

**TAMIL NADU PHYSICAL EDUCATION AND  
SPORTS UNIVERSITY**

**SCHOOL OF DISTANCE EDUCATION**

**PROGRAM PROJECT REPORT**

**FOR**

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**DEPARTMENT OF YOGA**

*Distance Education Mode*

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**Bachelor of Science in Yoga (B.Sc Yoga)**

## **A. Programs Mission and Objectives**

- The mission of the Department of Yoga is preparing the students, scholars and the public to obtain total-wellbeing to excel in all angles of their life through **B.Sc Programmes of the Tamil Nadu Physical Education and Sports University**. It is designed for those who could not attend under graduate degree college, or could not complete the same due to financial, social, or other reasons, and now wish to do so for personal growth or professional reasons. It's Mission and Objective is to help such students acquire academic qualification and knowledge.

## **B. Relevance of the Program with HEI's Mission & Goals**

The university is enshrined with the motto **Excellence in Physical Education and Sports**.

### **Mission:**

- The mission of the University is to create an ideal academic environment for learning, scholarship, professionalism and collaboration that fosters excellence in active student learning and professional growth.
- The design and introduce innovative, integrated, and inter-disciplinary curricula and provide leadership to the profession.
- To develop High-Tech research facilities and contribute to the body to knowledge through scholarly work and publication and disseminate the findings to the professionals, faculty and students.
- To actively design programme for the promotion and development of fitness and health concept among the students, faculty and the community around so as to mould them into physically fit and emotionally matured citizens.

## **B. Nature of Prospective Target Group of Learners:**

- SDE of **Tamil Nadu Physical Education And Sports University** shall target the working professionals as well as those who cannot attend a full-time program due to constraints.
- Persons who are not able to pay higher fees in regular mode (Affordable Fee structure)
- Persons who can-not pursue higher education due to any reason.

## **C. Appropriateness of program to be conducted in Open and Distance Learning mode to acquire specific skills and competence**

- Course Curricula in accordance with modern UGC curricula
- The program prepares the students with fundamental knowledge and skills required to start their career in various fields

## **E. Instructional Design**

### **Curriculum Design**

Curriculum and syllabi are approved by the statutory bodies of the University i.e. Board of Studies (BoS). (Copy attached)

### **Detailed Syllabi**

Detailed Syllabus for the Program / Courses are available on the University web-site.(Detailed syllabi enclosed in Hard Copy.)

### **Duration of the Program**

The Program can be completed in a minimum of Three Years for B.Sc as per UGC Regulations.

### **Faculty & Support Staff Requirements**

Faculty shall be allocated as per the requirements stipulated in the UGC Regulations & Guidelines for ODL. Support Staff also shall be allocated, as per the guidelines.

### **Instruction Delivery Mechanisms**

- Courses are delivered in a 'self-study' mode with learning material in the form of SLM's, (print form / eBook Form) and Self Assessments being available to the students.
- Additionally, Contact Classes in classroom lecture mode at campus provided as per a fixed schedule towards the end of each term.

### **Student Support Service Systems**

- Online fee portal for students.
- SMS alert facility for the students for information related to Contact Classes, Project Deadlines and Viva-voce etc.
- Online availability of Old Question Papers.
- Access to Library resources at the University

## **F. Procedure for Admissions, Curriculum Transaction & Evaluation**

### **Admissions Policy**

- Eligibility: For B.Sc Yoga 10+2 or equivalent examination from Board of School Education, Tamilnadu/CBSE or any other Board recognized by University.
- Fee Structure: BSc Yoga -Rs.4480/- per year (Excluding Application and Exam Fees)

## **Evaluation**

- The Courses are evaluated over a series of submissions that form part of the Continuous Assessment, and a End Term Exam.
- Continuous Assessment may be in the form of assignment submissions and internal assessment tests.
- The End Term exam shall be a written test, conducted in a University Exam Centre, as per DEB Regulations.

## **G. Requirement of the laboratory support and Library Resources**

- Students registered in this Directorate and who desire to avail library facilities will be permitted to make use of the University Library.
- One Well-equipped Computer required with latest version of MS Office with internet facility

## **H. Cost estimate of the program and the provisions**


Upon receipt of approval from the UGC/DEB, the Finance Committee may set aside budgetary provisions towards Program Development, Program Delivery, Program Maintenance. Once the programs are operational, fee receipts from the program may be used to cover the same, as per the guidance of the Syndicate and Finance Committee.

## **I. Quality Assurance Mechanism**

- SIM as per the DEB Guidelines
- PCPs as per the DEB Guidelines
- Weightage of internal-external assessment
- Internal assessment by expert faculty
- Student Counselling

**Curriculum Design:**

<b>First Year – First Semester</b>						
<b>Course Components</b>		<b>Subject Name</b>	<b>Internal</b>	<b>External</b>	<b>Total</b>	<b>Credits</b>
Part - I	Paper - I	Tamil/ Hindi – Paper - I	25	75	100	3
Part - II	Paper - I	English – Paper I	25	75	100	3
Part - III	Core Theory - I	Fundamentals of Yoga	25	75	100	5
	Core Practical - I	Yogic Practices - I	25	75	100	3
	Allied Paper - I	Methods of Yogic practices	25	75	100	3
<b>First Year – Second Semester</b>						
Part - I	Paper - II	Tamil/ Hindi – Paper - II	25	75	100	3
Part - II	Paper - II	English – Paper II	25	75	100	3
Part - III	Core Theory - II	Yoga and Psychology	25	75	100	5
	Core Practical - II	Yogic Practices - II	25	75	100	3
	Allied Paper - II	Anatomy and Physiology	25	75	100	3
<b>Second Year – Third Semester</b>						
Part - I	Paper - III	Tamil/ Hindi – Paper - III	25	75	100	3
Part - II	Paper - III	English – Paper III	25	75	100	3
Part - III	Core Theory - III	Methodology of Teaching Yoga	25	75	100	5
	Core Practical - III	Teaching Practice	25	75	100	3
Part - IV	Non Major Elective - I	Health and Psychology	25	75	100	2

  
**D.S. SELVALAKSHMI**  
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Asst. Professor and Head i/c  
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Tamil Nadu Physical Education and Sports University  
Melakottaiyur (Po),Chennai-600 127.

<b>Second Year – Fourth Semester</b>						
Part - I	Paper - IV	Tamil/ Hindi – Paper - IV	25	75	100	3
Part - II	Paper - IV	English – Paper IV	25	75	100	3
Part - III	Core Theory - IV	Traditional Indian System of Medicines and Therapies	25	75	100	5
	Core Practical - IV	Yogic Practices - III	25	75	100	3
Part - IV	Non Major Elective - II	Diet and Nutrition	25	75	100	2
<b>Third Year – Fifth Semester</b>						
Part - III	Core Theory - V	Yoga Therapy	25	75	100	5
	Core Theory - VI	Patanjali Yoga Sutra	25	75	100	5
	Core Practical - V	Yogic Practice - IV	25	75	100	3
	Core Elective - I	Usage of Props	25	75	100	3
Part - IV		Environmental Studies	25	75	100	2
<b>Third Year – Sixth Semester</b>						
Part - III	Core Theory – VI	Yogic Diet	25	75	100	5
	Core Theory - VII	Methods of Naturopathy	25	75	100	5
	Core Practical - VI	Yogic Practice - V	25	75	100	3
	Core Elective - II	Yoga and Fitness	25	75	100	3
Part - IV		Value Education	25	75	100	2

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### **Curriculum Design**

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### **Detailed Syllabi**

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### **Duration of the Program**

The Program can be completed in a minimum of Two years for M.Sc as per UGC Regulations.

### **Faculty & Support Staff Requirements**

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### **Instruction Delivery Mechanisms**

- Courses are delivered in a 'self-study' mode with learning material in the form of SLM's, (print form / eBook Form) and Self Assessments being available to the students.
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- Eligibility: For M.Sc Yoga 10+2+3 or equivalent examination from Board of School Education, Tamilnadu/CBSE or any other Board recognized by University along with above qualification any three years UG degree.
- Fee Structure: M.Sc Yoga -Rs.7840/- per year (Excluding Application and Exam Fees)

## **Evaluation**

- The Courses are evaluated over a series of submissions that form part of the Continuous Assessment, and a End Term Exam.
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## **H. Cost estimate of the program and the provisions**

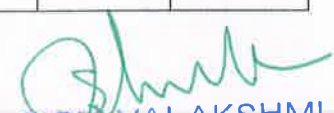
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- Internal assessment by expert faculty
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## Curriculum Design:

First Year – First Semester					
Course Components	Subject Name	Internal	External	Total	Credits
Core Theory - I	Fundamentals of Yoga	25	75	100	4
Core Theory - II	Anatomy and Physiology	25	75	100	4
Core Theory - III	Methods of Yogic Practices	25	75	100	4
Core Practical – I	Yogic Practice - I	25	75	100	3
Core Elective - I	Yogic Diet	25	75	100	3
First Year – Second Semester					
Core Theory – IV	Yoga and Psychology	25	75	100	4
Core Theory – V	Methodology in Teaching Yoga	25	75	100	4
Core Theory - VI	Basic Yoga Texts	25	75	100	4
Core Practical – II	Teaching Practice	25	75	100	3
Core Elective - II	Yoga and Nutrition	25	75	100	3
Second Year – Third Semester					
Core Theory - VII	Yoga Therapy	25	75	100	4
Core Theory - VIII	Yoga Sutras	25	75	100	4
Core Theory – IX	Hatha Yoga Texts	25	75	100	4
Core Practical – III	Clinical Applications in Traditional Systems of Medicines and Therapies	25	75	100	3
Core Elective - III	Methods of Naturopathy	25	75	100	3
Second Year – Fourth Semester					
Core Theory – X	Research Processes in Yoga	25	75	100	4
Core Theory - XI	Traditional Systems of Medicines and Therapies	25	75	100	4
Core Theory - XII	Thesis / Yoga and Health / Thirumoolar's Thirumandiram	25	75	100	8
Core Practical – IV	Yogic Practice - II	25	75	100	3
Core Elective – IV	Statistics in Yoga	25	75	100	3

  
**Dr. S. SELVALAKSHMI**  
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