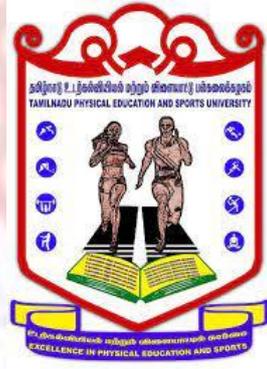


TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY



SCHEME OF EXAMINATION & SYLLABUS

OF

Bachelor of Science (Yoga)

B.Sc. (Yoga)

UNDER

FACULTY OF YOGA

w.e.f. Session 2023-24

B.Sc. in Yoga - Regular

REGULATIONS AND SYLLABUS – (CBCS-University Department)

[For the candidates admitted from the academic year 2023-2024-onwards]

❖ Name of the Department:	➤ DEPARTMENT OF YOGA
❖ Name of the subject discipline:	➤ YOGA
❖ Programme level:	➤ B.Sc.
❖ Duration for the course:	➤ Full Time (Three Years)
❖ Eligibility:	➤ +2 Pass
❖ Stream:	➤ Regular
❖ Medium:	➤ English

1. CHOICE-BASED CREDIT SYSTEM

The learning process is more adaptable with a Choice-Based Credit system. With this setup, students can learn at their own pace. In conjunction with the relevant university committee, the student will select electives from among the many options made available by the department. The students take extra classes and get more credits than they need. They can also take use of the knowledge of all the faculty members at their disposal by learning across and within disciplines.

2. CREDITS

The term "CREDIT" describes the importance placed on a course, typically in connection to the number of credit hours allotted to it. Credits are typically allocated to each course based on how many lectures, tutorials, laboratory sessions, and other learning opportunities are necessary to cover the course material in a 15-week period. Weekly lectures last for one hour, or one credit. One credit is equivalent to two hours of laboratory or field work.

The Tamil Nadu Physical Education and Sports University follows the **Choice Based Credit System (CBCS)**. One credit is equal to one teaching hour per week during the semester. The CBCS in B.Sc., Yoga Degree Programme would have five components and the total credit requirements for all components in three years is 140 credits.

1 **Credit:** A unit by which the course work is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching or two hours of practical work.

2. **Core course:** Are course that are basic to the subject of the degree. This is a course which is to be compulsorily studied by a student as a core requirement to the completion of the program.

3. **Elective Courses:** This is a course that is supportive to the discipline of study, provides an expanded scope, enables exposure to some other domains or nurtures proficiency/skills. Elective papers can be of two types: Discipline Specific Elective (DSE) and Generic Elective (GE).
4. **Discipline Specific Elective (DSE):** These courses are inter disciplinary in nature and considered similar to core course. And, the students have to choose one course from the option provided for them.
5. **Generic Elective (GE):** These courses add generic proficiency to the students. Students have to choose generic elective courses in consultation with the head of the department from the Generic Elective courses offered by other Division of study in Sports Science or from other Departments in university.
6. **Skill Enhancement Courses (SEC)** (minimum 4 for regular courses): These courses may be chosen from a pool of courses designed to provide value-based and/or skill-based knowledge and should contain both theory and lab/hands-on/training/field work. The main purpose of these courses is to provide students life-skills in hands-on mode so as to increase their employability.
7. **Ability Enhancement Courses (AEC):** The Ability Enhancement (AE) Courses may be of two kinds: Ability Enhancement Compulsory Courses (AECC) and Skill Enhancement Courses (SEC). "AECC" courses are the courses based upon the content that leads to Knowledge enhancement; i. Environmental Science and ii. English/Hindi/MIL Communication. These are mandatory for all disciplines. SEC courses are value-based and/or skill-based and are aimed at providing hands-on-training, competencies, skills, etc.
8. **Ability Enhancement Compulsory Courses (AECC):** Environmental Science, English Communication/Hindi Communication/MIL Communication.

The following are the components:

3. CREDIT DISTRIBUTION

The Credit distribution for the six semesters are given below:

SEMESTER	CREDITS	TOTAL MARKS
I	23	800
II	23	800
III	23	800
IV	25	800
V	26	800
VI	21	800
	141	4000

4. COURSE WEIGHT

1. Courses have been designed with weightage of one, two, three /four credits, depending upon the content, duration and specialization. All courses need not carry the same weight. A course may comprise lectures/tutorials/ laboratory/fieldwork/outreach activities/project work/ vocational training/viva/seminars etc. or a combination of some of these.
2. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching or two hours of practical work.

5. PROGRAMME

The term "programme" refers to any set of classes that can culminate in a certificate or degree being granted.

6. COURSES

"COURSES" is the name of a program's component (a paper). The department uses a unique course code to identify each course it offers. To effectively address the needs of teaching and learning, a course includes lectures, tutorials, laboratories, seminars, projects, hands-on training, report writing, viva-voces, or a mix of these.

7. SEMESTERS

Two semesters make up an academic year. Courses are offered throughout 15 teaching weeks per semester, with the additional 5 weeks to be used for conducting exams and gathering assessment data. 30 hours of work are broken up into 5 or 6 days each week.

8. DEPARTMENTAL COMMITTEE

The department's faculty makes up the department committee. The departmental committee will oversee selecting students for all the programmes that the department offers, conducting entrance exams and selection processes, checking records, admitting students, and providing evaluations. The departmental committee decides the courses to consider and defines how many credits should be distributed per semester and per course. It will also list the number of lectures, tutorials, practical seminars, etc. for each subject. Teachers create the courses (core, discipline-specific electives, and non-major electives), which are then approved by departmental committees. The board of studies must approve all courses that the departmental committee has approved. The course's instructor will also oversee keeping students enrolled in the course.

9. ELIGIBILITY FOR ADMISSION

The candidates should have completed 12th standard (10+2) in any discipline form a recognized board or equivalent.

10. MEDIUM OF INSTRUCTION: English& Tamil

11. MINIMUM DURATION OF PROGRAMME

Three years are allotted for the programme. There will be two semesters—odd and even—in each year. Even semesters run from November/December to April/May, and odd semesters run from June/July to October/November. Each semester must have at least 90 working days with a minimum of five hours of instruction per day. This equates to 450 teaching clock hours (excluding days used to hold university end-of-semester exams).

12. EXAMINATION AND EVALUATION

The examination shall be conducted separately for theory and practical to assess (remembering, understanding, applying, analyzing, evaluating and creating) the knowledge required during the study. There shall be two systems of examinations viz., internal, and external examinations. The internal examinations shall be continuous internal assessment tests 1 (CIA 1&2).

1. Each course will be assessed on the basis of 100 marks. The marks would be divided between internal and external assessment.
2. There shall be one end semester external examination for each course in every semester consisting of 75% (75 marks) weight in theory and 25% (25 marks) in practical courses.
3. Each Theory course shall have internal assessment of 25% weightage on the following:

Components of Internal Evaluation of Theory	Marks
Attendance	5
Assignments /Seminars /quizzes etc	5
Test Paper – I & Test Paper – II	5
Model Examination	10
Total	25

4. Each Practical Course shall have internal assessment of 25% weightage on the following:

Components of Internal Evaluation of Practicum	Marks
Attendance	5
Internal Viva	5
Rough Record	5
Lab Performance	10
Total	25

5. The minimum passing standard will be 40% for the external and internal component of each theory course, i.e. 30 marks out of 75 (external - 40% of 75 marks) and 10 marks out of 25 (internal - 40% of 25 marks). In practical minimum passing standard will be 40% for the external exam and internal assessment for each practical course.

13. INTERNAL ASSESSMENT

The internal assessment shall comprise a maximum of 25 marks for each subject. The following procedure shall be followed for awarding internal marks.

S.NO	CONTENT	MARKS
1	Average marks of two CIA test	15
2	Attendance	2
3	Seminar/group discussion/quiz	4
4	Assignment/field trip report/case study report	4
	Total	25

14. PATTERN OF QUESTION PAPER AND EVALUATION:

The following procedure will be followed for evaluation:

- a) The Question paper pattern under CBCS will include three sections carrying 2 marks, 5 marks and 10 marks questions respectively.

I. PART- A-10 Questions, (Answer all the questions) - $10 \times 2 = 20$ Marks
II. PART- B- 5 Questions – 11(a) (or) Question – 11(b) - $5 \times 5 = 25$ Marks
III. PART- C- 5 Questions, (Answer any three questions)- $3 \times 10 = 30$ Marks

- b) Single valuation will be done by the Examiners duly appointed by the University. The answer scripts are valued either by internal or external examiners.
- c) A student is required to secure a minimum of 40% marks in each course in the End Semester Examinations, i.e. 30 marks out of 75 and a total of 40 marks out of 100 including Internal Assessment.

15. ATTENDANCE REQUIREMENT FOR APPEARING SEMESTER EXAMINATIONS:

- 1) Every teaching faculty handling a course shall be responsible for the maintenance of attendance register for candidates who have registered for the course.
- 2) Students must have 75% of attendance in each course for appearing in the examination.
- 3) Students who have 74% to 70% of attendance shall apply for condonation in the prescribed form with the prescribed fee.
- 4) Students who have 69% to 65% of attendance shall apply for condonation in prescribed form with the prescribed fee along with the Medical Certificate.
- 5) Students who have below 64% to 60% of attendance are not eligible to appear for the examination. It is further clarified that the students, Carry over to the next semester.
- 6) Students who have below 60% of attendance are not eligible to appear for the examination. It is further clarified that the students, Re do the course.

16. END SEMESTER EXAMINATION (ESE)

- 1) The ESE will consist of a written examination of three hours duration for a maximum score of 75. The following procedure will be followed for evaluation.

- 2) A candidate who has secured a minimum of 40 marks in all courses prescribed in the programme and earned a minimum of the credits will be considered to have passed the Bachelor's Degree Programme.

PART- A -10Questions, (Answer all the questions) - $10 \times 2 = 20$ Marks

PART- B - 5 Questions – 11(a) (or) Question – 11(b) - $5 \times 5 = 25$ Marks

PART- C - 5 Questions, (Answer any three questions)- $3 \times 10 = 30$ Marks

- 3) Distribution of 25 Marks for Semester End Practical Examination weightage on the following:

Components of External Evaluation of practicum	Marks
Lab Experiment / Field Experiment	10
Lab Performance / Demonstration	5
Viva-voce	5
Lab Record	5
Total	25

4. A Student will be issued, hall ticket only if one produces “**No Dues**” certificates from the concerned department, the laboratory, the Registrar’s Office, the Library and Hostel.

17. THE AWARD OF GRADES IS AS FOLLOWS:

Range of Marks	Grade Points	Letter Grade	Description
90 and above	9.0-10.0	O	Outstanding
80 to 89	8.0-8.9	D+	Excellent
75 to 79	7.5-7.9	D	Distinction
70 to 74	7.0-7.4	A+	Very Good
60 to 69	6.0-6.9	A	Good
50 to 59	5.0-5.9	B	Average
Less than 50	0.0	U	Re-appear
ABSENT	0.0	AAA	Absent

18. PROJECT.

PLAN OF WORK: The candidate shall undergo project/dissertation work during the final semester. The candidate should prepare a scheme of work for the dissertation/project and should get approval from the guide. The candidate, after completing the dissertation / project work, shall be allowed to submit it to the university department at the end of the final semester. If the candidate is desirous of availing the facility from other department/universities / laboratories / organizations.

19. INTERSHIP

The students who have opted for an internship must undergo various hospitals (naturopathy, siddha, Allopathy) in the reputed organizations to assure therapeutic. The student must find hospitals related to their discipline (public limited /private limited/owner/NGOs etc..) in consultation with the faculty in charge/ Mentor and get approval from the head of the department and department committee before going for internship.

1. No. of copies of dissertation/project report/ internship report

2.The candidate should prepare three copies +2(including guide and scholar) of the dissertation/project report/ internship report and submit the same for the evaluation of the examiners.

3.Format to be followed for internship report.

The format / certificate for internship report to be followed by the student are given below.

4.Title page – Format of the title page Title of Internship Report

Internship report submitted in partial fulfilment of the requirement for the

B.sc / M.sc Yoga &Yoga Therapy degree in to the Department of yoga, TNPESU, 600127.

By

(Student Name)

(Register Number)

University Logo

20. VILLAGE PLACEMENT PROGRAMME

The aim of the introduction of this village placement programme is to extend out to reach environmental awareness, social activities, hygiene, and health to the rural people of this region. The students in their sixth semester have to visit any one of the adopted village within the jurisdiction of department of yoga, TNPESU and can arrange various programs to educate the rural mass in the following areas for five day based on the theme.

1. Yoga for all,

2. Naturopathy food,

3. 365 days yogic practices.

SEMESTER- I

Parts	Course Code	Course	Hours / Week)		Marks		
			L/T/P	C	CIA	ESE	Total
Part-I	23UB1TL101	Tamil – I/ Spl. English	3	3	25	75	100
	23UB1TL102	Basic Tamil – I	3	3	25	75	100
Part-II	23UB1EL101	English I	3	3	25	75	100
Part-III	23UB1CT101	Fundamentals of Yoga	4	4	25	75	100
	23UB1CT102	Human Anatomy and Physiology – I	4	4	25	75	100
	23UB1CE101	Classical Yoga – I	4	3	25	75	100
	23UB1SE101	Human Anatomy and Physiology - Practicum-I	4	2	25	75	100
	23UB1SE102	Classical Yogic Practices – I	4	2	25	75	100
Part-IV	23UB1AE101	Soft Skill Development – I (English)	2	2	50	50	100
			28	23	225	575	800
Remark: Soft skill I - 2 hours handled by English: Totally 3+2=5							

SEMESTER- II

Parts	Course Code	Course	Hours / Week)		Marks		
			L/T/P	C	CIA	ESE	Total
Part-I	23UB1TL201	Tamil – II / Spl. English	3	3	25	75	100
	23UB1TL202	Basic Tamil – II	3	3	25	75	100
Part-II	23UB1EL201	English – II	3	3	25	75	100
Part-III	23UB1CT201	Basic Texts in Yoga	4	4	25	75	100
	23UB1CT202	Classical Yoga – II	4	4	25	75	100
	23UB1DE201	Human Anatomy & Physiology – II		3			100
	23UB1SE201	Classical Yogic Practices – II (Practical)	4	2	25	75	100
	23UB1SE202	Human Anatomy & Physiology – II (Practical)	4	2	25	75	100
	23UB1AE201	Communication Skills for Employability	4	2	50	50	100
Total			26	23	200	600	800

Note:

1. *Naan Muthalvan - Skill course - external 50 marks will be assessed by industry and internal will be conducted by the respective course teacher.

SEMESTER- III

Parts	Course Code	Course	Hours / Week)		Marks		
			L/T/P	C	CIA	ESE	Total
Part-I	23UB1TL301	Tamil - III / Spl. English III	3	3	25	75	100
	23UB1TL302	Basic Tamil – III	3	3	25	75	100
Part-II	23UB1EL301	English – III	3	3	25	75	100
Part-III	23UB1CT301	Patanjali Yoga Sutras	4	4	25	75	100
	23UB1CT302	Methodology of Teaching Yoga	4	4	25	75	100
	23UB1CE301	Computer Application in Yoga	4	3	25	75	100
	23UB1SE301	Teaching Practices	4	2	25	75	100
	23UB1SE302	Computer Programming	4	2	25	75	100
Part-IV	23UB1AE301	Soft Skills Development-II	4	2	25	75	100
Total			30	23	200	600	900
<p align="center">Remark: Soft skill I - 2 hours handled by English: Totally 3+2=5</p>							

SEMESTER- IV

Parts	Course Code	Course	Hours / Week)		Marks		
			L/T/P	C	CIA	ESE	Total
Part-I	23UB1TL401	Tamil-IV /Spl. English IV	3	3	25	75	100
	23UB1TL402	Basic Tamil - IV	3	3	25	75	100
Part-II	23UB1EL401	English – IV	3	3	25	75	100
Part-III	23UB1CT401	Research Process in Yoga	4	4	25	75	100
	23UB1CT402	Yoga Therapy – I	4	4	25	75	100
	23UB1CE401	Indian Traditional Systems of Medicine and therapies		3			
	23UB1SE401	Classical Yogic Practices – III	4	2	25	75	100
	23UB1SE402	Clinical Applications of Yoga Therapies	4	2	25	75	100
Part-IV	Naan Mudhalvan	http://kb.naanmudhalvan.in/Special:Filepath/Microsoft Course Details.xlsx	4	2	50	50	100
	23UB1AE401	Environmental studies	2	2	25	75	100
			28	25	250	650	900

Note:

1. *Naan Muthalvan - Skill course - external 50 marks will be assessed by industry and internal will be conducted by the respective course teacher.
2. A minimum of four weeks Internship will be carried out during the summer vacation after the **second year**. Viva Voce will be conducted by the internal examiners of the Department and marks shall be sent to the COE of University for its inclusion in the **Fifth Semester Marks Statement**.

SEMESTER- V

Parts	Course Code	Course	Hours / Week)		Marks		
			L/T/P	C	CIA	ESE	Total
Part-III	23UB1CT501	Yogic Psychology	4	4	25	75	100
	23UB1CT502	Hatha Yoga Text – I	4	4	25	75	100
	23UB1CT503	Classical Yoga with props & Modifications – IV	4	4	25	75	100
	23UB1CE501	Nutrition & Yogic Diet / Modifications	4	4	25	75	100
	23UB1DE501	Basic Biomechanics	4	3	25	75	100
	23UB1SE501	Classical Yoga with props – IV	4	4	25	75	100
	23UB1SE502	Psychological Testing	4	4	25	75	100
	23UB1SE503	Yoga Project & Viva voce					
Part-IV	23UB1AE501	Value Education	2	2	25	75	100
	23UB1IT501	Internship	-	2	-	-	100
			30	26	200	600	900

Note:

1. # Only Continuous Internal Assessment (CIA).
2. A Group of five members work and submit the report for assessment.

SEMESTER- VI

Parts	Course Code	Course	Hours / Week)		Marks		
			L/T/P	C	CIA	ESE	Total
Part-III	23UB1CT601	Tirumoolar's Tirumandiram	4	4	25	75	100
	23UB1CT602	Yoga for Mental Health	4	4	25	75	100
	23UB1CT603	Revenue models in Yoga	4	4	25	75	100
	23UB1SE601	Yoga Therapy – II	4	3	25	75	100
	23UB1SE602	Advanced Yogic Practices	4	3	25	75	100
Part-IV	23UB1EA601	Extension Activities - Village placement Programme	2	1	50	50	100
Part-V	23UB1EC601	Corporate Interaction / Yoga centre visit / Entrepreneurship	-	2	-	-	100
			22	21	175	425	700

*L (Lecture), T (Tutorial), P (Practical), C (Credits), CIA (Continuous Internal Assessment), ESE (End Semester Exam)

Note:

1. @ No University Examinations. Only Continuous Internal Assessment (CIA)

G - Discipline Specific Elective Courses (DSEC)

V semester

- 1) Usage of Yogic props
- 2) Introduction to Traditional Indian systems of Medicine & therapies
- 3) Yoga and fitness
- 4) Basic Biomechanics
- 5) Hatha Yoga Texts
- 6) Yogic diet and Nutrition

VI Semester

- 1) Tirumoolar's Tirumandiram
- 2) Yoga Therapy - II
- 3) Yoga and Wellness
- 4) Revenue Models in Yoga
- 5) Methods of Naturopathy
- 6) Stress management

B.Sc. Yoga

Semester	Credits	Marks
I	23	800
II	23	800
III	23	800
IV	25	800
V	26	800
VI	21	800
Total	141	4000

B.SC. (YOGA)

3 years (6semesters)

தமிழ்நாடு இயற்கல்படும் சபாப்தம் இயற்கல்படும் இயற்கல்படும்
TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

SEMESTER – I

DETAILED SYLLABUS



PART - I

23UB1TL101 - SPECIAL ENGLISH - I

Program Objectives:

- To improve the literacy skill through poem.
- To develop the speaking skill through prose.
- To develop the reading skill through short stories.
- To improve the presentation skill through one act play.
- To develop the fluent speaking and writing skill through grammatical exercises.
- To make learners comprehend and appreciate various cultures and varieties of presentation in the representative texts.

UNIT - I PROSE

- i. My Greatest Olympic Prize - Jesse Owens
- ii. If, you are wrong, admit it - Dale Carnegie

UNIT - II POEM

- i. Pulley - George Herbert
- ii. La Belle Dame Sans Merci - John Keats

UNIT - III SHORT STORIES

- i. The Snake in the Grass - R.K. Narayan
- ii. Three Questions - Leo Tolstoy

UNIT - IV ONE ACT PLAY

- i. A Marriage proposal - Anton Chekhov
- ii. The Goat - Edward Albee

UNIT - V BASIC ENGLISH GRAMMAR

- i. Parts of Speech
- ii. Kinds of Sentence
- iii. Tense and their forms.
- iv. Sentence Patterns

Course Outcomes:

1. Students can analyse a poem, prose short story etc.
2. Students can describe, explicate, poem. Prose, short stories etc.

3. Students can be participating all kinds of grammatical practice and exercise in the beginning level.
4. To help learners understand the salient features of one-act plays.
5. To expose learners to the sociological and psychological dimensions of characterization

TEXTBOOK

1. Bhongle, Rangrao. (Ed) Contemporary American Literature: Poetry, Fiction, Drama and Criticism.
2. Collins - An Introduction to American Literature Crawford, Bartholow V et al. American Literature.

REFERENCE BOOK

1. Mathiessew, F.O. American Literature up to Nineteenth Century Spiller - Cycle of American Literature - A New Harvest of American Literature
2. Great Indian "Twentieth Century writers and their works" by Emerald publications.

Mapping With Programme Outcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	M	M	S	S
CO2	M	S	M	S	L
CO3	M	M	S	M	S
CO4	S	M	L	S	M
CO5	S	S	S	S	S

***S-Strong3;M-Medium2;L-Low1**

PART – II

23UB1EL101 - ENGLISH - I

Program Objectives:

- To improve the literacy skill through poem.
- To develop the speaking skill through prose.
- To develop the reading skill through short stories.
- To improve the presentation skill through Drama.
- To develop the fluent speaking and writing skill through grammatical exercises.
- To make learners comprehend and appreciate various cultures and varieties of presentation in the representative texts.

UNIT-I- PROSE

- i. Abraham Lincoln: Gettysburg Address
- ii. G.K. Chesterton: On running after one's hat.

UNIT-II- POEM

- i. POETRY
- ii. George Herbert: Pulley or Gift of God
- iii. Robert Frost: Mending wall
- iv. A.D. Hope: Prometheus Unbound

UNIT- III-DRAMA

- i. Norman McKinnell: The Bishop's Candlesticks

UNIT- IV-SHORT STORY/VALUE EDUCATION

- i. Somerset Maugham: The Ant and the Grasshopper
- ii. Henry: The Gift of the Magi

UNIT- V-COMMUNICATIVE GRAMMAR

- i. Articles
- ii. Prepositions
- iii. Verbs and Tenses
- iv. Framing Questions
- v. Question
- vi. Punctuation

Course Outcomes:

1. Students can analyse a poem, prose short story etc.
2. Students can describe, explicate, poem. Prose, short stories etc.
3. Students can be participating all kinds of grammatical practice and exercise in the beginning level.

4. To help learners understand the salient features of one-act plays.
5. To expose learners to the sociological and psychological dimensions of characterization

TEXTBOOKS:

1. Bhongle, Rangrao. (Ed) Contemporary American Literature: Poetry, Fiction, Drama and Criticism.
2. Collins - An Introduction to American Literature Crawford, Bartholow V et al. American Literature.

REFERENCE BOOKS:

2. Mathiessew, F.O. American Literature up to Nineteenth Century Spiller - Cycle of American Literature - A New Harvest of American Literature
3. Great Indian "Twentieth Century writers and their works" by Emerald publications.

Mapping With Programme Outcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	M	M	S	S
CO2	M	S	M	S	L
CO3	M	M	S	M	S
CO4	S	M	L	S	M
CO5	S	S	S	S	S

***S-Strong3; M-Medium2; L-Low1**

PART - III
23UB1CT101- FUNDAMENTALS OF YOGA

Program Objectives:

- To know about the origin and History of Yoga
- To know about the conception of Yoga
- To understand the philosophy of Yoga
- To know about the yoga perspective in Books & Epics
- To know about the concept of Yoga in vedantic approach
- To know the bestowal of Yoga-by-Yoga Gurus
- To know the classification about various schools of yoga

UNIT - I

- i. Yoga: Meaning – Definitions – Need - Nature - Aim and Objectives, Principles, Philosophy and Scope of Yoga
- ii. Philosophy: Scope of Philosophy
- iii. Shad Darshanas: Nyaya, Vaisheshika, Sankhya, Yoga, Mimamsa, Vedanta.
- iv. Misconceptions and Clarifications of Yoga-Yoga and Education.

UNIT - II

History of Yoga - Modern Developments - Contribution to yoga by Vedas, Upanishads, Tantra, Bhagavad Gita, Yoga Vasishtha, Yoga Sutras, Thirumandiram, Yoga Yajnavalkya Samahitha, Goraksataka, Hatha Yoga Pradipika, Gheranda Samhitha, Siva Samhitha, Hatha Ratnavali, Siddha Siddhanta Paddihati, Narada Bhakthi Sutras, Yoga Rahasya.

UNIT - III

Contributions to Yoga by Ramakrishna, Swami Vivekananda, Sivananda, Sri Aruobindo, Maharishi Mahesh Yogi, Swami Rama, Krishnamacharya, Swami Kuvalayananda, Ramana Maharishi, Vethathiri Maharishi, Swami Dayanand Saraswathi- Sri Yogendraji Paramahamsa Yoganada- B.K.S Iyengar, Gurumahan Paranjotiyar.

UNIT – IV

Contributions of Yoga to Religions: Hinduism, Jainism, Buddhism, Christianity, Islam, Sufism - Spirituality - Role of Yoga & Religions on Spirituality - Methods to promote Spirituality.
Paths of Yoga: Hatha Yoga, Bhakti Yoga, Jnana Yoga, Karma Yoga, Raja Yoga, Mantra Yoga, Laya Yoga, Yantra Yoga.

UNIT - V

Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi.
Schools of Yoga: Sivananda Yoga, Integral Yoga, Bihar School of Yoga, Kundalini Yoga, Ashtanga Yoga, Viniyoga, Iyengar Yoga, Hatha Yoga, Swara Yoga, One Minute Meditation and Mantra Yoga.

Course Outcomes:

- Student can get the basic knowledge about Yoga.
- They will get the full idea about the Etymology and Principles of Yoga
- Student can get full knowledge in Indian Philosophy
- They can get the very valuable thoughts in the most popular books and epics.
- Finally, the student will get a full blueprint about Yoga.
- Student can obtain the knowledge about various types of Yoga and the great Spiritual Yoga Gurus.

References:

1. Iyengar B. K. S (1976), "Light on Yoga", London, Unwin paper packs.
2. Sivananda Saraswathi Swami (1934), "Yoga Asanas Mudras", My magazine of India."
3. Satyendra Saraswathi Swami (2008), "Asana, Pranayama, Mudra, Bandha", Munger: Yoga Publications Trust.
4. Iyengar B.K.S (2008) Light on pranayama, New Delhi: Haper Collins publishers India.
5. Vishnu Devananda Swami (1972), "The complete Illustrated Book of Yoga", New York Pocket Books.
6. Chandrasekaran K (1999), "Sound health through yoga", Sedapatti: Prem Kalyan Publications.
7. Yogeshwaran and saraswathi swami (1975) First steps to higher yoga, Gangothari: Yoga Niketan trust.
8. Coulter, H David (2001) Anatomy and Hatha yoga, USA: Body and Breath Inc.
9. Kirk Martin (2006) Hatha Yoga Illustrated Champaign: Humen kinetics.
10. Gharote (2004) "Applied Yoga", Lonavala: Kaivalyadhama.
11. Kathy Lee Kampmeier and Diane M. Ambrosini (2006), "Instructing Hatha Yoga, Champaign: Human Kinetics."

Mapping With Programme Outcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	M	M	S	S
CO2	M	S	M	S	L
CO3	M	M	S	L	S
CO4	S	L	M	S	M
CO5	S	S	S	S	S

*S-Strong3;M-Medium2;L-Low1



23UB1CT102 - HUMAN ANATOMY AND PHYSIOLOGY - I

Program Objectives:

- To know about the structure and function of cell
- To know about the Nervous system
- To understand the Digestive system
- To know about the Respiratory system
- To know about the Cardiovascular system
- To Know about the Endocrine system
- To know about the Skeletal system.
- To know about the Muscular system.

Unit-I:

Theory

General Anatomy:

- (1) Cell: Parts Name of Cytoplasm organelles and inclusion with the functions.
- (2) Epithelium: Types with examples and light microscopic structure.
- (3) Connective Tissue: Classification with emphasis to tendon and ligament.
- (4) Cartilage: Types with example.
- (5) Bone: Types with example, types of Ossification (Stage of Ossification not required).
- (6) Joints: Classification with example, emphasis to synovial joints.
- (7) Muscles: Types (details of EM picture not required).
- (8) Nervous tissue: Structure of a Neuron Synapse Reflex arc, Degeneration and Regeneration of the Nerve, typical spinal nerve.

Unit-II

Regional Anatomy

Superior Extremity

- (1) Pectoral region, Axilla, Brachial plexus, muscles of arm (front & back), muscles of fore arm (front & back) palm (muscle, nerve, vessels) Synovial Bursae of hand and palmar spaces, nerves (axillary, median, ulnar, radial), Cutaneous distribution according to dermatomes, Related Clinical anatomy.
- (2) Joints: Shoulder girdle, shoulder, elbow, radial-ulnar, wrist, first carpo-metacarpal joints.

Inferior Extremity

- (1) Front of thigh, femoral triangle, lumbar plexus, inguinal group of lymph Nodes, gluteal region, back of thigh, leg (anterior, lateral, posterior compartments) foot (dorsum, plantar), Venous drainage of inferior Extremity, Nerve and their distribution (femoral, sciatic, tibial, common peroneal, obturator), Arches of foot, Cutaneous distribution according to dermatomes, Related clinical Anatomy.
- (2) Joint, hip, knee, ankle, sub-talar & mid-tarsal joints.

Unit-III

Abdomen & Pelvis

- (1) Abdominal wall, inguinal canal, Stomach, Liver, spleen, pancreas, kidney with ureter, small Intestine, Large Intestine, Abdominal Aorta, Portal vein, Diaphragm, Sacral plexus, posterior abdominal wall.
- (2) Sacro-Iliac joint.

Thorax

- (1) Thoracic wall, typical intercostals space, Mediastinum (boundaries, contents), Heart with its internal and external features, Blood vessels, Typical spinal Nerve, movement of ribs during Respiration, pleura, lungs.

Head&Neck

- (1) Muscle of face, Cutaneous distribution of Trigeminal nerve, Triangles of neck (anterior & posterior) Sternocleidomastoid and Trapezius muscles, Muscle of mastication, Nasal cavity, Pharynx and Larynx (Parts, Sensory distribution).
- (2) Joints: Temporo-mandibular Joint, Atlanto-occipital and Atlanto-Axial joints.

Unit-IV: Neuroanatomy

- (1) General Introduction and classification, Autonomic Nervous system
- (3) Sympathetic and Para Sympathetic with their difference in distribution and function). Spinal cord, spinal Reflex, Pyramidal and extra-pyramidal tracts (Detail Nucleus not required), Blood supply; brainstem: gross features and blood supply; Cerebellum: gross features and functions; Cerebrum: gross features, functional areas, blood supply; Related clinical anatomy.

Unit V

Impact of yogic practices on the Anatomy and physiology of different systems of human body- cells, bones, joints and muscles, skin. Cardio-vascular system, respiratory system, digestive & excretory system. Hematological and immune system, glands, nervous system, body metabolism, special senses, locomotor system.

Course Outcomes:

- Student can get the basic knowledge about cell.
- They will get the idea about Nervous system of our body.
- Student can get Knowledge about Respiratory system.
- They can get knowledge about Cardiovascular system.
- They can get knowledge about endocrine system.
- They can obtain the knowledge about Muscular system.
- They acquire the knowledge about Skeletal system.
- Finally, the student will get full knowledge about cells, Tissues, Respiratory system, Cardiovascular system, and Nervous system of our body.

References:

1. Telles Shirley (2006) A Glimpse of the human body, Bangalore, Swami Vivekananda yoga prakashana
2. Shri Krishna (1988) Notes on structure and functions of human body and Effects of yogic practices on it, Mumbai: ICYHC, Kaivalyadhama.

3. Ray S Dutta (2001) Yogic Exercise: Physiologic and psychic processes, New Delhi:
4. Evelyn C peace (1997) Anatomy and physiology for nurses, New Delhi: Jaypee Brothers.
5. Leslie Kumar (2007) Yoga Anatomy, Champaign: Human Kinetics
6. Nagendra Kumar (2007), Yoga Bhyasa for week days, Bangalore: OM mantra DevoBhava.
7. Gore M.M. (2003) Anatomy and Physiology of yogic practices, Lonavala Kanchanprakshan.
8. Bruce, J. Noble (1986) Physiology of Exercise and Sport. St. Louis C.V. Mospy.
9. Shavel LG (1981) Essentials of Exercise Physiology, New Delhi: Surjeet Publication.
10. Fax. E.L. and Mathew D.K., (1981) The Physiological basis of Physical Education and Athletics III Ed. Philadelphia W.B. Sannders.
11. Clerke D.H., (1975) Exercise Physiology, New Jersy: Prentice Hall. Selvalakshmi. S (2017) Anatomy and Physiology Madurai: Shanlax Publications.

MappingWithProgrammeOutcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	M	L	S	S
CO2	M	S	M	S	L
CO3	M	M	S	L	S
CO4	S	L	M	S	M
CO5	S	L	M	S	S

***S-Strong3;M-Medium2;L-Low1**

23UB1CE101 - CLASSICAL YOGA - I

Program Objectives:

- To know about the Essential of Yoga Practices
- To know about the Loosening Exercise
- To understand the Basics of Asanas.
- To know about the Pranayama & Kriyas.
- To know about the concept of Bandas, Mudras and Relaxation Techniques.

UNIT - I

Essentials of Yogic Practices - cleanliness and food, bath, time, sun, closing eyes, place, breathing, awareness, age limitations, sequence, blanket, clothes, position, emptying the bowels and stomach counter pose, contra-indications, duration, straining, special provisions for women and patients, fitness, posture, side effects.

UNIT - II

Loosening Exercise (sithali karma vyayama) and Surya Namaskar (Bihar school of yoga 12 Steps) -Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, and Benefits.

UNIT – III

- i. **Asana:** Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each asana.
- ii. **Standing:** Ardhashakrasana, Padmahasthasana, Trikonasana, Ekapadasana.
- iii. **Sitting:** Padmasana, vajrasana, Ustrasana, Pachimotasana.
- iv. **Supine:** Utthanapadasana, Ardhahasthasana, Savasana.
- v. **Prone:** Bhujangasana, Ardhashalabhasana, Makrasana.

UNIT - IV

- i **Pranayama and Kriyas:** Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each and every one.
- ii **Pranayama-** Surya nadi, Chandra nadi, suryabhedhana, Chandra bhedhana, Nadisudhi.
- iii **Kriya –** Kapalabhati, Vamanadhauti.

UNIT – V

Bandha, Mudra and Relaxation Technique: Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each and every one. **Bandha :** Jalandhara Bandha, Moola Bandha.

Mudras : Chin mudra, chinmaya mudra, adi mudra, Brahma mudra, Bhairava mudra, Bhairavi mudra.

Relaxation Technique : Instant Relaxation Technique, Quick Relaxation Technique.

Course Outcomes:

- Student can get the basic knowledge about Essential of Yogic Practices.
- They will get the full idea about the Asanas.
- Student can get full knowledge about Pranayama and Kriyas.
- They can get full knowledge about Mudras and Bandhas
- Finally, the student will get full theoretical Knowledge about Relaxation Technique.

References:

1. Iyengar B. K. S (1976) Light on yoga, London, Unwin paper packs.
2. Sivananda Saraswathi swami (1934) Yoga Asanas Madras: My magazine of India.
3. Satyendra Saraswathi swami (2008) Asana, Pranayama, Mudra, Bandha, Munger: Yoga publications trust.
4. Iyengar B.K.S (2008) Light on pranayama, New Delhi: Haper Collins publishers India.
5. Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New York Pocket Books.
6. Chandrasekaran K (1999) sound health through yoga Sevapatti: Prem Kalyan Publications.
7. Yogeshwaranand saraswathi swami (1975) First steps to higher yoga, Gangothari: Yoga Niketan trust.
8. Coulter, H David (2001) Anatomy and Hatha yoga, USA: Body and Breath Inc.
9. Kirk Martin (2006) Hatha Yoga Illustrated Champaign: Human kinetics.
10. Gharote (2004) Applied yoga, Lonavala : Kaivalya dhama.
11. Kathy Lee Kappmeier and Diane M. Ambrosini (2006) Instructing Hatha Yoga, Champaign: Human Kinetics.

Mapping With Programme Outcome:

	PO1	PO2	PO3	PO4	PO5
CO1	S	M	L	S	S
CO2	M	S	M	S	L
CO3	M	M	S	L	S
CO4	S	L	M	S	M
CO5	S	L	M	S	S

***S-Strong3;M-Medium2;L-Low1**

23UB1SE101 - HUMAN ANATOMY AND PHYSIOLOGY-I (PRACTICUM - I)

Program Objectives:

- Make students familiar with the Systems of the body.
- Give a hand on experience about the human body using models, charts and pictures.
- Make students understand the organization of the body with respect to structural components.

UNIT - I

Superior Extremity

- (1) Demonstrations on dissected specimens of upper limb.
- (2) Osteology: clavicle, scapula, humerus, radius, ulna, articulated hand, order of carpal bones.
- (3) Surface anatomy

Inferior Extremity

- (1) Demonstration on dissected specimens of lower limb
- (2) Osteology: Hipbone, femur, tibia, fibula, articulated foot (Identification of tarsal and major muscle attachments).
- (3) Surface Anatomy

UNIT - II

Abdomen & pelvis

- (1) Abdominal viscera, Viscera of pelvis and blood vessels.
- (2) Osteology: lumbar vertebrae, sacrum, bony pelvis

Thorax

- (1) Demonstration on cadaver of thoracic wall, mediastinal structure, Heart, Lungs.
- (2) Osteology: Sternum, Ribs (only general features) Thoracic Vertebrae (Identification, general features).

UNIT- III

Head & Neck

- (1) Demonstration on cadaver of oral cavity, nasal cavity, pharynx, larynx, sagittal sections of head & neck, muscles of face and triangles of neck.
- (2) Cranial bones (Identification of individual bone with general features), Base of skull: different foramina in relation to cranial nerves, Cranial fossae and their relation to brain and Hypophysis cerebri, Cervical vertebrae.
- (3) Surface anatomy.
- (4) Radiological anatomy.

UNIT - IV

Neuro anatomy

- (1) Demonstration of gross specimens of spinal cord, brainstem, cerebellum, cerebrum and meninges, Identification of cranial nerves emerging from brain and brainstem

Histology

- (1) Epithelium (Simple, Compound)
- (2) Connective tissue (Cartilage & Bone)
- (3) Muscle (smooth & skeletal)
- (4) Nervous tissue (nerve trunk, spinal cord, cerebellum, cerebrum, dorsal root ganglion, sympathetic ganglion)
- (5) Blood vessels (Large & medium sized arteries and vein)

UNIT – V

Continuous Evaluation by the Teachers.

Course Outcomes:

- Student can get the basic knowledge about Demonstration of Human Skeleton.
- They will get the full idea about the Osteology and Myology.
- Student can get full knowledge in Bones and Joints.
- They can get the knowledge about Demonstration of Organs and viscera.
- Finally, the student will get full practical knowledge in Anatomy.

Mapping With Programme Outcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	M	L	S	S
CO2	M	S	M	S	L
CO3	M	M	S	L	S
CO4	S	L	M	S	M
CO5	S	L	M	S	S

***S-Strong3;M-Medium2;L-Low1**

23UB1SE102 - CLASSICAL YOGIC PRACTICES – I – (PRACTICUM - II)

Program Objectives:

- To know about the Essential of Yoga Practices
- To know about the Loosening Exercise
- To understand the Basics of Asanas.
- To know about the Pranayama & Kriyas.
- To know about the concept of Bandas, Mudras and Relaxation Techniques.

UNIT - I

Essentials of Yogic Practices - cleanliness and food, bath, time, sun, closing eyes, place, breathing, awareness, age limitations, sequence, blanket, clothes, position, emptying the bowels and stomach counter pose, contra-indications, duration, straining, special provisions for women and patients, fitness, posture, side effects.

UNIT - II

Loosening Exercise (sithali karma vyayama) and Surya Namaskar (Bihar school of yoga 12 Steps) -Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, and Benefits.

UNIT – III

Asana

Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each and every asana.

Standing:

Ardha chakrasana, Pada hastasana, Trikonasana, Eka padasana.

Sitting:

Padmasana, vajrasana, Ustrasana, Paschimottanasana.

Supine:

Utthana padasana, Ardha halasana, Savasana.

Prone:

Bhujangasana, Ardha shalabasana, Makrasana.

UNIT - IV

Pranayama and Kriyas

Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each and everyone.

Pranayama- Surya nadi, Chandra nadi, suryabhedhana, Chandra bhedhana, Nadi suddhi. **Kriya** – Kapalabathi, Vaman adhauti.

UNIT – V

Bandha, Mudra, and Relaxation Technique

Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each one.

Bandha

Jalandra Bandha, Moola Bandha.

Mudras

Chin mudra, chinmaya mudra, adi mudra, Brahma mudra, Bhairava mudra, Bhairavi mudra.

Relaxation Technique:

Instant Relaxation Technique, Quick Relaxation Technique.

Course Outcomes:

- Students can get the basic knowledge about Essential of Yogic Practices.
- They can obtain the knowledge of loosening exercises.
- They can get the full idea about the Asanas.
- Student can get full knowledge about Pranayama and Kriyas.
- They can get full knowledge about Mudras and Bandhas

References:

1. Iyengar B. K. S (1976) Light on yoga, London, Unwin paper packs.
2. Sivananda Saraswathi swami (1934) Yoga Asanas Madras: My magazine of India.
3. Satyendra Saraswathi swami (2008) Asana, Pranayama, Mudra, Bandha, Munger: Yoga publications trust.
4. Iyengar B.K.S (2008) Light on pranayama, New Delhi: Haper Collins publishers India.
5. Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New York Pocket Books.
6. Chandrasekaran K (1999) sound health through yoga Sedapatti: Prem Kalyan Publications.
7. Yogeshwaran and saraswathi swami (1975) First steps to higher yoga, Gangothari: Yoga nikanetan trust.
8. Coulter, H David (2001) Anatomy and Hatha yoga, USA:Body and Breath Inc.
9. Kirk Martin (2006) Hatha Yoga Illustrated Champaign: Humenkinetics.
10. Gharote (2004) Applied yoga, Lonavala: Kaivalyadhama.
11. Kathy Lee Kappmeier and Diane M. Ambrosini (2006) Instructing Hatha Yoga, Champaign: Human Kinetics.

Mapping With Programme Outcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	M	L	S	S
CO2	M	S	M	S	L
CO3	M	M	S	L	S
CO4	S	L	M	S	M
CO5	S	L	M	S	S

***S-Strong3;M-Medium2;L-Low1**

Part –III

23UB1AE101 Ability Enhancement Course SOFTSKILLS –I (Presentation Skills)

OBJECTIVES:

To enrich the Presentation skill of the students.

LEARNING OUTCOMES:

Students will be able to communicate their ideas through different modes and medium. They will be able to make memorable presentations professionally. Students will understand different strategies to adopt while communicating with different personalities with different goals.

BRIEF CONTENTS

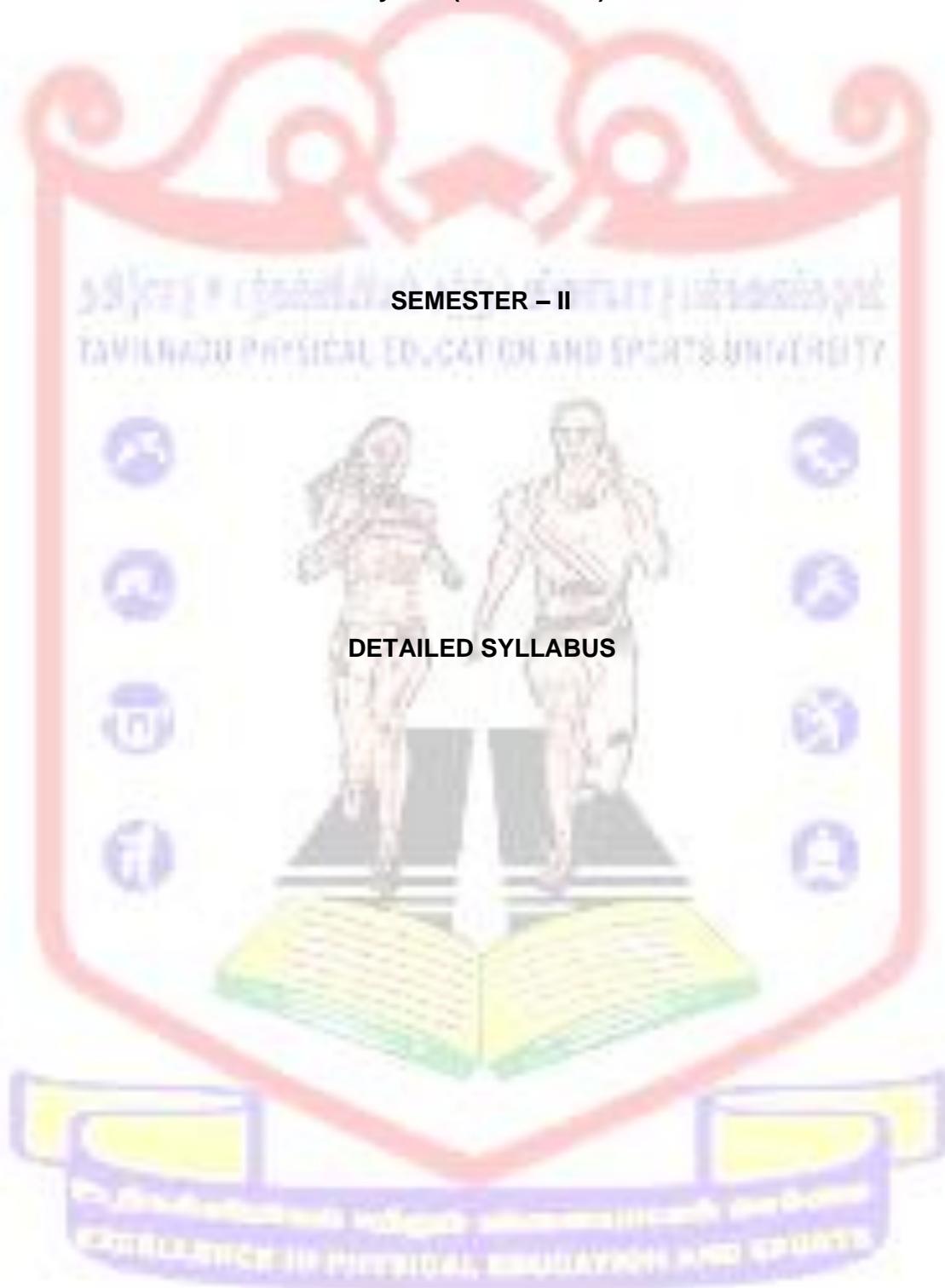
Self-Introduction – News Reading – Story Telling – Group Discussions-Talk Shows and Role Plays - Personal Interview - Movie Reviews, Article Reviews, Book Review and Speech in General Occasions.

EVALUATION:

The performance of the students for this course will be evaluated for a total of 100 marks, of which 50 marks for internal (Evaluation of the student by the Faculty In-charge of the program) and 50 marks for external (Viva Voce Examination duly conducted by an external Examiner). Students have to appear for the Viva voce Examination in the presence of Panel of Examiner and secure a minimum of 40% of marks in the two components to clear the course. A student who fails in the Viva voce examination will have to redo the same during the subsequent year.

B.SC. (YOGA)

3 years (6semesters)



PART I
23UB1TL201 - SPECIAL ENGLISH – II

Program Objectives:

- To improve the literacy skill through poem .
- To develop the speaking skill through prose.
- To develop the reading skill through short stories.
- To improve the presentation skill through one act play.
- To develop the fluent speaking and writing skill through grammatical exercises.
- To make learners comprehend and appreciate various cultures and varieties of presentation in the representative texts.

UNIT I - PROSE

1. The Refugee - K.A. Abbas
2. The lion and the Lamb - Leonard Clark

UNIT II – POEMS

1. The solitary Reaper -William words worth
2. Gift - Alice Walker

UNIT III- SHORT STORIES

1. The Postmaster - Rabindranath Tagore
2. The Model millionaire - Oscar wilde

UNIT IV- ONE ACT PLAYS

1. The dear departed: A comedy in one-act Stanley Houghton
2. The Sherif's Kitchen - Ronald Gow

UNIT V- COMMUNICATIVE GRAMMAR

Grammar, Framing Questions, common errors, more Grammars, word building, prefix and suffix.

TEXT BOOKS:

1. Panorama English for communication by Emerald publications.
2. Effective Communication Skills prepared and published by MTD.

REFERENCE BOOKS:

1. English Grammar in use by Raymond Murphy, Cambridge publication 3rd edition.
2. Basic English Grammar by Betty.S.Azar and Stacy A.Hagen Pearson Publication 4th edition.

Mapping With Programme Outcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	M	L	S	S
CO2	M	S	M	S	L
CO3	M	M	S	L	S
CO4	S	L	M	S	M
CO5	S	L	M	S	S

*S-Strong3;M-Medium2;L-Low1



PART II

23UB1EL 201 - ENGLISH – II

Program Objectives:

- To improve the literacy skill through poem .
- To develop the speaking skill through prose.
- To develop the reading skill through short stories.
- To improve the presentation skill through Drama.
- To develop the fluent speaking and writing skill through grammatical exercises.
- To make learners comprehend and appreciate various cultures and varieties of presentation in the representative texts.

UNIT I - PROSE

- i George Orwell: Sporting Spirit
- ii Abdul Kalam: My visions for India

UNIT II – POEMS

- i Rudyard Kipling: If
- ii Nissim Ezekiel: Night of the Scorpion
- iii Emily Dickinson: Because I could not stop for Death

UNIT- III– DRAMA

- i W H Andrews & Geoffrey Dearmer: The Referee

UNIT- IV– SHORT STORY/VALUE EDUCATION

- i Nadine Gordimer: Comrades
- ii A.J. Cronin: Two Gentlemen of Verona

UNIT- V – COMMUNICATIVE GRAMMAR

- i Degrees of Comparison
- ii Direct and Reported Speech
- iii Phrasal Verbs
- iv Use of Modals :Will, Can, Must, Shall

Course Outcome:

1. Students can analyse a poem, prose short story etc.
2. Students can describe, explicate, poem. Prose, short stories etc.
3. Students can be participating all kinds of grammatical practice and exercise in the beginning level.
4. To help learners understand the salient features of one-act plays.
5. To expose learners to the sociological and psychological dimensions of characterization .

TEXT BOOKS:

3. Panorama English for communication by Emerald publications.
4. Effective Communication Skills prepared and published by MTD.

REFERENCE BOOKS:

3. English Grammar in use by Raymond Murphy, Cambridge publication 3rd edition.
4. Basic English Grammar by Betty.S.Azar and Stacy A.Hagen Pearson Publication 4th edition.

Mapping With Programme Outcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	M	L	S	S
CO2	M	S	M	S	L
CO3	M	M	S	L	S
CO4	S	L	M	S	M
CO5	S	L	M	S	S

*S-Strong3;M-Medium2;L-Low1

23PB1CT201 - BASIC TEXTS IN YOGA

Program Objectives:

- To know about the origin and History of Vedas and Upanishads.
- To know about the Bhagavad Gita.
- To understand the Yoga Vasista.
- To know about the yoga perspective in Hatha Yogic Texts.
- To know about the concept of Ancient Texts.

UNIT I

1. **Ishavasya Upanishad:** Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava
2. **Kena Upanishad: Indwelling Power;** Indriya and Antakarana; Self and the Mind; Intuitive realization of the truth; Truth transcendental; Moral of Yaksha Upakhyana
3. **Katha Upanishad :** Definition of Yoga; Nature of Soul; Importance of Self Realization;
4. **Prashna Upanishad:** Concept of Prana and rayi (creation); Pancha pranas; The five main questions.

UNIT- II

5. **Mundaka Upanishad:** Two approaches to Brahma Vidya-the Para and Aparā; The greatness of Brahma vidya, The worthlessness of Selfish-karma; Tapas and Guru bhakti, The origin of creation, Brahman the target of Meditation
6. **Mandukya:** Four States of Consciousness and its relation to syllables in Omkara
7. **Aitareya:** Concept of Atma, Universe and Brahman.
8. **Taittiriya Upanishad** Concept of Pancha Kosha; Summary of Shiksha Valli; Ananda Valli; Bhrguvalli.
9. **Chandogya Upanishad:** Om (udgitha) Meditation; Sandilyavidya
10. **Brihadaryanaka Upanishad :** Concept of Atman and Jnana Yoga. Union of Atman and Paramatman.

UNIT –III

Bhagavad Gita

General Introduction to Bhagavad Gita (B.G.) .Definitions of Yoga in B.G. and the irrelevance & Scope; Essentials of B.G-the meanings of the terms Atma swarupa, Stitha prajna, Sankhya Yoga

UNIT - IV

(Chpt.II), Karma Yoga (Chpt.III), Sanyasa Yoga and Karma Swarupa (Sakama and Nishkama) etc; Samnyasa, Dhyana Yogas (Chpt. VI); Nature of Bhakti (Chpt.XII), Means and Goal of Bhakti-Yoga; The Trigunas and modes of Prakriti; Three Kinds of Faith. Food for Yoga Sadhaka, Classification of food (Chpt. XIV & XVII) Daivasura-Sampad-Vibhaga Yoga (Chpt.XVI); Moksa-Upadesa Yoga (Chpt. XVIII)

UNIT- V

Yoga Vasishtha

Highlights of Yoga Vashitha, Concept of Adhis and Vyadhis; Psychosomatic Ailments; The four Gatekeepers (Pillars) to Freedom; How Sukha is attained the Highest State of Bliss; Practices to overcome the Impediments of Yoga; Development of Satva guna; Eight limbs of Meditation; Jnana Saptabhumika.

Course Outcome:

- Students can get the basic knowledge about Yoga in Bhagavad Gita.
- They will get the full idea about the Yoga Vasista.
- Student can get full knowledge in Indian Ancient Texts.
- They can get the very valuables thoughts in the Hatha Yogic Texts.
- Finally, the student will get full Knowledge about Vedas and Upanishads.

References:

- Iyengar B.K.S (1976) Light on yoga, London, Unwin paper packs
- Sivananda Sarawathi swami (1934) Yoga Asanas Madras My magazine of India.
- Satyananda saraswathi swami (2008) Asana, Pranayama. Mudra, Bandha, Munger: Yoga publications trust
- Iyengar B.K.S (2008) Light on pranayama. New Delhi :Haper Collins publishers India.
- Chandrasekaran k (1999) Sound Health Through Yoga, Sedapatti: Prem kalyan Publications
- Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New York: Pocket Books.
- Yogeshwaranand saraswathi swami (1975) First steps to higher yoga, Gangothari: Yoga Niketan trust.
- Coulter, David (2001) Anatomy and Hatha yoga, USA Body, and Breath Inc
- Kirk Martin (2006) Hatha Yoga Illustrated Champaign. Human kinetics
- Gharote (2004) Applied yoga, Lonavala. Kaivalyadhama
- Gharote (2004) Applied yoga, Lonavala Kaivalya dhama.

- Kathy Lee Kappmeier and Diane M.Ambrosini (2006) Instructing Hatha Yoga, Champaign: Human Kinetics.
- Satyanandasarawati Swami (2007) Meditations from thitantrasMurgar: yoga publications Trust.

Mapping With Programme Outcome:

	PO1	PO2	PO3	PO4	PO5
CO1	S	M	L	S	S
CO2	M	S	M	S	L
CO3	M	M	S	L	S
CO4	S	L	M	S	M
CO5	S	M	M	L	S

***S-Strong3;M-Medium2;L-Low1**



23UB1CT202 - CLASSICAL YOGA – II

Program Objectives:

- To know about the Essential of Yoga Practices
- To know about the Loosening Exercise
- To understand the Basics of Asanas.
- To know about the Pranayama & Kriyas.
- To know about the concept of Bandhas, Mudras and Relaxation Techniques

UNIT- I

Essentials of yogic practices, cleanliness and food, bath, time, sun, closing eyes, place, mirror, breathing, awareness, age limitations, sequence, blanket, clothes, position, emptying the bowels and stomach counter pose, contra-indications, duration, straining, special provisions for women and patients, fitness, posture, side effects.

UNIT -II

Loosening Exercise (Sukshma vyayama) and Surya Namaskar (Bihar school of yoga 24 Steps) -Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, and Benefits.

UNIT – III

Asana

Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each and every asana.

Standing:

Ardha kati chakrasana, Triyanga tadasana, Parivarthatrikonasana, Veerabadhrasana-

Sitting:

Uttita padmasana, Vakrasana, Gomukasana, Janu sirasana.

Supine:

Chakrasana, Pawanamuktasana, Setubandasana.

Prone:

Dhanurasana, Shalabasana, Triyangabujangasana, Makrasana.

UNIT - IV

Pranayama and Kriyas

Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each and every one

Pranayama- Anuloma viloma, Savithri pranayama, ujjayi pranayama, bastrika.

Kriya – Trataka, Neti.

UNIT -V

Bandha, Mudra, Relaxation Technique and Meditation

Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each and every one

Bandha

Jalandra Bandha, Udiyana Bandha, Moola Bandha.

Mudras

Prithvi Mudra, Vayu mudra, Varuna Mudra, Prana mudra, Akasha mudra, Bhairava mudra, Bhairavi mudra.

Relaxation Technique:

Quick Relaxation Technique.

Meditation

Yoga nidra, Om Meditation.

Course Outcomes:

- Students can get the basic knowledge about Essential of Yogic Practices.
- They will get the full idea about the Asanas.
- Students can get full knowledge about Pranayama and Kriyas.
- They can get full knowledge about Mudras and Bandhas
- Finally, the student will get full theoretical Knowledge about Relaxation Technique.

References:

- Iyengar B.K.S (1976) Light on yoga, London, Unwin paperbacks.
- Sivananda Sarawathi swami (1934) Yoga Asanas Madras: My magazine of India.
- Satyanada saraswathi swami (2008) Asana, Pranayama, Mudra, Bandha, Munger: Yoga publications trust.
- *Iyengar B.K.S (2008) Light on pranayama. New Delhi. Haper Collins publishers India.
- *Chandrasekaran k (1999) Sound Health Through Yoga, Sedapatti: Prem kalyan Publications
- *Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New York: Pocket Books.
- *Yogeshwaran and Saraswathi swami (1975) First steps to higher yoga, Gangothari. Yoga Niketan trust.
- *Coulter, H David (2001) Anatomy and Hatha yoga, USA: Body and Breath Inc.
- *Kirk Martin (2006) Hatha Yoga Illustrated Champaign: Human kinetics,
- *Gharote (2004) Applied yoga, Lonavala. Kaivalyadhama.
- *Gharote (2004) Applied yoga. Lonavala: Kaivalyadhama.
- *Kathy LceKappmeier and Diane M. Ambrosini (2006) Instructing Hatha Yoga, Champaign: Human Kinetics.
- Satyananda sararwati Swami (2007) Meditations from thitantras Murgar yoga publications Trust.

Mapping With Programme Outcome:

	PO1	PO2	PO3	PO4	PO5
CO1	S	M	L	S	S
CO2	S	S	M	S	L
CO3	M	M	S	M	S
CO4	S	L	M	S	M
CO5	S	M	M	L	S

*S-Strong3;M-Medium2;L-Low1



23UB1DE201 - Human Anatomy and Physiology –II General Physiology

Program Objective:

- To acquire the knowledge about essential of cell and tissue's function.
- To understand the formation and function of Blood in our Body.
- To obtain the detailed knowledge about Cardiovascular system.
- To obtain the detailed knowledge about Respiratory system.
- To obtain the detailed knowledge about Digestive system.
- To get the knowledge of Reproductive system.
- To understand the types of Neuro muscular and functions.

UNIT- I :1. Introduction and Scope of Physiology

Cell and tissue - Its structure, principal constituents, properties and functions including cell division.

Body Fluid.

- (a) Blood: Composition and general functions of plasma. Blood cells – structure and function - Red Blood cells, white Blood Cells – including numbers and approximate length of life –position, structure and function of cells of Reticulo endothelial system.
- (b) Blood clotting including bleeding time and clotting time, factors accelerating or slowing the process. Blood groups and their significance, Rh-factor, Haemoglobin and E.S.R.
- (c) Formation of Blood, tissue fluid and lymph.

UNIT – II

Cardio-Vascular System.

- (d) Structure and properties of Heart Muscles and nerve supply of Heart.
- (e) Structure and functions of arteries, capillaries and veins.
- (f) Cardiac cycle and Heart sound.
- (g) Cardiac output measurements, factors affecting Heart Rate and its regulation.
- (h) Cardio-vascular reflexes.
- (i) Blood pressure, its regulation, physiological variation, peripheral resistance, Factors Controlling Blood Pressure, Haemorrhage.
- (j) ECG study and stress test.

Respiratory System.

- (k) **Mechanism of Respiration**, Changes in diameter of thorax, Intra-pleural and Intra-pulmonary pressure.
- (l) Quantities of lung volume, tidal and residual volume, vital capacity.
- (m) Gaseous inter-changes in lung and tissues.
- (n) Control of respiration-Nervous and chemical significance of changes in rate and depth, transportation of oxygen and carbon dioxide.
- (o) Respiratory states-anoxia, asphyxia, Cyanosis, Acclimatization.

Digestive System

- (p) General arrangement of alimentary canal, liver, pancreas-**position, structure and functions.**
- (q) Nutrition and Diet-carbohydrate, protein, fat, salts, water, vitamins and

minerals digestion, absorption and Metabolism.

Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, and Benefits.

UNIT – III

Reproductive System.

(a) Sex determination and development of puberty, male sex hormones, spermatogenesis, Female sex hormones, menstrual cycle. Ovulation, pregnancy, Function of placenta, lactation.

1. Excretory System.

(a) Gross and minute structures of kidney, renal circulation, Mechanism of formation of urine, Glomerular filtration rate and tubular function, renal function and renal tests. Physiology of micturition.

2. Endocrine System.

(a) Structure and function of pituitary (anterior & posterior). Thyroid, Parathyroid, adrenal cortex, adrenal medulla, Thymus and pancreas.

(b) Blood sugar regulation.

UNIT - IV

Neuromuscular Physiology

1. **Cell Membrane**—Ionic and Potential gradient and transport.
2. **Muscles** – Types of muscular tissue – Gross and Microscopic structure – function. Basis of muscle contraction – changes in muscle contraction, Electrical – Biphasic and mono-phasic action potentials, chemical, Thermal and physical changes, Isometric and Isotonic contraction.
3. **Motor units and its properties**—clonus, tetanus, Allor none law, Fatigue.
4. **Nerve**—Gross and microscopic structure of nervous tissue, one neuron—Generation of action potential – Nerve impulse condition

UNIT -V

5. Neuromuscular Junction.

6. **Degeneration** – Regeneration of peripheral nerves, electro tonus and Pfluger's law.
7. Types and properties of receptors, types of sensations, synapse, reflex arc, its properties-occlusion, summation, sub minimal fatigue etc.
8. **Tracts**—Ascending and descending and extra-pyramidal tracts.
9. Functions of E.E.G.
10. Functions of Cerebral cortex, cerebrum, cerebellum, Basal ganglia.
11. Thalamus – connection and functions.
12. Reticular formation – tone posture & equilibrium, Autonomic nervous system.
13. Special Senses Eye-Errors of refraction, equilibrium, Autonomic nervous system.
14. Speech and its disorders.
15. Ear and Vestibular apparatus, taste, olfactory, somatic sensations.

Course Outcomes:

- Student can get the thorough knowledge of cell and tissue function
- They will get the idea about formation of Blood in the body.
- They can get the knowledge of Cardiovascular system.
- They can obtain the knowledge of Respiratory system.

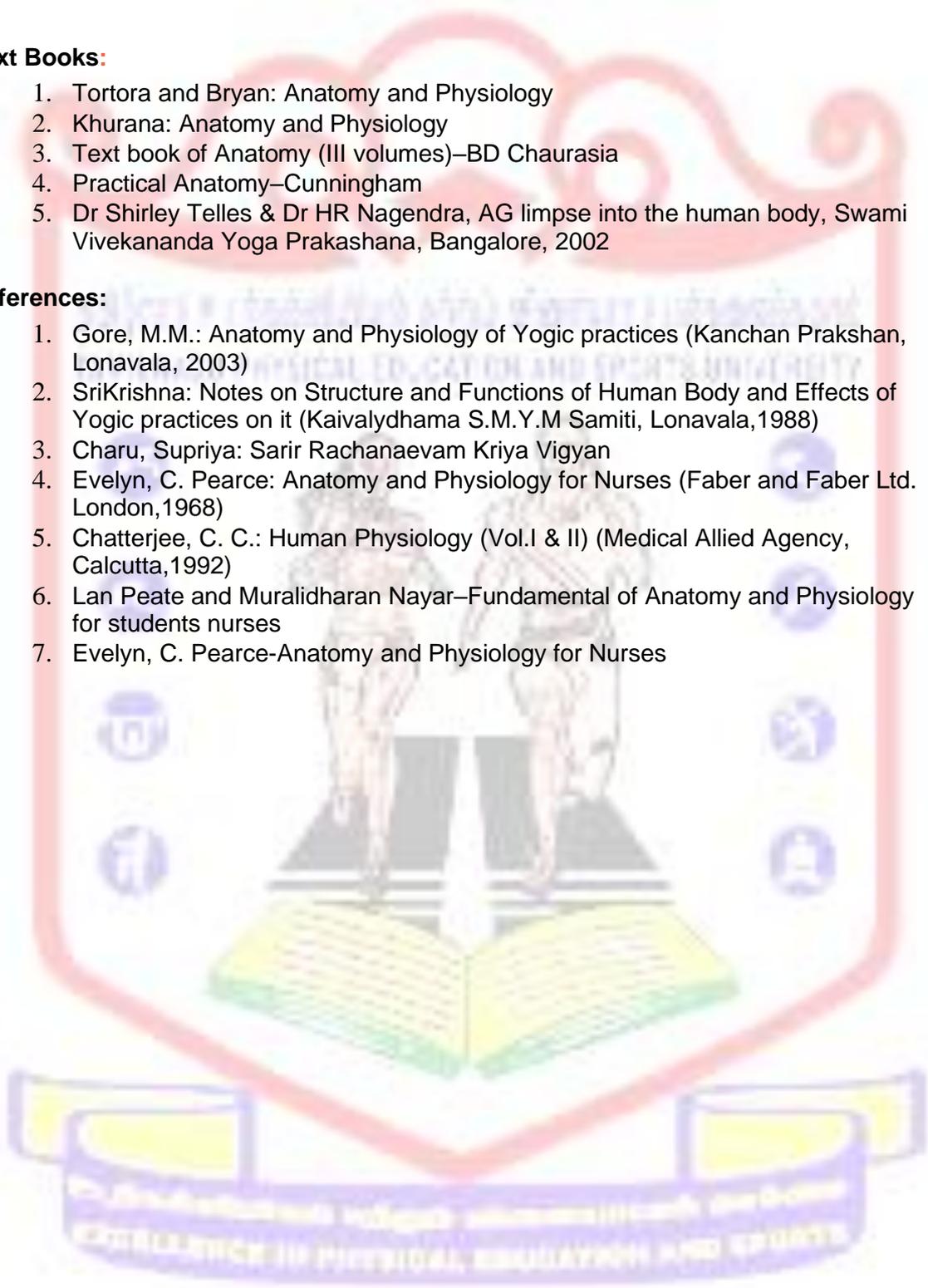
- They can acquire the knowledge of Digestive system.
- They can get the knowledge of Reproductive system.
- They can come to know about neuro muscular functions.

Text Books:

1. Tortora and Bryan: Anatomy and Physiology
2. Khurana: Anatomy and Physiology
3. Text book of Anatomy (III volumes)–BD Chaurasia
4. Practical Anatomy–Cunningham
5. Dr Shirley Telles & Dr HR Nagendra, AG limpse into the human body, Swami Vivekananda Yoga Prakashana, Bangalore, 2002

References:

1. Gore, M.M.: Anatomy and Physiology of Yogic practices (Kanchan Prakshan, Lonavala, 2003)
2. SriKrishna: Notes on Structure and Functions of Human Body and Effects of Yogic practices on it (Kaivalydhama S.M.Y.M Samiti, Lonavala,1988)
3. Charu, Supriya: Sarir Rachanaevam Kriya Vigyan
4. Evelyn, C. Pearce: Anatomy and Physiology for Nurses (Faber and Faber Ltd. London,1968)
5. Chatterjee, C. C.: Human Physiology (Vol.I & II) (Medical Allied Agency, Calcutta,1992)
6. Lan Peate and Muralidharan Nayar–Fundamental of Anatomy and Physiology for students nurses
7. Evelyn, C. Pearce-Anatomy and Physiology for Nurses



23UB1SE201 - PRACTICAL -I: CLASSICAL YOGIC PRACTICES – II

Program Objectives:

- To know about the Essential of Yoga Practices
- To know about the Loosening Exercise
- To understand the Basics of Asanas.
- To know about the Pranayama & Kriyas.
- To know about the concept of Bandas, Mudras and Relaxation Techniques.

UNIT- I

Essentials of yogic practices, cleanliness and food, bath, time, sun, closing eyes, place, mirror, breathing, awareness, age limitations, sequence, blanket, clothes, position, emptying the bowels and stomach counter pose, contra-indications, duration, straining, special provisions for women and patients, fitness, posture, side effects.

UNIT-II

Loosening Exercise (Sukshma vyayama) and Surya Namaskar (Bihar school of yoga 24 Steps) -Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, and Benefits.

UNIT– III

Asana

Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each and every asana.

Standing:

Ardhakatichakrasana, Triyangathadasana, Parivarthatrikonasana, Virabadhrasana-1

Sitting:

Uttitapadmasana, Vakrasana, Komukasana, Janu sirasana.

Supine:

Chakrasana, Pavanamukthasana, Sedhubandasana.

Prone:

Dhanurasana, Shalabasana, Triyangabujangasana, Makrasana.

UNIT- IV

Pranayama and Kriyas

Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each and every one

Pranayama- Anulomaviloma, Savithripranayama, ujjayipranayama, bastrika.

Kriya – Trataka, Neti.

UNIT - V

Bandha, Mudra, Relaxation Technique and Meditation

Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each and every one

Bandha

JalandiraBandha, UdiyanaBandha, MoolaBandha.

Mudras

Pritivi Mudra, Vayu mudra, Varuna Mudra, Prana mudra, Akasha mudra, Bhairava mudra, Bhairavi mudra.

Relaxation Technique:

Quick Relaxation Technique.

Meditation

Yoga nidra, Om Meditation.

Course Outcomes:

- Student can get the basic knowledge about Essential of Yogic Practices.
- They will get the full idea about the Asanas.
- Student can get full knowledge about Pranayama and Kriyas.
- They can get full knowledge about Mudras and Bandhas
- Finally, the student will get full practical Knowledge about Relaxation Technique.

References:

- Iyenger B.K.S (1976) Light on yoga, London, Unwin paper packs.
- Sivananda Sarawathi swami (1934) Yoga Asanas Madras: My magazine of india.
- Satyanada sarawari swami (2008) Asana, Pranayama, Mudra, Bandha, munger: Yoga publications trust.
- *Iyenger B.K.S (2008) Light on pranayama. New Delhi. Haper Collins publishers India.
- *Chandrasekaran k (1999) Sound Health Through Yoga, Sedapatti: Prem kalyan Publications
- *Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New York: Pocket Books.
- *Yogeshwaranand Saraswathi swami (1975) First steps to higher yoga, Gangothari. Yoga nicketan trust.
- *Gharote (2004) Applied yoga, Lonvla. Kaivalyadhama.
- *Gharote (2004) Applied yoga. Lonvla: Kaivalyadhama.
- *Kathy LceKappmeier and Diane M.Ambrosini (2006) Instructing Hatha Yoga,Champaign: Human Kinetics.

MappingWithProgrammeOutcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	M	L	S	S
CO2	S	S	M	S	L
CO3	M	L	S	M	S
CO4	S	L	M	S	M
CO5	S	M	M	L	S

***S-Strong3;M-Medium2;L-Low1**

23UB1SE202 - PRACTICAL -II: HUMAN ANATOMY AND PHYSIOLOGY - II

Program Objectives:

- To know about the Measurement of Blood Pressure.
- To know about the Muscle Examinations.
- To understand the Sensory function.
- To know about the Measurement of Pulse rate, Respiratory rate and Temperature.
- To know about the Identification of a Specimen.

UNIT-I

- (a) Hematology: RBC count, WBC count, differential count. ESR, Bleeding & Clotting time, Estimation of hemoglobin, Blood groups.

UNIT-II

Human Physiology: Examination of (a) Respiratory system (b) heart and arterial pulse (c) deep and superficial reflexes (d) cranial nerves (e) motor system (f) sensory system including higher function (g) measurement of blood pressure.

UNIT-III

Measurement of Blood Pressure
Measurement of Temperature, Pulse rate, Respiratory rate
Sensory function – Examinations- Muscle Examinations

UNIT-IV

Identification of a specimen organ and explain its functions.

UNIT -V

Identification of a specimen organ and explain its functions. Effect of Exercises on body physiology

Course Outcomes:

- Student can get the basic knowledge about Muscle Examinations.
- They will get the full idea about the Measurement of Temperature and Pulse rate in Human body.
- Student can get full knowledge about Sensory functions.
- They can get the idea about how to measure Blood pressure.
- Finally, the student will get full knowledge about Physiology.

References:

- Arthur C. Guyton & John Edward Hall (2006), Textbook of Medical Physiology, Florida, United States, Elsevier Standards.
- Surinder H Singh & Krishna Garg. (2008), Anatomy and Physiology for nurses & allied health sciences, New Delhi CBS Publishers.

- Sivaramakrishnan S. (2006), Anatomy and Physiology for Physical Education, New Delhi, Friends Publishers.
- Anne Waugh & Alson Graunt (2005) Anatomy and Physiology in Health and Wellness, Allahabad, Churheill Livingtone.
- Clark Robert K (2005), Anatomy & Physiology-Understanding the Humanbody, Suddury, United States, Jones & Bartiett.
- Shri Krishna (1985) Notes on Structure and Functions of Human body & Effects of Yogic practices in it, Mumbai. ICYHC Kaivalyadhama.
- Dutta Ray (2001) Yogi Exercises, New Delhi: Jaypee Brothers.
- Shirley Telles (2006) A Glimpse of the human, Bangalore: SwamiVivekananda yoga prakashana
- 9 Leslie kaminoff (2007) yoga anatomy, champaign: Human Kinetics
- 10 Peter L. Williams & Roger Waswie (1988) Gray's Anatomy, Edinburgh:Chuchill Livingstone.
- 11. Evelyne C peace (1997) Anatomy & Physiology for Nurses, New Delhi:Jaypee Brothers.
- 12. Gore MM. (2003) Anatomy & Physiology for yogic practices, Lonavala :KamhanPrakshan.

Mapping With Programme Outcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	M	L	S	S
CO2	M	S	S	M	L
CO3	M	M	S	L	S
CO4	S	L	M	S	M
CO5	M	S	M	L	S

***S-Strong3;M-Medium2;L-Low1**

23UB1AE201 - COMMUNICATION SKILLS
(Ability enhancement Compulsory Course (AECC))
Advanced Level: English Language Communication Skills for Employability-
Trainings offered to registered students through Naan Mudhalvan

Program Objectives:

- To know about the Importance of Communication.
- To know about the types of communication.
- To understand the agenda preparation.
- To know about the soft skills.
- To know about the Group Discussion.

UNIT-I

Communication: Meaning, definitions, goals, need, scope- Basics of communication- Characteristics of Communication - one to one-one to group – Real Communication - Role of Communication in the present scenario

UNIT -II:

Barriers to Communication - Do's and Dont's of Communication skills - Types of Communication, Verbal Communication: Reading listening, writing, speaking skills, telephonic Communication, face to face interactions, Non-verbal Communication: Gestures, Body posture, facial expression, eye contact, poise, body movements, dress.

UNIT -III:

Letter writing-Report writing - Memo's - Note Making - Agenda preparation.

UNIT -IV:

Soft skills-Interview skills - preparing for an interview - presentation skills - Body language - speaking - pronunciation - voice - Modulation of speech - structure of presentation.

UNIT -V:

Group discussion - art of listening and expressing - Role of Yoga on Communication skills.

Course Outcomes:

- Student can get the basic knowledge about communication.
- They will get the full idea about the Important of Communication in any field in day-to-day life.
- Student can get full knowledge in Agenda Preparation.
- They can get the idea about Soft skills.
- Finally, the student will get Interview skills.

References:

- i. 'Soft Skills', University of Madras, Chennai
- ii. 'Communication Skills', University of Madras, Chennai.

Community Service

Duration :Five Days

Semester : I

Mode of Evaluation :Internal Assessment.

Maximum Marks :100

Subject :YOGA

Nature of Programme :To bring awareness to community on Yoga

MappingWithProgrammeOutcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	M	L	S	S
CO2	S	S	M	M	L
CO3	M	M	S	L	S
CO4	S	S	L	S	M
CO5	M	S	M	L	S

***S-Strong3;M-Medium2;L-Low1**

B.SC. (YOGA)

3 years (6semesters)



SEMESTER – III

DETAILED SYLLABUS

Part I

23UB1TL301 - Tamil – III/ Hindi – /Spl.English

इकाई –1

हिन्दी की उपभाषाओं का सामान्य परिचय– 1. पश्चिमी हिन्दी 2. पूर्वी हिन्दी 3. राजस्थानी 4. बिहारी 5. पहाड़ी

इकाई –2

राष्ट्रभाषा के रूप में हिन्दी का विकास–
खड़ी बोली का सम्पर्क भाषा के रूप में विकास
राजभाषा: तात्पर्य एवं महत्व
राष्ट्रभाषा हिन्दी की समस्याएँ

इकाई –3

देवनागरी लिपि–

- (1) विकास
- (2) नामकरण
- (3) विशेषताएँ

इकाई –4

कार्यालयीन पत्र –
परिपत्र, आदेश, अधिसूचना, ज्ञापन, अनुस्मारक

इकाई –5

- पाठ संकलन–
1. कविता – पुष्प की अभिलाशा (माखनलाल चतुर्वेदी)
 2. कहानी – उसने कहा था (चक्रधर तर्मा गुलेरी)
 3. निबंध – लोभ और प्रीती (आचार्य रामचंद्र शुक्ल)

सहायक ग्रंथः–

1. हिन्दी भाषा का उद्भव और विकास– उदय नारायण तिवारी
2. नागरी लिपि और उसकी समस्याएँ– नरेश मिश्र
3. नागरी लिपि और हिन्दी वर्तनी– बिहार हिन्दी ग्रंथ, अकादमी, पटना
4. राष्ट्रभाषा और राष्ट्रीय एकता– दिनकर, उदयांचल, पटना
5. राजभाषा के आन्दोलन में – राजनारायण दुबे, प्रकाशन संस्थान, दिल्ली
6. राष्ट्रभाषा और हिन्दी – राजेन्द्र मोहन भटनागर , के.ही. संस्थान, आगरा

23UB1EL301 – ENGLISH-III

Program Objectives:

- To improve the literacy skill through poem .
- To develop the speaking skill through prose.
- To develop the reading skill through short stories.
- To improve the presentation skill through Drama.
- To develop the fluent speaking and writing skill through grammatical exercises.
- To make learners comprehend and appreciate various cultures and varieties of presentation in the representative texts.

UNIT - I: PROSE

- i Jesse Owens: My Greatest Olympic Prize
- ii Stephen Leacock: With the Photographer

UNIT - II: POETRY

- i William Blake: The Poison Tree
- ii P.B. Shelley: Ozymandias
- iii Rabindranath Tagore: Where the Mind is Without Fear

UNIT - III: DRAMA

- i GB Shaw: Arms and the Man

UNIT – IV: SHORT STORY/VALUE EDUCATION

- i Frank Stockton: The Lady or the Tiger?
- ii Guy de Maupassant: The Necklace

UNIT- V: COMMUNICATIVE GRAMMAR

- i Paragraph Writing
- ii Essay writing
- iii Letter Writing- Formal and Informal
- iv Comprehension
- v Note making.
- vi Expansion of Ideas and Proverbs

Course Outcomes:

1. Students can analyse a poem, prose short story etc.
2. Students can describe, explicate, poem. Prose, short stories etc.

3. Students can be participating all kinds of grammatical practice and exercise in the beginning level.
4. To help learners understand the salient features of one-act plays.
5. To expose learners to the sociological and psychological dimensions of characterization

TEXTBOOK

1. Bhongle, Rangrao. (Ed) Contemporary American Literature: Poetry, Fiction, Drama and Criticism.
2. Collins - An Introduction to American Literature Crawford, Bartholow V et al. American Literature.

REFERENCE BOOK

3. Mathiessew, F.O. American Literature up to Nineteenth Century Spiller - Cycle of American Literature - A New Harvest of American Literature
4. Great Indian "Twentieth Century writers and their works" by Emerald publications.

Mapping With Programme Outcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	M	M	S	S
CO2	M	S	M	S	L
CO3	M	M	S	M	S
CO4	S	M	L	S	M
CO5	S	S	S	S	S

***S-Strong3;M-Medium2;L-Low1**

23UB1CT301 PATANJALI YOGA SUTRAS - 1

Program Objectives :

- To know about the Nature and Aim of Yoga according to Patanjali
- To know about the conception of Chitta-Vikshepas
- To understand the concept of Ishwarapranidhana
- To know about the nature of samadhi
- To know about the concept of karmashya and karmavipaka.

UNIT- I

Definition, Nature and Aim of Yoga according to Patanjali. Concept of Chitta and Chitta Bhumis; ChittaVrittis and ChittaVrittinirodhopaya (Abhyasa and Vairagya).

UNIT - II

Concept of Bhavapratyaya&Upaypratayaya, SadhanPanchak, Chitta-Vikshepas (Antaraya), EktattvaAbhyasa,Chitta-prasadanam.

UNIT - III

Concept of Ishwara and attributes of Ishwara, Process of Ishwarapranidhana.
Concept of Kriya Yoga. Types of Meditation.

UNIT - IV

Types and nature of Samadhi: Adhyatmaprasada and Ritambharaprajna; Samprajnata, Asamprajnata, Sabeeja&Nirbeeja Samadhi.

UNIT - V

Difference between Samapattis and Samadhi. theory of Kleshas ; Concept of Karmashaya and Karmvipaka.

Course Outcomes:

- Student can get the basic knowledge about Aim of Yoga about patanjali.
- They will get the full idea about the Antarayas in Yoga sutra.
- Student can get full knowledge in Kriya yoga.
- They can get the very valuable thoughts about types of Samadhi.
- Finally, the student will get full knowledge about basics in Yoga sutra.

References

- Certification of Yoga Professional official Guide Book, Ministry of AYUSH, Government of India.
- Patanjali Yoga Sutras by swami Vivekananda.
- The Yoga Sutra of Patanjali.

MappingWithProgrammeOutcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	M	M	S	S
CO2	M	S	M	S	L
CO3	M	M	S	M	S
CO4	S	M	L	S	M
CO5	S	S	S	S	S

*S-Strong3;M-Medium2;L-Low1



23UB1CT302 - METHODOLOGY OF TEACHING YOGA

Program Objectives:

- To know about the Yoga Education
- To know about the Methods in Yoga Teaching
- To understand the lesson plan
- To know about the usage of yogic Props
- To know about the concept of Yoga competitions

UNIT - 1:

- i Education: Yoga Education, Goal, Scope and importance, Principles of Teaching Yoga- Yogic, psychological, Physiological, Pedagogical, sociological.
- ii Meaning of methodology of teaching - factors influencing Methodology, Presentation technique. Role of language, Voice, fluency, clarity, and body language in Teaching.
- iii Factors of Yoga Education: Teacher, Student and Teaching-Guru-Shishya Parampara;Types of students and teachers-promotion of leadership qualities.

UNIT - II:

- i Methods in Yoga Teaching
- ii Lecture method
- iii Response to instruction method (method)
- iv Individualized Instructional Method
- v Group discussion Method
- vi Directed Practice Method
- vii Project method
- viii Demonstration Method
- ix Lecture cum Demonstration Method
- x Imitation Method
- xi Dramatization Method

UNIT - III:

- i Teaching aids:
- ii Audiovisual aids
- iii Visual aids
- iv Audio aids
- v Models.
- vi Props

Wooden brick and foot rest belt, ropes, slanting plank, chair, stool, bench, Box, the heart rate, ladder stool and drum, bolster and pillow, bandage, weight, the horse, big and small.

UNIT - IV:

Preparing lesson plan-

- i Essentials of a good lesson plan
- ii Advantages of preparing a lesson plan
- iii Contents of a lesson plan
- iv Class management-formation of the class
- v Conducting yoga practical lessons: Precautions and contra-indications of practices

Lesson plan:

- a. Assembly and roll call
- b. Relaxation & prayer
- c. Loosening the joints
- d. Introduction of practice
- e. Demonstration
- f. Individual practice
- g. Group practice
- h. Yoga game (if time permits)
- i. Question and answer session
- j. Relaxation.
- k. End prayer

UNIT - V:

- i Organizing yoga class, Yoga camp, workshops in yoga, Yoga tours. Yoga games are competitions, classification of age groups for competitions.
- ii Evaluation; Advantages ;Devices of evaluation.

Course Outcomes:

- Student can get the basic knowledge about Principles of Teaching Yoga
- They will get the full idea about the Methods in Yoga Teaching
- Student can get full knowledge in Teaching aids
- They can get the very valuable thoughts in the Preparing lesson plan
- Finally, the student will get full blue print about methodology of teaching yoga.

References

1. Gharote M.L. and Ganguly SK (2001) Teaching Methods for yogic practices Lonavla: Kaivalyadhama.
2. Sivananda Yoga teachers training Manual, val morin: Sivananda Ashram Yoga Camp.
3. Anandamitra (1991) Teachers' Manual Calcutta: Ananda MargaProcarakaSamgha.
4. Thirunarayanan and Hariharan (1975) Methods in Physical Education, Karaikudi.
5. Basavaraddi Ishwar (2010) Yoga Teacher's Manual for school teachers, New Delhi: Morarji Desai National Institute of Yoga.
6. Lily Pritam Telu Ram (1981) Health and Hygiene, Delhi: Vikas publishing House pvtltd
7. Raghavan (1965) Hand book of health educstionkaraikudi: Meenal enterprises
8. Sunitha Pant Bansal (2008) Diet in diseases

MappingWithProgrammeOutcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	M	M	S	S
CO2	M	S	M	S	L
CO3	M	M	S	M	S
CO4	S	M	L	S	M
CO5	S	S	S	S	S

*S-Strong3;M-Medium2;L-Low1



**23UB1CE301 - COMPUTER APPLICATION IN YOGA
(SKILL ENHANCEMENT COURSE (SEC))**

Program Objectives:

- To know about the practical knowledge about MS word.
- To know about the Spread Sheet.
- To understand the practical knowledge about MS PowerPoint.
- To know about the Usage of internet.
- To know about the knowledge about Database.

UNIT - 1

MS-WORD

1. Create advertisement in MS WORD
2. To illustrate the concept of mail merging in word.
3. Document creation with scientific notation
4. Text manipulation with scientific notation
5. Table creation, table formatting and conversion.
6. Mail Merger and letter preparation
7. Drawing and Flow Chart.
8. Show the different effect for the given text in the document.
9. Create a table of employee and calculate the next salary.
10. Design a table with merge cells and split cells technique.

UNIT - II

SPREAD SHEET

11. To create a Spread Sheet to analyze the marks of the students in a class and to create appropriate charts.
12. Charts in Spread Sheets
13. Formula and Formula Editor
14. Inclusion of objects, pictures and graphics protecting the document and sheet.
15. Sorting and import/export features.
16. Create suitable chart to show the census data in Indian Sports.
17. Create a suitable chart to show the students average in the class.
18. Create an electronic spread sheet of student marks, and find the total, average and respective class secured by each student.
19. Generate the numbers vertically starting from 10 to 100 with step value 5.

UNIT - III

POWER POINT

21. To create the presentation for the department using the power point.
22. Animation in Power point Presentation
23. Designing the Power point Presentation
24. Timing for the slides in Power point Presentation
25. Background designing in Power point Presentation.
26. Designing the Power point Presentation using audio and Video.

UNIT - IV

INTERNET LAB

27. Browsing a Web Site.
28. Composing and sending a mail
29. Forwarding and replying to mails.
30. Downloading Articles / Web content.
31. Literature survey using search enquires

UNIT – V

DBMS LAB

32. Creation of database table with constraints
33. Modification of data in a table.
34. 28 GUI applications using VB (Single calculator, dollar conversion etc.,)
35. Database Applications using VB (insert, update, delete).

Course Outcomes:

- Student can get the basic practical knowledge about MS Word.
- They will get the full idea about the knowledge of Spreadsheet.
- Student can get full practical knowledge about MS Powerpoint.
- They can get the usage of internet.
- Finally, the student will get full Basic practical knowledge about Computer

References:

1. Peter Norton, " Introduction to Computers", 6h Edition, Tata Mcgraw Hill.
2. Ashok N. Kamthane, " Computer Programming", Pearson Education India.
3. Groff Weinberg. "The complete Reference SQL", 2" Edition, Tata Mcgraw Hill.
4. Bott Special Edition using Microsoft Office 2007, Pearson Education India.
5. Gray W. Harsen and James V Harsen (1996) Data Base Management and DesiSSgn, Prentice Hall
6. Jeffrey A Hotter, Mary B Prescott, Fred R. Medadden (2002), Modern. database Management, Prentice Hall.
7. Robert IT Futrell, Donald F. shafer Linda, (2002) Quality software project management Pearson Education, Asia.
8. "Soft Skills" University of Madras, Chennai
9. 'Communication Skills," University of Madras, chennai.
10. Mangal S.K. (2002), Advanced Educational Psychology, Prentice Hall of India, New Delhi.
11. Sampath, K. et.al (1998) Introduction to educational technology, Sterling Publishers, New Delhi.

12. Keemar.K. (1997) Educational Technology, New Age International publishers, New delhi.
13. Chauhan S.S.(1985) Innovations in Teaching Learning Process, NewDelhi: Vikas publishing House.
14. Rajasekar. S. (2005) Computer Education and Educational Computing. Hyderabad: Neel Kamal Publications.
15. Jyohanty Jagannath (2004), Modern Trends in Educational Technology, " Hyderabad: Neel Kamal Publications.
16. Kumar K. (1997) Educational Technology, New Delhi: New Age International Publishers.

Mapping With Programme Outcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	L	M	M	S
CO2	L	S	M	S	M
CO3	M	M	S	M	S
CO4	S	M	L	S	M
CO5	S	L	S	M	S

***S-Strong3;M-Medium2;L-Low1**

23UB1SE301-PRACTICAL – I: TEACHING PRACTICES

I. PRACTICE OF TEACHING IN YOGA

- a. Illustration of the need for a lesson plan.
- b. Illustration of the need for a content plan.
- c. Demonstration of types of teaching methods.
- d. Demonstration of optimum use of teaching aids viz. audio-visual aids.
- e. Practical training on class management.
- f. Practical demonstration of critical observation, active supervision and interaction.
- g. Method of preparing for an ideal setting based on the specific requirement of the class.
- h. Demonstration on use and importance of body language, communication skills and personal conduct in an ideal class.
- i. Evaluation methods of an ideal Yoga class.
- j. Methods of customizing Yoga class to meet individual needs.

The student will have demonstrations and training in the above-mentioned aspects of teaching methods.

Each candidate is expected to complete 5 hours of individual class, 5 classes for a small group, 5 classes for a large group demonstrating the use of essential requirements for an ideal class. (e.g.: One on Shat Karma, One on Asana, one on Pranayama, one on Bandha /Mudra, and one lesson on Meditation) under the supervision of their Yoga Practical Teacher. Each student will also have to prepare and give at least one Lecture cum Demonstration on different topics of Yoga. The record of each of these classes must be maintained in the „Practical Record“ format for evaluation.

The practice teaching lessons and a Lecture cum Demonstration assignment should be observed / examined by the Yoga Practical Teacher. These marks shall be considered as the Practical Class Tests (internal assessment) of this practical paper.

II. VIVA-VOCE

Viva-voce shall be on Methods of Yoga Teaching and Presentations of Lesson/s

23UB1SE302 - PRACTICAL – II: COMPUTER PROGRAMMING

Program Objectives:

- To know about the basics of computer
- To know about Microsoft word.
- To understand Microsoft Excel.
- To know about the Microsoft Powerpoint
- To know about the Usage of Internet Explores.

UNIT - I

Introduction to computer-Definition -Types of Computers - basic parts – Hardware - Software Input and Output devices - Arithmetic & Logic Unit- Control Unit-CPU - Comparison of human beings and computer.

UNIT - II

Microsoft Word: Title Bar, Menu bar, Standard tool bar - Formatting tool bar - Ruler Status bar-task bar. Creating documents - formatting - editing-deleting-copying saving.

UNIT - III

Microsoft Excel: Title Bar, Menu bar, Standard tool bar - Formatting tool bar - Formal bar- Rules - Status bar-task bar, creating documents - formatting-editing-deleting-copying-saving-charts and mathematical operations.

UNIT - IV

Microsoft PowerPoint: Preparing a slide- Animation - Clipart, pictures from file background designing Computers and Communications Copying saving - Presentation - working with slides - adding slides - printing - running a slide show presentation.

UNIT - V

Internet - Introduction History - Uses - Connection Worldwide Web - Usage of internet explores- Search box - E-mail - Outwork Express-Inbox, Outbox, Sent items - Drafts - Sending Messages, save, print, reply, forward, previous message and text chatting- Role of computer in teaching the techniques of yoga, research & data analysis, literature collection through internet.

Course Outcomes:

- Student can get the basic knowledge about Basics in yoga.
- They will get a full idea about the Microsoft Word.
- Students can get full knowledge about Microsoft Excel.
- They can get the knowledge about Microsoft PowerPoint.
- Finally, the student will get full knowledge about using the Internet.

Reference:

- 1) Venugopal, "Fundamentals of Prentice All India.
- 2) Sudharsan C & John Manoj kurnar Computer Fundamentals., RBA publication, Chennai.
- 3) Dromwey, how to solve it by computer, Tata Mcgraw, Gill.

4) Jayashree Computer for beginners, Vikas Publishing House, New Delhi.

MappingWithProgrammeOutcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	M	M	S	S
CO2	M	S	M	S	L
CO3	M	M	S	M	S
CO4	S	M	L	S	M
CO5	S	S	S	S	S

*S-Strong3;M-Medium2;L-Low1



23UB1AE301 – SOFT SKILLS DEVELOPMENT II



B.SC. (YOGA)

3 years (6semesters)



SEMESTER - IV

DETAILED SYLLABUS

PART – I

23UB1TL401 Tamil – IV/ Hindi – IV/ Spl.English

YOGA LANGUAGE SANSKRIT

Program Objectives:

- To know about the Basic structure of Samskritam sentences.
- To get the idea about how to Converse in Samskritam
- To acquire the knowledge about Svvara, Vyanjana and Ayogavahas, Karaka and Samasa.
- Read and write Devanagari script

UNIT - I:

Basics of Samskritam

- i Origin of language
- ii Uniqueness of Samskritam
- iii Samskrita Varnamala – Svaras, Vyanjanas and Ayogavaha (Utpatti Sthana and Prayatna)
- iv Transliteration rules
- v Intro Parts of speech in Samskritam – Karaka, Linga, Vibhakti, Vachana

UNIT- II:

Speaking skills

- i Samskrita Sambhashana Shibira of Samskrita Bharati
- ii Daily Greetings
- iii Numbers till 100
- iv Identifying time in Samskritam
- v Framing basic sentences

UNIT -III:

Basic grammar lessons

- i Introduction to Sandhi – Svvara, Vyanjana and Ayogavahas
- ii Introduction to Samasa – 4 types of Samasas
- iii Introduction to Karaka – 6 Karakas

UNIT - IV:

Memorization of selected verses and declensions of common (selected) words

- i 20 selected Subhashitas verses
- ii 35 SubantaRupas and 10 Dhatus

Course Outcomes:

- Student can get the Basic structure of Samskritamsentences
- They can Converse in Samskritam.
- Student can get the idea about Svvara, Vyanjana and Ayogavahas,Karaka and Samasa.
- They can able to read and write Devanagari script.

Text Book:

- sVempatiKutumbaSastri, Vaakyavyavahaara, RashtriyaSaaskâtaSamsthana, Deemed

University, New Delhi 110058.

MappingWithProgrammeOutcomes:

	PO1	PO2	PO3	PO4
CO1	S	L	M	M
CO2	L	S	M	S
CO3	M	M	S	M
CO4	S	M	L	S

*S-Strong3;M-Medium2;L-Low1

PART - II
23UB1EL401 - ENGLISH – IV

Program Objectives:

- To improve the literacy skill through poem .
- To develop the speaking skill through prose.
- To develop the reading skill through short stories.
- To improve the presentation skill through Drama.
- To develop the fluent speaking and writing skill through grammatical exercises.
- To make learners comprehend and appreciate various cultures and varieties of presentation in the representative texts.

UNIT- I

PROSE

- i R.K.Narayan: Engine Trouble
- ii Sashi Tharoor: Indian Identity

UNIT- II

POETRY

- i Tennyson: The Brook
- ii W.H.Auden: The Unknown Citizen
- iii Langston Hughes As I Grew older

UNIT -III

DRAMA

- i William Shakespeare: Act IV Scene I- Trial scene from The Merchant of Venice

UNIT- IV

SHORT STORY/VALUE EDUCATION

- ii Tagore: Cabuliwallah
- iii Anita Desai: The Devoted Son

UNIT- V

COMMUNICATIVE GRAMMAR

- i Preparation for Interview
- ii Job Application, The Covering Letter

- iii Report Writing
- iv E-Mail Communication
- v Curriculum Vitae

Course Outcomes:

Students can analyse a poem, prose short story etc.

Students can describe, explicate, poem. Prose, short stories etc.

Students can be participating all kinds of grammatical practice and exercise in the beginning level.

To help learners understand the salient features of one-act plays.

To expose learners to the sociological and psychological dimensions of characterization

TEXTBOOK

- 5. Bhongle, Rangrao. (Ed) Contemporary American Literature: Poetry, Fiction, Drama and Criticism.
- 6. Collins - An Introduction to American Literature Crawford, Bartholow V et al. American Literature.

REFERENCE BOOK

- 4. Mathiessew, F.O. American Literature up to Nineteenth Century Spiller - Cycle of American Literature - A New Harvest of American Literature
- 5. Great Indian "Twentieth Century writers and their works" by Emerald publications.

MappingWithProgrammeOutcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	M	M	S	S
CO2	M	S	M	S	L
CO3	M	M	S	M	S
CO4	S	M	L	S	M
CO5	S	S	S	S	S

*S-Strong3;M-Medium2;L-Low1

23UB1CT401 - RESEARCH PROCESS IN YOGA

Program Objectives:

- To know about the scope of Research in Yoga
- To know about the conception of Formulation of hypothesis
- To understand the Case study method
- To know about the Sampling
- To know about the concept of Historical Research

UNIT - I:

Research- Meaning, Definition, Need, Nature and scope of Research in Yoga, Types of research-Basic- Applied- Action- Qualities of a researcher-Criteria in locating and selecting research problem.

UNIT - II:

Preparation of Research Proposal- Mechanism of research proposal - Formulation of hypothesis- Variables and its types.

UNIT - III:

Types of Research Design, Descriptive Research- Survey method, Case study method, Experimental method- Categories: Longitudinal design, Quasi Experimental design, cross sectional design, Double blind placebo design Experimental Design Types: Single group design, Reverse group design, Repeated Measures design, Static group comparison design, otated group design, Random group design, Equated group design, Factorial design.

UNIT - IV:

Data- Population- Sample- Subject- Sampling: Characteristics, principles, steps, determining the sample size, criteria in selection, Types of sampling: probability sampling methods-Random and complex, non-probability sampling methods

UNIT - V:

Methods of Research: Experimental, Descriptive, Historical, Qualitative and Quantitative methods.

Course Outcomes:

- Student can get the Preparation of Research Proposal
- They will get the full idea about the Types of Research Design
- Student can get full knowledge in Types of sampling.

- They can get knowledge about the Methods of Research
- Finally, the student will get full blueprint about Basic Research in Yoga.

Reference:

- Clarke David H and Clarke ,Hamison (1984) Research processes in Physical Education, New Jersey: Prentice Hall Inc.
- Bea, John W. and Kalm James, V. (1980) Research in Education, New Delhi: Prentice Hall of India.
- Clarke, H. Hanison and Clarke David H. (1972) Advanced Statistics, New Jersey Prentice Hall Inc.
- GarvetHeary E and Woodworth R.S (1958) Statistics in Psychology and Education, Bombay:Allied publication pvt L.
- Thirumalaisamy (1998) Statistics in Physical Education, KaraikudiSemhilkumar publishers
- Thomson AL (1986) The Art of Using Computers, Boyd &Frasher Baston Publishing Co.
- Jerry R Thomas And Jack K Nelson 2000) Research Methods in Physical i Activities, Illaosis: Humas Kinetics,
- Craig Willians and Chris Wragg 2006) -Data Analysis and research for sport and exercise science, London Routledge Press
- Paul Kinnear and Colin D Gray (2006)-SPSS 14 Made Simple, New York: Psychology Press.
- Kothari CR (1985) Research Methodology, New De: Wiley Eastems Limited
- Stangeven R (2016) Research forouerses yoga chema: publications.

MappingWithProgrammeOutcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	M	M	S	S
CO2	M	S	M	S	S
CO3	M	M	S	M	S
CO4	S	M	M	S	M
CO5	S	S	S	S	S

***S-Strong3;M-Medium2;L-Low1**

23UB1CT402 - YOGA THERAPY - I

Program Objectives:

- To know about the origin and History of Yoga Therapy
- To know about the Ayurveda
- To understand the Therapeutic applications for disease
- To know about the Therapeutic applications for stress
- To know about the Therapeutic applications for pregnancy- Pre and post-natal care

UNIT I:

The four aspects of life (Soul, Mind, Senses and Body) - Panchamahabhutas (the five-element theory) - Ahara, Vihara and Ausadhi (three pillars of ayurveda) - Concept, role and importance of Dosa, Dhatu, Mala, Updhatu, Srotas, Indriya, Agni, Prana, Panayatna, Prakrti, Deha Prakrti, Manasa Prakrti.

UNIT II:

Stress management - Stress definition - Stress in daily life – How stress affects one's life - Identifying the cause of stress - Symptoms of stress -Managing stress (habits, tools, training, professional help) – Complications of stress mismanagement. Sleep - Sleep and its importance for mental wellness-Sleep and digestion. Immunity- Types and importance – Ways to develop immunity

UNIT – III:

Basic Concepts of Yoga therapy

- Physiology and Pathology in the Yoga – Shastra
- Ahimsa
- Union
- Work with the mind
- Important of breath
- Body – the power tool
- Technique vs effect

Unit IV:

General introduction, definition, history and principles of Nisargopachara - Concept, role, qualities, functions and importance of five elements - Relationships of five elements with seasons, body and mind - Philosophy of Nisargopachara - Western and Indian Concept of health and disease in Nisargopachara - Main principles of Naturopathy (Nisargopachara).

Unit V:

Therapeutic applications for Typhoid, Tuberculosis, Crohn's, Appendicitis; Inflammatory diseases of appendix and large intestine: Amoebic colitis, Bacillary dysentery; Ulcerative Colitis; Ischemic and Pseudomembranous enterocolitis, diverticulosis

Program Outcomes:

- Student can get the basic knowledge about Yoga Therapy
- They will get the full idea about the Traditional Indian medical systems and therapies
- Student can get full knowledge in Therapeutic applications for disorders
- They can get the very valuable thoughts in Therapeutic applications for psychological disorders
- Finally, the student will get full idea about the Therapeutic applications for the problems of women

REFERENCES

1. Balkrishna Acharya (2006) Ayurveda its principles and Philosophies, Hardwar: Divya Prakashan.
2. Atharale V.B. (1980) basic principles of Ayurveda, Bombay: Pediatric clinics.
3. Frawley David (2000) Yoga and Ayurveda Delhi: Motilal banarsidass Publishers Pvt Ltd.
4. Balkrishna Acharya (2012) A practical approach to the Science of Ayurveda, Haridwar: Divya Prakashan.
5. Frawley David and Sandra Summer field kozak (2011) Yoga for your type New Delhi: New Age Books.
6. Vasant Dattatray Lad (2007) Secrets of the pulse The Ancient art of Ayurvedic Pulse Diagnosis Delhi: Motilal Banarsidass Publishers Pvt.Ltd.
7. Ashwini yogi (2011) Sanatan Kriya. The Ageless Dimension, New Delhi: Dhyan Foundation.
8. Stiles Mukunda (2009): Ayurvedic yoga therapy New Delhi: New age books.
9. Sivananda Swami (2006): Practice of Ayurveda Shivanandanagar: The Divine Life Society.
10. Atreya (2000) Ayurvedic Healing for women, Delhi, Motilal Beharsidass.

11. Joshi Rajani (2007) Health tips from the Vedas Haridwar: Shri .Vedmata Gayathri trust.
12. Thirunarayanam (2012) Introduction to Siddha Medicine, Chennai: centre for Traditional Medicine and Research.
13. Bakhru (2011) The complete Hand book of Nature cure, Mumbai: Jaico publishing House.
14. Gala DR, Dhiren Gala and Sanjay gala (2008) Nature cure for common diseases, Ahmadabad: Navneet publications (India) Ltd.
15. Murthy Chidananda (2010) yogic and naturopathic treatment for common ailments, New Delhi: Central council for research in Yoga and Naturopathy.
16. Basavaraddi Ishwar (2012) Important therapeutic modalities used in Naturopathy, New Delhi. Central council for Research in Yoga & Natruopathy.
17. Murthy Chidananda(2011) Yoga and Naturopathy New Delhi: central council for Research in yoga and Naturopathy.

Mapping With Programme Outcomes:

	PO 1	PO 2	PO 3	PO 4	PO 5
CO 1	S	M	M	S	S
CO 2	M	S	M	S	L
CO 3	M	M	S	M	S
CO 4	S	M	L	S	M
CO 5	S	S	S	S	S

***S-Strong 3 ; M-Medium 2 ; L-Low**

23UB1CE401 - INDIAN TRADITIONAL SYSTEM OF MEDICINE AND THERAPY

Program Objectives:

- To know about the origin and History of Yoga Therapy
- To know about the Ayurveda
- To understand the Therapeutic applications for disease
- To know about the Therapeutic applications for stress
- To know about the Therapeutic applications for pregnancy- Pre and post natal care

UNIT- I:

History of yoga therapy- Essence and Principles of Yoga therapy-Physiology and pathology in the yoga- Shastra- koshas- doshas- Pancha prana Application of Yoga and its types — Methodology in Yoga Therapy — Factors (Heyam, Hetu, Hanam and Upayam) — Methods (Darsanam, Sparsanam, Prasanam, NadiPariksa) Examination of Vertebra, joints, muscles, Abdomen and Nervous system and therapeutic yoga practices- Modification of yogic practices — Yogic diet- Yogic diet for Human systems— Nadis and chakras.

UNIT – II:

Application of traditional Indian medical systems and therapies: Ayurveda — Doshas, Dinacharya, Ayurvedic diet, Panchakarma therapy.

Siddha — Five elements theory, physical constituents, pathology (Kayakalpa, Kitchen, Herbal and other types of medicine) Varmam and Thokkanam, Exercise therapy, Cryo therapy, Acupressure, Acupuncture, Chromo therapy, Magnet therapy, Music therapy, Pranic healing, Magneto therapy, Naturopathy, Modalities of Naturopathy

UNIT – III:

Therapeutic applications for High blood pressure, Obesity, Diabetes Mellitus, Asthma, Sinusitis, Migraine, Arthritis, Back pain, Thyroid problems, constipation, impotency, infertility, stroke, Epilepsy, Parkinson's disease, sleep disorders, skin diseases, insomnia, Anaemia

UNIT – IV:

Therapeutic applications for psychological disorders:

Neurosis: stress, depression, eating disorders, suicide, hysteria

Psychosis: Schizophrenia, autism, Bipolar disorders, dementia

Personality disorders: Paranoid, histrionic, drug addicts- Smoking, Alcoholism, Gambling — Anti social activities.

UNIT – V:

Therapeutic applications for the problems of women- Amenorrhea, Dysmenorrhea, menorrhagia, metrorrhagia, Hypomenorrhoea, oligomenorrhoea, polymenorrhoea, leucorrhoea, uterus related problems, miscarriage, pregnancy- Pre and post natal care, PCOD.

Course Outcomes:

- Student can get the basic knowledge about Yoga Therapy
- They will get the full idea about the Traditional Indian medical systems and therapies.
- Student can get full knowledge in Therapeutic applications for disorders.
- They can get the very valuable thoughts in Therapeutic applications for psychological disorders.
- Finally, the student will get full idea about the Therapeutic applications for the problems of women.

References:

1. Balkrishna Acharya (2006) Ayurveda its principles and Philosophies, Haridwar: Divya Prakashan
2. Atharale V.B. (1980) basic principles of Ayurveda, Bombay: Pediatric clinics
3. Frawley David (2000) Yoga and Ayurveda Delhi: Motilalbanarsidass Publishers Pvt Ltd,
4. Balkrishna Acharya (2012) A practical approach to the Science of Ayurveda, Haridwar: Divya Prakashan
5. Frawley David and Sandra Summerfield Kozak (2011) Yoga for your type New Delhi: New Age Books,
6. Vasant Dattatray Lad (2007) Secrets of the pulse The Ancient art of Ayurvedic Pulse Diagnosis Delhi: Motilal Banarsidass Publishers Pvt. Ltd
7. Ashwini yogi (2011) Sanatan Kriya. The Ageless Dimension, New Delhi: Dhyana Foundation
8. Stiles Mukunda (2009): Ayurvedic yoga therapy New Delhi: New age books
9. Sivananda Swami (2006): Practice of Ayurveda Shivanandanagar: The Divine Life Society
10. Atreya (2000) Ayurvedic Healing for women, Delhi, Motilal Beharsidass
11. Joshi Rajani (2007) Health tips from the Vedas Haridwar: Shri Vedmata Gayathri trust

12. Thirunarayanam (2012) Introduction to Siddha Medicine, Chennai: centre for Traditional Medicine and Research

13. Bakhru (2011) The complete Hand book of Nature cure, Mumbai: Jaico publishing House

14. Gala DR, Dhiren Gala and Sanjay gala (2008) Nature cure for common diseases, Ahmadabad: Navneet publications (India) Ltd.,

15. Murthy Chidananda (2010) yogic and naturopathic treatment for common ailments, New Delhi: Central council for research in Yoga and Naturopathy

16. Basavaraddilshwar (2012) Important therapeutic modalities used in Naturopathy, New Delhi. Central council for Research in Yoga & Natruopathy,

MappingWithProgrammeOutcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	S	L	M	S
CO2	M	S	L	S	M
CO3	M	S	S	M	L
CO4	S	M	L	S	M
CO5	S	L	M	S	S

*S-Strong3;M-Medium2;L-Low1

23UB1SE401 - CLASSICAL YOGIC PRACTICES – III (PRACTICAL)

Program Objectives:

- To know about the Essentials of Yogic practices.
- To know about the Basics of Loosening Exercise.
- To understand the Asanas.
- To know about the pranayama.
- To know about the concept of Bandhas and Relaxation Techniques.

UNIT- I:

Essentials of Yogic Practices - cleanliness and food, bath, time, sun, closing eyes, place, breathing, awareness, age limitations, sequence, blanket, clothes, position, emptying the bowels and stomach counter pose, contra-indications, duration, straining, special provisions for women and patients, fitness, posture, side effects.

UNIT-II:

Loosening Exercise (Pawanamuktasana series 1) and Surya Namaskar (Vinyasa Suryanamaskar) -Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, and Benefits.

UNIT -III:

- i **Asana**
 - a. Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each and every asana.
- ii **Standing:** Tadasana, UtthitaParshvakonasana, Malasana, Moordhasana, veerabadhrasana 2.
- iii **Sitting:** Triyangjanusirsasana, Bharadvajasana, Badhakonasana, Ardhamatchendra asana, simhasana.
- iv **Supine:** Chakrasana, Sarvangasana, Sedhubandhasarvangasana, Matsyasana, Savasana.
- v **Prone:**
 - a. Poorna dhanurasana, Poorvabhujangasana, Makrasana.

UNIT -IV:

- i **PranayamaandKriyas**Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each and every one
- ii **Pranayama-** Vyaghra Pranayama, Sectional Breathing, Yogic Breathing, Bhramari Pranayama, Shitali Pranayama.
- iii **Kriya** – Nauli, Basthi.

UNIT - V:

- i **Bandha, Mudra and Relaxation Technique** :Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each and every one
- ii **Bandha** :Jalandhra Bandha, MoolaBandha, UddiyanaBandha, Maha Bandha.
- iii **Mudras** :Shambavi mudra, Shangu mudra, Linga mudra, Shanmuki mudra, Anjali mudra, Lotus mudra.
- iv **Relaxation Technique**: Deep Relaxation Technique.
- v **Meditation** Chakra Meditation, Japa Meditation, Vipasana Meditation.

Course Outcomes:

- Student can get the basic knowledge about Essential of Yoga practices.
- They will get the full idea about the Loosening practices.
- Student can get full knowledge about kriyas.
- They can get the knowledge about pranayama.
- Finally, the students will get the knowledge of Mudra, Bandha and Relaxation Techniques.

References:

- Iyenger B.K.S (1976) Light on yoga, London, Unwin paperbacks
- Sivananda Sarawathi swami (1934) Yoga Asanas Madras: My magazine of india.
- Satyanadasarawari swami (2008) Asana, Pranayama, Mudra, Bandha, munger: Yoga publications trust.
- Iyenger B.K.S (2008) Light on pranayama, New Delhi Haper Collins publishers India.
- Chandrasekaran k (1999) Sound Health Through Yoga, Sodapatti: Prem kalyan Publications
- Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New York: Pocket Books.
- Yogeshwaranandsaraswathi swami (1975) First steps to higher yoga, Gangothari: Yoga niketan trust.
- Coulter, David (2001) Anatomy and Hatha yoga, USA: Body and Breath Inc.
- Kirk Martin (2006) Hatha Yoha Illustrated Champaign: Humenkinetic
- Gharote (2004) Applied yoga, Lonvla: Kaivalyadhama.
- Gharote (2004) Applied yoga. Lonvla: Kaivalyadhama.
- Kathy Lee Kappmeier and Diane M.Ambrosini (2006) Instructing Hatha Yoga, Champaign: Human Kinetics
- Satyanandasasarwati Swami (2007) Meditations from thitantrasMurgar: yoga publications Trust.

MappingWithProgrammeOutcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	S	L	M	S
CO2	M	S	L	S	M
CO3	M	S	S	M	L
CO4	S	M	L	S	M
CO5	S	L	M	S	S

*S-Strong3;M-Medium2;L-Low1



23UB1SE402 - CLINICAL APPLICATIONS OF YOGA THERAPIES (PRACTICAL)

Program Objectives:

- To know about the common ailments
- To know about the Yogic Management of Chronic Bronchitis
- To understand the Yogic Management of Ulcerative colitis
- To know about the Yogic Management of Rheumatoid Arthritis
- To know about the Yogic Management of PCOS

UNIT- I:

Introduction to Common Ailments

Physiology of stress II . Psychosomatic ailments

UNIT-II:

Respiratory Disorders and Cardiovascular Disorders

Respiratory Disorders

Yogic Management of Chronic Bronchitis, Emphysema

Infectious Disorders

- Yogic Management of Tuberculosis
- Yogic Management of Pneumonia
- Yogic Management of Interstitial Lung Disease / Idiopathic pulmonary fibrosis

Cardiovascular disorders

- Yogic Management of Heart disease – Angina pectoris / Myocardial Infarction/ Post CABG rehab
- Yogic Management of Cardiac asthma .
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UNIT -III

Gastro-Intestinal Disorders and Excretory System

Yogic Management of Gastrointestinal disorders

- Yogic Management of Ulcerative colitis
- Yogic Management of Crohn's diseases

Excretory system

- Yogic Management of Irritable bladder
- Yogic Management of Stress incontinence
- Yogic Management of End stage renal disease

UNIT -IV:

- Yogic Management of Rheumatoid Arthritis

- Yogic Management of Psoriatic Arthritis
- Yogic Management of Gout

UNIT - V:

Gynecological disorders and obstetrics

Yogic Management of Premenstrual Syndrome, Infertility – male and female, PCOS, Antenatal care and post-natal care.

Course Outcomes:

- Student can get the basic knowledge about Yoga.
- They will get the full idea about the Etymology and Principles of Yoga
- Student can get full knowledge in Gastro-Intestinal Disorders and Excretory System
- They can get idea about the Musculo-Skeletal Disorders
- Finally, the student will get full blueprint techniques of yoga therapy.

Recommended books:

1. Yoga for Bronchial Asthma – Dr. H R Nagendra, R Nagaratna, SVYP
2. Yoga for Hypertension and Heart Diseases – Dr. H R Nagendra, R Nagaratna, SVYP
3. Yoga for Diabetes – Dr H R Nagendra, R Nagaratna, SVYP
4. Yoga for Obesity – Dr H R Nagendra, R Nagaratna, SVYP
5. The integrated approach of yoga therapy for positive health-Dr.RNagaratha, Dr. H R Nagendra

Reference book:

1. Yoga for common disorders- Swami KoormanandaSaraswati.

MappingWithProgrammeOutcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	S	L	M	S
CO2	M	S	L	S	M
CO3	M	S	S	M	L
CO4	S	M	L	S	M
CO5	S	L	M	S	S

*S-Strong3;M-Medium2;L-Low1

NAAN MUDHALVAN



**23UB1AE401 - ENVIRONMENTAL STUDIES - (SKILL ENHANCEMENT
COMPULSORY COURSE (SEC))**

Program Objectives:

- To know about the environment
- To know about the conception of Food Energy
- To understand the Air pollution
- To know about the social issues and the environment

UNIT - I:

Scope and Importance-Need for Public awareness

UNIT - II:

Natural Resources - Water-Forest-Minerals-Food Energy-land.

UNIT - III:

Environmental Pollution- Definition - Causes- Effects and control measure of Air pollution-Water-Soil-Noise-Nuclear.

UNIT - IV

Social issues and the environment - Urban problems related to energy - Water conservation - Rainwater harvesting - Water shed management -Environmental ethics-Climate change-Global warming-Acid rain-Ozone layer deletion.

UNIT- V

Human population and the environment - Population growth variation among nation population explosion - Family welfare program - Environment - and human wealth.

Course Outcomes:

- Student can get the basic knowledge about environment studies
- Student can get full knowledge causes of pollution.
- They can get the social problems related to energy
- Finally, the student will get full blue print about environmental studies.

Reference:

C. Environmental Education centre, Chennai: Environmental studies for undergraduate students. K.hainaraswamy, Environmental studies A text book for all under graduate courses, Bharathidasan University, Tiruchirapalli.

MappingWithProgrammeOutcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	S	L	M	S
CO2	M	S	L	S	M
CO3	M	S	S	M	L

CO4	S	M	L	S	M
CO5	S	L	M	S	S

*S-Strong3;M-Medium2;L-Low1



B.SC. (YOGA)

3 years (6semesters)



SEMESTER - V

DETAILED SYLLABUS

23UB1CT501 - YOGIC PSYCHOLOGY

Program Objectives:

- To know about the Meaning, Definitions of Psychology
- To know about the conception of yoga for different stages of life
- To understand the Types of minds
- To know about the Methods of developing spirituality.
- To know about the yoga for Anxiety.

UNIT - I:

Psychology: Meaning, Definitions, Nature, Need, Scope of Psychology, Yoga and Psychology, Role of yoga on Heredity and Environment, learning, Emotions, memory, Cognition, Intelligence, Attention, attitude, personality.

UNIT -II:

Growth and Development: Life span periods, yoga for different stages of life: infancy, early childhood, Later childhood, adolescence, Adulthood, Old age, Women. Yoga for Professional people.

UNIT -III:

25 elements, koshas, Doshas, Gunas, Nadis, chakras, mind, Types of mind, folds, mental faculties, stages, states, sources and powers of mind, unfolding powers of Mind, yoga for super-consciousness.

UNIT -IV:

Spirituality: Meaning, definition, Role of Yoga and Religion on Spirituality, Values, types of values, divine virtues. Methods of developing spirituality.

UNIT -V:

Role of yoga on psychological qualities and psychological disorders

Neurosis: Anxiety, Phobias, obsessions, compulsions, stress, hysteria, Depression, Eating disorders, suicide.

Psychosis: Schizophrenia, Autism, Dementia, Bipolar disorders, Mental retardation.

Personality disorders: Paranoid. Histrionic, Drug addicts, Gambling. Alcoholism. smoking, anti-social personality disorders.

Course Outcomes:

- Student can get the basic knowledge about Yoga and Psychology
- They will get the full idea about the Yoga for Growth and Development

- Student can get full knowledge in yoga for super-consciousness.
- They can get knowledge about the Yoga and Religion on Spirituality
- Finally, the student will get full blueprint about Yogic Psychology.

References:

1. Kamlesh, M.L. (1988) Psychology in physical Education and sports, New Delhi: Metropolitan.
2. Elangovan R. (2001) Udarkavi Ulaviyal, Thirunelveli: Aswin Publications.
3. Gita Mathew, (1997) Sports Psychology, Shejin and Shiju Brothers, Karaikudi.
4. Gidr, et al., (1989) Psychology, Glenview: Scott foresman and company.
5. Bringle Robert etal, (1981) understanding psychology, New York: Random House School Division New York.
6. Rishi Vivekananda (2006) practical yoga psychology, Munger: Yoga publications Trust.
7. Abhedananda Swami 2002) yoga Psychology, Kolkatta: Ramakrishna Vedanta math.
8. Mangal S.K. (1991), Psychological Foundations of Education, Ludiana: Prakash Brothers.

MappingWithProgrammeOutcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	S	L	M	S
CO2	M	S	L	S	M
CO3	S	M	S	M	L
CO4	S	M	L	S	M
CO5	S	L	S	M	S

***S-Strong3;M-Medium2;L-Low1**

23UB1CT502 - HATHA YOGA TEXT – I

Program Objectives:

- To know about the introduction to Hatha Yoga Text
- To know about the conception of Shodhana kriyas in health and disease
- To understand the philosophy of Vashishtha Samhita
- To know about the Concept of Prana and Pranayama
- To know about the concept of Goal of Hatha Yoga

UNIT - I:

Introduction to Hatha Yoga. Aim & objectives, misconceptions about Hatha yoga, prerequisites of Hatha yoga (dashayama and dasa niyama), Sadhaka and Badhaka tattvas in Hatha yoga; Concept of Ghata, Ghata shuddhi.

UNIT -II:

Concept and importance of Shodhana kriyas in Hatha yoga; Importance of Shodhana kriyas in health and disease; Concept of Matha, Mita ahara, Rules & Regulations to be followed by Hatha Yoga Sadhakas.

UNIT -III:

Introduction to Hatha texts- Yoga Beeja, Goraksha Samhita, Vashishtha Samhita, Shiva Samhita, Siddha Siddhanta paddhati, Hatha Pradeepika, Gheranda Samhita and Hatha Ratnavali.

UNIT -IV:

Concept of Prana and Pranayama; Pranayama-its phases and stages; Prerequisites of Pranayama in Hatha yoga Sadhana.

UNIT -V:

Relationship between Hatha Yoga and Raja Yoga; Goal of Hatha Yoga. Relevance of Hatha Yoga in contemporary times.

Course Outcomes:

- Student can get the basic knowledge about Concept of Ghata
- They will get the full idea about the Importance of Shodhana kriyas in health and disease
- Student can get full knowledge in Gheranda Samhita and Hatha Ratnavali
- They can get knowledge the Pranayama in Hatha yoga Sadhana.
- Finally, the student will get full blueprint about Hatha Yoga Text.

References

- Certification of Yoga Professional official Guidebook, Ministry of AYUSH, Government of India.
- Hatha Yoga Pradipika By Swami Muktibodhanda, Bihar School of Yoga.
- Gheranda Samhita Sri Satguru Publications.
- Hatha Ratnavali the Lonavla Yoga Institute.
- Siva Samhita the Panini office, Bahadurganj

Mapping With Programme Outcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	M	M	S	S
CO2	M	S	M	S	S
CO3	M	M	S	M	S
CO4	S	M	M	S	M
CO5	S	S	S	S	S

*S-Strong3;M-Medium2;L-Low1

23UB1CT503 - CLASSICAL YOGA WITH PROPS & MODIFICATIONS – IV

Program Objectives:

- To know about the practices of Chandra namaskar with properties.
- To know about the practices of Asanas with properties
- To understand the practices of Pranayama
- To know about the Shat Kriya practices.
- To know about the meditation practices.

UNIT - I:

- i Essentials of Yogic Practices
- ii Loosening Exercises - Pawanmuktasanaseries.-3
- iii Surya namaskar: Sivananda model, Chandra namaskar.
- iv Usage of props like wooden brick and foot rest, Belts, Ropes, Slanting planks, Chair, Stool, Bench & box, The heart rack, Ladder stool and drum, Bolsters and pillows, Bandage, Weights, Horse (big & small)

UNIT -II:

Asanas&Pranayama

Virabhadrasana, Parsvottanasana, UtthitaTrikonasana, AdhomukhaSvanasana, Karnapitasana, Kandharasana, Tittibhasana, Padma Sarvangasana, SalambaSirshasana, Gomukhasana, SetuBandhasana, Chakrasana, TriangaMukhaikapadaPachimottanasana, Marichyasana, Virasana, Svastikasana, Shashangasana, Garudasana, Mayurasana, Padma mayurasana, Bhadrasana, Simhasana, AkarnaDhanurasana, Parsvakonasana, Savasana .

Usage of props like wooden brick and foot rest, Belts, Ropes, Slanting planks, Chair, Stool, Bench & box, The heart rack, Ladder stool and drum, Bolsters and pillows, Bandage, Weights, Horse (big & small)

Pranayama

Moorchapranayama

Anulomaviloma

Sadanta Pranayama

Pranayama with Kumbhaka and bandhas

UNIT -III:

Kriya, Bandha and Mudra

Shat Kriya (Kapalabhati, Trataka, Neti, Dauti, Nauli, Basti.)

Bandha: Uddiyana bandha, Molabandha

Mudras: Yoni mudra, Lotus mudra, Dhyani mudra, Sakthi mudra, Shambavi mudra, Pashinee mudra, Maha Bheda mudra, Ksepama mudra.

UNIT -IV:

Relaxation Technique & Meditation

QRT (Quick Relaxation Technique)

Meditation: walking meditation, Vipasana meditation, nine centred meditation, yogic Sukshma vyayama, Sudharshana kriya, Zen meditation, Savita kidhyan Dharana, Mind Sound Resonance technique.

UNIT - V:

Physiological, Psychological effects on asana, pranayama and meditation.

Course Outcomes:

- Student can get the basic knowledge about Practices of Loosening Exercises, Surya namaskar & Chandra namaskar with properties.
- They will get the full idea about the Asana with props & Pranayama with Kumbhaka and bandhas
- Student can get full knowledge in Practices of Bandha, Mudra & Relaxation Technique
- They can get knowledge about the different ways of meditation
- Finally, the student will get full blue print about Yoga practices with props.

References:

- Iyenger BKS (1976) Light on yoga, London, Unwin paper packs.
- Sivananda Sarawathi swami (1934) Yoga Asanas Madras: My magazine of India.
- Satyanadasatawaniwami (2008) Asana, Pranayama, Mutra, Bandha, Munger Yoga publications trust.
- Iyenger BKS (2008) Light on pranayam, New Delhi: Haper Collins publishers India.
- Chandrasekaran (1999) Sound Health Through Yoga, Sodapatti, Prem kalyan Publications.

- Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New York: Pocket Books
- Yogeshwaran and saraswathi swami (1975) First steps to higher yoga, Gangothari: Yoga niketan trust.
- Coulter, H David (2001) Anatomy and Hatha yoga, USA. Body and Breath Inc.
- Kirk Martin (2006) Hatha Yoga Illustrated Champaign: Hamenkinetics.
- Gharote (2004) Applied yoga, Lonvla: Kaivalyadhama.
- Kathy lee Kappmeier and Diane M.Ambrosini (2006) Instructing Hatha Yoga. Champaign: Human Kinetics.
- Satyanadasaraswati Swami (2007) Meditations from thitantras. Murgar: Yoga publications trust.

Mapping With Programme Outcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	M	M	S	S
CO2	M	S	M	S	S
CO3	M	M	S	M	S
CO4	S	M	M	S	M
CO5	S	S	S	S	S

*S-Strong3;M-Medium2;L-Low1

23UB1CE501 - NUTRITION & YOGIC DIET / MODIFICATIONS

Program outcome:

- To know about the origin and history of yogic diet & nutrition
- To know about the concept of yogic diet.
- To understand the healthy living
- To know about the nutrition during various stages of life.
- To know about the concept of Nutrition therapy

Unit – I

Understanding Nutrition, Basic Terminology in Relation to Nutrition Requirement, Human Nutritional Requirements; Concept of food, Functions of Food; Components of Food & their Classification; Macro Nutrients –Sources, Functions and Effects on the Body; Micro Nutrients - Sources, Functions and Effects on the Body; Fat Soluble Nutrients - Sources, Functions and Effects on the Body; Water soluble Nutrients - Sources, Functions and Effects on the Body; Significance of Carbohydrate, Proteins, Lipids, Vitamins, Minerals and water in the body

Unit – II

Yogic concept of diet and its relevance in the management of lifestyle. General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification in Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Yoga Pradipika and Bhagavad geeta; Pathya and Apathya in diet according to Yogic texts; Guna and Ahara; Importance of Yogic Diet in Yog Sadhana; Yogic Diet and its role in healthy living

Unit – III

Nutrients, proximate principles of diet, balanced diet concept; Carbohydrates, proteins, fats– sources, nutritive values, importance; Minerals-calcium, iron, phosphorus etc. Vitamins – sources, roles, requirements

Unit -IV

Cereals & Millets –Selection, Preparation and Nutritive Value; Pulses, Nuts and Oil Seeds, Selection, Preparation and Nutritive Value; Milk and Milk Products- Selection, Preparation and Nutritive Value; Vegetables and Fruits- Selection, Preparation and Nutritive Value, Sugar - Selection, Preparation and Nutritive Value

Unit - V

Food and metabolism. Energy- Basic Concepts, Definition and Components of Energy Requirement, Energy Imbalance Concept of Metabolism, Anabolism, Catabolism, Calorie Requirement-BMR, SDA, Physical Activity; Metabolism of Carbohydrates, Lipids and Protein; Factors affecting BMR.

TEXT BOOKS:

1. Ramesh Bijlani : Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012
2. Stanley Davidson & others : Human Nutrition & Dietetics , The English Language Book Society & Churchill Livings, Revised Edition
3. Dennis Thompson : The Ayurvedic Diet, New age books, New Delhi, 2001
4. Randolph Stone : A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition

REFERENCE BOOKS

1. Swami Digamber Ji & Others: Gheranda Samhita, Lonavala Institute, 1978

2. Gharote M L & others : Hatha Pradipika, The Lonavala Yoga Institute, Lonavala,2006
3. Swami Mangalteertham : Synthetic approach to Diet & Nutrition, Deogarh Nutan Publication, Deogarh, 2005
4. Swami Gambhirananda: Bhagvatgita, Shri Ramkrishna Math, Madras Swami Maheshananda & Others: Vasishta Samhita.

Course Outcomes:

On successful completion of the course, :

CO 1	They will get the full idea about nutrition.
CO 2	They can get the examinations of health check-up through diet.
CO 3	Finally, the student will get Identification of food items.
CO 4	They can get idea about diet and seasonal food.
CO 5	Finally, the student will full with ideas nutrition values.

MappingWithProgrammeOutcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	L	M	S	M
CO2	S	M	L	S	M
CO3	S	M	M	S	S
CO4	S	M	M	S	M
CO5	S	S	M	S	S

*S-Strong3;M-Medium2;L-Low1

23UB1DE501 - BASIC BIOMECHANICS - (SKILL ENHANCEMENT COURSE (SEC))

Program Objectives:

- To know about the meaning, definition, need and importance biomechanics in yoga
- To know about the conception of Linear and angular kinematics
- To understand the types of friction
- To know about the types of muscle contraction
- To know about the concept of Human body posture and gait analysis.

UNIT - I

Biomechanics — meaning, definition, need and importance biomechanics in yoga. Branches of biomechanics — statics, dynamics, kinematics and kinetics. Motion- types of motion, linear, angular and general motion- Physiology: Anatomical, physiological (bones, tissues, muscles and nerves).

UNIT - II

Kinematics - Linear and angular kinematics. Distance, displacement, speed, velocity and acceleration in linear and angular motion. Linear and angular momentum- Scalars and vectors. Impulse, Work, power and energy, conservation of mechanical energy. Principles of projectile motion.

UNIT - III

Kinetics - Force — Inertia, internal force, external force, torque, gravitational force, centripetal force, centrifugal force, ground reaction force, friction, types of friction, pressure, characteristics of force. Lever — types of lever, centre of gravity, line of gravity, balance, stability and equilibrium, types of equilibrium, factors affecting equilibrium. Newton laws of motion. Impulse momentum relationship.

UNIT - IV

Planes and axis. Skeletal muscle structure, characteristics, muscle spindle, golgi tendon organ, types of muscle contraction, structural and functional classification of muscles, internal loads on the human body. Bones- types, joints, types, effects of physical activity and inactivity on bone. Origin, insertion and action of major muscles of human body.

UNIT - V

Analysis of basic yogic postures — Cartesian coordinate system, visual observation, video analysis — qualitative and quantitative analysis. Electromyography- anatomical landmarks for fixing EMG sensors, EMG data interpretation. Human body posture and gait analysis.

Course Outcomes:

- Student can get the basic knowledge about Biomechanics.
- They will get the full idea about the Kinematics.
- Student can get full knowledge in Kinetics.
- They can get knowledge about the effects of physical activity and inactivity on bone
- Finally, the student will get full blue prints about Basic Biomechanics.

References:

- Susan J. Hall, **Basic Biomechanics**, McGraw Hill Education, 2004.
- Kathryn Lutgens et al. **Kinesiology (Scientific Basis of Human Motion)**, Brown and Bench mark, 1992.
- Knudson, Duane V. **Fundamentals of biomechanics**, Springer, 2007.
- Jacquilin Perry. **Gait analysis-Normal and pathological function**, Slack, 1992.
- Robert Frost. **Applied kinesiology**. North Atlantic Books, 2002.

Mapping With Programme Outcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	M	M	S	S
CO2	M	S	M	L	S
CO3	M	M	S	M	S
CO4	S	M	M	S	M
CO5	S	S	S	S	S

*S-Strong3;M-Medium2;L-Low1

23UB1SE501 - CLASSICAL YOGIC PRACTICES WITH PROPS (PRACTICAL)

Program Objectives:

- To know about the practices of Chandra namaskar with properties.
- To know about the practices of Asanas with properties.
- To understand the practices of Pranayama
- To know about the Shat Kriya practices.
- To know about the meditation practices.

UNIT - I:

- i Essentials of Yogic Practices
- ii Loosening Exercises – Pawanmuktasana series.-3
- iii Surya namaskar: Sivananda model, Chandra namaskar.
- iv Usage of props like wooden brick and foot rest, Belts, Ropes, Slanting planks, Chair, Stool, Bench & box, The heart rack, Ladder stool and drum, Bolsters and pillows, Bandage, Weights, Horse (big & small)

UNIT - II:

Asanas & Pranayama

Virabhadrasana, Parsvottanasana, Utthita Trikonasana, Adhomukha Svanasana, Karnapitasana, Kandharasana, Tittibhasana, Padma Sarvangasana, Salamba Sirshasana, Gomukhasana, Setu Bandhasana, Chakrasana, Trianga Mukhaikapada Paschimottanasana, Marichyasana, Virasana, Svastikasana, Shashangasana, Garudasana, Mayurasana, Padma mayurasana, Bhadrasana, Simhasana, Akarna Dhanurasana, Parsvakonasana, Savasana.

Usage of props like wooden brick and foot rest, Belts, Ropes, Slanting planks, Chair, Stool, Bench & box, The heart rack, Ladder stool and drum, Bolsters and pillows, Bandage, Weights, Horse (big & small)

Pranayama

Moorcha pranayama

Anulomaviloma

Sadanta Pranayama

Pranayama with Kumbhaka and bandhas

UNIT - III:

Kriya

Shat Kriya (Kapalabhati, Trataka, Neti, Dauti, Nauli, Basti.)

UNIT - IV:

Bandha and Mudra, Relaxation Technique

Bandha: Uddiyana bandha, Molabandha

Mudras:Yoni mudra, Lotus mudra, Dhyani mudra, Sakthi mudra, Shambavi mudra, Pashinee mudra, Maha Bheda mudra, Ksepana mudra.

QRT (Quick Relaxation Technique)

UNIT - V:

Meditation: walking meditation, Vipasana meditation, nine centred meditation, yogic sukshma vyayama, Sudharshana kriya, Zen meditation, Savita kidhyan Dharana, Mind Sound Resonance technique.

Course Outcomes:

- Student can get the basic knowledge about Practices of Loosening Exercises, Surya namaskar & Chandra namaskar wit props.
- They will get the full idea about the Asana with props & Pranayama with Kumbhaka and bandhas
- Student can get full knowledge in Practices of Bandha, Mudra & Relaxation Technique
- They can get knowledge about the different ways of meditation
- Finally, the student will get full blue print about Yoga practices with properties.

References:

- Iyengar BKS (1976) Light on yoga, London, Unwin paper packs.
- Sivananda Sarawathi swami (1934) Yoga Asanas Madras: My magazine of India.
- Satyanadasatawaniwami (2008) Asana, Pranayama, Mutra, Bandha, Munger Yoga publications trust.
- Iyengar BKS (2008) Light on pranayama, New Delhi: Haper Collins publishers India.
- Chandrasekaran (1999) Sound Health Through Yoga, Sodapatti, Prem kalyan Publications.
- Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New York: Pocket Books
- Yogeshwaran and saraswathi swami (1975) First steps to higher yoga, Gangothari: Yoga niketan trust.
- Coulter, H David (2001) Anatomy and Hatha yoga, USA. Body and Breath Inc.
- Kirk Martin (2006) Hatha Yoga Illustrated Champaign: Hamenkinetics.
- Gharote (2004) Applied yoga, Lonvla: Kaivalyadhama.

- Kathy lee Kappmeier and Diane M.Ambrosini (2006) Instructing Hatha Yoga. Champaign: Human Kinetics.
- Satyanadasaraswati Swami (2007) Meditations from thitantras. Murgar: Yoga publications trust.

Mapping With Programme Outcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	M	M	S	S
CO2	M	S	M	S	S
CO3	M	M	S	M	S
CO4	S	M	M	S	M
CO5	S	S	S	S	S

*S-Strong3;M-Medium2;L-Low1

23UB1SE502 - PSYCHOLOGICAL TESTING (PRACTICAL)

Program Objectives:

- To know about the Psychological Testing for Different Psychological Variables
- Anxiety
- Assertiveness
- Study skills
- Job satisfaction
- Emotional maturity
- General Mental Alertness
- Attitude
- Adjustment
- Division of Attention
- Steadiness
- Learning
- Reaction time

Course Outcomes:

- Student can get full knowledge Psychological Testing for Different Psychological Variables

References:

1. Kamlesh.M.L. (1988) Psychology in physical Education and sports, New Delhi: Metropolitan.
2. Elangovan R. (2001) UdarkalviUlaviyal, Thirunelveli; Aswin Publications.
3. Gita Mathew (1997), Sports Psychology, Shejin and Shiju Brothers, Karaikudi.
4. Gidr, et al. (1989) Psychology, Glenview: scottforesman and company,
5. Bringle Robert etal.. (1981) understanding psychology, New York: Random House School Division New York.
6. Rishi Vivekananda (2006) practical yoga psychology, Munger: Yoga publications trust.
7. Abhedananda Swami (2002) yoga Psychology, Kolkata Ramakrishna Vedanta math.

8. Mangal S.K. (1991) Psychological Foundations of Education, Ludiana: Prakash Brothers.

Mapping With Programme Outcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	M	M	S	S
CO2	M	S	M	S	S
CO3	M	M	S	M	S
CO4	S	M	M	S	M
CO5	S	S	S	S	S

*S-Strong3;M-Medium2;L-Low1



23UB1SE503 - YOGA PROJECT & VIVA VOCE

Each candidate shall be registered to take up project work in the final year. The student will select the topic and the project report along with the signature of project supervisor, shall be submitted to the Controller of Examination, Tamil Nadu Physical Education and Sports University.



23UB1AE501 - VALUE EDUCATION

Course Objectives

1. To incorporate human values in educational system.
2. To imbibe deeper understanding of the need and importance of value-based living.
3. To develop an honourable character.
4. To make the students understand how values lead to success.
5. To make the student realize that all the problems can be solved by one's innate goodness

Unit I: Truth Doesn't Change with Time

1. Universal and Ethical Values
2. Integrity
3. Honesty

Unit II: Living with Values Leads to Success

1. Ethics – Conscience and Loyalty
2. Characteristic Features of an Honourable Person
3. If by Rudyard Kipling

Unit III: Development of Character

1. Character – a Learnt Behaviour
2. Reputation and Character
3. Honourable Character Building

Unit IV: Effect of Thought on Character

1. Man is the Master of Thought
2. Thoughts Crystallize into Habits
3. Good Thoughts and Actions Produce Good Results

Unit V: How to conquer your Problem

1. God is with you to Solve Your Problems
2. You are Greater Than Your Problem
3. Every Human Being has the Built-in Potential to Solve All his Problems

Course Outcomes

1. The students understand the importance of value-based living.
2. Students become aware of the Universal Value System.
3. Students learn how success is directly value based
4. Students develop an honourable character.
5. Students learn to face all the problems courageously

Text Books:

1. Khera, Shiv, Living with Honour, Macmillan Publishers India limited, Chennai, 2003. (Chapters1: Principles of Honour, Chapter 2: Foundation for Success, Chapter 4: Character and Reputation)
2. Peale, Norman Vincent, The Positive way to Change Your Life, Cedar Books (Chapters 3: The Concept That Conquers problems)
3. Alen, James, As a Man Thinketh , Finger print Publishing , 2017 (Chapter 1: Thought and Character, Chapter 2: Effect of Thought on Circumstances).

Supplementary Readings

1. Nagarajan. A Text Book on Professional Ethics and Human Values. New Age International limited Publishers, 2006.
2. Kalam, Abdul. My journey –Transforming Dreams into Actions. Rupa Publications, 2013



23UB1IT501 - INTERNSHIP (Hospital)

Duration	:	Five Days
Semester	:	IV
Mode of Evaluation	:	Internal Assessment
Maximum Marks	:	100
Subject	:	Yoga
Nature of Programme	:	To bring awareness to gain knowledge, to teach and train people



B.SC. (YOGA)

3 years (6semesters)



SEMESTER – VI

DETAILED SYLLABUS

23UB1CT601 - TIRUMOLAR'S TIRUMANDIRAM

Program Objectives:

- To know about the History of Tirumular
- To know about the conception of Kargapa Kriyai
- To understand the The Eight great Siddhis
- To know about the Mudra Variations
- To know about the concept of Yogic views on other tantras

UNIT - I:

History of Tirumular - Basics of Tirumantiram-learning and non-learning

UNIT - II:

Second Tantra: Creation of Microcosm – Kargapa Kriyai

UNIT - III:

Third Tantra: Ashtanga Yogam - The Eight great Siddhis-Way to Kaya siddhi Kala Chakra- Breathe rhythm - Kechari Yoga - Pariyanga Yoga - Life Span.

UNIT - IV:

Tantra Seven: The Six adharas-Mudra Variations - Controlling Senses

UNIT - V:

Yogic views on other tantras - Analytical views of Tirumular on Yoga

Course Outcomes:

- Student can get the basic knowledge about Basics of Tirumantiram
- They will get the full idea about the Ashtanga Yogam
- Student can get full knowledge in Tantra.
- They can get knowledge about Analytical views of Tirumular on Yoga
- Finally, the student will get full blueprint about Tirumular's Tirumantiram.

References:

- Nagarajan and Mahalingam (1991) Thirumantiram Madras: Sri Ramakrishna Math
- Annamalai (2002) Tirumantiram, Chennai: Indian Cultural Research Institute
- Manikavasagan (2008) Tirumular Tirumandiram, Uma Publications

Mapping With Programme Outcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	M	M	S	S
CO2	M	S	M	S	S
CO3	M	M	S	M	S
CO4	S	M	M	S	M
CO5	S	S	S	S	S

*S-Strong3;M-Medium2;L-Low1



23UB1CT602 – YOGA FOR MENTAL HEALTH

Unit-1: MENTAL HEALTH

Mental Health: Meaning and Importance; Yogic Perspective of Mental Health; Yoga nidra, stress, Kuntha, samyojan emotions, feelings, adjustments.

Unit-2: BASIC UNDERSTANDING ABOUT PSYCHIATRIC DISORDERS

Sign and symptoms of Delirium, Dementia, and Amnestic Disorders; Substance-Related Disorders; Schizophrenia and Other Psychotic Disorders; Mood Disorders; Eating Disorders; Personality Disorders

Unit-3: BASIC UNDERSTANDING ABOUT PERSONALITY DISORDERS

Sign and symptoms of Personality Disorders: Borderline, Antisocial, Histrionic, Paranoid, Narcissistic, Obsessive-Compulsive, and Dependent and Eating Disorders.

Unit- 4: YOGA FOR MENTAL HEALTH

Yogic Concepts and Techniques in Patanjali Yoga Sutra and Bhagwad gita for Promoting Mental Health; Need of Spiritual Growth for Mental Health; Specific Yogic Practices for Promotion of Mental Health: Memory, Intelligence, Breath; Awareness, Shavasana, Yoganidra, Pranayama and Meditation; Yogic Life-style.

UNIT – V : PSYCHOTHERAPY

Psychotherapy: Nature and Process of Psychotherapy, Ethics in Psychotherapy; Approaches to Psychotherapy -I: psychodynamic Therapy, Behaviour Therapy: Aversive Conditioning, Systematic Desensitization, Token Economy, Conditioned Reflex Therapy; Approaches to Psychotherapy - II: Client-centred Therapy, Rational Emotive Behavioural Therapy (REBT) by Elbert Ellis, Gestalt Therapy

TEXT BOOKS:

Singh, A. K. : Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007
Tilak, B. G.: Srimad Bhagwadgita Rahasya. Poona: Tilak Mandir.
Udapa, K.N.: Stress and Its Management by Yoga. Delhi:Motilal Banarasidas, 2007
Vivekananda, Swami : Raja Yoga. Nagpur: Ramakrishna Math Unit –I

REFERENCES

1. Udapa, K.N. : Stress and Its Management by Yoga. Delhi: Motilal Banarasidas
2. Basavaraddi I V : Yoga for Technostress, MDNIY, New Delhi, 2010.
3. Sarason I G. & by Abnormal Psychology Sarason BR. Prentice- Hall of India private Limited, New Delhi
4. John J. P., et al. : Counseling by Theory, Research & Practice Rand Monally College Publications, Chicago (1978)

Mapping With Programme Outcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	M	M	S	S
CO2	M	S	M	S	S
CO3	M	M	S	M	S
CO4	S	M	M	S	M
CO5	S	S	S	S	S

***S-Strong3;M-Medium2;L-Low1**



23UB1CT603 – REVENUE MODELS IN YOGA

PROGRAM OUTCOME :

- To know about the Yoga discipline and significance
- To learn details about International Yoga Day
- To understand the CSR model Yoga
- To understand the concept of AYUSH
- To know about the Essentials and demand of Yoga

UNIT- I:

Significance of Yoga discipline - Yoga Careers-Yoga 360-Innovations in Yoga disciplines - Yoga trends- Yoga discipline major and minor triggers International Yoga Day, Covid etc.

UNIT- II:

Yoga ecosystem - Yoga studio - start up enterprise -Government initiative towards Yoga- Corporate Social Responsibility CSR-model initiative implementing Yoga 4.0 for initiative.

UNIT- III:

International outlook-corporate linkage- Yoga retreat.

UNIT- IV:

Role Yoga in Integrated medicines and interdisciplinary studies- Role of Yoga in AYUSH - customization of Yoga.

UNIT – V

On demand progress - affiliated marketing- membership site - affiliated marketing monetizing social media.

COURSE OUTCOME:

- Student can get the information about IDY Yoga
- They learned way of practices advance technology.
- Student can get the overall perfection of smart work
- They will learn how to pepper technology, knowledge, and ecosystem.

REFERENCES:

1. Acsm's (2001) Guidelines for Exercise Testing and Prescription by American College of Sports Medicine Human kinetics USA.
2. Asikainen, A. M. (2015). Revenue Models of Mobile Health Applications: Free-to-play applications.
3. Boykin, J., Leitheiser, J., & Martin, F. (2015). The HPT model applied to a yoga studio's performance. *Performance Improvement*, 54(1), 28-38.
4. Yoga, I., & Yudiarta, I. G. A. (2021). Grey forecasting of inbound tourism to bali and financial loses from the COVID-19. *International Journal of Grey Systems*, 1(1), 48-57.
5. Kepner, J., Taylor, M., Gates, J., Crutchfield, L., & Roth, B. (2005). Financial Support for Yoga Therapy: A Montage of Possibilities. *International Journal of Yoga Therapy*, 15(1), 105-118.
6. Swamy, H. D., & Agoramoorthy, G. (2021). The coronavirus pandemic impact on India's Yoga tourism business. *Yoga Mimamsa*, 53(2), 145-148.

7. Nkosi, M. T., & Mekuria, F. (2010, November). Cloud computing for enhanced mobile health applications. In 2010 IEEE second international Conference on cloud computing technology and science (pp. 629-633). IEEE.
8. Saheb, T. (2020). An empirical investigation of the adoption of mobile health applications: integrating big data and social media services. *Health and Technology*, 10(5), 1063-1077.
9. Torous, J., & Roberts, L. W. (2017). The ethical use of mobile health technology in clinical psychiatry. *The Journal of nervous and mental disease*, 205(1), 4-8.
10. Helen Purpleheart (2004), *The Yoga Adventure for Children*. Netherlands: A Hunter House book.
11. Chakravorty, P., & Kugle, S. (2009). *Performing Ecstasy*. New Delhi: Manohar.
12. Ernst, C. W. (1998). The psychophysiology of ecstasy in Sufism and Yoga. *North Carolina medical journal*, 59, 182-185.
13. White, J. *Achieve Cosmic Consciousness Through Sexual Ecstasy*.
14. Morgan, P. (2023). *Journal of Contemplative & Holistic Education*. Reflections, 5, 10-2023.
15. James-Palmer, A., Anderson, E. Z., & Daneault, J. F. (2022). Remote delivery of yoga interventions through technology: Scoping review. *Journal of Medical Internet Research*, 24(6), e29092.
16. Singleton, M., & Goldberg, E. (Eds.). (2013). *Gurus of modern yoga*. Oxford university press

Mapping With Programme Outcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	M	M	S	S
CO2	M	S	M	S	S
CO3	M	M	S	M	S
CO4	S	M	M	S	M
CO5	S	S	S	S	S

***S-Strong3;M-Medium2;L-Low1**

23UB1CT604 - YOGA THERAPY - II

Program Objectives:

- To know about the origin and History of yoga therapy
- To know about the Definition of Cikitsa
- To understand the Physiology and Pathology in the Yoga
- To know about the Yogam and Ksemam
- To know about the concept of koshas & doshas

UNIT - I

History of yoga therapy- Essence and Principles of Yoga therapy
Principles of Vini Yoga

- Definition of Vini Yoga
- Srsti Karma
- Siksana Krama
- Rakshana Krama
- Cikitsa mode of application

UNIT – II

Fundamental Principles of Yoga therapy

- Definition of Cikitsa
- Medical System vs Health Management
- Its exact role in health management
- The focus of Cikitsa
- Relationship
- Acharya

UNIT – III

Basic Concepts of Yoga therapy

- Physiology and Pathology in the Yoga – Shastra
- Ahimsa
- Union
- Work with the mind
- Important of breath
- Body – the power tool
- Technique vs effect

UNIT – IV

Progression and Individual focus in Yoga therapy

- Starting Point
- Fixing the goal
- Progression
- Coming out of practice
- Yogam and Ksemam
- Kala, Desa, Vaya, Vrtti, Sakti
- The nature of ailment
- Isvarapranidhana

UNIT – V

Physiology and pathology in the yoga- Shatra- koshas- doshas- Pancha prana- Application of Yoga and its types - Methodology in Yoga Therapy - Factors (Heyam, Hetu, Hanam and Upayam).

Course Outcomes:

- Student can get the basic knowledge about Essence and Principles of Yoga therapy
- They will get the full idea about the Basic Concepts of Yoga therapy
- Student can get full knowledge in Progression and Individual focus in Yoga therapy
- They can get idea about the physiology and pathology method in Yoga Therapy
- Finally, the student will get full blue print about Principles of Yoga therapy.

References:

- Translated by TKV Desikachar, 'Nathamuni's Yoga Rahasya' 1998, Chennai, KYM publications.
- Translated by TKV Desikachar, 'Patanjali's Yoga Sutra'.1987, Chennai, KYM publications.
- TKV Desikachar with Kausthub Desikachar and Frans Moors, 'The Viniyoga of Yoga' 2001, Chennai, KYM Publications.
- Gopi Warriar and Deepika Gunawant, 'The complete Illustrated guide to Ayurveda' 2000, Elemetn Books Ltd.
- TKV Desikachar, 'The Heart of Yoga'. 200, USA, Inner Traditions

Mapping With Programme Outcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	M	M	S	S
CO2	M	S	M	S	S
CO3	M	M	S	M	S
CO4	S	M	M	S	M
CO5	S	S	S	S	S

*S-Strong3;M-Medium2;L-Low1



23UB1SE601 - THERAPEUTIC YOGA (PRACTICAL)

Program Objectives:

- To obtain the knowledge about Therapeutic yoga approach for Musculo-skeletal disorders.
- To know about the precaution and contradiction of Yogic practices for Respiratory disorders.
- To understand Therapeutic yogic management on Gastro intestinal and Excretory disorders.
- To acquire the knowledge about Yogic management on Endocrine & Metabolic disorders.
- To understand about Therapeutic yoga approach for Menstrual Disorder and Psychological disorders.

UNIT – 1

Therapeutic yoga approach for Musculo-skeletal disorders: Yoga practice module for Musculo skeletal disorders: Precautions and Contraindications of Yogic practices. Back Pain (Lumbago, sciatica, disc herniation; Intervertebral disc prolapse (IVDP), Arthritis, Lumbo sacral strain), Neck pain (Cervical Spondylosis).

UNIT - 2

Yogic Concept for Management on Respiratory disorders: Yoga practice module for Respiratory disorders, Precautions and Contraindications of Yogic practices, Bronchial Asthma, Bronchitis, Emphysema, Allergic Rhinitis, Sleep apnea, Sinusitis

UNIT – 3

Therapeutic yogic management on Gastro intestinal and Excretory Disorders: - Dyspepsia, Hyperacidity, Peptic Ulcers, Constipation, Irritable Bowel Syndrome (IBS), Renal stones and hemorrhoids.

UNIT - 4

Yogic management on Endocrine & Metabolic Disorders: Diabetes Mellitus, Thyroid Disorders, Obesity and Metabolic Syndrome. Yoga practice module for Endocrine & Metabolic disorders; Precautions and Contra-indications of Yogic practices.

UNIT – 5

Therapeutic yoga approach for Menstrual Disorder and Psychological Disorder: Menstrual cramp, dysmenorrhea, pre-menstrual syndrome, Polycystic Ovarian Syndrome PCOS/PCOD. Stress, insomnia, Depression, Anxiety, Mental retardation.

Course Outcomes:

- Student can get the complete knowledge of Musculo-skeletal disorders
- They can acquire the knowledge of precaution and contradiction of Yogic practices for Respiratory disorders.
- They can get the idea of Therapeutic yogic management on Gastro intestinal and Excretory disorders.
- They can obtain the knowledge of Yogic management on Endocrine & Metabolic disorders.
- They can acquire the knowledge of Therapeutic yoga approach for Menstrual Disorder and Psychological disorders.

Reference books:

- Yoga for Bronchial Asthma – Dr. H R Nagendra, R Nagaratna, SVYP
- Yoga for Hypertension and Heart Diseases – Dr. H R Nagendra, R Nagaratna, SVYP
- Yoga for Diabetes – Dr H R Nagendra, R Nagaratna, SVYP
- Yoga for Obesity – Dr H R Nagendra, R Nagaratna, SVYP
- The integrated approach of yoga therapy for positive health - Dr. R Nagaratha, Dr. H R Nagendras
- Yoga for common disorders- Swami KoormanandaSaraswati.

Mapping With Programme Outcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	M	M	S	S
CO2	M	S	M	S	S
CO3	M	M	S	L	S
CO4	S	M	M	S	M
CO5	S	S	M	S	S

*S-Strong3;M-Medium2;L-Low1

23UB1SE602 - ADVANCED YOGIC PRACTICES (PRACTICAL)

Program Objectives:

- To know about the origin and History of Yoga
- To know about the conception of Yoga
- To understand the philosophy of Yoga
- To know about the yoga perspective in Books & Epics
- To know about the concept of Yoga in vedantic approach

UNIT: I

- i Loosening the joints.
- ii Pavanmuktasana Series.
- iii Suryanamaskar: kriya Suryanamaskar, Advance Suryanamaskar,

UNIT: II

Asana: Ardhabaddhapadmottanasana. Utthita Hasta Padangusthasana. Vatayanasana. Hanumasana. Padangushthasana. Padma Sarvangasana, kranaPidasana, Vrischikasana, poornaBhujangasana, poornasalabhasana, poornaDhanurasana, poornamatsyendrasana, Eak pada Sirsasana, Koormasana, Padma Sirshasana, ArdhaBaddhaPachimottanasana, Paryangasana, Bhekasana, BaddhaPadmasana, Vamadevasana, ParivrittiJanusirshasana, Savasana.

UNIT: III

Pranayama: Kewali Pranayama (Soham), Plawini Pranayama, Kumbhaka and Bandhas with ratios.

UNIT: IV

- i **Kriyas:** GhrtaNeti, DugdhaNeti, Basti (Enema), Dhandadauti, Agnishar kriya
- ii **Bandhas :** Maha Bandha.
- iii **Mudras:** Kaki Mudra, Bhujangini Mudra, VipareetaKarani Mudra, Kundalini Mudra, Mahavedha Mudra, Vajroli/Sahajili Mudra, Manduki Mudra, Ashwini Mudra.

UNIT:V

Meditation: Transcendental, Cyclic (S-VYASA), Guided Meditation, Dynamic Meditation, Tibetan Meditation.

Course Outcomes:

- Student can get the basic knowledge about Yoga.
- They will get the full idea about the Etymology and Principles of Yoga
- Student can get full knowledge in Indian Philosophy
- They can get the very valuable thoughts in the most popular books and epics.
- Finally, the student will get full blueprint about Yoga.

References:-

- Iyengar B.K.S (1976) Light on yoga, London, Unwin Paper packs.
- Sivananda saraswathi swami (1934) Yoga Asanas Madras; my magazine of India.
- Satyananda saraswathi swami (2008) ASANA Pranayama, Mudra, Bandha, mungar: Yoga publications Trust.
- Iyengar B.K.S (2008) Light on Pranayama, New Delhi: HAPER Collins publishers India.
- Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New York: Pocket Books.
- Chandarasekaran K (1999) Sound health through yoga sedapatti: prem Kalyan Publications.
- Yogaeswaran and saraswathiswami (1975) First steps to higher yoga, Gangothari: Yoga nicketan trust.
- Coulter, H.D avid (2001) Anatomy and Hatha Yoga, USA Body and Breath inc.
- Kirk Martin (2006) Hatha Yoga Illustrated Champaign: Humenkinetics.
- Gharote (2004) Applied yoga, Lonvla: Kaivalyadhama.
- Kathy Lee Kappmeier and Diane M. ambrosini (2006) Instructing Hatha yoga, Champaign: Human Kinetics.
- Satyananda sararawati swami (2007) Meditations from thitantras. Mungar: yoga publications Trust.

Mapping With Programme Outcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	S	M	S	S
CO2	M	S	M	S	S
CO3	M	M	S	L	S
CO4	S	M	M	S	M
CO5	S	S	M	S	S

*S-Strong3;M-Medium2;L-Low1



PART - IV

23UB1EA601- EXTENSION ACTIVITIES-VILLAGE PLACEMENT PROGRAMME

The Village Placement Programme will be arranged for the First Year Students during the First Semester for five days in the nearby village as an awareness programme. The mode of evaluation will be Internal Assessment for Maximum marks as 100 Marks. The Nature of the programme is based on the curriculum on Yoga therapy for the people in the village for the common disease or ailments.



PART – V
23UB1EC601 - CORPORATE INTERACTION / YOGA CENTRE VISIT/
ENTREPRENEURSHIP



PERSONALITY DEVELOPMENT - (DISCIPLINE SPECIFIC ELECTIVE COURSE (DSEC))

Program Objectives:

- To know about the scope of personality development
- To know about the human development of personality
- To understand the stress management
- To know about the Factors of personality
- To know about the Positive thinking

UNIT-I

Personality: Personality in psychology – Meaning, Definition, concept, need, nature and scope of personality development- structure of personality.

UNIT-II

Stage of human development- determinants of human development of personality- developmental processes: physical, mental, moral, social, emotional and spiritual.

UNIT-III

Guidelines on personality – values and spirituality- developing good personality based on yoga- anger and stress management- role of diet on personality.

UNIT-IV

Personality development with special emphasis on pancha kosha- Ashtanga yoga- Factors of personality- Theories of personality- Attitude- Self-esteem - Memory- Concentration-creativity-intelligence- Assessment of personality.

UNIT-V

Leadership- Qualities of leaders-Positive thinking- powers and effects of thoughts- career planning –career rules- Better human relations- time management.

Course Outcomes:

- They will get the full idea about the Guidelines on personality
- Student can get the basic knowledge about Stage of human development
- Student can get full knowledge in Theories of personality
- They can get idea about the Leadership
- Finally, the student will get full blue print about Personality Development.

References:

- Kamlesh M.L(1988) Psychology in physical education and sports, New Delhi, Metropolitan,
- Elangovan R.(2001) Udarkalvi , Ulaviyal, Thirunelveli: Aswin Publications

- Gita Mathew (1997) Sports Psychology Shejin and shiju brothers, Karaikudi.
- Gidr, et, al, (1989) psychology Glenview scottforesman and company
- Bringle Robert etal (1981) understanding psychology New York, Random House School Division New York.
- Rishi Vivekananda (2006) practical yoga psychology Munger. Publication trust.
- Abhedananda swami (2002) yoga psychology kolkatta:Ramakrishna Vedanta Math.
- Mangal S.K(1991) Psychological foundations of education, ludiana: prakash brothers.
- Elangovan R(2018) Yoga Psychology, Chennai: Ashwin publications.

MappingWithProgrammeOutcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	L	S	M	S
CO2	M	S	M	L	M
CO3	S	M	S	S	S
CO4	S	M	M	S	M
CO5	S	S	M	S	S

***S-Strong3;M-Medium2;L-Low1**

PROFESSIONAL PREPARATION FOR NET/ SLET (SEC)

Program Objectives:

- This paper helps the students qualifying NET / SLET.

UNIT-1

Teaching and Research Aptitude: Concept, Objectives, Levels of teaching (Memory, Understanding and Reflective), Characteristics and basic requirements. Learner's characteristics: Characteristics of adolescent and adult learners (Academic, Social, Emotional and Cognitive), Individual differences.

UNIT-2

Communication: Communication: Meaning, types and characteristics of communication. Effective communication: Verbal and Non-verbal, Inter-Cultural and group communications, Classroom communication.

Information and Communication Technology: ICT: General abbreviations and terminology. Basics of Internet, Intranet, E-mail, Audio and Video conferencing. Digital initiatives in higher education.

UNIT-3

Mathematical and Logical Reasoning:

Types of reasoning: Number series, Letter series, Codes and Relationships. Understanding the structure of arguments: argument forms, structure of categorical propositions, Mood and Figure, Formal and Informal fallacies, Uses of language, Connotations and denotations of terms, Classical square of opposition.

UNIT-4

Yoga and Health

Role of Yoga in preventive health care – Yoga as a way of life, Heyam dukham anagatam; Potential causes of Ill-health: Tapatrayas and Kleshas, Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Angamejayatva and Ssvasa-prashvasa.

UNIT -5

Applications of Yoga

Applied Philosophy: Yoga as Applied philosophy; Meaning, definition and nature of consciousness as described in Vedas, Upanishads, Bhagwad Gita, Yogasutra and Yoga vashishtha; Spiritual and scientific approach to human consciousness. Yogic Method of elevation of human consciousness: Bhaktiyoga, Jnanyoga, Karmayoga, Mantrayoga, Ashtangayoga, Hathayoga.

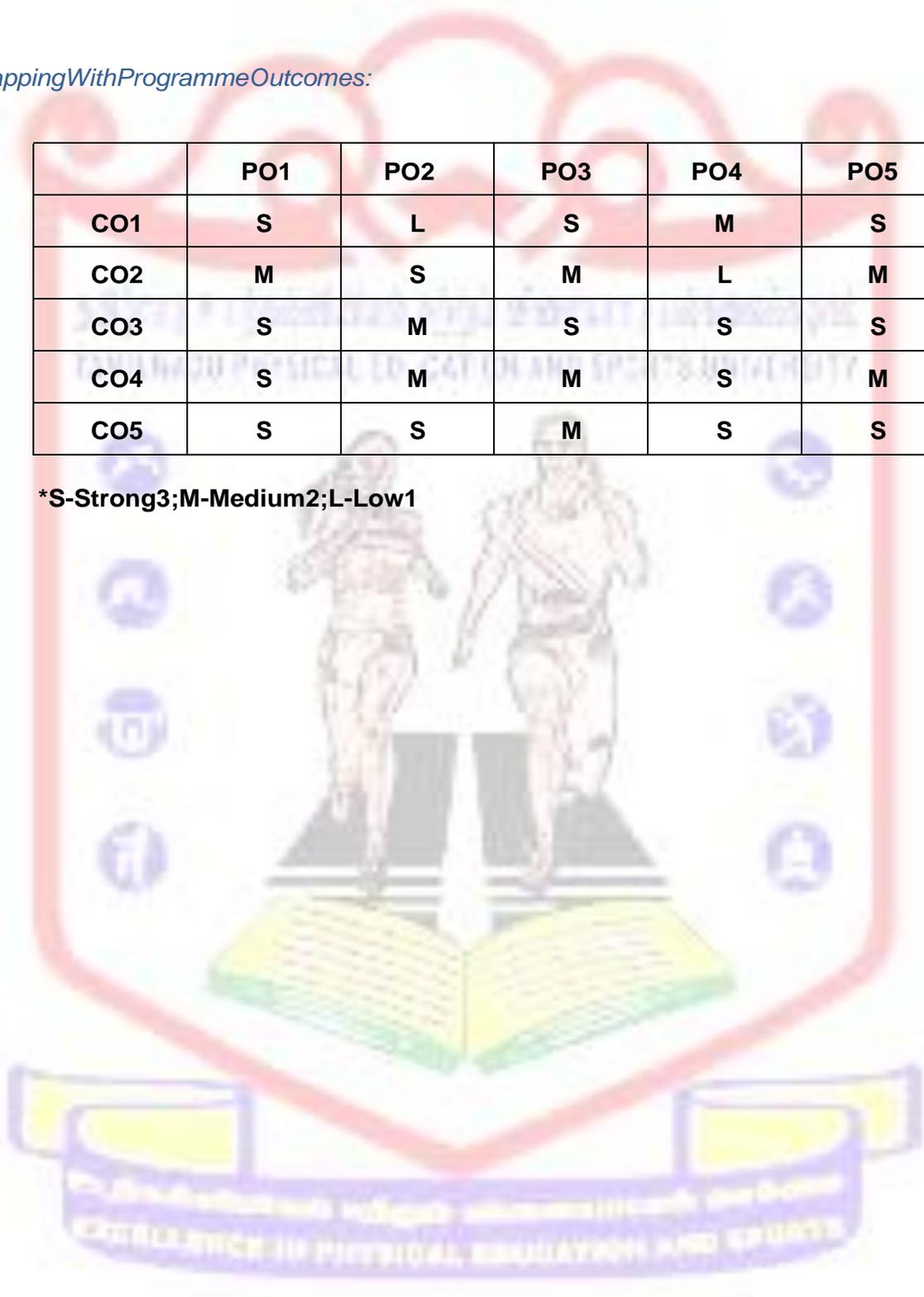
Course Outcomes:

- Student can get knowledge about the Preparation of NET / SLET

MappingWithProgrammeOutcomes:

	PO1	PO2	PO3	PO4	PO5
CO1	S	L	S	M	S
CO2	M	S	M	L	M
CO3	S	M	S	S	S
CO4	S	M	M	S	M
CO5	S	S	M	S	S

***S-Strong3;M-Medium2;L-Low1**



YOGA PROJECT (ORGANISING YOGA COMPETITION / WORKSHOP)

Sem - iii

Teaching Practices in Government School

Duration : Five Days

Semester : III

Mode of Evaluation : Internal Assessment

Maximum Marks : 100

Subject : Yoga

Nature of Programme : To bring awareness to gain knowledge, to teach and train people



