

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
DEPARTMENT OF YOGA
CHENNAI-600127, TAMIL NADU

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 of Level: **M.Sc.**

Duration for the course: **Full-Time**

1. CHOICE-BASED CREDIT SYSTEM

A Choice-Based Credit system is a flexible of learning. This system allows students to gain knowledge at their own tempo. The student shall decide on electives from a wide range of elective courses offered by the university department in consultation with the department committee. The students undergo additional courses and acquire more than the required number of credits. They can also adopt an inter-disciplinary and intra-disciplinary approach to learn, and make the best use of the expertise of available faculty.

2. ELIGIBILITY FOR ADMISSION

- i) A Candidate shall be admitted to the degree of M.Sc., Yoga only if he/she produces satisfactory evidence to the effect that he/she has completed Any Bachelor's Degree recognized by the syndicate of Tamil Nadu Physical Education & Sports University and an equivalent there in 10+2+3 or 10+2+4 pattern from a recognized university with a minimum of 50% marks in aggregate.
- ii) The Eligible for admissions and reservation of seats shall be according to the rules framed by the governing body of this University in this regard, from time to time at par with the UGC norms and regulations of the Government of Tamilnadu.

3. COURSE OF STUDY & MINIMUM DURATION OF PROGRAMME

- i) The normal duration of the M.Sc., Yoga Programme shall be four semester (Two years).
- ii) Each academic year shall comprise of two semesters' viz. **ODD** and **EVEN** semesters. Odd semesters shall be from July to November and Even Semesters shall be from December to May.
- iii) Each semester there shall be not less than 90 working days consisting of 5 teaching hours per working day which shall comprise 450 teaching clock hours for each semester (exclusive of the days for the conduct of the university end-semester examination).

4. MEDIUM OF INSTRUCTION: English & Tamil

5. COURSE WEIGHT

- i) Courses have been designed with weightage of two /four credits, depending upon the content, duration and specialization. All courses need not carry the same weight. A course may comprise lectures /tutorials /laboratory /field work /outreach activities /project work /vocational training /viva /seminars etc. or a combination of some of these.
- ii) 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.

6. CHOICE BASED CREDIT SYSTEM (CBCS)

The CBCS in M.Sc., programme would have the following five components and the minimum credit requirements for each component to be completed in two years are:

- 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 from other Departments in our university.

7. PROGRAMME

“Programme” means a course of study leading to the award of a degree in a discipline.

8. COURSES

‘Courses’ is a component (a paper) of a programme. Each course offered by the department is identified by A Unique course code. A course contains Lectures / Tutorials / Laboratory / Seminar / Project / Practical Training / Report Writing / Viva-Voce or a combination of these, to meet effectively the teaching and learning needs.

- i) Courses have been designed with weightage of two /four credits, depending upon the content, duration and specialization. All courses need not carry the same weight. A course may

comprise lectures/tutorials/laboratory/field work/outreach activities/project work/vocational training/viva/seminars etc. or a combination of some of these.

- ii) 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.

9. CREDITS

The 'Credit' refers to the weightage given to a course, usually in relation to the instructional hours assigned to it. Normally, in each of the course's credits will be assigned on the basis of the number of lectures/tutorials/laboratory and other forms of learning required to complete the course content in a 15-week schedule. One credit is equal to one hour of lecture per week. For laboratory/field work one credit is equal to two hours.

1. Core Courses (CC)	- a) Theory Minimum - 48 credits
	- b) Practical Minimum - 16 credits
2. Discipline Specific Elective Courses (DSEC)	- 16 (4x4 Credits)
3. Ability Enhancement Compulsory Course (AECC)	- 8 (2x2 Credits)
4. Co-curricular (NCCC)	- 6 (2x3 Credits)
5. Skill Enhancement Course (SEC)	- 4 (2x2 Credits)

91 Credits

10. SEMESTERS

An Academic year is divided into two semesters. In each semester, courses are offered in 15 teaching weeks and the remaining 5 weeks are to be utilized for conduct of examination and evaluation purpose. Each week has 30 working hours spread over 5/6 days a week.

11. DEPARTMENTAL COMMITTEE

The department committee consists of the faculty of the department. The departmental committee shall be responsible for admission to all the programmes offered by the department including the conduct of entrance tests/ selection, verification of records, admission, and evaluation. The departmental committee determine the deliberation of courses and specifies the allocation of credits semester-wise and course-wise. For each course, it will also identify the number of lectures, tutorials, practical, seminars etc. The courses (core/Discipline specific Elective /Non-Major Elective) are designed by teachers and approved by the departmental committees. Courses approved by the departmental committee shall be approved by the board of studies. A teacher offering a course will also be responsible for maintaining attendance registered for the course.

12. COMPONENTS

A UG programme consist of number of courses. The term “course” is applied to indicate a logical part of the subject matter of the programme and is invariably equivalent to the subject matter of a “paper” in the conventional sense. The following are the various categories of the courses suggested for the PG programmes:

- A. Core courses (CC) - “core paper” means “the core courses” related to the programme concerned including practical and project work offered under the programme and shall cover core competency, critical thinking, analytical reasoning, research skill.
- B. Discipline – specific electives (DSE) mean the courses offered under the programme related to the major but are to be selected by the students and shall cover additional academic knowledge, critical thinking, and analytical reasoning.

13. PROJECT / DISSERTATION

- **PLAN OF WORK:** The candidate shall undergo project/Thesis work during the final semester. The candidate should prepare a scheme of work for the Thesis/project and should get approval from the guide. The candidate, after completing the Thesis / project work, shall be allowed to submit it to the university department at the end of the final semester. If the candidate id desirous of availing the facility from other department/universities / laboratories / organizations.
- They will be permitted only after getting approval from the guide and HOD. In such a case, the candidate shall acknowledge the same in their Thesis/ project work.

14. INTERNSHIP

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.

➤ **No. of copies of dissertation/project report/ internship report**

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.

➤ **Format to be followed for internship report**

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

➤ **Title page – Format of the tittle page**

Tittle of Internship Report

Internship report submitted in partial fulfilment of the requirement for the M.Sc. Yoga degree in.....to the Department of Yoga, TNPESU, 600127.

- By (Student Name),
- (Register Number),
- University Logo

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 attendanceshallapply 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 furthered 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 furthered clarified that the students, Re do the course.

16. 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)

The Post Graduate degree programme M.Sc., Yoga (Two Years), 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.

SEMESTER	CREDITS	TOTAL MARKS
I	23	800
II	23	800
III	20	700
IV	24	800
Grant Total	90	2500

- 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 75% (75 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
Record Note	5
Yogic practices Performance	10
Total	25

- a. The minimum passing standard will be 50% for the external and internal component of each theory course, i.e. 38 marks out of 75 (external - 50% of 75 marks) and 12.5 marks out of 25 (internal - 50% of 25 marks). In practical minimum passing standard will be 50% for the external exam and internal assessment for each practical course.

17. 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

18. 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.

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

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

PART- C - 5 Questions, (Answer any three questions) - 3 X10 = 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 50% marks in each course in the End Semester Examinations, i.e., 38 marks out of 75 and a total of 50 marks out of 100 including Internal Assessment.

19. ATTENDANCE REQUIREMENT FOR APPEARING SEMESTER EXAMINATIONS:

- a) Every teaching faculty handling a course shall be responsible for the maintenance of attendance register for candidates who have registered for the course.
- b) The Students must have 75% of attendance in each course for appearing in the examination.
- c) The Students who have 74% to 70% of attendance shall apply for condonation in the prescribed form with the prescribed fee.
- d) The Students who have 69% to 65% of attendance shall apply for condonation in prescribed form with the prescribed fee along with the Medical Certificate.
- e) 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.
- f) 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.
- g) A student will be issued Hall Ticket only if he/she produces “No Dues” certificate from the concerned Department, the laboratory, the Registrar’s Office, and the library.

20. 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

21. VILLAGE EXTENSION 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 have to visit any one of the adopted villages within the jurisdiction of department of yoga, TNPESU and can arrange various programs to educate the rural mass in the following areas for five days based on the theme.

1. Yoga for all,
2. Naturopathy food,
3. 365 days yogic practices.

22. THESIS

The topic of thesis will be allocated in third Semester and candidate will work for one semester and submit a written thesis in 4th semester. The student will be awarded grade for the total number of credits earned in Thesis in III and IV semesters of study at the end of the IV semester.

PROGRAMME OUTCOMES (POs):

By the end of the program, the students will be able to

PO1	Yogathree-fold activities in the field of yoga, namely: teaching, therapy, and research.
PO2	To spread the value-based knowledge of yogic science.
PO3	Research in Yoga / Yogic Science and Yoga therapy – utilizing the Traditional text – based knowledge along with modern science.
PO4	To evolve researcher sin Yoga / Yogic science and trained teachers.
PO5	To train the individual sinthe traditional knowledge of India in the Post Graduate level and also preventive, promotive and curative aspects of yogic practices.

PROGRAMME SPECIFIC OUTCOMES (PSOs):

By the end of the program, the students will be able to

PSO1	The Post Graduates will be having knowledge of yogic science with study of the classical texts along with knowledge of modern anatomy And physiology.
PSO2	They can be come experienced yoga teachers, yoga therapists and yoga practitioner and can conduct research in Yoga and Yoga therapy - utilizing the traditional text-based knowledge along with modern science.
PSO3	They will be able to use yogic techniques from Astanga yoga, Hathayoga, Ghatayoga and such for treatment of various diseases. They will have the knowledge of food and lifestyle, mind body management techniques.
PSO4	They can be come teacher and lecturer after the completion of the programme and they can be They can go for permanent lectureship after UGC-NET. Job opportunities as- Lecturers /AssistantProfessors.
PSO5	Yoga Therapist, Yoga Therapy consultant, Yoga Instructor, Yoga Trainer. Employment Areas – Educational Institutes, Corporate sectors, Yoga Centres, Hospitals, Community Health Clubs, Resorts.

SEMESTER I

Course code	Course Title	Hours/Week			C	Marks		
		L	T	P		CIA	ESE	Total
23PB1CT101	Foundations of Yoga	4	1	-	4	25	75	100
23PB1CT102	Anatomy and Physiology	4	1	-	4	25	75	100
23PB1CT103	Classical Yoga Practices	4	1	-	4	25	75	100
ELECTIVE - DISCIPLINE CENTRIC - I CHOOSE ANY ONE								
23PB1CE001	Yoga for Health	3	1	-	3	25	75	100
23PB1CE002	Yogic Diet and Nutrition							
23PB1CE003	Basic Relevant of Yogic Science – I							
23PB1CE004	Methods of Naturopathy							
GENERIC ELECTIVE (GE)								
23PB1GE001	Interdepartmental Elective – II (Generic)	3	-	-	3	25	75	100
SKILL ENHANCEMENT COURSES (SEC) - I PRACTICUM								
23PB1SE101	Classical Yogic Practices and Applied Physiology Practicum – I	-	-	4	2	25	75	100
ABILITY ENHANCEMENT COURSE (AEC) - I								
23PB1AE101	Communication Skill – I	4	-	-	2	-	-	-
		22	4	4	22	150	450	600

Note:

1. Students shall take Department Electives (DEs) from the choices available.
2. Students shall take Interdepartmental Electives (IDEs) from a range of choices available.

SEMESTER II

Course code	Course Title	Hours/Week			C	Marks		
		L	T	P		CIA	ESE	Total
23PB1CT201	Research Process in Yoga and Statistics	4	1	-	4	25	75	100
23PB1CT202	Methodology of Teaching Yoga	4	1	-	4	25	75	100
23PB1CT203	Basic Yoga Texts	4	1	-	4	25	75	100
ELECTIVE - DISCIPLINE CENTRIC - II CHOOSE ANY ONE								
23PB1CE005	Biomechanics and Kinesiology	3	1	-	3	25	75	100
23PB1CE006	Sports Education							
23PB1CE007	Yoga in World Religion Synthesis							
23PB1CE008	Professional Preparation for Competitive Exams							
GENERIC ELECTIVE (GE)								
23PD1GE201	Interdepartmental Elective – II (Generic)	3	-	-	3	25	75	100
SKILL ENHANCEMENT COURSES (SEC) – II PRACTICUM								
23PB1SE201	Teaching Practices Practicum – II	-	-	4	2	25	75	100
ABILITY ENHANCEMENT COURSE (AEC)-II								
23PB1AE201	Computer Application in Yoga	4	-	-	2	-	-	-
		22	4	4	22	150	450	600

Note:

1. Students shall take Department Electives (DEs) from the choices available in the Department in consultation with HOD.
2. Students shall take Interdepartmental Electives (IDEs) from a range of choices available.

SEMESTER III

Course code	Course Title	Hours/ Week			C	Marks		
		L	T	P		CIA	ESE	Total
23PB1CT301	Yoga for Health and Wellness	4	1	-	4	25	75	100
23PB1CT302	Patanjali Yoga Sutras	4	1	-	4	25	75	100
23PB1CT303	Yoga Therapy – I	4	1	-	4	25	75	100
23PB1CT304	Clinical Applications of Yoga Therapy	4	1	-	3	25	75	100
ELECTIVE - DISCIPLINE CENTRIC - III CHOOSE ANY ONE								
23PB1CE009	Fundamentals of Pshycology	3	-	-	3	25	75	100
23PB1CE010	Traditional Indian Systems of Medicine							
23PB1CE011	Applied Spirituality							
23PB1CE012	Advanced Study of Pranayama and Meditation							
SKILL ENHANCEMENT COURSES (SEC) – III PRACTICUM								
23PB1SE301	Classical Yogic Practices and Clinical application in Indian Traditional systems of Medicine and Therapies Practicum – III	-	-	4	2	25	75	100
ABILITY ENHANCEMENT COURSE (AEC)-III								
23PB1AE301	Life Skills Management- III	2	-	-	2	-	-	-
INTERNSHIP / INDUSTRIAL ACTIVITY (IT) -III								
23PB1IT301	Hospital / Academe / Fitness centre Internship for Hospitals / In Schools 15 Days (Internship)	-	-	4	2	50	-	50
		21	4	8	24	200	450	650

Note:

- *Internship will be carried out during the summer vacation of the first year and marks should be sent to the University by the Department and the same will be included in the Third Semester Marks Statement.
- *15 days training in multi-specialty hospital / school / fitness centre to qualify for the degree and submit a mini project.

SEMESTER IV

Course code	Course Title	Hours/Week			C	Marks		
		L	T	P		CIA	ESE	Total
23PB1CT401	Yoga Therapy – II	4	1	-	4	25	75	100
23PB1CT402	Hatha Yoga Text – II	4	1	-	4	25	75	100
23PB1CT403	Kundalini Yoga	4	1	-	4	25	75	100
ELECTIVE - DISCIPLINE CENTRIC - VI CHOOSE ANY ONE								
23PB1CE013	Tirumoolar's Tirumandiram	3	-	-	3	25	75	100
23PB1CE014	Revenue Models in Yoga							
23PB1CE015	Area of Dissertation							
23PB1CE016	Yoga and Management							
23PB1TH401	Thesis with Viva-Voce	-	-	4	3	25	75	100
SKILL ENHANCEMENT COURSES (SEC) – IV PRACTICUM								
23PB1SE401	Advanced Yoga Techniques	-	-	4	2	25	75	100
ABILITY ENHANCEMENT COURSE (AEC)-IV								
23PB1AE401	MOOC / SWAYAM / Naan Mudhalvan	2	-	-	2	-	-	-
EXTENSION ACTIVITY (IT) -III								
23PB1EA401	Village Placement Programme Extension Activity - (Field Visit)	-	-	2	1	50	-	50
		17	3	10	23	200	450	650

PG - ELECTIVE (DISCIPLINE CENTRIC) – CHOOSE ANY ONE

I - SEMESTER

- 1) Yoga for Health
- 2) Yogic Diet and Nutrition
- 3) Basic Relevant of Yogic Science - I
- 4) Methods of Naturopathy

II - SEMESTER

- 1) Biomechanics and Kinesiology
- 2) Sports Education
- 3) Yoga in World Religion Synthesis
- 4) Professional Preparation for Competitive Exams

III - SEMESTER

- 1) Fundamentals of psychology
- 2) Traditional Indian Systems of Medicine
- 3) Applied Spirituality
- 4) Advance Study of Pranayama and Meditation

IV - SEMESTER

- 1) Tirumoolar's Tirumandiram
- 2) Revenue Models in Yoga
- 5) Area of Dissertation
- 6) Yoga and Management

SEMESTER - I

23PB1CT101 - FOUNDATIONS OF YOGA

Program Objectives (PO):

- To know about the history and Evolution of Yoga schools.
- 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:

History, Evolution of Yoga and Schools of Yoga: Origin of Yoga, History and Development of Yoga; Etymology and Definitions, Misconceptions, Aim and Objectives of Yoga, True Nature and Principles of Yoga, Introduction to Vedas, Upanishads, Prasthanatrayee and Purushartha Chatushtaya, General introduction to Shad-darshanas with special emphasis on Samkhya and Yoga Darshana, Yoga in Vedanta.

UNIT - II:

Modern Developments Introduction to Epics - (Ramayana, Mahabharata), Yoga in Ramayana, Yoga in Mahabharata, Introduction to Smritis and Yoga in Smritis; General introduction to Agamas and Tantra, Yoga in Tantra; Concepts of Nadi and Prana in Tantra, Kundalini, Effects of Kundalini Shakti and Shat chakra Sadhana, Yoga in Medieval Literature, Bhakti Yoga of Medieval Saints, Yoga in Narada Bhakti Sutras.

UNIT - III:

Yoga in Modern Times: Yogic Traditions of Ramakrishna and Swami Vivekananda, Shri Aurobindo; Maharshi Ramana and Swami Dayanand Saraswati, Yoga in Contemporary Times: Brief Introduction to important Yoga Paramparas (lineages), Sri T. Krishnamacharya, Yoga Parampara of Swami Shivananda Saraswati, Swami Rama of Himalayas, Maharshi Mahesh Yogi and their contributions for the development and promotion of Yoga.

UNIT - IV:

Introduction to Schools (Streams) of Yoga: Yoga Schools with Vedanta Tradition (Jnana, Bhakti, Karma, and Dhyana), Yoga Schools with Samkhya-Yoga Tradition (Yoga of Patanjali) and Yoga Schools with Tantric Tradition (Hatha Yoga, Swara Yoga and Mantra Yoga).

UNIT - V:

Astanga Yoga – Yama – Niyama- Asana- Pranayama- Prathyahara – Dharana – Dhyana – Samadhi. Elements of Yoga and Yogic practices on Hinduism, Jainism, Buddhism, Christianity, Islam, Sufism- Spirituality - Role of yoga & Religions on Spirituality- Methods to promote Spirituality.

Reference Books:

1. Brahma Kumaries Jagdish Chander Mount Abu: PBK Ishwarlyavishwavidyalaya.
2. Desikachar (2003) Nathamuni's yoga Rahasya, Chennai: Krishnamacharya YogaMandiram.
3. Desikachar (2004) Yoga Yajnavalkya Samhita, Chennai: Krishnamacharya YogaMandiram.
4. HausthulDesikachar (2016) The Hota yoga pradipika,'Chennai: Madia Garuda.
5. Meena Ramanathan (2006) Granda samihita Lonavla: Kaivalyadama S.M.Y.M. Samiti.
6. Subramanian (2003) The Yoga Vasishta, Chennai: Sura Books (Pvt) Ltd.
7. Swami Gambirananda (2008) Eight upanisads Kolkata: Advaita Ashrama.
8. Swami Ranganathananada (2001) The message of the Upanishads, Mumbai: Bharatiya vidya Bhavan.
9. VenkataReddy (1932) Hataratnavali, Arthameru: M.S.R. Memorial yoga series.
10. Elangovan. R (2016) Fundamentals of Yoga, Chennai: Ashwin Publications.

Course Outcomes:

On successful completion of the course, the students should be able to:

CO 1	Student can get the basic knowledge about Yoga
CO 2	They will get the full idea about the Etymology and Principles of Yoga
CO 3	Student can get full knowledge in Indian Philosophy
CO 4	They can get the very valuables thoughts in the most popular books and epics
CO 5	Finally, the student will get full blue print about Yoga

Mapping With Programme Outcomes:

	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**

23PB1CT102 - ANATOMY AND PHYSIOLOGY

Program Objectives (PO):

By the end of the course, the student will be able to

- To know about the structure of the body.
- To know about the necessary functions of the body.
- To give brief idea about the diseases related to each system.
- To throw light on anatomy so that student can experience the involvement of their body parts while practicing various postures of yoga.
- To know about the structure and function of cell, Nervous system, Digestive system, Respiratory system, Cardiovascular system, Endocrine system.

UNIT - I:

Introduction to Human Anatomy and Physiology: Introduction to cell, tissue, organs, and systems; Basic cell physiology-Cell Introduction, Cell Organelles, Cell membrane, Movement of the substances and water through the cell membrane, Bioelectric potentials.

UNIT – II:

Musculoskeletal systems: Skeleton - names of all bones, joints and muscles, cartilage, tendon and ligaments, types of bone, joints, and their functions; spine, muscles, and their functions; Skeletal muscles - Properties of skeletal muscles, Muscular contraction and relaxation, Neuromuscular junction, Supracetabular system, Smooth muscle- mechanism of contraction.

UNIT - III:

Digestive and excretory system: Anatomy of digestive system, excretory system (component organs) and their functions; Gastro intestinal system- General 5 structure of alimentary canal, Gastric secretion, Pancreatic secretion, Gastric motility-digestive peristalsis Gastrointestinal hormones - Renal physiology- Structure of kidney, Nephrons, Juxtra glomerular filtrate, Reabsorption, Secretion-mechanism of secretion, Concentrating and diluting mechanism of urine, Dialysis.

UNIT – IV:

Nervous system and glands: Structure and properties of neurons, subdivisions of nervous system and their functions, types of glands (endocrine and exocrine glands), important endocrine and exocrine glands and types of hormones their functions - Sensory nervous system, Motor nervous

system, Higher functions of the nervous system, Synapse, Reflexes Cerebrospinal fluid, Blood brain and blood CSF barrier - Reproductive system: Anatomy of male and female reproductive systems.

UNIT – V:

Cardiovascular and respiratory system: Components of cardiovascular and respiratory system; functions of cardiovascular and respiratory system; Circulatory system- Functional anatomy of the heart, Properties of cardiac muscles, Conducting system of the heart, Pressure changes during cardiac cycles, Capillary circulation, Arterial and venous blood pressure; Respiratory system - Mechanism of breathing, Ventilation, Regulation of respiration, Transport of gases, Hypoxia, Artificial ventilation, Non respiratory functions of the lungs- Stress physiology- how acute and chronic stress disturbs the normal physiology.

Reference Books:

1. Gore M. M. (2003). Anatomy and Physiology of Yogic practices. KanchanPrakashan, Lonavla, India.
2. LanPeate and Muralidharan Nayar – Fundamental of Anatomy and Physiology for student's nurses.
3. Evelyn, C. Pearce- Anatomy and Physiology for Nurses.
4. Tortora and Bryan: Anatomy and Physiology
5. Khurana: Anatomy and Physiology
6. Telles Shirley (2006) A Glimpse of the human body, Bangalore, Swami Vivekananda yoga prakashana
7. Shri Krishna (1988) Notes on structure and functions of human body and Effects of yogic practices on it, Mumbai: ICYHC, Kaivalyadhama.
8. Ray S Dutta (2001) Yogic Exercise: Physiologic and psychic processes, New Delhi:
9. Evelyn C peace (1997) Anatomy and physiology for nurses, New Delhi: Jaypee Brothers.
10. Leslie Kumar (2007) Yoga Anatomy, Champaign: Human Kinetics
11. Bruce, J. Noble (1986) Physiology of Exercise and Sport. St. Louis C.V. Mosby.
12. Shavel LG (1981) Essentials of Exercise Physiology, New Delhi: Surjeet Publication.
13. Fax. E.L. and Mathew D.K., (1981) The Physiological basis of Physical Education and Athletics III Ed. Philadelphia W.B. Sannders.
14. Clerke D.H., (1975) Exercise Physiology, New Jersey: Prentice Hall.
15. Selvalakshmi. S (2017) Anatomy and Physiology Madurai: Shanlax Publications.

Course Outcomes:

On successful completion of the course,

CO 1	Student can get the basic knowledge about cell.
CO 2	They will get the idea about Nervous system of our body.
CO 3	Student can get Knowledge about Respiratory system.
CO 4	They can get knowledge about Cardiovascular system.
CO 5	Finally, the student will get full knowledge about cells, Tissues, Respiratory system, Cardiovascular system, Digestive system and Nervous system of our body.

Mapping With Programme Outcomes:

	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

23PB1CT103 - CLASSICAL YOGA PRACTICES

Program Objective (PO):

- To know about Shat karmas and variation of SuryaNamaskar.
- To understand the principles and practices of each asana & pranayama.
- To obtain the knowledge about pranayama and relaxation technique.
- To get the knowledge about Bandhas and Mudras.
- To acquire the knowledge about various type of Meditation.

UNIT – I

Shatkarmas Dhauti (Kunjla), Vastradhauti, Danda dhauti, Laghoo and Poorna sankhaprakshalana, Neti (Sutra and Jala), Kapalbhata, Agnisara, Nauli - Suryanamaskar - Suryanamaskar must be practiced traditionally and the variation in Suryanamaskar may be taken into consideration based on the convenience of patients for therapy.

UNIT - II

Asnas (yogic postures) Standing Postures Ardhakatichakrasana, Hastapadasana, Ardchhakrasana, Trikonasana, Parivrittatrikonasana, Parsvakanasana, Veersana, Sitting postures Paschimottanasana, Suptavajrasana, Ardhamatsyendrasana, Vakrasana, Marichasana, Malasana, Badhakanasana, Merudandasana, Akarnadhanurasana, Gumukhasana, Prone postures Bhujangasana, Salabhasana, Dhanurasana, Urdhvamukhosvanasana, Makarasana, Supine postures Halasana, Chakrasana, Sarvangasana, Matsyasana, Shavasana, Setubandhasana, Balancing postures Vrikshasana, Garudasana, Namaskarasana, Tittibhasana, Natrajasana.

UNIT – III

Pranayama Breath awareness, Sectional breathing, Nadishuddhi, Bhastrika, Ujjai, Cooling pranayama (Sitali, Sitkari and Sadanta), Bhramari, Pranayama (with Antar & Bahya Kumbhaka)

UNIT - IV

Bandhas and Mudras: JivhaBandha, JalandharaBandha, UddiyanaBandha, Mula Bandha, Maha Bandha, Yoga Mudra, Maha Mudra, Shanmukhi Mudra, Tadagi Mudra, VipareetKarni Mudra.

UNIT – V

Practices leading to Meditation: Pranav and Soham Japa, Yoga Nidra (1,2,3), Antarmauna, AjapaDharana (Stage 1,2,3), Practices leading to BreathMeditation, Practices leading to Om Meditation, Practices leading to VipassanaMeditation, Practices leading to PrekshaMeditation. porary Yogic Practices - Yogic Sukshma Vyayama, Cyclic Meditation (SVYASA); Mindfulness based Stress Reduction Technique (Kabatzin); Mind Sound Resonance Technique (S-VYASA); Raja Yoga Meditation (Brahmakumaris); Transcendental Meditation (Mahesh Yogi); ZEN Buddhist Meditation; Yoga Nidra (BSY); Savita Ki Dhyan Dharana (DSVV).

Reference Books:

1. Iyengar B.K.S (1976) Light on =Yoga, London, Unwin paperpacks.
2. Sivananda Sarawathi Swamy (1934) Yoga Asanas Madras: My magazine of India.
3. SatyanandaSarawari 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. Chandrasekaran K (1999) Sound Health Through Yoga, Sedapatti: Prem kalia publications.
6. Vishnu Devananda Swami (19720 The complete Illustrated book of yoga, New York: Pocket Books.

7. Yogeshwaranand Saraswathi Swami (1975) First steps to higher yoga, Gangothari: Yoga nicketan trust.
8. Coulter, H David (2001) Anatomy and Hatha Yoga, USA: Body and Breatha Inc.
9. Lirk Martin (2006) Hatha Yoha Illustrated Champaign: Humenkinetics.
10. Gharote (2004) Applied Yoga, Lonvla: Kaivalyadhama.
11. Kathy Lee Kappmeier and Diane M. Ambrosini (2006) nstructing hatha Yoga Champign: Human Kinetics
12. Satyanandasaraswati swami (2007) Meditations from thitantras. Murgar. Yoga publications Trust.
13. Swami Muktibodhananda Saraswati Sahay G.S.: Hatha Yoga Pradeepika, Bihar school of yoga publications, Munger, 2000
14. HathaYogaPradeepika of Svatmarama, MDNIY Publication, 2013
15. Sharma BR: Jotsna (Comentory of HathaYogaPradeepika) Kaivalyadhama, Lonavala, 2013.

Course Outcomes:

On successful completion of the course:

CO 1	Student can get the knowledge about shat karmas and SuryaNamaskar
CO 2	They will understand the principles and practice of each asana & pranayama
CO 3	They can understand about pranayama & relaxation technique
CO 4	They can get deep knowledge of Bandhas and Mudras
CO 5	They will acquire the knowledge about various types of Meditation

Mapping With Programme Outcomes:

	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**

ELECTIVE – DISCIPLINE CENTRIC – I

23PB1CE001 - YOGA FOR HEALTH

Program Objectives (PO):

- To know about health according WHO.
- To know about the conception of Yoga and health.
- To understand the healthy living.
- To know about the kriyas details during various season.
- To know about the concept of food and food therapy.

UNIT – I

Yoga – Meaning and Relevance. Tradition and origin of yoga. The body, mind and role interlink with yoga. Concepts of yoga. Types of yoga – Hatha Yoga, Bhakti Yoga, Raja yoga, Karma yoga, Jnana yoga, Kundalini yoga, Mantra Yoga, Tantra Yoga and integral Yoga (Sri Aurobindo).

UNIT - II

Components of fitness – Flexibility, Strength, speed, ability, co-ordinative abilities and Endurance. Fitness development – cycling, Aerobic activities, Jogging, calisthenics, Rhythmic exercise, and circuit Training. Components of wellness - Factors (Psychological, Physiological and Anatomical), Progression, warming up and limbering down, Special Physical Fitness Exercise and Principles of Physical fitness development.

UNIT - III

Bandhas: Jalandhar bandha, Uddiyana Bandha, Moola bandha and Mahabandha. Yogi purification: BamanaDhouti, BarisaraDhouti, sahajAgnisaraDhouti, Nouli, Neti kriya, Nasa-polar shahajBastrikria, Water bath, Tub-bath, Hip-bath, sun bath, spinal bath, Air bath, Hot foot bath, The sitz bath, Tratak and message.

UNIT - IV

Food and meditation Food types: Sattvic (Cheese, Butter, curd, Ghee, sweet fruits, Honey, apples, bananas, Grapes, Papaya, Pomegranates, Mangoes, pears, Pineapple, Guavas, Figs etc. Rajasic (Eggs, Meat, Salt, Chillies, Chutney, Asafoetida, Pickles, Tea, Coffee etc.) and Tamasic (Beaf, Pork, wine, onion, Garlic, Rotten, state things). Balanced diet, carbohydrate, proteins, Fats, and vitamins (Fat and water soluble).

UNIT - V

Curative power for life - threatening diseases and disorders (Arthritis, Arteriosclerosis, Chronic fatigue, diabetes, Asthma, and obesity). Yoga controls the respiratory problem, high blood pressure, Body pain and weight reduction. Yogic practices reduce anxiety, create self-awareness, and provide personal social values.

Reference Books:

1. George Feuerstein: The Yoga Tradition (Its history, literature, Philosophy, and practice).
2. Sri Ananda: the complete Book of Yoga Harmony of Body and Mind (Orient Paper Backs: Vision Book Pvt. Ltd., 1982).
3. Swamy Satyananda Saraswathi: Asana, Pranayama, Mudra, Bandha (India: Yoga Publications Trust, Munger, Bihar).
4. Swami Sivandana Practice of Yoga (The Divine Life Society, Shivananda Nagar P.O. U.P. Himalayas, India).
5. Swami Sivananda Practice of Karma Yoga (The Divine Life Society, Shivananda Nagar P.O. U.P. Himalayas, India).
6. B.K.S. Iyengar: Light on the Yoga Sutras of Patanjali (Haper Collinks Publications India Pvt. Ltd., New Delhi).
7. Iyengar B.K.S. (1989) Light on yoga: Unwin paper backs.
8. Prabhavananda (1953) Patanjali Yoga Sutras, Madras: Sri Ramakrishna Math.
9. Thirumoolar (2006), Thirumantiram, Madras: Sri Ramakrishna Math.
10. Ranganatha Swami (2001) The message of the Upanishads, Mumbai: Bharatiya Vidya Bhavan.
11. Vivekananda Swami (2005) Hinduism, Chennai: Sri Ramakrishna Math.
12. Sivananda Sri Swami (1983), Practical Lessons in Yoga, Shivananda Nagar: The Divine Life Society
13. Desikachar T K V (2004) yoga yajnavalkyasamhita, Chennai: Krishnamacharya Yoga Mandiram
14. Desikachar T K V and kamsthubDesikachar, (2004) yoga Tharavali Chennai: Krishnamacharya Yoga Mandiram.
15. Kokaji R.G. (1970) Hatha Pradipita, Ionavala: Kaivalyadhma.
16. Desikachar T K V (2004), Nathamuni's Yoga Rahasya Chennai: Krishnamacharya Yoga Mandiram. Swami Sivananda Practice of karma Yoga (The Divine Life Society, Shivananda Nagar P.O. U.P. Himalayas India).

Course Outcomes:

On successful completion of the course:

CO 1	They will get the full idea about the WHO concertation.
CO 2	They can get the examinations of various kriyas and asanas.
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 about health care.

Mapping With Programme Outcomes:

	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**

23PB1CE002 - YOGIC DIET AND NUTRITION

Program Objective (PO):

- To know about the origin and History of Yogic diet & nutrition
- To know about the conception 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

Basic concepts and components of food and nutrition Understanding Nutrition, Basic Terminology in Relation to Nutrition Requirement, Human Nutritional Requirements; Concept of food, Acceptance 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; Antioxidants and their Role.

UNIT - II

Yogic concept of diet and its relevance in the management of lifestyle.

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

Food groups. 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, Fats, Oils and Sugar, Jaggery- 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 Energy; Requirement and Expenditure, Factors affecting BMR.

Reference Books:

1. Hoyer (1990) Fitness and wellness, Colorado: Morton Publishing Company.
2. GirijaShyamsundar (2007) Nutrition perspectives Chennai: University of Madras.
3. Swami Sivananda (2007) Health and Hygiene Sivanandanagar: The Divine Life society.
4. Lily Pritam Telu Ram (1981) Health and Hygiene, Delhi: Vikas publishing House Pvt Ltd
5. Raghavan (1965) Hand book of health education KaraiKudi: Meenal Enterprises
6. Sunitha Pant Bansal (2008) Diet in diseases Delhi: Pustak Mahal
7. Yoga charya Sundaram (2004) diet and digestion Coimbatore: The yoga publishing house.
8. Syd Hoare (1986) Keep fit, Hodder and Stoughton: Teach yourself books
9. Swami Sivananda (2011) Health and diet, Shivananda Nagar: The divine life society.
10. Ananda Balayogi Bhavanani (2007) A Yogic approach to stress, Puduchery: Vivekananda Yoga Research foundation
11. Nagendra and Nagratha (2008) New perspectives in Stress Management, Bangalore: Vivekananda Yoga Research foundation
12. Arvind Janar (2004) yoga diet, Bangalore: Sai towers
13. Kathy Phillips, The Spirit of Yoga London Cassell & Co
14. Krishna Raman (1998) A Matter of Health, Chennai: East West books (Madras) Pvt. Ltd
15. Elangovan (2018) Yoga Psychology, Chennai: Ashwin Publications
16. Elangovan (2016) Fundamentals of Yoga, Chennai: Ashwin Publications.

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.

Mapping With Programme Outcomes:

	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**

23PB1CE003 – BASIC RELEVANT OF YOGIC SCIENCE – I

Program Objective (PO):

- To develop the ability of reading and understanding of classical texts of yoga in the original language.
- To study about basics of Sanskrit.
- To study about the root words in Sanskrit
- To get the knowledge of different schools of yoga.
- To study about BhagavatGita.

UNIT - I

Basic Sanskrit – I: Orthography of Devanagari Varnamala, classification of varnas, Purnakshara, Samyuktakshara, Karakas and Mrduvyanjanas, writing of Varnamala using Roman transliteration - Sanskrit words – classification of Sanskrit words, Subantas - AjanthaandHalanta words, Genders, Vachanas, cases of subanta words.

UNIT - II

Declaration -of the following words in cases – Rama, Hari, Guru,Lata, Mati, Dhenu, Phala, Vari, Gau,Asmad, Yushmad, Tad, Kim.Kriyapada in Sanskrit – Classification, Lakaras, Purushas, Vachanas. Declaration of the following root words in Lat, Lan, Lrt, Lot and Vidhi Lin –Bhu, Khad, Vad, Dhyai, Path, Sev, Kshi, Pracch, Tus, Kath, Chint, Kr.

UNIT - III

Basic Sanskrit – II: Avyayas in Sanskrit – Ca, Api, Va, Na, Vina, Saha, Tu, Kintu, Eva, Evam, Iti, Ittham, Athra, Iha, Tada, Gatva, Krtva, Labdhwa, Jitva.Upasargas – Pra, Para, Apa, Sam, Anu, Ava, Nis, Nir, Dus, Dur, Vi, Aa, Ni, Adhi, Api, Ati, Su, Abhi, Prati, Pari, Upa, Antar, Avir, Tiras.Sandhis –Savarnadhirgha, Vrddhi, Guna, Ayadhi, Stutva, SchutvaNipatas-Cha, Va, Api, Kim, Chiat, Ma Chana, Sma.Elementary knowledge of voices in Sanskrit – Active, Passive, Impersonal. Compound words – Tatpurusha, Karmadharaya, Dvigu, Dvandva, Bhahuvrihi, Avyayibhava, Karakas – its use in Sanskrit.

UNIT - IV

Study of the following chapters of Bhagavad-Gita: Sankhya yoga according to Bhagavad-Gita Chapter II - Karma yoga according to Bhagavad-Gita Chapter II - Karma yoga according to Bhagavad-Gita Chapter VI - Dhyana yoga according to Bhagavad-Gita Chapter VI.

UNIT - V

Schools of Yoga: Rajayoga, Hathayoga, Jnanayoga, Karmayoga, Mantra yoga, Bhaktiyoga.

Reference Books:

1. Anantarama Sastri, Shabda Manjari, R.S. Vadhyar & Sons, Palghat -678003.
2. L. Anantarama Sastri, Dhatu Manjari, R.S. Vadhyar & Sons, Palghat -678003.
3. Appayadikshitha, LaghusiddhantaKaumudi, Chaukamba Oriental Series, Varanasi 221001
4. Omananda Tirtha, Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur.273005.
5. H. Kumar Kaul (1994), Aspects of Yoga, B.R. Publishing Corporation, Delhi 700014.
6. Swami Atmananda (1966), The Four Yogas, Bharatiya Vidya Bhawan, Bombay 400007
7. Swami Digambaraji (1970), Hathayoga Pradipika of Swatmarama, Kaivalyadhama, Lonavala, Pune - 410403.
8. Swami Niranjanananda (1997), Hathayogapradipika, Bihar School of Yoga-811201
9. Swami Niranjanananda (1997), Gheranda Samhita, Bihar School of Yoga-811201
10. Swami Digambaraji (1997), Gheranda Samhita, Kaivalyadhama, Lonavala-410403
11. Swami Muktibodhananda (1999), Swara Yoga, Yoga Publications Trust, Munger, Bihar, India-811201

12. T. Krishnamacharya, T.K.V. Deshikachar (1998) Nathamuni's Yoga Rahasya, Krishnamacharya Yoga Mandiram, Chennai-600028.

13. Naikar Chandramauli S. (1997), Ghata Yoga Medha Publisher, Dharwad.

14. Vijayalakshmi M. Ed (2003), Gheranda Samhita, Shivalik Prakashan, Delhi.

15. Swami Vivekanda (1998), Four Yogas; Rama Krishna Ashrama Publication, Dehi Entally Road, Kolkata –700014.

Course Outcomes:

On successful completion of the course,

CO 1	Student can get the knowledge of the basics of Sanskrit
CO 2	They can understand the classical texts of yoga.
CO 3	They can acquire the knowledge about root words in Sanskrit.
CO 4	They can get the knowledge of yogic concepts in Bhagavad-Gita.
CO 5	They can obtain the knowledge of different schools of yoga.

Mapping With Programme Outcomes:

	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

*Strong3; M-Medium2; L-Low1

23PB1CE004 - METHODS OF NATUROPATHY

Program Objective (PO):

- To acquire the knowledge about philosophy of yoga
- To gain knowledge of Naturopathy and its applications
- To acquire the knowledge about philosophy of yoga
- To get the idea about special features of Colour Therapy.
- To obtain the basic knowledge of Therapeutic use of Acupressure and benefits

UNIT - I

Yoga philosophy; The four streams of yoga; Concept of yoga and health; Yoga posture for health; Pranayama and its Medical significance; Meditation and mind; Kriyas and their Medical Significance.

UNIT - II

Philosophy of Naturopathy; Principles of Naturopathy; methods and practice of treatment in Naturopathy; Fasting, Hydrotherapy –spinal bath, hip bath, steam bath, enema, and full wet pack.

UNIT - III

History of Naturopathy; Role of Yoga and Naturopathy in the prevention and treatment of disorders of the present times. Methods of Naturopathy; Control of diet; Fasting; Mud therapy; Magneto therapy.

UNIT - IV

Special Features of Colour Therapy; Effects of colours on the Mind and body; Preparation and use of Colour charged Medicines; and Massage therapy- Natural method of cleaning the body natural and health preserving dress- natural and healthy sleeping places.

UNIT - V

The basic knowledge of Acupressure-theory of Acupressure-identification of points Acupressure-Therapeutic use of Acupressure; benefits of acupressure; Acupressure

treatment for common diseases.

Reference Books:

1. Prof.M. Venkata Reddy (3008): Scientific Studies on Yoga, Hyderabad, A.P Yogadhyayana Parisad.
2. V.M. Kulkarni (1986), Naturopathy the art of drugless healing, Srisatguru publication, Delhi.
3. Dr. Tulasirao Ratti (3012), Philosophy of Yoga and Naturopathy, Lambert academic publication, Germany,
4. Swami Satyananada Saraswati (1992), Yogic Management of Common Diseases, Bihar School of Yoga, Munger, Bihar.
5. Swamy Kuvalyanananda: Principles of Yoga therapy, SMYM Samathi, Kaivalyadhama,

Course Outcomes:

On successful completion of the course, the students should be able to:

CO 1	The student can get the knowledge of yoga philosophy
CO 2	They can learn various naturopathy techniques.
CO 3	They will come to know about special features of ColorTheraphy.
CO 4	The knowledge of apply the naturopathy techniques for health and disease
CO 5	They can obtain the knowledge to identify the acupressure points

Mapping With Programme Outcomes:

	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**

SKILL ENHANCEMENT COURSES (SEC)

23PB1SE101- CLASSICAL YOGIC PRACTICES AND APPLIED PHYSIOLOGY

PRACTICUM - I

Program Objectives (PO):

- To learn how to loosening all the joints in our body.
- To understand the principles and practices of each asana & pranayama.
- To obtain the knowledge about Mudra and Relaxation Techniques.
- To learn how to measure the temperature and Blood Pressure.
- To identify the specimen organs and its functions.

UNIT – I

Loosening Exercise Loosening the joints, Joint freeing series - Surya Namaskar: (Bihar school of yoga 12 Steps) – Prayer, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, and Benefits. Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each asana. Ardachakrasana, Padmahastasana, Trikonasana, Ekapadasana. Padmasana, vajrasana, Ustrasana, Pachimotasana. Utthanapadasana, Arthahalasana, Savasana. Bhujangasana, Shalabasana, Makrasana.

UNIT – II

Pranayama: Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each one - Pranayama: Surya nadi, Chandra nadi, suryabhedhana, Chandra bhedhana, Nadisudhi.

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

Kriya – Kapalapathi, Vamanadhauti.

Bandha: Jalandira Bandha, MoolaBandha, UddiyanaBandha.

UNIT – III

Mudra and Relaxation Technique: Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each one - Mudras: Chin mudra, Chin maya mudra, Adi mudra, Brahma mudra, Bhairava mudra, Bhairavimudra.

Relaxation Technique: Instant Relaxation Technique, Quick Relaxation Technique.

UNIT – IV

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

UNIT – V

Sensory functions – Examinations, Identification of a specimen organ and explain its functions.

Reference Books:

1. Arthur C. Guyton & John Edward Hall (2006) Textbook of Medical Physiology, Florida, United States, Elsevier Standards
2. Surinder H Singh & Krishna garg, (2008) Anatomy and Physiology for nurses & allied health sciences, New Delhi CBS publishers
3. Sivarama Krishnan S (2006) Anatomy and Physiology for Physical Education, New Delhi, Friends Publications.
4. Anne Waugh & Alson Graunt (2005) Anatomy and Physiology in Health and wellness, Allahabad, Churchill Livingstone.
5. Clark Robert K (2005), Anatomy and Physiology Understanding the human body, Suddury, United States, Jones & Bartlett
6. Dutta Ray (2001) A Glimpse of the human, banglors: Swami Vivekananda Yoga prakashana.
7. Leslie kaminoff (2007) Yoga anatomy, champaign: Human Kinetics
8. Shirley Telles (2006) A Glimpse of the human, Bannglore: Swami Vivekananda Yoga Prakashana
9. Evelyne C Peace (1997) Anatomy & Physiogy for Nurses, New Delhi: Jaypee Brothers.

10.Gore M.M (2003) Anaotmy& Physiology for Yogic practices, Lonavala Kamhanprakshan.

Course Outcomes:

On successful completion of the course, the students should be able to:

CO 1	Student will get the full idea about the Measurement of Temperature in our body
CO 2	They can understand the principles and practices of each asana & pranayama.
CO 3	They can obtain the knowledge about Mudra and Relaxation Techniques.
CO 4	They can get the knowledge of loosening all the joints in our body
CO 5	They can identify the specimen organs and its functions

Mapping With Programme Outcomes:

	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**

ABILITY ENHANCEMENT COURSE (AEC) - I

23PB1AE101 - COMMUNICATION SKILL - I

Program Objectives (PO):

- To improve the learners' vocabulary by familiarizing them with the ways of word formation
- To develop communication skills by providing theoretical knowledge of the mechanism of effective communication
- Speak English with an unaffected accent using stress and intonation
- Use acceptable English in academic writing
- Communicate in a professional way using various communication strategies

UNIT – I

Communication Skills: Role of communication in Present Days- Importance of Communication - Communication Barriers - Types of Communications: Verbal communication: Oral -Story telling- Crucial conversation – Face to Face Communication- Telephone communication, Aral- Listening and Hearing, Non - Verbal Communication: Facial Expressions- Body Language-Posture- Eye Contact, Written Communication: Journals - E-Mails - Blogs - Text Messages, Visual Communications: Signs - Symbols - Pictures.

UNIT – II

Components of Communication – Context - Encoder- Encoding - Message - Medium - Receiver – Feedback- Level of Communication – Intrapersonal – Intrapersonal- Group and Public communication, Characteristics of Communication, Memorandum: Purpose- Format- Business Memo and Agenda, Basic Skills for Communications- Listening – Speaking- Reading and Writing.

UNIT – III

Interview Skills: Preparing for Interview - Personal interview - Technical interview - Group Discussion- Body language- Pronunciation- Speaking - Presentation skills:

Preparation – The Subject – The Audience – The place- The time - Length of Talk and Structure of Presentation.

UNIT – IV

Phonetics: Elements of English Language - Phonology- Morphology-Lexis- Syntax- Grammar, The Different Speech Organs, and Their Role- The Individual Sounds- Vowel- Pure Vowel - Semi Vowel - Diphthongs - Classification of Diphthongs -Monotones - Consonants - Manner of Articulation - Place of Articulation.

UNIT – V

Strong and weak Forms of Words- Stress- Word Stress- Primary Stress- Secondary Stress- Sentence Stress, Rhyme and Rhythm – Rhythm – Intonation- Raise - Fall - Raise Fall intonation.

Reference Books:

1. Second Edition of “Communication Skills” Published by Carrier Skill Library.
2. Effective Communication Skills – A Book of MTD Training.
3. The Language Sound of Language by Michael Dobrovolsky and Francis katamba.
4. ‘Soft Skills’, University of Madras, Chennai
5. ‘Communication Skills,’ University of Madras, Chennai

Course Outcomes:

On successful completion of the course, the students should be able to:

CO1	Understandandacquireknowledgeonbasicskillsforcommunications
CO2	ExplainthebasicconceptsofSpeakEnglishwithanunaffectedaccentusin gstressand intonation
CO3	Describetheapplicationofvariousinterviewskills.
CO4	AnalysetheelementsofEnglishlanguage
CO5	Explainthestrongandweakformsofwords

Mapping With Programme Outcomes:

	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**

SEMESTER II

23PB1CT201 - RESEARCH PROCESS IN YOGA AND STATISTICS

Program Objectives (PO):

- To know about the Meaning, Definitions, Need, Nature, and scope of research in yoga
- To know about the Types of research design
- To understand the Recent trends in yoga research
- To know about the Statistics and its types

UNIT - I:

Research –Meaning, Definitions, Need, Nature and scope of research in yoga, Types of research- Basic-Applied-Action – Qualities of a researcher-Criteria in locating and selecting a research problem- preparation of research proposal Mechanism of research proposal- formulation of hypothesis-variables and its types.

UNIT - II:

Types of research design –Describe 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 measure design static group comparison design, Rotated group design, Random group design, Equated group design, Factorial design.

UNIT - III:

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- Writing Synopsis and Research report-Front Materials, Main Chapters and Back materials- Recent trends in yoga research, yoga research centers and their works in India.

UNIT - IV:

Statistics-Meaning- Need and importance in research – non-parametric statistics- Treatment of F-test, 't' test one way- two way – testing- chi square-statistical packages- SPSS-SAS- data process, data analysis-Graphical Representation, Data interpretation.

UNIT - V:

Types of Statistics- Parametric and non-parametric-Normality of data-Normal Curve – Data Analysis- 't' Test, F-test Type I Type II error-ANOVA-ANCOVA (one way & two way)-Post hoc test- Pearson product moment correlation-Partial and Multiple Correlation- Regression simple linear and multiple linear-Post hoc tests.

REFERENCES:

1. Clarke David H and Clarke H, Harrsion (1984) Research process in Physical Education, New Jersey: Prentice Hall Inc.
2. Best john W and Kalm James, V. (1980) research Education, New Delhi, Prentice Hall India.
3. Clarke H. Harrion and Clarke David H, (1972) Advanced Statistics, New Jerycy: Adnaced Statistics New jerycy Prentice Hall India.
4. Garrel henry E and Woodworth R.S. (1958) Statistics in psychology and education, Bombay: Allied publication pvt ltd.
5. Thirumalaisamy (1998) Statistics in physical education, Karaikudi: Senthilkumar Publishers.
6. Thomas AL (1986) The Art of Using computers, boyd& fresher Boston publishing Co.
7. Jerry R. Thomas and jack Nelson (2000) Research methods in physical Activities Illunosis: Human Kinetics:
8. Craig Williams and chris Wragg (2006) Data Analysis and research for sport and exercise science, London Routledge Press.
9. Paul R kinear and colin D Gray (2006) SPSS 14 Made simple, New York: psychology press.
10. Kothari CR (1985) Research Methodology, New Delhi: Wiley Eastern Limited.
11. Elangovan R (2016) Research processes in yoga Chennai: Ashwin Publications

Reference Books:

1. Kamlesh, M.L (1988) Psychology in physical education and sports, New Delhi.
2. Elangovan. R (2001) UdrkalviUlaviyal, Thirunelveli: Aswin Publications.
3. Gita Mathew (1997) Sports Psychology, Shejin and Shiju Brothers, Karaikudi
4. Gidretal, (1989) Psychology, Glenview: scottforesman and company.
5. Bringle Robert etal, (1981) understanding psychology, Munger: Yoga Publications Trust
6. Abhedananda Swami (2002) Yoga Psychology, Kolkatta: Ramakrishana Vedanta math.
7. RisiViveananda (2006) practical Yoga psycghology, Munger: Yoga publications Trust.
8. Mangal S.K (1991), Psychological Foundations of Educations, Ludiana: Prakash Brothers.
9. Elangovan. R (2018) Yoga Psychology, Chennai: Ashwini publications.

Course outcomes:

On successful completion of the course, the students should be able to:

CO 1	Students get an idea about scope of research in yoga
CO 2	They acquire the knowledge about Types of research design
CO 3	They can understand the recent trends in yoga Research
CO 4	They can obtain the knowledge about statistics and its types

Mapping With Programme Outcomes:

	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**

23PB1CT202 - METHODOLOGY OF TEACHING YOGA

Program Objectives:

- To know about the Principles of Teaching Yoga
- To know about the basic principles and yoga class management
- To understand the concept of Teaching yoga Methodology.
- To know about the Essentials of a good lesson plan

UNIT - I:

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

UNIT - II:

Methods of Yoga Teaching, Lecture method, Response to instruction method (method), Individualized Instructional Method, Group discussion Method, Directed Practice Method, Project method, Demonstration Method, Lecture cum Demonstration Method, Imitation Method, Dramatization Method, Sources of teaching methods

UNIT - III:

Teaching aids: Audiovisual aids, Visual aids, Audio aids, Models, 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- Essentials of a good lesson plan, Advantages of preparing a lesson plan, Contents of a lesson plan, Class management- formation of the class, conducting yoga practical lessons: Precautions and contra-indications of practices, Lesson plan: Assembly and roll call, Relaxation & prayer

Loosening the joints, Introduction of the practice, Demonstration, Individual practice, Group practice, Yoga game (if time permits), Question and answer session, Relaxation, End prayer.

UNIT- V:

Organizing yoga class, Yoga camp, workshop in yoga, Yoga tours, Yoga games and competitions, classification of age groups for competitions, Evaluation, Advantages, Devices of evaluation.

Reference Books:

1. Gharote M.L and Ganguly S.K (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 MargaPracarakaSamgha
4. Thirunarayanan and Hariharan (1975) Methods in Physical Education. Karaikudi
5. Basavaraddi Ishwar (2010) Yoga Teacher's Manual for school teachers, NewDelhi: Morarji Desai National Institute of Yoga

Course Outcomes:

On successful completion of the course, the students should be able to:

CO 1	Student can get the knowledge about Principles of Teaching Yoga
CO 2	They can acquire the knowledge about yoga class management.
CO 3	They obtain the concept of Teaching yoga Methodology
CO 4	The knowledge of different schools of yoga.
CO 5	They will understand about essential of good Lesson Plan.

Mapping With Programme Outcomes:

	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**

23PB1CT203 – BASIC YOGA TEXTS

Program Objectives:

- To know about the basic yoga text
- To know about the introduction and principles of Upanishad & Yoga Upanishads.
- To understand the types of Upanishads
- To know about the Essentials of Bhagavad Gita
- To know about the concept of Yoga Vashitha

UNIT- I:

Introduction to Vedas and Upavedas, Upanishads, Principles Upanishad & Yoga Upanishads. Introduction to Prasthanatrayee, Purushartha Chatushtaya and goal of human life. Narada Bhaktisutra, Thirumulars Thirumanthiram, Shankiya, Yajnavalkya Smriti

UNIT - II

Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava.

Kena Upanishad: Self and the Mind; Intuitive realization of the truth; Moral of Yaksha Upakhyana.

Katha Upanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization.

Prashna Upanishad: Concept of Prana and rayi (creation); Panchapranas; The six main questions;

Mundaka Upanishad: Two approaches to Brahma- Vidya- Para and Aparā; The greatness of Brahavidya; Worthlessness of Selfish-karma; Tapas and Gurubhakti; The origin of creation, the aim of Meditation-Brahmanubhuti.

UNIT - III

Mandukya Upanishad: Four States of Consciousness and their relation to syllables in Omkara.

Aitareya Upanishad: Concept of Atma, Universe and Brahman.

Taittiriya Upanishad: Concept of Pancha Kosha; Summary of Shiksha Valli, Ananda Valli, Bhrigu Valli.

Chhandogya Upanishad: Om (udgitha) Meditation; Shandilyavidya.

Brihadaranyaka Upanishad: Concept of Atman and Jnana Yoga; Union of Atman and Paramatman

UNIT - IV

Bagavad Gita: General Introduction to Bhagavad Gita, Definitions of Yoga, their relevance & Scope; Essentials of Bhagavad Gita - meanings of the terms Atmaswarupa, Stithaprajna, Sankhya Yoga (Chpt.II), Karma Yoga (Chpt.III), Samnyasa Yoga and Karma Swarupa (Sakama and Nishkama) Samnyasa, Dhyana Yogas (Chpt. VI); Types of Bhakta (Chpt. VII) Nature of Bhakti (Chpt.XII), Means and End of Bhakti-Yoga; The Trigunas and nature of Prakriti; Three Kinds of Faith. Food for Yoga-Sadhaka, Classification of food (Chpt.XIV& XVII) Daivasura-Sampad-Vibhaga Yoga (Chpt.XVI); Moksa-SamnyasaYoga (Chpt. XVIII)

UNIT - V

Yoga Vasishtha: Salient features of Yoga Vashitha, Concept of Adhis and Vyadhis; Psychosomatic Ailments; The four Dwarpaals to Freedom; How Sukha is attained in the Highest State of Bliss; Practices to overcome the Impediments of Yoga; Development of Satvaguna; Eightlimbs of Meditation; JnanaSaptabhumika.

Reference Books:

1. Iyenger B.K.S (1976) Light on yoga, London, Unwin paperbacks
2. Sivananda Sarawathi swami (1934) Yoga Asanas Madras My magazine of India.
3. Satyanadasarawan swami (2008) Asana, Pranayama. Mudra, Bandha, mungar: Yoga publications trust
4. Iyenger B.K.S (2008) Light on pranayama. New Delhi: HaperCollinspublishers India.
5. Chandrasekaran k (1999) Sound Health Through Yoga, Sedapatti: Prem kalyan Publications
6. Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New York: Pocket Books.
7. Yogeshwaranandseraswathi swami (1975) First steps to higher yoga, Gangothari: Yoga niketan trust.
8. Coulter, David (2001) Anatomy and Hatha yoga, USA Body, and Breath Inc
9. Kirk Martin (2006) Hatha Yoha Illustrated Campaign. Humenkinetics
10. Gharote (2004) Applied yoga, Lonvla. Kaivalyadhama
11. Gharote (2004) Applied yoga, LonvlaKarvaiyadhama.

Course Outcomes:

On successful completion of the course, the students should be able to:

CO 1	Student can get the basic knowledge about Yoga Text
CO 2	They will get the full idea about the principles of Yoga Upanishad
CO 3	Student can get full knowledge Essentials of Bhagavad Gita&YogaVashitha
CO 4	Finally, the student will get full blue print about basic yoga text.

Mapping With Programme Outcomes:

	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**

ELECTIVE – DISCIPLINE CENTRIC – II

23PB1CE005 - BIOMECHANICS AND KINESIOLOGY

Program Objectives:

- Helping learners to realize biomechanics importance to yoga practice;
- To learn general biomechanics concepts and principles that influence human movement;
- Illustrate the use of these general biomechanical concepts in the professional skill for the diagnosis of the movement during yoga practices.

UNIT - 1: Introduction to Kinesiology and the principles of Biomechanics in Yoga

Meaning and Definition of Kinesiology ; Basic Biomechanical terms – velocity; acceleration; angular velocity; angular acceleration; Mass; Pressure; Gravity; Friction; work; Power; Energy; Torque; Bio mechanics: Description of movement of the human body; Kinematics, Kinetics; Kinetics – the forces producing motion e.g. muscles, gravity; Kinematics – the description of motion e.g. type, location, direction, planes of movement; Type of displacement (movement); Location in space; Direction of movement; Magnitude of movement; Rate of movement; Importance of Kinesiology and Biomechanics for Yoga

UNIT - 2: Fundamental Concept

Fundamental concepts of following terms – Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity; Fundamental movements at various joints; Fundamental concepts of the following terms – Angle of Pull, All or None Law, Reciprocal Innervations and inhibition; Stretch and postural reflex during the practice of Yoga postures; Force – Meaning, definition, types and its application to various Yoga postures; Lever – Meaning, definition, types and its application to human body; Newton's Laws of Motion – Meaning, definition and its application to Yoga activities.

UNIT - 3: Biomechanics of Hip and spine

Biomechanics of Hip Structure & function of the bones & non contractile element of the Hip, mechanics & patho-mechanics of muscle activity at the hip & analysis of the forces on the Hip during various Yoga postures; Biomechanics of Spine: Structure & function of the

bones & joints of the cervical spine, mechanics & patho-mechanics of the cervical musculature, analysis of the forces on the cervical spine during activity, structure & function of the bones & joints of the thoracic spine.

UNIT - 4: Biomechanics of the musculature

Mechanics of the thoracic musculature, analysis of the forces on the thoracic spine during Yoga Postures & structure & function of the bones & joints of the lumbar spine. c. Mechanics of the lumbar musculature, analysis of the forces on the lumbar spine during Yoga postures, structure & function of the bones & joints of the pelvis, mechanics of the muscle activity in the pelvis & analysis of the forces on the pelvis during activity.

UNIT - 5: Biomechanics of Shoulder, elbow and wrist

Biomechanics of Shoulder: Structure & function of the bones & joints of the Shoulder complex, mechanics & patho-mechanics of the muscle activity in the Shoulder complex & analysis of the forces on the Shoulder complex during Yoga postures; Biomechanics of Elbow: Structure & function of the bones & no contractile element of the elbow, mechanics of muscle activity at the elbow & analysis of the forces on the elbow during Yoga postures; Biomechanics of Wrist & Hand Structure & function of the bones & joints of the wrist & hand, mechanics of the muscle activity in the wrist & hand, analysis of the forces on the wrist during activity, mechanics of the Special connective tissue in the hand

Text Books:

1. Hay, J.G. and Reid, J.G.: Anatomy, mechanics and human motion. Englewood Cliffs, N.J.: prentice Hall Inc. 1988.
2. Knudson, D.: Fundamentals of biomechanics. New York, NY: Springer, 2007

References:

1. McGinnis, P.: Biomechanics of sport and exercise. Champaign, IL: Human Kinetics, 2013'
2. Franc Bell: Principles of Mechanics and Biomechanics, Stanley Thornes Publications, 1998
Iwan W. Griffiths, Principles of Biomechanics & Motion Analysis, Published by Lippincott Williams & Wilkins, 2006

Course Outcomes:

On successful completion of the course, the students should be able to:

CO 1	Student can get the basic knowledge about Yoga Text
CO 2	They will get the full idea about the principles of Yoga Upanishad
CO 3	Student can get full knowledge Essentials of Bhagavad Gita & Yoga Vashitha
CO 4	Finally, the student will get full blue print about basic yoga text.

Mapping With Programme Outcomes:

	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**

23PB1CE006– SPORTS EDUCATION

Program Objectives:

- To get the knowledge about history of ancient Olympics.
- To know about Play Field Games.
- To obtain the knowledge about Court Games.
- To acquire the knowledge about Traditional Sports.
- To get the knowledge about Athletics.

UNIT – 1:

Ancient and Modern Olympics: History of Ancient Olympics- History and Development of Modern Olympics - Father of Modern Olympics. Olympic Flame, Olympic Motto, Olympic Flag. Philosophy of Olympics. Olympic Value Education.

UNIT – 2:

Play Filed Games: Football: Play Field, Equipment and Major Laws of the Game – Cricket: Play Field, Equipment and Major Laws of the Game- Hockey: Play Field and Major Rules of the Game.

UNIT – 3:

Court Games: Basketball: Play Area and Major Rules of the Game. Handball: Play Area and Major Rules of the Game. Volley ball: Play Area and Major Rules of the Game. Badminton: Play Area and Major Rules of the Game. Table Tennis: Table and Major Rules of the Game.

UNIT – 4:

Traditional Sports Kabaddi: Play Area and Major Rules of the Game. Kho-Kho Play Area and Major Rules of the Game. Attyapatya: Play Area and Major Rules of the Game. Ball Badminton; Kabaddi: Play Area and Major Rules of the Game.

UNIT – 5:

Athletics: World Athletics. Standard and Non-Standard Track Marking Procedure. Field Events: Implements and Markings. Major Rules of Events. Tie Breaking Procedures. Duties of Officials.

References:

1. Authors Guide (2000) Olympic Value Education, International Olympic Committee
2. Authors Guide (2002) Rules of Games and Sports, New Delhi: YMCA Publishing House.
3. Authors Guide (2000) FIBA Official Basket Rules: Munich
4. Bonder, J. B (1984). How to be a Successful Coach. New York: Prentice Hall, Inc.
5. Breshahan, Tuttle & Cretzmeyer. (1997). Track and Field Athletics. New Jersey: Prentice Hall, Inc.
6. Bunn, J. W (1951) The Art of Officiating Sports, Englewood Cliff.: Prentice Hall,
7. Cart E. Klafs., & D, Arnheim. (2000), Modern Principles of Athletic Training. St. Louis: C. Mosphy Company.
8. Chelliah, S.N (1990), VilayattuVithiMuraihal, Chennai: Raj Mohan Pathipagam.
9. Gangopaddhayoy, S. R. (2008). Encyclopaedia of Sports Training. New Delhi: SportPublication.
10. George Immanuel. (1997). Track and Field Event layout and Marking. Chennai: Krishnamurthy and Co.
11. Josse, P, Moprtensen & John, M, Copper. (1998). Track and Field for Coach and Athlete. St. Louis: C.V. Mosphy Company.
12. Osborne, M. P. (2004). Magictree House Fact Tracker: Ancient Greece and theOlympics: A Nonfiction Companion to Magic Tree House: Hour of theOlympics. New york: random house books for young readers

Course Outcomes:

On successful completion of the course, the students should be able to:

CO 1	Students can get basic knowledge about the history of the ancient Olympics
CO 2	They will get the full idea about playing field Games
CO 3	Students can get full knowledge about Court Games.
CO 4	They can get knowledge about Traditional Sports
CO 5	They can acquire knowledge about Athletics

Mapping With Programme Outcomes:

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

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

23PB1CE007 – YOGA IN WORLD RELIGION SYNTHESIS

Program Objectives:

- To get the knowledge about all the Religions.
- To know about the concept of Tri-Ratna.
- To obtain knowledge about Meditation Techniques.
- To acquire the knowledge about Elements of Yoga in Sufism.
- To get the knowledge about Meditation in Christian literature.

UNIT - 1:

Meaning of Religion; Introduction to Jainism and Goal of human life in Jainism; Introduction of Buddhism and Goal of human life in Buddhism; Introduction to Islam and Goal of human life in Islam; Introduction to Christianity and Goal of human life in Christianity; Introduction and Essence of Sufism and Goal of human life in Sufism.

UNIT – 2:

Anekantavada (Syadvada), Concept of Tri-ratnas, Concept of Kayotsarga (Preksha- dhyana); Introduction to Buddhism, Skandha-vada, Concept of Arya-satya or Four Noble Truths.

UNIT – 3:

Arya-astangika-marga or Noble-eight-fold-path (Bouddha-Yoga); Tai Chi-based meditation, Zen meditation, Qi-gong meditation and G-Tum-O meditation.

UNIT - 4:

Elements of Yoga in Sufism, Sufi Meditation Techniques. Sufi Meditation: Muraqaba; Islam: Salat positions along with their most similar yoga positions; Qiyam and Namaste; Ruk'u and Ardha Uttanasana; Julus and Vajrasana; Sujud and Blasana;

UNIT - 5:

Contemplation, Meditation as practiced by Franciscan nuns, Rosary meditation, Meditation as prescribed by the church, Meditation in Christian literature; Hesychasm, Maranatha- a christian meditation mantra.

Text Book:

1. Lajpat, Rai & others: Meditation, Anubhava Rai Publications, Gurgaon, 1999

Reference Books:

1. Swami Niranjanananda Saraswati: Dharana Darshan, Yoga Publications Trust, 1996, Munger, Bihar, India,
2. Lajpat, Rai: Discovering Human Potential Energy, Anubhava Rai Publications, Gurgaon, 1999)
3. Parragon: World Religion, Parragon Publishing India

Course Outcomes:

On successful completion of the course, the students should be able to:

CO 1	Students can get knowledge about the Religions
CO 2	They came to know about Tri-Ratna
CO 3	Students can get full knowledge about Meditation Techniques.
CO 4	They can get knowledge about elements of yoga in sufism.
CO 5	They can acquire knowledge about Meditation in Christian Literature.

Mapping With Programme Outcomes:

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

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

23PB1CE008– PROFESSIONAL PREPARATION FOR COMPETITIVE EXAMS

Program Objectives:

- To know about the Research Aptitude concepts.
- To understand the proper verbal and nonverbal communication
- To understand the ideology to prepare for Data interpretations.
- To get the concept of logical reasoning.
- To know the concept of preparation for NET/SLET (SEC).

UNIT - 1

Teaching and Research Aptitude: Concept, Objectives, Levels of teaching (Memory, Understanding and Reflective), Characteristics and basic requirements. Learner's characteristics: Characteristics of ado• Research: Meaning, Types, and Characteristics, Positivism and Post- positivistic approach to research. Methods of Research: Experimental, Descriptive, Historical, Qualitative and Quantitative methods. Steps of Research 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, Class room communication. Barriers to effective communication, Mass-Media, and Society.

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

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. Evaluating and distinguishing deductive and inductive reasoning Analogies.

UNIT - 4

Data interpretations: Sources, acquisition, and classification of Data. Quantitative and Qualitative Data. Graphical representation (Bar-chart, Histograms, Pie-chart, Table-chart, and Line-chart) and mapping of Data. Data Interpretation. Data and Governance.

UNIT - 5

Higher Education System: Institutions of higher learning and education in ancient India. Evolution of higher learning and research in post-Independence India. Oriental, Conventional and Non-conventional learning programmes in India. Professional, Technical and Skill Base dedication. Value education and environmental education. Policies, Governance, and Administration.

Course Outcomes:

On successful completion of the course,

CO 1	Student can obtain the knowledge about Research Aptitude concepts
CO 2	They can get the idea about the verbal and non-verbal communication with others
CO 3	They will get the idea about how to do the mapping for data interpretation
CO 4	They can acquire the knowledge about logical Reasoning.
CO 5	Finally, they can know the concept of preparation for NET/SLET (SEC).

Mapping With Programme Outcomes:

	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**

SKILL ENHANCEMENT COURSES (SEC) – II PRACTICUM

23PB1SE201 – TEACHING PRACTICES PRACTICUM - II

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 Practicle 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

Course Outcomes:

On successful completion of the course,

CO 1	Students can get the knowledge about how to loosening of all the joints in our body.
CO 2	They will understand the principles and practice of each asana & pranayama
CO 3	They can obtain the knowledge about each asana, pranayama, relaxation technique & meditation.
CO 4	They can get detailed knowledge of how to demonstrate each practice skillfully.

Mapping With Programme Outcomes:

	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**

ABILITY ENHANCEMENT COURSE (AEC) – II

23PB1AE201 – COMPUTER APPLICATION IN YOGA

Program Objectives:

- To know about the Introduction History of Computer.
- To know about the Basic components of computers
- To understand the Microsoft Word & Microsoft Excel

UNIT- I

Introduction to computer- definition- History of Computers - Generations of computer (Computer Languages)- Hardware and Software: types of software - Computer Memory - Comparison of Human being and Computer.

UNIT - II

Basic components of computers: Input and Output devices - Central Processing Unit: Arithmetic & Logic Unit & Control unit -Uses of computers in different environments: corporates, educational institutes, business.

UNIT - III

Desktop Window: Parts and the versions of software - Microsoft Office application window: Title bar, Menu bar, Standard toolbar bar - Formatting toolbar bar- Scroll bar – Ruler bar - Status bar – Workspace.

UNIT - IV

Microsoft Word: Creating a document – Formatting: Change of Font style, color, Background – Editing: Cut & Paste, Copy & Paste, deleting - Insert: Picture, Objects, Table, Header & Footer – Creating a Mail Merge - Saving a document - Uses of MS-Word in Yoga.

UNIT - V

Microsoft Excel: Creating a Spreadsheet–Cell: Rows and Columns - Formula Bar: using a formula, Mathematical operations - Insert Chart: Types of Charts - Fill Series: Numbers, Dates, Days/Months –Sorting – Filters – Worksheets - Uses of MS-Excel in Yoga

Reference Books:

1. Venugopal fundamentals of computers practice all India
2. Sudarshan C John Manoj Kumar computer fundamentals RBF Publication
3. Dromwey how to solve it by computer tata Mcgraw, Gill
4. Computer for beginners Vikas publishing house New Delhi

Course Outcomes:

On successful completion of the course,

CO 1	Student can get the basic knowledge about computer
CO 2	They will get the full idea about the Basic components of computer.
CO 3	They can get the knowledge of Microsoft Word and Microsoft Excel
CO 4	Student can get full knowledge about uses of computers in different environments

Mapping With Programme Outcomes:

	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**

SEMESTER – III

23PB1CT301 - YOGA FOR HEALTH AND WELLNESS

Program Objectives:

- To know about the yoga for health and wellness
- To know about the yoga for diseases
- To understand the positive attitude
- To know about the Scope of Wellness & Fitness
- To know about the principles of health living

UNIT - I

Health: Goals of life – Adhi and Vyadhi, Kleshas, Doshas, Factors affecting Health – Panchamabhudas (Five Elements), Rules for Good Health, Dimension of Health, and Pillars of Health – Disease: Stages of Development of Disease - Mental and Emotional ill-health, Causes of ill-health, Mode of Transmission.

UNIT - II

Yoga for Communicable Diseases: Malaria, Typhoid, Cholera, Whooping cough, Tuberculosis, Measles, Venereal diseases. Yoga for Life Style Diseases: High Blood Pressure, Diabetes Mellitus, Obesity, Cancer, Stoke.

UNIT - III

Role of yogic positive attitudes (Maître, Karuna, Mudita and Upeksha) for Healthy Living, concept of Bhavas and Bhavanas with its relevance in Health and well – being. Health and Environment – Mental Health – Concepts of Health: Air, Water, Food, Clothing, Exercise- Rules of Health – Sanitary Laws- Personal Hygiene of Human Systems- Population Explosion and its control.

UNIT - IV

Wellness & Physical Fitness: Meaning, Scope of Wellness & Fitness, Components of wellness & Fitness: Endurance, strength, speed, flexibility, agility, and balance - Natural fitness - Benefits of Wellness & Fitness.

UNIT - V

Yogic Rule for Good Health: Positive yogic principles of health living, Ashtanga yoga of Patanjali for Healthy Living, Yogic Practices for Healthy Living, Relationship of Health, Fitness, Wellness, Total – Wellbeing and Yoga.

References:

1. Hoyer (1990) Fitness and wellness, Colorado: Moton publishing company.
2. GirijaShyamsundar (2007) Nutrition perspectives Chennai: University of Madras.
3. Swami Sivananda (2007) Health and HygieneSivanandanagar: The Divine life society.
4. Lily Pritam Telu Ram (1981) Health and Hygiene, Delhi: Vikas publishing House Pvt Ltd.
5. Raghavan (1965) H and book of health education karaikudi: Meenal enterprises.
6. Sunitha pant Baasal (2008) Dit in diseases Delhi: pustakmahal. Yogacharya sundaram (2004) ditt and digestion Combatore; The yoga publishing house.
7. Syd Hoare (1986) keep fit, Hodder and Stoughton: Teach yourself book.
8. Swami sivananda (2011) Health and diet, shivananda Naga: The divine life society.
9. Ananda Balayogi Bhavani (2007) A yogic approach to stress, puduchery: Vivekananda Yoga Research foundation.
10. Arvind janar (2004) yoga diet, Bangalore: sai towers & Co
11. Krishna Raman (1998) A matter of Health, Chennai: East West books (Madras) pvt. Ltd.
12. Elangovan (2018) Yoga psychology, Chennai: Ashwin publications.
13. Elangovan (2018) FundamentalsofYoga, Chennai:Ashwin publications.
14. Nagendra and Nagratha (2008) New perspective in Stress Management, Bangalore: Vivekananda Yoga Research Foundation.

Course Outcomes:

On successful completion of the course,

CO 1	Student can get the basic knowledge about yoga for health and wellness
CO 2	They will get the full idea about the Health and Environment

CO 3	They can get detailed knowledge about yoga for communicable diseases
CO 4	They will get full blue print about Yoga for health & wellness

Mapping With Programme Outcomes:

	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**

23PB1CT302 – PATANJALI YOGA SUTRAS

Program Objectives :

- To know about the importance and concept of Samadhi Pada
- To know about the concept of Sadhana Pada & astanga yoga
- To understand the full concept of Vibhuti Pada & Kaivalya Pada
- To know about the Concept of Kriya Yoga

UNIT: I

Introduction to Samadhi Pada Sadhana Pada Vibhuti Pada Kaivalya Pada. Concept of Chitta, Chitta-Bhumis, Chitta-Vrittis. Abhyasa and Vairagya as the tools, Concept of Bhavapratyaya & Upaypratayaya, Sadhan Panchak, Chitta-Vikshepas (Antaraya), Ektattva Abhyasa, Chitta-prasadanam. Concept of Ishwara and attributes of Ishwara, Process of Ishwarapranidhana.

UNIT: II

Concept of Kriya Yoga, theory of Kleshas; Concept of Karmashaya and Karmvipaka, Nature of dhukha, Concept of Chatur vyuhavada, Drishya nirupana Drastha nirupanam, Prakriti-Purusha Samyoga.

UNIT: III

Ashtanga Yoga; Yama- Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. Concept of Vitarka & Mahavrata.

UNIT: IV

Nature of Sanyama; Concept of Chitta samskara, Parinamatraya and vibhutis. Five means of Siddhis, concept of Nirman Chitta,

UNIT: V

Importance of siddhis achieved through Samadhi, Four types of Karmas; Concept of Vasana; Dharmamegha Samadhi and its result, VivekaKhyati Nirupanam, Kaivalya Nirvachana.

Reference Books:

1. Desikachar (1995) The heart of yoga Researcher: Inner Traditions International.
2. Desikachar (2008) Reflections of yoga sutras of patanjali, Chennai: T. Krishnamacharya yoga mandiram.
3. Swami prabhavananda (2002) patanjali yoga sutras madras: sri Ramakrishna math.
4. Swami: SatyanandaSarawathi (2005) Four chapters on Freedom, munger; yoga publications Trust.

Course Outcomes:

On successful completion of the course,

CO 1	Students can get the importance and concept of Samadhi Padha
CO 2	They will get the clear idea about the Four padas.
CO 3	They can get detailed knowledge in Astanga yoga.
CO 4	They will learn about the Concept of Kriya Yoga.
CO 5	They can know about four types of Karmas

Mapping With Programme Outcomes:

	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**

23PB1CT303 – YOGA THERAPY – I

Program Objectives:

- To understand about three pillars of ayurveda and importance of Dosa.
- To understand the concept of Dinacharya and Ritucharya.
- To obtain the knowledge of principles of Naturopathy.
- To acquire the knowledge of history and principles of Nisargopachara.
- Principles and Practice of Unani, Siddha and Homeopathy.

UNIT - 1:

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 - 2:

Concept of Dinacharya (daily routine) - Concept of Ritucharya (seasonal routine) - Swasthavritta and Sadvritta in Ayurveda - The disease process in Panchakarma theory - Concept of Panchakarma in managing a disease (five main procedures) - Concept of Purvakarma (preparing for panchakarma).

UNIT - 3

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 - 4

Common principles of Naturopathy & Yoga as a holistic system of medicine Hydrotherapy & MudTherapy - Natural diet - Nutraceuticals, nutrition and fasting

therapy - Manipulative therapies (Massage therapy, Chiropractic and Osteopathy). - Helio therapy, Color therapy and Magnet therapy.

UNIT – 5

Principles and Practice of Unani, Siddha and Homeopathy - Principles and Practice of Reiki, Pranic Healing, Hypnotherapy, Group Therapy, Acupuncture, Psychotherapy, Chromo-therapy - Pranic Healing: nature, bioplasmic body, intermediate, self pranic and distant pranic healing.

Reference Books:

Choa Kok Sui: The Ancient Science and Art of Pranic Healing
(Institute for Inner Studies, INC, Mania, 1997).

Course Outcomes:

On successful completion of the course,

CO 1	Students can get the importance and concept of three pillars of ayurveda and importance of Dosa
CO 2	They will get the clear idea about Dinacharya and Ritucharya.
CO 3	They can get detailed knowledge of principles of Naturopathy
CO 4	They will learn about the history and principles of Nisargopachara
CO 5	They can understand about Principles and Practice of Unani, Siddha and Homeopathy

Mapping With Programme Outcomes:

	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**

23PB1CT304 - CLINICAL APPLICATIONS OF YOGA THERAPY

Program Objectives:

- To understand about the concept of body, health and disease.
- To know about the history of naturopathy.
- To understand about the development of physical and mental level health.
- To know about the positive and good qualities.
- To obtain the knowledge about Methodology in yoga therapy.

UNIT 1:

Concept of body, Health and disease; Concept of Yoga Adhi and Vyadhi; Principle of Yoga Therapy in relation to Yoga Vasistha; Practices at Pancha Kosa level Annamaya, Pranamaya, Manomaya, Vijnanamaya and Anandamaya kosa; Principle of Yoga Therapy in relation to Hatha Ratnavali and Gheranda Samhita.

UNIT 2:

History of Naturopathy; Principles of Naturopathy; Concept of five elements and its applications.

UNIT 3:

Physical Level: Physical Stamina; strength; Endurance; Muscle tone; flexibility through sanas, diet and kriyas ; Kriyas (Cleansing of internal organs for clearing the tissue toxins before and after the intense training); Vital Level: Pranayama (for Lung capacity); Mental Level: Gain mastery over the Mind, concentration, focusing, Reduction of Ego.

UNIT 4:

Development of positive and good qualities; Reduction of aggressive nature; through Meditation and Breathing Techniques; improved Cognitive abilities– Focus, creative skills and clear thinking; Willpower, Creativity; Spiritual Level: concept of using sports for spiritual growth through intensified awareness;

UNIT – 5

Methodology in yoga therapy- Factors (Heyam, Hatu, Hanam and Upayam), Methods (Darsanam, Sparsanam, Prasnam and Nadipariksa) Examination of Vertebra, Joints, muscles, Abdomen and Nervous System and therapeutic yoga practices-Modification of Yogic practices.

REFERENCE BOOKS:

1. Sharma BR: Jotsna (Comentory of HathaYoga Pradeepika) Kaivalyadhama, Lonavala, 2013
2. Gharote, M.M.: Therapeutic references in Traditional Yoga Texts, The Lonavla Institute, Lonavla, 2010.
3. Gharote ML: Hatharatnavali, The Lonavala Yoha Institute, Lonavala, Pune, IInd Edition, 2009
4. Woods, J.H.: The Yoga System of Patanjali, M.L.B.D., Delhi, 1988
5. Swami Vivekananda : Rajayoga, Advaita Ashram, Culcutta, 2000.
6. Rukmini T.S.: Yoga Vartika of Vijnanbhikshu (Tr.) Vol I, II, III & IV, Munshiram Manoharlal Pvt. Ltd. New Delhi.
7. Dr. Tulasirao Ratti (3012), Philosophy of Yoga and Naturopathy, Lambert academic publication, Germany,
8. Swami Satyananada Saraswati (1992), Yogic Management of Common Diseases, Bihar School of Yoga, Munger, Bihar.
9. Swamy Kuvalyanananda: Principles of Yoga therapy, SMYM Samathi, Kaivalyadhama,

Course Outcomes:

On successful completion of the course,

CO 1	Students can get the importance and concept of three pillars of ayurveda and importance of Dosa
CO 2	They will get the clear idea about Dinacharya and Ritucharya.
CO 3	They can get detailed knowledge of principles of Naturopathy
CO 4	They will learn about the history and principles of Nisargopachara
CO 5	They can understand about Principles and Practice of Unani, Siddha and Homeopathy

Mapping With Programme Outcomes:

	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**

23PB1CE009 - FUNDAMENTALS OF PSYCHOLOGY

Program Objectives:

- To know about Psych and holistic health
- To understand the concept of psychosomatic disorders.
- To obtain knowledge of Personality and Behaviour
- To acquire the knowledge of personality integration through yoga.
- To understand about Psychopathology

UNIT - 1: Psych and Holistic Health

1. Theoretical understanding Of Yoga and Modern Psychology,
2. Concept Of Holistic Health
3. Concepts and models of Normality,

UNIT - 2: Concepts of Psychosomatic disorders

1. Meaning, Definitions of Psychosomatic disorders
2. Concepts of Psychosomatic disorders according to Taittiriya Upanisad.
3. Characteristics & types of psychosomatic disorders

UNIT - 3: Personality & Behavior

1. Eastern and western concepts of personality,
2. Modern theories of personality,
3. Indian approach to consciousness and human behaviour

UNIT- 4: Personality Integration through Yoga

1. Personal and interpersonal adjustment
2. Attitude formation for total personality integration
3. Role of yoga in personality integration

UNIT- 5: Psychopathology

1. Introduction to models of Psychopathology Psychoanalytic, behavioural, cognitive and biological models;
2. Sociobiology of health and disease;
3. Diagnostic classification of mental and behavioural disorders

References:

1. Woodwork, Contemporary school of psychology
2. P.L. Harrienan, 20th Century psychology
3. Abraham H. Maslov, towards a psychology of being
4. Mishlov Jeffery, The Roots of consciousness
5. N.C. Pande, Mind and supermind
6. Macmupucnman Reddy, Internal yoga psychology
7. I.P Sachdeva, Yoga and depth psychology
8. Shanti Parkash Attari, Yoga psychology

Course Outcomes:

On successful completion of the course,

CO 1	Students can get the concept of Psych and Holistic health
CO 2	They will get the clear idea about the Concepts of Psychosomatic disorders
CO 3	They can get detailed knowledge in Personality & Behavior
CO 4	They will learn about the Personality Integration through Yoga
CO 5	They can acquire the knowledge about Psychopathology

Mapping With Programme Outcomes:

	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**

23PB1CE010 - TRADITIONAL INDIAN SYSTEMS OF MEDICINE

Program Objectives:

- To know about the origin and History of Ayurveda
- To know about the Nadis and Chakras
- To know about the History and concepts of Siddha medicine
- To know about the Panchakarma treatment & different therapeutic methods
- To know about the concept of Naturopathy

UNIT - 1

Origin of Ayurveda – Aim and importance of Ayurveda , Philosophy and goals of Ayurveda, Unique Approach of Ayurveda – Ayurveda texts, chakra samhita, Sushruta Samhita, Kashyapa Samhita, Rasatantra, Unique features of Ayurveda – Hygienic principles of Ayurveda (Dhinacharya)- Five elements of Ayurveda Doshas, Gunas, Dhatus, Upahatus, Eight Categories or branches of treatment – Nadisvijnana – Nadis and Chakras,- Characteristics of different prakritis- causes of disease- method of disease examination – Ayurveda diet.

UNIT - II:

Ayurveda effects of yogic principles & therapies – Ayurvedic purification practices – Panchakarma- vamanam, virechanam, basti, Anuvasana, Nasya, RaktaMoksana- Abhyanga, Swedanam, Nasayam, Njavarakizhi, Pizhichil.

UNIT - III:

History and concepts of Siddha medicine: Principles of Siddha Medicine System, Five Elements Theory, Three Biological Humors, Seven Physical Constituents, PanchaBhudas, Pancha Koshas, Types of Siddhas Medicine, Importance of Karakalpak, Kitchen and herbal medicine, Diet Regulations, Varmam and Thokkanam, Treatment of siddha Medicine for life style diseases.

UNIT IV:

Concept of Naturopathy, Principles of Naturopathy, Methods of Naturopathy: Diet, Fasting, Treatment by earth, water treatment, Treatment by rays, Massage.

UNIT V:

Acupuncture, Acupressure, Exercise therapy, Physiotherapy, Music therapy, Color therapy, Magneto Therapy, Reiki.

Reference Books:

1. Balakrishnan Acharya (2006) Ayurveda its principles and philophies, Hardwar, Divya Prakashan.
2. Atharale V.B. (1980) basic principles of Ayurveda, Bombay, Pediatric Clinics.
3. Frawley David (2000) Yoga and Ayurveda Delhi: Motialbanarsidass publishers Pvt Ltd.
4. Balakrishnan Acharya (2012) A practical approach to the science of ayurveda, Haridwar: Divyaprakashan
5. Frawley David and Sandra summerfieldkazak (2011) yoga for you 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 ayurvedaShivanandanagar. 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.

Course Outcomes:

On successful completion of the course,

CO 1	Student can get the knowledge about Indian systems of medicine and therapies
CO 2	They will get the clear idea about Ayurveda.
CO 3	They can get detailed knowledge about Siddha medicine.
CO 4	They can obtain the knowledge about PanchaBhudas Treatment
CO 5	The student will get the knowledge about Methods of Naturopathy.

Mapping With Programme Outcomes:

	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**

23PB1CE011 – APPLIED SPIRITUALITY

Program Objectives:

- To know about the principles of Spirituality.
- To understand the concept of General Health.
- To acquire the knowledge about development in Memory and Intuition
- To understand about the development in Attitude and Aptitude.
- To know about the concept of Samadhi

UNIT - 1:

Introduction - Spirituality- Meaning and Aim - Spirituality- Obstacles and Solution - Spirituality- Fundamentals and Qualities of a Sadhaka – Modern Sciences and Spirituality - Principles of Spiritual practice - Preparation, Place, Time, Food and Lifestyle - Yogic practices for spirituality as explained in Bhagavad Gita.

UNIT - 2:

General Health - Physical Health - Mental Health - Social Health - Spiritual Health – Emotion - Clarity in expression - Development in Structure, Mood and Behaviour.

UNIT – 3:

Development in Conscious - Development in Subconscious - Develop in Super conscious - Development in Memory and Intuition

UNIT – 4:

Development in Attitude and Aptitude - Decision making and thinking approach – Leadership, working capacity and organizing - Body, Mind, Intellectual level.

UNIT – 5:

Isvarapranidhana - Samprajnatha and Asamprajnata Samadhi - Dharmamegha Samadhi - Kaivalya

Course Outcomes:

On successful completion of the course,

CO 1	Student can get the knowledge about principles of Spirituality
CO 2	They will get the clear idea about General Health.
CO 3	They can get detailed knowledge about development in Memory and Intuition.
CO 4	They can obtain the knowledge about development in Attitude and Aptitude.
CO 5	The student will get the knowledge about concept of Samadhi.

Mapping With Programme Outcomes:

	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**

SKILL ENHANCEMENT COURSES (SEC) – III PRACTICUM
23PB1SE301 – INTERDEPARTMENTAL ELECTIVE – II
(Generic) CLASSICAL YOGIC PRACTICES AND CLINICAL APPLICATION IN INDIAN
TRADITIONAL SYSTEMS OF MEDICINE AND THERAPIES PRACTICUM - III

PROGRAM OBJECTIVES:

- To learn about the Pawanamuktasana series practices & surya namaskar
- To understand the Essential of yogic practices.
- To obtain the knowledge about each Asana, Pranayama, Relaxation technique, Mudra, Bandhas & Meditation.
- To learn about the types of Kriya
- To get the knowledge about Indian medical systems and therapies.

UNIT I:

Essentials of Yogic Practices: Emptying the bowels and stomach counter pose, contra-indications, duration, straining, special provisions for women and patients, fitness, posture, side effects, pregnancy women, Group yoga, Individual yoga. Loosening Exercise (Pawanamuktasana series 2) and Surya Namaskar (Surya Namaskar: for children 10 Steps, Vivekananda Kendra Model) -Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, and Benefits

UNIT II:

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

Garudasana, Utkarasana, Arthabathapadahasthasana, Nadrajasana, Utkatasana, Arthachandrasana, Matsyendrasana, AkarnaDhanurasana, Vajra Kapotasana, PadmaMatsyendrasana, Lingasana, Koormasana, Kandarasana, Sarvangapadmasana, Savasana, Poorvabujangasana, Adhomukhamandukasana, ParsvaDhanurasana.

UNIT – III

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

Pranayama: Seetali, Seethkari, Sadhantha, Dog Breathing, Murcha Pranayama, Nadisudhi, ujjayi pranayama.

Kriya: laghuprakshalana, laghushankhprakashana.

Bandhas: Jalandhara Bandha, Moola Bandha, Uddiyana Bandha, Maha Bandha.

Mudras: Ganeshamudra, Ashwini mudra, Vipareetakarani Mudra, Nasiga mudra, Mahamudra.

UNIT - IV

Methodology in yoga therapy- Factors (Heyam, Hatu, Hanam and Upayam), Methods (Darsanam, Sparsanam, Prasnam and Nadipariksa) Examination of Vertebra, Joints, muscles, Abdomen and Nervous System and therapeutic yoga practices-Modification of Yogic practices

UNIT V:

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 Music therapy, Pranic Healing, Magnetotherapy, Naturopathy and Modalities of Naturopathy, Reflexology.

Reference Books:

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

Course Outcomes:

On successful completion of the course,

CO 1	Student can get the knowledge about the Pawanamuktasana series practices & Surya namaskar.
CO 2	They acquire the knowledge about Essential of yogic practices.
CO 3	They can get the detailed knowledge about each Asana, Pranayama, Relaxation technique, Mudra, Bandhas & Meditation
CO 4	They can get the detailed knowledge about the types of Kriyas.
CO 5	They can obtain the knowledge about Meditation

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**

23PB1AE301 – LIFESKILLS MANAGEMENT - III

Unit I:

Introduction: Soft Skills - Concepts and Definition- Need and importance of Soft Skills – Developing Soft Skills – Implications on Youth Development.

Unit II:

Behavioral Skills: Attitude, Lateral Thinking, Emotional Intelligence, Leadership, Team Building and Interpersonal Skills.

Unit III:

Social Skills and Negotiation Skills: Self Awareness and Empath, Influencing, - Effective Communication –Oral Presentation Skills – Interviewing – Delegating.

Unit IV: Thinking Skills: Critical Thinking and Creative Thinking – Problem Solving and Decision Making skills.

Unit V:

Coping Skills: Coping with stress and Emotions – Conflict Resolution – Negotiating - Time and Stress Management Skills. Reference Books 1. G. Ravindran, S P Benjamin, Elango

and R. Arokiam (2007) - Success through Soft Skills, ICT 2. Kamin M (2013) Soft Skills Revolution: A Guide for Connecting with Compassion for Trainers, Teams, and Leaders. ISBN: 978-1-118-10037-0

Course Outcomes

On successful completion of the course,

CO 1	Student can Understand the basic concepts, Need and importance of Soft Skills
CO 2	Understand the essential of Behavioral Skills
CO 3	Application of Various Social Skills and Negotiation Skills training.
CO 4	Analyse the Thinking Skills

CO 5	Understand acquire deep insight into Coping with stress and Emotions.
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Mapping With Programme Outcomes:

	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**

23PB1IT301 – INTERNSHIP

SEMESTER – IV

23PB1CT401 - YOGA THERAPY - II

PROGRAM OBJECTIVES:

- To know about the Cardio – vascular and Respiratory disorders
- To understand about the Digestive disorders
- To understand about the Neurological disorders
- To obtain the knowledge about the pshycological medicine
- To understand about Endocrine and reproductive system.

UNIT I:

Modern Medical and Yoga therapy principles and practices for diseases related to Musculo-skeletal system and Cardio-Vascular system and Respiratory system

CARDIO-VASCULAR DISORDERS:

Ischemic heart disease; Hypertension; Peripheral vascular disease

UNIT II:

RESPIRATORY DISORDERS:

Bronchial asthma; Chronic Obstructive Pulmonary Disorder (COPD); Allergic rhinitis; Pulmonary tuberculosis; Sleep apnea; Snoring

RHEUMATOLOGY, MUSCLE & BONE DISORDERS:

Pain in the limbs & back; Rheumatoid arthritis; Osteoarthritis; Connective tissue disorders; Muscular dystrophy

UNIT III:

Modern Medical and Yoga therapy for diseases related to digestive system and Nervous system including Psychiatry

DIGESTIVE DISORDERS:

Acid peptic disease; irritable bowel syndrome; Hepatitis

NEUROLOGICAL DISORDERS:

Migraine & Tension headache; Cerebro-vascular accidents; Epilepsy; Pain; Autonomic dysfunctions; Idiopathic Parkinson's disease; Multiple sclerosis; Refractory errors of vision

UNIT IV:

PSYCHOLOGICAL MEDICINE:

Neurotic disorders; mood disorders; Schizophrenia; Chemical abuse; Eating disorders; Phobias; Mental retardation; obsessive compulsive disorder.

UNIT V:

Modern Medical and Yoga therapy for diseases related to Endocrine system, Excretory system and Reproductive system Rehabilitation medicine.

ENDOCRINE & METABOLIC DISORDERS:

Diabetes mellitus; Thyroid dysfunction; Disorders of adrenal cortex; Obesity

OBSTETRICS & GYNAECOLOGY:

Physiology of pregnancy; Pregnancy induced hypertension; Pre-eclampsia; Intra-Uterine Growth Retardation (IUGR); Menstrual disorders (e.g., dysmenorrhea, pre-menstrual syndrome); Infertility; Menopause

REHABILITATION MEDICINE:

Neurological disorders; Cardiac disorders; Musculoskeletal disorders; Physical disabilities; Occupational health

REFERENCE BOOKS

Text Books

Dr R Nagarathna, Dr H R Nagendra

Dr Shamantakamani Narendran,

Yoga for common ailments and IAYT for different diseases,

Swami Vivekananda Yoga Prakashana, 2002

Course Outcomes:

On successful completion of the course,

CO 1	Student can get the the knowledge about Cardio – vascular and Respiratory disorders
CO 2	They can acquire the knowledge about the Digestive disorders
CO 3	They will obtain the knowledge about Neurological disorders.
CO 4	They can get the detailed knowledge about pshycological medicine
CO 5	They can get the knowledge about Endocrine and reproductive system

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**

23PB1CT402 - HATHA YOGA TEXT - II

PROGRAM OBJECTIVES:

- To know the Aim and Objectives of Yoga.
- To know about the special features of Asana.
- To understand the concept of Pranayama.
- To obtain the detailed knowledge about Mudras and Bandhas.
- To know the benefits of Pratyahara, Dhyana and Relationship between Hatha and Raja yoga

UNIT- I

Aim & objectives, misconceptions about Hatha yoga, prerequisites of Hatha yoga (dashayama and dasha niyama), Sadhaka and Badhaka tattvas in Hatha yoga; Concept of Ghata, Ghatashuddhi, Concept and importance of Shodhana kriyas in Hathayoga; Importance of Shodhana kriyas in health and disease; Concept of Matha, Mitahara, Rules & Regulations to be followed by Hatha YogaSadhakas.

UNIT – II

Asanas in Hatha Texts: Definition, pre requisites and special features of Yoga-asana; Asanas in Hatha Pradeepika, Hatha Ratnavali, Shiv Samhita, Vasishtha Samhita, Gheranda Samhita- benefits, precautions, and contra indications of different Asanas;

UNIT- III

Pranayama in Hatha Texts: Concept of Prana and Pranayama; Pranayama-its phases and stages; Prerequisites of Pranayama in Hathayoga Sadhana; Pranayama in Hatha Pradeepika, Gheranda Samhita; Shiv Samhita, Vashishtha Samhita-benefits, precautions, and contra indications of different Pranayama.

UNIT- IV

Mudras and Bandhas: Concept and definition of Bandha and Mudras in Hatha Pradeepika, Hatha Ratnavali and Gheranda Samhita; Shiv Samhita, Vashishtha Samhita- benefits, precautions, and contra indications.

UNIT- V

Other Practices: Concept, definition, benefits, and Techniques of Pratyahara, Dhyana in Gheranda Samhita; Concept and benefits of Nada and Nadanusandhanain Hatha Pradeepika, Four (stages) Avasthas of Nadanusandhana; Relationship between Hatha Yoga and Raja Yoga; Goal of Hatha Yoga. Relevance of Hatha Yoga in contemporarytimes.

REFERENCES:

1. Brahma kumaries Jagdish Chander Mount Abu: PBK Ishwarlyavishwavidyalaya.
2. Desikachar (2003) Nathamuni's yoga Rahasya, Chennai: Krishnamacharya yoga Mandiram.
3. Desikachar (2004) Yoga Yajnavalkya Samhita, Chennai: Krishnamacharya yoga Mandiram.
4. HausthulDesikachar (2016) The Hota yoga pradipika,'Chennai: Madia Garuda.
5. Meena Ramanathan (2006) Granda samihita Lonavla: Kaivalyadama S.M.Y.M. Samiti.
6. Subramanian (2003) The Yoga Vasishta, Chennai: Sura Books (Pvt) Ltd.
7. Swami Gambirananda (2008) Eight upamisads Kolkata: Advaita Ashrama.
8. Swami Ranganathananada (2001) The message of the upanisads, Mumbai: Bharatiya vidya Bhavan
9. VenkataReddy (1932) Hataratnavali, Arthameru: M.S.R. Memorial yoga series
10. Elangovan. R (2016) Fundamentals of Yoga, Chennai: Ashwin Publications

Course Outcomes:

On successful completion of the course,

CO 1	Student can understand the Aim and Objectives of Yoga.
CO 2	They can acquire the knowledge about the special features of Asana.
CO 3	They will obtain the knowledge about concept of Pranayama.
CO 4	They can get the detailed knowledge about Mudras and Bandhas.
CO 5	They can get the knowledge about of Pratyahara, Dhyana and Relationship between Hatha and Raja yoga.

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

23PB1CT403 – KUNDALINI YOGA

PROGRAM OBJECTIVES:

- To know the Aim and Objectives of Kundalini Yoga.
- To know about the special features of Kundalini Yoga
- To understand the concept of Awakening of Kundalini.
- To obtain the detailed knowledge about Chakras and Nadis.
- To know the benefits of Kundalini Yoga and its Relationship with other yoga.

UNIT - I

Introduction to Kundalini –textual references of Kundalini - Kundalini Physiology – kundalini and the Brain – Methods of Awakening- Diet for Kundalini awakening – Risks and Precautions.

UNIT - II

Four forms of Awakening – Descent of Kundalini – the experience of Kundalini – the path of Kriya Yoga.

UNIT - III

Introduction to Chakras: Ajna, Mooladhara, Swadhisthana, Manipura, Anahata, and Vishuddhi chakras – Bindu Visarga – Sahasrara and Samadhi.

UNIT - IV

Kundalini Yoga Practice: rules and preparations – posture – chakra sadhana – the kriya yoga practices.

UNIT - V

Kundalini Research: kundalini, Fact not Fiction – defining Nadis – evidence for the existing Nadis and Chakras –Neurophysiology of the Chakras.

Course Outcomes:

On successful completion of the course,

CO 1	Student can understand the Aim and Objectives of Kundalini Yoga.
CO 2	They can acquire the knowledge about the special features of Kundalini Yoga.
CO 3	They will obtain the knowledge about concept of awakening of Kundalini.
CO 4	They can get the detailed knowledge about Chakras and Nadis
CO 5	They can know the benefits of Kundalini Yoga and its Relationship with other yoga

Mapping With Programme Outcomes:

	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**

ELECTIVE – DISCIPLINE CENTRIC - VI

23PB1CE013 - TIRUMOLAR'S TIRUMANDIRAM

PROGRAM OBJECTIVES:

- To know about the origin and History of Tirumathiram
- To know about the KargapaKriyai
- To know about the Ashtanga Yogam
- To understand the Tantra Seven
- To know about the Yogic views on other tantras
- To know about the concept of Yoga in vedantic approach

UNIT I:

Highlights and concepts of Yoga Therapy in Tirumantiram, History of Tirumular – Basics of Thirumantiram –learning and non-learning

UNIT II:

Second Tantra: Creation of Microcosm – KargapaKriyai

UNIT III:

Third Tantra: Ashtanga Yogam – The Eight great Siddhis – Way to Kayasiddhi – 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 Thirumular on Yoga Therapy Symptoms of death, longevity

REFERENCES:

1. Nagarajan and Mahalingam (1991) Thirumantiram Madras: Sri Ramakrishna Math
2. Annamalai (2002) Tirumantiram, Chennai: Indian Cultural Research Institute
3. Manikavasagan (2008) TirumularTirumandiram, Uma Publications

Course Outcomes:

On successful completion of the course,

CO 1	Student can get the basic knowledge about Tirumanthiram
CO 2	They will get the full idea about the Creation of Microcosm.
CO 3	They can get detailed knowledge in Yoga Therapy in Tirumantiram.
CO 4	They can get idea about the The Eight great Siddhis
CO 5	Finally, the student will get full blue print about Tirumathiram.

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**

23PB1CE014 - REVENUE MODELS IN YOGA

PROGRAM OBJECTIVES:

- To know about the significance of yoga discipline.
- To know about the Yoga ecosystem.
- To understand the international outlook and corporate linkage.
- To know about the role of yoga in AYUSH.
- To know about the affiliated marketing monetising Social media

UNIT - 1

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 - 2

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

UNIT - 3

International outlook-corporate linkage- yoga retreat.

UNIT – 4

Role yoga in Integrated medicines and interdisciplinary studies- Role of yoga in AYUSH
customisation of yoga.

UNIT - 5

On demand progress -affiliated marketing- membership site-affiliated marketing monetising
Socialmedia.

Course Outcomes:

On successful completion of the course,

CO 1	Student can get the knowledge about significance of yoga discipline
CO 2	They can obtain the knowledge about the Yoga ecosystem
CO 3	They can get the idea about international outlook and corporate linkage.
CO 4	They will come to know about the role of yoga in AYUSH.
CO 5	They can acquire the knowledge about the affiliated marketing monitising Social media

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**

23PB1CE015 - AREA OF DISSERTATION

PROGRAM OBJECTIVES:

- To know about the Front materials of the research work.
- To know about the review of literature.
- To understand the significance of collection of data.
- To know about the uses of statistical techniques.
- To know about the mechanics of writing the research report.

UNIT - I

Front materials of the research work: Title, front page, certificate by the supervisor, declaration by the scholar, curriculum vita, dedication, acknowledgements, Table of contents, list of tables, list of illustrations, list of appendices. Introductory chapter: justification and usefulness of the topic, objectives of the study, statement of the problem, hypothesis, significance of the problem, delimitations, meaning and the definitions of the terms.

UNIT - II

Review of related literature: types of reviews, studies on independent and dependent Variables, methodology; selection of subjects (sampling, sampling design selected), selection of variables (justification for selecting independent and dependent variables), experimental design selected, pilot study, criterion measures, reliability of data, reliability of instruments, testers reliability, subject reliability, orientation of subjects, training procedure, scheduling, tests administered.

UNIT - III

Collection of data, statistical techniques used, data process, analysis, and interpretation. test of significance, level of significance, results of dependent variables, discussions on hypothesis.

UNIT - IV

Criteria (validity, reliability, representatives, generalizability) fulfilled summary, conclusions and recommendations for practitioners, government and society, back materials; bibliography, appendix.

UNIT - V

Mechanics of writing the research report: font size, space, paper, margin, pagination, numbers and symbols, binding, language, grammar, spelling, uses of computer, qualities of the scholar improved, supervisors role, experience gained in doing the research work.

REFERENCE:

1. Best w john and james v leahn (1996) research in education, new Delhi: prentice_ hall of India pvt. Ltd,
2. Kothari C.R. (1985) research methodology new delhi: wiley eastern limited.
3. Clarke david. H and Clarke H, Harrison (1984) research processes in physical education, new jersey: prentice hall inc.,
4. Best, john W. and kalmjames, V. (1980) research in education, new delhi: prentice hall of India.
5. Clarke, H. Harrison, and Clarke davidH. (1972) advanced statistics, new jerky: prentice hall inc.
6. Garret henry E and Woodsworth, R.S(1958) statistics in psychology and education, Bombay: allied publication pvt. Ltd.,
7. Thirumalaisamy (1998) statistics in physical education, karaikudi: senthilkumar publishers'
8. Thomson AL, (1986) the art of using computers, boyd&frasherboston: publishing co.,
9. Jerry R Thomas and jack K Nelson (2000) research methods in physical activities, Illnosis: Human kinetics;
10. Craig Williams and chriswragg (2006) data analysis and research for sport and exercise science, London rout ledge press.
11. Paul R kinneear and Colin D gray (2006) SPSS 14 made simple, New York: psychology press.
12. Elangovan R (2016) research process in yoga, Chennai; ashwin publications

Course Outcomes:

On successful completion of the course,

CO 1	Student can get the knowledge about Front materials of the research work.
CO 2	They can obtain the knowledge about the review of literature
CO 3	They can get the idea about significance of collection of data.
CO 4	They will come to know about the uses of statistical techniques.
CO 5	They can acquire the knowledge about the mechanics of writing the research report.

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**

23PB1CE016 - YOGA AND MANAGEMENT

PROGRAM OBJECTIVES:

- To know about the Basic Concepts in Strategic Management.
- To know about the Yogic Vision and Mission.
- To understand the Internal and External Assessment, and business strategies.
- To know about the generic competitive strategies, Diversification strategies.
- To know about the Yoga and ethical strategic management.

UNIT 1:

Basic Concepts in Strategic Management, Meaning of strategy, Strategic Management: meaning, definition, role, scope, importance, stages, key terms in SM, SM Model, benefits, key terms, need for strategic planning, why firms avoid strategic planning? Pitfalls in strategic planning, guidelines for yogic approach to effective strategic management. Key success factors of a business.

UNIT 2:

Yogic Vision and Mission: Need, meaning, Vision vs. Mission, importance, process, characteristics, components, writing and evaluating yogic vision and mission statements.

UNIT 3:

Internal and External Assessment, and business strategies, Key internal forces, process of performing an internal strategic management audit, basic functions or activities that make up the different functional areas of business. Key external forces, sources of external information, Porter's five forces model of competition, Cooperative vs. Competitive Strategies – examples and exercises.

UNIT 4:

Five generic competitive strategies, Diversification strategies – related and unrelated, core competencies, outsourcing. Horizontal and vertical integration, Joint Venture, Partnering, Merger, Acquisition, SM in Non-profit, Educational, Medical and Government organizations.

UNIT 5:

Yogic Approach to strategic management, Importance of ethics in the overall process, Yoga and ethical strategic management, convergence of Western and Eastern management practices, Compassionate Leadership through Yogic approach, Balancing Purusharthas through a holistic approach and Evolution of the SELF.

Course Outcomes:

On successful completion of the course,

CO 1	Student can get the knowledge about Basic Concepts in Strategic Management.
CO 2	They can obtain the knowledge about Yogic Vision and Mission
CO 3	They can get the idea about Internal and External Assessment, and business strategies
CO 4	They will come to know about the generic competitive strategies, Diversification strategies
CO 5	They can acquire the knowledge about Yoga and ethical strategic management

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**

23PB1CE017 – THESIS WITH VIVAVOCE

Learning Objectives:

- To enable the students to develop skills and competencies for conducting rigorous, theoretically correct and practically relevant research in Exercise Physiology and Nutrition

Learning Outcome:

- By completing the Master's thesis, students will demonstrate their academic ability, i.e. their ability to think critically, write according to academic standards, and conduct independent research that is critical, methodical, and systematic.
- A student admitted to M.Sc. Exercise Physiology and Nutrition shall submit a thesis at the end of IV Semester and must submit his/her Synopsis and get it approved by the Head of Department on the recommendation of Department Research Committee (DRC).
- The beginning of the process of Thesis will start in the beginning of III Semester in form of preparation and submission of synopsis, facing and getting final approval from the DRC.
- The thesis must be submitted not less than one week before the beginning of the IV Semester end Examination.
- The candidate has to face the Viva-Voce examination conducted by DRC.

Structure of the Thesis:

1. Title Page
2. Certificate
3. Abstract (200-250 words)
4. Acknowledgements
5. Table of Contents
6. List of Figures, Tables,

Illustrations, Chapter 1: Introduction

Chapter 2: Review of

Literature Chapter 3: Methods

Chapter 4: Results and
Discussion Chapter 5:
Summary and Conclusion

- References

23PB1SE401 – ADVANCED YOGA TECHNICIS

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:

Pawanmuktasana Series – III (Shakti Bandha Asanas): 1) Rajju Karshanasana 2) Gatyatmak Meru Vakrasana 3) Chakki Chalanasana 4) Nauka Sanchalanasana 5) Kashthatakshanasana 6) Namaskarasana 7) Vayunishkasana 8) Kawa Chalasana 9) Udharakarshanasana

UNIT – II:

Surya namaskar: Advanced Surya Namaskar

Advanced Chandra Namaskar

UNIT – III:

Asanas: Brahmacharyasana, Moolabandhasana, Gorakshasana, Asta Vakrasana, Uthan Eka pada Shirshasana, Dwi pada Kandharasana, Parighasana, Padma Parvatasana, Kasyapasana, Vishwamitrasana.

UNIT – IV:

Pranayama: Moorcha, Plavini, Sahita Kumbhaka, Kevala Kumbhaka

Kriyas: Vastra Dhuti, Kapalbahti – Vatakrama, Sheetkrama, Vyutkrama, Lagoo Shankaprashtalana, Netra Shankaprashtalana, Nauli – Vamana, Dhakshina, Madyama.

UNIT – V:

Cyclic Meditation, Yoga Nidra, Mind Sound Resonance Technique, Pranic Energisation Technique.

Program 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 Sevdvfdapatti: Prem Kalyan Publications.
7. Yogeshwaranand saraswathi swami (1975) First steps to higher yoga, Gangothari: Yoga nikan 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, Lonvla: Kaivalyadhama.
11. Kathy Lee Kappmeier and Diane M. Ambrosini (2006) Instructing Hatha Yoga, Champaign: Human Kinetics.

