



ALAGAPPA UNIVERSITY



(A State University Established in 1985)

Karaikudi - 630003. Tamil Nadu, India



FACULTY OF EDUCATION DEPARTMENT OF PHYSICAL EDUCATION AND HEALTH SCIENCES



M.Sc., YOGA

REGULATIONS AND SYLLABUS

(For the candidates admitted from the
Academic Year 2022 - 2023)

Alagappa University, Karaikudi
Curriculum Design and Development Cell
List of Chairperson and Members of the BOS in M.Sc., Yoga

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ALAGAPPA UNIVERSITY

DEPARTMENT OF PHYSICAL EDUCATION & HEALTH SCIENCES Karaikudi -630003, Tamil Nadu.

REGULATIONS AND SYLLABUS-(CBCS-University Department) [For the candidates admitted from the Academic Year 2022 – 2023 onwards]

Name of the Department: Department of Physical Education & Health Sciences

Name of the Subject Discipline: Yoga

Programme of Level: M.Sc Yoga

Duration for the Course: Full Time (Two Years)

PROGRAMME

1. Core course which compulsory for all students.
2. Elective course which students can choose from amongst the courses approved within the department or in other departments of the faculty of other faculties. (Arts, Science, Education and Management)
3. He elective subjects will be allotted after counseling by the committee of the heads of the departments.
4. Dissertation / Project work / Practical training / Field work, which can be done in as organization(Government, Industry, Firm, Public enterprises etc.)

COURSES

The course of study shall comprise instructions , practicals, assignments, Project work, maintenance of journals containing descriptions, applications and personal progress in the prescribed yoga techniques, Yoga lesson plans and their execution, critical evaluations by individual and the teachers concerned – according to the syllabus and reference prescribed.

CREDITS:

The term grading system indicates a 10 point scale of evaluation of the performance of students in terms of marks, grade points, letter grade and class.

SEMESTERS:

M.Sc Yoga programme in four semesters.

Departmental committee

The Departmental 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, 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 credits for lectures, tutorials, practicals, 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 Committees shall be approved by the Board of Studies. A teacher offering a course will also be responsible for maintaining attendance and performance sheets (CIA -I, CIA-II, assignments and seminar) of all the students registered for the course. The Non-major elective programme and MOOCs coordinator are responsible for submitting the performance sheet to the Head of the department. The Head of the Department consolidates all such performance sheets of courses pertaining to the programmes offered by the department. Then forward the same to be Controller of Examinations.

Programme Educational Objectives

PEO-1	Yoga improves posture increases the intake of oxygen and enhances the functioning of all body systems like respiratory, digestive, endocrine, reproductive, excretory systems etc.,
PEO-2	It's effects on the emotions are equally beneficial by calming down the mind.
PEO-3	Yoga also cures behavioural disorders, nervous breakdown and manic depressions.
PEO-4	Asanas enhance muscle strength, coordination, flexibility, agility and range of motion.
PEO-5	Yoga gives you the capacity to face up the life's challenges. When you respect your body, you tend to do things that will enhance its vitality.
PEO-6	Yoga helps to maintain the acid-alkaline ratio. This is crucial to good health. It should be 80% alkaline and 20% acidic. Over acidity can be harmful foe bones and tissues, leading to fatigue, dulled mind, headaches, depressions and arthritis.

Programme Specific Objectives

PSO-1	To train the students to teach ancient scriptures related to Yoga and Vedanta in the department of the Universities as an Assistant professor
PSO-2	To train students in Yoga & Yajna based therapy so as to enable the students to become well versed in Yoga & Yajna based therapy.
PSO-3	To integrate Yoga & Yajna based therapy with other systems of medicine to speed up the process of recovery.
PSO-4	To explore the possibilities of promoting Yoga & Yajna based therapy integrating ancient medical practice at conventional medical facilities attached to the institute.
PSO-5	To produce Yoga and Yajna based therapists with in depth understanding of basic sciences and mechanism of action of every technique prescribed for a disease.
PSO-6	To bring all round personality development of the students at all levels of their personality.

Programme Outcome

PO-1	To train persons as yoga therapy.
PO-2	To equip the participants to run their own gym manager.
PO-3	To equip the participants to work as the therapist.
PO-4	To train them to yoga trainer.
PO-5	To encourage people to like.
PO-6	To actively encourage

ELIGIBILITY FOR ADMISSION

Any Degree (10+2+3 Pattern) from a recognized university shall be eligible for the M.Sc Yoga program. If he/she has satisfactorily undergone the prescribed course of study for a period of not less than four semesters and passed examination in all the semesters.

MEDIUM OF INSTRUCTION:

ENGLISH

MINIMUM DURATION OF PROGRAMME

The course for the M.Sc Yoga shall consist of two academic years (i.e. four semesters) There shall be not less than 90 working days which shall comprise 540 teaching and practical clock hours for each semester (exclusive of the days for the conduct of examination).

COMPONENTS

A PG programme consists of a 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 Papers” means “the core courses” related to the programme concerned including practicals and project work offered under the programme and shall cover Core competency, critical thinking, analytical reasoning, and research skill.
- B. Discipline-specific electives (DSE) means 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.
- C. Non-Major Electives (NME)- Exposure beyond the discipline
 - Students have to undergo a total of Non-Major Elective courses with 2 credits offered by other departments (one in II Semester and another in III Semester)
 - A uniform time frame of 3 hours on a common day (Tuesday) shall be allocated for the Non-Major Electives
 - Non-Major Elective courses offered by the departments pertaining to a semester should be announced before the end of the previous semester.
 - Registration process: Students have to register for the Non-Major Elective course within 15 days from the commencement of the semester either in the department or NME portal (University website).

D. Self Learning Courses from MOOCs platforms.

- MOOCs shall be voluntary for the students.
- Students have to undergo a total of 2 Self Learning Courses (MOOCs) one in II semester and another in III semesters.
- The actual credits earned through MOOCs shall be transferred to the credit plan of programmes as extracredits. Otherwise 2 credits/course be given if the self Learning Course (MOOCs) is without credit.
- While selecting the MOOCs, preference shall be given to the course related to employability skills.

E. Projects / Dissertation /Internships (Maximum Marks: 200)

The student shall undertake the Project/Dissertation/internship during the fourth semester.

PROJECT/ DISSERTATION

The candidate shall undergo Project/Dissertation Work during the final semester. The candidate should prepare a scheme of work for the dissertation/project and should get approval from the guide. The candidate, after completing the dissertation /project work, shall be allowed to submit it to the university departments at the end of the final semester. If the candidate is desirous of availing the facility from other departments/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 dissertation/project work.

➤ **Format to be followed for dissertation/project report**

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

- Title page
- Certificate
- Acknowledgment
- Content as follows:

Chapter No	Title	Page number
1	Introduction	
2	Aim and objectives	
3	Review of literature	
4	Materials and methods	
5	Result	
6	Discussion	
7	Summary	
8	References	

➤ **Format of the title page**

Title of Dissertation/Project work

**Dissertation submitted in partial fulfilment of the requirement for the degree
of Master of Science in
to the Alagappa University, Karaikudi -630003.**

By

(Student Name)

(Register Number)

University Logo

Department of -----

Alagappa University

*(A State University Accredited with “A+” grade by NAAC (CGPA: 3.64) in the
Third Cycle and Graded as Category-I University by MHRD-UGC, 2019: QS ASIA
Rank-216, QS BRICS Rank-104, QS India Rank-20)*

Karaikudi - 630003(Year)

➤ **Format of certificates-**

Certificate –Guide

This is to certify that the thesis entitled “-----” submitted to Alagappa University, Karaikudi-630 003 in partial fulfilment for the degree of Master of Science in ----- by Mr/Miss ---- (Reg No:..) under my supervision. This is based on the results of studies carried out by him/her in the Department of-----, Alagappa University, Karaikudi-630 003. This dissertation/Project or any part of this work has not been submitted elsewhere for any other degree, diploma, fellowship, or any other similar titles or record of any University or Institution.

Place: Karaikudi

Date: _____

Research Supervisor

Certificate - (HOD)

This is to certify that the thesis entitled “-----” submitted by Mr/Miss ----- (Reg No-----) to the Alagappa University, in partial fulfilment for the award of the degree of Master of -----in ----- is a bonafide record of research work done under the supervision of Dr-----, Assistant Professor, Department of , Alagappa University. This is to further certify that the thesis or any part thereof has not formed the basis of the award to the student of any degree, diploma, fellowship, or anyother similar title of any University or Institution.

Place: Karaikudi

Date: _____

Head of the Department

Declaration (student)

I hereby declare that the dissertation entitled “-----” submitted to Alagappa University for the award of the degree of Master of ----- in ----- has been carried out by me under the guidance of Dr. -----, Assistant Professor, Department of-----, Alagappa University, Karaikudi – 630 003. This is my original and independent work and has not previously formed the basis of the award of any degree, diploma, associateship, fellowship, or any other similar title of any University or Institution.

Place: Karaikudi

Date: _____

Attendance

Students must have earned 75% of attendance in each course for appearing for the examination. Students who have earned 74% to 70% of attendance need to apply for condonation in the prescribed form with the prescribed fee. Students who have earned 69% to 60% of attendance need to apply for condonation in the prescribed form with the prescribed fee along with the Medical Certificate. Students who have below 60% of attendance are not eligible to appear for the End Semester Examination (ESE). They shall re-do the semester(s) after completion of the programme.

(A) EXAMINTION

The examination in theory papers and practicals shall comprise continuous internal assessment throughout the semesters and the semester end examination s shall be conducted by the university. All the terminal examinations, both in theory and practicals of all the semesters shall at the end of each semester. The maximum marks for each theory subjects shall be 100 of which 75 marks shall be for the semester end university examination and 25 marks for the continuous internal assessment.

The maximum marks for the practical subjects shall be 100 of which 75 marks shall be for the semester end university examination and 25 marks shall be for continuous Internal Assessment. For the project work the maximum marks is 100 of which 75 for the project report evaluation, 25 for Internal. The

project report shall be evaluated jointly by the project guide and the external Examiner. The passing minimum is 50 Marks.

1. Successful candidates passing the examination and securing a total of

- a) Above 75%
- b) Above 60% less than 75%
- c) Above 50% less than 60% shall be declared to have passed the examination in distinction in withfirst class , first class and second class respectively.

(B) SCHEME OF EXAMINATION

The Scheme of Examination shall be as follows. There shall be a total of 19 courses which include 13 Core Courses, 3 Elective practicals, 2 Non Major Elective Courses and a project work. The practical Examination shall consist of evaluation of competency attained along with verification of Record Notebook maintenance.

Continuous internal Assessment in Yoga practical will commence right from the beginning of the first semester, as the practical training will be cumulative and co extensive during both the semesters in year ending. So the maintenance Record Notebook for the yoga practicals shall commence on a day – to – day basis from the beginning of first semester under the supervision and guidance of the teachers concerned.

Scheme of External Examination (Question Paper Pattern)

Theory - Maximum 75 Marks

Section A	10 questions. All questions carry equal marks. (Objective-type questions)	10 x 1 = 10 Marks	10 questions – 2 each from every unit
Section B	5 questions Either / or type like 1.a (or) b. All questions carry equal marks	5 x 5 = 25	5 questions – 1 each from every unit
Section C	5 questions Either / or type like 1.a (or) b. All questions carry equal marks	5 x 8 = 40	5 questions – 1 each from every unit

Practical –Maximum 75 Marks

Section A	Major experiment	15 Marks
Section B	Minor experiment	10 Marks
Section C	Experimental setup	5 Marks
Section D	Spotters (5 spotters x5 marks)	25 Marks
Section E	Record note	10 Marks
Section F	Vivo voce	10 Marks

(C) 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.

Theory -25 marks

Sr.No	Content	Marks
1	Average marks of two CIA test	15
2	Seminar/group discussion/quiz	5
3	Assignment/field trip report/case study report	5
	Total	25

Practical -25 Marks

1	Average marks of two CIA test	15 marks
2	Attendance	2 marks
3	Observation note book	8 marks
	Total	25 Marks

PASSING MINIMUM

A candidate shall be declared to have passed the examination in a subject of study only if he/she secures not less than 50 percent of the total marks of the university examination and the internal assessment marks put together in that subject.

A candidate who has been declared as 'Failed' in a particular subject shall reappear for the university examination in the same subject in the succeeding changes till he/she is declared as 'Pass' in the same subject and the marks he/she secured in the internal / assessment in his /her first attempt will however be retained and considered for subsequent attempt. A candidate who successfully complete the course and passes all the examination prescribed for the four semesters shall be declared to qualify for the award of the P.G degree.

Grading of the Courses

The following table gives the marks, Grade points, Letter Grades and classifications meant to indicate the overall academic performance of the candidate.

Conversion of Marks to Grade Points and Letter Grade (Performance in Paper / Course)

RANGE OF MARKS	GRADE POINTS	LETTER GRADE	DESCRIPTION
90 - 100	9.0 – 10.0	O	Outstanding
80 - 89	8.0 – 8.9	D+	Excellent
75 - 79	7.5 – 7.9	D	Distinction
70 - 74	7.0 – 7.4	A+	Very Good
60 - 69	6.0 – 6.9	A	Good
50 - 59	5.0 – 5.9	B	Average
00 - 49	0.0	U	Re-appear
ABSENT	0.0	AAA	ABSENT

- a) Successful candidates passing the examinations and earning GPA between 9.0 and 10.0 and marks from 90 –100 shall be declared to have Outstanding (O).
- b) Successful candidates passing the examinations and earning GPA between 8.0 and 8.9 and marks from 80 - 89 shall be declared to have Excellent (D+).
- c) Successful candidates passing the examinations and earning GPA between 7.5 – 7.9 and marks from 75 - 79 shall be declared to have Distinction (D).
- d) Successful candidates passing the examinations and earning GPA between 7.0 – 7.4 and marks from 70 - 74 shall be declared to have Very Good (A+).
- e) Successful candidates passing the examinations and earning GPA between 6.0 – 6.9 and marks from 60 - 69 shall be declared to have Good (A).
- f) Successful candidates passing the examinations and earning GPA between 5.0 – 5.9 and marks from 50 - 59 shall be declared to have Average (B).
- g) Candidates earning GPA between 0.0 and marks from 00 - 49 shall be declared to have Re-appear (U).
- h) Absence from an examination shall not be taken as an attempt.

From the second semester onwards the total performance within a semester and continuous performance starting from the first semester are indicated respectively by **Grade Point Average (GPA) and Cumulative Grade Point Average (CGPA)**. These two are calculated by the following formulae

$$\text{GRADE POINT AVERAGE (GPA)} = \frac{\sum_i C_i G_i}{\sum_i C_i}$$

$$\text{GPA} = \frac{\text{Sum of the multiplication of Grade Points by the credits of the courses}}{\text{Sum of the credits of the courses in a Semester}}$$

Classification of the final result

CGPA	Grade	Classification of Final Result
9.5 – 10.0 9.0 and above but below 9.5	O+ O	First Class – Exemplary*
8.5 and above but below 9.0 8.0 and above but below 8.5 7.5 and above but below 8.0	D++ D+D	First Class with Distinction*
7.0 and above but below 7.5 6.5 and above but below 7.0 6.0 and above but below 6.5	A++A+ A	First Class
5.5 and above but below 6.0 5.0 and above but below 5.5	B+ B	Second Class
0.0 and above but below 5.0	U	Re-appear

The final result of the candidate shall be based only on the CGPA earned by the candidate.

- a) Successful candidates passing the examinations and earning CGPA between 9.5 and 10.0 shall be given Letter Grade (O+), those who earned CGPA between 9.0 and 9.4 shall be given Letter Grade (O) and declared to have First Class –Exemplary*.
- b) Successful candidates passing the examinations and earning CGPA between 7.5 and 7.9 shall be given Letter Grade (D), those who earned CGPA between 8.0 and 8.4 shall be given Letter Grade (D+), those who earned CGPA between 8.5 and 8.9 shall be given Letter Grade (D++) and declared to have First Class with Distinction*.
- c) Successful candidates passing the examinations and earning CGPA between 6.0 and 6.4 shall be given Letter Grade (A), those who earned CGPA between 6.5 and 6.9 shall be given Letter Grade (A+), those who earned CGPA between 7.0 and 7.4 shall be given Letter Grade (A++) and declared to have First Class.
- d) Successful candidates passing the examinations and earning CGPA between 5.0 and 5.4 shall be given Letter Grade (B), those who earned CGPA between 5.5 and 5.9 shall be given Letter Grade (B+) and declared to have passed in Second Class.
- e) Candidates those who earned CGPA between 0.0 and 4.9 shall be given Letter Grade (U) and declared to have Re-appear.
- f) Absence from an examination shall not be taken as an attempt.

$$\text{CUMULATIVE GRADE POINT AVERAGE (CGPA)} = \frac{\sum_{i=1}^n C_{ni} G_{ni}}{\sum_{i=1}^n C_{ni}}$$

CGPA = Sum of the multiplication of Grade Points by the credits of the entire Programme / Sum of the credits of the courses for the entire Programme

Where 'Ci' is the Credit earned for Course i in any semester; 'Gi' is the Grade Point obtained by the student for Course i and 'n' refers to the semester in which such courses were credited.

CGPA (Cumulative Grade Point Average) = Average Grade Point of all the Courses passed starting from the first semester to the current semester.

Note: * The candidates who have passed in the first appearance and within the prescribed Semesters of the PG Programme are alone eligible for this classification.

M.SC YOGA - Course Structure

Sem.	Course Code	Courses	Course / Title	T/P	Credit	Hours/Week	Marks		
							Int	Ext	Total
I	813101	CC-I	Scientific Basis of Yoga	T	5	5	25	75	100
	813102	CC – II	Research Methodology in Yogic Practices	T	5	5	25	75	100
	813103	CC – III	Anatomy and Physiology	T	5	5	25	75	100
	813104	CC-IV	Asanas & Pranayama	P	6	12	25	75	100
	813105	DSE-I	Fundamentals of Yoga Education (or) Safety Education and life skill Education.	T	3	3	25	75	100
			Library				-	-	-
			Total		24	30	-	-	500
II	813201	CC-V	Scientific Approach Yoga	T	5	5	25	75	100
	813202	CC – VI	Applied yoga in Modern life	T	5	5	25	75	100
	813203	CC – VII	Yogic Practices and Social Values	T	5	5	25	75	100
	813204	CC – VIII	Methods of Practice In Yoga	P	4	8	25	75	100
	813205	DSE-II	Introduction to psychology and Counseling (or) Environment Studies	T	3	3	25	75	100
	813206	NME	Non Major Elective -I		2	3	25	75	100
		MOOCs	Self learning course -I		Extra Credit	-	-	-	-
			Library			1	-	-	-
			Total		24+ Extra Credit	30	-	-	600
III	813301	CC-IX	Yoga & Positive Health	T	5	5	25	75	100
	813302	CC-X	Principles of Hatha Yoga	T	5	5	25	75	100
	813303	CC-XI	Pranayama, Kriyas, Mudras and Bandhas	P	7	14	25	75	100
	813304	DSE-III	Brain Consciousness and Yoga (or) Sociology of Sports	T	3	3	25	75	100
	813305	NME	Non Major Elective -II		2	3	25	75	100
		MOOCs	Self learning course -II		Extra Credit	-	-	-	-
	813301		Library and Seminar				-	-	-
				Total		22+ EC	30	-	-
IV	813401	CC-XII	Principles of Yogic Therapy	T	5	5	25	75	100
	813402	CC-XIII	Advanced yoga Techniques	P	5	5	25	75	100
	813403	CC-XIV	Project Work		10	20	25	75	100
			Total		20	30	-	300	
			Grand Total		90+ Extra Credits	120	-	1900	

I - Semester					
CORE	Course Code: 813101	Scientific Basis of Yoga	T	Credits: 5	Hours: 5
Unit -I					
Objective 1	To improve psychological well-being.				
Human body - Cells – tissues - organs - system of human body. Mutually supportive - harmonious health. Various systems - organs of the body. Primary importance - nervous systems - Glandular system - in Yoga. Brief study - various systems - body. Brain - nervous system - Endocrine system - muscular system - Physiological priorities - relative importance - systems in Yoga					
Outcome 1	Promotes positive self-perception.				K1
Unit II					
Objective 2	To maintaining the physical health of the body				
Important systems - the body. Skeletal system - circulatory system - Respiratory system - Digestive system - excretory system. Influence of Yoga Practices - different systems - of the body. Modern vs. Yogic concept on diet - Elements of a balance diet - healthy growth - maintenance of good health. Change in diet - according to age, Climate, Place - of work - residence - health status - food habits - required in Yoga. Role - importance of Yoga - cultivation of mental peace - mental health - emotional well being - individuals. Modern concept of mental health. Yoga as a measure fostering positive mental health					
Outcome 2	Lengthens lifespan and youth.				K2
Unit III					
Objective 3	To improve nervous system.				
Role - importance - the mind according to Yoga. Need - gain gradual - co control - mastery over one's own mind. Importance - mental powers in human life - activities. Human conflicts – frustrations - their causes and harmful effects, Role of -uncontrolled - emotional excitements - on the body - health and disease. Yogic approach - tackling the common conflicts - frustrations. Role of Yama-niyamas (Restraints and regulations in daily life and habits) - correct psychological attitudes. Yogic physical culture - meditational practices - mental peace - mental health.					
Outcome 3	Positive mental health.				K3
Unit IV					
Objective 4	To enable the student have good health.				
Importance - prayer - various techniques of Yoga - promotion of physical health - mental clarity - emotional wellbeing - individuals. Research - the central aspect - Yoga. Need - modern methods – research - correct understanding - evaluation of Yogic Phenomena - the claims made by Yogic. Need verifying the subjective experience - Yogic through modern objective research.					
Outcome 4	To improve Physical or psychological aspects of stress.				K4
Unit V					
Objective 5	To practice mental hygiene, To improve knowledge about yoga research				

Vital importance - imparting research - various aspects of Yoga. Philosophic - literary research. Experimental research - Yoga modern sophisticated instruments. Applied research Yoga. Present condition - Yoga research India and Abroad. Contributions various research Institutions and individual research works. Need - promotion - Yoga research. Impact of modern methods - Yoga research. Some negative influence of Yoga research. Sound methodology - Yoga research, most appropriate for measuring and the correct interpretation - Yoga modern research methods aspects of Yoga. Contributions - Swami Kuvalayananda - Kaivalyadhama of Lonavla - Yoga research

Outcome 5	To be positive mental health, To be educated in yogic research	K5
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Suggested Readings

Swami Kuvalayananda: ASANAS Pub: Kaivalyadhama, Lonavla.
 Swami Kuvalayananda: Pranayama Pub: Kaivalyadhama, Lonavla.
 Editor Dr.M.V Bhole: Abstracts and Bibliography of articles on Yoga, Pub: Kaivalyadhama, Lonavla.
 Editor M.L.Gharote: Collected Papers on Yoga Pub: Kaivalyadhama, Lonavla.
 Yoga- mimamsa Journals Pub: Kaivalyadhama , Lonavla
 Swami Kuvalayanda and Dr.S.L.Vinekar Yogic therapy Kaivalyadhama, Lonavla.
 Kaivalyadhama Golden Jubilee sovenier –Kaivalyadhama, Lonavla.
 Dr.M.V Gharote: Applied yoga Kaivalyadhama, Lonavla

Online Resources:

https://www.researchgate.net/publication/331521926_Scientific_benefits_of_Yoga_A
https://files.nccih.nih.gov/s3fs-public/Yoga-eBook-2020_06_FINAL_508.pdf

Course designed by Dr.K.Usha Rani.

K1- Remember, K2-Understand, K3-Apply K4-Analyze, K5-Evaluate, K6- Create

Course Outcome VS Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S (3)	S (3)	M (2)	M (2)	M (2)	S (3)	S (3)	M (2)	M (2)	M(2)
CO2	S (3)	M (2)	M (2)	M (2)	L (1)	S (3)	L (1)	M (2)	M (2)	M(2)
CO3	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M(2)
CO4	M (2)	M (2)	M (2)	L (1)	M (2)	S (3)	M (2)	M (2)	M (2)	M(2)
CO5	L (1)	L (1)	L (1)	M (2)	M (2)	S (3)	L (1)	L (1)	M (2)	M(2)
W.AV	2.2	2	1.6	1.6	1.6	2.8	1.8	1.8	2	2

S –Strong (3), M-Medium (2), L- Low (1)

Course Outcome VS Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S (3)	S (3)	M (2)	S (3)	S (3)
CO2	S (3)	M (2)	S(3)	M (2)	M (2)
CO3	M (2)	M (2)	S(3)	M(2)	M (2)
CO4	M (2)	M (2)	M (2)	S (3)	M (2)
CO5	S (3)	M (2)	M (2)	S (3)	S (3)
W.AV	2.6	2.2	2.4	2.6	2.4

S –Strong (3), M-Medium (2), L- Low (1)

I - Semester					
CORE	CourseCode 813102	Research Methodology in Yogic Practices	T	Credits:5	Hours:5
Unit -I					
Objective 1	To enlighten the knowledge, to explore the philosophical methods and to understand the relationship between yoga and research methodology.				
Introduction to Research: meaning, nature, and scope of research; Relationship of research to Yoga and limitation of Yoga research.					
Outcome1	Grasp the basic understanding and the fundamental concepts of Research Methodology in Yogic Practices			K1	
Unit II					
Objective 2	To provide knowledge in different types of research and its scaling techniques in yogic practices .				
Types of research: a) Experimental research, laboratory experiments, Field experiments; b) Non experimental research – Field studies, Survey & historical research, Case studies, analytical research, descriptive research, qualitative research.					
Outcome2	Students discuss about types of research and its scaling techniques.			K2	
Unit III					
Objective 3	To educate the method of data collection and its technology.				
Methods of data collection: a) Observation.; b) Interview.; c) Questionnaires; d) Rating scales. Scaling techniques: a) Psycho physical scaling methods b) Psychological scaling methods.					
Outcome3	Students analyze the modern methods and technology			K2	
Unit IV					
Objective 4	To learn about the philosophical studies and case studies in yogic practices.				
Philosophical studies: Aims & objectives, nature of Philosophical methods, critical thinking continuum; Case studies: case studies on individuals, institutions & organization, profiles, methods of data collection for case study.					
Outcome4	Learners acquire knowledge about the trust area in the studies.			K3	
Unit V					
Objective 5	To educate the types of variables and its parameters. To provide knowledge about statistical techniques and experimental research design				
Research methodology in Yoga: Introduction – planning of research project – design of the study – statistics – parameters to be recorded for specific diseases: Obesity; Diabetes mellitus; Hypertension; Asthama; Low back pain; Rheumatoid arthritis; follow up charts Statistical techniques: introduction, variables & experimental research design- independent, dependent,					

extraneous and intervening variables, Measures of central tendency, variability, testing of Hypothesis- T-test, F-test

Outcome5	Learners critically evaluate the recent methodological trends in uses of modern parameters The student understand the fundamental concept of experimental research design and uses of advanced Statistical techniques	K5
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Suggested Readings

Dr. H.R. Nagendra & Dr. Shirley Telles (2006) *Research Methodology*, Bangalore, Swami Vivekananda Yoga Prakashana.

Funder Burk, James. (1977): *Science Studies Yoga, A Review of Physiological Data*, Pennsylvania, The Himalayan International Institute

Freeman, F.B. (1971) *Theory and Practice of Psychological Testing*, New Delhi: Oxford and IBH publishing Company.

Guilford J.P. (1965). *Fundamental Statistics in Psychology and Education* (4th Edn.). New Delhi: Subject Publications.

Motoyama Hiroshi (1993): *A Study of Yoga from Eastern and Western Medical View Points* (Chapter-III) – A comparative study of Sri Ramananda Yogi and Sri Yogeswarananda Yogi) Human Science Press, Tokyo, Japan.

Prof. M.Venkata Reddy (2008): *Scientific Studies on Yoga* Hyderabad, A.P Yogadhyayana Parishad.

Parasnis, Arawind.S. and Kagal Shyamr (2009) *Directions of Research on Yoga; Observations and Suggestions*, Yoga-Mimamsa, Vol XLI.No.1: 48-59 April 2009.

V.M. Kothari- *Research Methodology*, 2nd.ed 1994, New Delhi, Wiley Eastern Ltd.

Singh A.K. (1997) *Tests measurements and Research Methods in Behavioural science* Patna: Bharati Bhavan Publishers and Distributors.

Online Resources

https://www.researchgate.net/publication/308711025_Lesson_Plan_Yoga_as_a_Research_Methodology

https://www.academia.edu/29807482/Research_Methodology_in_yoga

Course Designed by: Dr.V.A.Manickam

K1- Remember, K2-Understand, K3-Apply K4-Analyze, K5-Evaluate, K6- Create

Course Outcome VS Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S (3)	S (3)	L (1)	M (2)	L (1)	S (3)	S (3)	M (2)	M (2)	M(2)
CO2	S (3)	M (2)	M (2)	L (1)	L (1)	S (3)	L (1)	M (2)	M (2)	M(2)
CO3	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M(2)
CO4	M (2)	M (2)	M (2)	L (1)	M (2)	S (3)	M (2)	M (2)	M (2)	M(2)
CO5	L (1)	L (1)	L (1)	M (2)	M (2)	S (3)	L (1)	L (1)	M (2)	M(2)
W.AV	2.2	2	1.6	1.6	1.6	2.8	1.8	1.8	2	2

S –Strong (3), M-Medium (2), L- Low (1)

Course Outcome VS Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S (3)	S (3)	M (2)	S (3)	S (3)
CO2	S (3)	M (2)	S(3)	M (2)	M (2)
CO3	M (2)	M (2)	S(3)	M(2)	M (2)
CO4	M (2)	M (2)	M (2)	S (3)	M (2)
CO5	S (3)	M (2)	M (2)	S (3)	S (3)
W.AV	2.6	2.2	2.4	2.6	2.4

S –Strong (3), M-Medium (2), L- Low (1)

I - Semester				
CORE	Course Code: 813103	Anatomy and Physiology	T	Credits: 5 Hours: 5
Unit -I				
Objective 1	To improve the knowledge about human anatomy			
Brief Introduction - Anatomy and physiology - field of Physical Education. Introduction - Cell and Tissue. The skeleton – Function - of the skeleton – Ribs and Vertebral column - the extremities – joints of the body - their types Gender differences - skeleton. Types of muscles.				
Outcome 1	Students understand human anatomy			K1
Unit II				
Objective 2	To develop knowledge about blood circulate			
Blood and circulatory system: Constituents of blood - their function –Blood groups - blood transfusion, clotting of blood, the structure of the heart-properties of the heart muscle - circulation of blood - cardiac cycle- blood pressure, Lymph - Lymphatic circulation. Cardiac output. The Respiratory system: The Respiratory passage – the lungs - their structure - exchange of gases - in the lungs - mechanism of respiration (internal and external respiration) - lung capacity, tidal volume.				
Outcome 2	Students understand blood circulate			K2
Unit III				
Objective 3	To understand various system and functions of the body			
Digestive system: structure and functions - digestive system - Digestive organs - Metabolism. The Excretory system: Structure and functions - of the kidneys and the skin. The Endocrine glands: Functions of glands pituitary – Thyroid – Parathyroid - Adrenal - Pancreatic - the sex glands. Nervous systems: Function of the - Autonomic nervous system and Central nervous system. Reflex Action - Sense organs: structure - functions of the Eye and Ear.				
Outcome 3	Students enhance the idea about various systems and function of the body			K4
Unit IV				
Objective 4	To educate importance of psychology in the field of physical education			
Definition of physiology - its importance field of physical education and sports. Structure – Composition - Properties functions of skeletal muscles. Nerve control of muscular activity: Neuromuscular junction - Transmission - nerve impulse. Fuel for muscular activity - Role of oxygen-physical training - oxygen debt - second wind - vital capacity.				
Outcome 4	Students educated the importance pf psychology in the field of physical education			K3
Unit V				
Objective 5	To improve the idea about diet training and function in various system To educate the physiology sense organs			
Effect of exercise - training on cardiovascular system. Effect of exercise - training - respiratory system. Effect of exercise - training - muscular system Physiological concept - physical fitness - warming up - conditioning - fatigue. Basic concept of balanced diet – Diet - before, during - after competition.				

Introduction – Receptors – Sensations – Somatic sense – Special senses – Sense of Smell – Sense of Taste – Sense of Hearing – Sense of Sight.		
Outcome 5	<i>Students came with effective idea about diet training and function</i> <i>Students understand various sense organs</i>	K5
Suggested Readings		
<p>Gupta, A. P. (2010). <i>Anatomy and physiology</i>. Agra: SumitPrakashan.</p> <p>Gupta, M. and Gupta, M. C. (1980). <i>Body and anatomical science</i>. Delhi: Swaran</p> <p>Karpovich, P. V. (n.d.). <i>Philosophy of muscular activity</i>. London: W.B. Saunders Co.</p> <p>Lamb, G. S. (1982). <i>Essentials of exercise physiology</i>. Delhi: Surjeet Publication</p> <p>Moorthy, A. M. (2014). <i>Anatomy physiology and health education</i>. Karaikudi: Madalayam Publications.</p> <p>Morehouse, L. E. & Miller, J. (1967). <i>Physiology of exercise</i>. St. Louis: The C.V. MosbyCo.</p> <p>Pearce, E. C. (1962). <i>Anatomy and physiology for nurses</i>. London: Faber & Faber Ltd. Printing Press.</p> <p>Guyton, A.C. (1996). <i>Textbook of Medical Physiology</i>, 9th edition. Philadelphia: W.B. Saunders</p> <p>Sharma, R. D. (1979). <i>Health and physical education</i>, Gupta Prakashan.</p> <p>Singh, S. (1979). <i>Anatomy of physiology and health education</i>. Ropar: Jeet Publications.</p>		
K1- Remember, K2-Understand, K3-Apply K4-Analyze, K5-Evaluate, K6- Create		

Course Outcome VS Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S (3)	S (3)	M (2)	M (2)	M (2)	S (3)	S (3)	M (2)	M (2)	M(2)
CO2	S (3)	M (2)	M (2)	M (2)	L (1)	S (3)	L (1)	M (2)	M (2)	M(2)
CO3	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M(2)
CO4	M (2)	M (2)	M (2)	L (1)	M (2)	S (3)	M (2)	M (2)	M (2)	M(2)
CO5	L (1)	L (1)	L (1)	M (2)	M (2)	S (3)	L (1)	L (1)	M (2)	M(2)
W.AV	2.2	2	1.6	1.6	1.6	2.8	1.8	1.8	2	2

S –Strong (3), M-Medium (2), L- Low (1)

Course Outcome VS Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S (3)	S (3)	M (2)	S (3)	S (3)
CO2	S (3)	M (2)	S(3)	M (2)	M (2)
CO3	M (2)	M (2)	S(3)	M(2)	M (2)
CO4	M (2)	M (2)	M (2)	S (3)	M (2)
CO5	S (3)	M (2)	M (2)	S (3)	S (3)
W.AV	2.6	2.2	2.4	2.6	2.4

S –Strong (3), M-Medium (2), L- Low (1)

I - Semester						
CORE	Course Code: 813104	Asanas and Pranayama	T	Credits: 6	Hours: 12	
Unit -I						
Objective 1	To develop practical knowledge about meditation asanas sitting asana					
Meditative Asanas						
Sitting Types:						
<ol style="list-style-type: none"> 1. Ardha Padmasana or Veerasana 2. Swasthikkasana 3. Vajrasana 4. Bhadrasana 5. Gomukasana – I 						
Outcome 1	Students understood practical knowledge about meditation asanas sitting asana cultural asana			K1		
Unit II						
Objective 2	To develop practical knowledge about relaxation asana					
Relaxative Asanas:						
<ol style="list-style-type: none"> 1. Makarasana 2. Savasana Stage – I 3. Savasana Stage – II 4. Savasana Stage – III Pranddharana 5. Savasana Stage – IV (Oceanic feeling) 						
Outcome 2	Students got practical knowledge about relaxation sana			K2		
Unit III						
Objective 3	To educate idea about cultural asana					
Cultural Asanas						
Standing Types:						
Sitting Postures:						
<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <ol style="list-style-type: none"> 1. Trikonasana 2. Parivrutha Trikonasana 3. Parsva Konasana 4. Tadasana 5. Chakrasana (Side bending) 6. Padahas tasana 7. Ardha Chakrasana 8. Utkattasana 9. Vrikshasana 10. Bakkasana </td> <td style="width: 50%; vertical-align: top;"> <ol style="list-style-type: none"> 1. Vakrasana 2. Ardha Ustrasana 3. Mandukasana 4. Suptha Vajrasana 5. Sasangasana 6. Ardha Sirsasana 7. Sirsasana 8. Tolasana 9. Hamsasana 10. Parvatasana 11. Bandha Konasana 12. Dandasana 13. Sithila Dandasana </td> </tr> </table>					<ol style="list-style-type: none"> 1. Trikonasana 2. Parivrutha Trikonasana 3. Parsva Konasana 4. Tadasana 5. Chakrasana (Side bending) 6. Padahas tasana 7. Ardha Chakrasana 8. Utkattasana 9. Vrikshasana 10. Bakkasana 	<ol style="list-style-type: none"> 1. Vakrasana 2. Ardha Ustrasana 3. Mandukasana 4. Suptha Vajrasana 5. Sasangasana 6. Ardha Sirsasana 7. Sirsasana 8. Tolasana 9. Hamsasana 10. Parvatasana 11. Bandha Konasana 12. Dandasana 13. Sithila Dandasana
<ol style="list-style-type: none"> 1. Trikonasana 2. Parivrutha Trikonasana 3. Parsva Konasana 4. Tadasana 5. Chakrasana (Side bending) 6. Padahas tasana 7. Ardha Chakrasana 8. Utkattasana 9. Vrikshasana 10. Bakkasana 	<ol style="list-style-type: none"> 1. Vakrasana 2. Ardha Ustrasana 3. Mandukasana 4. Suptha Vajrasana 5. Sasangasana 6. Ardha Sirsasana 7. Sirsasana 8. Tolasana 9. Hamsasana 10. Parvatasana 11. Bandha Konasana 12. Dandasana 13. Sithila Dandasana 					

14. Paschimottasana		
Outcome 3	Empowered with cultural asana	K3
Unit IV		
Objective 4	To educate various types of cultural asanas	
<p>Cultural Asanas:</p> <p>Supine type:</p> <ol style="list-style-type: none"> 1. Ardha Pavanamuktanasana 2. Pavana Mukttanasana 3. Navasana 4. Tolan gulasana 5. Viparitha karani 6. Matsyasana (simple) 7. Uttana Padasana <p>Prone Type Postures:</p> <ol style="list-style-type: none"> 1. Bhujangasana 2. Ardha salabhasana 3. Dhanurasana 4. Naukasana 5. Salabhasana 		
Outcome 4	Got adequate knowledge about types of cultural asanas	K4
Unit V		
Objective 5	To educate pranayama, To educate pranayama practice	
<p>Preparatory for Pranayama</p> <ol style="list-style-type: none"> 1. Kapalabhathi 2. Sectional Breathing <ol style="list-style-type: none"> i. Abdominal Breathing ii. Thoracic iii. Clavicular iv. Full yogic Breathing <p>Pranayamas:</p> <ol style="list-style-type: none"> 1. Suha Pranayama (Anuloma Viloma) 2. Surya Anuloma Viloma pranayama (Ratio 1:0:2) 3. Candra Anuloma viloma pranayama (1:0:2) 4. Surya Bhedhana (1:0:2) 5. Nadi shodhana (1:0:2) 6. Sitali pranayama 7. Sitkari pranayama v. 		
Outcome 5	Effective breathing, Enhance cardio respiratory endurance	K5

Suggested Readings

B.K.S IYENGAR: 1. *Light on yoga (yoga dipika)* 2. *Light on pranayama*, Harper Collins publishers Daryaganj, New Delhi, India 2000

Dr. Shrikrishna: *Essence of Pranayama*, ICY Health Centre, Kaivalyadhama, Bombay, 1985

Shri. O.P, Tiwari: *ASANAS: Why and how*, kaivalyadhama, lonavla pune dist, Maharashtra

Dr.H.R. Nagendra, Sri. T.M OHAN and Sri. A.SHRIRAM: *YOGA in education* volume-I published by Vivekananda Kendra yoga prakashana, Bangalore India-1988

Dr.R.Nagarathna and Dr.H.R.Nagendra: *yoga for promotion of positive health* pub. Swami Vivekananda yoga prakashana, Bangalore, India 2001.

Dr.H.R.Nagendra: *pranayama the art and science* pub Vivekananda Kendra yoga prakashana, Bangalore, India 2000

Swami Kuvalayananda and Dr.S.L.Vinekar *YOGIC Therapy. Its basic principles and methods*, ministry of health, govt. of India New Delhi. 1963.

Swami Kuvalayananda: *ASANAS* Kaivalyadhama, Lonavla, Pune Dist, Maharashtra.

Swami Kuvalayananda: *PRANAYAMA*, Kaivalyadhama, Lonavla, Pune Dist, Maharashtra.

YOGASANAS : A TEACHER'S GUIDE NCERT, New Delhi, 1983

Online Resources

<https://www.yogaindailylife.org/system/en/exercise-levels/the-significance-of-the-asanas-and-pranayamas>

<https://en.wikipedia.org/wiki/Asana>

Course Designed by: Dr.V.A.Manickam

K1- Remember, K2-Understand, K3-Apply K4-Analyze, K5-Evaluate, K6- Create

Course Outcome VS Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S (3)	M(2)	M(2)	M (2)	S (3)	S (3)	M (2)	M (2)	M(2)	M (2)
CO2	S (3)	M(2)	M (2)	M (2)	S (3)	S (3)	M(2)	M (2)	M (2)	M (2)
CO3	M (2)	M (2)	S (3)	S (3)	M (2)	S (3)	S (3)	S (3)	M (2)	M (2)
CO4	M (2)	M (2)	M (2)	S (3)	M (2)	S (3)	M (2)	M (2)	M (2)	S (3)
CO5	M (2)	M(2)	M (2)	S (3)	M (2)	M(2)	S (3)	S (3)	M (2)	S (3)
W.AV	2.4	2	2.1	2.4	2.4	2.8	2.3	2.4	2	2.4

S –Strong (3), M-Medium (2), L- Low (1)

Course Outcome VS Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S (3)	S (3)	S (3)	M (2)	S (3)
CO2	M (2)	M (2)	M (2)	M (2)	S(3)
CO3	S (3)	M (2)	S (3)	M (2)	S(3)
CO4	M (2)	M(2)	M (2)	S (3)	M (2)
CO5	S (3)	S (3)	M (2)	S (3)	M (2)
W.AV	2.6	2.4	2.4	2.3	2.6

S –Strong (3), M-Medium (2), L- Low (1)

I - Semester				
DSE I	Course Code: 813105	Fundamentals of Yoga Education	T	Credits: 3 Hours: 3
Unit -I				
Objective 1	. To improve the knowledge about yoga education			
Definitions for terms in Yoga – What is Yoga – Misconceptions of Yoga – Need for Yoga – Different paths of Yoga (Gnana Yoga, Karma Yoga, Bhakti Yoga and Raja Yoga). Other paths of yoga like patanjali yoga, ashtansa yoga, Tantra yoga, Mantra Yoga, Hatha yoga, Laya Yoga, Kundalini yoga, Pranasamyamana yoga and Bhavana yoga (or) Vasanakshaya yoga – Vast literature in Tamil, Marathi and Sanakrit.				
Outcome 1	Knowledge of the teachings and philosophy of the yoga tradition.			K2
Unit II				
Objective 2	To develop modern trends in the application of yoga in education			
Need for a historical perspective on yoga – yoga history through Indus vally civilization – yoga history of pre-vedic period and post-vedic period – yoga history based on sage patanjali – Hostory of yoga through Buddhism, Jainism, Puranas, Idikashas, Tantras, Tamil siddhars scripture like Tirumular Tirumantram – Original system of yoga (Himyagarbha) – SHAT Dharsanas.				
Outcome 2	Knowledge of classical theories of health and disease relevant to the practice of Yoga Therapy .			K4
Unit III				
Objective 3	. To enable the student good health.			
Yoga and human body – Definition for human body – Jnana Indriyas, Karma Indriyas, Suptha Dhathus, Three Gunas, Malas, Purushatras, Pancha puthas – Human body and Relationship with above concepts – Three bodies – Pancha koshas.				
Outcome 3	To demonstrate the ability to create and person various yoga activities			K4
Unit IV				
Objective 4	To practice mental hygiene			
Types of students – types of teachers – stage of knowledge (Suptha Bhumikas)-Mukya pranas (Panca pranas)- Maha Prana (Cosmicpower) upa pranas- Karmas (Actions)- types of karmas – shat chakras (Six adharas)- Anda Karnas – Five states of consciousness				
Outcome 4	The student will increase their dynamic flexibility			K2
Unit V				
Objective 5	To integrate moral values To understand the various hatha yogic practices			
Definition for Health (According to WHO Etc)-meaning for positive health and its yoga relationship- Homeostasis and yoga –common Diet in yogic system –Important yogic texts available and its study (texts like Hatha pradipika, Gheranda Shampita ,Yoga vasistha ,Patanjali YOGA SUTRAAS ,Tirumular Tirumanathram) etc.				
Effects of various Hatha yogic practices (Asanas, Kriyas, pranayamas, Mudras & Bandha etc)- Western Infulence and modern renaissance in yoga – Research Studies on yoga in various institutions –Modern				

trends in the application of yoga in education ,health , therapeutics etc.		
Outcome 5	To identify opportunities for participation in yoga activities in the community. Learners acquire the knowledge of hatha yogic practices	K5
Suggested Readings		
C.T.Kenghe ,Bharata Manisha , Varanasi , India 1976		
Sivananda yoga Teachers Manual pub International Vedanta centres , VAL MORIN ,Quebic, Canada.		
Swami Sivananda : All about Hinduism , Pub Divine life society Risikesh		
Swami Vishnu – Devananda The Complete Illustrated Book of Yoga pub Harmony Books , a division of crown publishers ,New York 1002		
Tent Book of <i>Yoga</i> – by Georydfeuer – stein , rider and company , London -1975		
Yoga as depth – <i>Psychology and para – psychology</i> (Vol- I) Historical Back ground By <i>Yoga mimamsa Journal</i> /(Back volumes) Kaivalyadhama , Lonavla, punedist Maharastra.		
Online Resources		
https://www.india.co.in/info/health/yoga/fundamentals-of-yoga		
https://vikaspedia.in/health/ayush/yoga-1/introduction-to-yoga		

Course outcome vs Programme outcome

Co	Po1	Po2	Po3	Po4	Po5	Po6	Po7	Po8	Po9	Po10
Co1	M(2)	L(1)	S(3)	M(2)	S(3)	M(2)	L(1)	M(2)	S(3)	M(2)
Co2	L(1)	S(3)	M(2)	M(2)	M(2)	L(1)	L(1)	M(2)	M(2)	L(1)
Co3	M(2)	S(3)	L(1)	S(3)	L(1)	M(2)	M(2)	M(2)	S(3)	M(2)
Co4	L(1)	M(2)	M(2)	S(3)	M(2)	L(1)	M(2)	L(1)	M(2)	L(1)
Co5	S(3)	L(1)	S(3)	L(1)	L(1)	M(2)	S(3)	M(2)	L(1)	M(2)
W.AV	1.8	2	2.2	2.2	1.8	1.6	1.8	1.8	2.2	1.6

S-strong-3,M-Medium-2,L—low--1

Course outcome vs Programme specific outcome

Co	Pso1	Pso2	Pso3	Pso4	Pso5
Co1	S(3)	S(3)	L(1)	L(1)	M(2)
Co2	M(2)	L(1)	M(2)	M(2)	L(1)
Co3	L(1)	M(2)	M(2)	L(1)	S(3)
Co4	S(3)	L(1)	M(2)	S(3)	M(2)
Co5	M(2)	L(1)	M(2)	M(2)	L(1)
W.AV	2.2	2	1.8	1.8	1.8

S-strong-3,M-medium-2,L-low-1

III - Semester					
DSE I	Course Code 813105	Safety Education and Life Skill Education	T	Credits:3	Hours: 3
Unit -I					
Objective 1	To recognize hazards in a D & T workshop environment				
Definitions and Aims of Safety Education – Traffic safety – Safety at home- falls, fire, suffocation, poisoning by solids and liquids.					
Outcome1	To prevent injuries and provide a secure learning environment				K1
Unit II					
Objective 2	To respond to safety rules, signs and other instructions.				
Recreational safety – Fishing, Swimming, Camping – Safety at school – School building, school grounds laboratory					
Outcome2	To use safety equipment				K2
Unit III					
Objective 3	To work safety				
Safety in sports and Physical Education – Play, fields, Gymnasium, Swimming pool.					
Outcome3	It helps to protect people from unnecessary expense				K2
Unit IV					
Objective 4	To helps optimize the health benefits of a fitness routine				
Disaster Readiness – Natural disasters – Cyclone, Tsunami, Floods, Earthquakes, Hurricanes, Blizzards.					
Outcome4	It helps to reduce the number of injuries and illness.				K3
Unit V					
Objective 5	To improve brain health				
Sports and Socialization – Physical activity and sport – emotional adjustment and wellbeing – Substance Abuse among Youth – Preventive Measures and Remedies – Yoga, Meditation and Relaxation					
Outcome5	To assess health care needs of different groups in society.				K5
Suggested Readings					
W.Wayne Worick, Safety Education – Man, his machines, and his environment, Prentice hall Inc, St.John Ambulance, St.Andrew’s Ambulance Association & British Redcross, First Aid Manual, Dorling Kindersly Limited.					
Peggy. A.Houglum, Therapeutic Exercise for muscles, Skeletal Injuries					
Online Resources					
https://northeastnetwork.org/life-skills-and-personal-safety-education-programme-with-high-school-students-in-west-jaintia-hills-district/					
https://northeastnetwork.org/life-skills-and-personal-safety-education-programme-with-high-school-students-in-west-jaintia-hills-district/					
Course Designed by: Dr. K. Usha Rani					
K1- Remember, K2-Understand, K3-Apply K4-Analyze, K5-Evaluate, K6- Create					

Course Outcome VS Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S (3)	S (3)	M (2)	M (2)	M (2)	S (3)	S (3)	M (2)	M (2)	M(2)
CO2	S (3)	M (2)	M (2)	M (2)	L (1)	S (3)	L (1)	M (2)	M(2)	M(2)
CO3	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M(2)
CO4	M (2)	M (2)	M (2)	L (1)	M (2)	S (3)	M (2)	M (2)	M (2)	M(2)
CO5	L (1)	L (1)	L (1)	M (2)	M (2)	S (3)	L (1)	L (1)	M (2)	M(2)
W.AV	2.2	2	1.6	1.6	1.6	2.8	1.8	1.8	2	2

S –Strong (3), M-Medium (2), L- Low (1)

Course Outcome VS Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S (3)	S (3)	M (2)	S (3)	S (3)
CO2	S (3)	M (2)	S(3)	M (2)	M (2)
CO3	M (2)	M (2)	S(3)	M(2)	M (2)
CO4	M (2)	M (2)	M (2)	S (3)	M (2)
CO5	S (3)	M (2)	M (2)	S (3)	S (3)
W.AV	2.6	2.2	2.4	2.6	2.4

S –Strong (3), M-Medium (2), L- Low (1)

II - Semester					
CORE	CourseCode 813201	Scientific Approach of Yoga	T	Credits:5	Hours: 5
Unit -I					
Objective 1	To enlighten the knowledge, to explore the functions of vital organs and Various system				
Cell – Tissues – Epithelial tissue – Connective tissue – Muscular tissue – Nervous tissue -Various organs – Lungs – Kidney – Muscles – Diaphragam – Muscles of abdomen – Muscles of back – Muscles of pelvis – Muscles of gluteal region – Muscles of thigh – Muscles of leg – Bones – Joints.Skin – Effect of yoga on digestive system – Effect of yogasanas on Nervous system – Effect of Yogasanas on endocrine system – Effect yogasanas on renal system – Effect of Yogasanas on sensory system.Chest cage – Regulation of breathing – Expiration – Types of breathing – Effect on respiratory system – Effect on Circulatory system.					
Outcome1	Grasp the basic understanding and the fundamental concepts of functions of vital organs and Various system			K1	
Unit II					
Objective 2	To provide knowledge in different types of Bandhas, mudras , kriyas and its physiological benefits.				
Bandhas – Mudras – Physiological benefits of Mula Bandha – Physiological benefits of maha bandha – Physiological benefits of Viparitarani mudra – Physiological benefits of Khechari mudras – Physiological benefits of maha mudra – Physiological benefits of Maha Vedha – Physiological benefits of Yoni Mudra – Introduction to Shatkarma or Shatkriyas.					
Outcome2	Students discuss about the types of Bandhas, mudras , kriyas and its physiological benefits			K2	
Unit III					
Objective 3	To educate the method of cleaning of various body parts.				
The six shatkriyas are as follows – Jala neti (nasal cleansing with water) – Contra-indicationsBenefits – Sutra neti (nasal cleansing with thread) – Shankhprakhshalana (Intestinal cleansing).Agnisara kriya – Kunjal kriya or Vaman Dhauti (regurgitate cleansing) – Vyaghra kriya (tiger practice) – Gaja Karma kriya (elephant action) – Vastra Dhauti – Vatsara Dhauti (cleansing the intestines with air) – Nauli (abdominal massaging) – Madhyama nauli (central abdominal contraction) – Vama nauli (left isolation) – Dakshina nauli (right isolation) – Abdominal rotation or churning.					
Outcome3	Students analyze the importance of cleaning of various body parts through yogic method.			K3	
Unit IV					
Objective 4	To learn about the various methods of meditation in yogic practices.				
Basti (yogic enema) – Jala basti (yogic enema with water) – Sthal basti (dry yogic enema) – Moola Shodhana (anal cleansing) – Vyutkrama Kapalbhati (sinus cleansing) – Sheetkrama Kapalbhati (mucus cleansing) – Trataka (concentrated gazing)Meditation – Meditation postures – Transcendental meditation – Antar Mauna – Nadis – Sushumna nadi – Sushumna nadi.					

Outcome4	Learners acquire knowledge about the various methods of meditation through yogic practices.	K1
Unit V		
Objective 5	To educate the types of various padmas and chakras.	
<p>Padmas or Chakras Sukshma prana – Muladhara Chakra – Svadhistana chakra – Manipura chakra – Anahata chakra – Visuddha chakra – Ajna chakra – Sahasrara chakra Kundalini shakti – Kinetic energy – Kundalini yoga – Mysterious kundalini – Psycho-neuro-immunology</p> <p>PSYCHO-Pysiological benefits - Physiological changes during the practice of Meditation – Balances the body.Bio chemical changes – Hematologic changes – Neurological changes – Pranayama and Brain Functions.</p>		
Outcome5	Learners critically evaluate the benefits of padmas and chakras in psycho neuro muscular activities, The student understands the fundamental concept of psycho-physiological function and its benefits	K4&k5
<p>Suggested Readings</p> <p>Dr.Krishna Raman: A matter of health (integration of yoga and western medicine for prevention and cure) (Chennai east west books (Madras) Pvt.Ltd.,1998)</p> <p>Dr.Nagendra HR. <i>The art and science of Pranayama</i> (Vivekanda Kenda Yoga Prakashana Bangalore)</p> <p>DR.HR.Nagendra : <i>Yoga Research & applications</i> (Vivekananda kendar yoga prakashana, Bangalore)</p> <p>Sri. Ananda: <i>The complete book of yoga harmony of body and mind</i> (orient paper backs: vision book Pvt.Ltd.,1892)</p> <p>Swami Sivananda: <i>Kundalini Yoga</i> (Thye divine life society P.O Shivananda bagar., U.P.Himalayas, India)</p> <p>Evelyne & Peace (1997) <i>Anatomy and Physiology for Nurses</i>, New Delhi: Jaypee Brother</p>		
<p>Online Resources:</p> <p>https://www.yogajournal.com/teach/the-scientific-basis-of-yoga-therapy/</p> <p>https://www.academia.edu/34346956/Understanding_the_Science_of_Yoga</p>		
Course Designed by: Dr.V.A.Manickam		
K1- Remember, K2-Understand, K3-Apply K4-Analyze, K5-Evaluate, K6- Create		

Course Outcome VS Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S (3)	S (3)	L (1)	M (2)	L (1)	S (3)	S (3)	M (2)	M (2)	M(2)
CO2	S (3)	M (2)	M (2)	L (1)	L (1)	S (3)	L (1)	M (2)	M(2)	M(2)
CO3	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M(2)
CO4	M (2)	M (2)	M (2)	L (1)	M (2)	S (3)	M (2)	M (2)	M (2)	M (2)
CO5	L (1)	L (1)	L (1)	S (3)	M (2)	S (3)	M(2)	L (1)	M (2)	M (2)
W.AV	2.2	2	1.6	1.8	1.6	2.8	2	1.8	2	2

S –Strong (3), M-Medium (2), L- Low (1)

Course Outcome VS Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S (3)	S (3)	M (2)	S (3)	S (3)
CO2	S (3)	M (2)	S(3)	M (2)	M (2)
CO3	M (2)	M (2)	S(3)	M(2)	M (2)
CO4	M (2)	M (2)	S(3)	S (3)	M (2)
CO5	M(2)	M (2)	M (2)	M (2)	S (3)
W.AV	2.4	2.2	2.6	2.4	2.4

S –Strong (3), M-Medium (2), L- Low (1)

II - Semester					
CORE	Course Code: 813202	Applied Yoga in Modern Life	T	Credits: 5	Hours: 5
Unit -I					
Objective 1	. To develop personal hygiene				
Concept of “Positive Health’ defined according to– Meaning and definition of Health various dimensions of health (Physically, Mentally, Socially and spiritually) – criteria of health– Important yard sticks of health – responsibility and control over one’s own health status.					
Outcome 1	It is a kind of technique to control the mind as well as body.				K2
Unit II					
Objective 2	To enrich positive health				
Physical Education and sports fitness-Concept of ‘Healthy Personality’ – Characteristics of healthy personality – superior mental health aids to a health personality.					
Outcome 2	It can be the disciplined and well-organized method to attain the goal				K4
Unit III					
Objective 3	To develop the general fitness				
Yoga and health – as a therapy, Treatment – General Fitness. Integration of body and mind – Wholesome development.					
Outcome 3	It is pure thoughts and positive life style				K4
Unit IV					
Objective 4	To develop the social qualities of personality				
Yoga for executives - Positive hygiene of yoga (Positive focus, shraddha, Faith factor Iswara – pranidhana, prayer, tranquilization of mind) – stress response Vs cultivation of Relaxation Response – purification of Nadis – cultivation of correct Psychological attitudes.					
Outcome 4	To tolerance for all nations, cultures and religions.				K2
Unit V					
Objective 5	To improve the personal efficiency through yoga. To develop the social qualities of personal efficiency				
Yoga and Executive Jobs - Problems of Executives - life of constant stress and strain, anxiety, conflicts resulting in fatigue - Use of artificial stimulants and their side effects - contribution of Yoga to solve the problems of the Executives. Yoga and Development of Social Qualities of: Personality: – Co-operation – Simplicity – Tolerance – Social Adjustments - Yoga and Personal Efficiency: Personal Efficiency as a genetic term – Improvement of Personal Efficiency through Yoga.					
Outcome 5	Learners acquire the knowledge of problem solving technique. Learners to understand the social qualities				K5
Suggested Readings					
Sri Yogendra: <i>Yoga Personal Hygiene</i> (Vols I & II) – The Yoga Institute, Santacruz, and Bombay. U.A. ASRANI: <i>YOGA UNVEILED (PART I)</i> , Motilal Banarsidass, Delhi 1977. Swami Kuvalayanda and Dr.S.L. Vinekar: <i>yogic therapy: Its Basic principles and methods</i> , Pub.					

Ministry of health, Govt. of India, New Delhi, 1963.

Dr. P. Mariayah: ASANAS, Sports, Publications, Coimbatore, Tamil Nadu.5

Dr. P. Mariayah: "Suriyanamaskar" Jaya Publishing House, Perunthurai, Erode.

Dr. K. Chandrasekaran, *SOUND HEALTH THROUGH YOGA*, Prem Kalyan Publications, Sedapatti, Madurai, 1999.

Herbert Benson: Mind/ Body Effect, Berkclery Books, New York, 1979.

Herbert Benson and William proctor: *Beyond relaxation response*, colling fount paperbacks, London 1985.

K.N. Udupa and H.R.Singh: *Science and Philosophy of Indian medicine*, Shree Baidyanath ayurveda Bhawan Ltd., Negpur 1978.

S.P. Mishra: *yoga and ayurveda*, Chowkhamba Sanskrit Sansthan, Varanasi, U.P 1989.

S.M. Jourard and Ted landsman. *Healthy Personality* (4th edition), Macmillan publishing co., Inc, New York, 1980.

Dr. R.D. Lele, *Ayurveda and Modern Medicine*, Bharathiya vidya bhavan, Bombay, 1986.

Elizabeth B. Hurlock: *Personality development*, Tata mc graw - Hill publishing company ltd., New Delhi, 1976.

Online Resources

<https://aadiyogaschool.com/yoga-in-the-modern-world/>

https://www.academia.edu/38736772/Yoga_and_its_Applications_in_Modern_Life

BY, Dr. M.Kalaiselvi DPE&HS

K1- Remember, K2-Understand, K3-Apply K4-Analyze, K5-Evaluate, K6- Create

Course outcome vs Programme outcome

CO	Po1	Po2	Po3	Po4	Po5	Po6	Po7	Po8	Po9	Po10
Co1	L(1)	M(2)	M(2)	S(3)	S(3)	M(2)	L(1)	M(2)	L(1)	L(1)
Co2	M(2)	L(1)	M(2)	M(2)	L(1)	L(1)	L(1)	M(2)	M(2)	M(2)
Co3	S(3)	M(2)	L(1)	L(1)	M(2)	S(3)	M(2)	L(1)	M(2)	M(2)
Co4	L(1)	S(3)	L(1)	S(3)	L(1)	M(2)	S(3)	S(3)	L(1)	M(2)
Co5	M(2)	L(1)	S(3)	L(1)	S(3)	S(3)	M(2)	M(2)	M(2)	L(1)
W.AV	1.8	1.8	1.8	2	2	2.2	1.8	2	1.6	1.6

S-strong-3,M-Medium-2,L-low--1

Course outcome vs Programme specific outcome

Co	Pso1	Pso2	Pso3	Pso4	Pso5
Co1	M(2)	L(1)	S(3)	M(2)	M(2)
Co2	S(3)	M(2)	L(1)	L(1)	S(3)
Co3	M(2)	S(3)	L(1)	S(3)	L(1)
Co4	L(1)	M(2)	M(2)	M(2)	S(3)
Co5	M(2)	L(1)	S(3)	L(1)	L(1)
W.AV	2	1.8	2	1.8	2

S-strong-3,M-medium-2,L-low-1

II - Semester					
CORE	CourseCode 813203	Yogic Practices and Social Values	T	Credits:5	Hours: 5
Unit -I					
Objective 1	To familiarize basic information about the asanas and bandhas.				
Karna Pidasana,Ardha Baddha Padma Paschimothanasana,Marichyasana And Prasaritha Padottasnasana.Sethu Bandha Sarvangasana, Paryankasana, Poorna Ustrasna And Eka Pada Chakrasana.Vatayanasana,Garudasana Bharatvaja Asana And Parivritta Janu Sirasasana.Padma Mayurasana,Utthitha Padmasana,Bakasana And Urdhva Mukha Paschimottanasana					
Outcome1	Learners understand the fundamental concepts of asanas and bandhas.				K2
Unit II					
Objective 2	To provide technical idea of executing pranayama.				
Pranayama: Kapalabhathi-Sectional Breathing-Suryabhedana Pranayama,Chandrabhedana Pranayama,Nadishudhi Pranayama, Sadanta Pranayama, Ujjayi Pranayama& Brahmari Pranayama.					
Outcome2	Students discuss the management of doing pranayama.				K3
Unit III					
Objective 3	To educate the concept of kriyas and mudras.				
Kriyas: Kapalabhathi,Trataka,Nati,Dhouti,Nauli,&Basthi. Mudras : Chin Mudra, Chinmaya Mudra, Adi Mudra,Brahma Mudra,Maha Mudra,Aswini Mudra,& Yoga Mudra. Bandhas : Jalandhara Bandha,Uddiyana Bandha&Mula Bandha.					
Outcome3	Students analyze and understand the methodology of doing kriyas and mudras.				K4
Unit IV					
Objective 4	To learn the different techniques of doing meditation in yogic practices.				
Meditation: Practice Of Different Schools Of Meditation-Saguna Meditation-Nirguna Meditation –Yoga Meditation –Silent Meditation And Introspection –Lesson Plan –Parts Of Lesson Plan,Preparation Of Lesson Plan For Yogic Practices.					
Outcome4	Learners understand the benefits and social of doing meditation.				K5
Unit V					
Objective 5	To educate the interpersonal skills and holistic health care of positive thinking.				
Interpersonal Skills-Drills: Holistic Health Care Positive Thinking – Verbal –Non-Verbal Communication-Empathy –Ability To Understand-Stress Management-Conflict Resolution – Perception-Anger Management, Assertiveness, Dialogue Process, Different Ways Of Conflict Resolutions-Leadership Skills. Inculcation Of Living Values-Co-Operation, Freedom, Responsibility-Happiness, Love&Peace-Humility, Respect, Honesty-Simplicity, Tolerance And Unity.					
Outcome5	Learners acquire the knowledge of interpersonal skills and holistic health, The learners critically evaluate the responsibility of living.				K5

Suggested Readings

B.K.S Iyengar: *The Light Of Yoga* (Haper Collins Publication India Pvt.Ltd.,New Delhi).
 Dr.K.Chandrasekaran, “*Sound Health Through Yoga*: (Prem Kalian Publications,Sedapatti,Madurai 1999)
 Swami Satyananda Saraswathi: *Asana, Pranayama,Mudra,Bandha*(Yoga Publications Trust,Munger,Bihar,India)
 Satyananda Saraswathi Swami(2007),*Meditations From The Tantras,Munger*:Yoga Publications Trust.
 Sivananda Yoga Centre (2003).*The Sivananda Companion To Meditation*,Newyork:Simen&Schuster.
 Visharadananda Swami (2007),*Human Values*,Bangalore:Swami Vivekananda Yoga Prakashana.
 Yoga-Adsana, Pranayama,Mudras,Bandha(Vivekananda Kendar Yoga Prakashana,Bangalore).
 Yogiraj Vethathri Maharishi: *Simplified Physical Exercises*,(Vedathiri Publications,Gandhiji Road,Erode-1,Tamil Nadu).

Online Resources:

https://www.swami-krishnananda.org/values/values_5.html
https://www.academia.edu/34411753/YOGA_and_SOCIAL_LIFE

Course Designed by: Dr.V.A.Manickam

K1- Remember, K2-Understand, K3-Apply K4-Analyze, K5-Evaluate, K6- Create

Course Outcome VS Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S (3)	S (3)	S(3)	M (2)	S(3)	M (2)	M(2)	M (2)	L (1)	M (2)
CO2	M (2)	S (3)	M (2)	M (2)	S(3)	S (3)	M (2)	M (2)	L (1)	M (2)
CO3	L (1)	M (2)	M(2)	M(2)	M (2)	S (3)	M (2)	M (2)	M (2)	M (2)
CO4	M (2)	M (2)	M (2)	M(2)	M (2)	S (3)	M (2)	S (3)	M (2)	L (1)
CO5	S(3)	M(2)	S (3)	M(2)	L (1)	M (2)	L (1)	S (3)	M (2)	L (1)
W.AV	2	2.4	2.4	2	2.2	2.6	1.8	2.4	1.6	1.6

S –Strong (3), M-Medium (2), L- Low (1)

Course Outcome VS Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S (3)	S (3)	M (2)	S(3)	S (3)
CO2	M (2)	M (2)	M (2)	M (2)	M (2)
CO3	S (3)	M (2)	S (3)	S (3)	M (2)
CO4	S (3)	S (3)	S (3)	S (3)	M (2)
CO5	M (2)	S (3)	M (2)	S (3)	M (2)
W.AV	2.6	2.6	2.4	2.8	2.2

S –Strong (3), M-Medium (2), L- Low (1)

II - Semester				
CORE	Course Code: 813204	Methods of Practice in Yoga	T	Credits: 4 Hours: 8
Unit -I				
Objective 1	To educate the students			
Desirable qualities for yoga teacher – Types of students who seek yoga training – professional code of ethics for the yoga teacher.				
Outcome 1	Students came out better yoga teacher			K1
Unit II				
Objective 2	Students understand the lesson plan			
Basic Principles and methods relevant to practice teaching of yoga – Lesson planning – teaching of skills – Instructing through demonstrations – Class management, time allotment – teaching aids.				
Outcome 2	Student got knowledge about lesson plan			K2
Unit III				
Objective 3	Students understand to conduct yoga class			
Kaivalyadhama – model yoga lesson plans – analysis of the yoga lesson plan – Evaluation format for supervisors – conducting yoga classes with the use of lesson plans.				
Outcome 3	Student got idea to conduct yoga class			K3
Unit IV				
Objective 4	Educate the students to prepare systematic yoga practice its progress			
Preparation by the students systematic lesson plans for the yoga practices taught during the course and daily maintenance of a journal with plans for lessons, their execution, progress observed, duly evaluated critically by the teacher concerned				
Outcome 4	Students educated the importance of yoga on a systematic progress			K4
Unit V				
Objective 5	To educate class in schools, To get knowledge about health			
Actual conduct by the trainees of five yoga lessons in the class to fellow – trainees and another five lessons in schools under proper supervision and competent evaluation. Become aware of your body, emotions and mind – Improve your dietary habits – Relax your whole body – Slow down your breath making it quiet and deep – Calm down your mind and focus it inward – Improve the flow of healing practice life energy – Increase your self reliance and self confidence – Facilitate natural emotion of wastes – Health and happiness				
Outcome 5	Educated then to yoga class in schools,			K5
Suggested Readings				
Dr.M.D. Gharote and S.K. Ganguly: <i>TEACHING METHODS FOR YOGIC PRACTICE</i> , Kaivalyadhama, SMYM Samiti, Lonavla, Pune Dist, Maharashtra 1988.				
Donald G.Butter: <i>Teaching Yoga</i> , Peipham books ltd., London 1975				
Yogasanās : <i>A Teachers Guide</i> , N.C.E.R.T., New Delhi				

Online Resources:http://www.icver.com/documents/Principle_and_methods.pdf<https://www.slideshare.net/anandabhavanani/principles-and-methods-of-yoga-practices>**K1- Remember, K2-Understand, K3-Apply K4-Analyze, K5-Evaluate, K6- Create****Course Outcome VS Programme Outcomes**

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S (3)	S (3)	M (2)	M (2)	M (2)	S (3)	S (3)	M (2)	M (2)	M(2)
CO2	S (3)	M (2)	M (2)	M (2)	L (1)	S (3)	L (1)	M (2)	M (2)	M(2)
CO3	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M(2)
CO4	M (2)	M (2)	M (2)	L (1)	M (2)	S (3)	M (2)	M (2)	M (2)	M(2)
CO5	L (1)	L (1)	L (1)	M (2)	M (2)	S (3)	L (1)	L (1)	M (2)	M(2)
W.AV	2.2	2	1.6	1.6	1.6	2.8	1.8	1.8	2	2

S –Strong (3), M-Medium (2), L- Low (1)**Course Outcome VS Programme Specific Outcomes**

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S (3)	S (3)	M (2)	S (3)	S (3)
CO2	S (3)	M (2)	S(3)	M (2)	M (2)
CO3	M (2)	M (2)	S(3)	M(2)	M (2)
CO4	M (2)	M (2)	M (2)	S (3)	M (2)
CO5	S (3)	M (2)	M (2)	S (3)	S (3)
W.AV	2.6	2.2	2.4	2.6	2.4

S –Strong (3), M-Medium (2), L- Low (1)

II - Semester				
DSE-II	Course Code: 813205	Introduction To Psychology And Counseling	T	Credits: 3 Hours: 3
Unit -I				
Objective 1	To understand the history of psychology and various methods of therapy			
Short History of Psychology – Research methods in Psychology – Key data collection in Psychology – Ethics in Psychological research – Depression – Anxiety – Eating Disorders – Alcohol Dependence – Schizophrenia – Mental Retardation – Method of Counseling – Skill for counseling – Stages of counseling – Psychoanalytic Therapy – Humanistic Therapy – Behavior Therapy – Cognitive Therapies.				
Outcome 1	Students came to clear knowledge about history of psychology and various methods of therapy			K1
Unit II				
Objective 2	To understand various attention and prevention models.			
Attention & Perception Models of Attention, Theories of Attention – Broadbent, Treisman, Pertinence Model, Neisser’s model Perception – Approaches to the study of Perception, Top-down and Bottom-up processes in Perception, Illusions, Perceptual				
Outcome 2	Learned various attention and prevention models.			K2
Unit III				
Objective 3	Educate learning and memory			
Learning & Memory Conditioning – Classical and Instrumental, Observational Learning, Insight Learning. Information Processing models - Atkinson- Shiffrin three store model (stage model or modal model) , Levels of Processing model (Self- Reference Effect) Concept of Working Memory, Baddeley- Hitch model of Working Memory. Narrative and autobiographical memory, Semantic Vs. episodic memory, Declarative Vs Procedural memory, Implicit Vs. Explicit Memory.				
Outcome 3	Enhance learning and memory and its various models			K3
Unit IV				
Objective 4	Educate cognition and language			
Cognition and Language Theories of cognitive organization - Network models (Collins & Quillian network Model, Collins & Loftus Network model) Representation of knowledge – Categories, Prototypes, Schemas, Scripts, Acquisition of declarative & procedural knowledge Language - Structure of language Language and thought - Modularity Hypothesis, Whorfian hypothesis, Neuropsychological views, Cognitive approach to language acquisition Reasoning: deductive and inductive.				
Outcome 4	Understood cognition and language			K4
Unit V				
Objective 5	Teach about emotion and motivation, Educate biological basis of human behavior			

Emotion and Motivation Components of emotion, Theories of emotion, Facial Feedback hypothesis
 Theories of Motivation – Hedonistic and Activation theories, Psychoanalytic and clinical theories,
 Humanistic and Existential theories, Theories of Murray and Erikson.
 Biological Basis of Human Behaviour The origins of biopsychology, Nature of biological psychology:
 Mind Brain relationship, Consciousness, Heritability, Genetics, Evolution, Methods of study of research
 in biopsychology, & Ethical issues in research. Neurons - Structure of neurons, types, functions, Neural
 conduction, communication between neurons, Synaptic conduction, Neurotransmitters Basic features of
 nervous system, Meninges, Ventricular system, Cerebrospinal fluid, Blood brain barrier. Peripheral
 nervous system: Cranial Nerves, Spinal Nerves, Autonomous nervous system Functions of the Major
 structures of the Brain: Spinal cord, Fore brain, Mid brain, Hind brain, Cerebral cortex Lobes and
 Functions: Occipital, Temporal, Parietal and Frontal Neurophysiological Bases of Learning, Memory,
 Emotions, Motivation and Higher Cognitive Functions

Outcome 5	Learned emotion and motivation and theories of motivation, Enhance knowledge about behavior conscious and Heredity	K5
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Suggested Readings

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Meyer, B.J; Meij, H. S. and Meyer, A.C. (1999). *Human physiology*. Wetton: Juta Academic Publishers.

Morgan, C.T. (1993). *Introduction to psychology*. New York: McGraw Hill.

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Schneider, A. M., and Tarshis, B : *An Introduction to Physiological Psychology*; Random House, New York.

Zimbardo, P. (1998). *Psychology and life*. London: ScohForesman& Co. 6

Online Resources:

<https://www.egyankosh.ac.in/bitstream/123456789/77461/1/Unit-1.pdf>

<http://bakerpublishinggroup.com/books/introduction-to-psychology-and-counseling-2nd-edition/140963>

K1- Remember, K2-Understand, K3-Apply K4-Analyze, K5-Evaluate, K6- Create

Course Outcome VS Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S (3)	M(2)	L (1)	M (2)	S (3)	S (3)	M (2)	M (2)	L (1)	M (2)
CO2	S (3)	M(2)	M (2)	M (2)	S (3)	S (3)	M(2)	M (2)	M (2)	M (2)
CO3	M (2)	M (2)	S (3)	S (3)	M (2)	S (3)	S (3)	S (3)	M (2)	M (2)
CO4	M (2)	M (2)	M (2)	S (3)	M (2)	S (3)	M (2)	M (2)	M (2)	S (3)
CO5	M (2)	M(2)	M (2)	S (3)	M (2)	M(2)	S (3)	S (3)	M (2)	S (3)
W.AV	2.4	2	2	2.4	2.4	2.8	2.3	2.4	1.6	2.4

S –Strong (3), M-Medium (2), L- Low (1)

Course Outcome VS Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S (3)	S (3)	S (3)	M (2)	S (3)
CO2	M (2)	M (2)	M (2)	M (2)	S(3)
CO3	S (3)	M (2)	S (3)	M (2)	S(3)
CO4	M (2)	M(2)	M (2)	S (3)	M (2)
CO5	S (3)	S (3)	M (2)	S (3)	M (2)
W.AV	2.6	2.4	2.4	2.3	2.6

S –Strong (3), M-Medium (2), L- Low (1)

III - Semester				
DSE-II	Course Code: 813205	Environment Studies	T	Credits:3 Hours: 3
Unit -I				
Objective 1	It deals with the study of nature and its function			
The multidisciplinary nature of environment studies definition, scope and importance, Need for public awareness.				
Outcome1	To learn intellectual skills			K1
Unit II				
Objective 2	To use natural resources more efficiently			
Forest resources – Water resources – Mineral resources – Food resources – Energy resources – Land resources.				
Outcome2	To understand and evaluate the global of environmental problems			K2
Unit III				
Objective 3	To developing public understanding of environmental studies			
Biodiversity and its conservation Introduction – Definition: Genetic and ecosystem diversity, Biodiversity at global, national and local levels. Threats to biodiversity: habits loss, poaching of wildlife, man wildlife conflicts.				
Outcome3	To understand the interaction of environmental compotes			K2
Unit IV				
Objective 4	➤ To seeking balance with nature			
Environmental Pollution Causes, effects and control measures of: a. Air pollution b. Water pollution c. Soli pollution d. Marine pollution e. Noise pollution.				
Outcome4	To optimize the wage of natural resources			K3
Unit V				
Objective 5	To improve nature resources			
Social issues and the Environment Water conservation, rain water harvesting, watershed management. Resettlement and rehabilitation of people, its problems and concerns. Climate change, global warning, acid rain, ozone layer depletion, nuclear accidents and holocaust. Wasteland reclamation, consumerism and waste products, public awareness.				
Outcome5	To control the environmental pollution			K5

Suggested Readings

Agarwal, K.C. Environmental Biology (Bikaner: Nidhi publishers ltd) 2001.

Cunningham, W.P., and others, environmental encyclopedia (Mumbai: Jaico Publishers home) 2001

Hawkins, R.E. Encyclopedia of Indian Natural History (Bombay: Natural History Society)

Heywood, V.H. and Waston V.M. Global Biodiversity Assessment (U.K: Cambridge University press) 19995

Online Resources

<https://www.wesleyancollege.edu/registrar/catalog/Environmental-Studies.cfm>

https://en.wikipedia.org/wiki/Environmental_studies

Course Designed by: Dr. M. Kalaiselvi

K1- Remember, K2-Understand, K3-Apply K4-Analyze, K5-Evaluate, K6- Create

Course outcome vs Programme outcome

CO	Po1	Po2	Po3	Po4	Po5	Po6	Po7	Po8	Po9	Po10
Co1	M(2)	L(1)	S(3)	M(2)	S(3)	M(2)	L(1)	M(2)	S(3)	M(2)
Co2	L(1)	S(3)	M(2)	M(2)	M(2)	L(1)	L(1)	M(2)	M(2)	L(1)
Co3	M(2)	S(3)	L(1)	S(3)	L(1)	M(2)	M(2)	M(2)	S(3)	M(2)
Co4	L(1)	M(2)	M(2)	S(3)	M(2)	L(1)	M(2)	L(1)	M(2)	L(1)
Co5	S(3)	L(1)	S(3)	L(1)	L(1)	M(2)	S(3)	M(2)	L(1)	M(2)
W.AV	1.8	2	2.2	2.2	1.8	1.6	1.8	1.8	2.2	1.6

S-strong-3, M-Medium-2,L—low—1

Course outcome vs Programme specific outcome

Co	Pso1	Pso2	Pso3	Pso4	Pso5
Co1	S(3)	S(3)	L(1)	L(1)	M(2)
Co2	M(2)	L(1)	M(2)	M(2)	L(1)
Co3	L(1)	M(2)	M(2)	L(1)	S(3)
Co4	S(3)	L(1)	M(2)	S(3)	M(2)
Co5	M(2)	L(1)	M(2)	M(2)	L(1)
W.AV	2.2	2	1.8	1.8	1.8

S-strong-3,M-medium-2,L-low-1

III - Semester					
CORE	CourseCode: 813301	Yoga and Positive Health	T	Credits:5	Hours: 5
Unit -I					
Objective 1	To provide basic information about the positive health.				
Concept of “Positive Health” defined according to Ayurveda, WHO, H.A .Devries, Asrani and others)-Dimensions of health – Criteria of health (According to Tringent Burrow)-Important yard sticks of health –responsibility and control over one’s health status.					
Outcome1	Learners understand the basic concepts of positive health.				K1
Unit II					
Objective 2	To provide knowledge about the healthy personality and its aids.				
Concept of “Healthy Personality “defined (according to Gita, Maslow, Coan .Landsman, and Jourard) - Characteristics of healthy personality (According to gita and modern psychologists)-Superior mental health aids to a health personality.					
Outcome2	Students discuss the supervision of mental health aids to a healthy person.				K2
Unit III					
Objective 3	To educate the student to understand the management of emotion and somatic disorders.				
Body and mind (According to yoga sutras, hatha yoga and psychosomatic medicine) –Basic unity of physiological and psychological action –emotional disorganization levels (according to karl Menninger) Phases of break down (according to Pavlov) –emotion and somatic disorders.					
Outcome3	Students analyze the causes and its effect of emotion and somatic disorders.				K2
Unit IV					
Objective 4	To learn the recent techniques and the management of Positive hygiene of yoga.				
Positive hygiene of yoga (positive focus, shraddha, Faith factor Iswara- pranidhana, prayer, tranquillization of mind)- stress response Vs Cultivation of Relaxation Response-Purification of Nadis Cultivation of correct psychological attitudes.					
Outcome4	Learners acquire knowledge of management of Positive hygiene of yoga.				K3
Unit V					
Objective 5	To provide technical knowledge about the Yogic physical culture, To familiarize the basic information about aware of your body health and happiness.				
Yogic physical culture –Ayurveda swasthavritta and yogic principles of diet, work, sleep, sex. Etc- restoration of ‘youthfulness’ and prevention of aging according to hatha yoga – role of different limbs of yoga in the development of positive health. Become aware of your body, emotions and mind – Improve your dietary habits – Relax your whole body – Slow down your breath making it quiet and deep – Calm down your mind and focus it inward – Improve the flow of healing practice life energy – Increase your self reliance and self confidence – Facilitate natural emotion of wastes – Health and happiness.					
Outcome5	Learners understand the fundamental concept of Yogic physical culture, The student understands the fundamental concept of health and happiness.				K4&k5

Suggested Readings

- Dr.R.D Lele, **Ayurveda and modern medicine**, Bharathiya vidya bhavan, Bombay. 1986
- Dr.P.Mariayyah: Asanas ,Sports Publication, Coimbatore ,Tamilnadu ,India
- Dr.P.Mariayyah : Pranayamas, Sports Publication , Coimbatore ,Tamil Nadu , India
- Dr.K.Chandra Sekaran: *Sound Health through Yoga*, Prem Kalyan Publications, Sedapatti, Tamilnadu, India 1999
- Elizabeth B.Hurlock : *Personality development* .Tata mc graw –Hill Publishing company Lid , New Delhi , 1976
- Herbert Benson : Mind / Body Effect ,Berklery Books ,New York , 1979
- Herbert Benson and William Proctor : *Beyond relaxation response*, Colling fount paperbacks ,London 1985
- Herbert Benson : Mind / Body Effect ,Berklery Books ,New York , 1979
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- K.N. Udupa and H.R .Singh : *Science and philosophy of Indian medicine* ,shree Baidyanath Ayurveda Bhawan Ltd. Negpur 1978
- Ministry of health ,Govt .of India ,New Delhi 1963
- Sri Yogendra: *Yoga personal Hygiene* (Vols I & II) – The yoga Institute, Santacruz, Bombay.
- Swami Kuvalayananda and Dr.S.L.Vinekar : *Yogic therapy* : Its Basic principles and methods ,Pub: S.P.Mishra : *Yoga and Ayurveda* ,Chowkhamba Sanskrit sansthan,Varanasi U.P 1989
- S.M. Jourard and Ted landsman, *Healthy personality* (4th edition) .Macmillan publishing co ., Inc , New York , 1980
- U.A.ASRANI:*YOGA UNVEILED* (PART 1), motilal Banarsidass,Delhi 1977

Online Resources:

- https://www.researchgate.net/publication/237077532_Positive_health_through_Yoga
- <https://testbook.com/question-answer/how-does-yoga-help-in-positive-healthi-it-help--62a1a374bd3ed564db4c2782>

Course Designed by: Dr.V.A.Manickam

K1- Remember, K2-Understand, K3-Apply K4-Analyze, K5-Evaluate, K6- Create

Course Outcome VS Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S (3)	M(2)	L (1)	L (1)	S (3)	S (3)	L (1)	M (2)	L (1)	M (2)
CO2	S (3)	M(2)	M (2)	L (1)	S (3)	S (3)	M(2)	M (2)	L (1)	M (2)
CO3	M (2)	M (2)	S (3)	S (3)	M (2)	S (3)	S (3)	S (3)	M (2)	M (2)
CO4	M (2)	M (2)	M (2)	S (3)	M (2)	S (3)	M (2)	M (2)	M (2)	S (3)
CO5	M (2)	M(2)	M (2)	S (3)	M (2)	M(2)	S (3)	S (3)	M (2)	S (3)
W.AV	2.4	2	2	2.2	2.4	2.8	2.2	2.4	1.6	2.4

S –Strong (3), M-Medium (2), L- Low (1)

Course Outcome VS Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S (3)	S (3)	S (3)	L (1)	S (3)
CO2	M (2)	M (2)	M (2)	M (2)	S(3)
CO3	S (3)	M (2)	S (3)	M (2)	S(3)
CO4	M (2)	M(2)	M (2)	S (3)	M (2)
CO5	S (3)	S (3)	M (2)	S (3)	M (2)
W.AV	2.6	2.4	2.4	2.2	2.6

S –Strong (3), M-Medium (2), L- Low (1)

III - Semester				
CORE	Course Code: 813302	Principles of Hatha Yoga	T	Credits: 5 Hours: 5
Unit -I				
Objective 1	. To enrich the knowledge about hatha yoga principles			
Meaning, Definition, Aims & Objectives of Hatha Yoga. – Hatha yoga – Psychophysical self training method – Sthula and Sukhshma viyama – Kundalini & Nada yoga.				
Outcome 1	Describe basic and advanced Pranayama and Meditation techniques			K2
Unit II				
Objective 2	To provide various techniques of Hatha Yoga			
Satkarmas – its Meaning, Definition & Objectives – Classifications of Satkarmas According to Hath pradipika & Gherand Samhita – Concept, Meaning & Definitions of Kriyas, Detailed Technique, Types of Nadis, Meaning, Definition.				
Outcome 2	Identify and explain subtle anatomy principles as related to Hatha Yoga			K4
Unit III				
Objective 3	. To discuss the basic principles of hatha yoga			
Hatha yoga, its meaning, definition, aims and objectives, in Hatha Yoga – The origin of Hatha Yoga, Important Hatha Yogic Texts – Dos and Don'ts to be followed by the Hatha Yoga Practitioner – Concept of Mata, concept of Mitahara, Pathya (conductive) and Apathya(non – conductive) – Brief introduction to Great Hatha Yogic of Natha School and their contributions to Yoga – Relationship between Hatha Yoga and Raja Yoga.				
Outcome 3	To understanding of different schools of yoga.			K4
Unit IV				
Objective 4	To identify the importance of nutrition for individuals families and communities			
Yogasana its definition, Salient features – Asanas in Hatha Yogapradipika (HYP) and Gheranda Samhita (GS): their techniques, benefits, precautions and importance in modern days – Bandhas and role of Bandhatrayas in Yoga Sadhana - Fundamental Mudras in HYP and GS – their techniques and benefits.				
Outcome 4	To knowledge of the concepts of jnana, bhakti and karma yoga			K2
Unit V				
Objective 5	To explain the significance of proper relaxation exercise and breathing.			
	To Explain the concept of dhyanas and their benefits			
Satkriyas in Hatha Yogapradipika, their techniques and precautions, role of sodhan – kriyas in Yoga sadhana and their importance in Modern day-to- day life – Pranayama – Yogic deep breathing, concept of Puraka, Kumbhaka and Recaka – The concept of Prana, Kinds of Prana and Upa –pranas – Pranayama and its importance in Hatha yoga Sadhana – Pranyama practices in HYP nad GS, their techniques, benefits and precautions. Concept of pratyahara in Gheranda Samhita – their techniques and benefits – Types of Dharnas and their benefits in Gheranda Samhita – Types of Dhyanas and their benefits in Gheranda Samhita – Concept of Nada and Nadasandhana in HYP.				

Outcome 5	To understand the importance of Yoga in day to day life. To understand the benefits of Dhyanas	K5
Suggested Readings		
Bengali baba, <i>YOGA SUTRA OF PARANJALI WITH COMMENTARY OF VYSA</i> , Motilal Banarsidas, Delhi, 1979.		
Dr.C.T.Denjhe. <i>Yoga as depth, Psychology and Parapsychology Vo/II</i> , Bharata Matisha, Varanasi, India.		
Dr.P.V. Karambelkar: patanjala yoga sutras Publi. Kaivalyadhama SMYM samiti Lonavla, Pune, Maharashtra.		
Dr.T.R. Kulkarnisads and Yoga pub. Bharathiya vidya bhavan, Bombay.		
I.K Taimani: <i>The science of yoga public</i> : Theosophical publications, adaiyar, mdras (Chennai), India		
Online Resources:		
https://www.superprof.co.in/blog/hatha-yoga-benefits/		
https://journals.lww.com/acsm-healthfitness/fulltext/2010/09000/hatha_yoga_benefits_and_principles_for_a_more.8.aspx		
K1- Remember, K2-Understand, K3-Apply K4-Analyze, K5-Evaluate, K6- Create		

Course outcome vs Programme outcome

Co	Po1	Po2	Po3	Po4	Po5	Po6	Po7	Po8	Po9	Po10
Co1	L(1)	S(3)	M(2)	M(2)	S(3)	M(2)	L(1)	S(3)	L(1)	L(1)
Co2	S(3)	M(2)	M(2)	S(3)	M(2)	L(1)	M(2)	L(1)	M(2)	M(2)
Co3	M(2)	L(1)	L(1)	L(1)	L(1)	M(2)	M(2)	L(1)	M(2)	S(3)
Co4	M(2)	M(2)	M(2)	M(2)	L(1)	L(!)	L(1)	S(3)	L(1)	L(1)
Co5	L(1)	L(1)	S(3)	L(1)	M(2)	S(3)	L(1)	M(2)	M(2)	L(1)
W.AV	1.8	1.8	2	1.8	1.8	1.8	1.4	2	1.6	1.6

S-strong-3,M-Medium-2,L—low--1

Course outcome vs Programme specific outcome

Co	Pso1	Pso2	Pso3	Pso4	Pso5
Co1	M(2)	S(3)	M(2)	S(3)	M(2)
Co2	L(1)	M(2)	S(3)	L(1)	M(2)
Co3	M(2)	L(1)	L(1)	M(2)	L(1)
Co4	L(1)	M(2)	L(1)	M(2)	M(2)
Co5	S(3)	L(1)	S(3)	L(1)	S(3)
W.AV	1.8	1.8	2	1.8	2

S-strong-3,M-medium-2,L-low-1

III - Semester				
CORE	CourseCode: 813303	Pranayama, Kriyas, Mudras and Bandhas	P	Credits:7 Hours: 4
Unit -I				
Objective 1	To enlighten the practical knowledge of Trataka and kapalabhathi.			
KRIYAS Trataka – Jyothi Trataka and Jathru Trataka, Kapalabhathi – single nostril, both Nostrils and alternate nostril. Agnisara kriya, Nauli – Madyama Nauli Dakshina Nauli, varma nauli and Nauli calena.				
Outcome1	Grasp the basic understanding and the fundamental concepts of Trataka and kapalabhathi.			K1
Unit II				
Objective 2	To provide knowledge in different types of neti and dhouti in yogic practices			
KRIYAS Neti- jala Neti, sutra neti : Sitikarma Kapala Neti and vyut karma Neti. Dhouti – Vamana dhouti (or) Jala Dhouti, Danda Dhouti, Vastra Dhouti and Advancs Vamana Dhouti (Galagarani). Ushapana – Laghu Shankara Prakashalana.				
Outcome2	Students discuss about types and benefits neti and dhouti through yogic practices			K2
Unit III				
Objective 3	To educate the different method of mudras in yogic practices			
MUDRAS Mudras: Chin mudra – chinmaya mudra – Adimiura – Brahma mudra – nasagra Mudra (or) nasika Mudra – Shanmuki Mudra – namskara mudra – Abhaya Mudra – Bhairava Mudra – bhairavi mudra – Sivalinga mudra – Agochrimudra – Shambhavi Mudra- Surya Mudra.				
Outcome3	Students analyze the different methods of mudras through yogic practices			K2
Unit IV				
Objective 4	To learn about the mudaras and bandhas in yogic practices.			
BANDHAS: Viparithakarani mudra – yoga mudra – Asvini mudra – Maha mudra – simha mudra (without sound & with sound) – Jalandhara bandha – Uddiyana bandha – Moola bandha – Maha bandha – Jiava bandha.				
Outcome4	Learners acquire knowledge about the mudaras and bandhas in yogic practices,			K3
Unit V				
Objective 5	To educate the types of pre preparation for different types of meditation in yogic practice To provide knowledge about concept and benefits of various system of the body pranayama in yogic practice.			
MEDITATION: Preparation for Meditation [sitting in Meditative Asanas with concentration on Tip of the Nose and center of eye brow) 10-30 minutes] Meditation(body awareness) – Meditation (Visualization)-				

Meditation(Trataka) – Meditation(Chidakasha Dharna) – Japa Meditation – Ajapajapa Meditation – yoga nidra – I II and III – cyclic Meditation – Transcendent Meditation.

PRANAYAMA:

Concept of pranayama – nadis – ida nadi – pingala nadi – sushumma nadi – controlling of breath; puraka – kumbhaka – rechaka. Benefits of pranayama on various systems of the body. Types of pranayama – nadi suddhi – nadi shodhanas – surya bhedana – kapalabhati – bhastrika – sitakari – sitali – bhramari – ujjayi.

Outcome5	Learners critically evaluate the benefits of different types of meditation through yogic practice, The student understand the fundamental concept and benefits of various system of the body pranayama through yogic practice.	K4&k5
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Suggested Readings

Dr.H.R.Nagendra, sri T.Mohan, and Sri, A.Shriram, *YOGA IN EDUCATION* Volume- I, Published by vivekanandha Kendra Yoga Prakashana, Bngalore, India.

Dr.R.Nagarathna nd Dr. H.R. Nagendra: *YOGA FOR PROMOTION OF POSITIVE HEALTH*, Swami Vivekanandha yoga prakashana, Bangalore, India, 2001.

HATHA PRADIPIKA OF SUATMARMA – Editedby swami Digaambarji and Pt.Raghunathashastrri kokaji, Kaivalyadhama, SMYM Samiti, Lonavla Pune Dist,Maharastra, 1970.

Nagendra H.R.: *New perspective in stress Mangement*, Pub.Vivekanandha Kendra Yoga Prakashana, Bangalore, India 2000

Nagendra H.R.:*PRANAYAMA the art and science*, Vivekanandha, Kendra Yoga prakashana, Bngalore, India 2001.

Swami Satyananda Saraswathi: *A systematic curse in the Ancient trantric techniques of yoga and kriya* published by bihar school of yoga, Manoghyr,bihar, India,1981

Swami kuvalyananda : asanas, kaivalayadhama, lonavla, pune dist, Maharashtra.

Swamikulyananda : pranayama, kaivalyadhama, lonavla, pune dist.

YOGASANAS: A TEACHER’S GUIDE, N.C.E.R.T., New DELHI, 1983.

YOGA MIMAMSA Quarterly Journal, Kaivalyadhama, Lonovla.

YOGA [Asanas, Pranayama, Mudras, Kriyas] AN INSTRUCTION BOOKLET, published by Vivekanandha Kendra Prakashan Trust, Triplicain, Chennai, 2001

Online Resources:

<https://www.theyogicjournal.com/pdf/2018/vol3issue1/PartA/3-1-28-715.pdf>

<https://yogicways.wixsite.com/yogawithgreg/kriya-mudra-bandha-1>

Course Designed by: Dr.V.A.Manickam

K1- Remember, K2-Understand, K3-Apply K4-Analyze, K5-Evaluate, K6- Create

Course Outcome VS Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S (3)	S (3)	L (1)	M (2)	L (1)	S (3)	S (3)	M (2)	M (2)	M(2)
CO2	S (3)	M (2)	M (2)	L (1)	L (1)	S (3)	L (1)	M (2)	M (2)	M(2)
CO3	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M(2)
CO4	M (2)	M (2)	M (2)	L (1)	M (2)	S (3)	M (2)	M (2)	M (2)	M(2)
CO5	L (1)	L (1)	M (2)	M (2)	M (2)	S (3)	L (1)	L (1)	M (2)	M(2)
W.AV	2.2	2	1.8	1.6	1.6	2.8	1.8	1.8	2	2

S –Strong (3), M-Medium (2), L- Low (1)

Course Outcome VS Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S (3)	S (3)	M (2)	S (3)	S (3)
CO2	S (3)	M (2)	S(3)	M (2)	M (2)
CO3	M (2)	M (2)	S(3)	M(2)	M (2)
CO4	M (2)	M (2)	M (2)	M (2)	M (2)
CO5	M(2)	S(3)	S (3)	M (2)	S (3)
W.AV	2.4	2.4	2.6	2.2	2.4

S –Strong (3), M-Medium (2), L- Low (1)

III - Semester				
DSE-III	Course Code: 813304	Brain Consciousness and Yoga	T	Credits: 3 Hours: 3
Unit -I				
Objective 1	To educate the functions of human brain			
Over view of human brain- triune brain and evolution of consciousness (Brown / Machean Theory) - Brain hemispheres – Gate control theory of Melzack –brain as a reducing Valve.				
Outcome 1	Students understood the functions of human bain			K2
Unit II				
Objective 2	To teach conscious according to Upanishads and yoga			
Pure Consciousness according to Upanishads and yoga – mind as the object of consciousness – Indian concept of states of consciousness- modern correlates of states of consciousness – cosmic consciousness (R.M.Bucke) – the Anda – experience.				
Outcome 2	Students got knowledge about Upanishads and yoga			K4
Unit III				
Objective 3	Understand various types of unconscious			
Avidya as the “Collective “unconscious – Asmita as the “Individual unconscious” Training according to yogic depth – psychology.				
Outcome 3	Learned about various types of unconscious			K4
Unit IV				
Objective 4	Understand yogic training and samadhi			
Samadhi as the common factor of both spiritual and non spiritual perceptions – Yogic training according to yogic cognitive – Psychology.				
Outcome 4	Got peace of mind			K2
Unit V				
Objective 5	Understand yoga for health consciousness, Understand food and care its needs			
Yoga for realization of pure consciousness – yoga as mediation- psychology of yogic meditation- Deautomatisation- dishabituatation- meditational practices. To make sure it gets the food and care it needs – Developing your senses – Emotional intelligence – ability to use common and effect – Core values – Mission of your higher self.				
Outcome 5	Learned about pure consciousness, Knowledge about various foods and its needs			K5
Suggested Readings				
CHARLES FURST: <i>ORIGINS OF THE MIND: MIND-BRAIN CONNECTIONS</i> , pub prentice hall, Inc, Engle wood Cliffs, And New Jersey 1979.				
Dr.C.T.Kenghe, <i>YOGA AS DEPTH –PSYCHOLOGICAL AND PARA PSYCHOLOGY (VOL II)</i> , Bharata Manisha , Varanasi 1976				
M.Sivaram : <i>ANANDA: AN EXPERIENCE</i> ,Vikas Publishing House Pvt Lid Delhi -1976				
Paul R.Miller : <i>SENSE & SYMBOL: A Text Book Of Human Behaviour Science</i> , Harper & Row : Publishers , New York 1967				
Robert E.Omstein . <i>THE PSYCHOLOGY PF CONSCIOUSNESS</i> ,Harcourt Brace Jovanovich, Inc				

,New York 1977

Steven F.Brena : *YOGA AND MEDICINE* ,Penguin Books ,New York 1972

T.R.Kulkarni : *UPANISADS ABD YOGA* ,Bharatiya vidyaBhavan , Bombay 1972

Online Resources:

<https://en.wikipedia.org/wiki/Consciousness>

<https://www.medicalnewstoday.com/articles/how-does-the-human-brain-create-consciousness-and-why>

K1- Remember, K2-Understand, K3-Apply K4-Analyze, K5-Evaluate, K6- Create

Course outcome vs Programme outcome

Co	Po1	Po2	Po3	Po4	Po5	Po6	Po7	Po8	Po9	Po10
Co1	M(2)	M(2)	M(2)	S(3)	S(3)	M(2)	L(1)	M(2)	M(2)	L(1)
Co2	M(2)	L(1)	M(2)	M(2)	L(1)	L(1)	L(1)	M(2)	M(2)	M(2)
Co3	S(3)	M(2)	L(1)	L(1)	M(2)	S(3)	M(2)	M(2)	M(2)	M(2)
Co4	L(1)	S(3)	L(1)	S(3)	L(1)	M(2)	S(3)	S(3)	S(3)	M(2)
Co5	M(2)	L(1)	S(3)	M(2)	S(3)	S(3)	M(2)	M(2)	M(2)	L(1)
W.AV	2	1.8	1.8	2.1	2	2.2	1.8	2.1	2.1	1.6

Course outcome vs Programme specific outcome

Co	Pso1	Pso2	Pso3	Pso4	Pso5
Co1	M(2)	L(1)	S(3)	M(2)	M(2)
Co2	S(3)	M(2)	M(2)	M(2)	S(3)
Co3	M(2)	S(3)	L(1)	S(3)	L(1)
Co4	M(2)	M(2)	M(2)	M(2)	S(3)
Co5	M(2)	M(2)	S(3)	S(3)	L(1)
W.AV	2.1	1.8	2.1	2.4	2

S-strong-3,M-Medium-2,L—low--1

III - Semester				
DSE-III	CourseCode: 813304	Sociology of Sports	T	Credits:3 Hours: 3
Unit -I				
Objective 1	To prepare students for graduate study.			
Sociology and its basic concepts: Nature, scope and methods of sociology, society, community, associations, customs and folkways, values and norms. Biological factors – Role of heredity and environment, race prejudice..				
Outcome1	To describes social classes.			K1
Unit II				
Objective 2	To gain knowledge of the core concepts of a sociological perspective.			
Origin of the community and origin and growth of culture in its formation.				
Outcome2	To describe social culture.			K2
Unit III				
Objective 3	To gain knowledge of the methodological approaches.			
Concept of personality and influence of group and culture in its formation				
Outcome3	To define the forms about sport and sociology.			K2
Unit IV				
Objective 4	To foster a sociological imagination			
Social and cultural change, concept and factors of social change, sports as social phenomenon and a cultural product: sports and socialization.				
Outcome4	To explain the historical and traditional background of societies in sports even			K3
Unit V				
Objective 5	To overcome adversities and win.			
Social organization and disorganization. Characteristics of social disorganization: distinction between social organization and disorganization: causes of social disorganization.				
Outcome5	To describe social statute and social classes			K5
Suggested Readings				
Iver M.C. Soceity, London: MC Millan Co.1962 Oghbum, William F and Ninkoff, Meyer F, Hand book of sociology new delhi eurasis publishing house 1964				
Online Resources				
https://en.wikipedia.org/wiki/Sociology_of_sport https://www.britannica.com/sports/sports/Sociology-of-sports				
Course Designed by: Dr.V.A.Manickam				
K1- Remember, K2-Understand, K3-Apply K4-Analyze, K5-Evaluate, K6- Create				

Course Outcome VS Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S (3)	S (3)	L (1)	M (2)	L (1)	S (3)	S (3)	M (2)	M (2)	M(2)
CO2	S (3)	M (2)	M (2)	L (1)	L (1)	S (3)	L (1)	M (2)	M (2)	M(2)
CO3	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M(2)
CO4	M (2)	M (2)	M (2)	L (1)	M (2)	S (3)	M (2)	M (2)	M (2)	M(2)
CO5	L (1)	L (1)	L (1)	M (2)	M (2)	S (3)	L (1)	L (1)	M (2)	M(2)
W.AV	2.2	2	1.6	1.6	1.6	2.8	1.8	1.8	2	2

S –Strong (3), M-Medium (2), L- Low (1)

Course Outcome VS Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S (3)	S (3)	M (2)	S (3)	S (3)
CO2	S (3)	M (2)	S(3)	M (2)	M (2)
CO3	M (2)	M (2)	S(3)	M(2)	M (2)
CO4	M (2)	M (2)	M (2)	S (3)	M (2)
CO5	S (3)	M (2)	M (2)	S (3)	S (3)
W.AV	2.6	2.2	2.4	2.6	2.4

S –Strong (3), M-Medium (2), L- Low (1)

IV - Semester					
CORE	Course Code: 813401	Principles of Yogic Therapy	T	Credits: 5	Hours: 5
Unit -I					
Objective 1	To develop the yogic principles.				
Yoga and Therapy (According to Vyasabhasya, Yoga – Vasistha, Hatha Pradipika, Tirumanthiram and Ayurveda). Neurohumoral model based on the studies of K.N. Udupa – Vahia / Vinekar (Psychiatric) Model – Theories of Steven F.Brena – Limitations of Yoga as Therapy					
Outcome 1	How to assess your clients’ needs in terms of developing an individualized yoga Therapy plan for them				K2
Unit II					
Objective 2	To enrich knowledge about yoga therapy				
Paradigm shifts in modern medicines, stress model diseases – Kinds of diseases according to steven F. Brena Injuries and diseases types of Patients – Vicious cycle of chronic diseases – Four phases of stress disorders.					
Outcome 2	How to evaluate your yoga therapy plans and to modify them as needed.				K4
Unit III					
Objective 3	To significance of the yoga therapy in real life.				
Basic principles of yogic therapy (Viz purification of body and mind, correct psychological attitudes, psycho psychological reconditioning, diet regulation mental tranquillity) – need for correct diagnosis – Patient – Education and follow up measures.					
Outcome 3	To develop a healthy nervous system				K4
Unit IV					
Objective 4	To improve respiration, energy and vitality				
Yogic therapy for various disorders based on the studies for – hypertension, heart disorders, bronchial asthma, Peptic Ulcer, Colitis, Thyrotoxicosis, Diabets mellitus, arthritis etc., - Scope and limitations of yoga treatment in specific disorders.					
Outcome 4	To improve respiration, energy and vitality				K2
Unit V					
Objective 5	To promote the cardio and circulatory health				
Issues and problems in yoga therapeutic Mechano – yogic therapy – yoga as an adjunct therapy research findings on therapeutic of yoga – yoga and its relations with naturopathy, siddha medicine, ayurveda and modern medicine.					
Outcome 5	To secure increase in the vital intex				K5
Suggested Readings					
Bengali Baba : the yoga sutras of patanjali with vyasa’s commentary MOTILAL BANARSIDASS, Delhi 1979					
Dr.K.N.Udupa, <i>stress Disorders and its Management by yoga</i> , motilal banarsidass publishers pvt.Ltd., Delhi 1980 (second editions)					
Dr.P.Mariayyah: Pranayamas, sports publications Coimbatore, Tamilnadu, India.					

Dr.P.Mariayyah : Asanas, sports publications Coimbatore, Tamilnadu, India.
 Editor Dr.M.L.Gharote and Moureen lookhart The art of Survival: *A Guide to yoga therapy unwinding paper works*, London, 1987.
 Editor Dr.N.Mahlingam and English translation by Dr.B.Natarajjan Tirumanthiram a Tamil Scriptural classic by sage Tirumoolar Sri Ramakrishna math, Mylapore, Madras, India 1991
 Editor Swami Digambarji and Pt.Raghunatha shastri kokaje : *Hatha Pradipika of Swatmarama*, Kaivalyadhama S.M., Y.M Samiti, LonavlaPune dist., Maharashtra
 K.Chandra sekaran : *sound health through yoga*, prem kalia publications sdapatti, Tamilnadu,1999
 Steven F.Brena : *Yoga and Medicine* penguin books, New York 1972
 LAGHU yoga vasistha – Published from theosophical society, Adyar, Madras.
 Swami kuvalayananda and Dr.S.L.Vinekar *Yogic therapy it is basic principles and methods*, ministry of health, govt. of India, New Delhi 1963.

Online Resources:

<https://www.iayt.org/page/YogaTherapyDefinitio>
<https://anandkunj.com/principles-of-yoga-therapy/>

K1- Remember, K2-Understand, K3-Apply K4-Analyze, K5-Evaluate, K6- Create

Course outcome vs Programme outcome

Co	Po1	Po2	Po3	Po4	Po5	Po6	Po7	Po8	Po9	Po10
Co1	L(1)	M(2)	S(3)	L(1)	M(2)	M(2)	L(1)	S(3)	L(1)	S(3)
Co2	S(3)	L(1)	M(2)	S(3)	S(3)	L(1)	M(2)	L(1)	S(3)	M(2)
Co3	M(2)	L(1)	L(1)	S(3)	L(1)	M(2)	L(1)	L(1)	M(2)	S(3)
Co4	M(2)	M(2)	L(1)	M(2)	L(1)	S(3)	M(2)	S(3)	L(1)	L(1)
Co5	L(1)	L(1)	M(2)	L(1)	M(2)	S(3)	L(1)	M(2)	M(2)	L(1)
W.AV	1.8	1.4	1.8	2	1.8	2.2	1.4	2	1.8	2

S-strong-3,M-Medium-2,L—low--1

Course outcome vs Programme specific outcome

Co	Pso1	Pso2	Pso3	Pso4	Pso5
Co1	M(2)	L(1)	S(3)	L(1)	M(2)
Co2	S(3)	M(2)	M(2)	L(1)	M(2)
Co3	M(2)	S(3)	L(1)	M(2)	L(1)
Co4	L(1)	M(2)	L(1)	S(3)	M(2)
Co5	S(3)	L(1)	S(3)	L(1)	S(3)
W.AV	2.2	1.8	2	1.6	2

S-strong-3,M-medium-2,L-low-1

IV - Semester					
CORE	Course Code: 813402	Advanced Yoga Techniques	P	Credits: 5	Hours: 5
Unit -I					
Objective 1	. To promote well-being and relaxation				
Pranic Energization Technique (PET) - Mind Sound Resonance Technique (MSRT) - Mind Imagery Technique (MIRT)					
Outcome 1	To actively encourage				K2
Unit II					
Objective 2	To develop the mental hygiene				
Mind Emotion Technique (MEMT) - Vijnana Sadhana Kausala (VISAK) - Anandamtra Sincana (ANAMS)					
Outcome 2	To develop training methods				K4
Unit III					
Objective 3	To develop the mental hygiene				
Heart Diseases - High Blood Pressure (Hypertension) - - Diabetes - Obesity - Thyroid - Asthma - Sinusitis - Back pain - Arthritis –					
Outcome 3	To develop the mental hygiene				K4
Unit IV					
Objective 4	To integrate moral values.				
Menstrual Irregularities - Menopausal Disorders - Hemorrhoids					
Outcome 4	To practice mind To develop the mental hygiene ful meditation				K2
Unit V					
Objective5	To reduce menstrual irregularities				
Stress Management- Pregnancy (Pre natal & Post Natal) - Refractive Disorder					
Outcome 5	To promote stress management				
Suggested Readings					
Dr.H.R Nagendra, <i>Pranic Energization Technique</i> , Swami Vivekananda Yoga Prakashana, Bangalore, 2000					
Dr.H.R.Nagendra, <i>Mind Sound Resonance Technique</i> , Swami Vivekananda Yoga Prakashana, Bangalore, 2000					
Dr.R.Nagarathan and Dr.H.R.Nagendra, <i>Yoga and Cancer</i> Swami Vivekananda Yoga Prakashana, Bangalore, 2000.					
Online Resources:					
https://www.mindbodygreen.com/articles/advanced-yoga-poses					
https://www.avpinternational.com/about-the-school/main-practices/					
K1- Remember, K2-Understand, K3-Apply K4-Analyze, K5-Evaluate, K6- Create					

Course outcome vs Programme outcome

Co	Po1	Po2	Po3	Po4	Po5	Po6	Po7	Po8	Po9	Po10
Co1	M(2)	M(2)	L(1)	L(1)	M(2)	M(2)	S(3)	S(3)	L(1)	S(3)
Co2	L(1)	L(1)	M(2)	S(3)	S(3)	L(1)	M(2)	L(1)	S(3)	M(2)
Co3	M(2)	M(2)	S(3)	M(2)	L(1)	M(2)	L(1)	S(3)	M(2)	S(3)
Co4	S(3)	M(2)	L(1)	M(2)	L(1)	S(3)	M(2)	L(1)	L(1)	L(1)
Co5	L(1)	S(3)	M(2)	L(1)	S(3)	L(1)	L(1)	M(2)	M(2)	M(2)
W.AV	1.8	2	1.8	1.8	2	1.8	1.8	2	1.8	2.2

S-strong-3,M-Medium-2,L—low--1

Course outcome vs Programme specific outcome

Co	Pso1	Pso2	Pso3	Pso4	Pso5
Co1	M(2)	L(1)	S(3)	L(1)	M(2)
Co2	L(1)	M(2)	M(2)	L(1)	M(2)
Co3	M(2)	S(3)	M(2)	M(2)	L(1)
Co4	L(1)	L(1)	L(1)	S(3)	M(2)
Co5	S(3)	L(1)	S(3)	M(2)	L(1)
W.AV	1.8	1.6	2.2	1.8	1.6

S-strong-3,M-medium-2,L-low-1

VI - Semester

CORE	Course Code 813403	Project Work	Credits: 10	Hours: 20
Objectives	<ul style="list-style-type: none">➤ To develop to writing research proposal.➤ To conduct various research areas in yoga.			
Project will have 200 marks and the thesis will be evaluated for 150 marks and the Viva-Voce is for 50 marks. Both evaluation and Viva-voce will be done internally by two internal examiners of the Department as appointed by the Head of the Department.				
Outcomes	<ul style="list-style-type: none">➤ Develop an ability to effectively communicate knowledge in a scientific manner.➤ Develop a thorough understanding of the chosen subject area			

I - Semester														
NME	Course Code:	Science of Yoga	T	Credits: 2 Hours: 3										
Unit -I														
Objective 1	To bring all round personality development													
INTRODUCTION														
Concept of Yogic Practices – Principles – Loosening Exercises – Its importance – Introduction to Suryanamaskar (12 counts) Mantras, Chandra namaskar.														
Outcome 1	To equip the meditation techniques			K1										
Unit II														
Objective 2	To practice the yogic techniques.													
ASANAS														
Asanas – Meaning, Definitions – Classification – Scope – Differences between Asanas and Physical exercises. Asanas – Name – Type – Category – Method of Practice, Breathing, duration, Awarences, sequence contra – Indications, Variations – Essentials, Limitations, and Benefits.														
Outcome 2	To develop yogic practices.			K2										
Unit III														
Objective 3	To enhancing flexibility.													
PRANAYAMA														
Pranayama – Meanings – Definitions – Techniques – Phases – Breathing, Guidelines, Cautions, Preparations, Obstacles, Aids, Ratio – Limitations, Benefits.														
Outcome 3	To enhancing overall well being and quality life.			K3										
Unit IV														
Objective 4	To improving sleep and well.													
KRIYAS AND MUDRAS														
Kriyas – Meanings – Types – Practicing methods, Guidelines, Benefits. Mudras -Meanings – Types – Practicing method, Guidelines, Limitations, Benefits.														
Outcome 4	To promoting better breathing.			K4										
Unit V														
Objective 5	Supporting heart health.													
MEDITATION														
Meditation – Meanings – Concept – Methods of Practicing – Benefits.														
PRACTICALS														
<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">1. Vajrasana</td> <td style="width: 50%;">6. Makarasana</td> </tr> <tr> <td>2. Padmasana</td> <td>7. Tadasana</td> </tr> <tr> <td>3. ArdhaPadmasana</td> <td>8. Pachimotanasana</td> </tr> <tr> <td>4. Siddhasana</td> <td>9. Vakrasana</td> </tr> <tr> <td>5. Savasana</td> <td>10. Bhujangasana</td> </tr> </table>					1. Vajrasana	6. Makarasana	2. Padmasana	7. Tadasana	3. ArdhaPadmasana	8. Pachimotanasana	4. Siddhasana	9. Vakrasana	5. Savasana	10. Bhujangasana
1. Vajrasana	6. Makarasana													
2. Padmasana	7. Tadasana													
3. ArdhaPadmasana	8. Pachimotanasana													
4. Siddhasana	9. Vakrasana													
5. Savasana	10. Bhujangasana													
Outcome 5	To reduce stress, anxiety, depression and chronic pain..			K5										

Suggested Readings:

Chandrasekaran K (1999) sound health through yoga Sedapatti : Prem Kalyan Publications.
 Yogeshwaranand saraswathi swami (1975) First steps to higher yoga, Gangothari : Yoga Niketan Trust.
 Iyengar B.K.S (1976) Light on yoga, London, Unwin paperpacks.
 Iyenger B.K.S (2008) *Light on Pranayama*, New Delhi : Haper Collins publishers India.
 Sivananda Saraswathi swami (1934) *Yoga Asanas Madras* : My magazine of India.
 Satyanada saraswathi swami (2008) Asana, Pranayama, Mudra, Bandha, munger : Yoga publications trust.
 Vishnu Devananda Swami (1972) The complete Illustrated book of Yoga, New York : Pocket Books.

Online Resources:

https://en.m.wikipedia.org/wiki/Science_of_yoga

Review Course designed by Dr.M.Kalaiselvi

K1- Remember, K2-Understand, K3-Apply K4-Analyze, K5-Evaluate, K6- Create

Course Outcome VS Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S (3)	S (3)	M (2)	M (2)	M (2)	S (3)	S (3)	M (2)	M (2)	M(2)
CO2	S (3)	M (2)	M (2)	M (2)	L (1)	S (3)	L (1)	M (2)	M(2)	M(2)
CO3	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M(2)
CO4	M (2)	M (2)	M (2)	L (1)	M (2)	S (3)	M (2)	M (2)	M (2)	M(2)
CO5	L (1)	L (1)	L (1)	M (2)	M (2)	S (3)	L (1)	L (1)	M (2)	M(2)
W.AV	2.2	2	1.6	1.6	1.6	2.8	1.8	1.8	2	2

S –Strong (3), M-Medium (2), L- Low (1)

Course Outcome VS Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S (3)	S (3)	M (2)	S (3)	S (3)
CO2	S (3)	M (2)	S(3)	M (2)	M (2)
CO3	M (2)	M (2)	S(3)	M(2)	M (2)
CO4	M (2)	M (2)	M (2)	S (3)	M (2)
CO5	S (3)	M (2)	M (2)	S (3)	S (3)
W.AV	2.6	2.2	2.4	2.6	2.4

S –Strong (3), M-Medium (2), L- Low (1)

I - Semester					
NME	Course Code:	Health Education and First Aid	T	Credits: 2	Hours: 3
Unit -I					
Objective 1	To learn personal Hygiene.				
Health Education: concept, Dimensions, Spectrum and Determinants of Health, Definition of Health, Health Education, Health Instruction, Health Supervision, Aim and objective of Physical Education, Health Education and Recreation. Guiding principles of Health and Health Education. Health service and Guidance instruction in personal hygiene.					
Outcome 1	To enrich the knowledge of hygiene and health.				K1
Unit II					
Objective 2	To promote Health Services.				
Health problems in India: Communicable Diseases Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive, population, personal and Environmental Hygiene for schools objective of school health service, Role of health education in schools Health Services – Care of skin, Nails, Eye Health Service, Nutritional service, Health appraisal, Health record, Healthful school environment, first-aid and emergency care. Signs, Symptoms and prevention of Communicable Diseases: Malaria, small pox, Dysentery, Mumps, Typhoid and AIDS.					
Outcome 2	To improve importance of first aid.				K2
Unit III					
Objective 3	To promote health supervision.				
Hygiene and Health: Meaning of hygiene, Type of Hygiene, Dental Hygiene, Effect of Alcohol on Health, Effect of Tobacco on Health, Life style Management, Management of Hypertension, Management of Obesity, and Management of Stress. Balanced Diet					
Outcome 3	The importance of preventing cross infection.				K3
Unit IV					
Objective 4	To promote recovers.				
Importance of First aid and rules of first aid. Concept of Emergency. Fire, Burns, Fractures, Accidents, Poisoning, Drowning, Hemorrhages, Insect bites, Foreign bodies. Transportation of the injured, Bandaging and splinting.					
Outcome 4	To use of available equipment.				K4
Unit V					
Objective 5	To protect unconscious				
Fire, Explosions, Floods, Earthquakes, Famines. Immediate and late role of nurses. Need for rehabilitation.					
Outcome 5	Its relieving pain				K5

Suggested Readings:

Chandrasekaran K (1999) sound health through yoga Sedapatti : Prem Kalyan Publications.
 Yogeshwaranand saraswathi swami (1975) First steps to higher yoga, Gangothari : Yoga Niketan Trust.
 Iyengar B.K.S (1976) Light on yoga, London, Unwin paperpacks.
 Iyengar B.K.S (2008) *Light on Pranayama*, New Delhi : Haper Collins publishers India.
 Sivananda Saraswathi swami (1934) *Yoga Asanas Madras* : My magazine of India.
 Satyanada saraswathi swami (2008) Asana, Pranayama, Mudra, Bandha, munger : Yoga publications trust.
 Vishnu Devananda Swami (1972) The complete Illustrated book of Yoga, New York : Pocket Books.

Online Resources:

<https://www.healthline.com/health/first-aid>

Review Course designed by Dr.M.Kalaiselvi

K1- Remember, K2-Understand, K3-Apply K4-Analyze, K5-Evaluate, K6- Create

Course Outcome VS Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S (3)	S (3)	M (2)	M (2)	M (2)	S (3)	S (3)	M (2)	M (2)	M(2)
CO2	S (3)	M (2)	M (2)	M (2)	L (1)	S (3)	L (1)	M (2)	M (2)	M(2)
CO3	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M (2)	M(2)
CO4	M (2)	M (2)	M (2)	L (1)	M (2)	S (3)	M (2)	M (2)	M (2)	M(2)
CO5	L (1)	L (1)	L (1)	M (2)	M (2)	S (3)	L (1)	L (1)	M (2)	M(2)
W.AV	2.2	2	1.6	1.6	1.6	2.8	1.8	1.8	2	2

S –Strong (3), M-Medium (2), L- Low (1)

Course Outcome VS Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S (3)	S (3)	M (2)	S (3)	S (3)
CO2	S (3)	M (2)	S(3)	M (2)	M (2)
CO3	M (2)	M (2)	S(3)	M(2)	M (2)
CO4	M (2)	M (2)	M (2)	S (3)	M (2)
CO5	S (3)	M (2)	M (2)	S (3)	S (3)
W.AV	2.6	2.2	2.4	2.6	2.4

S –Strong (3), M-Medium (2), L- Low (1)



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