

DIPLOMA IN YOGA (Dip.Yoga)

Yoga is the chief remedy for all miseries and sorrows in the world. There is a growing need with the increase in popularity of Yoga all over the world for well trained yoga instructors having sound knowledge of the basic science of Yoga. A well-trained yoga instructor should have mastery and practical knowledge of various yogic practices. The yoga instructors also have adequate theoretical knowledge on the basic principles, methods of yogic practices and other systems of physical exercises. He / She should be well acquainted with the historical prospective of the system of yoga practices and its literature apart from the suitable methods of teaching techniques of yoga in the modern context.

The Government of India felt that yoga should be a part of institutional curriculum. Therefore, the university has also felt the need of hour and designed Diploma in Yoga Education giving due emphasis to the practical and theoretical training on yogic practices with a well-planned syllabus. This course has been designed to one academic year (Two Semesters).

Programme Educational Objectives (PEO)

PEO 1: Develop the individual's attitude, discipline and positive health

PEO 2: Produce the qualified yoga teacher to the Institution / society / Nation

PEO 3: Create awareness of our traditional culture and educational systems

PEO 4: To get the self employment opportunities in Health clubs, Hospitals, Institution and Companies

PEO 5: To emerge as entrepreneurs in the field of yoga

Program Outcome (PO)

PO 1 : Become knowledgeable in the subject of Anatomy, Physiology of human body, yoga and apply the principles of the same to the need of the Employer / Institution /Enterprise / Society.

PO 2 : Gain analytical skills in the field / area of Yogic practices

PO 3 : Understand and appreciate professional ethics, community living and nation building initiatives.

PO 4 : Acquire the knowledge in various concepts, paths and scientific knowledge in the field of yoga

PO 5 : Application of yogic practices in the field of health, education and yoga therapy

Programme Specific Outcome (PSO)

PSO 1 : Apply the knowledge of yoga in the domain of Asana, Pranayama, Kriya and Meditation

PSO 2 : Solve the compiled problems in the field of yogic practices with an understanding of the societal, legal and cultural impacts of the solution

PSO 3 : Obtain the yogic knowledge in various dimension.

PSO 4 : To develops total personality of the individual through self yogic practice

PSO 5 : To produce the qualified teacher in the field of yoga

REGULATIONS

Eligibility

A pass in Higher Secondary Examinations conducted by recognized state / central board / Any 2 years ITI / Diploma or an examination accepted as equivalent there to by the University subject to such conditions as may be prescribed thereof.

The applicant enjoys an average level of health and is free from serious illness or defects. To this effect, the applicant shall produce a Medical Fitness Certificate from a Registered Medical Practitioner specifying that the said applicant is fit to undergo intense practical training in all types of yogic practices.

The candidates shall have subsequently undergone the prescribed course of study conducted by The Gandhigram Rural Institute (Deemed to be University) Physical Education and Yoga Centre and shall pass the examinations prescribed, apart from fulfilling such other conditions as have been prescribed thereof.

Duration

The course is for a period of one year duration and shall be conducted under semester pattern.

Course of study

Candidates shall be permitted to do the Diploma Course on regular mode. The programme comprises of four theory papers, four practical and two Internships to a total of 40 credits. The medium of instruction shall be English. The course of study shall comprise theoretical instructions, supervised practical training in yoga practices.

Scheme of examinations

The scheme of examinations shall be as follows: there shall be four theory papers of 100 marks each, two internship to test the teaching yogic techniques of 100 marks each and four practical to test the practical competence in yoga techniques of 100 marks each. The practical examination shall also consist of constant observation on commitment towards practical learning, evaluation of record book, yoga practice teaching and demonstration.

Internship

There shall be two internship courses with four credits each to test the practical competence in teaching methodology of yoga.

In Internship – I is related to field visit / institutional visit shall also consist of constant observation on commitment towards observation, methods of teaching and gain experience on yogic practices.

In Internship – II is related to 20 hours of yoga teaching practice in GRI / Schools / Institution. The internship practical examination shall also consist of verification, evaluation of record book and to teach yogic practices.

SCHEME OF EVALUATION

| Semester | Category | Course Code | Title of the Paper | No of Credits | Theory Hours | Practical Hours | CFA | ESE | Total |
|---|--------------|-------------|-------------------------------------|---------------|--------------|-----------------|------------|------------|-------------|
| I | Core Courses | 21YOGD0101 | Fundamentals of Yoga | 4 | 4 | - | 40 | 60 | 100 |
| | | 21YOGD0102 | Principles of Yogic Practices | 4 | 4 | - | 40 | 60 | 100 |
| | | 21YOGD0103 | Yoga Practical - I | 4 | - | 8 | 60 | 40 | 100 |
| | | 21YOGD0104 | Yoga Practical - II | 4 | - | 8 | 60 | 40 | 100 |
| | | 21YOGD0105 | Internship -I | 4 | - | 8 | 60 | 40 | 100 |
| I Semester | | | | 20 | 08 | 24 | 260 | 240 | 500 |
| II | Core Courses | 21YOGD0206 | Introduction to Yogic Texts | 4 | 4 | - | 40 | 60 | 100 |
| | | 21YOGD0207 | Applications of Yoga in Modern Life | 4 | 4 | - | 40 | 60 | 100 |
| | | 21YOGD0208 | Yoga Practical - III | 4 | - | 8 | 60 | 40 | 100 |
| | | 21YOGD0209 | Yoga Practical - IV | 4 | - | 8 | 60 | 40 | 100 |
| | | 21YOGD0210 | Internship - II | 4 | - | 8 | 60 | 40 | 100 |
| II Semester | | | | 20 | 08 | 24 | 260 | 240 | 500 |
| Grand Total (1st + 2nd Semester) | | | | 40 | 16 | 48 | 520 | 480 | 1000 |

Abstract

| S. No. | Category | | Total no. of Course | Total Credits | % |
|--------------|--------------|------------|---------------------|---------------|------------|
| 1. | Core Courses | Theory | 4 | 16 | 40 |
| 2. | | Practical | 4 | 16 | 40 |
| 3. | | Internship | 2 | 8 | 20 |
| Total | | | 10 | 40 | 100 |

Core Course

1. Fundamentals of Yoga
2. Principles of Yogic Practices
3. Yoga Practical – I
4. Yoga Practical – II
5. Internship - I
6. Introduction to Yogic Texts
7. Applications of Yoga in Modern Life
8. Yoga Practical – III
9. Yoga Practical – IV
10. Internship –II

Fee structure

Fee Structure for Diploma in Yoga Programme from the Year 2021-2022

| Diploma in Yoga | |
|----------------------------|----------------|
| I.SEMESTER FEES | |
| Tuition fee | 1200.00 |
| SPECIAL FEE | |
| Exam fee | 1100.00 |
| Special fee (Uniform) | 750.00 |
| Library | 100.00 |
| Games | 100.00 |
| YOGA Laboratory | 300.00 |
| Course Development Fee | 2000.00 |
| Total-I | 5550.00 |
| II.PER ANNUM FEES | |
| Health service | 300.00 |
| Group Insurance | 200.00 |
| Calendar | 100.00 |
| Computer lab fee | 600.00 |
| Magazine | 100.00 |
| National Science day | 00 |
| Sports and Tournament fund | 200.00 |
| Student Placement | 00 |
| Association | 100.00 |
| Student Club | 50.00 |
| Khadi deposit | 300.00 |
| Youth Red Cross | 20.00 |
| TOTAL-II | 1970.00 |
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| III.ONE TIME FEES | |
| Admission | 100 |
| SMART Card | 150 |
| TC & CC | 100.00 |
| Counseling | 00 |
| Shanti Sena | 00 |
| Syllabus | 50.00 |
| Language Lab/Soft Skills Training | 00 |
| Placement Services | 00 |
| NSS | 50.00 |
| Students Welfare Fund | 100.00 |
| Coop Stores Share Capital | 50.00 |
| Alumni Association | 100.00 |
| Total – III- | 700.00 |
| IV. CAUTION DEPOSITS (refundable) | |
| Library | 300.00 |
| General | 400.00 |
| Laboratory | 200.00 |
| Total – IV | 900.00 |
| GRAND TOTAL (I – IV) | 9120.00 |

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| Name of the Programme | Diploma in Yoga | | |
| Year of Introduction | 2018 | Year of Revision | 2021 |
| Semester – wise Courses and Credit distribution | I | II | Total |
| No. of Courses | 5 | 5 | 10 |
| No. of Credits | 20 | 20 | 40 |

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|---|---|--|--------------------|
| Semester | I | Course Code | 21YOGD0101 |
| Course Title | FUNDAMENTALS OF YOGA | | |
| No. of Credits | 4 | No. of Contact hours per week | 4 |
| New Course / Revised Course | Revised Course | Percentage of Revision effected | 21 |
| Category | Core Course | | |
| Scope of the Course | Skill Development Entrepreneurship | | |
| Cognitive Levels addressed by the Course | K-1, K-2 & K-3 | | |
| Course Objectives | The Course aims to Gain knowledge about the basic yogic concepts | | |
| Unit | Content | | No of Hours |
| I | Meaning and definition of yoga - Scope of Yoga - aims and Objectives of Yoga – General guidelines for yogic practices - Spiritual Yoga and Applied yoga – Conceptions & Misconceptions of yoga. | | 10 |
| II | Origin of Yoga - Historical perspective on Indus valley civilization - Yoga in Vedas, Upanishads, Puranas, Epics (Ramayana (Yoga Vasistha), Mahabharata (Bhagavad Gita) – Elements of Yoga and Yogic practices in Buddhism , Jainism and Sufism –Yoga in medieval literature – Contributions of yoga (Swami Vivekananda, Swami Kuvalayananda and Swami Sivananda) | | 12 |
| III | Patanjali yoga sutras - Hatha Yoga system in nada cult -Yoga in siddha cult (tamil siddhars) – Yoga in modern Times -Yoga in contemporary Time. | | 13 |
| IV | Schools of Yoga: Jnana yoga, Bhakti yoga, Raja yoga, karma yoga, Hatha yoga, Pathanjali yoga, Vasistha yoga, Hatha yoga, Swara yoga and Mantra yoga. | | 13 |
| V | Yoga and positive health - Yoga in education (School, College and University) –Introduction to Yoga therapy - Research developments in Yoga -Various yoga Institutions in India - Influence of yoga in western Countries. | | 16 |
| References | Text Books: 1. Bhikkhu Buddhadasa, (1980), Anapanasati, Sublime Life Mission, Thailand. | | |

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| | <ol style="list-style-type: none"> 2. Chandrasekaran K, (1999), Sound Health Through Yoga: Prem Kalyan Publications, Sedapatti, Tamilnadu 3. Gharote M.L, (2012), Applied Yoga(X ed): Kaivalyadhama, Lonavla. 4. Nagarathnam H R. & Dr.H R Nagendra (2015) Yoga for Promotion of Positive Health, Swami Vivekanandha Yoga Prakashana, Bangalore. 5. Nagendra H R (2000), Yoga its Basis and Applications, swami vivekanandha yoga prakashana,Bangalore. 6. Patanjali Yoga Sutra, Karambelkar, P.V., Kaivalyadhama Lonavla, Pune, Maharashtra -410 40 7. Ramanatha Pillai PA.,(1996), Thirumanthiram mouvaayeram, The South India Saiva Siddhanta Works Publishing Society, Thirunelveli. 8. Swami Asthosh Ananthar, (2002), Sri Mad Bhagavad Gita, Sri Ramakrishna Math, Mylapore, Chennai. 9. Swami Satyananda Saraswathi, (1981), A Systematic Course in the Ancient Tantric 10.Swami Sivananda, (1978), Yoga Teachers Manual: International Vedanta Centres, Val Morin, Quebec, Canada. |
| | <p>References Books:</p> <ol style="list-style-type: none"> 1. Acharya Mahaprajna, (1994), A Handbook of Preksha Meditation for the Trainers, Jain Vishva Bharati, Rajasthan 2. Chandrasekaran K, (1999), Sound Health Through Yoga: Prem Kalyan Publications, Sedapatti, Tamilnadu. 3. Kenghe C.T , Bharata Manisha, (1976), Yoga as Depth - Psychology and Para – Psychology (vol- I) Historical Background , Varanasi, India. 4. Sivananda Yoga, (1998), Yoga Mind and Body (DK Living): Vedanta Center. 5. Swami Sivananda, (1978), Yoga Teachers Manual: International Vedanta Centres, Val Morin, Quebec, Canada. 6. Swami Sivananda, (2001), Practical Lessons in Yoga: Divine Life Society. |
| | <p>Web Resources:</p> <ol style="list-style-type: none"> 1. https://kdham.com/ 2. http://svyasa.edu.in/ |
| Course Outcomes | <p>Students should be able to</p> <ol style="list-style-type: none"> 1. Explain the yogic concepts 2. Outline the origin of yoga from Vedas and puranas 3. Compile the concept of yogis and their contributions 4. Discuss the schools of yoga 5. Realize the Western influences and modern renaissance in Yoga. |

Mapping of COs with PSOs

| CO \ PSO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
|----------|-------|-------|-------|-------|-------|
| CO1 | 3 | 2 | 3 | 2 | 3 |
| CO2 | 2 | 1 | 3 | 2 | 2 |
| CO3 | 2 | 2 | 3 | 2 | 2 |
| CO4 | 2 | 2 | 3 | 2 | 2 |
| CO5 | 3 | 1 | 3 | 1 | 1 |

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| Semester | I | Course Code | 21YOGD0102 |
| Course Title | PRINCIPLES OF YOGIC PRACTICES | | |
| No. of Credits | 4 | No.of Contact hours per week | 4 |
| New Course / Revised Course | Revised Course | Percentage of Revision effected | 20 |
| Category | Core Course | | |
| Scope of the Course | Skill Development Entrepreneurship | | |
| Cognitive Levels addressed by the Course | K-1, K-2 & K -3 | | |
| Course Objectives | The Course aims to Understand the different types and techniques of Yogic Practices Know the structure and functions of human body systems | | |
| Unit | Content | | No of Hours |
| I | Fundamental knowledge of Anatomy and Physiology of human body - meaning of Anatomy and Physiology – Cell – Tissue - organs and its functions - various systems - Nervous system - cardiovascular system - Excretory system - Circulatory system - respiratory system - Digestive system - Endocrinal system - Skeletal system – Reproductive system - Muscular system - sense organs - specially eyes and ears - structure and functions- yoga diet and modern nutrition. | | 15 |
| II | Classification of asanas - Relaxative asanas - Meditative asanas - Cultural asanas - practical procedure, precautions, sequence, limitations, duration and benefits of asana practice - Physiological changes and its benefits of asana practice - Cultivation of physical culture by asanas practice. | | 12 |
| III | Eight clasical Kumbhakas (Pranayamas) - Nadisuddhi - purification of nadis by Pranayama - practical procedure, precautions, sequence, limitations, duration and benefits of pranayama practice - role of Pranayama in balancing and strengthening the nervous system and physiological effects in other systems. | | 12 |
| IV | Shat Karmas – Kapalabhathi – Trataka – Neti – Dhouti - Nauli and Bhasti - practical procedure, precautions, sequence, limitations, duration and benefits of Shat Karmas - purification and enhancement of immunity power in human body by practice of Shat karmas. | | 10 |
| V | Mudras Bandhas and Meditation: Mudras & Bandhas and its physiological effects - practical procedure, benefits, limitations, sequence, precautions, duration of Mudras and Bandhas practice - Meditation tranquillizer - Meditation and Psychosomatic changes. | | 15 |
| References | Text Books: 1. David Coulter H, (2012), Anatomy of Hatha Yoga- A Manual for Students, Teachers and Practitioners (Hardcover): Body and Breath ISBN 13-97890970700605. 2. Kumar N, (2009), Basic Anatomy and Physiology: Aitbs Publishers and Distributors, Chennai. 3. Murugesh N, (1980), Basic Anatomy and Physiology: Madurai, | | |

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| | <p>4. Nagendra H.R, (2000), Pranayama the art and science: Vivekananda Kendra Yoga Prakashana, Bangalore India.</p> <p>5. Shirley Telles, Nagendra (1998), A Glimpse of the Human Body, SVYP, Bangalore.</p> <p>6. Swami Kuvalayanda and Vinekar S.L, (1963), Yogic Therapy: Kaivalyadhama, Lonavla</p> <p>7. Swami Satyananda Saraswathi, (1981), A Systematic Course in the Ancient Tantric Techniques Of Yoga And Kriya: Bihar school of yoga, Munger, Bihar, India.</p> <p>8. Swami Satyananda Saraswati, (2008), Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India.</p> <p>9. Tiwari O.P, Asanas,(2002), Why and How?(IV ed): Kaivalyadhama, Lonavla,Pune Dist. Maharashtra.</p> <p>10. Yogasanas, (1983), A Teacher's Guide: NCERT, New Delhi.</p> |
| | <p>References Books:</p> <p>1. Gharote M.L, (2012), Applied Yoga(X ED): Kaivalyadhama, Lonavla.</p> <p>2. Kaivalyadhama Golden Jubilee Years souvenir: -Kaivalyadhama,(1975), Lonavla.</p> <p>3. Pandit, (1987), Yoga for Modern Man: Sterling Publication Private Ltd, New Delhi,.</p> <p>4. Yoga Mimamsa Journal (Back volume): Kaivalyadhama (2010-2014), Lonavla</p> <p>5. Yogasanas, (1983), A Teacher's Guide: NCERT, New Delhi.</p> |
| | <p>Web Resources:</p> <p>1. http://www.biharyoga.net/</p> <p>2. http://sivananda.org.in/chennai/?gclid=EA1aIQobChMI3YXe4dnG2wIVBJCPCCh0TSQS5EAAYASAAEgLIBPD_BwE</p> |
| Course Outcomes | <p>Students should be able to</p> <ol style="list-style-type: none"> 1. Outline the human body structure and functions of various systems 2. Distinguish the asanas and their benefits. 3. Grasp the techniques in pranayama, bandhas and mudras. 4. Grasp the idea about cleansing practices 5. Improve their concentration through meditation techniques. |

Mapping of COs with PSOs

| CO \ PSO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
|----------|-------|-------|-------|-------|-------|
| CO1 | 3 | 2 | 3 | 2 | 3 |
| CO2 | 2 | 1 | 3 | 2 | 2 |
| CO3 | 2 | 2 | 3 | 2 | 2 |
| CO4 | 2 | 2 | 3 | 2 | 2 |
| CO5 | 3 | 1 | 3 | 1 | 1 |

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| Semester | I | Course Code | 21YOGD0103 |
| Course Title | YOGA PRACTICAL -I | | |
| No. of Credits | 4 | No.of Contact hours per week | 8 |
| New Course / Revised Course | Revised Course | Percentage of Revision effected | 22 |
| Category | Core Course | | |
| Scope of the Course | Skill Development Entrepreneurship | | |
| Cognitive Levels addressed by the Course | K-1, K-2 & K -3 | | |
| Course Objectives | The Course aims to Expertise on various Yogic techniques and its methodology to teach Asanas, pranayama, bandhas, mudras, kriya and meditation. | | |
| Unit | Content | | No of Hours |
| I | Meditative Asanas: Sukhasana Swasthikasana Virasasana Vajrasana | Relaxative Asanas: Sithala Tadasana Sithila Dandasana Makrasana | 24 |
| II | Sithilakarna vyayama Pavana mukthasana series -I Pavana mukthasana series -II | Suryanamaskar 12 counts Bihar school of yoga system | 30 |
| III | Standing Asanas: Tadasana Ardhakati Chakarasana Pada Hastasana ArdhaChakrasana, Utkkatasana Trikonasana Parivrta Trikonasana Sitting Asanas: Baddha Konasana Vakrasana Janu Sirshasana Ardha ustrasana Utthitha padmasana | Prone Postures: Sarala Bhujangasana Bhujangasana Supine Postures: UttanaPadasana Ardha Pawanamuktasana Pawanamuktasana Sethu Bandhasana | 30 |
| IV | Shat Kriyas: Kapalabhathi Jala neti Sutra neti Sectional Breathing: Abdominal Breathing Thoracic Breathing Clavicular Breathing | Pranayamas: Chandra Anuloma Viloma Surya AnulomaViloma Chandra Bhedana Surya Bhedana Nadi Suddhi | 24 |
| V | Methodology in teaching yoga (Lecture, Directed practice, demonstration, lecture cum demonstration and imitation methods) | Mudras , Bandhas and Meditation Chin Mudra Chinmaya Mudra Adi Mudra Brahma Mudra | 20 |

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| | | Jalandra Bandha Uddiyana Bandha Mula bandha Meditation Nadanusandhana Meditation Om Meditation | |
| References | Text Books : | | |
| | <ol style="list-style-type: none"> 1. Chandrasekaran K, (1999), Sound Health Through Yoga: Prem Kalyan Publications, Sedapatti, Madurai. 2. H R.Nagarathnam & Dr.H R Nagendra (2015), Promotion of positive health swami vivekanandha yoga prakashana, Bangalore. 3. Iyengar B.K.S, (2001), 1. Light on yoga [yoga Dipika]: Harper Collins publishers, New Delhi, India 4. Swami Kuvalayananda, (1993), Asanas (VII ed): Kaivalyadhama, Lonavla, Pune Dist,Maharashtra. 5. Swami Satyananda Saraswathi, (1981), A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya: Bihar school of yoga, Munger, Bihar, India. 6. Swami Satyananda Saraswati, (2008), Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India. 7. Swami Sivananda, (1978), Yoga Teachers Manual: International Vedanta Centres, Val Morin, Quebec, Canada. | | |
| | References Books: | | |
| References | <ol style="list-style-type: none"> 1. Joshi K.S, (1983), Yogic Pranayama: Orient Publishers, New Delhi. 2. Krishna, (1996), Essence of Pranayama (II ed): Kaivalyadhama Lonavla. 3. Swami Kuvalayananda, (2000),Pranayama (IX ed): Kaivalyadhama Ashram, Lonavla. 4. Swami Kuvalayananda and Vinekar S.L, (1963), Yogic Therapy- Its basic principles and methods: Ministry of Health, Govt. of India New Delhi. 5. Tiwari O.P, Asanas,(2002), Why and How?(IV ed): Kaivalyadhama, Lonavla,Pune Dist.Maharashtra. 6. Yogasanas, (1983), A Teacher's Guide: NCERT, New Delhi. | | |
| | Web Resources: | | |
| | <ol style="list-style-type: none"> 1. http://doronyoga.com/200hr-yoga-teacher-training-guatemala/?gclid=EAIaIQobChMI9sXqrNrG2wIVQRSPCh0gZAhJEAAYAiAAEgLYJvD_BwE 2. https://en.wikipedia.org/wiki/Ashtanga_vinyasa_yoga 3. http://ayush.gov.in/ | | |
| Course Outcomes | Students should be able to <ol style="list-style-type: none"> 1. Differentiate the types of asanas 2. Demonstrate suryanamaskar and various asanas 3. Realize the benefits of bandhas and mudras 4. Demonstrate pranayamas and Shat kriyas 5. Perform various meditational techniques | | |

Mapping of COs with PSOs

| CO \ PSO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
|----------|-------|-------|-------|-------|-------|
| CO1 | 3 | 3 | 3 | 3 | 3 |
| CO2 | 2 | 2 | 3 | 3 | 3 |
| CO3 | 3 | 2 | 3 | 3 | 3 |
| CO4 | 3 | 3 | 3 | 3 | 3 |
| CO5 | 3 | 3 | 3 | 3 | 3 |

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|---|--|---|--------------------|
| Semester | I | Course Code | 21YOGD0104 |
| Course Title | YOGA PRACTICAL -II | | |
| No. of Credits | 4 | No.of Contact hours per week | 8 |
| New Course / Revised Course | Revised Course | Percentage of Revision effected | 22 |
| Category | Core Course | | |
| Scope of the Course | Skill Development Entrepreneurship | | |
| Cognitive Levels addressed by the Course | K-1, K-2 & K -3 | | |
| Course Objectives | The Course aims to Expertise on various Yogic techniques especially in Asanas, Pranayamas, Mudras, Kriya and Meditation. | | |
| Unit | Content | | No of Hours |
| I | Meditative Asanas: Ardha Padmasana Padmasana, Siddhasana/siddhayoniasana Samasana | Relaxative Asanas: Shavasana – I,II,III,IV Matsya Kridasana | 30 |
| II | Sithilakarna vyayama Pavana mukthasana series –III | Suryanamaskar 12 counts Sivananda school of yoga system | 24 |
| III | Standing Asanas: Vrksasana Garudasana Virabhadra sana Eka padasana Sitting Postures: Gomukhasana Mandugasana Ardha sirasana Akarna Dhanurasana | Prone Postures: Ardha Salabhasana Dhanurasana Supine Postures: Navasana Viparitha karani Matsyasana Ardha Halasana | 24 |
| IV | Shat Kriyas: Trataka Jathru Trataka Jothi Trataka | Sectional Breathing: Full Yogic Breathing | 30 |
| V | Mudras Nasika mudra Bairava mudra Nasikagra Drishti Asvini mudra Agnisara kriya Yoga mudra Viparitha karani mudra | Meditation Vippasana meditation Kayasthairyam | 20 |
| References | Text Books : 1. Chandrasekaran K, (1999), Sound Health Through Yoga: Prem Kalyan Publications, Sedapatti, Madurai. 2. Nagarathnam H R.& Nagendra.H R (2015), Promotion of positive health swami | | |

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| | <p>vivekanandha yoga prakashana, Banglore.</p> <ol style="list-style-type: none"> Iyengar B.K.S, (2001), Light on yoga [yoga Dipika]: Harper Collins publishers, New Delhi, India Swami Kuvalayananda, (1993), Asanas (VII ed): Kaivalyadhama, Lonavla, Pune Dist,Maharastra. Swami Satyananda Saraswathi, (1981), A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya: Bihar school of yoga, Munger, Bihar, India. Swami Satyananda Saraswati, (2008), Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India. Swami Sivananda, (1978), Yoga Teachers Manual: International Vedanta Centres, Val Morin, Quebic, Canada. |
| | <p>References Books:</p> <ol style="list-style-type: none"> Joshi K.S, (1983), Yogic Pranayama: Orient Publishers, New Delhi. Krishna, (1996), Essence of Pranayama (II ed): Kaivalyadhama Lonavla. Swami Kuvalayananda ,(2000), Pranayama (IX ed): Kaivalyadhama Ashram, Lonavla. Swami Kuvalayananda and Vinekar S.L, (1963), Yogic Therapy- Its basic principles and methods: Ministry of Health, Govt. of India New Delhi. Tiwari O.P, Asanas,(2002), Why and How?(IV ed): Kaivalyadhama, Lonavla,Pune Dist.Maharashtra. Yogasanas, (1983), A Teacher’s Guide: NCERT, New Delhi. |
| | <p>Web Resources:</p> <ol style="list-style-type: none"> http://doronyoga.com/200hr-yoga-teacher-training-guatemala/?gclid=EAIaIQobChMI9sXqrNrG2wIVQRSPCh0gZAhJEAAYAiAAEgLYJvD_BwE https://en.wikipedia.org/wiki/Ashtanga_vinyasa_yoga http://ayush.gov.in/ |
| Course Outcomes | <p>Students should be able to</p> <ol style="list-style-type: none"> Differentiate the types of asanas Demonstrate various asanas Realize the benefits of mudras Demonstrate pranayamas and Shat kriyas Perform various meditational techniques |

Mapping of COs with PSOs

| CO \ PSO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
|----------|-------|-------|-------|-------|-------|
| CO1 | 3 | 3 | 3 | 3 | 3 |
| CO2 | 2 | 2 | 3 | 3 | 3 |
| CO3 | 3 | 2 | 3 | 3 | 3 |
| CO4 | 3 | 3 | 3 | 3 | 3 |
| CO5 | 3 | 3 | 3 | 3 | 3 |

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|---|----------------------------|--|-------------------|
| Semester | I | Course Code | 21YOGD0105 |
| Course Title | Internship -1 | | |
| No. of Credits | 4 | No.of Contact hours per week | 8 |
| New Course / Revised Course | Revised Course | Percentage of Revision effected | -- |
| Category | Core Course | | |
| Scope of the Course | Skill Development | | |
| Cognitive Levels addressed by the Course | K-1, K-2 & K -3 | | |
| In Internship – I is related to field visit / institutional visit shall also consist of constant observation on commitment towards observation, methods of teaching and gain experience on yogic practices. | | | |

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| Semester | II | Course Code | 21YOGD0206 |
| Course Title | INTRODUCTION TO YOGIC TEXTS | | |
| No. of Credits | 4 | No.of Contact hours per week | 4 |
| New Course / Revised Course | Revised Course | Percentage of Revision effected | 20 |
| Category | Core Course | | |
| Scope of the Course | Skill Development Entrepreneurship | | |
| Cognitive Levels addressed by the Course | K-1, K-2 & K -3 | | |
| Course Objectives | The Course aims to Gain the knowledge related to yogic concepts and yogic texts. | | |
| Unit | Content | No of Hours | |
| I | Introduction to Patanjali Yoga sutra Definition of yoga – Chitta - Chitta vrttis - Chitta Bhumis - Chitta vikshepas (Antarayasa) - types of Samadhi - abhyasa and vairagya Samadhi and Samapattis – Sadhana paada: Concept of karmashaya and karmuipaka | 6 | |
| II | Concept of klesas - four fold strategy for overcoming sufferings – Vivekakhyati - (knowledge) – Pratipakshabhavana – Limbs of Ashtanga yoga - concept of Astama siddhis - Nature of liberation. | 13 | |
| III | Yoga concepts in Bagavad Gita – yoga concepts in yoga vasistha – yoga concepts in ten major Upanishads. | 21 | |
| IV | Hatha Yoga texts (Hathapradipika and Gheranda Samhita,etc) Studying hatha yoga concepts and practices - ten Yamas - ten Niyamas - Shat kriyas – asanas - Mudras – Bandhas - Pranayama - Nadanusandhana – Yogic diet – ideal season – Ideal hut – Kundalini Chakras, Samadhi and yoga therapy. | 10 | |
| V | Tirumular Thirumanthiram. Brief notes of - Astanga yoga and its explanations in third Tantra - 96 Body philosophy. | 14 | |
| References | Text Books: <ol style="list-style-type: none"> 1. Nagarathnam H R.& Nagendra H R (2015), Promotion of positive health swami vivekanandha yoga prakashana, Bangalore. 2. Swami Asthosh Ananthar, (2002), Sri Mad Bhagavad Gita, Sri Ramakrishna Math, Mylapore, Chennai. 3. Swami Satyananda Saraswathi, (1981), A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya: Bihar school of yoga, Munger, Bihar, India. 4. Swami Satyananda Saraswati, (2008), Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India. 5. Swami Satyananda Saraswati, Hatha Pradipika: Bihar School of Yoga, Munger, India. 6. Nagendra H.R, (2000), Pranayama the art and science: Vivekananda Kendra Yoga Prakashana, Bangalore India. 7. Patanjali Yoga Sutra, AND Karambelkar, P.V. Kaivalyadhama Lonavla, Pune, Maharashtra. 8. Ramanatha Pillai PA., Thirumanthiram mouvaayeram, (1996), The South India SaivaSiddhanta Works Publishing Society, Thirunelveli. 9. Swami Ashutosh Ananthar, (2003), Prasana Upanishad, Sri Ramakrishna Math, Mylapore, Chennai. | | |

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| | <p>10. Swami Vishnu Ddevananda, (2001), Meditation and mantras, Motilal Banarsidas Publishers Private Limited, Delhi.</p> <p>11. Swami Ashutosh Ananthar ,(2003), Svetasvara Upanishad, Sri Ramakrishna Math, Mylapore, Chennai.</p> <p>12. Swami Ashutosh Ananthar, (2003), Isavasya Upanishad, Sri Ramakrishna Math, Mylapore, Chennai.</p> <p>13. Swami Ashutosh Ananthar, (2003), Mandukya Upanishad, Sri Ramakrishna Math, Mylapore, Chennai.</p> |
| | <p>References Books:</p> <ol style="list-style-type: none"> 1. Lajpat Rai, (1998), Meditation: Techniques and their Scientific Evaluation, Anunhav Rai Publications, Haryana. 2. Swami Satyananda Saraswati, (2008), Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India. 3. Swami Satyananda Saraswathi, (1981), A Systematic Course in the Ancient Tantric 4. Taimani I.K, (2001), The Science of Yoga, Theosophical society publication, Adyar, Chennai. 5. Techniques of Yoga and Kriya: Bihar school of yoga, Munger, Bihar, India. |
| | <p>Web Resources:</p> <ol style="list-style-type: none"> 1. http://sivananda.org.in/neyyardam/?gclid=EAIaIQobChMIouXTqNvG2wIVSYyPCh0akAemEAAYASAAEgKOVvD_BwE 2. http://www.sivananda.org/teachings/swami-sivananda.html 3. http://www.divyayoga.com/2/ 4. http://www.vethathiri.edu.in/courses/university-courses/vision-aliyar/ |
| Course Outcomes | <p>Students should be able to</p> <ol style="list-style-type: none"> 1. Comprehend Yoga sutras. 2. Know the concepts of Ashtanga yoga. 3. Summarize yogic concepts in Vedanta 4. Identify and analyze various yogic texts. 5. Understand about yoga therapy and Kundalini Chakras. |

Mapping of COs with PSOs

| CO \ PSO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
|----------|-------|-------|-------|-------|-------|
| CO1 | 3 | 2 | 3 | 2 | 3 |
| CO2 | 2 | 1 | 3 | 2 | 2 |
| CO3 | 2 | 2 | 3 | 2 | 2 |
| CO4 | 2 | 2 | 3 | 2 | 2 |
| CO5 | 3 | 1 | 3 | 1 | 1 |

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|---|---|--|--------------------|
| Semester | II | Course Code | 21YOGD0207 |
| Course Title | APPLICATIONS OF YOGA IN MODERN LIFE | | |
| No. of Credits | 4 | No.of Contact hours per week | 4 |
| New Course / Revised Course | Revised Course | Percentage of Revision effected | 20 |
| Category | Core Course | | |
| Scope of the Course | Skill Development Entrepreneurship | | |
| Cognitive Levels addressed by the Course | K-1, K-2 & K -3 | | |
| Course Objectives | The Course aims to Gain the knowledge about applications of yogic practices in modern life style. | | |
| Unit | Content | | No of Hours |
| I | Concept of health and yoga - Dimensions of health – Positive health - Criteria of health and yogic practices. | | 6 |
| II | Yoga therapy in prevention, management and treatment of diseases - Yogic concepts of diseases - Adhija vyadhi and Anadhija vyadhi - concept of psychosomatic illness - Integrated approach of yoga therapy (Panca kosa approach) – Yoga therapy for Diabetes – Asthma – Women problem – Covid19. | | 15 |
| III | Yoga and sports fitness - prevention of sports injuries by practice of asanas - yoga and basic fitness - Yoga and specific sports skills - sports psychological skills and yoga – yoga in off - season training in sports. | | 18 |
| IV | Yoga and stress management - concept of stress (Eustress and distress) - stress reaction - four phases in stress disorders – stress induced problems and their management – meditation as a great tranquillizer (cyclic meditation) in stress management - stress management during pandemic. | | 11 |
| V | Yoga in School education - correct psychological attitudes and developments - improve the concentration, memory power and immunity through yoga – Drug abuse – prevention and yogic treatment - yoga and development of social qualities. | | 14 |
| References | Text Books: <ol style="list-style-type: none"> 1. Gharote M.L, (2012), Applied Yoga(X ED): Kaivalyadhama, Lonavla. 2. Nagarathnam H R.& Dr.H R Nagendra (2015), Promotion of positive health swami vivekanandha yoga prakashana, Bangalore. 3. Nagendra H.R, (2000), Pranayama the art and science: Vivekananda Kendra Yoga Prakashana, Bangalore India. 4. Suresh Kutty K., (2004), Foundations of Sports and Exercise Psychology, Sports Publications, New Delhi. 5. Swami Kuvalayanda and Dr.S.L. Vinekar, (1963), Yogic Therapy- Its Basic principles and methods: Ministry of health, Govt. of India, New Delhi. 6. Swami Satyananda Saraswathi, (1981), A Systematic Course in the Ancient Tantric Techniques Of Yoga And Kriya: Bihar school of yoga, Munger, Bihar, India. 7. Swami Sivananda, Health and Diet: Divine Life Society, Rishikesh, 2006. | | |

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| | 8. Swami Sivananda, Yoga in Daily Life: Divine Life Society, Rishikesh, 2004. 9. Udupa K.N. and H.R.Singh, (1978), Science and Philosophy of Indian Medicine: Shree Baidyanath ayurveda Bhawan Ltd., Negpur. |
| | References Books: <ol style="list-style-type: none"> 1. Nagendra H.R, (2000), Pranayama the art and science: Vivekananda Kendra Yoga Prakashana, Bangalore India. 2. Swami Satyananda Saraswathi, (1981), A Systematic Course in the Ancient Tantric Techniques of Yoga And Kriya: Bihar school of yoga, Munger, Bihar, India. 3. Swami Sivananda, Yoga in Daily Life: Divine Life Society, Rishikesh, 2004. |
| | Web Resources: <ol style="list-style-type: none"> 1. http://www.ts-adyar.org/ 2. http://www.yogivemanauniversity.ac.in/about_yvu.php 3. http://www.brahmakumaris.org/ 4. http://www.vivekanandakendra.org/ |
| Course Outcomes | Students should be able to <ol style="list-style-type: none"> 1. Identify the dimensions of health 2. Understand the yogic therapy and pacha Kosa. 3. Realize the importance of yogic practices for sports and games. 4. Correlate the stress management and meditation. 5. Apply the yogic life style in various aspects. |

Mapping of COs with PSOs

| CO \ PSO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
|----------|-------|-------|-------|-------|-------|
| CO1 | 3 | 2 | 3 | 2 | 3 |
| CO2 | 2 | 1 | 3 | 2 | 2 |
| CO3 | 2 | 2 | 3 | 2 | 2 |
| CO4 | 2 | 2 | 3 | 2 | 2 |
| CO5 | 3 | 1 | 3 | 1 | 1 |

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|---|---|---|--------------------|
| Semester | II | Course Code | 21YOGD0208 |
| Course Title | YOGA PRACTICAL – III | | |
| No. of Credits | 4 | No.of Contact hours per week | 8 |
| New Course / Revised Course | Revised Course | Percentage of Revision effected | 22 |
| Category | Core Course | | |
| Scope of the Course | Skill Development Entrepreneurship | | |
| Cognitive Levels addressed by the Course | K-1, K-2 & K -3 | | |
| Course Objectives | The Course aims to Expertise on various Yogic techniques and methods of teaching. | | |
| Unit | Content | | No of Hours |
| I | Standing Asanas: Natarajasana Virabhadrasana (balancing) Vatayanasana | Sitting Postures: Pachimottanasana Ustrasana Supta vajrasana Uttana Mandukasana Kurmasana | 30 |
| II | Prone Postures: Salabhasana Dhanurasana Poorna Bhujangasana | Supine Postures: Sarvangasana Halasana Karna pidasan | 24 |
| III | Shat Kriyas Vamana dhouti Nauli | Pranayama Nadi shuddhi (1:1:2) | 24 |
| IV | Mudras Shanmuki mudras Simha mudra Maha mudra | Meditation Chidakasha dharana Sohum Meditation Mantra meditation | 30 |
| V | Preparation of lesson plan Asana -1 Pranayama-1 | | 20 |
| | | | 128 |
| References | Text Books : 1. Gharote M.L. and Ganguly S.K, (2001), Teaching Methods for Yogic Practice: Kaivalyadhama, Lonavla. 2. Iyengar. B.K.S, (2001), Light on yoga [Yoga Dipika], Harpercollins Publisher, India. 3. Swami Satyananda Saraswathi, (1981), A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya: Bihar school of yoga, Munger, Bihar, India. 4. Swami Satyananda Saraswati, (2008), Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India. 5. YOGA (Asanas, Pranayama, Mudras, Kriyas), (2001), An Instruction Booklet, Published by Vivekananda Kendra Prakashan Trust, Triplicane, Chennai. | | |
| | References Books: 1. Chandrasekaran.K, (1999), Sound Health Through Yoga: Prem Kalyan Publications, Sedapatti, Madurai. 2. Nagarathna and Nagendra, (2008), Integrated Approach of Yoga therapy for positive | | |

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| | <p>health, Swami Vivekananda Yoga Prakashana, Bangalore.</p> <ol style="list-style-type: none"> 3. Swami Digambarji and P.T. Raghunathashastri Kokaji, (1998), Hatha Pradipika: Kaivalyadhama, SMYM Samiti, Lonavla Pune Dist, Maharashtra 1998. 4. Tiwari O.P, Asanas, (2002), Why and How?(IV ed): Kaivalyadhama, Lonavla,Pune Dist. Maharashtra. 5. Yogasanas, (1983), A Teacher’s Guide: NCERT, New Delhi. <p>Web Resources:</p> <ol style="list-style-type: none"> 1. https://www.yogafinder.com/ 2. https://www.bookyogaretreats.com/all/d/asia-and-oceania/india/coimbatore?gclid=EAIaIQobChMIpLGMvNjG2wIVTxSPCh0GqA_1EAAYASAAEgLEavD_BwE&gclsrc=aw.ds 3. http://www.bssve.in/courses_alternative_medicine.asp 4. http://www.rknature.com/ 5. www.ioam.in/ |
| Course Outcomes | <p>Students should be able to</p> <ol style="list-style-type: none"> 1. Demonstrate the differentiate the types of asanas 2. Grasp the techniques in pranayama. 3. Select the mudra and meditation 4. Know the procedure for Kriya 5. Explain the methods of teaching yoga |

Mapping of COs with PSOs

| CO \ PSO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
|----------|-------|-------|-------|-------|-------|
| CO1 | 3 | 3 | 3 | 3 | 3 |
| CO2 | 2 | 2 | 3 | 3 | 3 |
| CO3 | 3 | 2 | 3 | 3 | 3 |
| CO4 | 3 | 3 | 3 | 3 | 3 |
| CO5 | 3 | 3 | 3 | 3 | 3 |

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| Semester | II | Course Code | 21YOGD0209 |
| Course Title | YOGA PRACTICAL – IV | | |
| No. of Credits | 4 | No.of Contact hours per week | 8 |
| New Course / Revised Course | Revised Course | Percentage of Revision effected | 22 |
| Category | Core Course | | |
| Scope of the Course | Skill Development Entrepreneurship | | |
| Cognitive Levels addressed by the Course | K-1, K-2 & K -3 | | |
| Course Objectives | The Course aims to Expertise on various Yogic techniques and methods of teaching. | | |
| Unit | Content | | No of Hours |
| I | Standing Asanas Parsva konasana Parivrtta Parsva konasana Uttana Eka pada sirasana | Sitting asanas Kukkutasana Bakasana Tolangulasana Hamsasana Mayurasana Hanumannasana | 30 |
| II | Prone asanas Sarpasana Naukasana Eka pada Raja kapotasana | Supine asanas Chakrasana Jathra parivartanasana | 24 |
| III | Shat Kriyas Laghoo shankha prakshalana | Pranayama Bhramari (with shanmuki mudra) Ujjayi | 24 |
| IV | Mudras Yoga mudra Shambhavi mudra | Meditation Cyclic meditation Yoga nidra 1 & 2 | 30 |
| V | Preparation of lesson plan Kriya- 1 Mudra -1 Meditation-1 | | 20 |
| References | Text Books : 1. Gharote M.L. and Ganguly S.K, (2001), Teaching Methods for Yogic Practice: Kaivalyadhama, Lonavla. 2. Iyengar. B.K.S, (2001), Light on yoga [Yoga Dipika], Harpercollins Publisher, India. 3. Swami Satyananda Saraswathi, (1981), A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya: Bihar school of yoga, Munger, Bihar, India. 4. Swami Satyananda Saraswati, (2008), Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India. 5. YOGA (Asanas, Pranayama, Mudras, Kriyas), (2001), An Instruction Booklet, Published by Vivekananda Kendra Prakashan Trust, Triplicane, Chennai. | | |
| | References Books: | | |

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| | <ol style="list-style-type: none"> 1. Chandrasekaran.K, (1999), Sound Health Through Yoga: Prem Kalyan Publications, Sedapatti, Madurai. 2. Nagarathna and Nagendra, (2008), Integrated Approach of Yoga therapy for positive health, Swami Vivekananda Yoga Prakashana, Bangalore. 3. Swami Digambarji and P.T. Raghunathashastri Kokaji, (1998), Hatha Pradipika: Kaivalyadhama, SMYM Samiti, Lonavla Pune Dist, Maharashtra 1998. 4. Tiwari O.P, Asanas, (2002), Why and How?(IV ed): Kaivalyadhama, Lonavla,Pune Dist. Maharashtra. 5. Yogasanas, (1983), A Teacher's Guide: NCERT, New Delhi. <p>Web Resources:</p> <ol style="list-style-type: none"> 1. https://www.yogafinder.com/ 2. https://www.bookyogaretreats.com/all/d/asia-and-oceania/india/coimbatore?gclid=EAIaIQobChMIpLGMvNjG2wIVTxSPCh0GqA_1EAAYASAAEgLEavD_BwE&gclsrc=aw.ds 3. http://www.bssve.in/courses_alternative_medicine.asp 4. http://www.rknature.com/ 5. www.ioam.in/ |
| Course Outcomes | <p>Students should be able to</p> <ol style="list-style-type: none"> 1. Demonstrate the differentiate the types of asanas 2. Grasp the techniques in pranayama. 3. Select the mudra and meditation 4. Know the procedure for Kriya 5. Explain the methods of teaching in yoga |

Mapping of COs with PSOs

| CO \ PSO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 |
|----------|-------|-------|-------|-------|-------|
| CO1 | 3 | 3 | 3 | 3 | 3 |
| CO2 | 2 | 2 | 3 | 3 | 3 |
| CO3 | 3 | 2 | 3 | 3 | 3 |
| CO4 | 3 | 3 | 3 | 3 | 3 |
| CO5 | 3 | 3 | 3 | 3 | 3 |

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|---|----------------------------|--|-------------------|
| Semester | I | Course Code | 21YOGD0210 |
| Course Title | Internship -1 | | |
| No. of Credits | 4 | No.of Contact hours per week | 8 |
| New Course / Revised Course | Revised Course | Percentage of Revision effected | -- |
| Category | Core Course | | |
| Scope of the Course | Skill Development | | |
| Cognitive Levels addressed by the Course | K-1, K-2 & K -3 | | |

In Internship – II is related to 20 hours of yoga teaching practice in GRI / Schools / Institution. The internship practical examination shall also consist of verification, evaluation of record book and to teach yogic practices.