

**POST GRADUATE DIPLOMA IN YOGA (P.G.Dip.Yoga)
(Regular Mode)**

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 education and practice 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 P.G.Dip.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.

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)

PSO1 : Apply the knowledge of yoga in the domain of Asana, Pranayama, Kriya and Meditation

PSO2 : Solve the compiled problems in the field of yogic practices with an understanding of the societal, legal and cultural impacts of the solution

PSO3 : Obtain the yogic knowledge in various dimension.

PSO4 : To develops total personality of the individual through self yogic practice

PSO5 : To produce the qualified teacher in the field of yoga

REGULATIONS

Eligibility

A pass in the any graduate examination conducted by recognized Universities or an examination accepted as equivalent thereto 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 Yoga Centre in Physical Education and shall pass the examinations prescribed, apart from fulfilling such other conditions as have been prescribed thereof. Intake capacity is maximum of 60 seats.

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 Post Graduate Diploma Course on regular mode. The programme comprises of nine theory papers, four practical to a total of 45 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 six theory papers of 100 marks each, two common theory papers of 50 marks each, one elective course with 100marks 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. The passing minimum is as suggested by GRI rules.

Name of the Programme	Post Graduate Diploma in Yoga			
Year of Introduction	2018		Year of Revision	2021
Semester – wise Courses and Credit distribution	I	II	Total	
No. of Courses	6	7	13	
No. of Credits	22	23	45	

SCHEME OF EVALUATION

Semester	Category	Course Code	Title of the Paper	No of Credits	Theory Hours	Practical hours	CFA	ESE	Total
I	Core Courses	21YOGP0101	History, Development and Traditions of Yoga	4	4	-	40	60	100
		21YOGP0102	Principles of Yogic Practices	4	4	-	40	60	100
		21YOGP0103	Applied Anatomy and Physiology	4	4	-	40	60	100
		21YOGP0104	Practical I-Asanas	4	-	8	60	40	100
		21YOGP0105	Practical II Pranayama Meditation and Teaching Methodology	4	-	8	60	40	100
	*CNCC	21ENGP00C1	Communication Soft skills (English)	2	2	-	50	-	50
1st Semester Total				22	14	16	290	260	550
II	Core Courses	21YOGP0206	Yoga In Modern Life	4	4	-	40	60	100
		21YOGP0207	Schools of Yoga and Meditation	4	4	-	40	60	100
		21YOGP0208	Yoga and Traditional Therapy	3	3	-	40	60	100
		21YOGP0209	Practical III-Kriyas and Bandhas	3	-	6	60	40	100
		21YOGP0210	Practical IV- Mudras, Meditations and Teaching Methodology	4	-	8	60	40	100
	Elective	21CSAD0201	Web Designing	2+1	2	2	40	60	100
*CNCC	19/21GTPP00H1	Human Values and Professional Ethics	2	2	-	50	-	50	
2nd Semester Total				23	15	16	330	320	650
Grant Total (1st + 2nd Semester)				45	29	32	620	580	1200

* CNCC=Non credit Course-Internal evaluation

Abstract

S. No.	Category		Total no. of Course	Total Credits	%
1.	Core Courses	Theory	6	23	51
2.		Practical	4	15	33
3.	Elective Course	Theory	1	2	5
		Practical	1	1	2
4.	Compulsory Non-credit Course		2	4	9
Total			14	45	100

Core Course

1. History, Development and Traditions of Yoga
2. Principles of Yogic Practices
3. Applied Anatomy and Physiology
4. Practical I-Asanas
5. Practical II- Pranayamas, Meditation and Teaching Methodology
6. Yoga in Modern Life
7. Schools of Yoga & Meditation
8. Yoga and Traditional Therapy
9. Practical III-Kriyas & Bandhas,
10. Practical IV- Mudras, Meditations & Teaching Methodology

Elective Course

11. Web Designing

Compulsory Non-credit Course

12. Communication Soft Skills (English)
13. Human Values and Professional Ethics

Fee structure

Fee Structure for P.G.D.Yoga Programme from the Year 2021-2022

PGDYEd			
I.SEMESTER FEES			
Tuition fee	1500	Khadi deposit	300
SPECIAL FEE		Youth Red Cross	20
Exam fee	1000	TOTAL-II	1650
Special fee (Uniform)	750	III.ONE TIME FEES	
Library	200	Admission	250
Games	50	SMART Card	150
YOGA Laboratory	300	TC & CC	50
Course Development Fee	1000	Counseling	00
Total-I	4800	Shanti Sena	00
II.PER ANNUM FEES		Syllabus	20
VPP	00	Language Lab/Soft Skills Training	200
Health service	200	Placement Services	00
Group Insurance	200	NSS	00
Calendar	80	Students Welfare Fund	00
Computer lab fee	600	Coop Stores Share Capital	30
Magazine	100	Alumni Association	100
National Science day	00	Total – III-	600
Sports and Tournament fund	150	IV. CAUTION DEPOSITS (refundable)	
Student Placement	00	Library	300
Association	00	Total – IV	300
Student Club	00	GRAND TOTAL (I – IV)	7350

Semester	I	Course Code	21YOGP0101
Course Title	HISTORY, DEVELOPMENT AND TRADITIONS 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 history and traditions of yoga.		
Unit	Content		No of Hours
I	Meaning and definition of yoga - Scope of Yoga - Aims and Objectives of Yoga - Misconceptions about yoga - schools of yoga.		10
II	Historical perspective on Yoga -Yoga before the time of Patanjali: (Indus valley civilization, Vedas, Brahmnas, Upanishads, Epics, Puranas) - Samkhya and yoga.		12
III	Patanjali yoga sutra-: Eight limbs of Yoga, Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhayana, and Samadhi-Thirumular's Thirumandhiram		13
IV	Developments in yoga - various commentaries on yoga sutras- Tantra yoga- Yogavasistha - Hathayogic traditions (Nathcult and siddhacult (Tamil siddhars)) - Western influences and modern renaissance in yoga.		13
V	Contemporary yoga – Yoga And Religions-Hinduism and Yoga-Jainism and Yoga-Bhuddhism and Yoga-Christianity and Yoga Islam and Yoga- modern trends and developments in the field of Yoga.		16
References	Text Books: 1. Karambelkar P.V, (1999): Patanjali Yoga Sutras: Kaivalyadhama, Lonavla. 2. Kenghe C.T, Bharata Manisha, (1976): Yoga as Depth – Psychology and Para – Psychology (Vol- I) Historical Background, Varanasi, India. 3. Swami Sivananda (2001): Practical Lessons in Yoga: Divine Life Society. 4. Swami Sivananda, (2008): All about Hinduism (X ed): Divine Life Society Risikesh., 5. Swami Vishnu Devananda (1995): The complete Illustrated Book of yoga, Harmony Books, a division of crown publishers, New York.		
	References Books: 1. Chandrasekaran K, (1999): Sound Health through Yoga: PremKalyan Publications, Sedapatti, Tamilnadu. 2. Sivananda Yoga,(1998): Yoga Mind and Body (DK Living):Vedanta Center. 3. Swami Sivananda, (1978): Yoga Teachers Manual: International Vedanta Centres, Val Morin, Quebec, Canada. 4. Swami Vivekananda,(1977): Yoga: Vivekananda Kendra Prakashan Trust, Bangalore.		

	<p>5. Yoga Mimamsa Journal (Back Volumes) Kaivalyadhama, (2010-2014): lonavla, Pune dist, Maharashtra.</p> <p>Web Resources:</p> <ol style="list-style-type: none"> 1. https://ncert.nic.in/dess/pdf/tiyhw1ss1.pdf 2. http://mea.gov.in/images/pdf/common-yoga-protocol-english.pdf 3. https://sriyogaashram.com/ebook/yoga%20sutra.pdf 4. https://kdham.com/ 5. http://svyasa.edu.in/
Course Outcomes	<p>Students should be able to</p> <ol style="list-style-type: none"> 1. Brief idea about yoga. 2. Explain about the yoga sutra and eight limbs of yoga. 3. Know the west influences and modern renaissance in yoga 4. Understand the 96 philosophy quoted by Thirumular. 5. Know the modern trends and development in yoga.

Mapping of Cos with PSOs

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

Semester	I	Course Code	21YOGP0102
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	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 principles of yogic practices		
Unit	Content	No of Hours	
I	Concept of Yogic Practices - Kinds of Yogic Practices; Asana, Pranayama, Kriya, Mudra, Bandha, Dhyana. Asana: Definition, Scope and Limitations of Asanas - Classification of Asanas - Meditative Asanas - Relaxative Asanas - Cultural Asanas: Standing, Sitting, Supine, & Prone - Step by Step Performance of Asanas - Safety Measures and Precautions while performing Asanas.	15	
II	Pranayama: Meaning - Different Phases in Pranayama Practice: Puraka (Inhalation), Kumbhaka (Retention) and Rechka (Exhalation) - Breathing Ratio in Pranayama Practice - Major Pranas: Apana, samana, udana vyana, and prana - Upa Pranas: naga, koorma, krikara, devadatta, & dhananjaya - Safety Measures and Precautions.	12	
III	Meaning & benefits of Bandha - Different Bandhas: Jalandhra Bandha, Uddiyana Bandha, and Mula Bandha.- Meaning of Mudra - Types of Mudra: Chin Mudra, Chinmaya Mudra, Adi Mudra, Brahma Mudra, Shambavi Mudra, Nasikagra Drishti Mudra, Yoga Mudra, &, Ashwini Mudra.	12	
IV	Practicing methods and benefits of Kriyas - Meaning - Types of Kriyas: Kapalabhati. Trataka. Neti: Jala Neti, Sutra Neti. Dhauti: Vamana Dhauti, Danda Dhauti, and Vastra Dhauti.	10	
V	Meaning & concept of Meditation - Yogic practices and physical exercise. Yoga Practices and Other Systems of Exercises - Asanas Vs. Muscular Exercises - Pranayama Vs Deep Breathing Exercises - Importance of Nerve Culture in Yoga - Yoga and Competition - Yoga and Modern Education.	15	
References	Text Books: 1. Chandrasekaran K, (1999): Sound Health Through Yoga: PremKalyan Publications, Sedapatti, Tamilnadu. 2. Gharote M.L, (2012): Applied Yoga (Xed): Kaivalyadhama, Lonavla. 3. Gharote M.L. and Ganguly S.K.(2001): Teaching Methods for Yogic Practice: Kaivalyadhama, Lonavla. 4. Swami Kuvalayananda and Vinekar S.L. (1963) : Yogic Therapy:		

	<p>Kaivalyadhama SMYM samite, Lonavla, puneDist, Maharashtra.</p> <ol style="list-style-type: none"> 5. Swami Kuvalayananda, (1993): Asanas(VII ed): Kaivalyadhama, Lonavla. 6. Swami SatyanandaSaraswathi,(1981): A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya: Bihar school of yoga, Munger, Bihar, India 7. Tiwari O.P,(2002): Asanas why and How? (IV ed): Kaivalyadhama, Lonavla. 8. Yogasanas A Teacher’s Guide, (1983): NCERT, New Delhi. <p>References Books:</p> <ol style="list-style-type: none"> 1. Moorthy A.M, (2004): Yoga Therapy: Sports Publication, Coimbatore. 2. Swami Sivananda, (1999) : Easy Steps to Yoga: A Divine Life Society, Rishikesh. 3. Swami Vishnu – Devananda, (1995): The complete Illustrated Book of Yoga: Harmony Books, a division of crown publishers, New York. 4. Yoga Mimamsa Journal (Back volume): Kaivalyadhama, Lonavla. <p>Web Resources:</p> <ol style="list-style-type: none"> 1. https://www.researchgate.net/publication/241276629_PRINCIPLES_AND_METHODS_OF_YOGA_PRACTICES_Compilation http://cbseacademic.nic.in/web_material/Curriculum20/publication/srsec/Yoga XI.pdf 2. https://kdham.com/ 3. http://svyasa.edu.in/
Course Outcomes	<p>Students should be able to</p> <ol style="list-style-type: none"> 1. Know about the principles of asanas, pranayama and Bandhas & its classifications 2. Know about the principles of Kriyas and Mudras & its classifications 3. Know about the safety and precautionary measures for yogic practices. 4. Analyse the yoga and various types of exercises. 5. Know about the yoga and modern education

Mapping of COs with PSOs

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

Semester	I	Course Code	21YOGP0103
Course Title	APPLIED ANATOMY AND PHYSIOLOGY		
No. of Credits	4	No.of Contact hours per week	4
New Course / Revised Course	Revised Course	Percentage of Revision effected	23
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 human anatomy and physiology		
Unit	Content		No of Hours
I	Introduction to Human Anatomy and Physiology -Meaning of Anatomy & Physiology- Need and importance of knowledge of Anatomy & Physiology in Yoga - Structure And Function: Cells - Structure and function of various types of tissues- Classification of Joints.		15
II	Respiratory Tract (Nose, Pharynx, Larynx, Bronchi, Bronchiole, Alveoli -Lungs) Mechanism and control of Respiration - Types of muscles (Skeletal Muscle, Cardiac Muscle, and Smooth Muscle) - Effect of Yogic practices on respiratory, muscular system and joints.		12
III	Nervous System: ANS – CNS - PNS (Brain and Spinal Cord) - Peripheral Nervous System (PNS): (Cranial Nerves and Spinal Nerves) - Structure and functions of Heart –Types of circulation - Blood Vessels, Arteries, Veins, and Capillaries - Lymphatic system – Pulse and Blood Pressure - Effect of Yogic practices on Nervous and cardiac systems.		12
IV	Digestive tract and system (Mouth, Salivary Glands, Pharynx, Esophagus, Stomach, Pancreases, Liver, Gall Bladder, Small Intestine, Large intestine) - Structure and Functions of the kidney – Effect of Yogic practices on Digestive and Renal Systems		10
V	Structure and functions of Glands (Pituitary, Thyroid Gland, Para-Thyroid, Thymus, Pancreas, and Adrenal & Pineal Gland) - Endocrine System and Yogic practices		15
References	Text Books: 1. Gharote M.L, (2012), Applied Yoga(X ED): Kaivalyadhama, Lonavla. 2. Kumar N, (2009), Basic Anatomy and Physiology: Aitbs Publishers and Distributors, Chennai. 3. Murugesh N, (1980), Basic Anatomy and Physiology: Madurai, 4. Shirley Telles, Nagendra (1998), A Glimpse of the Human Body, SVYP, Bangalore.		
	References Books: 1. David Coulter H, (2012), Anatomy of Hatha Yoga- A Manual for Students, Teachers andPractitioners (Hardcover): Body and Breath ISBN 13-97890970700605. 2. Kaivalyadhama Golden Jubilee Years souvenir: -Kaivalyadhama,(1975),		

	<p>Lonavla.</p> <p>3. Krishna Raman, (2008), A Matter of Health: East west Books, Chennai.</p> <p>4. Pandit, (1987), Yoga for Modern Man: Sterling Publication Private Ltd, New Delhi,.</p> <p>5. Swami Kuvalayanda and Vinekar S.L, (1963), Yogic Therapy: Kaivalyadhama, Lonavla.</p> <p>Web Resources:</p> <p>1. https://www.uc.edu/content/dam/uc/ce/docs/OLLI/Page%20Content/OLLI%20iNTRODUCTION%20TO%20THE%20BODY.pdf</p> <p>2. https://d3bxy9euw4e147.cloudfront.net/oscms-qa/media/documents/AnatomyAndPhysiology-LR.pdf</p> <p>3. https://kdham.com/</p> <p>4. http://svyasa.edu.in/</p>
Course Outcomes	<p>Students should be able to</p> <ol style="list-style-type: none"> 1. Know about the structure and functions of various systems in human body. 2. Understand the mechanism of respiratory and nervous system. 3. Obtain brief idea about cardio-vascular system. 4. Acknowledge the digestive and renal systems 5. Understand the effect of yogic practices on various systems in human body.

Mapping of COs with PSOs

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

Semester	I	Course Code	21YOGP0104
Course Title	PRACTICAL – I ASANAS		
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 Gain Knowledge about the asanas.		
Unit	Content		No of Hours
I	Loosening Exercises & Meditative Asanas Sukhasana Vajrasana Padmasana, Siddhasana/siddhayoniasana	RELAXATIVE ASANAS: Shavasana Makrasana	11
II	Standing Postures: Suryanamaskar Tadasana Ardhakati Chakrasana Pada Hastasana ArdhaChakrasana, Vrksasana	Utkatasana Parivrutha Trikonasana Trikonasana Garudasana Virabhadrasana	42
III	Sitting Postures: Baddha Konasana Vakrasana Paschimottasana Sasangasana Gomukhasana	Marichyasana Janu Sirshasana Ustrasana	40
IV	Prone Postures: Bhujangasana Ardha Salabhasana Salabhasana Dhanurasana		10
V	Supine Postures: Uttana Padasana Pawanamuktasana Sethu Bandhasana Navasana Viparitha karani Sarvangasana Matsyasana Ardha Halasana Halasana Chakrasana		25

References	<p>Text Books :</p> <ol style="list-style-type: none"> 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 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 Sivananda, (1978), Yoga Teachers Manual: International Vedanta Centres, Val Morin, Quebec, Canada.
	<p>References Books:</p> <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. 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. http://doronoyoga.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	<p>Students should be able to</p> <ol style="list-style-type: none"> 1. Prepare well for yogic practices. 2. Demonstrate the standing postures 3. Demonstrate the sitting postures 4. Exhibit the various posture in prone and supine positions 5. Grasp the idea about loosening exercises and relaxative asanas

Mapping of COs with PSOs

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

Semester	I	Course Code	21YOGP0105
Course Title	YOGA PRACTICAL – II PRANAYAMA, MEDITATION AND TEACHING METHODOLOGY		
No. of Credits	4	No.of Contact hours per week	8
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 pranayama practice, Meditation and teaching methodology.		
Unit	Content	No of Hours	
I	Practices of Pranayam and Meditation Kapalabhathi Sectional Breathing: Abdominal Breathing Thoracic Breathing Clavicular Breathing Full Yogic Breathing	20	
II	Pranayamas: Chandra Anuloma Viloma Surya Anuloma Viloma Chandra Bhedana Surya Bhedana Nadi Shodhana Nadi Suddhi Ujjyai Bhastrika Sitali Sitkari Sadhantha Bhramari	32	
III	Meditation Nadhanusandhana, Pranadharana & Yoga Nidra	30	
IV	Methodology in teaching yoga (Lecture, Directed practice, demonstration, lecture cum demonstration and imitation methods)	20	
V	Preparation of Yogic Practices lesson plan.	26	
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 vivekanandha yoga prakashana, Banglore. 3. Iyengar B.K.S, (2001), Light on yoga [yoga Dipika]: Harper Collins publishers, New Delhi, India		

	<p>4. Swami Kuvalayananda, (1993), Asanas (VII ed): Kaivalyadhama, Lonavla, Pune Dist, Maharashtra.</p> <p>5. 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>6. Swami Satyananda Saraswati, (2008), Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India.</p> <p>7. Swami Sivananda, (1978), Yoga Teachers Manual: International Vedanta Centres, Val Morin, Quebec, Canada.</p> <p>References Books:</p> <p>1. Joshi K.S, (1983), Yogic Pranayama: Orient Publishers, New Delhi.</p> <p>2. Krishna, (1996), Essence of Pranayama (II ed): Kaivalyadhama Lonavla.</p> <p>3. Swami Kuvalayananda ,(2000), Pranayama (IX ed): Kaivalyadhama Ashram, Lonavla.</p> <p>4. Swami Kuvalayananda and Vinekar S.L, (1963), Yogic Therapy- Its basic principles and methods: Ministry of Health, Govt. of India New Delhi.</p> <p>5. Tiwari O.P, Asanas,(2002), Why and How?(IV ed): Kaivalyadhama, Lonavla,Pune Dist.Maharashtra.</p> <p>6. Yogasanas, (1983), A Teacher’s Guide: NCERT, New Delhi.</p> <p>Web Resources:</p> <p>1. http://doronyoga.com/200hr-yoga-teacher-training-guatemala/?gclid=EAIaIQobChMI9sXqrNrG2wIVQRSPCh0gZAhJEAAYAiAAEgLYJvD_BwE</p> <p>2. https://en.wikipedia.org/wiki/Ashtanga_vinyasa_yoga</p> <p>3. http://ayush.gov.in/</p>
<p>Course Outcomes</p>	<p>Students should be able to</p> <ol style="list-style-type: none"> 1. Prepare well for yogic practices. 2. Demonstrate the Sectional Breathing 3. Exhibit the various paranayam 4. Realize the benefits and perform the various meditational techniques. 5. Get well versed in teaching yoga.

Mapping of COs with PSOs

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

Semester	I	Course Code	21ENGP00C1
Course Title	COMMUNICATION AND SOFT SKILLS		
	As Prescribed by School of English and Foreign Languages, GRI		

Semester	II	Course Code	21YOGP0206
Course Title	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 Knowledge about the applications of yoga in day today life.		
Unit	Content	No of Hours	
I	Concept of “Positive Health”- Meaning and definition of Health - Various dimensions of health (Physical, Mental, Social and Spiritual) - Criteria of health- Important yard sticks of health - Responsibility and control over one’s own health status.	6	
II	Yoga and sports fitness-Concept of ‘Healthy Personality’ - Characteristics of Healthy Personality - Superior mental health aids to a healthy personality.	13	
III	Yoga and health - As a Therapy, Treatment - General Fitness. Integration of body and mind – Holistic Development.	21	
IV	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 good Psychological attitudes.	10	
V	Yoga at workplace - Problems – (stress and strain, anxiety, Conflicts resulting in fatigue) – Preventing drug abuse and remedies to overcome -Yoga and Personality Development (Co-operation, Simplicity, Tolerance, Social Adjustments) - Yoga and self Developments.	14	
References	<p>Text Books:</p> <ol style="list-style-type: none"> 1. Chandrasekaran.K, (1999), Sound Health Through Yoga: PremKalyan Publications, Sedapatti, Madurai. 2. Herbert Benson and William proctor, (1985), Beyond relaxation response: Colling Fount Paperbacks, London. 3. Hurlock, Elizabeth B., (1976), Personality Development: Tata MC Graw – Hill Publishing Company Ltd., New Delhi. 4. Jourard S.M. and Ted Landsman, (1980), Healthy Personality (<i>IV ed</i>): Macmillian Publishing co., Inc, New York. 5. Sri Yogendra, Yoga Personal Hygiene (<i>Vols I & II</i>):- The Yoga Institute, Santacruz, and Bombay. 6. Swami Kuvalayanda and Dr.S.L. Vinekar, (1936), Yogic Therapy- Its Basic principles and methods: Ministry of health, Govt. of India, New Delhi. 7. Udupa K.N. and H.R.Singh,(1978), Science and Philosophy of Indian Medicine: Shree BaidyanathayurvedaBhawan Ltd., Negpur. 		

	References Books: <ol style="list-style-type: none"> 1. Asrani U.A., (1977), Yoga Unveiled (Part I):,MotilalBanarsidass, Delhi. 2. Mishra S.P., (1989), Yoga and Ayurveda: Chowkhamba Sanskrit Sansthan, Varanasi, U.P 3. Swami Sivananda, (2006), Health and Diet: Divine Life Society, Rishikesh. 4. Swami Sivananda, (2004), Yoga in Daily Life: Divine Life Society, Rishikesh. 5. Suresh Kutty K., (2004), Foundations of Sports and Exercise Psychology, Sports Publications, New Delhi.
	Web Resources: <ol style="list-style-type: none"> 1. https://kdham.com/ 2. http://svyasa.edu.in/ 3. https://www.ugc.ac.in/pdfnews/1472653_Yoga-Protocol_001.pdf
Course Outcomes	Students should be able to <ol style="list-style-type: none"> 1. Identify the dimensions of health. 2. Develop knowledge in sports fitness and perform yoga 3. Know the importance of holistic developments 4. Refresh their minds, cultivate good attitudes and desires 5. Realize the importance of yoga at workplace.

Mapping of COs with PSOs

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

Semester	II	Course Code	21YOGP0207
Course Title	SCHOOLS OF YOGA AND MEDITATION		
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 various schools of yoga and meditation.		
Unit	Content	No of Hours	
I	Ancient Indian Tradition of Yoga and Meditation – Kena Upanishad, Taittreya Upanishad, Katha Upanishad, Isavasya Upanishad, Svetasvara Upanishad, Mandukya Upanishad, & Prasna Upanishad.	6	
II	Tirumular's Thirumanthiram: Tantra-III (578 Varumaathiuraettaul, 579 Kannakku, 580 Onnaa, 581 Orupolu, to 597 ArevaaYasathaennu). Patanjali's Yoga Suthra – Sadhana Pada verse – 10 (DhayanHeyas Tad) & Vibhuti Pada Verse – 2 (Tantra Pratyaya... Dhayanam).	15	
III	Bhagavad Gita – Meditation Chapter – VI (Verse (10) Yogi Yungeetha Statam to Verse (36) Asmaytha Atmanaa Yoga Thusparapa) – Japa Meditation, Ajapa Meditation, Hatha Yoga meditation – Kundalini (Chakras, Nadis, Granthis) – Obstacles to Meditation.	18	
IV	Jain School of Yoga and Meditation – Preksha Meditation: What is Preksha – Aim – Pre Conditions – Kayotsarga (Body awareness) – Perception of body & breathing.	11	
V	Buddhist traditions of Yoga and Vipassana Meditation – Anapana Sati (Breath Concentration) – Sila (Precepts) – Samadhi (Concentration) – Panna (Wisdom) – Five Obstacles – Metta (Universal Love) – Karuna (Compassion) – Mudita (Joy in others) – Upekkha (Equanimity).	14	
References	Text Books: 1. Ramanatha Pillai PA., (1996), Thirumanthiramouvaayeram, The South India Saiva Siddhanta Works Publishing Society, Thirunelveli. 2. Swami Ashutosh Anantar, (2003), Kena Upanishad, Sri Ramakrishna Math, Mylapore, Chennai. 3. Swami Asthosh Ananthar, (2002), Sri Mad Bhagavad Gita, Sri Ramakrishna Math, Mylapore, Chennai. 4. Swami Vishnu Ddevananda, (2001), Meditation and mantras, Motilal Banarsidas Publishers Private Limited, Delhi. 5. Taimani I.K, (2001), The Science of Yoga, Theosophical society publication, Adyar, Chennai.		
	References Books: 1. Lajpat Rai, (1998), Meditation: Techniques and their Scientific Evaluation, Anunhav Rai Publications, Haryana.		

	<p>2. Acharya Mahaprajna, (1994), A Handbook of Preksha Meditation for the Trainers, Jain VishvaBharati, Rajasthan.</p> <p>3. BhikkhuBuddhadasa, (1980), Anapanasati, Sublime Life Mission, Thailand.</p> <p>Web Resources:</p> <ol style="list-style-type: none"> 1. https://yogabog.com/sites/default/files/files/Iyengar_B_K_S__The_Illustrated_Light_On_Yoga.pdf 2. https://kdham.com/ 3. http://svyasa.edu.in/
Course Outcomes	<p>Students should be able to</p> <ol style="list-style-type: none"> 1. Gain knowledge about yoga traditions 2. Summarize the yogic concepts quoted by Tirumular 3. Understand about meditation and Kundalini 4. Aware of body and mind 5. Understand the prosperity of meditation and yoga.

Mapping of COs with PSOs

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

Semester	II	Course Code	21YOGP0208
Course Title	YOGA AND TRADITIONAL THERAPY		
No. of Credits	3	No.of Contact hours per week	3
New Course / Revised Course	Revised Course	Percentage of Revision effected	23
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 yoga and traditional therapy for common ailments.		
Unit	Content	No of Hours	
I	History of yoga therapy –Essence and Principles of Yoga therapy- Physiology and pathology in the yoga-Shastra-Koshas-doshas-Panchaprana-Assessment-observation-Palpation-Interview- NadiPariksa diagnosis - Application of therapeutic yogic practices -Yogic diet – Limitations of Yoga Therapy.	6	
II	Therapeutic application of Yoga: Common Cold - Sinusitis - Asthma - Ulcer- IBS - constipation – Covid19 - High and low blood pressure – IHD – Obesity - Diabetes Mellitus - Thyroid problems - Migraine - Arthritis – Stroke – Epilepsy - Impotency - Back pain – Postural Deformities – Text neck.	10	
III	Therapeutic application of yoga for psychological disorders: Phobia-Insomnia - Neurosis: Anorexia, Stress, Anxiety, depression, eating disorders, Psychosis: Schizophrenia, autism, Bipolar disorders, dementia, Personality disorders: Paranoid, histrionic, drug addicts- Smoking, Alcoholism, Gambling – Importance of yoga during pandemic time.	10	
IV	Therapeutic application of yoga for the problems of women- Amenorrhoea. Dysmenorrhoea, menorrhagia, metrorrhagia, Hypomemorrhoea, oligomenorrhoea. Polymenorrhoea, leucorrhoea, uterus related problems, miscarriage. Pregnancy-pre and post natal care.	11	
V	Traditional Therapy: Concept – Principles – Methods of Ayurveda – Siddha – Naturopathy – Acupuncture – Acupressure – Music – Colour therapy.	11	
References	Text Books: <ol style="list-style-type: none"> 1. Nagarathana R.H.R. Nagendra &ShanmanathaKanmaniNarendran, (2002), Yoga for common ailments and IAYT for different diseases, Bangalore: Swami Vivekananda Yoga Prakashana. 2. Nagarathna & Nagendra, (2008), Yoga for Hypertension & Heart disease- Bangalore: Swami Vivekananda Yoga Prakshana. 3. Nagarathna& Nagendra, (2007), Yoga for Digestive Disorders- Bangalore: Swami Vivekananda Yoga Prakashana. 4. Nagarathna& Nagendra, (2008), Yoga for Bronchial Asthma-Bangalore: Swami Vivekananda Yoga Prakashana 5. Swami Karmananda, (2008), Yogic Management of Common Diseases, Munger: Yoga Publications trust. 		
	References Books: <ol style="list-style-type: none"> 1. Chandrasekaran K, (2012), Yoga Therapy, Chennai: VHR Publications. 		

	<ol style="list-style-type: none"> 2. Gore, Vage, Kulkarni and oak (2008), Yoga therapy for selected diseases, Lonala: Kaivalyadhama. 3. Jaggi.O.P.,(2001), Healing Systems, Delhi Orent paper backs. 4. Mantra Yoga for Back and joint disorders Mumbai: The Yoga Institute (2012). 5. ShenmashakaminiNarendhan,(2008), Yoga and pregnancy-Bangalore: Swami Vivekananda Yoga Prakshana. 6. SivanandaSaraswati, (1975), Yogic TherapyGawhati, Bramacharya Yogeswar Umachal Yojashram. 7. Sri Kant SS et al., (2008), Yoga for diabetes, Bangalore: Swami Vivekananda Yoga Prakshana. 8. SundaramYogacharyaSundara, (2004), Yogic Therphy, Coimbatore: the Yoga Publishiing Home. 9. Swami Kuavalayananda&Dr.S.C. Vinekar,(1994), Yogic Therapy, New Delhi Central Health Education Bureau. 10.Swami SatyanandaSaraswathi, (2007), Yoga and Cardiovascular Management Munger, Yoga Publications Trust. 11.Swami Shankerdevananda,(2006),The Effect of Yoga on Hypertension, Munger, Yoga Publications Trust. 12.Swami Shankerdevananda,(2007), Yoga Management of Asthma and Diabetes Munger, Yoga Publications Trust.
	<p>Web Resources:</p> <ol style="list-style-type: none"> 1. https://www.yumpu.com/en/document/read/65098730/download-pdf-yoga-therapy-foundations-methods-and-practices-for-common-ailments-online/3 2. https://www.indianembassyberlin.gov.in/pdf/AYUSH_COVID_Protocol_2020_oct15_1.pdf 3. https://www.un.org/sites/un2.un.org/files/guidelines_for_yoga_practitioners_for_covid-19.pdf. 4. http://www.drmccall.com/uploads/2/2/6/5/22658464/yam_117conditions.pdf -
Course Outcomes	<p>Students should be able to</p> <ol style="list-style-type: none"> 1. Know about yoga and traditional therapies. 2. Know about yoga therapy for life style disorders. 3. Know about therapeutical approach for psychological disorders. 4. Understand the various health problems. 5. Enhance the knowledge about womens' health problems.

Mapping of COs with PSOs

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

Semester	II	Course Code	21YOGP0209
Course Title	PRACTICAL – III KRIYAS AND BANDHAS		
No. of Credits	3	No.of Contact hours per week	6
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 Gain Knowledge about kriyas and bandhas.		
Unit	Content	No of Hours	
I	Kriyas:Neti- JalaNeti, Sutra Neti - Dhauti- Vamana Dhauti,VasthraDhauti, DhandaDhauti, - Kapalabhati - Single Nostril, Both Nostrils and Alternative Nostril.	14	
II	LaghooShankhaPrakshalana (Tadasana, TiryakaTadasana, Kati Chakrasana, TiryakaBhujangasana, Udarakarshanasana)	7	
III	Nauli- DakshinaNauli, VamanaNauli,	9	
IV	AgnisaraKriya- Trataka - JyothiTrataka, JathruTrataka-	9	
V	Bandhas: Jalandhara Bandha- Uddiyana Bandha- Moola Bandha-Maha Bandha- Jiva Bandha –Tri Bandha.	9	
References	Text Books : <ol style="list-style-type: none"> Chandrasekaran K, (1999), Sound Health Through Yoga: Prem Kalyan Publications, Sedapatti, Madurai. Nagarathnam H R.& Nagendra H R, (2015), Promotion of positive health swami vivekanandha yoga prakashana, Bangalore. 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,Maharashtra. 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, Quebec, Canada. 		
	References Books: <ol style="list-style-type: none"> Gharote M.L. andGanguly S.K, (2001), Teaching Methods for Yogic Practice: Kaivalyadhama, Lonavla. 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 		

	<p>Dist.Maharashtra.</p> <p>7. YOGA (Asanas, Pranayama, Mudras, Kriyas), (2001), <i>AnInstructionBooklet</i>, Vivekananda Kendra Prakashan Trust, Triplicane, Chennai.</p> <p>8. Yogasanas, (1983), A Teacher's Guide: NCERT, New Delhi.</p>
	<p>Web Resources:</p> <p>1. http://doronyoga.com/200hr-yoga-teacher-training-guatemala/?gclid=EAIaIQobChMI9sXqrNrG2wIVQRSPCh0gZAhJEAAYAiAAEgLYJvD_BwE</p> <p>2. https://en.wikipedia.org/wiki/Ashtanga_vinyasa_yoga</p> <p>3. http://ayush.gov.in/</p>
Course Outcomes	<p>Students should be able to</p> <ol style="list-style-type: none"> 1. Execute the cleansing process of body and mind. 2. Demonstrate kriyas and bandhas 3. Realize the importance of kriyas. 4. Teach yogic practices on various methodologies. 5. Practice, feel and share the yogic practices.

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

Semester	II	Course Code	21YOGP0210
Course Title	PRACTICAL – IV MUDRAS, MEDITATIONS AND TEACHING METHODOLOGY		
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 Gain Knowledge about mudras, meditations and teaching methodology		
Unit	Content		No of Hours
I	Mudras: Chin Mudra - Chinmaya Mudra - Adimudra - Brahma Mudra - Nasikagra Mudra - Shanmukhi Mudra -Bhairava Mudra		11
II	Agochari Mudra -Shambhavi Mudra -Viparithakarani Mudra - Yoga Mudra -Asvini Mudra - Maha Mudra.		42
III	Meditation: Ancient Indian tradition of Yoga and Meditation - ‘OM’ Meditation, Vipassana Meditation (Anapana), Cyclic Meditation. SoHum Meditation, Chidakasha Meditation - Repetitive practice of mudras and meditation		40
IV	Meaning and Scope of Teaching Methodology: Scope of Teaching – learning – Methods of Teaching – Factors influencing the teaching method – class management- lesson plan – Contents of Lesson plan.		10
V	Preparation of lesson plan for yogic Practices (asana, Pranayama, Mudras, Bandhas, Kriyas& Meditation) – 12 days of Internship for teaching yoga.		25
References	Text Books : <ol style="list-style-type: none"> 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 vivekanandha yoga prakashana, Bangalore. 3. Iyengar B.K.S, (2001), Light on yoga [yoga Dipika]: Harper Collins publishers, New Delhi, India 4. Swami Kavalayananda, (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: <ol style="list-style-type: none"> 1. Gharote M.L. and Ganguly S.K, (2001), Teaching Methods for Yogic Practice: Kaivalyadhama, Lonavla. 2. Joshi K.S, (1983), Yogic Pranayama: Orient Publishers, New Delhi. 3. Krishna, (1996), Essence of Pranayama (II ed): Kaivalyadhama Lonavla. 		

	<ol style="list-style-type: none"> 4. Swami Kunalayananda,(2000), Pranayama (IX ed): Kaivalyadhama Ashram, Lonavla. 5. Swami Kunalayananda and Vinekar S.L, (1963), Yogic Therapy- Its basic principles and methods: Ministry of Health, Govt. of India New Delhi. 6. Tiwari O.P, Asanas,(2002), Why and How?(IV ed): Kaivalyadhama, Lonavla,Pune Dist.Maharashtra. 7. YOGA (Asanas, Pranayama, Mudras, Kriyas), (2001), <i>AnInstructionBooklet</i>, Vivekananda Kendra Prakashan Trust, Triplicane, Chennai. 8. Yogasanas, (1983), A Teacher’s Guide: NCERT, New Delhi. <p>Web Resources:</p> <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	<p>Students should be able to</p> <ol style="list-style-type: none"> 1. Execute the cleansing process of body and mind. 2. Demonstrate mudras 3. Realize the importance of meditation. 4. Teach yogic practices on various methodologies. 5. Practice, feel and share the yogic practices.

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

Semester	I	Course Code	21CSAD0201
Course Title	WEB DESIGNING		
	As Prescribed by Department of Computer Science and Applications, GRI		

Semester	I	Course Code	19/21GTPP00H1
Course Title	Human Values and Professional Ethics		
	As Prescribed by Department of Gandhian Studies, GRI		