

Semester	I / II	Course Code	21YOGV0001
Course Title	Yoga Education		
No. of Credits	0+2	No.of Contact hours per week	2
New Course / Revised Course	Revised Course	Percentage of Revision effected	20
Category	Non-credit course		
Scope of the Course	Value-Added Courses imparting transferable and life skills		
Cognitive Levels addressed by the Course	K-1 & K-2		
Course Objectives	The Course aims to Gain the practical knowledge about Yogic Practices		
Unit	Content		No of Hours
I	History of Yoga - Definition – Aims and Objectives - Yoga as an ideal system of physical culture - Difference between practice of Asanas and Physical Exercise.		4
II	Schools of Yoga: Patanjaliyoga – Astangayoga – Tantrayoga – Mantrayoga – Hathayoga – Layayoga - Rajayoga – Jnanayoga – Bhaktiyoga – Karmayoga – Loosening Exercises in yoga – Suryanamaskar.		4
III	Asanas Practice: Meditative Asanas: Sukhasana – Ardha Padmasana – Padmasana – Samasana - Vajrasana – Standing Asanas: Tadasana – Padahasthasana – Ardha cakrasana- Trikonasana- Parivrtta Trikonasana – Vrikshasana – Virabhadrasana- Utkatasana; Sitting Asanas: Baddha konasana – Janusirasana – Paschimottanasana – Ustrasana – Vakrasana - Gomukhasana – Akarna Dhanurasana – Utthita Padmasana - Upavistakonasana.		10
IV	Asanas Practice: Prone Asanas: Makarasana – Bhujangasana – Shalabhasana – Dhanurasana – Naukasana – Niralambhasana - Supine Asanas: Pavanamuktasana – Sethubandhasana – Navasana – Sarvangasana – Halasana – Matsyasana – Savasana - Yoga and postural deformities - text neck.		8
V	Pranayama Practice: Sectional Breathing - Nadisuddhi – Bhramari – Bhastrika - Kapalabhati – Introduction to Bandhas – Mudras – Dharana (Trataka) – Dhyana – Jalaneti- Importance of pranayama practice for Covid19.		6
References	Text Books: 1. Chandrasekaran K, (1999), Sound Health Through Yoga, Prem Kalyan Publications, Sedapatti. 2. Iyengar B.K.S, (2000), Light on Yoga, Harpine Collins Publication, New Delhi, 2000. 3. Nagarathnam H R. & Dr.H R Nagendra (2015) Promotion of positive health swami vivekanandha yoga prakashana, Banglore.		

	<p>4. Swami Satyananda Saraswati, (2008): Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India.</p> <p>References Books:</p> <ol style="list-style-type: none"> 1. Chandara Shekar K., 2003, Yoga for Health, , Khel Sahitya Kendra, Theni. 2. Indira Devi, 2002, Yoga for You, , Jaico Publishing House, Chennai. 3. Maharishi Patanjali, 2003, Yoga for All, Sahni Publications. 4. Pandit.M.P.1987, Yoga for the Morden Man, , Sterling Publishers Private Limited, New Delhi. 5. Swami Kuvalayananda, 1993, Asanas, Kaivalayadhama, Lonavla. 6. Vivekananda Kendra Prakashan, (2009), Yoga, Chennai. 7. Yoga for Health, 2003, Institute of Naturopathy & Yogic Sciences, Bangalore. <p>Web Resources:</p> <ol style="list-style-type: none"> 1. https://kdham.com/ 2. http://www.biharyoga.net/
Course Outcomes	<p>Students should be able to</p> <ol style="list-style-type: none"> 1. Understand concept of yoga. 2. Demonstrate the suryanamaskar and various asanas. 3. Perform meditation techniques. 4. Realize the benefits of mudras and bandhas 5. Assess the difference between the asanas and physical exercises.

Pattern

First CFA	Second CFA		Total Marks 50
	25 Marks		
25 marks	Test	Assignment	
	20marks	5 marks	

Semester	I / II	Course Code	21YOGU0001
Course Title	Yoga Education		
No. of Credits	0+1	No.of Contact hours per week	1
New Course / Revised Course	Revised Course	Percentage of Revision effected	20
Category	Non-credit course		
Scope of the Course	Value-Added Courses imparting transferable and life skills		
Cognitive Levels addressed by the Course	K-1 & K-2		
Course Objectives	The Course aims to gain the practical knowledge about Yogic Practices		
Unit	Content		No of Hours
I	History of Yoga - Definition – Aims and Objectives - Yoga as an ideal system of physical culture - Difference between practice of Asanas and Physical Exercise.		2
II	Schools of Yoga: Patanjaliyoga – Astangayoga – Tantrayoga – Mantrayoga – Hathayoga – Layayoga - Rajayoga – Jnanayoga – Bhaktiyoga – Karmayoga – Loosening Exercises in yoga – Suryanamaskar.		4
III	Asanas Practice: Meditative Asanas: Sukhasana – Ardha Padmasana – Padmasana –Vajrasana – Standing Asanas: Tadasana –Trikonasana- Parivrtta Trikonasana – Vrikshasana –Sitting Asanas: Baddha konasana – Janusirasana – Paschimottanasana – Ustrasana – Vakrasana – Gomukhasana.		3
IV	Asanas Practice: Prone Asanas: Makarasana – Bhujangasana – Shalabhasana – Dhanurasana - Supine Asanas: Pavanamuktasana – Sethubandasana – Navasana –Savasana – Yoga and postural deformities - text neck.		3
V	Pranayama Practice: Sectional Breathing - Nadisuddhi – Bhramari – Bhastrika - Kapalabhati – Introduction to Bandhas – Mudras – Dharana (Trataka) – Dhyana – Jalaneti -Importance of pranayama practice for Covid19.		4
References	Text Books: 1. Chandrasekaran K, (1999), Sound Health Through Yoga, Prem Kalyan Publications, Sedapatti. 2. Iyengar B.K.S, (2000), Light on Yoga, Harpine Collins Publication, New Delhi, 2000. 3. Nagarathnam H R. & Dr.H R Nagendra (2015) Promotion of positive health swami vivekanandha yoga prakashana, Bangalore. 4. Swami Satyananda Saraswati, (2008): Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India.		
	References Books:		

	<ol style="list-style-type: none"> 1. Chandara Shekar K., 2003, Yoga for Health, , Khel Sahitya Kendra, Theni. 2. Indira Devi, 2002, Yoga for You, , Jaico Publishing House, Chennai. 3. Maharishi Patanjali, 2003, Yoga for All, Sahni Publications. 4. Pandit.M.P.1987, Yoga for the Morden Man, Sterling Publishers Private Limited, New Delhi. 5. Swami Kuvalayananda, 1993, Asanas, Kaivalayadhama, Lonavla. 6. Vivekananda Kendra Prakashan, (2009), Yoga, Chennai. 7. Yoga for Health, 2003, Institute of Naturopathy & Yogic Sciences, Bangalore. <p>Web Resources:</p> <ol style="list-style-type: none"> 1. https://kdham.com/ 2. http://www.biharyoga.net/
Course Outcomes	<p>Students should be able to</p> <ol style="list-style-type: none"> 1. Understand concept of yoga. 2. Demonstrate the suryanamaskar and various asanas. 3. Perform meditation techniques. 4. Realize the benefits of mudras and bandhas 5. Assess the difference between the asanas and physical exercises.

Pattern

First CFA	Second CFA		Total Marks 50
	25 Marks		
25 marks	Test 20marks	Assignment 5 marks	

	<p>4. Swami Satyananda Saraswati, (2008): Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India.</p> <p>References Books:</p> <ol style="list-style-type: none"> 1. Chandara Shekar K., 2003, Yoga for Health, , Khel Sahitya Kendra, Theni. 2. Indira Devi, 2002, Yoga for You, , Jaico Publishing House, Chennai. 3. Maharishi Patanjali, 2003, Yoga for All, Sahni Publications. 4. Pandit.M.P.1987, Yoga for the Morden Man, , Sterling Publishers Private Limited, New Delhi. 5. Swami Kuvalayananda, 1993, Asanas, Kaivalayadhama, Lonavla. 6. Vivekananda Kendra Prakashan, (2009), Yoga, Chennai. 7. Yoga for Health, 2003, Institute of Naturopathy & Yogic Sciences, Bangalore. <p>Web Resources:</p> <ol style="list-style-type: none"> 1. https://kdham.com/ 2. http://www.biharyoga.net/
Course Outcomes	<p>Students should be able to</p> <ol style="list-style-type: none"> 1. Understand concept of yoga. 2. Demonstrate the suryanamaskar and various asanas. 3. Perform meditation techniques. 4. Realize the benefits of mudras and bandhas 5. Assess the difference between the asanas and physical exercises.

Pattern

First CFA	Second CFA		Total Marks 50
	25 Marks		
25 marks	Test	Assignment	
	20marks	5 marks	

Semester	I / II	Course Code	21SPOU0001
Course Title	Sports and Games		
No. of Credits	0+1	No.of Contact hours per week	1
New Course / Revised Course	Revised Course	Percentage of Revision effected	30
Category	Foundation course (Optional Course)		
Scope of the Course	Skill Development		
Cognitive Levels addressed by the Course	K-1 & K-2		
Course Objectives	The Course aims to Gain knowledge about the Fitness, Sports and Games		
Unit	Content		No of Hours
I	Concept of Health Related Fitness (HRF) Test – Assessment of HRF test.		3
II	Introduction to Yo -Yo tests - Basic skills in Kabaddi.		4
III	Fundamental skills in Field Hockey / Volleyball		3
IV	Introduction to Track and Field Events - Procedure for 4 X100 Meters Relay - Tournaments (Intramural and Extramural tournaments) - Methods to draw the fixture for knockout and league tournaments.		3
V	Introduction to Common athletic injuries and first-aid - Recreational activities (Minor games) – Basic skills in Shot put / Javelin throw.		3
References	<p>Text Books:</p> <ol style="list-style-type: none"> 1. Bonnie Kenny and Cindy Gregory, (2006), Volleyball (Steps to Success), (3ED), Human Kinetics Publishers, Champaign, USA. 2. Elizabeth Anders and Sue Myers, (2008), Field Hockey (Steps to Success), Human Kinetics Publishers, Champaign, USA. 3. James R.Morrow, Jr., Allen W.Jackson, James G.Disch and Dale.P.Mood, (2000), Measurement and Evaluation in Human Performance, (2ED), Human Kinetics Publishers, Champaign, USA. 4. Ken O. Bosen, (1973), Track & Field Fundamental Techniques NIS Publications, Patiala. 5. Rule Book, (2014), Provinces battling for the Indigenous Games champs trophy. 		
	<p>References Books:</p> <ol style="list-style-type: none"> 1. Kamlesh, M.L.,(1987), Management Concepts Physical Education and Sport Metropolitan Book Co., Pvt., Ltd., Nethaji Subhash Marg, New Delhi. 2. Thirunarayanan, C. and Hariharan, S., (1989), Methods in Physical Education, C.T. & S.H., Publications, Karaikudi. 		
	<p>Web Resources:</p> <ol style="list-style-type: none"> 1. https://www.iaaf.org/home 2. http://www.indiankabaddi.org/ 		

	<ol style="list-style-type: none"> 3. http://khokhofederation.in/ 4. https://www.olympic.org/the-ioc 5. https://www.topendsports.com/testing/tests/yo-yo-endurance.htm
Course Outcomes	<p>Students should be able to</p> <ol style="list-style-type: none"> 1. Assess the fitness level. 2. Demonstrate skills in indigenous game. 3. Demonstrate skills in major Sport and game. 4. Learn the basic skills involved in field event. 5. Know about recreational games and latest fitness assessment tools.

Pattern

First CFA	Second CFA		Total Marks 50
	25 Marks		
25 marks	Test	Assignment	
	20marks	5 marks	

Semester	I / II / III	Course Code	21SPOV0001
Course Title	Sports and Games		
No. of Credits	0+2	No.of Contact hours per week	2
New Course / Revised Course	Revised Course	Percentage of Revision effected	25
Category	Foundation course (Optional Course)		
Scope of the Course	Skill Development		
Cognitive Levels addressed by the Course	K-1 & K-2		
Course Objectives	The Course aims to Gain knowledge about the Fitness, Sports and Games		
Unit	Content		No of Hours
I	Concept of Health Related Fitness (HRF) Test – Assessment of HRF test.		6
II	Introduction to Yo -Yo tests - Basic skills in Kabaddi.		6
III	Fundamental skills in Field Hockey and Volleyball		6
IV	Introduction to Track and Field Events - Procedure for 4 X100 Meters Relay - Tournaments (Intramural and Extramural tournaments) - Methods to draw the fixture for knockout and league tournaments.		8
V	Introduction to Common athletic injuries and first-aid - Recreational activities (Minor games) – Basic skills in Shot put and Javelin throw.		6
References	<p>Text Books:</p> <ol style="list-style-type: none"> Bonnie Kenny and Cindy Gregory, (2006), Volleyball (Steps to Success), (3ED), Human Kinetics Publishers, Champaign, USA. Elizabeth Anders and Sue Myers, (2008), Field Hockey (Steps to Success), Human Kinetics Publishers, Champaign, USA. James R.Morrow, Jr., Allen W.Jackson, James G.Disch and Dale.P.Mood, (2000), Measurement and Evaluation in Human Performance, (2ED), Human Kinetics Publishers, Champaign, USA. Ken O. Bosen, (1973), Track & Field Fundamental Techniques NIS Publications, Patiala. Rule Book, (2014), Provinces battling for the Indigenous Games champs trophy. 		
	<p>References Books:</p> <ol style="list-style-type: none"> Kamlesh, M.L.,(1987), Management Concepts Physical Education and Sport Metropolitan Book Co., Pvt., Ltd., Nethaji Subhash Marg, New Delhi. Thirunarayanan, C. and Hariharan, S., (1989), Methods in Physical Education, C.T. & S.H., Publications, Karaikudi. 		
	<p>Web Resources:</p> <ol style="list-style-type: none"> https://www.iaaf.org/home http://www.indiankabaddi.org/ 		

	<ol style="list-style-type: none"> 3. http://khokhofederation.in/ 4. https://www.olympic.org/the-ioc 5. https://www.topendsports.com/testing/tests/yo-yo-endurance.htm
Course Outcomes	<p>Students should be able to</p> <ol style="list-style-type: none"> 1. Assess the fitness level. 2. Demonstrate skills in indigenous game. 3. Demonstrate skills in major Sports and games. 4. Learn the basic skills involved in field events. 5. Know about recreational games and latest fitness assessment tools.

Pattern

First CFA	Second CFA		Total Marks 50
	25 Marks		
25 marks	Test	Assignment	
	20marks	5 marks	

Name of the Course	PHYSICAL EDUCATION AND YOGA PRACTICES		
Year of Introduction	2014		Year of Revision
			2021
Semester – wise Courses and Credit distribution	I	II	Total
No. of Courses	1	1	2
No. of Credits	1	1	2

Semester	I	Course Code	21APEU001
Course Title	PHYSICAL EDUCATION AND YOGA PRACTICES		
No. of Credits	0+1	No.of Contact hours per week	2.5
New Course / Revised Course	Revised Course	Percentage of Revision effected	As per ICAR
Category	Foundation course		
Scope of the Course	Skill Development		
Cognitive Levels addressed by the Course	K-1, K-2 & K-3		
Course Objectives	The Course aims to Gain knowledge about the Fitness, Yoga and Sports & Games		
Practical	Content		No of Hours
1	Teaching of standing and sitting posture Asanas - demonstration, practice and correction.		5
2&3	Teaching of skills in Hockey – demonstration practice of the skills and correction. And involvement of skills in games situation Teaching of advance skills in Hockey – demonstration practice of the skills and correction. Involvement of all the skills in games situation with teaching of rules of the game.		10
4&5	Teaching of skills in Kho-Kho – demonstration practice of the skills and correction. Involvement of the skills in games situation. Teaching of advance skills in Kho-Kho – demonstration practice of the skills and correction. Involvement of all the skills in games situation with teaching of rules of the game.		4
6&7	Teaching of different track events – demonstration practice of the skills and correction. Teaching of different field events – demonstration practice of the skills and correction.		12
8&9	Teaching of weight training – demonstration practice and correction. Teaching of circuit training – demonstration practice and correction.		6
10	Teaching of calisthenics – demonstration practice and correction.		3
References	References Books: 1. Track and Field by C.Thirunarayanan and S. Harihara Sharma 2. Essentials of Exercise Physiology by Larry G.Shaver		

	<p>3. Organization of Physical Education by J.P. Thomas 4. Methods in Physical Education by S. Harihara Sharma 5. Principles of Physical Education by R.C. Sathiyanesan 6. The Complete Book of First Aid by John Handerson 7. The Official Rules book of Basketball, Football, Hockey, Volley ball, Kabbadi Federations of India.</p> <p>Web Resources:</p> <ol style="list-style-type: none"> 1. https://www.iaaf.org/home 2. http://www.indiankabaddi.org/ 3. https://www.olympic.org/the-ioc 4. https://www.topendsports.com/testing/tests/yo-yo-endurance.htm
Course Outcomes	<p>Students should be able to</p> <p>CO 1: Demonstrate the skills related to Hockey and Track and Field events CO 2: Demonstrate the skills related to Kho-Kho CO3: Demonstrate the different types of asanas CO 4: Realize the different types of sports training methods. CO 5: Demonstrate the freehand exercises / formal exercises.</p>

Semester	II	Course Code	21APEU002
Course Title	PHYSICAL EDUCATION AND YOGA PRACTICES		
No. of Credits	0+1	No.of Contact hours per week	2.5
New Course / Revised Course	Revised Course	Percentage of Revision effected	As per ICAR
Category	Foundation course		
Scope of the Course	Skill Development		
Cognitive Levels addressed by the Course	k-1, k-2 & K-3		
Course Objectives	The Course aims to Gain knowledge about the Fitness, Yoga and Sports & Games		
Practical	Content		No of Hours
1	Teaching of prone and supine posture Asanas – demonstration, practice and correction.		5
2 & 3	Teaching of skills in Football – demonstration, practice of the skills, correction, involvement in game situation (For girls teaching of Tennikoit) Teaching of advance skills in Football – involvement of all the skills in game situation with teaching of rules of the game		7
4 & 5	Teaching of skills in Basketball – demonstration, practice of the skills, correction of skills, involvement in game situation Teaching of skills in Basketball – involvement of all the skills in game situation with teaching of rule of the game		7
6 & 7	Teaching of skills in Kabaddi – demonstration, practice of the skills, correction of skills, involvement in game situation Teaching of advance skills in Kabaddi – involvement of all the skills in game situation with teaching of rule of the game		3
8 & 9	Teaching of skills in Ballbadminton – demonstration, practice of the skills, correction of skills, involvement in game situation Teaching of skills in Ballbadminton – involvement of all the skills in game situation with teaching of rule of the game		3
10	Teaching of skills in Table Tennis – demonstration, practice of skills, correction, practice and involvement in game situation with teaching of rules of the game		3
11,12 &13	Teaching – Meaning, Scope and importance of Physical Education Teaching – Definition, Type of Tournaments Teaching – Physical Fitness and Health Education		3
14	Construction and laying out of the track and field (*The girls will have Tennikoit and Throw Ball).		9
References	References Books: 1. Track and Field by C.Thirunarayanan and S. Harihara Sharma 2. Essentials of Exercise Physiology by Larry G.Shaver 3. Organization of Physical Education by J.P. Thomas 4. Methods in Physical Education by S. Harihara Sharma		

	<p>5. Principles of Physical Education by R.C. Sathiyanesan</p> <p>6. The Complete Book of First Aid by John Handerson</p> <p>7. The Official Rules book of Basketball, Football, Hockey, Kabbadi Federations of India.</p>
	<p>Web Resources:</p> <ol style="list-style-type: none"> 1. https://www.iaaf.org/home 2. http://www.indiankabaddi.org/ 3. https://www.olympic.org/the-ioc 4. https://www.topendsports.com/testing/tests/yo-yo-endurance.htm
Course Outcomes	<p>Students should be able to</p> <p>CO 1: Demonstrate the skills related to Football, Basketball and Table Tennis</p> <p>CO 2: Demonstrate the skills related to Kabaddi and Ballbadminton</p> <p>CO 3: Explain the different types of asanas.</p> <p>CO 4: Differentiate the knock-out and League tournaments.</p> <p>CO 5: Outline the fitness and health concepts.</p>

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

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

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

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.		

	<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

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: <ol style="list-style-type: none"> 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, 		

	<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

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

		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

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		

	<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

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.			

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. 		

	<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

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. 		

	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: 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: 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 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

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		

	<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

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:		

	<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

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.			

**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		
SPECIAL FEE			
Exam fee	1000		
Special fee (Uniform)	750		
Library	200		
Games	50		
YOGA Laboratory	300		
Course Development Fee	1000		
Total-I	4800		
II.PER ANNUM FEES			
VPP	00		
Health service	200		
Group Insurance	200		
Calendar	80		
Computer lab fee	600		
Magazine	100		
National Science day	00		
Sports and Tournament fund	150		
Student Placement	00		
Association	00		
Student Club	00		
		Khadi deposit	300
		Youth Red Cross	20
		TOTAL-II	1650
		III.ONE TIME FEES	
		Admission	250
		SMART Card	150
		TC & CC	50
		Counseling	00
		Shanti Sena	00
		Syllabus	20
		Language Lab/Soft Skills Training	200
		Placement Services	00
		NSS	00
		Students Welfare Fund	00
		Coop Stores Share Capital	30
		Alumni Association	100
		Total – III-	600
		IV. CAUTION DEPOSITS (refundable)	
		Library	300
		Total – IV	300
		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	Utkkatasana 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>
Course Outcomes	<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	Text Books: <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	<p>Students should be able to</p> <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 Arevaa Yasathaenu). Patanjali's Yoga Sutra – Sadhana Pada verse – 10 (Dhyan Heyas Tad) & Vibhuti Pada Verse – 2 (Tantra Pratyaya... Dhyanam).	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: 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: 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 -
<p>Course Outcomes</p>	<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"> 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 Kuvalayananda, (1993), Asanas (VII ed): Kaivalyadhama, Lonavla, Pune Dist,Maharastra. 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. andGanguly 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. 4. Swami Kuvalayananda ,(2000), Pranayama (IX ed): Kaivalyadhama Ashram, Lonavla. 5. Swami Kuvalayananda 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 		

	<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, Vipprasana 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 : 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 Kunalayananda, (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: 1. Gharote M.L. andGanguly 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 Kuvalayananda,(2000), Pranayama (IX ed): Kaivalyadhama Ashram, Lonavla. 5. Swami Kuvalayananda 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/
<p>Course Outcomes</p>	<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		

**POST GRADUATE DIPLOMA IN YOGA (PGDY)
(Concurrent 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 two academic years.

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, Physical Education & 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 two years and shall be conducted under semester pattern.

Course of study

There shall be six theory papers and four practical. Candidates shall be permitted to do the Post Graduate Diploma Course on Concurrent mode (Saturday & Sundays) / concurrently with their PG Degree programmes. 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) – 4 Credits each and three practical to test the practical competence in yoga techniques of (300 marks) - 4 Credits each. The practical examination shall also consist of verification, evaluation of record book and yoga practices. Passing minimum is 50% in each course.

Internship (Teaching Methodology)

There shall be one internship course with four credits to test the practical competence in teaching methodology of yoga. 12 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.

Pg.Diploma in Yoga ((Concurrent Mode)
SCHEME OF EVALUATION

Semester	Category	Course Code	Title of the Paper	No of Credits	Theory Hours	Practical hours	CFA	ESE	Total
I	Core Courses	21PEYP0101	History, Development and Traditions of Yoga	4	4	-	40	60	100
		21PEYP0102	Principles of Yogic Practices	4	4	-	40	60	100
		21PEYP0103	Asanas and Pranayama –I (Practical I)	4	-	8	60	40	100
1st Semester Total				12	8	8	140	160	300
II	Core Courses	21PEYP0204	Applied Anatomy and Physiology	4	4	-	40	60	100
		21PEYP0205	Yoga In Modern Life	4	4	-	40	60	100
		21PEYP0206	Asanas and Pranayama – II (Practical II)	4	-	8	60	40	100
2nd Semester Total				12	8	8	140	160	300
III	Core Courses	21PEYP0307	Schools of Yoga and Meditation	4	4	-	40	60	100
		21PEYP0308	Kriyas, Mudras, Bandhas, Meditations and Teaching Methodology (Practical III)	4	-	8	60	40	100
		21PEYP0309	Internship - Teaching Methodology	4	-	8	60	40	100
3rd Semester Total				12	4	16	160	140	300
IV	Core Courses	21PEYP0410	Yoga and Traditional Therapy	4	4	-	40	60	100
4th Semester Total				4	4	-	40	60	100
Grant Total (1st + 2nd + 3rd + 4th Semester)				40	24	32	480	520	1000

Abstract

S. No.	Category		Total no. of Course	Total Credits	%
1.	Core Courses	Theory	6	24	60
2.		Practical	4	16	40
Total			10	40	100

Core Course

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

Name of the Programme	Post Graduate Diploma in Yoga				
	2021		Year of Revision		--
Year of Introduction					
Semester – wise Courses and Credit distribution	I	II	III	IV	Total
No. of Courses	3	3	3	1	7
No. of Credits	12	12	12	4	40

Fee structure

Fee Structure for P.G.D.Y. (Concurrent mode) Programme from the Year 2021-2022

PGDYEd	
I.SEMESTER FEES	
Tuition fee	1500
SPECIAL FEE	
Exam fee	1000
Special fee (Uniform)	750
Library	200
Games	50
YOGA Laboratory	300
Course Development Fee	1000
Total-I	4800
II.PER ANNUM FEES	
VPP	00
Health service	200
Group Insurance	200
Calendar	80
Computer lab fee	600
Magazine	100
National Science day	00
Sports and Tournament fund	150
Student Placement	00
Association	00
Student Club	00

Khadi deposit	300
Youth Red Cross	20
TOTAL-II	1650
III.ONE TIME FEES	
Admission	250
SMART Card	150
TC & CC	50
Counseling	00
Shanti Sena	00
Syllabus	20
Language Lab/Soft Skills Training	200
Placement Services	00
NSS	00
Students Welfare Fund	00
Coop Stores Share Capital	30
Alumni Association	100
Total – III-	600
IV. CAUTION DEPOSITS (refundable)	
Library	300
Total – IV	300
GRAND TOTAL (I – IV)	7350

Semester	I	Course Code	21PEYP0101
Course Title	HISTORY, DEVELOPMENT AND TRADITIONS OF YOGA		
No. of Credits	4	No. of Contact hours per week	4
New Course / Revised Course	New Course	Percentage of Revision effected	--
Category	Core Course		
Scope of the Course	Skill Development Entrepreneurship		
Cognitive Levels addressed by the Course	K-1 Remember, K-2 Understand & K-3 Apply		
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.		13
II	Historical perspective on Yoga -Yoga before the time of Patanjali: (Indus valley civilization, Vedas, Brahmns, Upanishads, Epics, Puranas) - Samkhya and yoga.		14
III	Patanjali yoga sutra-: Eight limbs of Yoga, Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhayana, and Samadhi-Thirumular's Thirumandhiram		12
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.		12
References	Text Books: <ol style="list-style-type: none"> 1. Swami Vishnu Devananda (1995), The complete Illustrated Book of yoga. 2. Harmony Books, a division of crown publishers, New York. 3. Kenghe C.T, Bharata Manisha, (1976), Yoga as Depth – Psychology and Para – Psychology (Vol- I) Historical Background, Varanasi, India. 4. Karambelkar P.V, (1999), Patanjali Yoga Sutras: Kaivalyadhama, Lonavla. 5. Swami Sivananda (2001), Practical Lessons in Yoga: Divine Life Society. 6. Swami Sivananda, (2008), All about Hinduism (X ed): Divine Life Society Risikesh. 		
	References Books: <ol style="list-style-type: none"> 1. Chandrasekaran K, (1999): Sound Health through Yoga: PremKalyan Publications, Sedapatti, Tamilnadu. 2. Mariayyah P, (1998): Asanas: Sports Publications, Coimbatore. 3. Sivananda Yoga,(1998): Yoga Mind and Body (DK Living):Vedanta Center. 4. Swami Sivananda, (1978): Yoga Teachers Manual: International Vedanta 		

	<p>Centres, Val Morin, Quebec, Canada.</p> <p>5. Swami Vivekananda,(1977): Yoga: Vivekananda Kendra Prakashan Trust, Bangalore.</p> <p>6. Yoga Mimamsa Journal (Back Volumes) Kaivalyadhama, (2010-2014): lonavla, Pune dist, Maharashtra.</p>
	<p>Web Resources:</p> <p>1. https://ncert.nic.in/dess/pdf/tiyhwlss1.pdf</p> <p>2. http://mea.gov.in/images/pdf/common-yoga-protocol-english.pdf</p> <p>3. https://sriyogaashram.com/ebook/yoga%20sutra.pdf</p> <p>4. https://kdham.com/</p> <p>5. http://svyasa.edu.in/</p>
Course Outcomes	<p>Students should be able to</p> <p>CO1: brief idea about yoga.</p> <p>CO2: explain about the yoga sutra and eight limbs of yoga.</p> <p>CO3: know the west influences and modern renaissance in yoga</p> <p>CO4: understand the 96 philosophy quoted by Thirumular.</p> <p>CO5: know the modern trends and development in yoga.</p>

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	21 PEYP0102
Course Title	PRINCIPLES OF YOGIC PRACTICES		
No. of Credits	4	No. of Contact hours per week	4
New Course / Revised Course	New Course	Percentage of Revision effected	--
Category	Core Course		
Scope of the Course	Skill Development Entrepreneurship		
Cognitive Levels addressed by the Course	K-1 Remember, K-2 Understand & K-3 Apply		
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.		14
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.		13
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		13
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.		12
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.		12
References	Text Books: 1. Gharote M.L. and Ganguly S.K.(2001), Teaching Methods for Yogic Practice: Kaivalyadhama, Lonavla. 2. Swami Kuvalayananda, (1993), Asanas(VII ed): Kaivalyadhama, Lonavla.		

	<ol style="list-style-type: none"> 3. Tiwari O.P,(2002), Asanas why and How? (IV ed): Kaivalyadhama, Lonavla. 4. Swami SatyanandaSaraswathi,(1981), A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya: Bihar school of yoga, Munger, Bihar, India. 5. Yogasanas A Teacher’s Guide, (1983), NCERT, New Delhi. 6. Chandrasekaran K, (1999), Sound Health Through Yoga: PremKalyan Publications, Sedapatti, Tamilnadu. 7. Gharote M.L, (2012), Applied Yoga (Xed): Kaivalyadhama, Lonavla. 8. Swami Kvalayananda and Vinekar S.L. (1963), Yogic Therapy: Kaivalyadhama SMYM samite, Lonavla, Pune Dist, Maharashtra.
	<p>References Books:</p> <ol style="list-style-type: none"> 1. Mariayyah P,(1999), Suriyanamaskar: Jaya Publishing House, Perunthurai, Erode. 2. Moorthy A.M, (2004), Yoga Therapy: Sports Publication, Coimbatore. 3. Swami Sivananda, (1999), Easy Steps to Yoga: A Divine Life Society, Rishikesh. 4. Swami Vishnu – Devananda, (1995), The complete Illustrated Book of Yoga: Harmony Books, a division of crown publishers, New York. 5. 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/YogaXI.pdf 2. https://kdham.com/ 3. http://svyasa.edu.in/
Course Outcomes	<p>Students should be able to</p> <p>CO1: know about the principles of asanas, pranayama and Bandhas & its \ Classifications</p> <p>CO2: know about the principles of Kriyas and Mudras & its classifications.</p> <p>CO3: know about the safety and precautionary measures for yogic practices.</p> <p>CO4: analyze the yoga and various types of exercises.</p> <p>CO5: know about the yoga and modern education.</p>

Mapping of Cos with PSOs

PSO \ CO	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	21PEYP0103
Course Title	PRACTICAL – I – ASANAS AND PRANAYAMAS		
No. of Credits	4	No. of Contact hours per week	8
New Course / Revised Course	New Course	Percentage of Revision effected	---
Category	Core Course		
Scope of the Course	Skill Development Entrepreneurship		
Cognitive Levels addressed by the Course	K-1 Remember, K-2 Understand and K-3 Apply		
Course Objectives	The Course aims to gain Knowledge about the asanas and pranayama practices.		
Unit	Content		No of Hours
I	Loosening exercises & Meditative Asanas Sukhasana – Vajrasana - Ardha Padmasana (or) Padmasana, - Siddhasana/siddhayoniasana Relaxative Asanas: Shavasana Makrasana		20
II	Cultural Asanas Standing Postures: Suryanamaskar Tadasana Ardhakati Chakrasana Pada Hastasana ArdhaChakrasana, Vrksasana	Sitting Postures: Baddha Konasana Marichyasana Vakrasana Janu Sirshasana	25
III	Prone Postures: Bhujangasana Ardha Salabhasana	Supine Postures: Uttana Padasana Pawanamuktasana Sethu Bandhasana Navasana	26
IV	Practices of Pranayam Kapalabhati Sectional Breathing: Abdominal Breathing Thoracic Breathing Clavicular Breathing		30
V	Pranayamas: Chandra Anuloma Viloma SuryaAnulomaViloma	Surya Bhedana Nadi Shodhana Nadi Suddhi Ujjyai	27

	Chandra Bhedana		
References	Text Books: 1. Nagendra H.R, (2000), Pranayama the art and science: Vivekananda Kendra Yoga Prakashana, Bangalore India. 2. Swami Kuvalayananda, (2000), Pranayama (IX ed): Kaivalyadhama Ashram, Lonavla.		
	References Books: 1. Chandrasekaran K, (1999), SoundHealthThroughYoga: PremKalyan Publications, Sedapatti, Madurai. 2. Iyengar B.K.S, (2001), Light on yoga [yoga Dipika]: Harper Collins publishers, New Delhi, India 3. Iyengar B.K.S, (2005), Light on Pranayama: Harper Collins publishers Daryaganj, New Delhi. 4. Joshi K.S, (1983), Yogic Pranayama: Orient Publishers, New Delhi. 5. Krishna, (1996), Essence of Pranayama (II ed): KaivalyadhamaLonavla. 6. Mariayyah P, (1986), Asanas: Sports, Publications, Coimbatore, Tamil Nadu. 7. Mariayyah P, (1999), Suriyanamaskar: Jaya Publishing House, Perunthurai, Erode. 8. Swami Kuvalayananda and Vinekar S.L, (1963), Yogic Therapy- Its basic principles and methods: Ministry of Health, Govt. of India New Delhi. 9. Tiwari O.P, ,(2002), Asanas:- Why and How?(IV ed): Kaivalyadhama, Lonavla,Pune Dist. Maharashtra.		
	Web Resources: 1. https://hautrive.files.wordpress.com/2020/06/yoga-asana-pranayama-mudra-bandha-complete-opt-ocr-bihar-school.pdf 2. https://www.researchgate.net/publication/241276629_PRINCIPLES_AND_METHODS_OF_YOGA_PRACTICES_Compilation 3. https://kdham.com/ 4. http://svyasa.edu.in/		
Course Outcomes	Students should be able to CO1: prepare well for yogic practices. CO2: demonstrate the standing and sitting postures CO3: exhibit the various posture in prone and supine positions. CO4: realize the benefits and perform the various paranayam and meditational techniques. CO5: 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	II	Course Code	21PEYP0204
Course Title	APPLIED ANATOMY AND PHYSIOLOGY		
No. of Credits	4	No. of Contact hours per week	4
New Course / Revised Course	New Course	Percentage of Revision effected	--
Category	Core Course		
Scope of the Course	Skill Development Entrepreneurship		
Cognitive Levels addressed by the Course	K-1 Remember, K-2 Understand & K-3 Apply		
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.		13
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..		14
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		13
V	Structure and functions of Glands (Pituitary, Thyroid Gland, Para-Thyroid, Thymus, Pancreas, and Adrenal & Pineal Gland) - Endocrine System and Yogic practices		12
References	Text Books: 1. Kumar N, (2009), Basic Anatomy and Physiology: Aitbs Publishers and Distributors, Chennai. 2. Murugesh N, (1980), Basic Anatomy and Physiology: Madurai, Yoga Mimamsa Journal (Back volume): Kaivalyadhama (2010-2014),		

	<p>Lonavla</p> <ol style="list-style-type: none"> 3. Gharote M.L, (2012), Applied Yoga(X ED): Kaivalyadhama, Lonavla.. 4. Shirley Telles, Nagendra (1998), A Glimpse of the Human Body, SVYP, Bangalore. 5. SatyanandSaraswathi Bihar school of yoga, A Systematic course in the Ancient Tantric Techniques of Yoga and Kriya Bihar, India <p>References Books:</p> <ol style="list-style-type: none"> 1. David Coulter H, (2012), Anatomy of Hatha Yoga- A Manual for Students, Teachers andPractitioners (Hardcover): Body and BreathISBN 13-97890970700605. 2. Kaivalyadhama Golden Jubilee Years souvenir: -Kaivalyadhama,(1975), Lonavla. 3. Krishna Raman, (2008), A Matter of Health: East west Books, Chennai. 4. Pandit, (1987), Yoga for Modern Man: Sterling Publication Private Ltd, New Delhi,. 5. Swami Kuvalayanda and Vinekar S.L, (1963), Yogic Therapy: Kaivalyadhama, Lonavla. <p>Web Resources:</p> <ol style="list-style-type: none"> 1. https://www.uc.edu/content/dam/uc/ce/docs/OLLI/Page%20Content/OLLI%20iINTRODUCTION%20TO%20THE%20BODY.pdf 2. https://d3bxy9euw4e147.cloudfront.net/oscms-qa/media/documents/AnatomyAndPhysiology-LR.pdf 3. https://kdham.com/ 4. http://svyasa.edu.in/
Course Outcomes	<p>Students should be able to</p> <p>CO1: know about the structure and functions of various systems in human Body</p> <p>CO2: understand the mechanism of respiratory and nervous system.</p> <p>CO3: obtain brief idea about cardio-vascular system</p> <p>.CO4: acknowledge the digestive and renal systems</p> <p>CO5: understand the effect of yogic practices on various systems in human body</p>

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	21PEYP0205
Course Title	YOGA IN MODERN LIFE		
No. of Credits	4	No. of Contact hours per week	4
New Course / Revised Course	New Course	Percentage of Revision effected	--
Category	Core Course		
Scope of the Course	Skill Development Entrepreneurship		
Cognitive Levels addressed by the Course	K-1 Remember, K-2 Understand & K-3 Apply		
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.	13	
II	Yoga and sports fitness-Concept of ‘Healthy Personality’ - Characteristics of Healthy Personality - Superior mental health aids to a healthy personality.	14	
III	Yoga and health - As a Therapy, Treatment - General Fitness. Integration of body and mind – Holistic Development	12	
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.	13	
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.	12	
References	Text Books: <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 (IV ed): Macmillian Publishing co., Inc, New York. 5. Sri Yogendra, Yoga Personal Hygiene (Vols I & II):- 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. 		

	References Books: <ol style="list-style-type: none"> 1. Asrani U.A., (1977), Yoga Unveiled (Part I):, Motilal Banarsidass, 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	<p>Students should be able to</p> <p>CO1: identify the dimensions of health</p> <p>CO2: develops knowledge in sports fitness and perform yoga</p> <p>CO3: know the importance of holistic developments</p> <p>CO4: refresh their minds, cultivate good attitudes and desires</p> <p>CO5: realize the importance of yoga at workplace</p>

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	21PEYP0206
Course Title	PRACTICAL – II – ASANAS AND PRANAYAMA		
No. of Credits	4	No. of Contact hours per week	8
New Course / Revised Course	New Course	Percentage of Revision effected	--
Category	Core Course		
Scope of the Course	Skill Development Entrepreneurship		
Cognitive Levels addressed by the Course	K-1 Remember, K-2 Understand & K-3 Apply		
Course Objectives	The Course aims to gain Knowledge about the asanas and pranayama practice		
Unit	Content		No of Hours
I	Loosening exercises & Meditative Asanas Sukhasana – Vajrasana - Ardha Padmasana (or) Padmasana, - Siddhasana/siddhayoniasana Relaxative Asanas: Shavasana Makrasana		21
II	Cultural Asanas Standing Postures: Suryanamaskar Utkatasana Parivrutha Trikonasana Trikonasana Garudasana Virabhadrasana Sitting Postures: Paschimottasana Ustrasana Sasangasana Gomukhasana		28
III	Prone Postures: Salabhasana Dhanurasana	Supine Postures: Viparitha karani Sarvangasana Matsyasana Ardha Halasana Halasana Chakrasana	24
IV	Practices of Pranayama Full Yogic Breathing		26

	Bhastrika Sitali Sitkari Sadhantha Bhramari	
V	Meditation Nadhanusandhana, Pranadharana and Yoga Nidra.	29
References	Text Books: Yogasanas, (1983):-A Teacher's Guide: NCERT, New Delhi.	
	References Books: 1. Chandrasekaran K, (1999), Sound Health Through <i>Yoga</i> : PremKalyan Publications, Sedapatti, Madurai. 2. Iyengar B.K.S, (2001), Light on yoga [yoga Dipika]: Harper Collins publishers, New Delhi, India 3. Iyengar B.K.S, (2005), Light on Pranayama: Harper Collins publishers Daryaganj, New Delhi. 4. Joshi K.S, (1983), Yogic Pranayama: Orient Publishers, New Delhi. 5. Krishna, (1996), Essence of Pranayama (II ed): KaivalyadhamaLonavla. 6. Tiwari O.P, ,(2002), Asanas:- Why and How?(IV ed): Kaivalyadhama, Lonavla,Pune Dist. Maharashtra.	
	Web Resources: 1. https://hautrive.files.wordpress.com/2020/06/yoga-asana-pranayama-mudra-bandha-complete-opt-ocr-bihar-school.pdf - 2. .https://www.researchgate.net/publication/241276629_PRINCIPLES_AND_METHODS_OF_YOGA_PRACTICES_Compilation 3. https://kdham.com/ 4. http://svyasa.edu.in/	
Course Outcomes	Students should be able to CO1: prepare well for yogic practices CO2: demonstrate the standing and sitting postures CO3 : exhibit the various posture in prone and supine positions CO4: realize the benefits and perform the various asanas and paranayam techniques CO5: 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	III	Course Code	21PEYP0307
Course Title	SCHOOLS OF YOGA AND MEDITATION		
No. of Credits	4	No. of Contact hours per week	4
New Course / Revised Course	New Course	Percentage of Revision effected	--
Category	Core Course		
Scope of the Course	Skill Development Entrepreneurship		
Cognitive Levels addressed by the Course	K-1 Remember, K-2 Understand & K-3 Apply		
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.		14
II	Tirumular's Thirumanthiram: Tantra-III (578 Varumaathiuraettaul, 579 Kannakku, 580 Onnaa, 581 Orupolu, to 597 Arevaa Yasathaenu). Patanjali's Yoga Sutra – Sadhana Pada verse – 10 (Dhyan Heyas Tad) & Vibhuti Pada Verse – 2 (Tantra Pratyaya... Dhyanam)..		12
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.		13
IV	Jain School of Yoga and Meditation – Preksha Meditation: What is Preksha – Aim – Pre Conditions – Kayotsarga (Body awareness) – Perception of body & breathing.		13
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) – Uppekkha (Equanimity).		12
References	Text Books: <ol style="list-style-type: none"> 1. Ramanatha Pillai PA., (1996), Thirumanthirammouvaayeram, 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. 		

	<p>4. Swami Vishnu Ddevananda, (2001), Meditation and mantras, MotilalBanarsidas Publishers Private Limited, Delhi.</p> <p>5. Taimani I.K, (2001), The Science of Yoga, Theosophical society publication, Adyar, 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. Acharya Mahaprajna, (1994), A Handbook of Preksha Meditation for the Trainers, Jain VishvaBharati, Rajasthan. 3. BhikkhuBuddhadasa, (1980), Anapanasati, Sublime Life Mission, Thailand.
	<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> <p>CO1: Gain knowledge about yoga traditions</p> <p>CO2: Summarize the yogic concepts quoted by Tirumular</p> <p>CO3: Understand about meditation and Kundalini</p> <p>CO4: Aware of body and mind</p> <p>CO5: Understand the prosperity of meditation and yoga</p>

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	III	Course Code	21PEYP0308
Course Title	PRACTICAL – III KRIYAS, MUDRAS, BANDHAS, MEDITATIONS and TEACHING METHODOLOGY		
No. of Credits	4	No. of Contact hours per week	8
New Course / Revised Course	New Course	Percentage of Revision effected	--
Category	Core Course		
Scope of the Course	Skill Development Entrepreneurship		
Cognitive Levels addressed by the Course	K-1 Remember, K-2 Understand & K-3 Apply		
Course Objectives	The Course aims to gain Knowledge about kriyas, mudras, bandhas, meditations and teaching methodology		
Unit	Content		No of Hours
I	Kriyas:Neti- JalaNeti, Sutra Neti - Dhauti- VamanaDhauti, VasthraDhauti, handaDhauti,LaghooShankhaPrakshalana (Tadasana, TiryakaTadasana, Kati Chakrasana, TiryakaBhujangasana, Udarakarshanasana) - Nauli-DakshinaNauli, VamanaNauli, AgnisaraKriya. Trataka - JyothiTrataka, JathruTrataka- Kapalabhati - Single Nostril, Both Nostrils and Alternative Nostril.		31
II	Bandhas: Jalandhara Bandha- Uddiyana Bandha- Moola Bandha- Maha Bandha- Jiva Bandha –Tri Bandha. Mudras: Chin Mudra - Chinmaya Mudra - Adimudra - Brahma Mudra - Nasikagra Mudra - Shanmukhi Mudra -Bhairava Mudra- Agochari Mudra -Shambhavi Mudra -Viparithakarani Mudra - Yoga Mudra -Asvini Mudra - Maha Mudra.		26
III	Meditation:Ancient Indian tradition of Yoga and Meditation - ‘OM’ Meditation, Vipprasana Meditation (Anapana), Cyclic Meditation. SoHum Meditation, Chidakasha Meditation - Repetitive practice of Kriyas, Bandhas, mudras and meditation		24
IV	Methods of Teaching – Factors influencing the teaching method – class management- lesson plan – Contents of Lesson plan.		25
V	Preparation of lesson plan for yogic Practices (asana, Pranayama, Mudras, Bandhas, Kriyas& Meditation).		22
References	Text Books: 1. YOGA (Asanas, Pranayama, Mudras, Kriyas), (2001), AnInstructionBooklet, Vivekananda Kendra Prakashan Trust, Triplicane, Chennai		

	2. Gharote M.L. and Ganguly S.K, (2001), Teaching Methods for Yogic Practice: Kaivalyadhama, Lonavla.
	<p>References Books:</p> <ol style="list-style-type: none"> 1. Chandrasekaran K, (1999), <i>SoundHealthThroughYoga</i>: PremKalyan Publications, Sedapatti, Madurai. 2. Swami Digambarji and P.T. RaghunathashastriKokaji, (1998), Hatha Pradipika: Kaivalyadhama, SMYM Samiti, Lonavla Pune Dist, Maharastra. 3. Swami SatyanandaSaraswati, (2008), Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India. 4. Swami SatyanandaSaraswati,(2001), Yoga Nidra: Yoga Publications Trust. 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.
	<p>Web Resources:</p> <ol style="list-style-type: none"> 1. https://hautrive.files.wordpress.com/2020/06/yoga-asana-pranayama-mudra-bandha-complete-opt-ocr-bihar-school.pdf https://www.researchgate.net/publication/241276629_PRINCIPLES_AND_METHODS_OF_YOGA_PRACTICES_Compilation https://terebess.hu/english/2100-Asanas.pdf 2. https://kdham.com/ 3. http://svyasa.edu.in/
Course Outcomes	<p>Students should be able to</p> <p>CO1: Execute the cleansing process of body and mind</p> <p>CO2: Demonstrate kriyas, mudras and bandhas</p> <p>CO3 : Realize the importance of meditation</p> <p>CO4: Teach yogic practices on various methodologies</p> <p>CO5: Practice, feel and share the yogic practices.</p>

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	1
CO3	1	1	2	2	1
CO4	3	1	2	1	2
CO5	1	2	1	2	1

21PEYP0309: Internship – Teaching Methodology

There shall be one internship course with four credits to test the practical competence in teaching methodology of yoga. 12 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.

Semester	IV	Course Code	21PEYP0410
Course Title	YOGA AND TRADITIONAL THERAPY		
No. of Credits	4	No. of Contact hours per week	4
New Course / Revised Course	New Course	Percentage of Revision effected	--
Category	Core Course		
Scope of the Course	Skill Development Entrepreneurship		
Cognitive Levels addressed by the Course	K-1 Remember, K-2 Understand & K-3 Apply		
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.		14
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		12
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.		13
IV	Therapeutic application of yoga for the problems of women-Amenorrhoea. Dysmenorrhoea, menorrhagia, metrorrhagia, Hypomenorrhoea, oligomenorrhoea. Polymenorrhoea, leucorrhoea, uterus related problems, miscarriage. Pregnancy-pre and post natal care.		13
V	Traditional Therapy: Concept – Principles – Methods of Ayurveda – Siddha – Naturopathy – Acupuncture – Acupressure – Music & Colour therapy.		12
References	Text Books: 1. Nagarathna and Nagendra, (2008), Integrated Approach of Yoga therapy for positive health, Bangalore: Swami Vivekananda Yoga Prakashana.		

	<ol style="list-style-type: none"> 2. Nagarathna& Nagendra, (2007), Yoga for Digestive Disorders- Bangalore: Swami Vivekananda Yoga Prakshana. 3. Nagarathna& Nagendra, (2008), Yoga for Bronchial Asthma-Bangalore: Swami Vivekananda Yoga Prakshana 4. Swami Karmananda, (2008), Yogic management of common diseases, Munger: Yoga Publications trust. 5. Nagarathana R. Nagendra H.R. & ShanmanathaKanmaniNarendran, (2002), Yoga for common ailments and IAYT for different diseases, Bangalore: Swami Vivekananda Yoga Prakashana.
	<p>References Books:</p> <ol style="list-style-type: none"> 1. Chandrasekaran, (2012), Yoga Therapy, Chennai: VHR Publications. 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. Nagarathna & Nagendra, (2008), Yoga for Arthritis- Bangalore: Swami Vivekananda Yoga Prakshana. 6. ShenmasthanakaminiNarendhan,(2008), Yoga and pregnancy-Bangalore: Swami Vivekananda Yoga Prakshana. 7. SivanandaSaraswati, (1975), Yogic TherapyGawhati, Bramacharya Yogeswar Umachal Yojashram. 8. Sri Kant SS et al., (2008), Yoga for diabetes, Bangalore: Swami Vivekananda Yoga Prakshana. 9. SundaramYogacharyaSundara, (2004), Yogic Therphy, Coimbatore: the Yoga Publishiing Home. 10. Swami Kuavalayananda&Dr.S.C. Vinekar,(1994), Yogic Therapy, New Delhi Central Health Education Bureau. 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. 13. Swami SatyanandaSaraswathi, (2007), Yoga and Cardiovascular Management 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	Students should be able to CO1: know about yoga and traditional therapies.

	<p>CO2: know about yoga therapy for life style disorders CO3: know about therapeutical approach for psychological disorders CO4: understand the various health problems CO5: enhance the knowledge about women health problems.</p>
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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

Annexure - IX

Ph.D. Course Work
Physical Education and Yoga
From 2020-2021 onwards

The courses are as under				
Sl.No.	Code no.	Name of the Course	Credits	Decided in
i)	21PEYH0101	Research Methodology	4	BoS
ii)	21PEYH0102	Basic concepts and Theory in the Subject Area	4	DC
iii)	21PEYH0103	Specific area of research/ Area of specialization	4	DC
iv)	21PEYH0104	Research and Publication Ethics	2	BoS

Course Work – 1	RESEARCH METHODOLOGY	Credit 4
21PEYH0101		

Unit I : Location and Selection of Problem: Examining Assumptions, Anticipating the Outcome of Inquiry, Types of Research - Basic, Applied and Action research - Major approaches: Normative, Functional, Dialectical, Critical Evaluation and Synthesis - Content Analysis: Longitudinal Study, Cross Sectional Study, Quasi experimental, placebo design - Trends Report - Hybrid Study of Cross-sectional and longitudinal Study

Unit –II Descriptive research: Nature and Scope of Descriptive Research Criteria: Areas and levels - Construction of Theoretical Frame Work, Formulation of Research Design, Survey Studies - Planning and Conducting Interviews – Observation Studies. Item Analysis, Content Analysis, Projective Technique, Scaling Technique - Analysis and Presentation of Information Assessment and Evaluation of Descriptive Research

Unit - III Design and Sampling

An introduction to Ex-post Facto and Experimental Research, Laboratory Experiment and Field Experiment - Experimental and Ex-post Facto Research as Differentiated from other types of researches

Post test only design

Pre Test and Post Test Design for Single Group

Pre Test and Post Test Design for Multi-group

Repeated Measure Design for Single group

Repeated Measure Design for Multi group

Matched Group Design for Post Test Only

Matched Group Design for Pre and Post-Test

Matched Group Design for Pre and Post Test for Multiple Group

Sampling: Characteristics, Principles, criteria for selection, types of sampling techniques: probability and non-probability sampling.

Unit – IV Experimental Research

Test Construction and Selection in Experimental Research - Relationships and Comparative Studies in Experimental Research - Control of Experimental Variables /groups, Control Groups and Factors Affecting Experimental Outcome - Establishing the Various Types of Experimental Research Laboratory in relation to the sports field & facilities.

Unit –V

Statistical Concepts – Statistics – types of Statistics – Scale of Measurements - data – normality of data – normal curve - type I ,II, III & IV errors - Level of significance - Relationships

among Variables - Coefficient of Correlation - Partial Correlation - Uses of Semipartial Correlation - Procedures for Multiple Regression Differences Among Groups – Types of t test - Analysis of Variance - Analysis of Covariance - Repeated Measures – Non parametric Techniques - Chi-Square - Standard scales.

References:

1. Broota K.D. (1989), Behavioural Research, New Delhi; Wiley Eastern Limited, IBN:8122402151.
2. David H Clarke and Clarke H Harrison.(1972), Advanced Statistics, New Jersey, Prentice Hall Inc.
3. David H.Clarke and H.Harrison Clarke, (1970), Research Process in Physical Education (2ED), New Jersey, Englewood Cliffs, Prentice-Hall, INC.ISBN:0137745133.
4. Fruederick, L.(1950), The Elements of Research, New York, Prentic Hall, Californi.
5. Garret E. Harry and Woodworth N.S. (1958), Statistics in Psychology and Education, Bombay Allied Publications Private Ltd.
6. Harry E. Garre, (1958), Statistics in Psychology and Education, Bombay: Allied Private Ltd.
7. Jerry R.Thomas and Jack K.Nelson, (1996), Research Methods in Physical Activity (3 ED), Human kinetics, ISBN-0880114819.
8. Jerry R.Thomas and Jack K.Nelson, (2005), Research Methods in Physical Activity (4 ED), Human kinetics, ISBN-13: 978-0736036924, ISBN-10: 073603692X
9. Jerry R.Thomas, Jack K.Nelson and Stephen J. Silverman, (2015), Research Methods in Physical Activity (7 ED), Human kinetics, ISBN-13: 9781450470445.
10. Jim Albert, Mark E.Glickman, Tim B.Swartz and Ruud H.Koning, (2016), Handbook of Statistical Methods and Analyses in Sports, Chapman and Hall/CRC.
11. John W Best & James V. Kahn, (1992), Research in Education, New Jersey, Prentice Hall Inc.
12. Kothari C.K. (1993), Research Methodology Methods and Techniques, New Delhi; Wiley Eastern Ltd.
13. Manilal K.P. and Lakshmeesha. Y.S. (2003), Writing Thesis Format & Style for Physical Education and Sports Sciences, Bangalore, Adprints & Publishers.
14. Neilson N.P. (1960), An Elementary course in Statistics Test and Measurements in Physical Tests, Polo Alto, California.
15. Thomas A. Severini, (2014), Analytic Methods in Sports: Using Mathematics and Statistics to Understand Data from Baseball, Football, Basketball, and Other Sports, Chapman and Hall/CRC.
16. Tuckman.B.W.,(1999), *Conducting Educational Research*, (5ED), Orlanto, Harcourt Brace Publishers.
17. Verma J.Prakash, (2000), A Text Book on Sports Statistics, Gwalior, Venus Publication, ISBN:81876450302.
18. William A.Pitney and Jenny Parker, (2009), Qualitative Research in Physical Activity and the Health Professions, Human kinetics, ISBN-13: 9780736085441.

Journals:

1. Educational Action Research

2. Educational Researcher
3. Heart & Lung: The Journal of Acute and Critical Care
4. International Journal of Qualitative Methods
5. International Journal of Qualitative Studies in Education
6. Journal of Quantitative Analysis in Sports
7. Journal of Applied Statistics
8. Journal of Computational Statistics & Data Analysis
9. Journal of Multivariate Analysis
10. Journal of Educational and Behavioral Statistics

Website:

1. <https://explorable.com/research-methodology>
2. <http://study.com/academy/lesson/research-methodology-approaches-techniques-quiz.html>
3. https://www.slideshare.net/sh_neha252/research-methodology-4821125
4. <https://www.ons.gov.uk/>
5. <http://www.worldofstatistics.org/>
6. <http://senseaboutscienceusa.org/stats/>
7. <https://www.statistics.com/>

Course Work – 4 21PEYH0104	RESEARCH AND PUBLICATION ETHICS	Credits 2
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Unit - I PHILOSOPHY AND ETHICS

1. Introduction to philosophy: definition, nature and scope, concept, branches.
2. Ethics: definition, moral philosophy, nature of moral judgements and reactions.

Unit - II SCIENTIFIC CONDUCT (5hrs.)

1. Ethics with respect to science and research
2. Intellectual honesty and research integrity
3. Scientific misconducts: Falsification, Fabrication, and Plagiarism (FFP)
4. Redundant publications: duplicate and overlapping publications, salami slicing
5. Selective reporting and misrepresentation of data

Unit - III PUBLICATION ETHICS (7 hrs.)

1. Publication ethics: definition, introduction and importance
2. Best practices / standards setting initiatives and guidelines: COPE, WAME, etc.
3. Conflicts of interest
4. Publication misconduct: definition, concept, problems that lead to unethical behavior and vice versa, types
5. Violation of publication ethics, authorship and contributorship
6. Identification of publication misconduct, complaints and appeals
7. Predatory publishers and journals

Unit - IV OPEN ACCESS PUBLISHING (4 hrs.)

1. Open access publications and initiatives.
2. SHERP/NAROME online resource to check publisher copyright & self-archiving policies.
3. Software tool to identify predatory publications developed by SPPU
4. Journal finder / journal suggestion tools viz. JANE, Elsevier Journal Finder, Springer Journal Suggester, etc.

Unit - V PUBLICATION MISCONDUCT (4hrs.)

A. Group Discussions (2 hrs.)

1. Subject specific ethical issues, FFP, authorship
2. Conflicts of interest
3. Complaints and appeals: examples and fraud from India and abroad

B. Software tools (2 hrs.)

Use of plagiarism software like Turnitin, Urkund and other open source software tools

Unit - VI DATABASES AND RESEARCH METRICS (7hrs.)

A. Databases (4 hrs.)

1. Indexing databases
2. Citation databases: Web of Science, Scopus, etc.

B. Research Metrics (3 hrs.)

1. Impact Factor of journal as per Journal Citation Report, SNIP, SJR, IPP, Cite Score.
2. Metrics: h-index, g index, i10 index, altmetrics.

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