



ALAGAPPA UNIVERSITY

(A State University Established in 1985)
Karaikudi - 630003, Tamil Nadu, India



<p>2017</p>  <p>Accredited with A+ Grade by NAAC (CGPA : 3.64)</p>	<p>2018</p>  <p>MHRD Govt. of India</p>  <p>UGC University Grants Commission</p> <p>Graded as Category - 1 & Granted Autonomy</p>	<p>2018</p>  <p>MHRD GOVERNMENT OF INDIA</p> <p>Swachh Campus Rank - 4</p>	<p>2019</p>  <p>NIRF NATIONAL INSTITUTIONAL RANKING FRAMEWORK</p> <p>Rank : 26</p>	<p>2019</p>  <p>QS</p> <p>India Rank : 20 BRICS Rank : 194 Asia Rank : 216</p>
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CENTRE FOR YOGA EDUCATION



B.Sc., YOGA

[Choice Based Credit System (CBCS)]

[For the candidates admitted from the academic year 2019 -2020]

B.Sc. Yoga

Preamble

Yoga is a physical, mental, and spiritual practice or discipline which originated in ancient India and is followed all over the world. Many studies have tried to determine the effectiveness of yoga as a complementary intervention for cancer, schizophrenia, asthma, and heart disease. Alagappa University has been celebrating International yoga day every year on 21st June. The University has developed a Yoga Centre to provide physical, mental and spiritual practices to the employees, students of the University, students and teachers of the nearby schools and public in and around Karaikudi. As per the approval of the Ministry of Human Resource and Development, our University has been offering Master of Science in Yoga and Post graduate Diploma in Yoga in the Department of Yoga. In this regard we proposed to extend our Yoga centre and to run the new under graduate course of Bachelor of Science in Yoga (B.sc Yoga) in three years.

The tradition of Yoga has always been passed on individually through from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and wellbeing. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living. The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce Yoga as a Science of Holistic living and not merely as a bunch of yoga postures. During the course the student will be taught the concepts of Yoga for the treatment and prevention of various psychosomatic

ailments. This course looks at training the enthusiasts to become Yoga therapist so that they could teach yoga under the supervision of a doctor for health and healing.

Vision:

We are committed to develop our students into confident on yoga teachers with proper knowledge and understanding of the history, philosophy and practice of yoga. We provide everyone with the opportunity to experience the benefits of classical yoga practices. We help our students to become yoga teachers rather than mere yoga instructors.

Programme General Objectives:

- This course is aimed to train personnel to take up yoga as a profession.
- To impart the knowledge about yoga, its foundations and applications to the aspirants.
- To promote the awareness for positive health and personality development in the student through yoga.
- Instilling and inculcating the general interest and inquisitive knowledge about yoga and spiritual evolution for health, personality and spiritual development.
- To prepare institutionally trained yoga professionals to impart yoga training to all sections of the society.
- To prepare the graduates in yoga to study the higher aspects of yoga education.
- To enable the student to have good health and to practice mental hygiene.
- To possess emotional stability, integrate moral values and to attain high level of consciousness.

Programme Specific Objectives:

Yoga has always traditionally been taught on an individual level;, with tailor- made sessions designed to address unique and specific ailments and diseases- a practice that cannot be implemented in classes with massive groups. A therapeutic approach to yoga, thus, is the best way to start with the practice.

The following points fall within the concept of our yoga therapy programme:

- Designing tailor- made yogic practices according to the individual's body type and lifestyle
- Effectively addressing and treating an individual's physical and mental ailments through such tailored practices
- Planning a nutritious yogic diet programme, making lifestyle changes and treating addictions through yogic mindful living and meditative practices.

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- Planning a nutritious yogic diet programme, making lifestyle changes and treating addictions through yogic mindful living and meditative practices
- Understanding and applying the practices and philosophy of yoga in the daily lives, as well as advocating their therapeutic benefits to family and friends
- Being in connection with nature'

Intensive yoga degree course covers the basics of yoga therapy and treatment methodology, physiology, movement sciences, kinesiology and biomechanics and yogic diets. It is suitable for yoga practitioner of all levels, as well as medical, fitness, and sports professionals. Students learn to develop sequences suited to an individual's needs and limitations, and experience firsthand what it's like to teach a yoga therapy class directed at treating different ailments. This course is best suitable for yoga practitioner, yoga therapist, physiotherapist, sports therapist, physical education teachers, and fitness instructors of all levels & practitioners who are looking for a solid foundation in yoga therapy and its applications.

Programme Outcome:

- ❖ Basic Knowledge of Yoga on Physical & Mental Level.
- ❖ Eligible to under if Yoga class on general level.
- ❖ Eligible for the post of Yoga teacher or Yoga Instructor.
- ❖ Complete knowledge of Yoga on Physical & Mental Intellectual, emotional & Spiritual way.
- ❖ Helps to develop an idea personality.
- ❖ Eligible to do Practice as a Yoga Consultant.
- ❖ Eligible as a Yoga Teacher in industries Health centers & various institutes.
- ❖ Eligible to surely M.Sc Yoga, M.Sc Yoga Therapy, P.G.Diploma in Yoga, B.PEd (Bachelor of Physical Education) and MBA Courses.

Eligibility & Regulation:

1. Eligibility

The candidate should have completed 12th Standard (10+2) in any discipline from a recognized board or equivalent.

2: Duration:

The B.Sc. programme shall be with duration of three academic years, that is, six semesters. However, the students shall be permitted to complete the programme requirements within a maximum of five years from the date of admission to the programme.

3: The CS System:

All programmes shall run on Credit system (CBCS). It is an instructional package developed to suit the needs of students, to keep pace with the developments in Higher Education and the quality assurance expected of it in the light of liberalization and globalization in Higher education.

4: Course:

The course usually referred to as ‘papers’ is a component of a programme. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise Lectures/tutorials/laboratory work/ field work/ outreach activities/ Project work/vocational training/viva seminars/term papers/assignments /presentations/self-study etc; or a combination of some of these.

5: Courses of Programme:

The B.Sc (Yoga) Programme consists of a number of courses, the term ‘Course’ applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a “paper” in the conventional sense. The following are the various categories of courses suggested for the

Theory Courses Language	: 800	Practical	: 1100
Theory Core Courses	:1200	Teaching Practices	: 200
Elective Course	: 400	Extension activities	: 100
Allied	: 400	Environmental Studies	: 100
Non Major Elective	: 200		

6: Semesters:

An academic year is divided into two semesters. Each semester will consist of 17-20 weeks of academic work equivalent to 100 actual teaching days. The odd semester may be scheduled from April/May to November/December and even semester from November/December to April/May. The instituting shall work for a minimum of 30 working hours in a week (five or six days a week)

7: Working days:

There shall be at least 180 working days per year exclusive of admission and examination processes etc.

8: Credits:

The term 'credit' refers to a unit by which the programme is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one and half/two hours of practical work/field work per week. The term 'credit' refers to the weight given to a course, usually in relating to the instructional hours assigned to it. The total minimum credits, required for completing a B.sc programme is 140 credits and for each semester, 24 credits.

9: Examinations:

- i. There shall be examinations at the end of each semester, for odd semester in the month of November/December: for even semester in the month of April/May. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent examinations to be held in November/December or April/May.
- ii. A candidate should get enrolled/register for the first semester examination. If enrolment/registration is not possible owing to shortage of attendance beyond condition limit/ rules prescribed OR belated joining OR on medical grounds, such candidates are not permitted to proceed to the next semester. Such candidates shall redo the semester in the subsequent term of that semester shall be admitted in the second semester, if he/she has successfully kept the term in first semester.

10: Condonation

Student must have 75% of attendance in each course for appearing the examination. Students who have 70% to 74% of attendance shall apply for condonation in the prescribed form with the prescribed fee.Rs.100. Students who have 60% to 69% of attendance shall apply for Condonation in prescribed form with the prescribed feeRs.150 along with the Medical Certificate. Students who have below 60% of attendance are not eligible to appear for the examination.

11: Pattern of Question Papers:

Question Papers shall have five questions (with option for each) corresponding to five units of each theory course.

Format of Question Paper for 5 Units

Question No.	Description	Marks
1	Section A: M.C.Q Type Questions(10 X1=10 Questions) (2Questions from each Unit)	10
2	Section B: Write notes in detail: (either / or method) 5x5= 25	25
3	Section C: Answer in detail (essay type Question) one question from each unit 5x8 =40 OR Answer in detail(Long Question)	40
	Total	75



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Ph. 045865-226008

Time: 3.00 hours

Maximum Marks: 75

TITLE OF THE PAPER:

Part A-Objective type questions

10×1 =10

- | | |
|---------------------------|------------------------------|
| 1. Unit – I a) b) c) d) | 7. Unit – III a) b) c) d) |
| 2. Unit –a) b) c) d) | 8. Unit – IV a) b) c) d) |
| 3. Unit – II a) b) c) d) | 9. Unit – IV a) b) c) d) |
| 4. Unit – II a) b) c) d) | 10. Unit – V a) b) c) d) |
| 5. Unit – III a) b) c) d) | 11. 10. Unit – V a) b) c) d) |
| 6. | |

Part B- Answer ALL questions

5×5 =25

- | | | |
|-------------------|------|---------------|
| 11. a. Unit - I | (Or) | b. Unit - I |
| 12. a. Unit - II | (Or) | b. Unit - II |
| 13. a. Unit - III | (Or) | b. Unit - III |

14. a. Unit - IV (Or) b. Unit - IV

15. a. Unit - V (Or) b. Unit - V

Part C- Answer any five questions 5×8=40

16. Unit – I 17. Unit – II 18. Unit – III 19. Unit – IV

20. Unit – V

12: Evaluation:

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are:

Internal Test	10 Marks
Seminar/Quiz	5 Marks
Assignments	5 Marks
Attendance	5 Marks
Total	25 Marks

Attendance shall be taken as a component of continuous assessment. The students should have minimum 75% attendance in each course. In addition to continuous evaluation component, the end semester examination, which will be written type examination of at least 3 hours duration, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 25:75. The evaluation of practical work wherever applicable, will also be based on continuous internal assessment and on an end semester practical examination.

13: Minimum Passing Standard:

The minimum passing standard for CIA (Continuous Internal Assessment) and External Examinations shall be 40% i.e. 10 marks out of 25 marks and 30 marks out of 75 marks respectively for theory courses. The minimum passing for both CIA and external examination shall be 40% i.e. 10 marks out of 25 and 30 marks out of 75 marks for the practical courses.

14: Grading

Once the marks of the CIA (Continues Internal Assessment) and SEA (Semester End Assessment) for each of the courses are available, both (CIA and SEA) will be added. The marks, thus obtained for each of the courses will then be graded as per details provided in

B.Sc. (17) from the first semester onwards the average performance within any semester from the first semester is indicated by Semester Grade Point Average (SGPA) while continuous performance (including the performance of the previous semesters also) starting from the first semester is indicated by Cumulative Grade Point Average (CGPA).

15: Classification of Final Results

For the purpose of declaring a candidate to have qualified for the Degree of Bachelor of Science in Yoga in the First class/Second class/Pass class or First class with Distinction, the marks and the corresponding CGPA earned by the candidate in Core Courses will be the criterion. It is further provided that the candidate should have scored the First/Second Class separately in both the grand total and end Semester (External) examinations.

16: Award of the B.Sc Degree

A Candidate shall be eligible for the award of the degree of the B.Sc Yoga only if he/she has earned the minimum required credit including Bonus Credits of the programme prescribed above.

17: Letter Grades and Grade Points

- i. Two methods-relative grading or absolute grading – have been in vogue for awarding grades in a course. The relative grading is based on the distribution (usually normal distribution) of marks obtained by all the students in the course and the grades are awarded based on a cut-off mark or percentile. Under the absolute grading, the marks are converted to grades based on pre-determined class intervals. To implement the following grading system, the colleges and universities can use any one of the above methods.
- ii. The grades for each course would be decided on the basis of the percentage marks obtained at the end-semester external and internal examinations as per following table:

<p>CGY-Category CDT-Credit GRD-Grade GPT-Grade Point GPA-Grade Point Average</p>	<p>Category(CGY) 1. Theory (Core) 2. Practical (Core) 3. Inter-Disciplinary-Theory 4. Inter-Disciplinary-Practical 5. Elective\Optional 6. Comprehensive Viva/Seminar 7. Extension Programmes 8. Project And Viva-Voce</p>
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B.Sc Yoga Programmes

Marks	Grade Point	Letter Grade	Description
95 & above	10	S+	First class-Exemplary
91-95	9.5	S	
86-90	9.0	D++	First Class-Distinction
81-85	8.5	D+	
76-80	8.0	D	
71 – 75	7.5	A++	First class
66-70	7.0	A+	
61-65	6.5	A	
56-60	6.0	B	Second Class
50.55	5.5	C	
Below 50	-	F	Fail
		AA	Absent

GPA =	$\frac{\sum(\text{CDT} \times \text{GPT})}{\sum \text{CDT}}$
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Note:

- (1) GPA is calculated only if the candidate passes in all the courses i.e get minimum C grade in all the courses.
- (2) GPA is calculated only when the candidate passes in all the courses of all the previous and current semesters.
- (3) The cumulative grade point average will be calculated as the average of the GPA of all the semesters continuously, as shown above.
- (4) For the award of the class, GPA shall be calculated on the basis of:
 - (a) Marks of each Semester End Assessment And
 - (b) Marks of each Semester Continuous Internal Assessment for each course.

The final class for B.Sc. Degree shall be awarded on the basis of last GPA (grade) from all the one to six semester examinations.

18: Grievance Redressed Committee:

The college/department shall form a Grievance Redressed Committee for each course in each college/department with the course teacher/Principal/Director and the HOD of the faculty as the members. This Committee shall solve all grievances of the students.

19: Revision of Syllabi:

1. Syllabi of every course should be revised once in two years
2. Revised Syllabi of each semester should be implemented in a sequential way.
3. In courses, where units / topics related to governmental provisions, regulations or laws, that change to accommodate the latest developments, changes or corrections are to be made consequentially as recommended by the Academic Council.
4. All formalities for revisions in the syllabi should be completed before the end of the semester for implementation of the revised syllabi in the next academic year.
5. During every revision, up to twenty percent of the syllabi of each course should be changed so as to ensure the appearance of the students who have studied the old (unrevised) syllabi without any difficulties in the examinations of revised syllabi.

In case, the syllabus of any course is carried forward without any revision, it shall also be counted as revised in the revised syllabi.

Course structure: Bachelor of Science (B.Sc. Yoga)
(CBCS- Choice based credit system)

S. No	Subject code	Part	Name of the Subject		Credits	Hours	Marks		
							Int.	Ext.	Total
SEMESTER- I									
1	7201T1/ 7201H1	I	Tamil or Hindi- I		3	3	25	75	100
2	7201E1	II	English for Effective Communication		3	3	25	75	100
3	724103	III	Core-I	Foundation of Yoga	4	4	25	75	100
4	724104		Core-II	Texts on Hatha Yoga	4	4	25	75	100
5	724105		Allied	Human Anatomy and Physiology	3	3	25	75	100
6	7241P1	IV	P1	Human Anatomy and Physiology-I Practical	2	4	25	75	100
7	7241P2		P2	Yoga Practical-1	2	4	25	75	100
8	7241P3		P3	Yoga Practical-2	2	5	25	75	100
Total					23	30	200	600	800
SEMESTER- II									
9	7202T2/72 01H2	I	Tamil or Hindi		3	3	25	75	100
10	7202E2	II	English for Effective Communication		3	3	25	75	100
11	724106	III	Core-I	Fundamentals of Yoga Education	4	4	25	75	100
12	724107		Core-II	Patanjala Yoga Darshana	4	4	25	75	100
13	724108		Allied	Human Anatomy and Physiology-II	3	3	25	75	100
14			Environmental studies		3	3	25	75	100
15	7241P4		P1	Yoga Practical-3	2	4	25	75	100
16	7241P5	IV	P2	Yoga Practical- 4	3	6	25	75	100
Total					25	30	200	600	800
SEMESTER- III									
17	7203T3/ 7203H3	I	Tamil or Hindi		3	3	25	75	100
18	7203E3	II	English for Effective Communication		3	3	25	75	100
19	724109	III	Core-I	Yoga and Holistic Health	4	4	25	75	100
20	724110		Core-II	Methodology of Yoga Teaching	4	4	25	75	100
21	724111		Allied	Fundamentals of Naturopathy	3	3	25	75	100
22			Non Major Electives		2	3	25	75	100
23	7241P6	IV	P1	Yoga Practical- 5	2	4	25	75	100
24	7241P7		P2	Yoga Practical- 6	3	6	25	75	100
25		V	Extension Activities		-	-	25	75	100
			MOOCs		-	-	-	-	-
Total					24	30	225	675	900
SEMESTER- IV									
26	7204T/ 7204H4	I	Tamil or Hindi		3	3	25	75	100
27	7204E4	II	English for Effective Communication		3	3	25	75	100
28	724112	III	Core-I	Paths and Schools of Yoga	4	4	25	75	100
29	724113		Core-II	Basis of Yoga Therapy	4	4	25	75	100
30	724114		Allied	Introduction to Ayush	3	3	25	75	100
31			Non Major Electives		2	3	25	75	100
32	7241P8	IV	P1	Yoga Practical- 7	2	4	25	75	100
33	7241P9		P2	Yoga Practical- 8	3	6	25	75	100
		V	MOOCs		-	-	-	-	-
Total					24	30	200	600	800
SEMESTER- V									

34	724115	III	Core-I	Applied Psychology and Yogic Counseling	4	4	25	75	100
35	724116		Core-II	Yogic Management of Life style related disorders	4	4	25	75	100
36	724117		Elective -I	Yoga and Mental Health	4	4	25	75	100
37	724118		Elective -II	Yogic Diet and Nutrition	4	4	25	75	100
38	7241P10	IV	P1	Yoga Practical-9	3	6	25	75	100
49	7241P11		P2	Yoga Practical - 10 (teaching Practice)	3	8	25	75	100
				Total	22	30	150	450	600
				SEMESTER- VI					
40	724119	III	Core-I	Yoga and Human Values	4	4	25	75	100
41	724120		Core-II	Applied Yoga	4	4	25	75	100
42	724121		Elective -I	Health and Yoga Hygiene	4	4	25	75	100
43	724122		Elective -II	Human system according to Yoga	4	4	25	75	100
44	7241P12	IV	P1	Yoga Practical- 11 – Case Study Reports Subject	3	6	25	75	100
45	7241P13		P2	Yoga Practical (teaching Practice)	3	8	25	75	100
				Total	22	30	150	450	600
				(I to VI Semesters) Total	140	180	112	337	4500
							5	5	

Total Credits – 140*, Total Marks – 4500**

TAMIL – I			
Subject code:7201T1	Semester I	Hours: 3	Credits: 3
<p>அலகு I: மரபுக்கவிதை</p> <p>1. பாரதி : பகைவனுக்கு அருள்வாய்</p> <p>2. பாரதிதாசன் : எந்த நாளோ</p> <p>3. நாமக்கல் : வீரத் துறவி (பெரியோர் புகழ் மலர்) கவிஞர்</p> <p>4. கண்ணதாசன் : அன்புக் மரணமில்லை (கண்ணதாசன் கவிதைகள் தொகுதி முன்று)</p>	<p>அலகு II: மொழிபெயர்ப்பு இலக்கியம்</p> <p>1.ஆசிய ஜோதி கவிமணி தேசிய விநாயகம் பிள்ளை (சித்தார்த்தன் கேட்ட தேவகீதம், சித்தார்த்தன் துறவு நீங்கலாக</p>	<p>அலகு III: புதுக்கவிதை</p> <p>1. சிற்பி இந்தியா இணையற்ற இந்தியா</p> <p>2. மு.மேத்தா அது ஓர் ஆயதம் (முகத்துக்கு முகம்)</p> <p>3. வைரவமுத்து அதிகாரிகள் என்னும் ஆண் மாமியார்கள் (இன்னொரு தேசிய கீதம்)</p> <p>4. அப்துல் ரகுமான் முதமை (நேயர் விருப்பம்)</p>	<p>அலகு IV: பயன்பாட்டுத் தமிழ்</p> <p>1.வல்லினம் மிகும் இடங்கள்</p> <p>2. வல்லினம் மிகா இடங்கள்</p> <p>3. புணர்ச்சி</p> <p>1. பொது இலக்கணம்</p> <p>2. இயல்பு புணர்ச்சி</p> <p>3. விகாரப் புணர்ச்சி</p>
<p>அலகு V: இலக்கிய வரலாறு</p> <p>1. கிறிஸ்துவர்களின் தமிழ் தொண்டு</p> <p>2. இஸ்லாமியர்களின் தமிழ்த்தொண்டு</p> <p>3. நாவல் இலக்கியத் தோற்றமும் வளர்ச்சியும்</p> <p>4. சிறுகதை இலக்கியத் தோற்றமும் வளர்ச்சியும்</p> <p>5. புதுக்கவிதையின் தோற்றமும் வளர்ச்சியும்</p> <p>*தற்படிப்பு (மாணவர்கள் தங்கள் சுய முயற்சியில் கற்றல் வேண்டும்)</p>			
<p>பார்வை நூல்கள்:</p> <p>அப்துல் ரகுமான், நேயர் விருப்பம், நேஷனல் பப்ளிசர்ஸ், சென்னை கவிஞர் பாலா. சிற்பியின் கவிதை வானம், மணிவாசகர் பதிப்பகம், சென்னை. மு.மேத்தா, முகத்துக்கு முகம், திருமகள் நிலையம், சென்னை. பாரதியார், பாரதியார் கவிதைகள், பூம்புகார் பதிப்பகம், சென்னை. பாரதிதாசன் கவிதைகள், பூம்புகார் பதிப்பகம், சென்னை. கண்ணதாசன் கவிதைகள், பாரதி புத்தகாலயம், சென்னை. ஆசிய ஜோதி –பாரி நிலையம், சென்னை வைரமுத்து, இன்னொரு தேசிய கீதம், திருமகள் நிலையம், சென்னை. டாக்டர் விஹரி விஜயலெட்சுமி –தமிழ் இலக்கிய வரலாறு, என்னெஸ் பப்ளிகேஷன்ஸ், உடுமலைப்பேட்டை.</p> <p style="text-align: center;">*****</p>			

Semester - I			
Course code: 7201H1	HINDI	Credits: 3	Hours : 3
Objectives:	To study elaborate the basic level of Hindi language.		
Unit-I	Swar, Vyanjan, Barakhadi, Samyukthakshar, Ginthi (1-100)		
Unit-II	Prose – Album, Kadhama ka Phool, Bharat Ek Hai		
Unit-III	Non-Detailed Text: Story 1 to 3 From Kahani Kunj (Pariksha, Mamatha, Apna Paraya)		
Unit-IV	Anuvad Abhyas, 1 to 10 – English to Hindi		
Unit-V	Samanya Hindi – Phal, Tarkariyan, Rang, Jaanvar, Pakshiyen, Sareerke Ang, Haft ke Din		
Outcomes:	The students will be learning basic level of writing and reading of Hindi.		
References:	<p>Amithab V.P (Ed) Kahani Kunj, Govind Prakashan, Sadhar Bazaar, Mathura, UP 281001</p> <p>Hiranmai (Ed), Hindi Gadhya Prabhakar. Siksha Bharathi, Kasmiri Gate, New Delhi 110006</p> <p>Ramdev, Vyakaran Pradeep, Hindi Bhavan, 36, Tagore Town, Allahabad 211002</p>		

Semester - I			
Course code: 7201E1	English for Effective Communication-I	Credits: 3	Hours : 3
Objectives:	To be learn new things of communication skills.		
Unit-I	Imperative sentences, Declarative sentences – Interrogative sentences, exclamatory sentences, Asking permission, Requests – self introduction, Greeting, Describing an object.		
Unit-II	Short answers, asking for time, asking about trains, asking about prices, Telephone conversation, miscellaneous an object.		
Unit-III	Aspects of Communication: Communication through words__ Process of Communication, Barriers of Communication, Importance of Communication, Corporate Communication.		
Unit-IV	Communication through body Language __ Personal Appearance, Posture, Gesture, Facial Expression, Eye Contact, Space Distancing.		
Unit-V	Reading & Writing: Reading a few sentences – Reading a passage – Reading newspaper – Writing letter – Writing application – Writing a notice.		
Outcomes:	Students will be learning basic procedure of reading, writing and communicative knowledge of English language.		
References:	<p>Anil Kumar. (2012). <i>Spoken English</i>. New Delhi The Readers Paradise.</p> <p>Radhakrishna, Pillai and Rajeevan, K. (2011). <i>Spoken English for you - Level One</i>. Chennai, Emerald Publishers.</p> <p>Ramakrishna Mission Vivekananda University. (2012). <i>Communication skills</i>. Coimbatore: Ramakrishna Mission Vivekananda University Publication.</p> <p>Seema Seth. (2012). <i>Communication skills</i>. New Delhi: Readers Choice.</p>		

Semester - I			
Course code:724103	Foundation of Yoga	Credits: 4	Hours : 4
Objectives:	<p>The subject entitled 'Foundation of Yoga' has the following objectives</p> <ul style="list-style-type: none"> • Students of the UG course will have an understanding about origin, History and Development of Yoga. • They will have an idea about the insights of Indian philosophy and Astika & Nastika darshanas. • Introduction about Yoga according to various yogic texts. 		
Unit-I	General introduction to yoga :Brief about origin of Yoga: Psychological aspects and Mythological concepts; History and Development of Yoga: Pre classic, classic and Post classic prior to the Vedic period.		
Unit-II	Aim and objective :Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions of Yoga; Brief about Streams of Yoga; Karma, Bakthi and jnana. Principles of Yoga, Importance of Yoga		
Unit-III	General introduction to Indian philosophy :Philosophy: meaning, definitions and scope; Indian Philosophy: Salient features, Branches (Astika and Nastika Darshanas), Distinction from Religion and Science, Brief introduction to Prasthanatrayee and Purushartha Chatushtaya; Relationship between Yoga and Indian Philosophy, Yogic perspective to Shad-darshanas.		
Unit-IV	Yoga in Texts–I: Brief to Vedas, Upanishads and Yoga in Principal Upanishads, Yoga in Yogopanisad; Yogic perspective of Epics: Ramayana, Adhyatma Ramayana and Mahabharata; Yogic perspective: Bhagavad Gita, Yoga Vasishtha, Narada Bhakti Sutras.		
Unit-V	Schools of Yoga:Ashtanga Yoga in Patanjali, Yogic perspective: Smritis, Puranas with emphasis to Bhagavat Purana; Emphasis to Vedantic approach of Shankara, Ramanuja, Madhva and Vallabha; Brief: Agamas, Tantras, Shaiva Siddhanta, Anthranga yoga, Thirumoolar Thirumanthiram. Paths of Yoga: Hatha yoga, Bhakti yoga, Jnana yoga, Sarina yoga, Raja yoga, Mahtra yoga, Laya yoga, Yantra yoga.		
Outcomes:	<ul style="list-style-type: none"> • The Students can learn origin, history, procedure, foundation and values of yoga through Foundation of yoga subjects. 		
TEXT BOOK			
Lal Basant Kumar. (2013). <i>Contemporary Indian Philosophy</i> . Delhi: Motilal Banarsidas Publishers Pvt. Ltd.			
Dasgupta S. N. (2012). <i>History of Indian Philosophy</i> . Delhi Motilal Banarsidas.			
Singh S. P. (2010). <i>History of Yoga</i> . PHISPC, Centre for Studies in Civilization Ist.			
Singh S. P & Yogi Mukesh. (2010). <i>Foundation of Yoga</i> . New Delhi Standard Publication.			
BOOKS FOR REFERENCE			
Agarwal, M.M. (2010). <i>Six systems of Indian Philosophy</i> . VaranaiChowkhambha Vidya Bhawan.			
Swami Bhuteshananda. (2009). <i>II Edition. Nararad Bhakti Sutra</i> . Kolkata Advaita Ashrama Publication-Dept.			
Hiriyanna, M. (2009). <i>Outlines of Indian Philosophy</i> . Delhi Motilal Banarsidas.			
Hiriyanna, M. (2008). <i>Essentials of Indian Philosophy</i> . Delhi Motilal Banarsidas.			
Radhakrishnan, S. (2008). <i>Indian Philosophy</i> . UK (Vol. I & II) II Edition. Oxford University.			
Max Muller, K. M. (2008). <i>The six system of Indian Philosophy</i> . Varanasi 6th Edition. Chukhambha, Sanskrit series.			

Semester - I			
Course code:724104	Texts on Hatha Yoga	Credits: 4	Hours : 4
Objectives:	By introducing hatha Yoga & its texts, students shall be able to <ul style="list-style-type: none"> ▪ Have an understanding about pre-requisites, principles about Hatha yoga. ▪ Understand the relationship between Patanjala and Raja yoga. ▪ Have an understanding about the concept of yoga in other yogic texts. 		
Unit-I	General Introduction to Hatha yoga :Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions, Philosophy and Foundations; Hatha Yoga Parampara, Natha Cult Hatha Yogis and their contribution; Ghatashudhi: its importance and relevance in Hatha Yoga sadhana; Inter-relation of Hatha Yoga and Raja Yoga.		
Unit-II	Pre-requisites of Hatha Yoga :Badhaka Tattva (Obstacles) and Sadhaka Tattva (Facilitatory factors) in Hatha Yoga; Concepts of Matha, Concept of Mitahara, Pathya (conducive) and Apathya (non-conducive), Types of aspirants; Dasha Yama and Niyama and its relevance in Hatha Yoga Sadhana; Swara, Importance of Svarodaya-jnana in Hatha Yoga Sadhana; Hatha Siddhi Lakshanam		
Unit-III	Principles of Hatha Yoga : Concept of Swas-prashwas, Vayu, Prana and Upaprana; Concept of Kandha, Nadi, Swar, Chakra and Granthi; Kundalini prabodhan, Unmani avastha, Nadanusandhan; Concept of Samadhi;		
Unit-IV	Texts on Hatha yoga: Brief: Hatha Yogic Texts, their nature and objectives; Siddhasiddhantapaddhati, Goraksha Samhita, and Shiva Samhita; Brief: Hatha Yoga Pradeepika, Gheranda Samhita, Hatha Rathnavali		
Unit-V	Practices in Hatha Yoga: Hatha Yoga: Philosophical Foundations of Hatha Yoga, Hatha Yoga Sadhana, Chaduranga Yoga and Saptanga Yoga, Relevance of Hatha Yoga in day-to-day life; Inter Relationship between Patanjala Yoga and Hatha Yoga and their inter-dependance; Kundalini Yoga: Philosophical Foundations and Practices of Kundalini Yoga. Shut kriyas, Asanas, Pranayamahakas, Mandra, Bandra, Dhayana and Samadhi.		
Outcomes:	<ul style="list-style-type: none"> ▪ The students acquired significant knowledge about Hatha yoga. 		
TEXT BOOKS Bihar school of yoga publications. <i>HathaYoga Pradeepika of Svatmarama.</i> (2013). MDNIY Publication. Swami Muktibodhananda Saraswati Sahay G.S. (2000). <i>Hatha Yoga Pradeepika.</i> Munger, Sharma, B.R. (2013). <i>Jotsna (Comentory of HathaYoga Pradeepika).</i> Lonavala Kaivalyadhama.			

Semester - I			
Course code: 724105	Allied-I Human Anatomy and Physiology-I	Credits: 3	Hours : 3
Objectives:	<p>Following the completion of the course, students shall be able:</p> <ul style="list-style-type: none"> ▪ To know about the structure of the body • To know about the necessary functions of the body ▪ To give brief idea about the diseases related to each system ▪ To throw light on anatomy so that student can experience the involvement of their body parts while practicing various postures of yoga 		
Unit-I	Cell, Tissue and Muscular – system: Cell structure –Plasma membrane and protoplasm; Cell organelles –Mitochondria, Globiboly, Endoplasmic reticulum, Lysosome, Peroxisome, Centrosome, Nucleus-Nuclear membrane, chromosome, nucleolus; Homeostasis; Structure and function of epithelial -simple and compound; Connective -connective tissue proper, skeletal and vascular; Muscular Skeletal ,involuntary and cardiac; Nervous tissues-Myelinated neuron and Non myelinated neuron. Types of Muscle in the body (striated, Smooth muscle, Cardiac muscle); Mechanism of muscle contraction.		
Unit-II	Skeletal System: Anatomy of the Skeleton: Classification of bones-Axial bones and appendicular bones; Types of joint –Synovial joints and Fibrous joint; Structure of synovial joints ; Types of synovial joints;		
Unit-III	Biomolecules and Digestive system: Carbohydrates; Fats; Proteins; Minerals; Vitamins (fat soluble and water soluble); Dietary fibres Balanced diet; Digestive system: Digestive system of human-Mouth, buccal cavity, Pharynx, oesophagus, stomach, large intestine, small intestine, anus, associated glands-Liver, Pancreas, salivary glands, physiology of digestion and absorption; Malnutrition and under nutrition.		
Unit-IV	Respiratory system: Respiratory system of human-Nose, nasal cavity, pharynx, Trachea, Larynx, bronchiole, lungs; Mechanism of breathing (Expiration and inspiration); Transport of respiratory; gases (transport of oxygen and transport of carbon dioxide); Common respiratory disorder.		
Unit-V	Cardiovascular system : Composition and function of blood –Plasma ,RBC,WBC and Platelet; Blood groups and their importance; Blood clotting; Structure and working mechanism of heart; Organisation of systemic and pulmonary circulation; Cardiac output and cardiac cycle; Functional anatomy of blood ; vessels; Blood pressure and regulation of blood pressure.		
Outcomes:	<ul style="list-style-type: none"> ▪ The students gain noteworthy knowledge in human structure and necessary functions of the body. 		
TEXT BOOKS			
Tortora and Bryan: <i>Anatomy and Physiology</i> Khurana: <i>Anatomy and Physiology</i>			
REFERENCE BOOKS:			
Gore, M.M. (2003). <i>Anatomy and Physiology of Yogic practices</i> . India: KanchanPrakashan, Lonavla. LanPeate and MuralidharanNayar – <i>Fundamental of Anatomy and Physiology for student's nurse</i> . Evelyn, C. Pearce- <i>Anatomy and Physiology for Nurses</i> .			

Semester - I			
Course code: 7241P2	Yoga Practical - 1	Credits: 2	Hours : 5
Objectives:	<ul style="list-style-type: none"> ▪ Make the students recite the Vedic hymns skillfully. ▪ Understand the concept and principles of Shatkarmas. ▪ Know and understand about breathing practice. 		
Unit-I	Sthula/ Sukshmaviyama: Recitation of Pratah-smaran and Shanti Mantras; Recitation of Pranava Japa and Soham Japa; Recitation of Hymns from Upanishad & Yoga Texts; Hasta Mudra: Chin, Jnana, Hridaya, Bhairav, Yoni. Isthula Vyama, Sukshmaviyama, Loosening Exercise, Asanas and Surya Namaskar.		
Unit-II	Shat karmas:Neti (Jalneti, Sutraneeti); Kapalbhathi and its variants; Agnisara		
Unit-III	Breathing practices and Stimulating Exercise: Breathing practices: Hands in and out, Hands stretch, Ankle stretch, Rabbit, Tiger, Straight leg raising breathing; Breath Awareness: Abdomen, Thoracic & Clavicular Breathing, Abdomen+Thoracic Breathing, Abdomen + Thoracic + Clavicular Breathing.		
Unit-IV	Pranayama: Yogic Breathing: Aspects of Pranayama, Types of Pranayama and Nadhi Sudhi Primary exercise, Practice of Puraka, Rechaka & Kumbhaka (Antar). Om Meditation, Mantra Meditation and Observation Meditation.		
Unit-V	Evaluation and Demonstration		
Outcomes:	<ul style="list-style-type: none"> ▪ Students will be able to learn about the basic level practical knowledge of Yoga practices. 		
TEXT BOOKS:			
Sri Ananda. (2003). <i>The Complete book of Yoga</i> . , DelhiOrient Course Backs.			
Basavaraddi, I.V. & others (2009). <i>SHATKARMA</i> . MDNIY New Delhi A Comprehensive description about Cleansing Process.			
Joshi, K.S. (2009). <i>Yogic Pranayama</i> . New DelhiOriental Paperback.			
Nagendra H R (2005) <i>Pranayama, The Art & Science</i> .Bangalore: Swami Vivekananda Yoga Prakashan.			
BOOKS FOR REFERENCES			
Basavaraddi, I.V. & others.(2009). <i>SHATKARMA.MDNIY</i> New Delhi: A Comprehensive description about Cleansing Process.			
Joshi, K.S. (2009). <i>Yogic Pranayama</i> ., New DelhiOriental Paperback.			
Swami Kuvalyananda. (2010). <i>Pranayama</i> . Lonavla: Kaivalyadhama.			
Swami Rama. (1998). <i>Science of Breath, A Practical Guide</i> . PennselsveniaThe Himalayan International Institute			
Swami Niranjananand Saraswati. (2005). <i>Prana, Pranayama & Pranvidya</i> .Munger, Bihar Yoga Publications Trust.			

Semester – I			
Course code:7241P3	Yoga Practical– 2	Credits: 3	Hours : 6
Objectives:	<ul style="list-style-type: none"> • Understand the concept and principles of Sukshma and Sthula vyayma. • Explain and demonstrate the above mentioned practices 21kilfully. • Have a in-depth understanding about Surya namskara and Yogasanas. 		
Unit-I	Loosening the Joints Suryanamaskar, Bihar School of Yoga Model, Vivekananda Kendra Model.		
Unit-II	Asanas: Vrksahasana, Parivrtha Trikonasana, Virabhatrasana, Garudasana, Padahasthasana, Ushtrasana, Sirshasana, Halasana, Sarvangasana, Matsyasana, Bhujangasana, Salabhasana, Dhanurasana, Navasana, Nouhasana, Marichiasana, Ardha Matsyendrasana, Paschimottasana, Baddha Konasana, Kukutasana, Padmasana, Vajrasana, Gomukasana, Siddhasana, Savasana. Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana, Ardha Chakrasana, Paada Hastasana, Trikonasana, Parshva Konasana, Veerabhadrasan and its variations.		
Unit-III	Pranayama, Kriyas and Bandhas Yogic breathing, Sheetal, Bhastrika, Anuloma Viloma. Jalaneti, Sutraneti, Bandhas, Jalandhara Bandha, Moola Bandha. Uddiyana Bandha, Mahabandha. Mudras, Shunya mudra, Pushan Mudra, Vayu mudra, pran mudra, Varuna mudra, Prithvi mudra, Linga mudra, Matangi mudra Garuda mudra, Apan mudra, Apanvayumudra.		
Unit-IV	Meditation : Yoga Nidra, Rajayoga Meditation, Trataka Meditation, Chakra Meditation, Nine Centered Meditation.		
Unit-V	Evaluation and Demonstration		
Outcomes:	<ul style="list-style-type: none"> • The students will be learn about skill base practical knowledge about Surya Namaskar, asanas, pranayama, kriyas, bandhas and meditation. 		
TEXT BOOKS			
Swami Dharendra Bhrmhachari. (1980). <i>Yogic Sukshma Vyayama</i> . New Delhi Dharendra Yoga Publications.			
Swami Dharendra Bhrmhachari. (1966). <i>Yogasana Vijnana</i> .New Delhi, Dharendra Yoga Publications.			
BOOKS FOR REFERENCES			
Basavaraddi, I.V. & others. (2011). <i>YOGASANA. MDNIY</i> , New Delhi A Comprehensive description about Yogasana.			
Basavaraddi, I.V. & others (2011). <i>Yogic Sukshma Evam Sthula Vyayama. MDNIY</i> , New Delhi			
Swami Kuvalyananda. (1993). <i>Asana</i> . Lonavla: Kaivalyadhama.			
Swami Satyananda Saraswati. (2006). <i>Asana, Pranayama, Bandha, Mudra</i> . Munger: Bihar School of Yoga.			

Tamil II			
Course Code:7202T2	Semester –II	Creditis :3	Hours: 3
அலகு I:	1. சிலப்பதிகாரம் 2. மணிமேகலை	- :	அந்திாலை சிறப்பு செய்காதை ஆதிரை பிச்சையிட்ட காதை
அலகு II:	1.கம்பராமாயணம் 2. பெரிய புராணம்	- -	அயோத்தியா காண்டம் கைகேயி கூழ்வினைப் படலம் (50 முதலழ் 67-ஆம் பாடல்கள் நீங்கலாக) கவிமணி தேசிய விநாயகம் பிள்ளை
அலகு III:	1. பாரதியார் பாடல்கள் 2. பாஞ்சாலி சபதம் 3. துரியோதனன் சூழ்ச்சிச் சுரக்கம் (1 முதல் 20 பாடல்கள்)	- -	மெய்ப்பொருள் நாயனார் புராணம்
அலகு IV:	1. தமிழ்ச் செம்மொழி வரலாறு	-	
அலகு V:	1.சீவகசிந்தாமணி 2. ஐஞ்சிறு காப்பியங்கள் 3. கம்பராமாயணம் 4. இலக்கண நூல்கள் 5. சிற்றிலக்கியங்கள்	- -	வளையாபதி – குண்டலகேசி வில்லிபாரதம்
<p>மூதற்படிப்பு (மாணவர்கள் தங்கள் சுய முயற்சியில் கற்றல் வேண்டும்)</p> <p>பார்வை நூல்கள் சிலப்பதிகாரம், பாரிநிலையம், சென்னை மணிமேகலை, பாரிநிலையம், சென்னை கம்பராமாயணம், வர்த்தமானன் பதிப்பகம், சென்னை கலைஞர் முகருணாநிதி- செம்மொழி வரலாற்றில் சில செப்பேடுகள். ஆய்வரங்கச் சிறப்பு மலர்- உலகத் தமிழ் -செம்மொழி மாநாடு 2010. சாலினி இளந்திரையன் -தமிழ்ச் செம்மொழி ஆவணம் டாக்டர் வா.செ.குழந்தைசாமி –உலகச் செவ்வாயல் மொழிகளின் வரிசையில் தமிழ். டாக்டர் மு.வரதராசன்-மொழி வரலாறு. டாக்டர் ஹரி விஜயலெட்சுமி – தமிழ் இலக்கிய வரலாறு, என்னெஸ் பப்ளிகேஷன்ஸ், உடுமலைப்பேட்டை.</p> <p style="text-align: center;">*****</p>			

Semester – II			
Course code: 7202H2	HINDI – II	Credits: 3	Hours : 3
Unit I	Poetry: Panchavati by Mythilisharan Gupt		
Unit II	Lagu Katha: Rishte, Khelne Ka Din		
Unit III	Novel: Apka Banti by Manu Bandari		
Unit IV	Anuvad Abhyas : 1 to 10 – Hindi to English		
Unit V	Applied Grammar: Ling Badaliye, Vachan Badaliye, Vaach badaliye, Shudh Kijiye, Kaal Badaliye, Karak Chinhomese Bhariye, Vakyom me Prayog Kijiye, Vipareetarth Likiye, Paryavachi Sabdh Likiye, Muhavara ka aartha angereji me Likiye etc.,		
References:			
Mythilisharan Gupta, <i>Panchavati</i> , New Delhi 110002.			
Premchand, Sevasadan, Vani Prakashan, Dariyaganj, New Delhi 110002.			
Anuvadh Abhyas – III, <i>DPHPS</i> , Chennai 600017			

Semester – II			
Course code:7202E2	English for Effective Communication – II	Credits: 3	Hours : 3
Unit I	Communication through Technology: Word Processor, Desk Top Publisher (DTP), Power Point Presentation, Electronic Mail, Voice Mail.		
Unit II	Oral Communication: Meeting _ Purpose, Procedure, Chairmanship, Participation, Physical Arrangements.		
Unit III	Written Communication: Reading Comprehension __ Reading Techniques, Helpful Hints for Comprehension Exercises, Illustrative Examples.		
Unit IV	Phonetics_ Speech organs and the production of English sounds, Syllable structure in English, Classification of English consonants according to the place of articulation, English Vowels, Accents (Stress) in English, ‘Intonation’ in English, Phonetic Transcription.		
Unit V	Research Papers and Articles: Research Papers, Articles.		
References:			
Anil Kumar. (2012). <i>Spoken English</i> . New Delhi The Readers Paradise.			
Radhakrishna, Pillai. And Rajeevan, K. (2011). <i>Spoken English for you – Level One</i> . Chennai Emerald Publishers.			
Ramakrishna Mission Vivekananda University. (2012). <i>Communication skills</i> . Coimbatore Ramakrishna Mission Vivekananda University Publication.			
Seema Seth. (2012). <i>Communication skills</i> . New Delhi Readers Choice			

Semester – II			
Course code:724106	FUNDAMENTALS OF YOGA EDUCATION		Credits: 4 Hours : 4
Objectives:	<p>The subject entitled ‘Fundamentals of Yoga Education’ has the following objectives</p> <ul style="list-style-type: none"> • Students of the UG course will have an understanding about Foundations of Yoga Education • Students will learn about Yogic Philosophy and spiritual value through education. • Know and understand the various Schools of Yoga. 		
Unit-I	<p>Meaning — Definitions — Need — Nature — Aim and objectives — Philosophy and Scope of yoga — Modern developments in yoga Misconceptions and clarifications about yoga — Yoga and Education, Yoga and physical education, Schools of Yoga, Iyengar yoga and Vini yoga.</p>		
Unit-II	<p>History of Yoga — Vedas — Bhagavad Gita — Upanishads, Ramayana, Mahabharata, Brahma Sutras — Astanga Yoga of Patanjali: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi.</p>		
Unit-III	<p>Contributions to yoga — Hatha Pradipka, Yoga sutras, Gheranda samhita, yajnavalkya samhita, yoga Rahasya, Thirumandirarn. Contributions of yoga of Hinduism, Jainism, Buddhism, Christianity, Islam.</p>		
Unit-IV	<p>Contributions to yoga — Vivekananda, Kavalayananda, Sivananda, Krishnamacharya, Sri Ramalingaswami, Maharishi Mahesh Yogi, Sri Aurobindo, Contributions of Siddhars : Thirumoolar, Agasthiar, Sri Goraknath, Boha, Siva Samhitha and Gorak Samhitha.</p>		
Unit-V:	<p>Meaning, Definitions, Need, Scope of spirituality — Religions, Challenges: Physical, Mental, Moral, Social, Cultural and Religious. Role of Religions in the Society — Methods of developing spirituality — Relationships among yoga, religion And spirituality. Moral values, Divine virtues, human values and yoga. Yoga and Leadership.</p>		
Outcomes:	<ul style="list-style-type: none"> ▪ Students will be able to learn about Philosophical, Spiritual and Moral values through Fundamental of Yoga Education. 		
REFERENCE BOOKS:			
<p>B.K.S. Iyengar <i>Light on Yoga, Light on Pranayama</i> K. Arunachalam <i>Yogasanas</i>, M.L. Ghrote <i>Guidelines for Yogic Practices</i> R.K. Gardo <i>Principles and Practice of Yoga Therapy</i> Swami Kavalayananda <i>Asanas, Pranayamas</i></p>			

Semester – II			
Course code: 724107	Patanjala Yoga Darshana	Credits: 4	Hours : 4
Objectives	Following the completion of this course, students shall be able to <ul style="list-style-type: none"> • Understand various modification of mind and the means of inhibiting them. • Have an understanding about the essence of Samadhi and Sadhana Pada. Undertand the essence of Vibhuti and Kaivalya pada.		
Unit – I:	Introduction to Yoga darshana of Patanjali and concept of Citta, citta bhoomis Citta vrittis and Citta vritti nirodhopaya: Brief Introduction to Maharshi Patanjali and Patanjala Yoga Sutra, Brief Introduction to traditional commentators and commentaries of Patanjala Yoga Sutra (Vyasa Bhasya, Tatvavaisharadi, Bhoja Vritti and Yoga-vartika); Concept of Mana, Buddhi, Ahankar and Chitta; Concept of Citta Bhoomis (Kshipta, Mood, Vikshipta, Ekagra, Nirudha); Concept of Citta-Vrittis and their classification, Citta-Vritti Nirodhopaya (Abhyasa and Vairagya); Concept of Ishwar and Ishwar Pranidhana, Qualities of Ishwar, Concept of Samprajnata; Citta-Vikshepas (Antarayas), Concept of Citta-prasadanam, Relevance of Citta-prasadanam in Yoga Sadhana.		
Unit – II:	Samadhi pada: Concept of Yoganushasanam, Yoga Lakshanam and its results; Types of Samadhi (Samprajnatah and Asamprajnatah Samadhi); Types of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmita); Concept of Samapatti and kinds of Samapatti (Savitarka and Nirvitarka, Savichara and Nirvichara); Types of Asamprajnatah Samadhi (Bhavapratyaya and Upayapratyaya).		
Unit-III:	Sadhana pada: Concept of Kriya Yoga of Patanjali, theory of Kleshes (Avidya, Ashmita, Raga, Dewesh, Abhinevesh); Concept of Dukhavada (Heya, Hetu, Hana, Hanopaya) Drishta and Drishanirupanam (Prakriti), Drastunirupanama (Purusha), PrakritiPurushaSamYoga; Brief Introduction to Ashtanga Yoga; Concept of Asana and Pranayama and their Siddhis; Concept of Pratyahara and its Siddhis.		
Unit – IV:	Vibhuti pada: Introduction of Dharana, Dhyana and Samadhi, Samyama and its Siddhis; Three types of Chitta Parinamah; Bhoota jaya, Indriya jaya and their Siddhis, Satvapurushanyatakhyati and its Siddhis; VivekJnanaNirupanam,		
Unit – V:	Kaivalya Pada : Kaivalya Nirvachana; Role of Dharana, Dhyana, Samadhi and its application; Five Types of Siddhis and Jatyantar Parinamh; Concept of Nirman Chitta and four types of Karmas; Concept of Vasana and concept of Bahya Pradartha (external element) and its abilities.		
Outcomes.	The students will understandthe essence of Vibhuti, Kaivalya pada Samadhi and Sadhana Pada.		
TEXT BOOKS			
James R. Ballantyne (2004) <i>The Sankhya Aphorisms of Kapila</i> , Parimal Publications, New Delhi Swami Digambara Ji and others (2012). <i>Glossary of the Samkhakarika</i> , Kaivalyadhama, Lonavala Swami Virupaksananda (1995). <i>Samkhyakarika of I svarakrisna (with tattva Kamudia of Vachapati Mishra)</i> , Sri Ram Krishana Matha Madras.			
BOOKS FOR REFERENCE			
Gaspar M. Koelmenn, S. J.Patanjal (1970). <i>Yoga</i> , Papal Athenaeum, Poona. K.D. Prithvipaul <i>The Yogasurta of Patanjali</i> M.L.B.D. New Delhi M.R. Yardi <i>The Yoga of Patanjali</i> (1970). Bhandarkar Oriental Research Institute, Poona, India. Swami Ved Bharti (2004). <i>Yogasutra of Patanjali (with the Exposition of Vyasa)</i> M.L.B.D. New Delhi, , Vol I & II Sovani. V.V. (2005). <i>A critical study of the Sankhya System, Chukhambha Sanskrit Pratisthan</i> , New Delhi,			

Semester – II			
Course code:724108	Allied-II Human Anatomy and Physiology-II	Credits: 3	Hours : 3
Objectives:	Following the completion of the course, students shall be able: <ul style="list-style-type: none"> • To know about the structure of the body • To know about the necessary functions of the body • To give brief idea about the diseases related to each system To throw light on anatomy so that student can experience the involvement of their body parts while practicing various postures of yoga		
Unit-I:	Nervous system and special senses: Structure and function of human brain.-Fore brain, mid brain, hind brain, Structure and function of spinal cord, Cranial nerve and spinal nerve, Autonomic nervous system Sympathetic and para sympathetic nervous system, Reflex action, Mechanism of nerve conduction, Synapse and synaptic transmission, Structure and function of eye, ear, nose, tongue and skin. Selected yogic practices for nervous system.		
Unit-II:	Endocrine system: Structure and function of important of endocrine gland (Pituitary, Adrenal, Thyroid, Parathyroid, Pancreas, gonads), Function of GI tract hormones, Mechanism of hormone action. Role of yogic practices for Endocrine system.		
Unit –III:	Reproductive system: Male reproductive system of human.-Testis, penis, epididymis, prostate gland; Female reproductive system of human-ovary, uterus, vagina, cervix, fallopian tube; Menstrual cycle Gametogenesis-Spermatogenesis and oogenesis; Fertilization; Implantation and embryonic development; Pregnancy. Effect of yogic practices on reproductive system.		
Unit-IV:	Excretory system: Excretory system of human-Kidney, ureter, urinary bladder, urethra; Mechanism of urine formation-Ultrafiltration, selective reabsorption, tubular secretion; Role of kidney in osmoregulation. Selected yogic practices for excretory system.		
Unit-V:	Lymphatic system and immune system: Lymphoid organ-Bone marrow, Thymus, spleen, Lymph node, Composition and function of lymph, Immunity, Types of immunity-Innate immunity and acquired immunity, Antigen and antibody, Hypersensitivity, Autoimmunity. Role of yogic practices on various systems.		
Outcomes:	The students gain noteworthy knowledge in human structure and necessary functions of the body as well as role of yogic practices on various systems.		
TEXT BOOKS			
Tortora and Bryan <i>Anatomy and Physiology</i> Khurana <i>Anatomy and Physiology</i>			
BOOKS FOR REFERENCE			
Arthur C Gyton & Hall (2006). <i>Medical Physiology</i> , Reed Elsevier India Pvt. Ltd, New Delhi,. Chatterji C. C (2004). <i>Human Physiology Vol. I & II</i> , Medical Allied Agency, Kolkata, Bijlani R.L.(2011) <i>.Understanding of Human Physiology</i> , Jaypee Brothers Medical Publishers Pvt. Ltd, New Delhi, Pal G. K & others (2007). <i>Textbook for practical Physiology</i> , Orient Longman Pvt. Ltd, Hyderabad, Sharma J. P (2005) <i>A-Z Illustrated Encyclopaedia of Human Anatomy & Physiology</i> , KhelSahiya Kendra, Delhi,			

PART-IV (3)
COURSE CODE: 7BES2
I YEAR – II SEMESTER
COURSE – ENVIRONMENTAL STUDIES

Course code:7BES2	Yoga Practical-3	Credits: 2	Hours : 4
Unit I	The Multidisciplinary Nature of Environmental Studies: Definition, Scope and importance Need for public awareness		
Unit II	<p>Natural Resources : Renewable and non-renewable resources</p> <p>A) Forest Resources: Use and over-exploitation, deforestation, case studies, Timber extraction, mining, dams and their effect on forests and tribal people</p> <p>B) Water Resources: Use and over-Utilization of surface and ground water, floods, drought, conflicts over water, dams- benefits and problems.</p> <p>C) Mineral resources: Use and exploitation, experimental effects of extracting and using mineral resources, case studies.</p> <p>D) Food resources: world food problems, changes caused by agriculture and overgrazing, effects of modern agriculture, fertilizer-pesticide problems, water logging, salinity, case studies.</p> <p>E) Energy resources: Growing energy needs, renewable and non-renewable energy sources, use of alternate energy resources, Case studies.</p> <p>F) Land resources: Land as a resource, land degradation, main induced landslides, soil-erosion and desertification</p> <ul style="list-style-type: none"> • Role of individual in conservation of natural resources • Equitable use of resources for sustainable lifestyle 		
Unit III	<p>Ecosystems, Bio-diversity and its conservation</p> <p>Ecosystems</p> <ul style="list-style-type: none"> ✓ Concept of an Ecosystem ✓ Structure and function of an Ecosystem ✓ Energy Flow in the Ecosystem ✓ Food Chains, Food Webs and Ecological Pyramids <p>Biodiversity and its conservation</p> <ul style="list-style-type: none"> ✓ Introduction- Definition: Genetic, Species and Ecosystem Diversity ✓ Bio-Geographical Classification of India ✓ Value of Biodiversity: Consumptive Use, Productive Use, Social Ethical, Aesthetic and Option Values. ✓ Biodiversity at Global, National and Local Levels ✓ India as a Mega-Diversity Nation ✓ Hot Spots of Biodiversity ✓ Threats to Biodiversity: Habitat Loss, Poaching of Wildlife, Man-Wildlife Conflicts ✓ Endangered and Endemic Species of India ✓ Conservation of Biodiversity in-Situ and Ex-Situ Conservation of Biodiversity 		
Unit IV	<ul style="list-style-type: none"> • Environmental Pollution : Causes, Effects and Control measures of:- <ul style="list-style-type: none"> A. Air Pollution B. Water pollution C. Soil pollution D. Marine pollution E. Noise pollution 		

	F. Thermal pollution g. Nuclear hazards
Unit V	Field Work: <ul style="list-style-type: none"> ➤ Visit to a local area to document environmental assets–river/ forest/ grassland/ hill/ mountain ➤ Visit to a local polluted site- Urban/Rural/Industrial/Agricultural ➤ Study of common Plants, insects, birds ➤ Study of simple ecosystem-pond, River, Hill slopes, etc
Books for Reference:	
<p>Agarwal, K.C.(2001). <i>Environmental Biology</i>, Nidi Publ.Ltd., Bikaner</p> <p>Bharucha Erach <i>The Biodiversity of India</i>, Mapin Publishing Pvt. Ltd, Ahamedabad-380013,India, Email mapin@cent.net®</p> <p>Burner R.C. 1989, <i>Hazardous Waste Inclination McGraw Hill Inc.</i>480p</p> <p>Clark R.S. <i>Marine Pollution</i>, Clanderson Press Oxford(TB)</p> <p>Cunnigham, W.P.Cooper, T.H.Gorhani, E& Hepworth, M.T 2001 <i>Environmental Encyclopedia</i>, Jaico Publ. House, Mumbai, 1196p.</p> <p>De.A.K.<i>Environmental Chemistry</i>, Wiley Eastern Ltd.</p> <p>Down to Earth, <i>Centre for Science and Environment</i>®</p> <p>Gleick H.P. 1993, <i>Water in crisis</i>, Pacific Instutue for studies in Dev, Environment & Security, Stockholm Env. Institute,Oxford Univ.Press,473p</p> <p>Hawlinks R.E., <i>Encyclopedia of Indian Natural History</i>, <i>Bombay Natural History Society, Bombay (R)</i></p> <p>Heywood, V.H & Watson, R.T.1995, <i>global biodiversity Assesment</i>, Cambridge Univ.Press, 114op</p> <p>Jadhav, H&Bhosale V.M.1995, <i>Environmental Protection and Laws</i>, Himalaya Pub House, Delhi 284p</p> <p>Mckinney, M.L & Schoch, RM.1996 <i>Environmental Science systems& Solutions</i>, web enhanced edition 639p</p> <p>Mhaskar A.K.Matter Hazardous, techno-Science Publications(TB)</p> <p>Miller T.G. Jr.<i>Environmental Science</i> wadsworth Publicing Co(TB)</p> <p>Odurm, E.P.1971 <i>fudamentalof Ecology</i>, W.B.Saunders Co. USA 584p</p> <p>Rao M.N & Datta, A.K., 1987, <i>Tehchno-Science, Waste water Treatment</i>. Oxford& IBH publ, Co.Pvt. Ltd.,345p</p> <p>Sharma B.K. 2001, <i>environemtal chemistry</i> Goel publ,House,Meerut</p> <p>Survey of the Environmental the Hindu(M)</p> <p>Townsend C, harper J, and Michael Degon,<i>Essential of ecology</i>,<i>Blakewell Science</i> (TB)</p> <p>Trivedi R.K., <i>Hand book of Environmental laws, Rules, Guidelines, compliances and Standards, Vol I and II, Enviro Meida</i> ®</p> <p>Trivedi R.K. & P.K.Goel <i>Introduction to Air pollution</i>,<i>Techno-Science Publications (TB)</i></p> <p>Wanger K.D, 1998 <i>Environmental Management W.B. Environmental Management</i>. W.B.Saunders Co. Philadelphia, USA.499p</p>	

Semester – II			
Course code:7241P4	Yoga Practical-3	Credits: 2	Hours : 4
Objectives:	Following the completion of this course, students shall be able to <ul style="list-style-type: none"> • Understand the principle and practice of Yogic practices. Have an understanding about the practices that help practitioners to lead to meditation.		
Unit-I:	Shatkarma : Dhauti, Neti, Nauli Madhyama, Vama, Dakshina and Nauli Chalana, Trataka (Jatru and Jyoti)		
Unit-II:	Pranayama 1: Nadi Shodhana (Technique 1: Same Nostril Breathing), Nadi Shodhana (Technique 2: Alternate Nostril Breathing), Nadi Shodhana (Technique 3:		
Unit-III:	Pranayama 2: Alternate Nostril Breathing + Antar kumbhak); Nadi Shodhana (Puraka + Antar Kumbhak + Rechaka + Bahya Kumbhak) (1:4:2:2); Bhramari Pranayama		
Unit-IV:	Practices leading to meditation: Pranav and Soham Japa; Yoga Nidra (1,2,3); Antarmauna; Ajapa Dharana (Stage 1, 2, 3); Mind sound resonance technique (MSRT)		
Unit- V:	Evaluation and Demonstration		
Outcomes:	Students will understand much knowledge about the Shatkarma, Pranayama and Meditation Practices.		
TEXT BOOKS			
Swami Niranjanananda Saraswati <i>Asana Pranayama Mudra Bandha</i> Bihar school of yoga publications Munger, 2001			
Swami Niranjanananda Saraswati <i>Dharana Darshan</i> Bihar school of yoga publications Munger, 2001			
BOOKS FOR REFERENCES:			
Basavaraddi I. V. & Others : <i>Teachers Manual for School Teachers</i> , MDNIY, New Delhi, 2010			
Joshi, K.S. : <i>Yogic Pranayama</i> , Oriental Paperback, New Delhi.			
Swami Kuvalyananda <i>Pranayama, Kaivalyadhama</i> , Lonavla, 2009			
Iyengar, B.K.S. <i>Light on Pranayama</i> , Harper Collins, Swami Vivekanand Yoga Prakashan, 2012			
Nagendra, H.R. <i>The Art and Science of Pranayama</i> , Swami Vivekanand Yoga Prakashan, 2005, Bangaore.			
Nagendra, H.R. <i>Mind sound resonance technique</i> , Swami Vivekanand Yoga Prakashan, 2002, Bangaore.			

Semester – II			
Course code:7241P5	Yoga Practical- 4	Credits: 3	Hours : 6
Objectives:	Following the completion of this course, students shall be able to <ul style="list-style-type: none"> • Understand the principle and practice of different type of Yogasanas. • Demonstrate each Asana and explain its procedure. • Explain the benefits, limitation and subtle points of each practice. 		
Unit-I:	Yogasana (Standing Postures): Taadasana, Trikonasana, Dhruvasana, Garudasana, Hasta Padangushthasana, Vayuyanasana, Pada Hastasana, Hastha Uthannasana, Utkatasana, Virabhadrasana, Natarajasana, Artha Chakrasana, Vriksasana		
Unit-II: Yogasana (Sitting Postures)	Dandasana, Swastikasana, Padmasana, Vajrasana, Supta Vajrasana, Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Janusirasana, Paschimottanasana, Bhramacharyasana, Mandukasana, Utthana Mandukasana, Vakrasana, Marichayasana, Simhasana		
Unit-III: Yogasana (Supine lying Postures)	Pavanamuktasana, Utthana-padasana, Ardha Halasana, Halasana, Setubandhasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana, Vibarithakarni		
Unit-IV: Yogasana (Prone lying Postures)	Makarasana, Bhujangasana, Shalabhasana, Parsva Dhanurasana, Dhanurasana, Sarpasana,		
Unit-V:	Evaluation and Demonstration		
Outcomes:	The students will be learn about skill base practical knowledge about standing, sitting, supine and prone lying positions asanas.		
TEXT BOOKS			
Swami Dharendra Bhrahmachari: <i>Yogasana Vijnana</i> , Dharendra Yoga Publications, New Delhi. Swami Kuvalyananda : <i>Asana Kaivalyadhama</i> , Lonavla Swami Satyananda Saraswati: <i>Asana, Pranayama, Bandha</i> , Mudra Bihar School of Yoga, Munger			
BOOKS FOR REFERENCES			
Basavaraddi, I.V. & others <i>Yogasana A Comprehensive description about Yogasana</i> , MDNIY, New Delhi, 2011. Iyengar, B.K.S. <i>Light on Yoga</i> , Harper Collins Publishers. Tiwari, O.P. <i>Asana Why and How?</i> Kaivalyadhama, Lonavla.			

Semester – III			
Course code:7203T3	Tamil		Credits: 3
Hours : 3			
அலகு I:	1.திருஞானசம்பந்தர்	-	திருவையாற்றுப் பதிகம் (புலனைந்தம்.. எனத் தொடங்கும் பதிகம்)
	2. திருநாவுக்கரசர்	:	திருக்கழிப்பாலை (ஊனுடம்பு ஒன்புத வாசல் வைத்து..) எனத் தொடங்கும் பதிகம்)
	3. சுந்தரர்	-	திருப்புகலூர் பதிகம் (தம்மையே புகழ்ந்து. எனத் தொடங்கும் பதிகம்)
அலகு II:	1. மாணிக்கவாசகர்	-	திருப்பள்ளி எழுச்சி (10 பாடல்கள்)
	2. பெரியாழ்வார்	-	மாணிக்கங்கட்டி -திருத்தாலாட்டு (10 பாடல்கள்)
	3. ஆண்டாள்	-	வாரணம் ஆயிரம் (10 பாடல்கள்)
அலகு III:	1. தாயிமானவர்	-	பராபரக்கண்ணி -1 முதல் 20 கண்ணிகள்
	2. அருணகிரிநாதர்	-	கந்தர் அலங்காரம் (முதல் 10 பாடல்கள்)
	3. வள்ளலார்	-	திருவருட்பா மகாதேவ மாலை 1 முதல் 22 பாடல்கள் (கருணை நிறை எனத் தொடங்கும் காப்புப் பாடல்கள் முதல்)
அலகு IV:	சிறுகதை		
	1. புதமைப்பித்தன்	-	காஞ்சனை
அலகு V:	இலக்கிய வரலாறு ஐஐஐ	-	வளையாபதி -குண்டலகேசி
	1. பன்னிரு திருமுறைகள்		2. பன்னிரு ஆழ்வார்கள்
	3. தமிழர்வீரவிளையாட்டுகள்		
<p>பார்வை நூல்கள் சிலப்பதிகாரம், பாரி நிலையம், சென்னை, மணிமேகலை, பாரிநிலையம், சென்னை கம்பராமாயணம், வர்த்தமானன் பதிப்பகம், சென்னை கலைஞர் முகருணாநிதி- செம்மொழி வரலாற்றில் சில செப்பேடுகள். ஆய்வரங்கச் சிறப்பு மலர்- உலகத் தமிழ் -செம்மொழி மாநாடு 2010. சாலினி இளந்திரையன் -தமிழ்ச் செம்மொழி ஆவணம் டாக்டர் வா.செ.குழந்தைசாமி -உலகச் செவ்வாயல் மொழிகளின் வரிசையில் தமிழ். டாக்டர் மு.வரதராசன்-மொழி வரலாறு. டாக்டர் ஹரி விஜயலெட்சுமி - தமிழ் இலக்கிய வரலாறு, என்னெஸ் பப்ளிகேஷன்ஸ், உடுமலைப்பேட்டை.</p> <p style="text-align: center;">*****</p>			

Semester – III			
Course code:7203H3	Hindi	Credits: 3	Hours : 3
Unit I : Prose	Jeevan Ki Teen Pradhan Batein, Bade Bai Sahib byPremchand		
Unit II	Shabdh Vichar – Sangna, Sarvanam, Kaarak, Visheshan		
Unit III	Kavya Tarang (Pracheen Kavita – 1 to 5 Kabir, Tulasi, Surdas)		
Unit IV	Kavya Tarang (Aadhukin Kavita – 1 to 3 Gupt, Dinkar, Pant,Nirala, Verma)		
Unit V	Leave Letter, Applying for Job, Ordering forBooks, College Anniversary, Celebration etc.		
References:			
Hiranmai (Ed) Hindi Gadhya Prabhakar, Siksha Bharathi, Kasmiri Gate, New Delhi 110006			
Niranjan (Ed) Kavya Tarang, Sadhar Bazaar, Mathura, UP			

Semester – III			
Course code:7203E3	English for Effective Communication	Credits: 3	Hours : 3
Objectives:	Following are the objectives of introducing this course <ul style="list-style-type: none"> ▪ To acquire the skill of communicating with others in English. ▪ To apply the value of English in diverse field. ▪ To understand the approach and theory of English. 		
Unit I :	Dyadic Communication: Face – to – Face Conversation, Interview, Instruction, Dictation.		
Unit II	A mock interview – At the personal interview – Interviewing a Sports Person		
Unit III	Announcement in the sports meet – preparing annual sports meet report – Welcome address and vote of thanks in a sports meet – Master of ceremony in a sports meet		
Unit IV	Seminars and Conferences: Types of Discussion Group, Conducting Seminars, Organising Conferences.		
Unit V	Group Discussion: Group Dynamics, Purposes, Organisation		
References:			
Anil Kumar. (2012). <i>Spoken English</i> . New Delhi The Readers Paradise. Radhakrishna, Pillai. And Rajeevan, K. (2011). <i>Spoken English for you – Level One</i> . Chennai Emerald Publishers. Ramakrishna Mission Vivekananda University. (2012). <i>Communication skills</i> .Coimbatore Ramakrishna Mission Vivekananda University Publication. Seema Seth. (2012). <i>Communication skills</i> .New Delhi Readers Choice			

Semester – III			
Course code:	Yoga and Holistic Health	Credits: 2	Hours : 4
Objectives:	Following the completion of this course, students shall be able to <ul style="list-style-type: none"> • Understand the concept of health and disease. • Have understanding about yogic concepts of health and healing. • Yogic principle and practices for healthy living. • Understand the concept of Ahara its role in healthy living. 		
Unit – I:	Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Body, Health and Disease in Yoga		
Unit-II: Concept of Body, Health And Disease	Yogic concept of Body from Taittiriya Upanishad, Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi according to Yoga Vasistha and remedial measures; Holistic health care through Yoga. Concepts of Trigunas, Pancha-mahabhutas, Panchaprasna and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing		
Unit-III: Causes of Ill Health and Remedial Measures According to Patanjali	Potential causes of Ill-health: Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva; Shuddhi Prakriyas in Yoga : Role of Shuddhi Prakriyas in preventive and curative Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)		
Unit – IV: Yogic Principles and Practices of Healthy Living – I	Dietary regulation according to Hatha yoga and Bhagavadgitha; shatkriyas and tatva shuddhi; Asana for mind body and spirit; Practice for pranayama kosha – pranayama; Definition of Mental Health & Mental Hygiene & Total Health ; Indian approach to personality and personality integration Psycho-Social Implications of yoga; Adjustment Personal and interpersonal adjustment through yogic methods Niyamas & Yamas		
Unit – V: Yogic Principles and Practices of Healthy Living – II	Attitude change towards yoga through individualized counselling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counselling; the remedial measures; Action in relaxation-the secret of Karma Yoga; Unattached action, not to the fruits of action, equanimity in success and failure.		
Outcomes:	Students understand the knowledge about health, diseases and role of yogic practices for healthy living.		
TEXT BOOK			
Ghosh, Shyam (1999) <i>The Original Yoga Munshiram Manoharlal</i> , New Delhi.			
Jnanananda Bharati <i>Essence of Yoga Vasistha</i> Pub: Sanata Books, Chennai			
Hatha Ratnavali Tirumala Tirupathi Devasthanam, Andhra Pradesh.			
REFERENCE BOOKS:			
<i>Gheranda Samhita</i> Shri Sadguru Publication, New Delhi.			
Dr R Nagarathna and Dr H R Nagendra <i>Yoga and Health</i> , Swami Vivekananda Yoga Prakashana, 2002			
Dr R Nagarathna and Dr H R Nagendra <i>Yoga for Promotion of Positive Health</i> Published by SVYP, Bangalore			
Dr Nagendra H R <i>The Secret of Action – Karma Yoga</i> , Published by SVYP, Bangalore, 2003			

Semester – III			
Course code:724110	Methodology of Yoga Teaching	Credits: 4	Hours : 4
Objectives:	Following the completion of this course, students shall be able to <ul style="list-style-type: none"> • Understand the principles and practices of teaching methods of Yoga. • Have an indepth understanding about session and lesson planning and class room arrangements. Have an idea about the different tools used in Yoga teaching.		
Unit-I: Principles Teaching Yoga	Teaching and Learning: Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Guru; Yogic levels of learning, Vidyarthi, Shishya, Mumuksha.Traditional9Guru and Sysa) and Modern teaching Yoga.		
Unit-II: Methods of Teaching yoga	Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training.		
Unit-III: Basics of yoga class management	Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group); Techniques of mass instructions; Techniques of Individualised teaching; Techniques of group teaching; Organisation of teaching (Time Management, Discipline etc.)		
Unit-IV: Lesson planning in yoga	Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan; Action Research of Yoga: Meaning, Roles, Steps in action research in Yoga Teaching; Effective use of Library and other resources; Lesson Plan and its Practical applications		
Unit-V: Educational tools of yoga teaching	Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc.; Class room problems: Types and Solutions, Charateristics and essentials of good Yoga teaching; Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teaching; Meaning, Importance and Types of Educational technology, Aids and props. Role of Educational Technology in Yoga		
Outcomes:	Students learn the concepts, methods and principles of teaching yoga lesson plan.		
TEXT BOOKS			
Dr. Shri Krishna <i>Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices</i> , Kaivalyadhama, Lonavala, 2009			
BOOKS FOR REFERENCE			
Dr. Gharote M L <i>Teaching methods for Yogic practices</i> , Kaivalyadhama, Lonavala, 2007			
Dr. Raj Kumar <i>Principles & methods of Teaching</i> , Printo graphics, Delhi,			
Saket Raman Tiwari & others <i>Teaching of Yoga</i> , DPH Publishing Corporation, Delhi, 2007			

Semester – III			
Course Code:724111	Allied –I Fundamentals of Naturopathy	Credits: 3	Hours : 3
Objectives:	Following the completion of the course, students shall be able to <ul style="list-style-type: none"> • Understand the principle of Naturopathy healing • Maintains health through proper yoga practice, Fasting, Diet as well as prevent from disease. • Understand the causes of disease and the role of yoga for its healing. 		
Unit-I: Introduction To Naturopathy	General introduction to Naturopathy; Naturopathy – its definition, meaning, scope and limitations; History of Naturopathy – Indian and Western; Comparative study of the Naturopathy with other systems of Medicine; Catechism of Nature cure and Principles of Naturopathy.		
Unit-II: Principles Concepts Naturopathy	And Of	Composition of the human body according to Naturopathy, Laws of Nature: Pancha- Mahabhootas, Shareera Dharmas – Ahara, Nidra, Bhaya, Maithuna; Fundamental principles of Naturopathy; Natural rejuvenation and vitality, how to acquire natural immunity; importance of Physical & Mental Hygeine and prevention of diseases;	
Unit-III: Hydro Therapy and Fasting	Hydrotherapy: Introduction, definition, scope, history, principles; role of hydrotherapy in prevention of diseases; Upavasa (Fasting): Introduction, definition, scope, history, principles and types; its role in disease prevention, health promotion; concept of de-toxification;		
Unit-IV: Diet and Massage	Diet: Introduction, definition, scope, types and its principles; role of Naturopathy diet in disease prevention and , health promotion; Massage: Introduction, definition, scope, history, its principles and manipulative techniques; Different types of Massages and their role in in disease prevention, and health promotion		
Unit-V: Treatment of Natruopathy	Types of Nature Treatment: Acupuncture, Acupressure, Colour Therapy, Exercise Therapy, Under Water Exercise, Magnet Therapy, Hot and Cold Water Douches, Mud Bath, Sun Bath and Chromo Bath. Role of Naturopathy for Various Diseases.		
Outcomnes:	Students will be able to understand the basic level of naturopathy treatments.		
TEXT BOOKS			
S. D. Dwivedi <i>Naturopathy for perfect health</i> , Kalpaz Publication Delhi, 2002 Pravesh Handa <i>Naturopathy and Yoga</i> , Kalpaz Publication Delhi, 2006 S.J.Singh. <i>My Nature Cure or Practical Naturopathy</i> M.K.Gandhi <i>The story of my experiment with truth</i>			
REFERENCE BOOKS			
R.K.Garde <i>Ayurvedic for Health and Long life</i> Harry Benjamin. <i>Everybody's Guide to Nature Cure</i> M.K.Gandhi. <i>My Nature Cure</i>			

Semester - III			
Course code:7241P6	Yoga Practical- 5	Credits: 2	Hours : 4
Objectives:	Following the completion of this course, students shall be able to <ul style="list-style-type: none"> • Understand the principle and practice of each practice. • Demonstrate each practice skillfully. Explain the procedure, precaution, benefits and limitations of each practice.		
Unit-I: Yogasana (Sitting Postures)	Dandasana, Swastikasana, Padmasana, Vajrasana, Supta Vajrasana; Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana; Janusirasana, Paschimottanasana, Mandukasana, Utthana Mandukasana; Vakrasana, Ardha Matsyendrasana, Marichayasana, Simhasana		
Unit-II: Yogasana (Supine lying Postures)	Pavanamuktasana; Utthana-padasana, Ardha Halasana, Halasana, Setubandhasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana		
Unit-III: Yogasana (Prone line Postures)	Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, Raja Kapotasana		
Unit-IV:	Yogasana (Standing Postures)		
Unit-V:	Evaluation and Demonstration		
Outcomes:	Students will learn much practical knowledge about various positions of asanas.		
TEXT BOOKS			
Swami Dharendra Bhrahmachari <i>Yogasana Vijnana</i> , Dharendra Yoga Publications, New Delhi.			
Swami Kuvalyananda: <i>Asana Kaivalyadhama</i> , Lonavla			
Swami Satyananda Saraswati <i>Asana, Pranayama, Bandha</i> , Mudra Bihar School of Yoga, Munger			
BOOKS FOR REFERENCES			
Basavaraddi, I.V. & others <i>Yogasana A Comprehensive description about Yogasana</i> , MDNIY, New Delhi, 2011.			
Iyengar, B.K.S. <i>Light on Yoga</i> , Harper Collins Publishers.			
Tiwari, O.P. <i>Asana Why and How?</i> Kaivalyadhama, Lonavla.			
Jayadev, Yogendra <i>Cyclopaedia Yoga (Vol. I-IV)</i> , The Yoga Institute, Santacruz, Mumbai. 5. Saraswati, Swami Satyanand <i>Asana, Pranayama, Bandha</i> , Mudra Bihar School of Yoga, Munger.			

Semester - III			
Course code: 7241P7	Yoga Practical - 6 (Practice teaching)	Credits: 3	Hours : 6
Objectives:	Following the completion of this course, students shall be able to <ul style="list-style-type: none"> • Understand the principle and practice of each practice. • Demonstrate each practice skillfully. Explain the procedure, precaution, benefits and limitations of each practice.		
Unit-I: Bandha	Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Tri Bandha		
Unit-II Pranayama	Pranayama (with Antar & Bahya Kumbhaka) Surya-bheda and Chandra-bheda Pranayama, Ujjayi Pranayama, Sheetal Pranayama, Shitkari Pranayama, Bhastrika Pranayama		
Unit-III: Meditation-I	Ajapa Dharana (Stage 4,5,6), Yoga Nidra (4,5), Practices leading to Breath Meditation, Practices leading to Om Meditation, Practices leading to Vipassana Meditation, Practices leading to Preksha Meditation		
Unit – IV: Meditation-II	Mindfulness meditation, Spiritual meditation, Focused Meditation, Movement meditation, Mantra meditation and Transcendental meditation.		
Unit-V:	Evaluation and Demonstration		
Outcomes	Students will learn much practical knowledge about various positions of asanas.		
TEXT BOOKS			
Basavaraddi, I.V. & others <i>Pranayama</i> ; MDNIY New Delhi, 2012			
Saraswati, Swami Satyanand <i>Asana, Pranayama, Bandha, Mudra</i> , Bihar School of Yoga, Munger, 2009			
Joshi, K.S. <i>Yogic Pranayama</i> , Oriental Paperback, New Delhi, 2009			
BOOKS FOR REFERENCES			
Swami Kuvalyananda <i>Pranayama</i> , Kaivalyadhama, Lonavla, 2005			
Nagendra, H.R <i>The art and Science of Pranayama</i> , Swami Vivekananda <i>Yoga Prakashan</i> , 2005, Bangoore			
Lajpat, Dr. R. <i>Discovering Human Potential Energy</i> , Abhinav Rai Publication, Gurgaon, 1996			
Lajpat, Rai & others <i>Meditation</i> , Anbhava Rai Publications, Gurgaon			
Saraswati, Swami Satya Nand: <i>Meditation from Tantras</i> , Yoga Publication Trust, Munger, 2004			
Sarswati, Swami Niranjananand <i>Dharana Darshan</i> , Yoga Publication Trust, Munger, 2003			
Krishnamacharya, T. <i>Dhyanamalika</i> , KYM, Chennai, 2005			
Swami Satyananda <i>Yoganidra</i> , Yoga Publication Trust, Munger, 1998			

Semester – IV

Course code:7204T4

Tamil	Credits: 3	Hours : 3
அலகு I: புறநானூறு	-	2 மண்டணிந்த நிலனும்.. எனத்தொடங்கும் பாடல்
	-	235 சிறியகட் பெறினே.. எனத்தொடங்கும் பாடல்
	-	246 பல்சான்றீரே பல்சான்றீரே.. எனத்தொடங்கும் பாடல்
அலகு II:		
1. ஐங்குறுநூறு	-	கள்வன் பத்து
2. குறுந்தொகை	-	31 மள்ளர் குழீ இய.. எனத்தொடங்கும் பாடல்
	-	359 மழை சேர்ந்தெழுதரு.. எனத்தொடங்கும் பாடல்
3 நற்றினை	-	35 பெருங்குதிரைபொருகு..... எனத்தொடங்கும் பாடல்
		202 புலிபொரச் சிவந்த... எனத்தொடங்கும் பாடல்
அலகு III:		
1. நாலடியார்		
2. அறத்துப்பால்		
3. துறவற இயல்	-	செல்வம் நிலையாமை, இளமை நிலையாமை (1 முதல் 20 பாடல்கள்)
அலகு IV:		
நாவல்		
1. குறிஞ்சி மலர்	-	நா. பார்த்தசாரதி
அலகு V:		
இலக்கிய வரலாறு	-	
ஐஏ		
1.எட்டுத்தொகை		2.பத்துப்பாட்டு
3.பாரம்பரிய		
வீரவிளையாட்டுகள்		

பார்வை நூல்கள்

சிலப்பதிகாரம், பாரி நிலையம், சென்னை,
மணிமேகலை, பாரிநிலையம், சென்னை
கம்பராமாயணம், வர்த்தமானன் பதிப்பகம், சென்னை
கலைஞர் முகருணாநிதி- செம்மொழி வரலாற்றில் சில செப்பேடுகள்.
ஆய்வரங்கச் சிறப்பு மலர்- உலகத் தமிழ் -செம்மொழி மாநாடு 2010.
சாலினி இளந்திரையன் -தமிழ்ச் செம்மொழி ஆவணம்
டாக்டர் வா.செ.குழந்தைசாமி –உலகச் செவ்வாயல் மொழிகளின் வரிசையில் தமிழ்.
டாக்டர் மு.வரதராசன்-மொழி வரலாறு.

Semester - IV			
Course code: 7204H4	Tamil or Hindi	Credits: 3	Hours : 3
Unit I: Drama	Ladai by Sexena		
Unit II: One Act Play	Ekanki Panchamruti by Dinkar – Dus Hazaar, Maalavprem, Ghar bandh		
Unit III : General Essay	AadarshNibandh – Rashtrabhasha Hindi, SahaSiksha, Dahejpratha, Vignan se Hani aur Laab, Anusasan, Pradushan, Sanganak, Kisi Ek Tyohar ka Varnan		
Unit IV: Conversation	Dialogue Writing (5)		
UnitV: Paribhashik Shabdavali	Games, Sports, Parts of the Body Etc., –20 to 30 Words.		
References: Jagadish Chandra Mathur, Konark, Dariyaganj, New Delhi Ekanki Panchamruth – Dinakar - Darsviyaganj, New Delhi.			

Semester - IV			
Course code:7204E4	English for Effective Communication	Credits: 3	Hours : 3
Unit I	Introduction to Job Communication: Job Communication, Developing Job Communication Skills, Job Communication Process, Developing Confidence.		
Unit II	Job Correspondence: Job Application _ Job Application Letters, Opening, Body, Closing, Final Writing Tips.		
Unit III	Curriculum Vitae: Bio- data, Curriculum Vitae and Resume, Purpose of Curriculum Vitae, Preparing Your CV, Designing an Effective CV.		
Unit IV	Resumes: Defining a Resume, Resume Design, Resume Length, Parts of a Resume, Resume Styles.		
Unit V	The Job Interview _ the Job Interview, Characteristics of the Job Interview, Alternative Interview Formats, Types of Job Interviews, Preparing for a Job Interview, Understanding Interview Questions, Handling Interview Questions, Interview Strategies.		
References:			
Anil Kumar. (2012). <i>Spoken English</i> . New Delhi The Readers Paradise.			
Radhakrishna, Pillai. and Rajeevan, K. (2011). <i>Spoken English for you - Level One</i> . Chennai Emerald Publishers.			
Ramakrishna Mission Vivekananda University. (2012). <i>Communication skills</i> . Coimbatore Ramakrishna Mission Vivekananda University Publication.			
Seema Seth. (2012). <i>Communication skills</i> . New Delhi Readers Choice			

Semester - IV			
Course code:724112	Paths and Schools of Yoga	Credits: 4	Hours : 4
Objectives:	Following the completion of this course, students shall be able to <ul style="list-style-type: none"> • Understand the paths/streams of yoga with indepth understanding. • Have an indepth understanding about their similarities and dsisimilarities. • Understand the principle and conceptualize each stream 		
Unit-I: JnanaYoga	Sadhana Chatustaya, Stages of JnanaYoga practice (shravan, manana, Nidhidhyasana), States of consciousness, the concepts of ida, pingla and thesushumna the central channel of energy running along the spine.		
Unit-II: Bhakti Yoga	Navavidha Bhakti, Qualities of a bhakta, The pronunciation, chanting, knowledge, benefits of Sanskrit chants, hymns, bhajans, Satsang and the uplifting meaning of the chants helping to thin the activities of the mind, Mantra chanting, and their effect on the nadi and the chakras, Demonstrated ability to create a bhakti bhava during the chanting and singing		
Unit-III: Karma Yoga	The concept and meaning of karma Yoga, Concept of Nishkama Karma, Prerequisites for a sthitaprajna, Sthitaprajnalakshana, The law of karma		
Unit-IV: Raja Yoga Concepts and principles of PatanjalaYoga;	Karma Shuddhi (Yama, Niyama); Snayu Shuddhi (Asana); Prana Shuddhi (Pranayama); Indriya and Mano Shuddhi (Pratyahara); Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)		
Unit-V: Schools of Yoga	Bihar- Satyananda Yoga, Iyengar Yoga, Hatha Yoga, Ashtanga Yoga, Sivananda Yoga, Kundalini Yoga, Bikram Yoga and Swami Vivekananda Yoga Anusandhana Samsthana. Contribution of various schools of Yoga Centre.		
Outcomes	Students will be able to understand the principle and conceptualize of each path/stream and schools of yoga.		
TEXT BOOKS			
Swami Bhuteshananda <i>Nararad Bhakti Sutra</i> , Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009			
Swami Vivekananda <i>J nana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga</i> . Advaita Ashrama, Calcutta, 2000			

Semester - IV			
Course code:724113	Basis of Yoga Therapy	Credits: 4	Hours : 4
Objectives:	Following the completion of the course, students shall be able to <ul style="list-style-type: none"> • Understand the principle of yoga therapy healing • Maintains health through proper yoga practice, Fasting, Diet as well as prevent from disease. Understand the causes of disease and the role of yoga for its healing.		
Unit-I: Yogic concepts of health and disease - 1	Principle of Yoga therapy, Concept of Health and Disease in Indian Systems of Medicine i.e. Ayurveda, Naturopathy and Siddha Systems of Medicine, Utility and Limitations of these systems in health and healing; Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi, Yogic concept of Health and Disease, role of Yoga in preventive health care – Heyam dukham anagamam; Potential causes of Ill-health: Tapatrayas and Kleshas.		
Unit-II: Yogic concepts of health and disease - 2	Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa. Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva; Shuddhi Prakriyas in Yoga : Role of Shuddhi Prakriyas in preventive and curative Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)		
Unit-III: Yogic concepts for health and healing	Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Cocept of Pancha-koshas & Shat-chakra and their role in Health and Healing; Concept of Abhyas and Vairagya, Chitta and Chitta Prasadana, Kriya-yoga, Ashtanga Yoga of Patanjali for Health and Healing; Concept of Cleansing (Shuddi), its role and importance in Health and Healing; Concept of Swara Yoga and its efficacy in Health and Healing		
Unit-IV: Yogic principles and practices of healthy living	Yogic Principles of Healthy Living: Aahara, Vihara, Aachara and Vichara; Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living, Concept of Bhavas and Bhavanas with its relevance in Health and well-being; Yogic principles of Lifestyle management and its role in prevention of disease and health promotion; Yogic Principles of Diet and its role in Healthy living;		
Unit-V: Health benefits of yogic practices	Yogic Practices of Healthy living: i.e. Yama, Niyama, Shatkarma, Asana, Mudra & Bandha Pranayama, Pratyahara, Dharna and Dhyana, and their role in Healthy living. Psycho-physiological effects and health benefits of Yogasana, Pranayama, Shatkarma, Bandha and Mudra, and Meditation. Roll of Yoga therapy for Various diseases.		
Outcomes:	Students will be able to understand the healthy living, prevent from diseases through yoga therapy as well healing process of all the diseases.		
TEXT BOOKS Preeti Goel and Rita Jain <i>Spectrum of Health</i> (Sports Publications, New Delhi, 2003) M. M. Gore <i>Anatomy and Physiology of Yogic Practices</i> (New Age Books, New Delhi, 2008) Dr. K. Krishna Bhat <i>The power of Yoga</i>			

BOOKS FOR REFERENCE

Dr. R. S. Bhogal *Yoga Psychology*, Kaivalyadhama Publication

Dr. Manmath M Gharote, Dr. Vijay Kant *Therapeutic reference in Traditional Yoga texts*

T.S. Rukmani *Patanajala Yoga Sutra*

Sahay, G. S. *Hatha Yoga Pradeepika*, MDNIY Publication, 2013

Kdham *Gheranda Samhita*, Kaivalyadhama, Lonavla,

Semester -I V			
Course code:724114	Allied-II Introduction to Ayush	Credits:3	Hours : 3
Objectives:	Following the completion of the course, students shall be able to <ul style="list-style-type: none"> • Understand the principle of AYUSH method healing • Maintains health through proper yoga practice, Fasting, Diet as well as prevent from disease. Understand the causes of disease and the role of yoga for its healing.		
Unit-I: Yoga And Health and Integrated Approach of Yoga Therapy	Concept of body, Health and disease; Concept of Yoga Adhi and Vyadhi; Principle of Yoga Therapy in relation to Yoga Vasistha; Practices at Pancha Kosa level Annamaya, Pranamaya, Manomaya, Vijnanamaya and Anandamaya kosa; Principle of Yoga Therapy in relation to Hatha Ratnavali and Gheranda Samhita		
Unit-II : Introduction to Basic Concepts of Naturopathy	History of Naturopathy; Principles of Naturopathy; Concept of five elements and its applications		
Unit- III: Introduction to Basic Concepts of Ayurveda	The four aspects of life (Soul, Mind, Senses and Body); Panchamahabhutas (the five element theory), Ahara, Vihara and Aunadhi (three pillars of Ayurveda); Concept, role and importance of – Doña, Dhatu, Mala; Updhatu, Srotas, Indriya, Agni, Prāēa, Prāēāyatna, Prakrti, Deha Prakrti, Manasa Prakrti; Role of Dosa, Dhatu and Mala in health and diseases; Concept of Dinacaryā (daily routine), concept of Ritucarya; Seasonal routine), Svasthavātta and Ņāōvātta in Āyurveda; Concept of Trayo Upasthambas.		
Unit- IV: Introduction to Basic Concepts of Unani And Siddha	History of Unani & Siddha; Concept of Unāné & Siddha; Principles of Unani & Siddha, Need and importance of Unani and Siddha.		
Unit –V: Introduction to Basic Concepts of Homeopathy;	History of Homeopathy; Concept of homeopathy; Principles of Homeopathy, Need and importance of Homeopathy. Role of Yoga on AYUSH Treatment.		
Outcomes:	Students will be able to basic concepts of Naturopathy, Ayurveda, Unani, Siddha and Homeopathy Treatment modalities.		
TEXT BOOKS: Dr R Nagaratha and <i>Yoga and Health</i> Dr H R Nagendra (Swami Vivekananda Yoga Prakashana, 2000) Dash, V.B <i>Ayurvedic Treatment for Common Diseases Delhi Diary</i> , 1974.			

Semester - IV			
Course code:7241P8	Yoga Practical - 7	Credits: 2	Hours : 4
Objectives:	Following the completion of this course, students shall be able to <ul style="list-style-type: none"> • Understand the principle and practice of each practice. • Demonstrate each practice skillfully. • Explain the procedure, precaution, benefits and limitations of each practice. 		
Unit-I: Shatkarmas	Vastra Dhauti, Sutra Neti, Kapalbhathi, Nauli Chalana, Jyoti Trataka, Agnisara		
Unit-II: Yogasanans -1	Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana ; Ardha Chakrasana, Paada Hastasana; Trikonasana, Parshva Konasana; Veerabhadrasana; Bhunamanasana, Hanumanasana; Dandasana, Swastikasana, Sidhasana, Bhadrasana, Padmasana, Vajrasana; Kagasana, Utkatasana,.		
Unit-III: Yogasanans -2	Gomukhasana, Ushtrasana, Shashankasana, Kurmasana, Navasana, Baddha Padmasana, Uttitha Padmasana; Janusirasana, Paschimottanasana, Supta Vajrasana; Mandukasana, Utthana Mandukasana; Vakrasana, Ardha Matsyendrasana , Marichayasana, Simhasana		
Unit-IV: Yogasanans -I	Pavanamuktasana, Utthana-padasana, Ardha Halasana, Setubandhasana, Halasana, Karna Peedasana, Sarvangasana, Matsyasana , Chakrasana, Shavasana, Makarasana, Bhujangasana , Shalabhasana, Dhanurasana, Kapotasana , Raja Kapotasana, Bakasana, Kukkutasana, Garbhasana, Matsyendrasana, Marjariasana, Padangusthasana, Hastapadangusthasana, Garudasana, Vatayanasana, Natarajasana, Mayurasana, Sirshasana; Ekapada and Dwipada Kandarasana		
Unit-V: Teacher's evaluation	Evaluation and Demonstration		
Outcomes:	Students will be to know much knowledge about the procedure, precaution, benefits and limitations of each Yogaasanas.		
TEXT BOOKS Swami Dharendra Bhramhachari <i>Yogic Sukshma Vyayama</i> , Dharendra Yoga Publications, New Delhi, 1980 Swami Dharendra Bhramhachari <i>Yogasana Vijnana</i> , Dharendra Yoga Publications, New Delhi, 1966 Swami Kuvalyananda <i>Asana, Kaivalyadhama</i> , Lonavla, 1983 Swami Satyananda Saraswati <i>Asana, Pranayama, Bandha, Mudra</i> , Bihar School of Yoga, Munger, 2005-06			

BOOKS FOR REFERENCES

Basavaraddi, I.V. & others *Yogasana A Comprehensive description about Yogasana*, MDNIY, New Delhi, 2011.

Basavaraddi, I.V. & others *Yogic Sukshma Evam Sthula Vyayama*, MDNIY, New Delhi, 2011.

Iyengar, B.K.S. *Light on Yoga*, Harper Collins Publishers, 2009

Sen Gupta Ranjana B.K.S. *Iyengar Yoga*, A Dorling Kindersley Limited, 2001

Saraswati, Swami Satyananda: *Surya Namaskar*, Yoga Publication Trust, Munger, 2004

Tiwari, O.P.: *Asana Why and How?* Kaivalyadhama, Lonavla, 2011

Semester - IV			
Course code:7241P9	Yoga Practical- 8	Credits: 3	Hours : 6
Objectives:	Following the completion of this course, students shall be able to <ul style="list-style-type: none"> • Understand the principle and practice of each practice. • Demonstrate each practice skillfully. • Explain the procedure, precaution, benefits and limitations of each practice. 		
Unit-I: Bandha	Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Tri Bandha.		
Unit –II: Mudras	Yoga Mudra, Maha Mudra, Shanmukhi Mudra, Shambhavi Mudra, Kaki Mudra, Tadagi Mudra, Vipareet Karni Mudra, Simha Mudra		
Unit-III: Pranayama	Nadi Shodhana pranayama, Bhramari Pranayama, Suryabhedana and Chandrabhedana Pranayama , Ujjayi Pranayama, Sheetal Pranayama, Shitkari Pranayama, Bhastrika Pranayama,		
Unit-IV: Practice leading to meditation	Pranava and Soham Japa, Antar mouna, Dharana, Practice of Dhyana, Breath Meditation, Om Meditation Vipassana Meditation , Preksha Meditation		
Unit-V: Continuous evaluation by the Teachers	Evaluation and Demonstration		
Outcomes:	Students will be to know much knowledge about the procedure, precaution, benefits and limitations of Bandha, Mudras, Pranayama and Meditation practices.		
TEXT BOOKS			
Swami Kuvalyananda <i>Asana, Kaivalyadhama</i> , Lonavla, 1983			
Swami Satyananda Saraswati <i>Asana, Pranayama, Bandha, Mudra</i> , Bihar School of Yoga, Munger, 2005-06			
REFERENCE BOOKS			
Iyengar, B.K.S. <i>Light on Yoga</i> , Harper Collins Publishers, 2009			
Sen Gupta Ranjana B.K.S. <i>Iyengar Yoga</i> , A Dorling Kindersley Limited, 2001			
Saraswati, Swami Satyananda: <i>Surya Namaskar</i> , Yoga Publication Trust, Munger, 2004			
Tiwari, O.P. <i>Asana Why and How?</i> Kaivalyadhama, Lonavla, 2011			

Semester - V			
Course code: 724115	Applied Psychology and Yogic Counselling	Credits: 4	Hours : 4
Objectives:	<ul style="list-style-type: none"> • To develop a general understanding towards abnormal behaviour and disease process through various models of health psychology • To understand causes of pathological behaviour and psych-diagnostic assessment. • To develop skill for diagnosis and classification of mental disorders. 		
Unit-I: Introduction to models of Psychopathology	Psychology: Meaning, Definitions, Nature, Need and Scope of psychology, Branches of psychology, Relationship of psychology and yoga. Role of yoga on Growth and Devpment, Learning, Motivation, Emotions and personality, Yoga for Superconsciousness, Yogic Practices for balancing mind, Nadis and Chakras, Yogic Practices for Chakras. Psychoanalytic, behavioural, cognitive and biological models; Sociobiology of health and disease; Diagnostic classification of mental and behavioural disorders.		
Unit-II: Case history taking and mental status examination	Disorders of attention, perception, thought movement, Psychodiagnosis of major Mental Disorders of the Adults and their treatment: Stress and Anxiety Disorders, and Schizophrenia, Affective Disorders, Psychosomatic Disorders, Personality Disorders and Substance abuse		
Unit-III: Mental Disorders of Children and their treatment	Mental Retardation, Learning Disability, Attention Deficit Disorders and Hyperactivity, Autism, Fears and Phobias, Conduct disorders		
Unit-IV: Yogic counseling	Introduction to counselling, nature approaches and challenges; Approach to counselling- Attitude change towards yoga through individualized counseling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counseling; the remedial measures; Action in relaxation-the secret of Karma Yoga; Psycho-physiological effects and health benefits of Pranayama, Shatkarma; Bandha and Mudra; Psycho-physiological effects and health benefits of Meditation		
Unit-V: Nadi and Chakras	Chakras- Muladhara, Svadishthana, Manipure, Anahata, Visuddhi, Anna and Sahasrara. Nadi- Ida, Pingala and Sushumna. Yogic practices for various professionalists.		
Outcomes:	Student will be able to know the abnormal behaviour and disease process through various models of health psychological treatments.		
TEXT BOOKS:			
Hersen, M., Kazdin, A. E., & Bellack, A. S. (1991) <i>The Clinical Psychology Handbook Pergamon</i> . New York			
REFERENC EBOOKS:			
Sweet, J.J., Rozensky, A. & Tovian, S. M. (1991) <i>Handbook of Clinical Psychology in Clinical Practice</i> . New York <i>Plenum</i> . Walker, C. E. (2001) <i>Handbook of Child Clinical Psychology</i> . New York John Wiley & Sons.			

Semester - V			
Course code:724116	Yogic Management of Lifestyle related disorders	Credits: 4	Hours : 4
Objectives:	Following the completion of the course, students shall be able to <ul style="list-style-type: none"> • Understand the principle of yoga therapy for each disease • Write standard yoga therapy protocol for each disease. • Understand the causes of disease and the role of yoga for its healing. 		
Unit-I: Introduction to common ailments and Respiratory disorders	Introduction to stress and stress related disorders; Introduction to Yoga therapy– AdhijaVyadhi concept, IAYT; Respiratory Disorders: Introduction to Respiratory disorders, Brief classification – Obstructive / Restrictive, infectious, Bronchial Asthma: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management; Allergic Rhinitis & Sinusitis: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management; COPD: Chronic Bronchitis, Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management; Emphysema: Definition, Classification, Clinical Features, Medical and Yogic Management; Infectious Disorders; Tuberculosis: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management		
Unit-II: Cardiovascular disorder	Introduction to Cardiovascular disorders, Hypertension: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management, Atherosclerosis / Coronary artery disease: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post CABG rehabilitation: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management, Congestive Cardiac failure, Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management, Cardiac asthma: Definition, Etiopathogenesis, classification, Clinical Features, Medical and Yogic management		
Unit-III: Endocrinal and Metabolic Disorder	Diabetes Mellitus (I&II): Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Hypo and Hyper- thyroidism: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Obesity: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Metabolic Syndrome: Definition, Etiopathogenesis, Classification, Clinical Features; Medical and Yogic management.		
Unit-IV: Obstetrics and Gynecological Disorders	Menstrual disorders: Dysmenorrhea, Oligomenorrhea, Menorrhagia: Definitions, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Premenstrual Syndrome: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Menopause and peri-menopausal syndrome: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Yoga for Pregnancy and Childbirth: Introduction to pregnancy, Complicated pregnancies: PIH, Gestational DM, Ante-natal care, Post-natal care; PCOS: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management		
Unit-V: Cancer and gastrointestinal disorders	Cancer: causes, types, clinical features, Side effects of Chemotherapy, radiotherapy; Medical and Yogic management; Gastro Intestinal Disorders: APD: Introduction to APD: Gastritis – Acute & Chronic, Dyspepsia, Peptic Ulcers, Clinical Features, Medical and Yogic management; Constipation and Diarrhoea: Definition, Etiopathogenesis, Clinical Features, Medical and Yogic management; Irritable Bowel Syndrome: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Inflammatory Bowel Disease, Ulcerative colitis: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management		
Outcomes:	Students will be able to understand causes of disease and the role of yoga for its healing.		

TEXT BOOKS:

Ramesh Bijlan *Back to Health Through Yoga*, Rupa Publications India Pvt. Ltd, 2011
MDNIY publications 10 Booklets, *Yoga Therapy Series*, MDNIY Publications, New Delhi, 2009
Reddy M Venkata & others *Yogic Therapy*, Sri M.S.R. Memorial Yoga series, Arthamuru A.P., 2005
Rai, Lajpat *Discovering Human Potential energy A Physiological Approach to Yoga*, Anubhava Rai Publications, 1998

BOOKS FOR REFERENCE:

Swami Satyananda Saraswati *Yoga and Cardio Vascular Management*, Yoga Publication Trust, Munger, 2005
Heriza, N., Ornish, D. Merz, C.N.B. Dr. *Yoga A Complete Guide to the Medical Benefits of and Yoga (Yoga for Health)* by (Paperback - Sep 9, 2004)
Sparrowe, L., Walden, P. and Lasater, J.H: *The Woman's Book of Yoga and Health A Lifelong Guide to Wellness* (Paperback - Dec 3, 2002) - Dec 23,2003)
Clennell, B and Iyengar, G.S. *The Woman's Yoga Book Asana and Pranayama for All Phases of the Menstrual Cycle, Menstrual Disorders (The Experience of Illness)* (Paperback - Dec 3, 1992)
agarathna R and Nagendra H *RYoga for Arthritis, Back pain, Diabetes, Pregnancy, Breathing Practices*, Swami Vivekananda Yoga Prakasana, Bangalore, 2000
Robin Monoro, Nagarathna R and Nagendra, H.R. *Yoga for Common Ailments*, Guia Publication, U.K., 1990.

Semester - V			
Course code:724117	Ellective-I Yoga and Mental Health	Credits: 4	Hours : 4
Objectives:	To develop a general understanding about Mental Health, Psychiatric and Personality Disorders, • To understand the role of yoga for Mental Health. • To develop skill for diagnosis and classification of mental disorders.		
Unit-I: Mental Health	Mental Health: Meaning and Importance; Yogic Perspective of Mental Health; Yoga nidra, Kuntha, samayojan, stress, emotions, feelings, adjustments.		
Unit-II: Basic Understanding About Psychiatric Disorders	Sign and symptoms of Delirium, Dementia, and Amnesic Disorders; Substance-Related Disorders; Schizophrenia and Other Psychotic Disorders ; Mood Disorders ; Eating Disorders ; Personality Disorders.		
Unit-III: Basic Understanding About Personality Disorders	Sign and symptoms of Personality Disorders: Borderline, Antisocial, Histrionic, Paranoid, Narcissistic, Obsessive-Compulsive, and Dependent and Eating Disorders.		
Unit- IV: Yoga For Mental Health-I	Yogic Concepts and Techniques in Patanjala Yoga Sutra and Bhagwadgita for Promoting Mental Health; Need of Spiritual Growth for Mental Health.		
Unit- V: Yoga For Mental Health-II	Massage: Introduction, definition, scope, history, its principles and manipulative techniques; Different types of Massages and their role in in disease prevention, and health promotion.		
Outcomes:	Students will be able to know the roll of yoga for improving Mental health, Psychiatric and Personality disorders.		
TEXT BOOKS:			
Singh, A. K. <i>Saral Samanya Manovijnana</i> . Delhi Motilal Banarasidas Publications, 2007			
Tilak, B. G. <i>Srimad Bhagwadgita Rahasya</i> . Poona Tilak Mandir.			
Udapa, K.N. <i>Stress and Its Management by Yoga</i> . Delhi Motilal Banarasidas, 2007			
Vivekananda, Swami <i>Raja Yoga</i> . Nagpur Ramakrishna Math			

Semester - V			
Course code:724118	Elective-II: Yogic Diet and Nutrition	Credits: 4	Hours : 4
Objectives:	Following the completion of the course, students shall be able to <ul style="list-style-type: none"> • Understand the principle of yogic diet and nutrition. • Understand the role of diet for healthy living. • Understand the role of biomolecules for growth and developments. 		
Unit – I: Yogic Concept of Diet & Nutrition	General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification in Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta; Pathya and Apathya in diet according to Yogic texts; Guna and Ahara; Importance of Yogic Diet in Yog Sadhana; Yogic Diet and its role in healthy living		
Unit –II: Dietetics in Yoga	Classification According to triguna- vegetarian vs non-vegetarian, panchabhuta; relationships, rasa virya, Guna, Vipaka of shali, Yava, Godhuma, Mugda, Masha, Chanaka, patola; Surana, Mana, Kakkola, Shukashuka, Karkat, rambha, Balaramba, Mulak, Vartaki, Ridhi; Kalashaka, Vatraka, Himocika; Navanita, Ghrta, Kshira, Sita, Aikshwam, Gudum, Pakvaramba; Varikellalm, Draksham, Lawali, Dhatri, Ela, Jati, Lavanga, Panasa; Jambu, Haritaki, Khajura, Madhu, Shunthi.		
Unit-III: Biomolecules	Significance of Carbohydrate, Proteins, Lipids, Vitamins, Minerals and water in the body		
Unit-IV: Nutrition-Basics	Nutrients, proximate principles of diet, balanced diet concept; Carbohydrates, proteins, fats – sources, nutritive values, importance; Minerals-calcium, iron, phosphorus etc. Vitamins – sources, roles, requirements		
Unit-V: Yogic Diet Time Schedule	Yogic Diet: How to eat, What to eat, When to eat- for a healthy life style. Role of diet for yogic practitioners.		
Outcomes:	Students will be able to understand the role of yogic diet for healthy living.		
TEXT BOOKS:			
Ramesh Bijlani <i>Eating Wisely and Well</i> , Rupa Publication India Pvt. Ltd, 2012			
Stanley Davidson & others <i>Human Nutrition & Dietetics</i> , The English Language Book Society & Churchill Livings, Revised Edition			
Dennis Thompson <i>The Ayurvedic Diet</i> , New age books, New Delhi, 2001			
Randolph Stone <i>A Purifying Diet</i> , Lilawati Bhargav Charitable Trust, Delhi, Revised Edition			
REFERENCE BOOKS:			
Swami Digamber Ji & Others <i>Gheranda Samhita</i> , Lonavala Institute, 1978			
Gharote M L & others <i>Hatha Pradipika</i> , The Lonavala Yoga Institute, Lonavala, 2006			
Swami Mangalteertham <i>Synthetic approach to Diet & Nutrition</i> , Deogarh Nutan Publication, Deogarh, 2005			
Swami Gambhirananda <i>Bhagvatgita</i> , Shri Ramkrishna Math, Madras Swami Maheshananda & Others <i>Vasishtha Samhita</i>			

Semester - V			
Course code:7241P10	Yoga Practical -9 – Case Study	Credits: 3	Hours : 6
Objectives:	1.Objective of this course is to make the students to record the data everyday in a clinical set up and analyze the same for the presentation of the cases.		
Unit-I: Case taking-I	Students shall be permitted to take four cases and supervise the practice for fifteen days and common parameters will be recorded everyday.		
Unit-II: Case taking-II	Students shall be permitted to take reamining four cases and parameters will be recorded.		
Unit-III: Preparation of the cases	Candidate shall write a report of a most improved and least improved case.		
Unit-IV: Presentation	Following the presentation, candidate will present the case to the examiners and the same will be examioned.		
Unit-V: Continuous evaluation by the Teachers	Demonstration and Evaluation		
Outcomes	Students understand the depth investigations of single patients or groups will be analyzed and presentatios of their case study.		

Semester - V			
Course code: 7241P11	Psychology Practical -10	Credits: 3	Hours : 8
Objectives:	1. Objectives of this course is to make the students familiar about the tests and the scales and the procedure of administering them.		
Unit: I	Division of Attention; Emotional Intelligence/Emotional Maturity; Spiritual Intelligence/Study of Values/Spiritual Belief ; Self concept; Asakti/Anasakti Scale.		
Unit:II	Anxiety Scale; Aggression Scale Fear of Death; Depression; Frustration; Personality Inventory; Adjustment/Mental Health General Well-being; Case study		
Unit:III	Tools, Measurement and Evaluation		
Unit:IV	Questionnaire and Handle the Questionnaire		
Unit:V	Data collection, Analysis and Scoring.		
Outcomes:	Students will be able to understand the administrative, handling and evaluations of psychological questionnaire procedures.		
Note: Each student will collect data of 10 respondents. Using any two of the tests mentioned above they have to give necessary statistical treatment and they should be presented at the time of Examination. Practical involves understanding of means of Central Tendency, involving means, median, mode & Standard Deviation.			

Semester - VI			
Course code:724119	Yoga and Human Values	Credits: 4	Hours : 4
Objectives	Following the completion of the course, students shall be able to <ul style="list-style-type: none"> • Understand the concept of harmony in human being, family and society. • Understand the concept of human values. • Have an understanding about our social responsibility. 		
Unit-I: Harmony in Human Being and in Myself	Concept of Human Being as 'I' & Body; Characteristics & activities of 'I' & Harmony in 'I'; Understanding the Harmony of 'I' with the Body: Sanyam and Swasthya, correct appraisal of body needs and meaning of prosperity in detail; Role of Yoga in developing Harmony within the self; Understanding the body as an instrument of 'I'		
Unit -II: Harmony in Family and Society	Values in Family, Harmony in family; the basic unit of human interaction; Values in Human; Human relationship, Yogic concept of Human relationship – Maitri, Karuna, Mudita and Upeksha; Harmony in the Society – Concept of Vasudaiva Kutumbakam; Concept of Universal Harmonious order in society; undivided society (Akhand Samaj), Universal order (Sarvabhaum Vyawastha).		
Unit: III Harmony in Human – Human relationship	Concept of Samman (Respect), difference between respect and differentiation, the other silent values in relationships.		
Unit -IV: Concept of Human values: Moral Education	Definition and types of moral education, meaning and scope of morality; Role of Yoga in development of ethics and ethical decision making; Values, Yoga, Reality & their interrelationship; Relevance of ethics and values in Yoga, Qualities of teacher and students; Ethics in Professional Practices, methods of teaching human values, Student – teacher relationship		
Unit-V: Social Responsibility and Yoga	Moral Principles of SR; overview of SR; SR & health maintenance of employees through Yoga; Challenges of Environment; Principles of Environmental Ethics; Concepts of Civil Society and its types; Relationship between Democracy, Civil Society and Social Capital; Efficient use of Yoga in them		
Outcomes:	Students will be able to understand the role of yoga for harmony development in human being, family, society, human values and social responsibility.		
TEXT BOOKS			
Singh M S <i>Value Education</i> , Adhyayan Publishers & Distributors, New Delhi, 2007			
Chand Jagdish <i>Value Education</i> , Anshah Publishing House, Delhi, 2007			
Gawande E N <i>Value Oriented Education</i> Vision for better living, Sarup & Sons Publishers, New Delhi, 2008			
Panda Sanjay Kumar <i>Corporate Social Responsibility in India Past, Present & Future</i> , The ICFAI University press, Hyderabad, 2008			
BOOKS FOR REFERENCE			
Kesari Vedanta <i>Values The Key to a meaningful life</i> Sri Ramakrishna Math, Chennai, 2005			
Prasad Rajendra <i>Varnadharm, Niskhana Karma & Practical Morality A Critical essay on applied ethics</i> , DK Print world Pvt. Ltd, Delhi, 1999			
Radhakrishnan <i>Indian Philosophy</i> , Vol. 2, Oxford University, Delhi, 2008			
Swami Ranganathananda <i>The Message of Upanishad</i> , Bhartiya Vidya Bhawan, Delhi, 2001 .			

Semester - VI			
Course code:724120	Applied Yoga	Credits: 4	Hours : 4
Objectives	Following the completion of the course, students shall be able to <ul style="list-style-type: none"> • Understand the applied value of yoga in different domain. • Have an idea about the role of yoga for school, sports, technostress and geriatric care. 		
Unit-I: Yogic Health for school	General Introduction to School Health, components of school health; Parent-Teacher-Student relationship in a School Health; Role of social interaction in a School Health; Brief introduction to developmental process of children; Psycho-Physiological changes and development of cognitive functions in School going children; Role of Yoga in establishment of values in School going children; Personality Development: New Dimensions of Personality through Yoga		
Unit -II: Yoga in Physical Education	General introduction to Physical Education and Sports; Difference between Physical Education & Sports; Relevance of Integration of Yoga in Physical Education & Sports; Yoga for Physical, Mental Stamina and other faculties / skills in a sports Personnel; Nature of different sports injuries, its prevention and management through Yoga.		
Unit -III: Yoga in Sports Sciences	Yoga modules for different sports – track events, field events, single participation, group participation; Application of Yogic lifestyle in improving efficacy in sports personnels; Relationship between Yoga and sports activities; Research reviews on Yoga and Sports.		
Unit -IV: Yoga for technostress	Introduction to Technostress, its cause, symptoms and complications; Health Hazards in computer professionals; Role of Yoga in the promotion of skills; Application of Yoga for management of Technostress; Research reviews on effect of Yoga on Technostress		
Unit -V: Yoga for geriatric care	General introduction to Geriatric Care; Ageing: Causes and features, Premature ageing; Common Geriatric problems; Application of Yoga in common Geriatric problems and their prevention & management; Research reviews on Yoga & Geriatric care		
Outcomes:	Students will be able to understand the role of yoga for school, sports, technostress and geriatric care.		
<p>TEXT BOOKS</p> <p>Jayadev H J <i>Growing with Yoga</i>, The Yoga Institute, Santacruz, Mumbai, 2004</p> <p>Liz Lark <i>Yoga for Kids</i>, Carlton Books Ltd., London, 2003</p> <p>Swati & Rajiv Chanchani <i>Yoga for Children: A complete illustrated guide to Yoga</i>, UBS Publishes Distributors Pvt. Ltd, 2008</p> <p>Iyenger B K S <i>The Path to Holistic Health</i>, A Dorling Kindersley Book, Great Britain, 2001</p> <p>Dr. Goel Aruna <i>Yoga Education Philosophy and Practice</i>, Deep & Deep Publications Pvt. Ltd, 2007</p>			
<p>BOOKS FOR REFERENCE</p> <p>Basavaraddi I V <i>Yoga Teachers manual for school children</i>, MDNIY New Delhi , 2010</p> <p>Basavaraddi I V <i>Yoga in School Health</i>, MDNIY New Delhi, 2009 Iyenger B K S <i>Astadala Yogamala 1 to 7 volumes</i>, Allied Publishers Pvt. Ltd, 2009</p> <p>Basavaraddi I V <i>Yoga for Technostress</i>, MDNIY, New Delhi, 2010</p> <p>Dr. H Kumar Kaul <i>Yoga and Healthy Ageing</i>, BR Publishing Corporation, Delhi, 2006</p> <p>Basavaraddi I V <i>Yogic Management of Geriatric Disorders</i>, MDNIY, New Delhi, 2009</p>			

Semester - VI			
Course code:724121	ELECTIVE I: HEALTH AND YOGIC HYGIENE	Credits: 4	Hours : 4
Objectives:	Following the completion of the course, students shall be able to <ul style="list-style-type: none"> • Understand the healthy live and hygiene. • Understand the role of yoga for immunity development and prevention from diseases. 		
Unit-I: Introduction to Health and Hygiene	Personal hygiene, Definition of health and factors; affecting it- food habits, cleanliness, exercise and sleep; Water – Importance of water, impurities present in water, sources of contamination of water and water purification (Household and natural methods); First aid: meaning, importance in daily life.		
Unit-II: Infection and Disinfectants	Infection – Definitions of Infection, Infective agents, Period of infectivity; Types of diseases and their modes of spread; Channels of infection; disinfectants – Definition, types and methods of disinfection		
Unit-III: Infectious Diseases-I	Infectious diseases - Causes, incubation period, mode of spread, symptoms, prevention & control of the following diseases); Diseases spread by insects - Malaria, Dengue.		
Unit-IV: Infectious Diseases-II	Diseases spread by ingestion - Dysentery, cholera, typhoid; Diseases spread by droplet infection - Chicken pox, measles, mumps; Disease spread by Contact - Leprosy, AIDS.		
Unit-V: Immunity	Definition, types of immunity & immunization schedule, Common emerging health problems among women: Cancer of Breast and Cervical		
<p>TEXT BOOKS: Yash pal Bedi (1976) <i>Hygiene & Public Health</i>. Anand Publishing Co., gali No. 1, Nawan Kot Amritsar. V. N. Hhave, (1975) <i>You & Your Health..</i> National Book Trust Bihari Lal Bhatia, (1961) <i>Elementary.. Hygiene</i>, Orient Longmans, Ltd. Calcutta -13 J.E. Park, (1983) <i>Preventive & Social Medicine</i>, Jabalpur Messrs Banarcidas Bhanot Birendra Nath Ghosh, (1969) <i>Hygiene & Public Health</i> Calcutta Scientific Publishing Co.</p>			

Semester - VI			
Course code:724122	ELECTIVE II: HUMAN SYSTEM ACCORDING TO YOGA	Credits: 4	Hours : 4
Objectives:	Following the completion of the course, students shall be able to <ul style="list-style-type: none"> • Understand the evolution of human system. • Understand the role of yoga on Pancha kosa, chakras, madalas, vayus and nadis functions. 		
Unit-I: Evolution of Body	Pancamahābhūtas, Pancatattvas and Pancatanmātrās, Evolution of human body in the context of Sāikhya yoga, Evolution of Jñānendriyas, Karmendriyas, Mahat, manas, Buddhi, Citta and Ahaākāra, Saptadhātus that make a human body		
Unit-II: Pancha Theory	Kosa	Critical analysis of the story of Bhāgu and Varuna; The existence of five kohas in the human body; The product of five kohas; Disturbance of each koha.	
Unit-III: Chakras Madalas	and	Introduction to Cakras; Evolution through the Cakras; Description of Mūlādhāra, Svādishōhāna, Manipura, Anāhata, Vihuddhi, Bindubisarga and Sahasrāra Cakras. Concept of Mannalas, types and their work.	
Unit-IV: Vayus and Nadi	Concept of Vāyus, type, their names and function; Concept of Nānēs, their characteristics and name of 10 major Nānēs and their functions; Difference between Inā, Piigalā and Sushumnā;		
Unit-V: Svara Yoga	Effects of Svarayoga as explained in the Haōha yogic texts, Relevance of Svara-vijnāna in daytoday life and the importance of Svarodaya in health and disease.		
Outcomes:	Students will be able to understand the human system according to yoga.		
<p>TEXT BOOKS</p> <p>Swami Harshananda <i>The Six Systems of Hindu Philosophy</i> (Ramakrishna Matt, Bangalore, 2000) Dr H R Nagendra & Dr R Nagarathna <i>Yoga Health</i> (Swami Vivekananda Yoga Prakashana, (2000) Swami Muktibodhananda <i>Hatha Yoga Pradeepika</i>, Saraswati Yoga Publication Trust, Munger.</p>			
<p>REFERENCE BOOKS</p> <p>Karel Werner <i>Yoga and Indian Philosophy</i> (Motilal Banarsidass, Delhi, 1979) Radhakrishnan, S. <i>Indian Philosophy</i> (Vol. I & II) (George Allen and Unwin, London, 1971) Sharma, Chandradhar <i>A Critical Survey of Indian Philosophy</i> (Motilal Banarsidass, Delhi, 2000) Nagendra HR. <i>Integrated Approach of Yoga Therapy for positive health</i>, Swami Vivekananda Yoga Prakashana, Bangalore. Swami Niranjanananda <i>Prana, Pranayama & Pranavidya</i>, Saraswati Yoga Publication Trust, Munger.</p>			

Semester - VI			
Course code:7241P12	Yoga Practical 12 – Case Study Reports	Credits: 3	Hours : 6
Objectives:	Objective of this course is to make the students to record the data everyday in a clinical set up and analyze the same for the presentation of the cases.		
Unit-I: Case taking-I	Students shall be permitted to take four cases and supervise the practice for fifteen days and common parameters will be recorded everyday.		
Unit-II: Case taking-II	Students shall be permitted to take remaining four cases and parameters will be recorded.		
Unit-III: Preparation of the cases	Candidate shall write a report of a most improved and least improved case.		
Unit-IV: Presentation	Following the presentation, candidate will present the case to the examiners and the same will be examined.		
Unit-V: Continuous evaluation by the Teachers	Demonstration and Evaluation		
Outcomes:	Students understand the depth investigations of his/her project and will be analyzed and presentation of their case study.		

Semester - VI			
Course code:7241P13	Project	Credits: 3	Hours : 8
Objectives:	Objective of this project is to make the students understand the contributions of yoga on research projects.		
	A pilot research shall be carried out by each student under the supervision of a Lecturer /Assistant Professor. As part of the research project, students will record the effect of any intervention of h/is/er choice for a common variable in a particular group of sample.		
Outcomes:	Students will be able to know the basic level of research project in the field of Yoga Education.		

Non Major Elective YOGIC SCIENCES			
Course code: 7241P13	Project	Credits: 3	Hours : 8
Objectives:	<ul style="list-style-type: none"> ➤ To promote the awareness for positive health and personality development in the student through yoga. ➤ To promote the awareness for positive health and personality development in the student through yoga. ➤ To enable the student to have good health and to practice mental hygiene. 		
Unit I	Concept of Yogic Practices- Principles- Loosening Exercises- Introduction to Surya Namaskar (12 counts)- Benefits of Suryanamaskar.(Bihar & Vivekananda)		
Unit II	<p>Asanas: Meaning, Definitions- Classification- Scope- Difference between Asanas and Physical Exercises. Name-Type- Method of Practice , Breathing , Duration, Contra- Indications .Essentials and benefits of the following Asanas: Standing: Ardhakatichakrasana- Padahastasana- ArdhaChakrasana- Uttkatasana- Ekapadaasana- Viruksasana- TrikonasanaSitting: Padmasana- Paschimotanasana- Usthrasana- Gomukasana- Ardhamatsyendrasana- Vajrasana.Prone: Makrasana- Bhujangasana- Salabasana- DhanurasanaSupine: Navasana- Uttanapadasana- Sarvangasana- Matsyasana- Chakrasana- Shavaasana-Role of asanas for healthy life.</p> <p>ADVANCED ASANAS: Standing Asanas: ParivartaTrikonasana- Parsvottanasana- Natarajasana- ParivartaParsvakonasana. Sitting Asanas: Padakonasana- Sasangasana- kukutasana- Sidhasana.Forward bending Asanas: Karna pindasana- ArdhaBaddhaPadmapaschimothanasana-Marichayasana- PrasaritaPadottanasana.Backward bending Asanas: Sethu Bandha Sarvangasana- Paryankasana- PoornaUstrasana- Ekapada Chakrasana. Twisting Asanas: Vatayanasana- Garudasana- Bharatvaja asana- ParivrittaJanuSirasasana. Balancing Asanas: Sirasasana – Swasthickasana- Padma Muyurasana- UtthithaPadmasana- Bakasana- UrdhvaMukhapaschimottanasana- Role of Asana in curing various diseases.</p>		
Unit III	<p>Pranayama- Meaning- Techniques- Phases- Breathing, Guidelines, Cautions, Preparations, Obstacles- Benefits :kapalabhathi, Sectional Breathing, Anulomaviloma, SuryaBhedana, ChandraBedana, NadiShodana, Sitali, Sitkari, Bhramari, Bhastrika,Ujjayi- Role of Pranayama on Physiological Functions of the various Human System.</p>		
Unit IV	<p>Kriyas- Meaning- Types- Practicing Methods, Guidelines, Cautions, Benefits- Kapalabhathi, Neti, Dhouti, Nauli, Trataka, Basti. Bandhas: Meaning- Types-Practicing Methods, Guidelines, Cautions, Benefits Jalendra Banda, Uddiyana Bandha, Moola Bandha- Effect of Kriyas and Bandhas on Physiological and Psychological functions of the Human system.</p>		
Unit V	<p>Mudras: Meaning- Types- Practicing Methods, Guidelines limitations. Benefits Chin- Chimaya- Adi(Sakthi)- Mahamudra- Brama- Linga Mudra, Nasika Mudra, Jnana Mudra, Surya Mudra, Aswini mudra, Yoga Mudra, Dhyani Mudra, PanchaPootha mudra. Meditation: Meaning- benefits. Saguna Meditation- Nirguna Meditation, Mantra Meditation, RajaYoga Meditation, Transcendental Meditation, silent Meditation Yoga Therapy for Hypertension, Diabetics, Obesity, Breathing Problem, Back Pain, Migrane Headache, Menstrual Disorder- Role of meditation in stress management and Psychosomatic disorders.</p>		
OUTCOME S:	<ul style="list-style-type: none"> ➤ Students will be able to understand the role of yoga for healthy life. ➤ Understand to create the Positive energy in human body mechanism. 		
	<p>References: SivanandaSaraswathi Swami (1934) Yoga Asanas : Madras: My Magazine of India SatyanandaSaraswathi Swami (2008) Asana, Pranayama, Mudra, Bandha, Munger: Yoga Publications Trust. Gharote (2004) Applied Yoga, Lonvla: Kaivalyadhama Yogeshwaran and sarawathi swami (1975) First steps to higher yoga, Gangothari: Yoga niketan trust Coulter, H David (2001) Anatomy and Hatha Y6ga,SA+ B6dy and Breath Inc Kathy lee Kappmeier and Diane M.Ambrosini (2006) Instructing hatha yoga, Champaign: human kinetics. Sivanandasarawathi (1983) practical lessons in yoga, shivanandanagar, the divine life society. Sivanandasaraswathi (1975) yogic therapy, Gauhati. Brahma chary yogeswarUmachalYugashram.</p>		