

**DIPLOMA IN YOGA (Dip.Yoga)**

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

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

**Programme Educational Objectives (PEO)**

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

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

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

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

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

**Program Outcome (PO)**

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

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

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

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

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

### **Programme Specific Outcome (PSO)**

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

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

**PSO 3 :** Obtain the yogic knowledge in various dimension.

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

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

### **REGULATIONS**

#### **Eligibility**

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

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

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

#### **Duration**

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

#### **Course of study**

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

## **Scheme of examinations**

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

### **Internship**

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

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

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

**DIPLOMA IN YOGA  
SCHEME OF EVALUATION**

Semester	Category	Course Code	Title of the Paper	No of Credits	Theory Hours	Practical Hours	CFA	ESE	Total
I	Core Courses	24YOUC1101	Fundamentals of Yoga	4	4	-	40	60	100
		24YOUC1102	Principles of Yogic Practices	4	4	-	40	60	100
		24YOUC1103	Yoga Practical - I	4	-	8	60	40	100
		24YOUC1104	Yoga Practical - II	4	-	8	60	40	100
		24YOUC1105	Internship -I	4	-	8	60	40	100
I Semester				20	08	24	260	240	500
II	Core Courses	24YOUC1206	Introduction to Yogic Texts	4	4	-	40	60	100
		24YOUC1207	Applications of Yoga in Modern Life	4	4	-	40	60	100
		24YOUC1208	Yoga Practical - III	4	-	8	60	40	100
		24YOUC1209	Yoga Practical - IV	4	-	8	60	40	100
		24YOUC1210	Internship - II	4	-	8	60	40	100
II Semester				20	08	24	260	240	500
Grand Total (1 <sup>st</sup> + 2 <sup>nd</sup> Semester)				40	16	48	520	480	1000

**Abstract**

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

**Core Course**

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

## Fee structure

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

Diploma in Yoga	
I.SEMESTER FEES	
Tuition fee	1200.00
SPECIAL FEE	
Exam fee	1100.00
Special fee (Uniform)	750.00
Library	100.00
Games	100.00
YOGA Laboratory	300.00
Course Development Fee	2000.00
<b>Total-I</b>	<b>5550.00</b>
II.PER ANNUM FEES	
Health service	300.00
Group Insurance	200.00
Calendar	100.00
Computer lab fee	600.00
Magazine	100.00
National Science day	00
Sports and Tournament fund	200.00
Student Placement	00
Association	100.00
Student Club	50.00
Khadi deposit	300.00
Youth Red Cross	20.00
<b>TOTAL-II</b>	<b>1970.00</b>

III.ONE TIME FEES	
Admission	100
SMART Card	150
TC & CC	100.00
Counseling	00
Shanti Sena	00
Syllabus	50.00
Language Lab/Soft Skills Training	00
Placement Services	00
NSS	50.00
Students Welfare Fund	100.00
Coop Stores Share Capital	50.00
Alumni Association	100.00
<b>Total – III-</b>	<b>700.00</b>
IV. CAUTION DEPOSITS (refundable)	
Library	300.00
General	400.00
Laboratory	200.00
<b>Total – IV</b>	<b>900.00</b>
<b>GRAND TOTAL ( I – IV)</b>	<b>9120.00</b>

Name of the Programme	Diploma in Yoga		
Year of Introduction	2021	Year of Revision	2024
Semester – wise Courses and Credit distribution	I	II	Total
No. of Courses	5	5	10
No. of Credits	20	20	40

Semester	I	Course Code	24YOUUC1101
Course Title	<b>FUNDAMENTALS OF YOGA</b>		
No. of Credits	4	No. of Contact hours per week	4
New Course / Revised Course	Revised Course	Percentage of Revision effected	21
Category	Core Course		
Scope of the Course	Skill Development Entrepreneurship		
Cognitive Levels addressed by the Course	K-1, K-2 & K-3		
Course Objectives	The Course aims to Gain knowledge about the basic yogic concepts		
Unit	Content		No of Hours
I	Meaning and definition of yoga - Scope of Yoga - aims and Objectives of Yoga – General guidelines for yogic practices - Spiritual Yoga and Applied yoga – Conceptions & Misconceptions of yoga.		10
II	Origin of Yoga - Historical perspective on Indus valley civilization - Yoga in Vedas, Upanishads, Puranas, Epics (Ramayana (Yoga Vasistha), Mahabharata (Bhagavad Gita) – Elements of Yoga and Yogic practices in Buddhism, Jainism and Sufism –Yoga in medieval literature – Contributions of yoga (Swami Vivekananda, Swami Kuvalayananda and Swami Sivananda)		12
III	Patanjali yoga sutras - Hatha Yoga system in nada cult -Yoga in siddha cult (tamil siddhars) – Yoga in modern Times -Yoga in contemporary Time.		13
IV	Schools of Yoga: Jnana yoga, Bhakti yoga, Raja yoga, karma yoga, Hatha yoga, Pathanjali yoga, Vasistha yoga, Hatha yoga, Swara yoga and Mantra yoga.		13
V	Yoga and positive health - Yoga in education (School, College and University) –Introduction to Yoga therapy - Research developments in Yoga -Various yoga Institutions in India - Influence of yoga in western Countries.		16
References	<b>Text Books:</b> 1. Bhikkhu Buddhadasa, (1980), Anapanasati, Sublime Life Mission, Thailand.		

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

#### Mapping of COs with PSOs

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

<b>Semester</b>	<b>I</b>	<b>Course Code</b>	<b>24YOUUC1102</b>
<b>Course Title</b>	<b>PRINCIPLES OF YOGIC PRACTICES</b>		
<b>No. of Credits</b>	<b>4</b>	<b>No.of Contact hours per week</b>	<b>4</b>
<b>New Course / Revised Course</b>	<b>Revised Course</b>	<b>Percentage of Revision effected</b>	<b>20</b>
<b>Category</b>	<b>Core Course</b>		
<b>Scope of the Course</b>	<b>Skill Development Entrepreneurship</b>		
<b>Cognitive Levels addressed by the Course</b>	<b>K-1, K-2 &amp; K -3</b>		
<b>Course Objectives</b>	<b>The Course aims to</b> Understand the different types and techniques of Yogic Practices Know the structure and functions of human body systems		
<b>Unit</b>	<b>Content</b>		<b>No of Hours</b>
<b>I</b>	Fundamental knowledge of Anatomy and Physiology of human body - meaning of Anatomy and Physiology – Cell – Tissue - organs and its functions - various systems - Nervous system - cardiovascular system - Excretory system - Circulatory system - respiratory system - Digestive system - Endocrinal system - Skeletal system – Reproductive system - Muscular system - sense organs - specially eyes and ears - structure and functions- yoga diet and modern nutrition.		15
<b>II</b>	Classification of asanas - Relaxative asanas - Meditative asanas - Cultural asanas - practical procedure, precautions, sequence, limitations, duration and benefits of asana practice - Physiological changes and its benefits of asana practice - Cultivation of physical culture by asanas practice.		12
<b>III</b>	Eight clasisical Kumbhakas (Pranayamas) - Nadisuddhi - purification of nadis by Pranayama - practical procedure, precautions, sequence, limitations, duration and benefits of pranayama practice - role of Pranayama in balancing and strengthening the nervous system and physiological effects in other systems.		12
<b>IV</b>	Shat Karmas – Kapalabhathi – Trataka – Neti – Dhouti - Nauli and Bhasti - practical procedure, precautions, sequence, limitations, duration and benefits of Shat Karmas - purification and enhancement of immunity power in human body by practice of Shat karmas.		10
<b>V</b>	Mudras Bandhas and Meditation: Mudras & Bandhas and its physiological effects - practical procedure, benefits, limitations, sequence, precautions, duration of Mudras and Bandhas practice - Meditation tranquillizer - Meditation and Psychosomatic changes.		15
<b>References</b>	<b>Text Books:</b> <ol style="list-style-type: none"> <li>1. David Coulter H, (2012), Anatomy of Hatha Yoga- A Manual for Students, Teachers and Practitioners (Hardcover): Body and Breath ISBN 13-97890970700605.</li> <li>2. Kumar N, (2009), Basic Anatomy and Physiology: Aitbs Publishers and Distributors, Chennai.</li> <li>3. Murugesh N, (1980), Basic Anatomy and Physiology: Madurai,</li> </ol>		

	<ol style="list-style-type: none"> <li>4. Nagendra H.R, (2000), Pranayama the art and science: Vivekananda Kendra Yoga Prakashana, Bangalore India.</li> <li>5. Shirley Telles, Nagendra (1998), A Glimpse of the Human Body, SVYP, Bangalore.</li> <li>6. Swami Kuvalayanda and Vinekar S.L, (1963), Yogic Therapy: Kaivalyadhama, Lonavla</li> <li>7. Swami Satyananda Saraswathi, (1981), A Systematic Course in the Ancient Tantric Techniques Of Yoga And Kriya: Bihar school of yoga, Munger, Bihar, India.</li> <li>8. Swami Satyananda Saraswati, (2008), Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India.</li> <li>9. Tiwari O.P, Asanas,(2002), Why and How?(IV ed): Kaivalyadhama, Lonavla,Pune Dist. Maharashtra.</li> <li>10. Yogasanas, (1983), A Teacher's Guide: NCERT, New Delhi.</li> </ol>
	<b>References Books:</b> <ol style="list-style-type: none"> <li>1. Gharote M.L, (2012), Applied Yoga(X ED): Kaivalyadhama, Lonavla.</li> <li>2. Kaivalyadhama Golden Jubilee Years souvenir: -Kaivalyadhama,(1975), Lonavla.</li> <li>3. Pandit, (1987), Yoga for Modern Man: Sterling Publication Private Ltd, New Delhi,.</li> <li>4. Yoga Mimamsa Journal (Back volume): Kaivalyadhama (2010-2014), Lonavla</li> <li>5. Yogasanas, (1983), A Teacher's Guide: NCERT, New Delhi.</li> </ol>
	<b>Web Resources:</b> <ol style="list-style-type: none"> <li>1. <a href="http://www.biharyoga.net/">http://www.biharyoga.net/</a></li> <li>2. <a href="http://sivananda.org.in/chennai/?gclid=EAIaIQobChMI3YXe4dnG2wIVBJCPCCh0TSQS5EAAYASAAEgLIBPD_BwE">http://sivananda.org.in/chennai/?gclid=EAIaIQobChMI3YXe4dnG2wIVBJCPCCh0TSQS5EAAYASAAEgLIBPD_BwE</a></li> </ol>
<b>Course Outcomes</b>	<p>Students should be able to</p> <ol style="list-style-type: none"> <li>1. Outline the human body structure and functions of various systems</li> <li>2. Distinguish the asanas and their benefits.</li> <li>3. Grasp the techniques in pranayama, bandhas and mudras.</li> <li>4. Grasp the idea about cleansing practices</li> <li>5. Improve their concentration through meditation techniques.</li> </ol>

### Mapping of COs with PSOs

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

<b>Semester</b>	<b>I</b>	<b>Course Code</b>	<b>24YOUUC1103</b>
<b>Course Title</b>	<b>YOGA PRACTICAL -I</b>		
<b>No. of Credits</b>	<b>4</b>	<b>No.of Contact hours per week</b>	<b>8</b>
<b>New Course / Revised Course</b>	<b>Revised Course</b>	<b>Percentage of Revision effected</b>	<b>22</b>
<b>Category</b>	<b>Core Course</b>		
<b>Scope of the Course</b>	<b>Skill Development Entrepreneurship</b>		
<b>Cognitive Levels addressed by the Course</b>	<b>K-1, K-2 &amp; K -3</b>		
<b>Course Objectives</b>	<b>The Course aims to</b> Expertise on various Yogic techniques and its methodology to teach Asanas, pranayama, bandhas, mudras, kriya and meditation.		
<b>Unit</b>	<b>Content</b>		<b>No of Hours</b>
<b>I</b>	<b>Meditative Asanas:</b> Sukhasana Swasthikasana Virasasana Vajrasana	<b>Relaxative Asanas:</b> Sithala Tadasana Sithila Dandasana Makrasana	24
<b>II</b>	Sithilakarna vyayama Pavana mukthasana series -I Pavana mukthasana series -II	Suryanamaskar 12 counts Bihar school of yoga system	30
<b>III</b>	<b>Standing Asanas:</b> Tadasana Ardhakati Chakarasana Pada Hastasana ArdhaChakrasana, Utkkatasana Trikonasana Parivrtta Trikonasana <b>Sitting Asanas:</b> Baddha Konasana Vakrasana Janu Sirshasana Ardha ustrasana Utthitha padmasana	<b>Prone Postures:</b> Sarala Bhujangasana Bhujangasana <b>Supine Postures:</b> UttanaPadasana Ardha Pawanamuktasana Pawanamuktasana Sethu Bandhasana	30
<b>IV</b>	<b>Shat Kriyas:</b> Kapalabhathi Jala neti Sutra neti <b>Sectional Breathing:</b> Abdominal Breathing Thoracic Breathing Clavicular Breathing	<b>Pranayamas:</b> Chandra Anuloma Viloma Surya AnulomaViloma Chandra Bhedana Surya Bhedana Nadi Suddhi	24
<b>V</b>	Methodology in teaching yoga (Lecture, Directed practice, demonstration, lecture cum demonstration and imitation methods)	<b>Mudras , Bandhas and Meditation</b> Chin Mudra Chinmaya Mudra Adi Mudra Brahma Mudra	20

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

#### Mapping of COs with PSOs

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

<b>Semester</b>	<b>I</b>	<b>Course Code</b>	<b>24YOUUC1104</b>
<b>Course Title</b>	<b>YOGA PRACTICAL -II</b>		
<b>No. of Credits</b>	<b>4</b>	<b>No.of Contact hours per week</b>	<b>8</b>
<b>New Course / Revised Course</b>	<b>Revised Course</b>	<b>Percentage of Revision effected</b>	<b>22</b>
<b>Category</b>	<b>Core Course</b>		
<b>Scope of the Course</b>	<b>Skill Development Entrepreneurship</b>		
<b>Cognitive Levels addressed by the Course</b>	<b>K-1, K-2 &amp; K -3</b>		
<b>Course Objectives</b>	<b>The Course aims to</b> Expertise on various Yogic techniques especially in Asanas, Pranayamas, Mudras, Kriya and Meditation.		
<b>Unit</b>	<b>Content</b>		<b>No of Hours</b>
<b>I</b>	<b>Meditative Asanas:</b> Ardha Padmasana Padmasana, Siddhasana/siddhayoniasana Samasana	<b>Relaxative Asanas:</b> Shavasana – I,II,III,IV Matsya Kridasana	30
<b>II</b>	<b>Sithilakarna vyayama</b> Pavana mukthasana series –III	<b>Suryanamaskar 12 counts</b> Sivananda school of yoga system	24
<b>III</b>	<b>Standing Asanas:</b> Vrksasana Garudasana Virabhadra sana Eka padasana <b>Sitting Postures:</b> Gomukhasana Mandugasana Ardha sirasana Akarna Dhanurasana	<b>Prone Postures:</b> Ardha Salabhasana Dhanurasana <b>Supine Postures:</b> Navasana Viparitha karani Matsyasana Ardha Halasana	24
<b>IV</b>	<b>Shat Kriyas:</b> Trataka Jathru Trataka Jothi Trataka	<b>Sectional Breathing:</b> Full Yogic Breathing	30
<b>V</b>	<b>Mudras</b> Nasika mudra Bairava mudra Nasikagra Drishti Asvini mudra Agnisara kriya Yoga mudra Viparitha karani mudra	<b>Meditation</b> Vippasana meditation Kayasthairyam	20
<b>References</b>	<b>Text Books :</b> 1. Chandrasekaran K, (1999), Sound Health Through Yoga: Prem Kalyan Publications, Sedapatti, Madurai. 2. Nagarathnam H R.& Nagendra.H R (2015), Promotion of positive health swami		

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

### Mapping of COs with PSOs

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

Semester	I	Course Code	24YOUUC1105
Course Title	Internship -1		
No. of Credits	4	No.of Contact hours per week	8
New Course / Revised Course	Revised Course	Percentage of Revision effected	--
Category	Core Course		
Scope of the Course	Skill Development		
Cognitive Levels addressed by the Course	K-1, K-2 & K -3		
In Internship – I is related to 20 hours of yoga teaching practice in GRI / Schools / Institution. The internship practical examination shall also consist of verification, evaluation of record book and to teach yogic practices.			

Semester	II	Course Code	24YOUUC1206
Course Title	INTRODUCTION TO YOGIC TEXTS		
No. of Credits	4	No.of Contact hours per week	4
New Course / Revised Course	Revised Course	Percentage of Revision effected	20
Category	Core Course		
Scope of the Course	Skill Development Entrepreneurship		
Cognitive Levels addressed by the Course	K-1, K-2 & K -3		
Course Objectives	The Course aims to Gain the knowledge related to yogic concepts and yogic texts.		
Unit	Content		No of Hours
I	Introduction to Patanjali Yoga sutra Definition of yoga – Chitta - Chitta vrttis - Chitta Bhumis - Chitta vikshepas (Antarayas) - types of Samadhi - abhyasa and vairagya Samadhi and Samapattis – Sadhana paada: Concept of karmashaya and karmuipaka		6
II	Concept of klesas - four fold strategy for overcoming sufferings – Vivekakhyati - (knowledge) – Pratipakshabhavana – Limbs of Ashtanga yoga - concept of Astama siddhis - Nature of liberation.		13
III	Yoga concepts in Bagavad Gita – yoga concepts in yoga vasistha – yoga concepts in ten major Upanishads.		21
IV	Hatha Yoga texts (Hathapradipika and Gheranda Samhita,etc) Studying hatha yoga concepts and practices - ten Yamas - ten Niyamas - Shat kriyas – asanas - Mudras – Bandhas - Pranayama - Nadanusandhana – Yogic diet – ideal season – Ideal hut – Kundalini Chakras, Samadhi and yoga therapy.		10
V	Tirumular Thirumanthiram. Brief notes of - Astanga yoga and its explanations in third Tantra - 96 Body philosophy.		14
References	<b>Text Books:</b> 1. Nagarathnam H R.& Nagendra H R (2015), Promotion of positive health swami vivekanandha yoga prakashana, Bangalore. 2. Swami Asthosh Ananthar, (2002), Sri Mad Bhagavad Gita, Sri Ramakrishna Math, Mylapore, Chennai. 3. Swami Satyananda Saraswathi, (1981), A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya: Bihar school of yoga, Munger, Bihar, India. 4. Swami Satyananda Saraswati, (2008), Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India. 5. Swami Satyananda Saraswati, Hatha Pradipika: Bihar School of Yoga, Munger, India. 6. Nagendra H.R, (2000), Pranayama the art and science: Vivekananda Kendra Yoga Prakashana, Bangalore India. 7. Patanjali Yoga Sutra, AND Karambelkar, P.V. Kaivalyadhama Lonavla, Pune, Maharashtra. 8. Ramanatha Pillai PA., Thirumanthiram mouvaayeram, (1996), The South India SaivaSiddhanta Works Publishing Society, Thirunelveli. 9. Swami Ashutosh Ananthar, (2003), Prasana Upanishad, Sri Ramakrishna Math, Mylapore, Chennai.		

	10. Swami Vishnu Ddevananda, (2001), Meditation and mantras, Motilal Banarsidas Publishers Private Limited, Delhi. 11. Swami Ashutosh Ananthar ,(2003), Svetasvara Upanishad, Sri Ramakrishna Math, Mylapore, Chennai. 12. Swami Ashutosh Ananthar, (2003), Isavasya Upanishad, Sri Ramakrishna Math, Mylapore, Chennai. 13. Swami Ashutosh Ananthar, (2003), Mandukya Upanishad, Sri Ramakrishna Math, Mylapore, Chennai.
	<b>References Books:</b> 1. Lajpat Rai, (1998), Meditation: Techniques and their Scientific Evaluation, Anunhav Rai Publications, Haryana. 2. Swami Satyananda Saraswati, (2008), Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India. 3. Swami Satyananda Saraswathi, (1981), A Systematic Course in the Ancient Tantric 4. Taimani I.K, (2001), The Science of Yoga, Theosophical society publication, Adyar, Chennai. 5. Techniques of Yoga and Kriya: Bihar school of yoga, Munger, Bihar, India.
	<b>Web Resources:</b> 1. <a href="http://sivananda.org.in/neyyardam/?gclid=EAIaIQobChMIouXTqNvG2wIVSYyPCh0akAemEAAYASAAEgKOVvD_BwE">http://sivananda.org.in/neyyardam/?gclid=EAIaIQobChMIouXTqNvG2wIVSYyPCh0akAemEAAYASAAEgKOVvD_BwE</a> 2. <a href="http://www.sivananda.org/teachings/swami-sivananda.html">http://www.sivananda.org/teachings/swami-sivananda.html</a> 3. <a href="http://www.divyayoga.com/2/">http://www.divyayoga.com/2/</a> 4. <a href="http://www.vethathiri.edu.in/courses/university-courses/vision-aliyar/">http://www.vethathiri.edu.in/courses/university-courses/vision-aliyar/</a>
<b>Course Outcomes</b>	Students should be able to 1. Comprehend Yoga sutras. 2. Know the concepts of Ashtanga yoga. 3. Summarize yogic concepts in Vedanta 4. Identify and analyze various yogic texts. 5. Understand about yoga therapy and Kundalini Chakras.

### Mapping of COs with PSOs

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

<b>Semester</b>	<b>II</b>	<b>Course Code</b>	24YOUUC1207
<b>Course Title</b>	<b>APPLICATIONS OF YOGA IN MODERN LIFE</b>		
<b>No. of Credits</b>	<b>4</b>	<b>No.of Contact hours per week</b>	<b>4</b>
<b>New Course / Revised Course</b>	<b>Revised Course</b>	<b>Percentage of Revision effected</b>	<b>20</b>
<b>Category</b>	<b>Core Course</b>		
<b>Scope of the Course</b>	<b>Skill Development Entrepreneurship</b>		
<b>Cognitive Levels addressed by the Course</b>	<b>K-1, K-2 &amp; K -3</b>		
<b>Course Objectives</b>	<b>The Course aims to</b> Gain the knowledge about applications of yogic practices in modern life style.		
<b>Unit</b>	<b>Content</b>		<b>No of Hours</b>
<b>I</b>	Concept of health and yoga - Dimensions of health – Positive health - Criteria of health and yogic practices.		6
<b>II</b>	Yoga therapy in prevention, management and treatment of diseases - Yogic concepts of diseases - Adhija vyadhi and Anadhija vyadhi - concept of psychosomatic illness - Integrated approach of yoga therapy (Panca kosa approach) – Yoga therapy for Diabetes – Asthma – Women problem – Covid19.		15
<b>III</b>	Yoga and sports fitness - prevention of sports injuries by practice of asanas - yoga and basic fitness - Yoga and specific sports skills - sports psychological skills and yoga – yoga in off - season training in sports.		18
<b>IV</b>	Yoga and stress management - concept of stress (Eustress and distress) - stress reaction - four phases in stress disorders – stress induced problems and their management – meditation as a great tranquillizer (cyclic meditation) in stress management - stress management during pandemic.		11
<b>V</b>	Yoga in School education - correct psychological attitudes and developments - improve the concentration, memory power and immunity through yoga – Drug abuse – prevention and yogic treatment - yoga and development of social qualities.		14
<b>References</b>	<b>Text Books:</b> <ol style="list-style-type: none"> <li>1. Gharote M.L, (2012), Applied Yoga(X ED): Kaivalyadhama, Lonavla.</li> <li>2. Nagarathnam H R.&amp; Dr.H R Nagendra (2015), Promotion of positive health swami vivekanandha yoga prakashana, Bangalore.</li> <li>3. Nagendra H.R, (2000), Pranayama the art and science: Vivekananda Kendra Yoga Prakashana, Bangalore India.</li> <li>4. Suresh Kutty K., (2004), Foundations of Sports and Exercise Psychology, Sports Publications, New Delhi.</li> <li>5. Swami Kuvalayanda and Dr.S.L. Vinekar, (1963), Yogic Therapy- Its Basic principles and methods: Ministry of health, Govt. of India, New Delhi.</li> <li>6. Swami Satyananda Saraswathi, (1981), A Systematic Course in the Ancient Tantric Techniques Of Yoga And Kriya: Bihar school of yoga, Munger, Bihar, India.</li> <li>7. Swami Sivananda, Health and Diet: Divine Life Society, Rishikesh, 2006.</li> </ol>		

	8. Swami Sivananda, Yoga in Daily Life: Divine Life Society, Rishikesh, 2004. 9. Udupa K.N. and H.R.Singh, (1978), Science and Philosophy of Indian Medicine: Shree Baidyanath ayurveda Bhawan Ltd., Negpur.
	<b>References Books:</b> 1. Nagendra H.R, (2000), Pranayama the art and science: Vivekananda Kendra Yoga Prakashana, Bangalore India. 2. Swami Satyananda Saraswathi, (1981), A Systematic Course in the Ancient Tantric Techniques of Yoga And Kriya: Bihar school of yoga, Munger, Bihar, India. 3. Swami Sivananda, Yoga in Daily Life: Divine Life Society, Rishikesh, 2004.
	<b>Web Resources:</b> 1. <a href="http://www.ts-adyar.org/">http://www.ts-adyar.org/</a> 2. <a href="http://www.yogivemanauniversity.ac.in/about_yvu.php">http://www.yogivemanauniversity.ac.in/about_yvu.php</a> 3. <a href="http://www.brahmakumaris.org/">http://www.brahmakumaris.org/</a> 4. <a href="http://www.vivekanandakendra.org/">http://www.vivekanandakendra.org/</a>
<b>Course Outcomes</b>	Students should be able to 1. Identify the dimensions of health 2. Understand the yogic therapy and pacha Kosa. 3. Realize the importance of yogic practices for sports and games. 4. Correlate the stress management and meditation. 5. Apply the yogic life style in various aspects.

#### Mapping of COs with PSOs

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

<b>Semester</b>	<b>II</b>	<b>Course Code</b>	<b>24YOUUC1208</b>
<b>Course Title</b>	<b>YOGA PRACTICAL – III</b>		
<b>No. of Credits</b>	<b>4</b>	<b>No.of Contact hours per week</b>	<b>8</b>
<b>New Course / Revised Course</b>	<b>Revised Course</b>	<b>Percentage of Revision effected</b>	<b>22</b>
<b>Category</b>	<b>Core Course</b>		
<b>Scope of the Course</b>	<b>Skill Development Entrepreneurship</b>		
<b>Cognitive Levels addressed by the Course</b>	<b>K-1, K-2 &amp; K -3</b>		
<b>Course Objectives</b>	<b>The Course aims to</b> Expertise on various Yogic techniques and methods of teaching.		
<b>Unit</b>	<b>Content</b>		<b>No of Hours</b>
<b>I</b>	<b>Standing Asanas:</b> Natarajasana Virabhadrasana (balancing) Vatayanasana	<b>Sitting Postures:</b> Pachimottanasana Ustrasana Supta vajrasana Uttana Mandukasana Kurmasana	30
<b>II</b>	<b>Prone Postures:</b> Salabhasana Dhanurasana Poorna Bhujangasana	<b>Supine Postures:</b> Sarvangasana Halasana Karna pidasan	24
<b>III</b>	<b>Shat Kriyas</b> Vamana dhouti Nauli	<b>Pranayama</b> Nadi shuddhi (1:1:2)	24
<b>IV</b>	<b>Mudras</b> Shanmuki mudras Simha mudra Maha mudra	<b>Meditation</b> Chidakasha dharana Sohum Meditation Mantra meditation	30
<b>V</b>	<b>Preparation of lesson plan</b> Asana -1 Pranayama-1		20
<b>References</b>	<b>Text Books :</b> <ol style="list-style-type: none"> <li>1. Gharote M.L. and Ganguly S.K, (2001), Teaching Methods for Yogic Practice: Kaivalyadhama, Lonavla.</li> <li>2. Iyengar. B.K.S, (2001), Light on yoga [ Yoga Dipika], Harpercollins Publisher, India.</li> <li>3. Swami Satyananda Saraswathi, (1981), A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya: Bihar school of yoga, Munger, Bihar, India.</li> <li>4. Swami Satyananda Saraswati, (2008), Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India.</li> <li>5. YOGA (Asanas, Pranayama, Mudras, Kriyas), (2001), An Instruction Booklet, Published by Vivekananda Kendra Prakashan Trust, Triplicane, Chennai.</li> </ol>		
	<b>References Books:</b> <ol style="list-style-type: none"> <li>1. Chandrasekaran.K, (1999), Sound Health Through Yoga: Prem Kalyan Publications, Sedapatti, Madurai.</li> <li>2. Nagarathna and Nagendra, (2008), Integrated Approach of Yoga therapy for positive health, Swami Vivekananda Yoga Prakashana, Bangalore.</li> </ol>		

	3. Swami Digambarji and P.T. Raghunathashastri Kokaji, (1998), Hatha Pradipika: Kaivalyadhama, SMYM Samiti, Lonavla Pune Dist, Maharashtra 1998. 4. Tiwari O.P, Asanas, (2002), Why and How?(IV ed): Kaivalyadhama, Lonavla,Pune Dist. Maharashtra. 5. Yogasanas, (1983), A Teacher's Guide: NCERT, New Delhi.
	<b>Web Resources:</b> 1. <a href="https://www.yogafinder.com/">https://www.yogafinder.com/</a> 2. <a href="https://www.bookyogaretreats.com/all/d/asia-and-oceania/india/coimbatore?gclid=EAIaIQobChMIpLGMvNjG2wIVTxSPCh0GqA_1EAAYASAAEgLEavD_BwE&amp;gclidsrc=aw.ds">https://www.bookyogaretreats.com/all/d/asia-and-oceania/india/coimbatore?gclid=EAIaIQobChMIpLGMvNjG2wIVTxSPCh0GqA_1EAAYASAAEgLEavD_BwE&amp;gclidsrc=aw.ds</a> 3. <a href="http://www.bssve.in/courses_alternative_medicine.asp">http://www.bssve.in/courses_alternative_medicine.asp</a> 4. <a href="http://www.rknature.com/">http://www.rknature.com/</a> 5. <a href="http://www.ioam.in/">www.ioam.in/</a>
<b>Course Outcomes</b>	Students should be able to 1. Demonstrate the differentiate the types of asanas 2. Grasp the techniques in pranayama. 3. Select the mudra and meditation 4. Know the procedure for Kriya 5. Explain the methods of teaching yoga

### **Mapping of COs with PSOs**

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

<b>Semester</b>	<b>II</b>	<b>Course Code</b>	<b>24YOUUC1209</b>
<b>Course Title</b>	<b>YOGA PRACTICAL – IV</b>		
<b>No. of Credits</b>	<b>4</b>	<b>No.of Contact hours per week</b>	<b>8</b>
<b>New Course / Revised Course</b>	<b>Revised Course</b>	<b>Percentage of Revision effected</b>	<b>22</b>
<b>Category</b>	<b>Core Course</b>		
<b>Scope of the Course</b>	<b>Skill Development Entrepreneurship</b>		
<b>Cognitive Levels addressed by the Course</b>	<b>K-1, K-2 &amp; K -3</b>		
<b>Course Objectives</b>	<b>The Course aims to Expertise on various Yogic techniques and methods of teaching.</b>		
<b>Unit</b>	<b>Content</b>		<b>No of Hours</b>
<b>I</b>	<b>Standing Asanas</b> Parsva konasana Parivrtta Parsva konasana Uttana Eka pada sirasana	<b>Sitting asanas</b> Kukkutasana Bakasana Tolangulasana Hamsasana Mayurasana Hanumannasana	30
<b>II</b>	<b>Prone asanas</b> Sarpasana Naukasana Eka pada Raja kapotasana	<b>Supine asanas</b> Chakrasana Jathra parivartanasana	24
<b>III</b>	<b>Shat Kriyas</b> Laghoo shankha prakshalana	<b>Pranayama</b> Bhramari (with shanmuki mudra) Ujjayi	24
<b>IV</b>	<b>Mudras</b> Yoga mudra Shambhavi mudra	<b>Meditation</b> Cyclic meditation Yoga nidra 1 & 2	30
<b>V</b>	<b>Preparation of lesson plan</b> Kriya- 1 Mudra -1 Meditation-1		20
<b>References</b>	<b>Text Books :</b> 1. Gharote M.L. and Ganguly S.K, (2001), Teaching Methods for Yogic Practice: Kaivalyadhama, Lonavla. 2. Iyengar. B.K.S, (2001), Light on yoga [ Yoga Dipika], Harpercollins Publisher, India. 3. Swami Satyananda Saraswathi, (1981), A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya: Bihar school of yoga, Munger, Bihar, India. 4. Swami Satyananda Saraswati, (2008), Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India. 5. YOGA (Asanas, Pranayama, Mudras, Kriyas), (2001), An Instruction Booklet, Published by Vivekananda Kendra Prakashan Trust, Triplicane, Chennai.		
	<b>References Books:</b>		

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

### Mapping of COs with PSOs

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

Semester	I	Course Code	24YOUUC1210
Course Title	Internship -1		
No. of Credits	4	No.of Contact hours per week	8
New Course / Revised Course	Revised Course	Percentage of Revision effected	--
Category	Core Course		
Scope of the Course	Skill Development		
Cognitive Levels addressed by the Course	K-1, K-2 & K -3		
In Internship – II is related to 20 hours of yoga teaching practice in GRI / Schools / Institution. The internship practical examination shall also consist of verification, evaluation of record book and to teach yogic practices.			