

**POST GRADUATE DIPLOMA IN YOGA (P.G.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 education and practice and its literature apart from the suitable methods of teaching techniques of yoga in the modern context.

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

**Programme Educational Objectives (PEO)**

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

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

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

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

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

**Program Outcome (PO)**

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

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

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

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

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

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

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

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

**PSO3 :** Obtain the yogic knowledge in various dimension.

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

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

### **REGULATIONS**

#### **Eligibility**

A pass in the any graduate examination conducted by recognized Universities or an examination accepted as equivalent thereto by the University subject to such conditions as may be prescribed thereof.

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

The candidates shall have subsequently undergone the prescribed course of study conducted by The Gandhigram Rural Institute – Deemed to be University Yoga Centre in Physical Education and shall pass the examinations prescribed, apart from fulfilling such other conditions as have been prescribed thereof. Intake capacity is maximum of 25 seats.

#### **Duration**

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

#### **Course of study**

Candidates shall be permitted to do the Post Graduate Diploma Course on regular mode. The programme comprises of nine theory papers, four practical to a total of 45 credits. The medium of instruction shall be English. The course of study shall comprise theoretical instructions, supervised practical training in yoga practices.

### **Scheme of examinations**

The scheme of examinations shall be as follows: there shall be six theory papers of 100 marks each, two common theory papers of 50 marks each, one elective course with 100marks and four practical to test the practical competence in yoga techniques of 100 marks each. The practical examination shall also consist of constant observation on commitment towards practical learning, evaluation of record book, yoga practice teaching and demonstration. The passing minimum is as suggested by GRI rules.

<b>Name of the Programme</b>	<b>Post Graduate Diploma in Yoga</b>		
<b>Year of Introduction</b>	<b>2021</b>	<b>Year of Revision</b>	<b>2024</b>
<b>Semester – wise Courses and Credit distribution</b>	<b>I</b>	<b>II</b>	<b>Total</b>
<b>No. of Courses</b>	<b>7</b>	<b>6</b>	<b>13</b>
<b>No. of Credits</b>	<b>23</b>	<b>22</b>	<b>45</b>

**POST GRADUATE DIPLOMA IN YOGA**  
**SCHEME OF EVALUATION**

Semester	Course Code	Title of the Paper	No of Credits	Theory Hours	Practical hours	CFA	ESE	Total
I	24YOPC1101	History and Modern Trends in Yoga	3	3	-	40	60	100
	24YOPC1102	Methods of Yogic Practices	4	4	-	40	60	100
	24YOPC1103	Applied Anatomy and Physiology	4	4	-	40	60	100
	24YOPC1104	Practical I-Asanas	3	-	6	60	40	100
	24YOPC1105	Practical II Pranayama Meditation and Teaching Methodology	3	-	6	60	40	100
	24CSAD0101	Internet and Web Technology	3+1	3	2	50 (20+30)	50 (30+20)	100
	24ENGD00C1	Communication and Soft skills (English)	2	2	-	50	-	50
<b>1<sup>st</sup> Semester Total</b>			<b>23</b>	<b>16</b>	<b>14</b>	<b>340</b>	<b>310</b>	<b>650</b>
II	24YOPC1206	Yoga and Holistic Development	4	4	-	40	60	100
	24YOPC1207	Philosophies of Yoga and Meditation	4	4	-	40	60	100
	24YOPC1208	Yoga and Traditional Therapy	4	4	-	40	60	100
	24YOPC1209	Practical III-Kriyas and Bandhas	4	-	8	60	40	100
	24YOPC1210	Practical IV- Mudras, Meditations and Teaching Methodology	4	-	8	60	40	100
	24GTPP04M1	Human Values and Professional Ethics	2	2	-	50	0	50
<b>2<sup>nd</sup> Semester Total</b>			<b>22</b>	<b>14</b>	<b>16</b>	<b>290</b>	<b>260</b>	<b>550</b>
<b>Grant Total (1<sup>st</sup> + 2<sup>nd</sup> Semester)</b>			<b>45</b>	<b>30</b>	<b>30</b>	<b>630</b>	<b>570</b>	<b>1200</b>

**Abstract**

S. No.	Category		Total no. of Course	Total Credits	%
1.	Core Courses	Theory	6	23	51
2.		Practical	4	14	31
3.	Elective Course	Theory	1	3	7
		Practical	1	1	2
4.	Compulsory Non-credit Course		2	4	9
Total			14	45	100

**Core Course**

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

**Elective Course**

11. Internet and Web Technology

**Compulsory Non-credit Course**

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

## Fee structure

### Fee Structure for P.G.D.Yoga Programme from the Year 2024-2025

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

<b>Semester</b>	<b>I</b>	<b>Course Code</b>	24YOPC1101
<b>Course Title</b>	<b>HISTORY AND MODERN TRENDS IN YOGA</b>		
<b>No. of Credits</b>	<b>3</b>	<b>No.of Contact hours per week</b>	<b>3</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 knowledge about the history and traditions of yoga.		
<b>Unit</b>	<b>Content</b>		<b>No of Hours</b>
<b>I</b>	Meaning and definition of yoga - Scope of Yoga - Aims and Objectives of Yoga - Misconceptions about yoga - schools of yoga.		7
<b>II</b>	Historical perspective on Yoga -Yoga before the time of Patanjali: (Indus valley civilization, Vedas, Brahmnas, Upanishads, Epics, Puranas) - Samkhya and yoga.		9
<b>III</b>	Patanjali yoga sutra-: Eight limbs of Yoga, Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhayana, and Samadhi-Thirumular's Thirumandhiram		10
<b>IV</b>	Developments in yoga - various commentaries on yoga sutras- Tantra yoga- Yogavasistha - Hathayogic traditions (Nathcult and siddhacult (Tamil siddhars)) - Western influences, IDY and modern renaissance in yoga.		11
<b>V</b>	Contemporary yoga – Yoga And Religions-Hinduism and Yoga-Jainism and Yoga-Bhuddhism and Yoga-Christianity and Yoga Islam and Yoga- modern trends and research developments.		11
<b>References</b>	<b>Text Books:</b> <ol style="list-style-type: none"> <li>1. Karambelkar P.V. (1999). Patanjali Yoga Sutras. Kaivalyadhama, Lonavla.</li> <li>2. Kenghe C.T, Bharata Manisha. (1976). Yoga as Depth – Psychology and Para – Psychology (Vol- I) Historical Background. Varanasi, India.</li> <li>3. Swami Sivananda. (2001). Practical Lessons in Yoga: Divine Life Society.</li> <li>4. Swami Sivananda. (2008). All about Hinduism (X ed): Divine Life Society Risikesh,</li> <li>5. Swami Vishnu Devananda. (1995). The complete Illustrated Book of yoga. Harmony Books, a division of crown publishers, New York.</li> </ol>		
	<b>References Books:</b> <ol style="list-style-type: none"> <li>1. Chandrasekaran K. (1999). Sound Health through Yoga: PremKalyan Publications, Sedapatti, Tamilnadu.</li> <li>2. Sivananda Yoga. (1998). Yoga Mind and Body. (DK Living):Vedanta Center.</li> <li>3. Swami Sivananda. (1978). Yoga Teachers Manual: International Vedanta Centres. Val Morin, Quebec, Canada.</li> <li>4. Swami Vivekananda. (1977). Yoga: Vivekananda Kendra Prakashan Trust. Bangalore.</li> </ol>		

	<p>5. Yoga Mimamsa Journal (Back Volumes) Kaivalyadhama. (2010-2014). lonavla, Pune dist, Maharashtra.</p> <p><b>Web Resources:</b></p> <ol style="list-style-type: none"> <li>1. <a href="https://ncert.nic.in/dess/pdf/tiyhwls1.pdf">https://ncert.nic.in/dess/pdf/tiyhwls1.pdf</a></li> <li>2. <a href="http://mea.gov.in/images/pdf/common-yoga-protocol-english.pdf">http://mea.gov.in/images/pdf/common-yoga-protocol-english.pdf</a></li> <li>3. <a href="https://sriyogaashram.com/ebook/yoga%20sutra.pdf">https://sriyogaashram.com/ebook/yoga%20sutra.pdf</a></li> <li>4. <a href="https://kdham.com/">https://kdham.com/</a></li> <li>5. <a href="http://svyasa.edu.in/">http://svyasa.edu.in/</a></li> <li>6. <a href="http://www.yogamdniy.nic.in/files/pdf/CYP-2023-English.pdf">http://www.yogamdniy.nic.in/files/pdf/CYP-2023-English.pdf</a></li> <li>7. <a href="https://youtu.be/SpOJqDZbbbw">https://youtu.be/SpOJqDZbbbw</a></li> </ol>
<b>Course Outcomes</b>	<p>Students should be able to</p> <ol style="list-style-type: none"> <li>1. Brief idea about yoga.</li> <li>2. Explain about the yoga sutra and eight limbs of yoga.</li> <li>3. Know the west influences and modern renaissance in yoga</li> <li>4. Understand the 96 philosophy quoted by Thirumular.</li> <li>5. Know the modern trends and development in yoga.</li> </ol>

### Mapping of Cos with PSOs

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



<b>Semester</b>	<b>I</b>	<b>Course Code</b>	<b>24YOPC1102</b>
<b>Course Title</b>	<b>METHODS 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> Gain Knowledge about the principles of yogic practices		
<b>Unit</b>	<b>Content</b>		<b>No of Hours</b>
<b>I</b>	Concept of Yogic Practices - Kinds of Yogic Practices; Asana, Pranayama, Kriya, Mudra, Bandha, Dhyana. Asana: Definition, Scope and Limitations of Asanas - Classification of Asanas - Meditative Asanas - Relaxative Asanas - Cultural Asanas: Standing, Sitting, Supine, & Prone - Step by Step Performance of Asanas - Safety Measures and Precautions while performing Asanas.		15
<b>II</b>	Pranayama: Meaning - Different Phases in Pranayama Practice: Puraka (Inhalation), Kumbhaka (Retention) and Rechka (Exhalation) - Breathing Ratio in Pranayama Practice - Major Pranas: Apana, samana, vyana, udana and prana - Upa Pranas: naga, koorma, krikara, devadatta, & dhananjaya - Safety Measures and Precautions.		11
<b>III</b>	Meaning & benefits of Bandha - Different Bandhas: Jalandhra Bandha, Uddiyana Bandha, and Mula Bandha.- Meaning of Mudra - Types of Mudra: Chin Mudra, Chinmaya Mudra, Adi Mudra, Brahma Mudra, Shambavi Mudra, Nasikagra Drishti Mudra, Yoga Mudra, &, Ashwini Mudra.		10
<b>IV</b>	Practicing methods and benefits of Kriyas - Meaning - Types of Kriyas: Kapalabhati. Trataka. Neti: Jala Neti, Sutra Neti. Dhauti: Vamana Dhauti, Danda Dhauti, and Vastra Dhauti.		12
<b>V</b>	Meaning & concept of Meditation - Yogic practices and physical exercise. Yoga Practices and fitness activities - Asanas Vs. Muscular Exercises - Pranayama Vs Deep Breathing Exercises - Importance of Nerve Culture in Yoga - Yoga and Competition - Yoga and Modern Education.		16
<b>References</b>	<b>Text Books:</b> <ol style="list-style-type: none"> <li>Chandrasekaran K. (1999). Sound Health Through Yoga. PremKalyan Publications, Sedapatti, Tamilnadu.</li> <li>Gharote M.L. (2012). Applied Yoga ( XED). Kaivalyadhama, Lonavla.</li> <li>Gharote M.L. and Ganguly S.K.(2001). Teaching Methods for Yogic Practice. Kaivalyadhama, Lonavla.</li> <li>Swami Kuvalayananda and Vinekar S.L. (1963). Yogic Therapy.</li> </ol>		

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

### Mapping of COs with PSOs

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

<b>Semester</b>	<b>I</b>	<b>Course Code</b>	24YOPC1103
<b>Course Title</b>	<b>APPLIED ANATOMY AND PHYSIOLOGY</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 Knowledge about the human anatomy and physiology		
<b>Unit</b>	<b>Content</b>		<b>No of Hours</b>
<b>I</b>	Introduction to Human Anatomy and Physiology -Meaning of Anatomy & Physiology- Need and importance of knowledge of Anatomy & Physiology in Yoga - Structure And Function: Cells - Structure and function of various types of tissues- Classification of Joints.		12
<b>II</b>	Respiratory Tract (Nose, Pharynx, Larynx, Bronchi, Bronchiole, Alveoli -Lungs) Mechanism and control of Respiration - Types of muscles (Skeletal Muscle, Cardiac Muscle, and Smooth Muscle) - Effect of Yogic practices on respiratory, muscular system and joints.		15
<b>III</b>	Nervous System: ANS – CNS - PNS (Brain and Spinal Cord) - Peripheral Nervous System (PNS): (Cranial Nerves and Spinal Nerves) - Structure and functions of Heart –Types of circulation - Blood Vessels, Arteries, Veins, and Capillaries - Lymphatic system – Pulse and Blood Pressure - Effect of Yogic practices on Nervous and cardiac systems.		16
<b>IV</b>	Digestive tract and system (Mouth, Salivary Glands, Pharynx, Esophagus, Stomach, Pancreases, Liver, Gall Bladder, Small Intestine, Large intestine) - Structure and Functions of the kidney – Effect of Yogic practices on Digestive and Renal Systems		10
<b>V</b>	Structure and functions of Glands (Pituitary, Thyroid Gland, Para-Thyroid, Thymus, Pancreas, and Adrenal & Pineal Gland) - Endocrine System and Yogic practices		11
<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. Kumar N. (2009). Basic Anatomy and Physiology. Aitbs Publishers and Distributors, Chennai.</li> <li>3. Murugesh N. (1980). Basic Anatomy and Physiology. Madurai,</li> <li>4. Shirley Telles, Nagendra. (1998). A Glimpse of the Human Body. SVYP, Bangalore.</li> </ol>		
	<b>References Books:</b> <ol style="list-style-type: none"> <li>1. David Coulter H. (2012). Anatomy of Hatha Yoga- A Manual for Students, Teachers andPractitioners (Hardcover): Body and Breath ISBN 13-97890970700605.</li> <li>2. Kaivalyadhama Golden Jubilee Years souvenir: -Kaivalyadhama. (1975).</li> </ol>		

	Lonavla. 3. Krishna Raman. (2008). A Matter of Health: East west Books, Chennai. 4. Pandit. (1987). Yoga for Modern Man: Sterling Publication Private Ltd, New Delhi. 5. Swami Kuvalayanda and Vinekar S.L. (1963). Yogic Therapy. Kaivalyadhama, Lonavla.
	<b>Web Resources:</b> 1. <a href="https://www.uc.edu/content/dam/uc/ce/docs/OLLI/Page%20Content/OLLI%20iNTRODUCTION%20TO%20THE%20BODY.pdf">https://www.uc.edu/content/dam/uc/ce/docs/OLLI/Page%20Content/OLLI%20iNTRODUCTION%20TO%20THE%20BODY.pdf</a> 2. <a href="https://d3bxy9euw4e147.cloudfront.net/oscms-qa/media/documents/AnatomyAndPhysiology-LR.pdf">https://d3bxy9euw4e147.cloudfront.net/oscms-qa/media/documents/AnatomyAndPhysiology-LR.pdf</a> 3. <a href="https://kdham.com/">https://kdham.com/</a> 4. <a href="http://svyasa.edu.in/">http://svyasa.edu.in/</a>
<b>Course Outcomes</b>	Students should be able to 1. Know about the structure and functions of various systems in human body. 2. Understand the mechanism of respiratory and nervous system. 3. Obtain brief idea about cardio-vascular system. 4. Acknowledge the digestive and renal systems 5. Understand the effect of yogic practices on various systems in human body.

### Mapping of COs with PSOs

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

<b>Semester</b>	<b>I</b>	<b>Course Code</b>	<b>24YOPC1104</b>
<b>Course Title</b>	<b>PRACTICAL – I ASANAS</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>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 Gain Knowledge about the asanas.</b>		
<b>Unit</b>	<b>Content</b>		<b>No of Hours</b>
<b>I</b>	<b>Loosening Exercises &amp; Meditative Asanas</b> Sukhasana Vajrasana Padmasana, Siddhasana/siddhayoniasana	<b>RELAXATIVE ASANAS:</b> Shavasana Makrasana Sithila Tadasana Sithila Dandasana	11
<b>II</b>	<b>Standing Postures:</b> Suryanamaskar Tadasana Ardhakati Chakrasana Pada Hastasana ArdhaChakrasana, Vrksasana	Utkatasana Parivrutta Trikonasana Trikonasana Garudasana Virabhadrasana	33
<b>III</b>	<b>Sitting Postures:</b> Baddha Konasana Vakrasana Paschimottasana Sasangasana Gomukhasana	Marichyasana Janu Sirshasana Ustrasana	27
<b>IV</b>	<b>Prone Postures:</b> Bhujangasana Ardha Salabhasana Salabhasana Dhanurasana		10
<b>V</b>	<b>Supine Postures:</b> Uttana Padasana Pawanamuktasana Sethu Bandhasana Navasana Viparitha karani Sarvangasana Matsyasana Ardha Halasana Halasana Chakrasana		15

<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. Nagarathnam H R. &amp; Nagendra H R. (2015). Promotion of positive health. swami vivekanandha yoga prakashana, Bangalore.</li> <li>3. Iyengar B.K.S. (2001). Light on yoga [yoga Dipika]. Harper Collins publishers, New Delhi, India.</li> <li>4. Swami Kuvalayananda. (1993). Asanas (VII ED). Kaivalyadhama, Lonavla, Pune Dist, Maharashtra.</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 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. Tiwari O.P.(2002). Asanas Why and How?(IV ED). Kaivalyadhama, Lonavla, Pune Dist, Maharashtra.</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://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>	<p>Students should be able to</p> <ol style="list-style-type: none"> <li>1. Prepare well for yogic practices.</li> <li>2. Demonstrate the standing postures</li> <li>3. Demonstrate the sitting postures</li> <li>4. Exhibit the various posture in prone and supine positions</li> <li>5. Grasp the idea about loosening exercises and relaxative asanas</li> </ol>

### Mapping of COs with PSOs

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

<b>Semester</b>	<b>I</b>	<b>Course Code</b>	<b>24YOPC1105</b>
<b>Course Title</b>	<b>YOGA PRACTICAL – II PRANAYAMA, MEDITATION AND TEACHING METHODOLOGY</b>		
<b>No. of Credits</b>	<b>3</b>	<b>No.of Contact hours per week</b>	<b>6</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 Knowledge about the pranayama practice, Meditation and teaching methodology.		
<b>Unit</b>	<b>Content</b>		<b>No of Hours</b>
<b>I</b>	<b>Practices of Pranayam and Meditation</b> Kapalabhathi <b>Sectional Breathing:</b> Abdominal Breathing Thoracic Breathing Clavicular Breathing Full Yogic Breathing		15
<b>II</b>	<b>Pranayamas:</b> Chandra Anuloma Viloma   Surya Anuloma Viloma Chandra Bhedana Surya Bhedana Nadi Shodhana Nadi Suddhi Ujjyai Bhastrika Sitali Sitkari Sadantha Bhramari		22
<b>III</b>	<b>Meditation</b> Nadhanusandhana, Pranadharana & Yoga Nidra		20
<b>IV</b>	Methodology in teaching yoga (Lecture, Directed practice, demonstration, lecture cum demonstration and imitation methods)		18
<b>V</b>	Preparation of Yogic Practices -IDY CYP practices - lesson plan preparation		21
<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 vivekanandha yoga prakashana, Bangalore. 3. Iyengar B.K.S. (2001). Light on yoga [yoga Dipika]. Harper Collins publishers, New		

	<p>Delhi, India</p> <ol style="list-style-type: none"> <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, (2002). Asanas 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>Prepare well for yogic practices.</li> <li>Demonstrate the Sectional Breathing</li> <li>Exhibit the various pranayam</li> <li>Realize the benefits and perform the various meditational techniques.</li> <li>Get well versed in teaching yoga.</li> </ol>

### Mapping of COs with PSOs

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



<b>Semester</b>	<b>I</b>	<b>Course Code</b>	<b>24ENGD00C1</b>
<b>Course Title</b>	<b>COMMUNICATION AND SOFT SKILLS</b>		
	<b>As Prescribed by School of English and Foreign Languages, GRI</b>		

<b>Semester</b>	<b>I</b>	<b>Course Code</b>	<b>24CSAD0101</b>
<b>Course Title</b>	<b>INTERNET AND WEB TECHNOLOGY</b>		
	<b>As Prescribed by Department of Computer Science and Applications, GRI</b>		

<b>Semester</b>	<b>II</b>	<b>Course Code</b>	24YOPC1206
<b>Course Title</b>	YOGA AND HOLISTIC DEVELOPMENT		
<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 Knowledge about the applications of yoga in day today life.		
<b>Unit</b>	<b>Content</b>		<b>No of Hours</b>
<b>I</b>	Concept of “Positive Health”- Meaning and definition of Health - Various dimensions of health (Physical, Mental, Social and Spiritual) - Criteria of health- Important yard sticks of health - Responsibility and control over one’s own health status.		6
<b>II</b>	Yoga and sports fitness-Concept of ‘Healthy Personality’ - Characteristics of Healthy Personality - Superior mental health aids to a healthy personality.		12
<b>III</b>	Yoga and health - As a Therapy, Treatment - Y Break - General Fitness. Integration of body and mind – Holistic Development.		17
<b>IV</b>	Positive hygiene of yoga (Positive focus, Shraddha, Faith factor Iswara, Pranidhana, Prayer, Tranquilization of mind) - Stress Response Vs Cultivation of Relaxation Response - purification of Nadis - cultivation of good Psychological attitudes.		11
<b>V</b>	Yoga at workplace –Problems – (stress and strain, anxiety, Conflicts resulting in fatigue) – Preventing drug abuse and remedies to overcome -Yoga and Personality Development (Co-operation, Simplicity, Tolerance, Social Adjustments) - Yoga and self Developments.		18
<b>References</b>	<b>Text Books:</b> <ol style="list-style-type: none"> <li>1. Chandrasekaran.K. (1999). Sound Health Through Yoga. PremKalyan Publications, Sedapatti, Madurai.</li> <li>2. Herbert Benson and William proctor. (1985). Beyond relaxation response. Colling Fount Paperbacks, London.</li> <li>3. Hurlock, Elizabeth B. (1976). Personality Development. Tata MC Graw – Hill Publishing Company Ltd., New Delhi.</li> <li>4. Jourard S.M. and Ted Landsman. (1980). Healthy Personality (IV ED). Macmillian Publishing co., Inc, New York.</li> <li>5. Sri Yogendra. Yoga Personal Hygiene (<i>Vols I &amp; II</i>). The Yoga Institute, Santacruz, and Bombay.</li> <li>6. Swami Kuvalayanda and Dr.S.L. Vinekar. (1936). Yogic Therapy- Its Basic principles and methods. Ministry of health, Govt. of India, New Delhi.</li> <li>7. Udupa K.N. and H.R.Singh. (1978). Science and Philosophy of Indian Medicine. Shree BaidyanathayurvedaBhawan Ltd., Negpur.</li> </ol>		

	<b>References Books:</b> <ol style="list-style-type: none"> <li>1. Asrani U.A. (1977). Yoga Unveiled (Part I). MotilalBanarsidass, Delhi.</li> <li>2. Mishra S.P. (1989). Yoga and Ayurveda. Chowkhamba Sanskrit Sansthan, Varanasi, U.P</li> <li>3. Swami Sivananda. (2006). Health and Diet. Divine Life Society, Rishikesh.</li> <li>4. Swami Sivananda. (2004). Yoga in Daily Life. Divine Life Society, Rishikesh.</li> <li>5. Suresh Kutty K. (2004). Foundations of Sports and Exercise Psychology. Sports Publications, New Delhi.</li> </ol>
	<b>Web Resources:</b> <ol style="list-style-type: none"> <li>1. <a href="https://kdham.com/">https://kdham.com/</a></li> <li>2. <a href="http://svyasa.edu.in/">http://svyasa.edu.in/</a></li> <li>3. <a href="https://www.ugc.ac.in/pdfnews/1472653_Yoga-Protocol_001.pdf">https://www.ugc.ac.in/pdfnews/1472653_Yoga-Protocol_001.pdf</a></li> <li>4. <a href="http://www.yogamdniy.nic.in/files/pdf/CYP-2023-English.pdf">http://www.yogamdniy.nic.in/files/pdf/CYP-2023-English.pdf</a></li> <li>5. <a href="https://youtu.be/SpOJqDZbbbw">https://youtu.be/SpOJqDZbbbw</a></li> </ol>
<b>Course Outcomes</b>	<p>Students should be able to</p> <ol style="list-style-type: none"> <li>1. Identify the dimensions of health.</li> <li>2. Develop knowledge in sports fitness and perform yoga</li> <li>3. Know the importance of holistic developments</li> <li>4. Refresh their minds, cultivate good attitudes and desires</li> <li>5. Realize the importance of yoga at workplace.</li> </ol>

### Mapping of COs with PSOs

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

<b>Semester</b>	<b>II</b>	<b>Course Code</b>	<b>24YOPC1207</b>
<b>Course Title</b>	<b>PHILOSOPHIES OF YOGA AND MEDITATION</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 Knowledge about various schools of yoga and meditation.		
<b>Unit</b>	<b>Content</b>		<b>No of Hours</b>
<b>I</b>	Ancient Indian Tradition of Yoga and Meditation – Kena Upanishad, Taittreya Upanishad, Katha Upanishad, Isavasya Upanishad, Svetasvara Upanishad, Mandukya Upanishad, & Prasna Upanishad.		9
<b>II</b>	Tirumular's Thirumanthiram: Tantra-III (578 Varumaathiuraettaul, 579 Kannakku, 580 Onnaa, 581 Orupolu, to 597 Arevaa Yasathaennu). Patanjali's Yoga Sutra – Sadhana Pada verse – 10 & 11 ( Dhayan Heyas Tad) & Vibhuti Pada Verse – 2 (Tantra Pratyaya... Dhayanam).		14
<b>III</b>	Bhagavad Gita – Meditation Chapter – VI (Verse (10) Yogi Yungeetha Statam to Verse (36) Asmaytha Atmanaa Yoga Thusparapa) – Japa Meditation, Ajapa Meditation, Hatha Yoga meditation – Kundalini (Chakras, Nadis, Granthis) – Obstacles to Meditation.		15
<b>IV</b>	Jain School of Yoga and Meditation – Preksha Meditation: What is Preksha – Aim – Pre Conditions – Kayotsarga (Body awareness) – Perception of body & breathing.		10
<b>V</b>	Buddhist traditions of Yoga and Vipassana Meditation – Anapana Sati (Breath Concentration) – Sila (Precepts) – Samadhi (Concentration) – Panna (Wisdom) – Five Obstacles – Metta (Universal Love) – Karuna (Compassion) – Mudita ( Joy in others) – Uppekkha (Equanimity).		16
<b>References</b>	<b>Text Books:</b> <ol style="list-style-type: none"> <li>1. Ramanatha Pillai PA. (1996). Thirumanthirammouvaayeram. The South India Saiva Siddhanta Works Publishing Society, Thirunelveli.</li> <li>2. Swami Ashutosh Anantar. (2003). Kena Upanishad, Sri Ramakrishna Math, Mylapore, Chennai.</li> <li>3. Swami Asthosh Ananthar. (2002). Sri Mad Bhagavad Gita, Sri Ramakrishna Math, Mylapore, Chennai.</li> <li>4. Swami Vishnu Ddevananda. (2001). Meditation and mantras. Motilal Banarsidas Publishers Private Limited, Delhi.</li> <li>5. Taimani I.K. (2001). The Science of Yoga. Theosophical society publication, Adyar, Chennai.</li> </ol>		

	<b>References Books:</b> <ol style="list-style-type: none"> <li>1. Lajpat Rai. (1998). Meditation: Techniques and their Scientific Evaluation. Anunhav Rai Publications, Haryana.</li> <li>2. Acharya Mahaprajna. (1994). A Handbook of Preksha Meditation for the Trainers, Jain VishvaBharati, Rajasthan.</li> <li>3. BhikkhuBuddhadasa. (1980). Anapanasati. Sublime Life Mission, Thailand.</li> </ol>
	<b>Web Resources:</b> <ol style="list-style-type: none"> <li>1. <a href="https://yogabog.com/sites/default/files/files/Iyengar_B_K_S__The_Illustrated_Light_On_Yoga.pdf">https://yogabog.com/sites/default/files/files/Iyengar_B_K_S__The_Illustrated_Light_On_Yoga.pdf</a></li> <li>2. <a href="https://kdham.com/">https://kdham.com/</a></li> <li>3. <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>1. Gain knowledge about yoga traditions</li> <li>2. Summarize the yogic concepts quoted by Tirumular</li> <li>3. Understand about meditation and Kundalini</li> <li>4. Aware of body and mind</li> <li>5. Understand the prosperity of meditation and yoga.</li> </ol>

### Mapping of COs with PSOs

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

Semester	II	Course Code	24YOPC1208
Course Title	YOGA AND TRADITIONAL THERAPY		
No. of Credits	4	No.of Contact hours per week	4
New Course / Revised Course	Revised Course	Percentage of Revision effected	20
Category	Core Course		
Scope of the Course	Skill Development Entrepreneurship		
Cognitive Levels addressed by the Course	K-1, K-2 & K-3		
Course Objectives	The Course aims to Gain Knowledge about yoga and traditional therapy for common ailments.		
Unit	Content		No of Hours
I	History of yoga therapy –Essence and Principles of Yoga therapy- Physiology and pathology in the yoga-Shastra-Koshas-doshas-Panchaprana-Assessment-observation-Palpation-Interview- NadiPariksa diagnosis - Application of therapeutic yogic practices -Yogic diet – Limitations of Yoga Therapy.		9
II	Therapeutic application of Yoga: Common Cold - Sinusitis - Asthma - Ulcer- IBS - constipation – Covid19 - High and low blood pressure – IHD – Obesity - Diabetes Mellitus - Thyroid problems - Migraine - Arthritis – Stroke – Epilepsy - Impotency - Back pain – Postural Deformities – Text neck.		13
III	Therapeutic application of yoga for psychological disorders: Phobia-Insomnia - Neurosis: Anorexia, Stress, Anxiety, depression, eating disorders, Psychosis: Schizophrenia, autism, Bipolar disorders, dementia, Personality disorders: Paranoid, histrionic, drug addicts-Smoking, Alcoholism, Gambling – Importance of yoga on post pandemic time.		12
IV	Therapeutic application of yoga for the problems of women- Amenorrhea. Dysmenorrhea, Menorrhagia, Metrorrhagia, Hypomemorrhoea, Oligomenorrhoea. Polymenorrhoea, Leucorrhoea, uterus related problems, miscarriage. Pregnancy-pre and post natal care.		16
V	Traditional Therapy: Concept – Principles – Methods of Ayurveda – Siddha – Naturopathy – Acupuncture – Acupressure – Music – Colour therapy.		14
References	<b>Text Books:</b> 1. Nagarathana R.H.R. Nagendra &ShanmanathaKanmaniNarendran. (2002). Yoga for common ailments and IAYT for different diseases. Bangalore: Swami Vivekananda Yoga Prakashana. 2. Nagarathna & Nagendra. (2008). Yoga for Hypertension & Heart disease- Bangalore: Swami Vivekananda Yoga Prakashana. 3. Nagarathna& Nagendra. (2007). Yoga for Digestive Disorders. Bangalore: Swami Vivekananda Yoga Prakashana. 4. Nagarathna and Nagendra. (2008). Yoga for Bronchial Asthma.Bangalore: Swami Vivekananda Yoga Prakashana 5. Swami Karmananda. (2008). Yogic Management of Common Diseases. Munger: Yoga Publications trust.		
	<b>References Books:</b> 1. Chandrasekaran K. (2012). Yoga Therapy. Chennai: VHR Publications.		

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

### Mapping of COs with PSOs

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

<b>Semester</b>	<b>II</b>	<b>Course Code</b>	<b>24YOPC1209</b>
<b>Course Title</b>	<b>PRACTICAL – III KRIYAS AND BANDHAS</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>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 Knowledge about kriyas and bandhas.		
<b>Unit</b>	<b>Content</b>		<b>No of Hours</b>
<b>I</b>	Kriyas:Neti- JalaNeti, Sutra Neti - Dhauti- Vamana Dhauti,VasthraDhauti, Dhanda Dhauti, - Kapalabhati - Single Nostril, Both Nostrils and Alternative Nostril.		26
<b>II</b>	LaghooShankhaPrakshalana (Tadasana, TiryakaTadasana, Kati Chakrasana, TiryakaBhujangasana, Udarakarshanasana)		29
<b>III</b>	Nauli- DakshinaNauli, VamanaNauli,		26
<b>IV</b>	AgnisaraKriya- Trataka - JyothiTrataka, JathruTrataka-		28
<b>V</b>	Bandhas: Jalandhara Bandha- Uddiyana Bandha- Moola Bandha-Maha Bandha- Jiva Bandha –Tri Bandha.		19
<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. Nagarathnam H R.&amp; Nagendra H R. (2015). Promotion of positive health. swami vivekanandha yoga prakashana, Bangalore.</li> <li>3. Iyengar B.K.S. (2001). Light on yoga [yoga Dipika]. Harper Collins publishers, New Delhi, India</li> <li>4. Swami Kuvalayananda. (1993). Asanas (VII ED). Kaivalyadhama, Lonavla, Pune Dist,Maharashtra.</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. Gharote M.L. and Ganguly S.K. (2001). Teaching Methods for Yogic Practice. Kaivalyadhama, Lonavla.</li> <li>2. Joshi K.S. (1983). Yogic Pranayama. Orient Publishers, New Delhi.</li> <li>3. Krishna. (1996). Essence of Pranayama (II ED). Kaivalyadhama Lonavla.</li> <li>4. Swami Kuvalayananda. (2000). Pranayama (IX ED). Kaivalyadhama Ashram, Lonavla.</li> <li>5. Swami Kuvalayananda and Vinekar S.L. (1963). Yogic Therapy- Its basic principles and methods. Ministry of Health, Govt. of India New Delhi.</li> <li>6. Tiwari O.P. (2002). Asanas Why and How?(IV ED). Kaivalyadhama, Lonavla,Pune Dist.Maharashtra.</li> </ol>		



	<p>7. YOGA (Asanas, Pranayama, Mudras, Kriyas). (2001). An Instruction Booklet. Vivekananda Kendra Prakashan Trust, Triplicane, Chennai.</p> <p>8. Yogasanas.(1983). A Teacher's Guide. NCERT, New Delhi.</p>
	<p><b>Web Resources:</b></p> <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>	<p>Students should be able to</p> <ol style="list-style-type: none"> <li>1. Execute the cleansing process of body and mind.</li> <li>2. Demonstrate kriyas and bandhas</li> <li>3. Realize the importance of kriyas.</li> <li>4. Teach yogic practices on various methodologies.</li> <li>5. Practice, feel and share the yogic practices.</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>II</b>	<b>Course Code</b>	<b>24YOPC1210</b>
<b>Course Title</b>	<b>PRACTICAL – IV MUDRAS, MEDITATIONS AND TEACHING METHODOLOGY</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>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 Knowledge about mudras, meditations and teaching methodology		
<b>Unit</b>	<b>Content</b>		<b>No of Hours</b>
<b>I</b>	Hastta & Mano Mudras: Chin Mudra - Chinmaya Mudra - Adimudra - Brahma Mudra - Nasikagra Mudra - Shanmukhi Mudra - Bhairava Mudra - <u>Agochari Mudra -Shambhavi Mudra</u>		38
<b>II</b>	Kaya mudras: Viparithakarani Mudra - Yoga Mudra -Asvini Mudra - Maha Mudra.		14
<b>III</b>	Meditation: Ancient Indian tradition of Yoga and Meditation - ‘OM’ Meditation, Vipprasana Meditation (Anapana), Cyclic Meditation. SoHum Meditation, Chidakasha Meditation - Repetitive practice of mudras and meditation - Introduction to Instant Relaxation Technique (IRT)		40
<b>IV</b>	Meaning and Scope of Teaching Methodology: Scope of Teaching – learning – Methods of Teaching – Factors influencing the teaching method – class management- lesson plan – Contents of Lesson plan – Prepare a lesson plan for IYD.		10
<b>V</b>	Preparation of lesson plan for yogic Practices (asana, Pranayama, Mudras, Bandhas, Kriyas & Meditation) – 12 days of Internship for teaching yoga.		26
<b>References</b>	<b>Text Books :</b> <ol style="list-style-type: none"> <li>Chandrasekaran K. (1999). Sound Health Through Yoga. Prem Kalyan Publications, Sedapatti, Madurai.</li> <li>Nagarathnam H R. and Nagendra H R. (2015). Promotion of positive health. swami vivekanandha yoga prakashana, Bangalore.</li> <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,Maharastra.</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>		
	<b>References Books:</b> <ol style="list-style-type: none"> <li>Gharote M.L. andGanguly S.K. (2001). Teaching Methods for Yogic Practice.</li> </ol>		

	<p>Kaivalyadhama, Lonavla.</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. (2002). Asanas Why and How?(IV ED). Kaivalyadhama, Lonavla,Pune Dist.Maharashtra.</li> <li>YOGA (Asanas, Pranayama, Mudras, Kriyas). (2001). An Instruction Booklet. Vivekananda Kendra Prakashan Trust, Triplicane, Chennai.</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>Execute the cleansing process of body and mind.</li> <li>Demonstrate mudras</li> <li>Realize the importance of meditation.</li> <li>Teach yogic practices on various methodologies.</li> <li>Practice, feel and share the yogic practices.</li> </ol>

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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>24GTPP04M1</b>
<b>Course Title</b>	<b>Human Values and Professional Ethics</b>		
	<b>As Prescribed by Department of Gandhian Thought and Peace Science, GRI</b>		