



# ALAGAPPA UNIVERSITY

(A State University Established in 1985)

Karaikudi - 630003, Tamil Nadu, India



<b>2017</b>  Accredited with A+ Grade by NAAC (CGPA : 3.64)	<b>2018</b>  MHRD Govt. of India Graded as Category - 1 & Granted Autonomy	<b>2018</b>  UGC University Grants Commission	<b>2018</b>  MHRD UNIVERSITY OF YOGA Swachh Campus Rank : 4	<b>2019</b>  NIRF NATIONAL INSTITUTIONAL RANKING FRAMEWORK Rank : 28	<b>2019</b>  QS India Rank : 20 BRICS Rank : 104 Asia Rank : 216
--	--	--	--	---	---

## DEPARTMENT OF PHYSICAL EDUCATION AND HEALTH SCIENCES



### M.Sc., YOGA

[Choice Based Credit System (CBCS)]

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

## **REGULATIONS**

### **1. CONDITIONS FOR ADMISSION:**

**Any Graduate** from a recognized university or an examination accepted by the syndicate as equivalent there to shall be permitted to appear and qualify for the M.Sc Yoga. They also satisfy the conditions regarding his / her medical fitness and pass the admission test as prescribed by the syndicate of Alagappa University.

- (i) The candidate should be free from any practical or mental defects or illness and should enjoy sound health. He/she should produce a medical fitness certificate from a Registered Medical Practitioner specifying that the candidate is fit to undergo intense yogic training.
- (ii) The candidate shall pass the admission test (entrance test) and interview.

### **2. DURATION**

The course for the M.Sc Yoga shall consist of two academic years (i.e. four semesters) There shall be not less than 90 working days which shall comprise 540 teaching and practical clock hours for each semester (exclusive of the days for the conduct of examination).

### **3. ELIGIBILITY FOR THE P.G. DEGREE:**

A candidate shall be eligible for the M.Sc Yoga if he/she has satisfactorily undergone the prescribed course of study for a period of not less than four semesters and passed examination in all the semesters.

### **4. COURSE OF STUDY:**

The course of study shall comprise instructions , practicals, assignments, Project work, maintenance of journals containing descriptions, applications and personal progress in the prescribed yoga techniques, Yoga lesson plans and their execution, critical evaluations by individual and the teachers concerned – according to the syllabus and reference prescribed.

### **5. RECORD NOTE BOOK MAINTENANCE**

Each candidate shall be required to take up a systematic maintenance of record note book for Yoga practical and practice teaching in Yoga, which shall be submitted to the teachers concerned as and when required. This record notebook may also be submitted for verification and viva-voce during the particular semester examination.

### **6. PROJECT WORK**

Each candidate shall be required to take up a project work in the final year (fourth semester). The student will select a topic at the beginning of the second year or fourth semester

and also indicate the project guide. Three typed copies of the project report shall be submitted to the university through the Head of the Department at the end of the final semester.

## **7. EXAMINATION**

The examination in theory papers and practicals shall comprise continuous internal assessment throughout the semesters and the semester end examinations shall be conducted by the university. All the terminal examinations, both in theory and practicals of all the semesters shall at the end of each semester. The maximum marks for each theory subjects shall be 100 of which 75 marks shall be for the semester end university examination and 25 marks for the continuous internal assessment.

The maximum marks for the practical subjects shall be 100 of which 75 marks shall be for the semester end university examination and 25 marks shall be for continuous Internal Assessment. For the project work the maximum marks is 100 of which 75 for the project report evaluation, 25 for Internal. The project report shall be evaluated jointly by the project guide and the external Examiner. The passing minimum is 50 Marks.

## **8. REQUIREMENTS TO APPEAR FOR TERMINAL EXAMINATIONS:**

A Candidate shall be permitted to appear for the terminal examinations of any semester only if,

- i) He / She Secures not less than 75 percent of attendance in terms of total number of working days in the semester.
- ii) He / She earns a progress certificate from the Head of the Department, for having satisfactorily completed the course of study in the prescribed subjects as required by these regulations, and
- iii) His / Her conduct has been Satisfactory, provided that it shall be open to the syndicate or any authority delegated with such powers by the Syndicate to grant exemption to a candidate who has failed to obtain the prescribed 75 percent of attendance for valid reasons subjected to the usual conditions.

## **9. SCHEME OF EXAMINATION**

The Scheme of Examination shall be as follows. There shall be a total of 19 courses which include 13 Core Courses, 3 Elective practicals, 2 Non Major Elective Courses and a project work. The practical Examination shall consist of evaluation of competency attained along with verification of Record Notebook maintenance.

Continuous internal Assessment in Yoga practical will commence right from the beginning of the first semester, as the practical training will be cumulative and co extensive during both the semesters in year ending. So the maintenance Record Notebook for the yoga

practicals shall commence on a day – to – day basis from the beginning of first semester under the supervision and guidance of the teachers concerned.

Semester	Course / Title	Course Code	Credit	Hours/ Week	Marks		Total	
					Internal	External		
<b>I</b>	CC-I - Scientific Basis of Yoga	813101	5	5	25	75	100	
	CC – II - Research Methodology in Yoga Practice	813102	5	5	25	75	100	
	CC – III - Anatomy and Physiology	813103	5	5	25	75	100	
	CC-IV Practical – 1 Asanas & Pranayama	813104	6	12	25	75	100	
	EC- 1 - Fundamentals of Yoga Education	813105	3	3	25	75	100	
	Library				-	-	-	
	<b>Total</b>			<b>24</b>	<b>30</b>	-	-	<b>500</b>
<b>II</b>	CC-V – Scientific Approach Yoga	813201	5	5	25	75	100	
	CC – VI - Applied yoga in Modern life	813202	5	5	25	75	100	
	CC – VII - Yogic Practices and Social Values	813203	5	5	25	75	100	
	CC – VIII – Practical – 2 Methods of Practice In Yoga	813204	4	8	25	75	100	
	EC-II – Introduction to psychology Counseling	813205	3	3	25	75	100	
	Non Major Elective -I	813206	2	3	25	75	100	
	Self learning course -I	MOOCs	Extra Credit	-	-	-	-	
	Library			1	-	-	-	
	<b>Total</b>			<b>24+ Extra Credit</b>	<b>30</b>	-	-	<b>600</b>
	<b>III</b>	CC-IX – Yoga & Positive Health	813301	5	5	25	75	100
CC-X – Principles of Hatha Yoga		813302	5	5	25	75	100	
CC-XI – Practical 3 Kriyas Mudras Bandhas Meditations		813303	7	14	25	75	100	
EC-III – Brain Consciousness		813304	3	3	25	75	100	
Non Major Elective -II		813305	2	3	25	75	100	

	Self learning course -II	MOOCs	Extra Credit	-	-	-	-
	Library and Seminar				-	-	-
	<b>Total</b>		<b>22+ Extra Credit</b>	<b>30</b>	-	-	<b>500</b>
<b>IV</b>	CC-XII– Principles of Yogic Therapy	813401	5	5	25	75	100
	CC-XIII– Practical – 4 Advanced yogic Techniques	813402	5	5	25	75	100
	CC-XIV – Project Work	813403	10	20	25	75	100
	<b>Total</b>			<b>20</b>	<b>30</b>	-	-
<b>Grand Total</b>			<b>90+ Extra Credits</b>	-	-	-	<b>1900</b>

## **10. PASSING MINIMUM**

A candidate shall be declared to have passed the examination in a subject of study only if he/she secures not less than 50 percent of the total marks of the university examination and the internal assessment marks put together in that subject.

A candidate who has been declared as 'Failed' in a particular subject shall reappear for the university examination in the same subject in the succeeding changes till he/she is declared as 'Pass' in the same subject and the marks he/she secured in the internal / assessment in his /her first attempt will however be retained and considered for subsequent attempt. A candidate who successfully complete the course and passes all the examination prescribed for the four semesters shall be declared to qualify for the award of the P.G degree.

## **11. Pattern of question paper:**

Theory papers: Duration Three Hours – External

Part A (10x2=20 mark) - 20 (question type)

Part B (5x5 = 25mark) - 25 (either or type)

Part C (3x10 mark=30 mark) - 30 ( essay type - 5 question )

Total Maximum marks - 75 marks

For Research Methodology and Advanced Statistics question paper shall include problem-solving questions.

## **12. Successful candidates passing the examination and securing a total of**

- a) Above 75%
- b) Above 60% less than 75%
- c) Above 50% less than 60% shall be declared to have passed the examination in distinction in with first class , first class and second class respectively.

## **13. REVISION OF REGULATION AND CURRICULAM**

The university may from time to time revise, amend or change the regulations schemes of examination and the syllabus if found necessary .

### **Method of selection**

Applicants should have passed the +2 examination in 10+2 pattern of the government of Tamil Nadu or any other equivalent examination recognized by the government of Tamil Nadu.

### **Grading System**

The term grading system indicates a 10 point scale of evaluation of the performance of students in terms of marks, grade points, letter grade and class.

## **Duration**

The duration for completion of a Two Years master's programme in any subject is four semesters.

## **Structure of the Programme**

- i. Core course which compulsory for all students.
- ii. Elective course which students can choose from amongst the courses approved within the department or in other departments of the faculty of other faculties. (Arts, Science, Education and Management)
- iii. He elective subjects will be allotted after counseling by the committee of the heads of the departments.
- iv. Dissertation / Project work / Practical training / Field work, which can be done in as organization (Government, Industry, Firm, Public enterprises etc.)

## **PROGRAMME GENERAL OBJECTIVES**

- Yoga improves posture increases the intake of oxygen and enhances the functioning of all body systems like respiratory, digestive, endocrine, reproductive, excretory systems etc.,
- It's effects on the emotions are equally beneficial by calming down the mind.
- Yoga also cures behavioural disorders, nervous breakdown and manic depressions.
- Asanas enhance muscle strength, coordination, flexibility, agility and range of motion.
- Yoga gives you the capacity to face up the life's challenges. When you respect your body, you tend to do things that will enhance its vitality.
- Yoga helps to maintain the acid-alkaline ratio. Which is crucial to good health. It should be 80% alkaline and 20% acidic. Over acidity can be harmful foe bones and tissues, leading to fatigue, dulled mind, headaches, depressions and arthritis.
- Yoga is highly recommended for the people in competitive, stressful working environments.
- After a good practice of yoga, the mind becomes vibrant.
- Much healing can be done, but it takes practice and consistency.
- In yoga, one should concentrate on a total awareness of our energy and how it flows. One should learn how body and mind works together.
- The benefits of Yoga are numerous, including physical fitness, stress control, general well being. Mental clarity and greater self-understanding. People of all ages can practice Yoga, even physically challenged people can also adopt.



- Yoga can be seen not only as a way to get into shape but also as a tool for self healing.
- Practicing yoga ultimately leads towards long-term health and well-being.

### **PROGRAMES SPECIFIC OBJECTIVES**

- To train the students to teach ancient scriptures related to Yoga and Vedanta in the department of the Universities as an Assistant professor.
- To train students in Yoga & Yajna based therapy so as to enable the students to become well versed in Yoga & Yajna based therapy.
- To integrate Yoga & Yajna based therapy with other systems of medicine to speed up the process of recovery.
- To explore the possibilities of promoting Yoga & Yajna based therapy integrating ancient medical practice at conventional medical facilities attached to the institute.
- To produce Yoga and Yajna based therapists with in depth understanding of basic sciences and mechanism of action of every technique prescribed for a disease.
- To bring all round personality development of the students at all levels of their personality.
- To educate and train a person in yoga & naturopathy to a skilled level of expertise in the domain area of the growing Health Sector.
- To enable the students to acquire post graduation in yoga & naturopathy to attain the Health needs.
- To provide through instructions& demonstrations access to larger segments of the population, and in particular to the disadvantaged groups such as those living in remote and rural areas including working people and housewives and other adults.
- To enable the students to acquire M.Phil. /Ph.D. in Yoga & Naturopathy to attain the Health needs.

### **PROGRAMME OUTCOMES**

- To train persons as yoga therapy.
- To equip the participants to run their own gym manager.
- To equip the participants to work as the therapist.
- To train them to yoga trainer.
- To promoting
- To support
- To actively encourage
- To encourage people to like.

<b>Semester – I</b>			
<b>Course code: 813102</b>	<b>Research Methodology in Yogic Practice</b>	<b>Credites:4</b>	<b>Hours:4</b>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>➤ To enrich knowledge about the philosophical methods.</li> <li>➤ To develop the scaling techniques in yogic practices.</li> </ul>		
<b>Unit – I</b>	Introduction to Research: meaning, nature, and scope of research; Relationship of research to Yoga and limitation of Yoga research.		
<b>Unit – II</b>	Types of research: a) Experimental research, laboratory experiments, Field experiments; b) Non experimental research – Field studies, Survey & historical research, Case studies, analytical research, descriptive research, qualitative research.		
<b>Unit – III</b>	Methods of data collection: a) Observation.; b) Interview.; c) Questionnaires; d) Rating scales. Scaling techniques: a) Psycho physical scaling methods; b) Psychological scaling methods.		
<b>Unit – IV</b>	Philosophical studies: Aims & objectives, nature of Philosophical methods, critical thinking continuum; Case studies: case studies on individuals, institutions & organization, profiles, methods of data collection for case study.		
<b>Unit – V</b>	Research methodology in Yoga: Introduction – planning of research project – design of the study – statistics – parameters to be recorded for specific diseases: Obesity; Diabetes mellitus; Hypertension; Asthama; Low back pin; Rheumatoid arthritis; follow up charts		
<b>Unit – VI</b>	Statistical techniques: introduction, variables & experimental research design- independent, dependent, extraneous and intervening variables, Measures of central tendency, variability, testing of Hypothesis- T-test, F-test		
<b>References:</b>			
Dr. H.R. Nagendra & Dr. Shirley Telles (2006) <i>Research Methodology</i> , Bangalore, Swami Vivekananda Yoga Prakashana.			
Funder Burk, James. (1977): <i>Science Studies Yoga, A Review of Physiological Data</i> , Pennsylvania, The Himalayan International Institute			
Freeman, F.B. (1971) <i>Theory and Practice of Psychological Testing</i> , New Delhi: Oxford and IBH publishing Company.			
Guilford J.P. (1965). <i>Fundamental Statistics in Psychology and Education</i> (4 <sup>th</sup> Edn.). New Delhi: Subject Publications.			
Motoyama Hiroshi (1993): <i>A Study of Yoga from Eastern and Western Medical View Points</i> (Chapter-III) – A comparative study of Sri Ramananda Yogi and Sri Yogeswarananda Yogi) Human Science Press, Tokyo, Japan.			
Prof. M.Venkata Reddy (2008): <i>Scientific Studies on Yoga</i> Hyderabad, A.P Yogadhyayana Parishad.			
Paransis, Arawind.S. and Kagal Shyamr (2009) <i>Directions of Research on Yoga; Observations and Suggestions</i> , Yoga-Mimamsa, Vol XLI.No.1: 48-59 April 2009.			
V.M. Kothari- <i>Research Methodology</i> , 2 <sup>nd</sup> .ed 1994, New Delhi, Wiley Eastern Ltd.			
Singh A.K. (1997) <i>Tests measurements and Research Methods in Behavioural science</i> Patna: Bharati Bhavan Publishers and Distributors.			

<b>Outcomes</b>	<ul style="list-style-type: none"><li>➤ Includes elements from the yoga tradition.</li><li>➤ Lets the research design be emergent and leads to health.</li></ul>
-----------------	--

<b>Semester – I</b>			
<b>Course code: 813103</b>	<b>Anatomy and Physiology</b>	<b>Credites:4</b>	<b>Hours:4</b>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>➤ To improve the knowledge about nervous system and special senses.</li> <li>➤ To develop the function of the skeleton arrangement.</li> </ul>		
<b>Unit – I</b>	Brief Introduction - Anatomy and physiology - field of Physical Education. Introduction - Cell and Tissue. The skeleton – Function - of the skeleton – Ribs and Vertebral column - the extremities – joints of the body - their types Gender differences - skeleton. Types of muscles.		
<b>Unit – II</b>	Blood and circulatory system: Constituents of blood - their function –Blood groups - blood transfusion, clotting of blood, the structure of the heart-properties of the heart muscle - circulation of blood - cardiac cycle- blood pressure, Lymph - Lymphatic circulation. Cardiac output. The Respiratory system: The Respiratory passage – the lungs - their structure - exchange of gases - in the lungs - mechanism of respiration (internal and external respiration) - lung capacity, tidal volume.		
<b>Unit – III</b>	Digestive system: structure and functions - digestive system - Digestive organs - Metabolism. The Excretory system: Structure and functions - of the kidneys and the skin. The Endocrine glands: Functions of glands pituitary – Thyroid – Parathyroid - Adrenal - Pancreatic - the sex glands. Nervous systems: Function of the - Autonomic nervous system and Central nervous system. Reflex Action - Sense organs: structure - functions of the Eye and Ear.		
<b>Unit – IV</b>	Definition of physiology - its importance field of physical education and sports. Structure – Composition - Properties functions of skeletal muscles. Nerve control of muscular activity: Neuromuscular junction - Transmission - nerve impulse. Fuel for muscular activity - Role of oxygen- physical training - oxygen debt - second wind - vital capacity.		
<b>Unit – V</b>	Effect of exercise - training on cardiovascular system. Effect of exercise - training - respiratory system. Effect of exercise - training - muscular system Physiological concept - physical fitness - warming up - conditioning - fatigue. Basic concept of balanced diet – Diet - before, during - after competition.		
<b>Unit – VI</b>	Introduction – Receptors – Sensations – Somatic sense – Special senses – Sense of Smell – Sense of Taste – Sense of Hearing – Sense of Sight.		
<b>References:</b>			
Gupta, A. P. (2010). <i>Anatomy and physiology</i> . Agra: SumitPrakashan.			
Gupta, M. and Gupta, M. C. (1980). <i>Body and anatomical science</i> . Delhi: Swaran			
Karpovich, P. V. (n.d.). <i>Philosophy of muscular activity</i> . London: W.B. Saunders Co.			
Lamb, G. S. (1982). <i>Essentials of exercise physiology</i> . Delhi: Surjeet Publication			
Moorthy, A. M. (2014). <i>Anatomy physiology and health education</i> . Karaikudi: Madalayam Publications.			
Morehouse, L. E. & Miller, J. (1967). <i>Physiology of exercise</i> . St. Louis: The C.V. MosbyCo.			
Pearce, E. C. (1962). <i>Anatomy and physiology for nurses</i> . London: Faber & Faber Ltd.			
Printing Press. Guyton, A.C. (1996). <i>Textbook of Medical Physiology</i> , 9th edition. Philadelphia: W.B. Saunders			
Sharma, R. D. (1979). <i>Health and physical education</i> , Gupta Prakashan.			
Singh, S. (1979). <i>Anatomy of physiology and health education</i> . Ropar: Jeet Publications.			
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>➤ Define the basic concepts of anatomy and physiology.</li> <li>➤ Differentiate between organ systems of the body and their various functions.</li> </ul>		

<b>Semester – I</b>					
<b>Course code: 813104</b>	<b>Asanas and Pranayama</b>	<b>Credites:4</b>	<b>Hours:4</b>		
<b>Objectives</b>	<ul style="list-style-type: none"> <li>➤ To develop practical knowledge.</li> <li>➤ To develop effective of yogic practices.</li> </ul>				
<p><b>Meditative Asanas</b></p> <p><b>Sitting Types:</b></p> <ol style="list-style-type: none"> <li>1. Ardha Padmasana or Veerasana</li> <li>2. Swasthikkasana</li> <li>3. Vajrasana</li> <li>4. Bhadrasana</li> <li>5. Gomukasana – I</li> </ol> <p><b>Relaxative Asanas:</b></p> <ol style="list-style-type: none"> <li>1. Makarasana</li> <li>2. Savasana Stage – I</li> <li>3. Savasana Stage – II</li> <li>4. Savasana Stage – III Pranddharana</li> <li>5. Savasana Stage – IV (Oceanic feeling )</li> </ol> <p><b>Cultural Asanas</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><b>Standing Types:</b></p> <ol style="list-style-type: none"> <li>1. Trikonasana</li> <li>2. Parivrutha Trikonasana</li> <li>3. Parsva Konasana</li> <li>4. Tadasana</li> <li>5. Chakrasana (Side bending)</li> <li>6. Padahas tasana</li> <li>7. Ardha Chakrasana</li> <li>8. Utkattasana</li> <li>9. Vrikshasana</li> <li>10. Bakkasana</li> </ol> </td> <td style="width: 50%; vertical-align: top;"> <p><b>Sitting Postures:</b></p> <ol style="list-style-type: none"> <li>1. Vakrasana</li> <li>2. Ardha Ustrasana</li> <li>3. Mandukasana</li> <li>4. Suptha Vajrasana</li> <li>5. Sasangasana</li> <li>6. Ardha Sirsasana</li> <li>7. Sirsasana</li> <li>8. Tolasana</li> <li>9. Hamsasana</li> <li>10. Parvatasana</li> <li>11. Bandha Konasana</li> <li>12. Dandasana</li> <li>13. Sithila Dandasana</li> <li>14. Paschimottasana</li> </ol> </td> </tr> </table> <p><b>Cultural Asanas:</b></p> <p><b>Supine type:</b></p> <ol style="list-style-type: none"> <li>1. Ardha Pavanamukttanasana</li> <li>2. Pavana Mukttanasana</li> <li>3. Navasana</li> <li>4. Tolan gulasana</li> <li>5. Viparitha karani</li> <li>6. Matsyasana (simple)</li> <li>7. Uttana Padasana</li> </ol> <p><b>Prone Type Postures:</b></p> <ol style="list-style-type: none"> <li>1. Bhujangasana</li> <li>2. Ardha salabhasana</li> <li>3. Dhanurasana</li> <li>4. Naukasana</li> <li>5. Salabhasana</li> </ol> <p><b>Preparatory for Pranayama</b></p> <ol style="list-style-type: none"> <li>1. Kapalabhathi</li> </ol>				<p><b>Standing Types:</b></p> <ol style="list-style-type: none"> <li>1. Trikonasana</li> <li>2. Parivrutha Trikonasana</li> <li>3. Parsva Konasana</li> <li>4. Tadasana</li> <li>5. Chakrasana (Side bending)</li> <li>6. Padahas tasana</li> <li>7. Ardha Chakrasana</li> <li>8. Utkattasana</li> <li>9. Vrikshasana</li> <li>10. Bakkasana</li> </ol>	<p><b>Sitting Postures:</b></p> <ol style="list-style-type: none"> <li>1. Vakrasana</li> <li>2. Ardha Ustrasana</li> <li>3. Mandukasana</li> <li>4. Suptha Vajrasana</li> <li>5. Sasangasana</li> <li>6. Ardha Sirsasana</li> <li>7. Sirsasana</li> <li>8. Tolasana</li> <li>9. Hamsasana</li> <li>10. Parvatasana</li> <li>11. Bandha Konasana</li> <li>12. Dandasana</li> <li>13. Sithila Dandasana</li> <li>14. Paschimottasana</li> </ol>
<p><b>Standing Types:</b></p> <ol style="list-style-type: none"> <li>1. Trikonasana</li> <li>2. Parivrutha Trikonasana</li> <li>3. Parsva Konasana</li> <li>4. Tadasana</li> <li>5. Chakrasana (Side bending)</li> <li>6. Padahas tasana</li> <li>7. Ardha Chakrasana</li> <li>8. Utkattasana</li> <li>9. Vrikshasana</li> <li>10. Bakkasana</li> </ol>	<p><b>Sitting Postures:</b></p> <ol style="list-style-type: none"> <li>1. Vakrasana</li> <li>2. Ardha Ustrasana</li> <li>3. Mandukasana</li> <li>4. Suptha Vajrasana</li> <li>5. Sasangasana</li> <li>6. Ardha Sirsasana</li> <li>7. Sirsasana</li> <li>8. Tolasana</li> <li>9. Hamsasana</li> <li>10. Parvatasana</li> <li>11. Bandha Konasana</li> <li>12. Dandasana</li> <li>13. Sithila Dandasana</li> <li>14. Paschimottasana</li> </ol>				

2. Sectional Breathing
  - i. Abdominal Breathing
  - ii. Thoracic
  - iii. Clavicular
  - iv. Full yogic Breathing

Pranayamas:

1. Suha Pranayama (Anuloma Viloma)
2. Surya Anuloma Viloma pranayama (Ratio 1:0:2)
3. Candra Anuloma viloma pranayama (1:0:2)
4. Surya Bhedhana (1:0:2)
5. Nadi shodhana (1:0:2)
6. Sitali pranayama
7. Sitkari pranayama
8. Bhramari pranayama

Make the students practical course like full course, short course and easy course (like one hour, 45 minutes and 30 minutes) routines of yoga practices according to kaivalyadhama tradition or other effective tradition – therapeutic routines for different psychosomatic disorders suggested by research findings.

**References:**

B.K.S IYENGAR: 1. *Light on yoga (yoga dipika)* 2. *Light on pranayama*, Harper Collins publishers Daryaganj, New Delhi, India 2000

Dr. Shrikrishna: *Essence of Pranayama*, ICY Health Centre, Kaivalyadhama, Bombay, 1985

Shri. O.P, Tiwari: *ASANAS: Why and how*, kaivalyadhama, lonavla pune dist, Maharashtra

Dr.H.R. Nagendra, Sri. T.M OHAN and Sri. A.SHRIRAM: *YOGA in education* volume-I published by Vivekananda Kendra yoga prakashana, Bangalore India-1988

Dr.R.Nagarathna and Dr.H.R.Nagendra: *yoga for promotion of positive health* pub. Swami Vivekananda yoga prakashana, Bangalore, India 2001.

Dr.H.R.Nagendra: *pranayama the art and science* pub Vivekananda Kendra yoga prakashana, Bangalore, India 2000

Swami Kuvalayananda and Dr.S.L.Vinekar *YOGIC Therapy. Its basic principles and methods*, ministry of health, govt. of India New Delhi. 1963.

Swami Kuvalayananda: *ASANAS* Kaivalyadhama, Lonavla, Pune Dist, Maharashtra.

Swami Kuvalayananda: *PRANAYAMA*, Kaivalyadhama, Lonavla, Pune Dist, Maharashtra.

*YOGASANAS : A TEACHER'S GUIDE* NCERT, New Delhi, 1983

<b>Semester – I</b>			
<b>Course code: 813105</b>	<b>Fundamentals of Yoga Education</b>	<b>Credites:4</b>	<b>Hours:4</b>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>➤ To improve the knowledge about yoga education.</li> <li>➤ To develop modern trends in the application of yoga in education.</li> </ul>		
<b>Unit – I</b>	Definitions for terms in Yoga – What is Yoga – Misconceptions of Yoga – Need for Yoga – Different paths of Yoga (Gnana Yoga, Karma Yoga, Bhakti Yoga and Raja Yoga). Other paths of yoga like patanjali yoga, ashtansa yoga, Tantra yoga, Mantra Yoga, Hatha yoga, Laya Yoga, Kundalini yoga, Pranasamyamana yoga and Bhavana yoga (or) Vasanakshaya yoga – Vast literature in Tamil, Marathi and Sanakrit.		
<b>Unit – II</b>	Need for a historical perspective on yoga – yoga history through Indus vally civilization – yoga history of pre-vedic period and post-vedic period – yoga history based on sage patanjali – Hostory of yoga through Buddhism, Jainism, Puranas, Idikashas, Tantras, Tamil siddhars scripture like Tirumular Tirumantram – Original system of yoga (Himiyagarbha) – SHAT Dharsanas.		
<b>Unit – III</b>	Yoga and human body – Definition for human body – Jnana Indriyas, Karma Indriyas, Suptha Dhathus, Three Gunas, Malas, Purushatras, Pancha puthas – Human body and Relationship with above concepts – Three bodies – Pancha koshas.		
<b>Unit – IV</b>	Types of students – types of teachers – stage of knowledge (Suptha Bhumikas)-Mukya pranas (Panca pranas)- Maha Prana ( Cosmicpower) upa pranas- Karmas (Actions)-types of karmas – shat chakras (Six adharas)- Anda Karnas – Five states of consciousness.		
<b>Unit – V</b>	Definition for Health (According to WHO Etc)-meaning for positive health and its yoga relationship-Homeostasis and yoga –common Diet in yogic system –Important yogic texts available and its study ( texts like Hatha pradipika, Gheranda Shampita ,Yoga vasistha ,Patanjali YOGA SUTRAAS ,Tirumular Tirumanathram) etc.		
<b>Unit – VI</b>	Effects of various Hatha yogic practices ( Asanas, Kriyas, pranayamas, Mudras & Bandha etc)- Western Infulence and modern renaissance in yoga – Research Studies on yoga in various institutions –Modern trends in the application of yoga in education ,health , therapeutics etc.		
<b>References:</b>			
Dr.C.T.Kenghe ,Bharata Manisha , Varanasi , India 1976			
Sivananda yoga Teachers Manual pub International Vedanta centres , VAL MORIN ,Quebic, Canada.			
Swami Sivananda : All about Hinduism , Pub Divine life society Risikesh			
Swami Vishnu – Devananda The Complete Illustrated Book of Yoga pub Harmony Books , a division of crown publishers ,New York 1002			
Tent Book of Yoga – by Georydf Feuer – stein , rider and company , London -1975			
Yoga as depth – <i>Psychology and para – psychology</i> (Vol- I) Historical Back ground By <i>Yoga mimamsa Journal</i> /( Back volumes ) Kaivalyadhama , Lonavla, punedist Maharastra.			
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>➤ Knowledge of the teachings and philosophy of the yoga tradition.</li> <li>➤ Knowledge of classical theories of health and disease relevant to the practice of Yoga Therapy.</li> </ul>		

<b>Semester – II</b>			
<b>Course code: 813201</b>	<b>Scientific Approach of Yoga</b>	<b>Credites:4</b>	<b>Hours:4</b>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>➤ To enrich the knowledge about physiological system.</li> <li>➤ To develop the physiological benefits.</li> </ul>		
<b>Unit – I</b>	Cell – Tissues – Epithelial tissue – Connective tissue – Muscular tissue – Nervous tissue - Various organs – Lungs – Kidney – Muscles – Diaphragm – Muscles of abdomen – Muscles of back – Muscles of pelvis – Muscles of gluteal region – Muscles of thigh – Muscles of leg – Bones – Joints. Skin – Effect of yoga on digestive system – Effect of yogasanas on Nervous system – Effect of Yogasanas on endocrine system – Effect yogasanas on renal system – Effect of Yogasanas on sensory system. Chest cage – Regulation of breathing – Expiration – Types of breathing – Effect on respiratory system – Effect on Circulatory system.		
<b>Unit – II</b>	Bandhas – Mudras – Physiological benefits of Mula Bandha – Physiological benefits of maha bandha – Physiological benefits of Viparitarani mudra – Physiological benefits of Khechari mudras – Physiological benefits of maha mudra – Physiological benefits of Maha Vedha – Physiological benefits of Yoni Mudra – Introduction to Shatkarma or Shatkriyas.		
<b>Unit – III</b>	The six shatkriyas are as follows – Jala neti (nasal cleansing with water) – Contra- indications Benefits – Sutra neti (nasal cleansing with thread) – Shankhprakhshana (Intestinal cleansing). Agnisara kriya – Kunjal kriya or Vaman Dhauti (regurgitate cleansing) – Vyaghra kriya (tiger practice) – Gaja Karma kriya (elephant action) – Vastra Dhauti – Vatsara Dhauti (cleansing the intestines with air) – Nauli (abdominal massaging) – Madhyama nauli (central abdominal contraction) – Vama nauli (left isolation) – Dakshina nauli (right isolation) – Abdominal rotation or churning.		
<b>Unit – IV</b>	Basti (yogic enema) – Jala basti (yogic enema with water) – Sthal basti (dry yogic enema) – Moola Shodhana (anal cleansing) – Vyutkrama Kapalbhata (sinus cleansing) – Sheetkrama Kapalbhata (mucus cleansing) – Trataka (concentrated gazing) Meditation – Meditation postures – Transcendental meditation – Antar Mauna – Nadis – Sushumna nadi – Sushumna nadi.		
<b>Unit – V</b>	Padmas or Chakras Sukshma prana – Muladhara Chakra – Svadhistana chakra – Manipura chakra – Anahata chakra – Visuddha chakra – Ajna chakra – Sahasrara chakra Kundalini shakti – Kinetic energy – Kundalini yoga – Mysterious kundalini – Psycho-neuro-immunology		
<b>Unit – VI</b>	PSYCHO-Physiological benefits - Physiological changes during the practice of Meditation – Balances the body. Bio chemical changes – Hematologic changes – Neurological changes – Pranayama and Brain Functions		
<b>References:</b>			
Dr.Krishna Raman: A matter of health (integration of yoga and western medicine for prevention and cure) (Chennai east west books (Madras) Pvt.Ltd.,1998)			
Dr.Nagendra HR. <i>The art and science of Pranayama</i> (Vivekanda Kenda Yoga Prakashana Bangalore)			
DR.HR.Nagendra : <i>Yoga Research &amp; applications</i> (Vivekananda kendar yoga prakashana, Bangalore)			
Sri. Ananda: <i>The complete book of yoga harmony of body and mind</i> ( orient paper backs: vision book Pvt.Ltd.,1892)			
Swami Sivananda: Kundalini Yoga (Thye divine life society P.O Shivananda bagar., U.P.Himalayas,			



India

Evelyn & Peace (1997) *Anatomy and Physiology for Nurses*, New Delhi: Jaypee Brothers

**Outcomes**

- Regular practice of yoga helps the child in managing the stress disorders.
- It helps in treating the physical difficulties by making the body active.

<b>Semester – II</b>			
<b>Course code: 813202</b>	<b>Applied Yoga in Modern Life</b>	<b>Credites:4</b>	<b>Hours:4</b>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>➤ To develop personal hygiene.</li> <li>➤ To enrich positive health.</li> </ul>		
<b>Unit – I</b>	Concept of “Positive Health’ defined according to– Meaning and definition of Health various dimensions of health (Physically, Mentally, Socially and spiritually) – criteria of health– Important yard sticks of health – responsibility and control over one’s own health status.		
<b>Unit – II</b>	Physical Education and sports fitness-Concept of ‘Healthy Personality’ – Characteristics of healthy personality – superior mental health aids to a health personality.		
<b>Unit – III</b>	Yoga and health – as a therapy, Treatment – General Fitness. Integration of body and mind – Wholesome development.		
<b>Unit – IV</b>	Yoga for executives - Positive hygiene of yoga (Positive focus, shradha, Faith factor Iswara – pranidhana, prayer, tranquilization of mind) – stress response Vs cultivation of Relaxation Response – purification of Nadis – cultivation of correct Psychological attitudes.		
<b>Unit – V</b>	Yoga and Executive Jobs - Problems of Executives - life of constant stress and strain, anxiety, conflicts resulting in fatigue - Use of artificial stimulants and their side effects - contribution of Yoga to solve the problems of the Executives.		
<b>Unit – VI</b>	Yoga and Development of Social Qualities of: Personality: – Co-operation – Simplicity – Tolerance – Social Adjustments - Yoga and Personal Efficiency: Personal Efficiency as a genetic term – Improvement of Personal Efficiency through Yoga.		
<b>References:</b>			
<p>Sri Yogendra: <i>Yoga Personal Hygiene</i> (Vols I &amp; II) – The Yoga Institute, Santacruz, and Bombay.</p> <p>U.A. ASRANI: <i>YOGA UNVEILED (PART I)</i>, Motilal Banarsidass, Delhi 1977.</p> <p>Swami Kuvalayanda and Dr.S.L. Vinekar: <i>yogic therapy: Its Basic principles and methods</i>, Pub. Ministry of health, Govt. of India, New Delhi, 1963.</p> <p>Dr. P. Mariayyah: <i>ASANAS</i>, Sports, Publications, Coimbatore, Tamil Nadu.5</p> <p>Dr. P. Mariayyah: “Suriyanamaskar” Jaya Publishing House, Perunthurai, Erode.</p> <p>Dr. K. Chandrasekaran, <i>SOUND HEALTH THROUGH YOGA</i>, Prem Kalyan Publications, Sedapatti, Madurai, 1999.</p> <p>Herbert Benson: <i>Mind/ Body Effect</i>, Berkley Books, New York, 1979.</p> <p>Herbert Benson and William proctor: <i>Beyond relaxation response</i>, colling fount paperbacks, London 1985.</p> <p>K.N. Udupa and H.R.Singh: <i>Science and Philosophy of Indian medicine</i>, Shree Baidyanath ayurveda Bhawan Ltd., Negpur 1978.</p> <p>S.P. Mishra: <i>yoga and ayurveda</i>, Chowkhamba Sanskrit Sansthan, Varanasi, U.P 1989.</p> <p>S.M. Jourard and Ted landsman. <i>Healthy Personality</i> (4<sup>th</sup> edition), Macmillan publishing co., Inc, New York, 1980.</p> <p>Dr. R.D. Lele, <i>Ayurveda and Modern Medicine</i>, Bharathiya vidya bhavan, Bombay, 1986.</p> <p>Elizabeth B. Hurlock: <i>Personality development</i>, Tata mc graw - Hill publishing company ltd., New Delhi, 1976.</p>			
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>➤ It is a kind of technique to control the mind as well as body.</li> <li>➤ It can be the disciplined and well-organized method to attain the goal.</li> </ul>		

<b>Semester – II</b>			
<b>Course code: 813203</b>	<b>Yogic Practices and Social Values</b>	<b>Credites:4</b>	<b>Hours:4</b>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>➤ To develop social values.</li> <li>➤ To enrich the holistic care.</li> </ul>		
<b>Unit – I</b>	Karna Pidasana, Ardha Baddha Padma Paschimothanasana, Marichyasana And Prasarita Padottasanasana. Sethu Bandha Sarvangasana, Paryankasana, Poorna Ustrasna And Eka Pada Chakrasana. Vatayanasana, Garudasana Bharatvaja Asana And Parivritta Janu Sirasasana. Padma Mayurasana, Utthitha Padmasana, Bakasana And Urdhva Mukha Paschimottanasana		
<b>Unit – II</b>	<b>Pranayama:</b> Kapalabhati-Sectional Breathing-Suryabhedana Pranayama, Chandrabhedana Pranayama, Nadishudhi Pranayama, Sadanta Pranayama, Ujjayi Pranayama & Brahmari Pranayama.		
<b>Unit – III</b>	<b>Kriyas:</b> Kapalabhati, Trataka, Nati, Dhouti, Nauli, & Basthi. <b>Mudras</b> : Chin Mudra, Chinmaya Mudra, Adi Mudra, Brahma Mudra, Maha Mudra, Aswini Mudra, & Yoga Mudra. <b>Bandhas</b> : Jalandhara Bandha, Uddiyana Bandha & Mula Bandha.		
<b>Unit – IV</b>	<b>Meditation:</b> Pratic Of Different Schools Of Meditation-Saguna Meditation-Nirguna Meditation –Yoga Meditation –Silent Meditation And Introspection –Lesson Plan – Parts Of Lesson Plan, Preparation Of Lesson Plan For Yogic Practices.		
<b>Unit – V</b>	Interpersonal Skills-Drills: Holistic Health Care Positive Thinking – Verbal –Non-Verbal Communication-Empathy –Ability To Understand-Stress Management-Conflict Resolution – Perception-Anger Management, Assertiveness, Dialogue Process, Different Ways Of Conflict Resolutions-Leadership Skills.		
<b>Unit – VI</b>	Inculcation Of Living Values-Co-Operation, Freedom, Responsibility-Happiness, Love & Peace-Humility, Respect, Honesty-Simplicity, Tolerance And Unity.		
<b>References:</b>			
B.K.S Iyengar: <i>The Light Of Yoga</i> (Haper Collins Publication India Pvt.Ltd., New Delhi).			
Dr.K.Chandrasekaran, “ <i>Sound Health Through Yoga</i> : (Prem Kalian Publications, Sedapatti, Madurai 1999)			
Swami Satyananda Saraswathi: <i>Asana, Pranayama, Mudra, Bandha</i> (Yoga Publications Trust, Munger, Bihar, India)			
Satyananda Saraswathi Swami (2007), <i>Meditations From The Tantras, Munger</i> : Yoga Publications Trust.			
Sivananda Yoga Centre (2003). <i>The Sivananda Companion To Meditation</i> , Newyork: Simen & Schuster.			
Visharadananda Swami (2007), <i>Human Values</i> , Bangalore: Swami Vivekananda Yoga Prakashana.			
Yoga-Adsana, Pranayama, Mudras, Bandha (Vivekananda Kendar Yoga Prakashana, Bangalore).			
Yogiraj Vethathri Maharishi: <i>Simplified Physical Exercises</i> , (Vedathiri Publications, Gandhiji Road, Erode-1, Tamil Nadu).			
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>➤ To identify the major dimensions of human health and values.</li> <li>➤ To evaluate “Traditional Yoga” as a system of Health and as a process of Value Education.</li> </ul>		

<b>Semester – II</b>			
<b>Course code: 813204</b>	<b>Methods of Practice in Yoga</b>	<b>Credites:4</b>	<b>Hours:4</b>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>➤ To develop teaching methodology of yoga.</li> <li>➤ To Practice various Yoga poses designed to promote well-being and relaxation</li> </ul>		
<b>Unit – I</b>	Desirable qualities for yoga teacher – Types of students who seek yoga training – professional code of ethics for the yoga teacher.		
<b>Unit – II</b>	Basic Principles and methods relevant to practice teaching of yoga – Lesson planning – teaching of skills – Instructing through demonstrations – Class management, time allotment – teaching aids.		
<b>Unit – III</b>	Kaivalyadhama – model yoga lesson plans – analysis of the yoga lesson plan – Evaluation format for supervisors – conducting yoga classes with the use of lesson plans.		
<b>Unit – IV</b>	Preparation by the students systematic lesson plans for the yoga practices taught during the course and daily maintenance of a journal with plans for lessons, their execution, progress observed, duly evaluated critically by the teacher concerned		
<b>Unit – V</b>	Actual conduct by the trainees of five yoga lessons in the class to fellow – trainees and another five lessons in schools under proper supervision and competent evaluation.		
<b>Unit – VI</b>	Become aware of your body, emotions and mind – Improve your dietary habits – Relax your whole body – Slow down your breath making it quiet and deep – Calm down your mind and focus it inward – Improve the flow of healing practice life energy – Increase your self reliance and self confidence – Facilitate natural emotion of wastes – Health and happiness		
<b>References:</b>			
Dr.M.D. Gharote and S.K. Ganguly: <i>TEACHING METHODS FOR YOGIC PRACTICE</i> , Kaivalyadhama, SMYM Samiti, Lonavla, Pune Dist, Maharashtra 1988.			
Donald G.Butter: <i>Teaching Yoga</i> , Peipham books ltd., London 1975			
Yogasanans : <i>A Teachers Guide</i> , N.C.E.R.T., New Delhi			

<b>Semester – II</b>			
<b>Course code: 813205</b>	<b>Introduction To Psychology And Counseling</b>	<b>Credites:4</b>	<b>Hours:4</b>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>➤ To enrich the knowledge about memory.</li> <li>➤ To improve the biological basis of human behaviour.</li> </ul>		
<b>Unit – I</b>	Short History of Psychology – Research methods in Psychology – Key data collection in Psychology – Ethics in Psychological research – Depression – Anxiety – Eating Disorders – Alcohol Dependence – Schizophrenia – Mental Retardation – Method of Counselling – Skill for counselling – Stages of counselling – Psychoanalytic Therapy – Humanistic Therapy – Behavior Therapy – Cognitive Therapies.		
<b>Unit – II</b>	Attention & Perception Models of Attention, Theories of Attention – Broadbent, Treisman, Pertinence Model, Neisser’s model Perception – Approaches to the study of Perception, Top-down and Bottom-up processes in Perception, Illusions, Perceptual		
<b>Unit – III</b>	Learning & Memory Conditioning – Classical and Instrumental, Observational Learning, Insight Learning. Information Processing models - Atkinson- Shiffrin three store model (stage model or modal model) , Levels of Processing model (Self- Reference Effect) Concept of Working Memory, Baddeley-Hitch model of Working Memory. Narrative and autobiographical memory, Semantic Vs. episodic memory, Declarative Vs Procedural memory, Implicit Vs. Explicit Memory.		
<b>Unit – IV</b>	Cognition and Language Theories of cognitive organization - Network models (Collins & Quillian network Model, Collins & Loftus Network model) Representation of knowledge – Categories, Prototypes, Schemas, Scripts, Acquisition of declarative & procedural knowledge Language - Structure of language Language and thought - Modularity Hypothesis, Whorfian hypothesis, Neuropsychological views, Cognitive approach to language acquisition Reasoning: deductive and inductive.		
<b>Unit – V</b>	Emotion and Motivation Components of emotion, Theories of emotion, Facial Feedback hypothesis Theories of Motivation – Hedonistic and Activation theories, Psychoanalytic and clinical theories, Humanistic and Existential theories, Theories of Murray and Erikson.		
<b>Unit – VI</b>	Biological Basis of Human Behaviour The origins of biopsychology, Nature of biological psychology: Mind Brain relationship, Consciousness, Heritability, Genetics, Evolution, Methods of study of research in biopsychology, & Ethical issues in research. Neurons - Structure of neurons, types, functions, Neural conduction, communication between neurons, Synaptic conduction, Neurotransmitters Basic features of nervous system, Meninges, Ventricular system, Cerebrospinal fluid, Blood brain barrier. Peripheral nervous system: Cranial Nerves, Spinal Nerves, Autonomous nervous system Functions of the Major structures of the Brain: Spinal cord, Fore brain, Mid brain, Hind brain, Cerebral cortex Lobes and Functions: Occipital, Temporal, Parietal and Frontal Neurophysiological Bases of Learning, Memory, Emotions, Motivation and Higher Cognitive Functions		
<b>References</b>			
Bernstein, D.A., & Stewart, A.C. (1994). <i>Psychology</i> ,3 rdEdn., Houghton Edward.			
Baron, R.(1995). <i>Psychology</i> . New Delhi: Prentice Hall.			
Bootzin, R.R, Bower,G.H., Crooker, J., & Hall, L. S (1991). <i>Psychology today: An introduction</i> . London: McGraw Hill.			
Coffer, C.N., & Appling, M.H. (1996). <i>Motivation: Theory and resear</i>			
Das, J. P. (1998). <i>The working mind</i> . New Delhi:Sage publications.			
Feldman. (2002). <i>Understanding psychology</i> , 6thEdn. New Delhi: Tata McGraw Hill			
Glass, A. L. (1986). <i>Cognition</i> . New York: McGraw Hill.			

Hayes, N. (1994). *Foundations of psychology*. London: Routledge

Haberlandt, K. (1977). *Cognitive psychology*. London: Allyn Bacon.

Howe, J.A. *A guide to psychology of learning*.

Klein, S.B. (1991). *Learning, principles and applications*, 2nd edn. McGraw Hill

Kalat, J. W : *Biological Psychology*; Wadsworth, CA. Page 7 of 36 CP 212 Levinthal, C. F ; *Introduction to Physiological Psychology*; Prentice-Hall, New Delhi.

Meyer, B.J; Meij, H. S. and Meyer, A.C. (1999). *Human physiology*. Wetton: JutaAcademic Publishers.

Morgan, C.T. (1993). *Introduction to psychology*. New York: McGraw Hill.

Matlin, W. M. (1988). *Sensation and perception*. London: Allyn and Bacon Inc.

Matlin, W. M. (1994). *Cognition*. Holt Rinehart and Winston Inc.

Sternberg, R. J. (1996). *Cognitive psychology*. Newyork: Harcourt Brace College Publishers.

Solso, R.T. (2005). *Cognitive psychology*. Delhi: Pearson Education.

Schneider and Torshes.B. (1986). *Introduction to Physiological psychology*. New York: Random House.

Schneider, A. M., and Tarshis, B : *An Introduction to Physiological Psychology*; Random House, New York.

Zimbardo, P. (1998). *Psychology and life*. London: ScohForesman& Co. 6

<b>Outcomes</b>	<ul style="list-style-type: none"> <li>➤ To recognize ways of pursuing questions in Psychology via discussion of theory and empirical research.</li> <li>➤ To describe connections between knowledge gained in Psychology to everyday life</li> </ul>
-----------------	---

<b>Semester – III</b>			
<b>Course code: 813301</b>	<b>Yoga &amp; Positive Health</b>	<b>Credites:4</b>	<b>Hours:4</b>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>➤ To develop health personality skills.</li> <li>➤ To develop personal hygiene.</li> </ul>		
<b>Unit – I</b>	Concept of “Positive Health” defined according to Ayurveda, WHO, H.A .Devries, Asrani and others)-Dimensions of health – Criteria of health (According to Tringent Burrow)-Important yard sticks of health –responsibility and control over one’s health status.		
<b>Unit – II</b>	Concept of “Healthy Personality “defined (according to Gita, Maslow, Coan .Landsman, and Jourard) - Characteristics of healthy personality (According to gita and modern psychologists)-Superior mental health aids to a health personality.		
<b>Unit – III</b>	Body and mind (According to yoga sutras, hatha yoga and psychosomatic medicine) – Basic unity of physiological and psychological action –emotional disorganization levels (according to karl Menninger) Phases of break down (according to Pavlov) –emotion and somatic disorders.		
<b>Unit – IV</b>	Positive hygiene of yoga (positive focus, shraddha, Faith factor Iswara- pranidhana, prayer, tranquillisation of mind)- stress response Vs Cultivation of Relaxation Response- Purification of Nadis Cultivation of correct psychological attitudes.		
<b>Unit – V</b>	Yogic physical culture –Ayurveda swasthavritta and yogic principles of diet, work, sleep, sex. Etc-restoration of ‘youthfulness’ and prevention of aging according to hatha yoga – role of different limbs of yoga in the development of positive health.		
<b>Unit – VI</b>	Become aware of your body, emotions and mind – Improve your dietary habits – Relax your whole body – Slow down your breath making it quiet and deep – Calm down your mind and focus it inward – Improve the flow of healing practice life energy – Increase your self reliance and self confidence – Facilitate natural emotion of wastes – Health and happiness.		
<b>References:</b>			
Dr.R.D Lele, <b>Ayurveda and modern medicine</b> , Bharathiya vidya bhavan, Bombay. 1986			
Dr.P.Mariayyah: <b>Asanas</b> , Sports Publication, Coimbatore ,Tamilnadu ,India			
Dr.P.Mariayyah : <b>Pranayamas</b> , Sports Publication , Coimbatore ,Tamil Nadu , India			
Dr.K.Chandra Sekaran: <i>Sound Health through Yoga</i> , Prem Kalyan Publications, Sedapatti, Tamilnadu, India 1999			
Elizabeth B.Hurlock : <i>Personality development</i> .Tata mc graw –Hill Publishing company Lid , New Delhi , 1976			
Herbert Benson : <i>Mind / Body Effect</i> ,Berklery Books ,New York , 1979			
Herbert Benson and William Proctor : <i>Beyond relaxation response</i> , Colling fount paperbacks ,London 1985			
Herbert Benson : <i>Mind / Body Effect</i> ,Berklery Books ,New York , 1979			
Herbert Benson and William Proctor : <i>Beyond relaxation response</i> , Colling fount paperbacks ,London 1985			
K.N. Udupa and H.R .Singh : <i>Science and philosophy of Indian medicine</i> ,shree Baidyanath Ayurveda Bhawan Ltd. Negpur 1978			
Ministry of health ,Govt .of India ,New Delhi 1963			
Sri Yogendra: <i>Yoga personal Hygiene</i> (Vols I & II) – The yoga Institute, Santacruz, Bombay.			
Swami Kuvalayananda and Dr.S.L.Vinekar : <i>Yogic therapy</i> : Its Basic principles and methods ,Pub: S.P.Mishra : <i>Yoga and Ayurveda</i> ,Chowkhamba Sanskrit sansthan,Varanasi U.P 1989			
S.M. Jourard and Ted landsman, <i>Healthy personality</i> ( 4 <sup>th</sup> edition) .Macmillan publishing co ., Inc , New			

<p>York , 1980  U.A.ASRANI: <i>YOGA UNVEILED</i> (PART 1), motilal Banarsidass, Delhi 1977</p>	
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>➤ Provide knowledge of environmental sanitation.</li> <li>➤ Inculcate positive values to improve his health.</li> </ul>



<b>Semester – III</b>			
<b>Course code: 813302</b>	<b>Principles of Hatha Yoga</b>	<b>Credites:4</b>	<b>Hours:4</b>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>➤ To enrich the knowledge about hatha yoga principles.</li> <li>➤ To provide various techniques of Hatha Yoga.</li> </ul>		
<b>Unit – I</b>	Meaning, Definition, Aims & Objectives of Hatha Yoga. – Hatha yoga – Psychophysical self training method – Sthula and Sukhshma viyama – Kundalini & Nada yoga.		
<b>Unit – II</b>	Satkarmas – its Meaning, Definition & Objectives – Classifications of Satkarmas According to Hath pradipika & Gherand Samhita – Concept, Meaning & Definitions of Kriyas, Detailed Technique, Types of Nadis, Meaning, Definition.		
<b>Unit – III</b>	Hatha yoga, its meaning, definition, aims and objectives, in Hatha Yoga – The origin of Hatha Yoga, Important Hatha Yogic Texts – Dos and Don'ts to be followed by the Hatha Yoga Practitioner – Concept of Mata, concept of Mitahara, Pathya (conductive) and Apathya (non – conductive) – Brief introduction to Great Hatha Yogic of Natha School and their contributions to Yoga – Relationship between Hatha Yoga and Raja Yoga.		
<b>Unit – IV</b>	Yogasana its definition, Salient features – Asanas in Hatha Yogapradipika (HYP) and Gheranda Samhita (GS): their techniques, benefits, precautions and importance in modern days – Bandhas and role of Bandhatrayas in Yoga Sadhana - Fundamental Mudras in HYP and GS – their techniques and benefits.		
<b>Unit – V</b>	Satkriyas in Hatha Yogapradipika, their techniques and precautions, role of sodhan – kriyas in Yoga sadhana and their importance in Modern day-to- day life – Pranayama – Yogic deep breathing, concept of Puraka, Kumbhaka and Recaka – The concept of Prana, Kinds of Prana and Upa –pranas – Pranayama and its importance in Hatha yoga Sadhana – Pranyama practices in HYP nad GS, their techniques, benefits and precautions.		
<b>Unit – VI</b>	Concept of pratyahara in Gheranda Samhita – their techniques and benefits – Types of Dharnas and their benefits in Gheranda Samhita – Types of Dhyanas and their benefits in Gheranda Samhita – Concept of Nada and Nadasandhana in HYP.		
<b>References:</b>			
Bengali baba, <i>YOGA SUTRA OF PARANJALI WITH COMMENTARY OF VYSA</i> , Motilal Banarsidas, Delhi, 1979.			
Dr.C.T.Denjhe. <i>Yoga as depth, Psychology and Parapsychology</i> Vo/II, Bharata Matisha, Varanasi, India.			
Dr.P.V. Karambelkar: <i>patanjala yoga sutras</i> Publi. Kaivalyadhama SMYM samiti Lonavla, Pune, Maharashtra.			
Dr.T.R. Kulkarnisads and <i>Yoga</i> pub. Bharathiya vidya bhavan, Bombay.			
I.K Taimani: <i>The science of yoga public</i> : Theosophical publications, adaiyar, mdras (Chennai), India			
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>➤ Describe basic and advanced Pranayama and Meditation techniques</li> <li>➤ Identify and explain subtle anatomy principles as related to Hatha Yoga.</li> </ul>		

<b>Semester – III</b>			
<b>Course code: 813303</b>	<b>Pranayama, Kriyas Mudras Bandhas</b>	<b>Credites:4</b>	<b>Hours:4</b>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>➤ To develop the meditation practices</li> <li>➤ To develop the yogic practices.</li> </ul>		
<b>Unit – I</b>	<b>KRIYAS</b> Trataka – Jyothi Trataka and Jathru Trataka, Kapalabhathi – single nostril, both Nostrils and alternate nostril. Agnisara kriya, Nauli – Madyama Nauli Dakshina Nauli, varma nauli and Nauli calena.		
<b>Unit – II</b>	<b>KRIYAS</b> Neti- jala Neti, sutra neti : Sitikarma Kapala Neti and vyut karma Neti. Dhouti – Vamana dhouti (or) Jala Dhouti, Danda Dhouti, Vastra Dhouti and Advancs Vamana Dhouti (Galagarani). Ushapana – Laghu Shankara Prakashalana.		
<b>Unit – III</b>	<b>MUDRAS</b> Mudras: Chin mudra – chinmaya mudra – Adimiura – Brahma mudra – nasagra Mudra (or) nasika Mudra – Shanmuki Mudra – namskara mudra – Abhaya Mudra – Bhairava Mudra – bhairavi mudra – Sivalinga mudra – Agochrimudra – Shambhavi Mudra- Surya Mudra.		
<b>Unit – IV</b>	<b>BANDHAS:</b> Viparithakarani mudra – yoga mudra – Asvini mudra – Maha mudra – simha mudra (without sound & with sound) – Jalandhara bandha – Uddiyana bandha – Moola bandha – Maha bandha – Jiava bandha.		
<b>Unit – V</b>	<b>MEDITATION:</b> Preparation for Meditation [sitting in Meditative Asanas with concentration on Tip of the Nose and center of eye brow) 10-30 minutes ] Meditation(body awareness ) – Meditation (Visualization)- Meditation(Trataka) – Meditation(Chidakasha Dharna) – Japa Meditation – Ajapajapa Meditation – yoga nidra – I II and III – cyclic Meditation – Transcendent Meditation.		
<b>Unit – VI</b>	<b>PRANAYAMA:</b> Concept of pranayama – nadis – ida nadi – pingala nadi – sushumma nadi – controlling of breath; puraka – kumbhaka – rechaka. Benefits of pranayama on various systems of the body. Types of pranayama – nadi suddhi – nadi shodhanas – surya bhedana – kapalabhathi – bhastrika – sitakari – sitali – bhramari – ujjayi.		
<b>References:</b> Dr.H.R.Nagendra, sri T.Mohan, and Sri, A.Shriram, <i>YOGA IN EDUCATION</i> Volume- I, Published by vivekanandha Kendra Yoga Prakashana, Bngalore, India. Dr.R.Nagarathna nd Dr. H.R. Nagendra: <i>YOGA FOR PROMOTION OF POSITIVE HEALTH</i> , Swami Vivekanandha yoga prakashana, Bangalore, India, 2001. HATHA PRADIPIKA OF SUATMARMA – Editedby swami Digaambarji and Pt.Raghunathashastri kokaji, Kaivalyadhama, SMYM Samiti, Lonavla Pune Dist,Maharashtra, 1970. Nagendra H.R.: <i>New perspective in stress Mangement</i> , Pub.Vivekanandha Kendra Yoga Prakashana, Bangalore, India 2000 Nagendra H.R.: <i>PRANAYAMA the art and science</i> , Vivekanandha, Kendra Yoga prakashana, Bngalore, India 2001. Swami Satyananda Saraswathi: <i>A systematic curse in the Ancient trantric techniques of yoga and kriya</i> published by bihar school of yoga, Manoghyr,bihar, India,1981 Swami kuvalyananda : asanas, kaivalyadhama, lonavla, pune dist, Maharashtra. Swamikulyananda : pranayama, kaivalyadhama, lonavla, pune dist.			

YOGASANAS: A TEACHER'S GUIDE, N.C.E.R.T., New DELHI, 1983.

YOGA MIMAMSA Quarterly Journal, Kaivalyadhama, Lonovla.

YOGA [Asanas, Pranayama, Mudras, Kriyas] AN INSTRUCTION BOOKLET, published by Vivekanandha Kendra Prakashan Trust, Triplicain, Chennai, 2001

<b>Semester – III</b>			
<b>Course code: 813304</b>	<b>Brain Consciousness and Yoga</b>	<b>Credites:4</b>	<b>Hours:4</b>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>➤ To develop the consciousness.</li> <li>➤ To attain higher level of consciousness</li> </ul>		
<b>Unit – I</b>	Over view of human brain- triune brain and evolution of consciousness (Brown / Machean Theory) - Brain hemispheres – Gate control theory of Melzack –brain as a reducing Valve.		
<b>Unit – II</b>	Pure Consciousness according to Upanishads and yoga – mind as the object of consciousness – Indian concept of states of consciousness- modern correlates of states of consciousness – cosmic consciousness (R.M.Bucke) – the Anda – experience.		
<b>Unit – III</b>	Avidya as the “Collective “unconscious – Asmita as the “Individual unconscious” Training according to yogic depth – psychology.		
<b>Unit – IV</b>	Samadhi as the common factor of both spiritual and non spiritual perceptions – Yogic training according to yogic cognitive – Psychology.		
<b>Unit – V</b>	Yoga for realization of pure consciousness – yoga as mediation- psychology of yogic meditation- Deautomatisation- dishabituatation- meditational practices.		
<b>Unit – VI</b>	To make sure it gets the food and care it needs – Developing your senses – Emotional intelligence – ability to use common and effect – Core values – Mission of your higher self.		
<b>References:</b>			
CHARLES FURST: <i>ORIGINS OF THE MIND: MIND-BRAIN CONNECTIONS</i> , pub prentice hall, Inc, Engle wood Cliffs, And New Jersey 1979.			
Dr.C.T.Kenghe, <i>YOGA AS DEPTH –PSYCHOLOGICAL AND PARA PSYCHOLOGY (VOL II)</i> , Bharata Manisha , Varanasi 1976			
M.Sivaram : <i>ANANDA: AN EXPERIENCE</i> ,Vikas Publishing House Pvt Lid Delhi -1976			
Paul R.Miller : <i>SENSE &amp; SYMBOL: A Text Book Of Human Behaviour Science</i> , Harper & Row : Publishers , New York 1967			
Robert E.Omstein . <i>THE PSYCHOLOGY PF CONSCIOUSNESS</i> ,Harcourt Brace Jovanovich, Inc ,New York 1977			
Steven F.Brena : <i>YOGA AND MEDICINE</i> ,Penguin Books ,New York 1972			
T.R.Kulkarni : <i>UPANISADS ABD YOGA</i> ,Bharatiya vidyaBhavan , Bombay 1972			
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>➤ Develop leadership and communication skills to work as leading therapist in healthcare teams.</li> <li>➤ Explore and understand the cause of his/her problem for which the patient has been suffering</li> </ul>		

<b>Semester – III</b>			
<b>Course code: 813303</b>	<b>Pranayama, Kriyas Mudras Bandhas</b>	<b>Credites:4</b>	<b>Hours:4</b>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>➤ To develop the meditation practices</li> <li>➤ To develop the yogic practices.</li> </ul>		
<b>Unit – I</b>	<b>KRIYAS</b> Trataka – Jyothi Trataka and Jathru Trataka, Kapalabhathi – single nostril, both Nostrils and alternate nostril. Agnisara kriya, Nauli – Madyama Nauli Dakshina Nauli, varma nauli and Nauli calena.		
<b>Unit – II</b>	<b>KRIYAS</b> Neti- jala Neti, sutra neti : Sitikarma Kapala Neti and vyut karma Neti. Dhouti – Vamana dhouti (or) Jala Dhouti, Danda Dhouti, Vastra Dhouti and Advancs Vamana Dhouti (Galagarani). Ushapana – Laghu Shankara Prakashalana.		
<b>Unit – III</b>	<b>MUDRAS</b> Mudras: Chin mudra – chinmaya mudra – Adimiura – Brahma mudra – nasagra Mudra (or) nasika Mudra – Shanmuki Mudra – namskara mudra – Abhaya Mudra – Bhairava Mudra – bhairavi mudra – Sivalinga mudra – Agochrimudra – Shambhavi Mudra- Surya Mudra.		
<b>Unit – IV</b>	<b>BANDHAS:</b> Viparithakarani mudra – yoga mudra – Asvini mudra – Maha mudra – simha mudra (without sound & with sound) – Jalandhara bandha – Uddiyana bandha – Moola bandha – Maha bandha – Jiava bandha.		
<b>Unit – V</b>	<b>MEDITATION:</b> Preparation for Meditation [sitting in Meditative Asanas with concentration on Tip of the Noise and center of eye brow) 10-30 minutes ] Meditation(body awareness ) – Meditation (Visualization)- Meditation(Trataka) – Meditation(Chidakasha Dharna) – Japa Meditation – Ajapajapa Meditation – yoga nidra – I II and III – cyclic Meditation – Transcendent Meditation.		
<b>Unit – VI</b>	<b>PRANAYAMA:</b> Concept of pranayama – nadis – ida nadi – pingala nadi – sushumma nadi – controlling of breath; puraka – kumbhaka – rechaka. Benefits of pranayama on various systems of the body. Types of pranayama – nadi suddhi – nadi shodhanas – surya bhedana – kapalabhathi – bhastrika – sitakari – sitali – bhramari – ujjayi.		
<b>References:</b> Dr.H.R.Nagendra, sri T.Mohan, and Sri, A.Shriram, <i>YOGA IN EDUCATION</i> Volume- I, Published by vivekanandha Kendra Yoga Prakashana, Bngalore, India. Dr.R.Nagarathna nd Dr. H.R. Nagendra: <i>YOGA FOR PROMOTION OF POSITIVE HEALTH</i> , Swami Vivekanandha yoga prakashana, Bangalore, India, 2001. HATHA PRADIPIKA OF SUATMARMA – Editedby swami Digaambarji and Pt.Raghunathashastri kokaji, Kaivalyadhama, SMYM Samiti, Lonavla Pune Dist,Maharashtra, 1970 Nagendra H.R.: <i>New perspective in stress Mangement</i> , Pub.Vivekanandha Kendra Yoga Prakashana, Bangalore, India 2000. Nagendra H.R.: <i>PRANAYAMA the art and science</i> , Vivekanandha, Kendra Yoga prakashana, Bngalore, India 2001 Swami Satyananda Saraswathi: <i>A systematic curse in the Ancient trantric techniques of yoga and kriya</i> published by bihar school of yoga, Manoghyr,bihar, India,1981 Swami kuvalyananda : asanas, kaivalyadhama, lonavla, pune dist, Maharashtra. Swamikulananda : pranayama, kaivalyadhama, lonavla, pune dist.			

YOGASANAS: A *TEACHER'S GUIDE*, N.C.E.R.T., New DELHI, 1983.

YOGA MIMAMSA Quarterly Journal, Kaivalyadhama, Lonovla.

<b>Semester – IV</b>			
<b>Course code: 813401</b>	<b>Principles of Yogic Therapy</b>	<b>Credites:5</b>	<b>Hours:5</b>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>➤ To develop the yogic principles.</li> <li>➤ To enrich knowledge about yoga therapy.</li> </ul>		
<b>Unit – I</b>	Yoga and Therapy (According to Vyasabhasya, Yoga – Vasistha, Hatha Pradipika, Tirumanthiram and Ayurveda). Neurohumoral model based on the studies of K.N. Udupa – Vahia / Vinekar (Psychiatric) Model – Theories of Steven F.Brena – Limitations of Yoga as Therapy		
<b>Unit – II</b>	Paradigm shifts in modern medicines, stress model diseases – Kinds of diseases according to steven F. Brena Injuries and diseases types of oatients – Vicious cycle of chronic diseases – Four phases of stress disorders.		
<b>Unit – III</b>	Basic principles of yogic therapy (Viz purification of body and mind, correct psychological attitudes, psycho psychological reconditioning, diet regulation mental tranquillity) – need for correct diagnosis – Patient – Education and follow up measures.		
<b>Unit – IV</b>	Yogic therapy for various disorders based on the studies for – hypertension, heart disorders, bronchial asthma, Peptic Ulcer, Colitis, Thyrotoxicosis, Diabets mellitus, arthritis etc., - Scope and limitations of yoga treatment in specific disorders.		
<b>Unit – V</b>	Issues and problems in yoga therapeutic Mechano – yogic therapy – yoga as an adjunct therapy research findings on therapeutic of yoga – yoga and its relations with naturopathy, siddha medicine, ayurveda and modern medicine.		
<b>Unit – VI</b>	Migraine headache – Tension – Cerebro vascular accidents – Epilepsy, pain, Autonomic dysfunctions – Parkinson’s Disease – Multiple sclerosis – Errors of vision of refraction – Hearing impairment.		
<b>References:</b>			
Bengali Baba : the yoga sutras of patanjali with vyasa’s commentary MOTILAL BANARSIDASS, Delhi 1979			
Dr.K.N.Udupa, <i>stress Disorders and its Management by yoga</i> , motilal banarsidass publishers pvt.Ltd., Delhi 1980 (second editions)			
Dr.P.Mariayyah: Pranayamas, sports publications Coimbatore, Tamilnadu, India.			
Dr.P.Mariayyah : Asanas, sports publications Coimbatore, Tamilnadu, India.			
Editor Dr.M.L.Gharote and Moureen lookhart The art of Survival: <i>A Guide to yoga therapy unwin</i> paper works, London, 1987.			
Editor Dr.N.Mahlingam and English translation by Dr.B.Natarajjan Tirumanthiram a Tamil Scriptural classic by sage Tirumoolar Sri Ramakrishna math, Mylapore, Madras, India 1991			
Editor Swami Digambarji and Pt.Raghunatha shastri kokaje : Hatha Pradipika of Swatmarama, Kaivalyadhama S.M., Y.M Samiti, LonavlaPune dist., Maharastra			
K.Chandra sekaran : <i>sound health through yoga</i> , prem kalian publications sdapatti, Tamilnadu,1999			
Steven F.Brena : <i>Yoga and Medicine</i> penguin books, New York 1972			
LAGHU yoga vasistha – Published from theosophical society, Adyar, Madras.			
Swami kuvalayananda and Dr.S.L.Vinekar <i>Yogic therapy it is basic principles and methods</i> , ministry of health, govt. of India, New Delhi 1963.			
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>➤ How to assess your clients’ needs in terms of developing an individualized yoga therapy plan for them.</li> <li>➤ How to evaluate your yoga therapy plans and to modify them as needed.</li> </ul>		

<b>Semester – IV</b>			
<b>Course code: 813402</b>	<b>Advanced Yoga Techniques</b>	<b>Credites:5</b>	<b>Hours:5</b>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>➤ To develop advanced yogic techniques.</li> <li>➤ To promote well-being and relaxation.</li> </ul>		
<p>Pranic Energization Technique (PET) - Mind Sound Resonance Technique (MSRT) - Mind Imagery Technique (MIRT) - Mind Emotion Technique (MEMT) - Vijnana Sadhana Kausala (VISAK) - Anandamtra Sincana (ANAMS)</p> <p>Heart Diseases - High Blood Pressure (Hypertension) - Stress Management - Diabetes - Obesity - Thyroid - Asthma - Sinusitis - Back pain - Arthritis - Menstrual Irregularities - Menopausal Disorders - Hemorrhoids - Pregnancy (Pre natal &amp; Post Natal) - Refractive Disorde</p>			
<b>References:</b>			
<p>Dr.H.R Nagendra, <i>Pranic Energization Technique</i>, Swami Vivekananda Yoga Prakashana, Bangalore, 2000</p> <p>Dr.H.R.Nagendra, <i>Mind Sound Resonance Technique</i>, Swami Vivekananda Yoga Prakashana, Bangalore, 2000</p> <p>Dr.R.Nagarathan and Dr.H.R.Nagendra, <i>Yoga and Cancer</i> Swami Vivekananda Yoga Prakashana, Bangalore, 2000.</p>			



<b>Semester – IV</b>			
<b>Course code: 813403</b>	<b>Project Work</b>	<b>Credites:5</b>	<b>Hours:5</b>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>➤ To develop to writing research proposal.</li> <li>➤ To conduct various research areas in yoga.</li> </ul>		
<p>Project will have 200 marks and the thesis will be evaluated for 150 marks and the VivaVoce is for 50 marks. Both evaluation and Viva voce will be done internally by two internal examiners of the Department as appointed by the Head of the Department.</p>			
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>➤ Develop an ability to effectively communicate knowledge in a scientific manner.</li> <li>➤ Develop a thorough understanding of the chosen subject area</li> </ul>		

<b>Department offered 4 non Major Elective Courses</b>											
<b>1.Science of Yoga</b>											
<b>Unit – I</b>	<b>INTRODUCTION</b> Concept of Yogic Practices – Principles – Loosening Exercises – Its importance – Introduction to Suryanamaskar (12 counts) Mantras, Chandra namaskar.										
<b>Unit – II</b>	<b>ASANAS</b> Asanas – Meaning, Definitions – Classification – Scope – Differences between Asanas and Physical exercises. Asanas – Name – Type – Category – Method of Practice, Breathing, duration, Awareness, sequence contra – Indications, Variations – Essentials, Limitations, Benefits.										
<b>Unit – III</b>	<b>PRANAYAMA</b> Pranayama – Meanings – Definitions – Techniques – Phases – Breathing, Guidelines, Cautions, Preparations, Obstacles, Aids, Ratio – Limitations, Benefits.										
<b>Unit – IV</b>	<b>KRIYAS AND MUDRAS</b> Kriyas – Meanings – Types – Practicing methods, Guidelines, Benefits. Mudras -Meanings – Types – Practicing method, Guidelines, Limitations, Benefits.										
<b>Unit – V</b>	<b>MEDITATION</b> Meditation – Meanings – Concept – Methods of Practicing – Benefits.										
	<b>PRACTICALS</b> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">1. Vajrasana</td> <td style="width: 50%;">6. Makarasana</td> </tr> <tr> <td>2. Padmasana</td> <td>7. Tadasana</td> </tr> <tr> <td>3. ArdhaPadmasana</td> <td>8. Pachimotanasana</td> </tr> <tr> <td>4. Siddhasana</td> <td>9. Vakrasana</td> </tr> <tr> <td>5. Savasana</td> <td>10. Bhujangasana</td> </tr> </table>	1. Vajrasana	6. Makarasana	2. Padmasana	7. Tadasana	3. ArdhaPadmasana	8. Pachimotanasana	4. Siddhasana	9. Vakrasana	5. Savasana	10. Bhujangasana
1. Vajrasana	6. Makarasana										
2. Padmasana	7. Tadasana										
3. ArdhaPadmasana	8. Pachimotanasana										
4. Siddhasana	9. Vakrasana										
5. Savasana	10. Bhujangasana										
<b>References :-</b> Chandrasekaran K (1999) sound health through yoga Sedapatti : Prem Kalyan Publications. Yogeshwaranand saraswathi swami (1975) First steps to higher yoga, Gangothari : Yoga Niketan Trust. Iyengar B.K.S (1976) Light on yoga, London, Unwin paperpacks. Iyengar B.K.S (2008) <i>Light on Pranayama</i> , New Delhi : Haper Collins publishers India. Sivananda Saraswathi swami (1934) <i>Yoga Asanas Madras</i> : My magazine of India. Satyanada saraswathi swami (2008) Asana, Pranayama, Mudra, Bandha, munger : Yoga publications trust. Vishnu Devananda Swami (1972) The complete Illustrated book of Yoga, New York : Pocket Books.											

<b>Department offered 4 non Major Elective Courses</b>	
<b>2.Health Education And First Aid</b>	
<b>Unit – I</b>	Health Education: concept, Dimensions, Spectrum and Determinants of Health, Definition of Health, Health Education, Health Instruction, Health Supervision, Aim and objective of Physical Education, Health Education and Recreation. Guiding principles of Health and Health Education. Health service and Guidance instruction in personal hygiene.
<b>Unit – II</b>	Health problems in India: Communicable Diseases Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive, population, personal and Environmental Hygiene for schools objective of school health service, Role of health education in schools Health Services – Care of skin, Nails, Eye Health Service, Nutritional service, Health appraisal, Health record, Healthful school environment, first-aid and emergency care. Signs, Symptoms and prevention of Communicable Diseases: Malaria, small pox, Dysentery, Mumps, Typhoid and AIDS.
<b>Unit – III</b>	Hygiene and Health: Meaning of hygiene, Type of Hygiene, Dental Hygiene, Effect of Alcohol on Health, Effect of Tobacco on Health, Life style Management, Management of Hypertension, Management of Obesity, and Management of Stress. Balanced Diet.
<b>Unit – IV</b>	Importance of First aid and rules of first aid. Concept of Emergency. Fire, Burns, Fractures, Accidents, Poisoning, Drowning, Hemorrhages, Insect bites, Foreign bodies. Transportation of the injured, Bandaging and splinting.
<b>Unit – V</b>	Fire, Explosions, Floods, Earthquakes, Famines. Immediate and late role of nurses. Need for rehabilitation.
<b>References:</b> Bucher, Charles A. <i>‘Administration of Health and Physical Education Programme.</i> Delbert, Oberteuffer, et.al. <i>‘The School Health Education’.</i> Ghosh, B.N. <i>‘Treaties of Hygiene and Public Health’.</i> Hanlon, John J. <i>‘Principles of Public Health Administration’</i> 2003. Moss and et. At. <i>‘Health Education’</i> (National Education Association of U.T.A) Turner, C.E. <i>‘The School Health and Health Education’.</i>	

<b>Department offered 4 non Major Elective Courses</b>	
<b>3.Sports Nutrition</b>	
<b>Unit – I</b>	<p><b>Diet</b></p> <p>Balance Diet – Components of food and Diet – Energy requirements in sports aerobic energy release, anaerobic energy release Caloric expenditure in sports and games.</p>
<b>Unit – II</b>	<p><b>Diet Planning</b></p> <p>Diet planning – factors determining diet planning in daily food requirement – functions of components of food – diet and performance – function of supplements in Vitamins and Minerals supplements for special situation and minerals – electrolytes.</p>
<b>Unit – III</b>	<p><b>Nutrition before Exercise</b></p> <p>Functions of Pre – Event nourishment – Guidelines for Pre event good – Pre-Game Meal. Timing meals before events – Carbohydrate loading for endurance Athletics – Nutrition after exercise – Recovery foods, Fluids – Carbohydrate, Potassium, Sodium.</p>
<b>Unit – IV</b>	<p><b>Sports Drinks</b></p> <p>Sports drinks – Fluid facts for thirsty athlete’s fluid losses – Sweating – Drinking fluid before exercise and during exercises – cold water and cramp soft drinks and their nutritive value – Water dehydration.</p>
<b>Unit – V</b>	<p><b>Eating disorder among athletes</b></p> <p>Anorexia symptoms and preventions – Bulimia symptoms and preventions – Transit problems – Constipation and Diarrhea.</p>
<p><b>References:</b></p> <p>David H.Clarke – “<i>Exercise Psychology</i>” Prentice Hall Inc. Englewood Cliffs New Jersey, 1988</p> <p>Eilliam de.Mc.arodle Frank L.Katch Victor L.Katch <i>Exercise Physiology Energy, Nutrition and Human Performance</i>: lea and Febiger Philladelphia New York, 1992.</p> <p>Nancy Clark Nancy Clark’s “<i>Sports Nutrition Guide Book</i>” leisure press London – 2008</p> <p>Laurence E.Morhouse Augustus T.Miller, Jr.Seventh Edition “<i>Physiology of Exercise</i>, New York the C.V.Mosby company 1954.</p> <p>Richard W.Browsers on Edward L.Fox “<i>Sports Physiology</i>” third edition WMC brown publishers London 1987.</p>	

<b>Department offered 4 non Major Elective Courses</b>	
<b>4.Health and Fitness Management</b>	
<b>Unit – I</b>	<b>Introduction</b> Meaning of Health, Health Education, the essentials of health, Psychosis, Neurosis – Mental Illness – Weight Control.
<b>Unit – II</b>	<b>Drug Misuse and Abuse</b> Drug Misuse and Abuse, developing healthy relationships – Building Intimate Relationships – Managing Accidents and injuries. Creating a Healthful Environment.
<b>Unit – III</b>	<b>Nutrition and Fitness</b> Nutrition and Fitness – Normal Nutrition, 3 Basic food stuffs, functions of vitamins and minetals – Water as an essential nutrient – Dietary guidelines and goals – Effects of nutrition on physical activity.
<b>Unit – IV</b>	<b>Physical training</b> Exercise, Building Internal and External Strength through Exercise – The effect of physical training – First Aid, Recreation – Fatigue and sleep.
<b>Unit – V</b>	<b>Diseases</b> Infections Diseases, Pollution, Heart Diseases, Management of stress – Types of fitness, The body’s response coping with stress – selected lifetime fitness activities – Walking, Swimming, Cycling, Aerobic exercise.
<b>References:</b> Davis M.S. ‘ <i>Hygiene and Health Education</i> “Philadelphia, Lea and Febiger 1980. Jean M.Williams “ <i>Applied Sport Psychology</i> ” 4 ed May Field Publishing Company (2000) Joan Luckmann “Your Health “ <i>prentice hall Engle wood Cliffs</i> , New Jersey (1990) Williams E.Prentice, Charles A.Bucher, “Fitness for college and life adinsion of the C.U Mosby Company”, Missouri (1988) Langton C.V. and Anderson C.L. “ <i>Health Principles and Practice</i> ” Mosby Company, New York 1957. Scott K.Powers StephenL.Dodd, “ <i>Total Fitness exercise, nutrition and wellness, 1996</i> ” Allgn & Bacon USA.(1996) Sigh Y.P “ <i>Effecture sports management</i> Ammol Publication Pvt.Ltd.New Delhi (India 2001)	

## Profile of the BBBOS Members

Name : Dr.K.Balasubramanian  
Designation : Professor & Head  
Address : Department of Physical Education & Health Sciences.  
Phone : 9942505522  
Email : baluk20@rocketmail.com



---

### Educational Qualification:

- Ph.D

### Professional experience:

- 19 years

### Honours and Awards:

-

### Recent publications:

- International – 5

Cumulative impact factor: \_\_\_\_\_

Total citation : \_\_\_\_\_

h-index : \_\_\_\_\_

i10-index : \_\_\_\_\_

### Profile of the BBBOS Members

Name : Dr.K.Usha Rani

Professor

Physical Education & Health Sciences. Phone : 8220778095

Email : dr.k.usarani@gmail.com

Designation :

: Department of



---

Educational Qualification:

- Ph.D

Professional experience:

- 20 years

Honours and Awards:

- 6

Recent publications:

- International – 2

Cumulative impact factor: 5.36

Total citation : \_\_\_\_\_

h-index : \_\_\_\_\_

i10-index : \_\_\_\_\_

### Profile of the BBBOS Members

Name : Dr.D.Maniazhagu  
Assistant Professor  
Department of Physical Education & Health Sciences.  
Email : drmaniazhagu@gmail.com

Designation :  
Address :  
Phone : 9865204005



---

#### Educational Qualification:

- Ph.D

#### Professional experience:

- 13 yrs

#### Honours and Awards:

- 1

#### Recent publications:

- International – 12

Cumulative impact factor: 5.87

Total citation : \_\_\_\_\_

h-index : \_\_\_\_\_

i10-index : \_\_\_\_\_



### Profile of the BBBOS Members

Name : Dr.M.Saroja  
Assistant Professor  
Department of Physical Education & Health Sciences.  
Email : saroja.raja946@yahoo.com

Designation :  
Address :  
Phone : 9843504143



---

#### Educational Qualification:

- Ph.D

#### Professional experience:

- 13 years

#### Honours and Awards:

-

#### Recent publications:

- International – 1

#### Cumulative impact factor: -

Total citation : \_\_\_\_\_

h-index : \_\_\_\_\_

i10-index : \_\_\_\_\_

## Profile of the BBBOS Members

Name : Dr.V.A.Manickam  
Designation : Assistant Professor  
Address : Department of Physical Education & Health Sciences.  
Phone : 9443619912  
Email : manickammdks@gmail.com



---

### Educational Qualification:

- Ph.D

### Professional experience:

- 9 yrs

### Honours and Awards:

- -

### Recent publications:

- International – 7

### Cumulative impact factor: -

Total citation : \_\_\_\_\_

h-index : \_\_\_\_\_

i10-index : \_\_\_\_\_

### Profile of the BBBOS Members

Name : Dr.M.Kalaiselvi  
Assistant Professor  
Department of Physical Education & Health Sciences.  
Email : skda.akshu@gmail.com

Designation :  
Address :  
Phone : 9489890672



---

#### Educational Qualification:

- Ph.D

#### Professional experience:

- 3 years

#### Honours and Awards:

-

#### Recent publications:

- International – 1

#### Cumulative impact factor: -

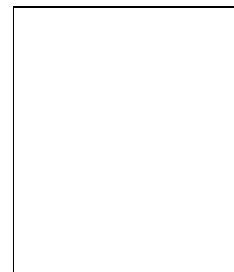
Total citation : \_\_\_\_\_

h-index : \_\_\_\_\_

i10-index : \_\_\_\_\_

### Profile of the BBBOS Members

Name : Dr.M.Chandrasekaran  
Designation : Professor and Head  
Address : Department of Physical Education  
Phone : 9443574296  
Email : [chandruyoga@gmail.com](mailto:chandruyoga@gmail.com)



---

#### Educational Qualification:

- Ph.D

#### Professional experience:

25

#### Honours and Awards:

-

#### Recent publications:

#### Cumulative impact factor: -

Total citation : \_\_\_\_\_

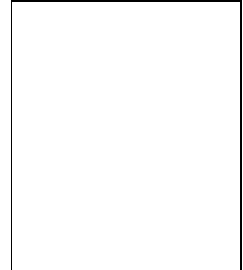
h-index : \_\_\_\_\_

i10-index : \_\_\_\_\_

### Profile of the BBBOS Members

Name : Dr. Victor Selvarajah Selvanayagam  
Designation : Professor  
Address :  
: victors@um.edu.my

Phone  
Email



---

#### Educational Qualification:

- Ph.D

#### Professional experience:

20

#### Honours and Awards:

#### Recent publications:

#### Cumulative impact factor: -

Total citation : \_\_\_\_\_

h-index : \_\_\_\_\_

i10-index : \_\_\_\_\_