

**MEENAKSHI ACADEMY OF HIGHER EDUCATION AND RESEARCH**

**(Deemed To Be University U/S 3 OF UGC ACT, 1956)**

**12, Vembulliamman Koil Street, West K.K. Nagar, Chennai – 600 078**

**FACULTY OF YOGA SCIENCES AND THERAPY**




**BACHELOR OF SCIENCE IN YOGA (B.Sc. in YOGA)**

**FACULTY OF YOGA SCIENCES AND THERAPY**

**REGULATIONS AND SYLLABUS**

**(REGULATIONS– 2020)**

**Effective from the Academic Year 2020 – 2023**

  
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**MEENAKSHI ACADEMY OF HIGHER EDUCATION AND RESEARCH**  
**BACHELOR OF SCIENCE IN YOGA (B.Sc., Yoga)**  
**REGULATIONS -2020**

**I.VISION AND MISSION OF MAHER**

**VISION**

To be a world-class institution, transforming society through value-based diverse programs and healthcare advancements, leading to the all-around development of human resources, knowledge, innovation, entrepreneurship, and research.

**MISSION**

- To become an institute of eminence by developing world-class professionals in the field of healthcare, science, liberal arts, technology and research with a focus on the societal good.
- To create an enabling state-of-the-art infrastructure, intellectual capital and provide best-in-class learning experience with a freedom to innovate and invent.
- To foster values and ethics so as to develop students and learners into responsible citizens of the Nation and the world.

**MEENAKSHI ACADEMY OF HIGHER EDUCATION AND RESEARCH**  
**FACULTY OF YOGA SCIENCES AND THERAPY**  
**BACHELOR OF SCIENCE IN YOGA (B.Sc., Yoga)**  
**REGULATIONS -2020**

**II. VISION AND MISSION OF FYST**

**VISION**

Aims for excellence in teaching, learning, research and extension for promoting total well-being and that of nationally and globally.

**MISSION**

- To achieve reasonable level of perfection in yogic practices to attain divinity
- To attain comprehensive, harmonious, holistic, value- based and wholesome health, personality development & behavioral transformation.
- To excel in quality of corporate linkage and knowledge transfer by creative – technologically and innovative curriculum.
- To bring awareness on yoga therapy to overcome the sufferings of the people through scientific facts and research findings.
- To promote expansion, equity, excellence, employability and e-governance in the faculty.
- To help the students and scholars to become yogic entrepreneurs mainly.
- To achieve excellence to face global challenges

**MEENAKSHI ACADEMY OF HIGHER EDUCATION AND RESEARCH  
FACULTY OF YOGA SCIENCES AND THERAPY  
BACHELOR OF SCIENCE IN YOGA (B.Sc., Yoga)  
REGULATIONS -2020**

**III.PROGRAM OUTCOMES (PO's)**

**PO1: Critical Thinking Skills:** Students enhance their yoga knowledge individually and personally with good educational skills and leadership qualities. It helps to pursue their higher education in the field of yoga.

**PO2: Technical Skills:** Students will be able to understand the computer applications and its uses in yoga and yoga therapy.

**PO3: Entrepreneurial Skills:** Students should be able to work efficiently as Yoga trainers in the hospitals, spa, wellness Centre and in Yoga.

**PO4: Management Skills:** Students should be able to conduct yoga classes and to promote yoga along with team-based activities.

**PO5: Ethics:** Students can attain behavioral transformation by themselves and help the society to lead a good harmonious life

**MEENAKSHI ACADEMY OF HIGHER EDUCATION AND RESEARCH  
FACULTY OF YOGA SCIENCES AND THERAPY  
BACHELOR OF SCIENCE IN YOGA (B.Sc., Yoga)  
REGULATIONS-2020**

**IV.PROGRAM SPECIFIC OUTCOMES (PSO's)**

**PSO1:** Students can emphasize life skills and health care for individual and also professional proficiencies which will make them better understanding in the field of yoga.

**PSO2:** Students excel in all the yoga practices which will make them work along with any healthcare professionals, yoga therapy centers and also, they are eligible for higher studies in the field of yoga.

**MEENAKSHI ACADEMY OF HIGHER EDUCATION AND RESEARCH  
FACULTY OF YOGA SCIENCES AND THERAPY  
BACHELOR OF SCIENCE IN YOGA (B.Sc., Yoga)**

**V.REGULATIONS OF THE 2020**

In exercise of the powers conferred by the Board of Management, Meenakshi Deemed to be University, Chennai hereby makes the following Regulations:

**1. SHORT TITLE**

These Regulations shall be called “THE REGULATIONS FOR THE BACHELOR OF SCIENCE IN YOGA (B.Sc., Yoga). A BACHELOR PROGRAM OF MEENAKSHI ACADEMY OF HIGHER EDUCATION AND RESEARCH (Deemed to be University)”.

**2. COMMENCEMENT**

- ❖ These regulations shall come into force from the academic year 2020-23 onwards.
- ❖ The Regulations and the Syllabus are subjected to modification by the Standing Academic Council from time to time.

**3. TITLE OF THE PROGRAM**

The program shall be called as Bachelor of Science in Yoga (B.Sc. Yoga)

**4. SYLLABUS**

The syllabus is as prescribed by MAHER with Choice Based Credit System (CBCS).

**5. ELIGIBILITY FOR ADMISSION**

- (a) Candidates who have completed +2 are eligible for admission.
- (b) The reservation of seats and relaxation in the qualifying marks for SC/ST/OBC and other categories shall be as per the rules of the Central Government/State Government/University.

**6. CRITERIA FOR SELECTION**

Students for B.Sc. in Yoga Degree Programme shall be admitted based on +2 performance.

**7. ADMISSION PROCEDURE**

Admission shall be made as per the Government and University norms.

## **8. AGE LIMIT FOR ADMISSION**

A candidate should have completed the age of 17 years at the time of admission or would have completed the age of 17 years on or before 31st December of the year of admission to the three academic year in B.Sc. Yoga Programme.

## **9. ELIGIBILITY CERTIFICATE**

No candidate shall be admitted to B.Sc. in Yoga Programme unless the candidate has obtained and produced an Eligibility Certificate issued by this University. The candidate has to make an application to the University with the Original and Xerox copies of the following documents along with the prescribed fee:

- 1) 10<sup>th</sup> and Higher Secondary or equivalent Examination Mark Sheets
- 2) Transfer Certificate
- 3) Courses in Yoga if any

Candidates should obtain an Eligibility Certificate for regular admission as notified by the University.

## **10. REGISTRATION**

A candidate admitted to the B.Sc. in Yoga Programme of this University shall register by remitting the prescribed fees along with the application form for registration duly filled-in and forwarded to this University through the Head of the Institution within the stipulated date.

## **11. DURATION OF THE PROGRAM**

The program shall be of the duration of three academic years with semester pattern(six semesters)

## **12. FEES**

The institution shall charge only such a fee as prescribed by the university with Choice Based Credit System (CBCS)

## **13. COMMENCEMENT OF THE PROGRAM**

The Programme shall commence from the month of August of that particular Academic year.



#### **14. ACADEMIC TERMS**

First Semester	August 1 <sup>st</sup> to December 30 <sup>th</sup>
Second Semester	January 2 <sup>nd</sup> to April 30 <sup>th</sup>
Third Semester	July 15 <sup>th</sup> to November 30 <sup>th</sup>
Fourth Semester	December 1 <sup>st</sup> to April 30 <sup>th</sup>
Fifth Semester	July 15 <sup>th</sup> to November 30 <sup>th</sup>
Sixth Semester	January 2 <sup>nd</sup> to April 30 <sup>th</sup>

#### **15. CUT-OFF DATES FOR ADMISSION TO EXAMINATION**

The candidates admitted from 1st August to 30th September of the academic year.

#### **16. WORKING DAYS IN AN ACADEMIC YEAR**

There shall be minimum 180 working days in a year exclusive of the period of admission and examination etc., with at least 30 working hours in a week.

#### **17. ATTENDANCE REQUIRED FOR ADMISSION TO EXAMINATIONS**

No candidate shall be permitted to any one of the parts of B.Sc. in Yoga for university examination unless he / she has attended minimum of 75% of attendance in each course

#### **18. SUBMISSION OF LABORATORY RECORD NOTE BOOK /PROJECT WORK**

At the time of practical examination each candidate shall submit to the Examiners his / her laboratory record notebook duly certified by the Head of the Department as a bonafide record of the work done by the candidate.

The practical record shall be evaluated by the concerned member of the faculty and the external examiner (Internal/External Evaluation). The practical record marks shall be submitted to the University 15 days prior to the commencement of the theory examinations.

#### **19. CONDONATION OF LACK OF ATTENDANCE**

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

## **20. COMMENCEMENT OF THE EXAMINATIONS**

There shall be examinations at the end of each semester, in the month of November/December or April/May: A candidate who does not pass the examination in any course shall be permitted to appear in such failed course(s) in the subsequent examinations to be held in November/December or April/May.

Candidates should get enrolled/register for the one academic year Examination. If enrolment/registration is not possible owing to shortage of attendance beyond condition limit/rules prescribed OR belated joining OR on medical grounds, such candidates shall redo the semester in the subsequent term of that semester shall be admitted in the second semester, if he/she has successfully kept the term in first semester or the university rules are followed.

## **21. EVALUATIONS**

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

Internal Test	15 Marks
Assignments	5 Marks
Attendance	5 Marks
Total	25 Marks

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

## **22. REVALUATION OF ANSWER SCRIPTS**

There shall be no revaluation of answer papers of failed candidates in any B.Sc. examination. However, Re-totaling of failed subjects will be entertained on payment of the prescribed fee.

### **23. INTERNAL ASSESSMENT**

- a) A minimum of three written examinations shall be conducted in each course during an academic year and the average marks of two best performances shall be taken into consideration for the award of Internal Assessment marks.
- b) A minimum of three practical examinations shall be conducted in each course during an academic year and an average of two best performances shall be taken into consideration for award of Internal Assessment marks.
- c) The internal assessment marks (both in written and practical taken together) should be submitted to the University endorsed by the Head of the Institutions 15 days prior to the commencement of the theory examinations.

### **24. RE-ADMISSION AFTER BREAK OF STUDY**

- a) The calculation of the break of study of the candidate for re-admission shall be calculated from the date of first discontinuance of the Program instead of from the date of admission.
- b) Candidates having break of study shall be considered for re-admission provided, they are not subjected to any disciplinary action and no charges are pending or contemplated against them.
- c) All re-admissions of candidates are subject to the approval of the Vice-Chancellor of the university.
- d) A candidate having a break of study of less than 6 months shall apply for re-admission for condonation to the Academic Officer of this University. The candidate may be re-admitted in the corresponding program of study. The candidate has to fulfill the attendance requirements of the University and shall be granted exemption in the subjects he has already passed.
- e) A candidate having a break of study of more than 6 months but less than 2 years shall apply for re-admission for condonation to the Academic Officer of this University. The candidate may be re-admitted to the beginning of the particular semester. The candidate has to fulfill the attendance requirements of the University and shall be granted exemption in the subjects he has already passed.
- f) A candidate having a break of study of more than 2 years and up to 5 years shall apply for the re-admission for condonation to the Academic Officer of this University. The candidates may be re-admitted in the corresponding program of study. The candidate has to fulfill the attendance requirements of the University and shall not be granted exemption in the courses he has already passed.
- g) Candidates having a break of study of 5 years and above from the date of discontinuance and more than two spells of break will not be considered for re-admission.

## **25. MIGRATION / TRANSFER OF CANDIDATES**

a) Migration / Transfer of candidates from one recognized College to another recognized College of this University or from another University shall be granted as per the recommendations of the Head of the Institutions regulations.

(i) Migration may be considered in exceptional causes\* or extreme compassionate ground.

\* Death of a supporting guardian, illness of the candidate causing disability, Disturbed conditions as declared by Govt. in the Dental College area.

b) The combination of attendance shall be granted to a transferee for admission to the examinations of this University on payment of the necessary fee and satisfying the regulations.

c) Migration during clinical course of study and Internship shall not be allowed on any ground.

d) All migrations / transfers are allowed on payment of the prescribed fee.

e) All migrations / transfers are subject to the approval of the Vice-Chancellor

## **26. MINIMUM PASSING STANDARD**

The minimum passing standard for External Examinations shall be 38 marks out of 75 marks for theory and the practical courses. The marks of the CIA (Continuous Internal Assessment) also be considered and evaluated.

## **27. CLASSIFICATION OF SUCCESSFUL CANDIDATES**

a) A successful candidate who secures 75% and above of the marks in his / her first appearance in all the subjects within the prescribed period will be declared to have passed in first class with Distinction.

b) A successful candidate who secures 75% and above of the marks in his / her first appearance in a subject within the prescribed period will be declared to have passed in first class with Distinction in that particular subject.

c) A successful candidate who secures 60% and above of the marks in his / her first appearance in all the subjects within the prescribed period will be declared to have passed in the First Class.

d) All other successful candidates shall be declared to have passed in Second class.

## 28. PATTERN OF EXAMINATION & SUBJECTS OF STUDY

The Theory Examination will consist of three sections, viz.

Part A	All questions are compulsorily to be answered	10×2	20 marks
Part B	Either or type	5×5	25 marks
Part C	Out of five questions three are to be answered	3×10	30 marks
	Total		75 Marks
	Internal Assessment		25 Marks
	Grand Total		100 Marks

## 29. CREDITS

The term ‘credit’ refers to a unit by which the program is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecturer tutorial) or one and half / two hours of practical work / field work per week.

The term ‘credit’ refers to the weight given to a course, usually in relating to the instructional hours assigned to it. The total minimum credits required for completing a B.Sc. program is 150.

## 30. AWARD OF DEGREE

The degree shall be awarded by the university only after the completion of all six semester exams.

## 31. DOMAINS OF LEARNING

Program outcome-based learning emphasizes competencies like professional proficiencies, seasoned - spiritedness and leadership latitude upon all graduates that society expects of the students. Program specific outcomes focus on capacity, capability and conditioning of the graduates in terms of “discipline depth” (thoroughness in discipline pertinent knowledge), device dexterity (skilled handling of equipment), innately inventive (unclogged novelty fluency ability), ‘SMART’ sensed and Attitude -Aptitude-Altitude” match. The course outcomes are carefully designed keeping in view the conceptual understanding, problem-solving skill, creative attitude / aptitude and human values expected of the students.

The course outcomes make the learners, given the program level: conversant in concepts, comfortable in discerningly reading, diligently writing and continued-commitment in augmenting one’s holistic learning.

The course outcomes emphasize value vocabulary, resonating reading, willed writing, real-time rendezvous, conceptual clarity, link learned and articulation abundance - all building exemplary expediency upon learners.

Course learning includes cognitive, affective and psychomotor domain. Our learning in course outcomes is related to the theories of learning by doing, learning by insight, learning by conditioning, humanistic approach etc.,

### **32. COMPULSORY INTERNSHIP TRAINING**

Community Service, Village Placement Program, Visiting Fitness Centers or Physiotherapy Centers, Visiting Yoga Centers, Teaching practices in Educational Institution, Internship Programme are in the syllabus.

**B.Sc. YOGA (Regular)**  
**SCHEME OF EXAMINATION**  
**MARK DISTRIBUTION**

**SEMESTER I**

CODE NO	COURSE		L	T	P	CREDIT	MARKS		
	TITLE	PAPER					Internal	External	TOTAL
LT2101	Tamil Paper – I	Theory	3	1	0	4	25	75	100
LE2102	English Paper – I	Theory	3	1	0	4	25	75	100
UYA2101	Fundamentals of Yoga	Theory	3	1	0	4	25	75	100
UYA2102	Yogic Practices – I	Practical	1	0	2	2	25	75	100
UYA2103	Preparing Yogic Food	Practical	1	0	2	2	25	75	100
UYA2104	Communication Skills	Ability Enhancement Compulsory Course	3	1	0	4	25	75	100
UYA2105	Community Services	Co-curricular	0	0	4	2	100	-	100
<b>Total</b>						22	250	450	700

## SEMESTER II

CODE NO	COURSE		L	T	P	CREDIT	MARKS		
	TITLE	PAPER					Internal	External	TOTAL
LT2201	Tamil Paper – II	Theory	3	1	-	4	25	75	100
LE2202	English Paper – II	Theory	3	1	-	4	25	75	100
UYA2201	Anatomy and Physiology	Theory	3	1	-	4	25	75	100
UYA2202	Yogic Practices – II - Practical	Practical	-	1	2	2	25	75	100
UYA2203	Applied Physiology Practical	Practical	-	1	2	2	25	75	100
UYA2204	Personality Development	Ability Enhancement Compulsory Course	3	1	-	4	25	75	100
UYA2205	Village Placement Programme	Co-curricular	-	1	2	2	100	-	100
<b>Total</b>						22	250	450	700



### SEMESTER III

CODE NO	COURSE		L	T	P	CREDIT	MARKS		
	TITLE	PAPER					Internal	External	TOTAL
LT2301	Tamil Paper – III	Theory	3	1	-	4	25	75	100
LE2302	English Paper – III	Theory	3	1	-	4	25	75	100
UYA2301	Basic texts in Yoga	Theory	3	1	-	4	25	75	100
UYA2302	Yogic Practices – III	Practical	-	1	2	2	25	75	100
UYA2303	Computer Programming	Practical	-	1	2	2	25	75	100
UYA2304	Computer Applications in Yoga	Skill Enhancement Compulsory Course	3	1	-	4	25	75	100
UYA2305	Visiting Fitness Centers / Physiotherapy Centers	Co-curricular	-	1	2	2	100	-	100
<b>Total</b>						22	250	450	700

## SEMESTER IV

CODE NO	COURSE		L	T	P	CREDIT	MARKS		
	TITLE	PAPER					Internal	External	TOTAL
LT2401	Tamil Paper – IV	Theory	3	1	-	4	25	75	100
LE2402	English Paper – IV	Theory	3	1	-	4	25	75	100
UYA2401	Methodology of Teaching Yoga	Theory	3	1	-	4	25	75	100
UYA2402	Yogic Practices – IV	Practical	1	-	2	2	25	75	100
UYA2403	Teaching Practices	Practical	1	-	2	2	25	75	100
UYA2404	Environmental Studies	Skill Enhancement Compulsory Course	3	1	-	4	25	75	100
UYA2405	Visiting Educational Institution	Co-curricular	-	1	2	2	100	-	100
<b>Total</b>						22	250	450	700

### SEMESTER V

CODE NO	COURSE		L	T	P	CREDIT	MARKS		
	TITLE	PAPER					Internal	External	TOTAL
UYA2501	Yoga Therapy	Theory	3	1	-	4	25	75	100
UYA2502	Yoga and Psychology	Theory	3	1	-	4	25	75	100
UYA2503	Yogic Practices - V	Practical	-	1	2	2	25	75	100
UYA2504	Psychological Testing	Practical	-	1	2	2	25	75	100
UYA2505	<b>DSE I : Usage of Yogic props</b>	Theory	3	1	-	4	25	75	100
UYA2506	<b>DSE II : Introduction to Indian Systems of Medicine &amp; therapies</b>	Theory	3	1	-	4	25	75	100
UYA2507	<b>DSE III : Applied Yoga</b>	Theory	3	1	-	4	25	75	100
UYA2508	Elementary Statistics	Skill Enhancement Compulsory Course	3	1	-	4	25	75	100
UYA2509	Visiting Yoga Centers	Co-curricular	-	1	2	2	100	-	100
<b>Total</b>						30	300	600	900

### SEMESTER VI

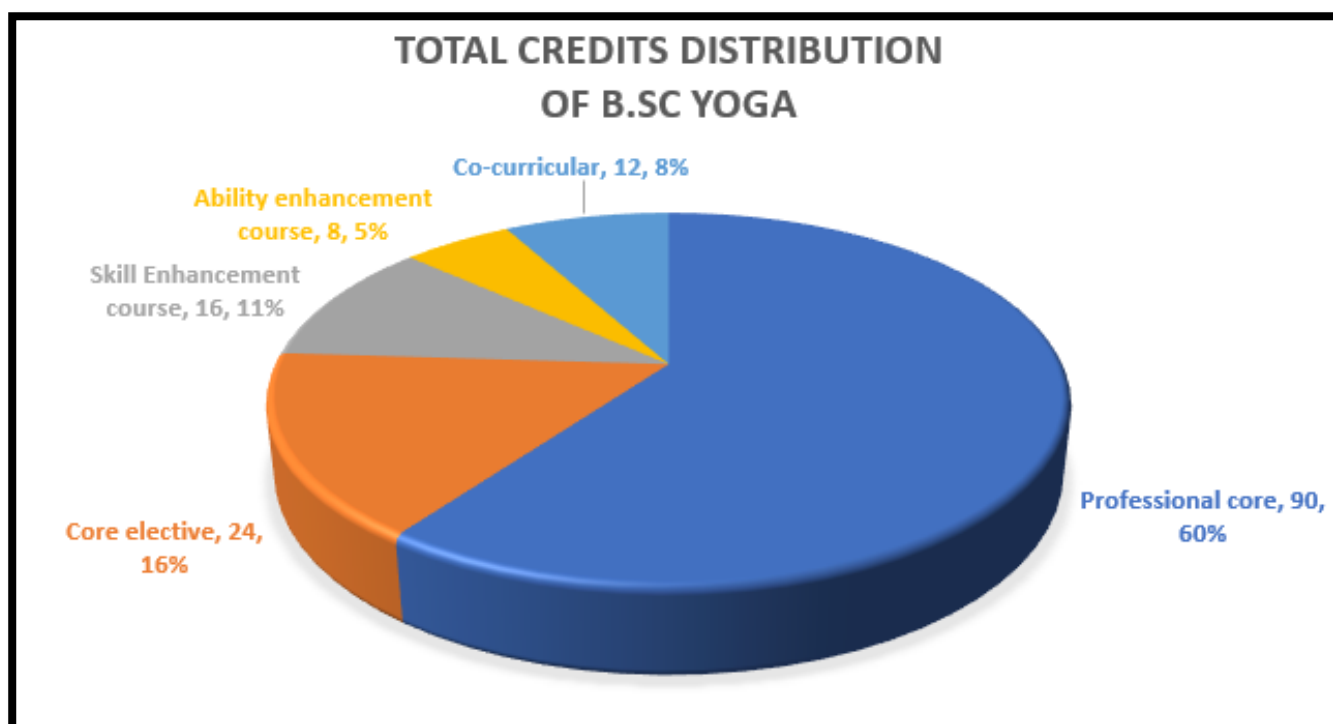
CODE NO	COURSE		L	T	P	CREDIT	MARKS		
	TITLE	PAPER					Internal	External	TOTAL
UYA2601	Patanjali's Yoga Sutras	Theory	3	1	-	4	25	75	100
UYA2602	Yoga Project	Theory	1	3	4	6	25	75	100
UYA2603	Yogic Practices - VI - Practical	Practical	-	1	2	2	25	75	100
UYA2604	Bio-Mechanics - Practical	Practical	1	-	2	2	25	75	100
UYA2605	<b>DSE I : Tirumoolar's Thirumandiram</b>	Theory	3	1	-	4	25	75	100
UYA2606	<b>DSE II : Yoga for Challenged People</b>	Theory	3	1	-	4	25	75	100
UYA2607	<b>DSE III : Yoga and Wellness</b>	Theory	3	1	-	4	25	75	100
UYA2608	Basic Bio-Mechanics	Skill Enhancement Compulsory Course	3	1	-	4	25	75	100
UYA2609	Internship in Therapy Centers	Co-curricular	-	1	2	2	100	-	100
<b>Total</b>						32	300	600	900

## DISCIPLINE SPECIFIC ELECTIVE

Discipline Specific Elective	CODE NO	COURSE		L	T	P	CREDI T	MARKS		
		TITLE	PAPE R					Interna l	Externa l	TOTA L
V semester	UYA25 05	Usage of yogic props (or) Schools of yoga	Theory	3	1	-	4	25	75	100
V semester	UYA25 06	Introduction to Traditional Indian systems of Medicine & therapies	Theory	3	1	-	4	25	75	100
V semester	UYA25 07	Hatha yoga texts (or) Applied Yoga (or) Stress Management	Theory	3	1	-	4	25	75	100
VI semester	UYA26 05	Tirumoolar's Tirumandiram	Theory	3	1	-	4	25	75	100
VI semester	UYA26 06	Yogic Food (or) Methods of Naturopathy	Theory	3	1	-	4	25	75	100
VI semester	UYA26 07	Yoga for Challenged People (or) Yoga and Wellness (or) Fundamentals of Research	Theory	3	1	-	4	25	75	100
<b>Total</b>							24	150	450	600

## VII. SUMMARY OF CREDITS ALLOCATION-B.Sc., Yoga

S.NO	SUBJECT AREA	NO OF CREDITS PER SEMESTER						TOTAL CREDITS
		I	II	III	IV	V	VI	
1	Professional core	16	16	16	16	12	14	90
2	Core elective	-	-	-	-	12	12	24
3	Skill enhancement course	-	-	4	4	4	4	16
4	Ability enhancement course	4	4	-	-	-	-	8
5	Co-curricular	2	2	2	2	2	2	12
<b>Total</b>		22	22	22	22	30	32	150



## VIII. PROGRAM LEVEL COURSE-PO AND PSO MATRIX

Course Code	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>LT2101</b>	1.6	1.6	1.6	1.6	1.6	1.6	1.6
<b>LE2102</b>	1.6	1.6	1.4	2	1.2	1.8	1.2
<b>UYA2101</b>	2.2	3	2.8	2.6	2.8	2.4	2.6
<b>UYA2102</b>	2.4	2.6	2.6	2.2	2.6	2.2	2.6
<b>UYA2103</b>	2.2	2	2.2	2	2.6	2	2.2
<b>UYA2104</b>	2	1.6	2	1.8	2.4	2	1.8
<b>UYA2105</b>	2	1.75	2	2.5	2.5	1.75	2.25
<b>LT2201</b>	2	1.5	1.75	1.5	2	1.5	1.75
<b>LE2202</b>	2	1.5	1.75	2	2.25	2	2
<b>UYA2201</b>	2.5	2.25	2.5	2.5	2	2.5	2.5
<b>UYA2202</b>	2.5	2.75	2.5	2.5	2.5	2.5	2.25
<b>UYA2203</b>	2.5	2.75	2.25	2.5	2	2.25	2
<b>UYA2204</b>	2.5	2.75	2.25	2.5	2	2.25	2
<b>UYA2205</b>	1.75	2.5	2.5	2.5	2.25	2.25	2.25
<b>LT2301</b>	2	2.4	2.4	2.6	2	2.2	2.4
<b>LE2302</b>	2.25	2	2.25	2.25	2.5	1.75	2
<b>UYA2301</b>	2.5	2.75	2.5	2.5	2.5	2.25	2.25
<b>UYA202</b>	2.5	2.75	2.5	2.5	2.5	2.25	2.5
<b>UYA2303</b>	2.67	2.67	2.33	2.33	2.33	2	2.33
<b>UYA2304</b>	2.67	2.33	2.33	2.33	2	2.33	2
<b>UYA2305</b>	2.67	2.33	2.33	2.33	2	2.33	2
<b>LT2401</b>	2	2.33	2.33	1.67	2	2.33	1.33
<b>LE2402</b>	2	2.67	2.33	2	2	2.67	1.67
<b>UYA2401</b>	2.33	2.67	2.33	2.33	2.33	2.67	2.33
<b>UYA2402</b>	2.33	2.67	2.33	2.67	2.33	2.67	2.33

<b>UYA2403</b>	1.5	2.5	2.5	2.5	1.5	2.5	2.5
<b>UYA2404</b>	1.5	3	2.5	1.5	2.5	2.5	2.5
<b>UYA2405</b>	2	3	2	1.5	2.5	2	2
<b>UYA2501</b>	2.5	3	2.5	2	2.5	2.5	2.5
<b>UYA2502</b>	2.5	2.5	2.5	2.5	2.5	2.5	2.5
<b>UYA2503</b>	2	2	2	3	2	3	2
<b>UYA2504</b>	3	2	2	3	2	3	2
<b>UYA2505</b>	2.4	2	2.4	2.2	2.6	2.2	2.4
<b>UYA2506</b>	2.2	1.8	2.4	2.4	2.4	2.4	2.2
<b>UYA2507</b>	2.2	2.2	2.2	2.2	2.2	2.4	2.4
<b>UYA2508</b>	2.25	2.25	2	2.25	2	2.5	2.5
<b>UYA2509</b>	2.5	2.5	2.25	2.25	2.25	2.5	2.5
<b>UYA2601</b>	2.25	2.5	2.5	2.25	2.5	2.25	2.25
<b>UYA2602</b>	2.25	2.5	2.5	2.25	2.5	2.25	2.25
<b>UYA2603</b>	2.5	2.5	2.5	2.25	2.5	2.5	2.5
<b>UYA2604</b>	2.5	2.25	2	2.25	2.5	2.25	2.5
<b>UYA2605</b>	2.5	2.25	2	2.25	2.5	2.25	2.5
<b>UYA2606</b>	2	2.25	1.75	2.25	2.25	2.25	1.75
<b>UYA2607</b>	2.25	2.5	2.25	2	2.5	2.25	2.5
<b>UYA2608</b>	2.5	2.25	2.5	2.25	2.5	2.25	2
<b>UYA2609</b>	2.6	2.4	2.4	2.2	2.2	2.4	2.6



## COURSE DESCRIPTION (SUBJECTS)

### SEMESTER I

Internal Marks	External Marks	Total Marks	Total hours	L	T	P	C
25	75	100	60	3	1	-	4
Title of the Course		PART I – LANGUAGE TAMIL -I				Code	LT2101
Core		First Year & First Semester				Credit	4
Course Objective		1.To make the students to understand the importance of regional language and its concepts. 2.To prepare the students to know the heritage and literature works of Tamil language.					
Course Outline		1.செய்யுள்: அ. மனோன்மணியம்- தமிழ்த் தெய்வ வணக்கம் நீராருங் கடலுடுத்த என்று தொடங்கும் முதற்பாடல் கடல்குடித்த.... என்று தொடங்கும் ஆறு கண்ணிகள். ஆ. இராமலங்க அடிகளார்- ஆறாந்திருமுறையில் இடம் பெற்றுள்ள அருள் விளக்க மாலையில் 'கோடையிலே' . கதிக்கு வழி./தனித்தனி' எனத் தொடங்கும் மூன்று பாடல்கள் மட்டும். இ.கவிமணிதேசிய விநாயகம் பிள்ளை - மலரும் மாலையும் என்னும் நூலில் இடம் பெற்றுள்ள "கோவில் வழிபாடு" வாழ்க்கைத் தத்துவங்கள் எனும்; தலைப்பிலுள்ள கவிதை முழுமையும். ஈ. பாரதியார் - 'கண்ணன் என் சேவகன்' என்ற தலைப்பில் அமைந்துள்ள கவிதை முழுமையும். உ. பாரதிதாசன்- 'அழகின் சிரிப்பு' நூலில் இடம் பெற்றுள்ள 'ஆல்' என்ற தலைப்பில் உள்ள பாடல்கள்.					

	<p>ஊ. ஈரோடு தமிழன்பன்- 'அந்த நந்தனை எரித்த நெருப்பின் மிச்சம்' என்ற நூலில் இடம் பெற்றுள்ள 'வாக்குச் சீட்டுகளுக்கு ஓர் அர்த்தம் வரட்டும்' என்னும் கவிதை மட்டும்.</p> <p>எ. கவிஞர் வைரமுத்து- திருத்தி எழுதிய தீர்ப்புகள் என்னும் நூலில் இடம் பெற்றுள்ள நிலத்தை ஜெயித்த விதை கவிதை மட்டும்.</p> <p>2. இலக்கணம் இலக்கணக்குறிப்பு- பாடத்திட்டத்தில் இடம் பெற்றுள்ள செய்யுட்களில் அமைந்துள்ள இலக்கணக் குறிப்புகளை எடுத்துக் காட்டுதல்.</p> <p>3. மொழித்திறன் கலைச் சொல்லாக்கம் நேர் காணல் பொருந்திய சொல் தருதல் மரபுத் தொடர்.</p> <p>4.பாடந்தழுவிய இலக்கிய வரலாறு. 5.பொதுக்கட்டுரை Note: இடஞ்சுட்டிப் பொருள் விளக்கம் செய்யுள் பகுதியில் இடம் பெற வேண்டும்.</p>
<p style="text-align: center;"><b>References</b></p>	<p>மனோன்மணியம் சுந்தரனாரின் இன்னொரு பக்கம்,அ.கா.பெருமாள் சி.சுப்ரமணிய பாரதியார் தாய்ப் பிரிவு: சி.சுப்ரமணிய பாரதியார் பாடல்கள் கவியழகன் கவியழகன்- மாணவர் தமிழ் இலக்கணம்</p>

## **Course Outcome**

**CO101 .1** The course outcomes make the learners to understand the importance of regional language and its concepts.

**CO101.2** The course outcomes make the students to know the heritage and literature works of Tamil language.

**CO101.3** The course outcome is to nurture the students to understand and have a deeper appreciation for their culture and traditions.

**CO101.4** The course outcome makes the students to develop proficient language who can communicate in a confident, effective and meaning full way in real life situations.

**CO101.5** The course outcome makes the students to promote and to propagate the exiling qualities of Tamil language, literature, grammar, history and culture.

## **Mapping Function of PO's and CO's & PSO's**

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO101.1</b>	2	1	2	2	2	2	1
<b>CO101.2</b>	2	2	1	2	1	1	2
<b>CO101.3</b>	1	2	1	2	1	2	1
<b>CO101.4</b>	1	2	1	2	1	2	1
<b>CO101.5</b>	2	1	2	2	1	2	1
<b>AVG.</b>	1.6	1.6	1.6	1.6	1.6	1.6	1.6

Internal Marks	External Marks	Total Marks	Total hours	L	T	P	C
25	75	100	60	3	1	-	4
Title of the Course		<b>Part II-Language English I</b>				Code	LE2102
Core		<b>First Year &amp; First Semester</b>				Credit	4
Course Objective		To enhance the vocabulary, reading and writing skills. To enhance the understanding of the language as per context.					
Course Outline		<b>Unit I Prose:</b> Textures of English (Cambridge University Press India Pvt. Limited) Headache - R.K. Narayan A Little Bit of What You Fancy- Desmond Morris My Early Days - Abdul Kalam How to Escape from Intellectual Rubbish -Russell Town by the Sea - Amitav Ghosh Key To Courage - I.A. R Wylie					
		<b>Unit II Poetry:</b> Verse (Macmillan Publishers India Limited) Written in Early Spring-Wordsworth When I have Fears - John Keats Ulysses - Tennyson Obituary - Ramanujan The Unknown Citizen - Auden For Elkana - Ezekiel					
		<b>Unit III Short Stories:</b> Vignettes A Collection of Short Stories Ed.Dr.P. N.Ramani (New Century Book House(P) Limited) Upper Division Clerk - Manohar Malgonkar The Doll's House - Katherine Mansfield Marriage is a Private Affair - Chinua Achebe The Man Who Knew Too Much- Alexander Baron The Ransom of Red Chief - OHenry The Adventure of the German Student- Washington Irving					
		<b>Unit IV Grammar</b> Tense, Aspect, Auxiliaries (Primary and Modal), Concord, Negatives, Interrogatives (Yes or No, Wh) Tag questions, Completing the sentences, Common errors Synonym, Antonym, Word class, use in sentences of words (Text based)					
		<b>Unit V:</b> Functional English, Comprehension, Note Making, A Handbook of English Grammar –Dr. H.M. Williams and Dr. V. Saraswathi (Anu Chitra Publications)					
References		Textures of English (Cambridge University Press India Pvt. Limited) Verse (Macmillan Publishers India Limited) Vignettes A Collection of Short Stories Ed.Dr.P. N.Ramani (New Century Book House (P) Limited) A Handbook of English Grammar –Dr. H.M. Williams and Dr. V. Saraswathi (Anu Chitra Publications)					

### **Course Outcome**

**CO102.1** The course outcomes make the learners to communicate effectively and appropriately in real life situations.

**CO102.2** The course outcomes make the students analyze works of literature and will be able to use theoretical approaches to literary interpretation.

**CO102.3** The course outcomes make the students develop their intellectual personal and professional abilities.

**CO102.4** The course outcomes make the students to develop the knowledge of English language teaching and skill of speaking.

**CO102.5** The course outcomes make the students develop their linguistic competence, imagination and creativity.

### **Mapping Function of PO's and CO's & PSO's**

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO102.1</b>	2	1	2	2	2	2	1
<b>CO102.2</b>	2	2	1	2	1	1	2
<b>CO102.3</b>	1	2	1	2	1	2	1
<b>CO102.4</b>	1	2	1	2	1	2	1
<b>CO102.5</b>	2	1	2	2	1	2	1
<b>AVG.</b>	1.6	1.6	1.4	2	1.2	1.8	1.2

Internal Marks	External Marks	Total Marks	Total Hours	L	T	P	Credit
25	75	100	60	3	1	-	4
Title of the Course		Fundamentals of Yoga				Code	UYA2101
Core		First Year & First Semester				Credit	4
Course Objective		To make the students to understand the basic concepts of Yoga. To prepare the students to know the significance of the different paths of Yoga and contributions of yoga gurus.					
Course Outline		<b>Unit I</b> "Yoga Meaning, Definition, Need, Nature - Aim and Objectives, Principles, Philosophy and Scope of Yoga; Philosophy: Scope of Philosophy. Shad Darshanas – Nyaya-Vaishesika – Samkhya – Yoga — Mimansa Vedanta - Misconceptions and clarifications of Yoga – Yoga & Education					
		<b>Unit II</b> History Of Yoga – Modern Developments -Contributions to yoga by Vedas, Principal Upanishads, Yoga Upanishads, Tantra, Bhagavad Gita, Yoga Vasistha, Yoga Sutras,Thirumand iram, Yoga Yaj navalkalya Sarnhitha, , Goraksataka, Hatha Yoga Pradipika, Gheranda Samhita, Siva Samhita, Hat ha Ratnaval i, , Siddha Siddanta Paddhati , Narada Bhakthi Sutra, Yoga Rahasya, Goraksha Samhitha, Vas istha Samhitha, Yoga Bija					
		<b>Unit III</b> Contributions To Yoga By "Ramakrishna, Swami Vivekananda, Sivananda, Sri Aurobindo, Maharishi Mahesh Yogi, Swami Rama, Krishnamacharya, Swami Kunalayananda , Ramana Maharishi, Vethathiri Maharishi, Swami Dayanand Saraswathi, Sri Yogendraji – Paramhansa Yogananda – B.K.S. Iyengar, Shri Shyama Charan Lahiri, – Yoga In Literature of Saints – Kabirdas, Surdas, Tulasidas-Yoginis					
		<b>Unit IV</b> Contribution To Yoga by Religions: Hinduism, Jainism, Buddhism, Christianity, Islam, Sufism – Spirituality - Role of Yoga and Religions on Spirituality, Methods to Promote Spirituality					
		<b>Unit V</b> Paths of Yoga – Hatha Yoga, Bhakti Yoga, Jnana Yoga, Karma Yoga, Raja Yoga, Mantra Yoga, Laya Yoga, Yantra Yoga, swara Yoga Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi. Schools Of Yoga: Sivananda, Integral Yoga, Bihar School of Yoga, Kundalini Yoga, Astanga Yoga, Viniyoga, Iyengar Yoga.					

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## **Course Outcome**

**CO103.1** The course outcome makes the learners understand the concept of health and wellbeing in terms of yoga and yoga therapy and will be able to clear the misconceptions of yoga.

**CO103.2** The course outcomes make the learners, understand the conceptual clarity of the ancient yogic texts, Vedas, Upanishads and its applications in terms of real time healing practices.

**CO103.3** The course outcomes emphasize on the contributions of different schools of yoga and spirituality methods which will expand their knowledge in the field of yoga.

**CO103.4** Course learning includes the relationship between yoga and different religions and its relevance to the present society role of yoga and learning by insight, learning by conditioning and humanistic approach.

**CO103.5** Course outcome emphasizes the importance of different paths of yoga which the students can incorporate in present scenario to heal individualist diseases and disorders in scientific approach.

## **Mapping Function of PO's and CO's & PSO's**

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO103.1</b>	2	3	3	3	3	2	3
<b>CO103.2</b>	2	3	3	3	2	3	2
<b>CO103.3</b>	3	3	3	2	3	2	3
<b>CO103.4</b>	2	3	2	3	3	3	2
<b>CO103.5</b>	2	3	3	2	3	2	3
<b>AVG.</b>	2.2	3	2.8	2.6	2.8	2.4	2.6



Internal Marks	External Marks	Total Marks	Total Hours	L	T	P	C
25	75	100	45	1	-	2	2
<b>Title of the Course</b>		<b>Yogic Practices-I</b>				<b>Code</b>	<b>UYA2102</b>
<b>Core</b>		<b>First Year &amp; First Semester</b>				<b>Credit</b>	<b>2</b>
<b>Course Objective</b>		<ul style="list-style-type: none"> <li>To learn the importance of dos and don'ts during yogic practices.</li> <li>To learn the yogic practices with proper techniques.</li> </ul>					
<b>Course Outline</b>		<p><b>UNIT-I</b> Essentials of Yogic Practices, Cleanliness and Food, Bath, Time, Sun, closing eyes, Place, Mirror, Breathing, Awareness, Age Limitations, Sequence, Blanket, Clothes, position, Emptying the Bowels and Stomach, Counter Poses, Pregnancy, Contra-Indications, Duration, Straining, Special Provisions for Women and Patients, Fitness, Posture, Side Effects</p> <p><b>UNIT-II</b> Simplified Physical Exercise (Vethathiri Maharishi)</p> <p><b>UNIT-III</b> Surya namaskar for Children Surya Namaskar- Sivananda School of Yoga</p> <p><b>UNIT- IV</b> Asanas: Tadasana, Kati Chakrasana, Ardha Utkattasana, Utkanasana, Dru ta Utkattasana, Eka Padasana. Ardha Padmasana, Sukhasana, Advasana, Marja ri asana, Padadhrasana, AdhoMuka Svanasana, Urdhva mukha Svanasana.</p> <p><b>UNIT-V</b> Asanas: Uthita Lolasana, Yogamudrasana, Upavista Konasana, Kurnmasana, Meru Vakrasana. Saithalyasana. Supta Badd ha Konasana, Uthana Padasana, Triya ka Bhuja ngasana, Mandukasana, Prishthasana, Savasana.</p>					
<b>References</b>		<p>Iyengar B.K.S (1976) Light on yoga, London, Unwin paper packs Sivananda Saraswathi Swami (1934) Yoga Asanas Mudras: My magazine of India. Satyanada Saraswathi Swami (2008) Asana, Pranayama, Mudra, Bandha, munger: Yoga Publications trust. Iyengar B.K.S (2008) Light on Pranayama, New Delhi, Haper Collins Publishers, India. Chandrasekeran K (1999) Sound Health Through Yoga, sedapatti, Prem Kalyan Publications. Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New York, Pocket books. Yoseshwarananda Saraswathi Swami (1975) First Steps to higher yoga Gangothari, Yoga Niketan trust. Coulter. H David (2001) Anatomy and hatha yoga, USA: Body and Breath Inc. Kirk Martin (2006) Hatha Yoga Illestrated Champaign, Humenkinetics. Gharote (2004) Applied yoga, Lonvia, Kaivalyadhama. Kathy Lee Kappmeier and Diane M Ambrosini (2006) Instructing Hatha Yoga, Champaign: Human Kinetics. Satyananda Saraswathi Swami (2007) Meditation from Thitantras, Munger, Yoga Publications Trust.</p>					

## Course Outcome

**CO104.1** To understand the basic concepts of warm up, basic asanas, surya namaskar of different schools of yoga.

**CO104.2** The art of practicing asanas and its contra indications its benefits to individual needs and helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind;

**CO104.3** The students can understand the technique of pranayama and improve concentration and memory skills

**CO104.4** The students can reap the benefits by practicing bandhas, mudras and kriyas

**CO104.5** The course outcomes give the knowledge of practices of meditation goes beyond the mind to the deepest level of the inner Self.

## Mapping Function of PO's and CO's & PSO's

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO104.1</b>	2	3	2	3	3	2	3
<b>CO104.2</b>	2	3	3	2	2	2	2
<b>CO104.3</b>	3	2	3	2	3	3	3
<b>CO104.4</b>	3	3	2	2	2	2	2
<b>CO104.5</b>	2	2	3	2	3	2	3
<b>AVG.</b>	2.4	2.6	2.6	2.2	2.6	2.2	2.6

Internal Marks	External Marks	Total Marks	Total Hours	L	T	P	C
25	75	100	45	1	-	2	2
<b>Title of the Course</b>		<b>Preparing Yogic Food</b>				<b>Code</b>	<b>UYA2103</b>
<b>Core</b>		<b>First Year &amp; First Semester</b>				<b>Credit</b>	<b>2</b>
<b>Course Objective</b>		To learn the importance of food according to yogic text. To learn the significance of food according to body constitution, health and wellbeing					
<b>Course Outline</b>		<p><b>Unit I:</b> Food in ancient texts and systems of medicine Yogic diet: General introduction of Ahara; concept of Mitahara; Classification in yogic diet according to traditional Yoga texts; diet according to the body constitution (Prakriti) – Vata, Pitta and Kapha as also Gunas Concepts of Diet Pathya and Apathya according to Gheranda Samhita, Hatha Pradeepika and Bhagavad gita; importance of yogic diet in Yoga Sadhana and its role in healthy living; Diet according to the body constitution (Prakriti) - Vata, Pitta and Kapha as also Gunas.</p> <p><b>Unit II:</b> Diet and health, Nutrition and health, food, food for body and Mind, harmful food, dietary rules, Law of karma Food stuffs –quality of food -organic eating organic food, uncooked food</p> <p><b>Unit III:</b> Yogic diet: Sattvic, Rajasic, Tamasic, Benefits of Yogic diet (Sattvic), characteristics of Rajasic and Tamasic food, Principles of Yogic diet</p> <p><b>Unit IV:</b> Summer diet, diet for detoxing, brain –boosting diet –anti-stress diet – Super food for new mothers</p> <p><b>Unit V:</b> Diet for diseases, diet for longevity and well- being</p>					
<b>References</b>		Hoger (1990) Fitness and wellness, Colorado: Morton Publishing company Girija Shyamsundar (2007) Nutrition perspectives Chennai: University of Madras Swami Sivananda (2007) Health and Hygiene Sivanandanagar: The Divine life society Lily Pritam Telu.Ram (1981) Health and Hygiene, Delhi: Vik.as publishing House pvt ltd Raghavan (1965) Hand book of health education karai Kudi: Meenal enterprises Sunitha Pant Bansal (2008) Diet in diseases Delhi: Pustak Mahal Yoga charya Sundaram (2004) diet and digestion Coimbatore: The yoga publishing house Syd Hoare (1986) Keep fit, Hodder and Stoughton: Teach yourself books Swami Sivananda (2011) Health and diet, Shivananda Nagar: The divine life society Ananda Balayogi Bhavanani (2007) A yogic approach to stress, Puduchery: VivekanandaYoga Research foundation Nagendra and Nagratha (2008) New perspectives m Stress Management, Bangalore: Vivekananda Yoga Research foundation Arvindjanar (2004) yoga diet, Bangalore:Sai towers Kathy Phillips ( ) The Spirit of Yoga London Cassell & Co (2016) Guidebook for QCI, Delhi, AYUSH Krishna Raman (1998) A Matter of Health, Chennai: East West books (Madras) Pvt. Ltd Elangovan (2018) Yoga Psychology, Chennai: Ashwin Publications Elangovan (2016) Fundamentals of Yoga, Chennai: Ashwin Publications.					

## **Course Outcome**

**CO105.1** The course outcome make learner gain wholistic knowledge based on physical, mental and emotional wellbeing.

**CO105.2** The course outcomes make the learners understand the perspective of health in terms of its attitudes and pillars in terms of yogic concept.

**CO105.3** The course outcomes help understand the student the importance of food in terms of tridosha's concept of Ayurveda.

**CO105.4** Course learning helps learners understand the nutritional concept of food for new mother as well as well-being of the society.

**CO105.5** Course learning help learner to understand the connection between mind and body in terms of food.

## **Mapping Function of PO's and CO's & PSO's**

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO105.1</b>	2	2	2	3	3	2	1
<b>CO105.2</b>	1	3	2	2	2	2	2
<b>CO105.3</b>	3	2	3	1	3	3	3
<b>CO105.4</b>	3	1	1	2	2	1	2
<b>CO105.5</b>	2	2	3	2	3	2	3
<b>AVG.</b>	2.2	2	2.2	2	2.6	2	2.2

<b>Internal Marks</b>	<b>External Marks</b>	<b>Total Marks</b>	<b>Total hours</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>
<b>25</b>	<b>75</b>	<b>100</b>	<b>60</b>	<b>3</b>	<b>1</b>	<b>-</b>	<b>4</b>
<b>Title of the Course</b>		<b>Communication Skills</b>				<b>Code</b>	<b>UYA2104</b>
<b>Core</b>		<b>First Year &amp; First Semester</b>				<b>Credit</b>	<b>4</b>
<b>Course Objective</b>		To develop the communication of the student in present scenario To develop self confidence in students while communicating with the society					
<b>Course Outline</b>		<b>Unit I:</b> Communication: Meaning, definitions, goals, need, scope -Basics of communication Characteristics of Communication – one to one – one to group – Real Communication -Role.of Communication in the present scenario					
		<b>Unit II:</b> Barriers to Communication -Do's and Don'ts of Communication skills -Types of Communication Verbal Communication: Reading listening, writing, speaking skills, telephonic Communication, face to face interactions, Non-verbal Communication: Gestures, Classroom communication Body posture, facial expression, eye contact, poise, body movements, dress, mass phobia.					
		<b>Unit III:</b> Letter writing -Report writing -Memo's -Note Making -Agenda preparation					
		<b>Unit IV:</b> Soft skills -Interview skills -preparing for an interview -presentation skills -Body language -speaking -pronunciation -voice -Modulation of speech -structure of presentation					
		<b>Unit V:</b> Group discussion -art of listening and expressing -Role of Yoga on Communication skills					
<b>References</b>		'Soft Skills', University of Madras, Chennai 'Communication Skills', University of Madras, Chennai					

## Course Outcome

**CO 106.1** The course outcomes give the knowledge of leadership qualities, persuasion and entertainment theories.

**CO106.2** The students can understand the technique motivating others as well as self-motivation, Communication can bring about a feeling of involvement and connection and creates more loyalty among the students.

**CO 106.3** With good communication skills, students can anticipate problems, make decisions, co-ordinate work flow, supervise others, develop relationships and promote self-esteem.

**CO 106.4** The course outcomes develop the ability of perceiving and responding to the needs of various groups or individuals one interacts with and to influence people. Communication creates a goods climate, right attitude and congenial working relationship.

**CO 106.5** communication aims to maintain a sense of high morale amongst the students, so that they perform their tasks with enthusiasm and spirit as a team.

## Mapping Function of PO's and CO's & PSO's

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO106.1</b>	2	2	2	3	3	2	1
<b>CO106.2</b>	1	1	2	2	2	2	2
<b>CO106.3</b>	3	2	3	1	3	3	3
<b>CO106.4</b>	2	1	1	2	2	1	2
<b>CO106.5</b>	2	2	2	1	2	2	1
<b>AVG.</b>	2	1.6	2	1.8	2.4	2	1.8

<b>Internal Marks</b>	<b>External Marks</b>	<b>Total Marks</b>	<b>Total hours</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>
-	100	100	45	-	1	2	2
<b>Title of the Course</b>		<b>Community Services</b>				<b>Code</b>	<b>UYA2105</b>
<b>Core</b>		<b>First Year &amp; First Semester</b>				<b>Credit</b>	<b>2</b>
<b>Course Objective</b>		To bring awareness to community on Yoga					

### Course Outcome

**CO 107.1** Engaging in community service provides students with the opportunity to become active members of their community and has a lasting, positive impact on society at large.

**CO 107.2** Community service or volunteerism enables students to acquire life skills and knowledge, as well as provide a service to those who need it most.

**CO 107.3** The course outcome bring the knowledge of yoga and its benefits and make the people aware from various problems in a community and how yoga helps them in their day today activities. It helps them to provide knowledge and to know about the main causes affects their social and personal life.

**CO 107.4** The course outcome bring the development which is necessary in these places as a whole in education, health, recreation and employment. It seeks the opportunities for the better living standard of the community people.

### Mapping Function of PO's and CO's & PSO's

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO107.1</b>	2	2	2	3	3	2	2
<b>CO107.2</b>	1	2	2	2	2	2	2
<b>CO107.3</b>	3	2	1	3	3	2	3
<b>CO107.4</b>	2	1	3	2	2	1	2
<b>AVG.</b>	2	1.75	2	2.5	2.5	1.75	2.25

**SEMESTER II**

Internal Marks	External Marks	Total Marks	Total hours	L	T	P	C
25	75	100	60	3	1	-	4
<b>Title of the Course</b>		<b>PART I – LANGUAGE TAMIL -II</b>				<b>Code</b>	<b>LT2201</b>
<b>Core</b>		<b>First Year &amp; Second Semester</b>				<b>Credit</b>	<b>4</b>
<b>Course Objective</b>		1.To make the students to understand the importance of regional language and its concepts. 2.To prepare the students to know the heritage and literature works of Tamil language.					
<b>Course Outline</b>		<p>செய்யுள்:</p> <p>'திருநாவாவுக்கரசர்தேவாரம்-நான்காந்திருமுறை-நமச்சிவாயத்திருப்பதிகம் 10 பாடல்கள்</p> <p>குலசேகரஆழ்வார்- பெருமாள் திருமொழி ஆலைநீள் கரும்பன்னவன்னத்தொடங்கும் தேவகி புலம்பல் (முழுமையும்)</p> <p>நளவெண்பா-கலிநீங்குகாண்டம்தேர்ந்தெடுக்கப்பட்ட 40 பாடல்கள்</p> <p>சீறாப்புராணம்- மானுக்குப்பிணைநின்றபடலம் தேர்ந்தெடுக்கப்பட்ட 65 பாடல்கள்</p> <p>கண்ணதாசன் ஏசுகாவியம்-பாடுகளின்பாதை - தேர்ந்தெடுக்கப்பட்ட பாடல்கள் மட்டும்</p> <p>இலக்கணம்: இலக்கணக்குறிப்பு-செய்யுட்பகுதியில் அமைதல் வேண்டும்.</p> <p>உரைநடை: டாக்டர் மு.வ.வின் 'நல்வாழ்வு' நூல் முழுமையும் பாரி நிலையம் சென்னை -60 108</p> <p>பாடந்தழுவிய இலக்கிய வரலாறு</p> <p>மொழிபெயர்ப்பு</p> <p>பொது (ஆங்கிலத்திலிருந்து தமிழ்)</p> <p>இடஞ்சுட்டிப்பொருள் விளக்கம் செய்யுட்பகுதியில் இடம்பெறவேண்டும்.</p>					
<b>References</b>		திருஎன். வெங்கடேஸ்வரன் மற்றும் திருஆதிரை-நமச்சிவாயத் திருப்பதிகம் குலசேகரஆழ்வார் வரலாறு- வெ.ராமன் கவியழகன் கவியழகன்- மாணவர் தமிழ் இலக்கணம்.					



## **Course Outcome**

**CO 201.1** The course outcomes make the learners to understand the importance of regional language and social, economic, political and cultural trends of various periods.

**CO201.2** The course outcomes make the students to know of Tamil language, Tamil literature, and deals with love, traditions, war, governance, trade and bereavement.

**CO201.3** The course outcome is to nurture the students to understand and have a deeper appreciation for their culture and traditions.

**CO201.4** The course outcome makes the students to understand the classification of Tamil literature to enable the poetic minds to discuss any topic under the sun, from grammar to love, within the framework of well prescribed, socially accepted conventions.

**CO201.5** The course outcome makes the students to promote Poetry and provides opportunity to teach several language skills simultaneously such as reading, memorizing, writing and comprehension. and to develop language skills in students

## **Mapping Function of PO's and CO's & PSO's**

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO201.1</b>	2	2	2	3	1	2	1
<b>CO201.2</b>	1	1	2	2	2	2	2
<b>CO201.3</b>	3	2	2	1	2	1	2
<b>CO201.4</b>	2	1	1	2	2	1	2
<b>CO201.5</b>	2	2	2	1	2	2	1
<b>AVG.</b>	2	1.5	1.75	1.5	2	1.5	1.75

Internal Marks	External Marks	Total Marks	Total Hours	L	T	P	C
25	75	100	60	3	1	-	4
<b>Title of the Course</b>		<b>Part II- English</b>				<b>Code</b>	<b>LE2202</b>
<b>Core</b>		<b>First Year &amp; Second Semester</b>				<b>Credit</b>	<b>4</b>
<b>Course Objective</b>		To have good reading and writing ability To have good vocabulary and listening skill					
<b>Course Outline</b>		<b>Unit I Prose</b> Textures of English (Cambridge University Press India Pvt. Limited) History of Chess-Barbara Mack To Know When to Say, "It's None of Your Business"-Mc Cormck The India of My Dreams-Indira Gandhi The Second Crucifixion-Collins and Lapiere How to Avoid Argument -Sam Horn Six Thinking Hats-Edward Bono					
		<b>Unit II Poetry; Verse</b> (Macmillan Publishers India Limited) Leave this Chanting-Tagore The Stone -Gibson Mending Wall- Frost The Ballad of Father Gilligan-W.B.Yeats Hawk Roosting- Hughes The Listeners-De La Mare					
		<b>Unit III Biographical sketches</b> _Portraits in Prose -An ·Anthology of Biographical Sketches Ed: S.Jagadisan (Orient Blackswan Private Limited) Socrates-Sir Richard Livingstone Sir Issac Newton-Nathaniel Hawthorne Leo Tolstoy -Ronald Seth Alexander Fleming-Philip Cane Mother Teresa-John Frazer Martin Luther King-R.N.Roy					
		<b>Unit IV Grammar</b> Grammar Voice, Articles, Prepositions, Reported Speech, Conditional sentence, Completing the sentences, Common Errors Synonym, Antonym, Word class. Use in sentences (Words as different word classes -Text based))					
		<b>Unit V</b> Functional English Completing a dialogue, Expansion of hints Use in sentences (Words as different word classes -Text based)) A Handbook of English Grammar - Dr. H.M. Williams and Dr. V. Saraswathi (Anu Chitra Publications)					
<b>References</b>		Cambridge University Press India Pvt. Limited Verse (Macmillan Publishers India Limited) Portraits in Prose -An ·Anthology of Biographical Sketches Ed: S.Jagadisan (Orient Blacksw.an Private Limited) A Handbook of English Grammar - Dr. H.M. Williams a1ld Dr. V. Saraswathi (Anu Chitra Publications)					

## **Course Outcome**

**CO 202 .1** The course outcomes make the learners to enable the students to enjoy the recitation of the poem.

**CO202.2** The course outcomes make the students analyze works of literature and to develop the students' power of imagination.

**CO202.3** The course outcomes make the students develop their love for poetry reading and writing.

**CO202.4** The course outcomes make the students analyse the various elements of poetry, such as diction, tone, form, genre, imagery, figures of speech, symbolism, theme, etc.

**CO202.5** The course outcomes make the students broaden their vocabularies and to develop an appreciation of language and its connotations and denotations and develop their critical thinking skills.

## **Mapping Function of PO's and CO's & PSO's**

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO202.1</b>	2	3	2	3	1	2	1
<b>CO202.2</b>	1	1	2	2	2	2	2
<b>CO202.3</b>	3	2	2	1	2	3	3
<b>CO202.4</b>	2	1	1	3	3	1	2
<b>CO202.5</b>	2	2	2	2	2	2	1
<b>AVG.</b>	2	1.5	1.75	2	2.25	2	2

Internal Marks	External Marks	Total Marks	Total Hours	L	T	P	Credit
25	75	100	60	3	1	-	4
Title of the Course		ANATOMY AND PHYSIOLOGY				Code	UYA2201
Core		First Year & Second Semester				Credit	4
Course Objective		<ul style="list-style-type: none"> <li>To understand the anatomy of body</li> <li>To learn the physiological functioning of body</li> </ul>					
Course Outline		<b>Unit I:</b> Tissue cell: Cell structure- groups of Tissue- Epithelial tissue, muscular tissue. Connective tissue - their functions-The skeletal system- Bones, joints and muscles of the skeleton- tendons and ligaments- their functions.					
		<b>Unit II:</b> The circulatory system- structure of the heart- the cardiac cycle- composition of blood Blood pressure- Blood vessels- Hematological system-their functions- arteries, veins & capillaries. The Digestive system- alimentary canal-mouth- pharynx- esophagus -stomach- small and large intestine- the peritoneum- Liver- gall bladder- Pancreas- their functions- metabolism- physiology of digestion - The respiratory system - The respiratory passages - nose, pharynx, larynx, bronchi, lungs, their function - oxygen consumption - Physiology of respiration.					
		<b>Unit III:</b> The Nervous System- The central nervous system- autonomic nervous system Brain-spinal cord- Sympathetic and parasympathetic systems- their functions-sensory organs-skin- eyes- ear- tongue- nose- their functions: Posture- active posture- inactive posture- ideal posture- control of posture.					
		<b>Unit IV:</b> The Endocrine system- Hypothalamus, Pituitary gland- Thyroid gland, Parathyroid glands- Thymus gland- Adrenal gland- Pineal gland- their functions. The urinary system Kidneys, ureters, bladder, urethra, renal function. The reproductive system- puberty-menopause- testes, uterus, ovaries- their functions					
		<b>Unit V:</b> Impact of yogic practices on the Anatomy and physiology of different systems of human body-cells, bones, joints and muscles, skin. Cardio-vascular system, respiratory system, digestive & excretory system. Hematological and immune system, glands, nervous system, body metabolism, special senses, locomotor system					
References		1. Telles Shirley (2006) A Glimpse of the human body, Bangalore, Swami Vivekananda yoga prakashana 2. Shri Krishna (1988) Notes on structure and functions of human body and Effects of yogic practices on it, Mumbai: ICYHC, Kaivalyadhama. 3. Ray S Dutta (2001) Yogic Exercise: Physiologic and psychic processes, New Delhi: 4. Evelyn C peace (1997) Anatomy and physiology for nurses, New Delhi: Jaypee Brothers. 5. Leslie Kumar (2007) Yoga Anatomy, Champaign: Human Kinetics 6. Nagendra kumar (2007), Yoga Bhyasa for week days, Bangalore: OM mantra Devo Bhava. 7. Gore M.M. (2003) Anatomy and Physiology of yogic practices, Lonavala Kanchan prakshan. 8. Bruce, J. Noble (1986) Physiology of Exercise and Sport. St. Louis C.V. Mospy. 9. Shavel L.G (1981) Essentials of Exercise Physiology, New Delhi: Surjeet Publication.					

<p>1 O.Fax. E.L. and Mathew D.K., (1981) The Physiological basis of Physical Education and Athletics III Ed. Philadelphia W.B. Sannders.</p> <p>11.Clerke D.R., (1975) Exercise Physiology, New Jersey: Prentice Hall.</p> <p>12.Selvalakshmi. S (2017) Anatomy and Physiology Madurai: Shanlax Publications</p>
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## Course Outcome

**CO203.1** The course outcome gives learner to gain the knowledge and concept of gross structure of human body and its nature. To know the interconnection of cells, tissues, organs and systems.

**CO203.2** The course outcome is designed to gain a knowledge on physiological structure in the human body to maintain homeostasis.

**CO203.3** The course outcome helps the learner to understand the reflex and motor action of nervous system and sensory system.

**CO203.4** The course outcome helps learners gain knowledge of the excretory systems and its functions as a removal of waste in the human body.

**CO203.5** The course outcome gives insight on anatomy and physiology of skeletal system and muscles.

**CO203.6** Helps individual to understand psychomotor and neuromuscular functioning of the body.

## Mapping Function of PO's and CO's & PSO's

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO203.1</b>	2	2	2	3	3	2	3
<b>CO203.2</b>	3	3	2	2	2	2	2
<b>CO203.3</b>	3	2	2	3	2	3	2
<b>CO203.4</b>	2	3	3	2	2	3	2
<b>CO203.5</b>	2	2	2	3	2	2	3
<b>CO203.6</b>	3	2	3	2	2	2	3
<b>AVG.</b>	2.5	2.25	2.5	2.5	2	2.5	2.5

Internal Marks	External Marks	Total Marks	Total Hours	L	T	P	C
25	75	100	75	2	1	2	4
<b>Title of the Course</b>		<b>YOGIC PRACTICES – II</b>				<b>Code</b>	<b>UYA2202</b>
<b>Core</b>		<b>First Year &amp; Second Semester</b>				<b>Credit</b>	<b>4</b>
<b>Course Objective</b>		<ul style="list-style-type: none"> <li>To learn various Yogic techniques from different schools of yoga</li> <li>To understand the techniques of asanas in practical way</li> </ul>					
<b>Course Outline</b>		<b>UNIT-I</b> Loosening the joints S-VYASA					
		<b>UNIT-II</b> Surya Namaskar - Bihar School of Yoga					
		<b>UNIT-III Asanas:</b> Samasthiti, Parsva Uttanasana, Ardha Uttanasana, Uttanasana, Padangusthasana, Virabhadrasana, Uthita Parsva konasan, Chaturanga Dandasana					
		<b>UNIT-IV Asanas:</b> Urdhuva Prasarita Padhasana, Apanasana, Jathara Parivritasana I. Jathara Parivritasana II, Jathara Parivritasana III, Dvipada Pitham, Viparita karani, Sarvangasana, Matsyasana					
		<b>UNIT -V Asanas:</b> Siddhasana, Gornukhasana, Padrnasana, Parvatasana, Baddha Konasana,dandasana, Janu irsasana, Paschimotanasana, Purvatanasana, Chatuspadah Pitham, Gotha pitham, Cakravakasana, Savasana Pranayama: Sectional Breathing (Abdominal, Thoracic, Clavicular Breathing) Full Yogic Breathing					
<b>References</b>		<p>Iyengar B.K.S (1976) Light on yoga, London, Unwin paper packs Sivananda Saraswathi Swami (1934) Yoga Asanas Mudras: My magazine of India. Satyanada Saraswathi Swami (2008) Asana, Pranayama, Mudra, Bandha, munger: Yoga Publications trust. Iyengar B.K.S (2008) Light on Pranayama, New Delhi, Haper Collins Publishers, India. Chandrasekeran K(1999) Sound Health Through Yoga, sedapatti, Prem Kalyan Publications. Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New York, Pocket books. Yoseshwarananda Saraswathi Swami (1975) First Steps to higher yoga Gangothari, Yoga Niketan trust. Coulter. H David (2001) Anatomy and hatha yoga, USA: Body and Breath Inc. Kirk Martin (2006)Hatha Yoga Illestrated Chamaign, Humenkinetics. Gharote (2004) Applied yoga, Lonvia, Kaivalyadhama. Kathy Lee Kappmeier and Diane M Ambrosini (2006) Instructing Hatha Yoga, Champaign: Human Kinetics. Satyananda Saraswathi Swami (2007) Meditation from Thitantras, Munger, Yoga Publications Trust.</p>					

## **Course Outcome**

**CO204.1** The course outcome help learner to gain knowledge of asanas and pranayama from various schools of yoga.

**CO204.2** The art of practicing asanas and its contra indications its benefits to individual needs and helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind;

**CO204.3** The students can understand the technique of pranayama and improve concentration and memory skills.

**CO204.4** The student can understand the differences among standing, sitting, lying, inverted and kneeling asanas.

**CO204.5** Help student to gain flexibility, strength and endurance.

## **Mapping Function of PO's and CO's & PSO's**

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO204.1</b>	2	2	2	3	3	2	3
<b>CO204.2</b>	3	3	2	2	2	2	2
<b>CO204.3</b>	3	2	3	3	3	3	2
<b>CO204.4</b>	2	3	3	2	2	3	2
<b>CO204.5</b>	2	3	2	3	3	2	3
<b>AVG.</b>	2.5	2.75	2.5	2.5	2.5	2.5	2.25

Internal Marks	External Marks	Total Marks	Total Hours	L	T	P	Credit
25	75	100	45	-	1	2	2
<b>Title of the Course</b>		<b>Applied physiology</b>				<b>Code</b>	<b>UYA2203</b>
<b>Core</b>		<b>First Year &amp; Second Semester</b>				<b>Credit</b>	<b>2</b>
<b>Course Objective</b>		<ul style="list-style-type: none"> <li>To learn to measure the parameters of body</li> <li>To learn to examine body and know its function</li> </ul>					
<b>Course Outline</b>		<b>Unit I - Measurement of Temperature, Pulse rate, Respiratory rate</b>					
		<b>Unit I - Measurement of Blood Pressure</b>					
		<b>UNIT-III Sensory function – Examinations</b>					
		<b>UNIT-IV Muscle Examinations</b>					
		<b>UNIT V- Identification of a specimen organ and explain its functions.</b>					
<b>References</b>		<ol style="list-style-type: none"> <li>Arthur C. Guyton &amp; John Edward I-IaJJ (2006), Textbook of Medical Physiology, Florida, United States, Elsevier Standards.</li> <li>Surinder Pí Singh &amp; Krishna Garg, (2008), Anatomy and Physiology for nurses &amp; allied health sciences, New Delhi CDS Publishers.</li> <li>Sivaramakrishnan S. (2006), Anatomy and Physiology for Physical Education, New Delhi, Friends Publishers.</li> <li>Anne Waugh &amp; Alison Graunt (2005) Anatomy and Physiology in Health and Wellness, AUahabad, Churchill Livingstone,</li> <li>Clark Robert K (2005) Anatomy &amp; Physiology- Understanding the Human body, Suddury, United States, Jones &amp; Bartlett.</li> <li>Shri Krishna (1985) Notes on Structure and Functions of Human body &amp; Effects of Yogic practices in it&gt; Mumbai. ICYHC Kaivalyadhama.</li> <li>Dôttá Ray (2001) Yogi Exercises, New Delhi: Jaypee Brothers.</li> <li>Shfüey Telles (2006) A Glimpse of the human , Bangalore : Swami . Vivekananda yoga prakashana .</li> </ol>					



## Course Outcome

**CO205.1** The course outcomes help learners to understand physiological parameters in human body to make use of those parameters while diagnosis of disease.

**CO205.2** The course outcome helps learners to understand strength, stability and endurance in an individual and plan yogic practices based on the same.

**CO205.3** The course outcome helps learners to homeostasis in the system by applying yogic principles and practices in a natural way.

**CO205.4** The course outcome helps learners to understand the quadrants in the human body and placement of organs in that quadrant and application of yogic practices based on the same.

**CO205.5** The course outcome helps learners to analyze range of motion, postural deformities and alignments in the human body based on the planes.

## Mapping Function of PO's and CO's & PSO's

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO205.1</b>	2	3	2	3	3	2	3
<b>CO205.2</b>	3	3	2	2	2	2	2
<b>CO205.3</b>	3	2	2	3	1	3	1
<b>CO205.4</b>	2	3	3	2	2	2	2
<b>CO205.5</b>	2	3	2	3	3	2	3
<b>AVG.</b>	2.5	2.75	2.25	2.5	2	2.25	2

Internal Marks	External Marks	Total Marks	Total Hours	L	T	P	C
25	75	100	60	3	1	-	4
<b>Title of the Course</b>		<b>Personality Development</b>				<b>Code</b>	<b>UYA2204</b>
<b>Core</b>		<b>First Year &amp; Second Semester</b>				<b>Credit</b>	<b>4</b>
<b>Course Objective</b>		<ul style="list-style-type: none"> <li>To learn the concept and significance of personality in an individual at Physical, mental, moral, social, emotional and spiritual.</li> <li>To learn the process of development of human according to personality.</li> </ul>					
<b>Course Outline</b>		<p><b>Unit I:</b> Personality: Personality in psychology - Meaning, definition, concepts, Need, nature and scope of personality development - Structure of Personality</p> <p><b>Unit II:</b> " Stages of human development - determinants of human development of Personality- Developmental processes: Physical, mental, moral, social, emotional and spiritual</p> <p><b>Unit III:</b> Guidelines on Personality - values and spirituality - Developing good personality based on Yoga- Anger and stress management - role of diet on Personality</p> <p><b>Unit IV:-</b> Personality development with special emphasis on Panchakoshas - Ashtanga Yoga - Factors of Personality-Theories of Personality - Attitude - Self-esteem - Memory - concentration - creativity - intelligence - Assessment of Personality</p> <p><b>Unit V:</b> Leadership - Qualities of leaders -positive thinking -Powers and effects of thoughts - career planning - Career rules - Better human relations - Time Management.</p>					
<b>References</b>		<ol style="list-style-type: none"> <li>Abraham R. 1995, Personality Development, Communication Skills and Public Speaking, Saint Catherine Church Chennai.</li> <li>Anthony D. Souza 1985 Being and leader (Singapore: Haggai Institute publication</li> </ol>					

## Course Outcomes

**CO 206.1** The students can remember the psychology in its basic concepts and strives to change, influence, or control behavior to make constructive and lasting changes in person's lives.

**CO 206.2** The students can analyse the development and influences of psychology in recent times and history.

**CO 206.3** The learners can apply the principles of psychology and its other variants in real life situations and management of diseases.

**CO 206.4** The learners can evaluate the benefits of yoga and psychology in various activities of co ordinating body mind and soul.

**CO 206.5** the students can develop leadership qualities, interpersonal skills and personality development skills.

## Mapping Function of PO's and CO's & PSO's

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO206.1</b>	2	3	2	3	3	2	3
<b>CO206.2</b>	3	3	2	2	2	2	2
<b>CO206.3</b>	3	2	2	3	1	3	1
<b>CO206.4</b>	2	3	3	2	2	2	2
<b>CO206.5</b>	2	3	2	3	3	2	3
<b>AVG.</b>	2.5	2.75	2.25	2.5	2	2.25	2

Internal Marks	External Marks	Total Marks	Total Hours	L	T	P	C
100	-	100	45	-	1	2	2
Title of the Course		VILLAGE PLACEMENT PROGRAMME				Code	UYA2205
Core		First Year & Second Semester				Credit	2
Course Objective		<ul style="list-style-type: none"> <li>To bring awareness of yoga in Villagers</li> <li>Learn to teach and train Villagers</li> </ul>					
Course Outline		Duration: Five Days Mode of Evaluation: Internal Assessment Maximum Marks: 100 Subject: Yoga Nature of Programme: To bring awareness and to teach and train Villagers					

### Course Outcome

**CO 207.1** The outcome to this course will make the students improve the communication level and improve leadership qualities,

**CO207.2** The outcome to this course will make the students excel in team coordination trust building and understanding of others requirements.

**CO207.3** The outcome to this course will make the students excel in communication skills, sharing qualities of the students will be improved will make the students more responsible citizen.

**CO207.4** The outcome to this course will make the student to enhance their communication qualities and make them a good yoga therapist to be able to work in wellness centers, spa, yoga centers etc.

### Mapping Function of PO's and CO's & PSO's

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
CO207.1	2	3	2	3	3	2	3
CO207.2	2	3	3	2	2	2	2
CO207.3	1	2	2	3	2	3	2
CO207.4	2	2	3	2	2	2	2
AVG.	1.75	2.5	2.5	2.5	2.25	2.25	2.25

**SEMESTER III**

Internal Marks	External Marks	Total Marks	Total Hours	L	T	P	C
25	75	100	60	3	1	-	4
Title of the Course		PART I – TAMIL III				Code	UYA2301
Core		Second Year & Third Semester				Credit	4
Course Objective		<ul style="list-style-type: none"> <li>To make the students to understand the importance of regional language and its concepts.</li> <li>To prepare the students to know the heritage and literature works of Tamil language.</li> </ul>					
Course Outline		<p><b>1.செய்யுள்:</b></p> <p>திருக்குறள் - அன்புடைமை - அதிகாரம் 8</p> <p>கல்வி - அதிகாரம் 40</p> <p>கேள்வி - அதிகாரம் 42</p> <p>அறிவுடைமை - அதிகாரம் 43</p> <p>சிலப்பதிகாரம் - வழக்குரைகாதை</p> <p>மணிமேகலை - 17. உலகஅறவிபுக்ககாதை</p> <p>சீவகசிந்தாமணி - விமலையார்இலம்பகம் (42பாடல்கள்)</p> <p>கம்பராமாயணம் - குகப்படலம் (46 பாடல்கள்)</p> <p>பெரியபுராணம் - காரைக்கால்அம்மையார்புராணம்</p> <p><b>2. இலக்கணம்:</b> செய்யுள்பகுதியிலிருந்து அணிஇலக்கணம்மட்டும்.</p> <p><b>3. சிறுகதை:</b> அறிஞர் அண்ணாவின் சிறுகதைகள் கொக்கரக்கோ சரோஜா ஆறணா பேய்ஒடிப்போச்சு 1938-40 ஒருவசீகரவரலாறு சாது செவ்வாழை பொங்கல்பரிசு வேலைபோச்சு விழுப்புரம் சந்திப்பு</p>					

காலிழந்தான்
4. பாடம்தமுவியஇலக்கியவரலாறு: நீதிஇலக்கியங்கள், ஐம்பெருங்காப்பியங்கள், சோழர்காலஇலக்கியங்கள்.
5. பயன்பாட்டுத்தமிழ்: அகரவரிசைப்படுத்துதல் ஒருபொருள்குறித்தபலசொற்கள் பலபொருள்குறித்தஒருசொல் எழுத்துப்பிழைநீக்கம் ஒற்றுப்பிழைகளைநீக்கிஎழுதுதல் தொடர்பிழைநீக்கம் பிறமொழிச்சொற்களைநீக்கிஎழுதுதல்

### Course Outcome

**CO 301.1** The learners can have awareness of varieties in linguistic usage and their successful application in creative literature.

**CO 301.2** The students can remember the various aspects of high literary language and rules of grammar in Tamil alongside the common conversational/colloquial language.

**CO 301.3** The students can understand the language of early commentaries and prose books in Tamil, and the language of poetry in terms of the choice of words and the grammatical forms in detail.

**CO 301.4** The students can analyze the meaning of culture and the various manifestations of culture such as social customs, clan traditions, family customs, rituals, festivals, belief on omen etc.

**CO 301.5** The students understand the social, religious and cultural significance of the behavioral patterns exhibited by the people in the society, based on cultural beliefs.

### Mapping Function of PO's and CO's & PSO's

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
CO301.1	2	3	2	3	3	2	3
CO301.2	3	1	2	2	2	2	2
CO301.3	1	2	2	3	1	3	2
CO301.4	2	3	3	2	2	2	2
CO301.5	2	3	3	3	2	2	3
AVG.	2	2.4	2.4	2.6	2	2.2	2.4

Internal Marks	External Marks	Total Marks	Total Hours	L	T	P	C
25	75	100	60	3	1	-	4
<b>Title of the Course</b>		<b>Part II-Language English-III</b>				<b>Code</b>	<b>UYA2302</b>
<b>Core</b>		<b>Second Year &amp; Third Semester</b>				<b>Credit</b>	<b>4</b>
<b>Course Objective</b>		<ul style="list-style-type: none"> <li>To help student to develop their vocabulary skills.</li> <li>To help student enhance reading and writing skills in english</li> </ul>					
<b>Course Outline</b>		<p><b>UNIT I:</b> <b>PROSE</b> Classic Assets (Emerald Publishers) My Visions of India – Abdul Kalam On Saying Please – A.G. Gardiner The Lady or the Tiger – Frank Stockton How to be a doctor – Stephen Leacock The Sporting spirit – George Orwell The Portrait of a Lady – Kushwant singh</p> <p><b>UNIT II</b> <b>DRAMA</b> Six one act plays ED; Dr.Nafeesa Kaleem(Anu chitra publications) The Dear Departed – Stanely Houghton The Boy comes Home – A.A.Milne The Discovery - Herman Ould The Shirt - Francis Dillon The Pie and the Tart - Hugh Chesterton Refund - Fritz Karinthy</p> <p><b>UNIT III –FICTION</b> Stevenson – Dr. Jekyll and Mr. Hyde (Retold by Kennet)- S.Chand &amp;Company TD</p> <p><b>UNIT IV – Grammar</b> Clauses, Types of sentences, Linkers, Adjectives and Adverbs Degree of Comparison, Conjunctions and Sentence Linkers Gerunds and infinitives, Beginning sentences with It Completing the sentences Synonym, Antonym, Word class Use in sentences (Phrases – Text based)</p> <p><b>UNIT V</b> Functional English Letter Writing (Informal), Report Writing, Diary Writing A Handbook of English Grammar – Dr. H.M. Williams and Dr. V.Saraswath (Anu Chitra Publications)</p>					
<b>Rerences</b>		<ul style="list-style-type: none"> <li>Classic Assets (Emerald Publishers)</li> <li>Six one act plays ED; Dr.Nafeesa Kaleem(Anu chitra publications)</li> <li>Stevenson – Dr. Jekyll and Mr. Hyde (Retold by Kennet)- S.Chand &amp;Company TD</li> <li>Dr. H.M. Williams and Dr. V.Saraswath(Anu Chitra Publications)</li> </ul>					

## **Course Outcome**

**CO 302.1** The students can understand and read the passage on their own silently, without any interpretations. And evaluate the techniques of skimming and scanning.

**CO 302.2** The students can develop reading skills and use it for teaching any prose passage that is meant for intensive reading. And to make students efficient and fast readers.

**CO 302.3** The students can remember and emphasis on the development of four basic skills of listening, speaking, reading and writing.

**CO 302.4** The students can understand the Significant points and features of English language and can identify and understand phrase or sentence groups and draw inferences.

## **Mapping Function of PO's and CO's & PSO's**

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO302.1</b>	2	3	2	3	3	2	3
<b>CO302.2</b>	2	2	2	2	2	2	2
<b>CO302.3</b>	2	2	3	2	3	1	1
<b>CO302.4</b>	3	1	2	2	2	2	2
<b>AVG.</b>	2.25	2	2.25	2.25	2.5	1.75	2



Internal Marks	External Marks	Total Marks	Total Hours	L	T	P	C
25	75	100	60	3	1	-	4
<b>Title of the Course</b>		<b>Basic texts in Yoga</b>				<b>Code</b>	<b>UYA2303</b>
<b>Core</b>		<b>Second Year &amp; Third Semester</b>				<b>Credit</b>	<b>4</b>
<b>Course Objective</b>		<ul style="list-style-type: none"> <li>To help students to gain the knowledge of yoga through yogic text.</li> <li>To help students to learn techniques of yogic practices, its benefits, [precautions and contraindications as per text.</li> </ul>					
<b>Course Outline</b>		<p><b>UNIT I:</b> Vedas, Shad Dharsans Upanishads: Ishayopanishad, Kena, Kata, Prashna, Mundaka, Mandukya, Aitareya, Taittiriya, Chandogya, Brihadaryanaks Upanishads Bhagavad Gita: Yoga in Bhagavad Gita (Chapter :II), Karma Yoga (chapter -III), Yoga in Chapter VI, Types of Baktha (Chapter VII), Bhakthi yoga (Chapter -XII), Yogic diet (Chapter :XIV &amp; XVII), Moksha (Chapter :XVIII) Yoga Vasistha : Highlights and concepts of Freedom, Gunas, Meditation and ailments, Concept of Adhis and Vyadhis, Jnana sapta Bhumika, Prasthanatrayee, Purushartha, Chatushtaya, Narada Bhakthi Series.</p> <p><b>UNIT II</b> Bhagavad Gita, Ramayana, Goraksataka, Hatha Yoga Pradipika, Gheranda Samhita, Sivasamhita, Hatha Ratnavali, Siddha Siddanta Paddhati, Yoga Yajnavalkaya Samhitha, Vasistha Samhita, Yoa Bija, Goraksha Samhitha.</p> <p><b>UNIT III</b> Asana in Hatha Text: Definition, Pre -Requisites, Special Features.</p> <p><b>UNIT IV</b> <b>Pranayama in Hatha Text:</b> Concept, Phases, and stages, Pre -Requisites, Benefits, Precautions and contraindications.</p> <p><b>UNIT V</b> Bandha, Mudra &amp; other practices in Hatha Text : Concepts, Definition, Benefits, Precautions, Contra – indications, stages.</p>					
<b>References</b>		<p>Iyengar B.K.S (1976) Light on yoga, London, Unwin paper packs Sivananda Saraswathi Swami (1934) Yoga Asanas Mudras : My magazine of India. Satyanada Saraswathi Swami (2008) Asana , Pranayama, Mudra, Bandha, mungar: Yoga Publications trust. Iyengar B.K.S (2008) Light on Pranayama, New Delhi, Haper Collins Publishers, India. Chandrasekeran K(1999) Sound Health Through Yoga, sedapatti, Prem Kalyan Publications. Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New York , Pocket books. Yoseshwarananda Saraswathi Swami (1975) First Steps to higher yoga Gangothari, Yoga Niketan trust. Coulter. H David (2001) Anatomy and hatha yoga , USA : Body and Breath Inc. Kirk Martin (2006)Hatha Yoga Illestrated Chamaign, Humenkinetics. Gharote (2004) Applied yoga, Lonvia, Kaivalyadhama. Kathy Lee Kappmeier and Diane M Ambrosini (2006) Instructing Hatha Yoga, Champaign : Human Kinetics. Satyananda Saraswathi Swami (2007) Meditation from Thitantras, Munger, Yoga Publications Trust.</p>					

## **Course Outcome**

**CO 303.1** The students understand the therapy methods described in yogic texts and evaluate the vast body of spiritual teachings within these scriptures.

**CO 303.2** The students remember the teaching of spiritual leaders, acharyas and other gurus and incorporate in their therapy sessions.

**CO 303.3** The students inculcate the knowledge of ancient texts and be able to cultivate the point of awakening. To live from unconditional love is to attain enlightenment.

**CO 303.4** The students understand the importance of ancient yogic texts and get the information about Yoga practices and the related literature during this period, are available in Vedas (4), Upanishads (108), Smritis, teachings of Buddhism, Jainism, Panini, Epics (2), Puranas (18) etc.

**CO 303.5** The students evaluate the developments of ancient yogic texts and today's modern developments in the society

## **Mapping Function of PO's and CO's & PSO's**

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO303.1</b>	2	3	2	3	3	2	3
<b>CO303.2</b>	3	3	2	2	2	2	2
<b>CO303.3</b>	3	2	2	3	3	3	2
<b>CO303.4</b>	2	3	3	2	2	2	2
<b>CO303.5</b>	2	3	3	3	3	2	3
<b>AVG.</b>	2.5	2.75	2.5	2.5	2.5	2.25	2.25

Internal Marks	External Marks	Total Marks	Total hours	L	T	P	C
25	75	100	45	-	1	2	2
<b>Title of the Course</b>		<b>Yogic practices – II</b>				<b>Code</b>	<b>UYA2304</b>
<b>Core</b>		<b>Second Year &amp; Third Semester</b>				<b>Credit</b>	<b>2</b>
<b>Course Objective</b>		<ul style="list-style-type: none"> <li>To make the students to understand the basic concepts of yogic practices.</li> <li>To prepare the students to know about the significance of practices and techniques.</li> </ul>					
<b>Course Outline</b>		<p><b>UNIT I:</b> Joint Free Exercise with Breathing (Mukunda Stiles) Surya Namaskar -SVYASA</p> <p><b>UNIT II</b> Triyaka Tadasana, Ardha Kati Chakrasana, Ardha Chandrasana, Ardha Chakrasana, Uthita Prasarita Padottanasana, Moordasana, Natarajasana, Namaskarasana, Malasana, Dandasana, Veerasana, Janu Srisasana, Meru Dandasana, Bharadvajasana, Vakrasana, Yoga Dandasana, Eka Pada Srisasana, Supta Vajrasana, Pawanamuktasana, Makrasana, Dhanurasana, Hamsasana, Ardha Srisasana, Savasana.</p> <p><b>UNIT III</b> <b>Pranayama</b> Villoma (Surya, Chandra), Anuloma (Surya, Chandra), Pratiloma, Surya Bhedana, Chandra Bhedana.</p> <p><b>UNIT IV</b> <b>Kriya</b> Shankhaprakshalana Laghoo Shankhaprakshalana Agnisar Kriya</p> <p><b>Bandhas</b> Jalandhara Bandha Uddiyana Bandha Moola Bandha</p> <p><b>Mudras</b> Chin Mudra, Chinmaya Mudra, Adhi Mudra, Brahma Mudra, Bairava Mudra, Nasiga Mudra, Ganesha Mudra, Bhudi Mudra or Varuna Mudra, , Mukula Mudra, Kechari Mudra, Tadagi Mudra, Shanmuki Mudra.</p> <p><b>UNIT V</b> <b>Meditation</b> Japa, soham, Pranava Japa, Ajapa Japa, Antar Mouna, Om meditation, Nadanusandhana.</p>					
<b>References</b>		<p>Iyengar B.K.S (1976) Light on yoga, London, Unwin paper packs Sivananda Saraswathi Swami (1934) Yoga Asanas Mudras : My magazine of India. Satyanada Saraswathi Swami (2008) Asana , Pranayama, Mudra, Bandha, munger: Yoga Publications trust. Iyengar B.K.S (2008) Light on Pranayama, New Delhi, Haper Collins Publishers, India. Chandrasekeran K(1999) Sound Health Through Yoga, sedapatti, Prem Kalyan Publications. Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New York , Pocket books. Yoseshwarananda Saraswathi Swami (1975) First Steps to higher yoga Gangothari, Yoga Niketan trust.</p>					

	<p>Coulter. H David (2001) Anatomy and hatha yoga , USA : Body and Breath Inc.  Kirk Martin (2006)Hatha Yoga Illestrated Champaign, Humenkinetics.  Gharote (2004) Applied yoga, Lonvia, Kaivalyadhama.  Kathy Lee Kappmeier and Diane M Ambrosini (2006) Instructing Hatha Yoga, Champaign : Human Kinetics.  Satyananda Saraswathi Swami (2007) Meditation from Thitantras, Munger, Yoga Publications Trust.</p>
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## Course Outcome

**CO 304.1** To understand the basic concepts of warm up, basic asanas, Surya namaskar of different schools of yoga.

**CO304.2** The art of practicing asanas and its contra indications its benefits to individual needs and helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind;

**CO304.3**The students can understand the technique of pranayama and improve concentration and memory skills

**CO304.4** The students can reap the benefits by practicing bandhas, mudras and kriyas

**CO304.5** The course outcomes give the knowledge of practices of meditation goes beyond the mind to the deepest level of the inner Self.

## Mapping Function of PO's and CO's & PSO's

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO304.1</b>	2	3	2	3	3	2	3
<b>CO304.2</b>	3	3	2	2	2	2	2
<b>CO304.3</b>	2	2	2	3	3	2	3
<b>CO304.4</b>	3	3	3	2	2	2	2
<b>CO304.5</b>	2	3	3	3	3	3	3
<b>AVG.</b>	2.5	2.75	2.5	2.5	2.5	2.25	2.5

Internal Marks	External Marks	Total Marks	Total hours	L	T	P	C
25	75	100	45	-	1	2	2
Title of the Course		Computer Programming				Code	UYA2305
Core		Second Year & Third Semester				Credit	2
Course Objective		<ul style="list-style-type: none"> <li>To enhance the computer knowledge for growth and development of the students.</li> <li>To help the students to create PPT, DOC and help them to learn to send mail for their employment growth.</li> </ul>					
Course Outline		<p><b>UNIT I:</b> <b>MS-WORD</b> Create advertisement in MS WORD To illustrate the concept of mail merging in word. Document creation with scientific notation. Text manipulation with scientific notation. Table creation, table formatting and conversion. Mail Merger and letter preparation. Drawing Flow Chart. Show the different effect for the given text in the document. Create a table of employee and calculate the next salary. Design a table with merge cells and split cells technique.</p> <p><b>UNIT II</b> <b>SPREAD SHEET.</b> To create a Spread Sheet to analyze the marks of the students in a class and to create appropriate charts. Charts in a Spread Sheets. Formula and Formula Editor. Inclusion of objects, pictures and graphics protecting the document and sheet. Sorting and import / export features. Create suitable chart to show the census data in Indian Sports. Create a suitable chart to show the students average in the class. Create an electronic spread sheet of students marks and find the total, average and respective class secured by each student. Generate the numbers vertically starting from 10 to 100 with step value 5.</p> <p><b>UNIT III</b> To create the presentation for the department using the power point. Animation in Power Point Presentation. Designing the Power Point Presentation. Timing for the slides in Power Point Presentation. Background designing in Power Point Presentation. Designing the Power Point Presentation using Audio and Video.</p> <p><b>UNIT IV</b> <b>INTERNET LAB</b> Browsing a Web Site. Composing and Sending Mail. Forwarding and replying to mails.</p>					

	Downloading Articles / Web content. Literature survey using search enquires. <b>UNIT V</b> <b>DBMS LAB</b> Creation of database table with constraints. Modification of data in a table. 28 GUI applications using VB(Single calculator, dollar conversion etc.,) Database Applications using VB(insert, update, delete)
<b>References</b>	<ul style="list-style-type: none"> <li>• Peter Norton, "Introduction to Computers", 6<sup>th</sup> Edition, Tata Megraw Hill.</li> <li>• Ashok N.Kamthane, "Computer Programming", Pearson Education India.</li> <li>• Groff Weinberg, "The complete Reference SQL", '2<sup>nd</sup> Edition, Tata Megraw Hill.</li> <li>• Bott Special Edition using Microsoft office 2007, Pearson Education India.</li> <li>• Gray W.Harsen and James V Harsen(1996) Data Base Management and Design, Prentice Hall.</li> <li>• Jeffrey A Holter, Mary B Prescott, Fred R. Medadden(2002), Modern Database Management, Prentice Hall.</li> </ul>

## Course Outcome

**CO 305.1** The students can understand the basic components of computer and uses of computer in the education field.

**CO 305.2** The students can understand the basic languages in the computer and how to use it in the computer to get best results.

**CO 305.3** The students and evaluate the MS office software and its uses in the field of study and to create their own word document work sheet.

**CO 305.4** The students can create their own power point presentation slides and can use it to demonstrate their creative thinking skills.

## Mapping Function of PO's and CO's & PSO's

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO305.1</b>	2	3	2	3	3	2	3
<b>CO305.2</b>	3	3	2	2	2	2	2
<b>CO305.3</b>	2	2	2	3	3	2	3
<b>CO305.4</b>	3	3	3	2	2	2	2
<b>AVG.</b>	2.67	2.67	2.33	2.33	2.33	2	2.33

Internal Marks	External Marks	Total Marks	Total hours	L	T	P	C
25	75	100	60	3	1	-	4
Title of the Course		Computer Applications in Yoga – I				Code	UYA2306
Core		Second Year & Third Semester				Credit	2
Course Objective		<ul style="list-style-type: none"> <li>To help student to enhance the computer knowledge and help them to create documents for their yogic growth.</li> <li>To help the student to develop the knowledge to conduct webinar.</li> </ul>					
Course Outline		<b>UNIT I:</b> Introduction to computer – Definition – Types of Computers – basic parts- Hardware- Software Input and Output devices- Arithmetic & Logic Unit- Control Unit – CPU- Comparison of human being and computer. Networking Computers – LAN -WAN.					
		<b>UNIT II</b> Microsoft Word: Title Bar, Menu Bar, Standard tool bar – Formatting tool bar – Ruler – Status bar – Task bar. Creating documents – formatting – editing- deleting – copying -saving.					
		<b>UNIT III</b> <b>Microsoft Excel:</b> Title Bar, Menu bar, Standard tool bar – formatting tool bar – Formal bar- Rules – Status bar – Task bar. Creating documents – Formatting – editing – deleting- copying – saving – charts and mathematical operations. <b>Microsoft Power Point:</b> Preparing a slide – Animation- clipart, pictures from file background designing – Computers and Communications- copying – saving- Presentation – working with slides – adding slides – printing – running a slide show Presentations.					
		<b>UNIT IV</b> Internet – Introduction – History – Use – Connection – Worldwide Web – Usage of internet explorer – Search box -E-mail – Outlook express – Inbox, outbox, sent items – Drafts – sending Messages, save, print, reply, forward, previous message and text – Chatting – Role of computer in teaching the techniques of yoga, research and data analyze – literature collection through internet. Web Server Internet Service					
		<b>UNIT V</b> Database creation -Primary Key and other constraints Simple SQL Statements – create – Insert – Update – delete – Select – Commit. Front end tools – Connecting Database with VB – Creating simple Graphical user. Interface applications using VB					
References		<ul style="list-style-type: none"> <li>Venugopal, “Fundamentals of Computers , Prentice All India.</li> <li>Sudharsan C &amp; John Manojkumar Computer Fundamentals, RBA publications, Chennai.</li> <li>Dromwey, How to solve it by computer, Tata Megraw, Gill</li> <li>Jayashree, Computer for beginners, Vikas Publishing House, New Delhi.</li> </ul>					

## **Course Outcome**

**CO 306.1** The students can understand the Hardware Input devices Memory hardware Processing hardware Storage devices Output devices Communication devices Software System software Application software in the computer.

**CO 306.2** The learners can evaluate and understand how to Enter and edit data. Format data and cells.

**CO 306.3** The students can understand and apply how to Construct formulas, including the use of built-in functions, and relative and absolute references. Create and modify charts. Preview and print worksheets.

**CO 306.4** The students can learn the use of internet and the benefits of using the internet and using computers to incorporate the yoga asanas and modifications.

## **Mapping Function of PO's and CO's & PSO's**

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO306.1</b>	2	3	2	3	3	2	3
<b>CO306.2</b>	3	2	2	2	1	2	2
<b>CO306.3</b>	2	2	2	3	3	3	2
<b>CO306.4</b>	3	3	3	2	2	2	2
<b>AVG.</b>	2.67	2.33	2.33	2.33	2	2.33	2



Internal Marks	External Marks	Total Marks	Total hours	L	T	P	C
100	-	100	45	-	1	2	2
<b>Title of the Course</b>		<b>Visiting Fitness centres / Physiotherapy centres</b>			<b>Code</b>		<b>UYA2307</b>
<b>Core</b>		<b>Second Year &amp; Third Semester</b>			<b>Credit</b>		<b>2</b>
<b>Course Objective</b>		<ul style="list-style-type: none"> <li>To help the society with various social activities</li> <li>To bring awareness on yogic practices and yogic food amongst society.</li> </ul>					
<b>Course Outline</b>		<b>UNIT I</b> Pamphlet Distribution					
		<b>UNIT II</b> Valedictory function					
		<b>UNIT III</b> Teaching Yogic Practices to the public					
		<b>UNIT IV</b> Naturopathy food preparation and distribution					
		<b>UNIT V</b> Other Social activities (Tree Planting, Village cleaning)					

### Course Outcome

**CO 307.1** The outcome to this course will make the students improve the communication level and improve leadership qualities and will experience the hands-on training in the fitness centers.

**CO307.2** The outcome to this course will make the students excel in team coordination trust building and understanding of others requirements.

**CO307.3** The outcome to this course will make the students excel in communication skills, sharing qualities of the students will be improved will make the students more responsible citizen.

**CO307.4** The outcome to this course will make the student to enhance their communication qualities and make them a good yoga therapist to be able to work in wellness centers, spa, yoga centers etc.

### Mapping Function of PO's and CO's & PSO's

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
CO307.1	2	2	2	3	3	2	3
CO307.2	3	3	2	2	2	2	2
CO307.3	2	2	2	3	3	3	3
CO307.4	3	3	3	2	2	2	2
<b>AVG.</b>	2.67	2.67	2.33	2.33	2.33	2.33	2.33

## SEMESTER IV

Internal Marks	External Marks	Total Marks	Total Hours	L	T	P	C																																
25	75	100	60	3	1	-	4																																
<b>Title of the Course</b>			<b>Part I – Language Tamil – IV</b>			<b>Code</b>	<b>LT2401</b>																																
<b>Core</b>			<b>Second Year &amp; Fourth Semester</b>			<b>Credit</b>	<b>4</b>																																
<b>Course Objective</b>		<ul style="list-style-type: none"> <li>• To make the students to understand the importance of regional language and its concepts.</li> <li>• To prepare the students to know the heritage and literature works of Tamil language.</li> </ul>																																					
<b>Course Outline</b>		<p>1. செய்யுள்: புறநானூறு : 212, 213, 214, 215, 216</p> <p>அ. 212 பாடியவர்-பிசிராந்தையார், கோப்பெருஞ்சோழனின் மாண்பைப் பாடியதுதிணை -இயன்மொழி “நுங்கோயாரெனவினவின் எங்கோக்... (10 அடிகள்)</p> <p>ஆ. 213 பாடியவர்- புல்லாற்றுர் எயிற்றயினார் கோப்பெருஞ்சோழன் தன் மக்கள் மேல் போருக்குஎழுந்தபோதுபாடியது. வஞ்சித் திணை, துணைவஞ்சித்துறை “மண்டமர் அட்டமதனுடையநோன்றாள்”(24 அடிகள்)</p> <p>இ. 214 கோப்பெருஞ்சோழன் வடக்கிருந்தபோதுபாடியதுபொதுவியல் திணை , பொருண்மொழிக்காஞ்சித்துறை “செய்குவம் கொல்லோநல்வினைஎனவே” (13 அடிகள்)</p> <p>ஈ. 215 கோப்பெருஞ்சோழன் பிசிராந்தையார் வருவார் எனப் பாடியது. பாடாண் திணை, இயன்மொழித்துறை “கதவைக் கதிர் வரகின் அவைப்புறுவாக்கல்...”(9 அடிகள்)</p> <p>உ. 216 கோப்பெருஞ்சோழன் பாடல், பாடாண்திணைஇயன்மொழித் துறை.“கேட்டல் மாத்திரைஅல்லதுயாவதும்...” 12 அடிகள்</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <tr> <td colspan="4" style="text-align: center;">குறுந்தொகை : பாடல் எண், 2, 3, 16, 20, 31, 40, 49, 69, 124, 167</td> </tr> <tr> <td style="width: 25%;">பா.எண் 2</td> <td style="width: 5%;">-</td> <td style="width: 50%;">குறிஞ்சித்திணை</td> <td style="width: 20%;">- தலைவன் கூற்று</td> </tr> <tr> <td></td> <td></td> <td>இறையனார்</td> <td>“கொங்குதேர் வாழ்க்கை ...”5</td> </tr> <tr> <td>பா.எண்.3</td> <td>-</td> <td>குறிஞ்சித்திணை</td> <td>- தலைவிகூற்று</td> </tr> <tr> <td></td> <td></td> <td>தேவகுலத்தார்</td> <td>“நிலத்தினும்பெரிதே...”4</td> </tr> <tr> <td>பா.எண்.16</td> <td>-</td> <td>பாலைத்திணை</td> <td>- தோழிகூற்று</td> </tr> <tr> <td></td> <td></td> <td>பாலைபாடியபெருங்கடுங்கோ</td> <td>“உள்ளார் கொல்லோதோழி....5</td> </tr> <tr> <td>பா.எண். 20</td> <td>-</td> <td>பாலைத்திணை</td> <td>- தலைவிகூற்று</td> </tr> </table>						குறுந்தொகை : பாடல் எண், 2, 3, 16, 20, 31, 40, 49, 69, 124, 167				பா.எண் 2	-	குறிஞ்சித்திணை	- தலைவன் கூற்று			இறையனார்	“கொங்குதேர் வாழ்க்கை ...”5	பா.எண்.3	-	குறிஞ்சித்திணை	- தலைவிகூற்று			தேவகுலத்தார்	“நிலத்தினும்பெரிதே...”4	பா.எண்.16	-	பாலைத்திணை	- தோழிகூற்று			பாலைபாடியபெருங்கடுங்கோ	“உள்ளார் கொல்லோதோழி....5	பா.எண். 20	-	பாலைத்திணை	- தலைவிகூற்று
குறுந்தொகை : பாடல் எண், 2, 3, 16, 20, 31, 40, 49, 69, 124, 167																																							
பா.எண் 2	-	குறிஞ்சித்திணை	- தலைவன் கூற்று																																				
		இறையனார்	“கொங்குதேர் வாழ்க்கை ...”5																																				
பா.எண்.3	-	குறிஞ்சித்திணை	- தலைவிகூற்று																																				
		தேவகுலத்தார்	“நிலத்தினும்பெரிதே...”4																																				
பா.எண்.16	-	பாலைத்திணை	- தோழிகூற்று																																				
		பாலைபாடியபெருங்கடுங்கோ	“உள்ளார் கொல்லோதோழி....5																																				
பா.எண். 20	-	பாலைத்திணை	- தலைவிகூற்று																																				

		கோப்பெருஞ்சோழன்	-	“அருளும் அன்பும் நீக்கித் ...”4
பா.எண். 31	-	மருத்திணை	-	தலைவிகூற்று
		ஆதிமந்தியார்	-	“மள்ளார் குழிகியவிழவினாலும் 6
பா.எண். 40	-	குறிஞ்சித் திணை	-	தலைவன் கூற்று
		செம்புலப்பெயல் நீரார்	-	“யாயும் ஞாயும்...” 5
பா.எண்.49	-	நெய்தல் திணை	-	தலைவிகூற்று
		அம்முவனார்	-	“அணிற் பல்லன்ன ...5
பா.எண்.69	-	குறிஞ்சித்திணை	-	தோழிகூற்று
		கடுந்தோட் கரவிரனார்	-	“கருங்கண் தாக்கலை ... 6
பா.எண். 124	-	பாலைத்திணை	-	தோழிகூற்று
		பாலைபாடிய பெருங்கடுங்கோ	-	உமணர் சேர்ந்து ...4
பா.எண்.167	-	முல்லைத்திணை	-	செவிலித்தாய் கூற்று
		கூடலூர்கிழார்	-	“முனிதயிர் பிசைந்த ...6
கலித்தொகை		நெய்தற்கலி 133	-	“மாமலர் முண்ட ...
		பாலைக்கலி 9	-	“எறித்தருகதிர்த் ...
		பட்டினப்பாலை	-	முழுவதும்

இலக்கணம்: திணை,துறை, விளக்கம்  
நாடகம்: “பாண்டியன் பரிசு”- பாரதிதாசன்  
இலக்கியவரலாறு: பாடம் தழுவியஇலக்கியவரலாறுசங்கஇலக்கியங்கள்: பாட்டும் தொகையும்  
மொழிபெயர்ப்பு :அலுவலகக் கடிதம் (ஆங்கிலத்திலிந்து தமிழில் மொழிபெயர்த்தல்)  
இடம் சுட்டிப்பொருள் விளக்கம் செய்யுட் பகுதியில் அமைதல் வேண்டும்.

<b>References</b>	<ul style="list-style-type: none"> <li>• புறநானூறு – ஓளவைதுரைசாமி – தமிழ்மண்பதிப்பகம், சென்னை</li> <li>• புறநானூறுமூலமும்எளியஉரையும் – இர. பிரபாகரன் – காவ்யாபதிப்பகம், சென்னை</li> <li>• குறுந்தொகை – உ. வே. சாமிநாதையர், உ. வே. சா. நூல்நிலையம், அடையார், சென்னை.</li> <li>• குறுந்தொகை – பொ. வே. சோமசுந்தரனார், சைவசித்தாந்தநூற்பதிப்புக்கழகம், சென்னை</li> </ul>
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## Course Outcome

**CO 401.1** The students enhance their Tamil spoken and written language skills and to bring out the talents of the students in the Tamil language and show case it out to the society.

**CO 401.2** The students understand and can remember the various literatures in Tamil and can inculcate the habit of being well versed in Tamil literature.

**CO 401.3** The students evaluate and conduct various competitions and events to cherish the greatness of the Tamil Language.

**CO 401.4** The Learners can apply and disseminate knowledge by conducting workshops and events related to various social cause.

**CO 401.5** The Learners can understand the Translation techniques and letter writing skills which will be useful in their future workshops.

## Mapping Function of PO's and CO's & PSO's

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO401.1</b>	2	2	2	3	3	2	3
<b>CO401.2</b>	1	3	2	2	2	2	2
<b>CO401.3</b>	2	2	2	1	3	3	1
<b>CO401.4</b>	3	3	3	2	2	2	2
<b>CO401.5</b>	1	2	2	2	1	2	1
<b>AVG.</b>	2	2.33	2.33	1.67	2	2.33	1.33

Internal Marks	External Marks	Total Marks	Total hours	L	T	P	Credit
25	75	100	60	3	1	-	4
Title of the Course		Part II – Language English – IV				Code	BSY
Core		Second Year & Fourth Semester				Credit	4
Course Objective		<ul style="list-style-type: none"> <li>To make the students to understand the importance of English language and its concepts.</li> <li>To prepare the students to know the heritage and literature works of English language</li> </ul>					
Course Outline		<p><b>UNIT I – Prose</b>  <b>Classic Assets (Emerald Publishers)</b>  Tree Speaks - C. Rajagopalchari  Nehru – Some Memories - Arnold Toynbee  Tolerance - E.M.F orster  The lion and the lamb - Leonard Clark  Professions for women - Virginia Woolf  Little Things - Samuel Smiles</p> <p><b>UNIT II –Drama</b>  <b>Selected Scenes from Shakespeare's Plays - Book I (Emerald Publishers)</b>  Funeral Oration (Julius Caesar)  Trial for a Pound of flesh (The Merchant of Venice)  He kills Sleep (Macbeth)  Play out a play (Henry IV Part I)  Patterns of Love (As You Like It)</p> <p><b>UNIT III - Fiction</b>  Arthtur Conan Doyle - The Hound of the Baskervilles -Abridged by Aanand Kuma Raju (Blackie Books)</p> <p><b>UNIT IV</b>  Grammar- Phrasal Verbs- Transformation of sentences negatives, voice, direct and indirect, changing clauses into phrases and phrases into clauses, common errors completing the sentences synonym, antonym, word class use in sentences (Idioms- popular ones only).</p> <p><b>UNIT V</b>  functional English letter writing (Formal), CV, Paragraph writing use in sentences (Idioms- text based), A Hand book of English grammar- Dr. H.M. Williams and Dr. V. Saraswathi (Anu Chitra Publications)</p>					
References		<ol style="list-style-type: none"> <li>Classic Assets (Emerald Publishers)</li> <li>Drama Selected Scenes from Shakespeare's Plays - Book I (Emerald Publishers)</li> <li>Arthtur Conan Doyle - The Hound of the Baskervilles -Abridged by Aanand K11ma Raí11 (Blackie Books)</li> <li>A Hand book of English grammar- Dr. H.M. Williams and Dr. V. Saraswathi (Anu Chitra Publications)</li> </ol>					

## **Course Outcome**

**CO 402.1** The students understand be able to - imbibe ethical, moral, national and cultural values through various forms of literature.

**CO 402.2** the student should be enabled to write an original, dialogue, story one-act play, poems etc.

**CO 402.3**The learners can remember and write description of people, places and things and respond imaginatively to textual questions and write paragraphs, letters. (Personal and official) simple, narrative pieces, reports, notices, messages, diary entries etc., also make notes and summaries.

**CO 402.4** The students can apply how to put ideas in proper sequence, narrate simple experiences and series of events to convey its essence and intention, describe accurately what he/she observes and experiences

**CO 402.5** The Students can evaluate and pronounce English Correctly and intelligibly, use appropriate word stress, sentence stress and elementary intonation patterns, speak intelligibly while making statements, asking question, giving instructions and commands, reporting events

## **Mapping Function of PO's and CO's & PSO's**

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO402.1</b>	2	2	2	3	3	2	3
<b>CO402.2</b>	2	2	2	2	2	2	2
<b>CO402.3</b>	2	3	2	2	3	3	2
<b>CO402.4</b>	3	3	3	2	2	3	2
<b>CO402.5</b>	1	2	2	2	1	2	1
<b>AVG.</b>	2	2.67	2.33	2	2	2.67	1.67

Internal Marks	External Marks	Total Marks	Total hours	L	T	P	Credit
25	75	100	60	3	1		4
Title of the Course		Methodology of Teaching Yoga				Code	UYA2401
Core		Second Year & Fourth Semester				Credit	4
Course Objective		<ul style="list-style-type: none"> <li>• To make the students understand the basic concepts of methods of yogic practices.</li> <li>• To prepare the students to know about the significance of methods of yogic practices in real life.</li> </ul>					
Course Outline		<b>UNIT I :-Education</b> Yoga education, goal, scope and importance, principles of teaching yoga, yogic psychology, physiological, pedagogical, sociological, Meaning of methodology of teaching- factors influencing methodology, presentation technique, role of language, voice, fluency, clarity and body language in teaching, factors of yoga education: Teacher, student and teaching- guru-shishya Parampara, types of students and teachers- promotion of leadership qualities.					
		<b>Unit II:-Methods in yoga teaching</b> Lecture method, response to instruction method, individualized instructional method, group discussion method, directed practice method, project method, demonstration method, lecture cum demonstration method, imitation method, dramatization method, sources of teaching methods.					
		<b>Unit III:-Teaching aids</b> Audiovisual aids, visual aids, audio aids, models, props(wooden brick and foot rest belt, ropes, slanting, plank, chair, stool, bench, box, the heart rate, ladder stool and drum, bolster and pillow, bandage, weight, the horse, big and small.					
		<b>UNIT IV: Preparing a lesson plan</b> Essentials of lesson plan, Advantages of preparing a good lesson plan, Contents of a lesson plan, class management- formation of the class, conducting yoga practical lessons: Precautions and contra-indications of practices, Lesson plan: Assembly and roll call, Relaxation & prayer, Loosening the joints, Introduction of the practice, Demonstration, Individual practice, Group practice, Yoga games(if time permits), Question and answer session, Relaxation, End prayer.					
		<b>UNIT V</b> Organizing yoga class, Yoga camp, Workshops in yoga, Yoga tour, Yoga games are competitions, Classification of age groups for competitions, Evaluation, Advantages, Devices of evaluation.					
References		<ul style="list-style-type: none"> <li>• Gharote M. L and Ganguly S.K (2001) Teaching methods for yogic practices Lonovala kaivalayadama .</li> <li>• Sivananda yoga teachers manual, val morin: Sivananda ashram yoga camp.</li> <li>• Anandamitra (1991) teachers manual Calcutta: Ananda marga pracaraka samgha.</li> <li>• Thirunarayanan and Hariharan (1975) Methods in physical education, Karaikudi.</li> <li>• Basavaraddi Ishwar (2010) Yoga Teachers's manual for school teachers, New Delhi: Moraji Desai National Institute of Yoga.</li> </ul>					

## **Course Outcome**

**CO 403.1** The learners coordinate and understand a sense of purpose and direction. Having a sense of direction for each class is immensely liberating.

**CO 403.2** The learners apply and evaluate the course plan to know what progress it has made towards achieving the goal.

**CO 403.3** The students can enhance their teaching skills and become successful trainer in Yoga therapy and contribute towards creating awareness among everyone about this old Indian tradition that helps in transforming body and mind and promoting well-being of the society.

**CO 403.4** The students can analyze the participant's capabilities and limitations and thus designing individual asana plan that fit them.

**CO 403.5** The students can apply and conduct and participate in various camps and workshops to promote yoga as a remedy for different health issues in the modern world.

## **Mapping Function of PO's and CO's & PSO's**

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO403.1</b>	2	2	2	3	3	2	3
<b>CO403.2</b>	3	2	3	2	2	2	2
<b>CO403.3</b>	2	3	2	2	3	3	3
<b>CO403.4</b>	3	3	3	2	2	3	2
<b>CO403.5</b>	2	2	2	3	2	2	2
<b>AVG.</b>	2.33	2.67	2.33	2.33	2.33	2.67	2.33



Internal Marks	External Marks	Total Marks	Total Hours	L	T	P	C
25	75	100	45	1	-	2	2
Title of the Course		YOGIC PRACTICES – IV				Code	UYA2402
Core		Second Year & Fourth Semester				Credit	2
Course Objective		<ul style="list-style-type: none"> <li>To make the students to understand the basic concepts of To prepare the students to know about the significance of health, fitness,wellness,nutrition and yogic diet of the Yoga in society.</li> </ul>					
Course Outline		<b>Unit I</b> Loosening the Joints - (Baba Ramdev) Surya Namaskar- Vinyasa (Kneeling, Lunge, Jumping)					
		<b>Unit II: Asanas</b> Padahastasana, Virabhadrasana II, Uthita Trikonasana, Vrikshasana, Garudasana, Baddha Konasana, Siddha Yonisana, Paschimottanasana, Navasana, Ardha Matsyendrasana, Kukkutasana, Halasana, Sarvangasana, Matsyasana, Chakarasana, Bhujangasana, Salabhasana, Naukasana, Dhanurasana, Vajrasana, Ushtrasana, Eka Pada Raja Kapotasana, Sirshasana, Savasana.					
		<b>Unit III: Pranayama</b> Yogic Breathing, Kapalbhati, Bhramari, Ujjayi, Sheetal, Sheetkari, Bhastrika, Nadi Shodhana.					
		<b>UnitIV:Kriya:</b> Jala Neti , Sutra Neti, Jal Kapalbhati. <b>Bandhas:</b> Jalandhara Bandha, Uddiyana Bandha, Moola Bandha. <b>Mudras:</b> Chin Mudra, Chinmaya Mudra, Adhi Mudra,Brahma Mudra, Bairava Mudra, Bairavi Mudra, Nasiga Mudra, Shanmuki Mudra, Viparita Karani Mudra, Yoga Mudra, Ashwini Mudra, Nasiga Mudra.					
		<b>UNIT V: Meditation</b> Yoga Nidra, Raja Yoga Meditation, Trataka Meditation, Chakra Meditation.					
References		<ul style="list-style-type: none"> <li>Iyenger B.K.S (1976) Light On Yoga,London, Unwin Paperpacks.</li> <li>Sivananda Saraswati Swami (1934) Yoga Asanas Madras: My Magazine Of India.</li> <li>Iyenger B.K.S (2008) Light On Pranayama, New Delhi: Haper Collins Publishers India.</li> <li>Chandersekaran K(1999) Sound Health Through Yoga, Sedapatti: Prem Kalyan Publications.</li> <li>Vishnu Devanananda Swami (1972) The Complete Illustrated Book Of Yoga, New York: Pocket Books.</li> </ul>					

## **Course Outcome**

**CO 404.1** To understand the basic concepts of warm up, basic asanas, Surya namaskar of different schools of yoga.

**CO404.2** The art of practicing asanas and its contra indications its benefits to individual needs and helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind;

**CO404.3**The students can understand the technique of pranayama and improve concentration and memory skills

**CO404.4** The students can reap the benefits by practicing bandhas, mudras and kriyas

**CO404.5** The course outcomes give the knowledge of practices of meditation goes beyond the mind to the deepest level of the inner Self.

## **Mapping Function of PO's and CO's & PSO's**

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO404.1</b>	2	2	2	3	3	2	3
<b>CO404.2</b>	3	3	3	2	2	2	2
<b>CO404.3</b>	2	3	2	2	3	3	3
<b>CO404.4</b>	3	3	3	3	2	3	2
<b>CO404.5</b>	2	2	2	3	2	2	2
<b>AVG.</b>	2.33	2.67	2.33	2.67	2.33	2.67	2.33

Internal Marks	External Marks	Total Marks	Total hours	L	T	P	C
25	75	100	45	1	-	2	2
Title of the Course		TEACHING PRACTICES				Code	UYA2403
Core		Second Year & Fourth Semester				Credit	2
Course Objective		<ul style="list-style-type: none"> <li>To make the students to understand and experience the basic concepts of yoga and its scientific concepts.</li> <li>To prepare the students to know about the significance of yoga and its applications to the society.</li> </ul>					
Course Outline		Teaching practice will be organized for 15 days during IV semester. The assessment of the student is internal for 100 marks. Student should design programme in yoga and are to teach practice and train in yoga therapy for 15 days.					

### Course Outcome

**CO 405.1** The students learn the central teachings of yoga and mindfulness into everything and how to articulate this in a way that speaks to today's modern world.

**CO 405.2** The students apply the Movement Patterns & Motor Learning, Functional Sequence Design and the Sensorimotor System

**CO 405.3** The students gain a solid foundation to begin a personal yoga practice that is immediately transferrable to their life.

**CO 405.4** The students will gain skills for heightened musculoskeletal and mental health along with tools for stress resilience and overall wellness.

### Mapping Function of PO's and CO's & PSO's

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
CO405.1	2	2	2	3	3	2	3
CO405.2	3	3	3	2	2	1	2
CO405.3	2	2	2	3	1	2	3
CO405.4	1	3	3	2	2	3	2
AVG.	1.5	2.5	2.5	2.5	1.5	2.5	2.5

Internal Marks	External Marks	Total Marks	Total hours	L	T	P	C
25	75	100	60	3	1	-	4
Title of the Course		ENVIRONMENTAL STUDIES				Code	UYA2404
Core		Second Year & Fourth Semester				Credit	4
Course Objective		<ul style="list-style-type: none"> <li>To make the students to understand the basic concepts of environment and its importance.</li> <li>To prepare the students to know the significance of biodiversity and its ecofriendly method</li> </ul>					
Course Outline		<b>UNIT I</b> Definition, scope and importance- need for public awareness					
		<b>UNIT II</b> Natural resources- water, forest, minerals, food energy, land, solar, wind, geothermal.					
		<b>Unit III</b> Environmental pollution- definition, causes, effects and control measure of air pollution, water, soil, noise, nuclear pollution.					
		<b>UNIT IV</b> Social issues and the environment- urban problems related to energy-water conservation- rain water harvesting- water shield management-Environmental ethics- climate change- global warming – acid rain- ozone layer depletion.					
		<b>UNIT V</b> Human population and the environment – population growth variation among nation – population explosion- family welfare programme- environment and human wealth.					
References		<ul style="list-style-type: none"> <li>C.P.R Environmental Education center, Chennai: Environmental studies for under graduate students.</li> <li>K.Kumaraswamy Environmental studies ;A text Book for all under graduate courses, Bharadhithidasan University, Triuchirapalli.</li> </ul>					

## **Course Outcome**

**CO 406.1** The students can understand and create the awareness about environmental problems among people.

**CO 406.2** The students can evaluate and impart basic knowledge about the environment and its allied problems.

**CO 406.3** The students will Develop an attitude of concern for the environment.

**CO 406.4** The students can be Motivating public to participate in environment protection and environment improvement.

**CO 406.5** The students Acquire skills to help the concerned individuals in identifying and solving environmental problems.

## **Mapping Function of PO's and CO's & PSO's**

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO406.1</b>	2	2	2	3	3	2	3
<b>CO406.2</b>	3	3	3	2	2	1	2
<b>CO406.3</b>	2	2	2	3	1	2	3
<b>CO406.4</b>	1	3	3	2	2	3	2
<b>CO406.5</b>	2	3	2	1	3	2	3
<b>AVG.</b>	1.5	3	2.5	1.5	2.5	2.5	2.5

Internal Marks	External Marks	Total Marks	Total hours	L	T	P	Credit
25	75	100	45	-	1	2	2
Title of the Course		VISITING EDUCATIONAL INSTITUTION				Code	UYA2405
Core		Second Year & Fourth Semester				Credit	2
Course Objective		1. To make the students to understand and experience the basic concepts of yoga and its scientific concepts. 2. To prepare the students to know about the significance of yoga and its applications to the society.					
Course Outline		Teaching practice will be organized for 1 day during IV semester. The assessment of the students is internal for 100 marks. Students should design programme in yoga and are to teach practice and train in educational institutions for 1 day.					

### Course Outcome

**CO 407.1** The students can understand and apply their knowledge also by mastering skills such as critical thinking, problem solving and teamwork.

**CO 407.2** To give wings to student's imagination in the field of yoga therapy.

**CO 407.3** To make the students realize the simultaneous opportunities for leadership and the group participation.

**CO 407.4** To promote the art of the eloquence of speech among the students. To promote a healthy debate amongst participants.

**CO 407.5** To promote the students for integration and development of organizing skill in the development of yoga

### Mapping Function of PO's and CO's & PSO's

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
CO407.1	2	2	2	3	3	2	3
CO407.2	3	3	3	2	2	2	2
CO407.3	2	2	2	2	3	2	3
CO407.4	2	3	2	2	2	2	1
CO407.5	2	3	2	1	3	2	3
AVG.	2	3	2	1.5	2.5	2	2

## SEMESTER V

Internal Marks	External Marks	Total Marks	Total Hours	L	T	P	C
25	75	100	60	3	1	-	4
Title of the Course		<b>YOGA THERAPY</b>				Code	<b>UYA2501</b>
Core		<b>Third Year and fifth Semester</b>				Credit	<b>4</b>
Course Objective		<ul style="list-style-type: none"> <li>• To make the students to understand the basic concepts of Yoga Therapy.</li> <li>• To prepare the students to know about the significance of the Yoga Therapy in real life.</li> </ul>					
Course Outline		<b>Unit I:</b> History of yoga therapy- Essence and Principles of Yoga therapy- Physiology and pathology in the yoga- Shatra- koshas- doshas- Panchaprana- Application of Yoga and its types — Methodology in Yoga Therapy — Factors (Heyam, Hetu, Hanam and Upayam) — Methods (Darsanam, sparsanam, Prasanam, NadiPariksa) Examination of Vertebra, joints, muscles, Abdomen and Nervous system and therapeutic yoga practices- Modification of yogic practices - Yogic diet- Yogic diet for Human systems- Nadis and chakras					
		<b>Unit II:</b> Application of traditional Indian medical systems and therapies: Ayurveda — Dos-has, Dinacarya, Ayurvedic diet, Panchakarma therapy, Ritucharya, Siddha -Five elements theory, physical constituents. Pathology (kayakalpa, Kitchen- Herbal and other types of medicines), Varmam and Thokkanam, Exercise Therapy, Cryo therapy, Acupressure, Acupuncture, Chrome therapy, Magnet therapy, Music therapy, Pranic healing, Magento therapy, Naturopathy, Modalities of Naturopathy, Diagnostic methods in Siddha.					
		<b>Unit III:</b> Therapeutic applications in yoga for High blood pressure, Obesity, Diabetes Mellitus, Cholesterol, Asthma, Sinusitis, Migraine, Arthritis, Back pain, Ankle pain, Neck pain, Knee pain, Shoulder pain, sciatica, Thyroid problems. constipation, impotency, infertility, stroke, epilepsy, Parkinson's disease, sleep disorders, skin diseases, insomnia, Anemia					
		<b>Unit IV:</b> Therapeutic applications in yoga for psychological disorders: Neurosis: stress, depression, eating disorders, suicide, hysteria Psychosis: Schizophrenia, autism, bipolar disorders, dementia Personality disorders' Paranoid, histrionic, drug addicts Smoking Alcoholism, Gambling — Anti social activities					
		<b>Unit V:</b> Therapeutic applications for the problems of women- Amenorrhea, Dysmenorrhea, menorrhagia, Hypomenorrhea, oligomenorrhoea, polymenorrhagia, leucorrhoea, uterus related problems, miscarriage, pregnancy- Pre and postnatal care, Uterine Fibroids, Menopause, Urinary Incontinence					
References		<ol style="list-style-type: none"> <li>1. Balkrishna Acharya (2006) Ayurveda its Principles and Philosophies, Haridwar: Divya Prakashan</li> <li>2. Atharale V.B. (1980) Basic Principles of Ayurveda, Bombay: Pediatric Clinics</li> <li>3. Frawley David (2000) Yoga and Ayurveda, Delhi: Motila! Banarsidass</li> </ol>					

	<p>Publishers Pvt Ltd</p> <ol style="list-style-type: none"> <li>4. Balkrishna Acharya (2012) A Practical Approach to the Science of Ayurveda, Haridwar: Divya Prakashan</li> <li>5. Frawley David and Sandra Summerfield Kozak (2011) Yoga for Your Type, New Delhi: New Age Books</li> <li>6. Vasant Dattatray Lad (2007) Secrets of the Pulse The Ancient Art of Ayurvedic Pulse Diagnosis , Delhi : Motila! Banarsidass Publishers Pvt Ltd</li> <li>7. Ashwini yogi (2011) Sanatan Kriya, the Ageless Dimension, New Delhi: Dhyana Foundation</li> <li>8. Stiles Mukunda (2009) Ayurvedic Yoga therapy, New Delhi: New Age Books</li> <li>9. Sivananda Swami (2006) Practice of Ayurveda Shivanandanagar : The Divine Life Society</li> <li>10. Atreya (2000) Ayurvedic Healing for Women, Delhi: Motila! Banarsidass</li> </ol>
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### **Course Outcome**

**CO 501.1** The students remember the therapeutic methods in treating the persons according to their individual needs.

**CO 501.2** The students understand the importance of traditional Indian systems of medicine and use it in therapeutic way to treat illness according to the individual needs

**CO 501.3** The students enhance their skills in treating all non-communicable diseases in the therapeutic way.

**CO 501.4** The students evaluate the importance of treating any psychological disorders in a therapeutic manner.

**CO 501.5** The students understand the problems of women and remedy in the yoga therapy

### **Mapping Function of PO's and CO's & PSO's**

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO501.1</b>	2	2	2	3	3	2	3
<b>CO501.2</b>	3	3	3	2	2	3	2
<b>CO501.3</b>	2	2	2	2	3	2	3
<b>CO501.4</b>	3	3	2	2	2	3	2
<b>CO501.5</b>	2	3	3	2	3	2	3
<b>AVG.</b>	2.5	3	2.5	2	2.5	2.5	2.5



Internal Marks	External Marks	Total Marks	Total hours	L	T	P	C
25	75	100	60	3	1	-	4
Title of the Course		Yoga and Psychology				Code	UYA2502
Core		Third Year & Fifth Semester				Credit	4
Course Objective		<ul style="list-style-type: none"> <li>To make the students to understand the basic concepts of Psychology at all stages of life.</li> <li>To prepare the students to understand the significance of Psychology and personality development through yoga.</li> </ul>					
Course Outline		<b>Unit I:</b> Psychology Meaning, Definitions, Need, Scope of Psychology-Psychology and Yoga, Role of yoga on Heredity And Environment, Learning, Emotions, Memory, Cognition, Intelligence, Attention, Personality					
		<b>Unit II:</b> Growth and Development: Life Span Periods, Yoga for Different Stages of Life Infancy, Early Childhood, Later Childhood, Adolescence, Adulthood, Old age, Women Yoga for Professional People					
		<b>Unit III:</b> 5 Elements, Koshas, Doshas, Gunas, Nadis and Chakras, Mind, Types Of Mind, Folds, Mental Faculties, Stages, States, Sources and Powers of Mind, Unfolding Power Of Mind, Yoga For Super-Consciousness					
		<b>Unit IV:</b> Spirituality: Meaning, Definition, Role of Yoga and Religion on Spirituality, Values, Types Of Values, Divine Virtues. Methods Of Developing Spirituality					
		<b>Unit V:</b> role of yoga on psychological qualities and psychological disorders anxiety, phobias, obsessions, compulsions, stress, hysteria, depression, suicide, eating disorders, suicide. <b>psychosis:</b> schizophrenia, autism, dementia, bipolar, mental retardation <b>personality disorders :</b> paranoid histrionic, drug addicts, gambling, alcoholism <b>smoking, anti-social personality disorders</b>					
References		<ol style="list-style-type: none"> <li>1. Kamlesh,M.L(1988)Psychology In Physical education and sports,new delhi:metropolitan.</li> <li>2. Elangovan.R.,(2001)udarkalvi ulaviyal,thirunelveli publications.</li> <li>3. Gita Mathew,(1997)sports psychology,shejin and shiju brothers,karakudi</li> <li>4. Gird.et al.,(1981) psychology, Glenview:scott foresmen and company Bringle Robert etal.,(1981) understaning</li> </ol>					

## **Course Outcome**

**CO 502.1** The students understand the similarities and dissimilarities between yoga and psychology and are to learn about the mind's subconscious, the mind's consciousness and the reasons for human behavior.

**CO 502.2** The students evaluate the methods of applying yoga therapy for treating mental disorders, other biological diseases, and learn the way the mind functions with memory and emotion.

**CO 502.3** The students remember the therapeutic methods which focuses on understanding the human mind, and the way in which it interprets and interacts with the world

**CO 502.4** The students will apply the therapy methods in the process of analyzing behavior, in an attempt to understand what is considered healthy and productive, and which behavioral traits are less desirable.

**CO 502.5** The students understand the knowledge of therapy and emphasis on the use of objective measurements of mental health

## **Mapping Function of PO's and CO's & PSO's**

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO502.1</b>	2	2	2	3	3	2	3
<b>CO502.2</b>	3	3	3	2	2	3	2
<b>CO502.3</b>	2	2	2	2	2	2	2
<b>CO502.4</b>	3	2	2	3	2	3	2
<b>CO502.5</b>	2	3	3	2	3	2	3
<b>AVG.</b>	2.5	2.5	2.5	2.5	2.5	2.5	2.5

Internal Marks	External Marks	Total Marks	Total hours	L	T	P	C
25	75	100	45	-	1	2	2
<b>Title of the Course</b>		<b>Yogic practices – V</b>		<b>Code</b>	<b>UYA2503</b>		
<b>Core</b>		<b>Third Year and fifth Semester</b>		<b>Credit</b>	<b>2</b>		
<b>Course Objective</b>		<ul style="list-style-type: none"> <li>To make the students to understand the basic concepts of Yoga Therapy.</li> <li>To prepare the students to know about the significance of the Yoga Therapy in real life.</li> </ul>					
<b>Course Outline</b>		<p><b>Unit I:</b> Pawanamuktasana Series 1,2,3,(Bihar School Of Yoga) Surya Namaskar-Vinyasa(Kneeling,Lunge,Jumping)</p> <p><b>Unit II:</b> <b>Asana:</b> Parsava Konasana,Parivritha Parsva Konasana,Uthita Parivrita Trikonasana,VirabhadrasanaIII,Triaga mukha eka pada paschimottanasana,akarna dhanurasana,marichiyasana,virasana,simhasana,bhadrasana,svastikasana,tittibasana,b humasana,karnapidasana,padma sarvangasana,kandharaasana,sethu bandha sarvangasana,poorna chakrasana,shashangasana,mayurasana, padma mayurasana,salamba sirasana,vyagarasana,bakasana, savasana</p> <p><b>Unit III:</b> <b>Pranayama:</b> Moorcha pranayama Anulomavilloma Sadanta pranayama Pranayama with kumbhaka and bandhas</p> <p><b>Unit IV:</b> <b>Kriya:</b> Danda Dhauti,Vastra Dhauti,Nauli(Madhyama,Vaman Dakshina Mudras: Yoni mudra,lotus mudra,dhyani mudra,shakthi mudra,sambhavi mudra, pashinee mudra, maha mudra,maha bheda mudra,ksepana mudra,apana vayu mudra</p> <p><b>Unit V:</b> <b>Meditation:</b> Nine centered meditation,preksha meditation mindfulness-based stress reductiontechnique</p>					
<b>References</b>		<ul style="list-style-type: none"> <li>Iyenger B.K.S(1976) Light on yoga,London,unwin paperbacks.</li> <li>Swami sivananda saraswathi(1934)yoga asanas mudras: my magazine of india.</li> <li>Swami satyananda saraswathi (2008) asana pranayama mudra bandha,munger,yoga publication trust</li> <li>Swami Vishnu devananda (1972)the complete illustrated book of yoga,New York :pocket books.</li> <li>Gharote(2004)applied yoga lonvla:kaivalyadhama.</li> </ul>					

## **Course Outcome**

**CO 503.1** To understand the basic concept of vinyasa flow for gaining strength and flexibility.

**CO 503.2** The students can understand the technique of pranayama and improve concentration and memory skills

**CO 503.3** The students can reap the benefits by practicing bandhas, mudras and kriyas

**CO 503.4** The course outcomes give the knowledge of practices of meditation goes beyond the mind to the deepest level of the inner Self.

## **Mapping Function of PO's and CO's & PSO's**

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO503.1</b>	2	2	2	3	3	2	3
<b>CO503.2</b>	3	3	2	2	2	2	2
<b>CO503.3</b>	2	2	3	2	3	2	2
<b>CO503.4</b>	2	2	2	3	2	3	2
<b>AVG.</b>	2	2	2	3	2	3	2

Internal Marks	External Marks	Total Marks	Total Hours	L	T	P	C
25	75	100	45	-	1	2	2
<b>Title of the Course</b>		<b>Psychological testing</b>				<b>Code</b>	<b>UYA2504</b>
<b>Core</b>		<b>Third Year and fifth Semester</b>				<b>Credit</b>	<b>2</b>
<b>Course Objective</b>		<ul style="list-style-type: none"> <li>• To make the students to understand the basic concepts of human psychology.</li> <li>• To prepare the students to test the psychological variables by using apparatus and questionnaire.</li> </ul>					
<b>Course Outline</b>		Anxiety Assertiveness Study Skills Job Satisfaction Emotional Maturity General Mental Alertness Attitude Adjustment Division of Attention Steadiness Learning Reaction Time					
<b>References</b>		<ul style="list-style-type: none"> <li>• Kamlesh,M.L(1988)Psychology In Physical education and sports,new delhi:metropolitan.</li> <li>• Elangovan.R.,(2001)udarkalvi ulaviyal,thirunelveli publications.</li> <li>• Gita Mathew,(1997)sports psychology,shejin and shiju brothers,karakudi</li> <li>• Gird.et al.,(1981) psychology, Glenview:scott foresmen and company</li> <li>• Bringle Robert etal.,(1981) understaning</li> </ul>					

## Course Outcome

**CO 504.1** the students understand the knowledge and apply the psychological tests that are used as questionnaire purposes.

**CO 504.2** The students can identify the emotional disorder and Personality problem and rate them according to the questionnaire.

**CO 504.3** The students remember the psychological tests that are used to measure intelligence levels to identify the intellectual efficiency of individuals.

**CO 504.4** The students apply the knowledge in understanding the individual characteristics and capabilities, through the collection, integration, and interpretation of information about an individual

## Mapping Function of PO's and CO's & PSO's

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO504.1</b>	2	2	2	3	3	2	3
<b>CO504.2</b>	3	3	2	2	2	3	2
<b>CO504.3</b>	2	2	3	2	3	2	3
<b>CO504.4</b>	3	2	2	3	2	3	2
<b>AVG.</b>	3	2	2	3	2	3	2

Internal Marks	External Marks	Total Marks	Total Hours	L	T	P	C
25	75	100	60	3	1	-	4
<b>Title of the Course</b>		<b>USAGE OF YOGIC PROPS</b>				<b>Code</b>	<b>UYA2505</b>
<b>Core</b>		<b>Third Year and fifth Semester</b>				<b>Credit</b>	<b>4</b>
<b>Course Objective</b>		<ul style="list-style-type: none"> <li>To help student to understand importance of props while practicing asanas.</li> <li>To help understand the importance of props for people with disabilities.</li> </ul>					
<b>Course Outline</b>		<p><b>Unit I:</b> Introduction Of Tools In Yoga Introduction- Concept- Importance- Fundamental Principles Of Tools (Auditory, Visual And Kinesthetic Approach Of Yogic Practices)-Types Of Tools:Props,Breathing,Mantra Chanting Understanding Of Tools:Props: Wooden Bricks,Footrest,Ropes,Chair,Stool,Bench,Box,Ladder Stool,Drum,Heart Rack,Elasto Crepe Bandage,Horse,Stump,Cardiac Bench,Yoga Wheel,Gymnastic Ball</p> <p><b>Unit II:</b> Applications Of Tools In Yogic Practices Props And Yogic Practices-Trikonasana(Bricks)-Tadasana(Foot Rest)-Baddha Konasana(Belt)-Sarvangasana(Chair)-Sirasasna(Rope)-Half Halasana(Stool)-Sethu Bandha Sarvangasana (bench And Box)-Vipareetha Dandasana (Heart Rack),Suptha Virasana(Bolster)-Urdhva dhanurasana(ladder stool) usage of tools in the direction of treatment to patients(brahmana,langana,and samana.) Breathing and yogic practices-modifications of asana along with breathing,modification of pranayama with breathing Mantras in yogic practices-mantras used as tools-types of mantras-usage of mantras in asanas</p> <p><b>Unit III:</b> Yogic Anatomical Understanding Of Using Tools Foundations In Giving Yogic Adjustments-Techniques In Giving Yogi Adjustments-Techniques In Deciding The Focusing Point Of Diseases Using Props-Low Back Pain,Cervical Spondylosis,Pregnancy,Biomechanics Of Using Props In Yoga)</p> <p><b>Unit IV:</b> Applications Of Tools In Yoga Therapy Usage Of Props,Breaths And Mantras:Lifestyle Disorders(Obesity,Diabetic, Thyroid,Hyper Tension),Neurological Disorders(Migraine-Stroke),Gynecological Diseases(Irregular Menstrual,Fibroids Of The Uterus,Uterus Prolapses-Orthopedic Diseases(Cervical Spondylitis,Low Back Pain)Asthma</p> <p><b>Unit V:</b> comparison study of tools and classical asanas Benefits of using tools –omparison study on using tools and asana in yogic practices-own body as tool</p>					
<b>References</b>		<p>1. Dr. Krishna Raman, 1998, A matter of Health, integration of yoga &amp; western medicine for prevention &amp; cure, Chennai, eastwest books (madras) PVT. LTD. page No 343</p> <p>2. Mark Stephens, 1958, yoga adjustments-philosophy, principles, and</p>					

techniques,California,north atlantic books ,page no 61 3. B,k,s iyenger,2012,light on yoga,india, harpercollons publishers,page no 487
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## **Course Outcome**

**CO 505.1** The students apply the knowledge of using yoga props for various ailments and modifications of asanas according to the persons needs

**CO 505.2** The students apply the usage of props and make corrections in person's body alignment and gives deep relaxation.

**CO 505.3** The students Understand how stress works and develop sustainable behaviors and develop their personal resources.

**CO 505.4** The students recognize negative stress and its symptoms,Identify the causes of unwanted stress and develop a balanced lifestyle in order to control stress in the long term

**CO 505.5** The students understand the needs of applied yoga in human system and the benefits of yogic practices

## **Mapping Function of PO's and CO's & PSO's**

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO505.1</b>	2	2	2	2	3	2	3
<b>CO505.2</b>	3	3	2	2	2	3	2
<b>CO505.3</b>	2	2	3	2	3	2	3
<b>CO505.4</b>	3	2	2	3	2	2	2
<b>CO505.5</b>	2	1	3	2	3	2	2
<b>AVG.</b>	2.4	2	2.4	2.2	2.6	2.2	2.4



Internal Marks	External Marks	Total Marks	Total hours	L	T	P	C
25	75	100	60	3	1	-	4
Title of the Course		<b>INTRODUCTION TO TRADITIONAL INDIAN SYSTEMS OF MEDICINE AND THERAPIES</b>				Code	<b>UYA2506</b>
Core		<b>Third Year and fifth Semester</b>				Credit	<b>4</b>
Course Objective		<ul style="list-style-type: none"> <li>To make the students to understand the basic concepts of Indian traditional medicines.</li> <li>To prepare the students to know about the significance of the Indian traditional medicines in real life.</li> </ul>					
Course Outline		<b>Unit I:</b> History of yoga therapy essence and principle of yoga Therapy physiology and pathology in yoga shastra-kosha-Dosha- Pancha prana –Application of yoga and its Types –Methodology in Yoga Therapy –Factors (Heyam, Hetu Hanam upayam)- methods (Darsham sparsanam parsanam nadi pariksha)–examination of vertebrae-joints and muscles –abdomen and nervous system and therapeutic yogic practices –modification of yogic practices-yogic diet for human system-yogic diet and chakras					
		<b>Unit II:</b> Application Of Traditional Indian Medical System And Therapies; Ayurveda-Doshas Dinacharya, Ayurvedic Diet, Panchakrma Therapy,Ruthucharya Siddha-Five Elements Theory , Physical Constituents ,Pathology(Kayakalpa Kitchen Herbal And Other Types Of Medicines )Varmam And Thokkanam,Exercise Therapycryo Therapy,Acupressure, Acupuncture, Chromo Therapy,Magneto Therapy, Music therapy, Pranic healing,Naturopathy,Modalities Of Naturopathy-Diagnosis Methods In Siddha					
		<b>Unit III:</b> Therapeutic Applications In Yoga For High Blood Pressure, Obesity, Diabetes Mellitus, Cholesterol, Asthma, Sinusitis, Migraine, Arthritis, Back Pain, Ankle Pain, Neck Pain, Knee Pain, Sciatica, Thyroid Problems, Constipation, Impotency, Infertility, Stroke, Epilepsy, Parkinson’s Disease, Sleep Disorders, Skin Diseases, Insomnia, Anaemia					
		<b>Unit IV:</b> <b>Therapeutic applications in yoga for psychological disorders;</b> <b>Neurosis:</b> stress, depression, eating disorders <b>Psychosis:</b> schizophrenia, autism, bipolar disorders, dementia <b>Personality disorders:</b> paranoid, histrionic, drug addicts-smoking, alcoholism, Gambling-anti social activities					
		<b>Unit V:</b> Therapeutic Applications In Yoga For the Women- Amenorrhea, Dysmenorrheal Menorrhagia, Metrorrhagia, Hypomenorrhea, Oligomenorrhoea, Polymenorrhagia, Leucorrhea, Uterus Related Problems, Miscarriage, Pregnancy-Pre And Post Natal Care, PCOS					
References		1.Balkrishna Acharya (2006) Ayurveda Its Principles And Philosophies, Haridwar:Divya Prakashan					

	<p>2.Ashwini Yogi (2011)Sanatan Kriya, The Ageless Dimension,New Delhi:Dhyan Foundation.</p> <p>3.Frawley David (2000)yoga and ayurveda, delhi;motilal banarsidass publishers</p> <p>4.Stiles mukunda(2009) ayurvedic yoga therapy,new delhi:new age books</p> <p>5.Swami sivananda (2006)practice of ayurveda shivanandanagar:the divine life society.</p>
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## Course Outcome

**CO 506.1** The students remember the therapeutic methods in treating the persons according to their individual needs.

**CO 506.2** The students understand the importance of traditional Indian systems of medicine and use it in therapeutic way to treat illness according to the individual needs

**CO 506.3** The students enhance their skills in treating all non-communicable diseases in the therapeutic way.

**CO 506.4** The students evaluate the importance of treating any psychological disorders in a therapeutic manner.

**CO 506.5** The students understand the problems of women and remedy in the yoga therapy

## Mapping Function of PO's and CO's & PSO's

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO506.1</b>	2	2	2	2	2	2	3
<b>CO506.2</b>	3	2	2	3	2	3	2
<b>CO506.3</b>	2	2	3	2	3	2	2
<b>CO506.4</b>	2	2	2	3	2	3	2
<b>CO506.5</b>	2	1	3	2	3	2	2
<b>AVG.</b>	2.2	1.8	2.4	2.4	2.4	2.4	2.2

Internal Marks	External Marks	Total Marks	Total hours	L	T	P	C
25	75	100	60	3	1	-	4
<b>Title of the Course</b>		<b>APPLIED YOGA</b>				<b>Code</b>	<b>UYA2507</b>
<b>Core</b>		<b>Third Year and fifth Semester</b>				<b>Credit</b>	<b>4</b>
<b>Course Objective</b>		<ul style="list-style-type: none"> <li>To understand the human system and yogic practices based on the physiology of human system.</li> <li>To help understand student the importance of psychology in yogic way.</li> </ul>					
<b>Course Outline</b>		<b>Unit -I</b> Systems of Human body - Yogic practices on human systems - Importance of yogic practices on Human Systems-Categories of Asanas-Homeostasis-Salutogenesis & Pathogenesis-Neurogenesis-Epigenetics-Thermogenesis					
		<b>Unit -II</b> CellularHealth,RoleofGut-Immunitysystem-Healthylifestylepractices-Genes-Biologicalclock-Electricalactivities-Hormones Factors involved in Yogic practices and yogic training (goals, food, age, intensity,density and volume) - Factors of Chikitsa Krama (general factors, pariksha, diagnosis and treatment)-Qualities of Yoga therapist					
		<b>Unit -III</b> Stress Management - Yoga for physically challenged - Methods of teaching,Lesson plans, teaching aids - Usage of props - Yoga and wellness - Yoga and fitness -Bio-chemical Principles on Yoga – Yoga for Super-consciousness- Computer Applications in Yoga –Guru Shishya relationship					
		<b>Unit -IV</b> YogaandPsychology-Facetsofpsychologyandyoga-Yogaforpsychological qualities - Yogic practices for various age groups - Yogic practices for various professionals - Yoga and Women - Yoga and Sports - Yoga and Mind - Nadisand chakras - Role of Yoga on personality development - Mental Health – Sanathana Dharma					
		<b>Unit -V</b> Public Health - Sunrays - Sleep - Yoga and traditional systems of Medicine and therapies: Ayurveda, Siddha, Naturopathy, Physiotherapy, Varmam, Acupressure,Acupuncture-MusicTherapy-ColourTherapy					
<b>References</b>		<ul style="list-style-type: none"> <li>Hoger (1990) Fitness and wellness, Colorado: Morton Publishing company</li> <li>Girija Shyamsundar (2007) Nutrition perspectives Chennai: University of Madras</li> <li>Raghavan (1965) Hand book of health education karaikudi: Meenal enterprises</li> <li>Sunitha Pant Bansal (2008) Diet in diseases Delhi: Pustak Mahal</li> <li>Yoga charya Sundaram (2004) diet and digestion Coimbatore: The yoga publishing house</li> <li>Syd Hoare (1986) Keep fit, Hodder and Stoughton: Teach yourself books</li> <li>Swami Sivananda (2011) Health and diet, Shivananda Nagar: The divine life society</li> <li>Ananda Balayogi Bhavanani (2007) A yogic approach to stress, Puducheri, Vivekananda Yoga Research foundation</li> <li>Nagendra and Nagratha (2008) New perspectives in Stress Management, Bangalore: Vivekananda Yoga Research foundation</li> <li>Elangovan (2018) Yoga Psychology, Chennai: Ashwin Publications</li> <li>Elangovan (2016) Fundamentals of Yoga, Chennai: Ashwin Publications</li> </ul>					

## Course Outcome

**CO 507.1** Help students can understand, learn and analyze the benefits of yogic practices for the health benefits of human body.

**CO 507.2** student can develop various yogic practices for different age group and different diseases.

**CO 507.3** Help students to learn the importance of props, computer and latest technological benefits for various ailments.

**CO 507.4** Help student learn the importance of yogic practices for gaining immunology.

**CO 507.5** Help student gain the knowledge of biological rhythm and organ clock based on day.

## Mapping Function of PO's and CO's & PSO's

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO507.1</b>	2	2	2	2	2	2	3
<b>CO507.2</b>	2	2	2	3	2	3	2
<b>CO507.3</b>	3	2	2	2	2	2	2
<b>CO507.4</b>	2	3	2	2	2	3	3
<b>CO507.5</b>	2	2	3	2	3	2	2
<b>AVG.</b>	2.2	2.2	2.2	2.2	2.2	2.4	2.4

Internal Marks	External Marks	Total Marks	Total hours	L	T	P	C	
25	75	100	60	3	1	-	4	
<b>Title of the Course</b>		<b>Elementary Statistics</b>				<b>Code</b>	<b>UYA2508</b>	
<b>Core</b>		<b>Third Year and fifth Semester</b>				<b>Credit</b>	<b>4</b>	
<b>Course Objective</b>		<ul style="list-style-type: none"> <li>To help student gain the knowledge on statistics for further research purpose.</li> <li>To make student understand the significance of statistics in yoga research.</li> </ul>						
<b>Course Outline</b>		<b>UNIT-I</b> Statistics-Basic Concept -Need and Importance of Statistics; Data-Raw and Grouped, Types of data; Concept And Calculations of Measures of Central Tendency-Mean, Median And Mode; Measures of Variability- Range, Mean Deviation, Quartile Deviation And Standard Deviation.						
		<b>UNIT-II</b> Introduction To Normal Distribution - Normal Curve - Characteristics of Normal Curve - Properties of Normal Curve - Standard Normal Curve - Problem Based On Normal Distribution - Uses of Normal Distribution.						
		<b>UNIT-III</b> Testing Of Hypothesis - Procedure, Types of Hypothesis, Level of Significance, One Tailed and Two Tailed Test, Degrees of Freedom ; Test of Significance for Difference of Means- t Test -Independence and Dependence Test, Z-Test ; One Way Analysis of Variance.						
		<b>Unit -IV</b> Pearson Product Moment Correlation , Spearman Rank Order 1, Phi Correlation, Biserial Correlation Partial and Multiple Correlation						
		<b>UNIT-V</b> Non Parametric: Chi Square Test - Equal Occurrence Test, Independence of Attributes, Contingency Coefficient; Graphical Representation - Line Diagram; Bar Diagram- Multiple Bar Diagram, Pie Diagram.						
<b>References</b>		<ul style="list-style-type: none"> <li>Blum, J.R., and Fattu, N.A. 19-54. Nonparametric methods. Rev.Educ.Res., 24, 467- 487. Conover, W.J. Practical Nonparametric statistics, 2nd edition. New York; John wiley &amp; sons, 1980.</li> <li>Gibbons,J.D., and Chakraborti. S., Nonparametric Statistical Inference, 3d ed., New York, Marcel Dekker. 1992.</li> <li>Kraft, Charles H. and Van Eeden. Constance A Nonparametric Introduction to Statistics. New York: Macmillian, 1968.</li> <li>Owen, D.B. Handbook of Statiscal Tables. Reading, Mass; Addison- Wesley, 1962.</li> <li>Siegel, Sidney. Nonparametric statistics for the behavioral Sciences. New York : McGraw-Hill, 1956.</li> </ul>						

## Course Outcome

**CO 508.1** The students understand the statistical analysis and apply for planning and completing the research studies.

**CO 508.2** The students evaluate the Statistical analysis and understand the description of data by organizing and summarizing the data.

**CO 508.3** The students remember Statistical analysis and able to come to a conclusion by making anticipations and generalizing the phenomena illustrated by the data.

**CO 508.4** The students can evaluate the strengths of the conclusions and evaluating their uncertainty.

## Mapping Function of PO's and CO's & PSO's

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO508.1</b>	2	2	2	2	2	2	3
<b>CO508.2</b>	2	2	2	3	2	3	2
<b>CO508.3</b>	3	2	2	2	2	2	2
<b>CO508.4</b>	2	3	2	2	2	3	3
<b>AVG.</b>	2.25	2.25	2	2.25	2	2.5	2.5

<b>Internal Marks</b>	<b>External Marks</b>	<b>Total Marks</b>	<b>Total hours</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>
25	75	100	45	-	1	2	2
<b>Title of the Course</b>		<b>Visiting Yoga centers</b>				<b>Code</b>	<b>UYA2509</b>
<b>Core</b>		<b>Third Year and fifth Semester</b>				<b>Credit</b>	<b>4</b>
<b>Course Objective</b>		<ul style="list-style-type: none"> <li>To bring awareness and to teach and train People at yoga centres</li> </ul>					
<b>Course Outline</b>		Duration: 15 Days Mode of Evaluation: Internal Assessment Maximum Marks Subject: 100 Nature of Programme: Yoga <ul style="list-style-type: none"> <li>To bring awareness and to teach and train People at yoga centers</li> </ul>					

### Course Outcome

**CO 509.1** To promote the students for integration and development of organizing skill in the development of yoga

**CO 509.2**The outcome to this course will make the students improve the communication level and improve leadership qualities and will experience the hands-on training in the yoga centers.

**CO 509.3** The outcome to this course will make the student to enhance their communication qualities and make them a good yoga therapist to be able to work in wellness centers, spa, yoga centers etc.

**CO 509.4**The course outcome bring the knowledge of yoga and its benefits and make the people aware from various problems in a society and how yoga helps them in their day today activities.

### Mapping Function of PO's and CO's & PSO's

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO509.1</b>	2	2	2	2	2	2	3
<b>CO509.2</b>	3	3	2	3	2	3	2
<b>CO509.3</b>	3	2	3	2	3	2	2
<b>CO509.4</b>	2	3	2	2	2	3	3
<b>AVG.</b>	2.5	2.5	2.25	2.25	2.25	2.5	2.5

## SEMESTER VI

Internal Marks	External Marks	Total Marks	Total Hours	L	T	P	Credit
25	75	100	60	3	1	-	4
<b>Title of the Course</b>		<b>PATANJALI YOGA SUTRAS</b>				<b>Code</b>	<b>UYA2601</b>
<b>Core</b>		<b>Third Year &amp; Sixth Semester</b>				<b>Credit</b>	<b>4</b>
<b>Course Objective</b>		<ul style="list-style-type: none"> <li>• To make the students to understand the fundamentals of yoga.</li> <li>• To prepare the students to know about the significance of fundamentals of yoga in real life.</li> </ul>					
<b>Course Outline</b>		<p><b>Unit -I</b> Basics and date of the yoga sutra-Raja Yoga-notable commentaries-Ashtanga Yoga-mind-psyhic powers</p> <p>1)Samadhi Pada 2)Sadhana Pada 3)Vibhuti Pada 4)Kaivalya Pada</p> <p><b>Unit -II</b> 1:1-2,1:5 to 7, 1:12, 1:17 to 18, 1:30 to 51</p> <p><b>Unit -III</b> 2:1 to 11, 1:23 to 24 , 2:28 to 55</p> <p><b>Unit -IV</b> 3:1 to 9, 3:25 to 38, 3:41,3:56</p> <p><b>Unit -V</b> 4:1,4:7,4:19,4:34</p>					
<b>References</b>		<ol style="list-style-type: none"> <li>1. Desikachar (1995) The Heart of Yoga Researcher: Inner Traditions International</li> <li>2. Desikachar (2008) Reflections of Yoga Sutras of Patanjali Chennai: Krishnamacharya Yoga Mandiram</li> <li>3. Swami Prabhavananda (2002) Patanjali Yoga Sutras Madras: Sri Ramakrishna Math</li> <li>4. Swami Satyananda Saraswati (2005) Four Chapter on Freedom, Munger: Yoga Publications Trust</li> </ol>					



## Course Outcome

**CO 601.1** The course outcomes are carefully designed to know the Patanjali Yoga sutras in detail. Understand human's psychology explained Patanjali.

**CO 601.2** The course outcomes make the learners Well verse with the yogic principles and its meaning mentioned in Patanjali Yoga Sutra

**CO 601.3** The course outcomes emphasize value of Eights limbs of Raja Yoga facilitate any seeker to reach the goal.

**CO 601.4** Course learning includes bring out extraordinary abilities of human inner potentials called Siddhis.

**CO 601.5** Course learning includes Raja Yoga is the path of will and Mastery on oneself.

## Mapping Function of PO's and CO's & PSO's

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO601.1</b>	2	2	2	2	2	2	3
<b>CO601.2</b>	2	3	3	3	2	3	2
<b>CO601.3</b>	3	2	3	2	3	2	2
<b>CO601.4</b>	2	2	2	2	2	2	2
<b>CO601.5</b>	2	3	2	2	3	2	3
<b>AVG.</b>	2.25	2.5	2.5	2.25	2.5	2.25	2.25

<b>Internal Marks</b>	<b>External Marks</b>	<b>Total Marks</b>	<b>Total hours</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>
<b>25</b>	<b>75</b>	<b>100</b>	<b>120</b>	<b>1</b>	<b>3</b>	<b>4</b>	<b>6</b>
<b>Title of the Course</b>		<b>YOGA PROJECT</b>				<b>Code</b>	<b>UYA2602</b>
<b>Core</b>		<b>Third Year &amp; Sixth Semester</b>				<b>Credit</b>	<b>6</b>
<b>Course Objective</b>		<ul style="list-style-type: none"> <li>To prepare the students to know about the significance of fundamentals of yoga in real life.</li> <li>To prepare the students to individually conduct yoga related projects</li> </ul>					
<b>Course Outline</b>		Each candidate shall be registered to take up Project work in the final year. The student will select topic. Project report shall be submitted to the department					

### Course Outcome

**CO 602.1** The students learn the central teachings of yoga and mindfulness into everything and how to articulate this in a way that speaks to today's modern world.

**CO 602.2** The students apply the Movement Patterns & Motor Learning, Functional Sequence Design and the Sensorimotor System

**CO 602.3** The students gain a solid foundation to begin a personal yoga practice that is immediately transferrable to their life.

**CO 602.4** The students will gain skills for heightened musculoskeletal and mental health along with tools for stress resilience and overall wellness.

### Mapping Function of PO's and CO's & PSO's

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO602.1</b>	2	3	3	3	2	3	2
<b>CO602.2</b>	3	2	3	2	3	2	2
<b>CO602.3</b>	2	2	2	2	2	2	2
<b>CO602.4</b>	2	3	2	2	3	2	3
<b>AVG.</b>	2.25	2.5	2.5	2.25	2.5	2.25	2.25

Internal Marks	External Marks	Total Marks	Total hours	L	T	P	C
25	75	100	45	-	1	2	2
<b>Title of the Course</b>		<b>YOGIC PRACTICES-VI</b>				<b>Code</b>	<b>UYA2603</b>
<b>Core</b>		<b>Third Year &amp; Sixth Semester</b>				<b>Credit</b>	<b>2</b>
<b>Course Objective</b>		<ul style="list-style-type: none"> <li>To make the students to understand and experience yoga in scientific way.</li> <li>To prepare the students to know about the various yogic techniques and its significance to the society.</li> </ul>					
<b>Course Outline</b>		<b>Unit -I</b> Sukshma Vyayama (Dhirendra Brahmachari) Surya Namaskar – Kriya Surya Namaskar, Advanced Surya Namaskar					
		<b>Unit -II</b> <b>Asana:</b> Padangushthasana, Uthita Titibhasana, Uthita Hasta Padaangusthasana, Artha Baddha Padmottasana, Trivikramasana, Vatayanasana, Pariyankasana, Baddha Padmasana, Garbha Pindasana, Ardha Baddha Padma Pachimottanasana, Parvritti Janusirasana, Vipakta Paschimotanasana, Koormasana, Hanumanasana, Sankyasana, Vamadevasana, Bhekasana, Poorna Bhujangasana, Poorna Salabhasana, Poorna Dhanurasana, Poorna Matsyendrasana, Padma Sirasasana, Urdhva Kukutasana, Vrishikasana, Savasana.					
		<b>Unit -III</b> <b>Pranayama:</b> Kevali Pranayama(SOHAM) Plavini Pranayama Kumbhaka and Bandhas with Ratios					
		<b>Unit -IV</b> <b>Kriya:</b> Ghrita Neti, Duga Neti, Basti (Enema) <b>Bandhas:</b> Maha Bandha <b>Mudras:</b> Kaki Mudra, Bhujangini Mudra, Vipareeta Karani Mudra, Kundalini Mudra, Mahavedha Mudra, Vajroli / Sahajoli Mudra, Manduki Mudra, Ashwini Mudra					
		<b>Unit -V</b> <b>Meditation</b> Transcendental Meditation, Cyclic Meditation(SVYASA), Guided Meditation, Dynamic Meditation, Tibetan Meditation					

## References

1. Iyengar B.K.S (1976) Light on yoga, London, Unwin paperbacks.
2. Sivananda Saraswati swami (1934) Yoga Asanas Madras: My magazine of India.
3. Satyananda Saraswati swami (2008) Asana, Pranayama, Mudra, Bandha, Munger: Yoga Publications trust.
4. Iyengar B.K.S (2008) Light on Pranayama, New Delhi: Haper Collins publishers India
5. Chandrasekaren k(1999) Sound Health Through Yoga, Sedapatti, Prem kalyan Publications.
6. Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New York: Pocket Books
7. Yogeshwaranad Saraswathi swami (1975) First steps to higher yoga, Gangothari, Yoga Niketan trust.
8. Coulter , H David (2001) Anatomy and Hatha yoga , USA: Body and Breath
9. Kirak Martin (2006) Hatha Yoga Illustrated Champaign: Human kinetics
10. Gharote (2004) Applied yoga, Lonavla:Kaivalyadhama
11. Kathy lee kappmeier and Diane M.Ambrosini(2006) Instructing Hatha Yoga Champaign: Human Kinetics.
12. Satyananda saraswati swami (2007) Meditations from thitantras, mungair yoga publication trust.

## Course Outcome

**CO 603.1** Help student perform the advance level of Practices and make them ready for future purpose.

**CO 603.2** Help student to learn higher levels of pranayama practices and help increase their respiration capacity.

**CO 603.3** Help student to learn different meditative Techniques and improve their concentration levels.

**CO 603.4** To help student understand and learn the practices of kriyas for cleansing the body.

## Mapping Function of PO's and CO's & PSO's

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO603.1</b>	2	3	3	3	2	3	2
<b>CO603.2</b>	3	2	2	2	3	3	3
<b>CO603.3</b>	2	2	3	2	2	2	2
<b>CO603.4</b>	3	3	2	2	3	2	3
<b>AVG.</b>	2.5	2.5	2.5	2.25	2.5	2.5	2.5

<b>Internal Marks</b>	<b>External Marks</b>	<b>Total Marks</b>	<b>Total Hours</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>
<b>25</b>	<b>75</b>	<b>100</b>	<b>45</b>	<b>1</b>	<b>-</b>	<b>2</b>	<b>2</b>
<b>Title of the Course</b>		<b>BIOMECHANICS</b>				<b>Code</b>	<b>UYA2604</b>
<b>Core</b>		<b>Third Year &amp; Sixth Semester</b>				<b>Credit</b>	<b>2</b>
<b>Course Objective</b>		<ul style="list-style-type: none"> <li>• To make the students to understand and experience yoga in scientific way.</li> <li>• To prepare the students to know about the various yogic techniques and its significance to the society.</li> </ul>					
<b>Course Outline</b>		<b>Practical</b> <ol style="list-style-type: none"> <li>1. Identification of bones and joints</li> <li>2. Identification of bony landmarks</li> <li>3. Palpation of major muscles in each joint</li> <li>4. Qualitative analysis of yogic postures</li> <li>5. Quantitative analysis of yogic postures</li> </ol>					
<b>References</b>		<ol style="list-style-type: none"> <li>1. Susan J. Hall, Basic Biomechanics, McGraw Hill Education , 2004.</li> <li>2. Kathryn Lutgens et al. Kinesiology ( Scientific Basis of Human Motion), Brown and Bench mark ,1992</li> <li>3. Kundson , Duane V. Fundamentals of biomechanics, Springer, 2007.</li> <li>4. Jacquilin Perry, Gait analysis-Normal and Pathological function, Slack, 1992.</li> <li>5. Robert Frost, Applied kinesiology, North Atlantic Books,2002</li> </ol>					

## **Course Outcome**

**CO 604.1** The students understand the basic education that focuses on the utilization of specific biomechanical principles and therapeutic approaches.

**CO 604.2** The students evaluate the internal forces in muscles, tendons, bones and joints that arise within the human body due to interaction of external forces.

**CO 604.3** The students understand the Knowledge of biomechanics which helps in the selection of equipment and facilities. And helps in the prevention, protection and rehabilitation from any injuries.

**CO 604.4** The students understand and identify the mechanical advantage and disadvantage of the human locomotion.

**CO 604.5** The students understand the Importance of **Biomechanics** in yoga therapy.

## **Mapping Function of PO's and CO's & PSO's**

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO604.1</b>	2	3	3	3	2	3	2
<b>CO604.2</b>	3	2	2	2	3	2	3
<b>CO604.3</b>	2	2	2	3	2	3	2
<b>CO604.4</b>	3	3	2	2	3	2	3
<b>CO604.5</b>	2	2	2	2	2	2	2
<b>AVG.</b>	2.5	2.25	2	2.25	2.5	2.25	2.5

Internal Marks	External Marks	Total Marks	Total Hours	L	T	P	C
25	75	100	60	3	1	-	4
<b>Title of the Course</b>		<b>TIRUMULAR'S TIRUMANTIRAM</b>				<b>Code</b>	<b>UYA2605</b>
<b>Core</b>		<b>Third Year &amp; Sixth Semester</b>				<b>Credit</b>	<b>4</b>
<b>Course Objective</b>		<ul style="list-style-type: none"> <li>To make the students to understand the fundamentals of yogic philosophy.</li> <li>To prepare the students to know about the significance of classical texts and its yogic concepts.</li> </ul>					
<b>Course Outline</b>		<b>Unit -I</b> History of Tirumular-Basics of Tirumantiram- Learning and non-learning					
		<b>Unit -II</b> Second Tantra: Creation of microcosm- Kargapakriyai					
		<b>Unit -III</b> Third Tantra- Ashtanga Yogam- The Eight great Siddhis- Way to Kayasiddhi- Kala Chakra- Breath rhythm- Kechari Yoga- Pariyanga Yoga- Life Span					
		<b>Unit -IV</b> Tantra Seven: The Six adharas- Mudra Variations- Controlling Senses					
		<b>Unit -V</b> Yogic views on other tantras- Analytical views of Thirumular on Yoga					
<b>References</b>		<ol style="list-style-type: none"> <li>Nagarajan and Mahalingam(1991) Thirumantiram Madras: Sri Ramakrishna Math</li> <li>Annamalai (2002) Thirumandiram, Chennai: Indian Cultural Research Institute</li> <li>Manikavasagan (2008) Tirumular Thirumandiram, Uma Publications</li> </ol>					



## Course Outcome

**CO 605.1** The students understand the teachings of Thirumoolar and the how to live a life in a yogic way.

**CO 605.2** The students evaluate the essential teachings of siddha **yoga**, or the **yoga** of the perfected adepts.

**CO 605.3** The student can understand the concept of pranayama as per Thirumoolar's text.

**CO605.4** Help student gain the knowledge of meditative techniques.

## Mapping Function of PO's and CO's & PSO's

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO605.1</b>	2	3	2	3	2	3	2
<b>CO605.2</b>	1	2	2	2	3	2	2
<b>CO605.3</b>	2	1	2	1	2	1	2
<b>CO605.4</b>	2	3	2	2	2	2	1
<b>AVG.</b>	1.75	2.25	2	2	2.25	2	1.75

Internal Marks	External Marks	Total Marks	Total Hours	L	T	P	C
25	75	100	60	3	1	-	4
Title of the Course		<b>YOGA FOR CHALLENGED PEOPLE</b>				Code	<b>UYA2606</b>
Core		<b>Third Year &amp; Sixth Semester</b>				Credit	<b>4</b>
Course Objective		<ul style="list-style-type: none"> <li>To make the students to understand and experience yoga in holistic way.</li> <li>To prepare the students to know about the various yogic techniques and its significance to the society.</li> </ul>					
Course Outline		<b>Unit -I</b> Introduction to disabilities- Types of disabilities- Causes of disabilities- Concept of disabilities.					
		<b>Unit -II</b> <b>Health Goals of life</b> – Adhi and vyathi , Kleshas, Koshas, Doshas, factors affecting health Panchamahabudas , stage of development of disease – Mental and emotional ill health Yogic rules for good health, Dimention of health, causes of ill- health, pillars of health, Role of yogic positive attitudes (Maitri, Karuna, Mudita and Upeksha) for healthy living, Concept of Bhavas and Bhavanas with its relevance in Health and well-being.					
		<b>Unit -III</b> <b>Fitness of disabled:</b> Fitness: Meaning, Definition, Components and scope of fitness, Yogic practices for promoting the components of fitness: Endurance, Strength, Speed, Flexibility, Agility and Balance- Natural fitness- Allround fitness- Benefits of fitness, Disability Management.					
		<b>Unit -IV</b> Development programs for challenged people- Yoga and other forms of exercises					
		<b>Unit -V</b> <b>Diet for disabled</b> Nutrition: Macronutrients, Micro nutrients, Carbohydrates, Fats, Proteins, Vitamins, Minerals, Water, Balanced diet, Benefits of Vegetarian diet, Gluten free and lactose free diet- Composition of the meal (Grains, Dairy products, Vegetables and Fruits, Nuts, Pulses, Oil and Fat) , Mediterranean diet, Vegan diet, Low glycemic diet, DASH diet, Yogic diet, Principles of yogic diet, characteristics of sattvic, rajasic and tamasic diet, diet for challenged people and yogic practitioners.					
References		<ol style="list-style-type: none"> <li>Hoger (1990) Fitness and wellness, Colorado: Morton Publishing company</li> <li>GirijaShyamsundar (2007) Nutrition perspectives Chennai: University of Madras</li> <li>Swami Sivananda (2007) Health and Hygiene Sivanandanagar: The Divine life society</li> <li>Lily PritamTelu Ram (1981) Health and Hygiene, Delhi: Vikas publishing House pvt ltd</li> <li>Raghavan (1965) Handbook of health eduction karaikudi: Meenal enterprises</li> <li>Sunitha Pant Bansal (2008) Diet in diseases Delhi: Pu*takMaha1</li> <li>Yoga charya sundaram (2004) diet and digestion Coimbatore: The yoga</li> </ol>					

	<p>publishing house</p> <p>8) Syd Hoare (1986) Keep fit, Hodder and Stoughton: Teach yourself books</p> <p>9) Swami Sivananda (2011) Health and diet, Shivananda Nagar: The divine life society</p> <p>10) Ananda Balayogi Bhavanani (2007) A yogic approach to stress, Puducheri: Vivekananda Yoga Research foundation</p> <p>11) Nagendra and Nagratha (2008) New perspectives in Stress Management, Bangalore: Vivekananda Yoga Research foundation</p> <p>12) Arvind janar (2004) yoga diet, Bangalore: Sai towers</p> <p>13) Kathy Phillips ( ) The Spirit of Yoga London Cassell&amp; Co</p> <p>14) (2016) Guidebook for QCI, Delhi, AYUSH</p> <p>15) Krishna Raman (1998) A Matter of Health, Chennai: East West books (Madras) Pvt. Ltd</p> <p>16) Elangovan (2018) Yoga Psychology, Chennai: Ashwin Publications</p> <p>17) Elangovan (2016) Fundamentals of Yoga, Chennai: Ashwin Publications.</p>
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## Course Outcome

**CO 606.1** The students can apply the therapy to those with disabilities and practice yoga breathing techniques that help relax the nervous system and calm the mind.

**CO 606.2** The students can apply the yoga poses which can be modified and carried out in chairs to adapt to the needs of those with disabilities

**CO 606.3** Through the concept of yogic attitudes students can develop the evenness of mind toward the society.

**CO 606.4** Student can learn the benefits of food for the disabled person and its health benefits.

## Mapping Function of PO's and CO's & PSO's

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO606.1</b>	2	3	2	3	2	3	2
<b>CO606.2</b>	1	2	1	2	3	2	2
<b>CO606.3</b>	2	1	2	2	2	2	2
<b>CO606.4</b>	3	3	2	2	2	2	1
<b>AVG.</b>	2	2.25	1.75	2.25	2.25	2.25	1.75

Internal Marks	External Marks	Total Marks	Total hours	L	T	P	C
25	75	100	60	3	1	-	4
Title of the Course		YOGA AND WELLNESS				Code	UYA2607
Core		Third Year & Sixth Semester				Credit	4
Course Objective		<ul style="list-style-type: none"> <li>To make the students to understand the wellness of yoga in holistic way.</li> <li>To prepare the students to know about the significance of fundamentals of yoga and wellness in real life.</li> </ul>					
Course Outline		<b>Unit -I</b> Wellness: Meaning and scope of wellness, components of wellness: fitness, nutrition, spirituality, smoking cessation, substance abuse control, stress management, environmental support, prevention and risk, reduction & disease yogic management					
		<b>Unit -II</b> Physical fitness: Fitness: Meaning, Definition, components and scope of fitness, yogic practices for promoting the components of fitness: Endurance, strength, speed, flexibility, agility and balance - Natural fitness — All-round fitness — Benefits of fitness					
		<b>Unit -III</b> Nutrition: Macronutrients, micronutrients, carbohydrates, fats, proteins, vitamins, minerals, water, balanced diet, benefits of vegetarian diet, gluten free and lactose free diet — composition of the meal (Grains, dairy products, vegetables and fruits nut, pulses, oil and fat), Mediterranean diet, Vegan diet, Low glycemic diet, DASH diet, yogic diet, principles of yogic diet, characteristics of sattvic, rajasic and tamasic diet, diet for challenged people and Yogic practitioners.					
		<b>Unit -IV</b> Disease prevention: Health: Goals of life- Adhi and Vyadhi, Kleshas, Koshas, Doshas, factors affecting health- Panchamahabhudas, stages of development of disease- Mental and emotional ill-health Yogic rules for good health, Dimension of health, causes of ill-health, pillars of health. Role of yogic positive attitudes (Maitri, Karuna, Mudita and Upeksha) for healthy living, concept of Bhavas and Bhavanas with its relevance in Health and well-being.Smoking cessation -Substance abuse control Health & safety — Life style diseases					
		<b>Unit -V</b> Stress management: Frustration, conflicts and psychosomatic disorders, relationship between body and mind, mental health Spirituality: Methods to promote spirituality					
References		<ol style="list-style-type: none"> <li>Hoger (1990) Fitness and wellness, Colorado: Morton Publishing company</li> <li>Girija Shyamsundar (2007) Nutrition perspectives Chennai: University of Madras</li> <li>Swami Sivananda (2007) Health and Hygiene Sivanandanagar: The Divine life society</li> <li>Lily PritamTelu Ram (1981) Health and Hygiene, Delhi: Vikas publishing House pvt ltd</li> <li>Raghavan (1965) Handbook of health education karaikudi: Meenal enterprises</li> <li>Sunitha Pant Bansal (2008) Diet in diseases Delhi: Pustak Mahal</li> <li>Yoga charya sundaram (2004) diet and digestion Coimbatore: The yoga</li> </ol>					

	<p>publishing house</p> <p>8) Syd Hoare (1986) Keep fit, Hodder and Stoughton: Teach yourself books</p> <p>9) Swami Sivananda (2011) Health and diet, Shivananda Nagar: The divine life society</p> <p>10) Ananda Balayogi Bhavanani (2007) A yogic approach to stress, Puduchery: Vivekananda Yoga Research foundation</p> <p>11) Nagendra and Nagratha (2008) New perspectives in Stress Management, Bangalore: Vivekananda Yoga Research foundation</p> <p>12) Arvind janar (2004) yoga diet, Bangalore: Sai towers</p> <p>13) Kathy Phillips ( ) The Spirit of Yoga London Cassell&amp; Co</p> <p>14) (2016) Guidebook for QCI, Delhi, AYUSH</p> <p>15) Krishna Raman (1998) A Matter of Health, Chennai: East West books (Madras) Pvt. Ltd</p> <p>16) Elangovan (2018) Yoga Psychology, Chennai: Ashwin Publications</p> <p>17) Elangovan (2016) Fundamentals of Yoga, Chennai: Ashwin Publications.</p>
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### Course Outcome

**CO 607.1** The course outcome make learner gain wholistic knowledge based on physical, mental and emotional wellbeing.

**CO 607.2** The course outcomes make the learners understand the perspective of health in terms of its attitudes and pillars in terms of yogic concept

**CO 607.3** The course outcomes evaluate the flexibility, strength, endurance etc., at the physical level.

**CO 607.4** Course learning helps learners to interpret and apply nutrition concept to evaluate and improve the nutritional health of society.

**CO 607.5** Course learning help learner connection between mind and psychosomatic disorder related with stress.

### Mapping Function of PO's and CO's & PSO's

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO607.1</b>	3	3	2	3	2	3	2
<b>CO607.2</b>	2	2	3	2	3	2	2
<b>CO607.3</b>	2	2	2	2	2	2	2
<b>CO607.4</b>	3	3	2	2	2	3	3
<b>CO607.5</b>	2	3	2	2	3	2	3
<b>AVG.</b>	2.25	2.5	2.25	2	2.5	2.25	2.5

Internal Marks	External Marks	Total Marks	Total hours	L	T	P	C
25	75	100	60	3	1	-	4
Title of the Course		<b>BASIC BIOMECHANICS</b>				Code	<b>UYA2608</b>
Core		<b>Third Year &amp; Sixth Semester</b>				Credit	<b>4</b>
Course Objective		<ul style="list-style-type: none"> <li>To make the students to understand and experience yoga in scientific way with kinetic movements.</li> <li>To prepare the students to know about the various yogic techniques according to the biomechanical movements.</li> </ul>					
Course Outline		<b>Unit -I</b> Biomechanics — meaning, definition, need and importance biomechanics in yoga. Branches of biomechanics — statics, dynamics, kinematics and kinetics. Motion-types of motion, linear, angular and general motion- Finishology: Anatomical, physiological (bones, tissues, muscles and nerves).					
		<b>Unit -II</b> Kinematics - Linear and angular kinematics. Distance, displacement, speed, velocity and acceleration in linear and angular motion. Linear and angular momentum- Scalars and vectors. Impulse, Work, power and energy, conservation of mechanical energy. Principles of projectile motion.					
		<b>Unit -III</b> Kinetics - Force — Inertia, internal force, external force, torque, gravitational force, centripetal force, centrifugal force, ground reaction force, friction, types of friction, pressure, characteristics of force. Lever -types of lever, center of gravity, line of gravity, balance, stability and equilibrium, types of equilibrium, factors affecting equilibrium. Newton laws of motion. Impulse momentum relationship.					
		<b>Unit -IV</b> Planes and axis. Skeletal muscle structure, characteristics, muscle spindle, golgi tendon organ, types of muscle contraction, structural and functional classification of muscles, internal loads on the human body. Bones- types, joints, types, effects of physical activity and inactivity on bone. Origin, insertion and action of major muscles of human body.					
		<b>Unit- V</b> Analysis of basic yogic postures — Cartesian coordinate system, visual observation, video analysis — qualitative and quantitative analysis. Electromyography- anatomical landmarks for fixing EMG sensors, EMG data interpretation. Human body posture and gait analysis.					
References		<ol style="list-style-type: none"> <li>Susan J. Hall, Basic Biomechanics, McGraw Hill Education, 2004.</li> <li>Kathryn Lutgens et al. Kinesiology (Scientific Basis of Human Motion), Brown and</li> <li>Bench mark, 1992.</li> <li>Knudson, Duane V. Fundamentals of biomechanics, Springer, 2007.</li> <li>Jacquilin Perry. Gait analysis-Normal and pathological function, Slack, 1992.</li> <li>Robert Frost. Applied kinesiology. North Atlantic Books, 2002.</li> </ol>					

## Course Outcome

**CO 608.1** The students understand the basic education that focuses on the utilization of specific biomechanical principles and therapeutic approaches.

**CO 608.2** The students evaluate the internal forces in muscles, tendons, bones and joints that arise within the human body due to interaction of external forces.

**CO 608.3** The students understand the Knowledge of biomechanics which helps in the selection of equipment and facilities. And helps in the prevention, protection and rehabilitation from any injuries.

**CO 608.4** The students understand and identify the mechanical advantage and disadvantage of the human locomotion.

**CO 608.5** The students understand the Importance of **Biomechanics** in yoga therapy.

## Mapping Function of PO's and CO's & PSO's

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO608.1</b>	2	3	2	3	2	3	2
<b>CO608.2</b>	2	2	3	2	3	2	2
<b>CO608.3</b>	2	2	2	3	2	2	2
<b>CO608.4</b>	3	3	2	2	2	2	1
<b>CO608.5</b>	3	2	3	2	3	3	3
<b>AVG.</b>	2.5	2.25	2.5	2.25	2.5	2.25	2



Internal Marks	External Marks	Total Marks	Total Hours	L	T	P	C
25	75	100	45	-	1	2	2
<b>Title of the Course</b>		<b>Internship in therapy centers</b>				<b>Code</b>	<b>UYA2609</b>
<b>Core</b>		<b>Third Year and Sixth Semester</b>				<b>Credit</b>	<b>2</b>
<b>Course Objective</b>		1. To bring awareness and to teach and train People at yoga centers					
<b>Course Outline</b>		Internship will be organized for 15days. The assessment of the students is internal for 100 marks. Students should design programme in yoga and are to practice and train in hospitals or health centers or naturopathy centers for 15day in yoga therapy.					

### Course Outcome

**CO 609.1** The student will be motivated to continue the internship outside of class and can have the training and be able to work alongside any yoga therapists.

**CO 609.2** The student will be able to assist a partner when called upon to help them with poses.

**CO 609.3** The student will develop a greater sense of body self-esteem and appreciation for the art of yoga and yoga therapy.

**CO 609.4** The students will develop skills and techniques directly applicable to their careers.

**CO 609.5** Internships will provide students with an in-depth knowledge of the formal functional activities of the therapy centers.

### Mapping Function of PO's and CO's & PSO's

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
<b>CO 609.1</b>	2	3	2	2	2	2	3
<b>CO 609.2</b>	2	2	3	2	3	3	2
<b>CO 609.3</b>	3	2	3	2	2	2	3
<b>CO 609.4</b>	3	2	2	2	2	2	3
<b>CO 609.5</b>	3	3	2	3	2	3	2
<b>AVG.</b>	2.6	2.4	2.4	2.2	2.2	2.4	2.6