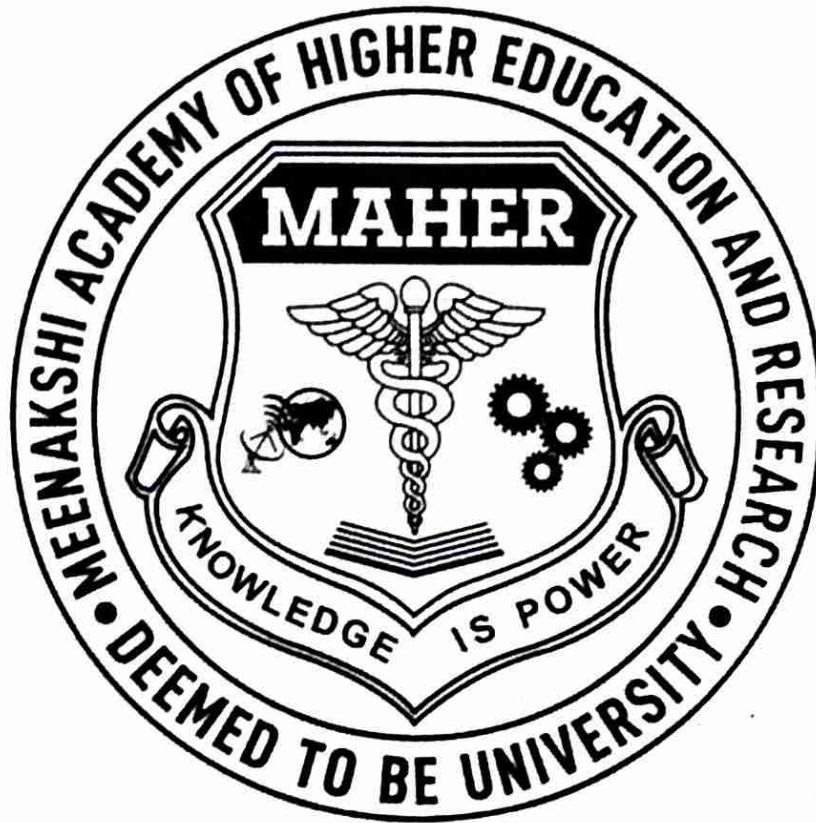


**MEENAKSHI ACADEMY OF HIGHER EDUCATION AND
RESEARCH**

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

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

FACULTY OF YOGA SCIENCES AND THERAPY




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

FACULTY OF YOGA SCIENCES AND THERAPY

REGULATIONS AND SYLLABUS

(REGULATIONS– 2020)

Effective from the Academic Year 2020 – 2023


Dr. R. ELANGO
Professor and Head
Faculty of Yoga Sciences and Therapy
Meenakshi Academy of Higher Education and Research
(Deemed to be University)
West K.K. Nagar, Chennai-600 078.

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MEENAKSHI ACADEMY OF HIGHER EDUCATION AND RESEARCH
BACHELOR OF SCIENCE IN YOGA THERAPY (REGULAR)
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 THERAPY
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 THERAPY
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 THERAPY
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 THERAPY**

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 THERAPY (REGULAR). 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 Programme shall be called as Bachelor of Science in Yoga Therapy (B.Sc. Yoga Therapy)

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 (Science Subjects) are eligible for admission or +2 passed (Certificate Course in Yoga)
- (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 Therapy 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 Therapy Programme.

9. ELIGIBILITY CERTIFICATE

No candidate shall be admitted to B.Sc. in Yoga Therapy 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) 10th 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 Therapy 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 st to December 30 th
Second Semester	January 2 nd to April 30 th
Third Semester	July 15 th to November 30 th
Fourth Semester	December 1 st to April 30 th
Fifth Semester	July 15 th to November 30 th
Sixth Semester	January 2 nd to April 30 th

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 Therapy 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 Tests	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 THERAPY
SCHEME OF EXAMINATION
MARK DISTRIBUTION**

SEMESTER I

CODE NO	COURSE		L	T	P	CRDIT	MARKS		
	TITLE	PAPER					Internal	External	TOTAL
LT2101	Part I – Language Tamil – I	Theory	3	1	-	4	25	75	100
LE2102	Part II – Language English – I	Theory	3	1	-	4	25	75	100
UYT2101	Fundamentals of Yoga	Theory	3	1	-	4	25	75	100
UYT2102	Basic Yogic Practices	Practical	1	-	2	2	25	75	100
UYT2103	Classifications of Asanas	Practical	1	-	2	2	25	75	100
UYT2104	Communication skills	Ability enhancement compulsory Course (AECC)	3	1	-	4	25	75	100
UYT2105	Community Services	Co-curricular (NCCC)	1	-	2	2	100	-	100
Total						22	250	450	700

SEMESTER II

CODE NO	COURSE		L	T	P	CRDIT	MARKS		
	TITLE	PAPER					Internal	External	TOTAL
LT2201	Part I–Language Tamil—II	Theory	3	1	-	4	25	75	100
LE2202	Part II—Language-English—II	Theory	3	1	-	4	25	75	100
UYT2201	Fundamentals of Yoga Therapy	Theory	3	1	-	4	25	75	100
UYT2202	Physical Examination methods	Practical	1	-	2	2	25	75	100
UYT2203	Functions and Modifications of Asanas	Practical	1	-	2	2	25	75	100
UYT2204	Personality Development	Ability enhancement compulsory Course (AECC)	3	1	-	4	25	75	100
UYT2205	Village Placement Programme	Co-curricular (NCCC)	1	-	2	2	100	-	100
Total						22	250	450	700

SEMESTER III

CODE NO	COURSE		L	T	P	CRDIT	MARKS		
	TITLE	PAPER					Internal	External	TOTAL
LT2301	Part I - Language Tamil - III	Theory	3	1	-	4	25	75	100
LE2302	Part II - Language English - III	Theory	3	1	-	4	25	75	100
UYT2301	Anatomy and Physiology	Theory	3	1	-	4	25	75	100
UYT2302	Applied Physiology	Practical	1	-	2	2	25	75	100
UYT2303	Computer Programming	Practical	1	-	2	2	25	75	100
UYT2304	Computer Applications in Yoga therapy	Skill Enhancement Compulsory Course	3	1	-	4	25	75	100
UYT2305	Visiting Fitness centers/ Physiotherapy centers	Co-curricular	1	-	2	2	100	-	100
Total						22	250	450	700

SEMESTER IV

CODE NO	COURSE		L	T	P	CRDIT	MARKS		
	TITLE	PAPER					Internal	External	TOTAL
LT2401	Part I -Language Tamil—IV	Theory	3	1	-	4	25	75	100
LE2402	Part II - Language English -IV	Theory	3	1	-	4	25	75	100
UYT2401	Basic Principles and diagnosis in Yoga Therapy	Theory	3	1	-	4	25	75	100
UYT2402	Applications of tools in Yoga Therapy	Practical	1	-	2	2	25	75	100
UYT2403	Methodology in Teaching Yoga	Practical	1	-	2	2	25	75	100
UYT2404	Environmental Studies	Skill Enhancement Compulsory Course	3	1	-	4	25	75	100
UYT2405	Visiting Educational Institutions	Co-curricular	1	-	2	2	100	-	100
Total						22	250	450	700

SEMESTER V

CODE NO	COURSE		L	T	P	CRDIT	MARKS		
	TITLE	PAPER					Internal	External	TOTAL
UYT2501	Psychology and Yoga Therapy	Theory	3	1	-	4	25	75	100
UYT2502	Introduction to traditional Indian systems of Medicine & therapies	Theory	3	1	-	4	25	75	100
UYT2503	Psychological testing	Practical	1	-	2	2	25	75	100
UYT2504	Clinical applications of yoga therapy	Practical	1	-	2	2	25	75	100
UYT2505	DSE I : Usage of Yogic props	Theory	3	1	-	4	25	75	100
UYT2506	DSE II : Stress Management	Theory	3	1	-	4	25	75	100
UYT2507	DSE III : Applied Yoga	Theory	3	1	-	4	25	75	100
UYT2508	Elementary Statistics	Skill Enhancement Compulsory Course	3	1	-	4	25	75	100
UYT2509	Visiting Yoga centers	Co-curricular	1	-	2	2	100	-	100
Total						30	300	600	900

SEMESTER VI

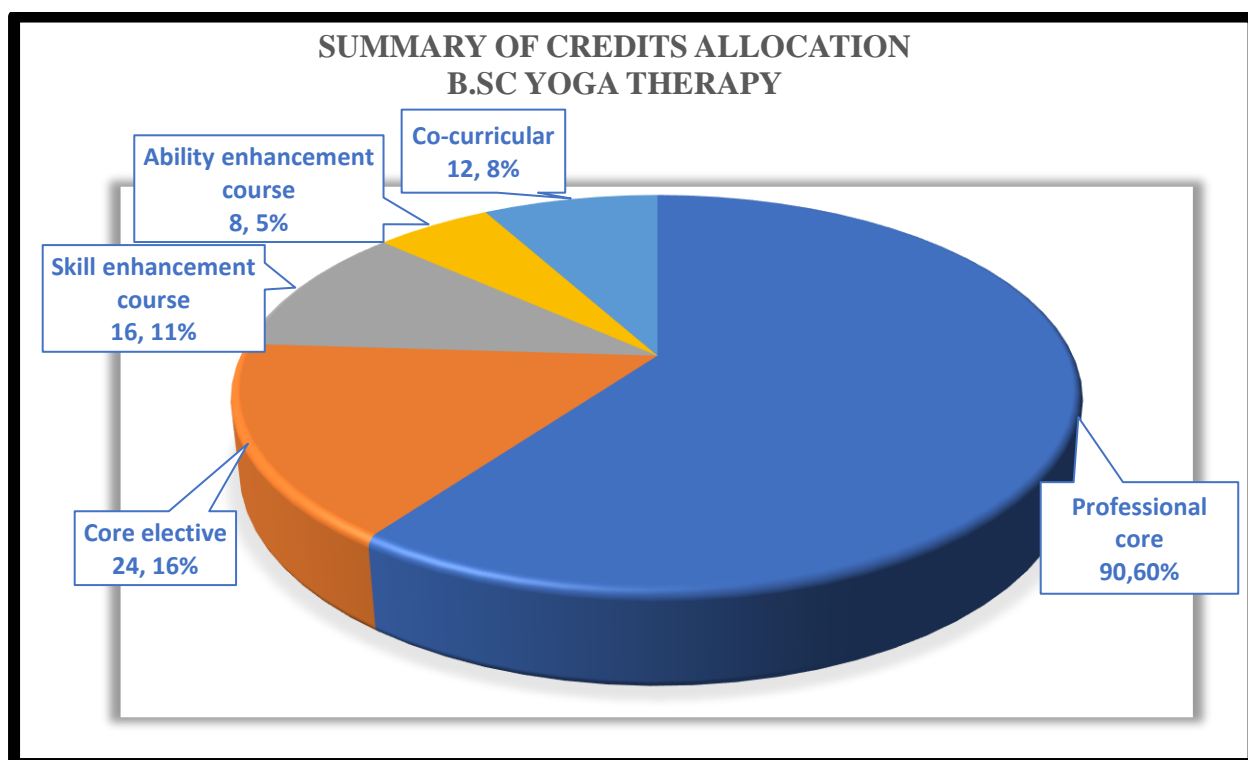
CODE NO	COURSE		L	T	P	CRDIT	MARKS		
	TITLE	PAPER					Internal	External	TOTAL
UYT2601	Yoga therapy in yoga texts	Theory	3	1	-	4	25	75	100
UYT2602	Pathology: Ailments and yoga	Theory	3	1	-	4	25	75	100
UYT2603	Course planning in yoga therapy	Practical	1	-	2	2	25	75	100
UYT2604	Project in yoga therapy	Practical	2	1	2	4	25	75	100
UYT2605	DSE I - Tirumoolar's Tirumandiram in yoga therapy	Theory	3	1	-	4	25	75	100
UYT2606	DSE II – Yoga for Challenged People	Theory	3	1	-	4	25	75	100
UYT2607	DSE II- Wellness and yoga therapy	Theory	3	1	-	4	25	75	100
UYT2608	Basic biomechanics	Skill Enhancement Compulsory Course	3	1	-	4	25	75	100
UYT2609	Internship in therapy centers	Co-curricular	-	1	2	2	100	-	100
Total						32	300	600	900

DISCIPLINE SPECIFIC ELECTIVE

Discipline Specific Elective	CODE NO	COURSE		L	T	P	CREDIT	MARKS		
		TITLE	PAPER					Internal	External	TOTAL
V semester	UYT2505	Usage of yogic props (Or)	Theory	3	1	-	4	25	75	100
V semester	UYT2506	Basic yoga texts (Or) Stress management (Or)	Theory	3	1	-	4	25	75	100
V semester	UYT2507	Diet and nutrition (Or) Applied yoga (Or) Yoga therapy in yoga sutras	Theory	3	1	-	4	25	75	100
VI semester	UYT2605	Tirumoolar's Tirumandiram in Yoga therapy (Or)	Theory	3	1	-	4	25	75	100
VI semester	UYT2606	Yogic Food (Or)	Theory	3	1	-	4	25	75	100
VI semester	UYT2607	Methods of NaturoPathy (Or) Yoga for Challenged People (Or) Wellness & Yoga therapy (Or) Fundamentals of Research	Theory	3	1	-	4	25	75	100
Total							24	150	450	600

VII. SUMMARY OF CREDITS ALLOCATION

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
Total		22	22	22	22	30	32	150



VIII. PROGRAM LEVEL COURSE-PO AND PSO MATRIX

COURSE CODE	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
LT2101	1.6	1.6	1.4	2	1.2	1.8	1.2
LE2102	1.6	1.6	1.4	2	1.2	1.8	1.2
UYT2101	2.2	3	2.8	2.6	2.8	2.4	2.6
UYT2102	2.2	2.8	3	2.8	2.8	2.8	2.8
UYT2103	2.2	2.8	3	2.8	2.8	2.8	2.8
UYT2104	2.5	3	2.5	2.25	2	2	2
UYT2105	2.25	3	3	3	2.75	2.75	2.75
LT2201	1.6	1.6	1.4	2	1.2	1.8	1.2
LE2202	1.6	1.6	1.4	2	1.2	1.8	1.2
UYT2201	2.2	3	2.8	2.6	2.8	2.4	2.6
UYT2202	2.2	2.8	3	2.8	2.8	2.8	2.8
UYT2203	2	2.6	2.6	2.8	2.4	2.6	2.6
UYT2204	2.6	3	3	2.4	2.4	2.6	2.6
UYT2205	2.25	3	3	3	2.75	2.75	2.75
LT2301	1.6	1.6	1.4	2	1.2	1.8	1.2
LE2302	1.6	1.6	1.4	2	1.2	1.8	1.2
UYT2301	2.6	2.4	2.4	2.6	2.4	2.6	2.4
UYT2302	2.5	3	3	2	2.5	2.75	2.75
UYT2303	2.25	3	3	3	2.75	2.75	2.75
UYT2306	2.25	3	3	3	2.75	2.75	2.75
UYT2307	2.25	3	3	3	2.75	2.75	2.75
LT2401	1.6	1.6	1.4	2	1.2	1.8	1.2
LE2402	1.6	1.6	1.4	2	1.2	1.8	1.2
UYT2401	2.4	2.2	2.4	2	2.4	2.4	2.4
UYT2402	2.4	2.2	2.4	2	2.4	2.4	2.4
UYT2403	2.4	2.2	2.4	2	2.4	2.4	2.4
UYT2404	2.4	2.4	2.4	2.2	2.4	2.4	2.4
UYT2405	2.4	2.4	2.4	2.2	2.4	2.4	2.4
UYT2501	2.6	2.4	2.4	2	2.4	2.2	2.8

UYT2502	2.6	2.4	2.4	2.2	2.2	2.4	2.6
UYT2503	2.5	2.25	2.5	2	2.25	2.25	2.75
UYT2504	2.5	2.25	2.25	2	2.75	2.25	2.75
UYT2505	2.4	2	2.4	2.2	2.6	2.2	2.4
UYT2506	2.6	2.4	2.4	2.2	2.2	2.4	2.6
UYT2507	2.6	2.4	2.4	2.2	2.2	2.4	2.6
UYT2508	2.5	2.25	2.25	2	2.75	2.25	2.75
UYT2509	2.5	2.25	2.25	2	2.75	2.25	2.75
UYT2601	2.6	2.4	2.4	2.2	2.2	2.4	2.6
UYT2602	2.6	2.4	2.4	2.2	2.2	2.4	2.6
UYT2603	2.6	2.4	2.4	2.2	2.2	2.4	2.6
UYT2604	2.5	2.25	2.25	2	2.75	2.25	2.75
UYT2605	2.5	2.25	2.25	2	2.75	2.25	2.75
UYT2606	2.5	2.25	2.25	2	2.75	2.25	2.75
UYT2607	2.5	2.25	2.25	2	2.75	2.25	2.75
UYT2608	2.5	2.25	2.25	2	2.75	2.25	2.75
UYT2609	2.6	2.4	2.4	2.2	2.2	2.4	2.6

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		<p>1. To make the students to understand the importance of regional language and its concepts.</p> <p>2. To prepare the students to know the heritage and literature works of Tamil language.</p>					
Course Outline		<p>1.செய்யுள்:</p> <p>அ. மனோன்மணியம்- தமிழ்த் தெய்வ வணக்கம் நீராருங் கடலுடுத்த என்று தொடங்கும் முதற்பாடல் கடல்குடித்த.... என்று தொடங்கும் ஆறு கண்ணிகள்.</p> <p>ஆ. இராமலங்காடிகளார்- ஆறாந்திருமுறையில் இடம் பெற்றுள்ள அருள் விளக்க மாலையில் 'கோடையிலே' . கதிக்கு வழி./தனித்தனி' எனத் தொடங்கும் மூன்று பாடல்கள் மட்டும்.</p> <p>இ.கவிமணிதேசிய விநாயகம் பிள்ளை - மலரும் மாலையும் என்னும் நூலில் இடம் பெற்றுள்ள "கோவில் வழிபாடு" வாழ்க்கைத் தத்துவங்கள் எனும்;</p> <p>தலைப்பிலுள்ள கவிதை முழுமையும்.</p> <p>ஈ. பாரதியார் - 'கண்ணன் என் சேவகன்' என்ற தலைப்பில் அமைந்துள்ள கவிதை முழுமையும்.</p> <p>உ. பாரதிதாசன்- 'அழகின் சிரிப்பு' நூலில் இடம் பெற்றுள்ள 'ஆல்' என்ற தலைப்பில் உள்ள பாடல்கள்.</p> <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</p> <p>இலக்கணக்குறிப்பு- பாடத்திட்டத்தில் இடம் பெற்றுள்ள செய்யுட்களில் அமைந்துள்ள இலக்கணக் குறிப்புகளை எடுத்துக் காட்டுதல்.</p>					

	<p>3. மொழித்திறன்</p> <p>கலைச் சொல்லாக்கம் நேர் காணல் பொருந்திய சொல் தருதல் மரபுத் தொடர்.</p> <p>4.பாடந்தழுவிய இலக்கிய வரலாறு.</p> <p>5.பொதுக்கட்டுரை</p> <p>Note: இடஞ்சுட்டிப் பொருள் விளக்கம் செய்யுள் பகுதியில் இடம் பெற வேண்டும்.</p>
References	<p>1. மனோன்மணியம் சுந்தரனாரின் இன்னொரு பக்கம், அ.கா.பெருமாள்</p> <p>2. சி.சுப்ரமணிய பாரதியார் தாய்ப் பிரிவு: சி.சுப்ரமணிய பாரதியார் பாடல்கள்</p> <p>3. கவியழகன் கவியழகன்- மாணவர் தமிழ் இலக்கணம்</p>

Course Outcomes

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-ful 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
CO101.1	2	1	2	2	2	2	1
CO101.2	2	2	1	2	1	1	2
CO101.3	1	2	1	2	1	2	1
CO101.4	1	2	1	2	1	2	1
CO101.5	2	1	2	2	1	2	1
AVERAGE	1.6	1.6	1.4	2	1.2	1.8	1.2

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 English I				Code	LE2102
Core		First Year & First Semester				Credit	4
Course Objective		1. To enhance the vocabulary, reading and writing skills. 2. To enhance the understanding of the language as per context.					
Course Outline		<p>Unit I Prose: 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 - LA. R Wylie</p> <p>Unit II Poetry: 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</p> <p>Unit III Short Stories: Vi gnettes 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</p> <p>Unit IV Grammar Tense, Aspect, Auxiliaries (Primary and Modal), Concord, Negatives, Interrogatives (Yes or No) Tag questions, Completing the sentences, Common errors Synonym, Antonym, Word class, use in sentences of words (Text based)</p> <p>Unit V: Functional English, Comprehension, Note Making, A Handbook of English Grammar - Dr. H.M. Williams and Dr. V. Saraswathi (Anu Chitra Publications)</p>					
References		1. Textures of English (Cambridge University Press India Pvt. Limited) 2. Verse (Macmillan Publishers India Limited) 3. Vi gnettes A Collection of Short Stories Ed. Dr.P. N.Ramani					

	(New Century Book House(P) Limited) 4. A Handbook of English Grammar –Dr. H.M. Williams and Dr. V. Saraswathi (Anu Chitra Publications)
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Course outcomes

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
CO102.1	2	1	2	2	2	2	1
CO102.2	2	2	1	2	1	1	2
CO102.3	1	2	1	2	1	2	1
CO102.4	1	2	1	2	1	2	1
CO102.5	2	1	2	2	1	2	1
AVERAGE	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	UYT2101
Core		First Year & First Semester				Credit	4
Course Objective		<ol style="list-style-type: none"> 1. To make the students to understand the basic concepts of Yoga. 2. To prepare the students to know the significance of the different paths of Yoga and contributions of yoga gurus. 					
Course Outline		<p><u>Unit I</u> Yoga Meaning, Definition, Need, Nature - Aim and Objectives, Principles, Philosophy and Scope of Yoga; Philosophy: Scope of Philosophy. Shad Darshanas - Nyaya- Vaishesika - Samkhya - Yoga – Mimamsa Vedanta - Misconceptions and clarifications of Yoga - Yoga & Education</p>					
		<p><u>Unit II</u> History Of Yoga - Modern Developments -Contributions to yoga by Vedas, Principal Upanishads, Yoga Upanishads, Tantra, Bhagavad Gita, Yoga Vasistha, Yoga Sutras, Thirumandiram, Yoga Yajnavalkya Samhitha, , Goraksataka, Hatha Yoga Pradipika, Gheranda Samhita, Siva Samhita, Hat ha Ratnaval i, , Siddha Siddanta Paddhati , Narada Bhakthi Sut ra, Yoga Rahasya, Goraksha Samhitha, Vasistha Samhitha, Yoga Bija</p>					
		<p><u>Unit III</u> Contributions To Yoga By "Ramakrishna, Swami Vivekananda, Sivananda, Sri Aurobindo, Maharishi Mahesh Yogi, Swami Rama, Krishnamacharya, Swami Kuvalayananda , 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.</p>					
		<p><u>Unit IV</u> Contribution To Yoga by Religions: Hinduism, Jainism, Buddhism, Christianity, Islam, Sufism - Spirituality - Role of Yoga and Religions on Spirituality, Methods to Promote Spirituality</p>					
		<p><u>Unit V</u> 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.</p>					

References	<ol style="list-style-type: none"> 1. Brahma Kumaris Jagdish Chander Mount Abu: PBK Ishwariya vishwa vidyalaya . 2. Desikachar (2003) Nathamuni's Yoga Rahasya, Chennai: Krishnamacharya Yoga Mandiram 3. Desikachar (2004) Yoga Yajnavalkya Samhita, Chennai: Krishnamacharya Yoga Mandiram 4. Hausthul Desikachae (2016) The Hatha Yoga Pradipika, Chennai: Madia Garuda 5. Meena Ramanathan (2006) Grandasamihita Lonavala: Kaivalyadhama S.M.Y.M.Samiti 6. Subramanian (2003) The Yoga vasishta, Chennai: Sura Books (Pvt) Ltd 7. Swami Gambirananda (2008) Eight Upanishads Kolkata: Advaita Ashrama 8. Swami Ranganathananada (2001) The message of the Upanishads, Mumbai: Bharatiya Vidhya Bhavan 9. Venkata Reddy (1932) Hata ratnavali, Arthameru. M.S.R.Memorial Yoga sense 10. Elangovan R (2016) Fundamentals of Yoga, Chennai: Ashwin Publications
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Course outcomes

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
CO103.1	2	3	3	3	3	2	3
CO103.2	2	3	3	3	2	3	2

CO103.3	3	3	3	2	3	2	3
CO103.4	2	3	2	3	3	3	2
CO103.5	2	3	3	2	3	2	3
Average	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																																																							
Title of the Course		Basic yogic practices				Code	UYT2102																																																							
Core		First Year & first Semester				Credit	2																																																							
Course objective		<p>1. To learn the importance of dos and don'ts during yogic practices.</p> <p>2. To learn the yogic practices with proper techniques.</p>																																																												
Course Outline		<p>Unit 1: Loosening the joints Suksha vyayama — Sthula vyayama Suryanamaskar: Children's Model, Bihar School of Yoga model, Vivekananda Kendra Model</p>																																																												
		<p>Unit II: Asanas</p> <table border="1"> <thead> <tr> <th><u>STANDING</u></th> <th><u>LYING SUPINE</u></th> <th><u>SEATED</u></th> </tr> </thead> <tbody> <tr> <td>1. Samasthiti</td> <td>1. Savasan</td> <td>1. Sukhasana</td> </tr> <tr> <td>2. Tadasana</td> <td>2. Tadaka mudra</td> <td>2. Brahmasana</td> </tr> <tr> <td>3. Parsva Uttanasana</td> <td>3. Apanasana</td> <td>3. Siddhasana</td> </tr> <tr> <td>4. Pandangusthasana</td> <td>4. Urdhava prasarita padhasana</td> <td>4. Padmasana</td> </tr> <tr> <td>5. Ardha Uttanasana</td> <td>5. Jathara parivritti I</td> <td>5. Parvatasana</td> </tr> <tr> <td>6. Utkatasana</td> <td>6. Jathara parivritti II</td> <td>6. Baddha konasana</td> </tr> <tr> <td>7. Prasarita Pada Uttanasana</td> <td>7. Jathara parivritti III</td> <td>7. Dandasana</td> </tr> <tr> <td>8. Virabhadrasana</td> <td>8. Supta Baddha konasana</td> <td>8. Janusirsasana</td> </tr> <tr> <td>9. Uttita Trikonasana (Parsva)</td> <td>9. Dvipada pitham</td> <td>9. Paschimottanasana</td> </tr> <tr> <td>10. Uttita Trikonasana (Parivritti)</td> <td>10. Matsyasana</td> <td>10. Upavista konasana</td> </tr> <tr> <td>11. Uttita Parsva Trikonasana (Parsva)</td> <td></td> <td>11. Navasana</td> </tr> <tr> <td>12. Adhomukhasvanasana</td> <td></td> <td>12. Purvattasana</td> </tr> <tr> <td>13. Caturanga Dhandasana</td> <td></td> <td>13. Maha mudra</td> </tr> <tr> <td>14. Suryanamaskar</td> <td></td> <td>14. Caturpadapitham</td> </tr> <tr> <td></td> <td></td> <td>15. Gothapitham</td> </tr> <tr> <td></td> <td></td> <td>16. Cakkaravaksana</td> </tr> <tr> <td></td> <td> <p><u>INVERTED ASANAS</u></p> <p>1. Viparitarani</p> <p>2. Sarvangasana</p> </td> <td></td> </tr> <tr> <td></td> <td> <p><u>LYING PRONE ASANA</u></p> </td> <td></td> </tr> </tbody> </table>						<u>STANDING</u>	<u>LYING SUPINE</u>	<u>SEATED</u>	1. Samasthiti	1. Savasan	1. Sukhasana	2. Tadasana	2. Tadaka mudra	2. Brahmasana	3. Parsva Uttanasana	3. Apanasana	3. Siddhasana	4. Pandangusthasana	4. Urdhava prasarita padhasana	4. Padmasana	5. Ardha Uttanasana	5. Jathara parivritti I	5. Parvatasana	6. Utkatasana	6. Jathara parivritti II	6. Baddha konasana	7. Prasarita Pada Uttanasana	7. Jathara parivritti III	7. Dandasana	8. Virabhadrasana	8. Supta Baddha konasana	8. Janusirsasana	9. Uttita Trikonasana (Parsva)	9. Dvipada pitham	9. Paschimottanasana	10. Uttita Trikonasana (Parivritti)	10. Matsyasana	10. Upavista konasana	11. Uttita Parsva Trikonasana (Parsva)		11. Navasana	12. Adhomukhasvanasana		12. Purvattasana	13. Caturanga Dhandasana		13. Maha mudra	14. Suryanamaskar		14. Caturpadapitham			15. Gothapitham			16. Cakkaravaksana		<p><u>INVERTED ASANAS</u></p> <p>1. Viparitarani</p> <p>2. Sarvangasana</p>		
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		<ol style="list-style-type: none"> 1. Bhujangasana 2. Dhanurasana 3. Salabhasana 	
	<p>Unit III: Pranayama Yogic Breathing, Kapalabhati, Nadi Shodhana, Bhastrika, Bhramari, Sheetali, Seethkari, Suryabhedana, Chandrabhedana, Ujjayi</p>		
	<p>Unit IV: Kriyas, Bandhas and Mudras Kriyas: Jalaneti, Sutraneti, Agnisar Kriya Bandhas: Jalandhara Bandha, Moola Bandha, Uddiyana Bandha, Maha Bandha Mudras Chin mudra, Chinmaya Mudra, Adi Mudra, Brahma Mudra, Bhairava Mudra, Bhairavi Mudra, Shanmuki Mudra, Vipareetakarani Mudra, Yoga Mudra, Ashwini Mudra, Nasiga Mudra, Maha Mudra.</p>		
	<p>Unit V: Meditation Mantra Meditation, Yoga Nidra, IRT, QRT, DRT, Nadanusandhana, Chakra Meditation, Vipasana Meditation, Rajayoga Meditation, Trataka Meditation, Transcendental Meditation.</p>		
References	<ol style="list-style-type: none"> 1. Iyenger B.K.S (1976) Light on yoga, London, Unwin paperbacks. 2. Sivananda Sarawathi swami (1934) Yoga Asanas Madras: My magazine of India, 3. Satyananda saraswati swami (2008) Asana, Pranayama, Mudra, Bandha, munger: Yoga publications trust. 4. Iyenger B.K.S (2008) Light on pranayama, New Delhi: Haper Collins publishers India. 5. Chandrasekaran 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. Yogeshwaranand saraswati swami (1975) First steps to higher yoga, Gangothari: Yoga nikan trust. 8. Coulter H David (2001) Anatomy and Hatha yoga, USA: Body and Breath Inc. 9. Gharote (2004) Applied yoga, Lonvla: Kaivalyadhama. 10. Kathy Lee Kappmeier and Diane M.Ambrosini (2006) Instructing Hatha Yoga, Champaign: Human Kinetics. 11. Satyananda saraswati Swami (2007) Meditations from the tantras. Munger: yoga publications Trust. 		

Course outcomes

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
CO104.1	2	3	3	3	2	2	2
CO104.2	2	3	3	3	3	3	3
CO104.3	3	3	3	3	3	3	3
CO104.4	2	3	3	3	3	3	3
CO104.5	2	2	3	2	3	3	3
Average	2.2	2.8	3	2.8	2.8	2.8	2.8

Internal marks	External marks	Total marks	Total hours	L	T	P	C	
25	75	100	45	1	-	2	2	
Title of the Course		Classification of asanas - Practical				Code	UYT2103	
Core		First Year & first Semester				Credit	2	
Course objective		1. To learn the importance of dos and don'ts during yogic practices. 2. To learn the yogic practices with proper therapeutic techniques.						
Course Outline		Unit 1: Loosening the joints						
		Suksha vyayama — Sthula vyayama Suryanamaskar: Children's Model Bihar School of Yuga model Viivekananda Kendra Model						
		Unit II: Asanas						
		<u>STANDING</u> 1. Samasthiti 2. Tadasana 3. Parsva Uttanasana 4. Uttanasana 5. Pandangusthasana 6. Ardha Uttanasana 7. Utkatasana 8. Ardha ukatsana 9. Prasita pada uttannasana 10. Virabhadrasanan 11. Uttita Trikonasana (Parsva) 12. Uttita Trikonasana (Parivritti) 13. Uttita Parsva Trikonasana (Parsva) 14. Adhomukhasvanasana 15. Urdhvamikasvasana 16. Caturanga Dhandasana 17. Suryanamaskar	<u>LYING SUPINE</u> 1. Savasana 2. Tadaka mudra 3. Apanasana 4. Urdhava prasarita padhasana 5. Jathara parivritti I 6. Jathara parivritti II 7. Jathara parivritti III 8. Supta Baddha konasana 9. Dvipada pitham 10. Matsyasana <u>INVERTED ASANAS</u> 1. Viparitakaran i 2. Sarvangasana <u>LYING PRONE ASANA</u> 1. Bhujangasana 2. Dhanurasana 3. salabhasana	<u>SEATED</u> 1. Sukhasana 2. Brahmasana 3. Siddhasana 4. Padmasana 5. Parvatasana 6. Baddha konasana 7. Dandasana 8. Janusirsasana 9. Paschimottanasana 10. Upavista konasana 11. Navasana 12. Purvattasana 13. Maha mudra 14. Caturpadapita 15. Gothapitam 16. Cakkaravaksana				
Unit III: Pranayama								

	<p>Yogic Breathing, Kapalabhati, Nadi Shodhana, Bhastrika, Bhramari, Sheetal, Seethkari, Suryabhedana, Chandrabhedana, Ujjayi</p>
	<p>Unit IV: Kriyas, Bandhas and Mudras Kriyas Jalaneti, Sutraneti, Agnisar Kriya Bandhas Jalandhara Bandha, Moola Bandha, Uddiyana Bandha, Maha Bandha Mudras Chin mudra, Chinmaya Mudra, Adi Mudra, Brahma Mudra, Bhairava Mudra, Bhairavi Mudra, Shanmuki Mudra, Vipareetakarani Mudra, Yoga Mudra, Ashwini Mudra, Nasiga Mudra, Maha Mudra.</p>
	<p>Unit V: Meditation Mantra Meditation, Yoga Nidra, IRT, QRT, DRT, Nadanusandhana, Chakra Meditation, Vipasana Meditation, Rajayoga Meditation, Trataka Meditaion, Transcendental Meditation.</p>
References	<ol style="list-style-type: none"> 1. Iyenger B.K.S (1976) Light on yoga, London, Unwin paperpacks. 2. Sivananda Sarawathi swami (1934) Yoga Asanas Madras: My magazine of India, 3. Satyananda saraswati swami (2008) Asana, Pranayama, Mudra, Bandha, mungar: Yoga publications trust. 4. Iyenger B.K.S (2008) Light on pranayama, New Delhi: Haper Collins publishers India. 5. Chandrasekaran k (1999) Sound Health through Yoga, Sedapatti: Prem kalyan Publications 6. Vishnu Devananda Swami (1972) The complete illustrated book of yoga, NewYork: Pocket books. 7. Yogeshwaranand saraswathi swami (1975) First steps to higher yoga, Gangothari: Yoga nicketan trust. 8. Coulter H David (2001) Anatomy and Hatha yoga, USA: Body and Breath Inc. 9. Gharote (2004) Applied yoga, Lonvla: Kaivalyadhama. 10. Kathy Lee Kappmeier and Diane M.Ambrosini (2006) Instructing Hatha Yoga, Champaign: Human Kinetics. 11. Satyananda saraswati Swami (2007) Meditations from the tantras. Munger: yoga publications Trust.

Course outcomes

CO 105.1 To understand the basic concepts of warm up, basic asanas, surya namaskar of different schools of yoga.

CO105.2 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;

CO105.3 The students can understand the technique of pranayama and improve concentration and memory skills

CO105.4 The students can reap the benefits by practicing bandhas, mudras and kriyas

CO105.5 The course outcomes gives 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
CO105.1	2	3	3	3	2	2	2
CO105.2	2	3	3	3	3	3	3
CO105.3	3	3	3	3	3	3	3
CO105.4	2	3	3	3	3	3	3
CO105.5	2	2	3	2	3	3	3
AVERAGE	2.2	2.8	3	2.8	2.8	2.8	2.8

Internal Marks	External Marks	Total Marks	Total hours	L	T	P	C
25	75	100	60	3	1	-	4
Title of the Course		Communication Skills				Code	UYT2104
Core		First Year & First Semester				Credit	4
Course Objective		<ol style="list-style-type: none"> 1. To develop the communication of the student in present scenario 2. To develop self confidence in students while communicating with the society 					
Course Outline		<p>Unit I: 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</p> <p>Unit II: 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.</p> <p>Unit III: Letter writing - Report writing -Memo's -Note Making -Agenda preparation</p> <p>Unit IV: Soft skills -Interview skills -preparing for an interview - presentation skills -Body language -speaking -pronunciation - voice -Modulation of speech - structure of presentation</p> <p>Unit V: Group discussion -art of listening and expressing -Role of Yoga on Communication skills</p>					
References		'Soft Skills', University of Madras, Chennai 'Communication Skills', University of Madras, Chennai					

Course outcomes

CO 106.1 The course outcomes gives 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 develops the ability of perceiving and responding to the needs

of various groups or individuals one interacts with and to influence people. Communication create a goods climate, right attitude and congenial working relationship.

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

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
CO106.1	2	3	3	2	2	2	1
CO106.2	3	3	2	2	1	1	2
CO106.3	3	3	2	3	3	2	2
CO106.4	2	3	3	2	2	3	3
AVERAGE	2.5	3	2.5	2.25	2	2	2

Internal Marks	External Marks	Total Marks	Total hours	L	T	P	C
100	-	100	45	1	-	2	2
Title of the Course		Community Services				Code	UYT2105
Core		First Year & First Semester				Credit	2
Course Objective		To bring awareness to community on Yoga					
Course Outline		Duration : Five days Semester : 1 Mode of Evaluation : Internal assessment Maximum Marks : 100 Subject : Yoga Nature of Programme : To bring awareness to community on yoga					

Course outcomes

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
CO107.1	2	3	3	3	2	2	2
CO107.2	2	3	3	3	3	3	3
CO107.3	3	3	3	3	3	3	3
CO107.4	2	3	3	3	3	3	3
AVERAGE	2.25	3	3	3	2.75	2.75	2.75

SEMESTER II

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 -II				Code	LT2201
Core		First Year & Second Semester				Credit	4
Course Objective		<p>1.To make the students to understand the importance of regional language and its concepts.</p> <p>2.To prepare the students to know the heritage and literature works of Tamil language.</p>					
Course Outline		<p>செய்யுள்: 'திருநாவாவுக்கரசர் தேவாரம்-நான்காம் திருமுறை-நமச்சிவாயத் திருப்பதிகம் 10 பாடல்கள்</p> <p>குலசேகர ஆழ்வார்- பெருமாள் திருமொழி ஆலைநீள் கரும்பன்னவன் எனத் தொடங்கும் தேவகி புலம்பல் (முழுமையும்)</p> <p>நளவெண்பா- கலிநீங்கு காண்டம் தேர்ந்தெடுக்கப்பட்ட 40 பாடல்கள்</p> <p>சீறாப்புராணம்- மானுக்குப் பிணை நின்றபடலம் தேர்ந்தெடுக்கப்பட்ட 65 பாடல்கள்</p> <p>கண்ணதாசன் ஏசு காவியம்-பாடுகளின் பாதை - தேர்ந்தெடுக்கப்பட்ட பாடல்கள் மட்டும்</p> <p>இலக்கணம்: இலக்கணக் குறிப்பு-செய்யுட் பகுதியில் அமைதல் வேண்டும்.</p> <p>உரைநடை: டாக்டர் மு.வ.வின் 'நல்வாழ்வு' நூல் முழுமையும் பாரி நிலையம் சென்னை -600 108</p> <p>பாடந் தழுவிய இலக்கிய வரலாறு</p> <p>மொழி பெயர்ப்பு</p> <p>பொது (ஆங்கிலத்திலிருந்து தமிழ்)</p> <p>இடஞ்சுட்டிப் பொருள் விளக்கம் செய்யுட் பகுதியில் இடம் பெற வேண்டும்.</p>					
References		<p>திரு என். வெங்கடேஸ்வரன் மற்றும் திரு ஆதிரை-நமச்சிவாயத் திருப்பதிகம்</p> <p>குலசேகர ஆழ்வார் வரலாறு- வெ.ராமன்</p> <p>கவியழகன் கவியழகன்- மாணவர் தமிழ்</p>					

Course outcomes

CO 201.1 The course outcomes make the learners to understand the importance of regional language and social, economical, 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
CO201.1	2	1	2	2	2	2	1
CO201.2	2	2	1	2	1	1	2
CO201.3	1	2	1	2	1	2	1
CO201.4	1	2	1	2	1	2	1
CO201.5	2	1	2	2	1	2	1
AVERAGE	1.6	1.6	1.4	2	1.2	1.8	1.2

Internal Marks	External Marks	Total Marks	Total Hours	L	T	P	C
25	75	100	60	3	1	-	4
Title of the Course		Part II- English				Code	LE2202
Core		First Year & Second Semester				Credit	4
Course Objective		1. To have good reading and writing ability 2. To have good vocabulary and listening skill					
Course Outline		<p>Unit I Prose Textures of English (Cambridge University Press India Pvt. Limited) History of Chess-Barbara Mack To Know When t-o 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 Hom Six Thinking Hats-Edward Bono</p> <p>Unit II Poetry; Verse (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 Tlle Listeners-De La Mare</p> <p>Unit III Biographical sketches 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-Johii Frazer Martin Luther King-R.N.Roy</p> <p>Unit IV Grammar Grammar Voice, Articles, Prepositions, Reported Speech, Conditional sentence, Completing the sentences, Common Errors Synonym, Antonym, Word class. Use i11 sentences (Words as different word classes -Text based))</p> <p>Unit V 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 a11d Dr. V. Saraswathi (Anu Chitra Publications)</p>					
References		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 a11d Dr. V. Saraswathi (Anu Chitra Publications)					

Course outcomes

CO202.1 The course outcomes make the learners to 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 Analyze 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
CO202.1	2	1	2	2	2	2	1
CO202.2	2	2	1	2	1	1	2
CO202.3	1	2	1	2	1	2	1
CO202.4	1	2	1	2	1	2	1
CO202.5	2	1	2	2	1	2	1
AVERAGE	1.6	1.6	1.4	2	1.2	1.8	1.2

Internal marks	External marks	Total marks	Total hours	L	T	P	C
25	75	100	60	3	1	-	4
Title of the Course		Fundamentals of yoga therapy				Code	UYT2201
Core		First Year & Second Semester				Credit	4
Course objective		<ol style="list-style-type: none"> 1. To make the students to understand the basic concepts of Yoga therapy. 2. To prepare the students to know the significance of the different paths of Yoga and heal the diseases to enhance health and fitness. 					
Course Outline		Unit 1: Health Goal of life – Adhi – Vyadi- Klesha – Factors affecting health – Stages of development of diseases – Yogic rules for good health – dimension of health – Causes of ill health – Pillars of health					
		Unit II: Ailments Pillars of yoga therapy – How the therapy works – Yogic practices and health – How yogic practices heal					
		Unit III: Therapy Meaning – Classifications – benefits – Paths of yoga in yoga therapy – goal- principles – philosophy – Essence Origin of yoga therapy – history of yoga therapy – evolution of yoga therapy – foundation of yoga therapy					
		Unit IV: Fitness and wellness Meaning – components and scope of fitness – metabolic fitness – role of yoga on fitness – wellness meaning and scope – components – yogic management					
		Unit V: Nutrition Nutrients – diet – types of diet – good and bad diets – satvic diet – relationship of health, fitness, wellness, nutrition and yoga					
References		<ol style="list-style-type: none"> 1. Brahma kumaris Jagdish Chander Mount Abu: PBK Ishwariya vishwa vidyalaya. 2. Desikachar (2003) Nathamuni's yoga Rahasya, Chennai: 3. Krishnamacharya yoga Mandiram. 4. Desikachar (2004) Yoga Yajnavalkya Samhita, Chennai: Krishnamacharya yoga Mandiram. 5. Hausthul Desikachar (2016) The Hata yoga pradipika, Chennai: Madia Garuda. 6. Meena Ramanathan (2006) Grandasamihita Lonavla: Kaivalyadama S.M. Y.M.Samiti. 6. Suburamanian (2003) The yoga vasishta, Chennai: Sura Books (Pvt) Ltd. 7. Swami Gambirananda (2008) Eight upanisads Kolkata: Advaita Ashrama. 8. Swami Ranganathananada (2001) The message of the upanisads, Mumbai: Bharatiya vidya Bhavan. 9. VenkataReddy (1932) Hata ratnavali, Arthameru: M.S.R.Memorial yoga series. 					

	10. Elangovan R (2016) Fundamentals of Yoga, Chennai: Ashwin Publications.
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Course outcomes

CO 203.1 The course outcomes make the students understand the basic concepts of yoga therapy and its benefits to individual and society.

CO 203.2 The course outcome provide improved attention in studies, better stamina and coordination for sports and a heightened awareness and balanced attitude for social activity.

CO 203.3 The course outcome makes the students understands the techniques of Yoga therapy as the application of Yogic principles to a particular person with the objective of achieving a particular spiritual, psychological, or physiological goal.

CO 203.4 The course outcomes makes the students understand the importance of fitness and wellness for self and to the society.

CO 203.5 The course outcomes makes the students understand the importance nutrition and its types 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
CO203.1	2	3	3	3	3	2	3
CO203.2	2	3	3	3	2	3	2
CO203.3	3	3	3	2	3	2	3
CO203.4	2	3	2	3	3	3	2
CO203.5	2	3	3	2	3	2	3
AVERAGE	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
Title of the Course		Physical examination Methods				Code	UYT2202
Core		First Year & Second Semester				Credit	2
Course objective		<ol style="list-style-type: none"> To understand the anatomy of body To learn the physiological functioning of body 					
Course Outline		Unit 1: Examination of Pulse Prerequisites — Technique — Pulse reading — Rhythm of pulse — Volume of pulse					
		Unit II: Examination of spine Spine with respect to kyphosis, Scoliosis, — Examination of low back — Examination of neck					
		Unit III: Knee — Hip — Shoulder — Ankle — Foot					
		Unit IV: Examination of muscles various group of muscles -Muscles tone — Muscle bulk — Strength of various group of muscle					
		Unit V: Examination of abdomen and examination of nerves Examination of abdominal organs — Inference from examination — Examination of hernia sites Examination of neurological system — Tremor— Fine tremor					
References		<ol style="list-style-type: none"> Roger Watson, 'Anatomy and Physiology for Nurses', 20D0, USA, Harcourt Publishers Stanley Hoppenfeld, 'Physical examination of spine and extremities', 1976,USA, PRENTICE Hall WP BEETHAM, 'Physical examination of yhe joints', 196S, UK, WB SAUNDERS & CO BKS lyengar, 'The path to holistic health', 2001, UK, Dorling Kinderley 					

Course outcomes

CO 204.1 The course outcome makes the students understand the basic approach to the physical examination of the patient and the techniques involved in the examination.

CO 204.2 The course outcome makes the students analyse the vital signs, Growth parameters, Nutritional status, level of consciousness, toxic or distressed, cooperation, hydration, mental state of the persons.

CO 204.3 The course outcome makes the students analyse both functional and structural classifications for body joints and Describe the characteristic features for fibrous, cartilaginous, and synovial joints

CO 204.4 The course outcome make the students understand and identify the different body movements and Discuss the structure of specific body joints and the movements and the development of body joints

CO 204.5 The course outcome make the learners understand and Assess a person's body temperature, pulse, respiration, oxygen saturation and blood pressure.

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

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
CO204.1	2	3	3	3	2	2	2
CO204.2	2	3	3	3	3	3	3
CO204.3	3	3	3	3	3	3	3
CO204.4	2	3	3	3	3	3	3
CO204.5	2	2	3	2	3	3	3
AVERAGE	2.2	2.8	3	2.8	2.8	2.8	2.8

Internal marks	External marks	Total marks	Total hours	L	T	P	C
25	75	100	45	1	-	2	2
Title of the Course		Functions and modification of asanas			Code	UYT2203	
Core		First Year & Second Semester			Credit	2	
Course objective		<ol style="list-style-type: none"> To learn the yogic practices with proper therapeutic techniques. To analyze the modifications of asanas based on individual level. 					
Course Outline		Unit 1: Loosening the joints					
		Suksha vyayama — Sthula vyayama Suryanamaskar: Children's Model Bihar School of Yuga model Viivekananda Kendra Model					
		Unit II: Asanas					
		<u>STANDING</u>	<u>LYING SUPINE</u>	<u>SEATED</u>			
1. Samasthiti	1. Savasana	1. Sukhasana					
2. Tadasana	2. Tadaka mudra	2. Brahmasana					
3. Parsva Uttanasana	3. Apanasana	3. Siddhasana					
4. Uttansana	4. Urdhava prasarita padhasana	4. Padmasana					
5. Pandangusthasana	5. Jathara parivritti I	5. Parvatasana					
6. Ardha Uttanasana	6. Jathara parivritti II	6. Baddha konasana					
7. Utkatasana	7. Jathara parivritti III	7. Dandasana					
8. Ardha ukatsana	8. Supta Baddha konasana	8. Janusirsasana					
9. Prasita pada uttannasana	9. Dvipada pitham	9. Paschimottanasana					
10. Virabhadrasana n	10. Matsyasana	10. Upavista konasana					
11. Uttita Trikonasana (Parsva)		11. Navasana					
12. Uttita Trikonasana (Parivritti)		12. Purvattasana					
13. Uttita Parsva Trikonasana (Parsva)	<u>INVERTED ASANAS</u>	13. Maha mudra					
14. Adhomukhasvasanasana	1. Viparitakarani	14. Caturpadapita					
15. Urdhvamukasvasana	2. Sarvangasana	15. Gothapitam					
16. Caturanga Dhandasana	<u>LYING PRONE ASANA</u>	16. Cakkaravaksana					
17. Suryanamaskar	1. Bhujangasana						
	2. Dhanurasana						
	3. salabhasana						
		Unit III: Pranayama					

	<p>Yogic Breathing, Kapalabhati, Nadi Shodhana, Bhastrika, Bhramari, Sheetali, Seethkari, Suryabhedana, Chandrabhedana, Ujjayi</p> <p>Unit IV: Kriyas, Bandhas and Mudras Kriyas Jalaneti, Sutraneti, Agnisar Kriya Bandhas Jalandhara Bandha, Moola Bandha, Uddiyana Bandha, Maha Bandha Mudras Chin mudra, Chinmaya Mudra, Adi Mudra, Brahma Mudra, Bhairava Mudra, Bhairavi Mudra, Shanmuki Mudra, Vipareetakarani Mudra, Yoga Mudra, Ashwini Mudra, Nasiga Mudra, Maha Mudra.</p> <p>Unit V: Meditation Mantra Meditation, Yoga Nidra, IRT, QRT, DRT, Nadasandhana, Chakra Meditation, Vipasana Meditation, Rajayoga Meditation, Trataka Meditation, Transcendental Meditation.</p>
<p>References</p>	<ol style="list-style-type: none"> 1. Iyenger B.K.S (1976) Light on yoga, London, Unwin paperbacks. 2. Sivananda Sarawathi swami (1934) Yoga Asanas Madras: My magazine of India, 3. Satyananda saraswati swami (2008) Asana, Pranayama, Mudra, Bandha, munger: Yoga publications trust. 4. Iyenger B.K.S (2008) Light on pranayama, New Delhi: Harper Collins publishers India. 5. Chandrasekaran k (1999) Sound Health through Yoga, Sedapatti: Prem kalyan Publications 6. Vishnu Devananda Swami (1972) The complete illustrated book of yoga, NewYork: Pocket books. 7. Yogeshwaranand 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 Inc. 9. Gharote (2004) Applied yoga, Lonvla: Kaivalyadhama. 10. Kathy Lee Kappmeier and Diane M.Ambrosini (2006) Instructing Hatha Yoga, Champaign: Human Kinetics. 11. Satyananda sararwati Swami (2007) Meditations from the tantras. Munger: yoga publications Trust.

Course outcomes

CO 205.1 The course outcome make the learners understand and harmonise the body and mind by consciously observing the physical and mental process as each movement or relaxation is practiced.

CO 205.2 The course outcome make the learners understand classification of asanas and its benefits and contra indications also and the modifications according to the individual needs.

CO 205.3 The course outcome make the learners understand varieties of pranayama and its benefits on physical physiological, mental emotional levels in a persons body and mind.

CO 205.4 The course outcome make the learners understand benefits of kriyas,mudras,and bandhas on physical physiological, mental emotional levels in a persons body and mind.

CO 205.5 The course outcome make the learners understand benefits different meditation

techniques and its effects in a 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
CO205.1	2	2	3	2	2	2	2
CO205.2	2	2	2	3	2	2	2
CO205.3	1	3	2	3	2	3	3
CO205.4	2	3	3	3	3	3	3
CO205.5	3	3	3	3	3	3	3
AVERAGE	2	2.6	2.6	2.8	2.4	2.6	2.6

Internal Marks	External Marks	Total Marks	Total hours	L	T	P	C
25	75	100	60	3	1	-	4
Title of the Course		Personality Development				Code	UYT2204
Core		First Year & Second Semester				Credit	4
Course Objective		1. To learn the concept and significance of personality in an individual at Physical, mental, moral, social, emotional and spiritual. 2. To learn the process of development of human according to personality.					
Course Outline		<p>Unit I: Personality: Personality in psychology - Meaning, definition, concepts, Need, nature and scope of personality development - Structure of Personality</p> <p>Unit II: Stages of human development - determinants of human development of Personality- Developmental processes: Physical, mental, moral, social, emotional and spiritual</p> <p>Unit III: Guidelines on Personality - values and spirituality - Developing good personality based on Yoga- Anger and stress management - role of diet on Personality</p> <p>Unit IV: 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>Unit V: Leadership - Qualities of leaders -positive thinking -Powers and effects of thoughts - career planning - Career rules - Better human relations - Time Management.</p>					
References		1. Abraham R. 1995, Personality Development, Communication Skills and Public Speaking, Saint Catherine Church Chennai. 2. Anthony D. Souza 1985 Being and leader (Singapore: Haggai Institute publication)					

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 perdon's lives.

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

CO 206.3 The leaners 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 coordinating 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
CO206.1	3	3	3	2	2	3	3
CO206.2	2	3	3	2	2	2	2
CO206.3	2	3	3	2	3	3	3
CO206.4	3	3	3	3	3	3	3
CO206.5	3	3	3	3	2	2	2
AVERAGE	2.6	3	3	2.4	2.4	2.6	2.6

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	UYT2205
Core		First Year & Second Semester				Credit	2
Course Objective		1. To bring awareness of yoga in Villagers 2. Learn to teach and train Villagers					
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 Outcomes

CO207.1 The course outcome help learner to manage and understand application of yoga in group of people.

CO207.2 The course outcome help learner to gain an insight on teaching ability and conceptual clarity in application of yoga in varied group of people.

CO207.3 The course outcome help learner to apply theories of learning and its application in real time understanding.

CO207.4 The course outcome help learner to develop leadership qualities by listening and communicating with society.

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	3	3	2	2	2
CO207.2	2	3	3	3	3	3	3
CO207.3	3	3	3	3	3	3	3
CO207.4	2	3	3	3	3	3	3
AVERAGE	2.25	3	3	3	2.75	2.75	2.75

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	LT2301
Core		Second Year & Third 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		<p>1.செய்யுள்:</p> <p>திருக்குறள் 8 - அன்புடைமை - அதிகாரம் 40 கல்வி - அதிகாரம் 42 கேள்வி - அதிகாரம் அறிவுடைமை - அதிகாரம் 43 சிலப்பதிகாரம் - வழக்குரை கதை மணிமேகலை - 17. உலக அறவி புக்க காதை சீவக சிந்தாமணி - விமலையார் இலம்பகம் (42பாடல்கள்) கம்பராமாயணம் - குகப்படலம் (46 பாடல்கள்) பெரிய புராணம் - காரைக்கால் அம்மையார் புராணம்</p> <p>2. இலக்கணம்: செய்யுள் பகுதியிலிருந்து அணி இலக்கணம் மட்டும்.</p> <p>3. சிறுகதை: அறிஞர் அண்ணாவின் சிறுகதைகள் 1. கொக்கரக்கோ 2. சரோஜா ஆறணா 3. பேய் ஒடிப் போச்சு 4. 1938-40 ஒரு வசீகர வரலாறு 5. சாது 6. செவ்வாழை 7. பொங்கல் பரிசு</p>					

	8. வேலை போச்சு 9. விழுப்புரம் சந்திப்பு 10. காலிழந்தான்
	4. பாடம் தழுவிய இலக்கிய வரலாறு: நீதி இலக்கியங்கள், ஐம்பெருங்காப்பியங்கள், சோழர் கால இலக்கியங்கள்.
	5. பயன்பாட்டுத் தமிழ்: அகர வரிசைப் படுத்துதல் ஒரு பொருள் குறித்த பல சொற்கள் பல பொருள் குறித்த ஒரு சொல் எழுத்துப் பிழை நீக்கம் ஒற்றுப் பிழைகளை நீக்கி எழுதுதல் தொடர் பிழை நீக்கம் பிறமொழிச் சொற்களை நீக்கி எழுதுதல்

Course outcomes

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 analyse 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	1	2	2	2	2	1
CO301.2	2	2	1	2	1	1	2
CO301.3	1	2	1	2	1	2	1
CO301.4	1	2	1	2	1	2	1
CO301.5	2	1	2	2	1	2	1
AVERAGE	1.6	1.6	1.4	2	1.2	1.8	1.2

Internal Marks	External Marks	Total Marks	Total hours	L	T	P	C
25	75	100	60	3	1	-	4
Title of the Course		Part II - Language English -III			Code	LE202	
Core		Second Year & Third Semester			Credit	4	
Course Objective		<ol style="list-style-type: none"> To help student to develop their vocabulary skills. To help student enhance reading and writing skills in english 					
Course Outline		<p>UNIT I: PROSE 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>UNIT II DRAMA 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>UNIT III – FICTION Stevenson – Dr. Jekyll and Mr. Hyde (Retold by Kennet)-S.Chand &Company Ltd</p> <p>UNIT IV – Grammar Clauses, Types of sentences, Linkers, Adjectives and Adverbs 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>UNIT V 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>					
References		<ul style="list-style-type: none"> Classic Assets (Emerald Publishers) Six one act plays ED; Dr.Nafeesa Kaleem (Anu chitra publications) Stevenson – Dr. Jekyll and Mr. Hyde (Retold by 					

	Kennet)- S.Chand &Company TD • Dr. H.M. Williams and Dr. V.Saraswath (Anu Chitra Publications)
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Course outcomes

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
CO302.1	2	1	2	2	2	2	1
CO302.2	2	2	1	2	1	1	2
CO302.3	1	2	1	2	1	2	1
CO302.4	1	2	1	2	1	2	1
AVERAGE	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		ANATOMY AND PHYSIOLOGY				Code	UYT2301
Core		Second Year & Third Semester				Credit	4
Course Objective		1. To understand the anatomy of body 2. To learn the physiological functioning of body					
Course Outline		Unit I: <u>Skeletal and muscular system</u> 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.					
		Unit II: <u>The respiratory, circulatory, digestive and endocrine system</u> 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. The Endocrine system- Hypothalamus, Pituitary gland- Thyroid gland, Parathyroid glands- Thymus gland- Adrenal gland- Pineal gland- their functions					
		Unit III: <u>Sense organs and nervous system</u> Skin- eyes- ear- tongue- nose- their functions: Posture- active posture- inactive posture- ideal posture- control of posture The Nervous System- The central nervous system- autonomic nervous system Brain- spinal cord- Sympathetic and parasympathetic systems- their functions-sensory organs-.					
		Unit IV: <u>Urinary and Reproductive system</u> . The urinary system Kidneys, ureters, bladder, urethra, renal function. The reproductive system- puberty-menopause- testes, uterus, ovaries- their functions					
		Unit V: <u>Impact of Yogic Practices on the Anatomy and Physiology</u> 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.					

	<p>3. Ray S Dutta (2001) Yogic Exercise: Physiologic and psychic processes, New Delhi:</p> <p>4. Evelyn C peace (1997) Anatomy and physiology for nurses, New Delhi: Jaypee Brothers.</p> <p>5. Leslie Kumar (2007) YogaAnatomy, Champaign: Human Kinetics</p> <p>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.</p> <p>9. Shavel L.G (1981) Essentials of Exercise Physiology, New Delhi: Surjeet Publication.</p> <p>10. 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 outcomes

CO303.1 The students can study the different structures and functions of the cell and focuses mainly on the idea of the cell as the basic unit of life which will give in depth knowledge on human anatomy.

CO303.2 Students will understand the concept of different systems in anatomy and physiology in treating patients with more knowledge of the diseases and disorders.

CO303.3 The student can locate and identify body structures including topography of living body which can help them to work along with yoga therapist and health care professionals.

CO303.4 Students can able to discuss about women’s problems exclusively and can work out practical solutions and can work along with primary health centers professionals.

CO303.5 The student can explain the role of each body system in maintaining homeostasis and can have better understanding of human anatomy in a yogic way.

Mapping Function of PO’s and CO’s & PSO’s

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
CO303.1	3	3	3	3	3	3	3
CO303.2	2	2	2	2	2	2	2
CO303.3	2	2	2	2	2	2	2
CO303.4	3	3	3	3	3	3	3
CO303.5	3	2	2	3	2	3	2

Average	2.6	2.4	2.4	2.6	2.4	2.6	2.4
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Internal Marks	External Marks	Total Marks	Total Hours	L	T	P	Credit
25	75	100	45	1	-	2	2
Title of the Course		Applied physiology- Practical				Code	UYT2302
Core		Second Year & Third Semester				Credit	2
Course Objective		<ul style="list-style-type: none"> To learn to measure the parameters of body To learn to examine body and know its function 					
Course Outline		Unit I - Measurement of Temperature, Pulse rate, Respiratory rate					
		Unit I - Measurement of Blood Pressure					
		UNIT-III Sensory function - Examinations					
		UNIT-IV Muscle Examinations					
		UNIT V- Identification of a specimen organ and explain its functions.					
References		<ol style="list-style-type: none"> Arthur C. Guyton & John Edward I-IaJJ (2006), Textbook of Medical Physiology, Florida, United States, Elsevier Standards. Surinder Pí Singh & Krishna Garg, (2008), Anatomy and Physiology for nurses & allied health sciences, New Delhi CDS Publishers. Sivaramakrishnan S. (2006), Anatomy and Physiology for Physical Education, New Delhi, Friends Publishers. Anne Waugh & Alson Graunt (2005) Anatomy and Physiology in Health and Wellness, Alahabad, Churhcill Livingtone, Clark Robert K (2005) Anatomy & Physiology- Understanding the Human body, Suddury, United States, Jones & Bartictt. Shri Krishna (1985) Notes on Structure and Functions of Human bod)' & Êffects ofYogic practices in it> Mumbai. ICYHC Kaivalyadhama. Dôtta Ray (2001) Yogi Exercises, New Delhi: Jaypee Brothers. Shfüey Telles (2006) A Glimpse of the human, Bangalore: Swami. Vivekananda yoga prakashana . 					

Course outcomes

CO 304.1 The students can understand the technique and methods of measuring temperature and pulse rate and the benefits of the same

CO 304.2 The students can understand the different types of blood vessels and their function and apply how blood pressure is measured

CO 304.3 The students can evaluate the function of sensory organs, their functions and their ailments

CO 304.4 The students can understand the functions of muscle analyze the organization and processes of the muscular system and the functions of specimen organs and its functions.

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

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2

CO304.1	3	3	3	1	2	3	3
CO304.2	2	3	3	2	2	2	2
CO304.3	2	3	3	2	3	3	3
CO304.4	3	3	3	3	3	3	3
AVERAGE	2.5	3	3	2	2.5	2.75	2.75

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	UYT2303
Core		Second Year & Third Semester				Credit	2
Course Objective		<p>2. To enhance the computer knowledge for growth and development of the students.</p> <p>3. To help the students to create PPT, DOC and help them to learn to send mail for their employment growth.</p>					
Course Outline		<p>UNIT I: MS-WORD 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>UNIT II SPREAD SHEET. 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>UNIT III POWER POINT 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. Back ground designing in Power Point Presentation. Designing the Power Point Presentation using Audio and Video.</p> <p>UNIT IV INTERNET LAB Browsing a Web Site. Composing and Sending Mail.</p>					

	Forwarding and replying to mails. Downloading Articles / Web content. Literature survey using search enquires.
	UNIT V DBMS LAB 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)
References	<ul style="list-style-type: none"> • Peter Norton, “Introduction to Computers”, 6th Edition, Tata Megraw Hill. • Ashok N.Kamthane, “Computer Programming”, Pearson Education India. • Groff Weinberg, “The complete Reference SQL”, ‘2nd Edition, Tata Megraw Hill. • Bott Special Edition using Microsoft office 2007, Pearson Education India. • Gray W.Harsen and James V Harsen(1996) Data Base Management and Design, Prentice Hall. • Jeffrey A Holter, Mary B Prescott, Fred R. Medadden(2002), Modern Database Management, Prentice Hall.

Course outcomes

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 crative 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
CO305.1	2	3	3	3	2	2	2
CO305.2	2	3	3	3	3	3	3
CO305.3	3	3	3	3	3	3	3
CO305.4	2	3	3	3	3	3	3
AVERAGE	2.25	3	3	3	2.75	2.75	2.75

Internal Marks	External Marks	Total Marks	Total hours	L	T	P	C
25	75	100	45	1	-	2	2
Title of the Course		Computer Applications in Yoga therapy				Code	UYA2306
Core		Second Year & Third Semester				Credit	2
Course Objective		<ul style="list-style-type: none"> To help student to enhance the computer knowledge and help them to create documents for their yogic growth. To help the student to develop the knowledge to conduct webinar. 					
Course Outline		<p>UNIT I: 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.</p> <p>UNIT II Microsoft Word: Title Bar, Menu Bar, Standard tool bar – Formatting tool bar – Ruler – Status bar – Task bar. Creating documents – formatting – editing- deleting – copying -saving.</p> <p>UNIT III Microsoft Excel: 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. Microsoft Power Point: 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.</p> <p>UNIT IV Internet – Introduction – History – Use – Connection – Worldwide Web – Usage of internet explorer – Search box -E-mail – Outwork 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</p> <p>UNIT V Database creation -Primary Key and other constraints Sample SQL Statements – create – Insert – Update – delete – Select – Commit. Front end tools – Connecting Database with VB – Creating simple Graphical user. Interface applications using VB</p>					
References		<ul style="list-style-type: none"> Venugopal, “Fundamentals of Computers , Prentice All India. Sudharsan C & John Manojkumar Computer Fundamentals, RBA publications, Chennai. Dromwey, How to solve it by computer, Tata Megraw, Gill Jayashree, Computer for beginners, Vikas Publishing House, New Delhi. 					

Course outcomes

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
CO306.1	2	3	3	3	2	2	2
CO306.2	2	3	3	3	3	3	3
CO306.3	3	3	3	3	3	3	3
CO306.4	2	3	3	3	3	3	3
AVERAGE	2.25	3	3	3	2.75	2.75	2.75

Internal Marks	External Marks	Total Marks	Total hours	L	T	P	C
100	-	100	45	1	-	2	2
Title of the Course		Visiting Fitness centers / Physiotherapy centers				Code	UYA2307
Core		Second Year & Third Semester				Credit	2
Course Objective		<ul style="list-style-type: none"> To help the society with various social activities To bring awareness on yogic practices and yogic food amongst society. 					
Course Outline		Duration: Five Days Mode of Evaluation: Internal Assessment Maximum Marks: 100 Subject: Yoga Nature of Programme : To bring awareness to gain knowledge, to teach and train people.					

Course outcomes

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 1The outcome to this course will make the students excel in team coordination trust building and understanding of others requirements.

CO307.3 1The 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 1The 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	3	3	3	2	2	2
CO307.2	2	3	3	3	3	3	3
CO307.3	3	3	3	3	3	3	3
CO307.4	2	3	3	3	3	3	3
AVERAGE	2.25	3	3	3	2.75	2.75	2.75

SEMESTER IV

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 – IV				Code	LT2401																												
Core		Second Year & Fourth Semester				Credit	4																												
Course Objective		<p>1.To make the students to understand the importance of regional language and its concepts.</p> <p>2.To prepare the students to know the heritage and literature works of Tamil language.</p>																																	
Course Outline		<p>1. செய்யுள். புறநானூறு : 212, 213, 214, 215, 216</p> <p>அ. 212 பாடியவர்-பிசிராந்தையார், கோப்பெருஞ்சோழனின் மாண்பைப் பாடியது திணை -இயன்மொழி “நுங்கோ யாரென வினவின் எங்கோக்... (10 அடிகள்)</p> <p>ஆ. 213 பாடியவர்- புல்லாற்றுர் எயிற்றயினார் கோப்பெருஞ்சோழன் தன் மக்கள் மேல் போருக்கு எழுந்த போது பாடியது. வஞ்சித் திணை, துணை வஞ்சித்துறை “மண்டமர் அட்ட மதனுடைய நோன்றாள்”(24 அடிகள்)</p> <p>இ. 214 கோப்பெருஞ்சோழன் வடக்கிருந்த போது பாடியது பொதுவியல் திணை, பொருண் மொழிக்காஞ்சித்துறை “செய்குவம் கொல்லோநல்வினை எனவே” (13 அடிகள்)</p> <p>ஈ. 215 கோப்பெருஞ்சோழன் பிசிராந்தையார் வருவார் எனப் பாடியது. பாடாண் திணை, இயன்மொழித்துறை “கதவைக் கதிர் வரகின் அவைப்புறு வாக்கல்...”(9 அடிகள்)</p> <p>உ. 216 கோப்பெருஞ்சோழன் பாடல், பாடாண்திணை இயன்மொழித் துறை.“கேட்டல் மாத்திரை அல்லது யாவதும்...” 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>- தலைவி கூற்று</td> </tr> <tr> <td></td> <td></td> <td>தேவகுலத்தார்</td> <td>“நிலத்தினும் பெரிதே...”4</td> </tr> <tr> <td>பா.எண்.16</td> <td>-</td> <td>பாலைத்திணை</td> <td>- தோழி கூற்று</td> </tr> <tr> <td></td> <td></td> <td>பாலை பாடிய பெருங்கடுங்கோ</td> <td>“உள்ளார் கொல்லோ தோழி....5</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	- தலைவி கூற்று			தேவகுலத்தார்	“நிலத்தினும் பெரிதே...”4	பா.எண்.16	-	பாலைத்திணை	- தோழி கூற்று			பாலை பாடிய பெருங்கடுங்கோ	“உள்ளார் கொல்லோ தோழி....5
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	- தலைவி கூற்று																																
		தேவகுலத்தார்	“நிலத்தினும் பெரிதே...”4																																
பா.எண்.16	-	பாலைத்திணை	- தோழி கூற்று																																
		பாலை பாடிய பெருங்கடுங்கோ	“உள்ளார் கொல்லோ தோழி....5																																

பா.எண். 20	-	பாலைத்திணை	-	தலைவி கூற்று
		கோப்பெருஞ்சோழன்	-	“அருளும் அன்பும் நீக்கித் ...”4
பா.எண். 31	-	மருதத்திணை	-	தலைவி கூற்று
		ஆதிமந்தியார்	-	“மள்ளார் குழீகிய விழவினாலும் 6
பா.எண். 40	-	குறிஞ்சித் திணை	-	தலைவன் கூற்று
		செம்புலப்பெயல் நீரார்	-	“யாயும் ஞாயும்...” 5
பா.எண்.49	-	நெய்தல் திணை	-	தலைவி கூற்று
		அம்முவனார்	-	“அணிற் பல்லன்ன ...5
பா.எண்.69	-	குறிஞ்சித்திணை	-	தோழி கூற்று
		கடுந்தோட் கரவிரனார்	-	“கருங்கண் தாக்கலை ... 6
பா.எண். 124	-	பாலைத்திணை	-	தோழி கூற்று
		பாலை பாடிய பெருங்கடுங்கோ	-	உமணர் சேர்ந்து ...4
பா.எண்.167	-	முல்லைத்திணை	-	செவிலித்தாய் கூற்று
		கூடலூர்கிழார்	-	“முளிதயிர் பிசைந்த ...6
கலித்தொகை		நெய்தற்கலி 133	-	“மாமலர் முண்ட ...
		பாலைக்கலி 9	-	“எறித்தருகதிர்த் ...
		பட்டினப்பாலை	-	முழுவதும்

இலக்கணம்: திணை, துறை, விளக்கம்
நாடகம்: “பாண்டியன் பரிசு”- பாரதிதாசன்
இலக்கிய வரலாறு: பாடம் தழுவிய இலக்கிய வரலாறு சங்க
இலக்கியங்கள்: பாட்டும் தொகையும்

மொழிபெயர்ப்பு : அலுவலகக் கடிதம் (ஆங்கிலத்திலிந்து
தமிழில் மொழிபெயர்த்தல்)
இடம் சுட்டிப்பொருள் விளக்கம் செய்யுட்
பகுதியில் அமைதல் வேண்டும்.

References

1. புறநானூறு – ஓளவை துரைசாமி – தமிழ் மண் பதிப்பகம், சென்னை
2. புறநானூறு மூலமும் எளிய உரையும் – இர. பிரபாகரன் – காவ்யா பதிப்பகம், சென்னை
3. குறுந்தொகை – உ. வே. சாமிநாத ஐயர், உ. வே. சா. நூல் நிலையம், அடையார், சென்னை.
4. குறுந்தொகை – பொ. வே. சோமசுந்தரனார், சைவ சித்தாந்த நூற்பதிப்புக் கழகம், சென்னை

Course outcomes

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
CO 401.1	2	1	2	2	2	2	1
CO 401.2	2	2	1	2	1	1	2
CO 401.3	1	2	1	2	1	2	1
CO 401.4	1	2	1	2	1	2	1
CO 401.5	2	1	2	2	1	2	1
AVERAGE	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		Part II – Language English – III				Code	LE2402
Core		Second Year & Fourth Semester				Credit	4
Course Objective		<ol style="list-style-type: none"> To make the students to understand the importance of English language and its concepts. To prepare the students to know the heritage and literature works of English language 					
Course Outline		<p>UNIT I – Prose Classic Assets (Emerald Publishers) 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>UNIT II – Drama Selected Scenes from Shakespeare's Plays - Book I (Emerald Publishers) 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>UNIT III - Fiction Arthtur Conan Doyle - The Hound of the Baskervilles -Abridged by Aanand Kuma Raju (Blackie Books)</p> <p>UNIT IV 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>UNIT V 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"> Classic Assets (Emerald Publishers) Drama Selected Scenes from Shakespeare's Plays - Book I (Emerald Publishers) Arthtur Conan Doyle - The Hound of the Baskervilles -Abridged by Aanand K11ma Ra111 (Blackie Books) A Hand book of English grammar- Dr. H.M. Williams and Dr. V. Saraswathi (Anu Chitra Publications) 					

Course outcomes

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 summarise.

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
CO 402.1	2	1	2	2	2	2	1
CO 402.2	2	2	1	2	1	1	2
CO 402.3	1	2	1	2	1	2	1
CO 402.4	1	2	1	2	1	2	1
CO 402.5	2	1	2	2	1	2	1
AVERAGE	1.6	1.6	1.4	2	1.2	1.8	1.2

Internal marks	External marks	Total marks	Total hours	L	T	P	C
25	75	100	60	3	1	-	4
Title of the Course		Basic Principles and diagnosis in Yoga therapy				Code	UYT2401
Core		Second Year & fourth Semester				Credit	4
Course objective		1. To understand the basic concept of diagnosis in yoga therapy 2. To analyze the tools and utilize in therapeutic way.					
Course outline		Unit 1: Introduction to Yoga Therapy Principles of vini yoga -- Definition -- Approaches in Yoga practice - Srsti karma --Siksana karma -Raksana karma -- Cikitsa -- Physiology and pathology of yoga					
		Unit II: Concepts in Yoga Therapy Pillars of Yoga Therapy -- How Yoga Therapy works -- Paths of Yoga in Yoga Therapy -- Yogic Practices- Modification -- Modification Vs Adaptation -- Simplification Vs Intensification - Form Vs Function -- Medical system Vs Complementary system -- Yoga as a complementary system					
		Unit III: Vyuham in Yoga therapy Heyam: the problem - Countering predisposing factors -- Hetu: the cause -- Aggravating factors --Hanam: the remedy - Relieving factors - Upayam. the tools -- Importance of regular reviews					
		Unit IV: Pariksha In Yoga Therapy In depth study of diagnostic tools -- Darsanam -- Sparsanam -- Prasanam -- Group classes Vs Individual classes					
		Unit V: Nadi Pariksha in Yoga Therapy Nadi system -- The different types of nadis and their significance -- Locations -- Methodology of Nadi Pariksha in Yoga Therapy -- Application of Nadi Pariksha in Yoga Therapy - Differences between Nadu Pariksha and Pulse reading					
References		1. BKS Iyengar, 'The path to holistic health', 2001, UK, Dorling Kinderley 2. Translated by TKV Desikachar, 'patanjali's Yoga Sutra', 1987, Chennai, KYM publications 3. Translated by TKV Desikachar, 'Yoga Rahasya', 1998, Chennai, KYM publications 4. TKV Desikachar, 'Religiousness in Yoga', 1980, USA, University Press of America Inc 5. TKV Desikachar with Kausthub Desikachar and France Moors, 'The viniyoga of Yoga', 2001, Chennai, KYM publications					

Course Outcomes

CO 403.1 The students can understand and to develop muscular power, the power to concentrate, the power to do difficult postures, the ability to work over and extended period of time.

CO 403.2 The students remember and can go beyond the physical to understand what is beyond the limited sense of self; to know one's true self as unchanging Witnessing Presence of all that is changing.

CO 403.3 The students understand what is appropriate to the individual and Differences in different people must be respected

CO 403.4 The students evaluate the Teachings and consider the situation, place, or country from which the student comes in the therapeutic method

CO 403.5 The learners can remember and understand the Each person needs to be taught according to his or her individual constitution, age, disposition, etc.(i.e., obese, lean, young, old, etc

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

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
CO 403.1	2	3	2	2	2	2	2
CO 403.2	2	2	3	2	2	3	2
CO 403.3	3	2	3	2	3	2	2
CO 403.4	2	2	2	2	3	3	3
CO 403.5	3	2	2	2	2	2	3
AVERAGE	2.4	2.2	2.4	2	2.4	2.4	2.4

Internal marks	External marks	Total marks	Total hours	L	T	P	C
25	75	100	45	1	-	2	2
Title of the Course	Application of Tools in Yoga Therapy			Code	UYT2402		
Core	Second year & Four Semester			Credit	2		
Course Objectives	1. To understand the tools used for yogic practices. 2. To understand the yogic props for various ailments						
	<p><u>Unit I:</u></p> <p>Introduction of Tools in Yoga important-concept-Importance - fundamental principles of Tools {Auditory, visual, tactile and Kinesthetic approaches of yogic practices} – Applications of props in yogic practices – benefits of using Tools – comparison of classical Asanas and using with props in Asanas.</p>						
	<p><u>Unit II:</u></p> <p>Yogic anatomical understanding of using tools and yogic props Foudation in giving yogic adjustments – techniques in giving yogic adjustments-techniques in deciding the focusing point of diseases using props. Yogic props :Bricks , straps, foot rest (Slanting planks),Belts, Ropes, chair, stool, bench, box, ladder, yoga trestle, Halasana box, Back bending bench, Heart rack, Elaso crepe Bandage, Horse, Stump, cardiac bench.</p>						
	<p><u>Unit III:</u></p> <p>Types of Tools</p> <p>Modifications and breathing as a Tool: Modifications of Asanas – modifications of Asanas and Pranayama with breathing</p> <p>Chanting as Tool(syllables and Mantras):Application of chants in Bhramana Effect, langana effect and samana effect – language and religion – mantra yoga (Mantra, japa and arthabhavam) – Application of chants in asanas, pranayama, Dharana and meditation</p> <p>Tools for Strengthening: Neck, spines lowe back,Core and Knee</p> <p>Tools for Realaxation and meditation:Cot Eye pillow, Cotton Blanket,Sqaure Pillow Round Bloster</p> <p>Modern Tools: yoga wheel, Body Balance Headstander, Gymnatic Ball, Arians, Pelvic Belts Sand bag, Dhanda(stick)</p>						

	<p><u>UNIT IV</u></p> <p>Implications of props in yogic practices</p> <p>Tadasana, trikonasana, Baddha Konasana, Adhomukha svanasana, sarvangasana, sirandha sarvangasana, vipareetha dandasana, Suptha virasana, urdhva Dhanurasana, Ardha matasyendrasana, Bharadvajasana, paschimottanasana, janusirasana, parivitta janusirasana, savasana, Ujjayi, Meditation.</p> <p><u>UNIT V</u></p> <p>Application of tools in yoga therapy</p> <p>Obesity, Diabetic, thyroid, Hyper Tension, Migraine, Irregular, uterus prolapsed, Urinary incontinence, pregnancy (prenatal, postnatal), low back pain, cervical spondylitis, cervical Spondylosis, Insomnia, Asthma</p> <p>Alignment of body, kyphosis, lordosis, scoliosis, low back pain, cervical spondylitis, cervical spondylosis, knee pain, heal pain.</p>
References	<ol style="list-style-type: none"> 1. Dr. Krishna raman, 1998, A matter of Health, Intergration of yoga & Western medicine for prevention & Cure Chennai eastwest books (madras) PVT.LTD. Page no 343 2. Mark stephens, 1948, yoga Adjutment- Philosphy, principle, and Techniques, California, North Atlantic Books, page no 61 3. BKS Iyengar, 2012, LIGHT ON YOA, India, Harpercollins publishers, page no 487 4. Swamy satyananda sarasawati, 2013, four Chapters of Freedom, Yoga Publications Trust, Munger, Bihar, India 5. Dr NChandreasekaran, 2012 Principles and Practice of Yoga Therapy, VHF Publication, A3, palson Apartment, 21C Arunachalam Road, Saligramam, Chennai-600093

Course Outcomes

CO 404.1 The students can apply the basic concepts of Yoga therapy according to the individual differences in age, culture, religion, philosophy, occupation, and mental and physical health.

CO 404.2 The learner understand and apply Yoga Therapy according to the period, the place, and the practitioner’s age, strength, and activities.

CO 404.3 The students can evaluate the modifications in asanas according to the ailments and breathing modifications also.

CO 404.4 The students remember the application of meditation, textual study, spiritual or psychological counselling, chanting, imagery, prayer, and ritual to meet the needs of the individual.

CO 404.5 The students enhance their knowledge in the application of tools in therapeutic way to different kinds of body types.

Mapping Function of PO’s and CO’s & PSO’s

CO's	PO's	PSO's
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	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
CO 404.1	2	3	2	2	2	2	2
CO 404.2	2	2	3	2	2	3	2
CO 404.3	3	2	3	2	3	2	2
CO 404.4	2	2	2	2	3	3	3
CO 404.5	3	2	2	2	2	2	3
AVERAGE	2.4	2.2	2.4	2	2.4	2.4	2.4

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	UYT2403	
Core		Second Year & Fourth Semester			Credit	4	
Course Objective		<ol style="list-style-type: none"> 1. To make the students to understand the basic concepts of methods of yogic practices. 2. To prepare the students to know about the significance of methods of yogic practices in real life. 					
Course Outline		<p>UNIT I Education 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.</p> <p>Unit II: -Methods in yoga teaching 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.</p> <p>Unit III: Teaching aids 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.</p> <p>UNIT IV: Preparing a lesson plan 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.</p> <p>UNIT V 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.</p>					
References		<ol style="list-style-type: none"> 1. Gharote M. L and Ganguly S.K (2001) Teaching methods for yogic practices Lonovala kaivalayadama . 2. Sivananda yoga teachers manual, val morin: Sivananda ashram yoga camp. 3. Anandamitra (1991) teachers manual Calcutta: Ananda marga pracaraka samgha. 4. Thirunarayanan and Hariharan (1975) Methods in physical education, Karaikudi. 					

	5. Basavaraddi Ishwar (2010) Yoga Teachers’s manual for school teachers, New Delhi: Moraji Desai National Institute of Yoga.
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Course Outcomes

CO 405.1 The learners coordinate and understand a sense of purpose and direction. Having a sense of direction for each class is immensely liberating.

CO 405.2 The learners apply and evaluate the course plan to know what progress it has made towards achieving the goal.

CO 405.3 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 wellbeing of the society.

CO 405.4 The students can analyze the participant’s capabilities and limitations and thus designing individual asana plan that fit them.

CO 405.5 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
CO 405.1	2	3	2	2	2	2	2
CO 405.2	2	2	3	2	2	3	2
CO 405.3	3	2	3	2	3	2	2
CO 405.4	2	2	2	2	3	3	3
CO 405.5	3	2	2	2	2	2	3
Average	2.4	2.2	2.4	2	2.4	2.4	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		ENVIRONMENTAL STUDIES				Code	UYT2404
Core		Second Year & Fourth Semester				Credit	4
Course Objective		<ol style="list-style-type: none"> To make the students to understand the basic concepts of environment and its importance. To prepare the students to know the significance of biodiversity and its ecofriendly method 					
Course Outline		UNIT I Definition, scope and importance- need for public awareness					
		UNIT II Natural resources- water, forest, minerals, food energy, land, solar, wind, geothermal.					
		Unit III Environmental pollution- definition, causes, effects and control measure of air pollution, water, soil, noise, nuclear pollution.					
		UNIT IV Social issues and the environment- urban problems related to energy- water conservation- rain water harvesting- water shed management- Environmental ethics- climate change- global warming – acid rain- ozone layer depletion.					
		UNIT V Human population and the environment – population growth variation among nation – population explosion- family welfare programme- environment and human wealth.					
References		<ol style="list-style-type: none"> C.P.R Environmental Education center, Chennai: Environmental studies for under graduate students. K.Kumaraswamy Environmental studies ;A text Book for all under graduate courses, Bharadhithidasan University Triuchirapalli. 					

Course Outcomes

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
CO406.1	2	2	2	2	2	2	2
CO406.2	2	2	2	2	2	2	2
CO406.3	3	3	3	2	2	3	3
CO406.4	3	2	3	2	3	2	2
CO 406.5	2	3	2	3	3	3	3
AVERAGE	2.4	2.4	2.4	2.2	2.4	2.4	2.4

Internal Marks	External Marks	Total Marks	Total hours	L	T	P	Credit
25	75	100	37		1.5	1	2
Title of the Course		VISITING EDUCATIONAL INSTITUTION				Code	UYT2405
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 10 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 10 day.					

Course Outcomes

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	2	2	2	2
CO407.2	2	2	2	2	2	2	2
CO407.3	3	3	3	2	2	3	3
CO407.4	3	2	3	2	3	2	2
CO 407.5	2	3	2	3	3	3	3
AVERAGE	2.4	2.4	2.4	2.2	2.4	2.4	2.4

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	PSYCHOLOGY AND YOGA THERAPY				Code	UYT2501	
Core	Third year & Fifth Semester				Credit	4	
Course Objectives	<ol style="list-style-type: none"> 1. To make the students to understand the basic concepts of Yoga Therapy. 2. To prepare the students to know about the significance of the Yoga Therapy in real life. 						
Course Outline	Unit I: Psychology; Meaning, Definitions, Nature, Need, Scope of Psychology- psychology and Yoga, Role of yoga on Heredity and Environment, learning , Emotions, memory, Cognition , intelligence, Attention , Attitude, personality						
	Unit II: 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						
	Unit III: 25 elements, koshas, Doshas, Gunas, Nadis and chakras, Mind, Types of mind folds, mental faculties, stages states, sources and powers of mind, unfolding powers of mind, yoga for super-consciousness						
	UNIT IV Spirituality; Meaning, definition, Role of Yoga and Religion on Spirituality, values, types of values, divine virtues. Methods of developing spirituality						
	UNIT V Role of yoga on psychological qualities and psychological disorders Neurosis; Anxiety, Phobias, Obsessions, compulsions, stress, hysteria, Depression. Suicide, Eating disorders, suicide. Psychosis; Schizophrenia, Autism, Dementia, Bipolar disorders, Mental retardation personality disorders; Paranoid, Histrionic, Drug addicts, Gambling, Alcoholism. Smoking , anti- social personality disorders						
References	<ol style="list-style-type: none"> 1. Kamalesh,M.L.(1988) psychology in physical Education and sports, New Delhi; Metropolitan. 2. Elangovan r(2001) udarkalvi Ulaviyal, Thirunelveli ; Aswin public 3. Bringle Robert et.al.(1981) understanding psychology, New York; Random House School Division New York. 4. Rishi Vivekananda (2006) practical yoga psychology, Munger ; Yoga publications Trust 5. Mangsl S.k. (1991) , Psychological Foundations of Education, Ludiana; Prakash Brothers. 						

Course Outcomes

CO 501.1 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 501.2 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 501.3 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 501.4 The students will apply the therapy methods in the process of analysing behaviour, in an attempt to understand what is considered healthy and productive, and which behavioural traits are less desirable.

CO 501.5 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
CO 501.1	2	3	2	2	2	2	3
CO 501.2	2	2	3	2	3	3	2
CO 501.3	3	3	3	2	3	2	3
CO 501.4	3	2	2	2	2	2	3
CO 501.5	3	2	2	2	2	2	3
AVERAGE	2.6	2.4	2.4	2	2.4	2.2	2.8

Internal marks	External marks	Total marks	Total hours	L	T	P	C
25	75	100	60	3	1	-	4
Title of the Course		INDRODUCTION TO TRADITIONAL INDIAN SYSTEM OF MEDICINE AND THERAPIES			Code	UYT2502	
Core		Third year & Fifth Semester			Credit	4	
Course Objectives		<ol style="list-style-type: none"> To make the students to understand the basic concepts of Yoga Therapy. To prepare the students to know about the significance of the Yoga Therapy in real life. 					
		<p>Unit I: 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 Verebra, joins, muscles, Abdoman and Nervous system and therapeutic yoga practices- Modification of yogic practices- yogic diet- Yogic diet for Human systems –Nadis and chakras</p> <p>Unit II: Application of traditional Indian medical systems and therapies: Ayurveda- Doshas, Dinacarya, Ayurvedic diet, Panchakarma therapy, Ruthurcharya siddha – Five elements theory, physical constituents, pathology (Kayakalpa, Kitchen, Herbal and other types of medicine) Varmanm and Thokkanam, Exercise therapy, Cryo therapy, Acupuncture, Chromo therapy, Magnet therapy, Music therapy, Pranic healing, Magento therapy, Naturopathy, Modalities of Naturopathy</p> <p>Unit III: Therapeutic applications for High blood pressure, Obesity, Diabetes Mellitus, Asthma, Sinusitis, Migraine, Arthritis, Back pain, Thyroid problems, constipation, impotency, infertility, stroke, Epilepsy, Parkinson’s disease, sleep disorders, skin diseases, insomnia, Anaemia</p> <p>UNIT IV: Therapeutic application for psychological disorders: Neurosis; stress, depression, eating disorders, suicide, hysteria Psychosis; Schizophrenia, autism, Bipolar disorders, dementia Personality disorders; Pranoïd, histrionic, drug addicts- Smoking , Alcoholism, Gambling – Anti social activities</p> <p>UNIT V Therapeutic application for the problems of women- Amenorrhœa, Dysmenorrhœa, menorrhœgia, Hypomenorrhœa, oligomenorrhœa, polymenorrhœa, leucorrhœa, uterus related problems, miscarriage, pregnancy- pre and post natal care, PCOS</p>					

References	<ol style="list-style-type: none"> 1. Balkrishna Acharya(2006) Ayurveda its principles and philophies, Hardwar; Divyaprakashan 2. Atharale V.B (1980) basic priciples of Ayurveda, Bombay; Pediatric clinics 3. Frawley David (2000) Yoga and Ayurveda Delhi; Motilabanarsidass publishers Pvt Ltd, 4. Balkrishna Acharya (2012) A practical approach to the Science of Ayurveda, Haridwar; Divya Prakashan 5. Frawley David and Sandra Summerfield kozak (2011) yoga for your type New Delhi; New Age Books,
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Course Outcomes

CO 502.1 The students remember the therapeutic methods in treating the persons according to their individual needs.

CO 502.2 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 502.3 The students enhance their skills in treating all non communicable diseases in the therapeutic way.

CO 502.4 The students evaluate the importance of treating any psychological disorders in a therapeutic manner.

CO 502.5 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
CO 502.1	2	3	2	2	2	2	3
CO 502.2	2	2	3	2	3	3	2
CO 502.3	3	2	3	2	2	2	3
CO 502.4	3	2	2	2	2	2	3
CO 502.5	3	3	2	3	2	3	2
AVERAGE	2.6	2.4	2.4	2.2	2.2	2.4	2.6

Internal Marks	External Marks	Total Marks	Total Hours	L	T	P	C
25	75	100	45	1	-	2	2
Title of the Course		PSYCHOLOGICAL TESTING				Code	UYT2503
Core		Third Year and fifth Semester				Credit	2
Course Objective		<ol style="list-style-type: none"> 1. To make the students to understand the basic concepts of human psychology. 2. To prepare the students to test the psychological variables by using apparatus and questionnaire. 					
Course Outline		Anxiety Assertiveness Study Skills Job Satisfaction Emotional Maturity General Mental Alertness Attitude Adjustment Division of Attention Steadiness Learning Reaction Time					
References		<ol style="list-style-type: none"> 1. Kamlesh,M.L(1988)Psychology In Physical education and sports,new delhi:metropolitan. 2. Elangovan.R.,(2001) udarkalvi ulaviyal, thirunelveli publications. 3. Gita Mathew,(1997)sports psychology,shejin and shiju brothers,karakudi 4. Gird.et al.,(1981) psychology, Glenview: scott foresmen and company 5. Bringle Robert etal.,(1981) 					

Course Outcomes

CO 503.1 the students understand the knowledge and apply the psychological tests that are used as questionnaire purposes.

CO 503.2 The students can identify the emotional disorder and Personality problem and rate them according to the quaisnnaire.

CO 503.3 The students remember the Psychological tests that are used to measure intelligence levels to identify the intellectual efficiency of individuals.

CO 503.4 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
CO 503.1	2	3	2	2	2	2	3
CO 503.2	2	2	3	2	3	3	2
CO 503.3	3	2	3	2	2	2	3
CO 503.4	3	2	2	2	2	2	3
AVERAGE	2.5	2.25	2.5	2	2.25	2.25	2.75

Internal marks	External marks	Total marks	Total hours	L	T	P	C
25	75	100	45	1	-	2	2
Title of the Course		CLINICAL APPLICATION OF YOGA THERAPY			Code		UYT2504
Core		Third Year & Fifth Semester			Credit		2
Course Objectives		1. To make the students to understand the basic concepts of Yoga Therapy. 2. To prepare the students to know about the significance of the Yoga Therapy in real life.					
Course Outline		<p><u>Unit I: Vyuham in Yoga Therapy</u></p> <p>Heyam or the problem-Countering predisposing factors- Hetu or the cause- Aggravating factors- Hanam or the remedy- Relieving factors-Upayam or the tools- importance of regular reviews</p> <p>Pariksha in Therapy</p> <p>In-depth study of diagnostic – Darsanam – Sparsanam – prasanam – Neelakanda Model – ideal teacher student relationship – group classes vs individual classes</p> <p>Nadi Pariksha in Yoga Therapy</p> <p>Nadi system definition from texts – The different types of nadis and their significances – Methodology of nadi pariksha in yoga therapy – Application of nadi pariksha in Yoga therapy – Differences between nadi pariksha and pulse reading – Locations, functions of nadies and chakras</p> <p><u>Unit II: APPLICATION OF THERAPEUTIC TOOLS</u></p> <p>Theoretical and practical learning about these diagnostics tools – Prerequisite for using these tools – Technique of using these tools – Limitations of these tools – The principle involved in inferring information by using these tools – Application of these tools during therapeutic intervention</p> <p>Modification as Applied to Yoga Therapy</p> <p>Modification vs adaption – Simplification vs intensification – From vs function – Modification of asana, pranayama, meditation, chanting</p> <p><u>Unit III: Therapeutic Application of Yoga in Skeleton – muscular System</u></p> <p>Low backpain – Sciatica – Cervical spondylosis – Spondylitis – Ankyloses spondylosis – Osteoarthritis – Rheumatoid arthritis</p>					

	<p>UNIT IV ; THERAPEUTIC APPLICATION OF YOGA DIGESTIVE SYSTEM</p> <p>Gastritis – Peptic ulcer disease – Hernia – Constipation Therapeutic Application of Yoga in Respiratory and Cardio – vascular System Allergic sinustics – Asthma – COPD – Hypertension – Varicose veins</p> <p>UNIT V; Therapeutic application of yoga in Nervous, Endocrine, Urinary, Lymphatic and Reproductive System Migraine – Epilepsy and stroke – Hypo and Hyperthyroidism – Irregular periods – Pregnancy and pre & Postnatal care – Lymphatic edema</p>
References	<ol style="list-style-type: none"> 1. Balkrishna Acharya (2006) Ayurveda its principles and Philophies. Haridwar Divya Prakashan 2. Atharale V.B (1980) basic principles of Ayurveda. Bombay: Pediatric clinics 3. Frawley David (2000) Yoga and Ayurveda Delhi: Motilal Banarsidass Publishers Pvt Ltd. 4. Balkrishna Acharya (2012) A practical approach to the Science of Ayurveda, Haridwar: Divya Prakashan 5. Ashwini yogi (2011) Sanatan Kriya. The Ageless Dimension. New Delhi: Dhyan Foundation 6. Sivananda Swami (2006): Practice of Ayurveda Shivanandanagar: The Divine Life Society

Course Outcomes

CO 504.1 The students enhance their skills in terms of yoga therapy in treating the diseases.

CO 504.2 The students understand the diagnostic tools in yoga therapy and how to apply in treating individual needs.

CO 504.3 The students apply the technique of nadi pariksha in yoga therapy and pulse reading and learn about nadis and chakras

CO 504.4 The students understand the modifications in yoga therapy and therapeutic application of yoga in human system

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

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
CO 504.1	2	3	2	2	2	2	3
CO 504.2	2	2	3	2	3	3	2
CO 504.3	3	2	2	2	3	2	3
CO 504.4	3	2	2	2	3	2	3
AVERAGE	2.5	2.25	2.25	2	2.75	2.25	2.75

Internal Marks	External Marks	Total Marks	Total Hours	L	T	P	C
25	75	100	60	3	1	-	4
Title of the Course		USAGE OF YOGIC PROPS				Code	UYT2505
Core		Third Year and fifth Semester				Credit	4
Course Objective		<p>4. To help student to understand importance of props while practicing asanas.</p> <p>5. To help understand the importance of props for people with disabilities.</p>					
Course Outline		<p>Unit I: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>Unit II: 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>Unit III: 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>Unit IV: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>Unit V: 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>					
References		1.Dr.Krishna Raman,1998,A matter of Health ,integration of yoga &western medicine for prevention &cure,Chennai,easstwest					

	books(madras)PVT.LTD.page No 343 2. Mark stephens,1958,yoga adjustments-philosophy,principles, and 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 behavior 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
CO505.1	2	2	2	2	3	2	3
CO505.2	3	3	2	2	2	3	2
CO505.3	2	2	3	2	3	2	3
CO505.4	3	2	2	3	2	2	2
CO505.5	2	1	3	2	3	2	2
AVERAGE	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		STRESS MANAGEMENT				Code	UYT2506
Core		Third year & Fifth Semester				Credit	4
Course Objectives		<p>The students can understand the stress, types, causes and risk factors.</p> <p>The students can understand the different techniques of yogic practices for stress management.</p>					
Course Outline		Unit I:					
		Meaning, concepts, levels, types, reaction, causes, symptoms, complications, remedies, stress and Yoga					
		Unit II:					
		Sources of stress; internal and external, release of stress					
		Unit III:					
		Texts on stress					
		Kleshas and stress					
		Stress and Koshas					
		UNIT IV					
		Effective stress management – Diet, Yogic practices – system of medicine and therapies					
		UNIT V					
		Frustration, conflicts and psychosomatic disorders, relationship between body and mind, mental health					
References		<ol style="list-style-type: none"> 1) Balkrishna Acharya(2006) Ayurveda its principles and philophies, Haridwar; Divyaprakashan 2) Atharale V.B (1980) basic priciples of Ayurveda, Bombay; Pediatric clinics 3) Frawley David (2000) Yoga and Ayurveda Delhi; Motilabanarsidass publishers Pvt Ltd, 4) Balkrishna Acharya (2012) A practical approach to the Science of Ayurveda, Haridwar; Divya Prakashan 5) Frawley David and Sandra Summerfield kozak (2011) yoga for your type New Delhi; New Age Books, 					

Course Outcomes

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
CO 506.1	2	3	2	2	2	2	3
CO 506.2	2	2	3	2	3	3	2
CO 506.3	3	2	3	2	2	2	3
CO 506.4	3	2	2	2	2	2	3
CO 506.5	3	3	2	3	2	3	2
AVERAGE	2.6	2.4	2.4	2.2	2.2	2.4	2.6

Internal Marks	External Marks	Total Marks	Total hours	L	T	P	C
25	75	100	60	3	1	-	4
Title of the Course		APPLIED YOGA				Code	UYA2507
Core		Third Year and fifth Semester				Credit	4
Course Objective		<ol style="list-style-type: none"> 1. To understand the human system and yogic practices based on the physiology of human system. 2. To help understand student the importance of psychology in yogic way. 					
Course Outline		<p>Unit I: 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</p> <p>Unit II: Cellular Health, Role of Gut - Immunity system - Healthy life style practices- Genes - Biological clock - Electrical activities – 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</p> <p>Unit III: 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</p> <p>Unit IV: Yoga and Psychology - Facets of psychology and yoga - Yoga for psychological qualities - Yogic practices for various age groups - Yogic practices for various professionals - Yoga and Women - Yoga and Sports - Yoga and Mind - Nadis and chakras - Role of Yoga on personality development - Mental Health - Sanathana Dharma</p> <p>Unit V: Public Health - Sunrays - Sleep - Yoga and traditional systems of Medicine and therapies: Ayurveda, Siddha, Naturopathy, Physiotherapy, Varmam, Acupressure, Acupuncture - Music Therapy - Colour Therapy</p>					
References		<ol style="list-style-type: none"> 1. Hoger (1990) Fitness and wellness, Colorado: Morton Publishing company 2. GirijaShyamsundar (2007) Nutrition perspectives Chennai: University of Madras 3. Raghavan (1965) Hand book of health educationkaraiKudi: Meenal enterprises 4. Sunitha Pant Bansal (2008) Diet in diseases Delhi: PustakMahal 5. Yoga charyaSundaram (2004) diet and digestion Coimbatore: The yoga publishing house 6. Syd Hoare (1986) Keep fit, Hodder and Stoughton: 					

	<p>Teach yourself books</p> <p>7. Swami Sivananda (2011) Health and diet, Shivananda Nagar: The divine life society</p> <p>8. AnandaBalayogiBhavanani (2007) A yogic approach to stress, Puduchery: Vivekananda Yoga Research foundation</p> <p>9. Nagendra and Nagratha (2008) New perspectives in Stress Management, Bangalore: Vivekananda Yoga Research foundation</p> <p>10. Elangovan (2018) Yoga Psychology, Chennai: Ashwin Publications</p> <p>11. Elangovan (2016) Fundamentals of Yoga, Chennai: Ashwin Publications</p>
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Course Outcomes

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
CO 506.1	2	3	2	2	2	2	3
CO 506.2	2	2	3	2	3	3	2
CO 507.3	3	2	3	2	2	2	3
CO 507.4	3	2	2	2	2	2	3
CO 507.5	3	3	2	3	2	3	2
AVERAGE	2.6	2.4	2.4	2.2	2.2	2.4	2.6

Internal Marks	External Marks	Total Marks	Total hours	L	T	P	C
25	75	100	60	3	1	-	4
Title of the Course		Elementary Statistics				Code	UYA2508
Core		Third Year and fifth Semester				Credit	4
Course Objective		<p>1.To help student gain the knowledge on statistics for further research purpose.</p> <p>2.To make student understand the significance of statistics in yoga research.</p>					
Course Outline		UNIT-I 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.					
		UNIT-II 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.					
		UNIT-III 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.					
		Unit IV- Correlation -Pearson Product Moment Correlation , Spearman Rank Order 1, Phi Correlation, Biserial Correlation Partial and Multiple Correlation					
		UNIT-V Non Parametric: Chi Square Test - Equal Occurrence Test, Independence of Attributes, Contingency Coefficient; Graphical Representation - Line Diagram; Bar Diagram- Multiple Bar Diagram, Pie Diagram.					
References		<ol style="list-style-type: none"> 1. 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 & sons, 1980. 2. Gibbons,J.D., and Chakraborti. S., Nonparametric Statistical Inference, 3d ed., New York, Marcel Dekker. 1992. 3. Kraft, Charles H. and Van Eeden. Constance A Nonparametric Introduction to Statistics. New York: Macmillian, 1968. 4. Owen, D.B. Handbook of Statiscal Tables. Reading, Mass; Addison- Wesley, 1962. 5. Siegel, Sidney. Nonparametric statistics for the behavioral Sciences. New York : McGraw-Hill, 1956. 					

Course Outcomes

CO 507.1 The students understand the statistical analysis and apply for planning and completing the research studies.

CO 507.2 The students evaluate the Statistical analysis and understand the description of data by organizing and summarizing the data.

CO 507.3 The students remember Statistical analysis and able to come to a conclusion by making anticipations and generalizing the phenomena illustrated by the data.

CO 507.4 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
CO 507.1	2	3	2	2	2	2	3
CO 507.2	2	2	3	2	3	3	2
CO507.3	3	2	2	2	3	2	3
CO 507.4	3	2	2	2	3	2	3
AVERAGE	2.5	2.25	2.25	2	2.75	2.25	2.75

Internal Marks	External Marks	Total Marks	Total Hours	L	T	P	Credit
25	75	100	60	3	1	-	4
Title of the Course		YOGA THERAPY IN YOGA SUTRAS			Code	UYT2505	
Core		Third Year & Fifth Semester			Credit	4	
Course Objective		1.To make the students to understand the fundamentals of yoga. 2.To prepare the students to know about the significance of fundamentals of yoga in real life.					
Course Outline		<p>Unit I: Basics and date of the yoga sutra-Raja Yoga-notable commentaries-Ashtanga Yoga-mind-psyhic powers</p> 1)Samadhi Pada 2)Sadhana Pada 3)Vibhuti Pada 4)Kaivalya Pada					
		Unit II: 1:1-2,1:5 to 7, 1:12, 1:17 to 18, 1:30 to 51					
		Unit III: 2:1 to 11, 1:23 to 24 , 2:28 to 55					
		Unit IV: 3:1 to 9, 3:25 to 38, 3:41,3:56					
		Unit V: 4:1,4:7,4:19,4:34					
References		1. Desikachar (1995) The Heart of Yoga Researcher: Inner Traditions International 2. Desikachar (2008) Reflections of Yoga Sutras of Patanjali Chennai: Krishnamacharya Yoga Mandiram 3. Swami Prabhavananda (2002) Patanjali Yoga Sutras Madras: Sri Ramakrishna Math 4. Swami Satyananda Saraswati (2005) Four Chapter on Freedom, Munger: Yoga Publications Trust					

Course Outcomes

CO508.1 The course outcomes are carefully designed keeping in view of the conceptual understanding, problem-solving skill, creative attitude / aptitude and human values expected of the students.

CO508.2 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.

CO508.3 The course outcomes emphasize value vocabulary, resonating reading, willed writing, real-time rendezvous, conceptual clarity, link learned and articulation abundance - all building exemplar expediency upon learners.

CO508.4 Course learning includes cognitive, affective and psycho motor domain. Our learning

in course outcomes is related to the theories of learning by doing, learning by insight, learning by conditioning and humanistic approach.

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

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
CO508.1	2	3	2	2	2	2	3
CO508.2	2	2	3	2	3	3	2
CO508.3	3	2	2	2	3	2	3
CO508.4	3	2	2	2	3	2	3
AVERAGE	2.5	2.25	2.25	2	2.75	2.25	2.75

Internal Marks	External Marks	Total Marks	Total hours	L	T	P	C
25	75	100	45	1	-	2	2
Title of the Course		Visiting Yoga centers				Code	UYA2509
Core		Third Year and fifth Semester				Credit	2
Course Objective		1.To bring awareness and to teach and train People at yoga centres 2.To improve teaching skills with regular practices.					
Course Outline		Duration: 15 Days Mode of Evaluation: Internal Assessment Maximum Marks : 100 Subject: Yoga Nature of Programme: To bring awareness and to teach and train People at yoga centers					

Course Outcomes

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 centres.

CO 509.3 The outcome to this course will make the student to enhance their communication qualities and make them a good yoga therapists 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
CO 509.1	2	3	2	2	2	2	3
CO 509.2	2	2	3	2	3	3	2
CO 509.3	3	2	2	2	3	2	3
CO 509.4	3	2	2	2	3	2	3
AVERAGE	2.5	2.25	2.25	2	2.75	2.25	2.75

SEMESTER VI

Internal Marks	External Marks	Total Marks	Total Hours	L	T	P	C
25	75	100	60	3	1	-	4
Title of the Course		Yoga therapy in yoga texts			Code	UYT2601	
Core		Second Year & Third Semester			Credit	4	
Course Objective		<ol style="list-style-type: none"> 1. To help students to gain the knowledge of yoga through yogic text. 2. To help students to learn techniques of yogic practices, its benefits, [precautions and contraindications as per text. 					
Course Outline		<p>UNIT I: Vedas 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 & XVII), Moksha (Chapter :XVIII) Yoga Vasistha</p> <p>Unit II: Yoga sutras, Vyasa Bhasya, Thirumandiram, Yoga Yajnavalkya Samhitha, Yoga Rahasya</p> <p>Unit III: Goraksataka, Hatha Yoga pradipika, Ghrenda Samhitha, Siva Samhitha, Hatha Ratnavali</p> <p>Unit IV: Sushruta Samhita, Charaka Samhita, Manusmriti, Sankhya Darshan, Vyasa Bhashya, Vairagyashatak, Dhyana Yoga prakasa</p> <p>Unit V: Yoga therapy in Swami Ramdey's books, Mukunda Stile's structural Yoga Therapy, B.K.S.lyengar's Yoga, The path of holistic health, Bihar school of Yoga's yogic management of Common disease, Krishnamacharya Yoga Makaranda II, Chandrasekaran 's Yoga Therapy, Swami Sivananda Saraswathi's Yoga therapy, Swami Sivananda Collecions, Swami Kuvalayananda Yoga therapy, Svyasa's collections</p>					

References	<ol style="list-style-type: none"> 1. Iyengar B.K.S (1976) Light on yoga, London, Unwin paper packs 2. Sivananda Saraswathi Swami (1934) Yoga Asanas Mudras : My magazine of India. 3. Satyanada Saraswathi 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. Chandrasekeran 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. Yoseshwarananda 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 Inc. 9. Kirk Martin (2006)Hatha Yoga Illestrated Chamaign, Humenkinetics. 10. Gharote (2004) Applied yoga, Lonvia, Kaivalyadhama. 11. Kathy Lee Kappmeier and Diane M Ambrosini (2006) Instructing Hatha Yoga, Champaign : Human Kinetics. 12. Satyananda Saraswathi Swami (2007) Meditation from Thitantras, Munger, Yoga Publications Trust.
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Course Outcomes

CO 601.1 The students understand the therapy methods described in yogic texts and evaluate the vast body of spiritual teachings within these scriptures.

CO 601.2 The students remember the teaching of spiritual leaders, acharyas and other gurus and incorporate in their therapy sessions.

CO 601.3 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 601.4 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 601.5 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
CO 601.1	2	3	2	2	2	2	3
CO 601.2	2	2	3	2	3	3	2

CO 601.3	3	2	3	2	2	2	3
CO 601.4	3	2	2	2	2	2	3
CO 601.5	3	3	2	3	2	3	2
AVERAGE	2.6	2.4	2.4	2.2	2.2	2.4	2.6

Internal marks	External marks	Total marks	Total hours	L	T	P	C
25	75	100	60	3	1	-	4
Title of the Course		PATHOLOGY: ALIGMENTS AND YOGA THERAPY				Code	UYT2602
Core		Third Year - Six Semester				Credit	4
Course Objectives		<p>1. To make the students to understand the basic concepts of Pathology: Ailments and Yoga Therapy</p> <p>2. To prepare the students to know about the significance of Pathology: Ailments and Yoga Therapy.</p>					
Course Outline		<p>Unit I: Pathological Study — Yogic Perspective</p> <ul style="list-style-type: none"> - Study of important pathological condition as seen by Allopathic system - Basic understanding of pathological changes in ailments - Yogic way of assessment and confirmation of these changes In an individual - Therapeutic application of yoga for the ailments with some important diseases as examples with particular reference to what to avoid, what to prescribe and how to modify them to suit the individual. -Study of the manifestation of these ailments and effect of the ailment on the individual and the principles behind the individualistic approach of yoga. - Disease oriented approach Vs individual oriented approach <p>Unit II: Therapeutic Application of Yoga in Skeleton-muscular system</p> <p>Low back pain- Sciatica - Cervical Spondylosis — Spondylitis Ankyloses Spondylasis — Osteoarthritis- Rheumatoid arthritis- Lumbar Spondylosis- Intra-vertebral disc prolapse</p> <p>Unit III: Therapeutic Application of Yoga in Digestive System</p> <p>Gastritis- Peptic Ulcer Disease-Hernia-Constipation-Irritable bowel Syndrome-Piles-Diarrhea-Indigestion- Fatty Liver-Obesity-Diabetes</p> <p>UNIT IV : Therapeutic Application of Yoga in Respiratory, Cardio-Vascular System, Endocrine, Urinary, Lymphatic, Reproductive System</p> <p>Allergic Sinusitis-Asthma-COPD-Hypertension- Varicose Veins- Cardiac Asthma- Angina Pectoris- Low BP-Hypo and Hyperthyroidism- Women menstrual Disorders- PCOS-Pregnancy Pre and Postnatal care-Lymphatic edema</p>					

	<p>UNIT V: Therapeutic Application of Yoga in Nervous and Psychiatric Disorders</p> <p>Migraine- Epilepsy and Stroke- -Anxiety- Phobia- Stress- Depression-Dyslexia-Eating Disorders-Alcohol Dependency- Down Syndrome- Insomnia- Bipolar Disorders-Dementia-Autism-Schizophrenia-Mentally Disordered-Personality Disorders</p>
<p>References</p>	<ol style="list-style-type: none"> 1) Translated by TKV Desikachar, 'Patanjali's Yoga Sutra', 1987, Chennai, KYM publications 2) Translated by TKV Desikachar, 'Nathamuni's Yoga Rahasya', 1998, Chennai, KYM publications 3) TKV Desikachar, 'Religiousness in Yoga', 1980, USA, University Press of America Inc. 4) BKS Iyengar, 'The path to holistic health', 2001, UK, Dorling Kindersley 5) TKV Desikachar with Kausthub Desikachar and Frans Moors, "The Viniyoga of Yoga", 2001, Chennai, KYM Publications. 6) Shemanthakamani Narendhan et.al (2008) yoga and pregnancy, Bangalore: Swami Vivekananda Yoga Prakshana. 7) Nagarathna & Nagendra (2008) Yoga for Brounchial Assthma, Bangalore: Swami Vivekananda yoga prakshana 8) Nagarathna & Nagendra (2007) yoga for digestive disorders Bangalore : Swami Vivekananda yoga prakshana. 9) Sri kanta ss et.al (2008) yoga for diabetes, Bangalore : Swami Vivekananda yoga prakshana. 10) Nagarathna & Nagendra (2008) yoga for Hyper tension & Heart disease, Bangalore: Swami Vivekananda yoga prakshana. 11) Nagarathna & Nagendra (2008) yoga for Arthritics Bangalore : Swami Vivekananda yoga prakshana. 12) Nagarathna & Nagendra (2008) yoga for back pain Bangalore : Swami Vivekananda yoga prakshana. 13) Shivananda Saraswati (1975) , yogic therapy Gawhati , Brahmacharya yogeswar umachal yojashram. 14) Sundaram yoga charya (2004), Sundara yogic Therapy, coimbatore : The yoga publishing Ilome. 15) Phulgonda Sinha (1976) yogic cure for common diseases, Delhi : Orient paper backs. 16) Joshi (1991) yoga and Nature — Cure therapy New Delhi : Sterling publishers private Ltd., 17) Chandrasekaran (2021) Yoga Therapy, Chennai : VHF Publication. 18) Gore Vaze, Karlkarni and oak (2008) Yoga Therapy for selected diseases, Lonarla; Karivalyadhana 19) Stiles Muknrida, Structural Yoga therapy, New Delhi: Goodwill Publishing House 20) Mantora (2012) Yoga for Back and joint disorders, Mumbai: The Yoga Institute 21) Kuvalayananda Swami and Vivekar (2011) Yogic Therapy,

	Lonavla: Kaivalyadhama 22) I. Roger Watson, 'Anatomy and Physiology for Nurses', 2000, USA, Harcourt Publishers 23) Stanley Hoppenfeld, 'Physical examination of the spine and extremities', 1976, USA, Prentice Hall 24) WP BEETHAM, 'Physical examination of the joints', 1965, UK, W13 SAUNDERS & CO. 25) BKS Iyengar, 'The path to holistic health', 2001, UK, Dorling Kindersly
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Course Outcomes

CO 602.1 The students understand the ailments and diseases and be able to Develop suitable management strategies for managing the diseases and losses caused by them.

CO 602.2 The students understand the interaction between therapy and prevention of diseases in relation to the overall treatment.

CO 602.3 The students evaluate and comprehend the normal disposition, clinically relevant interrelationships, functional and cross sectional anatomy of the various structures in the body to treat in a therapeutic manner.

CO 602.4 The students remember and comprehend the basic structure and connections of the central nervous system to analyze the integrative and regulative functions of the organs and systems and uses of yoga therapy for different ailments.

CO 602.5 The students analyze the anatomical terms of position and movement - Tissues- General features of bone, joints, muscles, blood vessels, lymph vessel, nerves and skin and the diseases caused by that and treating them in the therapeutic method.

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

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
CO 602.1	2	3	2	2	2	2	3
CO 602.2	2	2	3	2	3	3	2
CO 602.3	3	2	3	2	2	2	3
CO 602.4	3	2	2	2	2	2	3
CO 602.5	3	3	2	3	2	3	2
AVERAGE	2.6	2.4	2.4	2.2	2.2	2.4	2.6

Internal marks	External marks	Total marks	Total hours	L	T	P	C
25	75	100	30	1	1	-	2
Title of the Course		COURSE PLANNING IN YOGA THERAPY				Code	UYT2603
Core		Third Year - Six Semester				Credit	2
Course Objectives		<p>1. To make the students to understand the basic concepts of Course planning in Yoga Therapy</p> <p>2. To prepare the students to know about the significance of Course planning in Yoga Therapy</p>					
Course Outline		<p>Unit I:</p> <p>Adhyaya: Study of the patient - Individual Distinct Constitutional Peculiarity (1DCP)</p> <p>Techniques: Select - Modify- Vinyasa - Teach Goal Fixing</p>					
		<p>Unit II:</p> <p>Upayam: Selection of tools</p> <p>Modification of Asanas - Props - Diet - Oil Application - Recreation - Alternative Therapy</p>					
		<p>Unit III: Factors to be Considered while Course Planning</p> <p>Finding out the relevant factors - Reducing aggravating factors - To improve functionality of the system - Integrating health in practice - Holistic Approach -Review and Follow up</p> <p>Essentials of the Course</p> <p>Relaxation - Mobility - Strengthening</p>					
		<p>UNIT IV : Course Planning for Spinal Disorders and Non Communicable Diseases</p> <p>Spinal Disorders: Back Pain - Neck Pain - Knee Pain</p> <p>Non Communicable Diseases: Diabetes - Obesity -Blood Pressure - Thyroid</p>					
		<p>UNIT V: Course Planning Women Related and Psychological Disorders</p> <p>Women Related Disorders: Irregular Menstruation - PCOS - Post and Prenatal - Prolapsed Uterus - Menopause</p> <p>Psychological Disorders: Stress - Anxiety - Depression - Insomnia - Bipolar</p>					

References	<ol style="list-style-type: none"> 1) -Brahma kumaries Jagdish Chander Mount Abu: PBK Ishwariya vishwa vidyalaya. 2) Desikachar (2003) Nathamuni's yoga Rahasya, Chennai: Krishnamacharya yoga Mandiram. 3) Desikachar (2004) Yoga Yajnavalkya Samhita, Chennai: Krishnamacharya yoga Mandiram. 4) Hausthul Desikachar (2016) The Hata yoga pradipika, Chennai: Madia Garuda 5) Meena Ramanathan (2006) Grandasamihita Lonavla: Kaivalyadama S.M.Y.M.Samiti. 6) Suburamanian (2003) The yoga vasishta, Chennai: Sura Books (Pvt) Ltd. 7) Swami Gambirananda (2008) Eight upanisads Kolkata: Advaita Ashrama. 8) Swami Ranganathananada (2001) The message of the upanisads, Mumbai: Bharatiya vidya Bhavan. 9) VenkataReddy (1932) Hata ratnavali, Arthameru: M.S.R.Memorial yoga series 10) Elangovan R (2016) Fundamentals of Yoga, Chennai: Ashwin Publications
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Course Outcomes

CO 603.1 The student will be able to demonstrate proficiency at the poses covered in class at a basic level and will increase their dynamic flexibility

CO 603.2 The student will apply forces and exert themselves using rarely used muscle groups and perform proper breathing techniques

CO 603.3 The student will perform each difficult pose to the greatest extent of their abilities and can make modifications according to their ability.

CO 603.4 The student will be able to categorize poses from a list by increasing level of difficulty and will be able to sequence three poses according to a practice

CO 603.5 The student will be able to list the correct progressions into a given pose and be able to identify some of the major muscles used in any given pose.

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

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
CO 603.1	2	3	2	2	2	2	3
CO 603.2	2	2	3	2	3	3	2
CO 603.3	3	2	3	2	2	2	3
CO 603.4	3	2	2	2	2	2	3
CO 603.5	3	3	2	3	2	3	2

AVERAGE	2.6	2.4	2.4	2.2	2.2	2.4	2.6
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Internal Marks	External Marks	Total Marks	Total hours	L	T	P	C
25	75	100	75	2	1	2	4
Title of the Course		PROJECT IN YOGA THERAPY				Code	UYT2604
Core		Third Year & Sixth Semester				Credit	4
Course Objective		1.To prepare the students to know about the significance of fundamentals of yoga in real life. 2.To prepare the students to individually conduct yoga related projects					
Course Outline		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 Outcomes

CO 604.1 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 604.2 The students apply the Movement Patterns & Motor Learning, Functional Sequence Design and the Sensorimotor System

CO 604.3 The students gain a solid foundation to begin a personal yoga practice that is immediately transferrable to their life.

CO 604.4 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
CO 604.1	2	3	2	2	2	2	3
CO 604.2	2	2	3	2	3	3	2
CO 604.3	3	2	2	2	3	2	3
CO 604.4	3	2	2	2	3	2	3
AVERAGE	2.5	2.25	2.25	2	2.75	2.25	2.75

Internal Marks	External Marks	Total Marks	Total Hours	L	T	P	C
25	75	100	60	3	1	-	4
Title of the Course		TIRUMULAR'S TIRUMANTIRAM IN YOGA THERAPY				Code	UYT2605
Core		Third Year & Sixth Semester				Credit	4
Course Objective		<ol style="list-style-type: none"> 1. To make the students to understand the fundamentals of yogic philosophy. 2. To prepare the students to know about the significance of classical texts and its yogic concepts. 					
Course Outline		<p>Unit I: Highlights and concepts of yoga therapy in tirumantiram History of Tirumular-Basics of Tirumantiram- Learning and non-learning</p> <p>Unit II: Second Tantra: Creation of microcosm- Kargapakriyai</p> <p>Unit III: Third Tantra- Ashtanga Yogam- The Eight great Siddhis- Way to Kayasiddhi- Kala Chakra- Breath rhythm- Kechari Yoga- Pariyanga Yoga- Life Span</p> <p>Unit IV: Tantra Seven: The Sixth adharas- Mudra Variations- Controlling Senses</p> <p>Unit V: Yogic views on other tantras- Analytical views of Thirumular on Yoga therapy, symptoms of death, longevity</p>					
References		<ol style="list-style-type: none"> 1. Nagarajan and Mahalingam(1991) Thirumantiram Madras: Sri Ramakrishna Math 2. Annamalai (2002) Thirumandiram, Chennai: Indian Cultural Research Institute 3. Manikavasagan (2008) Tirumular Thirumandiram, Uma Publications 					

Course Outcomes

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 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 605.4 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.

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

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
CO 605.1	2	3	2	2	2	2	3
CO 605.2	2	2	3	2	3	3	2
CO 605.3	3	2	2	2	3	2	3
CO 605.4	3	2	2	2	3	2	3
AVERAGE	2.5	2.25	2.25	2	2.75	2.25	2.75

Internal Marks	External Marks	Total Marks	Total Hours	L	T	P	C
25	75	100	60	3	1	-	4
Title of the Course		YOGA THERAPY FOR CHALLENGED PEOPLE				Code	UYT2606
Core		Third Year & Sixth Semester				Credit	4
Course Objective		<ol style="list-style-type: none"> 1. To make the students to understand and experience yoga in holistic way. 2. To prepare the students to know about the various yogic techniques and its significance to the society. 					
Course Outline		Unit I: Introduction to disabilities- Types of disabilities- Causes of disabilities- Concept of disabilities.					
		Unit II: Health Goals of life – 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, 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.					
		Unit III: Fitness of disabled: 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, Disability Management.					
		Unit IV: Development programs for challenged people- Yoga and other forms of exercises					
		Unit V: Diet for disabled 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"> 1) Hoyer (1990) Fitness and wellness, Colorado: Morton Publishing company 2) Girija Shyamsundar (2007) Nutrition perspectives Chennai: University of Madras 3) Swami Sivananda (2007) Health and Hygiene Sivananda nagar: The Divine life society 4) Lily PritamTelu Ram (1981) Health and Hygiene, Delhi: Vikas publishing House pvt ltd 5) Raghavan (1965) Handbook of health education karaiKudi: Meenal enterprises 6) Sunitha Pant Bansal (2008) Diet in diseases Delhi: Pu*takMaha1 7) Yoga charyasundaram (2004) diet and digestion Coimbatore: The yoga publishing house 8) Syd Hoare (1986) Keep fit, Hodder and Stoughton: Teach yourself books 9) Swami Sivananda (2011) Health and diet, Shivananda Nagar: The divine life society 10) AnandaBalayogiBhavanani (2007) A yogic approach to stress, Puduchery: Vivekananda Yoga Research foundation 11) Nagendra and Nagratha (2008) New perspectives in Stress Management, Bangalore: Vivekananda Yoga Research foundation 12) Arvindjanar (2004) yoga diet, Bangalore: Sai towers 13) Kathy Phillips () The Spirit of Yoga London Cassell& Co 14) (2016) Guidebook for QCI, Delhi, AYUSH 15) Krishna Raman (1998) A Matter of Health, Chennai: East West books (Madras) Pvt. Ltd 16) Elangovan (2018) Yoga Psychology, Chennai: Ashwin Publications 17) Elangovan (2016) Fundamentals of Yoga, Chennai: Ashwin Publications.
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Course Outcomes

CO 606.1 The students understand the challenges of the disabled people and learn to teach a life in a yogic way.

CO 606.2 The students evaluate the essential needs of the challenged people and make themselves aware by yogic practices, food, nutrition etc.

CO 606.3 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 606.4 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.

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

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
CO 606.1	2	3	2	2	2	2	3
CO 606.2	2	2	3	2	3	3	2
CO 606.3	3	2	2	2	3	2	3
CO 606.4	3	2	2	2	3	2	3
AVERAGE	2.5	2.25	2.25	2	2.75	2.25	2.75

Internal Marks	External Marks	Total Marks	Total hours	L	T	P	C
25	75	100	60	3	1	-	4
Title of the Course		DSE III : WELLNESS AND YOGA THERAPY				Code	UYA2607
Core		Third Year & Sixth Semester				Credit	4
Course Objective		<ol style="list-style-type: none"> 1. To make the students to understand the wellness of yoga in holistic way. 2. To prepare the students to know about the significance of fundamentals of yoga and wellness in real life. 					
Course Outline		<p>Unit I: 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</p> <p>Unit II: 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</p> <p>Unit III: 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. Mind diet- Mediterranean diet – flexitarian diet.</p> <p>Unit IV: 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</p> <p>Unit V: Stress management: Frustration, conflicts and psychosomatic disorders, relationship between body and mind, mental health Spirituality: Methods to promote spirituality</p>					
References		<ol style="list-style-type: none"> 1) Hoyer (1990) Fitness and wellness, Colorado: Morton Publishing company 2) Girija Shyamsundar (2007) Nutrition perspectives 					

	<p>Chennai: UniveTsity of Madras</p> <p>3) Swami Sivananda (2007) Health and Hygiene Sivanandanagar: The Divine life society</p> <p>4) Lily PritamTelu Ram (1981) Health and Hygiene, Delhi: Vikas publishing House pvt ltd</p> <p>5) Raghavan (1965) Handbook of health educstionkaraiKudi: Meenal enterprises</p> <p>6) Sunitha Pant Bansal (2008) Diet in diseases Delhi: PustakMahal</p> <p>7) Yoga charyasundaram (2004) diet and digestion Coimbatore: The yoga 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) AnandaBalayogiBhavanani (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) Arvindjanar (2004) yoga diet, Bangalore: Sai towers</p> <p>13) Kathy Phillips () The Spirit of Yoga London Cassell& 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 Outcomes

CO 607.1 The course outcomes are carefully designed keeping in view of the conceptual understanding of wellness and human values expected of the students.

CO 607.2 The course outcomes make the learners, given the program level: conversant in concepts, comfortable in discerning own health, diligently maintaining health and continued-commitment in augmenting one's holistic leaving.

CO 607.3 The course outcomes emphasize value on diet, food, nutrition, yogic practices, concept of disease.

CO 607.4 Course learning includes spirituality and its values in maintaining health during stressful situations.

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

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
CO 607.1	2	3	2	2	2	2	3
CO 607.2	2	2	3	2	3	3	2
CO 607.3	3	2	2	2	3	2	3
CO 607.4	3	2	2	2	3	2	3
AVERAGE	2.5	2.25	2.25	2	2.75	2.25	2.75

Internal Marks	External Marks	Total Marks	Total hours	L	T	P	C
25	75	100	60	3	1	-	4
Title of the Course		BASIC BIOMECHANICS				Code	UYT2608
Core		Third Year & Sixth Semester				Credit	4
Course Objective		<ol style="list-style-type: none"> 1. To make the students to understand and experience yoga in scientific way with kinetic movements. 2. To prepare the students to know about the various yogic techniques according to the biomechanical movements. 					
Course Outline		<p>Unit I: 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).</p> <p>Unit II: 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.</p> <p>Unit III: 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.</p> <p>Unit IV: 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.</p> <p>Unit V: 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.</p>					
References		<ol style="list-style-type: none"> 1. Susan J. Hall, Basic Biomechanics, McGraw Hill Education, 2004. 2. Kathryn Lutgens et al. Kinesiology (Scientific Basis of Human Motion), Brown and 3. Bench mark, 1992. 					

	<ol style="list-style-type: none"> 4. Knudson, Duane V. Fundamentals of biomechanics, Springer, 2007. 5. Jacquilin Perry. Gait analysis-Normal and pathological function, Slack, 1992. 6. Robert Frost. Applied kinesiology. North Atlantic Books, 2002.
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Course Outcomes

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.

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

CO's	PO's					PSO's	
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
CO 608.1	2	3	2	2	2	2	3
CO 608.2	2	2	3	2	3	3	2
CO 608.3	3	2	2	2	3	2	3
CO 608.4	3	2	2	2	3	2	3
AVERAGE	2.5	2.25	2.25	2	2.75	2.25	2.75

Internal Marks	External Marks	Total Marks	Total Hours	L	T	P	C
25	75	100	45	-	1	2	2
Title of the Course		Internship in therapy centers				Code	UYT2609
Core		Third Year and Sixth Semester				Credit	2
Course Objective		1. To bring awareness and to teach and train People at yoga centers					
Course Outline		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 Outcomes

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
CO 609.1	2	3	2	2	2	2	3
CO 609.2	2	2	3	2	3	3	2
CO 609.3	3	2	3	2	2	2	3
CO 609.4	3	2	2	2	2	2	3
CO 609.5	3	3	2	3	2	3	2
AVERAGE	2.6	2.4	2.4	2.2	2.2	2.4	2.6