

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



DIPLOMA IN YOGA (REGULAR)

FACULTY OF YOGA SCIENCES AND THERAPY

REGULATIONS AND SYLLABUS

(REGULATION– 2019)

Effective from the Academic Year 2019 – 2020

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MEENAKSHI ACADEMY OF HIGHER EDUCATION AND RESEARCH
DIPLOMA IN YOGA (REGULAR)
REGULATION -2019

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.

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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

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DIPLOMA IN YOGA (REGULAR)
REGULATION -2019**

PROGRAM OUTCOMES (PO's)

PO1: Critical Thinking Skills: Students enhance their yoga knowledge individually and personally with good educational skills and leadership qualities.

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 therapists in the hospitals, spa, wellness Centre, start their Yoga center and also could join academic positions in schools or university levels

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

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FACULTY OF YOGA SCIENCES AND THERAPY
DIPLOMA IN YOGA (REGULAR)
REGULATION -2019**

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
DIPLOMA IN YOGA (REGULAR)**

REGULATION OF THE 2019

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 DIPLOMA IN YOGA (REGULAR) DIPLOMA PROGRAM OF MEENAKSHI ACADEMY OF HIGHER EDUCATION AND RESEARCH”.

2. COMMENCEMENT

They shall come into force from the academic year 2019-20 onwards.

The Regulations and the Syllabus are subject to modification by the Standing Academic Board from time to time.

3. TITLE OF THE PROGRAM

It shall be called Diploma in Yoga (full time)

4. SYLLABUS

The syllabus is as prescribed by the university.

5. ELIGIBILITY FOR ADMISSION

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

6. CRITERIA FOR SELECTION

Students for Diploma in Yoga, diploma Course shall be admitted based on +2 performance at the Competitive Examinations held by this University.

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 complete the age of 17 years on or before 31st December of the year of admission to the one academic year Diploma in Yoga Diploma Course.

9. ELIGIBILITY CERTIFICATE

No candidate shall be admitted to the Diploma in Yoga Course 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) Any Under graduate certificate and mark sheets

Candidates should obtain an Eligibility Certificate before the last date for admission as notified by the University.

10. REGISTRATION

A candidate admitted to the Diploma in Yoga Course 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 duration of one academic year with non-semester pattern.

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 course shall commence from 1st August of the Academic year.

14. ACADEMIC TERMS

One Year	August 1st to June 31 st
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15. CUT-OFF DATES FOR ADMISSION TO EXAMINATION

The candidates admitted from 1st August to 30th September of the academic year will be registered to take up their diploma examination before 30th September of same year.

There will not be any admission after 30th September for the academic year.

16. WORKING DAYS IN AN ACADEMIC YEAR

There shall be minimum 180 working days in a year exclusive of 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 DIPLOMA IN YOGA 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 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.

In respect of failed candidates, the marks awarded for records at previous examination will be carried over to the next examinations. If a candidate desires, he / she may be permitted to improve his / her performance by submission of fresh records.

19. CONDONATION OF LACK OF ATTENDANCE

Students must have 75% of attendance in each course for appearing in the examination. Students who have 70% to 74% of attendance shall apply for condonation in the prescribed form with the prescribed fee Rs.100. Students who have 60% to 69% of attendance shall apply for condonation

in prescribed form with the prescribed fees Rs.150 along with the Medical Certificate. Students who have below 60% of attendance are not eligible to appear for the examination.

Condonation of lack of attendance shall be taken up for consideration under the following circumstances:

a) Any illness afflicting the candidate. (The candidate should submit to the Head of the Institution a Medical Certificate from a registered Medical Practitioner soon after he / she returns to the Institution after treatment).

b) Any unforeseen tragedy in the family. (The parent / guardian should give in writing the reason for the ward's absence to the Head of the Institution).

c) Any other leave the Head of the Institution deems reasonable for condonation.

20. COMMENCEMENT OF THE EXAMINATIONS

There shall be examinations at the end of a year, in the month of 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 continuous internal assessment are:

Internal Test	10 Marks
Seminar/Quiz etc.	5 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 continuous internal assessment and to end semester examination is 25:75. 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 diploma 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.

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 upto 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 CIA (Continuous Internal Assessment) and External Examinations shall be 40% i.e., 10 marks out of 25 marks and 30 marks out of 75 marks respectively for theory courses. The minimum passing for both CIA and external examination shall be 40% i.e., 10 marks out of 25 and 30 marks out of 75 marks for the practical courses.

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
	Theory Total		75 Marks
	Internal Assessment		25 Marks
	Grand Total		100 Marks

50% marks in the University written examination

50% marks in the University practical examination

50% marks in the aggregate of written, oral, practical and internal assessment

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 Diploma program is 30 credits.

30. AWARD OF DEGREE

The degree shall be awarded by the university only after the completion of a year 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 and humanistic approach.

32. COMPULSORY INTERNSHIP TRAINING

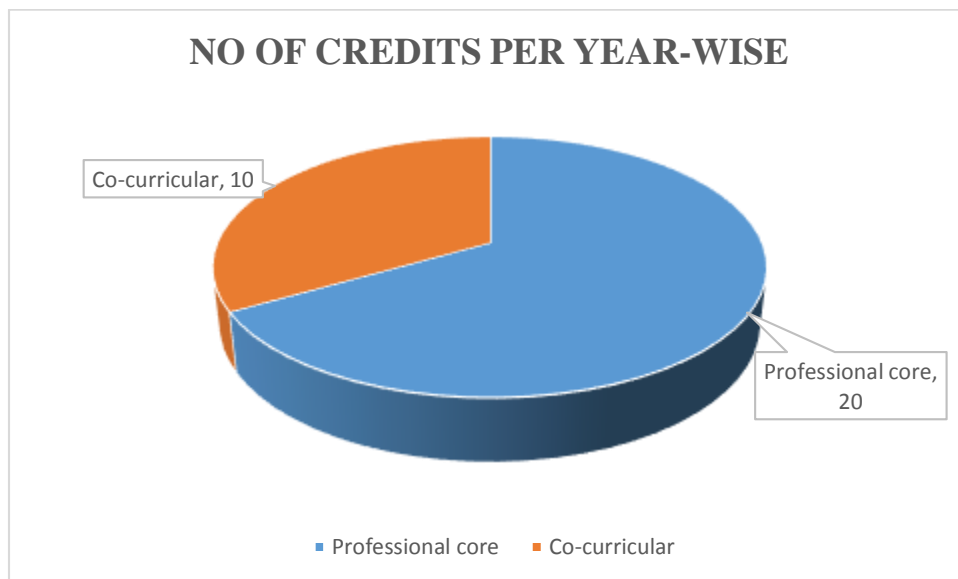
All candidates of Diploma in Yoga must undergo a compulsory Village Placement Program, Teaching practices in Educational Institution, Internship Programmes for the successful completion of the examinations.

DIPLOMA IN YOGA (REGULAR)
SCHEME OF EXAMINATIONS
MARK DISTRIBUTION
One Academic Year

CODE NO	COURSE		L	T	P	CREDIT	MARKS		
	TITLE	PAPER					Internal	External	TOTAL
DYA8001	Fundamentals of Yoga	Theory	4	1	-	5	25	75	100
DYA8002	Yoga Therapy	Theory	4	1	-	5	25	75	100
DYA8003	Methods of Yogic Practice	Theory	4	1	-	5	25	75	100
DYA8004	Practical Training in Yoga	Practical	1	3	2	5	25	75	100
DYA8005	Village Placement Programme	Co-curricular	-	9	2	10	-	100	100
Total						30	100	400	500

VII. SUMMARY OF CREDITS ALLOCATION

S.NO	SUBJECT AREA	NO OF CREDITS PER YEAR-WISE
1	Professional core	20
2	Co-curricular	10
Total		30



VIII. PROGRAM LEVEL COURSE-PO AND PSO MATRIX

Course Code	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2
DYA8001	2.4	2.2	2.2	2	2	2	2.2
DYA8002	2.5	2	2.25	2	2	2	2
DYA8003	2	2.2	2.2	2.2	2	2.4	2.2
DYA8004	2	2.2	2	2.2	2.2	2	2.2
DYA8005	2.25	2	2.25	2.25	2.5	2.25	2
	2.23	2.12	2.18	2.13	2.14	2.13	2.155

COURSE DESCRIPTIONS (SUBJECTS)

Internal marks	External marks	Total marks	Total hours	L	T	P	C
25	75	100	75	4	1	-	5
Title of the Course	Fundamentals of Yoga			Code	DYA8001		
Core	Yearly			Credit	5		
Course Objectives	To make the students to understand the basic concepts of fundamentals of yoga. To prepare the students to know about the significance of fundamentals of yoga in real-life.						
Course Outline	<p><u>UNIT I -Yoga</u> Nature, Need, Philosophy, History and Scope of Yoga-Modern Developments Misconceptions and clarifications of Yoga- Paths of Yoga-Ashtanga yoga- Schools of Yoga - Important of yogic practices- Benefits of Yoga on human systems -Yoga for Super consciousness - Computer Applications in Yoga.</p> <p>Unit II: - Contributions of texts to Yoga: Vedas, Upanishads, Tantra, Bhagavad Gita, Yoga vasishtha. Yoga Sutras Thirumandiram, Yoga Yajnavalkya Samhita, Goraksataka, Hatha Yoga Pradipika Gheranda Samhita, Siva samhita. Hatha Ratnavali, Siddha Siddhanta PadhathiNaradaBhakthi Sutras, Yoga Rahasya</p> <p>Unit III Contributions to yoga by Ramakrishna, Swami Vivekananda, Sivananda, Maharishi Mahesh Yogi, Swami Rama, Krishnamacharya, Swami Kavalayananda, Ramana Maharishi. Vethathiri Maharishi, Swami Dayanand Saraswati - Spirituality- Role of yoga and Religions on Spirituality- values- Methods to promote spirituality Methods of teaching, Lesson plans, teaching aids - usage of props.</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 an Chakras - Role of Yoga on personality development.</p> <p>UNIT V Health, fitness & Wellness - causes of diseases and disorders. Nutrition - diet - Yogic diet - Yoga Therapy - Diagnostic tools - Modifications of Yogic practices Yogic practices for insomnia, Hypertension, Diabetics, Obesity, Asthma, Back pain. Arthritis, Constipation, Neurosis, Psychosis and Personality Disorders Women Disorders - Yoga and Indian Traditional systems of Medicine and therapies: Ayurveda, Siddha. Naturopathy. Physiotherapy. Varmam, Acupressure Acupuncture, Music Therapy. Color Therapy</p>						

References	<p>Iyengar B. K. S (1976) Light on yoga, London, Unwin paperpacks.</p> <p>Sivananda Saraswathi swami (1934) Yoga Asanas Madras: My magazine of India.</p> <p>Satyanada saraswati swami (2008) Asana, Pranayama, Mudra, Bandha, Munger Yoga publications trust.</p> <p>Iyenger B.K.S (2008) Light on pranayama, New Delhi:Haper Collins publishers India.</p> <p>Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New York: Pocket Books.</p>
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Course Outcomes

CO101.1The course outcomes make the learners to understand about the yoga which is more needed nowadays and its scope, components, strength, and also the various yogic practices to maintain our health and fitness.

CO101.2The students understand the contributions of Vedic texts, Upanishads regarding yoga which will expand their knowledge in the field of yoga and yoga therapy.

CO101.3 The students can understand the contributions and teachings of different schools of yoga which will help them in taking part in various activities regarding yoga in improving social coherence.

CO101.4 The students can understand and evaluate the Causes of diseases and disorders. Yoga and psychology which will make them an overall performer in treating a patient according to their needs

CO101.5 The course outcomes make the learners to understand about the fitness which in more need nowadays and its scope, components, strength, and also the various yogic practices to maintain our fitness.

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	3	1	2	2	2	2	3
CO101.2	2	2	3	1	1	3	2
CO101.3	3	3	2	2	3	1	2
CO101.4	2	3	2	2	1	2	2
CO101.5	2	2	2	3	3	2	1
	2.4	2.2	2.2	2	2	2	2.2

Internal marks	External marks	Total marks	Total hours	L	T	P	C
25	75	100	75	4	1	-	5
Title of the Course	Yoga Therapy			Code	DYA8002		
Core	Yearly			Credit	5		
Course Objectives	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.						
Course Outline	Unit I: - History of yoga therapy History of yoga therapy- Essence and Principles of Yoga therapy- Physiology and pathology in the yoga- Shastra- koshas- doshas- Granthis - Pancha Prana Application of Yoga and its types- Methodology in Yoga Therapy – Factor (Heyam, Hetu, Hanam and Upayam) - Methods (Darsanam, Sparsanam, PrasnamNadiPariksha), Examination of Vertebra, joints, Muscles, Abdomen and Nervous System and therapeutic applications - Modification of yogic practices - Yogic practices for Human Systems - Yogic diet						
	Unit II: - Application of Indian traditional systems of medicine and therapies Ayurveda-AshtangaAyurveda-Doshas,Dinacarya,Ayurvedicdiet,Panchakarman therapy - Siddha - Five elements theory, physical constituents, patholog (Kayakalpa, Kitchen, Herbal and other types of medicine) - Naturopathy - Principle of naturopathy - Modalities of Naturopathy - Varmam and Thokkanam, Physiotherapy,Acupressure,Acupuncture,Chromotherapy,Musicttherapy,Pranic Healing						
	Unit III: - Therapeutic application of yoga : High blood pressure, Obesity, Diabetes Mellitus, Asthma, Sinus, Migraine, Arthritis Back pain, Thyroid problems, constipation, impotency, infertility, stroke, Epilepsy Parkinson's disease, sleep disorders, Skin Diseases, Insomnia.						
	Unit IV: - Therapeutic application of yoga for psychological disorders: Neurosis: stress, depression, eating disorders - Psychosis: Schizophrenia, autism bipolar disorders, dementia - Personality disorders: Paranoid, histrionic, drug addicts- Smoking, Alcoholism, Gambling - Anti-Social Activities.						
	Unit V:- Therapeutic application of yoga for the problems of women: Amenorrhoea, Dysmenorrhoea, menorrhagia, metrorrhagia, Hypomenorrhoea, oligomenorrhoea, polymenorrhoea, leucorrhoea, uterus related problems, miscarriage, pregnancy- Pre and post-natal care, PCOS.						
References	1. Nagarathna& Nagendra (2007) yoga for digestive disorder Bangalore:Swami Vivekananda yogaprakshana. 2. Sri kanta ss et.al (2008) yoga for diabetes. Bangalore: Swami Vivekanandayoga prakshana. 3. Nagarathna& Nagendra (2008) yoga for Hypertension & Heartdisease, Bangalore: Swami Vivekananda yogaprakshana. 4. Nagarathna& Nagendra (2008) yoga for Arthritis Bangalore:Swami Vivekananda yogaprakshana. 5. Nagarathna&. Nagendra (2008) yoga for back pain, Bangalore:Swami Vivekananda yogaprakshana.						

Course Outcomes

CO102.1 The course outcomes are carefully designed keeping in view of History of yoga therapy, pathology. Application of Yoga and its types to make them work along with healthcare professionals.

CO102.2 The students' will Understand the Concept of Ayurveda, Naturopathy, and other Traditional Systems and alternative therapies to make them treating patients with more knowledge and understanding of the illness.

CO102.3 – The learners will understand the treatment of Therapeutic application of yoga on various diseases and other psychological disorders and can work along with any doctors and healthcare professionals.

CO102.4 The learners will understand and treat the Therapeutic application of yoga for the problems of women and can be able to work along with any gynecologists and primary health centers.

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	2
CO102.2	2	2	3	2	1	2	2
CO102.3	3	3	2	2	2	2	2
CO102.4	3	2	2	2	3	2	2
	2.5	2	2.25	2	2	2	2

Internal marks	External marks	Total marks	Total hours	L	T	P	C
25	75	100	75	4	1	-	5
Title of the Course	METHODS OF YOGIC PRACTICES		Code	DYA8003			
Core	Yearly		Credit	5			
Course Objectives	To make the students to understand the methods of yogic practices. To prepare the students to know about the significance of the Yoga Therapy and yogic practices in real life.						
Course Outline	UNIT I						
	Loosening the joints Surya namaskar: Children's Model, Bihar School of Yoga model Vivekananda Kendra Model						
	Unit II: - ASANAS						
	STANDING		SEATED		LYINGSUPINE		
	Samasthiti		Sukhasana		Pawana Mukthasana		
	Tadasana		Brahmasana		Tadaka Mudra		
	Vrikshasana		Dandasana		urdhvaprasaritapadasana		
	ParsavaUttanasana		Padmasana		Jadarapariivartanasana I		
	Uttanasana		Siddhasana		Jadarapariivartanasana I		
	Prasaritha		SidhaYoniasana		Jadarapariivartanasana I		
PadaUttanasana		Gomukhasana		Matsyasana			
Virabhadrasana		Janu Sirasasana		Skandasana			
ArdhaUttanasana		Paschimotanasana		Chakrasana			
Padangustasana		Upavistakonasana		Kandarasana			
ArdhaChandrasana		Ushtrasana		Savasana			
Trikonasana		ArdhaMatsyendrasana					
UtthithaParsava		Navasana		LYING PRONE			
Trikonasana		Supine Virasana		Bhujangasana			
UtthithaParsavakonasana		Bharadvajasana		Salabhasana			
UtthithaTrikonasana		Baddhakonasana		Dhanurasana			
ParivrittaTrikonasana		Marichyasana		Kapotanasana			
Garudasana		Mandukasana					
AdhomukhaSvanasan		Vajrasana					
Urdhvamukhasvanasana		Yoga Mudrasana					
Chaturanga Dhandasana		SuptaVajrasana					
		TriangaMukhaekapada					
		paschimottanasana					
Unit III: - Pranayama							
Yogic Breathing, Kapalabhati, NadiShodhana. Bhastrika, Bhramari, Sheethali, Sheetkari, Suryabhedana, Chandrabhedana							
UNIT IV - Kriyas, Bandhas and Mudras							

	<p>Kriyas Jalaneti, Sutra Neti, Agnisar Kriya Bandhas Jalandhara Bandha, Moola Bandha, Uddiyana Bandha, Maha Bandha Mudras Chin mudra. Chinmaya Mudra, Adi Mudra, Brahma Mudra, Bhaixra Mudra, Bhairavi Mudra, Shanmuki Mudra, Vipareetakarani Mudra, Yoga Mudra, Ashvini Mudra, Nasiga Mudra, Maha Mudra.</p>
	<p>UNITV Meditation Mantra Meditation. Yoga Nidra, IRT, QRT. DRT, Nadanusandhana, Chakra Meditation, Vipasana Meditation. Rajayoga Meditation, Trataka Meditaion. Transcendental Meditation</p>
References	<p>Iyengar B. K. S (1976) Light on yoga, London, Unwin paperpacks. Sivananda Saraswathi swami (1934) Yoga Asanas Madras of India. Satyanada saraswati swami (2008) Asana, Pranayama, Mudra, Bandha, munger Yoga publications trust. Iyanger B.K.S (2008) Light on pranayama, New Delhi: Haper Collins publishers India. Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New york: Pocket Books.</p>

Course Outcomes

CO103.1 The student can excel in the various types asana poses and their physical and physiological benefits and the essentials of yogic practices.

CO103.2 The students can propagate the modifications of asana according to the individual needs and the benefits of yogic practices.

CO103.3 The students can perform different kinds of yogic breathing and its uses in human body and benefits in the respiratory systems for a healthy living.

CO103.4 The students can bring about individualistic technique in terms of yoga in energizing and calming and soothing practices and can work along with health care professionals and in yoga centers.

CO103.5 The student can excel in the knowledge on various meditation techniques and its spiritual benefits.

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	2	2	2	2	2
CO103.2	2	2	3	2	3	3	2
CO103.3	1	2	2	2	2	2	3
CO103.4	2	2	1	2	1	2	2
CO103.5	3	2	3	3	2	3	2
	2	2.2	2.2	2.2	2	2.4	2.2

Internal marks	External marks	Total marks	Total hours	L	T	P	C																																																																								
25	75	100	90	1	3	2	5																																																																								
Title of the Course	PRACTICALS - YOGIC PRACTICES		Code	DYA8004																																																																											
Core	Yearly		Credit	5																																																																											
Course Objectives	To make the students to understand the practical in the yogic practices. To prepare the students to know about the significance of the Yoga Therapy and yogic practices in real-life.																																																																														
Course Outline	<p>Unit I:- Loosening the joints Surya namaskar: Children's Model, Bihar School of Yoga model, Vivekananda Kendra Model</p> <p>Unit II: - ASANAS</p> <table border="1"> <thead> <tr> <th>STANDING</th> <th>SEATED</th> <th>LYING SUPINE</th> </tr> </thead> <tbody> <tr> <td>Samasthiti</td> <td>Sukhasana</td> <td>Pawana Mukhthasana</td> </tr> <tr> <td>Tadasana</td> <td>Brahmasana</td> <td>Tadaka Mudra</td> </tr> <tr> <td>Vrikshasana</td> <td>Dandasana</td> <td>UrdhuvaPrasarithaPadhasana</td> </tr> <tr> <td>ParsavaUttanasana</td> <td>Padmasana</td> <td>JadaraparivartanasanaI</td> </tr> <tr> <td>Uttanasana</td> <td>Siddhasana</td> <td>JadaraparivartanasanaI</td> </tr> <tr> <td>Prasaritha</td> <td>SidhaYoniasana</td> <td>JadaraparivartanasanaI</td> </tr> <tr> <td>PadaUttanasana</td> <td>Gomukhasana</td> <td>Matsyasana</td> </tr> <tr> <td>Virabhadrasana</td> <td>Janu Sirasasana</td> <td>Skandasana</td> </tr> <tr> <td>ArdhaUttanasana</td> <td>Paschimotanasana</td> <td>Chakrasana</td> </tr> <tr> <td>Padangustasana</td> <td>Upavistakonasana</td> <td>Kandarasana</td> </tr> <tr> <td>ArdhaChandrasana</td> <td>Ushtrasana</td> <td>Savasana</td> </tr> <tr> <td>Trikonasana</td> <td>ArdhaMatsyendrasana</td> <td>LYING PRONE</td> </tr> <tr> <td>UtthithaParsava</td> <td>Navasana</td> <td>Bhujangasana</td> </tr> <tr> <td>Trikonasana</td> <td>Supine Virasana</td> <td>Salabhasana</td> </tr> <tr> <td>UtthithaParsavakonasana</td> <td>Bharadvajasana</td> <td>Dhanurasana</td> </tr> <tr> <td>UtthithaTrikonasana</td> <td>Baddhakonasana</td> <td>Kapotasana</td> </tr> <tr> <td>ParivrittaTrikonasana</td> <td>Marichyasana</td> <td></td> </tr> <tr> <td>Garudasana</td> <td>Mandukasana</td> <td></td> </tr> <tr> <td>AdhomukhaSvanasan</td> <td>Vajrasana</td> <td></td> </tr> <tr> <td>Urdhvamukhasvanasana</td> <td>Yoga Mudrasana</td> <td></td> </tr> <tr> <td>Chaturanga Dhandasana</td> <td>SuptaVajrasana</td> <td></td> </tr> <tr> <td></td> <td>TriangaMukhaekapada</td> <td></td> </tr> <tr> <td></td> <td>Paschimottanasana</td> <td></td> </tr> </tbody> </table>							STANDING	SEATED	LYING SUPINE	Samasthiti	Sukhasana	Pawana Mukhthasana	Tadasana	Brahmasana	Tadaka Mudra	Vrikshasana	Dandasana	UrdhuvaPrasarithaPadhasana	ParsavaUttanasana	Padmasana	JadaraparivartanasanaI	Uttanasana	Siddhasana	JadaraparivartanasanaI	Prasaritha	SidhaYoniasana	JadaraparivartanasanaI	PadaUttanasana	Gomukhasana	Matsyasana	Virabhadrasana	Janu Sirasasana	Skandasana	ArdhaUttanasana	Paschimotanasana	Chakrasana	Padangustasana	Upavistakonasana	Kandarasana	ArdhaChandrasana	Ushtrasana	Savasana	Trikonasana	ArdhaMatsyendrasana	LYING PRONE	UtthithaParsava	Navasana	Bhujangasana	Trikonasana	Supine Virasana	Salabhasana	UtthithaParsavakonasana	Bharadvajasana	Dhanurasana	UtthithaTrikonasana	Baddhakonasana	Kapotasana	ParivrittaTrikonasana	Marichyasana		Garudasana	Mandukasana		AdhomukhaSvanasan	Vajrasana		Urdhvamukhasvanasana	Yoga Mudrasana		Chaturanga Dhandasana	SuptaVajrasana			TriangaMukhaekapada			Paschimottanasana	
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Course Outcomes

CO104.1 The student can excel in the various types asana poses practically and their physical and physiological benefits and the essentials of yogic practices.

CO104.2 The students can excel in the concept of different kinds asana and modifications of asana according to the individual needs and the benefits of yogic practices in a practical way.

CO104.3 The students can excel in the concept of different kinds of pranayama technique scientifically and can work along with a yoga instructor and also in wellness centers.

CO104.4 The outcome of this course will make the students understand mind calming techniques, quick relaxation techniques and other energy activating techniques which is in need of today's society.

CO104.5 The student can understand the knowledge of various meditation techniques and its spiritual benefits and can work along with health care professionals.

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

Internal marks	External marks	Total marks	Total hours	L	T	P	C
-	100	100	165	-	9	2	10
Title of the Course	VILLAGE PLACEMENT PROGRAMME			Code	DYA8005		
Core	Yearly			Credit	10		
Course Objectives	To make the students to understand the village placement program. To prepare the students to know about the significance of the Yoga in village and in real life.						
Course Outline	<u>Village placement programme</u>						
	Duration	Seven Days for teaching and seven days for preparatory activities					
	Date	During the Course					
	Mode of Evaluation	Internal Assessment					
	Maximum Marks	100					
	Subject	Yoga					
	Nature of Program	Visiting the village and getting approval from concern authority to conduct events. Creating the awareness to the villagers through pamphlets and banners. To teach and train villagers Distributing the prizes to villagers					

Course Outcomes

CO105.1 The outcome to this course will make the students improve the communication level and improve leadership qualities.

CO105.2 The outcome to this course will make the students excel in team coordination trust building and understanding of others requirements.

CO105.3 The outcome to this course will make the students excel in communication skills, sharing qualities of the students will be improved will make the students more responsible citizen.

CO105.4 The outcome to this course will make the student to enhance their communication qualities and make them a good yoga instructor to be able to work in wellness centers, spa, and 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
CO105.1	2	2	2	2	2	2	2
CO105.2	2	2	3	2	3	3	2
CO105.3	3	2	2	2	3	2	2
CO105.4	2	2	2	3	2	2	2
	2.25	2	2.25	2.25	2.5	2.25	2