

DIPLOMA IN YOGA

Syllabus

Program Code: BU-DL-YA-01



2025 – 2026 Onwards

BHARATHIAR UNIVERSITY

**(A State University, accredited with “A++” Grade by
NAAC, Ranked 46th among Indian Universities by MHRD-NIRF.)**

Coimbatore - 641 046, Tamil Nadu, India

BHARATHIAR UNIVERSITY: COIMBATORE 641046

CENTRE FOR DISTANCE AND ONLINE EDUCATION

VISION

To promote holistic health and well-being through quality yoga education, enabling learners to achieve physical fitness, mental balance, and spiritual awareness by adopting yoga as a lifelong practice through accessible distance and online learning.

MISSION

To offer structured and inclusive yoga education integrating theory and practical training, encouraging healthy lifestyles, stress management, ethical values, and self-discipline, while making yoga education accessible to diverse learners through flexible distance and online education modes

TITLE OF THE PROGRAM

Diploma in Yoga Education

DURATION

- **Minimum Duration:** One year
- **Maximum Duration:** Two year (with provision for Re-registration if required)

CREDIT DISTRIBUTION

- **Total Credits:** 40 credits (as per UGC credit framework)

ELIGIBILITY

10 +2 (Higher Secondary) or equivalent from a recognized board unless otherwise specified.

MEDIUM OF INSTRUCTION

Medium of Instruction is English. However, the learners are permitted to write the Continuous Internal Assessment and End Semester Examination in English or Tamil.

MODE OF LEARNING

Open and Distance Learning (ODL)

The programme shall be conducted through remote learning using a blend of print and digital learning materials, supplemented by occasional Personal Contact Program (PCP) sessions to facilitate learner interaction and academic support.

FEES STRUCTURE

Fee structure as approved by the Centre for Distance and Online Education, Bharathiar University, Coimbatore.

ATTENDANCE (ODL)

- **ODL Mode:**

Participation of atleast Ten Personal Contact Programs (PCPs) with 60 hours of contact class (3 hours per credit) during one semester is mandatory.

A total Participation of atleast Twenty Personal Contact Programs (PCPs) with 120 hours of contact class (3 hours per credit) for entire programme is mandatory.

REQUIREMENT TO APPEAR FOR THE EXAMINATIONS

A candidate enrolled for the programme must have the minimum period of attendance in theory and practical classes prescribed to appear for the examinations with the fees prescribed and fulfills all other conditions stipulated from time to time.

CONDITIONS TO APPEAR FOR THE EXAMINATIONS

The learner appearing for the examination for the first time should register for all the course by remitting the fee

ODL

- The learners should specify the opted center of examinations in the examination application form.
- Learners will not be permitted to change their examination center.
- Learners shall collect their E-hall tickets from the website for the examination and get signature from the Chief Superintendent of the examinations centers opted, on submission of their identity cards during the three working days before the commencement of the examinations.

EVALUATION PATTERN

a. Distribution of Marks in Continuous Internal Assessments (CIA): 25% weightage.

The following procedure shall be followed for awarding internal marks for theory courses.

- Continuous Internal Assessment (CIA) Test - 10 marks
- Assignment - 5 marks
- Seminar - 5 marks
- Participation - 5 marks

Total - 25 marks

1. **CIA Test and question pattern :**

Two Continuous Internal Assessments (CIA-I & CIA II) must be conducted. Better of the TWO will be counted for Test Marks (10 Marks)

- Section A – Objective Question 5*1 = 5 marks
- Section B – Short Essay (2 out of 3) 2*5 = 10 marks
- Section C – Essay Type (Either or type) 1*10 = 10 marks

2. **Assignments – I and II.** Better of the TWO will be counted for Assignment Marks (5 Marks)

3. **Seminar** will be conducted for 5 Marks.

4. **Participation** (which includes attendance) – 5 Marks

b. Practicals (4 Credits) – At the end of Second Semester

- Practical (100 marks) - **Internal – 50 marks & External – 50 Marks**

c. End-Semester Examination (ESE): 75% weightage

ODL

- Examinations will be Conducted through offline at a designated physical location (University / Learner Support Centers (LSCs)) with invigilators and a fixed schedule.
- Duration: 3 hours, covering theory and applications.

Distribution of marks in the End-Semester Examination - Question Paper Pattern:

Section	Type of question	No. of questions	Marks	Total
A	Objective Question	10 (Compulsory)	1	10
B	Short Essay (300 words each)	3 out of 5	5	15
C	Essay Type (1000 words each)	5 Questions (Either or Type)	10	50
Total				75

d. Passing Criteria:

- Minimum 40% passing marks (Internal + External) in each course.
- Minimum 40% passing marks in practical / project component
- Aggregate of 40% marks required for successful completion of the diploma programme.

e. Grading System : (As per 10-point UGC Credit Framework)

The following table gives the marks, grade points, letter, grades and classification to indicate the performance of the candidate.

For the entire programme:

- $CGPA = \frac{\text{Sum of the multiplication of grade points by the credits of the entire programme}}{\text{Sum of the credits of the courses for the entire programme.}}$

$$\text{Cumulative Grade Point Average [CGPA]} = \frac{\sum n \sum i C_{ni} G_{ni}}{\sum n \sum i C_{ni}}$$

RANGE	CGPA	Grade	Classification of Result
95-100	9.5-10.0	O+	First Class- Exemplary*
90-94	9.0 and above but below 9.5	O	
85-89	8.5 and above but below 9.0	D++	First Class with Distinction*
80-84	8.0 and above but below 8.5	D+	
75-79	7.5 and above but below 8.0	D	
70-74	7.0 and above but below 7.5	A++	First Class
65-69	6.5 and above but below 7.0	A+	
60-64	6.0 and above but below 6.5	A	
55-59	5.5 and above but below 6.0	B+	Second Class
50-54	5.0 and above but below 5.5	B	
45-49	4.5 and above but below 5.0	C+	Third Class
40-44	4.0 and above but below 4.5	C	
0-39	0.0 and above but below 4.0	U	Re-appear

- a. A candidate who has passed all the courses in the first appearance within the prescribed duration of the diploma programmes and secured a CGPA of 9 to 10 and equivalent grades “O” or “O+” in Core and Project courses shall be placed in the category of “**First Class – Exemplary**”.
- b. A candidate who has passed all the courses in the first appearance within the prescribed duration of the Diploma programmes and secured a CGPA of 7.5 to 9 and equivalent grades “D” or “D+” or “D++” in Core and Project courses shall be placed in the category of “**First Class with Distinction**”.
- c. A candidate who has passed all the courses of the Diploma programmes and secured a CGPA of 6 to 7.4 and equivalent grades “A” or “A+” or “A++” in Core and Project courses shall be declared to have passed in “**First Class**”.
- d. A candidate who has passed all the courses examination of the Diploma programmes and secured a CGPA of 5.0 to 5.9 and equivalent grades “B” or “B+” in Core and Project courses shall be declared to have passed in “**Second Class**”.
- e. A candidate who has passed all the courses examination of the Diploma programmes and secured a CGPA of 4.0 to 4.9 and equivalent grades “C” or “C+” in Core and Project courses shall be declared to have passed in “**Third Class**”.

BHARATHIAR UNIVERSITY: COIMBATORE 641 046**Centre for Distance and Online Education***(For the students admitted during the academic year 2025-2026 onwards)***DIPLOMA IN YOGA****PROGRAMME STRUCTURE**

Course Code	Title of the Course	Cred its	Hours		Maximum Marks		
			Theory	Practi cal	CI A	ES E	Total
FIRST SEMESTER							
25DYE101	Fundamentals Of Yoga Education	4	12	--	25	75	100
25DYE102	Science Of Yoga	4	12	--	25	75	100
25DYE103	Methods Of Yogic Practices Part -I	4	12	--	25	75	100
25DYE104	Yogic Lifestyle and Nutrition	4	12	--	25	75	100
25DYEP101	Practical	4	--	12	50	50	100
Total for first semester		20	48	--	150	350	500
SECOND SEMESTER							
25DYE201	Yoga, Fitness and Wellness	4	12	--	25	75	100
25DYE202	Principles Of Yogic Therapy	4	12	--	25	75	100
25DYE203	Methods Of Yogic Practices Part -II	4	12	--	25	75	100
25DYE204	ORIGIN AND DEVELOPMENT OF YOGIC PHILOSOPHY	4	12	--	25	75	100
25DYEP201	Practical	4	--	12	50	50	100
Total for second semester		20	48	--	150	350	500
Grand Total		40	96	24	300	700	1000

PROGRAM EDUCATIONAL OBJECTIVES (PEOs)

Program Educational Objectives (PEOs) for a yoga education diploma outline long-term achievements for graduates in professional practice, community service, and personal growth. These reframed PEOs adapt fitness-focused goals to yoga's holistic principles, emphasizing physical, mental, spiritual, and therapeutic dimensions.	
PEO1	Become professionally qualified yoga instructors, therapists, and wellness leaders capable of designing and delivering safe, authentic, and science-informed yoga programs.
PEO2	Engage in lifelong learning, research, and professional development to integrate evolving yogic sciences, philosophies, and therapeutic practices.
PEO3	Promote inclusivity, equity, and universal wellness by adapting yoga practices for diverse ages, abilities, backgrounds, and special needs populations.
PEO4	Demonstrate ethical conduct, yogic values (yamas and niyamas), and commitment to holistic health, safety, and spiritual well-being in yoga settings.
PEO5	Contribute to community health through yoga outreach, awareness campaigns, and educational workshops on stress management and lifestyle balance.
PEO6	Support national wellness initiatives by advocating yoga for disease prevention, mental resilience, and sustainable lifestyle transformations.
PEO7	Adapt to emerging trends, technologies, and integrative approaches in yoga therapy, mindfulness, and holistic health industries.
PEO8	Apply yogic assessment tools, such as pranayama diagnostics and asana evaluations, to monitor progress and program efficacy.
PEO9	Understand the interrelationship between home, yoga centers, and community spaces in promoting sustainable health through daily yoga practices, mindful living, and collective wellness initiatives.
PEO10	Recognize the role of yoga education in a changing society and contribute to holistic physical, mental, emotional, and spiritual development.
PEO11	Understand the principles and approaches of curriculum and program development in yoga training and wellness education.
PEO12	Conduct field-based yoga projects, research, and action studies to enhance practices in schools, wellness centers, and therapeutic environments.

PROGRAMME OUTCOMES (POs)

Program outcomes shift fitness emphases to yogic principles like asanas, pranayama, meditation, and philosophy for physical, mental, and spiritual mastery.	
PO1	Demonstrate understanding of individual holistic development and adapt yoga programs to diverse needs, including physical, mental, and energetic imbalances.
PO2	Apply authentic yoga techniques—asanas, pranayama, bandhas, and mudras—for various proficiency levels and populations.
PO3	Design, plan, and implement evidence-based yoga programs integrating yogic sciences, Ayurveda, and modern wellness research.
PO4	Use yogic assessment tools, such as pulse diagnosis and postural evaluations, to monitor progress and provide guiding feedback.
PO5	Integrate supportive technologies like yoga apps and biofeedback devices to enhance practice adherence and self-awareness.
PO6	Promote inclusive yoga for diverse backgrounds, abilities, and health conditions, including therapeutic adaptations.
PO7	Maintain safe, sattvic environments fostering physical purification, mental clarity, and spiritual growth.
PO8	Exhibit yogic ethics (yamas/niyamas), professional integrity, and responsibility for practitioner safety.
PO9	Communicate effectively to guide students, collaborate with wellness teams, and foster sangha (community) harmony.
PO10	Engage in continuous professional development to embrace evolving yoga research and global traditions.
PO11	Participate in community yoga initiatives advancing public health, stress reduction, and conscious living.
PO12	Adopt innovative yoga practices through inquiry, sadhana experimentation, and integrative approaches.

PROGRAM SPECIFIC OUTCOMES (PSOs)

PROGRAM SPECIFIC OUTCOMES (PSOs)	
The Specific teaching and classroom-related outcomes tied to the curriculum are	
PSO1	Design and deliver student-friendly yoga programs covering foundational elements such as asanas, pranayama, kriyas, and meditation.
PSO2	Facilitate development of basic yogic competencies aligned with national wellness guidelines.
PSO3	Employ experiential, practice-based, and immersive approaches to make yoga sessions engaging and lifelong.
PSO4	Develop and utilize low-cost, culturally relevant yoga props and teaching aids to boost accessibility and participation.
PSO5	Identify and address yoga needs for diverse abilities, ages, and conditions, including therapeutic adaptations for special populations.
PSO6	Apply yogic assessments for ongoing monitoring of student progress and offer constructive guidance for refinement.
PSO7	Implement protocols to cultivate fundamental yogic skills and components (flexibility, breath control, balance, awareness).
PSO8	Engage students' families and communities to foster sustainable yoga habits and mindful lifestyle shifts.
PSO9	Promote wellness awareness, injury prevention, and respect for individual yogic capacities among practitioners.
PSO10	Demonstrate leadership and collaboration in yoga centers, teaching management, and community wellness programs.
PSO11	Understand concepts and methods of yoga curriculum and program development for diverse instructional contexts.
PSO12	Conduct practical yoga research projects and case studies to enhance teaching efficacy and student outcomes.

FIRST SEMESTER

Course code	25DYE101	TITLE OF THE COURSE	Credits	PCP Hours	Study hours of Learners
Core paper		FUNDAMENTALS OF YOGA EDUCATION	4	12	120
Pre-requisite		Students must possess knowledge of basic fitness concepts through yoga.	Syllabus Version	1	

Course Objectives

The main objectives of this course are :

- **CO1:** To understand the definition, dimensions, and significance of yoga, wellness, and holistic health.
- **CO2:** To identify various components and categories of yoga and their application through traditional and modern training methods.
- **CO3:** To analyze the factors influencing yoga practice and apply suitable yoga techniques for different wellness and conditioning goals.
- **CO4:** To design safe and effective yoga programs considering environmental, physiological, and individual factors.
- **CO5:** To develop self-management skills and adopt yoga-based healthy lifestyle behaviors for lifelong wellness.

Expected Course Outcomes:

On the successful completion of the course, student will be able to

1	Describe the meaning, dimensions, and benefits of yoga and holistic wellness.	K4
2	Explain the categories and components of yoga-related health and performance practices	K2
3	Apply knowledge of yoga techniques and influencing factors to improve physical, mental, and spiritual fitness.	K3
4	Explain principles for developing and managing individualized yoga programs.	K2
5	Demonstrate understanding of self-management and behavioral strategies for a yoga-based healthy lifestyle.	K2

K1 - Remember; **K2** - Understand; **K3** - Apply; **K4** - Analyze; **K5** - Evaluate; **K6** – Create

BLOCK 1	FOUNDATIONS OF YOGA
Definition of yoga – aims and objectives of yoga – Yoga as a science and art – Streams of yoga: Karma yoga – Bhakti yoga – Laya Yoga – Jnana Yoga – Raja Yoga (Astanga yoga) – Hatha Yoga – Mantra Yoga – Kundalini Yoga	
BLOCK 2	YOGA HISTORY AND PHILOSOPHY

Brief history of yoga; Yoga history through Indus valley civilization –Yoga history through pre- Vedic period and post Vedic periods-Yoga philosophy and practice: Indian philosophy – Western traditional- philosophy (Idealism, pragmatism, Naturalism and Existentialism) Yoga and Vedic religion yoga and Buddhism – Yoga and Jainism.	
BLOCK 3	ASHTANGA YOGA: EIGHT LIMBS AND KEY TEXTS
Eight limbs of yoga (or) Astanga yoga : Yama- Niyama- Asana –Pranayama – Pratyahara- Dharana – Dhyana and Samathi . Patanjali yoga Sutra and Introduction to Thirumular’s Thirumaudrum.	
BLOCK 4	PRACTICES ACROSS DISCIPLINES
Spiritual Yoga (Adyatma yoga) and Applied yoga (Loukika yoga) –Application of yogic practices in Homeopathy- Ayurveda -Siddha –Naturopathy-Fitness -Rehabilitation of injuries – sports-Physical education –Wellness –Psycho-Therapy.	
BLOCK 5	PRINCIPLES, FOOD CLASSIFICATION AND NUTRITION
Yoga and Diet – The yogic concept – Classification of foods – Tamasic food – Rajasic food – Satvic food – Diet and its importance in cure of certain disorders- Importance of fasting in diet – Normal nutrition – Importance of fiber in diet – Importance of fruits – Importance of vegetables in diet – yoga and vegetarianism.	
Text Book(s)	
1	Study Material Prepared by Centre for Distance and Online Education, Bharathiar University, Coimbatore
Reference Books	
1. Sivananda yoga Teachers Manual pub International Vedanta centers, Val morin, Quebie, Canada. 2. Swami Sivananda: All About Hinduism, pub Divine life society Risikesh. 3. Swami Vishnu – Devananda: The complete Illustrated Book of Yoga pub. Harmony Books, division of crown publishers, New York 10022. 4. Yoga as Depth- Psychology and para- Psychology (Vol-I): Historical BackgroundDr.C.T. Kenghe, Bharata Manisha, Varanasi, India 1976. 5. Tent Book of Yoga- by Georyfeuer-stein, Rider and company, London 1975. 6. Herbert Benson: Mind/Body Effect, berkclery Books, New York, 1979. 7. George Feuerstein: The Yoga Tradition (Its history, literature, philosophy and practice) 8. Sri Ananda: The Complete Book of Yoga Harmony of Body and Mind (Orient Paper Backs: Vision Book Pvt. Ltd., 1982) 9. Swamy Satyananda Saraswathi: Asana, Pranayama, Mudra, Bandha (India : Yoga Publications Trust, Munger, Bihar) 10. Swami Sivananda: Practice of Yoga (The Divine Life Society, Shivananda Nagar, P.O., U.P., Himalayas, India) 11. Swami Sivananda: Practice of karma Yoga (The Divine Life Society, Shivananda Nagar, P.O., U.P., Himalayas, India) 12. B.K.S. Iyengar: Light on the Yoga Sutras of Patanjali (Haper Collins Publications India Pvt. Ltd. New Delhi)	
Course Designed By:	
1. Dr.M. Rajkumar Professor & Head , Department of Physical Education, Bharathiar University, CBE	

2. Dr.P. Anbalagan Professor, Department of Physical Education, Bharathiar University, CBE
3. Dr.P.Sridar.Director of physical education, Bharathiar university (CDOE),CBE.

Web link:

<https://www.integratedpublications.in/edited-book-archives/fundamentals-of-physical-education-health-and-yoga/2024/volume-2>
https://ymcacollege.ac.in/pdf/E_learning/BCC103-Yoga-Education-K.JOTHI-DAYANANDAN.pdf
<https://www.scribd.com/document/788234657/1st-UnitFundamentals-of-Yoga-PDF>

MAPPING WITH PROGRAMME OUTCOMES

Cos	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S	S	M	S	S	S	S	S	S	M
CO2	S	S	S	S	S	S	M	S	S	S
CO3	S	S	S	S	M	S	S	S	S	S
CO4	S	M	S	S	S	S	S	S	S	S
CO5	S	S	S	S	S	S	S	M	S	M

*S-Strong; M-Medium; L-Low

Course code	25DYE102	TITLE OF THE COURSE	Credits	PCP Hours	Study hours of Learners
Core paper		SCIENCE OF YOGA	4	12	120
Pre-requisite		The students must have Knowledge about introduction to the human body functions	Syllabus Version	1	
Course Objectives: By the end of this course, the students will be able to:					
• CO1: To understand the structural organization of the human body and its functional units in relation to yogic practices. • CO2: To explain the structure and function of major body systems (e.g., circulatory and respiratory) and their enhancement through yoga. • CO3: To identify the processes involved in digestion, absorption, excretion, and temperature regulation, as influenced by yoga techniques. • CO4: To gain knowledge of endocrine glands, their hormonal functions, and modulation via yoga for balance. • CO5: To understand the structure and functions of the nervous system, neural control mechanisms, and their regulation through yoga.					
Expected Course Outcomes:					
On the successful completion of the course, student will be able to					
1	Describe the structural levels of organization in the human body and their relevance to yoga practice.			K4	
2	Explain the structure and functions of circulatory and respiratory systems in the context of pranayama and yogic breathing.			K3	
3	Apply knowledge of digestive and excretory processes in maintaining body functions through yoga asanas and kriyas.			K3	
4	Explain the location and hormonal roles of major endocrine glands, and their regulation via yoga for stress management.			K5	
5	Describe the functional divisions and control mechanisms of the nervous system, as harmonized by meditation and yoga.			K2	
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 – Create					
BLOCK 1	HUMAN ANATOMY AND PHYSIOLOGY FUNDAMENTALS				
Meaning of anatomy and physiology – Systems of human body – Cell –Structure of cell – DNA and RNA – Functions of the cell – Tissues: Epithelial tissue – Connective tissue – Muscular tissue – Nervous tissue – Structure of skin –Bone and joints: Classification of skeleton – Axial skeleton – Appendicular skeleton – Classification of bones – Skull – Vertebral – Shoulder girdle – Bones of upper and lower limbs, joints: classification of joints.					
BLOCK 2	TYPES, STRUCTURE AND REGIONAL ANATOMY				

Muscles: Types of muscles – Skeletal muscle – Smooth muscle – Cardiac muscle -Structure of a muscle fiber – Function of the muscle – Muscle of the upper arm – fore arm – Muscle of neck and head – Muscles of shoulder – Muscles of thorax – Diaphragm – Muscles of abdomen – Muscles of back – Muscles of thigh – Muscles of leg Ankle and – Sole of foot – Muscles of pelvis – Muscles of gluteus region.	
BLOCK 3	STRUCTURE AND FUNCTIONS

Circulatory system – Pulmonary circulation –Systemic circulation – coronary circulation-portal circulation – Blood vessels – Arterial pulse – Blood pressure – Cardiac output – Circulation of blood – Arterial supply of head andneck region – Upper limb – Thorax – Pelvis – Limbs – Veins – Head and neck
veins, upper limbs veins, veins of thorax, veins of abdomen and pelvis, veins of lower limb – Respiratory system – Types of respiration – External respiration- Internal respiration-Q2 transport mechanism.

BLOCK 4	ANATOMY OVERVIEW
Digestive system – Esophagus – Teeth – Tongue – Saliva – Stomach (peristaltic movement) – Large intestine – Small intestine – Liver – Pancreas – Anus – Sense organs (eyes, nose, ears, tongue, skin) – Structure of skin.	
BLOCK 5	NERVOUS AND ENDOCRINE SYSTEMS

Nervous system – Neuron – Central nervous system – Brain – Cerebrum –Thalamus, hypothalamus – Cerebellum – Brain stem, mid brain – Pons – Medulla oblongata – Spinal cord – Reflex action – Coverings of central nervous system – Cavities of the brain – Cavity of spinal cord – Functions of the cerebrospinal fluid – Cranial nervous – Spinal nervous – Plexus – Sympathetic and parasympathetic nervous system – Endocrine system.

Text Book(s)	
1	Study Material Prepared by Centre for Distance and Online Education, Bharathiar University, Coimbatore

Reference Books	
1.M.M. Gore: “Anatomy & physiology of Yogic Practices” Kanchan prkashan Lonasvala, 1990. 2.Kuvalyanadna Swami & S.L.Vinekar: “Yogic Therapy - Its basic principle Methods” Central Health Education & Bureau, Govt of India, New Delhi,1963. 3. Sri Ananda: The Complete Book of Yoga Harmony of Body and Mind (Orient Paper Backs ; Vision Book Pvt. Ltd., 1982) 4. Swamy Satyananda Saraswathi: Asana, Pranayama, Mudra, Bandha (India : Yoga Publications Trust, Munger, Bithar) 5. Swami Sivananda: Practice of Yoga (The Divine Life Society, P.O Shivananda Nagar., U.P.Himalayas, India) 6. Dr. Nagendra HR: The Art and Science Pranayama (Vivekananda Kendra Yoga Prakashana, Bangalore)	

Course Designed By:	
1.Dr.M. Rajkumar Professor & Head, Department of Physical Education, Bharathiar University, CBE 2.Dr.P. Anbalagan Professor, Department of Physical Education, Bharathiar University, CBE 3.Dr.P. Sridar. Director of physical education, Bharathiar university (CDOE), CBE.	

Web link:

https://archive.org/details/TheScienceOfYoga1961I.K.Taimni_201603

<https://kripalu.org/living-kripalu/science-yoga-excerpt>

<https://samadhiyogaashram.com/pdf/LeslieKaminoffYogaAnatomyzliborg-200817-225010.pdf>

MAPPING WITH PROGRAMME OUTCOMES

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S	S	M	S	S	S	S	S	S	M
CO2	S	S	S	S	S	S	M	S	S	S
CO3	S	S	S	S	M	S	S	S	S	S
CO4	S	M	S	S	S	S	S	S	S	S
CO5	S	S	S	S	S	S	S	M	S	M

***S-Strong; M-Medium; L-Low**

Course code	25DYE103	TITLE OF THE COURSE	Credits	PC P Ho urs	Study hours of Learners
Core paper		METHODS OF YOGIC PRACTICES PART -I	4	12	120
Pre-requisite		The students must possess knowledge of kinesiology and injury management through Methods of Yogic Practices	Syllabus Version	1	
Course Objectives: By the end of this course, the students will be able to:					
CO1: To introduce foundational asanas and their correct alignment for beginners. CO2: To teach basic pranayama techniques for breath control and energy regulation. CO3: To explain preparatory kriyas for cleansing and purifying the body.					
CO4: To develop proper sequencing and progression in yogic practice routines.					
CO5: To emphasize safety principles, modifications, and common precautions in yoga.					
Expected Course Outcomes:					
On the successful completion of the course, student will be able to					
1	Demonstrate correct alignment and execution of foundational asanas for beginners.			K2	
2	Perform basic pranayama techniques to regulate breath and enhance energy flow.			K3	
3	Execute preparatory kriyas for body cleansing and purification.			K2	
4	Design simple sequencing and progression for safe yogic practice routines.			K4	
5	Apply safety principles, modifications, and precautions during yoga sessions.			K2	
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 – Create					
BLOCK 1	SURYA NAMASKAR: STEPS, ASANAS, EFFECTS AND PRINCIPLES				
Surya Namaskar – steps- Stavasana – Hasta Uttanasana – Pada Hastasana -Ashwasanchalanasana – Marjalarasana – Kokilasana – Astanga namaskara –Bhujanganasa – Effect of Suryamamaskar : Respiratory system – circulatory system-Digestive system-verves system endocrine system- Guiding principles of Surya namaskara.					
BLOCK 2	YAMA, NIYAMA, DHARANA, SAMYAMA AND YOGA PATHS				
Yama : List of yama – Ahimsa, Satya, Asteya, Brahmacharya, Aparograha list of Niyama – Saucha - Santosha - Tapas – Svadhyaya - Isvara Pramdhana. List of dharana – nasalgazing – explain samyama, Benefits of yama, niyama – explain hathya yoga – explain kundalini yoga.					
BLOCK 3	ASANAS: INTRODUCTION, CLASSIFICATION, TECHNIQUES AND BENEFITS				
Asanas – introduction of asanas – meaning of asanas – Objectives of asanas, classification of asanas : Meditative asanas – Sukhasana – Ardhapadmasana Padamasana – Sidhasana , Relaxation asana: Savasana- Makarasana – Proper Techniques and Benefits and application of these asanas for various purpose					
BLOCK 4	CULTURAL ASANAS: STANDING, SITTING, PRONE AND SUPINE POSES				

Cultural Asanas: Standing: Ardha katichakrasana - Padahastasana - Uttkatasana - Ekapada asana. Sitting : Padmasana - Paschimotasana - Usthrasana - Gomukasana – Ardhamatsyendrasana. Prone: Makarasana - Bhujangasana - Salabasana - Dhanurasana. Supine: Navasana – Uttanapadasana – Sarvangasana –

Matsyasana – Halasana - Chakrasana – Shavasana. Proper Techniques: Benefits, variations and application of this asana for various purpose.

BLOCK 5	ADVANCED ASANAS: CATEGORIES, TECHNIQUES, BENEFITS AND APPLICATIONS
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Advanced Asanas: Standing Asanas: Parivritta Trikonasana – Parsovattanasana - Natarajasana - Parivritta Parsvakonasana . Forward Bending Asanas: Karna Pidasana - Ardha Baddha Padma Paschimothasana – Marichyasana - Prasara Padottanasana. Backward Bending Asanas: Sethu Bandha Sarvangasana - Paryankasana - Poorna Ustrasana - Eka Pada Chakrasana. Twisting Asanas: Vatayanasana - Garudasana - Bharatvaja Asana - Parivritta Janu Sirsasana. Balancing Asanas: Padam Maynurasana - Utthitha Padmasana – Bakasana – Urdhva Mukha Paschimottanasana. Proper Techniques: Benefits, variations and application of this asana for various purpose.

Text Book(s)

- | | |
|---|--|
| 1 | Study Material Prepared by Centre for Distance and Online Education, Bharathiar University, Coimbatore |
|---|--|

Reference Books

1. N Practical Guide to Applied Spirituality (Brahama Kumarits, Mount Abu,Rajasthan)
2. Building a Value Based Peaceful and Prosperous Society (Om Shanthi Press, Gyanmritt Bhavan, Shantivan, Mount Abu, Rajasthan)
3. Vicente hao chin. jr: notes on self-transformation. (Philippine theosophical institute, Philippines)
4. Dr. Jeetendra Adhia: Spring of Inspiration (Alpha International, Gujarat.)
5. G. Ravindran: Management Science Conflict (Manivasakar Publication, Chidambaram.)
6. Yoga – Asana, Pranayama, Mudras, Bandha (Vivekananda Kendra Yoga Prakashna, Bangalore)
7. Swamy Satyananda Saraswathi: Asana, Pranayama, Mudra, Bandha (Yoga Publications Trust, Munger, Bihar, India)
8. Yogiraj Vethathri Maharishi: Simplified Physical Exercises. (Vedhathiri Publications, Gandhiji Road, Erode-1, Tamilnadu)
9. B.K.S. Iyengar: The Light on Yoga (Haper Collins Publications India Pvt. Ltd., New Delhi).
10. Swami Kuvalayananda and Fr.S.L.Vinekr Yogic therapy, Kaivalyadhama Smym Samiti, Lonavia, Pune Dit, Maharashtra.

Course Designed By:

- 1.Dr.M. Rajkumar Professor & Head, Department of Physical Education, Bharathiar University, CBE
- 2.Dr.P. Anbalagan Professor, Department of Physical Education, Bharathiar University, CBE
- 3.Dr.P.Sridar.Director of physical education, Bharathiar university (CDOE), CBE.

Web link: <https://www.yogapoint.com/pdf/Yogapoint%20Book%20of%20Practices.pdf>
<https://ncert.nic.in/textbook/pdf/iehp109.pdf>
https://yogaeastwest.com/explore/yoga_certification/advanced-yoga-postures-techniques-benefits-and-mastery/

MAPPING WITH PROGRAMME OUTCOMES										
Cos	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S	S	M	S	S	S	S	S	S	M
CO2	S	S	S	S	S	S	M	S	S	S
CO3	S	S	S	S	M	S	S	S	S	S
CO4	S	M	S	S	S	S	S	S	S	S
CO5	S	S	S	S	S	S	S	M	S	M

Strong; M-Medium; L-Low

Cours e code	25DYE103	TITLE OF THE COURSE	Credits	PC P Ho urs	Study hours of Learners
Core paper		Yogic Lifestyle and Nutrition	4	12	120
Pre-requisite		The students must possess knowledge of kinesiology and injury management through Methods of Yogic Practices	Syllabus Version	1	
Course Objectives: By the end of this course, the students will be able to:					
To explain the concept of Yogic lifestyle and its practical relevance.					
To introduce the principles of Yogic diet and food classification.					
To develop awareness of healthy daily routines and discipline.					
To understand the connection between food, mind, and behavior.					
To promote simple, balanced, and healthy living habits.					
Expected Course Outcomes:					
After completing this course, learners will be able to:					
1	Explain the principles of Yogic lifestyle clearly.			K2	
2	Differentiate between Sattvic, Rajasic, and Tamasic foods			K3	
3	Develop a balanced and healthy daily routine			K2	
4	Apply Yogic dietary principles in daily life.			K4	
5	Promote disciplined, ethical, and health-oriented living			K2	
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 – Create					
BLOCK 1	CONCEPT OF YOGIC LIFESTYLE				
Meaning and Principles of Yogic Living, Definition of Yogic lifestyle,Simple living and high thinking,Discipline and self-control,Balance between body and mind, Yogic Approach to Health, Physical health and mental stability, Preventive health care in Yoga, Cleanliness and purity (Saucha), Role of positive thinking, Daily Routine in Yoga (Dinacharya), Importance of early rising,Regular practice of Asana and Pranayama,Rest and sleep discipline, Time management and moderation.					
BLOCK 2	UNDAMENTALS OF YOGIC NUTRITION				
Concept of Food in Yoga, Food as a source of energy, Relationship between food and mind,Importance of mindful eating, Classification of Food, Sattvic foods, Rajasic foods, Tamasic foods, Effects of each type on body and mind, Principles of Balanced Diet,Nutrients and their functions,Importance of fresh and natural foods, Moderation in eating, Avoiding overeating and unhealthy habits.					
BLOCK 3	FOOD, MIND, AND BEHAVIOUR				
Psychological Effects of Food, how diet influences emotions, Food and mental clarity, developing healthy eating habits, Fasting and Detoxification, Concept of fasting in Yoga, Benefits of occasional fasting, Safe and moderate practices, Lifestyle Disorders and Yogic Diet, Causes of lifestyle diseases, Role of improper diet, Yogic dietary measures for prevention.					
BLOCK 4	ETHICAL AND DISCIPLINED LIVING				

	Yama and Niyama in Daily Life, Moral discipline and personal observances, Cleanliness, contentment, and self-study, Ethical conduct in personal life, Stress Management through Yogic Living, Causes of stress, Role of diet and routine, Relaxation and positive lifestyle habits, Social and Environmental Responsibility, Respect for nature, Eco-friendly living, Simplicity and sustainability.
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BLOCK 5	APPLICATION OF YOGIC LIFESTYLE IN MODERN LIFE
	Yoga and Modern Food Habits, Fast food culture and its impact, Adopting traditional healthy food practices, Conscious consumption, Yoga for Holistic Well-being, Physical, mental, and spiritual balance, Integrating Yoga into professional life, Building healthy family habits, Yoga as a Way of Life, Long-term benefits of disciplined living, Personal growth through simplicity, Lifelong commitment to health and harmony.
Text Book(s)	
1	Study Material Prepared by Centre for Distance and Online Education, Bharathiar University, Coimbatore
Reference Books	
	1. The Bhagavad Gita 2. The Yoga Sutras of Patanjali 3. Hatha Yoga Pradipika 4. Light on Yoga 5. Four Chapters on Freedom 6. The Complete Book of Yoga 7. Diet and Nutrition 8. Essentials of Human Nutrition
Course Designed By:	
1. Dr. M. Rajkumar Professor & Head, Department of Physical Education, Bharathiar University, CBE 2. Dr. P. Anbalagan Professor, Department of Physical Education, Bharathiar University, CBE 3. Dr. P. Sridar, Director of physical education, Bharathiar university (CDOE), CBE.	
Web link:	
Yoga Basics – Yogic Diet and Nutrition (yogabasics.com) Diet and Nutrition – Neelkantha Yoga Kulam Yogic Lifestyle Yoga Life Global Yogic Lifestyle – The Art of Living India Yoga Diet & Lifestyle – Yoga Meditation Group	

MAPPING WITH PROGRAMME OUTCOMES										
Cos	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S	S	M	S	S	S	S	S	S	M
CO2	S	S	S	S	S	S	M	S	S	S
CO3	S	S	S	S	M	S	S	S	S	S
CO4	S	M	S	S	S	S	S	S	S	S
CO5	S	S	S	S	S	S	S	M	S	M

Strong; M-Medium; L-Low

Course code	25DYEP101	TITLE OF THE COURSE	Credits	PCP Hours	Study hours of Learners
Core paper		Practical -I	4	12	120
Pre-requisite		Learners must possess basic knowledge and interest in fitness through yoga	Syllabus Version	1	
BLOCK 1	MEDITATIVE ASANAS				
Sitting types: Ardha Padmasana (or) Veer asana-Swasthikkasana-Vajrasana-Bhadrāsana-Gomukasana-I-Sukhasana-Sidhasana					
Relaxative asanas: Makarasana-Savasana Stage-I-Savasana Stage-II-Savasana Stage-III prandharana-Savasana Stage-IV (oceanic feeling)					
BLOCK 2	CULTURAL ASANAS				
Standing postures:Trikonasana-Parivruṭha Trikonasan-Parsva Konasana-Tad asana-Chakrasana (Side Bending)-Padahastāsana-Ardha Chakrasana-Utkattāsana-Vrikshāsana-Bakkāsana-Talasana-Dan asana-Sithila Dandasana-Paschimottāsana, Sitting postures: Vakrasana-Ardha Ustrasana-Mandukasana-Suptha Vajrasana-Sasangāsana- Ardha Sirsasana-Sirsasana-Talasana-Hamsāsana -Parvatasana-Bandha Konasana					
BLOCK 3	CULTURAL ASANAS				
Supine type: Ardha Pavanamukttanasana-Pavana mukttanasana-Navasana-Tolan gulasana-Viparithakarani-Matsyasana(simple)-Uttana Pad asana, Prone Type Postures: Bhujanagasana-Ardha salabhasana-Dhanurasana-Naukasana-Salabhasana					
BLOCK 4	PREPARATORY FOR PRANAYAMA				
Kapalabhati;Abdominal Breathing-Thoracic-Clavicular-Full yogic Breathing, Pranayama: Suha Pranayama (Anuloma Viloma)-Surya Anuloma Viloma Pranayama -Anuloma viloma Pranayama -Surya bhedhana -Nadi shodhana -Sitali Pranayama-Sitkari Pranayama-Bhramari Pranayama-Ujjay-Murcha					
BLOCK 5	YOGA PRACTICAL ROUTINES: DURATIONS, TRADITIONS AND THERAPEUTICS				
Make the students practical course like full course, short courses an easy course (like one hour, 45 minutes and 30 minutes) routines of yoga practices according to kaivalyadhama tradition or other effective tradition – therapeutic routines for different psychosomatic disorders suggested by research findings					
Text Book(s)					
1	Study Material Prepared by Centre for Distance and Online Education, Bharathiar University, Coimbatore				
Reference Books					
1. Swami Kuvalayananda and Dr. S.L. Vinekar Yogic Therapy. Its basic principles methods, ministry of health, Govt of India new Delhi 1963. 2. Swami Kuvalayananda: Asanas Kaivalyadhama, Lonavla, Pune Dist,Maharashtra. 3. Swami Kuvalayananda: Pranayama, Kaivalyadhama, Lonavla, Puna Dist,Maharastera. 4. Yogasanas: A teacher’s guide NCERT, New Delhi, 1983 5. Practical Guide to Applied Spirituality (Brahama Kumarits, Mount Abu,Rajasthan) 6. Building a Value Based Peaceful And Prosperous Society(OmShanthi Press, Gyanmritt Bhavan, Shantivan, Mount Abu, Rajasthan) 7. Vicente hao chin. jr: notes on self-transformation. (Philippine theosophical institute, Philippines) 8. Dr. Jeetendra Adhia: Spring of Inspiration (Alpha International, Gujarat.) 9. G. Ravindran: Management Science Conflict (Manivasakar Publication, Chidambaram.)					

Course Designed By:

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SEMESTER - II

Course code	25DYE201	TITLE OF THE COURSE	Cre dits	PCP Hours	Study hours of Learners
Core paper		YOGA, FITNESS AND WELLNESS	4	12	120
Pre-requisite		Students must possess knowledge of measurement and evaluation in yoga fitness.	Syllabus Version		1
Course Objectives: After successful completion of this course, the students will be able to:					
CO1 To integrate yoga practices with fitness principles for holistic physical development.					
CO2: To explore yoga's role in enhancing cardiovascular endurance and flexibility.					
CO3: To apply yogic techniques for stress reduction and mental wellness.					
CO4: To design combined yoga-fitness programs for specific health goals.					
CO5: To promote lifelong wellness through yoga-based lifestyle integration.					
Expected Course Outcomes:					
On the successful completion of the course, student will be able to					
1	Demonstrate integration of yoga practices with fitness principles for holistic physical development.				K4
2	Apply yoga techniques to improve cardiovascular endurance, strength, and flexibility.				K2
3	Utilize yogic methods for stress management and enhanced mental wellness.				K3
4	Design personalized yoga-fitness programs tailored to individual health goals.				K2
5	Adopt yoga-based lifestyle strategies for sustained physical and emotional wellness.				K5
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 – Create					
BLOCK 1	WELLNESS AND FITNESS: CONCEPTS, COMPONENTS AND YOGIC INFLUENCE				
Wellness – definition – meaning – concept – components – importance –benefits of wellness – the wellness challenge in yoga practice: Fitness – definition– meaning – components of fitness, health – related & performance – related fitness components – factors affecting fitness – values of fitness – yogic practices– influence of yogic practices in the development of fitness and wellness.					
BLOCK 2	YOGIC ASANAS: BENEFITS, STRETCHING AND FLEXIBILITY DEVELOPMENT				
Benefits of yogic exercises and asanas for human body – relationship between stretching exercise and Asanas – types of stretching, methods – flexibility– definition – Health benefits of flexibility. Role of Asanas in the development of flexibility of the major joints of the human body.					
BLOCK 3	YOGA AND ASANAS: SYSTEMIC EFFECTS AND FITNESS DEVELOPMENT				

Physical and physiological effects of yoga and asana – Effects of yoga and Asanas on various systems – Effect of yoga and Asanas on muscular – Skeletal system and nervous systems – Digestive system. Role of the yogic exercise for the development of the Strength and Cardio Respiratory fitness.

BLOCK 4	FITNESS NUTRITION: NUTRIENTS, BALANCED DIET AND WEIGHT PRINCIPLES
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Food for fitness and wellness – Nutrients – Definition – Essential nutrients – Carbohydrates – Protein – Fats – Vitamins – Major functions of Minerals & Carbohydrates, Proteins – Water – Food groups – Balanced diet – Energy requirement – weight charts – principles of weight control.

BLOCK 5	FITNESS EVALUATION: TEST BATTERIES AND ASSESSMENTS
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Evaluation of fitness – Physical fitness battery – AAHPERD physical fitness test battery – AHPERD health fitness test battery – Cooper’s 12 min run /walk test – Harvard step test – Assessment of percent body fat and lean body mass– Assessment of flexibility – Assessment of strength and muscular endurance.

Text Book(s)

1	Study Material Prepared by Centre for Distance and Online Education, Bharathiar University, Coimbatore
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Reference Books

1. Carry Egger, Nigel champion and Allan Botton. (1999) The Fitness leader’s Hand book, Fourth Edition. A and C Block London.
2. Houley E.T. and Franks B.D (1997) Health Fitness Instructor’s Handbook. Third Edition. Human Kinetics’, Champaign Illinois.
3. Lederberg, J. “Health in the World of Tomorrow”, Pan American Health Organisation, Sanitary Bureau, WTO.
4. Fleishman, Edwin A. The Structure and Measurement of Physical Fitness. Englewood Cliffs, N.J.: Prentice – Hall, Inc., 1967.
5. Asanas: Why? and how? – by Shri. O. P. Tiwari, Kaivalyadhama, Lonavla, Pune District, Maharashtra.
6. Dr. Krishna Raman: A Matter of Health (Integration of Yoga and western medicine for prevention and cure) (Chennai East West Books (Madaras) Pvt. Ltd., 1998)
7. Sri Ananda: The Complete Book of Yoga Harmony of Body and Mind (Orient Paper Backs: Vision Book Pvt. Ltd., 1982)
8. Dr. Natarajan HR: The art and science of Pranayama (Vivekananda Kendra Yoga Prakashana, Bangalore)
9. Swami Sivananda: Kundalini Yoga (The Divine Life Society, P. O Shivananda Nagar., U.P.Himalayas, India)
10. Dr. HR Nagendra: Yoga Research & Applications (Vivekananda Kendra Yoga Prakashana, Bangalore)

Course Designed By:

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- 2.Dr.P. Anbalagan Professor, Department of Physical Education, Bharathiar University, CBE
- 3.Dr.P.Sridar.Director of physical education, Bharathiar university (CDOE),CBE.

Web link:

https://books.google.co.in/books/about/Yoga_for_Fitness_and_Wellness.html?id=VhqFAAAACAAJ&redir_esc=y
https://books.google.co.in/books/about/.html?id=DuYgIFkhBsQC&redir_esc=y
<https://archive.org/details/yogaforfitnesswe0000dyke>

MAPPING WITH PROGRAMME OUTCOMES										
Cos	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S	S	M	S	S	S	S	S	S	M
CO2	S	S	S	S	S	S	M	S	S	S
CO3	S	S	S	S	M	S	S	S	S	S
CO4	S	M	S	S	S	S	S	S	S	S
CO5	S	S	S	S	S	S	S	M	S	M

S-Strong; M-Medium; L-Low

Course code	25DYE202	TITLE OF THE COURSE	Credits	PCP Hours	Study hours of Learners
Core paper		PRINCIPLES OF YOGIC THERAPY	4	12	120
Pre-requisite		Students must possess knowledge of yoga training methodology.	Syllabus Version		1
Course Objectives:					
CO1: To understand foundational principles of yoga as therapeutic interventions for health conditions. CO2: To identify yogic practices for managing common physical ailments and musculoskeletal disorders. CO3: To explore yoga's role in addressing stress-related mental health issues and emotional balance. CO4: To learn assessment techniques for applying individualized yogic therapy protocols. CO5: To integrate yoga therapy with modern healthcare for holistic disease prevention and management.					
Expected Course Outcomes:					
On the successful completion of the course, student will be able to					
1	Demonstrate foundational principles of yoga as therapeutic interventions for various health conditions.				K3
2	Apply specific yogic practices to manage physical ailments and musculoskeletal disorders.				K2
3	Utilize yoga techniques to address stress-related mental health issues and restore emotional balance.				K3
4	Conduct assessments and implement individualized yogic therapy protocols.				K2
5	Integrate yoga therapy with modern healthcare approaches for holistic disease prevention.				K6
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 – Create					
BLOCK 1	YOGA THERAPY: CONCEPTS, KOSHAS AND PRINCIPLES				
Meaning and importance of yoga therapy – Different kinds of yogic practices – limitation of yoga as therapy – Yogic concept of human body –Annamaya Kosha – Pranayama Kosha – Anomaya Kosha – Vijnamaya Kosha –Anandamaya Kosha – Principles of Yogic Management.					
BLOCK 2	BASIC PRINCIPLES OF YOGIC THERAPY				
Basic principles of yogic therapy (via) Purification of mind and body, Correct Psychological attitudes, Psycho psychological reconditioning, Diet regulation -mental Tranquity – Need for correct diagnosis – Patient – Education and follow up measures: Yogic therapy: yoga Asanas - Pranayama –Physical exercise –Diet- Regulation of habit and conduct massage –mimetic treatment.					
BLOCK 3	YOGIC THERAPY FOR COMMON PSYCHOSOMATIC DISORDERS				
Nature of the Aliment –Breathing Training - Treatment –Treatment of the following disorders – Hypertension- Heart Disorder –Asthma, Diabetes- Obesity –Rheumatism –Muscular Atrophy – Polio –Tonsillitis					
BLOCK 4	YOGIC THERAPY FOR ADDITIONAL DISORDERS: BREATHING AND PRACTICES				

Nature –Breathing –Treatment (Yogic Practice) of the following. Tuberculosis (TB) – Indigestion-Paralysis –Liver and Kidney Disorder –Short sight –seminal disorder-ulcer-colitis.

BLOCK 5	THERAPEUTIC YOGA FOR EXECUTIVES AND SPORTS INJURIES
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Therapeutic application of yoga for executive jobs: Stress and tension-Anxiety –Depression – Frustration- Aggression- Anger and hostility –fatigue and nervousness. Role of yoga in the prevention and rehabilitation of sports injuries.

Text Book(s)

1	Study Material Prepared by Centre for Distance and Online Education, Bharathiar University, Coimbatore
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Reference Books

1. Swami Kuvalayananda and Dr.S.L.Vinekar Yogic therapy. It`s Basic principles and methods, ministry of health, govt of India, New Delhi 1963.
2. Dr.K.N.Udapa, Stress Disorders and Its Mangement by yaga, motilal banarsidass publishers pvt, Ltd, Delhi, 1980 (second Editions).
3. Dr.Jayadeva Yogendra caring Heart Project. The Yoga Institute Santacruz Boy
4. K. Chandra Sekaran: sound health through yoga, prem kalia publications sedapatti, Tamilnadu, 1999.
5. Steven F.Brena: yoga And Medicine penguin books, New York. 1972.
6. Dr.P.Mariayyah: Asanas, sports publications Coimbatore, Tamilnadu, India.
7. Swamy Satyananda Saraswathi: Asana, Pranayama, Mudra, Bandha (India : Yoga Publications Trust, Munger, Bihar)
8. Swami Sivananda: Practice of Yoga (The Divine Life Society, Shivananda Nagar, P.O., U.P., Himalayas, India)
9. Swami Sivananda: Practice of karma Yoga (The Divine Life Society,Shivananda Nagar, P.O., U.P., Himalayas, India)
10. B.K.S. Iyenkar: Light on the Yoga Sutras of Patanjali (Haper Collins Publications India Pvt. Ltd. New Delhi)
11. Dr. Nagendra HR: The Art and Science of Pranayama (VivekanandaKendra Yoga Prakasshana, Bangalore)

Course Designed By:

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- 3.Dr.P.Sridar.Director of physical education, Bharathiar university (CDOE),CBE.

Web link:

<https://kdham.com/kdhamproducts/product/yogic-therapy-basic-principles-and-methods/>
<https://realyoga.ru/library/%D0%9B%D0%B8%D1%82%D0%B5%D1%80%D0%B0%D1%82%D1%83%D1%80%D0%B0%20%D0%BF%D0%BE%20%D0%B9%D0%BE%D0%B3%D0%B5/Kuvulayananda%20Yogic%20Therary.pdf>
<https://www.yogapoint.com/pdf/yoga%20therapy%20-%20guruji.pdf>

MAPPING WITH PROGRAMME OUTCOMES										
Cos	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S	S	M	S	S	S	S	S	S	M
CO2	S	S	S	S	S	S	M	S	S	S
CO3	S	S	S	S	M	S	S	S	S	S
CO4	S	M	S	S	S	S	S	S	S	S
CO5	S	S	S	S	S	S	S	M	S	M

S-Strong; M-Medium; L-Low

Course code	25DYE203	TITLE OF THE COURSE	Credits	PCP Hours	Study hours of Learners
Core paper		ORIGIN AND DEVELOPMENT OF YOGIC PHILOSOPHY	4	12	120
Pre-requisite		The students must possess knowledge of mind and meditation in yoga.	Syllabus Version		1

Course Objectives:

1. To introduce the philosophical foundations of Yoga.
2. To develop ethical awareness among learners.
3. To explain the Eightfold Path of Yoga.
4. To cultivate value-based living and responsible behavior.
5. To apply Yogic philosophy in modern social life.

Expected Course Outcomes:

On the successful completion of the course, student will be able to

1	Explain the meaning, definition, and historical evolution of Yoga in a clear and structured manner.	K3
2	Describe the development of Yoga from the Vedic period to the classical age with proper understanding of its philosophical growth.	K2
3	Explain the fundamental concepts of Samkhya philosophy, especially Purusha and Prakriti, and their influence on Yoga.	K3
4	Identify the major schools of Indian philosophy and explain their relevance to Yogic thought.	K2
5	Understand the importance of classical Yogic texts and their contribution to the systematic development of Yoga philosophy.	K6

K1 - Remember; **K2** - Understand; **K3** - Apply; **K4** - Analyze; **K5** - Evaluate; **K6** – Create

BLOCK 1 **ORIGIN AND DEVELOPMENT OF YOGIC PHILOSOPHY**

Meaning and definition of Yoga, Historical background of Yoga, Development of Yoga through Vedic and classical periods

Contribution of ancient sages, Schools of Indian Philosophy, Overview of major Indian philosophical systems, Samkhya philosophy and its influence on Yoga, Relationship between Samkhya and Yoga, Concept of Purusha and Prakriti, Textual Foundations of Yoga, Introduction to major Yogic texts, Structure and importance of classical Yoga literature, Basic ideas from traditional Yoga scriptures.

BLOCK 2 **ASHTANGA YOGA – THE PRACTICAL PHILOSOPHY**

The Practical Philosophy, Concept of Ashtanga Yoga, Meaning of Ashtanga (Eight Limbs), Purpose of the Eightfold Path, Relevance in modern life, Yama and Niyama, Five Yamas (Ahimsa, Satya, Asteya, Brahmacharya, Aparigraha), Five Niyamas (Saucha, Santosha, Tapas, Svadhyaya, Ishvara Pranidhana), Practical application of moral discipline, Higher Limbs of Yoga, Asana and Pranayama as preparation, Pratyahara, Dharana, Dhyana, Concept of Samadhi

BLOCK 3	CONCEPT OF MIND AND SELF
Nature of Mind, Structure and functions of mind, Mental modifications, Control of mind through Yoga, Concept of Self and Consciousness, Atman and inner awareness, Relationship between body, mind, and soul, Self-realization in Yogic philosophy, Kleshas and Human Suffering, Five Kleshas (ignorance, egoism, attachment, aversion, fear), Causes of suffering, Yogic methods to overcome mental disturbances	
BLOCK 4	ETHICAL VALUES IN YOGIC LIFE
Moral Foundations of Yoga, Importance of ethical discipline, Character building through Yoga, Truthfulness and non-violence, Yogic Lifestyle and Social Responsibility, Simple living and high thinking, Respect for nature and society, Role of Yoga in promoting harmony, Professional Ethics for Yoga Practitioners, Responsibility of a Yoga teacher, Ethical conduct in teaching practice, Respect for learners and inclusivity.	
BLOCK 5	APPLICATION OF YOGIC PHILOSOPHY IN MODERN LIFE
Yoga and Mental Health, Yoga for stress management, Emotional balance through ethical living, Mindfulness and awareness, Yoga and Value Education, Integration of Yogic values in education, Role of Yoga in personality development, Leadership qualities through discipline, Yoga as a Way of Life, Yoga beyond physical practice, Daily routine based on Yogic principles, Spiritual growth and inner peace.	
Text Book(s)	
1	Study Material Prepared by Centre for Distance and Online Education, Bharathiar University, Coimbatore
Reference Books	
5. The Yoga Sutras of Patanjali – Swami Satchidananda. Integral Yoga Publications. 6. The Yoga Sutras of Patanjali – Swami Vivekananda. Advaita Ashrama. 7. The Bhagavad Gita – Commentary by Swami Chinmayananda / Swami Sivananda. 8. Hatha Yoga Pradipika – Swami Muktibodhananda. Bihar School of Yoga. 9. The Upanishads – Translated by Eknath Easwaran. Nilgiri Press. 10. Outlines of Indian Philosophy – M. Hiriyanna. Motilal Banarsidass Publishers. 11. A History of Indian Philosophy – Surendranath Dasgupta. Cambridge University Press. 12. Four Chapters on Freedom – Swami Satyananda Saraswati. Bihar School of Yoga. 13. Raja Yoga – Swami Vivekananda. Advaita Ashrama.	
Course Designed By:	
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Web link:

<https://www.britannica.com/topic/Yoga-philosophy>

<https://www.sanatangroup.org/history-of-yoga/5646/>

<https://www.sahapedia.org/yoga-historical-overview>

<https://shisrrj.com/SHISRRJ236647>

MAPPING WITH PROGRAMME OUTCOMES

PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
S	S	M	S	S	S	S	S	S	M
S	S	S	S	S	S	M	S	S	S
S	S	S	S	M	S	S	S	S	S
S	M	S	S	S	S	S	S	S	S
S	S	S	S	S	S	S	M	S	M

S-Strong; M-Medium; L-Low

Course code	25DYE104	TITLE OF THE COURSE	Credits	PCP Hours	Study hours of Learners
Core paper	METHODS OF YOGIC PRACTICES PART -II		4	12	120
Pre-requisite	The students must have Knowledge about health and fitness management		Syllabus Version	1	
Course Objectives:					
CO1: To advance intermediate asanas with variations for strength and flexibility.					
CO2: To teach intermediate pranayama techniques for vital energy (prana) mastery.					
CO3: To introduce therapeutic kriyas and bandhas for internal purification.					
CO4: To develop dynamic sequencing, vinyasa flows, and practice integration.					
CO5: To incorporate meditation, mudras, and alignment cues for holistic practice.					
Expected Course Outcomes:					
On the successful completion of the course, student will be able					
1	Demonstrate intermediate asanas with variations to enhance strength and flexibility.			K4	
2	Perform intermediate pranayama techniques to master vital energy (prana) control.			K3	
3	Execute therapeutic kriyas and bandhas for internal purification and balance.			K2	
4	Design dynamic sequencing, vinyasa flows, and integrated yogic routines.			K2	
5	Apply meditation, mudras, and precise alignment for holistic mind-body practice.			K2	
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 – Create					
BLOCK 1	PRANAYAMA: CONCEPTS, TECHNIQUES, TYPES AND BENEFITS				
Pranayama- Introduction –Meaning (Prana-Aparna) concept of pranayama-Need for breathing exercise- general instruction of pranayama. Nadis- ida, Pingala, Sushumna- types of breathing – (inhalation, suspension, exhalation) Puraka, kumbhaka, Rechaka- Breathing ratio for different levels – Types of pranayama Proper Techniques, benefits and application of different types of Pranayama for various purposes. (Nadi Suddhi, Nadi Shodhanas, Surya Bhedana,Kapalabathi, Bhastrika , Ujjayi, Bhramari, Sitali, Sitakari), Benefits of pranayama- Physiological effect of pranayama. Prana and lifestyle – Pranayama and the spiritual aspirant.					
BLOCK 2	BANDHAS: TYPES, TECHNIQUES, BENEFITS AND PHYSIOLOGICAL				
Bandhas – Meaning – Types of Bandhas - Proper Techniques, benefits and application of different types of Bandhas - for various purposes – Jalandra bandha (chin lock) – Mula bandha (anus lock) Uddiyana baddha (abdomen lock) physiological effect of Jalandra bandha – physiological effect of Mula bandha -physiological effect of Uddiyana baddha					
BLOCK 3	SHAT KRIYAS: TYPES, TECHNIQUES, BENEFITS AND PROCEDURES				

Kriyas (shat kriyas)- Meaning – Types of Kriyas Proper Techniques, benefits and application of different types of Kriyas - for various purposes Neti,Dhauti, Basti, Nauli, Trataka, Kapalabathi. Types of Neti – Jalaneti – Sutra neti – Procedure of neti — Types of Dhauti – Vamana Dhauti – Vastra Dhauti –Procedure for nauli – Madhyana Nauli – Vamana Nauli – Dakshina Nauli – Nauli Chakara- Procedure for Trataka

BLOCK 4	MUDRAS: CLASSIFICATION, TECHNIQUES, BENEFITS AND APPLICATIONS
Mudras – Meaning – Classification of mudras - Proper Techniques, benefits and application of different types of Mudras for various purposes- Hand Mudras- Head Mudra- Postural Mudras- Lock Mudra- Perineal Mudra.	
BLOCK 5	MEDITATION: METHODS, TRADITIONS, BENEFITS AND PRACTICES
Meditation – meaning – Methods of Meditation – Benefits of Meditation –Mantra Meditation – Breathing meditation – Silent meditation – Benefits of meditation – Concept of meditation – Prasyapita Brahma Kumari’s – Practice of meditation (Raja yoga) – Raja yoga meditation with a difference – How and when to meditate – Difficulties of meditation – Kundalini yoga mediation –Vipassana mediation – Tamil Siddha Mediation- Transcendental Meditation –Mediation is Part of life – Guidelines of Meditation – Different school of Meditation – Prajapita Brahmakumari’s (Raja Yoga)	
Text Book(s)	
1	Study Material Prepared by Centre for Distance and Online Education, Bharathiar University, Coimbatore
Reference Books	
1. B.K.S. Iyengar: Light on the Yoga Sutras of Patanjali (Haper Collins Publications India Pvt. Ltd. New Delhi) 2. Dr. Nagendra HR: The Art and Science of Pranayama (Vivekananda Kendra Yoga Prakasshana, Bangalore) 3. Sri Swami Satchdananda: The Yoga Sutras of Patanjali (Integral Publications, U.S.A) 4. Dr. B. Natarajan: Thirumanantiram (A Tamil Scriptural Classic) (Sri Ramakrishna Math, Madars) 5. Dr. Krishna Raman: A Matter of Health (Integration of Yoga and western medicine for prevention and cure) (Chennai East West Books (Madaras) Pvt. Ltd., 1998) 6. Sri Ananda: The Complete Book of Yoga Harmony of Body and Mind (Orient Paper Backs: Vision Book Pvt. Ltd., 1982) 7. Dr. Natarajan HR: The art and science of Pranayama (Vivekananda Kendra Yoga Prakashana, Bangalore)	
Course Designed By:	
1. Dr.M. Rajkumar Professor & Head , Department of Physical Education, Bharathiar University, CBE 2. Dr.P. Anbalagan Professor, Department of Physical Education, Bharathiar University, CBE 3. Dr.P.Sridar. Director of physical education, Bharathiar university (CDOE), CBE.	
Web link:	
https://www.scribd.com/document/801441876/Introduction-to-Yoga-and-Yogic-Practices https://books.google.co.in/books/about/Teaching_Methods_for_Yogic_Practices.html?id=c6ISEQAAQBAJ&redir_e_sc=y https://store.agphbooks.com/product/teaching-methods-for-yogic-practices/	

MAPPING WITH PROGRAMME OUTCOMES										
Cos	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S	S	M	S	S	S	S	S	S	M
CO2	S	S	S	S	S	S	M	S	S	S
CO3	S	S	S	S	M	S	S	S	S	S
CO4	S	M	S	S	S	S	S	S	S	S
CO5	S	S	S	S	S	S	S	M	S	M

S-Strong; M-Medium; L-Low

Course code	25DYEP201	TITLE OF THE COURSE	Credits	PCP Hours	Study hours of Learners
Core paper		Practical -II	4	12	120
Pre-requisite		Learners must have basic knowledge and interest about Fitness	Syllabus Version	1	
BLOCK 1	FITNESS EVALUATION AND ASSESSMENT				
Lectures and discussions on- Desirable qualities for yoga teacher-Types of students who seek yoga training-professional code of ethics for the yoga teacher.					
BLOCK 2	CARDIOVASCULAR FITNESS EVALUATION				
Lectures and discussion on-Basic Principles and methods relevant to practice teaching of yoga- Lesson planning – teaching of skills- Instructing through demonstrations – Class management, time allotment-teaching aids.					
BLOCK 3	COMPREHENSIVE PHYSICAL FITNESS COMPONENTS				
Lectures and discussion on- Kaivalyadhama- model yoga lessons plans-analysis of the yoga lesson plan Evaluation format for supervisor conducting yoga classes with the use of lesson plans.					
BLOCK 4	PRACTICE TEACHING METHODOLOGY				
Preparation by the student’s systematic lesson plans for the yoga practices taught during the course and daily maintenance of a journal with plans for lessons, their execution, progress observed, duly evaluated critically by the teacher concerned.					
BLOCK 5	SUPERVISED TEACHING PRACTICE AND DOCUMENTATION				
Actual conduct by the trainees of five yoga lessons in the class to fellow trainees and another five lessons in schools under proper supervision and competent evaluation.					
Text Book(s)					
1	Study Material Prepared by Centre for Distance and Online Education, Bharathiar University, Coimbatore				
Reference Books					

1. Dr. M.D. Gharote and S.K. Ganguly: Teaching methods for Yogic practice,
2. Kaivalyadhama, SMYM Samiti, Lonavala, Pune Dist, Maharashtra 1988.
3. Donald G.Butter: Teaching Yoga, Peipham Books Ltd., London 1975.
4. Yogasanas: A teachers Guide, N.C.E.R.T., New Delhi.
5. Yoga – Asana, Pranayama, Mudras, Bandha (Vivekananda Kendra Yoga Prakashna, Bangalore)
6. Swamy Satyananda Saraswathi: Asana, Pranayama, Mudra, Bandha (Yoga Publications Trust, Munger, Bihar, India)
7. Yogiraj Vethathri Maharishi: Simplified Physical Exercises. (Vedhathiri Publications, Gandhiji Road, Erode-1, Tamilnadu)
8. B.K.S. Iyenkar: The Light on Yoga (Haper Collins Publications India Pvt. Ltd., New Delhi).

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