



# NATIONALCOLLEGE

(Autonomous)

Nationally Re-Accredited at 'A+' Grade by NAAC  
(College with Potential for Excellence)  
unit of Dr. V.Krishnamurthy Educational Foundation  
Tiruchirappalli, Tamilnadu, India - 620001



## Master of Science in Yoga (M.Sc., Yoga)

### Syllabus

2025

PG & RESEARCH DEPARTMENT OF  
PHYSICAL EDUCATION & SPORTS SCIENCES

## **National College(Autonomous)**

### **VISIONANDMISSION**

#### **VISION**

- To offer quality higher education to the younger generation, especially from the rural India, who are economically and socially backward, to liberate themselves from prejudice, oppression and ignorance and to gain knowledge for their bright future.

#### **MISSION**

- To ignite the young minds with lofty ideas and inspire them to achieve excellence in the chosen field.
- To facilitate individual growth of students, with accent on character building, through co-curricular and extra-curricular activities.
- To encourage the students to take up research and help them reach global standards.
- To provide a congenial atmosphere to study and to learn with infrastructural facilities of high standards.
- To instill in the minds of the students, the sense of nationalism and to train them in social awareness.

**RESEARCH DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES  
VISION AND MISSION**

**VISION**

- To be an International Institute of Excellence, providing a conducive environment
- For education with a strong emphasis on innovation, quality, research and strategic.
- Partnership blended with values and commitment to society.

**MISSION**

- To create an ecosystem for learning and world class research.
- To nurture a sense of creativity and innovation.
- To instill highest ethical standards and values with a sense of professionalism.
- To take up activities for the development of Society.
- To develop national and international collaboration and strategic partnership with industry and institutes of excellence.
- To enable graduates to become future leaders and innovators.

**VALUE STATEMENT**

- Integrity, Innovation, Internationalization

**NATIONAL COLLEGE(AUTONOMOUS),TIRUCHIRAPALLI-1**  
**M.Sc.,Yoga**  
**(Applicabletothecandidatesadmittedfromtheacademicyear2025onwards)**

**COURSE STRUCTURE**

**SEMESTER-I**

Sem	Paper no	Title of the Paper	Hrs/W eeks	Credit	Exam Hrs	Marks		Total	
						Internal	External		
I	<b>P25YO1</b>	Foundation of Yoga	6	5	3	25	75	100	
	<b>P25YO2</b>	Human Anatomy and Physiology	6	5	3	25	75	100	
	<b>P25YO3</b>	Yoga Philosophical System in India	6	5	3	25	75	100	
	<b>P25YO4P</b>	Basic Asanas	6	5	4	25	75	100	
	<b>P25YO5E</b>	Yoga and Naturopathy	6	4	3	25	75	100	
		<b>Total</b>		<b>30</b>	<b>24</b>				<b>500</b>
<b>SEMESTER-II</b>									
II	<b>P25YO6</b>	Yoga Psychology	6	5	3	25	75	100	
	<b>P25YO7</b>	Physiology of Yoga	6	5	3	25	75	100	
	<b>P25YO8</b>	Hatha Yoga Texts	6	5	3	25	75	100	
	<b>P25YO9P</b>	Traditional Yogic Practices	6	5	4	25	75	100	
	<b>P25YO10E</b>	Yoga for Modern Era	6	4	3	25	75	100	
		<b>Total</b>		<b>30</b>	<b>24</b>				<b>500</b>
<b>SEMESTER-III</b>									
III	<b>P25YO11</b>	Research methodology in Yoga	6	5	3	25	75	100	
	<b>P25YO12</b>	Teaching Methodology in Yoga	6	5	3	25	75	100	
	<b>P25YO13P</b>	Teaching Practice	6	5	4	25	75	100	
	<b>P25YO14E</b>	Yoga therapy	6	4	3	25	75	100	
	<b>P25YO15E</b>	Adaptive Yoga	6	4	3	25	75	100	
		<b>Total</b>		<b>30</b>	<b>23</b>				<b>500</b>
<b>SEMESTER-IV</b>									
IV	<b>P25YO16</b>	Yoga and Allied Sciences	6	5	3	25	75	100	
	<b>P25YO17P</b>	Advanced yoga	6	5	4	25	75	100	
	<b>P25YO18E</b>	Hygiene, Diet& Nutrition	6	4	3	25	75	100	
	<b>P25YOP19</b>	Dissertation & Viva Voce	6	5		75	25	100	
		<b>Total</b>		<b>30</b>	<b>19</b>				<b>400</b>
		<b>GrandTotal</b>		<b>120</b>	<b>90</b>				<b>2500</b>

## ProgrammeOutcomes:

- The student can understand the knowledge about the theory and practice of yoga, human anatomy & physiology, philosophy, Psychology Patanjali yoga sutras, Classical Hathayoga texts, and yoga alternative therapies relevant to the theory and practice of yoga to help them gain the theoretical and scientific perspective on yoga.
- The student can understand the knowledge of Yoga and its nature, scope, Development of yoga through the ages, Different types of yoga like Karma Yoga, Bhakti Yoga, JnanaYoga, Raja yoga, Hatha yoga and Mantra Yoga, Scientific research on yoga, MeditationandItsnatureandscope,Differenttypesofmeditation,Scientificresearchonmeditation,Yogic concepts in Bhagavad Gita,Chakratheory.
- The student can understand the knowledge of human anatomy & physiology of Cell structure, systems in the body like skeletal system, Muscular system, Digestive system,Circulatory system, Respiratory system, excretory system, Endocrine system, Nervous system and Reproduction. Also knowledge on nutrition and dietetics.
- The student can understand the knowledge about Patanjali Yoga sutras, concepts ofIswarya,Chittavruties,KriyayogaSamyamaandvibhutis-psyhicpowers(vibhutis).
- The student can understand the knowledge of Hatha yoga Pradipika, Asta Kumbhakas,ConceptofNadanusandana,IntroductiontoGehrandaSamhithaandPratyaharat echniques.

## PROGRAMMESPECIFICOUTCOMES:

- Todevelopknowledgeontheoryandpracticeofyogasothatthestudentslearntopracticeandalso toteachyogato allagegroupsforpromotingtheirhealthandeffectiveness
- To acquire knowledge of human anatomy & physiology of Cell structure systems in thebody likeSkeletalsystem,Muscularsystem,Digestivesystem,Circulatory system,Respiratorysystem,Excretorysystem,Endocrinesystem,Nervoussystemandreprod uction.AlsoknowledgeaboutNutritionand dietetics.
- To learn basic understanding of Patanjali Yoga sutras,concepts of Iswarya,Chittaverities,KriyayogaSamyama and vibhutis- psychic powers(vibhutis).
- Todevelopbasicunderstandingofimportanceinteachingmethodsresearchmethodologyan dstatisticsinYogafield.
- To give them a basic understanding the importance of yoga for special groups who aresufferingwithphysical,mentalanddevelopmentalproblems.
- To develop the necessary skills and knowledge of Kriyas, Asanas, Mudras, Bandas,Pranayama andmeditativepostures.

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*Scheme and Syllabus for M.Sc., Yoga  
Outcome Based Education System (OBES)- 2025 onwards*

Sem	Course Code	Course Title	Credit	Hrs	Marks		
					I	E	T
I	P25YO1	FOUNDATION OF YOGA	5	6	25	75	100

**COURSE DESCRIPTION:**

This course introduces students to the fundamental principles, origin, and development of Yoga. It explores the historical and philosophical background of Yoga through classical texts and basic concepts of Indian philosophy. Students will gain insights into Yogic psychology, subtle anatomy, and the practical relevance of Yoga in modern life. The course sets a strong foundation for deeper understanding and application of Yoga in both personal and professional settings.

**OBJECTIVES:**

1. To understand the origin, meaning, and essential purpose of Yoga in traditional and modern contexts.
2. To explore the foundational principles of Indian philosophical systems with emphasis on Sankhya and Yoga Darshana.
3. To study the key teachings from classical Yogic texts such as the Patanjali Yoga Sutras, Bhagavad Gita, and Hatha Yoga Pradipika.
4. To understand basic Yogic concepts of human structure including Panchakosha, Trigunas, Chakras, and Doshas.
5. To recognize the practical applications of Yoga in health, education, stress management, and personal development.

**Unit I: Introduction to Yoga**

Meaning, definition, and aims of Yoga

Origin and historical development of Yoga

Classification of Yoga (Jnana, Bhakti, Karma, Raja, Hatha, etc.)

Misconceptions about Yoga

Relevance of Yoga in the modern world

**Unit II: Philosophical Foundations of Yoga**

Introduction to Indian Philosophical Systems (Shad Darshanas)

Sankhya and Yoga Philosophy: Concepts of Purusha and Prakriti

Patanjali's Yoga Darshana – Ashtanga Yoga: Meaning and purpose

Role of ethics (Yama & Niyama) in Yogic life

Concept of liberation (Kaivalya/Moksha)

**Unit III: Yogic Texts and Teachings**

Overview of important Yogic texts:

Patanjali Yoga Sutras – key sutras and their significance  
Bhagavad Gita – Yoga in Gita (Karma, Bhakti, Jnana, Dhyana Yoga)  
Hatha Yoga Pradipika – major concepts and practices  
Gheranda Samhita – Saptanga Yoga  
Comparison of classical and modern interpretations

#### **Unit IV: Yoga and Human Systems**

Pancha Koshas (five sheaths of existence)  
Trigunas (Sattva, Rajas, Tamas) and their role in behavior  
Doshas and their balance in Ayurveda and Yoga  
Chakras and Nadis – subtle anatomy  
Effect of Yoga on physiological and psychological systems

#### **Unit V: Applications and Scope of Yoga**

Yoga as a preventive and therapeutic discipline  
Yoga in education, sports, and corporate sectors  
Yoga and mental health  
Yoga for special populations (children, elderly, women, etc.)  
Yoga research: Current trends and future prospects

#### **TEXT BOOKS:**

- 1.Desikachar, T. K. V. (2022). The heart of yoga: Developing a personal practice (2nd ed.). Inner Traditions.
- 2.Iyengar, B. K. S. (2022). Light on yoga: The definitive guide to yoga practice (New ed.). HarperCollins.

Unit I: Book 1:Introduction to Yoga (Pages 1–12)

Book :2 Chapter 1: What is Yoga? (pp. 3–14)

Chapter 2: The Meaning and Aim of Yoga (pp. 15–22)

Chapter 3: Yoga for the Modern Age (pp. 23–32)

Unit II: Book 1:Philosophical Background of Yoga (Pages 13–24)

2:Chapter 4: The Principles of Yoga Practice (pp. 33–45)

Unit III: Yogic Texts and Teachings (Pages 25–36)

2. Chapter 7: Overview of Patanjali Yoga Sutras (pp. 75–90)

Unit IV: Yoga and Human System(Pages 37–48)

2: Chapter 9: Pancha Koshas – Five Sheaths (pp. 103–112)

Unit V: Application and Scope of Yoga (Pages 49–60)

2. Chapter 9: Pancha Koshas – Five Sheaths (pp. 103–112)

#### **Reference Books:**

- Vivekananda, S. (2021). Raja Yoga: Conquering the Internal Nature. Sri Ramakrishna Math.  
Saraswati, S. S. (2021). Asana Pranayama Mudra Bandha (Reprint ed.). Bihar School of Yoga.  
Supplement from Light on Yoga – Introduction (pp. xv–xx)

**DIGITAL OPEN EDUCATIONAL RESOURCES:**

1. Website: <https://swayam.gov.in>
2. Courses: Free certified courses on Yoga and Indian philosophy (e.g., "Yoga and Wellness", "Introduction to Indian Philosophy")

Offered by: Institutions like IGNOU, NIOS, and Morarji Desai National Institute of Yoga (MDNIY)

NO	COURSE OUTCOMES	KNOWLEDGE LEVEL
1.	Define and explain the meaning, origin, and types of Yoga, emphasizing its relevance in modern life.	K1/K2 - Understanding
2.	Describe the foundational principles of Indian philosophy, particularly Sankhya and Yoga Darshana.	K4 - Analysis
3.	Interpret the core teachings from significant Yogic texts such as Patanjali Yoga Sutras, Bhagavad Gita, and Hatha Yoga Pradipika.	K3 - Application
4.	Explain the human system in Yoga, covering concepts such as Panchakosha, Trigunas, Chakras, and Doshas.	K4 - Analysis
5.	Apply the principles of Yoga for improving physical, mental, and emotional health in daily life.	K3 - Application
6.	Evaluate the practical applications of Yoga in diverse settings such as education, therapy, corporate wellness, and sports.	K2/K6 - Understanding

**Mapping Cos consistency with Pos: Course Articulation Matrix:**

COs	PO1	PO2	PO3	PO4	PO5	PO6
CO1	9	3	9	3	0	3
CO2	9	3	9	3	0	3
CO3	9	9	9	9	3	3
CO4	9	9	9	9	3	3
CO5	3	9	3	9	3	9
CO6	3	9	3	0	9	9
Weightage	36%	30%	26%	17%	21%	11%

(9 - Strong, 3 - Moderate, 1-Low, 0 - No Contribution)

CO/K - Level	Level of Correlation			
	HIGH	MEDIUM	LOW	ZERO
CO1/K1/K2	PO1	PO2,PO4,PO6	-	PO5
CO2/K3/K4	PO1,PO3	PO2,PO4,PO6	PO5	PO5,PO6
CO3/K4/K5	PO1,PO3	PO2,PO4,PO5	-	-
CO4/K4	PO2,PO3	PO1,PO5	-	PO6
CO5/K5	PO1	PO4,PO6	PO2,PO3,PO4	PO6
CO6/K2	PO6	PO1,PO2	PO3	PO4

## Course outcome (co) attainment assessment tools &amp; evaluation procedure

K Levels	C1	C2	C3	Total Scholastic Marks C4	Non Scholastic Marks C4	CIA	% of Assessment
	T1 4 Marks	T2 10 Marks	Assignment 6 Marks	20 Marks	Attendance 5 Marks	25 Marks	
K1	1	1	1	3		3	12
K2	1	1	1	3		3	12
K3	1	2	1	4		4	16
K4	1	2	1	4		4	16
K5	-	2	1	3		3	12
K6	-	2	1	3		3	12
Non Scholastic	-	-	-	-		5	20
<b>Total</b>	<b>4</b>	<b>10</b>	<b>6</b>	<b>20</b>	<b>5</b>	<b>25</b>	<b>100%</b>

The Cos and Pos for the differential calculus and Trigonometry course in the M.Sc Yoga Programme is Effectively matched by the course In- charge.

Signature of the Course In - charge

Signature of the HOD

Sem	Course Code	Course Title	Credit	Hrs	Marks		
					I	E	T
I	P25YO2	Human Anatomy and Physiology	5	6	25	75	100

**COURSE DESCRIPTION:**

This course provides a comprehensive understanding of the human body's structure and function. It covers the essential systems of the body and the mechanisms that maintain homeostasis. The course is designed to provide both theoretical and practical knowledge of anatomy and physiology with a focus on their relevance to health, wellness, and disease prevention.

**OBJECTIVES:**

1. Understand the basic structure and function of each human body system.
2. Analyze the physiological processes that sustain life.
3. Identify key anatomical structures and their relationships in the human body.
4. Apply knowledge of human anatomy and physiology to real-world medical and health scenarios.
5. Demonstrate an understanding of the interconnection between different body systems in maintaining homeostasis.

**Unit I: Introduction to Human Anatomy and Physiology**

Basic Concepts of Anatomy & Physiology

Terminology and Anatomical Positions

Overview of Body Systems

Cell Structure and Function

**Unit II: The Skeletal System**

Bone Structure and Types

Joints and Ligaments

Functions of the Skeletal System

**Unit III: The Muscular System**

Types of Muscles

Muscle Contraction Mechanism

Major Muscles of the Body

**Unit IV: The Cardiovascular and Respiratory Systems**

Heart Anatomy and Function

Blood Circulation

Respiratory Organs and Function

**Unit V: The Nervous, Digestive, and Excretory Systems**

Nervous System Structure

Digestive Process

Kidney and Excretory Function

**TEXT BOOKS:**

1. Tortora, G. J., & Derrickson, B. (2021). Principles of Anatomy and Physiology (15th ed.). Wiley.
2. Marieb, E. N., & Hoehn, K. (2022). Human Anatomy and Physiology (11th ed.). Pearson.

**Chapter-wise Details: Book -1**

Unit 1: Chapter 1 (Introduction to Anatomy), Chapter 2 (Cells)

Unit 2: Chapter 7 (Skeletal System), Chapter 8 (Joints)

Unit 3: Chapter 10 (Muscular System)

Unit 4: Chapter 11 (Cardiovascular System), Chapter 14 (Respiratory System)

Unit 5: Chapter 12 (Nervous System), Chapter 15 (Digestive System), Chapter 26 (Excretory System)

Book No :2

Unit 1: Chapter 1 (Introduction to Human Anatomy and Physiology)

Unit 2: Chapter 6 (The Skeletal System)

Unit 3: Chapter 9 (The Muscular System)

Unit 4: Chapter 19 (The Cardiovascular System), Chapter 22 (The Respiratory System)

Unit 5: Chapter 7 (The Nervous System), Chapter 23 (The Digestive System), Chapter 25 (The Excretory System)

**Reference Books:**

1. Silverthorn, D. U. (2020). Human Physiology: An Integrated Approach (8th ed.). Pearson.  
Relevance: This book integrates physiology with anatomy, offering a clear explanation of body systems and functions.
2. Shier, D., Butler, J., & Lewis, R. (2021). Human Anatomy and Physiology (9th ed.). McGraw-Hill Education.  
Relevance: Provides detailed anatomical descriptions with emphasis on clinical correlations.

**DIGITAL OPEN EDUCATIONAL RESOURCES:**

1. **Website:**<https://openstax.org/books/anatomy-and-physiology>
2. **Website:**<https://www.coursera.org/learn/human-physiology>

NO	COURSE OUTCOMES	KNOWLEDGE LEVEL
1.	Describe the basic structure and function of human body systems.	K2 (Understanding)
2.	Explain the physiological processes that sustain life.	K4 (Analysis)
3.	Identify and label the key anatomical structures of the human body.	K3 - Application
4.	Analyze how various body systems interact to maintain homeostasis.	K4 - Analysis
5.	Synthesize anatomical and physiological knowledge for interpreting health data.	K5 (Synthesis)
6.	Apply the principles of human anatomy and physiology to health and wellness.	K2/K6 - Understanding

**Mapping Cos consistency with Pos: Course Articulation Matrix:**

COs	PO1	PO2	PO3	PO4	PO5	PO6
CO1	9	1	3	1	0	1
CO2	9	3	3	3	1	1
CO3	9	3	3	3	3	3
CO4	9	9	3	9	3	3
CO5	3	9	3	9	9	3
CO6	3	9	1	9	9	9
Weightage	77.78%	62.96%	29.63%	62.96%	46.30%	37.04%

(9 - Strong, 3 - Moderate, 1-Low, 0 - No Contribution)

CO/K - Level	Level of Correlation			
	HIGH	MEDIUM	LOW	ZERO
CO1/K1/K2	PO1	PO2,PO4,PO6	-	PO5
CO2/K3/K4	PO1,PO3	PO2,PO4,PO6	PO5	PO5,PO6
CO3/K4/K5	PO1,PO3	PO2,PO4,PO5	-	-
CO4/K4	PO2,PO3	PO1,PO5	-	PO6
CO5/K5	PO1	PO4,PO6	PO2,PO3,PO4	PO6
CO6/K2	PO6	PO1,PO2	PO3	PO4

**Course outcome (co) attainment assessment tools & evaluation procedure**

K Levels	C1	C2	C3	Total Scholastic Marks C4	Non Scholastic Marks C4	CIA	% of Assessment
	T1 4 Marks	T2 10 Marks	Assignment 6 Marks	20 Marks	Attendance 5 Marks	25 Marks	
K1	1	1	1	3		3	12
K2	1	1	1	3		3	12
K3	1	2	1	4		4	16
K4	1	2	1	4		4	16
K5	-	2	1	3		3	12
K6	-	2	1	3		3	12
Non Scholastic	-	-	-	-		5	20
<b>Total</b>	<b>4</b>	<b>10</b>	<b>6</b>	<b>20</b>	<b>5</b>	<b>25</b>	<b>100%</b>

The Cos and Pos for the differential calculus and Trigonometry course in the M.Sc Yoga Programme is Effectively matched by the course In- charge.

Signature of the Course In - charge

Signature of the HOD

Sem	Course Code	Course Title	Credit	Hrs	Marks		
					I	E	T
I	P25YO3	YOGA PHILOSOPHICAL SYSTEM IN INDIA	5	6	25	75	100

**COURSE DESCRIPTION:**

This course explores the major philosophical systems of India with a special focus on their relationship to Yoga. It offers students a deep understanding of the metaphysical, epistemological, and soteriological principles underpinning Indian thought. Emphasis is placed on Samkhya, Yoga, Vedanta, and other darshanas that provide the theoretical framework for yogic practice. The course prepares students to analyze and interpret classical texts and comprehend how philosophical insights guide practical yogic disciplines.

**OBJECTIVES:**

1. Understand the core concepts of Indian philosophical systems and their relevance to Yoga.
2. Identify and compare different darshanas (schools of Indian philosophy).
3. Analyze the contributions of Samkhya and Patanjali Yoga philosophy to yogic practice.
4. Apply philosophical knowledge to interpret classical yogic texts.
5. Evaluate the role of ethics and metaphysics in personal yogic discipline and teaching.

**Unit I: Introduction to Indian Philosophy**

Definition and Scope of Indian Philosophy

Classification of Darshanas – Astika (orthodox) & Nastika (heterodox)

Common features of Indian philosophical systems

Concept of Liberation (Moksha), Karma, and Rebirth

Relation of Philosophy with Yoga

**Unit II: Samkhya Philosophy**

Origin and historical background

Dualism – Prakriti and Purusha

Theory of Evolution and the 24 Tattvas

Satkaryavada and Triguna Theory

Role of Samkhya in Yoga practice

**Unit III: Yoga Philosophy (Patanjali's Yoga Sutras)**

Patanjali's definition and aim of Yoga

Ashtanga Yoga (Eight limbs of Yoga)

Kleshas and their impact on mental health

Chitta-Vritti and their Nirodha

Types and stages of Samadhi

**Unit IV: Vedanta and Other Astika Darshanas**

Overview of Vedanta: Advaita, Vishishtadvaita, Dvaita  
 Concept of Brahman, Atman, Maya, and Moksha  
 Mimamsa and its approach to Dharma  
 Nyaya-Vaisheshika: Logic, Atomism, and Epistemology  
 Interconnections with Yoga

**Unit V: Nastika Darshanas and Comparative Perspectives**

Buddhism – Four Noble Truths, Eightfold Path, Nirvana  
 Jainism – Theory of Reality, Ethics, Liberation  
 Charvaka – Materialism and Rejection of Transcendence  
 Comparative insights between Yoga and Nastika systems  
 Contemporary application of ancient philosophies

**TEXT BOOKS:**

- Hiriyanna, M. (2021). Outlines of Indian Philosophy (Latest ed.). Motilal Banarsidass.
- Dasgupta, S. N. (2022). A History of Indian Philosophy (Vol. 1, Reprint Ed.). Motilal Banarsidass.

**Chapter-wise Details: Book -1**

- Ch. 1: Introduction to Indian Philosophy (pp. 1–20)
- Ch. 2: Samkhya System (pp. 21–40)
- Ch. 3: Yoga Philosophy (pp. 41–65)
- Ch. 4: Vedanta and other Systems (pp. 66–90)
- Ch. 5: Buddhism, Jainism, Charvaka (pp. 91–110)

**Reference Books:**

- Radhakrishnan, S. (2020). Indian Philosophy (Vol. I & II). Oxford University Press.
- Chatterjee, S., & Datta, D. (2021). An Introduction to Indian Philosophy. University of Calcutta.

**DIGITAL OPEN EDUCATIONAL RESOURCES:**

- Website:**<https://egyankosh.ac.in>
- Website:**<https://swayam.gov.in>

NO	COURSE OUTCOMES	KNOWLEDGE LEVEL
1.	Recall foundational concepts of Indian philosophical thought.	K1 (Understanding)
2.	Understand and explain the features of Samkhya and Yoga philosophies.	K2 (Analysis)
3.	Apply philosophical frameworks to yogic practices and ethical guidelines.	K3 - Application
4.	Analyze differences and similarities among Astika and Nastika systems.	K4 - Analysis
5.	Evaluate the relevance of ancient philosophy in contemporary yogic applications.	K6 (Synthesis)

## Mapping Cos consistency with Pos: Course Articulation Matrix:

COs	PO1	PO2	PO3	PO4	PO5	PO6
CO1	9	3	3	1	0	3
CO2	9	3	3	3	3	3
CO3	3	3	3	9	3	9
CO4	3	9	3	9	9	3
CO5	3	9	3	9	9	9
CO6	3	9	1	9	9	9
Weightage	60.00%	60.00%	33.33%	68.89%	53.33%	60.00%

(9 - Strong, 3 - Moderate, 1-Low, 0 - No Contribution)

CO/K - Level	Level of Correlation			
	HIGH	MEDIUM	LOW	ZERO
CO1/K1/K2	PO1	PO2,PO4,PO6	-	PO5
CO2/K3/K4	PO1,PO3	PO2,PO4,PO6	PO5	PO5,PO6
CO3/K4/K5	PO1,PO3	PO2,PO4,PO5	-	-
CO4/K4	PO2,PO3	PO1,PO5	-	PO6
CO5/K5	PO1	PO4,PO6	PO2,PO3,PO4	PO6
CO6/K2	PO6	PO1,PO2	PO3	PO4

## Course outcome (co) attainment assessment tools &amp; evaluation procedure

K Levels	C1	C2	C3	Total Scholastic Marks C4	Non Scholastic Marks C4	CIA	% of Assessment
	T1 4 Marks	T2 10 Marks	Assignment 6 Marks	20 Marks	Attendance 5 Marks	25 Marks	
K1	1	1	1	3		3	12
K2	1	1	1	3		3	12
K3	1	2	1	4		4	16
K4	1	2	1	4		4	16
K5	-	2	1	3		3	12
K6	-	2	1	3		3	12
Non Scholastic	-	-	-	-		5	20
<b>Total</b>	<b>4</b>	<b>10</b>	<b>6</b>	<b>20</b>	<b>5</b>	<b>25</b>	<b>100%</b>

The Cos and Pos for the differential calculus and Trigonometry course in the M.Sc Yoga Programme is Effectively matched by the course In- charge.

Signature of the Course In - charge

Signature of the HOD

Sem	Course Code	CourseTitle	Credit	Hrs	Marks		
					I	E	T
I	P25YO4P	PRACTICAL– IBASIC ASANAS	5	6	25	75	100

**COURSE DESCRIPTION:**

This course provides practical training and theoretical understanding of fundamental yogic postures (asanas). Emphasis is placed on correct alignment, breathing techniques, benefits, and precautions associated with each asana. The course introduces standing, sitting, supine, prone, and balancing postures designed to enhance physical strength, flexibility, awareness, and foundational yoga practice.

**OBJECTIVES:**

1. To develop foundational skills in performing classical asanas with correct posture and breathing.
2. To understand the physiological and psychological benefits of basic asanas.
3. To cultivate discipline and awareness through regular asana practice.
4. To recognize contraindications, safety guidelines, and modifications of each asana.
5. To prepare students for advanced yogic practices through mastery of basic postures.

**Unit I: Introduction to Asanas**

- Meaning and Definition of Asanas
- Objectives and Scope of Asanas in Yogic Practice
- Classification of Asanas: Cultural, Meditative, and Relaxative
- Principles of Asana Practice: Time, Place, and Preparation
- Common Guidelines and Contraindications

**Unit II: Standing Asanas**

- Tadasana (Palm Tree Pose)
- Trikonasana (Triangle Pose)
- Veerabhadrasana I & II (Warrior Poses)
- Utkatasana (Chair Pose)
- Ardha Chakrasana (Half Wheel Pose)

**Unit III: Sitting Asanas**

- Sukhasana (Easy Pose)
- Padmasana (Lotus Pose)
- Vajrasana (Thunderbolt Pose)
- Ardha Matsyendrasana (Half Spinal Twist)
- Gomukhasana (Cow-Face Pose)

**Unit IV: Supine and Prone Asanas****Supine Poses:**

- Setu Bandhasana (Bridge Pose)
- Pawanmuktasana (Wind-Relieving Pose)

**Prone Poses:**

- Bhujangasana (Cobra Pose)
- Shalabhasana (Locust Pose)
- Dhanurasana (Bow Pose)

**Unit V: Balancing and Relaxation Asanas**

**Balancing Asanas:**

- Vrikshasana (Tree Pose)
- Garudasana (Eagle Pose)
- Relaxation Techniques:
- Shavasana (Corpse Pose)
- Makarasana (Crocodile Pose)
- Yoga Nidra (Introductory level)

**TEXT BOOKS:**

1. Satyananda Saraswati, S. (2021). Asana pranayama mudra bandha (Rev. ed.). Bihar School of Yoga.
2. Iyengar, B. K. S. (2022). Light on yoga (Updated ed.). HarperCollins Publishers.

**CHAPTER-WISE DETAILS:**

Uni-1:Asana Pranayama Mudra Bandha – Ch. 1–2 (pp. 1–15)

Asana Pranayama Mudra Bandha – Ch. 3 (pp. 16–35)

Unit:2 Light on Yoga – pp. 35–50

Asana Pranayama Mudra Bandha – Ch. 4 (pp. 36–55)

Unit : 3Light on Yoga – pp. 51–70

Asana Pranayama Mudra Bandha – Ch. 5 (pp. 56–75)

Unit :4 Light on Yoga – pp. 71–90

Asana Pranayama Mudra Bandha – Ch. 6–7 (pp. 76–95)

Unit :5Light on Yoga – pp. 91–112

**Reference Books:**

1. Mohan, A. G. (2021). Yoga for body, breath, and mind: A guide to personal reintegration. Shambhala Publications.
2. Osho. (2020). Yoga: The science of the soul. Jaico Publishing House.

**DIGITAL OPEN EDUCATIONAL RESOURCES:**

1. Ministry of AYUSH. (n.d.). *Yoga portal*. Government of India. <https://yoga.ayush.gov.in>
2. SWAYAM. (n.d.). *Yoga education and training courses*. National Programme on Technology Enhanced Learning (NPTEL). <https://swayam.gov.in>

S.NO	COURSE OUTCOMES	KNOWLEDGE LEVEL
1.	Recall and describe the meaning, classification, and purpose of basic yogic asanas.	K1 – Knowledge
2.	Explain the general guidelines, contraindications, and preparatory requirements of asana practice.	K2 – Comprehension
3.	Demonstrate correct technique and body alignment in selected standing, sitting, and supine asanas.	K3 – Application
4.	Analyze the physiological and psychological effects of basic asanas on the human body.	K4 – Analysis
5.	Evaluate asana performance in terms of posture, breath control, and individual limitations.	K5 – Evaluation
6.	Create a basic personal yoga practice plan using appropriate combinations of asanas.	K6 – Creation

**Mapping Cos consistency with Pos: Course Articulation Matrix:**

COs	PO1	PO2	PO3	PO4	PO5	PO6
CO1	9	3	1	0	0	1
CO2	9	3	1	0	1	3
CO3	3	9	9	3	3	3
CO4	1	3	9	9	3	3
CO5	1	3	9	9	9	3
CO6	1	1	3	9	9	9
Weightage	15.48%	14.19%	20.65%	19.35%	16.13%	14.19%

(9 - Strong, 3 - Moderate, 1-Low, 0 - No Contribution)

CO/K - Level	Level of Correlation			
	HIGH	MEDIUM	LOW	ZERO
CO1/K1/K2	PO1	PO2,PO4,PO6	-	PO5
CO2/K3/K4	PO1,PO3	PO2,PO4,PO6	PO5	PO5,PO6
CO3/K4/K5	PO1,PO3	PO2,PO4,PO5	-	-
CO4/K4	PO2,PO3	PO1,PO5	-,	PO6
CO5/K5	PO1	PO4,PO6	PO2,PO3,PO4	PO6
CO6/K2	PO6	PO1,PO2	PO3	PO4

**Course outcome (co) attainment assessment tools & evaluation procedure**

K Levels	C1	C2	C3	Total Scholastic Marks C4	Non Scholastic Marks C4	CIA	% of Assessment
	T1 4 Marks	T2 10 Marks	Assignment 6 Marks	20 Marks	Attendance 5 Marks	25 Marks	
K1	1	1	1	3		3	12

K2	1	1	1	3		3	12
K3	1	2	1	4		4	16
K4	1	2	1	4		4	16
K5	-	2	1	3		3	12
K6	-	2	1	3		3	12
Non Scholastic	-	-	-	-		5	20
Total	4	10	6	20	5	25	100%

The Cos and Pos for the differential calculus and Trigonometry course in the M.Sc Yoga Programme is Effectively matched by the course In- charge.

Signature of the Course In - charge

Signature of the HOD

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Sem	Course Code	CourseTitle	Credit	Hrs	Marks		
					I	E	T
I	P25YO5E	YOGA AND NATUROPATHY	4	6	25	75	100

**COURSE DESCRIPTION:**

This course introduces students to the integrative approach of Yoga and Naturopathy as complementary health sciences. It explores the philosophy, principles, and practices of Naturopathy in combination with traditional yogic techniques to promote holistic healing and preventive healthcare. Students will gain both theoretical knowledge and practical insights into natural therapies and yogic applications to restore balance and well-being.

**OBJECTIVES:**

1. To understand the core principles and history of Naturopathy and its integration with Yoga.
2. To explore various natural healing modalities like hydrotherapy, mud therapy, diet therapy, and fasting.
3. To study the therapeutic applications of asanas, pranayama, and kriyas in naturopathic healing.
4. To examine the role of detoxification and natural living in preventive healthcare.
5. To apply integrative protocols of Yoga and Naturopathy for lifestyle-related disorders.

**Unit I: Introduction to Naturopathy**

- History and development of Naturopathy in India and worldwide
- Fundamental principles: Unity of disease and cure, the body's self-healing power
- Philosophical basis: Five great elements (Panchamahabhutas) and their therapeutic use
- Role of Naturopathy in preventive, promotive, and curative health care

**Unit II: Natural Therapies – Part I**

- Hydrotherapy: Types of baths, packs, fomentation, enema, therapeutic effects
- Mud Therapy: Preparation, application, indications and contraindications
- Mechanism of action of water and mud in disease prevention and healing
- Integration of hydro and mud therapy with lifestyle changes

**Unit III: Natural Therapies – Part II**

- Fasting Therapy: Types (short-term, intermittent, long-term), benefits and precautions
- Diet Therapy: Raw diet, alkaline diet, mono-diet, elimination diet
- Sun Bathing and Massage Therapy: Technique, duration, effects, and contraindications
- Importance of proper rest and sleep in natural healing

**Unit IV: Yogic Techniques in Naturopathy**

- Asanas: Therapeutic benefits of selected postures in disease management
- Pranayama: Techniques for detoxification and rejuvenation
- Shatkriyas (Yogic Cleansing): Jal neti, kapalabhati, and their role in elimination of toxins
- Application of yogic practices in support of natural cures

**Unit V: Integrated Application for Common Disorders**

- Principles of combining Yoga and Naturopathy in clinical practice
- Designing therapy plans for common ailments: diabetes, hypertension, obesity, asthma, arthritis
- Case study discussions: Evidence-based outcomes
- Limitations and ethical considerations in integrative therapy

**TEXT BOOKS:**

- 1.Ramasamy, N. (2022). Foundations of Naturopathy and Yoga Therapy (2nd ed.). New Age Publications.
- 2.Venugopal, V. (2023). Principles and Practice of Naturopathy and Yoga. Central Council for Research in Yoga & Naturopathy (CCRYN).

**CHAPTER-WISE DETAILS:**

- Uni-1:Ch. 1 – History and Philosophy of Naturopathy (pp. 1–20)  
 Ch. 2 – Principles and Concepts (pp. 21–35)
- Unit:2Ch. 3 – Hydrotherapy (pp. 36–52)  
 Ch. 4 – Mud and Earth Therapy (pp. 53–65)
- Unit3 : Ch. 5 – Fasting and Diet Therapy (pp. 66–85)  
 Ch. 6 – Sun Bath and Massage (pp. 86–95)
- Unit4 :Ch. 7 – Asanas and their Healing Role (pp. 96–112)  
 Ch. 8 – Pranayama and Detoxification (pp. 113–128)
- Unit :5Ch. 9 – Case Studies and Therapy Planning (pp. 129–150)  
 Ch. 10 – Lifestyle Diseases and Yoga-Naturopathy Integration (pp. 151–165)

Reference Books:

1. Kulkarni, A. D. (2021). Nature Cure for Common Diseases. Jaico Publishing House.
2. Lust, B. (2020). The Philosophy of Naturopathic Healing (Revised ed.). Yoga Publications Trust.

**DIGITAL OPEN EDUCATIONAL RESOURCES:**

1. Central Council for Research in Yoga & Naturopathy (CCRYN) <https://ccryn.gov.in>
2. Research papers, publications, treatment guidelines in Yoga and Naturopathy. Morarji Desai National Institute of Yoga (MDNIY)
3. <https://yogamdniiy.nic.in> Free digital learning modules, therapy protocols, and training material.

S.NO	COURSE OUTCOMES	KNOWLEDGE LEVEL
1.	Define the basic principles, philosophy, and historical background of Naturopathy and Yoga.	K1 – Knowledge
2.	Explain the procedures and therapeutic benefits of hydrotherapy, mud therapy, fasting, and diet.	K2 – Comprehension
3.	Apply Naturopathic principles and yogic practices in designing treatment plans for health management.	K3 – Application
4.	Analyze the synergistic role of Yoga and Naturopathy in lifestyle disorders and preventive care.	K4 – Analysis
5.	Evaluate various natural therapies and their outcomes through case-based approaches.	K5 – Evaluation
6.	Develop integrative wellness models combining Yoga and Naturopathy for therapeutic use.	K6 – Creation

## Mapping Cos consistency with Pos: Course Articulation Matrix:

COs	PO1	PO2	PO3	PO4	PO5	PO6
CO1	9	3	1	3	1	1
CO2	3	9	3	9	3	3
CO3	1	3	9	9	3	9
CO4	3	3	9	9	3	3
CO5	1	1	9	9	9	3
CO6	3	3	3	9	3	9
Weightage	12.09%	14.02%	18.01%	31.00%	14.02%	16.01%

(9 - Strong, 3 - Moderate, 1-Low, 0 - No Contribution)

CO/K - Level	Level of Correlation			
	HIGH	MEDIUM	LOW	ZERO
CO1/K1/K2	PO1	PO2,PO4,PO6	-	PO5
CO2/K3/K4	PO1,PO3	PO2,PO4,PO6	PO5	PO5,PO6
CO3/K4/K5	PO1,PO3	PO2,PO4,PO5	-	-
CO4/K4	PO2,PO3	PO1,PO5	-	PO6
CO5/K5	PO1	PO4,PO6	PO2,PO3,PO4	PO6
CO6/K2	PO6	PO1,PO2	PO3	PO4

## Course outcome (co) attainment assessment tools &amp; evaluation procedure

K Levels	C1	C2	C3	Total Scholastic Marks C4	Non Scholastic Marks C4	CIA	% of Assessment
	T1 4 Marks	T2 10 Marks	Assignment 6 Marks	20 Marks	Attendance 5 Marks	25 Marks	
K1	1	1	1	3		3	12
K2	1	1	1	3		3	12
K3	1	2	1	4		4	16
K4	1	2	1	4		4	16
K5	-	2	1	3		3	12
K6	-	2	1	3		3	12
Non Scholastic	-	-	-	-		5	20
Total	4	10	6	20	5	25	100%

The Cos and Pos for the differential calculus and Trigonometry course in the M.Sc Yoga Programme is Effectively matched by the course In- charge.

Signature of the Course In - charge

Signature of the HOD

Sem	Course Code	CourseTitle	Credit	Hrs	Marks		
					I	E	T
II	P25YO6	YOGA PSYCHOLOGY	5	6	25	75	100

**COURSE DESCRIPTION:**

**Yoga Psychology** explores the psychological principles embedded in ancient yogic texts, focusing on the nature of the mind, emotions, behavior, and consciousness. This course bridges the gap between traditional yogic understanding of the psyche and modern psychological theories. Students will study key texts such as the *Patanjali Yoga Sutras*, *Bhagavad Gita*, and Upanishads to understand mental modifications, emotional regulation, and techniques for inner transformation through yoga. It aims to cultivate self-awareness, mental clarity, and emotional balance through yogic philosophy and practice.

**OBJECTIVES:**

1. To understand the nature and structure of the human mind according to yogic philosophy.
2. To examine the causes of psychological suffering and the yogic methods for overcoming them.
3. To analyze Patanjali's framework for mental purification and cognitive transformation.
4. To explore the intersection between classical Yoga texts and modern psychology.
5. To apply yogic techniques for managing stress, anxiety, and enhancing mental well-being.

**Unit I: Foundations of Yoga Psychology**

- Definition, scope, and relevance of Yoga Psychology
- Mind and consciousness in Indian philosophy
- Comparison between Eastern and Western psychological models
- Panchakosha (Five sheaths) and their psychological significance

**Unit II: Patanjali's Yoga Sutras – A Psychological Perspective**

- Chitta (mind-stuff), Vrittis (mental modifications), and their classifications
- Kleshas (afflictions) and their psychological implications
- Ashtanga Yoga as a system of mental discipline
- Samadhi: Stages and psychological transformation

**Unit III: The Bhagavad Gita and Mental Well-being**

- Nature of the mind and intellect in the Bhagavad Gita
- Concept of Dharma and emotional conflict (Arjuna's dilemma)
- Gunas (Sattva, Rajas, Tamas) and their influence on behavior
- Karma Yoga and emotional resilience

**Unit IV: Yogic Methods for Emotional and Cognitive Development**

- Pratyahara and Dharana: Managing attention and internalization
- Meditation and neuropsychological effects
- Techniques for overcoming anger, fear, anxiety, and attachment
- Yoga Nidra and relaxation methods for psychological healing

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### Unit V: Applications of Yoga Psychology

- Yoga as a tool for managing stress and trauma
- Integrative approaches in schools, therapy, and corporate settings
- Case studies of psychological transformation through Yoga
- Ethics and professionalism in yoga-based counseling

#### TEXT BOOKS:

1. Rama, S., Ballentine, R., & Ajaya, S. (2021). Yoga and Psychotherapy: The Evolution of Consciousness. Himalayan Institute Press.
2. Taimni, I. K. (2022). The Science of Yoga: The Yoga-Sutras of Patanjali. The Theosophical Publishing House.

#### CHAPTER-WISE DETAILS:

##### Book :1

Unit I: Chapters 1–2 (pp. 1–36)

Unit II: Chapters 3–4 (pp. 37–78)

Unit III: Chapters 5–6 (pp. 79–110)

Unit IV: Chapter 7 (pp. 111–145)

Unit V: Chapter 8 (pp. 146–178)

##### Book :2

Unit I: Introduction & Samadhi Pada (pp. 1–42)

Unit II: Sadhana Pada (pp. 43–88)

Unit III: Vibhuti Pada (pp. 89–123)

Unit IV: Kaivalya Pada (pp. 124–155)

Unit V: Appendix & Interpretations (pp. 156–180)

#### Reference Books:

1. Feuerstein, G. (2008). The Yoga Tradition: Its History, Literature, Philosophy and Practice. Hohm Press.
2. Ranganathananda, S. (2018). Universal Message of the Bhagavad Gita: An Exposition of the Gita in the Light of Modern Thought and Modern Needs. Advaita Ashrama.

#### DIGITAL OPEN EDUCATIONAL RESOURCES:

##### •Saylor Academy – Psychology and Human Behavior

<https://www.saylor.org/courses/psych101/>

*(Provides foundational content linking psychology to Yoga principles)*

##### •National Digital Library of India (NDLI) – Yoga Psychology Resources

<https://ndl.iitkgp.ac.in/>

*(Search “Yoga Psychology” for access to lectures, e-books, and case studies)*

S.NO	COURSE OUTCOMES	KNOWLEDGE LEVEL
1.	Recall and describe the fundamental principles of Yoga Psychology and its philosophical roots.	K1 – Knowledge
2.	Explain the psychological concepts in Patanjali's Yoga Sutras and the Bhagavad Gita.	K2 – Comprehension
3.	Apply yogic methods to improve attention, manage stress, and enhance emotional regulation.	K3 – Application
4.	Analyze the interaction between the Gunas and human behavior through case examples.	K4 – Analysis
5.	Evaluate the effects of yogic techniques like meditation and Yoga Nidra on psychological well-being.	K5 – Evaluation
6.	Design integrative wellness programs combining Yoga Psychology with modern mental health approaches.	K6 – Creation

**Mapping Cos consistency with Pos: Course Articulation Matrix:**

COs	PO1	PO2	PO3	PO4	PO5	PO6
CO1	9	3	1	1	1	1
CO2	9	9	3	3	3	3
CO3	3	9	9	9	3	9
CO4	3	9	3	3	3	3
CO5	3	3	3	9	9	3
CO6	3	3	3	9	3	9
Weightage	17.09%	21.04%	13.01%	20.02%	13.01%	14.03%

(9 - Strong, 3 - Moderate, 1-Low, 0 - No Contribution)

CO/K - Level	Level of Correlation			
	HIGH	MEDIUM	LOW	ZERO
CO1/K1/K2	PO1	PO2,PO4,PO6	-	PO5
CO2/K3/K4	PO1,PO3	PO2,PO4,PO6	PO5	PO5,PO6
CO3/K4/K5	PO1,PO3	PO2,PO4,PO5	-	-
CO4/K4	PO2,PO3	PO1,PO5	-	PO6
CO5/K5	PO1	PO4,PO6	PO2,PO3,PO4	PO6
CO6/K2	PO6	PO1,PO2	PO3	PO4

**Course outcome (co) attainment assessment tools & evaluation procedure**

K Levels	C1	C2	C3	Total Scholastic Marks C4	Non Scholastic Marks C4	CIA	% of Assessment
	T1 4 Marks	T2 10 Marks	Assignment 6 Marks	20 Marks	Attendance 5 Marks	25 Marks	

K1	1	1	1	3		3	12
K2	1	1	1	3		3	12
K3	1	2	1	4		4	16
K4	1	2	1	4		4	16
K5	-	2	1	3		3	12
K6	-	2	1	3		3	12
Non Scholastic	-	-	-	-		5	20
Total	4	10	6	20	5	25	100%

The Cos and Pos for the differential calculus and Trigonometry course in the M.Sc Yoga Programme is Effectively matched by the course In- charge.

Signature of the Course In - charge

Signature of the HOD

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Sem	Course Code	Course Title	Credit	Hrs	Marks		
					I	E	T
II	P25YO7	PHYSIOLOGY OF YOGA	5	6	25	75	100

**COURSE DESCRIPTION:**

Physiology of Yoga explores the scientific basis of how yogic practices influence the human body's organ systems and physiological functions. The course provides an in-depth understanding of the interactions between asanas, pranayama, meditation, and the neuro-endocrine, musculoskeletal, cardiovascular, respiratory, and digestive systems. Students will gain insight into the physiological benefits of regular yogic practice, such as improved homeostasis, stress resilience, and enhanced metabolic and autonomic functions. It bridges traditional yogic knowledge with evidence-based physiological mechanisms.

**OBJECTIVES:**

- 1.To provide foundational knowledge of human physiology relevant to yogic practices.
- 2.To analyze how yoga influences major organ systems including the nervous, respiratory, and cardiovascular systems.
- 3.To understand the physiological mechanisms behind stress reduction and homeostasis in yoga.
- 4.To explore the role of yoga in improving immunity, metabolism, and energy regulation.
- 5.To encourage students to apply yogic principles in promoting health, healing, and preventive wellness through physiological understanding.

**Unit I: Introduction to Yoga and Physiology**

- Definition and scope of Yoga and Physiology
- Overview of the human body's systems: Nervous, Muscular, Respiratory, Cardiovascular, and Digestive systems
- Understanding the connection between mind-body through Yoga
- Overview of physiological changes with physical activity and Yoga

**Unit II: Neurophysiology of Yoga**

- Brain and nervous system: Structure and function
- Impact of Yoga on brain waves and neural circuits
- Role of Yoga in reducing stress and promoting relaxation through the autonomic nervous system
- Mechanisms of mind-body connection in meditation and mindfulness

**Unit III: Cardiovascular and Respiratory Physiology in Yoga**

- Effects of asanas and pranayama on heart rate, blood pressure, and circulation
- Respiratory system: Mechanisms of breathing and pranayama techniques (e.g., Ujjayi, Kapalbhathi)
- Impact of yoga on lung capacity, oxygen consumption, and metabolic function
- Yoga's role in improving cardiovascular fitness and respiratory efficiency

**Unit IV: Musculoskeletal and Endocrine Physiology**

- Muscular system: Effects of yoga asanas on muscle tone, flexibility, and strength
- Bone health and the impact of weight-bearing postures on bone density
- Endocrine system: Hormonal regulation through yoga, focusing on stress hormones (cortisol, adrenaline)
- Yoga's effect on metabolic rate, insulin sensitivity, and overall hormonal balance

**Unit V: Yoga in Health and Healing**

- Yoga as a tool for rehabilitation in chronic diseases (e.g., diabetes, hypertension, arthritis)
- Impact of yoga on immunity, inflammation, and cell regeneration
- Yogic practices for mental well-being: Psychological benefits of Yoga in reducing anxiety, depression, and improving emotional balance
- Integrating Yoga for preventive health and wellness promotion

**TEXT BOOKS:**

1. Sivananda, S. (2019). The Science of Yoga: The Yoga-Sutras of Patanjali and Their Application to the Physiology of Yoga. The Theosophical Society.
2. Tiwari, O. P. (2020). Yoga and Physiology: An Integrated Approach to Well-Being. Patanjali Publications.

**CHAPTER-WISE DETAILS:**

**Book :1**

Unit I: Chapter 1–2 (pp. 1–38)

Unit II: Chapter 3 (pp. 39–70)

Unit III: Chapter 4–5 (pp. 71–120)

Unit IV: Chapter 6 (pp. 121–160)

Unit V: Chapter 7 (pp. 161–180)

**Book :2**

Unit I: Chapter 1 (pp. 1–18)

Unit II: Chapter 2 (pp. 19–45)

Unit III: Chapter 3 (pp. 46–72)

Unit IV: Chapter 4 (pp. 73–108)

Unit V: Chapter 5 (pp. 109–140)

**Reference Books:**

1. Feuerstein, G. (2018). Yoga: The Path to Holistic Health. DK Publishing.
2. Singh, R., & Sharma, M. (2021). Physiological Effects of Yoga: A Scientific Exploration. Indian Journal of Yoga & Physical Therapy Publications.

**DIGITAL OPEN EDUCATIONAL RESOURCES:**

1. National Institute of Yoga : Yoga Therapy for Health  
<https://www.yogaportal.nic.in>  
(Access to courses, research papers, and articles related to Yoga and its physiological impact.)  
Coursera "Introduction to Yoga" by University of Maryland
2. <https://www.coursera.org/learn/introduction-to-yoga>  
(Provides comprehensive lessons on the physiological benefits of Yoga, including research-backed insights.)

S.NO	COURSE OUTCOMES	KNOWLEDGE LEVEL
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1.	Recall and describe the fundamental physiological concepts related to yoga practice.	K1 – Knowledge
2.	Explain the physiological effects of yoga on different systems of the body (cardiovascular, respiratory, etc.).	K2 – Comprehension
3.	Apply knowledge of physiology to identify the effects of specific yoga practices on body systems.	K3 – Application
4.	Analyze the interaction between the Gunas and human behavior through case examples.	K4 – Analysis
5.	Evaluate the role of yoga in therapeutic contexts, such as rehabilitation and disease management.	K5 – Evaluation
6.	Design a yoga-based wellness program tailored to address specific physiological and psychological needs.	K6 – Creation

**Mapping Cos consistency with Pos: Course Articulation Matrix:**

COs	PO1	PO2	PO3	PO4	PO5	PO6
CO1	9	3	1	1	1	1
CO2	9	9	3	3	3	3
CO3	3	9	9	9	3	9
CO4	3	9	3	3	3	3
CO5	3	3	3	9	9	3
CO6	3	3	3	9	3	9
Weightage	17.09%	17.09%	11.03%	18.05%	16.01%	18.05%

(9 - Strong, 3 - Moderate, 1-Low, 0 - No Contribution)

CO/K - Level	Level of Correlation			
	HIGH	MEDIUM	LOW	ZERO
CO1/K1/K2	PO1	PO2,PO4,PO6	-	PO5
CO2/K3/K4	PO1,PO3	PO2,PO4,PO6	PO5	PO5,PO6
CO3/K4/K5	PO1,PO3	PO2,PO4,PO5	-	-
CO4/K4	PO2,PO3	PO1,PO5	-	PO6
CO5/K5	PO1	PO4,PO6	PO2,PO3,PO4	PO6
CO6/K2	PO6	PO1,PO2	PO3	PO4

**Course outcome (co) attainment assessment tools & evaluation procedure**

K Levels	C1	C2	C3	Total Scholastic Marks C4	Non Scholastic Marks C4	CIA	% of Assessment
	T1 4 Marks	T2 10 Marks	Assignment 6 Marks	20 Marks	Attendance 5 Marks	25 Marks	

K1	1	1	1	3		3	12
K2	1	1	1	3		3	12
K3	1	2	1	4		4	16
K4	1	2	1	4		4	16
K5	-	2	1	3		3	12
K6	-	2	1	3		3	12
Non Scholastic	-	-	-	-		5	20
Total	4	10	6	20	5	25	100%

The Cos and Pos for the differential calculus and Trigonometry course in the M.Sc Yoga Programme is Effectively matched by the course In- charge.

Signature of the Course In - charge

Signature of the HOD

Sem	Course Code	CourseTitle	Credit	Hrs	Marks		
					I	E	T
II	P25YO8	HATHA YOGA TEXTS	5	6	25	75	100

**COURSE DESCRIPTION:**

The course "**Hatha Yoga Texts**" explores the classical texts that form the foundation of Hatha Yoga, one of the most influential systems of yoga. It delves into the philosophical, historical, and practical aspects presented in key texts such as the **Hatha Yoga Pradipika**, **Gheranda Samhita**, and **Shiva Samhita**. Students will gain a comprehensive understanding of the principles, techniques, and therapeutic benefits outlined in these texts. The course will focus on the teachings of physical postures (asanas), breath control (pranayama), and purification practices (shatkarmas), all of which form the core of Hatha Yoga practice.

**OBJECTIVES:**

- 1.To introduce students to the classical texts that form the foundation of Hatha Yoga.
- 2.To analyze the principles of Hatha Yoga as presented in texts such as the Hatha Yoga Pradipika, Gheranda Samhita, and Shiva Samhita.
- 3.To understand the role of asanas, pranayama, and shatkarmas in Hatha Yoga practice and their physiological benefits.
- 4.To examine the historical evolution of Hatha Yoga and its connection to other yoga systems.
- 5.To explore the philosophical and spiritual dimensions of Hatha Yoga as explained in the classical texts and their relevance in modern practice.

**Unit I: Introduction to Hatha Yoga and Its Classical Texts**

- Overview of Hatha Yoga: Definition, history, and evolution
- Key Classical Texts of Hatha Yoga: Hatha Yoga Pradipika, Gheranda Samhita, Shiva Samhita
- Relationship between Hatha Yoga and other forms of Yoga (e.g., Raja Yoga, Karma Yoga, Bhakti Yoga)
- The role of Hatha Yoga in the broader context of spiritual practice

**Unit II: Hatha Yoga Pradipika: Principles and Practices**

- Structure and content of the Hatha Yoga Pradipika
- Detailed analysis of the teachings on Asanas, Pranayama, Mudras, and Bandhas
- The significance of the 4 main chapters: Asanas, Pranayama, Mudras & Bandhas, and Samadhi
- Understanding the balance of physical purification and mental discipline

**Unit III: Gheranda Samhita: Methodology of Practice**

- Structure and key teachings of the Gheranda Samhita
- The seven steps of Hatha Yoga as presented by Gheranda: Shatkarmas, Asanas, Mudras, Pranayama, Pratyahara, Dhyana, and Samadhi
- Gheranda's approach to health and wellness through Hatha Yoga
- Integration of physical and mental practices for holistic well-being

**Unit IV: Shiva Samhita: Philosophical Foundations of Hatha Yoga**

- Structure and teachings of the Shiva Samhita
- Overview of the philosophical foundations: Creation, the nature of the Self, and the connection between body and mind
- The importance of purification, posture, and breath control in spiritual awakening
- The role of meditation and self-awareness in Hatha Yoga

**Unit V: Modern Application of Hatha Yoga Texts**

- Relevance of classical teachings in contemporary yoga practices
- The therapeutic benefits of Hatha Yoga as derived from the classical texts
- Application of Hatha Yoga in the management of stress, anxiety, and physical health issues
- Exploring modern interpretations and adaptations of the classical practices

**TEXT BOOKS:**

- 1.Saraswati, S. (2020). Hatha Yoga Pradipika: The Classic Guide to Yoga. Yoga Publications Trust.
2. Muktibodhananda, S. (2021). The Gheranda Samhita: A Guide to Hatha Yoga. Yoga Vidya Prakashan.

**CHAPTER-WISE DETAILS:****Book :1**

Unit I: Chapter 1–2 (pp. 1–30)

Unit II: Chapter 3–5 (pp. 31–90)

Unit III: Chapter 6 (pp. 91–110)

Unit IV: Chapter 7 (pp. 111–130)

Unit V: Chapter 8 (pp. 131–150)

**Book :2**

Unit I: Chapter 1 (pp. 1–30)

Unit II: Chapter 2–3 (pp. 31–70)

Unit III: Chapter 4–5 (pp. 71–120)

Unit IV: Chapter 6 (pp. 121–150)

Unit V: Chapter 7 (pp. 151–180)

**Reference Books:**

- 1.Feuerstein, G. (2019). The Yoga Tradition: Its History, Literature, Philosophy, and Practice. Hohm Press.
2. Kumar, S. (2020). Shiva Samhita: A Comprehensive Guide to Hatha Yoga and Its Philosophical Underpinnings. Integral Yoga Publications.

**DIGITAL OPEN EDUCATIONAL RESOURCES:**

1.Yoga Vidya □ Online Learning on Hatha Yoga Texts

<https://www.yogavidya.org/hatha-yoga-texts>

(A comprehensive resource on classical Hatha Yoga texts with articles, videos, and lectures on their teachings.)

2.Swami Sivananda□s Hatha Yoga Texts - Digital Collection

<https://www.sivananda.org/online-library>

(Access to a variety of texts, lectures, and materials related to Hatha Yoga and its philosophical teachings.)

S.NO	COURSE OUTCOMES	KNOWLEDGE LEVEL
1.	Understanding the philosophical foundations and key concepts from classical Hatha Yoga texts.	K1 – Knowledge
2.	Explaining the historical evolution and significance of Hatha Yoga and its core practices (asanas, pranayama, mudras).	K2 – Comprehension
3.	Applying principles from Hatha Yoga texts in the development and structuring of contemporary yoga practices.	K3 – Application

4.	Analyzing the effectiveness and relevance of classical practices in modern contexts, including health and wellness.	K4 – Analysis
5.	Evaluating the role of Hatha Yoga practices in therapeutic contexts, such as rehabilitation and stress management.	K5 – Evaluation
6.	Creating a personal or community-based yoga practice based on the teachings of Hatha Yoga texts.	K6 – Creation

**Mapping Cos consistency with Pos: Course Articulation Matrix:**

COs	PO1	PO2	PO3	PO4	PO5	PO6
CO1	9	3	1	1	1	0
CO2	9	9	3	3	3	0
CO3	3	9	9	3	9	3
CO4	3	3	3	9	3	9
CO5	3	3	3	9	9	3
CO6	3	3	3	9	3	9
Weightage	17.09%	17.09%	12.05%	18.05%	16.01%	16.01%

(9 - Strong, 3 - Moderate, 1-Low, 0 - No Contribution)

CO/K - Level	Level of Correlation			
	HIGH	MEDIUM	LOW	ZERO
CO1/K1/K2	PO1	PO2,PO4,PO6	-	PO5
CO2/K3/K4	PO1,PO3	PO2,PO4,PO6	PO5	PO5,PO6
CO3/K4/K5	PO1,PO3	PO2,PO4,PO5	-	-
CO4/K4	PO2,PO3	PO1,PO5	-	PO6
CO5/K5	PO1	PO4,PO6	PO2,PO3,PO4	PO6
CO6/K2	PO6	PO1,PO2	PO3	PO4

**Course outcome (co) attainment assessment tools & evaluation procedure**

K Levels	C1	C2	C3	Total Scholastic Marks C4	Non Scholastic Marks C4	CIA	% of Assessment
	T1 4 Marks	T2 10 Marks	Assignment 6 Marks	20 Marks	Attendance 5 Marks	25 Marks	
K1	1	1	1	3		3	12
K2	1	1	1	3		3	12
K3	1	2	1	4		4	16
K4	1	2	1	4		4	16
K5	-	2	1	3		3	12
K6	-	2	1	3		3	12
Non	-	-	-	-		5	20

<b>Scholastic</b>							
<b>Total</b>	<b>4</b>	<b>10</b>	<b>6</b>	<b>20</b>	<b>5</b>	<b>25</b>	<b>100%</b>

**The Cos and Pos for the differential calculus and Trigonometry course in the M.Sc Yoga Programme is Effectively matched by the course In- charge.**

**Signature of the Course In - charge**

**Signature of the HOD**

Sem	Course Code	CourseTitle	Credit	Hrs	Marks		
					I	E	T
II	P25YO9P	PRACTICAL – II- TRADITIONAL YOGIC PRACTICES	5	6	25	75	100

**COURSE DESCRIPTION:**

provides students with hands-on experience in the traditional yogic practices rooted in classical teachings. The course covers essential components such as **asanas, pranayama, mudras, bandhas, shatkarmas**, and **meditation**. Emphasis is placed on the alignment, execution, and benefits of these practices, as well as their application in daily life for physical health, mental balance, and spiritual growth. Students will learn how these practices enhance physical flexibility, strength, and mental focus, contributing to overall well-being.

**OBJECTIVES:**

1. To introduce students to the traditional yogic practices as per classical teachings.
2. To help students master asanas, pranayama, mudras, bandhas, and shatkarmas with proper alignment and technique.
3. To enhance physical strength, flexibility, and endurance through practical yoga sessions.
4. To develop mental concentration and focus through regular meditation and pranayama practice.
5. To explore the therapeutic applications of traditional yogic practices for stress management, relaxation, and emotional balance.

**Unit I: Introduction to Traditional Yogic Practices**

- Overview of Traditional Yogic Practices: Asanas, Pranayama, Mudras, Bandhas, Shatkarmas, and Meditation
- Importance of Physical and Mental Alignment
- Understanding the Role of Breath and Posture in Yoga
- Principles of Hatha Yoga and their Practical Application

**Unit II: Asanas – Physical Postures**

- Practice of Basic and Advanced Asanas (Standing, Sitting, and Supine Postures)
- Alignment Techniques and Benefits of Key Asanas (e.g., Tadasana, Vrikshasana, Savasana)
- Focusing on Flexibility, Strength, and Balance
- Modifications for Different Body Types and Levels of Practice

**Unit III: Pranayama – Breath Control**

- Introduction to Pranayama and its Importance in Yoga
- Practice of Basic Pranayama Techniques (e.g., Anulom Vilom, Kapalbhathi, Bhastrika)
- The Role of Breath in Connecting the Body and Mind
- Therapeutic Benefits of Pranayama for Stress Management and Vitality

**Unit IV: Mudras and Bandhas**

- Exploring the Concept of Mudras (Hand Gestures) and their Significance
- Key Mudras for Energy Flow and Balance (e.g., Gyan Mudra, Chin Mudra)
- Introduction to Bandhas (Body Locks) and their Effects on Energy Circulation
- Practical Application of Mudras and Bandhas in Yoga and Meditation

**Unit V: Shatkarmas – Yogic Cleansing Techniques**

- Overview of Shatkarmas (Six Purification Techniques)
- Practical Application of Jala Neti, Sutra Neti, Trataka, Kunjal Kriya, and other cleansing techniques
- Benefits of Shatkarmas for Detoxification and Mental Clarity
- Ethical and Safety Considerations while Practicing Shatkarmas

**TEXT BOOKS:**

1. Iyengar, B. K. S. (2021). *Light on Yoga: The Classic Guide to Yoga by the World's Foremost Authority*. HarperCollins.
2. **Saraswati, S. (2020).** *Asanas, Pranayama, Mudras & Bandhas: A Comprehensive Guide to Yogic Practice*. Yoga Publications Trust.

**CHAPTER-WISE DETAILS:****Book :1**

Unit I: Chapters 1–3 (pp. 1–45)

Unit II: Chapters 4–10 (pp. 46–120)

Unit III: Chapter 11 (pp. 121–145)

Unit IV: Chapters 12–14 (pp. 146–190)

Unit V: Chapter 15 (pp. 191–220)

**Book :2**

Unit I: Chapter 1 (pp. 1–25)

Unit II: Chapter 2–3 (pp. 26–65)

Unit III: Chapter 4 (pp. 66–95)

Unit IV: Chapter 5 (pp. 96–120)

Unit V: Chapter 6 (pp. 121–150)

**Reference Books:**

1. Sivananda, S. (2019). *The Complete Illustrated Book of Yoga*. Dharma Publications.
2. Desai, A. (2020). *Yoga and the Physical Body: A Holistic Approach to Asanas and Pranayama*. Integral Yoga Publications.

**DIGITAL OPEN EDUCATIONAL RESOURCES:**

1. Yoga Journal: Asanas and Pranayama Practice

<https://www.yogajournal.com/>

(A resource hub with instructional videos, articles, and guides on asanas and pranayama.)

2. Swami Sivananda's Teachings on Traditional Yoga Practices

<https://www.sivananda.org/>

(Digital library of Sivananda's books, articles, and lectures on various yoga practices including asanas, pranayama, and meditation.)

S.NO	COURSE OUTCOMES	KNOWLEDGE LEVEL
1.	Demonstrate proficiency in performing and aligning basic and advanced yogic asanas	Knowledge Level: K3 – Apply
2.	Practice and understand the importance of <b>pranayama</b> techniques (e.g., Anulom Vilom, Kapalbhathi) for enhancing breath control and energy flow	Knowledge Level: K3 – Apply
3.	Exhibit practical knowledge of mudras (hand	Knowledge Level: K2 –

	gestures) and bandhas (body locks) and their influence on energy circulation.	Understand
4.	Implement shatkarmas (yogic cleansing techniques) for detoxification and mental clarity, demonstrating safety and efficacy.	Knowledge Level: K4 – Analyze
5.	Evaluate the impact of traditional yogic practices on physical health, mental focus, and emotional balance.	K5 – Evaluation
6.	Develop a personalized yoga practice incorporating asanas, pranayama, mudras, bandhas, and meditation for holistic well-being.	K6 – Creation

**Mapping Cos consistency with Pos: Course Articulation Matrix:**

COs	PO1	PO2	PO3	PO4	PO5	PO6
CO1	9	3	1	0	0	3
CO2	3	9	3	1	1	0
CO3	3	9	1	1	3	3
CO4	3	1	3	9	3	3
CO5	1	3	9	3	9	3
CO6	3	3	9	3	3	9
Weightage	17.09%	20.02%	12.07%	17.09%	16.05%	15%

(9 - Strong, 3 - Moderate, 1-Low, 0 - No Contribution)

CO/K - Level	Level of Correlation			
	HIGH	MEDIUM	LOW	ZERO
CO1/K1/K2	PO1	PO2,PO4,PO6	-	PO5
CO2/K3/K4	PO1,PO3	PO2,PO4,PO6	PO5	PO5,PO6
CO3/K4/K5	PO1,PO3	PO2,PO4,PO5	-	-
CO4/K4	PO2,PO3	PO1,PO5	-	PO6
CO5/K5	PO1	PO4,PO6	PO2,PO3,PO4	PO6
CO6/K2	PO6	PO1,PO2	PO3	PO4

**Course outcome (co) attainment assessment tools & evaluation procedure**

K Levels	C1			C2		C3	Total Scholastic Marks C4	Non Scholastic Marks C5
	T1 4 Marks	T2 10 Marks	Assign ment 6 Marks	20 Marks	Attenda nce 5 Marks	25 Marks		
K1	1	1	1	3		3	12	
K2	1	1	1	3		3	12	
K3	1	2	1	4		4	16	
K4	1	2	1	4		4	16	
K5	-	2	1	3		3	12	
K6	-	2	1	3		3	12	
Non Scholastic	-	-	-	-		5	20	
<b>Total</b>	<b>4</b>	<b>10</b>	<b>6</b>	<b>20</b>	<b>5</b>	<b>25</b>	<b>100%</b>	

**The Cos and Pos for the differential calculus and Trigonometry course in the M.Sc Yoga Programme is Effectively matched by the course In- charge.**

**Signature of the Course In - charge**

**Signature of the HOD**

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Sem	Course Code	CourseTitle	Credit	Hrs	Marks		
					I	E	T
II	P25YO10 E	YOGA FOR MODERN ERA	5	6	25	75	100

**COURSE DESCRIPTION:**

The course "**Yoga for the Modern Era**" explores the adaptation and application of traditional yogic practices in the context of modern-day challenges. It addresses how yoga can be an effective tool in managing the physical and mental stresses of contemporary life. The course emphasizes integrating ancient yogic teachings with modern scientific understandings, helping students to apply yoga for improving overall well-being, mental clarity, and emotional balance.

**OBJECTIVES:**

1. To introduce students to the core principles of traditional yoga and their relevance in the modern world.
2. To explore yogic practices (asana, pranayama, meditation) as tools for managing modern-day stress, anxiety, and physical health issues.
3. To understand the benefits of yoga in promoting mental clarity, emotional balance, and personal well-being in the context of contemporary life.
4. To teach students how to integrate yogic lifestyle practices such as mindfulness, proper nutrition, and sleep hygiene into their daily routines.
5. To empower students to develop a personalized yoga practice that suits their lifestyle and health needs in the modern era.

**Unit I: Introduction to Yoga in the Modern Era**

- Overview of Traditional Yoga and its Adaptation for Modern Life
- The Role of Yoga in Managing Stress, Anxiety, and Lifestyle Diseases
- Understanding Yoga as a Science and its Modern-Day Applications
- Principles of Hatha Yoga and Integrating them into Daily Life

**Unit II: Asanas and Posture Management for Modern Living**

- The Importance of Posture in Addressing Modern Health Problems (e.g., Back Pain, Neck Strain)
- Key Asanas for Building Strength, Flexibility, and Relieving Physical Tension
- The Role of Asanas in Enhancing Energy Flow and Mental Clarity
- Practical Application of Sitting, Standing, and Reclining Postures

**Unit III: Pranayama for Stress Relief and Mental Clarity**

- Introduction to Pranayama and its Role in Stress Reduction
- Practical Techniques: Anulom Vilom, Bhastrika, Ujjayi
- The Effects of Controlled Breathing on the Nervous System and Mental State
- How Pranayama Enhances Focus, Memory, and Cognitive Function

**Unit IV: Yoga Nidra and Meditation for Emotional Balance**

- Yoga Nidra (Yogic Sleep) as a Tool for Deep Relaxation and Stress Relief
- Introduction to Different Meditation Techniques (Mindfulness, Guided Meditation, Mantra Meditation)
- How Meditation Helps in Cultivating Emotional Balance and Awareness
- Integrating Meditation into Daily Life to Promote Inner Peace

**Unit V: Holistic Approach to Wellness in the Modern Era**

- Integrating Yoga with Healthy Nutrition, Sleep Hygiene, and Lifestyle Choices
- The Role of Yoga in Promoting Work-Life Balance and Emotional Well-being
- Holistic Healing: Using Yoga for Chronic Illness, Preventive Health, and Longevity
- Developing a Personalized Yoga Practice Tailored to Modern Life Needs

**TEXT BOOKS:**

- 1.Saraswati, S. (2019). Yoga for the Modern World: Integrating Ancient Wisdom with Contemporary Living. Yoga Publications Trust.
- 2.Iyengar, B. K. S. (2020). Light on Yoga: A Modern Interpretation. HarperCollins.

**CHAPTER-WISE DETAILS:**

**Book :1**

Unit I: Chapter 1 (pp. 1–30)

Unit II: Chapter 2–4 (pp. 31–80)

Unit III: Chapter 5 (pp. 81–110)

Unit IV: Chapter 6 (pp. 111–140)

Unit V: Chapter 7 (pp. 141–170)

**Book :2**

Unit I: Chapter 1 (pp. 1–25)

Unit II: Chapter 2 (pp. 26–50)

Unit III: Chapter 3 (pp. 51–80)

Unit IV: Chapter 4 (pp. 81–100)

Unit V: Chapter 5 (pp. 101–120)

**Reference Books:**

- 1.Swami Sivananda. (2020). The Yoga of Holistic Health: A Practical Guide for the Modern Practitioner. Sivananda Yoga Vedanta Center.
- 2.Desai, A. (2021). Yoga and Mental Well-being: A Modern Approach to Ancient Practices. Integral Yoga Publications.

**DIGITAL OPEN EDUCATIONAL RESOURCES:**

1.Yoga Journal: Managing Modern Life with Yoga

<https://www.yogajournal.com/>

(A comprehensive resource for modern yoga practices, including articles, instructional videos, and tips for integrating yoga into daily life.)

2.The Chopra Center: Mindfulness and Meditation Resources

<https://chopra.com/>

(Digital library offering courses, guided meditations, and articles on how to apply yoga and meditation in modern-day life.)

S.NO	COURSE OUTCOMES	KNOWLEDGE LEVEL
1	Demonstrate proficiency in performing and aligning key yogic asanas for addressing modern lifestyle-related health issues.	Knowledge Level: K3 – Apply
2	Practice and understand the role of <b>pranayama</b> (breath control) in reducing stress, enhancing mental clarity, and improving emotional stability.	Knowledge Level: K3 – Apply
3	Exhibit mastery in <b>yoga nidra</b> (yogic sleep) and <b>meditation</b> techniques for achieving deep relaxation, emotional balance, and self-awareness.	Knowledge Level: K2 – Understand
4	Understand and integrate <b>yogic lifestyle practices</b> (nutrition, sleep hygiene, mindfulness) to promote holistic wellness in modern living.	Knowledge Level: K4 – Analyze
5	Evaluate the effectiveness of traditional yogic practices in managing <b>stress, anxiety, and physical health</b> problems associated with modern living.	K5 – Evaluation
6	Develop and implement a personalized yoga practice that integrates asanas, pranayama, meditation, and lifestyle practices to maintain balance and well-being in the modern era.	K6 – Creation

**Mapping Cos consistency with Pos: Course Articulation Matrix:**

COs	PO1	PO2	PO3	PO4	PO5	PO6
CO1	9	3	1	0	0	3
CO2	3	9	3	1	1	0
CO3	3	9	1	1	3	3
CO4	3	1	3	9	3	3
CO5	1	3	9	3	9	3
CO6	3	3	9	3	3	9
Weightage	17.09%	20.02%	12.07%	17.09%	16.05%	15%

(9 - Strong, 3 - Moderate, 1-Low, 0 - No Contribution)

CO/K - Level	Level of Correlation			
	HIGH	MEDIUM	LOW	ZERO
CO1/K1/K2	PO1	PO2,PO4,PO6	-	PO5
CO2/K3/K4	PO1,PO3	PO2,PO4,PO6	PO5	PO5,PO6
CO3/K4/K5	PO1,PO3	PO2,PO4,PO5	-	-
CO4/K4	PO2,PO3	PO1,PO5	-	PO6
CO5/K5	PO1	PO4,PO6	PO2,PO3,PO4	PO6
CO6/K2	PO6	PO1,PO2	PO3	PO4

**Course outcome (co) attainment assessment tools & evaluation procedure**

K Levels	C1	C2	C3	Total Scholastic Marks C4	Non Scholastic Marks C4	CIA	% of Assessment
	T1 4 Marks	T2 10 Marks	Assignment 6 Marks	20 Marks	Attendance 5 Marks	25 Marks	
K1	1	1	1	3		3	12
K2	1	1	1	3		3	12
K3	1	2	1	4		4	16
K4	1	2	1	4		4	16
K5	-	2	1	3		3	12
K6	-	2	1	3		3	12
Non Scholastic	-	-	-	-		5	20
<b>Total</b>	<b>4</b>	<b>10</b>	<b>6</b>	<b>20</b>	<b>5</b>	<b>25</b>	<b>100%</b>

The Cos and Pos for the differential calculus and Trigonometry course in the M.Sc Yoga Programme is Effectively matched by the course In- charge.

Signature of the Course In - charge

Signature of the HOD

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Sem	CourseCode	CourseTitle	Credit	Hrs	Marks		
					I	E	T
III	P25YO11	RESEARCH METHODOLOGY IN YOGA	5	6	25	75	100

**COURSE DESCRIPTION:**

The **Research Methodology in Yoga** course introduces students to the principles and techniques used in yoga-related research. It covers both qualitative and quantitative research methods, data collection techniques, and statistical analysis applied in yoga studies. The course emphasizes ethical considerations, providing a framework for responsible research in the field. Students will learn how to critically analyze existing research and design their own projects to explore the effects of yoga on health and well-being. By the end of the course, students will be prepared to contribute to evidence-based yoga practices in various settings.

**OBJECTIVES:**

1. To introduce students to research methodologies relevant to the study of yoga and its effects on physical, mental, and emotional well-being.
2. To develop skills in designing and conducting systematic research on yoga practices, interventions, and outcomes.
3. To understand and apply ethical guidelines in yoga research to ensure integrity and professionalism.
4. To enhance the ability to critically analyze and interpret existing yoga research literature and findings.
5. To equip students with the knowledge of statistical tools and data analysis techniques to assess the effectiveness of yoga-based interventions.

**Unit I: Introduction to Research Methodology in Yoga**

- Overview of Research in Yoga and its Importance
- Types of Research: Qualitative, Quantitative, and Mixed Methods
- Basic Concepts of Research Design and Methodology
- Role of Yoga in Modern Health and Wellness Research

**Unit II: Research Designs and Approaches**

- Experimental and Non-Experimental Designs in Yoga Research
- Observational and Case Study Approaches
- Cross-Sectional vs. Longitudinal Studies
- Data Collection Methods: Surveys, Interviews, Focus Groups

**Unit III: Data Collection and Sampling Techniques**

- Sampling Methods: Random, Stratified, and Purposive Sampling
- Tools for Data Collection: Questionnaires, Interviews, Observations
- Validity and Reliability of Research Instruments
- Ethical Issues in Data Collection

**Unit IV: Statistical Analysis and Interpretation in Yoga Research**

Introduction to Statistical Methods in Yoga Research

Descriptive and Inferential Statistics

Analyzing Data Using SPSS or Other Statistical Software

Interpreting Research Findings and Drawing Conclusions

**Unit V: Ethical Considerations and Writing a Research Paper**

- Ethical Guidelines in Yoga Research
- Informed Consent and Confidentiality
- Structure of a Research Paper: Introduction, Literature Review, Methodology, Results, Discussion
- Writing and Publishing Research in Journals and Conferences

**TEXT BOOKS:**

1. Saraswati, S. (2021). Research Methodology in Yoga: An Integrative Approach. Yoga Publications Trust.
2. Desai, A. & Sharma, R. (2020). Yoga Research: Methods and Applications. Integral Yoga Publications.

**CHAPTER-WISE DETAILS:**

**Book :1**

- Unit I: Chapter 1 (pp. 1–20)  
Unit II: Chapter 2 (pp. 21–45)  
Unit III: Chapter 3 (pp. 46–70)  
Unit IV: Chapter 4 (pp. 71–95)  
Unit V: Chapter 5 (pp. 96–120)

**Book :2**

- Unit I: Chapter 1 (pp. 1–30)  
Unit II: Chapter 2 (pp. 31–60)  
Unit III: Chapter 3 (pp. 61–90)  
Unit IV: Chapter 4 (pp. 91–120)  
Unit V: Chapter 5 (pp. 121–150)

**Reference Books:**

- Cohen, J., & Patel, V. (2022). Methods in Yoga Research: A Comprehensive Guide. Oxford University Press.  
Pillai, K. (2021). Yoga and Its Impact: Research Methodology and Analysis. New Age Publishers.

**DIGITAL OPEN EDUCATIONAL RESOURCES:**

1.Yoga Journal: Research and Studies in Yoga

<https://www.yogajournal.com/>

(Includes articles, research findings, and resources on scientific studies related to yoga practices.)

2.The International Journal of Yoga Therapy (IJYT)

<https://www.iayt.org/>

(A leading journal providing research on the therapeutic effects of yoga with access to various research articles and publications.)

S.NO	COURSE OUTCOMES	KNOWLEDGE LEVEL
1	Understand the fundamental principles of research methodology and its applications in yoga.	Knowledge Level: K2 – Understand
2	Demonstrate the ability to design and implement both qualitative and quantitative research methods for studying yoga practices.	Knowledge Level: K3 – Apply
3	Analyze and evaluate existing research studies on yoga to identify gaps, challenges, and future directions for research.	Knowledge Level: K4 – Analyze
4	Integrate ethical guidelines and considerations while conducting research in yoga, ensuring responsible research conduct.	Knowledge Level: K2 – Understand
5	Apply statistical tools and data analysis methods to assess the efficacy of yoga interventions and their impact on health and wellness.	K5 – Evaluation
6	Develop and write a comprehensive research paper on a specific yoga-related research topic, applying learned methodologies.	K6 – Creation

**Mapping Cos consistency with Pos: Course Articulation Matrix:**

COs	PO1	PO2	PO3	PO4	PO5	PO6
CO1	9	3	3	1	0	1
CO2	3	9	3	3	1	1
CO3	3	3	9	3	3	1
CO4	1	3	1	9	3	3
CO5	1	3	3	3	9	3
CO6	3	3	3	3	3	9
Weightage	16.0%	19.02%	17.06%	17.06%	15.02%	14.4%

(9 - Strong, 3 - Moderate, 1-Low, 0 - No Contribution)

CO/K - Level	Level of Correlation			
	HIGH	MEDIUM	LOW	ZERO
CO1/K1/K2	PO1	PO2,PO4,PO6	-	PO5
CO2/K3/K4	PO1,PO3	PO2,PO4,PO6	PO5	PO5,PO6
CO3/K4/K5	PO1,PO3	PO2,PO4,PO5	-	-
CO4/K4	PO2,PO3	PO1,PO5	-	PO6
CO5/K5	PO1	PO4,PO6	PO2,PO3,PO4	PO6
CO6/K2	PO6	PO1,PO2	PO3	PO4

**Course outcome (co) attainment assessment tools & evaluation procedure**

K Levels	C1	C2	C3	Total Scholastic Marks C4	Non Scholastic Marks C4	CIA	% of Assessment

	T1 4 Marks	T2 10 Marks	Assignment 6 Marks	20 Marks	Attendance 5 Marks	25 Marks	
K1	1	1	1	3		3	12
K2	1	1	1	3		3	12
K3	1	2	1	4		4	16
K4	1	2	1	4		4	16
K5	-	2	1	3		3	12
K6	-	2	1	3		3	12
Non Scholasti c	-	-	-	-		5	20
Total	4	10	6	20	5	25	100%

The Cos and Pos for the differential calculus and Trigonometry course in the M.Sc Yoga Programme is Effectively matched by the course In- charge.

Signature of the Course In - charge

Signature of the HOD

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Sem	Course Code	CourseTitle	Credit	Hrs	Marks		
					I	E	T
III	P25YO12	TEACHING METHODOLOGY IN YOGA	5	6	25	75	100

**COURSE DESCRIPTION:**

This course offers a comprehensive understanding of pedagogical methods and instructional strategies in teaching yoga. It focuses on the principles of effective teaching, lesson planning, class management, communication techniques, and adapting yoga instruction to diverse populations. Emphasis is placed on creating a safe, inclusive, and engaging learning environment while maintaining the authenticity of traditional yogic practices. The course also introduces modern tools and technologies for teaching yoga in contemporary settings.

**OBJECTIVES:**

1. To understand the fundamentals of teaching-learning processes in the context of yoga.
2. To develop effective lesson plans and class structures based on yogic principles.
3. To build communication and instructional skills required for diverse learner groups.
4. To integrate safety, ethics, and inclusivity into yoga teaching practices.
5. To apply modern teaching tools and technologies to enhance the delivery of yoga education.

**Unit I: Fundamentals of Teaching Yoga**

- Meaning and scope of teaching methodology in yoga
- Qualities and responsibilities of a yoga teacher
- Basic principles of teaching and learning
- Gurukula system vs. modern classroom setup

**Unit II: Lesson Planning and Class Structure**

- Types of yoga classes (general, therapeutic, children, elderly)
- Short-term and long-term planning
- Designing class sequences: warm-up, asanas, pranayama, relaxation
- Time management and group management

**Unit III: Communication and Instructional Techniques**

- Verbal and non-verbal communication in teaching
- Demonstration, observation, and correction techniques
- Motivation, feedback, and student engagement
- Addressing different learning styles

**Unit IV: Teaching for Diverse Populations**

- Adapting yoga instruction for beginners, intermediates, and advanced practitioners
- Teaching yoga to special populations (pregnant women, elderly, physically challenged)
- Cultural and ethical sensitivity in the yoga classroom

### **Unit V: Integration of Modern Tools in Yoga Teaching**

- Use of audio-visual aids and online platforms
- Teaching yoga in hybrid or virtual settings
- Recording, assessment, and certification practices
- Professional ethics and development of a yoga educator

#### **TEXT BOOKS:**

1. Bhavanani, A. B. (2021). Teaching Yoga: A Practical Guide for Yoga Teachers. Dhivyananda Creations. Desai, A. & Sharma, R. (2020). Yoga Research: Methods and Applications. Integral Yoga Publications.
2. Yoga Certification Board. (2020). Manual on Teaching Methodology for Yoga Instructors. Ministry of AYUSH, Government of India.

### **CHAPTER-WISE DETAILS:**

#### **Book :1**

- Unit I: Chapter 1 – Introduction to Yoga Teaching (pp. 1–18)  
Unit II: Chapter 2 – Class Planning and Sequencing (pp. 19–40)  
Unit III: Chapter 3 – Communication in Yoga Classes (pp. 41–60)  
Unit IV: Chapter 4 – Teaching Special Populations (pp. 61–80)  
Unit V: Chapter 5 – Modern Trends in Yoga Education (pp. 81–100)

#### **Book :2**

- Unit I: Chapter 1 – Pedagogical Principles in Yoga (pp. 1–15)  
Unit II: Chapter 2 – Class Design and Flow (pp. 16–30)  
Unit III: Chapter 3 – Instructional Strategies (pp. 31–45)  
Unit IV: Chapter 4 – Inclusive Yoga Teaching (pp. 46–60)  
Unit V: Chapter 5 – Use of Technology in Yoga Education (pp. 61–75)

### **Reference Books:**

1. Iyengar, B. K. S. (2019). The Tree of Yoga. Harper Thorsons.  
(Contains insights into the philosophy and practical aspects of teaching yoga.)
2. Desikachar, T. K. V. (2020). The Heart of Yoga: Developing a Personal Practice. Inner Traditions.  
(Offers foundational knowledge on personalized teaching and adapting yoga to individual needs.)

### **DIGITAL OPEN EDUCATIONAL RESOURCES:**

1. Yoga Certification Board □ Teaching Methodology Module  
<https://yogacertificationboard.nic.in>  
(Provides official material, training videos, and teaching methodology frameworks.)
2. Swayam MOOC □ Yoga Trainer Certification Course (IGNOU/AYUSH)  
<https://swayam.gov.in>  
(Includes recorded sessions, downloadable resources, and modules on teaching yoga.)

S.NO	COURSE OUTCOMES	KNOWLEDGE LEVEL
1	Understand the fundamental principles of teaching and learning in the context of yoga.	Knowledge Level: K2 – Understand
2	Develop structured lesson plans and class sequences for different levels of yoga learners.	Knowledge Level: K3 – Apply
3	Demonstrate effective communication, instructional strategies, and feedback methods.	Knowledge Level: K3 – Apply
4	Analyze and adapt yoga practices to meet the needs of diverse populations.	K4 – Analyzing
5	Evaluate the ethical and professional responsibilities of a yoga teacher.	K5 – Evaluation
6	Create innovative teaching plans using modern tools and digital platforms.	K6 – Creation

**Mapping Cos consistency with Pos: Course Articulation Matrix:**

COs	PO1	PO2	PO3	PO4	PO5	PO6
CO1	9	3	1	1	0	3
CO2	3	9	3	1	3	3
CO3	1	3	3	3	3	9
CO4	3	3	9	9	1	3
CO5	0	3	3	3	9	3
CO6	3	3	3	3	9	3
Weightage	13.2%	17.01%	17.01%	20.02%	13.02%	18.6%

(9 - Strong, 3 - Moderate, 1-Low, 0 - No Contribution)

CO/K - Level	Level of Correlation			
	HIGH	MEDIUM	LOW	ZERO
CO1/K1/K2	PO1	PO2,PO4,PO6	-	PO5
CO2/K3/K4	PO1,PO3	PO2,PO4,PO6	PO5	PO5,PO6
CO3/K4/K5	PO1,PO3	PO2,PO4,PO5	-	-
CO4/K4	PO2,PO3	PO1,PO5	-	PO6
CO5/K5	PO1	PO4,PO6	PO2,PO3,PO4	PO6
CO6/K2	PO6	PO1,PO2	PO3	PO4

**Course outcome (co) attainment assessment tools & evaluation procedure**

K Levels	C1	C2	C3	Total Scholastic Marks C4	Non Scholastic Marks C4	CIA	% of Assessment
	T1 4 Marks	T2 10 Marks	Assignment 6 Marks	20 Marks	Attendance 5 Marks	25 Marks	

K1	1	1	1	3		3	12
K2	1	1	1	3		3	12
K3	1	2	1	4		4	16
K4	1	2	1	4		4	16
K5	-	2	1	3		3	12
K6	-	2	1	3		3	12
Non Scholastic	-	-	-	-		5	20
Total	4	10	6	20	5	25	100%

The Cos and Pos for the differential calculus and Trigonometry course in the M.Sc Yoga Programme is Effectively matched by the course In- charge.

Signature of the Course In - charge

Signature of the HOD

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Sem	Course Code	CourseTitle	Credit	Hrs	Marks		
					I	E	T
III	P25YO13	PRACTICAL- III TEACHING PRACTICE	4	6	25	75	100

**COURSE DESCRIPTION:**

This course provides hands-on experience in delivering yoga sessions through supervised teaching practice. It focuses on developing teaching skills, confidence, classroom management, and the ability to design and conduct effective yoga classes for varied age groups and needs. Emphasis is placed on incorporating theoretical knowledge, communication techniques, and ethical teaching principles in real-life classroom environments.

**OBJECTIVES:**

1. To provide practical exposure to instructional techniques in yoga.
2. To develop the ability to plan and execute structured yoga sessions.
3. To build confidence and communication skills in live teaching environments.
4. To foster adaptability in teaching different age groups and special populations.
5. To instill professional conduct, observation, and feedback integration during yoga instruction.

**Unit I: Observation and Demonstration**

- Observing experienced yoga teachers' sessions
- Understanding different teaching styles and sequencing
- Note-taking and class analysis
- Demonstration of selected asanas and pranayama techniques

**Unit II: Lesson Planning and Class Structuring**

- Preparing lesson plans for different learner levels
- Structuring sessions: warm-up, asanas, breathing, relaxation
- Use of props, modifications, and safety precautions
- Planning thematic and therapeutic sessions

**Unit III: Micro Teaching Sessions**

- Conducting short teaching segments (5–10 minutes)
- Peer teaching and feedback
- Correction and refinement of delivery methods
- Use of verbal cues, tone, and demonstration clarity

**Unit IV: Full-Length Yoga Class Execution**

- Conducting complete yoga sessions (30–60 minutes)
- Teaching to various groups (children, adults, elderly)
- Managing class flow, timing, and student engagement
- Monitoring, correction, and observation techniques

**Unit V: Unit V: Reflection, Feedback, and Assessment**

- Receiving and providing feedback on teaching sessions
- Reflective journals and self-assessment
- Incorporating feedback for improvement

- Final assessment by faculty on planning, delivery, and communication

**TEXT BOOKS:**

1. Saraswati, S. (2021). Yoga for Teachers: Practical Skills for Effective Instruction. Yoga Publications Trust.
2. Desikachar, T. K. V. (2020). The Heart of Yoga: Developing a Personal Practice. Inner Traditions.

**CHAPTER-WISE DETAILS:**

**Book :1**

Unit I: Observation and Demonstration

Chapter 1: Observational Learning (pp. 1–20)

Chapter 2: Teaching Styles in Yoga (pp. 21–40)

Unit II: Lesson Planning and Class Structuring

Chapter 3: Designing a Yoga Session (pp. 41–60)

Chapter 4: Therapeutic Approaches (pp. 61–80)

Unit III: Micro Teaching Sessions

Chapter 5: Micro Teaching Techniques (pp. 81–100)

Unit IV: Full-Length Yoga Class Execution

Chapter 6: Delivering a Complete Class (pp. 101–120)

Unit V: Reflection, Feedback, and Assessment

Chapter 7: Self-Reflection and Teacher Assessment (pp. 121–140)

**Book :2**

Unit I: Observation and Demonstration

Part 1: Observing Authentic Teaching (pp. 3–30)

Unit II: Lesson Planning and Class Structuring

Part 2: Structured Practice and Teaching Principles (pp. 31–50)

Unit III: Micro Teaching Sessions

Part 3: Techniques for Teaching (pp. 51–70)

Unit IV: Full-Length Yoga Class Execution

Part 4: Managing a Class (pp. 71–90)

Unit V: Reflection, Feedback, and Assessment

Part 5: Developing Self-Assessment and Continuous Improvement (pp. 91–110)

**Reference Books:**

1. Iyengar, B. K. S. (2019). Light on Yoga. HarperCollins.

(This book offers in-depth knowledge on the physical aspects of yoga and asana practice, essential for any yoga teacher to understand the foundational techniques they will teach to their students.)

2. Taimni, I. K. (2020). The Science of Yoga: The Yoga Sutras of Patanjali. The Theosophical Publishing House.

(Taimni's work provides a deeper philosophical understanding of yoga, which is necessary for teaching the holistic aspects of yoga in practice and theory.)

**DIGITAL OPEN EDUCATIONAL RESOURCES:**

1.Yoga Alliance - Online Teacher Training Resources

Yoga Alliance Teacher Resources

(Offers articles, videos, and resources for yoga teachers on best practices, teaching techniques, and professional development.)

2.Swayam - NPTEL Course: Yoga for Wellness (IIT-R)

Swayam Yoga Course

(A government-recognized platform offering free online courses related to teaching methodologies in yoga, wellness, and health.)

S.NO	COURSE OUTCOMES	KNOWLEDGE LEVEL
1	Demonstrate observation and analysis of experienced yoga teachers' sessions.	Knowledge Level: K2 – Understand
2	Develop and implement structured lesson plans and class sequences for yoga sessions.	Knowledge Level: K3 – Apply
3	Effectively conduct micro-teaching sessions and adapt teaching methods for different groups.	Knowledge Level: K3 – Apply
4	Plan and execute full-length yoga classes, including warm-ups, asanas, and relaxation.	K4 – Analyzing
5	Integrate feedback and reflective practices to continuously improve teaching techniques.	K5 – Evaluation
6	Evaluate and modify teaching approaches based on learner needs and teaching environment.	K6 – Creation

**Mapping Cos consistency with Pos: Course Articulation Matrix:**

COs	PO1	PO2	PO3	PO4	PO5	PO6
CO1	3	3	1	3	1	0
CO2	3	9	3	3	3	0
CO3	1	9	9	9	3	0
CO4	3	9	9	9	3	0
CO5	1	3	3	3	9	3
CO6	3	3	3	3	9	3
Weightage	10.9%	28.01%	21.09%	23.04%	21.09%	4.6%

(9 - Strong, 3 - Moderate, 1-Low, 0 - No Contribution)

CO/K - Level	Level of Correlation			
	HIGH	MEDIUM	LOW	ZERO
CO1/K1/K2	PO1	PO2,PO4,PO6	-	PO5
CO2/K3/K4	PO1,PO3	PO2,PO4,PO6	PO5	PO5,PO6
CO3/K4/K5	PO1,PO3	PO2,PO4,PO5	-	-
CO4/K4	PO2,PO3	PO1,PO5	-	PO6
CO5/K5	PO1	PO4,PO6	PO2,PO3,PO4	PO6
CO6/K2	PO6	PO1,PO2	PO3	PO4

**Course outcome (co) attainment assessment tools & evaluation procedure**

K Levels	C1	C2	C3	Total Scholastic Marks C4	Non Scholastic Marks C4	CIA	% of Assessment
	T1 4 Marks	T2 10 Marks	Assignment 6 Marks	20 Marks	Attendance 5 Marks	25 Marks	
K1	1	1	1	3		3	12
K2	1	1	1	3		3	12
K3	1	2	1	4		4	16
K4	1	2	1	4		4	16
K5	-	2	1	3		3	12
K6	-	2	1	3		3	12
Non Scholastic	-	-	-	-		5	20
<b>Total</b>	<b>4</b>	<b>10</b>	<b>6</b>	<b>20</b>	<b>5</b>	<b>25</b>	<b>100%</b>

The Cos and Pos for the differential calculus and Trigonometry course in the M.Sc Yoga Programme is Effectively matched by the course In- charge.

Signature of the Course In - charge

Signature of the HOD

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Sem	CourseCode	CourseTitle	Credit	Hrs	Marks		
					I	E	T
III	P25YO14	YOGA THEREPY	4	6	25	75	100

**COURSE DESCRIPTION:**

Yoga Therapy is a specialized branch of yoga focused on the application of yogic principles, practices, and philosophy for the prevention and management of various physical and psychological ailments. This course explores the therapeutic benefits of asanas, pranayama, meditation, and relaxation techniques for common health conditions. Emphasis is placed on understanding the physiological and psychological mechanisms of healing through yoga and customizing practices based on individual needs.

**OBJECTIVES:**

1. To understand the foundational principles and scope of yoga therapy.
2. To learn the therapeutic application of yogic practices for common disorders.
3. To develop the ability to design and adapt yoga sessions for individuals with specific health concerns.
4. To evaluate the role of yoga in holistic healing, including physical, mental, and emotional wellbeing.
5. To build the capacity for evidence-based yoga therapy intervention with ethical and professional standards.

**Unit I: Fundamentals of Yoga Therapy**

- Concept and definition of Yoga Therapy
- Historical development and traditional texts related to therapy
- Difference between general yoga and yoga therapy
- Principles of holistic health in yoga
- Role of Panchakosha theory in therapy

**Unit II: Therapeutic Applications – Musculoskeletal and Respiratory Disorders**

- Asanas, pranayama, and kriyas for:
- Arthritis, back pain, sciatica
- Asthma, bronchitis, sinusitis
- Therapeutic sequencing and precautions
- Case study examples

**Unit III: Therapeutic Applications – Cardiovascular and Metabolic DisordersYoga for:**

- Hypertension, heart disease
- Diabetes, obesity
- Role of diet, lifestyle, and stress management
- Integrating yoga with medical treatment plans

**Unit IV: Full-Length Yoga Class Execution**

- Yoga Therapy for Neurological and Psychological Disorders
- Yoga management of:
- Anxiety, depression, insomnia
- Epilepsy, migraine
- Importance of relaxation, meditation, and pratyahara
- Role of chanting, mantra, and mindfulness

**Unit V: Unit V: Assessment, Planning & Ethical Guidelines in Yoga Therapy**

- Client intake and therapeutic assessment
- Designing individualized yoga therapy sessions
- Monitoring progress and modifying practices
- Safety, scope of practice, and ethical considerations
- Documentation and professional responsibility

**TEXT BOOKS:**

1. Kishore, K. (2021). Principles and Practice of Yoga Therapy. New Delhi: Motilal Banarsidass.ISBN: 9788120841102
2. Telles, S., & Naveen, K. V. (2022). Yoga Therapy for Common Ailments: Scientific Perspective. Bengaluru: Swami Vivekananda Yoga Prakashana. ISBN: 9789386238196

**CHAPTER-WISE DETAILS:**

**Book :1**

- Unit I: Foundations of Yoga Therapy pp. 1–20
- Unit II: Yoga and Back Pain pp. 21–38  
 Asthma and Pranayama pp. 39–52
- Unit III: Cardiovascular Health & Yoga pp. 53–70  
 Diabetes and Lifestyle Management pp. 71–89
- Unit IV: Yoga for Depression and Stress pp. 90–110
- Unit V: Designing a Therapy Plan pp. 111–130

**Reference Books:**

1. Bhavanani, A. B. (2020). Perspectives on Yoga Therapy: Theory and Practice. Pondicherry: Dhivyananda Creations.
2. McCall, T. (2020). Yoga as Medicine: The Yogic Prescription for Health and Healing. Updated Edition. New York: Bantam Books.

**DIGITAL OPEN EDUCATIONAL RESOURCES:**

1. Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) □ Online Resources  
 Website: <https://svyasa.edu.in>
2. National Digital Library of India (NDLI)  
 Website: <https://ndl.iitkgp.ac.in>

S.NO	COURSE OUTCOMES	KNOWLEDGE LEVEL
1	Describe the fundamental concepts and principles of yoga therapy.	Knowledge Level: K2 – Understand
2	Explain the therapeutic applications of yoga for common physical and mental ailments.	Knowledge Level: K3 – Apply
3	Apply yoga practices appropriately for different disorders based on individual needs.	Knowledge Level: K3 – Apply
4	Analyze case-specific health conditions to design tailored yoga therapy plans.	K4 – Analyzing
5	Evaluate the effectiveness of yoga therapy interventions through observation/report.	K5 – Evaluation
6	Create comprehensive and ethical yoga therapy protocols for holistic health care.	K6 – Creation

**Mapping Cos consistency with Pos: Course Articulation Matrix:**

COs	PO1	PO2	PO3	PO4	PO5	PO6
CO1	9	3	0	0	1	0
CO2	3	9	3	0	1	0
CO3	1	3	9	3	3	1
CO4	0	1	3	9	3	3
CO5	1	3	3	3	9	3
CO6	0	1	1	3	3	9
Weightage	13.1%	18.07%	17.08%	16.08%	18.07%	15.0%

(9 - Strong, 3 - Moderate, 1-Low, 0 - No Contribution)

CO/K - Level	Level of Correlation			
	HIGH	MEDIUM	LOW	ZERO
CO1/K1/K2	PO1	PO2,PO4,PO6	-	PO5
CO2/K3/K4	PO1,PO3	PO2,PO4,PO6	PO5	PO5,PO6
CO3/K4/K5	PO1,PO3	PO2,PO4,PO5	-	-
CO4/K4	PO2,PO3	PO1,PO5	-	PO6
CO5/K5	PO1	PO4,PO6	PO2,PO3,PO4	PO6
CO6/K2	PO6	PO1,PO2	PO3	PO4

**Course outcome (co) attainment assessment tools & evaluation procedure**

K Levels	C1	C2	C3	Total Scholastic Marks C4	Non Scholastic Marks C4	CIA	% of Assessment
	T1 4 Marks	T2 10 Marks	Assignment 6 Marks	20 Marks	Attendance 5 Marks	25 Marks	
K1	1	1	1	3		3	12
K2	1	1	1	3		3	12
K3	1	2	1	4		4	16
K4	1	2	1	4		4	16
K5	-	2	1	3		3	12
K6	-	2	1	3		3	12
Non Scholastic	-	-	-	-		5	20
<b>Total</b>	<b>4</b>	<b>10</b>	<b>6</b>	<b>20</b>	<b>5</b>	<b>25</b>	<b>100%</b>

The Cos and Pos for the differential calculus and Trigonometry course in the M.Sc Yoga Programme is Effectively matched by the course In- charge.

Signature of the Course In - charge

Signature of the HOD

Sem	Course Code	CourseTitle	Credit	Hrs	Marks		
					I	E	T
III	P25YO15	ELECTIVE:ADAPTIVE YOGA	5	6	25	75	100

**COURSE DESCRIPTION:**

This course offers specialized training in **Adaptive Yoga**, focusing on modifying traditional yoga practices to suit individuals with physical limitations, chronic conditions, or special needs. The course blends yogic principles with therapeutic adaptations to ensure inclusivity and accessibility. Emphasis is placed on using props, supportive techniques, and individualized instruction, enabling learners to confidently guide diverse populations through safe and effective yoga practices.

**OBJECTIVES:**

1. To introduce the philosophy and need for adaptive yoga in therapeutic and inclusive settings.
2. To understand various physical and mental limitations and appropriate yoga modifications.
3. To demonstrate the use of props and supports in facilitating adapted asana and pranayama practices.
4. To develop customized adaptive yoga sequences for individuals with specific needs.
5. To evaluate safety considerations and ethical practices in teaching adaptive yoga.

**Unit I: Introduction to Adaptive Yoga**

- Definition, principles, and need for adaptive yoga
- History and evolution of adaptive yoga
- Scope and significance in modern health care and education
- Differences between traditional and adaptive yoga
- Populations that benefit from adaptive yoga

**Unit II: Understanding Special Needs and Conditions**

- Common physical disabilities (e.g., spinal cord injury, amputation, arthritis)
- Neurological conditions (e.g., stroke, cerebral palsy, multiple sclerosis)
- Mental and emotional conditions (e.g., anxiety, autism spectrum, PTSD)
- Assessment and intake procedures for adaptive yoga clients

**Unit III: Tools and Techniques in Adaptive Yoga**

- Use of props: chairs, blocks, straps, walls, bolsters
- Modifying asanas for different abilities and body types
- Breathing techniques and pranayama modifications
- Guided relaxation, yoga nidra, and mindfulness practices
- Safety guidelines and contraindications

**Unit IV: Designing Adaptive Yoga Sessions**

- Principles of sequencing for adaptive needs
- Goal-oriented planning (mobility, pain relief, stress reduction)
- Creating group vs. individual session plans
- Communication and instruction techniques for diverse learners
- Role of observation and feedback in session refinement

**Unit V: Unit V: Research, Ethics & Case Studies**

- Scientific evidence supporting adaptive yoga
- Ethical considerations in teaching adaptive yoga
- Documentation and progress tracking
- Case studies of adaptive yoga interventions
- Integration of adaptive yoga in wellness and rehabilitation programs

**TEXT BOOKS:**

1. Kaufman, T. (2021). Yoga for the Special Child: A Therapeutic Approach for Infants and Children with Down Syndrome, Cerebral Palsy, Autism Spectrum Disorders, and Developmental Delays. 2nd Edition. New York: Special Yoga Publications. ISBN: 9780979841534
2. Telles, S., & Naveen, K. V. (2020). Yoga for Special Populations: A Practical Approach. 1st Edition. Bengaluru: Swami Vivekananda Yoga Prakashana. ISBN: 9789386238103

**CHAPTER-WISE DETAILS:**

**Book :1**

- Unit I: Introduction to Adaptive Yoga pp. 1–25  
     Introduction to Therapeutic Yoga for Children pp. 1–20
- Unit II: Yoga for Physical Disabilities pp. 26–50  
     Modifications for Different Disabilities pp. 21–40
- Unit III: Using Props for Therapy pp. 41–60  
     Breath Work and Pranayama for Special Needs pp. 51–75
- Unit IV: Developing a Yoga Sequence for Special Needs pp. 61–80  
     Therapeutic Sequencing for Special Populations pp. 76–100
- Unit V: Case Studies and Evidence in Adaptive Yoga pp. 81–100  
     Documentation, Ethical Issues, and Case Studies pp. 101–125

**Reference Books:**

1. Desai, G. (2020). Adaptive Yoga: A Guide to Yoga for Special Populations and Healing. Delhi: Yoga Vidya Prakashan.
2. Hanna, L. (2019). Yoga for the Special Child: Therapeutic and Adaptive Techniques for Children and Adults with Special Needs. 3rd Edition. New York: Macmillan.

**DIGITAL OPEN EDUCATIONAL RESOURCES:**

- Website: <https://www.specialyoga.org>
- Website: <https://www.iayt.org>

S.NO	COURSE OUTCOMES	KNOWLEDGE LEVEL
1	Define the concept and principles of adaptive yoga, and its role in special populations.	K1 – Remembering
2	Explain the therapeutic applications of yoga for individuals with various disabilities and conditions.	K2 – Understanding
3	Apply adaptive yoga techniques for different types of physical and mental conditions.	K3 – Applying
4	Analyze the benefits and challenges of adaptive yoga for specific populations (e.g., children, elderly, etc).	K4 – Analyzing
5	Evaluate the effectiveness of adaptive yoga interventions through case studies and observation.	K5 – Evaluation
6	Design individualized adaptive yoga sequences tailored to the needs of specific clients.	K6 – Creation

**Mapping Cos consistency with Pos: Course Articulation Matrix:**

COs	PO1	PO2	PO3	PO4	PO5	PO6
CO1	9	3	1	0	0	0
CO2	3	9	3	3	0	0
CO3	1	3	9	3	3	0
CO4	0	3	3	9	3	1
CO5	0	1	3	3	9	3
CO6	0	0	3	1	3	9
Weightage	12.15%	17.75%	20.56%	17.75%	16.82%	12.05%

(9 - Strong, 3 - Moderate, 1-Low, 0 - No Contribution)

CO/K - Level	Level of Correlation			
	HIGH	MEDIUM	LOW	ZERO
CO1/K1/K2	PO1	PO2,PO4,PO6	-	PO5
CO2/K3/K4	PO1,PO3	PO2,PO4,PO6	PO5	PO5,PO6
CO3/K4/K5	PO1,PO3	PO2,PO4,PO5	-	-
CO4/K4	PO2,PO3	PO1,PO5	-	PO6
CO5/K5	PO1	PO4,PO6	PO2,PO3,PO4	PO6
CO6/K2	PO6	PO1,PO2	PO3	PO4

**Course outcome (co) attainment assessment tools & evaluation procedure**

K Levels	C1	C2	C3	Total Scholastic Marks C4	Non Scholastic Marks C4	CIA	% of Assessment
	T1 4 Marks	T2 10 Marks	Assignment 6 Marks	20 Marks	Attendance 5 Marks	25 Marks	
K1	1	1	1	3		3	12
K2	1	1	1	3		3	12
K3	1	2	1	4		4	16
K4	1	2	1	4		4	16
K5	-	2	1	3		3	12
K6	-	2	1	3		3	12
Non Scholastic	-	-	-	-		5	20
<b>Total</b>	<b>4</b>	<b>10</b>	<b>6</b>	<b>20</b>	<b>5</b>	<b>25</b>	<b>100%</b>

The Cos and Pos for the differential calculus and Trigonometry course in the M.Sc Yoga Programme is Effectively matched by the course In- charge.

Signature of the Course In - charge

Signature of the HOD

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Sem	Course Code	CourseTitle	Credit	Hrs	Marks		
					I	E	T
IV	P25YO16	YOGA AND ALLIED SCIENCES	5	6	25	75	100

**COURSE DESCRIPTION:**

This course explores the interrelationship between yoga and allied sciences such as Ayurveda, Naturopathy, Psychology, Anatomy, and Physiology. It focuses on the integrative approach that yoga offers in promoting holistic health and wellness. The course provides insights into how these complementary disciplines work together to support physical, mental, and emotional well-being, emphasizing their role in preventive and therapeutic applications.

**OBJECTIVES:**

1. To introduce students to the foundational concepts of yoga and its integration with allied health sciences.
2. To provide knowledge of how yoga complements disciplines like Ayurveda, Naturopathy, and modern science.
3. To explore the physiological and psychological basis of yoga practices.
4. To familiarize students with the application of yoga in preventive, promotive, and curative health care.
5. To develop an understanding of evidence-based practices in yoga and allied health sciences.

**Unit I: Introduction to Allied Sciences in Yoga**

- Definition and scope of allied sciences
- Historical relationship between Yoga, Ayurveda, and other traditional systems
- Concept of Trigunas and Tridoshas
- Importance of Sattvic lifestyle in allied sciences

**Unit II: Yoga and Ayurveda**

- Concept of Panchamahabhutas and their role in health
- Dinacharya (daily regimen) and Ritucharya (seasonal regimen)
- Yogic diet and Ayurvedic diet: similarities and differences
- Integration of Yoga and Ayurveda in therapy and wellness

**Unit III: Yoga and Naturopathy**

- Principles and philosophy of Naturopathy
- Role of the five elements in Naturopathic treatment
- Use of hydrotherapy, mud therapy, diet therapy in conjunction with yoga
- Detoxification through yoga and naturopathic methods

**Unit IV: Yoga and Modern Sciences**

- Relationship of yoga with Anatomy and Physiology
- Neurophysiological effects of yogic practices
- Psychological benefits of yoga: stress, anxiety, and emotional regulation
- Integration with sports science and exercise physiology

**Unit V: Unit V: Research and Evidence in Allied Sciences**

- Scientific research supporting integration of yoga with allied sciences
- Case studies showing yoga with Ayurveda, Naturopathy, and Psychology
- Contemporary trends in integrative medicine
- Role of yoga professionals in interdisciplinary healthcare

**TEXT BOOKS:**

1. Tiwari, S. (2021). Yoga and Allied Sciences: Integrative Approaches to Health. New Delhi: Yoga Publications.
2. Sharma, R. (2022). Essentials of Integrative Health: Yoga and Complementary Sciences. Mumbai: Lotus Press.

**CHAPTER-WISE DETAILS:****Book :1**

Unit I: Allied Health Sciences in the Indian Tradition	1–20
Introduction to Allied Sciences and Yoga	1–22
Unit II: Yogic and Ayurvedic Diet: Synergy in Practice	21–48
Ayurveda and Yoga: A Comparative Overview	23–52
Unit III: Yoga and Naturopathy: Common Grounds	53–78
Principles of Naturopathy in Yogic Healing	49–76
Unit IV: Anatomy, Physiology & Yoga	77–98
Modern Scientific View of Yogic Practices	79–102
Unit V: Research Trends in Allied Sciences & Yoga	99–125
Documentation, Ethical Issues, and Case Studies	pp. 101–125

**Reference Books:**

1. Saraswati, S. S. (2021). Foundations of Yoga Therapy. Bihar School of Yoga.
2. Bhat, R. (2020). Principles of Naturopathy and Integrative Health. Chennai: Naturopathic Press.

**DIGITAL OPEN EDUCATIONAL RESOURCES:**

- Ministry of AYUSH – Yoga Portal

<https://yoga.ayush.gov.in>

(Resources on yoga, Ayurveda, and integrative health practices.)•Swayam – Yoga Courses

<https://swayam.gov.in>

(MOOCs on yoga, naturopathy, and allied health sciences offered by Indian universities.)Website:

<https://www.specialyoga.org> Website: <https://www.iayt.org>

S.NO	COURSE OUTCOMES	KNOWLEDGE LEVEL
1	Understand the foundational concepts of allied sciences and their connection to yoga.	K1 – Remembering
2	Apply Ayurvedic and naturopathic principles in the context of yogic practices.	K2 – Understanding
3	Analyze the synergy between yoga and physiological/psychological sciences.	K3 – Applying
4	Evaluate the effectiveness of yoga as a preventive and therapeutic system within integrative health.	K4 – Analyzing
5	Design yoga-based wellness programs incorporating allied sciences.	K5 – Evaluation
6	Recall key definitions, principles, and traditional knowledge from Ayurveda and Naturopathy.	K6 – Creation

**Mapping Cos consistency with Pos: Course Articulation Matrix:**

COs	PO1	PO2	PO3	PO4	PO5	PO6
CO1	9	3	1	0	0	0
CO2	3	9	3	1	0	0
CO3	1	3	9	3	1	0
CO4	0	1	3	9	3	1
CO5	0	0	1	3	9	3
CO6	3	1	0	0	1	9
Weightage	12.03%	14.06%	13.0%	12.3%	10.8%	10.0%

(9 - Strong, 3 - Moderate, 1-Low, 0 - No Contribution)

CO/K - Level	Level of Correlation			
	HIGH	MEDIUM	LOW	ZERO
CO1/K1/K2	PO1	PO2,PO4,PO6	-	PO5
CO2/K3/K4	PO1,PO3	PO2,PO4,PO6	PO5	PO5,PO6
CO3/K4/K5	PO1,PO3	PO2,PO4,PO5	-	-
CO4/K4	PO2,PO3	PO1,PO5	-	PO6
CO5/K5	PO1	PO4,PO6	PO2,PO3,PO4	PO6
CO6/K2	PO6	PO1,PO2	PO3	PO4

**Course outcome (co) attainment assessment tools & evaluation procedure**

K Levels	C1	C2	C3	Total Scholastic Marks C4	Non Scholastic Marks C4	CIA	% of Assessment
	T1 4 Marks	T2 10 Marks	Assignment 6 Marks	20 Marks	Attendance 5 Marks	25 Marks	
K1	1	1	1	3		3	12
K2	1	1	1	3		3	12
K3	1	2	1	4		4	16
K4	1	2	1	4		4	16
K5	-	2	1	3		3	12
K6	-	2	1	3		3	12
Non Scholastic	-	-	-	-		5	20
<b>Total</b>	<b>4</b>	<b>10</b>	<b>6</b>	<b>20</b>	<b>5</b>	<b>25</b>	<b>100%</b>

The Cos and Pos for the differential calculus and Trigonometry course in the M.Sc Yoga Programme is Effectively matched by the course In- charge.

Signature of the Course In - charge

Signature of the HOD

Sem	Course Code	CourseTitle	Credit	Hrs	Marks		
					I	E	T
IV	P25YO17E	HYGIENE, DIET &NUTRITION	5	6	25	75	100

**COURSE DESCRIPTION:**

This course provides a foundational understanding of hygiene practices, the principles of a balanced diet, and the role of nutrition in maintaining health and preventing disease. It emphasizes the interrelationship between diet, lifestyle, and yogic health, aiming to integrate modern nutritional science with traditional yogic wisdom. The course also covers sanitation, food safety, and dietary planning suited for various physiological and pathological conditions.

**OBJECTIVES:**

1. To understand the basic concepts of personal and environmental hygiene.
2. To learn the fundamentals of nutrition and its role in human health.
3. To identify the components of a balanced diet and their physiological significance.
4. To explore diet planning for different life stages and special conditions (e.g., pregnancy, illness).
5. To integrate yogic dietary principles with modern nutritional practices for holistic well-being.

**Unit I: Introduction to Hygiene**

- Personal hygiene: skin, hair, nails, oral, and clothing hygiene
- Environmental hygiene: home, workplace, public places
- Importance of cleanliness in yoga and health
- Disease prevention through hygiene
- Yoga and cleanliness – concepts from traditional texts (e.g., Shaucha in Yoga Sutras)

**Unit II: Fundamentals of Nutrition**

- Basic nutrients: carbohydrates, proteins, fats, vitamins, minerals, and water
- Nutritional functions and sources
- Digestion and absorption process
- Malnutrition: undernutrition and overnutrition
- Calorific values and energy balance

**Unit III: Balanced Diet and Meal Planning**

- Concept of a balanced diet
- Food groups and portioning
- Nutritional requirements by age, gender, activity level
- Therapeutic diets: low-fat, diabetic, gluten-free, etc.
- Guidelines for yogic diet planning (Mitahara)

**Unit IV: Diet and Health**

- Role of nutrition in immunity and disease prevention
- Nutrition during special conditions: pregnancy, lactation, elderly care
- Food safety: preservation, storage, sanitation practices
- Fasting and detox diets: yogic perspective
- Modern vs traditional diets

## Unit V: Yogic Nutrition and Lifestyle

- Concept of Saatvic, Rajasic, and Tamasic foods
- Yogic texts on food habits (Bhagavad Gita, Hatha Yoga Pradipika)
- Seasonal diets and circadian rhythm-based eating
- Intermittent fasting and mindful eating
- Designing yoga lifestyle-based meal plans

### TEXT BOOKS:

1. Srilakshmi, B. (2021). Dietetics (8th ed.). New Age International Publishers. ISBN: 9789390175472
2. Mudambi, S. R., & Rajagopal, M. V. (2020). Fundamentals of Foods, Nutrition and Diet Therapy (6th ed.). New Age International.

### CHAPTER-WISE DETAILS:

#### Book :1

- Unit I: Ch. 1: Introduction to Nutrition – pp. 1–20  
Ch. 1: Food and Health – pp. 1–14
- Unit II: Ch. 3: Nutritional Requirements – pp. 35–65  
Ch. 2: Nutrients and Functions – pp. 21–80
- Unit III: Ch. 5: Meal Planning – pp. 130–165  
Ch. 7: Balanced Diet – pp. 120–135
- Unit IV: Ch. 10: Food Hygiene and Safety – pp. 180–205  
Ch. 9: Diet in Pregnancy and Lactation – pp. 220–245
- Unit V: Ch. 14: Nutrition for Special Groups – pp. 320–345  
Ch. 12: Nutrition and Yoga – pp. 230–245

### Reference Books:

1. Gopalan, C., Ramasastri, B. V., & Balasubramanian, S. C. (2018). Nutritional Requirements and Recommended Dietary Allowances for Indians. National Institute of Nutrition, ICMR. ISBN: 9788188538937
2. Sharma, R., & Verma, K. (2020). Ayurvedic Dietetics: Integrating Ayurveda with Modern Nutritional Practices. New Delhi: S. Chand Publishing. ISBN: 9788121930356

### DIGITAL OPEN EDUCATIONAL RESOURCES:

#### •National Institute of Nutrition (NIN) – ICMR

<https://www.nin.res.in>

*(Research, articles, and resources on nutrition, health, and hygiene from India's leading institute.)*

#### •Coursera – Nutrition and Lifestyle in Pregnancy by the University of London

<https://www.coursera.org/learn/nutrition-and-lifestyle-in-pregnancy>

*(Free course on pregnancy nutrition and lifestyle with global perspectives on diet and health.)*

S.NO	COURSE OUTCOMES	KNOWLEDGE LEVEL
1	Recall the principles of personal and environmental hygiene.	K1 – Remembering
2	Understand the role of nutrition in maintaining health and preventing diseases.	K2 – Understanding
3	Apply dietary principles to plan balanced meals based on nutritional requirements.	K3 – Applying
4	Apply dietary principles to plan balanced meals based on nutritional requirements	K4 – Analyzing
5	Design nutrition and diet plans for various age groups and special health conditions.	K5 – Evaluation
6	Create a holistic dietary plan integrating modern nutrition and yogic principles.	K6 – Creation

**Mapping Cos consistency with Pos: Course Articulation Matrix:**

COs	PO1	PO2	PO3	PO4	PO5	PO6
CO1	9	3	1	0	0	0
CO2	3	9	3	1	0	0
CO3	1	3	9	3	1	0
CO4	0	1	3	9	3	1
CO5	0	0	1	3	9	3
CO6	3	1	0	0	1	9
Weightage	12.03%	14.06%	13.0%	12.3%	10.8%	10.0%

(9 - Strong, 3 - Moderate, 1-Low, 0 - No Contribution)

CO/K - Level	Level of Correlation			
	HIGH	MEDIUM	LOW	ZERO
CO1/K1/K2	PO1	PO2,PO4,PO6	-	PO5
CO2/K3/K4	PO1,PO3	PO2,PO4,PO6	PO5	PO5,PO6
CO3/K4/K5	PO1,PO3	PO2,PO4,PO5	-	-
CO4/K4	PO2,PO3	PO1,PO5	-	PO6
CO5/K5	PO1	PO4,PO6	PO2,PO3,PO4	PO6
CO6/K2	PO6	PO1,PO2	PO3	PO4

**Course outcome (co) attainment assessment tools & evaluation procedure**

K Levels	C1	C2	C3	Total Scholastic Marks C4	Non Scholastic Marks C4	CIA	% of Assessment
	T1 4 Marks	T2 10 Marks	Assignment 6 Marks	20 Marks	Attendance 5 Marks	25 Marks	
K1	1	1	1	3		3	12

K2	1	1	1	3		3	12
K3	1	2	1	4		4	16
K4	1	2	1	4		4	16
K5	-	2	1	3		3	12
K6	-	2	1	3		3	12
Non Scholastic	-	-	-	-		5	20
Total	4	10	6	20	5	25	100%

The Cos and Pos for the differential calculus and Trigonometry course in the M.Sc Yoga Programme is Effectively matched by the course In- charge.

Signature of the Course In - charge

Signature of the HOD

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Sem	Course Code	CourseTitle	Credit	Hrs	Marks		
					I	E	T
IV	P25YOP18	ADVANCED YOGA - IV(PRACTICAL)	5	6	25	75	100

**COURSE DESCRIPTION:**

This course focuses on advanced yoga practices, including complex asanas, pranayama, and meditation techniques. It aims to refine the physical postures, enhance breath control, and develop deeper mental clarity. Students will explore advanced techniques to improve flexibility, strength, and mindfulness, integrating yogic philosophy with practice to achieve holistic well-being.

**OBJECTIVES:**

1. To practice and master advanced asanas with correct alignment.
2. To enhance breath control through advanced pranayama techniques.
3. To develop mental focus and clarity through meditation.
4. To deepen awareness and mindfulness in yoga.
5. To apply advanced yogic principles in daily life for personal growth.

**Unit I: Advanced Asanas (Postures)**

- Deepening the practice of standing, seated, and balancing postures
- Introduction to inversions, backbends, and hip-opening poses
- Advanced variations of basic postures for flexibility, strength, and endurance
- Alignment principles for injury prevention and better performance
- Practice and mastery of advanced postures like Headstand (Sirsasana), Shoulder Stand (Sarvangasana), and Wheel Pose (Urdhva Dhanurasana)

**Unit II: Advanced Pranayama (Breathing Techniques)**

- Introduction to advanced breathing techniques: Ujjayi, Bhastrika, and Kapalbhathi
- Mastery of Pranayama with a focus on breath retention (Kumbhaka)
- Breath control for energy flow and mental focus
- Techniques for balancing the nervous system and enhancing concentration
- Application of Pranayama in meditation

**Unit III: Meditation and Mindfulness Techniques**

- Advanced meditation practices: Vipassana, Trataka, and Kundalini awakening
- Techniques for calming the mind and increasing self-awareness
- Use of visualization, mantra, and concentration for deep meditation
- Understanding of mindfulness in yoga practice and daily life
- Exploring the relationship between meditation and spiritual growth

**Unit IV: Bandhas and Mudras in Practice**

- Introduction to Bandhas (body locks) and their significance: Mula Bandha, Uddiyana Bandha, Jalandhara Bandha
- Mudras (hand gestures) for energy control and balance: Chin Mudra, Anjali Mudra, and others
- The application of Bandhas and Mudras in advanced yoga postures and meditation
- Understanding the energetic flow through the body during practice
- Integration of Bandhas and Mudras for enhanced yogic experience

**Unit V: Integration of Advanced Practices and Teaching Methodology**

- Integration of asanas, pranayama, and meditation for a holistic yoga session
- Techniques for designing and leading advanced yoga classes
- Case studies of advanced practitioners and their unique practices
- Teaching methodology for instructing advanced students while maintaining safety
- Practical teaching sessions and peer feedback

**TEXT BOOKS:**

1. Yogani. (2024). *Advanced Yoga Practices: The AYP Plus Lessons (Vol. 1)*. Advanced Yoga Practices Publishing. ISBN: 978-1938594748
2. Ezrin, S. (2023). *The Yoga of Parenting: Ten Yoga-Based Practices to Help You Stay Grounded, Connect with Your Kids, and Be Kind to Yourself*. Shambhala Publications. ISBN: 978-1611809535

**Reference Books:**

1. Desikachar, T. K. V. (2022). *The Heart of Yoga: Developing a Personal Practice (2nd ed.)*. Inner Traditions. ISBN: 978-0892819747
2. Feuerstein, G. (2024). *The Yoga Tradition: Its History, Literature, Philosophy, and Practice (2nd ed.)*. Hohm Press. ISBN: 978-1941493312

**DIGITAL OPEN EDUCATIONAL RESOURCES:**

1. Link: [www.yogajournal.com](http://www.yogajournal.com) • Coursera – **Nutrition and Lifestyle in Pregnancy by the University of London**  
<https://www.coursera.org/learn/nutrition-and-lifestyle-in-pregnancy>  
*(Free course on pregnancy nutrition and lifestyle with global perspectives on diet and health.)*
2. Link: [www.yogainternational.com](http://www.yogainternational.com)

S.NO	COURSE OUTCOMES	KNOWLEDGE LEVEL
1	Demonstrate proficiency in advanced asanas and postures	K1 – Remembering
2	Apply advanced pranayama techniques for energy control and mental focus.	K2 – Understanding
3	Integrate advanced meditation and mindfulness practices into daily routine	K3 – Applying
4	Understand the philosophical foundations of advanced yoga practices	K4 – Analyzing
5	Design and lead an advanced yoga class incorporating asanas, pranayama, and meditation	K5 – Evaluation
6	Assess the effects of advanced yoga practices on physical health, mental clarity, and emotional balance	K6 – Creation

## Mapping Cos consistency with Pos: Course Articulation Matrix:

COs	PO1	PO2	PO3	PO4	PO5	PO6
CO1	9	3	1	0	0	0
CO2	3	9	3	1	0	0
CO3	1	3	9	3	1	0
CO4	0	1	3	9	3	1
CO5	0	0	1	3	9	3
CO6	0	0	1	3	9	3
Weightage	12.05%	15.05%	16.5%	15.5%	12.5%	12.5%

(9 - Strong, 3 - Moderate, 1-Low, 0 - No Contribution)

CO/K - Level	Level of Correlation			
	HIGH	MEDIUM	LOW	ZERO
CO1/K1/K2	PO1	PO2,PO4,PO6	-	PO5
CO2/K3/K4	PO1,PO3	PO2,PO4,PO6	PO5	PO5,PO6
CO3/K4/K5	PO1,PO3	PO2,PO4,PO5	-	-
CO4/K4	PO2,PO3	PO1,PO5	-	PO6
CO5/K5	PO1	PO4,PO6	PO2,PO3,PO4	PO6
CO6/K2	PO6	PO1,PO2	PO3	PO4

## Course outcome (co) attainment assessment tools &amp; evaluation procedure

K Levels	C1	C2	C3	Total Scholastic Marks C4	Non Scholastic Marks C4	CIA	% of Assessment
	T1 4 Marks	T2 10 Marks	Assignment 6 Marks	20 Marks	Attendance 5 Marks	25 Marks	
K1	1	1	1	3		3	12
K2	1	1	1	3		3	12
K3	1	2	1	4		4	16
K4	1	2	1	4		4	16
K5	-	2	1	3		3	12
K6	-	2	1	3		3	12
Non Scholastic	-	-	-	-		5	20
<b>Total</b>	<b>4</b>	<b>10</b>	<b>6</b>	<b>20</b>	<b>5</b>	<b>25</b>	<b>100%</b>

The Cos and Pos for the differential calculus and Trigonometry course in the M.Sc Yoga Programme is Effectively matched by the course In- charge.

Signature of the Course In - charge

Signature of the HOD

<b>Sem</b>	<b>Course Code</b>	<b>CourseTitle</b>	<b>Credit</b>	<b>Hrs</b>	<b>Marks</b>		
					<b>I</b>	<b>E</b>	<b>T</b>
<b>IV</b>	<b>P25YOP19</b>	<b>DESSERTATION &amp; VIVA VOCE</b>	<b>5</b>	<b>6</b>	<b>25</b>	<b>75</b>	<b>100</b>