



SRM

INSTITUTE OF SCIENCE & TECHNOLOGY
(Deemed to be University u/s 3 of UGC Act, 1956)

Diploma in YOGA
(Physical Education)
(Under Choice Based Credit System)

REGULATIONS – 2018
(With effect from 2018-19)

Faculty of Science and Humanities
SRM Institute of Science & Technology
SRM Nagar, Kattankulathur – 603 203.

FACULTY OF SCIENCE & HUMANITIES
DEPARTMENT OF PHYSICAL EDUCATION & SPORTS SCIENCES
DIPLOMA IN YOGA
(w.e.f-2018-19)

RULES AND REGULATIONS AND COURSE SCHEME

1. COURSE OBJECTIVES

To enable the students to

- I. Unite the Body ,Mind and soul
- II. Lead a hale and healthy life.
- III. Away from all kinds of diseases
- IV. Become a disciplined person .
- V. Have all round development (Mental ,Moral, Social and spiritual)
- VI. Become a qualified yoga teacher

2. ELIGIBILITY FOR ADMISSION

Candidates seeking admission into the Diploma in Yoga , course must have passed the higher secondary Examination, conducted by the board of higher secondary Education .Government of Tamil Nadu or Any other examination accepted by the SRM University as its equivalent .

3. DURATION OF THE COURSE

The duration of the course shall be ONE academic year. Each academic year consists of Two Semesters . The duration of each semester is 75 working Days. This course offered in the Faculty of Science & Humanities

4. SCHEME OF EXAMINATIONS AND MARK DISTRIBUTION

SEMESTER-1						
SL:NO	Title	Sub code	Credit	Internal Marks	External Mark	Max Marks
1.	Principles of yoga, physical education and value education	DYE18101	5	25	75	100
2.	Methods of Yogic Practices	DYE18102	5	25	75	100
3.	*Yogic Practices-Practical –I	DYE18103	5	25	75	100
Total			15	75	225	300–A

SEMESTER-2						
SL:NO	Title	Sub code	Credit	Internal Marks	External Mark	Max Marks
4.	Science of yoga,	DYE18201	5	25	75	100

	Yoga Therapy and Disease management					
5.	*Yogic Practices- Practical-II	DYE18202	5	25	75	100
6.	Project-village placement programme/Teaching practice in yoga centres or Educational Institutions	DYE18203	5	100	-	100
Total			15	150	150	300-B

***Note: Practical Examination will be conducted by one External and one Internal Examiner at the end of the semester**

5. ATTENDANCE - 5 Marks
Internal assessment split.

Attendance	5	Attendance Percentage Range	Marks to be Awarded
		0-75	0
76-80	1		
81-85	2		
86-90	3		
91-95	4		
96-100	5		

6. ATTENDANCE

A Student must have 80 percent attendance of the total numbers of working days to write the semester examination. If a student's gets less than 70 percentage of attendance He /She should REDO the semester.

7. PASSING REQUIREMENTS

- a) A candidate who secures not less than **40% of total max marks put together (IA +UE) prescribed for any course and a minimum of 40 % of the end – Semester Examination** shall be declared to have passed in that course.

8. PROCEDURES FOR AWARDING MARKS FOR INTERNAL ASSESSMENT

Theory and practical Courses

Internal Assessment	Marks
1 st Internal Examination	5
2 nd Internal Examination	5
Model Exam	15
Attendance	5
Total Marks	30

Procedures for awarding marks for external

University Exam	Marks
Total Marks	70

9. AWARD OF CLASS

All the assessments of a course will be done on absolute marks basis .classes will be awarded as detailed below.

Range of Total Marks	Class
85 to 100	First class with distinction
60 to 84	First class
50 to 59	Second class
40 to 49	Third Class

Class Template

- **Passed in First Attempt within course Duration**
 - ✓ Percentage of Marks 85 -100 → First class with Distinction
 - ✓ Percentage of Marks 60– 84→ First Class
 - ✓ Percentage of Marks 50 – 59 → Second Class
 - ✓ Percentage of Marks 40 – 49 → Third Class
- **Passed in more than one attempt within course duration**
 - ✓ Percentage of Marks 60 -100 → First class
 - ✓ Percentage of Marks 50 – 60 → Second Class
 - ✓ Percentage of Marks 40 – 50 → Third Class
- **Passed after course duration**
 - ✓ Percentage of Marks 40 -100 → Third class

10. REVALUATION

A candidate can apply for revaluation of his/her semester examination answer paper in a theory course, within 10 days from the declaration of results, on payment of a prescribed fee through proper application to the Controller of Examination through the head of the Department. The Controller of Examination will arrange for the revaluation and the results will be intimated to the candidates concerned through the Head of the Department.

11. ELIGIBILITY FOR THE AWARD OF THE DIPLOMA

A student shall be declared to be eligible for the award of the Diploma provided he/she has

- a) Registered and successfully completed all the courses as per the curriculum
- b) Successfully acquired the minimum required marks as specified in the clause 6 of this regulation within the stipulated time duration specified in the clause 2 of this regulation

12. A) PATTERN OF QUESTION PAPER(THEORY)

→ Duration :3 hours

Max marks : 100 Marks

Part –A (10 X 2 =20 Marks) Answer all the questions each question will carry 2 Marks.

Part –B(5 X 10 =50 Marks) Answer all the questions each question will carry 10 Marks. Under either or pattern

→ Internal Marks → 30 Marks

B) PATTERN OF QUESTION PAPER (PRACTICAL)

→ Duration :3 hours

Max marks : 100 Marks

The University will fix the external examiners for conducting the practical examinations.

SEMESTER -1
PAPER-1

Sub Code: DYE18101

Credit :5

PRINCIPLES OF YOGA, PHYSICAL EDUCATION AND VALUE EDUCATION

Unit I: Introduction of yoga

The origins of yoga –Definitions-Concepts-Aims and objective of yoga-Ideal practice of yoga in the new millennium-Thirumathirram (10 Verses) Patanjali (10 Verses)

Unit II: Yoga

Streams of yoga –Karma yoga-Bhakti yoga –Jnana yoga –Raja Yoga (Astanga Yoga)-Hatha Yoga –Yoga and diet –Shat kriyas-Suryanamskar-Asanas-Pranayama-Bandhas –Mudras-Yoga and diet.

Unit III: Physical Education

Meaning & Definition-Principles of Physical Education-Systems of Physical Exercise –Application of yoga in Physical Education-Difference Between yogasanas& Physical Exercises.

Unit IV: Meditation

Meaning & Concepts of Meditation –Different schools of meditation like brahma kumaris –Sri aurobindo.Vedathiri Maharishi ,Vallalar , vipasana, Tamil Siddha ,Meditation, Transcendental Meditation etc..

Unit V: Value Education

Inculcation of living Values.

- A – Co –Operation
- B - Responsibility
- C - Happiness and peace
- D- Respect and Tolerance

References:

1. George Feuerstein :The yoga Tradition (Its History ,Literature, Philosophy and Practice)
2. Sri Ananda :The complete book of yoga harmony of body and mind (orient paper backs: Vision book Pvt Ltd .,1982
3. Swamy satyanandasarswathi: Asana ,Pranayama,Mudra,Bandha(India: Yoga Publications Trust ,munger,bihar)
4. Swami Sivananda: Practice of yoga (The divine life society .Shivanandha Nagar p.o.,U.P,Himamlyas ,India)

5. B.K.S.Lyengar :L Light on the yoga sutras of patanjali (Haper Collins Phublications India Pvt Ltd., New Delhi)

METHODS OF YOGIC PRACTICES

PAPER-II

Sub Code: DYE18102

Credit : 5

Unit: I

Concept of yogic Practices,- Different kinds of yogic practices : Asanas pranayamas, Suddikriyas, Bandhas, Mudras, Dhayana, Preparing oneself for yoga practice.

Asanas; Definition, Scope and kind of asanas: Vrckshasana, Trikonasana, Padhaastasana, Ushtrasana, Sirshasana, Halasana, Sarvang asana, Mastyasana, Bhujangasna, Salabhasana, Dhanurasana , Navasana, Nowhasana, Siddha yoniasana, ArdhaMatsyendrasana. Paschimottansana , BaddhaKonasana, Kukutasana, Padmasana, Vajrasana, Siddhasana, Savasana, Virabhadrasana, Supravajrasana, Shasangasana, Sirvangasana.

Unit: II

Kriyas-Pranayamas and their significance in yogic curriculum .Definition and characteristics-Varieties of kriyas –varieties of pranyamas-different phases of pranayama-Safety measures and precautions .

Unit: III

Kriyas :Jalaneti, Sutraneti, Nauli,Agnisarkriya

Bandhas :Jalandhara Bandha, Moola Bandha, Uddiyana Bandha .

Unit: IV

Mudras : Chin Mudra, ChinmayaMudra, Adimudra, Brahma Mudra, Bhairava Mudra, Bhairavi mudra, Shanmuki Mudra , VipareetaKarani Mudra, Yoga Mudra , Ashwini Mudra , Nasiga Mudra, Maha Mudra, Shambavi Mudra.

Unit: V

Meditations: Mantra Meditation ,Yoga Nidra, Rajayoga Meditation, Trataka Meditation, Nine-Centered Meditation, Viperaana Meditation, Trascenderental Meditation Chakra Meditation .

Reference:

1. Yogic therapy –Swami Kuvalayanandha and Dr.S.L.Vinekar
2. Asanas –Swami Kuvalayanandha ,Kavivalyadhama, Lonavia
3. Pranayam- Swami Kuvalayanandha ,Kavivalyadhama, Lonavia
4. Teaching Methods for –Dr.M.L..Gharote and yogic practice S.k.Ganguly
5. Kaivalyadhama, Lonalya
6. Applied yoga –Dr.M.L.Gharote ,Kaivalyadhama, lonavola

YOGIC PRACTICES

PRACTICAL-I

Sub Code: DYE18103

Credit : 5

UNIT – I

1. Ardha – Padmasana (Virasana)
2. Ardha – Halasana – 1
3. Ardha – Halasana – 11
4. Pavana – Muktasana – 1
5. Naukasana

Practical – I

1. Ardha – Shalabhasana
2. Shalabhasana
3. Bhujangasana
4. Dhanurasana
5. Vakrasana

UNIT – II

1. Sirshasana (In Five Progressive Stages)
2. Savasana (In Four Progressive Stages)
3. Sarvangasana
4. Matsyasana – 1
5. Matsyasana – 11
6. Halasana (In Four Progressive Stages)
7. Ardha – Matsyandrasanas
8. Hamasana
9. Mayurasana
10. Bakasana

UNIT – III

1. Jala –Neti
2. Sutra –Neti
3. Vamana –Dhauti
4. DandaDhauti
5. VasthraDhauti

UNIT – IV

1. Pranayamas
2. Yogic Breathing
3. Kapalabhati
4. Bhramari
5. Surya Chandra Bhadana

UNIT – V

1. Mudras
2. Chanir Mudra
3. Chinmaya Mudra
4. Adi Mudra
5. Brahma- Mudra
6. Bhairava Mudra

SEMESTER -II

Paper-III

Sub Code: DYE18201

Credit : 5

SCIENCE OF YOGA, YOGA THERAPY AND DISEASE MANAGEMENT

Unit: I

Basic Anatomy and physiology of the human body cells ,muscles ,tissues ,Bones ,joints ,respiratory system ,circulatory system, nervous system

Unit: II

Influence of Asnas ,Pranayama, Bandhas, Murdras, kriyas, Nadis, Chakrars, Kundalini, Shakra on Physiological variables

Unit: III

History of yoga therapy, Importance and principles of yoga therapy and pathology in yoga .Application of yoga and its types-Methodology in yoga therapy factors (Heyam ,Hetre, Hanam, and upayam).Methods (Darsam ,Sparsanam.pranam and nadiPrikra)

Unit IV:

Therapeutic application of yoga :High blood pressure, obesity ,diabetes ,mellitus, authme, ulcer, migraine, Aztherities ,Back pain ,thyroid problems ,constipation ,impotency ,infertility ,stoke, Epilepsy, parkinso's diseases ,sleep disorders.

Unit V:

Therapeutic Application of yoga for psychological disorders : Neurosis ,stree, depression, eating disorders psychosis,autism, bipolar disorders , demestiationpersmality ,smoking, alcoholisum, gambling-Antisocial activities

Reference:

1. Dr.Krishna Raman: A Matter of Health (Integration of yoga and western medicine for prevention and cure) (Chennai East west Books (Madras) Pvt Ltd.,1998
2. Sri Ananda: The complete book of Yoga Harmony of body and mind (orient Paper Backs: Vision Book Pvt Ltd.,1982
3. Swamy StayanSrswathi : Asana ,Pranayama, Mudra, Banda(Indian: Yoga Publication Trust ,Munger ,Bihar)
4. Dr.Nagendra HR: The Art and science of Pranayama (Vivekananda Kendra yoga Prakashana ,Bangalore)

YOGIC PRACTICES

PRACTICAL-II

Sub Code: DYE18202

Credit : 5

UNIT – I

1. Chakrasana – 1
2. Chakrasana – 11
3. Paschimottanasana
4. Gomukhasana - 1
5. Gomukhasana – 11
6. Padmasana
7. Siddhasana
8. Bhadrasana
9. Swastikasana
10. Vajrasana
11. Supta – Vajrasana

UNIT – II

1. Parvatasana
2. Tolasana
3. Tolangulana
4. Uttana – Mandukasana
5. Garudasana
6. Utkatasana
7. Vrikshasana
8. Akarna – Dhanurasana – 1
9. Akarna – Dhanurasana – 11
10. Yoga - Mudra

UNIT – III

1. Tratakam
2. Kapalabhati
3. Agnisara
4. Nauli(All Phases)

UNIT – IV (Bandhas)

1. Moola Bandhas
2. Jiliva Bandha
3. Jalandhara Bandha
4. UddiyanaBandha

UNIT – V (Meditation)

1. Mantra Meditation
2. Yoga Meditation
3. Rajayoga Meditation
4. Trataka Meditation
5. Naire Centered Meditation

VILLAGE PLACEMENT PROGRAMME
PROJECT

Sub Code: DYE18203

Credit : 5

Duration : Ten Days

Period : During II Semester

Mode of Evaluation : Internal Assessment

Maximum Marks : 100

Subject : Yoga

Nature of Programme : to teach and train villagers

PROJECT
TEACHING PRACTICE IN YOGA CENTERS OR EDUCATIONAL INSTITUTIONS

Teaching practice will be organized for 10 days during II Semester. The assessment of the students is internal for 100 marks. Students should design programme in yoga and are to teach practice and train in yoga centers or Educational Institutions for 10 days.

**Note: Students should choose either village placement programme (OR)
Teaching practice in Yoga centers or Educational Institutions**
