



SRM

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

Post Graduate 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
POST GRADUATE DIPLOMA IN YOGA
(w.e.f-2018-19)

RULES AND REGULATIONS AND COURSE SCHEME

1. COURSE OBJECTIVES

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

2. ELIGIBILITY FOR ADMISSION

Candidates seeking admission into the Post Graduate Diploma in Yoga, Admissions are open to persons all over India. The minimum qualification for admission is any Degree in any discipline.

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.	History and Development of yoga and Yoga in Physical Education	PDY18101	5	30	70	100
2.	Science of Yoga	PDY18102	5	30	70	100
Total			10	60	140	200–A

SEMESTER-2						
Sl:No	Title	Sub code	Credit	Internal Marks	External Mark	Max Marks
1.	Principle of yoga Therapy, Social Skill & Living Value Based Education	PDY18201	5	30	70	100
2.	Practical Training in Yoga – Teaching Practice – Viva Voce	PDY18202	5	30	70	100
3.	Submission of project work	PDY18203	5	30	70	100
Total			15	90	210	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 Rage	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 75 percent attendance of the total numbers of working days to write the semester examination. If a student's gets less than 65 percentage of attendance He /She should REDO the semester.

7. PASSING REQUIREMENTS

- a) A candidate who secures not less than **50% of total max marks put together (IA +UE) prescribed for any course and a minimum of 50% 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

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
- **Passed in more than one attempt within course duration**
 - ✓ Percentage of Marks 60 -100 → First class
 - ✓ Percentage of Marks 50 – 60 → Second Class
- **Passed after course duration**
 - ✓ Percentage of Marks 40 -100 → Third class

10. REEVALUATION

A candidate can apply for reevaluation 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 reevaluation and the results will be intimated to the candidates concerned through the Head of the Department.

11. ELIGIBILITY FOR THE AWARD OF THE PG DIPLOMA

A student shall be declared to be eligible for the award of the Post Graduate 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: PDY18101

Credit: 5

HISTORY AND DEVELOPMENT OF YOGA AND YOGA IN PHYSICAL EDUCATION

Unit I: Introduction of yoga

The origins of yoga –Definitions-Concepts-Aims and objective of yoga-Yoga is a Science and Art – Ideal Practice of Yoga in the new millennium – Message of Bhagavat Gita, Mahabarata, Ramayana, Bible, Kuran, Buddhism – Contrast between religion and spirituality – Thirumanthiram (30 Verses) – Patanjali (30 verses) – Comparison between Patanjali Yoga Sutra and Thirumandiram.

Unit II: Yoga

Streams of yoga –Karma yoga-Bhakti yoga –Jnana yoga –Raja Yoga (Astanga Yoga)-Hatha Yoga –Yoga and diet – yoga Disciplined way of life.

Unit III: Physical Education

Meaning & Definition – Application of yoga in Physical Education-Systems of Physical Exercises – Importance of Yoga in Physical Education & Sports – Difference between Yogasanas & Physical Exercise – Individualized yogic autogenic training for players.

Unit IV: Yogic Exercises

Suriyanamaskar – Asanas – objectives – Common Asanas & their types Advanced Asanas – Pranayama – Types of Pranayama – Mudras – Bandhas – Shat Kriyas

Unit V: Meditation

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

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 Satyananda Sarswathi: 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. Swami Sivananda Practice of Karma Yoga (The Divine Life Society, Shivananda Nagar p.o.,U.P,Himamlyas ,India)
6. B.K.S.Lyenkar :L Light on the yoga sutras of patanjali (Haper Collins Phulications India Pvt Ltd., New Delhi)
7. Dr.Nagendra HR: The Art and Science of Pranayama (Vivekananda Kendra Yoga Prakashana, Bangalore)
8. Sri Swami Satchdananda: The Yoga Sutras of Patanjali (Integral Publications, U.S.A)
9. Dr.B.Natrajan: Thirumanthiram (A Tamil Scriptural Classic) (Sri Ramakrishna Math, Madras)

PAPER-II
SCIENCE OF YOGA

Sub Code: PDY18102

Credit: 5

Unit – I: Basic Anatomy and Physiology of the Human Body

Cells – Tissues – Various organs – Muscles – Bones – Joints – Skin – Respiratory Systems – Circulatory Systems.

Unit– II: Basic Anatomy and Physiology of the Human Body

Digestive – Reproductive – Nervous – Endocrine – Sensory – Renal Systems.

Unit– III: Physiology

Physiological Benefits of Asanas and Pranayama – Chest cage – Regulation of Breathing – Types of Breathing.

Unit– IV: Physiology

Physiological benefits of Bandhas – Mudras – Kriyas – Meditaiton – Nadis – Chakras – Kundalini shakti – Psycho – Neuro -Immunology

Unit– IV: Scientific Evidence and Research in Yoga

Physiological – Biochemical – Neurological – Metabolic changes – Research evidences from various journals.

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. Dr.Nagendra HR: The Art and science of Pranayama (Vivekananda Kendra yoga Prakashana ,Bangalore)
4. Swamy StayanSrarswathi : Asana ,Pranayama, Mudra, Banda(Indian: Yoga Publication Trust ,Munger ,Bihar)
5. Dr.Nagendra HR: The Art and science of Pranayama (Vivekananda Kendra yoga Prakashana ,Bangalore)
6. Prana, Pranayama, Prana vidhya (Bihar School of Yoga, Munger Bihar, India)
7. Dr.Shirley Telles: Glimpses of Human Body (Vivekananda Kendra Yoga Prakashana, Bangalore)

SEMESTER -II

Paper-III

Sub Code: PDY18201

Credit: 5

PRINCIPLES OF YOGA THERAPY, SOCIAL SKILL & LIVING VALUE BASED EDUCATION

Unit-I: Role of Yoga in Diseases

Yogic concepts of Human body - role of Asanas, Pranayama and Meditation in various diseases like Diabetes, Hypertension, Coronary Heart Diseases, Asthma, Arthritis, Obesity, Back pain etc.

Unit-I: Role of Yoga in Psychological problems

Anxiety, Depression, phobia, Fatigue, Nervousness, Neurosis

Unit- III: Mind

Power of mind - Functions and powers of Conscious mind - Subconscious mind - sanskar re-engineering - Different states of Mind - How to use our mind.

Unit- IV: Personality Development

- 1) Interpersonal Skills and Drills
 - a) Holistic Health care
 - b) Positive Thinking
 - c) Verbal - Non-Verbal Communication
 - d) Empathy - ability to understand
 - e) Stress Management

Unit- V: Value Education

- a) Inculcation of Living Values
- b) Co-operation, Freedom, Responsibility
- c) Happiness, Love & Peace
- d) Humility, Respect, Honesty
- e) Simplicity, Tolerance, Unity

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. Swami Sivananda: practice of Yoga (The Divine Life Society, Shivananda Nagar., U.P. Himalayas, india.
5. Dr.Nagendra HR: The Art and science of Pranayama (Vivekananda Kendra yoga Prakashana ,Bangalore)
6. Dr. J.P.N. Mishra: Yoga for Common Ailments (8., Jain publishers. Pvt.Ltd., New Delhi)
7. Practical Guide to Applied spirituality (Brahma Kumaris, Mount Abu, Rajasthan)
8. Building a value based Peaceful and prosperous Society (Om Shanti Press, Gyanamritt bhavan, Shantivan, Mount Abu, Rajasthan)
9. Vicente Hao Chin. Jr: Notes on Self Transformation. (Philippine Theosophical Institute, Philippines.)
10. Dr.Jeetendra Adhia: Spring of Inspiration (Alpha interanational, Gujarat.)
11. G.Ravindran : Management Science Conflict (Manivasakar Publication, 2008, Chidambara,)

PRACTICAL-II

PRACTICAL TRAINING IN YOGA – TEACHING PRACTICE – VIVA VOCE – PREPARATION FOR YOGA COMPETITION

Sub Code: PDY18202

Credit : 5

1. Breathing Practices
2. Simplified Physical Exercises
3. Body Stretching Practices
4. Suryanamaskar
5. Basic Asanas

a) Standing

- 1) Ardhakatichakrasana
- 2) Padahastasana
- 3) Ardhashakrasana
- 4) Uttkatasana
- 5) EkapadaAsana

b) Sitting

- 1) Padmasana
- 2) Paschimotanasana
- 3) Usthrasana
- 4) Gomukasana
- 5) Ardhamatsyendrasana

c) Prone

- 1) Makrasana
- 2) Bhujangasana
- 3) Salabasana
- 4) Dhanurasana

d) Supine

- 1) Navasana
- 2) UttariaPadasana
- 3) Sarvangasana
- 4) Matsyasana
- 5) Halasana
- 6) Chakrasana
- 7) Shavasana

6. Advanced Asanas
Standing Asanas

- 1) Parivritta Trikonasana
- 2) Parsvottanasana
- 3) Natarajasana
- 4) Parivritta Parsvakonasana

Forward Bending Asanas

- 1) Karna Pidasana
- 2) Ardha Baddha Padma Paschimothanasana
- 3) Marichyasana
- 4) Prasrita Padottanasana

Backward Bending Asanas

- 1) Setu Bandha Sarvangasana
- 2) Paryankasana
- 3) Poorna Ustrasana
- 4) Eka pada Chakrasana

Twisting Asanas

- 1) Vatayanasana
- 2) Garudasana
- 3) Bharatvaja Asana
- 4) Parivrita Janu Sirsasana

Balancing Asanas

- 1) Padma Mayurasana
- 2) Utthitha Padmasana
- 3) Bakasana
- 4) Urdhva Mukha Paschimottanasana

7. Pranayama

- 1) Kapalabhati
- 2) Sectional Breathing
- 3) Suryabhedana Pranayama
- 4) Chandrabhedana Pranayama
- 5) Nadishudhi Pranayama
- 6) Sadanta Pranayama
- 7) Ujjayi Pranayama
- 8) Brahmari Pranayama

8. Kriyas

- 1) Kapalabhati
- 2) Trataka
- 3) Neti
- 4) Dhouti
- 5) Nauli
- 6) Basthi

9. Mudras

- 1) Chin Mudra
- 2) ChinmaYa Mudra
- 3) Adi Mudra
- 4) Brahma Mudra
- 5) Maha Mudra
- 6) Aswini Mudra
- 7) Yoga Mudra

10. Bandhas

- 1) Jalandhara Bandha
- 2) Uddiyana Bandha
- 3) Mula bandha

11. Meditation

- 1) Practice of different Schools of Meditation
- 2) Silent Meditation and Introspection

12. Teaching Practice

- 1) Teaching Techniques
- 2) Lesson Plan

Reference:

- a) Yoga Asana, Pranayama, Mudras, Bandha (Vivekananda Kendra Yoga Prakashana, Bangalore)
- b) Swamy satyananda Saraswathi: Asana, Pranayama, Mudra, Bandha (Yoga Publications Trust, Munger, Bihar, India)
- c) Yogiraj Vethathri Maharishi: Simplified Physical Exercises (Vedathiri Publications, Gandhiji Road, Erode-I, Tamil Nadu)
- d) B.K.S Iyengar: The Light on Yoga (Haper Collins Publications India pvt. Ltd.New Delhi)

VILLAGE PLACEMENT PROGRAMME
PROJECT

Sub Code: PDY18203

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**
