

**DIRECTORATE OF DISTANCE EDUCATION
SRM INSTITUTE OF SCIENCE AND TECHNOLOGY
KATTANKULATHUR
KANCHEEPURAM DISTRICT – 603203.**



**DIPLOMA IN YOGA FOR HUMAN EXCELLENCE
CURRICULUM & SYLLABUS – 2019
(Applicable for the candidates admitted
from 2019-20 onwards)**

SEMESTER PATTERN

**DIRECTORATE OF DISTANCE EDUCATION, SRMIST
DIPLOMA IN YOGA FOR HUMAN EXCELLENCE
CURRICULUM 2019**

1. Diploma in Yoga for Human Excellence

1. (a) Mission of the Department

Mission Stmt – 1	<i>Impart student's essential knowledge and skills required for a successful career in yoga</i>
Mission Stmt – 2	<i>Instill confidence in students to take up new challenges by grooming them appropriately in yoga</i>
Mission Stmt – 3	<i>Inculcate in students a sense of commitment to professional ethics, moral values with emphasis on team work and leadership qualities</i>
Mission Stmt – 4	<i>Instill the students with a clear awareness of environmental issues and their relevance to their profession</i>
Mission Stmt – 5	<i>Impress upon the students the impact of their work on the nation's health and social progress</i>

1. (b) Program Educational Objectives (PEO)

PEO - 1	<i>Demonstrate Knowledge and skills of yoga science necessary to become professional yoga trainer</i>
PEO - 2	<i>Become skilful in various yoga techniques to provide healthcare solutions for the benefit of the society at every stage of life.</i>
PEO - 3	<i>Demonstrate leadership qualities and entrepreneur skills by working and communicating effectively in interdisciplinary environment, either independently or in a team</i>
PEO - 4	<i>Involve in life-long learning and professional development through self-education, continuing education or graduate and professional studies</i>
PEO - 5	<i>Prepare the students into balanced individuals who are keen to leave a mark by excelling in their profession</i>

1. (c) Mission of the Department to Program Educational Objectives (PEO) Mapping

	Mission Stmt. - 1	Mission Stmt. - 2	Mission Stmt. - 3	Mission Stmt. - 4	Mission Stmt. - 5
PEO - 1	H	H	M	H	M
PEO - 2	H	M	H	H	H
PEO - 3	M	H	M	H	H
PEO - 4	H	H	H	L	M
PEO - 5	L	H	M	H	H

H – High Correlation, M – Medium Correlation, L – Low Correlation

1. (d) Mapping Program Educational Objectives (PEO) to Program Learning Outcomes (PLO)

	Program Learning Outcomes (PLO)														
	Graduate Attributes (GA)												Program Specific Outcomes (PSO)		
	Domain Knowledge	Problem Analysis	Design & Development	Analysis, Design, Research	Modern Tool Usage	Society & Culture	Environment & Sustainability	Ethics	Individual & Team Work	Communication	Project Management	Life Long Learning	PSO - 1	PSO - 2	PSO - 3
PEO - 1	H	H	H	H	H	L	M	L	M	M	H	H	M	H	H
PEO - 2	H	H	H	H	H	L	M	L	M	H	M	M	H	H	M
PEO - 3	H	H	H	H	H	M	H	M	M	H	H	H	H	M	M
PEO - 4	H	M	M	H	H	H	M	H	H	H	L	M	M	M	H
PEO - 5	M	M	H	H	M	H	M	H	H	H	M	M	H	M	M

H – High Correlation, M – Medium Correlation, L – Low Correlation

PSO – Program Specific Outcomes (PSO)

PSO - 1	<i>Ability to be improve the health of him/herself and others</i>
PSO - 2	<i>Ability to enhance humanity in the society</i>
PSO - 3	<i>Ability to maintain the physical and mental health in a natural way</i>

1. (e) Program Structure: Diploma in Yoga for Human Excellence

Medical Science courses (B)					Professional Core Courses (C)						
Course Code	Course Title	Hours/ Week			C	Course Code	Course Title	Hours/ Week			C
		L	T	P				L	T	P	
19YGBD01T	Yoga for Physical Health	6	0	0	6	19YGCD01T	Yoga for Life Force and Mind	6	0	0	6
Total Learning Credits					6	19YGCD02T	Science of Divinity and Realization of Self	6	0	0	6
						19YGCD03L	Yoga Practices – I	0	0	8	4
						19YGCD04L	Yoga Practices - II	0	0	8	4
						Total Learning Credits					20

Humanities and Social Sciences (H)					
Course Code	Course Title	Hours/ Week			C
		L	T	P	
19YGH01T	Yoga for Sublimation and Social Welfare	6	0	0	6
Total Learning Credits					6

1. (f) Implementation Plan: Diploma in Yoga for Human Excellence

Semester - I					
Code	Course Title	Hours/ Week			C
		L	T	P	
19YGBD01T	Yoga for Physical Health	6	0	0	6
19YGCD01T	Yoga for Life Force and Mind	6	0	0	6
19YGH01T	Yoga for Sublimation and Social Welfare	6	0	0	6
Total Learning Credits					18

Semester - II					
Code	Course Title	Hours/ Week			C
		L	T	P	
19YGCD02T	Science of Divinity and Realization of Self	6	0	0	6
19YGCD03L	Yoga Practices – I	0	0	8	4
19YGCD04L	Yoga Practices - II	0	0	8	4
Total Learning Credits					14

1. (g) Program Articulation: Diploma in Yoga for Human Excellence

Course Code	Course Name	Program Learning Outcomes (PLO)														
		Graduate Attributes											PSO			
		Domain Knowledge	Problem Analysis	Design & Development	Analysis, Design, Research	Modern Tool Usage	Society & Culture	Environment & Sustainability	Ethics	Individual & Team Work	Communication	Project Management	Life Long Learning	PSO - 1	PSO - 2	PSO - 3
19YGBD01T	Yoga for Physical Health	H	H	M	L	L	H	H	M	M	M	H	H	M	M	M
19YGH01T	Yoga for Sublimation and Social Welfare	H	H	M	L	M	H	H	M	M	M	H	H	M	M	M
19YGCD01T	Yoga for Life Force and Mind	H	H	M	L	M	H	H	M	M	M	H	H	M	M	M
19YGCD02T	Science of Divinity and Realization of Self	H	H	M	L	M	H	H	M	M	M	H	H	M	M	M
19YGCD03L	Yoga Practices – I	H	H	M	L	M	H	H	M	M	M	H	H	M	M	M
19YGCD04L	Yoga Practices - II	H	H	M	L	M	H	H	M	M	M	H	H	M	M	M
	Program Average	H	H	M	L	M	H	H	M	M	M	H	H	M	M	M

Course Code	19YGBD01T	Course Name	YOGA OF PHYSICAL HEALTH	Course Category	B	Medical Science			
						L	T	P	C
						4	0	0	4

Pre-requisite Courses	Nil	Co-requisite Courses	Nil	Progressive Courses	Nil
Course Offering Department	Yoga		Data Book / Codes/Standards	Nil	

Course Learning Rationale (CLR):	<i>The purpose of learning this course is to:</i>			Learning			Program Learning Outcomes (PLO)																	
CLR-1 :	<i>Understand the Physical structure</i>			1	2	3	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15			
CLR-2 :	<i>Understand the Functions of physical body</i>			Level of Thinking (Bloom)	Expected Proficiency (%)	Expected Attainment (%)	Domain Knowledge	Problem Analysis	Design & Development	Analysis, Design, Research	Modern Tool Usage	Society & Culture	Environment & Sustainability	Ethics	Individual & Team Work	Communication	Project Management	Life Long Learning	PSO - 1	PSO - 2	PSO - 3			
CLR-3 :	<i>Understand the Rejuvenation of life force</i>						H	H	M	L	L	H	H	M	M	M	H	H	M	M	M	M	M	M
CLR-4 :	<i>Understand the Mind</i>						H	H	M	L	L	H	H	M	M	M	H	H	M	M	M	M	M	M
CLR-5 :	<i>Understand the Meditation</i>						H	H	M	L	L	H	H	M	M	M	H	H	M	M	M	M	M	M
CLR-6 :	<i>Understand the wellness through yoga of physical health</i>						H	H	M	L	L	H	H	M	M	M	H	H	M	M	M	M	M	M
Course Learning Outcomes (CLO):	<i>At the end of this course, learners will be able to:</i>						2	85	75	H	H	M	L	L	H	H	M	M	M	H	H	M	M	M
CLO-1 :	<i>Identify the Physical structure</i>			2	85	75	H	H	M	L	L	H	H	M	M	M	H	H	M	M	M			
CLO-2 :	<i>Identify the Functions of physical body</i>			2	85	75	H	H	M	L	L	H	H	M	M	M	H	H	M	M	M			
CLO-3 :	<i>Identify the Rejuvenation of Life force</i>			2	85	75	H	H	M	L	L	H	H	M	M	M	H	H	M	M	M			
CLO-4 :	<i>Identify the major components of Mind</i>			2	85	75	H	H	M	L	L	H	H	M	M	M	H	H	M	M	M			
CLO-5 :	<i>Identify the major components of Meditation</i>			2	85	75	H	H	M	L	L	H	H	M	M	M	H	H	M	M	M			
CLO-6 :	<i>Know the wellness through yoga of physical health</i>			2	85	75	H	H	M	L	L	H	H	M	M	M	H	H	M	M	M			

Duration (hour)	12		12		12		12		12	
S-1	SLO-1	<i>Purpose of life</i>	<i>Functions of physical body</i>	<i>Rejuvenation of life-force</i>	<i>Mind</i>	<i>Meditation</i>				
	SLO-2	<i>Disease free life</i>	<i>Three circulations</i>	<i>Philosophy of Life</i>	<i>Bio-magnetic wave</i>	<i>Benefits of meditation</i>				
S-2	SLO-1	<i>Myself, society</i>	<i>Disease, pain and death - causes for disease.</i>	<i>Need</i>	<i>Law of attraction</i>	<i>Yama</i>				
	SLO-2	<i>Nature</i>	<i>Climatic change</i>	<i>Hunger, Thirst</i>	<i>Imprinting and magnifying</i>	<i>Niyama</i>				
S-3	SLO-1	<i>Sin is the result of birth</i>	<i>Genetic modification</i>	<i>Climatic variations</i>	<i>Eight essential factors of living Beings</i>	<i>Asana</i>				
	SLO-2	<i>Human body- the Temple</i>	<i>Planetary radiations</i>	<i>Excretory system</i>	<i>Saptha Dhathus</i>	<i>Pranayama</i>				
S-4	SLO-1	<i>Yoga for life</i>	<i>Lack of immunity</i>	<i>Protection</i>	<i>Soul</i>	<i>kundalini Explanation</i>				
	SLO-2	<i>Modern life style</i>	<i>Limit and method in five aspects</i>	<i>Morality, duty, Charity</i>	<i>Life energy</i>	<i>Simplified Kundalini Yoga</i>				
S-5	SLO-1	<i>Scientific innovations</i>	<i>Food, work, sleep, sensual pleasure and thought</i>	<i>Virtues</i>	<i>Life-force particles</i>	<i>Kundalini energy</i>				
	SLO-2	<i>Robotic life</i>	<i>Importance of physical exercises</i>	<i>Faith, Understanding, Perfection</i>	<i>Bio magnetic force</i>	<i>Greatness of guru</i>				
S-6	SLO-1	<i>Competitive world</i>	<i>Simplified Physical Exercises - Rules and regulations.</i>	<i>Knowledge Vayu</i>	<i>Wisdom</i>	<i>Chakras</i>				
	SLO-2	<i>Mental illness</i>	<i>Food and Medicine</i>	<i>Physical Body</i>	<i>Nadis</i>	<i>Types of chakras and functions</i>				
S-7	SLO-1	<i>Importance of physical health</i>	<i>Yogic food habits</i>	<i>Sexual Vital fluid</i>	<i>Divinity</i>	<i>Endocrine glands</i>				

	SLO-2	Physical structure	Natural food	Life force	Mental Frequency	Types of meditation
S-8	SLO-1	Combination of five elements	Naturopathy	Bio magnetism	Functions of mind	Agna meditation Explanation
	SLO-2	Panchaboothas	Food and Medicine	Antiaging	Five layers	Agna meditation Benefits
S-9	SLO-1	Three forms of body	Yogic food habits	Postponing Death	Anamayakosha, Pranamaya kosha, Manamaya Kosha	Shanthy meditation Explanation
	SLO-2	Physical body	Natural food	Kayakalpa practical Benefits	Vignayanamaya kosha and Anandamaya Kosha	Shanthy meditation Benefits
S-10	SLO-1	Astral Body	Naturopathy	Sex and spirituality	Ten stages of mind	Spinal cord Breathing Benefits
	SLO-2	Causal Body	Allopathic Medicine	Value of Sexual Vital fluid	Benefits of meditation	Auto suggestions
S-11	SLO-1	Blood circulation system	Ayurveda	Married life	Habitual imprints	Thuriam meditation Explanation
	SLO-2	Respiratory system	Unani	Chastity	Understandable imprints	Thuriam meditation Benefits
S-12	SLO-1	Nervous system	Homeopathy	Functional Relationships of body	Importance of meditation	Thuriyatheetham meditation Explanation
	SLO-2	Digesting system	Energy lose through senses	Life-force and Mind	Benefits of meditation.	Thuriyatheetham meditation Benefits.

Learning Resources	1. Yogic Life	- VISION, Vethathiri Publications.	4. Medicine and Health	- Dr.Mathuram Sekar, Narmadha Publications
	2. Yoga for Modern age	- Vethathiri Publications.	5. Simplified Physical Exercises	- Vethathiri Publications.
	3. Mind	- Vethathiri Publications.	6. Yogasanas	- Vethathiri Publications.

Learning Assessment											
	Bloom's Level of Thinking	Continuous Learning Assessment (50% weightage)								Final Examination (50% weightage)	
		CLA – 1 (10%)		CLA – 2 (15%)		CLA – 3 (15%)		CLA – 4 (10%)#		Theory	Practice
		Theory	Practice	Theory	Practice	Theory	Practice	Theory	Practice		
Level 1	Remember Understand	20%	20%	15%	15%	15%	15%	15%	15%	15%	15%
Level 2	Apply Analyze	20%	20%	20%	20%	20%	20%	20%	20%	20%	20%
Level 3	Evaluate Create	10%	10%	15%	15%	15%	15%	15%	15%	15%	15%
	Total	100 %		100 %		100 %		100 %		100 %	

CLA – 4 can be from any combination of these: Assignments, Seminars, Tech Talks, Mini-Projects, Case-Studies, Self-Study, MOOCs, Certifications, Conf. Paper etc.,

Course Designers		
Experts from Industry	Experts from Higher Technical Institutions	Internal Experts
1. Dr. Kalavathi, Chennai Temple of Consciousness, kvseksiva@gmail.com	1. Dr. K. Venkatachalapathy, Annamalai University, kvpathy@gmail.com	1. Dr. V. Nithyanathan, SRMIST
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Course Code	19YGCD01L	Course Name	YOGA FOR LIFE FORCE AND MIND	Course Category	C	Professional Core			
						L	T	P	C
						4	0	0	4

Pre-requisite Courses	Nil	Co-requisite Courses	Nil	Progressive Courses	Nil
Course Offering Department	Yoga		Data Book / Codes/Standards	Nil	

Course Learning Rationale (CLR):	<i>The purpose of learning this course is to:</i>			Learning			Program Learning Outcomes (PLO)																	
CLR-1 :	<i>Understand about Special Meditation</i>			1	2	3	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15			
CLR-2 :	<i>Understand about Bio Magnetism</i>			Level of Thinking (Bloom)	Expected Proficiency (%)	Expected Attainment (%)	Domain Knowledge	Problem Analysis	Design & Development	Analysis, Design, Research	Modern Tool Usage	Society & Culture	Environment & Sustainability	Ethics	Individual & Team Work	Communication	Project Management	Life Long Learning	PSO - 1	PSO - 2	PSO - 3			
CLR-3 :	<i>Understand about Cultural Education</i>						H	H	M	L	L	H	H	M	M	M	M	H	H	M	M	M	M	M
CLR-4 :	<i>Understand about Science and Spirituality</i>						H	H	M	L	L	H	H	M	M	M	M	H	H	M	M	M	M	M
CLR-5 :	<i>Understand about Social outlook</i>						H	H	M	L	L	H	H	M	M	M	M	H	H	M	M	M	M	M
CLR-6 :	<i>Understand about Life-force and Mind</i>						H	H	M	L	L	H	H	M	M	M	M	H	H	M	M	M	M	M

Course Learning Outcomes (CLO):	<i>At the end of this course, learners will be able to:</i>			2	85	75
CLO-1 :	<i>Know about Special Meditation</i>			2	85	75
CLO-2 :	<i>Know about Bio Magnetism</i>			2	85	75
CLO-3 :	<i>Know about Cultural Education</i>			2	85	75
CLO-4 :	<i>Know about Science and Spirituality</i>			2	85	75
CLO-5 :	<i>Know about Social outlook</i>			2	85	75
CLO-6 :	<i>Know about Life-force and Mind</i>			2	85	75

Duration (hour)	12		12		12		12		12	
S-1	SLO-1	<i>Panchendria meditation</i>	<i>Magnetic body</i>	<i>Cultural education</i>	<i>Science and spirituality</i>	<i>Social outlook</i>				
	SLO-2	<i>Practice on skin</i>	<i>Bio-magnetism</i>	<i>Protection of the natural resources</i>	<i>Development of science</i>	<i>Economic justice</i>				
S-2	SLO-1	<i>Practice on tongue</i>	<i>Psychic extension of life-force</i>	<i>Pollution free environment</i>	<i>From stone age</i>	<i>Sharing of work</i>				
	SLO-2	<i>Practice on nose</i>	<i>Mind</i>	<i>Adverse impact of pollution</i>	<i>To computer age</i>	<i>Globalizations of food</i>				
S-3	SLO-1	<i>Practice on eyes</i>	<i>Five physical transformation of magnetism</i>	<i>Solutions for Pollution</i>	<i>Merits of scientific development</i>	<i>Globalizations of water</i>				
	SLO-2	<i>Practice on ears</i>	<i>Pressure</i>	<i>Tree plantation</i>	<i>Demerits of scientific development</i>	<i>Linking of rivers</i>				
S-4	SLO-1	<i>Panchendria meditation - benefits</i>	<i>Sound</i>	<i>Protection of the environment</i>	<i>Development of spiritualism -stone age</i>	<i>Living by virtue</i>				
	SLO-2	<i>Pancha bhootha navagraha meditation</i>	<i>Light</i>	<i>Value education</i>	<i>Development of spiritualism - computer age</i>	<i>Following the guidelines</i>				
S-5	SLO-1	<i>Meditation - practice on earth</i>	<i>Taste</i>	<i>Not being boastful, no ego</i>	<i>Development in society</i>	<i>Following the guidelines of Wiseman</i>				
	SLO-2	<i>Meditation - practice on water</i>	<i>Smell</i>	<i>No vanity, no selfishness</i>	<i>Development in education</i>	<i>Suruthi</i>				
S-6	SLO-1	<i>Meditation - practice on fire</i>	<i>Production of bio-magnetism</i>	<i>Self control, consistent effort</i>	<i>Development in prosperity</i>	<i>Yukthi</i>				

	SLO-2	Meditation - practice on air	Consumption of bio-magnetism	Peace, honesty	Development in wisdom	Anubhavam
S-7	SLO-1	Meditation - practice on energy particles	Stock of bio-magnetism in human body	Truth, respecting others	Development in health	Virtue's experience
	SLO-2	Meditation practice on sun, mercury	Enhancement of bio-magnetism	No feeling of jealousy	Development in life span	Belief on virtues
S-8	SLO-1	Meditation practice on Venus, moon	Lamp gazing practice	Avoiding unnecessary expectation from others	Development in astronomy	Understanding of virtues
	SLO-2	Meditation practice on mars, Jupiter, Saturn	Lamp gazing practice rules	Seeing goodness in everything,	Development in Medicinal field	Enlightment
S-9	SLO-1	Meditation practice on Rahu and Kethu - benefits	Lamp gazing practice benefits	Sincerity, clarity, courage	Development in production of commodities	Sublimation
	SLO-2	Nine centre meditation	Bio-magnetism in human body	House-keeping, time management	Development in agriculture	Introspection
S-10	SLO-1	Mooladhara, swadhistana, manipuraga	Understanding of mental prosperity	Good government - greatness of democracy	Development in textile	Analysis of cause of thought
	SLO-2	Anagatham, vishuthi, agna, thuriya,	Developing good characters	Public responsibility in selecting the government heads	Development in infra structure	Cultivating desires
S-11	SLO-1	Universe and absolute space - benefits	Mirror gazing practice	Educational system for public administration - spiritual education	Development in transportation	Avoiding anger
	SLO-2	Nithyananda meditation	Mirror gazing Rules	Value of selfless service - service mentality	Ritual development of mankind	Following divine justice
S-12	SLO-1	Nithyananda meditation - benefits	Mirror gazing Benefits	Fundamental for spiritual development	Merits of spiritual development	Respect for nature
	SLO-2	Divine meditation.	Passes for curing diseases	Service through body and mind	Demerits spiritual development	Respect for oneself

Learning Resources	1. Mental Prosperity and Human Excellence - VISION, Vethathiri Publications	4. World Peace Plan- Vethathiri Publications
	2. Mind - Vethathiri Publications	
	3. Vethathirium- Vethathiri Publications	

Learning Assessment											
	Bloom's Level of Thinking	Continuous Learning Assessment (50% weightage)								Final Examination (50% weightage)	
		CLA – 1 (10%)		CLA – 2 (15%)		CLA – 3 (15%)		CLA – 4 (10%)#		Theory	Practice
		Theory	Practice	Theory	Practice	Theory	Practice	Theory	Practice		
Level 1	Remember	20%	20%	15%	15%	15%	15%	15%	15%	15%	15%
	Understand										
Level 2	Apply	20%	20%	20%	20%	20%	20%	20%	20%	20%	20%
	Analyze										
Level 3	Evaluate	10%	10%	15%	15%	15%	15%	15%	15%	15%	15%
	Create										
	Total	100 %		100 %		100 %		100 %		100 %	

CLA – 4 can be from any combination of these: Assignments, Seminars, Tech Talks, Mini-Projects, Case-Studies, Self-Study, MOOCs, Certifications, Conf. Paper etc.,

Course Designers		
Experts from Industry	Experts from Higher Technical Institutions	Internal Experts
1. Dr. TKS. Sekhar, MVKM Trust, calmsekhar@gmail.com	1. Dr. K. Venkatachalapathy, Annamalai University, kvpathy@gmail.com	1. Dr. V. Nithyanathan, SRMIST
2. Mrs. R. Piramukutty, World Community Service Centre, piramukutty.gdvmvkm@gmail.com	2. Dr. S. Selvalakshmi, Tamil Nadu Physical Education & Sports University, selvishakthi1212@yahoo.co.in	2. Dr. R. Subramanian, SRMIST

Course Code	19YGH01T	Course Name	YOGA FOR SUBLIMATION AND SOCIAL WELFARE	Course Category	H	Humanities and Social Sciences			
						L	T	P	C
						4	0	0	4

Pre-requisite Courses	Nil	Co-requisite Courses	Nil	Progressive Courses	Nil
Course Offering Department	Yoga	Data Book / Codes/Standards		Nil	

Course Learning Rationale (CLR):		Learning			Program Learning Outcomes (PLO)																
<i>The purpose of learning this course is to:</i>		1	2	3	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15		
CLR-1:	Understand about Introspection	Level of Thinking (Bloom)	Expected Proficiency (%)	Expected Attainment (%)	Domain Knowledge	Problem Analysis	Design & Development	Analysis, Design, Research	Modern Tool Usage	Society & Culture	Environment & Sustainability	Ethics	Individual & Team Work	Communication	Project Management	Life Long Learning	PSO - 1	PSO - 2	PSO - 3		
CLR-2:	Understand about Desire and Anger				H	H	M	L	L	H	H	M	M	M	M	M	H	H	M	M	M
CLR-3:	Understand about Harmonious Friendship				H	H	M	L	L	H	H	M	M	M	M	M	H	H	M	M	M
CLR-4:	Understand about Social Welfare				H	H	M	L	L	H	H	M	M	M	M	M	H	H	M	M	M
CLR-5:	Understand about Divine Science				H	H	M	L	L	H	H	M	M	M	M	M	H	H	M	M	M
CLR-6:	Understand about self Mastery				H	H	M	L	L	H	H	M	M	M	M	M	H	H	M	M	M
Course Learning Outcomes (CLO):		<i>At the end of this course, learners will be able to:</i>																			
CLO-1:	Know about Introspection	2	85	75																	
CLO-2:	Know about Desire and Anger	2	85	75																	
CLO-3:	Know about Harmonious Friendship	2	85	75																	
CLO-4:	Know about Social Welfare	2	85	75																	
CLO-5:	Know about Divine Science	2	85	75																	
CLO-6:	Know about self Mastery	2	85	75																	

Duration (hour)	12		12		12		12		12	
S-1	SLO-1	Introspection	Desire and Anger	Harmonious Friendship	Social Welfare	Divine Science				
	SLO-2	Philosophy of Life	Moralization of desire	Eradication of worries	Five kinds of duties	Divine state				
S-2	SLO-1	Elimination of ego	Desire - 3 types of desires	Root causes of worries	Importance of duty	Four qualities of Divine state				
	SLO-2	Analysis of Thought	Greed	Four types of Worries	Duties to Self	Three potentials of Divinity				
S-3	SLO-1	Mind and thought	six bad temperaments	Evil effects of worry	Duties to family	Transformation of universe				
	SLO-2	Greatness of thought	Reasons for desire	Solutions to the problems	Duties to relatives	Universal magnetism				
S-4	SLO-1	Causes for thought	Valuable desires	Practice for eradication of worries	Duties to society	Transformation of living beings				
	SLO-2	Positive thoughts.	Detached attachments	Worksheet	Duties to world	Bio-magnetism				
S-5	SLO-1	Practice for analysis of thoughts	Contentment	Benefits of Blessing	Fivefold culture	Purification of genetic centre				
	SLO-2	Worksheet	Practice for moralization of desires	Wave function	Earning through self effort	Love and compassion				
S-6	SLO-1	Causes for Conflict in relationship	Worksheet	Greatness of blessing	Not inflicting pain to others	Tolerance				

	SLO-2	Seven difference between individual	Neutralization of anger	Method of blessing	Non-killing	Penum
S-7	SLO-1	Physical Structure	Anger	Divine protection	Respecting others freedom	Almighty force
	SLO-2	Character	Root causes for anger	Auto suggestion	Charity	Consciousness
S-8	SLO-1	Intellectual Development	Evil effects of anger	Family peace	Two fold culture	Time
	SLO-2	Reputation	Anger a chain of reactions	Family	Greatness of Women	Transformation of Gravity in to Universe
S-9	SLO-1	Physical Strength	Tolerance	Causes for conflict in family	Feminine	Kinematic Quivering
	SLO-2	Health	Greatness of forgiveness	Need	Motherhood	Sexual relationship
S-10	SLO-1	Material prosperity	Practice for neutralization of anger	Quantity	Divinity	Friendship between husband and wife
	SLO-2	Reasons for uniqueness	worksheet	Quality and time	Sacrifice	War
S-11	SLO-1	Heredity, food, Era, Nation	Wellness in relationship	Solutions	Detachment	Economic loss and human loss caused by war
	SLO-2	Education, Occupation, Government, Art	Ego, ingratitude	Tolerance	Wife appreciation day	World brotherhood
S-12	SLO-1	Effort, Age, Companionship, opportunity	Tendency to grab others property, Narrow mindedness	Adjustment and sacrifice	World peace through Individual Peace	World without war
	SLO-2	Research, Habits, Customs, Virtuous behavior	Lack of Respect for other feelings	Economic Imbalance	One world federal government.	Fundamental Magnetism

Learning Resources	1. Yoga for Modern Age part -1, 2&3 - Vethathiri Publications	2. Arularuvi Part -1	- Vethathiri Publications
		3. Unified Force	- Vethathiri Publications

Learning Assessment											
	Bloom's Level of Thinking	Continuous Learning Assessment (50% weightage)								Final Examination (50% weightage)	
		CLA – 1 (10%)		CLA – 2 (15%)		CLA – 3 (15%)		CLA – 4 (10%)#		Theory	Practice
		Theory	Practice	Theory	Practice	Theory	Practice	Theory	Practice		
Level 1	Remember Understand	20%	20%	15%	15%	15%	15%	15%	15%	15%	15%
Level 2	Apply Analyze	20%	20%	20%	20%	20%	20%	20%	20%	20%	20%
Level 3	Evaluate Create	10%	10%	15%	15%	15%	15%	15%	15%	15%	15%
	Total	100 %		100 %		100 %		100 %		100 %	

CLA – 4 can be from any combination of these: Assignments, Seminars, Tech Talks, Mini-Projects, Case-Studies, Self-Study, MOOCs, Certifications, Conf. Paper etc.,

Course Designers		
Experts from Industry	Experts from Higher Technical Institutions	Internal Experts
1. Dr. TKS. Sekhar, MVKM Trust, calmsekhar@gmail.com	1. Dr. K. Venkatachalapathy, Annamalai University, kvpathy@gmail.com	1. Dr. V. Nithyanathan, SRMIST
2. Mrs. R. Piramukutty, World Community Service Centre, piramukutty.gdvvmkm@gmail.com	2. Dr. S. Selvalakshmi, Tamil Nadu Physical Education & Sports University, selvishakthi1212@yahoo.co.in	2. Dr. R. Subramanian, SRMIST

Course Code	19YGCD02T	Course Name	SCIENCE OF DIVINITY AND REALIZATION OF SELF	Course Category	C	Professional Core			
						L	T	P	C
						4	0	0	4

Pre-requisite Courses	Nil	Co-requisite Courses	Nil	Progressive Courses	Nil
Course Offering Department	Yoga		Data Book / Codes/Standards	Nil	

Course Learning Rationale (CLR):	<i>The purpose of learning this course is to:</i>			Program Learning Outcomes (PLO)																	
CLR-1 :	<i>Understand about Absolute Space as Almighty</i>			Learning																	
CLR-2 :	<i>Understand about Transformation of Universe</i>			1	2	3															
CLR-3 :	<i>Understand about Transformation of Living Beings</i>			Level of Thinking (Bloom)	Expected Proficiency (%)	Expected Attainment (%)	Program Learning Outcomes (PLO)														
CLR-4 :	<i>Understand about Genetic Centre</i>																				
CLR-5 :	<i>Understand about Perfection in Consciousness</i>																				
CLR-6 :	<i>Understand about Science of Divinity and Realization of Self</i>																				
Course Learning Outcomes (CLO):	<i>At the end of this course, learners will be able to:</i>																				
CLO-1 :	<i>Know about Absolute Space as Almighty</i>						2	85	75												
CLO-2 :	<i>Know about Transformation of Universe</i>			2	85	75															
CLO-3 :	<i>Know about Transformation of Living Beings</i>			2	85	75															
CLO-4 :	<i>Know about Genetic Centre</i>			2	85	75															
CLO-5 :	<i>Know about Perfection in Consciousness</i>			2	85	75															
CLO-6 :	<i>Know about Science of Divinity and Realization of Self</i>			2	85	75															

Duration (hour)	12		12		12		12		21	
S-1	SLO-1	<i>One Origin</i>	<i>Formation of five physical elements (Panchaboothas)</i>	<i>Evolution of Living Being</i>	<i>Genetic Centre</i>	<i>Perfection in Consciousness</i>				
	SLO-2	<i>Various concepts of Almighty</i>	<i>Absolute space Dust particle</i>	<i>History of living beings</i>	<i>Structure - Function</i>	<i>Who am I? Self realization</i>				
S-2	SLO-1	<i>Common Truth Effects of Magnetism</i>	<i>Self compressive force Magnetism</i>	<i>One sense plants to five sense animals</i>	<i>Compressing as imprint</i>	<i>God realization</i>				
	SLO-2	<i>One Almighty is absolute space</i>	<i>Kinetic quivering</i>	<i>Five sensory organs and working organs</i>	<i>Expanding as thought</i>	<i>Object, energy particle, dust particle and space</i>				
S-3	SLO-1	<i>Absolute space</i>	<i>Fundamental energy particles (Akash)</i>	<i>Evolution of mankind</i>	<i>Sanjiitha Karma</i>	<i>Divinity of man</i>				
	SLO-2	<i>Divine State</i>	<i>Element</i>	<i>Greatness of Sixth sense</i>	<i>Praraptha Karma</i>	<i>Consciousness is Almighty</i>				
S-4	SLO-1	<i>Four qualities of Divine state</i>	<i>Five physical elements</i>	<i>Consciousness in living beings</i>	<i>Akamiya karma.</i>	<i>Consciousness in man</i>				
	SLO-2	<i>Plenum</i>	<i>Repulsive force</i>	<i>Cognition</i>	<i>New linguistic programming</i>	<i>Consciousness in Divinity. Function of Divine consciousness</i>				
S-5	SLO-1	<i>Force</i>	<i>Universal Magnetism</i>	<i>Experience</i>	<i>Brain and Body as integral parts</i>	<i>Cause and Effect system</i>				
	SLO-2	<i>Consciousness</i>	<i>Electricity</i>	<i>Discrimination.</i>	<i>Unconscious incompetence</i>	<i>Law of nature</i>				

S-6	SLO-1	Time	Chemical	Bio magnetism	Conscious incompetence	Awareness
	SLO-2	Three potentials of Space	Consciousness in non living things	Specific Gravity Principle	Conscious competence	Pleasure and pain
S-7	SLO-1	Transformation	Five transformations	Bio magnetism Production	Unconscious competence	Destiny and wisdom
	SLO-2	Mutation	Pattern	Source of Bio Magnetism	Visual mode	Thoughts, word and deed Nishkamya Karma
S-8	SLO-1	Cause and effect.	Precision	Food and Water	Auditory model	Karma yoga
	SLO-2	Transformation of magnetism	Regularity	Air and Cosmic radiations	Kinesthetic mode	Duty consciousness
S-9	SLO-1	Transformation of Absolute space as universe	Perception (mind). Astronomy	Radiation of Planets	Purification of Genetic centre	Thankfulness
	SLO-2	Transformation of Absolute space as living beings	Various concepts about Evolution of Universe	Atomic Function from Centre of Earth	Contamination of genetic	10 principles of Karma yoga
S-10	SLO-1	Almighty is one God	Evolution of Planets, Stars	Expenditure and stock	Centre - sinful imprints	Love and Compassion
	SLO-2	Absolute space as Almighty	Evolution of Galaxies and Universe	Feelings	Methods of clearing imprints	Protection and maintenance
S-11	SLO-1	Who am I ?	Maintenance of distance between planets	Pleasure	Expiation, super imposition and dissolution	Service to Humanity
	SLO-2	World without war	Relation between planets and living beings	Pain	Life before birth and Life after death.	Perfection of Consciousness.
S-12	SLO-1	World peace	Impact of magnetic waves from planets on non living things and living beings	Peace	Why differ in man? 7 values	Concept and practice of Divine meditation
	SLO-2	Transformation	Connection of genetic centre and universal magnetism.	Ecstasy	14 Differences	Overview of transformation of Divinity.

Learning Resources	1. Science of Divinity and Realization of self - VISION, Vethathiri Publication	4. Universal Magnetism - Vethathiri Publications
	2. Unified Force - Vethathiri Publications	5. Bio-magnetism - Vethathiri Publications
	3. History of the Universe and living beings - Vethathiri Publications	6. Karma Yoga - Vethathiri Publications

Learning Assessment											
	Bloom's Level of Thinking	Continuous Learning Assessment (50% weightage)								Final Examination (50% weightage)	
		CLA – 1 (10%)		CLA – 2 (15%)		CLA – 3 (15%)		CLA – 4 (10%)#		Theory	Practice
		Theory	Practice	Theory	Practice	Theory	Practice	Theory	Practice		
Level 1	Remember	20%	20%	15%	15%	15%	15%	15%	15%	15%	15%
	Understand										
Level 2	Apply	20%	20%	20%	20%	20%	20%	20%	20%	20%	20%
	Analyze										
Level 3	Evaluate	10%	10%	15%	15%	15%	15%	15%	15%	15%	15%
	Create										
	Total	100 %		100 %		100 %		100 %		100 %	

CLA – 4 can be from any combination of these: Assignments, Seminars, Tech Talks, Mini-Projects, Case-Studies, Self-Study, MOOCs, Certifications, Conf. Paper etc.,

Course Designers		
Experts from Industry	Experts from Higher Technical Institutions	Internal Experts
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2. Mrs. R. Piramukutty, World Community Service Centre, piramukutty.gdvvmkm@gmail.com | 2. Dr. S. Selvalakshmi, Tamil Nadu Physical Education & Sports University, selvishakthi1212@yahoo.co.in | 2. Dr. R. Subramaniyan, SRMIST

Course Code	19YGCD03L	Course Name	YOGA PRACTICES – I	Course Category	C	Professional Core			
						L	T	P	C
						0	0	4	2

Pre-requisite Courses	Nil	Co-requisite Courses	Nil	Progressive Courses	Nil
Course Offering Department	Yoga	Data Book / Codes/Standards	Nil		

Course Learning Rationale (CLR):	The purpose of learning this course is to:		
CLR-1 :	Understand about Simplified Physical Exercises		
CLR-2 :	Understand about Kaya Kalpa Exercise		
CLR-3 :	Understand about Meditation		
CLR-4 :	Understand about Yogasanas		
CLR-5 :	Understand about Pranayama		
CLR-6 :	Understand about Yoga Practices		
Course Learning Outcomes (CLO):	At the end of this course, learners will be able to:		
CLO-1 :	Know about Simplified Physical Exercises		
CLO-2 :	Know about Kaya Kalpa Exercise		
CLO-3 :	Know about Meditation		
CLO-4 :	Know about Yogasanas		
CLO-5 :	Know about Pranayama		
CLO-6 :	Know about Yoga Practices		

Learning			Program Learning Outcomes (PLO)														
1	2	3	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Level of Thinking (Bloom)	Expected Proficiency (%)	Expected Attainment (%)	Domain Knowledge	Problem Analysis	Design & Development	Analysis, Design, Research	Modern Tool Usage	Society & Culture	Environment & Sustainability	Ethics	Individual & Team Work	Communication	Project Management	Life Long Learning	PSO - 1	PSO - 2	PSO - 3
H	H	M	H	H	M	L	L	H	H	M	M	M	H	H	M	M	M
H	H	M	L	L	H	H	M	M	M	H	H	M	M	M	M	M	M
H	H	M	L	L	H	H	M	M	M	H	H	M	M	M	M	M	M
H	H	M	L	L	H	H	M	M	M	H	H	M	M	M	M	M	M
H	H	M	L	L	H	H	M	M	M	H	H	M	M	M	M	M	M

Duration (hour)	21		21		21		21		21	
S-1	SLO-1	Physical exercises practice	Kaya Kalpa exercise	Meditation	Surya Namaskar	Abdominal Breathing				
	SLO-2	General Instructions for Physical Exercise	Definition of Kaya Kalpa	Four types of Mind Waves	Thadasana	Thoracic Breathing				
S-2	SLO-1	Three Types of Posture practices	Aswini Mudhra	Alpha	Padahasthasana	Clavicle Breathing				
	SLO-2	Ultimate Limbs training workout	Moola Bandha	Beta	Chakrasana	Full Yogic Breathing				
S-3	SLO-1	Hand exercises	Ojas Breath.	Delta	Virushasana	Practices of Nadisudhi				
	SLO-2	Stages of Hand Exercise	Meditation for streamlining the mind	Theta	Natarajasana	Benefits of Nadisudhi				
S-4	SLO-1	Benefits of Hand Exercise	Concept of Kaya Kalpa exercise for longevity	EEG	Ardhakadi chakrasana	Practices of Ujjai				
	SLO-2	Leg exercises	Greatness of life force	ECG	Uttithapadasana	Benefits of Ujjai				
S-5	SLO-1	Hyper Oxygenation practice	Sexual vital fluid	Spinal Clearance	Viparithakarani	Practices of Seethali				
	SLO-2	Breathing exercises	Life force	Procedure of spinal Clearance	Matsyeasana	Benefits of Seethali				

S-6	SLO-1	Different Postures of Breathing Exercise	Bio-magnetism	Eye brow centre meditation	Sethubandhasana	Practices of Seetkari
	SLO-2	Activation of Neuro Muscular Breathing System	Mind	Procedure of Eye brow centre meditation	Balasanasana	Benefits of Seetkari
S-7	SLO-1	Benefits of Breathing Exercise	Anti ageing process	Benefits of Eye brow Centre meditation	Bhujasanasana	Practices of Sadantha
	SLO-2	Eye fitness practice	Postponing the old age	Genetic Centre meditation	Shasanasana	Benefits of Sadantha
S-8	SLO-1	Kapalapathi	Benefits of Kaya Kalpa	Procedure of Centre meditation	Instant Relaxation Technique	Practices of Brammari
	SLO-2	Don'ts and Do's of Kapalapathi	Biological changes in human body	Benefits of Genetic Centre meditation	Vajasana	Benefits of Brammari
S-9	SLO-1	Spinal suppleness practice	Natural urge	Biological changes in Genetic Centre	Padmasana	Practices of Kapalapathi
	SLO-2	Makarasana Procedure	Married life	Crown Centre meditation	Sitting relaxation	Benefits of Kapalapathi
S-10	SLO-1	Body massage	Control on Food	Procedure of Crown Centre meditation	Sukasana	Practices of Bhastrika
	SLO-2	Benefits of Body Massage	Control on Physical Activity	Benefits of Crown Centre meditation	Yoga Mudra	Benefits of Bhastrika
S-11	SLO-1	Bio magnetic charging of Viscera	Control on Sexual Activity	Effect of Meditation on Dasa Vayu	Maha mudra	Practices of Anuloma viloma
	SLO-2	Acupressure	Control on Thoughts	Effect of Meditation on Dasa Nadi	Ustrasana	Benefits of Anuloma viloma
S-12	SLO-1	Benefits of Acupressure	Control on Sleep	Effect of Meditation on Varma Points	Vakkarasana	Practices of Plavani
	SLO-2	Relaxation technique.	Saptha Dhathus	Effect of Meditation on Physiological functions	Savasana	Benefits of Plavani

Learning Resources	1. Vethathiri Maharishi, Simplified Physical Exercises, 44 th ed., Vethathiri Publications, 2015	3. Vethathiri Maharishi, Kayakalpa Exercise Book, 72 nd ed., Vethathiri Publication, 2016
	2. Vethathiri Maharishi, Yoga for Modern Age, 19 th ed., Vethathiri Publications 2015	

Learning Assessment											
	Bloom's Level of Thinking	Continuous Learning Assessment (50% weightage)								Final Examination (50% weightage)	
		CLA – 1 (10%)		CLA – 2 (15%)		CLA – 3 (15%)		CLA – 4 (10%)#			
		Theory	Practice	Theory	Practice	Theory	Practice	Theory	Practice	Theory	Practice
Level 1	Remember	-	40%	-	30%	-	30%	-	30%	-	30%
	Understand										
Level 2	Apply	-	40%	-	40%	-	40%	-	40%	-	40%
	Analyze										
Level 3	Evaluate	-	20%	-	30%	-	30%	-	30%	-	30%
	Create										
	Total	100 %		100 %		100 %		100 %		100 %	

CLA – 4 can be from any combination of these: Assignments, Seminars, Tech Talks, Mini-Projects, Case-Studies, Self-Study, MOOCs, Certifications, Conf. Paper etc.,

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Course Code	19YGCD04L	Course Name	YOGA PRACTICES – II	Course Category	C	Professional Core			
						L	T	P	C
						0	0	4	2

Pre-requisite Courses	Nil	Co-requisite Courses	Nil	Progressive Courses	Nil
Course Offering Department	Yoga	Data Book / Codes/Standards	Nil		

Course Learning Rationale (CLR):	<i>The purpose of learning this course is to:</i>			Program Learning Outcomes (PLO)																					
CLR-1 :	<i>Understand about Special Meditation</i>			Learning	1	2	3	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15			
CLR-2 :	<i>Understand about Practices For Intensifying Bio-Magnetism</i>			Level of Thinking (Bloom) Expected Proficiency (%) Expected Attainment (%)	2	85	75	Domain Knowledge	H	H	M	L	L	H	H	M	M	M	H	H	M	M	M		
CLR-3 :	<i>Understand about Asana</i>							Problem Analysis	H	H	M	L	L	H	H	M	M	M	H	H	M	M	M	M	M
CLR-4 :	<i>Understand about Mudra and Bandha</i>							Design & Development	H	H	M	L	L	H	H	M	M	M	H	H	M	M	M	M	M
CLR-5 :	<i>Understand about Special Asana</i>							Analysis, Design, Research	H	H	M	L	L	H	H	M	M	M	H	H	M	M	M	M	M
CLR-6 :	<i>Understand about Yoga Therapy</i>							Modern Tool Usage	H	H	M	L	L	H	H	M	M	M	H	H	M	M	M	M	M
								Society & Culture	H	H	M	L	L	H	H	M	M	M	H	H	M	M	M	M	M
Course Learning Outcomes (CLO):	<i>At the end of this course, learners will be able to:</i>			Environment & Sustainability	2	85	75	Ethics	H	H	M	L	L	H	H	M	M	M	H	H	M	M	M		
CLO-1 :	<i>Know about Special Meditation</i>			Individual & Team Work	2	85	75	Communication	H	H	M	L	L	H	H	M	M	M	H	H	M	M	M		
CLO-2 :	<i>Know about Practices For Intensifying Bio-Magnetism</i>			Project Management	2	85	75	Life Long Learning	H	H	M	L	L	H	H	M	M	M	H	H	M	M	M		
CLO-3 :	<i>Know about Asana</i>			PSO - 1	2	85	75	PSO - 2	H	H	M	L	L	H	H	M	M	M	H	H	M	M	M		
CLO-4 :	<i>Know about Mudra and Bandha</i>			PSO - 3	2	85	75		H	H	M	L	L	H	H	M	M	M	H	H	M	M	M		
CLO-5 :	<i>Know about Special Asana</i>				2	85	75		H	H	M	L	L	H	H	M	M	M	H	H	M	M	M		
CLO-6 :	<i>Know about Yoga Therapy</i>				2	85	75		H	H	M	L	L	H	H	M	M	M	H	H	M	M	M		

Duration (hour)	12		12		12		12		12	
S-1	SLO-1	Five perception centers meditation (Panchendriya Meditation)	Intensifying Bio-Magnetism	Warm Up Exercises	Mudras	Yoga Therapy				
	SLO-2	Feel Perception	Lamp gazing Procedure	Utkadasana	Gnana Mudra (Chin Mudra)	Shat Kriyas				
S-2	SLO-1	Taste Perception	Pre Practices	Trikonasana	Vaayu Mudra	Neti				
	SLO-2	Smell Perception	Lamp selection	Thandasana	Sonya Mudra	Benefits of Neti				
S-3	SLO-1	Visual Perception	Oil for Lamp gazing practice	Standing Relaxation	Prthvi Mudra	Dhouthi				
	SLO-2	Hearing Perception	Lamp gazing practice	Janusirasasana	Surya mudra	Benefits of Dhouthi				
S-4	SLO-1	Five perception centers meditation Benefits	Imagination during practice	Pachimothasana	Prana Mudra	Nauli				
	SLO-2	Five perception centers meditation relation to Pancha Bhoothas	Post Practices	Komugasana	Abana Mudra	Benefits of Nauli				
S-5	SLO-1	Pancha Bhootha Navagraha Meditation	Lamp gazing Benefits	Shalabhasana	Abana Vayu Mudra	Basti				
	SLO-2	Earth, Water, Fire, Air, Space	Mirror Gazing Procedure	Dhanurasana	Linga mUdra	Benefits of Basthi				

S-6	SLO-1	Nine planets	Pre Practices	Naukasana	Adi Mudra	Trataka
	SLO-2	Galaxy	Mirror Selection	Makkarasana	Kesari Mudra	Benefits of Trataka
S-7	SLO-1	Black Hole	Precautions for Mirror safety	Artha Pavanamuktasana	Aswini Mudra	Kapalabhati
	SLO-2	Pancha Bhootha Navagraha Meditation Benefits	Mirror Gazing Practice	Pavanamuktasana	Vajroli Mudra	Benefits of Kapalabhati
S-8	SLO-1	Nine Centre Meditation Procedure	Imagination during practice	Supta vajrasana	Kubera Mudra	Design of Practice for Disease
	SLO-2	Nine Centre Meditation practice	Post Practices	Uthanabathasana	Nasigara Mudra	Disease according to Yoga
S-9	SLO-1	Nine Centre Meditation Benefits	Post Practices Benefits	Navasana	Surya Mudra	Psycho Somatic illness
	SLO-2	Nithyanadha Meditation Procedure	Self energizing	Virasana	Shanmukhi Mudra	Yoga for Diabetes
S-10	SLO-1	Nithyanadha Meditation Practice	Pranic Healing	Marajariasana	Benefits of Mudras	Yoga for Hypertension
	SLO-2	Nithyanadha Meditation Benefits	Raiki	Badapadmasana	Bandhas	Yoga for Cardiac problem
S-11	SLO-1	Pre operative procedure for Meditation	Facial attraction	Uttitha padmasana	Jalandhara bandha	Yoga for Lung Problem
	SLO-2	Post operative procedure for Meditation	Passes practice	Vakrasana	Uttiyana Bandha	Yoga for Stress
S-12	SLO-1	Blessings	Quicker Healing	Quick relaxation Technique	Moola Bandha	Yoga for Back Pain
	SLO-2	Individual, Family and World Peace	Giving Passes to cure diseases	Savasana	Benefits of Bandhas	Yoga for Vision Problem

Learning Resources	1. B.K.S. Iyenger, Light on Yoga, Harper Collins, Publishers, New Delhi.	4. Sound Health through Yoga, Dr. K. Chandrasekaran, Prem Kalyana Publications, Sedapati.
	2. Pranayama, Swami Kavalayananda, Ghoshyananda Samith, Pune.	
	3. Lights on Pranayama, B.K.S. Iyenger, Harper Collins Publishers, New Delhi.	

Learning Assessment											
	Bloom's Level of Thinking	Continuous Learning Assessment (50% weightage)								Final Examination (50% weightage)	
		CLA – 1 (10%)		CLA – 2 (15%)		CLA – 3 (15%)		CLA – 4 (10%)#		Theory	Practice
		Theory	Practice	Theory	Practice	Theory	Practice	Theory	Practice		
Level 1	Remember	-	40%	-	30%	-	30%	-	30%	-	30%
	Understand	-	40%	-	30%	-	30%	-	30%	-	30%
Level 2	Apply	-	40%	-	40%	-	40%	-	40%	-	40%
	Analyze	-	40%	-	40%	-	40%	-	40%	-	40%
Level 3	Evaluate	-	20%	-	30%	-	30%	-	30%	-	30%
	Create	-	20%	-	30%	-	30%	-	30%	-	30%
	Total	100 %		100 %		100 %		100 %		100 %	

CLA – 4 can be from any combination of these: Assignments, Seminars, Tech Talks, Mini-Projects, Case-Studies, Self-Study, MOOCs, Certifications, Conf. Paper etc.,

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