

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



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

**SEMESTER PATTERN**

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

**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>Integrate and apply knowledge of yoga and spiritual evolution for the practice of yoga as healthcare therapy</i>
PSO - 2	<i>Design advanced yoga based therapies to meet identified needs within economic, environmental and social constraints</i>
PSO - 3	<i>Demonstrate an understanding of professional ethics in yoga science to avoid biological controversies</i>

### 1. (e) Program Structure: Master of Science (M.Sc.) in Yoga for Human Excellence

Humanities and Social Sciences (H)					
Course Code	Course Title	Hours/ Week			C
		L	T	P	
19YGH406T	Elements of Psychology and Personality Development	4	0	0	4
19YGH504T	Environmental Studies	4	0	0	4
19YGH505T	Research Processes and Statistics in Yoga	4	0	0	4
19YGH506T	Guidance, Counselling and Psychotherapy	4	0	0	4
<b>Total Learning Credits</b>					<b>16</b>

  

Medical Science courses (B)					
Course Code	Course Title	Hours/ Week			C
		L	T	P	
19YGB403T	Elements of Human Biology	3	0	0	3
19YGB502T	Indian Traditional System of Medicine & Therapies	4	0	0	4
19YGB503T	Elements of Food and Nutrition	4	0	0	4
<b>Total Learning Credits</b>					<b>11</b>

  

Project Work / Internship (P)					
Course Code	Course Title	Hours/ Week			C
		L	T	P	
19YGP508P	Project report (Dissertation)	0	0	30	15
<b>Total Learning Credits</b>					<b>15</b>

  

Professional Core Courses (C)					
Course Code	Course Title	Hours/ Week			C
		L	T	P	
19YGC401T	Classical Yoga Texts	3	0	0	3
19YGC402T	Yoga for Modern Age	4	0	0	4
19YGC404T	Yoga for Sublimation and Social Welfare	4	0	0	4
19YGC405T	Yogic Science of Energy and Consciousness	4	0	0	4
19YGC407L	Traditional Yoga Practices - I	0	0	6	3
19YGC408L	Vethathiriyar SKY Yoga Practices	0	0	6	3
19YGC501T	World Community Life	4	0	0	4
19YGC507L	Yoga Practices - II	0	0	6	3
<b>Total Learning Credits</b>					<b>28</b>

### 1. (f) Implementation Plan: Master of Science in Yoga for Human Excellence

Semester - I					
Code	Course Title	Hours/ Week			C
		L	T	P	
19YGC401T	Classical Yoga Texts	3	0	0	3
19YGC402T	Yoga for Modern Age	4	0	0	4
19YGB403T	Elements of Human Biology	3	0	0	3
19YGC404T	Yoga for Sublimation and Social Welfare	4	0	0	4
<b>Total Learning Credits</b>					<b>14</b>

  

Semester - II					
Code	Course Title	Hours/ Week			C
		L	T	P	
19YGC405T	Yogic Science of Energy and Consciousness	4	0	0	4
19YGH406T	Elements of Psychology and Personality Development	4	0	0	4
19YGC407L	Traditional Yoga Practices - I	0	0	6	3
19YGC408L	Vethathiriyar SKY Yoga Practices	0	0	6	3
<b>Total Learning Credits</b>					<b>14</b>

  

Semester - III					
Code	Course Title	Hours/ Week			C
		L	T	P	
19YGC501T	World Community Life	4	0	0	4
19YGB502T	Indian Traditional System of Medicine & Therapies	4	0	0	4
19YGB503T	Elements of Food and Nutrition	4	0	0	4
19YGH504T	Environmental Studies	4	0	0	4
<b>Total Learning Credits</b>					<b>16</b>

  

Semester - IV					
Code	Course Title	Hours/ Week			C
		L	T	P	
19YGH505T	Research Processes and Statistics in Yoga	4	0	0	4
19YGH506T	Guidance, Counselling and Psychotherapy	4	0	0	4
19YGC507L	Yoga Practices - II	0	0	6	3
19YGP508P	Project report (Dissertation)	0	0	30	15
<b>Total Learning Credits</b>					<b>26</b>

**1. (g) Program Articulation: Master of Science in Yoga for Human Excellence (M.Sc)**

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
19YGC401T	Classical Yoga Texts	H	H	M	L	L	H	H	M	M	M	H	H	M	M	M
19YGC402T	Yoga for Modern Age	H	H	M	L	M	H	H	M	M	M	H	H	M	M	M
19YGB403T	Elements of Human Biology	H	H	M	L	M	H	H	M	M	M	H	H	M	M	M
19YGC404T	Yoga for Sublimation and Social Welfare	H	H	M	L	M	H	H	M	M	M	H	H	M	M	M
19YGC405T	Yogic Science of Energy and Consciousness	H	H	M	L	M	H	H	M	M	M	H	H	M	M	M
19YGH406T	Elements of Psychology and Personality Development	H	H	M	L	M	H	H	M	M	M	H	H	M	M	M
19YGC407L	Traditional Yoga Practices - I	H	H	M	L	M	H	H	M	M	M	H	H	M	M	M
19YGC408L	Vethathiriyar SKY Yoga Practices	H	H	M	L	M	H	H	M	M	M	H	H	M	M	M
19YGC501T	World Community Life	H	H	M	L	M	H	H	M	M	M	H	H	M	M	M
19YGB502T	Indian Traditional System of Medicine & Therapies	H	H	M	L	M	H	H	M	M	M	H	H	M	M	M
19YGB503T	Elements of Food and Nutrition	H	H	M	L	M	H	H	M	M	M	H	H	M	M	M
19YGH504T	Environmental Studies	H	H	M	L	M	H	H	M	M	M	H	H	M	M	M
19YGH505T	Research Processes and Statistics in Yoga	H	H	M	L	M	H	H	M	M	M	H	H	M	M	M
19YGH506T	Guidance, Counselling and Psychotherapy	H	H	M	L	M	H	H	M	M	M	H	H	M	M	M
19YGC507L	Yoga Practices - II	H	H	M	L	M	H	H	M	M	M	H	H	M	M	M
19YGP508P	Project report (Dissertation)	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	19YGC401T	Course Name	CLASSICAL YOGA TEXTS	Course Category	C	Professional Core	L	T	P	C
							3	0	0	3

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

<b>Course Learning Rationale (CLR):</b>	<i>The purpose of learning this course is to:</i>	<b>Learning</b>			<b>Program Learning Outcomes (PLO)</b>																
<b>CLR-1 :</b>	<i>Understand Upanishads and yoga</i>	1	2	3	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15		
<b>CLR-2 :</b>	<i>Understand Bhagavat Gita</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		
<b>CLR-3 :</b>	<i>Understand Yoga vasishtha</i>				H	H	M	L	L	H	H	M	M	M	M	M	H	H	M	M	M
<b>CLR-4 :</b>	<i>Understand Patanjali Yoga Sutra</i>				H	H	M	L	L	H	H	M	M	M	M	M	H	H	M	M	M
<b>CLR-5 :</b>	<i>Understand Hatha yoga</i>				H	H	M	L	L	H	H	M	M	M	M	M	H	H	M	M	M
<b>CLR-6 :</b>	<i>Understand Classical Yoga</i>				H	H	M	L	L	H	H	M	M	M	M	M	H	H	M	M	M
<b>Course Learning Outcomes (CLO):</b>	<i>At the end of this course, learners will be able to:</i>																				
<b>CLO-1 :</b>	<i>Know about Upanishads and yoga</i>	2	85	75																	
<b>CLO-2 :</b>	<i>Know about Bhagavat Gita</i>	2	85	75																	
<b>CLO-3 :</b>	<i>Know about Yoga vasishtha</i>	2	85	75																	
<b>CLO-4 :</b>	<i>Know about Patanjali Yoga Sutra</i>	2	85	75																	
<b>CLO-5 :</b>	<i>Know about Hatha yoga</i>	2	85	75																	
<b>CLO-6 :</b>	<i>Know about Classical Yoga</i>	2	85	75																	

Duration (hour)	9		9		9		9		9	
S-1	SLO-1	<i>Introduction to Yoga</i>	<i>General Introduction to Bhagavad Gita</i>	<i>YogaVasishtha</i>	<i>Meaning &amp; purpose &amp; Nature of Yoga</i>	<i>Introduction to Hatha Yoga Siddha siddhantapaddhati</i>				
	SLO-2	<i>Nature, scope and concepts of yoga</i>	<i>Definitions and their relevance &amp; Scope</i>	<i>Highlights of Yoga Vashitha</i>	<i>Major problem in yoga</i>	<i>Hatha Pradeepika</i>				
S-2	SLO-1	<i>Misconceptions about yoga</i>	<i>Essentials of B.G</i>	<i>Concept of Adhis</i>	<i>Targets identified in yoga</i>	<i>GherandaSamhita</i>				
	SLO-2	<i>Ten principal Upanishads as the basis of Yogic context. Ishavasyopanishad: Concepts of Karmanishtha</i>	<i>Meanings of the terms Atmaswrupa, Stithaprajna</i>	<i>Concept of Vyadhis</i>	<i>Concept of Chitta, Chitta-Bhumis, Chitta-Vrittis</i>	<i>Hatha Ratnavali and Shiva Samhita</i>				
S-3	SLO-1	<i>Vidya and Avidya</i>	<i>The Problem for Yoga in Bhagavadgita</i>	<i>Psychosomatic Ailments</i>	<i>Chitta-VrittirodhopayaAbhyasa and Vairagya as the tools Chitta-Vikshepas (Antarayas),</i>	<i>Aim &amp; objectives misconceptions about Hatha Yoga</i>				
	SLO-2	<i>KenaUpanishad: Indriya and Antahkarana</i>	<i>Concept of Creation and Body</i>	<i>The four Gatekeepers (Pillars) to Freedom</i>	<i>Chitta-prasadanam, Prakriti and its evolutes</i>	<i>Prerequisites of Hatha Yoga (dashayama and dashaniyama)</i>				
S-4	SLO-1	<i>Self and theMind</i>	<i>Prakruti and Purusha</i>	<i>Santhi</i>	<i>Concept of Prajna-Methods to achieve Prajna</i>	<i>Sadhaka and Badhakatattvas in Hatha Yoga</i>				
	SLO-2	<i>Intuitive realization of the truth</i>	<i>Imperishable Brahman &amp;Purushottama</i>	<i>Vichara</i>	<i>Problems faced in the life and living- Four varieties of Consciousness</i>	<i>Concept of Ghata, Ghatashuddhi</i>				
S-5	SLO-1	<i>Truth transcendental</i>	<i>Concepts of Abhiramana, Uparamana, Upajanana, Adhigamana</i>	<i>Santhosha</i>	<i>Yoga methods as Solution</i>	<i>Concept and importance of Shodhanakriyas in Hatha Yoga</i>				
	SLO-2	<i>Moral of YakshaUpakhyana</i>	<i>Jnana yoga, Karma yoga, Samnyasa, DhyanaYogas</i>	<i>Satsanga</i>	<i>Samadhi Pada: Difference between Samapattis and Samadhi,Ishvara. Place of</i>	<i>Importance of Shodhanakriyas in health and disease; Concept of MatthaMitaahara</i>				

					Omkaara	
S-6	SLO-1	<i>Katha Upanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization</i>	<i>Nature, Means and Goal of Bhakti Yoga</i>	<i>How Sukhais attained the Highest State of Bliss</i>	<i>Sadhana Pada: Kriya Yoga - Theory of Kleshes</i>	<i>Rules &amp; Regulations to be followed by Hatha Yoga Sadhakas</i>
	SLO-2	<i>Prashna Upanishad: Panchapranas</i>	<i>The Trigunas</i>	<i>Practices to overcome the Impediments of Yoga</i>	<i>Dukhavada Drishyanirupanam</i>	<i>Asanas in Hatha Yoga</i>
S-7	SLO-1	<i>Mundaka Upanishad: Greatness of Brahma Vidya</i>	<i>Concept and target of Yogic life</i>	<i>Development of Satvaguna</i>	<i>Drasthanirupanama, Prakriti Purusha Sam Yoga</i>	<i>Benefits, precautions, and contraindications of different Asanas</i>
	SLO-2	<i>Mandukya: Four States of Consciousness</i>	<i>Categorization of Yoga practitioners</i>	<i>Eight limbs of Meditation</i>	<i>Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara and their usefulness in Chittavrittinirodhopayah.</i>	<i>Pranayama in Hatha Yoga, Prana &amp; Ayama, Pranayama, Pranayama its phases and stages, Prerequisites precautions and contraindications</i>
S-8	SLO-1	<i>Aitareya: Concept of Atma, Universe and Brahman</i>	<i>Food for Yoga Sadhaka, Daivasura</i>	<i>Yama, Nyama and Asana</i>	<i>Vibhuti &amp; Kaivalya Pada: Introduction of Dharana, Dhyana and Samadhi, Samyama and Siddhis</i>	<i>Bandha, Mudra and other practices, Techniques of Pratyahara</i>
	SLO-2	<i>Taittiriya Upanishad Concept of Pancha Kosha</i>	<i>Sampad</i>	<i>Pranayama and Pratyahara</i>	<i>Four types of Karmas, Concept of Vasana, Vivek Khyati Nirupanam</i>	<i>Dharana and Dhyana, Concept and benefits of Nada and Nadasandhana</i>
S-9	SLO-1	<i>Chandogya Upanishad: Om (udgitha) Meditation; Sandilyavidya</i>	<i>Vibhaga Yoga, Moksa</i>	<i>Dharana, Dhyana and Samadhi</i>	<i>Kaivalya, Nirvachana</i>	<i>Four Avasthas (stages) of Nadasandhana, Relationship between Hatha Yoga and Raja Yoga</i>
	SLO-2	<i>Brihadaryanaka Upanishad: Union of Atman and Paramatman.</i>	<i>Upadesa Yoga</i>	<i>Jnana Saptabhumi</i>	<i>Yogic evolution as mentioned in Patanjali yoga sutras</i>	<i>Goal of Hatha Yoga, Relevance of Hatha Yoga in contemporary times</i>

<b>Learning Resources</b>	1. <i>Rajayoga, Swami Vivekananda, Ramakrishna Ashrama Publications.</i>	5. <i>Satnananda Saraswathi, Asana, Pranayama, Mudra and Bandha</i>
	2. <i>Hathayoga Pradipika of Swatmarama, Kaivalyadhama, Lonavala.</i>	
	3. <i>Teaching of Yoga, Svami Omkarananda Giri, A.P.H Publishing Corporation, New Delhi.</i>	6. <i>Sound health through yoga, Dr. K. Chandrasekaran, Prem Kalyana Publications, Sedapti,</i>
	4. <i>B.K.S. Iyenger, Light on Yoga, Harper Collins Publishers, New Delhi</i>	7. <i>Asanas, Swami Kuvlayananda, Sri Kuvlayananda Publications, Pune.</i>

<b>Learning Assessment</b>											
	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.,

<b>Course Designers</b>		
Experts from Industry	Experts from Higher Technical Institutions	Internal Experts
1. <i>Dr. Kalavathi, Chennai Temple of Consciousness, kvseksiva@gmail.com</i>	1. <i>Dr. K. Venkatachalapathy, Annamalai University, kvpathy@gmail.com</i>	1. <i>Dr. V. Nithyananthan, SRMIST</i>
2. <i>Mrs. R. Piramukutty, World Community Service Centre, piramukutty.gdvmm@gmail.com</i>	2. <i>Dr. S. Selvalakshmi, Tamil Nadu Physical Education &amp; Sports University, selvishakthi1212@yahoo.co.in</i>	2. <i>Dr. S. Jahira Parveen SRMIST</i>

Course Code	19YGC402T	Course Name	YOGA FOR MODERN AGE	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): *The purpose of learning this course is to:*

CLR-1 :	Understand Physical health
CLR-2 :	Understand Rejuvenation of life force
CLR-3 :	Understand Streamlining of Mind and Biomagnetism
CLR-4 :	Understand Meditation
CLR-5 :	Understand Special Meditation
CLR-6 :	Understand Modern Age Yoga

Learning

	1	2	3
Level of Thinking (Bloom)			
Expected Proficiency (%)			
Expected Attainment (%)			

Program Learning Outcomes (PLO)

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Domain Knowledge															
Problem Analysis	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M
Design & Development	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M
Analysis, Design, Research	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M
Modern Tool Usage	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M
Society & Culture	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M
Environment & Sustainability	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M
Ethics	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M
Individual & Team Work	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M
Communication	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M
Project Management	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M
Life Long Learning	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M
PSO - 1	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M
PSO - 2	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M
PSO - 3	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M

Course Learning Outcomes (CLO): *At the end of this course, learners will be able to:*

CLO-1 :	Know about Physical health	2	85	80
CLO-2 :	Know about Rejuvenation of life force	3	85	80
CLO-3 :	Know about Streamlining of Mind and Biomagnetism	3	85	80
CLO-4 :	Know about Meditation	3	85	80
CLO-5 :	Know about Special Meditation	3	85	80
CLO-6 :	Know about Modern Age Yoga	3	85	80

Duration (hour)	12		12		12		12		12	
S-1	SLO-1	Purpose of Life	Life force	Mind - Bio magnetic wave	Meditation	PanchaboothaNavagraha meditation				
	SLO-2	Self, Society, Nature	Structure of Body	Functions of mind	Purpose of Meditative life	Meditation on Earth, water, fire, air, Space				
S-2	SLO-1	Philosophy of Life, Need, Protection, Virtuous way of life	Life force circulation	Compression and magnifying	Meditation past and present stages	Meditation on Energy particle				
	SLO-2	Stages in development of Consciousness	Purpose of kayakalpa exercise	Eight functions of living beings	Significance of Manavalakalai Yoga	Meditation on sun, Mercury, Venus, Moon				
S-3	SLO-1	Factors affecting health	Life without disease	Mental frequency	Simplified Kundalini Yoga	Mars, Jupiter, Saturn, Raghua and Kethu				
	SLO-2	Panchamahabhudas, stages of development of disease	Youthfulness	Beta wave, alpha wave, theta wave, delta wave	Meditation on life force	Meditation on Galaxy				
S-4	SLO-1	Yogic rules for good health	Postponing death	Imprints, Sanjeetha karma, Praraptha Karma, Akama Karma	Initiation by Guru	Absolute space field				
	SLO-2	Dimension of health, causes of ill - health	Philosophy of kayakalpa	10 stages of mind Sensation of Feeling, Need, Effort, Action	Through touch from Mooladhara.	Oneness understanding with Almighty				
S-5	SLO-1	Pillars of health	Physical body	Result, Enjoyment, Experience, Research, Realization and Conclusion	Agna Meditation	Benefits ofPanchaboothaNavagraha meditation				
	SLO-2	Physical Structure, Five layers	Life force on cells	Five Kosas: Annamaya, Manomaya, Pranamaya, Vignanamaya, Anandamaya	Agna Explanation	Panchendria meditation (Meditation on five senses)				
S-6	SLO-1	Three Circulations, Blood, Heat and Air Circulations	Sexual vital fluid	Three stages of Mind, Conscious, Subconscious, Super conscious mind	Benefits, Pituitary Gland activation.	Meditation on body skin, tongue,				
	SLO-2	Three bodies, Physical body, Astral body, Magnetic Body	Bio magnetism	Sleep, Dream, Feeling of future happenings	Shanti meditation	eyes, nose, ears and its benefits.				



S-7	SLO-1	Pain, disease and death	Explanation of Mind	Importance of meditation	Clearance of the Spinal Cord	Nithyananda meditation
	SLO-2	Causes for disease, Immunity	Old age and death	Greatness of Guru	Mooladhara activation	Benefits of Nithyanantha Meditation
S-8	SLO-1	Moderation 5 deeds	Necessity of Kayakalpa exercises	Benefits of meditation	Benefits of Shanti Meditation	Nine Center meditation
	SLO-2	Importance of physical exercises	Kayakalpa practice	Mental frequency reduction	Thuriya Meditation	Mooladhar, Swadishthana
S-9	SLO-1	Maintenance of cell structure	Aswini Mudra	Transactional Analysis	Pineal gland activation	Manipuraga, Anagatha
	SLO-2	Uniform circulation of bio-magnetism	Ojas breath	Bio-magnetism Production	Benefits of ThuriyaMeditation	Visukthi, Agna
S-10	SLO-1	Liberation from sinful imprints	Benefits of Kaya Kalpa	Consumption and Stock	Thuriyatheetham meditation	Thuriya
	SLO-2	Greatness of Simplified Physical Exercise	Sex and Spirituality	Physical transformations of bio-magnetism concept, benefits, rules -	Trance merging with Almighty	Universal Field
S-11	SLO-1	Benefits hand exercises, Leg Exercises, Breathing exercises	Value of Sexual Development	Pressure, Sound, Light, Taste, Smell	BenefitsThuriyatheetham meditation	Absolute space Field
	SLO-2	Eye exercises, KapalabathiMakarasana Part I, Makarasana Part II	Jeeva Samadhi	Exercises for enhancing bio-magnetism	Science of Meditation	Benefits ofNine Center meditation
S-12	SLO-1	Body Massage, Acupressure, Relaxation	Intensifying the sexual vital fluid	Lamp gazing exercise	Development of brain cells activation in meditation	Astral Travel
	SLO-2	Scientific Explanation of exercise	Practices of Siddhars.	Mirror gazing exercises, Passes for curing disease.	Perfection of consciousness	Understanding Sensitivity Specificity law

Learning Resources	1. Physical Health-VISION, Vethathiri Publications, 2018	10. Chandrasekaran.K., Sound Health Through Yoga, Sedapatti, PremKalyan publication, 1999
	2. Chandrasekaran.K., Sound Health through yoga, Sedapati, Tamilnadu, Premkalyan Publications, 1999	11. Hoare Syul Keep fit Dunton Green: Holdder and Stoughton Ltd., 1986
	3. Simplified Physical Exercises – Thathuvagnani Vethathiri Maharishi – 44 <sup>th</sup> ed., Vethathiri Publications, 2015	12. Hazeldine Rex, Fitness for Sport, Rambery: The crowood press Ltd, 1986
	4. Dr. MadhuramSekar, Health and Nature, Narmadha Publications, Chennai.	13. James and Leona Hart, 100% Fitness, New Delhi, Good will publishing house, 1983
	5. Naganathna R, Nagendra H.R., Integrated Approach of yoga therapy for positive Health Bangalore : Swami Vivekananda Yoga prakashana, 2008	14. Rejuvenation of Life-force and streamlining of mind – VISION, Vethathiri Publications
	6. Prajapita Brahma Kumaris, positive Health Delhi: Prajapita Brahma KumarisIshwariyaViswaVidyalaya, 1981	15. Vethathiri maharishi, Mind, Vethathiri Publications, 1999
	7. Sivananda Sai swami, Practical lessons in yoga, Shivananda Nagar: The divine life Society, 1983	16. Vethathiri maharishi, Bio – Magnetism, Vethathiri Publications, 1995
	8. SivanandaSaraswathi, Yogic therapy, Gauhati, Brahma Chary YogeswarUmachalYugashram, 1975	17. Vethathiri maharishi, Body, Life – force and Mind, Vethathiri Publications, 2006
	9. Hoeger Werner W.K. and Sharon a Hoeger, Fitness and Wellness Colorado: Orton Publishing company, 1990	18. Vethathiri maharishi, Manavalakalai Part 1, 49 <sup>th</sup> ed., Vethathiri Publications 2016
	19. Vethathiri maharishi, Kayakalpa Exercise Book, ,72 <sup>nd</sup> ed., Vethathiri Publications, 2016	

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.,

<b>Course Designers</b>		
Experts from Industry	Experts from Higher Technical Institutions	Internal Experts

1. Dr. JayaPrakash, Vethathiri Yoga College Thiruvanimiyur, principal.vmcy@vethathiri.ac.in	1. Dr. K. Venkatachalapathy, Annamalai University, kvpathy@gmail.com	1. Dr. V. Nithyananthan, 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. Subramaniyan, SRMIST

Course Code	19YGB403T	Course Name	ELEMENTS OF HUMAN BIOLOGY	Course Category	B	Medical Science			
						L	T	P	C
						3	0	0	3

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

<b>Course Learning Rationale (CLR):</b>	The purpose of learning this course is to:			<b>Learning</b>			<b>Program Learning Outcomes (PLO)</b>																		
<b>CLR-1:</b>	Understand the Cell Biology and Musculo - Skeletal System			1	2	3	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15				
<b>CLR-2:</b>	Understand the Cardiovascular System and respiratory System			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				
<b>CLR-3:</b>	Understand the Digestive and Excretory System						H	H	H	M	L	L	H	H	M	M	M	H	H	M	M	H	H	M	M
<b>CLR-4:</b>	Understand the Endocrine System and Reproductive System						H	H	H	M	L	L	H	H	M	M	M	H	H	M	M	H	H	M	M
<b>CLR-5:</b>	Understand the Nervous System and Special Senses						H	H	H	M	L	L	H	H	M	M	M	H	H	M	M	H	H	M	M
<b>CLR-6:</b>	Understand the Human Anatomy and Physiology						H	H	H	M	L	L	H	H	M	M	M	H	H	M	M	H	H	M	M
<b>Course Learning Outcomes (CLO):</b>	At the end of this course, learners will be able to:						2	85	75	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M	
<b>CLO-1:</b>	Know about Cell Biology and Musculo - Skeletal System			2	85	75	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M				
<b>CLO-2:</b>	Know about Cardiovascular System and respiratory System			2	85	75	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M				
<b>CLO-3:</b>	Know about Digestive and Excretory System			2	85	75	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M				
<b>CLO-4:</b>	Know about Endocrine System and Reproductive System			2	85	75	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M				
<b>CLO-5:</b>	Know about Nervous System and Special Senses			2	85	75	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M				
<b>CLO-6:</b>	Know about Human Anatomy and Physiology			2	85	75	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M				

Duration (hour)	9		9		9		9		9	
S-1	SLO-1	Cell	Anatomy of Heart and Blood Vessels	Anatomy of Digestive System	Anatomy of Endocrine Glands	Anatomy of Brain and Spinal cord				
	SLO-2	Tissue	Innervation of heart	Histology of Digestive System	Histology of Endocrine Glands	Histology of Brain and Spinal cord				
S-2	SLO-1	Organs	Properties of Cardiac Muscle	Mechanism of Secretion of Saliva	Function of Thyroid and Parathyroid Hormone	Structure and properties of neurons				
	SLO-2	Systems	Control of Cardiac Cycle and Circulation	Mechanism of Secretion of Pancreatic Juice	Effect of hypo and hyperactivity of Thyroid and Parathyroid on body	Nerve, Action Potential				
S-3	SLO-1	Basic Cell Physiology	Cardiac Output	Mechanism of Secretion of Bile	Function of Supra – renal and their action	Generation Propagation factors influencing				
	SLO-2	Cell Organelles	Blood Pressure	Mechanism Intestinal of Secretions	Effect of hypo and hyperactivity of Supra – renal on body	Classification of neurons and nerve fibres Receptors and reflex arc				
S-4	SLO-1	Cell Membrane	Composition of Blood Corpuscles	Role of Secretion in Digestion of Food	Function of Pituitary gland	Functions and important connections of Cerebrum, Pons, Medulla				

	SLO-2	Movement of Substance in Cell	RBC, WBC, Platelets	Absorption of nutrients	Effect of hypo and hyperactivity of Pituitary on body	Thalamus, Hypothalamus, Cerebellum
S-5	SLO-1	Water Through Cell Membrane	Plasma, Hemoglobin	Assimilation of Food	Role of insulin in glucose metabolism.	Autonomic Nervous system
	SLO-2	Bioelectric Potentials	Coagulation of Blood and Anticoagulants	Formation of Faeces	Anatomy of Reproductive System	Sympathetic and parasympathetic.
S-6	SLO-1	Muscle and its Classification	Blood Group and its Importance	Anatomy of Kidney	Histology of Reproductive System	Anatomy of Eyes
	SLO-2	Histology	Lymphatic System	Histology of Kidney	Spermatogenesis	Histology of Retina
S-7	SLO-1	Mechanism of Muscle Contraction	Immunity – Types and Mechanism	Function of glomerulus	Ovarian Hormones	Corneal function
	SLO-2	Neuromuscular Transmission	Anatomy and Histology of Lung	Renal Tubules	Menstruation	Physiology of vision& accommodation
S-8	SLO-1	Ligaments, Tendons	Mechanism of Breathing	Micturition	Pregnancy	Sense of smell, Nasal mucosa
	SLO-2	Skeletal – Bones - Types	Exchange of Gases	Composition of Urine	Parturition	Tongue, Taste Buds
S-9	SLO-1	Spinal Column	Pulmonary Function Tests	Structure and Function of Skin	Lactation	Ear Mechanism of Hearing
	SLO-2	Joints	Lung Volumes and Control of respiration	Regulation Of Body Temperature	Menopause	Function of Semicircular canal

Learning Resources	1. Arthur C. Guyton, John Edwar Hall, Textbook of Medical Physiology, Elsevier, 2006	6. Clark Robert K, Anatomy & Physiology – Understanding the Human Body, Jones & Bartlett, 2005
	2. Surinder H Singh, Krishna Garg, Anatomy and Physiology for Nurses & Allied Health Sciences, CBS Publishers, 2008	7. Dutta Ray, Yogi exercises, Jaypee Brothers, 2001
	3. Sivaramakrishnan S, Anatomy and Physiology for Physical Education, Friends publishers, 2006	8. Shirley Telles A Glimpse of the Human, Swami Vivekananda Yoga prakashana, 2006
	4. Anne Waugh, Alsongraunt, Anatomy and physiology in Health and Wellness, Allahabad, Churhcill Livingtone, 2005	9. Leslie Kaminoff, Yoga Anatomy, Champaign : Human Kinetics
	5. Shri Krishna, Notes on Structure and Functions of Human Body & Effects of Yogic practices in it, ICYHC Kaivalyadhama.1985	10. Peter L Williams, Roger Waswie, Gray's Anatomy, Edinburgh: Churchill Livingstone, 1988
		11. Evelyne C Peace, Anatomy & Physiology for nurses, New Delhi: Jaypee Brothers, 1997
		12. Gore M.M., Anatomy & Physiology for yogic practices, Lonavala : Kamhanprakashan, 2003

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	40%	-	30%	-	30%	-	30%	-	30%	-
Level 2	Apply Analyze	40%	-	40%	-	40%	-	40%	-	40%	-
Level 3	Evaluate 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.,

Course Designers		
Experts from Industry	Experts from Higher Technical Institutions	Internal Experts
Dr. Yogai Krishnan, Founder Thirmandram Yoga studies, Chennai	Dr. Mahadevan, Annai college Yoga naturopathy, Tanjore	1. Dr. R. Subramaniam SRMIST
Dr. Manavalan, Principal, Govt naturopathy college, Chennai	Dr. Ragendra Swamy, Medical officer, Udumalaipet PHC	2. Dr. V. Nithyanathan, SRMIST

<b>Course Code</b>	19YGC404T	<b>Course Name</b>	YOGA FOR SUBLIMATION AND SOCIAL WELFARE	<b>Course Category</b>	C	Professional Core			
						L	T	P	C
						4	0	0	4

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

<b>Course Learning Rationale (CLR):</b>	<i>The purpose of learning this course is to:</i>			<b>Learning</b>			<b>Program Learning Outcomes (PLO)</b>																		
<b>CLR-1 :</b>	<i>Understand the Purpose of life</i>			1	2	3	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15				
<b>CLR-2 :</b>	<i>Understand the Desire and Anger</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				
<b>CLR-3 :</b>	<i>Understand the Social Harmony</i>						H	H	H	M	L	L	H	H	M	M	M	H	H	M	M	H	H	M	M
<b>CLR-4 :</b>	<i>Understand the Social Welfare</i>						H	H	H	M	L	L	H	H	M	M	M	H	H	M	M	H	H	M	M
<b>CLR-5 :</b>	<i>Understand the Value Education</i>						H	H	H	M	L	L	H	H	M	M	M	H	H	M	M	H	H	M	M
<b>CLR-6 :</b>	<i>Understand the self Mastery</i>						H	H	H	M	L	L	H	H	M	M	M	H	H	M	M	H	H	M	M
<b>Course Learning Outcomes (CLO):</b>	<i>At the end of this course, learners will be able to:</i>						3	85	75	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M	
<b>CLO-1 :</b>	<i>Know about Purpose of life</i>			3	85	75	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M				
<b>CLO-2 :</b>	<i>Know about Desire and Anger</i>			3	85	75	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M				
<b>CLO-3 :</b>	<i>Know about Social Harmony</i>			3	85	75	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M				
<b>CLO-4 :</b>	<i>Know about Social Welfare</i>			3	85	75	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M				
<b>CLO-5 :</b>	<i>Know about Value Education</i>			3	85	75	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M				
<b>CLO-6 :</b>	<i>Know about self Mastery</i>			3	85	75	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M				

Duration (hour)	12		12		12		12		12	
<b>S-1</b>	SLO-1	<i>Philosophy of life</i>	<i>Desire and Anger</i>	<i>Eradication of worries</i>	<i>Five kinds of duties</i>	<i>Protection of the natural resources</i>				
	SLO-2	<i>Three Needs</i>	<i>Moralization of desires</i>	<i>Root causes for worries</i>	<i>Self, Family</i>	<i>Pollution free environment</i>				
<b>S-2</b>	SLO-1	<i>Three protection</i>	<i>Root causes</i>	<i>Worry and wisdom evil effects</i>	<i>Relative, Society, world</i>	<i>Adverse impact of pollution to the environment</i>				
	SLO-2	<i>Three virtues</i>	<i>Three kinds of desires</i>	<i>Four types of worries</i>	<i>Fivefold Culture</i>	<i>Global warming and solutions</i>				
<b>S-3</b>	SLO-1	<i>Three stages in the development of knowledge</i>	<i>valuable desires</i>	<i>Practice for eradication of worries with Tabulation</i>	<i>Earning through self-effort</i>	<i>Plantation, protection of the environment</i>				
	SLO-2	<i>Introspection for Harmonious relationship with society</i>	<i>Attachment and detachment</i>	<i>Social awareness</i>	<i>Not inflicting pain to others</i>	<i>Value education</i>				
<b>S-4</b>	SLO-1	<i>Analysis of thoughts</i>	<i>Greed</i>	<i>Life and well-being awareness</i>	<i>Not grabbing other's properties</i>	<i>Nonviolence</i>				
	SLO-2	<i>Mind and thoughts</i>	<i>Contentment</i>	<i>Self-management on Stress</i>	<i>Respecting others' freedom</i>	<i>Truth, Honesty</i>				
<b>S-5</b>	SLO-1	<i>Greatness of the thought force</i>	<i>Practice for moralization of desires with tabulation</i>	<i>Self-motivation about Acceptance</i>	<i>Charity</i>	<i>Patience, forgiveness</i>				
	SLO-2	<i>Origin of Thought Flow</i>	<i>Worksheet</i>	<i>Self-motivation about Social awareness</i>	<i>Two fold culture</i>	<i>Straight forward</i>				

S-6	SLO-1	Six root causes for arising thought	Neutralization of anger	Self-management on Disappointment	Greatness of women	Being Just Self-control
	SLO-2	Practice for Analysis of thoughts with tabulation	Root cause of anger	Benefits of Blessing	Feminine	Determination, Avoid unnecessary expectation from others
S-7	SLO-1	Physical Structure	Chain reaction	Wave theory	Motherhood	Total quality management
	SLO-2	Character	Evil effects of anger	Greatness of blessing	Divinity, Sacrifice	Good government
S-8	SLO-1	Intellectual Development	Greatness of forgiveness	Method for blessing	Detachment	Greatness of democracy
	SLO-2	Reputation	Practice for neutralization of anger	Divine protection	Equal rights for Women	Public responsibility in electing the government heads
S-9	SLO-1	Physical Strength	Practice for Neutralization of anger with tabulation	Auto suggestion	Wife appreciation day	Educational system for public administration
	SLO-2	Health	Tolerance	World blessing	Individual Peace	Spiritual education
S-10	SLO-1	Material prosperity	worksheet	Family Peace	Family peace	Value of selfless service
	SLO-2	Reasons for uniqueness	Wellness in relationship	Peace conflict in family due to four factors	World peace	Service attitude
S-11	SLO-1	Heredity, food, Era, Nation	Ego, ingratitude	Need and quantity	Universal brotherhood	Fundamentals for Spiritual development
	SLO-2	Education, Occupation, Government, Art	Tendency to grab others property, Narrow mindedness	Time, Tolerance, Adjustment, Sacrifice	War not necessary	Service through body and mind. Mother Teresa, Mahatma Gandhi.
S-12	SLO-1	Effort, Age, Companionship, opportunity	Lack of Respect for other's feelings	Economical imbalance	Economy loss and human loss caused by war	Service based ability
	SLO-2	Research, Habits, Customs, Virtuous behavior	Six bad temperaments	Relationship – Friendship between husband and wife	One world federal government.	Action plan

<b>Learning Resources</b>	1. Sublimation and Social Welfare – VISION, Vethathiri publications.	3. Vethathiri Maharishi, Manavalakalai Part-1, 49 <sup>th</sup> ed., Vethathiri Publications, 2016
	2. Gunanalaperu, VISION, 1 <sup>st</sup> ed., Vethathiri Publications, 2011	4. Vethathiri Maharishi, Arularuvi Part – 1, 5 <sup>th</sup> ed., Vethathiri Publications 2013

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%
Level 2	Understand	20%	20%	20%	20%	20%	20%	20%	20%	20%	20%
Level 3	Apply	10%	10%	15%	15%	15%	15%	15%	15%	15%	15%
	Analyze	10%	10%	15%	15%	15%	15%	15%	15%	15%	15%
	Evaluate	10%	10%	15%	15%	15%	15%	15%	15%	15%	15%
	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. JayaPrakash, Vethathiri Yoga College Thiruvannamiyur, principal.vmcy@vethathiri.ac.in	1. Dr. K. Venkatachalapathy, Annamalai University, kvpathy@gmail.com	1. Dr. V. Nithyanathan, SRMIST

2. Mrs. R. Piramukutty, World Community Service Centre, piramukutty.gdvmmkm@gmail.com	2. Dr. S. Selvalakshmi, Tamil Nadu Physical Education & Sports University, selvishakthi1212@yahoo.co.in	2. Dr. R. Subramaniyan, SRMIST
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Course Code	19YGC405T	Course Name	YOGIC SCIENCE OF ENERGY AND CONSCIOUSNESS	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

<b>Course Learning Rationale (CLR):</b>	The purpose of learning this course is to:			<b>Learning</b>			<b>Program Learning Outcomes (PLO)</b>																													
CLR-1 :	Understand the Absolute Space as Almighty			1	2	3	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15															
CLR-2 :	Understand the Transformation of Universe			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 :	Understand the Evolution of living Being																					H	H	H	M	L	L	H	H	M	M	M	H	H	M	M
CLR-4 :	Understand the Genetic Center																					H	H	H	M	L	L	H	H	M	M	M	H	H	M	M
CLR-5 :	Understand the Perfection in Consciousness																					H	H	H	M	L	L	H	H	M	M	M	H	H	M	M
CLR-6 :	Understand the Yogic Science of Energy and Consciousness																					H	H	H	M	L	L	H	H	M	M	M	H	H	M	M
Course Learning Outcomes (CLO):	At the end of this course, learners will be able to:																					2	85	75	H	H	H	M	L	L	H	H	M	M	M	H
CLO-1 :	Know about Absolute Space as Almighty			2	85	75	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M															
CLO-2 :	Know about Transformation of Universe			2	85	75	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M															
CLO-3 :	Know about the Evolution of living Being			2	85	75	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M															
CLO-4 :	Know about Genetic Center			2	85	75	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M															
CLO-5 :	Know about Perfection in Consciousness			2	85	75	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M															
CLO-6 :	Know about Yogic Science of Energy and Consciousness			2	85	75	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M															

Duration (hour)	12		12		12		12		12	
S-1	SLO-1	Absolute space as Almighty	Formation of five physical elements (Panchaboothas)	Evolution of Living Being	Genetic Centre	Perfection in Consciousness				
	SLO-2	Transformation of magnetism	Dust particle	History of living beings	Structure function	Who am I? Self-realization				
S-2	SLO-1	Effects of Magnetism	Magnetism	One sense plants to five sense animals	Compressing as imprint	God realization				
	SLO-2	Transformation of Absolute space as universe	Fundamental energy particles (Akash)	Five sensory organs formation	Expanding as thought	Object, energy particle, dust particle and space				
S-3	SLO-1	Transformation of Absolute space as living beings	Four types of energy particles	Evolution of mankind and Sixth sense (Assumption)	Sanjitha Karma	Divinity of man				
	SLO-2	Transformation of Absolute space as cause and effect system.	Element	Greatness of man.	Praraptha Karma	Conscious is Almighty				
S-4	SLO-1	Almighty is one God	Self compressive force	Consciousness in living beings	Akamiya karma	Consciousness in man				
	SLO-2	Various concepts of Almighty	self-rotation	Cognition	New linguistic programming	Consciousness in Divinity. Function of Divine consciousness				
S-5	SLO-1	Theory of Permanence, Theory of Maya	Repulsive force	Experience	Brain and Body as integral parts	Cause and effect system				

	SLO-2	Big Bang Theory	Speed variation, Objects	Discrimination.	Unconscious incompetence	Law of nature
S-6	SLO-1	Objectives of Religion	Universal magnetism	Bio magnetism	Conscious incompetence	Awareness
	SLO-2	Merging with Almighty	Magnet waves	Specific Gravity Principle	Conscious competence	Pleasure and pain
S-7	SLO-1	Virtuous life	Five transformations	Bio magnetism Production	Unconscious competence	Destiny and wisdom
	SLO-2	Vethathiri model of Space and Universe	Panchathanmathra. (Physical transformation of bio magnetism).	Source of Bio Magnetism	Visual mode	Thoughts, word and deed Nishkamya Karma
S-8	SLO-1	Gravity	Pressure, Sound	Food and Water	Auditory model	Karma yoga
	SLO-2	Four Qualities: Plenum	light, taste & smell	Air and Cosmic radiations	Kinesthetic mode.	Duty consciousness
S-9	SLO-1	Force	Perception (mind). Astronomy	Radiation of Planets	Purification of Genetic centre	Thankfulness
	SLO-2	Consciousness	Various concepts about Evolution of Universe	Atomic Fusion from Centre of Earth	Contamination of geneticcentre	10 principles of Karma yoga
S-10	SLO-1	Time	Evolution of Planets, Stars	Expenditure and stock	Sinful imprints	Love and compassion
	SLO-2	Three laws	Evolution of Galaxies and Universe	Feelings	Methods of clearing imprints	Protection and maintenance
S-11	SLO-1	Three potentials of Space	Maintenance of distance between planets and sun Consciousness in nonliving things	Pleasure	Expiation, super imposition and dissolution	Service to humanity
	SLO-2	Transformation	Pattern, Precision, and Regularity	Pain	Life before birth and Life after death.	Perfection of consciousness.
S-12	SLO-1	Mutation	Relation between planets and living beings Wave theory	Peace	Why differ in man? - 7 values	Divine meditation
	SLO-2	Cause and effect	Connection of Genetic Centre and universal magnetism.	Ecstasy	16 Differences	Overview of transformation of Divinity

Learning Resources	1. Swami Vivekananda, Rajayoga, Advaita Ashram, 2000	8. Iyengar B.K.S.: Light on Patanjali Yoga, Schocken Books, 1994
	2. Woods, J.H.: The Yoga System of Patanjali, M.L.B.D., Delhi, 1988	9. Rukmini T.S.: Yoga Vartika of Vijnanbhikshu (Tr.) Vol I, II, III & IV, MunshiramManoharal Pvt. Ltd.
	3. Desikachar, The Heart of yoga Rochester: Inner Traditions Intemational, 1995	10. Swami Omanandathiritha, Patanjala Yoga Pradeepa, Geeta Press, Gorakhpapur, 1994
	4. Desikachar, Reflections on Yoga Sutras of Patanjali, Krishnamacharya Yoga Mandiram. 2008	11. Swami AnantBharati, Patanjali Yoga Shasta- a study, Swami Keshwananda YogaSangthan, 2014
	5. Swami Prabhavananda Patanjali Yoga Sutras Madras; Sri Ramakrishna Math, 2002	12. K.Taimini, The Science of Yoga, The Theosophical Publishing House, 2005
	6. Swami SatyanandaSaraswathi, Four chapters on Freedom, Mungger: Yoga Publications Trust, 2005	13. SvamiOmkaranamdaGiri, Upanishads and Yoga, A.P.H. Publishing Corporation, 2017
	7. Arulnithi. Sekhar.S, Yoga: Patanjali & Vethathiri ,Calm Trust, 2017	

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
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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. Subramaniyan, SRMIST

Course Code	19YGH406T	Course Name	ELEMENTS OF PSYCHOLOGY AND PERSONALITY DEVELOPMENT	Course Category	H	Humanities & 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)																	
CLR-1 :		1	2	3	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15			
The purpose of learning this course is to:		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			
Understand the Psychology					H	H	H	M	L	L	H	H	M	M	M	H	H	M	M			
Understand the Behavior Psychology and Personality					H	H	H	M	L	L	H	H	M	M	M	H	H	M	M			
Understand the Cognitive Psychology and Mental Health					H	H	H	M	L	L	H	H	M	M	M	H	H	M	M			
Understand the Yoga for Stress Management					H	H	H	M	L	L	H	H	M	M	M	H	H	M	M			
Understand the Yoga for Personality development					H	H	H	M	L	L	H	H	M	M	M	H	H	M	M			
Understand the Psychology and Personality development					H	H	H	M	L	L	H	H	M	M	M	H	H	M	M			
Course Learning Outcomes (CLO):		Learning			Program Learning Outcomes (PLO)																	
CLO-1 :		1	2	3	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15			
At the end of this course, learners will be able to:		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			
Know about Psychology					2	85	75	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M
Know about Behavior Psychology and Personality					2	85	75	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M
Know about Cognitive Psychology and Mental Health					2	85	75	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M
Know about Yoga for Stress Management					2	85	75	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M
Know about Yoga for Personality development					2	85	75	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M
Know about Psychology and Personality development					2	85	75	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M

Duration (hour)	12		12		12		12		12	
S-1	SLO-1	Brief history of Modern Psychology	Psychology as science of behavior	Sensation	Introduction to stress		Personality development with special emphasis on Panchakosa			
	SLO-2	Major Perspectives in Modern Psychology	Definition of behavior	Perception	Concept of stress		Yogic attitudes for personality development			
S-2	SLO-1	Key data collection methods in Psychology	Aggressive behavior	Attention	Solutions through Mandukya Karika		Ashtanga yoga and personality development			
	SLO-2	Alerted states of consciousness	Assertive behavior	Memory	Relaxation and Stimulation combined as the core for stress management		Memory and concentration			
S-3	SLO-1	Relation between mind consciousness	Passive behavior	Learning	Practice of Stimulation and Relaxation		Short term memory			
	SLO-2	Types of Mind	Passive-aggressive behavior	Feeling	Ten relaxation parts of human body		Long term memory			



S-4	SLO-1	Upper mind	Psychic forces	The definitions and types	Relation between relaxation and blood circulation	Stages of memory foundation
	SLO-2	Middle mind	Human behavior	Intelligence	Relation between relaxation and heat circulation	Memory maintenance
S-5	SLO-1	Sub-conscious mind	Behavior and consciousness	Intelligence measurements	Relation between relaxation and air circulation	Yoga module to improve memory
	SLO-2	Sleep	Psychological basis of behavior	Emotional intelligence	Relation between relaxation and life force circulation	Barriers to concentration
S-6	SLO-1	Stages of sleep	Nature and types of personality	social intelligence	Relation between relaxation and bio-magnetism circulation	Creativity eastern concept
	SLO-2	Circadian Rhythm	Average personality	Emotional factors	Mind and relaxation	Silence and creativity
S-7	SLO-1	Sleep disorders	Reserved personality	Means of Mental health	Relaxation methods	Yogic approach to creativity
	SLO-2	Types of sleep disorders	Role-models personality	Positive mental health	Yoga as stress management	Yogic practices for creativity development
S-8	SLO-1	Obstructive Sleep Apnea (OSA)	Self-centered personality	Causes and consequences of conflicts and frustrations	Concepts and Techniques of stress management in Ashtanga yoga of Patanjali	Facets of intelligence
	SLO-2	Upper Airway Resistance Syndrome (UARS)	Determinants of personality	Introduction to common mental disorders	Concepts and Techniques of stress management in Bhagavadgita	Concept of intelligence according to yoga
S-9	SLO-1	Periodic Limb Movement Disorder (PLMD)	Heredity fact	Depressive disorders	Specific practices for stress management	How to improve intelligence
	SLO-2	Restless leg syndrome (RLS)	Environment fact	Anxiety disorders	Breathe awareness	How to Enhance Creativity
S-10	SLO-1	Narcolepsy	Facets and stages of personality development	Serious mental disorders	Savasana	Brain Functions
	SLO-2	REM Sleep Behavior Disorder	Personality theories of Sigmund Freud	Sleep disorders	Yoganidra	Inactive Neurons activation
S-11	SLO-1	The content of dreams	Personality theories of Alfred Adler	Mental retardation	Pranayama	Relation between mind and brain
	SLO-2	Insomnia	Personality theories of C G Jung	Alcohol and drug abuse	Meditation	Yoga practices for IQ development
S-12	SLO-1	Hypnosis	Personality theories of Carl Rogers	Suicide	Nature Visit	Practices for Anger management
	SLO-2	Bio-feedback	Assessment of Personality	Attempted suicide and suicide prevention	Impact or yogic life style on stress management	Practices for Worry management

<b>Learning Resources</b>	1. R.S. Yadav, General Psychology, Saurabh Publishing House, 2011	5. As You Think, James Allen.
	2. David W Martin, Psychology of Human Behaviour, The teaching company, 2006	6. Jonathan Livingston Seagull, Richard Bach.
	3. Robert A Baron, Psychology,	7. Sarasen I.G, Personality an Objective Approach, 1982
	4. Sigmund Freud, New Introductory Lectures on Psycho-Analysis, 1933	8. Udupa K.N. Stress and its management by Yoga, Delhi, MotilalBanarsidas, 1978

<b>Learning Assessment</b>											
	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. Nithyananthan, 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. Subramaniyan, SRMIST

Course Code	Course Name	Course Category	L	T	P	C
19YGC407L	TRADITIONAL YOGA PRACTICES – I	C	0	0	6	3

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

Course Learning Rationale (CLR):	Learning	Program Learning Outcomes (PLO)														
<i>The purpose of learning this course is to:</i>		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
CLR-1: Learn and Practice Suryanamaskara	Level of Thinking (Bloom)	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M
CLR-2: Learn and Practice Asanas Stage 1	Expected Proficiency (%)	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M
CLR-3: Learn and Practice Asanas Stage 2	Expected Attainment (%)	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M
CLR-4: Learn and Practice Pranayama		H	H	H	M	L	L	H	H	M	M	M	H	H	M	M
CLR-5: Learn and Practice Bandhas and Mudras		H	H	H	M	L	L	H	H	M	M	M	H	H	M	M
CLR-6: Learn the Yoga practices of level 2		H	H	H	M	L	L	H	H	M	M	M	H	H	M	M
Course Learning Outcomes (CLO):	<i>At the end of this course, learners will be able to:</i>															
CLO-1: Know about Suryanamaskara		2	85	75												
CLO-2: Know about Asanas Stage 1		2	85	75												
CLO-3: Know about Asanas Stage 2		2	85	75												
CLO-4: Know about Pranayama		2	85	75												
CLO-5: Know about Bandhas and Mudras		2	85	75												
CLO-6: Know about Yoga practices of level 2		2	85	75												

Duration (hour)	18	18	18	18	18
S-1	SLO-1 Kriya	Standing Posture	Prone Postures	Pranayama	Bandha Practices
	SLO-2 Benefits of Kriya	ArdhakatiChakrasana	Bhujangasana	Breath Awareness	Definition of Bandhas
S-2	SLO-1 Kapalabhati	Benefitsof ArthakatiChakrasana	Benefits of Bhujangasana	Definition of Pranayama	Techniques of Bandhas
	SLO-2 Benefits of Kapalabhati	Hastapadasana	Salabhasana	Do's and Don't's in Pranayama Practices	General Benefits of Bandhas
S-3	SLO-1 Neti	BenefitsofHastapadasana	Benefits of Salabhasana	Types of Pranayama	JivhaBandha
	SLO-2 Benefits of Neti	Ardhachakrasana	Dhanurasana	Sectional Breathing/Full Yogic Breathing	Benefits of JivhaBandha
S-4	SLO-1 Trataka	Benefits of Arthachakrasana	Benefits of Dhanurasana	Abdominal Breathing	JalandharaBandha
	SLO-2 Benefits of Trataka	Trikonasana	Urdhvamukhosvanasana	Thoracic Breathing	Benefits of JalandharaBandha

S-5	SLO-1	<i>Nouli</i>	<i>Benefits of Trokonasana</i>	<i>Benefits of Urdhvamukhosvasana</i>	<i>Clavicle Breathing</i>	<i>UddiyanaBandha</i>
	SLO-2	<i>Benefits of Nouli</i>	<i>Parivrittatrikonasana</i>	<i>Makarasana</i>	<i>Nadishuddhi</i>	<i>Benefits of UddiyanaBandha</i>
S-6	SLO-1	<i>Dauti</i>	<i>Benefits of Parivrittatrikonasana</i>	<i>Benefits of Makarasana</i>	<i>Benefits of Nadishuddhi</i>	<i>MulaBandha</i>
	SLO-2	<i>Benefits of Dauti</i>	<i>Parsvakanasana</i>	<i>Supine Postures</i>	<i>Bhastrika</i>	<i>Benefits of MulaBandha</i>
S-7	SLO-1	<i>Basti</i>	<i>Benefits of Parsvakanasana</i>	<i>Halasana</i>	<i>Benefits of Bhastrika</i>	<i>MahaBandha</i>
	SLO-2	<i>Benefits of Basti</i>	<i>Veersana</i>	<i>Benefits of Halasana</i>	<i>Chandrapethana</i>	<i>Benefits of MahaBandha</i>
S-8	SLO-1	<i>Surya Namaskara</i>	<i>Benefits of Veersana</i>	<i>Chakrasana</i>	<i>Benefits of Chandrapethana</i>	<i>Mudra Practices</i>
	SLO-2	<i>Sun salutation</i>	<i>Sitting Postures</i>	<i>Benefits of Chakrasana</i>	<i>Suryapethana</i>	<i>Definition of Mudra</i>
S-9	SLO-1	<i>Sun salutation Mantras</i>	<i>Paschimottanasana</i>	<i>Sarvangasana</i>	<i>Benefits of Suryapethana</i>	<i>Techniques of Mudra</i>
	SLO-2	<i>Preparation for Sun salutation</i>	<i>Benefits of Paschimottanasana</i>	<i>Benefits of Sarvangasana</i>	<i>Ujjai</i>	<i>General Benefits of Mudra</i>
S-10	SLO-1	<i>Methods of Sun salutation</i>	<i>Suptavajrasana</i>	<i>Matsyasana</i>	<i>Benefits of Ujjai</i>	<i>Yoga Mudra</i>
	SLO-2	<i>Techniques</i>	<i>Benefits of Suptavajrasana</i>	<i>Benefits of Matsyasana</i>	<i>Sitali</i>	<i>Benefits of Yoga Mudra</i>
S-11	SLO-1	<i>Breathing Awareness</i>	<i>Ardhamatsyendrasana</i>	<i>Shavasana</i>	<i>Benefits of Sitali</i>	<i>Maha Mudra</i>
	SLO-2	<i>Pranamasana</i>	<i>Benefits of Ardhmatsyendrasana</i>	<i>Benefits of Shavasana</i>	<i>Sitkari</i>	<i>Benefits of Maha Mudra</i>
S-12	SLO-1	<i>Hasthauhtanasana</i>	<i>Vakrasana</i>	<i>Setubandhasana</i>	<i>Benefits of Sitkari</i>	<i>Shanmukhi Mudra</i>
	SLO-2	<i>PathaHasthasana</i>	<i>Benefits of Vakrasana</i>	<i>Benefits of Setubandhasana</i>	<i>Sadanta</i>	<i>Benefits of Shanmukhi Mudra</i>
S-13	SLO-1	<i>Aswasachalanasana</i>	<i>Marichasana</i>	<i>ArthaPavanamuktasana</i>	<i>Benefits of Sadanta</i>	<i>Tadagi Mudra</i>
	SLO-2	<i>ThuvipathaAswasanchalanasana</i>	<i>Benefits of Marichasana</i>	<i>Benefits of ArthaPavanamuktasana</i>	<i>Bhramari Pranayama</i>	<i>Benefits of Tadagi Mudra</i>
S-14	SLO-1	<i>AstangaNamaskar</i>	<i>Malasana</i>	<i>Pavanamuktasana</i>	<i>Benefits of Bhramari Pranayama</i>	<i>VipareetKarni Mudra</i>
	SLO-2	<i>Bhujangasana</i>	<i>Benefits of Malasana</i>	<i>Benefits of Pavanamuktasana</i>	<i>AntarKumbaka</i>	<i>Benefits of VipareetKarni Mudra</i>
S-15	SLO-1	<i>Athamukhasanam</i>	<i>Badhakanasana</i>	<i>Vrikshasana</i>	<i>Benefits of AntarKumbaka</i>	<i>Vayu Mudra</i>
	SLO-2	<i>Suryanamaskar Timing</i>	<i>Benefits of Badhakanasana</i>	<i>Benefits of Vrikshasana</i>	<i>BahyaKumbaka</i>	<i>Benefits of Vayu Mudra</i>
S-16	SLO-1	<i>Salient featuresSuryanamaskar</i>	<i>Merudandasana</i>	<i>Garudasana</i>	<i>Benefits of BahyaKumbaka</i>	<i>Chin Mudra</i>
	SLO-2	<i>Benefits of Suryanamaskar</i>	<i>Benefits of Merudandasana</i>	<i>Benefits of Garudasana</i>	<i>KevalaKumbaka</i>	<i>Benefits of Chin Mudra</i>
S-17	SLO-1	<i>Indication Sun salutation</i>	<i>Akamadhanurasana</i>	<i>Natrajasana</i>	<i>Benefits of KevalaKumbaka</i>	<i>Prana Mudra</i>
	SLO-2	<i>Contra indications of Sun salutation</i>	<i>Benefits of Akamadhanurasana</i>	<i>Benefits of Natrajasana</i>	<i>Neuroplasticity by Pranayama</i>	<i>Benefits of Prana Mudra</i>
S-18	SLO-1	<i>After Sun salutation</i>	<i>Gomukhasana</i>	<i>Tittibhasana</i>	<i>Antioxidation Process by Pranayama</i>	<i>Sunya Mudra</i>
	SLO-2	<i>Relaxation</i>	<i>Benefits of Gomukhasana</i>	<i>Benefits of Tittibhasana</i>	<i>Spirituality improvement by pranayama</i>	<i>Benefits of Sunya Mudra</i>

<b>Learning Resources</b>	1. B.K.S. Iyenger, <i>Light on Yoga</i> , Harper Collins, Publishers, New Delhi	4. <i>Sound Health through Yoga</i> , Dr. K. Chandrasekaran, PremKalyana Publications, Sedapati.
	2. <i>Pranayama</i> , Swami Kavalayananda, GhoshianandaSamith, Pune	
	3. <i>Lights on Pranayama</i> , B.K.S. Iyenger, Harper Collins Publishers, New Delhi	
		5. <i>Gitananda Swami, Pranayama</i> , 1972

<b>Learning Assessment</b>											
	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	10%	10%	15%	15%	15%	15%	15%	15%	15%	15%
	Create										
	Total										

# 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	19YGC408L	Course Name	VETHATHIRIYAN SKY YOGA PRACTICES - I	Course Category	C	Professional Core			
						L	T	P	C
						0	0	6	3

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)																	
CLR-1:		1	2	3	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15			
The purpose of learning this course is to:		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			
Understand Physical Well Being Practices					H	H	H	M	L	L	H	H	M	M	M	H	H	M	M			
Understand Rejuvenation of Life Force Practices					H	H	H	M	L	L	H	H	M	M	M	H	H	M	M			
Understand Sky Yoga Meditation					H	H	H	M	L	L	H	H	M	M	M	H	H	M	M			
Understand Absolute Space Meditation					H	H	H	M	L	L	H	H	M	M	M	H	H	M	M			
Understand Ways to Improve Bio Magnetism					H	H	H	M	L	L	H	H	M	M	M	H	H	M	M			
Understand Sky Yoga Practices					H	H	H	M	L	L	H	H	M	M	M	H	H	M	M			
Course Learning Outcomes (CLO):		Learning			Program Learning Outcomes (PLO)																	
CLO-1:		1	2	3	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15			
At the end of this course, learners will be able to:		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			
Know about Physical Well Being Practices					2	85	75	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M
Know about Rejuvenation of Life Force Practices					2	85	75	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M
Know about Sky Yoga Meditation					2	85	75	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M
Know about Absolute Space Meditation					2	85	75	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M
Know about Ways of Improve Bio Magnetism					2	85	75	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M
Know about Sky Yoga Practices					2	85	75	H	H	H	M	L	L	H	H	M	M	M	H	H	M	M

Duration (hour)	18		18		18		18		18	
S-1	SLO-1	Physical exercises practice	Rejuvination Of Life Force Practices	Streamlining of mind waves	PanchaBhoothaNavagraha Meditation	Lamp gazing, Trataka				
	SLO-2	General Instructions for Physical Exercise	Defenition of Kaya	Four types of Waves	Five elements Meditation	Mirror gazing.				
S-2	SLO-1	Two Important stage in Physical Exercise	Defenition of Kalpa	Beta Wave	Earth Meditation	Intensifying bio magnetism				
	SLO-2	Postures and Movements	Youthfulness practices (Kayakalpa)	Alpha Wave	Water Meditation	lamp gazing-rules				
S-3	SLO-1	Three Types of Posture practices	AswiniMudhra	Theta wave	Fire Meditation	Lamp Gazing-Timing				

	SLO-2	Ultimate Limbs training workout	MoolaBandha	Delta Wave	Air Meditation	Lamp Type
S-4	SLO-1	Hand exercises	Ojas Breath.	Eye brow centre meditation	Akash Meditation	Lamp Oil
	SLO-2	Stages of Hand Exercise	Kaya Kalpa exercise for longevity	Procedure of Eye brow centre meditation	Biological Changes in Human Body by PanchaBhootha Meditation	Lamp Thread
S-5	SLO-1	Benefits of Hand Exercise	Greatness of life force	Biological changes in human body	Benefits of PanchBhootha Meditation	Flame size
	SLO-2	Leg exercises	Philosophy of Kaya Kalpa	Benefits of Eye brow centre meditation	Solar meditation	Timing of Flame Watching
S-6	SLO-1	Stages of Leg Exercise	Physical body	Genetic centre meditation	Sun Mediatation	Angle Elevation
	SLO-2	Benefits of Leg Exercise	Sexual vital fluid	Procedure of Genetic centre meditation	Mercury Meditation	Angle Deviation
S-7	SLO-1	Hyper Oxygenation practice	Life force	Biological changes in Genetic centre	Venus Meditation	Timing of Eye Palming
	SLO-2	Breathing exercises	Bio-magnetism	Benefits of Genetic centre meditation	Moon Meditation	Align the mind with Lamp
S-8	SLO-1	Different Postures of Breathing Exercise	Mind	Spinal Clearance	Mars Meditation	Imagination during practice
	SLO-2	Neuro Muscular Breathing System	Anti ageing process	Procedure of spinal Clearance	Guru Meditation	Distance between lamp and practitioner
S-9	SLO-1	Benefits of Breathing Exercise	Postponing the old age	Breath system of spinal Clearance	Saturn Meditation	Facial attraction
	SLO-2	Eye fitness practice	Causes for old age and death	Crown centre meditation	Ragu Meditation	Passes practice
S-10	SLO-1	Rules of Eye Exercise	Toning up of nerves	Pineal Gland	Kethu Meditation	lamp gazing-benefits
	SLO-2	Benefits of Eye Exercise	Benefits of Kaya Kalpa	Brain cells activation	Starts Meditation	Mirror gazing-rules
S-11	SLO-1	Kapalpathi	Sex and Spirituality	Benefits of Crown centre meditation	Galaxy Meditation	Timing of Practice
	SLO-2	Don'ts and Do's of Kapalpathi	Value of Sexual vital fluid	Five perception centres meditation (Panchendriya Meditation)	Absolute Space Meditation	Mirror Measurement
S-12	SLO-1	Therapeutic uses of Kapalathi	Natural urge	Five senses	Relation between Human body and Planets	Distance between mirror and practitioner
	SLO-2	General Benefits of Kapalpathi	Married life	Procedure of senses Meditation	Biological Changes in Human Body by NavaGraha Meditation	Duration of Practice
S-13	SLO-1	Spinal suppleness practice	Chastity	Feel Perception	Benefits of NavaGraha Meditation	Dress code during practice
	SLO-2	Makarasana Procedure	Everlasting life without death	Taste Perception	Nine Endocrine Gland Meditations	Timing of Eye Mirror
S-14	SLO-1	Makarasana Part 1	Jeeva Samadhi	Smell Perception	Nine Centre Meditation	Timing of Eye Palming
	SLO-2	Makarasana Part 2	Intensifying the sexual vital fluid	Light Perception	Mooladar Meditation	Therapeutic Uses of Bio Magnetism
S-15	SLO-1	Benefits of Makarasana	Yogic food habits	Sound Perception	Swathisthana Meditation	General Uses of Bio Magnetism
	SLO-2	Don'ts and Do's of Makarasana	Natural food	Benefits of Panchendriya meditation	Manipooraha Meditation	Reduction of Inflammation
S-16	SLO-1	Body massage	Naturopathy	Nithyanantha Meditation	Anahatha Meditation	Improved Circulation
	SLO-2	Benefits of Body Massage	Allopathic Medicine	Procedure of Nithyanantha Meditation	Vishuthi Meditation	Antimicrobial Effects
S-17	SLO-1	Bio magnetic charging of Viscera	Ayurveda	Bio Magnetism	Ajna Meditation	Stress Reduction
	SLO-2	Acupressure	Unani	Life energy Particles	Thuriya Meditation	Quicker Healing
S-18	SLO-1	Benefits of Acupressure	Homeopathy	Inactive cells activation in Human Body	Benefits of Chakras Meditation	Mirror gazing benefits
	SLO-2	Super Relaxation technique.	Energy lose through senses	Benefits of Nithyanantha Meditation	Divine Meditation	Passes for healing

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

Course Designers		
Experts from Industry	Experts from Higher Technical Institutions	Internal Experts
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