

PHYSICAL EDUCATION AND YOGA CENTRE  
GRI-DU, GANDHIGRAM  
**18YOGU001- CNCC- YOGA EDUCATION (1+0)**

**Course Objective:** To gain knowledge about the Yogic Practices

**Course Outcomes:**

Students should be able to

- Evaluate the importance of preparatory exercise.
- Demonstrate the suryanamaskar and various asanas.
- Utilize the meditation techniques.
- Compare mudras and bandhas
- Assess the difference between the asanas and physical exercises.

**UNIT - I**

**History of Yoga** - Definition of the term Yoga - Comprehensive Nature and Scope of Yoga-Aims and Objectives of Yoga - Yoga as an ideal system of physical culture.

**Text books:**

1. H R.Nagarathnam & Dr.H R Nagendra (2015) Promotion of positive health swami vivekanandha yoga prakashana, Bangalore.

**UNIT – II**

**Schools of Yoga:** Patanjaliyoga – Astangayoga – Tantrayoga – Mantrayoga – Hathayoga – Layayoga - Rajayoga – Jnanayoga – Bhaktiyoga – Karmayoga - Difference between practice of Asanas and Physical Exercise.

**Text books:**

1. Light on Yoga, B.K.S Iyengar Harpine Collins Publication, New Delhi, 2000.
2. Sound Health Through Yoga, K.Chandrasekaran, Prem Kalyan Publications, Sedapatti, 1999.

**UNIT – III**

**Asanas Practice:** Meditative Asanas: Sukhasana – Ardha Padmasana – Padmasana – Vajrasana – Standing Asanas: Tadasana –Trikonasana- Parivrtta Trikonasana – Vrikshasana –Sitting Asanas: Baddha konasana – Janusirasana – Paschimottanasana – Ustrasana – Vakrasana - Gomukhasana - Suryanamaskar.

**Text books:**

1. H R.Nagarathnam & Dr.H R Nagendra (2015) Promotion of positive health swami vivekanandha yoga prakashana, Bangalore.
2. Swami Satyananda Saraswati, (2008): Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India.

**UNIT: IV**

**Asanas Practice:** Prone Asanas: Makarasana – Bhujangasana – Shalabhasana – Dhanurasana - Supine Asanas: Pavanamuktasana – Sethubandasana – Navasana – Savasana.

**Text books:**

1. H R.Nagarathnam & Dr.H R Nagendra (2015) Promotion of positive health swami vivekanandha yoga prakashana, Bangalore.

**UNIT- V**

**Pranayama Practice:** Sectional Breathing - Nadisuddhi – Bhramari – Bhastrika - Kapalabhati – Introduction to Bandhas – Mudras – Dharana (Trataka) – Dhyana.

**Text books:**

1. Swami Satyananda Saraswati, (2008): Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India.

**Reference books:**

1. Asanas, Swami Kuvalayananda, Kaivalyadhama, Lonavla, 1993.
2. Yoga for All, Maharishi Patanjali, Sahni Publications, 2003.
3. Yoga for Health, Institute of Naturopathy & Yogic Sciences, Bangalore, 2003.
4. Yoga for Health, K.Chandara Shekar, Khel Sahitya Kendra, Theni, 2003.
5. Yoga for the Morden Man, M.P.Pandit, Sterling Publishers Private Limited, New Delhi, 1987.
6. Yoga for You, Indira Devi, Jaico Publishing House, Chennai, 2002.

**Web Resources**

1. <https://kdham.com/>
2. <http://www.biharyoga.net/>

**Pattern**

First CFA	Second CFA	Third CFA		Total Marks
		25 Marks		
10 marks	15 marks	Test	Assignment	50
		20 marks	5 marks	

### YOGA EDUCATION (One Credit)

<b>18YOGU001</b>	<b>YOGA EDUCATION</b>	
<b>Credits : 1+0</b>	<b>Theory Hours/Week : 1</b>	<b>CFA (T&amp;P) : 50 ESE (T) : NA</b>
<b>Course Objective:</b> To gain the practical knowledge about the Yogic Practices		
<b>UNIT</b>	<b>CONTENTS</b>	<b>Lecture Schedule</b>
I	<b>History of Yoga</b> - Definition of the term Yoga - Comprehensive Nature and Scope of Yoga-Aims and Objectives of Yoga - Yoga as an ideal system of physical culture.	<b>2</b>
II	<b>Schools of Yoga:</b> Patanjaliyoga – Astangayoga – Tantrayoga – Mantrayoga – Hathayoga – Layayoga - Rajayoga – Jnanayoga – Bhaktiyoga – Karmayoga - Difference between practice of Asanas and Physical Exercise	<b>2</b>
III	<b>Asanas Practice:</b> Meditative Asanas: Sukhasana – Ardha Padmasana – Padmasana –Vajrasana – Standing Asanas: Tadasana –Trikonasana- Parivrtta Trikonasana – Vrikshasana –Sitting Asanas: Baddha konasana – Janusirasana – Paschimottanasana – Ustrasana – Vakrasana - Gomukhasana - Suryanamaskar	<b>5</b>
IV	<b>Asanas Practice:</b> Prone Asanas: Makarasana – Bhujangasana – Shalabhasana – Dhanurasana - Supine Asanas: Pavanamuktasana – Sethubandasana – Navasana –Savasana	<b>4</b>
V	<b>Pranayama Practice:</b> Sectional Breathing - Nadisuddhi – Bhramari – Bhastrika - Kapalabhati – Introduction to Bandhas – Mudras – Dharana (Trataka) – Dhyana	<b>3</b>
<b>Total Contact Hours</b>		<b>16</b>
<b>Course Outcomes</b>		
<p><b>Students should be able to</b></p> <ul style="list-style-type: none"> <li>• Evaluate the importance of preparatory exercise.</li> <li>• Demonstrate the suryanamaskar and various asanas.</li> <li>• Utilize the meditation techniques.</li> <li>• Compare mudras and bandhas</li> <li>• Assess the difference between the asanas and physical exercises.</li> </ul>		

PHYSICAL EDUCATION AND YOGA CENTRE  
GRI-DU, GANDHIGRAM  
**18YOGV001- CNCC- YOGA EDUCATION (0+2 credits)**

**Course Objective:** To gain knowledge about the Yogic Practices

**Course Outcomes:**

Students should be able to

- Evaluate the importance of preparatory exercise.
- Demonstrate the suryanamaskar and various asanas.
- Utilize the meditation techniques.
- Compare mudras and bandhas
- Assess the difference between the asanas and physical exercises.

**UNIT - I**

**History of Yoga** - Definition of the term Yoga - Comprehensive Nature and Scope of Yoga-Aims and Objectives of Yoga - Various schools of Yoga - Yoga as an ideal system of physical culture.

**UNIT – II**

**Schools of Yoga:** Patanjaliyoga – Astangayoga – Tantrayoga – Mantrayoga – Hathayoga – Layayoga - Rajayoga – Jnanayoga – Bhaktiyoga – Karmayoga - Difference between practice of Asanas and Physical Exercise.

**UNIT – III**

**Asanas Practice:** Meditative Asanas: Sukhasana – Ardha Padmasana – Padmasana – Samasana - Vajrasana – Standing Asanas: Tadasana – Padahasthasana – Ardha cakrasana- Trikonasana- Parivrtta Trikonasana – Vrikshasana – Virabhadrasana- Utkatasana; Sitting Asanas: Baddha konasana – Janusirasana – Paschimottanasana – Ustrasana – Vakrasana - Gomukhasana – Akarna Dhanurasana – Utthita Padmasana - Upavistakonasana - Suryanamaskar.

**UNIT: IV**

**Asanas Practice:** Prone Asanas: Makarasana – Bhujangasana – Shalabhasana – Dhanurasana – Naukasana – Niralambhasana - Supine Asanas: Pavanamuktasana – Sethubandhasana – Navasana – Sarvangasana – Halasana – Matsyasana - Savasana.

## UNIT- V

**Pranayama Practice:** Sectional Breathing - Nadisuddhi – Bhramari – Bhastrika -  
Kapalabhati – Introduction to Bandhas – Mudras – Dharana (Trataka) – Dhyana.

### **REFERENCE BOOKS:**

1. Asanas, Swami Kuvalayananda, Kaivalyadhama, Lonavla, 1993.
2. Light on Yoga, B.K.S Iyengar Harpine Collins Publication, New Delhi, 2000.
3. Sound Health Through Yoga, K.Chandrasekaran, Prem Kalyan Publications, Sedapatti, 1999.
4. Yoga For All, Maharishi Patanjali, Sahni Publications, 2003.
5. Yoga For Health, Institute of Naturopathy & Yogic Sciences, Bangalore, 2003.
6. Yoga for Health, K.Chandara Shekar, Khel Sahitya Kendra, Theni, 2003.
7. Yoga For the Morden Man, M.P.Pandit, Sterling Publishers Private Limited, New Delhi, 1987.
8. Yoga For You, Indira Devi, Jaico Publishing House, Chennai, 2002.

### **Web Resources**

1. <https://kdham.com/>
2. <http://www.biharyoga.net/>

### **Pattern**

<b>First CFA</b>	<b>Second CFA</b>	<b>Third CFA</b>		<b>Total Marks</b>
		<b>25 Marks</b>		
<b>10 marks</b>	<b>15 marks</b>	<b>Test</b>	<b>Assignment</b>	<b>50</b>
		<b>20 marks</b>	<b>5 marks</b>	

## YOGA EDUCATION (Two Credits)

<b>18YOGU001</b>	<b>YOGA EDUCATION</b>	
<b>Credits</b> : 0+2	<b>Practical Hours/Week</b> : 4	<b>CFA (T&amp;P)</b> : 50 <b>ESE (T)</b> : NA
<b>Course Objective:</b> To gain the practical knowledge about the Yogic Practices		
UNIT	CONTENTS	Lecture Schedule
I	<b>History of Yoga</b> - Definition of the term Yoga - Comprehensive Nature and Scope of Yoga-Aims and Objectives of Yoga - Various schools of Yoga - Yoga as an ideal system of physical culture	<b>8</b>
II	<b>Schools of Yoga:</b> Patanjaliyoga – Astangayoga – Tantrayoga – Mantrayoga – Hathayoga – Layayoga - Rajayoga – Jnanayoga – Bhaktiyoga – Karmayoga - Difference between practice of Asanas and Physical Exercise	<b>8</b>
III	<b>Asanas Practice:</b> Meditative Asanas: Sukhasana – Ardha Padmasana – Padmasana – Samasana - Vajrasana – Standing Asanas: Tadasana – Padahasthasana – Ardha cakrasana- Trikonasana- Parivrtta Trikonasana – Vrikshasana – Virabhadrasana- Utkatasana; Sitting Asanas: Baddha konasana – Janusirasana – Paschimottanasana – Ustrasana – Vakrasana - Gomukhasana – Akarna Dhanurasana – Utthita Padmasana - Upavistakonasana - Suryanamaskar	<b>20</b>
IV	<b>Asanas Practice:</b> Prone Asanas: Makarasana – Bhujangasana – Shalabhasana – Dhanurasana – Naukasana – Niralambhasana - Supine Asanas: Pavanamuktasana – Sethubandhasana – Navasana – Sarvangasana – Halasana – Matsyasana - Savasana	<b>16</b>
V	<b>Pranayama Practice:</b> Sectional Breathing - Nadisuddhi – Bhramari – Bhastrika - Kapalabhati – Introduction to Bandhas – Mudras – Dharana (Trataka) – Dhyana	<b>12</b>
<b>Total Contact Hours</b>		<b>64</b>
<b>Course Outcomes</b>		
<b>Students should be able to</b>		
<ul style="list-style-type: none"> <li>• Evaluate the importance of preparatory exercise.</li> <li>• Demonstrate the suryanamaskar and various asanas.</li> <li>• Utilize the meditation techniques.</li> <li>• Compare mudras and bandhas</li> <li>• Assess the difference between the asanas and physical exercises.</li> </ul>		

PHYSICAL EDUCATION AND YOGA CENTRE  
GRI-DU, GANDHIGRAM  
**18YOGP001- CNCC- YOGA EDUCATION (2+0 credits)**

**Course Objective:** To gain knowledge about the Yogic Practices

**Course Outcomes:**

Students should be able to

- Evaluate the importance of preparatory exercise.
- Demonstrate the suryanamaskar and various asanas.
- Utilize the meditation techniques.
- Compare mudras and bandhas
- Assess the difference between the asanas and physical exercises.

**UNIT - I**

**History of Yoga** - Definition of the term Yoga - Comprehensive Nature and Scope of Yoga-Aims and Objectives of Yoga - Various schools of Yoga - Yoga as an ideal system of physical culture.

**UNIT – II**

**Schools of Yoga:** Patanjaliyoga – Astangayoga – Tantrayoga – Mantrayoga – Hathayoga – Layayoga - Rajayoga – Jnanayoga – Bhaktiyoga – Karmayoga - Difference between practice of Asanas and Physical Exercise.

**UNIT – III**

**Asanas Practice:** Meditative Asanas: Sukhasana – Ardha Padmasana – Padmasana – Samasana - Vajrasana – Standing Asanas: Tadasana – Padahasthasana – Ardha cakrasana- Trikonasana- Parivrtta Trikonasana – Vrikshasana – Virabhadrasana- Utkatasana; Sitting Asanas: Baddha konasana – Janusirasana – Paschimottanasana – Ustrasana – Vakrasana - Gomukhasana – Akarna Dhanurasana – Utthita Padmasana - Upavistakonasana - Suryanamaskar.

**UNIT: IV**

**Asanas Practice:** Prone Asanas: Makarasana – Bhujangasana – Shalabhasana – Dhanurasana – Naukasana – Niralambhasana - Supine Asanas: Pavanamuktasana – Sethubandhasana – Navasana – Sarvangasana – Halasana – Matsyasana - Savasana.

## UNIT- V

**Pranayama Practice:** Sectional Breathing - Nadisuddhi – Bhramari – Bhastrika -  
Kapalabhati – Introduction to Bandhas – Mudras – Dharana (Trataka) – Dhyana.

### **REFERENCE BOOKS:**

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4. Yoga For All, Maharishi Patanjali, Sahni Publications, 2003.
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### **Pattern**

<b>First CFA</b>	<b>Second CFA</b>	<b>Third CFA</b>		<b>Total Marks</b>
		<b>25 Marks</b>		
<b>10 marks</b>	<b>15 marks</b>	<b>Test</b>	<b>Assignment</b>	<b>50</b>
		<b>20 marks</b>	<b>5 marks</b>	



## YOGA EDUCATION (Two Credits)

<b>18YOGP001</b>	<b>YOGA EDUCATION</b>	
<b>Credits : 2+0</b>	<b>Theory Hours/Week : 2</b>	<b>CFA (T&amp;P) : 50 ESE (T) : NA</b>
<b>Course Objective:</b> To gain the practical knowledge about the Yogic Practices		
UNIT	CONTENTS	Lecture Schedule
I	<b>History of Yoga</b> - Definition of the term Yoga - Comprehensive Nature and Scope of Yoga-Aims and Objectives of Yoga - Various schools of Yoga - Yoga as an ideal system of physical culture	<b>4</b>
II	<b>Schools of Yoga:</b> Patanjaliyoga – Astangayoga – Tantrayoga – Mantrayoga – Hathayoga – Layayoga - Rajayoga – Jnanayoga – Bhaktiyoga – Karmayoga - Difference between practice of Asanas and Physical Exercise	<b>4</b>
III	<b>Asanas Practice:</b> Meditative Asanas: Sukhasana – Ardha Padmasana – Padmasana – Samasana - Vajrasana – Standing Asanas: Tadasana – Padahasthasana – Ardha cakrasana- Trikonasana- Parivrtta Trikonasana – Vrikshasana – Virabhadrasana- Utkatasana; Sitting Asanas: Baddha konasana – Janusirasana – Paschimottanasana – Ustrasana – Vakrasana - Gomukhasana – Akarna Dhanurasana – Utthita Padmasana - Upavistakonasana - Suryanamaskar	<b>10</b>
IV	<b>Asanas Practice:</b> Prone Asanas: Makarasana – Bhujangasana – Shalabhasana – Dhanurasana – Naukasana – Niralambhasana - Supine Asanas: Pavanamuktasana – Sethubandhasana – Navasana – Sarvangasana – Halasana – Matsyasana - Savasana	<b>8</b>
V	<b>Pranayama Practice:</b> Sectional Breathing - Nadisuddhi – Bhramari – Bhastrika - Kapalabhati – Introduction to Bandhas – Mudras – Dharana (Trataka) – Dhyana	<b>6</b>
<b>Total Contact Hours</b>		<b>32</b>
<b>Course Outcomes</b>		
<b>Students should be able to</b>		
<ul style="list-style-type: none"> <li>• Evaluate the importance of preparatory exercise.</li> <li>• Demonstrate the suryanamaskar and various asanas.</li> <li>• Utilize the meditation techniques.</li> <li>• Compare mudras and bandhas</li> <li>• Assess the difference between the asanas and physical exercises.</li> </ul>		