



மனோன்மணியம் சுந்தரனார் பல்கலைக்கழகம்
MANONMANIAM SUNDARANAR UNIVERSITY

**SYLLABUS FOR DIPLOMA IN YOGIC SCIENCE AND EDUCATION
PROGRAM OFFERED THROUGH DIRECTORATE OF VOCATIONAL
EDUCATION (COMMUNITY COLLEGES AND VOCATIONAL SKILL
DEVELOPMENT CENTRES) FROM 2019 – 2020**



கல்விசார் நிலைக்குழுக் கூட்டம்

**MEETING OF THE STANDING COMMITTEE ON
ACADEMIC AFFAIRS HELD ON WEDNESDAY
THE 22nd JANUARY 2020**

DIPLOMA IN YOGIC SCIENCE AND EDUCATION

யோக அறிவியலும் கல்வியும் பட்டயம்

SCHEME OF EXAMINATION

Subject Code	Title of the Course	Credit	Hours	Passing Minimum
Semester I				
C19YE11/E19YE01	Fundamentals of Yogic Science	6	90	40/100
C19YE12/E19YE02	Anatomy and Physiology for Yogic Science	6	90	40/100
C19YE13/E19YE03	Teaching Methodology of Yogic Practice	6	90	40/100
C19CE10/E19CE10	Communicative English	6	90	40/100
C19YEP1/E19YEP1	Practical I – (Asanas, Pranayamas, Kriyas and Bandhas)	4	120	40/100
Semester II				
C19YE21/E19YE04	Role of Hathayoga in Health and Lifestyle Diseases	6	90	40/100
C19YE22/E19YE05	Preparation of Yogic Diet and Practice of Suryanamaskar, Mudra and Meditation	6	90	40/100
C19LS23/E19LS05	Life Skill	6	90	40/100
C19YEP2/E19YEP2	Practical II-Yoga Practical and Teaching in Yoga	4	120	40/100
C19YEPW/E19YEPW	Project/Internship	12	150	40/100

Eligibility for Admission: Pass in 12th std examination conducted by the Govt. of Tamil Nadu Board of Secondary Education, Government of Tamil Nadu or any other equivalent examination.

Examination: Passing Minimum for each Course is 40%. Classification will be done on the basis percentage marks of the total marks obtained in all the Courses and as given below.

40 % but less than 50%	- Third Class
50 % but less than 60%	- Second Class
60 % and above	- First Class

Theory Paper

Internal Marks-25

External Marks-75

Syllabus**FIRST SEMESTER**

Course I : Fundamentals of Yogic Science

Course II : Anatomy and Physiology for Yogic Science

Course III : Teaching Methodology of Yogic Practice

Course IV : Communicative English

Course V : Practical I – (Asanas, Pranayamas, Kriyas and Bandhas)

SECOND SEMESTER

Course VI : Role of Hathayoga in Health and Lifestyle Diseases

Course VII : Preparation of Yogic Diet and Practice of Suryanamaskar, Mudra and Meditation

Course VIII: Life Skill

Course IX : Practical II- Yoga Practical and Teaching in Yoga

Course X : Project/Internship

***(Semester Pattern for Community College Only)**

SEMESTER I
(C19YE11/E19YE01)Course I
FUNDAMENTALS OF YOGIC SCIENCE

UNIT-I **18 Hrs**

Origin, History and development of Yoga- Meaning of Yoga & its importance - Yoga as a Science of Art (Yoga Philosophy) - Meaning of meditation and its types and principles.

UNIT- II **18 Hrs**

Classification of Yoga/Types of Yoga - Hatha Yoga , Raja Yoga, Laya Yoga, Bhakti Yoga, Gyan Yoga, Karma Yoga - Asthang Yoga.

UNIT -III **18 Hrs**

Procedure and benefits of Yogic Practices-Meaning of Asana and its types- Procedure and benefits of Pranayama and its types and Procedure and benefits of Kriya and its types.

UNIT -IV **18 Hrs**

Yogic therapies and modern concept of Yoga - Naturopathy, Acupressure, acupuncture-Meaning and importance of prayer - Psychology of mantras-Different mudras during prayers.

Unit -V **18 Hrs**

Great Philosophy of Indian Yoga Culture-Pathanjali, Thirumoolar, Budha, Mahavir and Swami Vivekanand

(C19YE12/E19YE02)Course II

ANATOMY AND PHYSIOLOGY FOR YOGIC SCIENCE

Unit -I: **18 Hrs**

Introduction to human body and study of human physiology and Anatomy of Yogic point of view.

Unit -II: **18 Hrs**

Cells, Tissues and Body organs, Skin, Eye and Ear

Unit -III: **18 Hrs**

The Circulatory and Respiratory Systems

Unit -IV: **18 Hrs**

The Skeletal and Muscular Systems

Unit -V: **18 Hrs**

The Nervous and Endocrine Systems

(C19YE13/E19YE03)

COURSE – III

TEACHING METHODOLOGY OF YOGIC PRACTICE

UNIT -I

18 Hrs

Meaning and types of methods - Factors affecting teaching - Principles of teaching - Need and importance of teaching practice - Maxims of teaching

UNIT-II

18 Hrs

Presentation technique - Technical preparation - Personal preparation - Modern concept and teaching Aids class management and its meaning and need - Steps of class management

UNIT-III

18 Hrs

Meaning of tournaments and competition and its importance - Eligibility rules of Inter –University of Yoga - Organisation and administration of Yoga competition - Audio visual Aids.

UNIT-IV

18 Hrs

Meaning of lesson plan and its importance - Principles of lesson plan - Demonstration in Yoga and its types - Importance of demonstration.

UNIT-V

18 Hrs

Meaning of lesson plan and its importance - Principles of lesson plan - Demonstration in Yoga and its types - Importance of demonstration.

COURSE – IV

(C19CE10/E19CE10)COMMUNICATIVE ENGLISH

1. **Basic Grammar:**

- a. Review of grammar
- b. Remedial study of grammar
- c. Simple sentence
- d. Word passive voice etc.

2. **Bubbling Vocabulary:**

- a. Synonyms
- b. Antonyms
- c. One – work Institution

3. **Reading and Understanding English**

- a. Comprehension passage
- b. Précis – writing
- c. Developing a story from hints.

4. **Writing English**

- a. Writing Business letters.
- b. Paragraph writing
- c. Essay writing
- d. Dialogue writing

5. **Speaking English**

- a. Expressions used under different circumstances
- b. Phonetics

Reference : 1. V.H.Baskaran – “English Made Easy”

2. V.H.Baskaran – “English Composition Made Easy”

(Shakespeare Institute of English Studies, Chennai)

3. N.Krishnaswamy – “Teaching English Grammar”

(T.R.Publication, Chennai)

4. “Life Skill” – P.Ravi, S.Prabakar and T.Tamzil Chelvam,

M.S.University, Tirunelveli.

(C19YEP1/E19YEP1)Course V
PRACTICAL I (ASANAS, PRANAYAMAS, KRIYAS AND BANDHAS)

ASANAS

- Ardhamatsyendrasana
- Ardhasirasana
- Bhujangasana
- Dhanurasana
- Halasana
- Januseerasana
- Matsyasana
- Mayurasana
- Navasana
- Nintra Padaasana
- Pachimottanasana
- Padhahasthasana
- Padmasana
- Pavanamukthasana
- Piraiasana
- Salabasana
- Sanhiasana
- Sarvangasana
- Sirasana
- Thirikonasana
- Ustrasana
- Uttitha Pam Dasana
- Vaj Rasana
- Yoga Mudra
- Shanmugi Mudra
- Vajroli Mudra
- Veepareethakarani Mudra
- Yoga Mudra

KRIYAS

- Neti
- Basthi
- Kapalabhathi
- Dhauthi
- Trataka
- Nauli

Importance of Kumbhaka - General instructions for Pranayama. Concepts of Pranayama, Naudis, Bandhas - Breathing ratio for different levels"

PRANAYAMA

- Suryabedhana Pranayama
- Naudi Suddhi
- Naudi Sodhana
- Bhastricka Pranayama
- Bhramari Pranayama
- Shitax Pranayama
- Sitkari Pranayama
- Kabalapathi

BHANDHAS

- Jalander Bandha
- Mula Bandha
- Uddiyan Bandha
- Maha Bandha

SEMESTER II

Course VI

(C19YE21/E19YE04)ROLE OF HATHAYOGA IN HEALTH AND LIFESTYLE DISEASES

By using the Hatha Yoga technique treating the disease like

Unit I: **18 Hrs**

Asthma, Arthritis. Bronchitis, Backache, constipation, coryza, Colic Pain

Unit II: **18 Hrs**

Diabetes Mellitus, Dyspepsia, Dysentery, Eye Disease, Fever, Flatulence

Unit III: **18 Hrs**

General Debility, Goitre, Head Ache, Blood pressure, Indigestion, Insomnia

Unit IV: **18 Hrs**

Importance, Irritable Bowl Syndrome, Jaundice, Myopia, obesity, Paralysis

Unit V: **18 Hrs**

Piles, Psoriasis, Pains, Sciatica, Sinusitis, Skin Diseases, Spondyletis, Tonsilitis, Urinary Diseases, Worm infection etc.

Course VII

(C19YE22/E19YE05)PREPARATION OF YOGIC DIET AND PRACTICE OF SURYANAMASKAR, MUDRA AND MEDITATION

Unit I: **18 Hrs**

Principles of diet and its importance- Dietetics in Yoga Therapy - Classification according to triguna-Vegetarian Vs. nonvegetarian diet,, Balanced diet- Carbohydrates, Proteins, Lipids- - Minerals, Vitamins.

Unit II: **18 Hrs**

Principles of Satvika, Rajasika and Tamsika Diet - Panchabhuta relationships, Rasa virya, Guna, Vipaka of Shali, Yava, Godhuma, Mudga, Masha, Chanaka, Patola, Surana, Mana, Kakkola, Shukashuka, Karkat, Rambha, Balaramba, Mulak, Vartaki, Riddhi, Kalashaka, Patola, Vatraka, Himocika.

Unit III: **18 Hrs**

Practical benefits of Surya Namaskarar and Practice of Surya Namaskaram

Unit IV: **18 Hrs**

Practical benefits of Mudras and Practice of Mudras (ASWINI MUDRA, CHIN MUDRA, KHECHARI MUDRA,MAHA MUDRA)

Unit V: **18 Hrs**

Meditation, Types of Meditation and its benefits, practice of Meditation

Course VIII

(C19LS23/E19LS05)Life Skill

I Life Coping or adjustment

- (a) External and internal influence in one's life
- (b) Process of coping or adjustment
- (c) Coping with physical change and sexuality
- (d) Coping with stress, shyness, fear, anger far live and criticism.

II Attitude

- (a) Attitude
- (b) Self acceptance, self – esteem and self actualization
- (c) Positive thinking

III Problem Solving

- (a) Goal Setting
- (b) Decision Making
- (c) Time Management and stress Management.

IV Computers

- (a) Introduction to Computers
- (b) M.S.Office
- (c) Power Point

V Internet

- (a) Introduction to internet
- (b) E – mail
- (c) Browsing

References:

- 1) Life Skill Programme course I & II by Dr. Xavier Alphona, MCRDCE Publications. R.K.Mutt Road, Chennai – 28
- 2) ஆளுமை பண்பு வளர்த்தல் மற்றும் தகவல் தொடர்பு by M.Selvaraj Community College, Palayamkottai
- 3) “Life Skill” –P.Ravi, S.Prabahar & T.Tamil Chelvam, M.S. University, Tirunelveli

**Course IX
Practical II**

(C19YEP2/E19YEP2)YOGA PRACTICAL AND TEACHING IN YOGA

List of Exercises

1. The effective training for through mastery and competence in the prescribed Yogic practices
2. The practical training with theoretical aspects of Yogasanam
3. Application of Yogic techniques effectively in different fields like health education and Therapeutics.
4. Correlation of the practical in lessons planning, practice and teaching etc.
5. Yogic lesson plan – preparation

(C19YEPW/E19YEPW)Course X

Project/Internship

Need compulsory internship/projects related to the course.

BOOKS FOR STUDY AND REFERENCE (ALL COURSES)

1. Arokiya Vazhvu - Dr. Asana Andiappan, Chennai.
2. Mootchikalai Pranayamam - Dr. Asana Andiappan, Chennai
3. Yoga for students Health - A. Yoganath
4. Secret of Happiness - Yoga Chariar Bangalore Sundaram
5. Nazhavallvirkana Yogasanangal - Yogi. T.A. Krishnan
6. Yoga Chart - Dr. Asana Andiappan, Chennai.
7. Yoga Sikitchai - Yoga Chariar Bangalore Sundaram
8. Nalvalvirkana Yogasanangal - V. Krishnamoorthy
10. Asanam and Pranayamam - Dr. P. Marriayyah
11. "Sound Health Through Yoga - Dr. K. Chandrasekaran
12. Dr.P.Kumaresan, Yogasanam, Abinaya Publications.

Yoga Journals and Magazines

1. "Indian Journal of Scientific Yoga" Dr. P. Kumaresan Editor, Tirunelveli -7.
2. Asana - Tamil - Quarterly - Dr. Asana Andiappan - Editor
3. Arokiya Valvu - Monthly - Dr. Deivasigamani - Editor
4. Yoga Mimamsa - Kaivalyadhama – Lonavala
