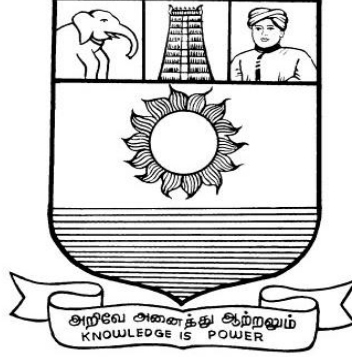


மனோன்மணியம் சுந்தரனார் பல்கலைக்கழகம்  
திருநெல்வேலி – 627 012

**Manonmaniam Sundaranar University  
Thirunelveli – 627 012.**



கல்விசார் நிலைக்குழுக் கூட்டம்

**MEETING OF THE STANDING COMMITTEE ON  
ACADEMIC AFFAIRS HELD ON FRIDAY  
THE 27<sup>th</sup> OCTOBER 2017.**

**Syllabus for Diploma in Yogic Science and Education Course offered  
through Directorate of Vocational Education  
(Community Colleges and Extension Learning Programme)  
from 2017 – 2018**

**Course Code:5260**  
**DIPLOMA IN YOGIC SCIENCE AND EDUCATION**

**SCHEME OF EXAMINATIONS**

Sub.Code	Title of the Paper	Credit	Hours	Passing Minimum
<b>Semester I</b>				
C17YE11/E17YE01	Fundamentals of Yogic Science	6	90	40/100
C17YE12/E17YE02	Anatomy and Physiology for Yogic Science	6	90	40/100
C17YE13/E17YE03	Teaching Methodology of Yogic Practice	6	90	40/100
C17CE10/E17CE10	Communicative English	6	90	40/100
C17YEP1/E17YEP1	Practical I – (Asanas, Pranayamas, Kriyas and Bandhas)	4	60	40/100
<b>Semester II</b>				
C17YE21/E17YE04	Role of Hathayoga in Health and Lifestyle Diseases	6	90	40/100
C17YE22/E17YE05	Preparation of Yogic Diet and Practice of Suryanamaskar, Mudra and Meditation	4	60	40/100
C17LS23/E17LS05	Life Skill	6	90	40/100
C17YEP2/E17YEP2	Yoga Practical and Teaching in Yoga	4	60	40/100
C17YEPw/E17YEPw	Project / Internship	12	120	40/100

**Eligibility for Admission:** Pass in 12<sup>th</sup> 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 paper is 40%. Classification will be done on the basis percentage marks of the total marks obtained in all the papers and as given below.

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

**Syllabus**

**FIRST SEMESTER**

Paper I	: Fundamentals of Yogic Science
Paper II	: Anatomy and Physiology for Yogic Science
Paper III	: Teaching Methodology of Yogic Practice
Paper IV	: Communicative English
Paper V	: Practical I – (Asanas, Pranayamas, Kriyas and Bandhas)

**SECOND SEMESTER**

Paper VI	: Role of Hathayoga in Health and Lifestyle Diseases
Paper VII	: Preparation of Yogic Diet and Practice of Suryanamaskar, Mudra and Meditation
Paper VIII	: Life Skill
Paper IX	: Yoga Practical and Teaching in Yoga
Paper X	: Project / Internship

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

## SEMESTER I

### (C17YE11/E17YE01) Paper I - FUNDAMENTALS OF YOGIC SCIENCE

#### **UNIT-I**

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**

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

#### **UNIT -III**

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**

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

#### **Unit –V**

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

### (C17YE12/E17YE02) Paper II - ANATOMY AND PHYSIOLOGY FOR YOGIC SCIENCE

**Unit –I:** Introduction to human body and study of human physiology and Anatomy of Yogic point of view.

**Unit –II:** Cells, Tissues and Body organs, Skin, Eye and Ear

**Unit –III:** The Circulatory and Respiratory Systems

**Unit –IV:** The Skeletal and Muscular Systems

**Unit –V:** The Nervous and Endocrine Systems

### (C17YE13/E17YE03) PAPER-III TEACHING METHODOLOGY OF YOGIC PRACTICE

#### **UNIT -I**

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

#### **UNIT-II**

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

#### **UNIT-III**

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**

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

#### **UNIT-V**

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

## (C17CE10/E17CE10) Paper IV Communicative English

### **Unit I: Learning context**

Concept of learning – Learning style –Grammatical framework – sentence framing – paragraph and texts

### **Unit II: Reading**

Basic concept – Purposes of reading-Decoding-Reading materials – Barriers of reading

### **Unit III: Writing**

Basic concept-Writing style-Terminology-stages-English spelling and punctuation – Written texts

### **Unit IV: Speaking**

Language functions-Conversation- Features of spoken English – Types of English course: functional English, English literature, advance English – Phonetic

### **Unit V: Developing Communication Skills**

Meaning –Classroom presence- Features of developing learning process- Practical skills and Listening- uses of communicative English

#### **Reference Books:**

1. Raman,m.&S.Sharma (2011) communication skills,OUP,New Delhi: India
2. Lata,P.&S.Kumar(2011) communication skills,OUP,New Delhi: India,
- 3.Leech,G&J.Svartvik(2002) A communicative grammar of English,Pearson,India,
4. Sethi,J. and P.V. Dharmija (2007) A course in Phonetics and spoken English.Second edition, Prentice hall: New Delhi

## (C17YEP1/E17YEP1)Paper V - PRACTICAL (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 Pranayame, 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

## **(C17YE21/E17YE04) Paper VI -ROLE OF HATHAYOGA IN HEALTH AND LIFESTYLE DISEASES**

By using the Hatha Yoga technique treating the disease like

**Unit I:** Asthma, Arthritis, Bronchitis, Backache, constipation, coryza, Colic Pain

**Unit II:** Diabetes Mellitus, Dyspepsia, Dysentery, Eye Disease, Fever, Flatulence

**Unit III:** General Debility, Goitre, Head Ache, Blood pressure, Indigestion, Insomnia

**Unit IV:** Importance, Irritable Bowl Syndrome, Jaundice, Myopia, obesity, Paralysis

**Unit V:** Piles, Psoriasis, Pains, Sciatica, Sinusitis, Skin Diseases, Spondylitis, Tonsillitis, Urinary Diseases, Worm infection etc.

## **(C17YE22/E17YE05) Paper VII - PREPARATION OF YOGIC DIET AND PRACTICE OF SURYANAMASKAR, MUDRA AND MEDITATION**

**Unit I:** 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:** 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:** Practical benefits of Surya Namaskar and Practice of Surya Namaskaram

**Unit IV:** Practical benefits of Mudras and Practice of Mudras (ASWINI MUDRA, CHIN MUDRA, KHECHARI MUDRA, MAHA MUDRA)

**Unit V:** Meditation, Types of Meditation and its benefits, practice of Meditation

## **(C17LS23/E17LS05) Paper VIII - LIFE SKILL** (Common to All Courses)

**Unit-I ATTITUDE :** Positive thinking - Goal setting – problem solving and Decision making - Leadership and Team Work.

**Unit -II COMMUNIGATION SKILLS:** oral communication: Concept of English language - Fluency - verbal communication in official and public situations.

**UNIT-III COMMUNICATION** Written communication: Comprehension -writing a formal letter like application for Job, enquiry, reply, complaint and such others –preparation of resume, curriculum vitae.

**UNIT-IV COMPUTING SKILLS - 1:** Introduction to Computers, its various components and their respective functions - memory storage devices - Microsoft (MS) Office - MS Word.

**UNIT-V COMPUTING SKILLS- 2** Internet Basics - origin of internet - MODEM- ISP - Upload - Download - e-mail - origin of worldwide web (www) - Browsers - Search engines.

**Reference books:** Life skill, Manonmaniam Sundaranar University publications Division (2011).

## **(C17YEP2/E17YEP2) Paper X - YOGA PRACTICAL AND TEACHING IN YOGA**

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

## **(C17YEPw/E17YEPw) Paper IX – Project / Internship**

Need compulsory internship/projects related to the course.

### **BOOKS FOR STUDY AND REFERENCE**

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