

**P.G. DIPLOMA IN YOGA-ONE YEAR PROGRAM
UNDER CREDIT BASESD SYSTEM SCHEME (CBSS)
W.E.F. 2019-20. LEARNING OUTCOME BASED
CURRICULUM FRAMEWORK (LOCF)
EXAMINATION W.E.F. Session 2020-21.**



**KURUKSHETRA UNIVERSITY
KURUKSHETRA
(Established by the State Legislature Act XII of 1956)**

LOCF/CBSS/P.G. DIPLOMA IN YOGA- ONE YEAR PROGRAM /KUK

ORDINANCE OF POST GRADUATE DIPLOMA IN YOGA (P.G. DIPLOMA IN YOGA) CREDIT BASED SYSTEM SCHEME (CBSS) w.e.f 2019-2020 LEARNING OUTCOME BASED CURRICULUM FRAMEWORK (LOCF) EXAMINATION w.e.f 2020-21

(Semester System)

(for regular candidates of Department of Physical Education, KUK only)

- 1.1 The duration of the program leading to the award of **Post Graduate Diploma in Yoga (P.G. Diploma in Yoga)** shall be one academic year, comprising of two semesters. Academic year shall be divided into two semesters i.e. July to December and January to May/June.
 - 1.2 Main as well as Supplementary examinations for the First Semester shall be held in December/January and for the Second Semester in May/June.
 - 1.3 The dates of examination fixed shall be notified by the Controller of Examinations to all concerned courses/departments.
 2. The last date(s) by which Examination forms and fees must reach the Examination Enquiry shall be as per schedule in K.U. Cal. Vol. II (Part A)
 3. A person who has passed the following qualifications as per shall be eligible to join the course:
 - (i) **Educational Qualification:** Bachelor's Degree in any discipline from KUK or any other examination recognized as equivalent thereto with atleast 45% marks in aggregate.
- Note:** (i) The minimum eligibility condition of the 45% marks in the qualifying examination can be relaxed by 5% in case who have won position in Yoga at the Inter-Varsity/ National levels.
(ii) Candidates having compartment in the qualifying examination shall not be allowed admission in Post Graduate Diploma in Yoga Course even provisionally.
- Note:** Married female selected candidates will have to submit a certificate from RMO/MO of the University Health Centre that she is not in family way, alongwith an undertaking that if during the course of study, it is found that she is in family way, her admission would be liable to be cancelled IPSO-FACTO and all dues paid by her shall be forfeited.
4. A person who has passed P.G. Diploma in Yoga First Semester, examination of this University shall be eligible to join Second Semester of P.G. Diploma in Yoga course. This is, however, subject to provisions made under Clause 7 below.
 5. Every candidate shall be examined according to the scheme of examination and syllabus as approved by the Academic Council from time to time. A candidate, who fails in an examination, or having been eligible fails to appear in an examination, shall unless approved otherwise by the Academic Council, take the examination according to the syllabus prescribed by the University for regular students appearing for that examination.
- 6.1 The programme of the study and the subjects of examination shall be as approved by the Academic Council from time to time. The examination shall consist of:-
 - (a) Written Papers;
 - (b) Practical Examination;
 - 6.2 Internal Assessment of 20% marks in each theory paper shall be reserved. The following parameters (with weightage of each) forming the basis of award of Internal Assessment shall be adopted and inserted in the relevant scheme of examination:-

LOCF/CBSS/P.G. DIPLOMA IN YOGA- ONE YEAR PROGRAM /KUK

For Theory Papers:

- (i) One test/Seminar : 50% marks for each paper (10 marks)
- (ii) One Class test : 25% marks (one period duration) (5 marks)
- (iii) Attendance : 25% marks (5 marks)

Marks for Attendance will be given as under:

- (i) 91% onwards : 5 Marks
- (ii) 81% to 90% : 4 Marks
- (iii) 75% to 80% : 3 Marks
- (iv) 70% to 74% : 2 Marks*
- (v) 65% to 69% : 1 Mark*

* For students engaged in co-curricular activities of the Departments/colleges only/authenticated medical grounds duly approved by the concerned Chairperson/Principal.

- 6.3 The marks obtained by a candidate in Internal Assessment, duly countersigned by the Chairperson/ Director/Principal of the Department/Institute/College concerned, shall be forwarded to the Examinations Branch at least one week before the commencement of the relevant semester examination. The Internal Assessment awards of a candidate who fails in any Semester examination shall be carried forward to the next examination.
- 6.4 The Chairperson/ Director/Principal of the Department/Institute/College concerned shall preserve the record on the basis of which the Sessional awards have been prepared, for inspection, if needed by the University up to six months from the date of declaration of the concerned semester result.
- 7.1 The First/Second Semester Examinations shall be open to a candidate who:
- (a) has passed the requisite qualifying examination as laid down in Clause 3, if he/she is a candidate for the First Semester Examination or is covered under Clause 4 or 7;
 - (b) has his/her examination form submitted to the Examinations Branch through the Chairperson of the Department/Principal of the College concerned and produces the following certificates:
 - (i) of good character;
 - (ii) of having attended not less than 75% of the full course of lectures delivered in each paper, practical, tutorials etc. in each semester separately (the course to be counted up to the day before the commencement of the examination). Provided that a candidate who has not attended the requisite percentage of Lectures/Practicals for any paper(s) will be eligible to take examination in the remaining paper(s).
- 7.2 A deficiency in the prescribed programme (Lectures/Tutorials) may be condoned by the Chairperson of the University Department/Principal of the College concerned as under:
- (a) Lectures Up to 15% of lectures delivered in each paper.
 - (b) Practicals Up to 5% of total in each paper.
 - (c) Tutorials Up to 15% of total conducted.

These shall also include loss of attendance due to participation in the cultural and sports assignments etc. Provided that a student who participates in the Inter-university Tournaments/Youth Festivals may be allowed additional condonation on this ground up to 10% in each paper on production of a certificate from the Director, Physical Education and Sports or the Director, Youth and Cultural Affairs Department, as the case may be, subject to the condition that such a student shall not be allowed to appear in the examination if his/her attendance, after condonation on all counts, falls below 50%.

LOCF/CBSS/P.G. DIPLOMA IN YOGA- ONE YEAR PROGRAM /KUK

8. A candidate who has completed the prescribed program of instruction in the Department/College for any semester examination, but does not appear in it, or, having appeared fails, may be allowed on the recommendation of the Chairperson of the Department/Principal of the college, to appear/re-appear in the semester examination/paper(s), as the case may be, as an ex-student, without attending a fresh course of instruction only twice, at the subsequent examinations.
- 9.1 A candidate who has appeared and failed in one or more paper(s) of the First Semester shall be allowed to study for and appear in the Second Semester.
While re-appearing in the examination, the candidate shall be exempted from re-appearing in the paper(s) in which he/she has obtained at least letter Grade 'P' (40% marks).
- 9.2 A candidate who fails to pass in any semester examination even in the second chance as mentioned above, he/she will have to repeat the program as a regular student in the Department/College whenever the relevant course(s) is/are offered in the future.
- 9.3 A candidate who has completed the prescribed programme of instruction in the Department/recognized Colleges, Post Graduate in Yoga, but does not appearing, or having fails may be allowed to appear/re-appear in the said the examination, as an ex-student, without attending fresh course of instruction, only twice subsequent to Semester Examination in which he/she was due to appear. However, a candidate who fails pass the examination of the Post Graduate Diploma in Yoga Examination within a period of three years of his/her admission to the course shall be required to repeat the course.
10. The amount of examination fee to be paid by a candidate for each Semester shall be as prescribed by the University from time to time. A candidate, who re-appears in one or more paper(s)/Semester(s) for the purpose of passing/improvement of division/result, shall pay fee as for the whole examination.
11. The medium of instruction for P.G. Diploma in Yoga programme shall be English/Hindi.
The medium of examination shall be as under:
(a) The question-paper shall be set both in Hindi and English.
(b) The candidates shall write their answers in English or Hindi only.
- 12.1 The minimum number of marks required to pass the examination in each semester shall be as under:
(i) 40% in each paper (Written and Practical separately), i.e. letter Grade 'P'
(iii) 40% in the aggregate of internal assessment and Major Test (End Semester Examination) for each written paper i.e. letter Grade 'P' in each course.
(iv) 40% in aggregate of each Semester viz., I/II.
13. A candidate who fails in an End Semester examination shall be exempted from re-appearing in paper(s) in which he/she has obtained at least 40% marks. i.e. letter Grade 'P' .

Award of Grade and the corresponding Grade Points should be based on Absolute marks as under. The conversion factor for conversion from SGPA/CGPA to percentage of marks shall be 10.

Letter Grade	Grade Point	Marks
O (Outstanding)	10	85-100
A+ (Excellent)	9	75-84
A (Very Good)	8	65-74
B+ (Good)	7	55-64
B (Above Average)	6	50-54
C (Average)	5	41-49
P (Pass)	4	40

LOCF/CBSS/P.G. DIPLOMA IN YOGA- ONE YEAR PROGRAM /KUK

F (Fail)	0	Less than 40
Ab	0	Absent

- Note: (1) A candidate eligible to take the examination obtaining Grade F or Ab will be considered to have failed in the examination/paper(s). Such a candidate will be required to re-appear in that examination/paper(s) within the permissible chances given in the concerned ordinance for obtaining pass grade.
- (2) A candidate who has not attended requisite percentage of lectures in a program and/or obtained pass marks in Internal Assessment, where prescribed will also be awarded Grade 'F'. Such a candidate will have to repeat that course(s) to complete the attendance requirement and obtain pass mark in Internal Assessment.
- (3) If 'F'/Ab' Grade is awarded to a candidate in major project, he/she will get only one more chance to repeat the project work at the end of next Semester. However, if a candidate still gets 'F'/Ab' Grade in major project, the same will not be eligible for the award of degree.
- (4) For Non Credit course 'Satisfactory' or 'Unsatisfactory' shall be indicated instead of the letter grade and this will not be counted for the computation of SGPA/CGPA.
14. As soon after the termination of the examination, as possible the Controller of Examinations shall publish the result of the candidates and the Detailed-Marks-Cards will be issued by the Results Branch.
15. The list of successful candidates of Second Semester examination shall be arranged, as under, on the basis of the Cumulative Grade Point Average (CGPA) obtained in the overall in the two Semesters i.e. First, Second Semester examinations taken together, and the CGPA obtained by the candidate will be stated in the Degree (along with the name of the Department).
- 16.1 A person who has passed the Post Graduate Diploma in Yoga (P.G. Diploma in Yoga) Examination of this University and is desirous of improving his/her performance will be allowed to appear as an ex-student in the P.G. Diploma in Yoga Examination thrice in one or more theory paper(s) of all the two semester examinations within a period of four years of his/her passing the P.G. Diploma in Yoga Examination. Such a candidate, in the first instance, shall be required to intimate all the paper(s) in which he/she would like to improve his/her performance. He/she will then appear in the respective paper(s) of the semester examination, simultaneously in December/May. If he/she does not improve his/her performance he/she shall be eligible to do so in the following year(s) which would be treated as second chance. In case the candidate does not improve his/her performance even in the second chance, he/she will be given third chance to improve his/her performance.
- 16.2 The result of such a candidate shall be declared only if he/she improves his/her performance in the aggregate of all the two semesters examinations by taking into account the marks obtained by him/her in the paper(s) in which he/she re-appeared and the marks obtained by him/her earlier in the remaining paper(s) etc., whichever are higher. The fact that the candidate has improved the performance shall be mentioned in the Transcript.
- Provided that the candidate will take the examination according to the Syllabus in force for the regular students in that Semester Examination in which he/she proposes to take the examination for the purpose of improving his/her performance.
- 16.3 A candidate who re-appears in any examination for improvement shall not be allowed to take any other examination of the University simultaneously, except for different Certificate courses, different Diploma courses, Bachelor of Physical Education (B.P.Ed.) examinations and regular students will also be permitted to improve their Master's Degree result, as per rules.

LOCF/CBSS/P.G. DIPLOMA IN YOGA- ONE YEAR PROGRAM /KUK

17. Notwithstanding the integrated nature of this programme which is spread over more than one academic year, the Ordinance in force at the time a student joins the program, shall hold good only for the examination held during or at the end of the academic year and nothing in this Ordinance shall be deemed to debar the University from amending the Ordinance and the amended Ordinance, if any, shall apply to all the students whether old or new.

Scheme of Examination of Post Graduate Diploma in Yoga (P.G. Diploma in Yoga) Credit Based System Scheme (CBSS) under Semester System to be implemented w.e.f. 2019-2020 in phased manner. It will be initially applicable on the course run on KUK campus i.e. Department of Physical Education, KUK.

COURSE STRUCTURE

Note: Each Compulsory paper will carry 100 Marks (80 marks external paper and 20 marks internal assessment). There will be Nine (9) questions in all. Each question carrying 15 marks except question number 9 which is having 20 marks. There will be two questions from each unit and candidate required to attempt one question from each unit-I, II, III, IV. Unit V is compulsory consists of 10 questions having 2 marks for each short questions distributed from all over the syllabus.

Course Symbol: C.C.C denotes 'Compulsory Core Course', C.F.C 'Compulsory Foundation Course'

LOCF/CBSS/P.G. DIPLOMA IN YOGA- ONE YEAR PROGRAM /KUK

Kurukshetra University, Kurukshetra

Scheme of Examination for P.G. Diploma in Yoga (One Year Course)

Credit Base Semester System implemented from session 2019-20.

Semester - I

Credits= 21

Total Marks = 600

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total	Duration of Exam
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical		
PG DY 101	Yog Parichya	CCC	04	--	04	04	--	04	20	80	--	100	3 hours
PG DY 102	Anatomy and Physiology for Yogic Practices	CFC	04	--	04	04	--	04	20	80	--	100	3 hours
PG DY 103	Traditional Yoga	CFC	04	--	04	04	--	04	20	80	--	100	3 hours
PG DY 104	Teaching Methodology of Yogic Practices	CCC	04	--	04	04	--	04	20	80	--	100	3 hours
PG DY 105	Practical: Demonstration of Asana	CCC		05	05	-	2.5	2.5	-	-	100	100	--
PG DY 106	Practical: Demonstration of Pranayama and Shatkarmas	CCC	--	05	05	--	2.5	2.5	--	--	100	100	--
Total			16	10	26	16	5	21	80	320	200	600	

C.C.C = Compulsory Core Course

C.F.C = Compulsory Foundation Course

LOCF/CBSS/P.G. DIPLOMA IN YOGA- ONE YEAR PROGRAM /KUK

Kurukshetra University, Kurukshetra

Scheme of Examination for P.G. Diploma in Yoga (One Year Course)

Credit Base Semester System implemented from session 2019-20.

Semester - II

Credits= 21

Total Marks = 600

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total	Duration of Exam
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical		
PG DY 201	Naturopathy	CCC	04	--	04	04	--	04	20	80	--	100	3 hours
PG DY 202	Anatomy and Physiology for Yogic Practices	CFC	04	--	04	04	--	04	20	80	--	100	3 hours
PG DY 203	Hathyog	CFC	04	--	04	04	--	04	20	80	--	100	3 hours
PG DY 204	Yoga and Health	CCC	04	--	04	04	--	04	20	80	--	100	3 hours
PG DY 205	Practical: Demonstration of Asana, Pranayama and Shudhikriya	CCC		05	05	-	2.5	2.5	-	-	100	100	--
PG DY 206	Practical: Teaching Practices of Asana, Pranayama and Shat	CCC	--	05	05	--	2.5	2.5	--	--	100	100	--
Total			16	10	26	16	5	21	80	320	200	600	

C.C.C = Compulsory Core Course

C.F.C = Compulsory Foundation

PROGRAMME OUTCOMES:-

1. Learners will be able to comprehend the acquire knowledge during the Programme of study.
2. Learners will be able to reflect on the issues relating to the discipline-‘Education’.
3. Learners will be able to exhibit the professional skills and competencies acquired during the Programme of study.
4. Learners will be able to show scientific & research capabilities in their academic, professional and general life pursuits.
5. Learners will be able to apply the knowledge and skills acquired in academic planning, organizing, evaluation, decision making, resource management according to pre-determined objectives/outcomes.
6. Learners will be able to work as member or leader in various teams and multi-disciplinary & diverse settings.
7. Learners will be able to discuss and solve the problems relating to the discipline and life.
8. Learners will be able to state and follow the ethical issues relating to the discipline and society.
9. Learners will be able to apply different tools and techniques of communication and related skills

PROGRAMME SPECIFIC OUTCOMES

After completing the programme student- teacher will be able to:-

1. develop conceptual understanding of Yog-Parichaya, Traditional Yoga and Hatha Yoga as a literacy information related to yoga.
2. demonstrate and apply the knowledge of various systems of the body in performing different yogic activities.
3. apply different techniques of naturopathy, yogic activities and sound health practices for promotion of health.
4. demonstrate various yogic activities with effective pedagogical techniques.
5. select, demonstrate and apply appropriate yogic activities such as Asans, Pranayam, Meditation and Shudhikriyas meant for prevention of diseases, health promotion require for healthful living.

Paper- (101): YOG PARICHAYA

Time: 3 Hours

**Maximum Marks: 100 (External: 80 + Internal: 20)
Credit: 4**

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

- 1. Two long answer type questions will be set from each of four units (1st, IIrd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.**
- 2. Question No. 9 will be compulsory and will carry 20 marks. It will comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.**

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

- PGDY101.1** understand the basic concept of yoga and its developmental aspects as philosophy, meditation and its types and principle.
- PGDY101.2** enhance and apply knowledge of various forms of yoga such as Hath Yoga, Raj Yoga, Bhakti Yoga, Karma yoga and Gyan Yoga and Asthand Yoga.
- PGDY101.3** apply and demonstrate various yogic practices such as Asanas, Pranayamas, Shatkarmas, Bandh, and Mudra along with their process and benefits.
- PGDY101.4** apply and demonstrate yogic Therapies, Chakras, Prayers, Mantras and their uses in physical and psychological well being.

SYALLBUS

UNIT-I: Concept of Yoga

- (i) Meaning & importance of Yoga in Modern Era.
- (ii) Origin of Yoga & developmental aspect.
- (iii) Yoga as a Science or Art, Yog Philosophy.
- (iv) Meditation: Meaning, types and principles.

UNIT- II Types of Yoga

- (i) Hatha Yoga and its constitutes.
- (ii) Gyan Yoga, Karma Yoga, & Bhakti Yoga,.
- (iii) Raja Yoga and its components.
- (iv) Asthang Yoga and its components.

UNIT –III Yogic Activities

- (i) Asana: Meaning, types and Principles.
- (ii) Pranayama: Meaning, types and principles.
- (iii) Shatkarmas: Meaning, types and principles.
- (iv) Bandh & Mudra: Meaning, types and principles.

UNIT –IV Yoga Therapies

- (i) Meaning & importance of various therapies.
- (ii) Chakra: Meaning, types and importance.
- (iii) Prayer: Meaning and importance.
- (iv) Mantras: Meaning, types and Psychology.

References:

- Brown, F. Y.(2000). How to use yoga. Delhi:Sports Publication.*
- Gharote, M. L. &Ganguly, H. (1988). Teaching methods for yogic practices.Lonawala: Kaixydahmoe.*
- Rajjan, S. M. (1985). Yoga strenthening ofrelexation for sports man. New Delhi:Allied Publishers.*
- Shankar,G.(1998). Holistic approach of yoga. New Delhi:Aditya Publishers.*
- Shekar,K. C. (2003). Yoga for health. Delhi: Khel Sahitya Kendra.*

PAPER- (102): ANATOMY AND PHYSIOLOGY FOR YOGIC PRACTICES

Time: 3 Hours

Maximum Marks: 100 (External: 80 + Internal: 20)

Credit:4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

- 1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.**
- 2. Question No. 9 will be compulsory and will carry 20 marks. It will comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.**

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

- PGDY102.1** understand the meaning of Anatomy and Physiology with the knowledge of meaning structure, types and functions of cell and tissue.
- PGDY102.2** enhance the knowledge of bones, joints and muscles and their types, functions and classification.
- PGDY102.3** understand the basic knowledge of blood, types of blood-circulation, functions and terminology related to different cardio-vascular systems i.e. blood pressure, heart rate, stroke volume and cardiac output.
- PGDY102.4** enhance the knowledge of respiratory system, types of respiration, mechanism of gas exchanging in lungs and tissue and terminology related to respiratory system.

SYLLABUS

UNIT-I Introduction

- (i) Anatomy and Physiology: Meaning and importance in the filed of yoga.
- (ii) Cell: Meaning & structure.
- (iii) Cell: Parts and functions.
- (iv) Tissue: Meaning , types and their functions.

UNIT-II Skeletal and Muscular system

- (i) Skeleton system; Meaning and its Functions.
- (ii) Types of Bones in human body.
- (iii) Joints: meaning types and functions.
- (iv) Muscular System: meaning and different classification.

UNIT-III Cardiovascular System

- (i) Cardiovascular: Meaning and components (heart, blood and blood vessels.
- (ii) Blood: Meaning and functions.
- (iii) Blood Circulation: Meaning and types.
- (iv) Terminology related to cardiovascular system: Blood pressure, Heart rate, stroke volume and cardiac output.

UNIT-IV Respiratory System

- (i) Respiratory System: meaning and organs of respiration.
- (ii) Respiration: meaning and its types.
- (iii) Mechanism of Gas Exchanging in Lungs and tissue.
- (iv) Terminology related to respiratory system: different respiratory volume and capacities.

References:

- Gupta, A. P. (2010). Anatomy and physiology. Agra: SumitPrakashan.*
- Gupta, M. and Gupta, M. C. (1980). Body and anatomical science. Delhi: Swaran Printing Press.*
- Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B.Saunders.*
- Karpovich, P. V. (n.d.). Philosophy of muscular activity. London: W.B. Saunders Co.*
- Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.*
- Moorthy, A. M. (2014). Anatomy physiology and health education. Karaikudi: Madalayam Publications.*
- Morehouse, L. E. & Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. Mosby Co.*
- Pearce, E. C. (1962). Anatomy and physiology for nurses. London: Faber & Faber Ltd.*
- Sharma, R. D. (1979). Health and physical education, Gupta Prakashan.*
- Singh, S. (1979). Anatomy of physiology and health education. Ropar: Jeet Publication*

PAPER-(103): TRADITIONAL YOGA

Time:3 Hours

Maximum Marks: 100 (External: 80 + Internal: 20)

Credit:4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

- 1. Two long answer type questions will be set from each of four units (1st, IIrd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.**
- 2. Question No. 9 will be compulsory and will carry 20 marks. It will comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.**

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

- PGDY103.1** enhance the conceptual knowledge of Patanjali Yoga Sutra, Chitt ki Avastsa, Chitt ki Bhoomi, Chitt Varitties and its types.
- PGDY103.2** enhance the knowledge of different ways to achieve Raj Yoga, disturbance in yogic practices and Sahayak Tatav in Yog Sadna.
- PGDY103.3** enhance the knowledge about various yogis and their contribution in yoga such as Maharishi Patanjali, Mahatma Buddha, Mahavir Jain and Swami Vivekanand.
- PGDY103.4** understand the knowledge about different Bhakti & Siddhies like Panchikaran Prakirya, Panchkosh Theory, Navdha Bhakti and Astha Siddhi.

SYLLABUS

UNIT -1 Patanjali Yog Sutra

- (i) Yoga: Meaning according to Patanjali Yoga Sutra.
- (ii) Chiit: Meanging and its avastha.
- (iii) Bhumi: Meaning and types .
- (iv) Vritties: Meaning and types.

UNIT –II Yoga Practices

- (i) Raj Yog: Meaning and different way to achieve Raj Yog.
- (ii) Disturbance inYogic Practices.
- (iii) Yog Sadhana: Meaning and its Sahayak Tatav.
- (iv) Solution of Chiit Vritties and Nirodha.

UNIT –III Yoga Maharishi and their contribution

- (i) Maharishi Patanjali: His contribution in development of Yoga.
- (ii) Mahatma Bodh: His teachings & contribution in Yoga.
- (iii) Mahavir Jain: His teachings & contribution in Yoga.
- (iv) Swami Vivekanand: His teaching and contribution in Yoga.

UNIT –IV Bhakti & Sidhies

- (i) Panchikaran Prakriya: Meaning and parts.
- (ii) Panch Kosh Theory: Meaning and types.
- (iii) Navdha Bhakti: Meaning and types.
- (iv) Astha Sidhi: Meaning and types.

References:

- Pritam Amrita (2007) Yoga Prichya and parampara, Khel Sahitya Kendra, New Delhi*
Yogender D. (2010) Yoga shiksha khel Shitya Kendra, New Delhi
Shukla Atul, D. (2007) Yoga sadna, Khel Shitya Kendra, New Delhi
Parmanik, T.N. D(2018) yoga education sports publication, New Delhi

PAPER-(104): TEACHING METHODOLOGY OF YOGIC PRACTICES

Time:3 Hours

Maximum Marks: 100 (External: 80 + Internal: 20)

Credit:4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

- 1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.**
- 2. Question No. 9 will be compulsory and will carry 20 marks. It will comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.**

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

- PGDY104.1** apply and demonstrate teaching methods, its principles and factors affecting teaching methods in teaching yoga.
- PGDY104.2** apply and demonstrate different pedagogical aids in presentation techniques.
- PGDY104.3** construct lesson plan according to its principles and types in teaching yoga.
- PGDY104.4** understand the meaning importance, steps and factor affecting class management with the knowledge of organization of tournaments.

SYLLABUS

UNIT –I Teaching Methodology

- (i) Teaching Methods: Meaning and importance.
- (ii) Types of Teaching methods.
- (iii) Factors affecting teaching methods.
- (iv) Principles of teaching methods.

UNIT-II Presentation

- (i) Presentation: Meaning and types.
- (ii) Teaching Aids: Meaning and types.
- (iii) Factor affecting teaching Aids.
- (iv) Modern concept of teaching Aids.

UNIT-III Lesson Plan

- (i) Lesson Plan: Meaning and Importance.
- (ii) Factors affecting lesson plan.
- (iii) Types of Lesson Plan.
- (iv) Principles of Lesson Plan.

UNIT-IV Class Management

- (i) Class Management; Meaning and importance.
- (ii) Steps of class management.
- (iii) Factors affecting class management.
- (iv) Tournament: Meaning eligibility rules and Organizations of yoga competition.

Referances:

- Irtegov, D. (2004). Operating system fundamentals. Firewall Media.*
- Marilyn, M. & Roberta, B.(n.d.). Computers in your future. 2nd edition, India: Prentice Hall.*
- Milke, M.(2007). Absolute beginner's guide to computer basics. Pearson Education Asia.*
- Sinha, P. K. & Sinha, P. (n.d.). Computer fundamentals. 4th edition, BPB Publication.*

SEMESTER - I (W.E.F. 2020-2021)

PRACTICAL – (105): Demonstration of Asanas (perform any ten Asanas)

Credits=5

(PART-1)

Maximum Marks: 50

Course Outcomes:-

After completing the course contents, students will be able to:

- PGDY105.1** enhance the concept of cultural Asanas.
PGDY105.2 enhance the concept of meditative Asanas.
PGDY105.3 enhance the concept of relaxative Asanas.
PGDY105.4 apply and demonstrate techniques of different Asanas and their effect on human

SYLLABUS

1. LIST OF YOGIC PRACTICES

CULTURAL ASANAS

1. Vipratarani
2. Nauka Asana
3. Satubandhasan
4. Simplematsyasan
5. Chakrasan
6. Bhujang Asana
7. Ardh-Shalbh Asana
8. Pawanmukt Asana
9. Suptavajrasan
10. Yog Mudra
11. Viprit Nokasana
12. Vakra Asana
13. Janushirasan
14. Tadasan
15. Kattichakrasan

MEDITATIVE ASANAS

1. Padma Asana
2. Vajrasan Asana

RELAXATIVE ASANAS

1. Shavasana
2. Makrasans

SURYA NAMASKAR

- 2. Prepare one practical notebook of yogic activities.**

PRACTICAL – (106): Demonstration of Pranayamas and Shudhikriyas

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

- PGDY106.1** apply and demonstrate different techniques of various Pranayamas.
PGDY106.2 enhance the knowledge about effects of various Pranayamas.
PGDY106.3 apply and demonstrate different techniques of various Shudhikriyas.
PGDY106.4 enhance the knowledge about effects of various Shudhikriyas.

SYLLABUS

1. LIST OF YOGIC PRACTICES

PRANAYAMA

1. Anulome-vilome
2. Shitali
3. Sitkari
4. Bhastrika

SHUDHI KRIYA

1. Jal Neti
2. Rubber Neti
3. Vaman (Kunjal)
4. Kapalbhati

- 2. Prepare one practical notebook of yogic activities.**

SEMESTER - II (W.E.F. 2020-2021)
PAPER-(201): Naturopathy

Time: 3 Hours

Maximum Marks: 100 (External: 80 + Internal: 20)

Credit:4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

- 1. Two long answer type questions will be set from each of four units (1st, IIrd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.**
- 2. Question No. 9 will be compulsory and will carry 20 marks. It will comprise of 10 short answer type questions of 2 marks each selected from the entire syllabus.**

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

- PGDY201.1** enhance the concept of Naturopathy, history of Naturopathy, principles of Naturopathy and relationship between Naturopathy.
- PGDY201.2** understand the meaning, importance and different techniques of Hydrotherapy alongwith different water bar and their uses in different ailments.
- PGDY201.3** understand the meaning, types importance principles of Mudtherapy along with uses of mudtherapy in different ailments.
- PGDY201.4** enhance the knowledge of Upvaas, types , principles and importance of Upvaas along with uses of Upvaas in various vyadhies.

UNIT -1 Concept of Naturopathy

- (i) Naturopathy: Meaning and importance.
- (ii) History of Naturopathy.
- (iii) Principles of Naturopathy.
- (iv) Relationship between Naturopathy and Yoga.

UNIT -II Hydrotherapy

- (i) Hydrotherapy: Meaning and Importance.
- (ii) Techniques of Hydrotherapy.
- (iii) Uses of Hydrotherapy in different illness.
- (iv) Different Waterbar (Pattee) in Hydrotherapy.

UNIT -III Mudtherapy

- (i) Mudtherapy: Meaning, types and importance.
- (ii) Techniques of Mudtherapy.
- (iii) Uses of Mudtherapy in different illness.
- (iv) Principles of Mudtherapy.

UNIT –IV Aakash Tatva

- (i) Upvaas: Meaning and Importance.
- (ii) Types of Upvaas.
- (iii) Uses of Upvaas in various Vyadhies.
- (iv) Principles of Upvaas.

Referances:

Sharma, Hira Lal (2018) Naturopathy & Yoga, the readers paradise New Delhi.
Jindal Rakesh, Naturopathy basic concept and principles (Aroyage Sev Parkashan, Modi Nagar M.K)
Jindal Rakesh, Prakarit Ayur Vigyan, Arogya Seva Parkashan, Modi Nagar, M.K
Chnder Bhan Sharma (2016) Yoga & Naturopathy, Chokhamba Orientaliya Varansi
(2014) A complete Book on Naturopathy, Hindi Sewa Sadan, Mathura.
History & Philosophy of Naturophaty – Dr. S. J. Singh
Philosophy of Nature Cure – Dr. Henri Lindlhai.
Rational Hydrotherapy: A Manual of the Physiological and Therapeutic Effects of Hydriatic
Procedures, and the Technique of their Application in the Treatment of Disease Hardcover – 9 Sep. 2004 by John Harvey
Kellogg (Author), Publisher: TEACH Services, Inc. (9 September 2004), ISBN-13: 978-1572582095
Mud Therapy: Healing Through One of the Five Elements Paperback – 13 Sep 2013 by
Ashish Indani (Author), Publisher: B Jain Publishers Pvt. Ltd. (13 September 2013), ISBN-
13:978-8131908457. Rational Fasting (Ehret's Health Literature) Mass Market Paperback – Import, Jun 1971 by
Arnold Ehret (Author), Publisher: Benedict Lust Publications (1 June 1971), ISBN-13:978.

LOCF/CBSS/P.G. DIPLOMA IN YOGA- ONE YEAR PROGRAM /KUK

P.G.D.Y 201 - Naturopathy

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
PGDY201.1	3	3	3	3	3	3	3	3	3
PGDY201.2	3	3	3	3	3	3	3	3	3
PGDY201.3	3	3	3	3	3	3	3	3	3
PGDY201.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
PGDY201.1	3	3	3	3	3
PGDY201.2	3	3	3	3	3
PGDY201.3	1	3	3	3	3
PGDY201.4	2	3	3	3	3
Average	2.25	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO 1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
PGDY 201.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY 201.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY201.3	3	3	3	3	3	3	3	3	3	1	3	3	3	3
PGDY201.4	3	3	3	3	3	3	3	3	3	2	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	2.25	3	3	3	3

PAPER-(202): ANATOMY AND PHYSIOLOGY FOR YOGIC PRACTICES

Time: 3 Hour

Maximum Marks: 100 (External: 80 + Internal: 20)

Credit:4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

- 1. Two long answer type questions will be set from each of four units (1st, IIrd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.**
- 2. Question No. 9 will be compulsory and will carry 20 marks. It will comprise of 10 short answer type questions of 2 marks each selected from the entire syllabus.**

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

- PGDY202.1** enhance knowledge of digestive system, functions and process of digestion and different organs of excretion (Kidney, Skin and Lungs).
- PGDY202.2** enhance knowledge of nervous system, its classification, functions and effect of yogic activities on nervous system.
- PGDY202.3** understand the knowledge of glands, types of glands, their hormones and their functions.
- PGDY202.4** apply and demonstrate different yogic activities and their effects on various body systems Skeletal, Cardio Vascular, Respiratory and Endocrine System.

SYLLABUS

UNIT -1 Digestive and Excretory System

- (i) Elementary Canal: Meaning and organs.
- (ii) Functions of digestive organs.
- (iii) Process of Digestion.
- (iv) Excretory System: Meaning and organs of excretion (kidney, skin and lungs).

UNIT –II Nervous System

- (i) Nervous System: Meaning and classification.
- (ii) Parts of Central Nervous System.
- (iii) Functions of Nervous System.
- (iv) Effect of Yogic activities on nervous system

UNIT –III Endocrine System

- (i) Glands: Meaning and types of glands.
- (ii) Different types of endocrine glands.
- (iii) Pituitary glands: its hormones and functions.
- (iv) Thyroid, parathyroid and adrenal glands and their functions.
- (v) Gonads Glands: their secretion and functions.

UNIT –IV Effects of various yogic activities on body systems.

- (i) Effects of yogic activities on skeletal and muscular system.
- (ii) Effects of yogic activities on cardiovascular system.
- (iii) Effects of yogic activities on respiratory and excretory system.
- (iv) Effects of yogic activities on endocrine system.

References:

- Gupta, A. P. (2010). Anatomy and physiology. Agra: SumitPrakashan.*
- Gupta, M. and Gupta, M. C. (1980). Body and anatomical science. Delhi: Swaran Printing Press.*
- Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B.Saunders.*
- Karpovich, P. V. (n.d.). Philosophy of muscular activity. London: W.B. Saunders Co.*
- Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.*
- Moorthy, A. M. (2014). Anatomy physiology and health education. Karaikudi: Madalayam Publications.*
- Morehouse, L. E. & Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. Mosby Co.*
- Pearce, E. C. (1962). Anatomy and physiology for nurses. London: Faber & Faber Ltd.*
- Sharma, R. D. (1979). Health and physical education, Gupta Prakashan.*
- Singh, S. (1979). Anatomy of physiology and health education. Ropar: Jeet Publications*

PAPER-(203): Hathyog

Time: 3 Hours

Maximum Marks: 100 (External: 80 + Internal: 20)

Credit:4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

- 1. Two long answer type questions will be set from each of four units (1st, IIrd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.**
- 2. Question No. 9 will be compulsory and will carry 20 marks. It will comprise of 10 short answer type questions of 2 marks each selected from the entire syllabus.**

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

PGDY203.1 develop the concept of Hatha Yog, alongwith Asanas, Classification of Asanas, Principles and benefits of Asanas.

PGDY203.2 apply and demonstrate different techniques of Pranayama, principles and benefits of pranayamas along with Bandh and its different types.

PGDY203.3 develop the concept of Sapat Sadhan, Naddis , Bandh and Mudra along with their types according to Gharand Samhita.

PGDY203.4 apply and demonstrate different techniques of Shatkarma, principles of Shatkarma, Kundalini and their effects.

UNIT -1 Introduction of Hatha Yog

- (i) Hatha Yog : Meaning, Definition and Objectives of Hatha Yog.
- (ii) Asana: Meaning and classification according to Hatha Yog.
- (iii) Principles of Asanas according to Hatha Yog.
- (iv) Benefits of Asana according to Hatha Yog.

UNIT –II Pranayama, Bandha and Nadanusandhan

- (i) Pranayama: Meaning and types according to Hatha Yog Pradipika.
- (ii) Principles and benefits of Pranayama.
- (iii) Bandha: Meaning, types and benefits of bandha.
- (iv) Nadanusandhan: Meaning and technique.

UNIT –III Introduction of Gharand Samhita

- (i) Sapat Sadan: Meaning, and its components.
- (ii) Nadies: Meaning and classification.
- (iii) Bandha: meaning and types according to Gharand Samhita.
- (iv) Mudra: Meaning and types according to Gharand Samhita.

UNIT –IV Shatkaramas

- (i) Shatkaram: Meaning and types.
- (ii) Principles of Shatkarams.
- (iii) Techniques of Shatkarams.
- (iv) Kundalini: Meaning and techniques of awaking .

References:

Swami Satyananda (1998) hathyog pradipika, munger publications Bihar
Pancham Singh, the hathyog pradipika, Dev Publisher
Hathyog Pradipika, by swami swatma ram, Kaivalya Dham, Lonavla Pune.

PAPER-(204): YOGA AND HEALTH

Time: 3 Hour

Maximum Marks: 100 (External: 80 + Internal: 20)

Credit:4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

- 1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.**
- 2. Question No. 9 will be compulsory and will carry 20 marks. It will comprise of 10 short answer type questions of 2 marks each selected from the entire syllabus.**

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

- PGDY204.1** enhance the knowledge of Health, elements of health, daily routine for good health along with guidance instruction in personal hygiene.
- PGDY204.2** apply and demonstrate different Asanas, Pranayama, Shatkarama & their effects on health.
- PGDY204.3** apply and demonstrate different yogic practices in treating Psychological conditions, mental health, anxiety, stress, conflict and its effect through yogic practices.
- PGDY204.4** enhance and apply nutritional knowledge in various health problems, obesity, diabetes, arthritits and its treatment through yogic practices.

UNIT -1 Health

- (i) Health: Meaning and Definition of Health.
- (ii) Elements of Health.
- (iii) Health Services and guidance instruction in personal hygiene.
- (iv) Daily routine for good health.

UNIT –II Yogic Activities and Health

- (i) Asana: Effects of Asanas on Health.
- (ii) Pranayama: Effects of Pranayam on Health.
- (iii) Shatkarma: Effects of Shatkaramas on Health.
- (iv) Bandha and Mudras: Effects of Bandha and Mudras on Health.

UNIT –III Mental Health and Yoga

- (i) Mental Health : Meaning and common mental disorders.
- (ii) Anxiety: meaning, causes, and treatment through Yogic practices.
- (iii) Stress: meaning, causes, and treatment through Yogic practices
- (iv) Conflict: meaning, causes, its effects and treatment through Yogic practices.

UNIT –IV Diet and Health

- (i) Diet: Meaning of balance diet and Yogic diet.
- (ii) Obesity: meaning, causes and treatment through yogic practices.
- (iii) Diabetes: Meaning, causes and treatment through yogic practices.
- (iv) Arthritis: Meaning, causes and treatment through yogic practices

References:

Gore C.S (2011) Yoga & health sports publication New Delhi

Srivastava A.K. (2010) health and yoga sports publication New Delhi

Singh Balbir Malik Satish (2018) health education and environmental studies publication, New Delhi

Verma K.K. Swastya Shiksha Parkash Borthers Ludiana

Kumar Amresh (2008) Paranayam & Health, Khel Shitya Kendra, New Delhi

PRACTICAL –(205) : Demonstration of Asanas, Pranayamas and Shudhikriyas

Credits=2.5

Maximum Marks: 100

Course Outcomes:

After completing the course contents, students will be able to:

- PGDY205.1** apply and demonstrate different techniques of various asanas.
PGDY205.2 apply and demonstrate different techniques of various Pranayams.
PGDY205.3 apply and demonstrate different techniques of various Shudhikriyas.
PGDY205.4 apply and demonstrate various techniques of Asanas, Pranayams and Shudhikriyas and their effects on human body.

SYLLABUS

1. LIST OF YOGIC PRACTICES

ASANAS

1. Sarvang Asana
2. Shirshasan
3. Halasan
4. Pawanmuktasan
5. Matsyasana
6. Karanpeedasana
7. Vihangasan
8. Dhanurasan
9. Sarpasana
10. Mayur Asana
11. Bakasana
12. Ardhmatsyandrasan
13. Trikon Asana
14. Vrikshasana
15. Pad-hast Asana
16. Surya Namaskar
17. Paschimottan Asana
18. Akarndhanur Asana

PRANAYAMA

1. Nadi Shodhan
2. Surya Bhedan
3. Ujjai
4. Bhramari

SHUDHIKRIYA

1. Tratak
2. Dhand Dhauti
3. Vastra Dhauti
4. Nauli

2. Prepare practical notebook of yogic activities.

PRACTICAL –(206) : Teaching Practices of Asanas, Pranayamas and Shatkarmas.

Credits=2.5

Maximum Marks: 100

Course Outcomes:-

After completing the course contents, the students will able to:

- PGDY206.1** apply and demonstrate lesson plan of Asanas with appropriate teaching methodology.
- PGDY206.2** apply and demonstrate lesson plan of Pranayamas with appropriate teaching methodology.
- PGDY206.3** apply and demonstrate lesson plan of Shatkarmas with appropriate teaching methodology.
- PGDY206.4** apply various pedagogical techniques in presenting different yogic activities.

Teaching practice of any five yogic activities (Three Asanas, One Pranayama and One Kriya).

Attainment of COs:

The attainment of COs can be measured on the basis of the results of internal assessment and semesters examination. The attainment is measured on scale of 3 after setting the target for COs attainment. Table 5 shows the CO attainment levels assuming the set target of 50% marks:

Table 5 : CO Attainment Levels for internal assessment.

Attainment Level	
1 (Low level of attainment)	50% of students score more than 50% of marks in class tests of a course.
2 (Medium level of attainment)	60% of students score more than 50% of marks in class tests of a course.
3 (High Level of attainment)	70% of students score more than 50% of marks in class tests of a course.

Note: In the above table, the set target is assumed as 50%. It may vary in different departments/institutes. The staff Councils of the departments/institutes may finalize the set target.

A proper mapping of course outcomes with assessment methods should be defined before measuring the attainment level. The questions in tests for internal assessment are based on COs. Here it is assumed that class test – I is based on first two COs (i.e. PGDY 101.1 and PGDY 101.2) of a course with equal weightage given to both COs. Similarly class test – II is based on next two COs (i.e PGDY 101.3 and PGDY 101.4) of a course with equal weightage given to these two COs. For each internal assessment test, the percentage of students attaining the target level of CO is estimated and average percentage will decide the attainment level of COs. Following steps may be followed for determining the attainment level in internal assessment of course.

- i. Estimate the %age of students scoring set target (say 50%) or more in the questions of test-I based on first CO i.e. PGDY 101.1
- ii. Estimate the %age of students scoring set target (50%) or more in the question(s) of test-I based on second CO i.e. PGDY 101.2
- iii. Estimate the %age of students scoring set target (50%) or more in the question(s) of test-II based on third CO i.e. PGDY 101.3
- iv. Estimate the %age of students scoring set target (50%) or more in the question(s) of test-II based on fourth CO i.e. PGDY 101.4
- v. Take average of the percentages obtained above.
- vi. Determine the attainment level i.e. 3, 2 or 1 as per scale defined in table 5.

Note: In the above steps, it is assumed that internal assessment is based on two tests only. However if internal assessment is based on more than two tests and/or on assignment then same may be incorporated to determine the CO attainment level. There may be more than four Cos for a course.

LOCF/CBSS/P.G. DIPLOMA IN YOGA- ONE YEAR PROGRAM /KUK

The set target may also be different for different COs. These issues may resolved by the Staff Councils of the departments/institutes.

For determining the attainment levels for end semester examination, it is assumed that questions in the end term examination are based on all COs of the course. Attainment levels for end semester examination of a course can be determined after the declaration of the results. The CO attainment levels for semester examination are given in Table 6.

Table 6 : CO Attainment Levels for End Semester Examination (ESE)

Attainment Level	
1 (Low level of attainment)	60% of students obtained letter grade of A or above (for CBCS/CBSS programs) or score more than 60% of marks (for non-CBCS/CBSS programs) in ESE of a course.
2 (Medium level of attainment)	70% of students obtained letter grade of A or above (for CBCS/CBSS programs) or score more than 60% of marks (for non-CBCS/CBSS programs) in ESE of a course.
3 (High Level of attainment)	80% of students obtained letter grade of A or above (for CBCS/CBSS programs) or score more than 60% of marks (for non-CBCS/CBSS programs) in ESE of a course.

Note: In the above table, the set target is assumed as grade A for CBCS/CBSS courses and 60% for non-CBCS/CBSS courses. It may vary in different departments/institutes. The staff Councils of the departments/institutes may finalize the set target.

Overall CO Attainment level of a Course:

The overall CO attainment level of a course can be obtained as:

Overall CO attainment level = 50% of CO attainment level in Internal assessment + 50% of CO Attainment level in end semester examination.

The overall COs attainment level can be obtained for all the courses of the program in a similar manner.

Attainment of POs:

The overall attainment level of POs is based on the values obtained using direct and indirect methods in the ratio of 80:20. The direct attainment of Pos is obtained through the attainment of COs. The overall CO attainment value as estimated above and CO-PO mapping value as shown in Table 4 are used to compute the attainment of POs. PO attainment values obtained using direct method can be written as shown in the Table 7.

LOCF/CBSS/P.G. DIPLOMA IN YOGA- ONE YEAR PROGRAM /KUK

Table 7: PO Attainment Values using Direct Method

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
PGDY 101									
PGDY 102									
PGDY 103									
-									
PGDY 206									
Direct PO attainment	Average of above values	Average of above values	Average of above values	--	--	--	--	--	Average of above values

The PO attainment values to be filled in above table can be obtained as follows:

For PGDY 101-PO1 Cell:

PO1 attainment value = (Mapping factor PGDY 101-PO1 from Table 4 x Overall CO attainment value for the course PGDY 101)/3

For PGDY 104-PO1 Cell:

PO1 attainment value = (Mapping factor of PGDY 104-PO1 from Table 4 x Overall CO attainment value for the course PGDY 104)/3

Similarly values for each cell of Table 7 can be obtained. The direct attainment of Pos is average of individual PO attainment values.

In order to obtain the PO attainment using indirect method, a student exit survey based on the questionnaire of Pos may be conducted at end of the program. The format for the same is given in Table 8. Average of the responses from the outgoing students for each PO is estimated.

The overall PO attainment values are obtained by adding attainment values estimated using direct and indirect methods in the proportion of 80:20 as follows:

Overall attainment value for PO1 =

[0.8 x average attainment value for PO1 using direct method (from table 7)] + [0.2 x average response of outgoing students for PO1].

Similarly overall attainment value can be obtained for each PO.

LOCF/CBSS/P.G. DIPLOMA IN YOGA- ONE YEAR PROGRAM /KUK

The overall PO attainment values obtained above are compared with set target. The set target for each PO may be different and can be finalized by the staff councils of the departments/institutes. If overall PO attainment value is less than the set target value then an action plan may be prepared for improvement in the subsequent academic session.

The overall PSO attainment level based on CO-PSO mapping values and overall CO attainment values can be obtained in a similar manner.

SYLLABUS

UNIT -1 Digestive and Excretory System

- (i) Elementary Canal: Meaning and organs.
- (ii) Functions of digestive organs.
- (iii) Process of Digestion.
- (iv) Excretory System: Meaning and organs of excretion (kidney, skin and lungs).

UNIT –II Nervous System

- (i) Nervous System: Meaning and classification.
- (ii) Parts of Central Nervous System.
- (iii) Functions of Nervous System.
- (iv) Effect of Yogic activities on nervous system

UNIT –III Endocrine System

- (i) Glands: Meaning and types of glands.
- (ii) Different types of endocrine glands.
- (iii) Pituitary glands: its hormones and functions.
- (iv) Thyroid, parathyroid and adrenal glands and their functions.
- (v) Gonads Glands: their secretion and functions.

UNIT –IV Effects of various yogic activities on body systems.

- (i) Effects of yogic activities on skeletal and muscular system.
- (ii) Effects of yogic activities on cardiovascular system.
- (iii) Effects of yogic activities on respiratory and excretory system.
- (iv) Effects of yogic activities on endocrine system.

References:

- Gupta, A. P. (2010). Anatomy and physiology. Agra: SumitPrakashan.*
- Gupta, M. and Gupta, M. C. (1980). Body and anatomical science. Delhi: Swaran Printing Press.*
- Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B.Saunders.*
- Karpovich, P. V. (n.d.). Philosophy of muscular activity. London: W.B. Saunders Co.*
- Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.*
- Moorthy, A. M. (2014). Anatomy physiology and health education. Karaikudi: Madalayam Publications.*
- Morehouse, L. E. & Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. Mosby Co.*
- Pearce, E. C. (1962). Anatomy and physiology for nurses. London: Faber & Faber Ltd.*
- Sharma, R. D. (1979). Health and physical education, Gupta Prakashan.*
- Singh, S. (1979). Anatomy of physiology and health education. Ropar: Jeet Publications*

UNIT -1 Health

- (i) Health: Meaning and Definition of Health.
- (ii) Elements of Health.
- (iii) Health Services and guidance instruction in personal hygiene.
- (iv) Daily routine for good health.

UNIT –II Yogic Activities and Health

- (i) Asana: Effects of Asanas on Health.
- (ii) Pranayama: Effects of Pranayam on Health.
- (iii) Shatkarma: Effects of Shatkaramas on Health.
- (iv) Bandha and Mudras: Effects of Bandha and Mudras on Health.

UNIT –III Mental Health and Yoga

- (v) Mental Health : Meaning and common mental disorders.
- (vi) Anxiety: meaning, causes, and treatment through Yogic practices.
- (vii) Stress: meaning, causes, and treatment through Yogic practices
- (viii) Conflict: meaning, causes, its effects and treatment through Yogic practices.

UNIT –IV Diet and Health

- (i) Diet: Meaning of balance diet and Yogic diet.
- (ii) Obesity: meaning, causes and treatment through yogic practices.
- (iii) Diabetes: Meaning, causes and treatment through yogic practices.
- (iv) Arthritis: Meaning, causes and treatment through yogic practices

References:

Gore C.S (2011) Yoga & health sports publication New Delhi

Srivastava A.K. (2010) health and yoga sports publication New Delhi

Singh Balbir Malik Satish (2018) health education and environmental studies sports publication, New Delhi

Verma K.K. Swastya Shiksha Parkash Borthers Ludiana

Kumar Amresh (2008) Paranayam & Health, Khel Shitya Kendra, New Delhi

