



ALAGAPPA UNIVERSITY



(A State University Established in 1985)

Karaikudi - 630003. Tamil Nadu, India



FACULTY OF EDUCATION CENTRE FOR YOGA EDUCATION



B.Sc., YOGA

REGULATIONS AND SYLLABUS

(For the candidates admitted from the
Academic Year 2022 - 2023)

**CENTRE FOR YOGA EDUCATION
B.Sc., YOGA**

REGULATIONS AND SYLLABUS

[For the candidates admitted from the Academic Year 2022 – 2023 onwards]



ALAGAPPA UNIVERSITY

(A State University Accredited with “A+” grade by NAAC (CGPA: 3.64) in the Third Cycle and
Graded as Category-I University by MHRD-UGC)
Karaikudi -630003, Tamil Nadu.

The panel of Members-Broad Based Board of Studie

<p>Chairperson:Name; Dr. S. Saroja, Designation: Associate Professor cum Coordinator Department: Centre for Yoga Education, Alagappa University, Teaching Experience: 16 Years, Research Experience: 16Years, Area of Research:Yoga, Yoga therapy, Sports Physiology, Sports Physiotherapy, Sports Training</p>	
<p>ForeignExpert:Name: Dr. Yuva Dayalan, Designation: Director of Yuva College (Yuvaayoga) Department; Teaching Experience: 12 Years, Research Experience, Yoga Area of Research : Yoga, Fitness Management, Sports & Exercise Nutrition</p>	
<p>IndianExpert: Name: P r o f . V . M a h a d e v a n , Designation: Director of Physical Education, Department: Physical Education & Yoga, Madras University, Teaching Experience: 25, Research Experience: 25, Area of Research: Physical Education & Yoga.</p>	
<p>IndianExpert:Name; Dr. V. Duraisamy , Designation: Associate & Head i/c Department: Dept of Yoga, Tamilnadu Physical Education & Sports University, Teaching Experience: 15 years, Research Experience: 15 Years, Area of Research: Yoga</p>	
<p>IndianExpert: Name; Dr. M. Senthil Kumar, Designation: Head of the Dept. Department; Yoga, SRM IST University, Kattankulathur. Teaching Experience: 16 Year , Research Experience: 16 Years, Area of Research: Physical Education & Yoga</p>	
<p>IndustryExpert: Name; L.Aravind, Designation: General Secretay Tamilnadu Yoga Federation(TNYF) Company name and address; Tamilnadu yoga Federation, Experience: 4 Years, Area: Kumarappalayam</p>	
<p>Members (All Department faculty) Name; Dr. S. Dhanaraj, Designation: Assistant Professor, Department; Centre for Yoga Education, Alagappa University, Teaching Experience: 20 Years, Research Experience; 20 Years, Area of Research: Physical Education & Yoga</p>	

ALAGAPPA UNIVERSITY
CENTRE FOR YOGA EDUCATION
Karaikudi -630003, Tamil Nadu.

REGULATIONS AND SYLLABUS - (CBCS-University Department)
[For the candidates admitted from the Academic Year 2022 – 2023 onwards]

Name of the Department : Centre for Yoga Education

Name of the Programme : B.Sc., Yoga

Duration of the Programme : Full Time (Three Years)

Choice-Based Credit System

A choice-Based Credit System is a flexible system of learning. This system allows students to gain knowledge at their own tempo. The student shall decide on electives from a wide range of elective courses offered by the University Departments in consultation with the Department committee. Students undergo additional courses and acquire more than the required number of credits. They can also adopt an interdisciplinary and intra-disciplinary approach to learn, and make the best use of the expertise of available faculty.

Programme

“Programme” means a course of study leading to the award of a degree in a discipline.

Courses

“Course” is a component (a paper) of a programme. Each course offered by the Department is identified by a unique course code. A course contains lectures/tutorials/laboratory/seminar/project/practical training/report writing/Viva-voce or a combination of these, to meet effectively the teaching and learning needs.

Credits

The term “Credit” refers to the weightage given to a course, usually in relation to the instructional hours assigned to it. Normally in each of the courses credits will be assigned on the basis of the number of lectures/tutorials/laboratory and other forms of learning required to complete the course contents in a 15-week schedule. One credit is equal to one hour of lecture per week. For laboratory/field work one credit is equal to two hours.

Semesters

An Academic year is divided into two **Semesters**. In each semester, courses are offered in 15 teaching weeks and the remaining 5 weeks are to be utilized for conduct of examination and evaluation purposes. Each week has 30 working hours spread over 5 days a week.

Departmental committee

The Departmental Committee consists of the faculty of the Department. The Departmental Committee shall be responsible for admission to all the programmes offered by the Department including the conduct of entrance tests/selection, verification of records, admission, and evaluation. The Departmental Committee determine the deliberation of courses and specifies the allocation of credits semester-wise and course-wise. For each course, it will also identify the number of credits for lectures, tutorials, practicals seminars etc. The courses (Core/Discipline Specific Elective/Non-Major Elective) are designed by teachers and approved by the Departmental Committees. Courses approved by the Departmental Committees shall be approved by the Board of Studies. A teacher offering a course will also be responsible for maintaining attendance and performance sheets (CIA -I, CIA-II, assignments and seminar) of all the students registered for the course. The Non-major elective programme and MOOCs coordinator are responsible for submitting the performance sheet to the Head of the department. The Head of the Department consolidates all such performance sheets of courses pertaining to the programmes offered by the department. Then forward the same to the Controller of Examinations.

PROGRAMME OBJECTIVES:

PO 1	Students will finally have an idea about the Foundation of Yoga & Human anatomy & Physiology.
PO 2	They will know about the conception of Yoga.
PO 3	They will get the knowledge of Yoga Teaching methods.
PO 4	They will understand about text on Hatha yoga, Holistic health & Naturopathy.
PO 5	Students will learn the basic yoga therapy, Patanjala yogasutra.
PO 6	To make an idea about diet nutrition & disorders.
PO 7	They will get the knowledge about full note worthy syllabus.
PO 8	They will understand the yoga perspective in Books & Epics.
PO 9	They will know about the concept of Yoga in vedantic approach.
PO 10	They will get the idea of importance and yogic perspective of mental health.

PROGRAMME SPECIFIC OBJECTIVES:

PSO 1	To know about the origin and History of Yoga.
PSO 2	To know about the Principles of Teaching and Learning Yoga.
PSO 3	To know about the personal healthy living and diet plan.
PSO 4	To learn about integrated approach of basic natural treatment.
PSO 5	To know about the common ailments and disorders taken place in our body.

PROGRAMME OUTCOMES:

PO 1	Students will gain the note worthy knowledge about human body.
PO 2	Get the complete knowledge about educational tools and Teaching Methods in yoga.
PO 3	They will get the very essential outcome of healing capacity.
PO 4	They will get the concept of human values in the modern era.
PO 5	Students will finally get note worthy relation between yoga and mental health.
PO 6	Students will get information about the psychological disorders.
PO 7	Students can get the basic knowledge about Physiology of yoga.
PO 8	They will get the information about the Siddha , Ayurveda, Unani and Homeopathy.
PO 9	Students will learn the applied values of yoga in physical education.
PO 10	Students will get the knowledge about various treatments of naturopathy and fasting.

PROGRAMME SPECIFIC OUTCOMES:

PSO 1	They will learn the application of technostress through yoga.
PSO 2	They will know about the Guidelines of planning programme of the benefits of yoga.
PSO 3	They will get knowledge about nutritional values of yoga.
PSO 4	They will get the knowledge in self realization for Unity of life.
PSO 5	They will learn about the causes and remedial measures regarding endocrinal metabolic disorder.

Eligibility for admission

The candidates should have completed 12th standard (10+2) in any discipline formare cognized board or equivalent.

Medium of Instruction:

English

Minimum Duration of programme

The programme is for a period of three or four years. Each year shall consist of two semesters viz. Odd and Even semesters. Odd semesters shall be from June / July to October/November and even semesters shall be from November/December to April/May. Each semester there shall be 90 working days consisting of 6 teaching hours per working day (5 days/week).

Components

A UG programme consists of a number of courses. The term “course” is applied to indicate a logical part of the subject matter of the programme and is invariably equivalent to the subject matter of a “paper” in the conventional sense. The following are the various categories of the courses suggested for the PG programmes:

- A. Core courses (CC)-“Core Papers”** means “the core courses” related to the programme concerned including practicals and project work offered under the programme and shall cover Core competency, critical thinking, analytical reasoning, research skill.
- B. Discipline-specific electives (DSE)** means the courses offered under the programme related to the major but are to be selected by the students and shall cover additional academic knowledge, critical thinking, and analytical reasoning.
- C. Non-Major Electives (NME)-Exposure beyond the discipline**
 - **Students have** to undergo a total of two Non Major Elective courses (UG) with 2 credits offered by other departments (one in III semester another in IV Semester).
 - A uniform time frame of 3 hours on a common day (Tuesday) shall be allocated for the Non-Major Electives.
 - Non-Major Elective courses offered by the departments UG Programme pertaining to a semester should be announced before the end of the previous semester.
 - Registration process: Students have to register for the Non-Major Elective course within 15 days from the commencement of the semester either in the department or NME portal (University Website).
- D. Self Learning Courses from MOOCs platforms.**
 - MOOCs shall be on voluntary for the students.
 - Students have to undergo a total of 2 Self Learning Courses (MOOCs) one in III semester another in IV semester.

- The actual credits earned through MOOCs shall be transferred in the credit plan of programmes as extra credits. Otherwise 2 credits/course be given if the Self Learning Course (MOOCs) is without credit.
- While selecting the MOOCs, preference shall be given to the course related to employ ability skills.

E. Projects/Dissertation/Internships:

The student shall undertake the dissertation work during the six semester.

Project/Dissertation

➤ **Plan of work**

The candidate shall undergo Project/Dissertation Work during the final semester. The candidate should prepare a scheme of work for the dissertation/project and should get approval from the guide. The candidate, after completing the dissertation/project work, shall be allowed to submit it to the university departments at the end of the final semester. If the candidate is desirous of availing the facility from other departments/universities/laboratories/organizations they will be permitted only after getting approval from the guide and HOD. In such a case, the candidate shall acknowledge the same in their dissertation/project work.

➤ **Format to be followed for dissertation/project report**

The format/certificate for thesis to be followed by the student are given below

➤ **Title page-Format of the title page**

Title of Dissertation/Project work

Dissertation/Project submitted in partial fulfillment of their requirement for the Degree of UG Programme in to the Alagappa University, Karaikudi-630003.

By

(Student Name)

(Register Number)

University Logo

Department of-----

Alagappa University

(A State University Accredited with "A+" grade by NAAC (CGPA:3.64) in the Third

Cycle and Graded as Category-I University by MHRD-UGC, 2019: QS ASIA

Rank-216, QS BRICS Rank-104, QS India Rank-20)

Karaikudi-630003

(Year)

➤ **Certificate- Format of certificate–Guide**

This is to certify that the Dissertation/thesis entitled“-----
-----”submitted to Alagappa University, Karaikudi-630003 in partial fulfillment for
the B.A./B.Sc./B.F.A./B.P.A./Integrated Programmes in----- by
Mr/Mis(RegNo) under my supervision. This is based on the results of studies carried
out by him/her in the Department of-----, Alagappa University,
Karaikudi-630 003.This dissertation/project or any part of this work has not been
submitted elsewhere for anyother degree, diploma, fellowship, or any other similar titles or
record of any University orInstitution.

Place: Karaikudi

Research Supervisor

Date:

Certificate(HOD)

This is to certify that the Dissertation/Project work entitled “” submitted byMr/Mis.-----
------(RegNo:-----) to the Alagappa University, in partial fulfillment for
the award of the B.A./B.Sc./B.F.A./B.P.A./Integrated Programmes is a Bonafide
record of research work done under the supervision of-----

-----, Assistant Professor, Department of-----, Alagappa University.

This is to further certify that the thesis or any part there of has not formed the basis of the
award to the student of any degree, diploma, fellowship, or any other similar title of any
University or Institution.

Place:

HeadoftheDepartment

KaraikudiDate: _

Declaration (student)

I hereby declare that the dissertation/project entitled“----- ”
Submitted to the Alagappa University for the award of the B.A/B.Sc./B.F.A/integrated
programme in ----- has been carried out by me under
the guidance of_____
Assistant Professor, Department of-----, Alagappa University, Karaikudi –
630 003. This is my original and independent work and has not previously formed the
basis of the award of any degree, diploma, associateship, fellowship, or any other similar
title of any University or Institution.

Place: Karaikudi

(-----)

Date:_____

- Acknowledgment
- Content as follows:

ChapterNo	Title	Pagenumber
1	Introduction	
2	Aim and objectives	
3	Review of literature	
4	Materials and methods	
5	Result	
6	Discussion	
7	Summary	
8	References	

Internship

The students who have opted for an Internship must undergo industrial training in the reputed organizations to accrue industrial knowledge in the final semester. The student has to find industry related to their discipline (Public limited/Private Limited/owner/NGO etc.,) in consultation with the faculty in charge/Mentor and get approval from the head of the department and Departmental Committee before going for an internship.

➤ **Format to be followed for Internship report**

The format/certificate for internship report to be followed by the student are given below

- Title page-**Format of the title page**

Title of internship report

Internship report submitted in partial fulfilment of the requirement for the BA/B.Sc/B.FA/B.Com degree in ----- to the Alagappa University, Karaikudi-630003.

By

(Student Name)

(Register Number)

University Logo

Department of -----

Alagappa University

(A State University Accredited with "A+" grade by NAAC (CGPA: 3.64) in the Third Cycle and Graded as Category-I University by MHRD-UGC, 2019: QS ASIA Rank-216, QS BRICS Rank-104, QS India Rank-20)

Karaikudi-630003 (Year)

➤ **Certificate-Format of certificate–faculty in-charge**

This is to certify that the Internship report entitled“-----
----” submitted to Alagappa University, Karaikudi-630003 in partial fulfillment for the
B.A./B.Sc./B.F.A./B.P.A./Integrated Programmes in----- by Mr/Mis----- (Reg
No ----) under my supervision. This is based on the work carried out by him/her in the
organization M/S----- --. This Internship report or any part of this work
has not been submitted elsewhere for any other degree, diploma, fellowship, or any
other similar record of any University or Institution.

Place:

Research Supervisor

Date: _____

Certificate (HOD)

This is to certify that the Internship report entitled “ ----- ”
Submitted by Mr/Mis.----- (RegNo-----) to the Alagappa University, in
Partial fulfillment for the award of the B.A./B.Sc./B.F.A./B.P.A./Integrated
Programmes is a bonafide record of Internship report done under the supervision of ----
-----, Assistant Professor, Department of----- , Alagappa University
and the work carried out by him/her in the organization M/S --. This is to further
reconfirm that the thesis or any part there of has not formed the basis of the award to the
student of any degree, diploma, fellowship, or any other similar title of any University
or Institution.

Place: Karaikudi

Head of the Department

Date: _____

- Certificate-(Format of certificate–
- Company supervisor/Head of the Organization)

This is to certify that the report entitled“-----” Submitted to Alagappa
University, Karaikudi-630003 in partial fulfillment for the
B.A./B.Sc./B.F.A./B.P.A./Integrated Programmes in-----by Mr/Mis (Reg
No) under my supervision. This is based on the work carried out by him/her in our
Organization M/S-----for the period of three months or----- . This
Internship report or any part of this work has not been submitted elsewhere for any
other degree, diploma, fellowship, or any other similar record of any University or
Institution.

Place:

Supervisor or incharge

Date: _____

Declaration (student)

I here by declare that the dissertation/project entitled“ ----- ”
Submitted to the Alagappa University for the award of the B.A/B.Sc./B.F.A/integrated
programme in-----has been carried out by me under the guidance of----- ,
Assistant Professor, Department of----- , Alagappa University, Karaikudi–630003.
This is my original and in dependent work carried out by me in the organization M/S
----- for the period of three months or----- and has not previously formed
the basis of the award of any degree, diploma, associateship, fellowship, or any other similar
title of any University orInstitution.

Place: Karaikudi

(-----)

Date: _____



➤ Acknowledgment

➤ Content as follows:

ChapterNo	Title	Pagenumber
1	Introduction	
2	Aim and objectives	
3	Organisation profile/details	
4	Methods/work	
5	Observation and knowledge gained	
6	Summary and outcome of the Internship study	
7	References	

➤ **No. of copies of the dissertation/project report/internship report**

The candidate should prepare three copies of the dissertation/project/internship report and submit the same for the evaluation of the examiners. After evaluation, one copy will be retained in the department library, one copy will be retained by the guide and the student shall hold one copy.

Teaching methods

The following procedures shall be followed in Teaching Methods: Web/Online sources, PPT, Classroom Teaching, Teacher centered Instruction, Project Learning, Experimental learning, Class Discussion, Corporative learning, Assignment, Seminar group discussion, Case study Report, Field trip Report, Quiz.

Attendance

Students must have earned 75% of attendance in each course for appearing for the examination. Students who have earned 74% to 70% of attendance need to apply for condonation in the prescribed form with the prescribed fee. Students who have earned 69% to 60% of attendance need to apply for condonation in the prescribed form with the prescribed fee along with the Medical Certificate. Students who have below 60% of attendance are not eligible to appear for the End Semester Examination (ESE). They shall redo the semester(s) after completion of the programme.

Examination and Evaluation

The examinations shall be conducted separately for theory and practical to assess (remembering, understanding, applying, analysing, evaluating, and creating) the knowledge required during the study. There shall be two systems of examinations viz., internal and external examinations. The internal examinations shall be conducted as Continuous Internal Assessment tests I and II (CIA Test I & II).

F. Internal Assessment

The internal assessment shall comprise a maximum of 25 marks for each subject. The following procedure shall be followed for awarding internal marks.

Theory-25 marks

Sr.No	Content	Marks
1	Average mark of two CIA tests	15
2	Seminar/group discussion/quiz	5
3	Assignment/field trip report/case study report	5
	Total	25

Project/Dissertation-25 Marks (assess by Guide & HOD/incharge/supervisor)

1	Two presentations (mid-term)	15 Marks
2	Progress report	10 Marks
	Total	25 Marks

Internship-150 Marks (assess by incharge/HOD/Organization supervisor)

1	Two presentations (mid-term)	90 Marks
2	Progress report	60 Marks
	Total	150 Marks

G. External Examination

- There shall be examinations at the end of each semester, for odd semesters in the month of October/ November; for even semesters in April /May.
- A candidate who does not pass the examination in any course(s) may be permitted to appear in such failed course(s) in the subsequent examinations to be held in October /November or April / May. However candidates who have arrears in Practical shall be permitted to take their arrear Practical examination only along with Regular Practical examination in their respective semester.
- A candidate should get registered for the first semester examination. If registration is not possible owing to shortage of attendance beyond condonation limit / regulation prescribed OR related joining OR on medical grounds, the candidates are permitted to move to the next semester. Such candidates shall re-do the missed semester after completion of the programme.
- For the Project Report/ Dissertation Work / internship the maximum marks will be 75/150 percent for project report evaluation and for the Viva-Voce it is 25/50 percent (if in some programmes, if the project is equivalent to more than one course, the project marks would be in proportion to the number of equivalent courses).
- Viva-Voce: Each candidate shall be required to appear for Viva-Voce Examination (in defense of the Dissertation Work /Project/ internship).

B. Scheme of External Examination (Question Paper Pattern)

Theory-Maximum 75 Marks

Section A	10 questions. All questions carry equal marks.	10 x 2 = 20 Marks	10 questions – 2 each from every unit
Section B	5 questions Either / or type like 1.a(or)b. All questions carry equal marks and each answer should not exceed one page	5 x 5 = 25	5 either or questions from each unit (one either-or question from Each unit)
Section C	Essay type questions 3 out of 5 questions. All questions carry equal marks and each answer should not exceed two page	3 x 10 = 30	1 question from each unit

Dissertation/Project report Scheme of evaluation

Dissertation/Project report	50 Marks
Vivo voce	25 Marks

Internship report Scheme of evaluation

Internship report	150Marks
Vivovoce	100Marks

Results

The results of all the examinations will be published through the Department where the student underwent the course as well as through University Website.

Passing minimum

A candidate shall be declared to have passed in each course if he/she secures not less than 40% marks in the End Semester Examinations and 40% marks in the Internal Assessment and not less than 40% in the aggregate, taking Continuous assessment and End Semester Examinations marks together.

- The passing minimum for CIA shall be 40% out of 25/15* marks (i.e. 10/6* marks) in Theory papers and 40% out of 40/10* marks (i.e. 16/4* marks) in Practical Examinations.
- The passing minimum for University Examinations shall be 40% out of 75/60* marks (i.e. 30/24* marks) for Theory papers and 40% out of 60/40* marks (i.e. 24/16* marks) for Practical papers.
- The candidates not obtained 40% in the Internal Assessment are permitted to improve their Internal Assessment marks in the subsequent semesters (2 chances will be given) by writing the CIA tests and by submitting assignments.
- Candidates, who have secured the pass marks in the End-Semester Examination and in the CIA but failed to secure the aggregate minimum pass mark (E.S.E + C I.A), are permitted to improve their Internal Assessment mark in the following semester and/or in University examinations.
- A candidate shall be declared to have passed in the Dissertation/Project report/Internship report if he / she get not less than 40% in each of the Report and Viva-Voce.
- A candidate who gets less than 40% in the Dissertation / Internship/ Project Report must resubmit the thesis. Such candidates need take again the Viva-Voce on there submitted report/thesis.

Grading of the Courses

The following table gives the marks, Grade points, Letter Grades and classifications meant to indicate the over all academic performance of the candidate.

Conversion of Marks to Grade Points and Letter Grade (Performance in Course / Paper)

RANGE OF MARKS	GRADE POINTS	LETTER GRADE	DESCRIPTION
90 - 100	9.0 – 10.0	O	Outstanding
80 - 89	8.0 – 8.9	D+	Excellent
75 - 79	7.5 – 7.9	D	Distinction
70 - 74	7.0 – 7.4	A+	Very Good
60 - 69	6.0 – 6.9	A	Good
50 - 59	5.0 – 5.9	B	Average
40 - 49	4.0 – 4.9	C	Satisfactory
00 - 39	0.0	U	Re-appear
ABSENT	0.0	AAA	ABSENT

- a) Successful candidates passing the examinations and earning GPA between 9.0 and 10.0 and marks from 90 – 100 shall be declared to have Outstanding (O).
- b) Successful candidates passing the examinations and earning GPA between 8.0 and 8.9 and marks from 80 - 89 shall be declared to have Excellent (D+).
- c) Successful candidates passing the examinations and earning GPA between 7.5 – 7.9 and marks from 75 - 79 shall be declared to have Distinction (D).
- d) Successful candidates passing the examinations and earning GPA between 7.0 – 7.4 and marks from 70 - 74 shall be declared to have Very Good (A+).
- e) Successful candidates passing the examinations and earning GPA between 6.0 – 6.9 and marks from 60 - 69 shall be declared to have Good (A).
- f) Successful candidates passing the examinations and earning GPA between 5.0 – 5.9 and marks from 50 - 59 shall be declared to have Average (B).
- g) Successful candidates passing the examinations and earning GPA between 4.0 – 4.9 and marks from 40 - 49 shall be declared to have Satisfactory (C).
- h) Candidates earning GPA between 0.0 and marks from 00 - 39 shall be declared to have Re-appear (U).
- i) Absence from an examination shall not be taken as an attempt.

From the second semester onwards the total performance within a semester and continuous

performance starting from the first semester are indicated respectively by **Grade Point Average (GPA) and Cumulative Grade Point Average (CGPA)**. These two are calculated by the following formulate

$$\text{GRADE POINT AVERAGE (GPA)} = \frac{\sum_i C_i G_i}{\sum_i C_i}$$

$$\text{GPA} = \frac{\text{Sum of the multiplication of grade points by the credits of the courses}}{\text{Sum of the credits of the courses in a Semester}}$$

Classification of the final result

The final result of the candidate shall be based only on the CGPA earned by the candidate.

- a) Successful candidates passing the examinations and earning CGPA between 9.5 and 10.0 shall be given Letter Grade (O+) and those who earned CGPA between 9.0 and 9.4 shall be given Letter Grade (O) and declared to have First Class –Exemplary*.
- b) Successful candidates passing the examinations and earning CGPA between 7.5 and 7.9 shall be given Letter Grade (D), those who earned CGPA between 8.0 and 8.4 shall be given Letter Grade (D+) and those who earned CGPA between 8.5 and 8.9 shall be given Letter Grade (D++) and declared to have First Class with Distinction*.
- c) Successful candidates passing the examinations and earning CGPA between 6.0 and 6.4 shall be given Letter Grade (A), those who earned CGPA between 6.5 and 6.9 shall be given Letter Grade (A+) and those who earned CGPA between 7.0 and 7.4 shall be given Letter Grade (A++) and declared to have First Class.
- d) Successful candidates passing the examinations and earning CGPA between 5.0 and 5.4 shall be given Letter Grade (B) and those who earned CGPA between 5.5 and 5.9 shall be given Letter Grade (B+) and declared to have passed in Second Class.
- e) Successful candidates passing the examinations and earning CGPA between 4.0 and 4.4 shall be given Letter Grade (C) and those who earned CGPA between 4.5 and 4.9 shall be given Letter Grade (C+) and declared to have passed in Third Class.
- f) Absence from an examination shall not be taken as an attempt.

Final result

CGPA	Grade	Classification of Final Result
9.5 – 10.0	O+	First Class – Exemplary*
9.0 and above but below 9.5	O	
8.5 and above but below 9.0	D++	First Class with Distinction*
8.0 and above but below 8.5	D+	
7.5 and above but below 8.0	D	
7.0 and above but below 7.5	A++	First Class
6.5 and above but below 7.0	A+	
6.0 and above but below 6.5	A	
5.5 and above but below 6.0	B+	Second Class
5.0 and above but below 5.5	B	
4.5 and above but below 5.0	C+	Third Class
4.0 and above but below 4.5	C	
0.0 and above but below 4.0	U	Re-appear

CUMMULATIVE GRADE POINT AVERAGE (CGPA) = $\frac{\sum_n \sum_i C_{ni} G_{ni}}{\sum_n \sum_i C_{ni}}$

CGPA = Sum of the multiplication of grade points by the credits of the entire Programme / Sum of the credits of the course for the entire Programme

Where 'Ci' is the Credit earned for Course i in any semester; 'Gi' is the Grade Point obtained by the student for Course i and 'n' refers to the semester in which such courses were credited.

CGPA (Cumulative Grade Point Average) = Average Grade Point of all the Courses passed starting from the first semester to the current semester.

Note: * The candidates who have passed in the first appearance and within the prescribed Semesters of the UG Programme (Major, Allied and Elective courses alone) are alone eligible for this classification

Maximum duration of the completion of the programme

The maximum period for completion of UG Degree in ----- shall not exceed Ten Semesters continuing from the first semester.

Conferment of the Undergraduate Degree programme

A candidate shall be eligible for the conferment of the Degree only after he/she has earned the minimum required credits for the Programme prescribed there for (i.e. 140 + Ex Credits for three years UG Programmes and 160+Excredits for four years UG Programmes credits).

Village Extension Programme

The Sivaganga and Ramnad districts are very backward districts where a majority of people lives in poverty. The rural mass is economically and educationally backward. Thus the aim of the introduction of this Villagen Extension Programme is to extend out to reach enviro on mental awareness, social activities, hygiene, and health to the rural people of this region. The students in their third semester have to visit any one of the head opted villages within the jurisdiction of Alagappa University and can arrange various programs to educate the rural mass in the following areas for three days based on the theme. 1. Environmental awareness 2. Hygiene and Health. A minimum of two faculty members can accompany the students and guide them.

**B.Sc., YOGA
PROGRAMME STRUCTURE**

Sem.	Part	Course Code	Courses	Title of the Paper	T/P	Cr.	Hrs./Week	Max.Marks		
								Int.	Ext.	Total
I	I	221T1	T/OL	Tamil/ Other Languages-I	T	3	6	25	75	100
	II	912CE	E	Communicative English-I	T	3	6	25	75	100
	III	7241C1	CC	Foundations of Yoga	T	5	5	25	75	100
		7241P1	CC	Yoga Practical-I	P	4	4	40	60	100
		7241A1	Allied	Human Anatomy and Physiology - I	T	3	3	25	75	100
	IV	7241AP1	Allied	Human Anatomy and Physiology Practical-I	P	2	2	40	60	100
		22BVE1	SEC-I	Value Education	T	2	2	25	75	100
				Library			2			
				Total		22	30	205	495	700
II	I	222T1	T/OL	Tamil / Other Languages-II	T	3	6	25	75	100
	II	922CE	E	Communicative English-II	T	3	6	25	75	100
	III	7242C1	CC	Patanjali Yoga Dharsana	T	5	5	25	75	100
		7242P2	CC	Yoga Practical-II	P	4	4	40	60	100
		7242A2	Allied	Human Anatomy and Physiology-II	T	3	3	25	75	100
		7242AP2	Allied	Yoga Practical-III	P	2	2	40	60	100
	IV	22BES2	SEC-II	Environmental Studies	T	2	2	25	75	100
				Library			2			
				Total		22	30	205	495	700
III	I	223T1	T/OL	Tamil/ Other Languages-III	T	3	6	25	75	100
	II	223E3	E	English For Enrichment-I	T	3	6	25	75	100
	III	7243C1	CC	Basic Principles of Yoga Therapy	T	3	3	25	75	100
		7243C2	CC	Methodology of Yoga Teaching	T	3	3	25	75	100
		7243P3	CC	Yoga Practical-IV	P	3	3	40	60	100
		7243A3	Allied	Fundamentals of Naturopathy	T	3	3	25	75	100
		7243AP3	Allied	Yoga Practical-V	P	2	2	40	60	100
	IV	22BE3	SEC-III	Entrepreneurship	T	2	2	25	75	100
		NME	Yogic Sciences	T	2	2	25	75	100	
				Total		24	30	255	645	900
IV	I	224T1	T/OL	Tamil/ Other Languages-IV	T	3	6	25	75	100
	II	224E4	E	English for Enrichment-II	T	3	6	25	75	100
	III	7244C1	CC	Yoga and Holistic Health	T	4	4	25	75	100
		7244C2	CC	Paths and Schools of Yoga	T	4	4	25	75	100
		7244P4	CC	Yoga Practical-VI	P	3	3	40	60	100
		7244A4	Allied	Introduction to Ayush	T	3	3	25	75	100
		7244AP4	Allied	Yoga Practical-VII	P	2	2	40	60	100
IV		NME	Applied Yoga	T	2	2	25	75	100	
				Total		24	30	230	570	800

V	III	7245C1	CC	Yogic Diet and Nutrition	T	4	4	25	75	100		
		7245C2	CC	Science of Meditation	T	4	4	25	75	100		
		7245C3	CC	Applied Psychology and Yogic Counseling	T	4	4	25	75	100		
		7245C4	CC	Yoga and Human Values	T	4	4	25	75	100		
		7245C5		Yoga Practical-VIII	P	4	6	40	60	100		
		7245C6		Yoga Practical-IX	P	4	6	40	60	100		
				Career development/ employability Skills			2					
				Total		24	30	180	420	600		
VI	III	724611		Internship		24	30	150	250	400		
				Or								
		7246C1	DSE	Yoga Therapy for Common Ailments	T	6	6	25	75	100		
		7246C2	DSE	Yoga And Women	T	6	6	25	75	100		
		7246C3	DSE	Health and Hygiene	T	6	6	25	75	100		
		7246C4	DSE	Human System according to Yoga	T	6	6	25	75	100		
				Library/Yoga etc			2					
				Career development/ employability skills/ Fieldtrip		-	4	-	-			
				Total		24	30	100	300	400		
				Or								
				724999		Project		6	10	25	75	100
				7246C5	DSE	Applied Yoga	T	6	6	25	75	100
				7246C6	DSE	Physiological Effects of Yoga	T	6	6	25	75	100
				7246C7	DSE	Yoga and Mental Health	T	6	6	25	75	100
			others	Library/ Yoga/ Career development/ employability skills/ Fieldtrip etc			2					
				Total		24	30	100	300	400		
				GrandTotal		140	--	--	--	4100		

T –Theory P – Practical

As per TANSCH, the Professional English book will be taught to all four streams apart from the existing Hours of teaching/additional hours of teaching (1hour/day) as a 4 credit paper as an add on course on par with Major paper and completion of the paper is a must to continue his/her studies further

Sem	Part	Course Code	Title of the Paper	Cr.	Hrs./ Week	Mark Max.		
						Int.	Ext.	Total
I	III	AECC - I	Professional English for Life Science/Physical Science - I	4	4	25	75	100
II		AECC – II	Professional English for Life Science/Physical Science – II	4	4	25	75	100
III		AECC – III	Professional English for Life Science/Physical Science – III	4	4	25	75	100
IV		AECC – IV	Professional English for Life Science/Physical Science - IV	4	4	25	75	100



Semester-I					
Core	Course code: 7241C1	Foundation of Yoga	Theory	Credits 5	H/W 5
Unit – 1					
Objective 1	To know about the origin and History of Yoga				
Introduction: Origin, Mythological Concept, History and Development of Yoga in vedic Period.					
Outcome 1	Student can get the basic knowledge about yoga.				K1
Unit – 2					
Objective 2	To know about the conception of Yoga				
Etymology and Definition of Yoga Aim and Objectives of Yoga, Common Conception of Yoga, Stream of Yoga, Principles of Yoga, Importance of Yoga					
Outcome 2	They will get the full idea about the Etymology and Principles of Yoga.				K2
Unit - 3					
Objective 3	To understand the philosophy of Yoga				
General Introduction to Indian Philosophy: Philosophy: meaning, definition and scope: Indian Philosophy: Meaning, definition, scope and features, Branches (Astika and Nastika Darshanas). Relationship between Yoga and Indian Philosophy, Yogic perspective to Shad-darshanas.					
Outcome 3	Student can get full knowledge in Indian Philosophy				K1
Unit - 4					
Objective 4	To know about the yoga perspective in Books & Epics				
Yoga In Texts: Brief of Vedas, Upanishads, Bhagavad gita, Yoga vasishtha, Narada Bhakti Sutras, Ramayana, Adhyatma Ramayana, Mahabharata, Agamas, Tantras, Shaiva Siddhanta, Thirumoolar Thirumanthiram. Distinction form Religion and Science, Brief introduction to Prasthantrayi and Purushartha Chatushtaya.					
Outcome 4	They can get the very valuable thoughts in the most popular books and epics				K1
Unit - 5					
Objective 5	To know about the concept of Yoga in vedantic approach				
School of Yoga: Ashtanga Yoga. Paths of Yoga: Hatha Yoga, Bhakti Yoga, Jnana Yoga, Sarina Yoga, Raja Yoga, Mahtra Yoga, Laya Yoga, Yantra Yoga. Emphasis to Vedantic approach of Shankara, Ramanuja, Madhav and Vallabha.					
Outcome 5	Finally the student will get full blue print about Yoga				K1
Suggested Readings:					
Lal Basant Kumar. (2013). <i>Contemporary Indian Philosophy</i> . Delhi: Motilal Banarsidas Publishers Pvt. Ltd. Dasgupta S. N. (2012). <i>History of Indian Philosophy</i> . Delhi Motilal Banarsidas.					
Singh S.P. (2010). <i>History of Yoga</i> . PHISPC, Centre for Studies in Civilization Ist.					
Singh S.P & Yogi Mukesh. (2010). <i>Foundation of Yoga</i> . New Delhi Standard Publication					
Agarwal, M.M. (2010). <i>Six systems of Indian Philosophy</i> . Varanasi Chowkhamba Vidya					
Bhawan. Swami Bhuteshananda. (2009). II Edition. <i>Nararad Bhakti Sutra</i> . Kolkata Advaita Ashra					
ma Publication-Dept.					
Hiriyanna, M. (2009). <i>Outlines of Indian Philosophy</i> . Delhi Motilal					
Banarsidas. Hiriyanna, M. (2008). <i>Essentials of Indian Philosophy</i> . Delhi Motilal					
Banarsidas.					
Radhakrishnan, S. (2008). <i>Indian Philosophy</i> . UK (Vol. I & II) II Edition. Oxford					
University. Max Muller, K. M. (2008). <i>The six system of Indian Philosophy</i> .					
Varanasi 6th Edition. Chukhambha, Sanskrit series.					

Online Resources:<https://www.yogasutras.com><https://yogainternational.com>

<i>K1-Remember</i>	<i>K2-Understand</i>	<i>K3-Apply</i>	<i>K4-Analyze</i>	<i>K5-Evaluate</i>	<i>K6-Create</i>
Course Designed by Dr. S. Saroja					

Course Outcomes Vs Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	L(1)	L(1)	S(3)	S(3)
CO2	S(3)	S(3)	M(2)	L(1)	M(2)	S(3)	S(3)	M(2)	S(3)	S(3)
CO3	S(3)	S(3)	M(2)	M(2)	S(3)	S(3)	M(2)	L(1)	S(3)	S(3)
CO4	S(3)	S(3)	M(2)	L(1)	S(3)	S(3)	S(3)	M(2)	S(3)	S(3)
CO5	S(3)	S(3)	M(2)	M(2)	M(2)	S(3)	S(3)	M(2)	L(1)	S(3)
W.AV	3	3	2.2	1.8	2.6	3	2.4	1.6	2.6	3

Course Outcomes Vs Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	M(2)	S(3)	S(3)	M(2)
CO2	S(3)	S(3)	M(2)	M(2)	L(1)
CO3	S(3)	S(3)	M(2)	L(1)	M(2)
CO4	S(3)	S(3)	S(3)	M(1)	L(1)
CO5	S(3)	S(3)	S(3)	M(2)	M(2)
W.AV	3	2.8	2.6	1.8	1.6

Semester-I					
Core	Course code: 7241P1	Yoga Practical - I	Practical	Credits 4	H/W 4
Unit-I					
Objective	To learn how to movement all the joints				
Introduction:	Prayer- Loosening the Joints – Hand in and out breathing – Hands stretch breathing- Ankle Stretch breathing- Neck movement–Shoulders movement-Trunk Movement –Knee movement– Front and Back bending–Side bending and Twisting of waist–Eye Exercise Surya Namaskar-Bihar school of Surya Namaskar-Swami Vivekananda school of Surya Namaskar– Step 10,12. International Day of Yoga Protocol				
Outcome	They get knowledge about how to movement all the joints				
Unit-II					
Objective	To know difference between both Suryanamaskar				
Basic Asanas	– Hints and caution for the practice of Asanas - Sukhasana, Ardha Padmasana, Padmasana, Vakrasana, Swastikasana, Dandasana, Mandukasana, Uthkatasana, Sasangasana, Vajrasana, Badhrasana, Vrksasana, Tadasana, Kati Chakrasana, Ardha Chakrasana, Bhujangasana, Salabhasana, Navasana, Utthana padhasana-I, Konasana, Trikonasana, Yogamudrasana, Savasana				
Outcome	Students can get knowledge about difference between both suryanamaskar				
Unit-III					
Objective	To understand the principle and practice of each asana				
Advance Asanas;	Pachimottasana, Sarvangasana, Purna dhanurasana, Karna peedasana, Garudasana, Mayurasana, Padmabakkasana, Hanumasana, Titibasana, Purna Chakrasana, Setubandha Sarvangasana, Vrischikasana, Purna Salabhasana, Omkarasana, Vatayasana, Purna Bhujangasana, Purna Matsyendrasana, Ekapadasirasana, Natarajasana, Ekapada Rajkapottasana, Vibhaktapaschimottasana, Ardhabadhapadmotanasana, Utthitapadhasana,				
Outcome	They will understand the principle and practice of each asana				
Unit-IV					
Objective	They will get some point about the each asana				
Pranayama	– Breathing patterns, Sectional breathing – Abdominal breathing – Thoracic breathing – Clavicular breathing Yogic breathing – Alternate Nostril breathing – Anuloma Viloma breathing, Surya bedana, Chandra bedana, Nadishodana:				
Kriya-Jala Neti, Sutra Neti:					
Outcome	They can get some point of about Pranayama				
Unit-V					
Objective	To aware of the demonstrate each practice skillfully				
Bandha	– Jiva bandha, Jalandhara bandha, Uddiyana bandha, Moola bandha, Maha bandha. Mudra – Hasta mudra:- Gnana mudra - Chin mudra, Chinmaya mudra, Athi mudra – Mana Mudra:- Sambhavi mudra, Kaki mudra, Shanmukhi mudra – Kaya Mudra:- Yoga mudra – Pranamudra, Tadagimudra- Adhara Mudra:- Ashwinimudra				
Meditation	– Saguna Meditation – Nirguna meditation - Silent meditation – Om meditation – Mandrameditation				
Closing Prayer					
Outcome	They can get full knowledge Kriya and Bandha				

Suggested Readings:

SwamiDhirendraBrahmachari: *YogasanaVijnana*,DhirendraYogaPublications,NewDelhi.SwamiKuvalya nanda:*AsanaKaivalyadhama*,Lonavla

SwamiSatyanandaSaraswati:*Asana, Pranayama, Bandha*,MudraBiharSchoolof Yoga,Munger

Basavaraddi,I.V.&others*YogasanaAComprehensivedescriptionaboutYogasana,MDNIY*, NewDelhi,2011.

Iyengar,B.K.S. *LightonYoga*,HarperCollinsPublishers.Tiwari,O.P.*Asana WhyandHow?* Kaivalyadhama,Lonavla.

Online Resources:

<https://www.artofliving.org/power-prayer>

<https://www.gaia.com/articles/yoga-poses>

<https://www.artofliving.org/yoga/health-and-wellness/mudras-yoga-at-fingertips>

K1-Remember

K2-Understand

K3-Apply

K4-Analyze

K5-Evaluate

K6-Create

Course Designed by Dr. S. Saroja



Semester-I					
Allied	Course code: 7241A1	Human Anatomy and Physiology-I	Theory	Credits 3	H/W 3
Unit – 1					
Objective 1	To know about the structure and functions of the body				
Cell, Tissue and Muscular-system: Cell structure –Plasma membrane and protoplasm; Cell organelles – Mitochondria, Globinoly, Endoplasmic reticulum, Lysosome, Peroxisome, centrosome, Nucleus- Nuclear membrane, chromosome, nucleolus; Homeostasis; Structure and function of epithelial- simple and compound; Connective- connective tissue proper, skeletal and vascular; Muscular Skeletal, involuntary and cardiac; Nervous tissues- Myelinated neuron and Non myelinated neuron. Types of Muscle in the body (striated, Smooth muscle, Cardiac muscle); Mechanism of muscle contraction– Effect of Yoga on Muscular System.					
Outcome 1	Students gain the noteworthy knowledge about human body				K1
Unit – 2					
Objective	To understand the importance skeletal system				
Skeletal System: Anatomy of the Skeleton: Classification of bones- Axial bones and appendicular bones; Types of joint– Synovial joints and Fibrous joint; Structure of synovial joints; Types of synovial joints– Effect of Yoga on Skeletal System.					
Outcome 2	They will learn the necessary function and development of skeletal system				K2
Unit - 3					
Objective	To know about the sources of biomolecular and the importance of organs in the digestive system				
Bimolecular and Digestive system: Carbohydrates; Fats; Proteins; Minerals; Vitamins (fat soluble and water soluble); Dietary fibers Balanced diet; Digestive system: Digestive system of human- Mouth, buccal cavity, Pharynx, esophagus, stomach, large intestine, small intestine, anus, associated glands Liver, Pancreas, salivary glands, physiology of digestion and absorption; Malnutrition and under nutrition– Effect of Yoga on Digestive System.					
Outcome 3	They will get function of the organs present in the digestive system				K5
Unit - 4					
Objective	To understand importance and principles of Respiratory system				
Respiratory system: Respiratory system of human- Nose, nasal cavity, pharynx, Trachea, Larynx, bronchiole, lungs; Mechanism of breathing (Expiration and inspiration); Transport of respiratory; gases (transport of oxygen and transport of carbon dioxide); Common respiratory disorder – Effect of Yoga on Respiratory System.					
Outcome 4	Students will get the function, common disorders and its remedial measures of Respiratory system				K5
Unit – 5					
Objective	To know about the compositional function of cardio-vascular system				
Cardiovascular system: Composition and function of blood– Plasma, RBC, WBC and Platelet; Blood groups and their importance; Blood clotting; Structure and working mechanism of heart; Organization of systemic and pulmonary circulation; Cardiac output and cardiac cycle; Functional anatomy of blood; vessels; Blood pressure and regulation of blood pressure- Effect of Yoga on Cardiovascular System.					
Outcome 5	They will get the full knowledge about the full system in human body				K5

Suggested Readings:Tortora and Bryan: *Anatomy and Physiology*Khurana: *Anatomy and Physiology*Gore, M.M. (2003). *Anatomy and Physiology of Yogic practices*. India: Kanchan Prakashan, Lonavla. LanPeate and Muralidharan Nayar – *Fundamental of Anatomy and Physiology for student's nurse*.Evelyn, C. Pearce- *Anatomy and Physiology for Nurses*.**Online Resources:**<https://openstax.org/books/anatomy-and-physiology-2e/pages/1-2-structural-organization-of-the-human-body><https://www.britannica.com/science/human-body>**K1-Remember****K2-Understand****K3-Apply****K4-Analyze****K5-Evaluate****K6-Create****Course Designed by Dr. S. Saroja****Course Outcomes Vs Programme Outcomes**

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	S(3)	S(3)	S(3)	M(2)	M(2)	L(1)	S(3)	M(2)	S(3)
CO2	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	M(2)	L(1)	M(2)	S(3)
CO3	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	M(2)	L(1)	M(2)	S(3)
CO4	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	L(1)	M(2)	M(2)	S(3)
CO5	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	L(1)	M(2)	M(2)	S(3)
W.AV	3	3	3	3	2	2.8	1.4	1.8	2	3

Course Outcomes Vs Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	M(2)	M(2)	S(3)	S(3)	S(3)
CO2	L(1)	M(2)	M(2)	S(3)	S(3)
CO3	M(2)	M(2)	S(3)	S(3)	S(3)
CO4	M(2)	L(1)	M(2)	S(3)	S(3)
CO5	L(1)	M(2)	M(2)	S(3)	S(3)
W.Av	1.6	1.8	2.4	3	3

Semester-I					
DSE	Course code: 7241AP1	Human Anatomy and Physiology Practical – I	Practical	Credits 2	H/W 2
Unit-I					
Objective 1	Make students familiar with the systems of the body				
Demonstration of Osteology Myology					
Outcome 1	Student will get about the detail of Osteology Myology				
Unit-II					
Objective 2	Give a hand on experience about the human body using models, chart and Picture				
Demonstration of Organs and Viscera					
Outcome 2	They will learn about the organs				
Unit-III					
Objective 3	Make students understand the organization of the body with respect to structural components				
Demonstration of Bones & Joints					
Outcome 3	The students will be able to understand much practical knowledge about bone & joint				
Unit-IV					
Objective 4	To know about human skeleton muscle				
Demonstration of Human Skeleton					
Outcome 4	Students will understand about the human skeleton				
Unit-V					
Objective 5	To understand the full human body structure				
Continuous Evaluation by the Teachers					
Outcome 5	Teachers will evaluate of student practical knowledge				
Suggested Readings:					
Core, MM(2003). Anatomy and Physiology of Yogic Practice. Indian Kanchan Prakashan, Lonavla. Lanepate and Muralidharan Nayar – Fundamental of Anatomy and Physiology for student Nurses Evelyn, C.pearce – Anatomy and Physiology and Nurse					
Online Resources:					
https://www.artofliving.org/power-prayer					
https://www.gaia.com/articles/yoga-poses					
https://www.artofliving.org/yoga/health-and-wellness/mudras-yoga-at-fingertips					
https://drnaitiktrivedi.com/index.php/notes/human-anatomy-and-physiology-practical/					
<i>K1-Remember</i>	<i>K2-Understand</i>	<i>K3-Apply</i>	<i>K4-Analyze</i>	<i>K5-Evaluate</i>	<i>K6-Create</i>
Course Designed by Dr. S. Saroja					

Semester-II					
Core	Course code: 7242C1	Patanjali Yoga Dharsana	Theory	Credits 5	H/W 5
Unit 1					
Objective 1	To understand the various modification mind				
Introduction: Introduction to Yoga dharshana of Patanjali, Maharishi Patanjali, Patanjala YogaSutra,traditional commentators, commentaries of PatanjalaYogaSutra.Concept of Mana,Bhuddhi, Ahankar, Chitta, chittabhoomis,citti vritti nirodhopaya, ishwaraPranidhana, Samprajnata; Citta-Vikshepas (Antarayasa) Qualitieso fIshwar					
Outcome 1	Student will get the full concept about yoga dharsana of Patanjala				K2
Unit -2					
Objective 2	To know about importance, types andconcept of Samadhipada				
SamadhiPada: Define – Concept of Yoganushasanam, Yoga Lakshanam and its results; Types of Samadhi (Samprajnatah) and asamprjnatahSamadhi); Types of SamprainatahSamadhi(Vitarka, Vivhara, Anaad and Ashmita); Types of Asamprajntah Samadhi (Bhavapratyaya andUpayapratyas). Meaning of Samapattiantdkinds of Samapatti (SavitrakaandNirvitraka,Savichara and Nirvichara)					
Outcome 2	They will understand the essential of Samadhi Pada in allways				K2
Unit – 3					
Objective 3	To understand the concept of Sadhanapada and AstangaYoga				
SadhanaPada: Define – Concept of Kriya Yoga of Patanjali, theory of kleshes (Avidya, Ashmita,Raga, Dwewsh, Abhinevesh): Concept of Dukhavada (Heya, Hetu, Hana, Hanopaya) Drishta andDrishanirupanam (Prakriti),Drastunirupanama(Purusha),Prakriti Purushasam Yoga					
Outcome 3	Student will understand the full details about sadhana Pada				K2
Unit – 4					
Objective 4	To understand the full concept about Vibhuti Pada				
VibhutiPada: Define Introduction of Dharana, Dhyana and Samadhi, Samyama and its Siddhis: Three types of Chitta Parinamah: Bhootajaya, Indriya jaya and their Siddhis, Satva purushanyatakhyati and its Siddhis: Vivek Jnana Nirupanam					
Outcome 4	They will learn the need and importance of Vibhuti Pada				K1
Unit - 5					
Objective 5	To know about the importance of Kavailya Pada.				
Kaivalya Pada: Kaivalya Nirvachana: Define– Role of Dharana, Dhyana, Samadhi and its application: Five Types of Siddhis and Jatyantar Parinamh: Concept of Nirman Chitta and four types of Karmas: Concept of Vasana, Bahya Pradartha(external element) and its abilities.					
Outcome 5	They will learn the essence of Kaivalya Pada.				K1
Suggested Readings:					
JamesR. Ballantyne(2004) <i>TheSankhyaAphorismsofKapila</i> ,ParimalPublications, New DelhiSwamiDigambaraJiandothers(2012). <i>GlossaryoftheSamkhakarika</i> ,Kaivalyadhama,Lonavala SwamiVirupaksananda(1995). <i>SamkhyakarikaofIsvarakrisna(withtattvaKamudiaof Vachapati Mishra)</i> , Sri RamKrishanaMathaMadras.					
Gaspar M. Koelmenn, S. J.Patanjal(1970). <i>Yoga</i> ,Papal Athenaeum, Poona.K.D.Prithvipaul <i>TheYogasurtaof Patanjali</i> M.L.B.D. NewDelhi					
M.R.Yardi <i>TheYogaof Patanjali</i> (1970).BhandarkarOriental ResearchInstitute,Poona,India.					
SwamiVedBharti(2004). <i>YogasutraofPatanjali(withtheExpositionofVyasa)</i> M.L.B.D.NewDelhi,,VolI&II					

Online Resources:<https://www.yogapedia.com/definition/5119/kaivalya><https://beyogi.com/the-four-chapters-of-the-yoga-sutras/>

<i>K1-Remember</i>	<i>K2-Understand</i>	<i>K3-Apply</i>	<i>K4-Analyze</i>	<i>K5-Evaluate</i>	<i>K6-Create</i>
Course Designed by Dr. S. Saroja					

Course Outcomes Vs Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	M(2)	L(1)	M(2)	S(3)	S(3)	M(2)	L(1)	L(1)	S(3)
CO2	S(3)	M(2)	M(2)	L(1)	S(3)	S(3)	L(1)	M(2)	L(1)	S(3)
CO3	S(3)	M(2)	L(1)	L(1)	S(3)	M(2)	L(1)	M(2)	M(2)	S(3)
CO4	S(3)	M(2)	M(2)	M(2)	S(3)	S(3)	M(2)	M(2)	M(2)	S(3)
CO5	S(3)	M(2)	M(2)	L(1)	S(3)	S(3)	L(1)	M(2)	M(2)	S(3)
W.AV	3	2	1.6	1.4	3	2.8	1.4	1.8	1.6	3

Course Outcomes Vs Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	S(3)	M(2)	L(1)	M(2)
CO2	S(3)	S(3)	M(2)	L(1)	M(2)
CO3	S(3)	S(3)	S(3)	M(2)	L(1)
CO4	S(3)	M(2)	S(3)	L(1)	L(1)
CO5	S(3)	S(3)	S(3)	L(1)	L(1)
W.Av	3	2.8	2.6	1.2	1.4

Semester-II					
Core	Course code: 7242P2	Yoga Practical - II	Practical	Credits 4	H/W 4
Unit 1					
Objective 1	They will learn how to do the Supine Posture				
Opening Prayer					
Loosening the Joints: Pawanmuktasana series-I					
Surya Namaskar- Vinyasa Surya Namaskar–Chandra Namaskar –Chair Surya Namaskar					
Outcome 1	They will get knowledge about the Supine Posture				
Unit -2					
Objective 2	To know and practice the Prone Postures				
Asanas; ArdhaSalabhasana, Dhanurasana, Makarasana, Mastyakridasana, Sarpasana. Pawanmuktasana, TolanGulasana, UttanaPadsana, HardhaHalasana, Halasana, Vipareetakarani, ChakkiChalanasana, Savasana, Parsuvasakonasana, Samasana, Siddhasana, Gomukasana, Bhunamasana, ArdhaChandrasana, AshwaSanchalanasana, ArdhaUshtrasana,					
Outcome 2	Students get idea about practice the Prone Postures				
Unit – 3					
Objective 3	They will learn that how to expend the chest part				
Advanceasana: Janusirasana, PavithraJanusirasana, Maricchyasana(I), Parshvottanasana, Samakonasana, Dwikonasana, Chandrasana, Bheemasana, Ushtrasana, Setubhandasana, UtthanPristhasana, Veernilasana, Chakrasana, Bakasana, Sirasana,Veerabhadrasana I,II,III, Supta Vajrasna, Matsyansana					
Outcome 3	They will get knowledge about expend the chest part				
Unit – 4					
Objective 4	Understand and stimulates the abdominal organs				
Pranayama –Sheetali–Sheetkari–Bhastrika –Bhramari					
Mudra - Hasta Mudra - Yoni mudra – Bhairava mudra – Hridaya mudra – Khechari mudra – Jalamudra– Prithivmudra– Akashmudra– Agnimudra– Vayumudra.					
Outcome 4	Students Understanding the stimulates the abdominal organs				
Unit - 5					
Objective 5	They can do and demonstrate each practice skillfully				
Kriya – Dhauti:- Vasthira dhauti – Vamana dhauti – Nauli:-Madhima – Vama – Dakshana – Naulichalna					
Bandha -Maha bandha					
Meditation – Active meditation – Passive meditation – Japa meditation -Trataka meditation					
CloserPrayer					
Outcome 5	They can get full knowledge about demonstrate each practices kill fully				
Suggested Readings:					
SriAnanda.(2003). <i>The Complete book of Yoga.</i> , Delhi Orient Course Backs.					
Basavaraddi,I.V.&others(2009). <i>Shatkarma.mdniy</i> New Delhi A Comprehensive description about Cleansing Process.					
Joshi,K.S.(2009). <i>Yogic Pranayama.</i> New Delhi Oriental Paper back. Nagendra HR(2005) <i>Pranayama, The Art & Science</i> .Bangalore: Swami Vivekananda Yoga Prakashan.					
Basavaraddi, I.V. & others.(2009). <i>SHATKARMA.MDNIY</i> New Delhi: A Comprehensive					

description about Cleansing Process.

Joshi,K.S.(2009). *Yogic Pranayama.*, New Delhi Oriental Paper

back. Swami Kuvalyananda. (2010). *Pranayama.* Lonavla:

Kaivalyadhama.

Online Resources:

<https://www.kriya.org/>

<https://www.yogajournal.com/practice/energetics/bandha/gentle-approach-to-accessing-bandhas/>

<https://insighttimer.com/>

<https://www.path2yoga.net/2014/06/sivananda-yoga-opening-and-closing-prayers.html>

K1-Remember

K2-Understand

K3-Apply

K4-Analyze

K5-Evaluate

K6-Create

Course Designed by Dr. S. Saroja



Semester-II					
Allied	Course code: 7242A2	Human Anatomy and Physiology-II	Theory	Credits 3	H/W 3
Unit -1					
Objective 1	To know about the nerve structure of the body				
Nervous System and Special Senses: Structure and function of human brain.-Forebrain, midbrain, hindbrain, Structure and function of spinalcord, Cranial nerve and spinal nerve, Autonomic nervous system Sympathetic and Para sympathetic nervous system, Reflex action, Mechanism of nerve conduction, Synapse and synaptic transmission, Structure and function of eye, ear, nose, tongue and skin. Selected yogic practices for nervous system Effect of Yoga on Nervous System.					
Outcome 1	Student will learn the structure of our body			K1	
Unit -2					
Objective 2	To know about the function and importance of endocrine system				
Endocrine system: Structure and function of important of endocrine gland (Pituitary, Adrenal, Thyroid, Parathyroid, Pancreas, gonads), Function of GI tract hormones, Mechanism of hormone action. Role of yogic practices for Endocrine system – Effect of Yoga on Endocrine System.					
Outcome 2	They will fully get the knowledge about endocrine system			K2	
Unit -3					
Objective	To know about the full details about Reproductive system				
Reproductive system: Male reproductive system of human.- Testis, penis, epididymis, prostate gland; Female reproductive system of human-ovary, uterus, vagina, cervix, fallopian tube; Menstrual cycle Game to genesis-Spermatogenesis and Oogenesis; Fertilization; Implantation and embryonic development; Pregnancy. Effect of yoga on Reproductive system.					
Outcome 3	They will gain the knowledge regarding reproductive Student will learn the importance of excretory system and its mechanism			K2	
Unit - 4					
Objective 4	To understand the process & Role of kidney in excretory system				
Excretory system: Excretory system of human-Kidney, ureter, urinary bladder, urethra; Mechanism of urine formation- Ultrafiltration, selective reabsorption, tubular secretion; Role of kidney in osmo regulation. Effect of Yoga on Excretory System.					
Outcome 4	They will learn the important about Excretory System			K1	
Unit - 5					
Objective 5	To learn about functions of lymphatic system and role of yogic practices on various system				
Lymphatic system and Immune system: Lymphoidorgan-Bonemarrow, Thymus, spleen, Lymphnode, Composition and function of lymph, Immunity, Types of immunity-Innate immunity and acquired immunity, Antigen and antibody, Hypersensitivity, Autoimmunity. Effect of Yoga on Lymphatic and Immune System.					
Outcome 5	They will learn important factors about lymphatic system and to gain note worthy about the function of various systems in our body			K5	
Suggested Readings: Tortora and Bryan <i>Anatomy and Physiology</i> Khurana <i>Anatomy and Physiology</i> Arthur C Gyton & Hall (2006). <i>Medical Physiology</i> , Reed Elsevier India Pvt. Ltd, NewDelhi. Chatterji C.C (2004). <i>Human Physiology Vol.I&II</i> , Medical Allied Agency, Kolkata					

Bijlani R.L. (2011). *Understanding of Human Physiology*, Jaypee Brothers Medical Publishers Pvt.Ltd, New Delhi, Pal G. K & others (2007). *Textbook for practical Physiology*, Orient Longman Pvt.Ltd, Hyderabad, Sharma J.P (2005) *A-Z Illustrated Encyclopaedia of Human Anatomy & Physiology*, Khel Sahiyta Kendra, Delhi,

Online Resources:

<https://openstax.org/books/anatomy-and-physiology-2e/pages/1-2-structural-organization-of-the-human-body>

<https://www.britannica.com/science/human-body>

K1-Remember	K2-Understand	K3-Apply	K4-Analyze	K5-Evaluate	K6-Create
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Course Designed by Dr. S. Saroja

Course Outcomes Vs Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	S(3)	S(3)	S(3)	M(2)	M(2)	L(1)	S(3)	M(2)	S(3)
CO2	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	M(2)	L(1)	M(2)	S(3)
CO3	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	M(2)	L(1)	M(2)	S(3)
CO4	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	L(1)	M(2)	M(2)	S(3)
CO5	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	L(1)	M(2)	M(2)	S(3)
W.AV	3	3	3	3	2	2.8	1.4	1.8	2	3

Course Outcomes Vs Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	M(2)	M(2)	S(3)	S(3)	S(3)
CO2	L(1)	M(2)	M(2)	S(3)	S(3)
CO3	M(2)	M(2)	S(3)	S(3)	S(3)
CO4	M(2)	L(1)	M(2)	S(3)	S(3)
CO5	L(1)	M(2)	M(2)	S(3)	S(3)
W.Av	1.6	1.8	2.4	3	3

Semester-II						
Allied	Course code: 7242AP2	Yoga Practical - III		Practical	Credits 2	H/W 2
Unit-I						
Objective 1	Make the students recite the Vedic hymns skill fully.					
OpeningPrayer –Pawanmutasana series II-Surya Shakti –Yoga Namaskar						
Outcome 1	Students will be able to learn about the basic level practical knowledge of Yoga practices.					
Unit-II						
Objective 2	Understand the concept and principles of Shatkarmas.					
Asana –Thandasana, Setuasana, Ekapadabakadhyanasana, Vashishthasana, Santolasana, Utthita Padmasana, Kukkutasana, Hamsasana, Dwihastabhujasana, Saralnatarajasana, Utthita hasta Padangusthasana, Dandayman Janusirasasana, Poorna Chakrasna, Pada Angushthasana, Dhanur akarsh anasana, Hartha Padma Halasana,						
Outcome 2	They will get knowledge about the shatkarmas					
Unit-III						
Objective 3	Know and understand about breathing practice.					
Pranayama –Ujjayi–Kapalabhati						
Mudra – Mukula mudra – Maha bheda mudra – Maha vedha mudra – Mushti mudra – Bhairavimudra – Anjali mudra – Sumana mudra – Varuna mudra – Matsya mudra – Kurma mudra –Garudamudra–Pasamudra–Shivalingamudra						
Outcome 3	Students get idea about how to stimulating the all body parts					
Unit-IV						
Objective 4	To know about stimulating the organs					
Bandha – Maha Bandha						
Shatkarma – Bhasti – Kabalabhati – Trataka (Jatra & Jothi) – Pakiranga Trataka – Anthar Trataka						
Outcome 4	They will get knowledge about pranayama and breathing					
Unit-V						
Objective 5	To aware of them editation					
Meditation – Prana meditation – Soham Japa meditation – Antarmauna Pranayama – Observation Meditation						
ClosingPrayer						
Outcome 5	Students Understanding the stimulates the abdominal organs					
Suggested Readings:						
Sri Ananda. (2003). <i>The Complete book of Yoga.</i> , Delhi Orient Course Backs.						
Basavaraddi, I.V.& others (2009) <i>Shatkarma. Mdnny</i> New Delhi A Comprehensived escription about Cleansing Process.						
Joshi,K.S.(2009). <i>Yogic Pranayama.</i> New Delhi Oriental Paper back.						
Nagendra HR (2005) <i>Pranayama, The Art & Science.</i> Bangalore: Swami Vivekananda Yoga Prakashan. Swami Niranjanan and Saraswati. (2005). <i>Prana, Pranayama & Pranvidya.</i> Munger, Bihar Yoga Publications Trust.						
Online Resources:						
https://www.samyakyoga.org/the_bandhas						
https://www.headspace.com/meditation/meditation-for-beginners						
https://www.artofliving.org/yoga/health-and-wellness/mudras-yoga-at-fingertips						
K1-Remember	K2-Understand	K3-Apply	K4-Analyze	K5-Evaluate	K6-Create	
Course Designed by Dr. S. Saroja						

Semester–III					
Core	Course code: 7243C1	Basic Principles of Yoga Therapy	Theory	Credits 3	H/W 3
Unit – 1					
Objective 1	To know about the concept of healing in Indian system				
Introduction: Define & Meaning of Yoga Therapy; Principle of Yoga therapy, Concept of Health & Disease in Indian System of Medicine i.e. Ayurveda, Naturopathy and Siddha System. Utility and Limitations of these system in health and healing. Role of Yoga in preventive health care – Heya mdukha managatam: Potential causes of Ill-health: Tapatrayasand Kleshas					
Outcome 1	They will get the positional precautions of ill health of our body			K3	
Unit - 2					
Objective 2	To understand the manifestation of Disease				
Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa. Mental and Emotional ill Health: Styana, Samshaya, Pramad, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva.					
Outcome 2	Student will learn the healing process of Physical & Mental type of disease			K1	
Unit – 3					
Objective 3	To know about the concept of Shuddhi and Healing				
Health and Healing: Concept of Abhyasa and Vairagya, Chitta and Chitta Pasadana, Kriya Yoga, Ashtanga Yoga of Patanjali for Health and Healing; Concept of Cleansing (Shuddhi) its role and importance in Health and Healing; Concept of Swara Yoga and its efficacy in Health and Healing					
Outcome 3	They will get the very essential outcome of healing capacity			K2	
Unit – 4					
Objective 4	To understand the efficacy for yoga in health and healing				
Yogic Principles of Healthy living: Aahara, Vihara, Aachara and Vichara: Role of Yogic Positive Attitude (Maitri, Karuna, Mudita and Upeksha) for Healthy Living, Concept of Bhavas and Bhavansas for Health and well-being; Yogic Principles of life style management and its role in prevention of disease and health promotion; Yogic principles of Diet and its role in Healthy living;					
Outcome 4	They will get the concept of healing capacity through yoga therapy			K2	
Objective 5	To understand the diseases and its prevention				
Role of Yoga Sutras: Role of Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and their healthy living; Role of Shatkarma, Mudra, Bandha & their Healthy living; Psycho-Physiological effects and health benefits of Yogasana, Pranayama, Shatkriya, Bandha Mudra and Meditation. Roll of Yoga Therapy for various diseases.					
Outcome 5	They will get the way of healthy living and prevention of diseases through Yoga therapy			K1	
Suggested Readings:					
Preeti Goel and Rita Jain <i>Spectrum of Health</i> (Sports Publications, New Delhi, 2003) M.M.Gore <i>Anatomy and Physiology of Yogic Practices</i> (New Age Books, New Delhi, 2008) Dr.K. Krishna Bhat <i>The power of Yoga</i> Dr. R.S. Bhogal <i>Yoga Psychology</i> , Kaivalya dhama Publication Dr. Manmath M Gharote, Dr. Vijay Kant <i>Therapeutic reference in Traditional Yoga texts</i> T.S.Rukmani <i>Patanajala Yoga Sutra</i> Sahay, G.S. <i>Hatha Yoga Pradeepika</i> , MDNIY Publication, 2013 K dham <i>Gheranda Samhita</i> , Kaivalyadhama, Lonavla,					

Online Resources:<https://www.nih.gov/><https://www.yogapedia.com/definition/8808/the-chopra-center><https://www.yogajournal.com/yoga-101/philosophy/8-limbs-of-yoga/eight-limbs-of-yoga>

<i>K1-Remember</i>	<i>K2-Understand</i>	<i>K3-Apply</i>	<i>K4-Analyze</i>	<i>K5-Evaluate</i>	<i>K6-Create</i>
Course Designed by Dr. S. Saroja					

Course Outcomes Vs Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	S(3)	M(2)	S(3)	S(3)	S(3)	S(3)	M(2)	L(1)	S(3)
CO2	S(3)	L(1)	M(2)	M(2)	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)
CO3	S(3)	M(2)	M(2)	S(3)	S(3)	S(3)	M(2)	L(1)	L(1)	S(3)
CO4	S(3)	L(1)	L(1)	S(3)	S(3)	M(2)	M(2)	M(2)	L(1)	S(3)
CO5	S(3)	M(2)	L(1)	S(3)	S(3)	S(3)	M(2)	L(1)	M(2)	S(3)
W.AV	3	1.8	1.6	2.8	3	2.8	2.4	1.6	1.4	3

Course Outcomes Vs Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	M(2)	S(3)	S(3)	L(1)	S(3)
CO2	S(3)	M(2)	L(1)	M(2)	S(3)
CO3	M(2)	L(1)	S(3)	S(3)	S(3)
CO4	S(3)	S(3)	M(2)	L(1)	S(3)
CO5	S(3)	S(3)	S(3)	S(3)	S(3)
W.Av	2.6	2.4	2.4	2	3

Semester–III					
Core	Course code: 7243C2	Methodology of Yoga Teaching	Theory	Credits 3	H/W 3
Unit – 1					
Objective 1	To know about the Principles of Teaching and Learning Yoga.				
Meaning and Definition of Teaching and Learning: Principles of Teaching: Concept and Relationship between the Teaching and Learning: Levels and Phases of Teaching and Learning: Quality of Perfect Yoga Guru: Yogic levels of learning, Vidyarthi, Shishya, Mumuksha. Traditional (Guru and shishya) and modern Teaching Yoga					
Outcome 1	Students will get the procedure of Learning yoga				K2
Unit - 2					
Objective 2	To understand the concept and Method of Teaching Yoga				
Teaching Methods: Meaning and scope of Teaching methods, factors influencing Teaching Methods. Sources of Teaching Methods: Role of Yoga Teachers and Yoga Trainers					
Outcome 2	They learn the way of teaching Yoga				K1
Unit - 3					
Objective 3	To know about the basic principles and concept of yoga class management				
Yoga Practices: Practice of Yoga at different category (Beginners, Advanced, School Children, Youth, Women and Special attention group); Techniques of mass Teaching techniques of Individualized teaching; techniques of group teaching; Organization of Teaching (Time Management, Discipline etc.)					
Outcome 3	Students get the overall perfection of Yoga class management				K1
Unit – 4					
Objective 4	To understand needs of lesson plan in Yoga class				
Lesson Plan: Meaning, Definition and Principle Essentials of Lesson Plan: concepts, needs, planning of teaching Yoga; Models of Lesson Plan; Lesson Plan and its Practical applications.					
Outcome 4	They will know how to write a perfect lesson plan for yoga class				K2
Unit – 5					
Objective 5	To know about the essential of Educational Technology				
Library Usages: Effective use of Library and other resources; Meaning, Importance and Types of Education technology; aids and properties; Role of Educational Technology in yoga.					
Outcome 5	Get the complete knowledge about Educational tools and teaching Methods in yoga				K1
Suggested Readings: Dr. Shri Krishna <i>Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices</i> , Kaivalyadhama, Lonavala, 2009 Dr. Gharote ML <i>Teaching methods for Yogic practices</i> , Kaivalyadhama, Lonavala, 2007 Dr. Raj Kumar <i>Principles & methods of Teaching</i> , Printographics, Delhi, Saket Raman Tiwari & others <i>Teaching of Yoga</i> , DPH Publishing Corporation, Delhi, 2007					
Online Resources: https://www.unesco.org/en/education/action https://www.ala.org/tools/libfactsheets/alalibraryfactsheet06 https://www.teachthought.com/pedagogy/lesson-plan/					
K1-Remember	K2-Understand	K3-Apply	K4-Analyze	K5-Evaluate	K6-Create
Course Designed by Dr. S. Saroja					

Course Outcomes Vs Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	S(3)	M(2)	S(3)	S(3)	S(3)	M(2)	L(1)	L(1)	S(3)
CO2	S(3)	S(3)	M(2)	S(3)	M(2)	S(3)	L(1)	L(1)	M(2)	S(3)
CO3	S(3)	S(3)	M(2)	S(3)	S(3)	M(2)	L(1)	L(1)	S(3)	S(3)
CO4	S(3)	S(3)	M(2)	S(3)	M(2)	L(1)	M(2)	M(2)	S(3)	S(3)
CO5	S(3)	S(3)	M(2)	S(3)	M(2)	L(1)	M(2)	L(1)	S(3)	S(3)
W.AV	3	3	2	3	2.4	2	1.8	1.2	2.4	3

Course Outcomes Vs Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	S(3)	M(2)	L(1)	S(3)
CO2	M(2)	S(3)	S(3)	S(3)	M(2)
CO3	S(3)	S(3)	M(2)	L(1)	L(1)
CO4	S(3)	S(3)	M(2)	L(1)	L(1)
CO5	S(3)	S(3)	M(2)	L(1)	L(1)
W.Av	2.8	3	2.2	1.4	1.6

Semester-III					
CC	Course Code: 7243P3	Yoga Practical - IV	Practical	Credits 3	H/W 3
Unit-I					
Objective 1	To get hand balance while doing these are asana				
Introduction – Prayer–Pawanmutasana series III					
Asana -Utthita Hasta Merudandasana – Parivirtha Parsava Konasana, Utthan Pristhasana, Veernilasana, Pada Prasar Paschimottanasana, Padahastasana, Ardha Padma Paschimottanasana, Bhumi Pada Mastakasana,					
Outcome 1	They get knowledge about about hand balance while doing these are asana				
Unit-II					
Objective 2	Students will learn that how to improve leg balancing				
Pada Angushthasana, Kurmasana, ViparitKurmasana, Suptakonasana, Malayasana, Padahastottanasana, Urdhvamukha Titibhasana, Samatvasana, Bhurunasana, Pindasanayukta Sarvangasana, Chitroshtakasana.					
Outcome 2	Students will get idea about how to improve leg balancing				
Unit-III					
Objective 3	To know how to do medium level supine posture asana				
Pranayama - Nadi Shodhana (Puraka + Antar Kumbhaka + Rechaka + Bahya Kumbhaka) Nadi Shodhana with breathing ratio(1:4:2:2)					
Shatkarma –Neti–Dhauti –Nauli –Basti –Trataka-Kapalabhati					
Outcome 3	They get knowledge about how to do medium level supine posture asana				
Unit-IV					
Objective 4	To Understand about prone posture				
Mudra – Hamsa Paksha – Thirula mudra – Tri pataka mudra – Suchi mudra - Simha mukamudra – Chandra – Kala –Pallava mudra – Mukura mudra – Hams mudra – Mastya mudra –Lotusmudra– Ganeshamudra– Nagamudra–Ushamudra					
Outcome 4	They Understand about prone posture				
Unit-V					
Objective 5	Students will know demonstrate and practice skill fully.				
Meditation – Prana meditation – Soham Japa meditation – Antarmauna – Mindfulness Meditation– Spiritual Meditation – Focused meditation					
ClosingPrayer					
Outcome 5	Students will get full knowledge about demonstrate and practice skill fully				
Reference and Textbooks:					
Swami Niranjanan and a Saraswati <i>Asana Pranayama Mudra Bandha</i> Bihar school of yoga publications Munger, 2001					
Swami Niranjanan and a Saraswati <i>Dharana Darshan</i> Bihar school of yoga publications Munger, 2001					
Iyengar, B.K.S. <i>Lighton Pranayama</i> ,Harper Collins,Swami Vivekan and Yoga					
Prakashan, 2012 Nagendra, H.R <i>The Art and Science of Pranayama</i> , Swami Vivekan and					
Yoga Prakashan, 2005, Bangoore.					

Online References:

<https://www.path2yoga.net/2014/06/sivananda-yoga-opening-and-closing-prayers.html>

<https://www.yogajournal.com/practice/energetics/pranayama/>

<https://beinks.com/shatkarma-yoga-cleansing-techniques/?v=3a1ed7090bfa>

K1-Remember

K2-Understand

K3-Apply

K4-Analyze

K5-Evaluate

K6-Create

Course Designed by Dr. S. Saroja



Semester-III					
Allied	Course Code: 7243A3	Fundamentals of Naturopathy	Theory	Credits 3	H/W 3
Unit - 1					
Objective 1	To understand the history & Development of Naturopathy				
General introduction to Naturopathy; Naturopathy – its definition, meaning, scope and limitations; History of Naturopathy – Indian and Western; Comparative study of the Naturopathy with other systems of Medicine; Catechism of Nature cure and Principles of Naturopathy.					
Outcome 1	Students will get the basic knowledge about Naturopathy			K1	
Unit - 2					
Objective 2	To know about the concepts of naturopathy and prevention of disease through Naturopathy				
Concepts of Naturopathy: Composition of the human body according to Naturopathy, Laws of Nature: Pancha- Mahabhootas, Shareera Dharmas –Ahara, Nidra, Bhaya, Maithuna; Fundamental principles of Naturopathy; Natural rejuvenation and vitality, how to acquire natural immunity; importance of Physical & Mental Hygiene and prevention of diseases;					
Outcome 2	They will learn the principles and concept of naturopathy			K2	
Unit - 3					
Objective 3	To understand the history & Scope of hydrotherapy and the health promotion by the way of fasting				
Hydrotherapy: Introduction, definition, scope, history, principles; role of hydrotherapy in prevention of diseases; Upavasa(Fasting): Introduction, definition, scope, history, principles and types; its role in disease prevention, health promotion; concept of de-toxification;					
Outcome 3	Students will gain the knowledge the applications of hydrotherapy and fasting			K1	
Unit - 4					
Objective 4	To understand the principles & type of diet and the role of diet in the prevention of disease and health promotion				
Diet: Introduction, definition, scope, types and its principles; role of Naturopathy diet in disease prevention and, health promotion; Massage: Introduction, definition, scope, history, its principles and manipulative techniques; Different types of Massages and their role in disease prevention, and health promotion					
Outcome 4	They will get the importance and role of diet and massage in regular life			K2	
Unit - 5					
Objective 5	To learn the role of naturopathy various disease				
Treatment: Meaning and Types of Nature Treatment: Acupuncture, Acupressure, Colour Therapy, Exercise Therapy, Under Water Exercise, Magnet Therapy, Hot and Cold Water Douches, MudBath, SunBath and Chromo Bath. Role of Naturopathy for Various Diseases.					
Outcome 5	Students will get the various treatment of naturopathy			K5	
Suggested Readings:					
S.D.Dwivedi <i>Naturopathy for perfect health</i> , Kalpaz Publication Delhi, 2002 Pravesh Handa <i>Naturopathy and Yoga</i> , Kalpaz Publication Delhi, 2006 S.J.Singh. <i>My Nature Cure or Practical Naturopathy</i>					
M.K.Gandhi <i>The story of my experiment with truth</i>					
R.K.Garde <i>Ayurvedic for Health and Long life</i> Harry Benjamin. <i>Every body's Guide to Nature Cure</i>					
M.K.Gandhi. <i>My Nature Cure</i>					

Online Resource :<https://www.nccih.nih.gov/health/naturopathy><https://www.i-act.org/><https://nunm.edu/nd-modalities/><https://bastyr.edu/academics/naturopathic-medicine>

K1-Remember	K2-Understand	K3-Apply	K4-Analyze	K5-Evaluate	K6-Create
Course Designed by Dr. S. Saroja					

Course Outcomes Vs Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	M(2)	L(1)	S(3)	S(3)	S(3)	S(3)	M(2)	L(1)	S(3)
CO2	S(3)	M(2)	L(1)	S(3)	S(3)	S(3)	S(3)	M(2)	L(1)	S(3)
CO3	S(3)	S(3)	M(2)	S(3)	S(3)	S(3)	M(2)	L(1)	M(2)	S(3)
CO4	S(3)	M(2)	M(2)	S(3)	S(3)	S(3)	L(1)	M(2)	M(2)	S(3)
CO5	S(3)	M(2)	L(1)	S(3)	S(3)	S(3)	S(3)	M(2)	L(1)	S(3)
W.AV	3	2.2	1.4	3	3	3	2.4	1.8	1.4	3

Course Outcomes Vs Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	S(3)	M(2)	M(2)	S(3)
CO2	S(3)	S(3)	M(2)	M(2)	S(3)
CO3	S(3)	M(2)	L(1)	M(2)	S(3)
CO4	S(3)	S(3)	M(2)	S(3)	S(3)
CO5	S(3)	S(3)	M(2)	M(2)	S(3)
W.Av	3	2.8	1.8	2.2	3

Semester-III					
DSE	Course Code: 7243AP3	Yoga Practical - V	Practical	Credits 2	H/W 2
Unit-I					
Objective 1	To Know about shatkarmas				
Prayer – Pawanmuktasana series-I,II,III – Yoga Namaskar with breathing pattern – Chair Surya Namaskar					
Outcome 1	They get Knowledge about shatkarmas				
Unit-II					
Objective 2	Students will learn about various types of pranayama				
Asana –Baddha Padmasana–Krounchasana–Parivritta Padmasana– Saralahast- Pinda- Padmasana– Yoga Nidhrasana– Saraghasana– Darukasana– Gajananasana –Sharangasana- Shivadhanushyasana– Ranaveerasana – Uddalakasana – Shoolpashasana – Parivritta Paschimottanasana– Parighasana – Parivrutta Namanasana					
Outcome 2	Students can get idea about various types of pranayama				
Unit-III					
Objective 3	To know how to do pranayama in proper way				
Pranayama -Bhramari Pranayama Variation (Ear Close with little Fingers) Shatkarma : Dhauti, Neti, Nauli Madhyama, Vama, Dakshina and Nauli Chalana, Trataka (Jatru and Jyoti)					
Outcome 3	They get knowledge about how to do pranayama in proper way				
Unit-IV					
Objective 4	To Understand about practices leading to meditation				
Mudra - Bhramara mudra – Hamsaasya mudra – Samtamsha mudra – Sim-ha-mukha mudra – Mayura mudra – Musthi mudra - Garuda mudra – Samputa mudra – Kurma mudra – Varaahamudra– swastikamudra					
Bandha – Jeva Bandha – Jalandhara bandha – Uddiyana bandha – Mula bandha – Mahabandha					
Meditation - Pranav and Soham Japa; Yoga Nidra (1,2,3); Antarmauna; Ajapa Dharana (Stage1,2,3); Mind sound resonance technique (MSRT)					
Outcome 4	They Understand about practices leading to meditation				
Unit-V					
Objective 5	Students will know demonstrate and practice skill fully.				
Closing Prayer					
Outcome 5	Students will get full knowledge about practice Pranayama				
Reference					
SwamiNiranjananandaSaraswati <i>AsanaPranayamaMudraBandha</i> Biharschoolof yoga publications Munger,2001					
SwamiNiranjanan and aSaraswati <i>Dharana Darshan</i> Bihar school of yoga publications Munger, 2001Joshi,K.S. : <i>YogicPranayama</i> ,Oriental Paperback, NewDelhi.					
SwamiKuvalyananda <i>Pranayama,Kaivalyadhama</i> ,Lonavla,2009					
Iyengar,B.K.S. <i>Light on Pranayama</i> ,Harper Collins,SwamiVivekan andYoga Prakashan, 2012Nagendra,H.R <i>Mindsoundreasonancetechnique</i> ,SwamiVivekanandYogaPrakashan,2002,Bangaore.					
Online References:					
https://www.yogajournal.com/poses/poses-by-level/					
https://www.path2yoga.net/2014/06/sivananda-yoga-opening-and-closing-prayers.html					
K1-Remember	K2-Understand	K3-Apply	K4-Analyze	K5-Evaluate	K6-Create
Course Designed by Dr. S. Saroja					

Semester-IV					
Core	Course Code: 7244C1	Yoga and Holistic Health	Theory	Credits 4	H/W 4
Unit - 1					
Objective 1	To understand the concept of health				
Introduction:	Meaning, Definition and Importance of Health-according of WHO; Dimensions of Health: Physical, Mental, Social and Spiritual: Concept of Body, Health and Disease in Yoga				
Outcome 1	Students get the knowledge about health				K1
Unit – 2					
Objective 2	To know about the yogic concept of health & healing				
Body and Health:	Concept of Body, Health and Disease from Taittiriya Upanishad, Holistic health care through Yoga: Concept of Adhi and Vyadhi, Trigunas, Pancha Mahabhutas, Panchaprana, Pancha-Koshas, Chakra and their role in Health and Healing.				
Outcome 2	They get the role of yoga in holistic health				K3
Unit – 3					
Objective 3	To understand the remedial measure of Ill-health				
Ill Health:	Meaning & Definition causes of Ill-health, Mental and Emotional ill Helath: Styana, Samshaya, Pramads, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva: Shuddhi Prakriyas inYoga: Role of Shuddhi Prakriyas in preventive and curative Health, Karma Shuddhi (Yama & Niyama), Ghata Shuddhi (Shat-Karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)				
Outcome 3	Student sill know the full remedial measures of ill health in the way of yoga				K1
Unit – 4					
Objective 4	To know about the personal healthy living				
Healthy Living I:	Personality integration Psycho-Social Implications of Yoga: AdjustmentPersonal and interpersonal adjustment through Yoga. Asana for mind body and spirit; Practice for pranayama for healthy living.				
Outcome 4	Students will learn fully personal hygiene				K1
Unit – 5					
Objective 5	To understand the importance of yogic counseling in our life				
Healthy Living II:	Psychological and Physiological benefits through yogic counseling for our healthy living and its remedial measures; secret of karma to success and failure of our daily life				
Outcome 5	They can learn the remedial measure of a problem and how to overcome through karma				K2
Suggested Readings:					
Ghosh, Shyam (1999) <i>The Original Yoga Munshiram Manoharlal</i> , New Delhi. Jnanan and a Bharati <i>Essence of Yoga Vasishta</i> Pub: Sanata Books, Chennai					
Hatha Ratnavali TirumalaTirupathi Devasthana, Andhra Pradesh.					
<i>Gher and a Samhita</i> Shri Sadguru Publication, New Delhi.					
Dr RN agarathna and Dr HR Nagendra <i>Yoga and Health</i> , Swami Vivekananda Yoga Prakashana, 2002					
Dr Nagendra HR <i>The Secret of Action–Karma Yoga</i> , Published by SVYP, Bangalore, 2003					
Online Resource :					
https://www.mindful.org/					
https://www.health.harvard.edu/healthbeat/healthy-lifestyle-habits					
https://www.who.int/europe/news-room/fact-sheets/item/a-healthy-lifestyle---who-recommendations					
K1-Remember	K2-Understand	K3-Apply	K4-Analyze	K5-Evaluate	K6-Create
Course Designed by Dr. S. Saroja					

Course Outcomes Vs Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	M(2)	M(2)	S(3)	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)
CO2	S(3)	M(2)	L(1)	S(3)	S(3)	S(3)	S(3)	M(2)	L(1)	S(3)
CO3	S(3)	S(3)	M(2)	S(3)	M(2)	S(3)	M(2)	L(1)	M(2)	S(3)
CO4	S(3)	M(2)	M(2)	S(3)	S(3)	S(3)	L(1)	M(2)	M(2)	S(3)
CO5	S(3)	S(3)	L(1)	S(3)	S(3)	S(3)	S(3)	M(2)	L(1)	S(3)
W.AV	3	2.4	1.6	3	2.8	3	2.4	1.8	1.6	3

Course Outcomes Vs Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	S(3)	M(2)	M(2)	S(3)
CO2	S(3)	S(3)	L(1)	M(2)	S(3)
CO3	S(3)	L(1)	S(3)	L(1)	S(3)
CO4	S(3)	S(3)	M(2)	S(3)	S(3)
CO5	S(3)	S(3)	M(2)	M(2)	S(3)
W.Av	3	2.6	2	2	3

Semester-IV						
Core	Course Code: 7244C2	Paths and Schools of Yoga		Theory	Credits 4	H/W 4
Unit - 1						
Objective 1	To know about the stages of jnana yoga					
Sadhana Chatustaya, Stages of JnanaYoga practice (shravan, manana, Nidhidhyasana), States of consciousness, the concepts of ida, pingla and these human the central channel of energy running along the spine.						
Outcome 1	They get knowledge about the stages of Janna yoga				K1	
Unit - 2						
Objective 2	To learn about man trachating					
Navavidha Bhakti, Qualities of abhakta, The pronunciation, chanting, knowledge, benefits of Sanskrit chants, hymns, bhajans, Satsang and the uplifting meaning of the chants helping To thin the activities of the mind, Mantra chanting and their effect ton the nadi and the chakras, Demonstrated ability to create abhakti bhava during the chanting and singing						
Outcome 2	Students learn about mantra chanting				K2	
Unit – 3						
Objective 3	To aware of the karma yoga					
The concept and meaning of karma Yoga, Concept of NishkamaKarma, Prerequisites for asthitaprajna, Sthitaprajnalakshana, The law of karma						
Outcome 3	They get aware of the karma yoga				K4	
Unit – 4						
Objective 4	To know about the various types of shuddhi					
Karma Shuddhi (Yama, Niyama); Snayu Shuddhi (Asana); Prana Shuddhi (Pranayama); Indriya and Mano Shuddhi (Pratyahara); Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)						
Outcome 4	Student can get knowledge about the various types of shuddhi				K1	
Unit – 5						
Objective 5	To learn the various school of yoga					
Bihar- Satyananda Yoga, Iyengar Yoga, Hatha Yoga, Ashtanga Yoga, Sivananda Yoga, KundaliniYoga, Bikram Yoga and Swami Vivekananda Yoga Anusandhana Samsthana. Contribution of various schools of Yoga Centre.						
Outcome 5	They will fully learn about the various school of yoga				K1	
Suggested Readings:						
Swami Bhuteshananda <i>Nararad Bhakti Sutra</i> , Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009 Swami Vivekananda <i>Jnana Yoga ,Bhakti Yoga, Karma Yoga ,Raja Yoga</i> . Advaita Ashrama, Calcutta, 2000						
Online Resources:						
https://www.yogajournal.com/practice/yoga-sequences-type/						
https://www.yogajournal.com/teach/karma-facing-our-destiny-with-free-will/						
K1-Remember	K2-Understand	K3-Apply	K4-Analyze	K5-Evaluate	K6-Create	
Course Designed by Dr. S. Saroja						

Course Outcomes Vs Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	S(3)	M(2)	M(2)	S(3)	S(3)	S(3)	M(2)	L(1)	S(3)
CO2	S(3)	S(3)	M(2)	L(1)	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)
CO3	S(3)	M(2)	S(3)	L(1)	S(3)	S(3)	S(3)	L(1)	L(1)	S(3)
CO4	S(3)	S(3)	M(2)	M(2)	S(3)	L(1)	S(3)	M(2)	L(1)	S(3)
CO5	S(3)	S(3)	M(2)	L(1)	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)
W.Av	3	2.8	2.2	1.4	3	2.6	3	1.8	1.4	3

Course Outcomes Vs Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	M(2)	S(3)	M(2)	S(3)	S(3)
CO2	S(3)	M(2)	S(3)	M(2)	L(1)
CO3	S(3)	S(3)	M(2)	L(1)	S(3)
CO4	S(3)	S(3)	L(1)	M(2)	S(3)
CO5	S(3)	S(3)	L(1)	M(2)	S(3)
W.Av	2.8	2.8	1.8	2	2.6

Semester-IV					
Core	Course Code: 7244P4	Yoga Practical - VI	Practical	Credits 3	H/W 3
Unit-I					
Objective 1	To know stressing abdominals while doing the seareasana				
Prayer – Loosening the Joints - Surya Namaskar – Chandra Namaskar. Surya Shakti Yoga Step-10 Surya Namaskar, Step-12Surya Namaskar					
Outcome 1	Theygetknowledgeaboutstressingabdominalswwhiledoingtheseareasana				
Unit-II					
Objective 2	Students will learn that how to improve leg balancing				
Asana – Koundiyasana – Dwipada-Koundiyasana – Brahmacharyasana – Astavakrasana – Adhomukh-Vrikshasana– Pinch-Mayurasana–Eka –Pada-Pinch-Mayurasana –Ekapada–Vaksha-Mayoorasana - Padma halasana, OordhwaPadmasana, Niralambasirshasana, Salambasirshasana, Merudandasana,					
Outcome 2	Studentswill get ideaaboutlearnhowtoimprovelegbalancing				
Unit-III					
Objective 3	To know how to do medium level supine posture asana				
Pranayama – Nadi Shodhana – Brammari Pranayama – Sheetali pranayama– Shetakaripranayama Sahtkarma –Neti–Dhauti –Nauli -Basti–Trataka -Kapalabhati					
Outcome 3	They get knowledge about how to domediumlevelsupinepostureasana				
Unit-IV					
Objective 4	Students will get full Hand balance and skill fully				
Mudra – Yoni Mudra – Bhramara mudra – Kali mudra – Shakti mudra – Kilaka mudra –Dhyani mudra – Padma kosha mudra – Sarpa-sisha - - Pushaputa mudra – Shakata mudra –Karkata mudra Bandha –Jeva Bandha – Jalandhara bandha – Uddiyana bandha – Mula bandha – Maha bandha					
Outcome 4	Students will get full knowledge about Hand balance and skillfully.				
Unit-V					
Objective 5	Students will know demonstrate and practices kill fully.				
Meditation – Movement meditation – Raja yoga meditation – Transcendental meditation – Focuse dmeditation					
Closing Prayer					
Outcome 5	Studentscan getfull knowledge aboutdemonstrateandpracticeskillfully				
Suggested Reading: Swami Niranjanan and a Saraswati <i>Dharana Darshan</i> Bihar school of yoga publications Munger, 2001 Joshi, K.S.: <i>Yogic Pranayama</i> , Oriental Paper back, New Delhi. Swami Kuvalyananda <i>Pranayama, Kaivalyadhama</i> , Lonavla, 2009 Iyengar, B.K.S. <i>Lighton Pranayama</i> , Harper Collins, Swami Vivekanand Yoga Prakashan, 2012 Nagendra, H.R <i>Mindsoundreasonancetechnique</i> , SwamiVivekanandYogaPrakashan,2002,Bangalore.					
Online Resources: https://yogainternational.com/article/view/yoga-asanas https://medium.com/@msvalerieeve/balancing-prayer-and-yoga-with-holistic-practices-42a8d3d0a090					
K1-Remember	K2-Understand	K3-Apply	K4-Analyze	K5-Evaluate	K6-Create
Course Designed by Dr. S. Saroja					

Semester-IV						
Allied	Course Code: 7244A4	Introduction to Ayush		Theory	Credits 3	H/W 3
Unit – 1						
Objective 1	To learn about integrated approach of basic natural treatment					
Introduction: Concept of body, Health and disease; Concept of Yoga Adhi and Vyadhi; Principle of Yoga Therapy in relation to Yoga Vasistha; Practices at PanchaKosa level Annamaya, Pranamaya, Manomaya, Vijnanamaya and Anandamayakosa; Principle of Yoga Therapy in relation to HathaRatnavali and GherandaSamhita						
Outcome 1	Students will learn the yoga, integrated approaches of basic therapy				K2	
Unit - 2						
Objective 2	To learn about naturopathy					
Naturopathy: History of Naturopathy; Principles of Naturopathy; Concept of five elements and its applications						
Outcome 2	Students will learn all the preventive measures and way of treatment natural way				K1	
Unit – 3						
Objective 3	To learn about basic concept about ayurveda					
Ayushon Various aspects: The four aspects of life (Soul, Mind, Senses and Body); Panchamahabhutas (the five element theory), Ahara, Vihara and Aunadhi (three pillars of Ayurveda); Concept, role and importance of – Dona, Dhatu, Mala; Updhatu, Srotas, Indriya, Agni, Praea, Praeayatna, Prakrti, DehaPrakrti, ManasaPrakrti; Role of Dosa, Dhatu and Mala in health and diseases; Concept of Dinacarya (daily routine), concept of Ritucarya; Seasonal routine), Svasthavatta and Naovattain Ayurveda; Concept of TrayoUpasthambas.						
Outcome 3	They will get the information about the Ayurveda				K1	
Unit – 4						
Objective 4	To know about the Unani & Siddha					
Unani and Siddha: History of Unani & Siddha; Concept of Unani & Siddha; Principles of Unani & Siddha, Need and importance of Unani and Siddha.						
Outcome 4	They will learn about the Unani and Siddha				K2	
Unit – 5						
Objective 5	To learn about homeopathy and Ayush Treatment					
Homeopathy: History of Homeopathy; Concept of homeopathy; Principles of Homeopathy, Need and importance of Homeopathy. Role of Yoga on AYUSH Treatment.						
Outcome 5	Students will get fully knowledge about the Homeopathy and Ayush Treatment				K1	
Suggested Readings: Dr R Nagaratha and <i>Yoga and Health</i> Dr H R Nagendra (Swami Vivekananda Yoga Prakashana, 2000) Dash, V. B. <i>Ayurvedic Treatment for Common Diseases Delhi Diary</i> , 1974.						
Online Resources: https://www.britishhomeopathic.org/ http://nischennai.org/ https://www.ayush.gov.in/						
K1-Remember	K2-Understand	K3-Apply	K4-Analyze	K5-Evaluate	K6-Create	
Course Designed by Dr. S. Saroja						

Course Outcomes Vs Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	M(2)	L(1)	S(3)	S(3)	S(3)	M(2)	M(2)	L(1)	S(3)
CO2	S(3)	M(2)	L(1)	S(3)	S(3)	S(3)	S(3)	M(2)	L(1)	S(3)
CO3	S(3)	S(3)	M(2)	S(3)	S(3)	S(3)	M(2)	L(1)	M(2)	S(3)
CO4	S(3)	M(2)	M(2)	S(3)	S(3)	S(3)	L(1)	M(2)	M(2)	S(3)
CO5	S(3)	M(2)	L(1)	S(3)	M(2)	S(3)	S(3)	M(2)	L(1)	S(3)
W.AV	3	2.2	1.4	3	2.8	3	2.2	1.8	1.4	3

Course Outcomes Vs Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	S(3)	M(2)	L(1)	S(3)
CO2	S(3)	S(3)	M(2)	M(2)	S(3)
CO3	S(3)	M(2)	S(3)	L(1)	S(3)
CO4	S(3)	S(3)	L(1)	S(3)	S(3)
CO5	S(3)	S(3)	M(2)	M(2)	S(3)
W.Av	3	2.8	2	1.8	3

Semester-IV					
DSE	Course Code: 7244AP4	Yoga Practical - VII	Practical	Credits 2	H/W 2
Unit-I					
Objective 1	To know stressing abdominals while doing the searebandha				
Opening prayer Loosaining the Joints					
Outcome 1	They get knowledge about stressing abdominals while doing these are bandha				
Unit-II					
Objective 2	Students will learn that how to improve lung capacity				
Asanas: Pasha-Lamba-Konasana – Swarga-Dwijasana – Veerabhandrasana-III –Parshvottanasana - Himavanasana – Parivritta Trikonasana – Hastapada-Lasyasana –Pratiruddhasana					
Outcome 2	Students will learn about the how to improve lung capacity				
Unit-III					
Objective 3	To know how to do medium level of meditation				
Pranayama: Pranayama with(Antar&BahyaKumbhaka) Surya-bheda and Chandra-bheda Pranayama,Ujjayi Pranayama, Sheetali Pranayama, Shitkari Pranayama, Bhastrika Pranayama. Mudra - Vibhareetha karani mudra – Pashinee mudra – Maha mudra - Abhaya mudra – Shunimudra– Rudramudra–Tarjanimudra–Kartari-Mukha–Suk-Tun-daka–Arala–Katakaavardhanamudra– Kartariswastika –Ustangamudra –Naagamudra -Uthirabothi					
Outcome 3	They can idea about medium level of meditation				
Unit-IV					
Objective 4	Students will get idea about them editation				
Bandha- Jivha Bandha-Jalandhara Bandha –Uddiyana Bandha –Mula Bandha-Maha Bandha, Kriya– Nethi– Dhauti–Nauli–Basti -Trataka-Kapalabhati Meditation-I : Ajapa Dharana (Stage 4,5,6), Yoga Nidra (4,5), Practices leading to Breath Meditation, Practices leading to Om Meditation, Practices leading to VipassanaMeditation,					
Outcome 4	Students will get idea about the meditation				
Unit-V					
Objective 5	Students will know demonstrate and practice skillfully.				
Meditation-II: Mindfulness meditation, Spiritual meditation, Focused Meditation, Movement Meditation,Mantrameditation andTranscendentalmeditation					
Closingprayer					
Outcome 5	Students can get full knowledge about demonstrate and practices of bandha and Pranayama				
Reference and Textbooks Basavaraddi,I.V.&others <i>Pranayama</i> ;MDNIYNewDelhi,2012 Saraswati,SwamiSatyanand <i>Asana,Pranayama,Bandha,Mudra</i> ,BiharSchoolofYoga,Munger, 2009Joshi,K.S. <i>Yogic Pranayama</i> ,Oriental Paper back,NewDelhi, 2009SwamiKuvalyananda <i>Pranayama</i> ,Kaivalyadhama,Lonavla,2005 Nagendra,H.RT <i>heart and Science of Pranayama</i> ,SwamiVivekananda <i>YogaPrakashan</i> ,2005, BangaoreLajpat,Dr.R. <i>Discovering Human Potential Energy</i> ,AbhinavRaiPublication,Gurgaon,1996 Lajpat, Rai &others <i>Meditation</i> , Anbhava Rai Publications, Gurgaon					
K1-Remember	K2-Understand	K3-Apply	K4-Analyze	K5-Evaluate	K6-Create
Course Designed by Dr. S. Saroja					

Semester-V					
Core	Course Code: 7425C1	Yogic Diet and Nutrition	Theory	Credits 4	H/W 4
Unit - 1					
Objective 1	To know about the yogic diet and Nutrition				
Introduction: General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification in Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta; Pathya and Apathya in diet according to Yogic texts; Guna and Ahara; Importance of Yogic Diet in YogSadhana; Yogic Diet and its role in healthy living					
Outcome 1	They will get the basic knowledge of yogic diet and nutrition			K1	
Unit – 2					
Objective 2	To be aware of the diabetics in yoga				
Triguna: Classification According to triguna- vegetarian vs non-vegetarian, panchabhuta; relationships, rasaviryra, Guna,Vipakaof shali, Yava, Godhuma, Mugda, Masha, Chanakapatola; Surana, Mana, Kakkola, Shukashuka, Karkat, rambha, Balaramba, Mulak, Vartaki, Ridhi; Kalashaka, Vatraka, Himooocika; Navanita, Ghrta, Kshira, Sita, Aikshwam, Gudum, Pakvaramba; Varikellalm, Draksham, Lawali, Dhatri, Ela, Jati ,Lavanga, Panasa; Jambu, Haritaki, Khajura, Madhu, Shunthi.					
Outcome 2	Students can get full knowledge in diets in yoga			K4	
Unit – 3					
Objective 3	To understand importance and benefits of biomolecules				
Components of Nutrition: Significance of Carbohydrate, Proteins, Lipids, Vitamins, Minerals and water in the Body					
Outcome 3	They will get idea of significance of Biomolecules			K1	
Unit - 4					
Objective 4	To know about Nutrition and balanced diet				
Nurtients: Nutrients, proximate principles of diet, balanced diet concept; Carbohydrates, proteins, fats–sources, nutritive values, importance; Minerals calcium, iron, phosphorus etc. Vitamins–sources, roles, requirements					
Outcome 4	They will get knowledge about nutrition value of yoga			K3	
Unit – 5					
Objective 5	To be aware of the schedule of your diet plan				
Yogic Diet: How to eat, What to eat, When to eat- for a healthy life style. Role of diet for yogic practitioners.					
Outcome 5	Students finally get full knowledge about yogic diet and nutrition			K2	
Suggested Readings:					
RameshBijlani <i>EatingWiselyandWell</i> ,RupaPublicationIndiaPvt.Ltd,2012					
StanleyDavidson&others <i>Human Nutrition&Dietetics</i> , The English Language Book Society& ChurchillLivings, Revised Edition					
DennisThompson <i>TheAyurvedicDiet</i> ,Newagebooks,NewDelhi,2001					
RandolphStone <i>A Purifing Diet</i> ,Lilawati Bhargav Chari table Trust, Delhi,Revised EditionSwamiDigamberJi&Others <i>GherandaSamhita</i> , LonavalaInstitute,1978					
GharoteML&others <i>HathaPradipika</i> , TheLonavalaYogaInstitute,Lonavala,2006					
SwamiMangalteertham <i>SyntheticapproachtDiet&Nutrition</i> , DeogarhNutanPublication,Deogarh,2005					
Swami GambhiranandaBhagvatgita, Shri Ramkrishna Math, Madras Swami Maheshananda & Others Vasishtha Samhita					

Online Resources:

https://journalofhealthstudies.in/uploads/229/13963_pdf.pdf

<https://articles.sivananda.org/bhakti-yoga-practice/the-power-of-prayer-to-help-the-world/>

<i>K1-Remember</i>	<i>K2-Understand</i>	<i>K3-Apply</i>	<i>K4-Analyze</i>	<i>K5-Evaluate</i>	<i>K6-Create</i>
Course Designed by Dr. S. Saroja					

Course Outcomes Vs Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	M(2)	L(1)	S(3)	S(3)	S(3)	S(3)	L(1)	M(2)	S(3)
CO2	S(3)	M(2)	M(2)	L(1)	S(3)	S(3)	M(2)	L(1)	M(2)	S(3)
CO3	S(3)	S(3)	M(2)	S(3)	M(2)	L(1)	L(1)	M(2)	M(2)	S(3)
CO4	S(3)	M(2)	L(1)	S(3)	S(3)	S(3)	S(3)	L(1)	M(2)	S(3)
CO5	S(3)	M(2)	M(2)	S(3)	S(3)	M(2)	M(2)	L(1)	M(2)	S(3)
W.AV	3	2.2	1.6	2.6	2.8	2.4	2.2	1.2	2	3

Course Outcomes Vs Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	S(3)	M(2)	M(2)	L(1)
CO2	S(3)	S(3)	S(3)	L(1)	M(2)
CO3	S(3)	S(3)	S(3)	M(2)	L(1)
CO4	L(1)	S(3)	S(3)	M(2)	L(1)
CO5	S(3)	S(3)	M(2)	M(2)	M(2)
W.Av	2.6	3	2.6	1.8	1.4

Semester-V					
Core	Course Code: 7245C2	Science of Meditation	Theory	Credits 4	H/W 4
Unit - 1					
Objective 1	To know about the Need and Scope of Meditation				
Meditation: Meaning, Definition, need, Goal, scope of Meditation. The practice of Meditation Hints and cautions, guiding principles– type of meditation– challenges and obstacles of meditation – hazards in meditation – Meditation process: Mudras, Bandhas & Pranayama, meditation – Science spirit & meditation, meditation and health – yoga is psychiophysiology, reprogram your mind. Yoga philosophy. The systems to rajayoga.					
Outcome 1	They are have some knowledge about the Mudras, Bandhas & Pranayama Meditation			K1	
Unit - 2					
Objective 2	To know about the Obstacle in Dharana, Importance and Vyoma Panchaka Dharana				
Dharana: Dharan aim portance of concentration, relaxation and concentration, mediation process psychic symbol, visualization, obstacle in Dharana – yogic tantric & dharana. Kayasathairyam, chakra, shuddi, Upanishadic, Ajapa Dharana. Trataka, Bahyakasha Dharana, Antarakasha dharana. Chidakasha dharana ajna chakra dharana, Hridayakash Dharana kashaDharana, laya Dharana, Vyoma panchaka Dharana, Nadanusandhana Dharana.					
Outcome 2	Students can get knowledge about Types of Dharana			K4	
Unit - 3					
Objective 3	To know about the full details of Meditation and their types.				
Types of Meditation: Japayoga, mantra siddhi yoga, Ajalpa Japa yoga Nidra, and Antarmouna, Inner visualization, chidakasha Dharana, Trataka and Antar Trataka, Nada yoga, Abstract meditations, mantra meditation, chakra meditation, Walking meditation.					
Outcome 3	They are learn about the Trataka & Antar Trataka			K4	
Unit - 4					
Objective 4	To know about the Meditations in Hinduism, Jainism, Buddhism				
Religious Concept: Meditations in Hinduism, Jainism, Buddhism, Zoroastrianism, Confucianism, Taoism, Christianity – Islam – Sikhism, zen meditation, Tibetan meditation, Transcendental meditation, vibasana meditation – Quantum healing – Sudharsan kriya, sky, RajaYoga meditation, MSRT (Mind Sound Resonance Technique) PET, (Pranic Energisation Technique SMET, (Stress – Management of Excessive Tension), Nithya Dhyaan, Preksha Meditation, Sri Arobindo Meditation.					
Outcome 4	Students can get knowledge about Hinduism, Jainism, Buddhism & Christianity –Islam –Sikhism			K4	
Unit - 5					
Objective 5	To learn about the yogic life style and Unity of life				
Yogic life style: Arief positive thinking–Art of right living, self realization for Unity of life – Benefits of Meditation: Physiological, Psychological, Bio-Chemical, Emotional, Endocrinal, Neurological, Radiological, Hematological, Therapeutical.					
Outcome 5	Student can get the knowledge in self realization for Unity of life.			K3	

Suggested Readings:

Satyananda Saraswati swami (2007), Meditations from the tantras, Munger: Yoga publications trust. Sivananthayogacentre(2003)thesivanandacompaniontomeditation,NewYork:simen&Schuster. NiranjanandaSaraswati Swami (2003)DharanaDarshan,Munger:YogapublicationsTrust.

Bhaskashananda Swami (1996) Meditation, Chennai: Sri Ramakrishna math. Satprakashnanda Swami (2003) Meditation, Chennai: Sri Ramakrishna math. Vas RLuis (2003)Meditation, Delhi:Pushtakmahal

Nithyananda(2008)Meditationisforyou,Bangalore:Lifobliss Foundation

SatyanandaSaraswatiSwami(2007),DynamicsofYoga,Munger: yogapublicationsTrust

Online Resources:

<https://www.healthline.com/health/mental-health/types-of-meditation>

<https://www.bbc.co.uk/bitesize/guides/zvrsv9q/revision/7>

K1-Remember	K2-Understand	K3-Apply	K4-Analyze	K5-Evaluate	K6-Create
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Course Designed by Dr. S. Saroja

Course Outcomes Vs Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	M(2)	S(3)	M(2)	M(2)	M(2)	L(1)	L(1)	M(2)	S(3)
CO2	S(3)	M(2)	S(3)	M(2)	M(2)	M(2)	L(1)	S(3)	M(2)	S(3)
CO3	S(3)	M(2)	S(3)	M(2)	M(2)	M(2)	L(1)	L(1)	L(1)	S(3)
CO4	S(3)	M(2)	S(3)	M(2)	M(2)	M(2)	L(1)	L(1)	M(2)	S(3)
CO5	S(3)	L(1)	L(1)	M(2)	M(2)	M(2)	M(2)	L(1)	M(2)	S(3)
W.AV	3	1.8	2.6	2	2	2	1.2	1.4	1.8	3

Course Outcomes Vs Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	S(3)	M(2)	L(2)	S(3)
CO2	S(3)	S(3)	M(2)	L(2)	S(3)
CO3	S(3)	L(1)	L(1)	M(2)	S(3)
CO4	S(3)	S(3)	M(2)	M(2)	S(3)
CO5	S(3)	L(1)	S(3)	L(1)	S(3)
W.Av	3	2.2	2	1.8	3

Semester-V					
Core	Course Code: 7245C3	Applied Psychology and Yogic Counseling	Theory	Credits 4	H/W 4
Unit – 1					
Objective 1	To know about full history and development of psychology				
Psychology: Meaning, Definitions, Nature, Need and Scope of psychology, Branches of psychology, Relationship of psychology and yoga. Role of yoga on Growth and Development, Learning, Motivation, Emotions and personality, Yoga for Super consciousness, Yogic Practices for balancing mind, Nadis and Chakras, Yogic Practices for Chakras. Psycho analytic, behavioural, cognitive and biological models; Sociobiology of health and disease; Diagnostic classification of mental and behavioural disorders.					
Outcome 1	Students will get full knowledge about the Psychology				K1
Unit - 2					
Objective 2	To understand the psycho diagnosis of major mental disorders of adult and its treatment				
Disorders: Disorders of attention, perception, thought movement, Psycho diagnosis of major Mental Disorders of the Adults and their treatment: Stress and Anxiety Disorders, and Schizophrenia, Affective Disorders, Psychosomatic Disorders, Personality Disorders and Substance abuse					
Outcome 2	Students will learn the psycho-somatic and its remedial measures				K3
Unit - 3					
Objective 3	To know about the Mental disorders of children and their treatment				
Types of Disorders: Mental Retardation, Learning Disability, Attention Deficit Disorders and Hyperactivity, Autism, Fears and Phobias, Conduct disorders					
Outcome 3	They will get the knowledge regarding children disorders and its remedial measure				K5
Unit – 4					
Objective 4	To know about the importance and benefits of yogic counseling				
Counselling: Introduction to Counseling, nature approaches and challenges; Approach to Counseling- Attitude change towards yoga through individualized counseling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counseling; their remedial measures; Action in relaxation- these effects of Karma Yoga; Psycho-physiological effects and health benefits of Pranayama, Shatkarma; Bandha and Mudra; Psycho-physiological effects and health benefits of Meditation					
Outcome 4	Students will get the various way of going yogic counseling				K4
Unit – 5					
Objective 5	To understand and the importance and benefits of Nadis & Chakras				
Professionalists: Chakras-Muladhara, Svadishthana, Manipure, Anahata, Visuddhi, Anna and Sahasrara. Nadi-Ida, Pingala and Sushumna. Yogic practices for various professionalists.					
Outcome 5	Student will learn the uses of Nadis & Chakras in the yogic counseling				K4
Suggested Readings: Hersen, M., Kazdin, A. E., & Bellack, A. S. (1991) <i>The Clinical Psychology Handbook</i> Pergamon. New York Sweet, J. J., Rozensky, A. & Tovian, S. M. (1991) <i>Handbook of Clinical Psychology in Clinical Practice</i> . New York Plenum. Walker, C. E. (2001) <i>Handbook of Child Clinical Psychology</i> . New York John Wiley & Sons.					

Online Resource :<https://www.psychologytoday.com/us/therapists><https://www.nimh.nih.gov/><https://www.counseling.org/>

<i>K1-Remember</i>	<i>K2-Understand</i>	<i>K3-Apply</i>	<i>K4-Analyze</i>	<i>K5-Evaluate</i>	<i>K6-Create</i>
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Course Designed by Dr. S. Saroja

Course Outcomes Vs Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	L(1)	L(1)	S(3)	M(2)
CO2	S(3)	M(2)	S(3)	S(3)	M(2)	S(3)	L(1)	L(1)	M(2)	M(2)
CO3	S(3)	S(3)	M(2)	L(1)	M(2)	S(3)	L(1)	L(1)	S(3)	M(2)
CO4	S(3)	M(2)	S(3)	M(2)	M(2)	S(3)	M(2)	S(3)	L(1)	M(2)
CO5	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	L(1)	L(1)	S(3)	M(2)
W.AV	3	2.6	2.8	2.4	2	3	1.2	1.4	2.4	2

Course Outcomes Vs Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	S(3)	S(3)	L(1)	M(2)
CO2	S(3)	S(3)	S(3)	M(2)	M(2)
CO3	S(3)	S(3)	S(3)	M(2)	L(1)
CO4	S(3)	S(3)	L(1)	M(2)	S(3)
CO5	S(3)	S(3)	S(3)	M(2)	S(3)
W.Av	3	3	2.6	1.8	2.2

Semester–V					
Core	Course Code: 7245C4	Yoga and Human Values	Theory	Credits 4	H/W 4
Unit – 1					
Objective 1	To know about the role of yoga developing harmony				
Human: Concept of Human Being as ‘I’ & Body; Characteristics & activities of ‘I’ & Harmony in ‘I’; Understanding the Harmony of ‘I’ with the Body: Sanyam and Swasthya, correct appraisal of body needs and meaning of prosperity in detail; Role of Yoga in developing Harmony within the self; Understanding the body as an instrument of ‘I’					
Outcome 1	Students will learn the yoga for harmony development in human being				K1
Unit – 2					
Objective 2	To understand the harmonious order of society and family				
Values: Values in Family, Harmony in family; the basic unit of human interaction; Values in Human; Human relationship, Yogic concept of Human relationship – Maitri, Karuna, Mudita and Upeksha; Harmony in the Society–Concept of Vasudaiva Kutumbakam; Concept of Universal Harmonious order in society; un divided society (AkhandSamaj), Universal order (SarvabhaumVyawastha).					
Outcome 2	Students will get yogic concept of harmony in family and society				K2
Unit – 3					
Objective 3	To know about the various relation of yoga and human				
Relationships: Concept of Samman (Respect), difference between respect and differentiation, the other silent values in relationships.					
Outcome 3	They will get the concept of human values in the moder near				K3
Unit – 4					
Objective 4	To know the ethics and moral values of human life				
Education Values: Definition and types of moral education, meaning and scope of morality; Role of Yoga in development of ethics and ethical decision making; Values, Yoga, Reality & their inter relationship; Relevance of ethics and values in Yoga, Qualities of teacher and students; Ethics in Professional Practices, methods of teaching human values, Student– Teacher relationship					
Outcome 4	Students will get the valuable ethics in professional practices				K1
Unit – 5					
Objective 5	To understand the values of social responsibility and yoga				
Social Values: Moral Principles of SR; overview of SR; SR & health maintenance of employees through Yoga; Challenges of Environment; Principles of Environmental Ethics; Concepts of Civil Society and its types; Relationship between Democracy, Civil Society and Social Capital; Efficient use of Yoga					
Outcome 5	They will learn efficient use of yoga in individual, family, and society				K1
Suggested Readings: PandaSanjayKumar <i>Corporate Social Responsibility in India Past, Present & Future</i> , The ICAI University press, Hyderabad, 2008 KesariVedanta <i>Values The Key to a meaningful life</i> Sri Ramakrishna Math, Chennai, 2005 PrasadRajendra <i>Varnadharma, Niskhana Karma & Practical Morality A Critical essay on applied ethics</i> , DK Printworld Pvt. Ltd, Delhi, 1999 Radhakrishnan <i>Indian Philosophy</i> , Vol.2, Oxford University, Delhi, 2008 Swami Ranganathananda <i>The Message of Upanishad</i> , Bhartiya Vidya Bhawan, Delhi, 2001.					

Online Resources:<https://www.gottman.com/><https://charterforcompassion.org/>

<i>K1-Remember</i>	<i>K2-Understand</i>	<i>K3-Apply</i>	<i>K4-Analyze</i>	<i>K5-Evaluate</i>	<i>K6-Create</i>
Course Designed by Dr. S. Saroja					

Course Outcomes Vs Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	S(3)	M(2)	M(2)	M(2)	S(3)	L(1)	M(2)	M(2)	S(3)
CO2	S(3)	S(3)	M(2)	M(2)	M(2)	M(2)	L(1)	M(2)	L(1)	S(3)
CO3	S(3)	S(3)	L(1)	M(2)	M(2)	S(3)	M(2)	M(2)	L(1)	S(3)
CO4	S(3)	S(3)	M(2)	S(3)	L(1)	S(3)	S(3)	M(2)	L(1)	S(3)
CO5	S(3)	S(3)	M(2)	M(2)	M(2)	S(3)	L(1)	M(2)	M(2)	S(3)
W.AV	3	3	1.8	2.2	1.8	2.8	1.6	2	1.4	3

Course Outcomes Vs Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	S(3)	S(3)	L(1)	S(2)
CO2	S(3)	S(3)	M(2)	L(1)	S(3)
CO3	S(3)	M(2)	L(1)	M(2)	S(3)
CO4	S(3)	S(3)	M(2)	L(1)	S(3)
CO5	S(3)	S(3)	S(3)	L(1)	S(3)
W.Av	3	2.8	2.2	1.2	2.8

Semester-V					
Core	Course Code: 7245C5	Yoga Practical - VIII	Practical	Credits 4	H/W 6
Unit-I					
Objective 1	To know about the shatkarmas				
Opening Prayer Loosening the joints					
Surya Namaskar –Bihar School of Surya Namaskar–Vivekananta School of Surya Namaskar– Chandra Namaskar					
Outcome 1	They get knowledge about shatkarmas				
Unit-II					
Objective 2	Students will learn that how to do they asanas				
Asanas – BaddhaViparit Kurmasana – Parsava Pindasana Yukta Sarvangasana – Chakra Garudasna – Parsava Astavakrasana – Anand parsava bakasana – Ekapada Kalavasana –Parsava Sarvangasana–Parsava Padma Sarvangasana–Eka Hasta Purna Dhanurasana.					
Outcome 2	Students will get idea about learn how to improve leg balancing				
Unit-III					
Objective 3	To know how to do the various asans				
Pranayama –Sadanta–Bhramari –Sitkari–Sitali–Nadi Shuddhi					
Mudra –Mahasirasu mudra–Asthuma mudra–biramara mudra–Mudhuku mudra–Iruthaya mudra – Kalseshwara mudra – Suththapatuthum mudra – Kesari mudra – Prasannamudra– Sangumudra					
Bandha – Maha bandha					
Outcome 3	They get knowledge about how to do medium level supine posture asana				
Unit-IV					
Objective 4	Students will get idea about internal organs function				
Shatkarma –Nethi –Dhauti –Nauli–Basthi –Trataka–Kapalabhati					
Outcome 4	Students will get full knowledge about balance and coordination.				
Unit-V					
Objective 5	Students will know demonstrate and practice skillfully				
Meditation – Japa meditation – Ajapa meditation – Trataka meditation – Saguna meditation –Nirguna meditation					
Closing Prayer					
Outcome 5	Students can get full knowledge about demonstrate and practice skill fully.				
Suggested Reading					
SwamiDhirendraBhramhachari <i>YogicSukshmaVyayama</i> ,DhirendraYogaPublications,New Delhi, 1980					
Swami Dhirendra Bhramhachari <i>Yogasana Vijnana</i> ,Dhirendra Yoga Publications, New Delhi, 1966					
SwamiKuvalyananda <i>Asana,Kaivalyadhama</i> ,Lonavla,1983					
SwamiSatyanandaSaraswati <i>Asana,Pranayama, Bandha,Mudra</i> ,BiharSchoolofYoga, Munger, 2005-06 savaraddi, I.V. & others <i>Yogasana A Comprehensive description about Yogasana</i> , MDNIY, New Delhi,2011.					
Basavaraddi, I.V.&others <i>YogicSukshmaEvamSthulaVyayama</i> ,MDNIY,NewDelhi,2011.Iyengar, B.K.S. <i>Light on Yoga</i> ,Harper Collins Publishers, 200Sen Gupta Ranjana B.K.S. Iyengar Yoga, ADorling Kindersley Limited, 2001					
Saraswati,SwamiSatyananda: <i>SuryaNamaskar</i> ,YogaPublicationTrust,Munger,2004					
Tiwari,O.P.: <i>AsanaWhy and How?</i> Kaivalyadhama, Lonavla,2011					

Online Resources:

<https://www.verywellfit.com/essential-yoga-poses-for-beginners-3566747>

<https://www.himalayanyogainstitute.com/spiritual-side-yoga-means-achieve/>

<i>K1-Remember</i>	<i>K2-Understand</i>	<i>K3-Apply</i>	<i>K4-Analyze</i>	<i>K5-Evaluate</i>	<i>K6-Create</i>
Course Designed by Dr. S. Saroja					



Semester-V					
Core	Course Code: 7245C6	Yoga Practical - IX	Practical	Credits 4	H/W 6
Unit-I					
Objective 1	To know about the Bandhas				
Openingprayer Pawanmutasana series I,II,III					
Outcome 1	They get knowledge about bandha				
Unit-II					
Objective 2	Students will learn that how to do the mudras				
Asanas: Govardhanasana – Sankhyasana - Salaba Viruchikasana – Kronchasana – Ekahastapadma Mayurasana – Pushpakasana –Bhingyasana–Ardha Padma Pincha Mayoorasana–Pasha Lamba Konasana – Pashstrasana – Vamanasana – Angushta padottanasana –Baddhapada Parivrutta Upveshasana–Parivritta Uttanasana–Gajananasana.					
Outcome 2	Students will get idea about mudras				
Unit-III					
Objective 3	To know how to do the various pranayama				
Pranayama: Nadi Shodhana pranayama, Bhramari Pranayama,Surya bhedana and Chandrabhedana Pranayama, Ujjayi Pranayama,Sheetali Pranayama, Shitkari Pranayama, Bhastrika Pranayama, Mudras: Yoga Mudra, Maha Mudra, Shanmukhi Mudra, Shambhavi Mudra, Kaki Mudra, Tadagi Mudra,Vipareet Karni Mudra, Simha Mudra Bandha: Maha Bandha.					
Outome 3	They get knowledge about pranayama				
Unit-IV					
Objective 4	Students will get idea about practice leading to meditation				
Shatkarma: Nethi –Dhauti –Nauli –Basthi –Ttrataka–Kabalabati. Practice leading to meditation: Pranava and Soham Japa, Antarmouna, Dharana, Pracice of Dhyana, Breath Meditation, Om Meditation Vipassana Meditation, Preksha Meditation. Viva-voce.					
Outcome 4	Students will get full knowledge about practice leading to meditation				
Unit-V					
Objective 5	Students will know demonstrate and practice skill fully.				
ClosingPrayer					
Outcome 5	Students can get full knowledge about demonstrate and practice skill fully.				
Suggested Readings: SwamiKuvalyananda <i>Asana, Kaivalyadhama, Lonavla, 1983</i> SwamiSatyanandaSaraswati <i>Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2005-</i> 06Iyengar, B.K.S. <i>Lighton Yoga, HarperCollins Publishers, 2009</i> SenGuptaRanjana B.K.S.Iyengar <i>Yoga, A Dorling Kindersley Limited, 2001,</i> SwamiSatyananda Saraswati: <i>Surya Namaskar, Yoga Publication Trust, Munger, 2004</i> Tiwari, O.P. <i>Asana Why and How? Kaivalyadhama, Lonavla, 2011</i>					
Online Resources: https://yogainternational.com/article/view/yoga-asanas https://medium.com/@msvalerieeve/balancing-prayer-and-yoga-with-holistic-practices-42a8d3d0a090					
K1-Remember	K2-Understand	K3-Apply	K4-Analyze	K5-Evaluate	K6-Create
Course Designed by Dr. S. Saroja					

Semester–VI					
DSE	Course Code: 7246C1	Yoga Therapy for Common Ailments	Theory	Credits 6	H/W 6
Objective 1	To know about the common ailments and disorders taken place in our body				
Stress Related Disorders: Introduction to stress and stress related disorders; Introduction to Yoga therapy–Adhija Vyadhi concept, IAYT; Respiratory Disorders: Introduction to Respiratory disorders, Brief classification–Obstructive/Restrictive, infectious, Bronchial Asthma: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management; Allergic Rhinitis & Sinusitis: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management; COPD Chronic Bronchitis, Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management; Emphysema: Definition, Classification, Clinical Features, Medical and Yogic Management; Infectious Disorders; Tuberculosis: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management					
Outcome 1	Students will get basic knowledge about the disorders				K1
Unit - 2					
Objective 2	To know about the cardiovascular disorder and the remedial measures through yoga therapy				
Cardiovascular disorders: Introduction to Cardiovascular disorders, Hypertension: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management, Atherosclerosis/Coronary artery disease: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Ischemic Heart disease – Angina pectoris/Myocardial Infarction/Post CABG rehabilitation: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management, Congestive Cardiac failure, Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management, Cardiac asthma: Definition, Etiopathogenesis, classification, Clinical Features, Medical and Yogic Management					
Outcome 2	Students will get the causes and remedial measures regarding Cardio vascular disease				K3
Unit - 3					
Objective 3	To know about the Endocrinal, Metabolic disorder and their remedial measures through yoga				
Diabetes Mellitus (I&II): Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Hypo and Hyper-thyroidism: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Obesity: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Metabolic Syndrome: Definition, Etiopathogenesis, Classification, Clinical Features; Medical and Yogic management.					
Outcome 3	Student will get the causes and remedial measures regarding endocrinal metabolic disorder				K4
Unit - 4					
Objective 4	To understand the caused and remedial measures of obstetrics and Gynecology disorder for help of yoga therapy				
Menstrual disorders: Dysmenorrhea, Oligomenorrhea, Menorrhagia: Definitions, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Premenstrual Syndrome: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Menopause and peri-menopausal syndrome: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Yoga for Pregnancy and Child birth: Introduction to pregnancy, Complicated					

pregnancies: PIH, Gestational DM, Ante-natalcare, Post-natalcare; PCOS: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management					
Outcome 4	They will learn the causes and remedial measures about obstetrics and Gynecology disorders				K4
Unit - 5					
Objective 5	To understand the causes and way through yoga in causes and gastro intestinal disorder				
Cancer: causes, types, clinical features, Side effects of Chemotherapy, radiotherapy; Medical and Yogic management; GastroIntestinal Disorders: APD:Introduction to APD: Gastritis – Acute & Chronic, Dyspepsia, Peptic Ulcers, Clinical Features, Medical and Yogic management; Constipation and Diarrhoea: Definition, Etiopathogenesis,Clinical Features, Medical and Yogic anagement; Irritable Bowel Syndrome: Definition, Etiopathogenesis,Classification,ClinicalFeatures,dical andYogicmanagement; Inflammatory Bowel Disease, Ulcerativecolitis: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management					
Outcome 5	Student will get the overall knowledge about the causes & remedial measures for the disorders				K3
<p>Suggested Readings:</p> <p>SwamiSatyanandaSaraswati <i>YogaandCardioVascularManagement</i>, YogaPublicationTrust,Munger,2005</p> <p>Heriza, N., Ornish, D. Merz, C.N.B.Dr. <i>Yoga A Complete Guide to the Medical Benefits of and Yoga(Yogafor Health)</i>by (Paperback-Sep 9, 2004)</p> <p>Sparrowe, L., Walden, P. andLasater, J.H: <i>The Woman's Book of Yoga and Health A LifelongGuide toWellness</i>(Paperback-Dec3, 2002)-Dec 23,2003)</p> <p>Clennell,B and Iyengar,G.S.<i>TheWoman'sYogaBookAsanaandPranayama forAllPhasesofthe Menstrual Cycle, Menstrual Disorders(TheExperience of Illness)</i>(Paperback-Dec3, 1992)</p> <p>agarathnaRandNagendraHR <i>YogaforArthritis, Backpain, Diabetes, Pregnancy, BreathingPractices</i>, SwamiVivekanandaYoga Prakasana, Bangalore, 2000</p> <p>Robin Monoro, Nagarathna R and Nagendra, H.R. <i>Yoga for Common Ailments</i>, Guia Publication, U.K., 1990.</p>					
<p>Online Resources:</p> <p>https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6145966/</p> <p>https://www.netmeds.com/health-library/post/yoga-for-irregular-periods-proven-asanas-to-regulate-menstrual-cycles-and-rectify-hormonal-imbalance</p> <p>https://www.cancerresearchuk.org/about-cancer/treatment/complementary-alternative-therapies/individual-therapies/yoga</p>					
K1-Remember	K2-Understand	K3-Apply	K4-Analyze	K5-Evaluate	K6-Create
Course Designed by Dr. S. Saroja					

Course Outcomes Vs Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	L(1)	L(1)	S(3)	S(3)
CO2	S(3)	S(3)	M(2)	L(1)	M(2)	S(3)	S(3)	M(2)	S(3)	S(3)
CO3	S(3)	S(3)	M(2)	M(2)	S(3)	S(3)	M(2)	L(1)	S(3)	S(3)
CO4	S(3)	S(3)	M(2)	L(1)	S(3)	S(3)	S(3)	M(2)	S(3)	S(3)
CO5	S(3)	S(3)	M(2)	M(2)	M(2)	S(3)	S(3)	M(2)	L(1)	S(3)
W.AV	3	3	2.2	1.8	2.6	3	2.4	1.6	2.6	3

Course Outcomes Vs Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	M(2)	S(3)	S(3)	M(2)
CO2	S(3)	S(3)	M(2)	M(2)	L(1)
CO3	S(3)	S(3)	M(2)	L(1)	M(2)
CO4	S(3)	S(3)	S(3)	L(1)	L(1)
CO5	S(3)	S(3)	S(3)	M(2)	M(2)
W.Av	3	2.8	2.6	1.8	1.6

Semester–VI						
DSE	Course Code: 7246C2	Yoga and Women		Theory	Credits 6	H/W 6
Unit – 1						
Objective 1	To know about the Growth and Development of yoga.					
Growth and development: Women – Infancy, early child hood, latter hood, Adolescence, adulthood, old age–Physiological differences between women and men.						
Outcome 1	Students will be got the Growth and Development through yoga.				K1	
Unit – 2						
Objective 2	To know about the physiological difference between the women and men of yoga.					
Physical Changes: A women`s body- The yoga body–The menstrual cycle-menarche and Menopause – Growing into woman hood –primal energy – Marriage. The goddess within women and spirituality.						
Outcome 2	They will get the goddess within women and spirituality				K1	
Unit – 3						
Objective 3	To know about the spirituality skills of the yoga.					
Yoga and pregnancy: Guide lines for best practice-planning programme– The chakras and Subtle energies yogic practices during pregnancy middle pregnancy & late pregnancy child delivery– yoga after child birth						
Outcome 3	Students will be got the full knowledge of special application for life skill in yoga				K4	
Unit – 4						
Objective 4	To know about the Guide lines of planning programme of the benefits yoga.					
Special Application for women ailments: Backache, Depression, Headache, Leucorrhoea,menstrual irregularities, overweight, pregnancy .Prolapsed, urinary system disorders, varicose vein						
Outcome 4	They will be got the idea about the disease.				K3	
Unit – 5						
Objective 5	To know about the disorders reduced the problems of yoga.					
Yoga Sadhana women : Beginners- intermediate sadhana- Classical Sadhana- Satkriyas, Asanas, Pranayama, Bandhas, Mudras, Meditation-Yogic diet.						
Outcome 5	They will be get the understanding the role of yoga for healthy life				K1	
Suggested Readings:						
Muktananda Swami(2007)Nawayogini Tantra,Munger : <i>YogapublicationsTrust</i> .						
Mangal S.K(1991)Psychological formation of education, Ludhiana parkash brothers.Shamantakamani						
Narendran etal, (2008) yoga for pregnancy, Bangalore: Swami Vivekananda yogaPrakashana.						
WiddowsonRosalind(2001)yogaforpregnancy,Minnetonka,creativepublishinginternational.						
TellsShirley(2006)AGlimpseofthehumanbody,Bangalore: Swami VivekanandaYogaprakashana						
Online Resources:						
https://www.artofliving.org/us-en/yoga/poses/padma-sadhana						
https://timesofindia.indiatimes.com/readersblog/ritika-verma/yoga-for-womens-health-56568/						
https://theyogainstitute.org/yoga-and-pregnancy/						
K1-Remember	K2-Understand	K3-Apply	K4-Analyze	K5-Evaluate	K6-Create	
Course Designed by Dr. S. Saroja						

Course Outcomes Vs Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	M(2)	L(1)	S(3)	S(3)	S(3)	S(3)	L(1)	M(2)	S(3)
CO2	S(3)	M(2)	M(2)	L(1)	S(3)	S(3)	M(2)	L(1)	M(2)	S(3)
CO3	S(3)	S(3)	M(2)	S(3)	M(2)	L(1)	L(1)	M(2)	M(2)	S(3)
CO4	S(3)	M(2)	L(1)	S(3)	S(3)	S(3)	S(3)	L(1)	M(2)	S(3)
CO5	S(3)	M(2)	M(2)	S(3)	S(3)	M(2)	M(2)	L(1)	M(2)	S(3)
W.AV	3	2.2	1.6	2.6	2.8	2.4	2.2	1.2	2	3

Course Outcomes Vs Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	S(3)	M(2)	M(2)	L(1)
CO2	S(3)	S(3)	S(3)	L(1)	M(2)
CO3	S(3)	S(3)	S(3)	M(2)	L(1)
CO4	L(1)	S(3)	S(3)	M(2)	L(1)
CO5	S(3)	S(3)	M(2)	M(2)	M(2)
W.Av	2.6	3	2.6	1.8	1.4

Semester-VI					
DSE	Course Code: 7246C3	Health and Hygiene	Theory	Credits 6	H/W 6
Unit - 1					
Objective 1	To be aware of the health and hygiene				
Personal hygiene: Definition of health and factors; affect in git-food habits, cleanliness, exercise and sleep; Water-Importance of water, impurities present in water, sources of contamination of water and water purification (Household and natural methods); First aid: meaning, importance in daily life.					
Outcome 1	They can get basic knowledge of health and hygiene				K1
Unit - 2					
Objective 2	To know about the infection and hygiene				
Infection: Definitions of Infection, Infective agents, Period of infectivity; Types of diseases and their modes of spread; Channels of infection; disinfectants – Definition, types and methods of disinfection					
Outcome 2	They will get idea about the infection and disinfectants				K4
Unit - 3					
Objective 3	To understand the prevention and control the infectious disease				
Infectious diseases: Causes, incubation period, mode of spread, symptoms, prevention & control of the following diseases); Diseases spread by insects-Malaria, Dengue.					
Outcome 3	To understand the prevention and control the infectious disease				K2
Unit – 4					
Objective 4	To know about the diseases pread by various way				
Diseases spread by ingestion: Dysentery, cholera, typhoid; Diseases spread by dropletinfection-Chickenpox, measles, mumps; Disease spread by Contact-Leprosy, AIDS.					
Outcome 4	They can get the knowledge about disease spread through various way				K1
Unit - 5					
Objective 5	To understand the immunity				
Immunity and Immunization: Definition, types of immunity & immunization schedule, Common emerging health problems among women: Cancer of Breast and Cervical					
Outcome 5	Finally the student will get full blue print about health and yogic hygiene				K4
Suggested Readings:					
Yashpal Bedi(1976) <i>Hygiene& Public Health</i> .Anand Publishing Co.,gali No.1,NawanKot Amritsar.V.N.Hhave,(1975) <i>You&YourHealth</i> ..NationalBook					
TrustBihariLalBhatia,(1961) <i>Elementary..Hygiene</i> ,OrientLongmans,Ltd.Calcutta-13					
J.E. Park, (1983) <i>Preventive & Social Medicine</i> , Jabalpur Messrs Banarcidas					
BhanotBirendraNathGhosh,(1969) <i>Hygiene&PublicHealth</i> CalcuttaScientificPublishingCo.					
Online Resources:					
https://www.cdc.gov/hygiene/personal-hygiene/index.html					
https://medlineplus.gov/infectiousdiseases.html					
https://www.fda.gov/food/outbreaks-foodborne-illness/foodborne-pathogens					
K1-Remember	K2-Understand	K3-Apply	K4-Analyze	K5-Evaluate	K6-Create
Course Designed by Dr. S. Saroja					

Course Outcomes Vs Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	M(2)	M(2)	S(3)	S(3)	S(3)	M(2)	S(3)	M(2)	M(2)
CO2	S(3)	M(2)	M(2)	L(1)	S(3)	S(3)	M(2)	S(3)	L(1)	M(2)
CO3	S(3)	M(2)	M(2)	M(2)	S(3)	S(3)	M(2)	S(3)	M(2)	L(1)
CO4	S(3)	M(2)	M(2)	S(3)	L(1)	S(3)	M(2)	S(3)	L(1)	M(2)
CO5	S(3)	S(3)	M(2)	S(3)	S(3)	M(2)	L(1)	L(1)	L(1)	M(2)
W.AV	3	2.2	2	2.4	2.6	2.8	1.8	2.6	1.4	1.8

Course Outcomes Vs Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	S(3)	L(1)	M(2)	S(2)
CO2	S(3)	S(3)	S(3)	S(3)	S(3)
CO3	S(3)	S(3)	S(3)	S(3)	S(3)
CO4	S(3)	S(3)	M(2)	L(1)	S(3)
CO5	S(3)	S(3)	M(2)	M(2)	S(3)
W.Av	3	3	2.2	2.2	3

Semester–VI					
DSE	Course Code: 7246C4	Human System according to Yoga	Theory	Credits 6	H/W 6
Unit - 1					
Objective 1	To know about the evolution of human body				
Pancamahabhutas, Pancatattvas and Pancatanmatras, Evolution of human body in the context of Saikhya yoga, Evolution of Jnanendriyas, Karmendriyas, Mahat, manas, Buddhi, Citta and Ahaakara, Saptadhatusthatmakea human body					
Outcome 1	They get knowledge about the evolution of human body				K1
Unit -2					
Objective 2	To learn about existence of five kohas				
Critical analysis of the story of Bhagu and Varuna; The existence of five kohas in the human body; The product of five kohas; Disturbance of each koha.					
Outcome 2	They learn about existence of five kosha				K3
Unit - 3					
Objective 3	To aware of the chakra				
Introduction to Chakras; Evolution through the Chakras; Description of Muladhara, Svadishohana, Manipura, Anahata, Vishuddhi, Ajna and Sahasrara Chakras. Concept of Mannalas, types and their work.					
Outcome 3	Student get aware of the chakras				K4
Unit – 4					
Objective 4	To know about the various types of nadi				
Concept of Vayus, type, their names and function; Concept of Nanes, their characteristics and name of 10 major Names and their functions; Difference between Ida, Pingala and Sushumna					
Outcome 4	They can know about the various types of nadi				K4
Unit - 5					
Objective 5	To know about the importance of Svarodaya in health and disease.				
Effects of Svara yogaas explained in the Haoha yogic texts, Relevance of Svara-Vijnana in day to day life and the importance of Svarodaya in health and disease.					
Outcome 5	Students know about the importance of Svarodaya in health and disease.				K3
Suggested Reading:					
SwamiHarshananda <i>TheSixSystemsofHinduPhilosophy</i> (RamakrishnaMatt,Bangalore, 2000)DrHRNagendra&DrRNagarathna <i>YogaHealth</i> (SwamiVivekanandaYogaPrakashana,(2000)					
SwamiMuktibodhananda <i>HathaYoga Pradeepika</i> ,SaraswatiYogaPublication Trust,Munger.					
KarelWerner <i>YogaandIndianPhilosophy</i> (MotilalBanarsidass,Delhi,1979)					
Radhakrishnan, S. <i>Indian Philosophy</i> (Vol.I & II)(GeorgeAllen and Unwin, London,1971)					
Sharma,Chandradhar <i>A Critical Survey of Indian Philosophy</i> (Motilal Banarsidass, Delhi, 2000)NagendraHR. <i>IntegratedApproachofYogaTherapyforpositivehealth</i> ,SwamiVivekanandaYoga Prakashana,Bangalore.					
SwamiNiranjanananda <i>Prana,Pranayama&Pranavidya</i> ,SaraswatiYogaPublicationTrust,Munger.					
Online Resources:					
https://polkadotsandcurry.com/wp-content/uploads/Introduction-to-Chakras.pdf					
https://www.swarayoga.org/Interviewwithcharan.htm					
K1-Remember	K2-Understand	K3-Apply	K4-Analyze	K5-Evaluate	K6-Create
Course Designed by Dr. S. Saroja					

Course Outcomes Vs Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	M(2)	M(2)	L(1)	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)
CO2	S(3)	S(3)	M(2)	S(3)	S(3)	S(3)	M(2)	L(1)	L(1)	S(3)
CO3	S(3)	S(3)	M(2)	S(3)	S(3)	S(3)	M(2)	L(1)	L(1)	S(3)
CO4	S(3)	S(3)	M(2)	S(3)	S(3)	S(3)	M(2)	L(1)	L(1)	S(3)
CO5	S(3)	S(3)	M(2)	S(3)	S(3)	S(3)	M(2)	L(1)	M(2)	S(3)
W.AV	3	2.8	2	2.6	3	3	2.2	1.2	1.4	3

Course Outcomes Vs Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	M(2)	L(1)	L(1)	S(2)
CO2	S(3)	S(3)	M(2)	L(1)	S(3)
CO3	S(3)	S(3)	S(3)	M(2)	S(3)
CO4	S(3)	S(3)	S(3)	M(2)	S(3)
CO5	S(3)	S(3)	L(1)	M(2)	S(3)
W.Av	3	2.8	2	1.6	2.8

Semester-VI					
DSE	Course Code: 7246C5	Applied Yoga	Theory	Credits 6	H/W 6
Unit - 1					
Objective 1	To understand the basic concept of yogic health for school children				
General Introduction to School Health, components of school health; Parent-Teacher-Student relationship in a School Health; Role of social interaction in a School Health; Brief introduction to developmental process of children; Psycho-Physiological changes and development of cognitive functions in School going children; Role of Yoga in establishment of values in School going children; Personality Development: New Dimensions of Personality through Yoga					
Outcome 1	Students will get basic knowledge about the yogic health				K1
Unit - 2					
Objective 2	To know about the importance difference of yoga and physical education				
General introduction to Physical Education and Sports; Difference between Physical Education & Sports; Relevance of Integration of Yoga in Physical Education & Sports; Yoga for Physical, Mental Stamina and other faculties /skills in a sports Personnel; Nature of different sports injuries, its prevention and management through Yoga.					
Outcome 2	Students will learn the applied values of yoga in physical education				K3
Unit - 3					
Objective 3	To understand the improvements of yoga in sports sciences				
Yoga modules for different sports – track events, field events, single participation, group participation; Application of Yogic lifestyle in improving efficacy in sports personnels; Relationship between Yoga and sports activities; Research reviews on Yoga and Sports.					
Outcome 3	They will get the yogic lifestyle efficacy in sports science				K2
Unit - 4					
Objective 4	To know about the techno stress and role of yoga of yoga to promote skill				
Introduction to Techno stress, its cause, symptoms and complications; Health Hazards in computer professionals; Role of Yoga in the promotion of skills; Application of Yoga for management of Techno stress; Research reviews on effect of Yoga on Techno stress.					
Outcome 4	They will learn the application of techno stress through yoga				K2
Unit – 5					
Objective 5	To understand the causes and application of yoga in Geriatric care.				
General introduction to Geriatric Care; Ageing: Causes and features, Premature ageing; Common Geriatric problems; Application of Yoga in common Geriatric problems and their prevention & management; Research reviews on Yoga & Geriatric care.					
Outcome 5	Student will learn overall outcomes of the yoga in various fields				K1
Suggested Reading:					
Iyenger BK <i>The Path to Holistic Health</i> , ADorling Kindersley Book, Great Britain, 2001 Dr. Goel Aruna <i>Yoga Education Philosophy and Practice</i> , Deep & Deep Publications Pvt. Ltd, 2007 Basavaraddi IV <i>Yoga Teachers manual for school children</i> , MDNIY New Delhi, 2010					
Basavaraddi I V <i>Yoga in School Health</i> , MDNIY New Delhi, 2009 Iyenger BK <i>Sastadala Yogamala 1 to 7 volumes</i> , Allied Publishers Pvt. Ltd, 2009					
Basavaraddi IV <i>Yoga for Techno stress</i> , MDNIY, New Delhi, 2010					
Dr. H Kumar Kaul <i>Yoga and Healthy Ageing</i> , BR Publishing Corporation, Delhi, 2006 Basavaraddi IV <i>Yogic Management of Geriatric Disorders</i> , MDNIY, New Delhi, 2009					

Online Resources:<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3447533/><https://www.swarayoga.org/Interviewwithcharan.htm><https://www.yogajournal.com/yoga-101/philosophy/getting-know/>[https://en.wikipedia.org/wiki/Nadi_\(yoga\)](https://en.wikipedia.org/wiki/Nadi_(yoga))

<i>K1-Remember</i>	<i>K2-Understand</i>	<i>K3-Apply</i>	<i>K4-Analyze</i>	<i>K5-Evaluate</i>	<i>K6-Create</i>
Course Designed by Dr. S. Saroja					

Course Outcomes Vs Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	L(1)	L(1)	S(3)	M(2)
CO2	S(3)	M(2)	S(3)	S(3)	M(2)	S(3)	L(1)	L(1)	M(2)	M(2)
CO3	S(3)	S(3)	M(2)	L(1)	M(2)	S(3)	L(1)	L(1)	S(3)	M(2)
CO4	S(3)	M(2)	S(3)	M(2)	M(2)	S(3)	M(2)	S(3)	L(1)	M(2)
CO5	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	L(1)	L(1)	S(3)	M(2)
W.AV	3	2.6	2.8	2.4	2	3	1.2	1.4	2.4	2

Course Outcomes Vs Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	S(3)	S(3)	L(1)	M(2)
CO2	S(3)	S(3)	S(3)	M(2)	M(2)
CO3	S(3)	S(3)	S(3)	M(2)	L(1)
CO4	S(3)	S(3)	L(1)	M(2)	S(3)
CO5	S(3)	S(3)	S(3)	M(2)	S(3)
W.Av	3	3	2.6	1.8	2

Semester-VI					
DSE	Course Code: 7246C6	Physiological Effects of Yoga	Theory	Credits 6	H/W 6
Unit - 1					
Objective 1	To know about the Physiological effects				
<p>The Concept of Homeostasis: Regulatory System of the body, Characteristics of Control systems, Physiological basis of Mind – Body Medicine; Physiology of Exercise, Asana – Types and Categories; Muscular skeletal system and humeral mechanism involved; Effect of yogic Practices in setting up the Internal Environment of the body, Mechanical influences of asanas; Psychosomatic mechanism; Mechanism influence of six types of asana; Stretching; Pivoting; Strengthening; inverted; Pressing; Equilibration, Reciprocal inhibition and innervation</p>					
Outcome 1	Student can get the basic knowledge about Physiology of yoga			K1	
Unit - 2					
Objective 2	To be aware of the Physiological effects in Pranayama				
<p>Pranayama: Mechanism of Respiration and mechanism of gas exchange, Regulation of Respiration; Psycho physiological effect of Pranayama: Changing ratio of oxygen carbonic acid in our body; enabling different groups of muscles in breathing; Pranayama as respiratory pump; Reflex impact over sympathetic and parasympathetic nervous system; role of Pranayama on vital capacity, lung volume and lung function. Role of Pranayama and other yoga practices on compliance, ventilation perfusion ratio, alveolar ventilation, deadspace volume and minute ventilation, Neuro physiological mechanism of Kevala, Antar and Bahir Kumbhaka.</p>					
Outcome 2	They will get the full idea about the Physiology in Pranayama.			K4	
Unit - 3					
Objective 3	To understand importance and benefits of physiology in Kriyas				
<p>Kriyas: An overview of diffusion osmosis, endo & exosmosis, active transport; significance of using salt during the practice of Kriya; tonicity of the solution such as hypotonic, hypertonic and isotonic solution and the impact of the same on physiology; peristalsis and mechanism of action, effect of Kriyas in encouraging the peristalsis; opening and closing of sphincter; role of Kriyas in smooth operation of sphincter; mechanism of action of kriya practices in the activation of vagus nerve, effect of kriyas on gastric mucosa on digestive system, development of negative pressure and the impact of sustenance of the negative pressure in body physiology.</p>					
Outcome 3	Student can get full knowledge in Physiological activity behind kriyas			K5	
Unit - 4					
Objective 4	To know about Bandhas in Physiological side				
<p>Bandhas: Coactivation of two antagonistic muscles; activation of nerve reflexes; proprioceptive neuromuscular facilitation; effect of Bandhas on joint complexes; central Bandhas and co activation of opposing muscles in Spinal joint complexes; Jalandra bandha effects neck joint complexes; Uddiyana bandha effect upper joint complexes and moola bandha for lower back joint complexes; isometric muscles activation and Bandhas; synergistic muscle activation during bandha practices; Navadvara and their significance in Yoga.</p>					
Outcome 4	They can get the very valuable thoughts of Physiology in Bandhas and Mudras			K4	

Unit – 5

Objective 5	To be aware of the Physiological benefits in Mudras				
Mudras: Principles behind the practices of Mudras; Resting membrane potential; action potential and transmission of nerve impulse; significance of Neuropsychological lock and its impulse in body physiology; secretion of neuro transmitter in the brain; role of Mudra is physiological functions of the body, regulating of the secretion in body					
Outcome 5	Finally the student will get full blue print about the Physiological effects of Yoga				K2
Suggested Readings: Herbert David Coulter (2001) <i>Anatomy of Hatha Yoga: A Manual for Students, Teachers and Practitioners</i> , Body and Breath. Mel Robin (2009) <i>A Handbook of Yogasana Teacher: The Incorporation of Neuro Science, Physiology and Anatomy</i> , Wheat Mark 1 edition. Simon Borg Olivier and Bianca Machiss (2007) <i>Applied Anatomy and Physiology of Yoga</i> , 3 rd edition Harold Ellis (2006) <i>Clinical Anatomy: A Revision and applied Anatomy for Clinical Students</i> , Blackwell Publishing. Carol Mattso Porth, Lippincott Williams & Wilkins (2006) <i>Essentials of Pathophysiology Concepts of Altered Health States</i> .					
Online Resources: https://ysofindia.org/about/frequently-asked-questions https://www.yogajournal.com/practice/energetics/bandha/gentle-approach-to-accessing-bandhas/ https://yogainternational.com/article/view/a-mudra-for-digestion					
K1-Remember	K2-Understand	K3-Apply	K4-Analyze	K5-Evaluate	K6-Create
Course Designed by Dr. S. Saroja					

Course Outcomes Vs Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	M(2)	S(3)	M(2)	M(2)	M(2)	L(1)	L(1)	M(2)	S(3)
CO2	S(3)	M(2)	S(3)	M(2)	M(2)	M(2)	L(1)	S(3)	M(2)	S(3)
CO3	S(3)	M(2)	S(3)	M(2)	M(2)	M(2)	L(1)	L(1)	M(2)	S(3)
CO4	S(3)	M(2)	S(3)	M(2)	M(2)	M(2)	L(1)	L(1)	M(2)	S(3)
CO5	S(3)	L(1)	L(1)	M(2)	M(2)	M(2)	L(2)	L(1)	M(2)	S(3)
W.AV	3	1.8	2.6	2	2	2	1.2	1.4	2	3

Course Outcomes Vs Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	S(3)	M(2)	L(1)	S(3)
CO2	S(3)	S(3)	M(2)	L(1)	S(3)
CO3	S(3)	L(1)	L(1)	M(2)	S(3)
CO4	S(3)	S(3)	M(2)	M(2)	S(3)
CO5	S(3)	L(1)	S(3)	L(1)	S(3)
W.Av	3	2.2	2	1.4	3

Semester-VI						
DSE	Course Code: 7246C7	Yoga and Mental Health		Theory	Credits 6	H/W 6
Unit - 1						
Objective 1	To know about the importance and yogic perspective of mental health					
Mental Health: Meaning and Importance; Yogic Perspective of Mental Health; Yoganidra, Kuntha, samayojan, stress, emotions, feelings, adjustments.						
Outcome 1	Finally the student will get fullblue print about the Physiolgical effects of Yoga				K3	
Unit - 2						
Objective 2	To understand about the psychiatric disorders					
Sign and symptoms of Delirium, Dementia, and Amnestic Disorders; Substance- Related Disorders; Schizophrenia and Other Psychotic Disorders; Mood Disorders; Eating Disorders; Personality Disorders.						
Outcome 2	Students will get information about the psychological disorders				K2	
Unit - 3						
Objective 3	To aware of the personality disorders					
Sign and symptoms of Personality Disorders: Borderline, Antisocial, Histrionic, Paranoid, Narcissistic, Obsessive-Compulsive, and Dependent and Eating Disorders.						
Outcome 3	They will learn about personality disorder				K2	
Unit - 4						
Objective 4	To know about the role of disease prevent and health promotion through Yoga					
Yogic Concepts and Techniques in Patanjala Yoga Sutra and Bhagwadgita for Promoting Mental Health; Need of Spiritual Growth for Mental Health.						
Outcome 4	They will get knowledge about the yogic perfective to mental				K3	
Unit - 5						
Objective 5	To understand the yogic concepts for Mental health					
Massage: Introduction, definition, scope, history, its principles and manipulative techniques; Different types of Massages and their role in indisease prevention, and health promotion						
Outcome 5	Students will finally get note worthy relation between yoga and mental health				K1	
Suggested Readings:						
Singh,A.K. <i>SaralSamanyaManovijnana</i> . DelhiMotilalBanarasidasPublications,2007Tilak, B.G. <i>SrimadBhagwadgitaRahasya</i> . PoonaTilak Mandir. Udupa,K.N. <i>StressandItsManagementbyYoga</i> . DelhiMotilalBanarasidas,2007 Vivekananda, Swami <i>RajaYoga</i> .Nagpur RamakrishnaMath						
Online Resources:						
https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions						
https://www.mentalhealth.org.uk/						
https://www.psychologytoday.com/us/basics/personality-disorders						
K1-Remember	K2-Understand	K3-Apply	K4-Analyze	K5-Evaluate	K6-Create	
Course Designed by Dr. S. Saroja						

Course Outcomes Vs Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	S(3)	M(2)	M(2)	M(2)	S(3)	L(1)	M(2)	M(2)	S(3)
CO2	S(3)	S(3)	M(2)	M(2)	M(2)	M(2)	L(1)	M(2)	L(1)	S(3)
CO3	S(3)	S(3)	L(1)	M(2)	M(2)	S(3)	M(2)	M(2)	L(1)	S(3)
CO4	S(3)	S(3)	M(2)	S(3)	L(1)	S(3)	S(3)	M(2)	L(1)	S(3)
CO5	S(3)	S(3)	M(2)	M(2)	M(2)	S(3)	L(1)	M(2)	M(2)	S(3)
W.AV	3	3	1.8	2.2	1.8	2.8	1.6	2	1.4	3

Course Outcomes Vs Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	S(3)	S(3)	L(1)	S(2)
CO2	S(3)	S(3)	M(2)	L(1)	S(3)
CO3	S(3)	M(2)	L(1)	M(2)	S(3)
CO4	S(3)	S(3)	M(2)	L(1)	S(3)
CO5	S(3)	S(3)	S(3)	L(1)	S(3)
W.Av	3	2.8	2.2	1.2	3

Semester-III				
NME	Course code:	Yogic Sciences	T	Credits: 2 H/W: 2
UNIT- I				
Objectives	To Understand the basic concepts of Yogic Practice			
Concept of Yogic Practices- Principles: Loosening Exercises- Introduction to Surya Namaskar(12 counts)- Benefits of Suryanamaskar.(Bihar & Vivekananda- Chair Surya Namaskar and chandra surya namaskar)				
Outcome1	Students will be able to understand the role of yoga for healthy life			K2
UNIT-II				
Objectives	To know about the Asanas			
<p>Asanas: Meaning, Definitions- Classification- Scope- Difference between Asanas and Physical Exercises. Name- Type- Method of Practice , Breathing , Duration, Contra- Indications .Essentials and benefits of the following Asanas: Standing: Ardhatichakrasana- Padahastasana- Ardhatichakrasana- Uttkatasana- Ekapadaasana- Viruksasana- Trikonasana Sitting: Padmasana- Paschimotanasana- Usthrasana- Gomukasana- Ardhamatsyendrasana- Vajrasana. Prone: Makrasana- Bhujangasana- Salabasana- Dhanurasana Supine: Navasana- Uttanapadasana- Sarvangasana- Matsyasana- Chakrasana- Shavaasana- Role of asanas for healthy life. Advanced asanas:- Standing Asanas: Parivarta Trikonasana- Parsvottanasana- Natarajasana- Parivarta Parsvakonasana. Sitting Asanas: Padakonasana- Sasangasana- kukutasana- Sidhasana. Forward bending Asanas: Karna pindasana- Ardha Baddha Padma paschimothanasana -Marichayasana- Prasarita Padottanasana. Backward bending Asanas: Sethu Bandha Sarvangasana- Paryankasana- Poorna Ustrasana- Ekapada Chakrasana. Twisting Asanas: Vatayanasana- Garudasana- Bharatvajaasana- Parivrita Janu Sirasasana. Balancing Asanas: Sirasasana- Swasthickasana- Padma Muyurasana- Utthitha Padmasana- Bakasana- Urdhva Mukhapaschimottanasana- Role of Asana in curing various disease.</p>				
Outcome2	Students can get the valuable information about asanas			K1
UNIT-III				
Objectives	To know about the basic principles and concept of Pranayama			
Pranayama- Meaning- Techniques- Phases- Breathing, Guidelines, Cautions, Preparations, Obstacles- Benefits :kapalabhati, Sectional Breathing, Anulomaviloma, Surya Bhedana, Chandra Bedana, Nadi Shodana, Sitali, Sitkari, Bhramari, Bhastrika, Ujjayi- Role of Pranayama on Physiological Functions of the Various Human System.				
Outcome3	Students can get the valuable information about Pranayama			K1
UNIT-IV				
Objectives	To know about the basic principles and concept of Kriyas			
Kriyas- Meaning- Types- Practicing Methods, Guidelines, Cautions, Benefits- Kapalabhati, Neti, Dhouti, Nauli, Trataka, Basti. Bandhas: Meaning-Types- Practicing Methods, Guidelines ,Benefits Jalendra Banda, Uddiyana Bandha, Moola Bandha- Effect of Kriyas and Bandhas on Physiological and Psychological functions of the Human system				
Outcome4	Students can get the valuable information about Kriyas			K2
UNIT-V				
Objectives	To know about the basic principles and concept of Mudras			
Mudras: Meaning- Types- Practicing Methods, Guidelines limitations. Benefits Chin- Chimaya- Adi(Sakthi)- Mahamudra- Brama- Linga Mudra, Nasika Mudra, Jnana Mudra, Surya Mudra,				

Aswini mudra, Yoga Mudra, Dhyani Mudra, PanchaPootha mudra. Meditation: Meaning-benefits. Saguna Meditation- Nirguna, Mantra, RajaYoga, Transcendental, silent and Yoga Therapy for Hypertension, Diabetics, Obesity, Breathing Problem, Back Pain, Migrane Headache, Menstrual Disorder- Role of meditation in stress management and Psychosomatic disorders.

Outcome5 Students can get the valuable information about Mudras **K1**

Suggested Readings:

SivanandaSaraswathiSwami(1934)Yoga Asanas: Madras:My Magazine of India
 Satyananda SaraswathiSwami(2008) Asana, Pranayama, Mudra, Bandha, Munger: Yoga Publications Trust.
 Gharote(2004) AppliedYoga, Lonvla:Kaivalyadhama
 Yogeshwaran and sarawathiswami(1975) First steps to higher yoga, Gangothari:Yoganiketantrust
 Coulter, H David (2001) Anatomy and Hatha Yoga, Body and Breath Inc
 KathyleeKappmeier and DianeM.Ambrosini(2006) Instructing hatha yoga, Champaign:humankinetics. Sivanandasaraswathi (1983) practical lessons in yoga, shivanandanagar, the divine life society.
 Sivanandasaraswathi(1975)yogitherapy, Gauhati.Brahmacharyyogeswar Umachal Yugashram.

K1-Remember **K2-Understand** **K3-Apply** **K4-Analyze** **K5-Evaluate** **K6-Create**
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Course Outcomes Vs Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	S(3)	M(2)	S(3)	S(3)	S(3)	M(2)	L(1)	L(1)	S(3)
CO2	S(3)	S(3)	M(2)	S(3)	M(2)	S(3)	L(1)	L(1)	M(2)	S(3)
CO3	S(3)	S(3)	M(2)	S(3)	S(3)	M(2)	L(1)	L(1)	S(3)	S(3)
CO4	S(3)	S(3)	M(2)	S(3)	M(2)	L(1)	M(2)	M(2)	S(3)	S(3)
CO5	S(3)	S(3)	M(2)	S(3)	M(2)	L(1)	M(2)	L(1)	S(3)	S(3)
W.AV	3	3	2	3	2.4	2	1.8	1.2	2.4	3

Course Outcomes Vs Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	S(3)	M(2)	L(1)	S(3)
CO2	M(2)	S(3)	S(3)	S(3)	M(2)
CO3	S(3)	S(3)	M(2)	L(1)	L(1)
CO4	S(3)	S(3)	M(2)	L(1)	L(1)
CO5	S(3)	S(3)	M(2)	L(1)	L(1)
W.Av	2.8	3	2.2	1.4	1.6

Semester IV					
NME	Course code:	Applied Yoga	T	Credits: 2	H/W: 2
Unit I					
Objective	To know about the concept of Yoga in vedantic approach				
Health benefits of yoga:- Psycho-Physiological effects of health benefits of Yogasana, Pranayama Shatkarma, Bhandha, Mudra, and Meditation, Structural and Functional values of Panchakoshas and Chakras.					
Outcome 1	Finally the student will get full blue print about Yoga				K1
Unit-II					
Objective	To know about the Guide lines of planning programme of the benefits yoga				
Yoga for chronic complaints:- Definitions: Causes, Symptoms, Types, Managements and Effects of Asthma –Anemia-Headache-Migraine-Tension-Thyroid-Hyper Tension- Acidity-Diabetes-Ulcer- Hernia- Piles- Paralysis-Arthritis-Back pain-Obesity-Menstrual-Mellitus-PCOD (Polycystic ovary Disease).					
Outcome 2	They will be got the idea about the disease.				K3
Unit-III					
Objective	To know about the techno stress and role of yoga of yoga to promote skill				
Yoga for stress and personality management:- Mental Health: Meaning and Importance; Yogic Perspective of mental health, Stress: Meaning and Definition; Symptoms, Causes and Consequences of Stress; Conflict, Frustration and Pressure; Stress according to yoga and its management. Physical level: Shat Kriyas (Detoxifying), Asanas (Strength), Mudras (Steadiness), Pranayama (Lightness), Dhyana(Perception); Vital level; Pranayama; Mental Level: Personal discipline, Social (Yama, Niyama), cultivation of four fold attitudes, practices of Dharna, Dhyana; Emotion Level: Ishwara Pranidhana (Surrounding to the supreme), Spiritual level: Practices of Higher States of Meditation, (Super consciousness states).					
Outcome 3	They will learn the application of techno stress through yoga				K1
Unit IV					
Objective	To understand the principles & type of diet and the role of diet in the prevention of disease and health promotion				
Yogic concept of diet:- General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification in Yogic diet- Concepts of Rajasic, Tamasic and Sattvic food; Pathya and Apathya in diet, Guna and Ahara; Importance of yogic Diet – Yogic Diet – Yogic Diet and its role in healthy living; Diet according to the body constitution (Prakriti)- Vata, Pitta and Kapha.					
Outcome 4	They will get the importance and role of diet and massage in regular life				K1
Unit-V					
Objective	To know about the techno stress and role of yoga of yoga to promote skill				
Yoga for techno-stress:- Introduction to techno-stress, it causes, Symptoms and Complications, Health Hazards in Computer Professional; Role of Yoga in the promotion of skills, Application of yoga for Management of Techno- Stress.					
Outcome 5	They will learn the application of techno stress through yoga				K2

Suggested Readings:

Dennis Thompson: The Ayurvedic Diet, New age books, New Delhi, 2001.

Ramesh Bijalinni: Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012.

Yoga Therapy by A.M. Moorthy, Teachers Publishing House , Coimbatore,2005.

Yoga Therapy by Samy Kunvalayanandha and Vinekas, Kaivalayadham, 1995.

Yoga Therapy, R.K.Garde, Bombay, 1972.

Outcomes	<ul style="list-style-type: none"> ➤ Students will be able to understand the role of yoga for healthy life. ➤ They will get knowledge about the Polycystic ovary Disease ➤ Students will be get knowledge for stress and personality management through yoga. ➤ They will get Idea about yogic diet according to the constitution. ➤ Students will get full knowledge about Technology management of stress relief
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K1-Remember	K2-Understand	K3-Apply	K4-Analyze	K5-Evaluate	K6-Create
Course Designed by Dr. S. Saroja					

Course Outcomes Vs Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	M(2)	M(2)	S(3)	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)
CO2	S(3)	M(2)	L(1)	S(3)	S(3)	S(3)	S(3)	M(2)	L(1)	S(3)
CO3	S(3)	S(3)	M(2)	S(3)	M(2)	S(3)	M(2)	L(1)	M(2)	S(3)
CO4	S(3)	M(2)	M(2)	S(3)	S(3)	S(3)	L(1)	M(2)	M(2)	S(3)
CO5	S(3)	S(3)	L(1)	S(3)	S(3)	S(3)	S(3)	M(2)	L(1)	S(3)
W.AV	3	2.4	1.6	3	2.8	3	2.4	1.8	1.6	3

Course Outcomes Vs Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	S(3)	M(2)	M(2)	S(3)
CO2	S(3)	S(3)	L(1)	M(2)	S(3)
CO3	S(3)	L(1)	S(3)	L(1)	S(3)
CO4	S(3)	S(3)	M(2)	S(3)	S(3)
CO5	S(3)	S(3)	M(2)	M(2)	S(3)
W.Av	3	2.6	2	2	3

மொழி பாடம்	221T1	பொதுத் தமிழ் தற்காலக் கவிதையும் உரைநடையும்	T	கற்றல் அளவெண் 3	நேரம்:. மணி 6
அலகு-I					
நோக்கம் 1	தற்காலக் கவிதைகளையும் கவிஞர்களையும் அறிமுகப்படுத்துதல்.				
அ) மரபுக்கவிதை					
1. பாரதியார் - பாரததேசமென்று பெயர் சொல்லுவார் (பாரததேசம்)					
2. பாரதிதாசன் - கனியிடை ஏறிய சுளையும் முற்றல் கழையிடை ஏறிய சாரும்					
3. நாமக்கல் கவிஞர் - காந்தியக் கவிஞர் (காந்தியஞ்சலி)					
4. கண்ணதாசன் - மனிதரைப் பாட மாட்டேன் (கவிதைகள்)					
5. முடியரசன் - தொழிலாளி					
6. ஜீவானந்தம் - காலுக்கு செருப்பில்லை ..கால்வயிற்றுக் கூழுமில்லை					
ஆ) புதுக்கவிதை					
1. அப்துல் ரகுமான் - வீட்டுக்கொரு மரம் வளர்ப்போம் (கூடு துறக்கும் பறவை)					
2. மு.மேத்தா - கண்ணீர் பூக்கள்					
3. சக்திஜோதி - தேடித்தீராத தெரு					
பயன் 1	மரபுக்கவிதை மற்றும் புதுக்கவிதையின் இலக்கிய வடிவங்களைத் தெரிந்து கொள்வார்கள்.மரபுக் கவிதைக்கும் புதுக்கவிதைக்கும் உள்ள வேறுபாட்டை மாணவர்கள் புரிந்து கொள்வார்கள்				K1
அலகு -II					
நோக்கம் 2	உரைநடையின் வடிவத்தையும், எழுத்தாளரையும் தெரிந்து கொள்ளுதல்.				
உரைநடை					
1. சவால் விடு - சாதனை செய் - இராமையா இ.ஆ.ப.,					
பயன் 2	எழுத்தாளர் இராமையா பற்றித் தெரிந்து கொள்வார்கள்.சவால்கள் நிறைந்த வாழ்க்கையில் சாதிப்பது எவ்வாறு என மாணவர்களை உணர்ந்து கொள்வார்கள்.				K1
அலகு-III					
நோக்கம் 3	எழுத்து பற்றிய அடிப்படை இலக்கணத்தைத் தெரிந்து கொள்ளுதல்.				
இலக்கணம்					
எழுத்திலக்கணம்: எண்-பெயர்-முறை- பிறப்பு-வடிவம்-மாத்திரை-மொழி முதல் எழுத்துக்கள் - மொழிஇறுதி எழுத்துகள்- மெய்யக்கம்- உருபுமயக்கம்					
பயன் 3	மாணவர்களுக்கு அடிப்படை இலக்கணத்தை நினைவுறுத்தல்.				K1
அலகு-IV					
நோக்கம் 4	மரபுக்கவிதை, புதுக்கவிதை தொடர்பான தோற்றம் வளர்ச்சி வடிவம் பற்றி தெரிந்து கொள்ளுதல்.				
இலக்கிய வரலாறு					
மரபுக்கவிதை, புதுக்கவிதை தொடர்பான இலக்கிய வரலாறு					
பயன் 4	மரபுக்கவிதையின் தோற்றம் வளர்ச்சி பற்றி அறிந்து கொள்வார்கள். புதுக்கவிதையின் பாடுபொருளையும், அதன் தோற்றம் வளர்ச்சியையும் தெரிந்து கொள்வார்கள்.				K1
அலகு-V					
நோக்கம் 5	மாணவர்களின் படைப்பாற்றலை வெளிப்படுத்துதல், மற்றும் பயிற்சியளித்தல்.				
படைப்புப் பயிற்சியும்					
கட்டுரை எழுதுதல்					
பயன் 5	மாணவர்களின் படைப்பாற்றல் திறனைப் பெறுவார்கள்.மாணவர்களுக்கு கட்டுரை எழுதப் பயிற்சியளிப்பதன் மூலம் சிறந்த கட்டுரையாளர்களாக உருவாவார்கள்.				K6
பார்வை நூல்கள்:					
பாரதியார் கவிதைகள், நியூசெஞ்சுரி புக் ஹவுஸ், சென்னை					
பாரதிதாசன் கவிதைகள், நியூசெஞ்சுரி புக் ஹவுஸ், சென்னை					
நாமக்கல் கவிஞரின் கவிதைகள்,நியூசெஞ்சுரி புக் ஹவுஸ், சென்னை					
கண்ணதாசன் கவிதைகள்,நியூசெஞ்சுரி புக் ஹவுஸ், சென்னை					
முடியரசன் கவிதைகள், தமிழ்மணி பதிப்பகம், தியாகராயர் நகர், சென்னை - 17					
ஜீவானந்தம் கவிதைகள்,நியூசெஞ்சுரி புக் ஹவுஸ், சென்னை					
ஆப்துல் ரகுமான் கவிதைகள், யுனிவர்சல் பப்ளிசிங், சென்னை					
மு.மேத்தா கவிதைகள்,நியூசெஞ்சுரி புக் ஹவுஸ், சென்னை					
சக்திஜோதி கவிதைகள்					
சவால்விடு - சாதனை செய், இராமையா இ.ஆ.ப., தாமரை பதிப்பகம், சென்னை - 98					
அடிப்படைத் தமிழ் இலக்கணம், எம்.ஏ.நு.மான், யுனி ஆர்ட்ஸ் (பிரைவேட்) லிமிடெட், கொழும்பு					

இணைய முகவரி:

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K1-Remember

K2 - Understand

K3 - Apply

K4- Analyze

K5 - Evaluate

K6 – Create

பாடத்திட்ட வடிவமைப்பு: முனைவர் சி.தன்மாணம்

Course Outcome VS Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	S(3)	M(2)	M(2)	S(3)	S(3)	M(2)	S(3)	S(3)	M(2)
CO2	M(2)	M(2)	S(3)	S(3)	S(3)	M(2)	S(3)	M(2)	S(3)	S(3)
CO3	S(3)	M(2)	M(2)	M(2)	M(2)	S(3)	S(3)	M(2)	S(3)	S(3)
CO4	S(3)	S(3)	M(2)	S(3)	M(2)	M(2)	M(2)	M(2)	M(2)	M(2)
CO5	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)
W.AV	2.8	2.6	2.4	2.6	2.6	2.6	2.6	2.4	2.8	2.6

S–Strong (3), M-Medium (2), L-Low (1)

Course Outcome VS Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	S(3)	S(3)	S(3)	S(3)
CO2	S(3)	S(3)	S(3)	S(3)	S(3)
CO3	S(3)	M(2)	M(2)	S(3)	S(3)
CO4	M(2)	M(2)	S(3)	S(3)	S(3)
CO5	S(3)	S(3)	S(3)	S(3)	S(3)
W.AV	2.8	2.6	2.8	3	3

S–Strong (3),M-Medium (2), L-Low(1)

பருவம் -II					
மொழி பாடம்	222T1	இடைக்கால இலக்கியமும் சிறுகதையும்	T	கற்றல் அளவெண் 3	நேரம்: மணி 6
அலகு-I					
நோக்கம் 1	இடைக்கால இலக்கியத்தையும் சிந்தனையையும் வெளிப்படுத்துதல்				
அ) திருஞானசம்பந்தர் - திருமுறைக்காடு (முதல் இரண்டு பாடல்கள்) ஆ) திருநாவுக்கரசர் - திருவதிகை வீரட்டானம் (முதல் இரண்டு பாடல்கள்) இ) சுந்தரர் - திருவெண்ணைநல்லூர் பதிகம் (முதல் இரண்டு பாடல்கள்) ஈ) மாணிக்கவாசகர் - திருவெம்பாவை (முதல் பாடல்) உ) குலசேகர ஆழ்வார் - பெருமாள் திருமொழி (முதல் இரண்டு பாடல்கள்) ஊ) ஆண்டாள் - திருப்பாவை (முதல் பாடல்) எ) சிற்றிலக்கியம் 1. நந்திக்கலம்பகம் - முதல் ஐந்து பாடல்கள் 2. கலிங்கத்துப்பரணி - முதல் ஐந்து பாடல்கள்					
பயன் 1	இடைக்கால இலக்கியத்தின் வடிவங்களையும் சிந்தனைகளையும் மாணவர்கள் உணர்வார்கள். சிற்றிலக்கியங்களையும், அவற்றின் இலக்கிய வடிவங்களையும் மாணவர்கள் தெரிந்து கொள்வார்கள்.				K1
அலகு-II					
நோக்கம் 2	சிறுகதையின் வகைகளையும் பாடுபொருளையும் உணர்த்துதல்.				
சிறுகதை நவரத்தினக் கதைகள்					
பயன் 2	சிறுகதையின் பாடுபொருளைக் கற்றுக் கொள்வார்கள். சிறுகதை இலக்கணங்களைப் பயின்று கொள்வார்கள்.				K2
அலகு-III					
நோக்கம் 3	அடிப்படைச் சொல்லிலக்கணத்தை மாணவர்களுக்கு உணர்த்துதல்				
இலக்கணம் சொல்வகை - பெயர்ச்சொல் - வினைச்சொல் - இடைச்சொல் - உரிச்சொல் - வேற்றுமை மயக்கம் - ஆகுபெயர்					
பயன் 3	சொல்லிலக்கணம் பற்றித் தெரிந்து கொள்வார்கள். சொல் வகைகளைத் தெரிந்து கொள்வார்கள்.				K1
அலகு -IV					
நோக்கம் 4	பக்தி இலக்கியம் மற்றும் சிற்றிலக்கியம் தொடர்பான இலக்கிய வரலாற்றை எடுத்தியம்புதல்.				
இலக்கிய வரலாறு பக்தி இலக்கியம் மற்றும் சிற்றிலக்கியம் தொடர்பான இலக்கிய வரலாறு					
பயன் 4	பக்தி இலக்கியத்தின் தோற்றம் வளர்ச்சி பற்றித் தெரிந்து கொள்வார்கள். சிற்றிலக்கியத்தின் தோற்றம் வளர்ச்சி பற்றி அறிந்து கொள்வார்கள்.				K1
அலகு V					
நோக்கம் 5	மாணவர்களின் படைப்பாற்றல் திறனை வெளிப்படுத்துதல்				
படைப்பாற்றல் சிறுகதை படைத்தல்					
பயன் 5	சிறுகதை எழுதப் பயிற்சியளித்தல். சிறுகதை படைப்பாளர்களை உருவாக்குதல்.				K6
பார்வை நூல்கள் பன்னிரு திருமுறைகள், அன்னை சாரதா பதிப்பகம், அண்ணா நகர், சென்னை - 40 நாலாயிர திவ்விய பிரபந்தம், அன்னை சாரதா பதிப்பகம், அண்ணா நகர், சென்னை - 40 நந்திக் கலம்பகம், உலகத் தமிழாராய்ச்சி நிறுவனம், சென்னை கலிங்கத்துப்பரணி, உலகத் தமிழாராய்ச்சி நிறுவனம், சென்னை நவரத்தினக் கதைகள், முனைவர் நயினார், அறிவுப் பதிப்பகம், சென்னை - 14 அடிப்படைத் தமிழ் இலக்கணம், எம். ஏ. நு. மான், யுனி ஆர்ட்ஸ் (பிரைவேட்) லிமிடெட், கொழும்பு					
இணைய முகவரி www.tamildigitallibrary.in					
பாடத்திட்ட வடிவமைப்பு முனைவர் சி.தன்மாணம்					

Course Outcome VS Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	S(3)	S(3)	M(2)	M(2)	M(2)	M(2)	M(2)	M(2)	M(2)
CO2	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)	M(2)	M(2)	M(2)	S(3)
CO3	S(3)	S(3)	S(3)	M(2)	S(3)	M(2)	M(2)	M(2)	S(3)	M(2)
CO4	M(2)	S(3)	M(2)	M(2)	M(2)	S(3)	M(2)	M(2)	M(2)	M(2)
CO5	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)
W.AV	2.8	3	2.8	2.2	2.4	2.6	2.2	2.2	2.4	2.4

S–Strong(3), M-Medium(2), L-Low(1)

Course Outcome VS Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	S(3)	S(3)	S(3)	M(2)
CO2	S(3)	S(3)	S(3)	S(3)	M(2)
CO3	S(3)	S(3)	S(3)	S(3)	S(3)
CO4	S(3)	S(3)	M(2)	M(2)	M(2)
CO5	S(3)	S(3)	S(3)	S(3)	S(3)
W.AV	3	3	2.8	2.8	2.4

S–Strong(3), M-Medium(2), L-Low(1)

பருவம்-III					
மொழி பாடம்	223T1	காப்பியமும் புதினமும்	T	கற்றல் அளவெண் 3	நேரம் :. மணி6
அலகு- I					
நோக்கம் ` 1	முற்கால, பிற்கால, கிறித்துவ, இஸ்லாம் காப்பிய வடிவங்களை வெளிப்படுத்துதல்.				
	1. சிலப்பதிகாரம் - அடைக்கலக்காதை (மதுரைக் காண்டம்) 2. மணிமேகலை - ஆதிரை பிச்சையிட்ட காதை 3. கம்பராமாயணம் - அங்கதன் தூதுப் படலம் 4. பெரியபுராணம் - அப்பூதியடிகள் நாயனார் புராணம் 5. தேம்பாவணி - நாட்டுப்படலம் 6. சீறாப்புராணம் - விருந்தாட்டுப் படலம்				
பயன் 1	முற்கால, பிற்கால காப்பியங்களின் இலக்கிய வடிவங்களைத் தெரிந்து கொள்வார்கள்.கிறித்துவ, இஸ்லாமியக் காப்பியங்களின் இலக்கிய வடிவங்களை அறிந்து கொள்வார்கள்.			K1	
அலகு- II					
நோக்கம் 2	புதினங்களின் இலக்கிய வடிவத்தைப் புரிந்து கொள்ளுதல்.				
	புதினம் பனையடி - இரா.செல்வம் இ.ஆ.ப				
பயன் 2	புதினங்களின் வகைமைகளைத் தெரிந்து கொள்வார்கள். புதினங்களின் வாயிலாக சமூகச் சிந்தனைகளை வளர்த்துக் கொள்வார்கள்.			K2	
அலகு-III					
நோக்கம் 3	மரபுச் செய்யுள்களை எழுதுவதற்குத் துணைபுரியும் இலக்கணத்தைக் கற்றுத் தருதல்.				
	இலக்கணம் செய்யுள் உறுப்புகள்: எழுத்து - அசை - சீர்- தளை - அடி - தொடை - பாவகைகள், அணிவகைகள் - உவமை - உருவகம் - சிலேடை - பின்வருநிலை - வேற்றுமை.				
பயன் 3	செய்யுள் இயற்றுவதற்குத் தேவையான அடிப்படை இலக்கணத்தைத் தெரிந்து கொள்வார்கள். செய்யுளுக்கு அழகு சேர்க்கும் அணி வகைகளைக் கற்றுத் தெளிவார்கள்.			K1	
அலகு- IV					
நோக்கம் 4	காப்பியம் மற்றும் புதின இலக்கியத்தின் வகைமைகளையும், தொன்மைகளையும், இலக்கியப் பொருண்மைகளையும் எடுத்தியம்புதல்.				
	இலக்கிய வரலாறு காப்பியம் மற்றும் புதின இலக்கியம் தொடர்பான இலக்கிய வரலாறு.				
பயன் 4	காப்பியத்தின் தோற்றம் வளர்ச்சி பற்றித் தெரிந்து கொள்வார்கள். புதினத்தின் தோற்றம் வளர்ச்சி பற்றி அறிந்து கொள்வார்கள்.			K1	
அலகு-V					
நோக்கம் ` 5	படைப்பாளர்கள் வெளிப்படுத்தும் பதிவுகளை எடுத்தியம்புதல்.				
	படைப்பாற்றல் கவிதை படைத்தல்				
பயன் 5	கவிதையின் இலக்கணத்தை அறிந்து கொள்வார்கள்.கவிதை எழுதி சிறந்த கவிஞர்களாக விளங்குவார்கள்.			K1	
பார்வை நூல்கள்:					
1. சிலப்பதிகாரம் நியூ செஞ்சுரி புக் ஹவுஸ், சென்னை 2. மணிமேகலை நியூ செஞ்சுரி புக் ஹவுஸ், சென்னை 3. கம்பராமாயணம் நியூ செஞ்சுரி புக் ஹவுஸ், சென்னை 4. பெரியபுராணம் நியூ செஞ்சுரி புக் ஹவுஸ், சென்னை 5. தேம்பாவணி நியூ செஞ்சுரி புக் ஹவுஸ், சென்னை 6. சீறாப்புராணம் நியூ செஞ்சுரி புக் ஹவுஸ், சென்னை 7. பனையடி, இரா.செல்வம் இ.ஆ.ப., நியூ செஞ்சுரி புக் ஹவுஸ், சென்னை - 98 8. தமிழ் இலக்கிய வரலாறு, பாக்கியமேரி, 9. அடிப்படைத் தமிழ் இலக்கணம், எம்.ஏ.நு.மான், யுனி ஆர்ட்ஸ் (பிரைவேட்) லிமிடெட், கொழும்பு					
பாடத்திட்ட வடிவமைப்பு முனைவர் சி.தன்மாணம்					

Course Outcome VS Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	S(3)	S(3)	M(2)	M(2)	M(2)	M(2)	M(2)	M(2)	M(2)
CO2	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)	M(2)	M(2)	M(2)	S(3)
CO3	S(3)	S(3)	S(3)	M(2)	S(3)	M(2)	M(2)	M(2)	S(3)	M(2)
CO4	M(2)	S(3)	M(2)	M(2)	M(2)	S(3)	M(2)	M(2)	M(2)	M(2)
CO5	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)
W.AV	2.8	3	2.8	2.2	2.4	2.6	2.2	2.2	2.4	2.4

S–Strong (3), M-Medium (2), L-Low (1)

Course Outcome VS Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	S(3)	S(3)	S(3)	M(2)
CO2	S(3)	S(3)	S(3)	S(3)	M(2)
CO3	S(3)	S(3)	S(3)	S(3)	S(3)
CO4	S(3)	S(3)	M(2)	M(2)	S(3)
CO5	S(3)	S(3)	S(3)	S(3)	S(3)
W.AV	3	3	2.8	2.8	2.6

S–Strong (3), M-Medium (2), L-Low(1)

பருவம் -IV					
மொழி பாடம்	224T1	பண்டைய இலக்கியமும் நாடகமும்	T	கற்றல் அளவெண் 3	நேரம்: மணி 6
அலகு-I					
நோக்கம் 1	பண்டை இலக்கிய, அறஇலக்கிய வடிவங்களைக் கற்றறிதல்.				
அ) பத்துப்பாட்டு - பொருநராற்றுப்படை ஆ) நற்றிணை - கபிலர் பாடல்கள் (13, 32, 59) இ) குறுந்தொகை - ஓளவையார் பாடல்கள் (23, 28) ஈ) கலித்தொகை - பாடல் எண் (9, 51) உ) அகநானூறு - வெள்ளிவீதியார் பாடல்கள் (45, 362) ஊ) புறநானூறு - பாடல் எண் (279, 288, 306) எ) திருக்குறள் - அன்புடைமை, அறிவுடைமை ஏ) நாலடியார் - மேன்மக்கள் (முதல் ஐந்து பாடல்கள்) ஐ) பழமொழி நானூறு - பாடல் எண் (12, 13, 53, 190, 202)					
பயன் 1	சங்ககால இலக்கிய வடிவங்களைத் தெரிந்து கொள்வார்கள். சங்கம் மருவிய கால இலக்கிய வடிவங்களைத் தெரிந்து கொள்வார்கள்.				K1
அலகு- II					
நோக்கம் 2	நாடகத்தின் இலக்கிய வடிவங்களையும், வகைகளையும், பொருண்மைகளையும் கற்றுத் தருதல்.				
நாடகம்					
வேலைக்காரி - அறிஞர் அண்ணா					
பயன் 2	நாடகங்கள் வாயிலாக சமூகத்தை, நடப்பியலை உணர்வார்கள்.				K2
அலகு - III					
நோக்கம் 3	பொருளிலக்கணங்களை அறிந்து கொள்ளுதல்.				
இலக்கணம்					
அகப்பொருள் - 7 திணைகள் புறப்பொருள் - 12 திணைகள் களவு -கற்பு-உள்ளுறை-இறைச்சி					
பயன் 3	பொருளிலக்கணங்களின் வகைகளைத் தெரிந்து கொள்வார்கள்.பொருளிலக்கணங்களின் உட்பொருளைப் புரிந்து கொள்வார்கள்.				K1
அலகு-IV					
நோக்கம் 4	சங்ககால வரலாற்றினையும் அறஇலக்கியங்களின் வரலாறு மற்றும் பொருண்மைகளையும் பாடுபொருளையும் அறிதல்.				
இலக்கிய வரலாறு					
சங்க இலக்கியம் மற்றும் நீதி இலக்கியம் தொடர்பான இலக்கிய வரலாறு					
பயன் 4	சங்ககால பண்பாடு, நாகரிகம், கல்வி, தொழில், பற்றி அறிந்து கொள்வார்கள் நீதி இலக்கியங்கள் உணர்த்தும் நீதிகளை வாழ்வியல் நெறிமுறைகளாகப் பின்பற்றுவார்கள்				K1
அலகு-V					
நோக்கம் 5	படைப்புத் திறன் பற்றிய செய்முறையைக் கற்றுத்தருதல்.				
படைப்பாற்றல்					
நாடகம் படைத்தல்					
பயன் 5	படைப்புத்திறனை ஊக்குவித்தல்				K6
பார்வை நூல்கள்					
1. சங்க இலக்கியம், திருநெல்வேலி சைவ சித்தாந்த நூற்பதிப்புக் கழகம், சென்னை 2. அடிப்படைத் தமிழ் இலக்கணம், எம்.ஏ.நு.மான், யுனி ஆர்ட்ஸ் (பிரைவேட்) லிமிடெட், கொழும்பு 3. சங்கம் மருவிய கால இலக்கியங்கள், திருநெல்வேலி சைவ சித்தாந்த நூற்பதிப்புக் கழகம், சென்னை					
பாடத்திட்ட வடிவமைப்பு முனைவர் சி.தன்மாணம்					

Course Outcome VS Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	S(3)	S(3)	M(2)	M(2)	M(2)	M(2)	M(2)	M(2)	M(2)
CO2	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)	M(2)	M(2)	M(2)	S(3)
CO3	S(3)	S(3)	S(3)	M(2)	S(3)	M(2)	M(2)	M(2)	S(3)	M(2)
CO4	M(2)	S(3)	M(2)	M(2)	M(2)	S(3)	M(2)	M(2)	M(2)	M(2)
CO5	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)
W.AV	2.8	2.8	2.8	2.2	2.4	2.4	2.2	2.2	2.4	2.4

S–Strong (3), M-Medium (2), L-Low (1)

Course Outcome VS Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	S(3)	S(3)	S(3)	M(2)
CO2	S(3)	S(3)	S(3)	S(3)	M(2)
CO3	S(3)	S(3)	S(3)	S(3)	S(3)
CO4	S(3)	S(3)	M(2)	M(2)	S(3)
CO5	S(3)	S(3)	S(3)	S(3)	S(3)
W.AV	3	3	2.8	2.8	2.4

S–Strong (3), M-Medium(2), L-Low(1)

Semester - I					
L	221F1	French Language, Culture & Civilization -I	T	Credits: 3	Hours : 6
Unit-I					
Objective1	Acquire the four basic language skills of Listening, Speaking, Reading and Writing.				
Bonjour cava ?, Salut, Je m'appelle Agnès, (pg.no-10-29 from book) Bienvenue, La Francetlafrancophonie , Les expressions utilités par L'enseignant et lesélèves. Lescouleurs. Lesmoisdel'année, Lesjoursdelasemaine. Lespaysetlesnationalités. Les animaux domestiques. Lesnombresde 0 à 69, Lespronoms personnels sujets. Lesverbesêtreetavoir, Laformationduféminin, Laformationdupluriel, Les adjectives possessives.					
Outcome 1	Express themselves basic words in French.				K2
Unit-II					
Objective2	Become familiar with the sound pattern of French Language.				
Oui est-ce ? , Dans mon sac, J'ai, (pg.no :30-43 from book) Les professions, Quelquesobjets. Lafiched'identité, Laformationduféminin. Laphraseinterrogative. Laphrasenégative. Lesverbesdupremiergroupe. Lesverbesalleretvenir.					
Outcome 2	Understand the objects and professions.				K2
Unit-III					
Objective 3	Improve their vocabulary and grammar skills by understanding the structures of the Language.				
Ilestcomment? Allô?(pg.no:46-61frombook) L'aspectphysique. Levisage, Lecaractère. Les prépositions de lieu. Les nombres à partir de 70. Les pays des vacances(LaFrance). Lemontsaint-Michel. LaBretagne. Lacôte d'Azur. Leschâteauxde laLoire					
Outcome 3	To acquire knowledge of the parts of the body, numbers 0 to 100, French culture & Civilization.				K1
Unit -IV					
Objective 4	Comprehend the Grammar in French Language.				
LaGrammaire(pg.no:C2-C13fromworkbook) Motsetexpressions, Grammaire, Entrer en contact, se présenter, Demander et répondre poliment, Demanderdesinformationspersonnelles. Laformationduféminin, Lesarticlesdéfiniset indéfinis. Laformationdupluriel. Lesadjectifspossessifs, Grammaire. Lespronoms personnelssujets, Lesverbesêtreetavoir. Sepresenter					
Outcome 4	To identify the basic knowledge of French Grammar.				K1
Unit -V					
Objective 5	Have an exposure to French Culture and Civilization.				
LaGrammaire (pg.no :C14-C21fromworkbook) Motsetexpressions, Grammaire, Décrire l'aspectphysique et le caractère, Parlerautéléphone . Les articlescontractés, Lespronoms personnelstoniques, Ilya, Lesadverbesinterrogatifs, Lesnombres, Lesverbesdu deuxièmegroupe, Leverbefaire.					
Outcome 5	To aware of French words and expressions.				K1
Prescribed TextBook	: Génération A1 – Book (Unités 1-3)				
Authors	: M. Caneschi, D. Cecchi, F. Tortelli				
Publisher	: Didier, Paris, 2016				
Suggested Readings:					

AnneAkyüz,BernadetteBazelle-Shahmael,JoëlleBonenfant,Marie–
 FrançoiseGliemann*Lesexercicesdegrammaire*,Hachette FLE,Paris.
 ChristianBeaulieu,(2015) *Jepratique,ExcercicesdegrammaireA1*,Didier,Paris.
 CoctonMarie-Noëlle,DupleixDorotheé,HeuElodie,KasazianEmilie,RipaudDelphine,(2015)
Saison1-Méthodedefrançais,Didier,Paris,2015.
 NathalieBIE,Philippesantinan,(2005)*Grammairepouradolescents250exercices*,CLEInternational,P
 aris.

Online resources:

<http://enseigner.tv5monde.com/>

<http://bonjourdumonde.com/exercices/contenu/le-français-du-tourisme.html>

<http://www.bonjourdefrance.com/>

<http://www.lepointdufle.net/>

K1-Remember K2 - Understand K3 - Apply K4- Analyze K5 - Evaluate K6 – Create

Coursedesignedby: Mr. S. Manikandan

Course outcome VS Programme outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	L (1)	M (2)	L (1)	L (1)	M (2)	M (2)	M (2)	M (2)	L (1)	L (1)
CO2	M (2)	M (2)	M (2)	M (2)	L (1)	L (1)	L (1)	L (1)	L (1)	L (1)
CO3	M (2)	M (2)	L (1)	L (1)	L (1)	M (2)	M (2)	M (2)	L (1)	L (1)
CO4	L (1)	L (1)	M (2)	L (1)	M (2)	L (1)	L (1)	L (1)	L (1)	L (1)
CO5	M (2)	M (2)	L (1)	L (1)	M (2)	L (1)	L (1)	M (2)	M (2)	M (2)
W.AV	1.6	1.8	1.4	1.2	1.6	1.4	1.4	1.6	1.2	1.2

S –Strong (3), M-Medium (2), L- Low (1)

Course Outcome VS Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	L (1)	M (2)	M (2)	M (2)	M (2)
CO2	M (2)	L (1)	L (1)	L (1)	S (3)
CO3	L (1)	S (3)	M (2)	M (2)	M (2)
CO4	M (2)	M (2)	M (2)	L (1)	L (1)
CO5	L (1)	M (2)	L (1)	L (1)	M (2)
W.AV	1.4	2	1.6	1.4	2

S –Strong (3), M-Medium (2), L- Low (1)

Semester – II						
L	222F1	French Language, Culture & Civilization - II		T	Credits : 3	Hours: 6
Unit – I						
Objective 1	Enhance their Linguistic Skills by a deeper understanding of the Language structure and the vocabulary.					
Les loisirs, Laroutine (pg.no-62-75frombook)						
Les activités quotidiennes, Les matières, Le temps et l'heure, La fréquence ,Les Sons, Lesadjectifsinterrogatifs,Lesnombresordinaux,L'heure,Lespronoms personnels,Lesverbespronominaux,Lesverbesdupremiergroupee.er,eler,eterLeverbeprendre,Parler de ses goûts et de ses préférences, Décrire sa journée.						
Outcome 1	Plan the Leisure activities and day today activities.				K4	
Unit – II						
Objective 2	Apply the Language Skills on a range of Everyday Situations.					
Où faire les courses ?Découvrez et dégustez !(pg.no :78-93 from book)						
Les aliments,Les quantités , Les commerces et les commerçants, Demander et dire paiement, Les sons (a/an),Lesarticlespartitifs,Lepronomen(laquantité)Laphrasenégative,C'est/Il est L,imperatif,Les verbesdevoir, pouvoir, savoir, Vouloir ,Au restaurant :Commander et commenter,						
Outcome 2	Acquire knowledge of shopping and Narrate the events.				K1	
Unit – III						
Objective 3	Understand routine information and get a grasp of the practical life in France.					
Toutlemondes'amuse,Lesadosauquotidien(pg.no :94-107frombook)						
La formation du Féminin, Le pronom indéfini on ' Le passé composé, Le future proche, Les verbs du premier groupe en,-yer, Les verbs voir et sortir. Décrire une tenue, Ecrireun Message amical.						
Outcome 3	Prepare the invitation and message writing.				K6	
Unit – IV						
Objective 4	Get an insight into the cultural background of France.					
La Grammaire(pg.no:C22 C29fromworkbook)						
Les loisirs,La routine,Mots et expressions, Grammaire, Exprimer ses goûts et ses préférences, Décrire sa journée.						
Outcome 4	To understand the French expressions and grammar.				K2	
Unit –V						
Objective 5	Understand the difference between formal and informal writing using appropriate format.					
LaGrammaire;(pg.no:C30-C43fromworkbook).						
Où faire ses courses? ,Découvrez et dégustez!, Mots et expressions, Grammaire Au restaurant :Commander et commenter ,Inviter et répondre à uneinvitation. Tout le monde s'amuse, Les ados au quotidien, Mots et expressions, Grammaire. Décrire une tenue, Écrire un Message amical.						
Outcome 5	Acquire a good knowledge of the French cuisine.				K1	

Prescribed Text Book :GénérationA1–Book(Unites4-6)					
Authors :M.Caneschi,D.Cecchi,F.Tortelli					
Publisher :Didier,Paris,2016					
Suggested Readings:					
Anne Akyüz, Bernadette Bazelle-Shahmael, Joëlle Bonenfant, Marie –Françoise GliemannLes exercices de grammaire, Hachette FLE ,Paris.					
Christian Beaulieu, (2015) Je pratique, Excerices de grammaireA1, Didier, Paris.					
Cocton Marie-Noëlle, Duplex Dorothée, Heu Elodie, Kasazian Emilie, Ripaud Delphine,(2015) Saison 1-Méthode de français, Didier, Paris.					
Nathalie BIE,Philippe SANTINAN, (2005)Grammaire pour adolescents-250 exercices, CLE International, Paris.					
Online resources:					
<ul style="list-style-type: none"> • http://enseigner.tv5monde.com/ • http://bonjour.dumonde.com/exercices/contenu/le-francais-dutourisme.html • http://www.bonjourdefrance.com/ • http://www.lepointdufle.net/ 					
K1-Remember	K2 - Understand	K3 - Apply	K4- Analyze	K5 - Evaluate	K6 – Create
Course designed by: Mr. S. Manikandan					

Course outcome VS Programme outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	L (1)	M (2)	L (1)	L (1)	M (2)	M (2)	M (2)	M (2)	L (1)	L (1)
CO2	M (2)	M (2)	M (2)	M (2)	L (1)	L (1)	L (1)	L (1)	L (1)	L (1)
CO3	M (2)	M (2)	L (1)	L (1)	L (1)	M (2)	M (2)	M (2)	S (3)	L (1)
CO4	M (2)	L (1)	M (2)	M (2)	M (2)	L (1)	L (1)	L (1)	L (1)	S (3)
CO5	M (2)	M (2)	L (1)	L (1)	M (2)	L (1)	L (1)	M (2)	M (2)	M (2)
W.AV	1.8	1.8	1.4	1.4	1.6	1.4	1.4	1.6	1.6	1.6

S –Strong (3), M-Medium (2), L- Low (1)

Course Outcome VS Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	L (1)	M (2)	M (2)	M (2)	M (2)
CO2	M (2)	L (1)	M (2)	L (1)	S (3)
CO3	M (2)	S (3)	M (2)	S (3)	L (1)
CO4	M (2)	M (2)	S (3)	L (1)	L (1)
CO5	L (1)	M (2)	L (1)	L (1)	M (2)
W.AV	1.6	2	2	1.6	1.8

S –Strong (3), M-Medium (2), L- Low (1)

Semester - III					
L	223F1	French Language, Culture & Civilization - III	T	Credits 3	Hours 6
Unit-I					
Objective 1	Reinforcing the students's proficiency in the Four skills [Listening ,Speaking , reading ,writing.				
Vivre la ville, Visiter une ville (pg.no-10-29frombook) La ville, Les lieux de la ville ,Les transports, Les points cardinaux, Les prepositions de lieu, Les sons Les jeux de la francophonie,La comparaison avec les noms géographiques, Les pronoms personnels, Les verbes du premier groupe en –ger,-et,-cer,Les verbes ouvrir,et accueillir ,Indiquer le chemin,Demander des renseignements touristiques.					
Outcome 1	Seek a service.				K6
Unit- II					
Objective 2	To appreciate other's culture and speak about the cultural diversity.				
On vend ou on Garde ?Ventes d'autrefois, Ventes d'aujourd'hui (pg .no-30-43 frombook) Les couleurs,Les formes,Les matériaux,Les mesures,L'informatique,La Grammaire La formation du pluriel Les adjectifs de couleur, Les adjectifs beau, nouveau,vieux,Les pronoms relatives quelque,L'imparfait,Les verbes connaître, écrire, mettre et vendre, Permettre, défendre obliger, Décrire un objet.					
Outcome 2	Exchange the information.				K5
Unit – III					
Objective 3	Value different objects.				
Félicitations! Envoyage (pg.no:4457frombook), L'aéroport et l'avion, Les fêtes, La gare et le train, L'hôtel, Les articles: particularités, Les pronoms interrogatifs, Les pronoms démonstratives , La question avec inversion, Les verbes recevoir et conduire.					
Outcome 3	Speak about the computer Technology and Internet.				K3
Unit – IV					
Objective 4	Relate experiences and Events in French.				
La Grammaire (pg.no:C2-C13from workbook) Vivre la ville, visiter une ville, Motset expressions, Grammaire, Indiquer un chemin, Demander des précisions [ou des informations] on vend ou on garde?, ventes d'autrefois, ventes d'aujourd'hui. Motset expressions, grammaire, permettre, défendre, obliger. Décrire un objet.					
Outcome 4	Discover other's culture.				K6
Unit –V					
Objective 5	Translate simple phrases.				
La Grammaire; (pg.no:C14-C21from workbook). Félicitations ! En voyage ! Motset expressions, grammaire, présenter ses vœux. Faire une réservation.					
Outcome 5	Apply the learnt grammar rules in practice exercises to improve their understanding.				K3
Prescribed Text Book : Génération A2– Livre (Unités 1-3)					
Authors : M. Caneschi, D. Cecchi, F. Tortelli					
Publisher : Didier, Paris, 2016					

Suggested Readings:

Christian Beaulieu, *Je pratique, Exercices de grammaire A1*, Didier, Paris-2015,
 Cocton Marie-Noëlle, Duplex Dorothée, Heu Elodie, Kasazian Emilie, Ripaud Delphine, *Saison 2- Méthode de français*, Didier, Paris, 2015
 Anne Akyüz, Bernadette Bazelle-Shahmael, Joëlle Bonenfant, Marie-
 Françoise Gliemann, *Les exercices de grammaire*, Hachette FLE, Paris, 2005,
 Nathalie BIE, Philippe SANTINAN, *Grammaire pour adolescents- 250 exercices*, CLE International, Paris, 2005

Online resources:

- <http://enseigner.tv5monde.com/>
- <http://bonjourdumonde.com/exercices/contenu/le-français-du-tourisme.html>
- <http://www.bonjourdefrance.com/>
- <http://www.lepointdufle.net/>

K1-Remember	K2 - Understand	K3-Apply	K4-Analyze	K5-Evaluate	K6-Create
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Course designed by : Mr.S.Manikandan

Course outcome VS Programme outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	L (1)	M (2)	L (1)	L (1)	M (2)	M (2)	M (2)	M (2)	L (1)	L (1)
CO2	M (2)	S (3)	M (2)	M (2)	L (1)	L (1)	L (1)	L (1)	L (1)	M (2)
CO3	S (3)	M (2)	L (1)	S (3)	L (1)	M (2)	M (2)	M (2)	S (3)	L (1)
CO4	M (2)	L (1)	M (2)	M (2)	M (2)	L (1)	S (3)	L (1)	M (2)	S (3)
CO5	M (2)	M (2)	L (1)	L (1)	M (2)	L (1)	L (1)	M (2)	M (2)	M (2)
W.AV	2	2	1.4	1.8	1.6	1.4	1.8	1.6	1.8	1.8

S –Strong (3), M-Medium (2), L- Low (1)

Course Outcome VS Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	L (1)	M (2)	M (2)	M (2)	M (2)
CO2	M (2)	M (2)	M (2)	L (1)	L (1)
CO3	L (1)	S (3)	L (1)	L (1)	L (1)
CO4	M (2)	M (2)	S (3)	L (1)	L (1)
CO5	L (1)	M (2)	L (1)	L (1)	M (2)
W.AV	1.4	2.2	1.8	1.2	1.4

S –Strong (3), M-Medium (2), L- Low (1)

Semester - IV					
L	224F1	French Language, Culture & Civilization -IV	T	Credits: 3	Hours: 6
Unit - I					
Objective1	Write an essay and communicate orally with ease.				
On fait le ménage ! À propos de logement (pg.no-58-73 from book) Le logement , Lamaison , Les pièces, Meubles et équipement, Les taches ménagères, Le present progressif, Les pronoms possessifs, La phrase négative, Quelques adjectives et pronoms indéfinis, Les Verbs lire, rompre, se plaindre, Protester, réagir, Exprimer l'indifférence.					
Outcome 1	Write an essay, a letter and prepare the curriculum vitae in French.			K1	
Unit– II					
Objective 2	Offer a better insight into French Culture and Civilisation.				
Tous en forme!, Accidents et catastrophes (pg.no-74-89 book) Le corps humain: l'extérieur, l'intérieur, Les maladies et les remèdes, Les accidents, Les catastrophes naturelles. Le passé composé et l'imparfait, Le passé récent, L'expression de la durée, Les adjectives et les pronoms indéfinis: <i>rien, personne, aucun</i> . Les verbs <i>dire, courir et mourir</i> , Raconter au passé, Exprimer la peur et rassurer.					
Outcome 2	Appreciate the French art ,culture & Literary texts.			K2	
Unit – III					
Objective 3	Demonstrate knowledge of various expressions used to express opinions, emotions, cause, Effect , purpose and hypothesis in French.				
Faire ses études a l'étranger , Bon voyage !, La météo (pg.no 90-103 from book) Le système scolaire, Les formalités pour partir à l'étranger, La météo, Les sons [il] / [ij], Les pronoms démonstratifs neutres, Le futur simple, Situer dans le temps, <i>Moiaussi/non plus – Moinon/si</i> , Les verbs impersonnels, Les verbs <i>croire, suivre et pleuvoir</i> , Exprimer son opinion, Parler de la météo, Parler de l'avenir					
Outcome 3	Understand various expressions and situations.			K2	
Unit – IV					
Objective 4	Study about the Francophone countries.				
La Grammaire (pg.no: C22-C29 from workbook) On fait le ménage!, À propos de logement, Mots et expressions, Grammaire, Protester, réagir, Exprimer l'intérêt et l'indifférence.					
Outcome 4	Comprehend French in the World.			K2	
Unit –V					
Objective 5	Explain the nuances in the usage of various grammatical tenses and their aspects.				
La Grammaire; (pg.no : C30-C43 from work book). Tous en forme !, Accidents et catastrophes, Mots et expressions, Raconter au passé, Exprimer la peur et rassurer, Faire ses études à l'étranger, La météo, exprimer son opinion. Parler de la météo et de l'avenir					
Outcome 5	Recall and remember the usage of grammatical tenses in constructing sentences.			K1	
Prescribed Text Book : Génération A2 – Livre (Unités 4-6) Authors : M. Caneschi, D. Cecchi, F. Tortelli Publisher : Didier, Paris, 2016					

Referencebooks:

AnneAkyüz, Bernadette Bazelle-Shahmael, Joëlle Bonenfant, Marie–
 Françoise Gliemann, (2005) *Les exercices de grammaire*, Hachette FLE, Paris.
 Christian Beaulieu, (2015) *Je pratique, Exercices de grammaire A1*, Didier, Paris.
 Cocton Marie-Noëlle, Dupleix Dorothée, Heu Elodie, Kasazian Emilie, Ripaud
 Delphine (2015), *Saison 2-Méthode de français*, Didier, Paris.
 Nathalie BIE, Philippe SANTINAN,
Grammaire pour adolescents-250 exercices, (2005) CLE International, Paris.

Online resources:

- <http://enseigner.tv5monde.com/>
- <http://bonjourdumonde.com/exercices/contenu/le-français-du-tourisme.html>
- <http://www.bonjourdefrance.com/>
- <http://www.lepointdufle.net/>

K1-Remember	K2 - Understand	K3-Apply	K4-Analyze	K5-Evaluate	K6-Create
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Course designed by: Mr.S.Manikandan

Course outcome VS Programme outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	M (2)	M (2)	M (2)	L (1)	M (2)	M (2)	M (2)	M (2)	L (1)	L (1)
CO2	M (2)	S (3)	M (2)	M (2)	L (1)	L (1)	L (1)	L (1)	L (1)	M (2)
CO3	S (3)	M (2)	S (3)	S (3)	M (2)	M (2)	M (2)	S (3)	S (3)	L (1)
CO4	M (2)	L (1)	M (2)	M (2)	M (2)	S (3)	S (3)	L (1)	M (2)	S (3)
CO5	M (2)	M (2)	L (1)	S (3)	M (2)	L (1)	L (1)	M (2)	M (2)	M (2)
W.A V	2.2	2	2	2.2	1.8	1.8	1.8	1.8	1.8	1.8

S –Strong (3), M-Medium (2), L- Low (1)

Course Outcome VS Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	L (1)	M (2)	M (2)	M (2)	M (2)
CO2	S (3)	M (2)	M (2)	L (1)	M (2)
CO3	M (2)	S (3)	L (1)	M (2)	L (1)
CO4	M (2)	M (2)	S (3)	M (2)	L (1)
CO5	L (1)	M (2)	M (2)	L (1)	M (2)
W.AV	1.8	2.2	2	1.6	1.6

S –Strong (3), M-Medium (2), L- Low (1)

Semester – I					
L	912CE	Communicative English -I	T	Credits:	Hours:
				3	6
Unit – I					
Objective 1	Apply and analyse the right kind of pronunciation with regards to speech sounds and able to get different types of pronunciations.				
<p>1. Listening and Speaking</p> <p>a. Introducing self and others</p> <p>b. Listening for specific information</p> <p>c. Pronunciation (without phonetic symbols)</p> <p> i. Essentials of pronunciation ii. American and British pronunciation</p> <p>2. Reading and Writing</p> <p>a. Reading short articles – newspaper reports / fact based articles</p> <p>i. Skimming and scanning</p> <p>ii. Diction and tone</p> <p> iii. Identifying topic sentences</p> <p>b. Reading aloud: Reading an article/report</p> <p>c. Journal (Diary) Writing</p> <p>3. Study Skills - 1</p> <p>a. Using dictionaries, encyclopaedias, thesaurus</p> <p>4. Grammar in Context:</p> <p>Naming and Describing</p> <p>• Nouns & Pronouns , Adjectives</p>					
Outcome1	Students develop exposure to the channels and levels of communication.				K4
Unit –II					
Objective 2	To enhance the LSRW Skills.				
<p>1. Listening and Speaking</p> <p>a. Listening with a Purpose</p> <p>b. Effective Listening</p> <p>c. Tonal Variation</p> <p>d. Listening for Information</p> <p>e. Asking for Information</p> <p>f. Giving Information</p> <p>2. Reading and Writing</p> <p>1. a. Strategies of Reading:</p> <p> Skimming and Scanning</p> <p> b. Types of Reading : Extensive and Intensive Reading</p> <p> c. Reading a prose passage</p> <p> d. Reading a poem</p> <p> e. Reading a short story</p> <p>2. Paragraphs: Structure and Types</p> <p>a. What is a Paragraph?</p> <p>b. Paragraph structure</p> <p>c. Topic Sentence</p> <p>d. Unity</p>					

- e. Coherence
- f. Connections between Ideas: Using Transitional words and expressions
- g. Types of Paragraphs

3. Study Skills II:

Using the Internet as a Resource

- a. Online search
- b. Know the keyword
- c. Refine your search
- d. Guidelines for using the Resources
- e. e-learning resources of Government of India
- f. Terms to know

4. Grammar in Context

Involving Action-I

- a. Verbs
- b. Concord

Outcome2	Listening and asking for information, structure and types of paragraphs and using of internet as a resource.	K3
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Unit –III

Objective 3	To encourage the descriptive writing and to identify point of view and perspective.
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1. Listening and Speaking

- a. Giving and following instructions
- b. Asking for and giving directions
- c. Continuing discussions with connecting ideas

2. Reading and writing

- a. Reading feature articles (from newspapers and magazines)
- b. Reading to identify point of view and perspective (opinion pieces, editorials etc.)
- c. Descriptive writing – writing a short descriptive essay of two to three paragraphs.

3. Grammar in Context: Involving Action – II

- Verbals - Gerund, Participle,
- Infinitive
- Modals

Outcome 3	Writing essay reading newspaper articles.	K3
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Unit - IV

Objective 4	To develop cognitive Skills and narrative writing.
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1. Listening and Speaking

- a. Giving and responding to opinions

2. Reading and writing

- a. Note taking
- b. Narrative writing – writing narrative essays of two to three paragraphs

3. Grammar in Context:

- Tense
- Present
- Past
- Future

Outcome 4	Writing narrative essays.	K6
Unit - V		
Objective 5	To enrich participation in group discussion and interpretations of diagrammatic information.	
1. Listening and Speaking a. Participating in a Group Discussion 2. Reading and writing a. Reading diagrammatic information – interpretations maps, graphs and pie charts b. Writing short essays using the language of comparison and contrast 3. Grammar in Context: Voice (showing the relationship between Tense and Voice)		
Outcome 5	Interpretation of diagrammatic information and Group discussion.	K2
Suggested Readings: Tamil Nadu State Council For Higher Education (Tansche)		
K1-Remember	K2 - Understand	K3 - Apply
K4- Analyze	K5 - Evaluate	K6 – Create
Course designed by: Dr. G. Aiswarya		

Course outcome VS Programme outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	L (1)	L (1)	L (1)	L (1)	L (1)	L (1)	S (3)	S (3)	S (3)	S (3)
CO2	L (1)	M (2)	L (1)	M (2)	L (1)	L (1)	S (3)	S (3)	S (3)	S (3)
CO3	M (2)	M (2)	L (1)	M (2)	M (2)	M (2)	S (3)	S (3)	S (3)	S (3)
CO4	M (2)	L (1)	M (2)	M (2)	M (2)	M (2)	S (3)	S (3)	S (3)	S (3)
CO5	L (1)	L (1)	M (2)	M (2)	L (1)	L (1)	S (3)	S (3)	S (3)	S (3)
W.AV	1.4	1.4	1.4	1.8	1.4	1.4	3	3	3	3

S - Strong (3), M-Medium (2), L- Low (1)

Course Outcome VS Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	L (1)	L (1)	L (1)	L (1)	S (3)
CO2	L (1)	L (1)	L (1)	L (1)	S (3)
CO3	L (1)	L (1)	L (1)	L (1)	S (3)
CO4	M (2)	M (2)	M (2)	M (2)	S (3)
CO5	M (2)	M (2)	M (2)	M (2)	S (3)
W.AV	1.4	1.4	1.4	1.4	3

S –Strong (3), M-Medium (2), L- Low (1)

Semester – II					
L	922CE	Communicative English - II	T	Credits: 3	Hours: 6
Unit– I					
Objective 1	To Apply the concepts of accurate English while writing and become equally at ease in using good vocabulary and language skills.				
<p>1. Listening and Speaking</p> <p>a. Listening and responding to complaints (formal situation)</p> <p>b. Listening to problems and offering solutions (informal)</p> <p>2. Reading and writing</p> <p>a. Reading aloud (brief motivational anecdotes)</p> <p>b. Writing a paragraph on a proverbial expression/motivational idea.</p> <p>3. Word Power/Vocabulary</p> <p>a. Synonyms & Antonyms</p> <p>4. Grammar in Context</p> <p>Adverbs , Prepositions</p>					
Outcome 1	Students learn the concepts of accurate English while writing and become equally at ease in using good vocabulary and language skills.				K6
Unit- II					
Objective 2	Apply the strategies and techniques learnt in carrying out conversations in different contexts and analyze the different parameters and formats of written technical communication and apply in everyday work and life.				
<p>1. Listening and Speaking</p> <p>a. Listening to Famous Speeches and Poems</p> <p>b. Making Short Speeches- Formal: welcome speech and vote of thanks. Informal Occasions- Farewell party, Graduation Speech</p> <p>2. Reading and Writing</p> <p>a. Writing Opinion Pieces (could be on travel, food, film / book reviews or on any contemporary topic)</p> <p>b. Reading poetry</p> <p>i) Reading aloud: (Intonation and Voice Modulation)</p> <p>ii) Identifying and using figures of speech - Simile, Metaphor, Personification etc.</p> <p>3. Word Power</p> <p>a. Idioms & Phrases</p> <p>4. Grammar in Context</p> <p>Conjunctions and Interjections</p>					
Outcome 2	Learners develop knowledge on different parameters and formats of written technical communication and apply in everyday work and life.				K2
Unit - III					
Objective 3	To provide the students with a first- hand knowledge of short and formal presentation.				
<p>1. Listening and Speaking</p> <p>a. Listening to Ted talks</p> <p>b. Making Short Presentations – Formal Presentation with PPT, Analytical Presentation of Graphs and Reports of Multiple kinds</p> <p>c. Interactions during and after the Presentations</p>					

2. Reading and writing a. Writing e-mails of Complaint b. Reading aloud Famous Speeches 3. Word Power a. One Word Substitution 4. Grammar in Context: Sentence Patterns					
Outcome 3	Students learn first- hand knowledge of short and formal presentation.				K6
Unit - IV					
Objective 4	To provide Students knowledge on reading visual text and preparing first drafts of short assignments.				
1. Listening and Speaking a. Participating in a meeting: face to face and online b. Listening with courtesy and adding ideas and giving opinions during the meeting and making concluding remarks. 2. Reading and Writing a. Reading visual texts – advertisements b. Preparing first drafts of short assignments 3. Word Power a. Denotation and Connotation 4. Grammar in Context: Sentence Types					
Outcome 4	Students acquire knowledge on reading visual text and preparing first drafts of short assignments.				K2
Unit -V					
Objective 5	To enrich writing skills and responding to questions at a formal interview.				
1. Listening and Speaking a. Informal interview for feature writing b. Listening and responding to questions at a formal interview 2. Reading and Writing a. Writing letters of application b. Readers' Theatre (Script Reading) c. Dramatizing everyday situations/social issues through skits. (writing scripts and performing) 3. Word Power a. Collocation 4. Grammar in Context: Working With Clauses					
Outcome 5	Students develop writing skills and responding to questions at a formal interview.				K6
Reference and Textbooks: Tamil Nadu State Council For Higher Education(Tansche)					
K1-Remember	K2 - Understand	K3-Apply	K4-Analyze	K5-Evaluate	K6-Create
Course designed by: Dr. G. Aiswarya					

Course outcome VS Programme outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	L (1)	L (1)	L (1)	L (1)	L (1)	L (1)	S (3)	S (3)	S (3)	S (3)
CO2	L (1)	M (2)	L (1)	M (2)	L (1)	L (1)	S (3)	S (3)	S (3)	S (3)
CO3	M (2)	M (2)	L (1)	M (2)	M (2)	M (2)	S (3)	S (3)	S (3)	S (3)
CO4	M (2)	L (1)	M (2)	M (2)	M (2)	M (2)	S (3)	S (3)	S (3)	S (3)
CO5	L (1)	L (1)	M (2)	M (2)	L (1)	L (1)	S (3)	S (3)	S (3)	S (3)
W.AV	1.4	1.4	1.4	1.8	1.4	1.4	3	3	3	3

S –Strong (3), M-Medium (2), L- Low (1)

Course Outcome VS Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	L (1)	L (1)	L (1)	L (1)	S (3)
CO2	L (1)	L (1)	L (1)	L (1)	S (3)
CO3	L (1)	L (1)	L (1)	L (1)	S (3)
CO4	M (2)	M (2)	M (2)	M (2)	S (3)
CO5	M (2)	M (2)	M (2)	M (2)	S (3)
W.AV	1.4	1.4	1.4	1.4	3

S –Strong (3), M-Medium (2), L- Low (1)

Semester – III					
L	223E3	English For Enrichment - I	T	Credits:3	Hours:5
Unit-I					
Objective 1	To make students have a general knowledge on Poetry.				
Poetry					
1. Let me not to the Marriage of True Minds - William Shakespeare					
2. Stopping by Woods on a Snowy Evening - Robert Frost					
3. The Lotus- Toru Dutt					
Outcome 1	Students Understand the different themes of Poetry.				K1
Unit- II					
Objective 2	To Guide Students to develop an understanding of Prose.				
Prose					
1. My Greatest Olympic Prize- Jesse Owens					
2. Early Influences- Dr.A.P.J.AbdulKalam					
3. On Keyhole Morals- A.G.Gardiner					
Outcome 2	Learners acquire Knowledge about different style of Prose.				K2
Unit - III					
Objective 3	To enhance students moral values through short stories.				
Short Stories					
1.The Selfish Giant- Oscar Wilde					
2. Tree Speaks- C.Rajagopalachari					
3.The Diamond Necklace- Guy De Maupassant					
Outcome 3	Students learn moral values.				K5
Unit–IV					
Objective 4	To make students gain knowledge on the biography of great people.				
Biography					
1. Abraham Lincoln- J.B.Neilson					
2. Indira Gandhi- A Profile- R.Sunder Raju					
Outcome 4	Students gain knowledge on the biography of great personalities.				K4
Unit –V					
Objective 5	To motivate the Students to enrich their grammatical Skills.				
Grammar and Composition					
1. Sentence Patterns					
2. Kinds of Sentences					
3. Active Voice and Passive Voice					
4. Reported Speech					
5. Letter Writing (Formal and Informal)					
6. Writing Cover Letter and Resume Writing					
Outcome 5	Learners enrich their grammatical Skills.				K1
5					
Suggested Reading:					
Snow Flakes, Edited by Dr.V.Nagarajan and Prof.P.Madhan, Harrows Publications, Chennai.					
Modern English – A Book of Grammar Usage and Composition by N.Krishnaswamy, Macmillan Publishers.					

Online resources:https://research.ewu.edu/writers_c_grammar_basics/sent_pat<https://www.englishclub.com/grammar/sentence/type.php>

<i>K1-Remember</i>	<i>K2 - Understand</i>	<i>K3-Apply</i>	<i>K4-Analyze</i>	<i>K5-Evaluate</i>	<i>K6-Create</i>
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Course designed by: Dr. G. Aiswarya

Course outcome VS Programme outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	L (1)	L (1)	L (1)	L (1)	L (1)	L (1)	L (1)	L (1)	L (1)	L (1)
CO2	L (1)	M (2)	L (1)	M (2)	L (1)	L (1)	M (2)	L (1)	M (2)	L (1)
CO3	M (2)	M (2)	L (1)	M (2)	M (2)	M (2)	M (2)	L (1)	M (2)	M (2)
CO4	M (2)	L (1)	M (2)	M (2)	M (2)	M (2)	L (1)	M (2)	M (2)	M (2)
CO5	L (1)	L (1)	M (2)	M (2)	L (1)	L (1)	L (1)	M (2)	M (2)	L (1)
W.AV	1.4	1.4	1.4	1.8	1.4	1.4	1.4	1.4	1.8	1.4

S –Strong (3), M-Medium (2), L- Low (1)

Course Outcome VS Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	L (1)	L (1)	L (1)	L (1)	S (3)
CO2	L (1)	L (1)	L (1)	L (1)	S (3)
CO3	L (1)	L (1)	L (1)	L (1)	S (3)
CO4	M (2)	M (2)	M (2)	M (2)	S (3)
CO5	M (2)	M (2)	M (2)	M (2)	S (3)
W.AV	1.4	1.4	1.4	1.4	3

S –Strong (3), M-Medium (2), L- Low (1)

Semester - IV					
L	224E4	English for Enrichment - II	T	Credits:	Hours:
				3	5
Unit- I					
Objective 1	To Introduce The Students Dramas.				
Drama:	The Merchant of Venice- William Shakespeare.				
Outcome 1	Get Familiar With Short Stories And One Act Plays.				K1
Unit - II					
Objective 2	To Introduce Students Fiction.				
Fiction :	Brave New World – Aldous Huxley				
Outcome 2	Get Familiar With Fiction.				K2
Unit -III					
Objective 3	To Introduce Students With One Act Plays.				
One Act Plays	1. The Bishop’s Candle Sticks- Norman Mackinnel 2. Chitra- Rabindranath Tagore 3. Refugees – Asif Currimbhoy				
Outcome 3	Students Get Familiar With One Act Plays Of Great Writers.				K5
Unit-IV					
Objective 4	To make students gain knowledge on degrees of comparison concord and question tag.				
Grammar	1. Concord 2. Question Tag 3. Degrees of Comparison				
Outcome 4	Students can speak and write without committing mistakes.				K1
Unit –V					
Objective 5	To motivate the Students to enrich their grammatical Skills.				
Composition	1. Expansion of Proverbs 2. Group Discussion 3. Conversation (Apologizing, Requesting, Thanking)				
Outcome 5	Learners enrich their grammatical Skills.				K1
Suggested Readings:					
The Merchant of Venice- William Shakespeare					
Brave New World – Aldous Huxley, Manimekalai Publications, Chennai.					
One-Act Plays, edited by Dr.V.Nagarajan and Prof.P.Madhan, Harrows Publications, Chennai.					
Modern English – A Book of Grammar Usage and Composition by N.Krishnaswamy, Macmillan Publishers.					

Onlineresources:

https://research.ewu.edu/writers_c_grammar_basics/sent_pat

<https://www.englishclub.com/grammar/sentence/type.php>

<i>K1-Remember</i>	<i>K2 - Understand</i>	<i>K3-Apply</i>	<i>K4-Analyze</i>	<i>K5-Evaluate</i>	<i>K6-Create</i>
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Course designed by: G. Aiswarya

Course outcome VS Programme outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	L (1)	L (1)	L (1)	L (1)	L (1)	L (1)	L (1)	L (1)	L (1)	L (1)
CO2	L (1)	M (2)	L (1)	M (2)	L (1)	L (1)	M (2)	L (1)	M (2)	L (1)
CO3	M (2)	M (2)	L (1)	M (2)	M (2)	M (2)	M (2)	L (1)	M (2)	M (2)
CO4	M (2)	L (1)	M (2)	M (2)	M (2)	M (2)	L (1)	M (2)	M (2)	M (2)
CO5	L (1)	L (1)	M (2)	M (2)	L (1)	L (1)	L (1)	M (2)	M (2)	L (1)
W.AV	1.4	1.4	1.4	1.8	1.4	1.4	1.4	1.4	1.8	1.4

S –Strong (3), M-Medium (2), L- Low (1)

Course Outcome VS Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	L (1)	L (1)	L (1)	L (1)	S (3)
CO2	L (1)	L (1)	L (1)	L (1)	S (3)
CO3	L (1)	L (1)	L (1)	L (1)	S (3)
CO4	M (2)	M (2)	M (2)	M (2)	S (3)
CO5	M (2)	M (2)	M (2)	M (2)	S (3)
W.AV	1.4	1.4	1.4	1.4	3

S –Strong (3), M-Medium (2), L- Low (1)

Semester – I					
SEC -I	22BVE1	Value Education	T	Credits:2	Hours:2
Unit– I					
Objective 1	To know about Value Education.				
Definition – need for Value education – how important human values are – humanism and humanistic movement in the world and in India – Literature on the teaching of values under various religions like Hinduism, Buddhism, Christianity, Jainism Islam, etc. Agencies for teaching value education in India – national resource centre for value education – ncert-its and ignou.					
Outcome 1	They will know the needs of quality education in India and globally. Students will be educated by exposing them to various religious teachings.				K1
Unit –II					
Objective 2	To know about Vedic and Indian dynasty.				
Vedic Period – influence of Buddhism and Jainism – Hindu dynasties – Islam invasion – Moghul invasion – British rule – culture clash – Bhakti cult – Social reformers – Gandhi – swami Vivekananda – Tagore – their role in value education.					
Outcome 2	Students will know about Vedic and modern government systems. Imparting value education to the students through the advice given by eminent leaders.				K1
Unit –III					
Objective 3	To Know about Value Crisis – after Independence.				
Value crisis – After Independence Independence – Democracy – Equality – fundamental duties – fall of Standards in all fields – Social, Economic, political, religious and environmental – corruption in society. Politics without principle – commerce without ethics – education without character – Science without humanism – wealth without work – pleasure without conscience, prayer without sacrifice – steps taken by the governments – central and state –to remove disparities on the basis of class, creed, gender.					
Outcome 3	Students will know the economic crisis of the country. Students will recognize the crises that occur in everyday life norms.				K1
Unit - IV					
Objective 4	To Know about Value education on college campus.				
Value education on college campus Transition from school to college – problems – control – free atmosphere- freedom mistaken for license – need for value education – ways of inculcation it- teaching of etiquettes- extracurricular activities – N.S.S., N.C.C., Club activities – relevance of Dr.A.P.J.Abdul kalam’s efforts to teach values – mother Teresa.					
Outcome 4	Students will know the needs of value education in schools and colleges. Students gain knowledge through participation in national level organizations through other departmental activities.				K1
Unit - V					
Objective 5	To Create Project Work.				
Project Work 1. Collecting details about Value education from newspapers, Journals and magazines. 2. Writing poems, Skits, Stories centering around value – erosion in society. 3. Presenting personal experience in teaching values. Suggesting Solutions to Value – based problems on the Campus					

Outcome 5	Learning value, need for social value, decline of social value as students project the knowledge and purpose of it.	K6
Suggested Readings:		
Chakraborti, Mohit (1997) “value education:changing perspectives” New Delhi: Kanishka publications.		
Eknath Ranade(1991) “Swami Vivekananda’s rousing call to Hindu nation”: Centenary Publication		
Saraswathi.T.s.(ed) 1999. Culture. “socialisation and human development: theory,research and application in india” – New Delhi Sage Publications.		
Satchidananda.M.K. (1991), “Ethics, Education, Indian Unity and Culture” – Delhi, AjanthaPublications.		
“Value Education – Need of the Hour” Talk Delivered In The HTED seminar – Govt. of Maharashtra, Mumbai on 1-11-2001 by n.vittal, central vigilance commissioner.		
Venkataiah.N (ed) 1998, “Value education” New Delhi ph.Publishing corporation.		
“ed;ndwp mbg;gilapyhd Md;kPff; fy;tp – Mrpupau;fSf;F xU topfh;l;b E}y;” : f[khu;f;f Muha;r;rp kw;Wk; gapw;rp epiyak; - nrd;id> ,e;jpah		
K1-Remember	K2 - Understand	K3 - Apply
		K4- Analyze
		K5 - Evaluate
		K6 – Create
Course designed by: Dr. S. Thanmanam		

Course Outcome VS Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	S(3)	S(3)	M(2)	M(2)	M(2)	M(2)	M(2)	M(2)	M(2)
CO2	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)	M(2)	M(2)	M(2)	S(3)
CO3	S(3)	S(3)	S(3)	M(2)	S(3)	M(2)	M(2)	M(2)	S(3)	M(2)
CO4	M(2)	S(3)	M(2)	M(2)	M(2)	S(3)	M(2)	M(2)	M(2)	M(2)
CO5	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)
W.AV	2.8	3	2.8	2.2	2.4	2.6	2.2	2.2	2.4	2.2

S–Strong(3),M-Medium(2),L-Low(1)

Course Outcome VS Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	S(3)	S(3)	S(3)	M(2)
CO2	S(3)	S(3)	S(3)	S(3)	M(2)
CO3	S(3)	S(3)	S(3)	S(3)	S(3)
CO4	S(3)	S(3)	M(2)	M(2)	S(3)
CO5	S(3)	S(3)	S(3)	S(3)	S(3)
W.AV	3	3	2.8	2.8	2.6

S–Strong (3), M-Medium (2), L-Low (1)

Semester –II					
SEC-II	22BES2	Environmental Studies	T	Credits: 2	Hours: 2
Unit-I					
Objective 1	To understand the multidisciplinary nature of environmental Studies with as forest, water, mineral and energy and land resources.				
The Multidisciplinary Nature of Environmental Studies: Definition, Scope, and importance – need for public awareness.					
Outcome 1	Students will be aware of the environment and its need.They will understand and gain knowledge about what renewal offers are.				K1
Unit-II					
Objective 2	To Know different types of Natural resources.				
Natural Resources: Renewable and non-renewable resources:					
A) Forest Resources: Use and Over-Exploitation, Deforestation, Case Studies, Timber Extraction, Mining, Dams and Their Effect on Forests and Tribal people.					
B) Water Resources: Use and Over-Utilization of Surface and Ground Water, Floods, Drought, Conflicts over Water, Dams- Benefits and Problems.					
C) Mineral Resources: Use and Exploitation, Experimental Effects of Extracting and Using Mineral Resources, Case Studies.					
D) Food Resources: World Food Problems, Changes, Caused by Agriculture and Overgrazing, Effects of Modern Agriculture, Fertilizer-Pesticide Problems, Water Logging, Salinity, Case Studies					
E) Energy Resources: Growing Energy Needs, Renewable and Non-Renewable Energy Sources, Use of Alternate Energy Resources, Case Studies.					
F) Land Resources: Land as a Resource, Land Degradation, Main Induced landsides, Soil-Erosion and Desertification.					
<ul style="list-style-type: none"> ➤ Role of Individual in Conservation of Natural Resources ➤ Equitable Use of Resources for Sustainable Lifestyle 					
Outcome 2	Think how to conserve non-renewable resources.Students will understand the interaction and need of food for each living thing in the ecological zone.				K1
Unit- III					
Objective 3	To Know Various types of Biodiversity.				
ECO SYSTEMS, BIO-DIVERSITY AND ITS CONSERVATION					
Ecosystems: Concept of an Ecosystem, Structure and Function of an Ecosystem, Energy Flow in the Ecosystem, Food Chains, Food Webs and Ecological Pyramids.					
Biodiversity and Its Conservation: Introduction – Definition: Genetic, Species and Ecosystem Diversity, Bio-Geographical Classification of India, Value of Biodiversity: Consumptive Use, Productive Use, Social Ethical, Aesthetic and Option Values, Biodiversity at Global, National and Local Levels, India as a Mega-Diversity Nation, Hot Spots of Biodiversity, Threats to Biodiversity: Habitat loss, Poaching of Wildlife, Man-wildlife Conflicts, Endangered and Endemic Species of India, Conservation of Biodiversity: In-Situ And Ex-Situ Conservation of Biodiversity.					
Outcome 3	Understand the need for biodiversity conservation in India and around the world.				K1

Unit– IV		
Objective 4	To Know about Different types of Pollution.	
Environmental Pollution: Causes, Effects and Control Measures of: A) Air Pollution, B) Water Pollution, C) Soil Pollution, D) Marine Pollution, E) Noise Pollution, F) Thermal Pollution, G) Nuclear Hazards		
Outcome 4	Thoughts on how pollution is created in the environment in which they live and how to eliminate pollution. Land, water, air. They will strive to eliminate radioactive pollution.	K1
Unit-V		
Objective 5	Student Visit Nearby Areas Know about pollution – Field Work and Project Work.	
Field Work		
<ul style="list-style-type: none"> • Visits to a Local Area to Document Environmental Assets- River/Forest/Grassland/Hill/Mountain • Visit to a local Polluted Site- Urban/Rural/Industrial/Agricultural • Study of Commend Plants, Insects, Birds • Study of Simple Ecosystem- Pond, River, Hill Slopes, etc 		
Outcome 5	They identify the pollution of the places around them and strive to remove them. By learning these lessons they will gain awareness about the environment.	K6
Suggested Reading:		
<p>Agarwal, K. C. (2001) Environmental Biology Nids Publication Ed</p> <p>Bharucha, I. (2002). The Biodiversity of India (Vol. 1). Mapin Publishing Pvt Ltd, Ahamedabad, India.</p> <p>Brunner, C.R. (1993). Hazardous waste incineration Mcgraw Hill Inc.</p> <p>Clark, R. B. Frid, C., & Attrill, M. (2001). Marine pollution (Vol. 5). Oxford: Oxford university press</p> <p>Cunningham, W. P. Cooper, T. H., Gorham, E., & Hepworth, M. T. (1998) Enviromental encyclopedia.</p> <p>De. A K. (1990) Environmental Chemistry. Wiley Eastern Ltd.</p> <p>Gleick, H.P. (1993), Water In Crisis, Pacific Institute For Studies In Dev. Environment & Security, Stockholm</p> <p>Env: Institute, Oxford University Press.</p> <p>Goel, P. K. & Trivedi. R. K. (1998). An introductionto air pollution. Technoscience Publication, India.</p> <p>Hawkins, R. E. Ewclopedia of Indian Natural History, Bombay Natural History Society, Bombay.</p> <p>Heywood, V. H. & Watson, R. T. (1995). Global biodiversity assessment (Vol. 1140), Cambridge: Cambridge university press.</p> <p>Jadhav, H.V., & Bhosale, V. M. (2006). Environmental Protection and laws. Himalaya Publishing House</p> <p>McKinney, M. L., & Schoch, R. M. (1996). Environmental Science: Systems and Solutions (St. Paul, MN).</p> <p>Mhaskar, A. K. Matter Hazardous. Techno-Science Publications. Miller, T. G. (1989). Environmental Science: Working with the earth (2 nd). Wadsworth Publicing Co.</p> <p>Narain, S., Mahapatra, R., Das, S., Misra, A., Parrey, A. A.. Pandey, K., & Banerjee, S. (2014). Downto Earth, Centre for Science and Environment</p> <p>Odum. E. P. & Barrett, G. W. (1971), Fundamentals of ecology (Vol. 3. p. 5). Philadelphia: Saunders.</p> <p>Rao, M.N., & Datta, A.K. (1987). Waste Water Treatment. Oxford & Ibh Publ, Co.Pvt. Ltd.</p> <p>Sharma, B. K. (2001). Environmental Chemistry-6 Revised Edition.</p> <p>Townsend, C.R.. Begon, M., & Harper, J.L. (2008). Essentials of Ecology (3rd edition). Oxford: Blackwell Publishing.</p>		

Trivedi, R. K. (2010). Handbook of Environmental Laws, Rules, Guidelines, Compliances and Standards. Vol.I and II, Enviro Media.

Wanger, K.D. (1998). Environmental Management. Saunders Co. Philadelphia, USA.

<i>K1-Remember</i>	<i>K2 - Understand</i>	<i>K3-Apply</i>	<i>K4-Analyze</i>	<i>K5-Evaluate</i>	<i>K6-Create</i>
Course designed by: Dr. S.Thanmanam					

MappingCourseOutcomeVSProgrammeOutcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	S(3)	S(3)	M(2)	M(2)	M(2)	M(2)	M(2)	M(2)	M(2)
CO2	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)	M(2)	M(2)	M(2)	S(3)
CO3	S(3)	S(3)	S(3)	M(2)	S(3)	M(2)	M(2)	M(2)	S(3)	M(2)
CO4	M(2)	S(3)	M(2)	M(2)	M(2)	S(3)	M(2)	M(2)	M(2)	M(2)
CO5	S(3)	S(3)	S(3)	M(2)	M(2)	M(2)	M(2)	M(2)	M(2)	M(2)
W.AV	2.8	3	2.8	2	2.2	2.4	2	2	2.2	2.2

S–Strong (3), M-Medium (2), L-Low (1)

Course Outcome VS Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	S(3)	S(3)	S(3)	M(2)
CO2	S(3)	S(3)	S(3)	S(3)	M(2)
CO3	S(3)	S(3)	S(3)	S(3)	S(3)
CO4	S(3)	S(3)	M(2)	M(2)	S(3)
CO5	S(3)	S(3)	S(3)	S(3)	S(3)
W.AV	3	3	2.8	2.8	2.6

S–Strong (3), M-Medium (2), L-Low (1)

Semester-III					
SEC –III	22BE3	Entrepreneurship	T	Credits :2	Hours :2
Unit -I					
Objective 1	To enable the students to understand the concept of Entrepreneurship and to learn the professional behaviour about Entrepreneurship.				
Entrepreneur–Meaning–Importance–Definition–Types–Functions–Qualities of an Entrepreneur–Entrepreneurship as a career.					
Outcome 1	Understand the significance of entrepreneurship and entrepreneur qualities.				K2
Unit - II					
Objective 2	To identify significant changes and trends which create new business opportunities.				
Business Promotion – Product selection – Form of ownership – Plant location – land, building, water and power, raw material, machinery, power and other infrastructural facilities – Licensing, Registration and local bye laws.					
Outcome 2	Know about the developing ideas and techniques of business.				K1
Unit -III					
Objective 3	To analyse the institutional arrangement for potential business opportunities.				
Institutional arrangements for entrepreneurship development – DIC, SIDCO, NSIC, SISI Institutional finance to entrepreneurs – TIIC, SIDBI, Commercial banks – Incentives to small Scale industries.					
Outcome 3	Understand about the procedures of startup.				K2
Unit- IV					
Objective 4	To provide conceptual exposure on converting ideas to an women entrepreneurship				
Project report – Meaning and importance – Project report – Format of a report (as per requirements of financial institutions) – Project appraisal – Market feasibility – Technical feasibility – Financial feasibility and economic feasibility – Breakeven analysis.					
Outcome 4	Identify the institutional support provided to entrepreneurs.				K5
Unit -V					
Objective 5	To encourage, enable, and facilitate women in becoming economically empowered.				
Entrepreneurship development in India – Women entrepreneurship in India – Sickness in small Scale industries and their remedial measures.					
Outcome 5	Analyze the women entrepreneurship development				K4
Suggested Readings:-					
Entrepreneurship and Management of Small business – Centre for Entrepreneurship Development, Madurai Joseph Paul, N. Ajit kumar and T.Mampilly. <i>Entrepreneurship development</i> . Himalayan Publishing House. Khan, M.A. <i>Entrepreneurship Development Programmes in India</i> . Kanishka Publishing House, Delhi Saravanel, P.(1997). <i>Entrepreneurial Development</i> . Ess Peekay Publishing House, Chennai.					
Vasant Desai. <i>Dynamicsof Entrepreneur Development and Management</i> . Himalayan Publishing House.					
Online Resources:					
Website: https://www.inc.com/					
Website: https://startupnation.com/					
K1-Remember	K2 - Understand	K3-Apply	K4-Analyze	K5-Evaluate	K6-Create
Course designed by :Mrs. T.Nathiya					

Course outcome VS Programme outcomes

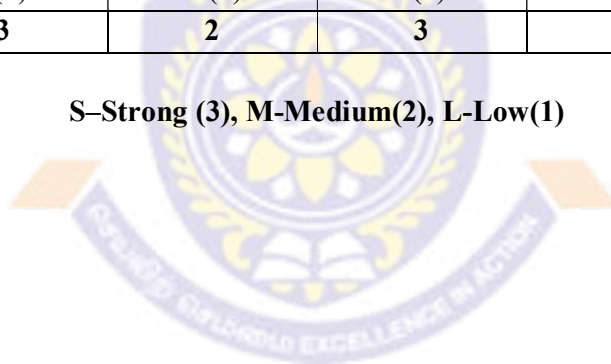
CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	L(1)	S(3)	S(3)
CO2	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	L(1)	S(3)	S(3)
CO3	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	L(1)	S(3)	S(3)
CO4	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	S(3)
CO5	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	L(1)	S(3)	S(3)
W.AV	3	3	3	3	3	3	3	1.2	3	3

S–Strong (3), M-Medium(2), L-Low(1)

Course Outcome VS Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	M(2)	S(3)	M(2)	S(3)
CO2	S(3)	M(2)	S(3)	M(2)	S(3)
CO3	S(3)	M(2)	S(3)	M(2)	S(3)
CO4	S(3)	M(2)	S(3)	M(2)	S(3)
CO5	S(3)	M(2)	S(3)	M(2)	S(3)
W.AV	3	2	3	2	3

S–Strong (3), M-Medium(2), L-Low(1)





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