

(Abstract)

Certificate Programme in Yoga under the School of Physical Education and Sports Sciences, Mangattuparamba Campus-Introducing the programme in blended mode (both offline and online)- Regulation of the Programme-Modified w.e.f 2022 admission-Orders issued.

ACADEMIC C SECTION

Acad/C4/4836/2011

Dated: 02.05.2023

Read:-1.U.O.No.Acad/C4/4836/2011 (II) dated 16.08.2022

2.U.O.Note No.ACAD.D2/3563/DEPARTMENT ADMIN/2019 dated 06.12.2022

3.Letter No. Acad/C4/4836/2011 Dated: 27.12.2022

4.Minutes of the meeting of Department Council , SPE&SS held on 23.01.2023

5.E Mails from HoD, Department of Physical Education dated 24.01.2023 and

08.02.2023 forwarding Modified Regulation of Certificate Programme in Yoga along with the minutes of the meeting of the Department Council.

ORDER

1.The Regulation, Scheme, Syllabus and Pattern of question Papers of Certificate Programme in Yoga under the School of Physical Education and Sports Sciences, Mangattuparamba Campus were implemented with effect from 2022 admission, vide paper read (1) above.

2.As per paper read (2) above, Academic D section intimated the order of the Vice Chancellor to conduct the Certificate programme in Yoga in blended mode(both online & offline) instead of Regular mode and requested to modify the Regulation of the programme accordingly.

3 The Head, Department of Physical Education and Sports Sciences was informed to entrust the Department Council, Department of Physical Education to modify the Regulation of certificate Programme in Yoga with respect to offering the programme in blended mode, Vide paper read(3) above,

4.The meeting of the Department Council, Department of Physical Education held on 23.01.2023 vide paper read (4) above resolved to modify the 'Clause 3-Nature of the Course' in the Regulation of the certificate programme in Yoga with respect to offering the programme in blended mode (both online and offline) w.e.f 2022 as follows;

Nature of the Course: "The course shall be conducted in blended mode (both online and offline). The course can be taken along with any another degree / diploma programme and for those who are employed. However, 60% of attendance in both online and offline classes will be mandatory to appear in the examination."

5. Accordingly, the Head, Department of Physical Education, submitted the modified Regulation of Certificate Programme in Yoga, for implementation w.e.f 2022 admission, vide paper read (5) above.

6. The Vice Chancellor, after considering the matter in detail, and in exercise of the powers of the Academic Council conferred under section 11 (I) Chapter III of Kannur University Act 1996, accorded sanction to implement modified Regulation of Certificate Programme in Yoga in the School of Physical education and Sports Sciences, Mangattuparamba Campus, w.e.f 2022 admission, with the modification, as detailed in para (4) above, and to report the same to the Academic Council,

7.Modified Regulation of Certificate Programme in Yoga w.e.f 2022 admission in the School of Physical Education and Sports Sciences is appended and uploaded on the University website. (www.kannuruniversity.ac.in)

8.Orders are issued accordingly.



Sd/-

Narayanadas K
DEPUTY REGISTRAR (ACAD)
For REGISTRAR

To: The Head, school of Physical Education & Sports sciences, Mangattuparamba Campus

- Copy To: 1. The Examination Branch (through PA to CE).
2. PS to VC / PA to PVC / PA to R
3. DR / AR I/AR II (Acad)/Acad D Section/AR II Exam
4. Web Manager(for uploading on the Website)
5. SF / DF /FC

Forwarded / By Order

M. Narayanadas K
SECTION OFFICER

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CERTIFICATE PROGRAMME IN YOGA SYLLABUS
(Effective from Academic Year 2022-23)

KANNUR UNIVERSITY



SCHOOL OF PHYSICAL EDUCATION AND SPORTS SCIENCES

CERTIFICATE PROGRAMME IN YOGA
Syllabus
(Effective from 2022 Admission)

I. Regulation, Scheme of Examination and Syllabus for Certificate Programme in Yoga

CERTIFICATE PROGRAMME IN YOGA SYLLABUS

(Effective from Academic Year 2022-23)

1. Name of the Course: Certificate Programme in Yoga

2. Aims and Objectives of the Course

The aim of the programme is to train the students to work as a professional yoga trainer or yoga therapist for promoting health and wellness of the community, to work in educational institutions for teaching yoga and promoting the wellbeing and quality of life of individual.

- Understand the fundamental asanas in yoga.
- Demonstrate various breathing exercises.
- Demonstrate kriyas.
- Design training plans in yoga.

3. Nature of the Course: The course shall be conducted in blended mode (both online and offline). The course can be taken along with any another degree / diploma programme and for those who are employed. However, 60% of attendance in both online and offline classes will be mandatory to appear in the examination.

4. Duration of the Course: The duration of the course shall be three months with 60 working days.

5. Eligibility for Admission

- Candidate for admission to the Certificate Course in Yoga shall passed HSC/+2/VHSC/10+3 Diploma or any other higher examinations recognized by the Kannur University.
- Age - No bar
- Should be physically fit for the training programme.
- Reservation of seats shall be as per rules framed by the Government/ University from time to time.

6. Selection Criteria

The course shall have 20 (Twenty) seats in a batch. The selection of candidates for admission to the course shall be based on the merit determined by the following criteria:

Sl No	Criteria	Marks
1	Entrance examination*	50 Marks
2	Basic fitness test	25 Marks
3	Marks of the qualifying examination	25 Marks
	Total Marks	100 Marks

** Entrance examination shall be multiple choice questions based on the knowledge of Structure and functions of the body, General English of HSC/+2 syllabus, General Knowledge and yoga history. Candidates should score at least 40% marks in the selection tests to place in the rank list.*

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7. Medium of Instruction and Examination

The medium of Instruction and Examination of the course shall be English.

8. Scheme of Examination

Course Code	Course Content	Marks		
		CE	EE	Total
CERTCYGC01	Theoretical study in yoga	40	60	100
CERTCYGC02	Yoga therapy and exercise physiology	40	60	100
CERTCYGC03	Yoga Practical	40	60	100
	Total	120	180	300

The evaluation of a course consists of two parts: Continuous Evaluation (CE) and External Evaluation (EE). The total marks allotted for the theory papers and Practical shall be 100, with 40 % marks for Internal Evaluation and 60% marks for the External Evaluation.

9. Conduct of Theory Evaluation:

All examinations will be conducted by the Head of the Department. To conduct the theory examination, the Head of the department shall submit a confidential panel of examiners not less than ten experts from the outside and inside the Kannur University duly approved the department council for the approval of vice chancellor.

All the faculty in charge of the course shall prepare and submit three (3) unique set of question papers for their course in theory paper will in advance to the Head of the Department for the conduct of theory examination to the respective batch. The head of the department shall conduct scrutiny meeting of the above question paper submitted by the concerned faculty by inviting at least two external experts from the list approved by the vice-chancellor.

10. Evaluation and Assessment Rubrics Theory and Practical's

Continuous Evaluation for theory and practical shall be based on the internal examinations, assignments, seminars and attendance. The evaluation shall be conducted by the concerned teacher. The students shall also maintain a record book which should be submitted at the time of the final examinations.

The Examinations in theory and practical shall be conducted by the department after the completion of the required theory and practical classes of the course. The duration of the

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Department Examination for each theory paper shall be 2 hours duration. The External Examination of Practical's shall be conducted by the department with one external examiner. There shall be no provision for revaluation. There shall be no supplementary examinations. For reappearance / improvement, the students can appear along with the next batch. There shall be no improvement chance for internal evaluation.

Internal Evaluation of Theory Papers	
Classroom tests (40%) Best out of two tests	Marks: 16
Tutorial with viva, discussions, debate, seminar presentations (40%)	Marks: 16
Assignments (20%)	Marks: 8
Total	Marks: 40
Internal Evaluation of Practical	
Skill Proficiency	Marks: 16
Record File/Project Report	Marks: 12
Officiating	Marks: 12
Viva	-
Total	Marks: 40

11. Pattern of Question Papers and Evaluation Criteria

Pattern of questions: Questions shall be set to assess knowledge acquired standard application of knowledge, application knowledge in new situation, critical evaluation of knowledge and the ability synthesize knowledge. The duration of the examination is two (2) hours only. The question paper for end semester theory examination shall consists of two parts.

Part A
(Short Essay Type)
Answer all Questions
Each Question Carries Four Marks

- 1.
- 2.
- 3.
- 4.
- 5.

(5 X 4 = 20 Marks)

Part B
(Essay Type)
Answer any Two Questions.
Each Question Carries 10 Marks

- 6.
- 7.
- 8.

(2 X 10 = 20 Marks)

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12. Conversion of Marks into percentage

An alphabetical Grading System shall be adopted for the assessment of a student's performance in a Course. The grade is based on a 6 point scale. The following table gives the range of marks % and alphabetical grade.

Range of Marks%	Grade Points	Alphabetical Grade
90-100	9	A+
80-89	8	A
70-79	7	B+
60-69	6	B
50-59	5	C
Below 50	0	F

13. Grade Point Average (GPA)

Performance of a student at the end of each Semester is indicated by the Grade Point Average (GPA) and is calculated by taking the weighted average of grade points of the Courses successfully completed. Following formula is used for the calculation. The average will be rounded off to two decimal places.

$$CGPA = \frac{\text{Sum of (grade points in a course multiplied by its credit)}}{\text{Sum of Credits of Courses}} \quad CGPA$$

Calculation

At the end of the Programme, the overall performance of a student is indicated by the Cumulative Grade Point Average (CGPA) and is calculated using the same formula given above. Empirical formula for calculating the percentage of marks will be $(CGPA \times 10)+5$. Based on the CGPA overall letter grade of the student and classification shall be in the following way.

CGPA	Overall Letter Grade	Classification
8.5 and above	A+	First Class with Distinction
7.5 and above but less than 8.5	A	
6.5 and above but less than 7.5	B+	First Class
5.5 and above but less than 6.5	B	
5 and above but less than 5.5	C	Second Class

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Appearance for Continuous Evaluation (CE) and End Semester Evaluation (ESE) are compulsory, and no Grade shall be awarded to a candidate if he/she is absent for CE/ESE or both. A student who fails to complete the programme/semester can repeat the full programme/ semester once, if the department council permits to do so

14. Grade Card

The control of examination, Kannur University is the authority to issue the semester wise grade card and consolidated grade statement and certificate on completion of the program based on the authenticated documents submitted by the Head of the Department after the approval of the department council at the end of each semester.

15. Promotion and Pass:

Students who secure not less than 50% marks in aggregate and separately in internal and external assessments in each of the theory papers and in practical shall be declared to have passed the Certificate programme in Yoga.

16. Department Council

1. Chairman: the Head of the Department of school physical education and sport sciences.
2. Members: (I) All the faulty members of school physical education and sport sciences.
(II) all the faulty members who engages classes for the course

Details financial assistance required for the conduct of session by the academic experts

SI No	Description	Amount	Remarks
1	Remuneration to/ TA/DA for experts	Rs.50000.00	(Per Session Rs.4000/-)
2	Expense for conducting practical and all semester examinations	Rs.50000.00	
	Total	Rs.100000.00	

NB: Economic class flight fare is eligible for the experts coming from other state/ country with the prior approval from Vice-Chancellor of the Kannur University.

17. Grievance Redressal Mechanism

Committees will be constituted at the Department and University levels to investigate

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the written complaints regarding continuous Evaluation (CE). Department Level Committee (DLC) will consist of the Department Council and student nominee of the department students union from the concerned faculty.

University level committee (ULC) will consist of the pro-vice-chancellor (Chairman and convener), the convener of the curriculum committee (vice-chairman), the head of the department concerned and a nominee of students union. Department level committee will be decided over by the head of the department and university level committee by the pro-vice-chancellor. Department level committee will have initial jurisdiction or complaints against CE and University level committee will hear appeals against department level decision. Complaints will have to be submitted to the department concerned within two weeks of publication of result of CE and disposed of within two weeks of receipts of complaints. Appeals to university level committee should be made within one month of the decision taken by the department level committee and disposed within two month of receipt of the complaint.

Complaints unsolved by university level grievance committee will be placed before the vice chancellor.

18. PROGRAMME STRUCTURE

Certificate Course in yoga (Three Months) Programme Structure

Distribution of Credit, Hours and Marks:

Total Credit: 12

Theory Credits: 07 Practicum Credits: 05

Course Code	Course Content	Credit			Teaching Hours			Marks		
		L/T	P/I	Total	L/T	P/I	Total	CE	ESE	Total
CERTCYGC01	Theoretical study in yoga	3	1	4	48	32	80	40	60	100
CERTCYGC02	Yoga therapy and exercise physiology	3	1	4	48	32	80	40	60	100
CERTCYGC03	Yoga Practical	1	3	4	16	96	112	40	60	100
	Total Marks	7	5	12	112	160	272	120	180	300

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**19. CURRICULUM OUTLINE AND DETAILED SYLLABUS FOR COURSE IN
CERTIFICATE PROGRAMME IN YOGA (THREE MONTHS) PROGRAMME**

CERTCYGC01- THEORETICAL STUDY IN YOGA

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	CE	ESE	Total
3	1	4	48	32	80	40	60	100

Lecture/Tutorials, P/I=Practical/Internship, Int.=Internal, Ext.=External

COURSE CONTENTS

Unit I: Introduction

- Meaning, Definition, Aims and Objectives of Yoga
- Historical background and evolution of yoga
- Importance of Precautions of Place, time & food
- Importance and misconceptions of yoga
- Helpful and disturbing aspects during practice of yoga.
- Relevance of yoga in modern age

Unit II: Various Kinds of yoga

Origin, Meaning, definitions, aim, objectives, philosophy and misconceptions of:

- Bhakthi yoga
- Karma Yoga:
- Hatha Yoga:
- Ashtanga Yoga:

Unit III: Introduction of some prominent yogis

- Maharishi Patanjali.
- Yogi Gorakshanath.
- Swami Vivekananda.
- Swami Shivananda.

Unit IV:

- Chakras and their importance.

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- Nadis.
- Five Kleshs.
- Pancha koshas.
- Samadhi.
- Five modifications(virttis) of Chitta.
- Five Pranas.
- Upa paranas.

TEACHING LEARNING STRATEGIES

- The content will be taught by using lecture, demonstration, explanation, presentation methods, videos, learning by doing, Whole part whole method, Drills.

MODE OF TRANSACTION

- Lecture/Work in the Pool/ Viva/ learning by doing/ Individual Practice etc.

ASSESSMENT RUBRICS

Theory External Exam	Marks: 60
Classroom Test, Assignments, Presentations /Practical	Marks: 40
• Classroom tests (Best out of two tests)	Marks: 16
• Tutorial with viva, discussions, debate, seminar presentations	Marks: 16
• Assignments	Marks: 8
Total Marks	Marks: 100

SUGGESTED READINGS

1. Sw. Omanand - Patanjali Yoga Pradeep, Geeta Press Gorakhpur.
2. Hari Krishnadas Goyandaka-Patanjalyoga Darshana, Geeta Press Gorakhpur, 2007.
3. Sw. Satyananda Saraswati - Four Chapters on Freedom, Yoga publication trust, Munger, Bihar, 2001. 4. P.V.Karambelkar-Patanjal Yoga Sutra, Kaivalyadham SMYM samiti, Lonavala, 2011.
4. Sriram Sharma Acharya - Sankhya Darshan aur Yoga Darshan, Akhand Jyoti Mathura, 1998.
5. Sriram Sharma Acharya- Sadhana Paddhatiyon Ka Gyan Aur Vigyan, Akhand Jyoti Mathura,1998
6. Vijananda Saraswati (1998), "Yoga Vijyan", Yoga Niketan Trust, Rishikesh.

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7. Sharma, Acharya Shriram (1998), “Sadhana Paddhatio Ka Gyan Vigyan”, Akhand Jyoti Sansthan, Mathura.
8. Pandey, Rajkumari (2008), “Bharti Yoga Parampara Ke Vividh Ayam”, Radha Publication, New Delhi.

THEORY PAPER II

CERTCYGC02- YOGA THERAPY AND EXERCISE PHYSIOLOGY

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	CE	ESE	Total
3	1	4	48	32	80	40	60	100

Lecture/Tutorials, P/I=Practical/Internship, Int.=Internal, Ext.=External

COURSE CONTENTS

Unit I: Introduction

- Yoga Therapy: Meaning and concept of yoga therapy
- Principles of Yoga Therapy
- Health, Definitions, Dimensions and concepts
- Prevention and protection of health through yoga
- Balance-diet, Fasting
- Effects on drugs on body.

Unit II: Human body

- Meaning of Anatomy and Physiology
- Anatomical terminology – Planes and axis of the Human Body- Anatomical movements.
- Systems of human body: skeletal, muscular, circular and nervous system
- Effect of yogic practices on skeletal, cardio respiratory and muscular system

Unit III: Various Techniques

- Kunjal, Jal-Neti, Sutra-Neti-Trataka, Kapalbhathi-technique & benefits.
- Nadi-Shodhana, Surya-Bhedi, Ujjayi, Bhastrika, Bhramri, Sheetal, Shitkari Pranayama-technique and benefits.

Unit IV: Yoga Therapy

- Yogic-therapy for different diseases. Constipation, Acidity, Obesity, Asthma.
- Yogic therapy for Diabetes, High & Low Blood Pressure, Weak Eye Sight, Depression.

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- Effect of Shatkriyas and Asanas on Different Physiological Functions (Cardio Respiratory, Digestive, Excretory and Nervous and Endocrine System).
- Effects of Pranayama and Bandhas Practices on Different Systems (Cardio Respiratory, Digestive, Excretory and Nervous and Endocrine System).
- Effect of Meditation Practices on Psycho-physiological Functioning and Different Systems

TEACHING LEARNING STRATEGIES

- The content will be taught by using lecture, demonstration, explanation, presentation methods, videos, learning by doing, Whole part whole method, Drills.

MODE OF TRANSACTION

- Lecture/Work in the Pool/ Viva/ learning by doing/ Individual Practice etc.

ASSESSMENT RUBRICS

Theory External Exam	Marks: 60
Classroom Test, Assignments, Presentations /Practical	Marks: 40
• Classroom tests (Best out of two tests)	Marks: 16
• Tutorial with viva, discussions, debate, seminar presentations	Marks: 16
• Assignments	Marks: 8
Total Marks	Marks: 100

SUGGESTED READINGS

1. Saladin – Anatomy & Physiology: The Unit Form and Function, Published by McGraw –Hill New Yord, 3 Ed, 2004
2. Gerard J. Tortora “Principles of Anatomy & physiology, Published by John Wiley&Sons, Inc, New York, 9th Ed, 2000
3. Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.
4. Moorthy, A. M. (2014). Anatomy physiology and health education. Karaikudi: Madalayam Publications
5. Swami Satyasaangananda Saraswati, *Tattava Shuddhi*, Bihar Schoolof Yoga, Munger,Bihar1984

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6. Swami Kuvalayannada, *Vasistha Samhita* (Yoga Kanda) Kaivalyadhama,
S.M.Y.M. Samithi Vasistha Samhita (Yoga Kanda).

PRACTICAL I
CERTCYGC03-YOGA PRACTICAL

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	CE	ESE	Total
1	3	4	16	96	112	40	60	100

Lecture/Tutorials, P/I=Practical/Internship, CE =Continuous Evaluation, ESE = End Semester Evaluation

COURSE CONTENTS

Unit I: General Guide lines in yoga

- General and specific breathing techniques
- Warming up techniques
- Limbering down
- Surya Namaskar

Unit II: Introduction of asanas

- Asana-Uttanpadasana, Halasana, Pawanmuktasana, Makrasana, Bhujangasana
- Shaslabhasana, Dhanurasana, Ardha-Matsyendrasana, Janushirasana, Supta-Vajrasana,
Chakrasana, Tadasana, Uktatasana, Padmasana, Gomukhasana, Vajrasana, Pashchimottasana, Sarvangasana, Matsyasana.

Unit III: Breathing techniques

- Pranayama
- Nadi-Shodhan, Surya Bheda Ujjayi, Shitkari, Sheetal, Bhastrika, Bhramri.

Unit IV: Cleansing process

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- Shat-Karma (Cleansing process)
- Jal-Neti, Sutra Neti, Trataka, Kapalbhathi.

Unit V: Mudras and Bandhas

- Mudra: Mahamudra, Mahabandha, Viparitkarani, Shambhavi, Kaki.
- Bandha: Jalandhara-Bandha, Moola Bandha, Uddiyana-Bhandha.

Unit VI: Meditation

- Dhyana (Meditation): Yoganidra, IRT, DRT

TEACHING LEARNING STRATEGIES

- The content will be taught by using lecture, demonstration, explanation, presentation methods, videos, learning by doing, Whole part whole method, Drills.

MODE OF TRANSACTION

- Lecture/Work in the Pool/ Viva/ learning by doing/ Individual Practice etc.

ASSESSMENT RUBRICS

Total Marks: 100

Component	Continuous Evaluation 40	External Evaluation 60	Total marks 100
Skill Proficiency	(40%) Marks: 16	(40%) Marks: 24	Marks: 40
Record File/ Project Report	(30%) Marks: 12	(20%) Marks: 12	Marks: 24
Officiating	(30%) Marks: 12	(20%) Marks: 12	Marks: 24
Viva	-	(20%) Marks: 12	Marks: 12