



केरल केन्द्रीय विश्वविद्यालय
CENTRAL UNIVERSITY OF KERALA
Department of Yoga Studies
Tejaswini Hills, Periyar PO, Kasaragod - 671 316




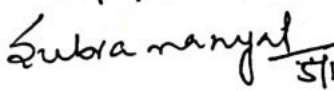
MINUTES OF THE YOGA SYLLABUS REVIEW COMMITTEE MEETING

Venue: Dept. of Economics, Kaveri Block, CUK, Periyar, Kasaragod.

Date: December 05, 2018

Time: 3:00 P.M.

Members Present:

1. Prof. (Dr.) K. C. Baiju (Chairman)  5/12/18
2. Dr. Rajendra Pilankatta (Member)  5/12/18
3. Dr. Mohan A.K. (Member)  5/12/18
4. Dr. Subramanya Pailoor (Convener)  5/12/18

Meeting began with the welcoming of the members by the Chairman Prof. (Dr.) K.C. Baiju. Professor, Dept. of Economics. The committee discussed the Guidelines in detail for the initiation of MSc. in Yoga Therapy in the Dept. of Yoga, CUK and the following recommendations were made;

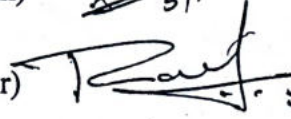
1. The committee recommended to limit the credits of core courses as four (4) and Three (3) for electives. The total credits for core courses will be sixty (60), whereas for elective it will be twelve (12), altogether arrived the total of seventy-two (72) for the entire programme as detailed in the semester wise breakup.
2. The workload of fourth semester has been reduced to 28 Hrs. from 34Hrs. by reallocating the course (MYG5491: Yoga Practical VI) to the third semester, making the total workload of the third semester as 28Hrs. instead of 22 Hrs. as in the pre-revised curriculum.
3. The committee opined to indicate the workload for the Dissertation as 8 Hrs. and 10 Hrs. for Clinical Internship/field work in the fourth semester.

The committee finalised the syllabus based on the incorporation of the above mentioned points (1 to 3), subject to the ratification of the forthcoming Academic Council and the competent authorities concerned.

1. Prof. (Dr.) K. C. Baiju (Chairman)


5/12/18

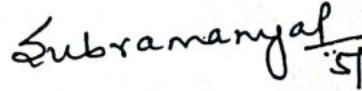
2. Dr. Rajendra Pilankatta (Member)


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5/12/18

CENTRAL UNIVERSITY OF KERALA
DEPARTMENT OF YOGA STUDIES
M.Sc. YOGA THERAPY

MYG5191 Yoga Practice I

Course Code	MYG5191	Semester	I
Course Title	<i>Yoga Practice I</i>		
Credits	4	Type	Core

Course Description

This course is a participatory and experimental method for employability based skill development in Yoga Therapy. The course provides a deep understanding and practical experience about various yogic techniques such as yogasanas, pranayama, kriyas, meditation etc. The course teaches all the yogic techniques which are essential for application of the yoga therapy.

Course Outcome

- After completing this course students get deep experience and expertise in the practice of various yogic techniques which are essential for Yoga therapy.
- **Experience in basic asanas, pranayamas, kriyas and meditation techniques.**
- Students can develop good observational skill during the practice of yoga.
- Students will get deeper understanding about each techniques and how it affects the body parts.
- **Ability to describe and demonstrate the yogic techniques.**
- **Students get the skill in using the Yogic techniques systematically for Yoga therapy.**

Course Structure

The following is a detailed syllabus of MYG5191 Yoga Practice I.

Module :

Yoga practice I includes basic asanas and basic kriyas which are essential for therapeutic application of Yoga.

This module comprises of the following units:

Unit I (28 hours)

- Yogic sukshma vyayamas (shithilikarana vyayams or loosening exercises)
- Sūryanamaskāra (12 Steps)
- Tāḍāsana
- Pādahastāsana
- Ardhaḥaṭi Cakrāsana
- Vṛkṣāsana

Unit II (22 hours)

- Utthita Trikōṇāsana
- Utthita Pārśvakōṇāsana

- Vīrabhadraśana
- Paścimōttānāśana
- Pūrvōttānāśana

Unit III

(22 hours)

- Vakraśana
- Vajraśana
- Suptavajrasana
- Upaviṣṭa Kōṇāśana
- Baddha Kōṇāśana

Unit IV

(20 hours)

- Viparītakaraṇī
- Uttānapādāśana
- Svastikāśana
- Siddhāśana
- Padmāśana

Unit V (Kriyas)

(28 hours)

- Sūtranēti
- Jalanēti
- Kapālabhāti
- Agnisāra
- Nētra Prakṣālaṇa

Testing & Evaluation (if any)

Internal assessment- 40 marks

Performance of the Yogic techniques – 20 marks, Assignments– 10 marks, Viva-10 marks.

End semester examination -60 marks

Performance of the Yogic techniques – 30 marks, Practical record writing – 10 marks, written examination-10 marks Viva 10 marks.

References

books

1. BKS Iyengar, Light on Yoga ;Yoga, Schocken Book House,New York; 1979
2. Swami Dharendra Brahmachari, Yogasana Vijnana, Dharendra Yoga Publications, New Delhi; 1953.

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6. T Krishnamacharya, Yoga Makaranda, The Nector Of Yoga, Translated by Kasthubh Deshikachar, Krishnamacharya Healing & Yoga Foundation, RA Puram, Chennai; 2013
7. Swami Satyananda Saraswathi(2004), A Systematic Course in the Ancient Tantric Techniques of Yoga & Kriya, Bihar School of Yoga, Yoga Publication Trust, Munger 2004.
8. Satyananada Sarasvati, Asana Pranayama Mudra Bandha. Yoga Publication Turst, Bihar School of Yoga, Munger, Bihar; 1989.
9. B.K.S. Iyengar, Light on Pranayama, Harper Collins, New Delhi; 1999.
10. H.R. Nagendra, Pranayama Published by SVYASA, Bangalore; 2011