



# TAMIL NADU OPEN UNIVERSITY

## School of Education

### SHORT TERM PROGRAMME ON YOGA EDUCATION

This short term programme aims to prepare the learners equipped with the knowledge and skills for practising Yoga with a proper understanding and usage.

#### Programme Objectives

While studying Short Term Programme on Yoga Education, the learner shall be able to:

- gain knowledge and understanding about the pre-requisites of yoga practice;
- describe different types of yogasanas;
- analyse the principles of pranayama;
- describe various kriyas, bandhas, and mudras; and
- understand the basic principles of meditations.

#### Programme Outcomes

After completion of the Short Term Programme on Yoga Education, the student will be able to:

- practice different kinds of yogasanas, pranayamas, kriyas, bandhas, mudras and meditations;
- equip themselves with different therapeutic applications of yoga for some common ailments;
- distinguish different traditions of yoga;
- spread the awareness about yoga in their surroundings; and
- inculcate the habit of practising yoga as part of life.

<b>Eligibility</b>	:	10 <sup>th</sup> pass
<b>Medium of Instruction</b>	:	English
<b>Duration</b>	:	Minimum 1 month and Maximum 6 months
<b>Fee Structure</b>	:	Rs. 750 /-
<b>Course Delivery</b>	:	Online (MOOCs Model)

## Programme Details

COURSE CODE	COURSE TITLE	CREDITS
CYEW – 03	Essentials of Yogic Practice	3
<b>Total Credits</b>		<b>3</b>

**Examination System:** Theory Examinations will be conducted online / proctored by using suitable technologies. The Assignments and Quizzes are integrated into the course delivery mechanism. The Final Practical is also to be conducted online. As it is a fully online course, there is no role for LSC / LRC. The course delivery is from the TNOU headquarters in the form of MOOCs model.

### Grading Scheme

Online Assignments	:	10 %
Online Quizzes	:	10 %
Final Practical (Online)	:	30 %
Final Exam (Online)	:	50 %

**Assignments for the Course:** Suitable online assignments will be given in the course itself. The students should answer and submit the assignments through the LMS. They will be evaluated by the course director or concerned teacher and marks will be provided.

**Online Quizzes:** Suitable online quizzes are interwoven in the course. The students should answer them and the marks are given automatically. They are added with the final grade through the LMS.

**Final Practical (Online)** : The final practical may be conducted through

**Theory Examination:** The external examination is also conducted through online mode. The objective type questions are provided from the pre-loaded question bank to the students and they shall take up the test within a stipulated time. The examination shall be conducted through proctored online testing mechanism or any other method devised by TNOU. Once the students have passed the TEE, the system completes the examination process. If the students don't pass the TEE, they may take up the examination any number of times till they pass the exam. There shall be a time gap between two consecutive attempts. Students shall normally be allowed to appear for theory examination after completing all assignments, quizzes and practical examination.

### **Scheme of Evaluation**

Assignments (Online)	<b>10 Marks</b>
Quizzes (Online)	<b>10 Marks</b>
Practical (Online)	<b>30 Marks</b>
Theory Examinations (Online)	<b>50 Marks</b>
<b>Total</b>	<b>100 Marks</b>

**Passing Minimum:** The passing minimum is 18marksout off 50 marks in the external (Theory) Examination and minimum 4 marks out off 10 marks in the Assignments and Quizzes, and 11 marks in the Practical Examination and overall 40 percent for successful completion of each course.

**Classification of Successful Candidate:** Candidates who pass all the Courses and who secure 60 percent and above in the aggregate of marks will be placed in the first class. Those securing 50 percent and above but below 60 percent in the aggregate will be placed in the second class. Those securing 40 percent and above but below 50 percent in the aggregate will be placed in the third class.

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**Tamil Nadu Open University**  
**School of Education**  
**Chennai – 15**

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**COURSE TITLE** : **Essentials of Yoga Practice**  
**COURSE CODE** : **CYEW - 03**  
**COURSE CREDIT** : **3**

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**COURSE OBJECTIVES**

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While studying **Essentials of Yoga Practice**, the learner shall be able to:

- gain knowledge and understanding about the pre-requisites of yoga practice;
  - describe different types of yogasanas;
  - analyse the principles of pranayama;
  - describe various kriyas, bandhas, and mudras; and
  - understand the basic principles of meditations.
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**COURSE OUTCOMES**

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After completion of **Essentials of Yoga Practice**, the student will be able to:

- take necessary precautions and pre requisites before starting yogasana practice;
  - practice various types of yogasanas and devise a daily plan for practice;
  - create an awareness about the importance of various types of pranayamas;
  - analyse the benefits of various kriyas, bandhas and mudras; and
  - promotethe meditation practice into the daily practice.
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**BLOCK 01 ESSENTIALS OF YOGA PRACTICE**

**UNIT - 01 - Pre-requisites** - Essentials - Cleanliness - Food - Time - Duration - Place - Age - Sequence

**UNIT - 02 - Precautions** - Precautions - Contra-indications - Provisions for women, patients, children

**UNIT - 03 - Simple Physical Exercises** - Loosening the joints - Stretching - Strengthening

**UNIT - 04 - Suryanamaskar** - Steps of Suryanamaskar - Different models - Benefits

## **BLOCK 02 ASANAS**

**UNIT - 05 - Standing Yoga Poses** -Ardha kadi chakrasana - Vrikshasana - Trikonasana - Padahasthasana - Utkatasana - Adhomukha svanasana - Garudasana - Natarajasana - Virabardrasana

**UNIT - 06 - Sitting Yoga Poses** - Ushtrasana - Naasana - Badda konasana - Siddhasana - Ardha Matsyendrasana - Paschimottanasana - Padmasana - Kukutasana - Vajrasana - Butterfly -

**UNIT - 07 - Supine Yoga Poses** - Mastiyasana -Halasana - Setu Bandanasana - Chakrasana - Savasana

**UNIT - 08 - Prone Postures** - Salabhasana -Bhujangasana - Dhanurasana

**UNIT - 09Topsy-Turvy Postures and Balancing Postures** -Vipareetakarani - Sirshasana

## **BLOCK 03 PRANAYAMA**

**UNIT – 10 - Yogic Breathing** - Pranayama

**UNIT – 11 - Breathing techniques** - Kapalabhati - Brahmari - Ujjayi - Sheetali - Sheetkari - Bhastrika - Nadi Shodana

## **BLOCK 04 KRIYAS, BANDHAS AND MUDRAS**

**UNIT – 12 - Kriyas** - Jalaneti - Sutraneti - Nauli - Trataka

**UNIT – 13 - Bandhas and Mudras** - Jalandhara - Moola - Uddiyana - Chin - Chinmayi - Adi - Yogamudra - Ashwini - Nasiga - Shanmuki - Mahamudra - Brahma mudra

## **BLOCK 05 MEDITATION**

**UNIT – 14 - Different types of meditation** - Sudharshan kriya - Mantra meditation - Trataka - Yoganidra - Mindfulness

## **References**

- **Iyengar ., B.K.S. (1976).***Light on Yoga*, Unwin Paperbacks.
- **Iyengar., B.K.S. (2008).***Light on Pranayama*, Harper Collins Publishers India, New Delhi.
- **SatyanandaSaraswathi., (2008).***Asana, Pranayama, Mudra, Bandhas*. Bihar School of Yoga Publications, Munger, India.
- **Kirk Martin (2006).***Hatha Yoga Illustrated*, Human Kinetics, Champaign.
- **Gharote, (2004).***Applied Yoga*, Kaivalyadhama, Lonavala.
- **SatyanandaSaraswathi., (2007).***Meditation from Thitantras*, Yoga Publication Trust, Munger, India.

- **Kathy Lee Kappmeier and Diane M Ambrosini (2006).***Instructing Hatha Yoga*, Human Kinetics, Champaign.
- **HaustulDesikachar, (2016).***Hatha Yoga Pradipika*, Madia Garuda, Chennai.
- **Ray S Dutta (2001).***Yogic Exercises: Physiologic and Psychic processes*, Jaypee Brothers, New Delhi.

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