

(Abstract)

Certificate Programme in Yoga under the School of Physical Education and Sports Sciences, Mangattuparamba Campus- Regulation, Scheme, Syllabus and Pattern of question Papers implemented with effect from 2022 admission-Orders issued

ACADEMIC C SECTION

Acad/C4/4836/2011 (II)

Dated: 16.08.2022

- Read:-1.Minutes of the meeting of the Syndicate vide item No 2022.274
2. Letter no from Head School of Physical Education and Sports Sciences dated 04.05.2022 & 25.05.2022
3. Minutes of XXIV meeting of Academic Council dated 14.06.2022
4. U.O No. Acad A2/274/SPESS/2022 dated 08.7.2022

ORDER

1. As per paper read (1) above, the Syndicate considered the proposal for starting a Certificate Programme in Yoga under the School of Physical Education & Sports Sciences, Mangattuparamba campus and resolved to grant permission for the same
2. The meeting of the Department Council of Dept. of Physical Education, held on 22.04.2022, prepared the draft Regulation, Scheme and Syllabus and pattern of Question Paper for the Certificate Programme in Yoga and the Head, School of Physical Education & Sports Sciences, submitted the same, as per paper read(2), for implementation with effect from 2022 admission.
- 3.As ordered by the Vice Chancellor, the Draft Regulation, Scheme and Syllabus and Pattern of Question Paper for the Certificate Programme in Yoga was placed before the Academic Council as per paper read (3), and XXIV meeting of Academic Council resolved to accept the aforementioned draft Regulation, Scheme, Syllabus and Pattern of Question Paper, for implementation with effect from 2022 admission.
- 4.As per paper read (4) above, sanction was accorded to start Certificate Programme in Yoga with three months duration with an intake of 20 students under the school of Physical Education & Sports Sciences, Mangattuparamba Campus from the Academic year 2022 admission onwards
- 5.The Regulation, Scheme, Syllabus and Pattern of question papers for the Certificate Programme in Yoga, implemented with effect from 2022 admission are appended and uploaded in the University website(www.kannuruniv.ac.in)

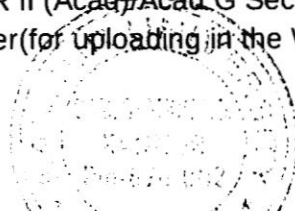
Orders are issued accordingly

Sd/-

Dr. Joby K Jose
REGISTRAR (i/c)

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 1/AR II (Acad)Acad G Section
4. Web Manager(for uploading in the Website)
5. SF / DF /FC



Forwarded / By Order
SECTION OFFICER

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)

CERTIFICATE PROGRAMME IN YOGA SYLLABUS

(Effective from Academic Year 2022-23)

I. Regulation, Scheme of Examination and Syllabus for Certificate programme in yoga

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 courses shall be full time regular and co-educational.

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

5. Eligibility for Admission

- Should have passed any bachelor's degree of Kannur University or any other University recognized as equivalent thereto.
- Age - Nobar
- Should be physically and mentally fit to undergo Yoga training.
- Reservation of seats shall be as per rules framed by the Government/ University from time to time

7. Selection Criteria

The course shall have 20 (Twenty) seats in a batch. The selection of candidates for admission to the courses 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