

**(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](http://www.kannuruniv.ac.in))

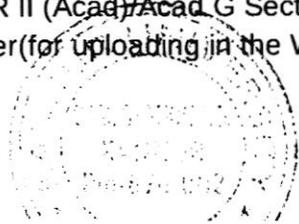
Orders are issued accordingly

*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

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

---

*Knowledge and yoga history. Candidates should score at least 40% marks in the selection test to place in the rank list.*

**8. Medium of Instruction and Examination**

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

**9. 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
	<b>Total</b>	<b>120</b>	<b>180</b>	<b>300</b>

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.

**13. 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 advanced 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.

**11. Evaluation and Assessment Rubrics Theory and Practical's**

Continuous Evaluation for theory and practical shall be on the basis of the internal examinations, assignments, seminars and attendance. The valuation 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.

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

---

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 Department Examination for each theory paper shall be for 2 hours. External Examination of Practical's shall be conducted by the department with one external examiner. There shall be no provision for reevaluation. 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

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

### **13.1 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 examination is two (2) hours only. Question paper for end semester theory examination shall consist of two parts.

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

---

*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)

**14. 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

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

---

**15. 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 x 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

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

**15. 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

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

---

after the approval of the department council on end of each semester.

Supplementary examination for failed Candidates

1. Candidate who have failed(F) grade in the semester examination can appear of the failed paper for the particular semester along with the regular students. However, the continues evaluation marks shall remine the same. Two sets of supplementary chances will be given for each semester with two years
2. Appearance for continues evaluation end semester evaluation are compulsory and no grade shall be awarded to a candidate if he or she is absent for CE/ESE or both. A student who fails to complete a program/ semester can repite full program/ semester ones, if the department council permit so.
3. There shall be no provision for improvement of CE/ESE

**16. PromotionandPass:**

Students who secure not less than 50% marks in aggregate and separatelyininternaland external assessmentsin each of thetheory papersand in practical shall bedeclaredtohavepassedthePostGraduateDiplomainYogaEducationExamination.

**17. 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 foe 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.**

**18. Grievance Redressal Mechanism**

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

---

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

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

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

---

---

**20. CURRICULUM OUTLINE AND DETAILED SYLLABUS FOR COURSE IN SWIMMING (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:**

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

---

- Chakras and their importance.
- 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

<b>Theory External Exam</b>	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
<b>Total Marks</b>	<b>Marks: 100</b>

### 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

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

---

6. Vijananda Saraswati (1998), "Yoga Vijyan", Yoga Niketan Trust, Rishikesh.
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.

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

---

- 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

<b>Theory External Exam</b>	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
<b>Total Marks</b>	<b>Marks: 100</b>

### SUGGESTED READINGS

1. Saladin–Anatomy&Physiology:TheUnit FormandFunction,Publishedby McGraw–HillNewYord,3Ed,2004
2. GerardJ.Tortora“PrinciplesofAnatomy&physiology,PublishedbyJohnWiley&Sons,Inc, NewYork, 9<sup>th</sup>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. SwamiSatyasaanganandaSaraswati,*Tattava Shuddhi*,BiharSchoolofYoga,Munger,Bihar1984

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

---

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

**PRACTICAL I**

**CERTCYGC03-YOGAPRACTICAL**

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**

- Generalandspecificbreathing techniques
- Warming up techniques
- Limberingdown
- Surya Namaskar

**Unit II: Introduction of asanas**

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

**Unit III: Breathing techniques**

- Pranayama
- Nadi-Shodhan,SuryaBheda Ujjayi,Shitkari,Sheetali,Bhastrika, Bhrabri.

**Unit IV: Cleansing process**

- Shat-Karma(Cleansing process)

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

---

- Jal-Neti, Sutra Neti, Trataka, Kapalbhathi.

**Unit V: Mudras and Bandhas**

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

**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**

<b>Component</b>	<b>Continuous Evaluation 40</b>	<b>External Evaluation 60</b>	<b>Total marks 100</b>
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