



CALICUT UNIVERSITY – FOUR-YEAR UNDER GRADUATE PROGRAMME (CU-FYUGP)

Physical Education

PROGRAMME OUTCOMES (PO):

At the end of the graduate program at Calicut University, a student would:

PO 1	Demonstrate a profound understanding of knowledge trends and their impact on the chosen discipline of study.
PO 2	Demonstrate professional skills to navigate diverse career paths with confidence and adaptability.
PO 3	Demonstrate mastery of varied digital and technological tools to understand and interact with the digital world, thus effectively processing complex information.
PO 4	Become a successful professional who drives positive change through effective communication, collaborative acumen, transformative leadership, and a dedication to inclusivity.
PO 5	Emerge as an innovative problem-solver and impactful mediator, applying scientific understanding and critical thinking to address challenges and advance sustainable solutions.
PO 6	Become a responsible leader, characterized by an unwavering commitment to human values, ethical conduct, and a fervent dedication to the well-being of society and the environment
PO 7	Emerge as an innovative researcher and entrepreneurial leader, leveraging collaborative partnerships with industry, academia, and communities, thus contributing to local, regional, and global development

Programme	MDC Physical Education				
Course Code	PEN1FM105(1)				
Course Title	INTRODUCTION TO YOGA AND STRESS MANAGEMENT				
Type of Course	MDC I (1)				
Semester	1				
Academic Level	100-199				
Course Details	Credit	Lecture per week	Tutorial per week	Practical per week	Total Hours
	3	2	-	1	45
Pre-requisites	Introduction to yoga, stress, and various stress management techniques				
Course Summary	Modern life became better, easier and more comfortable because of the inventions of machines and its vast uses in our daily life. But it made our life less kinetic and became less physically active. The people face many fitness problems mainly physical and mental fitness issues. Most of the people including youngsters are facing mental stresses which make their life more difficult. Yoga is the best contribution of our Great Nation to the world. This gives awareness and knowledge about basics of yoga and asana to have healthy and fit citizens.				

Course Outcomes:

After the completion of the course students will be able to:

CO	CO Statement	Cognitive Level*	Knowledge Category#	Evaluation tools used
CO1	Introducing yoga and its origin. Understanding types of yoga, limbs of yoga, kriyas. application mudras.	U & Ap	F & C	Quiz/Presentations/Internal exam
CO2	Knowledge about the classification of asanas, suryanamaskar, its benefits and apply it in daily life.	U and Ap	C & P	Multi media Presentations /Discussions/Seminar/ Internal exam
CO3	Analyse and application of pranayama, its classification and benefits of it in day today life.	An and Ap	C & P	Presentations/ Discussions/ Internal Exam/Debates/Seminars
CO4	Understand stress, analyse and evaluate the physiological effect of yoga on stress through various yogic techniques	U, E & Ap	C, P & M	Presentations/ Assignments/Debates/ Internal exam
CO5	Develop skills and awareness to understand yoga, various types of asana, practicing various yogic techniques to release stress.	An, E & Ap	C, P & M	Debates/Multi-media Presentations/ Internal exam

Cognitive Level* - Remember (R), Understand (U), Apply (Ap), Analyse (An), Evaluate (E), Create (C)

Knowledge Category# - Factual Knowledge(F) Conceptual Knowledge (C) Procedural Knowledge (P) Metacognitive Knowledge (M)

Module	Unit	CONTENT	Hours 45	Marks 50
I		INTRODUCTION TO YOGA AND ITS CLASSIFICATION	6	10
	1	Introduction to Yoga- Meaning- Definition and History.	2	
	2	Types of Yoga –Bhakthi Yoga- Jnana Yoga- Karma Yoga and Raja Yoga.	1	
	3	Ashtanga Yoga (8 Limbs of Yoga).	1	
	4	Introduction to Mudras and Various Cleansing Techniques.	2	
II		INTRODUCTION TO ASANAS - DEFINITION AND ITS CLASSIFICATION. SURYANAMASKAR AND ITS BENEFITS.	14	18
	5	Definition and Benefits of Asanas. Loosening Exercise	2	
	6	Classification of Asanas- According to Purpose- Relaxative, Meditative and Cultural.	2	
	7	Classification of Asanas - According to Performance- standing, sitting, prone and supine. Standing Asanas - Ardhakadichakrasana, Ardhashakrasana, Padahasthasa, Trikonasana, Parivrtta Trikonasana .	4	

	8	Sitting asanas – Vajrasana, Sasankasana Pascimottanasa, Vakrasana, Ardhamatsyendrasana.	1	
	9	Prone - Bhujangasana , Salabhasana. Supine – Uttanpadasana Pavanamuktasana.	1	
	10	Classification of Asanas - Exercises.According to body Movements - forward bending, backward bending, twisting and balancing.	2	
	11	Introduction to Suryanamaskar (The Sun Salutation) – Techniques of Suryanamaskar with proper breathing patterns and its benefits. Practice of Suryanamaskar	2	
III	INTRODUCTION TO PRANAYAMA, DEFINITION, BENEFITS AND ITS CLASSIFICATION.		6	10
	12	Definition and Benefits of Pranayama.	2	
	13	Breathing Exercises – Diaphragmatic Breathing, Puraka, Rechaka and Kumbaka and its types	2	
	14	Classification of Pranayama and its Techniques- Chandra Bhedana, Surya Bhedana and Nadisudhi.	2	
IV	YOGIC STRESS MANAGEMENT		10	12
	15	Meaning and definition of stress Types of Stress - Eustress, Acute stress, Episodic Acute Stress, Chronic stress and Distress	3	
	16	Stressors- Physical, Psychological, Psychosocial and Psycho spiritual.	2	
	17	Physiological Effect of Yoga on stress.	1	
	17	Various yogic stress management techniques- IRT, QRT, DRT , NSDR (Non Sleep Deep Rest Protocol)	2	
	19	Cyclic Meditation and Yoga Nidra	2	
V		Open Ended Module: This unit is customizable by the instructor. Topics can be chosen based on the interests of the class.	9 hours	5 marks out of 20 internal marks
	1	Practice of various asanas: Standing Asanas - Ardhakadichakrasana, Ardhashakrasana, Padahasthasa, Trikonasana, Parivrtta Trikonasana . Sitting asanas – Vajrasana, Sasankasana Pascimottanasa, Vakrasana, Ardhamatsyendrasana. Prone - Bhujangasana , Salabhasana. Supine – Uttanpadasana Pavanamuktasana.		
	2	Practice of mudras and pranayamas: Diaphragmatic Breathing, Puraka, Rechaka and Kumbaka and its types. Chandra Bhedana, Surya Bhedana and Nadisudhi.		
	3	Practicing suryanamaskar: Suryanamaskar with proper breathing patterns and its benefits.		
		Activities and assessment of Open ended For the open-ended module, here are suggested activities and evaluation methods aligned with the potential topics:		

REFERENCES

1. Joshi, K.S., (1997), Yoga in daily life, Delhi Oriented paper backs.
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3. Prbhavananda Swami., (2002) Patanjali Yoga Sutras, Chennai: Sri Ramakrishna Math.
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5. Muktibodhananda, S. (2008). Hatha Yoga Pradipika. Munger, Bihar. India: Yoga Publications Trust.
6. Iyengar, B. K. S. (2008). Light on life: The journey to wholeness, inner peace and ultimate freedom. Pan Macmillan.
7. Nagendra, H. R. (1988). New perspectives in stress management. Vivekananda Kendra Yoga Anusandhana Samsthan.
8. Biju Lona K (2023) Physical education and yoga, Maximum publishers Kinfra park Koratty
9. Nagarathna, R., Nagendra, H. R., & Telles, S. (1999). Yoga Health and disease. Kaohsiung J Med Sci, 2, 96–104.
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11. Nagarajan Karuna.et.al.(1999) YIC Practical Self Learning Material, published by Swami Vivekananda Yoga Prakasana.

Mapping of COs with POs

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	3	1	1	1	1	2	1
CO2	3	2	2	1	2	2	1
CO3	3	2	2	2	1	2	2
CO4	3	2	3	1	2	3	3
CO5	3	2	2	1	2	2	1

Level	Correlation
-	Nil
1	Slightly / Low
2	Moderate / Medium
3	Substantial / High

Assessment Rubrics:

- Quiz / Assignment/ Debates/ Discussion / Seminar
- Midterm Exam
- Final Exam (70%)

Mapping of COs to Assessment Rubrics:

CO	Internal Exam	Assignment	Discussion/ Debates	Quiz	Seminar	Multi-Media Presentations	End Semester Examination
CO 1	✓			✓		✓	✓
CO 2	✓		✓			✓	✓
CO 3	✓		✓		✓	✓	✓
CO 4	✓	✓	✓			✓	✓
CO 5	✓						✓

I Semester CUFYUGP Degree Examinations**Course Code:****Introduction to Yoga and Stress Management****(Credits: 3)****Maximum Time: 1.5 hours****Maximum Marks: 50****Section A**

[Answer Any 8. Each question carries 2 marks]

(Ceiling: 16 marks)

1. Four vedas
2. Asana in Prone and supine posture.
3. Name eight limbs of yoga
4. Benefits of asanas
5. Pranayama
6. Chandrabhedasana
7. Padahasthasana
8. Stress
9. QRT
10. Loosening exercise

Section B

[Answer Any 4. Each question carries 6 marks]

(Ceiling: 24 marks)

11. Explain Ashtangayoga
12. Various classification of asana and its benefits.
13. Classification of pranayama and its benefits
14. Explain Cyclic Meditation
15. Describe types of stress
16. Explain any four asana and its benefits

Section C

[Answer any one. Each question carries 10 marks]

(1x10=10 marks)

17. Explain stress and various yogic stress management techniques.
18. Explain Suryanamaskar and its benefits.