

Subjectwise Course Details

B. Sc., Yoga

First Year - First Semester

Subject Code	Subject
BYS101	Tamil / Hindi - Paper - I
BYS102	English - Paper - I
BYS103	Fundamentals of Yoga
BYS104	Yogic Practices - I
BYS105	Basic Yoga Texts

First Year - Second Semester

Subject Code	Subject
BYS201	Tamil / Hindi - Paper - II
BYS202	English - Paper - II
BYS203	Yoga and Psychology
BYS204	Yogic Practices - II
BYS205	Anatomy and Physiology

Second Semester - Third Semester

Subject Code	Subject
BYS301	Tamil / Hindi - Paper - III
BYS302	English - Paper - III
BYS303	Methodology of Teaching Yoga
BYS304	Teaching Practice
BYS305	Health and Psychology

Second Semester - Fourth Semester

Subject Code	Subject
BYS401	Tamil / Hindi - Paper - IV
BYS402	English - Paper - IV
BYS403	Traditional Indian System of Medicines and Therapies
BYS404	Yogic Practices - III
BYS405	Diet and Nutrition

Third Year - Fifth Semester

Subject Code	Subject
BYS501	Yoga Therapy
BYS502	Patanjali Yog Sutra
BYS503	Yogic Practice - IV
BYS504	Usage of Props
BYS505	Environmental Studies

Third Year - Sixth Semester

Subject Code	Subject
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BYS601	Yogic Diet
BYS602	Methods of Naturopathy
BYS603	Yogic Practice - V
BYS604	Yoga and Fitness
BYS605	Value Education

M. Sc., Yoga

First Year - First Semester

Subject Code	Subject
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MYS101	Fundamentals of Yoga
MYS102	Anatomy and Physiology
MYS103	Methods of Yogic Practices
MYS104	Yogic Practice - I
MYS105	Yogic Diet

First Year - Second Semester

Subject Code	Subject
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MYS201	Yoga and Psychology
MYS202	Methodology in Teaching Yoga
MYS203	Basic Yoga Texts
MYS204	Teaching Practice
MYS205	Yogic and Nutrition

Second Semester - Third Semester

Subject Code	Subject
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MYS301	Yoga Therapy
MYS302	Yoga Sutras
MYS303	Hatha Yoga Texts
MYS304	Clinical Applications in Traditional Systems of Medicines and Therapies
MYS305	Methods of Naturopathy

Second Year - Fourth Semester

Subject Code	Subject
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MYS401	Research Processes in Yoga
MYS402	Traditional Systems of Medicines and Therapies
MYS403	Thesis / Yoga and Health / Thirumoolar's Thirumandiram
MYS404	Yogic Practice - II
MYS405	Statistics in Yoga

PG DIPLOMA PROGRAMMES - 2 YEARS

P.G. DIPLOMA IN PANCHAKARMA THERAPY

FIRST YEAR

Subject Code	Subject
PGDPT101	Basic Concepts of Ayurveda
PGDPT102	Pancha Karma Therapy
PGDPT103	Anatomy and Physiology
PGDPT104	Personality Development and Communication Skills
Practical	Methods of Panchakarma Therapy
Practical	Applied Physiology

VPP

SECOND YEAR

Subject Code	Subject
PGDPT201	Fundamental of Naturopathy
PGDPT202	Yogic Anatomy and Physiology and Psychology
PGDPT203	Introduction to AYUSH and Alternative Therapies
PGDPT204	Computer Applications and Value Education
Practical	Yogic Practices - I
Practical	Applied of Alternative Therapies
	Internship

P.G. DIPLOMA IN VARMA AND THOKKANAM (MASSAGE) SCIENCES

FIRST YEAR

Subject Code	Subject
PGDVTMS101	Fundamentals of VarmaTherapy
PGDVTMS102	Basics of Massage Therapy
PGDVTMS103	Anatomy and Physiology
PGDVTMS104	Personality Development and Communication Skills
Practical	Practical methods of Massage Therapy
Practical	Applied Physiology

VPP

FIRST YEAR

Subject Code	Subject
PGDVTMS201	Applied Varma therapy
PGDVTMS202	Yogic Anatomy and Physiology and Psychology
PGDVTMS203	Introduction to AYUSH and Alternative Therapies
PGDVTMS204	Computer Applications and Value Education
Practical	Clinical Application of Varma Therapy
Practical	Application of Alternative Therapies
	Internship

P.G. DIPLOMA IN YOGA

FIRST YEAR

Subject Code	Subject
PGDY101	Fundamentals of yoga
PGDY102	Methods of Yogic Practices
PGDY103	Anatomy and Physiology
PGDY104	Personality Development and Communication Skills
Practical	Yogic Practices - I
Practical	Applied Physiology
	VPP

SECOND YEAR

Subject Code	Subject
PGDY201	Basic Yoga Text
PGDY202	Yogic Anatomy and Physiology and Psychology
PGDY203	Introduction to AYUSH & Alternative Therapies
PGDY204	Computer Applications and Value Education
Practical	Yogic Practices - II
Practical	Application of Alternative Therapies
	Internship

P.G. DIPLOMA YOGA AND NATUROPATHY

FIRST YEAR

Subject Code	Subject
PGDYN101	Fundamentals of Naturopathy
PGDYN102	Fundamentals of Yoga
PGDYN103	Anatomy and Physiology
PGDYN104	Personality Development and Communication Skills
Practical	Yogic Practices - I
Practical	Applied Physiology
	VPP

SECOND YEAR

Subject Code	Subject
PGDYN201	Nutritional Biochemistry
PGDYN202	Diet Therapy
PGDYN203	Introduction to AYUSH & Alternative Therapies
PGDYN204	Computer Applications & Value Education
Practical	Yogic Practices - II
Practical	Application of Naturopathy
	Internship

PG DIPLOMA YOGA THERAPY, VARMA AND HERBAL SCIENCES**FIRST YEAR**

Subject Code	Subject
PGDYTEVHS101	Basic Principles of Yoga Therapy
PGDYTEVHS102	Fundamentals of Varma and Herbal Medicine
PGDYTEVHS103	Anatomy and Physiology
PGDYTEVHS104	Personality development and Communication and Skills
Practical	Yogic Practices with Modification - I
Practical	Applied Physiology
	VPP

SECOND YEAR

Subject Code	Subject
PGDYTEVHS201	Methodology in Yoga Therapy
PGDYTEVHS202	Application of Varma and Herbal Medicines
PGDYTEVHS203	Introduction to AYUSH and Alternative Therapies
PGDYTEVHS204	Computer Applications and Value Education
Practical	Yogic Practices with Modification - II
Practical	Clinical Application of Varma and Herbal Medicines
	Internship

P.G. DIPLOMA YOGA THERAPY**FIRST YEAR**

Subject Code	Subject
PGDYT101	Basic Principles of Yoga Therapy
PGDYT102	Methodology of Yoga Therapy
PGDYT103	Anatomy and Physiology
PGDYT104	Personality Development and Communication skills
Practical	Yogic Practices with modification - I
Practical	Applied Physiology
	VPP

SECOND YEAR

Subject Code	Subject
PGDYT201	Physical Examination methods in Yoga Therapy
PGDYT202	Yoga Therapy and Ailments
PGDYT203	Introduction to Ayush and Alternative Therapies
PGDYT204	Computer Applications & Value Education
Practical	Yogic Practices with modification - II
Practical	Clinical Application of Yoga therapy
	Internship

P.G. DIPLOMA IN FITNESS AND NUTRITION**FIRST YEAR**

Subject Code	Subject
PGDIPFN21CT101	Anatomy and Physiology
PGDIPFN21CT102	Basic Nutrition
PGDIPFN21CT103	Nutritional Prescription for Sports and Games
PGDIPFN21CT104	Health Promotion and Nutritional Care
PGDIPFN21CT105	Environment Studies
PGDIPFN21CT106	Floor and Step Aerobics
PGDIPFN21CT107	Strength and Conditioning
PGDIPFN21CT108	Health Behavior Psychology
PGDIPFN21CT101	Practical : Strength and Conditioning & Step and Floor Aerobics

SECOND YEAR

Subject Code	Subject
PGDIPFN21CT201	Kinesiology
PGDIPFN21CT202	Nutritional and Fitness Assessment
PGDIPFN21CT203	Exercise Prescription for Special Population
PGDIPFN21CT204	Effects of Exercise on Various Systems
PGDIPFN21CT205	Basic Statistics
PGDIPFN21CT206	Computer Application in Fitness and Nutrition
PGDIPFN21CT207	Occupational Fitness
PGDIPFN21CT208	Communication Skills
PGDIPFN21CT201	Practical : Nutritional and Fitness Assessment

P.G. DIPLOMA IN COUNSELING**FIRST YEAR**

Subject Code	Subject
PGDC21CT101	Psychological Process
PGDC21CT102	Biological Psychology
PGDC21CT103	Research Methodology
PGDC21CT104	Coping with Stress
PGDC21CT105	Human Growth and Deveopment
PGDC21CT106	Psychopathology - I
PGDC21CT107	Fundamentals of Counseling Skills
PGDC21CT108	Health Psychology
PGDC21CT101	Practical : Psychological Testing - I

SECOND YEAR

Subject Code	Subject
PGDC21CT201	Counseling and Behavior Modification
PGDC21CT202	Counseling in Special Areas
PGDC21CT203	Behavioral Statistics
PGDC21CT204	Approaches to Counseling Therapy
PGDC21CT205	Positive Psychology
PGDC21CT206	Psychoapathology - II
PGDC21CT207	Psychotherapy
PGDC21CT208	Life Skills Management
PGDC21CT202	Practical : Psychological Testing - II

PG DIPLOMA IN EXERCISE SCIENCE

FIRST YEAR

Subject Code	Subject
PGDES21CT101	Anatomy & Physiology - I
PGDES21CT102	Anatomy & Physiology - II
PGDES21CT103	Exercise Psychology
PGDES21CT104	Exercise Biomechanics
PGDES21CT105	Exercise Biochemistry
PGDES21CT106	Strength Training & Conditioning
PGDES21CT101	Practical : Fitness Parameters Assessment - I
PGDES21CT102	Practical : Anatomy and Physiology Lab

SECOND YEAR

Subject Code	Subject
PGDES21CT201	Exercise Physiology
PGDES21CT202	Exercise Nutrition
PGDES21CT203	Exercise Testing and Prescription
PGDES21CT204	Sports Injuries, Prevention and Rehabilitation
PGDES21CT205	Exercise prescription for Special Population
PGDES21CT206	Fitness and Wellness
PGDES21CT201	Practical : Fitness Parameters Assessment - II
PGDES21CT202	Practical : Exercise Prescription

P.G. DIPLOMA IN KARATE

FIRST YEAR

Subject Code	Subject
PGDK101	Anatomy and Physiology
PGDK102	Science of Sports Training
PGDK103	First aid for Sports Injuries
	Practical - I
	Practical - II

SECOND YEAR

PGDK201	Fundamentals in Karate
PGDK202	Karate and Its Development
PGDK203	Anti Doping
	Practical - III
	Internship

P.G. DIPLOMA IN KUBUDO

FIRST YEAR

Subject Code	Subject
PGDKUB101	Anatomy and Physiology
PGDKUB102	Science of Sports Training
PGDKUB103	First aid for Sports Injuries
	Practical - I
	Practical - II

SECOND YEAR

Subject Code	Subject
PGDKUB201	History and Organization of Silambam Fencing
PGDKUB202	Methods of Silambam Fencing Practices
PGDKUB203	Anti Doping
	Practical - III
	Internship

P.G. DIPLOMA IN ON-FIELD SPORTS INJURY MANAGEMENT

FIRST YEAR

Subject Code	Subject
PGDOFSIM21CT101	Sports Biomechanics
PGDOFSIM21CT102	Sports Exercise Physiology
PGDOFSIM21CT103	Sports Psychology
PGDOFSIM21CT104	Sports Nutrition
PGDOFSIM21CT105	Strength Training & Conditioning
PGDOFSIM21CT106	Computer Applications
PGDOFSIM21CT101	Practical : Sports First aid
PGDOFSIM21CT102	Practical : Kinanthropometry

SECOND YEAR

PGDOFSIM21CT201	Sports Traumatology
PGDOFSIM21CT202	Fitness and Sports Injury Assessment
PGDOFSIM21CT203	Onfield Sports Injury Management
PGDOFSIM21CT204	Basic Health Statistics
PGDOFSIM21CT205	Personality Development
PGDOFSIM21CT206	Fitness and Wellness
PGDOFSIM21CT201	Practical : Onfield Fitness and Sports Injury Assessment
PGDOFSIM21CT202	Practical : Onfield Sports Injury Management

P.G. DIPLOMA IN SILAMBAM FENCING

FIRST YEAR

Subject Code	Subject
PGDSF101	Anatomy and Physiology
PGDSF102	Science of Sports Training
PGDSF103	First aid for Sports Injuries
	Practical - I
	Practical - II

SECOND YEAR

PGDSF201	History and Organization of Silambam Fencing
PGDSF202	Methods of Silambam Fencing Practices
PGDSF203	Anti Doping
	Practical - III
	Internship

P.G. DIPLOMA IN GYM / FITNESS INSTRUCTOR**FIRST YEAR**

Subject Code	Subject
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PGDGF1101 Anatomy and Physiology

PGDGF1102 Science of Sports Training

PGDGF1103 First aid for Sports Injuries

Practical - I**Practical - II****SECOND YEAR**

PGDGF1201 Scientific Foundation of Fitness and Wellness

PGDGF1202 Fitness Equipment Management

PGDGF1203 Anti Doping

Practical - III

Internship

P.G. DIPLOMA IN SPORTS MANAGEMENT

Subject Code	Subject
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FIRST YEAR - I SEMESTER

PGDSM101 Principles of Management

PGDSM102 Organizational Behaviour

PGDSM103 Business Law

PGDSM104 Managerial Economics

PGDSM105 Management Accounting

FIRST YEAR - II SEMESTER

PGDSM106 Quantitative Methods in Business

PGDSM107 Management Information System

PGDSM108 Total Quality Management

PGDSM109 Strategic Management

PGDSM110 Research Methods in Business

SECOND YEAR - III SEMESTER

PGDSM201 Operations Research

PGDSM202 Operations Management

PGDSM203 Marketing Management

PGDSM204 Financial Management

PGDSM205 Human Resource Management

SECOND YEAR - IV SEMESTER

PGDSM206 Business Communication

PGDSM207 Sports Organization and Administration

PGDSM208 Sports Management Principles and Practices

PGDSM209 Sports Marketing

PGDSM210 Sports Facility Management

DIPLOMA PROGRAMS - 1 YEAR**DIPLOMA IN PANCHAKARMA THERAPY**

Subject Code	Subject
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DPT101 Basic Theory of Ayurveda and Anatomy

DPT102 Panchakarma and Wellness

DPT103 Yoga Therapy

Practical Panchakarma and Yoga

Village Placement Programme

DIPLOMA IN VARMA AND THOKKANAM (MASSAGE) SCIENCES

Subject Code	Subject
DVTMS101	Foundations of Varma and Thokkanam
DVTMS102	Varma and Thokkanam Practices
DVTMS103	Introduction to Traditional Indian Systems of Medicine and Therapies
Practical	Practical Training in Varma and Thokkanam
	Village Placement Programme

DIPLOMA IN YOGA

Subject Code	Subject
DYO101	Fundamentals of Yoga Education
DYO102	Yogic Psychology and Yogic Therapies
DYO103	Methods of Yogic Practices
Practical - I	Yogic Practices
	Village Placement Programme

DIPLOMA IN YOGA AND NATUROPATHY

Subject Code	Subject
DYN101	Fundamentals of Yogic Techniques
DYN102	Applied Anatomy and Physiology
DYN103	Basic Concepts of Naturopathy
Practical - I	Practical - I
Practical - II	Practical - II

DIPLOMA IN YOGA FOR HUMAN EXCELLENCE

Subject Code	Subject
DYHE101	Yogic Life
DYHE102	Sublimation and Social Welfare
DYHE103	Mental Prosperity and Human Excellence
DYHE104	Science of Divinity and Realization of Self
Practical - I	Practical - I

DIPLOMA IN YOGA FOR YOUTH EMPOWERMENT

Subject Code	Subject
DYYE101	Physical Health
DYYE102	Mental Health
DYYE103	Self Management
Practical	Yoga Practice

DIPLOMA IN MEMORY DEVELOPMENT AND PSYCHO NEUROBICS

Subject Code	Subject
DMDPN101	Science of Memory
DMDPN102	Psycho Neurobics
Practical - I	Practical - I

DIPLOMA IN AEROBIC INSTRUCTOR

Subject Code	Subject
DAI101	Exercise Programme design, Body Conditioning, Flexibility and Injury
DAI102	Kinesiology, Exercise Physiology and Nutrition
Practical -I	Practical -I
Practical - II	Practical - II

DIPLOMA IN GYM / FITNESS INSTRUCTOR

Subject Code	Subject
DYFI101	Anatomy and Physiology'
DGFI102	Scientific Foundations of Fitness and Wellness
Practical - I	Practical - I
Practical - II	Practical - II

DIPLOMA IN KALARIPAYATTU

Subject Code	Subject
DKA101	Introduction Description Techniques and Therapy of Kalaripayattu
DKA102	Anatomy and Physiology
Practical -I	Empty Hand Techniques
Practical - II	Weapon Techniques

DIPLOMA IN KARATE

Subject Code	Subject
DKA101	History of Karate
DKA102	Anatomy and Physiology
Practical - I	Practical - I
Practical - II	Practical - II

DIPLOMA IN KUBUDO

Subject Code	Subject
DKUB101	Development of Kobudo
DKUB102	Theory of Material Arts and Kobudo
Practical	Practical

DIPLOMA IN KUNG-FU

Subject Code	Subject
DKU101	Fundamentals and Techniques of Kung-Fu
DKU102	Methods of Kung-Fu Training
Practical-I	Practical - I
Practical-II	Practical - II

DIPLOMA IN LIFE GUARD TRAINING

Subject Code	Subject
DLGT101	Fundamentals Organisation and Administration Life Guard Training
DLGT102	Anatomy and Physiology
Practical - I	Practical - I

DIPLOMA IN SILAMBAM FENCING

Subject Code	Subject
DSF101	Fundamentals and Methods of Silambam Fencing
DSF102	Anatomy and Physiology
Practical - I	Practical I
Practical - II	Practical II

DIPLOMA IN TAEKWONDO

Subject Code	Subject
DTA101	History of Taek-Wondo
DTA102	Anatomy and Physiology
Practical - I	Methods of Teak-Wondo Practices - I
Practical - II	Methods of Teak - Wondo Practices - II

DIPLOMA IN ADVENTURES SPORTS

Subject Code	Subject
DAS101	Adventures Sports Planning and Organizations
DAS102	Safety Measures and Rescue Technique
Practical	Practical - I
	Practical - II

DIPLOMA IN JUDO

Subject Code	Subject
	History, Techniques and Tactics of Judo
	Anatomy and Physiology
	Practical - I
	Practical - II

CERTIFICATE PROGRAMS - 6 MONTHS CERTIFICATE IN PANCHAKARMA THERAPY

Subject Code	Subject
CPT101	Basic Theory of Ayurveda and Panchakarama
CPT102	Yoga Therapy
Practical	Panchakarma and Yoga - Practical
	Village Placement Programme

CERTIFICATE IN YOGA

Subject Code	Subject
CYO101	Fundamentals of Yoga Education
Cy0102	Methods of Yogic Practices
Practical	Yogic Practices
	Village Placement Programme

CERTIFICATE IN YOGA AND NATUROPATHY

Subject Code	Subject
CYN101	Fundamentals of Yogic Technique
CYN102	Basic Concept of Naturopathy Technique
Practical	Practical

CERTIFICATE IN YOGA FOR HUMAN EXCELLENCE

Subject Code	Subject
CYHE101	Yogic Life (Physical Body, Life Force & Mind)
CYHE102	Sublimation and Social Welfare
Practical	Practical

CERTIFICATE IN YOGA FOR YOUTH EMPOWERMENT

Subject Code	Subject
CYYE101	Physical Health
CYYE102	Mental Health
Practical	Yoga Practices

CERTIFICATE IN YOGA EDUCATION

Subject Code	Subject
CYYE101	Fundamental of Yoga Education
CYYE102	Methods of Yogic Practices
Practices	Yoga Practices

CERTIFICATE IN MEMORY DEVELOPMENT AND PSYCHO NEUROBICS

Subject Code	Subject
CKUN101	Science of Memory and Psycho Neurobics
Practical	Practical

CERTIFICATE IN AEROBIC INSTRUCTOR

Subject Code	Subject
CAI101	Exercise Programme Design Muscles Energy System and Injury
Practical - I	Practical - I
Practical - II	Practical - II

CERTIFICATE IN GYM / FITNESS INSTRUCTOR

Subject Code	Subject
CGFI101	Scientific Foundations of Fitness and Wellness
CGFI102	Anatomy and Physiology
Practical - I	Practical - I

Excellence in Physical Education and Sports

CERTIFICATE IN KARATE

Subject Code	Subject
CKA101	Fundamental of Karate
Practical	Practical - Basic Techniques - Kata, Kumite

CERTIFICATE IN KOBUDO

Subject Code	Subject
CKO101	History and Introduction of Kobudo
Practical	Practical

CERTIFICATE IN KUNG-FU

Subject Code	Subject
CKUN101	Fundamentals and Techniques of Kung-Fu
Practical	Practical

CERTIFICATE IN SILAMBAM FENCING

Subject Code	Subject
CSF101	Fundamentals and Methods of Silambam Fencing
CSF102	Anatomy and Physiology
Practical	Practical