



**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   | <b>INTRODUCTION TO YOGA AND STRESS MANAGEMENT</b>   |                  |                   |                    |             |
| 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 |                  |                   |                    |             |

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| the world. This gives awareness and knowledge about basics of yoga and asana to have healthy and fit citizens. |
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**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     | Marks     |
|-----------|------|--|-----------|-----------|
|           |      |  | <b>45</b> | <b>50</b> |
| <b>I</b>  |      | <b>INTRODUCTION TO YOGA AND ITS CLASSIFICATION</b>   | <b>6</b>  | <b>10</b> |
|           | 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         |           |
| <b>II</b> |      | <b>INTRODUCTION TO ASANAS - DEFINITION AND ITS CLASSIFICATION. SURYANAMASKAR AND ITS BENEFITS.</b> | <b>14</b> | <b>18</b> |

|            |  |   |                |   |
|------------|--|---|----------------|---|
|            | 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. <b>Standing Asanas</b> - Ardhakadichakrasana, Ardchhakrasana, Padahasthasa, Trikonasana, Parivrta Trikonasana .   | 4              |   |
|            | 8  | <b>Sitting asanas</b> – Vajrasana, Sasankasana Pascimottanasa, Vakrasana, Ardhamatsyendrasana.  | 1              |   |
|            | 9  | <b>Prone</b> - Bhujangasana , Salabhasana. <b>Supine</b> – 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              |   |
| <b>III</b> | <b>INTRODUCTION TO PRANAYAMA, DEFINITION, BENEFITS AND ITS CLASSIFICATION.</b> |   | <b>6</b>       | <b>10</b>                               |
|            | 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              |   |
| <b>IV</b>  | <b>YOGIC STRESS MANAGEMENT</b>   |   | <b>10</b>      | <b>12</b>                               |
|            | 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              |   |
| <b>V</b>   |  | <b>Open Ended Module:</b> This unit is customizable by the instructor. Topics can be chosen based on the interests of the class.  | <b>9 hours</b> | <b>5 marks out of 20 internal marks</b> |
|            | 1  | <b>Practice of various asanas:</b> Standing Asanas - Ardhakadichakrasana, Ardchhakrasana, Padahasthasa, Trikonasana, Parivrta Trikonasana . Sitting asanas – Vajrasana, Sasankasana Pascimottanasa, Vakrasana, Ardhamatsyendrasana. Prone - Bhujangasana , Salabhasana. Supine – Uttanpadasana Pavanamuktasana. |                |   |
|            | 2  | <b>Practice of mudras and pranayamas:</b> Diaphragmatic Breathing, Puraka, Rechaka and Kumbaka and its types. Chandra Bhedana, Surya Bhedana and  |                |   |

|  |   |  |  |  |
|--|---|--|--|--|
|  |   | Nadisudhi.   |  |  |
|  | 3 | <b>Practicing suryanamaskar:</b> Suryanamaskar with proper breathing patterns and its benefits.  |  |  |
|  |   | <b>Activities and assessment of Open ended</b><br>For the open-ended module, here are suggested activities and evaluation methods aligned with the potential topics: |  |  |

## REFERENCES

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2. Nagendra, H.R., (2004) Yoga its basics and application, Bangalore: Vivekanandha Kendra Yoga Publication.
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.
10. Saraswati, S. S., & Hiti, J. K. (1984). Yoga nidra. Bihar School of Yoga Munger. Hartranft, C. (2003). The Yoga-Sutra of Patanjali: A new translation with commentary. Shambhala Publications.
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.