

BHARATH COLLEGE OF SCIENCE AND MANAGEMENT

(UGC Recognised 2 (f) & 12 (B) Institution)

(Affiliated to Bharathidasan University, Tiruchirappalli-24)

Sponsored by K. Nadimuthu Memorial Educational Trust

Bharath Avenue, Near New Bus Stand, THANJAVUR - 613 005, Tamil Nadu, S.India

☎ Off : 04362 - 227937, 228081 - Fax : 04362 - 227185

E-Mail : bharathcollege@gmail.com - Website : www.bharathcollege.edu.in

PHYSICAL EDUCATION

YOGA SYLLABUS

Course Objectives

1. To prepare the students physically and mentally to leads a prosperous of life.
2. To make the students healthier, sinner and more integrated member of society and nation

Outcomes

1. Gain the students from yoga – improve strength, balance and flexibility.
2. Yoga help the students manage stress.

UNIT-I

General introduction to yoga- Definition and Meaning of Yoga. Psychological aspects and Mythological concepts -Aims and Objectives. Historical Development of Yoga. Relevance of yoga in modern age and scope and Misconceptions about yoga. -Principles of Yoga, Importance of Yoga.

UNIT-II

Basic texts of Yoga --Yoga Sutra (Samadhi and Sadhana Padas). HathyogaPradipika Indian Philosophy: meaning - definitions and scope; Salient features, Astika and NastikaDarshanas. Yoga in different text - Ved, Upnishad, Geeta, Ayurveda, Patanjali yoga sutra, Tantra.

UNIT-III

Brief Introduction of Hatha yoga. Raja yoga, Karma yoga. Gyana Yoga, Bhakti yoga.

UNIT-IV

Essentials of yoga practices --Prayer. Disciplines in Yogic Practices. Place & Timing. Diet & Schedule for Yoga Practitioner.

UNIT-V

Obstacles in the Path of Yoga Practice - Sequence for yogic practices - Different between yogic & non yogic system of exercise.

Text books recommended

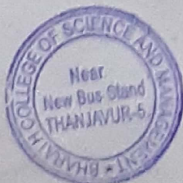
1. VijnananandSaraswati - YogVijyan, Yoga niketan trust, Rishikesh, 1998.

2. Rajkumari Pandey-Bhartiya Yoga ParamparakeVividhAyam. nidha publication, ND, 2010.

Books for reference

4. Kamakhya Kumar -Yoga Mahavigyam. Standard publisher, New Delhi.

5. Kalyan (Yogank)- Gita press Gorakhpur, 2002, 6. Kalyan (Yoga Tatwank)-Gita press Gorakhpur, 1991.



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Off: 04362-227937 , 228081, Fax – 04362-227185

DEPARTMENT OF PHYSICAL EDUCATION

YOGA CLASS

REPORT

DATE : 21-06-2017

DURATION : 40 minutes

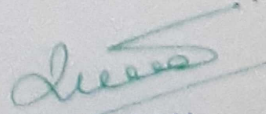
ACADEMIC YEAR : 2017-2018

NO. OF PARTICIPATION : 27 students



This program was conducted on 21-06-2017. 27 students were participated and got benefited.




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Bharath Avenue (Near New Bus Stand)
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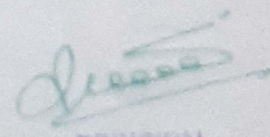
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DEPARTMENT OF PHYSICAL EDUCATION

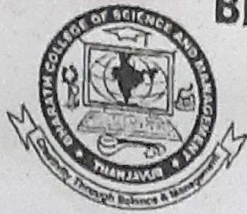
YOGA CLAS 2017-18

S NO	REGISTRE NUMBER	NAME	DEPARTMENT	SIGNATURE
1	CB17B210299	AYSHASITHIKA .K	BBA	K. Aysashika
2	CB17B210302	BALAMURUGAN .S	BBA	S. Balamurugan
3	CB17B210303	DINESH KUMAR.R	BBA	Dinesh Kumar
4	CB17B210304	DURGA.K	BBA	K. Durga
5	CB17B210305	IDAYATHULLA.A	BBA	Idayathulla
6	CB17B210306	KALAIYARASAN.N	BBA	Kalaiyaran
7	CB17B210307	KAMALAHASAN.S	BBA	Kamalahasan
8	CB17B210308	LAWRENS.S	BBA	S. Lawrens
9	CB17B210309	NARESH RAO.S	BBA	S. Naresha Rao
10	CB17B210310	PRABHAKARAN.K	BBA	Prabhakaran
11	CB17B210311	PRAKASH .K	BBA	K. Prakash
12	CB17B210312	PRASATH.V	BBA	Prasath
13	CB17B210313	PRAVEENKUMAR.G	BBA	G. Praveen Kumar
14	CB17B210314	PREETHA.A	BBA	A. Preetha
15	CB17B210315	PREETHI NISIKAA M.J	BBA	M. Preethi Nisika
16	CB17B210316	PREMKUMAR.N.E	BBA	N. Premkumar
17	CB17B210317	SAKTHIVEL.C	BBA	C. Sakthivel
18	CB17B210318	SARAVANAN.S	BBA	S. Saravanan
19	CB17B210319	SATHISHKUMR.V	BBA	V. Sathishkumar
20	CB17B210320	SIVAPRIYA.G	BBA	G. Sivapriya
21	CB17B210321	SIVAVEERAMNAN.LT	BBA	T. Sivaveeramnan
22	CB17B210322	SOWMIYA.P	BBA	P. Sowmya
23	CB17B210323	SUBASHINI.K	BBA	K. Subashini
24	CB17B210324	SUMAN.V	BBA	V. Suman
25	CB17B210325	SURIYA.S.M	BBA	M. Suriya
26	CB17B210326	SURIYAKUMAR.M	BBA	M. Suriyakumar
27	CB17B210327	SUSMITHA.R	BBA	R. Susmitha




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DEPARTMENT OF PHYSICAL EDUCATION

YOGA CLASS

REPORT

DATE : 21-06-2018

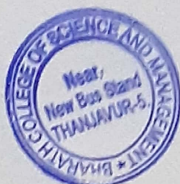
DURATION : 40 minutes

ACADEMIC YEAR : 2018-2019

NO. OF PARTICIPATION : 32 students



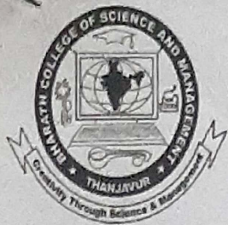
Yoga program was conducted on 21-06-2018 at our college yoga centre. This session was exclusively for girls students. 32 students were participated and got benefited.



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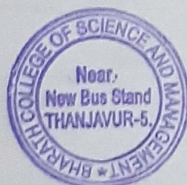
DEPARTMENT OF PHYSICAL EDUCATION

YOGA CLASS 2018-19

S.NO	NAME OF THE STUDENT	REGISTER NUMBER	DEPARTMENT	SIGANTURE
1	AJJUMAANSARI.T	P18450066	N&D	<i>[Signature]</i> T
2	YAZHINI.S	P17450120	N&D	<i>[Signature]</i> -S
3	GAYATHRI .M	P18450068	N&D	M. Gayathri
4	HAMSAVARITHINI .S	P18450069	N&D N&D	S. Hanumanth
5	KRISHNAVENI .R	P18450070	N&D	R. krishnaveni
6	LEENAJENIFER .J	P18450071	N&D	Leenajenifer .J
7	MAHESWARGANDHI.S	P18450072	N&D	M. Maheswari .S
8	MOUNIKA .P	P18450073	N&D	monika .P
9	NANDHINI .C	P18450074	N&D	Nandhini .C
10	NANDHINI .S	P18450075	N&D	NANDHINI .C
11	NIVEDHA .B	P18450076	N&D	N. Nivedha .B
12	PRIYANGA .R	P18450077	N&D	R. priyanga
13	SABARIMANI .B	P18450078	N&D	B. Sabarini
14	SOWMIYA .V	P18450079	N&D	V. Sowmya
15	SURUDHI .V	P18450080	N&D	Surudhi .V
16	UTHAYA .B	P18450081	N&D	B. Uthaya
17	VENNILA .A	P18450082	N&D	<i>[Signature]</i>
18	VIDYA.A	P18450083	N&D	A. Vidya
19	VIDYA .C	P18450084	N&D	C. Vidya



20	ABIRAMI.M	P17450101	N&D	Abirami M
21	AKSHYA.V	P17450102	N&D	Akshya V
22	EDITH PRBHAVATHI.A	P17450103	N&D	Edith Prabhavathi A
23	GAYATHRI.N	P17450104	N&D	Gayathri N
24	VINITHA.MC	P17450118	N&D	Vinitha MC
25	VINOSRI.T	P17450119	N&D	Vinosri T
26	KEERTHIKA.G	P17450107	N&D	Keerthika G
27	KOUSALYA.M	P17450108	N&D	Kousalya M
28	MATHUMITHA.P	P17450109	N&D	Mathumitha P
29	MOHANESWARI.S	P17450110	N&D	Mohaneswari S
30	NASREEN MUNAWARA.M	P17450111	N&D	Nasreen Munawara M
31	NIVETH.S	P17450112	N&D	Niveth S
32	PATTAAMAL.S	P17450113	N&D	Pattamal S



[Signature]

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DEPARTMENT OF PHYSICAL EDUCATION

YOGA CLASS

REPORT

DATE : 21-06-2019

DURATION : 40 minutes

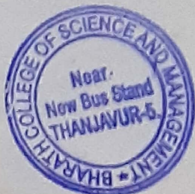
ACADEMIC YEAR : 2019-2020

NO. OF PARTICIPATION : 62 students



Yoga program was conducted on 21-06-2019 at our college yoga centre. This session was for our students. 62 students were participated and got benefited.

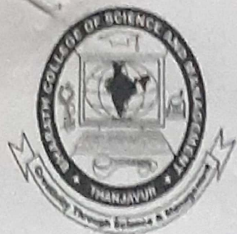
This yoga training was conducted by prof.Dr.M.madhan Mohan Associate professor AVVM Sri Pushpam college poondi, Thanjavur.



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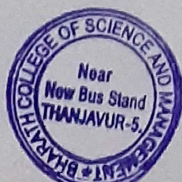
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DEPARTMENT OF PHYSICAL EDUCATION

YOGA CLASS 2019-20

S.NO	STUDENT NAME	REGISTER NUMBER	DEPARTMENT	SIGNATURE
1	ARTHI.G	CB18C58526	B.COM	Arthi G.
2	ABDULRAHEEM.M	CB18C58527	B.COM	Abdulraheem M.
3	AISWARYA.K	CB18C58528	B.COM	Aiswarya K.
4	AKILAN.N	CB18C58529	B.COM	Akila N.
5	ARULMOZHIVARMAN.S	CB18C58530	B.COM	Arulmozhi Varman S.
6	ASHA.R	CB18C58531	B.COM	Asha R.
7	DHAKSHINA MOORTHY RAO.R	CB18C58532	B.COM	Dhakshina Moorthy R.
8	DHARSHINI.P	CB18C58533	B.COM	Dharshini P.
9	DAYANITHI.K	CB18C58534	B.COM	Dayanithi K.
10	DINESH.V	CB18C58535	B.COM	Dinesh V.
11	HARIHARAN.M	CB18C58536	B.COM	Hariharan M.
12	HEMAMALINI.P	CB18C58537	B.COM	Hemamalini P.
13	JAYARAJ.P	CB18C58538	B.COM	Jayaraj P.
14	KARTHICK.S	CB18C58539	B.COM	Karthick S.
15	MADHANRAJ.S	CB18C58541	B.COM	Madhanraj S.
16	MALATHI.B	CB18C58542	B.COM	Malathi B.
17	MANIKANDAN.H	CB18C58543	B.COM	Manikandan H.
18	MANIKANDAN.K	CB18C58544	B.COM	Manikandan K.
19	MANIKANDA NIVAS.S	CB18C58545	B.COM	Manikanda Nivas S.
20	MANOJ KUMAR.B	CB18C58546	B.COM	Manoj Kumar B.
21	MARIYAM.A	CB18C58547	B.COM	Mariyam A.
22	MOHAMED AJMAL MALICK.A	CB18C58548	B.COM	Mohamed Ajmal Malick A.
23	MOHAMEDAMEER.S	CB18C58549	B.COM	Mohamedameer S.
24	NANDHAKUMAR.M	CB18C58550	B.COM	Nandhakumar M.
25	NIVETHA.M	CB18C58551	B.COM	Nivetha M.
26	NIVETHA.M	CB18C58552	B.COM	Nivetha M.
27	NIVETHA.M	CB18C58553	B.COM	Nivetha M.
28	PARAMASIVAM.K	CB18C58554	B.COM	Paramasivam K.
29	PAVITHRA.P	CB18C58555	B.COM	Pavithra P.
30	PRIYANKA.M	CB18C58557	B.COM	Priyanka M.

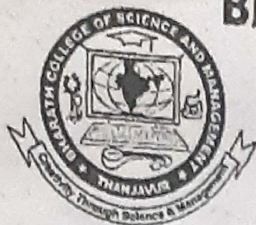


31	ABINANS, B	CB19C70926	B.COM	S. Mohan
32	AHMED RAZA J.	CB19C70927	B.COM	P. P. S.
33	AKASH D.	CB19C70928	B.COM	P. P. S.
34	ANANDHAKUMAR B	CB19C70929	B.COM	A. D. S.
35	ARAVINDHAN K	CB19C70930	B.COM	P. P. S.
36	ASHOK KUMAR R.	CB19C70931	B.COM	P. P. S.
37	ASRAF ALI A.	CB19C70932	B.COM	P. P. S.
38	BHAVADHARANI S.	CB19C70933	B.COM	P. P. S.
39	BOOMIKA M.	CB19C70934	B.COM	M. P. S.
40	DEEPA LAKSHMI M.	CB19C70935	B.COM	P. P. S.
41	DENESHWAR M.	CB19C70936	B.COM	P. P. S.
42	DURGA T.	CB19C70937	B.COM	P. P. S.
43	HARIHARASUDHARSAN R.	CB19C70938	B.COM	P. P. S.
44	HARINI P.	CB19C70939	B.COM	S. P. S.
45	HARIPRASHTH S.	CB19C70940	B.COM	P. P. S.
46	JACKULIN MARY J.	CB19C70941	B.COM	P. P. S.
47	JEEVITHA J.	CB19C70942	B.COM	P. P. S.
48	KARTHI S.	CB19C70943	B.COM	P. P. S.
49	KARTHIBAN S.	CB19C70944	B.COM	P. P. S.
50	KIRUBHAKARAN M.	CB19C70945	B.COM	P. P. S.
51	KUMARESAN G.	CB19C70946	B.COM	P. P. S.
52	MAHASUDHARSAN K.	CB19C70947	B.COM	P. P. S.
53	MANSOOR ALI AHAMED M.	CB19C70948	B.COM	M. P. S.
54	MOHAMED ABBAS G	CB19C70949	B.COM	P. P. S.
55	MOHAMED RIYAS N.	CB19C70950	B.COM	P. P. S.
56	NAVEEN KUMAR S.	CB19C70951	B.COM	P. P. S.
57	PRIYA. E	CB19C70952	B.COM	P. P. S.
58	PURUSHOTHAMAN S.	CB19C70953	B.COM	P. P. S.
59	RAHUL K	CB19C70954	B.COM	P. P. S.
60	RAMKUMAR .S	CB19C70955	B.COM	P. P. S.
61	SABARISH G.	CB19C70956	B.COM	P. P. S.
62	SABARISH M.	CB19C70957	B.COM	SABARISH M.



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Brief Introduction of Hatha yoga, Raja yoga, Karma yoga, Gyana Yoga, Bhakti yoga.

UNIT-IV

Essentials of yoga practices --Prayer, Disciplines in Yogic Practices, Place & Timing, Diet & Schedule for Yoga Practitioner.

UNIT-V

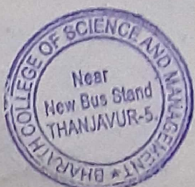
Obstacles in the Path of Yoga Practice - Sequence for yogic practices - Different between yogic & non yogic system of exercise.

Text books recommended

1. VijnananandSaraswati - YogVijyan, Yoga niketan trust, Rishikesh, 1998.
2. Rajkumari Pandey-Bhartiya Yoga ParamparakeVividhAyam, nidha publication, ND, 2010.

Books for reference

4. Kamakhya Kumar -Yoga Mahavigyan, Standard publisher, New Delhi.
5. Kalyan (Yogank)- Gita press Gorakhpur, 2002, 6. Kalyan (Yoga Tatwank)-Gita press Gorakhpur, 1991.



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DEPARTMENT OF PHYSICAL EDUCATION

YOGA CLASS

REPORT

DATE : 21-06--2020

DURATION : 40 minutes

ACADEMIC YEAR : 2020-2021

NO. OF PARTICIPATION 55 students



Fifty five students were participated in yoga class held on 21-06-2020 at our college yoga centre. Prof Dr.M.Madhan Mohan Head & Associate professor AVVM Sri pushpam College Poondi participated as a yoga trainer and trained the students. 55 Students were participated and got benefited.



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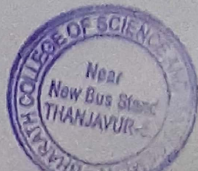
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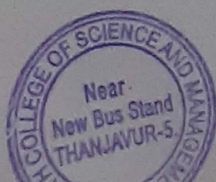
DEPARTMENT OF PHYSICAL EDUCATION

YOGA CLASS 2021-22

S.NO	NAME OF THE STUDENTS	DEPARTMENT	DEPARTMENT	SIGNATURE
1	SIVANANDHINI.R	CB21S396320	N&D	S. V. Nandhini
2	AKALYA.G	CB21S396304	N&D	A. Akalya
3	BAVADHARAN.I.S	CB21S396305	N&D	B. V. Adharani
4	BHUVANESHWARI.S	CB21S396306	N&D	S. B. Bhuvan
5	DEVA DHARSHINI.V	CB21S396307	N&D	D. V. Dharshini
6	DIVYA.R	CB21S396308	N&D	D. Divya
7	PRIYADHARSHINI.S	CB21S396318	N&D	P. S. Priyadharshini
8	HEPHZIBAH SHALOM.A	CB21S396310	N&D	H. S. A. Hephzibah
9	JENIFER.W	CB21S396312	N&D	J. W. Jenifer
10	KANIMOZHI.M	CB21S396313	N&D	K. M. Kanimozhi
11	KOWSALYA.G	CB21S396314	N&D	K. G. Kowsalya
12	NARMATHA.S	CB21S396315	N&D	N. S. Narmatha
13	KARPAGAM.T	CB19S395645	N&D	T. Karpagam
14	KARTHIKA.M	CB19S395646	N&D	M. Kartika
15	KATHIRAVAN.E	CB19S395647	N&D	E. Kathiravan
16	MANJU.P	CB19S395649	N&D	P. Manju
17	NAFISHA.M	CB19S395650	N&D	M. Nafisha
18	NAGADHARASHINI.M	CB19S395651	N&D	M. N. Nagadharashini



19	S.AARTHI	CB20S396303	N&D	S. Aarthi
20	A.ABARNA	CB20S396304	N&D	A. Abarna
21	G.AMIRTHAVARSHINI	CB20S396305	N&D	G. Amirthavarshini
22	R.ANUSHYA	CB20S396306	N&D	R. Anushya
23	S.ARCHANA	CB20S396307	N&D	S. Archana
24	HARIPRIYA.R	CB19S395644	N&D	R. Haripriya
25	S.CHARULATHA	CB20S396309	N&D	S. Charulatha
26	M.DHANAROJA	CB20S396310	N&D	M. Dhanaroja
27	V.DHIVYADHASHINI	CB20S396311	N&D	V. Dhivyadhashini
28	G.DHIVYA BHARATHI	CB20S396312	N&D	G. Dhivya Bharathi
29	V.DURGA	CB20S396313	N&D	V. Durga
30	J.EPSIBHA	CB20S396314	N&D	J. Epsibha
31	M.GAYATHRI	CB20S396315	N&D	M. Gayathri
32	A.GLOBAN	CB20S396316	N&D	A. Globan
33	P.HEMA	CB20S396317	N&D	P. Hema
34	S.JANANI	CB20S396318	N&D	S. Janani
35	R.YOGA	CB20S395898	N&D	R. Yoga
36	K.KAVIYA	CB20S396320	N&D	K. Kaviya
37	M.KAVIYA	CB20S395874	N&D	M. Kaviya
38	M.S.KEERTHANA	CB20S395875	N&D	M. S. Keertana
39	R.KIRUTHIGA DEVI	CB20S395876	N&D	R. Kiruthiga Devi
40	K.VINOTHINI	CB20S395897	N&D	K. Vinothini
41	S.MALIGESWAR GANDHI	CB20S395878	N&D	S. Maligeswar Gandhi
42	G.NARMATHA	CB20S395879	N&D	G. Narmatha
43	A.NISHA	CB20S395880	N&D	A. Nisha
44	L.SANGAVI	CB20S395889	N&D	L. Sangavi
45	V.S.VAISHNAVI	CB20S395896	N&D	V. S. Vaishnavi
46	B.NISHANTH RAJA	CB20S395882	N&D	B. Nishanth Raja
47	G.PRABAVATHI	CB20S395883	N&D	G. Prabavathi
48	K.PRIYADHARSHINI	CB20S395884	N&D	K. Priyadharshini
49	R.PRIYADHARSHINI	CB20S395885	N&D	R. Priyadharshini
50	RAVEENA.M	CB19S395656	N&D	M. Raveena
51	R.REJINA	CB20S395887	N&D	R. Rejina
52	R.REKA	CB20S395888	N&D	R. Reka
53	MARY PRICILLA.P	CB19S395670	N&D	P. Mary Pricilla
54	ACSAHCLENIN	CB19S395671	N&D	A. Achlenin
55	AAFRIN RISHMIYA.A	CB19S395736	N&D	A. Afrin Rishmiya



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DEPARTMENT OF PHYSICAL EDUCATION

YOGA CLASS

REPORT

DATE : 21-06--2021

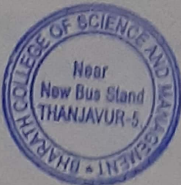
DURATION : 40 minutes

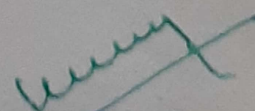
ACADEMIC YEAR : 2021-2022

NO. OF PARTICIPATION : 21 students



Yoga program was conducted on 21-06-2021 at our college yoga centre. This session was exclusively for male students, 21 students were participated and got benefited. This yoga class was handled by Prof Dr.M.Madhan Mohan Head & Associate professor Dept of physical Education AVVM Sri Pushpam College Poondi, Thanjavur.




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DEPARTMENT OF PHYSICAL EDUCATION

YOGA CLASS 2021-22

S.NO	REG. NO	NAME OF THE CANDIDATE	DEPARTMENT	SIGNATURE
1	CB19S 193606	ADHITHYA. R	CS	Adhithya
2	CB19S 193607	AHAMED NIYAS. A	CS	Niyas
3	CB19S 193608	AMARESHWAR. PS	CS	Amreshwar
4	CB19S 193611	BALAJI.V.R	CS	B. Balaji
5	CB19S 193613	BOOMINATHAN. R	CS	R. Boominathan
6	CB19S 193614	BHUVANESH. A	CS	A. Bhuvanesh
7	CB19S 193615	DEVARAJAN. S	CS	S. Devarajan
8	CB19S 193616	ELAVARSAN. A	CS	A. Elavarsan
9	CB19S 193617	ELAVARSAN. K	CS	K. Elavarsan
10	CB19S 193618	EZHILARASAN. G	CS	G. Ezhilarasan
11	CB19S 193621	JAYAPRIYAN. J	CS	J. Jayapriyan
12	CB19S 193622	JAGADESH. P	CS	P. Jagadeesh
13	CB19S 193623	KARTHIK KUMAR. J.M.	CS	J.M. Karthik Kumar
14	CB19S 193624	KARTHIK. S	CS	K. S. Karthik
15	CB19S 193625	KARTHIKEYAN. K	CS	K. Karthikeyan



16	CB19S 193625	KARTHIKEYAN. K	CS	K. Karthikeyan
17	CB19S 193626	KASI. S	CS	S. Kasi
18	CB19S 193627	KATHIRVEL. G	CS	Kathirvel. G
19	CB19S 193628	KIRUBAKARAN. M	CS	M. Kirubakaran
20	CB19S 193629	MADHUBALA. B	CS	B. Madhubala
21	CB19S 1936630	MAHESWARAN. K	CS	K. Maheswaran



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