



KAMARAJ COLLEGE

(AUTONOMOUS)

Accredited with A+ Grade by NAAC

Among Top 150 Colleges in India - NIRF Ranking 2025

இந்து நாடார் சங்கங்களால் 1966-ல் தொடங்கப்பட்ட கல்லூரி
(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)
THOOTHUKUDI - 628 003.



Common Syllabus

Yoga, Culture & Heritage

Semester - III

SYLLABUS

(for the students those who joined from the academic year 2024-2025)



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Part – IV

Common Syllabus

Semester - III

Yoga, Culture & Heritage

SYLLABUS

(for the students those who joined from the academic year 2024-2025)

Yoga, Culture & Heritage

Second Year – Semester –III

| | | | | | |
|-------------------------------------|-----------|--------------------------------------|-----------------|----------------------|--------------|
| Title of the Course | | Yoga, Culture & Heritage | | | |
| Course Type | | Indian Knowledge System (IKS) | | | |
| Course Code | | 24UYOG31 | | | |
| Year | II | Semester | III | Credits | 2 |
| Instructional Hours Per week | | Lecture | Tutorial | Lab Practices | Total |
| | | 2 | -- | -- | 2 |

| Learning Objectives | |
|----------------------------|---|
| L01 | To know the basic concepts of Indian Culture. |
| L02 | To understand the Indian Languages and Literature. |
| L03 | To enhance the knowledge Spread of Indian Culture Abroad. |
| L04 | To describe the Misconceptions about yoga and their solutions. |
| L05 | To identify Swamy Vivekananda Philosophy. |
| Unit | Contents |
| I | Indian Culture : An Introduction Characteristics of Indian culture, Significance of Geography on Indian Culture. - Society in India through ages. |
| II | Indian Languages and Literature Evolution of script and languages in India: Harappan Script and Brahmi Script. The Vedas, The Brahman as and Upanishads & Sutras, Epics: Ramayana and Mahabharata. |
| III | Spread of Indian Culture Abroad Causes, Significance and Modes of Cultural Exchange - Indian Culture in South East Asia - India, Central Asia and Western World through ages |
| IV | Yoga Introduction: - Yoga its Meaning and Definition. - Aim and Objectives of Yoga - Origin, history and development of yoga.-Relevance and scope of Yoga in modern age- Misconceptions about yoga and their solutions. |

| | |
|------------------------|---|
| V | <p>Swamy Vivekananda Philosophy</p> <p>Vivekananda and Nationalism - The message of patriotism - spirituality as the basis of patriotism - Sociological views of Vivekananda - His views on caste and untouchability - status of women - His views on Education.</p> |
| Textbooks | |
| 1 | Ashtanga Yoga Practice & Philosophy by Gregor Maehle |
| 2 | Props for Yoga (3 Volumes) by Eyal Shifroni |
| 3 | Your Body Your Yoga by Bernie Clark |
| 4 | Light on Pranayama by B K S Iyengar |
| 5 | Tantra Illuminated by Christopher Wallis |
| Reference Books | |
| 1. | Chakravarti, Ranabir: Merchants, Merchandise & Merchantmen, in: Prakash, Om (ed.): The Trading World of the Indian Ocean, 1500-1800 (History of Science, Philosophy and Culture in Indian Civilization, ed. by D.P. Chattopadhyaya, vol. III, 7), Pearson, Delhi, 2012, pp.53- 116. |
| 2. | Chaudhuri, KirtiN: Trade and Civilisation in the Indian Ocean, CUP, Cambridge, 1985. |
| 3. | Malekandathil, Pius: Maritime India: Trade, Religion and Polity in the Indian Ocean, Primus Books, Delhi, 2010. |
| 4. | McPherson, Kenneth: The early Maritime Trade of the Indian Ocean, in: ib: The Indian Ocean: A History of People and The Sea, OUP, 1993, pp. 16-75. |
| 5. | De Casparis, J.G., 1983, India and Maritime Southeast Asia: A lasting Relationship, Third Sri Lanka Endowment Fund Lecture. |
| Web Resources | |
| 1. | https://amzn.to/3vCaZ7J |
| 2. | https://amzn.to/3KZVkJa |
| 3. | https://amzn.to/3L6yHiO |
| 4. | https://amzn.to/37trHyc |
| 5. | https://amzn.to/3EOyw9P |

| Course Outcomes | |
|------------------------|--|
| CO | On completion of this course, students will |
| 1 | Understand the concepts and terminologies in management |
| 2 | Helps to assess the types of planning and assess the decision-making process |
| 3 | Evaluate the types of organization. |
| 4 | Examine the importance of motivation |
| 5 | Understand the importance of communication |

Mapping With Programme Outcomes and Programme Specific Outcomes

| CO /PO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 |
|--|------------|------------|------------|------------|------------|------------|------------|------------|
| C01 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| C02 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 |
| C03 | 3 | 2 | 3 | 2 | 2 | 2 | 3 | 3 |
| C04 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| C05 | 3 | 3 | 3 | 2 | 3 | 3 | 2 | 3 |
| Weightage | 15 | 14 | 14 | 13 | 15 | 15 | 14 | 15 |
| Weighted percentage of course contribution to POS | 3.0 | 2.8 | 2.8 | 2.6 | 2.8 | 2.8 | 2.8 | 3.00 |

S-Strong-3 M-Medium-2 L-Low-1

| CO /PSO | PSO1 | PSO2 | PSO3 | PSO4 | PSO5 |
|---|-------------|-------------|-------------|-------------|-------------|
| C01 | 2 | 2 | 3 | 2 | 2 |
| C02 | 2 | 3 | 3 | 3 | 2 |
| C03 | 3 | 3 | 3 | 2 | 3 |
| C04 | 2 | 3 | 2 | 2 | 3 |
| C05 | 2 | 2 | 3 | 3 | 2 |
| Weightage | 11 | 13 | 14 | 12 | 12 |
| Weighted percentage of Course Contribution to PSOs | 2.2 | 2.6 | 2.8 | 2.4 | 2.4 |

Blue Print – End Semester Examinations Semester – IV

Class: U.G.

Time: 3 Hours

Max. Marks: 75

Section A

(10 x 1 = 10)

Answer all questions.

Choose the correct answer. (With four options)

| | Unit I | Unit II | Unit III | Unit IV | Unit V |
|---------------|--------|---------|----------|---------|--------|
| Question Nos. | 1 & 2 | 3 & 4 | 5 & 6 | 7 & 8 | 9 & 10 |

Section B

(5 x 5 = 25)

Answer all questions choosing either (a) or (b).

Answer should not exceed 250 words

| | Unit I | Unit II | Unit III | Unit IV | Unit V |
|---------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Question Nos. | 11 (a) & 11 (b) | 12 (a) & 12 (b) | 13 (a) & 13 (b) | 14 (a) & 14 (b) | 15 (a) & 15 (b) |

Section C

(5 x 8 = 40)

Answer all questions choosing either (a) or (b).

Answer should not exceed 500 words

| | Unit I | Unit II | Unit III | Unit IV | Unit V |
|---------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Question Nos. | 16 (a) & 16 (b) | 17 (a) & 17 (b) | 18 (a) & 18 (b) | 19 (a) & 19 (b) | 20 (a) & 20 (b) |