

The University of Burdwan

Department of Lifelong Learning

Revised Syllabus of P.G. Diploma in Yoga Programme

w.e.f. 06th November, 2023

Academic Session: 2023-24

POST GRADUATE DIPLOMA IN YOGA (PGDY)

Preamble

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root '*yu*' meaning "to join", "to yoke" or "to unite". According to Yogic scriptures, the practice of Yoga leads to the union of individual consciousness with universal consciousness

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course the student will be able to understand the concept of Preventive Healthcare, Promotion of Positive Health and Personality Development through Yoga.

I. Title of the course

The course shall be called "**Post Graduate Diploma in Yoga**" (PGDY)

II. Aim of the course

The aim of the course is to propagate and promote yoga for positive health

III. Objectives of the course

- ✚ To introduce basic concepts of preventive health and health promotion through yoga
- ✚ To introduce concepts of Human Body to the students so as to making their understanding clear about the benefit and contraindication of a practice.
- ✚ To train teachers on preventive health and promotion of positive health through yoga and personality development

IV. Duration

The minimum duration of the course will be 1year (2 semesters) and the maximum duration will be 2years.

V. Eligibility

The candidate should have completed Graduation (Bachelor's Degree) in any stream from a UGC recognized university.

VI. Brief Structure and Scheme of Teaching and Examination

Sl. No	Subject Code	Periods Per Week	Credits	Periods Per Week	Marks	Scheme of Evaluation (CT + FA)
1	PGDYTH 101	Foundation of Yoga	4	4 Hrs	100	30 + 70
2	PGDYTH 102	Hatha Yoga	4	4 Hrs	100	30 + 70
3	PGDYTH 103	Human Anatomy & Physiology	4	4 Hrs	100	30 + 70
4	PGDYTH 104	Yogic Life Style	4	4 Hrs	100	30 + 70
5	PGDYPR 105	Practicum on Hatha Yoga	2	4 Hrs	50	15 + 35
6	PGDYPR106	Practical on Human Anatomy and Physiology	2	4 Hrs	50	15 + 35
7	PGDYPR 107	Yoga Practicum I	4	8Hrs	100	30 + 70
8	PGDYPR 108	Yoga Practicum II	2	4 Hrs	50	15 + 35
9	PGDYAS109	Assignment & Self Appraisals	2	2 Hrs	50	Through Assignments
		Total	28	38 Hrs	700	

CT = Cumulative Test/s; FA = Final Assessment; TH = Theory; PR = Practical; AS = Assignments and Self-Appraisal

Sl. No	Subject Code	Periods Per Week	Credits	Periods Per Week	Marks	Scheme of Evaluation (CT + FA)
1	PGDYTH 110	Essence of Principal Upanishad & BG	4	4 Hrs	100	30 + 70
2	PGDYTH 111	Patanjala Yoga Darshana	4	4 Hrs	100	30 + 70
3	PGDYTH 112	Applied Yoga	4	4 Hrs	100	30 + 70
4	PGDYTH 113	Methods of Teaching Yoga & Value Edn.	4	4 Hrs	100	30 + 70
5	PGDYPR 114	Yoga Therapy	2	4 Hrs	50	15 + 35
6	PGDYPR 115	Yoga Practicum III	4	8 Hrs	100	30 + 70
7	PGDYPR 116	Yoga Practicum IV	2	4 Hrs	50	15 + 35
8	PGDYFW 117	Teaching Practice	2	2 Hrs	50	15 + 35
9	PGDYPR118	Internship	2	4 Hrs	50	15 + 35
		Total	28	38 Hrs	700	

CT = Cumulative Test/s; FA = Final Assessment; TH = Theory; PR = Practical; TP = Teaching Practice; IY = Internship on Yoga

VII. ROGRAMME DETAILS

Subject Title: **FOUNDATION OF YOGA**

Subject Code: PGDYTH 101

Objectives:

- i. To give an introduction of yoga
- ii. To give a brief introduction of Indian Philosophy
- iii. To give a brief history and the basis different yoga traditions

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : NA		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

Unit-1: General introduction to yoga [10 Hrs.]

Brief introduction to origin of Yoga, Psychological aspects leading to origin of yoga, Mythological concepts; History and Development of Yoga: prior to the Vedic period, Vedic period, Pre-classical period, Classical period, Medieval period, modern period and contemporary period; Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions of Yoga; Brief about Streams of Yoga (Jnana yoga, Bhakti yoga, Karma yoga, Raja yoga); Principles of Yoga, Importance of Yoga.

Unit - 2: General introduction to Indian philosophy [05 Hrs.]

Philosophy: meaning, definitions and scope; Indian Philosophy: Salient features, Branches (Astika and Nastika Darshanas), Distinction from Religion and Science, Brief introduction to Prasthanatrayee and Purushartha Chatushtaya; Relationship between Yoga and Indian Philosophy.

Unit - 3: Brief about Yoga in texts – I [15 Hrs.]

General introduction to Vedas and Upanishads, Yoga in Principal Upanishads, Yoga in Yogopanishad; Introduction to Epics and Smriti- yoga in Ramayana (Aranya kand), Mahabharata (Shanti parva) and Yajnavalkya Smriti. Yoga in Narada Bhaktisutra and Yoga in the Literature of Saints- Kabirdas, Tulasidas and Surdas.

Unit-4: Brief about Yoga in texts – II [15 Hrs.]

Introduction to Puranas, Yoga in Purana (Bhagavat Purana); Yogic perspective to Shad-darshanas; Emphasis to Vedantic approach of Shankara, Ramanuja, and Madhva; General introduction to Agamas, Tantras and classification of Tantras, Concept of Shiva and Shakti, Yoga of Shaiva Siddhanta; Yoga in Shakta Tantra.

Unit-5: Brief about Yoga in texts – III [15 Hrs.]

General Introduction to Non-Vedic Schools of Indian Philosophy: Jainism, Buddhism, etc.; Introduction to Jainism, Anekantavada (Syadvada), Concept of Tri-ratnas, Concept of Kayotsarga (Preksha-dhyana). Yoga in Jaina darshana; Introduction to Buddhism: Inroduction to Buddhism, Skandha-vada, Concept of Arya-satya or Four Noble Truths, Arya-astangikamarga or

Noble-eight-fold-path (Bouddha-Yoga); Introduction to Sufism: Meaning and Characteristic features of Sufism, Elements of Yoga in Sufism, Sufi Meditation Techniques.

TEXT BOOKS:

TEXT BOOKS 1. Lal Basant Kumar : Contemporary Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd, Delhi, 2013

2. Dasgupta S. N : History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012

3. Singh S. P : History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010

4. Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010.

5. Lajpat, Rai & others : Meditation, Anubhava Rai Publications, Gurgaon, 1999

REFERENCE BOOKS:

1. Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010

2. Swami Bhuteshananda : Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009

3. Hiriyanna M : Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009

4. Hiriyanna M: Essentials of Indian Philosophy, Motilal Banarsidas, Delhi, 2008

5. Radhakrishnan S: Indian Philosophy, Oxford University, UK (Vol. I & II) II Edition, 2008

6. Max Muller K. M : The six system of Indian Philosophy, Chukhambha, Sanskrit series, Varanasi, 6th Edition, 2008

7. Swami Niranjanananda Saraswati : Dharana Darshan, Yoga Publications Trust, 1996, Munger, Bihar, India,

8. Lajpat, Rai: Discovering Human Potential Energy, Anubhava Rai Publications, Gurgaon, 1999)

9. Parragon: World Religion, Parragon Publishing India

Subject Title: **HATHA YOGA**

Subject Code: **PGDYTH 102**

Objectives:

- i. To give an introduction of Hatha yoga
- ii. To give an understanding of the prerequisites of Hatha Yoga
- iii. To introduce the principles of Hatha Yoga
- iv. To introduce essential Hatha Yoga text

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : NA		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

Unit-1: HATHA YOGA ITS PHILOSOPHY AND PRACTICES

[15 Hrs.]

Hatha Yoga, its meaning, definition, aims & objectives, misconceptions, obstacles (vighna) and helps (sahayaka) in Hatha Yoga as in Hatha Yoga Pradépika; The Origin of Hatha Yoga, Hatha Yogic Literature, Hatha Yogic Practices as explained in Hatha Yoga Pradépika (HYP); Concept of Mata, Rules & Regulations to be followed by the Hatha Yoga Practitioner, concept of Mitahara, Pathya and Apathya ; Hatha Yogic parampara. Brief introduction to Great Hatha Yogés of Natha Cult and their contributions to Yoga. Relationship between Hatha Yoga & Raja Yoga.

Unit-2: HATHA YOGA PRACTICES: SHODHANA-KRIYAS AND ASANAS

[15 Hrs.]

SHodhana-kriyas, SHodhana-kriyas in Hatha Yoga Pradépika & in Gheranò Samhita and their techniques, benefits and precautions; Role of SHodhana-kriyas in Yoga Sadhana and their importance in Modern day life; Yogasana: its' definition, Salient features and importance in Hatha Yoga Sadhana; Asanas in Hatha Yoga Pradépika and Gheranò Samhita: their techniques, benefits, precautions and importance.

Unit-3: HATHA YOGIC PRACTICES: PRANAYAMA, BANDHAS AND MUDRAS

[15 Hrs.]

Pranayama – Machanism of correct breathing, Yogic deep breathing, Concept of Püraka, Kumbhaka and Recaka; The concept of Prana, Kinds of Prana and Upa-pranas, Pranayama and its importance in Hatha Yoga Sadhana, Nadishodhana Pranayama, its technique and importance, Pre-requisites of Pranayama; Pranayama practices in Hatha yoga pradépika and Gheranò Samhita, their techniques, benefits and precautions, Hatha Siddhi Lakshanam; Bandhas and role of Bandhatrayas in Yoga Sadhana; Fundamental Mudras in HYP and G.S, Their techniques, benefits and precautions.

Unit-4: HATHAYOGA PRACTICES: PRATYAHARA, NADANUSANDHANA AND SVARODAYA JNANA

[15 Hrs.]

Concept of Pratyahara, Dharana and Dhyana in Gheranò Samhita and their techniques & benefits; Concept of Samadhi in Hatha-yoga Pradépika, Samadhi Lakshanam and Hatha Yoga Siddhi Lakshanam; The concept of Nada, Four Avasthas (stages) of Nadanusandhana, and its Siddhis; Svara, Importance of Svarodaya-jnana in Yoga Sadhana with special reference to Jnana Svarodaya and SHiva Svarodaya ; Introduction to Basic Hatha Yoga Texts: Basic Hatha Yogic Texts : their nature and objectives, Siddhasiddhantapaddhati, Goraksha Samhita, and Shiva Samhita, Hatha Pradeepika, Gheranda Samhita, Breif introduction to Hatha Rathnavali.

TEXT BOOKS

1. I. K. Taimini : The Science of Yoga, (The Theosophical, Publishing House, Adyar Chennai 2005)
2. Swami Satyananda Saraswati : Hatha Yoga, Pub: BSY Mungher

BOOKS FOR REFERENCE:

1. Woods, J.H. : The Yoga System of Patanjali, M.L.B.D., Delhi, 1988
2. Swami Vivekananda: Rajayoga, Advaita Ashram, Culcutta, 2000
3. Iyengar B.K.S. : Light on Patanjali Yoga (New York, Schocken Books, 1994)
4. Swami Sri Omanandatirtha: Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur, 1994
5. Swami Anant Bharati : Patanjali Yoga Shasta- a study (Hindi), Swami Keshwananda Yoga Sangthan, Delhi, 1982
6. Burley, Mikel: Hatha Yoga, Its' Context Theory and Practice (M.L.B.D. Delhi, 2000)
7. Ghosh, Shyam: The Original Yoga, Munshiram Manoharlal, New Delhi, 1999
8. Burnier, Radha: Hathayoga Pradipika of Svatmarama, The Adyar Library publications, Chennai. 2000
9. Woodroffe, Sir John: The Serpent power (Ganesh & Company, Madras, 2000)

Subject Title: **HUMAN ANATOMY & PHYSIOLOGY**

Subject Code: **PGDYTH 103**

Objectives:

- i. To give a basic understanding of the human anatomy
- ii. To give a basic understanding of the human physiology
- iii. To give a deeper understanding of the human systems

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	4	0	0
Hours/ week	4	0	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical : NA	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30	NA	NA

**Unit-1: INTRODUCTION TO HUMAN ANATOMY AND PHYSIOLOGY,
DIGESTIVE AND EXCRETORY SYSTEM**

[12 Hrs.]

Introduction to Human Anatomy and Physiology, Basic Anatomical and Physiological terms; Cell: Structure & Functions, different cell organelles and their functions; Tissues and Organization of human system; Introduction to Support Systems; Defense System and Concept of Homeostasis; Gross anatomy of digestive system and GI Tract, Physiology of digestion, assimilation & peristalsis. Metabolism and types. Role of Yoga in proper digestion and gut physiology.

Unit-2: MUSCULO-SKELETAL SYSTEM

[12 Hrs.]

The Skeletal System: Skeleton, Functions of skeleton, Classification of bones, Study of joints; Structure and function of a Synovial joint; The Muscular System: Types of Muscles in the body; the characteristics, structure and functions of The Skeletal Muscles, Smooth Muscles and Cardiac Muscles. Musculoskeletal physiology and yoga.

**Unit-3: CARDIOVASCULAR SYSTEM, RESPIRATORY SYSTEM, BLOOD AND
LYMPHATIC SYSTEM**

[12 Hrs.]

Functional anatomy of the Heart, arteries, veins and capillaries; The organization of systematic and pulmonary circulation, the cardiac cycle; Blood: Composition and Functions, Blood groups and their importance; Cardiac output and Venous return; Blood pressure and Regulation of blood pressure; Gross anatomy of the respiratory passage. The process of Respiration, Lungs volumes & capacities, Mechanics of breathing and exchange of gas in alveoli; Composition of blood corpuscles – RBC, WBC and Platelets; Plasma, hemoglobin – coagulation of blood and anti-coagulants, blood groups and its importance; Sites, functional anatomy of lymph nodes and their function; Lymphatic system and immune system. Cardiovascular and cardiorespiratory health and yoga. Immune system, lymphatics and yoga.

Unit-4: NERVOUS SYSTEM & SPECIAL SENSES, ENDOCRINE SYSTEM

[12 Hrs.]

Components of nervous system: Neuron and its types, nerves and their types, structure and properties. Brain: Lobes of the brain and their functions, Functional anatomy of Cerebrum, Cerebellum, spinal cord; Functions and importance of the parts of the brain

viz., cerebrum, pons, medulla, thalamus, hypothalamus, cerebellum and autonomic nervous system [sympathetic and parasympathetic]; Functional anatomy and physiology of Eyes, ears, nose, tongue and skin; Anatomical structure of important endocrine glands (Pituitary, thyroid, parathyroid, pancreas, adrenal and gonads); Short anatomy of the hypothalamus and the releasing hormones secreted from it; Structure and function of anterior and posterior Pituitary; Function of thyroid, parathyroid, supra renal and islets of Langerhans. Yogic point of view on proper working of nervous and endocrine system with special senses and hormones.

Unit 5: REPRODUCTIVE SYSTEM

[12 Hrs.]

Functional anatomy male reproductive system and its function. Spermatogenesis; Functional anatomy of female reproductive system and its function. Ovarian hormones, menstruation, pregnancy, parturition and lactation. Reproductive health and yoga.

Benefits of Various asana and pranayama on different parts of the human body

TEXT BOOK

1. Evelyn C Peace : Anatomy and Physiology for Nurses (Jaypee Brothers, New Delhi, India, 1997)

REFERENCE BOOKS

1. Gore, M.M.: Anatomy and Physiology of Yogic practices (Kanchan Prakshan, Lonavala, 2003)
2. Shirley Telles: A Glimpse of the Human body. (V K YOGAS, Bangalore, 1995)
3. Sri Krishna: Notes on Structure and Functions of Human Body and Effects of Yogic practices on it (Kaivalydhama S.M.Y.M Samiti, Lonavala, 1988)
4. Charu, Supriya: Sarir Rachana evam Kriya Vigyan
5. Peter L Williams & Roger Warwic: Gray's Anatomy (Churchill Livingstone, Edinburgh London, 1988))
6. Chatterjee, C.C.: Human Physiology(Vol.I & II) (Medical Allied Agency, Calcutta, 1992)
7. G Gerard J Tortora: Principles of Anatomy and Physiology and Sandra Reynolds (Harper Collins College Publishers, New York, 1992)

Subject Title: **YOGIC LIFE STYLE**

Subject Code: **PGDYTH 104**

Objectives:

- i. To introduce the essential elements of a yogic life style
- ii. To introduce the concept of health and disease
- iii. To give an understanding of the concept of ill health and their remedies through yoga
- iv. To give an overview of the five sheath human existence

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : NA		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

Unit - 1: CONCEPT OF BODY, HEALTH AND DISEASE

[15 Hrs.]

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Body, Health and Disease in Yoga – Yogic concept of Body from Taittiriya Upanishad, Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi according Yoga Vasistha and remedial measures; Holistic health care through Yoga. Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing

Unit - 2: CAUSES OF ILL HEALTH AND REMEDIAL MEASURES ACCORDING TO PATANJALI

[15 Hrs.]

Potential causes of Ill-health: Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva; Shuddhi Prakriyas in Yoga : Role of Shuddhi Prakriyas in preventive and curative Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

Unit - 3: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING - I

[15 Hrs.]

Dietary regulation according to Hatha yoga and Bhagavadgitha; shatkriyas and tatva shuddhi; Asana for mind body and spirit; Practice for pranamaya kosha – pranayama; Definition of Mental Health & Mental Hygiene & Total Health: Role of yoga for mental health and hygiene; Indian approach to personality and personality integration Psycho-Social Implications of yoga; Adjustment Personal and interpersonal adjustment through yogic methods Niyamas & Yamas

Unit - 4: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING - II**[15 Hrs.]**

Attitude change towards yoga through individualized counselling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counselling; the remedial measures; Action in relaxation-the secret of Karma Yoga; Unattached action, not to the fruits of action, equanimity in success and failure. Role of yoga in stress management, Role of yoga in life management.

TEXT BOOK

1. Ghosh, Shyam : The Original Yoga Munshiram Manoharlal, New Delhi, 1999)
2. Jnanananda Bharati : Essence of Yoga Vasishtha Pub: Sanata Books, Chennai
3. Hatha Ratnavali : Tirumala Tirupathi Devasthanana, Andhra Pradesh.

REFERENCE BOOKS:

1. Gheranda Samhita : Shri Sadguru Publication, New Delhi.
2. Dr R Nagarathna and Dr H R Nagendra: Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002
3. Dr R Nagarathna and Dr H R Nagendra: Yoga for Promotion of Positive Health Published by SVYP, Bangalore
4. Dr Nagendra H R : The Secret of Action - Karma Yoga, Published by SVYP, Bangalore, 2003
5. Yoga and Mental Health by Prof. R. S. Bhogal

Subject Title: **Practicum on Hatha Yoga**

Subject Code: PGDYPR105

Objective:

- To introduce the practical training on traditional hatha yoga practices**

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : NA		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)		Internal Assessment (CT+TA/PR)
NA	NA	35		15

Unit-1. Shatkarma

1. Dhauti (internal cleansing), 2. Basti (yogic enema), 3. Neti (nasal cleansing), 4. Trataka (concentrated gazing), 5. Nauli (abdominal massaging), 6. Kapalbhata (frontal brain cleansing).

Unit-2. Asana

1. Siddhasana (adept's pose), 2. Swastikasana (auspicious pose), 3. Padmasana (lotus pose), 4. Bhadrasana (gracious pose), 5. Simhasana (lion's pose), 6. Gomukhasana (cow's face pose), 7. Veerasana (hero's pose), 8. Koormasana (tortoise pose), 9. Kukkutasana (cockerel pose), 10. Uttankoomasana (stretching tortoise pose), 11. Dhanurasana (bow pose), 12. Matsyendrasana (spinal twist pose), 13. Paschimottanasana (back stretching pose), 14. Mayurasana (peacock pose), 15. Shavasana (corpse pose).

Unit-3. Mudra

1. Maha mudra (the great attitude), 2. Maha vedha mudra (great piercing attitude), 3. Khechari mudra (attitude of dwelling in supreme consciousness), 4. Vipareeta karani mudra (reversing attitude), 5. Vajroli mudra, 6. Shakti chalana mudra (attitude of moving the energy).

Unit-4. Bandha

1. Jalandhara bandha (throat lock), 2. Uddiyana bandha (abdominal retraction lock), 3. Moola bandha (perineum/cervix retraction lock), 4. Maha bandha (great lock)

TEXT BOOKS:

1. Swami Muktibodhananda Saraswati Sahay G.S.: Hatha Yoga Pradeepika, Bihar school of yoga publications, Munger, 2000
2. Hatha Yoga Pradeepika of Svatomarama, MDNIY Publication, 2013
3. Sharma BR: Jotsna (Comentory of Hatha Yoga Pradeepika) Kaivalyadhama, Lonavala, 2013

REFERENCE BOOKS:

1. Gharote, M.M. & others: Therapeutic references in Traditional Yoga Texts, the Lonavla Institute, Lonavla, 2010.
2. Gharote ML: Hatharatnavali, The Lonavala Yoha Institute, Lonavala, Pune, IInd Edition, 2009
4. Swami Kuvalyananda & Shukla, S.A.: Gorakshasatkam, Kaivalyadhama, Lonavla, 2006

Subject Title: **Practical on Human Anatomy and Physiology**

Subject Code: PGDYPR106

Objective:

- i. To introduce a hand on practical training on Human Anatomy and Physiology

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : NA		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
NA	NA	35	15	

1. Identification of Musculo Skeletal components

2. Anthropometric measurements- height, weight, girth measurements
3. Determination of BMI and WHR
4. Measurement of blood pressure by Auscultatory method
5. Determination of heart rate and its various types.
6. Determination of respiratory rate.
7. Determination of Physical fitness efficiency by Modified Harvard step test.
8. Blood Film Staining
9. Orient with the routine medical tests and examination.
10. Clinical orientation of common ailments.

Subject Title: YOGA PRACTICUM - I

Subject Code: PGDYPR107

Objectives:

a. To introduce a regular practice on the following yoga techniques

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : NA			Practical : 100	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
NA	NA	70	30	

Unit-1: Recitation of Mantra

[10 Hrs.]

Shanti Mantra, Gayatri Mantra, Maha Mrityunjaya Mantra, Om Stavan

Unit-2. Yogic suksma and sthula vyayama

[30 Hrs.]

Yogic suksma vyayama (The complete Sequence of 48 yogic exercises)

1. Prarthana (Prayer), 2. Uccarana-Sthala- Tatha- Visuddha-Cakra-Shuddhi (Clearing the Pharynx / throat and voice), 3. Buddhi Tatha Dhrti-Shakti-Vikasaka (Developing the Mind and Will power), 4. Smarana- Shakti- Vikasaka (Developing the Memory), 5. Medha -Shakti-Vikasaka (Developing the Intellect), 6. Netra-Shakti-Vikasaka (Improving the Eye-sight) 7. Kapola-Shakti-Vardhaka (Rejuvenating the Cheeks) 8. Karna-Shakti Vardhaka (Improving the power of Hearing) 9. Griva-Shakti-Vikasaka-1 (Strenghtening the Neck -1) 10. Griva-Shakti-Vikasaka-2 (Strenghtening the Neck -2) 11. Griva-Shakti-Vikasaka-3 (Strenghtening the Neck -3) 12. Skandha- Tatha- Bahu- Mula- Shakti- Vikasaka (Developing the strength of the Shoulder-blades and joints) 13. Bhuja- Bandha- Shakti- Vikasaka (Strenghtening the Upper arms) 14. Kaphoni Shakti- Vikasaka (Strenghtening the Elbows) 15. Bhuja-Balli-Shakti-vikasaka (Strenghtening the Fore-arms) 16. Purna-Bhuja-Shakti-Vikasaka (Developing the Arms) 17. Mani-Bandha-Shakti-Vikasaka (Developing the Wrists) 18. Kara-Prstha-Shakti-Vikasaka (Developing the back of the Hand) 19. Kara-Tala-Shakti-Vikasaka (Developing the Palms) 20. Angula-Mula-Shakti-Vikasaka (Developing the Finger-Joints) 21. Anguli-Shakti-Vikasaka (strengthening the Fingers) 22. Vaksha-Sthala-Shakti-Vikasaka-1 (Developing the Chest -1) 23. Vaksa-Sthala-Shakti-Vikasaka-2 (Developing the Chest -2) 24. Udara-Shakti-Vikasaka-1 (Developing the Abdominal muscles-1)

Ajagari (the Panther exercise) 25. Udara-Shakti-Vikasaka-2 (Developing the Abdominal muscles-2) 26. Udara-Shakti-Vikasaka-3 (Developing the Abdominal muscles-3) 27. Udara-Shakti-Vikasaka-4 (Developing the Abdominal muscles-4) 28. Udara-Shakti-Vikasaka-5 (Developing the Abdominal muscles-5) 29. Udara-Shakti-Vikasaka-6 (Developing the Abdominal muscles-6) 30. Udara-Shakti-Vikasaka-7 (Developing the Abdominal muscles-7) 31. Udara-Shakti-Vikasaka-8 (Developing the Abdominal muscles-8) 32. Udara-Shakti-Vikasaka-9 (Developing the Abdominal muscles -9) 33. Udara-Shakti-Vikasaka-10 (Developing the Abdominal muscles-10) 34. Kati-Shakti-Vikasaka-1 (Strenghtening the back -1) 35. Kati-Shakti-Vikasaka-2 (Strenghtening the back -2) 36. Kati-Shakti-Vikasaka-3 (Strenghtening the back -3) 37. Kati-Shakti-Vikasaka-4 (Strenghtening the back-4) 38. Kati-Shakti-Vikasaka-5 (Developing the strength of the back -5) 39. Muladhara-Cakra-Shuddhi (Toning up the Bowels) 40. Upastha- Tatha- Svadhithana-Cakra-Shuddhi (Cleansing and toning up the bowels) 41. Kundalini-Shakti-Vikasaka (Developing the power of the Mystic Coil) 42. Jangha-Shakti-Vikasaka-1 (Developing the Thighs-1) 43. Jangha-Shakti-Vikasaka-2 (Developing the Thighs-2) 44. Janu-Shakti-Vikasaka (Strenghtening the Knees) 45. Pindali-Shakti-Vikasaka (Developing the Calves) 46. Pada-Mula-Shakti-Vikasaka (Developing the strength of the soles) 47. Gulpha-Pada-Prshtha-Pada-Tala-Shakti-Vikasaka (Developing the strength of the Ankles and the Feet) 48. Padanguli-Shakti-Vikasaka (Developing the Toes).

Yogic sthula vyayama

1. Rekha-gati (Walking in a Straight line), 2. Hrid-gati (Injanadaur – the Locomotive Exercise), 3. Utkurdana (Jumping Exercise), 4. Urdhva-gati (Upward Movement), 5. Sarvanga-pusti (Developing the Entire body)

Unit-3. Surya Namaskara, Chandra Namaskara

[10 Hrs.]

Unit-4. Asana for Beginners Group

[25 Hrs.]

1. Tadasana, 2. Pada Hastasana, 3. Hasta Utthanasana, 4. Kati Chakrasana, 5. Trikonasana, 6. Utkatsana, 7. Dandasana, 8. Ardha Siddhasana, 9. Swastikasana, 10. Samasana, 11. Padmasana, 12. Bhadrasana, 13. Vajrasana, 14. Yoga Mudrasana, 15. Ardha-Ushtrasana, 16. Janusirasana, 17. Vakrasana, 18. Shavasana, 19. Utthana Padasana, 20. Ardha Halasana, 21. Ekapada-Pavanmuktasana, 22. Makarasana, 23. Ekapada-Salabhasana, 24. Bhujangasana, 25. Sarpasana.

Unit-5. Asana for Intermediate Group

[25 Hrs.]

1. Vrikshasana, 2. Veerabhadrasana, 3. Ardha Chakrasana, 4. Parshva Konasana, 5. Siddhasana, 6. Baddha-Padmasana, 7. Gomukhasana 8. Mandukasana, 9. Shashankasana 10. Ushtrasana, 11. Simhasana, 12. Paschimottanasana, 13. Marichayasana, 14. Ardha-Matsyendrasana, 15. Pavanamuktasana, 16. Sarvangasana, 17. Halasana, 18. Setubandhasana, 19. Karna pithasana, 20. Matsyasana, 21. Salabhasana, 22. Naukasana. 23. Dhanurasana,

Unit-6. Asana for Advanced Group

[20 Hrs.]

1. Garudasana, 2. Padangusthasana, 3. Chakrasana, 4. Vatayanasana, 5. Natarajasana, 6. Utthita-Padmasana, 7. Garbhasana, 8. Kapotasana, 9. Kukkutasana, 10. Matsyendrasana, 11. Mayurasana, 12. Sirshasana.

TEXT BOOKS:

1. Sri Ananda : The Complete book of Yoga, Orient Course Backs, Delhi, 2003.
2. Swami Dharendra Bhramhachari: Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980
3. Swami Dharendra Bhramhachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1966
4. Swami Kuvalyananda:Asana, Kaivalyadhama, Lonavla, 1983
5. Swami Satyananda Saraswati:Asana, Pranayama, Bandha, Mudra,Bihar School of Yoga, Munger, 2005-06

REFERENCE BOOKS

1. Tiwari, O.P. : Asana Why and How? Kaivalyadhama, Lonavla.
2. Iyengar, B.K.S.:Light on Yoga,Harper Collins Publishers, 2009

Subject Title: **YOGA PRACTICUM - II**

Subject Code: PGDYPR108

Objectives:

a. To introduce a regular practice on the following yoga techniques

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : NA		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
NA	NA	35	15	

Unit-1: Preparatory Breathing Practices

[10

Hrs.]

Natural Breathing, Abdominal (or diaphragmatic) Breathing, Thoracic Breathing, Clavicular Breathing, Yogic Breathing.

Unit-2: Pranayama

[20 Hrs.]

Nadi Shodhana Pranayama (psychic network purification): Technique 1: Same Nostril Breathing, Technique 2: Alternate Nostril Breathing, Technique 3: Alternate Nostril Breathing with Antar kumbhak (inner retention), Technique 4: Alternate Nostril Breathing with Antar and Bahir Kumbhaka (internal and external retention).

Unit-3: Pranayama (with Antar & Bahya Kumbhaka)**[20 Hrs.]**

Vitalizing Pranayama: Surya-bheda, Ujjayi, Bhastrika Pranayama. Tranquilizing Pranayama: Chandra-bheda, Bhramari Pranayama. Balancing Pranayama: Anulon-vilom. Cooling Pranayama: Sheetal Pranayama, Shitkari Pranayama.

Unit-4: Mudra**[10 Hrs.]**

Tadagi, Navo, Mandavi, Kaki, Asvini, Sambhavi mudra; Hasta mudra- Anjali, Chin, Jnana, Vitarag, Shanmukhi Mudra.

TEXT BOOKS:

1. Saraswati, Swami Satyanand: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2009.
2. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009
3. Saraswati, Swami Niranjananda: Gheranda Samhita, Bihar School of Yoga, Munger, 2012

REFERENCE BOOKS:

1. Swami Kuvalyananda: Pranayama, Kaivalyadhama, Lonavla, 2005
2. Nagendra, H.R : The art and Science of Pranayama, Swami Vivekananda Yoga Prakashan, 2005, Bangaore.
3. B.K.S Iyenger: Light on Pranayama, Aquarian/Thorsons, 1992

Subject Title: **ASSIGNMENTS & SELF APPRAISALS**

Subject Code: **PGDYAS109**

Objectives:

- To introduce the principles of teaching yoga**
- To introduce class and lesson management**
- To help overcome obstacles in self-practice through self-appraisals**
- To assess through regular viva voce and help deepen the understanding of yoga**

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : NA		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
NA	NA	NA	50	

1. Student will submit four assignments based on each theory paper of 1st semester. Each assignment will carry 10 marks.
2. A Viva-Voce – 10 Marks

Semester- II

Subject Title: ESSENCE OF PRINCIPLE UPANISHADS AND BHAGAVAD GITA**Subject Code: PGDYTH 110****Objectives:**

- i. To teach the essence of the principal Upanishads**
- ii. To teach the essence of the Bhagavad Gita**

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	4	0	0
Hours/ week	4	0	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical :	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30	NA	NA

UNIT - 1: ESSENCE OF PRINCIPAL UPANISHADS- I**[15****Hrs.]**

Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava. Kena Upanishad: Self and the Mind; Intuitive realization of the truth; Moral of Yaksha Upakhya. Katha Upanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization. Prashna Upanishad: Concept of Prana and rayi (creation); Panchapranas; The six main questions.

UNIT - 2: ESSENCE OF PRINCIPAL UPANISHADS- II**[15 Hrs.]**

Mundaka Upanishad: Two approaches to Brahma- Vidya- Para and Aparā; The greatness of Brahman; Worthlessness of Selfish-karma; Tapas and Gurubhakti; The origin of creation, the ultimate aim of Meditation- Brahmanubhuti. Mandukya Upanishad: Four States of Consciousness and their relation to syllables in Omkara. Aitareya Upanishad: Concept of Atma, Universe and Brahman. Taittiriya Upanishad: Concept of Pancha Kosha; Summary of Shiksha Valli, Ananda Valli, Bhriuvalli. Chhandogya Upanishad: Om (udgitha) Meditation; Shandilyavidya. Brihadaranyaka Upanishad: Concept of Atman and Jnana Yoga; Union of Atman and Paramatman

UNIT - 3: YOGA IN BHAGAVAD GITA- I**[15 Hrs.]**

General Introduction to Bhagavad Gita, Definitions of Yoga, their relevance & Scope; Essentials of Bhagavad Gita - meanings of the terms Atmaswarupa, Stithaprajna, Sankhya Yoga (Chpt.II), Karma Yoga (Chpt.III), Samnyasa Yoga and Karma Swarupa (Sakama and Nishkama) Samnyasa, Dhyana Yogas (Chpt. VI);

UNIT - 4: YOGA IN BHAGAVAD GITA- II**[15 Hrs.]**

Types of Bhakta (Chpt. VII) Nature of Bhakti (Chpt.XII), Means and End of Bhakti-Yoga; The Trigunas and nature of Prakriti; Three Kinds of Faith. Food for Yoga-Sadhaka, Classification of food (Chpt.XIV & XVII) Daivasura-Sampad-Vibhaga Yoga (Chpt.XVI); Moksa-Samnyasa Yoga (Chpt. XVIII).

TEXT BOOKS:

1. Holy Geeta : Swami Chinmayananda, Central Chinmayananda Mission Trust, 1992, Mumbai.
2. Swami Ranganathananda: Message of Upanishads, Bharatiya Vidya Bhavan, Bombay, 1985
3. Swami Tapasyananda : The Holy Gita-the Science of Life, Pub: RK Mission, Chenn

REFERENCE BOOKS:

Eknath Easwaran: The Bhagavad-Gita (Classics of Indian, Spirituality) (Nilgiri Press; 2007)

Subject Title: **PATANJAL YOGA DARSHAN**

Subject Code: **PGDYTH 111**

Objectives:

- i. To teach an overview of the Patanjali Yoga Sutras
- ii. To teach the essence of the Patanjali Yoga Sutras

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : NA	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

Unit-1: INTRODUCTION TO PATANJALI'S YOGA SUTRAS, ITS' PHILOSOPHY AND PRACTICES AND MODERN PSYCHOLOGY

[15 Hrs]

Yoga, it's meaning & purpose & a brief introduction to Patanjali's Yoga Sutras and its author; Nature of Yoga according to Patanjali in light of Vyasabhashya and other traditional commentators, Importance of Yoga Sūtra in comparison to other Yogic literature; Concept of Citta, Citta-bhumis, Citta-vrittis, Citta-vritti nirodhopaya (Abhyasa and Vairagya) Citta-Vikshepas (Antarayas), Citta-prasadanam and its' associates; Metaphysics of Saikhya & its' relationship with Yoga Darshana of Patanjali, Philosophical Foundations & Practices of Patanjali's Yogas, its' importance & relevance and Yoga Samanvaya; Concept of mind – eastern and western perspective; psychology principles and methods – TA, etc;

Unit-2: SAMADHI PADA AND SADHANA PADA

[15 Hrs]

Kriya-yoga, Theory of Kleshas, Nature of Drshya & Drshya and means of elimination of Kleshas/ Vivekakhyati; Types and nature of Samadhi in Yoga Sūtra, Rtambharaprajna and Adhyatmaprasada; Samprajnata, Asamprajnata, Sabija & Nirbija Samadhi, Difference between Samapattis and Samadhi; Concept of Ishvara and qualities of Ishvara.

Unit-3 : CONCEPT OF VIBHUTI AND KAIVALYA

[10 Hrs]

Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and

Samadhi; Samyama & three Parinama of Samyama. The concept and description of Ashtha Siddhis; Nature of Kaivalya, Kaivalya in relation to Triguna and Dharmamegha Samadhi; Ashtanga Yoga & Kriya Yoga in Yoga Sutras and their importance & relevance in modern age.

Unit-4 : PARINAMAS AND THE PERSONALITY TRANSFORMATION [10 Hrs]

The critical analysis of the three parinamas; The parinamas as the tool for transformation; The parinamas and the higher states of consciousness; The discussion of parinams in the light of psychology.

Unit-5: ASTA-SIDHIS, PARA-NORMAL PHENOMENON AND SPIRITUAL TRANSFORMATION [10 Hrs]

A critical discussion on Asta-siddhis; A study of para-normal phenomenon; A comparative study of soddhis and para-normal experiences; Spiritual psychosis and spiritual transformation.

TEXT BOOKS:

1. Swami Vivekananda : Rajayoga (Advaita Ashram, Culcutta, 2000).
2. Woods, J.H.: The Yoga System of Patanjali (M.L.B.D., Delhi, 1988)

REFERENCE BOOKS:

1. Iyengar B.K.S.: Light on Patanjali Yoga (New York, Schocken Books, 1994)
2. Rukmini T.S.: Yoga Vartika of Vijnanbhikshu (Tr.) Vol I, II, III & IV, Munshiram Manoharlal Pvt. Ltd. New Delhi
3. Swami Omanandatirtha: Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur, 1994
4. Swami Anant Bharati: Patanjali Yoga Shasta- a study (Hindi), Swami Keshwananda Yoga Sangthan, Delhi
5. K. Taimini : The Science of Yoga (The Theosophical Publishing House, Adyar Chennai 2005)

Subject Title: **APPLIED YOGA**

Subject Code: **PGDYTH 112**

Objectives:

- i. To give an overview of the applications of yoga
- ii. To teach the concept of yoga and psychology
- iii. To teach the concept of yoga and personality development
- iv. To teach the concept of yoga and stress management
- v. To teach the concept of yoga and sports

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	4	0	0
Hours/ week	4	0	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical :	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30	NA	NA

UNIT - 1: YOGA FOR STRESS MANAGEMENT

[15 Hrs]

Mental Health: Meaning and Importance; Yogic Perspective of Mental Health, Indicators of Mental Health; Stress: Meaning and Definition; Symptoms, Causes and Consequences of Stress; Conflict, Frustration and Pressure; Stress according to Yoga and its management; Avidya cause of stress; Strong likes and dislikes; Recognition is half the solution; Stress levels; Stimulation the pointers of awareness – physical, mental, emotional, intellectual and spiritual level; Depth of perception and expansion of awareness; Group awareness; Progress and tune with nature; Holistic life style for stress management; Solutions through Mandukya karika - Relaxation and stimulation combined as the core for stress management; Stress Management through Patanjali Yoga and Bhagavad Gita.

UNIT - 2: YOGA FOR PERSONALITY DEVELOPMENT

[15 Hrs]

Physical level: Shat Kriyas (Detoxifying), Asans (Strength), Mudras (steadiness), Pranayama (lightness), Dhyana (perception); *Vital Level:* Pranayama; *Mental level:* Personal discipline, Social Discipline (Yama, Niyama), cultivation of four fold attitudes, Practice of Dharna, Dhyana ; *Emotion level:* Ishwara Pranidhana (Surrendering to the supreme); *Spiritual level:* Practice of Higher states of Meditation (Super consciousness states), Ashta Siddhis

Unit - 3: YOGA AND SPORTS

[15 Hrs]

Ideal performance and Peak performance for sport persons; Enhancing Physical capacities: Kriyas, Asanas, Yogic Diet; *Vital Level:* Pranayama (Lung capacity), *Emotional capacity:* Emotional balance through emotional culture (surrender to the Divine); *Mental capacity:* Practice of Karma Yoga and Meditation, spiritual capacity: State of Samadhi through Brahmari Pranayama and effortless Dhyana;

Unit - 4: YOGA FOR CHILDREN'S WITH SPECIAL NEEDS**[15 Hrs]**

Yoga for Down syndrome, Autism, ADHD, Cerebral Palsy, Learning Disabilities: determining tailor made instructional approach to meet the cognitive, emotional, physical needs of child; Practices which helps in strength, endurance, speed, agility, flexibility, mental and self confidence; emotional behaviour disorder, physical disability; Integrated system of yoga practices to increase cognitive and motor skills in children with learning and developmental disabilities; Warm up or loosening exercises; Strengthening poses Relaxing postures, yogic breathing practices, yogic games - to develop strength, concentration, imagination, confidence.

TEXT BOOKS:

1. Nagendra H R & Nagarathna: New perspective of Stress Management, SVYP, 2010
2. Nagendra H R & Nagarathna: Personality Development Series, SVYP, 2012

REFERENCE BOOKS:

1. Basavaraddi I V: Yoga: Teachers manual for school children, MDNIY New Delhi , 2010
2. Basavaraddi I V: Yoga in School Health, MDNIY New Delhi, 2009
3. Jayadev H J: Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004
4. Swati & Rajiv Chanchani : Yoga for Children: A complete illustrated guide to Yoga, UBS Publishes Distributors Pvt. Ltd, 2008
5. Nancy Williams : Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007
6. Yoga for the Special Child: A Therapeutic Approach for Infants and Children with Down Syndrome, Cerebral Palsy, and Learning Disabilities, Special Yoga Publications, 1998
7. Yoga therapy for every Special Child, Singing Dragon London and Philadelphia, 2010

Subject Title: METHODS OF TEACHING YOGA AND VALUE EDUCATION**Subject Code: PGDYTH 113****Objectives:**

- i. To teach teaching techniques to the students
- ii. To teach class management and lesson planning
- iii. To introduce educational tools of yoga teaching
- iv. To teach the concept of yoga education and values

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical :	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

Unit 1: PRINCIPLES AND METHODS OF TEACHING YOGA**[15 Hrs]**

Teaching and Learning: Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Guru; Yogic levels of learning, Vidyarthi, Shishya, Mumuksha; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training

Unit 2: BASICS OF YOGA CLASS MANAGEMENT**[15 Hrs]**

Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group); Techniques of Individualized; Teaching Techniques of group teaching; Techniques of mass instructions; Organization of teaching (Time Management, Discipline etc.)

Unit 3: LESSON PLANNING IN YOGA**[15 Hrs]**

Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan; Action Research of Yoga: Meaning, Roles, Steps in action research in Yoga Teaching; Effective use of Library and other resources; Lesson Plan and its Practical applications

Unit 4: EDUCATIONAL TOOLS OF YOGA TEACHING**[15 Hrs]**

Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc; Class room problems: Types and Solutions, Characteristics and essentials of good Yoga teaching; Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teaching; Meaning, Importance and Types of Educational technology; Role of Educational Technology in Yoga

Unit 5: YOGA AND VALUE EDUCATION**[15 Hrs]**

Concept of Value, Definition of value, Types of Values; Value Oriented Education, Value- education and its components; Value oriented personality, Role and function of values in Society; Yoga as global value, Yoga as value and yoga as Practice; Contribution of Yoga towards the development of values

TEXT BOOKS

1. Swami Satyananda Saraswati: Yoga Education for Children, Bihar Schools of Yoga, Munger, 1990

BOOKS FOR REFERENCE

1. Dr. Gharote M L: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007
2. Dr. Shri Krishna: Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009
3. Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi
4. Duggal, Satyapad : Teaching Yoga, The Yoga Institute, Santacruz, Bombay, 1985
5. Nagendra, H.R. and Nagaratna R : New Perspectives in Stress Management, V.K.Yogas, 1988
6. Swami Satyananda Saraswati: Yoga Education for Children, Bihar Schools of Yoga, Munger, 1990
7. Gawande, E.N.: Value Oriented Education, Sarup & Sons, New Delhi – 110002
8. Gharote, M.L.: Yoga Applied to Physical Education Lonavala; Kaivalyadhama.
9. Dr R Nagarathna & Dr H R Nagendra :Integrated Approach of Yoga Therapy for Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2003

Subject Title: **YOGA THERAPY**

Subject Code: PGDYPR114

Objectives: To know the application of yoga practices on Human Mind-Body systems

Total Number of Hours:		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory :		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
NA	NA	35	15	

Unit 1: Yogic practices for Obesity Management

Unit 2: Yogic practices for Diabetes Mellitus

Unit 3: Yogic practices for Cardiovascular Diseases: Hypertension and Dyslipidemias

Unit 4: Yogic practices for Musculoskeletal Diseases: Arthritis and Back Pain

Unit 5 : Yogic practices for Anxiety and depression

Subject Title: **YOGA PRACTICUM - III**

Subject Code: PGDYPR115

Objectives:

- i. To help maintain the yoga practice or Sadhana
- ii. To teach yoga modules specific to Physical Stamina, Voice Culture, Eye sight, Memory, Concentration, Creativity, IQ, Anger Management

Total Number of Hours:		Theory	Tutorial	Practical
Credits		0	0	4
Hours/ week 120		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : NA		Practical : 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
NA	NA	70	30	

Unit 1: Yogic Practices for Eye Health

[30 Hrs.]

Exercise 1: Palming Exercise 2: Blinking Exercise 3: Sideways viewing Exercise 4: Front and sideways viewing Exercise 5: Up and down viewing Exercise 6: Rotational viewing Exercise 7: Preliminary Nasikagra Drishti (preliminary nose tip gazing) Exercise 8: Near and distant viewing. Trataka.

Unit 2: Yogic Practices for voice culture

[30 Hrs.]

AUM chanting, Ujjayi Pranayama, Jalandhar bandha

Unit 3: Yogic Practices for Memory and Concentration

[30 Hrs.]

Uttanasana, Prasarita Padottanasana, Adho Mukha Shvanasana, Salamba Shirshasana, Urdhva Dhanurasana, Salamba Sarvangasana, Halasana, Karnapidasana, Chatushpadasana, Setu Bandha Sarvangasana, Anulom- vilom, Bhramari Pranayama, Trataka.

Unit 4: Yogic Practices for recovery from fatigue

[30 Hrs.]

Inverted asanas, Supine asanas, Shavasana

TEXT BOOKS:

1. Saraswati, Swami Satyanand: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2009.
2. Dr H R Nagendra, Dr R Nagarathna: Yoga for Personality Development Series, Published by SVYP, 2013

Subject Title: **YOGA PRACTICUM - IV**

Subject Code: **PGDYPR116**

Objectives:

1. To get the practical experience and training to teach Advance Yoga techniques

Total Number of Hours:		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory :		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
NA	NA	35	15	

Unit-1: Practices leading to Meditation**[20 Hrs.]**

Pranav and Soham Japa, Ajapa Dharana, Practices leading to Breath Meditation, Practices leading to Om Meditation, Practices leading to Vipassana Meditation, Practices leading to Preksha Meditation.

Unit-2: Different Meditational techniques**[40 Hrs]**

Cyclic Meditation Technique, Mindfulness Stress Reduction Technique, Vipassana Meditation, Preksha Meditation, Mind Sound Resonance Technique, Yoga Nidra, Heartfulness Meditation.

TEXT BOOKS:

Lajpat, Rai & others: Meditation, Anubhava Rai Publications, Gurgaon, 1999

Dr H R Nagendra, Dr R Nagarathna, Advance Yoga Techniques series, Published by SVYP, 1998

H R Nagendra: New perspective of stress management; Swami Vivekananda Yoga Prakashan, Bangalore, 1999

REFERENCE BOOKS:

Saraswati, Swami Satya Nand: Meditation from Tantras, Yoga Publication Trust, Munger, 2004

Sarswati, Swami Niranjananand: Dharana Darshan, Yoga Publication Trust, Munger, 2003

Krishnamacharya, T.: Dhyanamalika, KYM, Chennai, 2005

Swami Satyananda: Yoganidra, Yoga Publication Trust, Munger, 1998

Lajpat, Rai : Discovering Human Potential Energy, Anubhava Rai Publications, Gurgaon, 1999.

H R Nagendra: Mind sound relaxation resonance technique; Swami Vivekananda Yoga Prakashan, Bangalore, 1999

Subject Title: **TEACHING PRACTICE**

Subject Code: **PGDYTP117**

Objectives:

- To inculcate the practise of teaching with a teaching internship to junior students in certificate and post-graduate diploma programmes**

Total Number of Hours: 60		Theory	Tutorial	Field Work
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : NA		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
NA	NA	35	15	

1. Practice Teaching lessons on Surya Namaskar, Kriya, Asana, Pranayama and Meditation.
2. One final lesson on yoga.

Subject Title: **INTERNSHIP ON YOGA**

Subject Code: **PGDYIY118**

Objectives:

1. To inculcate the practice of teaching with a teaching internship to junior students in certificate and post-graduate diploma programmes

Total Number of Hours: 60		Theory	Tutorial	Field Work
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : NA		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
NA	NA	35	15	

1. Yoga teaching at schools/ colleges/ university departments
2. Hand on yoga treatment in health centers/ clinics/ hospitals