

JIWAJI UNIVERSITY  
GWALIOR (M.P.)

SYLLABUS

FOR

**P G Diploma Yoga**  
**Centre for Yogic Science**

CBCS  
(Choice Based Credit System)

SESSION

2019 – 2020



# **JIWAJI UNIVERSITY, GWALIOR**

## **Centre for Yogic Science**

The Centre for Yogic Science, Jiwaji University, Gwalior came into existence in 2001 under self-financing scheme (SFS) to start various courses on Yoga education. Since then the centre is running post graduate diploma in yoga therapy (PGDYT). From the current session 2017-18, the centre has started MA course in Yoga (two years/four semester) and post graduate diploma in yoga (one year/two semester) under CBCS system.

Yoga being a system to link the man with the master has been practiced in India from thousands of years to overcome physical, mental and emotional distress. Even then it has not been recognized as a regular system of education in the Universities/ Institutions.

In the changed scenario of the world in health management, and the new initiatives taken by Prime Minister, Govt. of India for declaring International Yoga Day on 21<sup>st</sup> June, yoga has been observed playing a vital role in physical health and stress management. Therefore, an innovative programme in this re-emerging area has been thought of for all the Universities/ Institutions and University Grant Commission in Master of Arts in Yoga to institutionalize and promote a proper healthy development of this ancient Indian wisdom as a tribute to our cultural heritage. This gives an opportunity to study the yogic activities in a scientific spirit.

Very recently, UGC in its notification dated 27<sup>th</sup> September 2016 has declared syllabus of Yoga as a new Subject for National Eligibility Test (NET). Hence, the MA course in Yoga will enable potential students to not only furtherance higher studies but also cater the need of the society in a better way.

**M.A. Yoga**  
**P.G. Diploma Yoga**

### **Programme Outcomes (POs)**

Yoga is a physical, mental, and spiritual practice or discipline which originated in ancient India and is followed in all over the world. Many studies have tried to determine the effectiveness of yoga as a complementary intervention for cancer, schizophrenia, asthma, and heart disease. The University has been celebrating International Yoga day every year on 21<sup>st</sup> June. The University has developed a Yoga Centre to provide physical, mental and spiritual practices to the employees, students of the university, students and teachers of the nearby schools. As per the approval of the Ministry of Human Resource and Development, the university is keen to start the following yoga courses. *Our distinguishing features are:*

- Awareness of Yoga on Physical, Mental, Social and Spiritual Level.



2

- Knowledge of relation between Yoga & Ayurveda.
- Knowledge of relation between Yoga & Naturopathy.
- Knowledge of Yogic Kriyas to improve health.
- General knowledge of Anatomy and Physiology.
- Knowledge of Yoga through Religion.
- Deep knowledge of Yoga Concept through Upanishads and Philosophy.
- Awareness of Practical Yoga on Mind & Body.
- Knowledge of Teaching Methodology of Yoga.
- Knowledge of Therapeutic Yoga.
- Project work on specific Yogic Kriya & Human Values.
- Knowledge of Spiritual and Theoretical Yoga to develop personality.
- Knowledge of research project in various field of Yoga.

## **Programme Specific Outcomes (PSOs)**

Curriculum of Yoga is designed to prepare diploma and post graduates to attain the following program specific outcomes:

**PSO1:** Improving the health of mind and body, Basic knowledge of Yoga on Physical & Mental Level.

**PSO2:** Eligible to conduct yoga class on general level.

**PSO3:** Eligible for the post of Yoga teacher or yoga instructor.

**PSO4:** Spiritually becomes strong and solving problems of stress and strain leading to various diseases.

**PSO5:** Eligible to do Research on National & International Level.

**PSO6:** Eligible for NET/SET/Ph. D.

**PSO7:** Eligible for the post of Assistant Professor.

**PSO8:** Eligible as a Yoga Teacher in industries, health centres & various institutes.

**PSO9:** Eligible to do Practice as a Yoga Consultant.

**PSO10:** Complete knowledge of Yoga on physical, mental intellectual, emotional & Spiritual way.





**MA Yoga, Choice Based Credit System-2019-20**  
**Course Structure and Scheme of Examination**

Semester	Course Code	Title of Paper(s)	Course Type	Credit					
				L	T	P	Total	Marks	
FIRST	YGD 101	Foundations of Yoga	Core	3	0	0	3	100	
	YGD 102	Basic Yoga Text	Core	3	0	0	3	100	
	YGD 103	Hatha Yoga	Core	3	0	0	3	100	
	YGD 104	Human Anatomy and Physiology	Core	3	0	0	3	100	
	YGD 105	Lab Course I	Core	0	0	3	3	100	
	YGD 106	Lab Course II	Core	0	0	3	3	100	
	YGD 107	Seminar	AE & SD	0	0	1	1	100	
	YGD 108	Assignment Physical Education/ Language/ Environment/ Social Work/Computer application	AE & SD	0	0	1	1	100	
	<b>Total Valid Credits</b>							<b>20</b>	
	YGD 109	Comprehensive Viva-voce	<b>Virtual credit</b>				<b>4</b>	<b>100</b>	
<b>Total Credits for First Semester (Valid Credits + Virtual Credits)</b>							<b>24</b>		
SECOND	YGD 201	Patanjala Yoga Darshan	Core	3	0	0	3	100	
	YGD 202	Therapeutic Yoga-I	Core	3	0	0	3	100	
	YGD 203	Therapeutic Yoga-II	Core	3	0	0	3	100	
	YGD 204	Diet and Nutrition	Core	3	0	0	3	100	
	YGD 205	Lab Course I	Core	0	0	3	3	100	
	YGD 206	Lab Course II	Core	0	0	3	3	100	
	YGD 207	Seminar	AE & SD	0	0	1	1	100	
	YGD 208	Assignment Physical Education/ Language/ Environment/ Social Work/Computer application	AE & SD	0	0	1	1	100	
	<b>Total Valid Credits</b>							<b>20</b>	
	YGD 209	Comprehensive viva-voce	<b>Virtual credit</b>				<b>4</b>	<b>100</b>	
<b>Total Credits for Second Semester (Valid Credits + Virtual Credits)</b>							<b>24</b>		
<b>Total Credits for the Course (20X2=40) + (4X2=08)</b>							<b>48</b>		

**Minimum Number of the Credits to be earned for the award of Diploma=48**

\* AE & SD – Ability Enhancement and Skill development



7

# JIWAJI UNIVERSITY, GWALIOR

## CBCS Scheme of Examination

### P G Diploma Yoga FIRST SEMISTER

Course Code	Course Name	Total marks	Credit C(i)	End Sem Exam marks		Sessional marks	
				MAX	MIN	MAX	MIN
PGDY 101	Foundations of Yoga	100	3	60	21	40	14
PGDY 102	Basic Yoga Texts	100	3	60	21	40	14
PGDY 103	Hatha Yoga	100	3	60	21	40	14
PGDY 104	Human Anatomy & Physiology	100	3	60	21	40	14
PGDY 105	PRACTICAL-I	100	3	60	21	40	14
PGDY 106	PRACTICAL-II	100	3	60	21	40	14
PGDY 107	SEMINAR	100	1	100	35	xx	xx
PGDY 108	ASSIGNMENT	100	1	100	35	xx	xx
	<b>Sub Total</b>		20				
PGDY 109	COMPREHENSIVE VIVA	100	4	100	35	xx	xx
	<b>Grand Total</b>		24				



## SECOND SEMISTER

Course Code	Course Name	Total marks	Credit C(i)	End Sem Exam marks		Sessional marks	
				MAX	MIN	MAX	MIN
PGDY 201	Patanjala Yoga Darshan	100	3	60	21	40	14
PGDY 202	Therapeutic Yoga-I	100	3	60	21	40	14
PGDY 203	Therapeutic Yoga-II	100	3	60	21	40	14
PGDY 204	Diet and Nutrition	100	3	60	21	40	14
PGDY 205	PRACTICAL-I	100	3	60	21	40	14
PGDY 206	PRACTICAL-II	100	3	60	21	40	14
PGDY 207	SEMINAR	100	1	100	35	xx	xx
PGDY 208	ASSIGNMENT	100	1	100	35	xx	xx
	<b>Sub Total</b>		20				
PGDY 209	COMPREHENSIVE VIVA	100	4	100	35	xx	xx
	<b>Grand Total</b>		24				





# **Course Outcomes (COs)**

## **For P G Diploma Yoga Programmes**

### **First Semester**

#### **Course Details**

**Course Title:** FOUNDATIONS OF YOGA

**Course Code:** PGDY 101

#### **Course Outcomes:**

CO1: Students of the PG course will have an understanding about Origin, History, Development, Aim & Objective, Nature and Principles of Yoga along with Shad-darshanas.

CO2: They will have an idea about Evolution of Yoga such as Smritis, Tantra, Kundalini and Shatchakra Sadhana.

CO3: Yoga in Modern and Contemporary Times, Schools of Yoga

#### **UNIT-I**

Origin of Yoga, History and Development of Yoga; Etymology and Definitions, Misconceptions, Aim and Objectives of Yoga, True Nature and Principles of Yoga. General Introduction to Shad-darshanas with special emphasis on Samkhya and Yoga Darshana, Yoga in Vedanta.

#### **UNIT-II**

Introduction to Smritis and Yoga in Smritis; General introduction to Agamas and Tantra, Yoga in Tantra; Concepts of Nadi and Prana in Tantra, Kundalini, Effects of Kundalini Shakti and Shatchakra Sadhana.

#### **UNIT-III**

Yoga in Modern Times: Yogic Traditions of Ramakrishna and Swami Vivekananda, Shri Aurobindo; Yoga traditions of Maharshi Ramana and Swami Dayanand Saraswati.

#### **UNIT-IV**

Yoga in Contemporary Times: Brief Introduction to important Yoga Paramparas (lineages) Yoga Parampara of Sri T. Krishnamacharya, Yoga Parampara of Swami Shivanada Saraswati, Swami Rama of Himalayas, Maharshi Mahesh Yogi and their contributions for the development and promotion of Yoga.



## UNIT-V

Introduction to Schools (Streams) of Yoga: Yoga Schools with Vedanta Tradition (Jnana, Bhakti, Karma and Dhyana), Yoga Schools with Samkhya-Yoga Tradition (Yoga of Patanjali) and Yoga Schools with Tantric Tradition (Hatha Yoga, Swara Yoga and Mantra Yoga). Elements of Yoga and Yogic practices in Jainism, Buddhism and Sufism.

### Text Books:

1. History of Yoga by S. P. Singh, PHISC, Centre for Studies in Civilization 1<sup>st</sup> ed. 2010.
2. Foundation of Yoga by S. P. Singh & Mukesh Yogi, Standard Publication, New Delhi, 2010.
3. Yoga Mahavigyan (Hindi) by Kamakhya Kumar, Standard Publishers India, New Delhi; 2011.
4. Manav Chetana Evam Yoga Vigyan by Kamakhya Kumar, Droliya Pustak Bhandar, Haridwar, 1<sup>st</sup> Edition, 2010.
5. Science of Yoga (Yoga Vigyan) by Swami Vigyananda Saraswati, Yoga Niketan Trust, Rishikesh, 2007.
6. Yoga and Yogi by Anuja Rawat, Satyam Publishing House, New Delhi, 2017.
7. Bhartiya Darshan Ki Ruprekha by H. P. Sinha, MLBD, 2016
8. Yoga Darshan (Hindi) by Swami Niranjananad Saraswati, Yoga Publication Trust Munger, 2004.
9. Samkhya Darshan by Swami Satyananda Saraswati, Yoga Publication Trust, Munger.
10. A Systematic course in the Ancient Tantric Techniques of Yoga and Kriya (H) by Swami Satyananda Saraswati, Yoga Publication Trust, Munger.
11. Kundalini Tantra (English) by Swami Satyananda Saraswati, Yoga Publication Trust, Munger, 2009.
12. The Yoga Tradition-Its History, Literature, Philosophy and Practice by Georg Feuerstein, MLBD, Delhi, 2002.
13. Swara Yoga by Swami Muktibodhananda, Yoga Publication Trust, Munger.
14. Jnana Yoga by Swami Niranjananand Sarashwati, Yoga Publication Trust, Munger.
15. Karma and Karma Yoga (H) by Swami Niranjananand Saraswati, YPT, Munger.
16. Mantra and Yantra (E) by Swami Satyananda Saraswati, Yoga Publication Trust, Munger.





**Course Title:** Basic Yoga Texts

**Course Code:** PGDY 102

**Course Outcomes:**

CO1: Students of this course will have an understanding about Principal Upanishads.

CO2: They will have an idea about Bhagavad Gita.

CO3: Introduction about Yoga Vasishtha

### **Unit I**

Brief Introduction of Ten principal Upanishads as the basis of Yogic content; Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava; Kena Upanishat: Indwelling Power; Indriya and Antahkarana; Self and the Mind; Intutive realization of the truth; Truth transcendental; Moral of Yaksha Upakhyana.

### **Unit II**

Katha Upanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization; Prashna Upanishad: Concept of Prana and rayi (creation); Pancha pranas; The five main questions; Mundaka Upanishad: Two approaches to Brahma Vidya-the Para and Apra; The greatness of Brahavidya, The worthlessness of Selfish-karma; Tapas and Gurubhakti, The origin of creation, Brahman the target of Meditation. Mandukya: Four States of Consciousness and its relation to syllables in Omkara.

### **Unit III**

Aitareya: Concept of Atma, Universe and Brahman; Taittiriya Upanishad: Concept of Pancha Kosha; Summary of Shiksha Valli; Ananda Valli; Bhruguvalli. Chandogya Upanishad: Om (udgitha) Meditation; Sandilyavidya, Brihadaryanaka Upanishad: Concept of Atman and Jnana Yoga. Union of Atman and Paramatman.

### **Unit IV**

General Introduction to Bhagavad Gita (B.G.). Definitions of Yoga in B.G. and their relevance & scope; Essentials of B.G.-the meanings of the terms Atmaswrupa, Stithaprajna, Sankhya yoga (Chpt.II), Karma Yoga (Chpt.III), Sanyasa Yoga and Karma Swarupa (Sakama and Nishkama) etc; Samnyasa, Dhyana Yogas (Chpt.VI); Nature of Bhakti (Chpt.XII), Means and Goal of Bhakti Yoga; The Trigunas and modes of Prakriti; Three kinds of faith. Food for Yoga Sadhaka, Classification of food (Chpt.XIV & XVII), Daivasura-Sampad-Vibhaga Yoga (Chpt.XVI); Moksa-Upadesa Yoga (Chpt.XVIII).

### **Unit V**



Highlights of Yoga Vashishtha, Concept of Adhis and Vyadhis; Psycosomatic Ailments; The Four Gatekeepers (Pillars) to Freedom; How Sukha is attained the Highest State of Bliss; Practices to overcome the impediments of Yoga; Development of Satvaguna; Eight limbs of Meditation; Jnana Saptabhumika.

Text Books:

1. Ishaadi Nau Upanishads, Gita Press, Gorakhpur, 2016
2. Brihadaranyak Upanishads, Gita Press Gorakhpur, 2015
3. Chhandogya Upanishads, Gita Press, Gorakhpur, 2016
4. Ten Principal Upanishads by Ram Krishna mission.
5. Shreemad Bhagvad Gita, Gita Press, Gorakhpur, 2016
6. Bhagvad Gita- Rahasya Ya Karma Yoga Shastra, B. G. Tilak, Tilak Mandir, Pune, 1982.
7. The Bhagvad-Gita, S. Radhakrishnan, George Allen & Unkin Ltd., 1971.
8. Yoga Vashishtha, Gita Press, Gorakhpur, 2017
9. Yoga Vashishtha by Badrinath Kapoor, Radha Krishan Prakashan, 2007.



**Course Title:** Hatha Yoga  
**Course Code:** PGDY 103  
**Course Outcome:**

CO1: Students of the PG course will have an understanding about Hatha Yoga and its texts.

CO2: Students shall have an idea about Asanas, Pranayama, Bandha, Mudra and other practices.

CO3: They will have an idea about Nada and Nadaanushandhana.

#### **UNIT-I**

Introduction to Hatha Yoga and Hatha Yoga Texts. Siddhasiddhanta Paddhati, Hatha Pradeepika, Gheranda Samhita, Hatha Ratnavali and Shiva Samhita. Aim & objectives, misconceptions about Hatha Yoga, prerequisites of Hatha Yoga, Sadhaka and Badhaka tattvas in Hatha Yoga; Concept of Ghata, Ghatashuddhi. Concept and importance of Shodhana kriyas in Hatha Yoga; Importance of Shodhana kriyas in health and disease; Concept of Mattha, Mitaahara, Rules & Regulations to be followed by Hatha Yoga Sadhakas.

#### **UNIT-II**

Asanas in Hatha Texts: Definition, pre requisites and special features of Yoga-asana; Asanas in Hatha Pradeepika, Hatha Ratnavali, Gheranda Samhita; Benefits, precautions, and contraindications of different Asanas.

#### **UNIT-III**

Pranayama in Hatha Texts: - Concept of Prana & Ayama, Pranyama; Pranayama its phases and stages; Prerequisites of Pranayama in Hatha Yoga Sadhana; Pranayama in Hatha Pradeepika, Hatha Ratnavali & Gheranda Samhita; Benefits, precautions and contraindications of Pranayama.

#### **UNIT-IV**

Bandha and Mudra: Concept, definition of Bandha and Mudras, in Hatha Pradeepika, Hatha Ratnavali and Gheranda Samhita; Benefits, precautions and contraindications. Concept, definition, benefits and Techniques of Pratyahara, Dharana and Dhyana in Gheranda Samhita.

#### **UNIT-V**

Concept and benefits of Nada and Nadanusandhana in Hatha Pradeepika, Four Avasthas (stages) of Nadanusandhana; Relationship between Hatha Yoga and Raja Yoga; Goal of Hatha Yoga. Relevance of Hatha Yoga in contemporary times.





**Text Books:**

1. Siddhasiddhanta Paddhati of Goraksanatha by M L Gharote & G K Pai, Lonavla Yoga Institute, 2003.
2. Hatha Ratnavali of Srinivasyogi by M L Gharote, P Devnath & V K Jha, Lonavla Yoga Institute, 2002.
3. Gherand Samhita (H) by Swami Niranjananad Saraswati, Yoga Publication Trust, Munger, 2011.
4. Gherand Samhita (English) by Swami Digambar Ji and M L Gharote, Kaivalyadham, Pune
5. Shiva Samhita (Hindi) by Swami Masheshananda, B R Sharma, G S Sahay & R K Bodhe, Kaivalyadham, Pune
6. Hatha Yoga Pradeepika by Swami Muktibodhananda Saraswati, Yoga Publication Trust, Munger, 2014.
7. Hatha Pradipika of Svatmarama by Swami Digambar Ji and R S Kokaje, Kaivalyadham, Pune
8. Hatha Pradeepika Jyotsana of Brahmananda (Hindi) by Swami Maheshananda, B. R. Sharma, G S Sahay & R K Bodhe, Kaivalyadhama, Lonavla, 2013.
9. Hatha Yoga Pradeepika of Svatmarama, MDNIY Publication, 2013
10. Vashistha Samhita, PLRD, Kaivalyadham Samiti, Lonavla, 2005.
11. Mudra Rahasya by Shri Rai Singh Chouhan, Bhartiya Yog Sansthan, New Delhi, 2014.
12. Vashishtha Samhita (Hindi) by Swami Maheshananda, B R Sharma, G S Sahay and R K Bodhe, Kaivalyadham, Pune.



**Course Title:** Human Anatomy and Physiology

**Course Code:** PGDY 104

**Course Outcomes:**

CO1: Students of the PG course will have an understanding about basic concepts of anatomy and physiology.

CO2: Students shall have an idea about respiratory, digestive and endocrine systems.

CO3: They will have an idea about special senses.

#### **UNIT-I**

Meaning of Anatomy and Physiology; Need and importance of knowledge of anatomy and physiology in Yoga; Structure and function of Cells, Structure and functions of different types of tissues. Musculo-skeletal System- Types of Muscles: Skeletal, Smooth and cardiac; Name and location of the bones in the body; Types of bones; Joints and types of joints.

#### **UNIT-II**

Respiratory System- Structure of respiratory tract: Nose, Pharynx, Larynx, Bronchi, Bronchioles, Alveoli- lungs; Mechanism of respiration, alveolar gas exchange; Respiratory volumes. Cardio-vascular System- structure and functions of heart; The heart as a pump: circulation, blood pressure; Blood vessels; Lymphatic system.

#### **UNIT-III**

Digestive System- Anatomy and Physiology of digestive system; Secretions of the gastrointestinal tract; Functions of Liver and Pancreas. Excretory system- structure and functions of kidney, ureters, bladder, urethra; physiology of nephron; composition of urine.

#### **UNIT-IV**

Endocrine System- Structure and Functions of pituitary, pineal, thyroid, para-thyroid, thymus, pancreas, adrenal and ovary, testes. Nervous System- Central Nervous System, Peripheral Nervous system and Autonomic Nervous System.

#### **UNIT-V**

The special senses: The eye, The ear, The taste, The nose and other sensations. Reproductive System- Male and Female Reproductive organs; Menstrual cycle; Method of conception; Physiology of pregnancy.



**Text Books:**

1. Sharir Rachana evam Kriya Vigyan by Kanti Pandey and Pramila Verma, Bihar Hindi Granth Academy.
2. Anatomy and Physiology for Nurses (Jaypee Brothers)
3. Textbook of Medical Physiology by Guyton & Hall, 2016.
4. Anatomy and Physiology in Health and Illness by Ross and Wilson, 2014.
5. Sharir Rachana evam Kriya Vigyan by Dr. A.P. Gupta, Sumit Prakashan, Agra, 2005.
6. Gray's Anatomy, 41<sup>st</sup> Ed. by Susan Standring, 2016.
7. Sharir Vigyan and Yogabhyas (Hindi) by M M Gore, Kaivalyadham, Pune.





**Course Title:** Practical-I

**Course Code:** PGDY 105

**Course Outcomes:**

CO1: Students should be able to demonstrate and explain the loosening practices and the breathing practices

CO2: Students should be able to demonstrate and explain Suryanamaskar

CO3: Students should be able to demonstrate and explain Yogasanas in different postures

1. Loosening practices: Finger, hand and leg movement; neck bending, shoulder's movement, trunk movement, knee movement
2. Breathing practices: Abdominal, Chest and Yogic breathing; Practice of Puraka, Rechaka and Kumbhaka (Antar and Bahya Kumbhaka).
3. Suryanamaskar: Suryanamaskar with maintenance of each posture and dynamic Suryanamaskar
4. Yogasana (Standing Postures and body alignment): Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana, Ardha Chakrasana, Pada Hastasana, Trikonasana, Parshva Konasana, Veerbhadrasana and its variations.
5. Yogasana (Sitting Postures): Dandasana, Swastikasana, Padmasana, Vajrasana, Supta Vajrasana, Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Janusirasana, Paschimottansana, Brahmacharyasana, Mandukasana, UtthanaMandukasana, Vakrasana, Ardhya MatsyendrasanaMarichayasana, Simhasana.
6. Yogasana (Supine Lying postures): Pavanamuktasana, Utthana-padasana, Ardha Halasana, Halasana, Setubandhasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana.
7. Yogasana (Proline lying Postures): Makrasana, Bhujangasana, Shalabhasana, Dhanurasana.

Record Book

Viva-voce

**Text Books:**

1. Yogic Sukshma Vyayama by Swami Dharendra Brahmachari, Dharendra Yoga Publication, New Delhi, 1980
2. Asana, Pranayama, Mudra, Bandha (H) by Swami Satyananda Saraswati, 4<sup>th</sup> Edition, Yoga Publication Trust, Munger, 2015.
3. Asana, Pranayama, Mudra, Bandha by H. R. Nagendra, Swami Vivekananda Yog Prakashan, Bangalore, 2002.
4. Asana and Yoga Vigyan by Shri Rishi Ram and Shri Krishan Kumar Suman, Bhartiya Yoga Sansthan, Delhi, 2015.
5. Asana by Swami Kuvalyananda, Kaivalyadhama, Lonavla, 1993.



**Course Title:** Practical-II

**Course Code:** PGDY 106

**Course Outcomes:**

CO1: Students should be able to demonstrate and explain each Pranayama technique

CO2: Understand and explain the practices of Kriyas

1. Pranayama: Breath awareness, sectional breathing, Nadi Shodhana (Technique 1: same nostril breathing). Nadi Shodhana (Technique 2): Alternate nostril breathing), Nadi Shodhana (Technique 3): Alternate Nostril Breathing + Antar Kumbhak), Nadi Shodhana (Puraka + Antar Kumbhak + Rechak + Bahya Kumbhak) (1:4:2:2); Bhramari Pranayama.
2. Bandha/Mudra: Moolbandha, Jalandhar Bandha, Uddiyan Bandha, Maha bandha, Hastmudra: Chin, Gyan, Hridaya, Ling, Panchtatva Mudra, Ashwini Mudra.
3. Practices leading to Meditation: Pranav and Soham Japa, Om Mantra, Gayatri Mantra.
4. Shatkarma: Dhauti (Kunjala), Neti (Jal Neti, Rubber Neti), Kapalbhathi and its variants.

Record Book

Viva-Voce

Text Books:

1. Pranayama Vigyan by Shri Rishi Ram, Bhartiya Yog Sansthan, Delhi, 2000.
2. Pranayama by Swami Kuvalyananda, Kaivalyadhama, Lonavla, 2009.
3. Light on Pranayama by B. K. S. Iyengar, Harper Collins, Swami Vivekananda Yog Prakashan, 2012.
4. The Art and Science of Pranayama by H. R. Nagendra, Swami Vivekananda Yog Prakashan, Bangalore, 2005.
5. Shatkarma Vigyan by Shri Rai Singh Chouhan, Bhartiya Yog Sansthan, New Delhi, 2015.
6. Mudra Rahasya by Shri Rai Singh Chouhan, Bhartiya Yog Sansthan, New Delhi, 2014.



**PG Diploma Yoga  
Semester-II**





**Course Details****Course Title:** PATANJAL YOGA DARSHAN**Course Code:** PGDY 201**Course Outcomes:**

CO1: Students of the PG course will have an understanding about Yog Darshan of Patanjali and concept of Chitta, Vritti and Chitta Vritti Nirodhaya.

CO2: Students shall have an idea about commonalities of the concept across the texts.

**UNIT-I**

Brief introduction to Maharshi Patanjali and Patanjali Yog Sutra (PYS), Concept of Chitta, Chitta Bhoomis, Chitta Vritti and their classification, Chitta Vritti Nirodhaya, Abhyasa and Vairagya as the tools, Chitta-Vikshepas (Antarayas), Chitta-Prasadanam.

**UNIT-II**

Samadhi Pada: Types and Nature of Samadhi, Ritambharaprajna and Adhyatmaprasada; Samprajnata, Asamprajnata, Sabeeja & Nirbeeja Samadhi, Difference between Samapattis and Samadhi; Concept of Ishvara and Ishvara-Pranidhana.

**UNIT-III**

Sadhana Pad: Concept of Kriya Yoga of Patanjali, Theory of Kleshes (Avidya, Ashmita, Raga, Dewesh, Abhinevesh), Concept of Dukhavada (Heya, Hetu, Hana, Hanopaya); Drishyanirupanam (Prakriti), Drasthanirupanama (Purusha), Prakriti Purush Samyoga; Brief introduction to Ashtanga Yoga; Concept of Yama, Niyama, Asana, Pranayama, Pratyahara and their usefulness.

**UNIT-IV**

Vibhuti Pada: Introduction of Dharana, Dhyana, and Samadhi, Samyama and Siddhis, Three types of Chitta Parinamaha, Bhoota Jaya, Indriya Jaya and their Siddhis, Satvapurusanyatakhyati and its Siddhis.

**UNIT-V**

Kaivalya Pada: Sources of Siddhis, Four types of Karmas; Concept of Vasana; Theory of Perception; Dharmamegha Samadhi; Vivek Khyati Nirupanam, Kaivalya Nirvachana.



**Text Books:**

1. Swami Satyananda Saraswati: Four Chapters of Freedom, Yoga Publication Trust, Munger, 2013.
2. Swami Satyananda Saraswati: Mukti Ke Chaar Sopan, Yoga Publication Trust, Munger, 2013.
3. P. B. Karambelkar: Patanjali Yoh Sutra, Kaivalyadham, Pune, 3<sup>rd</sup> Edition, 2012.
4. B. K. S. Iyengar: Light on the Yoga Sutras of Patanjali, Element, 2005.
5. Sadhana Dauneria, Patanjali Yoga Sar, Madhulika Prakashan, Allahabad, 1<sup>st</sup> edition, 2017.
6. Sri Sri Ravi Shankar: Patanjali Yoga Sutra, Sri Sri Publication Trust, 2010.
7. Swami Vivekananda: Patanjali Yoga Sutras, Vijay Goel Publishers, 2012.
8. S. C. Srivastava: Patanjali Yoga Sutras with Vyasa Bhasya, Chaukhambha Surbharati Prakashan, 2012.
9. Swami Omananda Tirtha: Patanjali Yog Pradeep, Gita Press Gorakhpur, 2016.
10. Hari Krishan Das Goenka: Patanjali Yog Darshan, Gita Press Gorakhpur, 46<sup>th</sup> edition, 2017.



**Course Title:** Therapeutic Yoga – I

**Course Code:** PGDY 202

**Course Outcomes:**

Following the completion of the course, students shall be able to

CO1: Understand the principle of yoga therapy for each disease.

CO2: Write standard yoga therapy protocol for each disease.

CO3: Understand the cause of disease and the role of yoga for its healing.

**UNIT-I**

Yogic Practice: Management of the disease through suitable yogic practices-Yogic diet, Asana, Shatkarmas, Pranayama, Meditation, Notional Corrections through yogic scriptures and counselling, Yama and Niyama, Stress (emotions management), Life style prescriptions-Moderation in Ahara, Vihara, Achara and Vichara.

**UNIT-II**

Integrated approach of yoga therapy: Systematic anatomy, physiology of the related system, pathophysiology, Stress and disease, Medical Management, Mechanism of imbalances at psychological, pranic, physical, endocrinal, autonomic levels, psychoneuroimmunological aspect of the disease model, disease specific parameter.

**UNIT-III**

Respiratory Disorders: Introduction, classification; Bronchial Asthma: Definition, Classification, Clinical features, Medical and Yogic Management; Allergic Rhinitis & Sinusitis: Definition, classification, Clinical features, Medical and yogic management; COPD: Chronic Bronchitis, Definition, Classification, Clinical features, Medical and Yogic Management; Tuberculosis: Definition, Classification, Clinical Features, Medical and Yogic Management.

**UNIT-IV**

Cardiovascular disorders: Hypertension-Definition, Classification, Clinical Features, Medical and Yogic Management; Atherosclerosis/Coronary artery disease: Definition, Classification, Clinical Features, Medical and Yogic Management; Ischemic Heart disease-Angina





pectoris/Myocardial infarction/Post CABG rehabilitation: Definition, Classification, Clinical Features, Medical and Yogic Management; Congestive Cardiac failure: Definition, Classification, Clinical Features, Medical and Yogic Management; Cardiac asthma: Definition, Classification, Clinical Features, Medical and Yogic Management.

#### UNIT-V

Endocrinal and Metabolic Disorder: Diabetes Mellitus (I & II): Definition, Classification, Clinical Features, Medical and Yogic Management; Hypo and Hyper-Thyroidism: Definition, Classification, Clinical Features, Medical and Yogic Management; Obesity: Definition, Classification, Clinical Features, Medical and Yogic Management; Metabolic Syndrome: Definition, Classification, Clinical Features, Medical and Yogic Management.

#### Text Books:

1. Yoga for Common Ailments, R. Nagarathna and H. R. Nagendra, SVYP, Bangluru, 2<sup>nd</sup> Edition, 2003.
2. MDNIY publications: 10 Booklets, Yoga Therapy Series, MDNIY Publication, New Delhi, 2009.
3. Yoga Therapy (Swami Kuvalayananda & S. L. Vinekar), Central Health Education Bureau, 1963
4. Yogic Management of Common Disease, Swami Karmanand, Yog Publication Trust, 2001.
5. Rog aur Yog (Swami Karmanand Saraswati), Yog Publication Trust, Munger, 1<sup>st</sup> Edition, 2013.
6. Yogic Management of Asthama and Diabetics, Swami Shankardevananda, Yoga Publication Trust, Munger, 2<sup>nd</sup> edition, 2007.
7. The Effects of Yoga on Hypertension, Swami Shankardevananda, Yoga Publication Trust, Munger, 2<sup>nd</sup> edition, 2008.
8. Yogic Management of Life Style Disorder, Ishwar Bhardwaj, Satyam Publishers, Delhi, 1<sup>st</sup> edition, 2017.
9. Yoga Therapy,
10. Ramesh Bijlan: Back to Health Through Yoga, Rupa Publication India Pvt Ltd., 2011
11. Integrated Approach of Yoga Therapy (Nagarathna and Nagendra), SVYP, Bangaluru.



**Course Title:** Therapeutic Yoga – II

**Course Code:** PGDY 203

**Course Outcomes:**

Following the completion of the course, students shall be able to

CO1: Understand the principle of yoga therapy for each disease.

CO2: Write standard yoga therapy protocol for each disease.

CO3: Understand the cause of disease and the role of yoga for its healing.

**UNIT-I**

Obstetrics and Gynecological Disorders-Menstrual disorders: Dysmenorrhea, Oligomenorrhea Menorrhagia: Definition, Classification, Clinical Features, Medical and Yogic Management; Premenstrual Syndrome: Definition, Classification, Clinical Features, Medical and Yogic Management; Menopause and peri-menopausal syndrome: Definition, Classification, Clinical Features, Medical and Yogic Management. Yoga for Pregnancy and childbirth: Complicated pregnancies, PIH, Gestational DM, Ante-natal care, Post-natal care, PCOS: Definition, Classification, Clinical Features, Medical and Yogic Management.

**UNIT-II**

Cancer and gastrointestinal disorders-Cancer: causes, types, clinical features, side effects of chemotherapy, radiotherapy; Medical and Yogic Management; Gastrointestinal disorders: APD, Gastritis-Acute & Chronic, Dyspepsia, Peptic Ulcer, Clinical Features, Medical and Yogic Management; Constipation and Diarrhoea: Definition, Clinical Features, Medical and Yogic Management; Irritable Bowel Syndrome: Definition, Classification, Clinical Features, Medical and Yogic Management; Inflammatory Bowel Disease, Ulcerative colitis: Definition, Clinical Features, Medical and Yogic Management.

**UNIT-III**

Musculo-Skeletal disorders: Back pain, classification, Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic-Lumbago, Medical and Yogic Management; Neck pain: Classification, Cervical Spondylosis, Radiculopathy, Functional neck pain, Medical and Yogic Management; All forms of Arthritis: Rheumatoid Arthritis, Osteoarthritis, Medical and Yogic Management.



## UNIT-IV

Neurological disorders: Headaches-Migraine, causes, classification, clinical features, medical and yogic management; Tension headache: causes and its symptoms, Medical and Yogic Management; Cerebro vascular accidents: causes, clinical features, medical and yogic management; Epilepsy, pain, autonomic dysfunctions: causes, clinical features, medical and yogic management; Parkinson's disease: causes, clinical features, medical and yogic management.

## UNIT-V

Psychiatric disorders: Introduction, classification-Neurosis, Psychosis; Neurosis Anxiety disorder: Generalized anxiety disorder, Panic anxiety; Obsessive Compulsive disorder, Phobias: Medical and Yogic Management; Depression: Dysthymia, Major depression, Medical and Yogic Management; Psychosis: Schizophrenia, Bipolar affective disorder, Medical and Yogic Management.

### Text Books:

1. Yoga for Common Ailments, Robin Monoro, Nagarathana R and H R Nagendra, Gula Publication, UK, 1990.
2. The Womens Book of Yoga and Health: A Life Long Guide to Wellness, L. Sparrowe, P. Walden and J H Lasater, 2002.
3. Yoga: A Complete Guide to the Medical Benefits of Yoga (Yoga for Health), N Heriza, D Ornish, C N B Merz, 2004.
4. Yoga for Arthritis, Back Pain, Diabetes, Pregnancy, Breathing Practices, R Nagarathana and H R Nagendra, Swami Vivekananda Prakashan, Bangalore, 2000.
5. The Womens Yoga Book: Asana and Pranayama for all phases of the Menstrual cycle, Menstrual disorder (The Experience of illness), B Clennel and G S Iyengar, 1992.





**Course Title:** Diet and Nutrition

**Course Code:** PGDY 204

**Course Outcomes:**

The theory course entitled 'Diet and Nutrition' has the following outcomes

CO1: Students of the PG course will have an understanding about yogic concept of food and nutrition.

CO2: Students shall have an idea of different food groups and nutritive value.

CO3: Students shall have an idea about food and metabolism.

### **UNIT-I**

Basic concepts and components of food and nutrition. Understanding Nutrition, Basic Terminology in Relation to Nutrition Requirement, Human Nutritional Requirements; Concept of food, Acceptance of Food, Functions of Food; Components of Food & their Classification; Macro Nutrients –Sources, Functions and Effects on the Body; Micro Nutrients - Sources, Functions and Effects on the Body; Fat Soluble Nutrients - Sources, Functions and Effects on the Body; Water soluble Nutrients - Sources, Functions and Effects on the Body; Significance of Carbohydrate, Proteins, Lipids, Vitamins, Minerals and water in the body.

### **UNIT-II**

Antioxidants and their Role. Yogic concept of diet and its relevance in the management of lifestyle. Nutrients, proximate principles of diet, balanced diet concept; Carbohydrates, proteins, fats – sources, nutritive values, importance; Minerals-calcium, iron, phosphorus etc. Vitamins – sources, roles, requirements.

### **UNIT-III**

Food groups: Cereals & Millets –Selection, Preparation and Nutritive Value; Pulses, Nuts and Oil Seeds- Selection, Preparation and Nutritive Value; Milk and Milk Products-Selection, Preparation and Nutritive Value; Vegetables and Fruits- Selection, Preparation and Nutritive Value, Fats, Oils and Sugar, Jaggery- Selection, Preparation and Nutritive Value.

### **UNIT-IV**



Food and metabolism. Energy- Basic Concepts, Definition and Components of Energy, Requirement, Energy Imbalance Concept of Metabolism, Anabolism, Catabolism.

#### UNIT-V

Calorie Requirement. BMR, SDA, Physical Activity; Metabolism of Carbohydrates, Lipids and Protein; Factors Affecting Energy; Requirement and Expenditure, Factors affecting BMR.

#### Text Books:

1. Ahar evam Poshan Vigyan (Food & Nutrition), Anita Singh, Star Publication, 2<sup>nd</sup> edition, 2015.
2. A Textbook of Foods, Nutrition & Dietetics by M. Raheena Begum, Sterling Publishers, 3<sup>rd</sup> Edition, 2009.
3. Diet Cure for Common Ailments by H. K. Bakhru, Jaico Publishing Ahmedabad, 2<sup>nd</sup> edition, 2015.
4. Foods that Heal by H K Bakhru, Orient paperback, Delhi, 1<sup>st</sup> edition, 2017.
5. Nutrition and Dietetics by Shubhangini A Joshi, McGraw Hill, 4<sup>th</sup> edition, 2017.
6. Textbook of Nutrition and Dietetics by Sharda Gupta, Santosh Jain Passi, Rama Seth, Ranjana Mahna and Seema Puri Kumud Khanna, 2014.
7. Handbook of nutrition and Dietetics by Dr. Jyoti Singh, 2008.
8. Fundamentals of Food, Nutrition and Diet Therapy: Mudambi S.R., Rajagopal M.V., 5<sup>th</sup> edition (2007), New Age International (P) Ltd., New Delhi



**Course Title:** Practical-I (Therapeutic Yoga)

**Course Code:** PGDY 205

**Course Outcomes:**

CO1: To be able to prescribe the integrated yoga module for the individual case after detailed documentation and report it to the referring consultant.

CO2: To assess the present status of the disease and follow up

CO3: To be able to monitor the medication and modify it suitably as the case progresses with yoga practices and report it to the referring consultant.

CO4: To be able to explain to the participant how yoga offers a holistic approach to remove the root cause of the disease.

CO5: To be able to prescribe suitable diet regime.

CO6: To understand the yoga therapy practices for specific diseases

1. Special techniques for respiratory disorders
2. Special techniques for cardiovascular disorders
3. Special techniques for Endocrinal and Metabolic disorder
4. Special techniques for Obstetrics and gynecological disorders
5. Special techniques for Cancer and Gastrointestinal disorders
6. Special techniques for Musculo-Skeletal disorders
7. Special techniques for Neurological disorders
8. Special techniques for Psychiatric disorders

Record Book

Viva-voce

Text Books:

1. Common Ailment Series by Dr. R. Nagartha & Dr H. R. Nagendra: Swami Vivekananda Yoga Publications, Bengluru.
2. Yoga Therapy for Common Diseases by Swami Karmananda, Yoga Publication Trust, Munger, 1999.
3. Yoga Therapy by Swami Kuvalyananda & S. L. Vinekar, Central Health Education Bureau, 1963.





**Course Title:** Practical-II (Teaching Methods)

**Course Code:** PGDY 206

**Course Outcomes:**

CO1: To teach teaching techniques to the students

CO2: To teach class management and lesson planning

CO3: To introduce educational tools of yoga teaching

1. 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, Mumukshu; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training. Techniques of Individualized; Teaching Techniques of group teaching; Techniques of mass instructions; Organization of teaching (Time Management, Discipline etc).
2. Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shodhanakriya, Asana, Mudra, Pranayama & Meditation);
3. Models of Lesson Plan; Illustration of the need for a lesson plan; Illustration of the need for a content plan; Eight Step method of Introduction as developed in Kaivalyadhama.
4. Evaluation methods of an ideal Yoga class; Methods of customizing Yoga class to meet individual needs. The student will have demonstrations and training in the above mentioned aspects of teaching methods.
5. Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class.
6. Student's Approach to the teacher: Pranipaata; Pariprashna; Seva; (BG 4.34).

Record Book / Lesson Plan

Viva-voce

Textbook:

1. Methods and Techniques of Teaching-S. K. Lochar, Sterling Publications Pvt. Ltd., New Delhi.
2. A Handbook of Education-A. G. Sundarams & R. N. Kaul, Kapoor Brothers, Jammu.

