

**P.G. DIPLOMA IN YOGA**  
**(1 Year Program) 2 Semester**

<b>SEMESTER-I</b>			
<b>SUBJECT CODE</b>	<b>SUBJECT</b>	<b>CREDIT</b>	<b>MARKS</b>
CC-11	Ancient Study of Yoga	6	100
CC- 12	Yoga and Health	6	100
PC- 11	Practicum – 1 ( Yogic Practices)	4	100
PC- 12	Practicum –2 ( Yoga & Naturopathy)	4	100
	Internship/Apprenticeship/ Seminar	2	100
<b>SEMESTER-II</b>			
CC- 21	Patanjala Yoga Sutra	6	100
CC- 22	Human Anatomy and Physiology in relation to Yoga	6	100
PC- 21	Practicum – 1	4	100
PC – 22	Practicum – 2	4	100
	VAC	2	100

Part A: Introduction			
Program: PG		Class: P.G. Diploma in Yoga.	Year: I (Sem -I) Session: 2025-26
	Subject	Yoga	
1	Course Code	CC11	
2	Course Title	ANCIENT STUDY OF YOGA	
3	Course Type (Core Course/Discipline Specific Elective)	Core Course	
4	Pre-requisite (if any)	To study this course, a student must have Yoga in degree.	
5	Course Learning Outcomes (CLO)	On successful completion of this course, the students will be able to: <ul style="list-style-type: none"> <li>• Know about the different types of yoga.</li> <li>• Understand the importance of yoga in different eras.</li> </ul>	
6	Credit Value	6	
7	Total Marks	Maximum Marks: 40+60	Minimum Passing Marks: 40
Part B: Content of the Course			
Total No. of lectures-Tutorials-Practical (in hours per week): L-T-P:			
Unit	Topics	No. of Lectures (1 hour Each)	
I	<b>Origin, History and development of Yoga in Vedic period; meaning, definition and aim of yoga, Philosophical aspect of Yoga</b> <b>Activity:</b> <ul style="list-style-type: none"> <li>• Role Play on Philosophical aspect of Yoga</li> <li>• Group Discussion on “Different Schools of Yoga as a path to liberation as explained in ancient Indian tradition”</li> </ul>	18	
II	Philosophy of Vedas, Upanishads and Shad-darshans	18	
III	Types of yoga: Jnana Yoga, Karma Yoga, Bhakti Yoga, Raja Yoga, Hatha Yoga, Laya Yoga, Mantra Yoga	18	
IV	Yoga Tattva in Shrimad Bhagvad Gita: Introduction and Definitions of Yoga, Concept of Sthit Prajna, Samkhya Yoga, Sanyasa Yoga and Nature of Karma, Dhyana Yoga, Concept of Triguna	18	

V	Introduction to various yogic texts: Yoga Sutra, Hatha Pradipika, Shiv Samhita, Gheranda Samhita, Vashishtha Samhita	18
<b>Keywords/Tags:</b> Yoga, Philosophy, History of Yoga, School of Yoga, Indian Philosophy, Hatha Yoga, Yogic Text, Yogic Literature, Triguna, Bhagwad Geeta		
<b>Part C: Learning Resources</b>		
<b>Textbooks, Reference Books, Other Resources</b>		
<b>Suggested Readings:</b> 1. Singh S. P: History of Yoga, PHISPC, Centre for Studies in Civilization, Ist ed., 2010. 2. Dasgupta S. N: History of Indian Philosophy, Moti Lal Banarsi Das (MLBD), Delhi, 2012. 3. Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, Varanasi, 2010. 4. Rawat A.: Yoga and Yogi, Satyam Publishing House, New Delhi, 1 <sup>st</sup> Ed. 2017. 5. Saraswati, S. V.: Science of Yoga, Yoga Niketan Trust, Rishikesh, 2007. 6. The Yoga Tradition-Its History, Literature, Philosophy and Practice by Georg Feuerstein, Motilal Banarsidass, Delhi, 2002. 7. Ranganathan Swami, Universal message of the Bhagavad Gita, Volume 1 (2001), Published by Swami Mumuksananda, Advait Ashram, Champawat, Himalayas. 8. Ranganathan Swami, Universal message of the Bhagavad Gita, Volume 2 (2001), Published by Swami Mumuksananda, Advait Ashram, Champawat, Himalayas. 9. Ranganathan Swami, Universal message of the Bhagavad Gita, Volume 3 (2001), Published by Swami Mumuksananda, Advait Ashram, Champawat, Himalayas.		
<b>Suggested Equivalent Online Courses:</b>		
<b>Part D : Assessment and Evaluation</b>		
<b>Suggested Continuous Evaluation Methods:</b> <b>Maximum Marks: 100 Marks</b> <b>Continuous Comprehensive Evaluation (CCE):40 Marks, University Exam:60 Marks</b>		
Internal Assessment: Continuous Comprehensive Evaluation (CCE):	Class Test Assignment/Presentation	40
External Assessment: University Exam Section Time: 3:00 Hours	Section (A): Very Short Questions Section (B): Short Questions Section ( C): Long Questions	60
<b>Any Remarks/ Suggestions:</b>		

<b>Part A: Introduction</b>			
<b>Program: PG</b>		<b>Class: P.G. Diploma in Yoga.</b>	<b>Year: I (Sem - I)</b>
	<b>Subject</b>	<b>Yoga</b>	
<b>1</b>	<b>Course Code</b>	<b>CC12</b>	
<b>2</b>	<b>Course Title</b>	<b>YOGA AND HEALTH</b>	
<b>3</b>	<b>Course Type (Core Course/Discipline Specific Elective)</b>	<b>Core Course</b>	
<b>4</b>	<b>Pre-requisite (if any)</b>	<b>To study this course, a student must have Yoga in degree.</b>	
<b>5</b>	<b>Course Learning Outcomes (CLO)</b>	<p>On successful completion of this course, the students will be able to:</p> <ul style="list-style-type: none"> <li>• understand about dimensions of holistic health.</li> <li>• understand about basic principles of yoga in relation to holistic health.</li> <li>• eradicate the misconceptions about yoga.</li> </ul>	
<b>6</b>	<b>Credit Value</b>	<b>6</b>	
<b>7</b>	<b>Total Marks</b>	<b>Maximum Marks: 40+60</b>	<b>Minimum Passing Marks: 40</b>
<b>Part B : Content of the Course</b>			
<b>Total No. of lectures-Tutorials-Practical (in hours per week):</b>			
<b>L-T-P:</b>			
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures (1 hour Each)</b>	
<b>I</b>	<b>Definition and importance of health according to WHO, Dimensions of health, Concept of health and disease in Indian system of medicine</b> <b>Activity:</b> <ul style="list-style-type: none"> <li>• Poster Making on Dimensions of Health</li> <li>• Role Play (Nukkad Natak) on “Importance of Health Awareness and Yoga”</li> </ul>	<b>18</b>	
<b>II</b>	<b>Concept of holistic health according to Yoga Sutra, Ayur Vedic approach to health, Naturopathic concept of health</b>	<b>18</b>	
<b>III</b>	<b>Basic Principles of Yoga and their role in health and healing: Triguna, Tridosha, Panchakoshas, Panchprana, Nadis, Shadchakra, Panchamahabhutas,</b>	<b>18</b>	
<b>IV</b>	<b>Concept of Ahara in yogic texts:</b>	<b>18</b>	

	<b>Gheranda Samhita, Hatha Pradipika, Shrimad Bhagvad Gita; Importance of Yogic diet in yoga sadhana and its role in healthy living</b>	
<b>V</b>	<b>Yogic Principles of healthy living: Ahara, Vihara, Achara, Vichara; Role of yogic positive attitudes (Maitri, Karuna, Mudita, Upeksha) for healthy living Swasthavratta: Definition, importance and relevance at present; Swasthavratta and lifestyle; Biological clock in relation to Swasthavratta.</b>	<b>18</b>
<b>Keywords/Tags: Health, Yoga and Health, Naturopathy, Ayurveda, Holistic Health, Yogic Diet, Diet, Basic Principles of Yoga, Nadis, Prana, yogic positive attitude, Swasthavratta</b>		
<b>Part C: Learning Resources</b>		
<b>Textbooks, Reference Books, Other Resources</b>		
<b>Suggested Readings:</b> <ol style="list-style-type: none"> <li>1. Sadhana Dauneria, Patanjali Yoga Sara, Madhulika Prakashan, Allahabad, 1<sup>st</sup> edn., 2017</li> <li>2. Park K, Park's Textbook of Preventive and Social Medicine, 21<sup>st</sup> edition, M/S Banarasidas Bhanot Publishers</li> <li>3. Digambarji Swami, Dr. Gharote M.L., Gheranda Samhita, 2<sup>nd</sup> edition, (1997), S.M. Yoga Mandir Samiti, Kaivalyadham, Lonavla</li> <li>4. Digambarji Swami, Pt. Kakoje Shastri Raghunatha, Hathapradipika, 2<sup>nd</sup> edition, (1998), S.M. Yoga Mandir Samiti, Kaivalyadham, Lonavla</li> <li>5. Jindal Rakesh, Science of Natural Life, 3<sup>rd</sup> edition (2007), Arogya Sewa Prakashan, Modinagar</li> </ol>		
<b>Suggested Equivalent Online Courses:</b>		
<b>Part D : Assessment and Evaluation</b>		
<b>Suggested Continuous Evaluation Methods:</b> <b>Maximum Marks: 100 Marks</b> <b>Continuous Comprehensive Evaluation (CCE):40 Marks, University Exam:60 Marks</b>		
<b>Internal Assessment: Continuous Comprehensive Evaluation (CCE):</b>	<b>Class Test Assignment/Presentation</b>	<b>40</b>
<b>External Assessment: University Exam Section Time: 3:00 Hours</b>	<b>Section (A): Very Short Questions Section (B): Short Questions Section (C): Long Questions</b>	<b>60</b>
<b>Any Remarks/ Suggestions:</b>		

Part A: Introduction			
Program: PG		Class: : P.G. Diploma in Yoga.	Year: I(Sem - I) Session: 2025-26
	Subject	Yoga	
1	Course Code	PC11	
2	Course Title	PRACTICUM-1(YOGA PRACTICES)	
3	Course Type (Core Course/Discipline Specific Elective)	Core Course	
4	Pre-requisite (if any)	To study this course, a student must have Yoga in degree.	
5	Couse Learning Outcomes (CLO)	<p>On successful completion of this course, the students will be able to:</p> <ul style="list-style-type: none"> <li>• Understand the principle and practice of Yogic practices.</li> <li>• Understand the principle and practice of different type of Yogasanas, Pranayamaa, meditation etc.</li> <li>• Demonstrate each Asana and explain its procedure.</li> <li>• Explain the benefits, limitation and subtle points of each practice.</li> </ul>	
6	Credit Value	4	
7	Total Marks	Maximum Marks: 100	Minimum Passing Marks: 40
Part B : Content of the Course			
Total No. of lectures-Tutorials-Practical (in hours per week): 120 Hrs.			
L-T-P:			
Unit		Topics	No. of Lectures (2 hour Each)
I		Shatkarma: Gajakarni, Vastra Dhauti, Jalneti, Sutraneti, Vatakrama, Vyutkrama & Sheetkrama Kapalbhathi, Agnisara, Nauli, Trataka.	24
II		Surya Namaskara along with recitation of mantras	08
III		<p>Asanas: suksham yogickriyas</p> <p>Ardha halasana, ardha pawanmuktasana, Naukasana, Vipreetkarni, Sarvangasana, Matsyasana, Halasana, Bhujangasana, Pawanmuktasana, Dhanurasana, ardha salabhasana Shalabhasana,</p>	60

	Vipritnaukasana, Vakrasana, Swastikasana, Brahmamudra, Yogamudra, Pashchimottanasana, Ushtrasana, Ardha-chakrasana, Katichakrasana, Padahastanasana, Vrikshasana, Tadasana.08 Advanced Asanas: Karnapidasana, Garudasana, Shirshasana, Bakasana, Hanumanasana, Purna-dhanurasana, Natarajasana, Bhuminamanasana, Rajakapotasana, Vrikshchikasana, Ek- pada-bakasana, .	
IV	Pranayamaa: Yogic Breathing Technique, Sectional Breathing, Nadishodhana, Bhramari, Shitali, Seetkari, Bhastrika, Ujjayi, Suryabhedana, Chandrabhedana Pranayamaa Bandha: moolbandha uddiyanbandha, jalandharbandha	16
V	Meditation: Omkara, Transcendental, Vipashyana, Chakra, Mundfulness Meditation	12
<b>Keywords/Tags: Shatkarma, Asana, Cultural Asana, Meditative Postures, Relaxation, Pranayama, Bandha, Mudra, Dhyana, Meditation, Suryanamaskar</b>		
<b>Part C : Learning Resources</b>		
<b>Textbooks, Reference Books, Other Resources</b>		
<b>Suggested Readings:</b> <ol style="list-style-type: none"> <li>1. Kuvalyananda Swami, Pranayamaa, 7<sup>th</sup> edition (1983), S.M. Yoga Mandir Samiti, Kaivalyadham, Lonavla</li> <li>2. Kuvalyananda Swami, Asana, 7<sup>th</sup> edition (1983), S.M. Yoga Mandir Samiti, Kaivalyadham, Lonavla</li> <li>3. Keswani Jyoti, Pranayamaa: Bridging ancient wisdom with modern psychophysiology, 1<sup>st</sup> edition (2024), Success Point Publications, Bhopal (M.P.)</li> <li>4. Iyengar B.K.S., Light on Yoga, 14<sup>th</sup> edition (1999), Harpercollins Publishers India Pvt. Ltd., New Delhi</li> <li>5. Iyengar B.K.S., Pranayamaa, 14<sup>th</sup> edition (1999), Harpercollins Publishers India Pvt. Ltd., New Delhi</li> </ol>		
<b>Suggested Equivalent Online Courses:</b>		

<b>Part D : Assessment and Evaluation</b>			
<b>Internal Assessment</b>	<b>Marks</b>	<b>Internal Assessment</b>	<b>Marks</b>
<b>Class Interaction/Quiz</b>		<b>Viva Voce on Practical</b>	
<b>Attendance</b>		<b>Practical Record File</b>	
<b>Assignments (Charts/Models/Seminar/Rural Service/Technology Dissemination/ Report of Excursion/ Lab Visits/Survey/Industrial Visit)</b>		<b>Table Works/Experiments</b>	
<b>TOTAL</b>			<b>100</b>
<b>Any Remarks/ Suggestions:</b>			



<b>Part A : Introduction</b>			
<b>Program: PG</b>		<b>Class: : P.G. Diploma in Yoga.</b>	<b>Year: I (Sem - I)</b>
	<b>Subject</b>	<b>Yoga</b>	
<b>1</b>	<b>Course Code</b>	<b>PC12</b>	
<b>2</b>	<b>Course Title</b>	<b>PRACTICUM-2(YOGA AND NATUROPATHY)</b>	
<b>3</b>	<b>Course Type (Core Course/Discipline Specific Elective)</b>	<b>Core Course</b>	
<b>4</b>	<b>Pre-requisite (if any)</b>	<b>To study this course, a student must have Yoga in degree.</b>	
<b>5</b>	<b>Couse Learning Outcomes (CLO)</b>	On successful completion of this course, the students will be able to: <ul style="list-style-type: none"> <li>• Understand the necessity and significance of Natural life.</li> <li>• Define the utility of natural therapy for self and society.</li> <li>• Elaborate the uses of natural Sources.</li> <li>• <b>Develop an insight for uses of natural therapy in human life</b></li> </ul>	
<b>6</b>	<b>Credit Value</b>	<b>4</b>	
<b>7</b>	<b>Total Marks</b>	<b>Maximum Marks: 100</b>	<b>Minimum Passing Marks: 40</b>
<b>Part B : Content of the Course</b>			
<b>Total No. of lectures-Tutorials-Practical (in hours per week): 120 Hrs.</b>			
<b>L-T-P:</b>			
<b>Unit</b>		<b>Topics</b>	<b>No. of Lectures (2 hour Each)</b>
<b>I</b>		<b>Introduction to Naturopathy, Panchamahabhuta Theory, Natural life, meaning, Definition &amp; Principles of Naturopathy; Health, Root cause of Disease, Acute &amp; Chronic disease, Healing and Disease Crisis.</b>	<b>24</b>
<b>II</b>		<b>Hydrotherapy:</b> <b>Introduction &amp; importance of water therapy, Remedial properties of Water, Methods of Hydrotherapy, hip bath, steam bath, spine bath, foot &amp; hand bath, full immersion bath; enema.</b> <b>Mud therapy:</b> <b>Properties, types &amp; importance of Mud; Packs of Mud, Abdominal Chest Throat Eye Full Body Mud Pack.</b>	<b>24</b>
<b>III</b>		<b>Heliotherapy:</b> <b>Importance of Sun therapy, Types of Sun Bath, Physiological effects of Sun Bath.</b>	<b>24</b>

	<b>Chromo therapy: VIBGYOR, Properties and therapeutic Uses of different colors.</b>	
<b>IV</b>	<b>Fasting Therapy: Definitions and Types of Fasting (Complete Fast, Partial Fast, Water Fast, Juice Fast, Mono diet), and its effect on the Body, how to start &amp; break a fast.</b>	<b>24</b>
<b>V</b>	<b>Massage Therapy: Definition and importance of massage, Different types of massages, Physiological effects of massage. Air Therapy: Importance of air, Air Baths and their physiological effects.</b>	<b>24</b>
<b>Keywords/Tags: Naturopathy, Panchamahabhut, Health, Disease, Healing, Disease Crises, Hydro Therapy, Mud Therapy, Heliotherapy, Chromo Therapy, Fasting, Massage, Air Therapy</b>		
<b>Part C : Learning Resources</b>		
<b>Textbooks, Reference Books, Other Resources</b>		
<ol style="list-style-type: none"> <li>1. <b>M.K. Gandhi: My Nature Cure</b></li> <li>2. <b>Practice of Nature Cure-Swami Sivananda Saraswati, A Divine Life Society Publication, Rishikesh, Uttrakhand.</b></li> <li>1. <b>Home Remedies- Swami Sivananda Saraswati, A Divine Life Society Publication, Rishikesh, Uttrakhand.</b></li> <li>2. <b>Health &amp; Hygiene- Swami Sivananda Saraswati, A Divine Life Society Publication, Rishikesh, Uttrakhand</b></li> <li>3. <b>Philosophy and practice of Nature Cure- By Henry Lindlahr.</b></li> <li>4. <b>Practical Nature Cure - By Dr. K. Laxman Sharma</b></li> <li>5. <b>My Nature Cure - By M.K. Gandhi</b></li> <li>6. <b>Introduction to Natural Hygiene - By Herbert M. Shelton</b></li> <li>7. <b>Return to nature - Adolf Just</b></li> <li>8. <b>Jindal Rakesh, Science of Natural Life, 3<sup>rd</sup> edition (2007), Arogya Sewa Prakashan, Modinagar</b></li> </ol>		
<b>Suggested Equivalent Online Courses:</b>		

<b>Part D : Assessment and Evaluation</b>			
<b>Internal Assessment</b>	<b>Marks</b>	<b>Internal Assessment</b>	<b>Marks</b>
<b>Class Interaction/Quiz</b>		<b>Viva Voce on Practical</b>	
<b>Attendance</b>		<b>Practical Record File</b>	
<b>Assignments (Charts/Models/Seminar/Rural Service/Technology Dissemination/ Report of Excursion/ Lab Visits/Survey/Industrial Visit)</b>		<b>Table Works/Experiments</b>	
<b>TOTAL</b>			<b>100</b>
<b>Any Remarks/ Suggestions:</b>			

## SEMESTER-II

Part A : Introduction			
Program: PG		Class: : P.G. Diploma in Yoga.	Year: I(Sem -II) Session: 2025-26
1	Course Code	CC21	
2	Course Title	PATANJALA YOGA SUTRA	
3	Course Type (Core Course/Discipline Specific Elective)	Core Course	
4	Pre-requisite (if any)	To study this course, a student must have Yoga in degree.	
5	Course Learning Outcomes (CLO)	<p>On successful completion of this course, the students will be able to:</p> <ul style="list-style-type: none"> <li>• Understand various modification of mind</li> <li>• and the means of inhibiting them.</li> <li>• Know about patanjala yoga sutra and its relevance in life.</li> </ul>	
6	Credit Value	6	
7	Total Marks	Maximum Marks: 40+60	Minimum Passing Marks: 40
Part B : Content of the Course			
Total No. of lectures-Tutorials-Practical (in hours per week):			
L-T-P:			
Unit	Topics	No. of Lectures (1 hour Each)	
I	<p>Importance and Nature of Yoga Philosophy in Indian philosophy, Brief introduction of Patanjala Yoga Sutra (P.Y.S.), Chitta, Citta Bhoomis, Citta-Vrittis</p> <p><b>Activity:</b></p> <ul style="list-style-type: none"> <li>• Group Discussion on importance of Patanjala Yoga Sutra as supreme science</li> <li>• Debate on supremacy of Hatha Yoga v/s Raja Yoga</li> </ul>	18	
II	Citta-Vritti Nirodhapaya (Abhyasa and Vairagya)., Concept of Ishwar and Ishwar Pranidhana, Citta-Vikshepas (Antarayas), Concept of Citta-	18	

	prasadanam and methods, Sapta-Pranta-Bhumi, Concept of Samadhi	
III	Concept of Kriya Yoga of Patanjali, Theory of Kleshes (Avidya, Ashmita, Raga, Dewesh, Abhinevesh); Concept of Dukh vada (Heya, Hetu, Hana, Hanopaya), Drishya- Drashta, Samyoga, Vivekakhyati, Methods of Vivek Jnana.	18
IV	Brief Introduction to Ashtanga Yoga; Concept of Yama, Niyama, Asana, Pranayama and Pratyahara their nature, benefits and usefulness.	18
V	Introduction of Dharana, Dhyana and Samadhi, Samyama, Types of Chitta Parinama, Vibhuti and Siddhis, Viveka Jnana, Nature and importance of Kaivalya	18
<b>Keywords/Tags:</b> Ashtanga Yoga, Yoga Sutra, Chitta Prasadana, Chitta Bhoomi, Chitta Vikshepa, Ishwara, Pancha Klesha, Drishta, Drishya, patanjala yoga sutra, yoga darshna		
<b>Part C : Learning Resources</b>		
<b>Textbooks, Reference Books, Other Resources</b>		
<b>Suggested Readings:</b> <ol style="list-style-type: none"> <li>1. Sadhana Dauneria, Patanjal Yoga Sara, Madhulika Prakashan, Allahabad, 1<sup>st</sup> edn., 2017</li> <li>2. Iyengar B.K.S., Light on Yoga Sutras of Patanjali , 14<sup>th</sup> edition (1999), Harpercollins Publishers India Pvt. Ltd., New Delhi</li> <li>3. Karambelkar P.V., Patanjal Yoga Sutras, S.M. Yoga Mandir Samiti, Kaivalyadham, Lonavla</li> <li>4. Saraswati Satyananda, Four Chapters on Freedom: Commentary on Yoga Sutras of Patanjali, 1<sup>st</sup> edition (2002), Bihar Yoga Bharti, Munger, Bihar</li> </ol>		
<b>Suggested Equivalent Online Courses:</b>		
<b>Part D : Assessment and Evaluation</b>		
<b>Suggested Continuous Evaluation Methods:</b> Maximum Marks: 100 Marks Continuous Comprehensive Evaluation (CCE):40 Marks, University Exam:60 Marks		
<b>Internal Assessment:</b> Continuous Comprehensive Evaluation (CCE):	Class Test Assignment/Presentation	40
<b>External Assessment:</b> University Exam Section Time: 3:00 Hours	<b>Section (A):</b> Very Short Questions <b>Section (B):</b> Short Questions <b>Section (C):</b> Long Questions	60
<b>Any Remarks/ Suggestions:</b>		

<b>Part A: Introduction</b>			
<b>Program: PG</b>		<b>Class: : P.G. Diploma in Yoga.</b>	<b>Year: I(Sem -II) Session: 2025-26</b>
	<b>Subject</b>	<b>yoga</b>	
<b>1</b>	<b>Course Code</b>	<b>CC22</b>	
<b>2</b>	<b>Course Title</b>	<b>HUMAN ANATOMY AND PHYSIOLOGY IN RELATION TO YOGA</b>	
<b>3</b>	<b>Course Type (Core Course/Discipline Specific Elective)</b>	Core Course	
<b>4</b>	<b>Pre-requisite (if any)</b>	To study this course, a student must have Yoga in degree.	
<b>5</b>	<b>Course Learning Outcomes (CLO)</b>	<p>On successful completion of this course, the students will be able to:</p> <ul style="list-style-type: none"> <li>• Understand the structure and functioning of the body.</li> <li>• Know the functioning of systems and the effect of yoga on them.</li> <li>• Be aware of the effect of yoga in increasing immunity.</li> </ul>	
<b>6</b>	<b>Credit Value</b>	4	
<b>7</b>	<b>Total Marks</b>	Maximum Marks: 40+60	Minimum Passing Marks: 40
<b>Part B: Content of the Course</b>			
<b>Total No. of lectures-Tutorials-Practical (in hours per week):</b>			
<b>L-T-P:</b>			
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures (1 hour Each)</b>	
I	<p>Cell, Tissues and Musculo-Skeletal System Introduction to Anatomy and Physiology in Yoga. Structure and function of cell; Tissues- Introduction, types and functions; Anatomy of the Skeleton; Muscles- Mechanism of muscle contraction, Classification of bones; Joints- Types, Structure and functions. Homeostasis. Effect of yoga on Musculo skeletal system.</p> <p><b>Activity:</b></p> <ul style="list-style-type: none"> <li>• Poster or Model Making of</li> </ul>	18	

	<p>Human Body (Modern and Yogic)</p> <ul style="list-style-type: none"> <li>• Role Play on health of different organs</li> </ul>	
II	<p>Digestive and Excretory System</p> <p>Digestive system: Mouth, Oral cavity, Pharynx, Oesophagus, Stomach, Large &amp; small intestine, anus; Associated glands - Liver, Pancreas, salivary glands, physiology of digestion and absorption; Malnutrition and under nutrition. Excretory system of human- Kidney, ureter, urinary bladder, urethra; Mechanism of urine formation- Ultrafiltration, selective reabsorption, tubular secretion; Role of kidney in osmoregulation. Effect of yoga on Digestive and Excretory System</p>	18
III	<p>Respiratory System</p> <p>Respiratory system of human-Nose, nasal cavity, pharynx, Trachea, Larynx, bronchiole, lungs; Mechanism of breathing (Expiration and inspiration); Transport of respiratory gases (transport of oxygen and transport of carbon dioxide); Common respiratory disorder. Effect of yoga on Respiratory System</p>	18
IV	<p>Circulatory System:</p> <p>Organization of systemic and pulmonary circulation; Cardiac output and cardiac cycle; Functional anatomy of blood vessels; Blood pressure and regulation of blood pressure. Effect of yoga on Circulatory System</p>	18
V	<p>Endocrine and Nervous System</p> <p>Structure and function of important endocrine gland (Pituitary, Adrenal,</p>	18

	Thyroid, Parathyroid, Pancreas, gonads), Function of GI tract hormones, Mechanism of hormone action. Structure and function of human brain.-Fore brain, mid brain, hindbrain, Structure and function of spinal cord, Cranial nerve and spinal nerve, Autonomic nervous system-Sympathetic and para sympathetic nervous system. Effect of yoga on Endocrine and Nervous System	
<b>Keywords/Tags:</b> Homeostasis, Cell, Tissue, Organ, System, Muscles, Nerve, Blood, Hormone, Metabolism, Bones, Joint, Feedback Mechanism, Osmosis, Diffusion		
<b>Part C : Learning Resources</b>		
Textbooks, Reference Books, Other Resources		
<b>Suggested Reading:</b> <ol style="list-style-type: none"> <li>1. Gerard J Tortora &amp; Bryan H Derrickson: Tortora's Principles of Anatomy and Physiology, Wiley, 15<sup>th</sup> Edition, 2017.</li> <li>2. A. Waugh: Ross and Wilson Anatomy and Physiology in Health and Illness, Elsevier Health Sciences, 13<sup>th</sup> Edition, 2018.</li> <li>3. I Khurana: Text Book of Anatomy and Physiology for Nursing, 2<sup>nd</sup> Edition, CBS Nursing, 2020.</li> <li>4. Gore M. M.: Anatomy and Physiology of Yogic practices. Kanchan Prakashan, Lonavla, India, 2003.</li> <li>5. Inderbir Singh: Handbook of Anatomy and Physiology for Nurses, Jaypee Brothers, 1<sup>st</sup> Edition, 2014</li> </ol>		
<b>Suggested Equivalent Online Courses:</b>		
<b>Part D : Assessment and Evaluation</b>		
<b>Suggested Continuous Evaluation Methods:</b> Maximum Marks: 100 Marks Continuous Comprehensive Evaluation (CCE): 40 Marks, University Exam: 60 Marks		
<b>Internal Assessment:</b> Continuous Comprehensive Evaluation (CCE):	Class Test Assignment/Presentation	40
<b>External Assessment:</b> University Exam Section Time: 3:00 Hours	<b>Section (A):</b> Very Short Questions <b>Section (B):</b> Short Questions <b>Section (C):</b> Long Questions	60
<b>Any Remarks/ Suggestions:</b>		



<b>Part A: Introduction</b>			
<b>Program: PG</b>		<b>Class: : P.G. Diploma in Yoga</b>	<b>Year: I(Sem -II)</b>
		<b>Session: 2025-26</b>	
	<b>Subject</b>	<b>Yoga</b>	
<b>1</b>	<b>Course Code</b>	<b>PC21</b>	
<b>2</b>	<b>Course Title</b>	<b>PRACTICUM-I(YOGA PRACTICES)</b>	
<b>3</b>	<b>Course Type (Core Course/Discipline Specific Elective)</b>	Core Course	
<b>4</b>	<b>Pre-requisite (if any)</b>	To study this course, a student must have Yoga in degree.	
<b>5</b>	<b>Couse Learning Outcomes (CLO)</b>	<p>On successful completion of this course, the students will be able to:</p> <ul style="list-style-type: none"> <li>• Understand the principle and practice of Yogic practices.</li> <li>• Understand the principle and practice of different type of Yogasanas, Pranayamaa, meditation etc.</li> <li>• Demonstrate each Asana and explain its procedure.</li> <li>• Explain the benefits, limitation and subtle points of each practice.</li> </ul>	
<b>6</b>	<b>Credit Value</b>	4	
<b>7</b>	<b>Total Marks</b>	Maximum Marks: 100	Minimum Passing Marks: 40
<b>Part B : Content of the Course</b>			
<b>Total No. of lectures-Tutorials-Practical (in hours per week): 120 Hrs.</b>			
<b>L-T-P:</b>			
<b>Unit</b>		<b>Topics</b>	<b>No. of Lectures (2 hour Each)</b>
I		<b>Shatkarma:</b> Gajakarni, Vastra Dhauti, Jalneti, Sutraneti, Vatakrama, Vyutkrama & Sheetkrama Kapalbhata, Agnisara, Nauli, Trataka, Danda Dhauti	24
II		<b>Surya Namaskara</b> along with recitation of mantras	08
III		Asanas: sukshama yogic kriyas Vipreetkarni, Sarvangasana, Matsyasana, Swastikasana, Halasana, Bhujangasana, Pawanmuktasana, Dhanurasana, Naukasana, Shalabhasana, Vipritnaukasana, Vakrasana, Brahmamudra, Yogamudra, Pashchimottanasana, Ushtrasana, Ardhaachakrasana, Katichakrasana,	60

	Padahastasana, Vrikshasana, Tadasana. Advanced Asanas: Karnapidasana, Garudasana, Shirshasana, Bakasana, Hanumanasana, Purna-dhanurasana, Natarajasana, Bhuminamanasana, Rajakapotasana, Vrikshchikasana, Ek-pada-bakasana.		
IV	Pranayamaa: Yogic Breathing Technique, Sectional Breathing, Nadishodhana, Bhramari, Shitali, Seetkari, Bhastrika, Ujjayi, Suryabhedana, Chandrabhedana Pranayamaa Bandha: moolbandha uddiyanbandha, jalandharbandha .	16	
V	Meditation: Omkara, Transcendental, Vipashyana, Chakra, Mindfulness Meditation	12	
<b>Keywords/Tags:</b> Shatkarma, Suryanamaskar, Asana, Meditative Asana, Cultural Asana, Pranayama, Breathing Exercises, Dhyana, Bandha, Meditation, Advance Asana, relaxation.			
<b>Part C : Learning Resources</b>			
<b>Textbooks, Reference Books, Other Resources</b>			
<b>Suggested Readings:</b>			
6. Kuvalyananda Swami, Pranayamaa, 7 <sup>th</sup> edition (1983), S.M. Yoga Mandir Samiti, Kaivalyadham, Lonavla 7. Kuvalyananda Swami, Asana, 7 <sup>th</sup> edition (1983), S.M. Yoga Mandir Samiti, Kaivalyadham, Lonavla 8. Keswani Jyoti, Pranayamaa: Bridging ancient wisdom with modern psychophysiology, 1 <sup>st</sup> edition (2024), Success Point Publications, Bhopal (M.P.) 9. Iyengar B.K.S., Light on Yoga, 14 <sup>th</sup> edition (1999), Harpercollins Publishers India Pvt. Ltd., New Delhi 10. Iyengar B.K.S., Pranayamaa, 14 <sup>th</sup> edition (1999), Harpercollins Publishers India Pvt. Ltd., New Delhi			
<b>Suggested Equivalent Online Courses:</b>			
<b>Part D: Assessment and Evaluation</b>			
<b>Internal Assessment</b>	<b>Marks</b>	<b>Internal Assessment</b>	<b>Marks</b>
Class Interaction/Quiz		Viva Voce on Practical	
Attendance		Practical Record File	
Assignments (Charts/Models/Seminar/Rural Service/Technology Dissemination/ Report of Excursion/ Lab Visits/Survey/Industrial Visit)		Table Works/Experiments	
<b>TOTAL</b>			<b>100</b>
<b>Any Remarks/ Suggestions:</b>			

<b>Part A: Introduction</b>			
<b>Program: PG</b>		<b>Class: : P.G. Diploma in Yoga.</b>	<b>Year: I(II)</b>
	<b>Subject</b>	<b>yoga</b>	
<b>1</b>	<b>Course Code</b>	<b>PC22</b>	
<b>2</b>	<b>Course Title</b>	<b>PRACTICUM-II (TEACHING METHODS)</b>	
<b>3</b>	<b>Course Type (Core Course/Discipline Specific Elective)</b>	Core Course	
<b>4</b>	<b>Pre-requisite (if any)</b>	To study this course, a student must have Yoga in degree.	
<b>5</b>	<b>Couse Learning Outcomes (CLO)</b>	<p>On successful completion of this course, the students will be able to:</p> <ul style="list-style-type: none"> <li>• Understand the principles and practices of teaching methods of Yoga.</li> <li>• Identify the different levels of yoga practices and its management and disciplines.</li> <li>• Describe the lesson plan.</li> <li>• Develop ideas about the different tools used in yoga teaching.</li> <li>• Demonstrate each practice with confidence and skill.</li> </ul>	
<b>6</b>	<b>Credit Value</b>	4	
<b>7</b>	<b>Total Marks</b>	Maximum Marks: 100	Minimum Passing Marks: 40
<b>Part B : Content of the Course</b>			
<b>Total No. of lectures-Tutorials-Practical (in hours per week): 120 Hrs.</b>			
<b>L-T-P:</b>			
<b>Unit</b>		<b>Topics</b>	<b>No. of Lectures (2 hour Each)</b>
I		<b>Principles and methods of teaching yoga:</b> <b>Teaching and Learning:</b> Concepts and Relationship between the two; <b>Principles of Teaching:</b> 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.	24
II		<b>Basics of yoga class management:</b> Practice of Yoga at different levels (e.g., Beginners, Advanced, School Children, Youth, Adults, Old age); Techniques of mass and Individualized instructions & teaching; Teaching Management (Time Management, Discipline etc.).	24
III		<b>Lesson planning in yoga:</b>	24

	Essentials of Lesson Plan: concepts, needs, planning of teaching Yoga (Shat-kriyas, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan; Effective use of Library and other resources for Lesson Plan and its Practical applications.	
IV	<b>Educational tools of yoga teaching:</b> Yoga classroom: Essential features, Area, sitting arrangement in Yoga class etc.; Classroom problems: Types and Solutions, Characteristics and essentials of good Yoga teaching; Timetable: Need, Types, Principles of Timetable construction; Timetable for Yoga teaching; Meaning, Importance and Types of Educational technology; Role of Educational Technology in Yoga. Principles of teaching yogic practices (Shatkarma, Asana, Pranayama, Mudra, Bandha, Dhyana)	24
V	<b>Lesson Plan Making:</b> <b>Preparing Case History</b> <b>According to Disease:</b> Individual and Group Sessions. <b>For Students:</b> Individual and Group Sessions. <b>For Professionals:</b> Individual and Group Sessions.	24

**Keywords/Tags:** Yoga, Teaching, Learning, Principles, Practice, Management, Lesson plan, Educational Tools, Case History, Group Session, Individual Session.

### **Part C : Learning Resources**

#### **Textbooks, Reference Books, Other Resources**

Suggested Readings:

1. 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
2. Dr. Gharote M L: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007
3. Dr. Raj Kumar: Principles & methods of Teaching, Printo graphics, Delhi,
4. Saket Raman Tiwari & others: Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007

#### **Suggested Equivalent Online Courses:**

### **Part D: Assessment and Evaluation**

<b>Internal Assessment</b>	<b>Marks</b>	<b>Internal Assessment</b>	<b>Marks</b>
Class Interaction/Quiz		Viva Voce on Practical	
Attendance		Practical Record File	
Assignments		Table Works/Experiments	

(Charts/Models/Seminar/Rural Service/Technology Dissemination/ Report of Excursion/ Lab Visits/Survey/Industrial Visit)			
<b>TOTAL</b>			<b>100</b>
<b>Any Remarks/ Suggestions:</b>			