



**School of Teacher Education
CSJM University, Kanpur**

**Ordinance & Syllabus
for**

**Post Graduate Diploma in Yoga Education
Academic Programme**

**Syllabus according to
NEP-2020**

Duration: 1 year (Two semesters)

V. Singh

Ram Lakshone

Munir
16.7.23

Post Graduate Diploma in Yoga Education

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 fulfillment; 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.

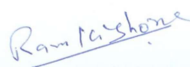
The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

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 is taught the concepts of Yoga for the treatment and prevention of various psychosomatic and life style related ailments. This course has the vision of producing yoga professional so that they could teach yoga therapy in a paramedical department of a hospital with the ability to select specific safe practice modules for different diseases.

I. Title of the Programme: Post Graduate Diploma in Yoga Education

II. Programme Objectives:

1. Impart education and training in yoga profession in order to create qualified personnel and provide.
2. Equipped manpower in development and allied fields through culture-sensitive, eclectic and evidence- based practice at various levels.
3. To help students to develop knowledge, skills, attitudes and values appropriate to the



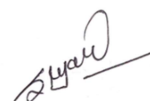
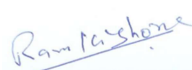
- practices of Yoga profession.
4. To stimulate and encourage integration of theory and practice in the fields of yoga profession.
 5. To facilitate and provide interdisciplinary collaboration for better understanding of Health issues, Diseases and needed Services.

III. Programme Outcomes:

1. Able to understand education and training in professional field of yoga in order to create qualified personnel and provide equipped manpower in development and allied fields.
2. Able to develop culture-sensitive, eclectic and evidence-based participatory practice at various levels in the field of yogic science.
3. Able to imbibe the basic knowledge, skills, attitudes, ethics and values appropriate to the practices of yoga profession.
4. Able to develop integration of theory and practice in the various fields of yoga profession.
5. Able to develop and improve skills in interdisciplinary collaboration for better understanding of Adjustment all issues, Health problems, issues of Moral development and needed services.
6. Learn about the Medical potential of ASANAS PRANAYAM, SHATKARMA on various Human diseases.
7. Study the use of Pranayam in mental disorders.
8. Learn the classical status of yoga practices.

Program Specific Outcome:

1. Creation of qualification professionals in the field of Yoga and allied sciences.
2. Establishment of multidimensional approach having evidentiary value in the field of applied and field of Yoga. Developing tandem between the spiritual, philosophical and physiological facets of Yoga.
3. Able to develop the commutative effects of theory and practice in the various fields of yoga profession.
4. Exploration about Yogic intervention of Shatkarmas, Aasanas, Pranayamas, Mudras, Bandhas and Meditation on various physiological and psychological diseases.
5. Able to develop and improve skills in interdisciplinary collaboration for better understanding of adjustment all issues, Health problems, issues of Moral development and needed services.
6. Study the use of Pranayam in mental disorders and attaining mental health.



Post Graduate Diploma in Yoga Education

"PG Diploma in Yoga education" will be under the faculty of Education of C.S.J.M. University, Kanpur.


Duration of course: The total duration of the Course shall be of one year spread over in two semesters.

Seats: 20 (Twenty)

Admission:

Eligibility:

- The candidate should have completed Graduation (any stream) from any UGC recognized university.
- **Mode of Admission:** As per the University Norms.
- **Medium of instruction:** Hindi/English shall be the medium of instruction for all the subjects of study and for examination of the course.
- **Method of Teaching:** The method of teaching adopted shall be a combination of lectures, demonstrations and practical by the full time faculty, visiting or part time or guest faculty.
- **Examination:** As per the University norms.
- **Duration of examination:** As per the University norms.
- Attendance to appear in the end semester examination : The permission to appear in end semester examination shall be granted to such candidate only who have fulfill the condition of 75% attendance in each subject separately in theory and practical as per the university rule. Regarding attendance requirements students will have to fulfill the condition of 75% attendance. 15% relaxation in attendance, in exceptional circumstances can be made by the Vice Chancellor on the recommendation of the Director/Coordinator/Head of the Institute/Department.



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Scheme of Teaching and Examination
STRUCTURE OF SYLLABUS FOR THE
PROGRAM: Post Graduate Diploma in Yoga Education

Ist Year/Ist Semester

A Course Code	B Type	C Course Title	D Periods per week				E CIA	F ESE	G Max Marks
			L	T	P	Credit			
			CCYOG101	Core	Foundation of Yoga	3			
CCYOG102	Core	Hatha Yoga Texts	3	1	0	4	25	75	100
CCYOG103	Core	Yoga in Upanishads	3	1	0	4	25	75	100
CCYOG104	Core	Human Anatomy & Physiology	3	1	0	4	25	75	100
CPYOG105	Practical	Human Anatomy & Physiology	-	-	4	2	25	75	100
CPYOG106	Practical	Yoga Practicum-I	0	0	8	4	25	75	100
28 Hrs.						22	TOTAL		600

Ist Year/Ind Semester

A Course Code	B Type	C Course Title	D Periods per week				E CIA	F ESE	G Max Marks
			L	T	P	Credit			
			CCYOG201	Core	Patanjala Yoga Darshan	3			
CCYOG202	Core	Introduction to Indian Philosophy and Yoga	3	1	0	4	25	75	100
CCYOG203	Core	Yoga and Health	3	1	0	4	25	75	100
CCYOG204	Core	Introduction to Ayush	3	1	0	4	25	75	100
CPYOG105	Practical 1	Yoga Practicum-II	0	0	8	4	25	75	100
CPYOG106	Practical 1	Yoga Practicum-III	0	0	6	3	25	75	100
32 Hrs.						23	TOTAL		600
Total number of Credit						45	Total Marks		1200

INTERNAL ASSESSMENT

- It will be for theory and practical both.
- It will be done through the whole semester.
- Internal assessment (Theory) will be done as follows:

Mid-sem./Class Test	10 marks
Assignments/Projects/Presentations	10 marks
Attendance	05 marks
Total	25 marks

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Internal assessment (Practical) will be done as follows:

Assignments/Projects/Presentations	10 marks
Day to day performance	10 marks
Attendance	05 marks
Total	25 marks

Criteria for Passing:

- As per the University Norms.

Maximum Duration for Completion for Course:

- A candidate shall complete the course within four years from date of admission failing which the candidate will be discharged.

Division:

- As per the University Norms.

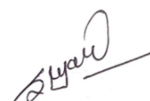
Diploma

- The “PG Diploma in Yoga Education” course of the University shall be conferred to the candidates who have pursued the prescribed course of study for not less than one academic year (Two Semesters) and have passed examinations as prescribed under the relevant scheme.




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COURSE OF STUDY

Post Graduate Diploma in Yoga Education

First Semester (First Year)

S.N.	Subjects Code	Subjects	Teaching hours
1	CCYOG101	Foundation of Yoga	60
2	CCYOG102	Hatha Yoga Texts	60
3	CCYOG103	Yoga in Upanishads	60
4	CCYOG104	Human Anatomy & Physiology	60
5	CCYOG105	Human Anatomy & Physiology	60
6	CCYOG106	Yoga Practicum-I	120

Post Graduate Diploma in Yoga Education

Second Semester (First Year)

S.N.	Subjects Code	Subjects	Teaching hours
1	CCYOG201	Patanjala Yoga Darshan	60
2	CCYOG202	Introduction to Indian Philosophy and Yoga	60
3	CCYOG203	Yoga and Health	60
	CCYOG204	Introduction to Ayush	60
5	CCYOG205	Yoga Practicum-II	60
6	CCYOG206	Yoga Practicum-III	60



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PGDYE First Semester
Course code: CCYOG101
Foundation of Yoga
Min. Hrs – Theory: 80 Hrs.

Objectives:

The teaching-learning of this paper will enable learner to:

- Student will have an understanding about origin, history and development of Yoga.
- They will have an idea about Veda, Upanishada and Shad-Darshana.
- Introduction about Yoga according to various yogic texts.
- Introduction about Principal Upanishads.
- Introduction about various streams of Yoga.

Course Outcome:

1. Students will gain newer insight regarding the introduction & importance of Yoga for day to day life.
2. This forms the basis of the development of concept of Indian Philosophy.
3. Also, the content dealing with the ancient Indian literature in yogic perspective
4. Students will attain knowledge of “fundamental of yoga” due to this they will understand any streams of yoga easily
5. Students will understand why yoga is different to other subjects and also known as “yoga science”

Unit-I: Origin, history and various traditions of Yoga:

Origin, meaning & definitions of Yoga, Misconceptions, Aim and Objectives of Yoga. History and Development of Yoga: prior to the Vedic period, Medieval period, modern era, Introduction to Vedas, Upanishads and Prasthanatrayee; Concept of Purushartha Chatustaya.

Basic concepts of Shad-darshanas- Epistemology, Metaphysics, Ethics and Liberation with special emphasis to Samkhya, Yoga and Vedanta Darshana. Introduction to Epics and Smriti- yoga in Ramayana (Aranyakand), Mahabharata (Shantiparva) and Yajnavalkya Smriti.

Unit-II: Brief introduction of Yogi:

Brief introduction and yogic contribution of Maharshi Patanjali and Guru Gorakshanath Traditions. Yoga in Narada Bhaktisutra and Yoga in the Literature of Saints- Kabirdas, Tulasidas and Surdas.

Yoga in Modern Times: Yogic Traditions of Swami Vivekananda, Shri Aurobindo; Maharshi Ramana and Maharshi Dayanand Saraswati. Yoga in Contemporary Times: Brief Introduction of Sri Shyamacharan Lahidi, Sri T. Krishnamacharya, Swami Shivanada Saraswati, Swami Rama of Himalayas, Maharshi. Mahesh Yogi, Pt. Sri Ram Sharma Acharya and their contribution for the development and promotion of Yoga.

Unit 1: Introduction to Upanishads

Meaning of Upanishad, Concept of Veda and Upanishad, Comparison between subject matters of Veda & Upanishads, Number of Upanishads & Brief Introduction of Principal Upanishads- Isha, Kena, Katha, Prashna, Mundaka, Mandukya, Aitreya, Taittiriya, Brihadaranyak & Chhandogya Upanishad .

Unit-IV: Various School of Yoga.


Introduction to Jnanayoga, Bhaktiyoga, Karmayoga, Dhyanyoga and Rajayoga, Hathayoga, Mantra Yoga, Layayoga. Elements of Yoga in Jainism and Buddhism.

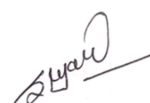
TEXT BOOKS


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. D.P Singh, Dr. Amerjeet Yadav: Yoga Ka Darshanik Evm Vaidhaneek Sawaroop, Nirmala Publication, Jaipur, Rajasthan, 2020.










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BOOKS

FOR REFERENCE

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



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PGDYE First Semester
Course code: CCYOG102
Hatha Yoga Texts
Min. Hrs – Theory: 80 Hrs.

Objectives:

By introducing hatha Yoga & its texts, students shall be able to:

- Have an understanding about pre-requisites, principles about Hatha yoga.
- Have an understanding concept of Hatha Yoga in various Hatha Yogic texts.
- Have an understanding basic concept and differences among Hatha Yogic texts. **Course**

outcome:

1. Students will understand the concept of Hatha Yoga and use it Yoga therapy.
2. Will adopt Badhak Tattva and Sadhka Tattva to move forward in Yoga Sadhna and practical life.
3. Will understand the Basic concept of Panch Prana and Panch Upprana and use it to live a healthy lifestyle.
4. Students will gain a deep insight and knowledge of all the main Hatha Yoga texts.
5. Students will gain to relation between Patanjalyogadarshan and Hatha Yogic texts
6. Students will understand the concept of chakras, nadis, kundalini etc. in better way which is root of any spiritual paths.

Unit - I: General introduction to Hatha yoga and Hatha Yogic Texts

Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions, Philosophy and Foundations; Hatha Yoga Parampara, Natha Cult Hatha Yogis and their contribution.

Hatha Yoga Texts: Yoga Beeja, Goraksha Samhita, Vashishtha Samhita, Shiva Samhita, Siddhasiddhantapaddhati, Hatha Pradeepika, Gheranda Samhita and Hatha Ratnavali.

Unit - II: Prerequisites of Hathayoga

Dasha yama and dasa niyama, Sadhaka and Badhaka tattvas in Hathayoga; Concept of Ghata, Ghatashuddhi, Concept and importance of Shodhana kriyas in Hathayoga; Importance of Shodhana kriyas in health and disease; Concept of Matha, Mitaahara, Rules & Regulations to be followed by Hatha Yoga Sadhakas;

Unit – III Asanas & Pranayama in Hatha Yoga Texts

Asana : Definition, pre requisites and special features of Yoga-asana; Asanas in Hatha Pradeepika, Hatha Ratnavali, Shiv Samhita, Vasishtha Samhita,Gheranda Samhita- benefits, precautions and contra indications of different Asanas.

Pranayama: Concept of Prana and Pranayama; Pranayama-its phases and stages; Prerequisites of Pranayama in Hathayoga Sadhana; Pranayama in Hatha Pradeepika, Gheranda Samhita; Shiv Samhita, Vashishtha Samhita-benefits, precautions and contra indications of different Pranayama.

Unit – IV Bandha, Mudra and other practices in Hatha Yoga Texts


Concept and definition of Bandha and Mudras in Hatha Pradeepika, Hatha Ratnavali and Gheranda Samhita; Shiv Samhita, Vashishtha Samhita- benefits, precautions and contra indications. Concept, definition, benefits and Techniques of Pratyahara, Dhyana in Gheranda Samhita; Concept and benefits of Nada and Nadasandhana in Hatha Pradeepika, Four (stages) Avasthas of Nadasandhana; Relationship between Hatha Yoga and Raja Yoga; Goal of Hatha Yoga. Relevance of Hatha Yoga in contemporary times.

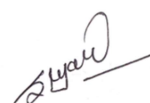
Text Books


1. Swami Swatmaram, *Hatha Pradeepika*, foreworded by B.K.S. Iyengar, commentary by Hans-Ulrich, Published by Aquariab Press, 1992.













2. *HathaYoga Pradeepika* of Svamimarama, MDNIY Publication, 2013.
3. Siddhasidhantpaddhati, Gharote M.L. & Pai, G.K. (Edi):, Kaivalyadhama, Lonavla, 2005.
4. Gherand kriti Gherand Samhita, Anuvadak Niranjananand Saraswati, Bihar Yoga bharti Munger, 1997.

Books for Reference

1. Gharote, M.M. & others: Therapeutic references in Traditional Yoga Texts, the Lonavla Institute, 2010.
2. Gharote ML: Hatharatnavali, The Lonavala Yoha Institute, Lonavala, Pune, IInd Edition, 2009
3. Briggs GW: Gorakhnatha and the Kanphata Yogis, 8th Edition, 2009
4. Swami Kuvalyananda & Shukla, S.A.: Gorakshasatkam, Kaivalyadhama, Lonavla, 2006
5. Gharote M.L. & Pai, G.K. (Edi): Siddhasidhantpaddhati, Kaivalyadhama, Lonavla, 2005.

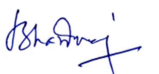


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PGDYE First Semester
Course code: CCYOG103
Yoga in Upanishads
Min. Hrs – Theory: 80 Hrs.

Objectives:

On the completion of this course, student will be able to

- Have an idea about the Yogopnishads.
- Understand the concept of Yoga in Upanishads.
- Understand concept of Upanishads and the role of it in our day-to-day life.
- Quote references of each practice as per traditional texts.

Unit-I: Swetaswataropnishad and Yogakundala Upanishad

Swetaswataropnishad: (Chapter II) Techniques and Importance of Dhyanyoga, suitable place for Dhyana, sequence of pranayama & its importance, Prior symptoms of Yogasiddhis, Importance of Yogasiddhis , Tattvajna, (ChapterVI) Nature of God, techniques for Realization, Attainment of liberation.

Yogakundali Upanishad: Methods of Pranayama Siddhi, Types of Pranayama, means of Self - realization.

Unit-II: Yogachudamadi Upanishad and Trishikhibrahmanopnishad

Yogachudamadi Upanishad: The description of the six limbs of yoga, their results and sequence.

Trishikhibrahmanopnishad: description of Ashtangayoga, Karmayoga and Jnanayoga.

Unit-III: Yogatattva Upanishad and Dhyandindooanishad

Yogatattva Upanishad: Mantrayoga, Layayoga, Hathayoga, Rajayoga and their stages, diet and Dincharya, primary symptoms of yoga siddhis and precautions.

Dhyandindooanishad: importance of Dhyanyoga, Nature of Pranav, Techniques of Pranav meditation, Shadanyoga, Atmadarshan through Nadanusandhan.

Unit-IV: Yoga in Nadabindooanishad and Yogarajopnishad

Nadabindooanishad: Hansavidya : description of various limbs of Omkar, 12 matras of omkar and its results of their application with Pranas, Types of nadas, nature of nadanusandhan sadhana, state of Manolaya.

Yogarajopnishad: Mantrayoga, Layayoga, Hathayoga, Rajayoga, nine chakras, procedures of Dhyana and its results.

Text Books

1. 108 Upanishads, Part 1, 2 and 3, Pt. Shreeram Sharma Acharya, Yug Nieman Yujana Vistar Trust, Mathura, 2010.
2. Dr. Satyavrit Sidhantalankar: Ekadasho Upanishad

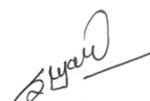
Reference Books

1. Ishadinopnishad: Geeta Press Gorakhpur.
2. Kalyan Upanishad Ank: Geeta Press Gorakhpur










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PGDYE First Semester
Course code: CCYOG104
Human Anatomy and Physiology (Theory)
Min. Hrs - Theory: 60 Hrs.

Objective: -

To provide students with the basic knowledge of anatomical structures & functions of human body.

Learning Outcome: -

Student will acquire the basic knowledge of the anatomy of the human body. They will develop understanding about the functions of each system of the body. Such core knowledge and skill will help to create a strong foundation to engage human subject of all ages, sex, ability.

Unit-I (10 lecture)

- Definition of Anatomy & Physiology, Cell-microscopic structure & functions of its organelle. Tissue-classification & functions.
- Organs, systems of the body, Bone- classification and structure, joints-classification, Structure of synovial joints. Movements at various joints.

Unit-II (15 lecture)

- Muscular System -Classification, Structure, functions & properties of Skeletal Muscle, Smooth Muscle & Cardiac Muscle. • Types of muscular contractions, Name of various muscles acting on various joints. • Cardio-vascular system Structure of heart, cardiac cycle, blood pressure, cardiac output, composition & function of blood, Athlete's heart.

Unit-III (15 lecture)

- Respiratory system-structure and function, second wind, oxygen debt. • Digestive system-structure & function, balanced diet, metabolism & maintenance of body temperature.

Unit-IV (20 lecture)

- Nervous system-structure of brain, spinal cord, Autonomic nervous system, reflex action. • Endocrine system- role of various endocrine glands, Structure & function of human eye & ear. • Excretory system-structure & function, including structure & function of skin. • Reproductive system-structure & function of male & female Reproductive system.

SUGGESTED READINGS:

1. Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi.
2. Moried EN (2007). Essential of Human Anatomy & Physiology. Ed. 8th Dorling Kindersley, India.
3. Prives M and Others (2004). Human Anatomy Vol.I & II Paragon, Delhi.
4. Seeley & Others (2008). Anatomy & Physiology. McGraw Hill, Boston.

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5. Tortora (2003). Principles of Anatomy & Physiology, New York: John Willy & Sons,
6. William CS (2000). Essentials of Human Anatomy & Physiology, Benjamin
7. Wilson and Waugh (1996). Anatomy & Physiology in Health & Illness. Churchill Livingston



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Bhatnagar

PGDYE First Semester
Course code: CCYOG105
Human Anatomy and Physiology (Practical)
Min. Hrs - Theory: 60 Hrs.

Objectives:

The objectives behind teaching Anatomy and Physiology are to

- Make students familiar with the systems of the body.
- Give a hand on experience about the human body using models, charts and pictures.
- Make students understand the organization of the body with respect to structural components.

Course Outcome:


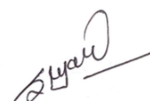
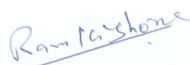
Page After the completion of the course the students will acquire knowledge of:

1. Structure & Function of Human Body, human cells and muscles.
2. Structure & function of digestive & respiratory system.
3. Composition & function of blood.
4. Components of life according to Ayurvedic anatomy.

- Counting of pulse rate
- Measurement of blood pressure
- Study of various bones of human body
- Study of different body system with the help of models
- Study of various movements of the joints.

SUGGESTED READINGS:

1. Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi.
2. Moried EN (2007). Essential of Human Anatomy & Physiology. Ed. 8th Dorling Kindersley, India.
3. Prives M and Others (2004). Human Anatomy Vol.I & II Paragon, Delhi.
4. Seeley & Others (2008). Anatomy & Physiology. McGraw Hill, Boston.
5. Tortora (2003). Principles of Anatomy & Physiology, New York: John Willy & Sons,
6. William CS (2000). Essentials of Human Anatomy & Physiology, Benjamin
7. Wilson and Waugh (1996). Anatomy & Physiology in Health & Illness. Churchill Livingston



PGDYE First Semester
Course code: CCYOG106
Yoga Practicum-I
Min. Hrs. - Practical: 80 Hrs.

Objectives:

On the completion of this course, students shall be able to

- Make the students recite the Vedic hymns skilfully.
- Understand the concept and principles of Shatkarmas.
- Know and understand about breathing practice.
- Understand the concept and principles of Shatkarmas & Sukshma-Sthula vyayama.
- Know and understand about Surya Namaskara with Mantra.
- Explain and demonstrate the above-mentioned practices skillfully.

Unit-I: Prarthana and Sthul Vyayama

Recitation of Pranava Japa and Soham Japa. Yogic sthula vyayama: Rekha-gati (Walking in a Straight line), Hrid-gati (Injanadaur – the Locomotive Exercise), Utkurdana (Jumping Exercise), Urdhva-gati (Upward Movement), Sarvanga-pusti (Developing the Entire body)

Unit-II: Yogic suksma vyayama

Uccharana-sthala tatha Vishudha-chakra-shuddhi (for throat and voice); Prarthana (Prayer) Buddhi-tatha-dhriti shakti-vikasaka (for developing will power); Smarana shaktivikasaka (for improving the memory); Medha shakti-vikasaka (for improving the intellect and memory); Netra shakti-vikasaka (for the eyes); Kapola shakti-varadhaka (for the cheeks); Karna shakti-varadhaka (for the ears); Griva shakti-vikasaka (for the Neck) (i), (ii) and (iii), Skandha-tatha-bahu-mula shakti-vikasaka (for the shoulders), Bhuja-bandha shakti-vikasaka, Kohini shakti-vikasaka, Bhuja-valli shakti-vikasaka, Purna-bhuja shaktivikasaka (for the arms), Mani-bandha shakti-vikasaka, Kara-prstha shakti-vikasaka, Karatala shakti-vikasaka, Anguli-mula shakti-vikasaka (for the fingers), Anguli- shakti-vikasaka (for the fingers), Vaksha-sthala shakti-vikasaka (for the chest) (1), Vaksha-sthala shaktivikasaka (for the chest) (2), Udara shakti-vikasaka (for the abdomen) (i) to (x); Kati shaktivikasaka (for the waist) (i) to (v), Muladhara-chakra-suddhi (for the rectum), Upastha tatha-svadhithana-chakra-suddhi (for the genital organs), Kundalini shakti-vikasaka (for the kundalini), Jangha shakti-vikasaka (for the thighs) (i) & (ii), Jangha shakti-vikasaka (for the thighs) (ii) , Janu shakti-vikasaka (for the knees), Pindali shakti-vikasaka (for the calves), Pada-mula shakti-vikasaka, Gulpha-pada-pristha-pada-tala-shakti-vikasaka (for the ankles and the feet), Padanguli shakti-vikasaka (for the toes)

Unit-III: Shatkarma & Surya Namaskar

- (A) Shatkarmas: Dhauti (Kunjal, Vamana Dhauti, Vastra Dhauti); Neti (Jalneti, Sutraneeti); Nauli: Vama, Dakshin, Madhya and Bhramar, Taraka, Kapalbhata and its variants; Agnisara
(B) Surya Namaskara with mantra

Unit-IV: Breathing practices

Breath Awareness: Shwas-prashwas samyama; Abdomen, 33 Thoracic & Clavicular Breathing, Abdomen+Thoracic Breathing, Abdomen + Thoracic + Clavicular Breathing; Yogic Breathing: Pause Breathing (Viloma Pranayama), Spinal Passage Breathing (Sushumna Breathing); Practice of Puraka, Rechaka & Kumbhaka (Antar & Bahya Kumbhaka)

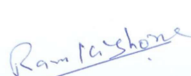
BOOK REFERENCE

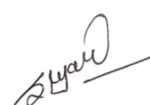
1. Swami Dharendra Bhramhachari :Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980 Swami Dharendra Bhrahmachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi.
2. Swami Kuvalyananda : Asana Kaivalyadhama, Lonavla 3. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra Bihar School of Yoga, Munger.
3. Basavaraddi, I.V. & others : Pranayama; MDNIY New Delhi, 2012.
4. Saraswati, Swami Satyanand: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2009.

Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009













PGDYE Second Semester
Course code: CCYOG201
Patanjala Yoga Darshan
Min. Hrs – Theory: 80 Hrs.

Objectives:

On the completion of this course, students shall be able to

- Understand various modification of mind and the means of inhibiting them.
- Have an understanding about the essence of Samadhi and Sadhana Pada.
- Understand the essence of Vibhuti and Kaivalya pada.
- Quote references of each practice as per traditional texts.

Course outcome:

Students will gain an understanding of:

1. Concept of Yoga
2. Knowledge of chitta vrittis and their classification.
3. Knowledge of Samadhis.
4. Knowledge of kleshes, prakriti and purush and siddhis.
5. Dhrarna, Dhyaan and Kaivalya.
6. Concept of Ashtang Yoga.
7. Concept of Yam-Niyama.
8. Concept of Abhyas and Vairagya.
9. Concept of yogasutra like a science formulas as a examples $E=MC$ is applicable on whole earth as same yogasutra is applicable on whole humanity on the earth not limited to Indians.

Unit - 1: Introduction to Yoga darshana of Patanjali and concept of Citta, citta bhoomis Citta vrittis and Citta vritti nirodhopaya

Brief Introduction to Maharshi Patanjali and Patanjala Yoga Sutra (P.Y.S.), Brief Introduction to traditional commentators and commentaries of Patanjala Yoga Sutra (Vyasa Bhasya, Tatvavaisharadi, Bhoja Vritti and Yoga-varatika); Concept of Mana, Buddhi, Ahankar and Chitta; Concept of Citta Bhoomis (Kshipta, Mood, Vikshipta, Ekagra, Nirudha); Concept of Citta-Vrittis and their classification, Citta-Vritti Nirodhopaya (Abhyasa and Vairagya); Concept of Ishwar and Ishwar Pranidhana, Qualities of Ishwar, Concept of Samprajnata; Citta-Vikshepas (Antarayas), Concept of Citta-prasadanam, Relevance of Citta-prasadanam in Yoga Sadhana.

Unit - 2: Samadhi pada

Concept of Yoganushasanam, Yoga Lakshanam and its results; Types of Samadhi (Samprajnatah and Asamprajnatah Samadhi); Types of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmita); Concept of Samapatti and kinds of Samapatti (Savitraka and Nirvitraka, Savichara and Nirvichara); Types of Asamprajnatah Samadhi (Bhavapratyaya and Upayapratyaya).

Unit-3: Sadhana pada

Concept of Kriya Yoga of Patanjali, theory of Kleshes (Avidya, Ashmita, Raga, Dewesh, Abhinevesh); Concept of Dukhavada (Heya, Hetu, Hana, Hanopaya) Drishta and Drishanirupanam (Prakriti), Drastunirupanam (Purusha), PrakritiPurushaSamYoga; Brief Introduction to Ashtanga Yoga; Concept of Asana and Pranayama and their Siddhis; Concept of Pratyahara and its Siddhis.

Unit - 4: Vibhuti and Kaivalya Pada

Introduction of Dharana, Dhyaana and Samadhi, Samyama and its Siddhis; Three types of Chitta Parinamah; Bhoota jaya, Indriya jaya and their Siddhis, Satvapurushanyatakhyati and its Siddhis; VivekInanaNirupanam, Kaivalya Nirvachana; Role of Dharana, Dhyaana, Samadhi and its application; Five Types of Siddhis and Jatyantar Parinamh; Concept of Nirman Chitta and four types of Karmas; Concept of Vasana and concept of Bahya Pradartha (external element) and its abilities

Text Books

1. Patanjali kriti Patanjalayogadarshan, Vachaspatikriti-Tattvavaishardi, Vigyanbhikshukriti-Yogvartik, Anuvadak Vimala Karnatak, BHag 1-4, Kashi Hindu Vishwavidyalaya, evam Ratna Publication, Varanasi, 1992.



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Bhadrani

Books for Reference

1. Vyasbhasya
2. Bhojvritti
3. V.V. Sovani: A critical study of the Sankhya System, Chukhambha Sanskrit Pratisthan, New Delhi, 2005
4. Swami Virupaksananda: Samkhyakarika of Isvarakrisna (with tattva Kamudia of Vachapati Mishra), Sri Ram Krishana Matha Madras, 1995
5. Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II.
6. BKS Iyengar: Introduction of Patanjali Yogasutra-s: MDNIY, New Delhi, 2011.



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Bhadrani

PGDYE Second Semester
Course code: CCYOG201
Introduction to Indian Philosophy and Yoga
Min. Hrs – Theory: 80 Hrs.

Unit-I:

Philosophy: Meaning, Definition, Nature and Dimensions. Concept of Metaphysics, Epistemology and Ethics Characteristics and Classification of Indian Philosophy. General account of Categories in Nyaya-Vaisesika Philosophy, Dravya, Guna, Karma, Samanya, Visesa, Samvaya and Abhava Prama, Prameya and Pramana, Karya-Karana Sambandh

Unit-II:

Subject of Purva Mimamsa and Uttar Mimamsa. Types of Vedant Darshan: Advaita, Vishistadwait, Dwaita, Suddhadwaita and Dwaitadhwait, Metaphysical Background of Samkhya–Yoga Philosophy Description of Cittavriti, Cittabhumi and Path of Yoga.

Unit-III: Concept of Anekantvada, Syadavada and Saptbhanginaya. Ethical Discipline and means to Liberation in Jainism. Buddhist Philosophy and Concept of Four Noble Truths. Aim, Objective and Misconceptions of Yoga Conceptual analysis of Yoga and its Importance.

Unit-IV: Yoga Philosophy-general Introduction, Chitta, Chichh Bhumi & the eight fold path of yoga samadhi, vibhutiyan & Existence of god.

Books Recommended

1. Upadhyaya, Acharya Baldeo- Indian Philosophy
2. Sinha, J.N. – Indian Philosophy
3. Saxena, Sri Krishna- Nature of Consciousness in India
4. Saxena, Kanchan- Concept of Salvation in Hinduism and Christianity
5. निगम शोभा– भारतीयदर्शन
6. सहाय, शिवस्वरूप– प्राचीन भारतीय धर्म एवं

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PGDYE Second Semester

Course code: CCYOG203

Yoga and Health

Min. Hrs – Theory: 80 Hrs.

Objectives:

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

- Understand the concept of holistic health.
- Understand to ancient concept of diseases.
- Understand to role of Yoga in developing of holistic health.
- Understand to management of mental disorder through Yogic practices.

Course outcomes :

- 1.Students will understand the concept of holistic health according to yoga
- 2.Students will understand yoga is an art of living which helps promotions and prevention of health.

Unit-I: Health

Definition and Importance, Dimensions of Health Physical Health, Mental Health Social Health, Spiritual Health.

Unit-II: Ancient theory of Disease

Multifactorial theory, Supernatural theory, Germ theory, Yogic concept of disease.

Unit-III: Yoga and Mental Health

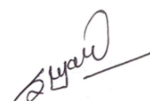
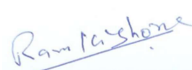
Definition of Mental Health Mental health in Yoga. Classification of Mental Disorder Characteristics of Mentally Healthy Person. Mental health in total health, Determinants of mental health, Obstructers of mental health, Promotion of mental health.

Unit-IV: Holistic Health and Yoga

Definition of Holistic Health, Concept of Holistic Health, Characteristics of Holistic Healthy Person. Role of Yoga in Development of Holistic Health Yam, Niyam, Asanas, Pranayam, Ptyharan, Dhrna, Dhyana, Samadhi.

BOOKS FOR REFERENCE:

1. Misra, P.D.- Yoga and mental Health
2. Singh, Surendra & P.D. Misra- Health and Disease- Dynamics &Dimension
3. Joshi, Kalidas- Arogya
4. Yadav, Amarjeet & S.Tater- Yoga and Samagra Swasthya
5. Yadav, Amarjeet & S.Tater- Yoga and Total Health
6. Rai D.N- Yoga Therapy: Body and Mind



PGDYE Second Semester
Course code: CCYOG204
INTRODUCTION TO AYUSH
Min. Hrs – Theory: 60 Hrs.

Objectives:

On the completion of the course, students shall be able:

- To know fundamentals and principles of Yoga Therapy
- To understand the concept and principles of integrated approach of Yoga Therapy
- To know basics of Naturopathy, Ayurveda, Unani, Siddha and Homeopathy

Course Outcome:

1. Students will understand that what is Ayush?
2. Students will understand the Yogic concept of body.
3. Students will learn that Aadhi and Vyadhi are co-dependent which have an effect on each other.
4. Students will understand the basic concept of Naturopathy and its use day to day life.
5. Students will understand of importance of Ayurveda in day to day life.

Unit-1: YOGA & HEALTH AND INTEGRATED APPROACH OF YOGA THERAPY

Concept of body, Health and disease; Concept of Yoga Adhi and Vyadhi; Principle of Yoga Therapy in relation to Yoga Vasistha; Practices at Pancha Kosa level Annamaya, Pranamaya, Manomaya, Vijnanamaya and Anandamaya kosa; Principle of Yoga Therapy in relation to Hatha Ratnavali and Gheranda Samhita.

Unit-2 : INTRODUCTION TO BASIC CONCEPTS OF NATUROPATHY

History of Naturopathy; Principles of Naturopathy; Concept of five elements and its applications: Akash Tatwa Chikitsa, Vayu Tatwa Chikitsa, Agni Tatwa cChikitsa, Jala Tatwa Chikitsa, Prithvi Tatwa Chikitsa).

Unit- 3: INTRODUCTION TO BASIC CONCEPTS OF AYURVEDA

The four aspects of life (Soul, Mind, Senses and Body); Panchamahabhutas (the five element theory), Ahara, Vihara and Ausadhi (three pillars of Ayurveda); Concept, role and importance of – Dosha, Dhatu, Mala; Updhatu, Srotas, Indriya, Agni, Prāna, Prakrti (Deha Prakrti, Manasa Prakrti); Role of Dosa, Dhatu and Mala in health and diseases; Concept of Dinacarya (daily routine), concept of Ritucarya (Seasonal routine), Svasthavātta in Āyurveda; Concept of Trayo Upasthambas.

UNIT- 4: INTRODUCTION TO BASIC CONCEPTS OF UNANI, SIDDHA AND HOMEOPATHY

History of Unani & Siddha; Concept of Unāné & Siddha; Principles of Unani & Siddha; Introduction to Basic concepts of Homeopathy; History of Homeopathy; Concept of homeopathy; Principles of Homeopathy.

Text Books:

1. Acharya Balkrishna: Yog Sidhant Rahasya, Divya Prakashan, Haridwar 2013
2. Dr R Nagaratha: Yoga and Health, SVYASA, Bangalore.

Reference Book:

1. Taitriya Upnishad
2. Dr. Rakesh Jindal: Prakritic Ayurvijnana, Pune.
3. Dash, V.B.: Ayurvedic Treatment for Common Diseases Delhi Diary, 1974.
4. Richards Hughes: The Principal and Practice of Homeopathy, B Jain publication, 2008.
5. Introduction to AYUSH; www.slideshare.net/digvijay03/introduction-of-ayush-71028486

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PGDYE Second Semester

Subject Code: CPYOG104

Yoga Practicum-II

Min. Hrs. - 80 Hrs.

Objectives:

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

- Explain and demonstrate the mentioned practices skilfully.
- Have an in-depth understanding about Standing Postures and body alignment Standing Postures and body alignment Yogasanas.
- Understand the principle and practice of different type of Yogasanas.
- Demonstrate each Asana and explain its procedure.
- Explain the benefits, limitation and subtle points of each practice.

Unit-I: Yogasana (Standing Postures and body alignment)

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana, Ardha Chakrasana, Paada Hastasana, Trikonasana, Parshva Konasana, Veerabhadrasana and its variations.

Unit-II: Yogasana (Sitting Postures)

Dandasana, Swastikasana, Padmasana, Vajrasana, Supta Vajrasana, Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Janusirasana, Paschimottanasana, Bhramacharyasana, Mandukasana, Utthana Mandukasana, Vakrasana, Ardha Matsyendrasana, Marichayasana, Simhasana, Bhunamanasana, Hanumanasana, Sidhasana, Bhadrasana, Utkatasana, Kurmasana, Baddha Padmasana, Utthita Padmasana;

Unit-III Yogasana (Supine lying Postures)

Pavanamuktasana, Utthana-padasana, Ardha Halasana, Halasana, Setubandhasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana Pavanamuktasana, Utthana-padasana, Ardha Halasana, Setubandhasana, Halasana, Karna Peedasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana, Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, Raja Kapotasana, Bakasana, Kukkutasana, Garbhasana, Matsyendrasana, Marjarisana, Padangusthasana, Hastapadangusthasana, Garudasana, Vatayanasana, Natarajasana, Mayurasana, Sirshasana; Ekapada and Dwipada Kandasana.

Unit-IV Yogasana (Prone line Postures)

Makarasana, Bhujangasana, Triyak Bhujangasana, Shalabhasana, Dhanurasana, Balkridasana,

Unit-V: Pranayama & Bandha

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 + Rechaka + Bahya Kumbhak) (1:4:2:2); Bhramari Pranayama. Pranayama (with Antar & Bahya Kumbhaka) Surya-bheda and Chandra-bheda Pranayama, Ujjayi Pranayama, Sheetal Pranayama, Shitkari Pranayama, Bhastrika Pranayama

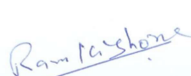
Bandha : Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Tri Bandha

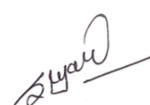
Books for References


1. Swami Dharendra Bhrahmachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi.
2. Swami Kuvalyananda : Asana Kaivalyadhama, Lonavla
3. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra Bihar School of Yoga, Munger.
4. Basavaraddi, I.V. & others : Pranayama; MDNIY New Delhi, 2012.
5. Saraswati, Swami Satyanand: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2009.
6. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009













PGDYE Second Semester
Subject Code: CPYOG105
Yoga Practicum-II (FIELD WORK)
Min. Hrs – Practical: 80 Hrs.

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

- Yoga teaching.
- Take Yoga Class.
- Systematic arrangement of Yoga teaching
- Yoga Therapy.

Course Outcome:

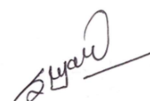
1. Students will learn to make the correct ways/processes of doing Asana and Pranayam.
2. Students will gain experience to conduct individual teaching as well as mass training.
3. Students will excel to make a Yoga Module for health prevention, promotion and Yoga therapy.
4. Students will gain confidence for class room teaching including arrangement, problems and their solutions.
5. Students will gain knowledge how to prepare lesson plan.

- The students will go to various places (schools/colleges/parks/villages and different societies etc.) to train the people for proper yoga practice.
- The students shall maintain logbook regarding it.
- At the end of the semester their logbooks will be evaluated by the faculty concerned.



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