



# **BANKURA UNIVERSITY**

**(West Bengal Act XIX of 2013 – Bankura University Act, 2013)**

**MAIN CAMPUS (BESIDE NH 60)**

**Bankura Block – II, P.O.- Purandarpur, Dist.- Bankura, West Bengal, India**

**PIN – 722 155, West Bengal**

# **POST GRADUATE DIPLOMA IN YOGA**

# **POST GRADUATE DIPLOMA IN YOGA (PGDY)**

## **PREAMBLE**

The tradition of yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and 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". According to yogic scriptures, the practice of yoga leads to the union of individual consciousness with universal consciousness

In addition to this, yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of holistic living and not merely as yoga postures. During the course the student will be able to understand the concept of preventive healthcare, promotion of positive health and personality development through yoga.

## **I. Title of the course**

The course shall be called " post graduate diploma in yoga" (PGDY)

## **II. Aim of the course**

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

## **III. Objectives of the course the course shall**

To introduce basic concepts of preventive health and health promotion through yoga

To introduce concepts of human body to the students so as to making their understanding clear about the benefit and contraindication of a practice.

To train teachers on preventive health and promotion of positive health through yoga and personality development.

**DEPARTMENT OF YOGA**  
**Scheme of Teaching and Examination of P.G. Diploma in Yoga (PGDY)**

**SEMESTER I**

Sl No.	Subject Code	Subject Title	PERIODS PER WEEK			EVALUATION SCHEME			Final Assessment	Subject Total
			L	T	P	Credit	CT	TA/PR		
1	PGDYTH 101	Foundation of Yoga	3	1	0	4	30	(20-10)	70	100
2	PGDYTH 102	Hatha Yoga	3	1	0	4	30	(20-10)	70	100
3	PGDYTH 103	Anatomy & Physiology	3	1	0	4	30	(20-10)	70	100
4	PGDYTH 104	Yogic Lifestyle	3	1	0	4	30	(20-10)	70	100
5	PGDYTH 109	Practicum 01	0	0	8	4	30	(20-10)	70	100
6	PGDYTH 110	Practicum 02	0	0	4	2	30	(20-10)	70	100
7	PGDYTH 111	Practicum 03	0	0	4	2	30	(20-10)	70	100

**SEMESTER II**

Sl No.	Subject Code	Subject Title	PERIODS PER WEEK			EVALUATION SCHEME			Final Assessment	Subject Total
			L	T	P	Credit	CT	TA/PR		
1	PGDYTH 105	Essence of Principal Upanisad & BG	3	1	0	4	30	(20-10)	70	100
2	PGDYTH 106	Different Yoga Sutras & Yogic Darshan	4	0	0	4	30	(20-10)	70	100
3	PGDYTH 107	Applied Yoga	3	1	0	4	30	(20-10)	70	100
4	PGDYTH 108	Methods of Teaching Yoga & Value Edn.	4	0	0	4	30	(20-10)	70	100
5	PGDYTH 112	Practicum 04	0	0	8	4	30	(20-10)	70	100
6	PGDYTH 113	Practicum 05	0	0	4	2	30	(20-10)	70	100
7	PGDYTH 114	Practicum 06	0	0	4	2	30	(20-10)	70	100
Sem I & Sem II Periods per week			64 Hrs	Total Credit Sem I & II		48	Subject Total			1400

L=LECTURE

T=PRACTICAL WORK

CT=CUMULATIVE TESTS

TA=TEACHERS ASSESSMENT

PR=PRACTICAL RECORD

#### IV. Duration

The minimum duration of the course will be 1 year

#### V. Eligibility

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

#### VII. PROGRAMME DETAILS

**Subject Title: FOUNDATION OF YOGA**

**Subject Code: PGDYTH-101**

#### Objectives:

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

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

## **UNIT -1; GENERAL INTRODUCTION TO YOGA AND INDIAN PHILOSOPHY**

**[15 Hrs.]**

Brief introduction to origin of yoga , psychological aspects leading to origin of yoga, history and Development of yoga; Etymology and Definitions of yoga, Aim and Objectives of yoga , Misconceptions about yoga , True nature of yoga; General Introduction to schools (streams) of yoga, Principles of yoga and yogic practices for healthy living; Meaning and definitions of Darshana and philosophy, salient features of Indian philosophy; (Bharateeya darshana), branches of Indian philosophy ( Astika and Nastika Darshanas) Two-way relationship between yoga and Indian philosophy; General introduction to Prasthanatrayee and Purushartha .Chatushtaya

## **UNIT- 2: FOUNDATIONS OF YOGA AND YOGA TRADITIONS -I**

**[15 Hrs.]**

General introduction to Vedas and Upanishads, yoga in pre-Vedic period, yoga in Vedic period, yoga in Ayurveda, yoga in principle Upanishads, Yoga in Yogopanishad; General introduction to Shad-darshanas , Yoga in Samkhya and Yoga Darshana, Yoga in Vedanta; General introduction to Bhagavadgita, Yoga in Bhagavadgita; Introduction to Smritis and Yoga in Smritis, Introduction to puranas, Nature of yoga in Bhagavat Purana; yoga in Yoga Vasishtha, Yoga in Narada Bhakti Sutra, Yoga in Medieval Literature, Bhakti Yoga of Medieval Saints.

## **UNIT-3: FOUNDATIONS OF YOGA AND YOGA TRADITIONS-II**

**[15 Hrs.]**

General introduction to Agamas, Tantras and classification of Tantras, Concept of Shiva and Shakti, Yoga of Shaiva Siddhanta; Yoga in Shakti Tantra: Concepts of Nadi and Prana in Tantra ,Kundalini, Effects of kundalini Shakti and Shatchakra Sadhana, Hatha yoga Traditions and Sadhana;

## **UNIT-4: FOUNDATIONS OF YOGA AND YOGA TRADITIONS- III**

**[15 Hrs.]**

General introduction to Non -Vedic Schools of Indian philosophy: Jainism, Buddhism , etc ; introduction to Jainism, Anekantavada (Syadvada) , Concept of Tri- ratnas, Concept of Kayotsarga( preksha- dhyana). Yoga in Jaina darshana; introduction to Buddhism: introduction to Buddhism, Skandha- vada, Concept of Arya- sathya or four Noble Truths, Arya- astangika- marga or Noble-eight-fold-path (Bouddha- Yoga); Introduction to Sufism: Meaning and Characteristic features of Sufism , elements of yoga in Sufism, Sufi Meditation Techniques. Concepts and Practices of Yoga in other religion;

## **TEXT BOOKS**

- 1** Dasgupta S. N: Hhistory of Indian Philosophy, Motilal Banarsidas, Delhi,2012
- 2** Sharma, Chandradhar: A Critical Survey of Indian philosophy. Motilal Banarasidas, Delhi, 2013

## **BOOKS FOR REFERENCE**

1. Agarwal M M: Six Systems of Indian philosophy, Chowkhambha Vidya Bhawan, varanasi,2010
2. Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication –Dept. Kolkata, Edition, 2009
3. Hirianna M: Outlines of Indian philosophy, Motilal Banarsidas, Delhi,2009
4. Bhat, Krishna K.: The Power of Yoga ; SuYoga Publications Mangalore,2006
5. Swami Prabhavananda : Spiritual Heritage of India (English) . Sri Ramkrishna Math, Madras, 2004
6. Swami Vivekananda: Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000
7. Pandit, M.P: Introduction to Upanishads: Theosophical Society of India, Adyar, Madras1976
8. Dasgupta, S.N ; Hindu Mysticism, Motilal Banarsidass, Delhi1927
9. Arthuv Avalan; the Serpent Power, Sivalik Prakashan, New Delhi,2009
10. Bhat, Krishna k.: The Power of Yoga: suYoga publications Mangalore, 2006
11. Sing, lalan Prasad; Tantra, Its mystic and scientific bases. Concept publishing company, Delhi, 1976
12. Karel Werner: yoga and Indian philosophy, Motilal Banarasidas, Delhi, 1979
13. Swami Jnanananda: philosophy of yoga. Sri Ramakrishna Ashrama, Mysore.

**Subject title: HATHA YOGA**

**Subject code: PGDYTH-102**

**Objectives:**

1. To give an introduction of Hatha yoga
2. To give an understanding of the prerequisites of Hatha yoga
3. To introduce the principles of Hatha yoga
4. To introduce Essential Hatha yoga text

Total Number of Hours:60	Theory	Tutorial	Practical
Credit	4	0	0
Hours/week	4	0	0
	Scheme of examination		
Total marks:100			
Theory: 100		Practical: NA	
Final Exam	Internal Assessment(CT+TA)	Final exam	Internal Assessment (CT+TA/PR)
70	30	NA	NA

**UNIT-1: HATHA YOGA ITS PHILOSOPHY AND PRACTICES**

[15 Hrs.]

Hatha Yoga, its meaning, Definition, aims & objectives, misconceptions, obstacles (Vighna) and helps (sahayaka) in Hatha yoga as in Hatha yoga pradeipika; the origin of Hatha Yoga, Hatha Yogic literature, Hatha Yogic practices as explained in Hatha yoga pradeipika (HYP); Concept of Mata, Rules, Rules & Regulations to be followed by the Hatha yoga practitioner, concept of Mitahara, Pathya and Apathya; Hatha Yogic parampara. Brief introduction to Great Hatha Yoges of Natha Cult and their contributions to Yoga. Relationship between Hatha Yoga & Raja Yoga.

**UNIT-2: HATHA YOGA PRACTICES: SHODHANA- KRIYAS AND ASANAS**

[15 Hrs.]

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

### **UNIT-3: HATHA YOGIC PRACTICES: PRANAYAMA, BANDHAS AND MUDRAS**

[15 Hrs.]

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

### **UNIT-4: HATHAYOGA PRACTICES: PRATYAHARA, NADANUSANDHANA AND SVARODAYA JNANA**

[15 Hrs.]

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

## **TEXT BOOKS**

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

### **BOOKS FOR REFERENCE:**

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

**Subject title: HUMAN ANATOMY &PHYSIOLOGY**

**Subject code: PGDYTH -103**

**Objectives:**

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

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

**UNIT 1 INTRODUCTION TO HUMAN ANATOMY AND PHYSIOLOGY,  
DIGESTIVE AND EXCRETORY SYSTEM [15 Hrs.]**

Introduction to Human Anatomy and Physiology, Basic Anatomical and Physiological terms; Cell: Structure & Functions, different cell organelles and their functions; Tissues and Organization of human system; Introduction to Support Systems, Maintenance Systems, Control systems, Defence System and Concept of Homeostasis; Gross anatomy of digestive System, functional anatomy of Mouth, Oral cavity, Pharynx, Esophagus, Stomach, Small Intestine, Large Intestine and Anal canal; Physiology of digestion, assimilation & Peristalsis, Gastric and digestive juices involved during digestion. associated glands involved in digestive system; urinary system, kidneys, ureters, Urinary bladder, Urethra; Skin and sweat gland

## **UNIT -2: MUSCULO- SKELETAL SYSTEM**

**[15 Hrs.]**

The Skeletal System: Skeleton, Function of Skelton, Classification of bones, Study of joints, Structure and function of a Synovial joint; The Muscular System: The Muscular System: Types of Muscles in the body; the characteristics, structure and functions of The Skeletal Muscles smooth Muscles and Cardiac Muscles

## **UNIT-3: CARDIOVASCULAR SYSTEM, RESPIRATORY SYSTEM, BLOOD AND LYMPHATIC SYSTEM**

**[15 Hrs.]**

Functional anatomy of the Heart, Arteries, Veins and capillaries; The organization of systematic and pulmonary circulation , the cardiac Cycle; Blood; Composition and Functions, Blood group and their importance; Cardiac output and Venous return; Blood pressure and Regulation of blood pressure; Gross anatomy of the respiratory passages, functional of Nasal cavity, Pharynx, Larynx, Trachea, Bronchus, Lungs and Alveoli, The Process of Respiration, Lungs Volumes & Capacities, Mechanics of breathing and exchange of gas in alveoli; Composition of blood corpuscles- RBC, WBC and Platelet; Plasma, hemoglobin- coagulation of blood and anti coagulants, blood groups and its importance; Sites, functional anatomy of lymph nodes and their function; Lymphatic system and its role in immune system.

## **UNIT-4: NERVOUS SYSTEM & SPECIAL SENSES, ENDOCRINE SYSTEM**

**[15 Hrs.]**

An introduction to Histology – nerve - structure and properties of neurons - nerve-action potential - generation propagation – factors influencing classification of neurons and nerve fibers, neuralgia cells, receptors and reflex arcs; Functional anatomy of Cerebrum, Cerebellum, spinal cord; Functions and importance of the parts of the brain Viz, cerebrum, pons, medulla, thalamus, hypothalamus, cerebellum and autonomic nervous system [sympathetic and parasympathetic] ; Functional anatomy and physiology of eyes, Ears, nose, tongue and skin; Anatomical structure of important endocrine glands (Pituitary, thyroid, parathyroid, pancreas, adrenal and gonads); Short anatomy of the hypothalamus and the releasing hormones secreted from it; structure and function of anterior and posterior Pituitary; Function of thyroid, parathyroid, supra renal and islets of Langerhans.

**UNIT-5: REPRODUCTIVE SYSTEM****[15 Hrs.]**

Functional anatomy male reproductive system, seminal Vesicles and prostate glands; Spermatogenesis; Functional anatomy of female reproductive system; Ovarian hormones, menstruation, pregnancy, parturition and lactation.

**TEXT BOOK**

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

**REFERENCE BOOKS**

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

**Subject Title: YOGIC LIFE STYLE****Subject Code; PGDYTH-104****Objectives:**

1. To introduce the essential elements of a yogic life style
2. To introduce the concept of health and disease
3. To give an understanding of the concept of ill health and their remedies through yoga
4. To give an overview of the five sheath human existence

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

## **UNIT-1: CONCEPT OF BODY, HEALTH AND DISEASE**

**[15 Hrs.]**

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

## **UNIT-2: CAUSES OF ILL HEALTH AND REMEDIAL MEASURES ACCORDING TO PATANJALI**

**[15 Hrs.]**

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

## **UNIT-3: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING-1**

**[15 Hrs.]**

Dietary regulation according to Hatha Yong and Bhagavadgitha; Shatkriyas and tatva shuddhi; Asana for mind body and spirit; for Pranamaya kosha- pranayama; Definition of Mental Health & Mental Hygiene& Total Health; Indian approach to personality and personality integration Psycho - Social Implications of Yoga; Adjustment Personal and Interpersonal Adjustment through Yogic methods Niyamas & Yamas

## **UNIT-4: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING-II**

**[15 Hrs.]**

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

## **TEXT BOOK**

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

## REFERENCE BOOKS

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

**Subject Title: ESSENCE OF PRINCIPLE UPANISHADS AND BHAGAVAD GITA**

**Subject code: PGDYTH-105**

**Objectives:**

1. To teach the essence of the principal Upanishads
2. To teach the essence of the Bhagaved Gita

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

## UNIT-1: ESSENCE OF UPANISHADS-I

**[15 Hrs]**

Aitreya; Isha Upanisad; Mandukya; Manduka; Taitriya Upanisad;

**UNIT-2: ESSENCE OF UPANISHADA-2**  
**[15 Hrs]**

Katha Upanishad; kena Upanishad; Bruhataranyaka; Chandogya; Prashna Upanishad;  
Shwetashwatara Upanishad

**UNIT-3: YOGA IN BHAGAVAD GITA-1**

**[15 Hrs]**

General Introduction to Bhagavad Gita ( B.G.). Definitions of Yoga in Bhagavad- Gita and their relevance & Scope; Essentials of B.G from Units II, III, IV, V,VI.VII,XII & XVII: The meanings of the terms Atmaswrupa, Stithaprajna, Sankhya Yoga, Karma Yoga, Sannyasa Yoga and Karma Swarupa (Sakama and Nishkama) etc.

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

Essentials of B.G (Contd...) : Samnyasa, Dhyana, Nature of Dhyana, Preparation of Dhyana and Dhyana Yoga etc ; Essentials of B.G (Contd.): Bhakti, Nature of Bhakti, Means and Goal of Bhakti-Yoga; Essentials of B.G (Contd..) The Trigunas and modes of Prakriti; Three kinds of Faith. Food for Yoga Sadhaka, Classification of Food etc. The Glory of B.G.

**TEXT BOOKS**

1. Holy Geeta: Swami Chinmayananda, Central Chinmayananda Mission Trust, 1992, Mumbai.
2. Swami Ranganathananda: Message of Upanishads, Bharatiya Vidya Bhaven, Bombay,1985

**REFERENCE BOOKS**

1. Swami Venkatessananda: Vasistha's Yoga,State University of New York Press Albany, 1993

## Subject Title: DIFFERENT YOGA SUTRAS AND YOGA DARSHAN

Subject code: PGDYTH-106

### Objectives:

1. To teach an overview of the Patanjali yoga sutras
2. To teach the essence of the Patanjali yoga sutras

Total Number of Hours:60	Theory	Tutorial	practical
Credit	4	0	0
Hours/week	4	0	0
Scheme of examination			
Total marks:100			
Theory: 100		Practical: NA	
Final Exam	Internal assessment(CT+TA)	Final exam	Internal assessment (CT+TA/PR)
70	30	NA	NA

### Unit-1: INTRODUCTION TO PATANJALI'S YOGA SUTRAS, ITS' PHILOSOPHY AND PRACTICES AND MODERN PSYCHOLOGY [10 Hrs]

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

### Unit-2: SAMADHI PADA AND SADHANA PADA [10 Hrs]

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

### Unit-3: CONCEPT OF VIBHUTI AND KAIVALYA [10 Hrs]

Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi; Samyama & three Parinama of Samyama. The concept and description of Ashtha Siddhis; Nature of kaivalya, kaivalya in relation to Triguna and Dharmamegha Samadhi; Ashtanga yoga & kriya Yoga in Yoga Sutras and their importance & relevance in modern age.

#### **Unit-4: SOME IMPORTANT SUTRAS OF OTHER YOGIC TEXT [10 Hrs]**

Sutres of Mitahara, Asanas, Kumbhaka, Bandhana Mudras, Kriyas, Nadanusandhana according to Health Pradipika, Sath Kriyas, Sapta Sadhana, Saptanga yoga according to Gherandra Samhita, Ghata Yoga, Asanas, Bandhas, Nadi, Chakras, Dhyana and Pancha Bana according to Shiva Samhita.

#### **TEXT BOOKS:**

1. Swami Vivekananda : Rajayoga (advaitaashram, culcutta, 2000).
2. Woods, J.H.: The yoga System of Patanjali (M.L.B.D., Delhi, 1988)

#### **REFERENCE BOOKS:**

1. Iyengar B. K. S. : Light on patanjali yoga (New York, Schocken books, 1994)
2. Rukmini t.s.: yoga Vartika of Vijñānabhikṣu (tr.) Vol I, II, III & IV, Munshiram Manoharlal Pvt. Ltd .New Delhi
3. Swami Omanandatirtha: Patanjala yoga Pradeepa, Geeta press, gorakhpur, 1994
4. Swami Anant Bharati: Patanjali yoga Shasta-a study (Hindi), Swami Keshwananda yoga Sangthan, Delhi
5. K. Taimini : The science of yoga (the theosophical publishing House, Adyar Chennai 2005)

**Subject Title: APPLIED YOGA**

**Subject code: PGDYTH-107**

#### **Objectives:**

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

Total Number of Hours:60	Theory	Tutorial	practical
Credit	4	0	0
Hours/week	4	0	
	Scheme of examination		
Total marks:100			
Theory: 100		Practical:	Internal assessment
Final Exam	Internal assessment(CT+TA)	Final exam	(CT+TA/PR)
70	30	NA	NA

## UNIT-1: YOGA FOR STRESS MANAGEMENT

[15 Hrs]

**Mental Health:** Meaning and Importance; yogic perspective of mental health ,indicators of mental health ;**Stress:** Meaning and Definition ; Symptoms, Causes and Consequences of Stress; Conflict, Frustration and Pressure: Stress according to yoga and its Management; Avidya cause of Stress; Strong likes Dislikes; Recognition is half the Solution; Stress levels; Stimulation the pointers of awareness –Physical, Mental, Emotional, Intellectual and spiritual level; depth of perception and expansion of Awareness; Group Awareness; Progress and tune with nature ;holistic life style for stress management; solutions through Mandukya karika – relaxation and stimulation combined as the core for stress management; stress management through Patanjali yoga and Bhagavad Gita.

## UNIT-2: YOGA FOR PERSONALITY DEVELOPMENT

[15 Hrs]

**Physical level:** shat Kriyas (Detoxifying), Asans (strength), Mudras (steadiness),Pranayama (lightness), Dhyana (perception);**vital level:** Pranayama; **Mental level:** personal Discipline, Social discipline (Yama, Niyama)cultivation of four fold Attitudes, practice of Dharna, Dhyana ; **emotion level:** Ishwara pranidhana (surrendering to the supreme);**spiritual level:** practice of higher states of Meditation (super consciousness states),Ashta Siddhis

### **UNIT-3: YOGA AND SPORTS**

**[15 Hrs]**

Ideal performance and peak performance for sport persons; enhancing physical capacities: kriyas , Asanas, yogic Diet; Vital level: Pranayama (lung capacity), emotional Capacity: emotional balance through emotional culture (surrender to the divine); mental capacity practice of karma yoga and meditation , spiritual capacity: state of Samaadhi through Brahmari pranayama and effortless Dhyana;

### **UNIT-4: YOGA FOR CHILDREN'S WITH SPECAIL NEEDS**

**[15 Hrs]**

Yoga for down syndrome, autism, ADHD, Cerebral palsy, learning disabilities: determining tailor made instructional approach to meet the cognitive, emotional, physical needs of child; practices which helps in strength, endurance, speed, agility, flexibility, mental and self confidence; emotional Behaviour disorder, physical disability; integrated system of yoga practices to increase cognitive and motor skills in children with learning and developmental disabilities; warm up or loosening exercises; strengthening poses relaxing postures, yogic breathing practices, yogic games – to develop strength, concentration, imagination, confidence.

#### **TEXT BOOKS:**

1. Nagensra H R & Nagarathna: new perspective of stress management, SVYP, 2010
2. Nagendra H R & Nagarathna: personality development series, SVYP, 2012

#### **REFERENCE BOOKS:**

1. Basavaraddi I V: YOGA: Teachers manual for school children, MDNIY New Delhi, 2010
2. basavaraddi I V: yoga in School Health, MDNIY New Delhi, 2009
3. Jayadev H J: Growing with yoga, the yoga institute, Santacruz, Mumbai, 2004
4. Swati & Rajiv Chanchani: yoga for children: a complete illustrated guide to yoga, UBS Publishes distributors PVT.LTD, 2008
5. Nancy Williams : yoga education :philosophy and practice, deep & deep publications PVT .LTD,2008
6. Yoga for the special child: A Therapeutic approach for Infants and children with down syndrome, cerebral palsy, and learning disabilities, special yoga publications, 1998
7. yoga therapy for every special child, singing dragon London and Philadelphia, 2010

**Subject title: METHODS OF TEACHING YOGA AND VALUE EDUCATION**

**Subject code: PGDYTH -108**

**Objectives:**

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

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

**UNIT-1: PRINNCIPLES AND METHODS OF TEACHING YOGA [15 Hrs]**

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

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

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

### **Unit-3: LESSON PLANNING IN YOGA**

**[15 Hrs]**

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

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

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

### **Unit 5: YOGA AND VALUE EDUCATION**

**[15 Hrs]**

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

**Subject Title: YOGA PRACTICUM – 1**

**Subject code: PGDYPR – 109**

**Objectives:**

- i. To introduce a regular and rigorous practice (sadhana) of Yoga practices

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

### Unit - 1. SHAT KARMAS

[30 Hrs.]

Vastra Dhauti, Sutra Neti, Kapalbdati, Nauli Chalan, Jyoti Trataka, Agnisara.

### Unit - 2. YOGASANAS

[90 Hrs.]

Tadasana, Vrikshasana, Urdhva – Hastottanasana, Kati Chakrasana, Ardha Chakrasana, Paada Hastasana, Trikonasana, Parshva konasana, Veeradhadrasana, Bhunammanasana, Hanumanasana, Dandasana, Swastikasana, Sidhasana, Bhadrasana, Padmasana, Vajrasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, kurmasana, Navasana, Baddha padmasana, Janusirasana, Paschimottanasana, Supta vajrasana, Mandukasana, Utthana Mandukasana, Vakrasana, Ardha Matsyendrasana, simhasana, Pavanamuktasana, Matsyasana, Chakrasana, Shavasana, Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, Bakasana, Kukkutsana, Matsyendrasana, Padangusthasana, Hastapadangusthasana, Garudasana, Natarajasana, Mayurasana, Sirshasana.

### TEXT BOOKS

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

## BOOKS FOR REFERENCE

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

## TEXT BOOKS

## REFERENCE BOOKS

1. Reddy, M. Venkata and Others: Yogic Therapy, Sri M.S.R. Memorial Yoga Series, Arthamuru A.P.2005
2. Dr R Nagarathna, Dr H R Nagendra: Yoga for Asthma by published by SVYP Bangalore, 1998
3. Dr R Nagarathna, Dr H R Nagendra: Yoga practices for Anxiety & Depression, published by SVYP Bangalore, Bangalore 2001
4. Yoga for Back pain by Dr H R Nagendra, Dr R Nagarathna, published by SVYP Bangalore,, Bangalore,2001
5. Yoga for Cancer by Dr H R Nagendr, Dr R Nagarathna, published by SVYP Bangalore,, Bangalore,2006
6. New Perspectives in Stress Management, by Dr H R Nagendra, Dr R Nagarathna, published by SVYP Bangalore,, Bangalore,2000
7. Dr R Nagarathna, Dr H R Nagendra, Yoga for Arthritis, published by SVYP, Bangalore, 2001
8. Dr Shamantakamani Narendran, Dr R Nagarathna and Dr H R Nagendra: Yoga for pregenancy, published by SVYP, Bangalore, 2008
9. Dr R Nagarathna and Dr H R Nagendra: Yoga for Obesity, published by SVYP, Bangalore, 2014
10. Dr R Nagarathna, Dr H R Nagendra: Yoga for Diabetes, published by SVYP, Bangalore, 2003
11. Dr R Nagarathna, Dr H R Nagendra: Yoga for promotion of positive Health, published by SVYP, Bangalore, 2004

**Subject title: YOGA PRACTICUM-II**

**Subject code: PGDYPR- 110**

**Objectives:**

**I. To help establish a regular and rigorous practice (sadhana) of yoga practices**

Total Number of Hours:60	Theory	Tutorial	Practical
Credit	0	0	2
Hours/week	0	0	4
	SCHEME OF EXAMINATION		
Total Marks:100			
Theory: 100		Practical:	
Final Exam	Internal Assessment(CT+TA)	Final Exam	Internal Assessment (CT+TA/PR)
NA	NA	70	30

### **Unit-1: PRANAYAMA**

**[15 Hrs.]**

Nadi Shodhana (Technique 1: Same Nostril breathing ), Nadi Shodhana (Technique 2: Alternate Nostril Breathing), Nadi Shodhana (Technique 3: Alternate Nostril Breathing + Antar kumbhak), Sury-bhedi and Chandra-Bheedi Pranayama, Ujjayi Pranayama, Sheetali Pranayama, Shitkari Pranayama, Bhramari Pranayama, Pranayama (With Antar & Bahya Kumbhaka)

### **Unit-2: PRACTICES LEADING TO MEDITATION**

**[30 Hrs.]**

Pranav and Soham Japa, Yoga Nidra (1,2,3), Antarmauna, Ajapa Dharana (Stage 1,2,3), Practices leading to Breath Meditation, Practices leading to Om Meditation, Practices leading to Vipassana Meditation, Practices leading to Preksha Meditation

### **Unit-3: BANDHA AND MUDRAS**

**[15 Hrs]**

Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mule Bandha, Masha Bandha, yoga Mudra, Maha Mudra, Shanmukhi Mudra, Tadagi Mudra, Vipareet Karni mudre

## **TEXT BOOKS**

## **REFERENCE BOOKS**

1. Reddy, M. Venkata and Others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P. 2005
2. Dr R Nagarathna, Dr H R Nagendra: Yoga for Asthma by Published by SVYP, Bangalore, 1998
3. Dr R Nagarathna, Dr H R Nagendra: Yoga Practices for Anxiety & Depression, Published by SVYP, Bangalore, Bangalore, 2001
4. Yoga for Back Pain by Dr H R Nagendra, Dr R Nagarathna, Published by SVYP, Bangalor,, Bangalore, 2001
5. Yoga for Cancer by Dr H R Nagendra, Dr R Nagarathna, Published by SVYP, Bangalor, Bangalore, 2006
6. New Perspectives in Stress Management, by Dr. H. R. Nagendra, Dr. R . Nagarathna, Published by SVYP, Bangalore, Bangalore, 2000
7. Dr R Nagarathna and Dr H R Nagendra, Yoga for Arthritis, Published by SVYP, Bangalore, 2001
8. Dr Shamantakamani Narendran, Dr R Nagarathna and Dr H R Nagendra : Yoga for pregnancy, published by SVYP, Bangalore, 2008
9. Dr. H.Nagarathna and Dr. H. R. Nagendra: Yoga for Obesity, published by SVYP, Bangalore, 2014
10. Dr R Nagarathna, Dr H.R Nagendra: Yoga for Diabetes, Published by SVYP, Bangalore 2003
11. Dr R Nagarathna, Dr HR Nagendra: Yoga for Promotion of Positive Health, Published by SVYP, Bangalore, 2004

**Subject Title: YOGA PRACTICUM-III**

**Subject Code: PGDYPR-111**

**Objectives:**

1. To help maintain the Yoga practice or Sadhana

2. To teach yoga modules specific to Physical Stamina, Voice Culture, Eye sight, Memory, Concentration, Creativity, IQ, Anger Management

Total NUMBER OF HOURS:	Theory	Tutorial	Practical
Credit	0	0	4
Hours/week	0	0	8
	SCHEME OF EXAMINATION		
Total Marks:100			
Theory: 100		Practical:	
Final Exam	Internal Assessment(CT+TA)	Final Exam	Internal Assessment (CT+TA/PR)
70	30		

**Unit-1: PRACTICES FOR PHYSICAL STAMINA, VOICE CULTURE AND EYESIGHT**  
**[15 Hrs]**

**Characteristics of Physical Development:** Flexibility, Stamina, Endurance, longevity; loosening the joints, Stretching-relaxation of muscles, improve Strength and stamina; Physical revitalization; Need for Control on breath; Special exercises for voice culture; cleansing practices, eye muscle strengthening practices

**Unit-2: PRACTICES FOR MEMORY AND CONCENTRATION**

**[15 Hrs]**

**Short-term, long-term memory, stages of memory foundation and maintenance; yoga modules to improve memory; barriers to concentration; concentration according to modern psychology; concentration according to eastern psychology; dharana as per patanjali- binding to a particular; practices to improve concentration.**