



**PANJAB UNIVERSITY, CHANDIGARH-160014 (INDIA)**  
(Estd. under the Panjab University Act VII of 1947—enacted by  
the Govt. of India)

**FACULTY OF EDUCATION**

**SYLLABI**

***FOR***

**POST GRADUATE DIPLOMA IN YOGA THERAPY  
PGDYT**

**SEMESTER SYSTEM (ONE YEAR)  
(TWO SEMESTERS)**

**2025-2026 ONWARDS**

**POST GRADUATE DIPLOMA IN YOGA THERAPY  
SEMESTER SYSTEM**

**REGULATIONS**

**1. DURATION**

The Post Graduate Diploma in Yoga Therapy program will have duration of One year, including a four-week internship period.

**2. EXAMINATION**

The academic session will include two instances of the examination, which are scheduled to take place in January and May. However, the syndicate of Panjab University, Chandigarh, reserves the right to determine alternative dates for the examination. Upon admission to the course, each candidate is required to pay the examination fee along with other charges, such as tuition fees, in accordance with the decision made by the syndicate.

**3. ELIGIBILITY**

A person who has done Graduation with 50% marks from Panjab University or from any other University whose examination has been recognized as equivalent to the corresponding examination (under 10+2+3 system of education) of this University shall be eligible to join the Post Graduate Diploma Course. In case of candidates having Bachelors degree of the university through India languages [Hindi/ Urdu/ Punjabi (Gurmukhi Script)] and/or in a classical language (Sanskrit/ Persian/ Arabic) or degree of any other university obtained in the same manner recognized by the syndicate, 50% marks in the aggregate shall be calculated by taking into account full percentage of marks in all the papers in language excluding the additional optional paper, English and the elective subject taken together.

**4. ADMISSION**

The selection for enrollment in this course will be determined solely on the basis of merit, in accordance with the decision made by Panjab University, Chandigarh.

**5. RESOLVING OF TIES**

In the case, there is a tie at any point during the preparation of the merit list, the inter-se merit will be determined based on the following criteria:

1. A candidate with a higher percentage of marks in the qualifying examination will be ranked higher in the order of merit.
2. In case, there is a tie in marks in the qualifying examination, preference will be given to students who have completed any recognized course in Yoga.
3. In case, there is still a tie in marks in the qualifying examination, candidates who are senior in age will be ranked higher in the order of merit.

**6. INTERVIEWS**

Prior to the admission, it is mandatory for all candidates whose names are listed in the merit list to attend an interview. Failure to appear for the interview will result in the candidate not being considered for admission. During the interview, candidates are required to present all relevant certificates in their original form for verification. If a candidate fails to do so, they will not be considered for admission. It is important to note that no marks will be awarded for the interview process.

**7. GRACE MARKS**

Grace marks shall be given one percent of the aggregate marks of the University examination. A candidate may avail of the grace marks either in the aggregate or in one or more papers as may be to the candidate's best advantage. Grace marks shall, however, be given only for passing the examination or for earning the higher division and not for passing the examination with distinction or by any other decision as per the syndicate.

**8. RE-APPEAR**

If a candidate is required to reappear in a paper; which has 75% internal assessment, the person will be given one more opportunity to qualify in that paper without attending the course fresh. The specific task or assignment for the retest will be determined by the respective authority, such as the Head of the University Department or the Principal of the College.

**9. EXAM FORM & FEE**

The last dates by which examination admission forms and fees must reach the Controller of Examinations shall be four weeks before the dates fixed for commencement of the examinations of the semesters concerned, provided that an admission form and fee may be entertained after that with a late fee as prescribed by the Syndicate from time to time, but not later than two weeks before the commencement of the examination.

**10. SUCCESSFUL CANDIDATES SHALL BE CLASSIFIED AS UNDER:**

| S.NO. | MARKS OBTAINED | CLASSIFICATION                  |
|-------|----------------|---------------------------------|
| 1     | 75% & above    | First Division with Distinction |
| 2     | 60% to >75%    | First Division                  |
| 3     | 50% to > 60%   | Second Division                 |
| 4     | 40% to > 50%   | Third Division                  |
| 5     | > 40%          | Not Qualified                   |

**RULES**

**1. INTAKE:**

Proposed number of seats for one unit is 25.

**2. RESERVATION OF SEATS:**

The allocation of seats for reservation will be carried out in accordance with the established Rules and Regulations of the University.

**3. CREDITS:**

The term credit is used to describe the quantum of syllabus for various programs in terms of hours of study. It indicated differential weightage given according to the contents and duration of the courses in the curriculum design. The credit design for Post Graduate Diploma in Yoga therapy shall be 72.

**4. WEIGHTAGES:**

The weightages will be granted in accordance with the guidelines specified in the Admission Rules for the University's offered courses.

5. The head of the University Department/Principal of the College shall forward to the Controller of Examinations at least four weeks before the commencement of the examination, a list of the students along with their admission forms and fees who have satisfied the requirements of regulation and are qualified to appear in the examination.
6. Whenever the application or fee of the candidate is received more than three days after the last date prescribed above, he/ she shall pay an additional fee as fixed by the Syndicate, provided that such application shall be entertained only up to two weeks before the commencement of the examination.
7. Every candidate shall be examined in the subjects as laid down in the syllabus prescribed from time to time. Viva-Voce shall be conducted jointly by the internal and external examiners. The Head of the University Department/Principal of the College shall forward 'Internal Evaluation Marks' to the Controller of Examinations at least one week before the commencement of the examination.
8. The Head of the University Department/Principal of the College will preserve the records on the basis of which the internal assessment awards have been prepared for inspection, if needed by the University, up to three months from the date of declaration of the results. Project reports shall be submitted to the Head of the University department/Principal of the College at least 10 days before the commencement of the examination. Reports received after the prescribed date shall not be accepted.
9. In the event that a candidate is unsuccessful in an examination, they may have the opportunity to re-take the exam without having to attend the course again in the next two consecutive examinations of the respective semester. However, if the candidate is unable to pass the examination within two years of these attempts, they will be required to seek fresh admission and complete the full course before being eligible to re-appear in the examination. The candidate will be responsible for paying the admission fee as determined by the syndicate, per paper in each semester examination, up to a maximum fee for the specific examination. Additionally, the admission fee for re-appearing will be charged in addition to any admission fee for other examinations in which the candidate is appearing.
10. The Head of the University Department/Principal of the College has the authority to excuse a deficiency of up to 10 percent in lectures.
11. The language/medium of instruction and examination will include English, Hindi, and Punjabi.
12. The internal assessment awards of a candidate who fails in the examination shall be carried forward.
13. As soon as possible after the termination of the examination, the Controller of Examinations shall publish a list of the candidates who have passed the examination.
14. **PROJECT WORK (COMPULSORY INTERNSHIP):**  
All candidates registered to undergo Post Graduate Diploma in Yoga Therapy

course shall have to submit a project as part of the Diploma program. The project shall be done either in this College premises or elsewhere depending on the availability of resources required, only after the approval of the Principal of the College. Candidate would be assigned a guide (by the institution/ college where the project shall be done) at the end of second semester, who shall supervise the project.

### **COURSE OUTCOME**

Upon completion of the Post-graduation program in Yoga Therapy, students are expected to possess the following abilities and qualities:

1. They should have the capability to design a Yoga Module tailored to the severity of a patient's condition, in consultation with medical doctors.
2. They should be proficient in the techniques of Yoga therapy that they prescribe for various health issues.
3. They should cultivate a compassionate attitude towards patients and ensure that financial affordability does not become a burden for them.
4. They should have a strong desire for self-improvement, aiming for advanced expertise or research in the field of Yoga.
5. They should be able to provide physiological, psychological, and spiritual counseling, and explain the manifestation of diseases in the context of Yogic scriptures and spiritual teachings.
6. They should explore and understand the root cause of the patient's problem, which has led to their suffering.
7. They should be capable of working effectively in diverse healthcare settings.
8. They should develop qualities such as integrity, responsibility, reliability, dependability, and compassion, which are essential for a successful professional life.
9. They should also develop leadership and communication skills to effectively lead therapy teams in healthcare settings.

### **OBJECTIVES OF THE COURSE**

The post-graduation program in Yoga Therapy has been designed with the following objectives:

1. Understanding the holistic approach of Yoga and its therapeutic benefits for common ailments.
2. Promoting overall well-being, preventing health issues related to stress, and aiding in rehabilitation through therapeutic Yoga.
3. Equipping students with the necessary skills to introduce Yoga for improving public health and fostering the development of students in educational institutions.
4. Cultivating a scientific mindset and encouraging teamwork among students to direct their energies towards creative and constructive pursuits.
5. Empowering students to establish Yoga Therapy centers to serve the general public.
6. Creating global awareness about the numerous advantages of Yoga Therapy.
7. Providing a global perspective and practical application of Yoga Therapy.
8. Producing highly skilled therapists who can efficiently work as Yoga therapists in hospitals, spas, wellness centers, start their own Yoga centers, and join university Yoga departments as assistant professors.

**SCHEME OF STUDIES****SEMESTER –I****PART A: THEORY**

| S.No.        | Code | Paper                                | Credit    | External   | Internal*  | Total      |
|--------------|------|--------------------------------------|-----------|------------|------------|------------|
| 1            | 101  | Foundations of Yoga-I                | 4         | 80         | 20         | 100        |
| 2            | 102  | Basic Hatha Yogic Texts              | 4         | 80         | 20         | 100        |
| 3            | 103  | Human Anatomy and Physiology         | 4         | 80         | 20         | 100        |
| 4            | 104  | Therapeutic Values of Yoga Practices | 4         | 80         | 20         | 100        |
| 5            | 105  | Applied Research in Yoga             | 4         | 80         | 20         | 100        |
| <b>TOTAL</b> |      |                                      | <b>20</b> | <b>400</b> | <b>100</b> | <b>500</b> |

**PART B: PRACTICALS \*\***

| S.No.        | Code | Paper                                       | Credit    | External   | Internal* | Total      |
|--------------|------|---------------------------------------------|-----------|------------|-----------|------------|
| 7            | 106  | A Mantra Chanting & Shatkriyas-I            | 2         | 40         | 10        | 50         |
|              |      | B Yogasana – I                              | 2         | 40         | 10        | 50         |
|              |      | C Pranayama – I                             | 2         | 40         | 10        | 50         |
|              |      | D Bandha, Mudra & Meditation-I              | 2         | 40         | 10        | 50         |
| 8            | 107  | Field Work (Special Yoga Therapy Technique) | 4         | 60         | 40        | 100        |
| <b>TOTAL</b> |      |                                             | <b>12</b> | <b>220</b> | <b>80</b> | <b>300</b> |

**PART C: CLINICAL EXAMINATION AND VIVA VOCE**

| S.No.        | Code  | Paper                                    | Credit   | External  | Internal*** | Total      |
|--------------|-------|------------------------------------------|----------|-----------|-------------|------------|
| 9            | 108-A | Physiological & Bio-Chemistry Parameters | 2        | 48        | 12          | 60         |
|              | 108-B | Psychological Parameters                 | 2        | 32        | 08          | 40         |
| <b>TOTAL</b> |       |                                          | <b>4</b> | <b>80</b> | <b>20</b>   | <b>100</b> |

|                                  |               |            |
|----------------------------------|---------------|------------|
| <b>SEMESTER – 1<sup>ST</sup></b> | <b>Credit</b> | <b>36</b>  |
|                                  | <b>Total</b>  | <b>900</b> |

**SEMESTER -II****PART A: THEORY**

| S.No.        | Code | Paper                               | Credit    | External   | Internal*  | Total      |
|--------------|------|-------------------------------------|-----------|------------|------------|------------|
| 1            | 201  | Foundations of Yoga-II              | 4         | 80         | 20         | 100        |
| 2            | 202  | Patanjala Yoga Darshan              | 4         | 80         | 20         | 100        |
| 3            | 203  | Yoga and Allied Sciences            | 4         | 80         | 20         | 100        |
| 4            | 204  | Yoga Therapy for Health Management  | 4         | 80         | 20         | 100        |
| 5            | 205  | Review of Scientific Yogic Research | 4         | 80         | 20         | 100        |
| <b>TOTAL</b> |      |                                     | <b>20</b> | <b>400</b> | <b>100</b> | <b>500</b> |

**PART B: PRACTICALS \*\***

| S.No.        | Code | Paper                                 | Credit    | External   | Internal* | Total      |
|--------------|------|---------------------------------------|-----------|------------|-----------|------------|
| 7            | 206  | A Mantra Chanting & Shatkriyas- II    | 2         | 40         | 10        | 50         |
|              |      | B Yogasana – II                       | 2         | 40         | 10        | 50         |
|              |      | C Pranayama – II                      | 2         | 40         | 10        | 50         |
|              |      | D Bandha, Mudra & Meditation - II     | 2         | 40         | 10        | 50         |
| 8            | 207  | Project Work Submission and Viva Voce | 8         | 150        | 50        | 200        |
| <b>TOTAL</b> |      |                                       | <b>16</b> | <b>310</b> | <b>90</b> | <b>400</b> |

|                                  |               |            |
|----------------------------------|---------------|------------|
| <b>SEMESTER – 2<sup>nd</sup></b> | <b>Credit</b> | <b>36</b>  |
|                                  | <b>Total</b>  | <b>900</b> |

|                                             |                         |
|---------------------------------------------|-------------------------|
| <b>GRAND TOTAL MARKS OF BOTH SEMESTERS</b>  | <b>900 + 900 = 1800</b> |
| <b>GRAND TOTAL CREDIT OF BOTH SEMESTERS</b> | <b>36 + 36 = 72</b>     |

- \* The internal evaluation shall be based on the continuous comprehensive evaluation (CCE) on the following criterion:

| <b>S.NO.</b> | <b>TYPE OF ACTIVITY</b>                         | <b>WEIGHTAGE</b> |
|--------------|-------------------------------------------------|------------------|
| 1            | House Examinations                              | 06 Marks         |
| 2            | Snap Tests                                      | 03 Marks         |
| 3            | Seminars/Workshops/Presentations/Demonstrations | 03 Marks         |
| 4            | Community Activities                            | 04 Marks         |
| 5            | Attendance                                      | 04 Marks         |

The weight age for attendance shall be awarded to only those candidates who have 75% attendance in the respective paper/area of activity. The pattern for award of marks shall be fixed on the following norms:

| <b>ATTENDANCE</b> | <b>MARKS</b> |
|-------------------|--------------|
| 75% to > 85%      | 01 Marks     |
| 85% to >95%       | 02 Marks     |
| 95% to > 98%      | 03 Marks     |
| 98% and above     | 04Marks      |

- \*\* **Part B** of the syllabus can be taught by the University approved Instructors in Yoga whereas the rest of the curriculum shall be essentially undertaken by the Assistant Professors (old Lecturers) as approved by the University.

- \*\*\* The internal evaluation shall be Mentor based; the criteria for evaluation shall be continuous comprehensive evaluation carried throughout the session on the basis on the following norms:

| <b>S.NO.</b> | <b>GRADE</b> | <b>EXPLANATION</b> |
|--------------|--------------|--------------------|
| 1            | O            | OUTSTANDING        |
| 2            | A            | VERY GOOD          |
| 3            | B            | GOOD               |
| 4            | C            | AVERAGE            |
| 5            | D            | BELOW AVERAGE      |
| 6            | E            | NOT                |

#### **PROJECT WORK (COMPULSORY INTERNSHIP- Four weeks)**

After successful completion of the final examination with a minimum of 40% marks in theory with 50% aggregate, the diploma will be issued after completion of Four weeks of internship under the supervision of a Certified Doctor from the Medical Board/Council and approved supervisors in the field of Yoga Education/related discipline from any Institute/College/University.

Topics assigned to the candidates after approval of the competent authority assigned by the Head of the University department/ Principal of the college.

The project shall be in a bound volume not exceeding 100 to 150 pages excluding references. Four copies of the project shall be submitted.

**Evaluation of Project:**

The project done in the II semester shall be evaluated for a total of 200 marks in the following pattern:

Internal Evaluation: 50 marks

External Evaluation: 150 marks

The passing minimum in project shall be 50% in both internal assessments as well as external evaluation. For internal assessment, a committee, consisting of the various guides in department/ faculty in the college and also the head of the university department/ principal of the college may review the progress of the candidates and the average may be taken as the internal assessment marks.

For External evaluation, two examiners: one external examiner and one internal (the supervisor or any senior faculty) shall be appointed. The marks may be awarded based on (i) Literature review and scope of the work, (ii) Methodology, (iii) Results, (iv) Data analysis and discussion, and (v) Comprehensive viva.

**SEMESTER –I**  
**PAPER 101 – FOUNDATIONS OF YOGA-I**

**Credit = 4**  
**Hours = 60**

**Total Marks = 100**  
**External = 80**  
**Internal = 20**

**OBJECTIVES:**

1. To provide knowledge about the basic and axiological concepts of Indian philosophy.
2. To familiarize the students with the basic precepts of Sankhya, Yoga and Vedanta philosophy.
3. To familiarize the students with the historical development of Yoga.
4. To enable the students to have basic knowledge of Sanskrit Grammar.
5. To enable the students to read, write and understand elementary Sanskrit language.

**INSTRUCTIONS FOR THE PAPER SETTERS:**

1. Eleven questions in all shall be set.
2. Ten questions shall be set out of the entire syllabus selecting at least two questions from each unit and the nature of the answers should be essay type. The students shall be required to attempt at least one question from each unit. Each question shall carry 12 marks.
3. Eleventh question shall be compulsory. It shall have five questions, for 04 marks each, selecting one each from each unit and the answers should be limited to the maximum word limit of 75 words each.
4. Total marks shall be 80 and the time allowed shall be 03 hours.
5. Below 40% score shall be considered not qualified.

**UNIT – 1**

**INTRODUCTION TO YOGA AND DARSHANA: (12 hours)**

- A. Etymology and definitions of Yoga, Aim, Objective and Misconceptions about Yoga, True nature of Yoga.
- B. Brief introduction to origin of Yoga, History and development of Yoga.
- C. General introduction to Vedas, Upanishads, Prasthanatrayee and Purushartha Chatushtaya.
- D. Darshana: its meaning, definitions and objectives, salient features of Bharatiya Darshana (Indian philosophy)

**UNIT – 2**

**INTRODUCTION TO BHARATIYA DARSHANA: (12 hours)**

- A. Bharatiya Darshana: its meaning, Branches (Astika and Nastika Darshanans).
- B. General Introduction to Shad-Darshana with special emphasis on Samkhya, Yoga and Vedanta Darshana.
- C. Samkhya darshana: its introduction, meaning, nature and flow of basic 25 elements, aim and objectives of life.
- D. Relationship of Sankhya darshana and Yoga with special reference to cause of misery and comforts (Dukha & Sukh), bondage and liberation, Ignorance and true knowledge (Gyan).

**UNIT – 3**

**YOGA AND VEDANTA DARSHANA: (12 hours)**

- A. Yoga Darshana: its introduction, exponent, foundation, aim and objectives.
- B. Nature of Yoga Darshana: metaphysics, axiology and epistemology of Yoga philosophy.
- C. Vedanta Darshana: its introduction, foundation, aim and objectives, metaphysics, axiology and epistemology of Vedanta philosophy.
- D. Vedanta and Yoga: Relationship and coordination between Vedanta and Yoga philosophy.

#### UNIT – 4

##### INTRODUCTION TO SCHOOLS (STREAMS OF YOGA):

(12 hours)

- A. Jnana Yoga: Meaning of Jnana, Sadhana-Chatushtaya, and Means of Jnana-yoga.
- B. Bhakti Yoga: Meaning of Bhakti, Stages and Types of Bhakti, Means of Bhakti-yoga.
- C. Karma Yoga: Meaning of Karma, Concept of Nishkama Karma, Means of Nishkama Karma.
- D. Dhyana Yoga: Means of Dhyana-yoga; Inter relationship between Bhakti-yoga and Karma-yoga.

#### UNIT – 5

##### BASICS OF SANSKRIT

(12 hours)

- A. Orthography of Devanagari Varnamala, Classification of Varnas and Prayatna, Karakas; Writing of Varnamala using Roman Transliteration. Classification of Sanskrit words; Subantas (Ajantha & Halanta).
- B. Kriyapada- Classification, Lakaras, Purusas, Vachanas; Declaration of following root words in Lat, Lrt, Lan, Lot and Vidhi Lin- Bhu, Khad, Vad, Dhya, Path, Sev, Kshi, Prachchh, Tush, Kath, Chint, Ad, As, Jagri, Bha, Kri; Cases.
- C. Vibhakti Roop of the following words - Rama, Hari, Guru, Pitri, Lata, Mati, Dhenu, Phalam, Vari, Gau, Marut, Vidvas, Rajan, Asmad, Yushmad, Tad, Kim.
- D. Elementary knowledge of all kinds of Sandhis with examples in Sanskrit.

##### REFERENCE BOOKS:

1. Gupta, S.N. Das. (1987). Yoga Philosophy in Relation to other system of Indian Thought, New Delhi, Moti Lal Banarsi Dass.
2. Hiriyanna, M., (1995). The Essentials of Indian Philosophy. New Delhi, Motilal Banarasidas Publishers.
3. Iyengar, B.K.S. (2005). Light on life. Oxford, Pan Macmillan Ltd.
4. King, Richard. (2000). Indian Philosophy: An Introduction to Hindu and Buddhist Thought. New Delhi, Maya Publishers Pvt. Ltd.
5. Nagendra, H.R. (1993). Yoga in Education Bangalore, Vivekananda Kendra.
6. Niranjananada, Swami. (1998). Yoga Darshan. Deoghar, Panchadashanam Paramahansa Alakh Bara.
7. Puligandla, R. (1975). Fundamentals of Indian Philosophy. New York, Abingdon Press.
8. Raju, P.T. (1982). The Philosophical Traditions of India. Delhi, Moti Lal Banarsi Dass.
9. Reyna, Ruth. (1971). Introduction to Indian Philosophy. New Delhi, Tata McGraw-Hill Publishing Co. Ltd.
10. Sharma Chandradhar (1973). A Critical Survey of Indian Philosophy. Delhi, Moti Lal Banarsi Dass.
11. Sivananda, Sri Swami. (2007). Janana Yoga. Tehri Garhwal, The Divine Life Society.
12. Sivananda, Swami. (2007). Adhyatma Yoga. Tehri Garhwal, The Divine Life Society.
13. Tamini, I.K. (1973). Glimpses into Psychology of Yoga. Adyar, Madras, The Theosophical Publishing House.
14. Villodo, Alberto. (2007). Yoga, Power and Spirit. New Delhi, Hay House Inc.
15. Vivekananda, Swami. (2007). Raj Yoga. Calcutta, Ramakrishna Vedanta Math.
16. Vivekananda, Swami. (2009). Complete Book of Yoga. Delhi, Vijay Goel Publisher.
17. Weerasinghe S.G.M. (1993). The Sankhya Philosophy: A Critical Evaluation of its origins and Development, Delhi, Sri Satguru Publications, A Division of Indian Books Centre.

## **PAPER 102 – BASIC HATHA YOGIC TEXTS**

**Credit = 4**  
**Hours = 60**

**Total Marks = 100**  
**External = 80**  
**Internal = 20**

### **OBJECTIVES:**

1. To enable the students to have basic knowledge of traditional Yogic texts.
2. To enable the students to understand about prerequisites and principles of Hathayoga.
3. To enable the students to understand different Hathayoga Techniques.
4. To enable the students to understand the Therapeutic application of different Hatha Yogic Techniques.

### **INSTRUCTIONS FOR THE PAPER SETTERS:**

1. Eleven questions in all shall be set.
2. Ten questions shall be set out of the entire syllabus selecting at least two questions from each unit and the nature of the answers should be essay type. The students shall be required to attempt at least one question from each unit. Each question shall carry 12 marks.
3. Eleventh question shall be compulsory. It shall have five questions, for 04 marks each, selecting one each from each unit and the answers should be limited to the maximum word limit of 75 words each.
4. Total marks shall be 80 and the time allowed shall be 03 hours.
5. Below 40% score shall be considered not qualified.

### **UNIT - 1**

#### **FOUNDATIONS OF HATHAYOGA:**

**(12 hours)**

- A. Hatha Yoga: Its Origin, History & development; it's meaning and definition, Aim, Objectives and misconceptions about Hatha Yoga.
- B. General Introduction to Hatha Yoga Texts: Hathayogapradipika, Gheranda Samhita, Hatharatnavali and Gorakshashatkam.
- C. Concept of Gatha, Matha, Mitahara, Types of Aspirants
- D. Badhak Tattva & Sadhak Tattva; Dasa Yama and Niyama according to Hathayogapradipika

### **UNIT - 2**

#### **SHATKARMA-S & ASANA'S SADHANA IN HATHAYOGA:**

**(12 hours)**

- A. Shatkarma: Meaning, Principles and their relevance in Therapeutic Hathayoga Sadhana; Applications and Importance of Shatkarma supported by Modern researches.
- B. Shatkarma: Techniques, Benefits, precautions and contraindications – Dhauti, Basti, Neti, Nauli, Tratak and Kapalbhata as mentioned in Hathayogapradipika and Gheranda Samhita.
- C. Asanas: Etymology, definitions, Principles of Asanas and their relevance in Therapeutic Hathayoga Sadhana; Applications and Importance of Asanas supported by Modern researches.
- D. Asanas: Techniques, Benefits, precautions and contraindications of Asanas as mentioned in Hathayogapradipika and Gheranda Samhita.

### **UNIT – 3**

#### **PRANAYAMA SADHANA IN HATHAYOGA:**

**(12 hours)**

- A. Introduction to Prana and Pranayama; Prerequisites and Phases of Pranayama,
- B. Nadishodhana Pranayama, Importance of Nadishuddhi.
- C. Pranayama- Precautions, and contraindications, Pranayama and Ashtakumbhaka in Hathayogapradeepika and Gherandasamhita
- D. Importance to Pranayama in health, disease and HathayogaSadhana.

#### UNIT – 4

##### **MUDRA SADHANA IN HATHAYOGA:**

**(12 hours)**

- A. Mudra - precautions and contraindications of in Hathayogapradeepika, and Gherandasamhita
- B. Importance of Mudra in health, disease and Hathayoga Sadhana.
- C. Bandha- precautions and contraindications of in Hathayogapradeepika, and Gherandasamhita.
- D. Importance of Bandhas in health, disease and Hathayoga Sadhana.

#### UNIT-5

##### **DHYAN AND NADA SADHANA IN HATHAYOGA:**

**(12 hours)**

- A. Concept of Kand, Nadi, Swas-prashwas or Swara, Prana, Up-prana and Granthi.
- B. Concept of Shatchakra and Kundalini prabodhan, Concept of Shiva and Shakti.
- C. Concept of Pratyahara, Dharana, Dhyana and Samadhi in Gherandasamhita.
- D. Concept of Nada and Nadanusandhana in Hathayogaradeepika.

##### **REFERENCE BOOKS:**

- 1. SwamiDigbherirji,Swami,(1980)HathYogaPradipika, Kaivalyadham, Lonavala, Puna.
- 2. Swatmarama (1997).Hathayoga Pradipika of Swatmarama, Lonavala, Kaivalyadhama.
- 3. Taimini, I.K.:(1979) The Science of Yoga, Adyar Publication, Madras.
- 4. Tirtha, Pradeepa Omananda. (1999). Patanjali Yoga. Gorakhpur, GeetaPress.
- 5. Vivekananda, Swami. (2009). Complete Book of Yoga. Delhi, Vijay GoelPublisher.
- 6. Yoga,B.S. (2009). Gherandasamhita. Munger, Bihar: Bihar School ofYoga.
- 7. ShivyogaPradeepika
- 8. Swami Digbherir ji,Swami,(1980)HathYogaPradipika,Kavalyadham, Lonawala,Poona.
- 9. Swatmarama.(1997).HathayogaPradipikaofSwatmarama.Lonavala, Kaivalyadhama.
- 10. Taimini, I.K.:(1979) The Science of Yoga, Adyar Publication, Madras.

#### **PAPER 103 – HUMAN ANATOMY AND PHYSIOLOGY**

**Credit = 4**

**Hours = 60**

**Total Marks = 100**

**External = 80**

**Internal = 20**

##### **OBJECTIVES:**

- 1. To make students familiar with basic knowledge of Human anatomy and physiology.
- 2. To familiarize the students with structure and functions of various organs of human body.
- 3. To familiarize the students with the effects of Yoga practices on various systems of human body.

##### **INSTRUCTIONS FOR THE PAPER SETTERS:**

- 1. Eleven questions in all shall be set and students should be asked to draw labeled diagrams, wherever required.
- 2. Ten questions shall be set out of the entire syllabus selecting at least two questions from each unit and the nature of the answers should be essay-type. The students shall be required to attempt at least one question from each unit. Each question shall carry 12 marks.
- 3. The eleventh question shall be compulsory. It shall have five questions, for 04 marks each,

selecting one each from each unit and the answers should be limited to the maximum word limit of 75 words each.

4. Questions may be set keeping in mind the students' proficiency in drawing labeled diagrams, wherever essential.
5. Total marks shall be 80 and the time allowed shall be 03 hours.
6. Below 40% score shall be considered not qualified.

#### **UNIT – 1**

##### **BASIC OF HUMAN BODY, CELL, TISSUE, SKELETAL SYSTEM (12 hours)**

- A. Anatomy and Physiology: Introduction, meaning, significance, Systems, and importance in Yoga.
- B. Human Cell: introduction, meaning, basic – types, structure and functions, cell – division.
- C. Tissue: introduction, meaning, types, structure and functions.
- D. Skeletal - its structure and physiology; Bone and Joints: Types and Functions with effect of Yogic practices on them.

#### **UNIT – 2**

##### **MUSCULAR SYSTEM AND SENSE ORGANS (12 hours)**

- A. Muscular System - its structure and physiology and effect of Yogic practices on them.
- B. Ligaments and Tendons: Meaning, Types, Structure and Functions; difference between Ligaments, tendons and Muscles.
- C. Mechanism of Muscles: Physiology and importance of Muscle-contraction, Muscular Fatigue, Muscle tone and Muscular Degenerations.
- D. General Introduction to Sense Organs - structure, physiology, functions and effect of Yogic practices on them.

#### **UNIT -3**

##### **CIRCULATORY, RESPIRATORY AND DIGESTIVE SYSTEM (12 hours)**

- A. Circulatory System-Structure and functions of Heart, Physiology of Circulatory System and effect of Yogic practices on it.
- B. Composition of Blood – Red Blood Cells, White Blood Cells, Platelets and Plasma, Hemoglobin and its importance, Blood coagulation, Blood Groups and its importance, Classification of blood circulation, nature of blood pressure – pulse – E.C.G., stroke volume and cardiac output.
- C. Respiratory System- structure and functions. Physiology of Respiratory System and effect of Yogic practices on it.
- D. Digestive System- structure, physiology, functions and effect of Yogic practices on it; Metabolism: its meaning, nature and types of metabolism, Metabolism and processing of food in various parts of digestive tract.

#### **UNIT-4**

##### **EXCRETORY SYSTEM AND ENDOCRINE GLANDS (12 hours)**

- A. Excretory System: Structure, functions, Physiology and effect of Yogic practices on it.
- B. Excretion: Structure and formation of urine and sweat.
- C. Endocrine Glands: Structure, physiology, Functions and effect of Yogic practices on it.
- D. Hormones: various hormones of endocrinal glands and their functions; Secretions: Effects of Hypo and Hyper secretions of various endocrinal hormones.

#### **UNIT - 5**

##### **NERVOUS SYSTEMS AND REPRODUCTIVE SYSTEM (12 hours)**

- A. Central Nervous System – structure and functions, Physiology and effect of Yogic practices on it; Structure and functions of Neuron
- B. Autonomic Nervous System: meaning, structure and functions of various parts.
- C. Male Reproductive System – structure, functions, Physiology and effect of Yogic practices on it.

- D. Female Reproductive System – structure, functions, Physiology and effect of Yogic practices on it.

**REFERENCE BOOKS:**

1. B. D. Chaurasia (1993), Human Anatomy, C B S Publishers, Shahdra, Delhi.
2. C.C. Chatterjee (1992), Human Physiology, Alaknanda Press, Kolkata.
3. Chaurasia, B.D. (2010) Handbook of General Anatomy CBS Publishers & Distributors, Delhi
4. Elvyn C. Pearce, (2003) Anatomy and Physiology and Nurses, Oxford University Press, Delhi.
5. Inderbir Singh (1984), Human Anatomy: Macmillan India Ltd., New Delhi.
6. Murgesh, N. (1999) Anatomy, Physiology and Health Education Sathya Publishers, Madurai
7. Promila Verma, (1974) Kanti Pandya, Shareer Kriya Vigyana, Bihar Hindi Granth Academy.
8. V. Tararinov, Human anatomy and Physiology Trans. By David A. Myshna, MIR Publishers, Moscow.
9. Watson, Roger, (2001), Anatomy and Physiology for Nurses, HarCourt(Ind.)

**PAPER 104 – THERAPEUTIC VALUES OF YOGA PRACTICES**

**Credit = 4**  
**Hours = 60**

**Total Marks = 100**  
**External = 80**  
**Internal = 20**

**OBJECTIVES:**

1. To enable the student to know and understand the nature, variations, and rule regulations of various Yogic practices.
2. To enable the student to know and understand the physiological, psychological, and therapeutic effects of various Yogic practices.
3. To enable the student to know and understand the nature, and therapeutic values of Yogic Bandhas, mudras, and relaxation.
4. To enable the student to know and understand the physiological, psychological, and therapeutic effects of meditation, Yogic diet, and Nutritional Management.

**INSTRUCTIONS FOR THE PAPER SETTERS:**

1. Eleven questions in all shall be set.
2. Ten questions shall be set out of the entire syllabus selecting at least two questions from each unit and the nature of the answers should be essay type. The students shall be required to attempt at least one question from each unit. Each question shall carry 12 marks.
3. Eleventh question shall be compulsory. It shall have five questions, for 04 marks each, selecting one each from each unit and the answers should be limited to the maximum word limit of 75 words each.
4. Total marks shall be 80 and the time allowed shall be 03 hours.
5. Below 40% score shall be considered not qualified.

**UNIT – 1**

**THERAPEUTIC VALUE OF SHATKRIYA'S**

**(12 hours)**

- A. Shatkriyas: Introduction, meaning, scope in Yoga therapy. Dhauti Kriya: introduction, meaning, types according to Gheranda Samhita. Technique, precautions, physiological and therapeutic effects.
- B. Basti Kriya: introduction, meaning, technique, precautions, physiological and therapeutic effects.
- C. Neti and Trataka Kriyas: meaning, types, Technique, precautions, physiological and therapeutic effects.

- D. Nauli and Kapalbhathi Kriya: introduction, meaning, types, technique, precautions, physiological and therapeutic effects.

## **UNIT – 2**

### **THERAPEUTIC VALUE OF YOGASANA'S**

**(12 hours)**

- A. Yogasanas: introduction, meaning, types, general rule-regulations, limitations, precautions, and scope.
- B. Cultural, Relaxative & Meditative Yogasana: General physiological, psychological and therapeutic value
- C. Mechanism of influence of Six types of Asana-s: Stretching; Pivoting; Strengthening; Inverted; Pressing; equilibration.
- D. Surya-namaskar (Sun-salutation): synchronize with Breathing pattern, their health importance and therapeutic value.

## **UNIT – 3**

### **THERAPEUTIC VALUE OF PRANAYAMAS, BANDHAS & MUDRAS**

**(12 hours)**

- A. Pranayama: its meaning, definition, classification according to Patanjala Yogasutra, Hathapradipika and Gherand Samhita,
- B. Aims and objectives, physiological, psychological and therapeutic values of various Kumbhaka.
- C. Bandhas: Introduction, meaning, aims and objectives, technique precautions, physiological and therapeutic values.
- D. Mudras: Introduction, meaning, aims and objectives, technique precautions, physiological and therapeutic values.

## **UNIT – 4**

### **THERAPEUTIC VALUE OF YOGIC RELAXATION& MEDITATION:**

**(12 hours)**

- A. Yogic Relaxation Technique – Yoga Nidra: its meaning, appropriate posture, preparation, basic technique, precautions, and general rule – regulations, Psycho-somatic and therapeutic values.
- B. Cyclic Meditation: Quick Relaxation Technique (QRT), Deep Relaxation Technique (DRT), and Instant Relaxation Technique (IRT): its meaning, preparation, basic technique, precautions, and general rule – regulations, Psycho-somatic and therapeutic values.
- C. Meditation: meaning, definition, principles, types, preparations and appropriate posture, Fundamental technique, general rule – regulations and precautions of meditation, Psycho – somatic and therapeutic values.
- D. Meditation & Brain: its impacts on Central nervous system, Peripheral nervous system; Meditation and brain waves, Meditation and ageing, Meditation and cognitive functions.

## **UNIT –5**

### **THERAPEUTIC VALUE OF YOGIC AAHARA & NUTRITION:**

**(12 hours)**

- A. Aahara: meaning, concepts, importance, general favorable and non-favorable habits.
- B. Yogic Aahara: its meaning, concepts of quality and quantity, rules and regulations, Psycho – somatic and therapeutic values.
- C. Nutrients: Meaning, classification-Micro nutrients: sources, functions and effects on the body, Macro nutrients: sources, functions and effects on the body;
- D. Fat soluble & Water-soluble Vitamins-sources, functions and effects on the body.

### **REFERENCE BOOKS:**

1. Gharote, M.L. : Pranayama – The Science of Breath (The Lonavala Yoga Institute, Lonavala, 2003)

2. Gore, M.M. : Anatomy and Physiology of Yogic practices (Kanchan Prakshan, Lonavala, 2003)
3. Iyengar, B.K.S. (2010). Light on Pranayama. New Delhi, Harper Collins.
4. Joshi, K.S. : Yogic Pranayama (Orient Paperback, New Delhi, 1990)
5. Lajpat, Rai : Discovering Human Potential Energy (Anubhava Rai Publications, Gurgaon, 1999)
6. Rai, Lajpat, Sawhney, R.C. and Selvamurthy, W. Selvamurthy (1998). Meditation Techniques, their Scientific Evaluation. Gurgaon, Anubhav Rai Publication.
7. Ram, Swami. (1999). A Practical Guide to Holistic Health. Pennsylvania, Himalayan Institute of Yoga.
8. Saraswati, Swami Satyananda. (2005). Asana, Pranayama, Mudra, Bandha. Bihar School of Yoga Munger.
9. Saraswati, Swami Satyananda, (1996) Awakening the Kundalini, Bihar School of Yoga,
10. Singleton, Mark. (2010). Yoga Body – The origins of Modern posture Practice. Oxford, Oxford University Press.
11. 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)
12. Swami Kuvalyananda : Pranayama (Kaivalyadhama, Lonavala, 1983)
13. Swami Niranjanananda: Prana, Pranayama & Pranavidya, Saraswati Yoga Publication Trust, Munger.
14. Swami Satyananda : Asana, Pranayama, Mudra, Bandha Saraswati (Bihar School of Yoga, Munger, 1989)

#### **PAPER: 105: APPLIED RESEARCH IN YOGA**

**Credit = 4**  
**Hours = 60**

**Total Marks = 100**  
**External = 80**  
**Internal = 20**

#### **OBJECTIVES:**

**The students will be able to**

1. Understand the need of research in Yoga.
2. To learn the step of research in Yoga.
3. To learn different types of research design relevant in Yoga therapy.
4. Understand and enhance the skills to conduct research in Yoga therapy.
5. To enable the student to know and understand the nature of field work and project work.

#### **INSTRUCTIONS FOR THE PAPER SETTERS:**

1. Eleven questions in all shall be set.
2. Ten questions shall be set out of the entire syllabus selecting at least two questions from each unit and the nature of the answers should be essay type. The students shall be required to attempt at least one question from each unit. Each question shall carry 12 marks.
3. Eleventh question shall be compulsory. It shall have five questions, for 04 marks each, selecting one each from each unit and the answers should be limited to the maximum word limit of 75 words each.
4. Total marks shall be 80 and the time allowed shall be 03 hours.
5. Below 40% score shall be considered not qualified.

#### **UNIT – 1**

##### **RESEARCH METHODOLOGY – I**

**(12 hours)**

- A. Research Methodology: Concept, Types of Research, Need and Importance of Yoga research
- B. The research process

- C. Literature review: Purpose, Process, digital source: PubMed, etc, Presentation of literature review
- D. Ethics of Research: Laboratory ethics, Publication ethics, Ethical bodies – IEC & IRB, Guidelines for good clinical practice

## **UNIT – 2**

### **RESEARCH METHODOLOGY – II**

**(12 hours)**

- A. Data collection method: Observation, Interview, Psychological tests, questionnaire, Physiological tests and archive
- B. Sampling methods: Population and sample; Simple random sampling, Systematic sampling, Stratified sampling, Cluster sampling, Purposive sampling
- C. Types of Variables: Independent, Dependent, Confounding Variable
- D. Types of Research design: Experimental designs, Cross sectional design, Case study, Survey

## **UNIT – 3**

### **BASIC STATISTICS & ITS APPLICATION**

**(12 hours)**

- A. Hypothesis, Statistics and Parameter; Primary-secondary data and representation of data.
- B. Frequency distribution, tabulation, bar diagram, histogram, pie diagram and cumulative frequency curves.
- C. Basic of central tendency: Mean, Median and Modes
- D. Measures of dispersion: Range, Variance, Standard Deviation

## **UNIT – 4**

### **CLINICAL INTERNSHIP/ FIELD WORK**

**(12 hours)**

- A. Sources of data (Examination of a Patient & Review-I): Complaints, History of present illness, study of symptoms, communication with the patient, age and address, social and occupational history, history of previous illness, body weight, sleep.
- B. Observation Interview Methods(Examination of a Patient & Review-II): Family history, Physical examination, Investigations, Diagnosis, Treatment history & Follow-up
- C. Case study method: Meaning, case studies on individuals, institutions & organization, profiles, method of data collection for case study.
- D. Presenting a Case and Interpretation of Clinical data.

## **UNIT –5**

### **PROJECT WORK**

**(12 hours)**

- A. Method and Style of writing a research report
- B. Order of Project work: Title Page, Abstract section, Interdiction methods section results, discussion section, reference section
- C. Body of Research Paper and Article.
- D. Presentation and Discussion

### **REFERENCE BOOKS:**

1. C.R. Kothari (2009). Research Methodology: Methods and Techniques, New Age International (P) Ltd. New Delhi
2. R.L. Bijlani (2008). Medical Research: All you wanted to know but did not know who to ask. Jaypee Brothers Medical Publishers Pvt. Ltd. New Delhi
3. Zar J.H. & Zar (1999) Biostatistical Analysis. Pearson Education. New Delhi
4. Introductory Statistics by Prem S. Mann.
5. Nagendra, H.R. and Telles, S. (2006) Research Methodology, Swami Vivekananda Yoga Prakashana, Bangalore.

**PART B: PRACTICALS****PAPER 106****A- MANTRA CHANTING AND SHATKRIYAS – I**

**Credit = 2**  
**Hours = 30 hrs.**

**Total Marks = 50**  
**External = 40**  
**Internal = 10**

**OBJECTIVES:**

1. To enable the student to understand how to chant the Mantra-s.
2. To enable the student to understand the technique of performing various Shatkriyas.
3. To enable the student teachers to perform various Shatkriyas correctly and to know their benefits.

**GUIDELINES FOR THE EXAMINER:****Record File:**

- ONE separate practical record file shall be required to prepare for the examination / subject 106-A which shall be presented at the time of final exam.
- Above file should be duly checked and signed by the related Yoga Instructor.
- After the exam, record file would have to deposit in college office as a record.
- There would be separate parts in the same one file as follow:

| Paper No      | Subject                | Topics To Attempt                                           |
|---------------|------------------------|-------------------------------------------------------------|
| <b>106- A</b> | <b>Mantra Chanting</b> | Any Three<br>(2 for Compulsory & 1 for advance)             |
|               | <b>Shatkriyas</b>      | Any Seven with detail<br>(4 for Compulsory & 3 for Advance) |

**DETAILS OF CONTENTS:**

| Paper Code    | Contents               | Compulsory Contents                                                                                                                                                                                                                                                                                 | Optional Contents                                                       |
|---------------|------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|
| <b>106- A</b> | <b>Mantra Chanting</b> | 1. Gayatri Mantra<br>2. Shanti Path Mantra<br>ॐ असतो मा सद्गमय .....<br>ॐ पूर्णमदः पूर्णवमदं .....                                                                                                                                                                                                  | Rudra Gayatri Mantra                                                    |
|               | <b>Shatkriyas</b>      | Dhauti –, Agnisara & Vaman Dhauti<br>Neti – Jal & Sutra Neti,<br>Jyoti Trataka – focusing, Intensive gazing and defocussing<br>Jatru Trataka – front & Sideways viewing, up & down viewing, Rotational viewing, Preliminary Nisagra Drishti, Nasikagra drishti. Kapalbhathi- Vatakarma & Sheetkarma | 1. Vaster-dhauti.<br>2. Shankhprakashan<br>3. Dhand Dhauti<br>4. Nauli, |

**Testing & Evaluation:****Internal Assessment = 10 marks**

Performance of the Yogic techniques = 4 marks  
 Assignment, Class Discipline, Attendance = 6 Marks

**External Evaluation = 40 marks**

Performance (Mantra Chanting & Shatkriya) = 20 marks

Practical record writing file = 10 marks

Viva = 10 marks

Allotted Maximum Marks for Yoga Practical: The External Examiner shall conduct practical demonstration according to following scheme:

| PAPER NO | SUBJECT         | COMPULSORY FROM ATTACHED LIST | ADVANCE FROM ATTACHED LIST | PRACTICAL DEMONSTRATION | TOTAL |
|----------|-----------------|-------------------------------|----------------------------|-------------------------|-------|
| 106 - A  | Mantra Chanting | Any One                       | Any One                    | 05                      | 20    |
|          | Shatkriyas      | Any Two                       | Any One                    | 15                      |       |

**PAPER 106**

**B- YOGASANA-S – I**

**Credit = 2**

**Hours = 30 hrs.**

**Total Marks = 50**

**External = 40**

**Internal = 10**

**OBJECTIVES:**

1. To enable the student to understand the technique of performing various Asanas.
2. To enable the student to perform various Asanas correctly and to know their benefits.

**GUIDELINES FOR THE EXAMINER:**

**RECORD FILE:**

- ONE separate practical record file shall be required to prepare for the examination / subject 106-B which shall be presented at the time of final exam.
- Above file should be duly checked and signed by the related Yoga Instructor.
- After the exam, record file would have to deposit in college office as a record.
- There would be separate parts in the same one file as follow:

| PAPER NO | SUBJECT           | TOPICS TO ATTEMPT                                                                  |
|----------|-------------------|------------------------------------------------------------------------------------|
| 106- B   | Sukshma Vyayama   | Any Two with detail                                                                |
|          | Pawanmukta Series | Any Three with detail                                                              |
|          | Yogasanas         | Any Four – from Compulsory & any One optional (Advance) attached list with detail. |

**DETAILS OF CONTENTS:**

| Paper Code | Contents                      | Compulsory Contents                                                                                                                                                                                             | Optional Contents                                                          |
|------------|-------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|
| 106- B     | <b>Yogic Sukshma Vyayamas</b> | Buddhi-tatha-dhritishakti-vikasaka<br>Smarana-shakti-vikasaka<br>Netra-shakti-vikasaka<br>Griva-shakti-vikasaka- I,II & III<br>Skandha-tatha-bahu-mulashakti-vikasaka<br>Kati-shakti-vikasaka – I,II,III,IV & V | Udara-shakti-Vikasaka<br>Jangha-shakti-Vikasaka                            |
|            | <b>Pawanmukta Series</b>      | <b>Anti-Rheumatic Group.</b><br>Prarambhiksthiti<br>Padanguli & goolfnaman                                                                                                                                      | <b>Pawanmuktasana – III</b><br>Rajjukarshanasana<br>Gatyatmakmeruvakrasana |

|  |                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                  |
|--|-----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
|  |                 | Januchakta<br>Shroni Chakra<br>Mushtika Bandhana<br>Kehun Chakra<br><b>Digestive/ Abdominal Group.</b><br>Padotthanasana<br>Padasanchalanasana<br>Suptapawanmuktasana<br>Jhulana Lurhakanasana<br>Shavaudarakarshanasana                                                                                                                                                                                                                                                                                                                                                      | Chakkichalanasana<br>Naukasanchalanasana                                                                                         |
|  | <b>Yogasana</b> | 1. Surya Namaskar<br><b>STANDING - ASANAS</b><br>Tada-asana, Triyak Tadasana<br>Padahast-asana<br>Ardha Chakra-asana<br>Trikon-asana(Variation 1,2,3,4)<br>Virbhadrha-asanas 1,2,3<br><b>SITTING ASANAS</b><br>1. Vajrasana, Supt- vajarasana<br>2. Vakrasana,<br>Ardhmatsyendrasana<br>Padmasana<br>Shashankasana, Parvatasana<br>Akarana- dhanurasana<br><b>LYING- SPINE ASANAS</b><br>Sarvangasana<br>Setubandhasana<br>Matsyasana<br>Halasana<br>Chakrasana<br><b>LYING -PRONE ASANAS</b><br>1. Bhujangasana<br>2. Ardhsahalabhasana<br>3. Shalabhasana<br>4. Dhanurasana | 1. Kurma asana<br>2. Kukkutasana<br>3. Mayurasana<br>4. Shirshasana<br>5. Vatayansana<br>6. Ekpadsikandasana<br>7. Rajkapotasana |

### Testing & Evaluation:

#### Internal Assessment = 10 marks

Performance of the Yogic techniques = 4 marks

Assignment, Class Discipline, Attendance = 6 Marks

#### External Evaluation = 40 marks

Performance (Sukshma Vyayamas, Yogasana's) = 20 marks

Practical record writing file = 10 marks

Viva = 10 marks

Allotted Maximum Marks for Yoga Practical: The External Examiner shall conduct practical demonstration according to following scheme:

| Paper No | Subject                | Compulsory From Attached List                                                  | Advance From Attached List | Practical Demonstration | Total |
|----------|------------------------|--------------------------------------------------------------------------------|----------------------------|-------------------------|-------|
| 106 - B  | Yogic Sukshma Vyayamas | Any three                                                                      | Any One                    | 05                      | 20    |
|          | Pawanmukta Series      | Any One                                                                        | Any One                    | 05                      |       |
|          | Yogasanas              | Eight(Two from each position - Standing, Spinal & Abdominal Lying and Sitting) | Any One                    | 10                      |       |

### **PAPER 106**

#### **C- PRANAYAMA'S - I**

**Credit = 2**  
**Hours = 30 hrs.**

**Total Marks = 50**  
**External = 40**  
**Internal = 10**

#### **OBJECTIVES:**

1. To enable the student teachers to understand the techniques of performing various Pranayama's
2. To enable the students to perform various Pranayama's correctly and to know their benefits.

#### **GUIDELINES FOR THE EXAMINER:**

##### **RECORD FILE:**

- ONE separate practical record file shall be required to prepare for the examination / subject 106 C which shall be presented at the time of final exam.
- Above file should be duly checked and signed by the related internal teachers.
- After the exam, record file would have to deposit in college office as a record.
- There would be separate parts in the same one file as follow:

| Paper No | Subject     | Topics To Attempt                                                    |
|----------|-------------|----------------------------------------------------------------------|
| 106-C    | Pranayama's | Five Pranayama's with detail<br>(3 from Compulsory & 2 from Advance) |

#### **DETAILS OF CONTENTS:**

| Paper Code | Paper     | Compulsory Contents                                                                                                                                                         | Advance Contents                                                                               |
|------------|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| 106- C     | PRANAYAMA | Correct Breathing Exercise,<br>Yogic Breathing<br>Anulome-Vilom Pranayama<br>Surya-Bhedhan Kumbhaka<br>Pranyama<br>Ujjayi Kumbhaka Pranayama<br>Bhramari Kumbhaka Pranayama | Nadi-shodhana<br>Pranayama<br>Shitali Kumbhaka<br>Pranayama<br>Bhastrika Kumbhaka<br>Pranayama |

#### **Testing & Evaluation:**

##### **Internal Assessment = 10 marks**

Performance of the Yogic techniques = 4 marks

Assignment, Class Discipline, Attendance = 6 Marks

**External Evaluation = 40 marks**

Performance (Pranayama's) = 20 marks

Practical record writing file = 10 marks

Viva = 10 marks

- Allotted Maximum Marks for Yoga Practical: The External – Examiner shall conduct practical demonstration according to following scheme:

| Paper No | Subject    | Compulsory & Optional From Attached List | Practical Demonstration | Total |
|----------|------------|------------------------------------------|-------------------------|-------|
| 106-C    | Pranayamas | Any four                                 | 20                      | 20    |

**PAPER 106****D- BANDHAS, MUDRAS AND MEDITATION -I****Credit = 2****Hours = 30 hrs.****Total Marks = 50****External = 40****Internal = 10****OBJECTIVES:**

1. To enable the student teachers to understand the techniques of performing various Bandhas, Mudras and Meditation.
2. To enable the students to perform various Bandhas, Mudras and Meditation correctly and to know their benefits.

**GUIDELINES FOR THE EXAMINER:****RECORD FILE:**

- ONE separate practical record file shall be required to prepare for the examination / subject 106 D which shall be presented at the time of final exam.
- Above file should be duly checked and signed by the related internal teachers.
- After the exam, record file would have to deposit in college office as a record.
- There would be separate parts in the same one file as follow:

| Paper No | Subject           | Topics To Attempt                                        |
|----------|-------------------|----------------------------------------------------------|
| 106-D    | <b>Bandha-s</b>   | <b>Any Two</b><br>(1 from compulsory & 1 from optional)  |
|          | <b>Mudra-s</b>    | <b>Any five</b><br>(4 from compulsory & 1 from optional) |
|          | <b>Meditation</b> | <b>Any Two</b><br>(1 from compulsory & 1 from optional)  |

**DETAILS OF CONTENTS:**

| Paper Code | Paper          | Compulsory Contents                                                                                                   | Optional Contents                                         |
|------------|----------------|-----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|
| 106-D      | <b>BANDHAS</b> | 1. Jalandar Bandha<br>2. Moola Bandha                                                                                 | 1. Uddiyanabandha<br>2. Mahabandha                        |
|            | <b>MUDRAS</b>  | 1. Mahamudra<br>2. Braham Mudra<br>3. Gyanmudra<br>4. Chinmudra<br>5. Vishnu/Nasighara/Pranav mudra<br>6. Tadagimudra | 1. Nabhomudra,<br>2. Khecharimudra<br>3. Vipritkarnimudra |

|  |                   |                                                                                                                            |                                                                         |
|--|-------------------|----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|
|  |                   | 7. Sambhavamudra                                                                                                           |                                                                         |
|  | <b>MEDITATION</b> | Healing at the Physical Level<br>Cyclic Meditation (S-Vyasa)<br>Mindfulness based Stress Reduction<br>Technique (Kabatzin) | Healing at the Prana Level<br>Vipasana Meditation<br>Preksha Meditation |

#### **Testing & Evaluation:**

##### **Internal Assessment = 10 marks**

Performance of the Yogic techniques = 4 marks

Assignment, Class Disciple, Attendance = 6 Marks

##### **External Evaluation = 40 marks**

Performance (Pranayama's) = 20 marks

Practical record writing file = 10 marks

Viva = 10 marks

- Allotted Maximum Marks for Yoga Practical: The External – Examiner shall conduct practical demonstration according to following scheme:

| <b>Paper No</b> | <b>Subject</b>    | <b>Compulsory &amp; Optional From Attached List</b> | <b>Practical Demonstration</b> | <b>Total</b> |
|-----------------|-------------------|-----------------------------------------------------|--------------------------------|--------------|
| <b>106-D</b>    | <b>Bandha</b>     | Any two                                             | 05                             | <b>20</b>    |
|                 | <b>Mudra</b>      | Any four                                            | 10                             |              |
|                 | <b>Meditation</b> | Any two                                             | 05                             |              |

#### **PAPER: 107: Field Work (Special Yoga Therapy Technique)**

**Credit = 4**

**Hours = 60**

**Total Marks = 100**

**External = 60**

**Internal = 40**

#### **Objective:**

- To get the practical experience of handling different ailments through Yogic techniques.
- To get practical experience in community/Institute based Yoga Centre in Rural and Urban areas.

#### **Instructions:**

After Completion of In-house Examination, The students must visit to Yoga therapy centres. During field training students are expected to carry out the following tasks:

- The students are expected to administer Yoga Therapy for different 10 cases covering all the ailments and record it.
- He/ She are expected to take 5 case studies of different ailments with disease specific parameter before and after particular Yoga therapy administration and make a Project file.
- Among the 15 cases he/she should make a power point presentation of two cases.

#### **Note:**

Students will be visited to urban and rural community based Yoga Centre to give Yoga Therapy under the supervision of any experienced teacher and will submit their report.

#### **Examination Evaluation:**

- Students shall be examined based on the knowledge acquired with respect to parameter

and the case history of the Patients.

- Students shall also be examined based on the presentation of two cases from file work and the quality of his/her understanding, Knowledge and work.

**Testing & Evaluation:**

**Internal Assessment = 40 marks**

Assignment = 10 marks

Class Discipline & behavior = 20 marks

Attendance = 10 Marks

**External Evaluation = 60 marks**

Record writing field work = 20 marks

2 cases Presentation = 20 marks

Viva = 20 marks

**PART C**

**CLINICAL EXAMINATION AND VIVA VOCE**

Clinical Examination will be conducted to test the ability of the students to understand the patients' health problem and select suitable yoga practices. To enable the students to handle and use different Laboratory Equipment/tests for Investigations for diagnostic purposes and shall consist of TWO parts:

**PAPER 108**

**A – PHYSIOLOGICAL AND BIO-CHEMISTRY PARAMETERS**

**Credit = 2**

**Hours = 30**

**Total Marks = 60**

**External = 48**

**Internal = 12**

**OBJECTIVES:**

1. To enable the students to have hands on experience in establishing a direction towards diagnostic testing for patients suffering from common disorders.
2. To enable the students to have hands on experience in the measurement of diagnostic testing.

**GUIDELINES FOR THE EXTERNAL EXAMINER:**

The examiner shall conduct the practical in any **three** of the following areas and shall conduct viva voce and written exam accordingly. The students shall be required to maintain the record of internal examination and practices. The same record shall be presented to external examiner at the time of final examination. Below 40% score shall be considered not qualified.

**COURSE CONTENTS:**

1. Pulse Rate
2. Temperature (Skin/Oral)
3. Blood Pressure
4. Hemoglobin
5. Blood Test (Hb, Glucose, LFT or RFT)
6. Urine Analysis (Glucose, Ketone Bodies)
7. BMI
8. Skin Fold Thickness (Biceps and Triceps)

**Note:** The students should be given hands on experience in bio-chemistry lab settings. Some experience should also be provided in the clinical settings under the supervision of registered and recognized medical professionals.

### **PAPER 108**

#### **B- PSYCHOLOGICAL PARAMETERS**

**Credit = 2**  
**Hours = 30**

**Total Marks = 40**  
**External = 32**  
**Internal = 08**

#### **OBJECTIVES:**

1. To enable the students to have hands on experience in establishing a direction towards psychological diagnostic testing for patients suffering from common disorders.
2. To enable the students to have hands on experience in the measurement of psychological testing.

#### **GUIDELINES FOR EXAMINER:**

The examiner shall conduct the practical in any **two** of the following areas and shall conduct viva voce and written exam accordingly. The students shall be required to maintain the record of internal examination and practices. The same record shall be presented to external examiner at the time of final examination.

#### **COURSE CONTENTS:**

1. Stress
2. Span of Attention
3. Anxiety
4. Yoga Attitude Scale
5. Personality Types
  - (a). Psychological Testing Based (At least one)
  - (b). Ayurveda Tridosha Based (At least one for each dosha types)

**Note:** The students should be given hands on experience in psychology lab settings. Some experience should also be provided in the clinical settings under the supervision of registered and recognized professionals from the field.

#### **REFERENCE BOOKS:**

1. Research methods: published SVYASA, Bangalore.
2. Hutchinson's Clinical Methods etc.
3. Woodworth & Schlosberg's Experimental Psychology; Holt, Rinehart and Winston, 1971
4. Arthur Gilbert Bills General Experimental Psychology; Kessinger Publishing, LLC, 2006

**SEMESTER – II**  
**PART A: THEORY**

**PAPER 201 – FOUNDATIONS OF YOGA- II**

**Credit = 4**  
**Hours = 60**

**Total Marks = 100**  
**External = 80**  
**Internal = 20**

**OBJECTIVES:**

1. To provide detailed knowledge about the basic and axiological concepts of Upanishads regarding Yoga.
2. To familiarize the students with the basic precepts of Yogic Upanishads and Bhagwat Geeta with regarding to Yoga.
3. To make them know about the great ancient and modern Yoga masters and their contribution in Yoga.
4. To provide elementary knowledge about the basic Sanskrit texts.
5. To enable the students to translate the prescribed shaloks into any of the Modern Indian Languages.

**INSTRUCTIONS FOR THE PAPER – SETTER:**

1. Eleven questions in all shall be set.
2. Ten questions shall be set out of the entire syllabus selecting at least two questions from each unit and the nature of the answers should be essay type. The students shall be required to attempt at least one question from each unit. Each question shall carry 12 marks.
3. Eleventh question shall be compulsory. It shall have FIVE questions for 04 marks each, selecting one each from each unit and the answers should be limited to the maximum word limit of 75 words each.
4. Total marks shall be 80 and the time allowed shall be 03 hours.
5. Below 40% score shall be considered not qualified.

**UNIT - 1**

**ESSENCE OF PRINCIPLE UPANISHADS:**

**(12 hours)**

- A. Upanishads: Introduction, meaning, origin of Upanishads, Elementary knowledge of Upanishadic philosophies, Antiquity of Upanishads.
- B. Ishavasyopanishad: Concept of Vidya & Avidya, Kenopanishad: Yaksha Upakhyana and Kathopanishad: Definition of Yoga & Importance of Self-realization.
- C. Prashnopanishad: Six Main questions, Mandakopanishad: Brahmanvidya – (Para and Apra) and Mandukyopanishad: Four states of Consciousness.
- D. Aitareyopanishad: Concept of Atma, Universe & Brahman, Taittiriyanopanishad: Concept of Pancha Kosha, and Chhandogyanopanishad: Om (Udgitha) Meditation.

**UNIT – 2**

**ESSENCE OF YOGA UPANISHADS:**

**(12 hours)**

- A. Yoga Upanishad: Numbers of Yoga Upanishad, Yogakundali Upanishad: Types of Pranayama.
- B. Yogachudamani Upanishad: six limbs of Yoga, and Trishikhibrahmanopanishad: Ashtangayoga.
- C. Yogatattva Upanishad: Mantra, Laya, Hatha and Rajayoga and Dhyandopanishad: Techniques of Pranav Meditation & Shadanyoga
- D. Nadabindopanishad: 12 matras of Omkar & Types of Nadas, and Yogarajopanishad: Mantra, Laya, Hatha & Rajayoga.

### UNIT – 3

#### ESSENCE OF SRIMAD BHAGWAT GEETA:

(12 hours)

- A. Srimad Bhagwat Geeta: Introduction, meaning, aim and objectives of life.
- B. Concept and characteristics of Aatama (Soul) – death – karmas, Sthith-pragya, bondages and liberations.
- C. Nature and types of Karmayoga, Bhaktiyoga and Jnanayoga (Gyanyoga); nature and symptoms of a Yogi.
- D. Concept and classification of Ahara, Triguna and its role in Adhyatma Sadhana.

### UNIT – 4

#### ESSENCE OF YOGA VASISTHA

(12 hours)

- A. Introduction and Salient features of Yogavasishtha, Definitions of Yoga in and their relevance.
- B. Concept of Adhis and Vyadhis; Psychosomatic Ailments
- C. The four Dwarpaals to freedom
- D. Eight limbs of Meditation; Jnana Saptabhumika.

### UNIT – 5

#### SANSKRIT TEXT:

(12 hours)

1. Raghuvamshamahakavyam- Ist Sarga, 1-25 Shlokas.
2. Study of following Shlokas from Panchtantra: Mitrabheda-20,22,23,81,118 & Mitraprapti- 2,7,25,36,40,80
3. Kakolukiyam -7,24,57,59,75, & Labdha Pranasham -11,13,41,64,68
4. Apreekshitakaraka -11,15,16,26,34

#### REFERENCE BOOKS:

1. Chinmayananda, Swami. (2006). The Holy Geeta. Mumbai, Central Chinmaya Mission Trust.
2. Gupta, S.N. Das. (1987). Yoga Philosophy in Relation to other system of Indian Thought, New Delhi, Moti Lal Banarsi Dass.
3. Hiriyanna, M., (1995). The Essentials of Indian Philosophy. New Delhi, Motilal Banarasidas Publishers.
4. Kriyananda, Swami. (2006). The Essence of the Bhagawad Gita. Gurgaon, Ananda Sangha Publications.
5. Nagendra, H.R. (1993). Yoga in Education. Bangalore, Vivekananda Kendra.
6. Panchatantra: Raghuvamshamahakavyam of Kalidasa
7. Raju, P.T. (1982). The Philosophical Traditions of India. Delhi, Moti Lal Banarsi Dass.
8. Reyna, Ruth. (1971). Introduction to Indian Philosophy. New Delhi, Tata McGraw-Hill Publishing Co. Ltd.
9. Sabda Manjari & Dhatu Manjari
10. Sivananda Swami : The Bhagwat Gita.
11. T.R. Kulkarni: Upnishad and Yoga, Bhartiya Vidya Bhawan, Bombay.
12. Tamini, I.K. (1973). Glimpses into Psychology of Yoga. Adyar, Madras, The Theosophical Publishing House.
13. Villodo, Alberto. (2007). Yoga, Power and Spirit. New Delhi, Hay House Inc.
14. Vivekananda, Swami. (2007). Raj Yoga. Calcutta, Ramakrishna Vedanta.

**PAPER 202 – PATANAJALA YOGA DARSHAN**

**Credit = 4**  
**Hours = 60**

**Total Marks = 100**  
**External = 80**  
**Internal = 20**

**OBJECTIVES:**

1. To enable the students to have basic knowledge of traditional Yogic texts.
2. To enable the students to understand the basic concepts contained in Patanjala Yoga Sutra.

**INSTRUCTIONS FOR THE PAPER SETTERS:**

1. Eleven questions in all shall be set.
2. Ten questions shall be set out of the entire syllabus selecting at least two questions from each unit and the nature of the answers should be essay type. The students shall be required to attempt at least one question from each unit. Each question shall carry 12 marks.
3. Eleventh question shall be compulsory. It shall have FIVE questions for 04 marks each, selecting one each from each unit and the answers should be limited to the maximum word limit of 75 words each.
4. Total marks shall be 80 and the time allowed shall be 03 hours.
5. Below 40% score shall be considered not qualified.

**UNIT – 1**

**PATANJALAYOGASUTRA**

**(12 hours)**

- A. Brief Introduction to Patanjala Yoga Sutra and its author
- B. Traditional Commentaries and Commentators of Patanjala Yoga Sutra
- C. Nature of Yoga according to Patanjali in light of Vyasa-bhasya and other traditional commentators.
- D. Concept of Citta, Citta-bhumis and Anthakarana-s

**UNIT – 2**

**PATANJALAYOGASUTRA – SAMADHI PAAD**

**(12 hours)**

- A. Definition of Yoga, State of Yoga, Nature and Kind of Vrittis, Way to control Citta-Vrittis(Sutra 1-16).
- B. Sampragyat and Asampragyat Samadhi-s, Foundation of Samadhi and Concept of Ishwar and Pranav(Sutra 17-29).
- C. Nature and importance of Citta-Vikshepa and Sahabhuv, Management of Citta-vikshepa, Citta-parsadhanam(Sutra 30-40).
- D. Importance of Smapati State, Nature and concept of Savitarka & Nirvitarka Samadhi, Savichara and Nirvichara. Ritambra Pragma, Sabija & Nirbhija Samadhi (Sutra 41-51).

**UNIT – 3**

**PATANJALAYOGASUTRA – SADAHNA PAAD**

**(12 hours)**

- A. Nature and purpose of Kriya Yoga, Nature of Kleshas and their management(Sutra 1-11).
- B. Nature of Dukh (Misery) and its Management (Sutra 12-19)
- C. Nature of Drashta, Nature and effect of Avidya, Kaivalya of Drashta (Sutra 20-24)Nature & management of Hanopaya (Sutra 25-27)
- D. Purposes of Yoga Limbs, Nature and effect of Yama & Niyama (Sutra 28-45), Nature and effect of Asana-s, Pranamaya, Pratyahara (Sutra 46-55)

**UNIT – 4**

**PATANJALAYOGASUTRA – VIBHOOTI PAAD**

**(12 hours)**

- A. Nature and effect of Dharana, Dhyana, Samadhi & Samyama (Sutra-1-8)
- B. Nature and effect of Citta & Indriya Parinama (Sutra 9-15)
- C. Nature, importance and effects of Samayam (Sutra 16-54)

- D. State of Kaivalya (Sutra 55)

#### **UNIT – 5**

#### **PATANJALAYOGASUTRA – KAIVALYA PAAD**

**(12 hours)**

- A. Sources of Siddhies & Ideal conditions for fructification of Siddhis, Nature of Ordinary and Yogic Citta & Karma-s of Yogi (Sutra 1-7)
- B. Destruction of Vaasnas (Attachments) & Changeless nature of Purusha (Sutra 8-25)
- C. Nature and effects of Dharma-Megha-Samadhi & Nature of Kaivalya (Sutra 26-34)
- D. Application of Patanjala Yoga Sutra in stress Management.

#### **REFERENCE BOOKS:**

- 1. Acharya, Swami Hariharanand, (1991) Patanjali Yoga Darshan, Moti Lal Banarsi Dass, New Delhi.
- 2. Patanjali Yoga Pradeepa Omananda Tirtha- Geeta Press, Gorakhpur.
- 3. Satyananda, Swami.(1983). Four chapters on freedom (commentary on the Yoga sutras of Patanjali). Munger,Bihar School ofYoga.
- 4. Tirtha, Pradeepa Omananda. (1999). Patanjali Yoga. Gorakhpur, GeetaPress.
- 5. Vivekananda, Swami. (1999). Rajayoga. Pune,Ramakrishna AshramaPublications.
- 6. Yoga Darshan : Swami Niranjanananda-Sri Panchadashanam Paramahansa Alakh Bara, Deoghar
- 7. Yogasutras of Patanjali - Hariharananda Aranya, University of Calcutta Press, Calcutta.

#### **Paper 203: YOGA THERAPY AND ALLIED AREAS**

**Credit = 4**  
**Hours = 60**

**Total Marks = 100**  
**External = 80**  
**Internal = 20**

#### **OBJECTIVES:**

- 1. To enable the students to know about the basics of Ayurveda.
- 2. To enable the students to understand the relationship between Ayurveda and Yoga.
- 3. To enable the students to understand the concept of holistic health and its relationship with Ayurveda and Yoga.
- 4. To provide elementary knowledge of Allopathic, Physiotherapy, Massage, and Reiki system of health and fitness to the students.
- 5. To enable the students to know the comparison among allopathic, physiotherapy, massage and Reiki system of health and fitness with Yoga therapy.
- 6. To develop common and basic understanding of Yoga therapy and allied therapies to the students.

#### **INSTRUCTIONS FOR THE PAPER SETTERS:**

- 1. Eleven questions in all shall be set.
- 2. Ten questions shall be set out of the entire syllabus selecting at least two questions from each unit and the nature of the answers should be essay type. The students shall be required to attempt at least one question from each unit. Each question shall carry 12 marks.
- 3. Eleventh question shall be compulsory. It shall have FIVE questions for 04 marks each, selecting one each from each unit and the answers should be limited to the maximum word limit of 75 words each.
- 4. Total marks shall be 80 and the time allowed shall be 03 hours.
- 5. Below 40% score shall be considered not qualified.

## **UNIT – 1**

### **YOGA AND AYURVEDA**

**(12 hours)**

- A. Ayurveda – its introduction, meaning, definition, origin, subject – matter, aims and objectives, scope.
- B. Elementary knowledge of main Ayurvedic texts – Charak, sushrut, Ashtang Sangrah.
- C. Ayurvedic concept of Health and Disease, concept of Tridosha, dhatus and mala – their importance in health. Relationship of Yoga and Ayurveda, importance of Yoga in Ayurveda and vice-versa. Nature and importance of Yoga according to Ayurveda.
- D. Panchkarma: meaning, concept, principles, Emerging trend of Panchkarma treatment; Nature of Panchkarma – Purv – Pardhaan – Pashchaat karma and their importance; Panchkarma and Shatkarma - their comparative study.

## **UNIT - 2**

### **YOGA AND NATUROPATHY**

**(12 hours)**

- A. Naturopathy – its introduction, meaning, history, nature and basic principles, scope and importance in modern age.
- B. Diet & Fasting: Basis of Diet and its type; Fasting Therapy: Type and importance, Precaution to be taken, Indications and Contraindications.
- C. Hydrotherapy and Mud therapy: Mud therapy: Definition, Types, Preparation and method of application, benefits, indication and Contraindication; Hydrotherapy: Physiological and therapeutic properties, Hydrotherapy interventions: hip bath, steam bath, Enema, Packs, compress, fomentation.
- D. Relationship of Yoga and Naturopathy, importance of Yoga in naturopathy and vice – versa.

## **UNIT – 3**

### **YOGA AND ALLOPATHY**

**(12 hours)**

- A. Allopathy: elementary introduction, meaning, historical-background, concept of health and disease, basic – principles, importance and scope of allopathic system of medicine.
- B. Physiotherapy: introduction, its importance in allopathic system, types, fields and modalities, scope of co-operation between yoga therapy and physiotherapy.
- C. Psychotherapy: Techniques and evaluation of Psychotherapy; Yoga & Psychotherapy; Clinical application of Yoga in Psychotherapy.
- D. Yoga & Allopathy: Scope of co-operation between Yoga therapy and Allopath system of health with special reference the area and department of social preventive medicine (SPM), Psychiatric, drug de-addiction centers and medical research.

## **UNIT – 4**

### **YOGA AND ALTERNATIVE TREATMENTS- I**

**(12 hours)**

- A. Manipulative Therapy: Introduction, Types of movement, benefits, Indication and contraindication.
- B. Chromo and Magneto Therapy: Introduction to chromo therapy, Physiological and Psychological effects of color, Introduction to Magneto therapy, Physiological and Psychological effects of Magnet.
- C. Aroma Therapy and Acupressure: Introduction to Aromatherapy, Modes of Application, Indication and contraindication. Acupressure: Meaning, historical background, Basis of acupressure and reflexology, precautions
- D. Massage Therapy and Spa Therapy: its introduction, meaning, types, various techniques, oils, preventive and therapeutic importance, precautions, and importance in Yoga therapy; Spa Therapy: its introduction, meaning, historical background, nature, types, health importance, scope of co-operation between Yoga therapy and Spa therapy.

## UNIT – 5

### YOGA AND ALTERNATIVE TREATMENTS- II

(12 hours)

- A. Siddha- Brief history, Basic principles, Concept, mode of action, Diagnosis and treatment, drugs and benefits.
- B. Unani- Introduction, concept and principles; basic elements, branches of Unani, and treatment.
- C. Homeopathy: Brief Introduction and history, Cardinal Principles, Philosophy and effectiveness of homeopathy, Treatment, benefits, Indication and contraindication.
- D. Reiki – its introduction, meaning, origin, history, nature, basic principles, scope and levels, importance in health and modern age, concept of energy flow and field according to Reiki. Way to increase the energy flow and management of obstacle of energy flow.

### RECOMMENDED BOOKS:

1. Ajaya, Swami, Yoga Psychology: The Himalayan international institute of Yoga science and philosophy of the U.S.A., RR I, Box 400, Honesdale, Pennsylvania – 18431 (1976)
2. Birch, Beryl Bender: Beyond Power Yoga: Priion Books limited, Almpieral works, perren Street, London. (2000)
3. Charakasamhita of Charaka Astang Hridaya – Vagbhata
4. Chauhan, Dr. Jahan singh, (2016), Allopathic Diagnosis & Treatment (Hindi), Chaukhamba orientalia , Varanasi.
5. Coulter, H. David., Anatomy of Hath Yoga: Motilal banarsidass publishers pvt. Ltd. Delhi. (2006)
6. Dash Vaidya Bhagwan: A handbook of Ayurveda. Chauhan, partap: Eternal health– the essence of Ayurveda.
7. Frawley David: Ayurveda: Natures medicine. Frawley David: Yoga and Ayurveda.
8. Frawley David: Yoga for your type. Frawley David: Yoga and the sacred Fire. Frawley David: Neti: healing secrets of Yoga and Ayurveda.
9. Frawley, David & at all: Yoga for your type: New age books, A-44, Naraina industrial Area, Ph- I, New Delhi (India) 110028. (2001)
10. Frawley, Dr. David, Ayurveda and the Mind: Motilal banarsidass publishers pvt. Ltd. Delhi. (2004)
11. Gore, M.M., Anatomy and Physiology of Yogic Practices: Dilip Majgaonkar, saptahik mudran, 1025, sadashiv peth, pune (1997)
12. Joshi, S.V.: Ayurveda and Panchkarma. Stiles, Mukkunda: Ayurvedic Yoga theory.
13. Panday, Dr. S.N. (2013), Modern Allopathic Chikitsa, (Hindi), Aditya Publishers, Kolkatta.
14. Ranade, Subhash: Health and disease in Ayurveda and Yoga. Sharma, Ajay Kumar: Diagnostic methods in Ayurveda.
15. Ray, Kaviraj Dharendra Nath: Principles of tridosha in Ayurveda. Kulkarni, P.H.: Ayurveda philosophy.
16. Saraswati, Swami Muktibodhananda: Hath Yoga Pradipika: Bihar School of Yoga, Munger, India (1993)
17. Saraswati, Swami Niranjanananda: Yoga Darshan: Yoga publications trust, Munger, Bihar, india, (2005)
18. Saraswati, Swami Satyananda: Yoga publications trust, Munger, Bihar, India. (2008)
19. Sharma, Narendra: Reiki – Shparsh Chikitsa (Hindi) Manoj publications, 761, main road, Buradi, Delhi – 110084 (1998)
20. Stiles, Mukunda: Ayurvedic Yoga Therapy: New age books, A-44, Naraina phase-I, New

Delhi. (2008)

21. Stiles, Mukunda: Structural Yoga therapy: adapts to the individual. Frawley David: Ayurveda and the mind.
22. Sui, Choa Kok, Pranic Healing: Institute for inner studies, INC, svekal building, 855, pasay Road, corner Amorsolo St. , Metro Manila, Philippines, ((1987)
23. Vivekananda, Dr. Rishi, Practical Yoga Psychology: Yoga publications trust, Munger, Bihar, India. (2006)
24. Yoga and Ayurved – by Dr. Ram Harsh Singh Ranade, Subhash: Ayurvedic Panchkarma.
25. Yoga and Ayurved – by Raj Kumar Jain

#### **PAPER 204 – YOGA THERAPY FOR HEALTH MANAGEMENT**

**Credit = 4**  
**Hours = 60**

**Total Marks = 100**  
**External = 80**  
**Internal = 20**

#### **OBJECTIVES:**

1. To enable the student to know and understand the nature of Yoga therapy and its components.
2. To enable the student to know and understand the nature of general physical disorders and their Yogic management.
3. To enable the student to know and understand the causes and symptoms of mental as well social disorders and their impacts and complications.
4. To enable the students to know and understand the Yogic management of mental and social disorders.

#### **INSTRUCTIONS FOR THE PAPER SETTERS:**

1. Eleven questions in all shall be set.
2. Ten questions shall be set out of the entire syllabus selecting at least two questions from each unit and the nature of the answers should be essay type. The students shall be required to attempt at least one question from each unit. Each question shall carry 12 marks.
3. Eleventh question shall be compulsory. It shall have FIVE questions for 04 marks each, selecting one each from each unit and the answers should be limited to the maximum word limit of 75 words each.
4. Total marks shall be 80 and the time allowed shall be 03 hours.
5. Below 40% score shall be considered not qualified.

#### **UNIT – 1**

##### **NATURE OF YOGA THERAPY**

**(12 hours)**

- A. Yoga therapy: its meaning, concepts, principles, scope and limitations.
- B. Components of Yoga Therapy: Basic and main components of Yoga therapy and their therapeutic importance. Importance and application of Indian Systems of Medicine i.e. Ayurveda, Naturopathy and Siddha Systems of Medicine.
- C. Yogic concept of Health; Role of Shuddhi Prakriyas in preventive Health- Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shatkarma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)
- D. Physical Health & disorders: its meaning, nature and chief characteristics of Health and Disorders. General causes of physical disorders and Yoga therapeutic approach for their management.

## **UNIT – 2**

### **SKELTON & MUSCULAR SYSTEM DISORDERS**

**(12 hours)**

- A. Arthritis: Rheumatoid Arthritis & Osteoarthritis: its meaning, mechanism, general causes, symptoms, and Yoga therapy
- B. Cervical Spondylosis, Lumbar Spondylosis and Back-pain: its meaning, mechanism, general causes, symptoms, and Yoga therapy
- C. Intervertebral disc Prolapse & Repetitive Strain Injuries: its meaning, mechanism, general causes, symptoms, and Yoga therapy
- D. Postural Deformity & Muscular dystrophy: its meaning, mechanism, general causes, symptoms, and Yoga therapy

## **UNIT – 3**

### **CARDIO VASCULAR AND RESPIRATORY SYSTEM DISORDERS**

**(12 hours)**

- A. Hyper - Hypo tension (Blood Pressure)& Cardiac Arrest : meaning, mechanism, general causes, symptoms, and Yoga therapy
- B. Atherosclerosis, Coronary Artery Diseases and Varicosity of Veins: meaning, mechanism, general causes, symptoms, and Yoga therapy
- C. Allergic Rhinitis, Sinusitis & Chronic obstructive pulmonary disease (COPD) : meaning, mechanism, general causes, symptoms, and Yoga therapy
- D. Chronic Bronchitis & Bronchial Asthma: meaning, mechanism, general causes, symptoms, and Yoga therapy

## **UNIT - 4**

### **DIGESTIVE AND ENDOCRINAL SYSTEM DISORDERS**

**(12 hours)**

- A. Gastritis, Irritable Bowel Syndrome and Constipation: meaning, mechanism, general causes, symptoms, and Yoga therapy
- B. Colitis, Piles, and Obesity: meaning, mechanism, general causes, symptoms, and Yoga therapy
- C. Diarrhoea, Indigestion and Peptic Ulcers: meaning, mechanism, general causes, symptoms, and Yoga therapy
- D. Hypo & Hyper-Thyroidism & Diabetes Mellitus: meaning, mechanism, general causes, symptoms, and Yoga therapy

## **UNIT - 5**

### **NERVOUS AND REPRODUCTIVE SYSTEM DISORDERS**

**(12 hours)**

- A. Migraine, Schizophrenia and Sciatica pain: meaning, mechanism, general causes, symptoms, and Yoga therapy
- B. Alzheimer, Stress & Insomnia: meaning, mechanism, general causes, symptoms, and Yoga therapy
- C. Menstrual disorders, Prostate disorder and Menopause : meaning, mechanism, general causes symptoms, and Yoga therapy
- D. Dysmenorrhea, Epilepsy and Neurosis: meaning, mechanism, general causes, symptoms, and Yoga therapy

### **REFERENCE BOOKS:**

1. Gharote, M.L. : Pranayama - The Science of Breath (The Lonavala Yoga Institute, Lonavala, 2003)
2. Gore, M.M. : Anatomy and Physiology of Yogic practices (Kanchan Prakshan, Lonavala, 2003)
3. Iyengar, B.K.S. (2010). Light on Pranayama. New Delhi, Harper Collins.
4. Kuvalayananda, Swami, (2000), Yoga therapy: Kaivalaya dhama, Lonavala, Maharashtra.
5. Lajpat, Rai: Discovering Human Potential Energy (Anubhava Rai Publications, Gurgaon, 1999)
6. Monro, Robin, (2005), Yoga for different ailments: SVYASA, Bangalore.

7. Rai, Lajpat, Sawhney, R.C. and Selvamurthy, W.Selvamurthy (1998). Meditation Techniques, their Scientific Evaluation. Gurgaon, Anubhav Rai Publication.
8. Ram, Swami. (1999). A Practical Guide to Holistic Health. Pennsylvania, Himalayan Institute of Yoga.
9. Saraswati, Swami Satyananda. (2005). Asana, Pranayama, Mudra, Bandha. Bihar School of Yoga Munger.
10. Shivananda, Swami, (2001), Yogic therapy: Umachal Yoga ashram, Kamakhya, Assam.
11. Singleton, Mark. (2010). Yoga Body – The origins of Modern posture Practice. Oxford, Oxford University Press.
12. 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)
13. Swami Kuvalyananda : Pranayama(Kaivalyadhama, Lonavala, 1983)
14. Swami Satyananda : Asana, Pranayama, Mudra, Bandha Saraswati (Bihar School of Yoga, Munger, 1989)

#### **PAPER 205- REVIEW OF SCIENTIFIC YOGIC RESEARCH**

**Credit = 4**  
**Hours = 60**

**Total Marks = 100**  
**External = 80**  
**Internal = 20**

#### **Objectives:**

After the completion of the paper, the students should be able to

1. Get scientific research knowledge about Yoga practices on different diseases.
2. Prepare Yoga Therapy Modules for different diseases.

#### **INSTRUCTIONS FOR THE PAPER SETTERS:**

1. Eleven questions in all shall be set.
2. Ten questions shall be set out of the entire syllabus selecting at least two questions from each unit and the nature of the answers should be essay type. The students shall be required to attempt at least one question from each unit. Each question shall carry 12 marks.
3. Eleventh question shall be compulsory. It shall have FIVE questions for 04 marks each, selecting one each from each unit and the answers should be limited to the maximum word limit of 75 words each.
4. Total marks shall be 80 and the time allowed shall be 03 hours.
5. Below 40% score shall be considered not qualified.

#### **UNIT -1**

#### **YOGA RESEARCH ON CHILDREN, HEALTHY PERSONS, FEMALE SUBJECTS AND GERIATRIC**

**(12 hours)**

- A. Research studies on Yoga for Healthy person's well-being, Performance Improvement.
- B. Research studies on Yogic Management of Menstrual abnormalities and Menopausal discomfort.
- C. Research studies on Yoga for pregnancy.
- D. Research studies on children and Geriatric population.

#### **UNIT-2**

#### **YOGA RESEARCH ON MUSCULO-SKELETAL AND CARDIO-RESPIRATORY DISORDERS**

**(12 hours)**

- A. Research studies on Yogic management of Cervical Spondylosis, Lumbar Spondylosis & IVD Prolapse.
- B. Research studies on Yogic management of Ankylosing spondylitis & Spinal Deformities.

- C. Research studies on Yogic management of COPD, Bronchial Asthma & Bronchitis.
- D. Research studies on Yogic management of Allergic Rhinitis, Cardiovascular Diseases, Hypertension, & IHD.

### **UNIT-3**

#### **YOGA RESEARCH ON GASTRO-INTESTINAL & EXCRETORY DISORDERS (12 hours)**

- A. Research studies on Yogic management of Dyspepsia, Peptic ulcer & Gastritis
- B. Research studies on Yogic management of Constipation and IBS.
- C. Research studies on Yogic management of Gastritis and Hyperacidity.
- D. Research studies on Yogic management of urinary incontinence hemorrhoids

### **UNIT-4**

#### **YOGA RESEARCH ON METABOLIC & NEUROLOGICAL DISORDERS (12 hours)**

- A. Research studies on Yogic management of Diabetes and Thyroid disorders.
- B. Research studies on Yogic management of Obesity and Metabolic Syndrome
- C. Research studies on Yogic management of Migraine, Headache and Stroke.
- D. Research studies on Yogic management of Parkinson's diseases, Multiple Sclerosis and Alzheimer's disease.

### **UNIT-5**

#### **YOGA RESEARCH ON PSYCHOLOGICAL & PSYCHIATRIC DISORDERS (12 hours)**

- A. Research studies on Yogic management on Depression and Schizophrenia.
- B. Research studies on Yogic management of PTSD and ADHD.
- C. Research studies on Yogic management of Autism and Anxiety.
- D. Research studies on Yogic management of Insomnia and Obsessive Compulsive Disorder.

#### **Reference Journals & Publications:**

1. **Yoga Mimamsa** – Kaivalyadhama
  2. **Journal of Yoga & Physical Therapy (JYPT)**
  3. **The Indian Journal of Ancient Medicine and Yoga- IJAMY**, Red flower publication
  4. **International Journal of Yoga IJOY** - The journal is an official publication of the Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA University) Bengaluru, India - Medknow publication
  5. **The International Journal of Yoga Therapy (IJYT)** - from IAYT's Symposium on Yoga Therapy and Research (SYTAR) and Symposium on Yoga Research (SYR)- International Association of Yoga Therapists
  6. **Journal of Nature and Science of Medicine (J Nat Sci Med.)** - Wolters Kluwer Medknow Publications - Omics publishing group
  7. **Journal of Yoga Studies (JoYS)** – Open Journal System
  8. **International Journal of Yoga and Allied Sciences (IJOYAS)**
  9. **Journal of Alternative, Complementary & Integrative Medicine**
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**PART B: PRACTICALS**

**PAPER 206**

**A- MANTRA CHANTING AND SHATKRIYAS – II**

**Credit = 2**  
**Hours = 30 hrs.**

**Total Marks = 50**  
**External = 40**  
**Internal = 10**

**OBJECTIVES:**

1. To enable the student to understand how to chant the Mantra-s.
2. To enable the student to understand the technique of performing various Shatkriyas.
3. To enable the student teachers to perform various Shatkriyas correctly and to know their benefits.

**GUIDELINES FOR THE EXAMINER:**

**Record File:**

- Only ONE practical record file shall be required to prepare for the examination / subject 106-A which shall be presented at the time of final exam.
- Above file should be duly checked and signed by the related Yoga Instructor.
- After the exam, record file would have to deposit in college office as a record.
- There would be separate parts in the same one file as follow:

| Paper No | Subject         | Topics To Attempt                                                  |
|----------|-----------------|--------------------------------------------------------------------|
| 206- A   | Mantra Chanting | <b>Any Three</b><br>(2 for Compulsory & 1 for advance)             |
|          | Shatkriyas      | <b>Any Seven with detail</b><br>(4 for Compulsory & 2 for Advance) |

**DETAILS OF CONTENTS:**

| Paper Code | Contents        | Compulsory Contents                                                                                                                      | Optional Contents                                          |
|------------|-----------------|------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|
| 206- A     | Mantra Chanting | Sage Patanjali – योगेनचित्तस्यपदेन.....<br>Opening Prayer Mantra – ॐ संगच्छध्वंसंवदध्वं<br>.....                                         | Maha Mrityunjaya<br>Mantra<br>Panchakshar Mantra           |
|            | Shatkriyas      | 1.Dhauti –Vaman & Vaster Dhauti<br>2.Neti –Sutra Neti,<br>3.Nauli – Vama, Dakshina &<br>Madhyama<br>4.Kapalbhati– Vyutkarma & Sheetkarma | 1.<br>Shankhprakashalan<br>2. Dand Dhauti<br>3. Gajakarani |

**Testing & Evaluation:**

**Internal Assessment = 10 marks**

Performance of the Yogic techniques = 4 marks  
Assignment, Class Disciple, Attendance = 6 Marks

**External Evaluation = 40 marks**

Performance (Mantra Chanting & Shatkriya) = 20 marks  
Practical record writing file = 10 marks  
Viva = 10 marks

Allotted Maximum Marks for Yoga Practical: The External Examiner shall conduct practical demonstration according to following scheme:

| Paper No | Subject         | Compulsory From Attached List | Advance From Attached List | Practical Demonstration | Total |
|----------|-----------------|-------------------------------|----------------------------|-------------------------|-------|
| 206 - A  | Mantra Chanting | Any One                       | Any One                    | 05                      | 20    |
|          | Shatkriyas      | Any Two                       | Any One                    | 15                      |       |

**PAPER 206**

**B- YOGASANA-S - II**

**Credit = 2**  
**Hours = 30 hrs.**

**Total Marks = 50**  
**External = 40**  
**Internal = 10**

**OBJECTIVES:**

1. To enable the student to understand the technique of performing various Asanas.
2. To enable the student to perform various Asanas correctly and to know their benefits.

**GUIDELINES FOR THE EXAMINER:**

**RECORD FILE:**

- ONE separate practical record file shall be required to prepare for the examination / subject 106-B which shall be presented at the time of final exam.
- Above file should be duly checked and signed by the related Yoga Instructor.
- After the exam, record file would have to deposit in college office as a record.
- There would be separate parts in the same one file as follow:

| Paper No | Subject          | Topics To Attempt                                                                 |
|----------|------------------|-----------------------------------------------------------------------------------|
| 206- B   | Sukhshma Vyayama | Any four with detail                                                              |
|          | Sthula Vyayama   | Any Two with detail                                                               |
|          | Yogasanas        | Any Six – from Compulsory & any Two optional (Advance) attached list with detail. |

**DETAILS OF CONTENTS:**

| PAPER CODE | CONTENTS                      | COMPULSORY CONTENTS                                                                                                                                                                                                                | OPTIONAL CONTENTS                                                                                   |
|------------|-------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| 206- B     | <b>Yogic Sukshma Vyayamas</b> | Bhuja-bandhasakti-vikasaka<br>Kohinishakti-vikasaka<br>Purna-bhujashakti-vikasaka<br>Mani-bandshakti-vikasaka<br>Vaksa-sthalashakti-vikasaka<br>Udarasakti-vikasaka- I to X<br>Janghashakti-vikasaka I & II<br>Janushakti-Vikasaka | Pindalishakti-vikasaka<br>Pada-mulashakti-vikasaka<br>Padangulishakti-vikasaka                      |
|            | <b>Yogic Sthula Vyayamas</b>  | Rekha-gati<br>Hridgati (Injan dour)<br>Utkuradan (Jumping)                                                                                                                                                                         | Urdha-gati<br>Sarvang-pusti                                                                         |
|            | <b>Yogasana</b>               | 1. Ashtanga Vinyasa Series -1 & 2<br><b>STANDING - ASANAS</b><br>1. Konasana<br>2. Parshva-Konasana<br>3. Parivrtta Trikonasana<br>4. Vatayanasana                                                                                 | Natarajasana<br>Garbhasana<br>Vibhakat-<br>Pashchimottanasana<br>Uttanamundukasana<br>Yoganidrasana |

|  |  |                                                                                                                                                                               |                                             |
|--|--|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|
|  |  | <b>SITTING ASANAS</b><br>1. Jannu-shirsasana,<br>Paschimotasana<br>3. Utthita & Badh-Padmasana<br>4. Gomukhasana<br>5. Ushterasana<br>6. Matsyendrasana<br>7. Supta-Vajrasana | Bakasana<br>Omkarasana<br>Padma-shirshasana |
|  |  | <b>LYING- SPINE ASANAS</b><br>Naukasana (Spinal)<br>awanmuktasana<br>aranpeedasana<br>hakrasana<br>ttanpadasana                                                               |                                             |
|  |  | <b>LYING – PRONE ASANAS</b><br>1. Purna-Bhujangasana<br>2. Shalabhasana<br>3. Naukasana (abdominal)                                                                           |                                             |

**Testing & Evaluation:**

**Internal Assessment = 10 marks**

Performance of the Yogic techniques = 4 marks

Assignment, Class Disciple, Attendance = 6 Marks

**External Evaluation = 40 marks**

Performance (Sukshma Vyayamas, Yogasana's) = 20 marks

Practical record writing file = 10 marks

Viva = 10 marks

Allotted Maximum Marks for Yoga Practical: The External Examiner shall conduct practical demonstration according to following scheme:

| Paper No | Subject                       | Compulsory From Attached List                                                  | Advance From Attached List | Practical Demonstration | Total |
|----------|-------------------------------|--------------------------------------------------------------------------------|----------------------------|-------------------------|-------|
| 206 - B  | <b>Yogic Sukshma Vyayamas</b> | Any three                                                                      | Any One                    | 05                      | 20    |
|          | <b>Sthula Vyayamas</b>        | Any One                                                                        | Any One                    | 05                      |       |
|          | <b>Yogasanas</b>              | Eight(Two from each position - Standing, Spinal & Abdominal Lying and Sitting) | Any One                    | 10                      |       |

**PAPER 206**  
**C- PRANAYAMA'S – II**

**Credit = 2**  
**Hours = 30 hrs.**

**Total Marks = 50**  
**External = 40**  
**Internal = 10**

**OBJECTIVES:**

1. To enable the student teachers to understand the techniques of performing various Pranayama's
2. To enable the students to perform various Pranayama's correctly and to know their benefits.

**GUIDELINES FOR THE EXAMINER:**

**RECORD FILE:**

- ONE separate practical record file shall be required to prepare for the examination / subject 106 C which shall be presented at the time of final exam.
- Above file should be duly checked and signed by the related internal teachers.
- After the exam, record file would have to deposit in college office as a record.
- There would be separate parts in the same one file as follow:

| PAPER NO | SUBJECT     | TOPICS TO ATTEMPT                                                 |
|----------|-------------|-------------------------------------------------------------------|
| 206-C    | Pranayama's | Five Kumbhaka with detail<br>(3 from Compulsory & 2 from Advance) |

**DETAILS OF CONTENTS:**

| Paper Code | Paper     | Compulsory Contents                                                                                                                                | Advance Contents                                                              |
|------------|-----------|----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|
| 206- C     | PRANAYAMA | Breath Awareness<br>Chandra-bhedhana Kumbhaka Pranayama<br>Sitali Kumbhaka Pranayama<br>Sitkari Kumbhaka Pranayama<br>Bhastrika Kumbhaka Pranayama | Bahyavritti Pranayama<br>Abhyantarvritti Pranayama<br>Stambhavritti Pranayama |

**Testing & Evaluation:**

**Internal Assessment = 10 marks**

Performance of the Yogic techniques = 4 marks  
Assignment, Class Disciple, Attendance = 6 Marks

**External Evaluation = 40 marks**

Performance (Pranayama's) = 20 marks  
Practical record writing file = 10 marks  
Viva = 10 marks

- Allotted Maximum Marks for Yoga Practical: The External – Examiner shall conduct practical demonstration according to following scheme:

| Paper No | Subject     | Compulsory & Optional From Attached List | Practical Demonstration | Total |
|----------|-------------|------------------------------------------|-------------------------|-------|
| 206-C    | Pranayama's | Any four                                 | 20                      | 20    |

**PAPER 206**

**D- BANDHAS, MUDRAS AND MEDITATION -II**

**Credit = 2**  
**Hours = 30 hrs.**

**Total Marks = 50**  
**External = 40**  
**Internal = 10**

**OBJECTIVES:**

1. To enable the student teachers to understand the techniques of performing various Bandhas, Mudras and Meditation.
2. To enable the students to perform various Bandhas, Mudras and Meditation correctly and to know their benefits.

**GUIDELINES FOR THE EXAMINER:**

**RECORD FILE:**

- ONE separate practical record file shall be required to prepare for the examination / subject 106 D which shall be presented at the time of final exam.
- Above file should be duly checked and signed by the related internal teachers.
- After the exam, record file would have to deposit in college office as a record.
- There would be separate parts in the same one file as follow:

| Paper No | Subject    | Topics To Attempt                                        |
|----------|------------|----------------------------------------------------------|
| 206-D    | Bandha-s   | <b>Any Two</b><br>(1 from compulsory & 1 from optional)  |
|          | Mudra-s    | <b>Any five</b><br>(4 from compulsory & 1 from optional) |
|          | Meditation | <b>Any Two</b><br>(1 from compulsory & 1 from optional)  |

**DETAILS OF CONTENTS:**

| Paper Code | Paper             | Compulsory Contents                                                                                                                                                                                      | Optional Contents                                                                                       |
|------------|-------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| 206-D      | <b>BANDHAS</b>    | 1. Jalandar Bandha<br>2. Moola Bandha                                                                                                                                                                    | 1. Uddiyanabandha<br>2. Mahabandha                                                                      |
|            | <b>MUDRAS</b>     | 1. Kakimudra<br>2. PasiniMudra<br>3. Pranamudra<br>4. Hridayamudra<br>5. Lingamudra<br>6. Prithvimudra<br>7. Rudramudra<br>8. Simhamudra                                                                 | 1. Mandukimudra,<br>2. Matangimudra<br>3. Bhujanginimudra                                               |
|            | <b>MEDITATION</b> | Healing at the Mental Level<br>Mind Sound Resonance<br>Technique (S-Vyasa)<br>Raja Yoga Meditation<br>(Brahmakumaris)<br>Transcendental Meditation<br>(Maharishi Mahesh Yogi)<br>ZEN Buddhist Meditation | Healing at the Conscious level<br>Yoga Nidra (BSY)<br>Ajapajapa<br>Antarmauna<br>Mindfulness Meditation |

**Testing & Evaluation:**

**Internal Assessment = 10 marks**

Performance of the Yogic techniques = 4 marks

Assignment, Class Disciple, Attendance = 6 Marks

**External Evaluation = 40 marks**

Performance (Pranayama's) = 20 marks

Practical record writing file = 10 marks

Viva = 10 marks

- Allotted Maximum Marks for Yoga Practical: The External – Examiner shall conduct practical demonstration according to following scheme:

| Paper No | Subject    | Compulsory & Optional From Attached List | Practical Demonstration | Total |
|----------|------------|------------------------------------------|-------------------------|-------|
| 206-D    | Bandha     | Any two                                  | 05                      | 20    |
|          | Mudra      | Any four                                 | 10                      |       |
|          | Meditation | Any two                                  | 05                      |       |

**PAPER 207 - PROJECT WORK SUBMISSION & VIVA-VOCE****COMPULSORY INTERNSHIP****(4 WEEKS i.e. 28 working days)****Credit = 8****Hours = 120****Total Marks = 200****External = 150****Internal = 50****OBJECTIVES:**

1. To enable the students to have hands on experience in the Yogic therapeutic settings.
2. To enable the students to undertake a case study in any of the disorders in a realistic setting.
3. Carry out Small Scale research projects.
4. Analyze his/her data and organize the data in tabular and graphical form.
5. Interpret the data and draw the conclusion.

**COURSE CONTENTS:****GUIDELINES FOR CLASS-ROOM TASK AND PLANNING: (DISCUSSION)**

- **Five steps/phases of project:** Initiation – definition & planning – Execution – Performance – Closing & Reporting.
- **Scope and selection of Project:** Yogic fields and scope and utility of project work.
- **Limitations of project work:** Time, resources, capacity etc.

The candidates are required to conduct a case study or research project on any one subject/ topic from any one of the disorders as studied under the following papers / subjects;

1. **Paper 204 – (Yoga Therapy for Health Management)**
2. **Paper 205 - (Review of Scientific Yogic Research)**

- Students have to prepare the diagnostic and prognostic schedule for the same on research-based study.
- The candidate will be required to prepare the detail project or research project report (Hard and soft copy); the same shall be presented at the time of annual examination.

**Note:**

- During this time, Candidates are expected to carry out the following tasks:
1. Carry out small scale research projects.
  2. Submit Project report mentioning (Introduction, Hypothesis, Review of literature, aims, objectives, methodology, result, discussion, conclusion, summary)

3. Meet the guide at least once to report their progress.
4. Spend time every day for recording data if it is a scientific research.

#### **Conditions for internship placement:**

#### **1. Qualifying Condition for Compulsory Internship (Four Weeks)**

After successful completion of final examination with minimum 40% marks in theory with 50% aggregate, the diploma will be issue after completion of six weeks of internship under the supervision of Certified Doctor from Medical Board/Council and approved supervisors in the field of Yoga Education/related discipline from any Institute/College/University. The candidate shall have to complete internship along the prescribed curricular details within one year and extendable with the permission of principal after declaration of final result i.e. semester-II.

#### **Places of Posting for Internship**

- A. Yoga Therapy Treatment Centres of the Universities, PGI, General Hospital, Sector 16 & 22, GMCH Sec. 32, ESIC Dispensaries, AYUSH Dispensaries, other Hospitals/Dispensaries in India, Dhanwantari Ayurvedic College and Hospital Sec 46 B, Chandigarh, and Braham Rishi Gautama Patel Ayurvedic Charitable Hospital, Pinjore.
- B. Yoga units of any other hospitals recognized.
- C. Nationally and internationally recognized Institutions of Yoga in India.

#### **GUIDELINES FOR THE EXAMINER:**

- The examiner shall assess the project work and conduct the viva voce and for 80 marks according to the objectives of the course and the project report submitted by the candidate.
- **Allotted Maximum Marks for Project Work:** The External examiner shall conduct practical observation - examination according to following scheme:

| <b>PAPER NO</b> | <b>SUBJECT</b>                        | <b>PRESENTATION BY THE CANDIDATES/ STUDENTS</b> | <b>PRACTICAL DEMONSTRATION</b> |
|-----------------|---------------------------------------|-------------------------------------------------|--------------------------------|
| <b>207</b>      | Project Work Submission and Viva Voce | Project Presentation                            | 40                             |
|                 |                                       | Project File                                    | 40                             |
|                 |                                       | Cross Discussion                                | 20                             |
|                 |                                       | Viva – Voce                                     | 50                             |
|                 |                                       | <b>TOTAL MAXIMUM MARKS</b>                      | <b>150</b>                     |

#### **REFERENES BOOKS:**

1. Fox, James, (2011), A path for healing and recovery – Prison Yoga Project: Publisher: Prison Yoga Project
2. Gray Clifford et al, (2017): Project Management - The Managerial Process, Publisher: Mcgraw Hill
3. Institute, Project Management, (2017): Guide to the Project Management Body of Knowledge: Published by Project Management Institute.
4. John Bransford, National Research Council (U.S.). Committee on Developments in the Science of Learning, National Research Council (U.S.). Committee on Learning Research and Educational Practice 's How people learn: brain, mind, experience, and school; National Academies Press, 2000
5. Research methods: published SVYASA, Bangalore.
6. Woodworth & Schlosberg's Experimental Psychology; Holt, Rinehart and Winston, 1971