**NATIONAL EDUCATION POLICY 2020**

Common Minimum Syllabus for University Campus and all Affiliated Colleges of Sri Dev Suman Uttarakhand University



**STRUCTURE OF P.G DIPLOMA IN YOGIC SCIENCE**

**ONE YEAR SYLLABUS**

**2023-2024**

**Curriculum Design Committee, Uttarakhand**

|  |  |  |
| --- | --- | --- |
| **Sr.No.** | **Name & Designation** | |
| **1.** | **Prof. N.K. Joshi**  Vice-Chancellor ,Sridev suman Uttarakhand University, Tehri | Chairman |
| **2.** | **Vice-Chancellor , Kumaun University, Nainital** | Member |
| **3.** | **Prof. Jagat Singh Bisht**  Vice-Chancellor , Soban Singh jeena University, Almora | Member |
| **4.** | **Prof. Surekha Dangwal**  Vice-Chancellor, Doon University, Dehradun | Member |
| **5.** | **Prof. O.P.S. Negi**  Vice-Chancellor , Uttarakhand Open University, Haldwani | Member |
| **6.** | **Prof. M.S.M. Rawat**  Advisor, RashtriyaUchchatar Shiksha Abhiyan, Uttarakhand | Member |
| **7.** | **Prof. K. D. Purohit**  Advisor, RashtriyaUchchatar Shiksha Abhiyan, Uttarakhand | Member |

**SRI DEV SUMAN UTTARAKHAND UNIVERSITY**

**Badshahithaul, Tehri Garhwal (Uttarakhand)**

**Member of Board of Studies yoga**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **S.No** | **Name of the members** | **Designation** | **Nominated as** | **Signature** |
|  | Dr. D.C. Goswami | Professor,Head&Dean of Arts | Chairman |  |
|  | Prof. Ishwar Bhardwaj | Professor,Head&Dean  Gurukul Kangari Unniversity | Member |  |
|  | Prof. V.K Gupta | Professor | Coordinator, Yogic Science |  |
|  | Dr. J.P Kanswal | Lecturer | Member |  |
|  | Chandreshwari Negi | Lecturer | Member |  |
|  | Vina Rayal | Lecturer | Member |  |
|  | Himani Nautiyal | Lecturer | Member |  |

**Dr. Hemant Bisht**

**Coordinator professional course**

**BOS**

**SRI DEV SUMAN UTTARAKHAND UNIVERSITY**

**Badshahithaul, Tehri Garhwal (Uttarakhand)**

**DEPARTMENT OF YOGIC SCIENCE**

**SYLLABUS FOR--P.G. DIPLOMA IN YOGIC SCIENCE**

(ONE YEAR REGULAR COURSE )

**Title of the Course – P.G. DIPLOMA IN YOGIC SCIENCE**

**Duration of the Course –**

The course will be of One year duration, which will be divided into Two Semesters as two semesters in each academic year.

**Objectives of the Course –**

* The course will provide deeper insight into the curriculum of Yogic Sciences along with the therapeutic applications of Yoga and alternative therapies
* At the Master level it is also intended that students should get familiar with the original texts of Yoga.
* Promoting Positive Health in the Student through Yoga and enabling and imparting skill in them to practice and apply Yogic practices for Health to general public and teach Yoga for Total personality development and spiritual evolution.
* Invoking and inculcating inquisitive, scientific temper in student regarding the **Traditional Indian Sciences specially Yoga and Spirituality.**
* A research attitude and orientation will also be inculcated into the student so that they further become able to undertake advance and theoretical and applied researches in the field of **Yoga and Alternative Therapies**.

**Syllabus –**

The syllabus is designed to fulfill aforesaid objectives as Core and Elective subjects (Theory and Practical). Semester wise detail scheme and name of the papers are given as ahead.

**Scheme of Evaluation :-**

As this is a course with the objectives mentioned above the assessment will be based on attendance in theory and practical classes, assignments in the form of Sessional works, personality changes of students as they go through the course as assessed and evaluated by teacher.

* The Sessional tests will carry 40% of total marks for the course. The marks of the Sessional Test shall be taken into account for the computation of Grades.
* There shall be a written End Semester Examination which shall be of 2.5 hours duration carrying 60% of total Marks assigned for the course, covering the entire syllabus prescribed for the course. The End semester Examination shall be conducted by the University in consultation with the Dean concerned.
* The End Semester practical examinations shall normally be held before the theory examination. The internal faculty shall associate themselves with the examination process.

**Eligibility:-**

No student shall be eligible for admission to a P.G.Diploma programme in Yoga unless he/she has successfully completed a three year undergraduate degree or earned prescribed number of credits for an undergraduate degree through the examinations conducted by a University/autonomous institution or possesses such qualifications recognized by the sridev suman University as equivalent to an undergraduate degree.

**Age Limitation :-**

There shall be no age limit.

**Structure of P.G.Diploma Programme:**

1. P.G.Diploma in Yogic Science Programme shall consist of:
2. Core courses shall be mandatory for all students registered for P.G.Diploma in Yogic Science. A Core course may carry 04 credits. .
3. An Elective courses also shall carry not more than 4 credits
4. The course (Core/Elective) may also take the form of a Practical training/seminar, etc.
5. One -Year P.G.Diploma in Yogic Science course will have the following components, viz.
6. Core Courses - Minimum 32 credits
7. Electives - Minimum 16 credits

The credits in the P.G.Diploma in Yogic Science of one year shall be distributed in the following manner:

|  |  |  |
| --- | --- | --- |
| Courses with credits | Semester I | Semester II |
| Core | 25 | 25 |
| Total Credits | 25 | 25 |

1. In order to qualify for a one year P.G. Diloma a student must acquire a minimum of 48 credits including a minimum of 08 credits in electives choosing at least Five electives subjects.

**Pass Percentage :-**

A student who has passed in all the core courses and the minimum number of electives prescribed for the programme and earned a minimum of 50 credits shall be considered to have passed the P.G. Diploma Programme.

A candidate who fails in three papers (including theory & practical), Sessional work & Viva-Voce in the each semester will be declared to have failed in the P.G.Diploma in Yogic science. A candidate who fails in less than three papers will be eligible to take the admission in next semester but he must be appeared in fails subjects in subsequent semester’s examination (for two times only).

**Grade System**

Regarding grading system, the rule of the One -Year P.G.Diploma programme will be followed as the University rules & regulations.

**Procedure of Admission:-**

In order to select the candidate from amongst the applicants, the institution may either prepare a merit list giving suitable percentage to marks obtained in previous qualifications and other factors or may conduct a written test/interview or may adopt both of these two methods giving suitable percentage to them.

The person seeking admission to course will apply on the prescribed admission form of the University by the last announced for the purpose.

**Reservation:-**

Candidates belonging to S.T/S.C and OBC categories will get relaxations as per the general admission rules of the University.

**Seats :-**

There are only 40 seats for the Course. The Examination patterns of course will semester wise. The Fee structure for the programme will be decided by the University/Colleges concerned. The examination Fee will be charged as per the rules of the University.

**Attendance:-**

Seventy five percent attendances in theory and practical classes respectively will be necessary for a candidate to appear in the final examination.

Points, if any, not covered by the provisions of this ordinance will be subject to the existing rules and regulations of the University and the Act, the statutes and the Ordinances, of the university, as applicable from time to time.

**Scheme of Examination:**

**SEMESTER –I**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Sub Code** | **Title of the Paper** | **Maximum-Marks** | | **Instruction Hrs/Week** | | | **Credits** |
| **Semester-I** | **Total** | **Theory + CCE** | **Lecture** | **Tutorial** | **Practical** |
| **YO-111** | Fundamentals of Yoga | 100 | (60+40) | **3** | **1** | - | **4** |
| **YO-112** | Basic Text of Yoga | 100 | (60+40) | **3** | **1** | - | **4** |
| **YO-113** | Principles of Naturopathy | 100 | (60+40) | **3** | **1** | - | **4** |
| **YO-114** | Human Anatomy, Physiology and Yoga | 100 | (60+40) | **4** | 1 | - | **5** |
| **YO-LAB-1** | Practical –I (Yoga) | 100 | (60+40) | **-** | - | **8** | **4** |
| **YO-LAB-2** | Practical -II (Bio, Computer Science, Monograph and Assignment) | 100 | (60+40) | **-** | - | **8** | **4** |
|  | | **600** |  |  |  |  | **25** |

**SEMESTER –II**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Sub Code** | **Title of the Paper** | **Maximum-Marks** | | **Instruction Hrs/Week** | | | **Credits** |
| **Semester-I** | **Total** | **Theory + CCE** | **Lecture** | **Tutorial** | **Practical** |
| **YO-121** | Patanjal Yoga Sutra | 100 | (60+40) | **3** | **1** | - | **4** |
| **YO-122** | Principles of Hathyoga | 100 | (60+40) | **3** | **1** | - | **4** |
| **YO-123** | Teaching Methodology in Yoga | 100 | (60+40) | **4** | **1** | - | **5** |
| **YO-124** | Diet and Nutrition | 100 | (60+40) | **3** | **1** | - | **4** |
| **YO-LAB-1** | Practical –I (Yoga) | 100 | (60+40) | - | - | **8** | **4** |
| **YO-LAB-2** | Practical –II (Bio, Computer Science and Project) | 100 | (60+40) | - | - | **8** | **4** |
|  | | **600** |  |  |  |  | **25** |

**SEMESTER-I**

**PAPER-I (YO-111)**

**FUNDAMENTALS OF YOGA**

**MARKS: 100 DURATION OF EXAM. : 2.5 HRS.**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Note: There will be Ten questions in all, two from each unit. The candidate should be attempted only Five questions selecting one question from each unit.**

**UNIT-I: INTRODUCTION OF YOGA**

1. Meaning, Origin &Various Definition of Yoga.
2. History of Yoga, Traditional & Historical Development of Yoga.
3. Concept & Aim/objective of Yoga.
4. Concept /Perception of Nadi & Prana, Introduction of Kundlini Shakti & Shatchakra.

**UNIT-II: CONCEPT OF YOGA IN VARIOUS TEXT**

1. History and Development of yoga in Vedas & Upnishads
2. History and Development of Yoga in Geeta, Nyay, Vaisheshik, Sankhya, Mimaansa and Vedant, Concept of Yoga in Tantra.
3. History and Development in Jainism and Buddhism.

**UNIT-III: VARIOUS SYSTEMS OF YOGA**

1. Gyanyoga,Bhaktiyoga,Kramayoga & Rajyoga.
2. Hathyoga,Mantrayoga,Jain &Bouddh Yoga.

**UNIT-IV: INTRODUCTION OF YOGIS AND THEIR SADHNA /ACCUSTOM SYSTEM**

1. Ancient – Mahrishi Patanjali, Adi Shankracharya,gorakshanath.
2. Middle/Medieval - Kabeerdas, Soordas, Swami Charandas.
3. Mordan – Swami Vivekanand, shri Aravind, Mahrishi Raman,Swami Dayanand Saraswati.
4. Contemporary – Swami Shivananda, Swami Kuvalyanand, Mahrishi Mahesh yogi.

**UNIT-V: GENERAL INTRODUCTION AND TH-EME/CONTENTS OF YOGIC TEXT.**

1. Patanjali Yoga Sutra - Vashisht,Shiv Sanhita and- Siddhsiddhant Paddhati.
2. Hathpradipeeka, Ghrand Sanhita, Hath Ratnawali.

**REFERENCE BOOKS**

1. Rajayoga- Swami Vivekanand, Ramakrishan Ashrama Publications.
2. Yoga Sutras of Patanjali- Hariharananda Aranya, University of Calcutta Press, Calcutta.
3. Radhakrishnan, S. :Indian Philosophy (Vol. I & II) (George Allen and Unwin, London, 1971
4. Dr. Ishwar Bhardwaj: Manav Chetna (Hindi), Satyam Publication, NewDelhi, 2011.
5. Pitamber Jha: Yog Parichaya.
6. vkSifu’kfnd v/;kRe foKku& MkW0 bZ”oj Hkkj}ktA
7. ikraty ;ksx foe’kZ&MkW- fot;iky “kkL=hA
8. ;ksx egkfoKku& MkW- dke[;k dqekjA

**SEMESTER-I**

**PAPER – II (YO-112)**

**BASIC TEXT OF YOGA**

**MARKS: 100 DURATION OF EXAM. : 2.5 HRS.**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Note: There Will be Ten Questions in All, Two From Each Unit. The Candidate Should be Attempted Only Five Questions Selecting One Question From Each Unit.**

**UNIT-I: NATURE OF YOGA IN FUNDAMENTAL UPNISHAD-I**

1. Meaning & Defination of Upnishad, Place\Position of Upnishad in Indian Literature.
2. Introduction of Ten Fundamental Upnishad Based on Yoga.
3. Ishavasyopnishad - Karmnishtha,Vidhya & Avidhya, Brahm Swaroop, Conclusion of Complete Upnishad.
4. Ken Upnishad – Shakti, Indriya & Anthkaran, Swa and Man, Perfaction of Truth.
5. Transcendental Truth, Moral Massage of Yaksha’s Lecture.

**UNIT-II: NATURE OF YOGA IN FUNDAMENTAL UPNISHAD-II**

1. Kathopnishad – The Story of Yam & Nachiketa.
2. Prashopnishad – Prana & Rayi, Panch Prana.
3. Mundak Upnishad – Two Types of Brahmvidhya-Para Vidhya Apara Vidhya, Characteristic of Popular Brahmvidhya Tap & Gurubhakti, Center of Origin of Universe, Aim of Brahm Meditation.

**UNIT-III: NATURE OF YOGA IN FUNDAMENTAL UPNISHAD-III**

1. Mandukya Upnishad – Four Stages of Conciousness & Relation with Omkar.
2. Etreya Upnishad – Soul, Universe & Brahm.
3. Taitreeya Upnishad – Panchkosh, Acharyopdesh **(Dikshant**).
4. Short Statement of Summary and Bhrigu Valli / Overview of Siksha Valli ,
5. Chandogyaupnishad – Om (Udgeeth) Meditation , Shandilyavidhya.
6. Vridarnyakupnishad - Discourse of Yogvlakya – Maitreyi.

**UNIT-IV: ELEMENTS SHRIMADBHAGWADGEETA - I**

1. General Introduction & Definition of Shrimadbhagwadgeeta, Utility and Prevalence of Yoga of Shrimadbhagwadgeeta, Nature of Soule according Shrimadbhagwadgeeta.
2. Sthitpraygyta , Samkhya Yoga **(Chapter-2)**, Karm Yoga , Symptom/Character of Yogi **(Chapter-3)**, Nature of Yagya and Their Relation With Yoga **(Chapter-4)**.
3. Nature of Sanyasyoga and Karma (Sakam and nishkam , **(Chapter-5)**, Dhyan Yoga/**Yoga Meditation** **(Chapter -6).**

**UNIT-V: SHRIMADBHAGWADGEETA - II**

1. Nature of Bhakti **(Chapter - 12)**, Meaning and Aim of Bhakti yoga.
2. Nature of Triguna and Prakriti , Trividh Shradha , Yogic Diet / Diet of yogi, Classification of Diet **(Chapter – 14 & 17).**
3. Devasur Sampada **(Chapter 16)**, Moksha Updesh **(Chapter - 18)**.

**REFERENCES BOOKS**

1. JhenHkxon~xhrk] ”kadj Hkk’; & xhrkizsl xksj[kiqjA
2. Xkhrk jgL; & cky xaxk/kj frydA
3. JhenHkxon~xhrk & lR;ozr fl)kUrkyadkjA
4. Lkk/kd lathouh & Lokeh izselq[k nkl th egkjkt] xhrkizsl xksj[kiqjA
5. mifu’kn vad] dY;k.k & xhrkizsl xksj[kiqjA
6. ,dkn”k mifu’kn & lR;ozr fl)kUrkyadkjA
7. mifu’kn nhfidk & MkW0 jkeukFk osnkyadkjA

**SEMESTER-I**

**PAPER – III (YO-113)**

**PRINCIPLES OF NATUROPATHY**

**MARKS: 100 DURATION OF EXAM. : 2.5 HRS.**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Note: There Will be Ten Questions in All, Two From Each Unit. The Candidate Will be Required To Attempt Five Questions Selecting One Question From Each Unit.**

**UNIT-I : GENERAL INTRODUCTION**

1. A Short History of Nature Cure, Its Fundamental Principles.
2. Disease – Its Root Cause, Intensity And Its Chronic Stages
3. Principles of Alien Toxins, Principle of Aggravation.

**UNIT-II : WATER THERAPY**

1. Hydrotherapy, Significance of Water, Properties of Water.
2. Effect of Water on Human Body In Various Temperatures.
3. Principles of Hydrotherapy.
4. Methods of Uses of Water, Natural Bath, Ordinary Sponge Bath, Hip Bath, Steam Bath, Spinal Bath.
5. Hot Foot Bath, Chest Pack, Abdominal Pack, Neck Pack And Leg Pack, Sponge, Enema.

**UNIT-III : MUD & SUN THERAPY**

1. Significance of Clay, Kinds And Properties of Clay, Its Effect on Body.
2. Cloth Pack of Clay, Mud Bath.
3. Significance of Sun Light, Its Effect, Actions and Reactions on Human Body and Techniques of Sun Bath, Air Bath.

**UNIT-IV : FASTING**

1. Theory and Physical Activity and Action and Reactions.
2. Fasting For Health, Disease- Its Emergence and Fasting, Rules Of Fasting,.
3. Kinds of Fasting- Long and Short Fast, Complete Fasting, Half Fasting, Water Fasting, Juice Fasting, Fruit Fasting, One Meal Fasting.
4. Difference Between Ideal Diet and Natural Diet, Food For Prevention of Disease.

**UNIT-V : MASSAGE**

1. Definition Of Massage, History and Its Effect on Various Parts of Body.
2. Short Description of Various Massages.
3. Methods – Rubbing, Beating, Hacking, Rolling, Shaking, Vibrating, Running, Pounding, Pinching.
4. Precaution of Massage, Disease and Massage.

**REFERENCE BOOKS**

1. Henry Lindlahr. Philosophy of Nature Cure
2. S.J.Singh., History and Philosophy of Nature Cure
3. M.K.Gandhi., My Nature Cure
4. P.D.Mishra & Mishra V. Prakartik Chikitsya sidhant evam Vayavahar, Uttar Pradesh Hindi Sansthan, Lacknow.
5. Jindal R. Prakartik Ayurvijnana, Arogya Seva Sadan, Prakashan, Uttar Pradesh.

**SEMESTER- I**

**PAPER – VI (YO-114)**

**HUMAN ANATOMY, PHYSIOLOGY AND YOGA**

**MARKS: 100 DURATION OF EXAM. : 2.5 HRS.**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Note: There Will be Ten Questions in All, Two From Each Unit. The Candidate Will be Required To Attempt Five Questions Selecting One Question From Each Unit.**

**UNIT–I INTRODUCTION OF ANATOMY**

1. Concept of cell, Tissue & organs.
2. Structure & function of Cell & Tissues.
3. Structure of main organs (Heart, Lungs, Stomach, Liver & Kidany).

**UNIT-II DIGESTIVE AND RESPIRATORY SYSTEM**

1. Digestive System **-** Structure **&** Function .
2. Physiology of Digestion and effect of yogic practices on the digestive system.
3. Respiratory System –Structure **&** Function and effects of yogic practices on respiratory system.

**UNIT-III MUSCULO-SKELETAL SYSTEM**

1. MuscleClassification, histology & properties of each type distribution.
2. Mechanism of muscle contraction (brief), neuromuscular transmission (brief).
3. Ligaments, tendons, skeletal-bones-types, structural and function, spinal column.
4. Joints type, structure & function.Effect of yoga on Musculo-Skeletal System.

**UNIT-IV CARDIOVASCULAR AND CENTRAL NERVOUS SYSTEM**

1. Circulatory system: Structure **&** function and effects of yogic practices on Circulatory system.
2. Classification of Blood & their functions .
3. Nervous system –Its types and their functions and effects of yogic practices on Nervous system.

**UNIT-V EXCRETORY AND ENDOCRINES SYSTEM**

1. Excretory system -Structure **&** function and effects of yogic practices on Excretory system.
2. Structure of a nephron and physiology of formation of urine.
3. Endocrine system – Its types and functions andEffects of yogic practices on endocrine glands

**REFERENCE BOOKS**

1. Gore, M.M., Anatomy and Physiology of Yogic practices, Kanchan Prakshan, Lonavala, 2003.
2. Shirley Telles, A Glimpse of the Human body. V K YOGAS, Bangalore, 1995
3. Sri Krishna, Notes on Structure and Functions of Human Body and Effects of Yogic practices on it Kaivalydhama S.M.Y.M Samiti, Lonavala, 1988.
4. Chatterjee, C.C., Human Physiology (Vol. I & II), Medical Allied Agency, Culcutta, 1992.
5. Guyton,Textbook of Medical physiology, 9th edition.
6. “kjhj jpuk foKku & MkW0 eqdqUn Lo:Ik oekZA
7. “kjhj fdz;k foKku & MkW0 fiz;ozr “kekZA
8. “kjhj jpuk o fdz;k foKku & MkW0 vuUr izdk”k xqIrkA

**SEMESTER-I**

**PAPER – V (YO-LAB-1)**

**PRACTICAL – I**

**MARKS: 100 EXT: - 60 INT: - 40**

**Surya Namskar**

**Pawanmuktasan Series- 1, 2 & 3.**

**Suksham Vyayam**

1. Uccharana- sthala-tatha- vishudha-chakra-shuddhi
2. Prarthana (Prayer)
3. Buddhi-tatha-dhriti shakti- vikasaka
4. Smarana shakti-vikasaka
5. Medha shakti-vikasaka
6. Netra shakti-vikasaka
7. Kapola shakti-vardhaka
8. Karna shakti-vardhaka
9. Griva shakti-vikasaka-1
10. Griva shakti-vikasaka-2
11. Griva shakti-vikasaka-3
12. Skandha-tatha-bahu-mula shakti-vikasaka
13. Bhuja-bandha shakti-vikasaka
14. Kohini shakti-vikasaka
15. Bhuja-valli shakti-vikasaka
16. Purn Bhuja Shakti Vikashaka
17. Mani-bandha shakti-vikasaka
18. Kara-prstha shakti-vikasaka
19. Kara-tala shakti-vikasaka
20. Anguli-mula shakti-vikasaka
21. Anguli shakti-vikasaka
22. Vaksha-sthala shakti vikasak-1
23. Vaksha-sthala shakti vikasak-2
24. Udara shakti-vikasaka -1
25. Udara shakti-vikasaka -2
26. Udara shakti-vikasaka -3
27. Udara shakti-vikasaka -4
28. Udara shakti-vikasaka -5
29. Udara shakti-vikasaka -6
30. Udara shakti-vikasaka -7
31. Udara shakti-vikasaka -8
32. Udara shakti-vikasaka -9
33. Udara shakti-vikasaka -10
34. Kati shakti-vikasaka-1
35. Kati shakti-vikasaka-2
36. Kati shakti-vikasaka-3
37. Kati shakti-vikasaka-4
38. Kati shakti-vikasaka-5
39. Muladhar chakra suddhi
40. Upastha tatha swadhisthan suddhi
41. Kundalini shakti vikasak
42. Jangha-shakti-vikasak-1
43. Jangha-shakti-vikasak-2
44. Janu-shakti-vikasak
45. Pindali-shakti-vikasaka
46. Pad-mula-shakti vikasaka
47. Gulf-padprishtha- padtal- shakti-vikasak
48. Padanguli-shakti-vikasak

**Asana**

1. Tadasan
2. Triyaktadasan
3. Katichakrasan
4. Trikonasan
5. Ardhachakrasana
6. Padhastasan
7. Kagasan
8. Swastikasan
9. Padmasana
10. Siddhasana
11. Vajrasana
12. Ushtrasan
13. Shashankasana
14. Janu Shirasan
15. Paschimottonasan
16. Poorvottanasana
17. Ardhamatsyendrasana
18. Uttanpadasan
19. Ardh Halasan
20. Pawanmuktasana
21. Shavasana

**Pranayama**

Preparatory Aspects Of Prananyama: Correct Abdominal Breathing In Sawasana And Meditative Pose With 1:1 & 1:2 Ratio.

1. Abdominal Breathing, Chest Breathing.
2. Clavicular Breathing- Yogic Breathing.
3. Nadishodhan Pranayama.
4. Surya Bhedan Pranayama.
5. Ujjayee Pranayama.

**Mudra / Bandh**

1. Moolbandh.
2. Jalandharbandh.
3. Hast Mudra – Gyan,

Prana, Apan, Ling Mudra.

1. Ashwini Mudra.
2. Shambhavi Mudra.
3. Kaki Mudra.

**Kriya**

1. Gajkarani / Kunjal.
2. Jalaneti.
3. Rabar Neti.

**VIVA VOCE**

1. Kapalbhati –Vatkram 20-50 Strokes.
2. Agnisar.

**SEMESTER-I**

**PAPER – VI (YO-LAB-2)**

**PRACTICAL – II**

**MARKS: 100**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**HUMAN PERFORMANCE LAB**

1. Measurement Of Human Body Temperatures (Oral & Skin)
2. Measurement Of Blood Pressure
3. Body Temprature & Pranayamic Effects
4. Blood Pressure & Pranayamic Effects

**COMPUTER LAB**

1. Basic Knowledge Of Computer
2. Typing Skills
3. MS Office
4. MS Word
5. Practical Note Book

**MONOGRAPH**

**ASSIGNMENT**

(Teaching Practice Note Book) Each Student Has To Prepare And Deliver 10 Lesson Plans

(Five Asanas + Three Pranayams + Two Shatkriyas) During The Session.

**VIVA VOCE**

**SEMESTER II**

**PAPER – I (YO-121)**

**PATANJALA YOGA SUTRA**

**MARKS: 100 DURATION OF EXAM. : 2.5 HRS.**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Note: There Will Be Ten Questions In All, Two From Each Unit. The Candidate Will Be Required To Attempt Five Questions Selecting One Question From Each Unit.**

**UNIT-I:INTRODUCTION OF YOGA SUTRA, CHITTA BHUMIES AND VRITIES**

1. Introduction of Yoga Sutra, Defination of Yoga.
2. Concept of Chitta, Modification of Chitta, Chittabhumies.
3. Methods of Control Chittavritis.

**UNIT-II: ANTARAYA, KRIYAYOGA AND KLESH.**

1. Yogantaraya and their Associates & Chaturvyuhvad.
2. Method of Chitta Prasadhan and Krama Siddhant.
3. Kriyayoga and Its type, Panchklesh.

**UNIT–III:LIMBS OF ASHTANGA YOGA - I**

1. Eight Limbs of Yoga.
2. Nature and Importance of Yama and Its Types.
3. Nature and Importance of Niyama and Its Types.
4. Defination and Importance of Asana.
5. Defination and Importance of Pranayama and Its Types

**UNIT–IV:LIMBS OF ASHTANGA - II**

1. Concept and Importance of Pratyahar.
2. Concept and Importance of Dharna.
3. Concept and Importance of Dhyan.
4. Concept of Samadhi. Types of Samadhi – Samprgyat, Asamprgyat, Ritumbhra Prgya, Vivek Khyati and Dharammegh Samadhi.

**UNIT–V:SIDDHIES AND ELEMENTS OF YOGA SUTRA**

1. Samyamjanya Siddhies, Janmaadi Panch Siddhi, Animaadi Asht Siddhi.
2. Concept and Nature of Purush, Concept and Nature of Purush.
3. Concept and Nature of Ishwar, Importance of Ishwar in Yoga Sadhna.
4. Kaivalya.

**REFERENCE BOOKS**

1. ikraty ;ksx lw= & xhrk izsl] xksj[kiqj
2. ikraty ;ksx n”kZu & jktchj “kkL=h
3. ikraty ;ksx foe”kZ &MkW- fot;iky “kkL=h
4. ikraty ;ksx iznhi & Lokeh vksekuUn rhFkZ
5. v’Vkax ;ksx & Lokeh pj.knkl
6. esjh olh;r vkSj fojklr & Jhjke “kekZ vkpk;Z
7. Essays on yoga- Swami Shivananda
8. Bases of yoga- Shri Aurabindo.

**SEMESTER-II**

**PAPER – II (YO-122)**

**PRINCIPLES OF HATH YOGA**

**MARKS: 100 DURATION OF EXAM. : 2.5 HRS.**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Note: There Will be Ten Questions in All, Two From Each Unit. The Candidate Will be Required To Attempt Five Questions Selecting One Question From Each Unit.**

**UNIT-I: INTRODUCTION**

1. Meaning , Definition , Aims & Objectives of Hath Yoga,
2. Sign & Symptoms of Success in Hathyoga.
3. Kundalini Jagaran & Nadanusandhan.

**UNIT-II: SHATKARMAS**

1. Shatkarmas - Its Meaning, Definition & Objectives,
2. Classification of Shatkarmas According to Hath Pradeepika & Gherand Samhita
3. Types of Nadis, Meaning, Definition.

**UNIT-III: ASANA**

1. Meaning, Definitions & Objectives of Asana.
2. Aims & Objectives, Status in various texts
3. Classification of Asanas with reference to Aims & OBjectives
4. Principles of Practicing Asanas.
5. Techniques and Benefits of Asanas described in Practical.

**UNIT-IV: PRANAYAMA**

1. Concept of Prana, Types of Prana (10 Types)
2. Meaning, Definition and types of Nadis.
3. Aims & Objectives of Pranayama
4. Classification of Pranayama with Reference to Patanjal Yoga Sutra, Hath Pradipika & Gherand Samhita.
5. Preparatory Steps and Precautions for Practice of Pranayama.
6. Meaning, Technique & Benefits of the various Pranayamas, according to Hath Pradeepika & Gherand Samhita.

**UNIT-V: MUDRA, BANDH AND MEDITATION**

1. Concept, Meaning & Definition of Mudra & Bandhas.
2. Meditation-Meaning & Concept, Various Techniques (OM, Transcendental, Vipasana & Preksha).
3. Detailed Technique of Yoga Nidra.

**REFERENCE BOOKS**

1. Swami Muktibodhananda, Hatha Yoga Pradeepika, The light on Hathayoga, Bihar School of Yoga, Munger, 1985.
2. Ghatore, M.L. Hatharatnavali of Srinivasayogi, The Lonavala Yoga Institute, Lonavala, 2002.
3. Swami Digambarji, Gheranda Samhita, The Lonavala Yoga Institute, Lonavala,
4. gB;ksx iznhfidk& LokRekjke ;ksxhA
5. ?ksj.M lafgrk& Lokeh fujatukuan ljLorh ¼?ksj.M \_f’k½A
6. ;ksx ifjp;& ihrkEcj >kA
7. vklu izk.kk;ke foKku& nsoozr vkpk;ZA
8. vklu] izk.kk;ke] eqnzk cU/k& Lokeh lR;kuUn ljLorhA
9. cfgjax ;ksx & Lokeh ;ksxs”ojkuUn

**SEMESTER- II**

**PAPER – III** (**YO-123)**

**TEACHING METHODOLOGY IN YOG**

**MARKS: 100 DURATION OF EXAM. : 2.5 HRS.**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Note: There Will Be Ten Questions In All, Two From Each Unit. The Candidate Will Be Required To Attempt Five Questions Selecting One Question From Each Unit.**

**UNIT-I: CONCEPT OF YOGA TEACHING**

1. Meaning Definition of Education, Nature of Yoga Education.
2. Conceptof Teaching & Learning, Relation Between Teaching & Learning.
3. Principle of Teacing, Quality of Teacher, Yoga Education for Student- Disciple/Pupil, Yoga Education for Mumukshu.

**UNIT-II: TEACHING PROCESS AND TEACHING METHODS.**

1. Concept, Definition, Importance and Need of Teaching Process.
2. Short Information of Teaching Methods, Individualistic Teaching Methods.
3. Group Teacing Method, Methods of Group Instruction, Organizing Phase of Teaching (Time Management, Discipline).

**UNIT-III: TEACHING PRINCIPLE OF YOGIC TECHNIQUES.**

1. Methods and Teaching Principle of Shatkaram, Asana, Pranayama.
2. Methods and Teaching Principle of Mudra-Bandh, Dharna and Dhyan.

**UNIT-IV: LESSON PLAN AND ROLE OF TEACHER & STUDENT.**

1. Role of Yoga Teacher, View / Aspect of Students for Teacher – Pranipaat, Parprashn, Service (Seva).
2. Required Elements of Fine Lesson Plan – Concept and Necessities.
3. Planning of Yoga Teaching for Shatakarm, Asana, Mudra, Pranayama and Dhyan.

**UNIT-V: MANAGEMENT OF YOGA YOGA CLASS.**

1. Evaluation Methods of Ideal / perfect / Classic Yoga Class, Required / Necessary Elements of Class Management.
2. Abatment of Yoga Class, According to Personal Requirement.
3. Important Phase & Field of Yoga Class, Sitting Management in Yoga Class.

**REFERENCE BOOKS**

1. vklu] izk.kk;ke] eqnzk] cU/k & Lokeh lR;kuUn ljLorhA
2. fo|kfFkZ;ksa ds fy, ;ksx & Lokeh lR;kuUn ljLorhA
3. “kjhj foKku vkSj ;ksxkH;kl & MkW0 ,e0 ,e0 xksjsA
4. vklu & Lokeh dqoy;kuUnA
5. izk.kk;ke & Lokeh dqoy;kuUnA

**SEMESTER II**

**PAPER – IV** (**YO-124)**

**DIET AND NUTRITION**

**MARKS: 100 DURATION OF EXAM. : 2.5 HRS.**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Note: There Will be Ten Questions In All, Two From Each Unit. The Candidate Will be Required to Attempt Five Questions Selecting One Question From Each Unit.**

**UNIT-I: OBJECTIVE AND CONCEPT OF DIET.**

1. Concept, Definition and Objective of Diet.
2. Diet- General And Ayurvedic Quality, Dwadasayan Vichar, Quantity, Quality And Time.
3. Concept and Objective of Diet According to Yoga, Rules of Healthy Living.

**UNIT-II: BALANCED DIET**

1. Concept, Definition, Components of Diet (Carbohydrate, Fat, Minerals, Vitamins, Proteins and Water).
2. Quality, Working, Types of Proteins, Fat And Carbohydrate, Source of Food Related Disease of Overeating And Malnutrition.

**UNIT -III: VITAMINS AND MINERALS**

1. Vitamins- Meaning, Definition, Classification And Importance of Vitamins (A, B, C, D, E and K).
2. Source of Vitamins, Daily Requirment And Body Process of Vitamins, Over Eating And Malnutrition Disorder.
3. Minerals - Importance, Classification, Diet Source of Minerals, Daily Requirment And Work of Minerals.
4. Overeating and Malnutrition Disorder- Calcium, Iron, Iodine, Sulfur, Potassium, Work And Importance of Water.

**UNIT-IV: NUTRITION**

1. Concept and Definition of Nutrition, Components Of Nutrition.
2. Digestion and Absorption, Related Nutritional Condition Diet And Nutrition.
3. Proper Nutrition, Low Nutrition, Malnutrition, Reason of Malnutrition and Solutions.

**UNIT-V: DIET AND METABOLISM**

1. Diet and Metabolism, Energy - Concept and Definition of Basic Requirements of Energy, Balanced Energy.
2. Metabolism - Concept of Metabolism, Calories Requirement Of B.M.R, S.D.A., Factors Influencing in B. M. R.

**REFERENCE BOOKS**

1. LoLFko`Ùk foKku & izks0 jkeg’kZA
2. ;ksx o vkgkj & MkW0 x.ks”k “kadj o ckcwyky nk;ekA
3. izkd`frd ;ksx foKku & MkW0 xaxk izlkn xkSM-A
4. LoLFo`Ùke~ & f”ko dqekj xkSM-A
5. izkd`frd LokLF; ,oa ;ksx & MkW0 c`tHkw’k.k xks;yA
6. Ayurveda Aahar (Food / Diet) – Prof. R. H. Kulkarni.

**SEMESTER- II**

**PAPER – V (YO-LAB-1)**

**PRACTICAL-I**

**MARKS: 100**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Surya Namskar With Manrtra**

**Pawanmuktasan Series- 1, 2 & 3.**

**Suksham Vyayam –** as Described in 1st Semester Practical.

**Asana**

1. Vrikshasana
2. Garudasana
3. Utkatasana
4. Hastottanasna
5. Bakasana
6. Yogamudrasana
7. Suptvajrasana
8. Baddhapadmasana
9. Veerasana
10. Tolangulasana
11. Marichyasana
12. Vakrasana
13. Marjariasana
14. Simhasana
15. Mandukasana
16. Uttanmandukasana
17. Garbhasana
18. Sirshasana
19. Naukasana
20. Shalbhasana
21. Bhujangasana
22. Dhanurasana
23. Balasana
24. Makrasana
25. Savasan

* Suksham Vyayam and Asana as described in 1st semester practical

**Pranayama:**

1. Bhastrika
2. Bhramari
3. Sheetali
4. Sheetkari

* Pranayama As Described In 1st Semester Practical

**Bandh/Mudra**

* + 1. Mahahmudra
    2. Mahabandh Mudra
    3. Hast Mudra – Shankh, Hirday, Vayu, Varuni.
    4. Mahavedh mudra
    5. Khechri mudra
* Mudras & Bandhas As Described In 1st Semester Practical.

**Kriya**

1. Kapalbhati- Vyutkram kapalbhati
2. Sutra neti
3. Dand-dhauti
4. Nauli

* Kriya as described in 1st semester practical

**Viva Voce**

**SEMESTER-II**

**PAPER – VI (YO-LAB-2)**

**PRACTICAL-IV**

**NATUROPATHY AND ALTERNATIVE THERAPIES**

**MARKS: 100**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**HUMAN PERFORMANCE LAB.**

1. Measurement Of Pulse, Respiratory Rates and Reaction Time.
2. Yoga Nidra And Puls, Respiratory & Reaction Time
3. Estimation of Glucose and Protien in Urine.
4. Estimation of Glucose in Blood.

**COMPUTER LAB**

1. Power Point Presentation.
2. Seminar - PPT.
3. Internet - Email.

**RESEARCH PROJECT WORK**