

Scheme of Examination:

P.G. Diploma in Yogic Science

SEMESTER –I

Sub Code	Title of the Paper	Credit Maximum-Marks					Credits
		Total	Theory	Tutorial	Practical	Sessional	
SOE/YOG/C001	Semester-I Fundamentals of yoga	100 (60+40)	60	-	-	40	4
SOE/YOG/C002	Anatomy, Physiology and yogic Science	100 (60+40)	60	-	-	40	4
SOE/YOG/C003	Principles of Hathyoga	100 (60+40)	60	-	-	40	4
SOE/YOG/C004	Practical -I	100 (60+40)	60	-	60	40	4
SOE/YOG/E001	Yoga and Allied Science – I	100 (60+40)	60	-	-	40	4
SOE/YOG/E002	OR Yoga and Personality Development						
SOE/YOG/E003	Yoga and Personal Management	100 (60+40)	-	-	-	40	4
SOE/YOG/E004	OR Yoga & Social Transformation						
		600					24

SEMESTER –II

Sub Code	Title of the Paper	Credit Maximum-Marks					Credits
		Total	Theory	Tutorial	Practical	Sessional	
SOE/YOG/C005	Semester-I Patanjal Yoga Sutra	100 (60+40)	60	-	-	40	4
SOE/YOG/C006	Principles of Naturopathy	100 (60+40)	60	-	-	40	4
SOE/YOG/C007	Yoga and Allied Science – II	100 (60+40)	60	-	-	40	4
SOE/YOG/C008	Practical –II	100 (60+40)	60	-	60	40	4
SOE/YOG/E005	Fundamentals of Psychology	100 (60+40)	-	-	-	40	4
SOE/YOG/E006	OR Mental Hygiene Through Yoga						
SOE/YOG/E007	Spirituality and Science	100 (60+40)	-	-	-	40	4
SOE/YOG/E008	OR Yoga Ethics						
		600					24

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SEMESTER II
PAPER – I (SOE/YOG/C005)
PATANJALA YOGA SUTRA

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 60

INT :- 40

Note: There will be Eight questions in all, two from each unit. The candidate will be required to attempt Four questions selecting one question from each unit.

UNIT-I

1. Introduction to Patanjala Yoga Sutra & Maharishi Patanjali,
2. Definition of Yoga & Concept of Chitta, Chittavritties
3. Chitta Bhumies, Ishwar Pranidhan & Methods to Control Chittavritties.

UNIT-II

1. Types of Samadhi- Samprajnata and Asamprajnata.
2. Concept of Kriya Yoga, Yogantaraya & their associates and Panch Kleshas,
3. Methods of Chitta Prasadana

UNIT-III

1. Purusha, (drishta) & Prakriti, (drishya)
2. Astanga Yoga: Yama, Niyama, Asanas, Pranayama & Pratyahara
3. Dharana, Dhyana & Samadhi

UNIT-IV

1. Karma Sidhant, Sanskara & Vasana
2. Vivek-khyati
3. Vibhuti & Kaivalya

REFERENCE BOOKS

1. पातंजल योग सूत्र – गीता प्रेस, गोरखपुर
2. पातंजल योग दर्शन– राजबीर शास्त्री
3. पातंजल योग विमर्श–डॉ. विजयपाल शास्त्री
4. पातंजल योग प्रदीप– स्वामी ओमानन्द तीर्थ
5. अष्टांग योग– स्वामी चरणदास
6. मेरी वृत्तियत और विरासत– श्रीराम शर्मा आचार्य
7. Essays on yoga- Swami Shivananda
8. Bases of yoga- Shri Aurabindo

SEMESTER-II
PAPER – II (SOE/YOG/C006)
PRINCIPLES OF NATUROPATHY

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 60

INT :- 40

Note: There will be Eight questions in all, two from each unit. The candidate will be required to attempt Four questions selecting one question from each unit.

UNIT-I: BASIC OF NATUROPATHY

1. Meaning , Definitions & Fundamental principles of Naturopathy.
2. Objectives & Importance of Naturopathy. Scope of Naturopathy.
3. Laws of Nature: Pancha Mahabhuta.

UNIT-II: HISTORY OF NATUROPATHY

1. History of Naturopathy in Ancient period.
2. Development of Modern Naturopathy
3. History of Nature Cure in India & Role of Mahatma Gandhi

UNIT-III: NATUROPATHY: DIAGNOSIS

1. Nature of Disease in Naturopathy. The Diagnostic procedures in Naturopathy: Spinal Analysis, Facial Diagnosis, Kanika Diagnosis, chromo diagnosis and its diagnostic values.
2. Importance of the physical and mental hygiene, Personal life and prevention of diseases
3. Techniques to acquire Natural immunity in diseases.

UNIT-IV: NATURE CURE TREATMENTS

1. Nature Cure Treatments: Enema, Fasting, Natural Diet, sun bath, Hydrotherapy, Mud therapy, Massage therapy.
2. Hip-bath, Spinal bath, Steam bath, Chest pack, Mud packs & Pravas Therapy
3. Chromo therapy – Colour treatment, Heat, Light, Electricity, Ultraviolet and Infra-red rays.

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 II
PAPER – III (SOE/YOG/C007)
YOGA & ALLIED SCIENCES -II

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 60

INT :- 40

Note: There will be Eight questions in all, two from each unit. The candidate will be required to attempt Four questions selecting one question from each unit.

UNIT-I: FUNDAMENTALS OF AYURVEDA

1. General introduction to Ayurveda, Relevance of Ayurveda in modern age.
2. Concept of health and disease in Ayurveda
3. Concept, role and importance of Prakriti, Deha Prakriti, Manasa Prakriti.

UNIT-II: FUNDAMENTALS OF HEALTH IN AYURVEDA

1. Concept, role and importance of – Swasthavritta,
2. Concept, role and importance of Dincarya, Ratricharya & Ritucharya
4. Concept of diet in Ayurveda and Prgyaaparadha.

UNIT-III: PANCHAKARMA

1. Concept of Pancha Karma & their applications
2. Concept of Snehan & Swedan
3. Concept of Vaman, Virechan & Basti, Role of Pancha karma for Treating Illness.

UNIT-V: SADVRITTA & ACHARA

1. Concept of Sadvritta & Achara
2. Types of Sadvritta & their importance in life
3. Achara-rasayan & its importance

REFERENCE BOOKS:-

- Singh Ramharsh, Swasthavritta Vijnana, Choukhambha Sanskrit Ptatisthana, Delhi.
- Kaushik, Mai Ram , Ayurveda Kya Hai?, Bikaner: Anand Prakashan,2003
- Dash , V.B., Ayurvedic Treatment For Common Diseases , Delhi Diary, 1974.

SEMESTER- II
PAPER – VI (SOE/YOG/E006)
MENTAL HYGIENE THROUGH YOGA

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 60

INT :- 40

Note: There will be Eight questions in all, two from each unit. The candidate will be required to attempt Four questions selecting one question from each unit.

UNIT-I: CONCEPT OF MENTAL HEALTH

1. Definitions of Mental Health
2. The western & Indian View Point
3. Mental Hygiene through yoga

UNIT-II : MENTAL HYGIENE THROUGH TRANSCENDENTAL MEDITATION

1. Historical Background
2. Psychological Concept
3. Aim & Technique, Mental Hygiene through Transcendental Meditation Yoga

UNIT-III : MENTAL HYGIENE THROUGH RAJ YOGA

1. Historical Background
2. Psychology Concept
3. Aim & Technique, Mental Hygiene through Raj Yoga

UNIT-IV : MENTAL HYGIENE THROUGH BHAKTI YOGA

1. Historical Background
2. Psychology Concept
3. Aim & Technique, Mental Hygiene through Bhakti Yoga

REFERENCE BOOKS:-

1. Contemporary school of psychology - Woodwork
2. 20th Century psychology - P.L. Harrienan
3. Internal yoga psychology - V. Madhupudhan Reddy
4. Yoga and depth psychology - I.P Sachdeva
5. Yoga psychology - Shanti Parkash Attari
6. Mental Hygiene through yoga - Dr. Vinod P. Nautiyal

SEMESTER -II
PAPER – VII (SOE/YOG/E007)
SPIRITUALITY AND SCIENCE

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 60

INT :- 40

Note: There will be Eight questions in all, two from each unit. The candidate will be required to attempt Four questions selecting one question from each unit.

UNIT-I : MIND AND MENTAL TRAINING

1. Nature of mind, problems of mind and mental development
2. Discipline of Mind and Mental Health
3. scientific perspectives and spiritual base of contemplation

UNIT-II : PSYCHE AND PSYCHIC TRAINING

1. Nature of Consciousness, States of consciousness
2. Perception of Psychic centres: Spiritual and scientific perspectives,
3. Procedure of Perception of Psychic centres

UNIT-III : EMOTION AND EMOTIONAL TRAINING

1. Principle of psychic colour & Aura, Psychic colour & Emotions
2. Emotional Stability through Meditation
3. Importance of spiritual and scientific interpretation of paranshakti (Tajolesya) and Kundalini-jagran

UNIT-IV PARAPSYCHOLOGY AND SPIRITUALITY -I

1. Concept of Parapsychology: Meaning , Aims & Objectives
2. Development of electro-magnetic fields in the body and psychic centres and karan & technique of Preksha Meditation for E.S.P.
3. Supernormal cognition or extra sensory perception ESP-its main types: Clairvoyance, Telepathy, Psycho-keinesis(PK)

REFERENCE BOOKS:-

5. Ian Stevenson: Twenty cases suggestive of Re-incarnation, Virginia, U.S.A
6. B.L. Atreya: An Introduction to Parapsychology, Kumar Publication, Varanasi
7. J.B Rhine : Extra Sensory perception.
8. W.E Butler: How to read the Aura, Practice Psychomerry, Teleplathy and Clairvoyance, Destiny boos one Parkstreet, Rochester, Vermont.
5. eqqfu egsUnz dqekj& tSun'kZu vkSj-foKku]tSu fo'o Hkkjrh laLFkku]ykMuwa
6. ia0 xkksihukFk dfojkt% Hkkjrh; laLd'fr vkSj lk/kuk][k.M-1,2
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SEMESTER -II

PAPER – V (SOE/YOG/E005) FUNDAMENTAL OF PSYCHOLOGY

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 60

INT :- 40

Note: There will be Eight questions in all, two from each unit. The candidate will be required to attempt Four questions selecting one question from each unit.

UNIT-I: Psychology and Holistic Health

1. Theoretical understanding of Yoga and Modern Psychology,
2. Concept of Holistic Health & Development of Holistic Health
3. Concepts and models of Normality,

UNIT-II: Concepts of Psychosomatic disorders

1. Meaning, Definitions of Psychosomatic disorders
2. Concepts of Psychosomatic disorders according to Taittiriya Upanisad.
3. Characteristics & types of psychosomatic disorders, Role of Yoga for psychosomatic disorder.

UNIT-III: Personality & Behavior

1. Definitions of Personality, Eastern and western concepts of personality,
2. Modern theories of personality,
3. Indian approach to consciousness and human behavior,

UNIT-IV: Personality Integration through Yoga

1. Personal and interpersonal adjustment, Role of Yoga in Adjustment.
2. Attitude formation for total personality integration
3. Role of yoga in personality integration

REFERENCES

1. Woodwork, Contemporary school of psychology
2. P.L. Harrienan, 20th Century psychology
3. Abraham H. Maslov, Towards a psychology of being
4. Mishlov Jeffery, The Roots of consciousness
5. N.C.Pande, Mind and supermind
6. V. Madhupudhan Reddy, Internal yoga psychology
7. I.P Sachdeva, Yoga and depth psychology
8. Shanti Parkash Attari, Yoga psychology

SEMESTER II
PAPER – VIII (SOE/YOG/E008)

YOGA ETHICS

MARKS: 100

HRS.

DURATION OF EXAM. : 2

EXT:- 60

INT :- 40

Note: There will be Eight questions in all, two from each unit. The candidate will be required to attempt Four questions selecting one question from each unit.

UNIT-I: CONCEPT OF ETHICS & MORAL VALUES

1. History of Ethics
2. Meaning and Nature of Ethics
3. Need of Ethical Values & Morality in Society

UNIT-II: CAUSES OF MORAL DEGRADATION IN SOCIETY

1. Biological Causes
2. Psychological Causes
3. Educational Draw Backs & Environmental Cause

UNIT-III: NATURE OF ETHICAL VALUES IN VARIOUS YOGA TEXTS

1. Ethical Values in Yoga Sutra & Vasistha Samhita
2. Ethical Values in Yoga Vashisth
3. Ethical Values in Bhagwat Geeta

UNIT -IV: APPLICATION OF YOGA ETHICS

1. Application of Yoga Ethics in Attitudinal change & behavioral Modifications
2. Application of Yoga Ethics in to avoid Violence
3. Application of Yoga Ethics to Establish Social Peace & Personality Development.

References

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| 10. The Science of Yoga | - I.K.Taimini |
| 11. Mulyaparak Shiksha aur Samaj | - Nathu lal Gupt |
| 12. Moral Principles in Education | - Dewey John |
| 13. Evolution of Hindu Moral Ideals | - Shiv Swamy Iyer |
| 14. Naitik Shiksha | - Tansukh ram Gupt |
| 15. Patanjali Yoga Sutra | - Nandalal Dasora |
| 16. Yoga Vashisth | - Nandalal Dasora |
| 17. Vasistha Samhita | - Swami Digambar |
| 18. Bhagwat Geeta | - Radha Krishnan |