

# **Chaudhary Bansi Lal University, Bhiwani**



**Revised Examination Scheme & Syllabi  
Postgraduate Diploma in Yoga  
w.e.f. 2021-22 onwards**



# Chaudhary Bansi Lal University, Bhiwani

(A State University established by Govt. of Haryana Act No. 25 of 2014)

## Study & Evaluation Scheme of PG Diploma in yoga

### Summary

Programme: PG Diploma in yoga  
Duration: One year  
Medium: English and Hindi  
Minimum Required Attendance: 75%  
Total Credits 48 Total Marks- 600  
Assessment Evaluation:

Internal Marks	Major Test Mark	Total Marks
20	80	100

### Internal Evaluation

Minor Test	Attendance	Assignment	Total Marks
10	5	5	20

### Duration of Examination

Major Test Exam	Internal (minor Test)
3hrs	1 <sup>1/2</sup> hours

To qualify the course, a student is required to secure a minimum of 40% marks in aggregate including the Major test and internal evolution. A candidate who secures less than 40% of marks in a course shall be deemed to have failed in that course. The student should have obtained at least 40% marks in aggregated to qualify the semester.

### Question Paper Structure

There shall be nine questions in all Question no 1 shall be compulsory, consisting of eight short answer type question covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

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Ch. Bansi Lal University, Bhiwani

Scheme of Examination for PG Diploma in Yoga

Credits = 48

Marks = 600

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Theory	Internal Assessment	Practical	
19PGDY(101)	Introduction of Yoga	CC	4		4	4x2	--	8	80	20		100
19PGDY(102)	Anatomy and Physiology for yogic practices	CC	4		4	4x2	--	8	80	20		100
19PGDY(103)	Teaching methodology of yogic practices	CC	4		4	4x2	--	8	80	20		100
19PGDY(104)	Traditional yoga	CC	4		4	4x2	--	8	80	20		100
19PGDY(105)	Practical - 1	CC		8	8	--	4x2	8			100	100
19PGDY(106)	Practical - 2	CC		8	8	--	4x2	8			100	100
<b>Total</b>			16	16	32	32	16	48	320	80	200	600

C.C. - Core Course

*Practical*

## Introduction of Yoga

Paper Code- 19PGDY(101)

**Max. Marks: 80**

**Int. Ass. 20**

**Time: 3 hours**

**Note:** The question paper consists of five units i.e unit Ist, IInd., IIIrd., IVth. and Vth. The Unit Ist., IInd., IIIrd. and IVth consists of two questions from each unit(I to IV) carrying 16 marks each and unit Vth consists of eight short answer questions covering the whole syllabus carrying 2marks each. The candidates are required to attempt one question from each unit (I to IV) and unit Vth is compulsory for all.

### **UNIT-I**

- i) Origin of Yoga & developmental aspect.
- ii) Introduction of Yog Granth – Pantjali yog Sutra , Shri Madbhagwat Geeta,
- iii) Hath Yog ,Pardeepika , Gherand sahita
- iv) Meaning & importance of Yoga in modern Era.
- v) Yoga as a Science or Art

### **UNIT- II**

- i) Various types of Yoga
- ii) Hatha Yoga , Raja Yoga, Laya Yoga,
- iii) Bhakti Yoga, Gyan Yoga, Karma Yoga.
- iv) Indroduction to different Yogi :  
Maharishi Patanjali , Sawani  
vivekanand , Sawani dayanand ,
- v) Maharishi Mahesh yogi ,maharishi  
Raman ,T Krishnam charya ,

### **UNIT -III**

- i) Principles of Yogic Practices.
- ii) Meaning of Asana, its types and principles.
- iii) Meaning of Pranayama, its types and principles.
- iv) Meaning of Kriya its types and principles.
- v) Meaning of chakras & its type and effect on human body

### **UNIT -IV**

- i) Mediation, its types & factors promoting meditation
- ii) Psychology of mantras.
- iii) Role of Yoga in promoting health care
- iv) Psycho-somatic aspects of yoga
- v) Meaning & importance of Prayer.

### **UNIT -V**

*Pratigya*

**CONTENTS:** Short type of 08 questions selected from I to IV units. Each have 2 marks and all are compulsory.

Reference :-

- 1 Swami Kuvalayanda,(1998) Asanas ,Lonavala, kavialyadhama
- 2 Swami Satyananada Sarasvati(1989) Asana Pranayama Mudra Bandha, Munger Bihar School of Yoga
- 3 Swami Satyananda Saraswathi (11984) Kundalini and tantra bihar Yoga Publications Trust
- 4 Swami Siyanada (1971) The Science of Pranayama, Chennai, A Divine life of Society

*Selected*



## ANATOMY AND PHYSIOLOGY FOR YOGIC PRACTICES

Paper Code- 19PGDY(102)

Max. Marks: 80

Int. Ass. 20

Time: 3 hours

**Note:** The question paper consists of five units i.e unit Ist, IInd., IIIrd., IVth. and Vth. The Unit Ist., IInd., IIIrd. and IVth consists of two questions from each unit(I to IV) carrying 16 marks each and unit Vth consists of eight short answer questions covering the whole syllabus carrying 2 marks each. The candidates are required to attempt one question from each unit (I to IV) and unit Vth is compulsory for all.

### UNIT-I

- i) Meaning and definition of Anatomy and Physiology and its significance in yogic practices.
- ii) Difference between Asana and Exercise
- iii) Difference between Pranayama and deep breathing
- iv) Diet and Yoga

### UNIT-II

**Effect of Yogic practices on various system.**

- i) Respiratory System
- ii) Digestive System
- iii) Endocrine System
- iv) Skeletal System

### Unit-III

- i) Nervous System
- ii) Circulatory System
- iii) Muscular System
- iv) Excretory System

### UNIT-IV

- i) Meaning, types and physiological effect of "Bandhas".
- ii) Meaning, types and physiological effect of "Mudras".
- iii) Meaning, types and physiological effect of "Pranayamas".
- iv) Meaning, types and physiological effect of "Kriyas".

### UNIT-V

**CONTENTS:** Short type of 08 questions selected from I to IV units each have two marks and all are compulsory.

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Reference :

1. Gore (1990) Anatomy and Physiology of Yogic Practices, Lonavata Kanchan Prkashan
2. Beotra Alka (2000) Drug Education Handbook on Drug Abuse in Sports Authority of India Delhi
3. Clarke D.H (1975) Exercise Physiology New Jersey Prentice hall Inc Englewood Cliffs

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# TEACHING METHODOLOGY OF YOGIC PRACTICES

Paper code- 19PGDY(103)

Max. Marks: 80

Time: 3 hours

Int. Ass. 20

**Note:** The question paper consists of five units i.e unit Ist, IInd., IIIrd., IVth. and Vth. The Unit Ist., IInd., IIIrd. and IVth consists of two questions from each unit(I to IV) carrying 16 marks each and unit Vth consists of eight short answer questions covering the whole syllabus carrying 2marks each. The candidates are required to attempt one question from each unit (I to IV) and unit Vth is compulsory for all.

## UNIT -1

- i) Meaning and types of teaching methods in Yoga.
- ii) Factors affecting yoga teaching.
- iii) Need and importance of teaching practice in yoga.
- iv) Maxims and Principles of teaching.

## UNIT-II.

- i) Meaning of class management and its importance, steps of class management in yoga
- ii) Lesson plan and its importance in yoga
- iii) Principles of lesson plan
- iv) Teaching Aids in yoga

## UNIT-III

- i) Meaning of tournaments and competitions in Yoga and its importance.
- ii) Eligibility rules for Inter –University Yoga competition.
- iii) Organisation and administration of Yoga competition.
- iv) Teaching Aids Yoga

## UNIT-IV

- i) Physical Fitness and its component. Importance of Physical fitness
- ii) Methods to improve Physical fitness components through Yoga
- iii) Meaning and importance of communication
- iv) Principles of communication and barriers in effective communication for Yoga

## UNIT -V

**CONTENTS:** Short type of 08 questions selected from I to IV units. Each has 2 marks and all are compulsory.

Reference-

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Gore, (1990), Anatomy and physiology of yogic practices, Lonavata: Kanchan Prakashan  
Clarke, D.H. (1975), Exercise Physiology, New Jersey: Prentice Hall Inc., Englewood  
Cliffs.

David, L. Costrill (2004), Physiology of Sports and Exercise, Human Kinetic

*Dehant*

# TRADITIONAL YOGA

Paper code- 19PGDY(104)

Max. Marks: 80

Time: 3 hours

Int. Ass. 20

**Note:** The question paper consists of five units i.e unit Ist, IInd., IIIrd., IVth. and Vth. The Unit Ist., IInd., IIIrd. and IVth consists of two questions from each unit(I to IV) carrying 16 marks each and unit Vth consists of eight short answer questions covering the whole syllabus carrying 2marks each. The candidates are required to attempt one question from each unit (I to IV) and unit Vth is compulsory for all.

## UNIT -1

### **Patanjali Yog Sutra**

- i) Introduction and definition of Patanjali Yoga Sutra, chit vritiya, Salution to remove chitra-vritiya.
- ii) Yogaantraye , methods of chit parsadan
- iii) Panchkalesh, kriya yoga and its types
- iv) Importance of Ashtang yog in daily life
- v) Sayamjanye sidhiya, Janamadhi panch sidhiya

## UNIT -II

### **Great Philosophy of Indian Yoga Culture**

- i) General introduction of Shaddarshan,
- ii) Soul and almighty
- iii) Method to achieve the unit of soul with almighty
- iv) Heart fullness (Heart based meditation)
- v) Karamyoga of Swami Vivekanand.

## UNIT -III

### **Swatmaram Hatha Pradipika.**

- i) Definition of Hath Yoga Beneficial and barrier factors in Hath Yoga sadhana
- ii) Benefits and methods of Asana
- iii) Benefits and methods of Pranayama
- iv) Shathkaram, Bandh and Mudra
- v) Nadanusandhan

## UNIT -IV

### **Gherand Shehita**

- i) Sapt Sadhan, Shatkarm ,
- ii) Benefits and methods of Asana
- iii) Benefits and methods of Pranayama
- iv) Benefits and methods of Mudras
- v) Introduction of Parthyahar, Dhyhan and Samadhi.

## UNIT -V

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**CONTENTS:** Short type of 08 questions selected from I to IV units. Each have 2 marks and all are compulsory.

Reference :

- Iyengar B.K.S (2000) Light on Yoga New Delhi harper Collins Publishers
- Karbelkar N.V(1993) Patanjali Yogasutra Bhashya ( Marathi Edition)  
Amravati, Hanuman Vyayam Prasarak Mandal

*Pratibha*

**PRACTICAL -I**

Paper Code- 19PGDY(105)

Marks: 100  
Min. Pass Marks: 40  
Time: 3 hours.

**LIST OF YOGIC PRACTICES**

**ASANAS**

1. Shirsh Asana
2. Vipratarakani
3. Hal Asana
4. Bhujang Asana
5. Ardh-Shalbh Asana
6. Vakra Asana
7. Ardha Matasyaendrasana
8. Paschimottan Asana
9. Vajra Asana
10. Supta Vajra Asana
11. Yoga Mudra
12. Nauka Asana
13. Bak Asana
14. Mayur Asana
15. Ustra Asana
16. Vriksh Asana
17. Padma Asana

**PRANAYAMA**

1. Anulome-vilome
2. Ujjai
3. Bhastrika
4. Shitali
5. Sitkari
6. Suryabhedan

**KRIYA**

Any two Kirya from the followings:-

1. Neti (Jal neti and sutra neti)
2. Vaman Dhauthi
3. Tratak
4. Nauli
5. Kapalbhathi (three types)

*Signature*

18. Trikon Asana
19. Sarvang Asana
20. Manduk Asana
21. Pavan Muket
22. Chakra Asana
23. Pad-hast Asana
24. Katichakra Asana.
25. Surya Namaskar

Note: Students are required to do any 15 of above mentioned Asanas, two Pranayama and two Kriya.

- i) Note Book (ii) Viva-voce

*Protected*



## Paper-II Practical

Paper Code- 19PGDY(106)

### Teaching Practice

Marks: 100

Min. Pass Marks: 40

Practice of teaching five lesson plan on any skill (Three Asanas, two Pranayama and one Kriya) on lesson format with chart and Viva-voce. In the final exam model will be compulsory for all the students.

*g. k. k. k. k.*