

**BPS MAHILA VISHWAVIDYALAYA**  
**KHANPUR KALAN,**  
**SONIPAT, HRY.**

**MSM INSTITUTE OF AYURVEDA**  
**D.Y.Sc.**  
**Diploma in Yoga Science**

**Course Coordinator of D.Y.Sc.**

**Dr. Pawan Kumar**

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**Department of Swasthavritta& Yoga**

**Head of Department**

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MD(Kayachiktsa)

**Associate Professor**

**Department of Swasthavritta& Yoga**



## 12. Scheme of Examination:

First Semester			Teaching Hours per week		Marks		Total Marks
S.no.	Paper code	Subject	Theory	Practical	Theory	Practical	
1.	DYS101	Principles of Yoga & Human Systems	6	6	100	100	200
Second Semester			6	6	100	100	200
1:	DYS201	Yoga & Health					

## Course Curriculum

### Semester-I

Subject Title: Principles of Yoga & Human Systems

Subject Code: DYS Theory 101

Objectives: The above programme has been designed with the following objectives

- i. To equip the learners with a brief understanding about yoga and its stream.
- ii. To give a basic knowledge of Yoga as preventive health care and Yogic life style analysis.

	Topics
DYS-1.	Yoga shabdautpatti, Yoga prayojana Definitions according to Gita , Patanjali ; Yog sutra , Hathyogpradipika ,GherandSamhita
DYS-2.	Ayurveda moolshidhanta(Dosa, Dhatu, Mal, Panchmahabhoot)
DYS-3.	Ayurvedyogsambandh,
DYS-4.	Introduction to Anatomy and physiology of Human body with special reference to <b>Respiratory system</b> : Nose, nasal cavity, pharynx, Trachea, Larynx, bronchiole, lungs; Brief understanding about transport of respiratory gases; Composition and function of blood - Plasma, RBC, WBC and Platelet; <b>Muscular system</b> : Introduction to tissues and types; Anatomy of the Skeleton; Classification of bones; Types of joint and muscles in the body; <b>Nervous system</b> : Basic understanding about Sympathetic and Para sympathetic; <b>Endocrine System</b> : Basic understanding about the functions of various endocrine glands-pituitary, thyroid, parathyroid, adrenal, ovary and testes. <b>Digestive system</b> : Mouth, Oral cavity, Pharynx, Oesophagus, Stomach, Large & small intestine, anus; Associated glands - Liver, Pancreas, salivary glands., <b>Cardiovascular system</b> : Structure of heart, its chamber, valves, function of arteries, vein and capillaries, <b>Excretory system</b> : Basic understanding about different stages of digestion; absorption; Function of Kidney, Urinary Bladder and Urethra;
DYS-5.	Astanga Yoga (Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi)
DYS-6.	<b>Asanas &amp; its Importance and its types;</b> <b>Standing postures Preparatory Poses:</b> Padahastasana, Hastottanasana, Kati Chakrasana, Tadasna <b>Sitting postures:</b> Padmasana, Bhadrasana, Vajrasana, Sasankasana, UttanaMandukasana, Gomukhasaa, Ardhamatsyendrasana, Paschimottanasana, Vajrasana

	<b>Prone postures:</b> Bhujangasana, Salabhasana, Dhanurasana, Makarasana <b>Supine postures:</b> Halasana, Sarvangasana, Halasana, Shavasana, Pawanmuktasna
DYS-7.	Surya namaskar and its Benefits
DYS-8.	Pranayam :- Benefits of Pranayam , Nadishudhi pranayamaAvara – Pravara – Madhyama, Kumbhakheda
DYS-9.	Samadhi and its types
DYS-10.	Difference between Asana and Vyayama (Exercise)
DYS-11.	Diet during Yogabhyas- Mitahara, Pathya, Apathya during Yogabhyas, Types of diet Satwik, Rajsik, Tamsikahara,
DYS-12.	Importance of yoga in Modern times
DYS-13.	Principle and Practice of yoga in Ayurveda

Subject Title: **Yoga Practical**

Subject Code: **DYS Practical 101**

Objectives: The above mentioned programme has been designed with following objectives:

- i. To introduce Yogic postures and Practices
- ii. To introduce the practices of Suryanamaskar, Asanas, and Pranayama.

	Topics
DYS-1.	<b>Suryanamaskar</b>
DYS-2.	<b>Asanas&amp; its Importance and its types;</b> <b>Standing postures Preparatory Poses:</b> Padahasthasana, Hastottanasana, Kati Chakrasana, Tadasna <b>Sitting postures:</b> Padmasana, Bhadrasana, Vajrasana, Sasankasana, UttanaMandukasana, Gomukhasaa, Ardhamatsyendrasana, Paschimottanasana, Vajrasana <b>Prone postures:</b> Bhujangasana, Salabhasana, Dhanurasana, Makarasana <b>Supine postures:</b> Halasana, Sarvangasana, Halasana, Shavasana, Pawanmuktasna
DYS-3.	<b>Pranayama practices ;</b> Pranayama Practices: i) Nadishuddhi, ii) Surya Bhedana, iii) Bhastrika,
DYS-4.	<b>Field work</b> Lecture cum demonstration; Organizing Yoga Workshops and Yoga Camps
DYS-5.	<b>Educational Visit</b> One educational visit to national/reputed yoga institute/center to observe yogic modalities.

## Semester-II

Subject Title: Yoga & Health

Subject Code: DYS Theory 201

Objectives: The above programme has been designed with the following objectives

- i. To give a basic knowledge of Yoga as preventive health care and Yogic life style analysis.
- ii. To give an understanding of wellness and illness with reference to the yogic texts

DYS-1.	Yoga and Mental Health
DYS-2.	Different schools of yoga - Raj yoga, Hathayoga, Mantra yoga Laya yoga, Jnanayoga, Karma yoga, Bhakti yoga
DYS-3.	Asana & its Importance and its types <b>Standing postures Preparatory Poses:</b> Ardhakatichakrasana, Ardhachakrasana, Vriksasana, Trikonasana, Parivrittatrikonasana <b>Sitting postures:</b> Yoga Mudrasana, Ushtrasana, UttanaMandukasana, Ardhamatsyendrasana, Paschimottanasana, SuptaVajrasana <b>Prone postures:</b> Dhanurasana, Makarasana <b>Supine postures:</b> Uttanapadasana, ArdhHalasana, Setubandhasana, Mayurasana, Chakrasana, Matsyasana, Setubandhasana, <b>Balancing postures:</b> Vrikshasana, Garudasana, Namaskarasana, Natarajasana
DYS-4.	Shatkarma – Dhauti, Basti, Nauli, Neti , Tratak, Kapalbhati
DYS-5.	Bandh – Jalandhar, Uddiyan, MuladharBandh, Tribandh
DYS-6.	Mudras
DYS-7.	Shadchakras
DYS-8.	Ida , Pingla , Sushumnanadi
DYS-9.	Moksha , MuktatmaLakshna and upaya
DYS-10.	Naisthkichikitsa , Satyabhudhi
DYS-11.	AsthaAishwarya , Ashta siddhi
DYS-12.	Yogabhyaspratibhandhakbhava&Siddhikarbhavas as per Hathyoga
DYS-13.	Concept of stress according to modern science and Yoga; Stress as the cause for illnesses; Role of Yoga in Stress management
DYS-14.	Role of yoga in transforming the life style
DYS-15.	Concept of Body (PanchaKosha according to Taittiriya Upanishad),
DYS-16.	Total Human Development through Yogic practices for

	PanchaKosha (AnnamayaKosha, PranamayaKosha, ManomayaKosha, VijnanamayaKosha and AnandamayaKosha) and its integration with Ashtanga Yoga of Patnajali.
DYS-17.	Concept of health (Modern and Ancient View); Concept of Wellness and Illness (Modern and Ancient View)
DYS-18.	Causes of illness according to Yoga Vasishta - Concept of Adhi and Vyadhi and their consequences on the body.
DYS-19.	Precautions to be taken Before and During yoga
DYS-20.	Yoga and Value Education– Spiritual value, Yogic value, Personal value, Social values
DYS-21.	Importance Of Yoga in Present era
DYS-22.	Prayer – its significance in Yogic practices.

Subject Title: **Yoga Practical**

Subject Code: **DYSPractical 201**

Objectives: The above mentioned programme has been designed with following objectives:

- i. To introduce Yogic postures and Practices
- ii. To introduce the practices of Shatkarmas, Suryanamaskar, Asanas, Breathing practices and Pranayama.

Theory	Topics
DYS-1.	Shatkarmas ; Dhauti (Kunjali), Neti (Sutra and Jala), Kapalabhati, Agnisara
DYS-2.	Suryanamaskar
DYS-3.	<p><b>Asanas (yogic postures) ;</b></p> <p><b>Standing postures Preparatory Poses:</b> i) Ardhakatichakrasana, ii) Ardhashakrasana, iii) Padahasthasana, iv) Hastottanasana, v) Vriksasana, vi) Kati Chakrasana, vii) Trikonasana, viii) Parivrittatrikonasana</p> <p><b>Sitting postures</b> i) Padmasana, ii) Bhadrasana, iii) Vajrasana, iv) Vajrasana, v) Yoga Mudrasana, vi) Ushtrasana, vii) Sasankasana, viii) UttanaMandukasana, ix) Gomukhasana, x) Ardhamatsyendrasana, xi) Paschimottanasana, xiii) SuptaVajrasana</p> <p><b>Prone postures</b> i) Bhujangasana, ii) Salabhasana, iii) Dhanurasana, iv) Makarasana</p> <p><b>Supine postures</b> i) Uttanapadasana, ii) Ardhalasana, iii) Setubandhasana, iv) Sarvangasana, v) Halasana, vi) Mayurasana, vii) Chakrasana, viii) Matsyasana, ix) Setubandhasana, x)</p>

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	Shavasana <b>Balancing postures</b> i) Vrikshasana, ii) Garudasana, iii) Namaskarasana, iv) Natarajasana
DYS-4.	<b>Breathing practices</b> (for rectification of breathing pattern) ; Breathing Practices: i) Hands in and out, ii) Hands stretch, iii) Ankle stretch, iv) Legs rising, v) Rabbit breathing, vi) Tiger breathing, vii) Breath awareness, viii) Sectional breathing: Abdominal, Thoracic and Clavicular breathing;
DYS-5.	<b>Pranayama practices</b> ; Pranayama Practices: i) Nadishuddhi, ii) Surya Bhedana, iii) Bhastrika, iv) Ujjai, v) Cooling Pranayama (Sitali, Sitkari and Sadanta), vi) Bhramari
DYS-6.	<b>Field work</b> Lecture cum demonstration; Organizing Yoga Workshops and Yoga Camps
DYS-7.	<b>Educational Visit</b> One educational visit to national/reputed yoga institute/center to observe yogic modalities.