

ORDINANCE AND SYLLABUS

POST GRADUATE DIPLOMA IN YOGA SCIENCE & THERAPY [PGDYST]

To be Implemented from 2021-2022



Department of Physiotherapy

Faculty of Medical Sciences

GJUS&T, Hisar-125 001

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PREAMBLE

At the outset it must be mentioned that the present document should best be taken as a guiding framework. In preparing the same we are well aware that in some small pockets in the country, the teaching of Yoga is thriving in creative directions. A few departments are grounded in clinical perspectives, some other in the experimental research and industrial-organizational areas. The Learning Outcome based curriculum framework (LOCF), it is to be better understood as a document to be studied in relation to other advances in the field of Yoga. It intends to offer a broad guideline to reorient the organization of teaching-learning processes at the PG level to augment the quality of learning in the context of contemporary challenges of higher education in India. It explores the opportunities to improve class room transaction, teacher preparation and sense of relevance for the learners. In this endeavour it departs from the earlier scheme in a major way and explicitly states the learning outcomes and uses that to organize the diverse teaching-learning processes. In so doing it tries to address the needs of society, groups and the individual.

This scheme considers learning as an experiential and participatory activity with sufficient space for innovation and initiative, building the scientific spirit of objectivity and critical perspective. In this venture teachers and learners are assumed to jointly engage in a creative exercise of knowledge construction and skill building. In the last few decades, the discipline of Yoga has also emerged as a new treatment measure. Yoga is a physical, mental, and spiritual practice or discipline which originated in ancient India and is followed in all over the world. Many studies have tried to determine the effectiveness of yoga as a complementary intervention for many ailments. Its training can empower students assess, diagnose and treat various disorders or diseases and mal alignments. Teaching program therefore must include the agenda/ courses which are meaningful to the surrounding society. Educational institutions must reach out to the society. This will give us opportunity to get validation of skill training, knowledge acquisition, research and demonstration of relevance of graduate attributes. In turn, this kind of experience will also help shaping the learning outcomes. The employability gap would also be addressed. Preparing teachers to teach through pedagogies suitable to promote the values given in the LOCF document is an essential condition for the attainment of LOCF. It is perhaps the most daunting challenge in order to fulfil the mandate of LOCF. The diversity maintenance and appreciation, along with standardisation of teaching -learning across the nation requires accommodating local realities with an open mind.

Yoga or yogasanas are considered as art and science of healthy living by our ancient gurus. It is method to bring harmony of body and mind for general well being. Yoga is considered as one of the greatest gifts to the world by Indians for healthy living. Students in particular are benefitted by learning yoga. Keeping its various advantages and proved evidence in improving the health, efficiency and managing stress related problems. Yoga science and therapy is helpful in the Prevention, Restoration and Rehabilitation, Maintenance and Promotion of optimal physical function. The practitioners of Yoga therapy contribute to society and the profession through practice, teaching, administration and the discovery and application of new knowledge about Yoga Therapy and Science experiences of sufficient excellence and breadth by research to allow the acquisition and skills and behaviours as applied to the practice of Yoga Therapy and Science. Learning experiences are provided under the guidance and supervision of competent faculty, in both, classroom as well as in clinic. The designed curriculum will prepare the entry-to-practice Yoga Therapy and Science to be an autonomous, effective, safe and compassionate professional, who could work efficiently as a yoga therapist in the hospitals, spa, wellness centre, start their yoga centre and join the Yoga department of the universities as an assistant professor and areresponsive to the current and future needs of the health care system.

Yoga plays crucial role in promoting balanced and all round personality growth of every person. Yoga therapy involves instruction in yogic practices and teachings to prevent reduce or alleviate structural, physiological, emotional and spiritual pain, suffering or limitations. Yogic practices enhance muscular strength and body flexibility, promote and improve respiratory and cardiovascular function, promote recovery from and treatment of addiction, reduce stress, anxiety, depression, and chronic pain, improve sleep patterns, and enhance overall well-being and quality of life. The core skills used by Yoga science and therapy are asanas, mudras, pranayama, shatkarmas, dhyana and alternative therapies.

Specifically, Yoga practitioners improve the client's quality of life by:

- Encouraging one to relax, slow the breath and focus on the present.
- Shifting the balance from the sympathetic nervous system and the flight-or-flight response to the parasympathetic system and the relaxation response.

- Achieving tranquility of the mind and create a sense of well-being, feelings of relaxation, improved self-confidence, improved efficiency, increased attentiveness, lowered irritability, and an optimistic outlook on life.
- Improved flexibility, loosening of the muscles and connective tissues surrounding the bones and joints.
- Promoting optimal mobility, physical activity, and overall health and wellness;
- Preventing disease and maintaining health of healthy individual;
- Geriatric care and Rehabilitation;
- Managing acute and chronic conditions, activity limitations and participation restrictions;
- Improving and maintaining optimal functional independence and physical performance;
- Yoga and meditation practices exert positive influence on addictive behaviors.
- Calming and restorative; it lowers breathing and heart rate, decreases blood pressure, lowers cortisol levels, and increases blood flow to the intestines and vital organs.
- A fundamental emphasis is placed on accepting one's moment-to-moment experiences creating mindfulness and not forcing the body past its comfortable limits.

LEARNING OBJECTIVES OF THE COURSE

▪ COMMUNICATION

- Effective communication and interpersonal skill which are adapted to meet the needs of diverse individuals and groups.

▪ ETHICAL AND LEGAL STANDARDS

- Adherence to safe, ethical and legal standards of current practice (as identified by professional organizations, federal and state law and accrediting bodies).

▪ DIAGNOSIS AND PLAN OF CARE

- Development of diagnoses with consultation to Physician and an individualized plan of care for the management and prevention common ailments.
- Demonstrate effective history taking, examination, evaluation, and re-evaluation that leads to an appropriate Yoga Therapy diagnosis and prognosis for patients with disorder of the following systems.
- Develop an appropriate plan of care and intervention for patients with disorders.
- Assess and address needs of individuals and communities for health promotion and prevention of movement dysfunction.

▪ OTHER OBJECTIVES

- To train students in Yoga Therapy so as to enable the students to become well versed in Yoga Therapy
- To integrate Yoga Therapy with other systems of medicine to speed up the process of recovery
- To explore the possibilities of promoting Yoga Therapy integrating medical practice at conventional medical facilities attached to the institute
- To produce Yoga Therapists with in-depth understanding of basic sciences and mechanism of action of every technique prescribed for a disease
- To bring all round personality development of the students at all levels of their personality

- To produce the therapists of high calibre who could work efficiently as a yoga therapist in the hospitals, spa, wellness centre, start their yoga centre and join the yoga department of the universities as an assistant professor

1. TEAM MEMBER

Effective participation as an intra- and inter-professional team member.

2. PRACTICE MANAGEMENT

Effective management for delivery of Yoga services in diverse settings.

3. TEACHING AND LEARNING PRINCIPLES

Application of teaching and learning principles in educational, practice, and community settings.

4. EVIDENCE-BASED PRACTICE

Application of principles of critical thinking and clinical reasoning to evidence-based Yoga Therapy practices.

5. PROFESSIONAL RESPONSIBILITY AND COMMITMENT

Responsibility and commitment to the profession and society through life-long learning and involvement in activities beyond the job responsibilities.

LEARNING OUTCOMES OF THE COURSE

On completion of this course, the students will be able to:

1. Become proficient in the theory and practice of Yoga and its nature, scope, development of yoga through the ages, different types of yoga like Karma Yoga, Bhakti Yoga, Jnana Yoga, Raja yoga, Hatha yoga and Mantra Yoga, Meditation and Its nature and scope, different types of meditation, the concepts Hatha Pradipika and Gheranda Samhitha, Chakra theory and Kundalini yoga and relevance to the modern life.
2. Become well versed in human anatomy & physiology of Cell structure. systems in the body like Skeletal system, Muscular system, Digestive system, Circulatory system, Respiratory system, Excretory system, Endocrine system, Nervous system and Reproduction. Also knowledge about Nutrition and dietetics.
3. Understand the knowledge of nature ,characteristics and development of Indian philosophy. Indian Philosophical systems like Vedic thought, Upanishad, Shad darshan, ShrimadBhagwadGeeta, Samkhya karika and Patanjali Yoga Darsana.
4. Understand the knowledge about Definition of psychology, Methods of psychological sciences like Introspection method, Observation method, Case study method and Observation method. To aware of Scope and substance of Indian Psychology, Cognitive process like Sensation, Perception, Attention, Memory, Language, Thinking, Concept formation and creativity, Extra sensory perception, Fundamentals of Attitudes, learning, motivation and emotion. Additionally knowledge of Yoga Psychology and Definition& characteristics of Personality and Indian approaches to Personality
5. Acquire practical and theoretical skills of Kriyas, Asanas, Mudras, Bandas, Pranayamas and meditation.
6. Acquire comprehensive medical knowledge of the disease and it's Yogic Management. All the diseases are connected with different systems, students will have understanding and knowledge of sign, symptoms, prevalence and their Patho-

physiology, medical management and total rehabilitation with Integrated approach of Yoga therapy.

7. Recognise the common health problems consulting a physician.
8. Become aware of the research advances and developments in the field of Yoga.
9. Acquire a spirit of scientific inquiry and oriented to the principles of research methodology
10. Become proficient by developing scientific temper and experience
11. Plan and design a module of yoga for a particular problem
12. Demonstrate empathy and humane approach towards patients and their families and exhibit interpersonal behaviour in accordance with the scientific norms and expectations
13. Improve skills as a self directed learner; recognise continuing educational needs, select and use appropriate learning resources
14. Demonstrate competence in basic concepts of research methodology and be able to critically analyse relevant published research literature
15. Work towards realization of health for all, as a national goal through Yoga
16. To understand the medical ethics and never prescribe a module without consulting a doctor
17. To become well versed in research and improve the skills of carrying research with medical researchers in the field of yoga
18. To demonstrate the usefulness of yoga through contiguous effort and encourage a patient to practice yogic techniques without fail
19. To convince a patient to understand the root cause of his / her problem as yoga believes in the concept 'identification of a disease is 50% cure'

**SCHEME OF EXAMINATION FOR PG DIPLOMA IN
YOGA SCIENCE & THERAPY (PGDYST)
STUDY (CREDIT BASED SEMESTER SYSTEM)
(Implemented from academic session 2021-22)**

SEMESTER I										
S. No.	Course No.	Subject	Title	Teaching hrs/ Week		Marks				
				L-T-P	Credits	Theory		Practical		Total Marks
						Internal	External	Internal	External	
1	PGDYST 101	Fundamentals of Yoga	PC	5-0-0	5	30	70	-----	-----	100
2	PGDYST 102	Hatha Yogic Texts	PC	5-0-0	5	30	70	-----	-----	100
3	PGDYST 103	Srimad Bhagwad Geeta and Samkhya Karika	PC	5-0-0	5	30	70	-----	-----	100
4	PGDYST 104	Patanjala Yoga Sutra	PC	5-0-0	5	30	70	-----	-----	100
5	PGDYST 105P	Practical-I Yoga Skill and Prowess-I	PC	0-0-10	5	-----	-----	30	70	100
Total Credits					25	120	280	30	70	500

SEMESTER II										
S. No.	Course No.	Subject	Title	Teaching hrs/Week		Marks				
				L-T-P	Credits	Theory		Practical		Total Marks
						Internal	External	Internal	External	
1	PGDYST 201	Human Anatomy & Physiology	PC	5-0-0	5	30	70	----	----	100
2	PGDYST 202	Health and Yogic Diet	PC	5-0-0	5	30	70	----	----	100
3	PGDYST 203	Yoga Therapy	PC	5-0-0	5	30	70	----	----	100
4	PGDYST 204P	Practical-I Yoga Skill & Prowess-II	PC	0-0-10	5	----	----	30	70	100
5	PGDYST 205P	Practical-II Yoga teachings, Lesson Plan and Yoga Therapy	PC	0-0-10	5	----	----	30	70	100
Total Credits					25	90	210	60	140	500

SYLLABUS OF PG DIPLOMA IN YOGA SCIENCE AND THERAPY

Semester-I

PGDYST-101 Fundamentals of Yoga

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
PGDYST-101	Fundamentals of Yoga	PC	5-0-0	5

Course Assessment Methods(Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

Instruction for paper setting:

Nine questions are to be set by the examiner. Question No. 1 will be compulsory and based on the entire syllabus (all the four sections). It will contain 7 short answer type questions, each of two marks. Rest of the eight questions are to be given by setting two questions from each of the four sections of the syllabus. A candidate is required to attempt other four questions by selecting one from each of the four sections. All the questions including Q. No. 1 carry 14 marks. **Question paper will be in both English and Hindi languages.**

Course Objectives & Course Outcomes

Sr. No.	At the end of semester, student will be able:
CO 1	To explain Yoga and its important streams and Indian Philosophy.
CO2	To explain brief origin & history of Yoga and essentials of Yoga.
CO3	To appreciate the Yogic way of living, which they can inculcate in their life style and will be prepared to teach others the benefits of same.
CO4	To describe life sketches and contributions of eminent Yogi's in the field of Yoga.

Course Contents

Unit-I:Introduction:

- Yoga it's Meaning and Definition.
- Origin, history and development of Yoga.
- Importance of Yoga in moderntime.
- Place, Timing and costumes of Yogic practices
- Aids & Obstructions to Hatha sadhana
- Misconceptions about yoga and their solutions.
- Difference between yogic and non-yogic system of exercises.

Unit-II: Types of Yoga : it's brief Introduction

- Gyana Yoga
- KarmaYoga
- Bhakti Yoga
- Ashtanga Yoga
- Hatha Yoga
- Tantra Yoga
- Mantra Yoga

Unit-III : Life sketch & contribution of eminent Yogi's and Institutes of Yoga-I

- Maharshi Patanjali, Gorakshanath, Maharshi Dayanand, Swami Vivekanand, Maharshi, Arvindo, Swami Shivanand, Swami Kuvalyanand, Swami Ramdev,

Unit-IV : Life sketch contribution of eminent Yogi's and Institutes of Yoga-II

- Kaivalyadham, Lonavala.
- Bihar School of yoga
- MDNIY
- SVYASA
- CCRYN

Reference Books::

1. VijnananandSaraswati - YogVijyan, Yoga nketan trust, Rishikesh,1998.
2. Swami divyanand- Vedon me yogavidya
3. Vishvanatha Mukharji- Bharat kemahanyogi,
4. Rajkumari Pandey-Bhartiya Yoga Paramparake VividhAyam, radha publication, ND, 2008
5. Swami Vivekanand - Jnan, Bhakti, Karma yoga &Rajyoga, AdvaitAshram, Culcutta 2000.
6. Kamakhya Kumar -Yoga Mahavigyan, Standard publisher, NewDelhi.
7. Kalyan (Yogank)- Gita press Gorakhpur, 2002.
8. Kalyan (Yoga Tatwank)-Gita press Gorakhpur,1991.

Semester-I

PGDYST-102 Hatha Yogic Texts

(Based on Hatha Pradipika and Gheranda Samhita)

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
PGDYST 102	Hatha Yogic Texts	PC	5-0-0	5

Course Assessment Methods(Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70marks.

Instruction for paper setting:

Nine questions are to be set by the examiner. Question No. 1 will be compulsory and based on the entire syllabus (all the four sections). It will contain 7 short answer type questions, each of two marks. Rest of the eight questions are to be given by setting two questions from each of the four sections of the syllabus. A candidate is required to attempt other four questions by selecting one from each of the four sections. All the questions including Q. No. 1 carry 14 marks. **Question paper will be in both English and Hindilanguages.**

Course Objectives & Course Outcomes

Sr. No.	At the end of semester, student will be able:
CO 1	To describe the knowledge of the Yogic practices quoted in Hatha Yoga texts and their values and benefits for human being.
CO2	To explain prerequisites of Hatha Yoga, the principles of Hatha Yoga and essential Hatha Yoga text.
CO3	To explain the various Yoga practices described in Hatha Pradipika.
CO4	To explain the various Yoga practices described in Gheranda Samhita.

Course Contents

Unit-I: Hatha Pradipika-I

- Hatha yoga – Itsdefinition.
- Place, Environment & Season for Hathasadhana.
- Prohibited & conductive food in Hathasadhana
- Aids & Obstructions to Hathasadhana.
- Qualities of Hatha yoga sidhi
- utility of hathayoga.
- Asana in Hatha Prdeepinka: Process and Benefits
- Pranayama in Hatha Prdeepinka: it's Meaning and Definition. Types, Process and Benefits
- utility ofPranayama.

Unit-II: Hatha Pradipika-II

- Shatkarma: Dhauti, Basti, Neti, Tratak & Kapalbhati, It's Meaning

Process and Benefits.

- Mudra & Bandhas: Maha Mudra, Mahavedha, Mahabandha, Khechari, Uddiyanbandha, Jalandhar Bandha, MoolaBandha, Viparitkarani, Shaktichalini.
- concept of Samadhi.
- concept of nadanusandhana
- Nature of Kundalini and methods of awakening

Unit-III: Gheranda Samhita- I

- Introduction to saptasadhana
- Shatkarma: Shatkarma: Dhauti, Basti, Neti, Tratak & Kapalbhata, It's Meaning Process and Benefits
- Asana, Mudra, Pratyahar, Pranayama, Dhyan, Samadhi

Unit-IV: Bhakti sagar

- According to Swami charandas description of yoga and Ashtangayoga

Reference Books:

1. Hatha Yoga Pradeepika-Swami SatyanandaSaraswati, Bihar school of Yoga,Munger
2. Hatha Pradeepika- Swami Kuvlyanand, Kevlyadham,Lonavala
3. GherandSamhita- Swami SatyanandaSaraswati, Bihar school of Yoga,Munger
4. GherandSamhita- Swami Digamberanand, Kevlyadham,Lonavala
5. Bhakti Sagar- Swami Charandas, Kevlyadham,Lonavala

Semester-I

PGDYST-103 Shrimad Bhagvad Geeta & Samkhya Karika

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
PGDYST-103	Shrimad Bhagvad Geeta and Samkhya Karika	PC	5-0-0	5

Course Assessment Methods(Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70marks.

Instruction for paper setting:

Nine questions are to be set by the examiner. Question No. 1 will be compulsory and based on the entire syllabus (all the four sections). It will contain 7 short answer type questions, each of two marks. Rest of the eight questions are to be given by setting two questions from each of the four sections of the syllabus. A candidate is required to attempt other four questions by selecting one from each of the four sections. All the questions including Q. No. 1 carry 14 marks. **Question paper will be in both English and Hindi languages.**

Course Objectives & Course Outcomes

Sr. No.	At the end of semester, student will be able:
CO 1	To discuss Shrimad Bhagvad Geeta as basic philosophical and theoretical foundations of Yoga.
CO2	To relate and implement in every day activities and motivate others to follow Yogic style of living.
CO3	To discuss Samkhya karika as basic philosophical and theoretical foundations of Yoga.
CO4	To a deeper understanding to Yogic concepts mentioned in them.

Course Contents

Unit:1 General introduction to Bhagwatgeeta

- General introduction to Bhagwat geeta
- Nature of Soul
- Stith Prajana
- Karma Siddhant
- Srishti chakraprampra
- Lokasanghrah ki Prampra

Unit:2: BhagwatGeeta-II

- Tradition of karmayoga
- Nature of yajna
- Gyan ki Aagni
- Unity of Samkhya Yoga and Karma Yoga
- Nature and Utility of Sanyasa
- Symptoms of KarmaYogi
- Solution of Bhramagyana
- Abhyasa and Varigya
- Prakarti and Maya
- Ishwar ki Vibhootiya
- Virat Swaroop
- Bhakti Yoga
- Interpretation of Triguna
- Devasursampad-vibhag
- Trividh-shraddha

Unit-III: Samkhya karika:I

- General Introduction to Samkhya karika
- Sawroop of Dukha
- Introduction to twenty five elements
- Praman Vivechan
- Satkarayavada
- Anauplabddhi ke karan
- Interpretation of Vyakta and avyakta

Unit-IV: Samkhya karika:II

- Nature of gunas
- Interpretation of Purusha
- Nature and Symptoms of Buddhi
- Amhkara se sargprarivritti
- Troyodasha karan
- Sukshma Sharira
- Interpretation of mukti

Reference Books:

1. Sankhya Karika- Ishvar Krishna, Chaukhamba Prakashan Delhi
2. Sankhya Pravachan Bhashya- Vijyan Bhikshu,
3. Shrimad Bhagvat geeta, Geeta press Gorakhpur,
4. Sadhak Sanjeevani, Geeta press Gorakhpur,
5. Shrimad Bhagvatgeeta, lokmanyaTilak

Semester-I

PGDYST-104 Patanjala Yoga Sutra

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
PGDYST-104	Patanjala Yoga Sutra	PC	5-0-0	5

Course Assessment Methods(Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

Instruction for paper setting:

Nine questions are to be set by the examiner. Question No. 1 will be compulsory and based on the entire syllabus (all the four sections). It will contain 7 short answer type questions, each of two marks. Rest of the eight questions are to be given by setting two questions from each of the four sections of the syllabus. A candidate is required to attempt other four questions by selecting one from each of the four sections. All the questions including Q. No. 1 carry 14 marks. **Question paper will be in both English and Hindilanguages.**

Course Objectives & Course Outcomes

Sr. No.	At the end of semester, student will be able:
CO 1	To describe Patanjala's contribution to the field of Yoga.
CO2	To get well verse with the Yogic principles and it's meaning mentioned in Patanjala Yoga Sutra.
CO3	The students will be able to understand human's psychology as Patanjala had explained.
CO4	To impart knowledge of Eights limbs.

Course Contents

Unit-I: Samadhi Pada

- i. Definition of Yoga according to Patanjala Yoga Sutra
- ii. Concept of Chitta Bhumis & Chitta Vrittis
- iii. Yoga Antaraya
- iv. Concept of Ishwar
- v. Remedies of Chitta Prasadhan (Abhyasa & Vairagya, ek-tatvabhyas, Dharna, Dhyan, Vyyaharik Uppaya
- vi. Types and nature of Samadhi

Unit-II Sadhana Pada

- i. Nature of Kriya Yoga
- ii. Theory of Kleshas;

- iii. Concept of Karmashaya
- iv. Concept of Chaturvyuhavada
- v. Rithmbharaprajna and its Bhoomis/avastha.
- vi. Viveka-khayati
- vii. Brief Introduction to Bahiranga Yoga:
(Yama-Niyama; Asana, Pranayama, Pratyahara and their siddhi)

Unit-III: Vibuti Pada

- i. Concept of Asthanga Yoga
(Yama-Niyama; Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi)
- ii. Nature of mahavratam
- iii. Interpretation of Viterka
- iv. Concept of BahirangaYoga: (Yama-Niyama; Asana, Pranayama, Pratyahara and its meaning, defination methods, results and utilities)
- v. Concept of Antaranga Yoga (Dharana, Dhyana and Samadhi and its meaning, defination methods, results and utilities)
- vi. Concept of Sanyama
- iv. Parinamatraya
- v. Concept & kind of Vibhuti
- vi. Nature of kaivalya

Unit-IV: Kaivalya Pada

- i. Concept of Nirman Chitta,
- ii. Concept of karma
- iii. Types of karma
- iv. Drishta and drishya
- v. Types of Siddhis
- vi. Astha siddhi
- vii. Five means of Siddhis
- viii. Dharmamegha Samadhi

Reference Books:

1. Four Chapters of Freedom, Swami Satyanada Saraswati, BYS,Munger
2. The Science of Yoga,Taimini
3. Patanjala Yoga Sutra- Geeta PressGorakhpur
4. Patanjala Yoga Sutra- NandalalDashora
5. Mukti ke char sapan - Swami Satyanadasaraswati, BYS,Munger

Semester-I
PGDYST 105P Practical I
YOGA SKILL & PROWESS-I

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
PGDYST 105P	Practical-I Yoga Skill & Prowess-I	PC	0-0-10	5

Course Assessment Methods(Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70marks.

Course Objectives & Course Outcomes

Sr. No.	At the end of semester, student will be able:
CO 1	To perform all the asana, pranayama, mudra, bandha and kriya.
CO2	To impart knowledge about the prevention of health problems by promoting positive health through Yoga practices..
CO3	To describe the underlying mechanisms of Yoga practices.
CO4	To illustrate how to strengthen the different systems using Yoga which will help them to prevent health problems and promote positive health.

Course Contents

I- SELECTED KRIYAS

10 Marks

- | | |
|---|---|
| <ol style="list-style-type: none"> 1. Jalneti 2. Sutraneti 3. Gajakarani | <ol style="list-style-type: none"> 4. DandDhauti 5. Agnisara 6. Kapalbhathi- Vatkram,Sheetkram |
|---|---|

II- PRANAYAMAS

10Marks

- | | |
|---|--|
| <ol style="list-style-type: none"> a. In Hathyoga 1. Nadishodhan 2. Suryabhedan 3. Ujjayi 4. Anulomvilom 5. Sheetkari | <ol style="list-style-type: none"> 6. Shetalee b. In Yoga Sutra 1. Bahyavriddhi 2. Abhyantaravartti 3. Stambhavriddhi |
|---|--|

III- ASANAS

20Marks

- | | |
|--|---|
| <ol style="list-style-type: none"> 1. Surya Namaskar withMantra 2. Pawanmuktasana series1-2-3 3. UttanpadAsan | <ol style="list-style-type: none"> 4. Tadasan 5. Matsyaasan 6. Halasan |
|--|---|

- | | |
|----------------------|-------------------------|
| 7. Bhujangasan | 26. Katichakrasana |
| 8. Shalabhasan | 27. Parshvachakrasan |
| 9. Naukasana | 28. Vakrasan |
| 10. VipritNaukasana | 29. UrdhvaHastottanasan |
| 11. Makarasan | 30. Konasana |
| 12. Dhanurasan | 31. Gaumukhasan |
| 13. Utkatasan | 32. Vajrasan |
| 14. Chakrasan | 33. SuptVajrasan |
| 15. Janushirshasan | 34. Padhastasana |
| 16. Kandharasan | 35. UttanKurmasan |
| 17. Paschimottanasan | 36. Mandukasan |
| 18. AkarnaDhanurasan | 37. UttanMandukasan |
| 19. Siddhasan | 38. Ushtrasan |
| 20. Swastikasan | 39. Shashankasan |
| 21. Padmasan | 40. Dandasana |
| 22. Marjariasan | 41. Vrikshasan |
| 23. Vyaghrasana | 42. Trikonasan |
| 24. Udrakarshanasana | 43. Sinhasan |
| 25. Kagasana | |

IV- MUDRAS&BANDHAS

1. Moolabandha
2. Jalandharbandh
3. Uddiyanbandha
4. Mahabandh
5. Mahamudra
6. MahavedhaMudra

10 Marks

7. AshvaniMudra
8. TadagiMudra
9. KakiMudra
10. ShambhaviMudra
11. Vipreetkarni-Mudra

V MEDITATION-20Minute

05 Marks

VI VIVA-VOCE

15Marks

Reference Books:

1. Asana, Mudra, Pranayama and Bandha- Swami SatyanadaSaraswati, BSY,Munger
2. Light on Yoga, BKSlyenger
3. Hatha Yoga Pradeepika, Swami SatyanadaSaraswati, BSY,Munge

Semester-II

PGDYST 201 Human Anatomy & Physiology

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
PGDYST 201	Human Anatomy & Physiology	PC	5-0-0	5

Course Assessment Methods(Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

Instruction for paper setting:

Nine questions are to be set by the examiner. Question No. 1 will be compulsory and based on the entire syllabus (all the four sections). It will contain 7 short answer type questions, each of two marks. Rest of the eight questions are to be given by setting two questions from each of the four sections of the syllabus. A candidate is required to attempt other four questions by selecting one from each of the four sections. All the questions including Q. No. 1 carry 14 marks. **Question paper will be in both English and Hindi languages.**

Course Objectives & Course Outcomes

Sr. No.	At the end of semester, student will be able:
CO 1	To describe inclusive knowledge of the gross structure and development of human body.
CO2	To provide a basis for enhancing the knowledge of body's structure and function.
CO3	To get familiarized with the structure of the different systems in the human body.
CO4	To illustrate Anatomy and Physiology of various systems.

Course Contents

Unit-I: Cell, Tissue, Respiratory system & Endocrine system

- Fundamental about cell, tissue, organ and systems
- **Respiratory system:** Anatomy of Respiratory tract, Pulmonary ventilation, Alveolar ventilation, Mechanics of respiration, Pulmonary circulation, Pleural fluid, Lung oedema, Principles of gas exchange, Oxygen & carbon-dioxide transport, Regulation of respiration, Pulmonary function tests.
- **Endocrine system:** Structure and location of glands and their secretions, Classification of hormones, Mechanism of Hormone action, Endocrine functions of the hypothalamus, Pituitary, Thyroid, Adrenals, The endocrine pancreas, Parathyroid gland and role of calcitonin, Pineal gland.

Unit-II

- **Skeletal system:** Bones & its types, Joints & its types, Structure and function of a Synovial joint
- **Muscular system:** Classification and structure of muscles, Changes during

muscular contraction, Neuro-muscularjunction

- **Digestive system:** Anatomy of Digestive system, Mouth and salivary glands, Mastication & Swallowing, Salivary secretions, Stomach, Pancreas, Pancreatic & biliary secretion, Liver & Gall bladders, Intestine, Movements of gastro intestinal tract, Gastrointestinal motility, Gastro intestinal hormones, Functions of colon (symbiosis), Digestion and absorption.
- **Immune system:** Immunity, Innate immunity, Acquired immunity, Allergy, hypersensitivity and immunodeficiency, Psychoneuroimmunology.

Unit-III

- **Nutrition & Metabolism:** Carbohydrates, Fats, Proteins, Minerals, Vitamins, Dietary fibre, Recommended Dietary Allowances, Balanced diet, Diet for infants, children, pregnant & lactating mothers, and the elderly, Energy metabolism, Obesity & Starvation
- **Excretory system:** Anatomy of Urinary system, Kidney, Nephron, Water balance, regulation of fluid balance, Urine formation, Renal mechanisms for the control of blood volume, blood pressure & ionic composition, Micturition, Diuretics, Renal failure
- **Cardio-vascular system:** Anatomy of Heart, Properties of cardiac muscle, Cardiac cycle, Heart as a pump, Cardiac output, Specialized tissues of the heart, Generation & conduction of cardiac impulse, Electrocardiogram, Arrhythmias, Arterial blood pressure

Unit-IV

- **Lymphatic system:** Lymphoid organs, Composition and functions of Lymph, Microcirculation and lymphatic system
- **Nervous system:** Introduction to Nervous system, Classification of nerve fibres, Nerve conduction & synaptic transmission, Central nervous system: brain (fore brain, mid brain and hind brain) and spinal cord, Autonomic Nervous system: sympathetic and para sympathetic, Basics about special senses: Eye (vision), ear (hearing) and tongue (taste)
- **Reproductive system:** Basic anatomy, Menstrual cycle, Male and Female sex hormones, Pregnancy & Lactation.

Reference Books:

1. Anatomy and physiology for nurses, Ross and Wilson
2. Anatomy and physiology for nurses- A. K. Jain
3. Manav sharer rachana evam Kriya Vigyan, Abrar Ahemad, Sadab Alam and Asish Mahavar, Vardhaman Publishers
4. Basic Anatomy and Physiology- A. K. Jain, second edition APC publications.

Semester-II

PGDYST-202 HEALTH AND YOGIC DIET

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
PGDYST-202	Health and Yogic Diet	PC	5-0-0	5

Course Assessment Methods(Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

Instruction for paper setting:

Nine questions are to be set by the examiner. Question No. 1 will be compulsory and based on the entire syllabus (all the four sections). It will contain 7 short answer type questions, each of two marks. Rests of the eight questions are to be given by setting two questions from each of the four sections of the syllabus. A candidate is required to attempt other four questions by selecting one from each of the four sections. All the questions including Q. No. 1 carry 14 marks. **Question paper will be in both English and Hindi languages.**

Course Objectives & Course Outcomes

Sr. No.	At the end of semester, student will be able:
CO 1	To describe various Swastha Vritta practices, their principles and concepts..
CO2	To understand the concept of health, diet and value of nutrition.
CO3	To understand and practice daily regimen, night regimen and seasonal regimen for health promotion, disease prevention and age reversal.
CO4	To apply concept of Yogic food as an alternative to treat illness and disease.

Course Contents

Unit-I:

- Swastha vritta- definition, purpose, elements of health
- Swastha-vritta based Daily Routine (Dincharya)
- Exercise- Definition, Types,
- Comparative study of Yogasana and Exercise
- Massage, Bath, Prayer (Sandhya- uppasan), Sleep(nidra), Celibacy (bhramacharya) and Seasonal routine (ritucharya)

Unit-II:

- Necessity ofDiet
- Components ofDiet
- Quality ofDiet
- Quantatity and Time ofDiet
- Concept of Balanced Diet- Its Constitute materialand Utility

- Concept of fasting and its types
- Bad effects of consumption of abused drugs

Unit-III

- Yoga and health.
- Differentiate between Yogic and Non-Yogic Activities.
- Yogic Food- meaning and principles.
- Yogic Diet Therapy.
- Effect of Yogic Diet on Taste.
- Relation between yogic Diet and Taste

Unit-IV

- Mental Health, Disease-causes and Symptoms
- Mental Disease/Illness- Neuroses and Psychosis, Anxiety, Depression, mental Stress, Psychosthenia.

Reference Books:

1. Swastha Vrittavigyan- Ram Harsha Singh, Chaukhamba Prakashan Delhi
2. Yogic Chikitsa- Swami Kuvalyanand, Kevlyadham, Lonavala
3. Yoga se Aarogya- Kalidas Joshi
4. Yoga and Yogic Chikitsa- Ram Harsha Singh, Chaukhamba Prakashan Delhi

Semester-II

PGDYST-203 Yoga Therapy

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
PGDYST-203	Yoga Therapy	PC	5-0-0	5

Course Assessment Methods(Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70marks.

Instruction for paper setting:

Nine questions are to be set by the examiner. Question No. 1 will be compulsory and based on the entire syllabus (all the four sections). It will contain 7 short answer type questions, each of two marks. Rest of the eight questions are to be given by setting two questions from each of the four sections of the syllabus. A candidate is required to attempt other four questions by selecting one from each of the four sections. All the questions including Q. No. 1 carry 14marks.

Course Objectives & Course Outcomes

Sr. No.	At the end of semester, student will be able:
CO 1	Independently handle a patient and administer yoga therapy;
CO2	To appreciate the relative contribution of each organ system to the homeostasis.
CO3	Illustrate the physiological response and adaptations to environmental stresses; List physiological principles underlying pathogenesis and disease management.
CO4	To explain the sign, symptoms, prevalence and their Patho-physiology, medical management and total rehabilitation with Integrated approach of Yoga therapy.

Course Contents

Unit-I:

- Yogic Anatomy and Physiology- concept of Chakras, Panchakosha and Three bodies(gross, subtle and casual body), Result of these on awakening and perversion Physical, Mental and Psychosomatic
- Yogic Perversion Diagnosis- Swar Vigyan, Prana and Breath: relation with Physical, Mental and Psychosomatic daily life problems
- Co relationship of Seven chakras with Nervous System and Endocrine Glands
- Health and Fitness- meaning, Definition, Symptoms and its Different limbs (According to Yoga and W. H.O.)

Unit-II:

- Yoga Therapy-Meaning, Definition, Purpose, Basic principles, Limbs and Effects.
- Health- Promotion, Prevention, Treatment
- Importance of Yoga for prolonged life.

- Qualities of YogaTherapist,
- Difference Between Yogic Therapy and Allopathy
- Scope and relevance of Yogic Therapy in presenttimes
- Limitations of YogaTherapy
- Swar yoga Therapy: Meaning, Principles, Concepts andUtility
- Practical methods based on principles of Swar yoga, Health manual
- Therapy through swarayoga

Unit-III : Yoga Therapy of Common Ailments-I

- Disease of Skeleton and Muscular System: Back pain, Sciatica, Cervical spondylitis, Rheumatoid and Ostia arthritis, Rheumatism-causes, signs, symptoms, Diagnosis and YogicTherapy
- Diseases of Respiratory System: Asthma, pneumonia, common cold, Sinusitis-causes, signs, symptoms, Diagnosis and Yogic Therapy
- Diseases of Digestive system: Constipation, Indigestion, Acidity, Ulcer(Gastric and Duodenal), Irritable Bowel Syndrome. Gastritis, Jaundice, Colitis, and Haemorrhoids-causes, signs, symptoms, Diagnosis and YogicTherapy
- Diseases of Cardio-vascular System: Hypertension, Hypotension, Cardiac Attack and Angina -causes, signs, symptoms, Diagnosis and YogicTherapy

Unit-IV: Yoga Therapy of Common Ailments-II

- Diseases of Reproductive and Excretory System: Impotence, Diseases of Menstrual Diseases, Leukaemia, Backache, Infertility, Urinary Tract Infection and Urinary Stress Incontinence\ -causes, signs, symptoms, Diagnosis and YogicTherapy
- Diseases of Endocrine Glands –Diabetes, Hypo and Hyper Thyroidism, Obesity, Decline in Mental Strength causes, signs, symptoms, Diagnosis and YogicTherapy
- Diseases of Nervous System –Headache, Epilepsy, Depression, Anxiety, Insomnia, Stress, Smoking, alchol,-causes, signs, symptoms, Diagnosis and YogicTherapy
- Diseases of Mental Health : Meaning, Definition, Limbs, causes, goals, Determinants and Therapy throughYoga

Reference Books:

1. Swami Ramdev- yoga sadhanaavmchikitsarahasya, DivyaPrakashan, Haridwar.2012
2. R.S. Bhogal -Yoga & Mental Health & Beyond, KaivalyadhamS.M.Y.S. samiti, Lonavala,2015.
3. K.N. Udupa- Stress and its management by yoga, Motilalbanarsidass publication,1998.
4. Dr. Arun K. Sao & Dr. Akhileshwar Sao - TanavAvm Yoga, Radha Pub. New Delhi,2013.
5. Suresh Barnwal-MansikSwasthyaAvm Yoga, New Bhartiya Book Corporation, New Delhi,2002.
6. Swami Satyanandasaraswati-Yoga Therapy BYS,Munger
7. Swami karmananda -Yoga Therapy for Common Disease, , Yoga Publication trust,Minger

Semester-II

PGDYST 204 Practical I YOGA SKILL AND PROWESS-II

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
PGDYST 204P	Yoga Skill and Prowess- II	PC	0-0-10	5

Course Assessment Methods(Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

Course Objectives & Course Outcomes

Sr. No.	At the end of semester, student will be able:
CO 1	To understand advanced yoga techniques.
CO2	To impart knowledge about the prevention of health problems by promoting positive health through Yoga practices.
CO3	To understand the underlying mechanisms of yoga practices.
CO4	To illustrate how to strengthen the different systems using Yoga which will help them to prevent health problems and promote positive health.

Course Contents

I. SELECTEDKRIYAS

10 Marks

1. Trataka
2. VastraDhauti
3. Madhyamanauli
4. Sutraneti
5. Kapalbhathi-Vyutkram

II. PRANAYAMAS

10Marks

- a. In Hathyoga
 1. Bhastrika
 2. Bhramari& Pranayama as described in 1stsemester
- b. In Yoga Sutra
 1. Bahya-AbhyantraVishayakshepi and Pranayama described in 1st semesterpractical

III. ASANAS**20Marks**

1. Bhadrasana
2. UttithaPadmasana
3. BadhaPadmasana
4. Padangushthasan
5. Yogamudrasana
6. PadamBakasan
7. Tolangulasana
8. Mayurasana
9. SarwangAsan
10. Kukutasana
11. Ardhmatsyendrasana
12. Garbhasana
13. Matsyendrasana
14. Suptavajarasana
15. Ashwatthasana
16. Garudasan
17. Hastpadangushthasan
18. Karnapeedasan
19. Kurmasana
20. Shirshasan
21. Ugrasana
22. Padangushthnhasprashasan
23. Natrajasan
24. Shawasana
25. And asanas as described in 1st semester practical and Asanas of National and All-India Inter University Championship

IV. MUDRAS&BANDHAS**10 Marks**

1. ShaktichaliniMudra
2. Mudras &Bandhas as described in 1st semester practical

V. MEDITATION-20Minutes**05Marks****VI. VIVA-VOCE****15Marks****Reference Books:**

1. Asana, Mudra, Pranayama and Bandha- Swami SatyanadaSaraswati, BSY,Munger
2. Light on Yoga, BKSiyenger
3. Hatha Yoga Pradeepika, Swami SatyanadaSaraswati, BSY,Munger

Semester-II
PGDYST 205 Practical II
Yoga teachings, Lesson Plan and Yoga Therapy

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
PGDYST 205P	Yoga teachings, Lesson Plan and Yoga Therapy	PC	0-0-10	5

Course Assessment Methods(Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70marks.

Course Objectives & Course Outcomes

Sr. No.	At the end of semester, student will be able:
CO 1	To impart knowledge about the prevention of health problems by promoting positive health through Yoga practices.
CO2	To understand the underlying mechanisms of Yoga practices.
CO3	to understand how to strengthen the different systems using Yoga which will help them to prevent health problems and promote positive health

Course Contents

Each student will spent 4-6 hours per day for 15 days in hospitals/yoga center /health center (Govt./private) for learning the yoga treatment of various diseases and he/she will prepare a note book of learned yoga treatment.

A. Details ofpreparingnote-book

20 Marks

1. Name of thedisease
2. Sign and symptoms of thedisease
3. History of disease of patient and his/herfamily
4. Causes of thedisease
5. Yogic treatment for thedisease

B. Evidence based yoga practices forfollowingailments

30 Marks

1. Asthma (other Respiratorydisorders)

2. Anxiety and Depression (other Psychological disorders)
3. Arthritis
4. Backpain
5. Diabetes Mellitus
6. Hypertension
7. Menstrual disorders
8. Obesity
9. Muscular Dystrophy (other Neurological disorders)
10. Sinusitis
11. Oncology
12. Headache
13. Constipation
14. Vision disorder
15. Heart attack (other Cardiac problems)

C. VIVA-VOCE

20 Marks
