

# SYLLABUS

2018-19 and onwards.

## DIPLOMA IN YOGA SCIENCE (D.Y.Sc.)

FOR GRADUATES

One Year Duration



For further information please contact :

Director

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Ministry of AYUSH, Government of India

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Government of India  
Ministry of AYUSH



Morarji Desai National Institute of Yoga  
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Published by:

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## MORARJI DESAI NATIONAL INSTITUTE OF YOGA (MDNIY)

MINISTRY OF AYUSH, GOVT. OF INDIA

68, Ashoka Road, New Delhi-110 001

### DIPLOMA IN YOGA SCIENCE (D.Y. Sc)

For Graduates

(One-Year Duration)

**1.0. Title of the Course** - The Course shall be called as "**Diploma in Yoga Science (DYSc.) for Graduates**" of one year-duration.

**2.0. Duration of the Course** - This is a regular course, extended over a period of one-year, and is comprising of two semesters.

The classes will be conducted 5 days in a week. There will be minimum 6 hours of instructions every day. (3Hrs. Theory and 3Hrs. Yoga Practical) and additionally, there will be extra hours for Library/ Tutorials/ Personal-Practice etc., every day. If necessary, Special classes will be conducted on Saturdays.

**3.0 Eligibility :**

**Essential:**

3.1 A candidate possessing a Graduate degree (qualifying examination) in any discipline from a recognized University in India or abroad with minimum 50% of marks is eligible for admission to the Diploma in Yoga Science for Graduates.

3.2 A candidate should be below 30 years of age as on 1st of August of the respective year. There is a relaxation of 10 years for in-service personnel (on regular basis) who join the course on deputation through proper channel.

3.3 A candidate should be medically fit. A Medical Fitness Certificate in this regard issued from the Medical Officer of the Institute shall be produced. Candidates suffering from any chronic disease are advised not to seek admission to this course.

**Desirable:**

Elementary knowledge of Sanskrit/ Philosophy / Practice of Yoga.

**4.0 Objectives of the Course -**

The objectives of the course are as under:

1. To develop personality of the learners at all levels.
2. To impart the knowledge of Yoga practices to the aspirants.
3. To prepare well trained Yoga Instructors to give Yoga instructions (master trainers) for all sections of the Society.
4. To prepare trained personnel to instruct Yoga at Secondary Schools, Pre-University, Colleges, Universities and other educational set ups.
5. To create awareness of Positive Health and Spiritual evolution.
6. To motivate Graduates to take up Yoga as a profession.

**5.0. Syllabus -**

The syllabus is designed to fulfill the above mentioned objectives containing Theory subjects, Practical and Field training in Yoga and Self Development through assignments (under practical).

**6.0 Medium of instruction - English / Hindi.**

**7.0 Procedure of Evaluation -**

- (i) Evaluation through a semester-end examination
- (ii) Continuous evaluation by the teacher(s) of the course.

## 8. Scheme of Examination and Evaluation

- I. An academic year shall be apportioned into two semesters. There shall be semester-end examination after completion of each semester which will be notified by the Institute.
- II. The overall weightage of a course in the Syllabi and Scheme of Teaching and examination shall be determined in terms of credits assigned to the course.
- III. The evaluation of the students in a course shall have two components in the scheme of teaching and examination and syllabi.
  - (i) Evaluation through a semester-end examination
  - (ii) Continuous evaluation by the teacher(s) of the course.
- IV. There shall be Two semester-end examinations. First semester-end examination will be held preferably in the month of DECEMBER and second semester-end examination will be held preferably in the month of JULY. Semester-end examinations will be comprised of both theory and practical papers.
  - a. All semester-end examinations will be held as per the Institute schedule which will be notified by the Co-ordinator.
  - b. Candidates are allowed to write the said examinations either in English or in Hindi
  - c. The duration of each theory paper in semester- end examinations of 70 Marks shall be 3.00 hours and each 35 Marks shall be 1.30 hours.
  - d. Each theory paper shall comprise questions from all the units with internal choices, covering the entire syllabus.
- V. Apart from the Semester - end examinations there shall be two Class Tests/ Assignments etc. in each Semester as part of **Teacher/s Continuous evaluation of the Course.**
  - a. The date/s, timings and the scheme of question papers etc. for these class tests/ assignments shall be prepared by the concerned subject teachers in consultation with Course Co-ordinator / Director of the Institute. The results of these unit tests shall be displayed on the notice board of the institute for the information of the students.

<b>VI.</b>	The distribution of weightage for various components of evaluation shall be as below:		
	<b>A. THEORY COURSES</b>	<b>(For 100 Marks)</b>	<b>(For 50 Marks)</b>
	(i) Semester-end examination	70%	35%
	(ii) Continuous evaluation by the teachers	30%	15%
	<b>B. PRACTICAL COURSES</b>		
	(i) Semester-end examination	70%	35%
	(ii) Continuous evaluation by the teachers	30%	15%

<b>VII.</b>	<b>THEORY COURSES</b>		
	<b>A.1 Semester-end examination</b>	<b>Total Marks: 70</b>	<b>Marks: 35</b>
	<b>Q.I.</b> Multiple Choice/ Answer in a sentence or two/ Objective type questions (Questions from all the Units and all are compulsory)	(1 Mark Each) <b>10x1=10 Marks</b>	(1 Mark Each) <b>5x1=5 Marks</b>
	<b>Q.II.</b> Short Note type questions (Two questions from each unit with a choice)	(5 Marks Each) <b>6x5=30 Marks</b>	(5 Marks Each) <b>2x5=10 Marks</b>
	<b>Q.III.</b> Long Answer/ Essay/ Short Essay type questions (One question from each unit with a choice)	(10 Marks Each) <b>3x10=30Marks</b>	(10 Marks Each) <b>2x10=20Marks</b>

**Note: The format of the Semester-end Examination for Theory Courses has given herein**



<b>A.2. Continuous evaluation by the teachers:</b>	<b>Total marks: 30 &amp; 15</b>
(i) Two class tests* 10 marks each	20 marks 10
(ii) Attendance:	06 marks 03
90% & above 06 marks 03	
80% and above but below 90% 04 marks 02	
75% and above but below 80% 02 marks 01	
Below 75% 00 marks 00	
(iii) Participation in socio-cultural activities, monthly lectures, workshops, Sports, discipline etc.	04 marks 02

\*The two class tests may ordinarily be held after 6 weeks and 12 weeks of teaching.

#There will be only one Unit Test for the papers of 50 marks and of 2-3 credits.

**The format of the Class Test for Theory Courses has given herein**

**VIII. PRACTICAL COURSES**

<b>A.1. Semester-end Examination</b>	<b>Total marks: 70 &amp; 35</b>
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There shall be Semester-end examinations of each practical course and distribution of marks shall be as per the marks mentioned in each syllabus.

<b>A.2. Continuous evaluation by the teachers</b>	<b>Total marks: 30 &amp; 15</b>
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**A.2.1.** The teachers Continuation evaluation shall be based on:

(i) Performance in the two practical class tests 10 marks each	20marks 10
(ii) Punctuality and practical performance in The regular practical classes 05 marks	05 marks 2.5
(iii) Subjective experience and Self assessment Reports/Lab works etc. by the students 05 marks	05 marks 2.5

<b>A.2.2.FIELD WORK/</b>	<b>Total marks: 35</b>
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(i) Preparation for Yoga camp/ (Selection of Yoga camp and participants)	05 marks
(i) Design of Yoga protocol and its implementation	05 marks
(ii) Feed back by the participants/organizers/documentations etc.	05 marks
(iii) Field work report	20 marks

<b>A.2.3.STUDY TOUR/ASSIGNMENT/SELF APPRISAL</b>	<b>Total marks: 35</b>
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(i) Preparation for Study Tour OR 10 Assignments (Selection of the Yoga Institute/ Design of Tour Programme and its implementation, selection of topics with objectives etc)	10 marks
(ii) Study tour report/Journal with all Assignments The Field Work Report, Assignments, Self appraisal, and Study Tour Reports etc. shall be evaluated by the concerned in-charge Teacher/s and will be as per Institute rules and regulations.	25 marks

**B.** The Course Coordinator shall verify the marks and submit them to the Director of the Institute or the faculty nominated by the Director.

**C.** In case of any problem in smooth conduct of the examinations, the decision of the Board of Examination/ Director of the Institute will be the final.

**IX. Marks and Gradation -** As per the Institute Rules. The 'final result' will comprise of the total marks obtained in all the Semesters and the passing percentage is 40% marks.

40% and above but below 50%	Pass
50% and above but below 60%	Second Division
60% and above but below 80%	First Division
80% and above	Distinction



**FORMAT OF QUESTION PAPER**

**(For All Unit Tests\* )  
Theory Courses**

**PAPER- \_\_\_ : \_\_\_\_\_**

**Max. Marks: 10**

**Duration: 1 Hr.**

**Note: Answer all the Questions.**

**Q.I Answer the following in a sentence or two.**

**Marks: 4 x 0.5= 2**

1. -----
2. -----
3. -----
4. -----

**Q. II. Write short notes on the following.**

**Marks: 2 X 2= 04**

1. ----- /OR-----
2. ----- /OR-----

**Q.III. Answer the following in detail**

**Marks: 1 X 4= 04**

1. ----- /OR-----

\* This is the general format of Unit test examination; it can be modified by Subject Teacher.

**(Note: Assignments may also be given to the students instead of Unit Test/s as desired by the class teacher)**



**FORMAT OF QUESTION PAPER FOR 70 MARKS**

**(For All Semester End Examinations)**

**Theory Courses**

**Max. Marks: 70**

**Duration: 3 hours**

**PAPER-\_\_\_ : \_\_\_\_\_**

**Note: Answer all the Questions.**

**Q.I Answer the following in a sentence or two / Objective Type**

**Marks: 1 x 10 = 10**

1. -----
2. -----
3. -----
4. -----
5. -----
6. -----
7. -----
8. -----
9. -----
10. -----

**Q. II. Write short notes on the following**

**Marks: 6 X 5 = 30**

1. ----- /OR-----
2. ----- /OR-----
3. ----- /OR-----
4. ----- /OR-----
5. ----- /OR-----
6. ----- /OR-----

**Q.III. Answer the following in detail**

**Marks: 3 X 10 = 30**

1. ----- /OR-----
2. ----- /OR-----
3. ----- /OR-----





**FORMAT OF QUESTION PAPER FOR 35 MARKS**

**(For All Semester End Examinations)**

**Theory Courses**

**Max. Marks: 35**

**Duration: 1 ½ hours**

**PAPER-\_\_\_ : \_\_\_\_\_**

**Note: Answer all the Questions.**

**Q.I Answer the following in a sentence or two / Objective Type**

**Marks: 5 x 1 = 5**

1. -----
2. -----
3. -----
4. -----
5. -----

**Q. II. Write short notes on the following**

**Marks: 2 X 5=10**

1. ----- /OR-----
2. ----- /OR-----

**Q.III. Answer the following in detail**

**Marks: 2 X10=20**

1. ----- /OR-----
2. ----- /OR-----

**DIPLOMA IN YOGA SCIENC (D.Y.Sc)**  
**For Graduates**  
**(One-Year Duration)**  
**Scheme of Teaching and Examination**  
**Semester –I**

Sl. No.	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
			L	T	P	Sessional			SEE	
						Credit	CT	TA		
<b>Section-I Theory</b>										
1	DYS-CT101	Foundations of Yoga	3	1	0	4	20	10	70	100
2	DYS-CT 102	Foundations and Practices of Hatha Yoga	3	1	0	4	20	10	70	100
3	DYS - CT103	Human Anatomy & Physiology	3	1	0	4	20	10	70	100
4	DYS - CT104	Fundamentals of Ayurveda	2	1	0	3	10	05	35	50
5	DYS-CT105	Fundamentals of Naturopathy	2	1	0	3	10	05	35	50
<b>Section-II Practical</b>										
6	DYS-CP106	Practical-I Yoga Practicum-I	0	0	8	4	20	10	70	100
7	DYS-CP107	Practical-II Yoga Practicum-II	0	0	4	2	10	05	35	50
8	DYS-CP108	Practical-III Self Appraisals, Assignments OR Study Tour	0	0	4	2	10	05	35	50
<b>30+ Hrs</b>						<b>26*</b>	<b>TOTAL</b>			<b>600</b>

**\* Non Credit Compulsory Course: Basics of Sanskrit (Duration 15 hours (1hr. in a week)**

*CT- Core Theory, CP- Core Practice, L- Lecture, T-Tutorial, P-Practical (practice/field),*

*CT- Cumulative Tests, TA - Teachers Assessment, SEE – Semester End Examination.*

**DIPLOMA IN YOGA SCIENC (D.Y.Sc)**  
**For Graduates**  
**(One-Year Duration)**  
**Scheme of Teaching and Examination**  
**Semester –II**

Sl. No.	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
			L	T	P	Sessional			SEE	
						Credit	CT	TA		
<b>Section-I Theory</b>										
1	DYS-CT201	Essence of Principal Upanishads, Bhagavad Gita and Yogavashishtha	3	1	0	4	20	10	70	100
2	DYS-CT202	Patanjala Yoga Darshana	3	1	0	4	20	10	70	100
3	DYS-CT203	Yoga and Health	3	1	0	4	20	10	70	100
4	DYS-CT204	Dietetics & Nutrition	2	1	0	3	10	05	35	50
5	DYS-CP205	Methods of Teaching and Evaluation in Yoga	2	1	0	3	10	05	35	50
<b>Section-II Practical</b>										
6	DYS-CP206	Practical-IV Yoga Practicum -III	0	0	8	4	20	10	70	100
7	DYS-CP207	Practical-V Teaching Practice	0	0	4	2	10	05	35	50
8	DYS-FW208	Practical-VI Field Work	0	0	-	2	10	05	35	50
<b>30+ Hrs</b>						<b>26</b>	<b>TOTAL</b>			<b>600</b>

CT- Core Theory, CP- Core Practice, L - Lecture, T-Tutorial, P-Practical (practice/field),  
 CT- Cumulative Tests, TA - Teachers Assessment, SEE – Semester End Examination.

**SEMESTER-I**  
**COURSE STRUCTURE**

Subject Title: **FOUNDATIONS OF YOGA**

Subject Code **DYS-CT101**

Objectives:

- i. To give an introduction of Yoga and Indian Philosophy**
- ii. To give a brief introduction of Yoga Traditions and Schools of Yoga**
- iii To make understand the goal and purpose of life according to Yoga**

<b>Total Number of Hours: 60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits	3	1	0
Hours/ week	3	1	0
<b>SCHEME OF EXAMINATION</b>			
Total Marks: 100		Duration of final Examination: 3 hours	
<b>Theory : 100</b>		<b>Practical : NA</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30	NA	NA

**UNIT – I: INTRODUCTION TO YOGA AND BHARATIYA DARSHANA**

- 1.1 Etymology and definitions of Yoga, Aim, objectives and misconceptions about Yoga, True nature of Yoga and Principles of Yoga.
- 1.2 Brief introduction to origin of Yoga, Psychological aspects leading to origin of Yoga, Brief history and development of Yoga (Pre-vedic period to contemporary times), Schools of Yoga.
- 1.3 Darshana : Its meaning, definitions and objectives, Salient features of Bharatiya Darshana (Indian Philosophy), Philosophy; its meaning, definitions and scope, Main branches of Philosophy, Distinction between Indian Philosophy and Western Philosophy.
- 1.4 Branches of Bharatiya Darshana (Astika and Nastika Darshanas), General introduction to Shad-darshana, with special emphasis on Samkhya ,Yoga and Vedanta Darshanas, General introduction to Nastika Darshana.
- 1.5 General introduction to Vedas, Upanishads, Prasthanatrayee and Purushartha Chatushtaya (Goal of human life).

**UNIT – II: BRIEF SURVEY OF YOGIC TRADITIONS**

- 2.1 Elements of Yoga in Vedic Traditions:** Brief introduction to the nature of Yoga in Vedas and Upanishads, Concept of Pancha-kosha, Nature of Yoga in Darshanas, Nature of Yoga in Epics (Ramayana and Mahabharata), Nature of Yoga in Smritis, Puranas, Aagamas and Tantras, Concepts of Nadi, Prana, and Kundalini in Tantra, Elements of Yoga in Narada Bhakti Sutra, Nature of Yoga in Ayurveda.

- 2.2 **Yoga in Jain and Buddhist Traditions:** Syadvada (Theory of Sevenfold Predications) (Sapta-bhangi) Concept of Ratnatraya, Concept of Kayotsarga / Preksha-dhyana. Concept of Arya-satyas (Four Noble Truths), Concepts of Arya-ashtangika-marga and Vipassana (Insight Meditation).
- 2.3 **Yoga in Middle Ages :** Elements of Tantric Yoga, Roots of Hatha Yoga, Natha Parampara, Bhakti Yoga of Medieval Saints, Elements of Yoga in Sufism, Sufi Meditation Techniques, Elements of Yoga in Sikhism, The path of Sahaja Yoga or Nama Yoga of Guru Nanak
- 2.4 **Yoga in Modern Times :** Yoga Traditions of Sri Ramakrishna and Swami Vivekananda, Yoga of Maharishi Raman, Integral Yoga of Shri Aurobindo.
- 2.5 **Yoga in Contemporary Times:** Brief Introduction to some important Yoga Paramparas (lineages) of contemporary times; Yoga Parampara of Yogacharya Sri T. Krishnamacharya, Swami Shivanada Saraswati, Paramahansa Madhavadas, Swami Rama of Himalayas, Maharshi Mahesh Yogi, Swami Dharendra Brahmachari and their contributions for the development and promotion of Yoga.

### UNIT-III: INTRODUCTION TO SCHOOLS (STREAMS) OF YOGA

- 3.1 **General Introduction to Schools of Yoga :** Brief introduction to Schools (Streams) of Yoga; Yoga Schools with Vedanta Tradition (Jnana, Bhakti, Karma and Dhyana), Yoga Schools with Samkhya Yoga Tradition (Ashtanga Yoga of Maharshi Patanjali), Some Yogic Schools of Tantric Tradition ( Hatha Yoga, Swara Yoga and Mantra Yoga) and Yoga Schools with Non Vedic Traditions (Bauddha Yoga).
- 3.2 **Jnana Yoga:** Meaning of Jñāna and Jñāna-yoga, Sadhana-chatushtaya, Means of Jñāna-yoga.
- 3.3 **Bhakti Yoga and Karma Yoga:** Meaning of Bhakti and Bhakti Yoga, Stages of Bhakti, Types of Bhakti, Means of Bhakti Yoga; Meaning of Karma and Karma Yoga, Concept of Nishkama Karma, Means of Nishkama Karma, Inter relationship between Bhakti-yoga and Karma-yoga,
- 3.4 **Patanjala Yoga and Bauddha Yoga :** Brief introduction to Ashtanga Yoga of Patanjali and Arya-ashtangika-marga {Noble-eight-fold-path of Buddha (Bauddha Yoga)}.
- 3.5 **Hatha Yoga:** Hatha Yoga Practices (Sadhanas), Relevance of Hatha Yoga sadhana in day-to-day life.



## BOOK FOR REFERENCE

- David Frawley : Vedic Yoga  
MLBD, New Delhi, 2015
- Karel Werner : Yoga and Indian Philosophy,  
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Application in Yoga, Lonavla Yoga Institute Lonavla , 2008.



SUBJECT TITLE: **FOUNDATIONS AND PRACTICES OF HATHAYOGA**

SUBJECT CODE: **DYS-CT102**

OBJECTIVES:

- i. To give an introduction of Hatha Yoga and its practices
- ii. To introduce the principles of Hatha Yoga
- iii. To introduce essential Hatha Yoga texts and their importance in health and healing

<b>Total Number of Hours: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		3	1	0
Hours/ week		3	1	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100		Duration of final Examination: 3 hours		
<b>Theory : 100</b>		<b>Practical : NA</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

#### **UNIT – I: FOUNDATIONS OF HATHAYOGA**

- 1.1 Hatha Yoga: Its origin, history & development, Hatha Yoga: Its meaning and definitions, Aim, objectives and misconceptions about Hatha Yoga.
- 1.2 Hatha Yoga Parampara, Brief introduction to eminent Hatha Yogis of Natha Cult and their contributions to the development of Hatha Yoga, Relationship between HathaYoga and Raja yoga.
- 1.3 General introduction to Hatha Yoga Text; Siddhasiddhantpaddhati, Hathapradipika, Gorkshashatkam, Hatharatnavali and Gheranda Samhita with reference to their author, nature and practices.
- 1.4 Concept of Matha, Concept of Mitahar, Pathya & Apathya, Types of Aspirants.
- 1.5 Badhakatattva (obstacles) & Sadhakatattva (facilitating factors), principles to be followed by Hatha Yoga practitioners, Hatha Yogic Practices for common person.

#### **UNIT – II: HATHAYOGIC PRACTICES – I (ASANA & SHATKARMA)**

- 2.1 Shatkarma: Introduction to Shatkarma and their relevance in Hatha Yoga Sadhana, Shatkarmas as mentioned in different Hatha Yogic Texts, Applications and importance of Shatkarma in modern days.
- 2.2 Shatkarma: Techniques, benefits, precautions and contraindications of Shatkarmas – Dhauti, Basti, Neti, Nauli, Tratak and Kapalabhati as mentioned in Hathapradipika and Gheranda Samhita.
- 2.3 Asanas: Concept, Etymology, definition and principles of Asanas, Relevance and importance of asanas in Hatha Yoga Sadhana, Asanas as mentioned in different Hatha Yogic Texts e.g. Hathapradipika, Hatharatnavali and Gheranda Samhita.

- 2.4 Asanas: The techniques, benefits, precautions and contraindications of Asanas as mentioned in Hathapradipika.
- 2.5 Asanas: Techniques, benefits, precautions and contraindications of Asanas as mentioned in Gheranda Samhita.

**UNIT–III: HATHA YOGIC PRACTICES – II (PRANAYAMA, BANDHA, MUDRA AND NADANUSANDHANA)**

- 3.1 Pranayama: Concept, Etymology and definitions of Prana and Pranayama in Hatha Yogic texts, Relevance and Importance of Pranayama in Hatha Yoga Sadhana, Concept of Pancha Prana and Upa Prana with reference to their place and functions.
- 3.2 Pranayama Practices in different HathaYoga texts with special reference to Hathapradipika and Gheranda Samhita. Techniques, benefits precautions and contraindications of Pranayama as mentioned in Hathapradipika and Gheranda Samhita, Hathasiddhi Lakshanam.
- 3.3 Bandhas: Etymology, relevance and importance of bandhas in HathaYoga Sadhana, Bandhatrayas, Techniques and benefits of Jalandhar Bandha, Uddiyanabandha and Moolabandha.
- 3.4 Mudras: Concept, Etymology, Importance and their relevance in HathaYoga Sadhana, Mudras as mentioned in HathaYogic texts e.g. Hathapradipika, Hatharatnavali and Gheranda Samhita, Techniques, benefits, precautions and contraindications of Mudras as mentioned in Hathapradipika.
- 3.5 Concept of Pratyahara, Dhyana and Samadhi in Gheranda Samhita, Concept of Nada and Nadanusandhana as described in Hathapradipika, Four stages of Nadanusandhana,

## BOOK FOR REFERENCE

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- Swatmaramaji : Hathapradipika (Jyotsana - tika), Adyar Library and Research Centre, Madras.1972
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- Swami Kuvalyananda & Shukla, S.A. : Gorakshasatkam, Kaivalyadhama, Lonavla. 2006.
- Saraswati, Swami Satyananda : Asana Pranayama Mudra Bandha, Bihar School of Yoga, Munger, 1969.
- Saraswati, Swami Satyananda & Muktibodhananda : Hathapradipika, Bihar School of Yoga, Munger, 1993.



Subject Title: **HUMAN ANATOMY & PHYSIOLOGY**

Subject Code: **DYS-CT103**

Objectives:

- i. To give a basic understanding of the Human Anatomy and Physiology
- ii. To give an elementary understanding of the human systems and their functioning.
- iii. To give a basic understanding of exercise physiology and related effects on cardio – respiratory system.

<b>Total Number of Hours: 60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits	3	1	0
Hours/ week	3	1	0
<b>SCHEME OF EXAMINATION</b>			
Total Marks: 100		Duration of final Examination: 3 hours	
<b>Theory : 100</b>		<b>Practical : NA</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30	NA	NA

**UNIT – I: INTRODUCTION TO HUMAN ANATOMY AND PHYSIOLOGY**

- 1.1 Introduction to Human Anatomy; Introduction to Human Physiology; Basic Anatomical and Physiological terms.
- 1.2 Basic structure and functions of Cell and Cellular organelles; Tissue, types of tissues and functions; Body Organization.
- 1.3 Blood; compositions of blood, Plasma, Blood cells their structure and functions; Immunity and body defence.
- 1.4 Homeostasis; Its mechanism to maintain body's internal environment.
- 1.5 Introduction to Sensory Physiology; Fundamental structure and Functions of the Eye; Ear; Nose; Tongue and Skin

**UNIT – II: INTRODUCTION TO PHYSIOLOGICAL SYSTEMS**

- 2.1 Skeletal System: Structure and functions of Skeleton; Classification of Bones and Joints (viz., wrist, elbow, shoulder, ankle, knee, hip and pelvic joints), Structure of Spine; Range of movements of each of these joints
- 2.2 Nerve - Muscle Physiology System: Types of muscles; Structure and Functions of Skeletal, Cardiac and Smooth muscle. Basics of neuromuscular junction.
- 2.3 Respiratory System: Structure of Bronchial tree; Functions of respiratory system; Lung Volumes and Capacities.
- 2.4 Cardio-Vascular System: Structure of Heart and blood vessels; Cardiac Cycle and Cardiac Output; Heart Rate and Blood Pressure.
- 2.5 Digestive System: Structure of Gastro-intestinal tract and digestive organ; Physiology of digestion; absorption; Peristalsis.



### UNIT-III: INTRODUCTION TO PHYSIOLOGICAL SYSTEMS & EXERCISE PHYSIOLOGY

- 3.1 Excretory System: Structure of urinary system with emphasis on kidney; Functions and mechanism of kidney; Functions of other organ (Lungs, Skin and Sweat glands) as excretory organs.
- 3.2 Endocrine System: Location and functions of endocrine glands (viz., Hypothalamus, Pituitary, Thyroid, Parathyroid, Pancreas, Adrenal and gonads)
- 3.3 Reproductive System: Structure of male Reproductive System; Structure of female Reproductive System; Menstrual Cycle.
- 3.4 Nervous System: Introduction to Central Nervous System (CNS); Major parts of the Brain; Spinal Cord and its functions; Introduction to peripheral Nervous System (autonomic nervous system and somatic nervous system) and its functions.
- 3.5 Basic understanding of Exercise Physiology; Types of exercise; Effects of exercise on respiratory system and cardio-vascular system.

### BOOK FOR REFERENCE

- Gore, M.M. : Anatomy and Physiology of Yogic Practices, New Age Books, New Delhi, 2007.
- Telles, Shirley : A Glimpse of the Human body, Swami Vivekananda yoga Prakashan, Bangalore, 1998.
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- Singh, Inderbir : Anatomy & Physiology for Nurses, Jaypee Brothers, New Delhi, 2008.
- Krishna, Raman : Yoga and Medical Science: FAQ, East West Books, Madras, 2003.
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- Jayaprakash, C.S. : Sports Medicine, Jaypee Brothers, New Delhi.2003.
- Balkrishna, Acharya : Yoga – Vijnanam, Divya Publication, Haridwar, 2017.



Subject Title: **FUNDAMENTALS OF AYURVEDA**

Subject Code: **DYS-CT104**

Objectives:

- To understand the basic principles and concepts of Ayurveda.
- To understand the role of Ayurveda in healthy lifestyle.
- To understand the role of Ayurveda in prevention and management of disease.
- To understand Relation between Yoga and Ayurveda.

<b>Total Number of Hours: 30</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits	2	1	0
Hours/ week	2	1	0
<b>SCHEME OF EXAMINATION</b>			
Total Marks: 50		Duration of final Examination: 1.30 hours	
<b>Theory : 50</b>		<b>Practical : NA</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
35	15	NA	NA

**UNIT III: INTRODUCTION TO AYURVEDA AND ITS PRINCIPLES**

- 1.1 AYURVEDA: Its meaning, definitions, aim and objectives; origin, history and development of Ayurveda, Principles of Ayurveda.
- 1.2 Brief introduction to important Ayurvedic texts like Charaka Samhita, Sushruta Samhita and Ashtanga Samgraha, Ashtanga Ayurveda and its significance.
- 1.3 Basic principles of Ayurveda – Tridosha, Trigunas, Saptadhatu, Trimala, Pancha Mahabhuta, Prakruti & Manas. Introduction to Dravya, Guna, Karma, Virya, Vipaka and Prabhava.
- 1.4 Concept of Health, Pathogenesis and Disease according to Ayurveda and its utility in health promotion and disease management.
- 1.5 Approach of Ayurveda and Yoga as whole; Relationship between Ayurveda and Yoga.

**UNIT IV: UPASTHAMBHA WITH SPECIAL EMPHASIS ON AHARA**

- 2.1 UPASTHAMBHA: Concept and components of Upasthambha.
- 2.2 Concept of ahara, Ahara Matra, Virudha ahara, Aharapachana, Pathya & Apathya in Ayurveda, Introduction to Shariraposhana (nourishment). Role of Ayurvedic diet in health and disease.
- 2.3 Concept of Nidra and Brahmacharya in Ayurveda; Importance of Nidra in Health and Disease, Importance of Brahmacharya, Physical and mental benefits of Brahmacharya.
- 2.4 Concept of Vihara (Lifestyle) in Ayurveda and importance of Swasthavritta, Dinacharya, Ritucharya. Concept of Sadvritta and Achar Rasayana, Concept of Agni, Srotas and Ama, Concept of Dharniya and Adharniyavega in Ayurveda Ahara.
- 2.5 Role of Poorva and Paschat karma in Panchakarma, Significance of Panchakarma in Ayurveda and Shatkarma in Yoga.

## BOOK FOR REFERENCE

- Athavale V.B. : Basic Principles of Ayurveda, Chaukhamba Sanskrit Prathisthan, Delhi, 2004.
- Balakrishana, Acharaya : Ayurveda Siddhanta Rahasya, Divya Prakashana, Haridwar, 2016
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- Mehra, Rakhee : Ayurveda eka Parichaya, MDNIY, New Delhi.
- Mishra, S.P. & Pathak, Ashutosh Kumar : Yoga and Ayurveda, Chaukhamba Prakashan, Varanasi, 2015.
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- Singh, Ramharsh : Swasthvritta Vijyana, Chowkhamba Sanskrit Prakashan, 2001.



Subject Title **FUNDAMENTALS OF NATUROPATHY**

Subject Code **DYS-CT105**

Objectives:

- To introduce the basic principles of Naturopathy and its concepts.
- To understand Basic modalities of treatment in Naturopathy.
- To have an understanding about benefits of Naturopathy and lifestyle modification.
- To understand the role of Yoga in Naturopathy treatment.

<b>Total Number of Hours: 30</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		2	1	0
Hours/ week		2	1	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 50		Duration of final Examination: 1.30 hours		
<b>Theory : 50</b>		<b>Practical : NA</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
35	15	NA	NA	

**UNIT I: INTRODUCTION TO NATURE CURE AND ITS PRINCIPLES**

- 1.1 Nature Cure: General introduction, Definition, History and Fundamental principles of Nature cure.
- 1.2 Catechism of Nature Cure; Words and phrases which convey meanings of Nature Cure.
- 1.3 Laws of Nature: Concept of Pancha Mahabhootas, Shareera Dharmas – Ahara, Nidra, Bhaya, Maithuna.
- 1.4 Inflammation and its different stages; Natural rejuvenation and vitality. Immunity: How to acquire natural immunity in diseases.
- 1.5 Importance of Physical and Mental Hygiene in Personal life and prevention of diseases. Concept of Detoxification in Naturopathy.

**UNIT II: PRINCIPLES AND METHODS OF NATURE CURE**

- 2.1 Arogya Rakshaka Panchatantras and their importance in maintaining good health and prevention of diseases.
- 2.2 The diagnostic procedures of Naturopathy – Spinal analysis, Facial Diagnosis, Iri-diagnosis, Chromo Diagnosis and their diagnostic values.
- 2.3 Natural therapies - Hydrotherapy, Mud therapy, Colour Therapy, Upavasa (fasting), Diet Therapy, Massage, Solar therapy etc.- Introduction, definition, scope, history, its principles and techniques; Different types and their role in in disease prevention, and health promotion.
- 2.4 Important Naturopathy treatments – Enema, Water treatments (Hot and cold), Massage, Mud packs and Mud baths, Sun bath, etc.
- 2.5 Relationship between Yoga and Nisargopachar. Role of Yoga and Nisargopachar in the management of life style related disorders.

**BOOK FOR REFERENCE**

- **Arya, Jitendra** : Health Naturally: Nature Cure for Common Diseases, Arya Publication, Pune, 2011.
- **Bernard Jensen** : Foods That Heal: A Guide to Understanding and Using the Healing Powers of Natural Foods, Penguin, 1993.
- **Bharti, Anant** : Vedic Vangmaya main Prakritik Chikitsa, Central Council for Research in Yoga and Naturopathy, New Delhi, 2004.
- **Gala, Dhiren** : Nature Cure for Common Diseases, Navneet Publications, Mumbai
- **Ghosh, A.K** : Diet and Nutrition (English)
- **Ghosh, A.K.** : Poshan Ki Pracheen tatha Adhunik Avadharana (Hin.)
- **Henry Lindlahr** : Philosophy and Practices of Nature Cure, Sat Sahitya Sahayogi Sangha, Hyderabad.
- **Henry Lindlahr** : Philosophy of Natural Therapeutics, Lulu.com, 1999.
- **Hira Lal** : Prakritik Chikitsa, Jan Swasthya Prakashan, Makarbara, UP, 1990
- **K. Lakshmana Sarma, S. Swaminathan** : Speaking of Nature Cure, Sterling Publishers Pvt. Ltd, 2013.
- **Mahatma Gandhi** : Key to Health, Create Space Independent Publishing Platform, 2017.
- **M.K.Gandhi** : My Nature Cure
- **Prasad, K** : Prakritik Chikitsa Sar, Dehati Pustak Bhandar, Delhi
- **Parvesh Handa** : Naturopathy and Yoga, Gyan Publishing House, 2006
- **Rakesh Jindal** : Prakritik Ayurvedigyan, Arogya Sewa Prakashan, Modi Nagar, 2005
- **S.R. Jindal** : Nature Cure: A Way of Life B. Jain Publishers, 1996
- **Singh, S.J.** : History and Philosophy of Nature Cure





Subject Title: **YOGA PRACTICUM - I**

Subject Code: **DYS-CP106**

Objectives:

- i. To introduce the techniques, salient points and health benefits of Yoga practices
- ii. To promote physical, mental, social and spiritual well being through the practice of Yoga
- iii. To promote personality development of the practitioner
- iv. To promote the students to take Yoga as their profession

<b>Total Number of Hours: 120</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		0	0	4
Hours/ week		0	0	8
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100		Duration of final Examination: 4 hours		
<b>Theory : NA</b>		<b>Practical : 100</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
NA	NA	70	30	

Practice of the following Yogic practices with brief theoretical knowledge about their importance of name, the technique, salient points, precautions to be taken and benefits of each of the following Yogic practices, e.g. Shatkarma, Yogic Sukshma Vyayama, Yogic Sthula Vyayama, Surya Namaskara and Yogasanas etc.

- |    |  |                   |
|----|--|-------------------|
| 1. | <b>SHATKARMA</b>   | <b>- 15 MARKS</b> |
| 2. | <b>YOGIC SUKSHMA AND STHULA VYAYAMA, NABHI PAREEKSHA</b> | <b>-25 MARKS</b>  |
| 3. | <b>SURYANAMASKARA</b>                                    | <b>-05 MARKS</b>  |
| 4. | <b>YOGASANA</b>  | <b>-25 MARKS</b>  |
| 5. | <b>INTERNALASSESSMENT</b>                                | <b>-30 MARKS</b>  |

**TOTAL -100 MARKS**

- |       |   |                  |
|-------|---|------------------|
| 1.    | <b>SHATKARMA</b>  | <b>Marks: 15</b> |
| 1.1   | Dhauti (Kunjali and Vastra Dhauti)                                    |                  |
| 1.2   | Neti (Sutra neti and Jal neti)  |                  |
| 1.3   | Kapalabhati (Vatkrama, Vyutkrama and Sheetkrama)                      |                  |
| 2.    | <b>YOGIC SUKSHMA AND STHULA VYAYAMA, NABHI PAREEKSHA</b>              | <b>Marks: 25</b> |
| A.    | <b>YOGIC SUKSHMA VYAYAMA</b>  |                  |
| 2.1.1 | Uccharana-sthala tatha Vishudha-chakra-shuddhi (for throat and voice) |                  |
| 2.1.2 | Prarthana (Prayer)  |                  |
| 2.1.3 | Buddhi-tatha-Dhriti shakti-vikasaka (for developing will power)       |                  |

- 2.1.4 Smarana shakti-vikasaka (for improving the memory)
- 2.1.5 Medha shakti-vikasaka (for improving the intellect)
- 2.1.6 Netra shakti-vikasaka (for the eyes)
- 2.1.7 Kapola shakti-varadhaka (for the cheeks)
- 2.1.8 Karna shakti-varadhaka (for the ears)
- 2.1.9 Griva shakti-vikasaka (for the Neck) (1) (A & B)
- 2.1.10 Griva shakti-vikasaka (for the Neck) (2) (A & B)
- 2.1.11 Griva shakti-vikasaka (for the Neck) (3)
- 2.1.12 Skandha-tatha-bahu-mula shakti-vikasaka (for the shoulders)
- 2.1.13 Bhuja-bandha shakti-vikasaka
  - i Bhuja-bandha shakti-vikasaka (for the upper arms)
  - ii Bhuja-bandha shakti-vikasaka (for the upper arms)
- 2.1.14 Kohani shakti-vikasaka
  - i Kohani shakti-vikasaka (for the elbows) -(A & B)
  - ii Kohani shakti-vikasaka (for the elbows) -(A & B)
- 2.1.15 Bhuja-balli shakti-vikasaka
  - i Bhuja-balli shakti-vikasaka (for the fore-arms) -(A & B)
  - ii Bhuja-balli shakti-vikasaka (for the fore-arms)
- 2.1.16 Purna-bhuja shakti-vikasaka (for the arms)
  - i Purna-bhuja shakti-vikasaka (for the hole arm) - (First) (A to D)
  - ii Purna-bhuja shakti-vikasaka (for the hole arm)-(Second) (E & F)
- 2.1.17 Mani-bandha shakti-vikasaka
  - i Mani-bandha shakti-vikasaka (for the wrists) - (First) (A&B)
  - ii Mani-bandha shakti-vikasaka (for the wrists) - (Second) (A&B)
- 2.1.18 Kara-prstha shakti-vikasaka
  - i Kara-prstha shakti-vikasaka (for the back of hands) - (First) (A&B)
  - ii Kara-prstha shakti-vikasaka (for the back of hands) - (Second) (A&B)
- 2.1.19 Kara-tala shakti-vikasaka
  - i Kara tala shakti-vikasaka (for the palms) -(First) (A&B)
  - ii Kara-tala shakti-vikasaka (for the palms) - (Second) (A&B)
- 2.1.20 Anguli-mula shakti-vikasaka (for the root of the fingers) (A & B)
- 2.1.21 Anguli- shakti-vikasaka (for the fingers) (A & B)
- 2.1.22 Vaksha-sthala shakti-vikasaka (for the chest) (1)
- 2.1.23 Vaksha-sthala shakti-vikasaka (for the chest) (2)
- 2.1.24 Udara shakti-vikasaka (for the abdomen) (1)
- 2.1.25 Udara shakti-vikasaka (for the abdomen) (2)
- 2.1.26 Udara sakti-vikasaka (for the abdomen) (3)
- 2.1.27 Udara shakti-vikasaka (for the abdomen) (4)
- 2.1.28 Udara shakti-vikasaka (for the abdomen) (5)
- 2.1.29 Udara shakti-vikasaka (for the abdomen) (6)
- 2.1.30 Udara shakti-vikasaka (for the abdomen) (7)
- 2.1.31 Udara shakti-vikasaka (for the abdomen) (8)
- 2.1.32 Udara shakti-vikasaka (for the abdomen) (9)
- 2.1.33 Udara shakti-vikasaka (for the abdomen) (10) (A, B & C)

- 2.1.34 i Kati shakti-vikasaka (for the waist) (1)
- ii Kati shakti-vikasaka (for the waist)
- 2.1.35 i Kati shakti-vikasaka (for the waist) (2)
- ii Kati shakti-vikasaka (for the waist)
- 2.1.36 i Kati shakti-vikasaka (for the waist) (3)
- ii Kati shakti-vikasaka (for the waist)
- 2.1.37 i Kati shakti-vikasaka (for the waist) (4)
- ii Kati shakti-vikasaka (for the waist)
- 2.1.38 Kati shakti-vikasaka (for the waist) (5)
- 2.1.39 Muladhara-chakra-shuddhi (for the rectum)
- 2.1.40 Upastha tatha-svadhithana-chakra-shuddhi (for the genital organs)
- 2.1.41 Kundalini shakti-vikasaka (for the kundalini)
- 2.1.42 Jangha shakti-vikasaka (for the thighs) (1) (A & B)
- 2.1.43 Jangha shakti-vikasaka (for the thighs) (2) (A & B)
- 2.1.44 Janu shakti-vikasaka (for the knees)
- 2.1.45 Pindali shakti-vikasaka (for the calves)
- 2.1.46 Pada-mula shakti-vikasaka (A & B)
- 2.1.47 Gulpha-pada-pristha-pada-tala-shakti-vikasaka (for the ankles and the feet)
- 2.1.48 Padanguli shakti-vikasaka (for the toes)

**B. YOGIC STHULA VYAYAMA**

- 2.2.1 Rekha-gati (Walking in a Straight line)
- 2.2.2 Hrid-gati (Injanadaur – the Locomotive Exercise)
- 2.2.3 Utkurdana (Jumping Exercise)
- 2.2.4 Urdhva-gati (Upward Movement)
- 2.2.5 Sarvanga-pusti (Developing the Entire body)

**C. NABHI PAREEKSHA**

**3. SURYANAMASKARA**

**Marks: 05**

**4. YOGASANA**

**Marks: 25**

- 4.1 Dandasana, Swastikasana, Padmasana, Vajrasana, Siddhasana, Bhadrasana
- 4.2 Tadasana, Urdhva-Hastottanasana, Ardha Chakrasana, Paada Hastasana
- 4.3 Trikonasana, Kati Chakrasana, Vrikshasana
- 4.4 Mandukasana, Ushtrasana, Shashankasana
- 4.5 Utthana Mandukasana, Navasana
- 4.6 Janusirasana, Akarna Dhanurasana
- 4.7 Vakrasana,
- 4.8 Makarasana, Bhujangasana, Shalabhasana
- 4.9 Utthana-padasana, Ardha Halasana, Vipareeta Karani Asana
- 4.10 Pavanamuktasana and its variations, Setubandha, Saral Matsyasana,
- 4.11 Shavasana

**IV. INTERNAL ASSESSMENT**

**MARKS: 30**

As per the guidelines in the scheme of Examinations

## BOOK FOR REFERENCE

- Swami Dharendra Bhramhachari : Yogic Sukshma Vyayama  
Dhirendra Yoga Publications, New Delhi.
- Swami Dharendra Bhramhachari : Yogasana Vijnana,  
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- Basavaraddi, I.V. & others : Satkarma: A Comprehensive description about  
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- Iyengar, B.K.S. : Light on Yoga,  
Harper Collins Publishers.
- Saraswati, Swami Satyananda : Surya Namaskar  
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Kaivalyadhama, Lonavla.
- Jayadev, Yogendra : Cyclopaedia Yoga(Vol. I -IV),  
The Yoga Institute, Santacruz, Mumbai.
- Dr. Kausthub Desikachar : The Heart of Asana: A Comprehensive Manual of  
Classical Yoga Postures Hardcover – April 1, 2012
- Sadashiv Nimbalkar : Yoga For Health & Peace  
Yoga Vidya Niketan – 2012



Subject Title: **YOGA PRACTICUM - II**

Subject Code: **DYS-CP107**

Objectives:

- i. To introduce the techniques, salient points and health benefits of Yoga practices
- ii. To promote physical, mental, social and spiritual well being through the practice of Yoga
- iii. To promote personality development of the practitioner
- iv. To improve the vitality and concentration power of the practitioner
- v. To promote the students to take Yoga as their profession

<b>Total Number of Hours: 60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits	0	0	2
Hours/ week	0	0	4
<b>SCHEME OF EXAMINATION</b>			
Total Marks: 50		Duration of final Examination: 4 hours	
<b>Theory : NA</b>		<b>Practical : 50</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
NA	NA	35	15

Practice of the following Yogic practices with brief theoretical knowledge about their importance of name, the technique, salient points, precautions to be taken and benefits of each of the following Yogic practices, e.g. Yogic Kriyas, Pranayama, Bandhas and Mudras and elementary practices of Meditation etc.

- 1. **BREATHING PRACTICES** - 05 MARKS
- 2. **PRANAYAMA** - 15 MARKS
- 3. **PRACTICES LEADING TO DHYANA** - 15 MARKS
- 4. **INTERNAL ASSESSMENT** - 15 MARKS

**TOTAL -50 MARKS**

**1. BREATHING PRACTICES**

**Marks: 05**

- 1.1 Sectional Breathing (Abdominal, thoracic and clavicular)
- 1.2 Yogic Deep Breathing
- 1.3 Hands In and out breathing
- 1.4 Hands Stretch breathing

**2. PRANAYAMA**

**Marks: 15**

- 2.1 Practice of Puraka, Rechaka & Kumbhaka
- 2.2 Anuloma-Viloma Pranayama
- 2.3 Surya Bhedana and Chandra Bhedana Pranayama (without Kumbhaka)
- 2.4 Nadi Shodhana Pranayama (with Kumbhaka)
- 2.5 Bhramari Pranayama (without Kumbhaka)



**3. PRACTICES LEADING TO DHYANA**

**Marks: 15**

- 3.1 Concept of Pranava
- 3.2 Recitation of Pranava Japa and Soham Japa.
- 3.3 Recitation of Hymns and Shanti Mantras.
- 3.4 Pranadharana and Antarmauna.
- 3.5 Yoga Nidra
- 3.6 Dharana

**3. INTERNAL ASSESSMENT**

**MARKS: 15**

As per the guidelines in the scheme of Examinations

**BOOK FOR REFERENCE**

- Basavaraddi, I.V. & others : Prataha Smarana  
MDNIY New Delhi.
- Basavaraddi, I.V. & others : Pranayama : A Comprehensive description about  
Pranayama , MDNIY New Delhi.
- Saraswati, Swami Satyanand : Asana, Pranayama, Mudra Bandha,  
Bihar School of Yoga, Munger.
- Iyengar, B.K.S. : Light on Pranayama,  
Harper Collins, London.
- Nagendra, H.R : The art and Science of Pranayama,  
V.K. Yogas, Bangalore.
- Swami Rama : Science of Breath, The Himalayan  
International Institute, Pennselvenia.
- Gharote, M.L. : Pranayama: The Science of Breath,  
The Lonavla Yoga Institute, Lonavla, 2003.
- Saraswati, Swami Satyanand : Meditation from Tantras,  
Yoga Publication Trust, Munger.
- Saraswati, Swami : Dharana Darshan,  
Niranjananand  
Yoga Publication Trust, Munger.
- Krishnamacharya, T. : Dhyanamalika,  
KYM, Chennai.
- Bhalekar, Dr. Sharradchandra : Pranayama, Mudra and Meditation  
Kaivalyadham, Lonavala, 2017.
- Nagarathna and Nagendra, : Positive Health,  
H.R S.V.Y.P. , Bangalore.



Subject Title: PRACTICAL (SELF APPRAISALS, ASSIGNMENTS OR STUDY TOUR)

Subject Code: DYS-CP108

Objectives:

- i. To help overcome obstacles in self-practice through self-appraisals
- ii. To assess through regular viva voce and help deepen the understanding of yoga

<b>Total Number of Hours: 60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits	0	0	4
Hours/ week	0	0	0
<b>SCHEME OF EXAMINATION</b>			
Total Marks: 50		Duration of final Examination: 2 hours	
<b>Theory : NA</b>		<b>Practical : 50</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
NA	NA	35	15

- 1. Under the Self-appraisals, students will prepare a diary on daily basis of their experiences and shall give to their Yoga practical teacher for assessment on weekly basis. These marks shall be considered as the internal assessment marks of this practical paper.
- 2. Each student will have to prepare at least 10 assignments on different topics related to Yoga practical, practical approach of Hatha Yoga and Patanjala Yoga Sutra. These marks shall be considered as the external assessment marks of this practical paper.

OR

A study tour of at least 3 days at any reputed yoga institutes/centers/hospitals in India shall be taken by the student and write a report therein. The details of the Study Tour shall be prepared by the course coordinator in consultation with The Director. The expenses of the study tour shall be born by the concerned students only. These marks shall be considered as the external assessment marks of this practical paper.

- 3. Students shall opt. either Assignments writing or Study Tour as part of this course.
- 4. The Assignments, Journals or Study Tour report shall be submitted for evaluation in the Semester End Examination. (SEE)
- 5. The Semester End Examination (SEE) 35 Marks
  - a. Journal / Study tour report 15 Marks
  - b. Viva-Voice 20 Marks

**Non Credit compulsory Course:**  
**BASICS OF SANSKRIT**  
( Duration 15 hours (1hr. in a week)

**RATIONAL**

In the course of understanding and learning Indian Culture, Philosophy & Science or any area of knowledge of ancient time, one has to come across with Sanskrit language. This divine language is the basic & original source of ancient Indian Wisdom. As original source always gives perfection & in-depth information, so, course on “Basics of Sanskrit” will help students to learn “Yoga” in its original form.

**OBJECTIVES**

- A proper understanding of the Devanagari script.
- To help participants to pronounce Sanskrit characters.
- To motivate students to learn basic nuances of Sanskrit language.
- To encourage students to use original Yogic Texts in this course of learning “Yoga Studies”.

**UNIT I: (Five Hrs.)**

- Introduction and Importance of Sanskrit Language.
- Introduction of Sanskrit Alphabet, (Maheshvara Sutra), Devanagari and Roman script with Diacritical Marks.
- Pronunciation of Sanskrit characters and its types.
- Nouns, Pronouns 'Shabda Roopa (Balaka, Balika, Pustak, Asmad, Yushmad and Tad) Vachana, Linga. Kaaraka (cases).
- Sanskrit Verbs (Dhatu Roopa) (Patha, Gam, Mud, Kri, Jnaa, As in 5 Lakaras –Lat, Lit, Lang, Lot, Ling) Lakaara (Moods + Tenses), Purusha, Vachana, Sakarmaka Dhatu & Akarmaka Dhatu.

**UNIT II: (Five Hrs.)**

- Voices (Karma vāchya, Kartri vachya) sentence formation.
- Sanskrit Sankhya (1 to 100)
- Avyaya and its application.
- Compounding of alphabets (sandhi (Ac, Hal, Visarga))
- Sentence Making and Passage Reading.

**UNIT III: (Five Hrs.)**

- Understanding Sanskrit verses from 'Yoga Darshan',
- “Bhagavadgita', 'Pratah Smarana'
- Hatha Yoga Texts' through using Sanskrit Grammar learned in above units.
- Assessment based on Sanskrit Grammar.
- Assessment based on Sanskrit verses from 'Yoga Darshan', “Bhagavadgita', 'Pratah Smarana' Hatha Yoga Texts.

**BOOK FOR REFERENCE**

- |   |   |  |
|---|---|--|
| ➤ Goldman, Robert P.                    | : | Devavanipravesika, MLBD, New Delhi, 2011                                       |
| ➤ CLN, Moorty                           | : | First Book Of Sanskrit, Chaukhambha Sanskrit Series, Varanasi, 2010            |
| ➤ Dwivedi, Kapil Dev.                   | : | Rachnanuvada Kaumudi, (Vol -III) Chaukhambha Orientalai Publication, Varanasi. |
| ➤ Rastriya Sanskrit Sansthan, New Delhi | : | Prathama Diksha and Ditiya Diksha  |
| ➤ Basavaraddi, I. V. & others           | : | Pratah Smaran, MDNIY, New Delhi.   |

## SEMESTER-II

### COURSE STRUCTURE

Subject Title: **ESSENCE OF PRINCIPAL UPANISHADS, BHAGAVAD GITA AND YOGA VASISHTHA**

Subject Code: **DYS-CT201**

Objectives:

- i. **To understand the essence of the principal Upanishads**
- ii. **To understand the essence of the Bhagavad Gita**
- iii. **To understand the essence of the Yoga Vasishtha**

<b>Total Number of Hours: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		3	1	0
Hours/ week		3	1	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100		Duration of final Examination: 3 hours		
<b>Theory : 100</b>		<b>Practical : NA</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

#### UNIT – I: ESSENCE OF PRINCIPAL UPANISHADS

- 1.1 Introduction to Upanishads:** An Introduction to Upanishadic Philosophies; Antiquity of Upanishads; Prasthanatrayi.
- 1.2 Essence of Upanishads – I**  
Aitareya Upanishad; Isha Upanishad; Mandukya Upanishad; Mundaka Upanishad; Taitariya Upanishad.
- 1.3 Essence of Upanishads -II**  
Katha Upanishad; Kena Upanishad; Brhadaranyaka Upanishad; Chandogya Upanishad; Prashna Upanishad; Shwetashwatara Upanishad.
- 1.4 Yogatattva in Principal Upanishads-I**  
Definition of Yoga, Types of Yoga- Jnana Yoga, Bhakti Yoga, Karma Yoga & Raja Yoga, Concept of Panchkosha, Teen Shareer, Omkara Upasana.
- 1.5 Yogatattva in Principal Upanishads-II**  
Ashtanga Yoga in Principal Upanishads Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi.

## UNIT-II: YOGA IN BHAGAVADGITA

- 2.1 **General Introduction to Bhagavadgita:** Significance of Bhagavadgita as a synthesis of Yoga, Definitions of Yoga in Bhagavadgita and their relevance.
- 2.2 **Sthitaprajna and Jnana Yoga:** Concept of Sthitaprajna(States and characteristics) in Bhagavadgita and Concept of Jnana and Jnana Yoga in the context of Bhagavadgita.
- 2.3 **Karma-yoga:** Concept of Karma in the context of Bhagavadgita & concept of Nishkam Karma , Karma phala, Karma-yoga in Bhagavadgita
- 2.4 **Bhakti-yoga and Dhyana-yoga:** Concept of Bhakti in the context of Bhagavadgita, Bhakti Yoga in Bhagavadgita, and the concept of Yoga Sadhna and Nature of Dhyana as described in Bhagavadgita, Role of Dhyana in Yoga Sadhana.
- 2.5 **Role of Bhagavadgita in day to day life:** Concept and classification of Ahara and Triguna as described in Bhagavadgita, Ahara and its role in Adhyatma Sadhana.

## UNIT – III: ESSENCE OF YOGA VASISHTHA

- 3.1 **Concept of Yoga:** Introduction and Highlights of Yoga Vasishtha, Definitions of Yoga and their relevance in Yoga Vasishtha.
- 3.2 **Concept of Mind:** World is the projection of Mind; Manah Prashamanah upayah Yoga: Mind control through abhyasa ( practice) and vairagya (detachment).
- 3.3 **Concept of Jnana:** Jnana Saptabhumika, importance of knowledge and types of knowledge, Management of Mind and emotions-enhancing the power of discrimination(Viveka).
- 3.4 **Prana and Pranayama:** Control of breathing; the story of Kakabhushanda, Understanding of the Concept of Adhi and Vyadhi; concept of Prana & Pranayama.
- 3.5 **Concept of Samadhi and Moksha:** Good Association; Self Enquiry; Development of Satvaguna (Good virtues), Eight Limbs of Meditation.

## BOOK FOR REFERENCE

- Radhakrishnan, S : The Principal Upanisads, Harpercollins India, 2006
- Saraswti, Swami Satyanand : Nine Principal Upanisads ,Yoga Publication Trust Bihar, 2004.
- Swami Ranganathananda : Upanishads, Bharatiya Vidya Bhavan, Bombay, 1985
- Sharma, Pt. Sriram Acharya, : 108 Upanishad-(Sadhana Khand, Brahmavidya Khand, Jnana Khand) Shantikunj, Haridwar.
- Sivananda ,Swami : The Essence of Principal Upanishads, Divine Life Society, 1980
- Chari, S.M. Srinivasa : The Philosophy Of the Upanishads, Munshiram Manoharlal, Delhi, 2002.
- Radhakrishnan, S. : The Bhagavad-Gita, Harpercollins India, 2011.
- Rama, Swami : Perennial Psychology of The Bhagavad-Gita, Himalayan Institute Press USA., 2008.
- Shri Sankaracharya : Bhagavadgita Bhasya (With Text and English Translation), Sri Ramkrishna Math, Mylapore.
- Tilak, B.G. : Bhagavadgitarahasya ya Karmayoga-Shastra, Tilak Mandir, Poona, 1982.
- Easwaran, Eknath : The Bhagavad-Gita(for daily living),JAICO publishing Mumbai,2003
- Chari, S.M. Srinivasa : The Philosophy of the Bhagavadgita, Munshiram Manoharlal, Delhi, 2005.
- Arya, Ravi Prakash : Yoga-Vasishta of Valmiki, Parimal Publication Delhi, 2005.
- Aiyer , K. Narayanaswami. : Laghu Yoga -vasishta, The Adyar L&R center Adyar, Madras, 1975.
- Atreya, B.L. : The Yoga -vasishta and its Philosophy, Darshan Printers Moradabad, 1966.
- Dasgupta, S.N. : Yoga Philosophy, MLBD, Varanasi, 1974.

Subject Title: **PATANJALA YOGA DARSHANA**

Subject Code: **DYS-CT202**

Objectives:

- i. To understand the concepts and practices of Patanjala Yoga Sutra
- ii. To understand the essence of the Patanjala Yoga Sutra
- iii. To understand the role of Patanjala Yoga Sutra in day to day life.

<b>Total Number of Hours: 60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits	3	1	0
Hours/ week	3	1	0
<b>SCHEME OF EXAMINATION</b>			
Total Marks: 100		Duration of final Examination: 3 hours	
<b>Theory : 100</b>		<b>Practical : NA</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30	NA	NA

**UNIT-I: INTRODUCTION TO YOGA AND SAMKHYA DARSHAN**

- 1.1 Metaphysics of Samkhya and its relationship with Yoga Darshana of Patanjali, Concepts of Purusha Prakrati, Twenty-five entities according to Samkhya.
- 1.2 Threefold affliction (Tapa-trayas), Relation between Samkhya and Yoga Darshana.
- 1.3 Brief Introduction to Patanjala Yoga Sutra (P.Y.S.) and its author, Traditional commentaries and commentators of P.Y.S.
- 1.4 Nature of Yoga according to Patanjali in light of Vyasa-Bhasya and other traditional commentators, Vairagya Sadhana according to Patanjali.
- 1.5 Anthakaranas, Concept of Citta, Citta-bhumis,

**UNIT-II: CONCEPTUAL UNDERSTANDING OF SAMADHI PADA**

- 2.1 Yoganushasanam, Citta-vrttis, Citta-vritti-nirodhopaya (Abhyasa and Vairagya), Samprajnatah.
- 2.2 Concept of Ishwar and its relevance in Yogasadhana, Qualities of Ishwar, Ishwarapranidhana.
- 2.3 Citta-Vikshepas (Antarayas), Concept of Citta-prasadanam, Relevance of Citta-prasadanam in Yoga Sadhana.
- 2.4 Ritambhara-prajna and Adhyatma-prasadanam.
- 2.5 Types and Nature of Samadhi in Yoga Sutra, Difference between Samapatti and Samadhi.

**UNIT-III: CONCEPTUAL UNDERSTANDING OF SADHANA PADA, VIBHUTI PADA AND KAIVALYA PADA**

- 3.1 Kriya Yoga of Patanjali, Theory of Kleshas, Heya, Hetu, Haana and Hanopaya, Means of elimination of Kleshas / Viveka-khyati.
- 3.2 Asthanga Yoga: Bahirang Yoga: Yama, Niyama, Asana, Pranayama and, Pratyahara.



- 3.3 Antaranga Yoga: Dharana, Dhyana, and Samadhi, Concept of Samyama.
- 3.4 Concept of Vibhritis, Ashtha Siddhis and their relevance in Yoga Sadhana, Concept of Karma and types of Karma according to Patanjali
- 3.5 Concept of Parinamas and their relevance in Yoga Sadhana, Nature of Kaivalya in Yoga Sutras of Patanjali.

## BOOK FOR REFERENCE

- IK Taimni : The Science of Yoga: The Theosophical Publishing House, Adyar, Chennai, 2007
- Swami Omanandatirtha : Patanjala Yoga Pradeepa Geeta Press, Gorakhpur.
- Karambelkar, P.V. : Patanjala Yoga Sutras, Kaivalyadham, Lonavla, 2005.
- Bharati, Swami Ananta : Patanjala Yoga Shastra - Eka Adhyayana (Hindi) MDNIY, Delhi, 2007.
- Bharati, Swami Veda : Yoga Sutra of Patanjali, Vol.1& 2 Himalayan International Honesdale, Pennsylvania, 1986.
- Swami Vivekananda : Raja Yoga Or Conquering the Internal Nature, Kessinger Publishing, LLC, 2010.
- Srivastava, Suresh Chandra : Patanjali Yogadarshanam, Chaukambha Surbharti prakashan, Varanasi.
- Swami Hariharananda : Patanjali Yogadarshanam, MLBD, Delhi, 2007.
- Goyandka, Harikrishna Das : Yoga Darshana, Gita Press, Gorakhpur.
- Iyengar, B.K.S. : Light on the Yoga sutras of Patanjala, Aquarian/Thorsons, 1993.
- Rangnathan, Shyam : Patanjali's Yoga Sutra, Penguin Books Pvt. Ltd., New Delhi, 2008.
- Jayadev, Yogendra : Thoughts on the Yoga Sutras of Patanjali, The Yoga Institute, Santacruz.
- IK Taimini : The Science of Yoga: The Theosophical Publishing House, Adyar, Chennai
- Rukmini, T.S. : Yoga Vartika of Vijnanbhikshu (Vol I -IV), MLBD, New Delhi.
- Swami Omanandatirtha : Patanjala Yoga Pradeepa Geeta Press
- Woods, J.H. : The Yoga system of Patanjali, M.L.B.D., Delhi, 2007.
- Sachdeva, I.P. : Yoga & Depth Psychology, MLBD, Delhi, 1978.

Subject Title: **YOGA AND HEALTH**

Subject Code: **DYS-CT203**

Objectives:

- i. **To give an overview of the applications of Yoga**
- ii. **To teach the concept of Yoga and psychology**
- iii. **To teach the concept of Yoga and stress management**

<b>Total Number of Hours: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		3	1	0
Hours/ week		3	1	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100		Duration of final Examination: 3 hours		
<b>Theory : 100</b>		<b>Practical : NA</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

**UNIT-I: YOGIC CONCEPT OF HEALTH AND DISEASE**

- 1.1 Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi, Yogic concept of Health and Disease, Yoga as a preventive Health care - Heyamdukhkhamanagamam.
- 1.2 Potential causes of ill-health: Tapatrayas and Kleshas, Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Duhkha, Angamejayatva and Svasa-prashvasa. Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavastitatva.
- 1.3 ShuddhiParikriyas in Yoga and their role in preventive and curative Health, Karma Shuddhi, (Yama, Niyama), GhataShuddhi (Shat-karma), SnayuShuddhi (Asana), PranaShuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Chitta (Mano, Buddhi & Ahamkar) Shuddhi (Dharana, Dhyana and Samadhi).
- 1.4 Concepts of Trigunas, Pancha-koshas, Pancha-mahabhutas, Pancha-prana and Shat-chakra and their role in Health and Disease.
- 1.5 Yogic Principles of Healthy Living: Aahara, Vihara, Aachara and Vichara; Role of Yogic positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living; Concept of Bhavas and Bhavanas and their relevance in well-being; Yogic concept of Holistic Health and its importance in the management of Disease.

## UNIT-II: YOGIC MANAGEMENT OF LIFE STYLE RELATED DISORDERS

- 2.1 **Respiratory & Cardiovascular Disorders:** Bronchial Asthma, Sinusitis, Coronary Artery Disease (CAD) & Hypertension: Introduction, Causes, Pathophysiology, Signs & Symptoms and management through integrated approach of Yogic Therapy.
- 2.2 **Digestive Disorders:** Hyperacidity, Indigestion, Constipation, and Gastritis: Symptoms, Causes and their management through integrated approach of Yogic Therapy.
- 2.3 **Endocrine Disorders:** Diabetes, Thyroid Disorders: Introduction, Symptoms, Causes and their Yogic Management.
- 2.4 **Menstrual Disorders:** Introduction, Types, Causes, Symptoms and their Management through integrated approach of Yogic Therapy.
- 2.5 **Musculo-skeletal Disorders:** Neck pain (Cervical Spondylosis), Fibromyalgia, Low Backache, Disc-prolapse and Osteoarthritis: Symptoms, Causes Pathophysiology, Signs & Symptoms and their Yogic management.

## UNIT-III: INTRODUCTION TO HUMAN PSYCHE AND MENTAL HEALTH

- 3.1 **Human Psyche:** Concept of Human Psyche, Consciousness: States of Consciousness, Cognitive Processes: Meaning, and Nature
- 3.2 **Dynamics of Behavior:** Behavior: Definition and Nature, Kinds of Behavior Motivation: Definition and Nature, Emotion: Definition and Nature, Physiological Changes during Emotion.
- 3.3 **Yoga and Mental Health:** Concept and biomarkers of Mental Health; Yogic view of Mental Health and Mental Illness; Role of Yoga in Mental Health.
- 3.4 **Concept of Stress:** Its Nature, Definition and its influence on human body and psyche, Symptoms, Sources, Markers of Stress and Consequences of Stress, Yogic Perspective of Stress.
- 3.5 **Yogic Management of Stress:** Concepts and Techniques of Stress Management in Ashtanga-Yoga of Patanjali and Bhagavadgeeta, Specific Practices for Stress Management: Breath Awareness, Shavasana, Yoganidra, Pranayama and Meditation, Yogic principles for the management of Stress and its consequences.

## BOOK FOR REFERENCE

- Acharya Balkrishna : Yoga Vijnanam,  
Divya Publication, Haridwar, 2017
- Bhatt, Krishna Dr. : The Power of Yoga,  
Suyoga publication, Karnataka.
- Basavaraddi, I.V. & Others : How to Manage Stress Through Yoga,  
MDNIY, New Delhi, 2017 .
- Basavaraddi, I.V. & Others : Yoga Therapy Series(I-X),  
MDNIY, New Delhi, 2011.
- Bhogal, R.S. : Yoga and Modern Psychology,  
Kaivalyadhama, Lonavla.
- Gharote, M.M. & others : Therapeutic references in Traditional Yoga Texts,  
The Lonavla Institute, Lonavla, 2010.
- Herman, H., Saxena, S. & Moodie, R. (Edi.) : Promoting Mental Health,  
World Health Organization.
- Hansa Jayadev Yogendra : Yoga in School Health, MDNIY, 2009
- Morgan, C.T. et. al. : Introducton to Psychology,  
Tata Mcgraw Hill edition, 1993.
- Mohan A G & Indra Mohan : Yoga The rapy,  
Shambala Publication, INC, Boston, London
- Mohan A G : Yoga for Body, Breath and Mind,  
Shambala Publication, INC, Boston, London
- Nagendra, H.R. : New Perspectives in Stress Management,  
Vivekananda Kendra, Banglore, 1988.
- Nagarathna, R & Nagendra, H.R : Integrated Approach of Yoga Therapy for  
Positive Health, Bangalore.
- Prin. R.S.Bhogal : Yoga and Mental Health & beyond,  
Kaivalyadhama, Lonavla.
- Raman, Krishna : Yoga and Medical Science FAQ,  
East West Books, Madras, 2003.
- Robin, M., Nagendra, H.R & Ford-Kohne, N. : Yoga for Common Ailments,  
Simon & Schuster, U.K, 1990.
- Sri Krishna : Notes on structure & functions of Human body and  
effects of yogic practice on it, Lonavla.
- Srivastava, Suresh Chandra : PatanjaliYogadarshanam,  
ChaukambhaSurbhartiprakashan, Varanasi.
- Swami Karmanand : Yogic Management of common disease,  
Yoga Publication Trust, Munger, 2001.
- Swami Kuvalayananda & Vinekar S.L. : Yogic Therapy,  
Central health Education Bureau, Govt. of India, 1963.
- The Sadhaks : Yoga Therapy,  
The Yoga Institute, Santacruz, 2002,
- Udupa, K. N. : Stress and its Management by Yoga,  
MLBD, New Delhi, 1978.

**Subject Title: DIETETICS AND NUTRITION**

**Subject code: DYS-CT204**

**Objectives:**

- To create awareness on food and nutrition & bioenergetics
- To impart the knowledge of therapeutic diet
- To impart the knowledge of basic principles of yogic diet

<b>Total Number of Hours: 30</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		2	1	0
Hours/ week		2	1	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 50		Duration of final Examination: 1:30 hours		
<b>Theory : 50</b>		<b>Practical : NA</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
35	15	NA	NA	

**UNIT – I: FOOD, NUTRITION & BIOENERGETICS**

- 1.1 Concept of food & Nutrition, Basic Terminology in Relation to Nutrition Requirement.
- 1.2 Components of Food & their Classification - Macro Nutrients –Sources, Functions and Effects on the Body; Micro Nutrients (Water soluble and fat soluble) - Sources, Functions and Effects on the Body.
- 1.3 Energy- Basic Concepts, Definition and Components of Energy Requirement, Energy Imbalance.
- 1.4 Factors Affecting Energy Requirement and Expenditure, Factors affecting BMR, Factors affecting thermal effect of Food, Factors affecting energy expended in physical activity.
- 1.5 Concept of Metabolism, Anabolism, Catabolism and Calorie Requirement (BMR&SDA).

**UNIT – II: THERAPEUTIC & YOGIC DIET**

- 2.1 Nutritional Requirement, Health and Malnutrition, Assessment of Nutritional Status.
- 2.2 Fundamentals and Aspects of Meal Planning. Nutrition in different phases of Life Cycle : Nutrition in Infancy, Nutrition in Pre-Schooler Child, Nutrition in School going Child, Nutrition in Adolescent, Geriatric Nutrition.
- 2.3 Therapeutic Modifications of Normal Diet.
- 2.4 Preparation of Therapeutic charts for special groups/Patients, diabetic person, hypertensive patient, pregnant lady, lactating woman, elderly person, sports person, overweight and obese persons.
- 2.5 Concept & types of diet as per Yogic Texts, Role of Yogic diet in health and disease.

## BOOK FOR REFERENCE

- Swaminathan : Essentials of Foods And Nutrition
- Robinson CH, Lawler M.N : Normal and Therapeutic Nutrition
- Pike R.L & Brown M.L : Nutrition- An Integrated approach
- Garrow J.S and James WPT : Human Nutrition & Dietetics
- Mohan K.L & Stump S.E : Food Nutrition and Diet Therapy
- William S.R : Nutrition Throughout the life-cycle
- Sri Lakshmi B : Dietetics
- Maharishi Charak : Charak Samhita
- Swatmaram : Hath pradipika
- Mahrishi Gherand : Gherand Samhita



Subject Title: **METHODS OF TEACHING AND EVALUATION IN YOGA**

Subject Code: **DYS-CT205**

Objectives:

- i. To introduce the Methods and techniques of teaching to the students**
- ii. Understand about the class management and lesson planning in Yoga**
- iii. To introduce the concept of Evaluation in Yoga**

<b>Total Number of Hours: 30</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		2	1	0
Hours/ week		2	1	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 50		Duration of final Examination: 1:30 hours		
<b>Theory : 50</b>		<b>Practical : NA</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
35	15	NA	NA	

**UNIT-I: METHODS OF TEACHING IN YOGA**

- 1.1** Education: Meaning, Definition, Aim, Objectives and Importance; Components of Education: Teacher, Student, Environment and Curriculum; Forms of Education;
- 1.2** Salient Features of Yoga Education; Factors of Yoga Education: Teacher, Student and Teaching, Role of a Yoga Teacher
- 1.3** Concepts and Relationship between Teaching and Learning; Principles of Teaching: Levels and Phases of Teaching, Qualities of a Yoga Guru
- 1.4** Teaching methods with special reference to Yoga, factors influencing Yoga teaching, Need of practice teaching and its use in Yogic practice.
- 1.5** Principles and methods of teaching used in Yoga Science for an individual or a group.
- 1.6** Teaching aids: its meaning and need, the role of Language, Voice, Fluency, Clarity and Body Language in an ideal presentation, Yoga Class Management
- 1.7** Lecture cum demonstration in Yoga: Its meaning, importance and method of its presentation
- 1.8** Lesson plan: Its meaning and need, Preparation of lesson plan in Yoga, Preparation of lesson plan for an individual and for a group.
- 1.9** Presentation of lessons in specific Yogic practices: Asana, Pranayama, Kriya, Bandha, Mudra and Meditation
- 1.10** Critical observation of a Yoga class and Yoga camp/workshop, Lectures on organization of Yoga classes, Yoga Camps and Workshops



**UNIT-II: METHODS AND PRINCIPLES OF EVALUATION IN YOGA:**

- 2.1 Concept of Measurement, Assessment, Test and Evaluation
- 2.2 Evaluation: Meaning, Definition, Need, Scope and Purpose.
- 2.3 Principles of Evaluation, Assessment and Conduct of Examinations
- 2.4 Characteristic of Evaluation: validity and reliability
- 2.5 Types of Evaluation: formative and summative.
- 2.6 Process and Advantages of Evaluation
- 2.7 Evaluation Devices: Examination, Interview, Group Discussion, Questionnaire; etc.
- 2.8 Evaluation of Students through Examination, Interview, Group Discussion, Questionnaire, Scales etc.
- 2.9 Evaluation of Teacher or teaching: feedback form, Assessment of feed back
- 2.10 Evaluation of Programmes, Institutions, Yoga Centers etc.

**BOOK FOR REFERENCE**

- Basavaraddi, I. V. : Yoga Teachers Manual for School Teachers, & others MDNIY, New Delhi, 2010.
- Bhatia, Kamala & B. D : The Principles and Methods of Teaching, DoabaHouse, Delhi, 2000.
- Duggal, Satyapal : Teaching Yoga, The Yoga Institute, Santacruz, Bombay, 1985.
- Gharote, M.L. : Teaching Methods for Yogic practices, Kaivalyadhama Ashram, Lonavla.
- Goel, Aruna : Yoga Education Philosophy & Practices, Deep & Deep Publication, New Delhi.
- Iyengar BKS : Yoga Shastra (Vol I & II), Ramamani Iyengar Memorial Yoga Institute (RIMYI), Mumbai, 2008
- Shrikrishna. Dr : Notes on Basic Principles & Methods of teaching..., I.C.Y. health publication, Kaivalyadhama.
- Stephens, Mark : Teaching Yoga, Essential Foundation & Techniques, North Astantic Books, California.



Subject Title: **YOGA PRACTICUM - III**

Subject Code: **DYS-CP206**

Objectives:

- i. To introduce the techniques, salient points and health benefits of Yoga practices
- ii. To promote physical, mental, social and spiritual well being through the practice of Yoga
- iii. To promote personality development of the practitioner
- iv. To promote the students to take Yoga as their profession

<b>Total Number of Hours: 120</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits	0	0	4
Hours/ week	0	0	8
<b>SCHEME OF EXAMINATION</b>			
Total Marks: 100		Duration of final Examination: 4 hours	
<b>Theory : NA</b>		<b>Practical : 100</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
NA	NA	70	30

The following Yoga practices with brief theoretical knowledge about their importance of name, the technique, salient features, precautions to be taken and the benefits are to be learnt.

- 1. **SHATKARMA** - 15 MARKS
- 2. **BANDHA & MUDRA** - 10 MARKS
- 3. **YOGASANA** - 25 MARKS
- 4. **PRANAYAMA** - 10 MARKS
- 5. **DHYANA** - 10 MARKS
- 6. **INTERNAL ASSESSMENT** - 30 MARKS

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	<b>TOTAL</b>	<b>-100 MARKS</b>
1. <b>SHATKARMA</b>		<b>Marks: 15</b>
1.1 Agnisara		
1.2 Nauli (Madhya, Vama, Dakshina Nauli and Nauli Chalana)		
1.3 Tratak (Jyoti trataka and Jatru trataka)		
2. <b>A) BANDHA</b>		<b>Marks: 10</b>
2.1.1 Jalandhara Bandha,		
2.1.2 Uddiyana Bandha,		
2.1.3 Mula Bandha		
2.1.4 Maha Bandha,		
2.1.5 Jihva Bandha		

**B) MUDRA**

- 2.2.1 Yoga Mudra
- 2.2.2 Maha Mudra
- 2.2.3 Vipareet Karni Mudra
- 2.2.4 Simha Mudra
- 2.2.5 Sanmukhi Mudra/Yoni Mudra

**3. YOGASANA**

**Marks: 25**

- 3.1 Parshva Konasana, Parivrtta Trikonasana, Natarajasana
- 3.2 Garudasana, Vatayanasana
- 3.3 Utthita Padmasana, Baddha Padmasana
- 3.4 Paschimottanasana, Purvottanasana, Supta Vajrasana
- 3.5 Kurmasana, Gomukhasana, Ardha-Matsyendrasana
- 3.6 Kukkutasana, Garbhasana, Bakasana,
- 3.7 Naukasana, Dhanurasana
- 3.8 Sarvangasana, Karnapedasana, Halasana, Matsyasana
- 3.9 Chakrasana, Mayurasana, Sirshasana and its variations
- 3.10 Shavasana

**4. PRANAYAMA**

**Marks: 10**

- 4.1 Ujjayee Pranayama (with kumbhaka)
- 4.2 Sheetali and Sitkari Pranayama (with kumbhaka)
- 4.3 Bhastrika and Bhramari Pranayama (with kumbhaka)

**Note: Preferably at least with the ratio 1:2:2:1 (Puraka:Antara Kumbhaka:Rechaka:Bahya Kumbhaka)**

**5. ELEMENTRY PRACTICES OF DHYANA**

**Marks: 10**

- 5.1 Prana Dharana
- 5.2 Breath Meditation
- 5.3 Sahaj Dhyana
- 5.4 OMDhyana
- 5.5 Preksha Dhyana
- 5.6 Vipassana

**6. INTERNAL ASSESSMENT**

**Marks: 30**

As per the guidelines in the scheme of Examinations

## BOOK FOR REFERENCE

- Brahmachari, Swami Dharendra : Yogasana Vijnana  
Aparna Ashram Publications.
- Basavaraddi, I.V. & others : Shatkarma: A Comprehensive description  
about Cleansing Process, MDNIY  
New Delhi, 2001.
- Basavaraddi, I.V. & others : Yogasana : A Comprehensive description  
about Yogasana, MDNIY New Delhi, 2011.
- Basavaraddi, I.V. & others : Pranayama: A Comprehensive description  
about Pranayama, MDNIY New Delhi, 2011.
- Iyengar, B.K.S. : Light on Yoga,  
Harper Collins Publisher, London.
- Nagendra, H.R. : The art and Science of Pranayama,  
V.K. Yogas, Bangaore.
- Swami Kuvalyananda : Pranayama  
Kaivalyadhama, Lonavla.
- Swami Digambarji and  
Gharote M.L. : Gheranda Samhita  
Kaivalyadhama, Lonavla.
- Swami Digambaraji and  
Shastri, Pt. R.N. : Hatha-pradeepika of Svatmarama  
Kaivalyadhama, Lonavla.
- Yogeshwar : Textbook of Yoga,  
Penguin Books, India, 2004.
- Saraswati, Swami Satyananda : Asana, Pranayama, Mudra, Bandha  
Bihar School of Yoga, Munger.

Subject Title: **TEACHING PRACTICE**

Subject Code: **DYS-CP207**

Objectives:

1. **To introduce the principles of teaching yoga**
2. **To introduce class and lesson management**

<b>Total Number of Hours: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		0	0	2
Hours/ week		0	0	4
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 50		Duration of final Examination: 2 hours		
<b>Theory : NA</b>		<b>Practical : 50</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
NA	NA	35	15	

**1. PRACTICE OF TEACHING IN YOGA**

1. Illustration of the need for a lesson plan.
2. Illustration of the need for a content plan.
3. Demonstration of types of teaching methods.
4. Demonstration of optimum use of teaching aids viz. audio-visual aids.
5. Practical training on class management.
6. Practical demonstration of critical observation, active supervision and interaction.
7. Method of preparing for an ideal setting based on the specific requirement of the class.
8. Demonstration on use and importance of body language, communication skills and personal conduct in an ideal class.
9. Evaluation methods of an ideal Yoga class.
10. Methods of customizing Yoga class to meet individual needs.

**2. EACH STUDENT WILL HAVE TO PREPARE AND GIVE AT LEAST**

1. One Lecture cum Demonstration on any one topic of Yoga.
2. One Yoga lesson for an Individual
3. One Yoga lesson for small Group in the class
4. One Yoga lesson for a Class on any one of the Yoga practices (Asana/Pranayama / Bandha /Mudra)
5. One Yoga lesson on Yogic management of any of the life style disorder.
6. One Yoga lesson for Mass  
Under the supervision of their Yoga Practical Teacher. These marks shall be considered as the internal assessment marks 15 of this practical paper.

3. Each Student shall have to prepare and to give One lecture cum demonstration or one Yoga lesson for a small group on different Yoga practices (e.g.: Asana/Pranayama / Bandha /Mudra/Life Style Disorder) in final examination. The one practice teaching lesson will be observed / examined by the External examiner and internal examiner. These marks shall be considered as the final assessment marks 35 of this practical paper. The duration of the class will be decided by the examiners, However it shall be maximum 30 minutes.

## BOOK FOR REFERENCE

- Iyengar, B.K.S. : Yoga Shastra (Vol-I & II)  
Ramamani Iyenger Memorial Yoga Institute, Pune  
YOG, Mumbai
- Basavaraddi, I.V. & others : Yoga Teacher’s Manual for School Teachers  
MDNIY New Delhi.
- Gharote, M.L. : Teaching Methods for Yogic practices,  
Kaivalyadhama Ashram, Lonavla.

**Subject Name: Field Work**

**Subject code: DYS-FW 208**

**Objectives:**

- i. To introduce class and lesson management
- ii. To inculcate the practice of teaching and instructions in Yoga with a teaching internship to the students
- iii. To organise Yoga Camps, Workshops etc.

<b>Total Number of Hours: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		0	0	2
Hours/ week		0	0	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 50		Duration of final Examination: 2 hours		
<b>Theory : NA</b>		<b>Practical : 50</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

1. Under semester-II, the students have to organize Yoga camps/ Workshops. Each student of Diploma should organize at least one Yoga Training Camp / Workshops of one-month duration, under the supervision of a Yoga teacher. The modalities of the field work shall be worked out and intimated to the students before the end of semester II.
2. Internal assessment of the field work shall be on the basis of their preparation for yoga camps/workshops, selection of groups/Locations/Centers/Schools, and Relevance of Yoga protocol for the target group.
3. The Yoga Training Camp /Workshops and its report should be critically observed and assessed by the Yoga Teacher. The Field Work (Yoga Camp / Workshops) report should be jointly evaluated by the concerned Yoga Teacher and by the Course Co-coordinator. These marks shall be consider as the external assessment marks of this paper.



## **NOTES**