

## 4.3 POST GRADUATE DIPLOMA IN YOGA (PGDY)

### Preamble

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". According to Yogic scriptures, the practice of Yoga leads to the union of individual consciousness with universal consciousness

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course the student will be able to understand the concept of Preventive Healthcare, Promotion of Positive Health and Personality Development through Yoga.

#### I. Title of the course

The course shall be called "**Post Graduate Diploma in Yoga**" (PGDY)

#### II. Aim of the course

The aim of the course is to propagate and promote yoga for positive health

#### III. Objectives of the course

- ✚ To introduce basic concepts of preventive health and health promotion through yoga
- ✚ To introduce concepts of Human Body to the students so as to making their understanding clear about the benefit and contraindication of a practice.
- ✚ To train teachers on preventive health and promotion of positive health through yoga and personality development

#### IV. Duration

The minimum duration of the course will be 1year (2 semesters) and the maximum duration will be 2years.

#### V. Eligibility

The candidate should have completed Graduation (Bachelor's Degree) in any stream from a UGC recognized university.

## VI. Scheme of Teaching and Examination

Sl. No.	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
						Seasonal			SEE	
			L	T	P	Credit	CT	TA		
<b>Semester – I</b>										
1	PGDY-CT101	Foundations of Yoga	3	1	0	4	20	10	70	100
2	PGDY-CT 102	Hatha Yoga	3	1	0	4	20	10	70	100
3	PGDY -CT103	Human Anatomy & Physiology	3	1	0	4	20	10	70	100
4	PGDY -CT104	Yogic Life Style	3	1	0	4	20	10	70	100
5	PGDY-CP105	Yoga Practicum-I			8	4	20	10	70	100
6	PGDY-CP106	Yoga Practicum-II	0	0	4	2	20	10	70	100
7	PGDY-FW107	Assignments & Self Appraisals	0	0	4	2	20	10	70	100
<b>32 HRS</b>						<b>24</b>	<b>TOTAL</b>			<b>700</b>

Sl. No.	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
						Seasonal			SEE	
			L	T	P	Credit	CT	TA		
<b>Semester – II</b>										
1	PGDY-CT201	Essence of Principal Upanishads and BG	3	1	0	4	20	10	70	100
2	PGDY-CT202	Patanjala Yoga Darshana	4	0	0	4	20	10	70	100
3	PGDY-CT203	Applied Yoga	3	1	0	4	20	10	70	100
4	PGDY-CT204	Methods of Teaching Yoga & Value Education	4	0	0	4	20	10	70	100
5	PGDY-CP205	Yoga Practicum 3	0	0	8	4	20	10	70	100
6	PGDY-CP206	Yoga Practicum 4	0	0	4	2	20	10	70	100
7	PGDY-FW207	Teaching Practice	0	0	4	2	20	10	70	100
<b>32 HRS</b>						<b>24</b>	<b>TOTAL</b>			<b>700</b>

TC- Theory Core, PC- Practice Core, L - Lecture, T-Tutorial\*, P-Practical (practice/ field), CT- Cumulative Tests, TA - Teachers Assessment, SEE - Semester Examination, PR- Practical Record

## VII. PROGRAMME DETAILS

Subject Title: **FOUNDATION OF YOGA**

Subject Code: **PGDY-CT101**

Objectives:

- i. To give an introduction of yoga
- ii. To give a brief introduction of Indian Philosophy
- iii. To give a brief history and the basis different yoga traditions

<b>Total Number of Hours: 60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits	4	0	0
Hours/ week	4	0	0
<b>SCHEME OF EXAMINATION</b>			
Total Marks: 100			
<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 - 1: GENERAL INTRODUCTION TO YOGA AND INDIAN PHILOSOPHY [15 Hrs.]**

Brief introduction to origin of Yoga, Psychological aspects leading to origin of Yoga, History and Development of Yoga; Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions about Yoga, True Nature of Yoga; General Introduction to Schools (Streams) of Yoga, Principles of Yoga and Yogic practices for healthy living; Meaning and definitions of Darshana and Philosophy, Salient features of Indian Philosophy; (Bharateeya darshana), Branches of Indian Philosophy (Astika and Nastika Darshanas); Two-way relationship between Yoga and Indian Philosophy; General introduction to Prasthanatrayee and Purushartha Chatushtaya

### **Unit - 2: FOUNDATIONS OF YOGA AND YOGA TRADITIONS - I [15 Hrs.]**

General introduction to Vedas and Upanishads, Yoga in Pre-vedic period, Yoga in Vedic period, Yoga in Ayurveda, Yoga in Principle Upanishads, Yoga in Yogopanishad; General introduction to Shad-darshanas, Yoga in Samkhya and Yoga Darshana, Yoga in Vedanta; General introduction to Bhagavadgita, Yoga in Bhagavadgita; Introduction to Smritis and Yoga in Smritis, Introduction to Puranas, Nature of Yoga in Bhagavat Purana ; Yoga in Yoga Vasishtha, Yoga in Narada Bhakti Sutra, Yoga in Medieval Literature, Bhakti Yoga of Medieval Saints

### **Unit - 3: FOUNDATIONS OF YOGA AND YOGA TRADITIONS - II [15 Hrs.]**

General introduction to Agamas, Tantras and classification of Tantras, Concept of Shiva and Shakti, Yoga of Shaiva Siddhanta; Yoga in Shakta Tantra: Concepts of Nadi and Prana in Tantra, Kundalini, Effects of Kundalini Shakti and Shatchakra Sadhana, Hatha Yoga Traditions and Sadhana;

### **Unit - 4: FOUNDATIONS OF YOGA AND YOGA TRADITIONS - III [15 Hrs.]**

General Introduction to Non-Vedic Schools of Indian Philosophy: Jainism, Buddhism, etc.; Introduction to Jainism, Anekantavada (Syadvada), Concept of Tri-ratnas, Concept of

Kayotsarga (Preksha-dhyana). Yoga in Jaina darshana; Introduction to Buddhism: Introduction to Buddhism, Skandha-vada, Concept of Arya-satya or Four Noble Truths, Arya-astangika-marga or Noble-eight-fold-path (Bouddha-Yoga); Introduction to Sufism: Meaning and Characteristic features of Sufism, Elements of Yoga in Sufism, Sufi Meditation Techniques. Concepts and practices of Yoga in other religions;

### **TEXT BOOK**

1. Dasgupta S. N: History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
2. Sharma, Chandradhar: A Critical Survey of Indian Philosophy. Motilal Banarasidas, Delhi, 2013

### **BOOKS FOR REFERENCE**

1. Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
2. Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
3. Hiriyanma M : Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
4. Bhat, Krishna K.: The Power of Yoga: SuYoga Publications Mangalore, 2006
5. Swami Prabhavananda : Spiritual Heritage of India (English). Sri Ramkrishna Math, Madras, 2004
6. Swami Vivekananda : Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000
7. Pandit, M. P.: Introduction to Upanishads: Theosophical Society of India, Adyar, Madras, 1976
8. Dasgupta, S.N. : Hindu Mysticism, Motilal Banarsidass, Delhi 1927
9. Arthuv Avalan : The Serpent Power, Sivalik Prakashan, New Delhi, 2009
10. Bhat, Krishna K. : The Power of Yoga: SuYoga Publications Mangalore, 2006
11. Sing, Lalan Prasad : Tantra, Its Mystic and Scientific Bases. Concept Publishing Company, Delhi, 1976
12. Karel Werner : Yoga and Indian Philosophy, Motilal Banarasidas, Delhi, 1979
13. Swami Jnanananda : Philosophy of Yoga. Sri Ramakrishna Ashrama, Mysore.

Subject Title: **HATHA YOGA**

Subject Code: **PGDY -CT102**

Objectives:

- i. To give an introduction of Hatha yoga
- ii. To give an understanding of the prerequisites of Hatha Yoga
- iii. To introduce the principles of Hatha Yoga
- iv. To introduce essential Hatha Yoga text

<b>Total Number of Hours: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		4	0	0
Hours/ week		4	0	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<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-1: HATHA YOGA ITS PHILOSOPHY AND PRACTICES**

**[15 Hrs.]**

Hatha Yoga, its meaning, definition, aims & objectives, misconceptions, obstacles (vighna) and helps (sahayaka) in Hatha Yoga as in Hatha Yoga Pradépika; The Origin of Hatha Yoga, Hatha Yogic Literature, Hatha Yogic Practices as explained in Hatha Yoga Pradépika (HYP); Concept of Mata, Rules & Regulations to be followed by the Hatha Yoga Practitioner, concept of Mitahara, Pathya and Apathya ; Hatha Yogic parampara. Brief introduction to Great Hatha Yogés of Natha Cult and their contributions to Yoga. Relationship between Hatha Yoga & Raja Yoga.

**Unit-2: HATHA YOGA PRACTICES: SHODHANA-KRIYAS AND ASANAS**

**[15 Hrs.]**

SHodhana-kriyas, SHodhana-kriyas in Hatha Yoga Pradépika & in Gheranòà Samhita and their techniques, benefits and precautions; Role of SHodhana-kriyas in Yoga Sadhana and their importance in Modern day life; Yogasana: its' definition, Salient features and importance in Hatha Yoga Sadhana; Asanas in Hatha Yoga Pradépika and Gheranòà Samhita: their techniques, benefits, precautions and importance.

**Unit-3: HATHA YOGIC PRACTICES: PRANAYAMA, BANDHAS AND MUDRAS**

**[15 Hrs.]**

Pranayama – Machanism of correct breathing, Yogic deep breathing, Concept of Püraka, Kumbhaka and Recaka; The concept of Prana, Kinds of Prana and Upa-pranas, Pranayama and its importance in Hatha Yoga Sadhana, Nadishodhana Pranayama, its technique and importance, Pre-requisites of Pranayama; Pranayama practices in Hatha yoga pradépika and Gheranòà Samhita, their techniques, benefits and precautions, Hatha Siddhi Lakshanam; Bandhas and role of Bandhatrayas in Yoga Sadhana; Fundamental Mudras in HYP and G.S, Their techniques, benefits and precautions.

**Unit-4: HATHAYOGA PRACTICES: PRATYAHARA, NADANUSANDHANA AND SVARODAYA JNANA**

**[15 Hrs.]**

Concept of Pratyahara, Dharana and Dhyana in Gheranò Samhita and their techniques & benefits; Concept of Samadhi in Hatha-yoga Pradépika, Samadhi Lakshanam and Hatha Yoga Siddhi Lakshanam; The concept of Nada, Four Avasthas (stages) of Nadanusandhana, and its Siddhis; Svava, Importance of Svarodaya-jnana in Yoga Sadhana with special reference to Jnana Svarodaya and Shiva Svarodaya ; Introduction to Basic Hatha Yoga Texts: Basic Hatha Yogic Texts : their nature and objectives, Siddhasiddhantapaddhati, Goraksha Samhita, and Shiva Samhita, Hatha Pradeepika, Gheranda Samhita, Brief introduction to Hatha Rathnavali.

**TEXT BOOKS**

1. I. K. Taimini : The Science of Yoga, (The Theosophical, Publishing House, Adyar Chennai 2005)
2. Swami Satyananda Saraswati : Hatha Yoga, Pub: BSY Mungher

**BOOKS FOR REFERENCE:**

1. Woods, J.H. : The Yoga System of Patanjali, M.L.B.D., Delhi, 1988
2. Swami Vivekananda: Rajayoga, Advaita Ashram, Culcutta, 2000
3. Iyengar B.K.S. : Light on Patanjali Yoga (New York, Schocken Books, 1994)
4. Swami Sri Omanandatirtha: Patanjali Yoga Pradeepa, Geeta Press, Gorakhpur, 1994
5. Swami Anant Bharati : Patanjali Yoga Shasta- a study (Hindi), Swami Keshwananda Yoga Sangthan, Delhi, 1982
6. Burley, Mikel: Hatha Yoga, Its' Context Theory and Practice (M.L.B.D. Delhi, 2000)
7. Ghosh, Shyam: The Original Yoga, Munshiram Manoharlal, New Delhi, 1999
8. Burnier, Radha: Hathayoga Pradipika of Svatmarama, The Adyar Library publications, Chennai. 2000
9. Woodroffe, Sir John: The Serpent power (Ganesh & Company, Madras, 2000)

**Subject Title: HUMAN ANATOMY & PHYSIOLOGY**

**Subject Code: PGDY-CT103**

**Objectives:**

- i. To give a basic understanding of the human anatomy
- ii. To give a basic understanding of the human physiology
- iii. To give a deeper understanding of the human systems

<b>Total Number of Hours: 60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits	4	0	0
Hours/ week	4	0	0
<b>SCHEME OF EXAMINATION</b>			
Total Marks: 100			
<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-1: INTRODUCTION TO HUMAN ANATOMY AND PHYSIOLOGY,**

**DIGESTIVE AND EXCRETORY SYSTEM**

**[15 Hrs.]**

Introduction to Human Anatomy and Physiology, Basic Anatomical and Physiological terms; Cell: Structure & Functions, different cell organelles and their functions; Tissues and Organization of human system; Introduction to Support Systems; Maintenance Systems, Control Systems, Defence System and Concept of Homeostasis; Gross anatomy of digestive system, functional anatomy of Mouth, Oral cavity, Pharynx, Esophagus, Stomach, Small intestine, Large intestine and Anal canal; Physiology of digestion, assimilation & peristalsis, Gastric and digestive juices involved during digestion, associated glands involved in digestive system; Urinary system, kidneys, ureters, urinary bladder, Urethra; Skin and sweat gland

**Unit-2: MUSCULO-SKELETAL SYSTEM**

**[15 Hrs.]**

The Skeletal System: Skeleton, Functions of skeleton, Classification of bones, Study of joints; Structure and function of a Synovial joint; The Muscular System: Types of Muscles in the body; the characteristics, structure and functions of The Skeletal Muscles, Smooth Muscles and Cardiac Muscles

**Unit-3: CARDIOVASCULAR SYSTEM, RESPIRATORY SYSTEM, BLOOD AND**

**LYMPHATIC SYSTEM**

**[15 Hrs.]**

Functional anatomy of the Heart, arteries, veins and capillaries; The organization of systematic and pulmonary circulation, the cardiac cycle; Blood: Composition and Functions, Blood groups and their importance; Cardiac output and Venous return; Blood pressure and Regulation of blood pressure; Gross anatomy of the respiratory passages, functional of Nasal cavity, Pharynx, Larynx, Trachea, Bronchus, Lungs and Alveoli; The process of Respiration, Lungs volumes & capacities, Mechanics of breathing and exchange of gas in alveoli; Composition of blood corpuscles – RBC, WBC and Platelets; Plasma, hemoglobin – coagulation of blood and anti coagulants, blood groups and its importance; Sites, functional anatomy of lymph nodes and their function; Lymphatic system and its' role in immune system.

**Unit-4: NERVOUS SYSTEM & SPECIAL SENSES, ENDOCRINE SYSTEM**

**[15 Hrs.]**

An introduction to Histology – nerve – structure and properties of neurons – nerve – action potential – generation propagation – factors influencing classification of neurons and nerve fibers, neuralgia cells, receptors and reflex arcs; Functional anatomy of Cerebrum, Cerebellum, spinal cord; Functions and importance of the parts of the brain

viz., cerebrum, pons, medulla, thalamus, hypothalamus, cerebellum and autonomic nervous system [sympathetic and parasympathetic]; Functional anatomy and physiology of Eyes, ears, nose, tongue and skin; Anatomical structure of important endocrine glands (Pituitary, thyroid, parathyroid, pancreas, adrenal and gonads); Short anatomy of the hypothalamus and the releasing hormones secreted from it; Structure and function of anterior and posterior Pituitary; Function of thyroid, parathyroid, supra renal and islets of Langerhans.

#### **Unit 5: REPRODUCTIVE SYSTEM**

**[15 Hrs.]**

Functional anatomy male reproductive system, seminal vesicles and prostate glands; Spermatogenesis; Functional anatomy of female reproductive system; Ovarian hormones, menstruation, pregnancy, parturition and lactation.

#### **TEXT BOOK**

1. Evelyn C Peace : Anatomy and Physiology for Nurses (Jaypee Brothers, New Delhi, India, 1997)

#### **REFERENCE BOOKS**

1. Gore, M.M.: Anatomy and Physiology of Yogic practices (Kanchan Prakshan, Lonavala, 2003)
2. Shirley Telles: A Glimpse of the Human body. (V K YOGAS, Bangalore, 1995)
3. Sri Krishna: Notes on Structure and Functions of Human Body and Effects of Yogic practices on it (Kaivalyadhama S.M.Y.M Samiti, Lonavala, 1988)
4. Charu, Supriya: Sarir Rachana evam Kriya Vigyan
5. Peter L Williams & Roger Warwick: Gray's Anatomy (Churchill Livingstone, Edinburgh London, 1988)
6. Chatterjee, C.C.: Human Physiology(Vol.I & II) (Medical Allied Agency, Calcutta, 1992)
7. G Gerard J Tortora: Principles of Anatomy and Physiology and Sandra Reynolds (Harper Collins College Publishers, New York, 1992)

**Subject Title: YOGIC LIFE STYLE**

**Subject Code: PGDY -CT104**

**Objectives:**

- i. To introduce the essential elements of a yogic life style**
- ii. To introduce the concept of health and disease**
- iii. To give an understanding of the concept of ill health and their remedies through yoga**
- iv. To give an overview of the five sheath human existence**



<b>Total Number of Hours: 60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits	4	0	0
Hours/ week	4	0	0
<b>SCHEME OF EXAMINATION</b>			
Total Marks: 100			
<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 - 1: CONCEPT OF BODY, HEALTH AND DISEASE**

**[15 Hrs.]**

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Body, Health and Disease in Yoga – Yogic concept of Body from Taittiriya Upanishad, Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi according Yoga Vasistha and remedial measures; Holistic health care through Yoga. Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing

### **Unit - 2: CAUSES OF ILL HEALTH AND REMEDIAL MEASURES ACCORDING TO PATANJALI**

**[15 Hrs.]**

Potential causes of Ill-health: Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva; Shuddhi Prakriyas in Yoga : Role of Shuddhi Prakriyas in preventive and curative Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

### **Unit - 3: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING - I**

**[15 Hrs.]**

Dietary regulation according to Hatha yoga and Bhagavadgitha; shatkriyas and tatva shuddhi; Asana for mind body and spirit; Practice for pranamaya kosha – pranayama; Definition of Mental Health & Mental Hygiene & Total Health ; Indian approach to personality and personality integration Psycho-Social Implications of yoga; Adjustment Personal and interpersonal adjustment through yogic methods Niyamas & Yamas

### **Unit - 4: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING - II**

**[15 Hrs.]**

Attitude change towards yoga through individualized counselling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counselling; the remedial measures; Action in relaxation-the secret of Karma Yoga; Unattached action, not to the fruits of action, equanimity in success and failure.

### **TEXT BOOK**

1. Ghosh, Shyam : The Original Yoga Munshiram Manoharlal, New Delhi, 1999)
2. Jnanananda Bharati : Essence of Yoga Vasishta Pub: Sanata Books, Chennai

3. Hatha Ratnavali : Tirumala Tirupathi Devasthanam, Andhra Pradesh.

### REFERENCE BOOKS:

1. Gheranda Samhita : Shri Sadguru Publication, New Delhi.
2. Dr R Nagarathna and Dr H R Nagendra: Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002
3. Dr R Nagarathna and Dr H R Nagendra: Yoga for Promotion of Positive Health Published by SVYP, Bangalore
4. Dr Nagendra H R : The Secret of Action - Karma Yoga, Published by SVYP, Bangalore, 2003

Subject Title: **YOGA PRACTICUM - I**

Subject Code: **PGDY-PC105**

Objectives:

- i. To introduce a regular and rigorous practice (sadhana) of yoga practices

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

#### Unit- 1. SHAT KARMAS

[30 Hrs.]

Vastra Dhauti, Sutra Neti, Kapalbhathi, Nauli Chalan, Jyoti Trataka, Agnisara

#### Unit-2. YOGASANAS

[90 Hrs.]

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana, Ardha Chakrasana, Pada Hastasana, Trikonasana, Parshva Konasana, Veerabhadrasana, Bhunamanasana, Hanumanasana, Dandasana, Swastikasana, Sidhasana, Bhadrasana, Padmasana, Vajrasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Kurmasana, Navasana, Baddha Padmasana, Janusirasana, Paschimottanasana, Supta Vajrasana, Mandukasana, Utthana Mandukasana, Vakrasana, Ardha Matsyendrasana, Simhasana, Pavanamuktasana, Utthana-padasana, Ardha Halasana, Setubandha Sarvangasana, Halasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana, Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, Bakasana, Kukkutasana, Matsyendrasana, Padangusthasana, Hastapadangusthasana, Garudasana, Natarajasana, Mayurasana, Sirshasana

## TEXT BOOKS

## REFERENCE BOOKS

1. Reddy, M. Venkata and Others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P.2005
2. Dr R Nagarathna, Dr H R Nagendra: Yoga for Asthma by Published by SVYP, Bangalore, 1998
3. Dr R Nagarathna, Dr H R Nagendra: Yoga Practices for Anxiety & Depression, Published by SVYP, Bangalore, Bangalore, 2001
4. Yoga for Back Pain by Dr H R Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2001
5. Yoga for Cancer by Dr H R Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2006
6. New Perspectives in Stress Management, by Dr. H. R. Nagendra, Dr. R. Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2000
7. Dr R Nagarathna, Dr H R Nagendra, Yoga for Arthritis, Published by SVYP, Bangalore, 2001
8. Dr Shamantakamani Narendran, Dr R Nagarathna and Dr H R Nagendra: Yoga for Pregnancy, Published by SVYP, Bangalore, 2008
9. Dr. R. Nagarathna and Dr. H. R. Nagendra: Yoga for Obesity, Published by SVYP, Bangalore, 2014
10. Dr R Nagarathna, Dr H R Nagendra: Yoga for Diabetes, Published by SVYP, Bangalore 2003
11. Dr R Nagarathna, Dr H R Nagendra: Yoga for Promotion of Positive Health, Published by SVYP, Bangalore, 2004

Subject Title: **YOGA PRACTICUM-II**

Subject Code: **PGDY-CP106**

Objectives:

- i. To help establish a regular and rigorous practice (sadhana) of yoga practices

<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: 100			
<b>Theory : 100</b>		<b>Practical :</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
NA	NA	70	30

**Unit- 1: PRANAYAMA**

**[15 Hrs.]**

Nadi Shodhana (Technique 1: Same Nostril Breathing), Nadi Shodhana (Technique 2: Alternate Nostril Breathing), Nadi Shodhana (Technique 3: Alternate Nostril Breathing + Antar Kumbhak), Surya-bhedi and Chandra-bhedi Pranayama, Ujjayi Pranayama, Sheetal Pranayama, Shitkari Pranayama, Bhramari Pranayama, Pranayama (with Antar & Bahya Kumbhaka)

**Unit- 2: PRACTICES LEADING TO MEDITATION**

**[30 Hrs.]**

Pranav and Soham Japa, Yoga Nidra (1,2,3), Antarmauna, Ajapa Dharana (Stage 1,2,3), Practices leading to Breath Meditation, Practices leading to Om Meditation, Practices leading to Vipassana Meditation, Practices leading to Preksha Meditation

**Unit- 3: BANDHA AND MUDRAS**

**[15 Hrs]**

Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Yoga Mudra, Maha Mudra, Shanmukhi Mudra, Tadagi Mudra, Vipareet Karni Mudra

**TEXT BOOKS**

**REFERENCE BOOKS**

1. Reddy, M. Venkata and Others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P.2005
2. Dr R Nagarathna, Dr H R Nagendra: Yoga for Asthma by Published by SVYP, Bangalore, 1998
3. Dr R Nagarathna, Dr H R Nagendra: Yoga Practices for Anxiety & Depression, Published by SVYP, Bangalore, Bangalore, 2001
4. Yoga for Back Pain by Dr H R Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2001

5. Yoga for Cancer by Dr H R Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore, Bangalore, 2006
6. New Perspectives in Stress Management, by Dr. H. R. Nagendra, Dr. R. Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2000
7. Dr R Nagarathna, Dr H R Nagendra, Yoga for Arthritis, Published by SVYP, Bangalore, 2001
8. Dr Shamantakamani Narendran, Dr R Nagarathna and Dr H R Nagendra: Yoga for Pregnancy, Published by SVYP, Bangalore, 2008
9. Dr. R. Nagarathna and Dr. H. R. Nagendra: Yoga for Obesity, Published by SVYP, Bangalore, 2014
10. Dr R Nagarathna, Dr H R Nagendra: Yoga for Diabetes, Published by SVYP, Bangalore 2003
11. Dr R Nagarathna, Dr H R Nagendra: Yoga for Promotion of Positive Health, Published by SVYP, Bangalore, 2004

Subject Title: **ASSIGNMENTS & SELF APPRAISALS**

Subject Code: **PGDY-FW107**

Objectives:

- i. To introduce the principles of teaching yoga
- ii. To introduce class and lesson management
- iii. To help overcome obstacles in self-practice through self-appraisals
- iv. To assess through regular viva voce and help deepen the understanding of yoga

<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				
<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	

**Unit-1: TEACHING PRACTICE**

**[90 Hrs]**

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

individual needs. The student will have demonstrations and training in the above mentioned aspects of teaching methods.

Each candidate is expected to complete 5 hours of individual class, 5 classes for a small group, 5 classes for a large group demonstrating the use of essential requirements for an ideal class. (e.g.: One on Shat Karma, One on Asana, one on Pranayama, one on Bandha /Mudra, and one lesson on Meditation) under the supervision of their Yoga Practical Teacher. Each student will also have to prepare and give at least one Lecture cum Demonstration on different topics of Yoga. The record of each of these classes has to be maintained in the 'Practical Record' format for evaluation.

The practice teaching lessons and a Lecture cum Demonstration assignment should be observed / examined by the Yoga Practical Teacher. These marks shall be considered as the Particle Class Tests (internal assessment) of this practical paper.

**Unit-2: VIVA-VOCE**

[30Hrs]

Viva-voce shall be on Methods of Yoga Teaching and Presentations of Lessons

Semester- 2

---

Subject Title: **ESSENCE OF PRINCIPLE UPANISHADS AND BHAGAVAD GITA**

Subject Code: **PGDY -CT201**

Objectives:

- i. To teach the essence of the principal Upanishads
- ii. To teach the essence of the Bhagavad Gita

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

**UNIT - 1: ESSENCE OF UPANISHADS- I**

[15 Hrs]

Aitreya; Isha Upanisad; Mandukya; Manduka; Taitriya Upanisad;

**UNIT - 2: ESSENCE OF UPANISHADS-2**

[15 Hrs]

Katha Upanishad; Kena Upanishad; Bruhataranyaka; Chandogya; Prashna Upanishad; Shwetashwatara Upanishad

**UNIT - 3: YOGA IN BHAGAVAD GITA - I**

[15 Hrs]

General Introduction to Bhagavad Gita (B.G.). Definitions of Yoga in Bhagavad-Gita and their relevance & Scope; Essentials of B.G from Units II, III, IV, V, VI, XII & XVII: The meanings of the terms Atmaswrupa, Stithaprajna, Sankhya Yoga, Karma Yoga, Sannyasa Yoga and Karma Swarupa (Sakama and Nishkama) etc.

**Unit - 4 : YOGA IN BHAGAVAD GITA - II**

[15 Hrs]

Essentials of B.G (Contd.): Samnyasa, Dhyana, Nature of Dhyana, Preparation of Dhyana and Dhyana Yoga etc ; Essentials of B.G. (Contd.): Bhakti, Nature of Bhakti, Means and Goal of Bhakti-Yoga; Essentials of B.G (Contd.): The Trigunas and modes of Prakriti; Three Kinds of Faith. Food for Yoga Sadhaka, Classification of food etc. The Glory of B.G.

**TEXT BOOKS**

1. Holy Geeta : Swami Chinmayananda, Central Chinmayananda Mission Trust, 1992, Mumbai.
2. Swami Ranganathananda: Message of Upanishads, Bharatiya Vidya Bhavan, Bombay, 1985

**REFERENCE BOOKS**

1. Swami Venkatesananda: Vasistha's Yoga, State University of New York Press, Albany, 1993



Subject Title: **PATANJALA YOGA DARSHANA**

Subject Code: **PGDY -CT202**

Objectives:

- i. To teach an overview of the Patanjali Yoga Sutras
- ii. To teach the essence of the Patanjali Yoga Sutras

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : NA		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

**Unit-1: INTRODUCTION TO PATANJALI'S YOGA SUTRAS, ITS' PHILOSOPHY AND PRACTICES AND MODERN PSYCHOLOGY [10 Hrs]**

Yoga, it's meaning & purpose & a brief introduction to Patanjali's Yoga Sutras and its author; Nature of Yoga according to Patanjali in light of Vyasabhashya and other traditional commentators, Importance of Yoga Sūtra in comparison to other Yogic literature; Concept of Citta, Citta-bhumis, Citta-vrittis, Citta-vritti nirodhopaya (Abhyasa and Vairagya) Citta-Vikshepas (Antarayas), Citta-prasadanam and its' associates; Metaphysics of Saikhya & its' relationship with Yoga Darshana of Patanjali, Philosophical Foundations & Practices of Patanjali's Yogas, its' importance & relevance and Yoga Samanvaya; Concept of mind – eastern and western perspective; psychology principles and methods – TA, etc;

**Unit-2: SAMADHI PADA AND SADHANA PADA [10 Hrs]**

Kriya-yoga, Theory of Kleshas, Nature of Drshtha & Drshya and means of elimination of Kleshas/ Vivekakhyati; Types and nature of Samadhi in Yoga Sūtra, Rtambharaprajna and Adhyatmaprasada; Samprajnata, Asamprajnata, Sabija & Nirbija Samadhi, Difference between Samapattis and Samadhi; Concept of Ishvara and qualities of Ishvara.

**Unit-3 : CONCEPT OF VIBHUTI AND KAIVALYA [10 Hrs]**

Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi; Samyama & three Parinama of Samyama. The concept and description of Ashtha Siddhis; Nature of Kaivalya, Kaivalya in relation to Triguna and Dharmamegha Samadhi; Ashtanga Yoga & Kriya Yoga in Yoga Sutras and their importance & relevance in modern age.

**Unit-4 : PARINAMAS AND THE PERSONALITY TRANSFORMATION [10 Hrs]**

The critical analysis of the three parinamas; The parinamas as the tool for transformation; The parinamas and the higher states of consciousness; The discussion of parinams in the light of psychology.

**Unit-5: ASTA-SIDHIS, PARA-NORMAL PHENOMENON AND SPIRITUAL  
TRANSFORMATION**

**[10 Hrs]**

A critical discussion on Asta-siddhis; A study of para-normal phenomenon; A comparative study of soddhis and para-normal experiences; Spiritual psychosis and spiritual transformation.

**TEXT BOOKS:**

1. Swami Vivekananda : Rajayoga (Advaita Ashram, Culcutta, 2000).
2. Woods, J.H.: The Yoga System of Patanjali (M.L.B.D., Delhi, 1988)

**REFERENCE BOOKS:**

1. Iyengar B.K.S.: Light on Patanjali Yoga (New York, Schocken Books, 1994)
2. Rukmini T.S.: Yoga Vartika of Vijnanbhikshu (Tr.) Vol I, II, III & IV, Munshiram Manoharlal Pvt. Ltd. New Delhi
3. Swami Omanandatirtha: Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur, 1994
4. Swami Anant Bharati: Patanjali Yoga Shasta- a study (Hindi), Swami Keshwananda Yoga Sangthan, Delhi
5. K. Taimini : The Science of Yoga (The Theosophical Publishing House, Adyar Chennai 2005)

Subject Title: **APPLIED YOGA**

Subject Code: **PGDY - 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 personality development
- iv. To teach the concept of yoga and stress management
- v. To teach the concept of yoga and sports

<b>Total Number of Hours: 60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits	4	0	0
Hours/ week	4	0	0
<b>SCHEME OF EXAMINATION</b>			
Total Marks: 100			
<b>Theory : 100</b>		<b>Practical :</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30	NA	NA

#### **UNIT - 1: YOGA FOR STRESS MANAGEMENT**

**[15 Hrs]**

Mental Health: Meaning and Importance; Yogic Perspective of Mental Health, Indicators of Mental Health; Stress: Meaning and Definition; Symptoms, Causes and Consequences of Stress; Conflict, Frustration and Pressure; Stress according to Yoga and its management; Avidya cause of stress; Strong likes and dislikes; Recognition is half the solution; Stress levels; Stimulation the pointers of awareness – physical, mental, emotional, intellectual and spiritual level; Depth of perception and expansion of awareness; Group awareness; Progress and tune with nature; Holistic life style for stress management; Solutions through Mandukya karika - Relaxation and stimulation combined as the core for stress management; Stress Management through Patanjali Yoga and Bhagavad Gita.

#### **UNIT - 2: YOGA FOR PERSONALITY DEVELOPMENT**

**[15 Hrs]**

*Physical level:* Shat Kriyas (Detoxifying), Asans (Strength), Mudras (steadiness), Pranayama (lightness), Dhyana (perception); *Vital Level:* Pranayama; *Mental level:* Personal discipline, Social Discipline (Yama, Niyama), cultivation of four fold attitudes, Practice of Dharna, Dhyana ; *Emotion level:* Ishwara Pranidhana (Surrendering to the supreme); *Spiritual level:* Practice of Higher states of Meditation (Super consciousness states), Ashta Siddhis

#### **Unit - 3: YOGA AND SPORTS**

**[15 Hrs]**

Ideal performance and Peak performance for sport persons; Enhancing Physical capacities: Kriyas, Asanas, Yogic Diet; *Vital Level:* Pranayama (Lung capacity), *Emotional capacity:* Emotional balance through emotional culture (surrender to the Divine); *Mental capacity:* Practice of Karma Yoga and Meditation, spiritual capacity: State of Samadhi through Brahmari Pranayama and effortless Dhyana;

**Unit - 4: YOGA FOR CHILDREN'S WITH SPECIAL NEEDS****[15 Hrs]**

Yoga for Down syndrome, Autism, ADHD, Cerebral Palsy, Learning Disabilities: determining tailor made instructional approach to meet the cognitive, emotional, physical needs of child; Practices which helps in strength, endurance, speed, agility, flexibility, mental and self confidence; emotional behaviour disorder, physical disability; Integrated system of yoga practices to increase cognitive and motor skills in children with learning and developmental disabilities; Warm up or loosening exercises; Strengthening poses Relaxing postures, yogic breathing practices, yogic games - to develop strength, concentration, imagination, confidence.

**TEXT BOOKS:**

1. Nagendra H R & Nagarathna: New perspective of Stress Management, SVYP, 2010
2. Nagendra H R & Nagarathna: Personality Development Series, SVYP, 2012

**REFERENCE BOOKS:**

1. Basavaraddi I V: Yoga: Teachers manual for school children, MDNIY New Delhi , 2010
2. Basavaraddi I V: Yoga in School Health, MDNIY New Delhi, 2009
3. Jayadev H J: Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004
4. Swati & Rajiv Chanchani : Yoga for Children: A complete illustrated guide to Yoga, UBS Publishes Distributors Pvt. Ltd, 2008
5. Nancy Williams : Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007
6. Yoga for the Special Child: A Therapeutic Approach for Infants and Children with Down Syndrome, Cerebral Palsy, and Learning Disabilities, Special Yoga Publications, 1998
7. Yoga therapy for every Special Child, Singing Dragon London and Philadelphia, 2010

**Subject Title: METHODS OF TEACHING YOGA AND VALUE EDUCATION****Subject Code: PGDY -CT204****Objectives:**

- i. To teach teaching techniques to the students
- ii. To teach class management and lesson planning
- iii. To introduce educational tools of yoga teaching
- iv. To teach the concept of yoga education and values

<b>Total Number of Hours: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		4	0	0
Hours/ week		4	0	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>			<b>Practical :</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

**Unit 1: PRINCIPLES AND METHODS OF TEACHING YOGA****[15 Hrs]**

Teaching and Learning: Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Guru; Yogic levels of learning, Vidyarthi, Shishya, Mumuksha; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training

**Unit 2: BASICS OF YOGA CLASS MANAGEMENT****[15 Hrs]**

Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group); Techniques of Individualized; Teaching Techniques of group teaching; Techniques of mass instructions; Organization of teaching (Time Management, Discipline etc.)

**Unit 3: LESSON PLANNING IN YOGA****[15 Hrs]**

Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan; Action Research of Yoga: Meaning, Roles, Steps in action research in Yoga Teaching; Effective use of Library and other resources; Lesson Plan and its Practical applications

**Unit 4: EDUCATIONAL TOOLS OF YOGA TEACHING****[15 Hrs]**

Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc; Class room problems: Types and Solutions, Characteristics and essentials of good Yoga teaching; Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teaching; Meaning, Importance and Types of Educational technology; Role of Educational Technology in Yoga

**Unit 5: YOGA AND VALUE EDUCATION****[15 Hrs]**

Concept of Value, Definition of value, Types of Values; Value Oriented Education, Value-education and its components; Value oriented personality, Role and function of values in Society; Yoga as global value, Yoga as value and yoga as Practice; Contribution of Yoga towards the development of values

**TEXT BOOKS**

1. Swami Satyananda Saraswati: Yoga Education for Children, Bihar Schools of Yoga, Munger, 1990

**BOOKS FOR REFERENCE**

1. Dr. Gharote M L: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007
2. Dr. Shri Krishna: Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009
3. Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi
4. Duggal, Satyapad : Teaching Yoga, The Yoga Institute, Santacruz, Bombay, 1985
5. Nagendra, H.R. and Nagaratna R : New Perspectives in Stress Management, V.K.Yogas, 1988
6. Swami Satyananda Saraswati: Yoga Education for Children, Bihar Schools of Yoga, Munger, 1990
7. Gawande, E.N.: Value Oriented Education, Sarup & Sons, New Delhi – 110002
8. Gharote, M.L.: Yoga Applied to Physical Education Lonavala; Kaivalyadhama.
9. Dr R Nagarathna & Dr H R Nagendra :Integrated Approach of Yoga Therapy for Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2003

Subject Title: **YOGA PRACTICUM - III**

Subject Code: PGDY - CP 205

Objectives:

- To help maintain the yoga practise or Sadhana
- To teach yoga modules specific to Physical Stamina, Voice Culture, Eye sight, Memory, Concentration, Creativity, IQ, Anger Management

Total Number of Hours:		Theory	Tutorial	Practical
Credits		0	0	4
Hours/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

**Unit 1: PRACTICES FOR PHYSICAL STAMINA, VOICE CULTURE AND EYE SIGHT [15 Hrs]**

Characteristics of physical development: Flexibility, stamina, endurance, longevity; loosening the joints, stretching-relaxation of muscles, improve strength and stamina; physical revitalisation; Need for control on breath; special exercises for voice culture; Cleansing practices, eye muscle strengthening practices

**Unit 2: PRACTICES FOR MEMORY AND CONCENTRATION [15 Hrs]**

Short-term, long-term memory, stages of memory foundation and maintenance; yoga modules to improve memory; Barriers to concentration; concentration according to modern psychology; concentration according to eastern psychology; dharana as per Patanjali – binding to a particular; practices to improve concentration.

**Unit 3: PRACTICES FOR CREATIVITY AND IQ [15 Hrs]**

Physiology and creativity; creativity eastern concept, silence and creativity; yogic approach to creativity; yogic practices for creativity development; Facets of intelligence; concept of intelligence according to yoga; yoga module of IQ development;

**Unit 4: PRACTICES FOR ANGER MANAGEMENT AND STRESS MANAGEMENT [15 Hrs]**

What is anger? Expression of anger, outcome of anger, yogic management of anger; Concept of Stress; Solutions through Mandukya karika - Relaxation and stimulation combined as the core for stress management; Practice of Stimulation and relaxation

**TEXT BOOKS**

Dr H R Nagendra, Dr R Nagarathna: Yoga for Personality Development Series, Published by SVYP, 2013

Subject Title: **YOGA PRACTICUM - IV**

Subject Code: **PGDYS - CP206**

Objectives:

1. To get the practical experience and training to teach Advance Yoga techniques

<b>Total Number of Hours:</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				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

**Unit-I: HEALING AT THE PHYSICAL LEVEL****[15 Hrs]**

Cyclic Meditation (S-VYASA); Mindfulness based Stress Reduction  
Technique (Kabatzin)

**Unit-II: HEALING AT THE PRANA LEVEL****[15 Hrs]**

Vipasana Meditation; Preksha Meditation

**Unit-III: HEALING AT THE MENTAL LEVEL**

Mind Sound Resonance Technique (S-VYASA) ; Raja Yoga Meditation (Brahmakumaris)  
Transcendental Meditation (Mahesh Yogi); ZEN Buddhist Meditation

**Unit-IV: HEALING AT THE CONSCIOUS LEVEL**

Yoga Nidra (BSY)

**TEXT BOOK:**

1. Lajpat, Rai & others: Meditation, Anubhava Rai Publications, Gurgaon, 1999
2. Dr H R Nagendra, Dr R Nagarathna, Advance Yoga Techniques series, Published by SVYP, 1998

**REFERENCE BOOKS:**

1. Swami Niranjanananda Saraswati : Dharana Darshan, Yoga Publications Trust, Munger, Bihar, India, 1996
2. Lajpat, Rai : Discovering Human Potential Energy, Anubhava Rai Publications, Gurgaon, 1999

Subject Title: **TEACHING PRACTICE**

Subject Code: **PGDYS -FW207**

**Objectives:**

1. To inculcate the practise of teaching with a teaching internship to junior students in certificate and post-graduate diploma programmes

Total Number of Hours: 120		Theory	Tutorial	Field Work
Credits		0	0	2
Hours/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : NA		Practical : 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
NA	NA	70	30	

The student is expected to teach yoga modules to Certificate and Diploma students and also teach personality development modules to School children and write a report therein



## 4.4 POST GRADUATE DIPLOMA IN YOGA THERAPY (PGDYT)

### Preamble

Yoga is an ancient Indian art and science which is adopted as a self discipline and a way of life to promote positive health at physical, mental, social and spiritual planes of being. Yoga focuses on bringing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature.

Yoga is becoming popular day by day. A wave of yoga is sweeping across the globe. In this programme we introduce yoga as a science of Holistic Living and not merely as yoga postures. This programme will help orientate medical and para-medical graduates to integrate yoga therapy into their medical practice. As more and more medical and para-medical practitioners in the country turn towards integrative healthcare practices for better patient care, this course looks to introduce yoga therapy to such practitioners. This course looks to introduce doctors to the theoretical aspects of yoga through yogic texts such as the Bhagavad Gita, Patanjali Yoga Sutras and the Yoga Vasistha. Since medical and para-medical practitioners have prior knowledge of the anatomy and physiology of the human body, this course looks to introduce the physiological mechanisms of yogic practices. The modern lifestyle diseases require a holistic approach for their management. With the integration of yogic management with modern approach of healthcare, modern lifestyle disease will find a new panacea.

#### I. Title of the programme

The programme shall be called "Post Graduate Diploma in Yoga Therapy" (PGDYT)

#### II. Aim of the programme

The aim of the programme is to orient Medical and Para-medical Graduates to Integrate Yoga Therapy in their practice.

#### I. Objectives of the programme

- ✚ To teach medical professionals to integrate yoga therapy in their medical practice for prevention and treatment of life style diseases.
- ✚ To orientate paramedical and medical Graduates of any system of medicine to learn and administer yoga therapy modules for life style related common ailments
- ✚ To introduce holistic principles of Indian Systems of Medicine to medical professionals
- ✚ To orient the medical professionals on the psycho-physiological mechanisms of yogic practices

## Duration

The minimum duration of the programme will be 1 year (2 semesters) and the maximum duration will be 2 years

## II. Eligibility

Medical graduates of any system of medicine, Bachelor of dental medicine and surgery, Physiotherapy, paramedical (4 years or more) courses from a University recognised by UGC or a similar regulatory body authorized by Govt. of India.

## III. Scheme of Teaching and Examination

S. N.	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
			L	T	P	Seasonal			SEE	
						Credit	CT	TA		
<b>Semester - I</b>										
1	PGDYT-CT101	Foundations of Yoga	3	1	0	4	20	10	70	100
2	PGDYT-CT102	Classical Yoga Texts	3	1	0	4	20	10	70	100
3	PGDYT-CT103	Physiology of Yoga Practices	3	1	0	4	20	10	70	100
4	PGDYT-CT104	Basis of Yoga Therapy	3	1	0	4	20	10	70	100
5	PGDYT-CT105	Disease specific Yoga Therapy-I	3	1	0	4	20	10	70	100
6	PGDYT-PC106	Yoga Practicum - I	0	0	8	4	20	10	70	100
7	PGDYT- PC107	Yoga Practicum - II (Case Studies)	0	0	4	2	10	5	35	50
<b>32 hrs</b>						<b>26</b>	<b>TOTAL</b>			<b>650</b>
<b>Semester - II</b>										
1	PGDYT-CT201	Message of Principal Upanishads and Bhagavad Gita	3	1	0	4	20	10	70	100
2	PGDYT-CT202	Fundamentals of Ayurveda, Naturopathy, Diet and Nutrition	3	1	0	4	20	10	70	100
3	PGDYT-CT203	Biomechanics and Kinesiology	3	1	0	4	20	10	70	100
4	PGDYT-CT204	Disease specific Yoga Therapy-II	3	1	0	4	20	10	70	100
5	PGDYT-CT205	Applied Psychology and Yogic Counselling	3	1	0	4	20	10	70	100
6	PGDYT-CP206	Yoga Practicum - 3	0	0	8	4	20	10	70	100
7	PGDYT-CP207	Yoga Practicum - 4	0	0	4	2	10	5	35	50
8	PGDYT-FW208	Case studies and Report presentation	-	-	4	2	10	5	35	50
<b>36 hrs</b>						<b>28</b>	<b>TOTAL</b>			<b>700</b>

CT- Theory Core, CP- Practice Core, L - Lecture, T-Tutorial\*, P-Practical (practice/ field), CT-Cumulative Tests, TA - Teachers Assessment, SEE - Semester Examination, PR- Practical Record

\* The content of the syllabus may be taught by using lecture method, discussion method, quiz method, educational videos, movement analysis of different yoga skill through virtual skills of different yoga (movement patterns from You tubes and famous videos of skills/techniques) human skeleton/system model (3D anatomy and 3D physiology software and virtual Video), charts and assignment method depending upon the resources and facilities available at the University/Institute/ Department/Colleges.

#### IV. Programme Details

**Subject Title: FOUNDATION OF YOGA**

**Subject Code: PGDYT-CT101**

**Objectives:**

1. To understand the fundamental components of Yoga required for a Yoga practitioner
2. To conceptualize the therapeutic benefits of yoga based on the insights of Yoga texts
3. To understand the concept and principles of Yoga therapy across various Yoga texts

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

#### **Unit - 1: GENERAL INTRODUCTION TO YOGA AND INDIAN PHILOSOPHY [15 Hrs.]**

Brief introduction to origin, evolution, etymology and definitions of Yoga; Aim and Objectives of Yoga, Misconceptions about Yoga, Principles of Yoga and True Nature of Yoga; Brief introduction to Schools (Streams) of Yoga, Yoga Samanvaya, Important Yoga Practices advocated by Schools(Streams) of Yoga; Meaning and definitions of Darshana and Philosophy, Salient features of Indian Philosophy (Bharateeya darshana), Branches of Indian Philosophy (Astika and Nastika Darshanas), Two-way relationship between Yoga and Indian Philosophy, General introduction to Prasthanatrayee and Purushartha Chatushtaya

#### **Unit - II: FOUNDATIONS OF YOGA AND YOGA TRADITIONS – I [15 Hrs.]**

General introduction to Vedas and Upanishads, Yoga in Pre-vedic period, Yoga in Vedic period; Yoga in Ayurveda, Yoga in Principle Upanishads, Yoga in Yogopanishad; General introduction to Shad-darshanas, Yoga in Samkhya and Yoga Darshana, Yoga in Vedanta Darshana; Introduction to Epics (Ramayana, Mahabharata), Yoga in Ramayana, The nature of Yoga in; Adhyatma Ramayana, Yoga in Mahabharata, General introduction to Bhagavadgita;

Yoga in Bhagavadgita; Yoga in Yoga Vasishtha, Yoga in Narada Bhakti Sutra; Introduction to Smritis and Yoga in Smritis, Yoga in Yoga Yajnavalkya Smriti, Introduction to Puranas, Nature of Yoga in Bhagavat Purana

### **Unit - 3: FOUNDATIONS OF YOGA AND YOGA TRADITIONS – II**

**[15 Hrs.]**

General introduction to Agamas, Tantras and classification of Tantras, Concept of Sha4a and Shakti, Yoga of Sha4a Siddhanta; Yoga in Shakta Tantra: Concepts of Nadi and Prana in Tantra, Kundalini, Effects of Kundalini Shakti and Shatchakra Sadhana, Hatha Yoga Traditions and Sadhana, Development of Hatha Yoga in Modern Times; Yoga in Med4al Literature, Bhakti Yoga of Med4al Saints ; Yoga in Modern Times: Yogic Traditions of Ramakrishna and Swami V4ekananda, Yoga of Maharishi Raman, Swami Kuvalyananda, Sri Yogendra, Swami Dayanand Saraswati and Integral Yoga of Shri Aurobindo; Yoga in Contemporary Times: Brief Introduction to important Yoga Paramparas (lineages) Yoga Parampara of Sri T. Krishnamacharya, Yoga Parampara of Swami Sh4anada Saraswati, Yoga Parampara of Shri Madhav das, Swami Kartikeya, Swami Rama of Himalayas, Maharsi Mahesh Yogi etc. and their contributions for the development and promotion of Yoga.

### **Unit - 4: FOUNDATIONS OF YOGA AND YOGA TRADITIONS – 3**

**[15 Hrs.]**

General Introduction to Non-Vedic Schools of Indian Philosophy: Jainism, Buddhism, etc.; Introduction to Jainism, Anekantavada (Syadvada), Concept of Tri-ratnas, Concept of Kayotsarga (Preksha-dhyana). Yoga in Jaina darshana.; Introduction to Buddhism: Introduction to Buddhism, Skandha-vada, Concept of Arya-satya or Four Noble Truths, Arya-astangika-marga or Noble-eight-fold-path (Bouddha-Yoga).; Introduction to Sufism: Meaning and Characteristic features of Sufism, Elements of Yoga in Sufism, Sufi Meditation Techniques. Concepts and practices of Yoga in other religions; Introduction to Schools(Streams)of Yoga: Yoga Schools with Vedanta Tradition (Jnana, Bhakti,Karma and Dhyana), Yoga Schools with Samkhya-Yoga Tradition (Yoga of Patanjali) and Yoga Schools with Tantric Tradition ( Hatha Yoga , Kundalini Yoga, Mantra Yoga etc.)

### **TEXT BOOKS**

1. Dasgupta S. N : History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
2. Bhat, Krishna K.: The Power of Yoga: SuYoga Publications Mangalore, 2006
3. Singh S. P : History of Yoga, PHISPC, Centre for Studies in C4ilization Ist, 2010

### **BOOKS FOR REFERENCE**

1. Agarwal M M: Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
2. Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
3. Hiriyanma M: Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
4. Swami Prabhavananda: Spiritual Heritage of India (English). Sri Ramkrishna Math, Madras, 2004
5. Swami V4ekananda: Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000

6. Sharma, Chandradhar: A Critical Survey of Indian Philosophy. Motilal Banarasidas, Delhi, 2013
7. Pandit, M. P. : Introduction to Upanishads: Theosophical Society of India, Adyar, Madras, 1976
8. Sing, Lalan Prasad: Tantra, Its Mystic and Scientific Bases. Concept Publishing Company, Delhi, 1976
9. Swami Jnanananda: Philosophy of Yoga. Sri Ramakrishna Ashrama, Mysore.

**Subject Title: CLASSICAL YOGA TEXTS**

**Subject Code: PGDYT-CT 102**

**Objective:**

1. To give an understanding of the important concepts in Patanjali Yoga Sutras
2. To give an understanding of the important concepts in Hatha Yoga

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

**Unit-1: INTRODUCTION TO PATANJALI'S YOGA SUTRAS**

**[15 Hrs.]**

Yoga, its meaning & purpose & a brief introduction to Patanjali's Yoga Sutras and its author; Nature of Yoga according to Patanjali in light of Vyasabhashya and other traditional commentators, Importance of Yoga Sutra in comparison to other Yogic literature; Concept of Citta, Citta-bhumis, Citta-vrttis, Citta-vrtti nirodhopaya (Abhyasa and Vairagya) Citta-Vikñepas (Antarayas), Citta-prasadanam and its' associates;

**Unit-2: FOUR PADAS OF PATANJALI'S YOGA**

**[15 Hrs.]**

Kriya-yoga, Theory of Kleshas, Nature of Drsta & Drshya and means of elimination of Kleshas/ V4ekakhyati; Types and nature of Samadhi in Yoga Sutra, Rtambharaprajna and Adhyatmaprasada; Samprajnata, Asamprajnata, Sabija & Nirbija Samadhi, Difference between Samapattis and Samadhi; Concept of Ishvara and qualities of Ishvara. Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi; Samyama & three Parinama of Samyama. The concept and description of Ashta Siddhis; Nature of Ka4alya, Ka4alya in relation to Triguna and Dharmamegha Samadhi; Ashtanga Yoga & Kriya Yoga in Yoga Sutras and their importance & relevance in modern age.

**Unit-3: HATHA YOGA PRACTICES - I**

**[15 Hrs.]**

Hatha Yoga, its meaning, definition, aims & objectives, misconceptions, obstacles (vighna) and helps (sahayaka) in Hatha Yoga as in Hatha Yoga Pradipika; Concept of Ghata,

Ghatashuddhi, concept and importance of Shodana in Hatha Yoga; Concept of Mata, Rules & Regulations to be followed by the Hatha Yoga Practitioner, concept of Mitahara, Pathya and Apathya; Shodhana kriyas in Hatha Pradeepika; Shodhana kriyas in Gheranda Samhita and Hatha Ratnavali; Health benefits, precautions, and contraindications of Shodana kriyas; Importance of Shodhana kriyas in health and disease; Definition, pre requisites and special features of Yoga-asana; Asanas in Hatha Pradeepika and Hatha Ratnavali; Asanas in Gheranda Samhita; Health benefits, precautions, and contraindications of different Asanas; Importance of Asana in health and disease.

#### Unit - 4: HATHA YOGA PRACTICES - II

[15 Hrs.]

Concept and definition of Prana and Pranayama; its importance in Nadi shuddi; Pre-requisites of Pranayama, Nadishodhana Pranayama; Importance of Pranayama in Hatha Yoga Sadhana and its phases and stages; Pranayama in Hatha Pradeepika, Hatha Ratnavali & Gheranda Samhita, their health benefits, precautions and contraindications; Concept, definition of Bandha and Mudra, their importance in Hatha Yoga; Bandhatraya in Hatha Yoga Sadhana, Mudras in Hatha Pradeepika, Hatha Ratnavali and Gheranda Samhita; Health benefits, precautions and contraindications of Bandha and Mudra; Concept of Manas (mind) and Kanda in Hatha Yoga; Concept and definition of Pratyahara, Dharana and Dhyana in Gheranda Samhita; Techniques and benefits of Pratyahara, Dharana and Dhyana in Gheranda Samhita; Concept and benefits of Nada and Nadanusandhana in Hatha Pradeepika, four avasthas (stages) of Nadanusandhana; Relationship between Hatha Yoga and Raja Yoga; Goal of Hatha Yoga

#### TEXT BOOKS

1. Swami Muktibodhananda Saraswati. Hatha Yoga Pradeepika, Yoga publication trust, Munger, 2001
2. Taimini. Science of Yoga. Theosophical publication of India, Chennai,

**Subject Title: PHYSIOLOGY OF YOGA PRACTICES**

**Subject Code: PGDYT-TC103**

#### Objectives:

1. To revise the knowledge of the patho-physiology of a disease to enable the yoga therapy consultant to select a suitable module for the individual patient with the right understanding of how and why to avoid a high risk practice, what to emphasize and how frequently the practices are to be repeated etc.
2. To equip the students to understand the recent advances in psycho-neuro-immunological aspects of a disease to correlate with the holistic perspective of yogic concepts of mind body interaction in life style related diseases.
3. To get an understanding of subtle physiological changes following the practice of yoga practices e.g. the Neuro Psychological locks in Mudras and Bandhas etc.

4. To have a brief idea of the underlying mechanism behind the possible benefits of yogic practices
5. To orient the professionals in documentation of the parameters at various levels (anatomical, physiological, biochemical, prāna, psychological and cognitive) to assess the changes after the practices of yoga.

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

#### **Unit - 1: THE CONCEPT OF HOMEOSTASIS**

**[15 Hrs.]**

Regulatory systems of the body, Characteristics of control systems (humoral and autonomic) HPA axis as the physiological basis of mind-body medicine; Hypothalamo-pituitary-ovarian Humoral mechanisms, metabolic homeostasis-glucose-insulin dynamics, lipids-liver homeostasis.

Physiology of exercise, muscle physiology, neuromuscular control, effects of the sthira sukha aspect of Asana on nerve-muscle physiology Mechanism of influence there are six types of asanas: stretching; posturing; strengthening; inverted; pressing; equilibration.

#### **Unit - 2: PRANAYAMA**

**[15 Hrs.]**

Recent advances in understanding of anatomy, physiology of cardio-respiratory system; orientation to lung function tests, ECG, scans, and other relevant investigations related to cardio-respiratory system. Psycho-physiological effects of pranayama; physiological mechanisms involved in higher levels of adaptation through pranayama.

#### **Unit - 3: KRIYAS**

**[15 Hrs.]**

An overview of diffusion, osmosis and active transport; advances in physiology of excretory system, digestive system, fluid-electrolyte balance, acid-base balance and temperature regulation with emphasis on understanding stress-mind-body interaction. Significance of salt during the practice of Kriya; Tonicity of a solution [hypotonic, hypertonic and isotonic solution]; Effect of Kriyas on digestive system and peristalsis; Mechanism of action of all shatkriyas Kriya practices as a) cleansing practice, b) stamina building practice, and c) a promoter of voluntary mastery over involuntary reflex functions of the body to achieve chitta vritti nirodha.

**Unit - 4: MUDRAS & BANDHAS****[15 Hrs.]**

Advances in physiology of brain and nervous system including resting membrane potential; action potential and transmission of nerve impulse; neurotransmitters; ; a brief update on measurements- nerve conduction velocity, EEG, EMG, CT scans, MRI, fMRI, NMR spectroscopy. Psycho-physiology of stress; Psycho-physiology of sleep; Psycho-biology of behavior; Psycho-physiology of emotional states.

Sphincters and their functions; neuro-regulatory system that control the sphincters; Principles behind the practice of Mudras; Navadvara and their significance in yoga; Granthis and their significance ;

Significance of neuro psychological locks and their role in regulating the tone of the muscles and nerve conduction;

**TEXT BOOKS**

1. Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners Book by Herbert David Coulter; Publisher Body and Breath, 2001

**REFERENCE BOOKS**

2. A Handbook for Yogasana Teachers: The Incorporation of Neuroscience, Physiology, and Anatomy by Mel Robin, Publisher: Wheatmark; 1 edition (15 May 2009)
3. Clinical Anatomy: A Revision and Applied Anatomy for Clinical. Students , Harold Ellis, Blackwell Publishing, 2006
3. Essentials of Pathophysiology: Concepts of Altered Health States Carol Mattson Porth, Lippincott Williams & Wilkins, 2006
4. Clinical Neuroanatomy for medical students. 4<sup>th</sup> edition.
5. Textbook of medical physiology, Guyton. 9<sup>th</sup> edition.

**Subject Title: BASIS OF YOGA THERAPY**

**Subject Code: PGDYT-TC104**

**Objectives:**

1. To understand the Yogic concept of Body and Health
2. To have an understanding of the Yogic concept of Disease and yoga therapy for each disease.

<b>Total Number of Hrs: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		3	1	0
Hrs/ week		3	1	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>			<b>Practical :</b>	
Final Exam	Internal Assessment	Final Exam (SEE)	Internal	



(SEE)	(CT+TA)		Assessment (CT+TA/PR)
70	30		

### **Unit-I: YOGIC CONCEPTS OF HEALTH AND DISEASE**

**[15 Hrs.]**

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Health and Disease in modern and Indian Systems of Medicine i.e. Ayurveda, Naturopathy and Siddha Systems of Medicine, Utility and Limitations of these systems in health and healing; Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi; Concept of stress (Adhi) as cause for Vyadhi (yoga vasishta); Role of Yoga in preventive health care – Heyam dukham anagatam ; Potential causes of ill-health: Tapatrayas and Kleshas, Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa. Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhrantidarsana, Alabdha-bhumikatva and Anavasthitatva

### **Unit - II: PREVENTIVE HEALTHCARE ACCORDING TO YOGA**

**[15 Hrs.]**

Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing Shuddhi Prakriyas in Yoga : Role of Shuddhi Prakriyas in preventive and curative Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

### **Unit – 3: THEORY OF PRACTICES RELATED TO PREVENTIVE HEALTH - I**

**[15 Hrs.]**

Dietary regulation according to Hatha yoga and Bhagavadgita; Shatkriyas and Tatva shuddhi; Asana for mind body and spirit; Pranayama; Definition of Mental Health & Mental Hygiene & Total Health ; Indian approach to personality and personality integration Psycho-Social Implications of yoga; Adjustment Personal and interpersonal adjustment through yogic rules and regulations Niyamas & Yamas

### **Unit - 4: THEORY RELATED TO THE PRACTICES RELATED TO PREVENTIVE HEALTH - II**

**[15 Hrs.]**

Attitude change towards yoga through individualized counseling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counseling; the remedial measures; Action in relaxation-the secret of Karma Yoga; Psycho-physiological effects and health benefits of Pranayama, Shatkarma; Bandha and Mudra ; Psycho-physiological effects and health benefits of Meditation

## TEXT BOOK

1. Dr. Manmath M Gharote, Dr. Vijay Kant: Therapeutic reference in Traditional Yoga texts
2. Nagendra, H. R.: Yoga for Posit4e Health, Swami V4ekananda Yoga Prakashana, Bangalore, 2000

## REFERENCE BOOKS

1. Preeti Goel and Rita Jain : Spectrum of Health (Sports Publications, New Delhi, 2003)
2. M. M. Gore: Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)
3. Bhat Krishna K Dr., (2006) The Power of Yoga: An authentic guide on Yoga and Personal Health, Mangalore: Suyoga Publications
4. Dr. R. S. Bhogal: Yoga Psychology, Ka4alyadhama Publication
5. T.S. Rukmani : Patanjala Yoga Sutra
6. Sahay, G. S. : Hatha Yoga Pradeepika, MDNIY Publication, 2013
7. Nagendra H. R : New Perspect4e in Stress Management, VK Yoga Publication, Bangalore

**Subject Title: DISEASE SPECIFIC YOGA THERAPY-I**

**Subject Code: PGDYT-TC 105**

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

## Objectives:

- To be able to prescribe the integrated yoga module for the ind4idual case after detailed documentation and report it to the referring consultant.
- To request for assessment measures if necessary a) to confirm the diagnosis, b) to assess the present status of the disease, and c) for follow up.

- To be able to monitor the medication and modify it suitably as the case progresses with yoga practices and report it to the referring consultant.
- To be able to explain to the participant how yoga offers a holistic approach to remove the root cause of the disease by a life style change with examples.
- to be able to prescribe suitable diet regime
- To be able to do suitable yogic counseling for erasing the Adhi (stress) , the cause of the disease.

For each condition the following aspects will be covered:

- Brief overview of the condition including definition, prevalence, clinical features, diagnostic criteria, causes, Patho-physiology, measurements- investigations to assess the effect of yoga' Yogic Management -rationale for the disease specific yoga protocol, scientific evidence if available, practices of choice and contra-indications. Probable healing mechanisms.

### **Unit-1: MUSCULO-SKELETAL DISORDERS**

**[15 Hrs.]**

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Arthritis, Spinal pain-neck, lumbar, Muscle diseases-Muscular dystrophy, MND etc.

### **Unit- 2: GASTRO INTESTINAL DISORDERS AND EXCRETORY SYSTEM**

**[15 Hrs.]**

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Acid peptic disease- Indigestion Hyperacidity, Ulcer, Flatulence, Gastritis, Bowel problems - chronic Constipation and hemorrhoids, Irritable Bowel Syndrome, Ulcerat4e colitis or inflammatory bowel disease, Crohn's disease, gluten intolerance, food allergies ; Excretory System: irritable bladder syndrome, stress incontinence, Chronic renal failure, Renal hypertension, Renal stones

### **Unit- 3: YOGIC MANAGEMENT OF CARDIO-VASCULAR DISORDERS**

**[15 Hrs.]**

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management Hypertension and Hypotension, Ischemic heart diseases , Varicose veins, Peripheral vascular disease, Autoimmune Arteritis

### **Unit- 3: RESPIRATORY DISORDERS**

**[15 Hour]**

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management (rationale for the disease specific yoga protocol, scientific evidence if

available, probable healing mechanisms, practices of choice and contra indications). Allergic, autoimmune respiratory conditions -Allergic Rhinitis & Sinusitis, Bronchial Asthma, ILD, COPD & Emphysema- Occupational pulmonary disease; Obstructive sleep apnea

### **TEXT BOOKS**

1. Nagarathna R and Nagendra HR, Yoga therapy for common ailments series, SVYP publications, 2010
2. Swami Karmananda, Yoga therapy for common diseases, Yoga publication trust, Munger, 2001
3. Dr Robin Monro, Dr R Nagarathna and Dr H R Nagendra, Yoga for common ailments, Gaia Publishers

### **REFERENCE BOOKS**

1. Sh4anand Saraswati : Yoga Therapy (Hindi & English)
2. Rai, Lajpat : Discovering Human Potential energy: A Physiological Approach to Yoga (Anubhava Rai Publications, 1998)
3. Nagarathna, R and Nagendra, H.R.: Promotion of Posit4e Health, Swami V4ekananda Yoga Prakashana, Bangalore, 2002
4. Ramesh Bijlani: Back to Health through Yoga, Rupa Publications India Pvt. Ltd, 2011
5. MDNIY publications: 10 Booklets, Yoga Therapy Series, MDNIY Publications, New Delhi, 2009
6. Swami Satyananda Saraswati: Yoga and Cardio Vascular Management, Yoga Publication Trust, Munger, 2005
7. Nagarathna R and Nagendra H R: Yoga for Arthritis, Back pain, Diabetes, Pregnancy Breathing Practices, Swami V4ekananda Yoga Prakasana, Bangalore, 2000
8. Swami kuvalayananda and S.L. Vanikar: Yoga Therapy: Ka4alyadhama, Lonavala, Revised Edition
9. Swami Shankardevananda Saraswsati: Yogic Management of Asthma and Diabetes, Yoga Publication Trust, Munger, 2002
10. Swami Satyananda Saraswati: A Systemic programme in the ancient tantric techniques of Yoga and Kriya, Yoga Publication Trust, Munger, 2007

Subject Title: **YOGA PRACTICUM-I**

Subject Code: **PGDYT-PC 106**

Objective:

1. General Yoga practices of Shatkarmas, Asanas, Suryanamaskar, Breathing practices and Pranayama

<b>Total Number of Hrs: 120</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits	0	0	4
Hrs/ week	0	0	8
<b>SCHEME OF EXAMINATION</b>			
Total Marks: 50			
<b>Theory : 50</b>		<b>Practical :</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
		35	15

**Unit-1: SHATKARMAS** [15 Hrs.]

Dhauti (Kunjala), Neti (Sutra and Jala), Kapalabhati, Agnisara

**Unit-2: SURYANAMASKAR** [15 Hrs.]

**Unit-3: ASNAS (YOGIC POSTURES)** [15 Hrs.]

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana, Ardha Chakrasana, Pada Hastasana, Trikonasana, Parshva Konasana, Veerabhadrasana, Bhujangasana, Hanumanasana, Dandasana, Swastikasana, Sidhasana, Bhadrasana, Padmasana, Vajrasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Kurmasana, Navasana, Baddha Padmasana, Janusirasana, Paschimottanasana, Supta Vajrasana, Mandukasana, Utthana Mandukasana, Vakrasana, Ardha Matsyendrasana, Simhasana, Pawanmuktasana, Utthana-padasana, Ardha Halasana, Setubandha Sarvangasana, Halasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana, Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, Bakasana, Kukkutasana, Matsyendrasana, Padangusthasana, Hastapadangusthasana, Garudasana, Natarajasana, Mayurasana, Sirshasana

**Unit-4: BREATHING PRACTICES AND PRANAYAMA** [15 Hrs.]

Hands in and out, Hands stretch, Akle stretch, Legs rising, Sasankasana breathing, Rabbit breathing, Tiger breathing, Breath awareness, Sectional breathing, Nadishuddhi Bhastrika, Ujjai, Cooling pranayama (Sitali, Sitkari and Sadanta), Bhramari

#### TEXT BOOKS

1. Nagarathna, R and Nagendra, H.R.: Promotion of Posit4e Health, Swami V4ekananda Yoga Prakashana, Bangalore, 2002
2. B.K.S Iyenger, Light on Yoga, Published by HarperCollins, 1966

**REFERENCE BOOKS:**

1. Swami Satyananda Saraswati, Asana, Pranayama, Mudra, Bandha, Bihar Yoga Bharati, Mungher, Bihar, India.
3. B.K.S Iyenger, Light on Pranayama, Published by HarperCollins, 1981
4. Yoga for Promotion of Positive Health, by Dr R Nagarathna, Dr H R Nagendra, Number of pages: 178 | Publication Date: 2004 | ISBN-13: 9780615256245, Published by SVYP, Bangalore

**Subject Title: YOGA PRACTICUM-II**

**Subject Code: PGDYT-PC 107**

**Objective:**

1. To understand the Yoga therapy practices for specific diseases

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hrs/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
35	15			

( Each set of techniques will be taught for 15 days and thereafter a continuous revision for the same practices will be done by the peer group)

**Unit - 1 : YOGA THERAPY TECHNIQUES FOR MUSCULO SKELETAL DISORDERS [15 Hrs.]**

Muscular Dystrophy, Back Pain, Neck Pain, Arthritis, Cervical Spondylosis,

**Unit - 2: YOGA THERAPY FOR GASTRO INTESTINAL DISORDERS AND EXCRETORY SYSTEM [15 Hrs.]**

Constipation, IBS, Piles & Fistula

**Unit - 3 : YOGA THERAPY FOR CARDIO-VASCULAR DISORDERS: [15 Hrs.]**

Primary and Secondary Hypertension, IHD

**Unit - 4 : YOGA THERAPY FOR RESPIRATORY DISORDER : [15 Hrs.]**

Asthma, Nasal Allergy, Cystic Fibrosis

### **TEXT BOOKS**

1. Nagaratha R. and Nagendra H. R.: Commonailment series, published by SVYP, Bangalore, 2010
2. Swami Karmananda: Yogic management of common diseases, Yoga Publications Trust, Munger, 2001

### **REFERENCE BOOKS**

1. Reddy, M. Venkata and Others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P.2005
2. Dr R Nagarathna, Dr H R Nagendra: Yoga for Asthma by Published by SVYP, Bangalore, 1998
3. Dr R Nagarathna, Dr H R Nagendra: Yoga Practices for Anxiety & Depression, Published by SVYP, Bangalore, Bangalore, 2001
4. Yoga for Back Pain by Dr H R Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2001
5. Yoga for Cancer by Dr H R Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2006
6. Dr R Nagarathna, Dr H R Nagendra, Yoga for Arthritis, Published by SVYP, Bangalore, 2001
7. Dr Shamantakamani Narendran, Dr R Nagarathna and Dr H R Nagendra: Yoga for Pregnancy, Published by SVYP, Bangalore, 2008
8. Dr. R. Nagarathna and Dr. H. R. Nagendra: Yoga for Obesity, Published by SVYP, Bangalore, 2014
9. Dr R Nagarathna, Dr H R Nagendra: Yoga for Diabetes, Published by SVYP, Bangalore 2003
10. Dr R Nagarathna, Dr H R Nagendra: Yoga for Promotion of Posit4e Health, Published by SVYP, Bangalore, 2004

## Semester - II

---



**Subject Title: MESSAGE OF PRINCIPAL UPANISHADS, BHAGAVAD GITA & YOGA VASISHTA**

**Subject Code: PGDYT -TC201**

**Objectives:**

- i. To teach the essence of the Principal Upanishads
- ii. To teach the essence of the Bhagavad Gita and Yoga Vasishtha

<b>Total Number of Hrs: 60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits	4	0	0
Hrs/ week	4	0	0
<b>SCHEME OF EXAMINATION</b>			
Total Marks: 100			
<b>Theory : 100</b>		<b>Practical :</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30	NA	NA

**Unit - 1: ESSENCE OF UPANISHADS-1 [15 Hrs.]**

Aitreya; Isha Upanisad; Mandukya; Manduka; Taitriya Upanisad.

**Unit - 2 ESSENCE OF UPANISADS-2 [15 Hrs.]**

Katha Upanishad; Kena Upanishad; Bruhataranyaka; Chandogya; Prashna Upanishad; Shwetashwatara Upanishad

**Unit -3: YOGA IN BHAGAVAD GITA [15 Hrs.]**

General Introduction to Bhagavad Gita (B.G.). Definitions of Yoga in Bhagavad-Gita and their relevance & Scope; Essentials of B.G from Chapters II, 3, 4, V, VI, XII & XVII: The meanings of the terms Atmaswrupa, Stithaprajna, Sankhya Yoga, Karma Yoga, Sannyasa Yoga and Karma Swarupa (Sakama and Nishkama) etc ; Essentials of B.G (Contd.): Samnyasa, Dhyana , Nature of Dhyana, Preparation of Dhyana and Dhyana Yoga etc; Essentials of B.G. (Contd.): Bhakti, Nature of Bhakti, Means and Goal of Bhakti-Yoga; Essentials of B.G (Contd.): The Trigunas and modes of Prakriti; Three Kinds of Faith. Food for Yoga Sadhaka, Classification of food etc. The Glory of B.G.

**Unit - 4: YOGA VASISHTHA [15 Hrs.]**

Statge of Yoga Vasistha; A Brief understanding of Vairagya prakarana, Mumukshu Prakarana, Utpatti prakarana (Story of Leela), Stiti Prakarana, Upashanti Prakarana ( Story of Janaka) and Nirvana Prakarana (Story of BHushanda); Concept of Adhis and Vyadhis; Psychosomatic Ailments; What are the four Gatekeepers (Pillars) to Freedom?, Inspirational Verses from Yoga Vasistha, The Story of HastAmalaka, Rama and Dispassion, Story of Suka – How Suka attained the Highest State of Bliss, What are the impediments

of Yoga? How to abandon them? Eight limbs of Meditation, Greatest Verses from Yoga Vasistha, Story of Lila; The Conclusion of Nirvana Prakarana, Summary of the Yoga Vasistha.

#### TEXT BOOK

1. Swami Ranganathananda: Message of Upanishads, Bharatiya Vidya Bhavan, Bombay, 1985
2. Swami Tapasyananda : The Holy Gita-the Science of Life, Pub: RK Mission, Chennai.

#### REFERENCE BOOKS:

1. Eknath Easwaran: The Bhagavad-Gita (Classics of Indian, Spirituality) (Nilgiri Press; 2007)
2. Swami Venkateshanada: Concise of Yoga Vasistha, State University of New York Press (1985).
3. K. Narayan Swami Aiyar : Yoga Vasistha (Laghu, The Smaller), Vista International Publisher, 2005.

Subject Title: **FUNDAMENTALS OF AYURVEDA, NATUROPATHY, DIET AND NUTRITION**

Subject Code: **PGDYT -TC202**

#### Objectives:

- i. Brief understanding of Ayurvedan and Naturopathy
- ii. To understand the Yogic Concept of Diet & Nutrition

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hrs/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

**Unit - 1: FUNDAMENTALS OF AYURVEDA****[15 Hrs.]**

General introduction, definition, history and principles of Ayurveda; Concept, role and importance of – Dosha, Dhatu, Mala, Updhatu, Srotas, Indriya, Agni, Prana, Pranayatna, Prakriti, Deha Prakriti and Manasa Prakrit.

**Unit - 2: CONCEPT OF HOLISTIC LIVING IN AYURVEDA****[15 Hrs.]**

Concept, role and importance of – Swasthavrita, Dinacharya, Ritucharya, Sadvrita, Achararasayana; Elementary knowledge of concept of health, disease and management of common diseases in Ayurveda; Relationship between Yoga and Ayurveda, Importance & utility of basic concepts of Ayurveda in Yogic Therapy.

**Unit - 3 : FUNDAMENTALS OF NATUROPATHY (NISARGOPACHAR) - I****[15 Hrs.]**

General introduction, definition, history and principles of Nisargopachar; Concept, role, qualities, functions and importance of –f4e elements. Relationships of f4e elements with seasons, body and mind; Philosophy of Nisargopachar- Western and Indian Concept of health and disease in Nisargopachar. Main principles of Naturopathy (Nisargopachar); Relationship between Yoga and Nisargopachar. Yoga & Nisargopachar as a system of medicine in disease prevention, health promotion and management of diseases.

**Unit - 4 : FUNDAMENTALS OF NATUROPATHY (NISARGOPACHAR) -II****[15 Hrs.]**

Practices in Nisargopachar- Upavasa & Diet Therapy, Hydrotherapy & Mud therapy, Solar, Color & Magnet therapy, Massage & Manipulat4e therapies, Acupuncture and Energy Medicine; Common principles of Naturopathy & Yoga as a holistic system of medicine; Hydrotherapy & Mud therapy; Natural diet, nutraceuticals, nutrition and fasting therapy; Manipulat4e therapies (Massage therapy, Choriopractice and Osteopathy); Helio therapy, Color therapy and Magnet therapy.

**Unit - 4: YOGIC CONCEPT OF DIET & NUTRITION****[15 Hrs.]**

Concept of food, Acceptance of Food, Functions of Food (Modern and Ancient); General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification in Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta; Pathya and Apathya in diet according to Yogic texts; Guna and Ahara; Importance of Yogic Diet in Yog Sadhana; Yogic Diet and its role in healthy living

**TEXT BOOKS**

1. Laxmipati, K., Basic principles of Ayurveda
2. Indrani T : A Nursing manual of Nutrition & Therapist Diet by Jaypee Brothers, 2008

## REFERENCE BOOKS:

4. Kaushik, Mai Ram, Ayurveda Kya Hai? Bikaner: Anand Prakashan, 2003
5. Gardiner, A.K, Principles of Exercise Therapy C B S Publications, New Delhi
6. Ghosh, A.K., Poshan Ke Pracheen tatha Adhunik, Avadharana, Hindi.
7. Joshi S.V., Ayurveda & Panchakarma The science of Healing and rejuvenation Motilal Babarasisdas Publishers Pr4ate Limited, Delhi.
8. Randolph Stone: A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition
9. Carroll A Lutz: Nutrition & Diet Therapy, Evidence Based Application, Japee Brother New Delhi, 2008

Subject Title: **BIOMECHANICS AND KINESIOLOGY**

Subject Code: **PGDYT -TC203**

### Objectives:

1. The biomechanics course objectives are
2. Helping learners to realize biomechanics importance to yoga practice;
3. To learn general biomechanics concepts and principles that influence human movement;
4. Illustrate the use of these general biomechanical concepts in the professional skill for the diagnosis of the movement during yoga practices.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hrs/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

### Unit 1: Introduction to Kinesiology and Yoga Biomechanics [15 Hrs.]

Meaning and Definition of Kinesiology ; Basic Biomechanical terms – velocity; acceleration; angular velocity; angular acceleration; Mass; Pressure; Gravity; Friction; work; Power; Energy; Torque; Bio mechanics: Description of movement of the human body; Kinematics, Kinetics; Kinetics – the forces producing motion e.g. muscles, gravity; Kinematics – the description of motion e.g. type, location, direction, planes of movement; Type of displacement (movement); Location in space; Direction of movement; Magnitude of movement; Rate of movement; Importance of Kinesiology and Biomechanics for Yoga

**Unit 2: Fundamental Concept****[15 Hrs.]**

Fundamental concepts of following terms – Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity; Fundamental movements at various joints; Fundamental concepts of the following terms – Angle of Pull, All or None Law, Reciprocal Innervations and inhibition; Stretch and postural reflex during the practice of Yoga postures; Force – Meaning, definition, types and its application to various Yoga postures; Lever – Meaning, definition, types and its application to human body; Newton's Laws of Motion – Meaning, definition and its application to Yoga activities.

**Unit-3 : Biomechanics of Hip and spine****[15 Hrs.]**

Biomechanics of Hip Structure & function of the bones & noncontractile element of the Hip, mechanics & pathomechanics of muscle activity at the hip & analysis of the forces on the Hip during various Yoga postures; Biomechanics of Spine: Structure & function of the bones & joints of the cervical spine, mechanics & pathomechanics of the cervical musculature, analysis of the forces on the cervical spine during activity, structure & function of the bones & joints of the thoracic spine, mechanics of the thoracic musculature, analysis of the forces on the thoracic spine during Yoga Postures & structure & function of the bones & joints of the lumbar spine. c. Mechanics of the lumbar musculature, analysis of the forces on the lumbar spine during Yoga postures, structure & function of the bones & joints of the pelvis, mechanics of the muscle activity in the pelvis & analysis of the forces on the pelvis during activity.

**Unit-4: Biomechanics of Shoulder, elbow and wrist****[15 Hrs.]**

Biomechanics of Shoulder: Structure & function of the bones & joints of the Shoulder complex, mechanics & pathomechanics of the muscle activity in the Shoulder complex & analysis of the forces on the Shoulder complex during Yoga postures; Biomechanics of Elbow: Structure & function of the bones & non contractile element of the elbow, mechanics of muscle activity at the elbow & analysis of the forces on the elbow during Yoga postures; Biomechanics of Wrist & Hand Structure & function of the bones & joints of the wrist & hand, mechanics of the muscle activity in the wrist & hand, analysis of the forces on the wrist during activity, mechanics of the Special connective tissue in the hand

**TEXT BOOKS**

1. Hay, J.G. and Reid, J.G.: Anatomy, mechanics and human motion. Englewood Cliffs, N.J.: prentice Hall Inc. 1988.
2. Knudson, D.: Fundamentals of biomechanics. New York, NY: Springer, 2007

**REFERENCE BOOKS**

1. McGinnis, P.: Biomechanics of sport and exercise. Champaign, IL: Human Kinetics, 2013
2. Franc Bell: Principles of Mechanics and Biomechanics, Stanley Thornes Publications, 1998

3. Iwan W. Griffiths, Principles of Biomechanics & Motion Analysis, Published by Lippincott Williams & Wilkins, 2006

**Subject Title: DISEASE SPECIFIC YOGA THERAPY-II**

**Subject Code: PGDYT-TC204**

**Objectives:**

- To be able to prescribe the integrated yoga module for the individual case after detailed documentation and report it to the referring consultant.
- To request for assessment measures if necessary a) to confirm the diagnosis, b) to assess the present status of the disease, and c) for follow up.
- To be able to monitor the medication and modify it suitably as the case progresses with yoga practices and report it to the referring consultant.
- To be able to explain to the participant how yoga offers a holistic approach to remove the root cause of the disease by a life style change with examples.
- To be able to prescribe suitable diet regime
- To be able to do suitable yogic counseling for erasing the Adhi (stress) , the cause of the disease.
- For each condition the following aspects will be covered:
- Brief overview of the condition including definition, prevalence, clinical features, diagnostic criteria, causes, Patho-physiology, measurements- investigations to assess the effect of yoga' Yogic Management -rationale for the disease specific yoga protocol, scientific evidence if available, practices of choice and contra-indications. Probable healing mechanisms.

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

**Unit-1: NEUROLOGICAL DISORDERS****[15 Hrs.]**

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Headache-Migraine, Tension. Post traumatic, trigeminal neuralgia; Cerebro-vascular accidents- prevention and rehabilitation; Multiple sclerosis-rehabilitation and prevention of recurrence; Epilepsy; Chronic Pain; Autonomic dysfunctions; Neurodegenerative diseases - Parkinson's disease, Alzheimer's, dementias ; . Eyes- errors of Refraction, glaucoma, prevention of cataract, uveitis, yoga for the blind; ENT-voice culture – musicians, hoarseness of voice, meniere's disease yoga for rehabilitation of hearing impaired; Speech rehabilitation

**Unit-2: ENDOCRINOLOGICAL AND METABOLIC DISORDER****[15 Hrs.]**

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Metabolic Syndrome; Diabetes Mellitus (I&II) ; Hypo and Hyper thyroidism; Obesity; PCOD

**Unit-3: OBSTETRICS AND GYNECOLOGICAL DISORDERS****[15 Hrs.]**

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Menstrual disorders-DUB, fibroids, endometriosis, adolescent dysmenorrhoea; Premenstrual Syndrome;. Peri menopausal syndrome; Pregnancy and Childbirth - Ante-natal care; Post-natal care; high risk pregnancy; Infertility- female and male

**Unit-4: PSYCHOLOGICAL AND PSYCHIATRIC DISORDERS:****[15 Hrs.]**

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Neurosis - Anxiety; Depression; panic attacks , specific phobias , OCD; Psychosis- Schizophrenia; bipolar; Addictions – rehab for alcoholism, drug addicts; Mental deficiency, CP; ADHD; Autism spectrum disorder

**TEXT BOOKS:**

1. Nagarathna R and Nagendra HR, Yoga therapy for common ailments series, SVYP publications, 2010
2. Swami Karmananda, Yoga therapy for common diseases, Yoga publication trust, Munger, 2001

**REFERENCE BOOKS**

1. Sh4anand Saraswati : Yoga Therapy (Hindi & English)
2. Reddy, M. Venkata and Others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P.2005
3. Rai, Lajpat : Discovering Human Potential energy: A Physiological, Approach to Yoga, Anubhava Rai Publications, 1998
4. Charu, Supriya: Sarir Rachana evam Kriya Vigyan

5. Aatreya, Shanti Parkash: Yoga Manovigyan, Indian Psychology, International Standard Publication, Varanasi; 1965
6. Abhedananda: The Yoga Psychology Ramakrishna Vedanta, Math, Calcutta, 1973.
7. Nagarathna, R and Nagendra, H.R. : Integrated Approach of Yoga Therapy for Positive Health, Swami V4ekananda Yoga Prakashana, Bangalore, 2001
8. Robin Monoro, Nagarathna R and Nagendra, H.R.: Yoga for Common Ailments Gui Publication, U.K
9. Harrison: Principles of Internal Medicine, International Edition, 14th Edition, New York: McGraw Hill Co. Inc., 1998.
10. A.K. Das (Ed.): Medicine Update. Bombay: Association of Physicians of India, 1998.
11. Dr Robin Monro, Dr R Nagarathna and Dr H R Nagendra, Yoga for common ailments, Gaia Publishers

**Subject Title: APPLIED PSYCHOLOGY AND YOGIC COUNSELLING**

**Subject Code: PGDYT- TC205**

**Objectives:**

- To grow as a good counselor by understanding the fundamental principles of counseling - such as - good listener, good empathizer, phenomenon of transference, responses during listening, documentation, confidentiality, non personal example etc
- To develop a general understanding of abnormal behavior and disease process through various models of health psychology
- To understand causes of pathological behavior and psycho-diagnostic assessment.
- To develop skills for diagnosis of the stress factor that caused the disease
- To offer yogic techniques of raja yoga, jnana yoga, bhakti yoga and karma yoga as coping strategies.

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

**Unit :- INTRODUCTION TO APPLIED ASPECTS OF PSYCHOLOGY**

**[15 Hrs.]**

Understanding Human Nature; Individual differences in Human Functioning; A Framework for Viewing Human Functioning and Disorders; Application of psychology in



Education, Industry, Medicine; Betterment of individual, Community and Nation; Mental Health: Meaning and Importance; Yogic Perspective of Mental Health, Indicators of Mental Health; Stress: Meaning and Definition; Symptoms, Causes and Consequences of Stress; Conflict, Frustration and Pressure; Adjustment: Definition and Nature; Adjustment and Mental Health; Ways of Adjustment: Direct Ways and Indirect Ways (Defense-mechanisms) of Adjustment, Meliorative and Prophylactic aspects of Mental Health.

**Unit -II: PSYCHOLOGICAL DISORDERS**

**[15 Hrs.]**

Psychoanalytic, behavioural, cognitive and biological models; Sociobiology of health and disease; Diagnostic classification of mental and behavioural disorders; Disorders of attention, perception, thought movement, Psychodiagnosis of major Mental Disorders of the Adults and their treatment: Stress and Anxiety Disorders, and Schizophrenia, Affective Disorders, Psychosomatic Disorders, Personality Disorders and Substance abuse; Mental Retardation, Learning Disability, Attention Deficit Disorders and Hyperactivity, Autism, Fears and Phobias, Conduct disorders

**Unit - 3: YOGA AND PSYCHOTHERAPY**

**[15 Hrs.]**

Psychotherapy: Nature and Process of Psychotherapy, Ethics in Psychotherapy; Approaches to Psychotherapy-I: Psychodynamic Therapy, Behaviour Therapy: Aversive Conditioning, Systematic Desensitization, Token Economy, Conditioned Reflex Therapy; Approaches to Psychotherapy-II: Client-centred Therapy, Rational Emotive Behavioural Therapy (REBT) by Elbert Ellis, Gestalt Therapy; Yogic Concepts and Techniques in Patanjala Yoga Sutra and Bhagwadgita for Promoting Mental Health; Need of Spiritual Growth for Mental Health; Specific Yogic Practices for Promotion of Mental Health: Breath Awareness, Shavasana, Yoganidra, Pranayama and Meditation; Yogic Life-style

**Unit -4: YOGIC COUNSELLING**

**[15 Hrs.]**

Introduction to counselling, nature approaches and challenges; Approach to counselling-Building yogic rapport and efficient communication; Acceptance; Empathy; Solving the problems with yogic wisdom; Developing surrendering attitude and inculcating the habit of a good listener; Self-awareness; Having the predominance of Satva attributes

**TEXT BOOK:**

1. Hecker, J.E. & Thorpe, G.L. : Introduction to clinical psychology: Science, Practice & ethics. New Delhi: Pearson, 2010
2. Hilgard, Ernest R., Atkinson, Richard C. & Atkinson, R.L: Introduction to Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.
3. Nagendra, H. R.: New Perspectives in Stress Management. Bangalore: Vekana Kenda.

## BOOKS FOR REFERENCE

1. Herrman, H., Saxena, S, & Moodie, R: Promoting Mental Health. Switzerland: WHO Press, World Health Organization, 2005
2. Singh, A. K.: Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007
3. Taylor, S. E.: Health Psychology (6th ed.). New Delhi: Tata McGraw Hill, 2006
4. Tilak, B. G.: Srimad Bhagwadgita Rahasya. Poona: Tilak Mandir.
5. Udupa, K.N. : Stress and Its Management by Yoga. Delhi: Motilal Banarasidas, 2007
6. V4ekananda, Swami: Raja Yoga. Nagpur: Ramakrishna Math.

Subject Title: **YOGA PRACTICUM - 3**

Subject Code: **PGDYT- PC 206**

Objective:

1. To understand the Yoga therapy modules for the psycho- somatic disorders.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hrs/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : 50		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

**(Each set of techniques will be taught for 15 days and thereafter a continuous revision for the same practices will be done by the peer group)**

**Unit - 1: YOGA THERAPY FOR NEUROLOGICAL DISORDERS [15 Hrs.]**

Migraine & Tension headache, Cerebro-vascular accidents, epilepsy; Pain; Autonomic dysfunctions, idiopathic Parkinson's disease, Multiple sclerosis, Refractory errors of vision

**Unit - 2: YOGA THERAPY FOR ENDOCRINOLOGICAL AND METABOLIC DISORDER [15 Hrs.]**

Diabetes Mellitus (I&II), Hypo and Hyper thyroidism, Obesity, Metabolic Syndrome

**Unit - 3: YOGA THERAPY FOR OBSTETRICS AND GYNECOLOGICAL DISORDERS [15 Hrs.]**

Menstrual disorders , Premenstrual Syndrome, Pregnancy and Childbirth, Ante-natal care , Post-natal care.

**Unit - 4: PSYCHOLOGICAL AND PSYCHIATRIC DISORDER [15 Hrs.]**

Anxiety, Depression, Schizophrenia, Mania, OCD

## **TEXT BOOK:**

Yoga Therapy (Hindi & English), Sh4anand Saraswati

## **BOOKS FOR REFERENCE**

1. Reddy, M. Venkata and Others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P.2005
2. Dr R Nagarathna, Dr H R Nagendra: Yoga for Asthma by Published by SVYP, Bangalore, 1998
3. Dr R Nagarathna, Dr H R Nagendra: Yoga Practices for Anxiety & Depression, Published by SVYP, Bangalore, Bangalore, 2001
4. Yoga for Back Pain by Dr H R Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2001
5. Yoga for Cancer by Dr H R Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2006
6. New Perspect4es in Stress Management, by Dr. H. R. Nagendra, Dr. R. Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2000
7. Dr R Nagarathna, Dr H R Nagendra, Yoga for Arthritis, Published by SVYP, Bangalore, 2001
8. Dr Shamantakamani Narendran, Dr R Nagarathna and Dr H R Nagendra: Yoga for Pregnancy, Published by SVYP, Bangalore, 2008
9. Dr. R. Nagarathna and Dr. H. R. Nagendra: Yoga for Obesity, Published by SVYP, Bangalore, 2014
10. Dr R Nagarathna, Dr H R Nagendra: Yoga for Diabetes, Published by SVYP, Bangalore 2003
11. Dr R Nagarathna, Dr H R Nagendra: Yoga for Promotion of Posit4e Health, Published by SVYP, Bangalore, 2004

**Subject Title: YOGA PRACTICUM - 4**

**(Contemporary Yoga techniques for Self Management)**

**Subject Code: PGDYT- PC 207**

**Objective:**

1. To know the contemporary yoga techniques developed by various schools of yoga at physical, mental, Pranic and conscious levels.

<b>Total Number of Hrs: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		0	0	2
Hrs/ week		0	0	4
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 50				
<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	

**Unit-1: Healing at the Physical Level [15 Hrs.]**

Cyclic Meditation (S-VYASA); Mindfulness based Stress Reduction Technique (Kabatzin)

**Unit-2: Healing at the Prana Level [15 Hrs.]**

Vipasana Meditation; Preksha Meditation

**Unit-3: Healing at the Mental level [15 Hrs.]**

Mind Sound Resonance Technique (S-VYASA) ; Raja Yoga Meditation (Brahmakumaris);  
Transcendental Meditation (Mahesh Yogi); ZEN Buddhist Meditation

**Unit-4: Healing at the Conscious level**

- Yoga Nidra (BSY)

**Subject Title: CASE STUDIES AND REPORT PRESENTATION**

**Subject Code: PGDYT-FW208**

**Objective:**

1. To get the practical experience of handling different ailments through Yoga therapy techniques

<b>Total Number of Hrs: 128</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Field Work</b>
Credits		0	0	2
Hrs/ week		0	0	8
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

*The student is expected to administer Yoga therapy for different 40 cases covering all the ailments and record it. He / She is expected to take 16 case studies of different ailments with disease specific parameter before and after particular Yoga therapy administration and make a dissertation. Among the 16 cases he/she should make a power point presentation of two cases.*