

Post Graduate Diploma in Yoga Science

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 wellbeing. 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". Therefore the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

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 is taught the fundamental & advanced concepts of Yoga as well as the techniques for the treatment and prevention of various psychosomatic and life style related ailments.

I. Title of the Programme The programme shall be called " Post Graduate Diploma in Yoga Science ”

II. Aim of the Programme The aim of the programme is to produce "Yoga professionals for academic & therapeutic fields"

III. Objectives of the programme

Deeper Understanding of Yoga: To make students understand the classical nature of Yoga & giving them the in-depth knowledge of its various components.

Prevention: To introduce yoga as therapy, its principles and practices of yoga for prevention of various lifestyles, non-communicable and psychosomatic disorders.

Promotion of positive health: To prepare them for giving talks and offer techniques to promote healthy yogic life style.

IV. Duration

Duration of the course will be 1 year (2 semesters)

Scheme of Teaching & Examination

| S.N. | Subject Code | Subject Title | Periods per week | | | Evaluation Scheme | | | | Subject Total |
|-------------------|--------------|--|------------------|---|---|-------------------|--------------|----|-----|---------------|
| | | | | | | Seasonal | | | SEE | |
| | | | L | T | P | Credit | CT | TA | | |
| I Year | | | | | | | | | | |
| Semester I | | | | | | | | | | |
| 1 | YS101 | Fundamentals of Yoga | 3 | 1 | 0 | 4 | 20 | 10 | 70 | 100 |
| 2 | YS 102 | Principles of Hath Yoga | 3 | 1 | 0 | 4 | 20 | 10 | 70 | 100 |
| 3 | YS 103 | Introduction To Shrimad BhagavadGeeta and Samkhya karika | 3 | 1 | 0 | 4 | 20 | 10 | 70 | 100 |
| 4 | YS 104 | Human Biology | 3 | 1 | 0 | 4 | 20 | 10 | 70 | 100 |
| 5 | YS 105 | Yoga Practicum | 0 | 0 | 8 | 4 | 20 | 10 | 70 | 100 |
| 6 | YS 106 | Human Biology Practicum | 0 | 0 | 8 | 4 | 20 | 10 | 70 | 100 |
| 32 Hrs | | | | | | 24 | Total | | | 600 |

| Semester II | | | | | | | | | | |
|--------------------------------|--------|---|---|---|---|-----------|--------------------|----|----|-------------|
| 1 | YS 201 | Patanjal Yoga Darshan | 3 | 1 | 0 | 4 | 20 | 10 | 70 | 100 |
| 2 | YS 202 | Yoga Therapy | 3 | 1 | 0 | 4 | 20 | 10 | 70 | 100 |
| 3 | YS 203 | Hygiene, Diet & Nutrition | 3 | 1 | 0 | 4 | 20 | 10 | 70 | 100 |
| 4 | YS 204 | Complementary & Alternative Therapy (CAT) | 3 | 1 | 0 | 4 | 20 | 10 | 70 | 100 |
| 5 | YS 205 | Yoga Practicum | 0 | 0 | 8 | 4 | 20 | 10 | 70 | 100 |
| 6 | YS 206 | Complementary & Alternative Therapy Practicum | 0 | 0 | 8 | 4 | 20 | 10 | 70 | 100 |
| 32 Hrs | | | | | | 24 | Total | | | 600 |
| Total number of Credits | | | | | | 48 | Total Marks | | | 1200 |

L - Lecture, T-Tutorial, P-Practical (practice/ field), CT- Cumulative Tests,
TA - Teachers Assessment, SEE - Semester Examination

Name of the Course: Fundamentals of Yoga

Course Code: YS -101

Course Objectives:

Following the completion of this course, students shall be able to

- Introduce Yoga and its main streams.
- Become familiar with the nature of yoga in various texts of Indian knowledge tradition.
- Get acquainted with the history of yoga and its basis.

| | | | | |
|---------------------------------|---------------------|---------------|----------------------|------------------|
| Total number of hours 60 | | Theory | Tutorial | Practical |
| Hrs / week | | 3 | 1 | 0 |
| Scheme of Examination | | | | |
| Total Marks 100 | | | | |
| Theory : 100 | | | Practical : 0 | |
| Final Exam | Internal Assessment | Final Exam | Internal Assessment | |
| 70 | 30 | | | |

Unit-1: General Introduction to Yoga (12 hours)

Origin of Yoga, Psychological basis for origin of Yoga, History and development of Yoga (Vedic period, Darshan period, Commentary period, Bhakti Yoga and Hatha Yoga period, Modern period), Etymological meaning and definition of Yoga, Purpose of yoga, Current misconceptions regarding yoga, Major principles of yoga, Yoga practices for healthy life, Importance of yoga in present age.

Unit - 2: Basis of Yoga and Tradition of Yoga - I (12 hours)

General introduction of Vedas, Upanishads and Ayurveda in yogic context, General introduction of Samkhya, Yoga and Vedanta philosophy (in yogic context), General introduction of Bhagavadgita (in yogic context), General introduction of Puranas (in yogic context), Yoga in Yog Vashishtha and Narada Bhakti Sutra, Brief

Introduction to Yoga in Jain Philosophy and Buddhist Philosophy, Bhakti Yoga of Medieval Saints (Kabir, Nanak and Sufism)

Unit - 3: Basis of Yoga and Tradition of Yoga - II (12 hours)

General introduction of Tantra and its currents (Shaiva, Shakta, Vaishnava, Buddhist Tantra), Concept of Shiva and Shakti, Yoga in Shaivite and Shakta Tantras, Concept of Nadi and Prana, Kundalini, Kundalini Shakti and Shatchakra Sadhana, Impact of Tantra in Hatha Yoga Tradition and Sadhana.

Unit - 4: Major Streams of Yoga (12 hours)

Concepts of major streams of yoga and introduction of their limbs with the effects - Gyan Yoga, Bhakti Yoga, Karma Yoga, Ashtanga Yoga, Kriya Yoga, Hatha Yoga and Mantra Yoga

Unit - 5: Introduction to Renowned Yogis (12 hours)

Introduction (life & works) of the great yogis of India - Maharishi Patanjali, Maharishi Vyas, Maharishi Kapil Muni, Adi Shankaracharya, Maharishi Dayanand Saraswati, Swami Vivekananda, Maharishi Arvind, Swami Kunalayananda, Maharishi Raman, Yogarishi Swami Ramdev

Prescribed text book

1. योग दर्शनम- स्वामी रामदेव, दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार
2. दर्शन प्रवेश- दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार
3. योगके मूलभूत सिद्धांत - आचार्य बालकृष्ण जी. दिव्य प्रकाशन, पतंजलि योगपीठ.हरिद्वार
4. गीता रहस्य (निर्धारित पाठ्यांश)- लोकमान्य तिलक
5. भारत के महान योगी- विश्वनाथ मुखर्जी
6. तंत्र दर्शन - स्वामी निरंजनानंद परमहंस - पंचदश नाम अलखबाड़ा, देवघर, बिहार

7. Sharma, Chandradhar : A Critical Survey of Indian Philosophy.
Motilal Banarasi das, Delhi,2013

BOOKS FOR REFERENCE:

1. Agarwal MM: 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. Hiriyanna M :Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
4. Bhat, Krishnak.: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 Banarasi dass, Delhi1927
9. A Search in Mystic India - Paul Brunton

Name of the Course: Principles of Hath Yoga

Course Code: YS -102

Course Objectives:

Following the completion of this course, students shall be able to

1. Understand the fundamental principles of Hath Yoga.
2. Explain the understanding of Hath Yoga as a tradition and inculcate the essence.
3. Get acquainted with the tradition, history, its components and modern-day relevance of Hath yoga.

| | | | |
|---------------------------------|---------------------|----------------------|---------------------|
| Total number of hours 60 | Theory | Tutorial | Practical |
| Hrs / week | 3 | 1 | 0 |
| Scheme of Examination | | | |
| Total Marks 100 | | | |
| Theory : 100 | | Practical : 0 | |
| Final Exam | Internal Assessment | Final Exam | Internal Assessment |
| 70 | 30 | | |

Unit-1: General Introduction to Hatha Yoga (12 hours)

Hatha Yoga - Meaning, Definition, Origin, Tradition and Purpose. Prevailing misconceptions regarding Hatha Yoga. Helping and obstructing elements of Hatha Yoga. The Hatha Yogic practice described in Hathayogapradipika. Concept of Math, Manuals for the practitioner of Hatha Yoga, Concept of Mitahar, Pathya & Apathya. Tradition of Hatha Yoga. A brief introduction and contribution of the major yogis of the Nath Yoga tradition. Relations in Hatha Yoga and Raja Yoga.

Prescribed Text Book - हठयोग प्रदीपिका

Unit-2: Practices of Hatha Yoga - Purification and Asanas (12 hours)

Introduction to purification practices - Purification actions described in Hatha Yoga Pradipika and Gherand Samhita and their method, benefits and precautions. The role of purification practices in yoga sadhana and the importance of purification practices in modern life. Yogasana: Definition, characteristics and importance in yoga practice. Method, benefits, precautions and importance of asanas in Hatha Yoga Pradipika and Gherand Samhita.

Prescribed Text Book - हठयोग प्रदीपिका एवं घेरंड संहिता

Unit-3: Practices of Hatha Yoga - Pranayama, Bandha and Mudras (12 hours)

Pranayama : Introduction. Method of Proper Respiration, Yogic Deep Breathing. Concept of Inhale (*Purak*), Retention (*Kumbhak*) and Exhale (*Rechak*). Prana, types of prana and sub-prana. Importance of Pranayama in *Hatha Yoga Sadhana*. Method and importance of *Nadishodhana* Pranayama. Preparation for Pranayama. Method, benefits and precautions of Pranayamas in Hatha Yoga Pradipika and Gherand Samhita. Signs of *Hathasiddhi* (success in hathyoga).
Bandha : introduction, the importance of bandha-triad in yogasadhana. Main *mudras* in Hatha Yoga Pradipika and Gherand Samhita - their methods, benefits and precautions.

Unit-4: Practices of Hatha Yoga - Pratyahara, Nadanusandhana and Swarodaya Gyan (12 hours)

Pratyahara, Dharna and Dhyana in Gherand Samhita, their methods, benefits and precautions. *Samadhi*, signs of *samadhi* in Hatha Yoga Pradipika. *Nāda*, the four stages of *Nadānusandhana* and their accomplishments (*siddhis*). Concept of *Swara*, the importance of *Swarodaya Gyan* in Yoga Sadhana (with special reference to Gyan Swarodaya and Shiva Swarodaya).

Unit-5: Introduction and Importance of Major Texts of Hatha Yoga (12 Hours)

Introduction, Purpose and Importance of major texts of Hatha Yoga: Siddha-Siddhantha Paddhati, Goraksha Samhita, Shiva Samhita, Hatha Yoga Pradipika, Gherand Samhita. Hatha Ratnavali: Main applications of hatha yogic activities- preparation of Raja Yoga Practice, achieving holistic health, prevention of diseases, rejuvenation, healing and slow aging.

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Prescribed text book

1. हठयोग प्रदीपिका - कैवल्यधाम, लोनावला
2. घेरंड संहिता - कैवल्यधाम, लोनावला
3. गोरक्ष संहिता - डॉ. चमनलाल गौतम (1985)
4. प्राणायाम रहस्य - स्वामीरामदेव, दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार
5. Research Publication, P.R.I. Patanjali Yogpeeth

BOOKS FOR REFERENCE:

1. Woodroffe, Sir John: The serpent power, Ganesh & Company, Madras, 2000
2. Woods, J.H. : The Yoga system of Patanjali, M.L.B.D., Delhi, 1988
3. Swami Vivekananda: Rajayoga, Advaita Ashram, Calcutta, 2000
4. Burley, Mikel: Hatha Yoga, its Context Theory and Practice (M.L.B.D. Delhi, 2000)
5. Burnier, Radha: Hathayoga Pradipika of Svamimarama, The Adyar Library publications, Chennai

Name of the Course: Introduction To Shrimad Bhagavad Geeta and Samkhyakarika

Course Code: YS -103

Course Objectives:

Following the completion of this course, students shall be able to

- Understand the main teachings of Bhagvadgeeta
- Become familiar with the nature of yoga in various chapters of Bhagvad Geeta.
- Imbibe the essence of teachings of Bhagavad Geeta.
- Get acquainted with the main teachings of Samkhyakarika.

| | | | |
|---------------------------------|---------------------|----------------------|---------------------|
| Total number of hours 60 | Theory | Tutorial | Practical |
| Hrs / week | 3 | 1 | 0 |
| Scheme of Examination | | | |
| Total Marks 100 | | | |
| Theory : 100 | | Practical : 0 | |
| Final Exam | Internal Assessment | Final Exam | Internal Assessment |
| 70 | 30 | | |

UNIT-1: Introduction to Srimad Bhagavad Geeta and *Jnana Yoga* – Elaboration of *Atman* (Soul), *Prakriti* (Nature) and *Parmataman* (Supreme Soul) (15 hours):

Introduction to the Bhagavad Gita (literal meaning, source and subject matter), the great significance of the Bhagavad Gita and the views of various scholars regarding it, the nature of yoga in the Bhagavad Gita, the relevance of the Bhagavad Gita in the present age. In the Bhagavad Gita - Sankhya Yoga or Jnana Yoga (Chapter-2, 3, 4, 5, 6, 13), form & characteristics of the *Soul* (Chapter-2), form & characteristics of the Supreme Soul (Purushottama) (Chapter-4, 8, 10, 11, 13, 15), form & characteristics of nature (Chapter-9, 13, 14).

Unit-2: - Karmayoga, Dhyana Yoga and Bhakti Yoga (15 hours):

Concept of Karmayoga (Chapter-2 to 6), Form of *Yajna*, *Yajnartha Karma*, *Nishkam Karma* (Chapter-34), *Lok Sangraha* (Chapter-3), Jnana-Karma Co-ordination (Chapter-5), Form of Dhyana Yoga (Chapter -6). Concept of Bhakti and its significance (Chapters-7,8,9,11,12), The necessity of devotion in the realization of supreme soul (Chapters-11, Verse-52-55), Types of Bhakti (Chapters-7,12) Characteristics of Devotees (Chapter-12, Verse-13-20).

Unit-3: - Personality, Diet and Concept of Triguna (10 hours):

Role of diet in Yoga practice (Chapter-6), Introduction to *Trigunas* (Chapter-14), Concept of Trigun-based personality (Chapter-17), Elements of personality development, Ideal personality- Divine Wealth (Chapter-16).

Unit-4: Introduction to Samkhyakarika-1 (10 hours):

Sankhyadarshan: introduction, nature of suffering. Introduction of twenty-five elements, discussing *pramana*, concept of *Satkaryavad*, causes for unavailability of *Purusha & Pradhana*, discussing *Vyakta & Avyakta*.

Unit-5: Introduction to Samkhyakarika -II (10 hours):

According to Sankhyadarshan- the nature of *Gunas*, *Purusha* interpretation, characteristics & qualities of intelligence (*Buddhi*). Discussing Thirteen *karanas*, Subtle Body, Bondage - Liberation.

निर्धारित पाठ्य पुस्तक -

1. श्रीमद्भगवद्गीता गीतामृत - योग ऋषि स्वामी रामदेव जी, दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार।

2. तत्व समास

सहायक पाठ्य पुस्तक -

2. Shrimadbhagvadgeeta- Tattvavivechini-Jaidayal Goyandaka, Geeta Press Gorakhpur.

BOOKS FOR REFERENCE:

Bhawuk, D. P. S. (2011). Spirituality and Indian Psychology: Lessons from the BhagavadGita. New York, NY: Springer. doi:10.1007/978-1-4419-8110-3

Davis, R. H. (2015). The Bhagavad Gita. New Jersey: Princeton University Press. doi:10.2307/40085138

Easwaran, E. (2011). Essence of the Bhagavad Gita: A Contemporary Guide to Yoga, Meditation & Indian Philosophy. Tomales, CA: Nilgri Press.

Sivananda, S. (2000). Bhagavad Gita. Rishikesh, India: The Divine Life Society. <http://www.sivanandadlshq.org>

Name of the Course: Human Biology

Course Code: YS -104

Course Objectives: The teaching-learning of this paper will enable learner to

- 1) Discuss & introduce main human body systems.
- 2) Discuss anatomical & physiological effects of selected yoga practices on human body systems in evidence based way.

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|---------------------------------|---------------------|----------------------|---------------------|------------------|
| Total number of hours 60 | | Theory | Tutorial | Practical |
| Hrs / week | | 3 | 1 | 0 |
| Scheme of Examination | | | | |
| Total Marks 100 | | | | |
| Theory : 100 | | Practical : 0 | | |
| Final Exam | Internal Assessment | Final Exam | Internal Assessment | |
| 70 | 30 | | | |

Unit-1: Introduction to Human Body, Digestive and Excretory System

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; Median planes, directional and regional terms. 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

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

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

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;

Unit 5: Reproductive System and Endocrine System

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

REFERENCES

- Balkrishna, A. (2007). *Yoga in synergy with medical science*. Haridwar, India: Divya Prakashan Books™
- Coulter, H. D. (2006). *Anatomy of Hatha Yoga*. Delhi, India: Motilal Banarasidas
- Frawley, D. & Kozak, S. S. (2006). *Yoga for your type*. New Delhi, India: New Age Books.
- Gore, M.M. (2004). *Anatomy and physiology of yogic practices*. Lonavala, India: Kanchan Prakashan
- Gupta, A.P. (2011). *Human anatomy and physiology*. Agra, India: Sumit Prakashan.
- Guyton, A.C. & Hall, J.E. (2006). *Text book of medical physiology* (11th ed.). Pennsylvania: Elsevier.
- Kaminoff, L. (2007). *Yoga Anatomy*. Champaign: Human Kinetics
- Kumar, V. (2004). *Manav Sarir Samrachna aur sarir kriya vijyan*. New Delhi, India: Japee Brothers Medical Publishers (P) Ltd.
- Malshe, P. C. (2005). *Yoga for doctors*. Haridwar, India: Antar Prakash Center for Yoga
- McCall, T. (2007). *Yoga as Medicine: The Yogic Prescription for Health and Healing*. New York, NY: Bantam Dell.
- Pandya, K.K. (1998). *Human anatomy*. Varanasi, India: Krishnadas Academy.
- Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: Divya Prakashan.
- Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: Divya Prakashan.

- Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.
- Robin, Mel. (2002). *A physiological handbook for teachers of yogasana*. Arizona: Fenestra
- Robin, Mel. (2009). *A Handbook for Yogasana Teachers*. Arizona: Wheatmark
- Selvarasu, K. V. (2003). *Kriya Cleansing in yoga*. Tamil Nadu, India: Yoga Bharati.
- Tortora, G.J. & Derrickson, B.N. (2009). *Principles of anatomy and physiology-1* (14th ed.). Hoboken, NJ:Wiley.
- Tortora, G.J. & Derrickson, B.N. (2009). *Principles of anatomy and physiology-II* (14th ed.). Hoboken,NJ: Wiley.
- Udupa, K. N. (2007). *Stress and its management by yoga*. Delhi, India: Motilal Banarasidas
- Waugh, A. & Grant, A. (2010). *Ross and Wilson: Anatomy and Physiology in Health and Illness* (11th ed.). London: Elsevier

Name of the Course: Yoga Practicum

Course Code: YS 105

Course Objectives:

Following the completion of the course, students shall be able to:

- Understand the benefits, contraindications and procedure of all practices.
- Demonstrate each practice with confidence and skill.
- Explain the procedure and subtle points involved.
- Teach the yoga practices to any given group.

| • Total number of hours 60 | | Theory | Tutorial | Practical |
|-----------------------------------|---------------------|------------------------|---------------------|------------------|
| Hrs / week | | 0 | 1 | 3 |
| Scheme of Examination | | | | |
| Total Marks 100 | | | | |
| Theory : 0 | | Practical : 100 | | |
| Final Exam | Internal Assessment | Final Exam | Internal Assessment | |
| | | 70 | 30 | |

Shatkarma: Jalneti, Rabarneti, Vamana Dhauti / Kunjar Kriya,
Vatkarma, Kapalbhati. -15 marks

Asana - 25 marks

Sukshma Vyayam (Pawan mukta Asana) -1, Yogic Jogging, 12
Asanas (Mandukasana, Shashakasana, Gomukhasana, Vakrasana,
Makarasana, Bhujangasana, Shalabhasana, Markatasana,
Pawanmuktasana, Halasana, Padvrittasana, Dwi-Chakrikasana and
Shavasana)

Siddhasana, Kati chakrasana, Ardhahalasana, Padmasana, Vajrasana
Swastikasana, Veerasana, Udarakarsansana,
Bhadrasana, Janushirasana, Ardhamatsyendrasana,
Gomukhasana, Ustrasana, Uttanapadasana,
Naukasana, Sarvangasana, Halasana,
Matsyasana, Suptavajrasana, Chakrasana,
Tadasana, Tiryak Tadasana, Ek paad pranamasana,
Vrikshasana, Garudasana, Hastotansana,
Padahastasana, Trikonasana, Ardhadhanurasana,
Marjari asana, Ardhashalbhasana, Bhujangasana,
Makarasan, Shavasana,
Samakonasana, Bakasana, Sarpasana, Hanumanasana,
Sukhasana, Ardhpadmasana, Ek Pada Halasana,
Setubandhasana, Markatasana, Shashankaran,
Vipreet naukasana, Dwikonasana, Parshvatanasana,
Singhasana,

Pranayama

-10 marks

Diaphragmatic Breathing, Pranayama: Kapalbhati, Bhastrika, Bahya, Ujjayi, Anulom-Vilom, Nadi Shodhan, Bhramari and Udgith

Mudra & Bandha: Jnana Mudra, Chin Mudra, Vipreet Karni Mudra, Yoga Mudra, Jalandhar Bandh, Uddiyan Bandh, Moolbandha - 10 marks

Viva: Ishwar Stuti Prarthnopasana

-10 marks

Name of the Course: Human Biology Practicum

Course Code: YS 106

Course Objectives:

Following the completion of the course, students shall be able to:

- Be familiar with the systems of the body.
- Have a hand on experience about the human body using models, charts and pictures.
- Understand the organization of the body with respect to structural components.

| Total number of hours 60 | | Theory | Tutorial | Practical |
|---------------------------------|---------------------|------------------------|---------------------|------------------|
| Hrs / week | | 0 | 1 | 3 |
| Scheme of Examination | | | | |
| Total Marks 100 | | | | |
| Theory : 0 | | Practical : 100 | | |
| Final Exam | Internal Assessment | Final Exam | Internal Assessment | |
| | | 70 | 30 | |

Unit-1. Demonstration of Osteology & Myology (15 Hrs.)

Unit-2. Demonstration of Organs & Viscera regarding Cardio-pulmonary Systems (15Hrs.)

Unit- 3: Demonstration of Bones and Joints (15Hrs.)

Unit-4. Demonstration of Human Skeleton (15 Hrs.)

Semester-II

Name of the Course: Patanjali Yoga Darshan

Course Code: YS -201

Course Objectives:

Following the completion of this course, students shall be able to

- Introduce Yoga darshan and its main principles.
- Become familiar with the main techniques of yoga prescribed in Yoga Darshan.

| | | | |
|---------------------------------|---------------------|----------------------|---------------------|
| Total number of hours 60 | Theory | Tutorial | Practical |
| Hrs / week | 3 | 1 | 0 |
| Scheme of Examination | | | |
| Total Marks 100 | | | |
| Theory : 100 | | Practical : 0 | |
| Final Exam | Internal Assessment | Final Exam | Internal Assessment |
| 70 | 30 | | |

Unit 1: - Introduction of Yogasutra and *Samadhi Pada* - 1 (20 hours):

Yoga Sutra : Introduction, Definition and Purpose of Yoga, Importance of Yoga Sutra as compared to other Yogic texts, Concept of *Chitta*, *Chitta Bhoomi*, *Chitta vrittis* and their types, *Chitta Vritti Nidrodhopaya (Abhyas- Vairagya)*, *Chitta Vikshep (Antaraya)*, *Antarayahava*, *Chitta Prasadana* and its helpers, The metaphysics of Sankhyadarshana and its relation with Patanjali Yogadarshan.

Unit-2: - *Samadhi Pada-II* and *Sadhan Pada* (20 hours): -

Ishwar: Swaroop, Pranava chanting and its results, Ashtanga Yoga - 1 (Bahirang Yoga- Yama, Niyam, Asana, Pranayama, Pratyahara), Importance and Relevance of Ashtanga Yoga and Kriya Yoga, Concept of Kriya Yoga, Describing *Klesha* , Measures of *Klesha* elimination, *Vivek Khyati* , *Chaturvyuhavaad*, the character of *Drishhta* & *Drishya* , , the form and types of samadhi - *samprajnata*,

asamprajnata, sabij and nirvij samadhi. Ritambhara Pragma and Adhyatma Prasad.

Unit 3: - Vibhuti Pada - (10 hours)

Ashtanga Yoga - II (*Antaranga Yoga - Dharna, Dhyana, Samadhi*), Concept of *Sanyama - Sanyama* and its three consequences, Concept of *Vibhuti* and introduction of main vibhutis, Describing Ashtasiddhi .

Unit-4: - Kaivalya Pada (10 hours); -

Five types of Siddhis (birth, medicine, mantra, penance and samadhija), Nirmaan chitta. Types of Karma, *Vaasna, Vivek Gyan, Dharma Megha Samadhi, Kaivalya*

Prescribed text book

योग दर्शनम् - स्वामी रामदेव, दिव्य प्रकाशन, पतंजलि योग पीठ, हरिद्वार

दर्शन प्रवेश - दिव्य प्रकाशन, पतंजलि योग पीठ, हरिद्वार

सहायक पुस्तक-

भोज वृत्ति

योगदर्शनम्- गीताप्रेस

BOOKS FOR REFERENCE

BKS Iyengar: Introduction of Patanjali Yogasutra-s: MDNIY, New Delhi, 2011.

Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II.

Name of the Course: Yoga Therapy

Course Code: YS 202

Course Objectives:

Following the completion of this course, students shall be able to

- Prescribe the integrated yoga module for the individual case after detailed documentation and report it to the referring consultant.
- 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 prescribe and administer yogic prescription for the specific 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.

| | | | | |
|---------------------------------|---------------------|----------------------|---------------------|------------------|
| Total number of hours 60 | | Theory | Tutorial | Practical |
| Hrs / week | | 3 | 1 | 0 |
| Scheme of Examination | | | | |
| Total Marks 100 | | | | |
| Theory : 100 | | Practical : 0 | | |
| Final Exam | Internal Assessment | Final Exam | Internal Assessment | |
| 70 | 30 | | | |

Unit-1 Yoga Etiology, Diagnosis and Therapy (12 hours)

Yogic Anatomy and Physiology: Concept of Psychic Centers, Pancha Kosha and three planes of human being; and effects of their activation and impairment over somatic, psychic and psycho-somatic levels of human existence. Yogic diagnostic techniques: Connections of Swar Science, Prana and Breathing Patterns over somatic, mental and psycho-somatic levels. Association of Psychic centers over nerve plexues and endocrine glands; Concept of health and wellness in terms of WHO, Ayurveda and Yoga; Concept of Yoga Therapy: Meaning, Defintion, Aims, Principles, Factors Impacts and Limitations; Qualities of a yoga therapist.

Unit-2: Musculo-Skeletal Disorders (12 hours)

Back Pain: Classification of back pain: organic and functional: Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago, Medical and Yogic management: Neck pain: Classification- Cervical Spondylosis, radiculopathy, Functional neck pain; Medical and Yogic management, All forms of Arthritis: Rheumatoid Arthritis, Osteoarthritis, Medical and Yogic management.

Unit- 3: Gastro Intestinal and Excretory Disorders (12 hours)

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, Ulcerative 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- 4: Cardio-Pulmonary Disorders (12 hours)

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

Unit-5: Neurological and Psychiatric Disorders (12 hours)

Headaches: Migraine: Causes, Classification, clinical features, Medical and Yogic management, Tension headache: Causes and its symptoms and Medical and Yogic management; Cerebro vascular accidents: Causes, clinical features, Medical and Yogic management, Epilepsy, pain; Parkinson's disease: Causes, clinical features, Medical and Yogic management

Introduction to psychiatric disorders, classification - Neurosis, Psychosis: Neurosis: Anxiety disorders: Generalised anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder, Phobias: Medical and Yogic management: Depression: Dysthymia, Major depression, Medical and Yogic management; Psychosis: Schizophrenia, Bipolar affective disorder, Medical and Yogic management

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

Name of the Course: Hygiene, Diet & Nutrition

Course Code: YS 203

Course Objectives:

Following the completion of this course, students shall be able to

- Understand the concept of diet and the medical value of nutrition.
- Advise appropriate diet to different age groups.
- Know the benefits and caloric value of various food groups.
- Understand and practice daily regimen, night regimen and seasonal regimen for health promotion, disease prevention and age reversal.

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|---------------------------------|---------------------|----------------------|---------------------|------------------|
| Total number of hours 60 | | Theory | Tutorial | Practical |
| Hrs / week | | 3 | 1 | 0 |
| Scheme of Examination | | | | |
| Total Marks 100 | | | | |
| Theory : 100 | | Practical : 0 | | |
| Final Exam | Internal Assessment | Final Exam | Internal Assessment | |
| 70 | 30 | | | |

Unit-1: Basic concepts and components of food and nutrition (12 hours)

Understanding Nutrition, Basic Terminology in Relation to Nutrition, Human Nutritional Requirements; Concept of food, Acceptance of Food, Functions of Food; Components of Food & their Classification; Macro Nutrients -Sources, Functions and Effects on the Body; Micro Nutrients - Sources, Functions and Effects on the Body; Fat Soluble Nutrients - Sources, Functions and Effects on the Body; Water soluble Nutrients - Sources, Functions and Effects on the Body.

Unit-2: Food groups (12 hours)

Cereals & Millets -Selection, Preparation and Nutritive Value; Pulses, Nuts and Oil Seeds- Selection, Preparation and Nutritive Value; Milk and Milk Products - Selection, Preparation and Nutritive Value;

Vegetables and Fruits- Selection, Preparation and Nutritive Value, Fats, Oils and Sugar, Jaggery. Selection, Preparation and Nutritive Value.

Unit-3: Food and metabolism (12 hours)

Energy-Basic Concepts, Definition and Components of Energy Requirement, Energy Imbalance, Concept of Metabolism, Anabolism, Catabolism, Caloric Requirement-BMR, SDA, Physical Activity, Metabolism of Carbohydrates, Lipids and Protein; Factors Affecting Energy Requirement and Expenditure, Factors affecting BMR, Factors affecting thermal effect of Food, Factors affecting energy expenditure in physical activity:

Unit - IV: Yogic concept of diet & nutrition (12 hours)

General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification of Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta-Rajasic, Tamasic and Sattvic food; 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: Diet according to the body constitution (Prakriti) - Vata, Pitta and Kapha.

Unit-V: Swasthavritta (12 hours)

Swasthavritta: Meaning, Definition, Aims and Aspects; Three pillars of Swasthavritta-Aahar(Diet), Nidra(Sleep), Brahmacharya(Celibacy). Dincharya (Daily regimen) & Ratricharya (Night Regimen): Meaning, Definition and sequential elements with their practical applications: Ritucharya (Seasonal Regimen): Meaning, Definition, Types with their salient features, Seasonwise Accumulation, Aggravation and Pacification of three Humors (vata, pitta, kapha): Seasonwise Do's and Don'ts ; Application of Dincharya, Ratricharya and Ritucharya for health promotion, rejuvenation. disease prevention and age reversal. Concept of Sadwritta evam Achar Rasayana.

TEXT BOOKS

- आयुर्वेद सिद्धान्त रहस्य- आचार्य बालकृष्ण
- आयुर्वेद जड़ी-बूटी रहस्य- आचार्य बालकृष्ण
- आयुर्वेदीय शरीर क्रिया विज्ञान- शिव कुमार गौड़
- स्वस्थवृत्त - डॉ० रामहर्ष सिंह
- Ramesh Bijlani: Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012

BOOKS FOR REFERENCE

- Stanley Davidson & others: Human Nutrition & Dietetics, The English Language Book Society & Churchill Livings, Revised Edition
- Dennis Thompson : The Ayurvedic Diet, New age books, New Delhi, 2001
- Randolph Stone: A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition

Name of the Course: Complementary & Alternative Therapy (CAT)

Course Code: YS 204

Course Objectives:

- State concept, prevalence, objectives, types, applications and limitations of CAT &
- Have knowledge & skills of therapeutics related to acupressure, pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

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|---------------------------------|---------------------|---------------|----------------------|------------------|
| Total number of hours 60 | | Theory | Tutorial | Practical |
| Hrs / week | | 3 | 1 | 0 |
| Scheme of Examination | | | | |
| Total Marks 100 | | | | |
| Theory : 100 | | | Practical : 0 | |
| Final Exam | Internal Assessment | Final Exam | Internal Assessment | |
| 70 | 30 | | | |

UNIT 1

(12hours)

CAT: History, Meaning, Definition, Objectives, Types, Prevalence, Contemporary Need, Applications and Limitations. **Mind-Body Therapy:** Origin, Meaning, Definition, Aims, Principles, Factors, Impacts, Prevalence, Applications, and Limitations. Pioneers in MBM in modern era- Yogrishi Swami Ramdev, Acharya Balkrishna, Swami Satyananda, BKS Iyengar, Norman Cousins, Deepak Chopra, Herbert Benson, Dean Ornish, Bernie Siegal, Lorry Dossey; Need of mind body medicine; Mind body relationship and modern medicine: Epidemiological studies, clinical studies, & experimental studies; Placebo and Nocebo.

UNIT 2

(12 hours)

Manipulative-Body Based Therapy (MBT): Meaning, Definition, Aims, Principles, Types, Impacts, Prevalence, Applications, and Limitations. Acupressure: Origin, Meaning, Definition, Principles,

Five Elements Theory, Chi Clock Cycle, Meridian Systems and Locating Acupoints on 12 Major Meridians and Reflexology.

UNIT 3

(12 hours)

Energy Medicine: History, Meaning, Definition, Types, Principles, Applications and Limitations. **Pranic Healing:** Origin, History, Meaning and Sources of Prana; Principles, Law of Action, & Types (Basic, Advanced, and Psychotherapy); Bio-plasmic body/Aura: structure, types and size; Energy Centers (EC): Meaning, Types (Major, Minor and Mini), Sizes, Colors, Functions and Consequences of their Dysfunctions; Ahartic Yoga & Twin Meditation, Scanning Auras or Chakras, Sweeping and Energizing Procedures,

UNIT 4

(12 hours)

Acupressure & Pranic Therapeutics: Low Back Pain, Arthritis, Obesity, Diabetes, Hypertension/Hypotension, Hyper/Hypo Thyroidism, Liver Problem, Allergy, CAD, Anemia, Hyperacidity. Irritable Bowel Syndrome, Colitis, Piles, Migraine, Insomnia, Depression, Chronic Fatigue Syndrome, Epilepsy, Anxiety, Obsessive Compulsive Disorder, Leucorrhoea, Menstrual Disorders, Impotency, Infertility, CSF, Asthma, Pneumonia, Renal Problem, Varicose Veins, Distress, and Myopias.

UNIT 5

(12 hours)

Biologically Based Products (Dietary Supplements & Herbal Remedies) Probiotics and Prebiotics, Antioxidants, Glucosamine Sulfate, Gultamine, Selenium, Curcumin, Multi-vitamins and their Natural Sources, Omega-3 Fatty Acid and Tryptophan their Functions and natural Sources; **Panchgavya** (Indigenous Cow urine, dung, milk, curd, ghee) : Importance & uses in disease prevention & health promotion.

REFERENCES

- Acharya, B. (2004). *Ausadh Darshan* Haridwar, India: Divya Prakashan.
- Acharya, B. (2005). *Ayurveda Jadi-butl Rahasya*. Haridwar, India: Divya Prakashan.
- Brahmabarchas. (2003). *Nidan Chititsa*. Haridwar, India: Ved Mata Gayatri Trust.
- Colledge, N. R., Walker, B. R. & Ralston, S. H. (2010). *Davidson's Principles & Practice of Medicine* (21st ed.). China: Churchill Livingstone, Elsevier.
- Holford, P. & Bume, J. (2007). *Food is better medicine than drugs*. Great Britain: Piatkus.
- Holford, P. (2014). *Good Medicine*. Great Britain: Piatkus.
- Joshi, S. A. (2011). *Nutrition and dietetics with Indian case studies*. New Delhi, India: Tata McGraw-Hill.
- Lian, Yu-Lin; Chen, Chun-Yan; Hammes, M. & Kolster, B. C. (2005). *Pletorial atlas of acupuncture: An illustrated manual of acupuncture points*. Solvenia: h. f. ullmann.
- Micozzi, M. S. (2015). *Fundamentals of complementary and alterntive medicine* (5th ed.). China. Elsevier Saunders.
- Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: Divya Prakashan
- Peeters, J. (2008). *Reflexology*. Bath BAMHE, UK: Paragon.
- Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: Divya Prakashan
- Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan
- Sah, R. L., Joshi, B., & Joshi, G. (2002). *Vedic health care system*. New Delhi, India: New Age Books.

Sharma, S. (1998). *Jivem Saradm Satam*. Mathura, India: Akhand Jyoti Samsthan.

Sharma, S. (2010). *Gayatri Mahavijyan (Combined and revised ed.)*. Mathura, India: Yug Nirman Yojana Bistar Trust.

Name of the Course: Yoga Practicum

Course Code: YS 205

Course Objectives:

Following the completion of the course, students shall be able to:

- 1) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
- 2) To demonstrate and instruct undermentioned yogic practices.

| Total number of hours 60 | | Theory | Tutorial | Practical |
|---------------------------------|---------------------|------------------------|---------------------|------------------|
| Hrs / week | | 0 | 1 | 3 |
| Scheme of Examination | | | | |
| Total Marks 100 | | | | |
| Theory : 0 | | Practical : 100 | | |
| Final Exam | Internal Assessment | Final Exam | Internal Assessment | |
| | | 70 | 30 | |

Shatakarma: Dand dhauti, Vastr dhauti, Nauli, Trataka. -10 marks

Aasana: -30marks

Dvipada Skandhasana, Purna Bhujangasana, Purna Matsyendrasana,

Pakshee Aasan, Vrishchik Aasana, Padma Mayurasana,

Purna Vrishchikasana, Takiya Aasana, Padma Sheershasana,

Karnapidasana, Purna Dhanurasana, Gorakshasana,

Purna Chakrasana, Purna Shalabhasana, Ek Pada Bakasana,

Omkar Aasana, Purna Natarajasana

And all the practices of previous semesters.

Pranayama –

10 marks

Udgeeth , Moorchha.

Dhyana & Viva: Vijnanamaya & Anandamaya kosha - 20marks

Name of the Course: Complementary & Alternative Therapy Practicum

Course Code: YS 206

Course Objectives:

Following the completion of the course, students shall be able to:

- Practice skills of therapeutics related to acupressure, pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

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|---------------------------------|---------------------|------------------------|---------------------|------------------|
| Total number of hours 60 | | Theory | Tutorial | Practical |
| Hrs / week | | 0 | 1 | 3 |
| Scheme of Examination | | | | |
| Total Marks 100 | | | | |
| Theory : 0 | | Practical : 100 | | |
| Final Exam | Internal Assessment | Final Exam | Internal Assessment | |
| | | 70 | 30 | |

Acupressure – 15 marks

Pranic Healing – 15 marks

Acupressure and Pranic Healing Treatment methods
of Health problems described in MA-403 -30 marks

Dietary Supplements & Herbal Remedies - 10 marks

Note: Micro contents & format of Practical on aforesaid contents will be worked out in consultation with concerned