

**THE MAHARAJA BHUPINDER SINGH PUNJAB SPORTS UNIVERSITY,
PATIALA**



SYLLABUS

COURSE NAME: POST GRADUATE DIPLOMA IN YOGA (P.G.D.Y)

Academic Session 2019-20

Duration of Course : One Year (Semester Scheme)

Eligibility : Graduation in any stream from a recognized university (Indian/Foreign)

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P.G.D.Y (Semester-I)

Part-A (Theory)	400 (Marks)
Part-B (Practical)	100 (Marks)
Total	500 (Marks)

Part-A (Theory)

400 (Marks)

Paper	Title of the Subjects	Evaluation Scheme			Teaching Hrs (per week)
		Uni. Exam Marks	Internal Assessment	Total	
Paper I	Patanjali Yoga Sutra	80	20	100	05 hrs
Paper II	Yoga and Mental Health	80	20	100	05 hrs
Paper III	Teaching Methods of Yoga	80	20	100	05 hrs
Paper IV	Yoga Therapy	80	20	100	05 hrs
			Total	400	

Part-B (Practical)

(100 Marks)

Practical Code	Content	Marks	Teaching Hrs (per week)
Practical I	Shatkarma (Kriyas)	20	4 Hrs
Practical II	Asana	60	6 Hrs (Asana & Pranayama)
Practical III	Pranayama	20	
	Total	100	

P.G.D.Y (Semester-II)

Part-A (Theory)	400 (Marks)
Part-B (Practical)	100 (Marks)
Total	500 (Marks)
Part C (Teaching Practice)	Grade

Part-A (Theory) 400 (Marks)

Paper Code	Title of the Subjects	Evaluation Scheme			Teaching Hrs (per week)
		Uni. Exam Marks	Internal Assessment	Total	
Paper I	Yoga Text	80	20	100	05 hrs
Paper II	Yoga and Cultural Synthesis	80	20	100	05 hrs
Paper III	Anatomy and Physiology of Yogic Practices	80	20	100	05 hrs
Paper IV	Naturopathy & Health	80	20	100	05 hrs
			Total	400	

Part-B (Practical) (100 Marks)

Practical Code	Content	Marks	Teaching Hrs (per week)
Practical I	Shatkarma (Kriyas)	20	4 Hrs
Practical II	Asanas	60	5 Hrs (Asana & Pranayama)
Practical III	Pranayama	10	
Practical IV	Mudras & Bandhas	05	1 Hrs
Practical V	Meditation	05	
Total		100	

Part-C

Teaching Practice	Grade
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P.G.D.Y (Semester I)

Paper- I Patanjali Yoga Sutra

Time:3 Hours

Max. Marks : 100

(External : 80, Internal : 20)

Note : There shall be 10 questions in all.

Each unit will contain 2 questions. Students have to attempt one question from each unit. Each units carries 16 marks. Total attempt 5 questions (5 x 16 = 80)

Unit- I

1. Introduction, Philosophical and historical background of Yoga.
2. Definition of Yoga according to Patanjali ,Hatha, Upanished, Gita etc.
3. Introduction of Patanjali.
4. Ishwar : Introduction, definition, characteristic of Ishwar.

Unit-II

1. Chitta; Introduction Meaning & Chitta Bhumi.
2. Vratii; Meaning, Introduction, Five Vartii: Praman, Viparya Vikalp, Nidra, Smriti.
3. Tripraman -Pratyaksa Anuman, Agama.
4. Abhyas- Vairagya; Introduction; Meaning, Importance of Abhyas & Vairagy in Yogic Sadhana.

Unit – III

1. Samapattih; Meaning & Introduction, Four types Samapattih savitarka, Nirvitarka, Savichara, Nirvichara.
2. Sampra, Jhathan, Meaning, Introduction, Four types sampra Jnathan , Kitrarka, vichar, Ananda, Asmita.
3. Anatray: Introduction & Meaning; Nine Anatray.
4. Chitta Prasadana: Introduction & Types of Chitta Prasadana.

Unit- IV

1. Ritambhara, Prajna, Introduction of Klesha Five types of Klesha Explains in Details.
2. Cause of Klesha.
3. Kriya Yoga: Introduction, Meaning & Importance
4. Kleshan, Meaning, & Its importance in Yogic sadhana

Unit- V

1. Sanskara: Introduction & Meaning, Cause of Sanskar,
2. Viparya, according to sadhanpada & Its importance
3. Asatanga Yoga: -Yama, Niyama, Asana, Pranayam Pratyahar, Dharan, Dhyan, Samadhi
4. Kaivalya: Introduction , meaning, Importance in Yogic Sadhana & Its results.

BOOKS RECOMMENDED :

1. Patanjali Yoga Sutra - Edited by Dr. Karmvedkar, Kaivalyadham Lonawala.
2. Patanjali Yoga Darshan - Harihara Nand Arany. Moti Lal Banarasi Das, Delhi.
3. Patanjali Yoga Pradeep - Geeta Press Gorakhpur.
4. Yoga Parichay - Dr. Peetambar Jha - Kaivalyadham Lonawala.
5. Yoga Darasan- Dr. Ramakant Mishra, Dr. Chandra Kant Mishra

Paper-II -Yoga and Mental health

Time:3 Hours

Max. Marks : 100

(External : 80, Internal : 20)

Note : There shall be 10 questions in all.

Each unit will contain 2 questions. Students have to attempt one question from each unit. Each units carries 16 marks. Total attempt 5 questions (5 x 16 = 80)

Unit- I

1. Health definition according to W.H.O., Mental Health (Its meaning, determinates and application).
2. Concept of normality in Yoga and modem psychology
3. Personality theories with special reference to the Freudian, Malso, Mere

Unit- II

1. Concept of personality - Indian approach to personality.
2. Samkhya –Yoga.
3. Upanished, Pancha kosha.
4. Sanskara.

Unit- III

1. Personality integration from the view point of Yoga.
2. Satva, Rajas, Tamas, Deviya & Asuri Pravratī.
3. Attitude formation through Yamas and Niyamas & Yogic Philosophy.
4. Rationale selected yogic practices and their contribution to physical & Mental Health.

Unit- IV

1. Tackling ill effects of frustration; General Introduction, Meaning, Cause & Yogic method
2. Anxiety. General Introduction, Meaning, Causes Yogic method.
3. Conflict.
4. Other methods contribution of Yoga in personal. Interpersonal adjustment.

Unit- V

1. Prayer; Meaning, Introduction & its significance in yogic practices.
2. Role of Prayer in daily life.
3. Concept of Prayer in all religion.
4. Concept & Define. Role & effects of Mantra in Yogic Practices.

BOOKS RECOMMENDED:

1. R.S. Bhogal : Yoga and Modern Psychology.
2. RK. Ojha : Vyavaharika Manovigyan, Sahitya Prakashan, Agra.
3. S.R. Jaiswal : Vyaktitva Ka Manovigyan, Manoj Pustak Bhandar, Agra.

Paper-III Teaching Methods of Yoga

Time:3 Hours

Max. Marks : 100

(External : 80, Internal : 20)

Note : There shall be 10 questions in all.

Each unit will contain 2 questions. Students have to attempt one question from each unit.

Each units carries 16 marks. Total attempt 5 questions. (5 x 16 = 80)

Unit- I

1. Teaching and learning : Concepts and relationship between the two : Principles of teaching : levels and phases of teaching.
2. Quality of perfect yoga Guru : Yogic levels of Learning, Vidyaartha, Shishya, Mumuksha.
3. Meaning and scope of teaching methods.
4. Role of yoga teachers and teacher training.
5. Emotional stability and healthy habits for yoga teacher.

Unit- II

1. Practice of Yoga at different levels (Beginners, Advance, School children, Youth, Women and special attention group)
2. Techniques of Individualized teaching techniques.
3. Teaching techniques- Lecturer method, Command method, demonstration method, imitation method.
4. Project etc. organization of teaching (Time management, discipline etc.)
5. Personal and technical preparation.

Unit - III

1. Essential of good lesson plan : concepts, needs.
2. Planning of teaching yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation).
3. Models of lesson plan : Effective use of library and other resources.
4. Lesson plan and its practical applications.
5. Silent features of each practice with reference to yoga texts form practical aspects.

Unit- IV

1. Yoga classroom essential features, Area, sitting arrangement in yoga class etc.
2. Class room problems.
3. Essential of good yoga teaching, time table.
4. Need, types, principles of time table of construction.
5. Teaching Aids - Meaning, importance and its criteria for selection teaching aids.

Unit- V

1. Yoga and value education and its components.
2. Value oriented personality, Role and Function of values in society.
3. Yoga as global value, yoga as value and yoga as practice.
4. Contribution of yoga towards the development of values.
5. Critical Observation of the practical lesson. Regularity & Punctuality in the Yoga Practice.

Paper-IV - Yoga Therapy

Time:3 Hours

Max. Marks : 100

(External : 80, Internal : 20)

Note : There shall be 10 questions in all.

Each unit will contain 2 questions. Students have to attempt one question from each unit.

Each units carries 16 marks. Total attempt 5 questions. (5 x 16 = 80)

Unit-I

1. Definition, Meaning of Yoga Therapy
2. Principles of Yogic Therapy, Causes,
3. Signs & symptoms

Unit-II

1. Concept of Yoga therapy, Types of yoga therapy
2. Asana therapy
3. Pranayama therapy
4. Relaxation therapy
5. Meditation therapy

Unit-III

1. Study of the definition, pathophysiology, clinical features, assessment and yoga therapy for ailments of the following systems: Nervous system, Endocrine, Respiratory, Digestive, Reproductive and Neurosis, Pregnancy and eye problem.

Unit-IV

2. Yogic treatment including dietary measures of the following diseases: Constipation, Diabetes Mellitus, Obesity, Cervical Spondylitis, Arthritis, Backache, Sciatica & Slip Disc.

Unit-V

1. Causes, Signs & symptoms & yogic treatment including dietary measures of the following diseases: Asthma, High & Low Blood Pressure, Female problems, Sinusitis, Thyroid, Depression, Weak eyesight, Insomnia. Gastric Acidity & peptic ulcer, Indigestion. Naval dislocation its diagnostic methods, & Anemia.

REFERENCE BOOKS:

1. Yogic Management of Common Diseases -Dr. Swami Karmananda (Yoga Publication Trust, Munger, Bihar, India)
2. New Perspectives in Stress Management -Nagendra H.R. (V.K. YOGAS, Bangalore, 1998) Nagendra R.
3. Stress and its Management by Yoga(MLBD) -Udupa K.N.
4. Anatomy and Physiology of Yogic Practices -M.M. Gore (English & Hindi)Kanchan Prakashan, Lonavla.

Part-B (Practical) (Semester I)

Practical Code	Contents
Practical I	Shatkriya :- Kapalbhati & its Variation Neti Kunjla Trataka
Practical II	Asana (Supine) :- Shavasana Ardha Halasana (one leg/both legs) Uttana Padasana, Pawanamuktasana (Ardha/Purna) Setubandhasana Crocodile variations Naukasana (Supine) Matsyasana Halasana Chakrasana (Backward) Asanas (Inverted) :- Viparitarakrani Sarvangasana Shirshasana Asanas (Prone):- Makarasana Niralambhasana Marjarisana Bhujangasana Sarpasana Ardha Shalabhasana Shalabhasana (Co-ordination movement) Naukasana Dhanurasana
Practical III	Sectional Breathing :- Abdominal breathing Thoracic breathing Clavicular breathing Nadi Shodhan Sheetli Shitkari Bhramri

P.G.D.Y (Semester II)
Paper-I Yogic Text

Time:3 Hours

Max. Marks : 100

(External : 80, Internal : 20)

Note : There shall be 10 questions in all.

Each unit will contain 2 questions. Students have to attempt one question from each unit. Each units carries 16 marks. Total attempt 5 questions. (5 x 16 = 80)

Unit- I

1. Introduction & Defination of Hatha. Hatha Pradipika, Gheranda Samhita, Shiva Samhita,
2. Asanas Hatha Pradipika, Gheranda Samhita, Shiva Samhita .
3. Asanas; Classification of Asanas by Swami Kuvalyananda.
4. Aim of Meditative Asanas, Cultural Asanas and Relaxative Asanas its benefits.

Unit- II

1. Pranayama - General features of pranayama - Sahita and Kevala Kumbhaka.
2. Technical aspect of Pranayama - asana, Asanasthairya-Asanajaya. Three phases of Pranayama- puraka-kumbhaka-Rechaka.
3. Swatmarama's eight verities of Kumbhakas-technique of each in details.
4. Effects of Pranayama. Importance of time, choice of pranayama, use of Kumbhaka

Unit- III

1. Kriyas - General features & Importance
2. Classification and Techniques of each. Dhauti, Basti, Neti, Tratak, Nauli, Kapalbhathi. According to Hatha Pradipika , Gheranda Samhita
3. Yogic concepts of body function,
4. Mudra, Bandh: Introduction of 25 Mudra according to Gherenda Samhita. Expalaination with reference of hatha Pradipika & Shiv Samihita , Tribandha & Jivha Bandha

Unit- IV

1. Prana Introduction meaning : Prana, Apana, Saman, Vyan, Udan.
2. Prana -Place in body & its function.
3. Pancha kosha Introduction & important in yogic sadhna.
4. Nada, Bindu, Nadies: Introduction, name of Major Nadies, Nadi shodhan.

Unit - V

1. Kundlini, General Introduction & Meaning ; Its importance in Yogic sadhana.
2. Chakra : Muladhar, Swadhistan, Manipur, Anahat, Visudhi, Ajna & Sahastran.
3. Mittahar; Concept of Diet, Pathya- Apathya.
4. Yogic Chikitasa according to Hatha Pradipika. (Kaivalyadham).

BOOKS RECOMMENDED:

1. Hatha Pradipka edited by Swami Digambar, Kaivalyadham Lonawala.
2. Gherand Sahita edited by Swami Digambar, Kaivalyadham Lonawala.
3. Sidha Sidhant Padati - Gorakhnath Mandir, Gorakhpur (U.P.)
4. Nath Darshan - Gorakhnath Mandir, Gorakhpur (U.P)

Paper II Yoga and Cultural Synthesis

Time:3 Hours

Max. Marks: 100
(External: 80, Internal: 20)

Note : There shall be 10 questions in all.

Each unit will contain 2 questions. Students have to attempt one question from each unit. Each units carries 16 marks. Total attempt 5 questions (5 x 16 = 80)

Unit- I

1. Definition of Culture, Characteristics of Indian Culture.
2. Vedic Cultural Trichatusthaya- Ashram, Varana. Purushartha.
3. Relation between culture and Yoga.
4. Yoga as the basis of Cultural & Humanitarianism.

Unit- II

1. Samkhya -Purush, Prakriti, Triguna
2. Satkaryavada. (Karyakaran Theory)
3. Yoga - Definition of yoga,
4. Ishwar, Klesh, Ashtanga yoga.

Unit- III

1. Advadita Vedanta - Brahma,
2. Maya, Jeev.
3. Mukti (Moksha).
4. Mimamsa- Theory of six Parmans.

Unit- IV

1. Nyaya- Vaisheshika-Introduction,
2. Liberation,
3. Seven categories substance.

Unit- V

1. Charvaka- Ethics & Philosophy.
2. Jaina – Panch Mahavrat. Syadvad.
3. Buddha- Four noble Truth & Kshanikvada.
4. Kaivalya (Jain), Niravan (Buddha)

BOOKS RECOMMENDED:

1. Baldeo Upadhyay - Indian Philosophy.
2. Dr. Harendra Prasad Sihna.- Dharam Darshan Ki Roop Rekha.
3. D.M. Dutta and Chatterji - Indian Philosophy.
4. S.N. Das Gupta- Yoga Philosophy.
5. Ganga Prasad Upadhyay - Sarv Darshan Sidhant.
6. S.N. Das Gupta- History of Indian Philosophy.
7. I.C. Sharma - Ethical Philosophy of India.
8. S. Radha Krishan - Indian Philosophy.

Paper-III Anatomy and Physiology of Yogic Practices

Time:3 Hours

Max. Marks : 100

(External : 80, Internal : 20)

Note : There shall be 10 questions in all.

Each unit will contain 2 questions. Students have to attempt one question from each unit. Each units carries 16 marks. Total attempt 5 questions (5 x 16 = 80)

Unit- I

Basic Human Anatomy & Physiology of different systems.

1. Skeletal system,
2. Muscular system,
3. Blood and circulatory system,
4. Respiratory system.

Unit- II

Basic Human Anatomy & Physiology,

1. Digestive system,
2. Excretory system
3. Nervous system,
4. Exocrine and Endocrine Glands, Fatigue.

Unit- III

1. Asana- **Definatin** & Classification of Asanas.
2. Effects of Asanas. Cultural, Relaxative & Meditative asana
3. How to practice Asanas. Precautions, Importance of place, seat, time, sequence, Limitations
4. Combination with other exercise. Difference between Asana & Exercise.

Unit- IV

1. Pranayama- Definition; Meaning. Types of Pranayama. How to practice,
2. Precautions, Limitation, Benefits
3. Different Between Pranayam & Deep Breathing
4. Bandhas - How to practice, Precautions, Benefits, Sequence Combination with other Yogic Practices

Unit- V

1. Kriyas: General Introduction
2. Classification of Kriyas. Dauti, Neti, Tratak, Nauli Kapalbhathi Basti.
3. Technique of each Kriyas, Limitation, Benefits,
4. Yogic Practices in relation to endocrinal activity, Diets (Yogic concept), Balance diet.

BOOKS RECOMMENDED:

1. Swami Kuvalayanand - Yogic Therapy.
2. Evelyn Pearce - Anatomy & Physiology for Nurses.
3. M.M. Gore - Anatomy & Physiology of Yogic practices.

Paper-IV Naturopathy & Health

Time:3 Hours

Max. Marks : 100

(External : 80, Internal : 20)

Note : There shall be 10 questions in all.

Each unit will contain 2 questions. Students have to attempt one question from each unit. Each units carries 16 marks. Total attempt 5 questions. (5 x 16 = 80)

Unit-I

1. Naturopathy - Introduction, History & Basic Principles.
2. Water Therapy:- Hot & Cold Compress and Wet Packs sheet.
3. Mud/Clay therapy:- Importance of Soil, Use of mud-packs.(Chest-Pack, Abdomen-Pack & Knee Pack).
4. Sun-therapy:- importance of sun rays, Sun-bath & its uses in different diseases.
5. Air-therapy:- Importance of air. Air-bath & its uses.
6. Eather/Space therapy:- Fasting & its principles, Action & reaction of fasting on human body for maintaining health & management of diseases.

Unit-II

1. Panchamahabhuta concept and its relation to Naturopathy
2. Cause of disease.
3. Acute, Chronic and degenerative diseases and their treatments
4. Inflammation-different stages according to Naturopathy and its importance
5. Concept & Need of Swasth-Vrata

Unit-III

1. Elements of daily Routine- Dincharya, Ritucharya & Sada-Vrata.
2. Diet- Meaning, Definitions, components & Benefits of Balance-died, Sprouted diet & Mitahara
3. Rules of Yogic-diet, Demerits of Non-vegetarian-diet & merits of Vegetarian diet. Massage (Abhyanga), its kinds & importance.

Unit-IV

1. The science of recovery
 - a. Elimination
 - b. Smoothing
 - c. Convalescence
 - d. Constructive
2. Fundamental of Ayurevda
 - a. Introduction, origin and
 - b. History of Ayurveda
 - c. Defination of Dinacharya
 - d. Aim and Importance of dincharya

Unit-V

1. Yogic Diet, Role of Nutrition in Health
2. Laws of Nature: Pancha Mahabhutas
3. Definition and maintenance of nature's constructive principal of health, Importance of physical and mental hygiene
4. Concept of Mithara & Prathyara

REFERENCE BOOKS:

1. Swasth-Vrata Vigyan,(Hindi) -Prof. Ram Harsh Singh (Chaukhamba Sanskrit Pratishthan, Delhi)
2. Science of Natural Life(English) -Dr. Rakesh Jindal (Arogya Sewa Prakashan, Modhinagar,U.P.)
3. Prakritik Ayurvigan(Hindi) -Dr. Rakesh Jindal (Arogya Sewa Prakashan, Modhinagar,U.P.)
4. Pranashakti ek Divya Vibhooti -Pdt. Shri Ram Sharma, Acharya.
5. Chikitsa ke Vibin Aayaam. -Pdt. Shri Rram Sharma, Acharya.
6. A Complete Handbook of Nature Cure. -Dr. H.R.Bakhru.
7. Diet Cure for Common Ailments. -Dr. H.R.Bakhru.

Semester II

Part-B (Practical) (100 Marks)

Practical Code	Contents of Games and Sports
Practical I	Shatkarma :- Vastra Dhouti Nauli Danda Dhouti Agnisar
Practical II	Advanced Asanas :- Akarna Dhanurasana Bakasana Padma Bakasana Gorakshasana Shirsha Padangushthasana Rajkapotasana Matsyendrasana Kurmasana Kukkutasana Uttana Kurmasana Halasana Mayurasana Vatayanasana Karnapidasana Padangushthasana Ek Padaskandhasana Sitting Asanas:- Vajrasana Gomukhasana Parvatasana Janushirasana Paschimottanasana Ardha Matsyendrasana Supta Vajrasana Yoga Mudra Ushtrasana Mandukasana Uttana Mandukasana Meditative Asanas:- Virasana Swastikasana Padmasana Siddhasana Standing Asanas:- Tadasana Chakrasana (Lateral) Vrikshasana

	<p> Trikonasana Natrajasana Padhastasana Garudasana Ashtang Vinyasa (Primary Series):- Introduction to Ashtang Vinyasa Yoga History and Development Yinyasa Sequences Suryanamaskara A & B Standing Sequence First half of Primary Series Second Half of Primary Series Beckbends Finishing Sequence </p>
Practical III	<p> Pranayama:- Ujjay Suryabhedana Bhastrika Chandrabedhi </p>
Practical IV	<p> Mudras & Bandhas:- Brahma Mudra Simha Mudra Jivha Bandha Mula Bandha Jalandhara Bandha Uddiyana Bandha (Bahya/Antar) Tadagi Mudra </p>
Practical V	<p> Meditation:- Knowledge and Demonstrated ability to perform Pratyahara, Dharana and Dhyan </p>

Part-C

Teaching Practice

1. Lectures on organization of classes, methods of teaching and lesson planning.
2. Salient features of each practice with reference to yoga texts from- Practical aspects.
3. Conducting practical lesson in the class and out of the department.
4. Critical observations of the practical lessons.
5. Project Report- The participants have to write a report on yoga practices, teaching practice personal experience.

Personal Assignment

1. General behavior.
2. Regularity & Punctuality in the practical & Theory session (Class).
- 3- Emotional stability/maturity.
3. Healthy habits.
4. Character

