



PANJAB UNIVERSITY, CHANDIGARH-160014 (INDIA)
(Estd. under the Panjab University Act VII of 1947—enacted by the Govt. of
India)

FACULTY OF EDUCATION

SYLLABI
FOR

POST GRADUATE DIPLOMA IN YOGA THERAPY
PGDYT

Semester System (One year)
(Two Semesters and 3 months internship)

2020-2021

GUIDELINES

Name of the Course: Post Graduate Diploma in Yoga Therapy.

Duration: One year (Regular Mode) and three months internship

Objectives: The following objectives shall be fulfilled:

- i) Understanding integral approach of Yoga and its therapeutic aspects towards common ailments.
- ii) Promoting positive health, prevention of stress related health problems

SCHEME OF STUDIES
SEMESTER - I

PART A: THEORY

S.NO.	CODE	PAPER	EXTERNAL	INTERNAL*	TOTAL
1	101	Foundations of Yoga-I	80	20	100
2	102-A	Elementary Sanskrit-I	32	08	40
3	102-B	Yoga Therapy and Allied Areas-I	48	12	60
4	103	Basic Yogic Texts-I	80	20	100
5	104	Human Anatomy and Physiology-I	80	20	100
6	105	Therapeutic Values of Yoga Practices-I	80	20	100
7	106	Yoga Therapy for Health Management-I	80	20	100
TOTAL			480	120	600

PART B: PRACTICALS IN YOGIC PRACTICES **

S.NO.	CODE	PAPER	EXTERNAL	INTERNAL*	TOTAL
8	107	Shatkriyas, Yogic Exercises & Asanas-I	80	20	100
9	108	Pranayama, Bandha, Mudra and Meditation-I	80	20	100
TOTAL			160	40	200

PART C: CLINICAL EXAMINATION AND VIVA VOCE

S.NO.	CODE	PAPER	EXTERNAL	INTERNAL***	TOTAL
10	109 A	Physiological and Bio-Chemistry Parameters	48	12	60
11	109 B	Psychological Parameters	32	08	40
TOTAL			80	20	100

GRAND TOTAL: 900

SEMESTER - II

PART A: THEORY

S.NO.	CODE	PAPER	EXTERNAL	INTERNAL*	TOTAL
1	201	Foundations of Yoga-II	80	20	100
2	202-A	Elementary Sanskrit-II	32	08	40
3	202-B	Yoga Therapy and Allied Areas-II	48	12	60
4	203	Basic Yogic Texts-II	80	20	100
5	204	Human Anatomy and Physiology-II	80	20	100
6	205	Therapeutic Values of Yoga Practices-II	80	20	100

The weightage for attendance shall be awarded to only those candidates who have 75% attendance in the respective paper/area of activity. The pattern for award of marks shall be fixed on the following norms:

ATTENDANCE	MARKS
75% to > 85%	01 Marks
85% to > 95%	02 Marks
95% to > 98%	03 Marks
98% and above	04 Marks

****Part B** of the syllabus can be taught by the University approved

**SEMESTER -I
COURSE OF STUDY**

PAPER 101 - FOUNDATIONS OF YOGA-I

OBJECTIVES:

1. To provide knowledge about the basic and axiological concepts of Indian philosophy.
2. To familiarize the students with the basic precepts of Sankhya, Yoga and Vedanta philosophy.
3. To familiarize the students with the historical development of Yoga.

INSTRUCTIONS FOR THE PAPER SETTERS:

1. Eleven questions in all shall be set.
2. Ten questions shall be set out of the entire syllabus selecting at least two questions from each unit and the nature of the answers should be essay type. The students shall be required

UNIT - 3

3. YOGA PHILOSOPHY:

1. **Yoga Philosophy:** its introduction, exponent, foundation, aim and objectives.
2. **Nature of Yoga Philosophy:** metaphysics, axiology and epistemology of Yoga philosophy.
3. **Eight limbs of Yoga:** its meaning, purpose, nature, significance.

UNIT - 4

4. VEDANTA PHILOSOPHY AND YOGA:

1. **Vedanta philosophy:** its introduction, foundation, aim and objectives.
2. **Nature:** metaphysics, axiology and epistemology of Vedanta philosophy.
3. **Vedanta and Yoga:** Relationship and coordination between Vedanta and Yoga philosophy.

UNIT - 5

5. HISTORICAL DEVELOPMENT OF YOGA:

- a. **Ancient Period:** origin, history and development of Yoga with special reference to Vedas, Upanishads, Puranas, Ramayana and Geeta. (Before 500 B.C.)
- b. **Medieval Period:** Development of Yoga from Patanjali - Buddha - Hathyoga and Bhakti yoga period. (From 500 B.C. to 1600 A.D.)
- c. **Modern Period:** Development of Yoga from Swami Vivekananda to Osho period. Contemporary trend of Yoga education and research. Indian Government policies of Yoga, International Yoga day. (Period from 1600 A.D. onward)

REFERENCE BOOKS:

1. Gupta, S.N. Das. (1987). Yoga Philosophy in Relation to other system of Indian Thought, New Delhi, Moti Lal Banarsi Dass.
2. Hiriyanna, M., (1995). The Essentials of Indian Philosophy. New Delhi, Motilal Banarasidas Publishers.
3. Iyengar, B.K.S. (2005). Light on life. Oxford, Pan Macmillan Ltd.
4. Iyengar, B.K.S. (2009). The Tree of Yoga. New Delhi, Harper Collins.
5. King, Richard. (2000). Indian Philosophy: An Introduction to Hindu and Buddhist Thought. New Delhi, Maya Publishers Pvt. Ltd.
6. Nagendra, H.R. (1993). Yoga in Education. Bangalore, Vivekananda Kendra.
7. Niranjananada, Swami. (1998). Yoga Darshan. Deoghar, Panchadashanam Paramahansa Alakh Bara.
8. Puligandla, R. (1975). Fundamentals of Indian Philosophy. New York, Abingdon Press.
9. Raju, P.T. (1982). The Philosophical Traditions of India. Delhi, Moti Lal Banarsi Dass.
10. Reyna, Ruth. (1971). Introduction to Indian Philosophy. New Delhi, Tata McGraw-Hill Publishing Co. Ltd.
11. Sharma Chandradhar (1973). A Critical Survey of Indian Philosophy. Delhi, Moti Lal Banarsi Dass.

- 12. Sivananda, Sri Swami. (2007). Janana Yoga. Tehri Garhwal, The Divine Life Society.**
- 13. Sivananda, Swami. (2007). Adhyatma Yoga. Tehri Garhwal, The Divine Life Society.**
- 14.**

1.

Panchkarma treatment.

2. Nature of Panchkarma – Purv – Pardhaan – Pashchaat karma and their importance.
3. Panchkarma and Shatkarma - their comparative study.

UNIT - III

3. YOGA AND NATUROPATHY:

1. Naturopathy – its introduction, meaning, history, nature and basic principles, scope and importance in modern age.
2. Concept of Health, disease, natural-diet, foreign – matter (Toxins) and their way to elimination according to naturopathy.
3. Relationship of Yoga and Naturopathy, importance of Yoga in naturopathy and vise – versa. Major naturopathy centers in India – their location, facilities, research work, publications and other health and academic activities.

REFERENCE BOOKS:

1. Charakasamhita of Charaka Ashtanga Hridayam, -zH-gHbTwB,HB&BCgaTw&,xF&-SgaT

PAPER 103 - BASIC YOGIC TEXTS-I

OBJECTIVES:

- 1. To enable the students to have basic knowledge of traditional Yogic texts.**
- 2. To enable the students to understand the basic concepts contained in Patanjali's Yoga Stutra.**
- 3. To enable the students to understand the basic concepts contained in Hathyoga Pradipika.**

INSTRUCTIONS FOR THE PAPER SETTERS:

- 1. Eleven questions in all shall be set.**
- 2. Ten questions shall be set out of the entire syllabus selecting at least two questions from each unit and the nature of the answers should be essay type. The students shall be required to attempt at least one question from each unit. Each question shall carry 12 marks.**
- 3. Eleventh question shall be compulsory. It shall have five questions, forazH0&olaazH0&oawuegoTwCBwxSGgaTcS-Fz-g TwHwxz,---CgfT,-,-FHB-ghTw**

PAPER 104 - HUMAN ANATOMY AND PHYSIOLOGY-I

OBJECTIVES:

1. To make students familiar with basic knowledge of Human anatomy and physiology.
2. To familiarize the students with structure and functions of various organs of human body.
3. To familiarize the students with the effects of Yoga practices on various systems of human body.

INSTRUCTIONS FOR THE PAPER SETTERS:

1. Eleven questions in all shall be set and students should be asked to draw labeled diagrams, where ever required.
2. Ten questions shall be set out of the entire syllabus selecting at least two questions from each unit and the nature of the answers should be essay type. The students shall be required to attempt at least one question from each unit. Each question shall carry 12 marks.
3. Eleventh question shall be compulsory. It shall have five questions, for 04 marks each, selecting one each from each unit and the answers should be limited to the maximum word limit of 75 words each.
4. Questions may be set keeping in mind the students' proficiency in drawing labeled diagrams, where ever essential.
5. Total marks shall be 80 and the time allowed shall be 03 hours.
6. Bellow 40% score shall be considered not qualified.

UNIT - 1

1. BASICS OF HUMAN BODY:

1. **Anatomy and Physiology:** Introduction, meaning, significance, Systems, and importance in Yoga.
2. **Human Cell:** introduction, meaning, basic - types, structure and functions, cell - division.
3. **Tissue:** introduction, meaning, types, structure and functions.

UNIT - 2

2. SKELETAL SYSTEM:

UNIT - 4

4. **CARDIOVASCULAR SYSTEM:**

1. **Heart:** meaning, structure and functions of heart, Veins and Arteries.
2. **Blood:** meaning, Composition of blood and corpuscles, structure and functions of blood.
3. **Mechanism of cardiovascular system:** Classification of blood circulation, nature of blood pressure - pulse - E.C.G., stroke volume and cardiac output.

Unit - 5

5. **RESPIRATORY SYSTEM:**

1. **Respiratory system:** its meaning, importance, structure and function of various parts.
2. **Respiration:** Mechanism of respiration, lungs capacity, types of respiration. Gases of respiration.
3. **Fitness of Respiration:** General respiratory disorders, General impacts of various Yogic practices on fitness and healthy development of respiratory system.

REFERENCE BOOKS:

1. B. D. Chaurasia (1993), Human Anatomy, C B S Publishers, Shahdra, Delhi

2. **Yogic Exercises:** introduction, meaning, types – Nature of Yogic exercises special references with Pawanmukt, Surya-namaskar (Sun-salutation) and breathing exercises. Their health importance and therapeutic value.
3. **Yogic and Non-yogic exercises:** their similarities and dissimilarities, the importance of both systems of exercises in Yoga therapy.

UNIT - 4

4. THERAPEUTIC VALUE OF YOGA POSTURES:

1. **Yoga Postures (Asanas)** – introduction: meaning, definition, references of Asanas from main yogic texts, types and classification, general, and rule-regulations.
2. **Yoga Postures (Asanas) – Technical:** general principles, limitations, precautions, and scope.
3. **Yoga Postures – Value:** General physiological, psychological and therapeutic value of cultural – meditative and relaxative yoga postures.

UNIT - 5

5. THERAPEUTIC VALUE OF PRANAYAMAS:

1. **Pranayama:** its meaning, definition, Pranayamas in various yogic texts, classification according to Patanjali Yoga sutras, Hathyoga pradipika and Gherand Samhita.
2. **Pranayamas:** Aims and objectives, principles, precautions, limitations, scope. Difference between general respiration and Yogic respiration.
3. **Pranayamas:** General physiological, psychological and therapeutic values of pranayamas and yogic respiration.

REFERENCE BOOKS:

1. Gharote, M.L.: Pranayama - The Science of Breath (The Lonavala Yoga Institute, Lonavala, 2003)
2. Gore, M.M.: Anatomy and Physiology of Yogic practices (Kanchan Prakshan, Lonavala, 2003)
3. Iyengar, B.K.S. (2010). Light on Pranayama. New Delhi, Harper Collins.
4. Joshi, K.S.: Yogic Pranayama (Orient Paperback, New Delhi, 1990)
- 5.

- 12. Swami Niranjanananda: Prana, Pranayama & Pranavidya, Saraswati Yoga Publication Trust, Munger.**
- 13. Swami Satyananda: Asana, Pranayama, Mudra, Bandha Saraswati (Bihar School of Yoga, Munger, 1989)**
- 14.**

2. Cervical Spondylosis and Ankylosing Spondylitis.
3. General Backache and Chronic Fatigue Syndrome.

UNIT - 3

3. COMMON DISORDERS OF CARDIO VASCULAR AND RESPIRATORY SYSTEM:

1. Hyper and Hypo tension (Blood Pressure)
2. General Coronary Artery Diseases and Varicosity of Veins.
3. Asthma and Common Cold.

UNIT - 4

4. COMMON DISORDERS OF DIGESTIVE AND ENDOCRINAL SYSTEM:

1. Hyper Acidity and Constipation
2. Obesity and Diabetes
3. Hyper and Hypo thyroids.

UNIT - 5

5. COMMON DISORDERS OF NERVOUS AND REPRODUCTIVE SYSTEM:

1. Migraine and Sciatica pain
2. Alzheimer and General Prostate disorder
3. General Menstrual disorders and Menopause.

REFERENCE BOOKS:

1. Gharote, M.L. : Pranayama - The Science of Breath (The Lonavala Yoga Institute, Lonavala, 2003)
2. Gore, M.M. : Anatomy and Physiology of Yogic practices (Kanchan Prakshan, Lonavala, 2003)
3. Iyengar, B.K.S. (2010). Light on Pranayama. New Delhi, Harper Collins.
4. Kavalayananda, Swami, (2000), Yoga therapy: Kaivalaya dhama, Lonavala, Maharashtra.
5. Lajpat, Rai: Discovering Human Potential Energy (Anubhava Rai Publications, Gurgaon, 1999)
6. Monro, Robin, (2005), Yoga for different ailments: SVYASA, Bangalore.
7. Rai, Lajpat, Sawhney, R.C. and Selvamurthy, W. Selvamurthy (1998). Meditation Techniques, their Scientific Evaluation. Gurgaon, Anubhav Rai Publication.
8. Ram, Swami. (1999). A Practical Guide to Holistic Health. Pennsylvania, Himalayan Institute of Yoga.
9. Saraswati, Swami Satyananda. (2005). Asana, Pranayama, Mudra, Bandha. Bihar School of Yoga Munger.
10. Shivananda, Swami, (2001), Yogic therapy: Umachal Yoga ashram, Kamakhya, Assam.
11. Singleton, Mark. (2010). Yoga Body - The origins of Modern posture Practice. Oxford, Oxford University Press.
12. Singleton, Mark. (2010). Yoga Body - The origins of Modern posture Practice. Oxford, Oxford University Press.
13. 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)

14. **Swami Kuvalyananda : Pranayama (Kaivalyadhama, Lonavala, 1983)**
- 15.

internal teacher / mentor. It depends on the mutual - understanding of class & subject related teacher

Allotted Maximum Marks for Yoga Practical: The External - Examiner shall conduct practical demonstration according to following scheme:

PAPER NO	SUBJECT	COMPULSORY FROM ATTACHED LIST	ADVANCE FROM ATTACHED LIST	PRACTICAL DEMONSTRATION	TOTAL
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Shatkriyas

	<p>4. Garudasana</p> <p>B. SITTING POSE</p> <ol style="list-style-type: none"> 1. Vajrasana 2. Shashankasana 3. Vakrasana 4. Ardhamatsyendrasana 5. Padmasana 6. Supt- vajrasana 7. Parvatasana 8. Akarana- dhanurasana <p>C. LYING POSE (SPINE FACING GROUND)</p> <ol style="list-style-type: none"> 1. Sarvangasana 2. Ardhamatsyasana 3. Matsyasana 4. Halasana 5. Chakrasana <p>D. LYING POSE (STOMACH FACING GROUND)</p> <ol style="list-style-type: none"> 1. Bhujangasana 2. Ardhashalabhasana 3. Shalabhasana 4. Dhanurasana 	
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SEMESTER - II
PART A: THEORY

PAPER 201 - FOUNDATIONS OF YOGA-II

OBJECTIVES:

1. To provide detailed knowledge about the basic and axiological concepts of Upanishads regarding Yoga.
2. To familiarize the students with the basic precepts of Yogic Upanishads and Bhagwat Geeta with regarding to Yoga.
3. To make them know about the great ancient and modern Yoga masters and their contribution in Yoga.

INSTRUCTIONS FOR THE PAPER - SETTER:

1. Eleven questions in all shall be set.
2. Ten questions shall be set out of the entire syllabus selecting at least two questions from each unit and the nature of the answers should be essay type. The students shall be required to attempt at least one question from each unit. Each question shall carry 12 marks.
3. Eleventh question shall be compulsory. It shall have FIVE questions for 04 marks each, selecting one each from each unit and the answers should be limited to the maximum word limit of 75 words each.
4. Total marks shall be 80 and the time allowed shall be 03 hours.
5. Below 40% score shall be considered not qualified.

UNIT - 1

1. YOGA IN UPANISHADS:

1. **UPANISHADS:** Introduction, meaning, origin of Upanishads, Elementary knowledge of FIVE major Upanishads - (Ish, Kena, Katha, Prashna and Mundaka).
2. **YOGA UPANISHADS:** introduction, main subject - matters and elementary knowledge of FIVE major Yoga Upanishads - (Swetaswatar, Yogachudamadi, Yogatattva and Yogaraj - Upanishads)
3. **NATURE OF YOGA IN UPANISHADS:** meaning, definition, nature of yoga and yogi in above mentioned Upanishads.

UNIT - 2

2. YOGA IN GEETA:

1. **GEETA:** Introduction, meaning, aim and objectives of life according to Geeta.
2. **ESSENCE OF GEETA:** Concept and characteristics of Aatama (Soul) - death - karmas, Sthith-pragya, bondages and liberations according to Geeta.
3. **GEETA AS A YOGA TEXT:** Nature and types of Yoga - Raj, Gyan & Bhakti, nature and symptoms of a Yogi according to Geeta.

UNIT - 3

3. TRUE NATURE OF YOGA & YOGI:

1. **YOGA OF HATHYOGA:** Introduction, meaning, nature of Hathyoga texts. Concepts and true nature of Yoga and Yogi according to Hathyoga texts.

2. **YOGA OF RAJYOGA:** Introduction, meaning, nature of Rajyoga text (Patanjali Yoga). Concept and true nature of Yoga and a Yogi according to Rajyoga.

3. **MISCONCEPTIONS OF YOGA:** General misconceptions and reality regarding the nature of Yoga and a Yogi.

UNIT - 4

4. **GREAT HISTORICAL YOGA MASTERS: (The brief introduction and brief life-sketch, contribution in the field of Yoga, and their concept of Yoga and Yogi of following Yoga Masters).**

1. Buddha

2. Swami Gorakhnath

3. Guru Nanak Dev Ji

UNIT - 5

5. **YOGA MASTERS 20th CENTURY: (The brief introduction and brief life-sketch, contribution in the field of Yoga, and their concept of Yoga and Yogi of following Yoga Masters).**

1. Sri Aurobindo:

2. Swami Rama:

3. Osho:

REFERENCE BOOKS:

1. Chinmayananda, Swami. (2006). The Holy Geeta. Mumbai, Central Chinmaya Mission Trust.

2. Gupta, S.N. Das. (1987). Yoga Philosophy in Relation to other system of Indian Thought, New Delhi, Moti Lal Banarsi Dass.

3. Hiriyananda, M., (1995). The Essentials of Indian Philosophy. New Delhi, Motilal Banarasidas Publishers.

4. Kriyananda, Swami. (2006). The Essence of the Bhagawad Gita. Gurgaon, Ananda Sangha Publications.

5. Nagendra, H.R. (1993). Yoga in Education. Bangalore, Vivekananda Kendra.

6. Raju, P.T. (1982). The Philosophical Traditions of India. Delhi, Moti Lal Banarsi Dass.

7. Reyna, Ruth. (1971). Introduction to Indian Philosophy. New Delhi, Tata McGraw-Hill Publishing Co. Ltd.

8. Sivananda Swami : The Bhagwat Gita

9. T.R. Kulkarni: Upnishad and Yoga, Bhartia Vidya Bhawan, Bombay.

10. Tamini, I.K. (1973). Glimpses into Psychology of Yoga. Adyar, Madras, The Theosophical Publishing House.

11. Villodo, Alberto. (2007). Yoga, Power and Spirit. New Delhi, Hay House Inc.

12. Vivekananda, Swami. (2007). Raj Yoga. Calcutta, Ramakrishna Vedanta Math

202 A: ELEMENTARY SANSKRIT-II

OBJECTIVES:

1. To provide elementary knowledge about the basic Sanskrit texts.
2. To enable the students to translate the prescribed shlokas into any of the Modern Indian Languages.

INSTRUCTIONS FOR THE PAPER SETTERS:

1. Five questions in all shall be set.
2. Four questions shall be set out of the entire syllabus selecting **at least two** questions from each unit. **The students shall be required to attempt at least one question from each unit.** Each question shall carry 12 marks.
3. Fifth question shall be compulsory. It shall have two questions, for 04 marks each, selecting one each from each unit and the answers should be limited to the maximum word limit of 75 words each.
4. Total marks shall be 32 and the time allowed shall be 03hours along with paper 102 B.
5. Bellow 40% score shall be considered not qualified.

UNIT - 1

1. SANSKRIT TEXT:

1. Raghuvamshamahakavyam- Ist Sarga, 1-25 Shlokas.
2. Study of following Shlokas from Panchtantra: Mitrabheda- 20, 22, 23, 81, 118
3. Study of following Shlokas from Panchtantra: Mitraprapti- 2, 7, 25, 36, 40, 80

UNIT - 2

2. SANSKRIT TEXT: STUDY OF FOLLOWING SHLOKAS FROM PANCHTANTRA

1. Kakolukiyam - 7,24,57,59,75
2. Labdha Pranasham - 11,13,41,64,68
3. Apreekshitakarakam - 11,15,16,26,34

REFERENCE BOOKS:

1. Sabda Manjari&Dhatu Manjari
2. Panchatantra
3. Raghuvamshamahakavyam of Kalidasa

PAPER 202 B: YOGA THERAPY AND ALLIED AREAS-II

OBJECTIVES:

1. To provide elementary knowledge of Allopathic, Physiotherapy, Massage, and Reiki system of health and fitness to the students.
2. To enable the students to know the comparison among allopathic, physiotherapy, massage and Reiki system of health and fitness with Yoga therapy.
3. To develop common and basic understanding of Yoga therapy and allied therapies to the students.

INSTRUCTIONS FOR THE PAPER SETTERS:

1. Seven questions in all shall be set.
2. Six questions shall be set out of the entire syllabus, selecting at least two questions from each unit and the nature of the answers should be essay type. The students shall be required to attempt at least one question from each unit. Each question shall carry 12 marks.
3. Seventh question shall be compulsory. It shall have THREE questions of 04 marks each, selecting one each from each unit and the answers should be limited to the maximum word limit of 75 words each.
4. Total marks shall be 48 and the time allowed shall be 03 hours along with paper 202-A.
5. Below 40% score shall be considered not qualified.

UNIT - 1

1. YOGA THERAPY & ALLOPATHY:

1. **ALLOPATHY:** elementary introduction, meaning, historical-background, concept of health and disease, basic - principles, importance and scope of allopathic system of medicine.
2. **PHYSIOTHERAPY:** introduction, its importance in allopathic system, types, fields and modalities, scope of co-operation between yoga therapy and physiotherapy.
3. **YOGA & ALLOPATHY:** Scope of co-operation between Yoga therapy and Allopath system of health with special reference the area and department of social preventive medicine (SPM), Psychiatric, drug de-addiction centers and medical research.

UNIT - 2

2. YOGA THERAPY AND ACUPRESSURE -MASSAGE THERAPY:

1. **ACUPRESSURE** - its introduction, meaning, historical background, concept of acupressure points, precautions, concept of health and disease, its importance, scope, scope of co-operation between Yoga therapy and acupressure.
2. **MASSAGE THERAPY:** its introduction, meaning, types, various techniques, oils, preventive and therapeutic importance, precautions, and importance in Yoga therapy.
3. **SPA THERAPY:** its introduction, meaning, historical background, nature, types, health importance, scope of co-operation between yoga therapy and Spa therapy.

UNIT - 3

3. YOGA THERAPY AND REIKI:

1. REIKI

PAPER 203 - BASIC YOGIC TEXTS-II

OBJECTIVES:

1. To enable the students to have basic knowledge of traditional Yogic texts.
2. To enable the students to understand the basic concepts contained in Hathyoga Pradipika.
3. To enable the students to understand the basic concepts contained in Gherand Samihita and Shivyoga Deepika.

INSTRUCTIONS FOR THE PAPER SETTERS:

1. Eleven questions in all shall be set.
2. Ten questions shall be set out of the entire syllabus selecting at least two questions from each unit and the nature of the answers should be essay type. The students shall be required to attempt at least one question from each unit. Each question shall carry 12 marks.
3. Eleventh question shall be compulsory. It shall have five questions, for 04 marks each, selecting one each from each unit and the answers should be limited to the maximum word limit of 75 words each.
4. Total marks shall be 80 and the time allowed shall be 03hours.
5. Bellow 40% score shall be considered not qualified.

UNIT - 1

1. BANDHAS AND MUDRAS IN HATHYOGA PRADIPIKA:

- 1.

Gherand samihita).

UNIT - 4

4. PRANAYAMA, MEDITATION AND SAMADHI IN GHERAND SAMIHITA.

1. Pranayama: types and importance in Gherand samihita (Fifth Chapter)
2. Meditation: types and importance in Gherand samihita (Sixth Chapter)
3. Samadhi: types and importance in Gherand samihita (Seventh chapter)

UNIT - 5

5. YOGA IN VARIOUS RELIGIONS:

1. Yoga in Sikhism: nature of Gurubani, meaning, definition and nature of Yoga in Gurubani, Concept of Man-mukh and Gur-mukh.
2. Yoga in Islam: Elementary knowledge of Holy Quran, nature of Yoga in Islam, Namaz - its nature, postures and prayer as bhakti yoga. Sufism and Yoga.
3. Yoga in Christianity: Elementary knowledge of Holy Bible, nature of Yoga in bible in form of 'Service' and 'Prayer'.

REFERENCE BOOKS:

1. Swami Dighherir ji, Swami, (1980) Hath Yoga Pradipika, Kavalyadham, Lonawala, Poona.
2. Swatmarama. (1997). Hathayoga Pradipika of Swatmarama. Lonavala, Kaivalyadhama.
3. Taimini, I.K.:(1979) The Science of Yoga, Adyar Publication, Madras.
- 4.

PAPER 204 – HUMAN ANATOMY AND PHYSIOLOGY-II

OBJECTIVES:

1. To make students familiar with basic knowledge of Human anatomy and physiology.
2. To familiarize the students with structure and functions of various organs of human body.
3. To familiarize the students with the effects of Yoga practices on various systems of human body.

INSTRUCTIONS FOR THE PAPER – SETTER:

1. Eleven questions in all shall be set.
2. Ten questions shall be set out of the entire syllabus selecting at least two questions from each unit and the nature of the answers should be essay type. The students shall be required to attempt at least one question from each unit. Each question shall carry 12 marks.
3. Eleventh question shall be compulsory. It shall have FIVE questions for 04 marks each, selecting one each from each unit and the answers should be limited to the maximum word limit of 75 words each.
4. Total marks shall be 80 and the time allowed shall be 03 hours.
5. Below 40% score shall be considered not qualified.

UNIT – 1

1. DIGESTIVE SYSTEM:

1. **DIGESTIVE TRACT:** introduction, meaning, structure and functions of various parts of digestive tract.
2. **MECHANISM:** structure and functions of various digestive secretions and juices. Role & importance of liver and pancreas.
3. **DIGESTION & METABOLISM:** its meaning, nature and types of metabolism, Metabolism and processing of food in various parts of digestive tract.

UNIT – 2

2. ENDOCRINAL SYSTEM:

1. **GLANDS:** introduction, meaning, types, location, importance of glands.
2. **HORMONES:** various hormones of endocrinal glands and their functions.
3. **SECRETIONS:** Effects of Hypo and Hyper secretions of various endocrinal hormones.

UNIT – 3

3. NERVOUS SYSTEM:

1. **NERVOUS SYSTEM:** Introduction, meaning, types & parts, importance. Structure and functions of Neuron.
2. **CENTRAL NERVOUS SYSTEM:** meaning, structure and functions of various parts.
3. **AUTONOMIC NERVOUS SYSTEM:** meaning, structure and functions of various parts.

UNIT – 4

4. EXCRETORY SYSTEM:

PAPER 205 – THERAPEUTIC VALUES OF YOGA PRACTICES-II

OBJECTIVES:

1. To enable the student to know and understand the nature, and therapeutic values of Yogic Bandhas, mudras, yogic counseling and relaxation.
2. To enable the student to know and understand physiological, psychological and therapeutic effects of meditation, Yogic diet and Yoga therapy management system.

INSTRUCTIONS FOR THE PAPER – SETTER:

1. Eleven questions in all shall be set.
2. Ten questions shall be set out of the entire syllabus selecting at least two questions from each unit and the nature of the answers should be essay type. The students shall be required to attempt at least one question from each unit. Each question shall carry 12 marks.
3. Eleventh question shall be compulsory. It shall have FIVE questions for 04 marks each, selecting one each from each unit and the answers should be limited to the maximum word limit of 75 words each.
4. Total marks shall be 80 and the time allowed shall be 03 hours.
5. Below 40% score shall be considered not qualified.

UNIT – 1

1. THERAPEUTIC VALUE BANDHAS & MUDRAS:

1. **BANDHAS:** Introduction, meaning, concept, nature of Bandhas in various main hath- yogic texts, general aims and objectives. Meaning, technique precautions, physiological and therapeutic values of Jalandhar-Uddhiyan & Mool- Bandhas.
2. **MUDRAS:** Introduction, meaning, concept, nature of Mudras in various main hath-yogic texts,
3. General aims and objectives. Meaning, technique, precautions, physiological and therapeutic values of Vipritkarni, Tadagee and Ashwini Mudras.
4. **Therapeutic Values of Yama & Niyamas of Patanjali Yoga SUTRAS:** Their meaning, nature, their therapeutic importance as the Yogic guidance and counseling for behavioral modification and rectification.

UNIT – 2

2. THERAPEUTIC VALUE OF YOGIC RELAXATION:

1. **RELAXATION:** its meaning, importance and need in health care, various forms of relaxation.
2. **YOGIC RELAXATION TECHNIQUE – YOGA NIDRA:** its

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1. **MEDITATION:** meaning, definition, principles, types, preparations and appropriate posture for meditation.
2. **PROCEDURE OF MEDITATION:** Fundamental technique, general rule – regulations and precautions of meditation.
3. **THERAPEUTIC VALUE OF MEDITATION:** Psycho – somatic and therapeutic values of meditation.

UNIT – 4

4. THERAPEUTIC VALUE OF YOGIC DIET:

1. **DIET:** meaning, concepts, importance, general favorable and non-favorable habits of a diet.
2. **YOGA DIET:** its meaning, concepts of quality and quantity, Yogic – dietary rules and regulations.
3. **THERAPEUTIC VALUE OF YOGIC DIET:** Psycho – somatic and therapeutic values of Yogic diet.

UNIT – 5

5. MANAGEMENT OF YOGA THERAPY SYSTEM:

1. **FOUNDATION OF YOGA THERAPY CENTRE:** meaning of yoga therapy centre, various institutional types of Yogic activities, Importance and need of Yoga therapy centre. Emerging trend of Yoga therapy.
2. **YOGA THERAPY MODALITIES:** meaning & concept of Yoga- modalities, Basic Yoga modality – Hathyoga, Development of contemporary – modalities – Iyengar, Ashtanga, Vinyasa, Bikram, Power Yoga a

- 10. 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)**
- 11. Swami Kuvalyananda : Pranayama(Kaivalyadhama, Lonavala, 1983)**
- 12. Swami Niranjanananda : Prana, Pranayama & Pranavidya, Saraswati Yoga Publication Trust, Munger.**
- 13. Swami Satyananda : Asana, Pranayama, Mudra, Bandha Saraswati (Bihar School of Yoga, Munger, 1989)**
- 14. Saraswati, Swami Satyananda ,(1996) Awakening the Kundalini, Bihar School of Yoga,**
- 15. Singleton, Mark. (2010). Yoga Body – The origins of Modern posture Practice. Oxford, Oxford University Press.**

2. Anxiety
3. Depression
- 4.

UNIT - 4

PART B: PRACTICALS IN YOGIC PRACTICES **

PAPER: 207 – SHATKRIYAS, YOGIC EXERCISES & ASANAS – II

PAPER: 208 – PRANAYAMAS, BANDHAS, MUDRAS & MEDITATION – II

OBJECTIVES:

1. To enable the student teachers to understand the technique of performing various Shatkriyas.
2. To enable the student teachers to perform various Shatkriyas correctly and to know their benefits.
3. To enable the student teachers to understand the technique of performing various Asanas.
4. To enable the student teachers to perform various Asanas correctly and to know their benefits.
5. To enable the student teachers to understand the techniques of performing various Pranayamas, Bandhas, Mudras and Meditation.
6. To enable the students to perform various Pranayamas, Bandhas, Mudras and Meditation correctly and to know their benefits.

GUIDELINES FOR THE EXAMINER:

RECORD FILE:

Only ONE practical record file shall be required to prepare for the examination/subject 107 and 2,CCHC&&g TwBz&&g TwBz,CHxgETz,FCS&SSg TwCCF

Allotted Maximum Marks for Yoga Practical: The External – Examiner shall conduct practical demonstration according to following scheme:

PAPER NO	SUBJECT	COMPULSORY FROM ATTACHED LIST	ADVANCE FROM ATTACHED LIST	PRACTICAL DEMONSTRATION	TOTAL
	SHATKRIYAS	Any One	Any One	5+5=10	
	YOGIC EXERCISES	Any One		5	
207	ASANAS	Eight (Two from each position - Standing, Spinal & Abdominal Lying and Sitting)	Any One	40+10=50	80

		<p>B. SITTING POSE</p> <ol style="list-style-type: none"> 1. Jannu-shirsasana 2. Paschimotan Asana 3. Bhadrasana 4. Gomukhasana 5. Ushterasana 6. Sukhasana 7. Swastikasana <p>C. LYING POSE (SPINE FACING GROUND)</p> <ol style="list-style-type: none"> 1. Naukasana (Spinal) 2. Pawanmuktasana 3. Karanpeedasana 4. Shavasana 5. Uttanpadasana <p>D. LYING POSE (STOMACH FACING GROUND)</p> <ol style="list-style-type: none"> 1. Makarasana 2. Naukasana (abdominal) 	<p>8. Ek-pad-skandasana</p> <p>9. Bakasana</p>
208	PRANAYAMA	Pranayama: Correct Breathing Exercise, Anulome-vilom, Suryabhedhan, Sheetli, Sheetkari and Bhramari	Ujjayee and Bhastrika
	BANDHAS	<ol style="list-style-type: none"> 1. Jalandar Bandha 2. Uddiyana Bandha 	Maha bandha
	MUDRAS	<ol style="list-style-type: none"> 1. Vatmudra 2. Braham mudra 3. Gyanmudra 4. Chinmudra 5. Kaki 6. Taragi 7. Shambvi 	Mudras: Nabho, Khechari and Vipritkarni.
	MEDITATION	Meditation: Jyotirbindu, Ajapajapa, Preksha.	Meditation : on mantras and T.M.

PART C
**PAPER 209: PROJECT WORK, SPECIAL YOGA THERAPY TECHNIQUES
AND VIVA VOCE**

Marks: External = 80

Internal = 20

Total = 100

OBJECTIVES:

1. To enable the students to have hands on experience in the Yogic therapeutic settings.
2. To enable the students to undertake a case study in any of the disorders in a realistic setting.

COURSE CONTENTS:

GUIDELINES FOR CLASS-ROOM TASK AND PLANNING: (DISCUSSION)

Five steps/phases of project:

PAPER NO	SUBJECT	PRESENTATION BY THE CANDIDATES/ STUDENTS	PRACTICAL DEMONSTRATION
209	Project Work, Special Yoga therapy technique and Viva Voce.	Project Presentation	25
		Project File	25
		Cross Discussion	10
		Viva – Voce	20
		TOTAL MAXIMUM MARKS	80

REFERENES BOOKS:

1. Fox, James, (2011), A path for healing and recovery – Prison Yoga Project:
Publisher: Prison Yoga Project
2. Gray Clifford et al,

COMPULSORY INTERNSHIP