

Panjab University, Chandigarh

SYLLABUS

Panjab University, Chandigarh

POST GRADUATE DIPLOMA IN YOGA SCIENCE (PGDYSc.) **(ONE YEAR DURATION/ TWO SEMESTERS)**

The syllabus for the PGDYSc. Course shall be as follows:

POST GRADUATE DIPLOMA IN YOGA (PGDYSc.) **SCHEME OF THEORY AND PRACTICAL PAPERS**

SEMESTER – I

COURSE STRUCTURE

Paper Setting :

- Unit – I : Attempt any one question out of two questions – 20 Marks
Unit – II : Attempt any two question out of four questions – 30 Marks
Unit – III : Attempt any two question out of four questions – 30 Marks

BOOKS FOR REFERENCE

- Joshi, K.S : Yoga in Daily Life, Orient Paper Books, New Delhi
- Radhakrishnanan : Indian Philosophy, Vol. I & II, George Allen & Unwin, London, 1971.
- Sinha, Harendra Prasad : Bhartiya Darshan Ki Ruprekha, MLBD, New Delhi, 1977
- Bharti, Swami Ananta : Yoga Prabhakara Bhasya, MDNIY, New Delhi
- Swami Jnanananda : Philosophy of Yoga, Sri Ramakrishna Ashrama, Mysore.
- Swami Vivekananda : Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga Advaita Ashrama, Calcutta, 2000.
- Rajkumari Pandey : Bhartiya Yoga Prampara ke Vividha Ayama, Radha Publication Delhi, 1993
- Swami Vijnananada : Science of Yoga

PAPER – II: FOUNDATIONS AND PRACTICES OF HATHA YOGA

MARKS: 100 (80 + 20 Int.)

Time : 03 Hours

UNIT – I: FOUNDATIONS OF HATHAYOGA

1.1 Hatha Yoga: Its origin, history & development, Hath

Paper-III: BASICS OF HUMAN BIOLOGY

MARKS: 100 (80 + 20 Int.)

Time : 03 Hours

UNIT – I: INTRODUCTION TO HUMAN ANATOMY AND PHYSIOLOGY

- 1.1 Introduction to Human Anatomy; Introduction to Human Physiology; Basic Anatomical and Physiological terms
- 1.2 Basic structure and functions of Cell and Cellular organelles; Types of Tissues and functions; Body Organization
- 1.3 Composition of Blood; Structure and functions of RBC, WBC and Platelets
- 1.4 Concept of Homeostasis; Maintenance System; Defence System
- 1.5 Introduction to Sensory Physiology; Fundamental structure and Functions of the Eye, Ear, Nose, Tongue and Skin

UNIT – II: INTRODUCTION TO PHYSIOLOGICAL SYSTEMS OF HUMAN BODY

- 2.1 Skeletal System: Structure and functions of Skeleton; Classification of Bones and Joints (viz., wrist, elbow, shoulder, ankle, knee, hip and pelvic joints), Structure of Spine; Range of movements of each of these joints
- 2.2 Muscular System: Types of muscles; Structure and Functions of Skeletal, Cardiac and Smooth muscle
- 2.3 Respiratory System: Composition of Respiratory system; Structure and their functions, Lung Volumes and Capacities
- 2.4 Cardio-Vascular System: Functional anatomy of Heart, Heart Rate; Cardiac Cycle and Cardiac Output; Blood Pressure
- 2.5 Digestive System: Composition of Digestive System; Physiology of digestion; Peristalsis

UNIT-III: INTRODUCTION TO PHYSIOLOGICAL SYSTEMS OF HUMAN BODY & EXERCISE PHYSIOLOGY

- 3.1 Excretory System: Composition of Urinary System; Functions of Lungs, Skin and Sweat glands as excretory organs
- 3.2 Endocrine System: Location and Function (viz., Hypothalamus, Pituitary, Pineal, Thyroid, Parathyroid, Pancreas, Adrenal and gonads)
- 3.3 Reproductive System: Functional anatomy of male Reproductive System; Functional anatomy of female Reproductive System; Menstrual Cycle
- 3.4 Nervous System: Introduction to Central Nervous System (CNS), Major parts of the Brain; Spinal Cord and its functions; Introduction to Autonomic Nervous System (Sympathetic and Parasympathetic) and its functions
- 3.5 Basic understanding of Exercise Physiology, O₂ and CO₂ Transport; Oxygen Consumption; O₂ Debt.

Paper Setting :

- Unit – I : Attempt any one question out of two questions – 20 Marks
Unit – II : i. Attempt any one question out of two questions – 20 Marks
ii. Attempt any one brief notes out of two questions – 10 Marks
Unit – III : i. Attempt any one question out of two questions – 20 Marks
ii. Attempt any one brief notes out of two questions – 10 Marks

BOOKS FOR REFERENCE

- Gopal, Usha : Manav Sarir Rachna avam Kriya Vijnana, New Delhi
Sapra, Charu : Sports Publication, 2005
- Vijai Kumar : Manav Sharir Rachna aur Sharir Kriya Vijnana, J. P.
Brothers, New Delhi, 2004
- Shrinandan Bansal : Sharir Rachna Vijnana aur Sharir Kriya Vijnana, J. P.
Brothers, New Delhi, 2004
- Chatterjee, C.C. : Human Physiology (Vol.I & II), Medical Allied
Agency, Calcutta, 1992.
- Shirley Telles : A Glimpse of the Human body, V. K. Yogas,
Bangalore, 1995
- Sri Krishna : Notes on structure and functions of Human Body and

PAPER-IV: YOGA AND ALLIED SCIENCES

MARKS: 100 (80 + 20 Int.)

Time : 03 Hours

UNIT-I: FUNDAMENTALS OF AYURVEDA

- 1.1 General Introduction, Definition, History and Principles of Ayurveda
- 1.2 Concept, Role and Importance of – Dosha, Dhatu, Updhatu , Mala, Srotas, Indriya, Agni, Prana, Prakriti, Deha Prakriti, Manasa Prakriti
- 1.3 Concept, Role and Importance of –Swasthavrita, Dinacharya, Ritucharya, Sadvrita, Achararasayana
- 1.4 Elementary Knowledge and Concept of Health and Disease, Management of Common Diseases in Ayurveda
- 1.5 Relationship between Yoga and Ayurveda, Importance and utility of basic concepts of Ayurveda in Yoga Therapy

UNIT-II: FUNDAMENTALS OF NISARGOPACHAR (NATUROPATHY)

- 2.1 General introduction to Naturopathy, definition, history – Indian and Western; Fundamental Principles of Naturopathy
- 2.2 Inflammation and its different stages; Natural rejuvenation and vitality, how to acquire natural immunity in diseases; Importance of physical and mental hygiene
- 2.3 Hydrotherapy – general introduction and treatments; Upavasa (Fasting therapy), Mud therapy - general introduction and treatments
- 2.4 Diet Therapy, Massage - general introduction and massage techniques; Sun therapy - general introduction and treatments; and other drugless therapies
- 2.5 The diagnostic procedures of Naturopathy – Iris-diagnosis, Facial Diagnosis, Chromo Diagnosis and Spinal analysis; Naturopathy as system of health care and its role in prevention & management of diseases as well as promotion of h76 7132.312(b)90.988(d)11.4909(i)

3.1 Food, Nutrition and Health:

Health, Nutrients, Nutritional Status, Nutritional Balance, Malnutrition, Factors determining Food Acceptance, Functions of Food

3.2 Components of Food & their Classification:

Paper – V: PRACTICAL PAPER –I

PRACTICAL TRAINING IN YOGA - I (Elementary Yogic Practices)

MARKS: 100 (80 + 20 Int.)

Time : 03 Hours

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

1. YOGIC SUKSMA AND STHULA VYAYAMA, NABHI PAREEKSHA	- 40 MARKS
2. SURYA NAMASKARA AND YOGASANAS	- 40 MARKS
3. INTERNAL ASSESSMENT	- 20 MARKS
TOTAL	-100 MARKS

1. YOGIC SUKSMA AND STHULA VYAYAMA, NABHI PAREEKSHA **Marks: 40**

A. YOGIC SUKSMA VYAYAMA

1. Uccharana-sthala tatha Vishudha-chakra-shuddhi (for throat and voice)
2. Prarthana (Prayer)
3. Buddhi-tatha-Dhriti shakti-vikasaka (for developing will power)
4. Smarana shakti-vikasaka (for improving the memory)
5. Medha shakti-vikasaka (for improving the intellect and memory)
6. Netra shakti-vikasaka (for the eyes)
7. Kapola shakti-varhdhaka (for the cheeks)
8. Karna shakti-varhdhaka (for the ears)
9. Griva shakti-vikasaka (for the Neck) (i) (A & B)
10. Griva shakti-vikasaka (for the Neck) (ii) (A & B)
11. Griva shakti-vikasaka (for the Neck) (iii)
12. Skandha-tatha-bahu-mula shakti-vikasaka (for the shoulders)
13. Bhuja-bandha shakti-vikasaka
14. Kohini shakti-vikasaka
15. Bhuja-valli shakti-vikasaka
16. Purna-bhuja shakti-vikasaka (for the arms)
17. Mani-bandha shakti-vikasaka
18. Kara-prstha shakti-vikasaka
19. Kara-tala shakti-vikasaka
20. Anguli-mula shakti-vikasaka (for the fingers) (A & B)
21. Anguli- shakti-vikasaka (for the fingers) (A & B)
22. Vaksa-sthala shakti-vikasaka (for the chest) (i)
23. Vaksa-sthala shakti-vikasaka (for the chest) (ii)
24. Udara shakti-vikasaka (for the abdomen) (i)
25. Udara shakti-vikasaka (for the abdomen) (ii)
26. Udara sakti-vikasaka (for the abdomen) (iii)
27. Udara shakti-vikasaka (for the abdomen) (iv)
28. Udara shakti-vikasaka (for the abdomen) (v)
29. Udara shakti-vikasaka (for the abdomen) (vi)
30. Udara shakti-vikasaka (for the abdomen) (vii)
31. Udara shakti-vikasaka (for the abdomen) (viii)
32. Udara shakti-vikasaka (for the abdomen) (ix)
33. Udara shakti-vikasaka (for the abdomen) (1x) (A, B & C)

34. Kati shakti-vikasaka (for the waist) (i)
35. Kati shakti-vikasaka (for the waist) (ii)
36. Kati shakti-vikasaka (for the waist) (iii)
37. Kati shakti-vikasaka (for the waist) (iv)
38. Kati shakti-vikasaka (for the waist) (v)
39. Muladhara-chakra-suddhi (for the rectum)
40. Upastha tatha-svadhithana-chakra-suddhi (for the genital organs)
41. Kundalini shakti-vikasaka (for the kundalini)
42. Jangha shakti-vikasaka (for the thighs) (i) (A & B)
43. Jangha shakti-vikasaka (for the thighs) (ii) (A & B)
44. Janu shakti-vikasaka (for the knees)
45. Pindali shakti-vikasaka (for the calves)
46. Pada-mula shakti-vikasaka (A & B)
47. Gulpha-pada-pristha-pada-tala-shakti-vikasaka (for the ankles and the feet)
48. Padanguli shakti-vikasaka (for the toes)

B. YOGIC STHULA VYAYAMA

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BOOKS FOR REFERENCES

- Swami Dharendra Bhramachari : Yogasana Vijnana,
Dhirendra Yoga Publications, New Delhi, 1953
- Swami Dharendra Bhramachari : Yogic Sukshma Vyayama
Dhirendra Yoga Publications, New Delhi, 1953
- O.P. Tiwari : Asana Why and How?
Kaivalyadhama, Lonavla, 1991
- Swami Satyananda Saraswati : Surya Namaskar
Bihar School of Yoga, Munger, 1983
- Iyengar, B.K.S. : Light of Yoga,
Harper Collins Publishers, 2006

Paper – VI: PRACTICAL PAPER – II

PRACTICAL TRAINING IN YOGA - II
(Personal progress in Yoga Sadhana)

MARKS: 100 (80 + 20 Int.)

Time : 03 Hours

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

- Swami Rama : Science of Breath, The Himalayan
International Institute of Yoga Science
Pennselvenia, 1979
- Nagendra, H.R : The art and Science of Pranayama,
V.K. Yogas, Bangaore, 1993
- Lajpat Rai, Dr. : Discovering Human Potential Energy
Anubhava Rai Prof. Gurgaon, 1990
- Joshi, K.S. : Yogic Pranayama, Oriental paper back,
New Delhi 1990

SEMESTER – II

PAPER – VII: FOUNDATIONS OF YOGA – II

MARKS: MARKS: 100 (80 + 20 Int.)

Time : 03 Hours

UNIT – I: BRIEF SURVEY OF YOGIC TRADITIONS – III

- 1.1 **General Introduction to Non Vedic Schools of Philosophy:** Introduction to Jainism, Anekantavada (Syadvada), Concept of Tri-ratnas, Concept of Kayotsarga (Prekshadhyaana).
- 1.2 **Introduction to Buddhism:** Skandha-vada, Concept of Arya-satyas or Four Noble Truths, Arya-astangika-marga or Noble-eight-fold-path (Bouddha-yoga).
- 1.3 **Introduction to Sufism:** Meaning and Characteristic features of Sufism, Elements of Yoga in Sufism, Sufi Meditation Techniques.
- 1.4 **Yoga in Modern Times:** Yogic Traditions of Ramakrishna and Swami Vivekananda, Yoga of Maharishi Raman, Integral Yoga of Shri Aurobindo.
- 1.5 **Brief Introduction to Yoga Paramparas in Contemporary Times:** Yoga Parampara of Sri T. Krishnamacharya, Yoga Parampara of Swami Shivanada, Contribution of Sri Yogendraji, Swami Kuvalyananda, Swami Satyananda Saraswati, Swami Dhirendra Bhramhachary and Yogacharya B.K.S Iyenga01(p)0.871150.871153(a)-2.0301(a)0.871153(1(h)04(a)-99(t)

3.2 **Sthitaprajna:** Concept of Sthitaprajna in Bhagavadgita, S(S)3.7724((S)3.77249)(S)3.7724(eS)3.7724

- Unit – I : Attempt any one question out of two questions – 20 Marks
Unit – II : i. Attempt any one question out of two questions – 20 Marks
ii. Attempt any one brief notes out of two questions – 10 Marks
Unit – III : i. Attempt any one question out of two questions – 20 Marks
ii. Attempt any one brief notes out of two questions – 10 Marks

BOOKS FOR REFERENCE

- Swami Sri Omanandatirtha : Patanjala Yoga Pradeepa
Geeta Press, Gorakhpur, 1994
- Rukmini T.S. : Yoga Vartika of Vijnanbhikshu : (Tr.) Vol
I, II, III & IV, Munshiram Manoharlal Pvt.
Ltd. New Delhi
- Karambelkar, P.V : Patanjala Yoga Sutra SMYSamiti,
Kaivalyadham, Lonavala.
- Swami Anant Bharati : Patanjala Yoga Shastra- Eka Adhyayana
(Hindi) MDNIY, Delhi, 2007
- Swami Ved Bharati : Patanjala Yoga Sutra

- 3.3 **Dynamics of Behaviour:** Motivation: Definition and Nature, Innate and Acquired Motives, Maslow's Theory of Motivation, Emotion: Definition and Nature, Physiological Changes during Emotion, Emotional Intelligence (EI): Definition and Nature, Skills required for EI
- 3.4 **Mental Health:** Mental Health: Meaning and Importance, Symptoms and Causes of Abnormal Behaviour, Adaptive and Maladaptive Behaviour
- 3.5 **Yoga and Mental Health:** Mental Health: A Yogic Perspective, Concepts of Mental Health in Patanjala Yoga Sutra and Bhagwadgita, Spiritual Growth: It's Need for Mental Health.

Paper Setting :

PAPER- X: APPLIED YOGA

MARKS: MARKS: 100 (80 + 20 Int.)

Time : 03 Hours

UNIT-I: YOGA AND EDUCATION

- 1.1 **Education:** Its meaning definitions and goal, Role & importance of education in human excellence.
- 1.2 **Yoga as Education:** Salient textures of Yoga Education, factors of Yoga Education: teacher, student and teaching, Guru-shishya parampara and its importance in Yoga Education.
- 1.3 **Value Education**

- 3.4 **Stress and Adjustment:** Adjustment: A Way to Happiness, Forms of Stress: Conflict, Frustration and Pressures, Coping with Stress: Direct Ways and Indirect Ways (Defence Mechanisms) of Adjustment.
- 3.5 **Yoga and Stress Management:** Concepts and Techniques of Stress Management in Ashtangayoga of Patanjali and Bhagwadgeeta, Specific Practices for Stress Management: Breath Awareness, Shavasana, Yoganidra, Pranayama and Meditation, Impact of Yogic Life Style on Stress Management.

Paper Setting :

- Unit – I : Attempt any one question out of two questions – 20 Marks
- Unit – II : i. Attempt any one question out of two questions – 20 Marks
ii. Attempt any one brief notes out of two questions – 10 Marks
- Unit – III : i. Attempt any one question out of two questions – 20 Marks
ii. Attempt any one brief notes out of two questions – 10 Marks

Books for Reference

C. T. Morgan, R.A. King, J. R. Weisz &
J. Schopler

Introduction to Psychology
Tata McGraw Hill Publishing Co. Ltd.,

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Paper – XI: PRACTICAL PAPER -I
PRACTICAL TRAINING IN YOGA
(Advance Yogic Practices)

MARKS: MARKS: 100 (80 + 20 Int.)

Time : 03 Hours

- (A) It is compulsory to practice all the Yoga Practices mentioned in the first Semester Syllabus and it will be ask in the examinations.
- (B) The following Yoga practices with brief theoretical knowledge about their importance of name, the technique, salient features, precautions to be taken and the benefits are to be learnt.

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|---|-------------------|
| 1. SHATKARMA, BANDHA & MUDRA | - 25 MARKS |
| 2. YOGASANA | - 30MARKS |
| 3. PRANAYAMA & MEDITATION | - 25MARKS |
| 4. | |

BOOKS FOR REFERENCE

- Swami Dharendra Brahmachari : Yogic Sukshma Vyayama
Dhirendra Publications, Delhi.
- Swami Dharendra Brahmachari : Yogasana Vijnana
Aparna Ashram Publications, 1982
- Swami Satyananda Saraswati : Asana, Pranayama, Mudra, Bandha
Bihar School of Yoga, Munger, 1989
- Iyengar B.K.S. : Light on Yoga
V.K.Yogas, Bangalore, 1989
- Nagendra, H.R. : The art and Science of Pranayama,
V.K. Yogas, Bangaore, 1993

