

# POST GRADUATE DIPLOMA IN YOGA (PGDY)

## Preamble

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

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

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

### I. Title of the course

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

### II. Aim of the course

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

### III. Objectives of the course

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

### IV. Duration

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

### V. Eligibility

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

## VI. Scheme of Teaching and Examination

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

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

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

## VII. PROGRAMME DETAILS

Subject Title: **FOUNDATION OF YOGA**

Subject Code: **PGDY-CT101**

Objectives:

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

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

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

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

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

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

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

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

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

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

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

### **TEXT BOOK**

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

### **BOOKS FOR REFERENCE**

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

Subject Title: **HATHA YOGA**

Subject Code: **PGDY -CT102**

Objectives:

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

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

**Unit-1: HATHA YOGA ITS PHILOSOPHY AND PRACTICES**

**[15 Hrs.]**

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

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

**[15 Hrs.]**

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

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

**[15 Hrs.]**

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

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

**[15 Hrs.]**

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

**TEXT BOOKS**

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

**BOOKS FOR REFERENCE:**

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

**Subject Title: HUMAN ANATOMY & PHYSIOLOGY**

**Subject Code: PGDY-CT103**

**Objectives:**

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

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

**Unit-1: INTRODUCTION TO HUMAN ANATOMY AND PHYSIOLOGY,**

**DIGESTIVE AND EXCRETORY SYSTEM**

**[15 Hrs.]**

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

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

**[15 Hrs.]**

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

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

**LYMPHATIC SYSTEM**

**[15 Hrs.]**

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

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

**[15 Hrs.]**

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

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

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

**[15 Hrs.]**

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

#### **TEXT BOOK**

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

#### **REFERENCE BOOKS**

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

**Subject Title: YOGIC LIFE STYLE**

**Subject Code: PGDY -CT104**

**Objectives:**

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

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

### **Unit - 1: CONCEPT OF BODY, HEALTH AND DISEASE**

**[15 Hrs.]**

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

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

#### **TO PATANJALI**

**[15 Hrs.]**

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

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

**[15 Hrs.]**

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

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

**[15 Hrs.]**

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

### **TEXT BOOK**

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

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

## REFERENCE BOOKS:

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

Subject Title: **YOGA PRACTICUM - I**

Subject Code: **PGDY-PC105**

Objectives:

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

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

### Unit- 1. SHAT KARMAS

[30 Hrs.]

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

### Unit-2. YOGASANAS

[90 Hrs.]

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

## TEXT BOOKS

## REFERENCE BOOKS

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

Subject Title: **YOGA PRACTICUM-II**

Subject Code: **PGDY-CP106**

Objectives:

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

<b>Total Number of Hours: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		0	0	2
Hours/ week		0	0	4
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
NA	NA	70	30	

**Unit- 1: PRANAYAMA**

**[15 Hrs.]**

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

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

**[30 Hrs.]**

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

**Unit- 3: BANDHA AND MUDRAS**

**[15 Hrs]**

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

**TEXT BOOKS**

**REFERENCE BOOKS**

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

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

Subject Title: **ASSIGNMENTS & SELF APPRAISALS**

Subject Code: **PGDY-FW107**

Objectives:

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

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

**Unit-1: TEACHING PRACTICE**

**[90 Hrs]**

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

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

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

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

**Unit-2: VIVA-VOCE**

[30Hrs]

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

## SEMESTER-II

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

Subject Code: **PGDY -CT201**

Objectives:

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

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

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

[15 Hrs]

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

### UNIT - 2: ESSENCE OF UPANISHADS-2

[15 Hrs]

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

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

[15 Hrs]

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

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

[15 Hrs]

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

### TEXT BOOKS

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

### REFERENCE BOOKS

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

Subject Title: **PATANJALA YOGA DARSHANA**

Subject Code: **PGDY -CT202**

Objectives:

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

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

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

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

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

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

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

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

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

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

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

**[10 Hrs]**

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

**TEXT BOOKS:**

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

**REFERENCE BOOKS:**

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

Subject Title: **APPLIED YOGA**

Subject Code: **PGDY - CT203**

Objectives:

- i. To give an overview of the applications of yoga
- ii. To teach the concept of yoga and psychology
- iii. To teach the concept of yoga and personality development
- iv. To teach the concept of yoga and stress management
- v. To teach the concept of yoga and sports

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

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

**[15 Hrs]**

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

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

**[15 Hrs]**

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

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

**[15 Hrs]**

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

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

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

**TEXT BOOKS:**

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

**REFERENCE BOOKS:**

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

## Subject Title: **METHODS OF TEACHING YOGA AND VALUE EDUCATION**

Subject Code: **PGDY -CT204**

### Objectives:

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

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

### **Unit 1: PRINCIPLES AND METHODS OF TEACHING YOGA**

**[15 Hrs]**

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

### **Unit 2: BASICS OF YOGA CLASS MANAGEMENT**

**[15 Hrs]**

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

### **Unit 3: LESSON PLANNING IN YOGA**

**[15 Hrs]**

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

### **Unit 4: EDUCATIONAL TOOLS OF YOGA TEACHING**

**[15 Hrs]**

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

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

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

**TEXT BOOKS**

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

**BOOKS FOR REFERENCE**

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

Subject Title: **YOGA PRACTICUM - III**

Subject Code: PGDY - CP 205

Objectives:

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

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

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

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

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

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

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

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

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

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

**TEXT BOOKS**

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

Subject Title: **YOGA PRACTICUM - IV**

Subject Code: **PGDYS - CP206**

Objectives:

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

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

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

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

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

Vipasana Meditation; Preksha Meditation

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

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

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

Yoga Nidra (BSY)

**TEXT BOOK:**

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

**REFERENCE BOOKS:**

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

Subject Title: **TEACHING PRACTICE**

Subject Code: **PGDYS -FW207**

**Objectives:**

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

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

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

