

## GUIDELINES AND SYLLABUS FOR PG DIPLOMA COURSE IN YOGA EDUCATION (PGDYEd)

### 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.

**1. Name of the Course:** PG Diploma Course in Yoga Education(PGDYEd)

**2. Duration:** The minimum duration of the course will be for CYED (Six months/One Semester) & DYEd (One year/Two Semester).

**3. Objectives:** The course aims at

- Promoting positive health, prevention of stress related health problems and rehabilitation through Yoga.
- Integral approach of Yoga Therapy to common ailments.
- Imparting skills in them to introduce Yoga for health to general public and Yoga for total personality development of students in Colleges and Universities.
- Invoke scientific attitude and team spirit to channelise their energies into creative and constructive endeavours.
- To enable them to establish Yoga centers in the service of common man.

**4. Syllabus:** The syllabus is made to fulfil these objectives containing theory papers, practical research and project work with clinical experience. 'PG Diploma Course in Yoga Education' consists of the following evaluation schedule.

- Theory 8 Papers: DCC- 04, DSE- 04 (100 marks each)
- Practical 2 Papers I & II: DCC-02 (200 marks each)
- Total Marks 1000

**5. Examination, Evaluation & Grading:** Scheme of examination, Evaluation & Grading will be as per the university Faculties approved post graduate programs based on Semester and Choice Based Credit System on NEP 2020 will be applicable.

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

**Note:** **CYEd:** Certificate in Yoga Education, **DYEd:** Diploma in Yoga Education, **DCC:** Discipline Centric Core, **DSE:** Discipline Specific Elective.

**Choice Based Credit System on NEP 2020 Learning Outcomes based Curriculum Framework  
(LOCF) for Yoga Post Graduate (CYEd/DYEd) Programme – 2023**

Level	Course Nature	Course Code	Course	Marks	Credit	No of Teaching Hours/ Week	Evaluation
L6 I-Sem	Discipline Centric Core	CYE8001T	<b>Foundations of Yoga</b>	100	04	04	Term-end Theory External Examination-70 Marks Term-end Internal Evaluation Written Test, Quiz, Assignment, Seminar on related Subject/Topic (paper presentation) & Attendance Evaluation-30 Marks
		CYE8002T	<b>Principles and Practices of Yoga in Traditional Texts</b>	100	04	04	-do-
		CYE8001P	<b>Practical-I</b> A. Prayer & Selected Asanas B. Pranayamas C. Bandhas	50 30 20	04	04	Term-end Practical External & Internal Examination-70Marks Term-end Practical Internal Skill/Lab Test, Project Work & Attendance Evaluation-30 Mark(10Marks each A,B & C)
	Discipline Specific Elective (Select Any Two)	CYE8101T	<b>Allied Science</b>	100	04	04	Term-end Theory External Examination-70 Marks Term-end Internal Evaluation Written Test, Quiz, Assignment, Seminar on related Subject/Topic (paper presentation) & Attendance Evaluation-30 Marks
		CYE8102T	<b>Biomechanics and Kinesiology</b>	100	04	04	-do-
		CYE8103T	<b>Management of Stress in Yoga Therapy</b>	100	04	04	-do-
L6 II-Sem	Discipline Centric Core	DYE8003T	<b>Applied Yoga</b>	100	04	04	Term-end Theory External Examination-70 Marks Term-end Internal Evaluation Written Test, Quiz, Assignment, Seminar on related Subject/Topic (paper presentation) & Attendance Evaluation-30 Marks
		DYE8004T	<b>Human Anatomy and Physiology</b>	100	04	04	-do-
		DYE8002P	<b>Practical-II</b> A. Selected Kriyas B. Meditation C. Mudras	50 30 20	04	04	Term-end Practical External& Internal Examination-70Marks Term-end Practical Internal Skill/Lab Test, Project Work & Attendance Evaluation-30 Marks(10Marks each A,B & C)
	Discipline Specific Elective (Select Any Two)	DYE8104T	<b>Methods of Teaching Yoga and Value Education</b>	100	04	04	Term-end Theory External Examination-70 Marks Term-end Internal Evaluation Written Test, Quiz, Assignment, Seminar on related Subject/Topic (paper presentation) & Attendance Evaluation-30 Marks
		DYE8105T	<b>Basis of Yoga Therapy</b>	100	04	04	-do-
		DYE8106T	<b>Health Psychology and Counselling</b>	100	04	04	-do-

**Semester-I**  
**CYE8001T: FOUNDATIONS OF YOGA**

**Credit:04**  
**Max.Marks:100**  
**Sessional Marks:30**  
**End Semester Exam Marks:70**

**Learning Objectives**

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

**Unit-I: History:**

Origin and General history and Development of Yoga (Pre Vedic to contemporary Period)  
Definitions of Yoga in different Yoga texts, Aim, Objectives and Misconceptions about Yoga,  
True Nature and Principles of Yoga.

**Unit-II:Darshana:**

Meaning and Objectives of Darshana; Branches of Indian Philosophy; Nature of Yoga in Bharatiya Darshana(Indian Philosophy); Salient Features of Shad Drashana; Distinction between Indian Philosophy and Western Philosophy. Essence of Samkhya Yoga and Vedanta Darshana; General introduction to Nastika Darshana and their Practices.

**Unit-III: Yoga in Contemporary Times:**

Knowledge of Yoga Parmparas(lineages) of contemporary times; Yoga Parmpara of Yogacharya Sri T. Krishnamacharya, Swami Rama of Himalayas, Maharshi Mahesh Yogi, Swami Dharendra Brahmachari and their contributions for the development and promotion of Yoga.

**Unit-IV: Yoga in Modern times:**

Yoga Traditions of Sri Ramakrishna an Swami Vivekananda, Integral Yoga of Shri Aurbindo, Yoga of Maharishi Raman and Swami Dayanand Saraswati, Yoga Paramparas from modern to contemporary times, contribution of different Yoga guru in the development of Yoga.

**Unit-V: Schools of Yoga:**

Introduction to Schools(Streams) of Yoga.

Yoga Schools with Vedanta Tradition (Jnana, Bhakti, Karma, and Dhyana)

Yoga Schools with Samkhya Yoga Tradition (Patanjali Yoga)

Yoga Schools with Tantric Tradition (Hath Yoga, Swara Yoga and Mantra Yoga)

**References:**

Rajayoga- Swami Vivekananda - Ramakrishna Ashrama Publications.

Hathayoga Pradipika of Swatmarama- Kaivalyadhama, Lonavala

The Science of Yoga- Taimini- Theosophical Publishing House, Adyar, Madras.

Yogasutras of Patanjali- Hariharananda Aranya, University of Calcutta Press, Calcutta.

Patanjal Yoga Pradeepa Omananda Tirtha- Geeta Press, Gorakhpur.

Gherandasamhita- Bihar School of Yoga, Munger, Bihar.

Shivayogadipika- Sadashivabrahmendra, Ananda Ashramagranthavali, Choukhamba Press.

Yoga Darshan: Swami Niranjanananda-Sri Panchadashanam Paramahansa Alakh Bara, Deoghar.

Four chapters on Freedom (commentary on the Yoga sutras of Patanjali), Swami Satyananda(1983), Bihar School of Yoga, Munger.

**Semester-I****CYE8002T: PRINCIPLES AND PRACTICES OF YOGA IN TRADITIONAL TEXTS****Credit:04****Max.Marks:100****Sessional Marks:30****End Semester Exam Marks:70****Learning Objectives**

- To teach an overview of the Yogopanishads and Sanskrit
- To teach the essence of the Patanjali Yoga Sutras
- To give an introduction of Hatha yoga
- To give an understanding of the Yoga Vasishtha

**Unit-I: Yogopanishads:**

Principle Upanishads: Introduction to Upanishads, Essence of Principle Upanishads;Yogatattva in Principle Upanishads, Concept of Panchkosha, Tri-sharir, Omkara Upasana; Ashtanga Yoga in Principle Upanishad.

Yogopanishads : Introduction to Yogopanishads ; Essence of Yogopanishads

**Unit-II: Basics of Sanskrit:**

Sanskrit words-classification of Sanskrit words; Subantas - Ajantha and Halanta words, genders, vachanas, cases of subanta words. Declaration of the following words in cases- Rama, Hari, Guru, Pitri, LataMati, Dhenu, Phalam, Vari, Gau, Marut, Vidvas, Rajanetc., Asmad, Yusmad, Tad, Kim etc.

Kriyapada in Sanskrit - Classification, Lakaras, Purusas, Vachanas. Declaration of the following root words in Lat, Lan, Lrt, Lot and Vidhi Lin - Bhru, Khad, Vad, Dhya, Path, Sev, Kshi, Prachchh, Tush, Kath, Chint, Ad, As, Jagri, Bha, Kri.

**Unit-III: Patanjali Yoga Sutra:**

Introduction to Patanjali Yoga Darshana, Concept of, chitta-vritti, chitta-vritti-nirodhopaya, concept of Ishwar and its relevance in Yogasadhana, Qualities of Ishwar, Ishwaraparidhana. Chitta Vikshepas(Antarayas) and concept of chitta-prasadanam, Relevance of Chittaprasadanam in Yoga Sadhana. Types and nature of Samadhi in Yoga Sutra, Ritambharaprajna and Adhyatmaprasada; Difference between Samapatti and Samadhi.

Kriya Yoga of Patanjali, Concept of Kleshas, Heya, Hetu, Haana and Hanopaya, Viveka-khyati; Significance of each limb of Ashtanga Yoga.

Concept of Vibhritis, Ashtha Siddhis and their relevance in Yoga Sadhana, concept of Parinamas and their relevance in Yoga Sadhana, Essence of Kaivalya in Yoga Sutras of Patanjali.

**Unit-IV: Hatha Yoga:**

Shatkarma: Knowledge of shatkarma their Techniques benefits, precautions and contraindications mentioned in different Hatha Yogic Texts; Application and relevance of shatkarma in modern Days; Yogasana: Knowledge of Yogasana, their Techniques, benefits, precautions and contraindications mentioned in different Hatha Yogic Texts; Application and relevance of Yogasana in modern Days;

Pranayama: Knowledge of Pranayama, their Techniques, benefits, precautions and contraindications mentioned in different Hatha Yogic Texts; Application and relevance of Pranayama in modern Days.

Bandha & Mudra: Knowledge of Bandha & Mudra their Techniques, benefits.

Concept of Pratyahara, Dharana, Dhyana and Samadhi in different Hatha Yoga Texts. Concept and importance of Nada and Nadanusandhana in Hatha Pradeepika, Four stages of Nadanusandhana; Relationship between Hatha Yoga and Raja Yoga.

**Unit-V: Yoga Vasishtha:**

Introduction and Highlights of Yoga Vasishtha, Definitions of Yoga and their relevance. Concept of Mind: World is the projection of Mind; Manah Prashamanahupayah Yoga: Mind control through abhyasa(practice) and vairagya (detachment).

Prana and Pranayama: Control of breathing; the story of Kakabhushanda, Understanding of the Concept of Adhi and Vyadhi;

Concept of Samadhi and Moksha: Good Association; Self Enquiry; Development of Satvaguna (Good virtues), Eight Limbs of Meditation.

**References:**

Rajayoga - Swami Vivekananda - Ramakrishna Ashrama Publications.

HathayogaPradipika of Swatmarama - Kaivalyadhama, Lonavala

The Science of Yoga - Taimini - Theosophical Publishing House, Adyar, Madras.

Yogasutras of Patanjali - HariharanandaAranya, University of Calcutta Press, Calcutta.

Patanjal Yoga PradeepaOmanandaTirtha- GeetaPress, Gorakhpur.

Gherandasamhita- Bihar School of Yoga, Munger, Bihar.

Shivayogadipika - Sadashivabrahmendra, AnandaAshramagranthavali, Choukhamba Press.

Yoga Darshan : Swami Niranjanananda-Sri PanchadashanamParamahansaAlakh Bara, Deoghar.

Four chapters on Freedom (commentary on the Yoga sutras of Patanjali), Swami Satyananda(1983), Bihar School of Yoga, Munger.

**Semester-I**  
**CYE8001P: PRACTICALS-I**

**Credit:04**  
**Max.Marks:100**  
**Sessional Marks:30**  
**End Semester Exam Marks:70**

**Learning Objectives**

- To introduce a regular and rigorous practice (sadhana) of yoga practices.
- General Yoga practices of Shatkarmas, Asanas, Suryanamaskar, Breathing practices and Pranayama.

**Demonstration Skills**

- **(A) Prayer:** Concept of Pranav and hymns, Recitation of Pranav and Sohamjapa, Selected universal prayers & invocations and Nishpatti Bhava.
- **(A) SukshmaVyayama, SthulaVyayama&Suryanamaskar:**  
Ucharan-sthal-Tathtavishudhichakrashudhi, Budhitathadritishakivikasaka, Medhashaktivikasaka, Kapolshaktivikasaka, Grivashaktivikasak, Vakshasthalshaktivikasaka(I & ii), Katishaktivikasaka (i,ii,iv,v), Janghaskativikasaka(i,ii), Pindalishkativikasaka, Hridgati and sarvangpushti, Yogic Surya Namaskar of BSY, Swami DhirendraBrahmachari and its Variations.
- **(A) Yogasana (yogic postures)**  
Standing Postures: Tadasana, Ardhakatichakrasana, Hastapadasana, Ardhachakrasana, Trikonasana, Parivrittatrikonasana, Parsvakanasana, Veersana,  
Sitting postures: Paschimottanasana, Suptavajrasana, Ardhamatsyendrasana, Vakrasana, Marichasana, Malasana, Badhakanasana, Merudandasana, Akarnadhanurasana, Gumukhasana,  
Prone postures: Bhujang asana, Salabhasana, Dhanurasana, Urdhvamukhosvanasana, Makarasana,  
Supine postures: Halasana, Chakrasana, Sarvangasana, Matsyasana, Shavasana, Setubandhasana,  
Balancing postures: Vrikshasana, Garudasana, Namaskarasana, Tittibhasana, Natrajasana.
- **(B) Pranayama Knowledge and Demonstration ability to perform following practices and Pranyama(with Antar & Bahya Kumbhaka):** Breath awareness, Sectional breathing, Nadishodhan Pranayama, Bhastrika Pranayama, Ujjai Pranayama, SuryaBhedi and Chandrabhedi Pranayama, Sitali Pranayama, Sitkari Pranayama, Bhramari Pranayama (with Antar & BahyaKumbhaka).
- **(C) Bandhas:** Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha,

**Semester-I**  
**DYE8001T: ALLIED SCIENCE**

**Credit:04**  
**Max.Marks:100**  
**Sessional Marks:30**  
**End Semester Exam Marks:70**

**Learning Objectives:**

- to learn and understand about the yoga associated/related sciences.
- to learn and know about various trend and prospective of yoga.
- to learn and chose the area of specialization for higher studies & profession.

**Unit-I: Yoga and Ayurveda:**

Meaning, definition, Aim and Objectives of Ayurveda; Basic Principles of Ayurveda Tridosha, Triguna, Saptadhatu, trimala, Pancha Mahabhuta, Prakruti and Manas; Concept of Health and Disease according to Ayurveda, Relationship between Ayurveda and Yoga.

**Unit-II: Yoga and Naturopathy:**

Definition of Nature Cure; Fundamentals and Principles of Naturopathy; Arogya Rakshaka Panchatantras and their importance in maintaining good health and prevention of Disease; significance of Physical and Mental Hygiene in Personal Life and Prevention of Diseases.

Importance of Detoxification in Naturopathy. Relationship between Yoga and Nisargopachar; Role of Yoga and Nisargopachar in the management of life style related Disorders. Concept of Health and Disease in Indian Systems of Medicine Naturopathy.

**Unit-III: Health & Well Being:**

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.

Heyamdukhamanagatam; Potential causes of Ill-health: Tapatrayas and Kleshas, Physical and Physiological manifestation of Disease (Vyadhi, Alasya, Angamejayatva and Ssvasa-prashvasa); Role of Yoga in preventive health care.

Yogic Principles of Healthy Living: Ahara, Vihara, Achara and Vichara; Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living, Concept of Bhavas and Bhavanas with its relevance in Health and wellbeing.

**Unit-IV: Nutrition & related Biochemistry:**

**Nutrition:** Nutrients, proximate principles of diet-their importance. Carbohydrates: Monosaccharides, polysaccharides. Proteins- Importance of proteins in biological system- Essential and non-essential amino acids- biological value. Lipids- triglycerides - essential fatty acids Calorimetry- Energy requirement and its calculation, Energy aspects of diet and their distribution, Balanced diet. Minerals- Calcium, iron, other trace elements in human nutrition. Vitamins- Fat soluble and water soluble vitamins- Physiological role-requirement and source signs of deficiency.

**Enzymes:** Definitions, specificity, inhibitors and activators.

**Unit-V: Principles of Astrology:**

Basics of Indian Astronomy and Astrologically good and favourable dates and time under particular sign and constellations for administration of Herbal medicine and Natural treatments. This may be a part of study as project to find the specific dates and time under particular sign and constellation in which the medicine and the treatment is more potent and effective.

**References:**

- Rajayoga - Swami Vivekananda - Ramakrishna Ashrama Publications.  
Hathayoga Pradipika of Swatmarama - Kaivalyadhama, Lonavala  
The Science of Yoga- Taimini - Theosophical Publishing House, Adyar, Madras.  
Yogasutras of Patanjali- Hariharananda Aranya, University of Calcutta Press, Calcutta.  
Patanjal Yoga Pradeepa Omananda Tirtha- Geeta Press, Gorakhpur.  
Gherandasamhita- Bihar School of Yoga, Munger, Bihar.  
Shivayogadipika- Sadashivabrahmendra, AnandaAshramagranthavali, Choukhamba Press.  
Yoga Darshan:Swami Niranjanananda-Sri Panchadashanam Paramahansa Alakh Bara, Deoghar.  
Four chapters on Freedom(commentary on the Yoga sutras of Patanjali),Swami Satyananda(1983), Bihar School of Yoga, Munger.

**Semester-I**  
**DYE8102T: BIOMECHANICS AND KINESIOLOGY**

**Credit:04**  
**Max.Marks:100**  
**Sessional Marks:30**  
**End Semester Exam Marks:70**

**Learning Objectives**

- Helping learners to realize biomechanics importance to yoga practice.
- To learn general biomechanics concepts and principles that influence human movement.
- Illustrate the use of these general biomechanical concepts in the professional skill for the diagnosis of the movement during yoga practices.

**UNIT I – Introduction to Kinesiology and Yoga Biomechanics**

Meaning, nature, role and scope of Applied kinesiology and Yoga Biomechanics. Meaning of Axis and Planes, Dynamics, Kinematics, Kinetics, Statics Centre of gravity -Line of gravity, plane of the body and axis of motion, Vectors and Scalars. Importance of Kinesiology and Biomechanics for Yoga

**Unit II: Fundamental Concept**

Fundamental concepts of following terms – Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity; Fundamental movements at various joints; Fundamental concepts of the following terms – Angle of Pull, All or None Law, Reciprocal Innervations and inhibition; Stretch and postural reflex during the practice of Yoga postures; Force – Meaning, definition, types and its application to various Yoga postures; Lever – Meaning, definition, types and its application to human body.

**UNIT III – Motion and Force**

Meaning and definition of Motion. Types of Motion: Linear motion, angular motion, circular motion, uniform motion. Principles related to the law of Inertia, Law of acceleration, and law of counter force. Meaning and definition of force- Sources of force -Force components .Force applied at an angle - pressure -friction -Buoyancy, Spin - Centripetal force - Centrifugal force.

**UNIT II – Muscle Action**

Origin, Insertion and action of muscles: Pectoralis major and minor, Deltoid, Biceps, Triceps (Anterior and Posterior), Trapezius, serratus, Sartorius, Rectus femoris, Abdominis, Quadriceps, Hamstring, Gastrocnemius.

**UNIT V – Movement Analysis**

Analysis of Movement: Types of analysis: Kinesiological, Biomechanical. Cinematographic.Methods of analysis – Qualitative, Quantitative, Predictive.

**Text Books**

Hay, J.G. and Reid, J.G.: Anatomy, mechanics and human motion. Englewood Cliffs, N.J.: prentice Hall Inc. 1988.  
 Knudson, D.: Fundamentals of biomechanics. New York, NY: Springer, 2007

**Reference**

McGinnis, P.: Biomechanics of sport and exercise. Champaign, IL: Human Kinetics, 2013  
 Franc Bell: Principles of Mechanics and Biomechanics, Stanley Thornes Publications, 1998  
 Iwan W. Griffiths, Principles of Biomechanics & Motion Analysis, Published by Lippincott Williams & Wilkins, 2006

**Semester-I****DYE8103T: MANAGEMENT OF STRESS IN YOGA THERAPY****Credit:04****Max.Marks:100****Sessional Marks:30****End Semester Exam Marks:70****Learning Objectives**

- Defining stress, eustress, and distress and stress management.
- Identifying positive and negative stimuli and stressors that initiate a reaction/response and monitoring sign and symptoms of stress
- Listing and utilizing primary techniques used as a form of stress management.

**Unit –I: Stress**

An overview, concept of stress, types of stress: distress and eustress and stages of distress and its consequences; Shirley's general adaptation syndrome; fight and flight response during stress, stress reactions, factors that affect our stress, Psychosocial causes of stress' Stress assessments: Biochemical assessment of stress, neuro physiological assessments of stress, subjective assessments of stress, Perceived stress scale, depression, anxiety stress scale, distress scale, general health questionnaire, stress inventory

**Unit – II: Occupational stress**

Causes of occupational stress, Symptoms of Occupational stress, Good and bad stress, Acute stress, chronic stress and episodic stress, Stress response; Work related problems during stress, family related problems; Strategies to cope up stress

**Unit – III: Mechanism of Stress:**

Impact of stress in human body: Effect of stress in digestive system, cardio-vascular system, respiratory system, reproductive system, endocrine system, muscular system, nervous system, suppression of immune system, Effects of stress hormones

**Unit – IV: Stress management:**

Stress monitoring, checking the diet, regular exercise, time for meditation and Yoga, Interpersonal relationship; Integrated approach of management of

Stress: at the body, mind, intellect, social and spiritual plane of handling the stress

**Unit-V: Psychological and Psychiatric Disorders:** Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Neurosis - Anxiety; Depression; panic attacks, specific phobias, OCD; Psychosis- Schizophrenia; bipolar; Addictions – rehab for alcoholism, drug addicts; Mental deficiency, CP; ADHD; Autism spectrum disorder.

**References:**

George Fink (2019). Stress: Physiology, Biochemistry, and Pathology (1<sup>st</sup> edition), ISBN: 0128131462, Kindle Academic Press Publisher

Sarvesh Gulati (2017). Art of Stress management (1st edition),B01N8TD9OC,Rupa Publications India

H R Nagendra and R Nagarathna (2008). Perspective of Stress and its Management (2nd edition),Swami Vivekananda Yoga Publication Trust, Bangalore, India



**Semester-II**  
**DYE8003T: APPLIED YOGA**

**Credit:04**  
**Max.Marks:100**  
**Sessional Marks:30**  
**End Semester Exam Marks:70**

**Learning Objectives:**

- To give an overview of the applications of yoga
- To teach the concept of yoga and psychology
- To teach the concept of yoga and personality development
- To teach the concept of yoga and stress management
- To teach the concept of yoga and sports

**UNIT - 1: Yoga for Stress Management**

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 Mandukyakarika- Relaxation and stimulation combined as the core for stress management; Stress Management through Patanjali Yoga and Bhagavad Gita.

**UNIT - II: Yoga for Personality Development**

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 III: Practices for Creativity and IQ:** 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 -IV: Yoga for Sports**

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 - V: Yoga for Children's With Special Needs**

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:**

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

**Reference Books:**

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

**Semester-II**  
**CYE8004T: HUMAN ANATOMY AND PHYSIOLOGY**

**Credit:04**  
**Max.Marks:100**  
**Sessional Marks:30**  
**End Semester Exam Marks:70**

**Learning Objectives**

- To give a basic understanding of the human anatomy
- To give a basic understanding of the human physiology
- To give a deeper understanding of the human systems

**Unit-1: Introduction to Human Anatomy and Physiology, Digestive and Excretory System:**

Introduction to Human Anatomy and Physiology, Cell: Structure & Functions, Tissues and Organization of human system; 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-II: Musculo-Skeletal System**

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

**Unit-III: Cardiovascular System, Respiratory System, Blood and Lymphatic System**

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

**Unit-IV: Nervous System & Special Senses, Endocrine System**

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 para sympathetic]; Functional anatomy and physiology of Eyes, ears, nose, tongue and skin; Anatomical structure of important endocrine glands(Pituitary, thyroid, parathyroid, pancreas, adrenal and gonads).

**Unit V: Reproductive System**

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

**Text Book**

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

**References**

- Gore, M.M.: Anatomy and Physiology of Yogic practices (Kanchan Prakshan, Lonavala, 2003)  
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)  
Peter L Williams & Roger Warwick: Gray's Anatomy (Churchill Livingstone, Edinburgh London, 1988)  
Chatterjee, C.C.: Human Physiology(Vol. I & II) (Medical Allied Agency, Calcutta, 1992)  
Chaurasia B.D Human Anatomy-Upper Limb & Thorax, Lower Limb Abdomen & Pelvis Head-Neck Brain(Vol.1-3)CBS Publishers & Distributors Pvt.Ltd.  
Cunningham's R&G.J.Romanes Manual of Practical Anatomy.Upper Lower Limbs, Head, Brain,Thorax & Abd.(Vol.1-3) OUP Oxford Publication.  
Guyton,A.C.(1976).Text book of Medical Physiology. Philadelphia: W.B. Sanders co.  
Jain A K: Text book of Physiology: Avichal Publication Company

**Semester-II**  
**DYE8002P: PRACTICALS II:**

**Credit:04**  
**Max.Marks:100**  
**Sessional Marks:30**  
**End Semester Exam Marks:70**

**Learning Objectives:**

- To help maintain the yoga practice or Sadhana
- To teach yoga modules specific to Physical Stamina, Voice Culture, Eye sight,
- Memory, Concentration, Creativity, IQ, Anger Management.
- To get the practical experience and training to teach Advance Yoga techniques

**Demonstration Skills**

- **(A) Shatkarmas:** Dhauti(Kunjla and Vastradhauti, Neti(Sutra and Jala), Kapalbhathi(Vatkrama, Vyutkarma and Sheetkrama), Nauli, Trataka, Laghoo and Poornasankhaprakshalana.
- **(B) Meditation:** Practices leading to Meditation: Pranav and SohamJapa, Yoga Nidra, Antarmauna, Practices leading to Breath Meditation, Practices leading to Om Meditation, Practices leading to Vipassana Meditation.  
Traditional Meditation Techniques  
Trataka: Bahiranga and Antaranga  
Ajapajapa Dharana,  
Antarmauna  
Akashadharanas: Chidakasha, Hridayakasha, Daharakasha.  
Transcendental Meditation  
Preksha Dhyana  
Avarthana Dhyana etc.
- **(C) Mudras:** Yoga Mudra, Maha Mudra, Shanmukhi Mudra, shambhavi mudra, Vipareet Karni Mudra

**Semester-II****DYE8104T: METHODS OF TEACHING YOGA AND VALUE EDUCATION****Credit:04****Max.Marks:100****Sessional Marks:30****End Semester Exam Marks:70****Learning Objectives:**

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

**Unit 1: Principles and Methods of Teaching Yoga**

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, Vidyaarthi, Shishya, Mumuksha; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training

**Unit II: Basics of Yoga Class Management**

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 III: Lesson Planning In Yoga**

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 IV: Educational Tools of Yoga Teaching**

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 V: Yoga and Value Education**

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**

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

**Reference**

Dr. Gharote M L: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007

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

Dr. Raj Kumar: Principles & methods of Teaching, Printo graphics, Delhi

Duggal, Satyapad: Teaching Yoga, The Yoga Institute, Santacruz, Bombay, 1985

Nagendra, H.R. and Nagarathna R: New Perspectives in Stress Management, V.K. Yogas, 1988

Gawande, E.N.: Value Oriented Education, Sarup & Sons, New Delhi – 110002

Gharote, M.L.: Yoga Applied to Physical Education Lonavala; Kaivalyadhama.

Dr R Nagarathna & Dr H R Nagendra: Integrated Approach of Yoga Therapy for Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore

**Semester-II**  
**DYE8105T: BASIS OF YOGA THERAPY**

**Credit:04**  
**Max.Marks:100**  
**Sessional Marks:30**  
**End Semester Exam Marks:70**

**Learning Objectives:**

- To understand the Yogic concept of Body and Health
- to learn the yoga therapy and its components from the ancient prospective
- To have an understanding of the Yogic concept of Disease and yoga therapy for each disease.

**Unit-I: Yogic Concepts of Health and Disease**

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Health and Disease in modern and Indian Systems of Medicine i.e. Ayurveda, Naturopathy and Siddha Systems of Medicine, Utility and Limitations of these systems in health and healing; Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi; Concept of stress (Adhi) as cause for Vyadhi (yoga vasishta); Role of Yoga in preventive health care – Heyamdukhamanagatam ;Potential causes of ill-health: Tapatrayas and Kleshas, Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa. Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva

**Unit-II: Preventive Healthcare According To Yoga**

Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Cocept of Pancha-koshas & Shat-chakra and their role in Health and Healing 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 ChittaShuddhi(Dharana, Dhyana and Samadhi)

**Unit-III: Theory of Practices Related To Preventive Health- I**

Dietary regulation according to Hatha yoga and Bhagavadgita; Shatkriyas and Tatvashuddhi; Asana for mind body and spirit; 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 rules and regulations Niyamas & Yamas

**Unit-IV: Theory Related To the Practices Related To Preventive Health- II**

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; Psycho-physiological effects and health benefits of Pranayama, Shatkarma; Bandha and Mudra ; Psycho-physiological effects and health benefits of Meditation.

**Unit-V: Yogic Concept of Diet & Nutrition**

Concept of food, Acceptance of Food, Functions of Food (Modern and Ancient); General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification in Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta; Pathya and Apathya in diet according to Yogic texts; Guna and Ahara; Yogic Diet and its role in healthy living.

**Text Book**

Dr.Manmath M Gharote, Dr. Vijay Kant: Therapeutic reference in Traditional Yoga texts  
Nagendra, H. R:Yoga for Positive Health, Swami V4ekananda Yoga Prakashana, Bangalore, 2000

**Reference**

Preeti Goel and Rita Jain : Spectrum of Health (Sports Publications, New Delhi, 2003)  
M. M. Gore: Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)  
Bhat Krishna K Dr., (2006) The Power of Yoga: An authentic guide on Yoga and Personal Health, Mangalore: Suyoga Publications  
Dr. R. S. Bhogal: Yoga Psychology, Kavalyadhama Publication  
Nagendra H. R: New Perspective in Stress Management, VK Yoga Publication, Bangalore.

**Semester-II**  
**CYE8106T: HEALTH PSYCHOLOGY AND COUNSELING**

**Credit:04**  
**Max.Marks:100**  
**Sessional Marks:30**  
**End Semester Exam Marks:70**

**Learning Objectives:**

- Students will have good amount of skills incounseling the participants.
- Understanding the Psychology w.r.t. attitude, behavior and personality of an individual.
- Understanding the factors that determine the health of an individual and society at large.

**Unit -I: Health Psychology:**

Concept, Assumptions, Biomedical and Bio psychosocial models; Theories: Social Cognitive Theory, Theory of Planned Behaviour, Health Belief model, Protection–motivation theory, Trans–theoretical model of behaviour change, Self- regulatory model, latest trends.

**Unit-II: Health Promotion and Illness Prevention**

Health and Behaviour; Changing health habits; Cognitive behavioural approaches to health behaviour change; Health Care System: Indian Scenario, Attitude of Health Professionals, Burnout in health professionals, Designing health care work environment, Future challenges for health care, Growth of Health Psychology.

**Unit III: Pain Management**

Physiological and Psychological process involved pain experience and Behavior. Assessment tools of Acute and chronic pain intensity, behaviour and dysfunctions related to pain. Management of Chronic pain, Placebo effect, Psychological interventions for Pain management(Cognitive, Behavioural, Biofeedback and Hypnotic Therapies).

**Unit-IV: Introduction to Counseling**

Definition; Concept; Scope; Characteristics of a Good Counselor; Ethics in Counseling; Approaches to Counseling: Psycho analysis; Behaviouristic; Humanistic; Cognitive

**Unit -V: Application of Counseling**

Family set up; Educational set up; Organizational set up; Clinical set up; Types of Counseling: Individual Counseling; Group Counseling; Family Counseling; Premarital and Marital Counseling; Career Counseling

**Reference**

- Ogden J (2012).Health Psychology .Mc Craw hill Foundation  
Morrison V & Bennett P(2009).Introduction to Health Psychology(2nd Ed) Pearson Education Limited, New York.  
Sarafino E P (1994). Health Psychology, Bio psychosocial interactions. John Wiley & Sons, New York.  
Taylor S E (2009). Health Psychology (9th Ed). New Delhi: Tata McGraw-Hill Publishing Company Ltd.  
Hough, M. (2006).Counseling Skills and Theory. Hodder Arnold  
Gladding, S.T. (2009). Counseling: A Comprehensive Profession. New Delhi: Pearson Education, Inc.