

Curriculum and Credit Framework as per NEP 2020

For

Diploma in Yoga

(To be effective from the Academic Session 2024-25)



Department of Studies in Art & Culture
Gurugram University, Gurugram

(A State Govt. University Established Under Haryana Act 17 Of 2017)

Table of Contents

| S. No. | Particulars | Page No. |
|--------|--|----------|
| 1 | Background | 3 |
| 2 | Programme Educational Objectives(PEOs) | 4 |
| 3 | Programme Outcome | 5 |
| 4 | Programme Specific Outcomes | 6 |
| 5 | Postgraduate Attributes | 7 |
| 6 | Qualification descriptors | 8 |
| 7 | Scheme of Subjects | 9-12 |
| 8 | Syllabus | 13-34 |

1. Background

MISSION

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". Therefore, the aim of Yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; it is also a body of techniques that leads us to consciously connect with ourselves and with life. As Yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel its effect following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

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 is taught the concepts of Yoga for the treatment and prevention of various psychosomatic ailments. This course looks at training the enthusiasts to become Yoga therapist so that they can teach Yoga under the supervision of a doctor for health and healing.

ABOUT THE PROGRAM

1. Title of the Course–

The Course shall be called “Diploma in Yoga”.

2. Aim of the Course

The course will aim to impart the fundamental knowledge and Skills about Yoga, its basis and applications. The curriculum of the program also covers the study of scriptures, application of meditation, chanting and more among a variety of other practices to meet the purpose of the subject. For yoga professionals, there are a plethora of career options available both in the government and private sectors. Students can easily find employment in the field of research, academics, management, hospital, administrative, consultation, etc.

3.VISION – Yogic Science is a great Indian Ancient Knowledge System. Our vision is to provide this ancient knowledge system to the students along with its scientific approach and practical aspect so that the students can use it for personal upliftment and serve the society, nation and world at large.

4. Objectives of the Course –

Promoting the awareness for positive health and personality development in the student through Yoga.

Instilling and inculcating the general interest and inquisitive knowledge about Yoga for Health, personality development and spiritual evolution.

To produce manpower to give Yoga training and Yoga Therapy at all levels.

To assist physicians/consultants to give Yoga Training and Therapy at hospitals.

To generate manpower to assist in Yoga Research Projects.

To encourage the pupil to be a global citizen, serving the human beings at large through the noble profession of Yoga.

2. Programme Educational Objectives (PEOs)

| PEO | Description |
|-------|---|
| PEO-1 | Enhanced Learning Experience: Yoga promotes better concentration, focus, and mental clarity, which can improve students' overall academic performance. |
| PEO-2 | Interdisciplinary Learning: Yoga courses can be integrated with other disciplines such as psychology, physical education, health sciences, and stress management, providing a comprehensive learning experience. |
| PEO-3 | Research Opportunities: Students can engage in research related to the physical, psychological, and social benefits of yoga, contributing to academic knowledge and innovation in the field. |

3. Programme Outcomes

| PO | Description |
|-------------|---|
| PO-1 | Lifelong Wellness Practices: Introducing yoga in university helps students develop lifelong wellness practices that they can carry forward into their professional and personal lives. |
| PO-2 | Professional Opportunities: Knowledge and experience in yoga can open various career opportunities in health and wellness, fitness, education, and therapy. |
| PO-3 | Self-awareness and Mindfulness: Yoga encourages self-reflection and mindfulness, helping students develop a deeper understanding of themselves and their emotions. |
| PO-4 | Discipline and Time Management: The discipline required for regular yoga practice can translate into better time management and organizational skills. |
| PO-5 | Stress Reduction: Yoga practice is known for its stress-relieving properties, helping students manage academic and personal stress more effectively. |
| PO-6 | Improved Mental Health: Regular yoga practice can enhance overall mental health, contributing to a supportive and healthy campus environment. |
| PO-7 | Healthy Lifestyle Promotion: Yoga encourages a holistic approach to health, promoting balanced nutrition, proper sleep, and regular physical activity |
| PO-8 | Building a Supportive Community: Yoga classes can create a sense of community and belonging among students, fostering social connections and support networks. |

4. Programme Specific Outcomes

| PSO | Description |
|-------|--|
| PSO-1 | Proficiency in various yoga techniques, such as asanas, pranayama, Meditation, and relaxation techniques. |
| PSO-2 | Comprehensive understanding of the theory and practice of yoga, including its history, philosophy, and principles. |
| PSO-3 | Knowledge of the human anatomy and physiology, and how it relates to yoga practice. |
| PSO-4 | Understanding of the benefits and limitations of yoga for physical, mental, and emotional health, and the ability to design and teach safe and effective yoga classes. |
| PSO-5 | Knowledge of other related subjects such as Ayurveda, Naturopathy, and yoga therapy. |

5. Postgraduate Attributes

1. **Disciplinary Knowledge:** Capable of demonstrating comprehensive knowledge and understanding of Yogic Science and Human Consciousness, its different platforms and related issues.
2. **Creative, problem solving and creative thinking:** Capability to apply analytic thought to a body of knowledge; evaluate the reliability and relevance of evidence, identify logical flaws and holes in the arguments to formulate coherent assertions; analyze and synthesize data and claims from a variety of sources; identify relevant assumptions or implications; critically evaluate practices, policies and theories by following a scientific approach to knowledge development; draw valid conclusions and support them with evidence and examples, and address opposing viewpoints.
3. **Communication Skills:** Ability to express thoughts and ideas effectively in writing and orally; Communicate with others using appropriate media; confidently share one's views and express herself/himself; demonstrate the ability to listen carefully, read and write analytically, and present complex information clearly and concisely to different groups.
4. **Research Skills:** A sense of inquiry and capability for asking relevant/ appropriate questions, critically evaluating ideas, evidence and experiences from an open-minded and scientific reasoned perspective; problematizing, synthesizing and articulating; Ability to recognize cause-and-effect relationships, defining problems, analyse, interpret and draw conclusions from quantitative/qualitative data, predict cause-and-effect relationships.
5. **Moral and Ethical Value:** Ability to embrace moral/ethical values in conducting one's life, formulate a position/argument about an ethical issue from multiple perspectives, and use ethical practices in all work. Avoiding unethical behaviour such as fabrication, falsification or misrepresentation of data or committing plagiarism, not adhering to intellectual property rights. Appreciating environmental and sustainability issues; and adopting objective, unbiased and truthful actions in all aspects of work. Possessing knowledge of the values and beliefs of multiple cultures and global perspectives; and the capability to effectively engage in a multicultural society and interact respectfully with diverse groups.
6. **Life skills & Lifelong Learning:** Ability to acquire knowledge and skills, learning how to learn, that is necessary for participating in learning activities throughout life, through self-paced and self- directed learning aimed at personal development, meeting economic, social and cultural objectives, and adapting to changing trends and demands of the workplace through knowledge/skill development/reskilling.
7. **Global Competence:** Understanding global ethical standards and the implications of one's actions on the world. Commitment to contributing positively to global society, addressing global challenges such as poverty, inequality, and environmental sustainability.

6. Qualification Descriptors

Eligibility

The candidate should have qualified 10+2 examination from Board of School Education, Haryana or of any other Board recognized as equivalent thereto, with a minimum of 50% marks in aggregate (47.5% in case of SC/ST/Divyang candidates of Haryana only)

Scheme of Programmes

(Scheme Certificate/ Diploma: Curriculum and Credit Framework for Certificate/Diploma Program
Semester 1

| Course Code | Course Title | Course ID | L | T | P | Total Hour | L | T | P | Total Credit | MARKS | | | | |
|-------------------------------|---|---------------|-------|---|---|------------|---------|---|---|--------------|-------|----|----|----|-------|
| | | | (Hrs) | | | | Credits | | | | TI | TE | PI | PE | Total |
| Core Course(s) | | | | | | | | | | | | | | | |
| CC-A1 | Foundations of Yoga | 240/YOG/CC101 | 4 | | | 4 | 3 | 1 | | 4 | 30 | 70 | | | 100 |
| CC-A2 | Yogic Texts (Hatha Pradeepika) | 240/YOG/CC102 | 3 | | 2 | 5 | 3 | | 1 | 4 | 25 | 50 | 5 | 20 | 100 |
| Minor Vocational Courses | | | | | | | | | | | | | | | |
| MIC-01 | Yoga Practium-1 | 240/YOG/MI103 | 2 | | 4 | 6 | 2 | | 2 | 4 | 15 | 35 | 15 | 35 | 100 |
| Multidisciplinary Course(s) | | | | | | | | | | | | | | | |
| MDC-01 | One from Pool | | | | | | | | | 3 | | | | | |
| Ability Enhancement Course(s) | | | | | | | | | | | | | | | |
| AEC-01 | One from Pool | | | | | | | | | 2 | | | | | |
| Skill Enhancement Course(s) | | | | | | | | | | | | | | | |
| SEC-01 | Yoga for Sports Performance | 240/YOG/SE104 | 2 | | 2 | 4 | 2 | | 1 | 3 | 15 | 35 | 5 | 20 | 75 |
| Value-added Course(s) | | | | | | | | | | | | | | | |
| VAC-01 | Yogic Lifestyle & Sustainable Development | 240/YOG/VA105 | 2 | | | 2 | 2 | | | 2 | 15 | 35 | | | 50 |
| Total Credits | | | | | | | | | | 22 | | | | | |

Semester 2

| Course Code | Course Title | Course ID | L | T | P | to | L | T | P | Total Credits | MARKS | | | | |
|-------------------------------|-------------------------------|---------------|-------|---|---|---------|---|---|----|---------------|-------|----|----|-------|-----|
| | | | (Hrs) | | | Credits | | | TI | | TE | PI | PE | Total | |
| Core Course(s) | | | | | | | | | | | | | | | |
| CC-A03 | Patanjali Yoga Darshan-1 | 240/YOG/CC201 | 3 | 1 | | 4 | 3 | 1 | | 4 | 30 | 70 | | | 100 |
| CC-A04 | Yogic Anatomy & Physiology -1 | 240/YOG/CC202 | 3 | | 2 | 5 | 3 | | 1 | 4 | 25 | 50 | 5 | 20 | 100 |
| Minor Vocational Courses | | | | | | | | | | | | | | | |
| MIC-02 | Yoga Practium-2 | 240/YOG/MI203 | 2 | | 4 | 6 | 2 | | 2 | 4 | 15 | 35 | 15 | 35 | 100 |
| Multidisciplinary Course(s) | | | | | | | | | | | | | | | |
| MDC-02 | One from Pool | | | | | | | | | 3 | | | | | |
| Ability Enhancement Course(s) | | | | | | | | | | | | | | | |
| AEC-02 | One from Pool | | | | | | | | | 2 | | | | | |
| Skill Enhancement Course(s) | | | | | | | | | | | | | | | |
| SEC-02 | Method of teaching Yoga | 240/YOG/SE204 | 2 | | 2 | 4 | 2 | | 1 | 3 | 15 | 35 | 5 | 20 | 75 |
| Value-added Course(s) | | | | | | | | | | | | | | | |
| VAC-01 | Life Style Managemnt & Yoga | 240/YOG/VA205 | 2 | | | 2 | 2 | | | 2 | 15 | 35 | | | 50 |
| Total Credits | | | | | | | | | | 22 | | | | | |

Semester 3

| Course Code | Course Title | Course ID | L | T | P | total | L | T | P | Total Credits | MARKS | | | | |
|-------------------------------|---------------------------------|---------------|-------|---|---|-------|---------|---|---|---------------|-------|----|----|----|-------|
| | | | (Hrs) | | | | Credits | | | | TI | TE | PI | PE | Total |
| Core Course(s) | | | | | | | | | | | | | | | |
| CC-A05 | Patanjali yoga Darshan-2 | 240/YOG/CC301 | 3 | 1 | | 4 | 3 | | 1 | 4 | 30 | 70 | | | 100 |
| CC-A06 | Gheranda Samhita | 240/YOG/CC302 | 3 | | 2 | 5 | 3 | | 1 | 4 | 25 | 50 | 5 | 20 | 100 |
| Minor Vocational Courses | | | | | | | | | | | | | | | |
| MIC-03 | Yoga Practium-3 | 240/YOG/MI303 | 2 | | 4 | 6 | 2 | | 2 | 4 | 15 | 35 | 15 | 35 | 100 |
| Multidisciplinary Course(s) | | | | | | | | | | | | | | | |
| MDC-03 | One from Pool | | | | | | | | | 3 | | | | | |
| Ability Enhancement Course(s) | | | | | | | | | | | | | | | |
| AEC-03 | One from Pool | | | | | | | | | 2 | | | | | |
| Skill Enhancement Course(s) | | | | | | | | | | | | | | | |
| SEC-03 | Traditional Alternative Therapy | 240/YOG/SE304 | 2 | | 2 | 4 | 2 | | 1 | 3 | 15 | 35 | 5 | 20 | 75 |
| Value-added Course(s) | | | | | | | | | | | | | | | |
| VAC-03 | Yoga & Cultural Synthesis | 240/YOG/VA305 | 2 | | | 2 | 2 | | | 2 | 15 | 35 | | | 100 |
| Total Credits | | | | | | | | | | 22 | | | | | |

#Four credits of internship earned by a student during summer internship after 2nd semester will be counted in 3rd semester of a student who pursue 2-year Diploma Programme without taking exit option.

Semester 4

| Course Code | Course Title | Course ID | L | T | P | total | L | T | P | Total Credits | MARKS | | | | |
|-----------------------------|--------------------------------------|---------------|-------|---|---|-------|---------|---|---|---------------|-------|----|----|----|-------|
| | | | (Hrs) | | | | Credits | | | | TI | TE | PI | PE | Total |
| Core Course(s) | | | | | | | | | | | | | | | |
| CC-07 | Yoga & Holistic Health | 240/YOG/CC401 | 4 | | | 4 | 4 | | | 4 | 30 | 70 | | | 100 |
| CC-08 | Fundamental of Naturopathy | 240/YOG/CC402 | 3 | | 2 | 5 | 3 | | 1 | 4 | 25 | 50 | 5 | 20 | 100 |
| CC-09 | Contribution of Yogis to the Society | 240/YOG/CC403 | 3 | 1 | | 4 | 3 | 1 | | 4 | 30 | 70 | | | 100 |
| CC-10 | Yoga Therapy -1 | 240/YOG/CC404 | 2 | | 4 | 6 | 2 | | 2 | 4 | 15 | 35 | 15 | 35 | 100 |
| Minor Vocational Courses | | | | | | | | | | | | | | | |
| MIC-04(VOC) | Meditation Techniques | 240/YOG/MI405 | 2 | | 4 | 6 | 2 | | 2 | 4 | 15 | 35 | 15 | 35 | 100 |
| Skill Enhancement Course(s) | | | | | | | | | | | | | | | |
| SEC-04 | Yoga For personality Development | 240/YOG/SE406 | 1 | | 2 | 3 | 1 | | 1 | 2 | 5 | 20 | 5 | 20 | 50 |
| Total Credits | | | | | | | | | | 22 | | | | | |

#Four credits of internship earned by a student during summer internship after 2nd semester will be counted in 3rd semester of a student who pursue 2-year Diploma Programme without taking exit option.

Semester 1

Core course 1 Foundation of Yoga

| | |
|----------------------------|-----------|
| Course Code: 240/YOG/CC101 | Credits:4 |
| TI: 30 TE: 70 | PI: PE: |

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 14 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit. All question from each unit will carry equal marks.

Objectives:

The subject entitled 'Foundation of Yoga' has the following objectives Students of the Diploma course will have an understanding about origin, history, and development of Yoga. They will have an idea about the insights of Indian philosophy and Astika & Nastika darshanas. Introduction about Yoga according to various yogic texts.

Outcomes: After completing this course, the learner will be able to:

1. Describe the Aims, Objectives, and scope of Yoga.
2. Explain the historical development of Yoga.
3. Illustrate the basic knowledge of biological aspects of Yoga.

Unit-1: General introduction to yoga

- 1.1 Brief about origin of Yoga
- 1.2 History and Development of Yoga
- 1.3 Definitions Of Yoga, Aim and Objectives of Yoga,
- 1.4 Misconceptions about Yoga.

Unit - 2: General introduction to Indian philosophy

- 2.1 Philosophy: meaning, definitions
- 2.2 Indian Philosophy: (Astika and Nastika Darshanas)
- 2.3 Brief introduction to Prasthanatrayi and Purushartha Chatushtaya.
- 2.4 Goals of Human Life

Unit 3: Brief about Yoga in texts

- 3.1 Yoga in Upanishads and Introduction to Principal Upanishads,
- 3.2 Yogic perspective of Epics: Ramayana (Aranya kanda), and Mahabharata (Shanti Parva);
- 3.3 Yogic Perspective: Bhagavad Gita, Yoga Vasishtha and Narada Bhakti Sutras (Bhakti Yoga).
- 3.4 Yogic perspective to Shad-darshanas

Unit-4: Introduction to Schools (Stream) of Yoga

- 4.1 Yoga Schools with Vedanta Tradition
- 4.2 Yoga Schools with Samkhya Yoga Tradition
- 4.3 Yogic Schools of Tantric Tradition
- 4.4 Yoga Schools with Non-Vedic Traditions.

Tutorial

Yoga prayer chanting,
Om chanting
Sutra & Shloka Chanting
Gayatri Mantra Chanting,
Mahamritunjay Mantra

Suggested Books –

Lal Basant Kumar : Contemporary Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd, Delhi, 2013
Dasgupta S. N : History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
Singh S. P : History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010
Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010
Agarwal M M: Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
Swami Bhuteshananda : Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
Hiriyanna M : Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
Hiriyanna M: Essentials of Indian Philosophy, Motilal Banarsidas, Delhi, 2008
Radhakrishnan S: Indian Philosophy, Oxford University, UK (Vol. I & II) II Edition, 2008
Max Muller K. M : The six system of Indian Philosophy, Chukhambha, Sanskrit series, Varanasi, 6th Edition, 2008
Arya Dr Somveer : Yogasar, Kitab mahal Publications Delhi , 2022

Core Course-2

Hatha Yoga

| | |
|----------------------------|--------------|
| Course Code: 240/YOG/CC102 | Credits:4 |
| TI: 25 TE: 50 | PI: 5 PE: 20 |

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 10 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit. All question from each unit will carry equal marks.

Objectives. By introducing Hatha Yoga & its texts, students shall be able to have an understanding about pre-requisites, principles about Hatha Yoga. Understand the relationship between Hatha and Raja Yoga. Also have an understanding about the concept of HathaYoga in Classical texts.

Outcomes: Following the completion of this course, students shall be able to

- Understand about the origin, history, and principles of Hatha Yoga.
- Develop an insight in various prerequisites of hatha yoga.
- Develop an insight in various specific personality of hatha yogi.
- Understand about the concept of Pranayam and Samadhi
- Assemble the deep concept of hatha yoga according to various ancient and authentic hatha yogic texts.

Unit-1

- 1.1 Introduction of Hatha Yoga.
- 1.2 Hatha Yoga parampara,
- 1.3 Place of Hatha Yoga Practice.
- 1.4 Success and failure elements of Hatha Yoga.

Unit -2

- 2.1 Introduction of Shatkriya
- 2.2 Asanas
- 2.3 Concept of Swas-prashwas, Vayu, Prana and Upaprana
- 2.4 Kumbhaka (Pranayama)

Unit-3

- 3.1 Yama & Niyama in Hatha Yoga
- 3.2 Bandha
- 3.3 Mudra
- 3.4 Hatha siddhi Lakshan

Unit-4

- 4.1 Introduction to Tantra Yoga and its relationship with Hatha Yoga
- 4.2 Concept of Kand, Nadi, Swar, Chakra and Granthi.
- 4.3 Concept of Kundalini & Kundalini prabodhan, Unmani avastha, Nadanusandhan
- 4.4 Concept of samadhi

Suggested Books –

Swami Muktibodhananda Saraswati Sahay G.S.: Hatha Yoga Pradeepika, Bihar school of yoga publications, Munger, 2000

HathaYoga Pradeepika of Svatmarama, MDNIY Publication, 2013

Gharote ML: Hatharatnavali, The Lonavala Yoga Institute, Lonavala, Pune, IInd Edition, 2009

Swami Kuvalyananda & Shukla, S.A.: Gorakshasatkam, Kaivalyadhama, Lonavla, 2006

Gharote M.L. & Pai, G.K. (Edi): Siddhasidhantpaddhati, Kaivalyadhama, Lonavla, 2005.

Swami Digambarji & Gharote M.L.: Gheranda Samhita, Kaivalyadhama, Lonavla, 1978.

Swatmaramaji: Hathapradipika (Jyotsana- tika), Adyar Library, Madras.

Bharati, Swami Veda Reddy Venkata:Philosophy of Hatha Yoga (English), Himalayan,Pennsylvania,

Minor Vocational Course Yoga Practicum- 1

| | |
|----------------------------|---------------|
| Course Code: 240/YOG/MI103 | Credits:4 |
| TI: 15 TE: 35 | PI: 15 PE: 35 |

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 7 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit. All question from each unit will carry equal marks.

Objective:

Examine the physiological effects of yoga postures (asanas) on the body. Assess the impact of pranayama (breathing techniques) on the respiratory and nervous systems. Develop and describe a personal yoga practice plan tailored to specific goals (e.g., flexibility, stress reduction, overall well-being). Reflect on personal experiences and progress in yoga practice over the course of the semester.

Outcome:

- Gain a thorough understanding of the fundamental principles and practices of yoga.
- Ability to design and implement a personal yoga practice routine.
- Competence in performing and teaching basic yoga postures and breathing techniques.

UNIT-1: RECITATION OF HYMNS & HASTA MUDRA

- 1.1 Importance of recitation of Hymns & Mantra
- 1.2 Recitation of Shanti Mantras; Pranava Japa and Soham Japa;
- 1.3 Recitation of Hymns from Upanishad & Yoga Text
- 1.4 Hasta Mudra: Chin, Jnana, Hridaya, Bhairav, Yoni, Pran, Apan, Apanvayu, Shankh

Unit -2: Shat karma & Breathing Practice

- 2.1 Importance of shatkarma and precaution while doing shatkarma
- 2.2 Breath Awareness: Shwas-prashwas samyama
- 2.3 Sectional Breathing (Abdominal, thoracic and clavicular)
- 2.4 Yogic Deep Breathing

Unit-3 YOGIC SUKSHMA AND STHULA VYAYAMA

- 3.1 Suksham Vyaayam of Upper limb
- 3.2 Suksham Vyaayam of lower limb
- 3.3 Suksham vyaayam of fingers & toes
- 3.4 Stula vyaayam

Unit-4 Surya Namaskar (Bihar School of Yoga) & Asana

- 4.1 Surya Namaskar
- 4.2 Forward & Backward bending asan
- 4.3 Leg Balance & Hand Balance Asan
- 4.4 Twisting Asan

Suggested Books

Basavaraddi, I.V.&others:PratahaSmarana,MDNIYNewDelhi.
Basavaraddi, I.V.&others:Shatkarma:AComprehensivedescriptionabout Cleansing Process, MDNIY New Delhi, 2009
Swami Dharendra Bhrmhachari: Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980
Basavaraddi, I.V.&others:YogicSukshmaEvamSthulaVyayama,MDNIY,New Delhi, 2011.
SwamiKuvalyananda: Asana, Kaivalyadhama,Lonavla,1993
SwamiSatyanandaSaraswati: Asana,Pranayama,Bandha,Mudra,BiharSchoolof Yoga, Munger, 2006

**Skill Enhancement course
Yoga for Sports Performance**

| | |
|----------------------------|--------------|
| Course Code: 240/YOG/SE104 | Credits:3 |
| TI: 15 TE:35 | PI: 5 PE: 20 |

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 11 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit, these question in section B will be of 8 marks.

Objectives

Understand the role of yoga in improving athletic performance.

Learn specific yoga techniques to enhance strength, flexibility, balance, and mental focus.

Develop skills to design yoga routines tailored to various sports.

Apply yoga principles for injury prevention and recovery.

Integrate mindfulness and breath control to improve performance under pressure.

Outcome: -After completing this course student understand the different combination of asana /pranayama/ and meditation technique to increase the performance of an athletes in sports

Unit-1 Introduction to Yoga for Athletes

- 1.1 Brief about origin of Yoga
- 1.2 Psychological/physiological aspects of Yoga
- 1.3 The Benefits of Yoga for Athletic Performance
- 1.4 Introduction to Basic Asanas and Their Benefits for Athletes

Unit-2 Flexibility and Range of Motion

- 2.1 Importance of Flexibility in Sports
- 2.2 Yoga Poses for Flexibility
- 2.3 Building Strength through Yoga
- 2.4 Role of Core Strength in Athletic Performance

Unit-3 Injury Prevention

- 3.1 Recovery and Rehabilitation
- 3.2 Breathing Techniques (Pranayama)
- 3.3 Mental Focus and Concentration
- 3.4 Mindfulness Meditation and Visualization Techniques

Suggested Books

- William J. Broad "The Science of Yoga"
B.K.S. Iyengar. "Light on Pranayama"
George Mumford "The Mindful Athlete"
Ryenne Cunningham "Yoga for Athletes"
Sharma L. Benefits of Yoga in Sports-A Study
B.k.s Iyenger, Yoga for Sports: A journey toward Health

Common Value-Added Course
Yogic Lifestyle & Sustainable Development

| | |
|----------------------------|-----------|
| Course Code: 240/YOG/VA105 | Credits:2 |
| TI: 15 TE: 35 | PI: PE: |

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 11 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit, these question in section B will be of 12 marks.

Objectives: Understand the principles of a yogic lifestyle and sustainable development. Explore the physical, mental, and spiritual aspects of yoga. Examine the relationship between personal well-being and ecological sustainability. Develop practical skills for integrating yogic practices with sustainable living.

Outcome:

After completion of course the student understands how adopting a yogic lifestyle can contribute to personal well-being and the well-being of the planet. The course covers physical yoga practices, mental and spiritual aspects of yoga, and how these can be aligned with sustainable living practices.

Unit-1 Introduction to Yogic Lifestyle

- 1.1 History and evolution of yoga Bhagavad Gita,
- 1.2 Yoga Sutras of Patanjali- The Eight Limbs of Yoga
- 1.3 Yogic Principles and Ethics
- 1.4 Mindfulness and conscious living

Unit-2 Principles of Sustainable Development

- 2.1 Definition and goals of sustainable development
- 2.2 The United Nations Sustainable Development Goals (SDGs)
- 2.3 Interconnection between environmental, social, and economic sustainability
- 2.4 Integrating Yogic Lifestyle with Sustainable Development

Suggested Reading

- The Yoga Sutras of Patanjali" translated by Swami Satchidananda
- The Bhagavad Gita" translated by Eknath Easwaran
- The Upanishads" translated by Eknath Easwaran
- The Omnivore's Dilemma" by Michael Pollan
- The Sustainable Development Goals Report" (United Nations)

Semester-2
Core course 1
Patanjali Yoga Darshan-1

| | |
|----------------------------|-------------|
| Course Code: 240/YOG/CC201 | Credits:4 |
| TI: 30 TE: 70 | PI: 0 PE: 0 |

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 14 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit. All question from each unit will carry equal marks.

Objectives: This course is designed to help student to know the ancient art of yoga written by Maharshi Patanjali and to understand various modification of mind and the means of inhibiting them. Have an understanding about the essence of Samadhi.

Outcomes: After completing this course, the learner will be able to:
Describe the concept of Yoga Philosophy.
Explain the concept of Ishwara.
Illustrate the basic knowledge of various Obstacles.
Acquire basic knowledge about the Karma and Chitta

Unit - 1: Introduction to Yoga darshana of Patanjali

- 1.1 Introduction to Yoga Darshana and its relevance in Yoga Sadhana.
- 1.2 Theory of Evolution and Meta-physics of Yoga Darshana.
- 1.3 Brief introduction to Maharshi Patanjali and Patanjala Yoga Sutra.
- 1.4 Concept of Antahkarana: Mana, Buddhi, Ahankara and Chitta.

Unit - 2: Concept of Chitta: its bhoomis, vrittis and Nirodhopayas

- 2.1 Concept of Chitta and Chitta Bhoomis.
- 2.2 Concept of Chitta Vrittis and their classification, chitta Prasadnam
- 2.3 Chitta vritti Nirodhopaya: Abhyasa and Vairagya.
- 2.4 Concept of Ishwar and Ishwar pranidhana, Vikshepa

Unit - 3: Varieties of Samadhi

- 3.1 Concept of Yoganushasanam, Yoga Lakshanam and its results.
- 3.2 Concept of Samadhi
- 3.3 Types of Samprajnatah Samadhi & Asamprajnatah Samadhi
- 3.4 Concept of Samapatti, Types of Samapatti: Savitraka and Nirvitraka, Savichara and Nirvichara.

Unit-4 Ashtang yog

- 4.1 Concept of Kriya Yoga: Tapa, Svadhyaya, Ishwara Pranidhana,
- 4.2 Theory of Kleshas: Avidya, Ashmita, Raga, Dewesh, Abhinivesh.
- 4.3 Concept of Chaturvyuhavada Drisha-nirupanam: Prakriti and Purusha.
- 4.4 Concept of Viveka-khyati

Suggested Books

- Swami Digambara Ji and others: Glossary of the Samkhakarika, Kaivalyadhama, Lonavala, 2012
Swami Virupaksananda: Samkhyakarika of I svarakrisna (with tattva Kamudia of Vachapati Mishra), Sri Ram Krishana Matha Madras, 1995
James R. Ballantyne: The Sankhya Aphorisms of Kapila, Parimal Publications, New Delhi, 2004
V.V. Sovani: A critical study of the Sankhya System, Chukhambha Sanskrit Pratisthan, New Delhi, 2005
M.R. Yardi: The Yoga of Patanjali, Bhandarkar Oriental Research Institute, Poona, India, 1970
K.D. Prithvipaul: The Yogasurta of Patanjali M.L.B.D. New Delhi
Gaspar M. Koelmenn, S.J.: Patanjali Yoga, Papal Athenaecum, Poona, 1970

Core Course 2
Yogic Anatomy and Physiology 1

| | |
|----------------------------|--------------|
| Course Code: 240/YOG/CC202 | Credits:4 |
| TI: 25 TE: 50 | PI: 5 PE: 20 |

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 10 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit. All question from each unit will carry equal marks.

Objectives: This course is design to know about the structure of the body and to know about the necessary functions of the body also a brief idea about the diseases related to each system

Outcomes:Following the completion of the course, students shall be able:
Identify different tissues and organs of different systems of human body. Define and explain the Organizations and the physiology of muscle contraction in co-ordination with the joints.
Explain the morphology, physiology of Digestive system.
Explain and describe the respiratory system and its significance.
Explain the anatomy and physiology and parameters related to Cardiovascular System
Explain the gross morphology, structure, and functions of various organs of human body.

Unit-1: Cells, Tissues and Muscular-Skeletal System

- 1.1 Cell structure & function
- 1.2 Classification of bones-Axial bones and appendicular bones
- 1.3 Types of joint –Synovial joints and Fibrous joint;
- 1.4 Yogic effect on Cell, joints .

Unit-2: Digestive System

- 2.1 Digestive system of human
- 2.2 Associated glands-Liver, Pancreas, salivary glands
- 2.3 Physiology of digestion and absorption.
- 2.4 Effect of yogic Practice on digestive System

Unit-3: Respiratory system

- 3.1 Respiratory system of human
- 3.2 Yogic Mechanism of breathing (Expiration and inspiration)
- 3.3 Transport of respiratory gases (transport of oxygen and transport of carbon dioxide);
- 3.4 Control Mechanism of respiration.

Unit-4: Cardiovascular system

- 4.1 Composition and function of blood
- 4.2 Blood vessels: Blood groups Classification and their importance
- 4.3 Structure and working mechanism of heart
- 4.4 Yogic effect on Blood pressure and regulation of blood pressure.

Suggested Books –

- Khurana: Anatomy and Physiology
- Ross & Wilson: Anatomy and physiology
- A.P.Gupta: Manav Sharer Rachna aur Kriya Vigyan
- Gore M. M. (2003). Anatomy and Physiology of Yogic practices. KanchanPrakashan, Lonavala, India
- LanPeate and MuralidharanNayar – Fundamental of Anatomy and Physiology for students nurses
- Evelyn, C. Pearce- Anatomy and Physiology

**Minor Vocational course
Yoga Practium-2**

| | |
|----------------------------|---------------|
| Course Code: 240/YOG/MI203 | Credits:4 |
| TI: 15 TE: 35 | PI: 15 PE: 35 |

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 11 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from first 3 unit. The student will be required to attempt one question from each unit, these question in section B will be of 8 marks.

Objective: To prepare students who may wish to pursue teaching or therapeutic applications of yoga by providing foundational skills in guiding others through yoga practices.

- To foster an understanding of the ethical responsibilities of a yoga practitioner or teacher

Outcome: Following the completion of this course, students shall be able to

- Understand the principle and practice of Yogic practices.
- encourage self-reflection and introspection through consistent yoga practice, leading to greater self-awareness and emotional resilience.
- explore the connection between mind, body, and spirit, fostering a holistic understanding of oneself.

UNIT-1: HYMNS AND SHATKARMA

- 1.1 Recitation of Selected Slokas of Bhagwat Geeta
- 1.2 Recitation of Suryastakama
- 1.3 Shatkarma Agnisar
- 1.4 Kapalbhata (Seetkrama and Vyutkrama)

UNIT-2: YOGIC SURYANAMASKAR AND YOGASANA

- 2.1 Forward bending Asana
- 2.2 Backward bending Asana
- 2.3 Hand & Leg Balancing asana
- 2.4 Twisting Asana, Suryanamaskar

UNIT-3: BANDHA, PRANAYAMA AND DHYANA

- 3.1 Bandha
- 3.2 Pranayama of Hatha Yoga
- 3.3 Yoga Nidra
- 3.4 Ajapa Dharana, Cyclic Meditation

UNIT- 4: CONTINUOUS EVALUATION BY THE TEACHERS

Suggested Books

- Joshi, K.S.: YogicPranayama, OrientalPaperback, NewDelhi.
 Nagendra, H.R: Mind sound reonance technique, Swami Vivekanand Yoga Prakashan, 2002, Bangaore.
 Swami Niranjanananda Saraswati: Asana Pranayama Mudra Bandha; Bihar school of Yoga publications; Munger, 2001
 SwamiSatyananda: Yoganidra, YogaPublicationTrust, Munger, 1998
 Swami Dharendra Bhramhachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1966
 Pran aur Pranayam by Swami Nirjanand Saraswati
 Swami Swatmaram:- Hatha yoga Pradipika

**Skill enhancement course
Method of Teaching Yoga**

| | |
|---------------------------|--------------|
| Course Code:240/YOG/SE204 | Credits:3 |
| TI: 15 TE: 35 | PI: 5 PE: 20 |

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 11 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from first 2 unit. The student will be required to attempt one question from each unit, these question in section B will be of 12 marks.

Objectives: The objective of a course or module on the "Methods of Teaching Yoga" in a graduate program is to equip students with the skills, knowledge, and confidence required to effectively teach yoga to diverse populations. This includes understanding pedagogical techniques, the ethical and professional responsibilities of a yoga teacher, and the ability to create safe and inclusive learning environments.

Outcome: Following the completion of this course, students shall be able to
Understand the principles and practices of teaching methods of Yoga.

Have an in-depth understanding about session and lesson planning and classroom arrangements.

Have an idea about the different tools used in Yoga teaching

UNIT-1: PRINCIPLES AND METHODS OF TEACHING YOGA

- 1.1 Teaching and Learning: Concepts and Relationship between the two
- 1.2 Meaning and scope of Teaching methods, and factors influencing them
- 1.3 Teaching aids its meaning and need
- 1.4 Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga

UNIT-2: LESSON PLANNING IN YOGA AND CLASS MANAGEMENT

- 2.1 Techniques of mass instructions; Individualized teaching and group teaching.
- 2.2 Class management in Yoga: its meaning and need
- 2.3 Lecture cum demonstration in Yoga: Its meaning, importance, and method of its presentation
- 2.4 Critical observation of a Yoga class/Yoga camp/Workshop

UNIT-3: PRACTICE OF TEACHING IN YOGA

- 3.1 Each student will have to prepare and give at least two Lecture cum Demonstration on any one topic of Yoga.
- 3.2 Two Yoga lesson plan for an Individual

Suggested Books

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

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

Saket Raman Tiwari& others: Teaching of Yoga, DPH Publishing Corporation, Delhi, 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

**Value Added Course
Lifestyle Management & Yoga**

| | | |
|---------------------------|-----------|-------|
| Course Code-240/YOG/VA205 | Credits:2 | |
| TI: 15 TE: 35 | PI: 0 | PE: 0 |

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 11 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit, these question in section B will be of 12 marks.

Objectives: This course explores the integration of yoga practices and life management strategies to enhance overall well-being. It covers the principles of yoga, stress management techniques, time management, goal setting, and the development of a balanced lifestyle.

Outcome

To understand the fundamental principles of yoga and their application to life management.

To learn effective stress management techniques through yoga and mindfulness.

Develop skills in time management and goal setting.

Apply yoga principles to create a balanced and fulfilling lifestyle.

Enhance overall well-being through the integration of yoga and life management practices.

Unit-1 Introduction to Life Management and Yoga

- 1.1 Yoga Philosophy and Life Management
- 1.2 The Yamas and Niyamas: Ethical Guidelines for Life
- 1.3 Understanding Stress and Its Impact on Health
- 1.4 Yoga Poses and Pranayama for Stress Relief

Unit-2 Creating a Balanced Lifestyle

- 2.1 Bhagwad geeta & life Management
- 2.2 Types of personality in Bhagwad Geeta
- 2.3 Karam Yog in Bhagwad geeta
- 2.4 The Role of Diet in Overall Well-being

Suggested Books

- "The Yoga Sutras of Patanjali" by Swami Satchidananda
- "Mindfulness in Plain English" by Henepola Gunaratana
- "The Relaxation Response" by Herbert Benson
- "Emotional Intelligence" by Daniel Goleman
- "The Ayurvedic Cookbook" by Amadea Morningstar

3rd Semester
Core Course-1
Patanjali Yog darshan-2

| | |
|---------------------------|-------------|
| Course Code:240/YOG/CC301 | Credits:4 |
| TI: 30 TE: 70 | PI: 0 PE: 0 |

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 14 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit. All question from each unit will carry equal marks.

Objectives: Students will heighten their awareness of traditional Yog Sadhnas. This course is designed to help student to know the ancient art of yoga written by Meharshi Patanjali and to understand various modification of mind and the means of inhibiting them. Have an understanding about the essence of Samadhi

Outcomes:After completing this course, the learner will be able to:

- To teach an overview of the Patanjali Yoga Sutras.
- To teach the essence of the Patanjali Yoga Sutras; and
- To discuss Patanjali Yoga Sutra in terms of Psychology.
- Undertsand the essence of Vibhutis and Kaivalya pada

Unit - 1: Vibhutis in Yoga Darshana -1

- 1.1 Introduction of Dharana, Dhyana and Samadhi,
- 1.2 Samyama and its Siddhis.
- 1.3 Three types of Chitta Parinamah.
- 1.4 Important Sutra Recitation

Unit-2: Vibhutis in Yoga Darshana -2

- 2.1 Brief introduction of Vibhuties and its importance in Yoga Sadahana.
- 2.2 Bhoota jaya, Indriya jaya and their Siddhis,
- 2.3 Satvapurushanyatakhyati and its Siddhis.
- 2.4 Vivek Jnana Nirupanam, Kaivalya Nirvachana.

Unit - 3: Concept of Kaivalya

- 3.1 Five Types of Siddhis and Jatyantar Parinamh.
- 3.2 Concept of Nirman Chitta
- 3.3 four types of Karmas.
- 3.4 Concept of Vasana and concept of Bahya Prdartha (external element) and its abilities.

Unit-4 Concept of Budhhi

- 4.1 Non-self-illumination of Buddhi and its function,
- 4.2 Dharmamegha Samadhi and infinite knowledge.
- 4.3 Mutation of Guna, Karma, Pratiprasavah and Kaivalya.
- 4.4 Recitation of Patanjali Prayer

Suggested Books:

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

Core course-2

Gheranda Samhita

| | |
|----------------------------|-------------|
| Course Code: 240/YOG/CC302 | Credits:4 |
| TI: 25 TE: 50 | PI: 5 PE:20 |

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 10 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit. All question from each unit will carry equal marks.

Objectives: By introducing Hatha Yoga & its texts, students shall be able to Have an understanding about pre-requisites, principles about Ghatsth Yoga also understand the relationship between ashtang yoga and Saptang Yoga and have an understanding about the concept of Saptang yoga in Classical texts

Outcomes: By introducing Hatha Yoga & its texts, students shall be able to
Understand about Ghata, GhatasthaYoga.
Understand about different types of Mudras
Understand different Hatha Yogic Techniques according to Gheranda Samhita.

Unit- I GhataYoga and its applications in Gheranda Samhita

- 1.1 GhataYoga – Introduction of Saptanga Yoga.
- 1.2 Mitahara, Pathya and Apathya
- 1.3 Shatkriya – Dhauti, Basti, neti
- 1.4 Shatkriya—nauli, Trataka, Kapalbhati

Unit-II Asana– Classification, Practising methods and benefits.

- 2.1 Introduction of Asan
- 2.2 Mudra – Introduction, 25 Mudras – Classification
- 2.3 Bhandha- Three Locks
- 2.4 Panch Dharna

Unit- III Pratyahara, Pranayama

- 3.1 Pratyahara– Classification,
- 3.2 Practising methods and benefits of Pratyahara.
- 3.2 Pranayama– Classification,
- 3.4 Practising methods and benefits of Pranayama

Unit-IV Dhyana and Samadhi in Gheranda Samhita

- 4.1 Meditation– Classification, Practising methods and benefits.
- 4.2 Classification of Samadhi and their practice
- 4.3 Asans for Meditation
- 4.4 Mudra for Meditation

Suggested Books

- Sadashivabrahmendra Saraswati(1978), ShivaYogadipika, Ananda Ashramagranthavali, Pune- 410403
Swami Niranjananda Saraswati, Gherandasamhita, Bihar School of Yoga, Munger, Bihar-811201
Swami Digambaraji(1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala-410403
Swami Vivekananda(1982), RajaYoga, Ramakrishna Ashrama Publications, Dehi Entally Road kolkata-700014.
Swami Digambaraji (1970), HathaYoga Pradipika of Swatmarama,Kaivalyadhama, Lonavala, Pune - 410403.
Swami Niranjanananda, Yoga Darshan, Sri Pachadashanam Paramahansa Alakh Bara, Deoghar-814113
Swami Adidevananda(1998), Patanjala Yoga Darshana – Vyasa Bahshya sahitha, Shri Ramakrishna Ashrama, Mysore – 570020.
Gharote M.L. & Pai, G.K. (Edi) Siddhasidhantpaddhati , Kaivalyadhama, Lonavla, 2005.
Swami Niranjanananda(1997), HathaYogapradipika, Bihar School of Yoga-

Minor Vocational Course Yoga practicum-3

| | |
|----------------------------|---------------|
| Course Code: 240/YOG/MI303 | Credits:4 |
| TI: 15 TE: 35 | PI: 15 PE: 35 |

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 11 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from first 3 unit. The student will be required to attempt one question from each unit, these question in section B will be of 12 marks.

Objective: To prepare students who may wish to pursue teaching or therapeutic applications of yoga by providing foundational skills in guiding others through yoga practices.

- To foster an understanding of the ethical responsibilities of a yoga practitioner or teacher

Outcome: Following the completion of this course, students shall be able to

- Understand the principle and practice of Yogic practices.
- encourage self-reflection and introspection through consistent yoga practice, leading to greater self-awareness and emotional resilience.
- explore the connection between mind, body, and spirit, fostering a holistic understanding of oneself.

Unit-1 SHATKARMA

- 1.1 Sutra neti
- 1.2 Nauli(Madhyama, Vama, Dakshina)
- 1.3 Nauli (Nauli Chalana)
- 1.4 Trataka (Jyoti)

Unit-II YOGASANAS

- 2.1 Concept of Advance Postures, Importance and alignment in asana
- 2.2 Vatayanasana, Natarajasana, Hastapadangusthasana, Garudasana, Bhunamanasana, Hanumanasana
- 2.3 Garbhasana, Navasana, Kurmasana, Rajkapotasana Karna Peedasana, Marjariasana, Matsyendrasana , Padangusthasana,
- 2.4 Bakasana, Mayurasana, Sirshasana and its variations
Yoganidrasana, Matsyasan, Ekapada and Dwipada Kandarasana

Unit-III PRANAYAMA

- 3.1 Nadi Shodhana & Shitkari Pranayama
- 3.2 Bhramari & Sheetal Pranayama
- 3.3 Suryabhedana & Chandrabhedana Pranayama,
- 3.4 Ujjayi Pranayama & Bhastrika Pranayama,

Unit-IV continuous evaluation by the Teacher

Suggested Books

- Joshi, K.S.: Yogic Pranayama, Oriental Paperback, New Delhi.
- Nagendra, H.R: Mind sound resonance technique, Swami Vivekanand Yoga Prakashan, 2002, Bangalore.
- Swami Niranjanananda Saraswati: Asana Pranayama Mudra Bandha; Bihar school of Yoga publications; Munger, 2001
- Swami Satyananda: Yoganidra, Yoga Publication Trust, Munger, 1998
- Swami Dharendra Bhramhachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1966
- Iyengar, B.K.S.: Light on Pranayama,

**Skill enhancement course
Traditional Alternative Therapies**

| | |
|----------------------------|--------------|
| Course Code: 240/YOG/SE304 | Credits:3 |
| TI: 15 TE: 35 | PI: 5 PE: 20 |

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 11 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit, these question in section B will be of 8 marks.

Objective: Traditional alternative therapies in yoga can include practices such as Accupressure, Magnet Therapy, Chromo therapy, and other complementary healing techniques. By teaching traditional alternative therapies in yoga, instructors aim to offer a comprehensive and integrated approach to health that respects the wisdom of ancient practices while adapting them to modern needs.

Outcome: To pinpoint the essentials of a healthy lifestyle.
To elucidate the lifestyle plans based on natural remedies
Understand and articulate the meaning of aromatherapy, chromo therapy, magnet therapy, and acupressure.

Unit-I

- 1.1 Introduction of Traditional therapies
- 1.2 Importance of Traditional therapies
- 1.3 Acupressure: Introduction, definition, scope, history, principles. Role of Acupressure.
- 1.4 Practical application of Accupressure

Unit-II

- 2.1 Marma Therapy: Introduction, definition, scope, history, principles; Role of Marma Therapy.
- 2.2 Practical application of Marma Therapy
- 2.3 Magnet therapy: Introduction, definition, scope, history, principles; role of Magnet therapy.
- 2.4 Practical application of magnet therapy

Unit-III

- 3.1 Aromatherapy: Introduction, definition, scope, history, principles; role of Aromatherapy.
- 3.2 Practical application of Aroma Therapy
- 3.3 Helio therapy: Introduction, definition, scope, history, principles; role of Helio therapy
- 3.4 Practical application of Helio Therapy

Suggested Books

- S. D. Dwivedi: Naturopathy for perfect health, Kalpaz Publication Delhi, 2002
- Pravesh Handa: Naturopathy and Yoga, Kalpaz Publication Delhi, 2006
- S. J. Singh: My Nature Cure or Practical Naturopathy

**Value added course
Yoga and Cultural Synthesis**

| | |
|----------------------------|-------------|
| Course Code: 240/YOG/VA305 | Credits:2 |
| TI: 15 TE: 35 | PI: 0 PE: 0 |

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 11 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit, these question in section B will be of 12 marks.

Objective:

This course explores the practice of yoga through its historical development and cultural adaptations. Students will examine how yoga has evolved across different cultural contexts and how these transformations reflect broader cultural exchanges.

Outcome:

- To understand the historical roots and philosophical foundations of yoga.
- To analyze the cultural adaptations and global spread of yoga.
- To explore the impact of yoga on and by various cultural contexts.

Unit 1: Historical Foundations and Cultural Evolution of Yoga

- 1.1 Origins and Philosophy of Yoga
- 1.2 Classical Yoga Texts and Practices
- 1.3 Yoga's Initial Western Encounters & Cultural Synthesis and Globalization
- 1.4 Yoga in Modern Contexts, Yoga in the Digital Age

Unit-2 Practical Applications and Cultural Reflections

- 2.1 Practical Yoga Applications
- 2.2 Yoga for Society
- 2.3 Yoga for World Peace
- 2.4 Modern Yoga Movements and Cultural Development

Suggested Books

- The Cultural Politics of Yoga” by Rachel Dwyer
- Yoga and Its Discontents: A Critical Examination” by William J. Broad
- The Yoga Sutras of Patanjali” – Swami Satchidananda
- The Heart of Yoga: Developing a Personal Practice” – T.K.V. Desikachar
- The Subtle Body: The Story of Yoga in America” – Stefanie Syman
- Yoga Body: The Origins of Modern Posture Practice” – Mark Singleton

Semester-4

Core course -1 Yoga & Holistic Health

| | |
|---------------------------|-----------|
| Course Code:240/YOG/CC401 | Credits:4 |
| TI: 30 TE: 70 | PI: PE: |

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 14 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit. All question from each unit will carry equal marks.

Objectives: With this course students would gain knowledge about basic concept of health and effect of yoga practice on human body.

Outcomes: After completing this course, the learner will be able to:

Understand the concept of Holistic health and diseases.

Have understanding about Yogic concepts of Holistic health and healing.

Yogic principle and practices for healthy living; and

Understand the concept of Ahara its role in healthy living

Unit-1 Concept of Body, Holistic Health and Diseases

- 1.1 Meaning and Definition of Holistic Health.
- 1.2 Concept of Adhi and Vyadhi;
- 1.3 Concepts of Trigunas, Pancha-mahabhutas,
- 1.4 Pancha prana and their role in Health

Unit-2 Causes of ill Health and Remedial Measures

- 2.1 Potential causes of ill-health: Tapatrayas and Kleshas,
- 2.2 Physical and Physiological manifestation of Disease
- 2.3 Mental and Emotional ill Health.
- 2.4 Shuddhi Parikriyas in Yoga and their role in preventive and curative Health

Unit-3 Yogic Principles and Practices of Healthy Living – I

- 3.1 Shatkriyas For Tatva Shuddhi;
- 3.2 Asana for mind, body, and spirit.
- 3.3 Practice for Pranmaya kosha – Pranayama
- 3.4 Definition of Mental Health & Mental Hygiene

Unit-4 Yogic Principles and Practices of Healthy Living - II

- 4.1 Attitude change towards Yoga through individualized counseling.
- 4.2 Yogic method tackling ill effects of Conflict and Frustration.
- 4.3 The secret of Karma Yoga.
- 4.4 Unattached Action, Equanimity in success and failure.

Suggested 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
- M. M. Gore : Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)
- Dr.K.KrishnaBhat:ThepowerofYoga

Core course -2
Fundamentals Of Naturopathy

| | |
|----------------------------|--------------|
| Course Code: 240/YOG/CC402 | Credits:4 |
| TI: 25 TE: 50 | PI: 5 PE: 20 |

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 10 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit. All question from each unit will carry equal marks.

Objectives: To introduce the basic principles of Naturopathy and its concepts. Students shall be able to know the general concept of our traditional alternative therapies such as Naturopathy

Outcomes: After completing this course, the learner will be able to:

To understand Basic modalities of treatment in Naturopathy.

To have an understanding about Benefits of Naturopathy and life style modification.

To understand the role of Yoga in Naturopathy treatment

UNIT-1: INTRODUCTION TO NATUROPATHY

1.1 Definition of Naturopathy and its basic principles, History of Naturopathy.

1.2 Definition of health and natural way of healthy living.

1.3 Comparative study of the Naturopathy with other systems of Medicine; Catechism of Nature cure.

1.4 Inflammation and its different stages; Natural rejuvenation and vitality.

UNIT-2: PRINCIPLES AND CONCEPTS OF NATUROPATHY

2.1 Laws of Nature: Concept of Pancha Mahabhootas, Shareera Dharmas

2.2 Importance of five elements (Pancha mahabhootas)

2.3 Detailed study of vital force, natural immunity, healing crisis, foreign matter,

2.4 Arogya Rakshaka Panchatantras and their importance

UNIT-3: NATUROPATHY THERAPEUTICS-1

3.1 Fasting

3.2 Naturopathy Dietetics and Nutrition

3.3 Importance of acidic and alkaline diet and its physiological effects on body.

3.4 Mud therapy

Unit-4. NATUROPATHY THERAPEUTICS-2

4.1 Hydrotherapy-Physical and remedial properties of water,

4.2 physiological effects of water at different temperature in human body, with their therapeutics effect, methods of treatment, indications, contraindications, precautions, management of crisis during treatment and after treatment.

4.3 Massage

4.4 Sun Rays therapy

Suggested Books

Ghosh, A.K Diet and Nutrition (English)

Henry Lindlahr Philosophy and Practices of Nature Cure, Sat Sahitya Sahayogi Sangha, Hyderabad

K. Lakshmana Sarma, S. Swaminathan: Speaking of Nature Cure, Sterling Publishers Pvt. Ltd, 2013.

M.K.Gandhi My Nature Cure

Parvesh Handa Naturopathy and Yoga, Gyan Publishing House, 2006

S.R. Jindal Nature Cure: A Way of Life B. Jain Publishers, 1996

Singh, S.J. History and Philosophy of Nature Cure

Dr. J. H. Kellogg, USA Rational Hydrotherapy, National Institute of naturopathy, Pune.

John Harvey Kellogg The Art of Massage, TEACH Services, Inc., 2010.

Pauline Wills : Colour Healing Manual: The Complete Colour Therapy Programme

Dr. Rakesh Jindal, Science of Natural Life; Arogya Seva Prakashan.

Core course 3
Contribution of Indian Yogis to the society

| | |
|----------------------------|-----------|
| Course Code: 240/YOG/CC403 | Credits:4 |
| TI: 30 TE: 70 | PI: PE: |

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 14 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit. All question from each unit will carry equal marks.

Objectives: Indian yogis focus on guiding individuals toward a harmonious, ethical, and spiritually fulfilling life. Their contributions to society extend from personal well-being to broader social, cultural, and environmental impacts, fostering a more compassionate, peaceful, and enlightened world.

Outcomes: After completing this course, the learner will be able to:
understand the relevance between various types of Yoga.
Students should be understanding the famous Indian Yogis

Unit-I

- 1.1 Maharshi Patanjali: life sketch and their contribution to Yoga.
- 1.2 Gautam Buddh: Life sketch and his teachings.
- 1.3 Yogi Gorakshanath: life sketch and their contribution to Yoga.
- 1.4 Swami Shivanand Saraswati: Life sketch and their contribution to Yoga.

Unit-II

- 2.1 Maharshi Mahesh Yogi: Eminent Yoga Institutions in India and their contribution in development of Yoga.
- 2.2 Swami T. Krishnamacharya: Eminent Yoga Institutions in India and their contribution in development of Yoga.
- 2.3 B.K.S. Iyengar: Eminent Yoga Institutions in India and their contribution in development of Yoga
- 2.4 Kabir Das: Life sketch and his teachings

Unit-III

- 3.1 Ramakrishna Paramhansa: Life sketch and their contribution to Yoga.
- 3.2 Pt. Shri Ram Sharma Acharya: Eminent Yoga Institutions in India and their contribution in development of Yoga.
- 3.3 Swami Vivekanand: Eminent Yoga Institutions in India and their contribution in development of Yoga.
- 3.4 Lahiri Mahasaya: Life sketch and their contribution to Yoga.

Unit-IV

- 4.1 Sri Aurobindo: Eminent Yoga Institutions in India and their contribution in development of Yoga;
- 4.2 Swami Kuvalyananda: Eminent Yoga Institutions in India and their contribution in development of Yoga;
- 4.3 Swami Dayananda Saraswati: Eminent Yoga Institutions in India and their contribution in development of Yoga;
- 4.4 Swami Rama: Eminent Yoga Institutions in India and their contribution in development of Yoga.

Suggested Books

Vishwanath Mukharjee- Bharat Ke Mahan Yogi, Vishwavidyalaya Prakashan, New Delhi, 2005
Vishwanath Mukharjee - Bharat ki mahaan Saadhikayen, Vishwavidyalaya Prakashan, New Delhi, 2005.
Arya Dr. Somveer and Yadav Dr. Dharambir : Yogyon ka jivan parichay; Raghav Publication, New Delhi,2021
Kalyan(Bhakt Ank) - Gita Press Gorakhpur, 2010
Kalyan(Sant Ank)- Gita Press Gorakhpur, 2016

Core Course -4

Yoga Therapy -1

| | |
|----------------------------|---------------|
| Course Code: 240/YOG/CC404 | Credits:4 |
| TI: 15 TE: 35 | PI: 15 PE: 35 |

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 7 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit. All question from each unit will carry equal marks.

Objectives: Yoga therapy is to use the principles and practices of yoga to support the healing and well-being of individuals, addressing specific health conditions and promoting overall wellness. Yoga therapy involves a personalized approach, integrating physical postures, breathing exercises, Meditation, and lifestyle changes to treat or manage various physical, mental, and emotional issues.

Outcomes: After completing this course student are able
To understand and prepare the Yoga therapy module for specific diseases
To understand the precautions, indications and contra-indications of Yogic practices to specific diseases.

Unit - 1: YOGA THERAPY FOR MUSCULO SKELETAL DISORDERS

To prepare the Yoga Therapy Module for following Musculo skeletal disorders:

- 1.1 Back Pain
- 1.2 Neck Pain
- 1.3 Arthritis
- 1.4 Fibromyalgia.

Unit - 2: YOGA THERAPY FOR DISORDERS OF GASTROINTESTINAL AND EXCRETORY SYSTEM

To prepare the Yoga Therapy Module for following disorders of gastrointestinal and excretory system:

- 2.1 IBS
- 2.2 Hyperacidity
- 2.3 Dyspepsia
- 2.4 Constipation

Unit - 3 : YOGA THERAPY FOR CARDIO-VASCULAR DISORDERS:

To prepare the Yoga Therapy Module for following cardio-vascular disorders:

- 3.1 Hypertension
- 3.2 Stress related Cardiac Disorder
- 3.3 Atherosclerosis
- 3.4 Coronary artery disease.

Unit- 4 : YOGA THERAPY FOR RESPIRATORY DISORDER

To prepare the Yoga Therapy Module for following respiratory disorder:

- 4.1 Asthma
- 4.2 Chronic Bronchitis
- 4.3 Common Cold, Allergic Rhinitis,
- 4.4 Sinusitis, Sleep apnea.

Suggested Books

- Bhavanani, A.B. (2013). Yoga Chikitsa: Application of Yoga as a therapy. Pondicherry, India: Dhivyananda Creations.
- NagarathaR.andNagendraH.R.:Commonailmentsseries,publishedbySVYP, Bangalore, 2010
- SwamiKarmananda:Yogic management of common diseases,Yoga Publications Trust, Munger, 2001
- Dr R. Nagarathna, Dr H R Nagendra, Yoga for Arthritis, Published by SVYP, Bangalore, 2001
- Dr R. Nagarathna, Dr H R Nagendra: Yoga for Asthma by Published by SVYP, Bangalore, 1998
- MDNIY publications:10 Booklets, Yoga Therapy Series, MDNIY Publications, New Delhi, 2009
- Reddy, M. Venkata and Others: Yogic Therapy,Sri M.S.R. Memorial Yoga series, Arthamuru A.P.2005
- Yoga for Back Pain by Dr H. R. Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore, Bangalore, 2001

Minor Vocational Course Meditation Techniques

| | |
|----------------------------|---------------|
| Course Code: 240/YOG/MI405 | Credits:4 |
| TI: 15 TE: 35 | PI: 15 PE: 35 |

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 7 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit. All question from each unit will carry equal marks.

Objectives: Students will be familiar with scriptural knowledge of meditation. To gain ability to teach meditation techniques with scientific approach. Students share personal experience of meditation.

Students would be able to apply meditation techniques in therapeutic way.

Outcomes:

- To know traditional meaning and definitions of the term ‘meditation’
- To know Preparatory practice of meditation
- To know different types of meditation techniques with their benefits
- To have the knowledge of scientific approach of meditation
- To know database research on meditation

UNIT -I INTRODUCTION OF MEDITATION

- 1.1 Meditation its meaning, nature, and scope.
- 1.2 Meditation as deployment of Concentration.
- 1.3 Concept of Dharana, Dhyana and Samadhi. Prayer, Worship & Meditation,
- 1.4 Pre-requist of Meditation

UNIT-II MEDITATION IN HINDUISM

- 2.1 Meditation in Hinduism: OM meditation; So-Ham meditation.
- 2.2 Chakra meditation.
- 2.3 Process of Meditation in 6th chapter of Bhagavad Gita
- 2.4 Cyclic Meditation

UNIT-III MEDITATION IN BUDDHISM

- 3.1 Meditation in Buddhism
- 3.2 Vipasyana Meditation
- 3.2 Meditation in Jainism
- 3.4 Preksha Dhyana

UNIT-IV: MEDITATION & ITS SCIENTIFIC APPROACH

- 4.1 Practice of Various Meditation Techniques.
- 4.2 Psychological effects of Meditation:
- 4.3 Spritual effect of Meditation
- 4.4 Scientific effect of meditation

Suggested Books

- Johnson, D. & Farrow, J.T. Ed(1977). Scientific Research on TranscendentalMeditation Programme:Collected Papers, Vol I. Los Angeles: MERUPress.
- Rao, K.R. (1989). Meditation: Secular and Sacred. Presidential Address to theIndian Academy of Applied Psychology, University of Calcutta.
- Krishnamacharya, T.: Dhyanamalika, KYM, Chennai, 2005
- Swami Satyananda: Yoganidra, Yoga Publication Trust, Munger, 1998
- Lajpat,Rai&others:Meditation,AnbhavaRaiPublications,Gurgaon
- Saraswati, Swami Satya Nand: Meditation from Tantras, Yoga Publication Trust, Munger, 2004
- Swami Niranjanananda Saraswati: Dharana Darshan; ; Bihar school of Yoga publications; Munger, 2001
- Lajpat, Dr. R.: Discovering Human Potential Energy, Abhinav Rai Publication, Gurgaon, 1996

**Skill Enhancement Course
Yoga for personality development**

| | |
|----------------------------|--------------|
| Course Code: 240/YOG/SE406 | Credits:2 |
| TI: 5 TE: 20 | PI: 5 PE: 20 |

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 10 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit, these question in section B will be of 5 marks.

Objectives:The aim of this course to utilize yoga as a comprehensive tool for personality development, supporting individuals in achieving their highest potential and leading balanced, fulfilling lives.

Outcome:After completing this course, the learner will be able to:

Learn the principles of Yoga and Personality

Learn Importance of Yoga

Learn about Yogic Practices for Personality development.

Unit-1: Introduction to Yoga & Personality

- 1.1 Meaning and Definitions of Yoga;History and Development of Yoga;
- 1.2 Aim and Objectives of Yoga;Importance of Yoga;
- 1.3 Ashtanga Yoga & Karma Yoga.
- 1.4 Meaning and Definitions of personality,Personality in Vedic text;Ayurveda;Yogic text.

Unit-2 Foundation of Personality, Yogic Practices for Personality development

- 2.1 Yogic attitudes: Maitri, Karuna, Mudita, Upeksha;
- 2.2 Concept of Bhavas
- 2.3 Surya Namaskar; Sukshama Vyayama –Neck, Eye, Shoulder, Trunk, Knee and Ankle;Yogasana;
- 2.4 Pranayama – Bhastrika, Bhramari, Anulom-Vilom, Ujjayi Panchamahabhuta Mudra

Suggested 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. Bks iyenger-Light on Yoga

