

# **SYLLABUS FOR POST GRADUATE DIPLOMA IN YOGA**

## **SYLLABUS AND SCHEME OF EXAMINATION**



**HIMACHAL PRADESH TECHNICAL UNIVERSITY,  
HAMIRPUR 177 001 (H.P.)**

## **SYLLABUS AND SCHEME OF EXAMINATION**

**Duration: One year**

**w.e.f. session 2019-20**

**SYLLABUS FOR  
POST GRADUATE DIPLOMA IN YOGA**

<b>PART-I</b>	<b>THEORY</b>	<b>800 MARKS</b>
<b>PART-II</b>	<b>PRACTICALS</b>	<b>400 MARKS</b>

**TOTAL MARKS : 1200 MARKS**

**SYLLABUS FOR POST GRADUATE DIPLOMA IN YOGA  
FOR THE SESSION 2019-20**

**SEMESTER-I  
OUTLINE OF TESTS**

The course of instructions for P.G. DIPLOMA IN YOGA consist of the following parts:

<b>PART-I</b>	<b>THEORY</b>	<b>400 MARKS</b>
<b>PART-II</b>	<b>PRACTICAL I AND II</b>	<b>200 MARKS</b>

**TOTAL MARKS : 600 MARKS**

**Note:-**

- Examination in practical teaching and officiating shall be conducted jointly by one internal and one external examiner.
- If a candidate who fails to qualify or who misses the examination in any activity in the first term. It is obligatory for him to appear in the activities of the first term along with the final examination.

**PART-I: THEORY**

**400 MARKS**

<b>PAPER CODE</b>	<b>SUBJECT</b>	<b>EXTERNAL</b>	<b>INTERNAL</b>
PAPER- I	FOUNDATIONS OF YOGA	80	20
PAPER-II	PRINCIPLES OF HATHA YOGA	80	20
PAPER-III	YOGA AND ALLIED SCIENCES	80	20
PAPER-IV	HUMAN ANATOMY AND PHYSIOLOGY	80	20

Note: Each Theory paper will be of three hrs duration.

**PART-II : PRACTICAL(YOGIC SKILLS & ALLIED SCIENCES) 200 MARKS**

<b>PAPER</b>	<b>SUBJECT</b>	<b>EXTERNAL</b>	<b>INTERNAL</b>
PAPER- V	PRACTICAL -1	80	20
PAPER-VI	PRACTICAL -11	80	20

## SEMESTER-II

PART-I	THEORY	400 MARKS
PART-II	PRACTICAL I AND II	200 MARKS

**TOTAL MARKS : 600 MARKS**

**Note:-**

- Examination in practical teaching and officiating shall be conducted jointly by one internal and one external examiner.

### **PART-I: THEORY**

**400 MARKS**

<b>PAPER</b>	<b>SUBJECT</b>	<b>EXTERNAL</b>	<b>INTERNAL</b>
PAPER- VII	PATANJALI YOGASUTRA	80	20
PAPER-VIII	YOGA THERAPY	80	20
PAPER-IX	SHRIMADBHAGWADGEETA	80	20
PAPER-X	SAMKHYAKARIKA, INDIAN PHILOSOPHY AND UPANISHAD	80	20

Note: Each Theory paper will be of three Hrs duration.

### **PART-II :PRACTICALS**

**200 MARKS**

<b>PAPER</b>	<b>SUBJECT</b>	<b>EXTERNAL</b>	<b>INTERNAL</b>
PAPER- XI	PRACTICAL -1	80	20
PAPER-XII	PRACTICAL -11	80	20

**(SEMESTER-I)**

**PAPER-I: FOUNDATIONS OF YOGA**

**Time allowed: 3 Hours Max Marks: 100 (External: 80, Internal: 20) Credit-5**

**INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:**

- a) There shall be nine questions in all.
- b) First question is compulsory. It will contain 8 short answer type questions, spread over the whole syllabus to be answered in brief. It will carry 32 marks i.e., Four marks each question. All questions are compulsory. (4×8 = 32 Marks)
- c) Rest of the paper shall contain Four units for descriptive questions. Each unit shall have two questions and the students shall be given internal choice i.e. the students shall attempt one question from each unit. (12 x 4= 48 Marks)

**UNIT – I:**

1. Etymology, Meaning and Misconceptions of Yoga.
2. Objectives / importance and aims of Yoga.
3. Importance of Time, place and season. Helping and disturbing elements of Yoga.
4. Ethics of Yoga: Yama-s and Niyama-s according to Patanjali yoga sutra.

**UNIT – II:**

1. Yoga in Veda-s, Upanishad-s, Purana-s,
2. Yoga in Smrit-s Srimadbhagvadgeeta,
3. Karmayoga, Bhaktiyoga, Jainyoga.
4. Rajayoga. Hathayoga, Astangayoga, kundalini Yoga

**UNIT-III:**

**Brief introduction of scriptures**

1. Patanjali Yogasutra, Shrimad Bhagwadgeeta
2. Gheranda Samhita, Hathayoga Pradeepika
3. Goraksha Padati, Siddha Sidhantpadati
4. Hatha Ratnavali, Shiv Samhita

**Unit-IV**

1. Matsendranatha , Gorakshanatha.
2. ParmahansaRamkrishan, Swami Vivekanand
3. ParmahansaYoganandji, Shri Arvind.
4. Swami Shivanand, Swami Satyanand Saraswati.

**BOOKS FOR REFERENCE**

- Acharya, Shri Ram : 108 Upanishads in three Volumes (Hindi) Shanti Kunj, Sharma Haridwar, 1978
- Dasgupta, S.N. : Yoga Philosophy in Relation to other Systems of Indian thought. University of Calcutta, 1924

- Dasgupta, S.N. : Hindu Mysticism, Motilal Banarsidass, Delhi 1927
- Fenerstein, George : The Yoga Tradition: It's History, Literature, Philosophy practice, Bhavana Books and Prints, 2002
- Goyandaka, Jayadayal : Shrimad Bhagavadgita Tattvavivechani, Geeta Press, Gorakhpur, 1961
- Karel Werner : Yoga and Indian Philosophy, Motilal Banarasidas, Delhi, 1979
- Pandit, M. P. : Introduction to Upanishads : Theosophical Society of India  
Adyar, Madras, 1976
- Radhakrishnan : The Principal Upanishads, George Allen and Unwin, London, 1953
- Radhakrishnan, S. : Indian Philosophy (Vol. I & II). George Allen and Unwin, London, 1971
- Raja, Kunhan C. : Some Fundamental Problems in Indian Philosophy. Motilal Banarasidas, Delhi, 1974
- Sharma, Chandradhar : A Critical Survey of Indian Philosophy. Motilal Banarasidas, Delhi, 2000
- Sing, Lalan Prasad : Tantra, Its Mystic and Scientific Bases. Concept Publishing Company, Delhi, 1976
- Stace, W.T. : Mysticism and Philosophy. Macmillan and Co. London, 1961
- Stephen Sturges : The Yoga Book. Motilal Banarsidass, Delhi, 2004
- Bhat, Krishna K. : The Power of Yoga: SuYoga Publications Mangalore, 2006
- Swami Adidevananda : Sri Ramanuja Gita Bhasya. Sri Ramakrishna Math, Madras, 1993
- Swami Anant Bharati : Yoga Darshan-Yoga Prabhakar (Hindi). Swami Keshwananda Yoga Sansthan, Delhi, 1982

## PAPER-II: PRINCIPLES OF HATHA YOGA

**Time allowed: 3 Hours Max Marks: 100 (External: 80, Internal: 20) Credit-5**

### INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

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- Rest of the paper shall contain Four units for descriptive questions. Each unit shall have two questions and the students shall be given internal choice i.e. the students shall attempt one question from each unit. (12 x 4= 48 Marks)

#### Unit -1

- Hathayoga:** Its Origin, Meaning, Definition, Aims and Objects, Importance in Modern era.
- Sign and symptoms of success in Hatha Yoga.
- Contribution of Nath Tradition in Hathayoga.
- Mitahara, Pathya and Apathya, do and don't in Hathayoga Sadhna.

#### Unit -2

- Dhauti:** Its techniques, benefits, precautions, contraindications and classification, Practices of Dandadhauti, Vastradhauti, Vamandhauti, Agnisardhauti.
- Basti, Neti, Nauli :** Its techniques, benefits, precautions, contraindication and classification
- Trataka, Kapalbhathi:** Its techniques, benefits, precautions, contraindications and classification.
- Asanas:** Meaning and definition, principles, their techniques, benefits, precautions, contraindications and classification.

#### Unit-3

- Pranayama:** Its Meaning and Definition, Prana and its types.
- Principles, classification of Pranayama according to Hathayogic texts.
- Pranayama:** Their techniques, benefits, precautions, contraindications and classification according to Hathayogapradeepika and Gheranda - samhita.
- Mudra-s (Bandha):** Meaning and Definition, Mudras mentioned in Gheranda-samhita and Hathayogapradeepika.

#### Unit-4

- Nadi-s:** Meaning, Origin, Location, types, classification and its importance in Hathayoga Sadhna.
- Chakra-s:** Meaning, Location, types and its importance in Hatha Yoga Sadhna.
- Kundalini:** Meaning, Synonyms, Location, Method for awakening.
- Nadanushandhaan:** According to Hathayogapradeepika.

## BOOKS FOR REFERENCE

- Bharati, Veda: Philosophy of Hatha Yoga (English) Himalayan International Institute of Yoga Science and Philosophy, 1998, 2<sup>nd</sup> Rev. ed., Pennsylvania)
- Burnier, Radha: Hatha Yoga Pradipika of Svatomarama, The Adyar Library publications, Chennai. 2000
- Gharotee, M.L. and others : Hatharatnavali of Srinivasayogi, The Lonavla Yoga Institute, Lonavla, 2002
- DvivediHajariprasad : Nath Sampradaya of Hatha Yoga, Dvivedi Publications, Hindustani Academy, Allahabad, Uttar Pradesh, 1950.
- Swami Digambaraji and Pt: Raghunatha Swami Digambarji and Gharote M.L. Swami Maheshanandaji and Others Woodroffe, Sir John : Hathapradeepika of Svatomarama, Kaivalyadhama, S.M.Y.M.Samiti, Lonavla, 1998
- Gherandasamhita, Kaivalyadhama, S.M.Y. M. Samiti, Lonavla, 1978.
- Shivasamhita, Kaivalyadhama, S.M.Y.M. Samiti, Lonavla, 1999
- The Serpent power, Ganesh & Company, Madras, 2000
- HathaYoga Eka Aitihaska Paripreksyaevam..., Eastern Book Linkers, New Delhi.
- Hathapradipika of Svatomaramaji, (Jyotsana- tika), Adyar Library, Madras.
- Sharma, Surendra Siddhasidhantpaddhati, Lonavla, Yoga Institute Lonavala 2005.
- Corakshasatkam, Kaivalyadhama, S.M.Y.M. Samiti, Lonavla.
- Gharote M.L. &Pai, G.K. (Edi) Swami Kuvalyananda&Shukla, S.A. Asana Pranayama & Mudra Bandha Bihar School Of Yoga, Munger, 1969.
- Saraswati, Swami Satyananda Therapeutic references in Traditional Yoga Texts, The Lonavla Institute, Lonavla, 2010.
- Gheranda Samhita
- Gharote, M.M. & others Gheranda Samhita
- Swami Ananat Bharti Hatha yoga pradeepika
- Hatha yoga pradeepika
- Swami Niranjananand Saraswati Swami Ananat Bharti
- Kaivalyadham ,lonawala

## **PAPER-III:YOGA AND ALLIED SCIENCES**

**Time allowed: 3 Hours Max Marks: 100 (External: 80, Internal: 20) Credit-5**

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- c) Rest of the paper shall contain Four units for descriptive questions. Each unit shall have two questions and the students shall be given internal choice i.e. the students shall attempt one question from each unit. (12 x 4= 48 Marks)

### **Unit -1**

1. Health Education: Meaning, Scope, Objectives and Spectrum,
2. Principles and Importance of health education
3. Planning and evaluation in health education programmes.
4. Personal Hygiene: The concept of hygiene and personal hygiene. Importance of rest, sleep, diet and exercise.

### **Unit -2**

1. Meaning of Food Nutrient and Nutrition.
2. Components of food, classification, sources and requirements.
3. Meaning and Importance of Balance Diet, Malnutrition and Yogic diet
4. Advantages and disadvantages of Vegetarian and Non Veg diet.

### **Unit-3**

1. Physical Education: Introduction, Scope, Aims and Objectives of Physical Education, Relationship of Physical Education with Yoga
2. Modern Trends in Physical Education and Yoga.
3. Yoga as Profession: Introduction to the Profession of Yoga and its opportunities.
4. Flexibility: Meaning, Importance, Types, Methods of training and precautions

### **Unit-4**

General introduction of different therapies

1. Accupressure, Accupuncture
2. Naturopathy, Ayurveda
3. Magnet Therapy, Pranic Healing
4. Importance of these therapyfor curing disorders.

### **BOOKS FOR REFERENCE**

1. Singh Hardyal: science of coaching
2. Pandey, P.K. and Gongopadhay, S. R. "Health Education for School Children", Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.
3. Park, J.E. and Park , K. "Text Book of Preventive and Social Medicine", (1985)
4. Laxmipati. K., Basic principles of Ayurveda



5. Singh Attar, Accupressure
6. Jindal, Principles of Naturopathy
7. Sui kukcho, Pranic Healing
8. Balkrishan ,Secret of Ayurveda
9. AgarwalL. Arjun and Sharma N. Govind ,Advanced Acupuncture Therapy
10. Magneto Therapy –Dr.H.L.Bansal

## **PAPER-IV: HUMAN ANATOMY AND PHYSIOLOGY**

**Time allowed: 3 Hours Max Marks: 100 (External: 80, Internal: 20) Credit-5**

### **INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:**

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- b) First question is compulsory. It will contain 8 short answer type questions, spread over the whole syllabus to be answered in brief. It will carry 32 marks i.e., Four marks each question. All questions are compulsory. (4×8 = 32 Marks)
- c) Rest of the paper shall contain Four units for descriptive questions. Each unit shall have two questions and the students shall be given internal choice i.e. the students shall attempt one question from each unit. (12 x 4= 48 Marks)

### **UNIT-I**

1. Anatomy & Physiology: Introduction, Need and Importance in the field of Yoga.
2. General introduction of human body.
3. Cell: Introduction of Cell, Tissue, Organ and System, Microscopic Structure and Functions of Cell.
4. Tissue: Introduction, Classification, Structure, Functions and Types.

### **UNIT-II**

1. Blood: Composition, Function and Coagulation.
2. Skeletal System: Introduction of Skeletal system, Classification of Bones and effect of Yogic Practices on it.
3. Joints and its Classification, effect of Yogic Practices on it.
4. Muscular System: Introduction, Classification, Functions of muscles and effect of Yogic Practices on it.

### **UNIT-III**

1. Digestive System: Introduction, Structure and Functions, digestion of food (Absorption and Assimilation of food) effect of Yogic Practices on it.
2. Circulatory System: Introduction, Structure and Function of heart, Types of Circulation and effect of Yogic Practices on it.
3. Blood Pressure, Technique of measurement and effect of Yogic Practices on it.
4. Respiratory System: Introduction, Structure and Function of Respiratory Organs, Mechanism and effect of Yogic Practices on it.

### **UNIT-IV**

1. Excretory System: Introduction, Structure and Functions of the Kidney and Skin. Composition of Urine and effect of Yogic Practices on it.

2. Nervous System: Introduction, Central Nervous System, Autonomous Nervous System.
3. Parts of the Brain (Name and Position only), Structure of the Spinal Cord. effect of Yogic Practices on it.
4. Endocrine System: Introduction, Location and Structure of different Glands and effect of Yogic Practices on it.

#### **REFERENCES**

1. Pearce Evelyn. (1992). Anatomy & Physiology for nurses, Calcutta: Oxford University press.
2. Sedey, Rod R. (1992) Anatomy & Physiology. St. louis: Mosby
3. Tortora G.J. (1996). Introduction to Human Body. (4th Ed.) Clifornia: Addison Wesley.
4. Marieb Elaine N. (1984). Human Anatomy and Physiology (3rd Ed.). Cal: The Benjamin Cumming
5. Wilmore, Jack H and Costill, David L. Physiology of Sports and Exercise. Human kinetics, 1994.
6. Hoeger, Werner W.K, Hoegen, Sharon A. Principles and Labs for fitness and wellness. 7th ed 2004.
7. Wilson Kathleen J. W. Anatomy and Physiology, Health and illness. 6th Edition. Churchill Livingstone Edinburgh, 1987.
8. Gore ,M.M – Anatomy and physiology of yogic practices
9. Charu, Supriya – Sarirrachna, evamkriyavigyan.
10. Chatterjee,C.C – Human physiology.
11. Text book of Anatomy vol.1,11,111 – B.D Chaurasia
12. Human Embryology by Inder Bir Singh.
13. Human Anatomy by Datta.

**PAPER – V PRACTICAL – I**

**Max Marks: 100 (External: 80, Internal: 20) Credit-5**

**1. Shukshma Vyayam.**

**2. Suryanamaskar**

**10 Marks**

**3. Asana-s**

**30 Marks**

**A. In Standing Position:-**

Tadasana, Konasana, Kati-Chakarsn, Vrikshasana,  
Trektadasana,Utkatasana, Padaangushthasan.

**B. In Sitting Position:**

Padmasan,Swastikasan, Vajrasana, Mandukasan , Kurmasan,  
Simhasan,Janu-Sirsasan, Paschimottanasan, Vakrasan, Ardha-Matsyendrasan,  
Bhadrasan(Badh-Konasana), Gomukhasan.

**C. In laying on Back(Supine Position):**

Shavasan(Mritasan), Uttanpadasan, Pawanmuktasan, Ardh-Halasan,  
Setubandhasan, Sarvangasan, Matsyasan.

**D. In laying on abdomen(Prone Position):**

Makrasan, Sarpasan, Dhanurasan.

**4. Pranayama & Dhyan(Meditation)**

**20 Marks**

A. Deep breathing- Abdominal & Diaphragmic breathing

B. Yogic breathing

C. Nadishodhan pranayam

D. Surya Bhedan Kumbhak

E. Sheetali Kumbhak

F. Sheetkari Kumbha

**3. Viva :**

**20 Marks**

**Reference books**

1. Hath Yoga Pradipika- Kaivlyadham Lonavla
2. Gheranda Sanhita- Kaivlyadham Lonavla
3. Saral Yogasana- Dr. Ishwar Bharadwaj
4. Asana Prananyam Bandh Mudra- Swami Satyanand Saraswati
5. Light on Yoga- BKS Iyengar

## PRACTICAL – II

Max Marks: 100 (External: 80, Internal: 20) Credit-5

1. **Kriyas:** **20 Marks**  
Gajkarani(Kunjla), Jal Neti, Sutra-Neti,  
Vatkarm Kapalbhati Strokes & Agnisar.
2. **Mudra:** **20 Marks**  
Maha Mudra, Mahaved Mudra, Moolbandh Mudra,  
Uddianbandh Mudra, Jalanderbandh Mudra & Vipreetkarni Mudra,  
Hast Mudra – Gyan, Prana, Apan, Ling Mudra
3. **Dhyan(Meditation):** **10 Marks**  
Mantra-Uchharana (Recitation of Mantra-s)  
Pranav(Oumkar) Japa  
Gayatri Mantra  
  
Shanti Path
4. **Lesson plan 10( 3-Asana,2- Pranayama,3-Mudra,2-Shatkarma)** **20 marks**
5. **Viva :** **10 Marks**

### BOOKS FOR REFERENCES

1. Hatha Yoga Pradipika- Kaivaluyadham Lonavala
2. Ghedranda Samhita- Kaivaluyadham Lonavala
3. Saral Yogasana-Dr. Ishwar Bharadwa
4. Yogic Pranayama, Oriental paper back, New Delhi, Joshi, K.S.
5. Pranayama, Kaivalyadhama, Lonavla, Swami Kuvalyananda
6. Science of Breath,The Himalayan International Institute, Pennselvenia, Swami
7. Rama.Prana, Pranayama & Pranvidya, Swami Nirananand Saraswati

**(SEMESTER-II)**

**PAPER-VII: PATANJALI YOGASUTRA**

**Time allowed: 3 Hours Max Marks: 100 (External: 80, Internal: 20) Credit-5**

**INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:**

- a) There shall be nine questions in all.
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- c) Rest of the paper shall contain Four units for descriptive questions. Each unit shall have two questions and the students shall be given internal choice i.e. the students shall attempt one question from each unit. (12 x 4= 48 Marks)

**UNIT- I**

1. Brief Introduction to Patanjala Yoga Sutra and its author, importance of patanjaliyogasutra in modern times.
2. Definition of Yoga ,Anthakaranas, Concept of Citta, Citta-bhumis,
3. Methods to control Chittavrittis,Methods of ChittaPrasadan.
4. Concept of Pramanas, Kleshas - Theory of Kleshas, Heya, Hetu, Haana and Hanopaya.Means of elimination of Kleshas.

**UNIT- II**

1. Concept of Ishwar and its relevance in Yogasadhana, Qualities of Ishwar, Ishwarapranidhana.
2. Citta-Vikshepas (Antarayas), Concept of Citta-prasadanam, Relevance of Citta-prasadanam in Yoga Sadhana.
3. Ritambhara-prajna and Adhyatma-prasadanam.
4. Types and Nature of Samadhi in Yoga Sutra and vivekkhyati .Kriya Yoga of Patanjali and its importance.

**UNIT - III**

1. Introduction of Ashtanga Yoga:Bahirang Yogasadhana: Yama, Niyama, Asana, Pranayama and, Pratyahara.
2. Antaranga Yoga sadhana: Dharana, Dhyana, and Samadhi, Samyama.
3. Concept of Vibhutis and their relevance in Yoga Sadhana.
4. Concept of Parinamas and their relevance in Yoga Sadhana,

**UNIT – IV**

1. Introduction of Siddhi,sanyamjanya siddhi ,jamanaadipanchasiddhis,astha siddhis
2. Purusha, Prakriti : concept and form .
3. Karma-siddhanta,its types and its importance in Yoga Sadhna.
4. Nature of Kaivalya in Yoga Sutras of Patanjali

### **BOOKS FOR REFERENCES**

- Swami Sri Omanandatirtha : Patanjala Yoga Pradeepa  
Geeta Press, Gorakhpur, 1994
- Rukmini T.S. : Yoga Vartika of Vijnanbhikshu : (Tr.) Vol I, II, III &  
IV, Munshiram Manoharlal Pvt. Ltd. New Delhi
- Karambelkar, P.V : Patanjala Yoga Sutra SMYSamiti, Kaivalyadham,  
Lonavala.
- Swami AnantBharati : Patanjala Yoga Shastra- Eka Adhyayana (Hindi)  
MDNIY, Delhi, 2007
- Swami VedBharati : Patanjala Yoga Sutra
- Four Chapters on Freedom.(English) -Swami Satyananda Saraswati.  
(Yoga Publication Trust, Munger, Bihar, India)

## **PAPER-VIII: YOGA THERAPY**

**Time allowed: 3 Hours Max Marks: 100 (External: 80, Internal: 20) Credit-5**

### **INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:**

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### **UNIT – 1**

1. Yoga therapy-meaning,concept and areas,.limitations,aim of Yoga Therapy.
2. Principles of Yoga Therapy.
3. Tools for Yoga Therapy- Yama,niyama,asana,pranayama,shatkarma,mudra-bandha,dhyana.
4. Importance of Yoga Therapy In modern times.

### **UNIT-2**

1. Concept of Pancha Prana,Shatchakra,concept of Panchakosha.
2. Rules and limitations of Yoga Therapy in different diseases.
3. Classification of Yoga classes,important rules for Yoga Therapist,rules for patient.
4. Relation between therapist – patient.

### **UNIT-3**

Causes,Symptoms and Yogic management for some common disorders

1. Respiratory disorders-asthma,cold.
2. Digestive disorders-constipation,indigestion.
3. Circulatory disorders-high blood pressure,low blood pressure.
4. Skeletal system-arthritis,cervical spondylitis.

### **UNIT-4**

Causes,Symptoms and Yogic management for some common disorders

1. Reproductive system-impotency and sterility
2. Endocrine System-Diabetese,thyroidism,obesity.
3. Meaning & Definition of Mental Health, elements which effect mental health.
- 4.Causes,symptoms and Yogic treatment of following diseases- Stress,Depression.

### **Reference Books:**

- 1.Yogic managements of common disorders – Swami karmananda
2. Yoga Therapy:kaivayaladhaam,Ionavala – swami Kuvlayanand S.L Vanikar.



3. Yoga Therapy- Shivananda Saraswati
4. Yoga Therapy series books:swami Vivekananda Yoga Prakashan,Bangalore(2000) –  
Nagarathna r and Nagendra H R
5. Yoga Practices for Anxiety and Depression -Dr. R. Nagrathna&  
-Dr.H.R.Nagendra
- 6.Yogic Management of Stress. -Swami SuryamaniSaraswati
7. ManorogVigyan -Dr. BalkrishanPathak
8. ManasrogVigyan -Dr. Rajinder Prasad Bhatnagar
9. MansickChikitsa -Lalji Ram Shukel.
10. Mental Health ad Hindi Psychology -Swami Akhilananda

## **PAPER-IX: SHRIMADBHAGWADGEETA**

**Time allowed: 3 Hours Max Marks: 100 (External: 80, Internal: 20) Credit-5**

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### **UNIT I**

1. General introduction to Shrimad Bhagavadgeeta
2. Significance of Bhagavadgita in Yoga.
3. Different types of definitions of Yoga in Shrimad Bhagavadgeeta
4. Importance of Shrimad Bhagavadgita in modern times and its relevance in Yoga Sadhana

### **UNIT II**

1. Concept of Sthitaprajna, stages and characteristic of Sthitaprajna.
2. Concept of Atman (Purusha), Jivatman or individual soul.
3. Concept of Paramatman (Ishwar) its characteristic in Shrimad Bhagavadg
4. Different types of Yoga mentioned in Shrimad Bhagavadgita

### **UNIT III**

1. Concept of Karma and Karmayoga in Shrimad Bhagavadgita.
2. Concept of Bhakti and Bhaktiyoga, concept of Shraddha and its relevance as described in Bhagavadgita.
3. Dhyana Yoga and Nature of Dhyana in Shrimad Bhagavadgita
4. Concept of Triguna and the qualities of Sattva, Rajas, and Tamas.

### **UNIT IV**

1. Samnyas and Samnyas Yoga. Agyaas and Vairagya, Shraddha
2. Concept and classification of Ahara as described in Bhagavadgita.
3. Ahara and its role in Yoga Sadhana described in Bhagavadgita.
4. Role of Bhagavadgita in day to day life.

### **Reference Books:**

1. Shrimadbhagwadgeeta – IaxminarayanaGupt
2. ShrimadBhagwadgeeta – A.C BhaktivedantaSwami Prabhupada
3. BhagwadGeeta-Swami Prabhavananda and Christopher Isherwood

## **PAPER-X: SAMKHYAKARIKA, INDIAN PHILOSOPHY AND UPNISHAD**

**Time allowed: 3 Hours Max Marks: 100 (External: 80, Internal: 20) Credit-5**

### **INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:**

- a) There shall be nine questions in all.
- b) First question is compulsory. It will contain 8 short answer type questions, spread over the whole syllabus to be answered in brief. It will carry 32 marks i.e., Four marks each question. All questions are compulsory. (4×8 = 32 Marks)
- c) Rest of the paper shall contain Four units for descriptive questions. Each unit shall have two questions and the students shall be given internal choice i.e. the students shall attempt one question from each unit. (12 x 4= 48 Marks)

### **UNIT – I**

1. Introduction to Samkhyakarika and its authors.
2. Threefold affliction (Tapatrayas) according to Samkhya.
3. Introduction of Twenty-five elements according to Samkhya Darshana.
4. Concept of Pramana and its types ( Pratyaksha, Anumana, Sabda)in Samkhya Darshana .

### **UNIT – II**

1. Concept of Satkaryavada/Karyakaranavada or Parinamavada in Samkhyayoga.
2. Concept of Trigunas (sattva, rajas, tamas)and its Classification in Samkhyayoga.
3. Concept of Prakriti (Vaykta and Avyakta) in Samkhyayoga.
4. Concept of Purusha (Atma) or Drashta and Purush Bahutvavada in Samkhyayoga

### **UNIT – III**

1. General introduction of six system of Indian Philosophy .
2. Nyaya Philosophy, Vaisheshik Philosophy,
3. Samkhya Philosophy, Yoga Philosophy,
4. Mimansa Philosophy & Vedanta Philosophy.

### **UNIT – IV**

1. Brief introduction of Principal Upnishads.
2. Kathopnishad : Definition of Yoga ,nature of Atma
3. Shavasyopanishad:Concept of Vidya and Avidya; Knowledge of Brahman.
4. Aitareya Upanishad: Concept of Atma, Universe and Brahman.

### **Reference Books:**

1. Samkhyakarika – Ishwar Krishna
2. Outline of Indian Philosophy –H.P Sinha
3. A critical survey of Indian Philosophy – C.D Sharma
4. Nine principal Upanishads – Bihar school of Yoga
5. IshaadiNau Upanishad –GeetaPress Gorakhpur

## PRACTICAL – XI

Max Marks: 100 (External: 80, Internal: 20) Credit-5

1. **Asanas:-**

40 Marks

**A. In Standing Position:-**

Utthita-Padangusthasan, Natrajasan, Padam-Sirshasan,

**B. In Sitting Position:**

Bakasan, Uttitha-Padamsaan, Badha- Padamsaan, Garbhasan, Kukkutasan,  
Udrakrshasan, Sirshasana, Ek pad Sirshasana, Ek pad Rajkapotasana.

**C. In laying on Back(Supine Position):**

Naukasana, Setubandha Sarvangasana ,

**D. In laying on chest(Prone Position):**

Poorna Bhujangasana, Purna- Dhanurasana, Poorna Salabhasana.  
Asana as described in 1<sup>st</sup> semester

2. **Pranayama:**

20 Marks

A. Bahyavritti ( Rechaka)

B. Abhyantarvriti ( Puraka)

C. Bhrastika

D. UjjayiPranayama as described in 1<sup>st</sup> semester practical

3. **Viva :**

20 Marks

### Reference book:

1. Hath Yoga Pradipika- Kaivlyadham Lonavla
2. Gheranda Sanhita- Kaivlyadham Lonavla
3. Saral Yogasana- Dr. Ishwar Bharadwaj
4. Asana Prananyam Bandh Mudra- Swami Satyanand Saraswati  
Light on Yoga- BKS Iyengar

Note : Including all Shatkarmas, Asanas, Pranayamas, Mudras, Bandha etc. mentioned in P.G Diploma 1 semester.

## PRACTICAL – XII

Max Marks: 100 (External: 80, Internal: 20) Credit-5

**1. Kriya-s:** **20 Marks**

- A. Trataka
- B. Nauli Sanchalana
- C. Vastra dhauti
- D. Danda Dhauti

Kriya-s as described in 1<sup>st</sup> semester practical

**2. Mudra-s :** **20 Marks**

- A. Tadagimudra,
- B. Shambhvimudra,
- C. Shektichalanmudra.
- D. Tadagimudra.
- E. Mudra-s as described in 1<sup>st</sup> semester practical

**3. Assignments & Teaching Practice :** **20 Marks**

10 Lesson Plan (3-Asanas,2- Pranayamas,2-Shatkarma,3-Mudra)

**4. Viva :** **20 Marks**

**Reference book-**

- 1. Hath Yoga Pradipika- Kaivlyadham Lonavla
- 2. Gheranda Sanhita- Kaivlyadham Lonavla
- 3. Saral Yogasana- Dr. Ishwar Bharadwaj
- 4. Asana Prananyam Bandh Mudra- Swami Satyanand Saraswati  
Light on Yoga- BKS Iyengar