



**PANJAB UNIVERSITY, CHANDIGARH-160014 (INDIA)**  
(Estd. under the Panjab University Act VII of 1947—enacted by the Govt. of  
India)

**FACULTY OF EDUCATION**

**SYLLABI  
FOR**

**POST GRADUATE DIPLOMA IN YOGA THERAPY  
PGDYT**

**Semester System (One year)  
(Two Semesters and 3 months internship)**

**2020-2021**

## **GUIDELINES**

**Name of the Course:** Post Graduate Diploma in Yoga Therapy.

**Duration:** One year (Regular Mode) and three months internship

**Objectives:** The following objectives shall be fulfilled:

- i) Understanding integral approach of Yoga and its therapeutic aspects towards common ailments.
- ii) Promoting positive health, prevention of stress related health problems and rehabilitation through therapeutic yoga.
- iii) Imparting skills to the students enabling them to introduce Yoga to improve and maintain health to general public, and Yoga for total personality development of students in schools, colleges and universities.
- iv) Invoking scientific attitude and team spirit in the students to channelize their energies in creative and constructive endeavors.
- v) Enabling the students to establish Yoga Therapy centers in the service of common man.
- vi) Creating global awareness regarding beneficial aspects of Yoga Therapy.
- vii) Providing global dimension and application to Yoga Therapy.

**SCHEME OF STUDIES  
SEMESTER – I**

**PART A: THEORY**

S.NO.	CODE	PAPER	EXTERNAL	INTERNAL*	TOTAL
1	101	Foundations of Yoga-I	80	20	100
2	102-A	Elementary Sanskrit-I	32	08	40
3	102-B	Yoga Therapy and Allied Areas-I	48	12	60
4	103	Basic Yogic Texts-I	80	20	100
5	104	Human Anatomy and Physiology-I	80	20	100
6	105	Therapeutic Values of Yoga Practices-I	80	20	100
7	106	Yoga Therapy for Health Management-I	80	20	100
<b>TOTAL</b>			<b>480</b>	<b>120</b>	<b>600</b>

**PART B: PRACTICALS IN YOGIC PRACTICES \*\***

S.NO.	CODE	PAPER	EXTERNAL	INTERNAL*	TOTAL
8	107	Shatkriyas, Yogic Exercises & Asanas-I	80	20	100
9	108	Pranayama, Bandha, Mudra and Meditation-I	80	20	100
<b>TOTAL</b>			<b>160</b>	<b>40</b>	<b>200</b>

**PART C: CLINICAL EXAMINATION AND VIVA VOCE**

S.NO.	CODE	PAPER	EXTERNAL	INTERNAL***	TOTAL
10	109 A	Physiological and Bio-Chemistry Parameters	48	12	60
11	109 B	Psychological Parameters	32	08	40
<b>TOTAL</b>			<b>80</b>	<b>20</b>	<b>100</b>

**GRAND TOTAL: 900**

## SEMESTER - II

### **PART A: THEORY**

<b>S.NO.</b>	<b>CODE</b>	<b>PAPER</b>	<b>EXTERNAL</b>	<b>INTERNAL*</b>	<b>TOTAL</b>
1	201	Foundations of Yoga-II	80	20	100
2	202-A	Elementary Sanskrit-II	32	08	40
3	202-B	Yoga Therapy and Allied Areas-II	48	12	60
4	203	Basic Yogic Texts-II	80	20	100
5	204	Human Anatomy and Physiology-II	80	20	100
6	205	Therapeutic Values of Yoga Practices-II	80	20	100
7	206	Yoga Therapy for Health Management-II	80	20	100
<b>TOTAL</b>			<b>480</b>	<b>120</b>	<b>600</b>

### **PART B: PRACTICALS IN YOGIC PRACTICES \*\***

<b>S.NO.</b>	<b>CODE</b>	<b>PAPER</b>	<b>EXTERNAL</b>	<b>INTERNAL*</b>	<b>TOTAL</b>
8	207	Shatkriyas, Yogic Exercises & Asanas -II	80	20	100
9	208	Pranayama, Bandha, Mudras and Meditation-II	80	20	100
<b>TOTAL</b>			<b>160</b>	<b>40</b>	<b>200</b>

### **PART C: PROJECT WORK AND VIVA VOCE**

<b>S.NO.</b>	<b>CODE</b>	<b>PAPER</b>	<b>EXTERNAL</b>	<b>INTERNAL***</b>	<b>TOTAL</b>
10	209	Project Work, Special Yoga Therapy Techniques and Viva Voce	80	20	100

**GRAND TOTAL: 900**

**GRAND TOTAL OF BOTH SEMESTERS: 900+900=1800**

\* Internal evaluation shall be based on the continuous comprehensive evaluation (CCE) on the following criterion:

<b>S.NO.</b>	<b>TYPE OF ACTIVITY</b>	<b>WEIGHTAGE</b>
1	House Examinations	06 Marks
2	Snap Tests	03 Marks
3	Seminars/Workshops/Presentations/Demonstrations	03 Marks
4	Community Activities	04 Marks
5	Attendance	04 Marks

The weightage for attendance shall be awarded to only those candidates who have 75% attendance in the respective paper/area of activity. The pattern for award of marks shall be fixed on the following norms:

<b>ATTENDANCE</b>	<b>MARKS</b>
75% to > 85%	01 Marks
85% to > 95%	02 Marks
95% to > 98%	03 Marks
98% and above	04 Marks

**\*\*Part B** of the syllabus can be taught by the University approved Instructors in Yoga whereas the rest of the curriculum shall be essentially undertaken by the Assistant Professors (old Lecturers) as approved by the University.

\*\*\* The internal evaluation shall be Mentor based; the criteria for evaluation shall be continuous comprehensive evaluation carried throughout the session on the basis on the following norms:

<b>S.NO.</b>	<b>GRADE</b>	<b>EXPLANATION</b>
1	O	OUTSTANDING
2	A	VERY GOOD
3	B	GOOD
4	C	AVERAGE
5	D	BELOW AVERAGE
6	E	NOT

**COMPULSORY INTERNSHIP (Three months)**

After successful completion of final examination with minimum 40% marks in theory with 50% aggregate, the diploma will be issue after completion of three months of internship in Yoga institute.

**SEMESTER –I  
COURSE OF STUDY**

**PAPER 101 – FOUNDATIONS OF YOGA-I**

**OBJECTIVES:**

1. To provide knowledge about the basic and axiological concepts of Indian philosophy.
2. To familiarize the students with the basic precepts of Sankhya, Yoga and Vedanta philosophy.
3. To familiarize the students with the historical development of Yoga.

**INSTRUCTIONS FOR THE PAPER SETTERS:**

1. Eleven questions in all shall be set.
2. Ten questions shall be set out of the entire syllabus selecting at least two questions from each unit and the nature of the answers should be essay type. The students shall be required to attempt at least one question from each unit. Each question shall carry 12 marks.
3. Eleventh question shall be compulsory. It shall have five questions, for 04 marks each, selecting one each from each unit and the answers should be limited to the maximum word limit of 75 words each.
4. Total marks shall be 80 and the time allowed shall be 03hours.
5. Below 40% score shall be considered not qualified.

**UNIT – 1**

**1. INDIAN PHILOSOPHY:**

1. **Philosophy:** its introduction, meaning, definition, field & subject-matter, aim and objectives.
2. **Indian Philosophy:** its foundation in Vedas, Upanishads, Puranas, Geeta. Nature and main features, and classification of Indian philosophy.
3. **Philosophy for Yoga:** aims and objectives of Indian philosophy (Purushart) and its importance and need for Yoga.

**Unit – 2**

**2. SANKHYA PHILOSOPHY AND YOGA:**

1. **Sankhya Philosophy:** its introduction, meaning, nature and flow of basic 25 elements, aim and objectives of life according to Sankhya philosophy.
2. **Sankhya Concepts:** Concept and nature of Purusha , Prakriti, Trigunas, Satkaryavada, Antahkaran, Sarga – Pratisarga and concept of world evolution.
3. **Sankhya & Yoga:** Relationship of Sankhya philosophy and Yoga with special reference to cause of misery and comforts (Dukha & Sukh), bondage and liberation, Ignorance and true knowledge (Gyan).

### UNIT – 3

#### 3. YOGA PHILOSOPHY:

1. **Yoga Philosophy:** its introduction, exponent, foundation, aim and objectives.
2. **Nature of Yoga Philosophy:** metaphysics, axiology and epistemology of Yoga philosophy.
3. **Eight limbs of Yoga:** its meaning, purpose, nature, significance.

### UNIT – 4

#### 4. VEDANTA PHILOSOPHY AND YOGA:

1. **Vedanta philosophy:** its introduction, foundation, aim and objectives.
2. **Nature:** metaphysics, axiology and epistemology of Vedanta philosophy.
3. **Vedanta and Yoga:** Relationship and coordination between Vedanta and Yoga philosophy.

### UNIT – 5

#### 5. HISTORICAL DEVELOPMENT OF YOGA:

- a. **Ancient Period:** origin, history and development of Yoga with special reference to Vedas, Upanishads, Puranas, Ramayana and Geeta. (Before 500 B.C.)
- b. **Medieval Period:** Development of Yoga from Patanjali – Buddha – Hathyoga and Bhakti yoga period. (From 500 B.C. to 1600 A.D.)
- c. **Modern Period:** Development of Yoga from Swami Vivekananda to Osho period. Contemporary trend of Yoga education and research. Indian Government policies of Yoga, International Yoga day. (Period from 1600 A.D. onward)

#### REFERENCE BOOKS:

1. Gupta, S.N. Das. (1987). Yoga Philosophy in Relation to other system of Indian Thought, New Delhi, Moti Lal Banarsi Dass.
2. Hiriyan, M., (1995). The Essentials of Indian Philosophy. New Delhi, Motilal Banarasidas Publishers.
3. Iyengar, B.K.S. (2005). Light on life. Oxford, Pan Macmillan Ltd.
4. Iyengar, B.K.S. (2009). The Tree of Yoga. New Delhi, Harper Collins.
5. King, Richard. (2000). Indian Philosophy: An Introduction to Hindu and Buddhist Thought. New Delhi, Maya Publishers Pvt. Ltd.
6. Nagendra, H.R. (1993). Yoga in Education. Bangalore, Vivekananda Kendra.
7. Niranjana, Swami. (1998). Yoga Darshan. Deoghar, Panchadashanam Paramahansa Alakh Bara.
8. Puligandla, R. (1975). Fundamentals of Indian Philosophy. New York, Abingdon Press.
9. Raju, P.T. (1982). The Philosophical Traditions of India. Delhi, Moti Lal Banarsi Dass.
10. Reyna, Ruth. (1971). Introduction to Indian Philosophy. New Delhi, Tata McGraw-Hill Publishing Co. Ltd.
11. Sharma Chandradhar (1973). A Critical Survey of Indian Philosophy. Delhi, Moti Lal Banarsi Dass.

12. Sivananda, Sri Swami. (2007). Janana Yoga. Tehri Garhwal, The Divine Life Society.
13. Sivananda, Swami. (2007). Adhyatma Yoga. Tehri Garhwal, The Divine Life Society.
14. Tamini, I.K.(1973). Glimpses into Psychology of Yoga. Adyar, Madras, The Theosophical Publishing House.
15. Villodo, Alberto. (2007). Yoga, Power and Spirit. New Delhi, Hay House Inc.
16. Vivekananda, Swami. (2007). Raj Yoga. Calcutta, Ramakrishna Vedanta Math.
17. Vivekananda, Swami. (2009). Complete Book of Yoga. Delhi, Vijay Goel Publisher.
18. Weerasinghe S.G.M. (1993). The Sankhya Philosophy: A Critical Evaluation of its origins and Development, Delhi, Sri Satguru Publications, A Division of Indian Books Centre.

### **PAPER 102 A: ELEMENTARY SANSKRIT-I**

#### **OBJECTIVES:**

1. To enable the students to have basic knowledge of Sanskrit Grammar.
2. To enable the students to read, write and understand elementary Sanskrit language.

#### **INSTRUCTIONS FOR THE PAPER SETTERS:**

1. Five questions in all shall be set.
2. Four questions shall be set out of the entire syllabus selecting **at least two** questions from each unit. **The students shall be required to attempt at least one question from each unit.** Each question shall carry 12 marks.
3. Fifth question shall be compulsory. It shall have two questions, for 04 marks each, selecting one each from each unit and the answers should be limited to the maximum word limit of 75 words each.
4. Total marks shall be 32 and the time allowed shall be 03hours along with paper 102 B.
5. Below 40% score shall be considered not qualified.

#### **UNIT - 1**

#### **1. BASICS OF SANSKRIT - I**

##### **SANSKRIT GRAMMAR:**

1. Orthography of Devanagari Varnamala, Classification of Varnas and Prayatna, Karakas;
2. Writing of Varnamala using Roman Transliteration. Classification of Sanskrit words; Subantas (Ajantha & Halanta).
3. Gender, Vachnas. Avyayas- different kinds of Avyayas, Upsargas, Nipatas.

#### **UNIT - 2**

#### **2. BASICS OF SANSKRIT - II**



1. Kriyapada- Classification, Lakaras, Purusas, Vachanas; Declaration of following root words in Lat, Lrt, Lan, Lot and Vidhi Lin- Bhu, Khad, Vad, Dhya, Path, Sev, Kshi, Prachchh, Tush, Kath, Chint, Ad, As, Jagri, Bha, Kri; Cases.
2. Vibhakti Roop of the following words - Rama, Hari, Guru, Pitri, Lata, Mati, Dhenu, Phalam, Vari, Gau, Marut, Vidvas, Rajan, Asmad, Yushmad, Tad, Kim.
3. Elementary knowledge of all kinds of Sandhis with examples in Sanskrit; Elementary knowledge of voices, compound words with examples in Sanskrit.

### **102 B: YOGA THERAPY AND ALLIED AREAS-I**

#### **OBJECTIVES:**

1. To enable the students to know about the basics of Ayurveda.
2. To enable the students to understand the relationship between Ayurveda and Yoga.
3. To enable the students to understand the concept of holistic health and its relationship with Ayurveda and Yoga.

#### **INSTRUCTIONS FOR THE PAPER SETTERS:**

1. Seven questions in all shall be set.
2. Six questions shall be set out of the entire syllabus selecting at least two questions from each unit and the nature of the answers should be essay type. The students shall be required to attempt at least one question from each unit. Each question shall carry 12 marks.
3. Seventh question shall be compulsory. It shall have three questions, for 04 marks each, selecting one each from each unit and the answers should be limited to the maximum word limit of 75 words each.
4. Total marks shall be 48 and the time allowed shall be 03hours along with paper 102 A.
5. Bellow 40% score shall be considered not qualified.

#### **UNIT - 1**

##### **1. YOGA & AYURVEDA:**

1. Ayurveda – its introduction, meaning, definition, origin, subject – matter, aims and objectives, scope. Elementary knowledge of main Ayurvedic texts – Charak, sushurut, Ashtang Sangrah.
2. Ayurvedic concept of Health and Disease, concept of Tridosha, dhatus and mala – their importance in health.
3. Relationship of Yoga and Ayurveda, importance of Yoga in Ayurveda and vise – versa. Nature and importance of yoga according to Ayurveda.

#### **UNIT - 2**

##### **2. YOGA AND PANCHKARMA THERAPY:**

1. Panchkarma: meaning, concept, principles, Emerging trend of

- Panchkarma treatment.
2. Nature of Panchkarma – Purv – Pardhaan – Pashchaat karma and their importance.
  3. Panchkarma and Shatkarma - their comparative study.

### **UNIT - III**

#### **3. YOGA AND NATUROPATHY:**

1. Naturopathy – its introduction, meaning, history, nature and basic principles, scope and importance in modern age.
2. Concept of Health, disease, natural-diet, foreign – matter (Toxins) and their way to elimination according to naturopathy.
3. Relationship of Yoga and Naturopathy, importance of Yoga in naturopathy and vise – versa. Major naturopathy centers in India – their location, facilities, research work, publications and other health and academic activities.

#### **REFERENCE BOOKS:**

1. Charakasamhita of Charaka Astang Hridaya – Vagbhata
2. Yoga and Ayurved – by Raj Kumar Jain
3. Yoga and Ayurved – by Dr. Ram Harsh Singh Ranade, Subhash: Ayurvedic Panchkarma.
4. Ranade, Subhash: Health and disease in Ayurveda and Yoga. Sharma, Ajay Kumar: Diagnostic methods in Ayurveda.
5. Dash Vaidya Bhagwan: A handbook of Ayurveda. Chauhan, partap: Eternal health – the essence of Ayurveda.
6. Ray, Kaviraj Dhirendra Nath: Principles of tridosha in Ayurveda. Kulkarni, P.H.: Ayurveda philosophy.
7. Joshi, S.V.: Ayurveda and Panchkarma. Stiles, Mukkunda: Ayurvedic Yoga theory.
8. Stiles, Mukkunda: Structural Yoga therapy: adapts to the individual. Frawley David: Ayurveda and the mind.
9. Frawley David: Ayurveda: Natures medicine. Frawley David: Yoga and Ayurveda.
10. Frawley David: Yoga for your type. Frawley David: Yoga and the sacred Fire. Frawley David: Neti: healing secrets of Yoga and Ayurveda.

## **PAPER 103 – BASIC YOGIC TEXTS-I**

### **OBJECTIVES:**

1. To enable the students to have basic knowledge of traditional Yogic texts.
2. To enable the students to understand the basic concepts contained in Patanjali's Yoga Sutra.
3. To enable the students to understand the basic concepts contained in Hathayoga Pradipika.

### **INSTRUCTIONS FOR THE PAPER SETTERS:**

1. Eleven questions in all shall be set.
2. Ten questions shall be set out of the entire syllabus selecting at least two questions from each unit and the nature of the answers should be essay type. The students shall be required to attempt at least one question from each unit. Each question shall carry 12 marks.
3. Eleventh question shall be compulsory. It shall have five questions, for 04 marks each, selecting one each from each unit and the answers should be limited to the maximum word limit of 75 words each.
4. Total marks shall be 80 and the time allowed shall be 03hours.
5. Below 40% score shall be considered not qualified.

#### **UNIT – 1**

##### **1. PATANJALI YOGA SUTRA – SAMADHI PAAD.**

1. Definition of Yoga, State of Yoga, Nature and kind of Vrities, way to control chitta-vrities, sampragyat and asampragyat samadhies. Foundation of Samadhi. (1-22 Sutra)
2. Concept of Ishwar and Parnaw, Nature and importance of Chitta-Vikshepa and chit-parsadhn, management of chit-vikshepas. (23 to 40 Sutra)
3. Importance of Smapati state, Nature and concept of Ritambra and Sanskara, (41 to 51 Sutra)

#### **UNIT – 2**

##### **2. PATANJALI YOGA SUTRA – SADHNA PAAD.**

1. Nature and purpose of Kriya yoga, Nature of Kleshas and there management, cause of misery (Dukh) and its management. (1 to 19 Sutras)
2. Nature of Drashta, nature and effect of Avidhya, Kaiwalya of Drashta, Nature and management of Hanopaya (end of ignorance), Purposes of Yoga limbs. (20 to 28 Sutras)
3. Nature of Ashtang yoga – Nature effects of Yama, Niyama, Asana, Prnayama and Pratyahara. (29 to 55 Sutras).

#### **UNIT – 3**

##### **3. PATANAJALI YOGA SUTRA – VIBHUTI AND KAIVALYA PAAD.**

1. Vibhuti Paad – Nature and effect of Dharna, Dhyan, Samadhi and

- Sanyam (1 to 15 Sutras).
2. Vibhuti Paad - Nature, importance and effects of Siddhies in Yoga sadhna, State of Kaivlya (16 to 56 Sutras)
  3. Kaivlya Paad - Sources of Siddhies, Nature of ordinary and Yogic Chitta, Karmas of Yogi, Destruction of Vaasnaas (Attachments), Nature and effects of Dharam- megh – Samadhi. Nature of Kaivlya. (1 to 33 Sutras.)

#### **UNIT - 4**

#### **4. HATHYOGA PRADIPIKA: (BASIC PREPARATIONS)**

1. Hath yoga – Philosophical background, purposes, importance, proper place for Hathyoga, (1 to 14 Shalokas of First chapter).
2. Obstructions and promoters (Baadhak and Saadhak Tattav) of Yoga, Nature and Importance of Yama, Niyama and Asanas according to Hathyoga. (15 to 59 Shalokas of First Chapter).
3. Nature and importance of Yogic diet, suitability of Hathyoga practices, True nature of Hath yoga Sadhna (60 to 69 Shalokas of First chapter).

#### **UNIT - 5**

#### **5. HATHYOGA PRADIPIKA (SHATKRIYAS AND PRANAYAMAS):**

1. Importance and relationship of breath and Chitta. Aim, objectives and precautions of Pranayamas, Nature of Nadi-shoudhak Pranayama and its recommended time and practice, suitable diet during Pranayama. Symptoms of right and wrong way of Pranayama. (1 to 20 Shalokas of second chapter).
2. Shatkarmas – aim and objectives, nature (21 to 40 shalokas of second chapter).
3. Kumbhak variations: Nature, types, Importance and effects of various types of Pranayamas, symptoms of Hathyoga siddhi. (41 to 78 shalokas of second chapter).

#### **REFERENCE BOOKS:**

1. Acharya, Swami Hariharanand, (1991) Patanjali Yoga Darshan, Moti Lal Banarsi Dass, New Delhi.
2. Satyananda, Swami.(1983). Four chapters on freedom (commentary on the Yoga sutras of Patanjali). Munger, Bihar School of Yoga.
3. Swami Digbherir ji, Swami, (1980) Hath Yoga Pradipika, Kavalyadham, Lonawala, Poona.
4. Swatmarama. (1997). Hathayoga Pradipika of Swatmarama. Lonavala, Kaivalyadhama.
5. Taimini, I.K.: (1979) The Science of Yoga, Adyar Publication, Madras.
6. Tirtha, Pradeepa Omananda. (1999). Patanjali Yoga. Gorakhpur, Geeta Press.
7. Vivekananda, Swami. (1999). Rajayoga. Pune, Ramakrishna Ashrama Publications.

## **PAPER 104 – HUMAN ANATOMY AND PHYSIOLOGY-I**

### **OBJECTIVES:**

1. To make students familiar with basic knowledge of Human anatomy and physiology.
2. To familiarize the students with structure and functions of various organs of human body.
3. To familiarize the students with the effects of Yoga practices on various systems of human body.

### **INSTRUCTIONS FOR THE PAPER SETTERS:**

1. Eleven questions in all shall be set and students should be asked to draw labeled diagrams, where ever required.
2. Ten questions shall be set out of the entire syllabus selecting at least two questions from each unit and the nature of the answers should be essay type. The students shall be required to attempt at least one question from each unit. Each question shall carry 12 marks.
3. Eleventh question shall be compulsory. It shall have five questions, for 04 marks each, selecting one each from each unit and the answers should be limited to the maximum word limit of 75 words each.
4. Questions may be set keeping in mind the students' proficiency in drawing labeled diagrams, where ever essential.
5. Total marks shall be 80 and the time allowed shall be 03 hours.
6. Bellow 40% score shall be considered not qualified.

#### **UNIT – 1**

##### **1. BASICS OF HUMAN BODY:**

1. **Anatomy and Physiology:** Introduction, meaning, significance, Systems, and importance in Yoga.
2. **Human Cell:** introduction, meaning, basic – types, structure and functions, cell – division.
3. **Tissue:** introduction, meaning, types, structure and functions.

#### **UNIT – 2**

##### **2. SKELETAL SYSTEM:**

1. **Skeletal:** Introduction, meaning, basic functions and parts of skeletal system.
2. **Bone:** meaning, types, structure and functions of bones. Mechanism of bone-degenerations.
3. **Joints:** introduction, meaning, types, structure and functions.

#### **UNIT – 3**

##### **3. MUSCULAR SYSTEM:**

1. **Muscle:** its meaning, types and classification, structure and functions.
2. **Ligaments and Tendons:** meaning, types, structure and functions, difference between ligaments, tendons and muscles.
3. **Mechanism of muscles:** physiology and importance of – muscle-contraction, muscular-fatigue, muscle-tone, muscular-degenerations.

#### UNIT – 4

##### 4. **CARDIOVASCULAR SYSTEM:**

1. **Heart:** meaning, structure and functions of heart, Veins and Arteries.
2. **Blood:** meaning, Composition of blood and corpuscles, structure and functions of blood.
3. **Mechanism of cardiovascular system:** Classification of blood circulation, nature of blood pressure – pulse – E.C.G., stroke volume and cardiac output.

#### Unit – 5

##### 5. **RESPIRATORY SYSTEM:**

1. **Respiratory system:** its meaning, importance, structure and function of various parts.
2. **Respiration:** Mechanism of respiration, lungs capacity, types of respiration. Gases of respiration.
3. **Fitness of Respiration:** General respiratory disorders, General impacts of various Yogic practices on fitness and healthy development of respiratory system.

##### **REFERENCE BOOKS:**

1. B. D. Chaurasia (1993), Human Anatomy, C B S Publishers, Shahdra, Delhi.
2. C.C. Chatterjee (1992), Human Physiology, Alaknanda Press, Kolkata.
3. Chaurasia, B.D. (2010) Handbook of General Anatomy CBS Publishers & Distributors, Delhi
4. Elvyn C. Pearce,(2003) Anatomy and Physiology and Nurses, Oxford University Press, Delhi.
5. Inderbir Singh (1984), Human Anatomy: Macmillan India Ltd., New Delhi.
6. Murgesh, N. (1999) Anatomy, Physiology and Health Education Sathya Publishers, Madurai
7. Promila Verma,(1974) Kanti Pandya, Shareer Kriya Vigyana, Bihar Hindi Granth Academy.
8. V. Tararinov, Human anatomy and Physiology Trans. By David A. Myshna, MIR Publishers, Moscow.
9. Watson, Roger, (2001), Anatomy and Physiology for Nurses, HarCourt(Ind.)

## **PAPER 105 – THERAPEUTIC VALUES OF YOGA PRACTICES-I**

### **OBJECTIVES:**

1. To enable the student to know and understand the nature, variations and rule-regulations of various Yogic practices.
2. To enable the student to know and understand physiological, psychological and therapeutic effects of various Yogic practices.

### **INSTRUCTIONS FOR THE PAPER SETTERS:**

1. Eleven questions in all shall be set.
2. Ten questions shall be set out of the entire syllabus selecting at least two questions from each unit and the nature of the answers should be essay type. The students shall be required to attempt at least one question from each unit. Each question shall carry 12 marks.
3. Eleventh question shall be compulsory. It shall have five questions, for 04 marks each, selecting one each from each unit and the answers should be limited to the maximum word limit of 75 words each.
4. Total marks shall be 80 and the time allowed shall be 03hours.
5. Bellow 40% score shall be considered not qualified.

#### **UNIT – 1**

##### **1. THERAPEUTIC VALUE OF SHATKRIYAS-I**

1. **Shatkriyas:** Introduction, meaning, nature of Shatkriyas in various yogic texts, general aims and objectives, scope in Yoga therapy.
2. **Dhauti Kriya:** introduction, meaning, concept, types according to Gherand Samhita. Technique, precautions, physiological and therapeutic effects of Vaman, Vastra, Agnisar and Sankh-prakshalan dhauti.
3. **Basti Kriya:** introduction, meaning, concept. The technique, precautions, physiological and therapeutic effects of Jal-Basti in the form of modern Enema process.

#### **UNIT – 2**

##### **2. THE THERAPEUTIC VALUE OF SHATKRIYAS-II**

1. **Kapalbhati Kriya:** introduction, meaning, concept, types. The technique, precautions, physiological and therapeutic effects of Jal (water) and air Kapalbhati.
2. **Trataka and Neti Kriyas:** introduction, meaning, technique and effects of Trataka. Neti – it's meaning, concept, types. Technique, precautions, physiological and therapeutic effects of Sutra and Jal neti.
3. **Nauli Kriya:** introduction, meaning, concept, types, precautions, physiological and therapeutic effects.

#### **UNIT – 3**

##### **3. THERAPEUTIC VALUE OF EXERCISES:**

1. **Exercise:** introduction, meaning, types of general exercises, general principles and precautions, general health benefits and therapeutic value of Non-yogic exercises.

2. **Yogic Exercises:** introduction, meaning, types – Nature of Yogic exercises special references with Pawanmukt, Surya-namaskar (Sun-salutation) and breathing exercises. Their health importance and therapeutic value.
3. **Yogic and Non-yogic exercises:** their similarities and dissimilarities, the importance of both systems of exercises in Yoga therapy.

#### **UNIT – 4**

#### **4. THERAPEUTIC VALUE OF YOGA POSTURES:**

1. **Yoga Postures (Asanas)** – introduction: meaning, definition, references of Asanas from main yogic texts, types and classification, general, and rule-regulations.
2. **Yoga Postures (Asanas) – Technical:** general principles, limitations, precautions, and scope.
3. **Yoga Postures – Value:** General physiological, psychological and therapeutic value of cultural – meditative and relaxative yoga postures.

#### **UNIT – 5**

#### **5. THERAPEUTIC VALUE OF PRANAYAMAS:**

1. **Pranayama:** its meaning, definition, Pranayamas in various yogic texts, classification according to Patanjali Yoga sutras, Hathyoga pradipika and Gherand Samhita.
2. **Pranayamas:** Aims and objectives, principles, precautions, limitations, scope. Difference between general respiration and Yogic respiration.
3. **Pranayamas:** General physiological, psychological and therapeutic values of pranayamas and yogic respiration.

#### **REFERENCE BOOKS:**

1. Gharote, M.L.: Pranayama - The Science of Breath (The Lonavala Yoga Institute, Lonavala, 2003)
2. Gore, M.M.: Anatomy and Physiology of Yogic practices (Kanchan Prakshan, Lonavala, 2003)
3. Iyengar, B.K.S. (2010). Light on Pranayama. New Delhi, Harper Collins.
4. Joshi, K.S.: Yogic Pranayama (Orient Paperback, New Delhi, 1990)
5. Lajpat, Rai: Discovering Human Potential Energy (Anubhava Rai Publications, Gurgaon, 1999)
6. Rai, Lajpat, Sawhney, R.C. and Selvamurthy, W.Selvamurthy (1998). Meditation Techniques, their Scientific Evaluation. Gurgaon, Anubhav Rai Publication.
7. Ram, Swami. (1999). A Practical Guide to Holistic Health. Pennsylvania, Himalayan Institute of Yoga.
8. Saraswati, Swami Satyananda. (2005). Asana, Pranayama, Mudra, Bandha. Bihar School of Yoga Munger.
9. Singleton, Mark. (2010). Yoga Body – The origins of Modern posture Practice. Oxford, Oxford University Press.
10. Sri Krishna: Notes on Structure and Functions of Human Body and Effects of Yogic practices on it (Kaivalyadhama S.M.Y.M Samiti, Lonavala, 1988)
11. Swami Kuvalyananda: Pranayama (Kaivalyadhama, Lonavala, 1983)



12. Swami Niranjanananda: Prana, Pranayama & Pranavidya, Saraswati Yoga Publication Trust, Munger.
13. Swami Satyananda: Asana, Pranayama, Mudra, Bandha Saraswati (Bihar School of Yoga, Munger, 1989)
14. Sarswati, Swami Satyananda, (1996) Awakening the Kundalini, Bihar School of Yoga,
15. Singleton, Mark. (2010). Yoga Body – The origins of Modern posture Practice. Oxford, Oxford University Press.

### **PAPER 106 – YOGA THERAPY FOR HEALTH MANAGEMENT-I**

#### **OBJECTIVES:**

1. To enable the student to know and understand the nature of Yoga therapy and its components.
2. To enable the student to know and understand the nature of general physical disorders and their yogic management.

#### **INSTRUCTIONS FOR THE PAPER SETTERS:**

1. Eleven questions in all shall be set.
2. Ten questions shall be set out of the entire syllabus selecting at least two questions from each unit and the nature of the answers should be essay type. The students shall be required to attempt at least one question from each unit. Each question shall carry 12 marks.
3. Eleventh question shall be compulsory. It shall have five questions, for 04 marks each, selecting one each from each unit and the answers should be limited to the maximum word limit of 75 words each.
4. Total marks shall be 80 and the time allowed shall be 03hours.
5. Bellow 40% score shall be considered not qualified.

#### **UNIT – 1**

##### **1. NATURE OF YOGA THERAPY.**

1. **Yoga therapy:** its meaning, concepts, principles, scope and limitations.
2. **Components of Yoga Therapy:** Basic and main components of Yoga therapy and their therapeutic importance. Importance and application of Yogic allied area's therapies.
3. **Physical Health & disorders:** its meaning, nature and chief characteristics of Health and Disorders. General causes of physical disorders and Yoga therapeutic approach for their management.

**(Special Note: The focus shall be on general study of meaning, mechanism, general causes and symptoms, Yoga therapeutic approach and Yoga therapy management of the following diseases)**

#### **UNIT – 2**

##### **2. COMMON DISORDERS OF SKELTON & MUSCULAR SYSTEM:**

1. General Degenerative Changes and Arthritis.

2. Cervical Spondylosis and Ankylosing Spondylitis.
3. General Backache and Chronic Fatigue Syndrome.

#### **UNIT - 3**

### **3. COMMON DISORDERS OF CARDIO VASCULAR AND RESPIRATORY SYSTEM:**

1. Hyper and Hypo tension (Blood Pressure)
2. General Coronary Artery Diseases and Varicosity of Veins.
3. Asthma and Common Cold.

#### **UNIT - 4**

### **4. COMMON DISORDERS OF DIGESTIVE AND ENDOCRINAL SYSTEM:**

1. Hyper Acidity and Constipation
2. Obesity and Diabetes
3. Hyper and Hypo thyroids.

#### **UNIT - 5**

### **5. COMMON DISORDERS OF NERVOUS AND REPRODUCTIVE SYSTEM:**

1. Migraine and Sciatica pain
2. Alzheimer and General Prostate disorder
3. General Menstrual disorders and Menopause.

#### **REFERENCE BOOKS:**

1. Gharote, M.L. : Pranayama - The Science of Breath (The Lonavala Yoga Institute, Lonavala, 2003)
2. Gore, M.M. : Anatomy and Physiology of Yogic practices (Kanchan Prakshan, Lonavala, 2003)
3. Iyengar, B.K.S. (2010). Light on Pranayama. New Delhi, Harper Collins.
4. Kuvalayananda, Swami, (2000), Yoga therapy: Kaivalaya dhama, Lonavala, Maharashtra.
5. Lajpat, Rai: Discovering Human Potential Energy (Anubhava Rai Publications, Gurgaon, 1999)
6. Monro, Robin, (2005), Yoga for different ailments: SVYASA, Bangalore.
7. Rai, Lajpat, Sawhney, R.C. and Selvamurthy, W. Selvamurthy (1998). Meditation Techniques, their Scientific Evaluation. Gurgaon, Anubhav Rai Publication.
8. Ram, Swami. (1999). A Practical Guide to Holistic Health. Pennsylvania, Himalayan Institute of Yoga.
9. Saraswati, Swami Satyananda. (2005). Asana, Pranayama, Mudra, Bandha. Bihar School of Yoga Munger.
10. Shivananda, Swami, (2001), Yogic therapy: Umachal Yoga ashram, Kamakhya, Assam.
11. Singleton, Mark. (2010). Yoga Body – The origins of Modern posture Practice. Oxford, Oxford University Press.
12. Singleton, Mark. (2010). Yoga Body – The origins of Modern posture Practice. Oxford, Oxford University Press.
13. Sri Krishna : Notes on Structure and Functions of Human Body and Effects of Yogic practices on it (Kaivalyadhama S.M.Y.M Samiti, Lonavala, 1988)

14. Swami Kuvalyananda : Pranayama (Kaivalyadhama, Lonavala, 1983)
15. Swami Satyananda : Asana, Pranayama, Mudra, Bandha Saraswati (Bihar School of Yoga, Munger, 1989)

**PART B: PRACTICALS IN YOGIC PRACTICES \*\***

**107 : SHATHKRIYAS, YOGIC EXERCISES & ASANAS - I AND  
108: PRANAYAMAS, BANDHAS, MUDRAS AND MEDITATION -I**

**OBJECTIVES:**

1. To enable the student teachers to understand the technique of performing various Shatkriyas.
2. To enable the student teachers to perform various Shatkriyas correctly and to know their benefits.
3. To enable the student teachers to understand the technique of performing various Asanas.
4. To enable the student teachers to perform various Asanas correctly and to know their benefits.
5. To enable the student teachers to understand the techniques of performing various Pranayamas, Bandhas, Mudras and Meditation.
6. To enable the students to perform various Pranayamas, Bandhas, Mudras and Meditation correctly and to know their benefits.

**GUIDELINES FOR THE EXAMINER:**

**RECORD FILE:**

- Only ONE practical record file shall be required to prepare for the examination / subject 107 and 107 which shall be presented at the time of final these TWO exams.
- Above file should be duly checked and signed by the related internal teachers.
- After the exam, record file would have to deposit in college office as a record.
- There would be TWO separate parts in the same one file as follow:

<b>PAPER NO</b>	<b>SUBJECT</b>	<b>TOPICS TO ATTEMPT (LIMITATION)</b>	<b>ALLOTTED MAXIMUM MARKS</b>
107	Shatkriyas	Any Two with detail	15
	Exercises	Any One with detail	
	Asanas	Any Four – from Compulsory & any One optional (Advance) attached list with detail.	
108	Pranayamas	Any One	15
	Bandhas & Mudras	Any One Bandha OR Mudra	
	Meditation	Any One type of meditation	

- Selection & allotment of topics (Shatkriyas, Asanas, and Pranayamas etc.) of record file: It should be based on student's personal interest verified by

internal teacher / mentor. It depends on the mutual - understanding of class & subject related teacher

- Allotted Maximum Marks for Yoga Practical: The External – Examiner shall conduct practical demonstration according to following scheme:

PAPER NO	SUBJECT	COMPULSORY FROM ATTACHED LIST	ADVANCE FROM ATTACHED LIST	PRACTICAL DEMONSTRATION	TOTAL
107	<b>Shatkriyas</b>	Any One	Any One	5+5=10	80
	<b>Yogic Exercises</b>	Any One		5	
	<b>Asanas</b>	Eight (Two from each position - Standing, Spinal & Abdominal Lying and Sitting)	Any One	40+10=50	
	<b>Practical Record File &amp; viva - Voce</b>			15	
108	<b>Pranayamas</b>	Any Three		15	80
	<b>Bandha or Mudra</b>	Any One Bandha & Two Mudras		30	
	<b>Meditation</b>	Any One type of meditation		20	
	<b>Practical Record File &amp; Viva - Voce</b>			15	

**DETAILS OF CONTENTS:**

PAPER CODE	PAPER	COMPULSORY CONTENTS	OPTIONAL CONTENTS
107	<b>SHATKRIYAS</b>	Jal Neti – SuterNeti, Vaman Dhauti, Kunjal, Agnisaar dhauti, Kapalbhati – Jal Kapalbhati and Vat Kapalbhati, Trataka	Nauli, Vaster-dhauti. Shankhprakshalan Dhand Dhauti
	<b>YOGIC EXERCISE AND ASANA</b>	<b>I. YOGIC EXERCISES</b> 1. Surya Namaskar 2. Pawanmukut Series  <b>II. ASANAS</b> <b>A. STANDING POSE</b> 1. Tadasana 2. Ardh-chandar asana 3. Vrikasasana	1. Kurma asana 2. Kukkutasana 3. Mayurasana 4. Shirshasana 5. Vatayansana 6. Ekpadsikandasana 7. Rajkapotasana

		<p>4. Garudasana</p> <p><b>B. SITTING POSE</b></p> <ol style="list-style-type: none"> <li>1. Vajrasana</li> <li>2. Shashankasana</li> <li>3. Vakrasana</li> <li>4. Ardhamatsyendrasana</li> <li>5. Padmasana</li> <li>6. Supt- vajasana</li> <li>7. Parvatasana</li> <li>8. Akarana- dhanurasana</li> </ol> <p><b>C. LYING POSE (SPINE FACING GROUND)</b></p> <ol style="list-style-type: none"> <li>1. Sarvangasana</li> <li>2. Ardhamatsyasana</li> <li>3. Matsyasana</li> <li>4. Halasana</li> <li>5. Chakrasana</li> </ol> <p><b>D. LYING POSE (STOMACH FACING GROUND)</b></p> <ol style="list-style-type: none"> <li>1. Bhujangasana</li> <li>2. Ardhsalabhasana</li> <li>3. Shalabhasana</li> <li>4. Dhanurasana</li> </ol>	
108	<b>PRANAYAMA</b>	Pranayama: Correct Breathing Exercise, Anulome-Vilom, Surya-Bhedhan, Sheetli, Sheetkari and Bhramari	Ujjayee and Bhastrika
	<b>BANDHAS</b>	<ol style="list-style-type: none"> <li>1. Jalandar Bandha</li> <li>2. Moola Bandha</li> </ol>	Uddiyana and Maha bandha
	<b>MUDRAS</b>	<ol style="list-style-type: none"> <li>1. Vatmudra</li> <li>2. Braham Mudra</li> <li>3. Gyanmudra</li> <li>4. Chinmudra</li> <li>5. Kaki</li> <li>6. Taragi</li> <li>7. Shambvi</li> </ol>	Mudras: Nabho, Khechari and Vipritkarni
	<b>MEDITATION</b>	Meditation: Yoga Nidra, Mindful, Vipasana	Meditation: on mantras and T.M.

## PART C

### **109 A and B: CLINICAL EXAMINATION AND VIVA VOCE**

Clinical Examination will be conducted to test the ability of the students to understand the patients' health problem and select suitable yoga practices. To enable the students to handle and use different Laboratory Equipment/tests for Investigations for diagnostic purposes and shall consist of TWO parts:

### **PAPER 109 A – PHYSIOLOGICAL AND BIO-CHEMISTRY PARAMETERS**

#### **MARKING SCHEME:**

**External = 48**

**Internal=12\*\*\***

**Total= 60**

#### **OBJECTIVES:**

1. To enable the students to have hands on experience in establishing a direction towards diagnostic testing for patients suffering from common disorders.
2. To enable the students to have hands on experience in the measurement of diagnostic testing.

#### **GUIDELINES FOR THE EXTERNAL EXAMINER:**

The examiner shall conduct the practical in any **three** of the following areas and shall conduct viva voce and written exam accordingly. The students shall be required to maintain the record of internal examination and practices. The same record shall be presented to external examiner at the time of final examination. Bellow 40% score shall be considered not qualified.

#### **COURSE CONTENTS:**

1. Pulse Rate
2. Temperature (Skin/Oral)
3. Blood Pressure
4. Hemoglobin
5. Glucose
6. Urine Analysis (Elementary)

**Note:** The students should be given hands on experience in bio-chemistry lab settings. Some experience should also be provided in the clinical settings under the supervision of registered and recognized medical professionals.

## **PAPER 109 B – PSYCHOLOGICAL PARAMETERS**

### **MARKING SCHEME:**

**External = 32**

**Internal=08\*\*\***

**Total= 40**

### **OBJECTIVES:**

1. To enable the students to have hands on experience in establishing a direction towards psychological diagnostic testing for patients suffering from common disorders.
2. To enable the students to have hands on experience in the measurement of psychological testing.

### **GUIDELINES FOR EXAMINER:**

The examiner shall conduct the practical in any **two** of the following areas and shall conduct viva voce and written exam accordingly. The students shall be required to maintain the record of internal examination and practices. The same record shall be presented to external examiner at the time of final examination.

### **COURSE CONTENTS:**

1. Stress
2. Span of Attention
3. Anxiety
4. Personality Types
  - (a). Psychological Testing Based (At least one)
  - (b). Ayurveda Tridosha Based (At least one for each dosha types)

**Note:** The students should be given hands on experience in psychology lab settings. Some experience should also be provided in the clinical settings under the supervision of registered and recognized professionals from the field.

### **REFERENCE BOOKS:**

1. Research methods: published SVYASA, Bangalore.
2. Hutchinson's Clinical Methods etc.
3. Woodworth & Schlosberg's Experimental Psychology; Holt, Rinehart and Winston, 1971
4. Arthur Gilbert Bills General Experimental Psychology; Kessinger Publishing, LLC, 2006
5. John Bransford, National Research Council (U.S.). Committee on Developments in the Science of Learning, National Research Council (U.S.). Committee on Learning Research and Educational Practice 's How people learn: brain, mind, experience, and school; National Academies Press, 2000

**SEMESTER – II**  
**PART A: THEORY**

**PAPER 201 – FOUNDATIONS OF YOGA-II**

**OBJECTIVES:**

1. To provide detailed knowledge about the basic and axiological concepts of Upanishads regarding Yoga.
2. To familiarize the students with the basic precepts of Yogic Upanishads and Bhagwat Geeta with regarding to Yoga.
3. To make them know about the great ancient and modern Yoga masters and their contribution in Yoga.

**INSTRUCTIONS FOR THE PAPER – SETTER:**

1. Eleven questions in all shall be set.
2. Ten questions shall be set out of the entire syllabus selecting at least two questions from each unit and the nature of the answers should be essay type. The students shall be required to attempt at least one question from each unit. Each question shall carry 12 marks.
3. Eleventh question shall be compulsory. It shall have FIVE questions for 04 marks each, selecting one each from each unit and the answers should be limited to the maximum word limit of 75 words each.
4. Total marks shall be 80 and the time allowed shall be 03 hours.
5. Below 40% score shall be considered not qualified.

**UNIT - 1**

**1. YOGA IN UPANISHADS:**

1. **UPANISHADS:** Introduction, meaning, origin of Upanishads, Elementary knowledge of FIVE major Upanishads – (Ish, Kena, Katha, Prashna and Mundaka).
2. **YOGA UPANISHADS:** introduction, main subject – matters and elementary knowledge of FIVE major Yoga Upanishads – (Swetaswatar, Yogachudamadi, Yogatattva and Yogaraj – Upanishads)
3. **NATURE OF YOGA IN UPANISHADS:** meaning, definition, nature of yoga and yogi in above mentioned Upanishads.

**UNIT - 2**

**2. YOGA IN GEETA:**

1. **GEETA:** Introduction, meaning, aim and objectives of life according to Geeta.
2. **ESSENCE OF GEETA:** Concept and characteristics of Aatama (Soul) – death – karmas, Sthith-pragya, bondages and liberations according to Geeta.
3. **GEETA AS A YOGA TEXT:** Nature and types of Yoga - Raj, Gyan & Bhakti, nature and symptoms of a Yogi according to Geeta.

**UNIT - 3**

**3. TRUE NATURE OF YOGA & YOGI:**

1. **YOGA OF HATHYOGA:** Introduction, meaning, nature of Hathyoga texts. Concepts and true nature of Yoga and Yogi according to Hathyoga texts.



2. **YOGA OF RAJYOGA:** Introduction, meaning, nature of Rajyoga text (Patanjali Yoga). Concept and true nature of Yoga and a Yogi according to Rajyoga.
3. **MISCONCEPTIONS OF YOGA:** General misconceptions and reality regarding the nature of Yoga and a Yogi.

#### **UNIT - 4**

4. **GREAT HISTORICAL YOGA MASTERS: (The brief introduction and brief life-sketch, contribution in the field of Yoga, and their concept of Yoga and Yogi of following Yoga Masters).**
  1. Buddha
  2. Swami Gorakhnath
  3. Guru Nanak Dev Ji

#### **UNIT - 5**

5. **YOGA MASTERS 20<sup>th</sup> CENTURY: (The brief introduction and brief life-sketch, contribution in the field of Yoga, and their concept of Yoga and Yogi of following Yoga Masters).**
  1. Sri Aurobindo:
  2. Swami Rama:
  3. Osho:

#### **REFERENCE BOOKS:**

1. Chinmayananda, Swami. (2006). The Holy Geeta. Mumbai, Central Chinmaya Mission Trust.
2. Gupta, S.N. Das. (1987). Yoga Philosophy in Relation to other system of Indian Thought, New Delhi, Moti Lal Banarsi Dass.
3. Hiriyanna, M., (1995). The Essentials of Indian Philosophy. New Delhi, Motilal Banarasidas Publishers.
4. Kriyananda, Swami. (2006). The Essence of the Bhagawad Gita. Gurgaon, Ananda Sangha Publications.
5. Nagendra, H.R. (1993). Yoga in Education. Bangalore, Vivekananda Kendra.
6. Raju, P.T. (1982). The Philosophical Traditions of India. Delhi, Moti Lal Banarsi Dass.
7. Reyna, Ruth. (1971). Introduction to Indian Philosophy. New Delhi, Tata McGraw-Hill Publishing Co. Ltd.
8. Sivananda Swami : The Bhagwat Gita
9. T.R. Kulkarni: Upnishad and Yoga, Bhartia Vidya Bhawan, Bombay.
10. Tamini, I.K. (1973). Glimpses into Psychology of Yoga. Adyar, Madras, The Theosophical Publishing House.
11. Villodo, Alberto. (2007). Yoga, Power and Spirit. New Delhi, Hay House Inc.
12. Vivekananda, Swami. (2007). Raj Yoga. Calcutta, Ramakrishna Vedanta Math

## 202 A: ELEMENTARY SANSKRIT-II

### OBJECTIVES:

1. To provide elementary knowledge about the basic Sanskrit texts.
2. To enable the students to translate the prescribed shlokas into any of the Modern Indian Languages.

### INSTRUCTIONS FOR THE PAPER SETTERS:

1. Five questions in all shall be set.
2. Four questions shall be set out of the entire syllabus selecting **at least two** questions from each unit. **The students shall be required to attempt at least one question from each unit.** Each question shall carry 12 marks.
3. Fifth question shall be compulsory. It shall have two questions, for 04 marks each, selecting one each from each unit and the answers should be limited to the maximum word limit of 75 words each.
4. Total marks shall be 32 and the time allowed shall be 03hours along with paper 102 B.
5. Below 40% score shall be considered not qualified.

#### UNIT - 1

##### 1. SANSKRIT TEXT:

1. Raghuvamshamahakavyam- Ist Sarga, 1-25 Shlokas.
2. Study of following Shlokas from Panchtantra: Mitrabheda- 20, 22, 23, 81, 118
3. Study of following Shlokas from Panchtantra: Mitraprapti- 2, 7, 25, 36, 40, 80

#### UNIT - 2

##### 2. SANSKRIT TEXT: STUDY OF FOLLOWING SHLOKAS FROM PANCHTANTRA

1. Kakolukiyam - 7,24,57,59,75
2. Labdha Pranasham - 11,13,41,64,68
3. Apreekshitakarakam - 11,15,16,26,34

### REFERENCE BOOKS:

1. Sabda Manjari&Dhatu Manjari
2. Panchatantra
3. Raghuvamshamahakavyam of Kalidasa

## **PAPER 202 B: YOGA THERAPY AND ALLIED AREAS-II**

### **OBJECTIVES:**

1. To provide elementary knowledge of Allopathic, Physiotherapy, Massage, and Reiki system of health and fitness to the students.
2. To enable the students to know the comparison among allopathic, physiotherapy, massage and Reiki system of health and fitness with Yoga therapy.
3. To develop common and basic understanding of Yoga therapy and allied therapies to the students.

### **INSTRUCTIONS FOR THE PAPER SETTERS:**

1. Seven questions in all shall be set.
2. Six questions shall be set out of the entire syllabus, selecting at least two questions from each unit and the nature of the answers should be essay type. The students shall be required to attempt at least one question from each unit. Each question shall carry 12 marks.
3. Seventh question shall be compulsory. It shall have THREE questions of 04 marks each, selecting one each from each unit and the answers should be limited to the maximum word limit of 75 words each.
4. Total marks shall be 48 and the time allowed shall be 03 hours along with paper 202-A.
5. Below 40% score shall be considered not qualified.

#### **UNIT – 1**

##### **1. YOGA THERAPY & ALLOPATHY:**

1. **ALLOPATHY:** elementary introduction, meaning, historical-background, concept of health and disease, basic – principles, importance and scope of allopathic system of medicine.
2. **PHYSIOTHERAPY:** introduction, its importance in allopathic system, types, fields and modalities, scope of co-operation between yoga therapy and physiotherapy.
3. **YOGA & ALLOPATHY:** Scope of co-operation between Yoga therapy and Allopath system of health with special reference the area and department of social preventive medicine (SPM), Psychiatric, drug de-addiction centers and medical research.

#### **UNIT – 2**

##### **2. YOGA THERAPY AND ACUPRESSURE –MASSAGE THERAPY:**

1. **ACUPRESSURE** – its introduction, meaning, historical background, concept of acupressure points, precautions, concept of health and disease, its importance, scope, scope of co-operation between Yoga therapy and acupressure.
2. **MASSAGE THERAPY:** its introduction, meaning, types, various techniques, oils, preventive and therapeutic importance, precautions, and importance in Yoga therapy.
3. **SPA THERAPY:** its introduction, meaning, historical background, nature, types, health importance, scope of co-operation between yoga therapy and Spa therapy.

### UNIT – 3

#### 3. YOGA THERAPY AND REIKI:

1. **REIKI** – its introduction, meaning, origin, history, nature, basic principles, scope and levels, importance in health and modern age.
2. **NATURE OF REIKI:** Concept of health and disease, concept of energy flow and field according to Reiki. Way to increase the energy flow and management of obstacle of energy flow.
3. **YOGA & REIKI:** Relationship of Yoga with Reiki, Importance of Yoga in Reiki and vice – versa.

#### RECOMMENDED BOOKS:

1. Ajaya, Swami, Yoga Psychology: The Himalayan international institute of Yoga science and philosophy of the U.S.A., RR I, Box 400, Honesdale, Pennsylvania – 18431 (1976)
2. Birch, Beryl Bender: Beyond Power Yoga: Priion Books limited, AlImperial works, perren Street, London. (2000)
3. Coulter, H. David., Anatomy of Hath Yoga: Motilal banarsidass publishers pvt. Ltd. Delhi. (2006)
4. Frawley, David & at all: Yoga for your type: New age books, A-44, Naraina industrial Area, Ph- I, New Delhi (India) 110028. (2001)
5. Frawley, Dr. David, Ayurveda and the Mind: Motilal banarsidass publishers pvt. Ltd. Delhi. (2004)
6. Frawley, Dr. David, Yoga and Ayurveda: Motilal banarsidass publishers pvt. Ltd. Delhi. (2004)
7. Gore, M.M., Anatomy and Physiology of Yogic Practices: Dilip Majgaonkar, saptahik mudran, 1025, sadashiv peth, pune (1997)
8. Saraswati, Swami Muktibodhananda: Hath Yoga Pradipika: Bihar School of Yoga, Munger, India (1993)
9. Saraswati, Swami Niranjanananda: Yoga Darshan: Yoga publications trust, Munger, Bihar, india, (2005)
10. Saraswati, Swami Satyananda: Yoga publications trust, Munger, Bihar, India. (2008)
11. Sharma, Narender: Reiki – Shparsh Chikitsa (Hindi) Manoj publications, 761, main road, Buradi, Delhi – 110084 (1998)
12. Stiles, Mukunda: Ayurvedic Yoga Therapy: New age books, A-44, Naraina phase-I, New Delhi. (2008)
13. Sui, Choa Kok, Pranic Healing: Institute for inner studies, INC, svekal building, 855, pasay Road, corner Amorsolo St. , Metro Manila, Philippiines, ((1987)
14. Vivekananda, Dr. Rishi, Practical Yoga Psychology: Yoga publications trust, Munger, Bihar, India. (2006)
15. Panday, Dr. S.N. (2013), Modern Allopathic Chikitsa, (Hindi), Aditya Publishers, Kolkatta.
16. Chauhan, Dr. Jahan singh, (2016),Allopatahic Diagnosis & Treatment (Hindi), Chaukhamba orientalia , Varanasi.

## **PAPER 203 – BASIC YOGIC TEXTS-II**

### **OBJECTIVES:**

1. To enable the students to have basic knowledge of traditional Yogic texts.
2. To enable the students to understand the basic concepts contained in Hathyoga Pradipika.
3. To enable the students to understand the basic concepts contained in Gherand Samihita and Shivyoga Deepika.

### **INSTRUCTIONS FOR THE PAPER SETTERS:**

1. Eleven questions in all shall be set.
2. Ten questions shall be set out of the entire syllabus selecting at least two questions from each unit and the nature of the answers should be essay type. The students shall be required to attempt at least one question from each unit. Each question shall carry 12 marks.
3. Eleventh question shall be compulsory. It shall have five questions, for 04 marks each, selecting one each from each unit and the answers should be limited to the maximum word limit of 75 words each.
4. Total marks shall be 80 and the time allowed shall be 03hours.
5. Bellow 40% score shall be considered not qualified.

#### **UNIT – 1**

### **1. BANDHAS AND MUDRAS IN HATHYOGA PRADIPIKA:**

1. Bandhas: types and importance ( Chapter second)
2. Mudras: types and importance (Chapter second)
3. Kundalini, Nadies, Chakras, Pranas, Koshas: their description, nature, location and importance in Hathyoga Practice. Importance of Rajyoga in hathyoga. (Chapter second)

#### **UNIT – 2**

### **2. LAYA YOGA AND NAD-ANUSANDHAN IN HATHYOGA:**

1. Nature of Samadhi, relationship of mind and breath control (1 to 30 shalokas of fourth chapter)
2. Nature and importance of Laya yoga, Shambhawi and Khechari Mudras, importance and yogic management of mind (30 to 64 shalokas of fourth chapter).
3. Nadanusandhan: concept, nature, importance, various stages (65 to 114 Shalokas of fourth chapter).

#### **UNIT – 3**

### **3. GHAT YOGA IN GHERAND SAMIHTA**

1. Saptang Yoga: meaning, importance and nature, nature of Shatkriyas (First chapter of Gherand Samihta).
2. Asanas: nature and importance in Yoga according to Gherand samihta. (Second chapter of Gherand samihta)
3. Mudras and Pratyahara: Nature and importance of Mudras, Pratyahara - Nature and importance (Third and Fourth chapter of

Gherand samihita).

#### UNIT - 4

#### 4. PRANAYAMA, MEDITATION AND SAMADHI IN GHERAND SAMIHITA.

1. Pranayama: types and importance in Gherand samihita (Fifth Chapter)
2. Meditation: types and importance in Gherand samihita (Sixth Chapter)
3. Samadhi: types and importance in Gherand samihita (Seventh chapter)

#### UNIT - 5

#### 5. YOGA IN VARIOUS RELIGIONS:

1. Yoga in Sikhism: nature of Gurubani, meaning, definition and nature of Yoga in Gurubani, Concept of Man-mukh and Gur-mukh.
2. Yoga in Islam: Elementary knowledge of Holy Quran, nature of Yoga in Islam, Namaz – its nature, postures and prayer as bhakti yoga. Sufism and Yoga.
3. Yoga in Christianity: Elementary knowledge of Holy Bible, nature of Yoga in bible in form of ‘Service’ and ‘Prayer’.

#### REFERENCE BOOKS:

1. Swami Digherir ji, Swami, (1980) Hath Yoga Pradipika, Kavalyadham, Lonawala, Poona.
2. Swatmarama. (1997). Hathayoga Pradipika of Swatmarama. Lonawala, Kaivalyadhama.
3. Taimini, I.K.:(1979) The Science of Yoga, Adyar Publication, Madras.
4. Tirtha, Pradeepa Omananda. (1999). Patanjali Yoga. Gorakhpur, Geeta Press.
5. Vivekananda, Swami. (2009). Complete Book of Yoga. Delhi, Vijay Goel Publisher.
6. Yoga, B.S. (2009). Gherandasamhita. Munger, Bihar: Bihar School of Yoga.
7. Shivyoga Pradeepika

## **PAPER 204 – HUMAN ANATOMY AND PHYSIOLOGY-II**

### **OBJECTIVES:**

1. To make students familiar with basic knowledge of Human anatomy and physiology.
2. To familiarize the students with structure and functions of various organs of human body.
3. To familiarize the students with the effects of Yoga practices on various systems of human body.

### **INSTRUCTIONS FOR THE PAPER – SETTER:**

1. Eleven questions in all shall be set.
2. Ten questions shall be set out of the entire syllabus selecting at least two questions from each unit and the nature of the answers should be essay type. The students shall be required to attempt at least one question from each unit. Each question shall carry 12 marks.
3. Eleventh question shall be compulsory. It shall have FIVE questions for 04 marks each, selecting one each from each unit and the answers should be limited to the maximum word limit of 75 words each.
4. Total marks shall be 80 and the time allowed shall be 03 hours.
5. Below 40% score shall be considered not qualified.

#### **UNIT – 1**

##### **1. DIGESTIVE SYSTEM:**

1. **DIGESTIVE TRACT:** introduction, meaning, structure and functions of various parts of digestive tract.
2. **MECHANISM:** structure and functions of various digestive secretions and juices. Role & importance of liver and pancreas.
3. **DIGESTION & METABOLISM:** its meaning, nature and types of metabolism, Metabolism and processing of food in various parts of digestive tract.

#### **UNIT – 2**

##### **2. ENDOCRINAL SYSTEM:**

1. **GLANDS:** introduction, meaning, types, location, importance of glands.
2. **HORMONES:** various hormones of endocrinal glands and their functions.
3. **SECRETIONS:** Effects of Hypo and Hyper secretions of various endocrinal hormones.

#### **UNIT – 3**

##### **3. NERVOUS SYSTEM:**

1. **NERVOUS SYSTEM:** Introduction, meaning, types & parts, importance. Structure and functions of Neuron.
2. **CENTRAL NERVOUS SYSTEM:** meaning, structure and functions of various parts.
3. **AUTONOMIC NERVOUS SYSTEM:** meaning, structure and functions of various parts.

#### **UNIT – 4**

##### **4. EXCRETORY SYSTEM:**

1. **EXCRETORY SYSTEM:** introduction, meaning, various parts & organs, basic functions and importance.
2. **URO-GENITAL SYSTEM:** structure and functions of Kidney. Cautions regarding fitness of Kidney.
3. **EXCRETION:** Structure and formation of urine and sweat.

#### **UNIT – 5**

#### **5. HEALTHY ANATOMY & PHYSIOLOGICAL MECHANISM:**

1. **DIET:** meaning, concept, nature and importance of balance diet.
2. **ROUTINE:** meaning and concept of healthy routine – nature & importance of Sleep & movements (Exercises and routine movements).
3. **DEFENSE MECHANISM:** meaning, and concept of 'Immunity' & defense mechanism, types and importance of immunity. Factors affecting the immunity.

#### **REFERENCE BOOKS:**

1. B. D. Chaurasia (1993), Human Anatomy, C B S Publishers, Shahdra, Delhi.
2. C.C. Chatterjee (1992), Human Physiology, Alaknanda Press, Kolkata.
3. Chaurasia, B.D. (2010) Handbook of General Anatomy CBS Publishers & Distributors, Delhi
4. Elvyn C. Pearce,(2003) Anatomy and Physiology and Nurses, Oxford University Press, Delhi.
5. Inderbir Singh (1984), Human Anatomy: Macmillan India Ltd., New Delhi.
6. Murgesh, N. (1999) Anatomy, Physiology and Health Education Sathya Publishers, Madurai
7. Promila Verma,(1974) Kanti Pandya, Shareer Kriya Vigyana, Bihar Hindi Granth Academy.
8. Promila Verma,(1974) Kanti Pandya, Shareer Kriya Vigyana, Bihar Hindi Granth Academy.
9. V. Tararinov, Human anatomy and Physiology Trans. By David A. Myshna, MIR Publishers, Moscow.
10. Watson, Roger, (2001), Anatomy and Physiology for Nurses, HarCourt(Ind.)



## **PAPER 205 – THERAPEUTIC VALUES OF YOGA PRACTICES-II**

### **OBJECTIVES:**

1. To enable the student to know and understand the nature, and therapeutic values of Yogic Bandhas, mudras, yogic counseling and relaxation.
2. To enable the student to know and understand physiological, psychological and therapeutic effects of meditation, Yogic diet and Yoga therapy management system.

### **INSTRUCTIONS FOR THE PAPER – SETTER:**

1. Eleven questions in all shall be set.
2. Ten questions shall be set out of the entire syllabus selecting at least two questions from each unit and the nature of the answers should be essay type. The students shall be required to attempt at least one question from each unit. Each question shall carry 12 marks.
3. Eleventh question shall be compulsory. It shall have FIVE questions for 04 marks each, selecting one each from each unit and the answers should be limited to the maximum word limit of 75 words each.
4. Total marks shall be 80 and the time allowed shall be 03 hours.
5. Below 40% score shall be considered not qualified.

#### **UNIT – 1**

### **1. THERAPEUTIC VALUE BANDHAS & MUDRAS:**

1. **BANDHAS:** Introduction, meaning, concept, nature of Bandhas in various main hath- yogic texts, general aims and objectives. Meaning, technique precautions, physiological and therapeutic values of Jalandhar-Uddhiyan & Mool- Bandhas.
2. **MUDRAS:** Introduction, meaning, concept, nature of Mudras in various main hath-yogic texts,
3. General aims and objectives. Meaning, technique, precautions, physiological and therapeutic values of Vipritkarni, Tadagee and Ashwini Mudras.
4. **Therapeutic Values of Yama & Niyamas of Patanjali Yoga SUTRAS:** Their meaning, nature, their therapeutic importance as the Yogic guidance and counseling for behavioral modification and rectification.

#### **UNIT – 2**

### **2. THERAPEUTIC VALUE OF YOGIC RELAXATION:**

1. **RELAXATION:** its meaning, importance and need in health care, various forms of relaxation.
2. **YOGIC RELAXATION TECHNIQUE – YOGA NIDRA:** its meaning, concept, appropriate posture, preparation, basic technique, precautions, and general rule – regulations.
3. **THERAPEUTIC VALUE OF YOGA NIDRA:** Psycho-somatic and therapeutic values of Yoga – nidra.

#### **UNIT – 3**

### **3. THERAPEUTIC VALUE OF MEDITATION:**

1. **MEDITATION:** meaning, definition, principles, types, preparations and appropriate posture for meditation.
2. **PROCEDURE OF MEDITATION:** Fundamental technique, general rule – regulations and precautions of meditation.
3. **THERAPEUTIC VALUE OF MEDITATION:** Psycho – somatic and therapeutic values of meditation.

#### **UNIT – 4**

#### **4. THERAPEUTIC VALUE OF YOGIC DIET:**

1. **DIET:** meaning, concepts, importance, general favorable and non-favorable habits of a diet.
2. **YOGA DIET:** its meaning, concepts of quality and quantity, Yogic – dietary rules and regulations.
3. **THERAPEUTIC VALUE OF YOGIC DIET:** Psycho – somatic and therapeutic values of Yogic diet.

#### **UNIT – 5**

#### **5. MANAGEMENT OF YOGA THERAPY SYSTEM:**

1. **FOUNDATION OF YOGA THERAPY CENTRE:** meaning of yoga therapy centre, various institutional types of Yogic activities, Importance and need of Yoga therapy centre. Emerging trend of Yoga therapy.
2. **YOGA THERAPY MODALITIES:** meaning & concept of Yoga- modalities, Basic Yoga modality – Hathyoga, Development of contemporary – modalities – Iyengar, Ashtanga, Vinyasa, Bikram, Power Yoga and other arising trend of yoga modalities and their important in therapeutic aspect.
3. **YOGA THERAPEUTIC PROGRAMS:** Research based Yogic activities, nature of Yoga camps, workshops and seminars.

#### **REFERENCE BOOKS:**

1. Gharote, M.L. : Pranayama - The Science of Breath (The Lonavala Yoga Institute, Lonavala, 2003)
2. Gore, M.M. : Anatomy and Physiology of Yogic practices (Kanchan Prakshan, Lonavala, 2003)
3. Iyengar, B.K.S. (2010). Light on Pranayama. New Delhi, Harper Collins.
4. Joshi, K.S. : Yogic Pranayama (Orient Paperback, New Delhi, 1990)
5. Lajpat, Rai : Discovering Human Potential Energy (Anubhava Rai Publications, Gurgaon, 1999)
6. Rai, Lajpat, Sawhney, R.C. and Selvamurthy, W.Selvamurthy (1998). Meditation Techniques, their Scientific Evaluation. Gurgaon, Anubhav Rai Publication.
7. Ram, Swami. (1999). A Practical Guide to Holistic Health. Pennsylvania, Himalayan Institute of Yoga.
8. Saraswati, Swami Satyananda. (2005). Asana, Pranayama, Mudra, Bandha. Bihar School of Yoga Munger.
9. Singleton, Mark. (2010). Yoga Body – The origins of Modern posture Practice. Oxford, Oxford University Press.

10. Sri Krishna : Notes on Structure and Functions of Human Body and Effects of Yogic practices on it (Kaivalyadhama S.M.Y.M Samiti, Lonavala, 1988)
11. Swami Kuvalyananda : Pranayama(Kaivalyadhama, Lonavala, 1983)
12. Swami Niranjanananda : Prana, Pranayama & Pranavidya, Saraswati Yoga Publication Trust, Munger.
13. Swami Satyananda : Asana, Pranayama, Mudra, Bandha Saraswati (Bihar School of Yoga, Munger, 1989)
14. Saraswati, Swami Satyananda ,(1996) Awakening the Kundalini, Bihar School of Yoga,
15. Singleton, Mark. (2010). Yoga Body – The origins of Modern posture Practice. Oxford, Oxford University Press.

## **PAPER 206 – YOGA THERAPY FOR HEALTH MANAGEMENT-II**

### **OBJECTIVES:**

1. To enable the student to know and understand the nature of mental and social health and disorders.
2. To enable the student to know and understand the causes and symptoms of general mental as well social disorders and their impacts and complications.
3. To enable the students to know and understand the yogic management of general mental and social disorders.

### **INSTRUCTIONS FOR THE PAPER – SETTER:**

1. Eleven questions in all shall be set.
2. Ten questions shall be set out of the entire syllabus selecting at least two questions from each unit and the nature of the answers should be essay type. The students shall be required to attempt at least one question from each unit. Each question shall carry 12 marks.
3. Eleventh question shall be compulsory. It shall have FIVE questions for 04 marks each, selecting one each from each unit and the answers should be limited to the maximum word limit of 75 words each.
4. Total marks shall be 80 and the time allowed shall be 03 hours.
5. Below 40% score shall be considered not qualified.

#### **UNIT – 1**

### **1. YOGA THERAPY FOR MENTAL AND SOCIAL HEALTH & DISORDERS:**

1. **MENTAL HEALTH & DISORDERS:** meaning, concept and chief characteristics of mental health and disorders. General causes of mental disorders and Yoga therapeutic approach for their management.
2. **SOCIAL HEALTH & DISORDERS:** meaning, concept and chief characteristics of mental health and disorders. General causes of social disorders and Yoga therapeutic approach for their management.
3. **YOGIC GUIDANCE & COUNSELING:** meaning, general and Yogic nature and importance of guidance and counseling - (Yama & Niyama). Therapeutic importance of Yogic guidance and counseling for the management of health at holistic levels. Inter-relationship of psycho – somatic – socio health.

#### **UNIT – 2**

### **2. PSYCHOLOGICAL ABILITIES AND DISABILITIES:**

**(Their meaning, general nature, and factors, importance in mental health, impacts of Yogic practices on them).**

1. Intelligence
2. Learning
3. Memory

#### **UNIT – 3**

### **3. BASIC MENTAL DISORDERS:**

**(Their meaning, general nature, types, general psycho-somatic causes and symptoms, possible complications and Yogic management)**

1. Stress- Strain & Tension

2. Anxiety
3. Depression

#### **UNIT - 4**

#### **4. GENERAL MENTAL DISORDERS:**

**(Their meaning, general nature, types, general psycho-somatic causes and symptoms, possible complications and Yogic management)**

1. Insomnia and Schizophrenia.
2. Phobias and Suicidal Tendencies
3. Aggressiveness and Greediness.

#### **UNIT - 5**

#### **5. GENERAL SOCIAL DISORDERS:**

**(Their meaning, nature, types, general psycho-somatic – social causes and symptoms (at the levels of individual-family-society-nation), possible complications, and Yogic management)**

1. Indiscipline and Harassment
2. Corruptions and luxurious Dependencies
3. Drug-addictions and Criminal Tendencies.

#### **REFERENCE BOOKS:**

1. Gore, M.M.: Anatomy and Physiology of Yogic practices (Kanchan Prakshan, Lonavala, 2003)
2. Iyengar, B.K.S. (2010). Light on Pranayama. New Delhi, Harper Collins.
3. Kuvalayananda, Swami, (2000), Yoga therapy: Kaivalaya dhama, Lonavala, Maharashtra.
4. Lajpat, Rai: Discovering Human Potential Energy (Anubhava Rai Publications, Gurgaon, 1999)
5. Rai, Lajpat, Sawhney, R.C. and Selvamurthy, W.Selvamurthy (1998). Meditation Techniques, their Scientific Evaluation. Gurgaon, Anubhav Rai Publication.
6. Ram, Swami. (1999). A Practical Guide to Holistic Health. Pennsylvania, Himalayan Institute of Yoga.
7. Saraswati, Swami Satyananda. (2005). Asana, Pranayama, Mudra, Bandha. Bihar School of Yoga Munger.
8. Shivananda, Swami, (2001), Yogic therapy: Umachal Yoga ashram, Kamakhya, Assam.

## **PART B: PRACTICALS IN YOGIC PRACTICES \*\***

**PAPER: 207 – SHATKRIYAS, YOGIC EXERCISES & ASANAS – II**

**PAPER: 208 – PRANAYAMAS, BANDHAS, MUDRAS & MEDITATION – II**

### **OBJECTIVES:**

1. To enable the student teachers to understand the technique of performing various Shatkriyas.
2. To enable the student teachers to perform various Shatkriyas correctly and to know their benefits.
3. To enable the student teachers to understand the technique of performing various Asanas.
4. To enable the student teachers to perform various Asanas correctly and to know their benefits.
5. To enable the student teachers to understand the techniques of performing various Pranayamas, Bandhas, Mudras and Meditation.
6. To enable the students to perform various Pranayamas, Bandhas, Mudras and Meditation correctly and to know their benefits.

### **GUIDELINES FOR THE EXAMINER:**

#### **RECORD FILE:**

- Only ONE practical record file shall be required to prepare for the examination/subject 107 and 207 which shall be presented at the time of final these TWO exams.
- Above file should be duly checked and signed by the related internal teachers.
- After the exam, record file would have to deposit in college office as a record.
- **There would be TWO separate parts in the same one file as follow:**

<b>PAPER NO</b>	<b>SUBJECT</b>	<b>TOPICS TO ATTEMPT (LIMITATION)</b>	<b>ALLOTTED MAXIMUM MARKS</b>
<b>207</b>	<b>SHATKRIYAS</b>	Any <b>Two</b> with detail	15
	<b>EXERCISES</b>	Any One with detail	
	<b>ASANAS</b>	Any <b>Four</b> – from Compulsory & any <b>One</b> optional (Advance) attached list with detail.	
<b>208</b>	<b>PRANAYAMAS</b>	Any <b>One</b>	15
	<b>BANDHAS &amp; MUDRAS</b>	Any One Bandha or Mudra	
	<b>MEDITATION</b>	Any One type of meditation	

- Selection & allotment of topics (Shatkriyas, Asanas and Pranayamas etc.) of record file: It should be based on student's personal interest verified by internal teacher/mentor. It depends on the mutual - understanding of class & subject related teacher

**Allotted Maximum Marks for Yoga Practical:** The External – Examiner shall conduct practical demonstration according to following scheme:

PAPER NO	SUBJECT	COMPULSORY FROM ATTACHED LIST	ADVANCE FROM ATTACHED LIST	PRACTICAL DEMONSTRATION	TOTAL
207	SHATKRIYAS	Any One	Any One	5+5=10	80
	YOGIC EXERCISES	Any One		5	
	ASANAS	Eight (Two from each position - Standing, Spinal & Abdominal Lying and Sitting)	Any One	40+10=50	
	<b>PRACTICAL RECORD FILE &amp; VIVA - VOCE</b>			<b>15</b>	
208	PRANAYAMAS	Any Three		15	80
	BANDHA OR MUDRA	Any One Bandha & Two Mudras		30	
	MEDITATION	Any One type of meditation		20	
<b>PRACTICAL RECORD FILE &amp; VIVA - VOCE</b>			<b>15</b>		

**DETAILS OF CONTENTS:**

PAPER CODE	PAPER	COMPULSORY CONTENTS	OPTIONAL CONTENTS
207	SHATKRIYAS	Jal Neti – SuterNeti, Vaman Dhauti, Kunjal, Agnisaar dhauti, Kapalbhathi – Jal Kapalbhathi and Vat Kapalbhathi, Trataka,	Nauli, Vaster-dhauti. Shankh Prakshalan Dhand Dhauti
	YOGIC EXERCISE AND ASANA	<b>I. YOGIC EXERCISES</b> 1. Surya Namaskar 2. Pawanmukut Series  <b>II. ASANAS</b> <b>A. STANDING POSE</b> 1. Trikonasana 2. Konasana 3. Kati-chakrasana 4. Hastpadasana	1. Natarajasana 2. Garbhasana 3. Puran bhujangasana 4. Puran-matsyender Asana 5. Vibhakat Pashchimottan asana 6. Badh-padam asana 7. Utaan-munduk asana

		<p><b>B. SITTING POSE</b></p> <ol style="list-style-type: none"> <li>1. Jannu-shirsasana</li> <li>2. Paschimotan Asana</li> <li>3. Bhadrasana</li> <li>4. Gomukhasana</li> <li>5. Ushterasana</li> <li>6. Sukhasana</li> <li>7. Swastikasana</li> </ol> <p><b>C. LYING POSE (SPINE FACING GROUND)</b></p> <ol style="list-style-type: none"> <li>1. Naukasana (Spinal)</li> <li>2. Pawanmuktasana</li> <li>3. Karanpeedasana</li> <li>4. Shavasana</li> <li>5. Uttanpadasana</li> </ol> <p><b>D. LYING POSE (STOMACH FACING GROUND)</b></p> <ol style="list-style-type: none"> <li>1. Makarasana</li> <li>2. Naukasana (abdominal)</li> </ol>	<ol style="list-style-type: none"> <li>8. Ek-pad-skandasana</li> <li>9. Bakasana</li> </ol>
208	<b>PRANAYAMA</b>	Pranayama: Correct Breathing Exercise, Anulome-vilom, Suryabhedhan, Sheetli, Sheetkari and Bhramari	Ujjayee and Bhastrika
	<b>BANDHAS</b>	<ol style="list-style-type: none"> <li>1. Jalandar Bandha</li> <li>2. Uddiyana Bandha</li> </ol>	Maha bandha
	<b>MUDRAS</b>	<ol style="list-style-type: none"> <li>1. Vatmudra</li> <li>2. Braham mudra</li> <li>3. Gyanmudra</li> <li>4. Chinmudra</li> <li>5. Kaki</li> <li>6. Taragi</li> <li>7. Shambvi</li> </ol>	Mudras: Nabho, Khechari and Vipritkarni.
	<b>MEDITATION</b>	Meditation: Jyotirbindu, Ajapajapa, Preksha.	Meditation : on mantras and T.M.



## PART C

### **PAPER 209: PROJECT WORK, SPECIAL YOGA THERAPY TECHNIQUES AND VIVA VOCE**

**Marks: External = 80**

**Internal = 20**

**Total = 100**

#### **OBJECTIVES:**

1. To enable the students to have hands on experience in the Yogic therapeutic settings.
2. To enable the students to undertake a case study in any of the disorders in a realistic setting.

#### **COURSE CONTENTS:**

##### **GUIDELINES FOR CLASS-ROOM TASK AND PLANNING: (DISCUSSION)**

- **Five steps/phases of project:** Initiation – definition & planning – Execution – Performance – Closing & Reporting.
- **Scope and selection of Project:** Yogic fields and scope and utility of project work.
- **Limitations of project work:** Time, resources, capacity etc.

The candidates are required to conduct a case study or research project on any one subject/ topic from any one of the disorders as studied under the following papers / subjects;

1. **Paper 102 – B (Yoga therapy & Allied Areas-I)**
2. **Paper 202 – B (Yoga Therapy & Allied Areas – II)**
3. **Paper 106 – (Yoga Therapy for Health Management – I)**
4. **Paper 206 – (Yoga Therapy for Health Management- II)**

- Students have to prepare the diagnostic and prognostic schedule for the same on research based study.
- The candidate will be required to prepare the detail project or research project report (Hard and soft copy); the same shall be presented at the time of annual examination.

#### **GUIDELINES FOR THE EXAMINER:**

- The examiner shall assess the project work and conduct the viva voce and for 80 marks according to the objectives of the course and the project report submitted by the candidate.
- **Allotted Maximum Marks for Project Work:** The External examiner shall conduct practical observation - examination according to following scheme:

<b>PAPER NO</b>	<b>SUBJECT</b>	<b>PRESENTATION BY THE CANDIDATES/ STUDENTS</b>	<b>PRACTICAL DEMONSTRATION</b>
<b>209</b>	Project Work, Special Yoga therapy technique and Viva Voce.	Project Presentation	25
		Project File	25
		Cross Discussion	10
		Viva – Voce	20
		<b>TOTAL MAXIMUM MARKS</b>	<b>80</b>

**REFERENES BOOKS:**

1. Fox, James, (2011), A path for healing and recovery – Prison Yoga Project: Publisher: Prison Yoga Project
2. Gray Clifford et al, (2017):Project Management - The Managerial Process, Publisher: Mcgraw Hill
3. Institute, Project Management, (2017): Guide to the Project Management Body of Knowledge: Published by Project Management Institute.
4. John Bransford, National Research Council (U.S.). Committee on Developments in the Science of Learning, National Research Council (U.S.). Committee on Learning Research and Educational Practice ‘s How people learn: brain, mind, experience, and school; National Academies Press, 2000
5. Research methods: published SVYASA, Bangalore.
6. Woodworth & Schlosberg's Experimental Psychology; Holt, Rinehart and Winston, 1971

**COMPULSORY INTERNSHIP  
(3 Months i.e. 90 working days)**

**Conditions for internship placement:**

**1. QUALIFYING CONDITION**

Only those candidates, who successfully complete both semester's theory and practical examinations with minimum 40% marks in theory with 50% in aggregate, will be placed for 3 months compulsory internship. The candidate shall have to complete internship along the prescribed curricular details within one year of declaration of final result of semester –II. The internship will be carried out in Yoga Institute (if there is no availability of seats in the yoga college then the students may join the internship at hospitals) as specified below:

**PLACES OF POSTING FOR INTERNSHIP**

- A. Yoga Therapy Treatment Centres of the Universities, PGI, General Hospital, Sector 16, GMCH Sec. 32, ESIC Dispensaries, AYUSH Dispensaries, other Hospitals/Dispensaries in India, Poly Clinic Sec. 22, Dhanwantari Ayurvedic College and Hospital Sec 46 B, Chandigarh, and Braham Rishi Gautama Patel Ayurvedic Charitable Hospital, Pinjore.
- B. Yoga units of any other hospitals recognized.
- C. Nationally and internationally recognized Institutions of Yoga in India.

**2. SCHEME OF EVALUATION**

The candidate shall be required to present their consolidated internship report and which is duly signed from internal evaluator/ supervisor/ mentor and attached the annexure i.

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