

SYLLABUS
Ability Enhancement Compulsory Course
(All Undergraduate Degree Programmes under Gauhati University)
ENV -AE -2014: Environmental Studies
Total marks: 100 (External: 80 + Internal: 20)
Nature of Course: AECC

No. of Credits: 4

No. of hours: 60

(Approved in the Academic Council 08-11-2019)

Unit1: Introduction to Environmental Studies

- Multidisciplinary nature of environmental studies;
- Scope and importance;
- Concept of sustainable development

(3 lectures)

Unit 2: Ecosystems

- What is an ecosystem? Structure and function of ecosystem: Energy flow in an ecosystem: food chains, food web and ecological succession. Case studies of the following ecosystems:
 - a) Forest ecosystem
 - b) Grassland ecosystem
 - c) Aquatic ecosystems (ponds, streams, lakes, rivers)
 - d) Mountain ecosystem

(8 lectures)

Unit 3: Natural Resources: Types, Renewable and Non-renewable Resources

- Land resources : landuse change; land degradation, soil erosion and desertification
- Forest resources: Deforestation: Causes and impacts due to mining, Construction of big dams and their effects on forests and people.
- Water resources: Use and over-exploitation of surface and ground water, floods, droughts, conflicts over water (international & inter-state: Indo-China, Indo-Bangladesh, Cauveri disputes) .
- Energy resources: Renewable and non-renewable energy sources, use of alternate energy sources, growing energy needs, case studies – coal mining, crude oil extraction.

(8 lectures)

Unit 4: Biodiversity and Conservation

- Levels of biological diversity: genetic, species and ecosystem diversity; Biogeographic zones of India; Biodiversity patterns and global biodiversity hot spots
- India as a mega-biodiversity nation; Endangered and endemic species of India
- Threats to biodiversity: Habitat loss, poaching of wildlife, man- wildlife conflicts, biological invasions; Conservation of biodiversity: In-situ and Ex situ conservation of biodiversity.
- Ecosystem and diversity services: Ecological, economic, social, ethical, aesthetic and informational value.

(8 lectures)

Unit 5: Environmental Pollution

- Environmental pollution: types, causes, effects and controls; Air, water, soil and noise pollution
- Nuclear hazards and human health risks
- Solid waste management: Control measures of urban and industrial waste.
- Pollution case studies – Bharalu river, Deepor Beel, Kolong river

(8 lectures)

Unit 6: Environmental Policies & Practices

- Climate change, global warming, ozone layer depletion, acid rain and impacts on human communities and agriculture
- Environment Laws: Environment Protection Act; Air (Prevention & Control of Pollution) Act; Water (Prevention and control of pollution) Act; Wildlife Protection Act; Forest Conservation Act. International agreements, policies and treaties; Montreal and Kyoto protocols and Convention on Biological Diversity (CBD), CITES.
- Nature reserves, tribal populations and rights, and human wildlife conflicts in the context of Assam

(8 lectures)

Unit 7: Human Communities and the Environment

- Human population growth: Impacts on environment, human health and welfare.
- Resettlement and rehabilitation of project affected persons; case studies.
- Disaster management: floods, earthquake, cyclones and landslides
- Environmental movements: Chipko, Silent valley, Narmada Bachao, Bishnois of Rajasthan.
- Environmental ethics: Role of Indian and other religions and cultures in environmental conservation.
- Environmental communication and public awareness, case studies (CNG, electric vehicles, green energy, waste minimization)

(9 lectures)

Unit 8: Field work

- Visit to an area to document environmental assets : river/forest/flora/fauna, etc
- Visit to a local polluted site - Urban/Rural/Industrial/Agricultural.
- Study of common plants, insects, birds and basic principles of identification.
- Study of simple ecosystems- pond, river, stream

(Equivalent to 8 lectures)

Suggested Readings:

1. Bharucha Erach : Text book on Environmental Studies, UGC, New Delhi
2. Carson, R 2002. Silent Spring. Houghton Mifflin Harcourt.
3. De A.K.: Environmental Chemistry, Wiley Eastern Ltd.
4. Kaushik Anubha and C.P.Kaushik : Perspective in Environmental Studies, New Age International
5. Rajagopalan, R. (2018). Environmental Studies. (3rd Edition) Oxford University Press
6. S. C. Santra (2011): Environmental Science, New Central Book Agency

SYLLABUS

Of

DIPLOMA IN YOGA

FOR

KRISHNA KANTA HANDIQUE GOVT. SANSKRIT COLLEGE,
JALUKBARI, GUWAHATI

SCHEME OF EXAMINATION
Programme: Diploma in Yoga
FIRST SEMESTER

Course Code	Name of the Course	Total Marks
YD/101	Foundation of Yoga	100
YD/102	Hatha Yoga	100
YD/103	Human Anatomy and Physiology for Yogic Practices	100
YD/104	Yoga in Indian Philosophies	100
YD/105	Practical : Yoga Practice I	200
	Grand Total	600

SCHEME OF EXAMINATION
Programme: Diploma in Yoga
SECOND SEMESTER

Course Code	Name of the Course	Total Marks
YD/201	Patanjal Yoga Sutra	100
YD/202	Yoga and Health	100
YD/203	Yoga Therapy	100
YD/204	Teaching Methods in Yoga	100
YD/205	Practical I : Yoga Practice II	200
	Grand Total	600

PROGRAMME: DIPLOMA IN YOGA
FIRST SEMESTER
COURSE: YD/101 FOUNDATION OF YOGA

Unit I : **The Concept of Yoga:**

- Meaning and Definitions of Yoga,
- Misconceptions about Yoga
- Importance of Yoga in life,
- Scope of Yoga,
- History of Yoga,
- Personality Characteristics of a Yogi

Unit II : **Yoga in various texts :**

- Vedas,
- Upanishads,
- Srimad Bhagavad Gita,
- Yog-Vasistha,
- Ayurveda

Unit III : **Yoga in Smritis and Tantra:**

- Introduction to Smritis and Yoga in Smritis
- General Introduction to Agamas and Tantra
- Yoga in Tantra
- Concept of Nadi and Prana in Tantra
- Kundalini, Effects of Kundalini Shakti
- Shatchakra Sadhana

Unit IV : **Types of Yoga:**

- Karma Yoga,
- Bhakti Yoga,
- Jnana Yoga,
- Astanga Yoga,
- Mantra Yoga,
- Hatha Yoga and
- Raja Yoga.

Unit V : **Some Important Yoga teachers and their Contributions:**

- Swami Vivekananda and his propagation of Yoga-Vedanta;
- Swami Kuvalayananda and Scientific experiments on Yoga;
- Tirumulai Krishnamacharya and the trend of Modern Yoga;
- Pt. Shriram Sharma Acharya and Pragy Yoga;
- Swami Sivananda of Umachal and Yoga Movement in North -East India
- Srimanta Sankardeva and Bhakti movement in North-East

Text Books:

1. Feuerstein, George, *The Yoga Tradition*, Motilal Banarshidass, New Delhi
2. Burley, Michael., *Hatha Yoga*, Motilal Banarshidass, New Delhi
3. Nagendra, H.R., *Yoga: Its Basis and Utility*, V.K. Prakasan
4. Phukan, B. N., *Yog Vijnan Parichay*
5. Swami Vigyananada Saraswati - Science of Yoga
6. Dr. Kamakhya Kumar - Super Science of Yoga
7. S.N. Dasgupta - Yoga Philosophy
8. Radhakrishnan - Bhagwadgeeta

Reference Books:

1. Alter, Joseph S., *Yoga in Modern India*, New Age Books, New Delhi
2. Golberg, Elliott, *The Path of Modern Yoga*, Inner Traditions India, Noida
3. Stefanie Syman, *The Subtle Body: The Story of Yoga in America*
4. Prof. Ishwar Bharadwaj - Aupnishadik Adhyatm Vigyan
5. Swami Divyananda - Vedo me Yog Vidya
6. Geetapress - Kalyan (Yogank)
7. Vishwanath Mukharjee - Bharat ke Mahan Yogi
8. Narendra Kohli - Todo Kara Todo
9. Harendra Prasad Sinha - Bhartiya Darshan ki Ruprekha

Course YD/102 : HATHA-YOGA

- UNIT-I Introduction of Hatha Yoga-
- Meaning and definition
 - Brief introduction of Hatha yogic texts and their authors
 - Hatha Pradipika,
 - Gherand Samhita,
 - Shiv Samhita,
 - Siddha-Siddhant Paddhati,
 - Hatha Ratnavali
- UNIT-II Preparation for the practice of Hatha yoga-
- Proper place, season and time for the practice of hatha yoga,
 - Elements of success and failure in hatha yoga.
 - Symptoms of Hatha-Siddhi.
- UNIT-III Yogic practices: Meaning, process and results-
- Shat-karmas:
 - Neti,
 - Dhauti,
 - Vasti,
 - Nauli,
 - Kapalbhata and
 - Trataka
 - Asanas
 - Pratyahara
- UNIT-IV Yogic practices: Meaning, process and results-
- Nadishuddhi and Pranayama
 - Mudra and Bandh
 - Dharana and Dhyana
- UNIT-V Yogic practices: Meaning, process and results-
- Nadanusandhan
 - Samadhi
 - Shat-Chakra and Kundalini

Text Books:

1. Hathapradeepika- Kaivalyadhama, Lonavla
2. Gherand Samhita- Yoga Publication Trust, Munger, Bihar
3. Prof. M. Venkata Reddy - Hatharatnavali
4. Shiv Samhita- Kaivalyadhama, Lonavla
5. Paramhansa Swami Anant Bharti - Sidhha siddhant paddhati
6. M.M. Gore - Anatomy and Physiology of Yogic Practices

Reference Books:

1. Hatha Yoga: its Context, theory and Practice - Mikel Burley
2. Prana and Pranayama – Bihar School of Yoga
3. Asanas - Swami Kuvalyananda
4. Pranayama- Swami Kuvalyananda
5. Goraksh Samhita - Gorakshanath
7. Vasishtha Samhita- Kaivalyadhama, Lonavla
8. Bharati, Swami Ved, *Philosophy of Hatha Yoga*, Himalayan Institute
6. Muktibodhananda (ed), *Hatha Yoga Pradipika*, Yoga Publication Trust, Munger

Course YD/103: HUMAN ANATOMY & PHYSIOLOGY FOR YOGIC PRACTICES

- UNIT-I Meaning of anatomy and physiology; Need and importance of knowledge of anatomy and physiology in Yoga; Structure and function of Cells, Different types of tissues.
- Musculoskeletal System- Types of Muscles: Skeletal, Smooth and cardiac; Types of bones; Joints and types of joints. Effect of Yogic Practices on Musculoskeletal System
- UNIT-II Respiratory System- Structure of respiratory tract: Nose, Pharynx, Larynx, Bronchi, Bronchioles, Alveoli- lungs; Mechanism of respiration, Effect of Yogic practices on Respiratory system
- Cardio-vascular System- structure and functions of heart; Blood vessels; Effect of Yogic practices on cardio-vascular system.
- UNIT-III Digestive System- anatomy and physiology of digestive system; Secretions of the gastrointestinal tract; Functions of Liver and Pancreas, Effect of Yogic Practices on Digestive system.
- Excretory system- structure and functions of kidney, ureters, bladder, urethra; Effect of Yogic Practices on excretory system.
- UNIT-IV Endocrine System- structure and functions of pituitary, pineal, thyroid, parathyroid, thymus, pancreas, adrenal and ovary, testes. Effect of Yogic Practices on endocrine system
- Nervous System- Central, Peripheral and Autonomic Nervous System; Effect of Yogic Practices on nervous system
- UNIT-V The special senses: The eye, The ear, The taste, The nose. Effect of Yogic practices on special senses
- Reproductive System- Male and female reproductive organs; menstrual cycle; Effect of Yogic Practices on reproductive system

Text Books:

1. Ross and Wilson - Anatomy and physiology
2. Pearce, Evelyn C. - Anatomy and physiology for Nurses (Jaypee Brothers)
3. Tortora - Anatomy and Physiology

Reference Books:

1. Gray, H., *Anatomy of Human Body*, Lea & Febiger, Philadelphia,
2. Guyton, Arthur C. *Textbook of Medical Physiology*, W.B.Saunders Co. Philadelphia
3. Murugesu, M., *Anatomy, Physiology & Health Education*, Sathya Pub., Madurai
4. Gupta, A.K., *Sharir Rachana v kriya Vigyan*
5. Gore, M. M., *Anatomy & Physiology of Yogic Practices*, New Age Books, N.D.
6. Chaurasiya - *Human Anatomy*
7. Byas Deb Ghosh - *Human anatomy for Students*
8. Shirley Teles - *A glimpse of Human Body*

Course YD/104 : YOGA IN INDIAN PHILOSOPHY

- Unit I : **Introduction:**
Meaning of Philosophy, The main divisions of Indian Philosophy;
The schools of Indian Philosophy;
Common characteristics of systems of Indian Philosophy
- Unit II : **Philosophy of Vedas and Upanishads:**
Four Vedas: Rigveda, Yajurveda, Samveda, Atharvaveda and brief
philosophy; Yoga in Vedas

108 Upanishads and important Upanishads and their brief philosophy; Yoga
in Upanishads
- Unit III : **Philosophical thoughts in Srimad Bhagwadgita:**
Brief Philosophy of Bhagwadgita;
Yoga in Gita-
 The path of knowledge,
 Path of devotion,
 Path of Action
- Unit IV : **Six Systems of Indian Philosophy:**
Samkhya, Yoga, Nyaya, Mimansa, Vaisheshik, Vedanta; their brief
philosophy

Basic Philosophy of the Buddha, Mahavira, Carvaka
- Unit V : **Basic Philosophy of Srimita Sankaradeva;**
His Bhakti Yoga;
Matri Akhara;
Yogic thoughts in his philosophy

Text Books:

1. Cultural Heritage of India – Published by Sri Ramkrishna Math, Madras
2. S.N. Dasgupta - History of Indian Philosophy (5 vols)
3. Harendra Prasad Sinha - Bhartiya Darshan ki ruprekha
4. Prof. Ishwar Bharadwaj - Aupnishadik Adhyatm Vigyan
5. Swami Divyananda - Vedo me Yog Vidya
6. Radhakrishnan - Bhagwadgeeta
7. Pandey, Vinita - *Indian Society and Culture*, Rawat Publications, Guwahati
8. Garg, Veena - *Indian Culture and Heritage*, Ancient Publishing House, Delhi
9. *Indian Culture* - Vivekananda Kendra Prakashan Trust, Chennai
10. Bhattacharya, Sabyasashi, (Ed), - *Cultural Unity of India*, R.K.M.I.C., Kolkata
11. Chatterjee, S.C. and D. M. Dutta - *Introduction to Indian Philosophy*, Rupa Pub. N.D.

Reference Books:

1. Werner, Karel, *Yoga and Indian Philosophy*, Motilal Banarshidass, New Delhi
2. R. Puligandla - Fundamentals of Indian Philosophy
3. S. Radhakrishnan - Indian Philosophy, Vols. I and II
4. C.D. Sharma - A Critical Survey of Indian Philosophy
5. Larson.G.J. & Others- Encyclopedia of Indian Philosophies, Vol-XII
6. Swamy Sivananda - Lectures on Yoga & Vedanta

Course YD/105 : Practical : Yogic Practices I

I. Preparatory Exercises – Joints Movement, Body Flexibility and Energizing Exercises Surya Namaskar, Sthiti Positions for Asanas- Standing, Sitting, Supine & Prone		
Asanas-	C. Cultural Postures	25. Simhasana
A. Meditative Postures	11. Tadasana	26. Sasankasana
1. Samasana	12. Vrikshasana	27. Ustrasana
2. Swastikasana	13. Garudasana	28. Marjariasana
3. Siddhasana (for men)	14. Utkatasana	29. Paschimottanasana
4. Padmasana	15. Padahastanasana	30. Vakrasana
5. Vajrasana	16. Ardha-chakrasana	31. Uttan Padasana
6. Veerasana	17. Kati Chakrasana	32. Pavan-Muktasana
7. Bhadrasana	18. Trikonasana	33. Viparit-Karani asana
8. Gomokhasana	19. Parsva- Konasana	34. Halasana
B. Resting Postures	20. Veera Bhadrasana	35. Matsyasana
9. Savasana	21. Janusirasana	36. Bhujangasana
10. Makarasana	22. Akarna-Dhanurasana	37. Salabhasana (1)
	23. Ardha-Kurmasana	38. Dhanurasana (1)
	24. Mandukasana	39. Naukasana
		40. Chakrasana (Supine)
II. Mudra-Bandha	Bandhatraya (Jalandhar-bandha, Uddiyan – bandha and Mula-bandha) Mudras (Ashwini, Mahabandha and Mahabedh)	
III. Shat-karmas	Dhauti (Agnisar, Vamana) Neti (Jala & Catheter) Nauli (Central), Tratak (Sthul), Kapalbhati (Vatkrama)	
IV. Breathing/Pranayama	Sectional Breathing, Yogic Breathing, Nadishuddhi, Anulum Vilom, Bhramari, Suryabhedan	
V. Prayer	Paramatma Vandana, Gayatri Mantra, , Guru Vandana Santipath from Kathopanishad, Mangal Prarthana	
VI. Meditation	Soham Japa, Pranav Japa	
VII. Contemporary Yogic Practices	Yogic Sukshma Vyayama, Cyclic meditation (S-VYASA)	

Books Recommended:

- Satyananda Saraswati, Swami (2002), *Asana, Pranayama, Mudra, Bandha*, Munger, Yoga Publications Trust
- Iyengar, B.K.S. (1976) : *Light on Yoga* London, UNWIN Paperbacks
- Dr. Ramesh Babu. K. (2011): *Aasana Sutras* Vizianagaram, Home of Yoga Publications.
- Niranjanananda Sarswati, Swami. (1994): *Prana, Pranayama, Prana Vidya*, Munger, Bihar School of Yoga.
- Phukan, B. N., *Yog Vijnan Parichay*

PROGRAMME: DIPLOMA IN YOGA

Semester-II

Course YD/201: PATANJAL-YOGA-SUTRAS

- UNIT-I Brief historical outlines of the Yoga system of Patanjali; Sage Patanjali and Commentators of the Yoga Sutras with their Commentaries; Brief Introduction to the subject matter of the Yoga Sutras.
- UNIT-II Definition of Yoga; Chitta, Chitta Bhumi, Chitta Vrittis; Abhyas and Vairagya; Ishwar and Ishwar pranidhan; Types of Samadhis; Chaturvyuhvada.
- UNIT-III Obstacles of Yoga (Antarayas); Means of Chitta-prasadan; Ritambhara Pragma; Kriya Yoga; Panch-kleshas; Karmashaya; Vivek-khyati; Saptadha Pragma.
- UNIT-IV Eight steps of Yoga- Ashtanga Yoga (Yama, Niayama. Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi); Samyam; Yoga Vibhutis; Nirmana-chitta.
- UNIT-V Samskar and Vivek-jnana; Five types of Sidhis; Types of Karma; Dharmamedha Samadhi; Kaivalya; Swaroop-pratishthan.

Text books:

1. Swami Satyananda - Four Chapters of Freedom, Munger, Bihar
2. Feuerstein, Georg, *Yoga Sutras of Patanjali*: U.S.A. Inner Traditions of India.
3. Iyengar B.K.S., *Light on Astanga Yoga*, New Delhi , Alchemy,
4. Bhattacharya ,R. S., *An Introduciton to the Yogasutra*, Bharatiya Vidya Prakashan, Varanasi.
5. Rajveer Shastri - Yog-darshan

Reference books:

1. Taimini, I.K., *The Science of Yoga*, Chennai, The Theosophical Publishing House.
2. Vivekananda, Swami, *Raja Yoga*, Culcutta, Advaita Ashram,.
3. Dasgupta , Surendranath, *A Study of Pantanjali*, Delhi, Motilal Banarisidass.
4. Bangali Baba, *The Yogasutras of Patanjali* ,New Delhi, Motilal Banarsidas.
5. Larson. G.J. *Encyclopedia of Indian Philosophies* (Vol XII) Motilal Banarsidas.

PROGRAMME: DIPLOMA IN YOGA
SECOND SEMESTER
COURSE: YD/202: **YOGA AND HEALTH**

- UNIT-I Yogic concept of health; Importance of Tridosha- *Vata, Pitta, Kapha*;
Importance of Triguna- *Sata, Raja, Tama*; Importance of five basic elements
- UNIT-II Concept and importance of Panchkoshas; Importance of three bodies;
Location and importance of Shatchakra in human body; Concept of Prana and
Up-prana in human body
- UNIT-III Meaning, definition and concept of health; Components of health; Signs of
healthy person; Factors affecting health- *dincharya, sandhyacharya,*
ratricharya and ritucharya. Concept of disease- according to modern science,
Ayurveda and Yoga; Difference between Exercise and Asana;
- UNIT-IV Physical Health; Importance of Physical health; Signs of physically healthy
people; Yoga for physical health;
- Mental Health; Importance of mental health; Signs of mentally healthy people;
Yoga for mental health;
- UNIT-V Social Health; Importance of social health; Signs of Socially he - althy people;
Yoga for social health;
- Spiritual Health; Importance of Spiritual health; Signs of Spiritually healthy
people; Yoga for spiritual health

Text Books:

1. M.M. Gore- Anatomy and physiology of Yogic Practices
2. H. David Coulter- Anatomy of Hatha Yoga
3. Prof. M. Venkata Reddy- Scientific studies on Yoga
4. Bhogal R.S.- Yoga and Mental Health
5. Dr. Ganesh Shankar Giri- Health for all through Yoga
6. Satyananda Saraswati- Nav Yogini Tantra
7. Prof. Suresh Lal Barnwal- Yoga evam mansik swasthya

Reference Books:

1. Swami Kuvalayananda- Rational of Yogic poses and other articles
2. N.C. Panda- Mind and Super mind
3. Nagarathna and HR Nagendra- Integrated approach of Yoga Therapy for positive health
4. Swami Satyananda- Yoga for children and adolescents
5. Selvarajan Y., *Yoga and Health*,
6. Iyengar, B.K.S., *Yoga, Path to Holistic Health*,
7. Hittleton, Richard, *Yoga for Health*
8. Yoga Journal, *Yoga as Medicine*
9. Sri Yogendra: *Yoga Personal Hygiene* (Vols I & II)
10. Kuvalayanda, Swami & Dr.S.L. Vinekar: *Yogic Therapy: Its Basic principles & methods*
11. Chandrasekaran, K. *Sound Health Through Yoga*,
12. Elizabeth B. Hurlock: *Personality development*, Tata mc graw - Hill

COURSE: YD/203: YOGA THERAPY

- UNIT-I Yoga Therapy: meaning and definition; Principles of Yoga Therapy; Scope and limitations of Yoga Therapy; Role of lifestyle and diet in Yoga Therapy; Approach of Yoga towards Holistic Health.
- UNIT-II Yoga for Health-care of children and adolescence, Adult, Women, Pregnant women, Corporate person, Sport person.
- UNIT-III Yogic management of Arthritis, Spondylitis (Cervical, Lumber), Backache, Sciatica, Hernia, Muscle fatigue.
- UNIT-IV Yogic management of Kidney disorder, Hypo and Hyperthyroidism, Diabetes, Obesity, Liver disorder, Heart disease (Coronary Artery Disease, Rheumatic Heart Disease).
- UNIT-V Yogic management of Hyperacidity, Constipation, Asthma, Hypertension.
Yogic management of Stress, Anxiety, Depression, Insomnia.

Text Books:

1. Basis and applications of Yoga (SVYASA, Bangluru)
2. Anatomy and physiology of Yogic Practices- (Dr. M.M. Gore), Pune
3. Yoga for different ailments (SVYASA, Bangluru)
4. Yoga for Common ailments (Robin Monro, Nagarathna & Nagendra)
5. Yoga Therapy (Swami Kavalayananda), Kaivalyadhama, Pune
6. Yog evam Mansik Swasthya (Dr. Suresh Lal Barnwal)
7. Yog evam Yogic Chikitsa (Prof. Ramharsh Singh)
8. Yog aur rog (Swami Satyananda Saraswati)
9. Yogic management of common diseases (Swami Shankardevananda)
10. Yoga Therapy (Munger, Bihar)
11. Integrated Approach of Yoga Therapy (Nagrathna and Nagendra)
12. Yoga for common ailments (Nagrathna and Nagendra)
13. Yogic Therapy (Swami Kavalayananda)

Reference Books:

1. Anice George- Yoga Therapy for Dysmenorrhea
2. Swami Satyananda Saraswati- Yoga therapy for Hypertension and Asthma
3. Gharote ML- Yoga therapy, its scope and limitations

PROGRAMME: DIPLOMA IN YOGA

Semester-II

Course YD/204 : TEACHING METHODS IN YOGA

- Unit I : Yoga and Yogic practices -
Concept of Yoga, Types of Yogic Practices- Shatkarma, Asana, Pranayama, Meditation, Yama-Niyama; Importance and Benefits of Yogic Practices.
- Unit II : Meaning and Scope of Teaching Methods -
Terminology, Scope, Methods – Traditional, Modern – i) Lecture Method, ii) Response to Instruction Method, iii) Individualized Instructional Method, iv) Directed Practice Method, v) Project Method, vi) Demonstration Method, - Factors Influencing the Method –i) Previous Background and Experience of the Student, ii)The Teacher, iii) Facilities, iv) Scientific Principles;
- Unit III : Sources of Teaching Methods -
Yogic Principles, Psychological Principles, Anatomico-Physiological Principles, Educational Principles, Sociological Principles;
- Unit IV : Class Management -
Dealing with different categories of students, Seating Arrangement, Instructions, Audio-visual Aids, Discussion, Extra-Class Practice;
- Unit V : Lesson Planning -
Necessity of Lesson Planning, Essentials of a Good Lesson Plan, Lesson Plan for Teaching Yogic Practices, Methods of Teaching Meditation.

Text Books:

1. Gharote, M.L. and S.K.Ganguly, *Teaching Methods for Yogic Practices*
2. Dr. Gharote M.L.- Yoga Techniques
3. Mark Stephens- Yoga sequencing, designing, transformative Yoga classes
4. Bhatia, K. K. and J. N., Arora *Methodology of Teaching*
5. Yogendra- *Teaching Yoga*
6. N. C. E. R. T., *Yogasana – Teachers' Guide*

Reference Books:

1. Gharote , M.L., *Guidelines to Yogic Practices*
2. Knapp, C. and Patricia Hagmann , *Teaching Methods of Physical Education*
3. Lochar, S.K., *Methods and Techniques of Teaching*
4. Sundaram, A.G. & R.N. Kaul, *A Handbook of Education*

PROGRAMME: DIPLOMA IN YOGA

Semester-II

Course YD/205 : Practical : Yogic Practices II

I. Asanas		
A. Meditative Postures	10. Ardha Chakrasana (standing)	21. Chandrasana
1. Swastikasana	11. Parivarta Trikosana	22. Kona-Pachimottanasana
2. Siddhasana (for men)	12. Parsva Konasana	23. Ardha-Matshyendrasana
3. Baddha Padmasana	13. Veera Bhadrasana (2)	24. Sirshasana
4. Veerasana	14. Parsuttanasana (Advanced)	25. Sarvangasana
5. Baddha Konasana	15. Janusirasana	26. Karnapeedasan
6. Gomokhasana (2)	16. Akarna-Dhanurasana (2)	27. Matsyasana
C. Cultural Postures	17. Simhasana (Variations)	28. Purna Bhujangasana
7. Garudasana	18. Sasankasana	29. Salabhasana (2)
8. Vatayanasana	19. Supta-Vajrasana	30. Purna Dhanurasana
9. Uttan-Padasana	20. Ustrasana (Purna)	31. Naukasana (2)
		32. Chakrasana
Bandhas and Mudras	Jalandhara, Uddiyana and Mula Bandha	
	Shambhavi mudra, Hasta-mudra- Gyan, Panch tatva mudra	
Sat Karmas	Dhauti- (Danda Dhauti and Laghu-Sankha Praksalan)	
	Neti (Jal-Neti -2 & Sutra Neti), Nauli (Left and right)	
	Kapalbhati (Vyutkarma & Sitkarma)	
Pranayama	Nadi Sodhana, Chandrabhedha, Ujjaiyi, Sitali, Sitkari	
Meditation	Antarmauna and Ajapa Dharna Jaina Sakshi Meditation	
Prayer	Pratah-Smaran Stotra of Sankaracharya,	
Contemporary Yogic Practices	Yoga Nidra (BSY) and Raja Yoga Meditation (Brahmakumaris)	

Recommended books:

Swami, Satyananda, *Asana, Pranayama, Mudra, Bandha*, Munger, Y. P. Trust
 Iyengar, B.K.S. (1976) : *Light on Yoga* London, UNWIN Paperbacks
 Rama R.R.: *Journey to the Real Self*, Vijinigiri ,Yoga Consciousness Trust
 Babu R.K.: *Aasana Sutras*, Vizianagaram, Home of Yoga Publications.
 Niranjanananda Sarswathi, Swami.: *Prana Pranayama, Prana Vidya*, Munger, B.S.Y.
 Kuvalyananda, Swami. (1931): *Pranayama*, Bombay, Popular Prakashan

POST-GRADUATE DIPLOMA IN YOGA EDUCATION

SEMESTER I

PGDYED 101 : FOUNDATION OF YOGA

Content

UNIT – I: Introduction of Yoga

- 1.1 Meaning & definition of Yoga
- 1.2 Traditional and Historical development of Yoga
- 1.3 Importance of Yoga in modern life
- 1.4 Elementary knowledge of types of Yoga-Ashtang Yoga, Karma Yoga, Bhakti Yoga, Hath Yoga, Kriya Yoga, Gyan Yoga

UNIT – II: Study of Yoga in various texts

- 2.1 Vedas, the foundations of Indian culture; antiquity, the four main Vedas, Science and Technology of Vedas.
- 2.2 Upanishads, the style of Upanishads
- 2.3 Geeta, General Introduction to Bhagavad Geeta, Definitions of Yoga in Bhagavad Geeta and their relevance and Scope
- 2.4 Buddhism, history of Yoga in Buddhism, Definitions of Yoga in Buddhism
- 2.5 Jainism, history of Yoga in Jainism, Definitions of Yoga in Jainism
- 2.6 Indian Philosophy

UNIT – III: Yoga Sadhana and Diet (18 Hrs.)

- 3.1 Elements of success and failure in yoga
- 3.2 Sadhana According to Hathyoga and Yogasutra
- 3.3 Season, Place and Time for yoga
- 3.4 Yogic diet- Rajasik, Tamasik and Sattavik
- 3.5 Diet for the Practice of yoga

UNIT – IV: Introduction & contribution of Yogis (18 Hrs.)

- 4.1 Maharishi Patanjali
- 4.2 Guru Gorakhnath
- 4.3 Swami Dayananda
- 4.4 Swami Shivananda
- 4.5 Swami Vivekananda
- 4.6 Swami Kavalayananda
- 4.7 Sri Aurobindo

Text & Reference Books:

1. Prof. Surendra Singh & Prof. P.D. Misra, Yoga: An Introduction, Bharat Book Centre, Lucknow, 1999.
2. Swami Vivekaanda, Raja Yoga, Jnana(Gyan) Yoga, Karma Yoga & Bhakti Yoga, Ramakrishan Ashrama Publication.
3. Ram Sharma Acharya, 108 Upanishads in three Volumes.
4. Ishwar Bharadwaj, Upanishadic Adhyatmic Vigyan.
5. Sharma H., Classification and Modern Approaches to Yoga, Eastern Bookshouse, Lucknow, 1999.

PGDYED 102 : ANATOMY, PHYSIOLOGY IN YOGIC PRACTICES

Content

UNIT – I: Skeleton System (18 Hrs.)

- 1.1 Composition (No of bones & types), Functions of skeleton system
- 1.2 Types of Joints
- 1.3 Composition & structure of vertebral column
- 1.4 Composition & structure of Ribs

UNIT – II: Digestive Systems & Respiratory System (18 Hrs.)

- 2.1 Structure of digestive tract
- 2.2 Function of digestive system
- 2.3 Effects of yogic practices on digestive system
- 2.4 Structure of respiratory tract and functions of respiratory system
- 2.5 Introduction of external & internal respiration
- 2.6 Elementary knowledge of respiratory volumes (lung capacity, tidal volume, residual volume, respiratory rate)
- 2.7 Effects of yogic practices on respiratory system

UNIT – III: Cardio-Vascular System (18 Hrs.)

- 3.1 components of cardio-vascular system
- 3.2 Structure & functioning of Heart
- 3.3 Constituent of Blood
- 3.4 Blood pressure, cardiac output, stroke volume, cardiac cycle
- 3.5 Effects of yogic practices on cardio-vascular system

UNIT – IV: Nervous System & Muscular System (18 Hrs.)

- 4.1 Functions of nervous system
- 4.2 Components of central nervous system
- 4.3 Autonomic nervous system
- 4.4 Effects of yogic practices on nervous system
- 4.5 Types & functions of human muscles
- 4.6 Major Muscles (hand, chest, abdomen, lungs)
- 4.7 Effects of yogic practices on Muscular system

Text & References book:

1. Evely C. Pearee, Anatomy and Physiology for Nurses, Faber and Faber Ltd; London.
2. Shirley Telles, A Glimpse of Human body.
3. M.M. Gore, Anatomy and Physiology of Yogic Practices, Kanchan Prakashan, Lonavla.
4. Trilok R.J., Sampoorna Yog Vidhya, Manjul Publishing House, New Delhi.
5. Gopal U., Yoga & Body Anatomy, Sports Publication, New Delhi.

PGDYED 103 : HISTORY OF YOGA

UNIT – I: Pre-Vedic and Vedic Period

UNIT – II: Pre-Classical Era: - Jaina and Buddhist Period,
- Period of the Earlier Upanishads
- Epic Period

UNIT – III: Classical Era: (200 BC to 500 CE)
-Yoga Sutras
- Yoga and Vedanta
- Yoga Yajnavalkya
- Buddhist Abhidharma and Yogacara

UNIT – IV: Middle Age (Post-Classical Era) 500 -1500 CE
-Bhakti Movement
-Tantra period
-Vajrayana an Tibetan Buddhism
-Zen Buddhism
-Hatha Yoga

UNIT –V: Modern Revival of Yoga (19th Century onwards)

PGDYED 104 : YOGA AND CULTURAL SYNTHESIS

- Unit I : Definition of Culture, A brief survey of different Culture, Relation between Culture and Yoga
- Unit II : Indian Culture – Vedic and Upanishadic
- Unit III : Six Systems of Indian Philosophy
- Unit IV : The Epics and the Bhagawat-Gita
- Unit V : Basic Philosophy of the Buddha, Mahavira, Charvaka and Guru Nanak
- Unit VI : Basic teachings of Islam, Sufism and Christianity
- Unit VII : Bhakti Movement and Srimanta Sankardeva's contribution to Cultural Synthesis
- Unit VIII : Human Values in Indian Culture and Yoga as the basis of Value Education

PGDYED 105 : ASANAS (Practical I)

LIST OF YOGIC PRACTICES

PART-1: Sukshma Vyayam

Warming -up Asanas

PART -2:(Culturative Asanas)

Vriksh Asana ✓

Tad Asana ✓

Trikon Asana ✓

Vakra Asana ✓

Supta Vajra Asana

Pad-hast Asana

Nauka Asana

Viprit Karni

Sarvang Asana

Hal Asana

Bhujang Asana

Shalbh Asana

Dhanur Asana

Paschimottan Asana

Matasyaendrasana

Ustra Asana

Pawan Mukh Asana

Shirsh Asana

Chakra Asana

Vaka Asana

Mayur Asana

PART -3:Relaxative Asanas

Sava Asana

Makra Asana

PART -4: Meditative Asanas

Padma Asana

Swastik Asana

Vajra Asana

Sukha Asana

PART 5: Mudra -Bandhas

PGDYED 105 : SATKARMA AND PRANAYAMA (Practical II)

Post-Graduate Diploma
In Yoga Education
SECOND SEMESTER
THEORY PAPERS
V, VI, VII, VIII-Optional (A, B)

Semester II : Paper V : Yoga and Cultural Synthesis

Time 3 Hours Full Marks 100 (80+20) Pass Marks 36

Unit I : Definition of Culture, A brief survey of different Culture, Relation between Culture and Yoga

Unit II : Indian Culture – Vedic and Upanishadic

Unit III : Six Systems of Indian Philosophy

Unit IV : The Epics and the Bhagawat-Gita

Unit V : Basic Philosophy of the Buddha, Mahavira, Charvaka and Guru Nanak

Unit VI : Basic teachings of Islam, Sufism and Christianity

Unit VII : Bhakti Movement and Srimanta Sankardeva's contribution to Cultural Synthesis

Unit VIII : Human Values in Indian Culture and Yoga as the basis of Value Education

Books Recommended: 1. *Cultural Heritage of India* – Published by Sri Ramkrishna Math, Madras

2. *History of Indian Philosophy* (5 vols) – S. N. Dasgupta

3. *Yoga and Indian Philosophy* – Karel Werner.

Semester II : Paper VI : Yoga and Mental Health

Time 3 Hours Full Marks 100 (80+20) Pass Marks 36

Unit I : - Mental Health, its meaning, determinants and applications

Unit II : - Concept and models of Normality in Yoga and Modern Psychology

Unit III : - Concept of psychosomatic disorders as indicated in Patanjali's Yoga Sutra

Unit IV : - Modern theories of personality and Indian approach to personality and personality integration

Unit V : - Intra-personal and inter-personal adjustment through yogic methods.

Unit VI : - Role of Astanga Yoga in transformation of attitude for a total personality integration

Unit VII: - Stress Management, tackling Frustration, Anxiety and Conflict : Modern and and Yogic Method

Books recommended: 1. *Yoga Psychology* – Swami Abhedananda

2. *Yoga and Western Psychology* – Geraldine Coster

3. *Yoga and Modern Psychology* – R. S. Bhogal

Reference Books: 1. *Elements of Ancient Indian Psychology* – B. Kuppaswami

2. *Concept of Personality in Sankhya-Yoga and the Gita* – K.C.Das

3. *The Nature and Form of Consciousness in Yoga and Modern Psychoanalytical School* – Dipaly Bezbaruah

4. *Stress and its Management by Yoga* – K. N. Udupa

5. *New Perspective in Stress Management* – H. R. Nagendra and R. Nagarathna

Semester II : Paper VII : Elements of Anatomy and Physiology

Time 3 Hours Full Marks 100 (80+20) Pass marks 36

Part I : Elements of Anatomy and Physiology

Character of living Cell, Tissue

Basic Anatomy and Physiology of Skeletal System, Muscular System, Circulatory System, Lymphatic System, Respiratory System, Digestive System,

Excretory System, Reproductive System, Endocrine System,

Nervous System, Eye and Ear

General Metabolism, Homeostasis

Yogic Concepts of Physiology- Body, Kosha, Mahabhuta, Prana, Nadis, Chakras and Kundalini Shakti.

Part II : Physiological Effects of Yogic Practices

- Physiological Effects of Asana, Pranayama, Bandha and Mudra
- Physiological Principles of Satkarma
- Physiological Effects of Meditation

Recommended Books: 1. *Anatomy and Physiology for Nurses* – Evelyn Pearce

2. *Yog Vijnan Parichay* (Vol I) – B. N. Phukan, Chapter VI

3. *Yoga Pradipika* – Yogeswar Bora , Part 2, Chapter 2

4. *Hatha Yoga* – Mikel Burley

5. *Bio-dynamics of Sadanga Yoga* – R. K. Garde

Reference Books: 1. *Textbook of Medical Physiology* – Arthur C. Guyton

2. *Human Physiology* – C. C. Chatterjee

3. *Siva Samhita* – Translated by Sirsa Ch. Basu

4. *Science of Medicine and Physiological Concepts in Ancient and Mediaeval India* - edited by N. . Keswani

Semester II : Paper VIII

Option A: Principles of Naturo-Yogic Therapy

Time 3 Hours Full Marks 100 (80+20) Pass Marks 36

Unit I : Concept of Health and Disease and Principles of Sound Health

Unit II : Basic Principles of Naturo-Yogic Therapy

Unit III : Use of Yogangas in treatment of Disease and their effects on Body-Mind Complex.

Unit IV : Nature Cure – Use of Panchabhuta and Messo-therapy

Unit V : Fasting and Dieto-therapy

Recommended Books: 1. *Yogic Therapy* – Swami Sivananda Saraswati of Umachal Ashram

1. *Yogic Therapy* – Swami Kuvalayananda and Dr. S.L.Vinekar

2. *New Horizon of Modern Medicine* – Dr. H. R. Nagendra

3. *Everybody's Guide to Nature Cure* – Harry Benjamin

4. *Your Diet in Health and Disease* – Harry Benjamin

Reference Books: 1. *Yogic Therapy* - Yogacharya Sundaram

2. *A Matter of Health* - Dr. P. Krishna Raman

3. *Protective Diet in Health and Disease* – K. L. Mjkhopadhyay

4. *A Complete Handbook of Nature Cure* – Dr. H. K. Bakhru

5. *Yoga Mimamsa*, a quarterly research Journal published by Kaivalyadham, Lonavla.

OR

Semester II : Paper VIII

Option B: Teaching Methods for Yogic Practices

Time 3 Hours Full Marks 100 (80+20) Pass marks 36

Unit I : Yoga and Yogic practices

Unit II : Meaning and Scope of Teaching Methods

Unit III : Sources of Teaching Methods

Unit IV : Class Management

Unit V : Lesson Planning

Recommended Books: 1. *Methodology of Teaching* – K. K. Bhatia and J. N. Arora

2. *Teaching Methods for Yogic Practices* – M.L.Gharote and S.K.Ganguly

3. *Yogasana – Teachers' Guide* - N. C. E. R. T.

Reference Books: 1. *Guidelines to Yogic Pactices* – M.L.Gharote

2. Teaching Methods of Physical Education – C. Knapp and Patricia Hagmann
Relevant Articles: 1. M.L.Gharote, Group Technique of Introducing Yogic Practices, in Yoga Mimamsa Vol.XIII- 4 pp.41-44, Jan.1971
2. M.V.Bhole, Lesson Plan for Introducing the Concept of Pranayama Breathing in a Class of Beginners, in Yoga Mimamsa Vol. XX, 1&2, pp. 44-49, 1979
3. M.V.Bhole and S.K.Ganguly, Lesson Plan to Introduce the Concept of Asanas in a Class of Beginners, in Vyayam Vidnyan, Amravati, Vol.XIV -4, pp.1-4, 1981
4. S.K.Ganguly and A.M.Moorthy, Selected Points on Method of Yoga Practice Teaching, in Yoga Mimamsa, Vol. XVIII-2, pp.29-35, 1976

Post-Graduate Diploma In Yoga Education

SECOND SEMESTER

PRACTICALS 2 & 3 (Optional A,B)

Semester II : Practical Training in Yoga

Practical 2 : Yogic Practices 2

Time 3 Hours: Full Marks 100

Practice of Asana, Bhandha-Mudra, Kriya, Pranayama etc. of Practical I shall continue. Advancement in those practices will be practically examined. In addition to those practices, practical lessons will be given and practical assessment will be made on -

- (a) Variations and advanced practices of Asanas already taught.
- (b) Mayurasana, Birabhadrasana, Natarajasana, Sirsasana and other difficult Asanas,
- (c) Neti (Sutra Neti),
- (d) Bastra Dhauti
- (e) Sankha-Prakshalan
- (f) Pranayama (Ujjayee, Sitali, Sitkari, Suryabhed, Chandrabhed, Bhramari, Bahya and Antar Kumbhak etc.)
- (g) different meditative processes in meditative postures . Physical and Mental poise and stability in meditation will be examined with the help of electronic devices like electro-cardiogram, electro-encephalogram, electro-myogram etc.

Semester II : Practical 3

Option A: Naturo-Yogic Treatment

(for Practical application of Naturo-Yogic Treatment the students will have to attend some Naturo-Yogic Treatment Centre for at least one week.)

(a) Practical Application of Naturo – Yogic Treatment : 75 marks

- (1) Practical application of Yogangas in treatment of disease
- (2) Practical demonstration of cleansing process of Yoga like Neti, Dhauti etc.
- (3) Preparation and practical use of Mud-pack, Water-bandage, Hot and Cold Compress, Different kinds of Baths (Foot-bath, Sitz-bath, Hip-bath, Spinal-bath, Steam-bath, Sun-bath), Message, Enema etc.

(b) Field Study : 25 marks.

The students, under the guidance of Yoga and Naturopathy teacher, will visit important Yoga Centres, Nature-Cure Hospitals, Yogic Hospitals, Yoga-Therapy Centres of Medical Colleges and also run by NGOs within the state and outside, after completion of Theory papers and submit a detail report on Naturo-Yogic Therapy.

Semester II : Practical 3

Option B: Practice Teaching

Full Marks 100

For the purpose of Practice Teaching the students will have to organize an **one-week non-residential Yoga Camp** for the youths where each student will be assigned to prepare and teach five theory lessons on different aspects of Yoga and teach Asana, Mudra-Bandha, Sat-Karma, Pranayama etc. in practical classes with demonstration and explanation of each item.

Conduct and Behaviour

Transformation of attitude, conduct and character of a student is a very important part of Yoga Education. Hence, emphasis is given upon observance of the moral codes prescribed by Patanjali (the Yamas and the Niyamas) by the practitioners of Yoga. There will be continuous observation and assessment of Conduct, Behaviour, Regularity, Punctuality, Commitment and Sincerity towards duties etc. of the students **throughout the Session** which will be reflected as Grades like **Grade A, Grade B and Grade C.**

Certificate Course on Samkhya

Duration : Three Months

Total Paper : 02

Total Marks : 200

Medium : Assamese/Sanskrit/English

Papers: I 100 marks

1. An Outline of Indian Philosophy.

Only theoretical and academic knowledge (in simple) on all systems (both Astika and Nastika) etymology of the term Darshana, different branches (with the names of propounders, concept of Ultimate Reality, Jiva, Atma, emancipation (Mukti).

2. A. First part –

Origin and Development of Samkhya Darshana. 50 marks.

(long/essay type questions, short notes, objective type question etc.)

B. Second part 50 marks

Samkhya Karika of Isvarakarma 50 marks

(1st 14 Karikas : Concept of Purusa, Prakriti, Prakriti Parinam, Characteristics of 3 Gunas)

Recommended books

1. Origin text of Samkhya Karika of Isvarakarma.
2. Samkhya Darshana (in Assamese) by (late) Radhanath Phukan.
3. Radhanath Phukan Rachanavali (complete works of Radhanath Phukan), Publication Board, Assam, Guwahati.
4. Samkhya Darshana, Dr. Girish Barua, Bani Prakash, Guwahati.
5. Bharatiya Darshan, Dr. Girish Barua, New Delhi.
6. Indian Philosophy, Dr. S. Radhakrishnan, MLBD, Delhi.
7. Indian Philosophy, Dr. S. N. Dasgupta, MLBD, New Delhi.

Aims & Objectives :

1. This Course will be a certificate course giving the general knowledge (outlines) on Samkhya system of Indian Philosophy.

2. It will be easily approachable to the students.
3. The course has been framed to that the candidates may be attracted to be admitted easily.
4. This course will be helpful in understanding the scientific basis of Indian Knowledge System, so that there may be an impact on the candidates.

Prepared by

Dr. Gokulendra Narayan Deva Goswami
Assistant Professor, Dept. of Mimamsa
K.K. Handique Govt. Sanskrit College
Guwahati-14

K.K. HANDIQUE GOVT. SANSKRIT COLLEGE

Jalukbari, Guwahati-781014

Certificate Course on Tantra

Duration : Three Months

Total Paper : 02

Total Marks : 200

Medium : Assamese/Sanskrit/English

Paper - I 100 marks

Introduction of Tantra Shastra
(definition, history and development of Tantra Shastra)

Paper - II 100 marks

Part A

Yogini Tantra ; Glory of Kamarupa (Chapter 1.15 and 2.1) 50 marks

Kamakhya Tantra (introduction only)

Part - B

Kalika Purana (Chapter 61 & 72)

The glory of Kamakhya and Kamarupa 50 marks

Books recommended:

1. *Yogini Tantra*, ed. Biswanarayan Shastri.
2. *Yogini Tantra* (with Assamese translation by Pt. Chakreswar Bhattacharya Daloi, Guwahati.
3. *Kalika Purana*, ed. Biswanarayan Shastri, Naag Publishers, Delhi, 1992.
4. *Kalika Purana* (Assamese translation), Prof. Debendra Nath Bhattacharyya, Guwahati.
5. *Kamakhya Tantra*, ed. Biswanarayan Shastri.
6. *Kamakhya Tantra*, Late Dharanidhar Panda, Kamakhya

Revised by Prepared by

Dr. Gokulendra Narayan Deva Goswami ` Sunitee Ballav Goswami,
Assistant Professor, Dept. of Mimamsa Assistant Professor, Dept. of Vedanta
K.K. Handique Govt. Sanskrit College K.K. Handique Govt. Sanskrit College
Guwahati-14 Guwahati-14





অসম অসম ASSAM

32AA 623037

Memorandum of Understanding

Between

KRISHNA KANTA HANDIQUE GOVT. SANSKRIT COLLEGE

Jalukbari, Guwahati-14

AND

INDIAN YOGA CULTURE & YOGA THERAPY CENTRE

Central Gotanagar, Maligaon, Guwahati - 781011

Name of the Project: Yoga Diploma course under National Skill Qualification Framework, UGC at K, K, Handique Govt. Sanskrit College. Jalukbari Guwahati-14

Principal
Dhyanakanta Handique Govt. Sanskrit College
Jalukbari, Guwahati-14
President
Indian Yoga Culture & Yoga Therapy Centre
Central Gotanagar, Maligaon, Guwahati-11

Contd.....pg2

THIS **MEMORANDUM OF UNDERSTANDING** (MOU) is made on this the 1st day of July 2020 between **KRISHNA KANTA HANDIQUE GOVT. SANSKRIT COLLEGE**, Jalukbari, Guwahati-14 (which expression unless repugnant to the context shall mean and include his heirs, executors, successors, administrators and assigns) of the **ONE PART**

-AND-

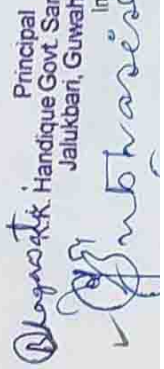
INDIAN YOGA CULTURE & YOGA THERAPY CENTRE, Central Gotanagar, Maligaon, Guwahati – 781011 (which expression unless repugnant to the context shall mean and include his heirs, executors, successors, administrators and assigns) of the **OTHER PART**.

WHEREBY KRISHNA KANTA HANDIQUE GOVT. SANSKRIT COLLEGE, Jalukbari, Guwahati-14 AND INDIAN YOGA CULTURE & YOGA THERAPY CENTRE, Central Gotanagar, Maligaon, Guwahati – 781011, will collaborate on the project on Yoga Diploma course under National Skill Qualification Framework, UGC.

NOW BOTH PARTIES ARE AGREED to the following terms and conditions included in this **MEMORANDUM OF UNDERSTANDING**:

1. Krishna Kanta Handique Govt. Sanskrit College (Institution of Sanskrit learning situated at Jalukbari, Guwahati -14) shall be the host institution and **INDIAN YOGA CULTURE & YOGA THERAPY CENTRE**, Central Gotanagar, Maligaon, Guwahati – 781011 shall provide necessary help.
2. The Principal of the said institution shall be the Co-ordinator.
3. The institution shall provide 1(one) or 2 (two) rooms for Theory class and one specious room for Practical class.
4. The institution shall extend library and other training facilities to the students.

Principal
Krishna Kanta Handique Govt. Sanskrit College
Jalukbari, Guwahati-14
President
Indian Yoga Culture & Yoga Therapy Center
Central Gotanagar, Maligaon, Guwahati-11



5. The institution shall ensure the terms and conditions provided by NSQF, UGC.
6. The institution shall take over the maintenance of the Centre/Courses as per the guidelines of NSQF, UGC.
7. Additional staff may be engaged with prior permission of UGC according to the workload on the courses but within the maximum limit of the annual grant / fund allocation.
8. Apart from the Grants from NSQF, UGC. the institution may seek financial help/ grants for equipments and staff management from the State Government or from any other organisation if required.
9. The Co-ordinator/ Principal of the institution may transact such additional fund/ grants of State Government or any other organisation if available maintaining proper accounts (Case Book, Pay Book and Vouchers etc.etc.) for such expenditures.
10. That it is understood that if **Indian Yoga Culture & Yoga Therapy Center**, Central Gotanagar, Maligaon, Guwahati – 781011 and **Krishna Kanta Handique Govt. Sanskrit College**, Jalukbari shall jointly conduct awareness programme / training Programme on Yoga then the said awareness program or classes shall be open to the students of both the institutions.
11. A teacher of the college shall be nominated as in-charge of the project.
12. The legal Jurisdiction shall be the local Jurisdiction of **Krishna Kanta Handique Govt. Sanskrit College** and **Indian Yoga Culture & Yoga Therapy Center**, i.e. Kamrup (Metro) if any legal dispute arises between them.
13. Any clause of MOU may be amended or included if jointly felt by **Krishna Kanta Handique Govt. Sanskrit College**, Jalukbari, Ghy – 14 and **Indian Yoga Culture & Yoga Therapy Center**, Central Gotanagar, Maligaon, Guwahati – 781011.

Principal
K.K. Handique Govt. Sanskrit College
Jalukbari, Guwahati-14
Subhasish

President
Indian Yoga Culture & Yoga Therapy Center
Centre Gotanagar, Maligaon, Guwahati-11

Contd.....pg4

14. MOU may be scrapped if both parties agree and the validity of the MOU may be reviewed from time to time.
15. There shall be a monitoring committee consisting of 7 members from **Krishna Kanta Handique Govt. Sanskrit College** and **Indian Yoga Culture & Yoga Therapy Center** (5 members from **Krishna Kanta Handique Govt. Sanskrit College** and 2 members from **Indian Yoga Culture & Yoga Therapy Center**)
16. The Co-ordinator shall communicate **Indian Yoga Culture & Yoga Therapy Center**, Maligaon, Guwahati-781011 and Govt. or other organisation for any matter if required.

IN WITNESS WHERE OF, Krishna Kanta Handique Govt. Sanskrit College, Jalukbari, Ghy – 14 and Indian Yoga Culture & Yoga Therapy Center, Central Gotanagar, Maligaon, Guwahati – 781011 have executed this MOU on the Day, Month and the Year mentioned above.

Signed by

Bhagawati

Principal
K.K. Handique Govt. Sanskrit College
Jalukbari, Guwahati-14
(Dr. Binita Bhagawati)

For and on behalf of (**First Part** - Krishna
Kanta Handique Govt. Sanskrit College,
Jalukbari, Ghy - 14)

Subhasis Kar

President
Indian Yoga Culture & Yoga Therapy Center
Central Gotanagar, Maligaon, Guwahati-11
(Acharya Subhasis Kar)

For and on behalf of (**Other Part** - **Indian
Yoga Culture & Yoga Therapy Center,**
Central Gotanagar, Maligaon, Guwahati -11)

WITNESS:

1. Mrs. Nibedita Sarma
Sarma
2. Bhabesh Thakuria
Bhabesh Thakuria

1. Abhisit Pathak
A. Pathak
2. Shekhar Boroo *(Signature)*



Sl. Instrument No. 677
Date 15/07/2020 26AA 703050
BEFORE THE NOTARY :: KAMRUP (METRO) :: GUWAHATI
AFFIDAVIT

I, **DR. BINITA BHAGAWATI**, Daughter of Late Umesh Ch. Bhagawati and the Principal of Krishna Kanta Handique Govt. Sanskrit College, Jalukbari, Guwahati-Assam, aged about 56 years, a resident of Flat No.- 2B, Puberun Apartment, Chachal, VIP Road, Guwahati-22 in the district of Kamrup (Metro), Assam, do hereby solemnly affirm and declare as follows :-

1. That I am the authorized signatory of any application made to the UGC seeking grant of permission for conducting skill development program/course under NSQF in Yoga Diploma within intake of 30 Nos.
2. That the copy of the affidavit shall be displayed on the website of the Institution for information of general public.
3. That all the statements made in paragraphs from 1 to 2 are true and correct and I swear that this my declaration is true, that it conceals nothing and that no part of it is false. In case the contents of affidavit are found to be incorrect or false, I shall be liable for action.

And I sign this affidavit on this 15 day of July, 2020 at Guwahati.

Identified by me,
Gunjan Sarma
Advocate, Guwahati.

Binita Bhagawati Principal
K.K. Handique Govt. Sanskrit College,
Jalukbari, Guwahati-14
DEPONEE

Solemnly affirmed and declared before me by the deponent who is identified by Mr. Gunjan Sarma Advocate, on this 15 day of July, 2020 at Guwahati.

[Signature]
NOTARY, KAMRUP (METRO), GUWAHATI.
NOTARY GOVT. OF ASSAM
Kamrup (Metro) Guwahati
Regd. No-KAM-14