

**Post-Graduate Diploma
In Yoga Education**

SEMESTER

**THEORY PAPERS
V, VI, VII, VIII-Optional (A, B)**

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 Gorakhnata
- 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 Vivekananda, 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, Friends Publications, New Delhi.
6. Kumar P.S., Yoga education, Angel Publication, New Delhi.
7. Pramanik T., Yoga Education, Sports Publications, New Delhi.
8. Triak R.J., Sampoorna Yog Vidhya, Manjul Publishing House, New delhi.
9. Talani S., Yoga Education, Angel Publication, New Delhi.
10. Sharma H.L., Encyclopaedia of Yoga Vol-1, Friends Publication, New Delhi.
11. Sharma H.L., Encyclopaedia of Yoga Vol-2, Friends Publication, New Delhi.

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. Evelyan 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., Sampoorana 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 Mukta 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)

Semester II : Paper V : Yoga and Cultural Synthesis PGDYD/201

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 PGDYED/202

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 PGDYED/203

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
PGDYED/204
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 Diets-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

PGDYED/204

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 Practices – 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
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SECOND SEMESTER

PRACTICALS 2 & 3 (Optional A,B)

Semester II : Practical Training in Yoga PGDYED/205

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**.

Paper V : Yoga and Cultural Synthesis

Paper VI : Yoga and Mental Health

Paper VII : Elements of Anatomy and Physiology

Paper VIII

Option A: Principles of Naturo-Yogic Therapy

Practical I : Yogic Practices 2

Practical II

Option A: Naturo-Yogic Treatment

Attested .

Bhagwati .

PRINCIPAL
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