



Vijayanagara Sri Krishnadevaraya University, Ballari

**Regulations and Syllabus
of
Post Graduate Diploma in Yogic Science (PGDYS)
(Concurrent Programme)**



**Department of Physical Education and Sports Sciences
Vijayanagara Sri Krishnadevaraya University, Ballari
Jnanasagara Campus Vinayaka Nagara Contonment, Ballari-583105**

With Effect From 2022-23

Preamble

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living. The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". According to Yogic scriptures, the practice of Yoga leads to the union of individual consciousness with universal consciousness.

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course the student will be able to understand the concept of Preventive Healthcare, Promotion of Positive Health and Personality Development through Yoga.

Title of the course

- The course shall be called "Post Graduate Diploma in Yogic Science" (PGDYS)

Aim of the course

- The aim of the course is to propagate and promote yoga for positive health and well-being.

Objectives of the Course

1. To introduce basic concepts of preventive health and health promotion through yoga to introduce concepts of human body to the students so as to making their understanding clear about the benefit and contraindication of a practice.
2. To train teachers on preventive health and promotion of positive health through yoga and personality development.

3. To introduce yoga and yogic practices to holistic health of an individual
4. To impart scientific training in yogic science (both theory and practical) to those desirous making a carrier in the professional field of yoga teaching and to provide professional yoga teachers to all levels of training.
5. To provide intensive training in theory, practice and teaching techniques of yoga studies as are necessary to develop the basic knowledge, skill techniques and attitudes in students to work with individuals' groups and communities.
6. To organize short term yoga training and yoga therapy courses or camps, lecturers, workshops and seminars on yoga for the benefit of students, teachers, ministerial staffs of the university and all sections of the society to promote positive health.
7. To introduce the fundamentals of yoga therapy and also to provide new avenues to the students to learn, practice and propagate the techniques of this ancient science.
8. To train the students to undertake higher training and research in various aspects of yogic science.

Programme Outcomes

- 1) To acquaint students with the theory and practical knowledge of Yogasana, Kriyass, Mudras, Meditation and Pranayama etc.
- 2) Students can work as Yoga Trainer in Yoga studio, Yoga wellness centers.
- 3) Conduct yoga protocol at work places.
- 4) Conduct yoga classes in park, societies etc.

Duration

- 1) This is a full-time concurrent course and the duration of the course will be 1 year (2 semesters).
- 2) Unless and otherwise provided, post-graduate diploma concurrent programme is two semesters of one year duration.

Eligibility

1. The candidate shall have completed Graduation (Bachelor's Degree) in any stream from a UGC recognized university.
2. A candidate who has passed Bachelor's degree examination in any faculty of VSK University or any recognized UGC Recognized University in India or abroad shall be eligible for admission to the "Post Graduate Diploma in Yogic Science" course and preference will be given to those who have successfully completed.

3. A candidate shall be medically fit. A medical fitness certificate in this regard issued from the health center, or from a Registered Medical Practitioner must be produced at the time of admission. Candidate suffering from any chronic disease are advised to inform to department while to seek admission to this course.
4. To facilitate interested candidates offering PGDYS, the classes may be conducted in the morning or evening or both morning and evening hours, fulfilling the stipulated allocation of teaching learning periods of 24 hours per week.
5. This is concurrent course but candidates who are employed are eligible for the course provided their employment hours do not clash with the PGDYS course hours.
6. This is concurrent course but students offering PGDYS courses are eligible provided their regular classes do not clash with the timings of the PGDYS course.
7. Yoga Dress Code (for Practical) and Uniform (for attending daily classes) is compulsory which is prescribed by the University.
8. There is no age limit for admission to the P.G.D.Y.S course.

Intake:

Intake for the said course shall be 30 seats under regular quota. However, the intake for the said course can be revised by the University from time to time.

Medium of Instruction:

Medium of instruction shall be in English/Kannada

Hours of Instruction:

There shall be 4 hours of teaching work per week for every theory paper of 100 marks and 8 hours of teaching work per week for every practical paper for 100 marks.

Scheme of examination:

- 1) There shall be a university examination at the end of the semester both in theory and practical papers.
- 2) Candidates are allowed to write the said examination either in English or in Kannada.
- 3) The duration of theory paper examination shall be of 3 hours
- 4) The duration of practical paper examination shall be of 4 hours and each practical batch shall contain a maximum of 5 candidates.

Attendance:

Students are required to attend a minimum of 75 percent of classes in each course. The attendance shall be reckoned from the date of commencement of the semester.

Declaration of Result

The grading of successful candidate at the examination shall be as follows:

Percentage of Marks	Class
70% to 100%	First class with Distinction
60% to 69.99%	First Class
50% to 59.99%	Second Class
40% to 49.99%	Pass class
Below 40%	Fail

Reappearing Facility:

A candidate failing only in one or more theory papers or in a practical paper is allowed to reappear for those papers in which candidate has failed. Candidates need not reappear for the papers in which has passed.

Award of P.G. Diploma:

A candidate shall be eligible for the award of the Diploma if candidate has passed all the examinations prescribed thereof.

Revision of Regulations and Curriculum

The University may from time-to-time revise, amend and change the regulations and Curriculum as approved by the BOS.

Scheme of papers and practical's

Semester I

Paper No	Title of the Paper	Credits	Teaching hours/week	Exam Marks	IA	Total
PGDYS 1.1	Foundations of Yoga	4	4	70	30	100
PGDYS 1.2	Principles of Yogic Practices	4	4	70	30	100
PGDYS 1.3	Science of Yoga	4	4	70	30	100
PGDYS 1.4	Practical Training in Yoga	4	8	70	30	100
	Total	16	20	280	120	400
Semester II						
PGDYS 2.1	Philosophical Foundations of Yoga	4	4	70	30	100
PGDYS 2.2	Yoga and Psychology	4	4	70	30	100
PGDYS 2.3	Applied Yoga	4	4	70	30	100
PGDYS 2.4	Practical-Teaching methods of yogic practices, Project work, Viva-voce and Study Tour	4	8	70	30	100
	Total	16	20	280	120	400
	Grand Total	32	40	560	240	800

SEMESTER-I

PGDYS 1.1: FOUNDATIONS OF YOGA

Course Title: Foundation of Yoga	Course code: PGDYS 1.1
Total Contact Hours: L4 Hours/week	Course Credits: 04
Formative Assessment Marks: 30	Duration of ESA/Exam: 3 Hours
Summative Assessment Marks: 70	

Course Outcomes (CO's):

At the end of the course, students will be able to:

- Give an introduction of yoga and its important streams,
- Give a brief introduction of Indian Philosophy; and
- Give a brief history and the basis different yoga.

Unit	Description	Hours
1	Introduction to Yoga: Origin, Meaning and Definition of Yoga, Scope, Aims and Objectives of Yoga, Misconception about Yoga, Yoga as a science and art, Importance of Yoga for common man to promote positive health.	12
2	Classical Yogic texts: Brief introduction to classical yogic texts like Hatha pradipika, Gheranda samhita, Hatha Ratnavali, Shiva samhita & Yoga Vashista.	10
3	History and Development of Yoga: Pre-Classical Yoga, Classical Yoga, Post-Classical Yoga & Modern Period yoga.	08
4	Orientation to Patanjali Yoga Sutras: Brief introduction to Maharshi Patanjali and his yoga sutras, Definition of yoga , purpose and nature of yoga, concept of chitta, chitta bhumis,, Chitta vrittis, Chitta vritti nirodhopaya, Chitta prasadanam, Types and nature of Samadhi, concept of kriya yoga of Patanjali, theory of kleshas, prakruti purushasama yoga, Brief introduction to Ashtanga yoga, Samyama and Siddhis.	14
5	Brief introduction to important Yoga Paramparas (Lineages): Shri Ramkrishna Paramahansa, Swami Vivekananda, Shri Aurobindo, Swami Dayanand Saraswati ,Sri T. Krishnamacharya, Swami Shivanada Saraswati, Maharshi Mahesh Yogi and their contributions for the development and promotion of yoga.	12

References:

- Shri. B K S Iyengar, Light on yoga sutras of Patanjali, Haper Collins publications India New Delhi.
- Swami Digambarji Hatha Pradipika of Svatmarama, Kaivalyadhama Ashram, Lonavala(Pune).
- Swami Digambarji Gheranda Samhita, Kaivalyadhama Ashram, Lonavala(Pune).
- Swami Harshanada, Maharshi Patanjali Yoga Sutragalu(Kannada), Ramkrishna math, Bangalore.
- Garote M L, Hatharatnavali of Shrinivasyogi, Kaivalyadhama Ashram, Lonavala(Pune).
- Dr. Karambelkar P V, Patanjala Yoga Sutras, Kaivalyadhama Ashram, Lonavala(Pune).
- Swami. Maheshanandaji, Shiva Samhita, Kaivalyadhama Ashram, Lonavala(Pune).
- Swami Muktibhodananda, Hatha yoga pradipika, Yoga publication Trust, Munger,Bihar.
- Swami Nirajananda Saraswati , Yoga Darshan, Yoga publication Trust, Munger,Bihar.
- Swami. Shivanand, Practice of yoga, The divine life society, Shivanadanagar U.P
- Swami Maheshananda, Shiva Samhita, Kaivalyadhama Ashram, Lonavala(Pune).
- Shri Tiwari O P , Hatha Yoga Manjari, Kaivalyadhama Ashram, Lonavala(Pune).

PAPER -PGDYS 1.2: PRINCIPLES OF YOGIC PRACTICES

Course Title: Principles of Yogic Practices	Course code: PGDYS 1.2
Total Contact Hours: L4 Hours/week	Course Credits: 04
Formative Assessment Marks: 30	Duration of ESA/Exam: 3 Hours
Summative Assessment Marks: 70	

Course Outcomes (CO's):

At the end of the course, students will be able to:

- i. Give an introduction of yoga and its important Yogic practices,
- ii. Give a brief introduction of Asana, Pranayama and Meditation etc.
- iii. Give a brief history and the basis different yoga.

Unit	Description	Hours
1	Unit – I Concept and Kinds of Yogic practices: Asana, Pranayama, Bandha, Mudra, Kriya and Dhyana. Asana - Meaning, Definition, Classification, Rules and regulations while performing asanas, Difference between yogasana and physical exercises, General benefits of Yogasana.	12
2	Unit – II Pranayama: Meaning, Definition, Types, Different phases of pranayama, Rules and regulations while performing pranayama, Difference between pranayama and deep breathing, General benefits of Pranayama.	10
3	Unit – III Bandha and Mudra Meaning, Definition, Types Bandha, Role of Bandha during pranayama, General physiological benefits of bandhas. Meaning, Definition, Types of mudra, Physiology of mudra, Relationship between mudra and Panchamahabut.	12
4	Unit – IV Kriya: Meaning, Definition, Types, Techniques, Physiology and Benefits of Shad kriyas i.e Kapalbhati, Trataka, Neti, Dhouti, Nauli and Basti.	10
5	Unit – V Dhyana: Meaning, Definition, Types of dhyana, Role of meditation in Psychological disorder, General benefits of Meditation.	12

References:

1. Shri. B K S Iyengar, Light on yoga, Haper Collins publications India pvt ltd New Delhi.
2. Shri. B K S Iyengar, Light on Pranayama, Haper Collins publications India pvt ltd New Delhi
3. Swami Digambarji, Hatha Pradipika of Svatmarama, Kaivalyadhama Ashram, Lonavala(Pune).
4. Swami Digambarji, Gheranda Samhita, Kaivalyadhama Ashram, Lonavala(Pune).
5. Ravi Dixit, Meditation and its techniques, Kaivalyadhama Ashram, Lonavala(Pune).
6. Swami Kuvalyananda, Asanas, Kaivalyadhama Ashram, Lonavala(Pune).
7. Swami Kuvalyananda, Pranayama, Kaivalyadhama Ashram, Lonavala(Pune).
8. Swami. Niranjanand, Prana and Pranayama, Yoga publication Trust, Munger,Bihar.
9. Dr.Shrikrishna, Essence of Pranayama, Kaivalyadhama Ashram, Lonavala(Pune).
10. Swami Satyananda Saraswati ,Asana Pranayama Mudra Bhandha, Yoga publication Trust, Munger.
11. Shri Tiwari O P , Hatha Yoga Manjari, Kaivalyadhama Ashram, Lonavala(Pune).
12. Swami Muktibhodananda,Hatha yoga pradipika, Yoga publication Trust, Munger,Bihar.
13. Swami Satyananda Saraswati , Meditation from Tantras, Yoga publication Trust, Munger,Bihar.

PAPER- PGDYS 1.3: SCIENCE OF YOGA

Course Title: Science of Yoga	Course code: PGDYS 1.3
Total Contact Hours: L4 Hours/week	Course Credits: 04
Formative Assessment Marks: 30	Duration of ESA/Exam: 3 Hours
Summative Assessment Marks: 70	

Course Outcomes (CO's):

At the end of the course, students will be able to:

- i. Give an introduction of Anatomy and Physiology,
- ii. Give a brief introduction of Physiological and Psychological benefits
- iii. Give a brief history Human body.

Unit	Description	Hours
1	Meaning and Definition of Anatomy and Physiology, Cell, Tissue, Organ, Systems of human body. Basic Anatomy and Physiology of Digestive system, Nervous System and Muscular System.	12
2	Basic Anatomy and Physiology of Respiratory System, Reproductive system. Classification of bones and Classification of Joints.	10
3	Basic Anatomy and Physiology of Circulatory system, Urinary system and Major Endocrine system- Pituitary gland, Thyroid gland, Pancreas, Adrenal gland & Sex glands.	10
4	Physiological and Psychological benefits of: Asana, Pranayama, Meditation, Bandha, Mudra and Kriya.	12
5	Yogic concept of Human body , Concept of Panchakosha theory according to Taitriya upanishad, Brief introduction to Nadis, Panchamahabuta, Panchavayu and Chakras. Basic Principles of Ayurveda and Naturopathy.	12

References:

1. Dr. Anand Nadgir, Sharrera Rachana Shastra Mattu Shareera Shastra, Mallasajjan Prakashan. MVAS
2. Shri K.G. Nadgir, College of Education, Dharwad.
3. Balkrishna, A, Yoga in synergy with medical science. Haridwar, India: Divya Prakashan Books.
4. Chatterjee, Human Physiology, Medical Aliened Agency Calcutta-1985.
5. Coulter, H. D. (2006). Anatomy of Hatha Yoga. Delhi, India: Motilal Banarasidas.
6. Gore, M.M. (2004). Anatomy and physiology of yogic practices. Lonavala, India: Kanchan Prakashan.
7. Gupta, A.P. (2011). Human anatomy and physiology. Agra, India: Sumit Prakashan.
8. Kaminoff, L. (2007). Yoga Anatomy. Champaign: Human Kinetics
9. Kumar, V. (2004). Manav Sarir Samrachna aur sarir kriya vijyan. New Delhi, India: Japee Brothers
10. Nadagir K.G, Arogya & Arogya Shikshana Mallasajjan Prakashan, Dharwad.
11. Tony Smith, The Human body, Dorling Kindersley Limited-1995.
12. Parmanada Agrawal, Notes on Shatkriya, Kaivalyadhama Ashram, Lonavala(Pune).
13. Pandya, K.K. (1998). Human anatomy. Varanasi, India: Krishnadas Academy.
14. Swami Satyananda Saraswati, Asana Pranayama Mudra Bhandha, Yoga publication Trust Munger.
15. Yadav, Human Anatomy and Physiology, Nirali Publication.

PRACTICAL - PGDYS 1.4: PRACTICAL TRAINING IN YOGA

Course Title: Practical Training in Yoga	Course code: PGDYS 1.4
Total Contact Hours: P8 Hours/week	Course Credits: 04
Formative Assessment Marks: 30	Duration of ESA/Exam: 3 Hours
Summative Assessment Marks: 70	

Course Outcomes (CO's):

At the end of the course, students will be able to:

- i. Given a Practical Training ,
- ii. Given a Asana, Pranayama & meditation
- iii. Given a Kriyas mudras and Bandhas practical training.

I) BASIC ASANAS

A) Suryanamaskara

B) Standing Asanas: Tadasana, Vrikshasana, Padahastasana, Ardha kati chakrasana, Prasarita Padottanasana, Trikonasana, Parivritta Trikonasana, Veerabhadrasana I & II, Garudasana, Utkatasana, Natarajasana

C) Sitting Asanas: Dandasana, Padmasana, Vajrasana, Veerasana, Parvatasana, Pachimottanasana, Poorvottanasana, Janushirshasana, Ustrasana, Baddha konasana, Yogamudrasana, Gomukhasana, Vakrasana, Ardha Matsendrasana, Tolasana, Lolasana.

D) Prone Asanas: Makarasana, Bhujangasana, Dhanurasana, Ardha Shalabhasana, Purna, Shalabhasana, Shashankasana

E) Supine Postures: Navasana, Pawanmuktasana, Halasana , Chakrasana, Sarvangasana, Ardhamatsyasana, Shavasana

II) ADVANSED ASANAS

Ardhabadha Padmottasana, Parshvottanasana, Parshva Trikonasana, Vatayanasana, Padangustasana, Ardhabadha padma pachimottanasana, Ekapada Rajkapotasana, Ekapada Shirshasana, Vibhakta Pachimottasana, Paryankasana, Poorna Matsyendrasana, Bakasana, Poorna bhujangasana, Chaduranga Dandasana, Setubandha Sarvangasana, Karnapidasana, Shirshasana

III) PRANAYAMA

Yogic Breathing (Sectional Breathing), Bhastrika, Suryabhedhana Pranayama, Chandrabhedhana Pranayama, Nadishodhana Pranayama, Ujjayi Pranayama, Sheetal, Pranayama, Sitkari Pranayama, Sadanta Pranayama, Bhramari Pranayama

IV) MEDITATION: Yoga Nidra, Cyclic Meditation, Mind Sound Resonance Technique

V) BANDHA and MUDRAS

Jalandhara bandha, Udyana bandha, Mulab andha, Maha bandha Mudras: Chin, Bramha, Bhairava/ Bhairavi, Shanmukki, Vayumudra, Akashamudra, Pritvi Mudra, Varuna Mudra, Shambhavi Mudra, Apana Mudra, Hrudaya Mudra, Pranamudra, Linga Mudra

VII) KRIYA : Kapalabhati, Trataka, Neti- a) Jala neti b) Sutra neti

VIII) VIVA-VOCE (10 MARKS)

SEMESTER – II

PAPER – PGDYS 2.1: PHILOSOPHICAL FOUNDATIONS OF YOGA

Course Title: Philosophical Foundation of Yoga	Course code: PGDYS 2.1
Total Contact Hours: 4 Hours/week	Course Credits: 04
Formative Assessment Marks: 30	Duration of ESA/Exam: 3 Hours
Summative Assessment Marks: 70	

Course Outcomes (CO's):

At the end of the course, students will be able to:

- Give an introduction of yoga in philosophical basis.
- Give a brief introduction of Indian Philosophy; and
- Give a brief history and the basis different schools of yoga.

Unit	Description	Hours
1	Brief Introduction to Philosophy: Meaning and definition of Philosophy; Its nature and scope; Aims and objectives of philosophy; Silent features of Indian Philosophy; Two-way relationship between yoga and Indian philosophy; Yoga and religion.	12
2	Introduction to Indian Vedic and philosophical literature; Yoga in Vedas; Yoga in Upanishads; Yoga in Puranas and Yoga in Smirthis.	10
3	Yoga in Shad darshanas; Yoga in Jainism; Yoga in Buddhism; Yoga in modern times.	08
4	General Introduction to Bhagavatgeeta; Definitions of Yoga in B.G; The meanings of the terms Atmaswrupa, Stithaprajna, Sankhya Yoga (Chpt.II); Karma Yoga (Chpt.III); Sanyasa Yoga and Karma Swarupa (Sakama and Nishkama) etc, Samnyasa, Dhyana Yogas (Chpt. VI); Nature of Bhakti (Chpt.XII); Means and Goal of Bhakti-Yoga; The Trigunas and modes of Prakriti, Three Kinds of Faith, Food for Yoga Sadhaka, Classification of food (Chpt.XIV & XVII).	14
5	Introduction to Schools (Streams) of Yoga; Philosophical foundations and practice of Karma yoga, Bhakti yoga, Jnana yoga, Hatha yoga, Rajayoga and Kundalini yoga.	12

References:

- Swami Adidevananda, Sri Ramanuja Gita Bhasya, Sri Ramakrishna Matha, Madras.
- Swami Amanada, Four Yogas, Bharatiya vidhya bhavan, Mubai.
- Dasgupta S N, Yoga as philosophy in Religion to other systems of Indian thoughts, University of Calcutta.
- Karel Warner, Yoga and Indian philosophy, Orient Book Distributors.
- Swami Nirajananda Saraswati, Samkhya Darshana, Yoga publication Trust, Munger, Bihar.
- Swami Nirajananda Saraswati Yoga Darshan, Yoga publication Trust, Munger, Bihar.
- Radhakrishnan S, Indian Philosophy Vol I & II, (George Alen and Unwin, London).
- Radhakrishnan S, The principal of 11 panishad (George Alen and Unwin, London).
- Radhakrishnan S, The Bhagawatgeeta (Roultege and Kegan Paul London).
- Swami Somanathanada, Upanishad Bhavadhare, Shri Ramakrishnashram, Mysore.
- Swami Vivekananda, Jnana yoga Bhakti yoga, Karma yoga and Rajayoga, Advaita ashram, Calcutta.

PAPER -PGDYS 2.2: YOGA AND PSYCHOLOGY

Course Title: Yoga and Psychology	Course code: PGDYS 2.2
Total Contact Hours: 4 Hours/week	Course Credits: 04
Formative Assessment Marks: 30	Duration of ESA/Exam: 3 Hours
Summative Assessment Marks: 70	

Course Outcomes (CO's):

At the end of the course, students will be able to:

- i. Give an introduction of yoga psychology,
- ii. Give a brief introduction mental health and mind
- iii. Give a brief history cognitive psychology.

Unit	Description	Hours
1	Introduction of Psychology: Definitions, Scope of Psychology, Brief History of modern Psychology, Applications of Psychology, Methods in Psychology, Behaviour and Consciousness, Current development in Yoga Psychology.	12
2	Yoga and Mental Health: Means of mental health; Positive Mental Health; Causes and Consequences of mental disorders; Introduction and yogic management to Common mental disorders like Distress, Anxiety, Depression, Alcohol and drug abuse and sleep disorders.	10
3	Mind: Definition, Different states of human mind, Function and Powers of conscious and sub conscious mind. Mental characters (Mano gunas), Yogic diet and its effect on mind.	12
4	Mind and Meditation: Definition of meditation, Physiological and Psychological benefit of Meditation. Techniques and benefits of Yoga Nidra, Cyclic meditation, Vipasana meditation, Mind Sound Resonance Technique (MSRT).	10
5	Cognitive Psychology: Sensation, Perception, Attention, Memory, Learning, Intelligence and Personality development.	12

References:

1. Swami Adidevananda, The Yoga Psychology, Pub.Ramkrishna Vedanta Math Calcutta.
2. Prof.R S Bhogal, Yoga and Mental health, Kaivalyadhama Ashram, Lonavala(Pune).
3. Bhatia H.R, General Psychology , Pub. Oxford & IBH Pub.Co.Calcutta.
4. Swami Rama & SwamiAjaya ,Yoga and Psychotherapy-the Evolution of Consciousness, Himalayan International Institute Malviya Nagar, New Delhi.
5. Dharanendraiah A.S , Samanya Mano Vijnana (Kannada) Pub. Mys.Uni.Mysore.
6. B.Krishnamurthy and Swami satyananda Saraswati, Meditation from Tantras, Yoga publication Trust, Munger,Bihar.
7. Munn N.L, Introduction to Psychology, Pub.Oxford & IBH Pub.Co. Calcutta.
8. Dr Swami Karmananda, Yogic Management of common diseases, Yoga publication Trust, Munger,Bihar.
9. Dr Rishi vivekananda , Practical Yoga Psychology, Yoga publication Trust, Munger,Bihar.
10. Dr. Rajpurkar M V, Living with stress without distress through yoga, Kaiv alyadhama Ashram, Lonavala.

PAPER - PGDYS 2.3: APPLIED YOGA

Course Title: Applied Yoga	Course code: PGDYS 2.3
Total Contact Hours: 4 Hours/week	Course Credits: 04
Formative Assessment Marks: 30	Duration of ESA/Exam: 3 Hours
Summative Assessment Marks: 70	

Course Outcomes (CO's):

At the end of the course, students will be able to:

- i. Give an introduction of yoga and health, education
- ii. Give a brief introduction yoga and physical education
- iii. Give a brief about women and yoga.

Unit	Description	Hours
1	Yoga and Health: Meaning and Definition of Health, Conception of Health and diseases according to Yoga & Ayurveda. Yogic principles of healthy living. Definition of Yoga therapy. Role of yoga in the management of Diabetes, Hypertension, Obesity, Asthma and Back pain.	10
2	Yoga and Education: Meaning and Definition of Education, Scope and teaching methods in yoga, Factors influencing the teaching methods, Class management, Seating arrangement of yoga practical class, Importance of teaching aids, Lesson planning and model of lesson plans in yoga, Importance of Yoga in Education.	12
3	Yoga and Research: Meaning and Definition of Research. Importance of Research in Yoga. Different fields of yogic research. List of major yoga and research centre in India.	10
4	Yoga and Physical education: General introduction to Physical education and sports. Relevance of integration of yoga in physical education and sports. Difference between Yogasana and physical exercises. Nature of different sports injuries, its prevention and management through yoga.	12
5	Yoga and Women: Role of Yoga in women's health. Importance of yoga in different stages of women's life. Therapeutic value of Yoga in Menstrual disorders and Pregnancy.	12

References:

1. Dr. M L Garote, Applied Yoga, Kaivalyadhama Ashram, Lonavala(Pune).
2. Dr. M L Garote, Teaching methods for Yogic Practices, Kaivalyadhama Ashram, Lonavala(Pune).
3. Dr. M L Garote, Yoga applied to Physical education, Kaivalyadhama Ashram, Lonavala(Pune).
4. Iyengar BKS, Arogya yoga (Kannada), Himagiri graphics, Bangalore.
5. Nagendra H R, Yoga in education, U K Yoga, Bangalore
6. Swami Kuvalyananda, Yogic Therapy, Kaivalyadhama Ashram, Lonavala(Pune).
7. Dr Swami Karmananda, Yogic Management of common diseases, Yoga publication Trust, Munger, Bihar.
8. Shri. Paramanada Aggrawal, Back care through yoga, Kaivalyadhama Ashram, Lonavala(Pune).

**PRACTICAL -PGDYS 2.4: TEACHING METHODS OF YOGIC PRACTICES,
PROJECT WORK, VIVA -VOCE AND STUDY TOUR**

Course Title: Teaching Methods of Yogic Practices, Project Work, Viva -Voce and Study Tour	Course code: PGDYS 2.4
Total Contact Hours: 8 Hours/week	Course Credits: 04
Formative Assessment Marks: 30	Duration of ESA/Exam: 3 Hours
Summative Assessment Marks: 70	

Course Outcomes (CO's):

At the end of the course, students will be able to:

- i. Give a teaching method for yoga teaching
- ii. Give a project experience in yoga
- iii. Give a study tour for now the yoga centers.
- iv.

I) TEACHING METHODS OF YOGIC PRACTICES (30 MARKS)

Each student should have to prepare and teach five lessons with teaching aids on different aspects of yogic practices i.e one on Asana, one on Pranayama, one on Bandha, one on Mudra and one on Kriya, under the supervision of their yoga practical teacher. The five teaching lessons should be presented at annual practical examination for evaluation.

II) PROJECT WORK (30 MARKS)

Here the project work is to organize yoga camps/workshops. Each student of **P.G.D.Y.S.**, should organize at least one camp/workshop of minimum two weeks duration, under the supervision of a yoga teacher. The yoga training camp/workshop should be critically observed and assessed by the yoga teacher. The project (camp) report should be evaluated and signed by the yoga teacher and also signed by the chairman of the department.

III) VIVA -VOCE (20 MARKS)

Each candidate should compulsorily to attend the viva-voce examination.

IV) STUDY TOUR (20 MARKS)

There shall be study tour for the **P.G.D.Y.S.**, students and the study tour is compulsory. The student should be taken to any one or more than one of the recognized yoga institute/centres in India. Each student has to submit a study tour observation report which will be evaluated by the teacher who is in-charge of the study tour and he must be a yoga teacher the project shall be certified by the chairman of the department.

QUESTION PAPER PATTERN
P G Diploma in Yogic Science Examination

Paper Code:

Paper Title:

Time: 3 Hours

Max. Marks: 70

Note: Answer any FIVE of the following questions with Question No. 1 (Q1) Compulsory, each question carries equal marks.

Q1. 14 Marks

Q2. 14 Marks

Q3. 14 Marks

Q4. 14 Marks

Q5. 14 Marks

Note: Question No.1 to 5, one question from each unit i.e. (Unit I, Unit II,). The Questions may be a whole or it may consist of sub questions such as a, b, c etc...

Q6. 14 Marks

Note: Question No.6, shall be from Unit II and III, the Question may be a whole or it may consist of sub questions such as a, b, c etc...

Q7. 14 Marks

Note: Question No.7, shall be from Unit IV and V, the Question may be a whole or it may consist of sub questions such as a, b, c etc...

Q8. 14 Marks

Note: Question No-8 shall be from Unit II, Unit III, Unit IV and Unit V. The question shall have the following sub questions and weightage. i.e a – 05 marks, b – 05 marks, c – 04 marks.
