



**RAMAKRISHNA MISSION VIVEKANANDA EDUCATIONAL RESEARCH
INSTITUTE**

**(Deemed-to-be-University as declared by Govt. Of India under section 3
of UGC Act, 1956)**

P.O. - Belur Math, Howrah, West Bengal: 711 202

Department of Sports Science and Yoga

One Year Post Graduate Diploma in Yoga (PGDY)

Curriculum

(with effect from academic year 2018-19)

POST GRADUATE DIPLOMA IN YOGA (PGDY)

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.

I. Title of the course

The course shall be called "Post Graduate Diploma in Yoga" (PGDY)

II. Aim of the course

The aim of the course is to propagate and promote yoga for positive health

III. Objectives of the course

- 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. *
- To train teachers on preventive health and promotion of positive health through
- yoga and personality development *

IV. Duration

The minimum duration of the course will be 1year (2 semesters) and the maximum duration will be 2years.

V. Eligibility

**1 year Post Graduate Diploma in Yoga (PGDY) Curriculum
(with effect from academic year 2018-2019)
Semester I**

Distribution of Credit, Teaching hour and Marks

(Theory 1 credit = 16 hr; Practical 1 credit =32 hr)

Subject code	Subject title	Credit distribution			Teaching hour			Marks distribution		
		Theory	Practical	Total	Theory	Practical	Total	Theory	Practical	Total
PGDY-CT101	Foundations of Yoga	3	0	3	48	0	48	100	0	100
PGDY-CT102	Hatha Yoga	3	0	3	48	0	48	100	0	100
PGDY-CT103	Human Anatomy and Physiology	3	0	3	48	0	48	100	0	100
PGDY-CT104	Yogic Lifestyle	4	0	4	64	0	64	100	0	100
PGDY-CT105	Yoga Practicum I (Asanas)	0	4	4	0	128	128	0	100	100
PGDY-CT106	Yoga Practicum II (Mudras)	0	2	2	0	64	64	0	100	100
PGDY-CT107	Communicative English I	0	1	1	0	32	32	0	50	50
PGDY-CT108	Computer Applications	0	1	1	0	32	32	0	50	50
PGDY-CT109	Sanskrit Language I	2	0	2	32	0	32	100	0	100
Total credits		15	8	23	208	256	496	500	300	800

Semester II

Distribution of Credit, Teaching hours and Marks (Theory 1 credit = 16 hr; Practical 1 credit=32 hr)

Subject code	Subject title	Credit distribution			Teaching hour			Marks distribution		
		Theory	Practical	Total	Theory	Practical	Total	Theory	Practical	Total
PGDY-CT201	Essence of Principal Upanishads and Bhagavadgita	3	0	3	48	0	48	200	0	200
PGDY-CT202	Patanjali Yoga Darshan & Raja Yoga	4	2	6	64	64	128	100	100	200
PGDY-CT203	Applied Yoga	3	0	3	48	0	48	100	0	100
PGDY-CT 204	Fundamentals of Ayurveda and Panchakarma	2	0	2	32	0	32	100	0	100
PGDY-CT205	Yoga Practicum III	0	4	4	0	128	128	0	100	100
PGDY-CT206	Yoga Practicum IV	0	2	2	0	64	64	0	100	100
PGDY-CT207	Communicative English II	1	0	1	0	16	0	50	0	50
PGDY-CT208	Field visit & Teaching Practice	0	2	2	0	64	64	50	0	50
PGDY-CT209	Sanskrit Language II	1	0	1	16	0	16	50	0	50
Total credits		14	10	24	208	336	528	650	300	950

Semester I

PGDY-CT101 Foundations of Yoga

Credit		Teaching hour		Marks	
Theory	Practical	Theory	Practical	Theory	Practical
3	0	48	0	100	0

Course Objectives

- i. To give an introduction of yoga
- ii. To give a brief introduction of Indian Philosophy
- iii. To give a brief history and the basis different yoga traditions

Course Outcomes

Knowledge gained

- a) Aims and objectives of Yoga, misconceptions about Yoga tradition.
- b) The students will get an overview of the six orthodox, and three non-orthodox systems of Indian philosophy
- c) Relationship of yoga philosophy with other philosophical systems.
- d) Overview of modern schools of yoga like integral yoga of Aurobindo, Self inquiry of Ramana maharshi
- e) Introduction to systems of Tantra
- f) Comparative study of bhakti yoga of Swami Vivekananda, as in Bhagavad Gita, and in different schools
- g) Raja yoga of Swami Vivekananda in relation to 9th chapter of Bhagavad Gita.
- h) Jnana yoga of Swami Vivekananda in the light of 4th chapter of Bhagavad Gita.
- i) Basic ideas of Saiva siddhanta and agamas.

Skill

This course develops an in-depth understanding of Yogic Philosophy and its relation to the other systems of philosophy. The philosophical understanding of Yoga will help gain deeper understanding of yogic practices, such as asanas, mudras kriyas, pranayama and so on. Students will gain skill to undertake yoga practicals lessons with a sound knowledge of Yoga philosophy.

Competency

After completing the course, a student of yoga will gain competency to teach yoga practical lessons in schools, colleges, health centers, hospitals, medical sector,, with a sound understanding of yogic principles.

Unit – 1: GENERAL INTRODUCTION TO YOGA AND INDIAN PHILOSOPHY [15 Hrs.]

Brief introduction to origin of Yoga, Psychological aspects leading to origin of Yoga, History and Development of Yoga, Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions about Yoga, True Nature of Yoga; General Introduction to Schools (Streams) of Yoga, Principles of Yoga and Yogic practices for healthy living; Meaning and definitions

of Darshana and Philosophy, Salient features of Indian Philosophy (Bharateeya darshana), Branches of Indian Philosophy (Astika and Nastika Darshanas). Modern Yoga Traditions including the Neo-Vedantic Yoga Movements such as Integral Yoga of Rishi Aurobindo, Tantra, Yogopanishads.

Unit - 2: FOUNDATIONS OF YOGA AND YOGA TRADITIONS - I [15 Hrs.]

Bhakti Yoga of Swami Vivekananda with special reference to Narada Bhakti Sutras, Bhagavata Mahapurana and the Bhakti Yoga of medieval Saints of Bhakti school. General introduction to Agamas, Tantras and classification of Tantras, Concept of Shiva and Shakti, Yoga of Shaiva Siddhanta; Yoga in Shakta Tantra: Concepts of Nadi and Prana in Tantra, Kundalini, Effects of Kundalini Shakti and Shatchakra Sadhana, Hatha Yoga Traditions and Sadhana.

Unit - 3: FOUNDATIONS OF YOGA AND YOGA TRADITIONS - II [15 Hrs.]

Raja Yoga and Karma Yoga of Swami Vivekananda with special reference to the Bhagavad Gita.

Unit - 4: FOUNDATIONS OF YOGA AND YOGA TRADITIONS - III [15 Hrs.]

Jnana Yoga of Swami Vivekananda with special reference to Advaita Vedanta of Shankara Bhagavatpada.

TEXT BOOK

1. Dasgupta S. N: History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
2. Sharma, Chandradhar: A Critical Survey of Indian Philosophy. Motilal Banarasidas, Delhi, 2013

REFERENCE

1. Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
2. Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
3. Hirianna M : Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
4. Bhat, Krishna K.: The Power of Yoga: SuYoga Publications Mangalore, 2006
5. Swami Prabhavananda : Spiritual Heritage of India (English). Sri Ramkrishna Math, Madras, 2004

PGDY-CT102 Hatha Yoga

Credit		Teaching hour		Marks	
Theory	Practical	Theory	Practical	Theory	Practical
3	0	48	0	100	0

Course Objectives

- i. To give an introduction of Hatha yoga
- ii. To give an understanding of the prerequisites of Hatha Yoga
- iii. To introduce the principles of Hatha Yoga
- iv. To introduce essential Hatha Yoga text

Course Outcomes

Knowledge

- i. Etymology, scope and goal of Hatha yoga
- ii. Lineage of Hatha yoga tradition.
- iii. Different textual traditions of Hatha yoga
- iv. Techniques to cleanse internal organs like bowels, rectum, forehead sinus etc.
- v. Asanas as prescribed in Hatha pradipika and Gheranda Samhita.
- vi. Different type of pranayama, mudras, bandhas
- vii. Awakening of kundalini
- viii. Naada and its inquiry.
- ix. Process of meditation on naada.
- x. Comparative study of Hatha pradipika and Gheranda Samhita.

Skill

1. Performing asanas, pranayama, mudras and bandhas.
2. Cleansing internal organs through performance of nethi, dhauti, vasti, kapalabhati.

Competency

- Students will have ability to offer yogic therapy and counseling for preventing diseases and maintaining good health.

Unit-1: HATHA YOGA ITS PHILOSOPHY AND PRACTICES

[15 Hrs.]

Hatha Yoga, its meaning, definition, aims & objectives, misconceptions, obstacles (vighna) and helps (sahayaka) in Hatha Yoga as in Hatha Yoga Pradépika; The Origin of Hatha Yoga, Hatha Yogic Literature, Hatha Yogic Practices as explained in Hatha Yoga Pradépika (HYP); Concept of Mata, Rules & Regulations to be followed by the Hatha Yoga Practitioner, concept of Mitahara, Pathya and Apathya ; Hatha Yogic parampara.

Brief introduction to Great Hatha Yogés of Natha Cult and their contributions to Yoga. Relationship between Hatha Yoga & Raja Yoga.

Unit-2: HATHA YOGA PRACTICES: SHODHANA-KRIYAS AND ASANAS

[15 Hrs.]

Shodhana-kriyas, SHodhana-kriyas in Hatha Yoga Pradépika & in Gheranò Samhita and their techniques, benefits and precautions; Role of SHodhana-kriyas in Yoga Sadhana and their importance in Modern day life; Yogasana: its' definition, Salient features and importance in Hatha Yoga Sadhana; Asanas in Hatha Yoga Pradépika and Gheranò Samhita: their techniques, benefits, precautions and importance.

Unit-3: HATHA YOGIC PRACTICES: PRANAYAMA, BANDHAS AND MUDRAS

[15 Hrs.]

Pranayama – Machanism of correct breathing, Yogic deep breathing, Concept of Püraka, Kumbhaka and Recaka; The concept of Prana, Kinds of Prana and Upa-pranas, Pranayama and its importance in Hatha Yoga Sadhana, Nadishodhana Pranayama, its technique and importance, Pre-requisites of Pranayama; Pranayama practices in Hatha yoga pradépika and Gheranò Samhita, their techniques, benefits and precautions, Hatha Siddhi Lakshanam; Bandhas and role of Bandhatrayas in Yoga Sadhana; Fundamental Mudras in HYP and G.S, Their techniques, benefits and precautions.

Unit-4: HATHAYOGA PRACTICES: PRATYAHARA, NADANUSANDHANA AND SVARODAYA JNANA

[15 Hrs.]

Concept of Pratyahara, Dharana and Dhyana in Gheranò Samhita and their techniques & benefits; Concept of Samadhi in Hatha-yoga Pradépika, Samadhi Lakshanam and Hatha Yoga Siddhi Lakshanam; The concept of Nada, Four Avasthas (stages) of Nadanusandhana, and its Siddhis; Svara, Importance of Svarodaya-jnana in Yoga Sadhana with special reference to Jnana Svarodaya and SHiva Svarodaya ; Introduction to Basic Hatha Yoga Texts: Basic Hatha Yogic Texts : their nature and objectives, Siddhasiddhantapaddhati, Goraksha Samhita, and Shiva Samhita, Hatha Pradeepika, Gheranda Samhita, brief introduction to Hatha Rathnavali.

TEXT BOOKS

1. I. K. Taimini : The Science of Yoga, (The Theosophical, Publishing House, Adyar Chennai 2005)
2. Swami Satyananda Saraswati : Hatha Yoga, Pub: BSY Mungher

REFERENCE:

1. Woods, J.H. : The Yoga System of Patanjali, M.L.B.D., Delhi, 1988
2. Swami Vivekananda: Rajayoga, Advaita Ashram, Culcutta, 2000
3. Iyengar B.K.S. : Light on Patanjali Yoga (New York, Schocken Books, 1994)
4. Swami Sri Omanandatirtha: Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur, 1994
5. Swami Anant Bharati : Patanjali Yoga Shasta- a study (Hindi), Swami Keshwananda Yoga Sangthan, Delhi, 1982
6. Burley, Mikel: Hatha Yoga, Its' Context Theory and Practice (M.L.B.D. Delhi, 2000)

7. Ghosh, Shyam: The Original Yoga, Munshiram Manoharlal, New Delhi, 1999
8. Burnier, Radha: Hathayoga Pradipika of Svastmarama, The Adyar Library publications, Chennai. 2000
9. Woodroffe, Sir John: The Serpent power (Ganesh & Company, Madras, 2000)

PGDY-CT103 Human Anatomy and Physiology

Credit		Teaching hour		Marks	
Theory	Practical	Theory	Practical	Theory	Practical
3	0	48	0	100	0

Course Objectives

- i. To give basic understanding of the human anatomy
- ii. To give a basic understanding of the human physiology
- iii. To give deeper understanding of the human systems

Course Outcomes

1. Knowledge to be gained

1. Anatomical structure of human body
2. Physiological processes in human body
3. Physiology of Digestion with reference assimilation and peristalsis.
4. Bone joints and ligaments, structure and function of skeletal muscles.
5. Features of cardiac muscles
6. Mechanics of breathing and exchange of gas in alveoli
7. Basics of heart-lung interaction.
8. Composition of blood corpuscles, blood plasma, and hemoglobin
9. Coagulative process and blood group.
10. Lymphatic system and its role in immune system
11. Excretory and reproductive system
12. Nervous system and endocrine system

2. Skills to be acquired

They will be able to understand the basic responses of the fundamental physiological systems in human body and their interplay. They can also analyse data on any response of these systems.

3. Competency to be gained.

The students will have a strong basic knowledge of the human body functions that is required for understanding the advanced topics such as physiological basis and effects of yogasanas and Exercise Physiology.

**Unit 1: INTRODUCTION TO HUMAN ANATOMY AND PHYSIOLOGY,
DIGESTIVE AND EXCRETORY SYSTEM [15 Hrs.]**

Introduction to Human Anatomy and Physiology, Basic Anatomical and Physiological terms; Cell: Structure & Functions, different cell organelles and their functions; Tissues and Organization of human system; Introduction to Support Systems; Maintenance Systems, Control Systems, Defence System and Concept of Homeostasis; Gross anatomy of digestive system, functional anatomy of Mouth, Oral cavity, Pharynx, Esophagus, Stomach, Small intestine, Large intestine and Anal canal; Physiology of digestion, assimilation & peristalsis, Gastric and digestive juices involved during digestion, associated glands involved in digestive system; Urinary system, kidneys, ureters, urinary bladder, Urethra; Skin and sweat gland

Unit-2: MUSCULO-SKELETAL SYSTEM [15 Hrs.]

The Skeletal System: Skeleton, Functions of skeleton, Classification of bones, Study of joints; Structure and function of a Synovial joint; The Muscular System: Types of Muscles in the body; the characteristics, structure and functions of The Skeletal Muscles, Smooth Muscles and Cardiac Muscles

**Unit-3: CARDIOVASCULAR SYSTEM, RESPIRATORY SYSTEM, BLOOD AND
LYMPHATIC SYSTEM [15 Hrs.]**

Functional anatomy of the Heart, arteries, veins and capillaries; The organization of systematic and pulmonary circulation, the cardiac cycle; Blood: Composition and Functions, Blood groups and their importance; Cardiac output and Venous return; Blood pressure and Regulation of blood pressure; Gross anatomy of the respiratory passages, functional of Nasal cavity, Pharynx, Larynx, Trachea, Bronchus, Lungs and Alveoli; The process of Respiration, Lungs volumes & capacities, Mechanics of breathing and exchange of gas in alveoli; Composition of blood corpuscles – RBC, WBC and Platelets; Plasma, hemoglobin – coagulation of blood and anti coagulants, blood groups and its importance; Sites, functional anatomy of lymph nodes and their function; Lymphatic system and its' role in immune system.

Unit-4: NERVOUS SYSTEM & SPECIAL SENSES, ENDOCRINE SYSTEM [15 Hrs.]

An introduction to Histology – nerve – structure and properties of neurons – nerve – action potential – generation propagation – factors influencing classification of neurons and nerve fibers, neuralgia cells, receptors and reflex arcs; Functional anatomy of Cerebrum, Cerebellum, spinal cord; Functions and importance of the parts of the brain viz., cerebrum, pons, medulla, thalamus, hypothalamus, cerebellum and autonomic nervous system [sympathetic and parasympathetic]; Functional anatomy and physiology of Eyes, ears, nose, tongue and skin; Anatomical structure of important endocrine glands (Pituitary, thyroid, parathyroid, pancreas, adrenal and gonads); Short anatomy of the hypothalamus and the releasing hormones secreted from it; Structure and function of anterior and posterior Pituitary; Function of thyroid, parathyroid, supra renal and islets of Langerhans.

Unit 5: REPRODUCTIVE SYSTEM

[15 Hrs.]

Functional anatomy male reproductive system, seminal vesicles and prostate glands; Spermatogenesis; Functional anatomy of female reproductive system; Ovarian hormones, menstruation, pregnancy, parturition and lactation.

TEXT BOOK

1. Evelyn C Peace : Anatomy and Physiology for Nurses (Jaypee Brothers, New Delhi, India, 1997)

REFERENCE BOOKS

1. Gore, M.M.: Anatomy and Physiology of Yogic practices (Kanchan Prakshan, Lonavala, 2003)
2. Shirley Telles: A Glimpse of the Human body. (V K YOGAS, Bangalore, 1995)
3. Sri Krishna: Notes on Structure and Functions of Human Body and Effects of Yogic practices on it (Kaivalyadhama S.M.Y.M Samiti, Lonavala, 1988)

PGDY-CT104 Yogic Lifestyle

Credit		Teaching hour		Marks	
Theory	Practical	Theory	Practical	Theory	Practical
4	0	64	0	100	0

Course Objectives

- i. To introduce the essential elements of a yogic life style
- ii. To introduce the concept of health and disease
- iii. To give an understanding of the concept of ill health and their remedies through yoga
- iv. To give an overview of the five sheath human existence

Course Outcomes:

1. Knowledge gained:

- a) Define the health and disease and the real nature of human being from yogic perspective.
- b) Identify the root causes of the disease, the factors governing the disease & health, thus can maintain health by employing different yogic remedial measures.
- c) Integrate traditional wisdom with modern science regarding health and disease.
- d) Explain the actions of mind both at personal and interpersonal level thus empowered to change one's life and the society with right understanding.
- e) Explain psychological problems like conflict, frustration, non-adjustment and their remedial measures.

2. Skills acquired:

- a) Identify the root causes of physical, mental, social and spiritual diseases.
- b) Apply the purification techniques/processes to clean the five layers of our existences.

- c) Start living a yogic life-style with conviction, love and sincerity.
- d) Provide yogic counsellings to the patients to resolve life-style diseases & different psychological problems.

3. Competency

- a) To be a better yoga-teacher in educational institutes or in other Government concerns (able to teach yogic lifestyle also).
- b) To be a better yoga-trainer and counselor/therapist in the private health care companies in India and abroad (he has better understanding of health, disease & counseling).
- c) To start personal yoga studios with yogic counsellings facility (because the student is motivated & convinced by the knowledge of this course and its benefits).
- d) To engage in further higher studies and research.

Unit - 1: CONCEPT OF BODY, HEALTH AND DISEASE [16 hrs]

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Body, Health and Disease in Yoga – Yogic concept of Body from Taittiriya Upanishad, Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi according Yoga Vasistha and remedial measures; Holistic health care through Yoga. Concepts of Trigunas, Pancha-mahabhutas, Panchaprana and their role in Health and Healing;
Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing

Unit - 2: CAUSES OF ILL HEALTH AND REMEDIAL MEASURES ACCORDING TO PATANJALI [16 hrs]

Potential causes of Ill-health: Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva; Shuddhi Prakriyas in Yoga : Role of Shuddhi Prakriyas in preventive and curative Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

Unit - 2: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING - I [16 hrs]

Definition of Mental Health & Mental Hygiene & Total Health ; Indian approach to personality and personality integration Psycho-Social Implications of yoga; Adjustment; Personal and interpersonal adjustment through yogic methods Niyamas & Yamas; Attitude change towards yoga through individualized counseling,

Psychological & yogic method Tackling ill effects of conflict and Frustration;
Yogic methods, Yoga Psychology for Adjustment: Psychological, philosophical and yogic counseling; the remedial measures.

Unit - 4: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING - II [16 hrs]

Attitude change towards yoga through individualized counselling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counselling; the remedial measures;

TEXT BOOK

1. Ghosh, Shyam : The Original Yoga Munshiram Manoharlal, New Delhi, 1999)
2. Jnanananda Bharati : Essence of Yoga Vasishta Pub: Sanata Books, Chennai
3. Hatha Ratnavali : Tirumala Tirupathi Devasthanam, Andhra Pradesh.

PGDY-CT105 Yoga Practicum I (Asanas)

Credit		Teaching hour		Marks	
Theory	Practical	Theory	Practical	Theory	Practical
0	4	0	128	0	100

Course Objectives

- i. To introduce a regular and rigorous practice (sadhana) of yoga practices

Course Outcomes

1. Knowledge to be gained.

The students will learn sixty different asanas and the six cleansing processes

2. Skills to be acquired

Students will be able to demonstrate asanas to gatherings and guide others in performing asanas.

3. Competency to be gained.

Students will be able to demonstrate asanas to gatherings and guide others in performing asanas.

Unit- 1. SHAT KARMAS

[32 Hrs.]

Vastra Dhauti, Sutra Neti, Kapalbhathi, Nauli Chalan, Jyoti Trataka, Agnisara

Unit-2. YOGASANAS

[96 Hrs.]

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana, Ardha Chakrasana, Paada Hastasana, Trikonasana, Parshva Konasana, Veerabhadrasana, Bhunamanasana, Hanumanasana, Dandasana, Swastikasana, Sidhasana, Bhadrasana, Padmasana, Vajrasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Kurmasana, Navasana, Baddha Padmasana, Janusirasana, Paschimottanasana, Supta Vajrasana, Mandukasana, Utthana Mandukasana, Vakrasana, Ardha Matsyendrasana, Simhasana, Pavanamuktasana, Utthana-padasana, Ardha Halasana, Setubandha Sarvangasana, Halasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana, Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, Bakasana, Kukkutasana, Matsyendrasana, Padangusthasana, Hastapadangusthasana, Garudasana, Natarajasana, Mayurasana, Sirshasana

REFERENCE BOOKS

1. Reddy, M. Venkata and Others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P.2005
2. Dr R Nagarathna, Dr H R Nagendra: Yoga for Asthma by Published by SVYP, Bangalore, 1998
3. Dr R Nagarathna, Dr H R Nagendra: Yoga Practices for Anxiety & Depression, Published by SVYP, Bangalore, Bangalore, 2001
4. Yoga for Back Pain by Dr H R Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore, 2001
5. Yoga for Cancer by Dr H R Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2006
6. New Perspectives in Stress Management, by Dr. H. R. Nagendra, Dr. R. Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2000
7. Dr R Nagarathna, Dr H R Nagendra, Yoga for Arthritis, Published by SVYP, Bangalore, 2001
8. Dr Shamantakamani Narendran, Dr R Nagarathna and Dr H R Nagendra: Yoga for Pregnancy, Published by SVYP, Bangalore, 2008
9. Dr. R. Nagarathna and Dr. H. R. Nagendra: Yoga for Obesity, Published by SVYP, Bangalore, 2014
10. Dr R Nagarathna, Dr H R Nagendra: Yoga for Diabetes, Published by SVYP, Bangalore 2003

PGDY-CT106 Yoga Practicum II (Mudras)

Credit		Teaching hour		Marks	
Theory	Practical	Theory	Practical	Theory	Practical
0	2		64	0	100

Course Objectives

- i. To help establish a regular and rigorous practice (sadhana) of yoga practices

Course Outcomes

1. Knowledge to be gained.

The students will learn procedures of Pranayama, meditation and bandha-mudras

2. Skills to be acquired

Students will be able to demonstrate bandha-mudra and pranayama to gatherings and guide others in performing those practices

3. Competency to be gained.

Students will be able to demonstrate bandha-mudra and pranayama to gatherings and guide others in performing those practices

Unit- 1: PRANAYAMA [15 Hrs.]

Nadi Shodhana (Technique 1: Same Nostril Breathing), Nadi Shodhana (Technique 2: Alternate Nostril Breathing), Nadi Shodhana (Technique 3: Alternate Nostril Breathing + Antar Kumbhak), Surya-bhedi and Chandra-bhedi Pranayama, Ujjayi Pranayama, Sheetali Pranayama, Shitkari Pranayama, Bhramari Pranayama, Pranayama (with Antar & Bahya Kumbhaka)

Unit- 2: PRACTICES LEADING TO MEDITATION [34 Hrs.]

Pranav and Soham Japa, Yoga Nidra (1,2,3), Antarmauna, Ajapa Dharana (Stage 1,2,3), Practices leading to Breath Meditation, Practices leading to Om Meditation, Practices leading to Vipassana Meditation, Practices leading to Preksha Meditation.

Unit- 3: BANDHA AND MUDRAS [15 Hrs]

Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Yoga Mudra, Maha Mudra, Shanmukhi Mudra, Tadagi Mudra, Vipareet Karni Mudra

REFERENCE BOOKS

1. Reddy, M. Venkata and Others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P.2005
2. Dr R Nagarathna, Dr H R Nagendra: Yoga for Asthma by Published by SVYP, Bangalore, 1998
3. Dr R Nagarathna, Dr H R Nagendra: Yoga Practices for Anxiety & Depression, Published by SVYP, Bangalore, Bangalore, 2001
4. Yoga for Back Pain by Dr H R Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2001
5. Yoga for Cancer by Dr H R Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore, Bangalore, 2006
6. New Perspectives in Stress Management, by Dr. H. R. Nagendra, Dr. R. Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2000

PGDY-CT107 Communicative English I

Credit		Teaching hour		Marks	
Theory	Practical	Theory	Practical	Theory	Practical
0	1	0	32	0	50

Course Objectives

- a) Disseminate among the students both the historical and contemporary aspects of literary texts and English language;
- b) Create a bridge between local and global knowledge systems;

- c) Reorient them through literature and language in such a way that they become empowered to understand different cultures, and respect the variety each presents;
- d) Develop their communication skills, both written and oral;
- e) To encourage the development of critical close reading and writing.
- f) To foster enthusiastic classroom debate.

Course Outcomes

1. Knowledge to be gained.

A basic knowledge of selected literary texts, movements and concepts in literature; The process of research oriented study and critical thinking

2. Skills to be acquired

- a) Human values and perspectives available in literary texts that embody the essence of multiple societies and cultures;
- b) Written and oral communication essential to participate in a global community;
- c) Comprehensive presentation skills and confidence in facing interviews;

3. Competency to be gained.

The students will develop reading and writing ability in English language

Course content

Literature: (10 Marks / Semester)

Use of English in various text types; Functional English as a multi-focal discipline:

Short Stories:

1. The Open Window: Saki (H H Munro)

Poems:

1. She was a Phantom of Delight: William Wordsworth
2. Stopping by Woods on a Snowy Evening: Robert Frost

Language learning

1. Comprehension (based on critical thinking)
2. Creative Writing: Formal letter
3. Language and Its Function
4. Vocabulary
5. Basic Phonetics
6. Grammar
7. A paragraph writing

Suggested Reading:

TEXT BOOKS

1. Nagaraj, Geetha. : English Language Teaching. Hyderabad: Orient Longman, 2008.
2. Trask R. L.: Key Concepts in language & Linguistics. London: Routledge, 2004.
3. Trask R. L.: Language the Basics. London: Routledge, 2003

REFERENCE BOOKS

1. Tickoo, M. L.: Teaching and Learning English. Orient Longman
2. Vygotsky, L. S.: Mind in Society. Cambridge: Harvard University Press
3. Richards, Jack C and Theodore S Rodgers.: Approaches and methods in language teaching Cambridge: CUP, 1995.
4. Hatim, Basil and Jeremy Munday.: Translation: An Advanced Resource Book. Oxon: Routledge, 2004.
5. Mascull, Bill.: Business vocabulary in Use. Cambridge: CUP,2004

PGDY-CT108 Computer Applications

Credit		Teaching hour		Marks	
Theory	Practical	Theory	Practical	Theory	Practical
0	1	0	32	0	50

Course Objectives

Following the completion of this course, the students shall

1. Gain familiarity with computers, especially keyboard, mouse and GUI.
2. be able to create and edit office files, such as word documents, spreadsheets and presentations.
3. Be comfortable using internet for browsing and accessing relevant websites such as SWAYAM portal for learning.
4. Become comfortable with using emails and attaching/transferring/downloading files using email from/to computer.

Course Outcomes

1. Knowledge to be gained.

Students will have knowledge about operating procedures of editing and creating files such as word documents, calculations in spreadsheet and preparing multimedia presentations. They will also be acquainted with internet browsing and use of SWAYAM portal for learning.

2. Skills to be acquired

Software operational skills.

3. Competency to be gained.

The students will become computer literate with capability to work in different platforms, and operating systems and software. They will be competent to perform word processing, use spreadsheets and presentation programmes.

Course Contents

Computer-related Topics:

1. Basics of operating system
2. Typing

Web Browser and e-mail:

1. Internet browsing – tabbed browsing, Incognito browsing etc.
2. Bookmark using toolbar, folder etc.
3. Browser settings – Homepage, Download location, Password remember options etc.
4. E-mail – sending, receiving, attachment, google drive
5. Creating Friend list,
6. Settings, theme, signature, vacation responder, profile photo, password change etc
7. Browsing useful Websites: Eg: SWAYAM online education portal

Word-processing software (Libre-office Writer)

1. Text formatting
2. Paragraph formatting
3. Page formatting
4. Auto-correct, spell-check
5. Insertion of images with editing, tables with calculations
6. Style and formatting
7. Bookmark, Hyperlink, Footnote, Index and table etc.

Spreadsheet software (Libre-office Calc)

1. Concept of cells and references
2. Auto-fill, auto-fit
3. Insertion, deletion of cell, row, column, sheet etc.
4. text, cell formatting
5. Use of Formulas, functions for calculation
6. Sorting, Filtering
7. Insertion of Image, Chart etc.

Presentation (Libre-office Impress)

1. Different Layouts, Master slides
2. Slide transitions
3. Custom Animation
4. Inserting images, charts, tables etc.

Suggested Reading

1. Lister, A.M., Eager, R.D. (1993) Fundamentals of Operating Systems. Springer Science Business Media LLC.
2. LibreOffice Documentation Team (2016) Getting Started with LibreOffice.

PGDY-CT109 Sanskrit Language I

Credit		Teaching hour		Marks	
Theory	Practical	Theory	Practical	Theory	Practical
2	0	32	0	100	0

Course Objectives

A proper understanding of the Devanagari script. To help participants to pronounce Sanskrit characters. To motivate student to learn basic nuances of Sanskrit language. To encourage students to use original Yogic Texts in this course of learning “Yoga Studies”.

Course Outcomes

Knowledge gained.

Students will learn Devnagri scripts, basic Sanskrit grammar, writing sentences in Sanskrit, chanting of shanti mantras and pranam mantras

Skills acquired

Students will be able to read write and speak in Sanskrit language

Competency

Basic skills in Sanskrit language will empower them to avail greater job opportunity in the field of yoga as the yoga scriptures are written in Sanskrit language

UNIT I:

(12 Hrs.)

Introduction and Importance of Sanskrit language. Introduction of Sanskrit Alphabet, Devanagari and Roman script with Diacritical Marks. Pronunciation of Sanskrit characters and its types. Nouns, Pronouns’ Shabda Roopa (Balaka, Balika, Pustak, Asmad, Yshmad and Tad) Vachana, Linga. Kaaraka (cases). Sanskrit verbs (Dhatu Roopa) (Patha, Gam, Mud, Kri, Jnaa, as in 5 Lakaras-Lat, Lit, Lang, Lot, Ling) Lakaara (Moods + Tenses), Purusha, Vachana, Sakarmaka Dhatu & Akarmaka Dhatu.

UNIT II:

(12 Hrs)

Voices (Karma vachya, Kartri vachya) sentence formation. Sanskrit Sankhya (1 to 100). Avyaya and its application. Compounding of alphabets (sandhi, Ac, Hal, Visarga). Sentence making and passage reading.

UNIT III:

(8 Hrs)

Understanding Sanskrit verses from ‘Yoga Darshan’. “Bhagavadgita”, Paratah Smarana. Hatha Yoga texts ‘through using Sanskrit grammar learned in the above units. Assessment based on Sanskrit grammar. Assessment based on Sanskrit verses from ‘Yoga Darshan’, “Bhagavadgita”, Paratah Smarana, Hatha Yoga texts.

BOOKS FOR REFERENCE

1. Goldman, Robert P. : Devavanipravesika, MLBD, New Delhi, 2011
2. CLN, Moorty : First book of Sanskrit, Chaukhambha Sanskrit series, Varanasi, 2010
3. Dwived I., Kapil Dev.: Rachnanuvada Kaumudi, (Vol. III), Chaukhambha Orientalai Publication, Varanasi.
4. Rastriya Sanskrit: Prathama Diksha and Ditiya Diksha Sansthan, New Delhi.
5. Basavaraddi, I.V. & others : Pratah Smaran, MDNIY, New Delhi.

Semester II

PGDY-CT201 Essence of Principal Upanishads and Bhagavadgita

Credit		Teaching hour		Marks	
Theory	Practical	Theory	Practical	Theory	Practical
3	0	48	0	200	0

Course Objectives

- i. To teach the essence of the principal Upanishads
- ii. To teach the essence of the Bhagavad Gita

Course Outcomes

Course Outcomes

1. Knowledge to be gained.

Students will have knowledge about practise of Yoga according to the principles of Upanishads and Gita

2. Skills to be acquired

Holistic living according to the precepts of Upanishads and Gita

3. Competency to be gained.

Holistic living according to the precepts of Upanishads and Gita

UNIT - 1: ESSENCE OF UPANISHADS- I

[15 Hrs]

Aitreya; Isha Upanisad; Mandukya; Manduka; Taitriya Upanisad;

UNIT - 2: ESSENCE OF UPANISADS-2

[15 Hrs]

Katha Upanishad; Kena Upanishad; Bruhataranyaka; Chandogya; Prashna Upanishad; Shwetashwatara Upanishad

UNIT - 3: YOGA IN BHAGAVAD GITA - I

[15 Hrs]

General Introduction to Bhagavad Gita (B.G.). Definitions of Yoga in Bhagavad-Gita and their relevance & Scope; Essentials of B.G from Units II, III, IV, V, VI, XII & XVII: The meanings of the terms Atmaswrupa, Stithaprajna, Sankhya Yoga, Karma Yoga, Sannyasa Yoga and Karma Swarupa (Sakama and Nishkama) etc.

Unit - 4 : YOGA IN BHAGAVAD GITA - II

[15 Hrs]

Essentials of B.G (Contd.): Samnyasa, Dhyana, Nature of Dhyana, Preparation of Dhyana and Dhyana Yoga etc ; Essentials of B.G. (Contd.): Bhakti, Nature of Bhakti, Means and Goal of Bhakti-Yoga; Essentials of B.G (Contd.): The Trigunas and modes of Prakriti; Three Kinds of Faith. Food for Yoga Sadhaka, Classification of food etc. The Glory of B.G.

TEXT BOOKS

1. Holy Geeta : Swami Chinmayananda, Central Chinmayananda Mission Trust, 1992, Mumbai.
2. Swami Ranganathananda: Message of Upanishads, Bharatiya Vidya Bhavan, Bombay, 1985

REFERENCE BOOKS

1. Swami Venkatesananda: Vasistha's Yoga, State University of New York Press, Albany, 1993

PGDY-CT202 Patanjali Yoga Darshan & Raja Yoga

Credit		Teaching hour		Marks	
Theory	Practical	Theory	Practical	Theory	Practical
4	2	64	64	100	100

Course Objectives

- i. To teach an overview of the Patanjali Yoga Sutras
- ii. To teach the essence of the Patanjali Yoga Sutras

Course Outcomes

1. Knowledge gained: **After completing the course the students will able to :**
 - a) Explain the basics of Samkhya and Yoga darshanas (Philosophies).

- b) Define Mind (from Eastern and Western perspectives) especially the subconscious-mind – its various states and its various expressions in our daily lives.
- c) Explain kriya-yoga and astanga-yoga and its application in chitta-vritti-nirodha as applicable to persons with various types of chitta-bhumis (states of mind).
- d) Differentiate between various types of parinamas (transformations) of Chitta, meditation techniques & Samadhis and can explain the meaning and glory of Kaivalya.
- e) Explain various types of siddhis (extra-ordinary powers) gained through samyama.
- f) Differentiate among the phenomena like: para-normal experiences, Spiritual psychosis and spiritual transformation.

2. Skills acquired: **After completing the course the students will able to :**

- a) Identify the nature of working of the conscious mind and subconscious mind and able to be mindful about that.
- b) Apply the knowledge of transactional analysis in changing the interpersonal relationships.
- c) Conduct meditation sessions of different types for different types of people.
- d) Apply relaxation techniques to reduce the daily levels of stress.
- e) Transform the chitta gradually by imbibing sattvik sanskaras and becoming more and more unselfish by using the yogic techniques.
- e) Convince people about the role of meditation to transform our lives for better work efficiency, peace and moksha (liberation).

3. Competency

The knowledge and skills acquired in this course will help the students:

- a) To be a better yoga teacher in educational institutes or in other Government concerns (able to to teach different meditation techniques with the background of yoga-psychology).
- b) To be a yoga trainer and counselor/therapist in the private health care sectors in India and abroad (as he has better understanding of yoga-psychology, transformation of mind and the science behind our inter-personal relations).
- c) To start personal yoga studios with yogic-counselling-facility (because the student is motivated & convinced by the knowledge of this course and its benefits).
- d) To engage in further higher studies and research.

Unit-1: INTRODUCTION TO PATANJALI'S YOGA SUTRAS, ITS' PHILOSOPHY AND PRACTICES AND MODERN PSYCHOLOGY [10 Hrs]

Yoga, it's meaning & purpose & a brief introduction to Patanjali's Yoga Sutras and its author; Nature of Yoga according to Patanjali in light of Vyasabhashya and other traditional commentators, Importance of Yoga Sūtra in comparison to other Yogic literature; Concept of Citta, Citta-bhumis, Citta-vrittis, Citta-vritti nirodhopaya (Abhyasa and Vairagya) Citta-Vikshepas (Antarayas), Citta-prasadanam and its' associates; Metaphysics of Saikhya & its' relationship with Yoga Darshana of Patanjali, Philosophical Foundations & Practices of Patanjali's Yogas, its' importance & relevance and Yoga Samanvaya; Concept of mind – eastern and western perspective; psychology principles and methods – TA, etc;

Unit-2: SAMADHI PADA AND SADHANA PADA [10 Hrs]

Kriya-yoga, Theory of Kleshas, Nature of Drshtha & Drshya and means of elimination of Kleshas/ Vivekakhya; Types and nature of Samadhi in Yoga Sūtra, Rtambaraprajna and Adhyatmaprasada; Samprajnata, Asamprajnata, Sabija & Nirbija Samadhi, Difference between Samapattis and Samadhi; Concept of Ishvara and qualities of Ishvara.

Unit-3 : CONCEPT OF VIBHUTI AND KAIVALYA [10 Hrs]

Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi; Samyama & three Parinama of Samyama. The concept and description of Ashtha Siddhis; Nature of Kaivalya, Kaivalya in relation to Triguna and Dharmamegha Samadhi; Ashtanga Yoga & Kriya Yoga in Yoga Sutras and their importance & relevance in modern age.

Unit-4 : PARINAMAS AND THE PERSONALITY TRANSFORMATION [10 Hrs]

The critical analysis of the three parinamas; The parinamas as the tool for transformation; The parinamas and the higher states of consciousness; The discussion of parinams in the light of psychology.

Unit-5: ASTA-SIDHIS, PARA-NORMAL PHENOMENON AND SPIRITUAL TRANSFORMATION [10 Hrs]

A critical discussion on Asta-siddhis; A study of para-normal phenomenon; A comparative study of soddhis and para-normal experiences; Spiritual psychosis and spiritual transformation.

PRACTICAL [64 Hrs]

1. Practice of various meditation techniques.

TEXT BOOKS:

1. Swami Vivekananda : Rajayoga (Advaita Ashram, Culcutta, 2000).
2. Woods, J.H.: The Yoga System of Patanjali (M.L.B.D., Delhi, 1988)

REFERENCE BOOKS:

1. Iyengar B.K.S.: Light on Patanjali Yoga (New York, Schocken Books, 1994)
2. Rukmini T.S.: Yoga Vartika of Vijnanbhikshu (Tr.) Vol I, II, III & IV, Munshiram Manoharlal Pvt. Ltd. New Delhi
3. Swami Omanandathirtha: Patanjali Yoga Pradeepa, Geeta Press, Gorakhpur, 1994
4. Swami Anant Bharati: Patanjali Yoga Shasta- a study (Hindi), Swami Keshwananda Yoga Sangthan, Delhi
5. K. Taimini : The Science of Yoga (The Theosophical Publishing House, Adyar Chennai 2005)

PGDY-CT203 Applied Yoga

Credit		Teaching hour		Marks	
Theory	Practical	Theory	Practical	Theory	Practical
3	0	48	0	100	0

Course Objectives

- i. To give an overview of the applications of yoga
- ii. To teach the concept of yoga and psychology
- iii. To teach the concept of yoga and personality development
- iv. To teach the concept of yoga and stress management
- v. To teach the concept of yoga and sports

UNIT -1:

YOGA FOR PERSONAL GROWTH

Concepts of Intelligence, Emotion and Emotional Intelligence (EI). Importance of EI in modern life. Yoga as a 'Tool' for EI development. Relevance of Spiritual Intelligence in Life.

YOGA FOR PSYCHOLOGICAL PROBLEMS

Symptoms and assessments of Anxiety and depression. Role of Yoga in the prevention of psychological problems and preservation of mental health with special reference to Pranayama and Meditation.

UNIT -2:

YOGA FOR STRESS MANAGEMENT

Modern and Yogic concept of stress. Effect of stress on autonomic nervous system (ANS) and Endocrine system. Stress induced problems. Solutions through Mandukya Karika. Stress management through Patanjali Yoga and Bhagbat Gita. Management of Stress by Instant, Quick and Deep Relaxation Techniques (IRT, QRT and DRT). Meditative relaxation method by Herbert Benson.

UNIT -3:

YOGA AND PSYCHO-PHYSIOLOGY

Concept of Psycho-physiological changes, effect of short term and long term Yoga practice. Concept of Perception and Motor skills, GSR, EEG hJAlpha Index, Cardiovascular and respiratory changes related to it.

References:

1. Morgan, King, Weiss and Schopler: Introduction to Psychology. Tata McGraw-Hill.
2. Goleman: Emotional Intelligence. Bantam Books.
3. Nagendra H R and Nagarathna R: New Perspectives in Stress Management. SVYP.
4. Udupa K N : Stress and its Management by Yoga. Motilal Banarasidas.

PGDY-CT204 Fundamentals of Ayurveda and Panchakarma

Credit		Teaching hour		Marks	
Theory	Practical	Theory	Practical	Theory	Practical
3	0	48	0	100	0

UNIT - 1: GENERAL INTRODUCTION TO AYURVEDA

[15 Hrs.]

General introduction to Ayurveda; Definition, aim of Ayurveda, its origin, history and propagation; Basic introduction to main Ayurvedic texts like Charaka Samhita, Sushruta Samhita and Ashtanga Samghra; Ashtanga Ayurveda and its significance; Concept of Health according to Ayurveda and its utility in health promotion and prevention.

SWASTHAVRITTA, DINACHARYA, RITUCHARYA, RATRICHARYA, SADVRITTA & ACAHARARASAYANA: Basic principles of Ayurveda – Tridosha, Saptadhatu, Trimala, Pancha Mahabhuta, Prakruti & Manas; Concept and importance of Swasthavrita, Dincharya, Ritucharya; Concept of Sadvrita and Achara Rasayana; Concept of Agni, Srotas and Ama, Concept of Dharniya and Adharniya Vega in Ayurveda; Introduction to Dravya, Guna, Karma, Virya, Vipaka and Prabhava

Unit-2: UPASTHAMBAS WITH SPECIAL EMPHASIS ON AHARA

[15 Hrs.]

Concept of Upasthambha; Concept of Ahara, Ahara pachana, Pathya & Apathya in Ayurveda; Introduction to Shariraposhana (nourishment); Concept of Oja in Ayurveda; Role of Ayurvedic, diet in health and prevention.

INTRODUCTION TO PANCHAKARMA: Role of Poorva and Paschat Karma in Panchakarma; Significance of Panchakarma in Ayurveda and Shatkarma in Yoga; Approach of Ayurveda and Yoga as whole in relation to total health

Unit - 3: AYURVEDIC AND NATUROPATHIC TREATMENT OF COMMON DISEASES VIS-A-VIS MODERN MEDICAL TREATMENT

A comparative analysis of treatment of the common diseases like - Fever (typhoid fever, pneumonia, influenza, mumps, viral encephalitis, dengue, pleurisy, meningitis, tetanus, yellow fever, plague, chikangunya, chicken pox), Diabetes mellitus, Anxiety neurosis, Hysteria, Colitis (ulcerative, amoebiosis, dysentery), Rheumatoid Arthritis, Gout, Sciatica, Bronchitis (acute and chronic), Bronchial Asthma, Insomnia, Piles, Eczema and skin diseases, Obesity, High Blood Pressure, Cervical and Lumber Spondylosis, Menstrual disorders, Gastric ulcer and carcinoma, Cirrhosis of liver, Bell's palsy, gall stone, glumerulo nephritis, Hepatitis viral, Hepatitis A,B etc., Osteo Arthrosis

Text Books

1. Dr. P. H. Kulkarni : Ayurvedic Philosophy, Academia Publishers, 2011
2. Dr. V. B. Athavale : Basic Principles of Ayurveda, Chaukambha Sanskrit Prathisthan, Delhi, 2004
3. Dr. L. P. Gupta : Essentials of Ayurveda, Chaukambha Sanskrit Prathisthan, Delhi, 2006
4. Dr. G. Srinivas Acharya : Panchakarma illustrated, Chaukambha Sanskrit Prathisthan, Delhi, 2009

PGDY-CT205 Yoga Practicum III

Credit		Teaching hour		Marks	
Theory	Practical	Theory	Practical	Theory	Practical
0	4	0	128	0	100

Course Objectives

- i. To help maintain the yoga practise or Sadhana
- ii. To teach yoga modules specific to Physical Stamina, Voice Culture, Eye sight, Memory, Concentration, Creativity, IQ, Anger Management

Course Outcomes

The students will develop capability of designing Yoga schedules for different needs though self practice and understanding.

Unit 1: PRACTICES FOR PHYSICAL STAMINA, VOICE CULTURE AND EYE SIGHT [15 Hrs]

Characteristics of physical development: Flexibility, stamina, endurance, longevity;

loosening the joints, stretching-relaxation of muscles, improve strength and stamina; physical revitalisation; Need for control on breath; special exercises for voice culture; Cleansing practices, eye muscle strengthening practices

Unit 2: PRACTICES FOR MEMORY AND CONCENTRATION [15 Hrs]

Short-term, long-term memory, stages of memory foundation and maintenance; yoga modules to improve memory; Barriers to concentration; concentration according to modern psychology; concentration according to eastern psychology; dharana as per Patanjali – binding to a particular; practices to improve concentration.

Unit 3: PRACTICES FOR CREATIVITY AND IQ [15 Hrs]

Physiology and creativity; creativity eastern concept, silence and creativity; yogic approach to creativity; yogic practices for creativity development; Facets of intelligence; concept of intelligence according to yoga; yoga module of IQ development;

Unit 4: PRACTICES FOR ANGER MANAGEMENT AND STRESS MANAGEMENT [15 Hrs]

What is anger? Expression of anger, outcome of anger, yogic management of anger; Concept of Stress; Solutions through Mandukya karika - Relaxation and stimulation combined as the core for stress management; Practice of Stimulation and relaxation

TEXT BOOKS

Dr H R Nagendra, Dr R Nagarathna: Yoga for Personality Development Series, Published by SVYP, 2013

PGDY-CT206 Yoga Practicum IV

Credit		Teaching hour		Marks	
Theory	Practical	Theory	Practical	Theory	Practical
0	2	0	64	0	100

Course Objectives

1. To get the practical experience and training to teach Advance Yoga techniques

Course Outcomes

The students will be able to perform advanced level of Yoga.

Unit-I: HEALING AT THE PHYSICAL LEVEL [15 Hrs]

Cyclic Meditation (S-VYASA); Mindfulness based Stress Reduction Technique (Kabatzin)

Unit-II: HEALING AT THE PRANA LEVEL [15 Hrs]

Vipasana Meditation; Preksha Meditation

Unit-III: HEALING AT THE MENTAL LEVEL

Mind Sound Resonance Technique (S-VYASA) ; Raja Yoga Meditation (Brahmakumaris)
Transcendental Meditation (Mahesh Yogi); ZEN Buddhist Meditation

Unit-IV: HEALING AT THE CONSCIOUS LEVEL

Yoga Nidra (BSY)

TEXT BOOK:

1. Lajpat, Rai & others: Meditation, Anubhava Rai Publications, Gurgaon, 1999
2. Dr H R Nagendra, Dr R Nagarathna, Advance Yoga Techniques series, Published by SVYP,1998.

REFERENCE BOOKS:

1. Swami Niranjanananda Saraswati : Dharana Darshan, Yoga Publications Trust, Munger, Bihar, India, 1996
2. Lajpat, Rai : Discovering Human Potential Energy, Anubhava Rai Publications, Gurgaon, 1999

PGDY-CT207 Communicative English II

Credit		Teaching hour		Marks	
Theory	Practical	Theory	Practical	Theory	Practical
1	0	16	0	50	0

The Objectives of this course:

- a) Disseminate among the students both the historical and contemporary aspects of literary texts and English language;
- b) Create a bridge between local and global knowledge systems;
- c) Reorient them through literature and language in such a way that they become empowered to understand different cultures, and respect the variety each presents;
- d) Develop their communication skills, both written and oral;
- e) To encourage the development of critical close reading and writing.
- f) To foster enthusiastic classroom debate.

The Outcome of the course. A student should develop:

- a) Human values and perspectives available in literary texts that embody the essence of multiple societies and cultures;
- b) A basic knowledge of selected literary texts, movements and concepts in literature;
- c) Written and oral communication essential to participate in a global community;
- d) Comprehensive presentation skills and confidence in facing interviews. The process of research oriented study and critical thinking

Novel:

3. The Palace of Illusions: Divakaruni Banerjee (1 chapter only)

Prose:

1. Swami Vivekananda's Chicago speech
2. APJ Abdul Kalam's A Vision of India

Language: (40 Marks / Semester)

Evolution of human language, uniqueness of human language; Functions of Language: Instrumental, Regulatory; Functions of Language: Interactional, Personal; Functions of Language: Heuristic, Imaginative, Representational; English as a Global language. Primary focus on communication skills: ELT (English Language Training), LSRW (Listening, Speaking, Reading Writing): Grammar, Phonetics, vocabulary building

1. Comprehension (based on critical thinking) (10 Marks)
2. Creative Writing: Dissertation (10 Marks)
3. Vocabulary (5 marks)
4. Grammar (10 marks)
5. Dialogue writing (In an Interview) (5 Marks)

Suggested Reading:

TEXT BOOKS

1. Nagaraj, Geetha. : English Language Teaching. Hyderabad: Orient Longman, 2008.
2. Trask R. L.: Key Concepts in language & Linguistics. London: Routledge, 2004.
3. Trask R. L.: Language the Basics. London: Routledge, 2003

REFERENCE BOOKS

1. Tickoo, M. L.: Teaching and Learning English. Orient Longman
2. Vygotsky, L. S.: Mind in Society. Cambridge: Harvard University Press
3. Richards, Jack C and Theodore S Rodgers.: Approaches and methods in language teaching
Cambridge: CUP, 1995.
4. Hatim, Basil and Jeremy Munday.: Translation: An Advanced Resource Book.
Oxon:
Routledge, 2004.
5. Mascull, Bill.: Business vocabulary in Use. Cambridge: CUP,2004

PGDY-CT208 Field visit & Teaching Practice

Credit		Teaching hour		Marks	
Theory	Practical	Theory	Practical	Theory	Practical
1	1	16	32	50	50

Course Objectives

- i. To introduce class and lesson management**
- ii. To inculcate the practice of teaching and instructions in Yoga with a teaching internship to the students**
- iii. To organize Yoga Chaps, Workshops etc.**

Course Outcomes

The students will gain the ability to manage Yoga training classes.

1. The students have to organize Yoga camps/ Workshops. Each students of Diploma should organize at least one Yoga Training Camp / Workshops of one - month duration, under the supervision of a Yoga teacher. The modalities of the field work shall be worked out and intimated to the students before the end of semester II.
2. Internal assessment of the field work shall be on the basis of their preparation for yoga camps/workshops, selection of groups/Locations/Centers/Schools, and Relevance of Yoga protocol for the target group.
3. The Yoga Training Camp / Workshops and its report be critically observed and assessed by the Yoga Teacher. The Field Work (Yoga Camp / Workshops) report should be jointly evaluated by the concerned Yoga Teacher and by the Course Co-coordinator. These shall be consider as the external assessment marks of this paper.