

Guru Gobind Singh Indraprastha University
Sector 16-C, Dwarka, Delhi. (India)

**Scheme of Examination, Evaluation
and Syllabus**

for

**POSTGRADUATE DIPLOMA IN YOGA
THERAPY (PGDYT)**

FOR MEDICOS AND PARA MEDICOS

1 years duration

(2 semesters)

w.e.f. Academic Year 2019-20

Under



**GURU GOBIND SINGH
INDRAPRASTHA
UNIVERSITY**



MORARJI DESAI NATIONAL INSTITUTE OF YOGA

MINISTRY OF AYUSH, GOVT. OF INDIA

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POSTGRADUATE DIPLOMA IN YOGA THERAPY (PGDYT) FOR MEDICOS AND PARA MEDICOS COURSE STRUCTURE, SCHEME OF EXAMINATION & EVALUATION

Preamble

Yoga is an ancient Indian art and science which is adopted as a self discipline and a way of life to promote positive health at physical, mental, social and spiritual planes of being. Yoga focuses on bringing 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.

Yoga is becoming popular day by day. A wave of Yoga is sweeping across the globe. In this programme we introduce Yoga as a science of Holistic living and not merely as Yoga postures. This programme will help orientate medical and para-medical graduates to integrate Yoga therapy into their medical practice. As more and more medical and para-medical practitioners in the country turn towards integrative healthcare practices for better patient care, this course looks to introduce Yoga therapy to such practitioners. This course looks to introduce doctors to the theoretical aspects of Yoga through yogic texts such as the Gita, Patanjali Yoga Sutras and Hatha Yoga. Since medical and para-medical practitioners have prior knowledge of the anatomy and physiology of the human body, this course looks to introduce the psycho - neurophysiological mechanisms of yogic practices. The modern lifestyle diseases require a holistic approach for their management. With the integration of yogic management with modern approach of healthcare, modern lifestyle disease will find a new panacea.

1. Title of the programme

The programme shall be called "**Post Graduate Diploma in Yoga Therapy (PGDYT) for Medicos and Para Medicos**"

2. Aim of the programme

The aim of the programme is to orient Medical and Para-medical Graduates to Integrate Yoga Therapy in their practice.

3. Objectives of the programme

- To teach medical professionals to integrate Yoga therapy in their medical practice for prevention and management of lifestyle disorders.
- To orientate paramedical and medical Graduates of any system of medicine to learn and administer Yoga therapy modules for lifestyle related disorders and common ailments
- To introduce holistic principles of Indian Systems of Medicine to medical professionals.

- To orient the medical professionals on the psycho-neurophysiological mechanisms of Yogic practices.

4. Scope

The scope of this programme is to provide Yoga consultation by Medical and Para-medical professionals to Integrate Yoga Therapy as holistic approach to prevent and manage lifestyle and other diseases / disorders.

5. Eligibility

- Any Medical/Para-Medical/Physiotherapy (minimum 4 years or more) Graduate with minimum 50% marks from the recognized University or Institutions approved by regulatory body or Institutes have been declared by an Act of Parliament as Institutes of National Importance.
- A candidate should be medically fit. Format of medical certificate is enclosed herewith.

6. Duration and Hours of instruction

The course will be of one academic years (two semesters) duration.

The classes will be conducted 5 days in a week. There will be minimum 6 hours of instructions every day. There will be extra hours for Library/ Tutorials/ Personal-Practice etc., every day as required. Special classes may also be conducted on Saturdays/ Holidays (if necessary).

7. Syllabus

The syllabus is designed to fulfil aforesaid objectives containing theory subjects, practical / laboratory work, Dissertation and field training in Yoga education, Yoga therapy and self development through assignments etc.

8. Medium of Instructions:

English

9. Procedure of Evaluation –

- Evaluation through a semester-end examination.
- Continuous evaluation by the teacher(s) of the course.

10. Scheme of Examination and Evaluation

- I. An academic year shall be apportioned into two semesters. There shall be semester-end examination after completion of each semester which will be notified by the University.
- II. The overall weightage of a course in the Syllabi and Scheme of Teaching and examination shall be determined in terms of credits assigned to the course.
- III. The evaluation of the students in a course shall have two components in the scheme of teaching and examination and syllabi.
 - Evaluation through a semester-end examination
 - Continuous evaluation by the teacher(s) of the course.
- IV. There shall be two (02) semester-end examinations. First semester-end examination will be held preferably in the month of DECEMBER and second semester-end examination will be held preferably in the month of JULY. Semester-end examinations will be comprised of both theory and practical papers.
 - All semester-end examinations will be held as per the University schedule which will be conducted by the controller of examination.
 - Candidates are allowed to write the said examinations either in English or in Hindi
 - The duration of each theory paper in semester- end examinations of 70 Marks shall be 3.00 hours each.
 - Each theory paper is of 70 marks shall comprise questions from all the units with internal choices, covering the entire syllabus.
- V. Apart from the Semester - end examinations there shall be **one Class Tests/ Assignments etc. in each Semester as part of Teacher/s Continuous evaluation of the Course.**
 - a. The date/s, timings and the scheme of question papers etc. for these class tests/ assignments shall be prepared by the concerned subject teachers in consultation with Director of the Institute and University. The results of these unit tests shall be displayed on the notice board of the institute for the information of the students.
- VI. The distribution of weightage for various components of evaluation shall be as below:

A. THEORY COURSES

(For 100 Marks)

- | | |
|--|-----|
| (i) Semester-end examination | 70% |
| (ii) Continuous evaluation by the teachers | 30% |

B. PRACTICAL COURSES

- | | |
|--|-----|
| (i) Semester-end examination | 70% |
| (ii) Continuous evaluation by the teachers | 30% |

VII. THEORY COURSES

A.1 Semester-end examination

Total Marks: 70

- | | |
|--|---|
| Q. I. Multiple Choice/ Answer in a sentence or two/ Objective type questions
(Questions from all the Units and all are compulsory) | (1 Mark Each)
10x1=10 Marks |
| Q.II. Short Note type questions
(Questions from each unit with a choice) | (5 Marks Each)
6x5=30 Marks |
| Q.III. Long Answer/ Essay/ Short Essay type questions
(Question from each unit with a choice) | (10 Marks Each)
3x10=30Marks |

Note: The format of the Semester-end Examination for Theory Courses has given herein

A.2. Continuous evaluation by the teachers:	Total marks: 30
(i) One class tests*	20 marks
(ii) Attendance:	06 marks
(90% & above	06 marks
80% and above	04 marks
70% and above	02 marks
Below 70%	00 marks
(iii) Participation in socio-cultural activities, monthly lectures, workshops, Sports, discipline etc.	04 marks

*The test may ordinarily be held after 8 weeks of teaching.

The format of the Class Test for Theory Courses has given herein

VIII. PRACTICAL COURSES

A.1. Semester-end Examination Total marks: 70

There shall be Semester-end examinations of each practical course and distribution of marks shall be as per the marks mentioned in each syllabus.

A.2. Continuous evaluation by the teachers Total marks: 30

A.2.1. The teachers Continuation evaluation shall be based on:

(i) Performance in the one practical class tests (For field work and Dissertation Viva will be taken)	20 marks
(ii) Punctuality and practical performance in Regular practical classes	05 marks
(iii) Subjective experience and Self assessment Reports/Lab works etc. by the students	05 marks

A.2.2. FIELD WORK (Case studies) Total marks: 70

(i) Preparation and Patient handling	10 marks
(i) Design of Yoga protocol and its implementation	10 marks
(ii) Feed back by the participants/organizers/documentations etc.	10 marks
(iii) Report	30 marks
(iv) Presentation	10 marks

A.2.3. DISSERTATION Total marks: 70

The Field Work Report, Assignments, etc. shall be evaluated by the concerned in-charge Teacher/s and will be as per University rules and regulations.

B. The Course Coordinator shall verify the marks and submit them to the Head of the Institute.

C. In case of any problem in smooth conduct of the examinations, the decision of the Board of Examination/ University of the Institute will be the final.

IX. Marks and Gradation - As per the University Rules. The 'final result' will comprise of the total marks obtained in all the Semesters and the passing percentage is 40% marks.

FORMAT OF QUESTION PAPER

(For All Unit Tests)

Theory Courses

PAPER-__ : _____

Max. Marks: 20

Duration: 1 Hr.

Note: Answer all the Questions.

Q.I Answer the following in a sentence or two.

Marks: 1 x 5= 5

1. -----
2. -----
3. -----
4. -----
5. -----

Q. II. Write short notes on the following.

Marks: 3X 2= 6

1. ----- /OR -----
2. ----- /OR -----

Q.III. Answer the following in detail

Marks: 1 X9= 9

1. ----- /OR -----

(Note: Assignments may also be given to the students instead of Class Test/s as desired by the class teacher)

FORMAT OF QUESTION PAPER FOR 70 MARKS

(For All Semester End Examinations)

Theory Courses

Max. Marks: 70

Duration: 3 hours

PAPER-___ : _____

Note: Answer all the Questions.

Q.I Answer the following in a sentence or two / Objective Type

Marks: 1 x 10 = 10

1. -----
2. -----
3. -----
4. -----
5. -----
6. -----
7. -----
8. -----
9. -----
10. -----

Q. II. Write short notes on the following

Marks: 6 X 5=30

1. ----- /OR -----
2. ----- /OR -----
3. ----- /OR -----
4. ----- /OR -----
5. ----- /OR -----
6. ----- /OR -----

Q.III. Answer the following in detail

Marks: 3 X10=30

1. ----- /OR -----
2. ----- /OR -----
3. ----- /OR -----

PROFORMA FOR MEDICAL EXAMINATION

- 1. Name of the Student
- 2. Age/Sex
- 3. Father's/Husband's Name
- 4. Address with contact No.
- 5. Date of Birth

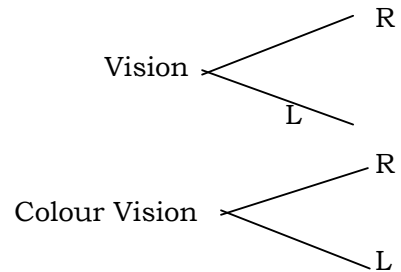
Medical Examination:-

A. General Examination

- Built
- Height
- Weight
- Pulse
- B.P.

B. Systemic Examination

- Chest
- CVS
- CNS
- Abdomen
- ENT
- EYE



Recommendation of the Senior Medical Officer: **FIT/UNFIT.**

Date:

SENIOR MEDICAL OFFICER

**POSTGRADUATE DIPLOMA IN YOGA THERAPY (PGDYT)
FOR MEDICOS AND PARA MEDICOS
(One – Year Duration)**

Scheme of Teaching and Examination

S. N.	Subject Code	Subject Title	Periods per week			Evaluation Scheme			Subject Total	
			L	T	P	Credit	CT	TA		
							Seasonal	SEE		
Semester - I										
1	PGDYT-CT101	Foundations of Yoga	3	1	0	4	20	10	70	100
2	PGDYT-CT102	Hatha Yoga and its Practices	3	1	0	4	20	10	70	100
3	PGDYT-CT103	Biomechanics and Kinesiology	3	1	0	4	20	10	70	100
4	PGDYT-CT104	Impacts of Yogic practices on Human body	3	1	0	4	20	10	70	100
5	PGDYT-CT105	Fundamental Principle of Yoga therapy	3	1	0	4	20	10	70	100
6	PGDYT-PC106	Yoga Practicum-I	0	0	8	4	20	10	70	100
7	PGDYT-FW 107	Field work	0	0	-	4	-	30	70	100
30 + hrs						28	TOTAL			700
Semester - II										
1	PGDYT-CT201	Essence of Principal Upanishads, Gita and Yoga Vasistha	3	1	0	4	20	10	70	100
2	PGDYT-CT202	Patanjala Yoga and its application	3	1	0	4	20	10	70	100
3	PGDYT-CT203	Techniques of Psychological counselling	3	1	0	4	20	10	70	100
4	PGDYT-CT204	Disease specific Yoga Therapy	3	1	0	4	20	10	70	100
5	PGDYT-CT205	Review of scientific research on Yoga	3	1	0	4	20	10	70	100
6	PGDYT-PC 206	Yoga Practicum-II	0	0	8	4	20	10	70	100
7	PGDYT-PR 207	Dissertation	0	0	-	4	-	30	70	100
30 + hrs						28	TOTAL			700

CT- Theory Core, CP- Practice Core, L - Lecture, T-Tutorial, P-Practical (practice/ field), CT-Cumulat4e Tests, TA - Teachers Assessment, SEE - Semester Examination, PR- Practical Record*

SEMESTER I
COURSE STRUCTURE

Subject Title: FOUNDATION OF YOGA

Subject Code: PGDYT-CT101

Objectives:

1. To understand the fundamental components of Yoga required for a Yoga practitioner
2. To conceptualize the therapeutic benefits of Yoga based on the insights of Yoga texts
3. To understand the concept and principles of Yoga therapy across various Yoga texts

Total Number of Hrs: 45		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical :	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

UNIT - I: INTRODUCTION TO YOGA AND BHARATIYA DARSHANA [15 Hrs.]

- 1.1 Etymology and definitions of Yoga, Aim, objectives and misconceptions about Yoga, True nature of Yoga and Principles of Yoga.
- 1.2 Brief introduction to origin of Yoga, Psychological aspects leading to origin of Yoga, Brief history and development of Yoga (Pre-vedic period to contemporary times), Schools of Yoga.
- 1.3 Darshana : Its meaning, definitions and objectives, Salient features of Bharatiya Darshana (Indian Philosophy), Philosophy; its meaning, definitions and scope, Main branches of Philosophy, Distinction between Indian Philosophy and Western Philosophy.
- 1.4 Branches of Bharatiya Darshana (Astika and Nastika Darshanas), General introduction to Shad-darshana, with special emphasis on Samkhya, Yoga and Vedanta Darshanas, General introduction to Nastika Darshan.
- 1.5 General introduction to Vedas, Upanishads, Prasthanatrayee and Purushartha Chatushtaya, Goal of human life.

UNIT – II: BRIEF SURVEY OF YOGIC TRADITIONS [15 Hrs.]

- 2.1 **Elements of Yoga in Vedic Traditions:** Brief introduction to the nature of Yoga in Vedas and Upanishads, Concept of Pancha-kosha, Nature of Yoga in Darshanas, Nature of Yoga in Epics (Ramayana and Mahabharata), Nature of Yoga in Smritis, Puranas, Agamas, and Tantras, Concepts of Nadi, Prana, and Kundalini in Tantra, Elements of Yoga in Narada Bhakti Sutra, Nature of Yoga in Ayurveda.
- 2.2 **Yoga in Jain and Buddhist Traditions:** Syadvada (Theory of Sevenfold Predications (Sapta-bhangi) Concept of Ratnatraya, Concept of Kayotsarga / Prekshadhya. Concept of Arya-satyas (Four Noble Truths), Concepts of Arya-ashtangika-marga and Vipassana (Insight Meditation).
- 2.3 **Yoga in Middle Ages :** Elements of Tantric Yoga, Roots of Hatha Yoga, Natha Parampara, Bhakti Yoga of Medieval Saints, Elements of Yoga in Sufism, Sufi Meditation Techniques, Elements of Yoga in Sikhism, The path of Sahaja Yoga or Nama Yoga of Guru Nanak.
- 2.4 **Yoga in Modern Times:** Yoga Traditions of Sri Ramakrishna and Swami Vivekananda, Yoga of Maharishi Raman, Integral Yoga of Shri Aurobindo.
- 2.5 **Yoga in Contemporary Times:** Brief Introduction to some important Yoga Paramparas (lineages) of contemporary times; Yoga Parampara of Yogacharya Sri T. Krishnamacharya, Swami Shivanada Saraswati, Paramahansa Madhavadas, Swami Rama of Himalayas, Maharshi Mahesh Yogi, Swami Dharendra Brahmachari and their contributions for the development and promotion of Yoga.

UNIT-III: INTRODUCTION TO SCHOOLS (STREAMS) OF YOGA [15 Hrs.]

- 3.1 **General Introduction to Schools of Yoga:** Brief introduction to Schools (Streams) of Yoga; Yoga Schools with Vedanta Tradition (Jnana, Bhakti, Karma and Dhyana), Yoga Schools with Samkhya Yoga Tradition (Ashtanga Yoga of Maharshi Patanjali), Some Yogic Schools of Tantric Tradition (Hatha Yoga, Swara Yoga and Mantra Yoga) and Yoga Schools with Non Vedic Traditions (Buddha Yoga).
- 3.2 **Jnana Yoga:** Meaning of Jñāna and Jñāna-yoga, Sadhana-chatushtaya, Means of Jñāna-yoga.
- 3.3 **Bhakti Yoga and Karma Yoga:** Meaning of Bhakti and Bhakti Yoga, Stages of Bhakti, Types of Bhakti, Means of Bhakti Yoga; Meaning of Karma and Karma Yoga, Concept

of Nishkama Karma, Means of Nishkama Karma, Inter relationship between Bhakti-yoga and Karma-yoga,

3.4 **Patanjala Yoga and BouddhaYoga:**Brief introduction to Ashtanga Yoga of Patanjali and Arya-ashtangika-marga (Noble-eight-fold-path of Buddha (Baudha Yoga).

3.5 **Hatha Yoga:**Hatha Yoga Practices (Sadhanas),Relevance of Hatha Yoga sadhanain day-to-day life.

BOOKS FOR REFERENCE

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MLBD,New Delhi, 2015
- Karel Werner : Yoga and Indian Philosophy,
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- Joshi, K.S.
Ganesh Shankar : Yoga Ke Siddhant Evam Abhyas,
MadhyaPradeshHindiGranthAcademy, Bhopal.
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Ramakrishna Vedanta Centre Advaita Ashrama, 1996.
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practice, Arizona: Hohn&Press,2001
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Radha Publication, new Delhi, 2008.
- Singh, S.P. &
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Standard Publishers, India, 2010.

- Singh, Lalan Prasad : Tantra, Its Mystic and Scientific Bases, Concept Publishing Company, Delhi, 1976.
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- Avalon, Arthur : The Serpent Power, Shivalik Prakashan, Delhi, 2005.
- Saraswati, Swami Divyananda : Vedon me Yogavidhya, Yogic Shodha Sansthan, Haridwar, 1999.
- Gharote, M.M. : Traditional theory of Evolution and its Application in Yoga, Lonavla Yoga Institute Lonavla, 2008.

Subject Name: HATHA YOGA AND ITS PRACTICES

Subject Code: PGDYT-CT102

Objectives:

By introducing Hatha Yoga & its texts, students shall be able to

1. Understand about pre-requisites, principles about Hatha yoga.
2. Understand Different Hatha Yoga Techniques.
3. Understand Therapeutic application of different Hatha Yogic Techniques

Total Number of Hours: 45		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment(CT+TA/PR)	
70	30			

UNIT – I: FOUNDATIONS OF HATHAYOGA (15 hrs)

- 1.1 Hatha Yoga: Its origin, history & development, Hatha Yoga: Its meaning and definitions, Aim, objectives and misconceptions about Hatha Yoga.
- 1.2 Hatha Yoga Parampara, Brief introduction to eminent Hatha Yogis of Natha Cult and their contributions to the development of Hatha Yoga, Relationship between HathaYoga and Raja yoga.
- 1.3 General introduction to Hatha Yoga Text; Siddhasiddhantpaddhati, Hathapradipika, Gorkshashatkam, Hatharatnavali and Gheranda Samhita with reference to their author, nature and practices.
- 1.4 Concept of Matha, Concept of Mitahar, Pathya & Apathya, Types of Aspirants.
- 1.5 Badhakatattva (obstacles) &Sadhakatattva (facilitating factors), principles to be followed by Hatha Yoga practitioners, Hatha Yogic Practices for common person.

UNIT – II: HATHA YOGIC PRACTICES – I (ASANA & SHATKARMA) (15 hrs)

- 2.1 Shatkarma: Introduction to Shatkarma and their relevance in Hatha Yoga Sadhana, Shatkarmas as mentioned in different Hatha Yogic Texts, Applications and importance of Shatkarma in modern days.
- 2.2 Shatkarma: Techniques, benefits, precautions and contraindications of Shatkarmas – Dhauti, Basti, Neti, Nauli, Tratak and Kapalabhati as mentioned in Hathapradipika and Gheranda Samhita.
- 2.3 Asanas: Concept, Etymology, definition and principles of Asanas, Relevance and importance of asanas in Hatha Yoga Sadhana, Asanas as mentioned in different Hatha Yogic Texts e.g. Hathapradipika, Hatharatnavali and Gheranda Samhita.
- 2.4 Asanas: The techniques, benefits, precautions and contraindications of Asanas as mentioned in Hathapradipika.

- 2.5 Asanas: Techniques, benefits, precautions and contraindications of Asanas as mentioned in Gheranda Samhita.

UNIT –III: HATHA YOGIC PRACTICES – II (PRANAYAMA, BANDHA, MUDRA AND NADANUSANDHANA) (15hrs)

- 3.1 Pranayama: Concept, Etymology and definitions of Prana and Pranayama in Hatha Yogic texts, Relevance and Importance of Pranayama in Hatha Yoga Sadhana, Concept of Pancha Prana and Upa Prana with reference to their place and functions.
- 3.2 Pranayama Practices in different HathaYoga texts with special reference to Hathapradipika and Gheranda Samhita. Techniques, benefits precautions and contraindications of Pranayama as mentioned in Hathapradipika and Gheranda Samhita, HathasiddhiLakshanam.
- 3.3 Bandhas: Etymology, relevance and importance of bandhas in HathaYoga Sadhana, Bandhatrayas, Techniques and benefits of Jalandhar Bandha, Uddiyanabandha and Moolabandha.
- 3.4 Mudras: Concept, Etymology, Importance and their relevance in HathaYoga Sadhana, Mudras as mentioned in HathaYogic texts e.g. Hathapradipika, Hatharatnavali and Gheranda Samhita, Techniques, benefits, precautions and contraindications of Mudras as mentioned in Hathapradipika.
- 3.5 Concept of Pratyahara, Dhyana and Samadhi in Gheranda Samhita, Concept of Nada and Nadanusandhana as described in Hathapradipika, Four stages of Nadanusandhana,

REFERENCES BOOKS

1. Burley, Mikel: Hatha Yoga, Its Context Theory and Practice M.L.B.D. Delhi, 2000.
2. Sahay, G.S.: Hathayogapradipika of Swatmarama, Morarji Desai National Institute of Yoga, New Delhi, 2013
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5. Swami Digambarji & Gharote M.L.: Gheranda Samhita Kaivalyadhama, Lonavla,1978.
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8. Swami Kuvalyananda & Shukla, S.A.: Gorakshasatkam, Kaivalyadhama, Lonavla.
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12. Bassavaraddi, I.V. & Pathak, S.P.: Hatha Yoga Ke Adhar Avam Prayog, MDNIY, New Delhi, 2011.
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Subject Title: **BIOMECHANICS AND KINESIOLOGY**

Subject Code: **PGDYT -TC103**

Objectives:

The biomechanics course objectives are

1. Helping learners to realize biomechanics importance to Yoga practice;
2. To learn general biomechanics concepts and principles that influence human movement;
3. Illustrate the use of these general biomechanical concepts in the professional skill for the diagnosis of the movement during Yoga practices.

Total Number of Hours: 45	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/ week	3	1	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical :	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30		

Unit 1: Introduction to principles of Biomechanics

[15 Hrs.]

- 1.1. Meaning and Definition of Kinesiology ; Basic Biomechanical terms – velocity; acceleration; angular velocity; angular acceleration; Mass; Pressure; Gravity; Friction; work; Power; Energy; Torque;
- 1.2. Bio mechanics: Description of movement of the human body; Kinematics, Kinetics; Kinetics – the forces producing motion e.g. muscles, gravity; Kinematics – the description of motion e.g. type, location, direction, planes of movement; Type of displacement (movement); Location in space; Direction of movement; Magnitude of movement; Rate of movement; Importance of Kinesiology and Biomechanics for Yoga
- 1.3. Fundamental concepts of following terms – Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity; Fundamental movements at various joints;
- 1.4. Fundamental concepts of the following terms – Angle of Pull, All or None Law, Reciprocal Innervations and inhibition; Stretch and postural reflex during the practice of Yoga postures;
- 1.5. Force – Meaning, definition, types and its application to various Yoga postures; Lever – Meaning, definition, types and its application to human body; Newton's Laws of Motion – Meaning, definition and its application to Yoga activities.

Unit-2: Biomechanics of Upper Limb**[10 Hrs.]**

- 2.1. Biomechanics of Shoulder: Structure & function of the bones & joints of the Shoulder complex, mechanics & patho-mechanics of the muscle activity in the Shoulder complex & analysis of the forces on the Shoulder complex during Yoga postures;
- 2.2. Biomechanics of Elbow: Structure & function of the bones & no contractile element of the elbow, mechanics of muscle activity at the elbow & analysis of the forces on the elbow during Yoga postures;
- 2.3. Biomechanics of Wrist & Hand: Structure & function of the bones & joints of the wrist & hand, mechanics of the muscle activity in the wrist & hand, analysis of the forces on the wrist during activity, mechanics of the Special connective tissue in the hand.

Unit-3: Biomechanics of Lower Limb**[10 Hrs.]**

- 3.1. Biomechanics of Hip: Structure & function of the bones & non contractile element of the Hip, mechanics & patho-mechanics of muscle activity at the hip & analysis of the forces on the Hip during various Yoga postures.
- 3.2. Biomechanics of Knee: structure & function of the bones & joints of the Knee, mechanics of the Knee musculature, analysis of the forces on the Knee during Yoga Postures.
- 3.3. Biomechanics of Ankle: structure & function of the bones & joints of the Ankle, mechanics of the Ankle musculature, analysis of the forces on the Ankle during Yoga Postures.

Unit-4: Biomechanics of Spine**[10 Hrs.]**

- 4.1. Biomechanics of Cervical Spine: Structure & function of the bones & joints of the cervical spine, mechanics & patho-mechanics of the cervical musculature, analysis of the forces on the cervical spine during Yoga Postures.
- 4.2. Biomechanics of Thoracic Spine: structure & function of the bones & joints of the Thoracic spine, mechanics of the Thoracic musculature, analysis of the forces on the Thoracic spine during Yoga postures.
- 4.3. Biomechanics of Lumbar Spine: structure & function of the bones & joints of the lumbar spine, mechanics of the lumbar musculature, analysis of the forces on the lumbar spine during Yoga postures.
- 4.4. Biomechanics of Pelvis: structure & function of the bones & joints of the pelvis, mechanics of the muscle activity in the pelvis & analysis of the forces on the pelvis during Yoga postures.

TEXT BOOKS

1. Hay, J.G. and Reid, J.G.: Anatomy, mechanics and human motion. Englewood Cliffs, N.J.: prentice Hall Inc. 1988.
2. Knudson, D.: Fundamentals of biomechanics. New York, NY: Springer, 2007

REFERENCE BOOKS

1. McGinnis, P.: Biomechanics of sport and exercise. Champaign, IL: Human Kinetics, 2013
2. Franc Bell: Principles of Mechanics and Biomechanics, Stanley Thornes Publications, 1998
3. Iwan W. Griffiths, Principles of Biomechanics & Motion Analysis, Published by Lippincott Williams & Wilkins, 2006
4. Pamela K.Levange and Cynthia C.NorkinJoint structure and function, A comprehensive analysis, fourth edition, F.A.Daviscompany, Philadelphia.

Subject Title: IMPACTS OF YOGIC PRACTICES ON HUMAN BODY

Subject Code: PGDYT-TC104

Objectives:

1. To get an understanding of subtle physiological changes following the practice of yoga practices e.g. Neuro Psychological locks in Mudras and Bandhas etc.
2. To have a brief idea of the underlying mechanism behind the possible benefits of yogic practices.
3. To orient the professionals in documentation of the parameters at various levels (anatomical, physiological, biochemical, psychological and cognitive) to assess the changes after the practices of yoga.

Total Number of Hrs: 45		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit - 1: THE CONCEPT OF HOMEOSTASIS

[10 Hrs.]

- 1.1 Homeostasis. Mechanisms involved in maintenance of milieu environment.
- 1.2 Regulatory systems of the body, Characteristics of control systems, Physiological basis of mind-body intervention;
- 1.3 Physiology of exercise, Asana - Types and Categories; Musculo skeletal system and mechanisms involved during mind – body practice.
- 1.4 Effect of Yogic practices in setting up the internal environment of the body, Mechanical influence of asanas; Psychosomatic mechanism.
- 1.5 Mechanism of influence of six types of asanas: stretching; pivoting; strengthening; inverted; pressing; equilibration, Reciprocal inhibition and innervation

Unit - 2: PRANAYAMA AND MEDITATION

[15 Hrs.]

- 2.1 Recent advances in understanding of anatomy, physiology of cardio-respiratory system. Lung function tests, ECG and other relevant investigations related to cardio-respiratory system.

- 2.2 Psycho-physiological effects of pranayama; physiological mechanisms involved in higher levels of adaptation through pranayama.
- 2.3 Physiology of nervous system. Physiology of endocrine messenger system.
- 2.4 Different types of meditation its impacts on central nervous system and peripheral nervous system. Different types of meditation its impacts on cardiovascular system, respiratory system, and nerve – muscle physiology.
- 2.5 Meditation its impacts on relaxation of each and every system its correlation with HPA Axis.

Unit - 3: WARM UP EXERCISE AND KRIYAS

[10 Hrs.]

- 3.1 Warm up exercise and its importance to preparedness of yogic practice. Different warm-up exercise and its physiological importance.
- 3.2 An overview of diffusion, osmosis and transport across the membrane; advances in physiology of excretory system, digestive system, fluid-electrolyte balance, acid–base balance and temperature regulation with emphasis on understanding stress- mind- body interaction.
- 3.3 Significance of salt during the practice of Kriya; Tonicity of a solution [hypotonic, hyper tonic and isotonic solution];
- 3.4 Effect of Kriyas on digestive system and its movements. Mechanism of action of all shatkriyas Kriya practices.
- 3.5 Effects of Kriyas on other systems of Human body.

Unit - 4: MUDRAS & BANDHAS

[10Hrs.]

- 4.1. Advances in physiology of neurons including resting membrane potential; and transmission of nerve impulse; neurotransmitters.
- 4.2. a brief update on measurements- nerve conduction velocity, EEG, EMG, GSR, Psycho-physiology of stress; Psycho-physiology of sleep.
- 4.3. Sphincters and their functions; neuro-regulatory system that control the sphincters; Principles behind the practice of Mudras; Navadvara and their significance in yoga; Granthis and their significance.
- 4.4. Significance of neuro psychological locks and their role in regulating the tone of the muscles and nerve conduction;
- 4.5. Secretion of neurotransmitter in the brain; Role of mudra and its physiological functions of the body.

TEXT BOOKS

- Gore MM: Anatomy and Physiology of Yogic Practice, New Age Books, New Delhi.
- Sri Krishna: Notes on Structure and Functions of Human Body and Effects of Yogic Practice on it. I.C.H.Y.C., Kaivalyadhama.

- H. David Coulter: Anatomy of Hatha Yoga, A manual for students, teachers and practioners.,Motilal Banarsidass Publishers Private limited, Delhi.
- A Handbook for Yogasana Teachers: The Incorporation of Neuroscience, Physiology, and Anatomy by Mel Robin, Publisher: Wheatmark; 1 edition (15 May 2009)

REFERENCE BOOKS

- Guyton and Hall: Text book of Medical Physiology
- Chaurasia, BD: Human Anatomy
- Jain AK: Text Book of Physiology (Volume I and II), Avichal publishing company
- Sembulingam K; Sembulingam P: Essentials of Physiology for Dental students.
- Bijlani R. L.:Understanding of Human Physiology, Jaypee Brothers Medical Publishers Pvt. Ltd, New Delhi, 2011
- Pal G. K & others: Textbook for practical Physiology, Orient Longman Pvt. Ltd, Hyderabad, 2007
- Jayaprakash, C.S: Sports Medicine, Jaypee brothers, New Delhi.
- Balkrishna Acharya: Yoga – Vijnanam, Divya Publication, Haridwar.
- McArdle William D, Katch I Frank, Katch Victor L. Essentials of exercise physiology. Lippincott Williams & Wilkins.
- Brown Stanley P, Miller Wayne C, Eason Jane M: Exercise Physiology Basis of Human movement in health and disease. Lippincott Williams & Wilkins.

Subject Title: **FUNDAMENTAL PRINCIPLE OF YOGA THERAPY**

Subject Code: **PGDYT-CT105**

Objectives:

1. To understand the concept of body and health from the perspective of Yoga.
2. To have an understanding of the Yogic concept of Disease and the remedial measures therein

Total Number of Hours: 45		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

UNIT I: YOGIC CONCEPTS OF HEALTH AND MIND

(15 Hrs)

1.1 Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual

1.2 Concept of Health in Indian Systems of Medicine i.e. Ayurveda, Naturopathy and Siddha Systems of Medicine, Utility and Limitations of these systems in health.

1.3 Yogic Concept of Health: Meaning and definitions, Concept of Adhi and Vyadhi, Yogic concept of Health, role of Yoga in preventive health care - Heyamdukhamanagatam

1.4 Potential causes of Ill-health: Tapatrayas and Kleshas; Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa. Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva

1.5 Shuddhi Prakriyas in Yoga: Role of Shuddhi Prakriyas in preventive -Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana),

PranaShuddhi(Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and ChittaShuddhi (Dharana, Dhyana and Samadhi)

UNIT II: YOGIC CONCEPTS FOR HEALTH AND HEALING (15 Hrs)

- 2.1 Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing
- 2.2 Concept of Pancha-koshas& Shat-chakra and their role in Health and Healing
- 2.3 Concept of Abhyas and Vairagya, Chitta and ChittaPrasadana, Kriya-yoga, Ashtanga Yoga ofPatanjali for Health and Healing.
- 2.4 Concept of Cleansing (Shuddi), its role and importance in Health and Healing
- 2.5 Concept of Swara Yoga and its efficacy in Health and Healing

UNIT-III: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING (15 Hrs)

- 3.1 Yogic Principles of Healthy Living: Aahara, Vihara, Aachara and Vichara
- 3.2 Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living,Concept of Bhavas and Bhavanas with its relevance in Health and well-being
- 3.3 Yogic principles of Lifestyle management and its role in prevention of disease and healthpromotion
- 3.4 Yogic Principles of Diet and its role in Healthy living.
- 3.5 Yogic Practices of Healthy living: i.e. Yama, Niyama, Shat-karma,Asana, Mudra &BandhaPranayama, Pratyahara, Dharna and Dhyana, and their role in Healthy living.

TEXT BOOKS

- 1. Bhavanani, A.B. (2014). A primer of yoga theory (4th ed.). Pondicherry, India: Dhivyananda Creations.
- 2. Dr. K. Krishna Bhat: The power of Yoga
- 3. M. M. Gore : Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)
- 4. PreetiGoel and Rita Jain : Spectrum of Health (Sports Publications, New Delhi, 2003)

BOOKS FOR REFERENCE

1. Dr. R. S. Bhogal : Yoga Psychology, Kaivalyadhama Publication
2. Dr.Manmath M Gharote, Dr. Vijay Kant : Therapeutic reference in Traditional Yoga texts
3. Giri, G. S. (1999). Ashtanga Yoga of Patanjali. Pondicherry, India: Satya Press.
4. Kdham : GherandaSamhita, Kaivalyadhama, Lonavla,
5. Khalsa,S.B., Cohen,L., McCall, T., &Telles, S (Ed.), The Principles and Practice of Yoga in Health Care (pp.17-29). East Lothian, UK: Handspring.
6. Ramanathan, M. (2007). Applied Yoga-Application of Yoga in Various Fields of human Activity. Puducherry: AarogyaYogalayam.
7. Sahay, G. S.: Hatha Yoga Pradeepika, MDNIY Publication, 2013
8. T.S. Rukmani: Patanajala Yoga Sutra

Subject Title: **YOGA PRACTICUM-I**

Subject Code: **PGDYT-PC 106**

Objective:

Following the completion of the course, students shall be able to

- Explain and demonstrate the above mentioned practices skilfully.
- Have an in-depth understanding about following Yoga practices.

Total Number of Hrs: 90		Theory	Tutorial	Practical
Credits		0	0	4
Hrs/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : 50		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Practice of the following Yogic practices with brief theoretical knowledge about their importance of name, the technique, salient points, Do's & Don't, precautions to be taken and benefits of each of the following Yogic practices

UNIT-1: HYMNS AND SATKARMA

[30 Hrs.]

A. RECITATION OF HYMNS

- 1.1.1 Concept and Recitation of Pranava and Soham Japa
- 1.1.2 Recitation of Pratah-smaran and Shanti Mantras
- 1.1.3 Recitation of Hymns from Upanishad & Yoga Texts

A. SATKARMA

- 1.2.1 Dhauti (Vaman)
- 1.2.2 Neti (Sutra neti and Jal neti)
- 1.2.3 Kapalabhati (Vatkrama)
- 1.2.4 Agnisar

UNIT- 2: YOGIC SURYANAMASKAR AND YOGASANA

[30 Hrs.]

A. YOGIC SURYANAMASKAR

- 2.1.1 Yogic Surya Namaskar of Bihar School of Yoga

B. YOGASANA

- 2.2.1 Dandasana, Swastikasana, Padmasana, Vajrasana , Siddhasana, Bhadrasana
- 2.2.2 Tadasana, Urdhva-Hastottanasana, Ardha Chakrasana, Paada Hastasana
- 2.2.3 Trikonasana, Kati Chakrasana, Vrikshasana
- 2.2.4 Mandukasana, Ushtrasana, Shashankasana
- 2.2.5 Utthana Mandukasana, Navasana
- 2.2.6 Janusirasana, Akarna Dhanurasana, Vakrasana

- 2.2.7 Makarasana, Bhujangasana, Shalabhasana
- 2.2.8 Utthana-padasana, Ardha Halasana,
- 2.2.9 Pavanamuktasana and its variations, Setubandha, Saral Matsyasana
- 2.2.10 Shavasana

UNIT-3: BANDHA, PRANAYAMA AND DHYANA

[30 Hrs.]

A. BANDHA

- 3.1.1 Jalandhara Bandha
- 3.1.2 Uddiyana Bandha
- 3.1.3 Mula Bandha
- 3.1.4 Maha Bandha

B. PRANAYAMA

- 3.2.1 Anuloma-Viloma Pranayama
- 3.2.2 Concept of Puraka, Rechaka & Kumbhaka (Antar & Bahya Kumbhaka)
- 3.2.3 Nadishodhana Pranayama (Puraka+Antarkumbhaka+Rechaka)
(1:1:1 & 1:2:2)
- 3.2.4 Surya Bhedana and Chandra Bhedana Pranayama

C. PRACTICES LEADING TO DHYANA

- 3.3.1 Yoga Nidra (1,2,3)
- 3.3.2 Antarmauna
- 3.3.3 Ajapa Dharana (Stage 1, 2, 3);
- 3.3.4 Mind sound resonance technique (MSRT)

BOOKS FOR REFERENCES

1. Basavaraddi, I.V. & others: Prataha Smarana, MDNIY New Delhi.
2. Swami Kuvalyananda : Asana, Kaivalyadhama, Lonavla, 1993
3. Swami Satyananda Saraswati : Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006
4. Swami Dharendra Bhramhachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1966
5. Basavaraddi, I.V. & others : Shatkarma: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
6. Basavaraddi, I.V. & others: Yogasana: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
7. Basavaraddi, I.V. & others : Pranayama; MDNIY New Delhi, 2012

8. Saraswati, Swami Satyananda:Surya Namaskar, Yoga Publication Trust, Munger, 2004
9. Dr. Nagendra H R : Pranayama, The Art & Science, Swami Vivekananda Yoga Prakashan, Bangalore, 2005
10. Sri Ananda : The Complete book of Yoga, Orient Course Backs, Delhi, 2003.
11. Swami Satyananda: Yoganidra, Yoga Publication Trust, Munger, 1998
12. Iyengar, B.K.S.: Light on Pranayama, Harper Collins, Swami Vivekanand Yoga Prakashan, 2012
13. Desikachar, Dr. Kausthub, The Heart of Asana, - April 1, 2012

Subject Title: **FIELD WORK**

Subject Code: **PGDYT- FW 107**

Objective:

1. To get the practical experience of handling different ailments through Yoga therapy techniques
2. To get practical experience in community based yoga centre in rural and urban areas

Total Number of Hrs:	Theory	Tutorial	Field Work
Credits	0	0	4
Hrs/ week	0	0	-
SCHEME OF EXAMINATION			
Total Marks: 50			
Theory : NA		Practical : 100	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
		70	30

The student is expected to administer Yoga therapy for different 40 cases covering all the ailments and record it. He / She is expected to take 16 case studies of different ailments with disease specific parameter before and after particular Yoga therapy administration and make a dissertation. Among the 16 cases he/she should make a power point presentation of two cases.

Students will be visited to urban and rural community based yoga centre to give yoga therapy under the supervision of any experienced teacher and will submit their report.

- 1.

Semester - II

**Subject Title: ESSENCE OF PRINCIPAL UPANISHADS, GITA AND YOGA
VASISTHA**

Subject Code: PGDYT -CT201

Objectives:

1. To teach the essence of the Principal Upanishads
2. To teach the essence of the Bhagavad Gita

Total Number of Hrs: 45		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical :	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

UNIT – I: ESSENCE OF UPANISHADS

[15 Hrs.]

- 1.1 **Introduction to Upanishads:** An Introduction to Upanishadic Philosophies; Antiquity of Upanishads; Prasthanatrayi.
- 1.2 **Essence of Upanishads – I**
Aitriya Upanisad; Isha Upanisad; Mandukya Upanisad; Manduka Upanisad; Taitriya Upanisad;
- 1.3 **Essence of Upanishads -II**
Katha Upanishad; Kena Upanishad; Bruhataranyaka; Chandogya; Prashna Upanishad; Shwetashwatara Upanishad
- 1.4 **Yogatattva in Principal Upanishads-I**
Definition of Yoga, Types of Yoga- Jnana Yoga, Bhakti Yoga, Karma Yoga & Raja Yoga, Concept of Panchkosha, Teen Shareer, Omkara Upasana
- 1.5 **Yogatattva in Principal Upanishads-II**
Ashtanga Yoga in Principal Upanishad- Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi

UNIT- II: YOGA IN BHAGAWADGEETA

[15 Hrs.]

- 2.1 **General Introduction to Bhagavadgita:** Significance of Bhagavadgita as a synthesis of Yoga, Definitions of Yoga in Bhagavadgita and their relevance.
- 2.2 **Sthitaprajna and Jnana Yoga:** Concept of Sthitaprajna(States and characteristics) in Bhagavadgita and Concept of Jnana and Jnana Yoga in the context of Bhagavadgita.
- 2.3 **Karma-yoga:** Concept of Karma in the context of Bhagavadgita and Karma-yoga in Bhagavadgita

2.4 Bhakti-yoga: Concept of Bhakti in the context of Bhagavadgita, Bhaktiyoga in Bhagavadgita, and the concept of Yoga Sadhna and Nature of Dhyana as described in Bhagavadgita.

2.5 Role of Bhagavadgita in day to day life: Concept and classification of Ahara and Triguna as described in Bhagavadgita, Ahara and its role in Adhyatma Sadhana.

UNIT – III: ESSENCE OF YOGAVASISHTHA

[15 Hrs.]

- 3.1 **Concept of Yoga:** Introduction and Highlights of Yogavasishtha, Definitions of Yoga in and their relevance in Yogavasishtha.
- 3.2 **Concept of Mind:** World is the projection of Mind; ManAh PrashamanaH upAyaH YogaH: Mind control through abhyasa (practice) and vairagya (dispassion).
- 3.3 **Concept of jnana:** Jnana Saptabhumika, importance of knowledge and types of knowledge, Handling the mind and emotions-enhancing the power of discrimination(Viveka).
- 3.4 **Prana and Pranayama** Control of breathing: the story of Kakabhusanda, Understanding of the Concept of Adhi and Vyadhi;
- 3.5 **Concept of Samadhi and Moksha:** Good Association; Self Enquiry; Development of Satwaguna (Good virtues), Eight Limbs of Meditation.

TEXT BOOK

1. Swami Ranganathananda: Message of Upanishads, Bharatiya VidyaBhavan, Bombay, 1985
2. Swami Tapasyananda : The Holy Gita-the Science of Life, Pub: RK Mission, Chennai.

REFERENCE BOOKS:

1. Eknath Easwaran: The Bhagavad-Gita (Classics of Indian, Spirituality) (Nilgiri Press; 2007)
2. Swami Venkateshanada: Concise of Yoga Vasistha, State University of New York Press (1985).
3. K. Narayan Swami Aiyar : Yoga Vasistha (Laghu, The Smaller), Vista International Publisher, 2005.

Name of the course: **Patanjali Yoga and its Applications**

Course code: **PGDYT-CT 202**

Objectives:

Following the completion of this course, students shall be able to

1. Apply its value in education.
2. Apply its value practically for the management of stress.
3. Introduce its value and insights for persons with special need.

Total Number of Hrs: 45		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit- I: Applications and Understanding of Patanjali Yoga & Personality Development [09 Hrs.]

Yoga - Meaning, Definition, Aim, Objects, Concepts, Misconcepts. The nature of seer in pure state, Vrttis - Nature, classification, definition, method to control of cittavrttis. Samadhi and its classification, Ishwarapranidhana- a means to attain Samadhi, Definition & quality of Ishwara. Chittavikshepa, Chittaprasadana and its associates, Sabijasamadhi, Speciality of Nirvichara, Rthambaraprajna, Nirbijasamadhi.

Unit-II: Application and Understanding of Samyama and its applications [09 Hrs.]

Parinamavad, Dharma and Dharmi, Parinamanyateva, Samyama on - Parinamatraya, knowledge of bhutaruta, Parachittajnana, Antardhana.Aparantajnana, Samyama on - Maitri, Surya, Chandra, Nabhichakra, Kanthakupa, Kaurmanadi, Murdhajyothi, Pratibha, Hrdaya, Swartha, Udana, Samana, and their benefits.

Attainments of divyashrotra, Akashagamana, Bhutajaya, Animadi siddhi, Indriyajaya, Kaya jaya, Sarvajnatva, Kaivalya, Vivekajnana, knowledge of satva and purusha and its benefits - According to Patanjala Yoga sutra - Chapter - III.

Concept of Kaivalya in Patanjali Yoga Sutra: [09 Hrs.]

Kaivalya-Introduction, Siddhi, Jatyantaraparinama, Nirmanachitta.Karma, Vasana, Smrti and Samskara, Support of vasana, Guna and its existence, Quality of everknown of purusha, Non-self illumination of Buddhi and its function.Chitta, Dharmamegha

Samadhi, Infinite knowledge. Mutation of Guna, Krama, Pratiprasava and Kaivalya – According to PatanjalaYogasutra – Chapter IV.

Unit-III: Applications of Patanjali Yoga Sutra in cognitive functions [09 Hrs.]

Physical &Pranic Level: Assana& Pranayama (for Lung capacity); Mental Level: Gain mastery over the Mind, concentration, creative skills and clear thinking; Creativity; through Pratyahara, Dharana and Dhyana (Meditation). Spiritual Level: Kriya-yoga and its benefits; classification of klesha and methods to control kleshas, karmasaya.Vipaka of kleshamula, Heyaswarupa, Heyahetu, Drsya and Drasta. Samyoga-Nature & cause, Hanaswarupa Hanopaya. Vivekakhyaithi.

Unit-IV: Application of Patanjali Yoga Sutra in Stress Management [09 Hrs.]

Application in Stress management: Practices for ChittaVrittiNirodha (Abhyasa and Vairagya), Chittaprasadanam, Physical Level: Asanas (for strength and stamina); Pranic level : Pranayama, Mental level: Personal and Social Discipline through five Yamas (don'ts) and five Niyama (do's), mastery over mind through pratyahara, Emotion level: mastery over emotions to prevent, anger, fear, through IshwaraPranidhana (Surrenderance to the supreme); Spiritual health: Dhyana, and Samadhi(for joy, bliss).

TEXT BOOKS

1. SwamiSatyananda(1983), FourChaptersonFreedom (Commentaryonthe Yoga Sutras of Patanjali) , Bihar School of Yoga, Munger-811201.
2. IyengarB.K.S. : Light onthe Yoga Sutras of Patanjali, PublishedThorsons, 2002.

REFERENCE BOOKS:

1. SharmaBR :Jotsna (Comentory of HathaYogaPradeepika) Kaivalyadhama, Lonavala, 2013.
2. Gharote, M.M. :Therapeuticreferences in Traditional Yoga Texts, TheLonavlaInstitute, Lonavla, 2010.
3. GharoteML :Hatharatnavali, TheLonavalaYohaInstitute, Lonavala, Pune, IIndEdition, 2009.
4. Woods, J.H.: The Yoga System of Patanjali, M.L.B.D., Delhi, 1988
5. SwamiVivekananda : Rajayoga, AdvaitaAshram, Culcutta, 2000.
6. Rukmini T.S.: Yoga Vartika of Vijnanbhikshu (Tr.) Vol I, II, III & IV, MunshiramManoharlalPvt. Ltd. New Delhi
7. Swami Vivekananda(1982), Rajayoga, Ramakrishna Ashrama Publications, Dehi Entally Road, Kolkata-700014.
8. Taimini.I.K.(1961), The Science of Yoga, Theosophical Publishing House, Adyar, Madras.- 600020
9. Bharati, Swami Anant: Patanjala Yoga Shashtra – EkaAddhyayana, Hindi, MDNIY, New Delhi- 2007
10. Srivastava Suresh Chndra :Patanjali Yoga Darshanam , Varanasi.

Subject Title: TECHNIQUES OF PSYCHOLOGICAL COUNSELLING

Subject Code: PGDYT- CT203

Objectives:

- To grow as a good counselor by understanding the fundamental principles of counseling - such as - good listener, good empathizer, phenomenon of transference, responses during listening, documentation, confidentiality, non personal example etc
- To develop a general understanding of abnormal behavior and disease process through various models of health psychology
- To understand causes of pathological behavior and psycho-diagnostic assessment.
- To develop skills for diagnosis of the stress factor that caused the disease
- To offer yogic techniques of raja yoga, jnana yoga, bhakti yoga and karma yoga as coping strategies.

Total Number of Hrs: 45		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit:- INTRODUCTION TO APPLIED ASPECTS OF PSYCHOLOGY

[15 Hrs.]

Understanding Human Nature; Individual differences in Human Functioning; A Framework for Viewing Human Functioning and Disorders; Application of psychology in Education, Industry, Medicine; Betterment of individual, Community and Nation; Mental Health: Meaning and Importance; Yogic Perspective of Mental Health, Indicators of Mental Health; Stress: Meaning and Definition; Symptoms, Causes and Consequences of Stress; Conflict, Frustration and Pressure; Adjustment: Definition and Nature; Adjustment and Mental Health; Ways of Adjustment: Direct Ways and Indirect Ways (Defense-mechanisms) of Adjustment, Meliorative and Prophylactic aspects of Mental Health.

Unit-II: PSYCHOLOGICAL DISORDERS

[10 Hrs.]

Psychoanalytic, behavioural, cognitive and biological models; Sociobiology of health and disease; Diagnostic classification of mental and behavioural disorders; Disorders of attention, perception, thought movement, Psychodiagnosis of major Mental Disorders of the Adults and their treatment: Stress and Anxiety Disorders, and Schizophrenia, Affective Disorders, Psychosomatic Disorders, Personality Disorders and Substance abuse; Mental Retardation, Learning Disability, Attention Deficit Disorders and Hyperactivity, Autism, Fears and Phobias, Conduct disorders

Unit-3: YOGA AND PSYCHOTHERAPY**[10 Hrs.]**

Psychotherapy: Nature and Process of Psychotherapy, Ethics in Psychotherapy; Approaches to Psychotherapy-I: Psychodynamic Therapy, Behaviour Therapy: Aversive Conditioning, Systematic Desensitization, Token Economy, Conditioned Reflex Therapy; Approaches to Psychotherapy-II: Client-centred Therapy, Rational Emotive Behavioural Therapy (REBT) by Elbert Ellis, Gestalt Therapy; Yogic Concepts and Techniques in Patanjala Yoga Sutra and Bhagwadgita for Promoting Mental Health; Need of Spiritual Growth for Mental Health; Specific Yogic Practices for Promotion of Mental Health: Breath Awareness, Shavasana, Yoganidra, Pranayama and Meditation; Yogic Life-style

Unit-4: YOGIC COUNSELLING**[10 Hrs.]**

Introduction to counselling, nature approaches and challenges; Approach to counselling-Building yogic rapport and efficient communication; Acceptance; Empathy; Solving the problems with yogic wisdom; Developing surrendering attitude and inculcating the habit of a good listener; Self-awareness; Having the predominance of Satva attributes

TEXT BOOK:

1. Hecker, J.E. & Thorpe, G.L. : Introduction to clinical psychology: Science, Practice & ethics. New Delhi: Pearson, 2010
2. Hilgard, Ernest R., Atkinson, Richard C. & Atkinson, R.L: Introduction to Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.
3. Nagendra, H. R.: New Perspectives in Stress Management. Bangalore: Vivekananda Kendra.

BOOKS FOR REFERENCE

1. Herrman, H., Saxena, S, & Moodie, R: Promoting Mental Health. Switzerland: WHO Press, World Health Organization, 2005
 2. Singh, A. K.: Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007
 3. Taylor, S. E.: Health Psychology (6th ed.). New Delhi: Tata McGraw Hill, 2006
 4. Tilak, B. G.: Srimad Bhagwadgita Rahasya. Poona: Tilak Mandir.
 5. Udupa, K.N. : Stress and Its Management by Yoga. Delhi: Motilal Banarasidas, 2007
- Vivekananda, Swami: Raja Yoga. Nagpur: Ramakrishna Math.

Subject Title: **DISEASE SPECIFIC YOGA THERAPY**

Subject Code: **PGDYT-CT 204**

Objectives:

- To be able to understand the measurements- investigations to assess the effect of Yogic Management -rationale for the disease specific Yoga therapy, scientific evidence if available, practices of choice and contra-indications. Probable healing mechanisms.
- To be able to prescribe suitable diet regime

Total Number of Hrs: 45	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/ week	3	1	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical :	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30		

Unit-1: Yoga Therapy for Musculo-skeletal disorders [8 Hrs]

- 1.1. Role of Yoga as a therapy in various musculoskeletal conditions such as lumbago, cervical spondylosis, arthritis, repetitive strain injuries and Postural deformity and relevance of Yogic diet.

Unit-2: Yoga Therapy for cardio -Respiratory disorders [8 Hrs.]

- 2.1. Role of Yoga as a therapy in various Cardiovascular disorders including hypertension, atherosclerosis, Coronary Artery Disease (CAD) and relevance of Yogic diet.
- 2.2. Role of Yoga as a therapy in various respiratory disorders such as Sinusitis, Allergic Rhinitis, bronchial asthma, bronchitis and relevance of Yogic diet.

Unit-3: Yoga Therapy for Digestive & Excretory Disorders [7 Hrs]

- 3.1. Role of Yoga as a therapy in digestive disorders: Gastritis, Dyspepsia, Hyperacidity, peptic ulcer, Irritable Bowel Syndrome (IBS), constipation, Stress incontinence, hemorrhoids and relevance of Yogic diet.

Unit-4: YOGA THERAPY FOR ENDOCRINE AND METABOLIC DISORDERS [7 Hrs.]

- 4.1 Role of Yoga as a therapy in various endocrine and metabolic disorders including prevention and management of thyroid, diabetes mellitus, obesity and metabolic syndrome and relevance of Yogic diet.

Unit-5: YOGA THERAPY FOR OBSTETRIC & GYNAECOLOGICAL DISORDERS [7 Hrs.]

- 5.1. Role of Yoga as a therapy in various Obstetric & Gynaecological disorders including prevention and management of Polycystic Ovarian Syndrome (PCOS/PCOD), Menstrual Disorders (Menstrual cramp and pain) and Menopausal discomfort and relevance of Yogic diet.

Unit-6: YOGA THERAPY FOR NEUROLOGICAL AND PSYCHOLOGICAL DISORDERS [8 hrs.]

- 6.1. Role of Yoga as a therapy in neurological conditions including Migraine, Parkinson's disease, Cerebrovascular accidents (stroke), Epilepsy, dementia and relevance of Yogic diet.
- 6.2. Role of Yoga in various psychiatric disorders including Bipolar affective disorder (BPAD), anxiety, Insomnia, depression. Obsessive Compulsive Disorder, Post-traumatic stress disorder. Philosophical & psychological concepts of Yogic counseling.

TEXT BOOKS

1. Bhavanani, A.B. (2008). Yoga for Health and Healing. Pondicherry, India: Dhivyananda Creations.
2. Bhavanani, A.B. (2013). Yoga Chikitsa: Application of Yoga as a therapy. Pondicherry, India: Dhivyananda Creations.
3. Dr Robin Monro, Dr R Nagarathna and Dr H R Nagendra, Yoga for common ailments, Gaia Publishers
4. Nagarathna R and Nagendra HR, Yoga therapy for common ailments series, SVYP publications, 2010
5. Swami Karmananda, Yoga therapy for common diseases, Yoga publication trust, Munger, 2001

REFERENCE BOOKS

1. Aatreya, Shanti Parkash: Yoga Manovigyan, Indian Psychology, International Standard Publication, Varanasi; 1965
2. Abhedananda: The Yoga Psychology Ramakrishna Vedanta, Math, Calcutta, 1973.
3. Dr Robin Monro, Dr R Nagarathna and Dr H R Nagendra, Yoga for common ailments.
4. Harrison: Principles of Internal Medicine, International Edition, 14th Edition, New York: McGraw Hill Co. Inc., 1998

5. MDNIY publications:10 Booklets, Yoga Therapy Series, MDNIY Publications, New Delhi, 2009
6. Nagarathna R andNagendra H R: Yoga for Arthritis, Back pain, Diabetes, Pregnancy Breathing Practices, Swami Vivekananda Yoga Prakasana, Bangalore, 2000Shivanand Saraswati:Yoga Therapy (Hindi & English)
7. Nagarathna, R and Nagendra, H.R. : Integrated Approach of Yoga Therapy for Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2001
8. Nagarathna, R andNagendra, H.R.: Promotion of Posit4e Health, Swami V4eekananda Yoga Prakashana,Bangalore, 2002
9. Rai, Lajpat: Discovering Human Potential energy: A Physiological, Approach to Yoga, AnubhavaRai Publications, 1998
10. Ramesh Bijlani:Back to Health through Yoga, RupaPublicationsIndiaPvt. Ltd, 2011
11. Reddy, M. Venkata and Others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P.2005
12. Swami kuvalayanandaand S.L. Vanikar:Yoga Therapy: Ka4alyadhama, Lonavala, Revised Edition.
13. Swami SatyanandaSaraswati:A Systemic programme in the ancient tantrictechniques of Yoga and Kriya, Yoga Publication Trust, Munger, 2007
14. Swami SatyanandaSaraswati:Yoga and Cardio Vascular Management,Yoga Publication Trust, Munger, 2005
15. Swami Shankardevananda Saraswsati:Yogic Management of Asthma and Diabetes, Yoga Publication Trust, Munger, 2002

Name of the course: **Review of Scientific Yoga Research**

Course code: **PGDYT-CT 205**

Objectives:

After the completion of the program, the students should be able to

1. Get scientific research knowledge about Yoga practices on different diseases
2. Prepare Yoga therapy modules for different diseases

Total Number of Hrs: 45		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Yoga research on Healthy persons [5 Hrs]

- Research studies on Yoga for healthy person's well-being, performance improvement.

Unit-2: Yoga research on Musculoskeletal disorders [5 Hrs]

- Research studies on Yogic management of cervical spondylosis, lumbar spondylosis, IVD Prolapse, Ankylosisg spondylitis, spinal deformities.

Unit-3: Yoga research on Cardio -Respiratory disorders [5 Hrs]

- Research studies on Yogic management of COPD: Bronchial Asthma, Bronchitis, allergic rhinitis, cardiovascular diseases, Hypertension, IHD.

Unit-4: Yoga research on Gastro Intestinal & Excretory Disorders [05 Hrs]

- Research studies on Yogic management of Dyspepsia, peptic ulcer, gastritis, constipation, IBS.

Unit-5: Yoga research on Metabolic disorders [05 Hrs]

- Research studies on Yogic management of Diabetes, thyroid disorders, Obesity, Metabolic syndrome.

Unit-6: Yoga research on Neurological disorders [5Hrs]

- Research studies on Yogic management of Migraine, headache, stroke, Parkinson's diseases, multiple sclerosis, dementia, Alzheimer's disease

Unit-7: Yoga research on Psychological & Psychiatric disorders [05 Hrs]

- Research studies on depression, schizophrenia, PTSD, ADHD, and yes, autism, anxiety.

Unit-8: Yoga research on Female subjects [05 Hrs]

- Research studies on Yogic management of menstrual abnormalities and menopausal discomfort.
- Research studies on Yoga for pregnancy.

Unit-9: Yoga research on children and geriatric population [05 Hrs]

- Research studies on children and geriatric population.

REFERENCE JOURNALS & PUBLICATIONS:

1. Alternative and Complementary Therapies,
2. Alternative Health Care Journals,
3. Alternative Medicine Journals,
4. Alternative Therapies in Health and Medicine,
5. BMC Complementary and Alternative Medicine,
6. Indian Journal of Ancient Medicine and Yoga
7. Integral Yoga Magazine
8. International Journal of Yoga (IJoY)
9. International Journal of Yoga Therapy (IJYT)
10. International journal of yoga therapy,
11. International Scientific Yoga Journal SENSE
12. International Yoga Guide
13. Journal of Alternative and Complementary Medicine
14. Journal of Yoga & Physical Therapy
15. LA YOGA Ayurveda & Health Magazine
16. Light of Consciousness - Journal of Spiritual Awakening
17. Psychological Research in Mental Health and Neuroscience, NIMHANS.
18. Samatvam- Quarterly News Letter, NIMHANS
19. Yoga & Health Magazine
20. Yoga Awakening Africa Magazine (YAA)
21. Yoga International
22. Yoga Journal
23. Yoga Life Magazine
24. Yoga Magazine - Magazine of the Bihar School of Yoga
25. Yoga Rahasya
26. Yoga Therapy Today (YTT)

Subject Title: **YOGA PRACTICUM-II**

Subject Code: **PGDYT-PC 206**

Objective:

- Explain and demonstrate the above mentioned practices skilfully.
- Have an in-depth understanding about following Yoga Practices.

Total Number of Hours: 90		Theory	Tutorial	Practical
Credits		0	0	4
Hrs/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Practice of the following Yogic practices with brief theoretical knowledge about their importance of name, the technique, salient points, Do's & Don't, precautions to be taken and benefits of each of the following Yogic practices.

UNIT-1: HYMNS AND SATKARMA

[30 Hrs.]

A. RECITATION OF HYMNS

- 1.1.1 Recitation of Selected Slokas of Bhagwat geeta;
- 1.1.2 Recitation of Selected Sutras of Patanjali Yoga Sutra;
- 1.1.3 Recitation of Nirvan Satkama and Suryastakama

B. SATKARMA

- 1.2.1 Dhauti (Vastra)
- 1.2.2 Kapalbhathi (Sitkrama and Vyutkrama)
- 1.2.3 Concept of Basti and Shankhprakhshana

UNIT- 2: YOGIC SURYANAMASKAR AND YOGASANA

[30 Hrs.]

A. YOGIC SURYANAMASKAR

- 2.1.1 Yogic Surya Namaskar of Swami Dharendra Bhrahmachari

B. YOGASANA

- 2.2.1 Parshva Konasana, Parivrtta Trikonasana, Natarajasana
- 2.2.2 Garudasana, Vatayanasana
- 2.2.3 Utthita Padmasana, Baddha Padmasana
- 2.2.4 Paschimottanasana, Purvottanasana, Supta Vajrasana
- 2.2.5 Kurmasana, Gomukhasana, Ardha-Matsyendrasana
- 2.2.6 Kukkutasana, Garbhasana, Bakasana,
- 2.2.7 Naukasana, Dhanurasana
- 2.2.8 Sarvangasana, Karnapedasana, Halasana, Matsyasana
- 2.2.9 Chakrasana, Mayurasana, Sirshasana and its variations

2.2.10 Shavasana

UNIT-3: MUDRA, PRANAYAMA AND DHYANA

[30 Hrs.]

A. MUDRA

- 3.1.1 Yoga Mudra
- 3.1.2 Maha Mudra
- 3.1.3 Vipareet Karni Mudra
- 3.1.4 Simha Mudra
- 3.1.5 Sanmukhi Mudra/Yoni Mudra

B. PRANAYAMA

- 3.2.1 Nadi Shodhana pranayama
- 3.2.2 Bhramari Pranayama
- 3.2.3 Suryabhedana and Chandrabhedana Pranayama,
- 3.2.4 Ujjayi Pranayama and Bhastrika Pranayama,
- 3.2.5 Sheetal Pranayama and Shitkari Pranayama

Note: Preferably with the ratio 1:4:2:1 (Puraka:Antara Kumbhaka:Rechaka:Bahya Kumbhaka)

C. PRACTICES LEADING TO DHYANA

- 3.3.1 Breath Meditation,
- 3.3.2 Om Dhyana
- 3.3.3 Vipassana Dhyana
- 3.3.4 Preksha Dhyana

BOOKS FOR REFERENCES

1. Basavaraddi, I.V. & others: Prataha Smarana, MDNIY New Delhi.
2. Swami Kuvalyananda : Asana, Kaivalyadhama, Lonavla, 1993
3. Swami Satyananda Saraswati : Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006
4. Swami Dharendra Bhramhachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1966
5. Basavaraddi, I.V. & others : Shatkarma: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
6. Basavaraddi, I.V. & others: Yogasana: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
7. Basavaraddi, I.V. & others : Pranayama; MDNIY New Delhi, 2012

8. Saraswati, Swami Satyananda:Surya Namaskar, Yoga Publication Trust, Munger, 2004
9. Dr. Nagendra H R : Pranayama, The Art & Science, Swami Vivekananda Yoga Prakashan, Bangalore, 2005
10. Sri Ananda : The Complete book of Yoga, Orient Course Backs, Delhi, 2003.
11. Swami Satyananda: Yoganidra, Yoga Publication Trust, Munger, 1998
12. Iyengar, B.K.S.: Light on Pranayama, Harper Collins, Swami Vivekanand Yoga Prakashan, 2012
13. Desikachar, Dr. Kausthub, The Heart of Asana, - April 1, 2012

Subject Title: **DISSERTATION**

Subject Code: **PGDYT-PR 207**

Objective:

Following the completion of this project work, students shall be able to:

1. Carry out small scale research projects.
2. Analyze his/her data and organize the data in tabular and graphical form.
3. Interpret the data and draw the conclusion.

Total Number of Hrs:	Theory	Tutorial	Project
Credits	0	0	4
Hrs/ week	0	0	-
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory :		Practical : 100	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
		70	30

Note:

During this time, candidates are expected to carry out the following tasks:

Carry out small scale research projects

Submit dissertation mentioning (Introduction, Hypothesis, Review of literature, Aims, Objectives, Methodology, Results, Discussion, Conclusion, summary).

Meet the guide at least once to report their progress.

Spend time every day for recording data if it is a scientific research.

Examination:

Students shall be examined based on Research question, dissertation, presentation of and progress of the project work.