

Nehru Gram Bharati Vishwavidyalaya
Kotwa-Jamunipur-Dubawal, Allahabad-221505 (UP)

SYLLABUS FOR P.G. DIPLOMA IN YOGA

(ONE YEAR REGULAR COURSE)

Title of the Course – P.G. DIPLOMA IN YOGA

Duration of the Course –

The course will be of One year duration, which will be divided into Two Semesters.

Objectives of the Course –

The course will provide deeper insight into the curriculum of Yogic Sciences along with the therapeutic applications of Yoga and alternative therapies

At the Master level it is also intended that students should get familiar with the original texts of Yoga.

Promoting Positive Health in the Student through Yoga and enabling and imparting skill in them to practice and apply Yogic practices for Health to general public and teach Yoga for Total personality development and spiritual evolution.

Invoking and inculcating inquisitive, scientific temper in student regarding the Traditional Indian Sciences specially Yoga and Spirituality.

A research attitude and orientation will also be inculcated into the student so that they further become able to undertake advance and theoretical and applied researches in the field of Yoga and Alternative Therapies.

Syllabus –

The syllabus is designed to fulfill aforesaid objectives as subjects (Theory and Practical). Semester wise detail scheme and name of the papers are given as ahead.

Scheme of Evaluation :-

As this is a course with the objectives mentioned above the assessment will be based on attendance in theory and practical classes, assignments in the form of Sessional works, personality changes of students as they go through the course as assessed and evaluated by teacher.

·The Sessional tests will carry 40% of total marks for the course. The marks of the Sessional Test shall be taken into account for the computation of Grades.

·There shall be a written End Semester Examination which shall be of 3 hours duration carrying 60% of total Marks assigned for the course, covering the entire syllabus prescribed for the course. The End semester Examination shall be conducted by the Examination Controller in consultation with the CSSC.

·The End Semester practical examinations shall normally be held before the theory examination. The internal faculty shall associate themselves with the examination process.

Eligibility:-

No student shall be eligible for admission to a P.G.Diploma programme in Yoga unless he/she has successfully completed a three year undergraduate degree or earned prescribed number of credits for an undergraduate degree through the examinations conducted by a University /autonomous institution or possesses such qualifications recognized by the NGB Vishwavidyalaya equivalent to an undergraduate degree.

Age Limitation :-

Candidates should not be more than 40 years of age on the first day of the session i.e. 1 July in which he/she is taking admission.

Pass Percentage :-

A student who has passed in all the core courses and the minimum number of electives prescribed for the programme and earned a minimum of 36% shall be considered to have passed the P.G.Diploma Programme.

A candidate who fails in three papers (including theory & practical), Sessional work & Viva-Voce in the each semester will be declared to have failed in the P.G.Diploma in Yogic science. A candidate who fails in less than three papers will be eligible to take the

admission in next semester but he must be appeared in fails subjects in subsequent semester's examination (for two times only).

Grade System

Regarding grading system, the rule of the One -Year P.G.Diploma programme will be followed as the University rules & regulations.

Procedure of Admission:-

In order to select the candidate from amongst the applicants, the institution may either prepare a merit list giving suitable weight-age to marks obtained in previous qualifications and other factors or may conduct a written test/interview or may adopt both of these two methods giving suitable weight-age to them.

The person seeking admission to course will apply on the prescribed admission form of the University by the last announced for the purpose.

Reservation:-

Candidates belonging to S.T/S.C and OBC categories will get relaxations as per the general admission rules of the University.

Medical Fitness Certificate :-

The selected candidates must submit a medical fitness certificate along with academic certificates/testimonials and migration certificate also, if needed.

Seats :-

There are only 240 seats (Four Sections of 60 Seats each) for the Course. The Examination patterns of course will semester wise. The Fee structure for the programme will be decided by the University/Colleges concerned. The examination Fee will be charged as per the rules of the University.

Attendance:-

Seventy five percent attendances in theory and practical classes respectively will be necessary for a candidate to appear in the final examination.

Points, if any, not covered by the provisions of this ordinance will be subject to the existing rules and regulations of the University and the Act, the statutes and the Ordinances, of the university, as applicable from time to time.

Scheme of Examination:

SEMESTER –I

Sub Code	Title of the Paper	Marks			
		Theory	Practical	Sessional	Total
SOE/YOG/C001	Fundamentals of yoga and Hathyoga	60	-	40	100
SOE/YOG/C002	Anatomy, Physiology and yogic Practice	60	-	40	100
SOE/YOG/C003	<i>Yoga and Personality Development</i>	60	-	40	100
SOE/YOG/C004	Practical -I		100	100	200
					500

SEMESTER –II

Sub Code	Title of the Paper	Marks			
		Theory	Practical	Sessional	Total
SOE/YOG/C005	Patanjal Yoga Sutra	60	-	40	100
SOE/YOG/C006	Principles of Naturopathy & Yoga	60	-	40	100
SOE/YOG/C007	Spirituality , Science & Yoga Ethics	60	-	40	100
SOE/YOG/C008	Practical –II		100	100	200
					500

SEMESTER-I
PAPER-I (SOE/YOG/C001)
FUNDAMENTALS OF YOGA NAD HATHYOGA
DURATION OF EXAM. : 3HRS.
MARKS: 100 EXTERNAL: - 60 SESSIONAL: - 40

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: BASIC CONCEPTS OF YOGA

- 1. Meaning of Yoga & Various Definitions,**
- 2. Aim, Objectives, Characteristics & importance of Yoga in life.**
- 3. Vikasavada, Prakriti, Purusha & their relationship.**
- 4. Meaning, Definitions, Aims & Objectives of Hath Yoga,**
- 5. Sign & Symptoms of Success in Hathyoga, Meaning and nature of Kundalini, Kundalini Jagaran & Nadanusandhan.**

UNIT-II: HISTORY AND DEVELOPMENT OF YOGA

- 1. History and Development of Yoga in Vedas & Upanishads**
- 2. History and Development of Yoga in Gita and Sat Darshan.**
- 3. History and Development of Yoga in Buddhism, Jainism and Indian Philosophy.**

UNIT-III: DISCIPLINE AND OBSTACLES IN YOGA SADHANA

- 1. Elements of Success and Failure in Yoga Sadhana According to Hathyoga**
- 2. Elements of Success and Failure in Yoga Sadhana According to Yogasutra.**
- 3. Elements of favorable & unfavorable conditions i.e. Time, Season and Diet for the Practice of Yoga.**

UNIT-IV: HUMAN CONSCIOUSNESS

- 1. Meaning, Nature & Definitions of Consciousness**
- 2. Need of the Study of Human Consciousness,**
- 3. Human Consciousness in Ved, Upnishad, Shatdarshan, Buddhism and Jainism.**

REFERENCE BOOKS

- 1. Rajayoga- Swami Vivekanand, Ramakrishan Ashrama Publications.**
- 2. Yoga Sutras of Patanjali- Hariharananda Aranya, University of Calcutta Press, Calcutta.**
- 3. Radhakrishnan, S. :Indian Philosophy (Vol. I & II) (George Allen and Unwin, London, 1971**
- 4. Dr. Ishwar Bhardwaj: Manav Chetna (Hindi), Satyam Publication, New Delhi, 2011**
- 5. Pitamber Jha: Yog Parichaya**
- 6. औपनिषदिक अध्यात्म विज्ञान— डॉ. ईश्वर भारद्वाज**
- 7. पातंजलि योग विमर्श—डॉ. विजयपाल शास्त्री**

SEMESTER-I
PAPER – II (SOE/YOG/C002)
ANATOMY, PHYSIOLOGY AND YOGIC PRACTICE DURATION OF EXAM. : 3
HRS.

MARKS: 100 EXTERNAL: - 60 SESSIONAL: - 40

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT – I

- 1. Concept of cell, tissue, organs and organs.**
- 2. Structure & function of Cell & Tissues**
- 3. Structure and functions of main organs (Heart, Lungs, Stomach, Liver & Kidney)**

UNIT-II

- 1. Elementary knowledge of Skeletal System, Digestive System - Structure & Function**
- 2. Physiology of Digestion and effect of yogic practices on the digestive system.**
- 3. Respiratory System – Structure, Function and effects of yogic practices on respiratory system.**

UNIT-III

- 1. Circulatory system: Structure & function and effects of yogic practices on Circulatory system.**
- 2. Classification of Blood & their functions**
- 3. Nervous system – Its types and their functions and Autonomic nervous system (ANS) with special reference to Yogic practice. Effects of yogic practices on Nervous system.**

UNIT-IV

- 1. Meaning of Endocrine and Exocrine glands and their differentiation. Excretory system - Structure & function and effects of yogic practices on Excretory system.**
- 2. Structure of a nephron and physiology of formation of urine.**
- 3. Endocrine system – Its types and functions and Effects of yogic practices on endocrine glands**

REFERENCES

- 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 Kaivalydhama S.M.Y.M Samiti, Lonavala, 1988.**
- 4. Chatterjee, C.C., Human Physiology (Vol. I & II), Medical Allied Agency, Calcutta, 1992**
- 5. Guyton, Textbook of Medical physiology, 9th edition.**
- 6. शरीर रचना विज्ञान – डॉ० मुकुन्द स्वरूप वर्मा**
- 7. शरीर क्रिया विज्ञान – डॉ० प्रियव्रत शर्मा**
- 8. शरीर रचना व क्रिया विज्ञान – डॉ० एस० आर० वर्मा**

SEMESTER I
PAPER – III (SOE/YOG/E002)
YOGA & PERSONALITY DEVELOPMENT

MARKS: 100

EXT:- 60

INT :- 40

DURATION OF
EXAM. : 3 HRS.

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: CONCEPT OF YOGA

- 1. Meaning and Definitions of Yoga & Personality**
- 2. Objectives of Personality Development, Meaning of Personality Disorganisation.**
- 3. Effectiveness of Yoga in Personality Development**

UNIT-II: CONCEPT OF PERSONALITY

- 1. Characteristic of Personality**
- 2. Types of Personality both in Indian and Western Concept**
- 3. Factors of Personality Development**

UNIT-III: CAUSES OF PERSONALITY DISORDERS

- 1. Biological Cause**
- 2. Psychological Cause**
- 3. Socio-cultural and Environmental Cause**

UNIT-IV: ROLE OF YOGIC TECHNIQUES IN THE DEVELOPMENT OF PERSONALITY

- 1. Role of Psycho Therapeutic and Relaxative technique**
- 2. Role of Physio therapeutic, Psycho-Meditative and Rehabilitative technique**
- 3. Values Development through Yoga**

References

- | | |
|--|-------------------------------|
| 1. Internal yoga psychology | - V. Madhupudhan Reddy |
| 2. Yoga and depth psychology- I.P Sachdeva | |
| 3. Yoga Psychology - Shanti Parkash Attari | |
| 4. Samanya Manovijana | - Wasim Ahamad Khan |
| 5. Abnormal Psychology | - J.C. Coleman |
| 6. Yoga and Yogic Therapy | - Ram Harsh Singh |
| 7. Yoga and Mansik swasthya- Dr. Suresh Barnwal | |

SEMESTER-I
PAPER – IV (SOE/YOG/C004)
PRACTICAL – I

MARKS: 200

PRACTICAL: - 100**

SESSIONAL: - 100

Suryanamaskar with Mantras: 40
ASANAS

- | | | |
|---------------------------------|-----|-------------------------|
| 1. Tadasan- Standing | 13. | Dhaanurasan- Prone |
| 2. Ardhakatichakrasan -Standing | 14. | Shalabhasan- Prone |
| 3. Garudasan- Standing | 15. | Bhujangasan- Prone |
| 4. Vrikshasan -Standing | 16. | Vakrasan- Prone |
| 5. Padhastasan- Standing | 17. | Halasan-Supine |
| 6. Trikon Asan -Standing | 18. | Vipritkarniasan -Supine |
| 7. Padmasan- Sitting | 19. | Sarvangasan-Supine |
| 8. Vajrasan - Sitting | 20. | Matsyasan -Supine |
| 9. Siddhasan- Sitting | 21. | Suptavajrasasan -Supine |
| 10. Gomukhasan- Sitting | 22. | Shavasana- Supine |
| 11. Bhadrasan- Sitting | | |
| 12. Ardh Matsyendrasan- Sitting | | |

Pranayam- 15 Marks

1. Anuloma-Viloma Pranayam
2. Suryabhedhi Prayanam
3. Chandrabhedhi Prayanam
4. Ujjai Pranayama

Shudhi Kriya- 15 Marks

1. Jalneti
2. Rubber Neti
3. Vaman Dhouti (Kunjil)

Mudra & Bandh - 15 Marks

1. Maha Mudra & Maha Bedha
2. Jalandherbandh
3. Uddayanbandh
4. Moolbandh

Meditation- Pranav Meditation 15 Marks

Relaxation-

1. Yog Nidra & Transcedental Meditation

**40 Sessional Viva-Voce will be 100 Marks (by External and Internal Examiner)

REFERENCE

1. Saraswati Satyananda, Asana, Pranayama, Mudra Bandha, Bihar school of Yoga, Munger.
2. Niranjananada Swami, Gheranda Samhita, nagarathna, Bihar school of Yoga, Munger.
3. Swami Digambar & Jha.P. Hatha Pradipika. Kaivalyadham Yoga Prakashan, Lonavala, Pune.
4. Nagendra, H.R., Integrated Approach of Yoga Therapy for Positive Health ,Swami Vivekananda Yoga Prakashana, Bangalore, 2001.
5. Nagarathna R and Nagendra, H.R, Yoga for Common Ailments, Swami Vivekananda Yoga Prakashana, Bangalore, 2001.

SEMESTER II
PAPER – I (SOE/YOG/C005)
PATANJALA YOGA SUTRA

DURATION OF
EXAM. : 3 HRS.

MARKS: 100

EXT:- 60

INT :- 40

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I

- 1.Introduction to Patanjala Yoga Sutra & Maharishi Patanjali,**
- 2.Definition of Yoga & Concept of Chitta, Chittavritties**
- 3.Chitta Bhumies, Ishwar Pranidhan & Methods to Control Chittavritties.**

UNIT-II

- 1.Types of Samadhi- Samprajnata and Asamprajnata.**
- 2.Concept of Kriya Yoga, Yogantaraya & their associates and Panch Kleshas,**
- 3.Methods of Chitta Prasadana**

UNIT-III

- 1.Purusha, (drishta) & Prakriti, (drishya)**
- 2.Astanga Yoga: Yama, Niyama, Asanas, Pranayama & Pratyahara**
- 3.Dharana, Dhyana & Samadhi**

UNIT-IV

- 1.Karma Sidhant, Sanskara & Vasana**
- 2.Vivek-khyati**
- 3.Vibhuties & Kaivalya**

REFERENCE BOOKS

- 1.पातंजल योग सूत्र – गीता प्रेस, गोरखपुर**
- 2.पातंजल योग दर्शन– राजबीर शास्त्री**
- 3.पातंजल योग विमर्श–डॉ. विजयपाल शास्त्री**
- 4.पातंजल योग प्रदीप– स्वामी ओमानन्द तीर्थ**
- 5 - अष्टांग योग– स्वामी चरणदास**
- 6.- मेरी वसीयत और विरासत– श्रीराम शर्मा आचार्य**
- 7.Essays on yoga- Swami Shivananda**
- 8.Bases of yoga- Shri Aurabindo**

SEMESTER-II
PAPER – II (SOE/YOG/C006)
PRINCIPLES OF NATUROPATHY and Yoga

MARKS: 100

EXT:- 60

INT :- 40

DURATION OF
EXAM. : 3 HRS.

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: BASIC OF NATUROPATHY

- 1. Meaning , Definitions & Fundamental principles of Naturopathy.**
- 2. Objectives & Importance of Naturopathy. Scope of Naturopathy.**
- 3. Laws of Nature: Pancha Mahabhuta.**

UNIT-II: HISTORY OF NATUROPATHY

- 1. History of Naturopathy in Ancient period.**
- 2. Development of Modern Naturopathy**
- 3. History of Nature Cure in India & Role of Mahatma Gandhi**

UNIT-III: NATUROPATHY: DIAGNOSIS

- 1. Nature of Disease in Naturopathy. The Diagnostic procedures in Naturopathy: Spinal Analysis, Facial Diagnosis, Kanika Diagnosis, chromo diagnosis and its diagnostic values.**
- 2. Importance of the physical and mental hygiene, Personal life and prevention of diseases**
- 3. Techniques to acquire Natural immunity in diseases.**

UNIT-IV: NATURE CURE TREATMENTS

- 1. Nature Cure Treatments: Enema, Fasting, Natural Diet, sun bath, Hydrotherapy, Mud therapy, Massage therapy.**
- 2. Hip-bath, Spinal bath, Steam bath, Chest pack, Mud packs & Pravas Therapy**
- 3. Chromo therapy – Colour treatment, Heat, Light, Electricity, Ultraviolet and Infra-red rays.**

REFERENCE BOOKS

- 1. Henry Lindlahr. Philosophy of Nature Cure**
- 2. S.J. Singh., History and Philosophy of Nature Cure**
- 3. M.K. Gandhi., My Nature Cure**
- 4. P.D. Mishra & Mishra V. Prakartik Chikitsya sidhant evam Vayavahar, Uttar Pradesh Hindi Sansthan, Lacknow.**
- 5. Jindal R., Prakartik Ayurvijnana, Arogya Seva Sadan, Prakashan, Uttar Pradesh.**

SEMESTER -II
PAPER – III (SOE/YOG/E007)
SPIRITUALITY, SCIENCE AND YOGA ETHICS

MARKS: 100

DURATION OF EXAM. : 3 HRS.

EXT:- 60

INT :- 40

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: CONCEPT OF SPIRITUALITY AND SCIENCE

1. Meaning of Spirituality & Science, Objectives of Science

2. Relationship between Spirituality & Science

3. Development of Spiritual cum Scientific personality

UNIT-II: MIND AND CONSCIOUSNESS

1. Nature & Discipline of Mind, Mental Development, States of consciousness

2. Perception of Psychic Centres: Spiritual and scientific perspectives,

3. Procedure of Perception of Psychic Centres

UNIT-III: EMOTION AND EMOTIONAL TRAINING

1. Principle of psychic colour & Aura

2. Emotional Stability through Meditation

3. Importance of spiritual and scientific interpretation of paranshakti (Tajolesya) and Kundalini-jagran

UNIT-IV: PARAPSYCHOLOGY AND SPIRITUALITY

1. Concept of Parapsychology: Meaning , Aims & Objectives

2. Development of electro-magnetic fields in the body and psychic centres and karan& technique of Preksha Meditation for E.S.P.

3. Supernormal cognition or extra sensory perception ESP-its main types: Clairvoyance, Telepathy, Psycho-keinesis(PK)

4. Application of Yoga Ethics in Attitudinal change & behavioral Modifications

5. Application of Yoga Ethics in to avoid Violence

6. Application of Yoga Ethics to Establish Social Peace & Personality Development.

REFERENCE BOOKS:-

1. Ian Stevenson: Twenty cases suggestive of Re-incarnation, Virginia, U.S.A

2. B.L. Atreya: An Introduction to Parapsychology, Kumar Publication, Varanasi

3. J.B Rhine : Extra Sensory perception.

4. W.E Butler: How to read the Aura, Practice Psychomerry, Teleplathy and Clairvoyance, Destiny boos one Parkstreet, Rochester, Vermont.

5. मुनि महेन्द्र कुमार— जैनदर्शन और विज्ञान, जैन विश्व भारती संस्थान, लाडनूँ

6. पं० गोपीनाथ कविराज: भारतीय संस्कृति और साधना , खण्ड.1.2

7. पं० गोपीनाथ कविराज: तांत्रिक साधना और सिद्धान्त

8. कीर्तिस्वरूप रावत : परामनोविज्ञान

SEMESTER- II
PAPER – IV (SOE/YOG/C008)
PRACTICAL-II

MARKS: 200

PRACTICAL: - 100**

SESSIONAL: - 100

ASANAS-	40 Marks
·Utkatasan- Standing	
·Konasan- Standing	
·Natrajasan- Standing	
·Dolasana- Standing	
·Hastpadangushthasan- Standing	
·Paschimottanasan- Sitting	
·Vrishabhasan- Sitting	
·Kukkutasan- Sitting	
·Koormasan- Sitting	
·Vakasan- Sitting	
·Akarndhanurasan- Sitting	
·Baddh-Padmasan—Sitting	
·Shashankasan- Sitting	
·Ushtrasan- Sitting	
·Padangushthasan- Sitting	
·Chakrasan- Supine	
·Padma Sarvangasana- Supine	
·Parvatasan- Prone	
·Utthit-Padmasan- Prone	
-Pranayam-	15Marks
·Sheetali Pranayama	
·Sadant Sheetkari Pranayama	
·Bhastrika Pranayama	
Shatkarm-	15Marks
·Agnisar Kriya,	
·Sheetkram Kapalbhathi,	
·Sutraneti	
·Danda Dhouti	
Mudra & Bandh-	15Marks
·Shambhavi Mudra,	
·Tadagi Mudra,	
·Shanmukhi Mudra,	
·Kaki Mudra	
Meditation- Preksha or Transcendental	15Marks

**40 Sessional Viva-Voce will be 100 Marks (by External and Internal Examiner)

REFERENCE

1. Saraswati Satyananda, Asana, Pranayama, Mudra Bandha, Bihar school of Yoga, Munger.
2. Niranjananada Swami, Gheranda Samhita, nagarathna, Bihar school of Yoga, Munger.
3. Swami Digambar & Jha.P. Hatha Pradipika. Kaivalyadhama Yoga Prakashan, Lonavala, Pune.
4. Nagendra, H.R., Integrated Approach of Yoga Therapy for Positive Health ,Swami Vivekananda Yoga Prakashana,Bangalore, 2001.
5. Nagarathna R and Nagendra, H.R, Yoga for Common Ailments, Swami Vivekananda Yoga Prakashana,Bangalore, 2001.
6. Swami Kuvalyananda, Yogic Therapy, Kaivalyadhama Yoga Institute, Lonavala.
7. Ram Hrasha Singh, Yog Evam Yogic Chikitsya, Chokhmba Prakashan, Delhi