

Choice Based Credit System

Maharaja Ganga Singh University



Post Graduate Diploma in Yoga and Naturopathy (PGDYN)

(Semester System)

2025-26

Postgraduate Diploma Programme

(Effective from Academic Year 2025-26)



**SYLLABUS
SCHEME OF EXAMINATION AND
COURSES OF STUDY**

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Background

Considering the curricular reforms as instrumental for desired learning outcomes, all the academic departments of Maharaja Ganga Singh University Bikaner, made a rigorous attempt to revise the curriculum of postgraduate programs in alignment with National Education Policy-2020 and UGC Quality Mandate for Higher Education Institutions-2021. The process of revising the curriculum could be prompted with the adoption of the “Comprehensive Roadmap for Implementation of NEP-2020”. The Roadmap identified the key features of the Policy and elucidated the Action Plan with well-defined responsibilities and an indicative timeline for major academic reforms.

The process of revamping the curriculum started with a series of webinars and discussions conducted by the University to orient the teachers about the key features of the Policy, enabling them to revise the curriculum in sync with the Policy. Proper orientation of the faculty about the vision and provisions of NEP-2020 made it easier for them to appreciate and incorporate the vital aspects of the Policy in the revised curriculum focused on creating holistic thoughtful, creative, and well-rounded individuals equipped with the key 21st-century skills ‘for the development of an enlightened, socially conscious, knowledgeable, and skilled nation’.

With NEP-2020 in the background, the revised curricula articulate the spirit of the Policy by emphasising upon - an integrated approach to learning; innovative pedagogies and assessment strategies; multidisciplinary and cross-disciplinary education; creative and critical thinking; ethical and Constitutional values through value-based courses; 21st century capabilities across the range of disciplines through life skills, entrepreneurial and professional skills; community and constructive public engagement; social, moral, and environmental awareness; Organic Living and Global Citizenship Education (GCED); holistic, inquiry-based, discovery-based, discussion-based and analysis-based learning; exposure to Indian knowledge system, cultural traditions and literature through relevant courses offering “Knowledge of India, fine blend of modern pedagogies with indigenous and traditional ways of learning; flexibility in course choices, student-centric participatory learning; imaginative and flexible curricular structures to enable creative combinations of disciplines for study; offering multiple entry and exit points, alignment of Vocational courses with the International Standard Classification of Occupations maintained by the International Labor Organization; breaking the silos of disciplines; integration of extra-curricular and curricular aspects, exploring internships with local industry, businesses and artists and craft persons; closer collaboration between industry and higher education institutions for technical, vocational, and science programs, and formative assessment tools to be aligned with the learning outcomes, capabilities, and dispositions as specified for each course. The university has also developed a consensus on Blended Learning with 10% component of online teaching and 60% face-to-face classes for each program.

The revised curricula of various programs could be devised with concerted efforts of the faculty, Heads of the Departments, and the Deans of Schools of Study. The draft prepared by each department was discussed in a series of discussion sessions conducted at the Department, School, and University level. The leadership of the University has been a driving force behind the entire exercise of developing the uniform template and structure for the revised curriculum. The Vice-Chancellor of the University conducted series of meetings with Heads and Deans to deliberate upon the vital parameters of the revised curriculum to formulate a uniform template featuring Background, Programme Outcomes, Programme Specific Outcomes, Postgraduate Attributes, Structure of Masters Course, Learning Outcome Index, Semester-wise Courses and Credit Distribution, Course-level Learning Outcomes, Teaching-Learning Process, Blended Learning, Assessment and Evaluation, Keywords, References, and Appendices. The experts of various Board of Studies and School Boards contributed to a large extent in giving the final shape to the revised curriculum of each program.

To ensure the implementation of curricular reforms envisioned in NEP-2020, the University has decided to implement various provisions in a phased manner. Therefore, the curriculum may be reviewed annually so as to gradually include all relevant provisions of NEP-2020.

Program Outcomes

On completing Post Graduate Diploma in Yoga and Naturopathy, the students shall be able to realize the following outcomes:

PO1	Domain knowledge: Apply the knowledge of basic sciences that may be relevant and appropriate to physical education and sports sciences leading to solution of complex sports related issues and problems.
PO2	Problem analysis: Ability to Identify, defines the actual requirements, formulate, research literature, and analyze complex subject related problems to reaching substantiated conclusions.
PO3	Design/Development of Solutions: Ability to design, implement, and evaluate process or program to meet desired needs in the field of physical education and sport sciences.
PO4	Individual and team work: Ability to function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings to accomplish a common goal.
PO5	Ethics: Understanding of professional, ethical, legal, security, social issues and responsibilities in teaching, learning and evaluation.
PO6	Communication: Ability to communicate effectively among a range of audiences.
PO7	Impact: Ability to analyze the local and global impact of physical activities and sports and games on individuals, organizations and society.
PO8	Skill development: Demonstrate skills to conduct research in accordance with the ethical standards of the discipline. Develop effective teaching skills and be able to satisfy the University, College and the School level expectations.
PO9	Critical thinking: Demonstrate creative and critical understanding of the subjects of the subject and its philosophy in their varied forms.
PO10	Identification of Needs: Ability to identify and analyze user needs and take them into account in the selection, creation, evaluation, and administration of physical education and sport sciences programs.
PO11	Integration: Ability to incorporate effectively integrate Health Science/Ayurveda/ Yoga-based solutions to applications
PO12	Professional Development: Recognition of the need for and an ability to engage in continuing professional development

Program Specific Outcomes (PSO)

On completing Post Graduate Diploma in Yoga and Naturopathy, the students shall be able to realize the following outcomes:

PSO	Description
PSO2	Students will know classical and theoretical foundations of the field of Yoga therapy.
PSO3	Students can conduct yoga class on general level. Eligible for the post of Yoga teacher or Yoga instructor.
PSO4	Spiritually becomes strong and solving problems of stress and strain leading to various diseases.
PSO5	Complete knowledge of Yoga on physical, mental intellectual, emotional & spiritual way. Students will learn Sadhna and yogic concepts in Upanishads.
PSO6	They will be able to get the knowledge about human anatomy & physiology, management for diseases. The programme will help to assess the needs of patients, to design and implement effective patient- or ailment-specific Yoga modules.
PSO7	Students will exhibit all round personality development. Students should be able to work efficiently as a Yoga Teacher in industries, health centers & various institutes. They will be eligible for NET/SET/Ph. D and for the post of Assistant Professor. They can start their Yoga center.
PSO8	Students will be able to work towards teaching methodology and realization of health for all, as a national goal through Yoga.
PSO9	Students will be able to demonstrate empathy and humane approach towards patients and their families and exhibit inter-personal behavior in accordance with the scientific norms and expectations.
PSO10	Students will be aware and updated with the research advances, various tools, and developments in the field of Yoga. Students will become eligible to do Research on National & International Level.
PSO11	Students will gain better understanding of ethical, social issues and human values.

Postgraduate Attributes

The Postgraduate attributes of our students shall be aligned with those of the University in terms of touching “the life of every student through inculcating virtues of empathy, ethics, efficiency, respect for diversity, prudence and creativity with compassion”. On completion of the course, the students are expected to be proficient in the fundamental, applied and modern areas of Yoga. They are expected to have acquired the skills of theoretical and practical aspects of different branches of yoga; to be able to develop rational thinking skills, logical interpretation, and analytical skills. Effective communication of scientific developments to the society at large is a very critical attribute expected from the students of this course. The attributes expected from the post-graduates of the Post Graduate Diploma in Yoga and Naturopathy programme are:

PA1- Fundamental and advanced knowledge of different branches of yoga

PA2- Orientation and specialization in a specific branch of yoga and related fields

PA3- Proficiency in traditional as well as modern tools and techniques in the fields of Yoga

PA4- Awareness and sensitization about various societal problems related to Yoga

PA5- Effective skills of scientific communication, and knowledge about the recent developments within the society

PA6- Acquiring skills and ability to undertake research projects, writing, editing, and publication of research findings in reputed journals and magazines.

PA7- Demonstrate behavioral attributes for the enhancement of soft skills, instill skills and abilities to develop a positive approach socialistic approach and leadership qualities for a successful career and nurturing responsible human being.

Structure of Masters' Programme

Scheme for Post Graduate Diploma in Yoga and Naturopathy (Semester I) Session 2025-26

Semester I										
Course Code	Course Title	Exam Hours	Max. Marks		Total Marks	Min. passing Marks (%)	L	T	P	Total Credits
			Int. Marks	Ext. Marks						
PGDYN6AECT101	Introduction to Indian Knowledge System					Non-CGPA S/NS*	2	0	0	2
PGDYN6DCCT102	Foundation of Yoga	3	20	80	100	36%	3	1	0	4
PGDYN6DCCT103	Indian Philosophy & Hatha Yoga	3	20	80	100	36%	3	1	0	4
PGDYN6DCCT104	Health and Yogic Diet	3	20	80	100	36%	3	1	0	4
PGDYN6DCCT105	Human Anatomy & Physiology-I	3	20	80	100	36%	3	1	0	4
PGDYN6DCCP106	Combined Practical	3	40	160	200	36%	0	0	8	8
Total CREDITS Semester I						26				
Total MARKS Semester I						600				

- DCC: Discipline-centric compulsory course. AEC: Ability Enhancement course.
- S/NS*=Satisfactory or Not satisfactory.
- A candidate shall be required to obtain 36% marks to pass in theory, practical, and internals separately.
- For Internal Evaluation of 30 Marks (20 Marks {theory paper + suggestive*}, + 10 Marks practical paper)
- *Suggestive: Please include assignment/seminar, Logical thinking/application of knowledge, attentiveness, and skills in internal assessment).
- L=Lecture (1 credit = 1 hrs; T=Tutorial (1 credit = 1 hrs); P=Practical (1 credit = 1.5 hrs)

**Scheme for
Post Graduate Diploma in Yoga and Naturopathy (Semester II)**

Session 2025-26

Semester II										
Course Code	Course Title	Exam Hours	Max. Marks		Total Marks	Min. passing Marks (%)	L	T	P	Credits
			Int. Marks	Ext. Marks						
PGDYN6VACT201	National and Human Values					Non-CGPA S/NS*	2	0	0	2
PGDYN6DCCT202	Yogic Practices & Spirituality	3	20	80	100	36%	3	1	0	4
PGDYN6DCCT203	Basics Of Naturopathy	3	20	80	100	36%	3	1	0	4
PGDYN6DCCT204	Yogic Management for Diseases	3	20	80	100	36%	3	1	0	4
PGDYN6DCCT205	Methods Of Teaching Yoga & Value Education	3	20	80	100	36%	3	1	0	4
PGDYN6DCCP206	Combined Practical & Project	3	40	160	200	36%	0	0	8	8
Total CREDITS Semester II						26				
Total MARKS Semester II						600				
Total CREDITS (Semester I + Semester II)						52				
Total MARKS (Semester I + Semester II)						1200				

- DCC: Discipline-centric compulsory course. AEC: Ability Enhancement course.
- S/NS*=Satisfactory or Not satisfactory.
- A candidate shall be required to obtain 36% marks to pass in theory, practical, and internals separately.
- For Internal Evaluation of 30 Marks (20 Marks {theory paper + suggestive*}, + 10 Marks practical paper)
- *Suggestive: Please include assignment/seminar, Logical thinking/application of knowledge, attentiveness, and skills in internal assessment).
 - L=Lecture (1 credit = 1 hrs; T=Tutorial (1 credit = 1 hrs); P=Practical (1 credit = 1.5 hrs)

Learning Outcome Index

Learning Outcomes are statements of knowledge, skills, and abilities a student should possess and demonstrate upon completion of learning experiences.

I. Programme Outcomes (PO) and Programme Specific Outcomes (PSO)

	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7	PSO8	PSO9	PSO10	PSO11
PO1	X	X	X	X	X	X	X	X		X	X
PO2	X		X		X	X	X	X	X	X	X
PO3	X	X	X		X	X	X	X	X	X	X
PO4	X	X	X	X	X	X		X	X	X	X
PO5	X	X	X	X	X	X	X	X	X	X	X
PO6	X	X	X	X	X	X	X			X	X
PO7				X	X		X		X	X	X
PO8		X		X		X	X	X			X
PO9	X	X		X	X		X	X			X
PO10	X	X	X		X				X		X
PO11	X	X	X		X	X	X	X	X	X	X

II. Programme Specific Outcomes (PSO) and Core Courses (CC)

	PGDY N 101	PGDYN 102	PGDYN 103	PGDYN 104	PGDYN 201	PGDYN 202	PGDYN 203	PGDYN 204
PSO1	X	X	X	X	X	X	X	X
PSO2	X	X	X	X	X	X	X	X
PSO3		X		X	X			X
PSO4	X	X	X	X	X	X	X	X
PSO5	X	X	X	X	X	X	X	X
PSO6	X		X		X	X	X	
PSO7	X	X	X	X	X	X	X	X
PSO8		X		X	X			X
PSO9		X	X	X	X			X
PSO10	X	X	X	X	X	X	X	X
PSO11	X	X	X	X	X	X	X	X

Objectives, Course-level Learning Outcomes, Contents, and Suggested Readings

Semester I

Paper Code: PGDYN6AECT101

Paper Name: Introduction to Indian Knowledge System

[\(See Scheme of Examination \)](#)

Course Objective:

- CO1. To create awareness amongst the youths about the true history and rich culture of the country
- CO2. To understand the scientific value of the traditional knowledge of Bharata
- CO3. To promote the youths to do research in the various fields of Bhartiya knowledge system
- CO4. To apply traditional knowledge and techniques in day-to-day life
- CO5. To convert the Bhartiya wisdom into the applied aspect of the modern scientific paradigm
- CO6. To appreciate the contribution of Indian Knowledge Systems to the world
- CO7. To know about Various Indian Scholars

Learning Outcomes:

After completion of this course, the student will be able to -

- LO1. Understanding the Indian knowledge system
 - LO2. Recall the rich heritage of Indian knowledge systems
 - LO3. Demonstrate knowledge of sociocultural and ethnolinguistic diversity that constitutes the soul of Bharatvarsha
 - LO4. Understanding the traditional Indian knowledge systems from the root level
 - LO5. Know about the contribution of Indian knowledge systems to the world
 - LO6. Distinguish knowledge traditions that originated in the Indian subcontinent
 - LO7. Know about various Indian Scholars
-

Course Description

Unit-I

Introduction to Indian Knowledge Systems (IKS): Definition of Indigenous/ Traditional Knowledge, Scope, and Importance of Traditional Knowledge.

Ancient India- Bharat Varsha: People of Ancient Bharat Varsha; Our great natural heritage: The great Himalayas and the rivers; The civilizations of the Sindhu-Ganga valley, and the Brahmaputra valley; Our coastal plains; Our Nature: Forests and Minerals; Ancient Indian Traditional Knowledge and Wisdom about nature and climate

Unit-II

The vedic corpus: Vedas and Vedangas - Distinctive features of vedic life, Indian philosophical systems: Different schools of philosophy.

Introduction and study of Bhagavad Gita: including memorization of selected Slokas (Chapter II - 47 to 50 and 70, Chapter IV –34, Chapter VI – 16 and 17, Chapter XVI- 1 to 5 Chapter XVII – 8 to 10).

Unit-III

Contribution of Ancient India to Health Sciences: Ayurveda and Yoga; Elements of Ayurveda: Gunas and Doshas, Pancha Mahabhuta and Sapta-dhatu, Concept of disease in Ayurveda, Ayurvedic lifestyle practices: Dinacharya and Ritucharya, Important Ayurvedic Texts; Hospitals in Ancient India; Ayurveda: Gift of India to the modern world

Unit-IV

Ancient Education System: Takshashila University, Nalanda University, Vikramshila University, Odantapuri University, Vallabhi University, Pushpagiri University

Unit-V

Eminent Indian Scholars: Life sketch and their contribution to Indian Knowledge System: Maharishi Patanjali, Charak, Susruta, Kanad, Aryabhaata, Adi Shankaracharya, Nagarhuna, Panini, Chankaya

Recommended Readings

1. Mahadevan, B., Bhat Vinayak Rajat, Nagendra Pavan RN. (2022), Introduction to Indian Knowledge System: Concepts and Applications. PHI Learning Private Ltd
2. Mukul Chandra Bora, Foundations of Bharatiya Knowledge System. Khanna Book Publishing
3. Baladev Upadhyaya, Samskrta Śāstrom ka Itihās, Chowkhambha, Varanasi, 2010.
4. D. M. Bose, S. N. Sen and B. V. Subbarayappa, Eds., A Concise History of Science in India, 2nd Ed., Universities Press, Hyderabad, 2010.
5. Astāngahrdaya, Vol. I, Sūtrasthāna and Śārīrasthāna, Translated by K. R. Srikantha Murthy, Vol. I, Krishnadas Academy, Varanasi, 1991.
6. Dharampal, The Beautiful Tree: Indian Indigenous Education in the Eighteenth Century, Dharampal Classics Series, Rashtrottana Sahitya, Bengaluru, 2021.
7. J. K. Bajaj and M. D. Srinivas, Indian Economy, and Polity in Eighteenth-century Chengalpattu, in J. K. Bajaj ed., Indian Economy and Polity, Centre for Policy Studies, Chennai, 1995, pp. 63-84

Course Objectives:

- CO1. To learn about origin and history of yoga
- CO2. To understand the basics of yoga
- CO3. To learn yogic traditions and yoga gurus etc.
- CO4. To learn about major branches of yoga
- CO5. To have the ability to describe the yoga gurus and their contributions.

Course Level Learning Outcomes:

After completion of this course, the student will be able to-

- LO1. Learn about the origin and history of yoga
 - LO2. Have conceptual knowledge of yoga.
 - LO3. Get an overview of the major branches of yoga.
 - LO4. Have an idea about the evolution of yoga.
 - LO5. Be able to describe the yoga gurus and their contributions.
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Course Description

Unit – I

Historical and mythological aspects leading to the origin of yoga, history and development of yoga, definition of yoga in different yoga texts. Jnana Yoga, Bhakti Yoga, Karma Yoga, Dhyana Yoga, Raj Yoga.

Unit-II

Introduction to Maharshi Patanjali & Yoga Sutra, meaning and definition of yoga according to Patanjali. concept of chitta, chitt bhumis, chitt vritis, chitt vriti nirodhopaya.

Unit-III

Concept of Ishwara, chitta vikshepas (antaryas) and shah bhuva, chitta prasadanam, type of Samadhi, Kriya yoga, Panch klesha, Ashtang yoga.

Unit-IV

Life sketch of Eminent Indian Yogis and their contribution to Yoga: B. K. S. Iyengar, T. Krishnamacharya, Maharshi Dayanand Saraswati, Maharshi Raman, Shree Arvind, Maharshi Mahesh Yogi, Swami Dharendra Brahmachari, Swami Vivekanand, Swami Kuvalyanand, Swami Shivanand Saraswati, Swami Ramdev

Unit - V

Popular Yogic Institutes of India – Kaivalyadham, SVYASA, DSVV, Patanjali, MDNIY, Bihar Munger Math.

Difference between yoga and physical exercise, Importance and Need of yoga in daily life, International Day of Yoga.

Instructions for Examination (Theory)

Scheme of Examination

Maximum Marks: 100 (80 External + 20 Internal)

Duration: 3 Hrs

Minimum Passing Marks: 36%

External

A course will contain 5 units. The question paper shall contain three sections. Section A (10 marks) shall contain 10 questions two from each Unit. Each question shall be of 1 mark. All the questions are compulsory. Section A will be prepared such that questions i to v are multiple-choice questions, while questions vi to x will be fill-in-the-blank questions. Section B (25 marks) shall contain 5 questions (two from each unit with internal choice). Each question shall be of 5 marks. The candidate is required to answer all 5 questions. The answers should not exceed 150 words. Section C (45 marks) shall contain 5 questions, one from each Unit. Each question shall be of 15 marks. The candidate is required to answer any three questions by selecting these three questions from different units. The answers should not exceed 400 words.

Internal

The internal exam shall comprise Theory Exam (10 marks), Seminar Presentation (6 marks) and Class Performance (4 marks).

Suggested Readings

1. Vishwanath Mukharjee-Bharat Ke Mahan Yogi, Vishwavidyalaya Prakashan, New Delhi, 2005
2. Vishwanath Mukharjee - Bharat ki mahaan Saadhikayen, Vishwavidyalaya Prakashan, New Delhi, 2005.
3. Kalyan (Bhakt Ank) - Gita press Gorakhpur.
4. Kalyan (Sant Ank) – GitapressGorakhpur
5. Swami Atmananda- four yogas, Bharatiya vidya Bhavana. Bombay 1966
6. Swami Sivananda- Divine life society
7. Sing Lalan Prasad -NTantra, concept publishing Company, Delhi – 1976
8. Rajkumari pandey- Bhartiya yoga prampara ke vividha Ayama Radha Publication, Delhi-1993
9. Fenerstein George - The yoga Tradition: Its History, Literature, philosophy Bhavana Books and prints, Delhi 2002.

Paper Code: PGDYN6DCCT103

Paper Name: Indian Philosophy & Hatha Yoga

(See Scheme of Examination)

Course Objectives -

- CO1.To provide foundational knowledge of Indian Philosophical Systems
- CO2. To develop a deep understanding of the Sankhya and Yoga Darshanas
- CO3: To explore the historical and textual development of hatha yoga
- CO4: To impart knowledge of traditional hatha yoga practices
- CO5. To establish the philosophical basis of yogic practices
- CO6. To cultivate analytical and reflective thinking
- CO7. TO link ancient wisdom with modern context

Course Level Learning Outcomes:

After completion of this course, the student will be able to -

- LO1: Understand the foundations of indian philosophy
 - LO2: Analyze the philosophy of yoga
 - LO3: Describe the principles of hatha yoga
 - LO4: Demonstrate knowledge of hatha yoga techniques
 - LO5: compare and contrast philosophical systems
 - LO6: apply philosophical insights to practice
 - LO7: Develop a reflective and critical approach
-

Course Description

Unit I

General Introduction of six system of Indian Philosophy, Sankhya Philosophy, Yoga Philosophy, Nyaya Philosophy, Vaisheshik Philosophy, Mimansa Philosophy & Vedanta Philosophy.

Unit – II

General Introduction of Sankhya Philosophy, Theory of causation, forms of satkaryavada, prakrti and its gunas, evolution and arguments for its existence, characteristic of prakrti, objection against prakrti. Purusa, and its gunas, arguments for its existence, plurality of purusas, relationship between prakrti and purusa, theory of bondage and liberation, types of liberation, practices of yoga.

Unit – III

Hatha yoga, its meaning, definition, aims and objectives in hatha yoga .The origin of hatha yoga, important hatha yogic texts. Yogasanas: its definition, salient features.

Hatha Yoga Practices: Asanas and Bandhas Mudras

Asanans in Hatha Yoga Pradipika (HYP) and Gheranda Samnita (GS) : their techniques , benefits, precautions and importance in modern days. Bandhas and role of Bandhatorayal in Yoga Sadhana. Fundamental Mudras in HYP and GS – their techniques.

Unit-IV

Hatha Yoga Practices: Satkriyas and Pranayams.

Satkriyas in Hatha Yoga Pradipika, their techniques and precautions, Role of Sodhan-Kriyas in yoga sadhana and their importance in modern day –to-day life.

Pranayama – yogic deep breathing concert of Puraka, Kumbhaka and Rechaka.

The concept of Prana, kinds of Prana and upa-pranas. Pranayam and its importance in Hatha yoga sadhana.

Pranayama Practices in HYP & GS, their techniques, benefits and precautions.

Unit V

Yoga Vasishtha Highlights of Yoga Vashitha, Concept of Adhis and Vyadhis; Psychosomatic Ailments; The four Gatekeepers (Pillars) to Freedom; How Sukha is attained the Highest State of Bliss; Practices to overcome the Impediments of Yoga; Development of Satvaguna; Eight limbs of Meditation; Jnana ki Saptabhumika

Suggested Readings

- Shri Madnjagwat Geeta Bhashya – Acharya Sankar
- Shri Madnjagwat Geeta- Ramsukh das maharaj
- Sankhaya Tatva kaumudi – vachaspati Mishra
- Sankhyakarika - Ishwor Krishna Virchit
- H.P. Sinha- Outlie of Indian Philosophy
- N.K. Devraj – Indian Philosophy
- C.D. Sharny – A critical survey of Indian Philosophy.
- J.S. Vinayaka - Indian philosophy
- H.P. Sinha - Indian Philosophy
- Yoga Vashistha, Geeta press Gorakhpur
- डॉ. डी.एन. सिंह अद्वैत और विषिष्टाद्वैत वेदान्त
- Bramhasutrabhasyam chapter 1,2,3,4
- Swami Atmananda- four yogas, Bharatiya vidya Bhavana. Bombay 1966
- Swami Inanananda- Philosophy of yoga, Shri Ramakrishna Ashram, Mysore
- Sing Lalan Prasad. Tntra, concept publishing Company, Delhi – 1976
- Rajkumari pandey- Bhartiya yoga prampara ke vividha Ayama Radha Publication, Delhi- 1993

Instructions for Examination (Theory)

Scheme of Examination

Maximum Marks: 100 (80 External + 20 Internal)

Duration: 3 Hrs

Minimum Passing Marks: 36%

External

A course will contain 5 units. The question paper shall contain three sections. Section A (10 marks) shall contain 10 questions two from each Unit. Each question shall be of 1 mark. All the questions are compulsory. Section A will be prepared such that questions i through v are multiple-choice questions, while questions vi through x will be fill-in-the-blank questions. Section B (25 marks) shall contain 5

questions (two from each unit with internal choice). Each question shall be of 5 marks. The candidate is required to answer all 5 questions. The answers should not exceed 150 words. Section C (45 marks) shall contain 5 questions, one from each Unit. Each question shall be of 15 marks. The candidate is required to answer any three questions by selecting these three questions from different units. The answers should not exceed 400 words.

Internal

Internal exam shall comprise Theory Exam (10 marks), Seminar Presentation (6 marks) and Class Performance (4 marks).

Suggested Readings

1. K.S. Joshi, Speaking of Yoga & Nature- Cure Therapy, Sterling Publishers Private Limited (1991)
2. M.M.Bhamgara: The Human Body: Nature's Amazing Creation, Bipin Parekh, Mumbai (2004)
3. Parakrutik Ayuivijnana- Dr. Jindal- Republication of Kalyana Anka Arogya Seva Prakasham, Modinagar.
4. History and Philosophy of Nature Cure by S.J. Singh
5. Prachina Vangamaya Me Prakrutika Chikitsa-Swami Ananta Bharati, CCRYN, New Delhi.
6. Prakratik chikitsa kai siddant - Dr.Jindal
7. Nature the only healer – Dr S Swaminathan

Course Objectives:

- CO1: To get the knowledge of health and hygiene.
- CO2: To understand nutrition, its components, and a balanced diet.
- CO3: To get the knowledge of yogic diet.
- CO4: To understand the fundamentals of nutrition concerning different nutrients and food groups
- CO5: To get knowledge of diseases caused due to deficiencies and over-consumption of Carbohydrates, Proteins, Fats, Vitamins, and Minerals

Course Level Learning Outcomes:

After completion of this course, the student will be able to-

- LO1: Understand health, hygiene, and nutrition.
 - LO2: Understand the yogic diet.
 - LO3: Illustrate details of nutritional requirements for different age groups.
 - LO4: Analyze the nutritional status of a patient and evaluate nutritional advice for people of different ages and patients of different diseases.
 - LO5: Classify modern nutrition to traditional Naturopathic diets.
-

Course Description

Unit I

Health: Meaning, Definition, Scope and its Objectives. Elements of health, Importance of health education, personal hygiene for good health.

Mental Health: meaning of mental health, self esteem, Factors affecting mental health, Characteristics of sound mental health, concept of stress and its causes, Eustress and Distress, Effect of stress on performance, physiology of stress, yogic management of stress.

Unit II

Diet: Definition of food, nutrition, nutrition and dietetics. Concept of a balanced diet.

Macronutrients: Carbohydrates, Fats, and Proteins. Its functions, sources, and effects of deficiency, energy, metabolism, energy metabolism, and water balance.

Unit III

Micronutrients: Minerals, Vitamins A, D, E, K B1, B2, Niacin, Folic acid, and Vitamin C and the effect of micronutrient deficiency.

Unit IV

Yogic diet: According to Hath Pradipika & Gherand Samhita, Yogic concept and principles of Ahara (Mitahara, Yuktahara), the Effect of asanas, pranayama, meditation, chanting on mental health.

Unit V

Yogic concept of Adhi Vyadhi and Panchkosha, Yogic concept of mental hygiene: Maitry, Karuna, Mudita & Upeksha

Diet Disorders: Anorexia nervosa, Bulimia nervosa, Common mental disorders – neurosis, psychosis, anxiety, depression, OCD, Bipolar disorder, Schizophrenia

Instructions for Examination (Theory)

Scheme of Examination

Maximum Marks: 100 (80 External + 20 Internal)

Duration: 3 Hrs

Minimum Passing Marks: 36%

External

A course will contain 5 units. The question paper shall contain three sections. Section A (10 marks) shall contain 10 questions two from each Unit. Each question shall be of 1 mark. All the questions are compulsory. Section A will be prepared such that questions i through v are multiple-choice questions, while questions vi through x will be fill-in-the-blank questions. Section B (25 marks) shall contain 5 questions (two from each unit with internal choice). Each question shall be of 5 marks. The candidate is required to answer all 5 questions. The answers should not exceed 150 words. Section C (45 marks) shall contain 5 questions, one from each Unit. Each question shall be of 15 marks. The candidate is required to answer any three questions by selecting these three questions from different units. The answers should not exceed 400 words.

Internal

Internal exam shall comprise Theory Exam (10 marks), Seminar Presentation (6 marks) and Class Performance (4 marks).

Suggested Readings

1. SHILS, M.E, Olson, J.A, Shike, M and Ross, A.C. (1999): Modern Nutrition in Health and Disease 9th edition.
2. Williams, S.R. (1993): Nutrition and Diet Therapy 7th edition. Times Mirror, Mosby college, Publishing.
3. Mohan, L. K, and Escolt-students (2000): Krauses food Nutrition Diet Therapy.
4. Seth, Y and Singh K. Diet Planning Through Lifestyle in Health and Disease.
5. Srilakshmi S. Dietetics 1999.
6. Davison, A, Passmore, R. Brock J. F. and Truewell, A. S. Human Nutrition and Diets
7. Stress and its Management through Yoga- Udappa, K.N.
8. Spiritualize to lead a Stress-Free Life- Krishna Murthy, V.S.
9. Yoga and Yogic Therapy- Ram Harsh Singh

Course Objectives:

CO1. To understand basic concept of Anatomy and Physiology of the Human Body.

CO2. To understand concept of different systems.

CO3. To give a deeper understanding of the human systems.

CO4. To understand the characteristics of various types tissues and joints.

CO5. To gain knowledge of mechanism of heart and how it works.

CO6. To explain underlying mechanism of changes in body due to Yoga practices.

Course Level Learning Outcomes:

After completion of this course, the student will be able to-

LO1. Explain the key concepts of Anatomy and Physiology of Human Body.

LO2. Different types of muscles and bones and their structure and functions.

LO3. Understand the concept of the exchange of gases in Respiratory System.

LO4. Discuss the characteristics of various types of tissues and joints.

LO5. Describe and discuss the contraction of muscles.

LO6. Discuss and describe composition, and functions of blood.

Course Description

Unit I

Anatomy and Physiology: Meaning and importance.

Cell and Tissue: Meaning and structure, cell parts and functions, Tissue types and their functions. Effect of yogic methods on the cellular system.

Muscular system: Types of muscles, Theory of contraction and relaxation, categories of muscles, properties and functions of muscles.

Skeletal system: Introduction of the skeletal system, function of the skeletal system, types of joints, composition of bone, types of bones, vertebral column of the human body.

Unit II

Respiratory system: Definition of respiration, Anatomy of respiratory tract, Pulmonary ventilation, Alveolar ventilation, function & mechanism of respiration, exchange of gases, Oxygen & CO₂ transportation. Effect of yogic methods on the respiratory system.

Digestive system: Definition of digestion, Anatomy of the digestive system, Mechanism of absorption of various product of the digestive system, control of digestion in various parts of alimentary, hormonal control of the digestive system.

Unit III

Circulatory system: Structure and function of heart and blood vessels, specialized tissues of heart cardiac cycle, regulation of cardiac output, blood pressure and factors affecting it, hypertension

Blood: composition of blood, blood cells, function of blood, blood groups, composition of lymph, and functions.

Immune System: Definition, Types of Immunity (Innate, direct, indirect, acquired, direct, indirect, hormonal and cell mediate), antigens, antigen-antibody reaction.

Sense Organs: Structure and functions (eye, skin, ear, nose, and tongue), physiology of different sense organs

Unit IV

Nervous System: Definitions, role of nervous system, the structure of neurons, Type of neuron, morphological and function, conduction of nervous system (brain & spinal cord) peripheral nervous system, autonomic nervous system.

Excretory System: Definition, anatomy & physiology of kidneys, structure and function of nephron, mechanism of urine formation, regulation of urine formation

Unit V

Endocrine System: Endocrine gland - structure, function, secretion, regulation of hormonal secretion, mechanism of action of the hormone, emphasis on the physiology of diabetes and stress hormones, physiological functions and abnormalities in secretion of pituitary, thyroid, parathyroid, hormones, adrenal, and reproductive hormones, disorders of endocrine glands.

Reproductive System: Definition, types of reproductive, male reproductive system, female reproductive system, menstrual cycle, pregnancy changes during pregnancy.

Instructions for Examination (Theory)

Scheme of Examination

Maximum Marks: 100 (80 External + 20 Internal)

Duration: 3 Hrs

Minimum Passing Marks: 36%

External

A course will contain 5 units. The question paper shall contain three sections. Section A (10 marks) shall contain 10 questions two from each Unit. Each question shall be of 1 mark. All the questions are compulsory. Section A will be prepared such that questions i through v are multiple-choice questions, while questions vi through x will be fill-in-the-blank questions. Section B (25 marks) shall contain 5 questions (two from each unit with internal choice). Each question shall be of 5 marks. The candidate is required to answer all 5 questions. The answers should not exceed 150 words. Section C (45 marks) shall contain 5 questions, one from each Unit. Each question shall be of 15 marks. The candidate is required to answer any three questions by selecting these three questions from different units. The answers should not exceed 400 words.

Internal

Internal exam shall comprise Theory Exam (10 marks), Seminar Presentation (6 marks) and Class Performance (4 marks).

Suggested Readings

1. A glimpse of Human body- Dr. Sharley Telles
2. Human anatomy – Physiology - Dr. Vrinda Singh
3. Function of Human body- 4th edition- Guyton A.c. (1985)
4. Human Physiology – Chatterjee c.c. (1992)
5. Tent book of Physiology - Jain A.K

Paper Code: PGDYN6DCCP106

Paper Name: Combined Practical

[\(See Scheme of Examination\)](#)

Maximum Marks: 200 (160 External + 40 Internal)

Duration: 6 Hrs

Minimum Passing Marks: 36%

Lists of Yoga Practices -

Suryanamaskara - Traditional 10 Steps, 12 Steps

Asana

- | | |
|-------------------------|---------------------|
| 1. Ardhakati Chakrasana | 2. Ardha Chakrasana |
| 3. Padahastasana | 4. Vajrasana |
| 5. Shashankasana | 6. Paschimotanasana |
| 7. Halasana. | 8. Sarvangasana |
| 9. Matsyasana | 10. Bhujangasana |
| 11. Salabhasana | 12. Ardha Sirsasana |
| 13. Sirsasana | 14. Padmasana |
| 15. Sukhasana | 16. Siddhasana |
| 17. Siddha yoni Asana | |

Pranayama

1. Sectional Breathing
2. Breathing Practices
3. Nadi shudhi
4. Bhramari
5. Bhastrika

Bandha

1. Jalandhara Bandha
2. Uddiyan Bandha
3. Moola Bandha

Mudra

1. Chin Mudra, 2. Chinmaya Mudra, 3. Aadi Mudra, 4. Brahma Mudra

Kriya

- | | |
|----------------|------------|
| 1. Kapalabhati | 2. Trataka |
|----------------|------------|

Relaxation

1. IRT (Instant Relaxation Technique)

2. QRT (Quick Relaxation Technique)
3. DRT (Deep Relaxation Technique)

Yog Nidra

Chanting

Prayer, Bhagavad Geeta (Karma yoga & Bhakti Yoga), Peace chanting and bhajans, etc.

Viva on the above yogic practices

Assignments, Teaching Practice and Viva

Assignments

- Self video submission of performing 12 step Surya Namaskar -
- Prepare practical file of yogic practices.

Teaching Practice

- Eight Step teaching technique of Asana by SVYASA
- Instructing Demonstration of Common Yoga Protocol by MDNIY

Semester II

Paper Code: PGDYN6VACT201

Paper Name: National and Human Values

(See Scheme of Examination)

Course Objectives:

1. To inculcate national and human values in the Students.
2. To enable the students imbibe the Indian cultural ethos.
3. To inculcate the spirit of Patriotism so that the Students develop a sense of strong bond with the nation.
4. To enable the Students grow into a citizen possessing civic sense.

Course Outcomes:

1. On the completion of the course the students shall be able to Attain the civic skills enabling him/her to become a well-behaved citizen of the country.
2. Imbibe and spread the feelings of devotion and dedication.

Unit-I

1. NCC – Introduction, Aims, NCC Flag, NCC Song, NCC Administration, Raising of NCC in Schools/Colleges, NCC: Rank, Honours and Awards, NCC Training, NCC Camps, NCC Examinations, Incentive and Scholarship for Cadets.
2. Importance of Discipline in life, Aims and Merits of Discipline, Problems related to Indiscipline and Solutions.
3. Drill – Definition, Principles of Drill, Bad habits in drill, Words of Command, Drill Movements, Arms Drill, Squad Drill, Guard of Honour, Ceremonial Drill, Guard Mounting.
4. Contribution of NCC in Nation Building.

Unit-II

1. Armed Forces – Control Command, Organization of Armed Forces, Weapons of Army, Navy and Air Force, Training institutes, Honours and Awards, Recipients of Param Veer Chakra, Badges of Ranks.
2. Commission in Armed Forces – Recruitment in Armed Forces, Commission in Technical, Non-Technical and Territorial Forces.
3. Weapon Training – 0.22 Rifle, 7.62 Rifle, 7.62 SLR (Self Loading Rifle), 5.56 MM I.N.S.A.S. Rifle, L.M.G. (Light Machine Gun), Stan Machine Carbine, 2” Mortar, Grenade, Pistol, Various types of Firing, Range Procedure and Range Drill.
4. Military History and Geography, Field Craft, Field Engineering, Battle Craft.

Unit III

1. Obstacle Training. Adventure Training, Self Defence, Physical Posture Training.
2. Social Service, Disaster Management, Health and Hygiene, First Aid.
3. Leadership, Personality Development, Decision Making, Motivation, Duty and Discipline, Morale.

Unit IV

1. Value system – The role of culture and civilization-Holistic living
2. Balancing the outer and inner – Body, Mind and Intellectual level- Duties and responsibilities
3. Salient values for life- Truth, commitment, honesty and integrity, forgiveness and love, empathy and ability to sacrifice, care, unity, and inclusiveness

4. Self-esteem and self confidence
5. punctuality – Time, task and resource management, Team work
6. Positive and creative thinking.

Unit V

1. Universal Declaration of Human Rights
2. Human Rights violations
3. National Integration – Peace and non-violence (in context of Gandhi, Vivekanad)
4. Social Values and Welfare of the citizen
5. The role of media in value building
6. Fundamental Duties
7. Environment and Ecological balance – interdependence of all beings – living and non-living.

Assessment and Evaluation:

The Students shall be assessed and evaluated as per the schedule given below –

1. Project Report / Case Study (in 5000-7000 words) – 75%
2. Viva-voce - 25%

The topics for the Project Report / Case Study shall be allotted by the Nodal Department (decided jointly with NSS wing under the supervision or IQAC) in consultation with the Department concerned. The Candidate shall submit the Report by the date fixed for the said purpose. It shall then be followed by a Viva-voce Examination. The whole evaluation shall be done by the Departmental Internal Faculty in consultation with the Nodal Department. It is a non-creditable Paper. The Student will have to score simply a qualifying score/grade as specified in the CBCS rules.

The candidate will have to qualify the paper by the time He / She qualifies for the Programme. He/She can avail maximum 3 chances along with the Semester Examinations.

Books Recommended:

1. Hand Book of NCC : Major R C Mishra & Sanjay Kumar Mishra
2. National Security: K. Subramanyam
3. ASEAN Security: Air Comdr. Jasjit Singh
4. Indian Political System, Dr . Pukhraj Jain & Dr. Kuldeep Fadiya
5. NCERT, Education in Values, New Delhi, 1992.
6. M.G.Chitakra: Education and Human Values, A.P.H. Publishing Corporation, New Delhi,2003.
7. Chakravarthy, S.K.: Values and ethics for Organizations: Theory and Practice, Oxford University Press, New Delhi, 1999.
8. Satchidananda, M.K.: Ethics, Education, Indian Unity and Culture, Ajantha Publications,Delhi, 1991.
9. Das, M.S. & Gupta, V.K.: Social Values among Young adults: A changing Scenario, M.D.Publications, New Delhi, 1995.
10. Bandiste, D.D.: Humanist Values: A Source Book, B.R. Publishing Corporation, Delhi,1999.
11. Ruhela, S.P. : Human Values and education, Sterling Publications, New Delhi, 1986.
12. Kaul, G.N.: Values and Education in Independent Indian, Associated Publishers, Mumbai,1975.
13. Swami Budhananda (1983) How to Build Character A Primer : Ramakrishna Mission, NewDelhi.
14. A Cultural Heritage of India (4 Vols.), Bharatiya Vidya Bhavan, Bombay. (Selected Chapters only) For Life, For the future : Reserves and Remains –UNESCO Publication.
15. Values, A Vedanta Kesari Presentation, Sri Ramakrishna Math, Chennai, 1996.
16. Swami Vivekananda, Youth and Modern India, Ramakrishna Mission, Chennai.
17. Swami Vivekananda, Call to the Youth for Nation Building, Advaita Ashrama, Calcutta.
18. Awakening Indians to India, Chinmayananda Mission, 2003.

Course Objectives:

- CO1: To provide the knowledge of Common Yogic Practices
- CO2: To know about yogic knowledge in Upanishad and Shrimad Bhagavad Gita
- CO3: To understand key concepts of Gita and underlying yoga.
- CO4: To understand common yogic practices like Asanas, Pranayama, Meditation
- CO5: To learn the essence of some principal Upanishads.
- CO6: To understand the concept of Vidya and Avidya
- CO7: To describe the importance of self-realization.
- CO8: To learn about knowledge of Vedic thoughts.
- CO9: To learn about the concept of Absolute (Brahman), Soul and Jiva
- CO10: To learn about the different techniques of Meditation
- CO11: To learn about the different types of Asanas and Pranayama
- CO12: To learn about the concept of Ahara in Shrimad Bhagavad Gita

Course Level Learning Outcomes:

After completion of this course, the student will be able to-

- LO1: Understand common yogic practices like Asanas, Pranayama, Meditation
- LO2: Holistic living according to the precepts of Upanishads
- LO3: Demonstrate knowledge of pranayama, breathing, and lifespan
- LO4: Understand the method and benefits of Meditation
- LO5: Explain the various definitions of Asana, the history of Asana and types of Asanas
- LO6: Describe the category of Yogasanas, its importance, methods, rules, regulations, and limitations.
- LO7: Demonstrate various types of Yogasanas in their correct method of performance
- LO8: Understand the concept of Ahara in Shrimad Bhagavad Gita
- LO9: Understand the concept of major branches of yoga in Shrimad Bhagavad Gita
- LO10: Understand the concept of Soul in Shrimad Bhagavad Gita
- LO11: Understand the concept of Soul in Principle Upanishads
- LO12: Understand the concept of Brahman in Principle Upanishads.

Course Description

Unit - I

Asana: Definition, classification, categories, benefits & limitations, eight-step technique of asana, Surya namaskar, its benefits, limitations, physiological effect of asana and Surya namaskar on the human system.

Pranayama: Definition, classification, types, techniques, benefits & limitations of Pranayama, Yogic Breathing

Meditation: Definition, types (Cyclic, Om, Nadanusandhan), effects of meditation.

Unit II

General Introduction of Upanishads – meaning and importance

Ishavasyopanishad: Concept of Karmanishta, Concept of Vidya and Avidya, Knowledge of Brahman, Atma Bhava.

KenaUpanishad: Self and the Mind, Intuitive realization of the truth, Moral of Yaksha Upakhyana.

KathaUpanishad: Definition of Yoga, Nature of Soul, Importance of Self Realization.

Unit – III

General Introduction of Upanishads

Taittiriya Upanishad: Concept of Pancha Kosha, Summary of Shiksha Valli, AnandaValli, Bhriguvalli.

Prashna Upanishad: Concept of Prana and Rayi (creation), Panchapranas, The six main questions.

Unit IV

Shrimad Bhagavad Gita: General introduction to Shrimad Bhagavad Gita, Significance of Bhagavad Gita in Yoga and modern times, Definitions of yoga in Bhagavad Gita, Concept of Sthit pragya, Concept of Atma, Jivatma, Paramata, Concept of Karma and Karma Yoga.

Unit - V

Shrimad Bhagavad Gita: Concept of Bhakti and Bhakti Yoga, Concept of Trigun and qualities of Sattva, Rajas, Tamas, Concept of Concept of Abhyas, Vairagya, Shraddha

Important shlokas- 2.20, 2.21, 2.23, 2.24, 2.47, 2.48, 2.50, 2.51, 2.56, 2.62, 2.63, 2.64, 2.69, 2.70, 3.1, 3.4, 3.5, 3.6, 3.7, 3.19, 4.16, 4.17, 4.18, 4.20, 4.31, 4.34, 4.36, 5.21, 6.4, 6.6, 6.11, 6.13, 6.14, 6.17, 6.21, 6.25, 6.28, 6.31, 6.32, 6.34, 6.35, 6.45, 7.16, 8.5, 8.10, 8.23, 10.40, 10.41, 11.3, 11.8, 11.9, 11.7, 11.45, 11.52, 12.7, 12.8, 16.13, 16.4, 16.5, 18.16, 18.24, 18.25, 18.54, 18.66

Instructions for Examination (Theory)

Scheme of Examination

Maximum Marks: 100 (80 External + 20 Internal)

Duration: 3 Hrs

Minimum Passing Marks: 36%

External

A course will contain 5 units. The question paper shall contain three sections. Section A (10 marks) shall contain 10 questions two from each Unit. Each question shall be of 1 mark. All the questions are compulsory. Section A will be prepared such that questions i through v are multiple-choice questions, while questions vi through x will be fill-in-the-blank questions. Section B (25 marks) shall contain 5 questions (two from each unit with internal choice). Each question shall be of 5 marks. The candidate is required to answer all 5 questions. The answers should not exceed 150 words. Section C (45 marks) shall contain 5 questions, one from each Unit. Each question shall be of 15 marks. The candidate is required to answer any three questions by selecting these three questions from different units. The answers should not exceed 400 words.

Internal

Internal exam shall comprise Theory Exam (10 marks), Seminar Presentation (6 marks) and Class Performance (4 marks).

Suggested Readings

1. Upanishad sangraha- Jagdish Shashtri, Motilal banarashidas, Varanasi, Delhi, Chennai.
2. Swami Shivananda- The essence of Principle Upanishad, Divine Life Society,1980 Swami Nikhilananda
3. 108 Upanishad- The Principal Upanishad, Courier Corporation, 2003
4. 108 Upanishad- Sadhana khand- Pt. Shri ram Sharma Acharya, Shantikunj, Haridwar
5. 108 Upanishad-Brahmavidyakhand - Pt. Shri ram Sharma Acharya, Shantikunj, Haridwar
6. 108 Upanishad- Jnana Khand - Pt. Shri ram Sharma Acharya, Shantikunj, Haridwar
7. Upanishad bhasye- Shankara Acharya, Geeta press, Gorakhpur
8. Bhagwat Geeta, Gitapress Gorakhpur

Course Objectives –

After completion of this course, the student will be able to-

- CO1. . To gain knowledge of the various principles of Naturopathy concerning the body, health, disease and therapy, diagnosis, and management
- CO2. To learn about the significance of naturopathy tools
- CO3. To learn and analyze the principles behind using the diagnostic procedures of Naturopathy, such as spinal diagnosis, facial diagnosis, iris diagnosis, etc.
- CO4: To know about the diagnosis and management related to Pancha Tatva Therapy
- CO5: To understand the advantages of Naturopathy in today's world
- CO6. To learn about the application of Sun rays and Chromo therapies
- CO7. To classify and correlate Naturopathy tools
- CO8. To analyze the principles behind using the different elemental therapies
- CO9. To learn about the Sukshma Vyayama
- CO10. To learn about the technique of hydrotherapy
- CO11. To learn about the different types of massage
- CO12. To learn about the different types of Snan

Course Level Learning Outcomes:

After completion of this course the student will be able to-

- LO1: Classify and Correlate Ten basic principles of Naturopathy
- LO2: Describe the various principles of Naturopathy concerning the body and health
- LO3: Know about the significance of naturopathy tools
- LO4: Know about the application of Sun rays and Chromo therapies
- LO5. Understand the advantages of Naturopathy in today's world
- LO6. Analyze Principles behind using the diagnostic procedures of Naturopathy, like spinal diagnosis, facial diagnosis, iris diagnosis, and chromo diagnosis.
- LO7. Effect of naturopathy therapies concerning the body, health, disease, and therapy.
- LO8. Effect of Sukshma Vyayama on body, mind, and soul.
- LO9. Know about the application of the different types of massage and Snan
- LO10. Know about the benefits and limitations of Pancha Tatva Therapy & Pancha Tatva Sadhana technique
- LO11. Understand the benefits of fasting therapy, deep breathing and morning walk

Course Description

Unit – I

Introduction, definition, and principles of naturopathy, the historical development of naturopathy, importance of naturopathy. Concept of foreign matter, concept of acute and chronic disease, concept of prana, pranic energy, pancha prana, pancha tatva sadhana (Aakash, Vayu, Agni, Jal, Prithvi), Panchkarma

Introduction of Indian naturopathy, life sketch and contribution of eminent naturopaths- Mahatma Gandhi (father of Indian naturopathy), Vitthal Das Modi, S. Swaminathan, Dr. Lindlhar., Louis Kune, Benedict Lust, Adolf Just, J.H. Kellog.

Unit-II

Shat Karmas –Neti, Basti, Dhauti, Nauli, Tratak, Kapalbhatai their classification, benefits and limitations, Physiological effect of various shat karmas on human body. Art of Healthy Living, Naturopathy and Modern Science, Role of Naturopathy and Yoga in the management of Psycho-somatic disorders, Naturopathy and Ayurved – Tridosh Siddhant

Unit III

Jal Tatva: Hydrotherapy- Meaning and importance, Physical properties of water, principles of hydrotherapy, physiological effects of water application on skin, digestion, contraindications. The technique of hydrotherapy water intake, effusions, irrigation of colon and rectum, chest pack, trunk pack, T-packs, leg local, full wet sheet pack, hip bath, spiral bath, spinal bath, foot bath, vapour bath, and steam bath.

Aakash Tatva: fasting therapy limitations, method, and benefits, deep breathing, breathing practices, morning walk, etc.

.

Unit – IV

Agni Tatva: Sun Rays Therapy: limitations, methods and benefits, Chromo therapy- Types of colours- primary and secondary, chromo Philosophy, chromo hygienic, limitations of chromo therapy, use of colours, limitations of chromo therapy.

Vayu Tatva: Pavan snan and its benefits, svar sadhan (vaam swar, dakshin swar, sushumna swar), Theory of massages, various types of massages, therapeutic use of massage, physiological effect of massages -upon skin, muscular system, circulatory system.

Unit - V

Prithvi Tatva: Mud therapy – Meaning and importance, type of mud, collection and properties of mud, general and local mud applications, the physiological and pathological effects of mud and contraindication

Sookshma Vyayama and their importance and benefits

Instructions for Examination (Theory)

Scheme of Examination

Maximum Marks: 100 (80 External + 20 Internal)

Duration: 3 Hrs

Minimum Passing Marks: 36%

External

A course will contain 5 units. The question paper shall contain three sections. Section A (10 marks) shall contain 10 questions two from each Unit. Each question shall be of 1 mark. All the questions are compulsory. Section A will be prepared such that questions i through v are multiple-choice questions, while questions vi through x will be fill-in-the-blank questions. Section B (25 marks) shall contain 5 questions (two from each unit with internal choice). Each question shall be of 5 marks. The candidate is required to answer all 5 questions. The answers should not exceed 150 words. Section C (45 marks) shall contain 5 questions, one from each Unit. Each question shall be of 15 marks. The candidate is required to answer any three questions by selecting these three questions from different units. The answers should not exceed 400 words.

Internal

Internal exam shall comprise Theory Exam (10 marks), Seminar Presentation (6 marks) and Class Performance (4 marks).

Suggested Readings

1. K.S. Joshi, Speaking of Yoga & Nature- Cure Therapy, Sterling Publishers Private Limited (1991)
2. Nature curse treatments- I. N. Y. S. publication Bangalore
3. Massage therapy – Dr J. H. Kelloy.
4. Rational hydrotherapy – Dr. J.H. Kelley.
5. Essentials of food and Nutrition – Swannition.
6. Baths- S. J. Singh.
7. K.S. Joshi-Speaking of Yoga and Naturopathy, Orient Paperback, New Delhi, 1990.
8. H.K. Bhakru, The Complete Handbook of Nature Cure, Jaico Publishing House
9. Dr. Henry Lindlhai-The practice of Nature Cure, CCRYN, New Delhi, 2012.
10. Dr. Rakesh Jindal- Prakritik Ayur vigyan, Arogya seva prakashan, Modinagar, U.P.

Course Objectives:

CO1. To understand the concept of Disease in Yoga

CO2. TO learn about the physiological effects of various yogic practices and to understand the therapeutic aspects of Yoga as applied to different disease conditions.

CO3. To learn about the application of yogic practices i.e. asanas, pranayama, mudras, bandhas, and meditation for curing any type of disease.

CO4. To correlate the evolution and composition of the human body according to different schools of medicine such as Naturopathy, Yoga etc.

Course Level Learning Outcome:

After completion of this course, the student will be able to-

LO1. Describe the physiological effects of various yogic practices

LO2. Analyze knowledge of Yoga therapy in managing various diseases.

LO3. Understand the therapeutic aspects of Yoga as applied to different disease conditions.

LO4. Demonstrate usage of the therapeutic aspect of Yoga in promotive, preventive, curative and rehabilitative therapy.

LO5. Correlate the evolution and composition of the human body according to different schools of medicine such as Naturopathy, Yoga, Ayurveda, Homeopathy, Modern Medicine, etc.

Course Description

Unit- I

Yogic Management for-

Respiratory System: Nasal Allergy and Asthma

Cardiovascular System: Hypertension and Coronary Artery Disease

Unit-II

Yogic Management for-

Digestive System: Hyperacidity, Irritable Bowel Syndrome, Constipation, Gas (Flatulence).

Unit-III

Yogic Management for-

Musculoskeletal System: Arthritis, Back pain, Ankylosing spondylitis

Reproductive System: Infertility, Menstrual disorder, Role of stress in problems of Pregnancy

Unit-IV

Yogic Management for-

Nervous System: Epilepsy, Migraine

Endocrine System: Diabetes, Obesity, Thyroid (Hypo & Hyper)

Unit-V

Yogic Management for-

Psychiatry Anxiety, depressive neurosis, Insomnia, phobia, OCD (Obsessive Compulsive disorder) schizophrenia

Special senses - Eyes (Error of Refraction).

Instructions for Examination (Theory)

Scheme of Examination

Maximum Marks: 100 (80 External + 20 Internal)

Duration: 3 Hrs

Minimum Passing Marks: 36%

External

A course will contain 5 units. The question paper shall contain three sections. Section A (10 marks) shall contain 10 questions two from each Unit. Each question shall be of 1 mark. All the questions are compulsory. Section A will be prepared such that questions i through v are multiple-choice questions, while questions vi through x will be fill-in-the-blank questions. Section B (25 marks) shall contain 5 questions (two from each unit with internal choice). Each question shall be of 5 marks. The candidate is required to answer all 5 questions. The answers should not exceed 150 words. Section C (45 marks) shall contain 5 questions, one from each Unit. Each question shall be of 15 marks. The candidate is required to answer any three questions by selecting these three questions from different units. The answers should not exceed 400 words.

Internal

Internal exam shall comprise Theory Exam (10 marks), Seminar Presentation (6 marks) and Class Performance (4 marks).

Suggested Readings

1. Yoga for common ailments series published by SVYP (S-VYASA)
2. Light on pranayama B.K.S. Iyenger,
3. Yoga therapy- by swami kuvalayanand, Lonavala
4. Bandh & madras swami geetananda
5. Asana, Pranayama, Bandh & Mudras Swami Satyanand Saraswati, Bihar School of Yoga
6. Yoga for different ailments Robin Monro, Nagarathna & Nagendra.
7. PPH- SVYP Bangalore

Course Objectives:

- CO1. To teach teaching Techniques of the students.
- CO2. To teach class management & lesson planning
- CO3. To introduce educational tools of Yoga teaching
- CO4. To teach the concept of yoga education & values
- CO5. To teach the principles of teaching & learning

Learning Outcome:

After completion of this course, the student will be able to-

- LO1. Explain the key concepts of Anatomy and Physiology of the Human Body
 - LO2. Acquire knowledge about Various systems in the body
 - LO3. Appreciate the concepts of the Endocrine System.
 - LO4. Understand the concept of the brain in Nervous System
 - LO5. Describe and discuss the involvement of special senses
 - LO6. Discuss and describe the immunity system
-

Course Description

Unit-I

Principles & Methods of Teaching Yoga- Teaching & learning: Concepts and relationship Between the two ; Principles of teaching : Levels and Phases of teaching, quality of perfect yoga guru; Yogic levels of learning, Vidhyarthi, Shishya, Mumuksh; meaning and scope of teaching methods, and Factors Influencing them; sources of teaching methods; role of yoga teachers and teacher training.

Unit-II

Basics of Yoga Class Management: Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women & Special Attention Group); Techniques of Individualized; teaching techniques of group teaching; Techniques of Mass instructions; organization of teaching (Time management, Discipline etc)

Unit-III

Lesson Planning in Yoga: Essentials of good lesson plan: concepts, needs, planning of teaching Yoga (Shat Kriya, Asana, Mudra, Pranayam & Meditation); Models of Lesson plan; action research of yoga : Meaning, roles, steps in action research in Yoga teaching; effective use of library and other resources; lesson plan and its practical applications.

Unit-IV

Educational Tools of Yoga Teaching : Yoga classroom: essential features, area, sitting arrangement in Yoga class etc. ; classroom problems: types and solutions, characteristics & essentials of good Yoga teaching; Time table: need, types, principles of time table construction; time table for Yoga teaching; meaning, importance & types of educational technology; role of educational technology in yoga

Unit-V

Yoga and Value Education: Concept of Value, definition of value, types of values; value oriented education, value education & its components; value oriented personality, role and function of values in society; Yoga as global value, Yoga as value and Yoga as practice; contribution of yoga to towards the development of values.

Suggested Readings

1. Swami Satyanand saraswati : Yoga education for children, Bihar School of Yoga,Muger,1990
2. Dr. Gharote ML: Teaching Methods for Yogic Practices, Kaivalyadhama , Lonavala ,2007
3. Dr. Shree Krishna: Notes on Basic principles & Methods of Teaching as applied to Yogic practices & A ready reckoner of Yogic practices, Kaivalyadhama,Lonavala,2009
4. Dr. Rajkumar: Principles & Methods of teaching, printo Graphics , Delhi
5. Duggal Satyapad: Teaching Yoga , The Yoga Institute, Santacruz, Bombay, 1985

Instructions for Examination (Theory)

Scheme of Examination

Maximum Marks: 100 (80 External + 20 Internal)

Duration: 3 Hrs

Minimum Passing Marks: 36%

External

A course will contain 5 units. The question paper shall contain three sections. Section A (10 marks) shall contain 10 questions two from each Unit. Each question shall be of 1 mark. All the questions are compulsory. Section A will be prepared such that questions i through v are multiple-choice questions, while questions vi through x will be fill-in-the-blank questions. Section B (25 marks) shall contain 5 questions (two from each unit with internal choice). Each question shall be of 5 marks. The candidate is required to answer all 5 questions. The answers should not exceed 150 words. Section C (45 marks) shall contain 5 questions, one from each Unit. Each question shall be of 15 marks. The candidate is required to answer any three questions by selecting these three questions from different units. The answers should not exceed 400 words.

Internal

Internal exam shall comprise Theory Exam (10 marks), Seminar Presentation (6 marks) and Class Performance (4 marks).

Suggested Readings:

1. A Glimpse of Human Body- Dr Shirley Telles.
2. Human Anatomy & physiology - Dr. Vrinda Singh
3. Guyton A.C (1985): Function of Human Body 4th Edition
4. Human Physiology - Chatterjee C.C (1992)
5. Text book of Physiology - Jain A.K.

Paper Code: PGDYN6DCCP206

Paper Name: Combined Practical & Dissertation/Clinical Report/ Case Study & Viva
(See Scheme of Examination)

Maximum Marks: 200 (160 External + 40 Internal)

Duration: 6 Hrs

Minimum Passing Marks: 36%

Lists of Yoga Practices -

Suryanamaskara - 12 Steps S-VYASA

Asana

- | | |
|-------------------------------------|---------------------------|
| 1. Tadasana | 2. Uthita Padahastasana |
| 3. Trikonasana | 4. Parivartta Trikonasana |
| 5. Supta Vajrasana | 6. Ustrasana |
| 7. Vakrasana/ Ardha Matyendrasana | 8. Setubandh asana |
| 9. Ekapada Setu bandha Sarvangasana | 10. Chakrasana |
| 11. Dhanurasana | 12. Mayurasana |
| 13. Salambha Srisasana | |

Pranayama

1. Surya Bhedan
2. Chandra Bhedan
3. Ujjayi
4. Bhramari
5. Bhastrika

Bandha

1. Jalandhara Bandha
2. Uddiyan Bandha
3. Moola Bandha
4. Maha Bandha

Mudra

- | | | |
|--------------------|--------------------|----------------------|
| 1. Shambhavi Mudra | 2. Shanmukhi Mudra | 3. Vipritkarni Mudra |
|--------------------|--------------------|----------------------|

Kriya

- | | | |
|---------------------------------|-------------------|------------|
| 1. Neti – Jala neti, Sutra neti | 2. Dhouti– Vamana | 3. Trataka |
|---------------------------------|-------------------|------------|

Meditation

1. Cyclic Meditation
2. OM Meditation
3. MSRT (Mind Sound Resonance Technique)

Yog Nidra

Chanting

Prayer, Bhagavad Geeta (Karma yoga & Bhakti Yoga), Peace chanting and bhajans, etc.

IAYT for common ailments

Viva on the above yogic practices

Dissertation/Clinical Report/ Case Study:

The student shall prepare a report of his/her therapy work carried out by him/her and shall present it to the external examiner. The examiner will evaluate the work carried out and shall award the marks accordingly. The student will select a topic of Dissertation/case study etc. in consultation with his/her supervisor/guide/mentor on any topic related to yoga

- Dissertation/project work/report submitted by the students as per direction by Teachers.
- Presentation
- Viva

Submission Copy:

The student should submit a spiral-bound copy of the Dissertation

Teaching-Learning Process

The teaching learning process may include the following-

- Lectures
- Discussions
- Simulations
- Virtual Labs
- Role Playing
- Participative Learning
- Interactive Sessions
- Seminars
- Research-based Learning/ Dissertation/ Case Study/ Project Work

The Blended Learning mode of teaching and learning is preferable in which offline (face-to-face) and online learning both are used to provide learners the opportunity to enjoy both of the worlds. Teachers can share instructions, lecture notes, and assignments online. On the other hand, students can share information/work/assignments with teachers and other students directly in a collaborative setting. This may have a more enriched learning experience, and collaboration between students can be improved upon if group activities rely on information gathered from online resources or lessons. Students who complete online coursework followed by interactive, face-to-face class activities have richer educational experiences.

Assessment and Evaluation

- A comprehensive and continuous evaluation by mid-semester examinations at regular intervals to find out each course-level learning outcome
- Formative assessment based on activities of a learner throughout the program instead of one assessment. for this provision of internal exams, student seminars, and assignments is included
- Open book exam is suggested for internal/ mid-term exams to better facilitate the understanding of the knowledge required
- Group examinations are recommended on problem-solving exercises and in major projects to enhance the teamwork capabilities of the learner
- Collaborative/Individual assignments are useful to enhance the capability of learners to gain domain-specific knowledge
- Student Seminars and Quizzes are recommended for the continuous learning and evaluation process

ELIGIBILITY FOR ADMISSION

Graduates of any statutory university shall be eligible for admission to the PGDYN Course. (Eligibility Marks/ Relaxation as per Government/University Rules)

PASS CRITERIA

For passing in the examination, a candidate is required to obtain at least a Satisfactory Grade in each paper (Internal + External) and also acquire a Satisfactory Grade in theory and practical separately (in each semester examination).

EVALUATION

Internal Assessment –	Midterm Examination	10%
	Term Paper	5%
	Students Participation	5%
External Assessment –		80%

INSTRUCTIONS FOR STUDENTS

The student has to complete two months of career-oriented summer training from any firm/organization. If the student does not get a chance to go for training, he/she can choose a research topic and can complete the dissertation under the supervision of any of the faculty in his college.

The student who has to opt for training has to provide a signed certificate from the firm/organization authority stating that the student has spent two months as a trainee in his organization/firm. The student who has opted for a dissertation has to submit his/her dissertation report with a certificate from his supervisor.

In both cases, the student has to present his work in front of all the faculty members and fellow students at the starting of the next session.

In terms of credits, every one-hour session of L amounts to 1 credit per semester and a minimum of two-hour sessions of T or P amounts to 1 credit per semester.

*** An Academic/ Industrial Tour shall be organized by the college/department in every session. A Tour Report shall be prepared and submitted by the students after a study tour to industries/academic institutions of repute.**

SCHEME OF EXAMINATION(Theory)

Maximum Marks: 100 (80 External + 20 Internal),

Duration: 3 Hrs

Minimum Passing Marks: 36%

External

(INSTRUCTIONS FOR PAPER SETTER)

A course will contain 5 units. The question paper shall contain three sections. Section A (10 marks) shall contain 10 questions two from each Unit. Each question shall be of 1 mark. All the questions are compulsory. Section A will be prepared such that questions i through v are multiple-choice questions, while questions vi through x will be fill-in-the-blank questions. Section B (25 marks) shall contain 5 questions (two from each unit with internal choice). Each question shall be of 5 marks. The candidate is required to answer all 5 questions. The answers should not exceed 150 words. Section C (45 marks) shall contain 5 questions, one from each Unit. Each question shall be of 15 marks. The candidate is required to answer any three questions by selecting these three questions from different units. The answers should not exceed 400 words.

Internal

Internal exam shall comprise Theory Exam (10 marks), Seminar Presentation (6 marks) and Class Performance (4 marks).

Model Paper for 80 marks Theory Paper

Post Graduation Diploma in Yoga and Naturopathy

Semester I

Duration: 3 Hours

Maximum Marks: 80

PGDYN6DCCT102 - Foundation of Yoga

Section – A

1. (a) MCQ from unit 1 [1 x 10 =10]
(b)MCQ from unit 2
(c)MCQ from unit 3
(d)MCQ from unit 4.....
(e)MCQ from unit 5.....
(f)Fill in the Blanks from unit 1.....
(g)Fill in the Blanks from unit 2.....
(h)Fill in the Blanks from unit 3.....
(i)Fill in the Blanks from unit 4
(j)Fill in the Blanks from unit 5.....

Section - B

2.from unit 1..... [5 x 5=25]
or
3.....from unit 1.....
4.from unit 2.....
or
5.....from unit 2.....
6.....from unit 3.....
or
7.....from unit 3.....
8.....from unit 4.....
or
9.....from unit 4.....

10.....from unit 5.....

or

11.....from unit 5.....

Part - C

[15 x 3=45]

12.from unit 1.....

13.from unit 2.....

14.....from unit 3.....

15.from unit 4.....

16.from unit 5.....