

## **NAME OF THE COURSE: Post Graduate Diploma in Yoga Education (PGDYED)**

**Objective:** Human beings are made up of three components - body, mind and soul corresponding these there are three needs- health, knowledge and inner peace. Health is physical need, knowledge is our psychological needs and inner peace is spiritual need when all three are present then there is harmony. Yoga gives us relief from countless ailments at the physical level. The practice of the postures (Asans) strengthens the body and creates a feeling of wellbeing. From the psychological view point, yoga sharpens the intellect and aid in concentration; it steadies the emotions and encourages a caring for others.

The objective of the PGDYED Course is to acquaint the students with yoga as a science – that is, as a practical, methodical, and systematic discipline or set of techniques that have the lofty goal of helping human beings to become aware of their deepest nature. In fact, yoga, with its powerful techniques for creating a sense of inner peace, harmony, a clarity of mind, is absolutely relevant to the modern world. Given the increasing pace and conflict present in modern life, with all its resulting stress, one could say that yoga has become an essential tool for survival, as well as for expanding the creativity and joy of our lives.

**Duration of the course:** The course shall be of one-year duration (2 semester)

**The Medium of the course:** Hindi / English

### **Proposed Regulation of the Course**

#### **1. Admission and Eligibility:**

1. To be eligible for admission to the course, the candidates should have passed any bachelor's Degree of any discipline.
2. The candidates shall have secured a minimum of 45% of marks in his/her graduation.
3. Candidates belonging to other backward castes, Scheduled Castes, Scheduled Tribes shall be considered for admission if they have passed the qualifying examination obtaining not less than 40% of marks in aggregate.

#### **2. Attendance Requirements:**

1. Each semester is considered as a unit and the candidate must put in a minimum attendance of 75% in each subject with a provision of condonation of 10% of the attendance by the competent authority on the specific recommendation of the Dean on valid reasons.
2. The basis for the calculation of the attendance shall be the period prescribed by the university by its calendar of events.
3. The students shall be informed about their attendance position periodically so that the students to be cautious to make up the shortage.

#### **3. Internal Assessment Marks**

1. Theory or Practical of each subject shall have a maximum Internal Assessment Marks of 30.
2. The Internal Assessment marks in a theory subject shall be based on one midterm examination of 15 marks, assignments for 10 marks, and attendance of 5 marks.
3. Similarly, In the case of practical, the IA marks shall be based on the laboratory/ training reports and one practical test.
4. If a candidate fails to secure a minimum of 50% of the IA marks (15/30) in theory and practical, such candidate shall not be eligible to take the concerned subjects in the university examination.

- Such candidates as mentioned in 3.4 shall repeat the semester to secure marks prescribed.
- There shall not be provision for improvement of IA marks in theory subjects and also in cases of laboratory/ Training where the candidate has already secured required marks.

#### **4. Eligibility for Passing**

- To pass the examination in a theory subject, a candidate shall secure minimum of 50% of the maximum marks prescribed for the theory subject in the University examination.
- To pass practical, a candidate shall secure a minimum of 50% of the maximum marks prescribed for the University examination in the relevant practical.
- The candidates who do not satisfy the condition of 4.1 shall be deemed to have failed in that subject and they must be subsequently cleared by repeating (by fresh registration and attending the classes) the same course before being eligible for the award of the diploma.
- The candidates who pass a subject of a term as per 4.1 are not allowed to appear for the same again, unless he/ she opts for rejection of results as per the 4.4, 4.5 & 4.6.
- If a candidate so desires, there shall be provision for rejection of total performance of a term (including IA marks). The rejection is permitted only once during the entire course of study.
- The candidate who desires, to reject the performance as per 4.4 shall reject performance in all the subjects of the term irrespective of whether the candidate has passed or failed in any subject.
- A candidate, who desires to reject the total performance of the term including internal assessment, has to take readmission for the relevant term. Application for such readmission shall be sent to the Registrar within 30 days from the date of the announcement of the results. Late submission of application shall not be accepted for any reasons. Readmission to 1st term in such cases will not be considered as fresh admission i.e., the candidate will continue to have same University roll number, which was allotted earlier.
- Such candidates who opt for rejection are eligible for award of class but not eligible for awards.

#### **5. Promotion and Eligibility for the Examination**

- There shall not be any restriction for promotion from odd semester to even semester, provided the candidate has fulfilled the attendance requirement.

#### **6. Grading System**

- The student will be assigned a grade in each course based on his or her combined performance in the sessional work and the final examination. Grade distinction and grade point of each grade are as follows:

##### **Grade Distinction**

| Marks Obtained | Grade | Grade points | Class        |
|----------------|-------|--------------|--------------|
| Less than 50%  | F     | 0            | Fail         |
| 50% to 54%     | C     | 1            | Pass         |
| 55% to 64%     | B     | 2            | Second class |
| 65% to 74%     | A     | 3            | First class  |
| 75% to 100%    | O     | 4            | Distinction  |

**7. Cumulative Grade Point Average:** Based on the grades obtained in all the subjects registered for a student, his or her Cumulative Grade Point Average (CGPA) is calculated as follows:

$$\text{CGPA} = \frac{\sum (\text{No. of Credits} \times \text{Grade Point})}{\sum \text{No. of Credits}}$$

CGPA is rounded off to the second decimal place.

### Semester I

| Subject code | Name of the subject  | credits | Lecture/Practical /Hrs / week | Exam in Hrs | IA  | EA  |
|--------------|--|---------|-------------------------------|-------------|-----|-----|
| PGDYED-T101  | Foundation of Yoga   | 4       | 4                             | 3           | 30  | 70  |
| PGDYED-T102  | Anatomy, Physiology and yogic practices  | 4       | 4                             | 3           | 30  | 70  |
| PGDYED-T103  | Teaching Methodology of Yogic Practice   | 4       | 4                             | 3           | 30  | 70  |
| PGDYED-P101  | Practical Demonstration of Asanas Pranayam, Shudhi Kriya (Practical Note book) & Viva-voce | 2       | 6                             |             | 30  | 70  |
|              | <b>Total</b>   | 14      | 18                            |             | 120 | 280 |

### Semester II

| Subject code | Name of the subject  | credits | Lecture/Practical /Hrs/ week | Exam in Hrs | IA  | EA  |
|--------------|--|---------|------------------------------|-------------|-----|-----|
| PGDYED-T201  | Human consciousness and Meditation   | 4       | 4                            | 3           | 30  | 70  |
| PGDYED-T202  | Traditional Yoga   | 4       | 4                            | 3           | 30  | 70  |
| PGDYED-T203  | Fundamentals of Hatha Yoga   | 4       | 4                            | 3           | 30  | 70  |
| PGDYED-P201  | Practice of teaching five Lessons plan on any skill (three asanas one pranayama & one kirya) on lesson format with chart & Viva-voce | 2       | 6                            |             | 30  | 70  |
|              | <b>Total</b>   | 14      | 18                           |             | 120 | 280 |

### Syllabus Semester I

#### PGDYED T-101: Foundation of Yoga

##### UNIT-1

Meaning of Yoga & Various Definitions, Origin of yoga, Traditional and Historical development of yoga, Importance of Yoga in modern life. Aims and objective of yoga. Elementary knowledge of types of Yoga- Astang Yoga, Bhakti Yoga, Hath Yoga, Kriya Yoga, Gyan Yoga.

##### UNIT-2

Study of Yoga in various texts- Vedas, Upanishads, Gita, Buddhism, Jainism and Indian Philosophy. Introduction to Upanishad. Kena Upanishad, Katha Upanishad, Mundaka Upanishads, Mandukya Upanishad, Aiterya Upanishad, Taittiriya Upanishad, Chandogya Upanishads

##### UNIT-3

Elements of success and failure in yoga Sadhana According to Hat yoga and Yoga sutra.  
Study of proper Season, Place. Time and Diet for the practice of yoga.

#### **UNIT-4**

Life sketch of following yogis with important incidents of their lives and contribution in the development of yoga – Maharishi Patanjali, Guru Gorakhnath, Swami Dayananda, Swami Shivananda, Swami Vivekananda, Swami kuvalayananda, Sri Aurobindo.

### **PGDYED T-102: Anatomy, Physiology, and Yogic Practice**

#### **UNIT-1**

Skeleton system: Composition (No. of bones & types), Importance of skeleton system. Joints-types and structure of knee joint shoulder joint, composition of vertebral column, Structure of cervical/ lumbar vertebrae.

#### **UNIT-2**

**Digestive Systems:** Structure of digestive tract with special emphasis of function of each digestive organ for digestion, Physiology of digestion. Effects of yogic practices on digestive system.

**Respiratory System:** Structure of respiratory tract with emphasis on their Respiration, Physiology of external and internal respiration. Elementary knowledge of various respiratory volumes. Effects of yogic practices on respiratory.

#### **UNIT-3**

Cardio – Vascular System: Its components. Structure & functioning of Heart, Blood, Chief characteristics of artery & veins. Knowledge of terms like blood pressure.

#### **UNIT-4**

Nervous System: Its types and their elementary features. Components of central nervous system, their structure & functions. Elementary knowledge of autonomic nervous system and its major functions. Effects of yogic practices on nervous system & its sense organs.

### **PGDYED T-103: Teaching Methodology of Yogic Practice**

#### **UNIT-1**

Teaching methodology of yogic practice. Factors affecting teaching yoga. Principles of teaching yoga. Need and importance of teaching practice. Maxims of teaching. Principle of teaching, level and phases of teaching yoga, Quality of perfect yoga Guru, Yogic level of learning – mumukshu.

#### **UNIT-2**

Presentation technique. Technical preparation. Personal preparation. Modern concept and teaching Aids, class management- yoga classroom – essential features, area, sitting arrangement in yoga class. Steps of class management. Teaching method – teaching techniques of group teaching, techniques of mass instruction, organization of teaching (time management and discipline etc). Audio visual Aids

#### **UNIT-3**

Meaning of tournaments and competition and its importance. Eligibility rules of Inter-University of Yoga. Organization and administration of Yoga competition. Major competitions in yoga.

#### **UNIT-4**

Meaning of lesson plan and its importance. Principles of lesson plan. Demonstration in Yoga and its types. Importance of demonstration. Essential of good lesson plan: concepts, needs, planning of teaching yoga (sodhan kriya, asana, mudra, pranayama, and meditation). Models of lesson plan: eight step method of introduction as developed in Kaivalyadham.

**PGDYED-P101: Practical Demonstration of Asanas, Pranayama, Shudhi Kriya (Practical Note book) & Viva-voce**

**List of the Yogic Practices**

**Asanas**

Shirsh Asana, Chakra Asana, Manduk Asana, Pavan Muket, Surya Namaskar, Paschimottan Asana, Vajra Asana, Supta Vajra Asana, Yoga Mudra, Nauka Asana, Bak Asana, Mayur Asana, Pad-hast Asana, Ustra Asana, Vriksh Asana, Padma Asana, Trikon Asana, Sarvang Asana, Katichadra Asana, Vipratarakani, Hal Asana, Bhujang Asana, Ardh- Shalbh Asana, Vakra Asana, ArdhaMatasyaendrasana

**Pranayama**

Anulome-vilome, Bjastrika, Sitkari, Kapalbhathi, Ujjai, Shitali, Suryabhedan, Bhramri

**Kriyas**

Any two kriya from the followings: - Neti, Dhauthi, Tratak, Nauli

Note: Students are required to do any 15 of above mentioned Asanas, two Pranayama and two Kriya.

Note book

Viva- voce

**Semester 2**

**PGDYED- T201: Human consciousness and Meditation**

**UNIT-1**

Evolution of human consciousness, nature of consciousness in yoga sutra. Yogic concept of Chitta its variety and methods of their control. Science of human behavior, definition of behavior, psychic forces and behavior, behavior and consciousness.

**UNIT-2**

Consciousness in text of Vedas, Upanishad (four steps of consciousness and its variation in syllable in omkara) and other system of Vedic Philosophy (Atma, Universe and Brahman etc).

**UNIT-3**

Neuroscience and Consciousness, Recent research as on Consciousness and Yogic science. Sensory nervous system, motor nervous system, Higher functions of the nervous system, synapse, Reflexes cerebrospinal fluid, blood brain and blood CSF barrier.

**UNIT-4**

The theory of meditation, Preparation for meditation (Mudras, Bandhas, Pranayama), Meditative poses, Physiological effects on Meditation. The practices of meditation (Japa Yoga, Ajapajapa Yoga, Yoga Nindra, Trataka, Nada Yoga etc.)

**PGDYED- T202: Traditional Yoga**

**UNIT-1**

1. Introduction to yoga, its meaning and purpose and nature of yoga. Concepts of chitta, chitta – bhumi, chitta – vritti, chitta - vrittinirodhopayaAbhyasa and vairagya as the tools chitta – vikshepas (Antarayas), Chittaprasadhanam

**UNIT-2**

1. Samadhi pada: type and nature of samadhi: ritambharaprajna and adhyatmaprasada; Samprajnata, Asamprajnata, sabeeja&Nirbeeja Samadhi. Introduction to sadhanapada, vritti and kaivalyapada

**UNIT-3**

1. Great Philosophy of Indian Yoga Culture 2. Charwak. 3. Budha. 4. Mahavir. 5. Swami Vivekanand

**UNIT-4**

1. PanchikaranPrakriya. 2. Panchkosh Theory. 3. Nandha Bhakti 4. Kundalini.5. AsthaSidhi. Yogic principle of healthy leaving, ahara, vihar, achara, and vichara.

### **PGDYED- T203: Fundamental of Hatha Yoga**

#### **UNIT 1**

Introduction of Hatha Yoga, Concept of Hatha Yoga, hatha yoga and hath yoga texts. Siddhasiddhantapaddhati, hath pradepika, gheranda Samhita, hath ratnawali and shiv Samhita.

#### **UNIT 2**

Full text of Hatha Yoga Pradipika. Hatha Pradipika.:Asanas,Pranayama, Kriyas, Nadanusandhan

#### **UNIT 3**

Full Text of Gheranda Samhita. Gherand Samhita: Kriyas, Asanas, Pranayama, Dharna, Dhyana, samadhi

#### **UNIT 4**

Pranayama, Types of Pranayama. Effects of Pranayama. Yogic Management of common diseases: obesity, respiratory disorder (allergy rhinitis& sinusitis). Hypertension. Hypo and Hyper Thyroidism)

### **PGDYED-P201: Practice of teaching fiveLessons plan on any skill (threeasanas onepranayama & onekriya) on lesson format withchart &Viva-voce**

#### **Practical: Teaching Practice**

Practice of teaching of five lesson plan on any skill (Three asanas, one Pranayama and one Kriya) on lesson format with chart and Viva- voce.