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Department of Physical Education
Scheme and Syllabus for P.G Diploma in Yoga
(One Year)



Department of Physical Education
Sant Baba Bhag Singh University
2018

SANT BABA BHAG SINGH UNIVERSITY

Department of Physical Education

SCHEME & SYLLABUS OF P.G. DIPLOMA IN YOGA

1st Semester

S. No	Subject Code	Subject Name	Contact Hours	Credits	Total Contact Hours	Total Credit Hours
			(L:T:P)	(L:T:P)		

Part-1 Theory

1	YOG101	Foundations Of Yoga	4:0:0	4:0:0	4	4
2	YOG103	Human Anatomy & Physiology	4:0:0	4:0:0	4	4
3	YOG105	Study Of Hathayoga	4:0:0	4:0:0	4	4
4	YOG107	Naturopathy & Swasth-Vrata	4:0:0	4:0:0	4	4

Part-2 Practical

5	YOG109	Yogic Exercises & Asanas-I	0:0:4	0:0:2	4	2
6	YOG111	Pranayamas Bandhas,Mudras And Meditation-1	0:0:4	0:0:2	4	2
7	YOG113	Yogic Shatkramas & Naturopathy	0:0:4	0:0:2	4	2

Total Contact Hours = 28
Total Credit Hours = 22

2nd Semester

S. No	Subject Code	Subject Name	Contact Hours	Credits	Total Contact Hours	Total Credit Hours
			(L:T:P)	(L:T:P)		

Part-1 Theory

1	YOG102	Indian Philosophy And Yogies	4:0:0	4:0:0	4	4
2	YOG104	Yoga Therapy	4:0:0	4:0:0	4	4
3	YOG106	Acupressure And Pranic Therapy	4:0:0	4:0:0	4	4
4	YOG108	Mentat Health & Patanjali Yogasutra	4:0:0	4:0:0	4	4

Part-2 Practical

5	YOG110	Yogic Exercises & Asanas-II	0:0:4	0:0:2	4	2
6	YOG112	Pranayamas Bandhas,Mudras And Meditation-1I	0:0:4	0:0:2	4	2
7	YOG114	Yogic Shatkramas & Acupressure	0:0:4	0:0:2	4	2

Total Contact Hours = 28
Total Credit Hours = 22

FOUNDATIONS OF YOGA

Course Code	YOG101
Course Title	Foundations Of Yoga
Type of Course	Theory
L T P	4 0 0
Credits	4
Course Prerequisite	Graduation
Course Objectives (CO)	<p>The students will be able to:</p> <ol style="list-style-type: none"> 1. Understand the Kinds of Yoga. 2. Explain the Relationship of yoga and Vedanta philosophy. 3. Understand Medieval Indian Thought on Yoga . 4. Understand the Nature of yoga.

UNIT-1

Meaning & definitions of yoga, Importance, aim and objectives of yoga in modern life, Traditional & historical development of yoga.

UNIT-2

Components of Medieval Indian Thought; Jainism, Buddhism, Mohammad's and Christianity and Sikhism with special reference to yogic thoughts and nature of yoga in these.

UNIT-3

Kinds of Yoga:- Karma Yoga, Bhakti Yoga Jnana (Gyan) yoga & Ashtang Yoga. Study of Yoga in :- Vedas, Upanishads & Gita.

UNIT-4

Relationship between physical education and yoga. Patanjali Yogasutra & Gita. Relationship of yoga and Vedanta philosophy. Nature of yog sadhna according to Vedanta.

REFERENCE BOOKS :

S.No	Authors	Title	Publisher
1	Yoga : An Introduction	Prof. Surendra Singh, Prof P.D.Misra, Dr. Beena Misra	Bharat Book Centre, Lucknow, 1999)
2	Raja Yoga, Jnana(Gyan) Yoga, Karma Yoga & Bhakti Yoga	Swami Vivekaanda	Ramakrishan Ashrama Publication)
	Brown, F. Y.	How to use yoga	Delhi: Sports Publication
	Gharote, M.L. & Ganguly, H.	Teaching methods for yogic practices.	Lonawala: Kaixyдахmoe.
	Rajjan, S. M.	Yoga strengthening of relaxation for sports man	New Delhi: Allied Publishers.

HUMAN ANATOMY & PHYSIOLOGY

Course Code	YOG103
Course Title	Human Anatomy & Physiology
Type of Course	Theory
L T P	4 0 0
Credits	4
Course Prerequisite	Graduation
Course Objectives (CO)	After the completion of the course , student will be able to : <ol style="list-style-type: none"> 1. Understand the Anatomy & Physiology. 2. Understand the various systems of the body. 3. To enable to understand the importance of Physiology in yoga. 4. Explain the effect of exercise and training on various systems of our body.

UNIT-1

Meaning of Anatomy & Physiology, The brief study of Cell & Tissues, The brief study of Digestive system:- Mouth, Tongue, Stomach.

UNIT-2

Intestine and Anus, Muscular System: Muscles, their types and functions, Skeletal System:- The Bones, Joints, Vertebral Column.

UNIT-3

Endocrinal System:- The Study of main endocrine/ductless glands & their function. The brief study of Respiratory System:-Mechanism of Inspiration, Expiration & Control of Respiration, Cardio-vascular.

UNIT-4

Circulatory system:- The Heart, Blood and Blood Circulation. Nervous System:- The central Nervous & the Autonomic Nervous system. Excretory System:- Study of Kidneys, Lungs.

REFERENCE BOOKS:

S.No	Authors	Title	Publisher
1	M.M. Gore	Anatomy and Physiology of Yogic Practices	(English & Hindi)Kanchan Prakashan, Lonavla.
2	Singh, S	Anatomy of physiology	Ropar: Jeet
3	Moorthy, A. M.	Anatomy of physiology and health education	Karaikudi:
4	Gupta, A. P.	Anatomy and physiology	Agra: SumitPrakashan

STUDY OF HATHAYOGA

Course Code	YOG105
Course Title	Study Of Hathayoga
Type of Course	Theory
L T P	4 0 0
Credits	4
Course Prerequisite	Graduation
Course Objectives (CO)	After the completion of the course , student will be able to : <ol style="list-style-type: none"> 1. Understand the Hathayoga. 2. Understand the Pranayama. 3. To enable to understand the benefits and precautions. 4. Explain the Mudra & Bandhas

UNIT-1

Meaning, Definitions and objectives of Hathayoga. Components of Hathayoga:- Sapt Sadhan, Study of Shat-Karmas and Asanas. Importance of Hathayoga in human life.

UNIT-2

Meaning and Definitions of Pranayama, Classification of Pranayamas with reference to Patanjali yoga sutra, Hath Pradipika & Gherand Samhita with their techniques, Hathapradipika and Gheranda Samhita, with their techniques, benefits and precautions.

UNIT-3

benefits and precautions. Meaning, Techniques & benefits of Mudra . Meaning, Techniques & benefits of Bandhas according to Hathapradipika.

UNIT-4

Nature of Ashtang yoga: Nature & effects of Yama, Niyama, Asana, Prnayama and Pratyahara. Importance and purpose of Kriya yoga.

REFERENCE BOOKS :

S.No	Authors	Title	Publisher
1	Swami Muktibodhananda	Hathayog Pradipika (English)	(Yoga Publication Trust, Munger, Bihar, India)
2	Swami Kuvaliyananda	Hathapradipika(Hindi)	(Kaivalyadhama, Lonavla)
3	Digambarji Swami & Gharote	Gheranda Samhita (English)	(Kaivalyadhama, Lonavla)

NATUROPATHY & SWASTH-VRATA

Course Code	YOG107
Course Title	Naturopathy & Swasth-Vrata
Type of Course	Theory
L T P	4 0 0
Credits	4
Course Prerequisite	Graduation
Course Objectives (CO)	After the completion of the course , student will be able to : 5. Understand the Basic Principles of Naturopathy. 6. Understand the Mud/Clay therapy. 7. To enable to understand the Sun-therapy Eather/Space therapy. 8. Explain the components & Benefits of Balance-died.

UNIT-1

Naturopathy - Introduction, History & Basic Principles. Water Therapy:- Hot & Cold Compress and Wet Packs sheet. Mud/Clay Therapy:- Importance of Soil, Use of mud-packs.Chest-Pack, Abdomen-Pack & Knee Pack.

UNIT-2

Sun-therapy:- importance of sun rays, Sun-bath & its uses in different diseases. Air-therapy:- Importance of air. Air-bath & its uses. Eather/Space therapy:- Fasting & its principles, Action & reaction of fasting on human body for maintaining health & management of diseases.

UNIT-3

Concept & Need of Swasth-Vrata, Elements of daily Routine- Dincharya, Ritucharya & Sada-Vrata. Meaning, Definitions, need & importance of Diet in Naturopathy.

UNIT-4

components & Benefits of Balance-died, Sprouted diet & Mitahara, Rules of Yogic-diet, Demerits of Non-vegetarian-diet & merits of Vegetarian diet. Massage Abhyoung, its kinds & importance.

REFERENCE BOOKS :

S.No	Authors	Title	Publisher
1	Prof. Ram Harsh Singh,	Swasth-Vrata Vigyan,(Hindi)	Chaukhamba Sanskrit Pratishthan,Delhi
2	Dr. Rakesh Jindal	Science of Natural Life(English)	Arogya Sewa Prakashan, Modhinagar,U.P.)
3	Dr. Rakesh Jindal	Prakritik Ayurvigan(Hindi)	Arogya Sewa Prakashan, Modhinagar,U.P.

YOGIC EXERCISES & ASANAS-I

Course Code	YOG109
Course Title	Yogic Exercises & Asanas-I
Type of Course	Practical
L T P	0 0 4
Credits	4
Course Prerequisite	Post Graduation
Course Objectives (CO)	After the completion of the course , student will be able to : 1. Understand the Basic Principles of. Savasana and Bhadrasan. 2. Understand theSurya Namaskar. 3. Explain and Demonstrations of Yogasanas.

A. SURYA NAMASKARA

B. SELECTED YOGASANAS

- | | | |
|-----------------|--------------------|-----------------------|
| 1. Siddhasana | 7. Makarasana | 13. Vrikshasana |
| 2. Padmasana | 8. Gomukhasan | 14. Naukasana |
| 3. Kurmasana | 9. Salabhasana | 15. Paschimottanasana |
| 4. Bhadrasan | 10. Savasana | 16. Dhanurasana |
| 5. Vajrasana | 11. Matsyasana | 17. Vekrasana |
| 6. Swastikasana | 12. Matsyendrasana | 18. Gorakshasana |



PRANAYAMAS BANDHAS,MUDRAS AND MEDITATION-1

Course Code	YOG111
Course Title	Pranayamas Bandhas,Mudras And Meditation-1
Type of Course	Practical
L T P	0 0 4
Credits	4
Course Prerequisite	Post Graduation
Course Objectives (CO)	After the completion of the course , student will be able to : 1. Understand the Basic Principles of Pranayama. 2. Understand the Bandhas. 3. Explain and Demonstrations of Naturopathyn.

PRANAYAMA , BANDHAS, MUDRAS, DHAYANA (MEDITATION)

Hathyoga :

Nadi Shodhana Pranayama ,
Surya -Bhedana,
Ujjayee,
Sheeta Seetkari, & Bhramri

BANDHAS & MUDRAS

Jalandhara Bandhas,
Uddiyan Bandhas
Moola Bandhas.
Mahamudra,
Mahabandha,
Vipareet Karani,
Kaki,
Shambhavi.

DHAYANA

MEDITATION : Recitation of Pranavajapa (Omkar Japa) & Gyatari Mantra.

KHIALA, DISTT. JALANDHAR (PUNJAB)

YOGIC SHATKRAMAS & NATUROPATHY

Course Code	YOG113
Course Title	Yogic Shatkramas & Naturopathy
Type of Course	Practical
L T P	0 0 4
Credits	4
Course Prerequisite	Post Graduation
Course Objectives (CO)	After the completion of the course , student will be able to : 1. Understand the Basic Principles of Yogic Shatkramas 2. Understand the Naturopathy . 3. Explain about Sun Baths.

SELECTED YOGIC SHATKRAMAS

Vaman Dhuti (Kujal), Sutra Neti, Jala Neti and Ghrit Neti, Trataka, Kapalbhathi: Vatkarma, viewetkrama & Sheetkrama Kapalbhathi

NATUROPATHY

Steam Bath, Hip Bath, Spinal Bath, Footbath. Hot & Cold Compresses, Wet Sheet pack, Mud Packs, Oil Massage. Air bath:- Morning walk, Control over Swar, Left Swar, Right Swar & Sushumna. Sun Baths, Rest, Relaxations & Fasting.

SESSIONAL WORK/ PRACTICE OF TEACHING :

Each student shall have to prepare and give at least one lecture cum Demonstration on different topics of Paper and also shall have to prepare and to give Five (5) lessons in the class under the supervision of their Yoga Practical Teacher. These Lessons should be observed/examined by the Yoga Practical Teacher.

2nd SEMESTER

INDIAN PHILOSOPHY AND YOGIES

Course Code	YOG102
Course Title	Indian Philosophy And Yogies
Type of Course	Theory
L T P	4 0 0
Credits	4
Course Prerequisite	Graduation
Course Objectives (CO)	After the completion of the course , student will be able to : 1. Understand the Basic Principles of Philosophy. 2. Understand the Vedanta Philosophy. 3. To enable to understand the Yoga Philosophy. 4. Explain the Development of yoga after patanjali.

UNIT-1

Brief introduction of six system of Indian Philosophy i.e. Nyaya Philosophy Philosophy, Vaisheshik Philosophy, Sankhya Philosophy,

UNIT-2

Philosophy of Yoga, Meaning, Definitions, objectives and Philosophy of Mimansa. Meaning, Definitions, objectives and Philosophy of Vedanta.

UNIT-3

Life sketch of following Yogis with importance incidents of their lives & contributions in the development of Yoga- Maharishi Patanjali, Guru Gorakhnath, Yogi Shyamacharan Lahidi, Swami Shivananda, Swami Vivekananda, Sri Aurobindo.

UNIT-4

Development of yoga in 19th and 20th century: Development of yoga centres and research as well academic institutes. govt. policy for yoga. Development of yoga after patanjali: Bhakti period, Vivekanada period up to 18th century-1900

REFERENCE BOOKS:

S.No	Authors	Title	Publisher
1	Sivananda Swami	Adhyatma Yog	Tehri Garhwal, the Divine Life Society
2	Vivekanada Swami	Complete Book of Yoga	Delhi, Vijay Goel Publisher
3	Gupta S.N Das	Yoga Philosophy in Relation to other system of indian thought	New Delhi, Motilal Banarasidas Publishers
4	Puligandla, R	Fundamentals of indian Philosophy	New York, Abingdon Press

YOGA THERAPY

Course Code	YOG104
Course Title	Yoga Therapy
Type of Course	Theory
L T P	4 0 0
Credits	4
Course Prerequisite	Graduation
Course Objectives (CO)	After the completion of the course , student will be able to : 1. Understand the Concept of Yogic Therapy. 2. Understand the Diseases. 3. To enable to understand the Non Yogic Exercises. 4. Explain the Physical Disorder.

UNIT-1

Yogic Therapy: Concept, Meaning, Principles and scope. Yogic practices for therapy –major components and their importance. Benefit of therapy's for Diseases.

UNIT-2

measures of the following diseases:- Constipation, Diabetes Mellitus, Obesity, Backache, Sciatica & Slipped Disc. Causes, Symptoms & yogic treatment including dietary measures of the following diseases: Asthma, High & Low Blood Pressure, Female problems, Sinusitis, Thyroid.

UNIT-3

Non yogic Exercises: Meaning, types, importance and therapeutic value. Yogic Exercises: Meaning, types, importance and therapeutic value

UNIT-4

Physical disorder: meaning, general causes, Yogic approach for their management. Mental disorder: meaning, general causes, Yogic approach for their management.

REFERENCE BOOKS:

S.No	Authors	Title	Publisher
1	Dr. Swami Karmananda	Yogic Management of Comon Diseases	Yoga Publication Trust, Munger, Bihar, India
2	Nagendra H.R	New Perspectives in Stress Management	V.K. YOGAS, Bangalore, 1998
3	M.M. Gore	Anatomy and Physiology of Yogic Practices	English & Hindi)Kanchan Prakashan, Lonavla
4	Udupa K.N	Stress and its Management	Yoga(MLBD)

ACUPRESSURE AND PRANIC THERAPY

Course Code	YOG106
Course Title	Acupressure And Pranic Therapy
Type of Course	Theory
L T P	4 0 0
Credits	4
Course Prerequisite	Graduation
Course Objectives (CO)	After the completion of the course , student will be able to : 1. Understand the Concept of Acupressure therapy. 2. Understand the Points of acupressure in Hands 3. To enable to understand the Prana (Vital Energy). 4. Explain about the awakening and Raising the Prana.

UNIT-1

Acupressure therapy:- Meaning, History, Principles of acupressure, Benefits, Precaution & limitations of acupressure therapy.

UNIT-2

Basic therapeutic methods of acupressure therapy. Relationship of Points of acupressure in Hands, Feet with management of the following diseases: - Constipation, High & Low Blood Pressure, Diabetes, Asthma, Thyroid & Backache.

UNIT-3

Concepts & Meaning of Prana (Vital Energy) and Pranic Therapy:- Significance of Pranic Therapy in modern life. Introduction & Essentials of Pranic Therapy.

UNIT-4

Techniques of awakening and Raising the Prana. Techniques of Self Healing and Healing Others. Explain about Acupressure Massage, Acupressure Puncture.

REFERENCE BOOKS:

S.No	Authors	Title	Publisher
1	Prof. Ram Harsh Singh	Swasth-Vrata Vigyan,(Hindi)	Chaukhamba Sanskrit Pratishtan,Delhi)
2	Dr. Rakesh Jindal	Science of Natural Life(English)	Arogya Sewa Prakashan, Modhinagar,U.P.)
3	Dr. Rakesh Jindal	Prakritik Ayurvigan(Hindi)	Arogya Sewa Prakashan, Modhinagar,U.P.)

MENTAL HEALTH & PATANJALI YOGASUTRA

Course Code	YOG108
Course Title	Mental Health & Patanjali Yogasutra
Type of Course	Theory
L T P	4 0 0
Credits	4
Course Prerequisite	Graduation
Course Objectives (CO)	After the completion of the course , student will be able to : 1. Understand the Concept of Mental Health. 2. Understand the Role of yoga in developing Mental Health 3. To enable to understand the Kriya Yoga 4. Explain about the mental problems and their Psycho-Yogic therapeutic.

UNIT-1

Meaning & Definition and importance of Mental Health in the field of yoga, Elements to affecting mental health, Role of yoga in developing Mental Health.

UNIT-2

Methods for development of mental health through Yoga:- Kriya-Yoga, Panch Kosh-Sidanta, The Philosophy and Meaning of the sacred syllable “Om (OUM)”.

UNIT-3

General awareness of mental problems and their Psycho-Yogic therapeutic approaches: Anxiety, Disorder, Stress-disorder; Mood-disorder, Psychosomatic-disorder in the context of Modern Medicine, Patanjali Yoga Sutra .

UNIT-4

Concept of chitta, Modifications of Chitta, Methods of Chitta Prasadana, Concept of Yogantaraya, Means to eradicate Antrayas. Concept of Pramanas, Kleshas, Ishwar, Karma-siddhanta, Purusha, Prakriti, Samadhi & Types of Samadhi.

REFERENCE BOOKS:

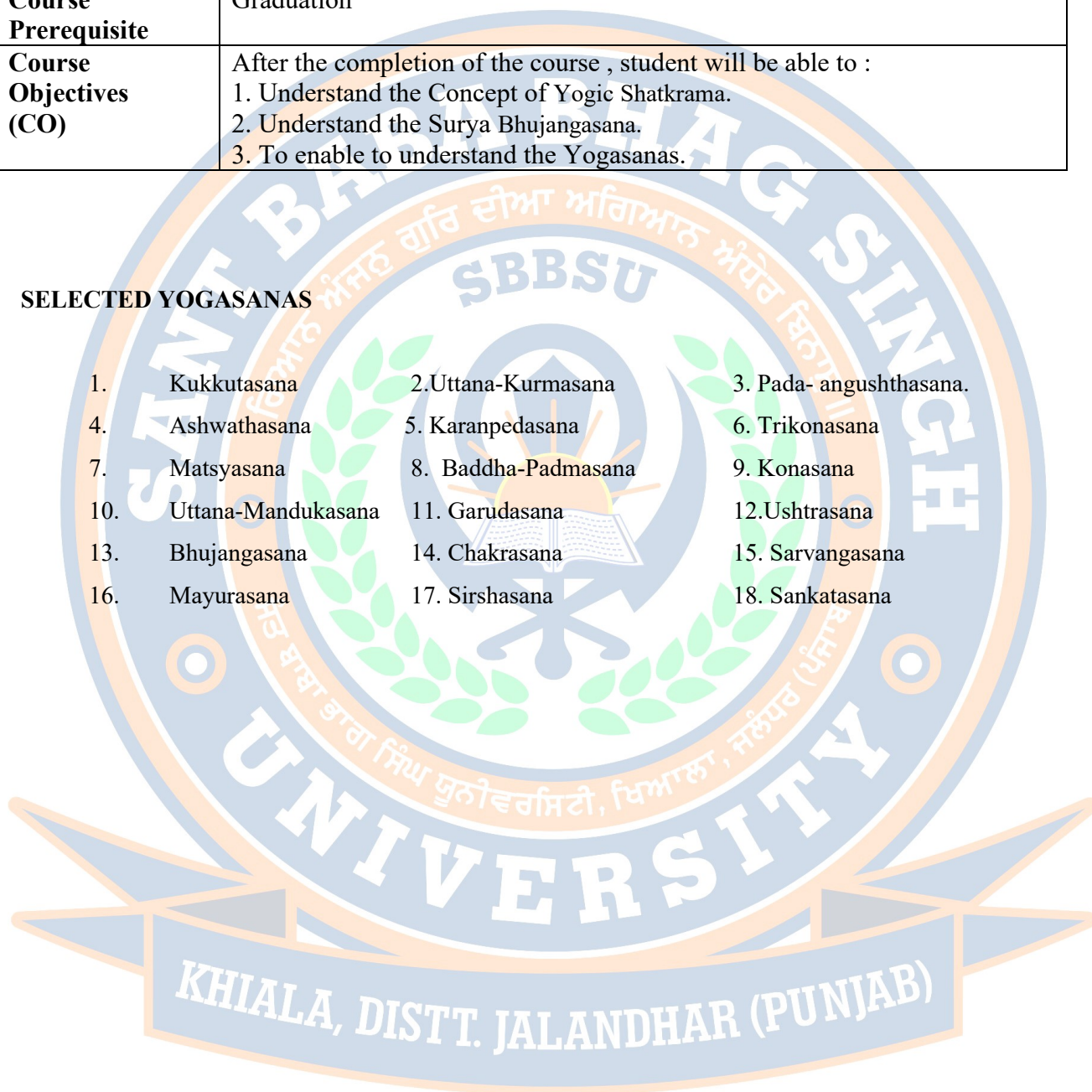
S.No	Authors	Title	Publisher
1	Acharya Swami Hariharanand	Patanjali Yoga Darshan	Moti Lal Banarsi Dass New Delhi
2	Vivekananda Swami	Rajayoga	Pune,Ramakrishna Ashrama Publication
3	Swami Akhilananda	Mental Health ad Hindi Psychology	New Delhi

YOGIC EXERCISES & ASANAS-II

Course Code	YOG110
Course Title	Yogic Exercises & Asanas-II
Type of Course	Practical
L T P	0 0 4
Credits	4
Course Prerequisite	Graduation
Course Objectives (CO)	After the completion of the course , student will be able to : 1. Understand the Concept of Yogic Shatkrama. 2. Understand the Surya Bhujangasana. 3. To enable to understand the Yogasanas.

SELECTED YOGASANAS

- | | | |
|------------------------|---------------------|-------------------------|
| 1. Kukkutasana | 2. Uttana-Kurmasana | 3. Pada- angushthasana. |
| 4. Ashwathasana | 5. Karanpedasana | 6. Trikonasana |
| 7. Matsyasana | 8. Baddha-Padmasana | 9. Konasana |
| 10. Uttana-Mandukasana | 11. Garudasana | 12. Ushttrasana |
| 13. Bhujangasana | 14. Chakrasana | 15. Sarvangasana |
| 16. Mayurasana | 17. Sirshasana | 18. Sankatasana |



PRANAYAMAS BANDHAS, MUDRAS AND MEDITATION-II

Course Code	YOG112
Course Title	Pranayamas Bandhas, Mudras And Meditation-II
Type of Course	Practical
L T P	0 0 4
Credits	4
Course Prerequisite	Graduation
Course Objectives (CO)	After the completion of the course , student will be able to : 1. Understand the Pranayama. 2. Understand the Bandhas & Mudras. 3. To enable to understand the Acupressure.

PRANAYAMA, BANDHAS, MUDRAS, DHAYANA, MEDITATION

Hathayoga:- Nadi Shodhana Pranayama ,Surya Bhedana,Ujjayee, Seetkari, Sheetal, Bhastrika, Bhramri.

Patanjali :- Bahyavrtti, Abhyantara Vrtti, Stambhavrtti & Bahya-Abhayantara Vishayakshepi.

Bandhas & Mudras:Practice of Jalandhar, Uddiyan and Moola Bandhas. Mahamudra, Mahabandha, Mahavedha, Vipareet Karani, Yoni, Ashvani, Tadagi, Kaki, Shambhavi.

Meditation: Recitation of Pranavajapa (Omkar Japa) & Gyatari Mantra. Akashdaranas:-Chidakasha, Hridayakasha

Dhayana



YOGIC SHATKRAMAS & ACUPRESSURE

Course Code	YOG114
Course Title	Yogic Shatkramas & Acupressure
Type of Course	Practical
L T P	0 0 4
Credits	4
Course Prerequisite	Graduation
Course Objectives (CO)	After the completion of the course , student will be able to : 1. Understand the Shatkramas. 2. Understand the Acupressure 3. To enable to understand the Pressure Methods

SELECTED YOGIC SHATKRAMAS

Sutra Neti, Vasta Dhauti , Dhanda dhauti, Madhyam Nauli,

Kapalbhati: Vat karma, Viewtkrama & Sheetkrama Kapalbhati

ACUPRESSURE:

Knowledge of Hand & Foot Reflexology Techniques of Acupressure. Knowledge of Instruments used in acupressure. Knowledge of pressure methods.

SESSIONAL WORK/PRACTICE OF TEACHING :

Each student shall have to prepare and give at least one lecture cum Demonstration on different topics of Paper and also shall have to prepare and to give Five (5) lessons in the class under the supervision of their Yoga Practical Teacher. These Lessons should be observed/examined by the Yoga Practical Teacher.

KHALA, DISTT. JALANDHAR (PUNJAB)