

Post Graduate Diploma in Yoga Science

Preamble

Ayurveda and *Yoga* are indispensable components of the *Vedic* tradition. Incorporating *Ayurveda in our daily activities* heals body and mind and body whereas *Yoga* unleashes ones' superior mental faculties. These two sciences are interconnected through the vital energy called *Prana*: of which *Yoga* is for higher evolutionary transformations, and *Ayurveda* is its healing power. Together they form a common system of self-improvement, self-control, and self-rejuvenation.

Both *Yoga* and *Ayurveda* are based on the principles of *Trigunas*(*Sattva, Rajas and Tamas*) and the five basic elements,*Panchamahabhuthas*(Earth, Air, Fire, Water, Space). They comprehend how the human body works (*Doshas-Dhatu-Mala* / humor-tissue-waste material theory) i.e. human physiology, and how food and medicine have effect on the body. Both acknowledge that a healthy body is vital for fulfilling the four aims of life: *Dharma* (duty), *Artha* (wealth), *Kama* (desire) and *Moksha* (liberation).

I. Title of the Program The program shall be called **Post Graduate Diploma in Yoga Science & Ayurveda**”

II. Aim of the Program The aim of the program is to produce **Yoga professionals with adequate knowledge of ayurveda for academic & therapeutic fields**

III. Objectives of the programme

Deeper Understanding of Yoga & Ayurveda: To make students understand the classical nature of Yoga & Ayurveda giving them the in-depth knowledge of their various components.

Prevention: To introduce yoga as therapy, its principles and practices of yoga for prevention of various lifestyles, non-communicable and psychosomatic disorders. In addition the knowledge of Ayurveda gives the healing touch and can prevent the various life threatening diseases.

Promotion of positive health: To prepare them for giving talks and offer techniques to promote healthy yogic life style with healing touch.

IV . Duration

Duration of the course will be 1 year (2 semesters)



UNIVERSITY OF PATANJALI, HARIDWAR

FACULTY OF SCIENCE

DEPARTMENT OF ALLIED & APPLIED SCIENCE

Structure of Post graduate Diploma of Yoga and Ayurveda (PGDYA)

SESSION 2025-26

Scheme of Teaching & Examination

S.N.	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
						Seasonal		SEE		
		L	T	P	Credit	CT	TA			
I Year										
Semester I										
1	PGDYA-CT-101	Basics of Yoga	3	1	0	4	20	10	70	100
2	PGDYA-CT-102	Principles of Ayurveda	3	1	0	4	20	10	70	100
3	PGDYA-CT-103	Human Biology	3	1	0	4	20	10	70	100
4	PGDYA-CT-104	Pharmacotherapeutical Science	3	1	0	4	20	10	70	100
5	PGDYA-CT-105	Diet and nutrition	3	1	0	4	20	10	70	100
6	PGDYA-CT-106	Yoga Practicum	0	0	8	4	20	10	70	100
7	PGDYA-CT-107	Ayurveda Practicum	0	0	4	2	10	05	35	50
32 Hrs						26	Total		650	
Semester II										
1	PGDYA-CT-201	Yoga & Nature Cure	3	1	0	4	20	10	70	100
2	PGDYA-CT-202	Complementary & Alternative Therapy (CAT)	3	1	0	4	20	10	70	100
3	PGDYA-CT-203	Important Medicinal herbs	3	1	0	4	20	10	70	100
4	PGDYA-CT-204	Basics of Healthy Living	3	1	0	4	20	10	70	100
	PGDYA-CT-205	Panchkarma	3	1	0	4	20	10	70	100
5	PGDYA-CT-206	Yoga Practicum	0	0	8	4	20	10	70	100
6	PGDYA-CT-207	Panchkarma Practicum	0	0	4	2	10	5	35	50
7	PGDYA-CT-208	Project work	0	0	4	2	10	5	35	50
36 hrs						28	Total		700	
Total number of Credits						54	Total Marks		1350	

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H.O.D/Coordinator
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A.K.S.
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COURSE DETAILS

SUBJECT TITLE: Basics of Yoga

SUBJECT CODE: - PGDYA-CT 101

SEMESTER – I, TOTAL HOURS: 60 CREDITS: 4

Course objectives:

The teaching-learning of this paper will enable learner to-

1. Deeper Understanding of Yoga: To make students understand the classical nature of Yoga & giving them the in-depth knowledge of its various components.
2. Prevention: To introduce yoga as therapy, its principles and practices of yoga for prevention of various lifestyles, non-communicable and psychosomatic disorders.
3. Promotion of positive health: To prepare them for giving talks and offer techniques to promote healthy yogic life style.

Course Outcomes:

1. The students will well understand the various concept of yoga in day to day life using various asanas, kriyas and pranayam.
2. Students will understand the vedic concept of the yoga and learn the various concept written in ancient books like Vedas and Upanishads, Yoga in Pre-vedic period, Yoga in Vedic period, Yoga in Ayurveda. In addition, they will get the knowledge of Yoga in Yogapanishad and Bhagavadgita.
2. The students will develop the concept of yoga to deal with the various life threatening diseases.
3. Students will get training in wellness center and will directly interact with patients and develop the skill to treat them with yogic concept.

Total Number of Hrs. : 60		Theory	Practical	Tutorial
Credits		4	-	-
Hts/Week		4	-	-
SCHEME OF EXAMINATION				
Total marks: 100				
Theory:100			Practical:NA	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	-	-	

UNIT 1: General Introduction to Yoga [12Hrs.]

Brief introduction to origin of Yoga Psychological aspects leading to origin of Yoga, History and Development of Yoga; Etymology and Definitions of Yoga. Aim and Objectives of Yoga, Misconceptions about Yoga, True Nature of Yoga; General Introduction. to Schools (Streams) of Yoga, Principles of Yoga and Yogic practices for healthy living.

UNIT 2: Foundations of Yoga and Yoga Traditions[15Hrs.]

General introduction to Vedas and Upanishads, Yoga in Pre-vedic period, Yoga in Vedic period, Yoga in Ayurveda. Yoga in Principle Upanishads, Yoga in Yogopanishad; General introduction to Bhagavadgita, Yoga in Bhagavadgita; Introduction to Smritis and Yoga in Smritis. Introduction to Puranas, Nature of Yoga in BhagavatPurana; Yoga in Yoga Vasishtha, Yoga in Narada Bhakti Sutra, Yoga in Medieval Literature, Bhakti Yoga of Medieval Saints.

Unit 3: General introduction to Indian philosophy [12Hrs.]

Philosophy : meaning, definitions and scope; Indian Philosophy: Salient features, Branches (Astika and Nastika Darshanas), Distinction from Religion and Science, Brief introduction to Prasthanatrayee and Purushartha Chatushtaya; Relationship between Yoga and Indian Philosophy.

Unit 4: General introduction of Patanjali Yoga Sutra and Hatha Yoga [15Hrs.]

Concept of Citta, Citta Bhoomi, Citta Vritti, Nidodhupaya (Abhayas & Vairagya), Concept of Ishwar, Citta Vikshepas, Types of Samadhi, Pancha Klesha, Dukhavadha, Kriya Yoga, Ashtanga Yoga, Types of Karma, Vivek Jnana Nirupanam, Kaivalya Nirvachana; Meaning and Definition of Hatha yoga, Tradition of Hatha Yoga, Purpose of Hatha yoga, Qualities of Hatha Siddhi, Sadhak- Badhaktattva, Concept of Mitahara, Concept of Yogic Diet, Seasonal Description, Shatkanna, Asana and Pranayam.

Unit 5: Concept and Implications of Important Yogic Streams [6Hrs.]

Jnana Yoga, Bhakti Yoga, Karma Yoga, Hatha Yoga, Raj Yoga.

Text Books

1. Dasgupta S. N: History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012.
2. Sharma, Chandradhar: A Critical Survey of Indian Philosophy. Motilal Banarasi das, Delhi, 2013.
3. Swami Satyananda Saraswati: Gheranda Samhita, Pub: BSY Munger.
4. Swami Kulvyanaanda: Hath Pradipika, Pub: Kaivalyadhama, Lonawala.
5. Yoga Darshan: Swami Ramdeva, Pub: DivyaPrakashan, Haridwar.
6. Patanjali Yoga Darshan: Geeta Press.
7. Swami Ramdev: Shrimad Bhagavadgita: Geetamrit, Pub: DivyaPrakashan.
8. Shrimad Bhagavadgita: Geeta Press.

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COURSE DETAILS

SUBJECT TITLE: Principles of Ayurveda

SUBJECT CODE: - PGDYA-CT 102

SEMESTER – I, TOTAL HOURS: 60 CREDITS: 4

Course objectives:

The teaching-learning of this paper will enable learner to-

- 1) State concept, prevalence, objectives, types, applications and limitations of various ayurvedic concepts.
- 2) Have knowledge of ayurveda to treat various diseases such as diabetes, blood pressure, cancer, skin disorders etc and also develop the concept of Pancamahabhuta too.
3. Students will also learn the various concept of Astanga Ayurveda, Pancamahabhuta, Tridosa and various other concept of Ayurveda.

Course Outcomes:

1. The students will well understand the various concept of ayurveda in day to day life get learn the how to deal with various diseases using ayurveda.
2. The students will develop basic understanding of ayurveda and its practical application too.
3. Students will get hand on training in wellness center and directly interact with patients and develop the skill of it and can open their own center.

Total Number of Hrs. : 60		Theory	Practical	Tutorial
Credits		4	-	-
Hts/Week		4	-	-
SCHEME OF EXAMINATION				
Total marks: 100				
Theory:100		Practical:NA		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	-	-	

Unit 1: Fundamentals of Ayurveda [20 Hrs.]

Introduction of Ayurveda: Ayurveda and its Diversified Areas, Astanga Ayurveda: The Eight Branches of

Ayurveda Basic principal: Pancamahabhuta (The Five Basic Elements), The Principle of Tridosa: The Three Biological Humors, Traiyopastambha: Three Supporting Pillars of the Body, Saptadhatu: The Seven Fundamental Tissues, Ojas: The Vital Essence, Upadhatus: Sub-Tissues, Tridana: The Three Dimensions of Life - Body, Mind (Psyche) and Soul, PancaPancaka: The Five Pentads, Mala: Digestion and Metabolism, Prakrti, Srotas: Body Channels

Unit 2: Sareer Rachana (Anatomy) and Sareer Kriya (Physiology) Vigyan [10 hour]

Unit 3: Dravyaguna Vigyan [20 hour]

Rasa: Taste: Rasa (taste) and the five elements, *Rasa* and *Dosa*, *Rasa* and *Dhatu*, *Rasa* and *Mala*, Identifying *rasa* and their *guna-karma* (qualities and actions), *Guna*: Attributes, *Virya*: Potency *Vipaka*: Post-Digestive Effect, *Prabhava*: Specific Action

Text Books

1. Acharya, B. (2004). AusadhDarshan. Haridwar, India: DivyaPrakashan.
2. Acharya, B. (2005). Ayurvcdā Jādī-butīRahasya. Haridwar, India: DivyaPrakashan.

Books of References

1. Holford, P. & Burne, J. (2007). food is better medicine than drugs. Great Britain: Piatkus.
2. Holford, P. (2014). Good Medicine. Great Britain: Piatkus.
3. Mohan, H. (2010). Textbook of pathology (6th ed.). New Delhi, India; JAYPEE BROTHERS MEDICAL PUBLISHERS (P) LTD.
4. Sharma, S. (2013). ChikitsaUpcharKeVividhAyam (2nd ed.). Mathura, India: AkhandJyotiSamsthan.
5. Sharma, S. (2013). NirogJeevanKeMahatopurna Sutra (2nd ed.). Mathura, India: AkhandJyotiSamsthan.

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COURSE DETAILS

SUBJECT TITLE: Human Biology

SUBJECT CODE: - PGDYA-CT 103

SEMESTER – I, TOTAL HOURS: 60 CREDITS: 4

Course objectives:

The teaching-learning of this paper will enable learner to-

1. Discuss & introduce main human body systems.
2. Discuss anatomical & physiological effects of selected yoga practices on human body systems in evidence based way.

Course Outcomes:

1. The students will well understand the various concepts of Anatomy and physiology.
2. The students will understand the functioning of various body systems and related diseases.
3. Students will get training in wellness center and will directly interact with patients and understand about various disease related to human systems and learn their treatment using yoga and Ayurveda.

Total Number of Hrs. : 60		Theory	Practical	Tutorial
Credits		4	-	-
Hts/Week		4	-	-
SCHEME OF EXAMINATION				
Total marks: 100				
Theory:100		Practical:NA		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	-	-	

Unit 1: Cell and Tissue, Musculo Skeletal and Digestive system [20 Hrs.]

Cell: Structure & Functions, different cell organelles and their functions; Tissues and Organization of human system; Musculo-Skeletal System: The Skeletal System: Skeleton, Functions of skeleton, Classification of bones and joints; The Muscular System: structure and functions of different types of

muscles; Digestive system: Mouth, Oral cavity, Pharynx, esophagus, Stomach, Large & small intestine, anus; Associated glands - Liver, Pancreas, salivary glands, Basic physiology of different stages of digestion, absorption and assimilation.

Unit 2: Excretory, Respiratory and Cardiovascular System [15 Hrs]

Excretory System: Function and structure of Kidney, Urinary bladder and urethra;

Respirator System: Anatomy of the respiratory passages Nose, nasal cavity, pharynx, Trachea, Larynx bronchi, lung · process of Respiration, Lung volumes & capacities, basic mechanics of breath in and exchange of gases in alveoli; Cardiovascular system: Structure of heart, its chamber, valves, function of arteries, vein and capillari. Systemic and pulmonary

circulation; Blood: Composition and Functions. Blood pressure.

Unit 3: Neuro Endocrine System and Reproductive System

Nervous system: Structure and function of human brain and spinal autonomic nervous system [sympathetic and parasympathetic]; Structure and function: eye, ear, nose, tongue and skin; Basic understanding about the functions of various endocrine glands-pineal, pituitary, thyroid, parathyroid, thymus, pancreas, adrenal, ovary and testes. Reproductive System: functional anatomy of male reproductive system and female reproductive system.

Unit 4: Lymphatic and Immune System

Lymphoid organ: Bone marrow, Thymus, Spleen, Lymph node, Composition and function of lymph; Immunity in brief, Types of immunity: Innate immunity and acquired immunity.

Text Books

1. Tortora, G.J. & Derrickson, B.N. (2009). Principles of anatomy and Physiology-(14th ed.). Hoboken, NJ: Wiley.
2. Guyton, A.C. & Hall, J.E. (2006). Text book of medical physiology (11th ed.). Pennsylvania: Elsevier.
3. Ross and Wilson: Anatomy and Physiology in Health and Illness (11th ed.). London: Elsevier.
4. Principles of anatomy and physiology-II (14th ed.). Hoboken, NJ: Wiley. Udupa, K. N. (2007).

Reference Books

1. Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: Divya Prakashan Books.

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COURSE DETAILS

SUBJECT TITLE: Pharmacotherapeutical Science

SUBJECT CODE: - PGDYA-CT 104

SEMESTER – I, TOTAL HOURS: 60 CREDITS: 4

Course objectives:

The teaching-learning of this paper will enable learner to-

- 1) the students will learn about basic elements of pharmacokinetics their Model of distribution and develop the understanding about their chronic administration.
- 2) Have knowledge of modeling concepts in relation to pharmacokinetics.
3. Students will also learn the concept of pharmacotherapeutic.

Course Outcomes:

1. The students will well understand the various concept of pharmacokinetics.
2. The students will develop the concept of pharmacodynamics.
3. Students will learn about the drug delivery system.

Total Number of Hrs. : 60		Theory	Practical	Tutorial
Credits		4	-	-
Hrs/Week		4	-	-
SCHEME OF EXAMINATION				
Total marks: 100				
Theory:100		Practical:NA		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	-	-	

Unit 1: Introducing pharmacokinetic and pharmacodynamic concept 112 Hr .]

Basic elements of pharmacokinetics, Model of distribution, Chronic administration: Constant- rate infusion, Multiple dosing, Additional considerations: Transporters, Absorption, Displacement, Additional complexities, and Pharmacodynamic considerations.

Unit 2 Modeling concepts in relation to pharmaco-kinetics [13 Hrs.]

Solutions of system for a given initial injection, repeated medication, truncated infusion

Solution for special cases: Single compartment, two compartment: clinical bromosulphalein test, repeated penicillin application, compartment model for diabetes mellitus.

Unit 3 Pharmaco-therapeutic concept [35 Hrs]

Respiratory infections urinary tract infection, Gastrointestinal infection Diabetes mellitus Leukemia Rheumatoid arthritis Glaucoma, Drug induced skin disorders Constipation and diarrhea and Pain.

Text Books

1. Clinical Pharmacy and Therapeutics- Roger and Walker Churchill Livingstone publication.
2. Mathematical models in Biology and Medicine, J. N. Kapur, East-West Press Private Limited.
3. Drug-Drug Interactions, A. David Rodrigues, Infonna Healthcare USA Inc.

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COURSE DETAILS

SUBJECT TITLE: Diet and Nutrition

SUBJECT CODE: - PGDYA-CT 105

SEMESTER – I, TOTAL HOURS: 60 CREDITS: 4

Course objectives:

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

1. Understand the concept of diet and the medical value of nutrition.
2. Advise appropriate diet to different age groups.
3. Know the benefits and caloric value of various food groups.
4. Understand and practice daily regimen, night regimen and seasonal regimen for health promotion, disease prevention and age reversal.

Course Outcomes:

1. The students will well understand the various diets and their used in day to day life using ayurveda and modern science.
2. The students will develop the concept of Yogic diet and concepts of diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta-Rajasic, Tamasic and Sattvic food.
3. Students will get training in wellness center and will directly interact with patients and develop the skill to treat them with proper diet using yogic and ayurvedic concept.

Total Number of Hrs. : 60		Theory	Practical	Tutorial
Credits		4	-	-
Hts/Week		4	-	-
SCHEME OF EXAMINATION				
Total marks: 100				
Theory:100		Practical:NA		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	-	-	

Unit 1:Basic understanding of food and its importance in term of nutrition [10Hr .]

Basic concepts and components of food and nutrition Understanding Nutrition Basic Terminology in Relation to Nutrition Requirement, Human Nutritional Requirements; Concept of food, Acceptance of Food, Functions of Food; Components of Food & their Classification.

Unit 2: basic understanding of different nutrients and its importance [12 hrs]

Macro Nutrients- sources, functions and effects on the body; Micro Nutrients – sources, function and effect on the body; Fats soluble nutrients- sources, functions and effect on the body; Water soluble nutrients – sources, Functions and effects on the body.

Unit 3: Basic idea of different groups of foods available in relation to nutrients [14 hrs]

Food groups, Cereals & Millets- Selection, Preparation and Nutritive Value; Pulses, Nuts and

Oil-Seeds- Selection, Preparation and Nutritive Value; Milk and Milk Products- Selection, Preparation and Nutritive Value; Vegetables and Fruits- Selection, Preparation and Nutritive Value, Fats, Oils and Sugar, Jaggery- Selection, Preparation and Nutritive Value.

Unit 4: Basic ideology of yoga as recommended for yoga practitioners **(14 Hrs.)**

Yogic concept of diet & nutrition General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification in Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta-Rajasic, Tamasic and Sattvic food; Pathya and Apathya in diet according to Yogic texts; Importance of Yogic Diet in YogSadhana; Yogic Diet and its role in healthy living.

UNIT 5: Classification of diet as recommended from two different schools of thought traditional as well as modern **(10 Hrs.)**

Ancient & Modern classification, Quality of diet & its relation with Agni, Ayurvedic Concept of Diet: Diet according to the body constitution (Prakriti)- Vata, Pitta and Kapha, PathayaAahara-Vihar, VirudhaAahara and HitkariSamyoga, Anupan, Types of Rasa, Characteristics of Rasa, Aama Rasa.

Text Books

1. Stanley Davidson & others: Human Nutrition & Dietetics, The English Language Book Society & Churchill Livings, Revised Edition.
2. Dennis Thompson: The Ayurvedic Diet, New age books, New Delhi, 2001.
Randolph Stone: A Purifying Diet, LilawatiBhargav Charitable Trust, Delhi, Revised Edition.
3. World Health Organisation/ World Economic Forum. (2008). Preventing Noncommunicable Diseases in the Workplace through Diet and Physical Activity WHO/World Economic Forum Report of a Joint Event. World Health Organisation/ World Economic Forum, 52. doi:ISBN 978 92 4 159632 9

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COURSE DETAILS

SUBJECT TITLE: Yoga Practicum

SUBJECT CODE: - PGDYA-CT 106

SEMESTER – I, TOTAL HOURS: 60 CREDITS: 4

Course objectives:

The teaching-learning of this paper will enable learner to-

1. Understand the benefits, contraindications and procedure of all practices.
2. Demonstrate each practice with confidence and skill.
3. Explain the procedure and subtle points involved.
4. Teach the yoga practices to any given group.

Course Outcomes:

1. The students will well understand the various concept of asanas and their practical's aspects
2. The students will develop the confidence to perform various postures.

Total Number of Hrs. : 60		Theory	Practical	Tutorial
Credits		-	2	-
Hts/Week		-	2	-
SCHEME OF EXAMINATION				
Total marks: 100				
Theory:100		Practical:NA		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	-	-	

Unit 1: Yogic Sthulavyayama

12 steps of Yogic Jogging and a series of 12 Yogic Postures: Manduk Asana- Variations 1 & 2, Shashakasana, Bakrasana, Gomukh Asana, Makarasana:- Variations 1 & 2, Bhujanga Asana Variations 1, 2 & 3, Shalabhasana- Variations 1, 2 & 3, Markatasana- Variations 1, 2 & 3, Pawanmuktasana- Variations 1, 2 & 3, ArdhaHalasana, Padvirtha Asana- Variations 1 & 2 and Dwichakrikasana- Variations 1 & 2; as recommended by Swami Ramdev.Surya namaskara.

Unit 2: Yogasana [30 hrs]

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana, ArdhaChakrasana, PaadaHastasana, Trikonasana ParshvaKonasana Veerabhadrasana, Dandasana, Swastikasana, Padmasana, ajrasana, SuptaVajrasana, Kagasana, Utkalasana, Gomukhasana, Ushtrasana Shashankasana, Janusirasana, Paschimottanasana, Bhramacharyasana, Mandukasana, UtthanaMandukasana, Vakrasana, ArdhaMatsyendrasana, Marichayasana, Simhasana, Pavanamuktasana, Utlhana-padasana, ArdhaHalasana, Halasana, Setuballdhasana, Sarvangasana, Matsyasana, Chakmsana Shavasana, Makarasana, Bhujangasana, Shalabhasana, Dhanurasana.

UNIT 3: Shatkarmas [10hrs.]

Dhauti (KunjalDhauti); Neti (Jalneti, Sutraneiti); Kapalbhathi *and* its variants; Agnisara.

UNIT 4: Pranayama [10 Hrs.]

Bhastrika, Kapalbhathi, Bahya, Ujjyai, Anulomvilom, Bhramari, Udgeeth and *Pranav* as recommended by Swami Ramdev.

TEXTBOOKS

1. Swami DharendraBhramhachari: Yogic SukshmaVyayama, Dharendra Yoga Publications, New Delhi, 1980
2. Swami DharendraBhramhachari: YogasanaVijnana, Dharendra Yoga Publications, New Delhi, 1966.

REFERENCE BOOKS

1. Swami *Kuvalyananda*: Asana, Kaivalyadhama, Lonavla, 1993.
2. Swam, SatyanandaSaraswati: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006.
3. Basavaraddi, I.V. & others: YOGASANA: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
4. Basavaraddi, I. V. & others: Yogic SukshmaEvamSthulaVyayama, MDNIY, New Delhi, 2011.

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COURSE DETAILS

SUBJECT TITLE: Ayurveda Practicum

SUBJECT CODE: - PGDYA-CT 107

SEMESTER – I, TOTAL HOURS: 30 CREDITS: 2

Course objectives:

The teaching-learning of this paper will enable learner to-

1. The students will learn all the practical aspect of Shirodhara, Shiroabhyanga, Abhyanga, Udhvaetanam.

2. Have knowledge of Janu basti, Kati basti, Nasya, Karpooran, Nabhipooran

3. The students will also learn the concept of Shirobasti, Anuvasana basti, Niruha basti, Dhumrapana, Akshi tarpan.

Course Outcomes:

1. The students will well understand the various concept of Ayurveda in day to day life using ayurvedic practice and modern day.

2. The students will develop the concept of Ayurveda as well as modern science.

3. Students will get training in wellness center and will directly interact with patients and develop the skill to treat them with ayurvedic treatments.

Total Number of Hrs. : 60	Theory	Practical	Tutorial
Credits	-	2	-
Hts/Week	-	2	-
SCHEME OF EXAMINATION			
Total marks: 100			
Theory:100		Practical:NA	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
		35	15

Unit 1

Shirodhara, Shiroabhyanga, Abhyanga, Udhvaetanam,

Unit 2

Janu basti, Kati basti, Nasya, Karpooran, Nabhipooran,

Unit 3

Shirobasti, Anuvasana basti, Niruha basti, Dhumrapana, Akshi tarpan.

Unit 4

Each Student has to prepare an assignment on any one of these above mention topic.

Text books

1. Ayurvediya panchakarma vigyan by vaidya Shridhar Haridas Kaustura.

2. Principles and practice of panchakarma by Dr. Pulak Kanti Kar.

3. Golden words on Tridosha by Dr. L Mahadevan

4. Principle and practice of basti karma by vaidya Vasant C patil.

SEMESTER - II

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Structure of B.Sc. (Hons) Biological Science under CBCS
Core Course

COURSE DETAILS

SUBJECT TITLE: Yoga and Nature Cure

SUBJECT CODE: PGDYA-CT 201

SEMESTER – I, TOTAL HOURS: 60 CREDITS: 4

Course Objectives:

1. A PG student, at the end of this theory teaching will be able to understand the etio-pathogenesis of diseases and the concept and the Pathological effect of various non-communicable diseases and the body's capacity for healing.
2. Have an understanding of the common hematological disorders and the steps necessary to understand them.
3. Understand the pathogenesis of gastrointestinal disorders.

Course Outcomes

1. The students will well understand the various concept of Pathology.
2. The students will develop the understanding of hematology and gastrointestinal pathology.
3. Students will learn the various prospects of pathology and related disease.

Total Number of Hrs. : 60		Theory	Practical	Tutorial
Credits		4	-	-
Hrs/Week		4	-	-
SCHEME OF EXAMINATION				
Total marks: 100				
Theory:100		Practical:50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	-	-	

Unit 1: INTRODUCTION TO YOGA THERAPY & NATUROPATHY

General introduction to Yoga therapy and Naturopathy; their definition, meaning, scope and limitations; Comparative study of the Naturopathy & Yoga therapy with other systems of Medicine. [10 hours]

Unit 2: PRINCIPLES AND CONCEPTS OF YOGA THERAPY & NATUROPATHY

Concept of Health According to WHO and Indian Systems of Medicines i.e. Ayurveda, Yoga, Naturopathy and Siddha Systems of Medicine; Utility and Limitations of these systems in health and healing. Fundamental principles of Naturopathy and Yoga Therapy [15 hours]

Unit 3: NATUROPATHY

Laws of Nature: Pancha- Mahabhootas; Introduction, definition, scope, history, principles of therapies based on 5 elements: Mud therapy, Hydrotherapy, Sun therapy, diet, massage, Upavasa (Fasting) and their role in health promotion and prevention of diseases. [10 hours]

Unit 4 YOGA THERAPY

Concepts of trigunas, pancha-mahabhutas, pancha koshas, pancha-prana, nadis, chakras, and their role in health and healing. Shuddhiprakriyas in yoga: role of shuddhiprakriyas in preventive

and curative health, karma shuddhi (yama, niyama), ghatashuddhi (shatkarma), snayushuddhi (asana), pranashuddhi (pranayama), indriya and manoshuddhi (pratyahara), mana, buddhi, ahankara and chittashuddhi (dharana, dhyana and samadhi).

Therapeutic benefits of yogic shatkarma, asanas, pranayama, mudras, bandhas, pranayamas, and meditation techniques. [35 hours]

Text Books

1. Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: DivyaPrakashan.
2. Ramdev, S. (2006). Yoga Sadhana and Yoga Chikitsa Rahasya. Haridwar, India: DivyaPrakashan.
3. Ramdev, S. (2009). Pranayam Rahasya. Haridwar, India: DivyaPrakashan.
4. Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: DivyaPrakashan Books.
4. Balkrishna, A. (2017). Yoga Vigyanam. Haridwar, India: DivyaPrakashan.
5. Preeti Goel & Rita Jain: Spectrum of Health (Sports Publications, New Delhi, 2003)
6. M. M. Gore: Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)
7. Saraswati, S. S. (1995). Asana, Pranayama, Mudra and Bandha. Munger, India: Bihar School of Yoga.
8. S. D. Dwivedi : Naturopathy for perfect health, Kalpaz Publication Delhi, 2002 Pravesh Handa : Naturopathy and Yoga, Kalpaz Publication Delhi, 2006
9. S.J. Singh. : My Nature Cure or Practical Naturopathy
10. M.K. Gandhi : The story of my experiment with truth
11. R.K. Garde : Ayurvedic for Health and Long life Harry Benjamin. : Everybody's Guide to Nature Cure.
12. Malshe, P. C. (2012). A Medical Understanding of Yoga (2nd ed.). Haridwar, India: Antar Prakash Center for Yoga.
13. Coulter, H. D. (2006). Anatomy of Hatha Yoga. Delhi, India: Motilal Banarasisdas.
- Robin, Mel. (2009). A Handbook for Yogasana Teachers. Arizona: Wheatmark.

University of Patanjali, Haridwar
Structure of B.Sc. (Hons) Biological Science under CBCS
Core Course

COURSE DETAILS

SUBJECT TITLE: Complementary & Alternative Therapy

SUBJECT CODE: PGDYA-CT 202

SEMESTER – I, TOTAL HOURS: 60 CREDITS: 4

Course Objectives

The teaching-learning of this paper will enable learner to-

1. State concept, prevalence, objectives, types, applications and limitations of CAT.
2. Have knowledge & skills of therapeutics related to acupressure, pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

Course Outcomes

1. The students will well understand the various concept of complementary & alternative Therapy.
2. The students will develop the skill of various naturopathy therapies like acupressure, hydrotherapy and other diseases related to health.
3. Students will get training in wellness center and will directly interact with patients and develop the skill to treat them with various therapies.

Total Number of Hrs. : 60		Theory	Practical	Tutorial
Credits		4	-	-
Hts/Week		4	-	-
SCHEME OF EXAMINATION				
Total marks: 100				
Theory:100		Practical:50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	-	-	

UNIT 1

CAT: History, Meaning, Definition, Objectives, Types, Prevalence, Contemporary Need, Applications and Limitations. Mind-Body Therapy: Origin, Meaning, Definition, Aims, Principles, Factors, Impacts, Prevalence, Applications, and Limitations. [10 hours]

UNIT 2

Manipulative-Body Based Therapy (MBT): Meaning, Definition, Aims, Principles, Types, Impacts, Prevalence, Applications, and Limitations. Acupressure: Origin, Meaning, Definition, Principles, Five Elements Theory, Chi Clock Cycle, Meridian Systems and Locating Acupoints on 12 Major Meridians and Reflexology. [10 hours]

UNIT 3

Energy Medicine: History, Meaning, Definition, Types, Principles, Applications and Limitations. Pranic Healing: Origin, History, Meaning and Sources of Prana; Principles, Law of Action, & Types (Basic, Advanced, and Psychotherapy); Bio-plasmic body/Aura: structure, types and size; Energy Centers (EC): Meaning, Types (Major, Minor and Mini), Sizes, Colors, Functions and Consequences of their Dysfunctions; Ahartic Yoga & Twin Meditation, Scanning Auras or Chakras, Sweeping and Energizing Procedures. [14 hours]

UNIT 4

Acupressure & Pranic Therapeutics: Low Back Pain, Arthritis, Obesity, Diabetes, Hypertension/Hypotension, Hyper/Hypo Thyroidism, Liver Problem, Allergy, CAD, Anemia, Hyperacidity, Irritable Bowel Syndrome, Colitis, Piles, Migraine, Insomnia, Depression, Chronic Fatigue Syndrome, Epilepsy, Anxiety, Obsessive Compulsive Disorder, Leucorrhoea, Menstrual Disorders, Impotency, Infertility, CSF, Asthma, Pneumonia, Renal Problem, Varicose Veins, Distress, and Myopias. [14 hours]

UNIT 5

Biologically Based Products (Dietary Supplements & Herbal Remedies) Probiotics and Prebiotics, Antioxidants, Glucosamine Sulfate, Glutamine, Selenium, Curcumin, Multivitamins and their Natural Sources, Omega-3 Fatty Acid and Tryptophan; their Functions and natural Sources; Rejuvenating & De-stressing Herbs: Basil, Amla, Ashwagandha, Giloy, Tea, Mint, Peppermint, Ashwagandha, Satahara, Kaunch Beej, Brahmi, Sankhapuspi, Jatamansi, MithiBadi and; their usages. [12 hours]

Text Books

1. Acharya, B. (2004). *AusadhDarshan*. Haridwar, India: DivyaPrakashan.
2. Acharya, B. (2005). *Ayurveda Jodi-butirahasya*. Haridwar, India: DivyaPrakashan.
3. Brahmbarchas. (2003). *NidanChikitsa*. Haridwar, India: Ved Mata Gayatri Trust.
4. N. R., Walker, B. R. & Ralston, S. H. (2010). *Davidson's Principles & Practice of Medicine* (21st ed.). China: CHURCHILL LIVINGSTONE, ELSEVIER.
5. Holford, P. & Burne, J. (2007). *Food is better medicine than drugs*. Great Britain: Piatkus.
6. Holford, P. (2014). *Good Medicine*. Great Britain: Piatkus.
7. Joshi, S. A. (2011). *Nutrition and dietetics with Indian case studies*. New Delhi, India: Tata McGraw-Hill.
8. Lian, Yu-Lin; Chen, Chun-Yan; Hammes, M. & Kolster, B. C. (2005). *Pictorial atlas of acupuncture: An illustrated manual of acupuncture points*.
9. Solvenia: h. f. ullmann. Micozzi, M. S. (2015). *Fundamentals of complementary and alternative medicine* (5th ed.). China. ELSEVIER SAUNDERS.
10. Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: DivyaPrakashan.
11. Peeters, J. (2008). *Reflexology*. Bath BAIHE, UK: Paragon.
12. Ramdev, S. (2006). *Yoga Sadhana and Yoga ChikitsaRahasya*. Haridwar, India: DivyaPrakashan.
13. Ramdev, S. (2009). *PranayamRahasya*. Haridwar, India: DivyaPrakashan.
14. Sah, R. L., Joshi, B., & Joshi, G. (2002). *Vedic health care system*. New Delhi, India: New Age Books.
15. Sharma, S. (1998). *JivamSaradmsatam*. Mathura, India: AkhandJyotiSamsthan.
16. Sharma, S. (2010). *GayatriMahavijyan* (Combined and revised ed.). Mathura, India: YugNirmanYojanaBistar Trust.
17. Sui, M. C. K. (2002). *Miracle through pranic healing* (3rd ed.). New Delhi, India: All India Pranic Healing Foundation.
18. Sui, M. C. K. (2005). *Advanced pranic healing*. Bangalore, India: World India Pranic Healing Foundation-India.
19. Sui, M. C. K. (2005). *Pranic Psychotherapy* (2nd ed.). Bangalore, India: World India Pranic Healing Foundation-India.
20. Yogananda, P. (2011). *Journey to self-realization*. Kolkata, India: YogodaSatsang Society of India.
21. Mohan, H. (2010). *Textbook of pathology* (6th ed.). New Delhi, India: JAYPEE

BROTHERS MEDICAL PUBLISHERS (P) LTD.

22. Sharma, S. (2013). ChikitsaUpcharKeVividhAyam (2nd ed.). Mathura, India: AkhandJyotiSamsthan.

23. Sharma, S. (2013). NirogJeevanKeMahatopurna Sutra (2nd ed.). Mathura, India: AkhandJyotiSamsthan.

24. Sharma, S. (2013). PranChikitsa (2nd ed.). Mathura, India: AkhandJyotiSamsthan.

25. Sharma, S. (2006). Diagnose, cure and empower yourself by the currents of breath. Haridwar, India: Shri VedmataGayatri Trust.

26. Yuan, Chun-Su., & Bieber, E. J. (2003). Textbook of complementary and alternative medicine. New York, NY: The Parthenon Publishing Group.

University of Patanjali, Haridwar
Structure of PostGraduate Diploma in Yoga and Ayurveda
Core Course

COURSE DETAILS

SUBJECT TITLE: Important Indian Medicinal Herbs

SUBJECT CODE: - PGDYA-CT 203

SEMESTER – I, TOTAL HOURS: 60 CREDITS: 4

Course Objectives:

1. This paper will provide knowledge and skills about various herbs
2. They will learn to identification the plants and their medicinal properties.
3. Students will also learn the physical, chemical properties of Indianherbs.
4. Students will learn the role of medicinal plants in ayurveda.

Course Outcomes

1. The students will well understand the various concept of herbal medicine.
2. The students will understand the concept of Ayurveda and role herbs in traditional medicine system.
3. Students will get training in PHRD center and will directly interact with researcher's and develop the skill for the use of herbs.

Total Number of Hrs. : 60		Theory	Practical	Tutorial
Credits		4	-	-
Hts/Week		4	-	-
SCHEME OF EXAMINATION				
Total marks: 100				
Theory:100		Practical:NA		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	-	-	

Unit-1

The Physical, chemical and medicinal properties of the following herbal plants

Amla

Ashwagandha

Brahmi

Giloye

Unit-2

The Physical, chemical and medicinal properties of the following herbal plants

GoharuChota

GwarpathaGhritkumari (Aloevera)

Isabgol

Harad (Haritaki)

Unit -3

The Physical, chemical and medicinal properties of the following herbal plants

Neem-nimb

Nirgundi

Shankhapushpi

Unit-4

The Physical, chemical and medicinal properties of the following herbal plants

Shatavar

Triphla

Tulsi

Text Book:

1. Secrets of Indian Herbs for Good Health, Acharya Balkrishna, DivyaPrakashan.
2. Vanaspati AushadhVighyan (A Complete Book of Indian Medicinal Herbs) (Hindi), Ramesh Kumar Bhutya (2007).

University of Patanjali, Haridwar
Structure of Post graduate diploma of yoga and Ayurveda

COURSE DETAILS

SUBJECT TITLE: Basics of Healthy Living

SUBJECT CODE: - PGDYA-CT 204

SEMESTER – I, TOTAL HOURS: 60 CREDITS: 4

Course Objectives:

The teaching-learning of this paper will enable learner to-

1. State concept, prevalence, objectives, types, applications and limitations of various hygiene concepts.
2. Have knowledge of infection and related diseases such as Malaria, Dengue, Dysentery, cholera, typhoid and Chicken pox, measles, mumps etc and also develop the concept of Immunity too.
3. Students will also learn the concept of ayurveda such as Swasthavritta, Dincharya (Daily regimen) & Ratricharya, Ritucharya and Aggravation and Pacification of three Humors (vata, pitta, kapha).

Course Outcomes

1. The students will well understand the various concept of hygiene in day to day life using ayurveda and modern science.
2. The students will develop the concept of Ayurveda as well as modern science.
3. Students will get training in wellness center and will directly interact with patients and develop the skill to treat them with proper hygiene and ayurvedic concept.

Total Number of Hrs. : 60	Theory	Practical	Tutorial
Credits	4	-	-
Hts/Week	4	-	-
SCHEME OF EXAMINATION			
Total marks: 100			
Theory:100		Practical:NA	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30	-	-

Unit : 1 INTRODUCTION TO HEALTH AND HYGIENE

Personal hygiene, Definition of health and factors; affecting it- food habits, cleanliness, exercise and sleep; Water – Importance of water, impurities present in water, sources of contamination of water and water purification (Household and natural methods); First aid: meaning, importance in daily life.

Unit: 2 INFECTION AND DISINFECTANTS

Infection – Definitions of Infection, Infective agents, Period of infectivity; Types of diseases and their modes of spread; Channels of infection; disinfectants – Definition, types and methods of disinfection.

Unit: 3 INFECTIOUS DISEASES

Infectious diseases - Causes, incubation period, mode of spread, symptoms, prevention & control of the following diseases); Diseases spread by insects -Malaria, Dengue; Diseases spread by ingestion - Dysentery, cholera, typhoid; Diseases spread by droplet infection - Chicken pox, measles, mumps; Disease spread by Contact - Leprosy, AIDS. Immunity - Definition, types of immunity & immunization schedule Common emerging health problems among women: Cancer of Breast and Cervical.

Unit:4 Health and hygiene in Ayurveda

Swasthavritta: Meaning, Definition, Aims and Aspects; Wellness: Meaning, Definition, Indicators and dimensions; Dincharya (Daily regimen) & Ratricharya (Night Regimen): Meaning, Definition and sequential elements with their practical applications; Ritucharya (Seasonal Regimen): Meaning, Definition, Types with their salient features, Seasonwise Accumulation, Aggravation and Pacification of three Humors (vata, pitta, kapha); Seasonwise Do's and Don'ts; Application of Dincharya, Ratricharya and Ritucharya for health promotion, rejuvenation, disease prevention and age reversal. A General Introduction of treatments methods used in Ayurveda

TEXT BOOKS

1. Yash pal Bedi (1976) Hygiene & Public Health. Anand Publishing Co., gali No. 1, NawanKot Amritsar.
2. V. N. Hhave, (1975) You & Your Health.. National Book Trust
3. Bihari Lal Bhatia, (1961) Elementary. Hygiene, Orient Longmans, Ltd. Calcutta -13
4. J.E. Park, (1983) Preventive & Social Medicine, Jabalpur Messrs Banaridas Bhanot
5. Birendra Nath Ghosh, (1969) Hygiene & Public Health Calcutta Scientific Publishing Co.
6. Secrets of health and longevity. Dr. Omkar Nath

University of Patanjali, Haridwar
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Core Course

COURSE DETAILS

SUBJECT TITLE: Panchakarma

SUBJECT CODE: PGDYA-CT 205

SEMESTER – I, TOTAL HOURS: 60 CREDITS: 4

Objectives:

1. This course provides an in-depth study of Panchakarma, the Ayurvedic system of detoxification and rejuvenation.
2. It covers the theoretical foundations, practical applications, and clinical implications of Panchakarma therapies.
3. Students will gain an understanding of how Panchakarma integrates with Yoga and Ayurveda for promoting health and wellness.

Course Outcomes

1. The students will well understand the various concept of Panchakarma.
2. The students will develop the understanding of theoretical foundations, practical applications, and clinical implications of Panchakarma therapies.
3. Students will learn the various prospects of Panchakarma for promotion of health and wellness.

Total Number of Hrs. : 60		Theory	Practical	Tutorial
Credits		4	-	-
Hts/Week		4	-	-
SCHEME OF EXAMINATION				
Total marks: 100				
Theory:100		Practical:50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	35	15	

Unit 1: Introduction to Panchakarma (Week 1-3)

Historical Background and Evolution, Principles of Detoxification in Ayurveda, Concept of Doshas, Dhatus, and Malas, Indications and Contraindications of Panchakarma

Unit 2: Pre-Panchakarma Procedures (Purva Karma) (Week 4-8)

Snehan (Oleation Therapy): Types and Methods, External and Internal Oleation, Medicinal Oils and Ghee Preparations, Swedana (Fomentation Therapy): Types and Techniques, Types of Swedana: Bashpa Sweda, Nadi Sweda, etc., Applications in Various Health Conditions

Unit 3: Main Panchakarma Therapies (Pradhana Karma) (Week 9-12)

Vamana (Therapeutic Emesis), Indications, Procedure, and Post-therapy Care, Virechana (Therapeutic Purgation), Indications, Procedure, and Post-therapy Care, Basti (Therapeutic Enema), Types: Anuvasana Basti, Niruha Basti, Indications, Procedure, and Formulations, Nasya (Nasal Administration), Indications, Procedure, and Formulations, Raktamokshana (Bloodletting), Methods: Jalauka (Leech Therapy), Siravyadha (Venesection), Indications, Procedure, and Post-therapy Care

Unit 4: Post-Panchakarma Procedures (Paschat Karma) (Week 13-15)

Samsarjana Krama (Dietary Regimen), Gradual Diet Introduction Post-therapy, Guidelines for Dietary Management, Rasayana (Rejuvenation) and Vajikarana (Aphrodisiac) Therapies, Role in Restoring Health Post-Panchakarma

Unit 5: Panchakarma and Yoga Integration (Week 16-18)

Role of Yoga in Enhancing Panchakarma Efficacy, Asanas and Pranayamas Complementing Panchakarma, Meditation Techniques for Mental Detoxification

Unit 6: Clinical Application and Case Studies (Week 19-20)

Panchakarma Treatment Planning and Implementation, Case Studies and Clinical Observations

Reading List: Core Texts:

"Charaka Samhita" - Translations and Commentaries on Panchakarma.

"Ashtanga Hridayam" - Sutras on Panchakarma Therapy.

"Panchakarma: The Ayurvedic Art and Science of Detoxification and Rejuvenation" by Dr. Sunil Joshi.

Supplementary Texts:

"Yoga and Ayurveda: Self-Healing and Self-Realization" by Dr. David Frawley.

"The Complete Book of Ayurvedic Home Remedies" by Vasant Lad.

Panchakarma Practical: PGDYA-CT-207

- Hands-on Panchakarma Techniques:

1. Guided sessions in administering Snehana, Swedana, Vamana, Virechana,
2. Anuvasana Basti, Niruha Basti, Nasya Raktamokshana (Bloodletting), Methods: Jalauka (Leech Therapy), Siravyadha (Venesection), Indications, Procedure, and Post-therapy Care.
3. Samsarjana Krama (Dietary Regimen), Gradual Diet Introduction Post-therapy, Guidelines for Dietary Management, Rasayana (Rejuvenation) and Vajikarana (Aphrodisiac)

*Each Student has to prepare an assignment on any one of these above mention topic.

University of Patanjali, Haridwar
Structure of Post graduate diploma of yoga and Ayurveda

COURSE DETAILS

SUBJECT TITLE: Yoga Practicum-II

SUBJECT CODE: - PGDYA-CT 206

SEMESTER – I, TOTAL HOURS: 60 CREDITS: 4

Course objectives:

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

1. State techniques, health benefits, applications, precautions and contraindications of under mentioned yogic practices.
2. To demonstrate and instruct under mentioned yogic practices.

Course Outcomes:

1. The students will well understand the various concept of yoga in day to day life using various aasans.
2. The students will develop the concept of yoga and their postures.

Total Number of Hrs. : 60		Theory	Practical	Tutorial
Credits		-	2	-
Hts/Week		-	2	-
SCHEME OF EXAMINATION				
Total marks: 100				
Theory:100		Practical:NA		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	-	-	

UNIT 1: Shatkarmas (10Hrs.)

Dhauti (Kunjal), Vastradhauti, Dandadhauti, Laghoo and Poornasankhaprakshalana, Neti (Sutra and Jala), Kapalbhati, Agnisara, Nauli

UNIT 2: Warmup yogic exercises [10 Hrs.]

Yogic Jogging, 12 Health promoting postures as recommended by Swami Ramdev, Suryanamaskar practice classically and in varied forms for prevention and therapy.

UNIT 3: Asanas Yogic Postures [30 hrs.]

Standing Postures : Ardhakatichakrasana Hastapadasana, Ardhashakrasana, Trikonasana, katichakrasana Parivrittalrikonasana, Parsvakonasana, Veersana,

Sitting Postures : Paschimottanasana, suptavajrasana, ardhmatsyendrasana, vakrasana, marichasana, malasana, manduk asana, vakrasana, badhakanasana, merudandasana, akamadhanurasana, gumukhasana, Chakki asana.

Prone Posture: Bhujangasana, sarpasana, nauka asana, Salabhasana, Ohanurasana, Urdhvamukhosvanasana, Makarasana,

Supine Postures: Halasana, Chakrasana, Sarvangasana, Matsyasana, Shavasana, Setubandhasana, pad vritta asana, cycling.

Balancing Postures: Vrikshasana, vakasana, Garudasana, Namaskarasana, Tittibhasana, Natrajasana

UNIT 4:Pranayama (10 Hrs.)

Breath awareness, Diaphragmatic breathing, Abdominal breathing, Bhastrika, Kapalbhathi, Anulom-vilom, Nadisodhan, Bahya, Ujjyai, Bhramari, Udgeeth, Ujjai, Sitali, Sitkari, Suryabhedhi.

TEXTBOOKS:

1. Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: DivyaPrakashan Books
2. Balkrishna, A. (2017). Yoga Vigyanam. Haridwar, India: OivyaPrakashan.
3. Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: Divya
4. PrakashanRamdev, S. (2006). Yoga Sadhana and Yoga ChikitsaRahasya. Haridwar, India: DivyaPrakashan.
5. Ramdev, S. (2009). PranayamRahasya. Haridwar, India: DivyaPrakashan.
6. Yoga for Promotion of Positive Health, by Dr R Nagarathna, Dr HR Nagendra Published by SVYP, 2002

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Structure of Post graduate diploma of yoga and Ayurveda

COURSE DETAILS

SUBJECT TITLE: Pathology Practicum

SUBJECT CODE: - PGDYA-CT 207

SEMESTER – I, TOTAL HOURS: 60 CREDITS: 4

Course objectives:

The teaching-learning of this paper will enable learner to-

- 1) Students will understand the concept of Blood groups (ABO system); Estimation of hemoglobin; Enumeration of RBCs (RBC count); Total leucocyte count (Total count);.
- 2) Have knowledge of Differential leucocyte count (DC); Peripheral smear staining and reporting; Absolute eosinophil count.
3. Students will also learn the concept of Anemia: Hemogramsin anemia, Iron deficiency anemia, Macrocytic anemia, Microcytic anemia, Hemolytic anemia

Course Outcomes:

1. The students will well understand the various practical concept of Pathology.
2. Students will get training in the Ayurveda college pathology lab and will directly get the lab practices.

Total Number of Hrs. : 60	Theory	Practical	Tutorial
Credits	-	2	-
Hts/Week	-	2	-
SCHEME OF EXAMINATION			
Total marks: 100			
Theory:100		Practical:NA	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30	-	-

UNIT 1: Hematology –I [15 Hrs] Blood groups (ABO system); Estimation of hemoglobin; Enumeration of RBCs (RBC count); Total leucocyte count (Total count);

UNIT 2: Hematology-II [15 Hrs.] Differential leucocyte count (DC); Peripheral smear staining and reporting; Absolute eosinophil count

UNIT 3: Anemia-I [15 Hrs.] Anemia: Hemogramsin anemia, Iron deficiency anemia, Macrocytic anemia, Microcytic anemia, Hemolytic anemia

UNIT 4: Demonstration [15 Hrs.] All candidates are expected to demonstrate the Unit-I experiments and explain the same in the practical records.

Text Books:

Practical Manual by Harsh Mohan Medical Laboratory Technology– Ramnik Sood