

## Program Project Report (PPR)



# University of Patanjali

## PG Diploma in Yoga Science


### Open and Distance Learning Program

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**University of Patanjali**  
**PG diploma in Yoga Science**  
**Open and Distance Learning Programme**  
**(w.e.f. Academic Session 2025-2026)**

**Programme Project Report**

**University of Patanjali**

University of Patanjali (UOP), located near the serene Himalayan foothills in the city of Haridwar, Uttarakhand is named after the great Indian sage Maharshi Patanjali (c. 900 BC), who first compiled numerous writings on Yoga in the form of aphorisms. The University was established through Act No. 4/2006 of Uttarakhand State Legislature published in the State Gazette on 05.04.2006 and is sponsored by Patanjali Yogpeeth Trust (PYP). It is a member of the Association of Indian Universities. University's commitment to excellence extends to its research arm, the Patanjali Research Foundation, renowned for its pioneering research in Ayurveda and Yoga. Collaborations with national and international institutions offer students unparalleled opportunities for engagement in sponsored projects and internships, paving the way for successful placements in esteemed organizations and entrepreneurial ventures including the Patanjali family institutions. University of Patanjali is a prestigious university accredited with an NAAC A+ grade, recognized for its excellence in academics, research, and student support, ensuring high-quality education and global standards. The University has drawn up a plan to explore the potential of self-learning materials defined within the broad framework of the blended mode of education.

**Aims and Objectives of the University**

The university aims to establish and explore a comprehensive scientific foundation for the wisdom imparted by ancient Indian sages while conducting systematic research based on scientific principles to reinforce its relevance in the modern world. It is dedicated to providing education that fosters employment opportunities and a self-sustaining lifestyle, ensuring holistic growth for students. Additionally, the institution actively engages in studies related to Yoga, Ayurveda, and similar disciplines, contributing to the revival and global recognition of Indian culture.

## 1. Vision of the University

- To decipher amenable solutions to the global challenges by integrating ancient vedic wisdom and contemporary scientific research with the spirit of global integration.
- Ancient Indian culture embodies eternal, universal human values, therefore the goal is to create healthy, moral and competent citizen with the aim of restoring the Indian cultural heritage and tradition of knowledge to make India a global leader, yet again.

## 2. Mission of the University

The university is committed to establishing Yoga, Ayurveda, and Sanskrit as the core of education while integrating ancient Vedic knowledge with contemporary science. It strives to promote a harmonious lifestyle by blending scientific advancements with spiritual wisdom, ensuring a balanced and holistic approach to learning. Additionally, the institution is dedicated to the preservation and promotion of ancient knowledge and culture, fostering a deep appreciation for India's rich heritage.

## Overview of the PG Diploma in Yoga Science

The PG diploma in Yoga Science is a postgraduate diploma that provides an in-depth understanding of yoga philosophy, asanas, meditation, therapy, and research methodologies, making meaningful contributions to academia and society. The programme delivered through distance mode is to provide accessible, high quality PG diploma in Yoga Science with depth knowledge of the subject and applied areas.

### ● Scope and Career Opportunities of the Programme

The scope of a PG Diploma in Yoga Science is rapidly growing in India and abroad due to rising awareness of holistic health. With yoga increasingly integrated into healthcare, corporate wellness, and sports, the demand for certified professionals is high. This programme prepares students for careers as Yoga Instructors, Therapists, Researchers, Teachers, Corporate Wellness Coaches, Entrepreneurs, Content Creators, and for roles in AYUSH and government sectors.

## Programme's mission and objectives

- To Promote Enhance physical, mental, and spiritual health through yogic practices.
- To develop self-discipline through balanced lifestyle with self-control, mindfulness, and inner harmony.
- To improve focus, cognitive abilities, and emotional stability.
- To maintain the rich traditions of Yoga, Ayurveda, and Vedic knowledge.
- Integrate Science with Spirituality such as bridge ancient yogic principles with modern scientific research.
- Encourage a healthy lifestyle habits of proper diet, exercise, and stress management.
- Develop compassion, honesty, and a sense of moral values.
- To Prepare competent yoga instructors, therapists, and researchers.
- Encourage scientific studies on the therapeutic benefits of yoga.
- Spread yoga as a universal tool for peace, health, and well-being.

## Programme Expected Outcomes

The students will be able to:

- **PO1:** Gain a comprehensive understanding of Yoga Science, Naturopathy, and Alternative Therapy while staying updated on research advances and developments in the field.
- **PO2:** Demonstrate the ability to apply their conceptual understanding of Yoga to real-life situations, drawing validated and practical conclusions.
- **PO3:** Analyze and critically solve human body-related issues through consistent daily practice of yoga with focused attention.
- **PO4:** Students will able to apply research-based knowledge and interpret data using various yogic practices.
- **PO5:** Students will able to select and use modern appropriate techniques for the application of Yoga.
- **PO6:** Cultivate integrity, responsibility, reliability, dependability, and compassion while developing contextual knowledge to assess societal, health, safety, and cultural issues, fulfilling the responsibilities of a Yoga teacher.
- **PO7:** Evaluate ethical issues and situations to make informed decisions using insights from various yogic practices, the Bhagavad Gita, and the Upanishads.
- **PO8:** Develop leadership and communication skills to excel as a leading therapist in healthcare teams.

- **PO9:** Acknowledge the importance of lifelong autonomous learning in the evolving landscape of technological change and develop the readiness and capability to adapt.
- **PO10:** Students will be able to apply their knowledge and skills in Yoga, Naturopathy, and Alternative Therapy for lifelong learning while providing spiritual counselling and explaining disease manifestation in the context of yogic scriptures.

## Relevance of the Programme with HEI's mission and Goals

The relevance of PG diploma in Yoga Science programme at University of Patanjali, Haridwar (Uttarakhand) mentioned below:

- Building great human being by theoretically and practically introducing them to spirituality humanity, socialism and nationality through the optimal intellect of ancient sages and scientifically universe philosophical vision combined with many western and modern philosophers.
- Creating authentic scholars in ancient and modern knowledge so that they by their genuine destination and work could determine the direction and condition of their personal life as well as the society and ultimately the country.
- Creating physically, mentally, intellectually and spiritually elevated characters and personalities.
- “*sā vidyā yā vimuktaye*” vindicating this statement creating such citizens who getting fulfilled with their ultimate strength and qualities could purge diseases, misery, impoverishment, hunger, fear and all sorts of ignorance and scarcities from their lives as well as from the nation.
- Extricating themselves from all sorts of belligerence, negativities and corruption, the student could align themselves with all the divinities necessary for the formation of divine nation as well as divine world.
- Creating a sense of the enormity of *brahmacarya*, *grhastha*, *vānaprastha* and *sanyāsa* among the students so that the feeling of harmony, co-existence and brotherhood achieves prestige and spread across the globe.

## Nature of prospective target group of learners

PG diploma in Yoga Science under open and distance is designed for:

- ✓ Working Professionals

- ✓ Career Advancers
- ✓ College and School teachers
- ✓ Students who pursue any other regular programmes
- ✓ Entrepreneurs
- ✓ Lifelong learners
- ✓ International Students
- ✓ Undergraduate
- ✓ Home makers

## **Appropriateness of programme to be conducted in open and distance learning mode to acquire specific skill and competence**

After completing the programme through Open and Distance Learning (ODL) mode, the students will be able to acquiring specific skills and competencies. This ODL programme can effectively cater to the needs of learners seeking to develop these skills:

- Self-directed learning is essential skills for success in any field of Yoga Sciences as independent study and self-directed research, learners can develop the ability to set aims.
- Destroy all the diseases and troubles present in themselves and the society with the understanding of the science behind Yoga and Yajna.
- The flexibility allows students to manage their time efficiently, catering to their individual needs and preferences.
- The ODL programme engages students in online discussions, idea presentations, and virtual interactions, enhancing their communication skills effectively.
- ODL offers the advantage of being accessible to a global audience enabling students who may not have access to high-quality in person programmes to pursue Masters in Yoga.

## **Instructional Design**

**Curriculum Design:** The learning resources are developed by faculty members with extensive expertise in their respective domains. They possess deep knowledge of classical Yoga Scriptures and Texts, complemented by a comprehensive understanding of modern medical science, ensuring an integrative and evidence-based approach to yoga education.

**Mode of Instruction:** The programme employs a blended learning approach, incorporating, virtual classes, video lectures, power point presentations, personal contact programmes and

Self-Learning Materials (SLMs) in both digital and printed formats, ensuring easy accessibility for students. Additionally, learners receive academic support from the institute's experienced faculty through dedicated email communication, chat groups, regular online interactions, etc

**Learning Resources:** The programme provides comprehensive printed and digital study materials, ensuring students have access to well-structured content for effective learning. Practical demonstration videos and interactive learning modules further enhance understanding by offering visual and hands-on experiences. Additionally, guest lectures and live training sessions conducted by experienced yoga practitioners provide deeper insights into the subject. Personal Contact Programmes (PCP) facilitate in-depth practical training and mentorship, allowing students to refine their techniques under expert guidance. Furthermore, research-based assignments and case studies encourage analytical thinking and the application of theoretical knowledge in real-world scenarios.

**Practical Training:** The programme includes hands-on yoga practice sessions guided by expert faculty, ensuring students develop proficiency in various techniques. Supervised training sessions focus on posture correction, breathing techniques, and meditation practices to enhance precision and effectiveness. Additionally, field visits to wellness centers provide practical exposure, allowing students to observe and experience the real-world application of yoga in health and wellness settings.

**Medium:** The learning material for PG diploma in Yoga Science programme will be in Hindi and English both languages. Learners have the option to choose study material in either English or Hindi and can use their preferred language to answer questions in the examination.

## Programme Structure & Curriculum

The programme is a two-year, semester-based course designed to provide a comprehensive understanding of yoga and its applications in health, wellness, and therapy. A minimum of 80 credits is required for successful completion. The curriculum integrates core subjects, practical training, and elective courses, ensuring a balance between theoretical knowledge and hands-on experience. The first year focuses on foundational topics such as Hath Yoga, Patanjali Yoga Darshan, Shrimad Bhagavad Gita, human biology, and complementary and alternative therapies, along with practical training in yoga and related disciplines. The second year deals with advanced subjects, including yoga psychology, research methodology, therapeutic yoga,

principles of yoga teaching, naturopathy, diet and nutrition, and Indian philosophy. Students can choose electives in areas like Sanskrit, cultural tourism, communicative English, and sports yoga. Practical components, case studies, and a dissertation further enhance experiential learning, preparing students with the knowledge and skills needed for careers in yoga therapy, research, and holistic health practices.

### SEMESTER-WISE SYLLABUS

FIRST YEAR						
	Course Code	Subject	Evaluation Scheme			Subject Total
			Credit	CA	SEE	
SEM I	PGDYS-101	Fundamentals of Yoga	4	30	70	100
	PGDYS-102	Principles of Hath Yoga	4	30	70	100
	PGDYS-103	Introduction to Shrimad Bhagavad Geeta and Samkhya Karika	4	30	70	100
	PGDYS-104	Human Biology	4	30	70	100
	PGDYS-105	Yoga Practicum	4	30	70	100
	PGDYS-106	Human Biology Practicum	4	30	70	100
	<b>Total</b>			<b>24</b>	<b>180</b>	<b>420</b>
	Course Code	Subject	Evaluation Scheme			Subject Total
			Credit	CA	SEE	
SEM II	PGDYS-201	Patanjali Yoga Darshan	4	30	70	100
	PGDYS-202	Introduction to Ayurveda	4	30	70	100
	PGDYS-203	Complementary & Alternative Therapy (CAT)	4	30	70	100
	PGDYS-GE-204/PGDYS-GE-205	Yoga Psychology/ Principal Upanishads	4	30	70	100
	PGDYS-206	Yoga Practicum	4	30	70	100
	PGDYS-207	Complementary & Alternative Therapy Practicum	4	30	70	100
	<b>TOTAL</b>			<b>24</b>	<b>180</b>	<b>420</b>

SECOND YEAR						
	Course Code	Subject	Evaluation Scheme			Subject Total
			Credit	CA	SEE	



<b>SEM III</b>	PGDYS-301	Fundamentals of Computer Applications	4	30	70	100
	PGDYS-302	Research Methodology & Statistics	4	30	70	100
	PGDYS-303	Therapeutic Yoga	4	30	70	100
	PGDYS-304	Principles & Practice of Yoga Teaching	4	30	70	100
	PGDYS-GE-305/PGDYS-GE-306	Basics of Sanskritam /Indian Knowledge System	4	30	70	100
	PGDYS-307/PGDYS-308	Psychology Practicum- Case Study/Field Work	4	30	70	100
<b>TOTAL</b>			<b>24</b>	<b>180</b>	<b>420</b>	<b>600</b>
<b>SEM IV</b>	<b>Course Code</b>	<b>Subject</b>	<b>Evaluation Scheme</b>			<b>Subject Total</b>
			<b>Credit</b>	<b>CA</b>	<b>SEE</b>	
	PGDYS-401	Basic Principles of Yajna Pathy	4	30	70	100
	PGDYS-402	Naturopathy	4	30	70	100
	PGDYS-403	Hygiene, Diet & Nutrition	4	30	70	100
	PGDYS-AEC-404/PGDYS-AEC-405	Communicative English/Yoga & Sports	4	30	70	100
	PGDYS-GE-406/PGDYS-GE-407	Indian Philosophy/ Introduction of Wellness Tourism	4	30	70	100
	PGDYS-408	Dissertation	4	30	70	100
<b>TOTAL</b>			<b>24</b>	<b>180</b>	<b>420</b>	<b>600</b>

**Note:** CA – Continuous Assessment; SEE – Semester End Examination

**Detailed Syllabus: It is available as Annexure-I**

## Assessment Methods

**Examinations:** The PG diploma in Yoga programme employs a structured examination system to assess students' theoretical and practical knowledge. The **Semester-End Examination (SEE)** is a comprehensive written test conducted at the end of each semester. It evaluates students' conceptual clarity and theoretical understanding of core subjects, practical applications, and research methodology. This examination contributes 70% to the overall

course evaluation. In addition to the SEE, **Continuous Assessment (CA)** is conducted periodically through mid-term tests, quizzes, and short written assessments to track students' progress. These internal assessments account for 30% of the total evaluation.

**Practical Assessments:** Since yoga is a practice-oriented discipline, hands-on evaluation plays a crucial role in student assessment. The Yoga Practicum component tests students on their ability to demonstrate and instruct various yogic practices, including asanas, pranayama, kriyas, and meditation techniques. Faculty and external examiners evaluate students based on their precision in postures, breathing techniques, and therapeutic applications. These evaluations include performance-based assessments, mentor feedback, and practical demonstrations of yoga therapy sessions.

**Research & Project Work:** As part of the curriculum, students must undertake research to enhance their analytical and academic skills. The Dissertation/Thesis is a compulsory research project in the final semester, requiring students to conduct original studies on topics related to yoga therapy, philosophy, or applied yoga sciences. The dissertation is evaluated based on research methodology, data analysis, findings, and presentation, with a viva-voce examination conducted by internal and external examiners. Additionally, Assignments form an integral part of continuous assessment, where students submit essays, research papers, and case analyses to demonstrate critical thinking and application-based learning.

## Faculty & Infrastructure

**Faculty Resources:** PG diploma in Yoga programme is supported by a team of highly experienced faculty members specializing in yoga, Ayurveda, and human anatomy. These experts have a vast knowledge and practical experience which ensures a well-rounded education by integrating traditional yogic wisdom with modern scientific understanding. Additionally, dedicated mentors provide personalized guidance during practical sessions and research activities, ensuring students receive hands-on training and support in developing their skills and academic projects. This structured faculty support system ensures that students gain both theoretical knowledge and practical expertise, preparing them for careers in yoga therapy, research, and education.

**Infrastructure Support:** The University of Patanjali offers a robust infrastructure designed to support Open and Distance Learning (ODL) programmes, ensuring accessibility and high-

quality education for students beyond traditional classroom settings. The institution provides a comprehensive digital learning platform, equipped with video lectures, e-books, and interactive study materials, allowing students to engage in self-paced learning. A well-structured Learning Management System (LMS) enables smooth course delivery, online assessments, and real-time interaction with faculty members. To support practical training, the university offers virtual workshops and live demonstration sessions, where students can learn and practice yoga techniques under expert guidance.

## **Admission Process**

### **Eligibility Criteria**

Candidates who have completed graduation in any subject with at least 40% marks from a recognized university are eligible to apply.

### **Application Process**

- Interested candidates can obtain the application form from the university's official website or admission office.
- The form must be filled out with accurate details and submitted along with the required documents, such as academic certificates, identity proof, and passport-sized photographs.
- An application fee, as prescribed by the university, must be paid during submission.

## **Fees**

Fees of the Programme is **Rs. 46000/-**

### **Requirement of the laboratory support and Library Resources:**

Laboratory is not required as part of this curriculum and the digital library provides access to a vast repository of academic research and continuous learning.

### **Cost estimate of the programme and the provisions**

For the design, development delivery and maintenance of the programme the fund will be as per the budget allocated by the University in Annual Budget session.

## Quality assurance mechanism

The University of Patanjali ensures quality in its PG diploma in Yoga Science (ODL) programme through a structured curriculum aligned with UGC-DEB guidelines, integrating theory, practice, and research. A Learning Management System (LMS) supports digital learning, while Personal Contact Programmes (PCPs), virtual workshops, and mentorship sessions enhance practical training. The curriculum is regularly revised to meet learner needs, with faculty members contributing expertise. Industry-experienced mentors and facilitators provide practical insights, and regular orientation programmes keep faculty updated on the latest tools and techniques. A continuous evaluation system, including internal assessments, exams, and structured feedback from students and facilitators, ensures academic rigor. Faculty analyse feedback to improve Self-Learning Materials (SLMs), counselling sessions, and administration, maintaining a high-quality, learner-centric education experience.

## Syllabus of ODL COURSE

## POST GRADUATE DIPLOMA IN YOGA SCIENCE

## SEMESTER I

## COURSE DETAILS – 1

SUBJECT NAME – FUNDAMENTALS OF YOGA

SUBJECT CODE – PGDYS-101

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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**Course Objectives:****The Objectives of learning this course is to:**

- To understand the origin and psychological basis of Yoga.
- To define and interpret the foundations of Yoga.
- To study the Historical and Philosophical Basis of Yoga
- Learn About the Contributions of Renowned Yogis
- To emphasize the importance of Yoga for a healthy life in the modern age.

<b>Block-1</b>	<b>General Introduction to Yoga (12 Hours)</b>
<b>Unit-01</b>	Origin of Yoga, Psychological basis for origin of Yoga.
<b>Unit-02</b>	Etymological meaning and definition of Yoga, Purpose of Yoga.
<b>Unit-03</b>	History and Development of Yoga (Vedic period, Darshan period, Commentary period, Bhakti Yoga and Hatha Yoga period, Modern period).
<b>Unit-04</b>	Current misconceptions regarding Yoga, Major principles of Yoga, Yoga practices for healthy life, Importance of yoga in present age.

<b>Block-2</b>	<b>Basis of Yoga and Tradition of Yoga (12 Hours)</b>
<b>Unit-05</b>	General introduction of Vedas, Upanishads and Ayurveda in yogic context.
<b>Unit-06</b>	General introduction of Samkhya, Yoga philosophy and Vedanta philosophy (in yogic context).
<b>Unit-07</b>	General introduction of Bhagavadgeeta, Puranas, Yog Vashishtha and Narada Bhakti Sutra (in yogic context).
<b>Unit-08</b>	Brief Introduction to Yoga in Jain Philosophy and Buddhist Philosophy.
<b>Unit-09</b>	Bhakti Yoga of Medieval Saints (Kabir, Nanak and Sufism).

<b>Block-3</b>	<b>Tradition and Major Streams of Yoga (24 Hours)</b>
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<b>Unit-10</b>	General introduction of Tantra and its currents (Shaiva, Shakta, Vaishnava, Buddhist Tantra)
<b>Unit-11</b>	Concept of Shiva and Shakti, Yoga in Shaivite and Shakta Tantras
<b>Unit-12</b>	Concept of Nadi and Prana, Kundalini, Kundalini Shakti and Shatchakra Sadhana, Impact of Tantra in Hatha Yoga Tradition and Sadhana.
<b>Unit-13</b>	Major Streams of Yoga- Concepts of major streams of yoga and introduction of their limbs with the effects - Gyan Yoga, Bhakti Yoga, Karma Yoga, Ashtanga Yoga, Kriya Yoga, Hatha Yoga and Mantra Yoga.

<b>Block-4</b>	<b>Introduction to Renowned Yogis (12 Hours)</b>
<b>Unit-14</b>	Introduction (life & works) of the great yogis of India - Maharishi Patanjali, Maharishi Vyas, Maharishi Kapil Muni, Adi Shankaracharya, Maharishi Dayanand Saraswati, Swami Vivekananda, Maharishi Arvind, Swami Kuvalayananda, Maharishi Raman, Yogarishi Swami Ramdev.

### Prescribed text book:

1. रामदेव, स्वामी. (n.d.). *योग दर्शनम्*. दिव्य प्रकाशन, पतंजलि योगपीठ।
2. दिव्य प्रकाशन. (n.d.). *दर्शन प्रवेश*. पतंजलि योगपीठ।
3. बालकृष्ण, आचार्य. (n.d.). *योग के मूलभूत सिद्धांत*. दिव्य प्रकाशन, पतंजलि योगपीठ।
4. तिलक, लोकमान्य. (n.d.). *गीता रहस्य (निर्धारित पाठ्यांश)*।
5. मुखर्जी, विश्वनाथ. (n.d.). *भारत के महान योगी*।
6. निरंजनानंद परमहंस, स्वामी. (n.d.). *तंत्र दर्शन*. पंचदश नाम अलखबाड़ा।

### Books for Reference:

1. Agarwal, M. M. (2010). *Six systems of Indian philosophy*. Chowkhambha Vidya Bhawan.
2. Bhuteshananda, S. (2009). *Narada Bhakti Sutra* (2nd ed.). Advaita Ashrama Publication-Dept.
3. Hiriyanna, M. (2009). *Outlines of Indian philosophy*. Motilal Banarsidass.
4. Bhat, K. (2006). *The power of yoga*. SuYoga Publications.
5. Prabhavananda, S. (2004). *Spiritual heritage of India*. Sri Ramakrishna Math.
6. Vivekananda, S. (2000). *Jnana yoga, Bhakti yoga, Karma yoga, Raja yoga*. Advaita Ashrama.
7. Pandit, M. P. (1976). *Introduction to Upanishads*. Theosophical Society of India.
8. Dasgupta, S. N. (1927). *Hindu mysticism*. Motilal Banarsidass.
9. Brunton, P. (n.d.). *A search in mystic India*.
10. Sharma, C. (2013). *A critical survey of Indian philosophy*. Motilal Banarsidass.

### COURSE DETAILS – 2

**SUBJECT NAME – PRINCIPLES OF HATH YOGA****SUBJECT CODE – PGDYS-102**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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**The Objectives of learning this course is to:**

- To Comprehend the core principles and historical origins of Hatha Yoga.
- To understand the purification techniques (Shatkarmas) and fundamental physical postures (Asanas).
- Develop skilled practice of breathing techniques, energy locks, and symbolic gestures.
- Apply advanced practices of sensory withdrawal, sound meditation, and breath science.
- Identify key Hatha Yoga texts and their practical contributions to the tradition.

<b>Block-1</b>	<b>General Introduction to Hatha Yoga (12 hours)</b>
<b>Unit-01</b>	Hatha Yoga - Meaning, Definition, Origin, Tradition and Purpose. Prevailing misconceptions regarding Hatha Yoga. Helping and obstructing elements of Hatha Yoga.
<b>Unit-02</b>	The Hatha Yogic practice described in Hathayogapradipika. Concept of Math, Manuals for the practitioner of Hatha Yoga, Concept of Mitahar, Pathya & Apathya.
<b>Unit-03</b>	Tradition of Hatha Yoga. A brief introduction and contribution of the major yogis of the Nath Yoga tradition. Relations in Hatha Yoga and Raja Yoga.
<b>Unit-04</b>	Current misconceptions regarding Yoga, Major principles of Yoga, Yoga practices for healthy life, Importance of yoga in present age.

<b>Block-2</b>	<b>Practices of Hatha Yoga - Purification and Asanas (12hours)</b>
<b>Unit-05</b>	Introduction to purification practices - Purification actions described in Hatha Yoga Pradipika and Gherand Samhita and their method, benefits and precautions.
<b>Unit-06</b>	The role of purification practices in yoga sadhana and the importance of purification practices in modern life.
<b>Unit-07</b>	Yogasana: Definition, characteristics and importance in yoga practice.
<b>Unit-08</b>	Aasana: Method, benefits, precautions and importance of aasanas in Hatha Yoga Pradipika and Gherand Samhita.

<b>Block-3</b>	<b>Practices of Hatha Yoga - Pranayama, Bandha and Mudras (12 hours)</b>
<b>Unit-9</b>	Pranayama: Introduction. Method of Proper Respiration, Yogic Deep Breathing. Concept of Inhale (Purak), Retention (Kumbhak) and Exhale (Rechak).
<b>Unit-10</b>	Prana, types of prana and sub-prana. Importance of Pranayama in Hatha Yoga Sadhana. Preparation for Pranayama- Nadishodhana Pranayama. Signs of Hathasiddhi (success in hathayoga). Method, benefits and precautions of Pranayamas in Hatha Yoga Pradipika and Gherand Samhita.
<b>Unit-11</b>	Bandha: introduction, the importance of bandha-triad in yogasadhana.

<b>Unit-12</b>	Main mudras in Hatha Yoga Pradipika and Gherand Samhita - their methods, benefits and precautions.
<b>Block-4</b>	<b>Practices of Hatha Yoga - Pratyahar, Nadanusandhana and Swarodaya Gyan &amp; Major Texts of Hatha Yoga (24 hours)</b>
<b>Unit-13</b>	Pratyahara, Dharna and Dhyana in Gherand Samhita, their methods, benefits and precautions. Samadhi, signs of samadhi in Hatha Yoga Pradipika.
<b>Unit-14</b>	Nāda, the four stages of Nadānusandhana and their accomplishments (siddhis). Concept of Swara, the importance of Swarodaya Gyan in Yoga Sadhana (with special reference to Gyan Swarodaya and Shiva Swarodaya).
<b>Unit-15</b>	Introduction, Purpose and Importance of major texts of Hatha Yoga: Siddha-Siddhantha Paddhati, Goraksha Samhita, Shiva Samhita, Hatha Yoga Pradipika, Gherand Samhita. Hatha Ratnavali: Main applications of hatha yogic activities- preparation of Raja Yoga Practice, achieving holistic health, prevention of diseases, rejuvenation, healing and slow aging.
<b>Unit-16</b>	Main applications of hatha yogic activities- preparation of Raja Yoga Practice, achieving holistic health, prevention of diseases, rejuvenation, healing and slow aging.

#### Prescribed text book

1. कैवल्यधाम. (n.d.). *हठयोग प्रदीपिका*. लोनावला: कैवल्यधाम ।
2. कैवल्यधाम. (n.d.). *घेरंड संहिता*. लोनावला: कैवल्यधाम ।
3. गौतम, च. ल. (1985). *गोरक्ष संहिता* ।
4. स्वामी रामदेव. (n.d.). *प्राणायाम रहस्य*. दिव्य प्रकाशन, पतंजलि योगपीठ ।

#### Books for Reference:

1. Woodroffe, S. (2000). *The serpent power*. Ganesh & Company.
2. Woods, J. H. (1988). *The yoga system of Patanjali*. Motilal Banarsidass.
3. Swami Vivekananda. (2000). *Raja yoga*. Advaita Ashram.
4. Burley, M. (2000). *Hatha yoga: Its context, theory, and practice*. Motilal Banarsidass.
5. Burnier, R. (2000). *Hatha Yoga Pradipika of Svatmarama*. The Adyar Library Publications.



### COURSE DETAILS – 3

#### SUBJECT NAME – INTRODUCTION TO SHRIMAD BHAGAVAD GEETA AND SAMKHYA KARIKA

SUBJECT CODE – PGDYS-103

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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#### Course Objectives:

The Objectives of learning this course is to:

- To Understand the Core Teachings of Srimad Bhagavad Gita and Jnana Yoga
- To Understand the main teachings of Bhagvadgeeta
- Become familiar with the nature of yoga in various chapters of Bhagvad Geeta.
- Imbibe the essence of teachings of Bhagavad Geeta.
- Explore the Principles of Samkhya Philosophy

<b>Block-1</b>	<b>Introduction to Srimad Bhagavad Geeta and Jnana Yoga – Elaboration of Atman (Soul), Prakriti (Nature) and Parmataman (Supreme Soul) (15 hours):</b>
<b>Unit-01</b>	Introduction to the Bhagavad Gita (literal meaning, source and subject matter), the great significance of the Bhagavad Gita and the views of various scholars regarding it, the nature of yoga in the Bhagavad Gita, the relevance of the Bhagavad Gita in the present age.
<b>Unit-02</b>	In the Bhagavad Gita - Sankhya Yoga or Jnana Yoga (Chapter-2, 3, 4, 5, 6, 13).
<b>Unit-03</b>	form & characteristics of the Soul (Chapter-2).
<b>Unit-04</b>	form & characteristics of the Supreme Soul (Purushottama) (Chapter-4, 8, 10, 11, 13, 15).
<b>Unit-05</b>	Form & characteristics of Nature (Prakriti) (Chapter-9, 13, 14).

<b>Block-2</b>	<b>Karmayoga, Dhyana Yoga and Bhakti Yoga (15 hours):</b>
<b>Unit-06</b>	Concept of Karmayoga (Chapter-2 to 6), Lok Sangraha (Chapter-3), Jnana-Karma Co-ordination (Chapter-5),
<b>Unit-07</b>	Form of Yajna, Yajnartha Karma, Nishkam Karma (Chapter-3,4),
<b>Unit-08</b>	Form of Dhyana Yoga (Chapter -6).
<b>Unit-09</b>	Concept of Bhakti and its significance (Chapters- 7,8,9,11,12). The necessity of devotion in the realization of supreme soul (Chapters-11, Verse-52-55). Types of Bhakt (Chapters-7,12), Characteristics of Devotees (Chapter-12, Verse- 13-20).

<b>Block-3</b>	<b>Personality, Diet and Concept of Triguna (10 hours):</b>
<b>Unit-10</b>	Role of diet in Yoga practice (Chapter-6).
<b>Unit-11</b>	Introduction to Trigunas (Chapter-14).
<b>Unit-12</b>	Concept of Trigun-based personality (Chapter-17).
<b>Unit-13</b>	Elements of personality development, Ideal personality- Divine Wealth (Chapter-16).

<b>Block-4</b>	<b>Unit-4: Introduction to Samkhyakarika (20 hours):</b>
<b>Unit-14</b>	Sankhyadarshan: introduction, nature of suffering. Introduction of twenty-five elements, discussing Pramana.
<b>Unit-15</b>	Concept of Satkaryavad, causes for unavailability of Purusha & Pradhana, discussing Vyakta & Avyakta.
<b>Unit-16</b>	According to Sankhyadarshan- the nature of Gunas, Purusha interpretation, characteristics & qualities of intelligence (Buddhi).
<b>Unit-17</b>	Discussing Thirteen karanas, Subtle Body, Bondage - Liberation.

### Prescribed text book:

1. श्रीमद्भगवद् गीतामृत – योग ऋषि स्वामी रामदेव जी, दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार।
2. तत्त्व समास।
3. Shrimadbhagvadgeeta- Tattvavivechini-Jaidayal Goyandaka, Geeta Press Gorakhpur.

### Books for Reference:

1. Bhawuk, D. P. S. (2011). *Spirituality and Indian psychology: Lessons from the Bhagavad Gita*. Springer. <https://doi.org/10.1007/978-1-4419-8110-3>
2. Davis, R. H. (2015). *The Bhagavad Gita*. Princeton University Press. <https://doi.org/10.2307/40085138>
3. Easwaran, E. (2011). *Essence of the Bhagavad Gita: A contemporary guide to yoga, meditation & Indian philosophy*. Nilgiri Press.
4. Sivananda, S. (2000). *Bhagavad Gita*. The Divine Life Society. Retrieved from <http://www.sivanandadlshq.org>

## COURSE DETAILS – 4

### SUBJECT NAME – HUMAN BIOLOGY

### SUBJECT CODE – PGDYS-104

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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### Course Objectives:

#### The Objectives of learning this course is to:

1. Understand the Structure and Function of the Human Body.
2. Explore the Digestive and Excretory Systems.
3. To study the process of digestion, nutrient absorption, metabolism, and waste elimination for maintaining overall health.
4. Analyse the Musculo-Skeletal, Cardiovascular, and Respiratory.

5. Study the Nervous System and Sensory Organs.
6. To understand the role of the brain, spinal cord, and nerves system.
7. Examine the Reproductive and Endocrine Systems.

<b>Block-1</b>	<b>Introduction to Human Body, Digestive and Excretory System (10 hours)</b>
<b>Unit-01</b>	Introduction to Human Anatomy and Physiology, Basic Anatomical and Physiological terms; Cell: Structure & Functions, different cell organelles and their functions.
<b>Unit-02</b>	Tissues and Organization of human system; Introduction to Support Systems; Maintenance Systems, Control Systems, Defense System and Concept of Homeostasis.
<b>Unit-03</b>	Median planes, directional and regional terms. Gross anatomy of digestive system, functional anatomy of Mouth, Oral cavity, Pharynx, Esophagus, Stomach, Small intestine, large intestine and Anal canal; Physiology of digestion, assimilation & peristalsis, Gastric and digestive juices involved during digestion, associated glands involved in digestive system.
<b>Unit-04</b>	Urinary system, kidneys, ureters, -urinary bladder, Urethra; Skin and sweat gland.

<b>Block-2</b>	<b>Musculo-Skeletal System, Cardiovascular System, Respiratory System, Blood and Lymphatic System (20 hours)</b>
<b>Unit-05</b>	The Skeletal System: Skeleton, Functions of skeleton, Classification of bones.
<b>Unit-06</b>	Study of joints; Structure and function of a Synovial joint.
<b>Unit-07</b>	The Muscular System: Types of Muscles in the body; the characteristics, structure and functions of The Skeletal Muscles, Smooth Muscles and Cardiac Muscles.
<b>Unit-08</b>	Functional anatomy of the Heart, arteries, veins and capillaries; The organization of systematic and pulmonary circulation, the cardiac cycle.
<b>Unit-09</b>	Blood: Composition and Functions, Blood groups and their importance.
<b>Unit-10</b>	Composition of blood corpuscles - RBC, WBC and Platelets; Plasma, hemoglobin - coagulation of blood and anti-coagulants, blood groups and its importance; Sites, functional anatomy of lymph nodes and their function; Lymphatic system and its' role in immune system.
<b>Unit-11</b>	Cardiac output and Venous return; Blood pressure and Regulation of blood pressure; Gross anatomy of the respiratory passages, functional of Nasal cavity, Pharynx, Larynx, Trachea, Bronchus, Lungs and Alveoli; The process of Respiration, Lung's volumes & capacities, Mechanics of breathing and exchange of gas in alveoli.

<b>Block-3</b>	<b>Nervous System &amp; Special Senses (10 hours):</b>
<b>Unit-12</b>	An introduction to Histology – nerve – structure and properties of neurons –nerve – action potential – generation propagation – factors influencing classification of neurons and nerve fibres, neuralgia cells, receptors and reflex arcs.
<b>Unit-13</b>	Functional anatomy of Cerebrum, Cerebellum, spinal cord; Functions and importance of the parts of the brain viz., cerebrum, pons, medulla, thalamus, hypothalamus, cerebellum and autonomic nervous system (sympathetic and parasympathetic).
<b>Unit-14</b>	Functional anatomy and physiology of Eyes, ears, nose, tongue and skin.

<b>Block-4</b>	<b>Reproductive System and Endocrine System (10 hours):</b>
<b>Unit-15</b>	Functional anatomy male reproductive system, seminal vesicles and prostate glands; Spermatogenesis.
<b>Unit-16</b>	Functional anatomy of female reproductive system; Ovarian hormones, menstruation, pregnancy, parturition and lactation.
<b>Unit-17</b>	Anatomical structure of important endocrine glands (Pituitary, thyroid, parathyroid, pancreas, adrenal and gonads); Structure and function of anterior and posterior Pituitary; Function of thyroid, parathyroid, supra renal and islets of Langerhans. Short anatomy of the hypothalamus and the releasing hormones secreted from it.

### Books for Reference:

1. Balkrishna, A. (2007). Yoga in synergy with medical science. Divya Prakashan Books.
2. Coulter, H. D. (2006). Anatomy of Hatha Yoga. Motilal Banarsidass.
3. Frawley, D., & Kozak, S. S. (2006). Yoga for your type. New Age Books.
4. Gore, M. M. (2004). Anatomy and physiology of yogic practices. Kanchan Prakashan.
5. Gupta, A. P. (2011). Human anatomy and physiology. Sumit Prakashan.
6. Guyton, A. C., & Hall, J. E. (2006). Textbook of medical physiology (11th ed.). Elsevier.
7. Kaminoff, L. (2007). Yoga anatomy. Human Kinetics.
8. Kumar, V. (2004). Manav Sarir Samrachna aur sarir kriya vijyan. Jaypee Brothers Medical Publishers.
9. Malshe, P. C. (2005). Yoga for doctors. Antar Prakash Center for Yoga.
10. McCall, T. (2007). Yoga as medicine: The yogic prescription for health and healing. Bantam Dell.
11. Pandya, K. K. (1998). Human anatomy. Krishnadas Academy.
12. Patanjali Research Foundation. (2015). Research publications. Divya Prakashan.
13. Ramdev, S. (2006). Yoga Sadhana and Yoga Chikitsa Rahasya. Divya Prakashan.
14. Ramdev, S. (2009). Pranayam Rahasya. Divya Prakashan.
15. Robin, M. (2002). A physiological handbook for teachers of yogasana. Fenestra.
16. Robin, M. (2009). A handbook for yogasana teachers. Wheatmark.
17. Selvarasu, K. V. (2003). Kriya cleansing in yoga. Yoga Bharati.
18. Tortora, G. J., & Derrickson, B. N. (2009). Principles of anatomy and physiology-I (14th ed.). Wiley.
19. Tortora, G. J., & Derrickson, B. N. (2009). Principles of anatomy and physiology-II (14th ed.). Wiley.
20. Udupa, K. N. (2007). Stress and its management by yoga. Motilal Banarsidass.
21. Waugh, A., & Grant, A. (2010). Ross and Wilson: Anatomy and physiology in health and illness (11th ed.). Elsevier.

### COURSE DETAILS – 5

### SUBJECT NAME – YOGA PRACTICUM-1

### SUBJECT CODE – PGDYS-105

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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### Course Objectives:

The Objectives of of the course, students shall be able to:

- To explore the role of mantras, chants, and prayers in creating a focused, meditative, and spiritually uplifting yoga practice.
- Learn and Apply Yogic Shat Karmas (Cleansing Techniques)
- To understand and practice subtle (Sukshma) and gross (Sthula) physical exercises that enhance flexibility, circulation, and overall body-mind coordination.
- Gain knowledge of various yogic postures (Asanas) and breathing techniques (Pranayama) for improving physical health, mental clarity, and energy balance.

<b>Block-1</b>	<b>Prayers and Recitations (20 hours)</b>
<b>Unit-01</b>	Concept and Recitation of Pranava
<b>Unit-02</b>	Understanding and recitation of Gayatri mantra, Mahamrityunjay mantra, sangthan mantra & Shanti path.
<b>Unit-03</b>	Understanding and recitation of Surya Namaskara mantra, Bhojan Mantra, Pratah-jagran evm Ratri shayan Mantra.
<b>Unit-04</b>	Selected universal prayers, invocations and Nishpatti Bhava.

<b>Block-2</b>	<b>Yogic Shat Karma (20 hours):</b>
<b>Unit-05</b>	Neti: Sutra Neti and Jala Neti
<b>Unit-06</b>	Dhauti: Vamana Dhauti (Kunjala)
<b>Unit-07</b>	Kapalabhati (Vatakrama)

<b>Block-3</b>	<b>Yogic Sukshma Vyayama &amp; Yogic Sthula Vyayama (Macrocirculation Practices) (20 hours):</b>
<b>Unit-10</b>	Neck Movement: Griva Shakti Vikasaka (I, II, III, IV)
<b>Unit-11</b>	Shoulder Movement: Bhuja Balli Shakti Vikasaka, Purna Bhuja Shakti Vikasaka
<b>Unit-12</b>	Trunk Movement: Kati Shakti Vikasaka (I, II, III, IV, V)
<b>Unit-13</b>	Knee Movement: Jangha Shakti Vikasaka (II-A&B), Janu Shakti Vikasaka Ankle movement: Pada mula Shakti Vikasaka – A&B Gulpha-Pada prishtha-pada tala Shakti Vikasaka
<b>Unit-14</b>	Sarvanga Pushti, Hrid Gati (Engine run), 12 Steps of Yogic Jogging

<b>Block-4</b>	<b>Unit-4: Asana &amp; Pranayama (60 hours):</b>
<b>Unit-15</b>	<b>Yogic Joggin-</b> 12 steps, <b>Surya Namaskar-</b> 12 steps, <b>12-Asana</b> (Mandukasana, Shashakasana, Gomukhasana, Vakrasana, Makarasana, Bhujangasana, Shalabhasana, Markatasana, Pawanmuktasana, Halasana, Padvrittasana, Dwi-Chakrikasana and Shavasana)
<b>Unit-16</b>	<b>Supine Asanas-</b>

	Shavasana, Ardhalasana (one leg/ both leg), Uttanapadasana, Pawanamuktasana, Ardha /Purna), Setubandhasana, Naukasana (Supine), Viparitarani, Sarvangasana, Matsyasana, Halasana.
<b>Unit-17</b>	<b>Prone Asanas-</b> Bhujangasana, Ardhashalabhasana, Shalabhasana, Naukasana (Prone), Dhanurasana Makarasana
<b>Unit-18</b>	<b>Sitting Asanas</b> Vakrasana, Ardhamatsyendrasana, Janushirasana, Paschimotanasana, Parvatasana, Vajrasana, Ustrasana, Yoga mudra, Akarnadhanurasana, Kakasana (Bakasana), Simha Asana, Mandukasana, Uttana Mandukasana
<b>Unit-19</b>	<b>Standing Asanas</b> Tadasana, Chakrasana (Lateral), Vrikshasana, Padahastana, Trikonasana
<b>Unit-20</b>	<b>Meditative Asana</b> Ardhapadmasana (Virasana), Padmasana, Swastikasana, Samasana, Siddhasana
<b>Unit-21</b>	<b>Pranayama:</b> Diaphragmatic Breathing, Kapalhati, Bhastrika, Bahya, Ujjayi, Anulom-Vilom, Nadi Shodhan, Bhramari and Udgith.
<b>Unit-22</b>	<b>Hasta Mudra:</b> Jnana, Vayu, Pran, Apan, Apanvayu

Continue evaluation by the Teacher.

#### Books for References-

1. Acharya, B. (2015). *Dainik Yogabhyasakram*. Divya Prakashan.
2. Ramdev, Y. S. (2015). *Dand-baithak*. Divya Prakashan.
3. Brahmachari, S. D. *Yogasana Vijnana*. Dhirendra Yoga Publications.
4. Saraswati, S. S. (2006). *Asana, Pranayama, and Mudra Bandha*. Yoga Publication Trust.
5. Acharya, B. (2015). *Dainik Yogabhyasakram*. Divya Prakashan.
6. Ramdev, Y. S. (2015). *Dand-baithak*. Divya Prakashan.
7. Tulsi, N. (2015). *A complete guide for structural bodywork*. Divya Prakashan.
8. Basavaraddi, I. V., & Others. (2009). *Shatkarma: A comprehensive description about the cleansing process*. MDNIY.
9. Joshi, K. S. (2009). *Yogic Pranayama*. Oriental Paperback.
10. Swami Kuvalyananda. (2010). *Pranayama*. Kaivalyadhama.
11. Swami Rama. (1998). *Science of breath: A practical guide*. The Himalayan International Institute.
12. Saraswati, S. N. (2005). *Prana, Pranayama & Pranavidya*. Yoga Publications Trust.
13. Nagendra, H. R. (2005). *Pranayama: The art & science*. Swami Vivekananda Yoga Prakashan.
14. Ananda, S. (2003). *The complete book of yoga*. Orient Course Backs.
- 15.

#### COURSE DETAILS – 6

#### HUMAN BIOLOGY PRACTICUM

## SUBJECT CODE – PGDYS-106

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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### Course Objectives:

The Objectives of of the course, students shall be able to:

- Be familiar with the systems of the body.
- Have a hand on experience about the human body using models, charts and pictures.
- Understand the organization of the body with respect to structural components.

<b>Block-1:</b>	<b>Demonstration of Osteology &amp; Myology (30 hours)</b>
<b>Block-2:</b>	<b>Demonstration of Organs &amp;Viscera regarding Cardio- pulmonary Systems (30 Hours)</b>
<b>Block-3:</b>	<b>Demonstration of Bones and Joints (30 hours)</b>
<b>Block-4:</b>	<b>Demonstration of Human Skeleton (30 hours)</b>

Continue evaluation by the Teacher.

### BOOKS FOR REFERENCES-

1. Department of Human Biology. (2024). *Human biology practicum: Demonstration of osteology, myology, and human organ systems*. XYZ University Press.

## SEMESTER II

### COURSE DETAILS – 1

**SUBJECT NAME – PATANJALI YOGA DARSHAN**

**SUBJECT CODE – PGDYS-201**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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### Course Objectives:

The Objectives of learning this course is to:

1. Understand the nature of yoga and the path to meditative absorption.
2. Sadhan Pada: Learn the practical disciplines and ethical foundations for spiritual growth.
3. Vibhuti Pada: Explore the powers and manifestations of advanced yoga while avoiding distractions.
4. Kaivalya Pada: Realize the ultimate goal of liberation and absolute freedom.



<b>Block-1</b>	<b>Introduction of Yogasutra and Samadhi Pada-I (20 hours):</b>
<b>Unit-01</b>	Yoga Sutra: Introduction, Definition and Purpose of Yoga, Importance of Yoga Sutra as compared to other Yogic texts.
<b>Unit-02</b>	Concept of Chitta, Chitta Bhoomi, Chitta vrittis and their types, Chitta Vritti Nidrodhopaya (Abhyas- Vairagya).
<b>Unit-03</b>	Chitta Vikshep (Antaraya), Antarayabhava, Chitta Prasadana and its helpers.
<b>Unit-04</b>	The metaphysics of Sankhyadarshana and its relation with Patanjali Yogadarshan.

<b>Block-2</b>	<b>Samadhi Pada-II and Sadhan Pada (20 hours):</b>
<b>Unit-05</b>	Ishwar: Swaroop, Pranava chanting and its results.
<b>Unit-06</b>	Ashtanga Yoga - I (Bahirang Yoga- Yama, Niyam, Asana, Pranayama, Pratyahara)
<b>Unit-07</b>	Importance and Relevance of Ashtanga Yoga and Kriya Yoga.
<b>Unit-08</b>	Describing Klesha, Measures of Klesha elimination. Vivek Khyati, Chaturvyuhavaad, the character of Drishta & Drishya, the form and types of samadhi- Samprajyat, Asamprajnata, Sabij and Nirbij samadhi. Ritambhara Pragna and Adhyatma Prasad.

<b>Block-3</b>	<b>Vibhuti Pada - (10 hours)</b>
<b>Unit-9</b>	Ashtanga Yoga - II (Antaranga Yoga - Dharna, Dhyana, Samadhi).
<b>Unit-10</b>	Concept of Sanyama - Sanyama and its three consequences.
<b>Unit-11</b>	Concept of Vibhuti and introduction of main vibhutis.
<b>Unit-12</b>	Describing Ashtasiddhi.

<b>Block-4</b>	<b>Kaivalya Pada (10 hours)</b>
<b>Unit-13</b>	Five types of Siddhis (birth, medicine, mantra, penance and samadhija). Nirmaan chitta.
<b>Unit-14</b>	Types of Karma, Vaasna, Vivek Gyan.
<b>Unit-15</b>	Dharma Megha Samadhi, Kaivalya.

### Books for References-

1. Iyengar, B. K. S. (2011). Introduction of Patanjali Yogasutra-s. MDNIY.
2. Bharti, S. V. (2004). Yogasutra of Patanjali (with the exposition of Vyasa) (Vols. 1-2). Motilal Banarsidass.
1. Bryant, E. F. (2009). *The Yoga Sutras of Patanjali: A New Edition, Translation, and Commentary*. North Point Press.
2. Saraswati, S. (2005). *Four Chapters on Freedom: Commentary on the Yoga Sutras of Patanjali*. Bihar School of Yoga.
3. Iyengar, B. K. S. (1993). *Light on the Yoga Sutras of Patanjali*. HarperCollins.
4. Feuerstein, G. (2012). *The Yoga Tradition: Its History, Literature, Philosophy and Practice*. Hohm Press.



5. Swami Satchidananda. (2012). *The Yoga Sutras of Patanjali: Commentary on the Raja Yoga Sutras*. Integral Yoga Publications.
6. Iyengar, B. K. S. (2011). *Introduction to Patanjali Yogasutras*. MDNIY.
7. Bharti, S. V. (2004). *Yogasutra of Patanjali (with the exposition of Vyasa) (Vols. 1–2)*. Motilal Banarsidass.

**Hindi References: -**

8. Vivekananda, S. (2016). *Patanjal Yoga Sutra (स्वामी विवेकानंद द्वारा व्याख्यायित)*. Advaita Ashrama.
9. Saraswati, S. (2010). *योग दर्शन: पतंजलि योग सूत्र पर व्याख्या*. Bihar Yoga Bharati.
10. Osho. (2006). *योग सूत्र: पतंजलि के सूत्रों पर ओशो की व्याख्या*. Rajneesh Foundation International.
11. Gharote, M. L. (2004). *पतंजलि योग दर्शन: संपूर्ण व्याख्या सहित*. Kaivalyadhama Yoga Institute.
12. Shastri, H. (2000). *योग सूत्र भाष्य: पतंजलि योग दर्शन पर विस्तृत विवेचना*. Motilal Banarsidass.
13. Ramdev, S. (2017). *Patanjali Yog Sutra: Swami Ramdev's Commentary on Maharishi Patanjali's Yoga Philosophy*. Divya Prakashan.

**COURSE DETAILS – 2**

**SUBJECT NAME – INTRODUCTION TO AYURVEDA**

**SUBJECT CODE – PGDYS-202**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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**Course Objectives:**

**The Objectives of learning this course is to:**

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

- Understand the basic principles of Ayurveda.
- Have knowledge of different techniques used in Ayurveda to cure general ailments.
- Have basic knowledge of Panchkarma and useful domestic herbal remedies.

<b>Block-1</b>	<b>Introduction to Ayurveda- Dosha, Dhatu, Mala, Srotas (15 hours)</b>
<b>Unit-01</b>	Ayurveda: Origin, Meaning, Definition.
<b>Unit-02</b>	History and Principles of Diagnosis and Testing.
<b>Unit-03</b>	Dosha: Meaning, definition, types, functions and results of deformity; Dhatu: Meaning, definition, types, and results of deformity; Updhatu: Meaning, definition, types, functions and results of deformity; Mala: Meaning, definition, types, functions and results of deformity.
<b>Unit-04</b>	Srotas: meaning, definition, type and functions; Indriyas: meaning, definition, types and functions.

<b>Block-2</b>	<b>Introduction to Agni, Prana, Prakriti &amp; Deha (15 hours)</b>
<b>Unit-05</b>	Agni: meaning, definition, types and functions.
<b>Unit-06</b>	Prana: meaning, definition, types, place and functions.
<b>Unit-07</b>	Prakriti: meaning, definition, characteristics and its disorders.
<b>Unit-08</b>	Deha- prakriti: meaning, definition, types and recognition; Manas Prakriti: meaning, definition, types and recognition.

<b>Block-3</b>	<b>General Introduction and Medical uses of Major Herbs (10 hours)</b>
<b>Unit-09</b>	General introduction, properties, health promotion and medical uses of Major Herbs - Aak, Ajwaain (carom seeds), Amla, Apamarg, Ashwagandha, Tulsi, Giloy, Brahmi, Coriander, Ginger, Cardamom, Harad, Neem, Turmeric and Gwarpatha (Aloe vera).

<b>Block-4</b>	<b>Panchakarma (20 hours)</b>
<b>Unit-10</b>	Pre-Karma, Pradhan Karma and Post-Karma- Meaning, Definition, Types, Purpose, Benefit, Precautions and Health Promotional and Medical Use.
<b>Unit-11</b>	Detailed interpretation of Pradhan Karma and its applications in various ailments (Gout, Arthritis, Obesity, Diabetes, Back- pain, Colitis, IBS, CAD, UBITs, Liver disorders, Insomnia, Depression, Anxiety and Stress etc.).

#### Books for References-

1. आयुर्वेद सिद्धांतरहस्य- आचार्यबालकृष्ण
2. आयुर्वेदजड़ी-बूटीरहस्य- आचार्यबालकृष्ण
3. आयुर्वेदीय शरीरक्रियाविज्ञान- शिवकुमारगौड़
4. स्वस्थवृत्त – डॉ0 रामहर्षसिंह
5. Lad, V. (2002). *Textbook of Ayurveda: Fundamental principles*. The Ayurvedic Press.
6. Sharma, P. V. (2014). *Charaka Samhita (Vol. 1): Text with English translation*. Chaukhambha Orientalia.

### COURSE DETAILS – 3

**SUBJECT NAME – COMPLEMENTARY & ALTERNATIVE THERAPY (CAT)**

**SUBJECT CODE – PGDYS-203**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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#### **Course Objectives:**

**The Objectives of learning this course is to:**

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

<b>Block-1</b>	<b>CAT (12hours)</b>
<b>Unit-01</b>	History, Meaning, Definition, Objectives, Types, Prevalence, Contemporary Need, Applications and Limitations.
<b>Unit-02</b>	Mind-Body Therapy: Origin, Meaning, Definition, Aims, Principles, Factors, Impacts, Prevalence, Applications, and Limitations.
<b>Unit-03</b>	Pioneers in MBM in modern era- Yog rishi Swami Ramdev, Acharya Balkrishna, Swami Satyananda, BKS Iyengar, Norman Cousins, Deepak Chopra, Herbert Benson, Dean Ornish, Bernie Siegal, Lorry Dossey.
<b>Unit-04</b>	Need of mind-body medicine; Mind-body relationship and modern medicine: Epidemiological studies, clinical studies, & experimental studies; Placebo and Nocebo.

<b>Block-2</b>	<b>Manipulative-Body Based Therapy (MBT) (12 hours)</b>
<b>Unit-05</b>	Meaning, Definition, Aims, Principles, Types, Impacts, Prevalence, Applications, and Limitations.
<b>Unit-06</b>	Acupressure: Origin, Meaning, Definition, Principles, Five Elements Theory, Chi Clock Cycle, Meridian Systems and Locating Acupoints on 12 Major Meridians and Reflexology.

<b>Block-3</b>	<b>Energy Medicine (12 hours)</b>
<b>Unit-07</b>	History, Meaning, Definition, Types, Principles, Applications and Limitations.
<b>Unit-08</b>	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
<b>Unit-09</b>	Energy Centres (EC): Meaning, Types (Major, Minor and Mini), Sizes, Colours, Functions and Consequences of their Dysfunctions; Ahartic Yoga & Twin Meditation, Scanning Auras or Chakras, Sweeping and Energizing Procedures.

<b>Block-4</b>	<b>Acupressure &amp; Pranic Therapeutics &amp; Biologically Based Products (Dietary Supplements &amp; Herbal Remedies) (24 hours)</b>
<b>Unit-10</b>	Low Back Pain, Arthritis, Obesity, Diabetes, Hypertension/Hypotension, Hyper/Hypo Thyroidism, Liver Problem, Allergy, CAD, Anaemia, 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.
<b>Unit-11</b>	Probiotics and Prebiotics, Antioxidants, Glucosamine Sulphate, Glutamine, Selenium, Curcumin, Multi-vitamins and their Natural Sources, Omega-3 Fatty Acid and Tryptophan their Functions and natural Sources; Panchgavya (Indigenous Cow urine, Dung, Milk, Curd, Ghee): Importance & uses in disease prevention & health promotion.

### Books for References-

1. Acharya, B. (2004). *Ausadh darshan*. Divya Prakashan.
2. Acharya, B. (2005). *Ayurveda jadi-butl rahasya*. Divya Prakashan.
3. Brahmabarchas. (2003). *Nidan chititsa*. Ved Mata Gayatri Trust.
4. Colledge, N. R., Walker, B. R., & Ralston, S. H. (2010). *Davidson's principles & practice of medicine* (21st ed.). Churchill Livingstone, Elsevier.
5. Holford, P., & Bume, J. (2007). *Food is better medicine than drugs*. Piatkus.
6. Holford, P. (2014). *Good medicine*. Piatkus.
7. Joshi, S. A. (2011). *Nutrition and dietetics with Indian case studies*. Tata McGraw-Hill.
8. Lian, Y.-L., Chen, C.-Y., Hammes, M., & Kolster, B. C. (2005). *Pictorial atlas of acupuncture: An illustrated manual of acupuncture points*. h. f. Ullmann.
9. Micozzi, M. S. (2015). *Fundamentals of complementary and alternative medicine* (5th ed.). Elsevier Saunders.
10. Patanjali Research Foundation. (2015). *Research publications*. Divya Prakashan.
11. Peeters, J. (2008). *Reflexology*. Paragon.
12. Ramdev, S. (2006). *Yoga sadhana and yoga chikitsa rahasya*. Divya Prakashan.
13. Ramdev, S. (2009). *Pranayam rahasya*. Divya Prakashan.
14. Sah, R. L., Joshi, B., & Joshi, G. (2002). *Vedic health care system*. New Age Books.
15. Sharma, S. (1998). *Jivem Saradm Satam*. Akhand Jyoti Samsthan.
16. Sharma, S. (2010). *Gayatri Mahavijyan* (Combined and revised ed.). Yug Nirman Yojana Bistar Trust.

**COURSE DETAILS – 4**  
**SUBJECT NAME – YOGA PSYCHOLOGY (ELECTIVE)**

**SUBJECT CODE – PGDYS-GE-204**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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**Course Objectives:**

**The Objectives of learning this course is to:**

1. Become familiar with the relation between ancient yoga & modern psychology.
2. Find out the key elements of psychology in Yogic texts.
3. Incorporate the techniques of yoga & psychology together to cure mental problems.

<b>Block-1</b>	<b>Introduction to Psychology (12 hours)</b>
<b>Unit-01</b>	Psychology - word meaning, definition, nature, scope and utility of Psychology. Goals and branches of Psychology, concept of Psyche in Vedic literature (Ved, Upnishad, Shankhya, Vedant), Goals and branches of Psychology, concept of Psyche in Vedic literature (Ved, Upnishad, Shankhya, Vedant).
<b>Unit-02</b>	States of consciousness according to yogic scriptures (Jagrata, svapna, susupti and Turiya). Yogic etymology for somatic, mental, social and spiritual disharmony.
<b>Unit-03</b>	<b>Stress:</b> Definition, Physiological and psychological stress; Understanding stress in accordance with scriptures; Stress assessment tools and biomarkers of stress; Stress & disease.

<b>Block-2</b>	<b>Yogic Insights on Psychological Concepts (12 hours)</b>
<b>Unit-04</b>	Yogic and Psychological concept of Emotion.
<b>Unit-05</b>	Causes of Emotions in the mind according to yoga texts, Physiology of Emotion (Psychological concept), Concept of Personality in Yogic and Psychological Context, types of Personality and personality assessment.

<b>Block-3</b>	<b>Intelligence, Mental Deficiency &amp; Common Mental Disorders (24 hours)</b>
<b>Unit-06</b>	Meaning and definitions of intelligence, types of intelligence (Mental, emotional, social and spiritual intelligence).
<b>Unit-07</b>	Mental deficiency: meaning and its types, causes of mental deficiency and cure of mental deficiency through Yoga.
<b>Unit-08</b>	Causes and Consequences of Conflicts and Frustrations; Common mental disorders; Depressive disorders.
<b>Unit-9</b>	Anxiety disorders; Serious mental disorders; Mental retardation; Alcohol and drug abuse; Suicide, attempted suicide and suicide prevention.

<b>Block-4</b>	<b>Yogic counselling and Personality development (12 hours)</b>
<b>Unit-10</b>	Counseling: skills of counseling, code of ethics for lay counselors, building counseling relationship (factors that influence the counseling process), building yogic rapport and

	efficient communication, acceptance, empathy and solving the problems with yogic wisdom.
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### Books for References -

1. Abhedananda. (1973). *The yoga psychology*. Ramakrishna Vedanta Math.
2. Sachdev, I. P. (1978). *Yoga and depth psychology*. Motilal Banarsidass.
3. Taimini, I. K. (1973). *Glimpses into the psychology of yoga*. Theosophical Publishing House.
4. Aatreya, S. P. (1965). *Yoga manovijnana (Indian psychology)*. International Standard Publication.
5. Hecker, J. E., & Thorpe, G. L. (2010). *Introduction to clinical psychology: Science, practice & ethics*. Pearson.
6. Hilgard, E. R., Atkinson, R. C., & Atkinson, R. L. (n.d.). *Introduction to psychology*. Oxford and IBH Publishing.
7. Nagendra, H. R. (n.d.). *New perspectives in stress management*. Vivekananda Kendra.
8. Herrman, H., Saxena, S., & Moodie, R. (2005). *Promoting mental health*. World Health Organization Press.
9. Singh, A. K. (2007). *Saral samanya manovijnana*. Motilal Banarasidas Publications.
10. Taylor, S. E. (2006). *Health psychology* (6th ed.). Tata McGraw Hill.
11. Udupa, K. N. (2007). *Stress and its management by yoga*. Motilal Banarasidas.

### COURSE DETAILS – 4 SUBJECT NAME – PRINCIPAL UPANISHADS (ELECTIVE)

#### SUBJECT CODE – PGDYS-GE-205

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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### Course Objectives:

#### The Objectives of learning this course is to:

- Locate Yogic principles and practices covered by principal Upanishads.
- Interpret Tattva Mimamsa.
- Analyze yogic elements covered by principal Upanishads.

<b>Block-1</b>	<b>Introduction to Upanishads (15 hours)</b>
<b>Unit-01</b>	Meaning of Upanishad, Concept of Veda and Upanishad, Comparison between subject matters of Veda & Upanishads.
<b>Unit-02</b>	Number of Upanishads & Brief Introduction to Principal Upanishads- Isha, Kena, Katha, Prashna, Mundaka.
<b>Unit-03</b>	Number of Upanishads & Brief Introduction to Principal Upanishads- Mandukya, Aitreya, Taittiriya, Brihadaranyak & Chhandogya Upanishad.

<b>Unit-04</b>	Nature of Brahma & Atma according to Principal Upanishad in view of Acharya Shankar, Acharya Ramanuj, Acharya Madhva, Acharya Vallabh, Acharya Nimbark, Shrishti Prakriya (Process of Creation).
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<b>Block-2</b>	<b>Essence of Ishavasyopanishad, Kena Upanishad, Kath &amp; Prashna upnishad (15 hours)</b>
<b>Unit-05</b>	Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava.
<b>Unit-06</b>	Kena Upanishad: Self and the Mind; Intuitive realization of the truth; Moral of Yaksha Upakhyana.
<b>Unit-07</b>	Katha Upanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization.
<b>Unit-08</b>	Prashna Upanishad: Concept of Prana and Rayi (creation); Panchapranas; The six main questions.

<b>Block-3</b>	<b>Essence of Mundaka Upanishad, Mandukya Upanishad, Aitareya Upanishad &amp; Taittiriya Upanishad (20 hours)</b>
<b>Unit-09</b>	Mundaka Upanishad: Two approaches to Brahma- Vidya- Para and Aparā; The greatness of Brahavidya; Worthlessness of Selfish-karma; Tapas and Gurubhakti; The origin of creation, the ultimate aim of Meditation- Brahmanubhuti.
<b>Unit-10</b>	Mandukya Upanishad: Four States of Consciousness and their relation to syllables in Omkara.
<b>Unit-11</b>	Aitareya Upanishad: Concept of Atma, Universe and Brahman.
<b>Unit-12</b>	Taittiriya Upanishad: Concept of Pancha Kosha; Summary of Shiksha Valli, Ananda Valli, Bhrigu Valli.

<b>Block-4</b>	<b>Essence of Chhandogya Upanishad &amp; Brihadaranyaka Upanishad (10 hours)</b>
<b>Unit-13</b>	Chhandogya Upanishad: Om (Udgitha) Meditation; Shandilyavidya.
<b>Unit-14</b>	Brihadaranyaka Upanishad: Concept of Atman and Jnana Yoga; Union of Atman and Paramatman.

### Books for References-

1. Aurobindo, S. (2001). *Kena and other Upanishads: The complete works of Sri Aurobindo (Vol. 18)*. Sri Aurobindo Ashram Publication Department.
2. Aurobindo, S. (2003). *Isha Upanishad: The complete works of Sri Aurobindo (Vol. 17)*. Sri Aurobindo Ashram Publication Department.
3. Acharya, P. S. S. (n.d.). *108 Upanishad – Sadhana Khand*. Shantikunj.
4. Acharya, P. S. S. (n.d.). *108 Upanishad – Brahavidya Khand*. Shantikunj.
5. Acharya, P. S. S. (n.d.). *108 Upanishad – Jnana Khand*. Shantikunj.
6. Shastri, J. (n.d.). *Upanishad Sangraha*. Motilal Banarsidass.
7. Sivananda, S. (1980). *The essence of principal Upanishads*. Divine Life Society.
8. Nikhilananda, S. (2003). *The principal Upanishads*. Courier Corporation.



**COURSE DETAILS – 5**  
**SUBJECT NAME – YOGA PRACTICUM**  
**SUBJECT CODE – PGDYS-206**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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**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.
3. Enhancing Mind-Body Connection & Inner Awareness.
4. Regulating Vital Energy & Optimizing Health.

<b>Block-1</b>	<b>Shatkarma (20 hours)</b>
<b>Unit-01</b>	Sutraneti, Agnisara, Sheetkram and Vyutkram (Inverse), Dand dhauti, Vastr dhauti, Nauli, Trataka, Kapalbhathi and all the practices described in PGDYS 105.

<b>Block-2</b>	<b>Asana (60 hours)</b>
<b>Unit-02</b>	All asana described in Hathyog prdipika- Benefits, Precautions & Contraindications.
<b>Unit-03</b>	All Asana described in Gherand Samhita- Benefits, Precautions & Contraindications.
<b>Unit-04</b>	Advance Asanas- Dvipada Skandhasana, Purna Bhujangasana, Purna Matsyendrasana, Pakshee Aasan, Vrishchik Aasana, Padma Mayurasana, Purna Vrishchikasana, Takiya Aasana, Padma Sheershasana, Karnapidasana, Purna Dhanurasana, Gorakshasana, Purna Chakrasana, Purna Shalabhasana, Ek Pada Bakasana, Omkar Aasana, Purna Natarajasana and all the practices of previous semesters.

<b>Block-3</b>	<b>Pranayama, Mudra &amp; Bandha (20 hours)</b>
<b>Unit-05</b>	Suryabhedi, Chandrabhedi, Ujjayi, Bahyavritti, AabhyantarVritti and all practices of MA105.
<b>Unit-06</b>	Jnana Mudra, Chin Mudra, Vipreet Karni Mudra, Yoga Mudra, Jalandhar Bandh, Uddiyan Bandh, Moolbandha and all mudras decribed in Hath and Gherand Samhita.

<b>Block-4</b>	<b>Mantra &amp; Meditation (20 hours)</b>
<b>Unit-07</b>	Devyajna & Brahma Yajna Mantras- Meaning, Memorization & Recitation.
<b>Unit-08</b>	Om meditation, So-Ham meditation, Chakra meditation, Transcendental meditation, Cyclic meditation, Mind-Sound Resonance Technique (MSRT).

**Books for References-**

1. Balkrishna, A. (2015). *Dainik yogabhyasakram*. Divyayog Prakashan.



2. Yogrishi, S. R. (2015). *Dand-baithak*.
3. Bhrahmachari, S. D. (n.d.). *Yogasana vijnana*. Dhirendra Yoga Publications.
4. Kuvalyananda, S. (n.d.). *Asana*. Kaivalyadhama.
5. Acharya, B. (2015). *Dainik Yogabhyasakram*. Divya Prakashan.
6. Ramdev, Y. S. (2015). *Dand-baithak*. Divya Prakashan.
7. Brahmachari, S. D. *Yogasana Vijnana*. Dhirendra Yoga Publications.
8. Saraswati, S. S. (2006). *Asana, Pranayama, and Mudra Bandha*. Yoga Publication Trust.
9. Acharya, B. (2015). *Dainik Yogabhyasakram*. Divya Prakashan.
10. Ramdev, Y. S. (2015). *Dand-baithak*. Divya Prakashan.
11. Tulsi, N. (2015). *A complete guide for structural bodywork*. Divya Prakashan.
12. Basavaraddi, I. V., & Others. (2009). *Shatkarma: A comprehensive description about the cleansing process*. MDNIY.

## COURSE DETAILS – 6

### SUBJECT NAME – COMPLEMENTARY & ALTERNATIVE THERAPY- PRACTICUM

#### SUBJECT CODE – PGDYS-207

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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#### Course Objectives:

##### The Objectives of learning this course is to:

- Understand the principles of Acupressure and Pranic Healing to balance the body's energy flow.
- To know the therapeutic Applications & Treatment Methods.
- Explore the role of dietary supplements and herbal remedies in complementary medicine,

#### Practical File:

##### Viva-Voce

<b>Block-1</b>	Acupressure
<b>Block-2</b>	Pranic Healing
<b>Block-3</b>	Acupressure and Pranic Healing Treatment methods of Health problems described in MA-403
<b>Block-4</b>	Dietary Supplements & Herbal Remedies

#### Books for References-

1. Gach, M. R. (1990). *Acupressure's potent points: A guide to self-care for common ailments*. Bantam Books.
2. Choa Kok Sui, G. M. (2004). *Miracles through pranic healing*. Institute for Inner Studies Publishing Foundation.
3. Becker, C. (2017). *The complete guide to acupressure: Jin Shin Do*. Healing Arts Press.
4. Murray, M. T., & Pizzorno, J. (2012). *The encyclopedia of natural medicine*. Atria Books.
5. Chevallier, A. (2016). *Encyclopedia of herbal medicine: 550 herbs and remedies for common ailments*. DK Publishing.

### SEMESTER III

#### COURSE DETAILS – 1

**SUBJECT NAME – FUNDAMENTALS OF COMPUTER APPLICATIONS**

**SUBJECT CODE – PGDYS-301**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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#### Course Objectives:

**The Objectives of learning this course is to:**

- To Understand types of software and their applications.
- To Understand basic computer components and functions.
- Understand types of software and their applications.
- Learn operating system functions and user interface management.
- Explore e-learning platforms and their role in education.

<b>Block-1</b>	<b>Overview of Computer System (20 hours)</b>
<b>Unit-01</b>	Evolution of Computer Systems, Generations of Computers, Parts of Computer System, Categories of Computers, Computer System Characteristics, Computer Hardware.
<b>Unit-02</b>	Working of input & output devices: keyboard, mouse, trackball, pen, touch screens, scanner, digital camera, monitor, and printer.
<b>Unit-03</b>	Working of storage devices: magnetic tape, magnetic disk, CD, DVD.

<b>Block-2</b>	<b>Computer Software &amp; Operating System (20 hours)</b>
<b>Unit-04</b>	Introduction to software, Types of software, Program vs. Software.
<b>Unit-05</b>	Introduction to operating System, Function of Operating System.
<b>Unit-06</b>	Types of Operating System. Operating system file management.

<b>Block-3</b>	<b>Office Automation Tools (60 hours)</b>
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<b>Unit-07</b>	Word Processing (e.g., Microsoft Word, Google Docs, One Note)- Creating and Editing Documents, Formatting Text and Pages, Adding Tables, Images, Charts and Mail Merge.
<b>Unit-08</b>	Spreadsheets (e.g., Microsoft Excel, Google Sheets)- Creating and Formatting Spreadsheets, Basic Formulas and Functions, Charts and Data Visualization.
<b>Unit-09</b>	Presentation Software (e.g., Microsoft PowerPoint, Google Slides)- Creating and editing master slides, slides with graphs, Animation, Designing Slideshows and representation.

<b>Block-4</b>	<b>Data Communication, Computer Network &amp; E-Learning platform (20 hours)</b>
<b>Unit-10</b>	Introduction to communication system, Mode of Communication, Introduction to Computer Network, Types of Computer Network, LAN, WAN, MAN Topologies, Transmission Media.
<b>Unit-11</b>	Internet: Introduction to Internet and its Applications, Connecting to the Internet, Email, World Wide Web (WWW) and its evolution, Uniform Resource Locator (URL), Browsers: Internet Explorer.
<b>Unit-12</b>	Use of Computer in Education and Research: E-library, data analysis and other research related website (Google scholar, Pub-med, Sci-hub etc). Introduction to Artificial Intelligence, Cyber Security.

### Books for References-

1. Goel, A. (2010). *Computer fundamentals*. Pearson Education.
2. Aksoy, P., & DeNardis, L. (2006). *Introduction to information technology*. Cengage Learning.
3. Norton, P. (2017). *Introduction to computers*. McGraw-Hill.
4. Sinha, P. K., & Sinha, P. (2007). *Fundamentals of computers*. BPB Publishers.
5. Vermaat, M. E. (2013). *Discovering computers & Microsoft Office 2013: A fundamental combined approach*. Cengage Learning.

### COURSE DETAILS – 2

**SUBJECT NAME – RESEARCH METHODOLOGY & STATISTICS**

**SUBJECT CODE – PGDYS-302**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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### Course Objectives:

**The Objectives of learning this course is to:**

1. Understand concept and make statistical computations (measure of central tendency & dispersion, simple correlation & regression, NPC Applications, West, ANOVA, & Chi-square) regarding Research and Statistical Methods.
2. Apply knowledge of Research & Statistical Methods to draft mini research synopsis & undertake the same in Master Program as Dissertation to create rigid base for advanced research career in future.

<b>Block-1</b>	<b>Scientific Research (12 hours)</b>
<b>Unit-01</b>	Concept, Characteristics, Types and Process; Scope and purpose of scientific research in yoga.
<b>Unit-02</b>	Research Problem: Concept, Sources of Research Problems in Yoga, Characteristics of good research problem, Considerations in selecting a research problem.
<b>Unit-03</b>	Steps in the formulation of a research problem and Practice of formulating a research problem; Hypothesis: Concept, Functions, Characteristics and Types (Research Hypothesis and Null hypothesis).
<b>Unit-04</b>	Practice of hypotheses writing; Sampling: Concept, Types (Probability and Non-probability Samplings with their types), and Practice of using different sampling procedures for sample selection.

<b>Block-2</b>	<b>Variable (12 hours)</b>
<b>Unit-05</b>	Concept, Types (Independent, Dependent, Extraneous, Intervening and moderating) and Practice for identification of variables in different research problems.
<b>Unit-06</b>	Research Design: Concept, Characteristics of Good research Design, Type.
<b>Unit-07</b>	Differential, Pre & Post, Experimental, Pure Experimental, Factorial, Descriptive, Relational & Mixed; Methods of Controlling Extraneous Variance: Concept and Control Methods (Randomization, Elimination, Introducing new Independent Variables, other techniques).

<b>Block-3:</b>	<b>Statistics &amp; Normal Distribution (24 hours)</b>
<b>Unit-08</b>	Concept and Significance; Types of research data, Frequency distributions (Individual, Discrete and Continuous), Graphical Representation of the data (Histogram, pie chart and bar graph).
<b>Unit-09</b>	Measure of Central Tendency: (Arithmetic Mean, Median and Mode): Concept and Computation in case of grouped and ungrouped data.
<b>Unit-10</b>	Measure of Dispersion: Concept and computation of Range, Quartiles and Standard Deviation.
<b>Unit-11</b>	Concept, Proportions, and Applications of Normal Distribution.
<b>Unit-12</b>	Simple Correlation: Concept and computation of correlation coefficient by product moment method, coefficient of Determination.

<b>Unit-13</b>	Simple Regression: Concept, Regression Equations (In Score forms), Solving Regression Equations, Interpretation of Regression coefficients, Standard Error of Estimate.
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<b>Block-4:</b>	<b>Hypothesis Testing (12 hours)</b>
<b>Unit-14</b>	Type I and Type II Errors, Level of significance, Degree of freedom, testing significance of mean difference.
<b>Unit-15</b>	T – test Concept and Computation (In case of two sample hypotheses and paired sample hypotheses).
<b>Unit-16</b>	ANOVAs: Concept and Computation of one-way ANOVA in unrelated design and related designs.
<b>Unit-17</b>	Chi-Square Test: Concept and Computation in different cases; using SPSS for data analysis.
<b>Unit-18</b>	T-test, Descriptive measures, ANOVA, Corelation & Regression.

### Books for References -

1. Bryman, A. (2008). *Social research methods* (3rd ed.). Oxford University Press.
2. Singh, A. K. (1986). *Test, measurement and research methods in behavioral sciences*. McGraw Hill.
3. Kerlinger, F. N. (1978). *Foundations of behavioral research*. Sur Publications.
4. Singh, A. K. (2001). *Research methods in psychology, sociology, and education* (4th ed.). Motilal Banarasidass.
5. Maylor, H., & Blackmon, K. (2005). *Researching business and management*. Palgrave Macmillan.
6. Garrett, H. E. (1988). *Statistics in psychology and education*. Vikils, Feiffer & Semen's Ltd.
7. Suleman, M. (2005). *Methods in psychology, sociology, and education* (3rd ed.). General Book Agency.
8. Kothari, C. R. (2011). *Research methodology: Methods and techniques* (2nd ed.). New Age International.
9. Ruxton, G. D., & Colegrave, N. (2003). *Experimental design for life sciences*. Oxford University Press.
10. Mohsin, S. M. (1981). *Research methods in behavioral sciences*. Orient Longman.
11. Kumar, R. (2011). *Research methodology* (2nd ed.). Dorling Kindersley (Pearson Education).
12. Breakwell, G. M., Hammon, S., Fife-Shaw, C., & Smith, J. (2006). *Research methods in psychology* (3rd ed.). Sage.

13. Haslam, S. A., & McGarty, C. (2003). *Research methods and statistics in psychology* (3rd ed.). Sage.

### COURSE DETAILS – 3

#### SUBJECT NAME – THERAPEUTIC YOGA

#### SUBJECT CODE – PGDYS-303

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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#### Course Objectives:

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

1. To study the therapeutic applications of yoga, pranayama, meditation, and Ayurveda in disease prevention and treatment.
2. To explore how yoga, physiotherapy, and alternative therapies can aid in the rehabilitation and strengthening of musculoskeletal health.
3. To prescribe and administer yogic prescription for the specific disease.

<b>Block-1</b>	<b>Yoga Etymology, Diagnosis and Therapy (12 hours)</b>
<b>Unit-01</b>	Yogic Anatomy and Physiology: Concept of Psychic Centers, Pancha Kosha and three planes of human being; and effects of their activation and impairment over somatic, psychic and psycho-somatic levels of human existence.
<b>Unit-02</b>	Yogic diagnostic techniques: Connections of Swar Science, Prana and Breathing Patterns over somatic, mental and psycho-somatic levels.
<b>Unit-03</b>	Association of Psychic centers over nerve plexus and endocrine glands.
<b>Unit-04</b>	Concept of health and wellness in terms of WHO, Ayurveda and Yoga.
<b>Unit-05</b>	Concept of Yoga Therapy: Meaning, Definition, Aims, Principles, Factors Impacts and Limitations; Qualities of a yoga therapist.

<b>Block-2</b>	<b>Musculo-Skeletal Disorders (12 hours)</b>
<b>Unit-06</b>	Back Pain: Classification of back pain: organic back pain and functional back pain, Lumbar Spondylosis, Intervertebral disc prolapses (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago: Medical and Yogic management.
<b>Unit-07</b>	Neck pain, Classification of neck pain, Cervical Spondylosis, Radiculopathy, Functional neck pain, Medical and Yogic management of all forms of Arthritis like Rheumatoid Arthritis, Osteoarthritis.

<b>Block-3</b>	<b>Gastro Intestinal, Excretory Disorders &amp; Cardio-Pulmonary Disorders (24 hours)</b>
<b>Unit-08</b>	Brief overview of Gastro Intestinal Disorders (including Causes, Pathogenesis, Signs, Symptoms and Complications) and Yogic Management of gastrointestinal disorders namely Acid peptic disease- Indigestion, Hyperacidity, Ulcer, Flatulence, Gastritis; Bowel problems - chronic Constipation and haemorrhoids, Irritable Bowel Syndrome, Ulcerative colitis or inflammatory bowel disease, Crohn's disease, gluten intolerance, food allergies.
<b>Unit-09</b>	Brief overview of the Excretory Disorders: (Causes, Pathogenesis, Signs, Symptoms and Complications), Yogic Management of irritable bladder syndrome, stress incontinence, Chronic renal failure, Renal hypertension, Renal stones.
<b>Unit-10</b>	Brief overview of the Cardiac Disorders (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Hypertension and Hypotension, Ischemic heart diseases, Varicose veins, Peripheral vascular disease, Autoimmune Arteritis.
<b>Unit-11</b>	Brief overview of the Pulmonary Disorder (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management (rationale for the disease specific yoga protocol, scientific evidence if available, probable healing mechanisms, practices of choice and contra indications). Allergic, autoimmune respiratory conditions -Allergic Rhinitis & Sinusitis, Bronchial Asthma, COPD & Emphysema- Occupational pulmonary disease.

<b>Block-4:</b>	<b>Neurological and Psychiatric Disorders (12 hours)</b>
<b>Unit-12</b>	Headaches, Migraine, Tension headache, Cerebro vascular accidents, Epilepsy, pain; Parkinson's disease: Causes, Clinical features, Medical and Yogic management.
<b>Unit-13</b>	Introduction to psychiatric disorders, classification - Neurosis, Psychosis. Neurosis: Anxiety disorders: Generalized anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder, Phobias, Depression- Dysthymia, Major depression: Medical and Yogic management. Psychosis: Schizophrenia, Bipolar affective disorder, Medical and Yogic management.

### Books for References -

1. Nagarathna, R., & Nagendra, H. R. (2010). *Yoga therapy for common ailments series*. SVYP Publications.
2. Karmananda, S. (2001). *Yoga therapy for common diseases*. Yoga Publication Trust.
3. Kandel, E. R., Schwartz, J. H., & Jessell, T. M. (2013). *Principles of neural science* (5th ed.). McGraw-Hill.
4. Sadock, B. J., Sadock, V. A., & Ruiz, P. (2014). *Kaplan & Sadock's synopsis of psychiatry* (11th ed.). Wolters Kluwer.
5. Saraswati, S. S. (2013). *Asana, pranayama, mudra, bandha* (4th ed.). Bihar School of Yoga.



7. Nagendra, H. R., & Nagarathna, R. (2012). *Yoga for bronchial asthma*. Swami Vivekananda Yoga Publications.
8. Magee, D. J. (2020). *Orthopedic physical assessment* (7th ed.). Elsevier.
9. Tortora, G. J., & Derrickson, B. H. (2017). *Principles of anatomy and physiology* (15th ed.). Wiley.
10. Benson, H., & Proctor, W. (2010). *Relaxation revolution: Enhancing your personal health through the science and genetics of mind-body healing*. Scribner.

#### COURSE DETAILS – 4

**SUBJECT NAME – PRINCIPLES & PRACTICE OF YOGA TEACHING**  
**SUBJECT CODE – PGDYS-304**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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#### **Course Objectives:**

**The Objectives of learning this course is to:**

1. Following the completion of this course, students shall be able to Understand the teaching techniques of yoga
2. Understand and conduct class management and lesson planning
3. Use educational tools of yoga teaching.
4. Inculcate the concept & essence of yoga education.

<b>Block-1</b>	<b>Fundamentals of Education and Methods of Teaching Yoga (15 hours)</b>
<b>Unit-01</b>	Education- Meaning, Definitions, Concepts, Aims & Objectives; Teaching and Learning: Concepts and Relationship between the two.
<b>Unit-02</b>	Principles of Teaching, Levels and Phases of Teaching, Principles of Learning, Levels of Learning.
<b>Unit-03</b>	Yogic levels of Learning- Vidyarthi, Shishya, Mumukshu, Qualities of a Yoga teacher; Meaning and scope of Teaching methods and factors influencing them; Sources of Teaching methods.

<b>Block-2</b>	<b>Basics of Yoga Class Management (10 hours)</b>
<b>Unit-04</b>	Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group).
<b>Unit-05</b>	Techniques of Individualized Teaching.
<b>Unit-06</b>	Techniques of group teaching; Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc; Class room problems: Types and Solutions.



<b>Block-3</b>	<b>Lesson Planning &amp; Organisation of Yoga Events (10 hours)</b>
<b>Unit-07</b>	Essentials of Lesson Planning: concept, need & importance; Lesson planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan in Yoga.
<b>Unit-08</b>	Timetable: Concept, Need, Types, Principles of Time table construction; Time Table for Yoga teaching .
<b>Unit-09</b>	Basics of Event Management; Principles of Planning & Organisation of Yoga Events- Yoga Training Camp, Yoga Therapy Camp, Yoga Seminar, Yoga Workshop & Yoga Conference.

<b>Block-4</b>	<b>Educational Technology in Yoga Teaching &amp; Teaching Practice (15 hours)</b>
<b>Unit-10</b>	Educational Technology: Concept, Meaning, Aims, Objectives, Importance and Types of Educational technology; Teaching Methods & Practice of Yama, Niyama, Shatkarma, Asana, Mudra-Bandha, Pranayama & Dhyana.
<b>Unit-11</b>	Use of Educational Technology in Yoga; Teaching Methods & Practice of Yama, Niyama, Shatkarma, Asana, Mudra-Bandha, Pranayama & Dhyana.

#### Books for References -

1. Saraswati, S. (1990). *Yoga education for children*. Bihar Schools of Yoga.
2. Saraswati, S. (2004). *A systematic course in the ancient Tantric techniques of yoga and kriya*. Bihar Schools of Yoga.
3. Gharote, M. L. (2007). *Teaching methods for yogic practices*. Kaivalyadhama.
4. Krishna, S. (2009). *Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices*. Kaivalyadhama.
5. Kumar, R. (n.d.). *Principles & methods of teaching*. Printographics.
6. Duggal, S. (1985). *Teaching yoga*. The Yoga Institute.
7. Nagendra, H. R., & Nagaratna, R. (1988). *New perspectives in stress management*. V.K. Yogas.
8. Saraswati, S. (1990). *Yoga education for children*. Bihar Schools of Yoga.
9. Gawande, E. N. (n.d.). *Value oriented education*. Sarup & Sons.
10. Gharote, M. L. (n.d.). *Yoga applied to physical education*. Kaivalyadhama.
11. Nagarathna, R., & Nagendra, H. R. (2019). *Integrated approach of yoga therapy for positive health*. Swami Vivekananda Yoga Prakashana

#### COURSE DETAILS – 5

**SUBJECT NAME – BASICS OF SANSKRITAM (ELECTIVE)**

**SUBJECT CODE – PGDYS-GE-305**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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**Internal Assessment: 30 Marks**

**Course Objectives:**

**The Objectives of learning this course is to:**

- To Comprehend the core principles and historical origins of Hatha Yoga.
- Read and understand the colloquial words of Sanskrit.
- Communicate and comprehend Sanskrit to the best of their ability.
- Write in Sanskrit and have some idea about grammar.

<b>BLOCK – 1</b>	<b>संस्कृतभाषापरिचयः</b>
UNIT – 1	संस्कृतभाषा परिचय, योगशास्त्र के अध्ययन में संस्कृत का महत्त्व और योग एवं संस्कृत का अन्तःसम्बन्ध ।
UNIT – 2	माहेश्वरसूत्र । संस्कृतवर्णमाला, स्वर, व्यंजन वर्णज्ञान सहित (रोमन लिपि में लेखन एवं पठन)।
UNIT – 3	वर्णों के उच्चारणस्थान और प्रयत्न-ज्ञान । प्रत्याहार निर्माण विधि एवं प्रत्याहार ज्ञान ।
UNIT – 4	वाक्याङ्ग, कारक, विभक्ति (सुप् और तिङ्), लिङ्ग, वचन, पुरुष, लकार। अव्यय परिचय और संस्कृत संख्याएं (एक से सौ तक) ।
<b>BLOCK – 2</b>	<b>शब्दरूपपरिचयः</b>
UNIT – 1	अजन्तः- शब्दरूप- राम, हरि, गुरु, रमा, पुस्तक, शब्दों के रूप अर्थज्ञान व वाक्य प्रयोग सहित ।
UNIT – 2	हलन्तः- जगत्, भगवत्, राजन् शब्दों के रूप अर्थज्ञान व वाक्य प्रयोग सहित ।
UNIT – 3	सर्वनाम शब्दरूप- अस्मद्, युष्मद्, तत् (स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग में), एतद् (स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग में), यद् (स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग में), किम् (स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग में) शब्दों के रूप अर्थज्ञान व वाक्य प्रयोग सहित ।
<b>BLOCK – 3</b>	<b>वाक्यनिर्माणं सन्धिश्च तथा क्रियापदपरिचयः (वाक्यरचनानुवादश्च)</b>

UNIT – 1	सन्धि कि परिभाषा व प्रकार (अच्, हल्, एवं विसर्ग) सन्धियों का ज्ञान एवं सन्धि विच्छेद का अभ्यास ।
UNIT – 2	हल् (व्यञ्जन) (श्रुत्व ष्टुत्व, चर्, जश्, अनुस्वार, परसवर्ण, अनुनासिक, षत्व, णत्व) एवं विसर्ग (सत्व, रत्व, उत्व (ओत्व) लोप) सन्धियों का ज्ञान एवं सन्धि विच्छेद का अभ्यास ।
UNIT – 3	भू, पठ्, लिख्, गम्, कृ (लट्, लृट्, लोट्, लङ्, विधिलिङ्गात्र)
<b>BLOCK – 4</b>	<b>पातञ्जलयोगसूत्रम् – समाधिपादः (१-२५ सूत्राणि)</b>
UNIT – 1	योग सूत्रस्मरण (मूलपाठ)
UNIT – 2	योग सूत्र व्याख्या
UNIT – 3	योग सूत्र निबन्धात्मक प्रश्न

### निर्धारितग्रन्थाः

1. व्याकरणचन्द्रोदयः (१) – डॉ. आचर्यासाध्वीदेवप्रिया, दिव्यप्रकाशनम्, हरिद्वारम्
2. योगदर्शनम् - स्वामिरामदेवः, दिव्यप्रकाशनम्, हरिद्वारम्

### सन्दर्भग्रन्थाः

1. सरल-कठिनसंस्कृतम्- प्रो. तिरुमल पि. कुलकर्णी
2. Perry, E. D. (2004). *A Sanskrit primer*. Motilal Banarsidass.
3. Kala, M. R. (2011). *A higher Sanskrit grammar for college students*. Motilal Banarsidass.
4. Goldman, R. P. (n.d.). *Devavanipravesika*. Motilal Banarsidass.

## COURSE DETAILS – 5

### SUBJECT NAME – INDIAN KNOWLEDGE SYSTEM (ELECTIVE)

### SUBJECT CODE – PGDYS-GE-306

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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### Course Objectives:

#### The Objectives of learning this course is to:

1. Following the completion of this course, students shall be able to Understand the teaching techniques of yoga
2. Understand and conduct class management and lesson planning
3. Use educational tools of yoga teaching.

4. Inculcate the concept & essence of yoga education.

<b>Block-1</b>	<b>Indian Philosophical Systems-Part (a) (15 hours)</b>
<b>Unit-01</b>	CATURDASA VIDYASTHANA: 14 branches of learning in ancient India-purana, Nyaya, Mimamsa, Dharmashastra, Six vedanga-s: (Siksha, Vyakarana, Nirukta, Chanda, Jyotisha, kalpa.
<b>Unit-02</b>	Four Vedas- Rigveda, Yajurveda, Samaveda and Atharvaveda; introductory information on them.
<b>Unit-03</b>	18 PURANAS, their names and five general characteristics of puranas- sarga, pratisarga, vamsa, manvantara and vamsanucarita.

<b>Block-2</b>	<b>Indian Philosophical Systems-Part (b) (15 hours)</b>
<b>Unit-04</b>	Introduction and Contribution of Ancient Indian gurukula System: Nalanda & Takshshila, Vikramashila, Valabhi, Odantapuri, Mithila, Kanchi, Nadiya, Pushpagiri, Nagarjunakonda, Saradapitha (Kasmira), Ujjain, Jagaddala, Somapura.
<b>Unit-05</b>	Dharma, artha and Society: Four purusartha-dharma, artha, kama and moksa. Definitions of each of the purusarth-s and meaning of dharma- Root and derivation of the word dharma.
<b>Unit-06</b>	Dharma: Definitions and Meanings from various texts (mahabharata, manasmrti, vaisesika sutra).
<b>Unit-07</b>	kama, nitya, nisiddha, naimittika, prayascita & upasana. Meaning of the word artha-purusartha; Root and derivation and meaning. Social outlook for tirthayatra, festivals, saptapuri, 12 jyotirlinga-s and unity of India.

<b>Block-3</b>	<b>Health and Well-being (15 hours)</b>
<b>Unit-08</b>	Scope of folk and Tribal Medicines in Siddha and Ayurveda.
<b>Unit-09</b>	Folk and classical streams of medical knowledge in India: folk and tribal medicine- 8000 plants, home remedies, primary health care, bone setting, traditional birth attendants, poison healers.
<b>Unit-10</b>	Ayurveda.: Foundational concepts of ayurveda- Dosadhatumalasiddhanta. Definition of health (svastha), daily routine (dinacharya), seasonal routine (ritucharya).
<b>Unit-11</b>	Siddha: Historical development and milestones, personalities, textual sources.
<b>Unit-12</b>	Foundational Concepts- Tridosha. pulse diagnosis. Varma treatment. Herbo-mineral formulations. Concepts of health and disease, Preventive Medicine. Approaches to management of diseases. Current status of the siddha system of medicine in India and the world.

<b>Block-4</b>	<b>Ancient India and World (15 hours)</b>
<b>Unit-13</b>	The impact of yoga on the World: philosophers who left an impact on the West-Swami Vivekananda, Paramahansa Yogananda, Sri Aurobindo, Maharishi Mahesh Yogi, Acharya Rajneesh, J. Krishnamurti, Swami Sivananda, BKS Iyengar, Sri Krishnamachari.

<b>Unit-14</b>	The impact of yoga on diverse fields: influence on Western art, culture and film from the 18 <sup>th</sup> century, influence on Western literature.
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### Books for References -

1. Mahadevan, B., Bhat, V. R., & Pavana, N. R. (2022). *An introduction to Indian knowledge systems: Concepts and applications*. Prentice Hall of India.
2. Kapoor, K., & Singh, A. K. (2005). *Indian knowledge systems: Vol. I and II*. D.K. Print World Ltd.
3. Upadhyaya, B. (2010). *Sanskṛta Śāstrom ka Itihās*. Chowkhambha.
4. Dharampal. (1983). *The beautiful tree: Indigenous Indian education in the eighteenth century*. Biblia Impex. (Reprinted 1995, Keerthi Publishing House Pvt Ltd.).
5. Dharampal. (1971). *Indian science and technology in the eighteenth century*. Impex India. *The British Journal for the History of Science*.
6. Bose, D. M., Sen, S. N., & Subbarayappa, B. V. (Eds.). (2010). *A concise history of science in India* (2nd ed.). Universities Press.
7. Dharampal. (1987). *Some aspects of earlier Indian society and polity and their relevance today*. New Quest Publications.
8. Mohanty, J. N. (2008). *A history of Indian philosophy. A Companion to World Philosophies*, 24–48.
9. Potter, K. H. (1987). *Encyclopedia of Indian philosophies: Vol. IV*. Motilal Banarsidass Publishers.
10. Oxford University Press. (1928). *Indian philosophy: A very short introduction*. *Mind*, 37.
11. Radhakrishnan, S., & Moore, C. A. (Eds.). (1957). *A source book in Indian philosophy*. Princeton University Press.
13. Timalina, S. (2008). *Consciousness in Indian philosophy: The Advaita doctrine of “awareness only.”*

### COURSE DETAILS – 6

**SUBJECT NAME – PSYCHOLOGY PRACTICUM-CASE STUDY/FIELD WORK**

**SUBJECT CODE – PGDYS-307/PGDYS-308**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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## Course Objectives:

### The Objectives of learning this course is to:

1. The course aims to deliver practical and in-depth experience in accordance to then principles learnt in the theory courses covering the areas of verbal learning, memory, forgetting etc.
2. To provide the students with the practical knowledge of conducting various experiments and Psychological Tests.

### List of Practical:

Any five of the following:

1. Marital Adjustment Inventory
2. Emotional Competency
3. Depth Perception
4. Eysenck Personality Inventory
5. Sixteen Personality Factors
6. Retroactive Interference
7. Reaction time
8. Division of attention
9. Mirror Drawing Apparatus
10. Effect of noise of attention

### Division of Marks:

Conduction of 02 Practical	:	40 Marks
Viva Voce	:	35 Marks
Practical Record Book	:	15 Marks
Internal Viva-Voce	:	10 Marks
Total	:	100 Marks

Note: Any five practicals shall be conducted/administered by each student. Two practical's will be given to each student in practical examination. The marks shall be awarded jointly by internal and external examiners. However, HOD will act as coordinator of the examination.

### Books for References -

1. Anand, B. K. (2001). *Yoga and Medical Sciences: An Integrated Approach*. Kaivalyadhama.
2. Baron, R. A., & Branscombe, N. R. (2021). *Social Psychology*. Pearson.
3. Cattell, R. B., & Mead, A. D. (2008). *Sixteen Personality Factor Questionnaire (16PF)*. The Psychometrics Centre.
4. Eysenck, H. J., & Eysenck, S. B. G. (1991). *Eysenck Personality Questionnaire-Revised (EPQ-R) Manual*. Hodder Arnold.

5. Gross, R. (2015). *Psychology: The Science of Mind and Behaviour*. Hodder Education.
6. Kumar, K. (2008). *Yoga, Neurophysiology, and Psychology*. Kaivalyadhama.
7. Luria, A. R. (1973). *The Working Brain: An Introduction to Neuropsychology*. Basic Books.
8. McBride, D. M. (2020). *The Process of Research in Psychology*. SAGE Publications.
9. Schiffman, H. R. (2001). *Sensation and Perception: An Integrated Approach*. Wiley.
10. Stroop, J. R. (1992). *Studies of Interference in Serial Verbal Reactions*. Psychological Monographs.

## SEMESTER IV

### COURSE DETAILS – 1

**SUBJECT NAME – BASIC PRINCIPLES OF YAJNA PATHY**

**SUBJECT CODE – PGDYS-401**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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#### **Course Objectives:**

**The Objectives of learning this course is to:**

- To study the meaning, history, and types of Yajna, along with its role in Vedic philosophy and spiritual practice.
- To explore the scientific basis of Yajna, its environmental benefits, and its role in healing and disease prevention (*Yajna Therapy*).
- To learn the correct procedures, materials, and mantras for performing Yajna, including its application in daily life and special occasions.
- To understand how Yajna promotes inner purification, ethical living, social harmony, and overall well-being.

<b>Block-1</b>	<b>Basic Principles of YajnaPathy</b>
<b>Unit-01</b>	Introduction to Yajna, History of Vedic Religion, and Vedic Deities, Significance of Mantras in Yajna
<b>Unit-02</b>	Institution of Yajna and Its Philosophical Foundations
<b>Unit-03</b>	Yajna Types, Significance, and Scientific Aspects
<b>Unit-04</b>	Introduction to Panchamahayajnas (Brahma, Deva, Pitru, Balivaishvadeva, Atithi)

<b>Block-2</b>	<b>Materials and Process of Yajna</b>
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<b>Unit-05</b>	Havan Kund and other vessels, Samidha (sacrificial wood), offerings, and ghee
<b>Unit-06</b>	Yajna procedure: Achaman (ritual purification), Angasparsha (body-touch gestures), recitation of prayers and hymns, lighting of the lamp, etc.
<b>Unit-07</b>	Advanced Ritual Procedure of Yajna (Sequence of full Yajna performance, Timing, Aahuti process, Purnaahuti, Fire management, conclusion rituals)

<b>Block-3</b>	<b>Significance of Yajna</b>
<b>Unit-08</b>	Structure and measurement of the Yajna Kund, Science of Mantras. Structure and Duties in Yajna Performance (Roles of Yajman, Hota, Adhvaryu, Udgata, Brahma, and their training for Yajna )
<b>Unit-09</b>	Glory of Yajna in scriptures – Strength, victory over enemies, welfare of the world & Yajna as Inner Transformation.
<b>Unit-10</b>	Occasional Yajnas ( <i>16 Samskaras, Bhoomi Pujan, Griha Pravesh, Holi, Diwali, and other festival Yajnas</i> )
<b>Unit-11</b>	Kamya Yajnas ( <i>Putreshti for progeny, Varsheshti for rain, Yajnas for healing diseases, annual Yajnas, etc.</i> )
<b>Unit-12</b>	Yajna and its practice in regional and global traditions (Yajna in Southern, Northern, Tribal, and Himalayan cultures, Global Traditions and Influence of Yajna)

<b>Block-4</b>	<b>Yajna Therapy</b>
<b>Unit-13</b>	Yajnopathy: A Holistic Healing Approach
<b>Unit-14</b>	Scriptural evidence of Yajna therapy – Mantras and verses from the Vedas for disease prevention
<b>Unit-15</b>	Scientific evidence of Yajna therapy – Research and studies conducted by scientists
<b>Unit-16</b>	Yajna and Holistic Health Systems (Yajnopathy as part of Ayurveda, Naturopathy, and Yogic health). Havan materials as per specific diseases: Praneshti, Medheshti, Pitteshti, Kapheshti, etc.
<b>Unit-17</b>	Recitation and memorization of Yajna mantras. Yajna for psychological (mental and emotional), and environmental healing. Preventive health benefits of Yajna.

### Books for References -

1. यज्ञ-योग-आयुर्वेद चिकित्सा एवं यज्ञ दर्शन, वैदिक नित्यकर्म विधि
2. वैदिक साहित्य एवं संस्कृति, डॉ० कपिल देव द्विवेदी
3. संध्योपासना विधि-पतंजलि योगपीठ
4. पञ्चमहायज्ञ विधि-महर्षि दयानंद
5. संस्कार विधि-महर्षि दयानंद
6. यज्ञ रहस्य- डॉ० रामनाथ वेदालंकार
7. Arya, B. (2006). *The Science of Yajna*. Vedic Publications.

8. Bhattacharya, N. N. (2005). *History of Indian Rituals*. Manohar Publishers.
9. Sharma, R. L. (2011). *The Sacred Fire: Yajna in Vedic and Contemporary Traditions*. Chaukhambha Orientalia.
10. Tiwari, P. (2015). *Scientific Aspects of Yajna and Havan*. Yug Nirman Yojana Press.
11. Acharya, S. (2012). *Agnihotra: The Vedic Science of Healing and Purification*. Vishwa Ayurveda Parishad.

## COURSE DETAILS – 2

### SUBJECT NAME – NATUROPATHY

### SUBJECT CODE – PGDYS-402

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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#### Course Objectives:

#### The Objectives of learning this course is to:

- Understand the history, principles, and significance of Naturopathy.
- Learn the therapeutic applications of Hydrotherapy, Mud Therapy, Solar Therapy, Prana Therapy, Fasting, and Massage Therapy.
- Explore the scientific basis of Naturopathy and its role in health and disease management.
- Apply Naturopathic methods for preventing and treating various ailments.

<b>Block-1</b>	<b>Introduction to Naturopathy (15 hours)</b>
<b>Unit-01</b>	Meaning, Definition, Purpose & Limitations of Naturopathy; History of Naturopathy- Western and Indian perspective.
<b>Unit-02</b>	Mahatma Gandhi's contribution to the promotion of Naturopathy; the difference between Naturopathy and Allopathic medicine.
<b>Unit-03</b>	Need and importance of Naturopathy in the present age; Basic principles of Naturopathy. Measures to increase Vitality.

<b>Block-2</b>	<b>Hydro (Water) Therapy and Mud Therapy (15 hours)</b>
<b>Unit-04</b>	Water (Hydro) therapy - importance (including classical references), properties, principles, methods of using water as medicine and major medical applications.
<b>Unit-05</b>	Mud (earth, soil) therapy - importance (including classical references), properties, principles, methods of soil application and major medical applications.

<b>Block-3</b>	<b>Solar Therapy, Air Therapy (15 hours)</b>
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<b>Unit-06</b>	Fire element (Surya/ solar) therapy- Importance (including classical references), properties, methods of Surya therapy and major medical applications.
<b>Unit-07</b>	Air therapy- Significance of air, Importance of air as prana (including classical references), Health benefits of pranayama, Applications of air therapy.
<b>Unit-08</b>	Akash Tattva (fasting) therapy: - Meaning, definition, purpose, principles and types of fasting. Classical and medical importance of fasting, and precautions. Scientific research on fasting.
<b>Unit-09</b>	Abhyang (massage) - Meaning, definition, purpose, history, type (scientific and Ayurvedic), benefits, various methods, physiological effects, health enhancement and medical use, precautions.

<b>Block-4</b>	<b>Nature Cure of Various Diseases (15 hours)</b>
<b>Unit-10</b>	Management of major diseases by Naturopathy - Backache, Epilepsy, Insomnia, Ulcers, Obesity, Arthritis, Psoriasis, Asthma, Pneumonia.
<b>Unit-11</b>	Hyper/Hypotension, Hyper/hypothyroidism, cold, impotence, diabetes, depression, anxiety, menstrual problems and migraine.

#### Books for References -

1. Kuhne, L. (2013). *New Science of Healing: The Doctrine of Unity of Diseases*. Nabu Press.
2. Lindlahr, H. (2012). *Nature Cure: Philosophy and Practice Based on the Unity of Disease and Cure*. Martino Fine Books.
3. Jindal, R. (2019). *Naturopathy for Longevity & Healthy Living*. Rupa Publications.
4. Sujatha, K. (2015). *Principles and Practice of Naturopathy*. CBS Publishers.
5. Spear, B. (1996). *The Complete Book of Water Healing*. McGraw Hill.
6. Sharma, H. (2016). *Natural Healing through Ayurveda*. Motilal Banarsidass Publishers.
7. Just, L. (2004). *Return to Nature: The True Natural Method of Healing and Living*. Kessinger Publishing.
8. Benedict Lust. (2003). *The Nature Cure: The Classic Guide to Natural Healing*. Holistic Press.
9. Mishra, R. K. (2021). *Scientific Basis of Fasting and Detoxification*. Chaukhamba Orientalia.
10. Khader, K. A. (2019). *Reversing Chronic Diseases Through Naturopathy*. Notion Press.

#### Books in Hindi-

11. राजीव दीक्षित (2017). *प्राकृतिक चिकित्सा – स्वस्थ जीवन के सरल उपाय*. दिव्य प्रकाशन।
12. डॉ. बी. वी. एस. प्रसाद (2016). *प्राकृतिक चिकित्सा के सिद्धांत और उपचार*. राष्ट्रीय आयुर्वेद संस्थान।
13. डॉ. हेमलता शर्मा (2015). *सूर्य चिकित्सा और पंचतत्व चिकित्सा*. चौखंबा ओरिएंटलिया।
14. डॉ. महेश अग्रवाल (2018). *जलचिकित्सा: रोग निवारण में जल चिकित्सा का महत्व*. प्रभात प्रकाशन।
15. आचार्य बालकृष्ण (2020). *योग और प्राकृतिक चिकित्सा*. पतंजलि योगपीठ।

### COURSE DETAILS – 3

**SUBJECT NAME – HYGIENE, DIET & NUTRITION**

**SUBJECT CODE – PGDYS-403**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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#### Course Objectives:

**The Objectives of learning this course is to:**

- Understand the principles of personal, environmental, and food hygiene.
- Learn the fundamentals of balanced diet, essential nutrients, and their functions.
- Explore the role of diet and nutrition in disease prevention and overall health.
- Develop practical knowledge of meal planning, food safety, and healthy eating habits.

<b>Block-1</b>	<b>Basic Concepts and Components of Food and Nutrition (15 hours)</b>
<b>Unit-01</b>	Understanding Nutrition, Basic Terminology in Relation to Nutrition, Human Nutritional Requirements.
<b>Unit-02</b>	Concept of food, Acceptance of Food, Functions of Food; Components of Food & their Classification.
<b>Unit-03</b>	Macro Nutrients -Sources, Functions and Effects on the Body; Micro Nutrients - Sources, Functions and Effects on the Body.
<b>Unit-04</b>	Fat Soluble Nutrients - Sources, Functions and Effects on the Body; Water soluble Nutrients - Sources, Functions and Effects on the Body.

<b>Block-2</b>	<b>Food groups (15 hours)</b>
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<b>Unit-05</b>	Cereals & Millets -Selection, Preparation and Nutritive Value; Pulses, Nuts and Oil Seeds- Selection Preparation and Nutritive Value.
<b>Unit-06</b>	Milk and Milk Products - Selection, Preparation and Nutritive Value; Vegetables and Fruits- Selection, Preparation and Nutritive Value.
<b>Unit-07</b>	Fats, Oils and Sugar, Jaggery- Selection, Preparation and Nutritive Value.
<b>Unit-08</b>	Energy-Basic Concepts, Definition and Components of Energy Requirement, Energy Imbalance, Concept of Metabolism, Anabolism, Catabolism, Caloric Requirement- BMR, SDA, Physical Activity.
<b>Unit-09</b>	Metabolism of Carbohydrates, Lipids and Protein; Factors Affecting Energy Requirement and Expenditure, Factors affecting BMR, Factors affecting thermal effect of Food, Factors affecting energy expenditure in physical activity.

<b>Block-3</b>	<b>Yogic concept of diet &amp; nutrition (15 hours)</b>
<b>Unit-10</b>	General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification of Yogic diet according to traditional Yoga texts.
<b>Unit-11</b>	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.
<b>Unit-12</b>	Guna and Ahara; Importance of Yogic Diet in Yog Sadhana; Yogic Diet and its role in healthy living: Diet according to the body constitution (Prakriti) - Vata, Pitta and Kapha.

<b>Block-4</b>	<b>Swasthavritta (15 hours)</b>
<b>Unit-13</b>	Swasthavritta: Meaning, Definition, Aims and Aspects; Three pillars of Swasthavritta- Aahar (Diet), Nidra (Sleep), Brahmacharya (Celibacy).
<b>Unit-14</b>	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, Season wise Accumulation.
<b>Unit-15</b>	Aggravation and Pacification of three Humors (vata, pitta, kapha): Season wise Does and Don'ts.
<b>Unit-16</b>	Application of Dincharya, Ratricharya and Ritucharya for health promotion, rejuvenation. disease prevention and age reversal. Concept of Sadwrittaevam Achar Rasayana.

### Books for References -

1. Whitney, E. & Rolfes, S. R. (2019). *Understanding Nutrition*. Cengage Learning.
2. Gibney, M. J., Lanham-New, S. A., Cassidy, A., & Vorster, H. H. (2013). *Introduction to Human Nutrition*. Wiley-Blackwell.
3. Rao, B. S. N. (2017). *Principles of Human Nutrition*. Oxford & IBH Publishing.
4. Srilakshmi, B. (2020). *Dietetics*. New Age International.
5. Paul Pitchford (2002). *Healing with Whole Foods: Asian Traditions and Modern Nutrition*. North Atlantic Books.

6. Swami Sivananda (2001). *The Science of Pranayama and Yogic Diet*. Divine Life Society.
7. Tiwari, M. (1995). *Ayurveda: Secrets of Healing*. Lotus Press.
8. Gopalan, C., Rama Sastri, B. V., & Balasubramanian, S. C. (2017). *Nutritive Value of Indian Foods*. National Institute of Nutrition (NIN), ICMR.
9. Holland, B. et al. (1991). *McCance and Widdowson's The Composition of Foods*. Royal Society of Chemistry.
10. Swami Vivekananda (1999). *Health and Food*. Advaita Ashrama.

#### Books in Hindi-

11. डॉ. के. एल. शर्मा (2018). *मानव पोषण और आहार विज्ञान*. चौखंबा प्रकाशन।
12. डॉ. रमेश चंद्र (2015). *स्वास्थ्य, आहार एवं पोषण विज्ञान*. प्रभात प्रकाशन।
13. आचार्य बालकृष्ण (2016). *योग और आहार विज्ञान*. पतंजलि योगपीठ।
14. डॉ. हेमलता शर्मा (2021). *स्वास्थ्यवृत्त एवं आयुर्वेदिक जीवनशैली*. चौखंबा ओरिएंटलिया।
15. महर्षि वाग्भट (2019). *अष्टांग हृदयम् - स्वास्थ्यवृत्तम्*. चौखंबा संस्कृत प्रकाशन।

### COURSE DETAILS – 4 SUBJECT NAME – COMMUNICATIVE ENGLISH

**SUBJECT CODE – PGDYS-AEC-404**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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#### Course Objectives:

**The Objectives of learning this course is to:**

1. Develop proficiency in reading, writing, speaking, and listening in English.
2. Communicate effectively in personal, professional, and yogic contexts.
3. Enhance comprehension and analytical skills through structured study techniques.
4. Gain insights from classical literature relevant to yogic philosophy and ethical living.

<b>Block-1</b>	<b>Fundamentals of Communication (15 hours)</b>
<b>Unit-01</b>	Writing Skills: Paragraph writing, article writing, Formal Letter, Informal Letter, Idioms and Phrases, Placing Order, Phonetics Transcription, Precise Writing.
<b>Unit-02</b>	Reading & Listening Skills: Comprehension exercises, referencing encyclopedias & dictionaries.
<b>Unit-03</b>	Note-Making & Summarization: Techniques for effective learning and structured writing.

<b>Block-2</b>	<b>Professional &amp; Verbal Communication (15 hours)</b>
<b>Unit-04</b>	Interview Skills: Group discussion, personal interview, telephonic interview.

<b>Unit-05</b>	Resume & Business Writing: Resume writing, structured professional communication.
<b>Unit-06</b>	Speech & Debate Writing: Organizing and presenting logical arguments.

<b>Block-3</b>	<b>Analytical &amp; Study Skills (15 hours)</b>
<b>Unit-07</b>	Effective Learning Techniques: Note-making, summarization, referencing.
<b>Unit-08</b>	Critical Thinking & Interpretation: Evaluating and synthesizing information.
<b>Unit-09</b>	Language & Grammar Proficiency: Phonetic transcription and advanced grammar application.

<b>Block-4:</b>	<b>Literature &amp; Practical (15 hours)</b>
<b>Unit-10</b>	Indian Traditional Knowledge On Environmental Conservation An Article Lightly Of Asia - Gautama Buddha, Kafan- Prem Chand.
<b>Unit-11</b>	Development of Skills to Enhance Ability of Conducting Yoga Class in English, Demonstration of Yoga Practices in English.

#### Books for References -

1. Becher, E. F. (2009). *Mastering communication at work: How to lead, manage, and influence*. McGraw-Hill.
2. McKay, M., Davis, M., & Fanning, P. (2009). *Messages: The communication skills book*. New Harbinger Publications.
3. Perkins, P. S., & Brown, L. (2008). *The art and science of communication*. Wiley.
4. Quinn, R., & Kohl, J. (2008). *Talk like a winner: 21 simple rules for achieving everyday communication success*. AMACOM.

#### COURSE DETAILS – 4

**SUBJECT NAME – YOGA & SPORTS**

**SUBJECT CODE – PGDYS-AEC-405**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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#### Course Objectives:

**The Objectives of learning this course is to:**

1. Learn mindfulness and breathing exercises to improve concentration in sports.
2. Understand the Conceptual Foundations of Sports and Yoga.



3. Analyze the Role of Yoga in Enhancing Sports Performance.
4. Examine the Physiological and Psychological Impacts of Yoga on Athletes.
5. Yoga and Sports Science for Holistic Development.
6. Develop Skills for Practical Implementation in Sports and Education Settings.

<b>Block-1</b>	<b>CONCEPT OF YOGA AND SPORTS (15 hours)</b>
<b>Unit-01</b>	Introduction, Meaning and definition of Sports in Yoga. Historical Development of Sports and Yoga.
<b>Unit-02</b>	Aims, Objectives and Importance of Yoga in Sports.
<b>Unit-03</b>	Modern trends of Yoga in Sports.
<b>Unit-04</b>	Major/Minor Outdoor Games / Track & Field: One Major Game & One Individual Sport.

<b>Block-2</b>	<b>ANATOMY AND PHYSIOLOGY &amp; YOGIC PRACTICES FOR SPORTS (15 hours)</b>
<b>Unit-05</b>	Anatomy and Physiology: Definitions, importance of Yoga and sports in human Physiology.
<b>Unit-06</b>	Importance of Yoga like Shatkarma, Asana, Prāñāyāma, Mudra and Bandha for flexibility of Sportsperson.
<b>Unit-07</b>	Fundamentals of Yoga in sports Training.
<b>Unit-08</b>	Physical Fitness and Wellness, Personality Development by Yoga for betterment in Sports.

<b>Block-3</b>	<b>DIMENSION OF SPORTS AND YOGA (15 hours)</b>
<b>Unit-09</b>	Aspects of Yoga: Physical and physiological aspects, psychological aspects, Social Aspects, Spiritual aspects.
<b>Unit-10</b>	Effects of Yoga and sports activity on Various body Systems: Circulatory System, Digestive system, Circulatory System, Respiratory system, Excretory system, Nervous system, Muscular System, Endocrine System.
<b>Unit-11</b>	Correlation among sports and yoga: Introduction, Historical aspects to modern Era.
<b>Unit-12</b>	Importance of Yoga in physical activity and sports: Running, Jumping and Throwing Events effects on human body.

<b>Block-4</b>	<b>HOLISTIC DEVELOPMENT WITH SPORTS AND YOGA (15 hours)</b>
<b>Unit-13</b>	Health and its Importance in Sports, Diet and Nutrition with yoga practices for sports activity, Awareness of Lifestyle Disorders, School Health Programme.
<b>Unit-14</b>	Physical and sports Education for Various Populations, Sports Training programmes: Test and Measurement.
<b>Unit-15</b>	Organization of Tournaments: Objectives of Organizing Tournaments, Procedure of Organizing a Tournament

<b>Unit-16</b>	Athletic Injuries, First Aid and Safety during sports via Yoga practices.
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### Books for References -

1. Iyengar, B. K. S. (2005). *Light on life: The yoga journey to wholeness, inner peace, and ultimate freedom*. Rodale.
2. Kaminoff, L., & Matthews, A. (2011). *Yoga anatomy* (2nd ed.). Human Kinetics.
3. Dick, F. W. (2007). *Sports training principles* (5th ed.). A & C Black Publishers.
4. Narayanan, K. L. (2008). *Essentials of physical education*. Vikas Publishing House.
5. Tiwari, O. P. (2002). *Asana, pranayama, mudra, bandha*. Kaivalyadhama Yoga Institute.

## COURSE DETAILS – 5

**SUBJECT NAME – INDIAN PHILOSOPHY (ELECTIVE)**

**SUBJECT CODE – PGDYS-GE-406**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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### Course Objectives:

#### The Objectives of learning this course is to:

1. Understanding the Fundamental Concepts of Nyaya and Vaisesika.
2. Analyzing Samkhya and Yoga Philosophies.
3. Exploring the Mimamsa System (Purva & Uttara).
4. Comparing Different Schools of Indian Philosophy.
5. Applying Philosophical Teachings to Modern Life.

<b>Block-1</b>	<b>Nyaya and Vaisesika (15 hours)</b>
<b>Unit-01</b>	Nature of physical world, Concept of Individual soul, Supreme soul, and liberation in Indian philosophy, Theory of body, mind and soul.
<b>Unit-02</b>	The sixteen Padarthas according to Nyaya.
<b>Unit-03</b>	Concept of Nyaya philosophy; Means and objects of knowledge and salvation according to Nyaya and Vaisesika.
<b>Unit-04</b>	Category of substance-Nava dravyas, Category of quality-24 gunas, Relation between Nyaya and Vaisesika philosophy.

<b>Block-2</b>	<b>Samkhya and Yoga (15 hours)</b>
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<b>Unit-05</b>	Theory of cause and effect; Prakriti and Purusha; Concept and Process of evolution and Liberation; Concept of Atman, Brahma, Maya, Universe, God; Threefold afflictions and means to overcome afflictions.
<b>Unit-06</b>	Twenty-five entities and means of knowledge according to Samkhya.
<b>Unit-07</b>	Satkarya Vada; Similarities and dissimilarities between Vyakta and Avyakta.
<b>Unit-08</b>	Triguna; Existence of Purusa, plurality of Purusa, proximity of Purusa and Prakrti; Karana, Antah Karana and Bahya Karana according to Sankhya Karika Liberation and means of attaining it.
<b>Unit-09</b>	Organization of the Yoga sutras, stages of Chittas, forms of Chitta, modification of Chittas, Kind of Kleshas, the eight-fold of Yoga and God & liberation.

<b>Block-3</b>	<b>Mimamasa (Purva and Uttara) (15 hours)</b>
<b>Unit-10</b>	Concept of Badarayana in Uttaramimamsa; Anumana, Sabda; Difference between vidya & avidya, subject & object, creation & causation, cause & effect.
<b>Unit-11</b>	Pratyaksa, Anumana, Upamana, Arthapati, Anupalabdi and Sabda according to Uttaramimamsa.
<b>Unit-12</b>	Atheism, Dharma in the context of Purvamimasa, Summary of ten Upanisads, Atman, Brahma, Maya, Universe, God; The self and human life; Major teachings of Mimamsa system; Selfless action, nonattachment, self-control, self-discipline.
<b>Unit-13</b>	Major teachings of Mimamsa system; Selfless action, nonattachment, self-control, self-discipline.

<b>Block-4</b>	<b>Jain, Buddha and Carvaka Philosophy (15 hours)</b>
<b>Unit-14</b>	Jainism: Categories, Triratnas and Syadvada.
<b>Unit-15</b>	Buddhism: Four noble truths, Pramanas.
<b>Unit-16</b>	Carvaka philosophy: Origin and history of Carvaka philosophy, Metaphysics and Epistemology.

### Books for References -

1. Hiriyanna, M. (1994). *Outlines of Indian Philosophy*. Motilal Banarsidass.
2. Chatterjee, S. C., & Datta, D. M. (2016). *An Introduction to Indian Philosophy*. Rupa Publications.
3. Dasgupta, S. (1997). *A History of Indian Philosophy* (Vol. 1-5). Motilal Banarsidass.
4. Radhakrishnan, S. (1957). *Indian Philosophy* (Vol. 1 & 2). Oxford University Press.
5. Matilal, B. K. (1990). *The Character of Logic in India*. State University of New York Press.
6. Frauwallner, E. (1973). *History of Indian philosophy* (Vol. 2). Motilal Banarsidass Publishers.
7. Gupta, B. (2012). *An introduction to Indian philosophy: Perspectives on reality, knowledge, and freedom*. Routledge. <https://doi.org/10.5840/ipq197717452>

### Hindi Books:

6. Sharma, C. (2010). *Bhartiya Darshan* (भारतीय दर्शन). Motilal Banarsidass.
7. Mishra, D. N. (2009). *Nyaya Darshan* (न्याय दर्शन). Chaukhamba Vidyabhavan.
8. Tripathi, R. (2015). *Samkhya-Yoga Darshan* (सांख्य-योग दर्शन). Chaukhamba Surbharati Prakashan.
9. Bhattacharya, R. S. (2007). *Mimamsa Darshan* (मीमांसा दर्शन). Chaukhamba Sanskrit Pratishthan.
10. Jha, G. (1999). *Purva Mimamsa Sutras of Jaimini* (Original Sanskrit with Hindi translation). Motilal Banarsidass.

### COURSE DETAILS – 5

**SUBJECT NAME – INTRODUCTION OF WELLNESS TOURISM (ELECTIVE)**

**SUBJECT CODE – PGDYS-GE-407**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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### Course Objectives:

**The Objectives of learning this course is to:**

1. Understand the Concept of Tourism & Wellness.
2. Analyze the Role of Yoga in Tourism.
3. Study Health & Medical Tourism at National & Global Levels.
4. Evaluate India's Role in Medical & Wellness Tourism.
5. Identify Key Health Tourism Centers & Resources in India.

<b>Block-1</b>	<b>Introduction to Tourism (20 hours)</b>
<b>Unit-01</b>	Basic Meaning of word 'Wellness'. Aims & objectives, Introduction to Tourism: Meaning & nature.
<b>Unit-02</b>	Tourism: scope & objectives, Relevance of Yoga in relation to Tourism.
<b>Unit-03</b>	Tourism Types, Products & Concepts, Tourism Elements & Components.
<b>Unit-04</b>	Peace & Wellness Tourism, Factors affecting Wellness Tourism.

<b>Block-2</b>	<b>Wellness Tourism (15 hours)</b>
<b>Unit-05</b>	Health and Medical Tourism: Meaning, nature and scope.
<b>Unit-06</b>	Health and Medical tourism Product.
<b>Unit-07</b>	Health and Medical Tourism markets at global level.
<b>Unit-08</b>	Advantages and disadvantages for India in Global Medical Tourism Market.

<b>Block-3</b>	<b>Health and Medical Tourism (15 hours)</b>
<b>Unit-09</b>	Health and Medical Tourism in India.
<b>Unit-10</b>	Role of Private sector in health and medical tourism.
<b>Unit-11</b>	Traditional Health Care system in India.
<b>Unit-12</b>	Government incentives for health and medical tourism in India.

<b>Block-4</b>	<b>Health Tourism Centres (10 hours)</b>
<b>Unit-13</b>	Health Tourism Centres in India.
<b>Unit-14</b>	Health Tourism Resources in Haridwar & Rishikesh.
<b>Unit-15</b>	Patanjali Health Tourism.
<b>Unit-16</b>	Institutions Health & Medical Tourism in Kerala & Tamil Nadu.

### Books for References -

1. Goeldner, C. R., & Ritchie, J. R. B. (2012). *Tourism: Principles, Practices, Philosophies* (12th ed.). Wiley.
2. Smith, M., & Puczko, L. (2014). *Health, Tourism and Hospitality: Spas, Wellness and Medical Travel* (2nd ed.). Routledge.
3. Hall, C. M., & Williams, A. M. (2008). *Tourism and Innovation*. Routledge.
4. Connell, J. (2011). *Medical Tourism*. CABI.
5. Raj, R., Griffin, K., & Blackwell, R. (2013). *Spiritual and Religious Tourism: Motivations and Management*. CABI.

### Hindi Books:

6. Sharma, Y. K. (2017). *Paryatan evam Paryavaran* (पर्यटन एवं पर्यावरण). Laxmi Publications.
7. Mishra, R. K. (2015). *Bharat Mein Chikitsa Paryatan* (भारत में चिकित्सा पर्यटन). Chaukhamba Prakashan.
8. Tripathi, P. (2019). *Aadhunik Paryatan avam Aayurveda* (आधुनिक पर्यटन एवं आयुर्वेद). Chaukhamba Surbharati Prakashan.

## COURSE DETAILS – 6

**SUBJECT NAME – DISSERTATION**

**SUBJECT CODE – PGDYS-408**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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**Course Objectives:**

**Following the completion of this project work, students shall be able to:**

1. Carry out small scale research projects.
2. Collect, present, analyze and interpret data.
3. Infer and apply research findings.

**Course Outcomes:**

This course targets empowerment of learner's to

1. Design, conduct and report mini research projects.
2. Draft and publish research papers in scholarly journals.

**Note:**

- During this time, candidates are expected to analyse the data with the help of guides.
- Organize and represent the data.
- Write the dissertation and complete the presentation.

**Examination:**

Students shall be examined based on the presentation of Dissertation work and the quality of the research work.

**Books for References -**

1. Telles, S., & Naveen, K. V. (2021). *Yoga and Mindfulness-Based Cognitive Therapy: A Clinical Guide*. Elsevier.
2. Bhavanani, A. B. (2011). *Yoga and Health: Scientific Understanding and Practical Applications*. Dhivyananda Creations.
3. McCall, T. (2007). *Yoga as Medicine: The Yogic Prescription for Health and Healing*. Bantam Books.
4. Raub, J. A. (2002). *Psychophysiologic Effects of Hatha Yoga on Musculoskeletal and Cardiopulmonary Function: A Literature Review*. *The Journal of Alternative and Complementary Medicine*, 8(6), 797-812.
5. Khalsa, S. B. S., Cohen, L., McCall, T., & Telles, S. (2016). *Principles and Practice of Yoga in Health Care*. Handspring Publishing.