

VI. Brief Structure and Scheme of Teaching and Examination

Sl. No	Subject Code	Periods Per Week	Credits	Periods Per Week	Marks	Scheme of Evaluation (CT + FA)
1	PGDYTH 101	Foundation of Yoga	4	4 Hrs	100	30 + 70
2	PGDYTH 102	Hatha Yoga	4	4 Hrs	100	30 + 70
4	PGDYTH 103	Human Anatomy & Physiology	4	4 Hrs	100	30 + 70
6	PGDYTH 104	Yogic Life Style	4	4 Hrs	100	30 + 70
	PGDYPR 105	Practicum on Hatha Yoga	2	4 Hrs	50	15 + 35
	PGDYPR106	Practical on Human Anatomy and Physiology	2	4 Hrs	50	15 + 35
7	PGDYPR 107	Yoga Practicum I	4	8Hrs	100	30 + 70
8	PGDYPR 108	Yoga Practicum II	2	4 Hrs	50	15 + 35
9	PGDYAS109	Assignment & Self Appraisals	2	2 Hrs	50	Through Assignments
		Total	28	38 Hrs	700	

CT = Cumulative Test/s; FA = Final Assessment; TH = Theory; PR = Practical; AS = Assignments and Self-Appraisal

Sl. No	Subject Code	Periods Per Week	Credits	Periods Per Week	Marks	Scheme of Evaluation (CT + FA)
1	PGDYTH 110	Essence of Principal Upanishad & BG	4	4 Hrs	100	30 + 70
2	PGDYTH 111	Patanjala Yoga Darshana	4	4 Hrs	100	30 + 70
3	PGDYTH 112	Applied Yoga	4	4 Hrs	100	30 + 70
4	PGDYTH 113	Methods of Teaching Yoga & Value Edn.	4	4 Hrs	100	30 + 70
5	PGDYPR 114	Yoga Therapy	2	4 Hrs	50	15 + 35
6	PGDYPR 115	Yoga Practicum III	4	8 Hrs	100	30 + 70
7	PGDYPR 116	Yoga Practicum IV	2	4 Hrs	50	15 + 35
8	PGDYFW 117	Teaching Practice	2	2 Hrs	50	15 + 35
9	PGDYPR118	Internship	2	4 Hrs	50	15 + 35
		Total	28	38 Hrs	700	

CT = Cumulative Test/s; FA = Final Assessment; TH = Theory; PR = Practical; TP = Teaching Practice; IY = Internship on Yoga

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VII. ROGRAMME DETAILS

Subject Title: FOUNDATION OF YOGA

Subject Code: PGDYTH 101

Objectives:

- i. To give an introduction of yoga
- ii. To give a brief introduction of Indian Philosophy
- iii. To give a brief history and the basis different yoga traditions

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : NA	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

Unit-1: General introduction to yoga

[10 Hrs.]

Brief introduction to origin of Yoga, Psychological aspects leading to origin of yoga, Mythological concepts; History and Development of Yoga: prior to the Vedic period, Vedic period, Pre-classical period, Classical period, Medieval period, modern period and contemporary period; Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions of Yoga; Brief about Streams of Yoga (Jnana yoga, Bhakti yoga, Karma yoga, Raja yoga); Principles of Yoga, Importance of Yoga.

Unit - 2: General introduction to Indian philosophy

[05 Hrs.]

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

Unit - 3: Brief about Yoga in texts – I

[15 Hrs.]

General introduction to Vedas and Upanishads, Yoga in Principal Upanishads, Yoga in Yogopanishad; Introduction to Epics and Smriti- yoga in Ramayana (Aranya kand), Mahabharata (Shanti parva) and Yajnavalkya Smriti. Yoga in Narada Bhaktisutra and Yoga in the Literature of Saints- Kabirdas, Tulasidas and Surdas.

Unit-4: Brief about Yoga in texts – II

[15 Hrs.]

Introduction to Puranas, Yoga in Purana (Bhagavat Purana); Yogic perspective to Shad-darshanas; Emphasis to Vedantic approach of Shankara, Ramanuja, and Madhva; General introduction to Agamas, Tantras and classification of Tantras, Concept of Shiva and Shakti, Yoga of Shaiva Siddhanta; Yoga in Shakta Tantra.

Unit-5: Brief about Yoga in texts – III

[15 Hrs.]

General Introduction to Non-Vedic Schools of Indian Philosophy: Jainism, Buddhism, etc.; Introduction to Jainism, Anekantavada (Syadvada), Concept of Tri-ratnas, Concept of Kayotsarga (Preksha-dhyana). Yoga in Jaina darshana; Introduction to Buddhism: Introduction to Buddhism, Skandha-vada, Concept of Arya-satya or Four Noble Truths, Arya-astangikamarga or

Dattaj

Gok.

Noble-eight-fold-path (Bouddha-Yoga); Introduction to Sufism: Meaning and Characteristic features of Sufism, Elements of Yoga in Sufism, Sufi Meditation Techniques.

TEXT BOOKS:

TEXT BOOKS 1. Lal Basant Kumar : Contemporary Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd, Delhi, 2013

2. Dasgupta S. N : History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012

3. Singh S. P : History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010

4. Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010.

5. Lajpat, Rai & others : Meditation, Anubhava Rai Publications, Gurgaon, 1999

REFERENCE BOOKS:

1. Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010

2. Swami Bhuteshananda : Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009

3. Hiriyanma M : Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009

4. Hiriyanma M: Essentials of Indian Philosophy, Motilal Banarsidas, Delhi, 2008

5. Radhakrishnan S: Indian Philosophy, Oxford University, UK (Vol. I & II) II Edition, 2008

6. Max Muller K. M : The six system of Indian Philosophy, Chukhambha, Sanskrit series, Varanasi, 6th Edition, 2008

7. Swami Niranjanananda Saraswati : Dharana Darshan, Yoga Publications Trust, 1996, Munger, Bihar, India,

8. Lajpat, Rai: Discovering Human Potential Energy, Anubhava Rai Publications, Gurgaon, 1999)

9. Parragon: World Religion, Parragon Publishing India



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Subject Title: HATHA YOGA

Subject Code: PGDYTH 102

Objectives:

- i. To give an introduction of Hatha yoga
- ii. To give an understanding of the prerequisites of Hatha Yoga
- iii. To introduce the principles of Hatha Yoga
- iv. To introduce essential Hatha Yoga text

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	4	0	0
Hours/ week	4	0	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical : NA	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30	NA	NA

Unit-1: HATHA YOGA ITS PHILOSOPHY AND PRACTICES

[15 Hrs.]

Hatha Yoga, its meaning, definition, aims & objectives, misconceptions, obstacles (vighna) and helps (sahayaka) in Hatha Yoga as in Hatha Yoga Pradépika; The Origin of Hatha Yoga, Hatha Yogic Literature, Hatha Yogic Practices as explained in Hatha Yoga Pradépika (HYP); Concept of Mata, Rules & Regulations to be followed by the Hatha Yoga Practitioner, concept of Mitahara, Pathya and Apathya ; Hatha Yogic parampara. Brief introduction to Great Hatha Yogés of Natha Cult and their contributions to Yoga. Relationship between Hatha Yoga & Raja Yoga.

Unit-2: HATHA YOGA PRACTICES: SHODHANA-KRIYAS AND ASANAS

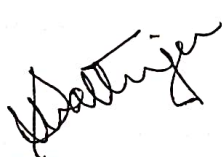
[15 Hrs.]

SHodhana-kriyas, SHodhana-kriyas in Hatha Yoga Pradépika & in Gheranò Samhita and their techniques, benefits and precautions; Role of SHodhana-kriyas in Yoga Sadhana and their importance in Modern day life; Yogasana: its' definition, Salient features and importance in Hatha Yoga Sadhana; Asanas in Hatha Yoga Pradépika and Gheranò Samhita: their techniques, benefits, precautions and importance.

Unit-3: HATHA YOGIC PRACTICES: PRANAYAMA, BANDHAS AND MUDRAS

[15 Hrs.]

Pranayama – Machanism of correct breathing, Yogic deep breathing, Concept of Püraka, Kumbhaka and Recaka; The concept of Prana, Kinds of Prana and Upa-pranas, Pranayama and its importance in Hatha Yoga Sadhana, Nadishodhana Pranayama, its technique and importance, Pre-requisites of Pranayama; Pranayama practices in Hatha yoga pradépika and Gheranò Samhita, their techniques, benefits and precautions, Hatha Siddhi Lakshanam; Bandhas and role of Bandhatrayas in Yoga Sadhana; Fundamental Mudras in HYP and G.S, Their techniques, benefits and precautions.



Unit-4: HATHAYOGA PRACTICES: PRATYAHARA, NADANUSANDHANA AND SVARODAYA JNANA

[15 Hrs.]

Concept of Pratyahara, Dharana and Dhyana in Gheranda Samhita and their techniques & benefits; Concept of Samadhi in Hatha-yoga Pradépika, Samadhi Lakshanam and Hatha Yoga Siddhi Lakshanam; The concept of Nada, Four Avasthas (stages) of Nadanusandhana, and its Siddhis; Svara, Importance of Svarodaya-jnana in Yoga Sadhana with special reference to Jnana Svarodaya and Shiva Svarodaya ; Introduction to Basic Hatha Yoga Texts: Basic Hatha Yogic Texts : their nature and objectives, Siddhasiddhantapaddhati, Goraksha Samhita, and Shiva Samhita, Hatha Pradeepika, Gheranda Samhita, Brief introduction to Hatha Rathnavali.

TEXT BOOKS

1. I. K. Taimini : The Science of Yoga, (The Theosophical, Publishing House, Adyar Chennai 2005)
2. Swami Satyananda Saraswati : Hatha Yoga, Pub: BSY Mungher

BOOKS FOR REFERENCE:

1. Woods, J.H. : The Yoga System of Patanjali, M.L.B.D., Delhi, 1988
2. Swami Vivekananda: Rajayoga, Advaita Ashram, Culcutta, 2000
3. Iyengar B.K.S. : Light on Patanjali Yoga (New York, Schocken Books, 1994)
4. Swami Sri Omanandatirtha: Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur, 1994
5. Swami Anant Bharati : Patanjali Yoga Shasta- a study (Hindi), Swami Keshwananda Yoga Sangthan, Delhi, 1982
6. Burley, Mikel: Hatha Yoga, Its' Context Theory and Practice (M.L.B.D. Delhi, 2000)
7. Ghosh, Shyam: The Original Yoga, Munshiram Manoharlal, New Delhi, 1999
8. Burnier, Radha: Hathayoga Pradipika of Svatomarama, The Adyar Library publications, Chennai. 2000
9. Woodroffe, Sir John: The Serpent power (Ganesh & Company, Madras, 2000)


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Subject Title: HUMAN ANATOMY & PHYSIOLOGY

Subject Code: PGDYTH 103

Objectives:

- i. To give a basic understanding of the human anatomy
- ii. To give a basic understanding of the human physiology
- iii. To give a deeper understanding of the human systems

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	4	0	0
Hours/ week	4	0	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical : NA	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30	NA	NA

**Unit-1: INTRODUCTION TO HUMAN ANATOMY AND PHYSIOLOGY,
DIGESTIVE AND EXCRETORY SYSTEM**

[12 Hrs.]

Introduction to Human Anatomy and Physiology, Basic Anatomical and Physiological terms; Cell: Structure & Functions, different cell organelles and their functions; Tissues and Organization of human system; Introduction to Support Systems; Defense System and Concept of Homeostasis; Gross anatomy of digestive system and GI Tract, Physiology of digestion, assimilation & peristalsis. Metabolism and types. Role of Yoga in proper digestion and gut physiology.

Unit-2: MUSCULO-SKELETAL SYSTEM

[12 Hrs.]

The Skeletal System: Skeleton, Functions of skeleton, Classification of bones, Study of joints; Structure and function of a Synovial joint; The Muscular System: Types of Muscles in the body; the characteristics, structure and functions of The Skeletal Muscles, Smooth Muscles and Cardiac Muscles. Musculoskeletal physiology and yoga.

**Unit-3: CARDIOVASCULAR SYSTEM, RESPIRATORY SYSTEM, BLOOD AND
LYMPHATIC SYSTEM**

[12 Hrs.]

Functional anatomy of the Heart, arteries, veins and capillaries; The organization of systematic and pulmonary circulation, the cardiac cycle; Blood: Composition and Functions, Blood groups and their importance; Cardiac output and Venous return; Blood pressure and Regulation of blood pressure; Gross anatomy of the respiratory passage. The process of Respiration, Lungs volumes & capacities, Mechanics of breathing and exchange of gas in alveoli; 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 immune system. Cardiovascular and cardiorespiratory health and yoga.

Immune system, lymphatics and yoga.

Unit-4: NERVOUS SYSTEM & SPECIAL SENSES, ENDOCRINE SYSTEM

[12 Hrs.]

Components of nervous system: Neuron and its types, nerves and their types, structure and properties. Brain: Lobes of the brain and their functions, 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]; Functional anatomy and physiology of Eyes, ears, nose, tongue and skin; Anatomical structure of important endocrine glands (Pituitary, thyroid, parathyroid, pancreas, adrenal and gonads); Short anatomy of the hypothalamus and the releasing hormones secreted from it; Structure and function of anterior and posterior Pituitary; Function of thyroid, parathyroid, supra renal and islets of Langerhans. Yogic point of view on proper working of nervous and endocrine system with special senses and hormones.

Unit 5: REPRODUCTIVE SYSTEM

[12 Hrs.]

Functional anatomy male reproductive system and its function. Spermatogenesis; Functional anatomy of female reproductive system and its function. Ovarian hormones, menstruation, pregnancy, parturition and lactation. Reproductive health and yoga. Benefits of Various asana and pranayama on different parts of the human body

TEXT BOOK

1. Evelyn C Peace : Anatomy and Physiology for Nurses (Jaypee Brothers, New Delhi, India, 1997)

REFERENCE BOOKS

1. Gore, M.M.: Anatomy and Physiology of Yogic practices (Kanchan Prakshan, Lonavala, 2003)
2. Shirley Telles: A Glimpse of the Human body. (V K YOGAS, Bangalore, 1995)
3. Sri Krishna: Notes on Structure and Functions of Human Body and Effects of Yogic practices on it (Kaivalyadhama S.M.Y.M Samiti, Lonavala, 1988)
4. Charu, Supriya: Sarir Rachana evam Kriya Vigyan
5. Peter L Williams & Roger Warwic: Gray's Anatomy (Churchill Livingstone, Edinburgh London, 1988))
6. Chatterjee, C.C.: Human Physiology(Vol.I & II) (Medical Allied Agency, Calcutta, 1992)
7. G Gerard J Tortora: Principles of Anatomy and Physiology and Sandra Reynolds (Harper Collins College Publishers, New York, 1992)

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Subject Title: **YOGIC LIFE STYLE**

Subject Code: **PGDYTH 104**

Objectives:

- i. To introduce the essential elements of a yogic life style
- ii. To introduce the concept of health and disease
- iii. To give an understanding of the concept of ill health and their remedies through yoga
- iv. To give an overview of the five sheath human existence

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : NA	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

Unit - 1: CONCEPT OF BODY, HEALTH AND DISEASE

[15 Hrs.]

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Body, Health and Disease in Yoga – Yogic concept of Body from Taittiriya Upanishad, Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi according Yoga Vasistha and remedial measures; Holistic health care through Yoga. Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing

Unit - 2: CAUSES OF ILL HEALTH AND REMEDIAL MEASURES ACCORDING TO PATANJALI

[15 Hrs.]

Potential causes of Ill-health: Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva; Shuddhi Prakriyas in Yoga : Role of Shuddhi Prakriyas in preventive and curative Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

Unit - 3: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING - I

[15 Hrs.]

Dietary regulation according to Hatha yoga and Bhagavadgitha; shatkriyas and tatva shuddhi; Asana for mind body and spirit; Practice for pranamaya kosha – pranayama; Definition of Mental Health & Mental Hygiene & Total Health: Role of yoga for mental

health and hygiene; Indian approach to personality and personality integration Psycho-Social Implications of yoga; Adjustment Personal and interpersonal adjustment through yogic methods Niyamas & Yamas

Unit - 4: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING - II [15 Hrs.]

Attitude change towards yoga through individualized counselling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counselling; the remedial measures; Action in relaxation-the secret of Karma Yoga; Unattached action, not to the fruits of action, equanimity in success and failure. Role of yoga in stress management, Role of yoga in life management.

TEXT BOOK

1. Ghosh, Shyam : The Original Yoga Munshiram Manoharlal, New Delhi, 1999)
2. Jnanananda Bharati : Essence of Yoga Vasishta Pub: Sanata Books, Chennai
3. Hatha Ratnavali : Tirumala Tirupathi Devasthanam, Andhra Pradesh.

REFERENCE BOOKS:

1. Gheranda Samhita : Shri Sadguru Publication, New Delhi.
2. Dr R Nagarathna and Dr H R Nagendra: Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002
3. Dr R Nagarathna and Dr H R Nagendra: Yoga for Promotion of Positive Health Published by SVYP, Bangalore
4. Dr Nagendra H R : The Secret of Action - Karma Yoga, Published by SVYP, Bangalore, 2003
5. Yoga and Mental Health by Prof. R. S. Bhogal

Subject Title: Practicum on Hatha Yoga

Subject Code: PGDYPR105

Objective:

- i. To introduce the practical training on traditional hatha yoga practices

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	0	0	2
Hours/ week	0	0	4
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : NA		Practical : 50	

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