

Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
NA	NA	35	15

### Unit-1. Shatkarma

1. Dhauti (internal cleansing), 2. Basti (yogic enema), 3. Neti (nasal cleansing), 4. Trataka (concentrated gazing), 5. Nauli (abdominal massaging), 6. Kapalbhathi (frontal brain cleansing).

### Unit-2. Asana

1. Siddhasana (adept's pose), 2. Swastikasana (auspicious pose), 3. Padmasana (lotus pose), 4. Bhadrasana (gracious pose), 5. Simhasana (lion's pose), 6. Gomukhasana (cow's face pose), 7. Veerasana (hero's pose), 8. Koormasana (tortoise pose), 9. Kukkutasana (cockrel pose), 10. Uttankoomasana (stretching tortoise pose), 11. Dhanurasana (bow pose), 12. Matsyendrasana (spinal twist pose), 13. Paschimottanasana (back stretching pose), 14. Mayurasana (peacock pose), 15. Shavasana (corpse pose).

### Unit-3. Mudra

1. Maha mudra (the great attitude), 2. Maha vedha mudra (great piercing attitude), 3. Khechari mudra (attitude of dwelling in supreme consciousness), 4. Vipareeta karani mudra (reversing attitude), 5. Vajroli mudra, 6. Shakti chalana mudra (attitude of moving the energy).

### Unit-4. Bandha

1. Jalandhara bandha (throat lock), 2. Uddiyana bandha (abdominal retraction lock), 3. Moola bandha (perineum/cervix retraction lock), 4. Maha bandha (great lock)

### TEXT BOOKS:

1. Swami Muktibodhananda Saraswati Sahay G.S.: Hatha Yoga Pradeepika, Bihar school of yoga publications, Munger, 2000
2. Hatha Yoga Pradeepika of Svamarama, MDNIY Publication, 2013
3. Sharma BR: Jotsna (Comentory of Hatha Yoga Pradeepika) Kaivalyadhama, Lonavala, 2013

### REFERENCE BOOKS:

1. Gharote, M.M. & others: Therapeutic references in Traditional Yoga Texts, the Lonavla Institute, Lonavla, 2010.
2. Gharote ML: Hatharatnavali, The Lonavala Yoha Institute, Lonavala, Pune, IInd Edition, 2009
4. Swami Kuvalyananda & Shukla, S.A.: Gorakshasatkam, Kaivalyadhama, Lonavla, 2006

Subject Title: **Practical on Human Anatomy and Physiology**

Subject Code: PGDYPR106

Objective:

- To introduce a hand on practical training on Human Anatomy and Physiology

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

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Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
NA	NA	35	15

1. Identification of Musculo Skeletal components
2. Anthropometric measurements- height, weight, girth measurements
3. Determination of BMI and WHR
4. Measurement of blood pressure by Auscultatory method
5. Determination of heart rate and its various types.
6. Determination of respiratory rate.
7. Determination of Physical fitness efficiency by Modified Harvard step test.
8. Blood Film Staining
9. Orient with the routine medical tests and examination.
10. Clinical orientation of common ailments.

Subject Title: **YOGA PRACTICUM - I**

Subject Code: PGDYPR107

Objectives:

a. To introduce a regular practice on the following yoga techniques

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 50				
Theory : NA		Practical : 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
NA	NA	70	30	

**Unit-1: Recitation of Mantra**

[10 Hrs.]

Shanti Mantra, Gayatri Mantra, Maha Mrityunjaya Mantra, Om Stavan

**Unit-2. Yogic suksma and sthula vyayama**

[30 Hrs.]

Yogic suksma vyayama (The complete Sequence of 48 yogic exercises)

1. Prarthana (Prayer), 2. Uccarana-Sthala- Tatha- Visuddha-Cakra-Shuddhi (Clearing the Pharynx / throat and voice), 3. Buddhi Tatha Dhrti-Shakti-Vikasaka (Developing the Mind and Will power), 4. Smarana- Shakti- Vikasaka (Developing the Memory), 5. Medha -Shakti-Vikasaka (Developing the Intellect), 6. Netra-Shakti-Vikasaka (Improving the Eye-sight) 7. Kapola-Shakti-Vardhaka (Rejuvenating the Cheeks) 8. Karna-Shakti Vardhaka (Improving the power of Hearing) 9. Griva-Shakti-Vikasaka-1 (Strenghtening the Neck -1) 10. Griva-Shakti-Vikasaka-2 (Strenghtening the Neck -2) 11. Griva-Shakti-Vikasaka-3 (Strenghtening the Neck -3) 12. Skandha- Tatha- Bahu- Mula- Shakti- Vikasaka (Developing the strength of the Shoulder-blades and joints) 13. Bhuja- Bandha- Shakti- Vikasaka (Strenghtening the Upper arms) 14. Kaphoni Shakti- Vikasaka (Strenghtening the Elbows) 15. Bhuja-Balli-Shakti-vikasaka (Strenghtening the

Fore-arms) 16. Purna-Bhuja-Shakti-Vikasaka (Developing the Arms) 17. Mani-Bandha-Shakti-Vikasaka (Developing the Wrists) 18. Kara-Prstha-Shakti-Vikasaka (Developing the back of the Hand) 19. Kara-Tala-Shakti-Vikasaka (Developing the Palms) 20. Angula-Mula-Shakti-Vikasaka (Developing the Finger-Joints) 21. Anguli-Shakti-Vikasaka (strengthening the Fingers) 22. Vaksha-Sthala-Shakti-Vikasaka-1 (Developing the Chest -1) 23. Vaksha-Sthala-Shakti-Vikasaka-2 (Developing the Chest -2) 24. Udara-Shakti-Vikasaka-1 (Developing the Abdominal muscles-1) Ajagari (the Panther exercise) 25. Udara-Shakti-Vikasaka-2 (Developing the Abdominal muscles-2) 26. Udara-Shakti-Vikasaka-3 (Developing the Abdominal muscles-3) 27. Udara-Shakti-Vikasaka-4 (Developing the Abdominal muscles-4) 28. Udara-Shakti-Vikasaka-5 (Developing the Abdominal muscles-5) 29. Udara-Shakti-Vikasaka-6 (Developing the Abdominal muscles-6) 30. Udara-Shakti-Vikasaka-7 (Developing the Abdominal muscles-7) 31. Udara-Shakti-Vikasaka-8 (Developing the Abdominal muscles-8) 32. Udara-Shakti-Vikasaka-9 (Developing the Abdominal muscles -9) 33. Udara-Shakti-Vikasaka-10 (Developing the Abdominal muscles-10) 34. Kati-Shakti-Vikasaka-1 (Strenghtening the back -1) 35. Kati-Shakti-Vikasaka-2 (Strenghtening the back -2) 36. Kati-Shakti-Vikasaka-3 (Strenghtening the back -3) 37. Kati-Shakti-Vikasaka-4 (Strenghtening the back-4) 38. Kati-Shakti-Vikasaka-5 (Developing the strength of the back -5) 39. Muladhara-Cakra-Shuddhi (Toning up the Bowels) 40. Upastha- Tatha- Svadhisthana-Cakra-Shuddhi (Cleansing and toning up the bowels) 41. Kundalini-Shakti-Vikasaka (Developing the power of the Mystic Coil) 42. Jangha-Shakti-Vikasaka-1 (Developing the Thighs-1) 43. Jangha-Shakti-Vikasaka-2 (Developing the Thighs-2) 44. Janu-Shakti-Vikasaka (Strenghtening the Knees) 45. Pindali-Shakti-Vikasaka (Developing the Calves) 46. Pada-Mula-Shakti-Vikasaka (Developing the strength of the soles) 47. Gulpha-Pada-Prstha-Pada-Tala-Shakti-Vikasaka (Developing the strength of the Ankles and the Feet) 48. Padanguli-Shakti-Vikasaka (Developing the Toes).

### Yogic sthula vyayama

1. Rekha-gati (Walking in a Straight line), 2. Hrid-gati (Injanadaur – the Locomotive Exercise), 3. Utkurdana (Jumping Exercise), 4. Urdhva-gati (Upward Movement), 5. Sarvanga-pusti (Developing the Entire body)

### Unit-3. Surya Namaskara, Chandra Namaskara

[10 Hrs.]

### Unit-4. Asana for Beginners Group

[25 Hrs.]

1. Tadasana, 2. Pada Hastasana, 3. Hasta Utthanasana, 4. Kati Chakrasana, 5. Trikonasana, 6. Utkatsana, 7. Dandasana, 8. Ardha Siddhasana, 9. Swastikasana, 10. Samasana, 11. Padmasana, 12. Bhadrasana, 13. Vajrasana, 14. Yoga Mudrasana, 15. Ardha-Ushtrasana, 16. Janusirasana, 17. Vakrasana, 18. Shavasana, 19. Utthana Padasana, 20. Ardha Halasana, 21. Ekapada-Pavanmuktasana, 22. Makarasana, 23. Ekapada-Salabhasana, 24. Bhujangasana, 25. Sarpasana.

### Unit-5. Asana for Intermediate Group

[25 Hrs.]

1. Vrikshasana, 2. Veerabhadrasana, 3. Ardha Chakrasana, 4. Parshva Konasana, 5. Siddhasana, 6. Baddha-Padmasana, 7. Gomukhasana 8. Mandukasana, 9. Shashankasana 10. Ushtrasana, 11. Simhasana, 12. Paschimottanasana, 13. Marichayasana, 14. Ardha-Matsyendrasana, 15. Pavanamuktasana, 16. Sarvangasana, 17. Halasana, 18. Setubandhasana, 19. Karna pithasana, 20. Matsyasana, 21. Salabhasana, 22. Naukasana. 23. Dhanurasana,

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### Unit-6. Asana for Advanced Group

[20 Hrs.]

1. Garudasana, 2. Padangusthasana, 3. Chakrasana, 4. Vatayanasana, 5. Natarajasana, 6. Utthita-Padmasana, 7. Garbhasana, 8. Kapotasana, 9. Kukkutasana, 10. Matsyendrasana, 11. Mayurasana, 12. Sirshasana.

#### TEXT BOOKS:

1. Sri Ananda : The Complete book of Yoga, Orient Course Backs, Delhi, 2003.
2. Swami Dharendra Bhramhachari: Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980
3. Swami Dharendra Bhramhachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1966
4. Swami Kuvalyananda:Asana, Kaivalyadhama, Lonavla, 1983
5. Swami Satyananda Saraswati:Asana, Pranayama, Bandha, Mudra,Bihar School of Yoga, Munger, 2005-06

#### REFERENCE BOOKS

1. Tiwari, O.P. : Asana Why and How? Kaivalyadhama, Lonavla.
2. Iyengar, B.K.S.:Light on Yoga,Harper Collins Publishers, 2009

Subject Title: **YOGA PRACTICUM - II**

Subject Code: PGDYPR108

Objectives:

- a. To introduce a regular practice on the following yoga techniques

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : NA		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
NA	NA	35	15	

#### Unit-1: Preparatory Breathing Practices

[10

Hrs.]

Natural Breathing, Abdominal (or diaphragmatic) Breathing, Thoracic Breathing, Clavicular Breathing, Yogic Breathing.

#### Unit-2: Pranayama

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[20 Hrs.]

Nadi Shodhana Pranayama (psychic network purification): Technique 1: Same Nostril

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Breathing, Technique 2: Alternate Nostril Breathing, Technique 3: Alternate Nostril Breathing with Antar kumbhak (inner retention), Technique 4: Alternate Nostril Breathing with Antar and Bahir Kumbhaka (internal and external retention).

**Unit-3: Pranayama (with Antar & Bahya Kumbhaka)**

[20

Hrs.]

Vitalizing Pranayama: Surya-bheda, Ujjayi, Bhastrika Pranayama. Tranquilizing Pranayama: Chandra-bheda, Bhramari Pranayama. Balancing Pranayama: Anulon-vilom. Cooling Pranayama: Shectali Pranayama, Shitkari Pranayama.

**Unit-4: Mudra**

[10

Hrs.]

Tadagi, Navo, Mandavi, Kaki, Asvini, Sambhavi mudra; Hasta mudra- Anjali, Chin, Jnana, Vitarag, Shanmukhi Mudra.

**TEXT BOOKS:**

1. Saraswati, Swami Satyanand: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2009.
2. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009
3. Saraswati, Swami Niranjananda: Gheranda Samhita, Bihar School of Yoga, Munger, 2012

**REFERENCE BOOKS:**

1. Swami Kuvalyananda: Pranayama, Kaivalyadhama, Lonavla, 2005
2. Nagendra, H.R : The art and Science of Pranayama, Swami Vivekananda Yoga Prakashan, 2005, Bangaore.
3. B.K.S Iyenger: Light on Pranayama, Aquarian/Thorsons, 1992

Subject Title: **ASSIGNMENTS & SELF APPRAISALS**

Subject Code: **PGDYAS109**

Objectives:

- i. To introduce the principles of teaching yoga
- ii. To introduce class and lesson management
- iii. To help overcome obstacles in self-practice through self-appraisals
- iv. To assess through regular viva voce and help deepen the understanding of yoga

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	0	0	2
Hours/ week	0	0	4

**SCHEME OF EXAMINATION**

Total Marks: 50			
Theory : NA		Practical : 50	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
NA	NA	NA	50

1. Student will submit four assignments based on each theory paper of 1<sup>st</sup> semester. Each assignment will carry 10 marks.
2. A Viva-Voce – 10 Marks

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Semester- II

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Subject Title: ESSENCE OF PRINCIPLE UPANISHADS AND BHAGAVAD GITA  
Subject Code: PGDYTH 110

Objectives:

- i. To teach the essence of the principal Upanishads
- ii. To teach the essence of the Bhagavad Gita

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

**UNIT - 1: ESSENCE OF PRINCIPAL UPANISHADS- I**

[15

Hrs.]

Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava. Kena Upanishad: Self and the Mind; Intuitive realization of the truth; Moral of Yaksha Upakhyana. Katha Upanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization. Prashna Upanishad: Concept of Prana and rayi (creation); Panchapranas; The six main questions.

**UNIT - 2: ESSENCE OF PRINCIPAL UPANISHADS- II**

[15 Hrs.]

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. Mandukya Upanishad: Four States of Consciousness and their relation to syllables in Omkara. Aitareya Upanishad: Concept of Atma, Universe and Brahman. Taittiriya Upanishad: Concept of Pancha Kosha; Summary of Shiksha Valli, Ananda Valli, Bhriuvalli. Chhandogya Upanishad: Om (udgitha) Meditation; Shandilyavidya. Brihadaranyaka Upanishad: Concept of Atman and Jnana Yoga; Union of Atman and Paramatman

**UNIT - 3: YOGA IN BHAGAVAD GITA- I**

[15

Hrs.]

General Introduction to Bhagavad Gita, Definitions of Yoga, their relevance & Scope; Essentials of Bhagavad Gita - meanings of the terms Atmaswarupa, Stithaprajna, Sankhya Yoga (Chpt.II), Karma Yoga (Chpt.III), Samnyasa Yoga and Karma Swarupa (Sakama and Nishkama) Samnyasa, Dhyana Yogas (Chpt. VI);

**UNIT - 4: YOGA IN BHAGAVAD GITA- II**

Hrs.]

Types of Bhakta (Chpt. VII) Nature of Bhakti (Chpt.XII), Means and End of Bhakti-Yoga; The Trigunas and nature of Prakriti; Three Kinds of Faith. Food for Yoga-Sadhaka, Classification of

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food (Chpt.XIV & XVII) Daivasura-Sampad-Vibhaga Yoga (Chpt.XVI);Moksa-SamnyasaYoga (Chpt. XVIII).

**TEXT BOOKS:**

1. Holy Geeta : Swami Chinmayananda, Central Chinmayananda Mission Trust, 1992, Mumbai.
2. Swami Ranganathananda: Message of Upanishads, Bharatiya Vidya Bhavan, Bombay, 1985
3. Swami Tapasyananda : The Holy Gita-the Science of Life, Pub: RK Mission, Chenn

**REFERENCE BOOKS:**

Eknath Easwaran: The Bhagavad-Gita (Classics of Indian, Spirituality) (Nilgiri Press; 2007)

**Subject Title: PATANJAL YOGA DARSHAN**

**Subject Code: PGDYTH 111**

**Objectives:**

- To teach an overview of the Patanjali Yoga Sutras
- To teach the essence of the Patanjali Yoga Sutras

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

**Unit-1: INTRODUCTION TO PATANJALI'S YOGA SUTRAS, ITS' PHILOSOPHY AND PRACTICES AND MODERN PSYCHOLOGY**

**[15 Hrs]**

Yoga, it's meaning & purpose & a brief introduction to Patanjali's Yoga Sutras and its author; Nature of Yoga according to Patanjali in light of Vyasabhashya and other traditional commentators, Importance of Yoga Sūtra in comparison to other Yogic literature; Concept of Citta, Citta-bhumis, Citta-vrittis, Citta-vritti nirodhopaya (Abhyasa and Vairagya) Citta-Vikshepas (Antarayas), Citta-prasadanam and its' associates; Metaphysics of Saikhya & its' relationship with Yoga Darshana of Patanjali, Philosophical Foundations & Practices of Patanjali's Yogas, its' importance & relevance and Yoga Samanvaya; Concept of mind – eastern and western perspective; psychology principles and methods – TA, etc;

**Unit-2: SAMADHI PADA AND SADHANA PADA**

**[15 Hrs]**

Kriya-yoga, Theory of Kleshas, Nature of Drshta & Drshya and means of elimination of Kleshas/ Vivekakhyati; Types and nature of Samadhi in Yoga Sūtra, Rtambharaprajna and Adhyatmaprasada; Samprajnata, Asamprajnata, Sabija & Nirbija Samadhi, Difference between Samapattis and Samadhi; Concept of Ishvara and qualities of Ishvara.

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