

**Unit-3 : CONCEPT OF VIBHUTI AND KAIVALYA**

[10 Hrs]

Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi; Samyama & three Parinama of Samyama. The concept and description of Ashtha Siddhis; Nature of Kaivalya, Kaivalya in relation to Triguna and Dharmamegha Samadhi; Ashtanga Yoga & Kriya Yoga in Yoga Sutras and their importance & relevance in modern age.

**Unit-4 : PARINAMAS AND THE PERSONALITY TRANSFORMATION**

[10 Hrs]

The critical analysis of the three parinamas; The parinamas as the tool for transformation; The parinamas and the higher states of consciousness; The discussion of parinams in the light of psychology.

**Unit-5: ASTA-SIDHIS, PARA-NORMAL PHENOMENON AND SPIRITUAL TRANSFORMATION**

[10 Hrs]

A critical discussion on Asta-siddhis; A study of para-normal phenomenon; A comparative study of soddhis and para-normal experiences; Spiritual psychosis and spiritual transformation.

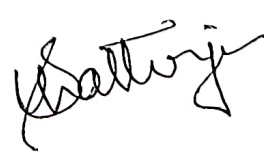

**TEXT BOOKS:**

1. Swami Vivekananda : Rajayoga (Advaita Ashram, Culcutta, 2000).
2. Woods, J.H.: The Yoga System of Patanjali (M.L.B.D., Delhi, 1988)

**REFERENCE BOOKS:**

1. Iyengar B.K.S.: Light on Patanjali Yoga (New York, Schocken Books, 1994)
2. Rukmini T.S.: Yoga Vartika of Vijnanbhikshu (Tr.) Vol I, II, III & IV, Munshiram Manoharlal Pvt. Ltd. New Delhi
3. Swami Omanandatirtha: Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur, 1994
4. Swami Anant Bharati: Patanjali Yoga Shasta- a study (Hindi), Swami Keshwananda Yoga Sangthan, Delhi
5. K. Taimini : The Science of Yoga (The Theosophical Publishing House, Adyar Chennai 2005)

  
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Subject Title: **APPLIED YOGA**

Subject Code: PGDYTH 112

Objectives:

- i. To give an overview of the applications of yoga
- ii. To teach the concept of yoga and psychology
- iii. To teach the concept of yoga and personality development
- iv. To teach the concept of yoga and stress management
- v. To teach the concept of yoga and sports

<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 :</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

**UNIT - 1: YOGA FOR STRESS MANAGEMENT**

[15 Hrs]

Mental Health: Meaning and Importance; Yogic Perspective of Mental Health, Indicators of Mental Health; Stress: Meaning and Definition; Symptoms, Causes and Consequences of Stress; Conflict, Frustration and Pressure; Stress according to Yoga and its management; Avidya cause of stress; Strong likes and dislikes; Recognition is half the solution; Stress levels; Stimulation the pointers of awareness – physical, mental, emotional, intellectual and spiritual level; Depth of perception and expansion of awareness; Group awareness; Progress and tune with nature; Holistic life style for stress management; Solutions through Mandukya karika - Relaxation and stimulation combined as the core for stress management; Stress Management through Patanjali Yoga and Bhagavad Gita.

**UNIT - 2: YOGA FOR PERSONALITY DEVELOPMENT**

[15 Hrs]

*Physical level:* Shat Kriyas (Detoxifying), Asans (Strength), Mudras (steadiness), Pranayama (lightness), Dhyana (perception); *Vital Level:* Pranayama; *Mental level:* Personal discipline, Social Discipline (Yama, Niyama), cultivation of four fold attitudes, Practice of Dharna, Dhyana ; *Emotion level:* Ishwara Pranidhana (Surrendering to the supreme); *Spiritual level:* Practice of Higher states of Meditation (Super consciousness states), Ashta Siddhis

**Unit - 3: YOGA AND SPORTS**

[15 Hrs]

Ideal performance and Peak performance for sport persons; Enhancing Physical capacities: Kriyas, Asanas, Yogic Diet; *Vital Level:* Pranayama (Lung capacity), *Emotional capacity:* Emotional balance through emotional culture (surrender to the Divine); *Mental capacity:* Practice of Karma Yoga and Meditation, spiritual capacity: State of Samadhi through Brahmari Pranayama and effortless Dhyana;

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#### Unit - 4: YOGA FOR CHILDREN'S WITH SPECIAL NEEDS

[15 Hrs]

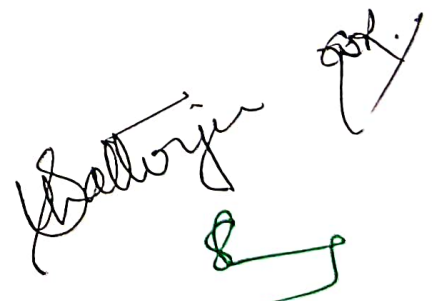
Yoga for Down syndrome, Autism, ADHD, Cerebral Palsy, Learning Disabilities: determining tailor made instructional approach to meet the cognitive, emotional, physical needs of child; Practices which helps in strength, endurance, speed, agility, flexibility, mental and self confidence; emotional behaviour disorder, physical disability; Integrated system of yoga practices to increase cognitive and motor skills in children with learning and developmental disabilities; Warm up or loosening exercises; Strengthening poses Relaxing postures, yogic breathing practices, yogic games - to develop strength, concentration, imagination, confidence.

#### TEXT BOOKS:

1. Nagendra H R & Nagarathna: New perspective of Stress Management, SVYP, 2010
2. Nagendra H R & Nagarathna: Personality Development Series, SVYP, 2012

#### REFERENCE BOOKS:

1. Basavaraddi I V: Yoga: Teachers manual for school children, MDNIY New Delhi , 2010
2. Basavaraddi I V: Yoga in School Health, MDNIY New Delhi, 2009
3. Jayadev H J: Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004
4. Swati & Rajiv Chanchani : Yoga for Children: A complete illustrated guide to Yoga, UBS Publishes Distributors Pvt. Ltd, 2008
5. Nancy Williams : Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007
6. Yoga for the Special Child: A Therapeutic Approach for Infants and Children with Down Syndrome, Cerebral Palsy, and Learning Disabilities, Special Yoga Publications, 1998
7. Yoga therapy for every Special Child, Singing Dragon London and Philadelphia, 2010



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Subject Title: **METHODS OF TEACHING YOGA AND VALUE EDUCATION**

Subject Code: **PGDYTH 113**

Objectives:

- i. To teach teaching techniques to the students
- ii. To teach class management and lesson planning
- iii. To introduce educational tools of yoga teaching
- iv. To teach the concept of yoga education and values

<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 :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

**Unit 1: PRINCIPLES AND METHODS OF TEACHING YOGA**

[15 Hrs]

Teaching and Learning: Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Guru; Yogic levels of learning, Vidyarthi, Shishya, Mumuksha; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training

**Unit 2: BASICS OF YOGA CLASS MANAGEMENT**

[15 Hrs]

Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group); Techniques of Individualized; Teaching Techniques of group teaching; Techniques of mass instructions; Organization of teaching (Time Management, Discipline etc.)

**Unit 3: LESSON PLANNING IN YOGA**

[15 Hrs]

Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan; Action Research of Yoga: Meaning, Roles, Steps in action research in Yoga Teaching; Effective use of Library and other resources; Lesson Plan and its Practical applications

**Unit 4: EDUCATIONAL TOOLS OF YOGA TEACHING**

[15 Hrs]

Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc; Class room problems: Types and Solutions, Characteristics and essentials of good Yoga teaching; Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teaching; Meaning, Importance and Types of Educational technology; Role of Educational Technology in Yoga

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## Unit 5: YOGA AND VALUE EDUCATION

[15 Hrs]

Concept of Value, Definition of value, Types of Values; Value Oriented Education, Value- education and its components; Value oriented personality, Role and function of values in Society; Yoga as global value, Yoga as value and yoga as Practice; Contribution of Yoga towards the development of values

### TEXT BOOKS

1. Swami Satyananda Saraswati: Yoga Education for Children, Bihar Schools of Yoga, Munger, 1990

### BOOKS FOR REFERENCE

1. Dr. Gharote M L: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007
2. Dr. Shri Krishna: Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009
3. Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi
4. Duggal, Satyapad : Teaching Yoga, The Yoga Institute, Santacruz, Bombay, 1985
5. Nagendra, H.R. and Nagaratna R : New Perspectives in Stress Management, V.K.Yogas, 1988
6. Swami Satyananda Saraswati: Yoga Education for Children, Bihar Schools of Yoga, Munger, 1990
7. Gawande, E.N.: Value Oriented Education, Sarup & Sons, New Delhi – 110002
8. Gharote, M.L.: Yoga Applied to Physical Education Lonavala; Kaivalyadhama.
9. Dr R Nagarathna & Dr H R Nagendra :Integrated Approach of Yoga Therapy for Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2003

Subject Title: **YOGA THERAPY**

Subject Code: PGDYPR114

Objectives: To know the application of yoga practices on Human Mind-Body systems

Unit 1: Yogic practices for Obesity Management

Unit 2: Yogic practices for Diabetes Mellitus

Unit 3: Yogic practices for Cardiovascular Diseases: Hypertension and Dyslipidemias

Unit 4: Yogic practices for Musculoskeletal Diseases: Arthritis and Back Pain

Unit 5 : Yogic practices for Anxiety and depression

Subject Title: **YOGA PRACTICUM - III**

Subject Code: PGDYPR115

Objectives:

- i. To help maintain the yoga practice or Sadhana
- ii. To teach yoga modules specific to Physical Stamina, Voice Culture, Eye sight, Memory, Concentration, Creativity, IQ, Anger Management

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Total Number of Hours:	Theory	Tutorial	Practical
Credits	0	0	4

Hours/ week 120	0	0	8
<b>SCHEME OF EXAMINATION</b>			
Total Marks: 100			
<b>Theory : NA</b>		<b>Practical : 100</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
NA	NA	70	30

**Unit 1: Yogic Practices for Eye Health**

[30 Hrs.]

Exercise 1: Palming Exercise 2: Blinking Exercise 3: Sideways viewing Exercise 4: Front and sideways viewing Exercise 5: Up and down viewing Exercise 6: Rotational viewing Exercise 7: Preliminary Nasikagra Drishti (preliminary nose tip gazing) Exercise 8: Near and distant viewing. Trataka.

**Unit 2: Yogic Practices for voice culture**

[30 Hrs.]

AUM chanting, Ujjayi Pranayama, Jalandhar bandha

**Unit 3: Yogic Practices for Memory and Concentration**

[30 Hrs.]

Uttanasana, Prasarita Padottanasana, Adho Mukha Shvanasana, Salamba Shirshasana, Urdhva Dhanurasana, Salamba Sarvangasana, Halasana, Karnapidasana, Chatuspadasana, Setu Bandha Sarvangasana, Anulom- vilom, Bhramari Pranayama, Trataka.

**Unit 4: Yogic Practices for recovery from fatigue**

[30 Hrs.]

Inverted asanas, Supine asanas, Shavasana

**TEXT BOOKS:**

1. Saraswati, Swami Satyanand: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2009.
2. Dr H R Nagendra, Dr R Nagarathna: Yoga for Personality Development Series, Published by SVYP, 2013

Subject Title: **YOGA PRACTICUM - IV**

Subject Code: **PGDYPR116**

Objectives:

1. To get the practical experience and training to teach Advance Yoga techniques

<b>Total Number of Hours:</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		0	0	2
Hours/ week		0	0	4
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 50				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
NA	NA	35	15	

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**Unit-1: Practices leading to Meditation****[20 Hrs.]**

Pranav and Soham Japa, Ajapa Dharana, Practices leading to Breath Meditation, Practices leading to Om Meditation, Practices leading to Vipassana Meditation, Practices leading to Preksha Meditation.

**Unit-2: Different Meditational techniques****[40 Hrs]**

Cyclic Meditation Technique, Mindfulness Stress Reduction Technique, Vipassana Meditation, Preksha Meditation, Mind Sound Resonance Technique, Yoga Nidra, Heartfulness Meditation.

**TEXT BOOKS:**

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

Dr H R Nagendra, Dr R Nagarathna, Advance Yoga Techniques series, Published by SVYP, 1998

H .R Nagendra: New perspective of stress management; Swami Vivekananda Yoga Prakashan, Bangalore, 1999

**REFERENCE BOOKS:**

Saraswati, Swami Satya Nand: Meditation from Tantras, Yoga Publication Trust, Munger, 2004

Sarswati, Swami Niranjananand: Dharana Darshan, Yoga Publication Trust, Munger, 2003

Krishnamacharya, T.: Dhyanamalika, KYM, Chennai, 2005

Swami Satyananda: Yoganidra, Yoga Publication Trust, Munger, 1998

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

H R Nagendra: Mind sound relaxation resonance technique; Swami Vivekananda Yoga Prakashan, Bangalore, 1999

Subject Title: **TEACHING PRACTICE**

Subject Code: **PGDYTP117**

Objectives:

1. To inculcate the practise of teaching with a teaching internship to junior students in certificate and post-graduate diploma programmes

Total Number of Hours: 60		Theory	Tutorial	Field Work
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : NA		Practical : 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
NA	NA	35	15	

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1. Practice Teaching lesions on Surya Namaskar, Kriya, Asana, Pranayama and Meditation.
2. One final lesson on yoga.

Subject Title: **INTERNSHIP ON YOGA**

Subject Code: **PGDIY118**

Objectives:

1. To inculcate the practice of teaching with a teaching internship to junior students in certificate and post-graduate diploma programmes

Total Number of Hours: 60		Theory	Tutorial	Field Work
Credits		0	0	2
Hours/ week		0	0	4
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : NA</b>			<b>Practical : 100</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
NA	NA	35	15	

1. Yoga teaching at schools/ colleges/ university departments
2. Hand on yoga treatment in health centers/ clinics/ hospitals

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