



Scheme of Examination and Syllabus for
Post Graduate Programme
POST GRADUATE DIPLOMA IN YOGA
[PGDY] (1 year, Semester System)

Year (semester-I & II)
Ordinance governing PG Programme as per NEP, 2020
Scheme for Affiliated Colleges
(Post Graduate Diploma in <discipline/subject>programme)
SEMESTER SYSTEM
Under Learning Outcome Based Curriculum Framework-Choice Based Credit System
(LOCF-CBCS) as per NEP-2020
To be implemented w.e.f. Academic Session 2025-26



Department of Yoga Science
Guru Jambheshwar University of Science & Technology Hisar-125001,
Haryana (A+ NAAC Accredited State Govt. University)



Guru Jambheshwar University of Science and Technology Hisar-
125001, Haryana
(A+ NAAC Accredited State Govt. University)



Scheme of Examination & Syllabus
 According to National Education Policy-2020
 Scheme for Affiliated Colleges
 PGDY

Semester-I								
Type of Course	Course Code	Nomenclature	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (hours)
Discipline Specific Courses (DSC)	P25YOG101T	Fundamentals of Yoga	4	4	30	70	100	3
	P25YOG102T	Principles of Hathpradipika & Gherand Samhita	4	4	30	70	100	3
	P25YOG103T	Yogic Diet and Nutrition	4	4	30	70	100	3
	P25YOG104T	Human Anatomy & Physiology of Yogic Practices	4	4	30	70	100	3
Practicum	P25YOG105P	Yoga Practical-I Lab	3	6	25	50	75	3
	P25YOG106P	Yoga Practical-II Lab	3	6	25	50	75	3
VAC	To be opted from the pool of VAC		2	2	15	35	50	2

Semester-II								
Type of Course	Course Code	Nomenclature	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (hours)
Discipline Specific Courses (DSC)	P25YOG201T	Patanjal Yogsutra	4	4	30	70	100	3
	P25YOG202T	Shrimad Bhagwad Geeta and Samkhya Karika	4	4	30	70	100	3
	P25YOG203T	Alternate Therapy	4	4	30	70	100	3
Practicum	P25YOG204P	Yoga Practical-III Lab	3	6	25	50	75	3
	P25YOG205P	Yoga Therapy and Lesson Plan Lab	3	6	25	50	75	3
Seminar	P25YOG201S	Seminar	2			50	50	
Internship	P25YOG201I	Internship	4			100	100	

Semester-I
PGDY
Discipline Specific Courses (DSC)
Fundamentals of Yoga

Paper Code: P25YOG101T**60 Hrs (4 Hrs /Week)****Credits: 4****Exam. Time: 3 Hrs****External Marks: 70****Internal Marks: 30****Total Marks: 100**

Note: The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to this, eight more questions will be set consisting of two questions from each unit. The student/candidate is required to attempt five questions in all selecting one from each unit in addition to the compulsory Question No.1. All questions shall carry equal marks. **Question paper will be in both English and Hindi languages.**

Objective: To provide a comprehensive understanding of the origin, evolution, and philosophical foundations of Yoga. It introduces students to both Vedic and non-Vedic traditions, yogic streams, and their significance for personal well-being and global harmony, while addressing common misconceptions and emphasizing Yoga's relevance in contemporary society.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-1: General Introduction to Yoga

- Brief introduction to origin of Yoga. History and Development of Yoga.
- Etymology and Definitions of Yoga.
- Aim and Objectives of Yoga.
- Importance of Yoga.
- Misconceptions about Yoga.
- Need of Yoga for society and World peace.

इकाई-1: योग का सामान्य परिचय

- योग की उत्पत्ति का संक्षिप्त परिचय।
- योग का इतिहास और विकास।
- योग की व्युत्पत्ति और परिभाषाएँ।
- योग के उद्देश्य और लक्ष्य। योग का महत्व।
- योग के बारे में गलत धारणाएँ।
- समाज और विश्व शांति के लिए योग की आवश्यकता।

Unit-2: Foundations of Yoga and Yoga Traditions

- General introduction to Vedas and Upanishads.
- Concept of Yoga in Ayurveda.
- General introduction to Shad- Darshana.
- Concept of Yoga in Bhagvad Gita.
- Concept of Yoga in Narada Bhakti Sutra.
- Concept of Yoga in Sufism.

इकाई-2: योग और योग परंपराओं की नींव

- वेदों और उपनिषदों का सामान्य परिचय।
- आयुर्वेद में योग की अवधारणा।
- षड-दर्शन का सामान्य परिचय।
- भगवद गीता में योग की अवधारणा।
- नारद भक्ति सूत्र में योग की अवधारणा।
- सूफीवाद में योग की अवधारणा।

Unit-3: Non-Vedic Schools of Indian Philosophy

- Jainism: Introduction to Jainism. Anekantavada (Syadvada. Concept of Tri-Ratnas.
- Concept of Kayotsarga (Preksha- Dhyana).
- Concept of Yoga in Jaina Darshana.
- Buddhism: Introduction to Buddhism. Concept of Arya-Satya or Four Noble Truths.
- Arya-Ashtangik Marga or Noble-eight-fold-path (Baudha-Yoga).
- Charvak: Origin and history.

इकाई-3: भारतीय दर्शन के गैर-वैदिक स्कूल

- जैन धर्म: जैन धर्म का परिचय. अनेकान्तवाद (स्याद्वाद। त्रि-रत्नों की अवधारणा।
- कायोत्सर्ग (प्रेक्षा-ध्यान) की अवधारणा।
- जैन दर्शन में योग की अवधारणा।
- बौद्ध धर्म: बौद्ध धर्म का परिचय. आर्य-सत्य या चार आर्य सत्य की अवधारणा।
- आर्य-अष्टांगिक मार्ग या नोबल-आठ गुना मार्ग (बौद्ध-योग)।
- चार्वाक : उत्पत्ति और इतिहास.

Unit-4: Yogic Streams

- Concept of Jnana Yoga.
- Concept of Bhakti Yoga.
- Concept of Karma Yoga.
- Concept of Hatha Yoga.
- Concept of Ashtanga Yoga.
- Concept of Naad Yoga.

इकाई-4: योगिक धाराएँ

- ज्ञान योग की अवधारणा।
- भक्ति योग की अवधारणा।
- कर्म योग की अवधारणा।
- हठ योग की अवधारणा।
- अष्टांग योग की अवधारणा।
- नाद योग की अवधारणा।

Reference Books:

1. Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, Varanasi, 2010.
2. Arya Somveer : Yogasaar. Kitab Mahal Publisher Delhi, 2022.
3. Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009.
4. Swami Vivekananda: Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta.
5. Pandit, M. P.: Introduction to Upanishads: Theosophical Society of India, Adyar, Madras, 1976.

Course Outcomes (COs):

1. **CO1:** The students will be able to recall the historical development, key concepts, and foundational practices of Hatha Yoga and Gheranda Samhita. **(RBT Level: L1 – Remember)**
2. **CO2:** The students will be able to explain the principles, types, and benefits of Shatkriya, Mudra, Bandha, and Pranayama as presented in classical yogic texts. **(RBT Level: L2 – Understand)**
3. **CO3:** The students will be able to apply selected Asanas, Shatkriyas, and Pranayama techniques as per the teachings of Hatha Pradipika and Gheranda Samhita. **(RBT Level: L3 – Apply)**
4. **CO4:** The students will be able to analyze success and failure factors in Hatha Yoga practice and categorize yogic techniques based on their function and effect. **(RBT Level: L4 – Analyze)**
5. **CO5:** The students will be able to create a personalized Hatha Yoga routine incorporating Asana, Pranayama, Mudra, and Meditation for holistic health. **(RBT Level: L6 – Create)**

Semester-I
PGDY
Discipline Specific Courses (DSC)
Principles of Hathpradipika & Gherand Samhita

Paper Code: P25YOG102T**60 Hrs (4 Hrs /Week)****Credits: 4****Exam. Time: 3 Hrs****External Marks: 70****Internal Marks: 30****Total Marks: 100**

Note: The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to this, eight more questions will be set consisting of two questions from each unit. The student/candidate is required to attempt five questions in all selecting one from each unit in addition to the compulsory Question No.1. All questions shall carry equal marks. **Question paper will be in both English and Hindi languages.**

Objective: To enable learners to understand, analyze, and apply the fundamental principles, practices, and philosophies of Hathpradipika and Gherand Samhita for holistic well-being and spiritual development.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-1: Orientation of Hatha Pradipika- I

- Introduction of Hatha Yoga.
- HathaYoga parampara.
- Place of Hatha Yoga Practice.
- Success and failure elements of Hatha Yoga.
- Asanas.
- Mitahara, Pathya and Apathya.

इकाई-1: हठ प्रदीपिका का अभिमुखीकरण- I

- हठ योग का परिचय.
- हठयोग परम्परा.
- हठ योग अभ्यास का स्थान.
- हठ योग की सफलता और असफलता के तत्व.
- आसन.
- मिताहारा, पथ्य और अपथ्य।

Unit-2: Orientation of Hatha Pradipika- II

- Shatkriya- Dhauti, Basti, Neti, Nauli, Trataka, Kapalabhati.
- Types, methods and benefits of Kumbhaka (Pranayama).
- Mudras & Bandhas.
- Nadanusandhana.

इकाई-2: हठ प्रदीपिका का अभिमुखीकरण-II

- षट्क्रिया- धौति, बस्ती, नेति, नौलि, त्राटक, कपालभाति।
- कुम्भक (प्राणायाम) के प्रकार, विधि और लाभ।
- मुद्राएं और बंध.
- नादानुसंधान।

Unit-3: Orientation to Gherand Samhita- I

- Introduction to Gheranda Samhita.
- Concept of Ghata & Ghatasth Yoga.
- Shatkarmas and their classification.
- Asanas (32 asanas).

इकाई-3: घेरण्ड संहिता का अभिमुखीकरण- I

- घेरण्ड संहिता का परिचय।
- घट एवं घटस्थ योग की अवधारणा।
- षट्कर्म एवं उनका वर्गीकरण।
- आसन (32 आसन)।

Unit-4: Orientation to Gherand Samhita- II

- Concept of Mudra and Bandha.
- Concept of Pranayama & its prerequisites.
- Concept of Dhyana.
- Concept of Samadhi.

इकाई-4: घेरण्ड संहिता का अभिमुखीकरण -II

- मुद्रा और बंध की अवधारणा।
- प्राणायाम की अवधारणा और उसकी पूर्वापेक्षाएँ।
- ध्यान की अवधारणा।
- समाधि की अवधारणा।

Reference Books:

1. K.Taimini: The Science of Yoga, (The Theosophical, Publishing House, Adyar Chennai.
2. Swami Satyananda Saraswati : Hatha Yoga, Pub: BSY Munger.
3. Swami Vivekananda: Rajayoga, Advaita Ashram, Culcutta, 2000
4. Iyengar B.K.S. : Light on Patanjali Yoga (New York, Schocken Books, 1994)

Course Outcomes:

1. **CO1:** The students will be able to recall the historical background, key terminologies, and fundamental techniques of Hatha Yoga and Gheranda Samhita. **(RBT Level: L1 – Remembering)**
2. **CO2:** The students will be able to explain the concepts, procedures, and benefits of Shatkriyas, Mudras, Bandhas, and Pranayama as described in classical texts. **(RBT Level: L2 – Understanding)**
3. **CO3:** The students will be able to demonstrate selected Asanas, Shatkriyas, and Pranayama techniques accurately according to Hatha Pradipika and Gheranda Samhita. **(RBT Level: L3 – Applying)**
4. **CO4:** The students will be able to differentiate and analyze the success and failure factors of Hatha Yoga practices and classify Shatkarmas and Asanas based on their functional characteristics. **(RBT Level: L4 – Analyzing)**
5. **CO5:** The students will be able to evaluate the effectiveness of specific Hatha Yoga practices and Mudras in enhancing physical health and mental peace, with justification for daily implementation. **(RBT Level: L5 – Evaluating)**

Semester-I
PGDY
Discipline Specific Courses (DSC)
Yogic Diet and Nutrition

Paper Code: P25YOG103T**60 Hrs (4 Hrs /Week)****Credits: 4****Exam. Time: 3 Hrs****External Marks: 70****Internal Marks: 30****Total Marks: 100**

Note: The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to this, eight more questions will be set consisting of two questions from each unit. The student/candidate is required to attempt five questions in all selecting one from each unit in addition to the compulsory Question No.1. All questions shall carry equal marks. **Question paper will be in both English and Hindi languages.**

Objective: To provide comprehensive knowledge of yogic, Ayurvedic, and modern concepts of diet and nutrition and to enable students to analyze and apply suitable dietary practices for health, well-being, and lifestyle management.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-1: Yogic Concept of Diet and Nutrition

- General introduction of Ahara (Diet).
- Concept of Mitahara.
- Concepts of Diet according to Gherand Samhita & Hath Pradipika.
- Concepts of Diet according to Bhagvad Gita- Rajasika, Tamasika & Satavik food

यूनिट-1: आहार और पोषण की योगिक अवधारणा

- आहार (आहार) का सामान्य परिचय।
- मिताहार की अवधारणा।
- घेरंड संहिता और हठ प्रदीपिका के अनुसार आहार की अवधारणाएँ।
- भगवद गीता के अनुसार आहार की अवधारणाएँ- राजसिक, तामसिक और सात्विक भोजन

Unit-2: Basic Concepts and Component of Food and Nutrition

- Concept and functions of food and their classification.
- Concept of nutrition.
- Macro nutrients, Micro nutrients.
- Fats soluble nutrients, Water soluble nutrients. Significance of carbohydrate, proteins, fats, vitamins, minerals and water in the body.

यूनिट-2: भोजन और पोषण की मूल अवधारणाएँ और घटक

- भोजन की अवधारणा और कार्य तथा उनका वर्गीकरण।
- पोषण की अवधारणा।
- मैक्रो पोषक तत्व, सूक्ष्म पोषक तत्व।
- वसा में घुलनशील पोषक तत्व, जल में घुलनशील पोषक तत्व। शरीर में कार्बोहाइड्रेट, प्रोटीन, वसा, विटामिन, खनिज और जल का महत्व।

Unit-3: Ayurvedic Diet

- Concept of Diet in Ayurveda.
- Diet according to the body constituents (Prakriti)- Vata, Pitta & Kapha.
- Antioxidants and their role.
- Concept of Bhavas and Bhavanas with its relevance in Health and well-being.

यूनिट-3: आयुर्वेदिक आहार

- आयुर्वेद में आहार की अवधारणा।
- शरीर के घटकों (प्रकृति) के अनुसार आहार - वात, पित्त और कफ।

- एंटीऑक्सीडेंट और उनकी भूमिका।
- स्वास्थ्य और कल्याण में इसकी प्रासंगिकता के साथ भावों और भावनाओं की अवधारणा।

Unit-4: The Raw Vegan Diet

- An Introduction, source of the raw vegan diet, their health benefits and importance.
- Age-wise diet plan.
- Diet for sports person

यूनिट-4: कच्चा शाकाहारी आहार

- परिचय, कच्चे शाकाहारी आहार का स्रोत, उनके स्वास्थ्य लाभ और महत्व।
- आयु-अनुसार आहार योजना।
- खिलाड़ियों के लिए आहार

Suggested Readings:

1. Eating Wisely and Well, Ramesh Bijlani, Rupa Publication India Pvt. Ltd, 2012.
2. Human Nutrition and Dietetics, Stanley Davidson & others, The English Language Book Society & Churchill livings, Revised Edition.
3. Arya Dr Somveer : Hathapradipika, Raghav publication New Delhi 2022
4. The Ayurvedic Diet, Dennis Thompson, New age books, New Delhi 2001.

Course Outcomes:

1. **CO1:** The students will be able to recall the classifications and types of food as explained in yogic scriptures like the Bhagavad Gita, Hatha Pradipika, and Gheranda Samhita. **(RBT Level: L1 – Remember)**
2. **CO2:** The students will be able to explain the roles and importance of macronutrients and micronutrients—such as carbohydrates, proteins, fats, vitamins, minerals, and water—in maintaining bodily functions. **(RBT Level: L2 – Understand)**
3. **CO3:** The students will be able to apply the principles of Mitahara, Ayurvedic diet based on Vata, Pitta, Kapha doshas, and age-specific nutritional needs to formulate balanced diet plans. **(RBT Level: L3 – Apply)**
4. **CO4:** The students will be able to differentiate among Sattvic, Rajasic, and Tamasic foods and analyze their effects on both physical health and mental well-being. **(RBT Level: L4 – Analyze)**
5. **CO5:** The students will be able to design customized dietary plans, including raw vegan or sports-specific diets, by considering nutritional requirements, age groups, and individual constitutions (Prakriti). **(RBT Level: L6 – Create)**

Semester-II
PGDY
Discipline Specific Courses (DSC)
Human Anatomy and Physiology of Yogic Practices

Paper Code: P25YOG104T

60 Hrs (4 Hrs /Week)

Credits: 4

Exam. Time: 3 Hrs

External Marks: 70

Internal Marks: 30

Total Marks: 100

Note: The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to this, eight more questions will be set consisting of two questions from each unit. The student/candidate is required to attempt five questions in all selecting one from each unit in addition to the compulsory Question No.1. All questions shall carry equal marks. **Question paper will be in both English and Hindi languages.**

Objective To provide scientific understanding of human body systems and the effects of yogic practices on physiological health and well-being.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

UNIT-I Anatomy and Physiology; शरीर रचना और क्रिया विज्ञान;

- Brief introduction of Anatomy and Physiology of Human Body.
- Introduction to cell and Tissue, types of Muscle,
- The arrangement of bones and skeleton,
- functions of skeleton, Ribs and Vertebral column and the extremities,
- Joints of the body and their types.
- Effect of Yoga training on Muscles and skeleton.
- मानव शरीर की शारीरिक रचना और शरीरक्रिया विज्ञान का संक्षिप्त परिचय।
- कोशिका और ऊतक का परिचय, मांसपेशियों के प्रकार,
- हड्डियों और कंकाल की व्यवस्था,
- कंकाल के कार्य, पसलियाँ और कशेरुका दण्ड तथा अंग,
- शरीर के जोड़ और उनके प्रकार।
- मांसपेशियों और कंकाल पर योग प्रशिक्षण का प्रभाव।

UNIT-II Cardiovascular System; हृदय प्रणाली

- Cardiovascular System: Blood, Blood Circulation,
- Anatomy of Heart,
- Stroke Volume,
- Cardiac output,
- Heart rate,
- Factors affecting Heart rate,
- Effect of yogic training on cardiovascular system.
- हृदय प्रणाली: रक्त, रक्त परिसंचरण,
- हृदय की शारीरिक रचना,
- स्ट्रोक वॉल्यूम,

- कार्डियक आउटपुट,
- हृदय गति,
- हृदय गति को प्रभावित करने वाले कारक,
- हृदय प्रणाली पर योगिक प्रशिक्षण का प्रभाव।

UNIT-III Respiratory System श्वसन तंत्र

- Mechanism of breathing,
- Respiratory Muscles,
- Pulmonary ventilation,
- Alveolar ventilation,
- Mechanics of respiration,
- Ventilation at rest and during exercise.
- Principles of gas exchange,
- Oxygen & carbon-dioxide transport,
- Lung volumes and Lung Capacity.
- Effect of yogic training on respiratory system.
- श्वास लेने की क्रियाविधि,
- श्वसन पेशियाँ,
- फुफ्फुसीय श्वसन,
- वायुकोशीय श्वसन,
- श्वसन क्रियाविधि,
- विश्राम और व्यायाम के दौरान श्वसन।
- गैस विनिमय के सिद्धांत,
- ऑक्सीजन और कार्बन डाइऑक्साइड परिवहन,
- फेफड़ों का आयतन और फेफड़ों की क्षमता।
- श्वसन तंत्र पर योगिक प्रशिक्षण का प्रभाव।

UNIT-IV Digestive system, Excretory system: पाचन तंत्र, उत्सर्जन तंत्र:

- Digestive system: Structure and functions of Digestive system,
- Anatomy and physiology of Digestive organs, Metabolism.
- Excretory system: Structure and function of kidneys and the Skin.
- Effect of yogic training on digestive system and excretory system.
- पाचन तंत्र: पाचन तंत्र की संरचना और कार्य,
- पाचन अंगों की शारीरिक रचना और शरीर क्रिया विज्ञान, चयापचय।
- उत्सर्जन तंत्र: गुर्दे और त्वचा की संरचना और कार्य।
- पाचन तंत्र और उत्सर्जन तंत्र पर योगिक प्रशिक्षण का प्रभाव।

REFERENCES:

1. Amrit Kumar, R Moses (1995) Introduction to Exercise Physiology, Poompohar Pathippagam, Chennai (Tamil Nadu)
2. Beotra Alka (2011) Drug Education Handbook on Drug Abuse in Sports, 8th Edition, National Drug Testing Laboratory, New Delhi.

3. Beotra Alka (2000) Drug Education Handbook on Drug Abuse in Sports, Sports Authority of India, New Delhi.
4. Clarke, D H (1975) Exercise Physiology, Prentice Hall Inc., Englewood Cliffs, New Jersey, USA.
5. David L Costill (2004) Physiology of Sports and Exercise, 6th Edition Human Kinetics Publishers, Champaign, IL 61825-5076, USA
6. Fox E L and Mathews D K (1981) The Physiological basis of Physical Education and Athletics. Sanders College Publishing, Philadelphia, USA

Course Outcomes (COs);

1. **CO1:** The students will be able to recall the basic anatomical structures and physiological functions of major human body systems such as skeletal, muscular, cardiovascular, respiratory, digestive, and excretory systems, along with key concepts in Yoga physiology. **(RBT Level: L1 – Remember)**
2. **CO2:** The students will be able to explain how different systems of the human body operate and how yogic practices such as Asana, Pranayama, and Kriyas influence these physiological processes. **(RBT Level: L2 – Understand)**
3. **CO3:** The students will be able to apply their understanding of human anatomy and physiology to select and implement specific yogic techniques aimed at improving the function of various body systems. **(RBT Level: L3 – Apply)**
4. **CO4:** The students will be able to analyze the interconnection between different physiological systems and examine how dysfunction in one may affect others, using yoga as a tool for holistic assessment and intervention. **(RBT Level: L4 – Analyze)**
5. **CO5:** The students will be able to evaluate the therapeutic role of yogic practices in maintaining health and managing disorders related to the cardiovascular, respiratory, digestive, and excretory systems. **(RBT Level: L5 – Evaluate).**

Semester-I
PGDY
Practicum
Yoga Practical-I Lab

Paper Code: P25YOG105P

90 Hrs (6 Hrs /Week)

Credits: 3

Exam. Time: 3 Hrs

External Marks: 50

Internal Marks: 25

Total Marks: 75

Objective: To equip students with practical knowledge and foundational skills in Yogic practices including Shatkarmas, Asanas, Pranayama, Meditation, and Mantras for personal well-being and teaching proficiency.

Practical record and Viva-Voce: A practical file of all the practices to be prepared by the student during the semester.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

1. Prayers and Mantra प्रार्थना और मंत्र
2. Shuksham Vyayama and Sthula Vyayama शुक्ल व्यायाम और स्थूल व्यायाम
3. Shatkarmas षट्कर्म
 - Dhauti (Kunjal) धौती (कुंजल)
 - Neti (Sutra & Jala) नेति (सूत्र और जल)
 - Kapalbhathi (Vaatkram) कपालभाति (वात्क्रम)
4. Asana (Yogic Postures) आसन (योगिक मुद्राएं)
 - Standing Postures: Tadasana, Triyak-Tadasana, Padahastanasana, Ardha Chakrasana, Trikonasana, Parivritta Trikonasana, Parshvakonasana
 - Sitting Postures: Paschimottanasana, Vajrasana, Ardhamatasyendrasana, Vakrasana, Akarndhanurasana, Gaumukhasana, Ushtrasana, Janu Sirasana.
 - Prone Postures: Bhujangasana, Shalabhasana, Dhanurasana, Makarasana.
 - Supine Postures: Halasana, Chakrasana, Sarvangasana, Matsyasana, Shavasana, Setubandhasana.
 - Balancing Postures: Vrikshasana, Garudasana, Natrajasana.
 - **खड़े होकर किए जाने वाले आसन:** ताड़ासन, त्रिक-ताड़ासन, पादहस्तानासन, अर्ध चक्रासन, त्रिकोणासन, परिवृत्त त्रिकोणासन, पार्श्वकोणासन
 - **बैठ कर किए जाने वाले आसन:** पश्चिमोत्तानासन, वज्रासन, अर्धमत्स्येन्द्रासन, वक्रासन, आकर्णधनुरासन, गौमुखासन, उष्ट्रासन, जानु शीर्षासन।
 - **पेट के बल लेटकर किए जाने वाले आसन:** भुजंगासन, शलभासन, धनुरासन, मकरासन।
 - **पीठ के बल लेटकर किए जाने वाले आसन:** हलासन, चक्रासन, सर्वांगासन, मत्स्यासन, शवासन, सेतुबंधासन।
 - **संतुलन के आसन:** वृक्षासन, गरुडासन, नटराजासन।
5. Pranayama, Dhyana; प्राणायाम, ध्यान;
 - Breathing- Chest & Abdomen श्वास - छाती और पेट
 - Bhastrika भस्त्रिका

- Naadishuddhi नाडीशुद्धि
- Om Meditation ॐ ध्यान

6. Viva-Voce मौखिक परीक्षा

Reference Books:

1. Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha, Bihar Yoga Bharati, Munger, Bihar, India.
2. Yada Dr. Dharambir : Yoga Away of life, Ronak publication delhi, 2023
3. B.K.S. Iyenger: light on Pranayama, Aquarian/ Thorsons, 1992.

Course Outcomes

1. **CO1:** The students will be able to recall the names, sequence, and classifications of yogic practices such as Asanas, Shatkarmas, Pranayamas, and Meditation techniques. **(RBT Level: L1 – Remember)**
2. **CO2:** The students will be able to explain the purpose, techniques, and physiological benefits of selected yogic practices like Neti, Kapalbhata, and Om meditation. **(RBT Level: L2 – Understand)**
3. **CO3:** The students will be able to demonstrate the correct performance of fundamental Shatkarmas, Asanas, and Pranayamas, maintaining proper alignment, breathing, and safety considerations. **(RBT Level: L3 – Apply)**
4. **CO4:** The students will be able to differentiate among various types of Asanas (e.g., standing, sitting, balancing) and assess their suitability based on individual conditions and health needs. **(RBT Level: L4 – Analyze)**
5. **CO5:** The students will be able to develop a personalized and balanced daily Yoga routine that integrates prayer, physical postures, breathwork, and meditation for achieving holistic wellness. **(RBT Level: L6 – Create).**

Semester-I
PGDY
Practicum
Yoga Practical-II Lab

Paper Code: P25YOG106P

90 Hrs (6 Hrs /Week)

Credits: 3

Exam. Time: 3 Hrs

External Marks: 50

Internal Marks: 25

Total Marks: 75

Objective: To equip students with practical knowledge and foundational skills in Yogic practices including Shatkarmas, Asanas, Pranayama, Meditation, and Mantras for personal well-being and teaching proficiency.

Practical record and Viva-Voce: A practical file of all the practices to be prepared by the student during the semester.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

1. Prayers and Mantra प्रार्थना और मंत्र
2. Asanas आसन
 - Standing Postures: Garudasana, Natarajasana, Ardhabaddhapadhasana, Katichakrasana, Hastauttanasana, Parsvatrikonasana.
 - Sitting Postures: Siddhasana, Simhasana, Janushirsasana, Suptavajrasana, Kapotasana, Rajkapotasana, Suptavajrasana, Kukutasana, Mandukasana, Swastikasana, Marjariasana, Baddhapadmasana, Akarandhanurasana. Shirshasana,
 - Prone Postures: Bhujangasana, Vipreetnaukasana, Poorna Dhanurasana. Vipareetakarini, Sarvangasana, Halasana.
 - Supine Postures: Karnapedasana, Chakrasana, Markatasana.
 - Balancing Postures: Bakasana, Mayurasana, Utthitpadmasana, Vatayasana.
 - **खड़े होकर किए जाने वाले आसन** : गरुडासन, नटराजासन, अर्धबद्धपादहस्तासन, कटिचक्रासन, हस्तउत्तनासन, पार्श्वत्रिकोणासन।
 - **बैठकर किए जाने वाले आसन** : सिद्धासन, सिंहासन, जानुशीर्षासन, सुप्तवज्रासन, कपोतासन, राजकपोतासन, सुप्तवज्रासन, कुकुटासन, मंडूकासन, स्वस्तिकासन, मार्जरीआसन, बद्धपद्मासन, आकरधनुरासन, शीर्षासन।
 - **पेट के बल लेटकर किए जाने वाले आसन** : भुजंगासन, विपरीतनौकासन, पूर्ण धनुरासन।
 - **पीठ के बल लेटकर किए जाने वाले आसन** : कर्णपीडासन, चक्रासन, मर्कटासन, विपरीतकारिणी, सर्वांगासन, हलासन।
 - **संतुलन के आसन** : बकासन, मयूरासन, उत्थितपद्मासन, वातायासन।
 - Pranayama प्राणायाम
 - Sheetalī,
 - Sheetkari,
 - Chandrabhedī,
 - शीतली,
 - शीतकारी,
 - चंद्रभेदी,
3. Mudra & Bandha मुद्रा और बंध
 - Mudra: Vipreetkarni, Yogmudra, Mahamudra, Mahaved, Ashwini, Khechari.
 - Bandha: Jalandhar Bandha, Uddiyana Bandha.
 - मुद्रा: विपरीतकर्णी, योगमुद्रा, महामुद्रा, महावेद, अश्विनी, खेचरी।
 - बंध: जालंधर बंध, उड्डीयान बंध।
4. Dhyana ध्यान
 - Preksha Meditation प्रेक्षा ध्यान
 - Yoga Nidra योग निद्रा
5. Viva-Voce मौखिक परीक्षा

Reference Books:

1. Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha, Bihar Yoga Bharati, Munger, Bihar, India.
2. Yadav Dr. Dharambir : Yoga A way of life, Ronak publication delhi, 2023
3. B.K.S. Iyenger: light on Pranayama, Aquarian/ Thorsons, 1992.

Course Outcomes

1. CO1: The students will be able to recall the names, sequence, and classification of yogic practices including Asanas, Shatkarmas, Pranayamas, and Meditation techniques. (RBT Level: L1 – Remember)
2. CO2: The students will be able to explain the purpose, technique, and physiological benefits of selected yogic practices such as Neti, Kapalbhathi, and Om Meditation. (RBT Level: L2 – Understand)
3. CO3: The students will be able to demonstrate proper performance of fundamental Shatkarmas, Asanas, and Pranayamas with emphasis on alignment, breathing, and safety.(RBT Level: L3 – Apply)
4. CO4: The students will be able to differentiate between various types of Asanas (e.g., standing, sitting, balancing) and assess their appropriateness according to individual needs and health conditions. (RBT Level: L4 – Analyze)
5. CO5: The students will be able to develop a balanced daily Yoga routine integrating prayer, physical postures, breathwork, and meditation for promoting holistic well-being. (RBT Level: L6 – Create)

Semester-II
PGDY
Discipline Specific Courses (DSC)
Patanjal Yogsutra

Paper Code: P25YOG201T

60 Hrs (4 Hrs /Week)

Credits: 4

Exam. Time: 3 Hrs

External Marks: 70

Internal Marks: 30

Total Marks: 100

Note: The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to this, eight more questions will be set consisting of two questions from each unit. The student/candidate is required to attempt five questions in all selecting one from each unit in addition to the compulsory Question No.1. All questions shall carry equal marks. **Question paper will be in both English and Hindi languages.**

Objective: To enable students to comprehend and apply the philosophical principles of Patanjali's Yoga Sutras with reference to the four chapters—Samadhi Pada, Sadhana Pada, Vibhooti Pada, and Kaivalya Pada—for self-discipline, mental clarity, and spiritual growth.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-1: Samadhi Pada

- Meaning, definition and purpose of Yoga.
- Chitta and its various stages (Chitta-Bhumis).
- Concepts of vrittis.
- Chitta- Prasadana.
- Concept of Samadhi: Samprajnata and Asamprajnata.
- Concept of Ishwar and its qualities.
- Obstacles and its removal.

इकाई-1: समाधि पाद

- योग का अर्थ, परिभाषा और उद्देश्य।
- चित और इसके विभिन्न चरण (चित-भूमियाँ)।
- वृत्तियों की अवधारणाएँ।
- चित-प्रसादन।
- समाधि की अवधारणा: संप्रज्ञात और असम्प्रज्ञात।
- ईश्वर की अवधारणा और उसके गुण।
- बाधाएँ और उनका निवारण।

Unit-2: Sadhana Pada

- Concept of Kriya Yoga and Kleshas.
- Concept of Dukhavada : heya, hetu, hana & hanopaya.
- Ashtanga Yoga : Yama, Niyama, Asana, Pranayama & Pratyahara.

इकाई-2: साधना पाद

- क्रिया योग की अवधारणा और पंच क्लेश.
- दुःखावदा की अवधारणा: हेय, हेतु, हाना और हनोपया।
- अष्टांग योग: यम, नियम, आसन, प्राणायाम और प्रत्याहार।

Unit-3: Vibhooti Pada

- Concept of Sanyama.
- Concept of Dharna.
- Concept of Dhyana.
- Concept of Samadhi.
- Concept of Parinama.

- Concept and kind of Vibhooties/Siddhis.

इकाई-3: विभूति पाद

- संयम की अवधारणा।
- धारणा की अवधारणा।
- ध्यान की अवधारणा।
- समाधि की अवधारणा।
- परिणाम की अवधारणा।
- विभूतियों/सिद्धियों की अवधारणा और प्रकार।

Unit-4: Kaivalya Pada

- Four type of Karmas.
- Concept of Vasana.
- Vivek Khyati Nirupanam.
- Concept of Kaivalya.

इकाई-4: कैवल्य पाद

- चार प्रकार के कर्म.
- वासना की अवधारणा.
- विवेक ख्याति निरूपणम्।
- कैवल्य की अवधारणा.

Reference Books:

1. Iyengar B.K.S.: Light on Patanjali Yoga (New York, Schocken Books, 1994).
2. Rukmini T.S.: Yoga Vartika of Vijnanbikshu (Tr.) Vol I, II, III & IV, Munshiram Manoharlal Pvt. Ltd. New Delhi.
3. Swami Omanandatirtha: Patanjali Yoga Pradeepa, Geeta Press, Gorakhpur, 1994.
4. Arya Dr Somveer; Yogadarshan, Chaukhambha publication Delhi, 2021
5. Swami Anant Bharati: Patanjali Yoga Shastra- a study (Hindi), Swami Keshwananda Yoga Sangthan, Delhi.

Course Outcomes:

1. **CO1:** The students will be able to recall the key concepts and definitions from the four Padas of Patanjali's Yoga Sutras, including Chitta, Vrittis, Kleshas, and Samadhi. **(RBT Level: L1 – Remember)**
2. **CO2:** The students will be able to explain the philosophical understanding of Chitta Bhumis, Chitta Prasadana, Ishwar, Kriya Yoga, and the concept of Kaivalya. **(RBT Level: L2 – Understand)**
3. **CO3:** The students will be able to apply the principles of Ashtanga Yoga—Yama, Niyama, Asana, Pranayama, and Pratyahara—for cultivating self-discipline and enhancing mental clarity. **(RBT Level: L3 – Apply)**
4. **CO4:** The students will be able to analyze the integrated progression of Dharana, Dhyana, and Samadhi (Sanyama) and their collective role in attaining higher states of consciousness. **(RBT Level: L4 – Analyze)**
5. **CO5:** The students will be able to evaluate the transformative significance of Vivek Khyati and Kaivalya in the pursuit of Yogic liberation and self-realization. **(RBT Level: L5 – Evaluate)**

Semester –II
PGDY
Discipline Specific Courses (DSC)
Shrimad Bhagwad Geeta and Samkhya Karika

Paper Code: P25YOG202T**60 Hrs (4 Hrs /Week)****Credits: 4****Exam. Time: 3 Hrs****External Marks: 70****Internal Marks: 30****Total Marks: 100**

Note: The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to this, eight more questions will be set consisting of two questions from each unit. The student/candidate is required to attempt five questions in all selecting one from each unit in addition to the compulsory Question No.1. All questions shall carry equal marks. **Question paper will be in both English and Hindi languages.**

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-1: Introduction to Bhagavad Gita,

- General Introduction to Bhagavad Gita
- History of Bhagavad Geeta
- Definitions of Yoga, their relevance & Scope
- Importance of Bhagavad Geeta in modern time
- भगवद् गीता का सामान्य परिचय
- भगवद् गीता का इतिहास
- योग की परिभाषाएँ, उनकी प्रासंगिकता और दायरा
- आधुनिक समय में भगवद् गीता का महत्व

Unit-2: Essentials of Bhagavad Gita

- Samkhya and Gyan Yoga
- Karma Yoga
- Bhakti Yoga

Concept of

- Atmaswarupa,
- Stithaprajna
- Trividha sraddha
- Dharma
- सांख्य और ज्ञान योग
- कर्म योग
- भक्ति योग

अवधारणा

- आत्मस्वरूप,
- स्थितप्रज्ञ
- त्रिविध श्रद्धा
- धर्म

Unit-3: Introduction to Samkhya darshan-I

- General Introduction to Samkhya karika
- Nature of Dukha
- Introduction to 25 elements
- Praman- Vivechan
- Satkaryavada
- Vyakta-Avyakta
- Causes of Failure
- सांख्य कारिका का सामान्य परिचय
- दुखा का स्वभाव
- 25 तत्वों का परिचय
- प्रमाण-विवेचन
- सत्कार्यवाद
- व्यक्त-अव्यक्त
- विफलता के कारण

Unit-4: Introduction to Samkhya darshan-II

- Nature of Gunas
- Purasha Vivechana
- Buddhi k Lakshana and Dharma
- Ahamkara se Sarg Privritti
- Trayodash karana ewam Sukshma sharir
- Mukti vivechana
- गुणों की प्रकृति
- पुरष विवेचन
- बुद्धि के लक्षण और धर्म
- अहंकार से सर्ग प्रवृत्ति
- त्रयोदश करण एवं सूक्ष्म शरीर
- मुक्ति विवेचन

Reference books:

1. Sadhak sanjeevani- Swami Ramsukha Das, Geeta Press, Gorakhapur
2. Bhagavad Geeta- Geeta Press, Gorakhapur
3. Shrimad Bhagavad Geeta Yathartharopa, Swami Prabhupada, Iskon Temple
4. Samkhaya Karika—Ishwar Krishna. Chokhamba Publication, Delhi
5. Samkhaya Karika- Ishwar Krishna, Motilal Banarasi Das, Delhi
6. सांख्यतत्त्वकौमुदि: वाचस्पति मिश्र
7. सांख्यप्रवचन भाष्य: विज्ञानभिक्षु
8. सांख्यकारिका: ईश्वरकृष्ण
9. श्रीमद्भगवतगीता: महर्षि वेदव्यास
10. श्रीमद्भगवतगीता: आचार्य भांकर
11. श्रीमद्भगवतगीता: लोकमान्य तिलक
12. श्रीमद्भगवतगीता: सत्यव्रत सिद्धान्तालंकार।

Course Outcomes (COs);

1. **CO1:** The students will be able to recall the historical background, structure, and fundamental concepts and definitions related to the Bhagavad Gita and Samkhya philosophy. **(RBT Level: L1 – Remember)**
2. **CO2:** The students will be able to explain the philosophical essence of the Gita such as Karma Yoga, Bhakti Yoga, Jnana Yoga, and central ideas like Atmaswarupa, Trividha Shraddha, and Dharma. **(RBT Level: L2 – Understand)**
3. **CO3:** The students will be able to apply the teachings of the Bhagavad Gita to address contemporary ethical, personal, and professional life situations. **(RBT Level: L3 – Apply)**
4. **CO4:** The students will be able to analyze the metaphysical framework of Samkhya philosophy, including concepts like Satkaryavada, 25 Tattvas, Gunas, and Purusha–Prakriti Vivechana, assessing their significance in Indian philosophical thought. **(RBT Level: L4 – Analyze)**
5. **CO5:** The students will be able to evaluate the practical relevance and liberating potential (Mukti Vivechana) of Bhagavad Gita and Samkhya Darshan in the modern context. **(RBT Level: L5 – Evaluate)**

Semester-II
PGDY
Discipline Specific Courses (DSC)
ALTERNATE THERAPY

Paper Code: P25YOG203T

60 Hrs (4 Hrs /Week)

Credits: 4

Exam. Time: 3 Hrs

External Marks: 70

Internal Marks: 30

Total Marks: 100

Note: The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to this, eight more questions will be set consisting of two questions from each unit. The student/candidate is required to attempt five questions in all selecting one from each unit in addition to the compulsory Question No.1. All questions shall carry equal marks. **Question paper will be in both English and Hindi languages.**

Objective; To introduce students to traditional and modern alternative healing systems like Naturopathy, Acupressure, Magnetic Therapy, Swara Yoga, Pranic Healing, and Yajna Therapy, focusing on their principles, methods, and applications in holistic health and disease management.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

UNIT–1; Alternative medicine, Naturopathy; वैकल्पिक चिकित्सा, प्राकृतिक चिकित्सा

- Meaning, objective importance of alternative medicine,
- Various types, benefits and limitations,
- Meaning of various alternative medical methods,
- Concept, history, meaning, definition, principles, basic elements of naturopathy.
- Types of naturopathy,
- Water therapy,
- Soil therapy,
- Sun therapy,
- Diet therapy,
- Fasting therapy, effects of all therapies on the body, methods, their effects on various diseases.
- वैकल्पिक चिकित्सा का अर्थ, उद्देश्य महत्व,
- विभिन्न प्रकार, लाभ व सीमायें,
- विभिन्न वैकल्पिक चिकित्सा पद्धतियों का अर्थ,
- प्राकृतिक चिकित्सा की अवधारणा, इतिहास, अर्थ, परिभाषा, सिद्धांत, मूल तत्व
- प्राकृतिक चिकित्सा के प्रकार,
- जल चिकित्सा
- मृदा चिकित्सा,
- सूर्य चिकित्सा,
- आहार चिकित्सा,
- उपवास चिकित्सा सभी चिकित्साओं का शरीर पर प्रभाव, विधि, विभिन्न रोगों में इनका प्रभाव।

UNIT–2 Acupressure, Magnetic therapy; एक्यूप्रेशर, चुम्बकीय चिकित्सा

- History, meaning, definition, principles of acupressure
- Methods of treatment by acupressure, benefits, limitations, theoretical form,
- Different instruments of acupressure, branches of acupressure,
- Treatment of various diseases by acupressure, benefits, precautions
- Various diseases, diabetes, constipation, blood pressure, asthma, back pain.
- Concept and history of acupressure and magnetic therapy,
- Principles and types, equipments used,
- Treatment of various diseases by them.
- एक्यूप्रेशर का इतिहास, अर्थ, परिभाषा, सिद्धांत
- एक्यूप्रेशर द्वारा उपचार की विधियां, लाभ सीमाएं, सैद्धांतिक स्वरूप,
- एक्यूप्रेशर के विभिन्न उपकरण एक्यूप्रेशर की शाखाएं,
- एक्यूप्रेशर द्वारा विभिन्न रोगों का उपचार, लाभ, सावधानियां
- विभिन्न रोग, मधुमेह, कब्ज, रक्त चाप, अस्थमा, कमर दर्द।
- एक्यूप्रेशर व चुम्बकीय चिकित्सा की अवधारणा व इतिहास,
- सिद्धांत व प्रकार, प्रयोग होने वाले उपकरण,
- विभिन्न रोगों में इनके द्वारा चिकित्सा।

UNIT–3 Swara Yoga Chikitsa, स्वरयोग चिकित्सा

- Concept, meaning, origin, types of Swara Yoga therapy
- Concept of Swarodaya Vigyan,
- Concept of vocal practice, history, existence of vocal science,
- Usefulness of Swara Yoga,
- Medical field of Swara Yoga,
- Various fields of Swara Yoga,
- Principle of Swara identification,
- Experimental method, Methods of changing Swara as per wish,
- Swara Yoga described in Shiv Swarodaya,
- Disease treatment principles in Swara Chikitsa system.
- स्वरयोग चिकित्सा की अवधारणा, अर्थ, उत्पत्ति, स्वर के प्रकार
- स्वरोदय विज्ञान की अवधारणा,
- स्वर साधना की अवधारणा स्वर विज्ञान का इतिहास, अस्तित्व,
- स्वर योग की उपयोगिता,
- स्वरयोग का चिकित्सा क्षेत्र,
- स्वर योग के विभिन्न क्षेत्र,
- स्वर पहचान का सिद्धांत,
- प्रयोगात्मक विधि, इच्छानुसार स्वर परिवर्तन की विधियां,
- शिव स्वरोदय में वर्णित स्वर योग,
- स्वर चिकित्सा पद्धति में रोग उपचारीय सिद्धांत।

UNIT–4 Prana Chikitsa, Yagna Chikitsa. प्राण चिकित्सा, यज्ञ चिकित्सा

- Meaning of Prana Chikitsa, its history, specialties, principles, procedures, diseases, preventive breathing exercises,
- Treatments and objectives of Pranic Healing. Treatment of diseases of various systems (digestive, cardiac, urinary, nervous, endocrine).
- Concept, types, treatment, benefits and precautions of Yagna Chikitsa.
- प्राण चिकित्सा का अर्थ, इतिहास, विशेषता, सिद्धांत, प्रक्रिया, रोग, निवारक श्वास क्रियायें,
- प्राणिक हीलिंग के उपचार, उद्देश्य विभिन्न तंत्रों (पाचक, हृदय, मूत्र, स्नायु, अंतः स्रावी) के रोगों में उपचार।
- यज्ञ चिकित्सा की अवधारणा, प्रकार, रोगापचार, लाभ व सावधानियां।

सन्दर्भ ग्रन्थ:

1. एक्यूप्रे” 1र- अतर सिंह
2. एक्यूप्रे” 1र- डा० एल. एन कोठारी
3. मिरेकल्स प्राणिक हीलिंग- मास्टर निकाझो उसूई
4. स्वर चिकित्सा- डा० राके” 1
5. स्वर योग विज्ञान- डा० राके” 1
6. एडवांस प्राणिक हीलिंग- मा० मिकाओं उसूई
7. यज्ञ चिकित्सा- बाह्य वर्चस
8. यज्ञ का ज्ञान-विज्ञान- पं० श्री राम भार्मा
9. चुम्बक चिकित्सा- डा० एस.के. भार्मा
10. वैकल्पिक चिकित्सा पद्धति- डा० राजकुमार फभी
11. योग व वैकल्पिक चिकित्सा-डा० पियूश त्रिवेदी

Course Outcomes (COs);

1. **CO1:** The students will be able to recall the definitions, principles, types, and historical development of various alternative therapies including Naturopathy, Acupressure, Swara Yoga, and Pranic Healing. **(RBT Level: L1 – Remember)**
2. **CO2:** The students will be able to explain the conceptual framework, objectives, and practical applications of therapies such as Water Therapy, Sun Therapy, Fasting, Magnet Therapy, Swara Yoga, Pranic Healing, and Yajna Therapy. **(RBT Level: L2 – Understand)**
3. **CO3:** The students will be able to apply the learned therapeutic procedures to manage common ailments such as diabetes, asthma, constipation, blood pressure, and back pain. **(RBT Level: L3 – Apply)**
4. **CO4:** The students will be able to analyze the physiological and psychological effects of various alternative therapies on different body systems (e.g., digestive, cardiovascular, nervous), and identify their strengths and limitations. **(RBT Level: L4 – Analyze)**
5. **CO5:** The students will be able to evaluate the relevance and effectiveness of holistic healing approaches like Pranic Chikitsa and Yajna Chikitsa in modern healthcare contexts. **(RBT Level: L5 – Evaluate)**

Semester-II

PGDY

Yoga Practical- III Lab

Paper Code: P25YOG204P

90 Hrs (6 Hrs /Week)

Credits: 3

Exam. Time: 3 Hrs

External Marks: 50

Internal Marks: 25

Total Marks: 75

Objective: To equip students with practical knowledge and foundational skills in Yogic practices including Shatkarmas, Asanas, Pranayama, Meditation, and Mantras for personal well-being and teaching proficiency.

Practical record and Viva-Voce: A practical file of all the practices to be prepared by the student during the semester.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

I SELECTED KRIYAS चयनित क्रियाएँ

1. त्राटक,
2. सूत्रनेति
3. वस्त्र धौति
4. कपालभाति- व्युत्क्रम
5. मध्यमनौली
1. Trataka
2. Sutraneti
3. Vastra Dhauti
4. Kapalbhathi- Vyutkram
5. Madhyamanauli

II PRANAYAMAS

- a. **Hathyoga:** Bhastrika and Bhramari Pranayama
- b. **Yoga Sutra:** Bahya-Abhyanta Vishayakshepi and Pranayama described in 1st semester practical

III ASANAS

- | | |
|-------------------------|--------------------------------|
| 1. Bhadrasana | 14. Suptavajrasana |
| 2. Uttitha Padmasana | 15. Ashwatthasana |
| 3. Badha Padmasana | 16. Garudasana |
| 4. Padangushthasana | 17. Garbhasana |
| 5. Yogamudrasana | 18. Hastpadangushthasana |
| 6. Padam Bakasan | 19. Karnapeedasan |
| 7. Tolangulasana | 20. Kurmasana |
| 8. Mayurasana | 21. Natrajasana |
| 9. Sarwang Asana | 22. Shirshasana |
| 10. Kukutasana | 23. Ugrasana |
| 11. Ardhamatsyendrasana | 24. Padangushthnasasprashasana |

- | | |
|-------------------------|---------------------------|
| 12. Garbhasana | 25. Shawasana |
| 13. Matsyendrasana | |
| 1. भद्रासन | 14. सुप्तवज्रासन |
| 2. उत्तिथ पद्मासन | 15. अश्वत्थासन |
| 3. बद्ध पद्मासन | 16. गरुड़ासन |
| 4. पादगुष्ठासन | 17. गर्भासन |
| 5. योगमुद्रासन | 18. हस्तपादगुष्ठासन |
| 6. पद्म बकासन | 19. कर्णपीड़ासन |
| 7. तोलांगुलासन | 20. कुर्मासन |
| 8. मयूरासन | 21. नटराजासन |
| 9. सर्वांग आसन | 22. शीर्षासन |
| 10. कुकुटासन | 23. उद्यासन |
| 11. अर्धमत्स्येन्द्रासन | 24. पादगुष्ठनासास्प्रशासन |
| 12. गर्भासन | 25. शवासन |
| 13. मत्स्येन्द्रासन | |

IV MUDRAS & BANDHAS मुद्राएँ और बंध

Shaktichalini Mudra, and Mudras & Bandhas as described in 1st semester practical

शक्तिचालिनी मुद्रा, और प्रथम सेमेस्टर के प्रायोगिक अभ्यास में वर्णित मुद्राएँ और बंध

V. MEDITATION & YOG NIDRA ध्यान और योग निद्रा

VI. VIVA-VOICE

Course Outcomes (COs);

- CO1:** The students will be able to recall the names, types, and basic techniques of Kriyas, Pranayamas, Asanas, Mudras, and Bandhas practiced in the curriculum. **(RBT Level: L1 – Remember)**
- CO2:** The students will be able to demonstrate understanding of the physiological and psychological benefits of various yogic practices such as Trataka, Kapalbhathi, Madhyama Nauli, Bhastrika, and Yoga Nidra. **(RBT Level: L2 – Understand)**
- CO3:** The students will be able to perform advanced Asanas, Pranayamas, and Kriyas with correct sequence and technique as described in the classical Hatha Yoga texts. **(RBT Level: L3 – Apply)**
- CO4:** The students will be able to analyze the role of Mudras, Bandhas, and meditative practices in energy regulation and inner awareness development. **(RBT Level: L4 – Analyze)**
- CO5:** The students will be able to evaluate and select suitable yogic techniques for personal health goals and therapeutic needs through practical experience and viva-voce. **(RBT Level: L5 – Evaluate)**

Semester-II

PGDY
Practicum

Yoga Therapy and Lesson Plan Lab

Paper Code: P25YOG205P

90 Hrs (6 Hrs /Week)

Credits: 3

Exam. Time: 3 Hrs

External Marks: 50

Internal Marks: 25

Total Marks: 75

Objective: To equip students with practical knowledge and foundational skills in Yogic practices including Shatkarmas, Asanas, Pranayama, Meditation, and Mantras for personal well-being and teaching proficiency.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Yoga Teaching and Lesson Plan: Each student will prepare a note book of at least ten teaching lesson plan on different yogic Practices (At least 5 Asanas, 1 Sudhikriya, 1 Pranayama, 1 Mudra, 1 Bandh and 1 Yognidra) and will take teaching class in accordance with the lesson plan prepared under the guidance of subject teachers.

योग शिक्षण व पाठ योजना: प्रत्येक छात्र को विभिन्न योगाभ्यासों पर आधारित कम से कम दस पाठ योजनाओं (Lesson Plans) की एक नोटबुक तैयार करनी होगी। इसमें कम से कम 5 आसन, 1 शुद्धिक्रिया, 1 प्राणायाम, 1 मुद्रा, 1 बंध तथा 1 योगनिद्रा अवश्य शामिल हों। छात्र अपनी तैयार की गई पाठ योजनाओं के अनुरूप शिक्षण कक्षा लेंगे, जो विषय अध्यापक के मार्गदर्शन में सम्पन्न होगी।

A. Details of preparing note-book

1. General Information (सामान्य जानकारी)
 - I. कक्षा / स्तर (Class/Level)
 - II. विषय / पाठ का नाम (Topic/Title)
 - III. अवधि (Duration)
 - IV. दिनांक (Date)
 - V. शिक्षक का नाम (Teacher's Name)
2. Learning Objectives (शैक्षणिक उद्देश्य)
3. Teaching Aids (शिक्षण सामग्री)
4. Previous Knowledge Testing (पूर्व ज्ञान परीक्षण)
5. Introduction (परिचय)
6. Presentation / Demonstration (प्रस्तुति / प्रदर्शन)
7. विषय वस्तु का चरणबद्ध विवरण:
8. Student Participation (विद्यार्थियों की भागीदारी)
9. Evaluation (मूल्यांकन)

10. Conclusion (समापन)

B. Evidence based yoga practices for following ailments

- | | |
|--|------------------|
| 1. Asthma (other Respiratory disorders) | 9. Arthritis |
| 2. Anxiety, Depression & other Psychological disorders | 10. Back pain |
| 3. Diabetes Mellitus | 11. Hypertension |
| 4. Menstrual disorders | 12. Obesity |
| 5. Muscular Dystrophy & other Neurological disorders | 13. Sinusitis |
| 6. Heart attack and other Cardiac problems | 14. Oncology |
| 7. Headache | 15. Constipation |
| 8. Vision disorder | |

A. निम्नलिखित बीमारियों के लिए प्रमाण आधारित योगाभ्यास

- | | |
|--|-------------------|
| 1. अस्थमा (अन्य श्वसन विकार) | 9. गठिया |
| 2. चिंता, अवसाद और अन्य मनोवैज्ञानिक विकार | 10. पीठ दर्द |
| 3. मधुमेह | 11. उच्च रक्तचाप |
| 4. मासिक धर्म संबंधी विकार | 12. मोटापा |
| 5. मांसपेशीय दुर्बिकास और अन्य तंत्रिका संबंधी विकार | 13. साइनसाइटिस |
| 6. दिल का दौरा और अन्य हृदय संबंधी समस्याएं | 14. कैंसर विज्ञान |
| 7. सिरदर्द | 15. कब्ज |
| 8. दृष्टि विकार | |

VIVA-VOICE**TEXT BOOK**

1. Swasthvrat Vighyan Avm Yogic Chikitsa. Dr. Rashesh Kumar, Haridwar
2. Yoga for common ailments Swami Vivekanand Yoga Prakashan, Bangalore.

Course Outcomes (COs);

1. **CO1:** The students will be able to recall the basic symptoms, causes, and yogic definitions of common lifestyle diseases such as asthma, diabetes, hypertension, and obesity. **(RBT Level: L1 – Remember)**
2. **CO2:** The students will be able to explain and classify different yogic practices—Asana, Pranayama, Kriya, Mudra, Bandha, and Yoga Nidra—in the context of therapeutic yoga. **(RBT Level: L2 – Understand)**
3. **CO3:** The students will be able to prepare and demonstrate yoga lesson plans with appropriate sequencing of yogic practices for specific diseases. **(RBT Level: L3 – Apply)**
4. **CO4:** The students will be able to analyze a patient's history, symptoms, and choose suitable yogic therapy based on evidence-based practices. **(RBT Level: L4 – Analyze)**

5. **CO5:** The students will be able to develop personalized yoga therapy lesson plans with proper documentation and deliver effective teaching sessions tailored to individual needs. **(RBT Level: L5/L6 – Evaluate/Create)**