



Scheme of Examination and Syllabus for
Post Graduate Programme
Post Graduate Diploma in Yoga and Mental Health
[PGDYM] (1 year, Semester System)

1st Year (semester-I & II)
Ordinance governing PG Programme as per NEP, 2020
Scheme for Affiliated Colleges
(Post Graduate Diploma and 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
Post Graduate Diploma in Yoga and Mental Health**

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)	P25YMH101T	Foundation of Yoga	4	4	30	70	100	3
	P25YMH102T	Principles of Hathpradipika and Gherand Samhita	4	4	30	70	100	3
	P25YMH103T	Yoga and Mental Health	4	4	30	70	100	3
	P25YMH104T	Anatomical and Physiological Aspects of Yoga	4	4	30	70	100	3
Practicum	P25YMH105P	Demonstration of Asanas Lab	3	6	25	50	75	3
	P25YMH106P	Demonstration of Pranayama and Shatkarma 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)	P25YMH201T	Patanjal Yogsutra	4	4	30	70	100	3
	P25YMH202T	Mental Health and Yoga in Vaidic Texts	4	4	30	70	100	3
	P25YMH203T	Yoga Therapy and Counselling	4	4	30	70	100	3
Practicum	P25YMH204P	Yoga Skill and Prowess Lab	3	6	25	50	75	3
	P25YMH205P	Yoga Therapy and Lesson Plan Lab	3	6	25	50	75	3
Seminar	P25YMH201S	Seminar	2			50	50	
Internship	P25YMH201I	Internship	4			100	100	

Semester-I
Post Graduate Diploma in Yoga and Mental Health
Discipline Specific Course (DSC)
Foundation of Yoga

Paper Code: P25YMH101T

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 foundational knowledge of yoga, including its origin, philosophy, types, practical guidelines, and contributions of eminent yogis and institutions, enabling students to understand and apply the core concepts in academic and practical contexts.

Course Contents: | B; Øe vUoZr q

Unit-I: Introduction:

- Yoga: it's Meaning and Definition.
- Aim and Objectives of Yoga
- Origin, history and development of Yoga.
- Relevance and scope of Yoga in modern age
- Misconceptions about Yoga and their solutions.
- Difference between Yogic and non-yogic system of exercises.

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Unit-II: Essentials of Yoga Practices

- Disciplines and failures in Yoga Practices
- Place & Timing of Yoga practices
- Diet for Yoga Practitioner: Pathya& Apathya
- Obstacles in the Path of Yoga Practice
- Sequence for Yoga practices

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Unit-III: Types of Yoga: it's brief Introduction

- Hatha Yoga
- Raja Yoga
- Karma Yoga
- Gyana Yoga
- Bhakti Yoga

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Unit-IV: Life sketch & contribution of Eminent Yogi's and Institutes of Yoga

- Maharshi Patanjali, Gorakshanath and Swami Vivekanand
- Swami Kuvalyananda (Kaivalyadham, Lonavala)
- Swami Satyanand (Bihar School of yoga)
- Swami Shivananda (Divine Life Society)
- Swami Ramdev (Patanjali Yogpeeth, Haridwar)
- Swami Vivekananda Yoga Anusandhan Samsthan, Bangalore (SVYASA)
- Morarji Desai National Institute of Yoga, Delhi (MDNIY)
- Central Council for Research in Yoga & Naturopathy, Delhi (CCRYN)

མཆོད་པའི་ལོ་རྒྱུས་ཀྱི་དུས་འདི་ལྟེ་

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Reference Books:

1. Vijnananand Saraswati—Yog Vijyan, Yoga Niketan Trust, Rishikesh, 1998.
2. Rajkumari Pandey-Bhartiya Yoga Paramparake Vividh Ayam, radha publication, ND, 2008
3. Swami Vivekanand - Jnan, Bhakti, Karma Yoga & Rajyoga, Advait Ashram, Culcutta 2000.
4. Kamakhya Kumar -Yoga Mahavigyan, Standard publisher, New Delhi.
5. Kalyan (Yogank)- Gita press Gorakhpur, 2002.
6. Kalyan (Yoga Tatwank)-Gita press Gorakhpur, 1991.
7. མཆོད་པའི་ལོ་རྒྱུས་ཀྱི་དུས་འདི་ལྟེ་
8. མཆོད་པའི་ལོ་རྒྱུས་ཀྱི་དུས་འདི་ལྟེ་

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Course Outcomes (COs):

CO1: The students will be able to **recall** the definitions, historical development, aims, and common misconceptions of Yoga, along with its distinction from non-yogic practices. **(RBT Level: L1 – Remember)**

CO2: The students will be able to **explain** the essential principles of yogic practice, including proper diet, place, timing, sequencing, and obstacles in Yoga sadhana. **(RBT Level: L2 – Understand)**

CO3: The students will **be able** to apply their understanding to identify and follow appropriate types of Yoga (Hatha, Raja, Karma, Bhakti, etc.) based on individual needs and goals. **(RBT Level: L3 – Apply)**

CO4: The students will be able to **analyze** the lives and contributions of renowned yogis and evaluate how different institutions have shaped the spread and systematization of Yoga in modern India. **(RBT Level: L4 – Analyze)**

CO5: The students will be able to **evaluate** the relevance and scope of traditional Yoga philosophy and practices in addressing contemporary physical, mental, and spiritual challenges. **(RBT Level: L5 – Evaluate)**

Semester-I
Post Graduate Diploma in Yoga and Mental Health
Discipline Specific Course (DSC)
Principles of Hathpradipika and Gherand Samhita

Paper Code: P25YMH102T

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 theoretical and practical understanding of classical Hatha Yogic texts such as Hatha Yoga Pradipika and Gheranda Samhita, enabling students to interpret and apply traditional yogic practices for holistic development and therapeutic application.

Course Contents: iB;Øe vUoZr q

Unit-I: Hatha Pradipika-I

- Hatha yoga – Its definition & objectives.
- Origin & tradition of Hatha yoga.
- utility of hatha yoga
- Aids & Obstructions to Hatha sadhana.
- Prohibited & conductive food in Hatha sadhana
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Unit-II: Hatha Pradipika-II

- Shatkarma: Objectives, Types, Technique, Benefits and Limitations
- Mudra's&Bandha's: Objectives, Types, Technique, Benefits and Limitations
- Concept of Samadhi
- Concept of Nadanusandhana
- Nature of Kundalini and methods of awakening
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Unit-III: Gherand Samhita- I

- Place, Environment & Season for Hatha sadhana.
- Introduction to saptasadhana
- Shatkarma: Objectives, Types, Technique, Benefits and Limitations
- Asana: Objectives, Types, Technique, Benefits and Limitations
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Unit-IV: Gherand Samhita- II

- Mudra: Objectives, Types, Technique, Benefits and Limitations
- Pratyahar: Objectives, Technique and Benefits
- Pranayama: Objectives, Types, Technique, Benefits and Limitations
- Dhyana: Objectives, Types, Techniques and Benefits
- Samadhi: Objectives, Types, Techniques and Benefits
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Reference Books:

1. Hatha Yoga Pradipika-Swami SatyanandaSaraswati, Bihar school of Yoga, Munger
2. Hatha Pradipika- Swami Kuvalyanand, Kaivalyadham, Lonavala
3. GherandSamhita- Swami SatyanandaSaraswati, Bihar school of Yoga, Munger
4. GherandSamhita- Swami Digambaranand, Kaivalyadham, Lonavala\

Course Outcomes (COs):

CO1: The students will be able to **recall** the definitions, objectives, and key concepts of Hatha Yoga as described in Hatha Pradipika and Gheranda Samhita. **(RBT Level: L1 – Remember)**

CO2: The students will be able to **explain** the techniques, benefits, and limitations of foundational Hatha Yoga practices such as Asana, Pranayama, Mudra, Bandha, and Shatkarma. **(RBT Level: L2 – Understand)**

CO3: The students will be able to **apply** the principles of conducive environment, food habits, and Hatha Yoga techniques in the development of a balanced yogic lifestyle and personal sadhana plan. **(RBT Level: L3 – Apply)**

CO4: The students will be able to **analyze** the role of Hatha Yoga in the awakening of Kundalini, achieving Nadanusandhana, and preparing the practitioner for higher states like Dhyana and Samadhi. **(RBT Level: L4 – Analyze)**

CO5: The students will be able to **evaluate** the comparative significance of various yogic techniques (Asana, Pranayama, Mudra, Bandha, Shatkarma, and Samadhi) in the context of self-purification and spiritual evolution. **(RBT Level: L5 – Evaluate)**

Semester-I
Post Graduate Diploma in Yoga and Mental Health
Discipline Specific Course (DSC)
Yoga and Mental Health

Paper Code: P25YMH103T

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 develop an in-depth understanding of the concept of mental health and holistic well-being through the integration of yogic principles, psychological theories, and traditional approaches to promote emotional and mental balance.

Course Contents: | B7-0e vU0Zr q

Unit- I Introduction

- Health- Meaning, Definition and Concept
- Holistic Health: physical, mental, emotional and spiritual
- Mental Health- Meaning, Definition and Concept
- Historical perspectives of Mental Health
- Importance and promotion of Mental Health
- Components of Mental Health

इकाई- I परिचय

- स्वास्थ्य- अर्थ, परिभाषा और अवधारणा
- समग्र स्वास्थ्य: शारीरिक, मानसिक, भावनात्मक और आध्यात्मिक
- मानसिक स्वास्थ्य- अर्थ, परिभाषा और अवधारणा
- मानसिक स्वास्थ्य के ऐतिहासिक परिप्रेक्ष्य
- मानसिक स्वास्थ्य का महत्व और संवर्धन
- मानसिक स्वास्थ्य के घटक

Unit –II Concept of Mind

- Definition of mind according to modern science and yoga;
- Concept of mind (conscious, sub-conscious, unconscious and super-conscious mind)
- Mind – Body Relation

इकाई-II मन की अवधारणा

- आधुनिक विज्ञान और योग के अनुसार मन की परिभाषा;
- मन की अवधारणा (चेतन, अचेतन, अचेतन और अतिचेतन मन)
- मन-शरीर संबंध

Unit- III General Psychology

Understanding of the following process according to modern psychology and yoga psychology:

- Perception,
- Learning,
- Intelligence,

- Creativity,
- Memory and
- Emotions

इकाई-III सामान्य मनोविज्ञान

- आधुनिक मनोविज्ञान और योग मनोविज्ञान के अनुसार निम्नलिखित प्रक्रिया की समझ:
- अवधारणा,
- अधिगम,
- बुद्धि,
- रचनात्मकता,
- स्मृति और
- भावनाएँ

Unit-IV Yogic Approach to Mental Health

- Maharshi Patanjali's Approach to Mental Health
- Hatha Yogic Approach to Mental Health
- Ayurvedic Approach to Mental Health
- Geeta's Approach to Mental Health

इकाई-IV मानसिक स्वास्थ्य के लिए योगिक दृष्टिकोण

- महर्षि पतंजलि का मानसिक स्वास्थ्य के लिए दृष्टिकोण
- मानसिक स्वास्थ्य के लिए हठ योगिक दृष्टिकोण
- मानसिक स्वास्थ्य के लिए आयुर्वेदिक दृष्टिकोण
- गीता का मानसिक स्वास्थ्य के लिए दृष्टिकोण

Reference Books:

1. R.S. Bhogal -Yoga & Mental Health & Beyond, Kaivalyadham S.M.Y.S. samiti, Lonavala, 2015.
2. K.N. Udupa- Stress and its management by yoga, Motilal banarsidass publication, 1998.
3. Arun Kumar Singh-Uchchatar Asamanya Manovigyan, Motilal Banarasi Das Delhi, 2007
4. Dr. Arun K. Sao & Dr. Akhileshwar Sao - TanavAvm Yoga, Radha Pub. New Delhi, 2013.
5. Suresh Barnwal-Mansik Swasthya Avm Yoga, New Bhartiya Book Corporation, New Delhi, 2002.
6. Ganesh Shankar-Psychotherapy & Yoga Traditions, Satyam publication, New Delhi.

Course Outcomes (COs):

CO1. The students will be able to **Define** the concepts of health and mental health from both modern and yogic perspectives. **(RBT Level: L1 – Remember)**

CO2. The students will be able to **Explain** the structure and functioning of the mind including conscious, subconscious, and super-conscious levels. **(RBT Level: L2 – Understand)**

CO3. The students will be able to **Apply** the knowledge of general psychological processes such as perception, learning, and emotion in understanding mental health. **(RBT Level: L3 – Apply)**

CO4. The students will be able to **Analyze** the interrelationship between mind, body, and emotions from both yogic and psychological standpoints. **(RBT Level: L4 – Analyze)**

CO5. The students will be able to **Evaluate and compare** various yogic, Ayurvedic, and scriptural approaches (e.g., Patanjali Yoga, Hatha Yoga, Geeta) for mental health enhancement. **RBT Level: L5 – Evaluate)**

Semester-I
Post Graduate Diploma in Yoga and Mental Health
Discipline Specific Course (DSC)
Anatomical and Physiological Aspects of Yoga

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 foundational knowledge of human anatomy and physiology and its relevance to Yoga practices for understanding bodily functions and promoting health and wellness.

Course Contents: | B-Øe vUØr q

UNIT-I: Introduction of Anatomy and Physiology

- 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.
- Immunity: Innate immunity, Acquired immunity,
- Allergy, hypersensitivity and immune-deficiency,
- Psycho-neuro-immunology

इकाई-I: शरीर रचना विज्ञान एवं शरीरक्रिया विज्ञान का परिचय

- मानव शरीर की शरीर रचना विज्ञान एवं शरीरक्रिया विज्ञान का संक्षिप्त परिचय।
- कोशिका एवं ऊतक का परिचय, मांसपेशियों के प्रकार,
- हड्डियों एवं कंकाल की व्यवस्था, कंकाल के कार्य,
- पसलियाँ एवं कशेरुका दण्ड तथा अंग,
- शरीर के जोड़ और उनके प्रकार।
- प्रतिरक्षा: जन्मजात प्रतिरक्षा, अर्जित प्रतिरक्षा,
- एलर्जी, अतिसंवेदनशीलता और प्रतिरक्षा-कमी,
- मनो-तंत्रिका-प्रतिरक्षा विज्ञान

UNIT-II: Cardiovascular System and Respiratory System

- Blood, Blood Circulation,
- Anatomy of Heart,
- Heart rate, Factors affecting Heart rate,
- Respiratory system of human-Nose, nasal cavity, pharynx, trachea, larynx, bronchioles, lungs
- Mechanism of breathing (Expiration and inspiration)
- Transport of respiratory gases (transport of oxygen and transport of carbon dioxide)
- Pulmonary ventilation

इकाई-II: हृदयवाहिनी तंत्र और श्वसन तंत्र

- रक्त, रक्त परिसंचरण,
- हृदय की शारीरिक रचना,
- हृदय गति, हृदय गति को प्रभावित करने वाले कारक,
- मानव श्वसन तंत्र - नाक, नासिका गुहा, ग्रसनी, श्वासनली, स्वरयंत्र, श्वसनिकाएँ, फेफड़े
- श्वास लेने की क्रियाविधि (श्वसन और अंतश्चसन)
- श्वसन गैसों का परिवहन (ऑक्सीजन का परिवहन और कार्बन डाइऑक्साइड का परिवहन)
- फुफ्फुसीय संवातन

UNIT-III: Digestive System and Excretory System

- Digestive system of human-Mouth, buccal cavity, pharynx, oesophagus, stomach, large intestine, small intestine, anus
- Associated glands-Liver, Pancreas, salivary glands, gallbladder
- Physical digestion- Mastication, swallowing, peristalsis
- Nutrients- Carbohydrates, Fats, Proteins, Minerals, Vitamins, Dietary fibre
- Metabolism: catabolism and anabolism, Balanced Diet
- Excretory system of human-Kidney, Ureter, urinary bladder, urethra
- Structure of nephron
- Mechanism of urine formation-Ultra-filtration, selective re-absorption, tubular secretion
- Diuretics and Micturition

इकाई-III: पाचन तंत्र और उत्सर्जन तंत्र

- मानव का पाचन तंत्र- मुख, ग्रसनी गुहा, ग्रसनी, ग्रासनली, आमाशय, बड़ी आंत, छोटी आंत, गुदा
- संबंधित ग्रंथियाँ- यकृत, अग्राशय, लार ग्रंथियाँ, पित्ताशय
- शारीरिक पाचन- चबाना, निगलना, क्रमाकुंचन
- पोषक तत्व- कार्बोहाइड्रेट, वसा, प्रोटीन, खनिज, विटामिन, आहारীয় रेशे
- चयापचय: अपचय और उपचय, संतुलित आहार
- मानव का उत्सर्जन तंत्र- वृक्क, मूत्रवाहिनी, मूत्राशय, मूत्रमार्ग
- नेफ्रॉन की संरचना
- मूत्र निर्माण की क्रियाविधि- अति-निस्पंदन, चयनात्मक पुनर्अवशोषण, नलिकाकार स्राव
- मूत्रवर्धक और बारंबार पेशाब करने की इच्छा

Unit-IV: Nervous System & Endocrine System

- Introduction to nervous system and Neuron
- Classification of nerve fibres
- Central nervous system: brain (fore brain, mid brain and hind brain) and spinal cord
- Autonomic Nervous system: sympathetic and para sympathetic
- Peripheral Nervous System: spinal and cranial nerves
- Structure, location, secretion (hormone) and function of important endocrine glands: Hypothalamus, Pituitary, Thyroid and parathyroid gland, Adrenal, The endocrine pancreas, Pineal gland

इकाई-IV: तंत्रिका तंत्र और अंतःस्रावी तंत्र

- तंत्रिका तंत्र और न्यूरॉन का परिचय
- तंत्रिका तंतुओं का वर्गीकरण
- केंद्रीय तंत्रिका तंत्र: मस्तिष्क (अग्र मस्तिष्क, मध्य मस्तिष्क और पश्च मस्तिष्क) और मेरुरज्जु
- स्वायत्त तंत्रिका तंत्र: सहानुभूति और परानुकंपी
- परिधीय तंत्रिका तंत्र: मेरुरज्जु और कपाल तंत्रिकाएँ
- महत्वपूर्ण अंतःस्रावी ग्रंथियों की संरचना, स्थान, स्राव (हार्मोन) और कार्य:
- हाइपोथैलेमस, पिट्यूटरी, थायरॉइड और पैराथायरॉइड ग्रंथि, अधिवृक्क, अंतःस्रावी अग्राशय, पीनियल ग्रंथि

Reference Books:

1. Anatomy and physiology for nurses, Ross and Wilson
2. Anatomy and physiology for nurses- A. K. Jain
3. Manav sharer Rachana evam KriyaVigyan, AbrarAhemad, SadabAlam and Asish Mahavar, Vardhaman Publishers
4. Basic Anatomy and Physiology- A. K. Jain,second edition APC publications.

Course Outcomes (COs):

CO1. Recall basic anatomical structures and physiological functions of the human body relevant to yoga practice. **(RBT Level: L1 – Remember)**

CO2. Explain the role of various systems such as the cardiovascular, respiratory, digestive, and nervous systems in supporting yogic functions and health. **(RBT Level: L2 – Understand)**

CO3. Demonstrate the application of anatomical and physiological knowledge to interpret the health benefits and precautions associated with specific yogic practices. **(RBT Level: L3 – Apply)**

CO4. Analyze the interrelationship between different body systems (e.g., nervous and endocrine systems) and their influence on mental health and yoga outcomes. **(RBT Level: L4 – Analyze)**

CO5. Evaluate the impact of yoga on human physiology and immunity through case-based discussions and theoretical frameworks like psycho-neuro-immunology. **(RBT Level: L5 – Evaluate)**

Semester-I
Post Graduate Diploma in Yoga and Mental Health
Practicum
Demonstration of Asanas Lab

Paper Code: P25YMH105P

90 Hrs (6 Hrs /Week)

Credits: 3

Exam. Time: 3 Hrs

External Marks: 50

Internal Marks: 25

Total Marks: 75

Objective: To inculcate awareness of positive health, discipline, and personality development through the practical learning and demonstration of traditional Yogic practices including prayers, asanas, and yogic exercises.

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

Course Contents: I. Prayer and Surya Namaskar: 10 Marks

Unit- I: Prayer and Surya Namaskar:

10 Marks

- Gayatri Mantra
- Mahamrityunjaya Mantra
- Asato Maa Sadagamaya
- Sangathan Mantra
- Kalyan Mantra
- Yagya Prarthana
- Traditional Surya Namaskar (with Mantras)

इकाई-1 प्रार्थना और सूर्य नमस्कार

- गायत्री मंत्र
- महामृत्युंजय मंत्र
- असतो मा सद्गमय
- संगठन मंत्र
- कल्याण मंत्र
- यज्ञ प्रार्थना
- पारंपरिक सूर्य नमस्कार (मंत्र सहित)

Unit- II: Yogic Suksham Vyayam and Sthul Vyayama:

10 Marks

- Suksham Vyayam (Swami Dharendra Brahmachari Ji)
- Sthul Vyayam (Dhirendra Brahmchhari Ji)
- Yoging-Joging 12 Types (Swami Ramdev Ji)

इकाई-२ योगिक सूक्ष्म व्यायाम व स्थूल व्यायाम

- सूक्ष्म व्यायाम (धीरेन्द्र ब्रह्मचारी जी)
- स्थूल व्यायाम (धीरेन्द्र ब्रह्मचारी जी)
- योगिंग जोगिंग १२ चरण (स्वामी रामदेव जी)

Unit- III: Basic Asanas:**20 Marks****Standing Asanas** : Garudasan, Utkatasn, Natrajasan, Virbhadrasan, Konasan**Sitting Asanas** : Padmasan, Ardhmatsyendrasan, Gaumukhasan, Paschimotanasan, Ushtrasan, Shashankasan**Supine Lying Asanas** : Sarvangasan, Halasan, Setubandhasan, chakrasan, Pawan muktasan**Prone Lying Asanas** : Sarpasan, ShalabhAsan, Dhanurasan, Bhujangasan**इकाई-३ आधारभूत आसन****खड़े होकर किए जाने वाले आसन** : गरुड़ासन, उत्तकटासन, नटराज आसन, वीरभद्रासन, कोणासन**बैठकर किए जाने वाले आसन** : पद्मासन, अर्ध मत्स्येन्द्रासन, गौमुखासन, पश्चिमोत्तानासन, उष्ट्रासन,

शशाङ्कासन

कमर के बल लेटकर किए जाने वाले आसन : सर्वांगासन, हलासन, सेतुबंधासन, चक्रासन, पवनमुक्तासन**पेट के बल लेटकर किए जाने वाले आसन** : सर्पासन, शलभासन, धनुरासन, भुजंगासन**Viva Voce:****मौखिक परीक्षा:****10 Marks****Reference Books:**

- Asana, Pranayama, Mudra and Bandha- Swami SatyanadaSaraswati, BSY, Munger.
- Light on Yoga, BKS Iyenger.
- Hatha Yoga Pradeepika, Swami SatyanadaSaraswati, BSY, Munger.
- Gherand Samhita, Swami SatyanadaSaraswati, BSY, Munger.
- Yog Chikitsa evam Siddhant Rahasya, Swami Ramdev.
- Yogic Suksham Vyayam, Swami Dharendra Brahmachari.

Course Outcomes (COs):

CO1: Recall and recite important Yogic prayers and mantras including Gayatri Mantra, Mahamrityunjaya Mantra, and Yagya Prarthana. **(RBT Level: L1- Remember)**

CO2: Explain the significance and sequence of traditional Surya Namaskar and Yogic Sukshma Vyayama practices. **(RBT Level: L2- Understand)**

CO3: Demonstrate proper techniques of basic standing, sitting, supine, and prone lying asanas as per classical yoga texts. **(RBT Level: L3- Apply)**

CO4: Differentiate between Sukshma Vyayama and Sthul Vyayama in terms of movement patterns, benefits, and purpose. **(RBT Level: L4- Analyze)**

CO5: Compile a personalized sequence of prayers, Surya Namaskar, and asanas tailored to specific health or therapeutic goals and document it in a practical file. **(RBT Level: L5- Create)**

Semester-I
Post Graduate Diploma in Yoga and Mental Health
Practicum
Demonstration of Pranayama and Shatkarma Lab

Paper Code: P25YMH106P

90 Hrs (6 Hrs /Week)

Credits: 3

Exam. Time: 3 Hrs

External Marks: 50

Internal Marks: 25

Total Marks: 75

Objective: To promote the awareness for positive health and personality development in the student through Yoga practices.

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

Course Code: P25YMH106P | Paper Code: P25YMH106P | Internal Marks: 25 | External Marks: 50 | Total Marks: 75

Course Contents: I & II

Unit- I: Prayer, Bandhas and Mudras:

10 Marks

- Om Chanting
- Sangathan Mantra
- Patanjali Prayer
- Jalandhar Bandha
- Uddiyan Bandha
- Mool Bandha
- Mahabandha
- Hast Mudras: Gyan Mudra, China Mudra, Vayu Mudra

इकाई-1 प्रार्थना, बंध व मुद्राएं

- ओ३म उच्चारण
- संगठन मंत्र
- पतंजलि प्रार्थना
- जालंधर बंध
- उड्डीयान बंध
- मूलबंध
- हस्त मुद्राएं: ज्ञान मुद्रा, चिन् मुद्रा, वायु मुद्रा

Unit- II Pranayama and Yog Nidra:

15 Marks

- Naddishodhan
- Suryabhedan
- Chandrabhedan
- Bhastrika
- Sheetali
- Sheetkari
- Bhramari
- Ujjayi
- Udgeetha
- Yog Nidra

इकाई-२ प्राणायाम व योग निद्रा

- नाडीशोधन
- सूर्यभेदन
- चंद्र भेदन
- भस्त्रिका
- शीतली
- शीतकारी
- भ्रामरी
- उज्जायी
- उद्गीथ
- योग निद्रा

Unit- III Shatkarma and Meditation:

15 Marks

- Neti: Jal Neti and Sutra Neti
- Dhauti: Vaman
- Kapalbhathi: Vata karma and Sheet Karma
- Pranav Meditation

इकाई-३ षट्कर्म व ध्यान

- नेति: जल नेति और सूत्र नेती
- धौति: वमन
- कपालभाती: वातक्रम और शीतक्रम
- प्रणव ध्यान

Viva Voce:

मौखिक परीक्षा:

10 Marks

Reference Books: | gk d xB%

- Asana, Pranayama, Mudra and Bandha- Swami SatyanadaSaraswati, BSY, Munger.
- Light on Yoga, BKS Iyenger.
- Hatha Yoga Pradeepika, Swami SatyanadaSaraswati, BSY, Munger.
- Gherand Samhita, Swami SatyanadaSaraswati, BSY, Munger.
- Yog Sadhana evam Chikitsa Rahasya, Swami Ramdev.
- Yogic Suksham Vyayam, Swami Dharendra Brahmachari.

Course Outcomes (COs):

CO1:Recall and correctly chant foundational yogic prayers and mantras such as Om Chanting, Sangathan Mantra, and Patanjali Prayer. **RBT Level:L1- Remember**

CO2:Explain the physiological effects and significance of various Bandhas and Mudras used in yogic practices. **RBT Level:L2- Understand**

CO3:Demonstrate key Pranayama techniques like Nadi Shodhan, Bhastrika, and Ujjayi along with Yog Nidra practice under guided supervision. **RBT Level:L3- Apply**

CO4:Differentiate between the techniques and purposes of various Shatkarmas such as Jal Neti, Sutra Neti, and Vaman Dhauti. **RBT Level:L4 Analyze**

CO5:Assess and reflect on the impact of integrating Pranayama, Shatkarma, and meditation practices into daily lifestyle through self-practice and practical file documentation. **(RBT Level:L5- Evaluate**

Semester-II
Post Graduate Diploma in Yoga and Mental Health
Discipline Specific Course (DSC)
Patanjal Yogasutra

Paper Code: P25YMH201T

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 (each question may be of 2-3 parts) will be set consisting of two questions from each unit. The student/candidate is required to attempt five questions in all selecting one question from each unit including compulsory Question No.1. All questions will carry equal marks. **Question paper will be in both English and Hindi languages.**

Objective: To impart comprehensive knowledge of Patanjala's Yoga Sutras, enabling students to understand, interpret, and apply the philosophical foundations and practices of Yoga for personal transformation and spiritual liberation through systematic study of Samadhi, Sadhana, Vibhuti, and Kaivalya Padas.

Course Contents: ॥३-०६ वृत्तार्क

Unit-1: SAMADHI PADA

- What is Yoga?(sutra: 2)
- Culmination of Yoga (sutra: 3)
- Vritti's and their classifications (sutra: 5-11)
- Necessity of Abhyāsa&Vairāgya (sutra: 12)
- Foundation of Abhyāsa (sutra: 13-14)
- Lower & higher form of Vairagya(sutra: 15-16)
- Definition of Samprjnata and Asamprajnata Samādhi (sutra: 17-20, 41-51)
- Definition & attribute of Ishwara (sutra: 24-25)
- Pranava and Sādhana for Ishwara (sutra: 27-28)
- Result of Sādhana (sutra: 29)
- Obstructions in the path of Yoga(sutra: 30-31)
- Aids in the path of Yoga(sutra: 32-40)

बदलै ॥१॥ एकै कि न

- ; ॥३॥ D k g ॥१॥ ॥२॥ ॥२॥
- ; ॥३॥ dhi j k d k Bk ॥१॥ ॥३॥ ॥२॥
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- v ॥३॥ k v ॥३॥ q ॥३॥ dhv k o' ; drk ॥१॥ ॥१॥ ॥२॥ ॥२॥
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- ॥३॥ dk fup y k v ॥३॥ m p : i ॥१॥ ॥१॥ ॥५॥ ॥१॥ ॥२॥ ॥२॥
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Unit-2: SADHANA PADA

- Discipline for Sādhana (sutra: 1-2)
- Klesha – Avidya, Asmita, Rāga, Dvesha and Abhinivesha (3-9)
- Modifications of the Klesha and meditation (sutra 10-11)
- Karmāshaya and its fruits (sutra: 12-14)
- Pleasure and Pains are both painful (sutra: 15-17)
- Four stages of Gunās (sutra: 19)
- Purusha and Prakriti(20-24)
- Definition of Hāna (sutra: 25-26)
- Stages of enlightenment (sutra: 27)
- Necessity of Yoga Practice (sutra: 28)
- Bahiranga Yoga (sutra: 29-55)

bd k&2/1 k u k i n

- l k u k d s f y , v u b k u ¼ w % 1 & 2 ½
- D y s k v f o j k v f l e r k j k j j s k v s v f h f u o s k ¼ & 9 ½
- D y s k d k l a k d u A è k u ¼ w % 1 0 & 1 1 ½
- d e k z k v s m d s Q y ¼ w % 1 2 & 1 4 ½
- l ç k v s n ç k n s k e g h n ç k h g s ¼ w % 1 5 & 1 7 ½
- x d e s p j . k ¼ w % 1 9 ½
- i ç k v s ç - f r ¼ & 2 4 ½
- g u d h i f j k k k ¼ w % 2 5 & 2 6 ½
- v k e k u d s p j . k ¼ w % 2 7 ½
- ; k s k k k d h v k o ' ; d r k ¼ w % 2 8 ½
- c f g j a ; k s ¼ w % 2 9 & 5 5 ½

Unit- 3: VIBHUTI PADA

- Antaranga Yoga(sutra: 1-3)
- Kaivalya siddhis
- Sāyama its results, applications (sutra: -6)
- Parināma (sutra: 9-13)
- Siddhis(sutra: 16-49)
- Attainment of Kaivalya (sutra: 56)
- Sources of Siddhis (sutra: 1)
- Influence of Karma (sutra: 7)

bd k&3/6 o h m k n

- v l t j a ; k s ¼ w % 1 & 3 ½
- d s y ; f l f j ; k
- l a e v s m d s i f j . k e j v u q ; k s ¼ w % 6 & 6 ½
- i f j . k e ¼ w % 9 & 1 3 ½
- f l f j ; k ¼ w % 1 6 & 4 9 ½
- d s y ; ç k f l r ¼ w % 5 6 ½
- f l f j ; k e d s l k s ¼ w % 1 ½
- d e z d k ç h k o ¼ w % 7 ½

Unit-4: KAIVALYA PADA

- Five means of Siddhis,
- Concept of Nirman Chitta
- Manifestation, Source and disappearance of Vāsanās (sutra: 8-11)
- Theory of perception (sutra: 15)

- Mind and its manifestation (sutra: 16-23)
- Heading to Kaivalya (sutra: 27-34)
- सिद्धियों के पाँच साधन,
- निर्माणचित्त की अवधारणा
- वासनाओं का प्रकटीकरण, स्रोत और लुप्त होना (सूत्र: 8-11)
- अनुभूति का सिद्धांत (सूत्र: 15)
- मन और उसकी अभिव्यक्ति (सूत्र: 16-23)
- कैवल्य की ओर बढ़ना (सूत्र: 27-34)

Reference Books:

1. Four Chapters of Freedom, Swami Satyanadasaraswati, BYS, Munger
2. The Science of Yoga, Taimini
3. Patanjala Yoga Sutra- Geeta Press Gorakhpur
4. Patanjala Yoga Sutra- NandalalDashora
5. Mukti Char Sopan, Swami Satyanadasaraswati, BYS, Munger
6. योगविज्ञान, तैमिनी
7. पतंजलायोगसूत्र- गीताप्रेसगोरखपुर
8. पतंजलायोगसूत्र- नंदलालदशोरा
9. मुक्तिके चारसोपान, स्वामीसत्यनदासरस्वती, बीवाईएस, मुंगेर

Course Outcomes (COs):

*CO1: The students will be able to **recall** and **recite** the key sutras and foundational concepts of Samadhi Pada and Sadhana Pada. (RBT Level: L1- Remember)*

*CO2: The students will be able to **explain** the classifications of mental modifications (vrittis), the nature of kleshas, and the role of Abhyāsa and Vairāgya in Yogic discipline. (RBT Level: L2- Understand)*

*CO3: The students will be able to **implement** the principles of Samprjñāta and Asamprjñāta Samādhi and Antaranga Yoga in designing a personal sadhana (practice) plan. (RBT Level: L3- Apply)*

*CO4: The students will be able to **examine** the interrelationship between Prakriti and Purusha, Gunas, Karma, and their influence on bondage and liberation. (RBT Level: L4-Analyze)*

*CO5: The students will be able to **appraise** the relevance of siddhis, vasanas, and mental transformations in the context of achieving Kaivalya (liberation). (RBT Level: L5- Evaluate)*

Semester-II
Post Graduate Diploma in Yoga and Mental Health
Discipline Specific Course (DSC)
Mental Health and Yoga in Vaidic Texts

Paper Code: P25YMH202T

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 (each question may be of 2-3 parts) will be set consisting of two questions from each unit. The student/candidate is required to attempt five questions in all selecting one question from each unit including compulsory Question No.1. All questions will carry equal marks. **Question paper will be in both English and Hindi languages.**

Objectives:

This course explores the concept of mental health through yogic philosophy, focusing on insights from the Bhagavad Gita, Yoga Vasistha, and Upanishads to promote psychological well-being and spiritual growth.

Course Contents: | B-De v|u|o|z|q

Unit-I: Introduction

- Concept of Mental Health
- Importance of mental Health
- Crisis Of Mental Health
- Characteristics of Mental Health

इकाई-1: परिचय

- मानसिक स्वास्थ्य की अवधारणा
- मानसिक स्वास्थ्य का महत्व
- मानसिक स्वास्थ्य का संकट
- मानसिक स्वास्थ्य की विशेषताएँ

Unit-2: Bhagwat Geeta

- General Introduction of Bhagwat Geeta
- Concept of Mental Health in Bhagwat geeta
- Symptoms/characterstics of Mentally Healthy Person
- Gyan Yoga, Karma Yoga and Bhakti Yoga for Mental Health

इकाई-2: भगवद्गीता

- भगवद्गीता का सामान्यपरिचय
- भगवद्गीता में मानसिक स्वास्थ्य की अवधारणा
- मानसिक रूप से स्वस्थ व्यक्ति के लक्षण/विशेषताएँ
- मानसिक स्वास्थ्य के लिए ज्ञानयोग, कर्मयोग और भक्तियोग

Unit-3: Yoga Vasistha

- General Introduction of Yoga vasistha
- Concept of yoga
- Concept of adhis and vyadhis and Psychosomatic Ailments
- The four Dwarpaals of Freedom
- Jana saptanhumika (Seven Stages)

इकाई-3: योगवशिष्ठ

- योग वशिष्ठ का सामान्य परिचय
- योग की अवधारणा
- अधि और व्याधि की अवधारणा और मनोदैहिक रोग
- मुक्ति के चार द्वारपाल
- जन सप्तन्हुमिका (सातचरण)
-

Unit- 4: Upanishads

- Taittiriya Upanishad: Concept of panchkosha
- Kena Upanishad: Self and the mind, Intuitive realization of truth, Moral of yakshavyakhayan
- Katha Upanishad: Definition of yoga, Nature of Soul, Importance of self realization
- Prashna Upanishad: The six main Questions
- Mandukya Upanishad: Four Stages of Conciousness

इकाई- 4: उपनिषद

- तैत्तिरीय उपनिषद: पंचकोश की अवधारणा
- केन उपनिषद: आत्मा और मन, सत्य का सहजबोध, यक्ष व्याख्यान का नैतिक सिद्धांत
- कठ उपनिषद: योग की परिभाषा, आत्मा का स्वरूप, आत्म-साक्षात्कार का महत्व
- प्रश्न उपनिषद: छह मुख्य प्रश्न
- माण्डूक्य उपनिषद: चेतना के चार चरण

Reference books:

1. 108 Upanishad: acharya Shriram Sharma, YugnirmanYojana, Vistar trust, Mathura
2. Ten major Upanishads: geeta press, Gorakhpur
3. Sadhaksanjeevani- Swami Ramsukha das
4. Bhagwat Geeta- Geeta Press, Gorakhpur
5. ShrimadBhagwatGeetaYathartharoopa, Swami Prabhupada, Iskon Temple
6. Yoga Vasistha, ChokhambhaPrakshan , New Delhi

Course Outcomes (COs):

CO1: The students will be able to **recall** and define the basic concepts, characteristics, and crises of mental health. **(RBT Level: L1 – Remember)**

CO2: The students will be able to **explain** the concept of mental health as presented in the Bhagavad Gita, including the paths of Jnana Yoga, Karma Yoga, and Bhakti Yoga. **(RBT Level: L2 – Understand)**

CO3: The students will be able to **apply** the teachings of Yoga Vasistha—such as the concepts of Adhi-Vyadhi, Dwarapalas, and the sevenfold path—in addressing psychosomatic conditions. **(RBT Level: L3 – Apply)**

CO4: The students will be able to **analyse** the philosophical ideas from selected Upanishads (e.g., Panchakosha, Atman, Consciousness) in the context of mental well-being. **(RBT Level: L4 – Analyze)**

CO5: The students will be able to **evaluate** the relevance and effectiveness of Indian spiritual texts in promoting holistic mental health in modern society. **(RBT Level: L5 – Evaluate)**

Semester-II
Post Graduate Diploma in Yoga and Mental Health
Discipline Specific Course (DSC)
Yoga Therapy and Counselling

Paper Code: P25YMH203T

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 (each question may be of 2-3 parts) will be set consisting of two questions from each unit. The student/candidate is required to attempt five questions in all selecting one question from each unit including compulsory Question No.1. All questions will carry equal marks. **Question paper will be in both English and Hindi languages**

Objective: *This course provides theoretical and practical knowledge of yoga therapy, including yogic management of common and psychiatric disorders, stress management, evidence-based practices, and techniques of yogic counselling.*

Course Contents: | B-De vUoZr q

Unit-I: Introduction

- Introduction to Yoga therapy (Meaning, definition and purpose) – Adhija Vyadhi concept, IAYT, Pancha kosha,
- Qualities of a Yoga Therapist
- Role of Yoga in Treatment of Common Ailments
- Importance of Yoga Therapy for Mental Health
- Introduction to stress, Physiology of stress
- Psychosomatic ailments

इकाई-I: परिचय

- योग चिकित्सा का परिचय (अर्थ, परिभाषा और उद्देश्य) – अधिज व्याधि अवधारणा, IAYT, पंचकोश,
- एक योग चिकित्सक के गुण
- सामान्य रोगों के उपचार में योग की भूमिका
- मानसिक स्वास्थ्य के लिए योग चिकित्सा का महत्व
- तनाव का परिचय, तनाव का शरीरक्रियाविज्ञान
- मनोदैहिकरोग

Unit-II: Yoga Therapy for Common Ailments

Signs & symptoms, causes and Yoga Therapy for the following ailments:

- Cardio vascular : IHD, Hypertension, Peripheral Vascular Disease.
- Respiratory : Bronchial Asthma, Allergic rhinitis.
- Musculo skeletal : Backache, Osteoarthritis, Rheumatoid arthritis.
- Digestive Disorders : Hyperacidity, Irritable Bowel Disorder, constipation.
- Endocrine : Diabetes mellitus, Thyroid disorders, Adrenal cortex disorders, Obesity

- Obstetric and gynaecological conditions : Premenstrual Syndrome, Menstrual disorders
- Neurological Disorders: headache, migraine, epilepsy,

इकाई-II: सामान्य बीमारियों के लिए योगचिकित्सा

निम्नलिखित बीमारियों के संकेत एवं लक्षण, कारण और योगचिकित्सा:

- हृदयसंबंधी: IHD, उच्चरक्तचाप, परिधीयसंवहनीरोग।
- श्वसन: ब्रॉन्कियल अस्थमा, एलर्जिकराइनाइटिस।
- मस्क्युलोस्केलेटल: पीठदर्द, ऑस्टियोआर्थराइटिस, रुमेटीइडगठिया।
- पाचनविकार: हाइपरएसिडिटी, चिड़चिड़ाआंत्रविकार, कब्ज।
- अंतःस्रावी: मधुमेह, थायरॉइडविकार, अधिवृक्कप्रतस्थाविकार, मोटापा।
- प्रसूति एवं स्त्री रोग संबंधी स्थितियां: प्रीमेस्ट्रुअलसिंड्रोम, मासिक धर्म संबंधीविकार।
- तंत्रिका संबंधी विकार: सिरदर्द, माइग्रेन, मिर्गी,

Unit-III Psychiatric disorders

Causes, Classification, clinical features, Medical management, Yogic Management and Evidence based yoga Therapy

- Introduction to psychiatric disorders, classification – Neurosis, Psychosis
- Neurosis:
- Anxiety disorders: Generalised anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder, Post-traumatic stress disorder and Phobia
- Depression: Dysthymia, Major depression and addiction,
- Psychosis
- Schizophrenia,
- Bipolar affective disorder

यूनिट-III मानसिक विकार

कारण, वर्गीकरण, नैदानिक विशेषताएँ, चिकित्सा प्रबंधन, योग प्रबंधन और साक्ष्य आधारित योग चिकित्सा

- मानसिक विकारों का परिचय, वर्गीकरण – न्यूरोसिस, साइकोसिस
- न्यूरोसिस:
- चिंताविकार: सामान्यीकृत चिंताविकार, घबराहटसंबंधीचिंता, जुनूनीबाध्यकारी विकार, अभिघातज के बाद का तनाव विकार और फोबिया
- अवसाद: डिस्टीमिया, गंभीरअवसाद
- व्यसन,
- साइकोसिस
- सिज़ोफ्रेनिया,
- द्विध्रुवी भावात्मकविकार

Unit- IV: Yoga Counselling

- concept of counselling and Yogic Counselling
- Qualities of a counsellor
- Methods for Chitta suddhi
Yoga techniques to be used during counselling to cope with

- hyper sensitive mind,
- excessive speed of mind,
- problems of perfectionist personality,
- hereditary and congenital problems,
- psychological conflicts,
- calamities/ life events (present, past , concerns about future distressing events), ageing etc

इकाई- IV: योग परामर्श

- परामर्श और योगिक परामर्श की अवधारणा
- परामर्शदाता के गुण
- चित्त शुद्धि की विधियाँ

परामर्श के दौरान निम्नलिखित समस्याओं से निपटने के लिए उपयोग की जाने वाली योग तकनीकें:

- अतिसंवेदनशील मन,
- मन की अत्यधिक गति,
- पूर्णतावादी व्यक्तित्व की समस्याएँ,
- वंशानुगत और जन्मजात समस्याएँ,
- मनोवैज्ञानिक संघर्ष,
- आपदाएँ/जीवन की घटनाएँ (वर्तमान, भूत, भविष्य की दुखद घटनाओं की चिंताएँ), वृद्धावस्था आदि।

Reference Books:

1. Yoga Therapy, Swami Satyananda saraswati, BYS, Munger
2. Yoga Therapy for Common Disease, Swami karmananda, Yoga Publication trust, Munger
3. Yoga Therapy For Common Ailment Series, R. Nagarathna & H. R. Nagendra, SVYP Publications, Bangalore
4. Yoga and Mental health, R. N. Bhugal
5. Yoga Evam Mansik Swasthya, Suresh Varanwal
6. Mental Health and Hindi Psychology, Swami Akhilananda

Course Outcomes (COs):

CO1: The students will be able to **recall** and describe the fundamentals of Yoga Therapy, including concepts like Adhija-Vyadhi, IAYT, Panchakosha, and the role of Yoga in managing stress and psychosomatic ailments. **(RBT Level: L1 – Remember)**

CO2: The students will be able to **explain** and interpret the signs, causes, and Yoga Therapy applications for common physical ailments across cardiovascular, respiratory, musculoskeletal, digestive, endocrine, reproductive, and nervous systems. **(RBT Level: L2 – Understand)**

CO3: The students will be able to **apply** appropriate yogic techniques for psychiatric conditions such as anxiety, depression, addiction, schizophrenia, and bipolar disorders, integrating evidence-based approaches. **(RBT Level: L3 – Apply)**

CO4: The students will be able to **analyze** and differentiate between neurosis and psychosis and assess the therapeutic potential of Yoga in psychiatric classifications. **(RBT Level: L4 – Analyze)**

CO5: The students will be able to **develop** and **evaluate** yoga-based counselling strategies and Chitta-shuddhi practices to address psychological challenges such as emotional sensitivity, mental hyperactivity, trauma, perfectionism, and ageing. **(RBT Level: L5 – Evaluate)**

Semester-II
Post Graduate Diploma in Yoga and Mental Health
Practicum
Yoga Skill and Prowess Lab

Paper Code: P25YMH204P

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.

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Course Contents: i k B ~ Ø e v U o Z r q

I Selected Kriyas p; fur fØ; k; j

10 Marks

1. =k/d]
 2. l wuf
 3. ol= ~~ak~~
 4. di ky Hfr & Oe
 5. eè eulsh
1. Trataka
 2. Sutraneti
 3. Vastra Dhauti
 4. Kapalbhathi- Vyutkram
 5. Madhyamanauli

II Pranayamas

10 Marks

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

III Asanas

15 Marks

1. Bhadrasana
2. Uttitha Padmasana
3. Badha Padmasana
4. Padangushthasana
5. Yogamudrasana
6. Padam Bakasan
7. Tolangulasana
8. Mayurasana
9. Sarwang Asana
10. Kukutasana
11. Ardhmatsyendrasana
12. Garbhasana
13. Suptavajrasana
14. Suptavajarasana
15. Ashwatthasana
16. Garudasan
17. Garbhasana
18. Hastpadangushthasana
19. Karnapeedasan
20. Kurmasana
21. Natrajasana
22. Shirshasan
23. Ugrasana
24. Padangushthnhasasprashasan
25. Shawasana

13. Matsyendrasana

1. भद्रासन

2. उत्तिथ पद्मासन

3. बद्ध पद्मासन

4. पादंगुष्ठासन

5. योगमुद्रासन

6. पदम बकासन

7. तोलांगुलासन

8. मयूरासन

9. सर्वांग आसन

10. कुकुटासन

11. अर्धमत्स्येन्द्रासन

12. गर्भासन

13. मत्स्येन्द्रासन

14. सुप्तवज्रासन

15. अश्वत्थासन

16. गरुडासन

17. गर्भासन

18. हस्तपादंगुष्ठासन

19. कर्णपीडासन

20. कुर्मासन

21. नटराजासन

22. शीर्षासन

23. उग्रासन

24. पादंगुष्ठनासास्त्रासन

25. शवासन

IV Mudras & Bandhas मुद्राएँ और बंध

05 Marks

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

05 Marks

VI. Viva-Voce

05 Marks

Reference Books: | gk d xB%

- Asana, Pranayama, Mudra and Bandha- Swami SatyanadaSaraswati, BSY, Munger.
- Light on Yoga, BKS Iyenger.
- Hatha Yoga Pradeepika, Swami SatyanadaSaraswati, BSY, Munger.
- Gherand Samhita, Swami SatyanadaSaraswati, BSY, Munger.
- Yog Sadhana evam Chikitsa Rahasya, Swami Ramdev.
- Yogic Suksham Vyayam, Swami Dharendra Brahmachari.

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, Kapalabhati, 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
Post Graduate Diploma in Yoga and Mental Health
Practicum
Yoga Therapy and Lesson Plan Lab

Paper Code: P25YMH205P

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: iB-De vUoZr q

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 एवं 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. Step by step description of the subject matter (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 | |

B. 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-Voce

Reference Books: | gk d xB%

- Swasthvat Vighyan Avm Yogic Chikitsa. Dr. Rashesh Kumar, Haridwar.
- Yoga for common ailments Swami Vivekanand Yoga Prakashan, Bangalore.
- Asana, Pranayama, Mudra and Bandha- Swami SatyanadaSaraswati, BSY, Munger.
- Light on Yoga, BKS Iyenger.
- Hatha Yoga Pradeepika, Swami SatyanadaSaraswati, BSY, Munger.
- Gherand Samhita, Swami SatyanadaSaraswati, BSY, Munger.
- Yog Sadhana evam Chikitsa Rahasya, Swami Ramdev.
- Yogic Suksham Vyayam, Swami Dharendra Brahmachari.

Course Outcomes (COs):

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)**

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)**

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)**

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)**

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– Evaluate)**

