

GURU KASHI UNIVERSITY



Post Graduate Diploma in Yoga Therapy (PGDYT)

Session: 2025-26

Faculty of Physical Education

Programme Structure

Semester-I									
Course code	Course Title	Type of Courses	L	T	P	No. of Credits	Int.	Ext.	Total Marks
GDY1400	Human Anatomy and Physiology	Core Course	3	1	0	4	30	70	100
GDY1401	Modern Yogic and Their Therapeutic Approaches	Core Course	3	1	0	4	30	70	100
GDY1402	Fundamental History of Yoga	Core Course	4	0	0	4	30	70	100
GDY1403	Raj Yoga and Hath Yoga	Core Course	4	0	0	4	30	70	100
GDY1404	Yoga Practical (Teaching Lesson and Active yoga)	Skills Based	0	0	8	4	30	70	100
VAC0001	Environment Education	Value Added Course	2	0	0	2	30	70	100
Discipline Elective-I (Opt any one of following)									
GDY1405	Psychological Assessment and Diagnosis	Discipline Elective-I	4	0	0	4	30	70	100
GDY1406	Applications of Yoga Vasistha and Bhagavad Gita								
Total			20	2	8	26	210	490	700

Semester-II									
Course code	Course Title	Type of Courses	L	T	P	No. of Credits	Int.	Ext.	Total Marks
GDY1450	Astang Yoga and Karm Yoga	Core Course	4	0	0	4	30	70	100
GDY1451	Basic Complimentary Therapies	Core Course	4	0	0	4	30	70	100
GDY1452	HealthCycle, Nutrition and Natural Aid	Core Course	4	0	0	4	30	70	100
GDY1453	Human Consciences and Mantel Hygiene	Core Course	3	1	0	4	30	70	100
GDY1454	Yoga Practical (Teaching Lesson and Active yoga)	Skills Based	0	0	8	4	30	70	100
VAC0002	Human Values and Professional Ethics	Value Added Course	2	0	0	2	30	70	100
Discipline Elective-II (Opt any one of following)									
GDY1455	Vedanta and human excellence	Discipline Elective-II	4	0	0	4	30	70	100
GDY1456	Classical Yoga Text								
Total			21	1	8	26	210	490	700
Grand Total			41	3	16	52	420	980	1400

Semester-I

Course Name: Human Anatomy and Physiology	L	T	P	Cr
Course Code: GDY1400	3	1	0	4

Total Hours: 60

Course Learning Outcomes: After completion of this course, the learner will be able to:

1. Acquire knowledge about the organization of the human body and its regulatory mechanisms.
2. Summarize and analyze the structural and functional aspects of various body systems.
3. Interpret the fundamental concepts related to human organ systems.
4. Gain an understanding of different physical deformities and the nervous system

Course Content**UNIT-I****15 Hours**

Introduction: Define anatomy and physiology.

Cell & Tissues: Definition, Structure and functions

Immunity: Types and mechanism

UNIT-II**14 Hours**

Skeleton System: bones, joints and their classification

Muscular system: types of muscles, Structure and functions of the muscles

Digestive system: structure and functions of these organs.

UNIT-III**15 Hours**

Excretory system: structure and functions of these excretory system

Circulatory system: structure and functions of these Circulatory system

Respiratory system: structure and functions of these Respiratory system.

UNIT-IV**16 Hours**

Nervous system: structure and functions of these Nervous system.

Metabolism: Meaning, concept, types.

Endocrine Glands: structure and functions of these Endocrine system.

Physical Deformities: classification, & treatment through the yogic exercise.

Transaction Mode:

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.

Suggested Readings:

- *Anatomy and Physiology for Nurses, Roger Watson (2001) Har Court (Ind.) Hinton Health, Thapar (2002) Rupa Co.*
- *Elvyn C. Pearce, (2003) Anatomy and Physiology and Nurses, Oxford University Press, Delhi.*
- *Promila Verma, (1974) Kanti Pandya, Shareer Kriya Vigyana, Bihar Hindi Granth Academy.*
- *R. Rajalakshmi, (1974) Applied Nutrition, Oxford and IBM Public Co., Delhi.*
- *V. Tararinov, Human anatomy and Physiology Trans. By David A. Myshna, MIR Publishers, Moscow.*
- *Verma, Mukund Swaroopetal. (1973). Food and Nutrition, Ram Narayan Lal Bansi Prashad, Allahabad.*
- *Human Physioloogy, C. C. Chatterjee (1992) Alakn and a Press, Kolkata.*
- *Human Anatomy, B. D. Chaurasia (1993) CBS Publishers, Shahdra, Delhi.*
- *Human Anatomy: Inderbir Singh (1984). Macmillan India Ltd., New Delhi.*
- *A text book of Biochemistry–Subba Rao.*
- *A text book of Medical Physiology–Guyton.*
- *Basic Psychology, stranges R & Solley, C. M. (1970), Tata Mcgraw-Hill, New Delhi*

Course Name: Modern Yogic and Their Therapeutic Approaches	L	T	P	Cr
Course Code: GDY1401	3	1	0	4

Total Hours: 60

Course Learning Outcomes: After completion of this course, the learner will be able to:

1. Study the life history of renowned yoga therapists (Acharyas).
2. Acquire skills in various techniques of yoga therapy.
3. Memorize important factors related to yoga therapy.
4. Memorize important factors related to Shat karma.

Course Content

UNIT-I

15 Hours

Introduction: Brief life history of Sriram Sharma Acharya, Yogic life of Acharya Shree, Acharya Shree as a Yoga therapist

Therapy through: Asana, Pranayam, Mudra-Bandha, Diettherapy, Fasting, Panchtatva Chikitsa

UNIT-II

14 Hours

Therapy through: Swar Yoga, Sun therapy, Environmental factor in Yogic therapy, Yajna therapy, Ayurvedic Herbs, Mud Therapy

Therapy through: Prayer, Mantra, Tapa

UNIT-III

15 Hours

Panch karma: meaning, concept, principles, emerging trend of Panch karma treatment

Nature of Panchkarma–Purv–Pardhaan–Pashchaat karma and their importance.

UNIT-IV

16 Hours

Shatkarma- meaning, concept, principles, emerging trend of Shat karma treatment.

Other important factors: Important factors of Yoga therapy, Spiritual life (Samyam, Seva, Sadachar & Samvedana), Importance of Samskar / Prarabdha in Yoga therapy.

Transaction Mode:

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.

Suggested Readings

- *Meditation from Tantras-Sw. Satyan and a Saraswati*
- *History and philosophy of Naturopathy-Dr. S. J. Singh*
- *Yoga for Hypertension-Swami Satyananad Saraswati*
- *Disease & Yoga -Swami Satyanand Saraswati*
- *Hatha Yoga Pradipika-Kaivalyadham Lonawala*
- *Asana, Pranayama, Mudra, Bandha-Swami Satyananda Saraswati*
- *Hatha Yoga Pradipika of Swatmaram-Theosophical Society, Ady*
- *Text Book of Yoga-Yogeshwar*
- *Health for all through Yoga-Dr. Ganesh Sankar Giri*
- *YogicManagementofcommonDiseases-SwamiShankafradevanandaSaraswati*
- *Anatomy of Hath yoga*
- *Physiology of Yogic Exercises*
- *Anatomy and Physiology of Yogic Practices - M.M. Gore Diet and Nutrition -Dr. Rudolf*
- *History and Philosophy of Naturopathy-Dr. S. J. Singh*
- *Nature Cure-Dr. H. K. Bakhru*
- *The Practice of Nature Cure-Dr. Henry Lindlhar*

Course Name: Fundamental History of Yoga	L	T	P	Cr
Course Code: GDY1402	4	0	0	4

Total Hours: 60

Course Learning Outcomes: After completion of this course, the learner will be able to:

1. Memorize the origins and development of Yoga in India.
2. Memorize the documentation of Yoga in the oldest sacred texts (Vedas).
3. Develop skills in various types of Yoga.
4. Study the lives of famous Yoga Acharyas.

Course Content

UNIT-I

16 Hours

Introduction: meaning, Definition & Nature of Yoga

History of Yoga: (Ancient) Mythological background of Yoga: its origin according to Upanishads, Geeta and Hathayoga sect. Development of yoga according to historical facts from ancient to modern time (from pre-veda to Patanjali period)

Medieval: Development of Yoga after Patanjali: Hath yoga group, Bhakti period, Vivekananda period (Upto 18th century-1900)

Modern Yoga: development of Yoga in 19th and 20th century: development of yoga centers and research as well academic institutes, Govt. policy for Yoga.

UNIT-II

14 Hours

Nature of Chitta: Concept of bondage and liberation, nature of Yoga sadhna according to Patanjali yoga sutra and Hath yoga pradiipika

Types of Yoga: Ashtang Yoga, Hath Yoga, Mantra Yoga, Gyan Yoga and Bhakti Yoga. Karma Yoga

UNIT-III

15 Hours

Nature of Patanjali Yoga sutra: Description of different padas, their place and importance in Yoga literature, nature of hath Yoga pradiipika Gherand samhita and their description, their place and importance in Yoga Literature, Nature of shreemad bhagawa geeta acharya, test of different chapters, nature of Karma, Gyan, bhakti and Dhyana Yoga

UNIT-IV**15 Hours**

Introduction of Yoga Acharya: Maharishi Dayanana, Swami Viveka nanda Maharishi Patanjali, Swami Shiiva nanda, Maa Anadamayee, Mata Bhagwati Devi Sharma, Shri Aurobindo Place of Yoga: Vedas, Upanishads, Yoga-Vashish thand Ayurveda.

Transaction Mode:

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings:

- *Iyengar, B. K. S. (2005). Light on life. Oxford, Pan Macmillan Ltd.*
- *Iyengar, B. K. S. (2009). The Tree of Yoga. New Delhi, Harper Collins.*
- *King, Richard. (2000). Indian Philosophy: An Introduction to Hindu and Buddhist Thought. New Delhi, Maya Publishers Pvt. Ltd.*
- *Nagendra, H. R. (1993). Yoga in Education. Banglore, Vivekananda Kendra.*
- *Niranjananada, Swami. (1998). Yoga Darshan. Deoghar, Panchadashanam Paramahamsa Alakh Bara.*
- *Puligandla, R. (1975). Fundamentals of Indian Philosophy. New York, Abingdon Press.*
- *Raju, P.T. (1982). The Philosophical Traditions of India. Delhi, Moti Lal Banarsi Dass.*
- *Reyna, Ruth. (1971). Introduction to Indian Philosophy. New Delhi, Tata McGraw-Hill Publishing Co. Ltd.*

Course Name: Raj Yoga and Hath Yoga	L	T	P	Cr
Course Code: GDY1403	4	0	0	4

Total Hours: 60

Course Learning Outcomes: After completion of this course, the learner will be able to:

1. Orient trainees in the principles and practices of Yoga.
2. Develop skills in adopting a Yogic style of living.
3. Develop skills in various techniques necessary for teaching Yoga.
4. Develop skills for organizing Yoga classes.

Course Content

UNIT-I **15 Hours**

Introduction: Meaning & Definition of Raja Yoga,

Raja Yoga: Chitta & Chitta Vrittis, Yogantaraya, Chitta Prasadhana

UNIT-II **14 Hours**

Kriya Yoga, Pancha Klesha

Introduction: Meaning & Definition of Hatha Yoga

UNIT-III **15 Hours**

Hatha Yoga, Principles of Hatha Yoga, Satkarma, Yogasanas Prana, Nadis, Chakras

UNIT-IV **16 Hours**

Pranayama: Meaning, Types, Benefits & precautions, precharacteristics of Hatha Perfection (Siddhi)

Mudra-Badha: Procedure, Benefits & precautions, Mulabandha, Uddiyana, Jalandhar Bandha, VipritKarani, Tadagi, Yogamudra, Mahamudra, Mahavedha Mudra, Kundalin.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings:

- *Sharma Chandradhar (1973). A Critical Survey of Indian Philosophy. Delhi, Moti Lal Banarsi Dass.*
- *Sivananda, Sri Swami. (2007). Janana Yoga. Tehri Garhwal, The Divine Life Society.*
- *Sivananda, Swami. (2007). Adhyatma Yoga. Tehri Garhwal, The Divine Life Society.*
- *Tamini, I. K. (1973). Glimpses into Psychology of Yoga. Adyar, Madras, The Theosophical Publishing House.*
- *Villodo, Alberto. (2007). Yoga, Power and Spirit New Delhi, Hay House Inc*
- *Vivekananda, Swami. (2007). Raj Yoga Calcutta, Rama krishna Vedanta Math*
- *Viveka nanda, Swami. (2009). Complete Book of Yoga Delhi, Vijay Goel Publisher*
- *Weerasinghe S.G.M. (1993). The Sankhya Philosophy: A Critical Evaluation of its origins and Development, Delhi, Sri Satguru Publications, A Division of Indian Books Centre*

Course Name: Yoga Practical (Teaching Lesson and Active Yoga) (Skill Based)	L	T	P	Cr
Course Code: GDY1404	0	0	8	4

Total Hours: 120

Course Learning Outcomes: After completion of this course, the learner will be able to

1. Acknowledge the skills in performing Yoga Asanas and Pranayama.
2. Exhibit the cleansing techniques such as Neti, Nauli, and Dhouti.
3. Repeat the mantras chanted during Yoga practice with proper pronunciation and devotion.
4. Display various Bandhas and Mudras with precision and control.

Course Content

120 Hours

Lesson Planning:

Asana (Any Five asana) Pranayam (Any Four Pranayam)

Purification Activity (Any One Purify Activity)

Skill:

Surya Namaskar with Mantra Asana: -

Padamasana, Budpadamasana, Yogmudra, Kukutasana, Paschimot asana, Shalabha asana, Ardha Shalabha asana, Bhujangasana, Shavasana, Matsyasana, Srawangasana, vajrasana, Suptavajrasana, Grudasana, Vatayanasana, Tadasana, Shirshasana. Swastikasana, Gomukhasana, Virkashasana, Kuramasana, Sidasana, Utkatasana,

Pranayam:

Chest Breathing, Abdominal Breathing, Deep Breathing & Yogic, Prayanama, Anulome-Vilome, Surya Bhedan, Bhastrika, Ujjai, Brahmari

Shatkarma/Kriya

Neti:-(Jal Neti, Sutar Neti)

Dhoti:-(Vaman Dhoti, Vastar Dhoti, Kunjal Dhoti)

Neuli:-(Bham Neuli, Dakshan Neuli, Madyam Neuli, Neuli Chalan) Tratak, Kapal Bhati, Basti, Agnisar Kriya.

Mudra & Bandhas:

Yog mudra, Vipritkarni mudra, Barham mudra, Maha mudra, Mul band, Jalandhar band, Uddiyan band. Maha band,

Meditation: -

Soham (Dharana &Dhyan), Sound Meditation Mantra:
Swasti & Rudrop asana

Natural Aid:

Mud Pack, Steam Bath, Hot and Cold fermentation, Massage (Dry, Friction & Oil Massage) Hip Bath, Spinal Bath and Enema

Course Title: Environment Education	L	T	P	Cr.
Course Code: VAC0001	2	0	0	2

Total Hours: 30

Course Learning Outcomes: After completing all the units, students will learn:

1. Grasp the concept of Environmental Science, its components, types of natural resources, their distribution, and usage, with a focus on India.
2. Discuss the factors impacting biodiversity loss and ecosystem degradation in India and the world.
3. An overview of Contemporary Environmental Issues i.e National and Global efforts to address climate change adaptation and mitigation.
4. To understand environmental laws for monitoring pollution.
5. Principles guiding human responsibility toward the environment.
6. Toxic chemicals and analytical methods for monitoring environmental pollutants.

Course Content

UNIT-I

6 Hours

Human – Environment Interaction, Natural Resources, and Sustainable Development

The man-environment interaction: Humans as hunter-gatherers; Mastery of fire; Origin of agriculture; Emergence of city-states; Great ancient civilizations and the environment, Indic Knowledge and Culture of sustainability; Middle Ages and Renaissance; Industrial revolution and its impact on the environment; Population growth and natural resource exploitation; Global environmental change.

Environmental Ethics and emergence of environmentalism: Anthropocentric and eco-centric perspectives (Major thinkers); The Club of Rome- Limits to Growth; UN Conference on Human Environment 1972; World Commission on Environment and Development and Rio Summit.

Natural resources: Definition and Classification. Microbes as a resource; Status and challenges. Environmental impact of over-exploitation, issues and challenges; Water scarcity and Conflicts over water. Mineral resources and their exploitation; Environmental problems due to extraction of minerals and use; Soil as a resource and its degradation.

Energy resources: Sources and their classification. Implications of energy use on the environment.

Introduction to sustainable development: Sustainable Development Goals (SDGs)- targets and indicators, challenges and strategies for SDGs.

UNIT-II**6 Hours****Biodiversity Conservation and Environmental Issues**

Biodiversity as a natural resource; Levels and types. Biodiversity in India and the world; Biodiversity hotspots; Species and ecosystem threat categories. Major ecosystem types in India, their services, classification, significance and characteristics of forests, wetlands, grasslands, agriculture, coastal and marine;

Threats to biodiversity and ecosystems: Land use and land cover change; Commercial exploitation of species; Invasive species; Fire, disasters and climate change.

Major conservation policies: in-situ and ex-situ approaches; National and International Instruments for biodiversity conservation; the role of traditional knowledge, community-based conservation; Gender and conservation.

Environmental issues and scales: micro-, meso-, synoptic and planetary scales; Temporal and spatial extents of local, regional, and global phenomena.

Pollution: Types of Pollution- air, noise, water, soil, thermal, radioactive; municipal solid waste, hazardous waste; transboundary air pollution; acid rain; smog.

Land use and Land cover change: land degradation, deforestation, desertification, urbanization.

Biodiversity loss: past and current trends, impact.

Global change: Ozone layer depletion; Natural Disasters – Natural and Man-made (Anthropogenic).

UNIT-III**8 Hours****Environmental Pollution, Health, Climate Change:** Impacts, Adaptation and Mitigation

Definition of pollution; Point and non-point sources.

Air pollution: sources, Impacts, Primary and Secondary pollutants; Criteria pollutants- carbon monoxide, lead, nitrogen oxides, ground-level ozone, particulate matter and sulphur dioxide; Other important air pollutants- Volatile Organic compounds (VOCs), Peroxyacetyl Nitrate (PAN), Polycyclic aromatic hydrocarbons (PAHs) and Persistent organic pollutants (POPs); Indoor air pollution; National Ambient Air Quality Standards.

Water pollution: Sources; River, lake and marine pollution, groundwater pollution, impacts; Water quality parameters and standards.

Soil pollution: sources and pollutants. Solid and hazardous waste, its impacts.

Noise pollution: Definition, Unit of measurement, sources, noise standards; adverse impacts. Thermal and Radioactive pollution: Sources and impacts.

Climate change: natural variations in climate due to greenhouse gas

emission- past, present & future. Structure of atmosphere. Projections of global climate change with special reference to temperature, rainfall, climate variability and extreme events; Importance of 1.5 °C and 2.0 °C limits to global warming; Climate change projections for the Indian sub-continent.

Impacts, vulnerability and adaptation to climate change: Observed impacts of climate change on ocean and land systems; Sea level rise, changes in marine and coastal ecosystems; Impacts on forests, natural ecosystems, animal species, agriculture, health, urban infrastructure; the concept of vulnerability and its assessment; Adaptation vs. resilience; Climate-resilient development; Indigenous knowledge for adaptation to climate change.

Mitigation of climate change: Synergies between adaptation and mitigation measures; Green House Gas (GHG) reduction vs. sink enhancement; Concept of carbon intensity, energy intensity and carbon neutrality; National and international policy instruments for mitigation, decarbonizing pathways and net zero targets for the future; Energy efficiency measures; Carbon capture and storage, National climate action plan and Intended Nationally Determined Contributions (INDCs); Climate justice.

UNIT-IV

10 Hours

Environment Management, Treaties and Legislation

Introduction to environmental laws and regulation: Article 48A, Article 51A (g) and other environmental rights; Introduction to environmental legislations on the forest, wildlife and pollution control.

Environmental management system: ISO 14001 Concept of Circular Economy, Life cycle analysis; Cost-benefit analysis Environmental audit and impact assessment; Environmental risk assessment Pollution control and management; Waste Management- Concept of 3R (Reduce, Recycle and Reuse) and sustainability; Ecolabeling/Ecomark scheme. Bilateral and multilateral agreements on international co-operation of instruments; conventions and protocols; binding and nonbinding measures; Conference of the Parties (COP) Major International Environmental Agreements:- Convention on Biological Diversity (CBD); Cartagena Protocol on Biosafety; Nagoya Protocol on Access and Benefit-sharing; Convention on International Trade in Endangered Species of Wild Flora and Fauna (CITES); Ramsar Convention on Wetlands of International Importance; United Nations Convention to Combat Desertification (UNCCD); Vienna Convention for the Protection of the Ozone Layer; Montreal Protocol on Substances that Deplete the Ozone Layer and the Kigali Amendment; Basel Convention on the Control of Transboundary Movements of Hazardous Wastes and their Disposal; Rotterdam Convention on the Prior Informed Consent Procedure for Certain Hazardous Chemicals and Pesticides in International Trade; Stockholm Convention, Minamata Convention, United Nations Framework

Convention on Climate Change (UNFCCC); Kyoto Protocol; Paris Agreement; India's status as a party to major conventions

Major Indian Environmental Legislations: The Wild Life (Protection) Act, 1972; The Water (Prevention and Control of Pollution) Act, 1974; The Forest (Conservation) Act, 1980; The Air (Prevention and Control of Pollution) Act, 1981; The Environment (Protection) Act, 1986; The Biological Diversity Act, 2002; The Scheduled Tribes and Other Traditional Forest Dwellers (Recognition of Forest Rights) Act, 2006; Noise Pollution (Regulation and Control) Rules, 2000; Industry-specific environmental standards; Waste management rules; Ramsar sites; Biosphere reserves; Protected Areas; Ecologically Sensitive Areas; Coastal Regulation Zone; Production and consumption of Ozone Depleting substances, Green Tribunal; Some landmark Supreme Court judgements Major International organisations and initiatives: United Nations Environment Programme (UNEP), International Union for Conservation of Nature (IUCN), World Commission on Environment and Development (WCED), United Nations Educational, Scientific and Cultural Organization (UNESCO), Intergovernmental Panel on Climate Change (IPCC), and Man and the Biosphere (MAB) programme.

Transaction Mode:

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings:

1. Chahal, M. K. (2024). *Environmental Science and Hazards Management (Ecology and Risk Management)*, ISBN:978-93-6440-586-7.
2. Baskar, S. and Baskar, R. (2009). *Natural Disasters (Earth's Processes & Geological Hazards)*, ISBN: 978-81-7806-168-9.
3. Tiefenbacher, J (ed.) (2022), *Environmental Management - Pollution, Habitat, Ecology, and Sustainability*, Intech Open, London. 10.5772/
4. Kanchi Kohli and Manju Menon (2021) *Development of Environment Laws in India*, Cambridge University Press.
5. Bhagwat, Shonil (Editor) (2018) *Conservation and Development in India: Reimagining Wilderness*, Earthscan Conservation and Development, Routledge.
6. Manahan, S.E. (2022). *Environmental Chemistry (11th ed.)*. CRC Press. <https://doi.org/10.1201/9781003096238>.
7. William P. Cunningham and Mary A. (2015) *Cunningham Environmental Science: A Global Concern*, Publisher (Mc-Graw Hill, USA)
8. Central Pollution Control Board Web page for various pollution standards. <https://cpcb.nic.in/standards/>

9. Theodore, M. K. and Theodore, Louis (2021) *Introduction to Environmental Management*, 2nd Edition. CRC Press.
10. Ministry of Environment, Forest and Climate Change (2019) A *Handbook on International Environment Conventions & Programmes*.
<https://moef.gov.in/wp-content/uploads/2020/02/convention-V-16-CURVE-web.pdf>

Course Name: Psychology Assessment and Diagnosis (Discipline Elective-I)	L	T	P	Cr
Course Code: GDY1405	4	0	0	4

Total Hours: 60

Course Learning Outcomes: After completion of this course, the learner will be able to

1. Understand the psychological foundations of Yoga through classical texts such as Patanjali Yoga Sutras, the Bhagavad Gita and the Upanishads.
2. Analyze human behavior and mental processes from a Yogic perspective.
3. Apply Yogic concepts to promote spiritual, mental and emotional well-being.
4. Appreciate and articulate the relevance of ancient Indian psychological wisdom in contemporary contexts.

Course Content

UNIT-I

15 Hours

Foundations of Psychological Assessment

Definition, nature, and scope of psychological assessment
 Historical development and approaches to psychological testing
 Principles of test construction and standardization
 Reliability, validity, norms and item analysis
 Ethical issues in psychological testing and assessment (APA guidelines)

UNIT-II

15 Hours

Cognitive, Personality and Neuropsychological Assessment

Intelligence tests: Stanford-Binet, WAIS, WISC, Raven's Progressive Matrices

Achievement and aptitude tests

Personality assessment: Projective (Rorschach, TAT), Objective (MMPI, 16-PF, NEO-PI-R)

Neuropsychological tests: Bender-Gestalt Test, Wisconsin Card Sorting Test, Luria-Nebraska Battery
 Behavioral assessment techniques

UNIT-III

15 Hours

Diagnostic Classification Systems

Diagnostic and Statistical Manual of Mental Disorders (DSM-5): structure, criteria and changes

International Classification of Diseases (ICD-11): overview and comparison with DSM

Cultural and gender considerations in diagnosis

Case history, mental status examination (MSE) and clinical interview, Differential diagnosis and comorbidity

UNIT-IV

15 Hours

Application and Report Writing

Integrating assessment data for diagnosis

Writing psychological reports: structure and content

Case formulation and treatment planning

Use of assessment in various settings: clinical, educational, organizational, forensic

Recent trends and technological advancements in psychological assessment

Transaction Mode:

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings:

- Kaplan, R. M., & Saccuzzo, D. P. (2021). *Psychological Testing: Principles, Applications, and Issues*. Cengage Learning.
- Cohen, R. J., Swerdlik, M. E., & Sturman, E. D. (2018). *Psychological Testing and Assessment*. McGraw-Hill Education.
- American Psychiatric Association. (2013). *Diagnostic and Statistical Manual of Mental Disorders (5th ed.)*.
- WHO. (2019). *International Classification of Diseases (11th Revision)*.
- Gregory, R. J. (2020). *Psychological Testing: History, Principles and Applications*. Pearson.

Course Title: Application of Yoga Vasistha and Bhagavad Gita (Discipline Elective-I)	L	T	P	Cr.
Course Code: GDY1453	4	0	0	4

Total Hours: 60

Course Learning Outcomes: After completion of this course, the learner will be able to:

1. Analyze the psychological insights of both texts and their relevance to emotional regulation, self-awareness and mental well-being.
2. Apply ethical principles and teachings such as detachment (*Vairagya*), duty (*Svadharm*a) and equanimity (*Samatvam*) to real-life decision-making and personal challenges.
3. Demonstrate understanding of meditative and contemplative practices derived from the texts and evaluate their impact on stress reduction, inner peace and self-development.
4. Integrate ancient wisdom with contemporary psychological theories and practices, drawing connections to areas such as counselling, leadership, education and personal growth.
5. Develop a reflective and disciplined approach to life through personalized spiritual practices based on the teachings of Yoga Vasistha and Bhagavad Gita.

Course Content

UNIT-I

15 Hours

Introduction and Philosophical Foundations

Historical context and authorship of Yoga Vasistha and Bhagavad Gita

Core philosophical concepts: Advaita Vedanta, Karma Yoga, Bhakti Yoga, Jnana Yoga, Dhyana Yoga

Concept of Atman, Brahman, Maya and Liberation (Moksha)

Human suffering and its transcendence in both texts

UNIT-II

15 Hours

Psychological Insights and Mind Management

Nature and functioning of the mind according to Yoga Vasistha

Role of desires, ego and attachment in psychological suffering

Concepts of self-effort (Purushartha) and detachment

Bhagavad Gita on equanimity (Samatvam), discipline and mindfulness

Relevance to emotional intelligence, resilience and stress management

UNIT-III**15 Hours****Ethical and Practical Application**

Bhagavad Gita and ethical dilemmas: Lessons from Arjuna's conflict

Duty (Svadharm), non-attachment and decision-making in daily life

Practical meditation techniques and self-inquiry from Yoga Vasistha

Application to leadership, education, counseling and crisis management

Case studies and contemporary interpretations

UNIT-IV**15 Hours****Integrative Practices and Contemporary Relevance**

Integrating teachings into personal development and spiritual growth

Yoga and psychological healing: parallels with cognitive and humanistic approaches

Practices: Contemplation, meditation, affirmations and journaling based on teaching

Comparative analysis with modern psychology and psychotherapy

Designing personal sadhana (spiritual discipline) based on the texts

Transaction Mode:

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings:

- Swami Venkatesananda. (1993). *The Concise Yoga Vasistha*. SUNY Press.
- Swami Tejomayananda. (2005). *The Holy Gita*. Central Chinmaya Mission Trust.
- Swami Sivananda. (2000). *Essence of Yoga Vasistha*. Divine Life Society.
- Radhakrishnan, S. (1948). *The Bhagavad Gita*. Harper Collins.
- Ravi Ravindra. (2008). *The Bhagavad Gita: A Guide to Navigating the Battle of Life*. Shambhala Publications.

Semester-II

Course Title: Astang Yoga and Karm Yoga	L	T	P	Cr.
Course Code: GDY1450	4	0	0	4

Total Hours: 60

Course Learning Outcomes: After completion of this course, the learner will be able to:

1. Analyze the philosophy of Karma Yoga as taught in the Bhagavad Gita, focusing on action, detachment and duty.
2. Demonstrate understanding of ethical disciplines (Yama, Niyama) and their application in personal and social life.
3. Apply yogic practices such as asana, pranayama and dhyana for mental clarity, focus and emotional balance.
4. Evaluate the benefits of selfless service and mindfulness in action and apply these principles in real-life situations.
5. Design a personal practice integrating elements of Aṣṭāṅga Yoga and Karma Yoga for self-regulation and spiritual growth.
6. Critically assess the relevance of yogic wisdom in addressing contemporary issues like stress, anxiety and ethical dilemmas.

Course Content**UNIT-I****15 Hours****Foundations of Aṣṭāṅga Yoga**

Introduction to Patanjali's Yoga Sutras and Aṣṭāṅga Yoga

Yama and Niyama: Ethical and personal disciplines**Asana:** Importance of posture and physical discipline**Pranayama:** Breath control and its effects on the mind and body

The role of Aṣṭāṅga Yoga in psychological and spiritual growth

UNIT-II**15 Hours****Higher Limbs of Aṣṭāṅga Yoga****Pratyahara:** Withdrawal of senses**Dharana:** Concentration and its training**Dhyana:** Meditation—methods and benefits**Samadhi:** Superconscious state—types and experiences

Stages of inner transformation through Aṣṭāṅga Yoga

UNIT-III**15 Hours****Karma Yoga – Philosophy and Practice**

Definition and principles of Karma Yoga in the Bhagavad Gita

Concept of selfless action, duty (Svadharma) and non-attachment

Importance of intention (Bhava) and detachment from results

Karma Yoga and purification of mind (Chitta Shuddhi)
Karma Yoga in daily life, work and service

UNIT-IV

15 Hours

Integrative Application and Contemporary Relevance

Comparative analysis of Aṣṭanga Yoga and Karma Yoga
Integration of yogic practices into modern lifestyles and professions
Role of Yoga in stress reduction, mindfulness and emotional regulation
Yoga for leadership, education, social service and inner peace
Designing a personal yogic discipline for balanced living

Transaction Mode:

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.

Suggested Readings:

- *Karma Yoga–Swami Vivekanda*
- *Karma Yoga–Swami Sivananda*
- *Karma Yoga–Swami Satyananda*
- *Srimad Bhagwat Geeta–Swami Ramsukh Dass*
- *Shot Note of Karma Yoga–Prof. N. V. C Swamy*
- *Bhagwat Geeta–Sri Prabhupad*
- *Talkson Geeta–Vinoba Bhave*
- *Geeta Rahasya–Bal Gangadhar Tilak*
- *Gahana karmanogati–Ptshri Ramsharma Acharya*
- *Punrajanma–Swamai Shivananda*

Course Title: Basic Complimentary Therapies	L	T	P	Cr.
Course Code: GDY1451	4	0	0	4

Total Hours: 60

Course Learning Outcomes: After completion of this course, the learner will be able to:

1. Differentiate between conventional and complementary approaches to health and wellness.
2. Demonstrate knowledge of various mind-body techniques and their role in stress reduction and health promotion.
3. Describe the methods, indications and precautions of commonly used manual and natural therapies.
4. Evaluate the theoretical foundations and practical applications of energy-based healing systems and traditional medicine.
5. Assess the benefits and limitations of complementary therapies in diverse healthcare settings.
6. Apply basic techniques and practices of complementary therapies for self-care and client education.

Course Content

UNIT-I

15 Hours

Introduction to Complementary Therapies

Definition and scope of complementary and alternative medicine (CAM)

Historical and cultural origins of complementary therapies

Differences between conventional and complementary therapies

Holistic approach to health: mind-body-spirit connection

Safety, efficacy and regulatory issues in CAM practices

UNIT-II

15 Hours

Mind-Body Therapies

Yoga: Types, principles, and health benefits

Meditation and mindfulness: Techniques and therapeutic effects

Guided imagery and relaxation techniques

Breathing exercises and their physiological effects

Psychoneuroimmunology and the mind-body connection

UNIT-III

15 Hours

Manual and Natural Therapies

Massage therapy: Types, techniques and benefits

Reflexology and acupressure: Principles and application

Aromatherapy: Essential oils and their uses

Hydrotherapy: Techniques and indications

Diet therapy and nutrition in natural healing

UNIT-IV

15 Hours

Energy-Based and Traditional Systems

Reiki and pranic healing: Energy flow and healing touch

Acupuncture: Basic theory and indications

Ayurveda: Tridosha theory and lifestyle recommendations

Homeopathy: Principles and remedies

Integration of complementary therapies in clinical and wellness settings

Transaction Mode:

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.

Suggested Readings:

- Micozzi, M. S. (2019). *Fundamentals of Complementary and Integrative Medicine* (6th ed.). Elsevier Health Sciences.
- Jonas, W. B., & Levin, J. S. (2008). *Essentials of Complementary and Alternative Medicine*. Lippincott Williams & Wilkins. Covers theory, clinical applications, and evaluation of CAM practices.
- Ernst, E., Pittler, M. H., Wider, B., & Boddy, K. (2010). *Oxford Handbook of Complementary Medicine*. Oxford University Press.
- Sharma, H. (1995). *Freedom from Disease: How to Control Free Radicals, a Major Cause of Aging and Disease*. Atrium Publishers Group.
- Raheem, A. A. (2000). *Energy Medicine: The Scientific Basis*. Churchill Livingstone.
- MacIntyre, P. E., Rowsell, R., & Lindsay, C. (2017). *Massage Therapy: Principles and Practice* (6th ed.). Elsevier.
- Kabat-Zinn, J. (1990). *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*. Delta.
- Lad, V. (2002). *Textbook of Ayurveda: Fundamental Principles* (Vol. 1). The Ayurvedic Press.
- Oschman, J. L. (2000). *Energy Medicine: The Scientific Basis*. Churchill Livingstone.
- NCCIH – National Center for Complementary and Integrative Health. (n.d.). <https://www.nccih.nih.gov/>

Course Title: Health Cycle, Nutrition and Natural Aid	L	T	P	Cr.
Course Code: GDY1452	4	0	0	4

Total Hours: 60

Course Learning Outcomes: After completion of this course, the learner will be able to:

1. Understand the concept of health in its multidimensional aspects and how it changes across the life cycle.
2. Identify key determinants of health and the role of preventive and promotive care.
3. Analyze nutritional needs for various life stages and design a balanced diet plan accordingly.
4. Recognize symptoms of nutritional deficiencies and propose appropriate dietary interventions.

Course Content

UNIT-I 16 Hours

Introduction to Health: Definition of health (WHO and modern definitions)

Dimensions of health: Physical, mental, emotional, social, spiritual Positive health and wellness

Health Cycle: Concept of the health cycle across life stages

Health needs during: Infancy, childhood, adolescence, adulthood, old age Preventive, promotive, curative, and rehabilitative care

Determinants of Health:

Lifestyle and health: Habits, addictions, stress and urbanization

Health indicators: Mortality, morbidity, life expectancy.

UNIT-II 14 Hours

Nutrition and Balanced Diet Macronutrients: Carbohydrates, proteins, fats – functions and sources

Micronutrients: Vitamins and minerals – types, functions, deficiency diseases

Balanced Diet: Concept and planning of a balanced diet

Nutritional requirements at various life stages (children, pregnant women, elderly) Dietary guidelines by ICMR/WHO.

UNIT-III 15 Hours

Natural Aids and Therapies Introduction to Natural Health Aids: Definition and importance of natural remedies Holistic approach to health

Naturopathy: Principles of naturopathy

Techniques: Fasting, hydrotherapy, mud therapy, massage therapy, chromotherapy Detoxification and body cleansing

Herbal and Home Remedies: Common medicinal plants and herbs (Tulsi, Neem, Amla, etc.) Traditional home remedies for cold, cough, digestion, minor wounds, etc. Cautions and limitations in natural aid use

UNIT-IV

15 Hours

Health Management and Lifestyle Modification Lifestyle Diseases:

Causes, prevention, and management of Obesity, hypertension, diabetes, cardiovascular diseases Risk factors: Smoking, alcohol, poor diet, sedentary lifestyle

Personal Health Planning: Setting health goals and tracking progress Creating a personalized fitness and nutrition plan Keeping a food and lifestyle diary.

Transaction Mode:

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.

Suggested Readings:

- *Park, K. – Preventive and Social Medicine, Banarsidas Bhanot Publishers*
- *Srilakshmi, B. – Nutrition Science, New Age International Publishers*
- *Swaminathan, M. – Essentials of Food and Nutrition, The Bangalore Printing & Publishing Co.*
- *Kaur, R. – Health and Physical Education, Kalyani Publishers*
- *Sharma, H. – The Principles and Practice of Yoga in Health Care, Handspring Publishing*
- *Jain, R. – Natural Cure for Common Diseases, Rupa Publications*
- *Satyanarayana, U. – Textbook of Biochemistry, Elsevier*
- *WHO Publications on Health and Nutrition (www.who.int)*
- *Ministry of AYUSH – Resources on Yoga, Naturopathy, and Traditional Medicine*
- *Indian Council of Medical Research (ICMR) Guidelines on Nutrition*

Course Title: Human Consciences and Mantel Hygiene	L	T	P	Cr.
Course Code: GDY1453	3	1	0	4

Total Hours: 60

Course Learning Outcomes: After completion of this course, the learner will be able to:

1. Understand the importance of studying human consciousness in contemporary life.
2. Gain knowledge about the factors that influence human consciousness.
3. Acquire an understanding of the causes of deviations in human consciousness.
4. Develop skills in applying yogic techniques to address various mental health issues.

Course Content

UNIT-I

15 Hours

Introduction: Meaning, Definition and nature (Vedas & Upanishads) of Human consciousness, need of human consciousness study in modern life. Human consciousness in Buddhism and Jainism, Human Consciousness in Nyaya, Visheshaka, Sankhya and Yoga.

UNIT-II

17 Hours

Vedanta Philosophy and Yoga: Introduction, meaning, foundation and nature of Vedanta philosophy

Concept of world (Evolution) and Ishwar according to Vedanta. bondages and liberation, Concept of Maya (Illusion), ignorance and nature of true knowledge (Gyan).

Swah – Prana Shakti, Upchar, Distance Pranic Healing, Unna Pranic Upchar, Surakshatmak Upchar, Daiviya Upchar, Aadesatmak Upchar.

UNIT-III

13 Hours

Relationship of Yoga and Vedanta philosophy. Nature of yoga sadhna according to Vedanta

Factors affecting human consciousness janam and jeevan, Bhagya and Purusharth, Karan- Phal, Vidhan, Sanskar and Punarjanam.

UNIT-IV

15 Hours

Mental Health & Yogic therapy: Meaning & Definition, Different causes of deviation of human consciousness, general introduction of different mental problems and their psychotherapy

Different mental problems and their Yogic therapy:

Mental problems: sleeplessness, Anxiety-disorders, mood Disorders, schizophrenia, paranoid disorders, somatoform disorders.

Transaction Mode:

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings:

- Gupta, S. N. Das. (1987). *Yoga Philosophy in Relation to other system of Indian Thought*, New Delhi, Moti Lal Banarsi Dass
- Hiriyanna, M., (1995). *The Essentials of Indian Philosophy*. New Delhi, Motilal Banarasidas Publishers
- Iyengar, B.K.S. (2005). *Light on life*. Oxford, Pan Macmillan Ltd.
- Iyengar, B.K.S. (2009). *The Tree of Yoga*. New Delhi, Harper Collins.
- King, Richard. (2000). *Indian Philosophy: An Introduction to Hindu and Buddhist Thought*. New Delhi, Maya Publishers Pvt. Ltd.
- Nagendra, H.R. (1993). *Yoga in Education*. Bangalore, Vivekananda Kendra
- Niranjananada, Swami. (1998). *Yoga Darshan*. Deoghar, Panchadashanam Paramahansa Alakh Bara
- Puligandla, R. (1975). *Fundamentals of Indian Philosophy* New York, Abingdon Press
- *A Study in Consciousness* - Annie Besant
- *Ayurveda and Mind* - Dr. David Frawley
- *Seven States of Consciousness* - Anthony Campbell

Course Title: Yoga Practical (Teaching Lesson and Active Yoga)	L	T	P	Cr.
Course Code: GDY1454	0	0	8	4

Total Hours: 120

Course Learning Outcomes: After completion of this course, the learner will be able to:

1. Perform and instruct various pranayama techniques such as Bhramari, Sitkari, Sheetal and Ujjayi, and explain their physiological and psychological benefits.
2. Execute selected shatkarmas (cleansing practices) like Sutra Neti and Shankhaprakshalana and explain their relevance in yogic purification and health.
3. Teach and apply Surya Namaskar with mantra chanting, integrating physical, respiratory and mental components of practice.
4. Apply mudras and bandhas (e.g., Tadagi, Shambhavi, Gyan Mudra) to enhance energy flow, concentration and internal awareness.
5. Guide meditation and relaxation practices such as Yoga Nidra and Sheetalikaran for mental clarity, stress reduction and emotional balance.
6. Identify key acupressure points on palms and soles and use basic techniques (clockwise, anti-clockwise, electric) for therapeutic purposes.
7. Perform navel alignment techniques and explain the connection between navel balance and organ health.
8. Apply basic principles and steps of Pranic Healing, including energy sensing, pranic cleansing, energizing and disease-specific healing.
9. Integrate mantras and devotional practices (e.g., Om chanting, stavan) into yoga sessions to support spiritual growth and mental well-being.

Course content

Lesson Planning

Planning and delivery of lessons covering Asana, Pranayama, and Kriyas.

Specific lesson plans include:

Asanas (Any five)

Pranayamas (Any four)

Purification Activity (Any one)

Practical Skills

Skill Practice: Surya Namaskar with Mantra

Asanas:

Janusirasana, Ardhmachindrasana, Vakrasana, Dhanurasana, Naukasana, Halasana, Karnapidasana, Tolasana, Ushtrasana, Hansasana, Mayurasana,

Chakrasana, Padahasthasana, Pawanmuktasana, Chandrasana, Bhadrasana, Natarajasana, Garbhasana, Bhujangasana, Simhasana, Ekpad Skandhasana, Sirshasana, Sarvangasana, Vatayanasana.

Pranayamas:

Bhramari, Sitkari, Sheetal, Ujjayi, Murchha and Plavini.

Shatkarmas / Kriyas (Cleansing Practices):

Sutra Neti, Danda Dhوتي, Vastra Dhوتي, Bahya Tratak, Shankhaprakshalana.

Mudras & Bandhas:

Mudras: Tadagi, Shambhavi, Kaki Mudra, Hast Mudras (Gyan, Ling, Prana, Apan, Dhyan)

Bandhas: Included within Mudra practice

Meditation Techniques:

Yoga Nidra, Sheetalikaran

Mantras:

Om Mantra and Stavan (devotional chanting)

Acupressure

Identification of corresponding points of different organs (Palm & Sole)

Identification of corresponding points for various treatments

Acupressure methods: Clockwise, Anti-clockwise, Normal, Electric

Navel space testing & re-establishment technique

Pranic Healing

Preparation for Pranic Healing: Prayer, Meditation, Yogic Practices

Techniques for transformation of Prana

The Seven Basic Steps of Pranic Healing

Pranic Healing for different diseases

Course Title: Human Values and Professional Ethics	L	T	P	Cr.
Course Code: VAC0002	2	0	0	2

Total Hours: 30

Course Learning Outcomes: After completion of this course, the learner will be able to:

1. Understand the essence of Indian ethos, cultural values and ethical principles derived from scriptures, integrating self-exploration with scientific inquiry.
2. Analyze human values, self-awareness and ethical decision-making by distinguishing between perspectives, ideologies and universal moral principles.
3. Evaluate constitutional values, global responsibilities and the role of ethics in citizenship while promoting inclusivity and social welfare.
4. Develop essential life skills, stress management techniques and holistic well-being through mindfulness, self-discipline and personality development.

Course Content

UNIT-I

7 Hours

Introduction to Indian Ethos

Meaning of ethos and cultural essence of India, Scriptures as the base of the Indian Knowledge System (IKS),

Integrating the two methodologies: interiorization process for self-exploration and exterior scientific pursuit for the prosperity of world, The Law of Karma and Nishkama Karma (The Law of action and selfless action),

Practical: Five hours of Yoga practice per week, Ethics through Music and Indian Poetry, Community Engagement

UNIT-II

8 Hours

Human Values and Ethics

Knowing the Self and the universal values that we stand for. This is self-enquiry & self-discovery, Background conversations and deep listening, recognizing the assumptions that we make, the biases we have and the implications for ethical action.

Self-identity: distinguishing and embracing oneself (and others) four profiles (inner potential, social, professional, personality), Distinguish ideology, perspectives beliefs from embodying values.

Practical: Self-discovery, self-enquiry and Mindfulness, Yama & Niyama of Ashthang Yoga

UNIT-III

8 Hours

Constitutional Values, Global Responsibility & Skills for Youth

Values embedded in the Preamble of the Indian Constitution, Integration of Human Rights and duties.

Principles and responsibilities: as citizens of India, towards global environment, Loksangraha and Vasudhaiva Kutumbakam, Conscious Full Spectrum Response model. Distinguishing judgement from discernment,

Practical: Development of concentration among students through music, fine arts, mathematics, sports, yoga and mindfulness

UNIT-IV

7 Hours

Integrated Personality and Well-being

The three gunas (qualities of sattva—purity and harmony, rajas —activity and passion, tamas —darkness and chaos), the four antah-karanas (inner instruments) and panch kosha (five sheaths), Stress management, Oneness, non-duality and equanimity, Physical, mental, social and spiritual well-being.

Practical: Talks on importance of the Ayurvedic concept of well-being and nutrition, sports activities.

Transaction Mode:

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings:

Reference Books:

- Mahadevan, B., Bhat, V.R. and Nagendra, P.R.N. 2022. *Introduction to Indian Knowledge System*. Delhi: PHI.
- *Human Values and Professional Ethics* by R R Gaur, R Sangal, G P Bagaria, Excel Books, New Delhi, 2010.
- Kashyap, Subhash C. 2019. *Constitution of India. A handbook for students*. New Delhi: National Book Trust.
- Dr. Awadesh Pradhan, *Mahamana ke Vichara*". (B.H.U., Vanarasi 2007)
- Harold Koontz & Heinz Weihrich, *Essentials of Management*, Tata McGraw Hill.
- Lama, D. 2012. *Beyond Religion: Ethics for a Whole World*. India: Harper Collins.
- *Shrimad Bhagavad-Gita (Part of the Mahabharata)*. 1994. Gorakhpur: Gita Press. Swami Harshananda. 2000. *The Birds' Eye View of the Vedas*. Bangalore: Ramakrishna Math.
- Fontaine, D. K., Rushton, C. H. and Sharma, M. 2013. *Cultivating Compassion and Empathy*. In: M. Plews-Ogan and G. Beyt (Eds.),

Wisdom Leadership in academic Health Science Centers- Leading Positive Change. London: Radcliffe Publishing.

- Blanchard, Kenneth and Peale, Norman Vincent. 1988. *The Power of Ethical Management.* New York: William Morrow and Company, Inc.
- Gandhi, Mohandas Karamchand. 1971. *Pathway to God* compiled by MS Deshpande. Ahmedabad: Navajivan Mudranalaya, Navjivan Trust.
- Gardner, H. 2006. *Five Minds for the Future.* Boston: Harvard Business School Press.
- Rodriguez, S. and Juvva, S. 2018. *Embodying Universal Values and Ethical Leadership in Higher Education: Creating Change Agents for Social Transformation.* In B. Chatterjee, A. Banerji and P. Arya (Eds.). *Resolution to Resolve: Sustainability Practices in Industry and Education.* New Delhi: Bloomsbury
- [ISBN: 978-938-74-7168-9]
- Sharma, M. 2017. *Radical Transformational Leadership: Strategic Action for Change Agents.* Berkeley, US: North Atlantic Books.

Web Sources:

- <https://www.holy-bhagavad-gita.org/>
- <https://iksindia.org/>
- NPTEL Course: *Exploring Human Values: Visions of Happiness and Perfect Society*
<https://ebooks.inflibnet.ac.in/hrmp01/>

Course Title: Vedanta and Human excellence (Discipline Elective-II)	L	T	P	Cr.
Course Code: GDY1455	4	0	0	4

Total Hours: 60

Course Learning Outcomes: After completion of this course, the learner will be able to:

1. Analyze the concept of Self (Atman) and its implications for human identity, purpose and freedom.
2. Demonstrate understanding of spiritual disciplines such as Sadhana Chatushtaya and their relevance to self-growth.
3. Apply Vedantic concepts such as viveka, vairagya and sakshi bhava for emotional mastery and clarity of thought.
4. Integrate Karma Yoga and Jnana Yoga into daily life for balanced action and selfless service.
5. Assess Vedantic tools for leadership, ethical behaviour and inner excellence.
6. Develop a personalized plan for self-inquiry and inner development rooted in Vedantic wisdom.

Course Content

UNIT-I

15 Hours

Foundations of Vedanta

Introduction to Vedanta: Meaning, sources (Upanishads, Bhagavad Gita, Brahma Sutras)

Key concepts: Atman, Brahman, Ishvara, Maya, Avidya

Theories of Reality: Advaita, Vishishtadvaita, Dvaita

Human problems and their resolution through self-knowledge

Importance of shravanam (listening), mananam (reflection), nididhyasanam (contemplation)

UNIT-II

15 Hours

Self-Knowledge and Inner Transformation

Nature of the self (Atman) and non-self (Anatman)

The role of discrimination (viveka) and dispassion (vairagya)

Sadhana Chatushtaya (four-fold qualifications)

Ego, desire, and bondage: Vedantic approach to freedom

Consciousness and the Witness Self (Sakshi Bhava)

UNIT-III

15 Hours

Human Excellence in Action

Karma Yoga: Selfless action and purity of mind

Jnana Yoga: Knowledge path for liberation

Emotional resilience and equanimity (Samatvam)
 Vedantic approach to decision-making and ethical living
 Leadership qualities in the light of Vedanta

UNIT-IV

15 Hours

Contemporary Relevance and Practice

Application of Vedanta in stress management and self-regulation
 Vedantic meditation and introspection techniques
 Integrating Vedanta with modern psychology and education
 Case studies of Vedantic principles in real-life scenarios
 Designing a personal development plan based on Vedanta

Transaction Mode:

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings:

- Radhakrishnan, S. (1996). *The Principal Upanishads*. HarperCollins Publishers India.
- Chinmayananda, S. (2002). *Self-Unfoldment*. Central Chinmaya Mission Trust.
- Swami Dayananda Saraswati. (2001). *Introduction to Vedanta: The Teachings of Adi Shankara*. Vision Books.
- Hiriyanna, M. (1993). *Outlines of Indian Philosophy*. Motilal Banarsidass Publishers.
- Nikhilananda, S. (1949). *The Bhagavad Gita: With Commentary of Sri Sankaracharya*. Advaita Ashrama.
- Ranganathananda, S. (2000). *The Message of the Upanishads*. Bharatiya Vidya Bhavan.
- Taimni, I. K. (1976). *Self-Culture: The Problem of Self-Discovery and Self-Realization in the Light of Occultism*. The Theosophical Publishing House.
- Nagaraj, P. S. (2013). *Vedanta: A Simple Introduction*. Central Chinmaya Mission Trust.
- Saraswati, S. S. (2006). *Four Chapters on Freedom: Commentary on the Yoga Sutras of Patanjali*. Yoga Publications Trust.

Course Title: Classical Yoga Text (Discipline Elective-II)	L	T	P	Cr.
Course Code: GDY1456	4	0	0	4

Total Hours: 30

Course Learning Outcomes: After completion of this course, the learner will be able to:

1. Interpret key philosophical concepts such as Ashtanga Yoga, Chitta Vritti Nirodha, Pranayama, Mudras, Samadhi and the integration of Karma, Bhakti and Jnana Yoga.
2. Analyze the similarities and differences among various classical yoga texts in terms of their purpose, structure and spiritual goals.
3. Demonstrate an understanding of practical applications of yogic principles (e.g., ethical disciplines, breath control, meditation) in personal and professional life.
4. Critically evaluate the relevance of classical teachings in contemporary contexts such as wellness, stress management, education and ethical decision-making.
5. Apply insights from classical yoga literature to develop a personal yoga philosophy and daily sadhana (discipline) for inner transformation and holistic well-being.

Course Content

UNIT-I

15 Hours

Foundations of Classical Yoga

Definition and scope of Classical Yoga

Overview of the six Darshananas with focus on Yoga and Samkhya

Historical development of Yoga philosophy

Introduction to core texts: Yoga Sutras of Patanjali, Bhagavad Gita, Hatha Yoga Pradipika, Gheranda Samhita, Shiva Samhita

Concept of Chitta, Purusha and Prakriti (from Samkhya and Yoga Darshan)

UNIT-II

15 Hours

Yoga Sutras of Patanjali

Structure and content of the four chapters (Padas)

Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi

Chitta vrittis and their control (Yogas chitta vritti nirodhah)

Kleshas and obstacles in yoga

Samadhi and liberation (Kaivalya)

UNIT-III**15 Hours****Hatha Yoga Texts – Hatha Yoga Pradipika & Gheranda Samhita Origin and development of Hatha Yoga**

Goals of Hatha Yoga – union of prana and mind

Hatha Yoga Pradipika: asana, pranayama, shatkarmas, mudras, bandhas, nadis**Gheranda Samhita:** sevenfold path – Shatkarma, Asana, Mudra, Pratyahara, Pranayama, Dhyana, Samadhi**Shiva Samhita:** energy system, kundalini, nadis**UNIT-IV****15 Hours****Bhagavad Gita and Integrative Yogas**

Context and philosophical foundation of the Bhagavad Gita

Karma Yoga: Selfless action**Bhakti Yoga:** Devotion and surrender**Jnana Yoga:** Knowledge of the Self

Sthitaprajna and equanimity

Integration of yoga principles in modern life

Transaction Mode:

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings:

- Patanjali. (2001). *The Yoga Sutras of Patanjali* (Swami Satchidananda, Trans.). Integral Yoga Publications.
- Svatmarama. (2007). *Hatha Yoga Pradipika* (Swami Muktibodhananda, Trans.). Yoga Publications Trust.
- Gheranda. (2004). *Gheranda Samhita* (James Mallinson, Trans.). YogaVidya.com.
- Mallinson, J., & Singleton, M. (2017). *Roots of Yoga*. Penguin Classics.
- Radhakrishnan, S. (2000). *The Bhagavad Gita*. HarperCollins.