

GURU KASHI UNIVERSITY



Post Graduate Diploma in Yoga Therapy

Session: 2024-25

Department of Physical Education

PROGRAMME LEARNING OUTCOMES:

After completion of the program the learner will be able to:

1. Acquire a comprehensive understanding of the philosophical and theoretical foundations of yoga, including its historical development, various yoga texts, and key concepts such as the Eight Limbs of Yoga.
2. Become proficient in a wide range of yoga practices, including asanas (postures), pranayama (breathing exercises), meditation techniques, relaxation techniques, and therapeutic applications of yoga.
3. Comprehend to assess clients' needs and develop individualized treatment plans based on the specific conditions, goals and limitations. Gain skills in conducting client consultations, evaluating their progress, and modifying treatment plans as necessary.
4. Develop effective communication and interpersonal skills to establish rapport with clients, create a supportive and safe environment, and provide clear instructions and guidance during yoga therapy sessions.
5. Classify and adhere to ethical principles and professional standards in the practice of yoga therapy. Demonstrate professionalism, integrity, and respect for clients' autonomy and confidentiality.
6. Cultivate a commitment to continuous professional development and lifelong learning in the field of yoga therapy. Stay updated with current research, trends, and best practices and engage in self-reflection and self-care as a yoga therapist.

Programme Structure

Semester-I						
Course Code	Course Title	Type of Course				
			L	T	P	Credit
GDY101	Human Anatomy and Physiology	Core	4	0	0	4
GDY102	Modern Yogic and Their Therapeutic Approaches	Core	4	0	0	4
GDY103	Fundamental History of Yoga	Core	4	0	0	4
GDY104	Raj Yoga and Hath Yoga	Core	4	0	0	4
GDY105	Yoga Practical (Teaching Lesson and Active yoga)-I	Technical Skills	0	0	14	7
GDY106	Yoga and Psychology	Multi-disciplinary	3	0	0	3
Total			19	0	14	26

Semester-II						
Course Code	Course Title	Type of Course				
			L	T	P	Credit
GDY201	Astang Yoga and Karm Yoga	Core	4	0	0	4
GDY202	Basic Complimentary Therapies	Core	4	0	0	4
GDY203	Health Cycle, Nutrition and Natural Aid	Core	4	0	0	4
GDY204	Human Consciences and Mantel Hygiene	Core	4	0	0	4
GDY205	Yoga Practical (Teaching Lesson and Active yoga)-II	Technical Skills	0	0	14	7
GDY206	Shrimad Bhagavad Geeta	Value Added Course	0	0	4	2
GDY299	xxx	MOOC	--	--	--	3
Total			16	0	18	28
Grand Total			32	0	32	53

Evaluation Criteria for Theory Courses

A. Continuous Assessment: [25Marks]

CA1-SurpriseTest (Two best out of three) (10Marks)

CA2-Assignment(s) (10Marks)

CA3-Presentations (5Marks)

B.Attendance (5marks)

C.Mid Semester Exam: [30 Marks]

D.End Semester Exam: [40Marks]

Semester-I

Course Nam: Human Anatomy and Physiology

Course Code: GDY101

L	T	P	Cr
4	0	0	4

Learning Outcomes:

Total Hours: 60

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

15Hours

Introduction: Define anatomy and physiology.

Cell & Tissues: Definition, Structure Immunity: Types and mechanism.

UNIT II

14Hours

Skeleton System: bones, joints and their classification Muscular system: types of muscles, role of muscles Digestive system: structure and functions of these organs.

UNIT III

15Hours

Excretory system: structure and functions of these organs

Circulatory system: structure and functions of these organs

Respiratory system: structure and functions of these organs

UNIT IV

16Hours

Nervous system: structure and functions of these organs

Metabolism: Meaning, concept, types.

Endocrine Glands: structure and functions of these organs

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

- Watson, R. (2001). *Anatomy and Physiology for Nurses*. Harcourt (Ind.) Hinton Health, Thapar.
- Pearce, E. C. (2003). *Anatomy and Physiology for Nurses*. Oxford University Press, Delhi.
- Verma, P., & Pandya, K. (1974). *Shareer Kriya Vigyana*. Bihar Hindi Granth Academy.
- Lakshmi, R. R. (1974). *Applied Nutrition*. Oxford and IBM Public Co., Delhi.
- Tararinov, V. (n.d.). *Human Anatomy and Physiology* (Trans. by D. A. Myshna). MIR Publishers, Moscow.
- Verma, M., Swaroop, M., et al. (1973). *Food and Nutrition*. Ram Narayan Lal Bansi Prashad, Allahabad.
- Chatterjee, C. C. (1992). *Human Physiology*. Alaknanda Press, Kolkata.
- Chaurasia, B. D. (1993). *Human Anatomy*. CBS Publishers, Shahdra, Delhi.
- Singh, I. (1984). *Human Anatomy*. Macmillan India Ltd., New Delhi.
- Subba Rao. *A Textbook of Biochemistry*.
- Guyton, A. C. *A Textbook of Medical Physiology*.
- Stranges, R., & Solley, C. M. (1970). *Basic Psychology*. Tata McGraw-Hill, New Delhi.

**Course Name: Modern Yogic and Their
Therapeutic Approaches**
Course Code: GDY102

L	T	P	Cr
4	0	0	4

Learning Outcomes:
Total Hours: 60

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 Shatkarma.

Course Content
UNIT I
15Hours

Introduction: Brief life history of Sri Ram Sharma Acharya, Yogic life of Acharya Shree, Acharya Shree as Yoga therapist.

Therapy through: Asana, Pranayam, Mudra-Bandha, Diet therapy, Fasting, Panchtatva Chikitsa.

UNIT II
14Hours

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

Therapy through: Prayer, Mantra, Tapa.

UNIT III
15Hours

Panchkarma: meaning, concept, principles, emerging trend of Panchkarma treatment

Nature of Panchkarma–Purv–Pardhaan–Pashchaatkarma and their importance.

UNIT IV
16Hours

Shatkarma- meaning, concept, principles, emerging trend of Shatkarma treatment Other important factors: Important factors of Yogatherapy, 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. Satyananda Saraswati*
- *History and philosophy of Naturopathy–Dr.S.J.Singh*
- *Yoga for Hypertension-Swami Satyananda Saraswati*
- *Disease &Yoga -Swami Satyananda Saraswati*
- *Hatha Yoga Pradipika–KaivalyadhamLonawala*
- *Asana, Pranayama, Mudra, Bandha-Swami Satyananda Saraswati*
- *Hathayoga Pradipika of Swatmaram-The asophical Society, Ady*
- *Text Book of Yoga–Yogeshwar*
- *Health for all through Yoga-Dr. Ganesh Sankar Giri*
- *Yogic Management of common Diseases- Swami Shanka frade vananda Saraswati*
- *Anatomy of Hathayoga*
- *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**Course Code: GDY103**

L	T	P	Cr
4	0	0	4

Learning Outcomes:**Total Hours: 60**

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 life of Yoga Acharyas.

Course Content

UNIT I

16Hours

Introduction: meaning, Definition & Nature of Yoga

History of Yoga: (Ancient) Mythological background of Yoga: its origin according to Upanishads, Geeta and Hathyoga 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: Hathyoga 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

14Hours

Nature of Chitta: Concept of bondages and liberation, nature of Yogasadhna according to Patanjaliyogasutra and Hathyoga pradiipika

Types of Yoga: AshtangaYoga, HathYoga, MantraYoga, Gyan Yoga and BhaktiYoga, KarmaYoga.

UNIT III

15Hours

Nature of Patanjali Yogasutra: 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 shree mad bhagawad geeta Acharya, test of different chapters, nature of Karma, Gyan, bhakti and DhyanaYoga.

UNIT IV

15Hours

Introduction of Yoga Acharya: Maharishi Dayanana, Swami Vivekananda, Maharishi Patanjali, Swami Shivananda, Maa Anadamayee, Param Vandaniya Mata Bhagwati Devi Sharma, Shri Aurobindo Place of Yoga: Vedas, Upanishads, Yoga-Vashishth and 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

- Gupta, S. N., & Das. (1987). *Yoga Philosophy in Relation to Other Systems of Indian Thought*. New Delhi, Moti Lal Banarsi Dass.
- Hiriyanna, M. (1995). *The Essentials of Indian Philosophy*. New Delhi, Motilal Banarasi Dass Publishers.
- Iyengar, B. K. S. (2005). *Light on Life*. Oxford, Pan Macmillan Ltd.
- Iyengar, B. K. S. (2009). *The Tree of Yoga*. New Delhi, HarperCollins.
- King, Richard. (2000). *Indian Philosophy*. New Delhi, Maya Publishers Pvt. Ltd.
- H.R. (1993). *Yoga in Education*. Bangalore, Vivekananda Kendra.
- Niranjana Ananda, Swami. (1998). *Yoga Darshan*. Deoghar, Pancha Dashanam Paramahansa Alakh Bara.
- Puligandla, R. (1975). *Fundamentals of Indian Philosophy*. New York, Abingdon Press.
- Raju, P. T. (1982). *The Philosophical Tradition 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**Course Code: GDY104**

L	T	P	Cr
4	0	0	4

Learning Outcomes:**Total Hours: 60**

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 & ChittaVritties, Yogantaraya,
ChittaPrasadhana

UNIT II

14 Hours

KriyaYoga, Pancha Klesha
Introduction: Meaning & Definition of Hathayoga

UNIT III

15 Hours

Hathayoga, Principles of Hathayoga, Satkarma, Yogasanas, Prana,
Nadis, Chakras,

UNIT IV

16 Hours

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

Mudra-Badha: Procedure, Benefits & precautions, Mulabandha,
Uddiyana, Jalandhar Bandha, VipritKarani, Tadagi, Yoga
mudra, Mahamudra, Mahavedha Mudra, Kundalini.

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). *Jnana Yoga*. Tehri Garhwal, The Divine Life Society.
- Sivananda, Swami. (2007). *Adhyatma Yoga*. Tehri Garhwal, The Divine Life Society.
- Tamini, I. K. (1973). *Glimpses into the Psychology of Yoga*. Adyar, Madras, The Theosophical Publishing House.
- Villodo, Alberto. (2007). *Yoga, Power and Spirit*. New Delhi, Hay House Inc.
- Vivekananda, Swami. (2007). *Raja Yoga*. Calcutta, Ramakrishna Vedanta Math.
- Vivekananda, 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-I (Technical Skill)

Course Code: GDY105

L	T	P	Cr
0	0	14	7

Learning Outcomes:

Total Hours: 210

After completion of this course the learner will be able to:

1. Acknowledge the skills in performing yoga asanas and pranayam.
2. Exhibit neti, nauli and dhوتي.
3. Repeat the mantras chanted while performing yoga.
4. Display various bandhas and mudras with perfection.

Course Content

210 Hours

- Lesson Planning:
- Skill
- Viva Voce
- Project Lesson Planning:

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

Purification Activity (Any One Purify Activity). Skill:

Surya Namaskara with Mantra Asana: -

Padmasana, Padmapadmasana, Yogmudra, Kukutasana, Paschimotanasana, Shalabhasana, Ardhashalabhasana, Bhujangasana, Shavasana, Matsyasana, Srawangasana, vajrasana, Suptavajrasana, Grudasana, Vatayanasana, Tadasana, Shirshasana, Swastikasana, Gomukhasana, Virkashasana, Kuramasana, Sidasana, Utkatasana, Utkatasalasana,

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:-

Yogmudra, Vipritkarnimudra, Barhammudra, Mahamudra, Mulband, Jalandhar band, Uddiyan band, Mahaband,

Meditation:-

Soham (Dharana & Dhyan), Sound Meditation

Mantra:-

Swasti & Rudropasana

Natural Aid:

MudPack, SteamBath, Hot and Cold Fomentation, Massage (Dry, Friction & Oil Massage) HipBath, SpinalBath and Enema.

VivaVoce:

Project Reference

- HathaYogaPradipika–KaivalyadhamLonawala
- GorakhSamhita -
GorakhnathMandeer, Gorakhpur
- GherandaSamhita -Kaivalyadham, Lonawala
- Asana, Pranayama, Mudra, Bandha -
SwamiSatyanandaSaraswati
- PatanjaliyogPradeep -
SwamiOmanandaTeerth, Geetepress

Course Name: Yoga and Psychology**Course Code: GDY106**

L	T	P	Cr
3	0	0	3

Total Hours 45**Course Objectives:**

To initiate the understanding of psychological knowledge within yoga and meditation linking with the mental health and well-being.

To create understanding about different Indian Yogic techniques of Physical and mental health. Course Outcomes (COs):

After completion of the course students will be able:

CO 1-To achieve spiritual and mental wellbeing.

CO 2- To promote ancient Indian Knowledge.

CO 3-To understand human behaviour as per Yogic Perspectives

Course Content**Unit 1****10 hours**

Concept of Yoga: Meaning & Definition of Yoga. Brief History, Different Branches of Yoga- Raj Yog, Bhakti Yog, Karma Yog, Jnana Yog.

Unit -2**10 hours**

Psychological Elements of Yoga in Patanjali Yog sutra:-

Concept of Chitta, Levels of Chitta, Manifestations of Chitta, Methods of controlling the modifications of Chitta.

Unit -3**15 hours**

Psychology Elements of Yoga in Srimad bhagvadgita:-

Concept of Sthitprajna (Ch.2-54 to 72). Desire & Anger (Ch.3-37 to 43), Concept of Jnana Yoga (Ch.4-33 to 42), Concept of Divine Virtues Demoniac Nature (Ch. 16)

Unit -4**10 hours**

Psychological Elements of Yoga in Upanishadas:-

Motivator of Senses (Kenopnishad Ch.1-1 to 8), Concept of Chariot & Charioteer (Kathopnishad 1/3/3to 15).

Recommended:

- Taini, I, K. (1961). The science of yoga. Adyar, India: The Theosophical Society of India.
- Feuerstein, G. (2002). The yoga tradition: Its history, literature, philosophy and practice. Delhi, India: Bhavana Books and F
- Jacobsen, K. A., Larson, G. J. (2005). Theory and practice of yoga: Essays in honour of Gerald James Larson. Leiden, He Brill.
- Vivekananda, S. (1982). Raja yoga or conquering the internal nature. Calcutta, India: Advaita Ashram.

Semester-II

Course Name: Astang Yoga and Karma Yoga

Course Code: GDY201

L	T	P	Cr
4	0	0	4

Learning Outcomes:

Total Hours: 60

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.
5. Orient trainees in the principles and practices of Yoga.

Course Content

UNIT I

15Hours

Introduction: Meaning and definition of AstangaYoga Introduction:
Meaning and definition of KarmaYoga

UNIT II

15Hours

Importance of the AstangaYoga and KarmaYoga
Steps in AstangaYoga (Yama, Niyama, Asnas, Pranyanayam, Pratyahar, Dharna, Dharna, Dhyana, Samadhi)

UNIT III

14Hours

Steps in KarmaYoga
Difference between AstangYoga and KarmaYoga
How to practice karmayoga according to the Swami Vivekananda

UNIT IV

16Hours

Importance of Karma Yoga in Modern life
How to practice KarmaYoga According to the Bhagawatgeeta
Relationship of Astang and KarmaYoga with Physical Education

Transaction Mode

Lecture, e-TeamTeaching,e-Tutoring, Dialogue, PeerGroup Discussion, MobileTeaching, Self-Learning, Collaborative Learning and Cooperative Learning.

Suggested Readingss:

- *KarmaYoga–SwamiVivekandada*
- *KarmaYoga–SwamiSivananda*
- *KarmaYoga–SwamiSatyananda*
- *SrimadBhagwatGeeta–SwamiRamsukhDass*
- *ShotNote of KarmaYoga–Prof.N.V.CSwamy*
- *BhagwatGeeta–SriPrabhupad*
- *TalksonGeeta–VinobaBhabe*
- *GeetaRahasya–BalGangadharTilak*
- *Gahanakarmanogati-PtshriRamsharmaAcharya*
- *Punrajanma-SwamaiShivananda*

Course Name: Basic Complimentary Therapies**Course Code: GDY202**

L	T	P	Cr
4	0	0	4

Learning Outcomes:**Total Hours: 60**

After completion of this course the learner will be able to:

1. Interpret the basic concepts of Acupressure
2. Develop skill to treat various disorders by Acupressure therapy
3. Summarize basic concepts of Pranic healing
4. Develop the skills in effective imparting of Yoga therapeutic.

Course Content

UNIT I

15Hours

Introduction to Acupressure: Basic Concept of Acupressure, History of Acupressure, Benefits of Acupressure, Limits of Acupressure, Precautions during Acupressure

Acupressure Therapy for disorders: Diabetic Mellitus, Constipation, Hypertension, Backache, Arthritis and Asthma.

UNIT II

14Hours

Pranic Healing: Meaning, definition & concept of Prana, Basic Concept of Pranic Healing, Relevance in modern era, Source of Prana, Psychic Centers of Human Body (Chakras)

Primary Pranic Healing and seven Basic techniques: Swah– Prana Shakti, Upchar, Distance Pranic Healing, Unnat Pranic Upchar, Surakshatmak Upchar, Daiviya Upchar, Aadesatmak Upchar.

UNIT III

16Hours

Yoga Nidra: Preparation, Resolve, Body part Awareness, Breathe Awareness, Visualization & Ending of practice Exercises and Yoga Therapy Non Yogic Exercises: Meaning, types, importance, and therapeutic value.

UNIT IV

15Hours

Yogic Exercises: Meaning, types, importance, and therapeutic value.

Yogic and Non-Yogic: type of Exercises: their comparison and general precautions and importance 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

- Ram, Swami. (1999). *A Practical Guide to Holistic Health*. Pennsylvania, Himalayan Institute of Yoga
- Saraswati, Swami Satyananda. (2005). *Asana, Pranayama, Mudra, Bandha*. Munger, Bihar School of Yoga
- Saraswati, Swami Satyananda, (1996) *Awakening the Kundalini*, Bihar School of 21 Yoga, Singleton, Mark. (2010). *Yoga Body – The origins of Modern Posture Practice* Oxford, Oxford University Press
- Taimini, I.K. (1979). *The Science of Yoga* Madras, Adyar Publication.
- Tamini, I.K. (1973). *Glimpses into Psychology of Yoga*. Adyar, Madras: The Theosophical Publishing House.
- Venkakswaram, P.S. (2008). *Yoga for Healing* New Delhi, Jaico Publishing House
- Yogindra, Shri, (1970), *Yoga Hygiene simplified*. The Yoga Institute Bombay.

Course Name: Health Cycle, Nutrition and Natural Aid

Course Code: GDY203

Learning Outcomes:

L	T	P	Cr
4	0	0	4

Total Hours: 60

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

1. Study the importance of macro-and micro nutrients for normal human growth and development.
2. Understand the biological basis of nutrient requirements during various life stages, including pregnancy, lactation, infancy, childhood , adolescence, adulthood, and older adulthood.
3. Summarize the health consequences of both under and excess nutrition intake during critical life stages.
4. Develop the skills required for creating dietary guidelines and implementing significant nutritional interventions.

Course Content

UNIT I

16Hours

Introduction: Definition of Swasth-Vrata, Symptoms of healthy Men, concept, need of Swasth-Vrata, Dincharya, Ratricharya, Ritucharya & Sada-Vrata

Balance diet: Definition of Diet, Components of Diet, Balanced Diet and Merit & Demerits of Vegetarian & Non-Vegetarian diet.

UNIT II

14Hours

Drugs: use of drugs and their bad effects

Naturopathy: History & Basic principles of Naturopathy, Basic causes of disease, Methods to improve lifepower.

UNIT III

15Hours

Fasting: meaning of fast, types and their Importance

Sense and Actions Organs: Weaken eye-sight and hearing loss.

Facial dullness(acne) and Hairloss, Legpain (Sciatica) and Armpain and numbness (Radial pain)

UNIT IV**15Hours**

Bandages: meaning and different types, Anima Mud/clay & Sun- Therapy: Importance of Mud/Clay, Difference and Characteristics Mud/Clay bath, Mud/Clay bandages, Importance of Sun Light Rays, Action-Reaction of Sunrays on the Human body, Sunbath and their merits & Demerit.

Transaction Mode

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

Suggested Readings

- *The principles and practices of Medicine Davidson Apley's system of Orthopedic. AnatomyandPhysiologyofYogicPractices–M.M.Ghore,Kaivalyadhama,Lonavala, Pune*
- *.A systemic course in the ancient tantric techniques of yoga andkriya–Bihar School of Yoga, Munger.*
- *Yoga for different ailments – series published by SVYASA, Bangalore and Bihar Yoga Bharati*
- *Yoga for common ailments. RobinMonro, Nagarathna &Nagendra–Guia Publication,U.K.YogatherapybySwamiKualayanand,Kaivalayadhama,Lonavala.*
- *Yogic therapy: Swami Shivananda, Umachal Yoga Ashram, Kamakhya, Assam.LightonPranayama–B.K.S.Iyengar. HarperCollinsPublishers,NewDelhi*
- *Asana, Pranayama,Mudra,Bandha–SwamiSatyanandaSaraswati,BiharSchoolofYoga,Munger*
- *Bandhas& Mudras – by Swami Geetananda, Anandashrama, Pondicherry - 16 -New perspectives in Stress Management published by SVYASA, Bangalore. JohnBransford, National Research Council (U.S.). Committee on Developments in the Science of Learning, National Research Council (U.S.) Committee on Learning Research and Educational*
- *Diet and Health–Dr .HiraLal*
- *Health Science–Prof. Ram Harsh Singh*
- *Ayurvedha Nature Pethi–Dr. Rakesh Jindal*
- *Diet and Nutrition –Dr.Rudol*

Course Name: Human Consciences and Mantel Hygiene

Course Code: GDY204

Learning Outcomes:

L	T	P	Cr
4	0	0	4

Total Hours: 60

After completion of this course the learner will be able to:

1. Understand the importance of study in 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

15Hours

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

16Hours

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- PranaShakti, Upchar, Distance Pranic Healing, Unna Pranic Upchar, Surakshatmak Upchar, Daiviya Upchar, Aadesatmak Upchar.

UNIT III

15Hours

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

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

UNIT IV

15Hours

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 systems 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

1. Through studying the Bhagavad Gita, students may develop critical thinking and analytical skills as they engage with complex moral and ethical dilemmas presented in the text.
2. Studying the Bhagavad Gita provides insight into Indian culture, philosophy, and history.
3. The Bhagavad Gita is considered a spiritual guide for many, and a course on this text may aim to facilitate students' spiritual growth by helping them apply the teachings of the Gita to their own lives.
4. Students should gain a deep understanding of the philosophical concepts presented in the Bhagavad Gita, such as Dharma (duty/righteousness), Karma (action and its consequences), and Yoga (the path to spiritual realization).

Course Content

Unit I 08 Hours

General introduction to Shrimad Bhagavad Gita
 Significance of Bhagavad Gita in Yoga.
 Different types of definitions of Yoga in Shrimad Bhagavad Gita
 Importance of Shrimad Bhagavad Gita in modern times and its relevance in Yoga Sadha

Unit II 08 Hours

Concept of Sithitaprajna, stages and characteristic of Sithitaprajna
 Concept of Atman (Purusha), J. vatman or individual soul
 Concept of Paramatman (Ishwar) its characteristic in Shrimad Bhagavad Gita
 Different types of Yoga mentioned in Shrimad Bhagavad Gita

Unit III 08 Hours

Concept of Karma and Karmayoga in Shrimad Bhagavad Gita
 Concept of Bhakti and Bhaktiyoga, concept of Shraddha and its relevance as deser.bed in Bhagavad Gita
 Dhyana Yoga and Nature of Dhyana in Shrimad Bhagavad Gita
 Concept of Triguna and the qualities of Sattva, Rajas,and Tamas.

Unit IV 06 Hours

Samnyas and Samnyas Yoga Abyaas and Vairagya,
 ShraddhaConcept and classification of Aharn as described in Bhagavadgita. Ahara and its role in Yoga Sadhana described in Bhagavadgita.
 Role of Bhagavad Gita in day to day 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:

- *Shrimadbhagwadgeeta laxminarayana Gupt*
- *Shrimad Bhagwadgeeta-A.C Bhaktivedanta Swami Prabhupada*
- *Bhagwad Geeta-Swami Prabhavananda and Christopher Isherwood*

Course Name: Yoga Practical (Teaching Lesson and Active yoga)-II

Course Code: GDY205

L	T	P	Cr
0	0	14	7

Learning Outcomes:

Total Hours: 210

After completion of this course the learner will be able to:

1. Understand the fundamental principles and practices of Yoga.
2. Develop proficiency in adopting a Yogic lifestyle.
3. Acquire the necessary skills for teaching Yoga.
4. Gain competence in organizing and conducting Yoga classes.

Course Content

Lesson Planning:

Skill

Viva Voce Project

Lesson_Planning:

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

Purify Activity (Any One Purify Activity). Skill: -

Surya Namaskara with MantraAsan

Janusirasana, Ardhmachirdrasana, Vakarasana, Dhanurasana, Nokasana, Halasana, Karnpirasana, Tolasana, Ushtrasana, Hansasana, Miurasana, Chakarasana, Padhashtasana, Pawanmukatasana, Vakrasana, Chandrasana, Bhadrasana, Natrajasana, Garbhasana, Bhujanagasana, Sinhasana, Ekpadsandhasana, Sirshasana, Sarvangasana, Vatayanasana.

Pranayam:-

Bhramari pranayan, Sitkari, Sheetal, Ujjayi, Murchha and Palvani Shatkarma/Kriya:-

Suterneti, Dhandhoti, VastraDhoti, VahyaTaratak, Shankh parkashalan, Mudra & Bandhas: -

Tadagi, Shambhavi, Kakimudra, Hastmudra (Gyan, Ling, Prana, Apan, Dhyan)

Meditation:-

YogNidran, SheethliKaran

Mantra:-OmMantra & Stavan Acupressure:

Identification of corresponding points of different Organs (Palm Sole)

Identification of corresponding points of different Chikitsa

Acupressure Method-Clock & Anti-Clockwise Normal, Electric Naval Space testing & Technique for reestablishing.

PranaChikitsa

Preparation for Pranic Healing-Prayer, Meditation, Yogic practices.

Technique of transformation of Prana.

Seven basic steps of Pranic healing Pranic healing for different diseases

VivaVoce.

Project Reference

- **Hatha Yoga Pradipika**
Publisher/Editor: Kaivalyadhama, Lonavla..
- **Gorakh Samhita**
Publisher/Editor: Gorakhnath Mandir, Gorakhpur
- **Gheranda Samhita**
Publisher/Editor: Kaivalyadhama, Lonavala
- **Asana, Pranayama, Mudra, Bandha**
Author: Swami Satyananda Saraswati
- **Patanjali Yog Pradeep**
Author: Swami Omananda Tirth
Publisher: Gita Press

