

Revised Curriculum for Post Graduate Diploma in Yoga Education (PGDYE)

with effect from the academic session 2025-26



Ramakrishna Mission Sikshanamandira

(An Autonomous Post-Graduate College under the University of Calcutta)

College of Teacher Education (NCTE)

Belur Math, Howrah - 711 202

West Bengal

“Turn the mind inward and become united to that; and from that standpoint of stability, the gyrations of the mind can be watched and facts observed, which are to be found in all persons.”

-Swami Vivekananda

(C.W. Vol.6)

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N.B.: CC stands for Course Code



Purpose, Vision, Mission, Graduate Attributes of Ramakrishna Mission Sikshanamandira

Purpose:

The emblem of Ramakrishna Mission, conceived and designed by Swami Vivekananda, is an eloquent expression of the purpose of Ramakrishna Mission. To put it simply, the message conveyed by the emblem is – through the harmonious combination of knowledge (jnana), devotion (bhakti), work (karma) and concentration (yoga), one attains fulfilment in life. This synthesis of the four yogas means that there should be a harmonious blend of the heart, the head and the hand – which in fact, should be the purpose of all education and training: the making of a complete human being, the development of a perfect character. This development is possible through the manifestation of a person's innate perfection, harmonising the best elements of Eastern and Western values.

Vision:

Sikshanamandira aspires to be a pioneer Teacher Education Institution actualizing Swami Vivekananda's educational vision by making competent and committed teachers and teacher-educators, and also to be a Research Institute that continuously responds to the changing social needs through the discovery, development and application of knowledge. The vision of Sikshanamandira, established, administered and run by Ramakrishna Mission Saradapitha, a branch organisation of the Ramakrishna Mission, the worldwide organisation started by Swami Vivekananda, headquartered at Belur Math, Howrah, West Bengal, is a corollary of the motto of Ramakrishna Mission, *Atmano Mokshartham Jagat Hitaya Cha*, which means: attainment of one's own freedom and doing good to the world.

Mission:

1. Making such teachers who are equipped with a modern outlook in the tools and techniques of education and yet, are rooted in Indian cultural, moral and spiritual values.
2. Facilitating autonomous research and dissemination of knowledge.
3. Supporting the discovery or development of knowledge through a strong Ph.D. programme and post-doctoral projects.
4. Inoculating an interdisciplinary approach in academic and research programmes.
5. Developing partnership with national & international institutions.

Graduate Attributes:

1. **Truth** – in the pursuit, generation, dissemination, and application of knowledge
2. **Freedom** – of thought and expression
3. **Respect** – for diversity and the dignity of the individual
4. **Responsibility** – towards the environment and the citizens of the world
5. **Excellence** – in intellectual, personal, and operational endeavours
6. **Integrity** – in character
7. **Innovation** – in thinking and application



Programme Learning Outcomes

After completion of the Post Graduate Diploma in Yoga Education (PGDYE) course the students will -

- ❖ Have the knowledge to train and prepare deserving candidates in the exoteric aspects of Yoga.
- ❖ Be able to perceive the integration of personality to the preparation for one's higher esoteric practices as the first step of the journey.
- ❖ Learn techniques of gaining good health, to develop a mind capable of discriminating the real from the unreal and to face the dualities of life with equanimity.
- ❖ Attain mental hygiene, emotional stability, integrate moral values and obtain a higher level of consciousness.
- ❖ Be motivated enough to opt Yoga Educator, Yoga Trainer etc. like professions as their career options.
- ❖ Be grounded fairly in the various academic aspects of the subject and find themselves well equipped to become a Yoga teacher.
- ❖ Be capable enough, as a yoga teacher, to prepare the students physically, mentally and spiritually for the integration of their physical, mental and spiritual faculties so that the students can become healthier, saner and more integrated members of the society.
- ❖ Have a sound knowledge in the role of diet for living a healthy life and have the capacity to manipulate diet that can lead to a healthy, prosperous and productive life.
- ❖ Have the ability to advise yogic measures of prevention to avoid minor and major health problems and diseases.
- ❖ Be able to acknowledge the importance of meditation for living a joyful life; will know the various meditation techniques and become a good meditator that will benefit him personally and enable him to guide others as well.



Structure of the Course Curriculum

| Semester – I | | | | |
|--|--|-----------|------------|------------|
| Course Code | Course Name | Credits | Hours | Marks |
| CC 611 | Foundations of Yoga | 4 | 4×15 = 60 | 100 |
| CC 612 | Anatomy and Physiology of Yogic Practices | 4 | 4×15 = 60 | 100 |
| CC 613 | Yoga Sutras of Patanjali | 2 | 2×15 =30 | 50 |
| CC 614 | Methods of Teaching Yoga | 2 | 2×15 =30 | 50 |
| CC 615 | Practicum-I | | | |
| | Asanas, Pranayamas, Bandhas and their Techniques | 8 | 8×15 = 120 | 100 |
| Total (1st Semester) | | 20 | 300 | 400 |

| Semester – II | | | | |
|---|---|-----------|--------------------|------------|
| Course code | Course Name | Credits | Hours | Marks |
| CC 621 | Hatha Yoga and Value Education | 4 | 4×15 = 60 | 100 |
| CC 622 | Yoga and Mental Health | 4 | 4×15 = 60 | 100 |
| CC 623 | Practicum-II | | | |
| | Advanced Asanas, Pranayamas, Bandhas, and Mudras, Kriyas, Recitations and Meditations | 8 | 8×15=120 | 100 |
| CC 624 | Internship | 2 | 2×15 =30 | 50 |
| CC 625 | Project on Yogic Activities | 2 | 2×15 =30 | 50 |
| Total (2nd Semester) | | 20 | 300 | 400 |
| Grand Total Credits, Hours and Marks (1st Semester and 2nd Semester) | | 40 | 40×15 = 600 | 800 |



SEMESTER - I

CC 611: Foundations of Yoga

| | |
|--|---------------------------------|
| Total Credits : 4 (Each Credit : 15 hours) | Full Marks : 100 |
| | Internal Assessment *: 20 Marks |
| Examination Duration : 3 hours | Theory : 80 Marks |
| *Internal Assessment: Assignments will be given to students on chosen topics. | |

Objectives:

At the end of this course the students will be able to:

- Develop a clear understanding of the concept of Yoga.
- Know about the different streams of Yoga.
- Know the History of Yoga.
- Know Yogic concepts in relation to Indian Philosophy.
- Know the preparatory movements of Yogic practices.
- Know the contributions of great philosophers in the field of Yoga.

| Unit | Course Content | Class Teaching Hours |
|-----------------|--|----------------------|
| Unit I | Introduction to Yoga: | 20 hrs |
| | a) Origin of Yoga, Meaning and Definition of Yoga, Scope, Aim and Objectives of Yoga | 4 hrs |
| | b) Misconceptions about Yoga, Yoga as a Science of Art | 3 hrs |
| | c) Streams of Yoga (Raja, Karma, Bhakti, Jnana, Hatha, Mantra, Laya) | 5 hrs |
| | d) Concept of Hathapradipika, Gheranda Samhita, Hatharatnavali, Shiva Sanhita | 5 hrs |
| | e) Purushartha, Pachakosha and Triguna Theory | 3 hrs |
| Unit II | Historical Development of Yoga: | 12 hrs |
| | a) Yoga in the Indus Valley Civilization | 2 hrs |
| | b) Yoga in the Vedas and the Upanishads | 4 hrs |
| | c) Yoga in the Indian Epics | 2 hrs |
| | d) Yoga in the Puranas | 2 hrs |
| | e) General Introduction to the Yoga Sutras of Patanjali | 2 hrs |
| Unit III | General Concept of Indian Philosophy: | 12 hrs |
| | a) Introduction to Indian Philosophy | 5 hrs |
| | b) Characteristics of Indian Philosophy | 2 hrs |
| | c) Bhagavat Gita & Ayurveda (Ahara, Vihara, Achara, Vichara, Sthitha-Pranjna, Dinacharya & Ritucharya) | 5 hrs |



| Unit | Course Content | Class Teaching Hours |
|----------------|---|----------------------|
| Unit IV | Preparatory Movements of Yoga: | 8 hrs |
| | a) Concept of Sukshma Vyayama and Sthula Vyayama | 1 hr |
| | b) Basic Concept of Asanas, Pranayamas, Mudras and Kriyas, and their Classifications | 2 hrs |
| | c) Difference between Asana and Exercise | 1 hr |
| | d) Principles of Yogic Practices and Legal Provisions for Yoga Teachers | 1 hr |
| | e) Suryanamaskara: Types and Importance | 1 hr |
| | f) Use of Yogic Practices in Sports Performances | 1 hr |
| | g) Yoga Competition (Rules, Regulations & Scoring) | 1 hr |
| Unit V | Contributions of Great Philosophers to Yoga: | 8 hrs |
| | a) Sri Aurobindo, Swami Vivekananda, Sri Ramakrishna, Maa Sarada, Swami Kuvalayananda, Ramana Maharshi, B. K. S. Iyengar & Swami Shivananda | 8 hrs |

Suggested Books:

- The science of Yoga- Tamini-Theosophical publishing House, Adyar, Madras
- Yoga sutra Patanjali-Hariharananda Aranya, University of Calcutta press, Calcutta
- Sivananda Yoga teachers manual, International Vedanta Center, VAL MORIN, Quebec Canada
- Swami Satyananda Saraswati (2009). Surya Namaskar, Yoga publication Trust , Munger, Bihar
- Bhatyacharya, A. (2016). Bharatiya Darshaner Ruparekha, Sanskrit Book Dipo, Kolkata
- Text Book of Yoga by Georyfeuer Stein, Rider and Company, London, 1975
- Chandrasekaran. K “Sound health through yoga” (Prem Kalyan publications, Sedapatti, Madurai 1999)
- Iyengar B.K.S. (1989) light on yoga, London: Unwin Paperbacks
- Gathore M.L and Bedekar V.A “Brihad Yogi Yajnavalkya Smriti” Kaivalyadhama, Lonavala - 410403
- Viswanathan S “Diploma and PG Diploma in Yoga”, Annamalai University, Centre for Yoga Studies
- Anandapadmahabhan J and Sabu N “Yoga - Your overall growth and alignments”



CC 612: Anatomy and Physiology of Yogic Practices

| | |
|--|--------------------------------|
| Total Credits: 4 (Each Credit: 15 hours) | Full Marks: 100 |
| | Internal Assessment*: 20 Marks |
| Examination Duration: 3 hours | Theory: 80 Marks |
| *Internal Assessment: Assignments will be given to students on chosen topics. | |

Objectives:

At the end of this course the students will be able to:

- Know the Need, Importance and Applications of Anatomy and Physiology in Yoga.
- Know the Structure and Functions of Cells and Tissues.
- Develop knowledge on the Musculoskeletal System.
- Develop the knowledge on the effects of Yogic practices on the Cardiovascular, Respiratory and Lymphatic Systems.
- Develop knowledge on the Nervous System, Endocrine System and Special Senses.
- Develop knowledge on the Physiological Mechanisms of Yogic Practices.

| Unit | Course Content | Class Teaching Hours |
|-----------------|--|----------------------|
| Unit I | Introduction to Human Anatomy and Physiology: | 15 hrs |
| | a) Meaning and Importance of Anatomy and Physiology | 1 hr |
| | b) Anatomy and Physiology in the Yogic Perspective | 2 hrs |
| | c) Structure and Functions of Cells and Tissues | 2 hrs |
| | d) Gross Anatomy of the Digestive System, Functional Anatomy of the Mouth, Oral Cavity, Pharynx, Oesophagus, Stomach, Small Intestine, Large Intestine and Anal Canal; Physiology of Digestion, Assimilation & Peristalsis, Gastric and Digestive Juices involved in Digestion, Associated Glands involved in Digestive System | 7 hrs |
| | e) Urinary System, Kidneys, Ureters, Urinary Bladder, Urethra; Skin and Sweat Gland | 2 hrs |
| | f) Basic Concept of the Reproductive System | 1 hr |
| Unit II | Musculoskeletal System: | 10 hrs |
| | a) Classification of Muscles, Bones and Joints, Mechanism of Muscle Contraction, Neuromuscular Transmission, Types of Bones and Joints, Basic Concept of Ligaments, Tendons, Vertebral Column, Anatomy of Thoracic Cage and Pelvis, Effects of Yogic Practice on the Musculoskeletal System | 10 hrs |
| Unit III | Cardiovascular, Respiratory and Lymphatic System: | 15 hrs |



| Unit | Course Content | Class Teaching Hours |
|----------------|---|----------------------|
| | a) Anatomy of the Heart and the Blood Vessels, Physiology of Circulation, Properties of Cardiac Muscles, Blood Pressure, Factors affecting Blood Pressure, Innervations of Heart, Effect of Yogic Practices on the Circulatory System | 7 hrs |
| | b) Anatomy of the Respiratory Organs, Mechanism of Breathing, Lungs Capacity and its Related Terms, Effect of Yogic Practices on the Respiratory System | 6 hrs |
| | c) Anatomy of Lymph Nodes, Lymphatic System and Immunity | 2 hrs |
| Unit IV | Nervous System, Endocrine System and Special Senses: | 10 hrs |
| | a) Nerve Structure and Properties, Physiology of Brain Functioning, Autonomic Nervous System, Sympathetic and Parasympathetic Nerves and their Functions, Effect of Yogic Practice on the Nervous System | 5 hrs |
| | b) Concept of Endocrine Glands - Thyroid, Parathyroid, Suprarenal, Pituitary, Islets of Langerhans and their Functions, Effects of Hypo and Hyperactivity on the Body | 3 hrs |
| | c) Anatomy of the Eyes and the Ears, Sense of Smell, Nasal Mucosa, Tongue, Taste Buds and Skin Glow, Yoga as practice to develop Sense Organs | 2 hrs |
| Unit V | Physiological Mechanisms of Yogic Practices: | 10 hrs |
| | a) Asanas for the Body, the Mind and the Spirit | 2 hrs |
| | b) Physiological Mechanism of Pranayama | 2 hrs |
| | c) Concept of Homeostasis | 1 hr |
| | d) Anatomico-physiological Features of Meditative, Cultural and Relaxative Asanas | 3 hrs |
| | e) Role of Janlandhara Bandha in Kumbhaka | 1 hr |
| | f) Change in Abdominal Pressure during Uddiyana Bandha and Nauli Kriya | 1 hr |

Suggested Books:

- Bhalekar, S.D. (2018). Anatomy & Physiology: Yogic Context, Kaivalyadham, Lonavla
- Gore, M.M. (1997). Anatomy and physiology of yogic practices, Kanchan Prakashan, Pune
- N. Muruges, Basic Anatomy And Physiology, Madurai
- Kaminoff, L., Matthews, A. (2011). Yoga Anatomy (2nd Edition), Human Kinetics Publishers
- Raman. K, A (1998) Matter of Health, East west books, Chennai
- Gathore M. L: Applied yoga Kaivaladhama, Lonavala
- Yoga Mimansa Journal Pub: Kaivalyadhama, Lonavala
- Swami Sivananda: kundalini yoga (the divine love of society, Shivananda bagar, u.p.m Himalayas, India)
- Evelyne and peace (1997) anatomy and physiology for nurses, New Delhi: Jaypee Brothers



CC 613: Yoga Sutras of Patanjali

| | |
|--|---------------------------------|
| Total Credits : 2 (Each Credit : 15 hours) | Full Marks : 50 |
| | Internal Assessment *: 10 Marks |
| Examination Duration : 2 hours | Theory : 40 Marks |
| *Internal Assessment: Assignments will be given to students on chosen topics. | |

Objectives:

At the end of this course the students will be able to:

- Get an overview of the Yoga Sutras of Patanjali.
- Know the essence of the Samadhi Pada & the Sadhana Pada in Patanjali Yoga.
- Know the essence of Vibhuti Pada & Kaivalya Pada in Patanjali Yoga.

| Unit | Course Content | Class Teaching Hours |
|-----------------|---|----------------------|
| Unit I | Overview on the Yoga Sutras of Patanjali: | 4 hrs |
| | a) Brief Introduction to the ‘Yoga Sutras’ and its Author; Nature of Yoga according to Patanjali in light of Vyasabhashya, Importance of the Yoga Sutras of Patanjali in the Modern Context | 4 hrs |
| Unit II | Samadhi and Sadhana Pada: | 16 hrs |
| | a) Chitta, Chitta-bhumis, Chitta-vrittis, Chitta-vritti Nirodhopaya (Abhyasa and Vairagya), Chitta-Vikshepas (Antarayas), Chitta-prasadanam and its Associates | 4 hrs |
| | b) Kriya-yoga, Theory of Kleshas, Nature of Drashta & Drishya and Means of Elimination of Kleshas / Vivekakhyati; Types and Nature of Samadhi in the Yoga Sutras, Ritambharaprajna and Adhyatmaprasada; Samprajnata, Asamprajnata, Sabija & Nirbija Samadhi, Difference between Samapattis and Samadhi; Concept of Ishvara and Qualities of Ishvara | 8 hrs |
| | c) Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara (Bahiranga) | 4 hrs |
| Unit III | Vibhuti & Kaivalya Pada: | 10 hrs |
| | a) Ashtanga Yoga: Dharana, Dhyana and Samadhi (Antaranga); Samyama & three Parinamas of Samyama. The Concept and Description of Ashtha Siddhis; Nature of Kaivalya, Kaivalya in relation to Triguna and Dharmamegha Samadhi | 10 hrs |



Suggested Books:

- Swami Vivekananda (2015). Rajayoga, Udbodhan Karjalaya, Kolkata
- Swami Pragyanda, (2018). Pantanjala Yogadarshana, Udbodhan Karjalaya, Kolkata
- Woods, J.H.: The Yoga System of Patanjali (M.L.B.D., Delhi, 1988)
- Iyengar B.K.S.: Light on Patanjali Yoga (New York, Schocken Books, 1994)
- Rukmini T.S.: Yoga Vartika of Vijnanbhikshu (Tr.) Vol. I, II, III & IV, Munshiram Manoharlal Pvt. Ltd. New Delhi
- Swami Omanandatirtha: Patanjali Yoga Pradeepa, Geeta Press, Gorakhpur, 1994
- Swami Anant Bharati: Patanjali Yoga Shasta - a study (Hindi), Swami Keshwananda Yoga Sangthan, Delhi
- K. Taimini : The Science of Yoga, The Theosophical Publishing House, Adyar Chennai 2005



CC 614: Methods of Teaching Yoga

| | |
|--|---------------------------------|
| Total Credits : 2 (Each Credit : 15 hours) | Full Marks : 50 |
| | Internal Assessment *: 10 Marks |
| Examination Duration : 3 hours | Theory : 40 Marks |
| *Internal Assessment: Assignments will be given to students on chosen topics. | |

Objectives:

At the end of this course the students will be able to:

- Know the need and importance of Teaching Methods.
- Enhance knowledge on various Techniques of Teaching and Class Management.
- Develop an idea on Teaching Techniques, Teaching Aids and Lesson Planning for Yoga.

| Unit | Course Content | Class teaching Hours |
|-----------------|--|----------------------|
| Unit I | Basic Teaching Method: | 10 hrs |
| | a) Concepts and relationship between Teaching and Learning | 2 hrs |
| | b) Meaning, Scope and Types of Teaching Methods; Characteristics of Good Teaching Method for Yogic Practices (Maxims of Teaching Yogic Activities) | 3 hrs |
| | c) Factors Influencing Method of Teaching in Yogic Practices | 3 hrs |
| | d) Qualities of a perfect Yoga Teacher (Yoga Guru) | 2 hrs |
| Unit II | Teaching Techniques and Class Management: | 10 hrs |
| | a) Presentation: Personal Preparation, Technical Presentation and Presentation of Activities | 2 hrs |
| | b) Principles of Class Management, Classroom Problems: Types & Solutions | 2 hrs |
| | c) Practice of Yoga at Different Levels: Beginner, Advanced, Youth, Women and Special Attention Groups | 3 hrs |
| | d) Individualized and Differentiated Instruction; Teaching Aids, Educational Technology and Online Resources | 3 hrs |
| Unit III | Educational Tools and Lesson Plan for Teaching Yoga | 10 hrs |
| | a) Yoga Classroom: Essential Features, Area and Sitting Arrangement in a Yoga Classroom | 2 hrs |
| | b) Concept and Importance of Lesson Planning; Types of Lesson Plans: Knowledge, Skill and Appreciation Lesson Planning for Various Activities | 4 hrs |
| | c) Steps of Lesson Planning | 2 hrs |
| | d) Model Lesson Plan for Yogic Activities | 2 hrs |



Suggested Books:

- Gharote and Ganguly “Training methods for Yogic Practices”, Model Press Pvt. Ltd., 6E Rani Jhansi road, New Delhi, Pub: Kaivalyadhama S.M.Y.M. Samiti, Lonavala, Pune
- Aggarwal, J.C. (2014) Essentials of Educational Technology (3rd Edition) Vikas Publishing House Pvt. Ltd., Noida
- Stephens, M. (2010). Teaching Yoga, North Atlantic Books
- Practical guide to applied spirituality (Brahma Kumaris, Mount Abu , Rajasthan)
- Swami Sivananda: kundalini yoga, The divine love of society, P.O. Shivananda bagar, u.p.m Himalayas, India
- Iyengar B.K.S. (1976) light on yoga, London: Unwin Paperbacks
- Mishra J.P.N: yoga for common alignments, B Jain publishers, Pvt. Ltd., New Delhi
- Adhia. J Spring of inspiration, Alpha international, Gujrat



CC 615: Practicum-I

Asanas, Pranayamas, Bandhas and their Techniques

| | |
|--|----------------------|
| Total Credits : 8 (Each Credit : 15 hours) | Full Marks : 100 |
| | Practicum: 100 Marks |

Objectives:

At the end of this course the students will be able to:

- Have knowledge on the proper practice of Asanas, Pranayamas and Bandhas.
- Apply teaching techniques in Practical Sessions.

1. Asanas

- **Meditative Asanas:** Sukhasana, Vajrasana, Padmasana, Siddhasana
- **Relaxative Asanas:** Shavasana, Makarasana
- **Cultural Asanas:**
 - **Supine Lying Asanas:** Utthana Padasana, Setu Bandhasana, Jathara Parivartanasana, Pavanamuktasana, Matsyasana, Ardha Halasana (One Leg/Both Legs), Halasana, Viparita Karani, Sarvangasana, Supta Padmasana, Chakrasana
 - **Prone Lying Asanas:** Dhanurasana, Bhujangasana, Sarpasana, Ardha Shalavasana, Shalavasana, Naukasana
 - **Standing Asana:** Tadasana, Garudasana, Pranamasana, Hastauttanasana, Vrikshasana, Trikonasana, Utkatasana, Virabhadrasana, Padahastanasana, Ardha Kati Chakrasana
 - **Sitting Asana:** Baddha Konasana, Dandasana, Padmasana, Vakrasana, Vajrasana, Ustrasana, Paschimottanasana, Sasangasana, Gomukhasana, Veerasana, Marichyasana, Janu Sirshasana, Yoga Mudra, Supta Vajrasana
 - **Balancing Asanas:** Shirshasana, Bakasana, Mayurasana

2. Pranayamas

- **Preparatory for Pranayama:** Kapalbhata, Bhastrika
- **Sectional Breathing:** Abdominal, Clavicular, Thoracic, Full Yogic Breathing
 - (i) Anuloma-viloma
 - (ii) Ujjayi
 - (iii) Shitali
 - (iv) Sitkari
 - (v) Bhastrika
 - (vi) Bhramari
 - (vii) Suryabhedana
 - (viii) Chandrabhedana
 - (ix) Nadi Suddhi
 - (x) Murccha (Theory Only)
 - (xi) Plavini (Theory Only)



3. Bandhas

- Jalandhara Bandha
- Uddiyana Bandha
- Moola Bandha
- Jiva Bandha

Suggested Books (in English):

- Tiwari, O.P. (2005). Asana: why and how, Kaivalya dhama, Lonavala, Pune
- Swami Satyananda Saraswati (2013). Asana Pranayama Mudra Bandha, Yoga Publication Trust, Munger, Bihar
- Swami Kuvalayananda and Dr. S. L. Vinekar Yogic therapy. Its basic principles and methods, ministry of Health, Govt. of India New delhi, 1963
- Yogasanas: A teacher's guide NCERT, New Delhi, 1983
- Swami Kuvalayananda: ASANAS Kaivalyadhama, Lonavala, Pune Dist. and Maharashtra
- Mariayyah.P: ASANAS, Sports Publication, Coimbatore, Tamilnadu
- Chandrasekaran, (1999) "Sound Health through Yoga", Prem kalyan publications, Sdapatti, Madurai
- Yoga Asana, Pranayama, Mudras, Bandhas (Vivekananda Kendra Yoga Prakasana, Bangalore)
- Gathore M.L. (1990) "Applied yoga" S.M.Y.M. Kaivalyadhama, Lonavala - 410403



SEMESTER - II

CC 621: Hatha Yoga and Value Education

| | |
|--|---------------------------------|
| Total Credits : 4 (Each Credit : 15 hours) | Full Marks : 100 |
| | Internal Assessment *: 20 Marks |
| Examination Duration : 3 hours | Theory : 80 Marks |
| *Internal Assessment: Assignments will be given to students on chosen topics. | |

Objectives:

At the end of this course the students will be able to:

- Know the Basic Concept of Hatha Yoga.
- Have an understanding of the Prerequisites of Hatha Yoga.
- Have knowledge of the Principles of Hatha Yoga.
- Know the essential Hatha Yogic Texts.
- Have an understanding of different Hatha Yogic Practices.
- Know the Traditional Concept of Value Education.
- Inculcate Value Education among people.
- Elucidate the Concept of Self-development and our role in Self-development.

| Unit | Course Content | Class Teaching Hours |
|-----------------|--|----------------------|
| Unit I | Basic Concept of Hatha Yoga: | 6 hrs |
| | a) Hatha Yoga, its Origin, History and Development | 2 hrs |
| | b) Hatha Yoga, its Meaning and Definition | 2 hrs |
| | c) Aims & Objectives of Hatha Yoga; Misconceptions about Hatha Yoga | 2 hrs |
| Unit II | Principles of Hatha Yoga Practices: | 6 hrs |
| | a) Sadhaka and Badhaka Tattva | 2 hrs |
| | b) Concept of Matha | 2 hrs |
| | c) Concept of Mitahara, Pathya and Apathya | 2 hrs |
| Unit III | Introduction to Hatha Yogic Texts & their Implications: | 14 hrs |
| | a) Introduction to Basic Hatha Yogic Texts | 2 hrs |
| | b) Basic Hatha Yogic Texts (their Nature & Objectives): Shiva Samhita, Hatha Pradeepika, Gheranda Samhita and Hatha Rathnavali | 8 hrs |
| | c) Applications of Hatha Yogic Practices | 4 hrs |
| Unit IV | Hatha Yogic Practices: Shodhana, Asanas, Pranayamas, Bandhas, Mudras, Kriyas & Nadanusandhana: | 24 hrs |
| | a) Asana and Shodhana-kriyas as described in Hatha Yoga Pradeepika & Gheranda Samhita: their techniques, benefits and precautions; Role of Shodhana-kriyas in Yoga Sadhana and their Importance in Modern-day Life | 8 hrs |



| Unit | Course Content | Class Teaching Hours |
|---------------|--|----------------------|
| | b) Pranayamas, Bandhas and Mudras: Mechanism of correct Breathing, Yogic Deep Breathing, Concept of Puraka, Kumbhaka and Rechaka; Concept of Prana, Kinds of Prana and Upa-pranas; Pranayamas and their importance in Hatha Yoga Sadhana; Concept of Bandhas and Mudras and their Importance | 8 hrs |
| | c) Pratyahara and Nadanusandhana: Concept of Pratyahara, Dharana and Dhyana in Gheranda Samhita, their Techniques & Benefits; Concept of Samadhi in Hatha Yoga Pradeepika, Concept of Nada, Four Avasthas (stages) of Nadanusandhana and its Siddhis | 8 hrs |
| Unit V | Yoga and Value Education: | 10 hrs |
| | a) Concept of Value and its Role | 1 hr |
| | b) Classification of Values | 1 hr |
| | c) Significance Values in Life and Society | 1 hr |
| | d) Values and Education: Meaning, Aim, Objectives of Value Education | 2 hrs |
| | e) Rationale of Value education | 2 hrs |
| | f) Role of the Teacher in Value Education, Methods of Value Education, Yoga as a Method of Value Education, Self-development and Human Values | 3 hrs |

Suggested Books:

- K. Taimini: The Science of Yoga, (The Theosophical, Publishing House, Adyar Chennai 2005)
- Sribats, D. Shiva Samhita (Sanskrit), Chowkhamba Orionalia publishers, Delhi
- Swami Satyananda Saraswati: Hatha Yoga, Pub: BSY Mungher
- Sahay, G.S. (2016). Svattaramas Hatha yoga pradipika, Yogic heritage, India
- Sribatsa Shiva Sanhita
- Ghatore, Debnath and Jha. (2017). Srinivasayogi Hatharatnavali, The Lonavala Yoga Institute, Lonavala
- Dr. Somveer Arya: Hatha Yoga Pradeepika: Ramratey publications, 2019
- Woods, J.H.: The Yoga System of Patanjali, M.L.B.D., Delhi, 1988
- Swami Vivekananda: Rajayoga, Advaita Ashram, Calcutta, 2000
- Iyengar B.K.S.: Light on Patanjali Yoga (New York, Schocken Books, 1994)
- Swami Sri Omanandatirtha: Patanjali Yoga Pradeepa, Geeta Press, Gorakhpur, 1994
- Swami Anant Bharati: Patanjali Yoga Shasta - a study (Hindi), Swami Keshwananda Yoga Sangthan, Delhi, 1982
- Burley, Mikel: Hatha Yoga, Its Context Theory and Practice (M.L.B.D. Delhi, 2000)
- Ghosh, Shyam: The Original Yoga, Munshiram Manoharlal, New Delhi, 1999
- Burnier, Radha: Hathayoga Pradipika of Svatmarama, The Adyar Library publications, Chennai. 2000
- Woodroffe, Sir John: The Serpent power (Ganesh & Company, Madras, 2000)
- Chander, J (200), building value based peaceful and press person's society



CC 622: Yoga and Mental Health

| | |
|--|---------------------------------|
| Total Credits : 4 (Each Credit : 15 hours) | Full Marks : 100 |
| | Internal Assessment *: 20 Marks |
| Examination Duration : 3 hours | Theory : 80 Marks |
| *Internal Assessment: Assignments will be given to students on chosen topics. | |

Objectives:

At the end of this course the students will be able to:

- Know the traditional and the modern concepts of Mental Health in relation to Yoga.
- Know how to prevent and cure psychomotor problems through Yoga.
- Illustrate the Yogic concept of Personality in terms of Panchakosha and Triguna Theories.
- Explain the meaning and dimensions of an Integrated Personality.
- Explain how Yoga can help develop an Integrated Personality.
- Discuss the concept of Stress in terms of its Causes, Systems and Consequences.
- Know the Causes, Symptoms and Ill-effects of Anxiety and Depression on health, and their remedies through Yoga.
- Know the therapeutic application of Yoga.

| Unit | Course Content | Class Teaching Hours |
|-----------------|--|----------------------|
| Unit I | Understanding Yoga, Psychology and Mental Health: | 14 hrs |
| | a) Concept of Health, Hygiene, Mental Hygiene and Mental Health | 2 hrs |
| | b) Understanding Yoga, Psychology and Comparative Features of Yoga and Psychology | 2 hrs |
| | c) Yogic concept of Mental Hygiene: Maitri, Karuna, Mudita and Upeksha; Development of Positive Attitude, Psychosocial Environment | 3 hrs |
| | d) Concept of Human Psyche, Stages of Consciousness, Cognitive Process: Meaning and Nature | 3 hrs |
| | e) Concept of Normality, Superior and Abnormal, Forms of Abnormality | 4 hrs |
| Unit II | Yoga and Personality Development: | 8 hrs |
| | a) Yogic Concept of Personality: Yoga and Personality Development | 2 hrs |
| | b) Theories of Personality: Type and Trait Theory, Freud's Psychoanalytic Theory | 4 hrs |
| | c) Development of Personal and Interpersonal Adjustment through Yogic Methods | 2 hrs |
| Unit III | Yoga for Stress Management: | 10 hrs |
| | a) Emotion: Definition, Nature and Physiological Changes associated with Emotions | 2 hrs |
| | b) Stress: Concept, Types, Causes, Symptoms and Consequences of Stress | 2 hrs |



| Unit | Course Content | Class Teaching Hours |
|----------------|--|----------------------|
| | c) Yoga as a Way of Life to Cope with Stress: Ahara, Vihara, Achara, Vichara and Vyavahara | 3 hrs |
| | d) Concept and Techniques of Stress Management in the Ashtanga Yoga of Patanjali and the Bhagavat Gita | 3 hrs |
| Unit IV | Anxiety, Depression and Yoga: | 12 hrs |
| | a) Definition, Causes, Symptoms and Consequences of Anxiety and Depression | 4 hrs |
| | b) Types of Anxiety and Anxiety Disorder | 4 hrs |
| | c) Tackling ill-effects of Depression and Anxiety through Modern and Yogic Methods | 4 hrs |
| Unit V | Therapeutic Application of Yoga: | 16 hrs |
| | a) Yogic View of Mental Health and Mental Illness | 2 hrs |
| | b) Concept of Adhi and Vyadhi | 1 hr |
| | c) Concept of Psycho-somatic Disorder | 1 hr |
| | d) How do Psycho-somatic Disorders develop? | 2 hrs |
| | e) Role of Yogic and Non-Yogic Methods in the Management of Psycho-somatic (Lifestyle-related) Disorders: Acidity, Constipation, Irritable Bowel Syndrome (IBS), Bronchial Asthma, Sinusitis, Diabetes, Hypertension, Neck Pain, Low Back-ache, Osteoarthritis | 6 hrs |
| | f) Therapy for Psychological Distress: Concept of Psychodynamic Therapy, Behavioural Therapy, Cognitive Therapy and Yoga Therapy | 4 hrs |

Suggested Books:

- Criswell E. (1989) How to Yoga Works: an introduction of somatic Yoga. Novata, California: Freeperson press
- Bhogal, R.S. (2013). Yoga and Mental Health & Beyond, Kaivalyadhama, Lonavala, Pune
- Swami Karmananda (2001). Yogic Management of Common Disease, Yoga Publication Trust, Munger, Bihar
- K. N. Udappa: Stress and its management by Yoga, Motilal Banarsidass Publishers Private Limited, New Delhi, 1996
- Nagendra H.R. (2004): Yoga practices for Anxiety and Depression, Swami Vivekananda Yoga Prakashana, Bangalore
- Swami Sukhabodhananda, Stress management, Prasanna trust, Bangalore, 2002
- Baron R. A (2001) Psychology, Pearson Education, Indian Branch, Delhi
- Lalvani Vimla, (1998) Yoga for stress, Hamlyn Publishers, London



CC 623: Practicum-II

Advanced Asanas, Pranayamas, Bandhas, and Mudras, Kriyas, Recitations and Meditations

| | |
|--|-----------------------|
| Total Credits : 6 (Each Credit : 15 hours) | Full Marks : 100 |
| | Practicum : 100 Marks |

Objectives:

At the end of this course the students will be able to:

- Know the proper practice of advanced Asanas, Pranayamas and Bandhas.
- Know the proper practice of Mudras, Kriyas, Recitations and Meditations.
- Apply teaching techniques in Practical Sessions.

| 1. Mudras | 2. Kriyas | 3. Recitations | 4. Other Practices |
|---|---|---|---|
| (i) Chin Mudra (ii) Chinmaya Mudra (iii) Brahma Mudra (iv) Shanmukhi Mudra (v) Bhairava Mudra (vi) Viparita Karani Mudra (vii) Yoga Mudra (viii) Asvini Mudra (ix) Maha Mudra | (i) Jala Neti (ii) Sutra Neti (iii) Dhauti {Vamana, Danda, Vastra (Theory only)} (iv) Nauli (Madhya Nauli, Dakshina Nauli, Vamana Nauli) (v) Kapalabhati (vi) Aganisara (vii) Trataka (Jyoti Trataka, Jatru Trataka) (viii) Shankhaprakshalana | (i) Pranava Japa (ii) Svasti Mantra (iii) Gayatri Japa (iv) Mahamrityunjaya Mantra (v) Om Stavana | (i) Meditation Techniques (Vipassana Meditation, Cyclic Meditation) (ii) Pilates, Tai-chi, Plank Poses |

Suggested Books:

- Swami Satyananda Saraswathi (1981): A systematic course in the Ancient tantric techniques of Yoga and kriya published by Bihar school of Yoga, Munger, Bihar, India
- Chandrasekaran, (1999) Sound Health Through Yoga, Prem kaliaan publication, seapatti, Madurai
- Yoga (Asanas, Pranayamas, Mudras, Kriyas) AN INTRODUCTION BOOKLET, Published by Vivekananda Kendra Prakashan trust, Triplicane, Chennai, 2001
- Digambarji Swami (1970) HATHA PRADIPIKA OF SVATMARAMA, Raghunathashastry kokaji, Kaivalyadhama, SMYM Samiti, Lonavala, Pune Dist Maharashtra Maharashtra
- Mariayyah.P (1986): ASANAS, Sports Publication, Coimbatore, Tamilnadu



CC 624: Internship

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|--|----------------------|
| Total Credits : 2 (Each Credit : 15 hours) | Full Marks 50 |
| | Internship: 50 Marks |

Objectives:

At the end of this course the students will be able to:

- Reflect on their self-experience while teaching Yoga in internal and external settings.

Internship: 50 Marks (Internal – 20 Marks & External – 30 Marks)

- ❖ Microteaching - **20 Marks** (Internal).
- ❖ Students will be attached with an educational Institution/Health Club/Therapeutic Centre/Hospital/Sports Training Centre for at least 20 hours throughout Semester II and will prepare a record on the result. **30 Marks** (External).

Suggested Books:

- Brouman. S “Work Yourself Well” Pub: Sherry Brouman, 200, **ISBN-10:** 0974779113
- Payne L and Feuerstein G “Yoga for Dummies” Pub: For Dummies; 3 edition, 2014 **ISBN-10:** 1118839560



CC 625: Project Work

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|--|--------------------------|
| Total Credits : 2 (Each Credit : 15 hours) | Full Marks : 50 |
| | Major Project : 50 Marks |

Objectives:

At the end of this course the students will be able to:

- Develop knowledge on selected Project Areas and improve their Presentation Techniques.
- Develop the quality of performing Yogasana artistically in front of an audience and attract their curious attention.
- Develop literary skills like writing creative articles / Prose / Poem etc. on Yoga.
- Nurture artistic qualities like drawing, collaging on Yoga, etc.
- Develop Performing Art Skills related to Indian Philosophical and Cultural Heritage.

Project Presentation - 20 Marks, Submission of Project - 10 Marks, Participation on International Day of Yoga - 20 Marks

- The project will be based on Value Education, Preventive Measures, Health and Fitness with reference to Yogic Practices and Principles.
- Students will enthusiastically participate in celebrating the International Yoga Day on 21st June of each year organized in the College premises. The participation includes preparing a Wall Magazine, taking part in Yoga Demonstration and other cultural activities like Quiz, Lecture, Music, Drama, etc. related to Yoga. A Report on the celebrations has to be submitted separately by each student highlighting his contribution to the celebration (with photos and other documentary evidence) along with a detailed note on the significance of the International Yoga Day for Indians on the basis of chosen themes.

Suggested Books:

- Aggarwal, J. C. (2014). Essentials of Educational Technology (3rd Edition) Vikas Publishing House Pvt. Ltd., Noida
- Stephens, M. (2010). Teaching Yoga, North Atlantic Books
- Hathapradipika (English) Kaivalyadham, Lonavala
- Anatomy, Physiology of Yoga practices, Dr. Gore, Kaivalyadham, Lonavala
- Structure and function of the human body - Dr. Shrikrishna, Kaivalyadham, Lonavala

