

Revised Curriculum for Post Graduate Diploma in Yoga Education

with effect from the academic session 2022-23



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

Revised Curriculum for P.G.D.Y.E. 2022-23

Semester – I

Course code	Title of the Paper	Credits	Hours	Marks
611	Foundations of Yoga	4	4×15 = 60	100
612	Anatomy and Physiology of Yogic Practices	4	4×15 = 60	100
613	Patanjali Yoga sutra	2	2×15 =30	50
614	Methods of Teaching Yoga	2	2×15 =30	50
615	Practicum-I			
	Asanas, Pranayamas, Bandhas and their techniques	8	8×15 = 120	100
Total (1st Semester)		20	300	400

Semester – II

Course code	Title of the Paper	Credits	Hours	Marks
621	Hatha Yoga and Value Education	4	4×15 = 60	100
622	Yoga and Mental Health	4	4×15 = 60	100
623	Practicum-II			
	Advanced Asanas, Pranayamas, Bandhas, and Mudras, Kriyas, Recitations and Meditations	8	8×15=120	100
624	Internship	2	2×15 =30	50
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
Paper-I: Foundations of Yoga
(Course Code: 611)

Total Credits : 4	Full Marks : 100
(Each Credit : 15 hours)	Internal Assessment : Weightage 20
Examination Duration : 3 hours	Theory : Weightage 80

Objectives:

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

- Development of understanding on the concept and misunderstanding of Yoga.
- To know about different stream of Yoga.
- To gather concept on the history of Yoga.
- To know yogic concept in relation to Indian Philosophy.
- To know the preparatory movements of Yoga practices.
- Contribution of great philosopher in the field of Yoga.

Unit	Course Content	Class Teaching Hours
Unit I	Introduction to Yoga:	20 hrs
	• Origin of Yoga, Meaning and Definition of Yoga, Scope, Aim and Objectives of Yoga	4 hrs
	• Misconceptions about Yoga, Yoga as a science of art	3 hrs
	• Streams of Yoga (Raja, Karma, Bhakti, Jnana, Hatha, Mantra, Laya)	5 hrs
	• Concept of Hathapradipika, Gheranda Samhita, Hatharatnavali, Shiva Sanhita	5 hrs
	• Purushartha, Pachakosa and Triguna theory	3 hrs
Unit II	Historical development of Yoga:	12 hrs
	• Yoga in Indus Valley Civilization	2 hrs
	• Yoga in Vedas, Upanishads	4 hrs
	• Yoga in Indian Epic	2 hrs
	• Yoga in Purans	2 hrs
	• General introduction to Patanjali Yoga Sutra	2 hrs
Unit III	General concept of Indian Philosophy:	12 hrs
	• Introduction to Indian Philosophy	5 hrs
	• Characteristics of Indian Philosophy	2 hrs
	• Bhagabat Gita (Ahara, Achra and Vichara, Vihara-Dinacharya)	5 hrs

	and Ritucharya), Sthitha Pranjna	
Unit IV	Preparatory Movement of Yoga:	8 hrs
	<ul style="list-style-type: none"> • Concept of Sukshma vayama and Sthula vayama 	2 hrs
	<ul style="list-style-type: none"> • Basic concept of Asanas, Pranayama, Mudras and Kriyas and their Classification 	2 hrs
	<ul style="list-style-type: none"> • Difference between Asanas and Exercise 	1 hr
	<ul style="list-style-type: none"> • Principles of yogic practices and legal provision for yoga teacher 	1 hr
	<ul style="list-style-type: none"> • Suryanamaskar: types and importance 	1 hr
	<ul style="list-style-type: none"> • Use of yogic practices for sports performance 	1 hr
Unit V	Contributions of Great Philosopher in Yoga:	8 hrs
	<ul style="list-style-type: none"> • Sri Aurobindo, Swami Vivekananda, Sri Ramakrishna, Maa Sarada, Swami Kavalayananda, Maharshi Raman, B.K.S. Iyengar & Swami Shivananda 	8 hrs

Suggested Books:

- The science of Yoga- Tamini-Theosophical publishing House, Adyar, Madras
- Yoga sutra Patanjali-Hariharaananda 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
- Bhattiyacharya, 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”

Paper-II: Anatomy and Physiology of Yogic Practices
(Course Code: 612)

Total Credits : 4	Full Marks : 100
(Each Credit : 15 hours)	Internal Assessment : Weightage 20
Examination Duration : 3 hours	Theory : Weightage 80

Objectives:

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

- Know the Need, Importance and application of anatomy and physiology in Yoga.
- Know about the Structure and functions of cell and tissue.
- Knowledge on Musculoskeletal system.
- Develop the knowledge on Cardiovascular, Respiratory and Lymphatic System and Application of Yoga.
- Know about the Nervous system, Endocrine system and Special senses.
- Knowledge on the Physiological mechanisms of Yogic practices.

Unit	Course Content	Class Teaching Hours
Unit I	Introduction to human anatomy and physiology:	15 hrs
	<ul style="list-style-type: none"> • Meaning and Importance of anatomy and physiology 	1 hr
	<ul style="list-style-type: none"> • Yoga in view of anatomy and physiology 	2 hrs
	<ul style="list-style-type: none"> • Structure and functions of cell and tissue 	2 hrs
	<ul style="list-style-type: none"> • Gross anatomy of digestive system, functional anatomy of Mouth, Oral cavity, Pharynx, Oesophagus, Stomach, Small intestine, Large intestine and Anal canal; Physiology of digestion, assimilation & peristalsis, Gastric and digestive juices involved during digestion, associated glands involved in digestive system. 	7 hrs
	<ul style="list-style-type: none"> • Urinary system, kidneys, ureters, urinary bladder, Urethra; Skin and sweat gland. 	2 hrs
	<ul style="list-style-type: none"> • Basic concept of reproductive system. 	1 hr
Unit II	Musculoskeletal System:	10 hrs
	<ul style="list-style-type: none"> • Classification of muscles, Bone and joints , Mechanism of muscle contraction, Neuromuscular transmission, types of bones and joints, Basic concept on ligaments, tendons, vertebral column, anatomy of thoracic cage and pelvis, Effects of yogic practice on Musculoskeletal system 	10 hrs

Unit III	Cardiovascular, Respiratory and Lymphatic System:	15 hrs
	<ul style="list-style-type: none"> Anatomy of heart and blood vessels, physiology of circulation, properties of cardiac muscle, blood pressure, factors affecting on blood pressure, innervations of heart, Effect of yogic practices on circulatory system 	7 hrs
	<ul style="list-style-type: none"> Anatomy of the Respiratory organs, mechanism of breathing, lungs capacity and its related terms, Effect of yogic practices on Respiratory system 	6 hrs
	<ul style="list-style-type: none"> Anatomy of lymph nodes, Lymphatic system and immunity 	2 hrs
Unit IV	Nervous system, Endocrine system and Special senses:	10 hrs
	<ul style="list-style-type: none"> Nerve structure and properties, physiology of brain functioning, autonomic nervous system, sympathetic and parasympathetic nerve and its function, Effect of yogic practice on Nervous system 	5 hrs
	<ul style="list-style-type: none"> Concept of endocrine glands - thyroid, parathyroid, supra-renal, pituitary, islets of Langerhans and their function, effect of hypo and hyperactivity on the body 	3 hrs
	<ul style="list-style-type: none"> Eyes and ear anatomy, Sense of smell, nasal mucosa, tongue, taste buds and skin glow, Yoga as practice to develop sense organ 	2 hrs
Unit V	Physiological mechanisms of Yogic practices:	10 hrs
	<ul style="list-style-type: none"> Asanas for body, mind and spirit 	2 hrs
	<ul style="list-style-type: none"> Physiological mechanism of Pranayama 	2 hrs
	<ul style="list-style-type: none"> Concept of Homeostasis 	1 hr
	<ul style="list-style-type: none"> Anatomico-physiological Features of Meditative, cultural and relaxation asanas 	3 hrs
	<ul style="list-style-type: none"> Role of Jandhara bandha in Kumbhaka 	1 hr
	<ul style="list-style-type: none"> Abdominal pressure change 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

Paper-III: Patanjali Yoga Sutra
(Course Code: 613)

Total Credits : 2	Full Marks : 50
(Each Credit : 15 hours)	Internal Assessment : Weightage 10
Examination Duration : 2 hours	Theory : Weightage 40

Objectives:

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

- To get an overview of the Patanjali Yoga Sutras.
- To know the essence of the Samadhi and Sadhan Pada in Patanjali Yoga Sutras.
- To know the essence of Vibhuti & Kaivalya Pada in Patanjali Yoga.

Unit	Course Content	Class Teaching Hours
Unit I	Overview on Patanjali Yoga Sutras:	4 hrs
	<ul style="list-style-type: none"> • Brief introduction to Patanjali's Yoga Sutras and its author; Nature of Yoga according to Patanjali in light of Vyasabhashya, Importance of Patanjali Yoga Sutra in modern context 	4 hrs
Unit II	Samadhi and Sadhan Pada:	16 hrs
	<ul style="list-style-type: none"> • Chitta, Chitta-bhumis, Chitta-vrittis, Chitta-vritti nirodhopaya (Abhyasa and Vairagya), Chitta-Vikshepas (Antarayas), Chitta-prasadanam and its' associates 	4 hrs
	<ul style="list-style-type: none"> • Kriya-yoga, Theory of Kleshas, Nature of Drshta & Drshya and means of elimination of Kleshas / Vivekakhyati; Types and nature of Samadhi in Yoga Sutra, Ritambharaprajna and Adhyatmaprasada; Samprajnata, Asamprajnata, Sabija & Nirbija Samadhi, Difference between Samapattis and Samadhi; Concept of Ishvara and qualities of Ishvara 	8 hrs
	<ul style="list-style-type: none"> • Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara (Bahiranga) 	4 hrs
Unit III	Vibhuti & Kaivalya Pada:	10 hrs
	<ul style="list-style-type: none"> • Ashtanga Yoga: Dharana, Dhyana and Samadhi (Antaranga); Samyama & three Parinama 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 Pragyanaanda, (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

Paper-IV: Methods of Teaching Yoga
(Course Code: 614)

Total Credits : 2	Full Marks : 50
(Each Credit : 15 hours)	Internal Assessment : Weightage 10
Examination Duration : 3 hours	Theory : Weightage 40

Objectives:

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

- Know about need and importance of teaching method.
- Enhance knowledge about various sources of Teaching techniques and class management.
- Develop the ideas about teaching techniques, aids and lesson plan of Yoga.

Unit	Course Content	Class teaching Hours
Unit I	Basic teaching Method:	10 hrs
	<ul style="list-style-type: none"> • Teaching and learning: concepts and relationship between two Sequence of Learning 	2 hrs
	<ul style="list-style-type: none"> • Meaning, Scope and types of teaching methods. Important characteristics of a good teaching method for yogic practices (Maxims of teaching yogic activities) 	3 hrs
	<ul style="list-style-type: none"> • Factor influencing method of teaching in yogic practices 	3 hrs
	<ul style="list-style-type: none"> • Quality of a perfect yoga teacher (Yoga Guru) 	2 hrs
Unit II	Teaching techniques and Class management:	10 hrs
	<ul style="list-style-type: none"> • Presentation: Personal Preparation, technical presentation and presentation activities 	2 hrs
	<ul style="list-style-type: none"> • Principles of class management, classroom problems: Types and solution 	2 hrs
	<ul style="list-style-type: none"> • Practice of yoga at different levels: Beginners, advanced, youth, women and special attention group 	3 hrs
	<ul style="list-style-type: none"> • Individualized and differentiated instruction. Teaching aids, Educational Technology and online resources 	3 hrs
Unit III	Educational Tools and lesson plan of yoga teaching:	10 hrs
	<ul style="list-style-type: none"> • Yoga classroom: Essential features, area and sitting arrangement in yoga class 	2 hrs

	<ul style="list-style-type: none"> • Concept and importance of lesson planning. Types of lesson planning: Knowledge, skill and appreciation lesson planning for various activities 	4 hrs
	<ul style="list-style-type: none"> • Steps of lesson Planning 	2 hrs
	<ul style="list-style-type: none"> • 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

Paper-V: Practicum-I
(Course Code: 615)

Asanas, Pranayamas, Bandhas and their techniques

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

Objectives:

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

- Knowledge on proper practice of Asanas, Pranayamas and Bandhas.
- Able to way of teaching techniques for practical sessions.

A. ASANAS:

- **Meditative Asanas:** Sukhasana, Vajrasana, Padmasana, Siddhasana
- **Relaxative Asanas:** Shavasana, Makarasana

CULTURAL ASANAS:

- **Supine lying Asana:** Utthana Padasana, Setu Bandhasana, Jathara Pariratasana, Pawanamuktasana, Matsyasana Ardha halasana (one leg / both leg), Halasana, Viparita karani, Sarvangasana, Supta Padmasana, Chakrasana.
- **Prone lying Asana:** Dhanurasana, Bhujangasana, Sarpasana, Ardha Shalvasana, Shalvasana, Naukasana.
- **Standing Asana:** Tadasana, Garudasana, Pranamasana, Hastauttanasana, Vrikhasana, Trikonasana, Utkatasana, Virbhadrasana, Padahastanasana, Ardha Katti Chakrasana.
- **Sitting Asana:** Buddha Konasana, Dandasana, Padmasana, Vakrasana, Vajrasana, Ustrasana, Paschimottanasana, Sasangasana, Gomukhasana, Veerasana, Maricyasana, Jana Sirshasana, Yoga Mudra, Supta Vajrasana.
- **Balancing Asanas:** Shirsasana, Bakasana, Mayurasana.

B. PRANAYAMA

- **Preparatory for Pranayama:** Kapalbhathi, Bhastrika
 - **Sectional Breathing:** Abdominal, Clavicular, Thoracic, Full Yogic breathing
1. Anuloma-viloma
 2. Ujjayi
 3. Shitali
 4. Sitkari
 5. Bhastrika
 6. Bhramari
 7. Suryabhedana
 8. Chandrabhedana
 9. Nadi Sudhi
 10. Murccha (Theory only)
 11. Plavini (Theory only)

C. 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

Paper-VI: Hatha Yoga and Value Education (Course Code: 621)

Total Credits : 4	Full Marks : 100
(Each Credit : 15 hours)	Internal Assessment : Weightage 20
Examination Duration : 3 hours	Theory : Weightage 80

Objectives:

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

- To give an introduction of Hatha Yoga.
- To give an understanding of the prerequisites of Hatha Yoga.
- To introduce the principles of Hatha Yoga.
- To introduce essential Hatha Yoga text.
- To give an understanding about different Hatha Yoga Practices.
- Know the traditional concept of value education.
- Inculcate value education among people.
- Elucidate the concept of self-development and the role of human beings.

Unit	Course Content	Class Teaching Hours
Unit I	Basic concept of Hatha Yoga:	6 hrs
	• Hatha Yoga, its origin, history and development	2 hrs
	• Hatha Yoga, its meaning and definition	2 hrs
	• Aims & objectives and misconceptions about hatha yoga	2 hrs
Unit II	Principles of Hatha Yoga Practices:	6 hrs
	• Sadhaka and Badhaka Tattva	2 hrs
	• Concept of Matha	2 hrs
	• Concept of Mitahara, Pathya and Apathya	2 hrs
Unit III	Introduction to Hatha yogic Texts & their Implications:	14 hrs
	• Introduction to Basic Hatha Yoga Texts	2 hrs
	• Basic Hatha Yogic Texts and their nature and objectives: Shiva Samhita, Hatha Pradeepika, Gheranda Samhita and Hatha Rathnavali	8 hrs
	• Applications of Hatha Yogic Practices	4 hrs

Unit IV	Hatha Yoga Practices: Shodhana, Asanas, Pranayama, Bandhas, Mudras, Kriyas & Nadanusandhana:	24 hrs
	<ul style="list-style-type: none"> Asana and Shodhana-kriyas: Hatha Yoga Pradépika & in Gheranda Samhita and their techniques, benefits and precautions; Role of Shodhana-kriyas in Yoga Sadhana and their importance in Modern day life 	8 hrs
	<ul style="list-style-type: none"> Pranayama, Bandha and Mudras: Mechanism of correct breathing, Yogic deep breathing, Concept of Püraka, Kumbhaka and Recaka; The concept of Prana, Kinds of Prana and Upa-pranas, Pranayama and its importance in Hatha Yoga Sadhana, The concept of Bandha and Mudras and its importance 	8 hrs
	<ul style="list-style-type: none"> Pratyahara and Nadanusandhana: Concept of Pratyahara, Dharana and Dhyana in Gheranda Samhita and their techniques & benefits; Concept of Samadhi in Hatha-yoga Pradépika, The concept of Nada, Four Avasthas (stages) of Nadanusandhana, and its Siddhis 	8 hrs
Unit V	Yoga and Value Education:	10 hrs
	<ul style="list-style-type: none"> Concept of Value and its role 	1 hr
	<ul style="list-style-type: none"> Classification of Values 	1 hr
	<ul style="list-style-type: none"> Significance Values in life and Society 	1 hr
	<ul style="list-style-type: none"> Values and education, Meaning, Aim, Objective of Value education 	2 hrs
	<ul style="list-style-type: none"> Rationale of Value education 	2 hrs
	<ul style="list-style-type: none"> Role of teacher in Value education, Method 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 Lonavla Yoga Institute, Lonavla
- 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, Culcutta, 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

Paper-VII: Yoga and Mental Health
(Course Code: 622)

Total Credits : 4	Full Marks : 100
(Each Credit : 15 hours)	Internal Assessment : Weightage 20
Examination Duration : 3 hours	Theory : Weightage 80

Objectives:

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

- Know about tradition and modern concept of mental health in relation to Yoga.
- How to prevent and cure psychomotor problems through Yoga.
- Illustrate the yogic concept of personality in terms of Panchakosa and Triguna theories.
- Explain the meaning and dimensions of integrated personality.
- Explain how Yoga can help to develop an integrated personality.
- Discuss the concept of stress in terms of its causes, systems and consequences.
- Know the causes, syndrome and ill effects of anxiety, depression on health and its remedies through Yoga.
- To know the therapeutic application of Yoga.

Unit	Course Content	Class Teaching Hours
Unit I	Understanding Yoga, Psychology and Mental Health:	14 hrs
	<ul style="list-style-type: none"> • Concept of Health, Hygiene, Mental Hygiene and Mental Health 	2 hrs
	<ul style="list-style-type: none"> • Understanding Yoga, Psychology and Comparative Features of Yoga and Psychology 	2 hrs
	<ul style="list-style-type: none"> • Yogic concept of Mental Hygiene: Maitre, Karuna, Mudita and Upeksha. Development of Positive Attitude, Psychosocial environment 	3 hrs
	<ul style="list-style-type: none"> • Concept of Human Psyche, Stages of Consciousness, Cognitive Process : Meaning and Nature 	3 hrs
	<ul style="list-style-type: none"> • Concept of Normality, Superior and Abnormal, Forms of Abnormality 	4 hrs
Unit II	Yoga and Personality Development:	8 hrs
	<ul style="list-style-type: none"> • Yogic Concept of Personality: Yoga and Personality Development 	2 hrs
	<ul style="list-style-type: none"> • Theories of Personality: Type and Trait Theory, Freud's Psychoanalytic Theory 	4 hrs

	<ul style="list-style-type: none"> Development of Personal and Interpersonal Adjustment through Yogic Method 	2 hrs
Unit III	Yoga for Stress Management:	10 hrs
	<ul style="list-style-type: none"> Emotion: Definition, Nature and Physiological Changes during emotion 	2 hrs
	<ul style="list-style-type: none"> Stress: Concept, Types, Causes, Symptoms and Consequences of Stress 	2 hrs
	<ul style="list-style-type: none"> Yoga as a Way of Life to cope with Stress: Ahara, Vihara, Acara, Vicara and Vyavahara 	3 hrs
	<ul style="list-style-type: none"> Concept of and techniques of stress management in Astanga Yoga of Patanjali Yoga sutra and Bhagabad Gita 	3 hrs
Unit IV	Anxiety, Depression and Yoga:	12 hrs
	<ul style="list-style-type: none"> Definition, causes, symptoms and consequences of Anxiety and Depression 	4 hrs
	<ul style="list-style-type: none"> Types of Anxiety and Anxiety Disorder 	4 hrs
	<ul style="list-style-type: none"> Tackling ill effects of depression and anxiety through modern and Yogic methods 	4 hrs
Unit V	Therapeutic application of Yoga:	16 hrs
	<ul style="list-style-type: none"> Yogic View of Mental Health and Mental Illness 	2 hrs
	<ul style="list-style-type: none"> Concept of Adhi and Vyadhi 	1 hr
	<ul style="list-style-type: none"> Concept of Psycho-Somatic Disorder 	1 hr
	<ul style="list-style-type: none"> How do Psycho-somatic Disorders develop? 	2 hrs
	<ul style="list-style-type: none"> Role of Yogic and Non-Yogic Methods for Management of Psycho-somatic (Life Style related) Disorders : Acidity, Constipation, Irritable Bowel Syndrome(IBS), Bronchial Asthma, Sinusitis, Diabetes, Hypertension, Neck Pain, Low Back-ache, Osteoarthritis 	6 hrs
	<ul style="list-style-type: none"> 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 banaridass 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

Paper-VIII: Practicum-II
(Course Code: 623)

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

Objectives:

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

- Knowledge on proper practice of advanced asanas, Pranayamas, Bandhas.
- Knowledge on proper practice of Mudras, Kriyas, Recitations and Meditations.
- Able to way of teaching techniques for practical sessions.

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

A.MUDRAS

- Chin Mudra
- Chinmaya Mudra
- Brahma Mudra
- Shanmukhi Mudra
- Bhairava Mudra
- Viparithakarani Mudra
- Yoga Mudra
- Asvini Mdra
- Maha Mudra

B.KRIYAS

- Jala Neti
- Sutra Neti
- Dhauti {Vamana, Danda, Vastra (Theory only)}
- Nauli (Madhya Nauli, Dakshina Nauli, Vamana Nauli)
- Kapalabhati
- Aganisara
- Trataka (Jyothi Trataka, Jathru Trataka)
- Shankhaprakachalana

C.RECITATIONS

- Pranava Japa
- Svasti Mantra
- Gayatri Japa
- Mahamrityunjay mantra
- Om Stavana

D.OTHER PRACTICES

- Meditation Techniques (Vipasana meditation, Cyclic meditation)
- 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 kalian 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, Raghunathashastri kokaji, Kaivalyadhama, SMYM Samiti, Lonavala, Pune Dist, Maharastra
- Mariayyah.P (1986) : ASANAS, Sports Publication, Coimbatore, Tamilnadu

Paper-IX: Internship
(Course Code: 624)

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

Objectives:

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

- Self-experience on teaching of yoga in internal settings and external settings.

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

- ❖ Microteaching - **20 Marks** (Internal).
- ❖ Student 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**

Paper-X: Project Work
(Course Code: 625)

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

Objectives:

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

- Develop knowledge on selected project area and improve their presentation technique.

Project Presentation - 40, Submission of Project - 10

- Project will be based on value education, preventive measure, health and fitness with references to yogic practices and principles

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 human body - Dr. Shrikrishna, Kaivalyadham, Lonavala
