

Program Syllabus Booklet

**Post Graduate Diploma in Yoga Therapy
(PGDYT – 702)**

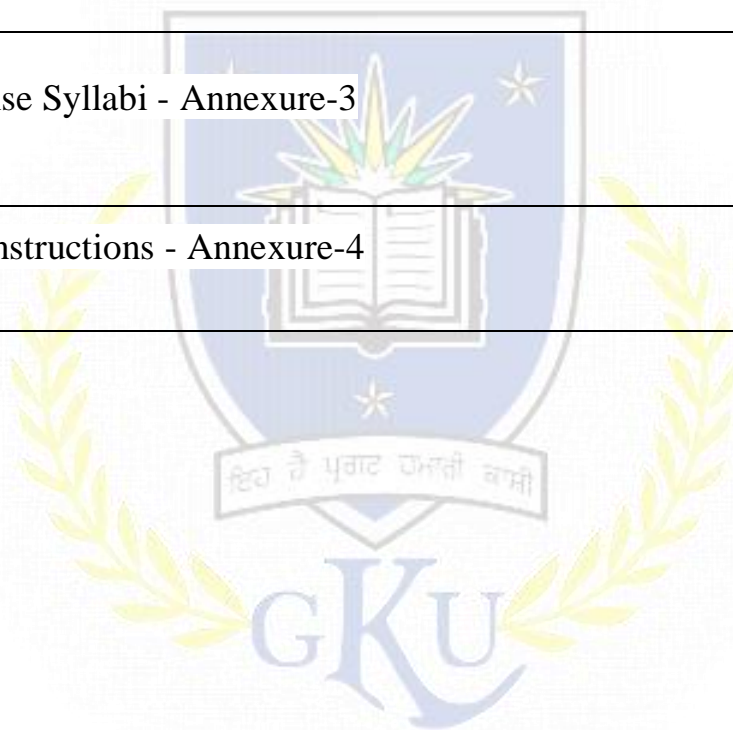


Session: 2021-22

**Department of Physical Education
Guru Kashi University, Talwandi Sabo**

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Program: Post Graduate Diploma in Yoga Therapy (PGDYT)

Program Code: 702

Program Outcomes (PO): The PO for the Post Graduate Diploma in Yoga Therapy (PGDYT) are as follows:

PO1	Yoga knowledge: Apply the knowledge of anatomy, physiology, nutrition and health cycle to treat complex physical deformities through yoga asanas.
PO2	Problem analysis: Identify anatomical, physiological and psychological abnormalities based on patient assessment to reach an appropriate diagnosis.
PO3	Design/development of solutions: Design Yogic exercise plan for complex physical and mental health issues with appropriate consideration of occupational as well as social requirements of the patient.
PO4	Conduct investigations of complex problems: Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.
PO5	Modern tool usage: Create, select, and apply appropriate advanced Yogic exercise or asana, pranic healing technique, naturopathy technique and basic yogic therapies with an understanding of their limitations.
PO6	The yogic teacher and society: Integrate theoretical knowledge of yoga and ayurveda with practical skill of yoga teaching to assess and treat the mental and physical health issues of the society as well as to fulfill the responsibilities relevant to yogic profession.
PO7	Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the yoga practice
PO8	Individual and team work: Function effectively as an individual, and collaboratively as a part of a rehabilitation team in multidisciplinary settings.
PO9	Communication: Communicate effectively with the yoga class participants, and instruct about the technique of performing yoga asanas.
PO10	Project management and finance: Demonstrate administrative and managerial knowledge.
PO11	Life-long learning: Recognize the need for advancements in yoga and ayurveda learning.

The Program specific outcomes for the Post Graduate Diploma in Yoga Therapy (PGDYT) are as follows:

PSO 1	Gain complete knowledge of the effects of yoga on physical, mental, intellectual, emotional and spiritual health.
PSO 2	Display skills for conducting yoga classes and camps for the general population.
PSO 3	Learning skill of treating health related issues with help of yoga asanas and naturopathy.



Annexure-2

Semester: 1st											
Sr. No.	Course Code	Course Name	Type of Course T/P	(Hours Per Week)			No. of Credits	Internal Marks	External Marks	Total Marks	
				L	T	P					
1	702101	Yoga Practical (Teaching Lesson and Active yoga)-I	P	0	0	16	8	50	50	100	
2	702102	Anatomy, Physiology and Physical Deformities	T	5	0	0	5	50	50	100	
3	702103	Contemporary Yogies and Their Therapeutic Techniques	T	5	0	0	5	50	50	100	
4	702104	Fundamental History of Yoga	T	5	0	0	5	50	50	100	
5	702105	Raj Yoga and Hath Yoga	T	5	0	0	5	50	50	100	
Total No. of Credits							28				

Semester: 2 nd										
Sr No.	Course Code	Course Name	Type of Course T/P	(Hours Per Week)			No. of Credits	Internal Marks	External Marks	Total Marks
				L	T	P				
1	702201	Yoga Practical (Teaching Lesson and Active yoga)-II	P	0	0	16	8	50	50	100
2	702202	Astang Yoga and Karm Yoga	T	5	0	0	5	50	50	100
	Elective I		T	5	0	0	5	50	50	100
3	702204	Health Cycle, Nutrition and Natural Aid	T	5	0	0	5	50	50	100
4	702205	Human Consciencs and Mantel Hygiene	T	5	0	0	5	50	50	100
Total No. of Credits							28			

Elective I		
1.	702203	Basic Complimentary Therapies
2.	702206	Psychological Assessment and Diagnosis

Course Name: - Anatomy, Physiology and Physical Deformities

Course code: - 702102

Semester: - 1st

Credits: 05

L	T	P
5	0	0

Course Outcomes:

CO	On successful completion of this course, the students will be able to:
CO1	Explain the human body structure and its functioning.
CO2	Identify organ systems and their role in human body.
CO3	Comprehend the regulatory mechanisms in human body.
CO4	Design yoga asana plans beneficial to specific systems of the body.

Course Content

UNIT- I

Introduction - Define anatomy and physiology, Cell & Tissues, Immunity: Definition, Structure. Types and mechanism.

UNIT-II

Human Systems (Part I) - Structure and Functions of Skeleton system, Muscular system, Digestive system, Bones, Joints and their classification, Types of muscles, Role of muscles.

UNIT- III

Human Systems (Part II) - Structure and Functions of Excretory System, Circulatory system and Respiratory system.

UNIT- IV

Human Systems (Part III) - Structure and Functions of Nervous system, Endocrine Glands, Meaning and Concept of Metabolism, Classification, & Treatment of Physical Deformities through the yogic exercise.

Text Books

- Watson, R. (2001). *Anatomy and Physiology for Nurses*. HarCourt (Ind.).
- Elvyn, C. Pearce (2003). *Anatomy and Physiology and Nurses*. Oxford University Press, Delhi.
- Verma, P. & Pandya, K. (1974). *Shareer Kriya Vigyana*. Bihar Hindi Granth Academy, India.
- Rajalakshmi, R. (1974). *Applied Nutrition*. Oxford and IBM Public Co., Delhi.
- Chatterjee, C.C. (1992). *Human Physiology*. Alaknanda Press, Kolkata.
- Chaurasia, B.D. (1993). *Human Anatomy*. C B S Publishers, Shahdra, Delhi.
- Stranges, R. & Solley, C.M. (1970). *Basic Psychology*. Tata Mcgraw-Hill, New Delhi.

The mapping of the PO/PSO/CO attainment is as follows:

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2	PSO3
CO1	3	2	3	1	1	2	1	1	-	-	1	3	2	1
CO2	2	2	1	1	2	1	3	2	-	-	1	1	1	1
CO3	3	1	1	2	2	1	3	2	-	-	1	2	1	2
CO4	2	2	2	1	1	1	2	3	2	-	2	1	1	2
Average	2.5	1.75	1.75	1.25	1.5	1.25	2.25	2	2	0	1.25	1.75	1.25	1.5

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

Course Name: - Contemporary Yogis and Their Therapeutic Techniques

Course code: - 702103

Semester: - 1st

Credits: 05

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Course Outcomes:

CO	On successful completion of this course, the students will be able to:
CO1	State the life history of renowned yoga therapists (Acharya).
CO2	Classify yoga and other therapies on the basis of environmental factors.

CO3	Demonstrate panchkarma and shatkarma.
CO4	Design naturopathy treatment for treating sports related injuries.

Course Content

UNIT-I

Introduction - Brief life history of Sriram Sharma Acharya, Yogic life of Acharya Shree, Acharya Shree as a Yoga therapist. Therapy through: Asana, Pranayam, Mudra-Bandha, Diet therapy, Fasting, Panchtatva Chikitsa.

UNIT- II

Types of Therapy - Therapy through Swar Yoga, Sun therapy, Environmental factor in Yogic therapy, Yajna therapy, Ayurvedic Herbs, Mud Therapy. Prayer, Mantra, Tapa.

UNIT- III

Panchkarma - Nature of Panchkarma, Meaning, Concept, Principles and Emerging trend of Panchkarma treatment. Purv – Pardhaan – Pashchaat karma and their importance.

UNIT-IV

Shatkarma - Meaning, Concept, Principles and Emerging trend of Shatkarma treatment, Important factors of Yoga therapy, Spiritual life (Samyam, Seva, Sadachar & Samvedana), Importance of Samskar / Prarabdha in Yoga therapy.

Text Books:

1. Saraswati, S.S. (2002). *Meditation from Tantras*. Prakash Publication, Delhi.
2. Singh, S.J. (1980). *History and philosophy of Naturopathy*. Nature Cure Council of Medical Research, New Delhi.
3. Saraswati, S.S. (2007). *Yoga for Hypertension*. Yoga Publication Trust, Munger.

The mapping of the PO/PSO/CO attainment is as follows:

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2	PSO3
CO1	1	2	1	1	1	1	2	1	-	-	1	2	1	1
CO2	2	1	1	2	3	1	2	2	-	-	1	2	1	2
CO3	1	3	3	2	2	2	3	2	3	-	1	1	3	2

CO4	1	2	2	3	1	2	1	3	2	2	2	3	3	1
Average	1.25	2	1.75	2	1.75	1.5	2	2	2.5	0	1.25	2	2	1.5

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

Course Name: - Fundamental History of Yoga

Course code: - 702104

Semester: - 1st

Credits: 05

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Course Outcomes:

CO	On successful completion of this course, the students will be able to:
CO1	Explain the foundation principles and development of Yoga in India.
CO2	Acknowledge the importance of yoga based on the documentation present in sacred texts (Vedas).
CO3	Figure out the concepts of 'Bondage and Liberation' in yogic history.
CO4	Implement the ideologies of famous Yoga Acharya's in treatment sessions.

Course Content

UNIT- I

Introduction and History of Yoga - History of Yoga in Medieval period, Modern Yoga, Meaning, Definition & Nature 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). Development of Yoga after Patanjali : Hathyoga group, Bhakti period, Vivekanada period (Up to 18th century- 1900), Development of Yoga in 19th and 20th century, Development of yoga centres and research as well academic institutes. Govt. policy for Yoga.

UNIT- II

Types of Yoga - Nature of Chitta, Concept of bondages and liberation, nature of Yoga sadhna according to Patanjali, yoga sutra and Hath yoga pradipika. Types of Yoga - Ashtang Yoga, Hath Yoga, Mantra Yoga, Gyan Yoga, Bhakti Yoga and Karma Yoga.

UNIT- III

Yoga Sutra - Nature of Patanjali Yoga sutra, Nature of shree mad bhagawad geeta acharya, Description of different paad, their place and importance in Yoga literature, nature of hath Yoga pradipka, Gherand sanhita and their description, their place and importance in Yoga Literature. Nature of Karma, Gyan, bhakti and Dhyana Yoga.

UNIT- IV

Life of Yoga Acharya's - Maharishi Dayanana, Swami Vivekananda, Maharishi Patanjali, Swami Shivananda, Maa Anadamayee, Mata Bhagwati Devi Sharma, Shri Aurobindo Vedas. Place of Yoga in Upanishads, Yoga-Vashishth and Ayurveda.

Text Books

- Gupta, S.N. (1987). *Yoga Philosophy in Relation to other system of Indian Thought.*, Moti Lal Banarsi Dass, New Delhi.
- 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.* Harper Collins, New Delhi.
- King, Richard. (2000). *Indian Philosophy: An Introduction to Hindu and Buddhist Thought.* Maya Publishers Pvt. Ltd., New Delhi.
- Nagendra, H.R. (1993). *Yoga in Education.* Vivekananda Kendra, Bangalore.

The mapping of the PO/PSO/CO attainment is as follows:

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2	PSO3
CO1	1	1	2	2	1	1	2	2	-	-	1	2	1	1
CO2	2	1	1	1	2	2	1	2	-	1	-	2	1	1
CO3	2	2	3	2	1	1	3	1	-	-	-	1	3	1
CO4	1	3	3	2	1	2	3	1	2	1	2	3	1	1
Average	1.5	1.75	2.25	1.75	1.25	1.5	2.25	1.5	2	0	1.5	2	1.5	1

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

Course Name: - Raj Yoga and Hath Yoga

Course code: - 702105

Semester: - 1st

Credits: 05

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Course Outcomes:

CO	On successful completion of this course, the students will be able to:
CO1	Implement principles and practices of yoga in daily life.
CO2	Grasp the significance of yogic style of living.
CO3	Demonstrate teaching lessons on hath, pancha and kriya yoga.
CO4	Recognize the significance of pranayam in life.

Course Content

UNIT- I

Introduction - Raja Yoga - Meaning & Definition of Raja Yoga, Chitta & Chitta Varieties, Yogantaraya, Chitta Prasadhana.

UNIT-II

Hatha, Pancha and Kriya Yoga - Meaning & Definition of Hatha Yoga, Kriya Yoga and Pancha Klesha.

UNIT- III

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

UNIT IV

Pranayama - Meaning, Types, Benefits & precautions of Mudra-Badha, Characteristics of Hatha Perfection (Siddhi) Procedure, Benefits & precautions of Mulabandha, Uddiyana, Jalandhar Bandha, VipritKarani, Tadagi, Yogamudra, Mahamudra, Mahavedha Mudra and Kundalin.

Text Books

- Sharma, C. (1973). *A Critical Survey of Indian Philosophy*. Moti Lal Banarsi Dass, Delhi.
- Sivananda, S.S. (2007). *Janana Yoga*. The Divine Life Society, Tehri Garhwal.

- Tamini, I.K.(1973). *Glimpses into Psychology of Yoga*. The Theosophical Publishing House, Adyar, Madras.
- Villodo, A. (2007). *Yoga, Power and Spirit*. Hay House Inc., New Delhi.
- Vivekananda, Swami. (2007). *Raj Yoga*. Ramakrishna Vedanta Math, Calcutta.
- Vivekananda, Swami. (2009). *Complete Book of Yoga*. Vijay Goel Publisher, Delhi.

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CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2	PSO3
CO1	1	2	2	2	2	1	2	1	-	-	1	2	2	2
CO2	2	1	3	3	2	2	2	3	-	1	-	3	2	2
CO3	1	1	2	2	1	1	1	2	-	-	-	2	3	3
CO4	2	3	1	1	3	3	3	2	-	1	2	1	1	3
Average	1.5	1.75	2	2	2	1.75	2	2	0	1	1.5	2	2	2.5

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

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

Course code: - 702101

Semester: - 1st

Credits: 08

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Course Outcomes:

CO	On successful completion of this course, the students will be able to:
CO1	Impart practical lessons on yoga asanas and pranayam.
CO2	Demonstrate neti, nauli and dhoti.
CO3	Repeat the mantras chanted while performing yoga.
CO4	Demonstrate various bandhas and mudras with perfection.

Course Content

Viva Voice, Project, Asana (Any Five asana) , Pranayam (Any one Pranayam) Purification Activity (Any One Purify Activity). Surya Namskar with Mantra Asana:- Padamasana, Budpadamasana, Yogmudra, Kukut asana, Paschimot asana, Shalabh asana, Ardhshal asana, Bhujang asana, Shavasana, Matasyasna, Srawangasana, vajrasana, Suptvajrasana, Grudasana, Vatayan asana, Tadasana, Shirshasana. Swastikasana, Gomukhasana, Virkashasana, Kuramasana, Sidasana, Utkatasalāsana, Pranayam:-Chest Breathing, Abdominal Breathing, Deep Breathing & Yogic, Prayanama, Anulome-Vilome, Surya Bhedan, Bhastrik, .Shatkarma/Kriya, Neti:- (Jal Neti, RabarNeti, SutarNeti). Dhوتي: - (Vaman Dhوتي, Vastar Dhوتي, Kunjal Dhوتي). Neuli: - (BhamNeuli, DakshanNeuli, MadyamNeuli, NeuliChalan). Tratak, KapalBhati, Basti, Agrisar.Mudra & Bandhas:-Yogmudra, Vipritkarni mudra, Barhammudra, Mahamudra, Mulband, Jalandharband, Uddiyanband. Mahaband, Meditation: - Soham (Dharana&Dhyān), Mantra:-Swasti&Rudropasana, Natural Aid: Mud Pack, Full Body mud pack, Steam Bath, Hot and Cold fermentation, Massage (Dry, Friction & Oil Massage) Hip Bath, Spinal Bath, and Enema

Text Books

- Swatmarma, S. (2018). *Hatha Yoga Pradipika*. Kaivalyadham, Lonawala
- Saraswati, S. S. (2002). *Asana, Pranayama, Mudra, Bandha*. Yoga Publication Trust, Munger.

The mapping of the PO/PSO/CO attainment is as follows:

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2	PSO3
CO1	1	3	2	2	2	1	3	1	2	-	1	1	3	3
CO2	2	1	2	1	1	2	2	2	2	-	1	2	1	1
CO3	1	1	1	2	3	1	1	2	3	-	2	2	2	1
CO4	2	2	2	1	3	2	2	1	3	1	2	2	2	3
Average	1.5	1.75	1.75	1.5	2.25	1.5	2	1.5	0	1	1.5	1.75	2	2

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

Course Name: - Astang Yoga and Karma Yoga

Course code: - 702202

Semester: - 2nd

Credits: 05

L	T	P
5	0	0

Course Outcomes:

CO	On successful completion of this course, the students will be able to:
CO1	Recognize the significance of Astanga yoga and Karma yoga.
CO2	Identify and practice the steps involved in Astanga yoga and Karma yoga.
CO3	Distinguish the Astanga yoga and Karma yoga.
CO4	Comprehend the role of Astanga yoga and Karma yoga in physical education.

Course Content

UNIT- I

Introduction - Meaning and definition of Astanga Yoga. Karma Yoga

UNIT-II

Ashtanga and Karma Yoga - Importance of the Astanga Yoga and Karma Yoga. Steps in Astanga Yoga (Yama, Niyama, Asnas, Pranyanayam, Pratyahar, Dharna, Dharna. Dhyana, Smadhi)

UNIT-III

Ashtanga and Karma Yoga Steps in Karma Yoga, Difference between Astang Yoga and Karma Yoga, Performing Karma Yoga according to Swami Vivekananda.

UNIT-IV

Karma Yoga - Importance of Karma Yoga in Modern life. Performing Karma Yoga according to the Bhagawat Geeta, Relationship of Astang and Karma Yoga with Physical Education

Text Books

- Vivekananda, S. (1970). *Karma yoga: The yoga of action*. Advaita
- Rao, M. (2019). Understanding Mantra Again. In *Living Mantra* (pp. 183-207). Palgrave Macmillan, Cham.
- Swenson, D., & Marroquín, R. (1999). *Ashtanga yoga: The practice manual*. Ashtanga Yoga Productions.

The mapping of the PO/PSO/CO attainment is as follows:

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2	PSO3
CO1	1	1	2	2	2	1	2	2	-	-	1	2	1	2
CO2	2	2	3	3	2	2	1	3	2	-	2	3	1	2
CO3	2	1	2	2	3	1	1	1	1	-	1	2	3	1
CO4	1	3	1	1	1	1	3	2	-	-	1	2	1	3
Average	1.5	1.75	2	2	2	1.25	1.75	2	1.5	-	1.25	2.25	1.5	2

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

Course Name: - Basic Therapies of Yoga

Course code: - 702203

Semester: - 2nd

Credits: 05

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Course Outcomes:

CO	On successful completion of this course, the students will be able to:
CO1	Plan treatment for various medical conditions through Acupressure Therapy.
CO2	Demonstrate the techniques of Pranic healing and its relevance in modern medicine.
CO3	Impart yoga nidra lessons to pupils.
CO4	Comprehend the therapeutic value of yogic exercises.

Course Content

UNIT- I

Acupressure - Introduction to Acupressure: Acupressure Therapy for disorders- Diabetic Mellitus, Constipation, Hypertension, Backache, Arthritis, And Asthma, Basic Concept of Acupressure, History of Acupressure, Benefits of Acupressure, Limits of Acupressure, Precautions during Acupressure. : .

UNIT- II

Pranic Healing - Primary Pranic Healing and seven Basic techniques, Meaning, Definition and Concept of Prana, Basic Concept of Pranic Healing, Relevance in modern era, Source of Prana, Psychic Centers of Human Body (Chakras). : Swah – Prana Shakti, Upchar, Distance Pranic Healing, Unna Pranic Upchar, , Surakshatmak Upchar, Daiviya Upchar, Aadesatmak Upchar,

UNIT-III

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

UNIT- IV

Yogic Exercises - Meaning, types, importance, and therapeutic value of Yogic and Non-Yogic

Text Books

- Ram, Swami. (1999). *A Practical Guide to Holistic Health*. Himalayan Institute of Yoga, Pennsylvania.
- Saraswati, Swami Satyananda. (2005). *Asana, Pranayama, Mudra, Bandha*. Bihar School of Yoga, Munger.
- Sarswati, Swami Satyananda , (1996) *Awakening the Kundalini*. Bihar School of Yoga, India.
- Taimini, I.K. (1979). *The Science of Yoga*. Adyar Publication, Madras,
- Tamini, I.K.. (1973). *Glimpses into Psychology of Yoga*. The Theosophical Publishing House, Adyar, Madras.

The mapping of the PO/PSO/CO attainment is as follows:

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2	PSO3
CO1	3	1	1	1	2	1	1	2	1	1	3	1	1	1
CO2	2	2	2	1	2	3	2	1	2	-	1	2	2	1
CO3	3	2	1	3	1	2	2	2	3	-	1	3	2	1
CO4	2	2	1	1	3	1	3	2	2	-	1	1	3	2
Average	2.5	1.75	1.25	1.5	2	1.75	2	1.75	2	1	1.5	1.75	2	1.25

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

Course Name: - Health Cycle, Nutrition and Natural Aid

Course code: - 702204

Semester: - 2nd

Credits: 05

L	T	P
5	0	0

Course Outcomes:

CO	On successful completion of this course, the students will be able to:
CO1	Recognize the important macro- and micro-nutrients in normal human growth and development
CO2	Identify the basic nutritional requirements during pregnancy and lactation, infancy, childhood, adolescence and adulthood.
CO3	Diagnose the adverse health consequences due to under or excess nutrient intake at critical life stages.
CO4	Design dietary guidelines and nutritional interventions.

Course Content

UNIT- I

Balance Diet - Definition of Swasth-Vrata, Symptoms of healthy Men, Concept and Need of rayojan in Swasth-Vrata, Dincharya, Ratricharya, Ritucharya and Sada-Vrata. Definition of Diet, Components of Diet, Balanced Diet, and Merit & Demerits of Vegetarian & Non-Vegetarian diet.

UNIT- II

Naturopathy- History & Basic principles of Naturopathy, Use of Drugs and their bad effects, Basic causes of disease, Methods to improve life power.

UNIT- III

Fasting - Meaning and Types of fast and their Importance, Sense and Actions Organs, Weaken eye – sight and hearing loss, Facial dullness (acne) and Hair loss, Leg pain (Sciatica) and Arm pain and numbness (Radial pain)

UNIT-IV

Mud/Clay and Sun Therapy - Meaning, Types and Importance of Mud/Clay, Difference and Characteristics of Mud/Clay bath, Mud/Clay bandages, Importance of Sun Light Rays, Action-Reaction of Sun-Rays on the Human body, Sunbath, their merits & demerits.

Text Books

- *Yoga for different ailments* – A series published by SVYASA, Bangalore and Bihar Yoga Bharati.
- Robin Monro, Nagarathna and Nagendra (2000). *Yoga for common ailments*. Guia Publication, U.K.
- Swami Kuvalayanand, *Asanas (2004)*, Kaivalayadhama, Lonavala.
- Swami Shivananda, *Yogic therapy (2002)*, Umachal Yoga Ashram, Kamakhya, Assam.
- B.K.S. Iyengar. *Light on Pranayama(2005)*. Harper Collins Publishers, New Delhi.
- Swami Satyananda Saraswati. *Asana Pranayama Mudra Bandha (2013)* Bihar School of Yoga, Munger

The mapping of the PO/PSO/CO attainment is as follows:

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2	PSO3
CO1	3	2	1	3	2	3	1	3	-	-	2	2	1	1
CO2	2	1	2	1	1	1	1	1	-	-	2	1	2	2
CO3	2	1	2	2	2	3	2	2	-	-	2	3	2	1
CO4	2	1	2	1	1	1	2	2	2	2	2	3	3	1
Average	2.25	1.25	1.75	1.75	1.5	2	1.5	2	2	2	2	2.25	2	1.25

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

Course Name: - Human Consciousness and Mental Hygiene

Course code: - 702205

Semester: -2nd

Credits: 05

L	T	P
5	0	0

Course Outcomes:

CO	On successful completion of this course, the students will be able to:
CO1	Identify the nature of human consciousness and its significance in modern life.
CO2	Differentiate the factors affecting human consciousness.
CO3	Recognize the causes of deviation in human consciousness.
CO4	Design yogic exercises plan to resolve different mental problems.

Course Content

UNIT-I

Introduction - Meaning, Definition and Nature (Vedas & Upanishads) of Human consciousness, Need to study human consciousness in modern life. Human consciousness in Buddhism and Jainism, Human Consciousness in Nyaya, Visheshaka, Sankhya, and Yoga.

UNIT- II

Vedanta & Philosophy of 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).

UNIT- III

Relationship of Yoga and Philosophy - Nature of yoga sadhna according to Vedanta. Factors affecting human consciousness, Janam and Jeevan, Bhagya and Purusharth, Karan- Phal, Vidhan, Sanskar and Punarjanam.

UNIT-IV

Yoga and mental health - Different mental problems and their Yogic therapy, Different causes of deviation of human consciousness, General introduction to different mental problems and their psycho

therapy. Mental problems: Sleeplessness, Anxiety Disorders, Mood Disorders, Schizophrenia, Paranoid disorders, Somatoform Disorders

Text Books

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

The mapping of the PO/PSO/CO attainment is as follows:

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2	PSO3
CO1	1	2	1	1	1	2	2	1	1	1	2	2	1	3
CO2	2	1	1	2	1	1	1	2	1	-	2	1	2	2
CO3	1	2	2	3	1	3	3	2	1	-	2	1	2	3
CO4	1	2	3	3	1	2	1	3	2	1	3	3	2	1
Average	1.25	1.75	1.75	2.25	1	2	1.75	2	1.25	1	2.25	1.75	1.75	2.25

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

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

Course code: - 702201

Semester: - 2nd

Credits: 08

P	L	T
16	0	0

Course Outcomes:

CO	On successful completion of this course, the students will be able to:
CO1	Deliver theoretical as well as practical lessons on yoga asanas.
CO2	Identify and Implement the principles of yoga and meditation.
CO3	Identify different types of Chikitsa and their beneficial effects.
CO4	Recognize the principles, techniques and application methods of Acupressure.

Course Content

Lesson Planning, Skill, Viva Voice, Project, Asana (Any Five asana) Pranayam (Any Two Pranayam) Purify Activity (Any One Purify Activity). Surya, Namskar with Mantra, Janusirasana, Ardhamachirdrasana, Vakarasana, Dhanurasana, Nokasana, Halasana, Karnpirasana, Tolasana, Ushtrasana, Hansasana, Miurasana, Chakarasana, Padhasthasana. Pawanmukatasana, Vakrasana, Chandrasana, Bhadradasana, Natrajasana, Garbhasana, Bhujanagasana, Sinhasana, Ekpad Skandhasana, Sirshasana, Sarwanganasana, Vatayanasana, Pranayam:- Bhramari pranayan, Sitkari, Sheethali, Ujjayei, Murchha and Palvani, Shatkarma/Kriya:- Suterneti, Dhand Dhoti, Vastra Dhoti, Vahya Taratak, Shankahparkashalan, Mudra & Bandhas:- Tadagi, Shambhavi, Kakimudra, Hastmudra (Gian. Ling, Prana, Apan, Dhyan) Meditation:- Yog Nidran, Sheethli Karan, Mantra:-Om Mantra and Stavan, Acupressure: Identification of corresponding points of different Organs (Palm and Sole), Identification of corresponding points of different Chikitsa Acupressure Method- Clock & Anti-Clock wise, Normal, Electric Naval Space testing & Technique of its re-establishment. Prana Chikitsa - Preparation for Pranic healing-Prayer, Meditation, Yogic practices. Technique of transformation of Prana. Seven basic steps of Pranic healing. Pranic healing for different diseases.

Text Books

- Swatmarma, S. (2018). *Hatha Yoga Pradipika*. Kaivalyadham, Lonawala
- Saraswati, S. S. (2002). *Asana, Pranayama, Mudra, Bandha*. Yoga Publication Trust, Munger.

The mapping of the PO/PSO/CO attainment is as follows:

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2	PSO3
CO1	1	3	2	2	2	1	3	1	2	-	1	1	3	3
CO2	2	1	2	1	1	2	2	2	2	-	1	2	1	1
CO3	1	1	1	2	3	1	1	2	3	-	2	2	2	1
CO4	2	2	2	1	3	2	2	1	3	1	2	2	2	3
Average	1.5	1.75	1.75	1.5	2.25	1.5	2	1.5	0	1	1.5	1.75	2	2

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

Course Name: - Psychological Assessment and Diagnosis

Course code: - 702206

Semester: - 2nd

Credits: 05

L T P
5 0 0

Course Outcomes-

CO	On successful completion of this course, the students will be able to:
CO1	Describe the meaning, nature and scope of Psychology.
CO2	Conduct psychological assessment procedures and testing.
CO3	Develop and design scales and questionnaires related to psychology.
CO4	Analyze and interpret the results of the conducted psychological tests.

Course Content

UNIT I

Introduction to Psychological testing - History of Psychological Testing, The nature and uses of psychological tests. Meaning of testing, Assessment and Diagnosis Tools: ICD-10, DSM-IV-TR, their Brief Introduction, Other tools of Psychological Assessment: The Test, Interview, Case Study, Assumptions in Psychological Testing & Assessment.

UNIT II

Clinical Assessment & Diagnostic test - Meaning of Clinical Assessment, Types of Assessment Techniques, Process of Assessment, Clinical Observation of Behavior, Clinical Relationship, Characteristics of Assessment Tools: Reliability & Validity. Learning difficulties; Behavior problems

UNIT III

Psychiatric History and Examination - Achievement test, Psychiatry History and Examination, Teacher Made and Standardized Course Specific Tests, Psychiatry History: Identification Data, Informants, Presenting (Chief) Complaints, History of Present Illness, Past Psychiatric and Medical History, Treatment History, Family History, Personal History, Physical Examinations, Investigations, Formulation, MSE: Mental Status Examination.

UNIT IV

Clinical Tests and Judgement - Test Construction: Clinical Tests: Projective Tests, Personality Inventories, Response Inventories, Psycho physiological tests, Neurological & Neuro psychological Tests, Intelligence tests, Criteria for Judging Tests, Clinical Judgment: Process and Accuracy of Clinical Judgment, Improving Judgment and interpretation. General Steps of Test Construction, Planning of the Test, Writing items of the Test, Preliminary Administration of the Test, Reliability of the Test, Validity of the Test, Preparation of Norms for the final Test.

Practical Work: Depression scale, Eight state scale, Sinha comprehensive test, Inferiority and Insecurity questionnaire, Optimistic Pessimistic attitude scale, Agnihotri Self Confidence Inventory. Procedure & application of Biofeed back machines: Galvanic skin resistance(GSR) biofeedback, Electromyogram (EMG) biofeedback, Alpha EEG biofeed ack, Pulse biofeedback.

Text Books

- Ronald Jay Cohen, Mork E. swerdlik & Suzanne M. Phillips (1996). *Psychological testing & assessment: An Introduction to Test and Measurement*. May field Publishing Company, California.
- Michel Hersen, Alan E. Kazdin & Alan S. Bellack (1991). *The clinical psychology handbook*. Pergamaon Press, MacMillan Pergamon Publishing Corporation, New York.
- Schildon J. Korchin (1999). *Modern clinical psychology: Principles of Intervention in the Clinical & Community*. CBS Publishers & Distributors, New Delhi.
- Anne Anastasi, Susana Urbina (2005). *Psychological testing*. Prentice-Hall of India Pvt. Ltd., New Delhi.

The mapping of the PO/PSO/CO attainment is as follows:

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2	PSO3
CO1	1	1	1	1	1	1	1	1	1	-	-	1	1	1
CO2	1	1	1	2	1	1	1	1	3	1	3	1	1	1
CO3	1	1	1	1	1	1	1	1	-	-	2	1	1	1
CO4	1	1	1	2	1	1	1	1	2	-	1	1	1	1
Average	1	1	1	1.5	1	1	1	1	2	1	2	1	1	1

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

Total Number of Course	11
Number of Theory Course	09
Number of Practical Course	02
Total Number of Credits	60

ACADEMIC INSTURCTIONS

Attendance Requirements

A student shall have to attend 75% of the scheduled periods in each course in a semester; otherwise he / she shall not be allowed to appear in that course in the University examination and shall be detained in the course(s). The University may condone attendance shortage in special circumstances (as specified by the Guru Kashi University authorities). A student detained in the course(s) would be allowed to appear in the subsequent university examination(s) only on having completed the attendance in the program, when the program is offered in a regular semester(s) or otherwise as per the rules.

Assessment of a course

Each course shall be assessed out of 100 marks. The distribution of these 100 marks is given in subsequent sub sections (as applicable).

Components	Attendance	Internal (50)				External (50)	Total
		Assignment		MST1	MST2		
		A1	A2				
Weightage	10	10	10	30	30	50	
Average Weightage	10	10		30		50	100

Passing Criteria

The students have to pass both in internal and external examinations. The minimum passing marks to clear in examination is 40% of the total marks.