

GURU KASHI UNIVERSITY



Post Graduate Diploma in Yoga Therapy

Session: 2022-23

Department of Physical Education

PROGRAMME LEARNING OUTCOMES

- Apply the knowledge of anatomy, physiology, nutrition and health cycle to treat complex physical deformities through yoga asanas.
- Identify anatomical, physiological and psychological abnormalities based on patient assessment to reach an appropriate diagnosis.
- Design Yogic exercise plan for complex physical and mental health issues with appropriate consideration of occupational as well as social requirements of the patient.
- 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.
- 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.
- 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.

Programme Structure

Semester-I						
Course Code	Course Title	Course Type				
			L	T	P	Credit
GDY101	Anatomy, Physiology and Physical Deformities	Core	5	0	0	5
GDY102	Contemporary Yogies and Their Therapeutic Techniques	Core	5	0	0	5
GDY103	Fundamental History of Yoga	Core	5	0	0	5
GDY104	Raj Yoga and Hath Yoga	Core	5	0	0	5
GDY105	Yoga Practical (Teaching Lesson and Active yoga)-I	Technical Skills	0	0	20	10
Total			20	0	20	30

Semester-II						
Course Code	Course Title	Course Type				
			L	T	P	Credit
GDY201	Astang Yoga and Karm Yoga	Core	5	0	0	5
GDY202	Basic Complimentary Therapies	Core	5	0	0	5
GDY203	Health Cycle, Nutrition and Natural Aid	Core	5	0	0	5
GDY204	Human Consciencess and Mantel Hygiene	Core	5	0	0	5
GDY205	Yoga Practical (Teaching Lesson and Active yoga)-II	Technical Skills	0	0	20	10
Total			20	0	20	30
Grand Total			40	0	40	60

Evaluation Criteria for Theory Courses

- A. Continuous Assessment: [25 Marks]
 - i. Surprise Test (Two best out of three) - (10 Marks)
 - ii. Term paper (10 Marks)
 - iii. Assignment(s) (10 Marks)
- B. Attendance (5 marks)
- C. Mid Semester Test-1: [30 Marks]
- D. MST-2: [20Marks]
- E. End-Term Exam: [20 Marks]

Evaluation Criteria for Practical Courses

According to NEP, continuous evaluation of Practical will be 5 times in which each subject will have 20 marks.

Semester 1st**Course Name: Anatomy, Physiology and Physical Deformities****Course Code: GDY101**

L	T	P	Cr
5	0	0	5

Course Outcomes:

1. To gain the knowledge of Organization of the human body and its regulation.
2. To understand and analyze the structural and functional aspects of different systems of the body.
3. To understand the concept of fundamental of human body organs.
4. To gain knowledge of different physical deformities.
5. To gain skill in treatment of physical deformities through yogic exercises.

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

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

UNIT II**14 Hours**

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

UNIT III**15 Hours**

1. Excretory system: structure and functions of these organs.
2. Circulatory system: structure and functions of these organs.
3. Respiratory system: structure and functions of these organs.

UNIT IV**16 Hours**

1. Nervous system: structure and functions of these organs.
2. Metabolism: Meaning, concept, types.
3. Endocrine Glands: structure and functions of these organs.
4. Physical Deformities: classification, & treatment through the yogic exercise.

Transaction Mode

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

Suggested Readings

- anatomy and Physiology for Nurses, Roger Watson (2001) HarCourt(Ind.) Hints on Health,Thapar(2002) Rupa Co.
- Elvyn C. Pearce,(2003) Anatomy and Physiology and Nurses, Oxford University Press, Delhi.
- PromilaVerma,(1974) KantiPandya, ShareerKriyaVigyana, Bihar Hindi Granth Academy.
- R. Rajalakshmi,(1974) Applied Nutrition, Oxford and IBM Public Co.,Delhi.
- V. Tararinov, Human anatomy and Physiology Trans. By David A. Myshna, MIR Publishers, Moscow.
- Verma, MukundSwaroop et al. (1973). Food and Nutrition, Ram Narayan LalBansiPrashad, Allahabad.
- Human Physiology, C.C. Chatterjee (1992) Alaknanda Press, Kolkata.
- Human Anatomy, B. D. Chaurasia (1993) C B S Publishers, Shahdra, Delhi.
- Human Anatomy: Inderbir Singh (1984). Macmillan India Ltd., New Delhi.
- A text book of Biochemistry – SubbaRao.
- A text book of Medical Physiology – Guyton.
- Basic Psychology, stranges R &Solley, C. M. (1970), Tata Mcgraw-Hill, New Delhi.

Course Name: Contemporary Yogies and Their Therapeutic Techniques

Course Code: GDY102

L	T	P	Cr
5	0	0	5

Course Outcomes

1. To study the life history of renowned yoga therapists (Acharya)
2. To gain skill in different techniques of yoga therapy.
3. To gain knoweledge of important factors of yoga therapy.

Course Content

UNIT-I

15 Hours

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

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

UNIT-II**14 Hours**

1. Therapy through: Swar Yoga, Sun therapy, Environmental factor in Yogic therapy, Yajna therapy, Ayurvedic Herbs, Mud Therapy.
2. Therapy through: Prayer, Mantra, Tapa.

UNIT-III**15 Hours**

1. Panchkarma: meaning, concept, principles, Emerging trend of Panchkarma treatment.
2. Nature of Panchkarma – Purv – Pardhaan – Pashchaat karma and their importance.

UNIT IV**16 Hours**

1. Shatkarma- meaning, concept, principles, Emerging trend of Shatkarma treatment
2. Other important factors: Important factors of Yoga therapy, Spiritual life (Samyam, Seva, Sadachar&Samvedana), Importance of Samskar / Prarabdha in Yoga therapy.

Transaction Mode

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

Suggested Readings

- Meditation from Tantras-Sw. SatyanandaSaraswati
- History and philosophy of Naturopathy – Dr. S.J. Singh
- Yoga for Hypertension- Swami SatyanandSaraswati
- Disease & Yoga - Swami SatyanandSaraswati
- Hatha Yoga Pradipika – KaivalyadhamLonawala
- Asana, Pranayama, Mudra, Bandha- Swami SatyanandaSaraswati
- Hatha Yoga Pradipika of Swatmaram- Theosophical Society, Ady
- Text Book of Yoga –Yogeshwar
- Health for all through Yoga - Dr. Ganesh SankarGiri
- Yogic Management of common Diseases - Swami ShankrafradevanandaSaraswati
- Anatomy of Hathayoga
- Physiology of Yogic Exercises
- Anatomy and Physiology of Yogic Practices - M.M. Gore Diet and Nutrition - Dr. Rudolf
- History and Philosophy of Naturopathy - Dr. S.J. Singh
- Nature Cure - Dr. H. K. Bakhru

- The Practice of Nature Cure - Dr. Henry Lindlhar

Course Name: Fundamental History of Yoga

Course Code: GDY103

L	T	P	Cr
5	0	0	5

Course Outcomes:

1. To gain knowledge about beginning and development of Yoga in India.
2. To gain Knowledge of Documentation about Yoga in oldest sacred texts (vedas).
3. To develop skill of different types of yoga.
4. To study about the life of famous Yoga Acharya's
5. To study the yoga related literature.

Course Content

UNIT I

20 Hours

1. Introduction: meaning, Definition & Nature of Yoga
2. History of Yoga: (Ancient) Mythological background of Yoga: its origin according to Upnishads, Geeta and Hathyoga sect. Development of - yoga according to historical facts from ancient to modern time. (from pre-veda to Patanjali period)
3. Medieval: Development of Yoga after Patanjali : Hathyoga group, Bhakti period, Vivekanada period (Up to 18th century- 1900)
4. ModernYoga: development of Yoga in 19th and 20th century: development of yoga centres and research as well academic institutes. Govt. policy for Yoga.

UNIT II

15Hours

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

UNIT III

20Hours

1. Nature of Patanjali Yoga sutra: Description of different paad, their place and importance in Yoga literature, nature of hath Yoga pradipkaGherandsanhita and their description, their place and importance in Yoga Literature.
2. Nature of shree mad bhagawageetaacharya, test of different chapters, nature of Karma, Gyan, bhakti and Dhyana Yoga.

UNIT IV

20 Hours

1. Introduction of Yoga Acharya: Maharishi Dayanana, Swami Vivekananda, Maharishi Patanjali, Swami Shiivananda, MaaAnadamayee, Mata Bhagwati Devi Sharma, ShriAurobindo.
2. Place of Yoga: Vedas, Upanishads, Yoga-Vashishth and Ayurveda

Transaction Mode

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

Suggested Readings

- Gupta,S.N. Das.(1987). Yoga Philosophy in Relation to other system of IndianThought, New Delhi, MotiLalBanarsiDass.
- Hiriyanna, M., (1995).The Essentials of Indian Philosophy.New Delhi, MotilalBanarasidas Publishers.
- Iyengar, B.K.S. (2005). Light on life. Oxford, Pan Macmillan Ltd.
- Iyengar, B.K.S. (2009). The Tree of Yoga. New Delhi, Harper Collins.
- King, Richard. (2000). Indian Philosophy: An Introduction to Hindu and Buddhist Thought. New Delhi, Maya Publishers Pvt. Ltd.
- Nagendra, H.R. (1993). Yoga in Education.Banglore, Vivekananda Kendra.
- Niranjananada, Swami. (1998). Yoga Darshan.Deoghar, PanchadashanamParamahamsaAlakh Bara.
- Puligandla, R. (1975). Fundamentals of Indian Philosophy. New York, Abingdon Press.
- Raju, P.T. (1982).The Philosophical Traditions of India.Delhi ,MotiLalBanarsiDass.
- Reyna, Ruth. (1971). Introduction to Indian Philosophy. New Delhi, Tata McGraw-Hill Publishing Co. Ltd.

Course Name: Raj Yoga and Hath Yoga
Course Code: GDY104

L	T	P	Cr
5	0	0	5

Course Outcomes:

1. To orient the trainees in principles and practices of Yoga
2. To develop the skill in Yogic style of living
3. To develop skill in various techniques necessary for Yoga teaching
4. To develop skill of organizing Yoga classes

5. To develop the skills in effective imparting of Yoga-training

Course Content

UNIT I

20 Hours

1. Introduction: Meaning & Definition of Raja Yoga,
2. Raja Yoga: Chitta&ChittaVritties, Yogantaraya, ChittaPrasadhana.

UNIT II

20 Hours

1. Kriya Yoga, PanchaKlesha.
2. Introduction: Meaning & Definition of Hatha Yoga.

UNIT III

15 Hours

1. Hatha Yoga, Principles of Hatha Yoga, Satkarma, Yogasanas.
2. Prana, Nadis, Chakras,

UNIT IV

20 Hours

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

Transaction Mode

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

Suggested Readings

- Sharma Chandradhar (1973). A Critical Survey of Indian Philosophy. Delhi, MotiLalBanarsiDass.
- Sivananda, Sri Swami. (2007). Janana Yoga.TehriGarhwal, The Divine Life Society.
- Sivananda, Swami. (2007). Adhyatma Yoga.TehriGarhwal, The Divine Life Society.
- Tamini, I.K.(1973). Glimpses into Psychology of Yoga.Adyar, Madras, The Theosophical Publishing House.
- Villodo, Alberto. (2007). Yoga, Power and Spirit. New Delhi, Hay House Inc.
- Vivekananda, Swami. (2007). Raj Yoga. Calcutta, Ramakrishna Vedanta Math.
- Vivekananda, Swami. (2009). Complete Book of Yoga. Delhi, Vijay Goel Publisher.

Weerasinghe S.G.M. (1993). The Sankhya Philosophy: A Critical Evaluation of its origins and Development, Delhi, Sri Satguru Publications, A Division of Indian Books Centre.

Course Name: Yoga Practical (Teaching Lesson and Active yoga)-I
Course Code: GDY105

L	T	P	Cr
0	0	20	10

Course Outcomes:

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

Course Content

UNIT I

15 Hours

- Lesson Planning:
- Skill
- Viva Voce
- Project

Lesson Planning:

1. Asana (Any Five asana)
2. Pranayam (Any Four Pranayam)
3. Purification Activity (Any One Purify Activity).

Skill:

1. Surya Namaskar With Mantra
2. Asana:-
Padamasana, Budpadamasana, Yogmudr, Kukutasana, Paschimotasana, Shalabhasana, Ardhsshalasana, Bhujangasana, Shavasana, Matasyasna, Srawangasana, vajrasana, Suptvajrasana, Grudasana, Vatayanasana, Tadasana, Shirshasana. Swastikasana, Gomukhasana, Virkashasana, Kuramasana, Sidasana, Utkatasalasana,
3. Pranayam:-
Chest Breathing, Abdominal Breathing, Deep Breathing & Yogic, Prayanama, Anulome-Vilome, Surya Bhedan, Bhastrika, Ujjai, Brahmari
4. Shatkarma/Kriya
Neti:- (JalNeti, SutarNeti)
Dhoti: - (Vaman Dhoti, Vastar Dhoti, Kunjal Dhoti)
Neuli: - (BhamNeuli, DakshanNeuli, MadyamNeuli, NeuliChalan)
Tratak, KapalBhati, Basti, AgnisarKriya.
5. Mudra & Bandhas:-

- Yogmudra, Vipritkarnimudra, Barhammudra, Mahamudra, Mulband, Jalandharband, Uddiyanband. Mahaband,
6. Meditation: -
Soham (Dharana&Dhyan), Sound Meditation
 7. Mantra:-
Swasti&Rudropasana
 - Natural Aid:
Mud Pack, Steam Bath, Hot and Cold fermentation, Massage (Dry, Friction & Oil Massage) Hip Bath, Spinal Bath, and Enema

Viva Voce:

Project

Reference

1. Hatha Yoga Pradipika - Kaivalyadham Lonawala
2. GorakhSamhita - Gorakhnath Mandeer, Gorakhpur
3. GherandaSamhita - Kaivalyadham, Lonawala
4. Asana, Pranayama, Mudra, Bandha - Swami Satyananda Saraswati
5. PatanjaliyogPradeep - Swami OmanandaTeerth, Geetepress

Semester 2nd

Course Name: Astang Yoga and Karm Yoga

Course Code: GDY201

L	T	P	Cr
5	0	0	5

Course Outcomes

1. To orient the trainees in principles and practices of Yoga
2. To develop the skill in Yogic style of living
3. To develop skill in various techniques necessary for Yoga teaching
4. To develop skill of organizing Yoga classes
5. To develop the skills in effective imparting of Yoga-training .

Course Content

UNIT I

15 Hours

1. Introduction: Meaning and definition of Astanga Yoga.
2. Introduction: Meaning and definition of Karma Yoga

UNIT II**15 Hours**

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

UNIT III**14 Hours**

1. Steps in Karma Yoga.
2. Difference between Astang Yoga and Karma Yoga
3. How to practice karma yoga according to the Swami Vivekananda

UNIT IV**16 Hours**

1. Importance of Karma Yoga in Modern life.
2. How to practice Karma Yoga According to the Bhagawatgeeta.
3. Relationship of Astang and Karma Yoga with Physical Education

Transaction Mode

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

Suggested Readings:

- Karma Yoga – Swami Vivekandada
- Karma Yoga – Swami Sivananda
- Karma Yoga – Swami Satyananda
- SrimadBhagwatGeeta – Swami RamsukhDass
- Shot Note of Karma Yoga – Prof. N.V.C Swamy
- BhagwatGeeta – Sri Prabhupad
- Talks on Geeta – VinobaBhabe
- GeetaRahasya – BalGangadharTilak
- Gahanakarmanogati- Ptshri Ram sharmaAcharya
- Punrajanma- SwamaiShivananda

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

L	T	P	Cr
5	0	0	5

Course Outcomes

1. To understand the basic concepts of Acupressure.
2. To develop skill to treat various disorders by Acupressure therapy.
3. To understand basic concepts of Pranic healing.

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

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

UNIT II**14 Hours**

1. Pranic Healing: Meaning, definition & concept of Prana, Basic Concept of Pranic Healing, Relevance in modern era, Source of Prana, Psychic Centers of Human Body (Chakras).
2. Primary Pranic Healing and seven Basic techniques: Swah – Prana Shakti, Upchar, Distance Pranic Healing, UnnatPranicUpchar, , SurakshatmakUpchar, DaiviyaUpchar, AadesatmakUpchar,

UNIT III**16 Hours**

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

UNIT IV**15 Hours**

1. Yogic Exercises: Meaning, types, importance, and therapeutic value.
2. Yogic and Non-Yogic: type of Exercises: their comparison and general precautions and importance in Yoga therapy.

Transaction Mode

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

Suggested Readingss

- Ram, Swami. (1999). A Practical Guide to Holistic Health. Pennsylvania, Himalayan Institute of Yoga.
- Saraswati, Swami Satyananda. (2005). Asana, Pranayama, Mudra, Bandha. Munger, Bihar School of Yoga.
- Sarswati, Swami Satyananda ,(1996) Awakening the Kundalini, Bihar School of 21 Yoga, Singleton, Mark. (2010). Yoga Body – The origins of Modern posture Practice. Oxford, Oxford University Press.
- Taimini, I.K. (1979). The Science of Yoga. Madras, Adyar Publication.

- Tamini, I.K.. (1973). Glimpses into Psychology of Yoga. Adyar, Madras: The Theosophical Publishing House.
- Venkakswarem, P.S. (2008). Yoga for Healing. New Delhi, Jaico Publishing House. Yogindra, Shri, (1970), Yoga Hygiene simplified. The Yoga Institute Bombay.

Course Name: Health Cycle, Nutrition and Natural Aid
Course Code: GDY203

L	T	P	Cr
5	0	0	5

Course Outcomes

1. To study the macro- and micronutrients critical for normal human growth and development
2. Develop an understanding for the biological basis of nutrient requirements during pregnancy and lactation, infancy, childhood, adolescence, adulthood, and older adulthood
3. To understand the health consequences of under or excess nutrient intake at critical life stages
4. To gain skill for development of dietary guidelines and major nutritional interventions
5. To understand the effect of lifestyle factors on nutrient requirements.

Course Content

UNIT I

16 Hours

1. Introduction: Definition of Swasth-Vrata, Symptoms of healthy Men, concept need rayojan of Swasth-Vrata, Dincharya, Ratricharya, Ritucharya&Sada-Vrata.
2. Balance diet: Definition of Diet, Components of Diet, Balanced Diet, and Merit & Demerits of Vegetarian & Non-Vegetarian diet.

UNIT II

14 Hours

1. Drugs: use of drugs and their bad effects.
2. Naturopathy: History & Basic principles of Naturopathy, Basic causes of disease, Methods to improve life power.

UNIT III

15 Hours

1. Fasting: meaning of fast, types and their Importance.
2. 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

15 Hours

1. Bandages: meaning and different types, Anima.
2. Mud/clay & Sun- Therapy: Importance of Mud/Clay, Difference and Characteristics Mud/Clay bath, Mud/Clay bandages, Importance of

Sun Light Rays, Action-Reaction of Sun-Rays on the Human body, Sunbath and their merits & demerit.

Transaction Mode

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

Suggested Readings

- The principles and practices of Medicine Davidson Apley's system of Orthopaedics
- Anatomy and Physiology of Yogic Practices – M. M. Ghore, Kaivalyadhama, Lonavala, Pune. A systemic course in the ancient tantric techniques of yoga and kriya – Bihar School of Yoga, Munger.
- Yoga for different ailments – series published by SVYASA, Bangalore and Bihar Yoga Bharati.
- Yoga for common ailments. Robin Monro, Nagarathna & Nagendra – Guia Publication, U.K. Yoga therapy by Swami Kuvalayanand, Kaivalyadhama, Lonavala.
- Yogic therapy: Swami Shivananda, Umachal Yoga Ashram, Kamakhya, Assam. Light on Pranayama – B.K.S. Iyengar. Harper Collins Publishers, New Delhi.
- Asana, Pranayama, Mudra, Bandha – Swami Satyananda Saraswati, Bihar School of Yoga, Munger
- Bandhas & Mudras – by Swami Geetananda, Anandashrama, Pondicherry - 16 - New perspectives in Stress Management published by SVYASA, Bangalore. John Bransford, National Research Council (U.S.). Committee on Developments in the Science of Learning, National Research Council (U.S.). Committee on Learning Research and Educational
- Diet and Health - Dr. Hira Lal
- Health Science – Prof. Ram Harsh Singh
- Ayurvedha Nature Pethi – Dr. Rakesh Jindal
- Diet and Nutrition - Dr. Rudolf

Course Name: Human Consciences and Mantel Hygiene

Course Code: GDY204

L	T	P	Cr
5	0	0	5

Course Outcomes

1. To study the need of human consciousness study in modern life.
2. To gain knowledge of the factors affecting human consciousness
3. To gain knowledge of the causes of human consciousness deviation.
4. To gain skill in yogic treatment of different mental problems.

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

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

UNIT II**16 Hours**

1. Vedanta Philosophy and Yoga: Introduction, meaning, foundation and nature of Vedanta philosophy.
2. Concept of world (Evolution) and Ishwar according to Vedanta. bondages and liberation. Concept of Maya (Illusion), ignorance and nature of true knowledge (Gyan).
3. Swah – Prana Shakti, Upchar, DistancePranic Healing, Unna PranicUpchar, SurakshatmakUpchar, DaiviyaUpchar, AadesatmakUpchar.
- 4.

UNIT III**15 Hours**

1. Relationship of Yoga and Vedanta philosophy. Nature of yoga sadhna according to Vedanta.
2. Factors affecting human consciousness janam and jeevan, Bhagya and Purusharth, Karan- Phal, Vidhan, Sanskar and Punarjanam.

UNIT IV**15 Hours**

1. Mental Health & Yogic therapy: Meaning & Definition, Different causes of deviation of human consciousness, general introduction of different mental problems and their psycho therapy.
2. Different mental problems and their Yogic therapy: Mental problems: sleeplessness, Anxiety Disorders, mood Disorders, schizophrenia, paranoid disorders, somatoform disorders.

Transaction Mode

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

Suggested Readings

- Gupta, S.N. Das. (1987). Yoga Philosophy in Relation to other system of Indian Thought, New Delhi, MotiLalBanarsiDass.
- Hiriyanna, M., (1995). The Essentials of Indian Philosophy. New Delhi, MotilalBanarasidas Publishers.
- Iyengar, B.K.S. (2005). Light on life. Oxford, Pan Macmillan Ltd.
- Iyengar, B.K.S. (2009). The Tree of Yoga. New Delhi, Harper Collins.

- King, Richard. (2000). Indian Philosophy: An Introduction to Hindu and Buddhist Thought. New Delhi, Maya Publishers Pvt. Ltd.
- Nagendra, H.R. (1993). Yoga in Education. Bangalore, Vivekananda Kendra.
- Niranjananada, Swami. (1998). Yoga Darshan. Deoghar, Panchadashanam Paramahansa Alakh Bara.
- Puligandla, R. (1975). Fundamentals of Indian Philosophy. New York, Abingdon Press
- A Study in Consciousness - Annie Besant
- Ayurveda and Mind - Dr. David Frawley
- Seven States of Consciousness - Anthony Campbell

Course Name: Yoga Practical (Teaching Lesson and Active yoga)-II
Course Code: GDY205

L	T	P	Cr
0	0	20	10

Course Outcomes

1. To orient the trainees in principles and practices of Yoga
2. To develop the skill in Yogic style of living
3. To develop skill in various techniques necessary for Yoga teaching
4. To develop skill of organizing Yoga classes
5. To develop the skills in effective imparting of Yoga-training .

Course Content

UNIT I

15 Hours

Lesson Planning:

- Skill
- Viva Voce
- Project

Lesson Planning:

4. Asana (Any Five asana)
5. Pranayam (Any Four Pranayam)
6. Purify Activity (Any One Purify Activity).

Skill:-

- Surya Namaskar with Mantra
- Asana:-
Janusirasana, Ardhmachirdrasana, Vakarasana, Dhanurasana, Nokasana,
Halasana, Karnpirasana, Tolasana, Ushtrasana, Hansasana,
Miurasana, Chakarasana, Padhasthasana. Pawanmukatasana,
Vakrasana, Chandrasana, Bhadradasana, Natrajasana, Garbhasana,
Bhujanagasana, Sinhasana, EkpadSkandhasana, Sirshasana,
Sarwangasana, Vatayanasana.

- Pranayam:-
Bhramariparanayan, Sitkari, Sheetal, Ujjayi, Murchha and Palvani
- Shatkarma/Kriya:-
Suterneti, Dhand Dhoti, Vastra Dhoti, VahyaTaratak, Shankahparkashalan.
- Mudra &Bandhas:-
Tadagi, Shambhavi, Kakimudra, Hastmudra(Gian. Ling, Prana, Apan, Dhyan)
- Meditation:-
YogNidran, Sheethli Karan
- Mantra:-Om Mantra &Stavan
- Acupressure:
Identification of corresponding points of different Organs (Palm & Sole)
Identification of corresponding points of different Chikitsa
Acupressure Method- Clock & Anti-Clock wise, Normal, Electric
Naval Space testing & Technique for reestablishing.
- PranaChikitsa
Preparation for Pranic healing-Prayer, Meditation, Yogic practices.
Technique of transformation of Prana
Seven basic steps of Pranic healing
Pranic healing for different diseases

Viva VoceProjectReference

1. Hatha Yoga Pradipika – KaivalyadhamLonawala
2. GorakhSamhita - GorakhnathMandeer,
Gorakhpur
3. GherandaSamhita - Kaivalyadham, Lonawala
4. Asana, Pranayama, Mudra, Bandha - Swami Satyananda
Saraswati
5. PatanjaliyogPradeep - Swami OmanandaTeerth,
Geetepress