

DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS FOR ONE YEAR P.G.D.Y.T.E COURSE
CHOICE BASED CREDIT SYSTEM



RAJIV GANDHI UNIVERSITY
RONO HILLS :: DOIMUKH
ARUNACHAL PRADESH

SCHEME AND GUIDELINES OF SYLLABUS FOR 1 (YEAR) PG DIPLOMA COURSE IN YOGA THERAPY EDUCATION

1. Name of the Course : PG Diploma Course in Yoga Therapy Education

2. Duration : One year & 45 days Internship

3. Objectives :

- i) Promoting positive health, prevention of stress related health problems and rehabilitation through Yoga.
- ii) Integral approach of Yoga Therapy to common ailments.
- iii) Imparting skills in them to introduce Yoga for health to general public and Yoga for total personality development of students in Colleges and Universities.
- iv) Invoke scientific attitude and team spirit to channelise their energies in to creative and constructive endeavours.
- v) To enable them to establish Yoga Therapy centers in the service of common man.

4. Syllabus

5. The syllabus is made to fulfill these objectives containing theory papers, practical research and project work with clinical experience. 'PG Diploma Course in Yoga Therapy' consists of the following evaluation schedule.

Theory 6 Papers (100 marks each)	3 Credits in each semester	: 600
Practical		: 100
Project and Viva-Voce		: <u>100</u>
Total Marks		: 800

6. Internship

After successful completion of final examination in theory as well as practicals, the diploma will be issued after completion of **45 days internship** in any of the centres or institutes prescribed by the Department of Physical Education, RGU.

6. Project Work

Submission of Project Work of with spiral binding of any of the topic decided by Departmental Board is Compulsory for each student which will be followed by Viva-Voce.

7. Scheme of Evaluation

As this is a course with the objectives mentioned above, the assessment will be based on attendance in theory and practical classes, assignments in the form of worksheets for practical, synopsis of lectures for theory, report of the team work, personality changes of students as they go through the course as assessed and evaluated by teachers. Adequate number of practical classes will be conducted in the morning session and evening session for which a student has to acquire minimum of **75%** of attendance prescribed by the University to be eligible to appear the semester examination.

YOGIC TEXTS

PAPER CODE – YD 101

UNIT – I Concept and Principles:-

- | | | |
|------------|--|--------------------|
| 1.1 | Hatha Yoga: Meaning and Definition | 2 hours/2 P |
| 1.2 | Relationships of Hatha yoga and Rajayoga | 2 hours/2 P |
| 1.3 | Hatha yoga Parampara. | 3 hours/3 P |
| 1.4 | Place of Hatha yoga practice, Obstructive and facilitator factors in yoga
(Sadhaka & Badhaka Tattva), Yama and Niyama, Asana, Method of Hathayoga Practice. | 3 hours/4 P |
| 1.5 | Mitahara, Pathya and Apathya, Rules in food taking, Hathayoga
achievements Hahta sidhi | 5 hours/5P |

UNIT - II Traditions and Modern Trends of Yoga:-

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|------------|---|--------------------|
| 2.1 | Brief introduction of Hatha Yogic Texts and their authors | 6 hours/6 P |
| 2.2 | Hatha Pradipika (Swami Swatmaram) | 6 hours/6 P |
| 2.3 | Gheranda Samhita (Gheranda Rishi) | 3 hours/3 P |

UNIT – III Process and Practices – Shatkarma:-

- | | | |
|------------|--|--------------------|
| 3.1 | Neti, Dhouti, Vasti, Nauli, Kapalbhathi & Trataka, Asanas and Pranayamas | 6 hours/6 P |
| 3.2 | Brief description of the techniques | 3 hours/3 P |
| 3.3 | Physical and health benefits of the practice | 3 hours/3 P |
| 3.4 | Therapeutic indications of the practice | 2 hours/2 P |

UNIT: - IV Process and Practices – Mudra, Bandh, Dharana, Dhyana & Samadhi.

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|------------|--|--------------------|
| 4.1 | Brief description of the technique | 2 hours/2 P |
| 4.2 | Spiritual significance of the practice | 2 hours/2 P |
| 4.3 | Physical and health benefits of the practice | 2 hours/2 P |

UNIT: - V Concept of Kundalini, Shat Chakra, Punch Prana & Nadanusandhana.

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|------------|--------------------------------|--------------------|
| 5.1 | Brief description of Kundalini | 2 hours/2 P |
| 5.2 | Types of various Chakra. | 2 hours/2 P |
| 5.3 | Concept of Punch Prana. | 2 hours/2 P |
| 5.4 | Concept of Nadanusandhana | 2 hours/2 P |

ALTERNATE – THERAPIES

PAPER – YD 102

UNIT – I Concept of Naturopathy and Alternative Therapy :

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|-------------|--|---------------------|
| 4.1. | Meaning and Definition of Naturopathy. | 5 hours/5 P. |
|-------------|--|---------------------|

4.2	Basic Principles of Naturopathy.	2hours/2P
4.3	Concept of water therapy, Mud, Massage, Steam Bath, Fasting Therapy.	2hours/2P
4.4.	Meaning & concept of Alternative therapy:- Acupressure, Reiki, Magneto Therapy, Yoga Therapy, Naturopathy.	2hours/2P
4.5.	Importance of Alternative Therapy for health.	3hours/3P

UNIT – II Concept of Yoga Therapy and Yogic Management:-

2.1	Concept of Yoga Therapy.	5 hours/5 P.
2.2	Yogic Management for Diabetes.	5 hours/5 P
2.2	Yogic Management or Blood Pressure	5 hours/5 P
2.3	Yogic Management for Heart Patients	5 hours/5 P
2.4	Yogic Management for Asthma	5 hours/5 P
2.5	Yogic Management for Headache.	5 hours/5 P

UNIT – III Posture & Massage:-

3.1	Concept of Posture :- Meaning, Definition, Effect of poor posture on body, Values of good postures.	5 hours/5 P
3.2	Postural deformities:- different types and its management through yoga	5 hours/5 P
3.4	Meaning & Definition of massage	5 hours/5 P
3.5	Technique of massage	5 hours/5 P
3.6	Benefits of massage in different system of humanbody	5 hours/5 P

UNIT – IV Alternative Therapy:-

4.1	Concept of Acupressure	5 hours/5 P
4.2	Conceptof Magneto Therapy	5 hours/5 P
4.3	Conceptof Chromo Tharapy	5 hours/5 P
4.4	Concept of Rekhi	2 hours/3 P

UNIT – V Stress Management & Meditation:-

5.1.	Stress & its management.	5 hours/5 P
5.2.	Types of Meditation technique:- Om recitation, Breathing Meditation, Mantra Meditation, Om Meditation, Music Meditation.	5 hours/5 P
5.3.	Concept of Yoga Nidra:- Meaning Defination, Technique, Benefits.	5 hours/5 P

ANATOMY AND PHYSIOLOGY FOR YOGA

PAPER – YD 103

UNIT – I Introduction

1:1	Meaning and concept of Anatomy and its importance in the field of yoga.	5 hours/5P
1:1	Definitions of cell, tissue, organ and systems, Microscopic structure and functions of cells.	5 hours/5P
1:1	Introductions to musculo –skeletal systems.	5 hours/5P
	(a) Skeleton – Different part of skeleton, types and structure and functions of Bones.	3 hours/4P
	(b) Nomenclature and classification of Joints, different types of movement	3 hours/4P

around the joints.

- (b) Structure and functions of skeletal muscle and name of major muscles of the different parts of body. 5 hour/5P

UNIT – II Cardio-respiratory, Elevator and Nervous/Endocrine system

- 2:1 Introduction: - 2 hours/2P
2:1 Structure and functions of heart 3hours/3P
2:2 Structure and functions of Respiratory system 5 hour/5P
2:3 Various parts of digestive system (Digestive track of digestive glands) their functions and step of digestion. 5 hour/5P
2:4 Excretory and Digestive system
2:5 Routes of excretion from human body structure and functions of kidneys 3hours/3p
2:6 Important names of the endocrine glands of the body/ Hormones secreted by each gland 5 hour/5P
2:7 Structure and function of Nervous system - CNS, ANS and spinal cord 4hours/4P

UNIT - III Introduction: Concept of Physiology and its importance in the field of Yogic activities/Asanas

- 3:1 Introduction: Concept of Physiology and its importance with reference to Asana, Pranayam and Kriyas, 3hours/3P
3:2 Energy aspects of work/exercise and Concept of Aerobic and Anaerobic energy system with reference to asana and Pranayam. 3hours/3P
3:3 Introductions to metabolism. Effect of yogic Practices in the management of normal metabolism 4hours/4P

UNIT – IV Neuro Muscular Physiology and Diets

- 4:1 Concept of Neuro-Muscular Physiology 4hours/4P
4:2 Structure and functions of Neurone and Motor Unit 4hours/4
4:3 Neuro-muscular function and propagation of nerve impulse across it 3hours/4
4:4 Basic Concept of Balanced Diet 4hours/4
4:5 Roles of Carbohydrate, Fat, Protein, Vitamin, Minerals and Water 4hours/4

UNIT – V Effect of Yogic Exercise/Asanas on Various system and disorders of our body

- 5:1 Effect on Cardio respiratory system 4hours/4P
5:2 Effect of Pranayama 2hours/3P
5:3 Effect of some asanas on various disorders such as Blood pressure, Diabetics and obesity 5 hour/5p
5:4 Role of Yoga in competitive sports 2hours/3P
5:5 Role of yoga in rehabilitation for sedentary and active subjects. 2hours/2p

YOGIC PHILOSOPHY & MENTAL HEALTH

PAPER – YD 104

UNIT – I Concept of Yogic Philosophy

- 1:1 Concept of Maya 3 hour/3p
1:2 Concept of Mukti 3 hour/3p

1:3	Concept of Mukta Jiwan	3 hour/3p
1:4	Purpose of religion	3 hour/3p
1:5	Concept of Kyakalm	3 hour/3p
1:6	Concept technique of Chittashuddhi	3 hour/3p

UNIT – II Indian Philosophy

2:1	Concept of Indian Philosophy	3 hour/3p
2:2	Characteristics of Indian Philosophy	2 hour/3p
2:3	Brief Introduction of Raj Yog	2 hour/3p
2:4	Gita Philosophy:- Janana Yog, Bhakti Yog, Karma Yog.	5 hour/6p

UNIT – III Mental Health

3:1	Application in Yoga in Mental Health	4hours/4
3:2	Characteristics of Mental Health	4hours/4
3:3	Concept of Normality	3hours/2
3:5	Attitude formations through Yam & Niyam	3hours/2

UNIT – IV Health & Personality

4:1	Concept of health & positive health relation to yogic way	4hours/4
4:2	Dimension of health in yogic way	3hours/2
4:3	Health's according to yogic way	3hours/3
4:4	Concept of personality and Yogic personality	4hours/4
4:5	Psychological approach of Freud	2hours/2

UNIT – V Yogic Management of Psychosomatic Ailments

5:1	Theory of stress	3hours/3
5:2	Theory of Adjustment	3hours/3
5:3	Theory of Conflict	3hours/3
5:4	Theory of Frustration	3hours/3
5.5	Theory of Anxiety	3hours/3

YOGA & NATUROPATHY

PAPER – YD 105

UNIT – I Introduction:-

1.1	Meaning & Concept of yoga	3hours/3 P
1.2	Do's & Don'ts of Yogasanas	3hours/3 P
1.3	Theory of Astanga Yoga	4hours/4 P
1.4	Types of Tradition & modern Yoga	3hours/3 P

UNIT – II Asana and Pranayama

2.1	Meaning & Definition of Asanas	6hours/6 P
2.2	Type & classification of Asanas	4hours/4 P
2.3	Concept of Pranayama	4hours/4 P
2.4.1	Types & stage of Pranayama	

UNIT – III Yogic Therapy & Kriya:-

3.1	Asanas for Postural defect	4hours/4 P
3.2	Yogasanas for Diabetes asthmas, & Cardiac problem	6hours/6 P
3.3	Concept of Shatakriya	4hours/4 P
3.4	Types & detail of Shatakriya:-Neti, Dhuti, Nauli, Basti, Tratak, & Kapalbhathi.	4hours/4 P

UNIT – IV Naturopathy

4.1	Introduction of Naturopathy	3hours/3 P
4.2	Meaning & concept of Alternative therapy	3hours/3P
4.3	Concept of water therapy	2hours/2P
4.4	Concept of mud therapy	2hours/2P
4.5	Important & effect of Fasting	2hours/2P

UNIT – V Relaxation Techniques

5.1	Stress & its management	3hours/3P
5.2	Basic Meditation technique	3hours/3P
5.3	Concept of Yoga Nindra	
5.4	Quick Relaxation Therapy (Q.R.T.)	2hours/2P
5.5	Deep Relaxation Technique (D.R.T)	2hours/2P

Practice

- 1.1 Basic Asanas Practices
- 1.2 Basic Pranayam Practice
- 1.3 Basic Kriyas Practice
- 1.4 Basic meditation Practice.

TEACHING AND EVALUATION IN YOGA THERAPY EDUCATION**PAPER – YD 106****UNIT – I Analysis of Yoga Postures and There Modification**

1.1	Sitting	2hours/2P
1.2	Standing	2hours/2P
1.3	Lying	2hours/2P
1.4	Inverted	2hours/2P
1.5	Lateral	2hours/2P

UNIT-II Yoga Teaching Lesson Plan

1.1	Class room Teaching	20 hrs/20 P
1.2	Mass Teaching	20 hrs/20 P
1.3	Presentation	6 hrs/6 P

UNIT –III Project Writing and Project Work**UNIT – IV Internship (45 days)****PRACTICAL SYLLABUS****(POST GRADUATE DIPLOMA IN YOGA & ALTERNATE THERAPIES)**

1. SURYA NAMASKARA

2. MEDITATIVE ASANAS:-

- 1) Padmasan
- 2) Siddhasan
- 3) Swastikasan
- 4) Vajrasan
- 5) Guptasan

3. RELAXATION ASANAS:-

- 1) Shavasana
- 2) Makarasana

4. SUPINE LYING ASANAS:-

- 1) Naukasana
- 2) Kandharasana
- 3) Pavanmuktasana
- 4) Vipareetkarani asana
- 5) Sarvangasana
- 6) Halasana
- 7) Chakrasana

5. PROLINE ASANAS:-

- 1) Bhujangasana
- 2) Shalabhasana
- 3) Naukasana
- 4) Dhanurasana

6. SITTING ASANAS:-

- 1) Paschimottasana
- 2) Ardha Matsyendrasana
- 3) Ardha Chandrasana
- 4) Ushtrasana

- 5) Vyaghrasan
- 6) Mandukasan
- 7) Bakdhyanasan
- 8) Gomukhasan

7. STANDING ASANAS:-

- 1) Tadasan
- 2) Natarajasan
- 3) Garudasan
- 4) Vrakshasan
- 5) Trikonasan
- 6) Ardha Kati Chakrasan

8. ADVANCED GROUP ASANAS:-

- 1)Poorna Matsyasan
- 2)Padmasarvangasan
- 3)Karnpedasan
- 4)Suptvajrasan
- 5)Poorna Shalabhasan
- 6)Vrischikasan
- 7)Poorna Bhujangasan
- 8)Vatayanasan
- 9)Pada Angushthasan
- 10) Vatayanasan
- 11) Baddhpadmasan
- 12) Sirshasan
- 13) Kukkutasan
- 14) Hanumanasan
- 15) Kurmasan

9. PRANAYAM:-

- 1) Nadi Shodhan Pranayam
- 2) Sury Bhed Pranayam
- 3) Chandr Bhed Pranayam
- 4) Ujjayi Pranayam
- 5) Sheetali Pranayam
- 6) Seetkari Pranayam

- 7) Bhramari Pranayam
- 8) Bhastrika Pranayam

10. BANDH:-

- 1) Jalandhar Bandh
- 2) Uddiyan Bandh
- 3) Mool Bandh
- 4) Maha Bandh

11. MUDRA:-

- 1) Maha Mudra
- 2) Maha Bhed Mudra
- 3) Vipareet karani Mudra
- 4) Khechhari Mudra

12. SHATKARM:-

1. 1) NETI :- a) Jal Neti b) Sutra Neti
2. DHAUTI :- a) Kunjal Kriya b) Agnisar Kriya
3. KAPALBHATI
4. NAULI
5. TRATAK

Reference Books for Theory and Practical

- Swami Satyananda Saraswati: Surya Namaskara
- Swami Kuvulyananda: Asana
- Lyengar B.K.S.: Light on Yoga
- Swami Kuvulyananda: Pranayama
- M.L. Gharote: Pranayama
- K.S Joshi: Yogic Pranayama
- Tiwari, O.O. P: Asana Why and How
- Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha
- Swami Satyananda Saraswati: Yoga Nidra
- Teachers of RIMYI & LOYRT: Yogashastra
- Dr. Pranav Pandya: Adhyatmic Chikitsa
- Swami Vivekananda: Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga
- Nagarathna, R & Nagendra, H.R.: New perspectives in Stress Management
- Swami Gitananda Giri: The Ashtanga Yoga of Patanjali
- Swami Veda Bharti: Philosophy of Hatha Yoga
- K.S. Joshi: Yoga in Daily Life
- Swami Rama: Lectures on Yoga
- M.L.Gharote: Guidelines for Yogic Practices
- Gore M.M: Anatomy and Physiology of Yogic Practices
- Ramandas Tyagi: Yoga ka Vaigyanic Rahasya
- Lajapat Rai and others: Human Food
- Swami Mangaltirtham Saraswati: A Systemic Approach to Diet and Nutrition
- Prof. R H Singh: Swasthvritta Vigyana

- Swami Kuvalayananda & Vinekar S.K: Yogic Therapy (Ministry of Health, Govt. of India, New Delhi, 1963)
- WHO: Integrating mental health into primary care
- Ramesh Bijlani: Back to Health through Yoga
- CCRYN, New Delhi: Yogic and Nature Cure Treatment for Common Ailments.
- Dr. Rakhee Mehra: Ayurveda Parichay, Yoga vidyarthiyo hetu
- MDNIY, New Delhi: Shatkarma
- MDNIY, New Delhi: Yogasana
- MDNIY, New Delhi: Pranayama
- MDNIY, New Delhi: Pratah Smarana
- Omananda Tirtha :Patanjala Yoga Pradeepa Geeta Press, Gorakhpur.
- Swami Digambaraji:Hatha Pradeepika of Svatomarama
- Pt: Raghunatha Shastri(Kaivalyadhama, S.M.Y.M.Samiti, Lonavala, 1998)
- Swami Muktibodhananda Saraswati:Hatha Yoga Pradeepika, The light on Hathayoga(Bihar School of Yoga, Munger, 1985)
- Swami Digambarji :Gheranda Samhita .
- Gharote M.L.(Kaivalyadhama, S.M.Y. Samiti, 6. Lonavala,1978.)
- Burley, Mikel :Hatha Yoga, Its Context Theory and 7. Practice (M.L.B.D. Delhi, 2000)
- Burnier, Radha:Hathayoga Pradipika of Svatomarama
- (The Ayer Library publications, Chennai. 2000)
- Swami Maheshanandaji :Shiva Samhita And Others(Kaivalyadhama, S.M.Y.M. Samiti, Lonavala,1999)
- Ghatore, M.L.:Zatharatnavali of Srinivasayogi And others (The Lonavala Yoga Institute, Lonavala, 2002)
- Woodroffe, Sir John:The Serpent power.(Ganesh & Company, Madras, 2000)
- Bharati, Veda : Philosophy of Hatha Yoga (English) (Himalayan International Institute of Yoga Science and Philosophy, 1998, 2nd Rev. Ed. Pennsylvania)
- Mr. Dvivedi :Nath Sampradaya of Hatha Yoga, Dvivedi
- Publications, Hindustani Academy, Allahabad, Uttar Pradesh, 1950)
- T.Krishnamacharya, Nathamuni's Yoga Rahasya,
- T.K.V.Deshikachar.:Krishnamacharya Yoga Mandiram, Chennai.
- Dr.K.Krishna Bhat:The Power of Yoga, Suyoga Publications, Mangalore.
- Swami Kuvalyananda :Yoga Therapy – Published by Kaivalyadhama, Lonavala, Pune.
- Prof.Pattabhi Jois :Yoga mala – Part I
- B.K.S.Iyengar:Light on Yoga.
- B.K.S.Iyengar:Light on Pranayama
- Swami Satyananda Saraswati:Asana, Pranayama, Mudra, Bandha- Bihar School of Yoga, Munger.
- H.R.Nagendra: Promotion of Positive Health – Pubished by SVYASA, Bangalore.
- H.R.Nagendra:Pranayama – Pubished by SVYASA, Bangalore.
- Swami Geetananda: Bandhas & Mudras, Anandashrama, Pondicherry.
- Swami Satyanada Saraswathi:A systematic course in the ancient tantric techniques of yoga & kriya Bihar School of Yoga, Munger.
- Swami Dharendra Brahmachari Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1953.
- O.P.Tiwari :Asana, Why & How, Kaivlyadhama, Lonavala, 1991.
- Yogeshwar :The Text of Yoga, Yoga Centre, Madras.

- Swami Satynanda Suryanamaskara, Bihar School of Yoga,
- Saraswati :Munger, 1983.
- Nagendra HR. & :Integrated Approach of Yoga Therapy for Positivehealth, Swami Vivekananda Yoga Prakashana, Bangalore.
- Swami Niranjananda:Prana, Pranayama & Pranavidya,
- Saraswat Yoga Publication Trust, Munger
- Swami Vivekananda :Rajayoga,bhaktiyoga, karmayoga, gyanayoga, Ramakrishna Ashrama Pubilcations.
- Taimini :The Science of Yoga– Theosophical Publishing House, Adyar, Madras.
- Swami Niranjananda :Gherandasamhita – Bihar School of Yoga,
- Saraswati :Munger, Bihar.
- Swami Digambaraji: Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala.
- H R Nagendra :Yoga and its Basis and Applications – Vivekananda Kendra.
- Muktibodhananda:Swarayoga, Bihar School of Yoga, Munger, Bihar.
- Swami Kuvalayanada :Asanas,SMYM,Samiti, Kaivalyadhama, Lonavala.
- Swami Kuvalayanada :Pranayama,SMYM,Samiti, Kaivalyadhama, Lonavala.
- M.M.Ghore : Anatomy and Physiology of Yogic Practices, Lonavala Yoga Institute, Lonavala.
- Srimadvalmiki : Yogavasista, Vol.1 & 2. Munshiram Manoharlal Publishers, Pvt. Ltd., New Delhi – 110 002.
- H.R.Nagenera :Basis and Applications of Yoga Published by SVYASA, Bangalore.

BOOKS RECOMMENDED

- 1) Acharaya Satyanand, Saral Prakartik Chikitsa, Anand Pper Works Delhi, Bombay 1993. Anatomy and Physiology of Yogic Practice, Dr. M.M. Gore Kaivalayadham Publication, Lonavala, 1984.
- 2) Autang Yoga, Shri O.P. Tiwari and Dr. P. Jha, Yoga Mimansa Publication, Kaivalayadhama, Lonavala, 1982.
- 3) Bhakharu, S.K. Nature Care, Jaico Publishing Company, Delhi, Bombay, Hyderabad, 3rd edition 1993.
- 4) Das Gopal Hari, Acupressure / Acupuncture, Acupressure, Sodhi Prakashan. Evam Upahar Sansthan (Regd.) 30, Hindi Shitya Samman Marg, Allahabad.
- 5) Forster Angela Palastanga Nigel, Clayton's Electrotherapy Theory and Practice, Bailliere Tindall London: Philadelphia Toronto Mexico City RIO, DE, Janeiro Sydney Tokyo Hong Kong; 1985.
- 6) Gore M.M., Anatomy and Physiology of Yogic Practices, Kanchan Prakshan, Lonavala, 1984.
- 7) Hatha Pradipika, Dr. P. Jha, Kaivalayadhama Yoga Mimansa Publication, Lonavala, Pune.
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- 10) Kuvalyananda Swami, Asanas, Kaivalayadhama, Lonavala, India, 1933.
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- 12) Kuvalayananda Swamy, Pranayama in English and Hindi Edition, 1994.
- 13) Mukherjei, Kulranjan, Abhimanch Prakertik Chikitsa, Prakartic Chikatsalaya Kalighat, Calcutta, 1947.
- 14) P.V.Kalambelkar, Patanjali Yoga Sutra, Kaivalayadhama, Lonavala, 1989.
- 15) Patanjali Yoga Sutra, Dr. P. Karmbelkar, Kaivalayadhama, Lonavala, 1989.
- 16) Pranayama for Health, Yoga Ratna Dr. H.K.Kaul, Surjit Publication, Kamalnagar, Delhi.
- 17) Reysteven M.D.Irvin Richard, Sports Medicine Prevention Evaluation Management and Rehabilitation, Prentice Hall, Inc., Englewood Cliffs, New Jersey 07632, 1983.
- 18) Sachitra Yogasan, Acharya Vishwamitra Sharma, Manoj Prakashan, Delhi.
- 19) Sadhna, Shivananda Saraswati, Published by Brahmchari Yogeshwar-Umanchal, Guwahati, Assam.

- 20) Simple Yoga Therapy, Yogeshwar, Yoga Center, Madras.
- 21) Swamy Shivananda Saraswati, Yoga Therpy, Umachal Yoga Asram, Guwahati, 1957.
- 22) Tiwari, O.P. Asana Why and How, Kaivalayadhama, Lonavala, 410 403, India, 1984.
- 23) Verma, Janki Prasad : Rogo Ki Achuke Chikitsa, Leader Press, Allahabad, 1962.
- 24) William S.J.P., Sperryn P.H., Sports Medicine, Printed in /great Britain by Butler Tanner Ltd., London, 1976.
- 25) Yogic Chikitsa, Swami Kuvalayananda, and Dr. S.N. Vinekar, Kaivalayadhama, Lonavala, 1971.