

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**

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

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>
Teaching Internal (5 Lesson):	40	}
Teaching External:	10	
Project:	40	
Viva-Voce:	10	
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:-

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.

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.

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

ALTERNATE – THERAPIES
PAPER – YD 102

UNIT – I Concept of Naturopathy and Alternative Therapy:-

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

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, PValues of good postures.	5 hours/5
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 around the joints.	3 hours/4P
	(b) Structure and functions of skeletal muscle and name of major muscles of the different parts of body.	5 hour/6P

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 of 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
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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	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, & Kapalbhati.	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 Their 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)**

SURYA NAMASKARA

MEDITATIVE ASANAS:-

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

RELAXATION ASANAS:-

- 1) Shavasana
- 2) Makarasana

SUPINLYING ASANAS:-

- 1) Naukasan
- 2) Kandharasan
- 3) Pavanmuktasan
- 4) Vipareetkarani asana
- 5) Sarvangasan
- 6) Halasan
- 7) Chakrasana

PRONE ASANAS:-

- 1) Bhujangasan
- 2) Shalabhasana
- 3) Naukasan

4) Dhanurasan

SITTING ASANAS:-

- 1) Paschimottanasan
- 2) Ardha Matsyendrasan
- 3) Ardha Chandrasan
- 4) Ushtrasan
- 5) Vyaghrasan
- 6) Mandukasan
- 7) Bakdhyanasan
- 8) Gomukhasan

STANDING ASANAS:-

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

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

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

BANDH:-

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

MUDRA:-

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

SHATKARM:-

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

MEDITATION: Mantra, Music, Breath

Reference :

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- 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
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- WHO: Integrating mental health into primary care
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- (The Ayer Library publications, Chennai. 2000)
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- 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)
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- Publications, Hindustani Academy, Allahabad, Utter 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.
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- Swami Satyananda Saraswati:Asana, Pranayama, Mudra, Bandha- Bihar School of Yoga, Munger.
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- 2) Autang Yoga, Shri O.P. Tiwari and Dr. P. Jha, Yoga Mimansa Publication, Kaivalayadhama, Lonavala, 1982.
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- 18) Sachitra Yogasan, Acharya Vishwamitra Sharma, Manoj Prakashan, Delhi.
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