

GURU KASHI UNIVERSITY



Post Graduate Diploma in Yoga Therapy

Session: 2023-24

Department of Physical Education

PROGRAMME LEARNING OUTCOMES: After completion of the program, the learner will be able to:

1. Acquire a comprehensive understanding of the philosophical and theoretical foundations of yoga, including its historical development, various yoga texts, and key concepts such as the Eight Limbs of Yoga.
2. Become proficient in a wide range of yoga practices, including asanas (postures), pranayama (breathing exercises), meditation techniques, relaxation techniques, and therapeutic applications of yoga.
3. Comprehend to assess clients' needs and develop individualized treatment plans based on their specific conditions, goals, and limitations. Gain skills in conducting client consultations, evaluating their progress, and modifying treatment plans as necessary.
4. Develop effective communication and interpersonal skills to establish rapport with clients, create a supportive and safe environment, and provide clear instructions and guidance during yoga therapy sessions.
5. Classify and adhere to ethical principles and professional standards in the practice of yoga therapy. Demonstrate professionalism, integrity, and respect for clients' autonomy and confidentiality.
6. Cultivate a commitment to continuous professional development and lifelong learning in the field of yoga therapy. Stays updated with current research, trends, and best practices, and engage in self-reflection and self-care as a yoga therapist

Programme Structure

Semester-I						
Course Code	Course Title	Type of Course				
			L	T	P	Credit
GDY101	Anatomy, Physiology and Physical Deformities	Core	4	0	0	4
GDY102	Contemporary Yogies and Their Therapeutic Techniques	Core	4	0	0	4
GDY103	Fundamental History of Yoga	Core	4	0	0	4
GDY104	Raj Yoga and Hath Yoga	Core	4	0	0	4
GDY105	Yoga Practical (Teaching Lesson and Active yoga)-I	Technical Skills	0	0	14	7
Total			16	0	14	23

Semester-II						
Course Code	Course Title	Type of Course				
			L	T	P	Credit
GDY201	Astang Yoga and Karm Yoga	Core	4	0	0	4
GDY202	Basic Complimentary Therapies	Core	4	0	0	4
GDY203	Health Cycle, Nutrition and Natural Aid	Core	4	0	0	4
GDY204	Human Consciencs and Mantel Hygiene	Core	4	0	0	4
GDY205	Yoga Practical (Teaching Lesson and Active yoga)-II	Technical Skills	0	0	14	7
GDY206	Shrimad Bhagwad Geeta	Value Added Course	2	0	0	2
Total			18	0	14	25
Grand Total			34	0	28	48

Evaluation Criteria for Theory Courses

A. Continuous Assessment: [25 Marks]

CA1- Surprise Test (Two best out of three) (10 Marks)

CA2- Assignment(s) (10 Marks)

CA3- Term paper/Quiz/Presentations (5 Marks)

B. Attendance (5 marks)

C. Mid Semester Exam: [30 Marks]

D. End Semester Exam: [40 Marks]

10A/C

Semester-I

Course Name: Anatomy, Physiology and Physical Deformities
Course Code: GDY101

L	T	P	Cr
4	0	0	4

Total Hours: 60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Acquire knowledge about the organization of the human body and its regulatory mechanisms.
2. Summarize and analyze the structural and functional aspects of various body systems.
3. Interpret the fundamental concepts related to human organ systems.
4. Gain an understanding of different physical deformities and the nervous system

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

Introduction: Define anatomy and physiology.

Cell & Tissues: Definition, Structure

Immunity: Types and mechanism

UNIT II**14 Hours**

Skeleton System: bones, joints and their classification

Muscular system: types of muscles, role of muscles

Digestive system: structure and functions of these organs

UNIT III**15 Hours**

Excretory system: structure and functions of these organs

Circulatory system: structure and functions of these organs

Respiratory system: structure and functions of these organs

UNIT IV**16 Hours**

Nervous system: structure and functions of these organs

Metabolism: Meaning, concept, types.

Endocrine Glands: structure and functions of these organs

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.
- *Promila Verma*,(1974) *Kanti Pandya, Shareer Kriya Vigyana*, 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, Mukund Swaroop et al.* (1973). *Food and Nutrition*, Ram Narayan Lal Bansi Prashad, 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 – Subba Rao.*
- *A text book of Medical Physiology – Guyton.*
- *Basic Psychology*, Strangers 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
4	0	0	4

Total Hours: 60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Study the life history of renowned yoga therapists (Acharyas).
2. Acquire skills in various techniques of yoga therapy.
3. Memorize important factors related to yoga therapy.
4. Memorize important factors related to Shatkarma.

Course Content

UNIT-I

15 Hours

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

14 Hours

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

UNIT-III

15 Hours

Panchkarma: meaning, concept, principles, emerging trend of Panchkarma treatment
 Nature of Panchkarma – Purv – Pardhaan – Pashchaat karma and their importance

UNIT IV

16 Hours

Shatkarma- meaning, concept, principles, emerging trend of Shatkarma treatment
 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 SatyananadSaraswati*
- *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 Hathyoga*
- *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
4	0	0	4

Total Hours: 60**Learning Outcomes:**

After completion of this course, the learner will be able to:

1. Memorize the origins and development of Yoga in India.
2. Memorize the documentation of Yoga in the oldest sacred texts (Vedas).
3. Develop skills in various types of Yoga.
4. Study the lives of famous Yoga Acharyas

Course Content**UNIT I****16 Hours**

Introduction: meaning, Definition & Nature of Yoga

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)

Medieval: Development of Yoga after Patanjali: Hathyoga group, Bhakti period, Vivekananda period (Up to 18th century- 1900)

Modern Yoga: development of Yoga in 19th and 20th century: development of yoga centers and research as well academic institutes, Govt. policy for Yoga

UNIT II**14 Hours**

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 and Bhakti Yoga. Karma Yoga

UNIT III**15 Hours**

Nature of Patanjali Yoga sutra: 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 shree mad bhagawageet aacharya, test of different chapters, nature of Karma, Gyan, bhakti and Dhyana Yoga

UNIT IV**15 Hours**

Introduction of Yoga Acharya: Maharishi Dayanana, Swami Vivekananda, Maharishi Patanjali, Swami Shiivananda, MaaAnadamayee, Mata Bhagwati Devi Sharma, ShriAurobindo 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 Indian Thought, New Delhi, Moti Lal Banarsi Dass.*
- *Hiriyanna, M., (1995). The Essentials of Indian Philosophy. New Delhi, Moti Lal Banarasidas 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.*
- *Raju, P.T. (1982). The Philosophical Traditions of India. Delhi, Moti Lal Banarsi Dass.*
- *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
4	0	0	4

Total Hours: 60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Orient trainees in the principles and practices of Yoga.
2. Develop skills in adopting a Yogic style of living.
3. Develop skills in various techniques necessary for teaching Yoga.
4. Develop skills for organizing Yoga classes

Course Content

UNIT I

15 Hours

Introduction: Meaning & Definition of Raja Yoga,
 Raja Yoga: Chitta&ChittaVrittis, Yogantaraya, ChittaPrasadhana

UNIT II

14 Hours

Kriya Yoga, PanchaKlesha
 Introduction: Meaning & Definition of Hatha Yoga

UNIT III

15 Hours

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

UNIT IV

16 Hours

Pranayama: Meaning, Types, Benefits & precautions, precharacteristics of Hatha
 Perfection (Siddhi)
 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*

IOA

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

L	T	P	Cr
0	0	14	7

Total Hours: 210

Learning Outcomes:

After completion of this course, the learner will be able to:

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

Course Content

210 Hours

- Lesson Planning:
- Skill
- Viva Voce
- Project

Lesson Planning:

Asana (Any Five asana)

Pranayam (Any Four Pranayam)

Purification Activity (Any One Purify Activity).

Skill:

Surya Namskar with Mantra

Asana:-

Padamasana, Budpadamasana, Yogmudr, Kukutasana, Paschimotasana, Shalabhasana, Ardhshalasana, Bhujangasana, Shavasana, Matasyasna, Srawangasana, vajrasana, Suptvajrasana, Grudasana, Vatayanasana, Tadasana, Shirshasana. Swastikasana, Gomukhasana, Virkashasana, Kuramasana, Sidasana, Utkatasalana,

Pranayam:-

Chest Breathing, Abdominal Breathing, Deep Breathing & Yogic, Prayanama, Anulome-Vilome, Surya Bhedan, Bhastrika, Ujjai, Brahmari Shatkarma/Kriya

Neti:- (JalNeti, SutarNeti)

Dhoti: - (Vaman Dhoti, Vastar Dhoti, Kunjal Dhoti)

Neuli: - (BhamNeuli, DakshanNeuli, MadyamNeuli, NeuliChalan)

Tratak, KapalBhati, Basti, AgnisarKriya.

Mudra & Bandhas:-

Yogmudra, Vipritkarnimudra, Barhammudra, Mahamudra, Mulband, Jalandharband, Uddiyanband. Mahaband,

Meditation: -

Soham (Dharana&Dhyan), Sound Meditation

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

- Hatha Yoga Pradipika – Kaivalyadham Lonawala
- GorakhSamhita - Gorakhnath Mandeer, Gorakhpur
- GherandaSamhita - Kaivalyadham, Lonawala
- Asana, Pranayama, Mudra, Bandha - Swami Satyananda Saraswati
- PatanjaliyogPradeep - Swami OmanandaTeerth, Geetepress

Semester-II**Course Name: Astang Yoga and Karm Yoga****Course Code: GDY201**

L	T	P	Cr
4	0	0	4

Total Hours: 60**Learning Outcomes:**

After completion of this course, the learner will be able to:

1. Orient trainees in the principles and practices of Yoga.
2. Develop skills in adopting a Yogic style of living.
3. Develop skills in various techniques necessary for teaching Yoga.
4. Develop skills for organizing Yoga classes.
5. Orient trainees in the principles and practices of Yoga.

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

Introduction: Meaning and definition of Astanga Yoga
 Introduction: Meaning and definition of Karma Yoga

UNIT II**15 Hours**

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

UNIT III**14 Hours**

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

UNIT IV**16 Hours**

Importance of Karma Yoga in Modern life
 How to practice Karma Yoga According to the Bhagawatgeeta
 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*

IOA

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

L	T	P	Cr
4	0	0	4

Total Hours: 60**Learning Outcomes:**

After completion of this course, the learner will be able to:

1. Interpret the basic concepts of Acupressure
2. Develop skill to treat various disorders by Acupressure therapy
3. Summarize basic concepts of Pranic healing
4. Develop the skills in effective imparting of Yoga therapeutic

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

Introduction to Acupressure: Basic Concept of Acupressure, History of Acupressure, Benefits of Acupressure, Limits of Acupressure, Precautions during Acupressure

Acupressure Therapy for disorders: Diabetic Mellitus, Constipation, Hypertension, Backache, Arthritis, And Asthma

UNIT II**14 Hours**

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)

Primary Pranic Healing and seven Basic techniques: Swah – Prana Shakti, Upchar, Distance Pranic Healing, UnnatPranicUpchar, SurakshatmakUpchar, DaiviyaUpchar, AadesatmakUpchar

UNIT III**16 Hours**

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

UNIT IV**15 Hours**

Yogic Exercises: Meaning, types, importance, and therapeutic value.

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 Readings

- 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

IOA

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

L	T	P	Cr
4	0	0	4

Total Hours: 60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Study the importance of macro- and micronutrients for normal human growth and development.
2. Understand the biological basis of nutrient requirements during various life stages, including pregnancy, lactation, infancy, childhood, adolescence, adulthood, and older adulthood.
3. Summarize the health consequences of both under and excess nutrient intake during critical life stages.
4. Develop the skills required for creating dietary guidelines and implementing significant nutritional interventions.

Course Content

UNIT I

16 Hours

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

UNIT II

14 Hours

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

UNIT III

15 Hours

Fasting: meaning of fast, types 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

15 Hours

Bandages: meaning and different types, Anima
 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 Sunrays 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 Kunalayanand, 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 SatyanandaSaraswati, 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. HiraLal*
- *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
4	0	0	4

Total Hours: 60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Understand the importance of studying human consciousness in contemporary life.
2. Gain knowledge about the factors that influence human consciousness.
3. Acquire an understanding of the causes of deviations in human consciousness.
4. Develop skills in applying yogic techniques to address various mental health issues.
5. Course Content

UNIT I

15 Hours

Introduction: Meaning, Definition and nature (Vedas & Upanishads) of Human consciousness, need of human consciousness study in modern life.

Human consciousness in Buddhism and Jainism, Human Consciousness in Nyaya, Visheshaka, Sankhya, and Yoga

UNIT II

16 Hours

Vedanta Philosophy and 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)

Swah – Prana Shakti, Upchar, DistancePranic Healing, Unna PranicUpchar, SurakshatmakUpchar, DaiviyaUpchar, AadesatmakUpchar.

UNIT III

15 Hours

Relationship of Yoga and Vedanta 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

15 Hours

Mental Health & Yogic therapy: Meaning & Definition, Different causes of deviation of human consciousness, general introduction of different mental problems and their psychotherapy

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	14	7

Total Hours: 210**Learning Outcomes:**

After completion of this course, the learner will be able to:

1. Understand the fundamental principles and practices of Yoga.
2. Develop proficiency in adopting a Yogic lifestyle.
3. Acquire the necessary skills for teaching Yoga.
4. Gain competence in organizing and conducting Yoga classes.

Course Content**210 Hours**

Lesson Planning:

Skill

Viva Voce

Project

Lesson Planning:

Asana (Any Five asana)

Pranayam (Any FourPranayam)

Purify Activity (Any One Purify Activity).

Skill:-

Surya Namskar with Mantra

Asana:-

Janusirasana, Ardhmachirdrasana, Vakarasana, Dhanurasana, Nokasana, Halasana, Karnpirasana, Tolasana, Ushtrasana, Hansasana, Miurasana, Chakarasana, Padhasthasana.Pawanmukatasana, Vakrasana, Chandrasana, Bhadrasana, Natrajasana, Garbhasana, Bhujanagasana, Sinhasana, EkpadSkandhasana, Sirshasana, Sarwanganasana, Vatayanasana.

Pranayam:-

Bhramariparanayan, Sitkari, Sheethali, 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 Chiktsa

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 Voce

Project

Reference

- Hatha Yoga Pradipika - KaivalyadhamLonawala
- GorakhSamhita - GorakhnathMandeer, Gorakhpur
- GherandaSamhita - Kaivalyadham, Lonawala
- Asana, Pranayama, Mudra, Bandha - Swami Satyananda Saraswati
- PatanjaliyogPradeep - Swami OmanandaTeerth, Geetepress

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