

GURU KASHI UNIVERSITY



Post Graduate Diploma in Yoga Therapy

Session: 2024-25

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 the 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	Human Anatomy and Physiology	Core	4	0	0	4
GDY102	Modern Yogic and Their Therapeutic Approaches	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
GDY199	xxx	MOOC	--	--	--	2
Total			16	0	14	25

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 Consciencess 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 Bhagavad Geeta	Value Added Course	0	0	4	2
GDY299	xxx	MOOC	--	--	--	3
Total			16	0	18	28
Grand Total			32	0	32	53

Evaluation Criteria for Theory Courses

A. Continuous Assessment: [25Marks]

CA1-SurpriseTest (Two best out of three) (10Marks)

CA2-Assignment(s) (10Marks)

CA3-Presentations (5Marks)

B. Attendance (5marks)

C. Mid Semester Exam: [30 Marks]

D. End Semester Exam: [40Marks]

Semester-I**Course Nam: Human Anatomy and Physiology****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****15Hours**

Introduction: Define anatomy and physiology.

Cell & Tissues: Definition, Structure Immunity:
Types and mechanism.**UNIT II****14Hours**

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**15Hours**

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**16Hours**

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.) Hinton Health, Thapar (2002) RupaCo.*
- *ElvynC. Pearce,(2003)Anatomy and Physiology and Nurses, Oxford University Press, Delhi.*
- *Promila Verma,(1974)KantiPandya, ShareerKriyaVigyana, Bihar Hindi Granth Academy.*
- *R.Rajalakshmi,(1974)AppliedNutrition, Oxford and IBM Public Co.,Delhi.*
- *V. Tararinov,Human anatomy and Physiology Trans. ByDavidA.Myshna, MIR Publishers, Moscow.*
- *Verma,MukundSwaroopetal.(1973).FoodandNutrition,RamNarayanLalBansiPras had,Allahabad.*
- *HumanPhysiology,C.C.Chatterjee(1992)AlaknandaPress,Kolkata.*
- *HumanAnatomy,B.D.Chaurasia(1993)CBSPublishers,Shahdra,Delhi.*
- *HumanAnatomy:InderbirSingh (1984). MacmillanIndiaLtd., NewDelhi.*
- *A text book of Biochemistry–SubbaRao.*
- *A text book of MedicalPhysiology–Guyton.*
- *Basic Psychology, stranges R&Solley,C.M.(1970),TataMcgraw-Hill,NewDelhi*

Course Name: Modern Yogic and Their Therapeutic Approaches**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 invarious techniques of yoga therapy.
3. Memorize important factors related to yoga therapy.
4. Memorize important factors related to Shatkarma.

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

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

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

UNIT II**14Hours**

Therapy through: Swar Yoga, Suntherapy, Environmental factors in Yogic therapy, Yajna therapy, Ayurvedic Herbs, MudTherapy

Therapy through: Prayer, Mantra, Tapa.

UNIT III**15Hours**

Panchkarma: meaning, concept, principles, emergingtrend of Panchkarma treatment

Nature of Panchkarma-Purv-Pardhaan-Pashchaatkarma and their importance.

UNIT IV**16Hours**

Shatkarma- meaning, concept, principles, emerging trend of Shatkarma treatment Other important factors: Important factors of Yogatherapy, Spiritual life (Samyam, Seva, Sadachar & Samvedana), Importance of Samskar / Prarabdha inYoga therapy.

Transaction Mode

Lecture, Seminar, e-TeamTeaching, e-Tutoring, Dialogue, PeerGroupDiscussion, 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-SwamiSatyanandSaraswati*
- *Disease & Yoga -SwamiSatyanandSaraswati*
- *HathaYogaPradipika–KaivalyadhamLonawala*
- *Asana,Pranayama,Mudra,Bandha-SwamiSatyanandaSaraswati*
- *HathaYogaPradipika of Swatmaram-TheosophicalSociety,Ady*
- *TextBookofYoga–Yogeshwar*
- *Health for all throughYoga-Dr.GaneshSankarGiri*
- *Yogic Management of commonDiseases-SwamiShankafradevanandaSaraswati*
- *Anatomy of Hathyoga*
- *Physiology of YogicExercises*
- *Anatomy and Physiology of Yogic Practices - M.M. Gore Diet and Nutrition - Dr.Rudolf*
- *History and Philosophy of Naturopathy-Dr.S.J.Singh*
- *NatureCure-Dr.H.K.Bakhru*
- *ThePractice of NatureCure-Dr.HenryLindlhar*

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 life of Yoga Acharyas.

Course Content

UNIT I

16Hours

Introduction: meaning, Definition & Nature of Yoga

History 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)

Medieval: Development of Yoga after Patanjali: Hathyoga group, Bhakti period, Vivekananda period (Upto 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

14Hours

Nature of Chitta: Concept of bondages and liberation, nature of Yogasadhna according to Patanjaliyogasutra and Hathyoga pradipika

Types of Yoga: AshtangYoga, HathYoga, MantraYoga, Gyan Yoga and BhaktiYoga, KarmaYoga.

UNIT III

15Hours

Nature of Patanjali Yogasutra: 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 bhagawageeta Acharya, test of different chapters, nature of Karma, Gyan, bhakti and DhyanaYoga.

UNIT IV

15Hours

Introduction of Yoga Acharya: Maharishi Dayanana, Swami Vivekananda, Maharishi Patanjali, Swami Shivananda, Maa Anadamayee, Param Vandaniya Mata Bhagwati Devi Sharma, Shri Aurobindo Place of Yoga: Vedas, Upanishads, Yoga-Vashishth and Ayurveda.

Transaction Mode

Lecture, Seminar, e-TeamTeaching, e-Tutoring, Dialogue, PeerGroupDiscussion, MobileTeaching, Self-Learning, Collaborative Learning and Cooperative Learning.

Suggested Readings

- *Gupta, S.N. Das.(1987). Yoga Philosophy in Relation to other system of IndianThought, NewDelhi,MotiLalBanarsiDass.*
- *Hiriyanna, M., (1995).The Essentials of Indian Philosophy. New Delhi, Motilal Banarasidas Publishers.*
- *Iyengar, B.K.S.(2005).Lightonlife. Oxford, PanMacmillanLtd.*
- *Iyengar, B.K.S.(2009).The Tree of Yoga.NewDelhi, HarperCollins.*
- *King,Richard.(2000).IndianPhilosophy: .NewDelhi,MayaPublishersPvt.Ltd.*
- *H.R.(1993).Yoga in Education. Banglore,VivekanandaKendra.*
- *Niranjananada, Swami. (1998). Yoga Darshan. Deoghar, Pancha dashanam Paramahamsa Alakh Bara.*
- *Puligandla, R.(1975).Fundamentals of IndianPhilosophy. NewYork,AbingdonPress.*
- *Raju, P.T. (1982).The Philosophical Traditions of India. Delhi MotiLalBanarsi Dass.*
- *Reyna,Ruth. (1971). Introduction to IndianPhilosophy. NewDelhi, TataMcGraw-HillPublishingCo.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

15Hours

Introduction: Meaning & Definition of RajaYoga,
 RajaYoga: Chitta & ChittaVrittis, Yogantaraya, ChittaPrasadhana

UNIT II

14Hours

KriyaYoga, Pancha Klesha
 Introduction: Meaning & Definition of HathaYoga

UNIT III

15Hours

HathaYoga, Principles of HathaYoga, Satkarma, Yogasanas, Prana,
 Nadis, Chakras,

UNIT IV

16Hours

Pranayama: Meaning, Types, Benefits & precautions, precharacteristics of
 HathaPerfection(Siddhi)
 Mudra-Badha: Procedure, Benefits & precautions, Mulabandha, Uddiyana,
 Jalandhar Bandha, VipritKarani, Tadagi, Yogamudra, Mahamudra, Mahavedha
 Mudra, Kundalini.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion,
 MobileTeaching, SelfLearning, CollaborativeLearning and CooperativeLearning.

Suggested Readings

- *SharmaChandradhar(1973).ACriticalSurveyofIndianPhilosophy.Delhi,MotiLalBanarsiDass.*

- *Sivananda , SriSwami.(2007).Janana Yoga.TehriGarhwal, TheDivineLifeSociety.*
- *Sivananda Swami.(2007).Adhyatma Yoga.TehriGarhwal, TheDivine LifeSociety.*
- *Tamini, I.K.(1973). Glimpses into Psychology of Yoga.Adyar, Madras, TheTheosophicalPublishingHouse.*
- *Villodo, Alberto.(2007).Yoga, PowerandSpiritNew Delhi, HayHouseInc*
- *Vivekananda, Swami.(2007).RajYogaCalcutta, RamakrishnaVedantaMath*
- *Vivekananda, Swami.(2009).CompleteBookofYogaDelhi, VijayGoelPublisher*
- *Weerasinghe S.G.M. (1993). The Sankhya Philosophy: A Critical Evaluation of its origins and Development, Delhi, Sri Satguru Publications, A Division of IndianBooksCentre*

IOAIC

**Course Name: Yoga Practical Teaching Lesson and Active
yoga-I (Technical Skill)
CourseCode: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 yogaasanas 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

210Hours

- LessonPlanning:
- Skill
- VivaVoce
- 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, Utkatasalasana,

Pranayam:-

ChestBreathing, Abdominal Breathing, Deep Breathing &Yogic, Prayanama, Anulome-Vilome, SuryaBhedan, Bhastrika, Ujjai, Brahmari.

Shatkarma/Kriya

Neti:- (JalNeti, SutarNeti)

Dhoti:- (VamanDhoti, VastarDhoti, KunjalDhoti)

Neuli:- (BhamNeuli, DakshanNeuli, MadyamNeuli,

NeuliChalan) Tratak, KapalBhati, Basti, Agnisar Kriya.

Mudra & Bandhas:-

Yogmudra, Vipritkarnimudra, Barhammudra, Mahamudra, Mulband, Jalandhar band, Uddiyan band. Mahaband,

Meditation:-

Soham (Dharana & Dhyan), Sound Meditation

Mantra:-

Swasti & Rudropasana

Natural Aid:

MudPack, SteamBath, Hot and Cold Fomentation, Massage (Dry, Friction & Oil Massage) HipBath, SpinalBath and Enema.

VivaVoce:

Project

Reference

- HathaYogaPradipika -KaivalyadhamLonawala
- GorakhSamhita -GorakhnathMandeer,Gorakhpur
- GherandaSamhita -Kaivalyadham,Lonawala
- Asana,Pranayama,Mudra,Bandha -SwamiSatyanandaSaraswati
- PatanjaliyogPradeep -SwamiOmanandaTeerth,Geetepress

10A1C

Semester-II

Course Name: Astang Yoga and Karma 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

15Hours

Introduction: Meaning and definition of AstangaYoga

Introduction: Meaning and definition of KarmaYoga

UNIT II

15Hours

Importance of the AstangaYoga and KarmaYoga

Steps in AstangaYoga (Yama, Niyama, Asnas, Pranyanayam, Pratyahar, Dharna, Dharna, Dhyana, Samadhi)

UNIT III

14Hours

Steps in KarmaYoga

Difference between AstangYoga and KarmaYoga

How to practice karmayoga according to the Swami Vivekananda

UNIT IV

16Hours

Importance of Karma Yoga in Modern life

How to practice KarmaYoga According to the Bhagawatgeeta

Relationship of Astang and KarmaYoga with Physical Education

Transaction Mode

Lecture, e-TeamTeaching, e-Tutoring, Dialogue, PeerGroup Discussion, MobileTeaching, Self-Learning, Collaborative Learning and Cooperative Learning.

Suggested Readings:

- *KarmaYoga–SwamiVivekandada*
- *KarmaYoga–SwamiSivananda*
- *KarmaYoga–SwamiSatyananda*
- *SrimadBhagwatGeeta–SwamiRamsukhDass*
- *ShotNote of KarmaYoga–Prof.N.V.CSwamy*
- *BhagwatGeeta–SriPrabhupad*
- *TalksonGeeta–VinobaBhabe*
- *GeetaRahasya–BalGangadharTilak*
- *Gahanakarmanogati–PtshriRamsharmaAcharya*
- *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

15Hours

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

14Hours

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, Unnat Pranic Upchar, Surakshatmak Upchar, Daiviya Upchar, Aadesatmak Upchar.

UNIT III

16Hours

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

15Hours

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

Yogic and Non-Yogic: type of Exercises: their comparison and general precautions and importance in Yogatherapy.

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*
- *Saraswati, Swami Satyananda, (1996) Awakening the Kundalini, Bihar School of 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.*
- *Taimini, I.K. (1973). Glimpses into Psychology of Yoga. Adyar, Madras: The Theosophical Publishing House.*
- *Venkateswaram, 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 micro nutrients for normal human growth and development.
2. Understand the biological basis of nutrient requirements during various lifestages, including pregnancy, lactation, infancy, childhood , adolescence, adulthood, and older adulthood.
3. Summarize the health consequences of both under and excess nutrition intake during critical life stages.
4. Develop the skills required for creating dietary guidelines and implementing significant nutritional interventions.

Course Content

UNIT I

16Hours

Introduction: Definition of Swasth-Vrata, Symptoms of healthy Men,concept, need 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

14Hours

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

UNIT III

15Hours

Fasting: meaning of fast,types and their Importance
Sense and Actions Organs:Weaken eye-sight and hearing loss.Facial dullness(acne) andHairloss, Legpain(Sciatica) and Armpain and numbness (Radialpain)

UNIT IV

15Hours

Bandages: meaning and different types, Anima
Mud/clay & Sun- Therapy: Importance of Mud/Clay, Difference and Characteristics Mud/Claybath ,Mud/Clay bandages, Importance of Sun Light

Rays, Action-Reaction of Sunrays on the Humanbody, 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 Consciencs 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.

Course Content

UNIT I

15Hours

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

16Hours

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- PranaShakti, Upchar, Distance Pranic Healing, Unna Pranic Upchar, Surakshatmak Upchar ,Daiviya Upchar, Aadesatmak Upchar.

UNIT III

15Hours

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

UNIT IV

15Hours

Mental Health & Yogic therapy: Meaning & Definition, Different causes of deviationof 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 systems of Indian Thought, New Delhi, Motilal Banarasi Dass*
- *Hiriyanna, M., (1995). The Essentials of Indian Philosophy. New Delhi, Motilal Banarasi Das 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. Deogarh, 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: Shrimad Bhagavad Geeta (VAC)
Course Code: GDY206

L	T	P	Cr
0	0	2	2

Course Outcomes:

1. Through studying the Bhagavad Gita, students may develop critical thinking and analytical skills as they engage with complex moral and ethical dilemmas presented in the text.
2. Studying the Bhagavad Gita provides insight into Indian culture, philosophy, and history.
3. The Bhagavad Gita is considered a spiritual guide for many, and a course on this text may aim to facilitate students' spiritual growth by helping them apply the teachings of the Gita to their own lives.
4. Students should gain a deep understanding of the philosophical concepts presented in the Bhagavad Gita, such as Dharma (duty/righteousness), Karma (action and its consequences), and Yoga (the path to spiritual realization).

Course Content

Unit I

08 Hours

General introduction to Shrimad Bhagavad Gita
 Significance of Bhagavad Gita in Yoga.
 Different types of definitions of Yoga in Shrimad Bhagavad Gita
 Importance of Shrimad Bhagavad Gita in modern times and its relevance in Yoga Sadha

Unit II

08 Hours

Concept of Sithitaprajna, stages and characteristic of Sithitaprajna
 Concept of Atman (Purusha), J. vatman or individual soul
 Concept of Paramatman (Ishwar) its characteristic in Shrimad Bhagavad Gita
 Different types of Yoga mentioned in Shrimad Bhagavad Gita

Unit III

08 Hours

Concept of Karma and Karmayoga in Shrimad Bhagavad Gita
 Concept of Bhakti and Bhaktiyoga, concept of Shraddha and its relevance as deser.bed in Bhagavad Gita
 Dhyana Yoga and Nature of Dhyana in Shrimad Bhagavad Gita
 Concept of Triguna and the qualities of Sattva, Rajas,and Tamas.

Unit IV

06 Hours

Samnyas and Samnyas Yoga Abyaas and Vairagya, ShraddhaConcept and classification of Aharn as described in Bhagavadgita. Ahara and its role in Yoga Sadhana described in Bhagavadgita.
 Role of Bhagavad Gita in day to day life

Transaction Mode

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

Suggested readings:

- *Shrimadbhagwadgeeta laxminarayana Gupt*
- *Shrimad Bhagwadgeeta-A.C Bhaktivedanta Swami Prabhupada*
- *Bhagwad Geeta-Swami Prabhavananda and Christopher Isherwood*

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

210Hours

Lesson Planning:

Skill

Viva Voce Project

Lesson Planning:

Asana (Any Five asana)

Pranayam (Any Four Pranayam)

Purify Activity (Any One Purify Activity).

Skill:-

Surya

Namaskar with Mantra Asana:-

Janu Sirasana, Ardha Matsyendrasana, Vakrasana, Dhanurasana, Nokasana,

Halasana, Karnpirasana, Tolasana, Ushtrasana, Hansasana, Miurasana,

Chakrasana, Padhasthasana, Pawanmuktasana, Vakrasana, Chandrasana,

Bhadrasana, Natrajasana, Garbhasana, Bhujangasana, Sinhasana,

Ekpad Skandhasana, Sirshasana, Sarvangasana, Vatayanasana.

Pranayam:-

Bhramari Pranayam, Sitkari, Sheetali, Ujjayi, Murchha and Palvani

Shatkarma/Kriya:-

Suterneti, Dhandhoti, Vastra Dhoti, Vahya Taratak, Shankh Parkashalan,

Mudra & Bandhas:-

Tadagi, Shambhavi, Kakimudra, Hastmudra (Gyan, Ling, Prana, Apan, Dhyan)

Meditation:-

Yog Nidran, 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-Clockwise Normal, Electric

Naval Space testing & Technique for reestablishing.

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

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Project

Reference

- HathaYogaPradipika -KaivalyadhamLonawala
- GorakhSamhita -GorakhnathMandeer,Gorakhpur
- GherandaSamhita -Kaivalyadham,Lonawala
- Asana,Pranayama,Mudra,Bandha -SwamiSatyanandaSaraswati
- PatanjaliyogPradeep -SwamiOmanandaTeerth,Geetepress

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