



Syllabus of Post Graduation Diploma in Yoga
(P.G.D.Y.S)



Central University of Himachal Pradesh, Near HPCA Stadium,
Dharamshala, Distt Kangra, Himachal Pradesh – 176215

www.cuhimachal.ac.in

Scheme of Examination

The breakup of marks shall be as under:

Component	2 Credits course	4 Credit course
Internal Assessment (20%)	20 Marks	40 Marks
Mid-Term Examination (20%)	20 Marks	40 Marks
End-Term Examination (60%)	60 Marks	40 Marks
Total	100 Marks	200 Marks

Semester	Major Course	Minor Course	Vocational / Skill	ID C	IK S	Project Work	Total	Exit
Ist	02	02	01	01	01	00	07	Post Graduate Diploma in Yogic Science (One year)
IIst	03	00	01	01	01	00	06	

P.G.D. IN YOGA STUDIES

S.N.	Course Code	Course Title	Periods			Evaluation scheme				Total Marks
			L	T	P	Credit	IAE	MTE	ETE	
P.G.D.Y.S. - I Year			Semester - I							
1	PGDYS - 201	Fundamentals of Yoga (Minor)	2	0	0	2	20	20	60	100
2	PGDYS - 202	Yogic Text (Minor)	2	0	0	2	20	20	60	100
3	PGDYS - 203	Principle of Hath Yoga (Major)	3	1	0	4	40	40	120	200
4	PGDYS - 204	Human Anatomy, Physiology & Yoga (Major)	3	1	0	4	40	40	120	200
5	PGDYS - 205	Practical (Skill)	0	1	3	4	40	40	120	200
6	PGDYS - 206	IDC (Introduction of Yoga)	2	0	0	2	20	20	60	100
7	PGDYS - 207	IKS	2	0	0	2	20	20	60	100
						20	Total			1000
Semester – II										
1	PGDYS - 208	Patanjali Yoga Sutra (Major)	3	1	0	4	40	40	120	200
2	PGDYS - 209	Yoga Therapy (Major)	3	1	0	4	40	40	120	200
3	PGDYS - 210	Alternative Therapy (Major)	3	1	0	4	40	40	120	200
4	PGDYS - 211	Practical (Skill)	0	1	3	4	40	40	120	200
5	PGDYS - 212	IDC	2	0	0	2	20	20	60	100
6	PGDYS - 213	IKS (Yoga and Health Management)	2	0	0	2	20	20	60	100

PGDYS		Course Code: PGDYS - 201			Semester – I	
Course Name: Fundamentals of Yoga						
Credit – 02			Maximus Marks (MM) – 100			
Evaluation scheme			Periods			Total Number of Periods -30 hrs.
IAE	MTE	ETE	L	T	P	Type of Course: Minor
20	20	60	2	0	0	
Objective: -						
<ul style="list-style-type: none"> ➤ To equip the student's basics of Yoga ➤ Students will familiarize themselves with Yogic terminology. 						
Course Outcome: -						
<ul style="list-style-type: none"> ➤ Understanding the meaning, definition, origin, history, and development of Yoga. ➤ Understanding the nature, aim, and objectives of Yoga and its relevance and scope in the modern age. ➤ Clearing misconceptions about Yoga and the differences between Yogic and non-yogic systems of exercises. ➤ Knowing the important Yogis and their practices in ancient, medieval, modern, and contemporary times. ➤ Upon successful completion of this course, students will be able to Know the difference between Hath Yoga and Raj Yoga. ➤ How many types of Yoga is there in our ancient literature? 						

इकाई-1 :योग का सामान्य परिचय:

योग का सामान्य परिचय, अर्थ और परिभाषा। योग की उत्पत्ति, इतिहास और विकास। योग का स्वरूप। योग का लक्ष्य और उद्देश्य। आधुनिक युग में योग की प्रासंगिकता और कार्यक्षेत्र। योग से संबंधित भ्रामक धारणाएँ और उनके समाधान। योग व्यायाम और शारीरिक व्यायाम में अंतर।

इकाई-2 :विभिन्न शास्त्रों में योग का स्वरूप:

वेदों व उपनिषदों में योग का स्वरूप ; न्याय, वैशेषिक, सांख्य, मीमांसा, वेदांत, बौद्ध और जैन धर्म में योग की स्वरूप; आयुर्वेद एवं गीता में योग की स्वरूप।

इकाई-3 : योग की विभिन्न पद्धतियाँ:

हठ योग, राज योग, मंत्र योग, लय योग, कर्म योग, ज्ञान योग, भक्ति योग, बौद्ध और जैन योग परंपराएँ।

इकाई-4 : योगियों और उनकी साधना पद्धतियों का परिचय:

प्राचीन काल- महर्षि पतंजलि, गुरु गोरक्षनाथ; मध्यकालीन - कबीरदास, तुलसीदास, सूरदास, स्वामी चरणदास, बाबा बालक नाथ, महावतार बाबा; आधुनिक काल - स्वामी विवेकानंद, श्री अरबिंदो, महर्षि दयानंद सरस्वती, स्वामी श्रद्धानंद; समसामयिक काल - स्वामी शिवानंद सरस्वती, स्वामी राम, स्वामी सत्यानंद, स्वामी कुवलयाणंद, नीब करोली बाबा, पं० श्री राम शर्मा आचार्य।

इकाई-5 : भारत के प्रमुख योग संस्थानों का संक्षिप्त परिचय:

कैवल्यधाम, लोनावाला; बिहार, योग भारती, मुंगेर; मोरारजी देसाई राष्ट्रीय योग संस्थान, नई दिल्ली; स्वामी विवेकानंद योग अनुसंधान संस्थान, बेंगलुरु; पतंजलि योगपीठ, हरिद्वार; गुरुकुल कांगड़ी विश्वविद्यालय, हरिद्वार और देवसंस्कृति विश्वविद्यालय, हरिद्वार

REFERENCE BOOKS:

- स्वामी विज्ञानानंद सरस्वती, योग विज्ञान, योग निकेतन ट्रस्ट, ऋषिकेश-1998
- राजकुमारी पांडेय, भारतीय योग परंपरा के विविध आयाम, राधा प्रकाशन, नई दिल्ली-2008
- स्वामी विवेकानंद, ज्ञान-भक्ति-कर्म-योग और राजयोग, अद्वैत आश्रम, कलकत्ता-2000
- डॉ० कामाख्या कुमार, योग महाविज्ञान, Standard Publisher, New Delhi
- कल्याण (योगाङ्क), गीताप्रेस गोरखपुर -2002
- कल्याण (योग तत्वांक), गीताप्रेस गोरखपुर-1991
- डॉ० ईश्वर भारद्वाज, औपनिषदिक अध्यात्म विज्ञान, सत्यम पब्लिकेशन्स, उत्तम नगर नई दिल्ली
- आचार्य बालकृष्ण, योग विज्ञानम्, पतंजलि योगपीठ हरिद्वार
- स्वामी दिव्यानंद, वेदों में योग विद्या
- आचार्य बलदेव उपाध्याय, भारतीय दर्शन
- विश्वनाथ मुखर्जी, भारत के महान योगी
- स्वामी शिवानंद, संत चरित
- The Yoga tradition, Motilal Banarsidass
- K.S. Joshi - Yoga in Daily Life, Orient Paper Back Publication, New Delhi
- S.P. Singh - History of Yoga - PHISPC, Center for Studies of Civilization, Delh.
- S. P. Singh and Yogi Mukesh - Foundation of Yoga, Standard Publishers, New Delhi

PGDYS			Course Code: PGDYS - 202			Semester – I		
Course Name: Yogic texts of Yoga								
Credit – 02					Maximus Marks (MM) – 100			
Evaluation scheme			Periods			Total Number of Periods -30 hrs.		
IAE	MTE	ETE	L	T	P	Type of Course: Minor		
20	20	60	2	0	0			
Objective: - <ul style="list-style-type: none"> ➤ It aims to provide a comprehensive understanding of the philosophical and spiritual concepts presented in these texts. Through the exploration of Upanishads, students will grasp the nature of yoga, self-realization, and the profound knowledge of Brahman. ➤ The study of the Bhagavad Gita will further deepen their understanding of different paths of yoga, the nature of devotion, and the goal of salvation. 								
Course Outcome: - <ul style="list-style-type: none"> ➤ Develop a comprehensive understanding of the principles and teachings of Upanishads and the Bhagavad Gita. ➤ Gain insights into the nature of yoga, self-realization, and spiritual concepts presented in these texts. ➤ Apply the knowledge acquired to enhance their philosophical and spiritual perspectives, fostering personal growth and a deeper appreciation of Indian literature and wisdom. 								

इकाई-1 प्रमुख उपनिषदों में योग का स्वरूप-1

उपनिषद् का अर्थ एवं परिभाषा, भारतीय साहित्य में उपनिषदों का स्थान, योग आधारित प्रमुख दस उपनिषदों का परिचय- ईशावास्योपनिषद् कर्मनिष्ठा, विद्या और अविद्या, ब्रह्म स्वरूप, सम्पूर्ण उपनिषद का सार। केन उपनिषद् शक्ति, इंद्रिय और अन्तःकरण, स्व और मन, सत्य का अभाषित प्रत्ययीकरण, भवातीत सत्य, यक्ष के उपाख्यान का नैतिक संदेश। छान्दोग्य उपनिषद् : ॐ (उद्गीथ) ध्यान, शंडिल्यविद्या। वृहदारण्यक उपनिषद् : याज्ञवल्क्य मैत्रेयी संवाद।

इकाई-2 प्रमुख उपनिषदों में योग का स्वरूप-II:

कठोपनिषद् योग की परिभाषा, यम-नचिकेता आख्यान का विवेचन। प्रश्नोपनिषद् : प्राण और रयि, पंच प्राणा मुण्डक उपनिषद् : ब्रह्मविद्या हेतु दो रीतियाँ- परा विद्या और अपरा विद्या, ब्रह्मविद्या प्रमुख विशिष्टतायें, तप और गुरु भक्ति, सृष्टि की उत्पत्ति का केंद्र, ध्यान का उद्देश्य ब्रह्म। माण्डूक्य उपनिषद् : चेतना की चार अवस्थाएँ और औंकार से इसका संबंध। ऐतरेय उपनिषद् : आत्मा, ब्रह्मांड और ब्रह्म। तैत्तिरीय उपनिषद् : पंचकोश, आचार्योपदेश (दीक्षांत) शिक्षा बल्ली, आनंद वल्ली, भृगु बल्ली का संक्षिप्त विवरण।

इकाई-3 योगिक ग्रंथों का परिचय –

हठ प्रदीपिका , घेरंड संहिता , शिव संहिता , हठ रत्नावली , सिद्ध सिद्धांत पद्धति,

इकाई-4 श्रीमद्भगवद्गीता में योग तत्त्व-I:

श्रीमद्भगवद्गीता का सामान्य परिचय, श्रीमद्भगवद्गीता में योग की परिभाषाएं, श्रीमद्भगवद्गीता के योग की उपयोगिता और व्यापकता, श्रीमद्भगवद्गीता के अनुसार आत्मा का स्वरूप, स्थितप्रज्ञता, सांख्य योग (अध्याय - 2) कर्म योग, योगी के लक्षण (अध्याय-3) यज्ञ का स्वरूप और उसका योग से संबंध (अध्याय-4) सन्यास योग और कर्म का स्वरूप (सकाम और निष्काम, अध्याय-5), ध्यान योग (अध्याय-6)

इकाई-5 श्रीमद्भगवद्गीता में योग तत्त्व-II:

भक्ति की प्रकृति (अध्याय 12) भक्ति योग का अर्थ और उद्देश्य, त्रिगुण और प्रकृति का स्वरूप, त्रिविध श्रद्धा, योग साधक का आहार, आहार का वर्गीकरण (अध्याय-14 व 17), देवासुर सम्पदा (अध्याय-16) मोक्ष उपदेश (अध्याय-18)

REFERENCE BOOKS:

- 108 Upanishad by Pandit Shree Ram Sharma Acharya
- Shree Bhagwat Geeta by Geeta Press Gorakhpur
- श्रीमद्भगवद्गीता- महर्षि वेदव्यास
- श्रीमद्भगवद्गीता- आचार्य शंकर
- श्रीमद्भगवद्गीता- लोकमान्य तिलक
- श्रीमद्भगवद्गीता- सत्यव्रत सिद्धानालंकार
- कल्याण योगांक--गीता प्रेस, गोरखपुरा
- कल्याण (योग तत्वांक)- गीता प्रेस, गोरखपुरा
- वेदों में योग विद्या- योगेन्द्र पुरुषार्थी ।
- योग मनोविज्ञान - शान्ति प्रकाश आत्रेय ।
- उपनिषदों में सन्यास योग- डॉ. ईश्वर भारद्वाज ।

PGDYS			Course Code: PGDYS - 203			Semester - I		
Course Name: Principle of Hath Yoga								
Credit – 04					Maximus Marks (MM) - 200			
Evaluation scheme			Periods			Total Number of Periods -60 hrs.		
IAE	MTE	ETE	L	T	P	Type of Course: Major		
40	40	120	3	1	0			
Objective: - <ul style="list-style-type: none"> ➤ The objectives of Hatha Yoga encompass achieving physical health, mental clarity, and spiritual growth through a combination of asanas, pranayama, shatkarma practices, and meditation techniques. Additionally, Hatha Yoga aims to harmonize the body and mind, paving the way for self-realization and inner peace. 								
Course Outcome: - <ul style="list-style-type: none"> ➤ Enhanced Well-being: Practicing Hatha Yoga can lead to improved physical health, increased flexibility, reduced stress, and a calmer mind. ➤ Inner Transformation: Regular engagement with Hatha Yoga techniques can facilitate spiritual growth, self-awareness, and a deeper connection to one's inner self. 								

हठप्रदीपिका

इकाई-1: हठ योग का स्वभाव - अर्थ, परिभाषा, हठ योग के उद्देश्य और लक्ष्य; अभ्यास के लिए उचित स्थान, मौसम, समय, योग का अभ्यास करने के लिए पथ्यापथ निर्देश, मिताहार; साधक और आध्यात्मिक अभ्यास में बाधाएं; हठसिद्धि के लक्षण; हठ योग की उपयोगिता।

इकाई-2: हठप्रदीपिका में वर्णित आसनों की विधि और लाभा प्राणायाम की परिभाषा, प्रकार, विधियाँ और लाभ, और प्राणायाम की उपयोगिता। षट्कर्म विवरण - धौती, बस्ती, नेति, नौली, त्राटक और कपालभाति की विधि और लाभा बंध और मुद्रा - परिभाषा, प्रकार, विधियाँ और लाभा नादानुसंधान, कुंडलिनी का स्वभाव और जागरण के तरीके।

घेरंड संहिता

इकाई-3: घट का सिद्धांत, सप्तसाधना; घेरंड संहिता में वर्णित षट्कर्म - धौती, बस्ती, नेति, नौली, त्राटक, कपालभाति की विधि और लाभा घेरंड संहिता में वर्णित आसनों की विधियाँ, लाभ और सावधानियाँ।

इकाई-4: घेरंड संहिता में वर्णित प्राणायाम की विधियाँ, लाभ और सावधानियाँ। घेरंड संहिता में वर्णित प्रत्याहार, धारणा, ध्यान और समाधि की अवधारणा, परिभाषा, प्रकार, विधियाँ और लाभा।

अन्य योगिक ग्रंथ

इकाई-5: परिचय: शिव संहिता, वशिष्ठ संहिता, सिद्ध सिद्धांत पद्धति, हठरत्नावली और गोरक्ष संहिता। षट्कर्म, आसन, प्राणायाम, मुद्रा-बंध और ध्यान का विवरण।

REFERENCE BOOKS:

- Hathayogapradipika - Kaivalyadhaam Lonavala.
- Basand code code - Kaivalyadhaam Lonavala.
- Yoga Sadhana and Yoga Medicine Secrets - Swami Ramdevji (Divine Yoga Published, Patanjali Yogpeeth)
- Hathayoga Pradipika - Publisher Kaivalyadhaam Lonavala
- Sarkand Samhita - Publisher Kaivalyadham Lonavala
- Goraksh Samhita - Gorakshanath
- Bhakti Sagar - Swami Charan Das
- Bahiranga Yoga - Swami Yogeshwarananda
- Yogasana Science - Swamindra Brahachari



PGDYS			Course Code: PGDYS - 204			Semester – I
Course Name: Human Anatomy, Physiology & Yoga						
Credit – 04				Maximus Marks (MM) – 200		
Evaluation scheme			Periods			Total Number of Periods -60 hrs.
IAE	MTE	ETE	L	T	P	Type of Course: Major
40	40	120	3	1	0	
Objective: -						
<ul style="list-style-type: none"> ➤ To know about human body systems. ➤ How Yogic practices do impact our body systems? 						
Course Outcome: -						
<ul style="list-style-type: none"> ➤ Upon successful completion of this course, students will be able to: ➤ Anatomy and physiology of different parts of the body. ➤ Explain the impact of Yogic practices on body systems. 						

इकाई-1

कोशिका, ऊतक और शरीर का परिचय: शरीर की परिभाषा; मानव शरीर के मुख्य विभाग; कोशिका, ऊतक व संस्थान की अवधारणा तथा इसकी आधारभूत जानकारी (कोशिका की संरचना, मुख्य अवयव व कार्य, उत्तक के प्रकार, संरचना व कार्य, प्रमुख संस्थान व उनके कार्य)।

पाचन तंत्र- पाचन तंत्र की परिभाषा, संरचना और पाचन तंत्र के कार्य; कार्बोहाइड्रेट, प्रोटीन और वसा के पाचन की शरीरगत प्रक्रिया; यकृत और अग्न्याशय की संरचना और कार्य।

इकाई -2

कंकाल तंत्र: अस्थि की परिभाषा, अस्थि के भेद, अस्थि की संख्या, अस्थि की संरचना व कार्य; तरुणास्थि- प्रकार, स्थान व कार्य; संधि-परिभाषा एवं प्रकार; घुटने व कशेरुका की संरचना और कार्य।

मांसपेशी तंत्र- मांसपेशियों का परिचय, प्रकार, संरचना एवं संख्या; कंकाल पेशियों के मुख्य अवयव व कार्य; सिर, गर्दन, ऊपरी और निचले छोरों सहित शरीर की सभी प्रमुख मांसपेशियों का संक्षिप्त विवरण।

इकाई-3

श्वसन तंत्र: श्वसन तंत्र की परिभाषा, संरचना व कार्य, श्वसन के प्रकार, फेफड़ों में गैसीय विनिमय, श्वसन दर एवं विभिन्न प्रकार के श्वसनीय आयतन व क्षमता।

रक्त परिसंचरण तंत्र- रक्त की परिभाषा, रक्त की संरचना, रक्त के कार्य, धमनी और शिरा में अंतर; हृदय की संरचना व कार्य, हृदय चक्र, रक्तचाप की अवधारणा व प्रकार; हृदय गति, नब्ज दर।

इकाई-4 उत्सर्जन तंत्र: उत्सर्जन का अर्थ, उत्सर्जन तंत्र की संरचना, वृक्क की रचना तथा कार्य, नेफ्रॉन (वृक्काणु) की संरचना, मूत्र का संघटन।

अन्तःस्रावी तंत्र- अन्तःस्रावी की अवधारणा, अन्तःस्रावी व बहिःस्रावी ग्रंथियां, हार्मोन की परिभाषा, एंजाइम व हार्मोन के बीच अंतर, हार्मोन के कार्य; प्रमुख ग्रंथियों का स्थान, हार्मोन व शरीर हेतु कार्य (पिट्यूटरी ग्रंथि, पीनियल ग्रंथि, थायरॉयड ग्रंथि, पैराथायरायड ग्रंथि, अधिवृक्क ग्रंथि, वृषण और डिम्बग्रंथि)।

इकाई-5

तंत्रिका तंत्र: तंत्रिका तंत्र के विभाग, मस्तिष्क की संरचना (बाह्य व आंतरिक), मस्तिष्क के विभाग और उनके कार्य, सुषुम्ना की संरचना और कार्य, स्वायत्त तंत्रिका तंत्र, परिसरीय तंत्रिका तंत्र एवं विभिन्न प्रकार की तंत्रिकाओं की सामान्य जानकारी। विभिन्न संस्थानों पर यौगिक अभ्यासों (यम-नियम, षट्कर्म, आसन, प्राणायाम, मुद्रा-बंध और ध्यान) के शारीरिक -क्रियात्मक प्रभावों की जानकारी।

सन्दर्भ सूची -

Chaurasia, B.D.: Human Anatomy vol. I, II, III, CBS Publishers New Delhi.

Byas Deb Ghosh : Human anatomy for students, Jaypee Brothers, New Delhi.

J. L. Smith, R. S. Winwood, W. G. Sears : Anatomy and Physiology for Nurses. Hodder Education.

Gore. M.M.: Anatomy and Physiology of Yogic Practices, New Age Books New Delhi.

Jain, A.K.: Basic Anatomy and Physiology, APC publications.

मानव शरीर रचना एवं क्रिया विज्ञान – प्रो.(डॉ.) अनन्त प्रकाश गुप्ता

सुश्रुत (शरीर स्थान)- डॉ. भास्कर गोविन्द घाणेकर

शरीर रचना विज्ञान - डॉ. मुकुंद स्वरूप शर्मा

शरीर क्रिया विज्ञान - डॉ. प्रियवृत्त शर्मा

शरीर रचना व क्रिया विज्ञान - डॉ. एस. आर. वर्मा

PGDYS			Course Code: PGDYS - 205			Semester – I		
Course Name: Practical (Skill)								
Credit – 04					Maximus Marks (MM) – 200			
Evaluation scheme			Periods			Total Number of Periods -105 hrs.		
IAE	MTE	ETE	L	T	P	Type of Course: Skill		
40	40	120	0	1	3			
Objective: -								
<ul style="list-style-type: none"> ➤ Attain Holistic Wellness: Learn and practice yoga techniques encompassing cleansing, postures, breath control, and gestures for overall health. ➤ Enhance Vitality through Yoga: Develop physical flexibility, mental focus, and energy flow via asanas, pranayama, and mudras/bandhas. 								
Course Outcome: -								
<ul style="list-style-type: none"> ➤ Physical Mastery: Improved flexibility, strength, and breath awareness through yoga practices like asanas and pranayama. ➤ Mental Clarity: Enhanced mindfulness and balance achieved by incorporating meditation and breath control techniques. 								

षट्कर्म:

जलनेति, रबरनेति, वमन धौती / कुंजर क्रिया, वात्कर्म, कपालभाति

आसन:

सूक्ष्मव्यायाम (पवन मुक्त आसन) -1, योगिक जॉगिंग, 12 आसन (मंडुकासन, शशकासन, गोमुखासन, वक्रासन, मकरासन, भुजंगासन, शलभासन, मरकतासन, पवनमुक्तासन, हलासन, पादवृत्तासन, द्विचक्रिकासन और शवासन), सिद्धासन, कटि चक्रासन, अर्धहलासन, पद्मासन, वज्रासन, स्वस्तिकासन, वीरासन, उदराकर्षणासन, भद्रासन, जानुशीर्षासन, अर्धमत्स्येन्द्रासन, गोमुखासन, उष्ट्रासन, उत्तानपादासन, नौकासन, सर्वांगासन, हलासन, मत्स्यासन, सुप्तवज्रासन, चक्रासन, ताड़ासन, तिर्यक ताड़ासन, एक पाद प्रणामासन, वृक्षासन, गरुडासन, हस्त उत्तानासन, पादहस्तासन, त्रिकोणासन, अर्धधनुरासन, मार्जरी आसन, अर्धशलभासन, भुजंगासन, मकरासन, शवासन, समकोणासन, बकासन, सर्पासन, हनुमानासन, सुखासन, अर्धपद्मासन, एक पाद हलासन, सेतुबंधासन, मरकतासन, शशांकासन, विपरीत नौकासन, द्विकोणासन, पार्श्वोत्तानासन, सिंहासन

प्राणायाम:

डायफ्रामेटिक ब्रीदिंग, प्राणायाम: कपालभाति, भस्त्रिका, बाह्य, उज्जयी, अनुलोम-विलोम, नाडीशोधन, भ्रामरी और उदगीथ

मुद्रा और बंध:

ज्ञान मुद्रा, चिन मुद्रा, विपरीत करणी मुद्रा, योग मुद्रा, जालंधर बंध, उड्डियान बंध, मूलबंध

मंत्र और ध्यान: -

ईश्वर स्तुति प्रार्थना उपासना

साक्षात्कार :

PGDYS			Course Code: PGDYS - 206			Semester – I		
Course Name: Introduction of Yoga								
Credit – 02						Maximus Marks (MM) – 100		
Evaluation scheme			Periods			Total Number of Periods -30 hrs.		
IAE	MTE	ETE	L	T	P	Type of Course: IDC		
20	20	60	2	0	0			
Objective: -								
<ul style="list-style-type: none"> ➤ The course "Introduction to Yoga" offers a comprehensive exploration of yoga, an ancient practice that harmonizes the mind, body, and spirit. This course aims to provide students with a foundational understanding of yoga's principles, history, and benefits, while also introducing practical techniques for incorporating yoga into daily life. By the end of this course, students will have a well-rounded grasp of yoga's diverse aspects and its potential for enhancing overall well-being. 								
Course Outcome: -								
<ul style="list-style-type: none"> ➤ To make the student understand the definition, history and relevance of yoga. To make the student aware of the main elements of yoga philosophy 								

Unit-1:

योग के रूप - योग की अवधारणा, अर्थ और परिभाषाएँ, संक्षिप्त इतिहास, परंपराएँ (वैदिक, हठ) और योग का प्रासंगिकता। योग की चार धाराएँ: कर्म योग, भक्ति योग, राज योग, ज्ञान योग उद्देश्य, सिद्धांत और योग के भ्रांतियाँ।

Unit II:

योग मनोविज्ञान - चित्त की अवधारणा और अर्थ, चित्त के चरण (भूमि), चित्त वृत्तियाँ, वृत्ति नियंत्रण के विभिन्न तरीके, चित्त विक्षेप, विक्षेप सहभुवा, चित्त प्रसादना और पंच क्लेश।

Unit III:

योगियों के जीवन का परिचय - महर्षि पतंजलि, आदि शंकराचार्य, गोरखनाथ, बाबा बालकनाथ, स्वामी दयानंद सरस्वती, स्वामी विवेकानंद, श्यामा चरण लाहिरी, स्वामी शिवानंद सरस्वती, पं० श्री राम शर्मा आचार्य।

Unit IV:

योग ग्रंथों का परिचय - पतंजल योग सूत्र, श्रीमद् भगवद् गीता, संक्षिप्त परिचय - योगोपनिषद् और षड्दर्शन, हठ योग प्रदीपिका, घेरंड संहिता।

Unit V:

योग दर्शन की मुख्य तत्वमीमांसा - योग दर्शन में पुरुष-प्रकृति की अवधारणा, प्रकृति के पच्चीस गुण, अष्टांग योग का रूप: यम, नियम, आसन, प्राणायाम, प्रत्याहार, धारणा, ध्यान, समाधि, क्रिया योग, कैवल्य, कैवल्य प्राप्ति।

REFERENCE BOOKS: -

Yogadarshanam (487 with Hindi commentary, Arthavanprastha Ashram Jwalapur (Haridwar).

Yoga Science - Swami Vigyananand Saraswati.

Yoga Philosophy - Swami Satyananda Saraswati.

Saint Mahatma of India - Ram Lal.

Great Yogi of India - Vishwanath Mukherjee.

Yoga Element of Kalyan - Gita Press Gorakhpur.

Patanjal Yoga Pradeep - Omanand Teerth.

Shrimad Bhagwad Gita Press, Gorakhpur.

PGDYS			Course Code: PGDYS - 207			Semester - I		
Course Name: IKS								
Credit – 02					Maximus Marks (MM) - 100			
Evaluation scheme			Periods			Total Number of Periods -30 hrs.		
IAE	MTE	ETE	L	T	P	Type of Course: IKS		
20	20	60	2	0	0			
Objective: -								
<ul style="list-style-type: none"> ➤ Indian Knowledge System is very vast, and Centre for yoga studies was a centre of that. So as a M.A students of Centre for yoga studies we should know about this rich tradition of Indian Knowledge. 								
Course Outcome: -								
<ul style="list-style-type: none"> ➤ The course familiarizes the students with different Indian school of thoughts in different disciplines. This course will give emphasis on eminent Indian Scholars of different disciplines. 								

इकाई-1: भारतीय सभ्यता और ज्ञान प्रणाली का विकास:-

सभ्यता की प्राचीनता, सरस्वती नदी की खोज, सरस्वती - सिंधु सभ्यता, पारंपरिक ज्ञान प्रणाली, वेद, दर्शनशास्त्र स्कूल (6+3), प्राचीन शिक्षा प्रणाली, तक्षिला विश्वविद्यालय, नालंदा विश्वविद्यालय

इकाई -II: प्राचीन भारत में कला, साहित्य और विद्वान कला:-

संगीत और नृत्य, नटराज- भारतीय कला साहित्य, अगस्त्य, लोपामुद्रा, घोष, वाल्मीकी, पतंजलि, वेदव्यास, याज्ञवल्क्य, गार्गी, चरक, सुश्रुत, कणाद, कौटिल्य, पाणिनी, थिरुवल्लुवर, आर्यभट्ट की उत्कृष्ट कृति, भास्कराचार्य, माधवाचार्य।

इकाई -III: विज्ञान और गणित में प्राचीन भारतीय योगदान:-

ऋषि अगस्त्य की बैटरी का मॉडल, वैदिक ब्रह्मांड विज्ञान और आधुनिक अवधारणाएं, शून्य और पाई की अवधारणा, संख्या प्रणाली, Pythagoras Theorem और वैदिक गणित, केरल गणित स्कूल, खगोल विज्ञान का इतिहास, दिन, वर्ष और युग की भारतीय खगोलीय अवधारणा

इकाई - IV: प्राचीन भारतीय इंजीनियरिंग प्रौद्योगिकी और वास्तुकला:-

पूर्व हड़प्पा और सिंधु घाटी सभ्यता, रस, रंग, पेंट और सीमेंट, कांच और मिट्टी के बर्तन, धातु विज्ञान, दिल्ली के लौह स्तंभ, राखीगढ़ी, मेहरगढ़, सिंधु घाटी सभ्यता, समुद्री प्रौद्योगिकी और बेट द्वारका।

इकाई-V: पर्यावरण और स्वास्थ्य में प्राचीन भारतीय योगदान:-

जातीय अध्ययन (Ethnic Studies), पौधों में जीवन विज्ञान (Life Science in Plants), कृषि, पारिस्थितिकी और पर्यावरण (Ecology and Environment), आयुर्वेद स्वास्थ्य देखभाल (Healthcare), सर्जरी और योग के लिए एकीकृत दृष्टिकोण, आदि।

REFERENCE BOOKS:

- Introduction to **INDIAN KNOWLEDGE SYSTEM** Concepts and Application by B. Mahadevan, Publish by PHI Learning Private Limited, Delhi-110092-2022.
- India: A History" by John Keay
- The Wonder That Was India" by A.L. Basham
- Ancient Indian Education: Brahmanical and Buddhist" by Radhakumud Mookerji
- Nalanda: Situating the Great Monastery" by Frederick M. Asher
- Indian Art and Culture" by Nitin Singhania
- Indian Literature: An Anthology" edited by Amiya Dev
- The Yoga Sutras of Patanjali" translated by Swami Satchidananda
- Ramayana" by Valmiki (translated by various authors)
- The Crest of the Peacock: Non-European Roots of Mathematics" by George Gheverghese Joseph
- Vedic Mathematics" by Jagadguru Swami Sri Bharati Krishna Tirthaji Maharaja
- Aryabhata: Life and Contributions" by K. S. Shukla
- The Story of Pi" by David Blatner
- The Lost River: On the Trail of the Sarasvati" by Michel Danino
- The Indus Civilization: A Contemporary Perspective" edited by Gregory L. Possehl
- The Indian Temple: Tracing the Evolution of Hindu Architecture" by Vinayak Bharne and Krupali Krusche
- Ayurveda: The Science of Self-Healing" by Dr. Vasant Lad
- Ecology and Equity: The Use and Abuse of Nature in Contemporary India" by Madhav Gadgil
- Sushruta Samhita" (ancient Ayurvedic text on surgery)
- Light on Yoga" by B.K.S. Iyenga



PGDYS			Course Code: PGDYS - 208			Semester – II		
Course Name: Patanjali Yog Sutra								
Credit – 04					Maximus Marks (MM) - 200			
Evaluation scheme			Periods			Total Number of Periods -60 hrs.		
IAE	MTE	ETE	L	T	P	Type of Course: Major		
40	40	120	3	1	0			
Objective: -								
<ul style="list-style-type: none"> ➤ Students will gain knowledge about the definition and purpose of Yoga, the importance of Yogasutra, and the concepts of Chitta, Chittavrittis, and Chitta Vikshep. ➤ They will explore the metaphysics of Sankhyadarshana and its relation to Patanjali Yogadarshan. Furthermore, the syllabus aims to introduce the concepts of Ashtanga Yoga, Kriya Yoga, and Vibhuti Pada, enabling students to develop a deeper understanding of Dharna, Dhyana, and Samadhi. 								
Course Outcome: -								
<ul style="list-style-type: none"> ➤ Develop a comprehensive understanding of Yogasutra and Samadhi Pada, including the concepts of Chitta, Chittavrittis, and Chitta Vikshep. ➤ Acquire knowledge of Ashtanga Yoga and Kriya Yoga, and their practical application in daily life. ➤ Cultivate awareness of different types of samadhi and gain insights into the path to Kaivalya, leading to personal growth and spiritual development. 								

इकाई 1: - योगसूत्र का परिचय और समाधि पद - 1

योगसूत्र: परिचय, अन्य योग ग्रंथों की तुलना में योग सूत्र का महत्त्व। योग का अर्थ एवं स्वरूप, चित्त की अवधारणा, चित्तभूमियाँ, चित्त वृत्तियाँ, अभ्यास और वैराग्य रूपी संसाधनों द्वारा चित्त वृत्ति निरोध के उपाय, भवप्रत्यय एवं उपायप्रत्यय की अवधारणा, साधन पंचक, चित्त - विक्षेप (योग अन्तराय) एकतत्व अभ्यास, चित्त- प्रसादन।

इकाई 2: - समाधि पद - 2

समाधि के प्रकार और स्वरूप, अध्यात्मप्रसाद और ऋतंभरा प्रज्ञा सम्प्रज्ञात, असम्प्रज्ञात, सबीज एवं निर्बीज समाधि, समापत्ति और समाधि के मध्य अन्तर, ईश्वर की अवधारणा और ईश्वर के गुण, ईश्वरप्रणिधान की प्रक्रिया।

इकाई 3: - साधन पाद

पतंजलि के क्रियायोग की अवधारणा, क्लेश के सिद्धांत, कर्मा य एवं कर्मविपाक की अवधारणा, दुख का स्वरूप चतुर्व्यूहवाद की अवधारणा, दृश्य निरूपणम्, द्रष्टानिरूपणम्, प्रकृति पुरुश संयोग, योग अष्टांग का संक्षिप्त परिचय, यम-नियम: वितर्क और महाव्रत की अवधारणा, आसन, प्राणायाम, प्रत्याहार और उनकी सिद्धियां।

इकाई 4:- विभूति-पाद :-

धारणा, ध्यान, समाधि का परिचय, संयम का स्वरूप, चित्त-संस्कार की अवधारणा, परिणामत्रय और विभूतियों।

इकाई 5:- कैवल्य पाद: -

सिद्धि के पांच साधन, निर्माण-चित्त की अवधारणा, समाधिजनित सिद्धि का महत्त्व कर्म के चार प्रकार, वासना की अवधारणा, धर्ममेघ समाधि और उसका फल, विवेकख्याति निरूपणम्, कैवल्य निर्वचन।

Reference: -

- योग सूत्र (तत्त्ववैषारदी)- वाचस्पति मिश्र
- योग सूत्र (योग वार्तिक) - विज्ञान भिक्षु
- योग सूत्र (भास्वती टीका)- हरिहरानन्द अरण्य
- योग सूत्र (राजमार्तण्ड)-भोजराज
- पातंजल योग प्रदीप- ओमानन्द तीर्थ
- ध्यान योग प्रकाश- लक्ष्मणानन्द
- पातंजल योग एवं श्री अरविन्द योग का अध्ययन संबंधी अध्ययन - डा0 त्रिलोक चन्द्र
- योगदर्शनम- स्वामीरामदेव, दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार
- योग वशिष्ठ- गीताप्रेस गोरखपुर
- योग वशिष्ठ महारामायण- श्री कृष्णा पंत शास्त्री

PGDYS			Course Code: PGDYS - 209			Semester – II		
Course Name: Yoga Therapy								
Credit – 04				Maximus Marks (MM) - 200				
Evaluation scheme			Periods			Total Number of Periods -60 hrs.		
IAE	MTE	ETE	L	T	P	Type of Course: Major		
40	40	120	3	1	0			
Objective: -								
<ul style="list-style-type: none"> ➤ To know about Yoga Therapy. ➤ To eradicate the misunderstanding about Yoga Therapy. 								
Course Outcome: -								
<ul style="list-style-type: none"> ➤ Independently handle a patient and administer Yoga Therapy. ➤ To explain the relative contribution of Yoga Therapy modern medical sectors. ➤ To explain the sign, symptoms, prevalence and medical management and total rehabilitation with Integrated approach of Yoga Therapy. 								

इकाई -1

योग चिकित्सा का अर्थ व परिभाषा; योग चिकित्सा की अवधारणा; योग चिकित्सा की आवश्यकता, महत्त्व एवं सीमाएँ ; स्वास्थ्य एवं व्याधि की अवधारणा; योग चिकित्सा के सिद्धान्त; योग चिकित्सक के गुण; सामान्य व्याधियों एवं आस्मिक स्वास्थ्य सम्बन्धी आवश्यकताओं में योग चिकित्सक की भूमिका ।

इकाई -2

श्वसन सम्बन्धी विकार एवं यौगिक प्रबंधन- श्वसन संबंधी विकार का परिचय एवं वर्गीकरण । दमा- परिभाषा, कारण, लक्षण एवं यौगिक प्रबंधन । सीओपीडी- कारण, लक्षण एवं यौगिक प्रबंधन ।

हृदय संबंधी विकार एवं यौगिक प्रबंधन - उच्च रक्तचाप व निम्न रक्तचाप की परिभाषा, कारण, लक्षण एवं यौगिक प्रबंधन । कोरोनरी हृदय विकार- परिभाषा कारण लक्षण एवं यौगिक प्रबंधन ।

इकाई -3

मेरुदंड संबंधी विकार एवं यौगिक प्रबंधन- परिचय, वर्गीकरण तथा यौगिक प्रबंधन । पीठ दर्द – वर्गीकरण, परिभाषा, कारण, लक्षण तथा यौगिक प्रबंधन । गर्दन दर्द परिभाषा कारण लक्षण तथा यौगिक प्रबंधन ।

कंकालीय विकार एवं यौगिक प्रबंधन – परिचय, वर्गीकरण, यौगिक प्रबंधन । गठिया- परिभाषा, वर्गीकरण, कारण तथा लक्षण । संधिशोथ गठिया-परिभाषा, कारण, लक्षण तथा यौगिक प्रबंधन । ऑस्टियोआर्थराइटिस – परिभाषा, कारण, लक्षण एवं यौगिक प्रबंधन । गाउट- परिभाषा, कारण, लक्षण एवं यौगिक प्रबंधन ।

इकाई -4

पाचन तंत्र संबंधी विकार एवं यौगिक प्रबंधन- पाचन तंत्र के विकारों का परिचय एवं वर्गीकरण । जठरशोथ – कारण, लक्षण एवं यौगिक प्रबंधन । कब्ज- कारण, लक्षण एवं यौगिक प्रबंधन । अम्लपित्त कारण लक्षण एवं यौगिक प्रबंधन बृहदांत्रशोथ तथा अमाशय फोड़ा- कारण, लक्षण एवं यौगिक प्रबंधन । अंतःस्रावी एवं प्रजनन तंत्र संबंधी विकारों का यौगिक प्रबंधन- मधुमेह टाइप-1 एवं टाइप-2; परिभाषा, कारण, लक्षण एवं यौगिक प्रबंधन । हाइपर/ हाइपोथायरॉडिज्म- कारण, लक्षण एवं यौगिक प्रबंधन । मोटापा कारण लक्षण एवं यौगिक प्रबंधन । रजोनिवृत्ति, मासिक धर्म, एवं गर्भावस्था का यौगिक प्रबंधन ।

इकाई -5

तंत्रिका तंत्र संबंधी विकार एवं यौगिक प्रबंधन - परिचय तथा तंत्रिकातंत्र विकारों का वर्गीकरण । सर दर्द /माइग्रेन- परिभाषा, कारण, लक्षण एवं यौगिक प्रबंधन । मिर्गी- कारण, लक्षण एवं यौगिक प्रबंधन । पार्किन्सन- परिभाषा, कारण, लक्षण एवं यौगिक प्रबंधन । मानसिक विकारों का यौगिक प्रबंधन- परिचय तथा वर्गीकरण । चिंता विकार- परिचय, प्रकार, कारण, लक्षण एवं यौगिक प्रबंधन । तनाव- परिभाषा, कारण लक्षण तथा यौगिक प्रबंधन । अवसाद -परिभाषा, कारण, लक्षण तथा यौगिक प्रबंधन ।

सन्दर्भ सूची -

- Yoga Management of Common Diseases – Dr Swami Karmananda Saraswati
- Yoga for Hypertension and Heart Diseases – Dr H R Nagendra, R Nagaratna, SVYP
- Yoga for Diabetes – Dr H R Nagendra, R Nagaratna, SVYP
- Yoga for Obesity – Dr H R Nagendra, R Nagaratna, SVYP
- Yoga for common disorders- Swami Koormananda Saraswati
- Yoga for Bronchial Asthma – Dr H R Nagendra, R Nagaratna, SVYP
- Yoga for Pregnancy – Dr H R Nagendra, R Nagaratna, Dr Shamanthakamani, SVYP
- Yoga for Digestive Disorders – Dr H R Nagendra, R Nagaratna, SVYP
- Yoga for Arthritis – Dr H R Nagendra, R Nagaratna, SVYP
- Yoga for Back Pain – Dr H R Nagendra, R Nagaratna, SVYP
- Yoga for Depression - Dr H R Nagendra, R Nagaratna, SVYP
- Yoga practices for Anxiety and Depression – Dr H R Nagendra, R Nagaratna, SVYP
- Yoga for Cancer – Dr H R Nagendra, R Nagaratna, SVYP
- Integrated approach of yoga therapy for positive health-Dr. R Nagaratha, Dr. H R Nagendra – SVYP
- Yoga Therapy- Swami Kuvalayanada
- स्वस्थवृत्त विज्ञान एवं यौगिक चिकित्सा – डॉ. राकेश गिरि
- दमा, मधुमेह और योग – स्वामी सत्यानन्द सरस्वती
- रोग और योग – डॉ. स्वामी कर्मानंद सरस्वती
- योग और मानसिक स्वास्थ्य – सुरेश वर्णवाल

PGDYS			Course Code: PGDYS - 210			Semester – II		
Course Name: Alternative Therapy								
Credit – 04					Maximus Marks (MM) - 200			
Evaluation scheme			Periods			Total Number of Periods -60 hrs.		
IAE	MTE	ETE	L	T	P	Type of Course: Major		
40	40	120	3	1	0			
Objective: -								
<ul style="list-style-type: none"> ➤ This course aims to provide students with a foundational knowledge of diverse alternative therapies, their principles, methods, and effects on health. By the end of the course, students will be able to understand and appreciate the holistic approaches of these therapies and their potential contributions to overall well-being. 								
Course Outcome: -								
<ul style="list-style-type: none"> ➤ Upon completion of this course, students will be equipped with a comprehensive understanding of various alternative therapies, enabling them to critically evaluate and apply these approaches to enhance holistic health and wellness, while also fostering an appreciation for the integration of traditional and modern healing methods. 								

Unit-1 वैकल्पिक चिकित्सा का परिचय:

वैकल्पिक चिकित्सा का संक्षिप्त इतिहास और उत्पत्ति, वैकल्पिक चिकित्सा का परिचय, अर्थ और प्रणाली, वैकल्पिक - चिकित्सा के क्षेत्र, वैकल्पिक चिकित्सा का महत्व, वैकल्पिक चिकित्सा के सिद्धांत। एक्यूप्रेसर चिकित्सा - परिचय, अर्थ और विधियाँ, सिद्धांत, दबाव की विधि, उपकरण और सावधानियाँ और विभिन्न बीमारियों पर प्रभाव।

Unit-2 प्राणिक चिकित्सा:

प्राणिक चिकित्सा: अर्थ, परिभाषा और प्राणों के प्रकार। प्राणिक चिकित्सा का परिचय, इतिहास, और सिद्धांत। प्राणिक ऊर्जा केंद्र, प्राणिक चिकित्सा के विभिन्न तरीके, प्राणिक चिकित्सा में रंगों और चक्रों का महत्व, विभिन्न बीमारियों में प्राणिक चिकित्सा का प्रभाव।

Unit-3 चुंबक चिकित्सा:

चुंबक चिकित्सा का अर्थ, परिभाषा, प्रकृति, क्षेत्र, सीमाएँ और सिद्धांत। विभिन्न प्रकार के चुंबक, चुंबक चिकित्सा की विधियाँ, विभिन्न बीमारियों में चुंबक चिकित्सा का प्रभाव।

Unit-4 यज्ञ चिकित्सा:

यज्ञ चिकित्सा का अर्थ और परिभाषा। यज्ञ चिकित्सा के सिद्धांत, क्षेत्र और सीमाएँ। यज्ञ चिकित्सा में बीमारियों के अनुसार हवन सामग्री का उपयोग और तैयारी। यज्ञ चिकित्सा की वैज्ञानिक पृष्ठभूमि।

Unit-5 स्वर चिकित्सा:

स्वर चिकित्सा की अवधारणा और उद्देश्य। स्वर का अर्थ, प्रकृति और प्रकार। स्वर चिकित्सा के सिद्धांत। नाड़ियों की सामान्य जानकारी। पाचन समस्या, कब्ज, अस्थमा, अम्लता, सामान्य सर्दी, उच्च और निम्न रक्तचाप, मोटापा, अनिद्रा के लिए स्वर चिकित्सा।

Reference book

- Dr. Atar Singh: Accupressure-Prakritik Upachar, Acupressure Health Care Systems, 2019.
- Dr. Dhiren Gala: Be Your Own Doctor with Acupressure, Navneet Publications, 2000.
- Dr. Asha Maheshwari: Sujok Therapy, Acupressure Health Care Systems, 2015.
- Master Chao Kok Sui: Miracles through Pranic Healing, Institute for Inner Studies Publishing Foundation, 2012.
- Master Chao Kok Sui and Benny Gantioqui: Pranic Psychotherapy, Institute for Inner Studies Publisher, 2000.
- Dr R.S. Bansal and Dr H.L. Bansal: Magnetic Cure for Common Disease, Orient Paperbacks, 1990.
- Dr. Nanu Bhai Painter: The Textbook of Magnetotherapy,
- Prof. Ram Harsh Singh: Swasthyavritta Vigyan, Chaukhambha Publisher, Varanasi, 2017.
- Dr. Hiralal: Aahar Aur Swasthya, Awaran Shilpi Publisher, 1977.
- Dr. Pranav Pandya: Reviving the Vedic Culture of Yagya, Yug Nirman Yojana Vistar Trust, 2009.
- "आयुर्वेदिक घरेलु उपचार" by डॉ. राजेश डीआर
- "प्राण विज्ञान और चिकित्सा" by डॉ. बी.आर. चौधरी
- "योगदर्शन" by स्वामी सत्यानंद सरस्वती
- "जड़ी-बूटियों से चिकित्सा" by डॉ. विक्रम चौधरी
- "प्राकृतिक उपचार और योग" by रवि शंकर

PGDYS			Course Code: PGDYS - 211			Semester – II		
Course Name: Practical (Skill)								
Credit – 04						Maximus Marks (MM) - 200		
Evaluation scheme			Periods			Total Number of Periods-105 hrs.		
IAE	MTE	ETE	L	T	P	Type of Course: Skill		
40	40	120	0	1	3			
Objective: -								
➤ Attain holistic well-being by cleansing the body, enhancing physical vitality, and achieving mental clarity through yoga practices encompassing asanas, pranayama, mudras, and meditation.								
Course Outcome: -								
➤ Enhanced physical and mental well-being through purification, flexibility, breath control, energy channeling, and spiritual connection.								

षट्कर्म: -

सूत्रनेति, अग्निसार, शीतक्राम और व्यूत्क्राम (इनवर्स) कपालभाति।

आसन: -

उत्कटासन, पश्चिमोत्तानासन, चक्रासन, वृषभासन, नटराजासन, कुक्कुटासन, कूर्मासन, वक्रासन, हस्त पादांगुष्ठासन, पर्वतासन, अकरनधनुरासन, भू नामानासन, बद्ध पद्मासन, कोणासन, अष्टावक्रासन, वायतनासन, तुलासन, व्याघ्रासन, गुप्तपादासन, गर्भासन, तिर्यकभुजंगासन, सर्पासन, अर्धचंद्रासन, परिवृत्त जानुशीर्षासन, संकटासन।

प्राणायाम: -

सूर्यभेदी, चंद्रभेदी, उज्जायी, बाह्यवृत्ति, आभ्यंतरवृत्ति।

मुद्रा और बंध: -

शांभवी, तड़ागी, काकी मुद्रा और महाबंध हस्त मुद्रा, प्राण और अपान मुद्रा

मंत्र और ध्यान: -

देवयज्ञ मंत्र- अर्थ, याद करना और उच्चारण

साक्षात्कार

PGDYS			Course Code: PGDYS - 212			Semester – II		
Course Name: Health and Wellness								
Credit – 02						Maximus Marks (MM) – 100		
Evaluation scheme			Periods			Total Number of Periods-30 hrs.		
IAE	MTE	ETE	L	T	P	Type of Course: IDC		
20	20	60	2	0	0			
Objective: -								
<ul style="list-style-type: none"> ➤ Explore and compare various traditional Indian medical practices. ➤ Examine historical development and key principles of āyurveda, siddha, and yoga. ➤ Understand disease classification and treatment approaches in these systems. ➤ Assess the modern significance and potential integration of traditional practices in healthcare. 								
Course Outcome: -								
<ul style="list-style-type: none"> ➤ Possess a holistic understanding of diverse Indian medical practices. ➤ Analyze core principles and historical evolution of āyurveda, siddha, and yoga. ➤ Apply knowledge of disease classification and treatment modalities. ➤ Evaluate the contemporary relevance of traditional systems in global healthcare. 								

इकाई-1

डबल्यूएचओ और आयुर्वेद के अनुसार स्वास्थ्य की परिभाषा, योग का सामान्य परिचय, अर्थ और परिभाषा। योग की उत्पत्ति, इतिहास और विकास, योग का स्वरूप। योग का लक्ष्य और उद्देश्य स्वास्थ्य कल्याण के लिए योग चिकित्सा। अष्टांग योग, हठ योग का सामान्य परिचय।

इकाई-2

आयुर्वेद के मौलिक अवधारणाएँ - दोष-धातु-मल सिद्धांत। स्वास्थ्य की परिभाषा (स्वस्थवृत्त), दैनिक दिनचर्या (दिनचर्या), मौसमिक दिनचर्या (ऋतुचर्या), अच्छा आचरण (सद्बृत्त) की परिभाषा।

इकाई-3

व्याधि की परिभाषा और वर्गीकरण - आधिदैविक, आध्यात्मिक, आधिभौतिक, आयुर्वेद में उपचार की विधियाँ, आयुर्वेद के आठ अंग, आधुनिक समय में आयुर्वेद की उपयोगिता।

इकाई-4

आयुर्वेद, योग, भारत में ज्ञान: लोक और जनजाति चिकित्सा पौधे, घरेलू उपाय, प्राथमिक स्वास्थ्य देखभाल, अस्थि चिकित्सक, पारंपरिक जन्म दाई, विष चिकित्सक

इकाई-5

आसनों के स्वास्थ्य लाभ। प्राणायाम के स्वास्थ्य लाभ। ध्यान के स्वास्थ्य लाभ। शरीर को शुद्ध करने के तरीके षट्कर्म और पंचकर्म। आधुनिक समय में योग चिकित्सा का उपयोग।

Reference Books: -

- "The Complete Book of Ayurvedic Home Remedies" by Vasant Lad
- "Ayurveda: The Science of Self-Healing" by Dr. Vasant Lad
- "Siddha Medicine" by V. Sankaranarayanan
- "Siddha Medicine: A Handbook of Traditional Remedies" by S. Thamizh Vendan
- "The Heart of Yoga: Developing a Personal Practice" by T.K.V. Desikachar
- "Light on Yoga" by B.K.S. Iyengar
- "The Yoga Bible" by Christina Brown
- "Ayurveda: The Divine Science of Life" by Todd Caldecott
- "Textbook of Ayurveda: Fundamental Principles" by Vasant Lad and David Frawley
- "Siddha Maruthuvam" by Dr. Thillai Vallal
- "The Yoga Sutras of Patanjali" by Swami Satchidananda
- "Ayurveda: Nature's Medicine" by David Frawley

PGDYS			Course Code: PGDYS - 213			Semester – II		
Course Name: Yoga and Health Management								
Credit – 02					Maximus Marks (MM) - 100			
Evaluation scheme			Periods			Total Number of Periods-30 hrs.		
IAE	MTE	ETE	L	T	P	Type of Course: IKS		
20	20	60	2	0	0			
Objective: -								
<ul style="list-style-type: none"> ➤ To provide knowledge about Theistic Philosophy and Anti-Theistic Philosophy ➤ To enhance the understanding about philosophical terminology 								
Course Outcome: -								
<ul style="list-style-type: none"> ➤ A comprehensive understanding of Indian philosophy and culture. ➤ Students would be able to define philosophy and understand its role in human life. ➤ Students would understand the salient features of Indian culture, such as the four goals of life, four stages of life, caste system, law of karma, and various sacraments and sacrifices. ➤ Overall, this syllabus would equip students with a deep understanding of Indian philosophy and culture, helping them appreciate the rich intellectual and cultural heritage of India. ➤ They will be familiar Shad-darshan's. 								

इकाई 1. स्वस्थवृत्त का परिचय

स्वस्थवृत्त का सामान्य परिचय, स्वास्थ्य की अवधारणा एवं परिभाषा, स्वस्थ मनुष्य के लक्षण, स्वस्थवृत्त का उद्देश्य, त्रिस्तंभ की अवधारणा, दिनचर्या - मुखशोधन, व्यायाम - परिभाषा, प्रकार और लाभ, स्नान और उसके प्रकार, अभ्यंग (मालिश) - इसका अर्थ, प्रकार और इसका महत्व

इकाई 2. रात्रिचर्या, ऋतुचर्या और वेग की अवधारणा

रात्रिचर्या-निद्रा और ब्रह्मचर्य, ऋतुचर्या-ऋतु विभाजन, ऋतु के अनुसार दोषों का संचय, प्रकोप और प्रशमन, धारणीय और अधारणीय वेग

इकाई 3. आहार का परिचय

आहार का सामान्य परिचय एवं परिभाषा, आहार की विशेषताएँ, आहार - संतुलित आहार की मात्रा, समय और अवधारणा, दुग्ध आहार, फल आहार और इसके लाभ, मिताहार, यौगिक आहार, उपवास और इसके लाभ, शाकाहारी भोजन के लाभ और मांसाहारी भोजन के नुकसान

इकाई 4. पोषण और खाद्य तत्वों का परिचय

भोजन और पोषण की मूल अवधारणा और घटक, स्थूल और सूक्ष्म पोषक तत्व - स्रोत कार्य और शरीर पर प्रभाव, संतुलित आहार, प्रोटीन, कार्बोहाइड्रेट, वसा, विटामिन, खनिज - स्रोत, भूमिकाएँ और आवश्यकताएँ और जल, कुपोषण-अर्थ, मानव शरीर पर प्रभाव, विटामिन की कमी से होने वाले विकार

REFERENCE BOOKS :-

1. Principles of Nutrition - E.D Wilson
2. Swasthavritta Vigyan – Dr. Ramharsha singh
3. Secret of Ayurveda - Acharya Balkrishan
4. Aahaar evam Poshan – J.PShelli
5. Dietics – Sri Lakshmi





English Medium

PGDYS			Course Code: PGDYS - 201			Semester - I		
Course Name: Fundamentals of Yoga								
Credit – 02					Maximus Marks (MM) - 100			
Evaluation scheme			Periods			Total Number of Periods-30 hrs.		
IAE	MTE	ETE	L	T	P	Type of Course: Minor		
20	20	60	2	0	0			
Objective: - <ul style="list-style-type: none"> ➤ To equip the student's basics of Yoga ➤ Students will familiarize themselves with Yogic terminology. 								
Course Outcome: - <ul style="list-style-type: none"> ➤ Understanding the meaning, definition, origin, history, and development of Yoga. ➤ Understanding the nature, aim, and objectives of Yoga and its relevance and scope in the modern age. ➤ Clearing misconceptions about Yoga and the differences between Yogic and non-yogic systems of exercises. ➤ Knowing the important Yogis and their practices in ancient, medieval, modern, and contemporary times. ➤ Upon successful completion of this course, students will be able to Know the difference between Hath Yoga and Raj Yoga. ➤ How many types of Yoga is there in our ancient literature? 								

Unit-1: General Introduction to Yoga

General introduction, meaning, and definition of Yoga; Origin, history, and development of Yoga; Nature of Yoga; Goals and objectives of Yoga; Relevance and scope of Yoga in the modern age; Misconceptions related to Yoga and their solutions; Difference between Yoga exercises and physical exercises.

Unit-2: Nature of Yoga in Various Scriptures

Nature of Yoga in the Vedas and Upanishads; Nature of Yoga in Nyaya, Vaisheshika, Sankhya, Mimamsa, Vedanta, Buddhist, and Jain philosophies; Nature of Yoga in Ayurveda and the Bhagavad Gita.

Unit-3: Various Methods of Yoga

Hatha Yoga, Raja Yoga, Mantra Yoga, Laya Yoga, Karma Yoga, Jnana Yoga, Bhakti Yoga; Buddhist and Jain Yoga traditions.

Unit-4: Introduction to Yogis and Their Practices

Ancient Period: Maharshi Patanjali, Guru Gorakhnath; Medieval Period: Kabir Das, Tulsidas, Surdas, Swami Charandas, Baba Balak Nath, Mahavatar Baba; Modern Period: Swami Vivekananda, Sri Aurobindo, Maharshi Dayanand Saraswati, Swami Shraddhanand; Contemporary Period: Swami Sivananda Saraswati, Swami Rama, Swami Satyananda, Swami Kunalayananda, Neem Karoli Baba, Pt. Shri Ram Sharma Acharya

Unit-5: Brief Introduction to Major Yoga Institutes in India

Kaivalyadhama, Lonavala; Bihar Yoga Bharati, Munger; Morarji Desai National Institute of Yoga, New Delhi; Swami Vivekananda Yoga Anusandhana Samsthana, Bengaluru; Patanjali Yogpeeth, Haridwar; Gurukul Kangri Vishwavidyalay, Haridwar; Dev Sanskriti Vishwavidyalay, Haridwar.

REFERENCE BOOKS:

- स्वामी विज्ञानानंद सरस्वती, योग विज्ञान, योग निकेतन ट्रस्ट, ऋषिकेश-1998
- राजकुमारी पांडेय, भारतीय योग परंपरा के विविध आयाम, राधा प्रकाशन, नई दिल्ली-2008
- स्वामी विवेकानंद, ज्ञान-भक्ति-कर्म-योग और राजयोग, अद्वैत आश्रम, कलकत्ता-2000
- डॉ० कामाख्या कुमार, योग महाविज्ञान, Standard Publisher, New Delhi
- कल्याण (योगाङ्क), गीताप्रेस गोरखपुर -2002
- कल्याण (योग तत्वांक), गीताप्रेस गोरखपुर-1991
- डॉ० ईश्वर भारद्वाज, औपनिषदिक अध्यात्म विज्ञान, सत्यम पब्लिकेशन्स, उत्तम नगर नई दिल्ली
- आचार्य बालकृष्ण, योग विज्ञानम्, पतंजलि योगपीठ हरिद्वार
- स्वामी दिव्यानंद, वेदों में योग विद्या
- आचार्य बलदेव उपाध्याय, भारतीय दर्शन
- विश्वनाथ मुखर्जी, भारत के महान योगी
- स्वामी शिवानंद, संत चरित
- The Yoga tradition, Motilal Banarsidass
- K.S. Joshi - Yoga in Daily Life, Orient Paper Back Publication, New Delhi
- S.P. Singh - History of Yoga - PHISPC, Center for Studies of Civilization, Delh.
- S. P. Singh and Yogi Mukesh - Foundation of Yoga, Standard Publishers, New Delhi

PGDYS			Course Code: PGDYS - 202			Semester - I		
Course Name: Yogic texts of Yoga								
Credit – 02						Maximus Marks (MM) - 100		
Evaluation scheme			Periods			Total Number of Periods-30 hrs.		
IAE	MTE	ETE	L	T	P	Type of Course: Minor		
20	20	60	2	0	0			
Objective: -								
<ul style="list-style-type: none"> ➤ It aims to provide a comprehensive understanding of the philosophical and spiritual concepts presented in these texts. Through the exploration of Upanishads, students will grasp the nature of yoga, self-realization, and the profound knowledge of Brahman. ➤ The study of the Bhagavad Gita will further deepen their understanding of different paths of yoga, the nature of devotion, and the goal of salvation. 								
Course Outcome: -								
<ul style="list-style-type: none"> ➤ Develop a comprehensive understanding of the principles and teachings of Upanishads and the Bhagavad Gita. ➤ Gain insights into the nature of yoga, self-realization, and spiritual concepts presented in these texts. ➤ Apply the knowledge acquired to enhance their philosophical and spiritual perspectives, fostering personal growth and a deeper appreciation of Indian literature and wisdom. 								

Unit 1: The Form of Yoga in Major Upanishads - I

Meaning and Definition of Upanishad: The place of Upanishads in Indian literature; Introduction to Ten Major Yoga-Based Upanishads; Isha Upanishad: Devotion to karma, knowledge and ignorance, the nature of Brahman, summary of the entire Upanishad; Kena Upanishad: Power, senses, and the mind, self and mind, realization of truth, transcendental truth, moral message from the tale of Yaksha.; Chandogya Upanishad: Meditation on Om (Udgitha), Sandilya Vidya; Brihadaranyaka Upanishad: Dialogue between Yajnavalkya and Maitreyi.

Unit 2: The Form of Yoga in Major Upanishads - II

Katha Upanishad: Definition of yoga, analysis of the Yama-Nachiketa story; Prashna Upanishad: Prana and Rayi, five pranas; Mundaka Upanishad: Two paths to Brahma Vidya - Para Vidya and Aparā Vidya, main characteristics of Brahma Vidya, penance and devotion to the guru, center of creation, purpose of meditation is Brahman; Mandukya Upanishad: Four states of consciousness and their relation to Om. Aitareya Upanishad: Soul, universe, and Brahman; Taittiriya Upanishad: Five sheaths, teachings of the acharya (convocation), brief description of Shiksha Valli, Ananda Valli, Bhriugu Valli.

Unit 3: Introduction to Yogic Texts

Hatha Pradipika; Gheranda Samhita; Shiva Samhita; Hatha Ratnavali; Siddha Siddhanta Paddhati

Unit 4: Elements of Yoga in the Bhagavad Gita - I

General Introduction to the Bhagavad Gita; Definitions of Yoga in the Bhagavad Gita; Utility and Pervasiveness of Yoga in the Bhagavad Gita; Nature of the Soul According to the Bhagavad Gita; Steadfastness of Wisdom: Sankhya Yoga (Chapter 2); Karma Yoga: Characteristics of a yogi (Chapter 3); Form of Yajna and its Relation to Yoga (Chapter 4); Sannyasa Yoga and Nature of Karma (With Desire and Without Desire, Chapter 5); Dhyana Yoga (Chapter 6).

Unit 5: Elements of Yoga in the Bhagavad Gita - II

Nature of Devotion (Chapter 12); Meaning and Purpose of Bhakti Yoga; Nature of Three Gunas and Prakriti; Three Types of Faith; Diet of a Yoga Practitioner, Classification of Diet (Chapter 14 and 17); Divine and Demonic Properties (Chapter 16); Teachings on Liberation (Chapter 18).

REFERENCE BOOKS:

- 108 Upanishad by Pandit Shree Ram Sharma Acharya
- Shree Bhagwat Geeta by Geeta Press Gorakhpur
- श्रीमद्भगवद्गीता- महर्षि वेदव्यास
- श्रीमद्भगवद्गीता- आचार्य शंकर
- श्रीमद्भगवद्गीता- लोकमान्य तिलक
- श्रीमद्भगवद्गीता- सत्यव्रत सिद्धानालंकार
- कल्याण योगांक--गीता प्रेस, गोरखपुरा
- कल्याण (योग तत्वांक)- गीता प्रेस, गोरखपुरा
- वेदों में योग विद्या- योगेन्द्र पुरुषार्थी ।
- योग मनोविज्ञान - शान्ति प्रकाश आत्रेय ।
- उपनिषदों में सन्यास योग- डॉ. ईश्वर भारद्वाज ।

PGDYS			Course Code: PGDYS - 203			Semester - I		
Course Name: Principle of Hath Yoga								
Credit – 04					Maximus Marks (MM) - 200			
Evaluation scheme			Periods			Total Number of Periods-60 hrs.		
IAE	MTE	ETE	L	T	P	Type of Course: Major		
40	40	120	3	1	0			
Objective: - <ul style="list-style-type: none"> ➤ The objectives of Hatha Yoga encompass achieving physical health, mental clarity, and spiritual growth through a combination of asanas, pranayama, shatkarma practices, and meditation techniques. Additionally, Hatha Yoga aims to harmonize the body and mind, paving the way for self-realization and inner peace. 								
Course Outcome: - <ul style="list-style-type: none"> ➤ Enhanced Well-being: Practicing Hatha Yoga can lead to improved physical health, increased flexibility, reduced stress, and a calmer mind. ➤ Inner Transformation: Regular engagement with Hatha Yoga techniques can facilitate spiritual growth, self-awareness, and a deeper connection to one's inner self. 								

Hathpradipika

Unit-1: Nature of Hatha Yoga - Meaning, Definition, Aims and Objectives of Hatha Yoga; Proper place for practice, Season, Time, Pathyapatha instructions for practicing yoga, Mitahar; Seekers and obstacles in spiritual practice; Symptoms of Hathasiddhi ; Usefulness of Hatha Yoga.

Unit-2: Method and benefits of Asanas described in Hathapradipika. Definition, Types, Methods and Benefits of Pranayama and Usefulness of Pranayama. Shatkarma Description - Method and benefits of Dhauti, Basti, Neti, Nauli, Tratak and Kapalbhathi. Bandha and Mudra – Definition, Types, Methods and Benefits. Nadanusandhan, Kundalini Nature and Ways of Awakening.

Gheranda Samhita

Unit-3: Concept of Ghat, Saptasadhana; The method and benefits of Shatkarma -Dhauti, Basti, Neti, Nauli, Tratak, Kapalbhathi described in the Gheranda Samhita. Methods, benefits and precautions of Asanas mentioned in the Gheranda Samhita.

Unit-4: Methods, benefits and precautions of Pranayama mentioned in

Gheranda Samhita. The concept, definition, types, method and benefits of Pratyahara, Perception and Meditation and Samadhi described in the Gheranda Samhita.

Other Yogic Texts

Unit-5: Introduction: Shiva Samhita, Vashishtha Samhita, Siddha Siddhanta Paddhati, Hatharatnavali and Goraksha Samhita. Explanation of Shatkarma, Asana, Pranayama, Mudra-Bandha and Meditation.

REFERENCE BOOKS:

- Hathayogapradipika - Kaivalyadhaam Lonavala.
- Basand code code - Kaivalyadhaam Lonavala.
- Yoga Sadhana and Yoga Medicine Secrets - Swami Ramdevji (Divine Yoga Published, Patanjali Yogpeeth)
- Hathayoga Pradipika - Publisher Kaivalyadhaam Lonavala
- Sarkand Samhita - Publisher Kaivalyadham Lonavala
- Goraksh Samhita - Gorakshanath
- Bhakti Sagar - Swami Charan Das
- Bahiranga Yoga - Swami Yogeshwarananda
- Yogasana Science - Swamindra Brahachari



PGDYS			Course Code: PGDYS - 204			Semester - I
Course Name: Human Anatomy, Physiology & Yoga						
Credit – 04				Maximus Marks (MM) - 200		
Evaluation scheme			Periods			Total Number of Periods-60 hrs.
IAE	MTE	ETE	L	T	P	Type of Course: Major
40	40	120	3	1	0	
Objective: -						
<ul style="list-style-type: none"> ➤ To know about human body systems. ➤ How Yogic practices do impact our body systems? 						
Course Outcome: -						
<ul style="list-style-type: none"> ➤ Upon successful completion of this course, students will be able to: ➤ Anatomy and physiology of different parts of the body. ➤ Explain the impact of Yogic practices on body systems. 						

Unit 1: Introduction to Cells, Tissues, and the Body:

Definition of the body; main divisions of the human body; concepts of cells, tissues, and organs, and basic information about them (structure, main components, and functions of cells; types, structure, and functions of tissues; major organs and their functions).

Digestive System: Definition, structure, and functions of the digestive system; physiological process of digestion of carbohydrates, proteins, and fats; structure and functions of the liver and pancreas.

Unit 2: Skeletal System:

Definition of bones, types of bones, number of bones, structure, and functions of bones; cartilage - types, locations, and functions; joints - definition and types; structure and functions of the knee and vertebrae.

Muscular System: Introduction to muscles, types, structure, and number of muscles; main components and functions of skeletal muscles; brief description of all major muscles of the body including those of the head, neck, upper, and lower limbs.

Unit 3: Respiratory System:

Definition, structure, and functions of the respiratory system; types of respiration, gaseous exchange in the lungs, respiratory rate, and various types of respiratory volumes and capacities.

Circulatory System: Definition of blood, structure of blood, functions of blood, differences between arteries and veins; structure and functions of the heart, cardiac cycle, concept, and types of blood pressure; heart rate and pulse rate.

Unit 4: Excretory System:

Meaning of excretion, structure of the excretory system, structure and functions of the kidneys, structure of nephron, composition of urine.

Endocrine System: Concept of endocrine glands, difference between endocrine and exocrine glands, definition of hormones, difference between enzymes and hormones, functions of hormones; locations, hormones, and

functions of major glands (pituitary gland, pineal gland, thyroid gland, parathyroid gland, adrenal gland, testes, and ovaries).

Unit 5: Nervous System:

Divisions of the nervous system, structure of the brain (external and internal), divisions of the brain and their functions, structure and functions of the spinal cord, autonomic nervous system, peripheral nervous system, and general information about various types of nerves.

Information on the physiological and functional effects of yogic practices (Yama-Niyama, Shatkarmas, Asanas, Pranayama, Mudras-Bandhas, and meditation) on various systems.

सन्दर्भ सूची -

Chaurasia, B.D.: Human Anatomy vol. I, II, III, CBS Publishers New Delhi.

Byas Deb Ghosh : Human anatomy for students, Jaypee Brothers, New Delhi.

J. L. Smith, R. S. Winwood, W. G. Sears : Anatomy and Physiology for Nurses. Hodder Education.

Gore. M.M.: Anatomy and Physiology of Yogic Practices, New Age Books New Delhi.

Jain, A.K.: Basic Anatomy and Physiology, APC publications.

मानव शरीर रचना एवं क्रिया विज्ञान – प्रो.(डॉ.) अनन्त प्रकाश गुप्ता

सुश्रुत (शरीर स्थान)- डॉ. भास्कर गोविन्द घाणेकर

शरीर रचना विज्ञान - डॉ. मुकुन्द स्वरुप शर्मा

शरीर क्रिया विज्ञान - डॉ. प्रियवृत्त शर्मा

शरीर रचना व क्रिया विज्ञान - डॉ. एस. आर. वर्मा

PGDYS			Course Code: PGDYS - 205			Semester - I		
Course Name: Practical (Skill)								
Credit – 04						Maximus Marks (MM) - 200		
Evaluation scheme			Periods			Total Number of Periods-105 hrs.		
IAE	MTE	ETE	L	T	P	Type of Course: Skill		
40	40	120	0	1	3			
Objective: -								
<ul style="list-style-type: none"> ➤ Attain Holistic Wellness: Learn and practice yoga techniques encompassing cleansing, postures, breath control, and gestures for overall health. ➤ Enhance Vitality through Yoga: Develop physical flexibility, mental focus, and energy flow via asanas, pranayama, and mudras/bandhas. 								
Course Outcome: -								
<ul style="list-style-type: none"> ➤ Physical Mastery: Improved flexibility, strength, and breath awareness through yoga practices like asanas and pranayama. ➤ Mental Clarity: Enhanced mindfulness and balance achieved by incorporating meditation and breath control techniques. 								

Shatkarma: -

Jalneti, Rabarneti, Vamana Dhauti / Kunjar Kriya, Vatkarma, Kapalbhathi.

Asana: -

SukshmaVyayam (Pawan mukta Asana) -1, Yogic Jogging, 12 Asanas (Mandukasana, Shashakasana, Gomukhasana, Vakrasana, Makarasana, Bhujangasana, Shalabhasana, Markatasana, Pawanmuktasana, Halasana, Padvrittasana, Dwi-Chakrikasana and Shavasana) Siddhasana, Kati chakrasana, Ardhalasana, Padmasana, Vajrasana, Swastikasana, Veerasana, Udarakarsansana, Bhadrasana, Janushirasana, Ardhamatsyendrasana, Gomukhasana, Ustrasana, Uttanapadasana, Naukasana, Sarvangasana, Halasana, Matsyasana, Suptavajrasana, Chakrasana, Tadasana, TiryakTadasana, Ek paadpranamasana, Vrikshasana, Garudasana, Hastotansana, Padahastasana, Trikonasana, Ardhadhanurasana, Marjari asana, Ardhashalbhasana, Bhujangasana, Makarasan, Shavasana, Samakonasana, Bakasana, Sarpasana, Hanumanasana, Sukhasana, Ardhpadasana, Ek Pada Halasana, Setubandhasana, Markatasana, Shashankaran, Vipreetnaukasana, Dwikonasana, Parshvatanasana, Singhasana.

Pranayama: -

Diaphragmatic Breathing,

Pranayama: Kapalbhathi, Bhastrika, Bahya, Ujjayi, Anulom-Vilom, NadiShodhan, Bhramari and Udghith

Mudra & Bandha:

Jnana Mudra, Chin Mudra, Vipreet Karni Mudra, Yog Mudra, Jalandhar Bandh, Uddiyan Bandh, Moolbandha –

Viva: Ishwar Stuti Prarthnopasana-

PGDYS			Course Code: PGDYS - 206			Semester - I		
Course Name: Introduction of Yoga								
Credit – 02						Maximus Marks (MM) - 100		
Evaluation scheme			Periods			Total Number of Periods-30 hrs.		
IAE	MTE	ETE	L	T	P	Type of Course: ICD		
20	20	60	2	0	0			
Objective: -								
<ul style="list-style-type: none"> ➤ The course "Introduction to Yoga" offers a comprehensive exploration of yoga, an ancient practice that harmonizes the mind, body, and spirit. This course aims to provide students with a foundational understanding of yoga's principles, history, and benefits, while also introducing practical techniques for incorporating yoga into daily life. By the end of this course, students will have a well-rounded grasp of yoga's diverse aspects and its potential for enhancing overall well-being. 								
Course Outcome: -								
<ul style="list-style-type: none"> ➤ To make the student understand the definition, history and relevance of yoga. To make the student aware of the main elements of yoga philosophy 								

Unit-1: Form of Yoga –

Concept, Meaning and Definitions of Yoga, Brief History, Traditions (Vedic, Hatha) and Relevance of Yoga. Four Streams of Yoga: Karma Yoga, Bhakti Yoga, Raja Yoga, Jnana Yoga Objectives, Principles and Misconceptions of Yoga

Unit II: Yoga Psychology –

Concept and meaning of Chitta, Stages of Chitta (Bhumi), Chitta Vrittis,

Various methods of Vritti control, Chitta Vikshepa, Vikshepa Sahbhava, Chitta Prasadana and Pancha Klesha.

Unit III: Introduction to the Life of Yogis –

Maharishi Patanjali, Adi Shankaracharya, Gorakhnath, Baba Balaknath, Swami Dayanand Saraswati, Swami Vivekananda, Shyama Charan Lahiri, Swami Shivanand Saraswati, Pt. Shri Ram Sharma Acharya.

Unit IV: Introduction to Yoga Texts –

Patanjal Yoga Sutra, Shrimad Bhagavad Gita, Brief Introduction - Yogopanishad and Shaddarshan • Hatha Yoga Pradipika, Gheranda Samhita.

Unit V: The Main Elemental Epistemology Metaphysics of Yoga Philosophy-

Concept of Purush-Prakruti in Yoga Philosophy Twenty-five qualities of nature Form of Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi, Kriya Yoga, Kaivalya, Kaivalya Attainment.

REFERENCE BOOKS: -

Yogadarshanam (487 with Hindi commentary, Arthavanprastha Ashram Jwalapur (Haridwar).

Yoga Science - Swami Vigyananand Saraswati.

Yoga Philosophy - Swami Satyananda Saraswati.

Saint Mahatma of India - Ram Lal.

Great Yogi of India - Vishwanath Mukherjee.

Yoga Element of Kalyan - Gita Press Gorakhpur.

Patanjal Yoga Pradeep - Omanand Teerth.

Shrimad Bhagwad Gita Press, Gorakhpur.

PGDYS			Course Code: PGDYS - 207			Semester - I		
Course Name: IKS								
Credit – 02						Maximus Marks (MM) - 100		
Evaluation scheme			Periods			Total Number of Periods-30 hrs.		
IAE	MTE	ETE	L	T	P	Type of Course: IKS		
20	20	60	2	0	0			
Objective: -								
➤ Indian Knowledge System is very vast, and Centre for yoga studies was a centre of that. So as a M.A students of Centre for yoga studies we should know about this rich tradition of Indian Knowledge.								
Course Outcome: -								
➤ The course familiarizes the students with different Indian school of thoughts in different disciplines. This course will give emphasis on eminent Indian Scholars of different disciplines.								

Unit-1: Development of Indian Civilization and Knowledge Systems:

Ancientness of Civilization: The antiquity of civilization; Discovery of the Saraswati River: Exploration of the Saraswati River; Saraswati-Sindhu Civilization: The Saraswati-Sindhu Civilization; Traditional Knowledge Systems: Traditional systems of knowledge; Vedas: The Vedas; Philosophy Schools (6+3): Schools of philosophy (6 orthodox and 3 heterodox); Ancient Education Systems: The education systems of ancient times; Takshashila University: The Takshashila University; Nalanda University: The Nalanda University.

Unit-II: Art, Literature, and Scholarly Arts in Ancient India:

Music and Dance: Music and dance; Nataraja – Indian Art Literature: Nataraja and Indian art literature; Augustya, Lopamudra, Ghosh, Valmiki, Patanjali, Veda Vyasa, Yajnavalkya, Gargi, Charaka, Sushruta, Kanada, Kautilya, Panini, Thiruvalluvar, Aryabhata's Masterpiece, Bhaskacharya, Madhavacharya: Prominent figures in ancient Indian art, literature, and scholarship.

Unit-III: Ancient Indian Contributions to Science and Mathematics:

Rishi Agastya's Battery Model: The model of a battery proposed by Rishi Agastya; Vedic Cosmology and Modern Concepts: Vedic cosmology and modern concepts; Concepts of Zero and Pi: The concepts of zero and pi; Numeration Systems: Indian numeration systems; Pythagoras Theorem and Vedic Mathematics: Pythagoras' Theorem and Vedic mathematics; Kerala School of Mathematics: The Kerala School of Mathematics; History of Astronomy: The history of astronomy; Indian Astronomical Concepts of Day, Year, and Yuga: Indian astronomical concepts of day, year, and yuga.

Unit-IV: Ancient Indian Engineering Technology and Architecture:

Pre-Harappan and Indus Valley Civilization: Pre-Harappan and Indus Valley Civilization; Rasa, Color, Paint, and Cement: Rasa, color, paint, and cement; Glass and Pottery: Glass and pottery; Metallurgy: Metallurgy; Iron Pillar of Delhi: The Iron Pillar of Delhi; Rakhigarhi, Mehrgarh: Rakhigarhi and Mehrgarh; Indus Valley Civilization: The Indus Valley Civilization; Maritime Technology and Bet Dwarka: Maritime technology and Bet Dwarka.

Unit-V: Ancient Indian Contributions to Environment and Health:

Ethnic Studies: Ethnic studies; Life Science in Plants: Life science in plants; Agriculture, Ecology, and Environment: Agriculture, ecology, and environment; Ayurvedic Healthcare: Ayurvedic healthcare; Integrated Approaches for Surgery and Yoga: Integrated approaches for surgery and yoga.

REFERENCE BOOKS:

- Introduction to **INDIAN KNOWLEDGE SYSTEM** Concepts and Application by B. Mahadevan, Publish by PHI Learning Private Limited, Delhi-110092-2022.
- India: A History" by John Keay
- The Wonder That Was India" by A.L. Basham
- Ancient Indian Education: Brahmanical and Buddhist" by Radhakumud Mookerji
- Nalanda: Situating the Great Monastery" by Frederick M. Asher
- Indian Art and Culture" by Nitin Singhania
- Indian Literature: An Anthology" edited by Amiya Dev
- The Yoga Sutras of Patanjali" translated by Swami Satchidananda
- Ramayana" by Valmiki (translated by various authors)
- The Crest of the Peacock: Non-European Roots of Mathematics" by George Gheverghese Joseph
- Vedic Mathematics" by Jagadguru Swami Sri Bharati Krishna Tirthaji Maharaja
- Aryabhata: Life and Contributions" by K. S. Shukla
- The Story of Pi" by David Blatner
- The Lost River: On the Trail of the Sarasvati" by Michel Danino
- The Indus Civilization: A Contemporary Perspective" edited by Gregory L. Possehl
- The Indian Temple: Tracing the Evolution of Hindu Architecture" by Vinayak Bharne and Krupali Krusche
- Ayurveda: The Science of Self-Healing" by Dr. Vasant Lad
- Ecology and Equity: The Use and Abuse of Nature in Contemporary India" by Madhav Gadgil
- Sushruta Samhita" (ancient Ayurvedic text on surgery)
- Light on Yoga" by B.K.S. Iyenga



PGDYS			Course Code: PGDYS - 208			Semester – II		
Course Name: Patanjali Yog Sutra								
Credit – 04						Maximus Marks (MM) - 200		
Evaluation scheme			Periods			Total Number of Periods-60 hrs.		
IAE	MTE	ETE	L	T	P	Type of Course: Major		
40	40	120	3	1	0			
Objective: -								
<ul style="list-style-type: none"> ➤ Students will gain knowledge about the definition and purpose of Yoga, the importance of Yogasutra, and the concepts of Chitta, Chittavrittis, and Chitta Vikshep. ➤ They will explore the metaphysics of Sankhyadarshana and its relation to Patanjali Yogadarshan. Furthermore, the syllabus aims to introduce the concepts of Ashtanga Yoga, Kriya Yoga, and Vibhuti Pada, enabling students to develop a deeper understanding of Dharna, Dhyana, and Samadhi. 								
Course Outcome: -								
<ul style="list-style-type: none"> ➤ Develop a comprehensive understanding of Yogasutra and Samadhi Pada, including the concepts of Chitta, Chittavrittis, and Chitta Vikshep. ➤ Acquire knowledge of Ashtanga Yoga and Kriya Yoga, and their practical application in daily life. ➤ Cultivate awareness of different types of samadhi and gain insights into the path to Kaivalya, leading to personal growth and spiritual development. 								

Unit 1: Introduction to Yoga Sutras and Samadhi Pada - 1

Yoga Sutras: Introduction, Importance of Yoga Sutras Compared to Other Yoga Texts; Meaning and Nature of Yoga; Concept of Chitta (mind), Types of Chitta, Chitta Vrittis (mental fluctuations), Methods to Control Chitta Vrittis through Practice (Abhyasa) and Detachment (Vairagya); Concept of Bhavapratyaya and Upayapratyaya: Five Means of Practice (Sadhana Panchaka), Obstacles in Yoga (Yoga Antarayas), Practice of One-ness (Ekattva Abhyasa), and Purification of Chitta (Chitta-Prasadan)

Unit 2: Samadhi Pada - 2

Types and Nature of Samadhi: Spiritual Bliss (Adhyatma-Prasada) and Absolute Wisdom (Ritambhara Prajna); Sampragnata (with seeds) and Asamprajnata (without seeds) Samadhi: Differences Between Samapatti and Samadhi; Concept of Ishvara (God) and Attributes of Ishvara: Process of Devotion to Ishvara (Ishvara-Pranidhana)

Unit 3: Sadhana Pada

Concept of Patanjali's Kriya Yoga: Theory of Kleshas (Obstacles), Concept of Karma and Karma-Vipaka (Results of Actions); Nature of Suffering: Fourfold View of Suffering (Duhkha), Concept of the Seer (Drashta) and the Seen (Drishya), Union of Prakriti (Nature) and Purusha (Soul); Brief Introduction to the Eightfold Path of Yoga: Yamas (Ethical Disciplines), Niyamas (Self-Discipline), Vichara (Reflection), and Great Vows (Mahavratas); Asanas, Pranayama, Pratyahara: Their Practices and Achievements

Unit 4: Vibhuti Pada

Introduction to Dharana (Concentration), Dhyana (Meditation), and Samadhi (Absorption): Nature of Discipline (Sanyama); Concept of Chitta-Samskara (Mental Impressions): Three Results of Practice (Phala-Traya) and Divine Powers (Vibhutis)

Unit 5: Kaivalya Pada

Five Means to Achieve Siddhi (Accomplishments): Concept of Constructed Chitta (Nirmana-Chitta); Importance of Siddhi Achieved Through Samadhi: Four Types of Karma, Concept of Vasanas (Impressions), Dharma-Megha Samadhi (Raincloud of Virtue) and its Fruits; Discrimination Knowledge (Viveka-Khyati): Definition of Kaivalya (Liberation)

Reference: -

- योग सूत्र (तत्त्ववैषारदी)- वाचस्पति मिश्र
- योग सूत्र (योग वार्तिक) - विज्ञान भिक्षु
- योग सूत्र (भास्वती टीका)- हरिहरानन्द अरण्य
- योग सूत्र (राजमार्तण्ड)-भोजराज
- पातंजल योग प्रदीप- ओमानन्द तीर्थ
- ध्यान योग प्रकाश- लक्ष्मणानन्द
- पातंजल योग एवं श्री अरविन्द योग का अध्ययन संबंधी अध्ययन - डा० त्रिलोक चन्द्र
- योगदर्शनम- स्वामीरामदेव, दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार
- योग वशिष्ठ- गीताप्रेस गोरखपुर
- योग वशिष्ठ महारामायण- श्री कृष्णा पंत शास्त्री

PGDYS			Course Code: PGDYS - 209			Semester – II		
Course Name: Yoga Therapy								
Credit – 04					Maximus Marks (MM) - 200			
Evaluation scheme			Periods			Total Number of Periods-60 hrs.		
IAE	MTE	ETE	L	T	P	Type of Course: Major		
40	40	120	3	1	0			
Objective: -								
<ul style="list-style-type: none"> ➤ To know about Yoga Therapy. ➤ To eradicate the misunderstanding about Yoga Therapy. 								
Course Outcome: -								
<ul style="list-style-type: none"> ➤ Independently handle a patient and administer Yoga Therapy. ➤ To explain the relative contribution of Yoga Therapy modern medical sectors. ➤ To explain the sign, symptoms, prevalence and medical management and total rehabilitation with Integrated approach of Yoga Therapy. 								

Unit 1

Meaning and Definition of Yoga Therapy; Concept of Yoga Therapy; Necessity, Importance, and Limitations of Yoga Therapy; Concept of Health and Disease; Principles of Yoga Therapy; Qualities of a Yoga Therapist; Role of a Yoga Therapist in Common Diseases and General Health Needs.

Unit 2

Respiratory Disorders and Yogic Management; Introduction and Classification of Respiratory Disorders. Asthma – Definition, Causes, Symptoms, and Yogic Management; COPD (Chronic Obstructive Pulmonary Disease) – Causes, Symptoms, and Yogic Management.

Cardiac Disorders and Yogic Management; High Blood Pressure and Low Blood Pressure – Definition, Causes, Symptoms, and Yogic Management; Coronary Heart Disease – Definition, Causes, Symptoms, and Yogic Management.

Unit 3

Spinal Disorders and Yogic Management; Introduction, Classification, and Yogic Management; Back Pain – Classification, Definition, Causes, Symptoms, and Yogic Management; Neck Pain – Definition, Causes, Symptoms, and Yogic Management.

Musculoskeletal Disorders and Yogic Management; Introduction, Classification, and Yogic Management; Arthritis – Definition, Classification, Causes, and Symptoms; Rheumatoid Arthritis – Definition, Causes, Symptoms, and Yogic Management; Osteoarthritis – Definition, Causes, Symptoms, and Yogic Management; Gout – Definition, Causes, Symptoms, and Yogic Management.

Unit 4

Digestive System Disorders and Yogic Management; Introduction and Classification of Digestive Disorders; Gastritis – Causes, Symptoms, and Yogic Management; Constipation – Causes, Symptoms, and Yogic Management; Acid Reflux – Causes, Symptoms, and Yogic Management; Colitis and Gastric Abscess – Causes, Symptoms, and Yogic Management.

Endocrine and Reproductive System Disorders and Yogic Management; Diabetes Type-1 and Type-2 – Definition, Causes, Symptoms, and Yogic Management; Hyper/Hypothyroidism – Causes, Symptoms, and Yogic Management; Obesity – Causes, Symptoms, and Yogic Management; Menopause, Menstruation, and Pregnancy – Yogic Management.

Unit 5

Nervous System Disorders and Yogic Management, Introduction and Classification of Nervous System Disorders, Headache/Migraine – Definition, Causes, Symptoms, and Yogic Management, Epilepsy – Causes, Symptoms, and Yogic Management, Parkinson's Disease – Definition, Causes, Symptoms, and Yogic Management.

Yogic Management of Mental Disorders

Introduction and Classification Anxiety Disorders – Introduction, Types, Causes, Symptoms, and Yogic Management **Stress** – Definition, Causes, Symptoms, and Yogic Management Depression – Definition, Causes, Symptoms, and Yogic Management.

सन्दर्भ सूची -

- Yoga Management of Common Diseases – Dr Swami Karmananda Saraswati
- Yoga for Hypertension and Heart Diseases – Dr H R Nagendra, R Nagaratna, SVYP
- Yoga for Diabetes – Dr H R Nagendra, R Nagaratna, SVYP
- Yoga for Obesity – Dr H R Nagendra, R Nagaratna, SVYP
- Yoga for common disorders- Swami Koormananda Saraswati
- Yoga for Bronchial Asthma – Dr H R Nagendra, R Nagaratna, SVYP
- Yoga for Pregnancy – Dr H R Nagendra, R Nagaratna, Dr Shamanthakamani, SVYP
- Yoga for Digestive Disorders – Dr H R Nagendra, R Nagaratna, SVYP
- Yoga for Arthritis – Dr H R Nagendra, R Nagaratna, SVYP
- Yoga for Back Pain – Dr H R Nagendra, R Nagaratna, SVYP
- Yoga for Depression - Dr H R Nagendra, R Nagaratna, SVYP
- Yoga practices for Anxiety and Depression – Dr H R Nagendra, R Nagaratna, SVYP
- Yoga for Cancer – Dr H R Nagendra, R Nagaratna, SVYP
- Integrated approach of yoga therapy for positive health-Dr. R Nagaratha, Dr. H R Nagendra – SVYP
- Yoga Therapy- Swami Kuvalayanada
- स्वस्थवृत्त विज्ञान एवं यौगिक चिकित्सा – डॉ. राकेश गिरि
- दमा, मधुमेह और योग – स्वामी सत्यानन्द सरस्वती
- रोग और योग – डॉ. स्वामी कर्मानंद सरस्वती
- योग और मानसिक स्वास्थ्य – सुरेश वर्णवाल

PGDYS			Course Code: PGDYS - 210			Semester – II		
Course Name: Alternative Therapy								
Credit – 04						Maximus Marks (MM) - 200		
Evaluation scheme			Periods			Total Number of Periods-60 hrs.		
IAE	MTE	ETE	L	T	P	Type of Course: Major		
40	40	120	3	1	0			
Objective: -								
<ul style="list-style-type: none"> ➤ This course aims to provide students with a foundational knowledge of diverse alternative therapies, their principles, methods, and effects on health. By the end of the course, students will be able to understand and appreciate the holistic approaches of these therapies and their potential contributions to overall well-being. 								
Course Outcome: -								
<ul style="list-style-type: none"> ➤ Upon completion of this course, students will be equipped with a comprehensive understanding of various alternative therapies, enabling them to critically evaluate and apply these approaches to enhance holistic health and wellness, while also fostering an appreciation for the integration of traditional and modern healing methods. 								

Unit-1 Introduction to Alternative Therapy: 1.

Brief history and origins of Alternative Therapy, Alternative Therapy Introduction, Meaning and Systems, Alternative - Fields of Therapy, Importance of Alternative Therapy, Principles of Alternative Therapy. Acupressure Therapy - Introduction, Meaning and Methods, Principles, Method of Pressure, Equipment and Precautions and effect of various diseases.

Unit-2 Pranic healing:

Pranic therapy: Meaning, definition and types of pranas. introduction of pranic healing, Introduction, history, and principles of pranic healing. Pranic energy centers, various methods of pranic healing, importance of colors and chakras in pranic healing, effect of pranic healing in various diseases.

Unit-3 Magnet therapy –

meaning, definition, nature, scope, limitations, and principles of magnet therapy. Various types of magnets, methods of magnet therapy, effect of magnet therapy in various diseases.

Unit - 4 Yajna therapy –

Meaning and definition of Yajna therapy. principles, scope, and limitations of Yajna therapy. Uses and preparation of havan samaagri according to diseases in yajna therapy. Scientific background of yajna therapy.

Unit-5 Swara therapy-

Concept and objectives of swara therapy. Meaning, nature, and types of swara. principles of swara therapy. general information of nadis. Swara therapy for indigestion, constipation, asthma, acidity, common cold, acidity, high and low blood pressure, obesity, insomnia.

Reference book

- Dr. Atar Singh: Accupressure-Prakritik Upachar, Acupressure Health Care Systems, 2019.
- Dr. Dhiren Gala: Be Your Own Doctor with Acupressure, Navneet Publications, 2000.
- Dr. Asha Maheshwari: Sujok Therapy, Acupressure Health Care Systems, 2015.
- Master Chao Kok Sui: Miracles through Pranic Healing, Institute for Inner Studies Publishing Foundation, 2012.
- Master Chao Kok Sui and Benny Gantioqui: Pranic Psychotherapy, Institute for Inner Studies Publisher, 2000.
- Dr R.S. Bansal and Dr H.L. Bansal: Magnetic Cure for Common Disease, Orient Paperbacks, 1990.
- Dr. Nanu Bhai Painter: The Textbook of Magnetotherapy,
- Prof. Ram Harsh Singh: Swasthyavritta Vigyan, Chaukhambha Publisher, Varanasi, 2017.
- Dr. Hiralal: Aahar Aur Swasthya, Awaran Shilpi Publisher, 1977.
- Dr. Pranav Pandya: Reviving the Vedic Culture of Yagya, Yug Nirman Yojana Vistar Trust, 2009.
- "आयुर्वेदिक घरेलु उपचार" by डॉ. राजेश डीआर
- "प्राण विज्ञान और चिकित्सा" by डॉ. बी.आर. चौधरी
- "योगदर्शन" by स्वामी सत्यानंद सरस्वती
- "जड़ी-बूटियों से चिकित्सा" by डॉ. विक्रम चौधरी
- "प्राकृतिक उपचार और योग" by रवि शंकर

PGDYS			Course Code: PGDYS - 211			Semester – II		
Course Name: Practical (Skill)								
Credit – 04					Maximus Marks (MM) - 200			
Evaluation scheme			Periods			Total Number of Periods-105		
IAE	MTE	ETE	L	T	P	Type of Course: Skill		
40	40	120	0	1	3			
Objective: -								
➤ Attain holistic well-being by cleansing the body, enhancing physical vitality, and achieving mental clarity through yoga practices encompassing asanas, pranayama, mudras, and meditation.								
Course Outcome: -								
➤ Enhanced physical and mental well-being through purification, flexibility, breath control, energy channeling, and spiritual connection.								

Shatkarma: -

Sutraneti, Agnisara, Sheetkram and Vyutkram (Inverse) Kapalbhati.

Aasana: -

Utkatasan, Paschimottan, Chakrasana, Vrishabhasan, Natarajasan, Kukkutasana, Kurmasana, Vakrasana, Hasta Padangushtha, Parvatasana Akaranadhanurasan Bhunamansan BaddhaPadmasana, Konasana, Ashtavakra, Vayatanasana, Tulsan, Vyaghrasana, GuptaPadam, Garbhaasana, Tiryakbhujangasana, Sarpasana, ArdhaChandrasana, ParivrittaJanushirasana, Sankat aasana

Pranayama: -

Suryabhedhi, Chandrabhedhi, Ujjayi, Bahyavritti, AabhyantarVritti.

Mudra and Bandha: -

Shambhavi, Tadagi, Kaki Mudra and Mahabandha
Hasta mudra, Prana and Apana mudra

Mantra & Meditation: -

Devyajna Mantras- Meaning, Memorization & Recitation

Viva: -

PGDYS			Course Code: PGDYS - 212			Semester – II		
Course Name: Health and Wellness								
Credit – 02						Maximus Marks (MM) - 100		
Evaluation scheme			Periods			Total Number of Periods-30 hrs.		
IAE	MTE	ETE	L	T	P	Type of Course: IDC		
20	20	60	2	0	0			
Objective: -								
<ul style="list-style-type: none"> ➤ Explore and compare various traditional Indian medical practices. ➤ Examine historical development and key principles of āyurveda, siddha, and yoga. ➤ Understand disease classification and treatment approaches in these systems. ➤ Assess the modern significance and potential integration of traditional practices in healthcare. 								
Course Outcome: -								
<ul style="list-style-type: none"> ➤ Possess a holistic understanding of diverse Indian medical practices. ➤ Analyze core principles and historical evolution of āyurveda, siddha, and yoga. ➤ Apply knowledge of disease classification and treatment modalities. ➤ Evaluate the contemporary relevance of traditional systems in global healthcare. 								

Unit 1:

Definition of health according to WHO and Ayurveda, general introduction to Yoga, meaning and definition. Origin, history, and development of Yoga. Nature of Yoga, goals and objectives of Yoga for health and wellness. Introduction to Ashtanga Yoga and Hatha Yoga.

Unit 2:

Fundamental concepts of Ayurveda - Dosha-Dhatu-Mala theory. Definition of health (Swasthavritta), daily routine (Dinacharya), seasonal routine (Ritucharya), definition of good conduct (Sadvritta).

Unit 3:

Definition and classification of disease - Adhidaivika (Divine causes), Adhyatmika (Spiritual causes), Adhibhautika (Physical causes). Ayurvedic treatment methods, the eight branches of Ayurveda, relevance of Ayurveda in modern times.

Unit 4:

Ayurveda, Yoga, Knowledge in India: Folk and Tribal medicinal plants, home remedies, primary health care, bone-setting, traditional midwives, poison treatment.

Unit 5:

Health benefits of Asanas (postures). Health benefits of Pranayama (breathing exercises). Health benefits of Meditation. Methods of body purification: Shatkarma and Panchakarma. Use of Yoga therapy in modern times.

Reference Books: -

- "The Complete Book of Ayurvedic Home Remedies" by Vasant Lad
- "Ayurveda: The Science of Self-Healing" by Dr. Vasant Lad
- "Siddha Medicine" by V. Sankaranarayanan
- "Siddha Medicine: A Handbook of Traditional Remedies" by S. Thamizh Vendan
- "The Heart of Yoga: Developing a Personal Practice" by T.K.V. Desikachar
- "Light on Yoga" by B.K.S. Iyengar
- "The Yoga Bible" by Christina Brown
- "Ayurveda: The Divine Science of Life" by Todd Caldecott
- "Textbook of Ayurveda: Fundamental Principles" by Vasant Lad and David Frawley
- "Siddha Maruthuvam" by Dr. Thillai Vallal
- "The Yoga Sutras of Patanjali" by Swami Satchidananda
- "Ayurveda: Nature's Medicine" by David Frawley

PGDYS			Course Code: PGDYS - 213			Semester – II		
Course Name: Yoga and Health Management								
Credit – 02						Maximus Marks (MM) - 100		
Evaluation scheme			Periods			Total Number of Periods-30 hrs.		
IAE	MTE	ETE	L	T	P	Type of Course: IKS		
20	20	60	2	0	0			
Objective: -								
<ul style="list-style-type: none"> ➤ To provide knowledge about Theistic Philosophy and Anti-Theistic Philosophy ➤ To enhance the understanding about philosophical terminology 								
Course Outcome: -								
<ul style="list-style-type: none"> ➤ A comprehensive understanding of Indian philosophy and culture. ➤ Students would be able to define philosophy and understand its role in human life. ➤ Students would understand the salient features of Indian culture, such as the four goals of life, four stages of life, caste system, law of karma, and various sacraments and sacrifices. ➤ Overall, this syllabus would equip students with a deep understanding of Indian philosophy and culture, helping them appreciate the rich intellectual and cultural heritage of India. ➤ They will be familiar Shad-darshan's. 								

Unit 1: Introduction to Health and Wellness

General Introduction to Wellness: Introduction to the concept of health and wellness; Concept and Definition of Health, Characteristics of a Healthy Person: Understanding the definition of health and the signs of a healthy individual; Wellness, Goals of Wellness, Concept of the Three Pillars: Exploring the concept of wellness, its objectives, and the idea of the three pillars of health; Daily Routine - Oral Hygiene, Exercise - Definition, Types, and Benefits: Understanding daily routines including oral hygiene and exercise, their definitions, types, and benefits; Bathing and Its Types, Abhyanga (Massage) - Meaning, Types, and Importance: Explanation of bathing and its types, the meaning of Abhyanga (massage), its types, and its significance.

Unit 2: Concepts of Night Routine, Seasonal Routine, and Bodily Urges

Night Routine - Sleep and Celibacy: Understanding the importance of sleep and celibacy in a daily routine; Seasonal Routine - Classification of Seasons: Understanding the division of seasons and their impact on health; Accumulation, Aggravation, and Pacification of Doshas According to Seasons: How seasonal changes affect the doshas (body energies) and their management; Sustainable and Unsustainable Bodily Urges: Understanding which bodily urges should be followed and which should be controlled.

Unit 3: Introduction to Diet

General Introduction to Diet and Its Definition, Characteristics of Diet: Understanding what constitutes a diet and its essential characteristics; Diet - Quantity, Timing, and Concept of Balanced Diet: The principles of a balanced diet, including appropriate quantities, timing, and concepts; Milk Diet, Fruit Diet and Its Benefits, Moderation in Eating, Yogic Diet, Fasting and Its Benefits: Exploring different types of diets and their benefits, including milk and fruit diets, moderate eating, yogic diets, and fasting; Benefits of Vegetarian Food and Drawbacks of Non-Vegetarian Food: Comparison of the advantages of vegetarian diets and the disadvantages of non-vegetarian diets.

Unit 4: Introduction to Nutrition and Food Elements

Basic Concepts of Food and Nutrition: Understanding the fundamental ideas of food and nutrition; Macro and Micronutrients - Sources, Functions, and Effects on the Body: Exploring the sources, functions, and impacts of macro and micronutrients on health; Balanced Diet, Proteins, Carbohydrates, Fats, Vitamins, Minerals -

Sources, Roles, Requirements, and Water: The essentials of a balanced diet, including the roles and requirements of proteins, carbohydrates, fats, vitamins, minerals, and water; Malnutrition - Meaning, Effects on the Human Body, Disorders Caused by Vitamin Deficiencies: Understanding malnutrition, its impacts, and disorders resulting from vitamin deficiencies.

REFERENCE BOOKS :-

1. Principles of Nutrition - E.D Wilson
2. Swasthavritta Vigyan – Dr. Ramharsha singh
3. Secret of Ayurveda - Acharya Balkrishan
4. Aahaar evam Poshan – J.PShelli
5. Dietics – Sri Lakshmi