

**SHRI JAGDISHPRASAD JHABARMAL TIBREWALA, UNIVERSITY
CHUDELA, JHUNJHUNU,
RAJASTHAN**



**P.G. DIPLOMA
IN
YOGA EDUCATION AND SCIENCE OF LIVING
(Course Curriculum)**

Approved by the Academic Council

ACADEMIC SESSION 2018 – 2021

Institute of Yoga and Natural Health Science
Shri Jagdishprasad Jhabarmal Tibrewala University (Raj.)
Vidya Nagari, Jhunjhunu-Churu Road, Chudela, Distt.- Jhunjhunu-333001, Rajasthan
Tel.: 08805886785, E-mail.- naturecure@jitu.ac.in, Website: www.jitu.ac.in

SYLLABUS FOR
P.G. DIPLOMA YOGA EDUCATION & SCIENCE OF LIVING (PGDYESL)
Department of Yoga and Natural Health Science

Vidya Nagari, Jhunjhunu-Churu Road, Chudela, Dist.- Jhunjhunu-333001, Rajasthan

1. Name of the Course : P.G. Diploma in Yoga Education & Science of Living (PGDYESL)
2. Duration : One year
3. Examination Type : Semesters Wiis
4. Eligibility : Graduation or any other equivalent examination passed.
5. Selection Methods : Selection is based on First come first Registration.
6. Scheme Of Examination :

C. Scheme Of Examination :									
S. No.	Subject Code	Subject Name	Hrs./Week			Exam Hrs.	Maximum & Minimum Marks		
			L	T	P		Internal/ Min. Pass Marks	External/ Min. Pass Marks	Total/M in. Pass Marks
Theory									
First Semesters									
1	PGYE-101	Foundation of Yoga	3	1	-	3	30/12	70/28	100/40
2	PGYE-102	Human Anatomy	3	1	-	3	30/12	70/28	100/40
3	PGYE-103	Principles of Naturopathy	3	-	-	3	30/12	70/28	100/40
4	PGYE-104	Study of Hath-Yoga	3	1	-	3	30/12	70/28	100/40
5	PGYE-105	Swastha-Vritta, Diet and Nutrition	3	1	-	3	30/12	70/28	100/40
Practical's									
6	PGYE-106	Practical : Yogic Skills & Allied HEALTH Sciences-I	-	-	3	3	30/12	70/28	100/40
Total			15	4	3		180/72	420/168	600/240
Second Semesters									
1	PGYE-201	Indian Philosophy and Human Consciousness	3	1	-	3	30/12	70/28	100/40
2	PGYE-202	Patanjali Yogasutra	3	1	-	3	30/12	70/28	100/40
3	PGYE-203	Acupressure and Pranic Therapy	3	1	-	3	30/12	70/28	100/40
4	PGYE-204	Mental Health and Yoga	3	-	-	3	30/12	70/28	100/40
5	PGYE-205	Yoga Therapy	3	1	-	3	30/12	70/28	100/40
Practical's									
7	PGYE-206	Practical : Yogic Skills & Allied Health Sciences- II	-	-	3	3	30/12	70/28	100/40
Total			15	4	3		180/72	420/168	600/240

Each Papers Distribution of Marks

External Evaluation	70 Marks
Practice Evaluation and Sessional Work (Internal Examination by the Teachers)	30 Marks
(Continues valuation will be used for evaluation based on students understanding (Assignments), Feedback and Project works)	

FIRST-SEMESTERS
P.G. DIPLOMA IN YOGA EDUCATION & SCIENCE OF LIVING
PAPER: PGYE-101
FOUNDATIONS OF YOGA

Time allowed: 3 hours
Paper Code – PGYE-101

Max Marks: 100
(External: 70, Internal: 30)

Section-A

Meaning & definitions of yoga, Importance of yoga in modern life, Traditional & historical development of yoga, Elements of success and failure in yoga according to Hathyoga, Patanjali Yogasutra & Gita.

Section-B

Kinds of Yoga:- Karma Yoga, Bhakti Yoga Jnana (Gyan) yoga & Ashtang Yoga. Study of Yoga in :- Vedas, Upanishads & Gita

Section-C

Life sketch of following Yogis with importance incidents of their lives & contributions in the development of Yoga- Maharishi Patanjali, Guru Gorakhnath, Yogi Shyamacharan Lahidi, Swami Shivananda, Swami Vivekananda, Sri Aurobindo.

REFERENCE BOOKS:

- | | |
|--|---|
| 1. Yoga : An Introduction
(Bharat Book Centre, Lucknow, 1999) | -Prof. Surendra Singh & Prof. P.D. Misra
Dr.(Mrs.) Beena Misra |
| 2. Raja Yoga, Jnana(Gyan) Yoga, Karma Yoga &
Bhakti Yoga | - Swami Vivekananda
(Ramakrishan Ashrama Publication) |
| 3. Kalyan(Yogank) | -Geeta Press Gorakhpur |
| 4. Synthesis of Yoga | -Sri Aurobindo |
| 5. Upanishadic Adhyatmic Vigyan | -Dr. Ishwar Bharadwaj. |
| 6. 108 Upanishads in three Volumes(Hindi) | -Shri Ram Sharma Acharya |
| 7. योगासन | - स्वामी कुवालायानंद |
| 8. प्राणायाम | - स्वामी कुवालायानंद |

FIRST-SEMESTERS
P.G. DIPLOMA IN YOGA EDUCATION & SCIENCE OF LIVING
PAPER: PGYE-102
HUMAN ANATOMY
(SHARIR RACHANA & KRIYA VIGYAN)

Time allowed: 3 hours
Paper Code – PGYE-102

Max Marks: 100
(External: 70, Internal: 30)

Section-A

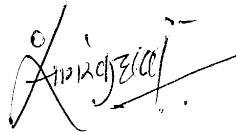
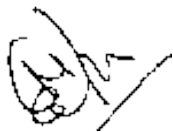
Meaning of Anatomy & Physiology, The brief study of Cell & Tissues, The brief study of Digestive system:- Mouth, Tongue, Stomach, Intestine and Anus, Muscular System: Muscles, their types and functions, Skeletal System:- The Bones, Joints, Vertebral Column, Endocrinal System:- The Study of main endocrine/ductless glands & their function.

Section-B

The brief study of Respiratory System:-Mechanism of Inspiration, Expiration & Control of Respiration, Cardio-vascular (Circulatory) system:- The Heart, Blood and Blood Circulation. Nervous System:- The central Nervous & the Autonomic Nervous system. Excretory System:- Study of Kidneys, Lungs.

REFERENCE BOOKS:

- | | | |
|----|---|----------------------|
| 1. | Anatomy and Physiology of Yogic Practices
(English & Hindi)Kanchan Prakashan, Lonavla. | -M.M. Gore |
| 2. | Anatomy & Physiology | -Waugh-Ross & Wilson |
| 3. | A Glimpse of Human body | -Shirley Telles |
| 4. | Sarir Rachana even Kriya Vigyan | -Charu Supriya |
| 5. | Anatomy and Physiology for Nurses(Faber and Faber Ltd; London, 1968) | -Evelyan C. Pearee |
| 6. | मानव शरीर रचना विज्ञानं | -डॉ अनंत प्रकाश |



FIRST-SEMESTERS
P.G. DIPLOMA IN YOGA EDUCATION & SCIENCE OF LIVING
PAPER: PGYE-103
PRINCIPLES OF NATUROPATHY

Time allowed: 3 hours
Paper Code – PGYE-103

Max Marks: 100
(External: 70, Internal: 30))

Section-A

Naturopathy - Introduction, History & Basic Principles. **Water Therapy:-** Hot & Cold Compress and Wet Packs sheet. **Mud/Clay therapy:-** Importance of Soil, Use of mud-packs.(Chest-Pack, Abdomen-Pack & Knee Pack). **Sun-therapy:-** importance of sun rays, Sun-bath & its uses in different diseases. **Air-therapy:-** Importance of air. Air-bath & its uses. **Eather/Space therapy:-** Fasting & its principles, Action & reaction of fasting on human body for maintaining health & management of diseases.

Section-B

Concept & Need of Swasth-Vrata, Elements of daily Routine- Dincharya, Ritucharya & Sada-Vrata. Diet- Meaning, Definitions, components & Benefits of Balance-diet, Sprouted diet & Mitahara, Rules of Yogic-diet, Demerits of Non-vegetarian-diet & merits of Vegetarian diet. Massage (Abhyanga), its kinds & importance.

REFERENCE BOOKS:

- | | |
|---|----------------------------------|
| 1. Swasth-Vrata Vigyan,(Hindi)
(Chaukhamba Sanskrit Pratishthan,Delhi) | -Prof. Ram Harsh Singh |
| 2. Science of Natural Life(English)
(Arogya Sewa Prakashan, Modhinagar,U.P.) | -Dr. Rakesh Jindal |
| 3. Prakritik Ayurvigan(Hindi)
(Arogya Sewa Prakashan, Modhinagar,U.P.) | -Dr. Rakesh Jindal |
| 4. Pranashakti ek Divya Vibhooti | -Pdt. Shri Ram Sharma, Acharya. |
| 5. Chikitsa ke Vibin Ayaam. | -Pdt. Shri Rram Sharma, Acharya. |
| 6. A Complete Handbook of Nature Cure. | -Dr. H.R.Bakhru. |
| 7. Diet Cure for Common Ailments. | -Dr. H.R.Bakhru. |
| 8. प्राकृतिक चिकित्सा सिद्धान्त | - डॉ मिश्रा |

FIRST-SEMESTERS
P.G. DIPLOMA IN YOGA EDUCATION & SCIENCE OF LIVING
PAPER: PGYE-104
STUDY OF HATHAYOGA

Time allowed: 3 hours
Paper Code – PGYE-104

Max Marks: 100
(External: 70, Internal: 30)

Section-A

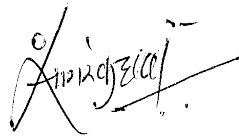
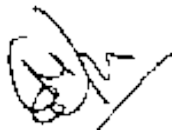
Meaning & objectives of Hathayaga. Components of Hathayoga:- Sapt Sadhan, Study of Shat-Karmas and Asanas according to Hathapradipika and Gheranda Samhita, with their techniques, benefits and precautions.

Section-B

Meaning and Definitions of Pranayama, Classification of Pranayamas with reference to Patanjali yoga sutra, Hath Pradipika & Gherand Smhita with their techniques, benefits and precautions. Meaning, Techniques & benefits of Mudra & Bandhas according to Hathapradipika.

REFERENCE BOOKS:

- | | |
|---|---------------------------------|
| 1. Hathayog Pradipika (English)
(Yoga Publication Trust, Munger, Bihar, India) | -Swami Muktibodhananda |
| 2. Hathapradipika(Hindi)
(Kaivalyadhama, Lonavla) | -Swami Kuvaliyananda |
| 3. Gheranda Samhita (English)
(Kaivalyadhama, Lonavla) | -Digambarji Swami & Gharote |
| 4. Gheranda Samhita (Hindi)
(Yoga Publication Trust, Munger, Bihar, India) | -Swami Niranjanananda Saraswati |
| 5. Pranayama, The art & science.(English) | -Dr. H.R. Nagendra. |
| 6. Yog Nidra..(English) | -Swami Satyananda Sarswati |
| 7. Asan Pranayam Mudra Bandh.(English) | -Swami Satyananda Sarswati |
| 8. Saral Yogasan (Hindi) | -Dr. Ishwar Bhardwaj |



FIRST-SEMESTERS
P.G. DIPLOMA IN YOGA EDUCATION & SCIENCE OF LIVING
PAPER : PGYE-105
Swastha-Vritta, Diet and Nutrition

Time allowed: 3 hours
Paper Code – PGYE-105

Max Marks: 100
(External: 70, Internal: 30)

Section-A

Concept & Need of Swasth-Vrata, Elements of daily Routine- Dincharya, Ritucharya. The Pillars of Health (Trayopastambha) & Sada-Vrita.. Social health, Environmental health. Air, Water, Light. Garbage & Swage disposal (Aapadravya Nivarana). Industrial health & Method o maintaining it Epidemiology or infectious diseases (Selected Five). Primary health Prevention. national health Programme. Family welfare Programme

Section-B

Introducing to diet & Nutrients. Meal- planning & Menu- planning. Introduction to Basic food groups. Protective Nutrient - Vitamins & Minerals classification , sources, functions. . Balanced diet, Recommended Nutrient allowance (by ICMR-I latest). Energyt yielding nutrients, classification, sources, functions of fats, carbohydrates and Roteins Diet- Meaning, Definitions, components & Benefits of Balance-died, Sprouted diet & Mitahara, Rules of Yogic-diet, Demerits of Non-vegetarian-diet & merits of Vegetarian diet.

Cooking methods and cooking utensils of foods and its effect on health

Reference Books :

- | | |
|--|---|
| 1. Nutritive Value of Indian foods | - Gopalan NIN, ICMR, Hyderabad 1996. |
| 2. Dietary guidelines for Indians A manual | - NIN, ICMR, Hyderabad 1998. |
| 3. Biochemical aspects of Nutrition | - Okoye, Z.S.C. Prentice hall of India, New Delhi 1992. |
| 4. Essentials of Food and Nutrition | - Swaminathan M.S. BAPPCO Ltd. Bangalore 1993. |
| 5. Food Facts | - Shakuntala Maney Wiley Estern Ltd. New Delhi 1989. |
| 6. Text Book of Human Nutritions | - Bamji M.S. Oxford & IBH Publishing Co. Pvt. New Delhi 1996. |
| 7. Fundamentals of food and Nutrition | - Sumati Mudambi 1990 |
| 9. Kay Khawe Kiti Khawe | - Mrs. Laxmi. |

Assignments -

1. Study of portion size of food given in balanced diet recommended by ICMR
2. Study of Nurtient Analysis of diet survey, Report writing and presenting the reports through seminars and group discussions.
3. Identification of diet and Nutritional status of individuals. Study of food consumption pattern of different families through diet survey. Report writing.
4. Balanced diet and caloric value of different food stuffs.

FIRST-SEMESTERS
P.G. DIPLOMA IN YOGA EDUCATION & SCIENCE OF LIVING
PAPER: PGYE-106
PRACTICAL : YOGIC SKILLS & ALLIED health SCIENCES – I

Time allowed: 5 hours
Paper Code – PGYE-106

Max Marks: 100
External Assessment: 70
Internal Assessment: 30

The practice of the following Yogic Skill & Naturopathy with brief theoretical knowledge about their importance of name, the technique, silent features, precautions to be taken and the benefits.

1. SEKECTED YOGIC SHATKRAMAS

Vaman Dhuti (Kujal), Sutra Neti, Jala Neti and Ghrit Neti, Trataka, Kapalbhathi: Vatkarma, viewetkrama & Sheetkrama Kapalbhathi

2. SURYA NAMASKARA & SELECTED YOGASANAS

- | | | | |
|-----------------------|---------------------------|------------------|--------------------|
| 1. Siddhasana | 2. Padmasana | 3. Kurmasana | 4. Bhadrasana |
| 5. Vajrasana | 6. Swastikasana | 7. Simhasana | 8. Gomukhasana |
| 9. Virasana | 10. Savasana | 11. Vekrasana | 12. Matsyendrasana |
| 13. Paschimottanasana | 14. Dhanurasana | 15. Matsyasana | 16. Gorakshasana |
| 17. Vrikshasana | 18. 19.Garudasana | 19. Salabhasana | 20. Chakrasana |
| 21. Makarasana | 22. Ushtrasana | 23. Bhujangasana | 24. Utkatasana |
| 25. Naukasana | 26. Sarvangasana | 27. Konasana | 28. Trikonasana |
| 29. Mandukasana | 30. 31Uttana-Mandukasana. | | |

3. PRANAYAMA , BANDHAS, MUDRAS, DHAYANA (MEDITATION)

Hathyoga : Nadi Shodhana Pranayama , Surya -Bhedana, Ujjayee, Sheetkari, & Bhramri

Patanjal Yogasutra:- Bahyavrtti, Abhyantara Vrtti & Stambhavrtti

BANDHAS & MUDRAS: Jalandhar, Uddiyan and Moola Bandhas. Mahamudra, Mahabandha, Vipareet Karani, Kaki, Shambhavi.

DHAYANA (MEDITATION) : Recitation of Pranavajapa (Omkar Japa) & Gyatari Mantra.

4. NATUROPATHY:

Steam Bath, Hip Bath, Spinal Bath, Footbath. Hot & Cold Compresses, Wet Sheet pack, Mud Packs, Oil Massage. Air bath:- Morning walk, Control over Swar, Left Swar, Right Swar & Sushumna. Sun Baths, Rest, Relaxations & Fasting.

5. SESSIONAL WORK/ PRACTICE OF TEACHING :

Each student shall have to prepare and give at least one lecture cum Demonstration on different topics of Paper and also shall have to prepare and to give Five (5) lessons in the class under the supervision of their Yoga Practical Teacher. These Lessons should be observed/examined by the Yoga Practical Teacher.

SECOND SEMESTERS
P.G. DIPLOMA IN YOGA EDUCATION & SCIENCE OF LIVING
PAPER: PGYE-201
INDIAN PHILOSOPHY & HUMAN CONSCIOUSNESS

Time allowed: 3 hours
Paper Code – PGYE-201

Max Marks: 100
(External: 70, Internal: 30)

Section-A

Brief introduction of six system of Indian Philosophy i.e.
Nyaya Philosophy, Sankhya Philosophy, Vaisheshik Philosophy, Yoga Philosophy, Mimansa Philosophy
& Vedanta Philosophy.

Section-B

Meaning of Consciousness, Nature of Human Consciousness, Stages of Consciousness, Need of study
in modern life, Nature of Human Consciousness in Vedas & Upanishads.

Nature of Human Consciousness in Nyaya Philosophy, Vaisheshik Philosophy, Sankhya Philosophy,
Yoga Philosophy, Mimansa Philosophy & Vedanta Philosophy

REFERENCE BOOKS:

- | | |
|--|--------------------------------|
| 1. A Study in Consciousness | -Annie Besant |
| 2. Maanavchetna | -Dr. Ishwar Bharadwaj |
| 3. Seven States of Consciousness | -Anthony Campbell |
| 4. Atam Vigyan(Science of Soul). | -Sh.Yogeshwara Nand Paramhansa |
| 5. Bhartiya Darshan me Chetna ka Swaroop | -Dr. Shrikrishan Saxena |
| 6. मानव संचेतनावादी मनोविज्ञान | -ए.नागराज |
| 7. Bharat ke Mahan Yogi. | -Vishwanath Mukherji. |
| 8. Bharat ke Sant Mahtma | -Sri Ram Lal |
| 9. Patanjali Yog Pradeep.
(Geeta Press Gorakhpur) | -Omanand Tirtha |
| 10. Bharatia Darashan | -Acharaya Baldev Upadhaya |
| 11. Shrimad Bhagwad Geeta | -Geeta Press Gorakhpur |

SECOND SEMESTERS
P.G. DIPLOMA IN YOGA EDUCATION & SCIENCE OF LIVING
PAPER: PGYE-202
PATANJALI YOGASUTRA

Time allowed: 3 hours
Paper Code – PGYE-202

Max Marks: 100
(External: 70, Internal: 30)

Section-A

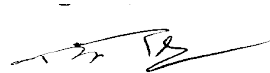
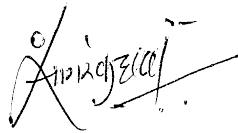
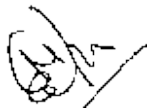
Introduction to Patanjali Yoga Sutra, Concept of chitta, Modifications of Chitta, Chitta-Bhumies, Methods to control Chittavrittis. Methods of Chitta Prasadana, Concept of Yogantaraya, Means to eradicate Antrayas.

Section-B

Concept of Pramanas, Kleshas, Ishwar, Karma-siddhanta, Purusha, Prakriti, Samadhi & Types of Samadhi.

REFERENCE BOOKS:

- | | |
|---|--------------------------------|
| 1. Four Chapters on Freedom.(English)
(Yoga Publication Trust, Munger, Bihar, India) | -Swami Satyananda Saraswati. |
| 2. Patanjali Yog Drshan -Bhashyam(Hindi).
(Arsh Sahitya Prachar Trust, Delhi) | -Acharya Rajveer Shastri. |
| 3. Kundalini Yoga.(English) | -Swami Sivananda. |
| 4. Concentration & Meditation.(English) | -Swami Sivananda. |
| 5. First Steps to Higher Yoga.(English) | -Sri Yogeshwar Nanda Parmhansa |



SECOND SEMESTERS
P.G. DIPLOMA IN YOGA EDUCATION & SCIENCE OF LIVING
PAPER: PGYE-203
ACUPRESSURE AND PRANIC THERAPY

Time allowed: 3 hours
Paper Code – PGYE-203

Max Marks: 100
(External: 70, Internal: 30)

Section-A

Acupressure therapy:- Meaning, History, Principles of acupressure, Benefits, Precaution & limitations of acupressure therapy. Basic therapeutic methods of acupressure therapy. Relationship of Points of acupressure in Hands, Feet with management of the following diseases : - Constipation, High & Low Blood Pressure, Diabetes, Asthma, Thyroid & Backache.

Section-B

Concepts & Meaning of Prana (Vital Energy) and Pranic Therapy:- Significance of Pranic Therapy in modern life. Introduction & Essentials of Pranic Therapy. Techniques of awakening and Raising the Prana. Techniques of Self Healing and Healing Others.

REFERENCE BOOKS:

- | | |
|---|----------------------------------|
| 1. Swasth-Vrata Vigyan,(Hindi)
(Chaukhamba Sanskrit Pratishthan,Delhi) | -Prof. Ram Harsh Singh |
| 2. Science of Natural Life(English)
(Arogya Sewa Prakashan, Modhinagar,U.P.) | -Dr. Rakesh Jindal |
| 3. Prakritik Ayurvigan(Hindi)
(Arogya Sewa Prakashan, Modhinagar,U.P.) | -Dr. Rakesh Jindal |
| 4. Pranashakti ek Divya Vibhooti | -Pdt. Shri Ram Sharma, Acharya. |
| 5. Chikitsa ke Vibin Ayaam. | -Pdt. Shri Rram Sharma, Acharya. |
| 6. A Complete Handbook of Nature Cure. | -Dr. H.R.Bakhru. |
| 7. Diet Cure for Common Ailments. | -Dr. H.R.Bakhru. |

SECOND SEMESTERS
P.G. DIPLOMA IN YOGA EDUCATION & SCIENCE OF LIVING
PAPER: PGYE-204
MENTAT HEALTH & YOGA

Time allowed: 3 hours
Paper Code – PGYE-204

Max Marks: 100
(External: 70, Internal: 30)

Section-A

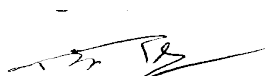
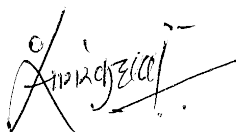
Meaning & Definition of Mental Health, Elements to affecting mental health, Methods for development of mental health through Yoga:- Kriya-Yoga, Punch Kosh-Sidanta, The Philosophy and Meaning of the sacred syllable “Om (OUM)”.

Section-B

General awareness of mental problems and their Psycho-Yogic therapeutic approaches: Anxiety, Disorder, Stress-disorder; Mood-disorder, Psychosomatic-disorder in the context of Modern Medicine, Patanjali Yoga Sutra & Hathapradipika.

REFERENCE BOOKS:

- | | | |
|-----|---|---|
| 1. | Yoga Practices for Anxiety and Depression | -Dr. R. Nagrathna &
-Dr.H.R.Nagendra |
| 2. | Yogic Management of Stress. | -Swami Suryamani Saraswati |
| 3. | Manorog Vigyan | -Dr. Balkrishan Pathak |
| 4. | Manasrog Vigyan | -Dr. Rajinder Prasad Bhatnagar |
| 5.. | Mansick Chikitsa | -Lalji Ram Shukel. |
| 6. | Mental Health ad Hindi Psychology | -Swami Akhilananda |



SECOND SEMESTERS
P.G. DIPLOMA IN YOGA EDUCATION & SCIENCE OF LIVING
PAPER: PGYE-205
YOGA THERAPY

Time allowed: 3 hours
Paper Code – PGYE-205

Max Marks: 100
(External: 70, Internal: 30)

Section-A

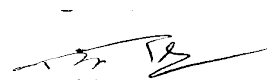
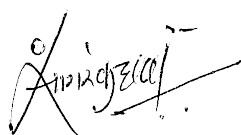
Concept, Meaning & Principles of Yogic Therapy, Causes, signs & symptoms & yogic treatment including dietary measures of the following diseases:- Constipation, Diabetes Mellitus, Obesity, Cervical Spondylitis, Arthritis, Backache, Sciatica & Slipped Disc.

Section-B

Causes, signs & symptoms & yogic treatment including dietary measures of the following diseases: Asthma, High & Low Blood Pressure, Female problems, Sinusitis, Thyroid, Depression & Naval-displacement.

REFERENCE BOOKS:

- | | |
|---|-------------------------------|
| 1. Yogic Management of Common Diseases
(Yoga Publication Trust, Munger, Bihar, India) | -Dr. Swami Karmananda |
| 2. New Perspectives in Stress Management
(V.K. YOGAS, Bangalore, 1998) | -Nagendra H.R.
Nagendra R. |
| 3. Stress and its Management by Yoga (MLBD) | -Udupa K.N. |
| 4. Anatomy and Physiology of Yogic Practices
(English & Hindi) Kanchan Prakashan, Lonavla. | -M.M. Gore |



SECOND SEMESTERS
P.G. DIPLOMA IN YOGA EDUCATION & SCIENCE OF LIVING
PAPER: PGYE-206
PRACTICAL YOGIC SKILLS & ALLIED health SCIENCES - II

Time allowed: 5 hours
Paper Code – PGYE-206

Max Marks: 100
External Assessment: 70
Internal Assessment: 30

The practice of the following Yogic Skill & Acupressure with brief theoretical knowledge about their importance of name, the technique, silent features, precautions to be taken and the benefits.

1. SEKECTED YOGIC SHATKRAMAS

Sutra Neti, Vasta Dhauti , Dhanda dhauti, Madhyam Nauli, Kapalbhati: Vatkarma, Viewtkrama & Sheetkrama Kapalbhati

2. SURYA NAMASKARA & SELECTED YOGASANAS

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|------------------------|--------------------------|------------------|
| 1. Kukkutasana | 2. Uttana-Kurmasana | 3. Simhasana |
| 4. Matsyendrasana | 5. Paschimottanasana | 6. Dhanurasana |
| 7. Matsyasana | 8. Baddha-Padmasana | 9. Gorakshasana |
| 10. Uttana-Mandukasana | 11. Garudasana | 12. Ushtrasana |
| 13. Bhujangasana | 14. Chakrasana | 15. Sarvangasana |
| 16. Mayurasana | 17. Sirshasana | 18. Sankatasana |
| 19. Setubandhasana | 20. Konasana | 21. Trikonasana |
| 22. Karanpedasana | 23. Pada- angushthasana. | 24. Ashwathasana |

3. PRANAYAMA, BANDHAS, MUDRAS, DHAYANA (MEDITATION)

Hathayoga:- Nadi Shodhana Pranayama ,Surya Bhedana,Ujjayee, Seetkari, Sheetali, Bhastrika, Bhramri. **Patanjali :-** 1)Bahyavrtti, 2)Abhyantara Vrtti, 3) Stambhavrtti & 4)Bahya Abhayantara Vishayakshepi.

BANDHAS & MUDRAS:-

Practice of Jalandhar, Uddiyan and Moola Bandhas. Mahamudra, Mahabandha, Mahavedha, Vipareet Karani, Yoni, Ashvani, Tadagi, Kaki, Shambhavi.

DHAYANA (MEDITATION): Recitation of Pranavajapa (Omkar Japa) & Gyatari Mantra.

Akashdaranas:- Chidakasha, Hridayakasha

4. ACUPRESSURE:

Knowledge of Hand & Foot Reflexology Techniques of Acupressure. Knowledge of Instruments used in acupressure. Knowledge of pressure methods.

5. SESSIONAL WORK/PRACTICE OF TEACHING :

Each student shall have to prepare and give at least one lecture cum Demonstration on different topics of Paper and also shall have to prepare and to give Five (5) lessons in the class under the supervision of their Yoga Practical Teacher. These Lessons should be observed/examined by the Yoga Practical Teacher.
