

PG Diploma in Yoga Therapy

Syllabus

Faculty of Yoga

MAULANA AZAD UNIVERSITY, JODHPUR

PG Diploma in Yoga Therapy (1 Year)

Schemes for Internal Assessments and End Semester Examinations Semester-wise

Code	Paper	CIA-I	CIA-II	ESE	Total
Theory					
PGDYO 111	Foundation of Yoga	10	10	80	100
PGDYO 112	Basic Relevant of Yoga Therapy	10	10	80	100
PGDYO 113	Yogasana and Pranayam	10	10	80	100
PGDYO 114	Human Biology & Naturopathy	10	10	80	100
Practical					
PGDYO 121	Practice Teaching Lesson	10	10	80	100
PGDYO 122	Practice of Aasan, Pranayam, Bandas & Mudras	10	10	80	100
PGDYO 123	Practice of Yoga Therapy	10	10	80	100
PGDYO 124	Project Work (Clinical Internship)	10	10	80	100

Theory		
PGDYO 111: Foundation of Yoga		50 Hrs
इकाई Unit	पाठ्यक्रम सामग्री Course Content	Hours/ Unit
I	ORIENTATION TO PATANJALI YOGASUTRA <ul style="list-style-type: none"> ● Introduction to Yogasutra, Nature of yogasutra, Definition of yoga ● Vrittis, Nature, Classification, definition, Method to control of chitta vrittis ● Kriya yoga and its benefits, Classification, methods to control the kleshes 	10
II	SAM YOGA & ASTONGE YOGA :- <ul style="list-style-type: none"> ● Drshya and Drasta, samyoga-Nature & causes hona paya, Honasswarupa ● Astonge yoga-yama, Niyama, Asana, Pranayama ● Ritumbhara - bahiranga yoga, Dharana, Dhyana, samadi, Antaranage yoga 	10
III	ORIENTATION TO HATH YOGA PRADIPIKA <ul style="list-style-type: none"> ● Hath yoga-introduction, Greatness, Prampara (Hath Yogi) ● Relationship of Hatha yoga and Rajay yoga ● Practice & method Hatha yoga, Benefit & Loses 	10
IV	ORIENTATION TO GHATH YOGA <ul style="list-style-type: none"> ● Ghath yoga - Introduction & benefits ● Saptanga yoga Introduction & benefits ● Comparative Study ghath Yoga & Saptanga Yoga 	10
V	INTRODUCTION OF YOGA CENTER & SCHEMES <ul style="list-style-type: none"> ● Introduction of Patanjali Yoga Centers ● Introduction of Munger yoga University and Kewallaya dam Yoga Center ● International Yoga Day & Scheme of India 	10

RECOMMENDED READINGS

- Rajayoga- Swami Vivekananda - Ramakrishna Ashrama Publications
- Hathayoga Pradipika of Swatmarama-Kaivalyadhama, Lonavala
- The Science of Yoga - Taimini - Theosophical Publishing House, Adyar, Madras
- Yogasutras of Patanjali - Hariharananda Aranya, University of Calcutta Press, Calcutta
- Patanjali Yoga Pradeepa Omananda Tirtha-Geeta press, Gorakhpur
- Gherandasamhita-Bihar School of Yoga, Munger, Bihar
- Shivayogadipika - Sadashivabrahmendra, Ananda ASHramagranthavali, Choukhamba Press
- Yoga darshan : Swami Niranjanananda-Sri Panchadashanam Paramahansa Alakh Basra, Deoghar
- Four chapters on Freedom (Commentary on the Yoga sutras of Patanjali), Swami Satyananda (1983), Bihar School of Yoga, Munger

Theory		
PGDYO 112: Basic Relevant of Yoga Therapy		50 Hrs
इकाई Unit	पाठ्यक्रम सामग्री Course Content	Hours/ Unit
I	PRINCIPLES OF AYURVEDA IN YOGA <ul style="list-style-type: none"> ● Tridosa, Dhtumala, sadasa-introduction ● Concept of health according to Ayurveda ● Dinacharya, Sadavrta, ritucharya 	10
II	PANCHAKARAM KRIYAS <ul style="list-style-type: none"> ● Introduction of Panchakaram ● Elements of Shehana, Svedana, Vamana & virechana ● Basti Kriya in Panchakarm 	10
III	NATUROPATHY IN YOGA. <ul style="list-style-type: none"> ● History of Naturopathy ● Philosophy of the human body, mind, soul, life, spirit and spiritual body ● Laws of Nature, Pancha maha Bhutas, Ahara, Nindrar, Bhaya 	10
IV	NATUROPATHY THERAPY & DRASHAN PHILOSOPHY. <ul style="list-style-type: none"> ● Philosophy of Indian Naturo paths-Mahatma Gandhi ● Definition and maintenance of Nature's constructive principles of health ● Importance of Physical and mental hygiene 	10
V	PRINCIPLES OF ASTROLOGY <ul style="list-style-type: none"> ● Introduction & basics of Indian Astronomy ● Administration of herbal medicine & Natural treatment as per Astronomy ● Astronomy and Astrologically good & favorable dates & times 	10

RECOMMENDED READINGS

- Sabda manjari
- dhatu Manjari
- Panchatantra
- Raghvnamshamahakavyam of kalidasa
- Charakasamhita of Charaka
- Astanga Hridaya-Vagbhata
- Practice of Nature Cure-By Henry Lindlahr
- History & Philosophy of Nature Cure-By S.J.Singh
- My Nature Cure-By Sh. M. K. Gandhi

Theory		
PGDYO 113: Yogasana and Pranayam		45 Hrs
इकाई Unit	पाठ्यक्रम सामग्री Course Content	Hours/ Unit
I	YOGASAN <ul style="list-style-type: none"> ● Meaning and definition of Asanas ● Classification of Asanas ● Knowledge Detail about following Asanas :- Sidhasana, Padmasana, Karnapidasana, Bhadrasana , Vajrasana, Swastikasana, Sinhasana, Gomukhasana, Virasana, Savasana, Vekrasana, Matsyendrasana, Paschimoanasana, Dhanurasana, Matsyasana, Gorakshasana, Vrikshasana, Garudasana, Shalabhasana, chakrasana, Makarasana, Ushtrasana, Bhujangasana, Utkatasana, Naukasana, Sarvangasana, Konasana, Trikonasana, Mandukasana, Uttanamandukasana 	10
II	SELECTED YOGIC SHATKRAMS <ul style="list-style-type: none"> ● Meaning and definition of Shatkrams ● Classification of Shatkrams ● Knowledge Detail about following kriyas: Vaman Dhuti (Kunjal), SutraNeti, Jalaneti, Trataka, Kapalbhathi Jalkapal 	10
III	PRANAYAM <ul style="list-style-type: none"> ● Meaning & definition of Pranayam ● Physical & Mental Impartment of Pranayam ● Knowledge Detail about following Pranayarm Kriyas: Nadi Shodhana Pranayam, Surya Bhedana Pranayam, Ujjayee Pranayam, Sheetali-Seetkari Pranayam, Bhrumri Pranayam 	10
IV	BANDHAS KRIYAS <ul style="list-style-type: none"> ● Meaning and Difinitin of Bandhas ● Physical & Mental Importance of Bandhas ● Knowledge Detail about following Bandh Kriyas:- Jalandhar Bandha, Uddiyan Bandha, Moola Bandha 	10
V	MUDRAS & SURYA NAMSKAR <ul style="list-style-type: none"> ● Meaning & Definition of Mudra ● 25 Types of Mudra Learning Method & Benefits ● Suryanamskar Learning Method & Benefits 	10

RECOMMENDED READINGS

- Hathaya Pradipika English / [Yoga Publication Trist, munger (Bher)] - Swami Mukti badhanand.
- Hatha Pradipika (Hindi)- Swami Kaivalyanada (Kaivalyadhama, Lonavala)
- Gheranda Samhita (English)- Swami Digambergi & Gharote (Kaivalyadham, Lonavala)
- Gheranda Samhita (Hindi)- Swami 1. Niranjana, handa saraswati 2. Yoga publication trust munger Bihar
- Pranayam, the art & Science (English) - Dr. H.R.Nagendra
- Yog Nindra - English Swami Satyananda Saraswati
- Asana, Pranayam Mudra Bandh - English Swami Satyananda Saraswati
- Saral Yogasan (Hindi) Dr. Ishwar Bhardwas.

Theory		
PGDYO 114: Human Biology & Naturopathy		45 Hrs
इकाई Unit	पाठ्यक्रम सामग्री Course Content	Hours/ Unit
I	ANATOMY AND PHYSIOLOGY <ul style="list-style-type: none"> ● Muscular - system - muscle classification brief mechanism of muscle contraction, skeleton System, knowledge about ligaments, tendon & joints. ● Blood composition, RBC, WBC, Plasma, Hemoglobin, Blood groups and immunity ● Special senses - Eyes, Nose, Tongue, Ear. 	10
II	SYSTEMS <ul style="list-style-type: none"> ● Cardiovascular system, Respiratory system-knowledge about Anatomy of heart and blood vessels, mechanism of Breathing ● Digestive and Excretory System - knowledge about Anatomy & Mechanism of Digestive & Excretory system ● Endocrine Glands Knowledge about Anatomy & function of thyroid, parathyroid, Hormones 	10
III	NUTRITION & ENZYMES <ul style="list-style-type: none"> ● Dietetics in yoga therapy ● Nutrition, proximate principles of diet and its importance ● Enzymes - definitions, specificity, inhibitors, and activators 	10
IV	CONCEPT OF NATUROPATHY <ul style="list-style-type: none"> ● Meaning & definition & Basic Principal of Naturopathy. ● Introduction important & uses water, mud, stream, sun. ● Concept, importance & effect of fasting (Upwas) 	10
V	CONCEPT OF YOGA THERAPY <ul style="list-style-type: none"> ● Meaning, Definition & concept of yoga therapy ● Yogic management of diabetes blood pressure, asthma, Head ache ● Concept of massage, its kinds and technique Benefits of massage in different system 	10

RECOMMENDED READINGS

- Swasth vrata vigyan (hindi) Prof ran harsh singh (ehoukhamba sankrit pratisthan)
- Science of natural life (english)
- (arogyasewa Prakashan, modhi nagar-UP- Dr. Rakesh Jindal)
- Prakritik ayurvedigyan (hindi)
- (arogyasewa Prakashan, modhi nagar-UP- Dr. Rakesh Jindal)
- Pran shakti ek Divya vibhooti - pdt. shri ram sharma
- ehikitsa ke vibinna aayaam - pdt. shri ram sharma
- A complete hand book of nature cure-Dr. HR Bakhru
- Diet cure for common ailments-Dr. HR Bakhru
- Human physiology-chatterjee.
- Anatomy and physiology for Nurses.
- Illustrated Physiology to Ann B. Menanght.
- A text book of Biochemistry-Subba Rao
- A text book of Medical Physiology- Guyton
- Introduction to Psychology-by Hilgard, E.R. Atkinson, R.L. and Atkinson(1979) R.C Harcourt Brace Jovanvich, New York.
- Basic Psychology, stranges, R&Solley, C.M (1970) Tata Mcgraw-Hill, New Delhi.

Practical		
PGDYO 121: Practice Teaching Lesson		45 Hrs
इकाई Unit	पाठ्यक्रम सामग्री Course Content	Hours/ Unit
	<p>➤ Candidate will give Internal practice teaching lesson in the presence of internal Supervisor and external Practice Teaching Lesson in the presence of Internal & external Examiners in following.</p> <p>➤ Lesson activities</p> <ul style="list-style-type: none"> ● Theory part ● Asans ● Pranayam ● Mudra/bundh ● Therapy part <p>➤ Internal lesson</p> <ul style="list-style-type: none"> ● One Practice Lesson from Each Activity ● Total 3 Activites, Each Lesson Carry 4 Mark - Total Mark 20. <p>➤ External lesson</p> <ul style="list-style-type: none"> ● Two lesson, one theory teaching in class room, and second practical teaching on activities ● Theory part is 35 marks and practical Part is 45 marks - Total Marks 75. 	

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Practical																						
PGDYO 122: Practice of Aasan, Pranayam, Bandas & Mudras		45 Hrs																				
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Practical		
PGDYO 124: Project Work (Clinical Internship)		45 Hrs
इकाई Unit	पाठ्यक्रम सामग्री Course Content	Hours/ Unit
	<p>➤ Clinical Work & Internship</p> <ul style="list-style-type: none"> • A candidate has to go for one month internship at yoga center/nature therapy center/rehabilitation center (approved by university). • Clinical examination shall be conducted by internal supervisors on the basis of Clinical & Internship activities participation and performance. • Total 20 marks will be awarded. <p>➤ Project Report Examination</p> <ul style="list-style-type: none"> • All Students are expected to approve/registered a Project related with yoga activities. Then at the end he/she will submit/show the project to the External supervisor. • 80 marks will be awarded. 	

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