

Himalayan Garhwal University  
P.G. Diploma in Yoga

**Scheme of Examination:**

**SEMESTER –I**

Sub Code	Title of the Paper Semester-I	Total	Theory	Credit Maximum-Marks		Sessional	Credits
				Tutorial	Practical		
MAY/101	Fundamentals of yoga	100 (70+30)	70	-	-	30	3
MAY/102	Fundamental Texts of Yoga - I	100 (70+30)	70	-	-	30	3
MAY/103	Principles of Hathyoga	100 (70+30)	70	-	-	30	3
MAY/104	Anatomy, Physiology and yogic Practices	100 (70+30)	70	-	-	30	3
MAYP/105	Practical – I	100	-	-	100	-	3
MAYP/106	Practical – II	100	-	-	100	-	3
		600					18

**SEMESTER –II**

Sub Code	Title of the Paper Semester-I	Total	Theory	Credit Maximum-Marks		Sessional	Credits
				Tutorial	Practical		
MAY/201	Patanjal Yoga Sutra	100 (70+30)	70	-	-	30	3
MSY/202	Principles of Naturopathy	100 (70+30)	70	-	-	30	3
MAY/203	Fundamental Texts of Yoga - II	100 (70+30)	70	-	-	30	3
MAY/204	Alternative Therapies	100 (70+30)	70	-	-	30	3
MAYP/205	Practical-III	100	-	-	100	30	3
MAYP/206	Practical-IV Naturopathy and Alternative Practical	100	-	-	100	30	3
		600					18

**SEMESTER-I**  
**PAPER-I (MAY/101)**  
**FUNDAMENTALS OF YOGA**  
**DURATION OF EXAM. : 2 HRS.**

**MARKS: 100**

**EXTERNAL: - 70**

**SESSIONAL: - 30**

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

**UNIT-I: BASIC CONCEPTS OF YOGA**

1. Meaning of Yoga & Various Definitions,
2. Aim, Objectives & importance of Yoga in life.
3. Vikasavada, Prakriti, Purusha & their relationship.

**UNIT-II: HISTORY AND DEVELOPMENT OF YOGA**

1. History and Development of Yoga in Vedas & Upanishads
2. History and Development of Yoga in Gita
3. History and Development of Yoga in Buddhism, Jainism and Indian Philosophy.

**UNIT-III: DISCIPLINE AND OBSTACLES IN YOGA SADHANA**

1. Elements of Success and Failure in Yoga Sadhana According to Hathyoga
2. Elements of Success and Failure in Yoga Sadhana According to Yogasutra.
3. Elements of favorable & unfavorable conditions & Diet for the Practice of Yoga.

**UNIT-IV: HUMAN CONSCIOUSNESS**

1. Meaning , Nature & Definitions of Consciousness
2. Need of the Study of Human Consciousness,
3. Human Consciousness in Ved, Upanishad, and Shatdarshan

**REFERENCE BOOKS**

1. Rajayoga- Swami Vivekanand, Ramakrishan Ashrama Publications.
2. Yoga Sutras of Patanjali- Hariharananda Aranya, University of Calcutta Press, Calcutta.
3. Radhakrishnan, S. :Indian Philosophy (Vol. I & II) (George Allen and Unwin, London, 1971
4. Dr. Ishwar Bhardwaj: Manav Chetna (Hindi), Satyam Publication, NewDelhi, 2011
5. Pitamber Jha: Yog Parichaya
6. औपनिषदिक अध्यात्म विज्ञान— डॉ. ईश्वर भारद्वाज
7. पातंजल योग विमर्ष—डॉ. विजयपाल पास्त्री

SEMESTER -I  
PAPER – II (MAY/102)  
FUNDAMENTAL TEXTS OF YOGA – I

MARKS: 100  
EXTERNAL: - 70  
SESSIONAL: - 30

DURATION OF EXAM. : 2 HRS.

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: GHERANDA SAMHITA

1. Ghatastha Yoga
2. Saptanga Yoga: Asana, Pranayama, Mudra, Bandha
3. Dharana, Dhyana and Samadhi

UNIT-II: SHIVA SWARODAYA

1. Swara Yoga in brief, Prana – Vital energy, Sound and form of Swara, Triguna energy system,
2. Chakras, Pancha tatwas & Pranavayus
3. Personal observations of Swara activities & Clinical applications of Swara Sadhana.

UNIT-III: VASHISTHA SAMHITA

1. Introduction to Vashista samhita
2. Yama, Niyama, Pratyahaar & Pranayama in Vashista Samhita
3. Dharna, Dhyana & Samadhi in Vashistha Samhita

UNIT-IV: SHIV SAMHITA

1. General Introduction of Shiv Samhita and its subjects matters
2. Tattva Jnana Upadesh
3. Mudra & Chakras

REFERENCE BOOKS

1. Timini, I.K., The Science of Yoga, The Adyar Library, Madras
2. Iyengar B.K.S., Light on Patanjali Yoga, New York, Schocken Books, 1994
3. Bharati, Veda, Philosophy of Hatha Yoga, Himalayan International Institute of Yoga, Science and Philosophy, 1998,
4. Dvivedi, Nath Sampradaya of Hatha Yoga, Hindustani Academy, Allahabad, Uttar Pradesh, 1950.
5. Rajni Nautiyal, Samkhy Yoga main Antahkaran, Yoga Dept- HNB Garhwa University, Srinagar, Uttarakhand
6. Shiv Samhita, Raghavendra Sharma, Choukhamba Sanskrit prakashan, Delhi, 2006.

**SEMESTER-I**  
**PAPER – III (MAY/103)**  
**PRINCIPLES OF HATH YOGA**  
**DURATION OF EXAM. : 2 HRS.**

**MARKS: 100**

**EXTERNAL: - 70**

**SESSIONAL: - 30**

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

**UNIT-I: INTRODUCTION**

1. Meaning , Definition , Aims & Objectives of Hath Yoga,
2. Sign & Symptoms of Success in Hathyoga.
4. Kundalini Jagaran & Nadanusandhan.

**UNIT-II: SATKARMAS**

1. Satkarmas - Its Meaning, Definition & Objectives,
2. Classification of Satkarmas According to Hath Pradeepika & Gherand Samhita
3. Types of Nadis, Meaning, Definition,

**UNIT-III: ASANA & PRANAYAMA**

1. Meaning, Definitions & Objectives of Asana & Pranayama
2. Principles of Practicing Asanas & Pranayama
3. Pranayama with reference to Hath Pradipika & Gherand Samhita.

**UNIT-IV: MUDRA AND MEDITATION**

1. Concept, Meaning & Definition of Mudra & Bandhas,
2. Meditation-Meaning & Concept, Various Techniques (OM, Transcendental, Vipasana & Preksha),
3. Detailed Technique of Yoga Nidra.

**REFERENCE BOOKS**

1. Swami Muktibodhananda, Hatha Yoga Pradeepika, The light on Hathayoga, Bihar School of Yoga, Munger, 1985.
2. Ghatore, M.L. Hatharatnavali of Srinivasayogi, The Lonavala Yoga Institute, Lonavala, 2002.
3. Swami Digambarji, Gheranda Samhita, The Lonavala Yoga Institute, Lonavala,
4. हठयोग प्रदीपिका- स्वात्माराम योगी
5. घेरण्ड संहिता- घेरण्ड ऋषि
6. योग परिचय- पीताम्बर झा
7. आसन प्राणायाम विज्ञान- देवव्रत आचार्य
8. आसन, प्राणायाम, मुद्रा बन्ध- स्वामी सत्यानन्द
9. बहिरंग योग - स्वामी योगेश्वरानन्द

**SEMESTER-I**  
**PAPER – IV (MAY/104)**  
**ANATOMY, PHYSIOLOGY AND YOGIC PRACTICE**

**MARKS: 100**

**DURATION OF EXAM. : 2 HRS.**

**EXTERNAL: - 70**

**SESSIONAL: - 30**

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

**UNIT – I**

1. Concept of cell, tissue & organs
2. Structure & function of Cell & Tissues
3. Structure of main organs (Heart, Lungs, Stomach, Liver & Kidney)

**UNIT-II**

1. Digestive System - Structure & Function
2. Physiology of Digestion and effect of yogic practices on the digestive system.
3. Respiratory System – Structure & Function and effects of yogic practices on respiratory system.

**UNIT-III**

1. Circulatory system: Structure & function and effects of yogic practices on Circulatory system.
2. Classification of Blood & their functions
3. Nervous system – Its types and their functions and effects of yogic practices on Nervous system.

**UNIT-IV**

1. Excretory system - Structure & function and effects of yogic practices on Excretory system.
2. Structure of a nephron and physiology of formation of urine.
3. Endocrine system – Its types and functions and Effects of yogic practices on endocrine glands

**REFERENCES**

1. Gore, M.M., Anatomy and Physiology of Yogic practices, Kanchan Prakshan, Lonavala, 2003.
2. Shirley Telles, A Glimpse of the Human body. V K YOGAS, Bangalore, 1995
3. Sri Krishna, Notes on Structure and Functions of Human Body and Effects of Yogic practices on it Kaivalydhama S.M.Y.M Samiti, Lonavala, 1988.
4. Chatterjee, C.C., Human Physiology (Vol. I & II), Medical Allied Agency, Culcutta, 1992
5. Guyton, Textbook of Medical physiology, 9th edition.
6. षरीर रचना विज्ञान – डॉ० मुकुन्द स्वरूप वर्मा
7. षरीर क्रिया विज्ञान – डॉ० प्रियव्रत षर्मा
8. षरीर रचना व क्रिया विज्ञान – डॉ० एस० आर० वर्मा

SEMESTER-I  
PAPER – V (MAYP/105)  
PRACTICAL – I  
Asana & Pranayama

MARKS: 100

1. Suryanamaskar with Mantras:

2. ASANAS

- |                                 |                             |
|---------------------------------|-----------------------------|
| 1. Tadasan- Standing            | 15. Dhaanurasan- Prone      |
| 2. Ardhatkatchakrasan -Standing | 16. Shalabhasan- Prone      |
| 3. Garudasana- Standing         | 17. Bhujangasan- Prone      |
| 4. Vrikshasan -Standing         | 18. Vakrasan- Prone         |
| 5. Hasttotanasan -Standing      | 19. Uttanpadasan -Supine    |
| 6. Padhasan- Standing           | 20. Halasan-Supine          |
| 7. Trikon Asan -Standing        | 21. Vipritkarniasan -Supine |
| 8. Padmasan- Sitting            | 22. Sarvangasan-Supine      |
| 9. Vajrasan - Sitting           | 23. Matsyasan -Supine       |
| 10. Swastikasan - Sitting       | 24. Suptavajrasan -Supine   |
| 11. Siddhasan- Sitting          | 25. Naukasana –Supine       |
| 12. Gomukhasan- Sitting         | 26. Shavasana- Supine       |
| 13. Bhadrasan- Sitting          |                             |
| 14. Ardh Matsyendrasan- Sitting |                             |

3. Pranayam-

1. Anuloma-Viloma Pranayam
2. Suryabhedhi Prayanam
3. Chandrabhedhi Prayanam
4. Ujjai Pranayama

REFERENCE

1. Saraswati Satyananda, Asana, Pranayama, Mudra Bandha, Bihar school of Yoga, Munger.
2. Niranjananada Swami, Gheranda Samhita, nagarathna, Bihar school of Yoga, Munger.
3. Swami Digambar & Jha.P. Hatha Pradipika. Kaivalyadham Yoga Prakashan, Lonavala, Pune.
4. Nagendra, H.R., Integrated Approach of Yoga Therapy for Positive Health ,Swami Vivekananda Yoga Prakashana,Bangalore, 2001.
5. Nagarathna R and Nagendra, H.R.,Yoga for Common Ailments, Swami Vivekananda Yoga Prakashana,Bangalore, 2001.
6. Swami Kuvalyananda, Yogic Therapy, Kaivalyadhama Yoga Institute, Lonavala.
7. Ram Hrasha Singh, Yog Evam Yogic Chikitsya, Chokhmba Prakashan, Delhi



SEMESTER-I  
PAPER – VI (MAYP/106)  
PRACTICAL – II  
Mudra Bandh, Kriya, Meditaion & Relaxation

MARKS: 100

Shudhi Kriya-

1. Vatkarma Kapalbhanti
2. Jalneti
3. Rubber Neti
4. Vaman Dhouti (Kunjal)

Mudra & Bandh -

1. Gyanmudra
2. Chinmudra
3. Vipreetkarni Mudra
4. Maha Mudra & Maha Bedha
5. Jalandherbandh
6. Uddayanbandh
7. Moolbandh

Meditation- Pranav Meditation

Relaxation-

1. Yog Nidra

REFERENCE

1. Saraswati Satyananda, Asana, Pranayama, Mudra Bandha, Bihar school of Yoga, Munger.
2. Niranjananada Swami, Gheranda Samhita, nagarathna, Bihar school of Yoga, Munger.
3. Swami Digambar & Jha.P. Hatha Pradipika. Kaivalyadham Yoga Prakashan, Lonavala, Pune.
4. Nagendra, H.R., Integrated Approach of Yoga Therapy for Positive Health ,Swami Vivekananda Yoga Prakashana,Bangalore, 2001.
5. Nagarathna R and Nagendra, H.R, Yoga for Common Ailments, Swami Vivekananda Yoga Prakashana,Bangalore, 2001.
6. Swami Kuvalyananda, Yogic Therapy, Kaivalyadhama Yoga Institute, Lonavala.
7. Ram Hrasha Singh, Yog Evam Yogic Chikitsya, Chokhmba Prakashan, Delhi



**SEMESTER II**  
**PAPER – I (MAY/201)**  
**PATANJALA YOGA SUTRA**

**MARKS: 100**

**DURATION OF EXAM. : 2 HRS.**

**EXT:- 70**

**INT :- 30**

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

**UNIT-I:**

1. Introduction to Patanjala Yoga Sutra & Maharishi Patanjali,
2. Definition of Yoga & Concept of Chitta
3. Chittavritties , Chitta Bhumies & Methods to Control Chittavritties.

**UNIT-II:**

1. Types of Samadhi- Samprajnata and Asamprajnata.
2. Concept of Kriya Yoga & Panch Kleshas
3. Purusha, (drishta) & Prakriti, (drishya)

**UNIT-III:**

1. Yogantaraya & their associates,
2. Methods of Chitta Prasadana
3. Astanga Yoga

**UNIT-IV**

1. Ishwar, Ishwar Pranidhan
2. Vivek-khyati
3. Vibhutties & Kaivalya

**REFERENCE BOOKS**

1. पातंजल योग सूत्र – गीता प्रेस, गोरखपुर
2. पातंजल योग दर्शन– राजबीर शास्त्री
3. पातंजल योग विमर्ष–डॉ. विजयपाल शास्त्री
4. पातंजल योग प्रदीप– स्वामी ओमानन्द तीर्थ
5. अष्टांग योग– स्वामी चरणदास
6. मेरी वसीयत और विरासत– श्रीराम शर्मा आचार्य
7. Essays on yoga- Swami Shivananda
8. Bases of yoga- Shri Aurabindo

**SEMESTER-II**  
**PAPER – II (MAY/202)**  
**PRINCIPLES OF NATUROPATHY**

**MARKS: 100**

**DURATION OF EXAM. : 2 HRS.**

**EXT:- 70**

**INT :- 30**

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

**UNIT-I: BASIC OF NATUROPATHY**

1. Meaning , Definitions & Fundamental principles of Naturopathy.
2. Objectives & Importance of Naturopathy.
3. Laws of Nature: Pancha Mahabhuta.

**UNIT-II: HISTORY OF NATUROPATHY**

1. History of Naturopathy in Ancient period.
2. Development of Modern Naturopathy
3. History of Nature Cure in India

**UNIT-III: NATUROPATHY: DIAGNOSIS**

1. The Diagnostic procedures in Naturopathy: Spinal Analysis, Facial Diagnosis, Kanika Diagnosis, chromo diagnosis and its diagnostic values.
2. Importance of the physical and mental hygiene, Personal life and prevention of diseases
3. Techniques to acquire Natural immunity in diseases.

**UNIT-IV: NATURE CURE TREATMENTS**

1. Nature Cure Treatments: Enema, Fasting, Natural Diet, sun bath, Hydrotherapy, Mud therapy, Massage therapy.
2. Hip-bath, Spinal bath, Steam bath, Chest pack, Mud packs.
3. Chromo therapy – Colour treatment, Heat, Light, Electricity, Ultraviolet and Infra-red rays.

**REFERENCE BOOKS**

1. Henry Lindlahr. Philosophy of Nature Cure
2. S.J. Singh., History and Philosophy of Nature Cure
3. M.K. Gandhi., My Nature Cure
4. P.D. Mishra & Mishra V. Prakartik Chikitsya sidhant evam Vayavahar, Uttar Pradesh Hindi Sansthan, Lucknow.
5. Jindal R., Prakartik Ayurvijnana, Arogya Seva Sadan, Prakashan, Uttar Pradesh.

**SEMESTER II**  
**PAPER – III (MAY/203)**

**FUNDAMENTAL TEXTS OF YOGA -II**

**MARKS: 100**

**DURATION OF EXAM. : 2 HRS.**

**EXT:- 70**

**INT :- 30**

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

**UNIT-I: YOGA IN BHAGAVADGITA-I**

1. "Yoga", its meaning and Definitions
2. Nature of atman, Sthit Pragyata, Samkhya Yoga,
3. Karma Yoga, Bhakti Yoga & Jnana Yoga,

**UNIT-II: YOGA IN BHAGAVADGITA-II**

1. Samnyas and samnyas yoga
2. Abhyas and Vairagya, Shraddha
3. Ishwar evam Vibhuties

**UNIT-III: YOGA IN UPANISHADS**

1. General Introduction to Principal Upanishads
2. Kathopanishads: Atma –Vivechan & Mundaka Upanishad: Brahma-Vichar
3. Shvetashwatar Upanishad: Liberation & Dhyandindu Upanishad: Om & Atma Vichar

**UNIT-IV: YOGA IN TANTRA**

1. Principals of Sheav.
2. Shakt Tantra – Ten Mahavidya
3. Vaishnav Tantra & Tantirk Performance

**REFERENCE BOOKS:-**

1. Radha Krishnan, Bhagwat Gita, Hind Pocket Books, Delhi, 2004.
2. Radhakrishnan, S., The Principal Upanishads, George Allen and Unwin, London, 1953
3. Swami Adidevananda, Sri Ramanuja Gita Bhasya, Sri Ramakrishna Math, Madras, 1993
4. Shri Ram Sharma Acharya, 108 Upanishads in three Volumes, Shanti Kunj, Haridwar, 1978.
5. Introduction to Upanishads, Theosophical Society of India, Adyar, Madars, 1976)
6. तंत्र दर्शनए परमहंस तिनरजनानन्द, श्री पंचदषनामए परमहंस अलखबाडा देवघरए बिहार
7. जगदीष चन्द्र जैन चौखबाए भारतीय दर्शन एक नयी दृष्टिएसुरभारती प्रकाषन वाराणसी

**SEMESTER II**  
**PAPER – IV (MAY/204)**  
**ALTERNATIVE THERAPIES**

**MARKS: 100**

**DURATION OF EXAM. : 2 HRS.**

**EXT:- 70**

**INT :- 30**

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

**UNIT-I: INTRODUCTION TO ALTERNATIVE THERAPY**

1. Concept of Alternative Therapy & Importance of Alternative Therapy.
2. Scope and Limitation of Alternative Therapy.
3. Relation Between Yoga Therapy and Alternative Therapy

**UNIT-II: ACUPRESSURE**

1. Meaning of Acupressure, Benefits of Acupressure.
2. Principles and Techniques of Acupressure.
3. Instruments of Acupressure. Introduction of Different Pressure Points.

**UNIT-III: PRANIC HEALING**

1. Meaning & Nature of Prana,
2. Introduction & Principles of Pranic Healing,
3. Various Techniques of Pranic Healing.

**UNIT-IV: MAGNETO THERAPY**

1. Meaning, Definition, & Scope
2. Principles of Magneto Therapy. Kinds of Magnets.
3. Methods of Magneto Therapy and Effect of Magneto Therapy on Different Diseases.

**REFERENCE BOOKS:-**

1. Acupressure – Dr. Attar Singh
2. Acupressure – Dr. L. N. Kothari
3. Miracles through Pranic healing :- Master Choa Kok Sui
4. Advanced Pranic healing :- Master Choa Kok Sui
5. Magneto therapy :- Dr. H. L. Bansal
6. Magnetic Cure for common disease:- Dr. R.S. Bansal, Dr. H. L. Bansal
7. Yog Evam Vaikalpik Chikitsya: Dr. V.Nautiyal

SEMESTER- II  
PAPER – V (MAYP/205)  
PRACTICAL-III

MARKS: 100

ASANAS-

1. Utkatasan- Standing
2. Konasan- Standing
3. Natrajasan- Standing
4. Konasan- Standing
5. Dolasana- Standing
6. Hastpadangushthasan- Standing
7. Paschimottanasan- Sitting
8. Vrishabhasan- Sitting
9. Kukkutasan- Sitting
10. Koormasan- Sitting
11. Vakasan- Sitting
12. Akarndhanurasan- Sitting
13. Baddh-Padmasan—Sitting
14. Shashankasan- Sitting
15. Ushtrasan- Sitting
16. Padangushthasan- Sitting
17. Chakrasan- Supine
18. Padma Sarvangasana- Supine
19. Parvatasan- Prone
20. Utthit-Padmasan- Prone

Pranayam-

1. Sheetali Pranayama
2. Sadant Sheetkari Pranayama
3. Bhastrika Pranayama

Shatkarm-

1. Agnisar Kriya,
2. Sheetkram Kapalbhathi,
3. Sutraneti
4. Danda Dhouti

Mudra & Bandh-

1. Shambhavi Mudra,
2. Tadagi Mudra,
3. Shanmukhi Mudra,
4. Kaki Mudra

Meditation- Preksha or Transcendental

#### REFERENCE

1. Saraswati Satyananda, Asana, Pranayama, Mudra Bandha, Bihar school of Yoga, Munger.
2. Niranjananada Swami, Gheranda Samhita, nagarathna, Bihar school of Yoga, Munger.
3. Swami Digambar & Jha.P. Hatha Pradipika. Kaivalyadham Yoga Prakashan, Lonavala, Pune.
4. Nagendra, H.R., Integrated Approach of Yoga Therapy for Positive Health ,Swami Vivekananda Yoga Prakashana,Bangalore, 2001.
5. Nagarathna R and Nagendra, H.R, Yoga for Common Ailments, Swami Vivekananda Yoga Prakashana,Bangalore, 2001.
6. Swami Kuvalyananda, Yogic Therapy, Kaivalyadhama Yoga Institute, Lonavala.
7. Ram Hrasha Singh, Yog Evam Yogic Chikitsya, Chokhmba Prakashan, Delhi

**SEMESTER-II**  
**PAPER – VI (MAYP/206)**  
**PRACTICAL-IV**

**NATUROPATHY AND ALTERNATIVE THERAPIES**

MARKS: 100

Naturopathy Practical-

Hip-bath, Spinal bath, Steam bath, Chest pack, Mud packs

Alternative Therapies-

Pranic Healing- Raki

Acupressure- Detection of Accupoints by Needle

Magnetic Therapy- Placements and use of Magnet