

Himalayan Garhwal University Uttarakhand

Scheme of Courses, Examination & Evaluation and Syllabus for

Diploma in YOGA 1 year (2 semesters)



HIMALAYAN GARHWAL UNIVERSITY
UTTARAKHAND



Diploma in Yoga

COURSE STRUCTURE, SCHEME OF EXAMINATION & EVALUATION

1. Title of the Course –

The Course shall be called as “Diploma in Yoga”

2. Duration of the Course –

The course will be of one academic years (two semesters) duration.

The classes will be conducted 5 days in a week. There will be minimum six and maximum of seven hours of instructions every day (3Hrs. Theory and 3-4 Hrs. Practical's).

3. Eligibility –

Pass in 10th class of high school pattern of CBSE or equivalent with Science (Physics, Chemistry and Biology) with a minimum aggregate of 50% marks provided that the candidate has passed in each subject separately as well as English. The candidate should be medically fit. The candidate should have also passed Hindi/Sanskrit at high school level.

4. Objectives of the Course –

- This course is aimed to train personnel to take up Yoga as a profession.
- To impart the knowledge about Yoga, its foundations and applications to the aspirants.
- To promote the awareness for positive health and personality development in the student through Yoga.
- Instilling and inculcating the general interest and inquisitive knowledge about Yoga for Health, personality development and spiritual evolution.
- To prepare institutionally trained Yoga professionals to impart Yoga training to all sections of the society.
- To prepare the graduates in Yoga to study the higher aspects of Yoga Education, .

5. Syllabus: The syllabus is designed to fulfill aforesaid objectives containing theory and, practicals

6. Medium of Instructions: Hindi, Sanskrit, English

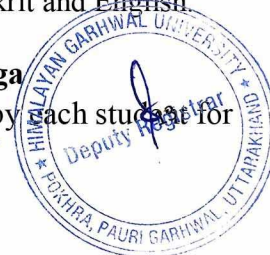
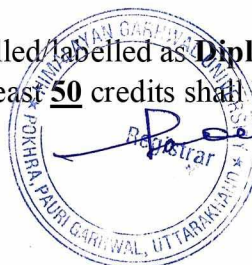
7 Scheme of Examination and Evaluation- as per university ordinance

8 Marks and Gradation - As per the University Rules. The ‘final result’ will comprise of the total marks obtained in all the Semesters and the passing percentage is minimum 50% marks in each theory and practical separately (both in external examinations and Continuous evaluation by the teachers) .The student shall have to pass in all subjects as per the university ordinance.

9. Medium of Examination: The medium of examination shall be Hindi, Sanskrit and English

10. Award of Degree: The degree shall be called labelled as **Diploma in Yoga**

Credit score: The total credit is 54 and at least 50 credits shall be cleared by each student for award of degree .



Semester – I Theory and Practical

Sl. No.	Title of the paper with code	Units		Total Marks	Hrs. of Instruction/ week (L-T-P)	Credits
1	Foundations of Yoga – I (DPY/101)	I.	General Introduction to Yoga	100 (70+30)	3-1-0	4 credits
		II.	General Introduction to Indian Philosophy			
		III.	Brief survey of Yoga Traditions – I			
		IV	Brief survey of Yoga Traditions – II			
2	Foundations and Practices of Hatha Yoga – I (DPY/102)	I	General Introduction to Hatha Yoga	100 (70+30)	3-2-0	5 credits
		II	Hatha Yoga: Pre-requisites			
		III	Hatha Yoga Principles			
		IV	Introduction to Basic Hatha Yoga Texts			
3	Basics of Yogic Anatomy (DPY/103)	I	General concepts	100 (70+30)	1-1-0	2 credits
		II	Head and Neck applicable to yoga			
		III	Thorax and Abdomen applicable to yoga			
		IV	Upper & Lower Extremities applicable to yoga			
4	Basics of Sanskrit – I (DPY/104)	I	Sanskrit Bhasha Parichaya	100 (70+30)	3-1-0	4 credits
		II	Shabdarupa			
		III	Dhaturupa			
		IV	Vakya Nirmana			
5	Functional English – I (DPY/105)	I	Functions of English Language	100 (70+30)	2-1-0	3 credits
		II	Acquisition of Skills			
		III	English : Its application			
		IV	Approaches & Theories of English Language			
6	Yoga Practical – I (DPY/106)		Yoga Practical - 1	100	0-0-8	4 credits
7	Yoga Practical – II (DPY/107)		Yoga Practical – 2	100	0-0-8	4 credits
8	Practical – III Yoga Anatomy Practical (DPY/108)		Anatomy Practical	100	0-0-2	1 credits
			Total	800		27 credits

L: Lecture

T: Tutorial

P: Practical



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Semester – II
Theory and Practical

Sl. No.	Title of the paper with code	Units		Total Marks	Hrs. of Instruction / week (L-T-P)	Credits
1	Foundations of Yoga – II (DPY/201)	I	Brief survey of Yoga Traditions – III	100 (70+30)	3-2-0	5 credits
		II	Brief survey of Yoga Traditions – IV			
		III	Classical Schools of Yoga – I			
		IV	Classical Schools of Yoga – II			
2	Foundations and Practices of Hatha Yoga – II (DPY/202)	I	Hatha Yoga practices: Shodhanakriyas	100 (70+30)	3-2-0	5 credits
		II	Hatha Yoga practices: Yogasanas			
		III	Hatha Yoga practices: Pranayama, Bandhas & Mudra			
		IV	Hatha Yoga practices: Pratyahara, Dharana, Dhyana and Nadanusandhana			
3	Basics of Yogic Physiology (DPY/203)	I	Introduction to General Physiology	100 (70+30)	2-1-0	3 credits
		II	Systemic Physiology			
		III	Applied Physiology			
4	Basics of Sanskrit – II (DPY/204)	I	Karmavachya evam Bhavavachya	100 (70+30)	3-1-0	4 credits
		II	Kridanta			
		III	Sandhi Evam Bhashabhyas			
		IV	Bhasha Dakshata			
5	Functional English – II (DPY/205)	I	Reading skills	100 (70+30)	2-1-0	3 credits
		II	Effective writing skills			
		III	Applied Grammar			
		IV	Literature			
6	Yoga Practical – IV (DPY/206)		Yoga Practical - 3	100	0-0-6	3 credits
7	Yoga Practical – V (DPY/207)		Yoga Practical – 4	100	0-0-6	3 credits
8	Practical – VI Physiology Practical (DPY/208)		Physiology Practical	100	0-0-2	1 credits
			Total	800		27 credits

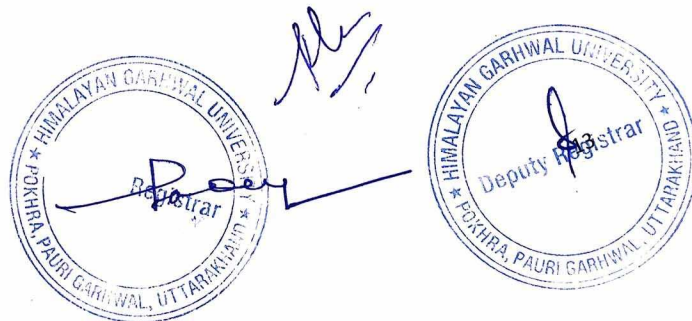
L: Lecture

T: Tutorial

P: Practical



Diploma in YOGA
SEMESTER - I
DETAILED SYLLABUS



PAPER I – DPY/101- FOUNDATIONS OF YOGA – I

Total Marks	Hrs. of instructions/week	Credits
100 (70+30)	3L + 1T	4 Credits

UNIT – I: GENERAL INTRODUCTION TO YOGA

- 1.1. Brief introduction to origin of Yoga, Psychological aspects leading to origin of Yoga, Hindu Mythological concepts about origin of Yoga
- 1.2. History and Development of Yoga
- 1.3. Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions about Yoga, True Nature of Yoga
- 1.4. General Introduction to Schools of Yoga
- 1.5. Principles of Yoga, Yoga Practices for Health and Harmony

UNIT – II: GENERAL INTRODUCTION TO INDIAN PHILOSOPHY

- 2.1. Philosophy: Its meaning, definitions and scope
- 2.2. Branches of Philosophy, Philosophy: Its distinction from Religion and Science
- 2.3. Indian Philosophy: Salient features of Indian Philosophy, Branches of Indian Philosophy (Astika and Nastika Darshanas)
- 2.4. General introduction to Prasthanatrayee and Purushartha Chatushtaya
- 2.5. Two-way relationship between Yoga and Indian Philosophy

UNIT – III: BRIEF SURVEY OF YOGA TRADITIONS – I

- 3.1 Yoga in early Vedic period, Yoga in Vedic period, Yoga in Ayurveda
- 3.2 General Introduction to Upanishads, Yoga in Principle Upanishads, Yoga in Yogopanishad
- 3.3 Introduction to Epics (Ramayana, Mahabharata), Yoga in Ramayana, The nature of Yoga in Adhyatma Ramayana
- 3.4 Yoga in Mahabharata, General introduction to Bhagavadgita, Yoga in Bhagavadgita
- 3.5 Yoga in Yoga Vasishtha, Yoga in Medieval Literature, Bhakti Yoga of Medieval Saints, Yoga in Narada Bhakti Sutra

UNIT-IV: BRIEF SURVEY OF YOGA TRADITIONS – II

- 4.1 Introduction to Smritis and Yoga in Smritis
- 4.2 Introduction to Puranas, Nature of Yoga in Bhagavat Purana
- 4.3 General introduction to Shad-darshan, Yoga in Samkhya and Yoga Darshana, Yoga in Vedanta with special reference to Shankara, Ramanuja, Madhva and Vallabha
- 4.4 General introduction to Agamas, Tantras and classification of Tantras, Concept of Shiva and Shakti, Yoga of Shaiva Siddhanta
- 4.5 Yoga in Shakta Tantra: Concepts of Nadi and Prana in Tantra, Kundalini, effects of Kundalini and Shatchakra Sadhana



BOOKS FOR REFERENCE

1. Patanjali : YogaDarshana
2. Singh S. P : History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010
3. Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010
4. Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
5. Swami Bhuteshananda : Nararad Bhakti Sutra, Advaita Ashrama Publication- Dept. Kolkata, II Edition, 2009
6. Hiriyanna M : Essentials of Indian Philosophy, Motilal Banarsidas, Delhi, 2008
7. Radhakrishnan : Indian Philosophy, Oxford University, UK (Vol. I & II) II Edition, 2008
8. Padhi Bibhu & Minakshi : Indian Philosophy and Religion, DK Printword, New Delhi, 2007
9. Swami Prabhavananda : Spiritual Heritage of India (English). Sri Ramkrishna Math, Madras, 2004
10. Swami Vivekananda : Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000
11. Karel Werner : Yoga and Indian Philosophy, Motilal Banarasidas, Delhi, 1979
12. Pandit, M. P. : Introduction to Upanishads: Theosophical Society of India, Adyar, Madras, 1976



PAPER II- DPY/102 FOUNDATIONS AND PRACTICES OF HATHA YOGA – I

Total Marks	Hrs. of instructions/week	Credits
100 (70+30)	3L+2T	5 Credits

UNIT – I: GENERAL INTRODUCTION TO HATHA YOGA

- 1.1 Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions
- 1.2 Hatha Yoga: Its Philosophy and Foundations
- 1.3 History and development of Hatha Yoga, Hatha Yoga Parampara, Brief Introduction to eminent Hatha Yogis of Natha Cult and their contribution for the development of Yoga
- 1.4 Ghatashudhi: its importance and relevance in Hatha Yoga sadhana
- 1.5 Relationship between Hatha Yoga and Raja Yoga

UNIT – II: HATHA YOGA: PRE-REQUISITES

- 2.1 Badhaka Tattva (Obstacles) and Sadhaka Tattva (Facilitatory factors) in Hatha Yoga
- 2.2 Concepts of Matha, Concept of Mitahara, Pathya (conducive) and Apathya (non-conducive), Types of aspirants
- 2.3 Dasha Yama and Niyama and their relevance in Hatha Yoga Sadhana
- 2.4 Rules and regulations to be followed by Hatha Yoga practitioners (Do's and Don'ts)
- 2.5 Swara, Importance of Svarodaya-jnana in Hatha Yoga Sadhana, Hatha Siddhi Lakshanam.

UNIT – III: HATHA YOGA PRINCIPLES

- 3.1 Introduction to Tantra Yoga and its relationship with Hatha Yoga
- 3.2 Concept of Swas-prashwas, Vayu, Prana and Upaprana
- 3.3 Concept of Kand, Nadi, Swar, Chakra and Granthi
- 3.4 Kundalini prabodhan, Unmani avastha, Nadanusandhan
- 3.5 Concept of Samadhi according to Hatha Yoga Texts

UNIT – IV: INTRODUCTION TO BASIC HATHA YOGA TEXTS

- 4.1 General Introduction to Basic Hatha Yogic Texts : their nature and objectives
- 4.2 General Introduction to Siddhasiddhantapaddhati, Goraksha Samhita, and Shiva Samhita.
- 4.3 Breif introduction to Hatha Pradeepika.
- 4.4 Breif introduction to Gheranda Samhita.
- 4.5 Breif introduction to Hatha Rathnavali.



BOOKS FOR REFERENCE

1. Sahay G.S. : HathaYoga Pradeepika of Svatmarama, MDNIY Publication, 2013
2. Sharma BR : Jotsna (Comentory of HathaYoga Pradeepika) Kaivalyadhama, Lonavala, 2013
3. Gharote ML : Hatharatnavali,
The Lonavala Yoha Institute, Lonavala, Pune, IInd Edition, 2009
4. Swami : Gorakshasatkam,
Kuvalyananda & Shukla, S.A. Kaivalyadhama, Lonavla, 2006
5. Gharote M.L. : Siddhasidhantpaddhati ,
& Pai, G.K. (Edi) Kaivalyadhama, Lonavla, 2005.
6. PLRD : Vasistha Samhita,
Kaivalyadhama Samiti, Lonavla, 2005.
7. Korpai, Nitin : HathaYoga and Human Health,
& Shankar, Ganesh Satyam Publishing House, New Delhi, 2005.
8. Swami : Gheranda Samhita
Digambarji : Kaivalyadhama, Lonavla,1978.
& Gharote M.L.
9. Swatmarama : Hathapradipika (Jyotsana- tika),
Adyar Library, Madras.
10. Bharati,
Swami Veda : Philosophy of Hatha Yoga (English)
Himalayan, Pennsylvania.
11. Reddy
Venkata Hatha Ratnavali



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PAPER III – DPY/103 BASICS OF YOGIC ANATOMY

Total Marks	Hrs. of instructions/week	Credits
100 (70+30)	1L+1T	2 Credits

UNIT I: GENERAL ANATOMY

- 1.1 General Introduction to Anatomy, its significance, nomenclature & terminology
- 1.2 Introduction to Musculo-skeletal system
- 1.3 Introduction to types of Bones and Joints,

UNIT II: HEAD AND NECK APPLICABLE TO YOGA

- 2.1 Face – facial muscles, functions of facial muscles
- 2.2 Eyelids, Lachrymal Apparatus, Nose, Nasal Cavity, Sinuses
- 2.3 Oral cavity and Pharynx,
- 2.4 Bones ,Joints and muscles of head and neck.

UNIT III: THORAX AND ABDOMEN APPLICABLE TO YOGA

- 3.1 BonesJoints and muscles of thorax and abdomen
- 3.2 Structure of heart ,lungs and other systems relevant to yoga as per textbook of yogic anatomy and physiology

UNIT IV: UPPER & LOWER EXTREMITIES APPLICABLE TO YOGA

- 4.1 Skeleton, position and joints of upper and lower extremities
- 4.2 Muscles and muscle groups, of upper and lower extremities
- 4.3 Applied anatomy and surface markings of limbs

Books for reference

1. Thatte DG Sharir rachna vigyan ,textbook of human anatomy
2. Priyanka N Yoga and sharir rachna
3. MM Gore Kavalyadhama, Lonawala,Pune- Anatomy and physiology of Yogic Practices



PAPER IV-DPY/104
BASICS OF SANSKRIT – I

Total Marks	Hrs. of instructions/week	Credits
100 (70+30)	3L+1T	4 Credits

UNIT-I: सं कृतभाषा पिरचय।

- 1.1 सं कृतभाषा पिरच,योगशा, के अ ययन म सं कृत का मह व और योग एवं संाकृत:स कब धा
- 1.2 माहे रसू । सं कृत वण माला, वर , ंजन वग ान सिहतनिलिप(रोम लेखन एवं पठन)
- 1.3 वण के उ ारण थान और य ान। याहार िनमा ण िविधएवं याहार ान।
- 1.4 कारक, िवभि (सुप् और ितङ्), िल ग, वचन, पु ष, लकारवाएवंया ग पिरचय।
- 1.5 सं कृत सं याएं (एक से सौ तक)

UNIT-II: श द पा

- 2.1 अज तश द प-राम, बा िलका, पु तक, मु िन, िच, वा िर श द केप अथ ान सिहता
- 2.2 अज तश द प-नदी, भानु, धेनु, मधु, िपत्, मातृ श द के ानप सिहताअथ
- 2.3 सव नाम श द प- अ मद्, यु मद्, तत्(तीनो िल ग म), िनोएतद्(तिलग म), िकम्(तीनो िल ग म)
- 2.4 सव (तीनो िल ग म), भवत्(तीनो िल ग म) श द के पानअथसिहता
- 2.5 हल तश द प-भगवत्, आ मन्, नामन्, जगत् श द के प अथिहता। ान स

UNIT-III: धातु प।

- 3.1 भू, अस्, पठ्, मुद्, कृ, िलख्, नम्, दृश् धातु के पांचद्, लङ्, लोट्, िलङ्) लकार (लट्, लृ म प ान एवं वा य िनमा ण अथ ान सिहता
- 3.2 वद्, गम्, था, पा(िपब्) दा, शक् , आप्, छ् धातु के (लट्, लृट्, लङ्, लोट्, िलङ्) पांचकार म प ान एवं वा य िनमा ण अथ ान सिहता
- 3.3 ा, कथ्, िच त्, ू, ु, नी, याच्, खाद्, शीङ्,
- 3.4 धातु के पांच लकार (लट्, लृट्, लङ्, लोट्, िलङ्) मं वा पय ि ानमाएवण अथ ान सिहता
- 3.5 थमदी ा के थम एवं ि तीय अ याय से वा यिनमा ण एवं ानअथका अ यास।

UNIT-IV: वा यिनमा ण।

- 4.1 थमदी ा के तृतीय अ याय से वा यिनमा ण एवं अथ ान कासा अ या
- 4.2 थमदी ा के चतुथ अ याय से वा यिनमा ण एवं अथ ान का। अ यास
- 4.3 थमदी ा के पंचम अ याय से वा यिनमा ण एवं अथ ान का अ यास।
- 4.4 थमदी ा के ष अ याय से वा यिनमा ण एवं अथ ान का अ यास।



BOOKS FOR REFERENCE

1. Sanskrit Vakya prabodh By swami Dayanand Saraswati (delhi sanaskrit academy)
2. Moorty CLN : First Book of Sanskrita, Chaukhabha Sanskrit Series, Varanasi, 2010
3. Panshtantra By Vishnu Sahrma\
4. Sanskrit swayam shikshan : Dr. Satwalaker (Nai sarak ,govind ram hasanaan)
5. Sanskrit vernouccharan shiksha Perry E D: Panini muni pranit (Ram lal Kapoor trust) A Sanskrit Primer, MLBD, New Delhi, 2004
6. ि वेद किपल दे : ारि भक रचनानुवाद कौमुदी ;िव िव ालय काश वाराणसी, 2011



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PAPER V- DPY/105 FUNCTIONAL ENGLISH – I

Total Marks	Hrs. of instructions/week	Credits
100 (70+30)	2L+1T	3 Credits

Unit 1 – FUNCTIONS OF ENGLISH LANGUAGE

- 1.1 Evolution of human language, uniqueness of human language
- 1.2 Functions of Language: Instrumental, Regulatory,
- 1.3 Functions of Language: Interactional, Personal,
- 1.4 Functions of Language: Heuristic, Imaginative, Representational
- 1.5 English as a Global language, Michael Halliday's concept of Functionalism

Unit 2 – ACQUISITION OF SKILLS

- 2.1 Functional English: definition, conceptualization in the light of the purposes/functions of language
- 2.2 Acquisition of skills required to use current English in a variety of contexts, Role of students as generators of knowledge.
- 2.3 Use of English in various text types.
- 2.4 Functional English as a multi-focal discipline; Primary focus on communication skills: ELT (English Language Training), LSRW (Listening, Speaking, Reading Writing): Grammar, Phonetics, vocabulary building.
- 2.5 Varieties of English: British and American.

Unit 3 - ENGLISH: ITS APPLICATION

- 3.1 Media: Radio, TV, Print, Formats and stylistics, Films, Web Resources, Webliographical flair.
- 3.2 Literature/Creative Writing: different genres, methods of analysis
- 3.3 Business English: Business Communication, Business vocabulary, meetings, presentations, negotiations, socialising, Biz journals and periodicals
- 3.4 Translation: Role of translation in the Indian/International context, Equivalence, cultural transaction, Translation in the IT era.
- 3.5 Sports and Entertainment: announcing, comparing, commentaries

Unit 4 – APPROACHES AND THEORIES OF ENGLISH LANGUAGE

- 4.1 Approaches to language: Acquisition/Learning/Teaching, Grammar Translation Method
- 4.2 Direct Method, Audio-lingual Method
- 4.3 Communicative approach, Notional Functional Approach
- 4.4 Task-based Language Teaching
- 4.5 Theories: Behaviourism, Cognitivism, Social Development Theory, Cooperative Learning, Universal Grammar.



BOOKS FOR REFERENCE

1. Nagaraj, Geetha. : English language Teaching. Hyderabad: Orient Longman, 2008.
2. Trask R. L. : Key Concepts in language & Linguistics. London: Routledge, 2004.
3. Trask R. L. : Language the Basics. London : Routledge, 2003
4. Halliday MAK. : Spoken and written Language. London: OUPP,
5. Halliday MAK. : An Introduction to Functional Grammar. London: Arnold
6. Mathew, et al. : Language Curriculum: Dynamics of Change (Vol. I & II). Orient Longman
7. Tickoo, M. L. : Teaching and Learning English. Orient Longman
8. Vygotsky, L. S. : Mind in Society. Cambridge: Harvard University Press
9. Richards, Jack C and Theodore S Rodgers. : Approaches and methods in language teaching .Cambridge : CUP,1995.
10. Hatim ,Basil and Jeremy Munday. : Translation: An Advanced Resource Book. Oxon: Routledge,2004.
11. Crystal, David. : English as a Global Language. Cambridge: CUP
12. Mascull, Bill. : Business vocabulary in Use. Cambridge : CUP,2004



PAPER VI—DPY/106 (YOGA PRACTICAL – I)

Total Marks	Hrs. of instructions/week	Credits
100	8 P	4 Credits

Practice of the following Yogic practices with brief theoretical knowledge about their importance of name, the technique, salient points, precautions to be taken and benefits of each of the following Yogic practices

I. RECITATION OF HYMNS & HASTA MUDRA	- 10 MARKS
II. SHATKARMA	- 40 MARKS
III. BREATHING PRACTICES	- 10 MARKS
IV. Continuous evaluation by the Teachers	- 40 MARKS

TOTAL - 100 MARKS

I. RECITATION OF HYMNS & HASTA MUDRA **Marks: 10**

- 1.1 Recitation of Pratah-smaran and Shanti Mantras
- 1.2 Recitation of Pranava Japa and Soham Japa
- 1.3 Recitation of Hymns from Upanishad & Yoga Texts
- 1.4 Hasta Mudra: Chin, Jnana, Hridaya, Bhairav, Yoni

II. SHATKARMA **Marks: 40**

- 2.1 Dhauti (Kunjai, Vamana Dhauti, Vastra Dhauti)
- 2.2 Neti (Jalneti, Sutraneti)
- 2.3 Kapalbhata and its variants
- 2.4 Agnisara

III. BREATHING PRACTICES **Marks: 10**

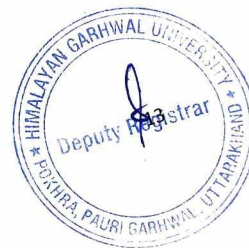
- 3.1 Breath Awareness : Shwas-prashwas Sanyaman
- 3.2 Abdomen, Thoracic & Clavicular Breathing, Abdomen+Thoracic Breathing, Abdomen+Thoracic+Clavicular Breathing
- 3.3 Yogic Breathing: Pause Breathing (Viloma Pranayama), Spinal Passage Breathing (Sushumna Breathing)
- 3.4 Practice of Puraka, Rechaka & Kumbhaka (Antar & Bahya Kumbhaka)

IV. Continuous evaluation by the Teachers **Marks: 40**

As per the guidelines in the scheme of Examinations



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BOOKS FOR REFERENCES

1. Yogeshwar : Text Book Of Yoga, Penguin Books, India, 2004.
2. Sri Ananda : The Complete book of Yoga, Orient Course Backs, Delhi, 2003.
3. Basavaraddi, I.V. : SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
4. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009
5. Swami
Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2010
Swami Rama : Science of Breath, A Practical Guide, The Himalayan International Institute, Pennselvenia, 1998
6. Swami
Niranjananand : Prana, Pranayama & Pranvidya, Yoga Publications
Saraswati Trust, Munger, Bihar, 2005
7. Basavaraddi I. V. &
others : Prathah Smarana; MDNIY publication, New Delhi,
2009
8. Dr. Nagendra H R : Pranayama, The Art & Science, Swami Vivekananda
Yoga Prakashan, Bangalore, 2005



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PAPER VII—DPY/107 (YOGA PRACTICAL – II)

Total Marks	Hrs. of instructions/week	Credits
100	8 P	4 Credits

Practice of the following Yogic practices with brief theoretical knowledge about their importance of name, the technique, salient points, precautions to be taken and benefits of each of the following Yogic practices, e.g. Yogic Suksma Vyayama, Yogic Sthula Vyayama, Surya Namaskar and Yogasanas etc.

I. YOGIC SUKSMA AND STHULA VYAYAMA AND NABHI PAREEKSHA	- 40 MARKS
II. SURYA NAMASKARA	- 10 MARKS
III. YOGASANAS (Standing Postures for Body Alignments)	- 10 MARKS
IV. INTERNAL ASSESSMENT	- 40 MARKS

TOTAL - 100 MARKS

I. YOGIC SUKSMA AND STHULA VYAYAMA, NABHI PAREEKSHA Marks: 40

1.1 YOGIC SUKSMA VYAYAMA (Marks: 30)

1. Uccharana-sthala tatha Vishudha-chakra-shuddhi (for throat and voice)
2. Prarthana (Prayer)
3. Buddhi-tatha-dhriti shakti-vikasaka (for developing will power)
4. Smarana shakti-vikasaka (for improving the memory)
5. Medha shakti-vikasaka (for improving the intellect and memory)
6. Netra shakti-vikasaka (for the eyes)
7. Kapala shakti-varadhaka (for the cheeks)
8. Karna shakti-varadhaka (for the ears)
9. Griva shakti-vikasaka (for the Neck) (i) (A & B)
10. Griva shakti-vikasaka (for the Neck) (ii) (A & B)
11. Griva shakti-vikasaka (for the Neck) (iii)
12. Skandha-tatha-bahu-mula shakti-vikasaka (for the shoulders)
13. Bhujabandha shakti-vikasaka
14. Kohini shakti-vikasaka
15. Bhujavalli shakti-vikasaka
16. Purna-bhujabandha shakti-vikasaka (for the arms)
17. Manibandha shakti-vikasaka
18. Karaprstha shakti-vikasaka
19. Karatala shakti-vikasaka
20. Angulimula shakti-vikasaka (for the fingers) (A & B)
21. Angulishakti-vikasaka (for the fingers) (A & B)
22. Vaksthalashakti-vikasaka (for the chest) (1)
23. Vaksthalashakti-vikasaka (for the chest) (2)
24. Udarashakti-vikasaka (for the abdomen) (i)
25. Udarashakti-vikasaka (for the abdomen) (ii)
26. Udarashakti-vikasaka (for the abdomen) (iii)
27. Udarashakti-vikasaka (for the abdomen) (iv)
28. Udarashakti-vikasaka (for the abdomen) (v)
29. Udarashakti-vikasaka (for the abdomen) (vi)
30. Udarashakti-vikasaka (for the abdomen) (vii)



31. Udara shakti-vikasaka (for the abdomen) (viii)
32. Udara shakti-vikasaka (for the abdomen) (ix)
33. Udara shakti-vikasaka (for the abdomen) (x) (A, B & C)
34. Kati shakti-vikasaka (for the waist) (i)
35. Kati shakti-vikasaka (for the waist) (ii)
36. Kati shakti-vikasaka (for the waist) (iii)
37. Kati shakti-vikasaka (for the waist) (iv)
38. Kati shakti-vikasaka (for the waist) (v)
39. Muladhara-chakra-suddhi (for the rectum)
40. Upastha tatha-svadhithana-chakra-suddhi (for the genital organs)
41. Kundalini shakti-vikasaka (for the kundalini)
42. Jangha shakti-vikasaka (for the thighs) (i) (A & B)
43. Jangha shakti-vikasaka (for the thighs) (ii) (A & B)
44. Janu shakti-vikasaka (for the knees)
45. Pindali shakti-vikasaka (for the calves)
46. Pada-mula shakti-vikasaka (A & B)
47. Gulpha-pada-pristha-pada-tala-shakti-vikasaka (for the ankles and the feet)
48. Padanguli shakti-vikasaka (for the toes)

1.2 YOGIC STHULA VYAYAMA

(Marks: 10)

1. Rekha-gati (Walking in a Straight line)
2. Hrid-gati (Injanadaur – the Locomotive Exercise)
3. Utkurdana (Jumping Exercise)
4. Urdhva-gati (Upward Movement)
5. Sarvanga-pusti (Developing the Entire body) &

1.3 NABHI PAREEKSHA

II. SURYA NAMASKARA

Marks: 10

III. YOGASANA (Standing Postures and body alignment)

Marks: 10

- 3.1 Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana
- 3.2 Ardha Chakrasana, Pada Hastasana
- 3.3 Trikonasana, Parshva Konasana
- 3.4 Veerabhadrasana and its variations

IV Counselling When not to do yoga – situations where different yogic kriyas and asanas should not be done and taught

V Continuous evaluation by the Teachers

Marks: 40

As per the guidelines in the scheme of Examinations



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BOOKS FOR REFERENCES

1. Swami Dharendra Bhramhachari : Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980
2. Swami Dharendra Bhramhachari : Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1966
3. Swami Kuvalyananda : Asana, Kaivalyadhama, Lonavla, 1993
4. Swami Satyananda Saraswati : Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006
5. Iyengar, B.K.S. : Light on Yoga, Harper Collins Publishers, 2009
6. Sen Gupta Ranjana : B.K.S. Iyengar Yoga, A Dorling Kindersley Limited, 2001
7. Saraswati, Swami Satyananda : Surya Namaskara, Yoga Publication Trust, Munger, 2006
8. Tiwari, O.P. : Asana Why and How? Kaivalyadhama, Lonavla, 2011
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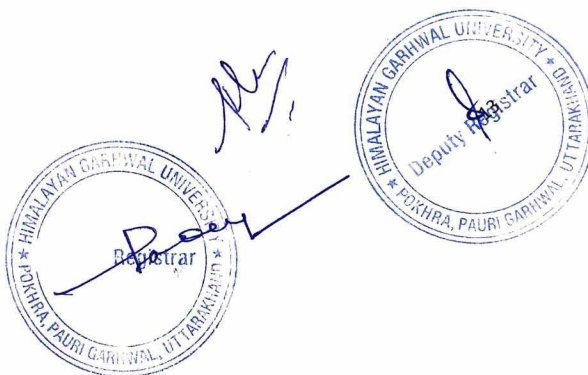


PAPER VIII—DPY/108 PRACTICAL -III (ANATOMY PRACTICALS)

Total Marks	Hrs. of instructions/week	Credits
100	2 P	1 Credits

I.	Practicals	- 40 MARKS
II.	Viva Voce	- 20 MARKS
III.	Continuous evaluation by the Teachers	- 40 MARKS

TOTAL		-100 MARKS



Diploma in YOGA
Semester - II

DETAILED SYLLABUS



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PAPER I – DPY/201 FOUNDATIONS OF YOGA – II

Total Marks	Hrs. of instructions/week	Credits
100 (70+30)	3L +2T	5 Credits

UNIT – I: BRIEF SURVEY OF YOGA TRADITIONS – III

- 1.1 Concept of Maha Yoga, Hatha Yoga Traditions and Sadhana, Development of Hatha Yoga in Modern Times
- 1.2 Yoga in Modern Times: Yogic Traditions of Ramakrishna and Swami Vivekananda
- 1.3 Yoga of Maharishi Raman, Integral Yoga of Shri Aurobindo.
- 1.4 Brief Introduction to Yoga Paramparas in Contemporary Times: Yoga Parampara of Sri T. Krishnamacharya, Yoga Parampara of Swami Shivanada, Contribution of Sri Yogendraji, Swami Kuvalyananda,
- 1.5 Contributions of Swami Satyananda Saraswati, Swami Dharendra Bhramhachari and Yogacharya B.K.S. Iyengar, Maharsi Mahesh Yogi in the promotion of Yoga.

UNIT - II: BRIEF SURVEY OF YOGA TRADITIONS – IV

- 2.1 General Introduction to Non-Vedic Schools of Indian Philosophy: Jainism, Buddhism, Sufism, Sikhism etc.
- 2.2 Introduction to Jainism, Anekantavada (Syadvada), Concept of Tri-ratnas, Concept of Kayotsarga (Preksha-dhyana).
- 2.3 Introduction to Buddhism: Introduction to Buddhism, Skandha-vada, Concept of Arya-satya or Four Noble Truths, Arya-astangika-marga or Noble-eight-fold-path (Bouddha-Yoga).
- 2.4 Introduction to Sufism: Meaning and Characteristic features of Sufism, Elements of Yoga in Sufism, Sufi Meditation Techniques.
- 2.5 Concepts and practices of Yoga in other religions.

UNIT - III: CLASSICAL SCHOOLS OF YOGA - I

- 3.1 **General Introduction to Schools of Yoga:** Schools with Vedantic Tradition, Schools with Samkhya- Yoga Tradition and Schools with Tantric Tradition
- 3.2 **Jnana Yoga:** Meaning of Jñāna and Jñāna-Yoga, Sadhana-chatushtaya, Means of Jñāna-Yoga.
- 3.3 **Bhakti Yoga:** Meaning of Bhakti and Bhakti-Yoga, Stages of Bhakti, Types of Bhakti, Means of Bhakti-Yoga.
- 3.4 **Karma Yoga:** Meaning of Karma and Karma-Yoga, Concept of Nishkama Karma, Means of Karma Yoga
- 3.5 Inter-relationship between Bhakti-Yoga and Karma-Yoga, Theory of Karma and Rebirth (Reincarnation).

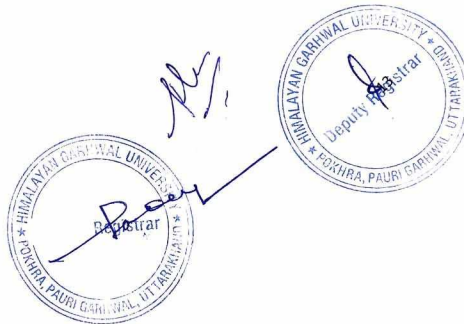
UNIT - IV: CLASSICAL SCHOOLS OF YOGA – II

- 2.1 **Patanjala Yoga:** Philosophical Foundations of Patanjala Yoga, Ashtanga Yoga of Patanjali, Relevance of Patanjala Yoga in day-to-day life.
- 2.2 **Hatha Yoga:** Philosophical Foundations of Hatha Yoga, Hatha Yoga Sadhana, Chaduranga Yoga and Saptanga Yoga, Relevance of Hatha Yoga in day-to-day life.
- 2.3 **Inter Relationship** between Patanjala Yoga and Hatha Yoga and their inter-dependence.
- 2.4 **Kundalini Yoga:** Philosophical Foundations and Practices of Kundalini Yoga
- 2.5 Other auxiliary Schools of Yoga and their relevance in present days



BOOKS FOR REFERENCE

1. Sharma Chandradhar : A Critical Survey of Indian Philosophy. Motilal Banarasidas, Delhi, 13th Edition, 2013
2. Singh S. P : History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010
3. Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010
4. Arthuv Avalan : The Serpent Power, Sivalik Prakashan, New Delhi, 2009
5. Swami Bhuteshananda : Nararad Bhakti Sutra, Advaita Ashrama Publication- Dept. Kolkata, II Edition, 2009
6. Radhakrishnan S : Indian Philosophy, Oxford University, UK (Vol. I & II) II Edition, 2008
7. Stephen Sturges : The Yoga Book. Motilal Banarsidass, Delhi, 2004
8. Fenerstein, George : The Yoga Tradition: It's History, Literature, Philosophy practice, Bhavana Books and Prints, 2002
9. Fenerstein Georg : The Yoga Tradition, MLBD, New Delhi, 2002
10. Swami Vivekananda : Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000
11. Karel Werner : Yoga and Indian Philosophy, Motilal Banarasidas, Delhi, 1979
12. Swami Jnanananda : Philosophy of Yoga. Sri Ramakrishna Ashrama, Mysore.



PAPER II –DPY/202 FOUNDATIONS AND PRACTICES OF HATHA YOGA – II

Total Marks	Hrs. of instructions/week	Credits
100 (70+30)	3L + 2T	5 Credits

UNIT - I: HATHA YOGA PRACTICES: SHODHANAKRIYAS

- 1.1 Concept of Ghata, Ghatashuddhi, concept and importance of Shodana in Hatha Yoga
- 1.2 Shodhana kriyas in Hatha Pradeepika
- 1.3 Shodhana kriyas in Gheranda Samhita and Hatha Ratnavali
- 1.4 Health benefits, precautions, and contraindications of Shodana kriyas
- 1.5 Importance of Shodhana kriyas in health and disease.

UNIT - II: HATHA YOGA PRACTICES: YOGASANAS

- 2.1 Definition, pre requisits and special features of Yoga-asana.
- 2.2 Asanas in Hatha Pradeepika and Hatha Ratnavali
- 2.3 Asanas in Gheranda Samhita
- 2.4 Health benefits, precautions, and contraindications of different Asanas
- 2.5 Importance of Asana in health and disease.

UNIT-III: HATHA YOGA PRACTICES: PRANAYAMA, BANDHA AND MUDRA

- 3.1 Concept and definition of Prana and Pranayama; its importance in Nadi shuddi; Pre-requisites of Pranayama, Nadishodhana Pranayama
- 3.2 Importance of Pranayama in Hatha Yoga Sadhana and its phases and stages
- 3.3 Pranayama in Hatha Pradeepika, Hatha Ratnavali & Gheranda Samhita, their health benefits, precautions and contraindications.
- 3.4 Concept, definition of Bandha and Mudra, their importance in Hatha Yoga; Bandhatraya in Hatha Yoga Sadhana, Mudras in Hatha Pradeepika, Hatha Ratnavali and Gheranda Samhita
- 3.5 Health benefits, precautions and contraindications of Bandha and Mudra.

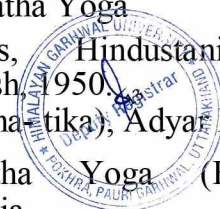
UNIT-IV: HATHA YOGA PRACTICES: PRATYAHARA, DHARANA, DHYANA AND NADANUSANDHANA

- 3.5 Concept of Manas (mind) and Kanda in Hatha Yoga
- 3.6 Concept and definition of Pratyahara, Dharana and Dhyana in Gheranda Samhita.
- 3.7 Techniques and benefits of Pratyahara, Dharana and Dhyana in Gheranda Samhita.
- 3.8 Concept and benefits of Nada and Nadanusandhana in Hatha Pradeepika, four avasthas (stages) of Nadanusandhana.
- 3.9 Relationship between Hatha Yoga and Raja Yoga; Goal of Hatha Yoga



BOOKS FOR REFERENCE

1. Sahay G. S : Hatha Yoga Pradeepika, MDNIY, New Delhi, 2013
2. Sharma B. R : Jotsna (Comentory of HathaYoga Pradeepika), Kaivalyadhama, Lonavala, 2013
3. Gharote, M.M. & others : Therapeutic references in Traditional Yoga Texts, The Lonavla Institute, Lonavla, 2010.
4. Reddy Venkata : Hatharatnavali
5. Gharote M L : Hatharatnavali,
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6. Swami Kuvalyananda & Shukla, S.A. : Gorakshasatkam,
Kaivalyadhama, Lonavla, 2006
7. Gharote M.L. & Pai, G.K. (Edi) : Siddhasidhantpaddhati ,
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8. PLRD : Vasistha Samhita,
Kaivalyadhama Samiti, Lonavla, 2005.
9. Korpall, Nitin & : HathaYoga and Human Health,
Satyam Publishing House, New Delhi, 2005.
10. Shankar, Ganesh Gharotee, M.L.and others : Hatharatnavali of Srinivasayogi
The Lonavla Yoga Institute, Lonavla, 2002
11. Ghosh, Shyam : The Original Yoga
Munshiram Manoharlal, New Delhi, 1999
12. Swami Maheshanandaji : Shiva Samhita
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13. Swami Digambaraji Pt: Raghunatha Shastri : Hatha Pradeepika of Svatmarama Kaivalyadhama,
S.M.Y.M.Samiti, Lonavla, 1998
14. Swami Muktibodhananda Saraswati : Hatha Yoga Pradeepika : The light on HathaYoga
Bihar School of Yoga, Munger, 1985
15. Swami Digambarji & Gharote M.L. : Gheranda Samhita
Kaivalyadhama, Lonavla,1978.
16. Mr. Dvivedi : Nath Sampradaya of Hatha Yoga
Dvivedi Publications, Hindustani Academy,
Allahabad, Uttar Pradesh, 1950.
17. Swatmaramaji : Hathapradipika (Jyotsanaatika), Adyar Library, Madras.
18. Bharati, Swami Veda : Philosophy of Hatha Yoga (English),
Himalayan, Pennsylvania.



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PAPER III – DPY/203 BASICS OF YOGIC PHYSIOLOGY

Total Marks	Hrs. of instructions/week	Credits
100 (70+30)	2L+1T	3 Credits

All Units Carry equal hours of teaching and excluding teachers continuous evaluation

UNIT I: INTRODUCTION TO GENERAL PHYSIOLOGY

- 1.1 Introduction to Human Physiology, Basic Physiological terms; Cell: Functions, different Cell Organelles and their functions.
- 1.2 Tissues and Organization of human system; Introduction of different body Systems,

UNIT II: SYSTEMIC PHYSIOLOGY

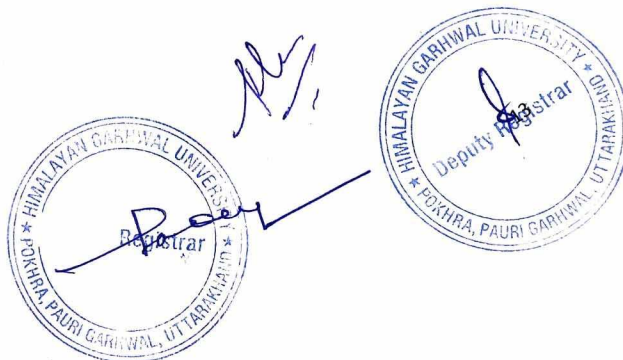
- 2.1 Functions of the Skeletal Muscles, Smooth Muscles and Cardiac Muscles; Concept of Muscle Tone and types of Muscle Contraction
- 2.2 General introduction to Physiology of Special Senses and systems as per the text book of yogic anatomy and physiology.

UNIT IV: APPLIED PHYSIOLOGY

- 4.1 Introduction to Exercise Physiology and its relevance in Yoga practice
- 4.2 Physiological basis of Yogic kriyas and asanas

BOOKS FOR REFERENCE

1. Dr Rajendar Deshpande Text Book of sharir kriya Part I,II
2. Yogic kriyas purification techniques
3. MM Gore : Anatomy and physiology of yogic practice



PAPER IV- DPY/204 BASICS OF SANSKRIT – II

Total Marks	Hrs. of instructions/week	Credits
100 (70+30)	3 L+1T	4 Credits

UNIT-I: कम वा य एवं भाववा य ।

- 1.1 पठ् एवं कृ धातु का कम वा य प ान पांच लकार (लट्, लृट्, लोट्, िलङ्)म एवं वा य िनमा ण अथ ान सिहता।
- 1.2 अस् एवं भू धातु का भाववा य प ान पांच लकार (लट्, लृट्, लोट्, िलङ्)म एवं वा य िनमा ण अथ ान सिहता।
- 1.3 क्तु वा य एवं कम वा य का पिरचय वा यरचना, वा य पा तरणं अनुवाद। एवं
- 1.4 क्तु वा य एवं भाववा य का पिरचय वा यरचना, वा य पा तरणं एवं अनुवाद।

UNIT-II: कृ द ता।

- 2.1 शतृ एवं शानच् यय से श दिनमा ण, वा यरचना और अनुवाद।
- 2.2 वा, यप्, तुमुन् यय से श दिनमा ण, वा यरचना और अनुवाद।
- 2.3 एवं वतु यय से श दिनमा ण, वा यरचना और अनुवाद।
- 2.4 त्, अनीयर् एवं यत् यय से श दिनमा ण, वा यरचना अनुवाद और अन

UNIT-III: सि ध एवं भाषा यास ।

- 3.1 अच्, हल् एवं िवसग सि धय का ान एवं सि ध िव छेदासाका अ य
- 3.2 भगवद् गीता के ि तीय अ याय के sampurna ाक ka gahanswadhaya
- 3.3 Manusmriti 2nd chapter- bhramcharya ke jartavya
- 3.4 सं कृत म पर पर वा ा लाप एवं मौ िखक ा यान का अ यास।

UNIT-IV: भाषाद ता ।

- 4.1 ि तीयदी ा के थम एवं ि तीय अ याय से वा यिनमा ण एवं ान अथका अ यास।
- 4.2 ि तीयदी ा के तृतीय अ याय से वा यिनमा ण एवं अथ ान यासाका अ
- 4.3 ि तीयदी ा के चतुथ अ याय से वा यिनमा ण एवं अथ ान साका अ या
- 4.4 ि तीयदी ा के पंचम एवं ष अ याय से वा यिनमा ण एवं का अथ अ यासा ान
- 4.5 Ishoupnishad shukla yajur veda chapter 40

BOOKS FOR REFERENCE

- 1- ारि भक रचनानुवाद कौमुदी : किपल देव ि वेदी; िव िव ालय काशन वाराणसी।
- 2- रचनानुवाद कौमुदी : किपल देव ि वेदी; िव िव ालय काशन वाराणसी। वार
- 3- ाढ-रचनानुवाद कौमुदी : किपल देव ि वेदी; िव िव ालय काशन वाराणसी।
- 4- थमदी ा- रा िय सं कृत सं थान नईद ली
- 5- ि तीयदी ा- रा ि य सं कृत सं थान नईद ली
- 6 Govind Ram Hasanad (nai sarak)–Ishoupnishad Yajurveda



PAPER V – DPY/205 FUNCTIONAL ENGLISH – II

Total Marks	Hrs. of instructions/week	Credits
100 (70+30)	2 L+1T	3 Credits

UNIT – I: READING SKILLS

- 1.1 Factual passages e.g. instructions, descriptions, reports
- 1.2 Discursive passages involving opinion e.g. argumentative, reflective, persuasive etc.
- 1.3 Literary texts e.g. poems, extracts from fiction, Literary texts e.g. biography, autobiography, travelogue
- 1.4 Literary passages e.g. poems, extracts from fiction, biography, autobiography, travelogue etc.
- 1.5 Factual passages e.g. illustrations, description, reports, Discursive passages involving opinion e.g. argumentative, persuasive

UNIT – II: EFFECTIVE WRITING SKILLS

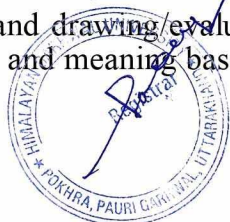
- 1.1 Short writing tasks such as composing messages, notices, e-mails and factual description of people, notices, advertisements, factual description of people arguing for or against topics, places and objects, drafting posters, accepting and declining invitations, arguing for or against a topic
- 1.2 Writing Official letters for making inquiries, suggesting changes-registering complaints asking for and giving information, placing orders and sending replies based on given verbal/ visual input
- 1.3 Writing letters to the editor on various social, national and international issues. (120-150 words)
- 1.4 Long and sustained writing tasks such as writing a speech or writing an article based on a verbal or a visual input
- 1.5 Writing letters to the editor on various social, national and international issues (125-150 words), Writing task such as writing a speech, a report

UNIT – III: APPLIED GRAMMAR

- 3.1 Application of grammar items in context (i.e. not in isolated sentences)
- 3.2 Grammar items: prepositions, verb forms, connectors
- 3.3 Modals, determiners, voice and tense forms, Prepositions, verb forms, connectors
- 3.4 Composing a dialogue based on the given input, Recognizing consonant and vowel values in pronunciation, stress and intonation
- 3.5 Correction of errors in sentences, Reordering of words and sentences

UNIT- IV: LITERATURE

- 4.1 Test of local and global comprehension involving interpretative, inferential, evaluative and extrapolatory skills.
- 4.2 Test of global comprehension, exploration, usage, lexis and meaning from the Literature Reader
- 4.3 Extracts from different poems from the Literature Reader, each followed by two or three questions to test local and global comprehension of ideas and language used in the text; test of theme, setting and literary devices based on different poems
- 4.4 Test of comprehension and drawing/evaluating inferences based on the play from the Literature, usage & lexis and meaning based on different prose texts from the Literature Reader

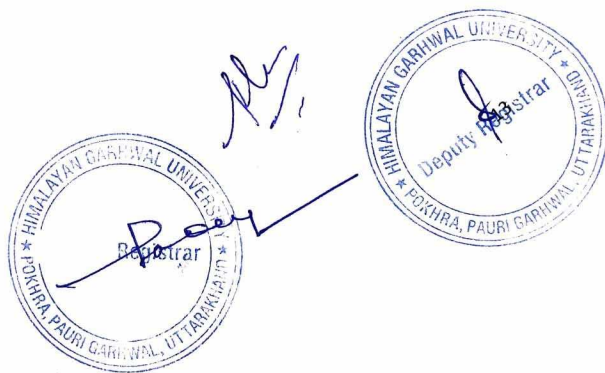


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4.5 Test of global comprehension and for extrapolation beyond the text based on one of the prose texts in the Literature Reader

BOOKS FOR REFERENCE

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2. Trask R. L. : Key Concepts in language & Linguistics. London: Routledge, 2004.
3. Trask R. L. : Language the Basics. London : Routledge, 2003
4. Halliday MAK. : Spoken and written Language. London: OUPP,
5. Halliday MAK. : An Introduction to Functional Grammar. London: Arnold
6. Mathew, et al. : Language Curriculum: Dynamics of Change (Vol. I & II). Orient Longman
7. Tickoo, M. L. : Teaching and Learning English. Orient Longman
8. Vygotsky, L. S. : Mind in Society. Cambridge: Harvard University Press
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10. Hatim ,Basil and Jeremy Munday. : Translation: An Advanced Resource Book. Oxon: Routledge,2004.
11. Crystal, David. : English as a Global Language. Cambridge: CUP
12. Mascull, Bill. : Business vocabulary in Use. Cambridge : CUP,2004



PAPER VI - DPY/206 (YOGA PRACTICAL – III)

Total Marks	Hrs. of instructions/week	Credits
100	6 P	3 Credits

Repetition of previously taught practices and the followings new Practice of the following Yogic practices with brief theoretical knowledge about their importance of name, technique, salient points, precautions to be taken and benefits of each of the following Yogic practices

I. SHATKARMA	- 20 MARKS
II. PRANAYAMA	- 20 MARKS
III. PRACTICE LEADING TO MEDITATION	- 20 MARKS
IV. Continuous evaluation by the Teachers	- 40 MARKS

TOTAL - 100 MARKS

I. SHATKARMA **Marks: 20**

- 1.1 Dhauti
- 1.2 Neti
- 1.3 Nauli Madhyama, Vama, Dakshina and Nauli Chalana
- 1.4 Trataka (Jatru and Jyoti)

II. PRANAYAMA **Marks: 20**

- 2.1 Nadi Shodhana (Technique 1: Same Nostril Breathing)
- 2.2 Nadi Shodhana (Technique 2: Alternate Nostril Breathing)
- 2.3 Nadi Shodhana (Technique 3: Alternate Nostril Breathing + Antar Kumbhak)
- 2.4 Nadi Shodhana (Puraka + Antar Kumbhak + Rechaka + Bahya Kumbhak) (1:4:2:2)
- 2.5 Bhramari Pranayama

III. PRACTICES LEADING TO MEDITATION **Marks: 20**

- 3.1 Pranav and Soham Japa
- 3.2 Yoga Nidra (1,2,3)
- 3.3 Antarmauna
- 3.4 Ajapa Dharana (Stage 1,2,3)

IV Counselling When not to do yoga – situations where different yogic kriyas and asanas should not be done and taught

V. Continuous evaluation by the Teachers **Marks: 40**



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2. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi.
3. Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2009
4. Iyengar, B.K.S. : Light on Pranayama, Harper Collins, Swami Vivekanand Yoga Prakashan, 2012
5. Nagendra, H.R. : The Art and Science of Pranayama, Swami Vivekanand Yoga Prakashan, 2005, Bangoore.
6. Swami Rama : Science of Breath, A Practcal Guide, The Himalayan International Institute, Pennselvenia, 1998
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8. Lajpat, Rai & others : Meditation, Anbhava Rai Publications, Gurgaon.
9. Sarswati, Swami : Dharana Darshan, Yoga Publication Trust, Munger, Nirananand 2003
10. Krishnamacharya, T. : Dhyanamalika, KYM, Chennai, 2005
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PAPER VII – DPY/207 (YOGA PRACTICAL– IV)

Total Marks	Hrs. of instructions/week	Credits
100	6 P	3 Credits

Repetition of previously taught practices and the followings new Practice of the following Yogic practices with brief theoretical knowledge about their importance of name, the technique, salient points, precautions to be taken and benefits of each of the following Yogic practices

- | | |
|---|------------|
| I. YOGASANA (Sitting Postures) | - 20 MARKS |
| II. YOGASANA (Supine lying Postures) | - 20 MARKS |
| III. YOGASANA (Prone lying Postures) | - 20 MARKS |
| IV. Continuous evaluation by the Teachers | - 40 MARKS |

TOTAL - 100 MARKS

I. YOGASANA (Sitting Postures) Marks: 20

- 1.1 Dandasana, Swastikasana, Padmasana, Vajrasana, Supta Vajrasana
- 1.2 Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana,
- 1.3 Janusirasana, Paschimottanasana, Bhramacharyasana, Mandukasana, Utthana Mandukasana
- 1.4 Vakrasana, Ardha Matsyendrasana, Marichayasana, Simhasana

II. YOGASANA (Supine lying Postures) Marks: 20

- 2.1 Pavanamuktasana
- 2.2 Utthana-padasana, Ardha Halasana,
- 2.3 Halasana
- 2.4 Setubandha Sarvangasana
- 2.5 Sarvangasana
- 2.6 Matsyasana
- 2.7 Chakrasana
- 2.8 Shavasana

III. YOGASANA (Prone lying Postures) Marks: 20

- 3.1 Makarasana
- 3.2 Bhujangasana
- 3.3 Shalabhasana
- 3.4 Dhanurasana
- 3.5 Kapotasana
- 3.6 Raja Kapotasana

IV Counselling When not to do yoga – situations where different yogic kriyas and asanas should not be done and taught

V. Continuous evaluation by the Teachers

Marks: 40



BOOKS FOR REFERENCES

1. Swami Dharendra
Bhrahmachari : Yogasana Vijnana,
Dhirendra Yoga Publications, New Delhi.
2. Swami Kuvalyananda : Asana
Kaivalyadhama, Lonavla
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4. Iyengar, B.K.S. : Light on Yoga,
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Jaico Publishing House, Delhi, 2004.
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The Yoga Institute, Santacruz, Mumbai.
8. Sri Ananda : The Complete book of Yoga,
Orient Paper Backs, Delhi, 2003.
9. Saraswati, Swami Satyanand : Asana, Pranayama, Bandha, Mudra
Bihar School of Yoga, Munger.



PAPER VIII- DPY/208 (PHYSIOLOGY PRACTICAL)

Total Marks	Hrs. of instructions/week	Credits
100	2 P	1 Credits

I. Practical	- 40 MARKS
II. Viva Voce	- 20 MARKS
III. Continuous evaluation by the Teachers	- 40 MARKS

1. Practical:	40 marks
a. Anthropometry measurements	
b. Assessment of pulse and blood pressure	
c. Effect of posture, exercise and cold stress on pulse rate and blood pressure	
d. BMI Calculation	
e. Recording of Body Temperature.	
2. Viva voce	20 marks
3. Continuous evaluation by the Teachers	40 marks
TOTAL	100 marks

