



छत्रपति शाहू जी महाराज विश्वविद्यालय, कानपुर

CHHATRAPATI SHAHUJI MAHARAJ UNIVERSITY, KANPUR

(पूर्ववर्ती कानपुर विश्वविद्यालय कानपुर)

Formerly Kanpur University, Kanpur – 208024

A Documentary Support

*For*

*Metric No. – 1.1.1*

**Programme Outcomes & Course Outcomes**

*Under the*

**Criteria - I**

**(Curriculum Design and Development)**

**Key Indicator - 1.1**

*In*

**Metric No. – 1.1.1**

**Post Graduate Diploma in Yoga Education**

  
Co-ordinator  
Internal Quality Assurance Cell  
CSJM University, Kanpur

  
(Registrar)  
C.S.J.M. University  
Kanpur  
REGISTRAR  
C.S.J.M. UNIVERSITY  
KANPUR

**छत्रपति शाहू जी महाराज विश्वविद्यालय, कानपुर**  
**CHHATRAPATI SHAHUJI MAHARAJ UNIVERSITY KANPUR (U.P.)**



**SCHOOL OF TEACHERS EDUCATION**

**DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS**

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**CBCS CURRICULUM OF  
POST GRADUATE DIPLOMA IN YOGA EDUCATION**

**SUBJECT CODE= YOG**

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Academic Session 2021-2022

अकादमिक सत्र 2021-2022 से कार्यान्वित

**SYLLABUS, COURSE OUTCOMES AND MAPPING (CO's and PO's)**

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**DEPARTMENT OF PHYSICAL EDUCATION**

**POST GRADUATE DIPLOMA IN YOGA EDUCATION  
(PGDYED)  
PROGRAMME**

**(Effective from Academic Year 2021-22)**

**DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS,  
C.S.J.M., UNIVERSITY KANPUR**

**DESCRIPTION OF DEPARTMENT**

Department of Physical Education was established in July, 2004 under Self Finance Scheme (SFS). The first batch of B.P.Ed (Bachelor of Physical Education) has passed out in 2005 Session and in same year Master of Physical Education (M.P.Ed.) courses were started.

The main purpose of establishing this Department was to upgrade the status of Physical Education by producing quality teachers and leaders through graduate and post-graduate courses in the field of Physical Education wherein sports and games were the Key parameters of the Course.

The duration of the Bachelor of Physical Education (B.P.Ed.) course was initially of one year & for (M.P.Ed) course it was two year till 2013-14.

To bring it at par with other professional degree courses, as also to match the international standards, the duration of the course was extended to two years for both the Bachelor and Master Degree Courses.

The National Council of Teacher Education (NCTE) has accorded recognition to both the course. The Department has introduced B.P.Ed & M.P.Ed courses for 2 Year duration with having 4 semesters with an intake of 50 & 40 seats respectively, as per the guidelines of the National Council of Teacher Education (NCTE).

All the above courses are being run in the Department to fulfill the need for trained leadership in Physical Education.

**MOTTO**

Through tireless effort & knowledge, towards *“Excellence in Physical Education and Sports Sciences”*

**THE VISION**

1. To produce competent health conscious Physical Education teachers
2. To create an ideal academic environment for Learning & Teaching and professional growth in Physical Education and various Sports and games and allied areas and provide Leadership to the Profession.
3. To engage in relentless pursuit of excellence in teaching, coaching, research in the field of Physical Education and Sports Sciences at various levels, who will be fully equipped to impart instruction in Physical Education and undertake physical activity programmes.

**THE MISSION**

1. To, improve quality teaching, learning in cognitive, psychomotor and affective domains in Physical Education and Sports.

2. To facilitate, refine and sharpen the coaching and training techniques in Physical Education and Sports.
3. To actively design programme for the promotion and development of fitness and health concept among the students, faculty and the community around us, in matters of common interest and concern.

### **SCOPE OF THE COURSES:**

The Department goes beyond the prescribed curriculum to ensure all round development of the teacher trainees. Many value additions are provided to them like Enhancing Personal Behavioral Sciences, Skills, Leadership/Military Training Camp, Language Proficiency Classes, Yoga/Meditation for all etc. The institute takes pride in excellent placement records. The passed out students of the above courses are eligible for the appointment as Assistant Professors/Lecturer, Physical Education Teacher, Sports officers, Assistant Director, Deputy Director, Director of Physical Education, Supervisors and Fitness Consultants in School, Colleges Universities, Industrial establishments, Commercial firms, Government and non-government agencies which are engaged in promoting physical education and sports. They are also eligible for the commissioned in Army, Navy, Air force and Paramilitary forces.

### **OBJECTIVE OF THE DEPARTMENT**

1. To prepare highly qualified leaders/teachers in the field of Physical Education, Sports/Games and other inter-disciplinary subjects.
2. To serve as a center of excellence and innovations in Physical Education and to undertake, promote and disseminate research and also publish literature in this field.
3. To provide professional and academic leadership to other institutions in the field of Physical Education.
4. To provide vocational guidance, counselling, consultancy and placement services.
5. To promote mass participation in Physical Education and Sports.
6. To undertake extension programmes and outreach activities to contribute in the development of society.
7. To develop and promote programmes of Physical Education and Sports in the country.
8. To act as a Nodal Agency/Resource Center in mentoring and guiding various Government and Non-Government Institutes/Agencies of Physical Education, Sports and Fitness.
9. To provide for instruction and training in such branches of learning as it may deem fit.
10. To encourage and produce scientific contemporary literature in the field of Physical Education and Sports.
11. To provide community services in the field of Physical Education and Sports.

### **PROGRAM EDUCATIONAL OBJECTIVES (PEOs)**

**PEO – 1 :** To equip the participants to run their own Yoga Centers

**PEO – 2 :** To train them to introduce yoga in Schools, Colleges and Universities.

**PEO – 3 :** After successful completion of this programme, graduates will able to: Integrate and apply knowledge of yoga and spiritual evolution for the practice of yoga as healthcare therapy.

**PEO – 4 :** Design advanced yoga based therapies to meet identified needs within economic, environmental and social constraints.

**Program Outcomes (POs):** After completion of the program graduates will be able to

**PO- 1** Knowledge of the teachings and philosophy of the yoga tradition, with diverse yogic perspectives on the structure, states, functions, and conditions of the body and the mind in balance (and out of balance), based on teachings of the Yoga Sutras, the Bhagavad Gita, and other relevant texts.

**PO- 2** Ability to teach or deliver the appropriate practices for individuals and/or groups, using multimodal strategies of education such as auditory, visual, and kinaesthetic learning tools, and tools that foster client engagement.

**PO- 3** Advanced knowledge of generally accepted ethical principles of health care and yoga codes of conduct; in depth knowledge of legal and regulatory issues (including current relevant local, state, and national laws).

**PO- 4** Knowledge of the fundamental value of ongoing personal practice, long-term mentorship, and skills maintenance/development through continuing education, including knowledge of when and how to seek advice and support for case consultation, educational advancement, and personal practice

**PO- 5** Ability to apply knowledge learned in this curriculum to assess the needs of the individuals, to design and implement effective programs, and to assess the effectiveness of these programs.

**PROGRAM SPECIFIC OUTCOMES (PSO)** The post graduates are able to:

**PSO 1** Gain knowledge and skills necessary to meet the demand of the growing needs of experts in yoga and related fields.

**PSO-2** Eligible to do Research on National & International Level.

#### **MAPPING OF PEOs WITH POs**

	PO-1	PO-2	PO-3	PO-4	PO-5
PEO-1	X	X	X	X	X
PEO-2	X	X	X	X	X
PEO-3	X	X	X	X	X
PEO-4	X	X	X	X	X

## COURSE STRUCTURE FOR P.G. DIPLOMA IN YOGA EDUCATION

**Table AI-2 Subject Combinations allowed for P.G. Diploma Programme (40 Credits)**

Core Subject <b>CC</b> 5 Papers + 1 Project	Skill Enhancement Course <b>SE</b> 1 Paper	Foundation Course <b>FC</b> 1 Paper
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**Table AI-2.1 Semester wise Examination Structure for Mid Sem & End Sem Examinations:**

Sem				Core, SE & Compulsory FC Courses	Examination Structure		
	Paper	Paper Code	Credit	Name of Paper	Mid Semester Evaluation (F.M.)	End Semester Evaluation (F.M.)	End Semester Practical/ Viva (F.M.)
<b>I</b>	<b>FC</b>	<b>FCYOG101</b>	<b>5</b>	<b>Fundamentals of Yoga and Sanskrit</b>	25	75	
	<b>C1</b>	<b>CCYOG102</b>	<b>5</b>	<b>Introduction to Hatha Yoga</b>	25	75	
	<b>C2</b>	<b>CCYOG103</b>	<b>5</b>	<b>Human Anatomy, Physiology and Yoga</b>	25	75	
	<b>C3</b>	<b>CPYOG104</b>	<b>5</b>	<b>Yoga Practical -I</b>	----	----	100
<b>II</b>	<b>SE</b>	<b>ECYOG201</b>	<b>5</b>	<b>Yoga Practical -II</b>	----	----	100
	<b>C4</b>	<b>CCYOG202</b>	<b>5</b>	<b>The Introductory study of Patanjali's Yoga Sutra</b>	25	75	
	<b>C5</b>	<b>CCYOG203</b>	<b>5</b>	<b>Yoga and Health</b>	25	75	
	<b>PROJECT</b>	<b>PRYOG204</b>	<b>5</b>	<b>Project Work</b>	----	----	100

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## SEMESTER I

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4 Papers

**Total 100 x 4 = 400 Marks**

### I. COMPULSORY FOUNDATION COURSE (FC) [FCYOG101]:

(Credits: Theory-04, Tutorial-01)

**Marks: 25 (MSE: 15Th. 1Hr + 5Attd. + 5Assign.) + 75 (ESE: 3Hrs)=100 Pass Marks (MSE:8 + ESE:26)=34**

#### COURSE OUTCOME:

- CO1 - Gain knowledge about the Indian philosophy.
- CO2 - Learn about the history of yoga, classical yoga texts, yogic gurus, and contributions of yoga to religions
- CO3 - Understand the various paths of yoga, schools of yoga, and Ashtanga yoga

#### FUNDAMENTALS OF YOGA & SANSKRIT Theory: 75 Hours; Tutorial: 15 Hours

##### Unit 1 –

##### Introduction & Format of Yoga

Meaning and Definition of Yoga, History and Tradition of Yoga, Utility and Types of Yoga, Rules and Discipline of Yoga, Patanjali Yoga Sutra, Yoga in Veda, Yoga in Upanishad

##### Unit 2 -Types of Yoga

Karma Yoga, Bhakti Yoga, Gyan Yoga

##### Unit 3 - Contribution of various Yogis in Yoga

Sri Aurobindo, Swami Vivekanand, Swami Satyananda Saraswati

**Unit 4:** - Introduction of Sanskrit literature, Sanskrit Varnamala, Pronunciation of Varnas, Maheswara sutra, Pratyahar nirmana vidhi. Introduction of Karak, Vibhakti, Linga, Vachana, Purush, lakar & Numbers of Sanskrit (from one to hundred).

**Sabdarupa:**-Rama, Muni, Bhanu, Dhenu, Asmad, Ushmad, Tat (in all three lings), Kim (in all three lings), Bhawat (in all three lings)

**Dhaturupa:** (in Lat, Lrit, Langa, Lot, Linga lakars) Bhu, As, Path, Kri, Pa, Da, Prach, Gya, Chint, Bru, Shru, Ni.

**Translation:** From Hindi to Sanskrit and Sanskrit to Hindi.

#### Reference Book

Yoga Philosophy

- S.N. Dasgupta

Yoga Sara Samgraha	-	Gangadhar Jha
Yoga Mahavigyan	-	Dr. Kamakhya Kumar
Rajyoga Karmayoga, Bhaktiyoga	-	Swami Vivekananda
History of Indian Philosophy	-	S.N. Dasgupta
Super Science of Yoga	-	Dr. Kamakhya Kumar

### References:

1. Swami kuvalayanand and D.S.L.Vinekar yogic therapy – its basic principles and methods ministry of health, govt. of India, New Delhi 1963.
2. Surya namaskar an instruction booklet, Vivekanada Kendra prakashan, Triplicane, Chennai.2000.
3. Swami kuvalayananda : ASANAS, kaivalyadhama, lonavla, Pune Dist, Maharashtra.
4. Swami kuvalayananda : PRANAYAMA, kaivalyadhama, lonavla, Pune Dist, Maharashtra.
5. Yogasanas : A teacher's Guide. NCERT, New Delhi
6. B.K.S.Iyengar : light on yoga yogadipika, Harper Collins publications India, Daryaganji, New Delhi,2000
7. Dr.R.Nagarathna and Dr.H.R.Nagendra: yoga for promotion of positive health pub. Swami Vivekananda yoga prakashana, Bangalore, India 2001.
8. Dr.Shri.Krishna: Essance of Pranayama, kaivalyadhama, Pune Dist, Maharashtra.
9. Shri.O.P.Tiwari : ASANAS, Why and how, kaivalyadhama, Pune Dist, Maharashtra.
10. Dr.P.Mariayyah: Pranayamas,Sports publications, Coimbatore, TamilNadu, India.

### MAPPING (CO's and PO's)

Course Outcomes	Programme Outcomes				
	PO1	PO2	PO3	PO4	PO5
CO1	3		1	2	1
CO2	3		2	2	1
CO3	3		2	2	3

### MAPPING (CO's and PSOs)

Course Outcomes (CO)	Program Specific Outcomes (PSO)	
	1	2
1	3	3
2	3	3
3	3	3

## II. CORE COURSE –C 1 [CCYOG102]:

(Credits: Theory-04, Tutorial-01)

Marks: 25 (MSE: 15Th. 1Hr + 5Attd. + 5Assign.) + 75 (ESE: 3Hrs)=100 Pass Marks (MSE:8 + ESE:26)=34

### COURSE OUTCOMES:

- CO1 - Exposed to various Hatha yoga texts, their unique features and their contribution
- CO2 – In-depth study on the asanas, pranayama, mudras, bandhas, and meditation in classical Hatha Yoga texts, Ayurveda texts, and Indian philosophy
- CO3 - In-depth study and understanding of the concepts and philosophy of basic Hatha Yoga texts
- CO4 - Understand the yoga therapy techniques and approaches as defined by the modern Hatha Yoga texts

### INTRODUCTION OF HATHA YOGA

Theory: 60 Hours; Tutorial: 15 Hours

#### Unit 1 - Hatha Yoga – General Introduction

Meaning Definition of Hatha Yoga

Suitable Location and Atmosphere of Math for  
hatha Yoga Introduction to Hatha Yogic Texts  
(Ghanda Samhita & Hath Pradipika)

#### Unit 2 - General Introduction of Shatkarma

Introduction to Shatkarma Process in Gharanda  
Samhita Introduction to Shatkarma Process in  
Hathapradipika

#### Unit 3 - Brief Introduction to Asanas

Introduction to Asanas in Gharand Samhita  
Introduction to Asanas in Hathapradipika

#### Unit 4 - Brief Introduction to Pranayam

According to Gharand Samhita.  
According to Hatha Pradipika.

#### Reference Book

Gheranda Samhita	-	Swami Niranjanananda Saraswati
Hatha Pradipika	-	Swami Swatmaramj
Asann, Pranayama, Mudra Bandha	-	Dr. Kamakhya Kumar
Yogasana Vigyan	-	Swami dhirendra Brahamchari
Yoga Mahavigyan	-	Dr. Kamakhya Kumar

- Dr.K.Chandrasekaran, :Sound Health Through Yoga”(Prem Kalyan Publications, Sedapatti, Madurai 1999).
- Iyengar B.K.S (1989) Light on yoga, London: Unwin paper backs.

- Thirumoolar (2006) Thirumanthiram, Madras: Sri Ramakrishna Math.
- Satynanda Saraswati Swami (2007) Meditations from the tantras, Munger: Yoga publications Trust.
- Sivananda yoga centre (2003), The Sivananda Companion to meditation, New York: Simen & Schuster. George Reuerstein : the Yoga Tradition (It History, Literature, Philosophy and Practice)
- Swamy Satyanada Saraswathi: Asana, Pranayama, Mudra, Bandha (India: Yoga publications Trust, Munger, Bihar)
- Swami Sivananda practice of Karma Yoga (The Divine Life Socieity, Shivananda nagar, p.o., U.P. Himalayas. India)
- Dr.Nagendra HR.The art and sciences of Pranayama (Vivekananda Kendra Yoge Prakashana, Banga.

### MAPPING (CO's and PO's)

Course Outcome	Programe Outcomes													
	PO 1	PO 2	PO 3	PO4	PO 5	PO 6	PO7	PO 8	PO9	PO 10	PO 11	PO 12	PO 13	PO 14
CO1	3	3									3		1	1
CO2	3	3									3		1	1
CO3	3	3									3		1	1
CO4	3	3									3		1	1

**1 - Low**

**2- Medium**

**3- High**

### MAPPING (CO's and PSO's)

Course Outcomes (CO)	Program Specific Outcomes (PSO)	
	1	2
1	2	1
2	2	1
3	2	2
4	3	3

### III. CORE COURSE- C 2 [CCYOG103]:

(Credits: Theory-04, Tutorial-01)

**Marks: 25 (MSE: 15Th. 1Hr + 5Attd. + 5Assign.) + 75 (ESE: 3Hrs)=100      Pass Marks (MSE:8 + ESE:26)=34**

#### **COURSE OUTCOMES:**

- CO1 - Learn about the anatomy of the human body from the cell structure to the major systems of the body
- CO2 - Understand the physiology, unique anatomical features, and the functions of the major systems of the body
- CO3 - Insight into the effect of yogic practices on each individual systems of the body

#### **HUMAN BIOLOGY & YOGA**

**Theory: 60 Hours; Tutorial:15 Hours**

##### **Unit 1 - General Introduction of Cell and Tissues**

The Structural Organization of Human Body  
The Structure of Cell and bio membrane, cell organelles, cell signaling  
( paracrine, autocrine and endocrine ) and receptors. Types and functioning of animal tissue.  
DNA, RNA – structure and function.

##### **Unit 2 - The structure& Functions of Human Body system - I**

Respiratory system, Digestive system, Cardiovascular system,  
Bone and Muscular System.

##### **Unit 3- The Structure& Functions of Human Body system - II**

Nervous system, Endocrine system, Excretory system, Reproductive system.

##### **Unit 4- The effect of Yoga in various Systems of Human.**

#### **Reference Books:**

Yoga Therapy	- Swami Sivanandaji
Physiology	- Priyavrat Sharma
Anatomy	- Mukund Swarup Sharma
Super Science of Yoga	- Dr. Kamakhya Kumar
Anatomy & Physiology	- Ross & Wilson

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#### **REFERENCES**

1. Pearce Evelyn. (1992). Anatomy & Physiology for nurses, Calcutta: Oxford University press.
2. Sedey, Rod R. (1992) Anatomy & Physiology. St. louis: Mosby
3. Tortora G.J. (1996). Introduction to Human Body. (4th Ed.) Clifornia: Addison Wesley.
4. Marieb Elaine N. (1984). Human Anatomy and Physiology (3rd Ed.). Cal: The Benjamin Cumming

5. Wilmore, Jack H and Costill, David L. Physiology of Sports and Exercise. Human kinetics, 1994.
6. Hoeger, Werner W.K, Hoegen, Sharon A. Principles and Labs for fitness and wellness. 7th ed 2004.
7. Wilson Kathleen J. W. Anatomy and Physiology, Health and illness. 6th Edition. Churchill Livingstone Edinburgh, 1987.
8. Gore ,M.M – Anatomy and physiology of yogic practices
9. Charu, Supriya – Sarirrachna, evamkriyavigyan.
10. Chatterjee,C.C – Human physiology.
11. Text book of Anatomy vol.1,11,111 – B.D Chaurasia
12. Human Embryology by Inder Bir Singh.
13. Human Anatomy by Datta.

### MAPPING (CO's and PO's)

Course Outcome	Program Outcomes													
	PO 1	PO 2	PO 3	PO4	PO 5	PO 6	PO7	PO 8	PO9	PO 10	PO 11	PO 12	PO 13	PO 14
CO1			3						1	2	2	1	1	
CO2			3						2	1		1	1	
CO3		2	3	3						3		2	1	

### MAPPING (CO's and PSO's)

Course Outcomes (CO)	Program Specific Outcomes (PSO)	
	1	2
1	3	3
2	3	3
3	3	3

#### **IV. CORE COURSE PRACTICAL- C 3 [CPYOG104]:**

(Credits: Practical-05)

**Marks: 25 (ESE: 20 Viva + 5Attd. + 5 Record) + 75 (ESE Pr: 6Hrs)=100**

**Pass Marks =45**

#### **COURSE OUTCOMES:**

- CO1 - Learn about the essentials of the yogic practices
- CO2 - Exposed to techniques of loosening the joints and advanced SuryaNamaskar
- CO3 - Oriented to some of the advanced level of asanas, pranayama, kriya, bandhas, mudras and meditation

#### **YOGA PRACTICAL STUDY-I**

**Practical: 75Hours**

#### **THE INITIAL PRACTICE –**

The practice of standing – sitting position for Asanas Practice.

The Practice of Pawan Muktasana Part 1 & 2

#### **SPEED YOGA PRACTICE (ENTIRE BODY)**

##### **Unit 1- Asanas:-**

Tadasana, Tiryak tadasana, Katichakrasana  
Padmasana, Siddhasana, Vajrasana  
Vrikshasana, Garudasana, Natrajasana  
Paschimotanasana, Padhastana, Vibhakt Paschimotanasana  
Bhujangasana, Dhanurasana, Rajkopotanasana  
Halasana, Hanumanasana, Chakrasana  
Baddha Padmasana, Savasana  
Surya Namaskara

##### **Unit 2 - Pranayama:-**

Nadishodhan Pranayam (Stage 1 & 2)  
Bhramari Pranayama, Ujjayi Pranayama  
Bhastrika Pranayama, Suryabhedan Pranayama

##### **Unit 3- Shatkarma:-**

Jalneti, Raberneti

##### **Unit 4- Bandha**

Jalandhar Bandha, Uddiyan Bandha, Moola bandha.

##### **Unit 5- Mudra**

Aswini Mudra, Kaki Mudra, Vipritkarni, Mudra, Tadagi Mudra

##### **Unit 6- Dhyan**

Omkar Dhyan, Madya, Dristi Practice, Savita Dhyan Practice

##### **Unit 7- Practical Copy& Viva**

### Reference books

1. Hath Yoga Pradipika- Kaivlyadham Lonavla
2. Gheranda Sanhita- Kaivlyadham Lonavla
3. Saral Yogasana- Dr. Ishwar Bharadwaj
4. Asana Prananyam Bandh Mudra- Swami Satyanand Saraswati
5. Light on Yoga- BKS Iyengar

### MAPPING (CO's and PO's)

Programme Outcomes				
PO1	PO2	PO3	PO4	PO5
2	3		3	2
2	3		3	2
3	3		3	2

MAPPING (CO's and PSO's)		
Course Outcomes (CO)	Program Specific Outcomes (PSO)	
	1	2
1	3	3
2	3	3
3	3	3
<b>1 - Low</b>	<b>2- Medium</b>	<b>3- High</b>

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## SEMESTER II

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4 Papers

**Total 100 x 4 = 400 Marks**

### I. SKILL ENHANCEMENT COURSE SE1 [ECYOG201]: (Credits: Theory-05)

Marks: 100 (ESE Pr: 6Hrs)=100

Pass Marks ESE Pr =45

#### COURSE OUTCOMES:

- CO1 - Learn about the essentials of the yogic practices
- CO2 - Exposed to techniques of loosening the joints and advanced SuryaNamaskar
- CO3 - Oriented to some of the advanced level of asanas, pranayama, kriya bandhas, mudras and meditation

#### YOGA PRACTICAL STUDY-II

Practical: 75 Hours

#### ALL PRACTICES OF 1<sup>ST</sup> SEMESTER

Unit 1-The Asanas : practice of Pawan Muktasana Part 3

Unit 2- Gomukhasana, Ardhamatsyendrasana, Sinhasana, Matsayasana Vrikshavana, Trikonasana, Ardha Shalbhansana, Vakrasana, Naukasana, Shirsha

Unit 3- Padangusthasana, Ardha Chandrasana, Tolasana, Yogamudrasana, Balasana, Shashankasana,

#### Pranayama

Nadishodhana Stage 3&4  
Shitali Pranayama Shitkari

Unit 4- Pranayama  
Chandrabhedha

Unit 5- Kapalabhati

Unit 6- Shat Karma  
Sutraneti, Vaman dhauti,

Unit 7- Bandha  
Moolbandha,  
Shambhavi Mudra, Khechari Mudra, Dhyana Mudra, Shanmukhimudra,

Unit 8- Mudra  
Dhyana Jyoti Tratak Dhyana, Soham Dhyana, Nasagra Drishti

Unit 9- Practical Copy & Viva

### **BOOKS FOR REFERENCES**

1. Hatha Yoga Pradipika- Kaivaluyadham Lonavala
2. Ghedranda Samhita- Kaivaluyadham Lonavala
3. Saral Yogasana-Dr. Ishwar Bharadwa
4. Yogic Pranayama, Oriental paper back, New Delhi, Joshi, K.S.
5. Pranayama, Kaivalyadhama, Lonavla, Swami Kuvalyananda
6. Science of Breath, The Himalayan International Institute, Pennselvenia, Swami
7. Rama.Prana, Pranayama & Pranvidya, Swami Niranjananand Saraswati

### **MAPPING (CO's and PO's)**

Course Outcomes	Programme Outcomes				
	PO1	PO2	PO3	PO4	PO5
CO1	2	1		2	3
CO2	2	1		2	3

### **MAPPING (CO's and PSO's)**

Course Outcomes (CO)	Program Specific Outcomes (PSO)	
	1	2
1	3	3
2	3	3
3	3	3

## **II.CORE COURSE- C 4 [CCYOG202]:**

(Credits: Theory-04, Tutorial-01)

**Marks: 25 (MSE: 15Th. 1Hr + 5Attd. + 5Assign.) + 75 (ESE: 3Hrs)=100 Pass Marks (MSE:8 + ESE:26)=34**

### **COURSE OUTCOMES:**

- CO1 - Understand the philosophy, principles, concepts and commentaries of Yoga Sutra
- CO2 - In-depth study of Samadhi Pada, Sadhana Pada, Vibhuti Pada and Kaivalya Pada.

## **THE INTRODUCTORY STUDY OF YOGA SUTRAS**

**Theory: 60 Hours; Tutorial:15 Hours**

### **Unit 1: Yoga Sutras**

Definition of Yoga according to Maharshi Patanjali.  
Chitta Vritties, its type and Detention Measures, Chitta Vritti Nirodhapaya..  
Measures of Chitta Vikshep and Antaraya and Chitta Prasadhana

### **Unit 2:- Astang Yoga**

Yama, Niyama  
Asana, Pranayama  
Pratyahara, Dharana  
Dhyan, Samadhi

### **Unit 3- Kriya Yoga**

Kriya Yoga-Tapa, Swadhyaya, Ishwar Pranidhan.  
Pancha Klesha & Karmashya

### **Unit 4- Samadhi**

Samadhi : meaning and definition  
Types of Samadhi : Samprajnata and asamprajnata.

### **Reference:**

Patanjali Yoga Darshan	-	Gitapress Gorkhapur
Yoga Sutra (Tatva Baishardi)	-	Vachaspati Mishr
Patanjali Yoga Pradeep	-	Swami Omananda Tirth, Gitapress Gorakhpur
Yoga Sutra (Yogavartika)	-	Vigyan Bhikshu

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### **BOOKS FOR REFERENCES**

Swami Sri Omanandatirtha	:	Patanjala Yoga Pradeepa Geeta Press, Gorakhpur, 1994
Rukmini T.S.	:	Yoga Vartika of Vijnanbhikshu : (Tr.) Vol I, II, III & IV, Munshiram Manoharlal Pvt. Ltd. New Delhi

- Karambelkar, P.V : Patanjala Yoga Sutra SMYSamiti, Kaivalyadham, Lonavala.
- Swami AnantBharati : Patanjala Yoga Shastra- Eka Adhyayana (Hindi) MDNIY, Delhi, 2007
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- Four Chapters on Freedom.(English) -Swami Satyananda Saraswati.  
(Yoga Publication Trust, Munger, Bihar, India)

### MAPPING (CO's and PO's)

Course Outcomes	Programme Outcomes				
	PO1	PO2	PO3	PO4	PO5
CO1	2	1		2	
CO2	2	1		2	

### MAPPING (CO's and PSO's)

Course Outcomes (CO)	Program Specific Outcomes (PSO)	
	1	2
1	3	1
2	3	1
1 - Low      2- Medium      3- High		

### III. CORE COURSE- C 5 [CCYOG203]:

(Credits: Theory-04, Tutorial-01)

Marks: 25 (MSE: 15Th. 1Hr + 5Attd. + 5Assign.) + 75 (ESE: Hrs)=100 Pass Marks (MSE:8 + ESE:26)=34

#### COURSE OUTCOMES:

- **CO1** - Understand the Indian concept of health, development and causes of disease, mental and emotional well-being, and role of yogic attitudes toward health
- **CO2** - In-depth knowledge about communicable diseases
- **CO3** - Gain knowledge about the lifestyle diseases, the role of yoga in combating them, and impact of diet and nutrition in disease prevention and curing
- **CO4** - Exposure on current trends in health and environment, concepts of hygiene and health, and population explosion and its control
- **CO5** - Learn about the yogic principles and practices for health, fitness, and wellness

### YOGA AND HEALTH

Theory: 60 Hours; Tutorial:15 Hours

#### Unit 1- Diet & Health

Definition of Diet: Balance Diet and Yogic diet.  
The Major component of Diet  
Definition of Health  
Factors of Health

#### Unit 2- Yogic Body

Panch Prana  
Panch Kosh  
Panch Tatva  
Sat Chakra

#### Unit 3- Yoga Therapy of different types of Physical diseases.

Diabetes, Obesity, Arthritis  
Asthama, Constipation & Indigestion  
Neck Pain & Back Pain.

#### Unit 4- Yoga Therapy to cure Mental diseases.

Insomnia & Stress.  
Depression.  
High Blood Pressure

#### Reference:

Clinical dietetic & Nutrition	-	F.P. Antia
Essential of Food Nutrition (Vol. 1&)	-	Swaminath
Food & Nutrition	-	Reegna Begwan
Disease & Yoga	-	Swami Satyanend Saraswati
आहार एवं स्वास्थ्य	—	श्री हीरालाल
योग महाविज्ञान	—	श्री कामाख्या कुमार

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- i. Dr.Krishna Raman: A matter of health (integration of yoga and western medicine for prevention and cure) (Chennai east west books (Madras) Pvt.Ltd.,1998)
  - ii. Sri. Ananda: The complete book of yoga harmony of body and mind (orient paper backs: vision book Pvt.Ltd.,1892)
  - iii. Dr.Nagendra HR. The art and science of Pranayama (Vivekanda Kenda Yoga Prakashana Bangalore)
  - iv. Swami Sivananda: Kundalini Yoga (Thye divine life society P.O Shivananda bagar., U.P.Himalayas, India)
  - v. DR.HR.Nagendra : Yoga Research & applications (Vivekananda kendar yoga prakashana, Bangalore)
  - vi. Evelyne & Peace (1997) Anatomy and Physiology for Nurses, New Delhi: Jaypee Brothers.

#### MAPPING (CO's and PO's)

Course Outcomes	Programme Outcomes				
	PO1	PO2	PO3	PO4	PO5
CO1	2	1		1	1
CO2			2	2	2
CO3			2	2	2
CO4			1	1	1
CO5		3		3	3

1 - Low

2- Medium

3- High

#### MAPPING (CO's and PSO's)

Course Outcomes (CO)	Program Specific Outcomes (PSO)	
	1	2
1	2	2
2	1	1
3	3	3
4	2	3
5	3	3

#### IV. CORE COURSE (PROJECT) - C 6 [PRYOG204]:

(Credits: Practical-05)

Marks : 100 (ESE: 3Hrs)=100

Pass Marks =45

##### COURSE OUTCOMES: Students are able to

- CO-1 Exposed to self-learning various topics.
- CO-2 Survey the literature such as books, national /international refereed journals and contact resource persons for the selected topic of research.
- CO-3 Write technical reports.
- CO-4 Develop oral and written communication skills to present and defend their work in front of technically qualified audience.

#### PROJECT WORK

Each student has to submit two copies of the dissertation work duly forwarded by the HOD of Department concerned. The forwarded copies will be submitted in the Department of Physical Education, CSJMU, Kanpur for evaluation (Seven days before the seminar).

##### The paper will consist of

- (a) Field work/Lab work related to the project.
- (b) Preparation of dissertation based on the work undertaken.
- (c) Presentation of project works in the seminar on the assigned topic in the Department of Physical Education, CSJMU, Kanpur & open viva there on.
- (d) The word limit of project work is 5000 approx.

##### Topics

- (a) Project work related to the One of the Theoretical Paper/socially relevant topics may be given.
- (b) Choose only one topic of Theoretical paper and explain it.
- (c) Code the References in explanation of your topic (References always related to your topic)

**NB:-** Students will select topics for the project work in consultation with a teacher of the department. The Seminar will be held in the Department of Physical Education, CSJMU, Kanpur.

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#### References

- Dr.K.Chandrasekaran, :Sound Health Through Yoga”(Prem Kalyan Publications, Sedapatti, Madurai 1999).
- Iyengar B.K.S (1989) Light on yoga, London: Unwin paper backs.
- Thirumoolar (2006) Thirumanthiram, Madras: Sri Ramakrishna Math.
- Satynanda Saraswati Swami (2007) Meditations from the tantras, Munger: Yoga publications Trust.

- Sivananda yoga centre (2003), The Sivananda Companion to meditation, New York: Simen & Schuster.

<b>MAPPING (CO's and PO's)</b>										
Course Outcomes	Program Outcomes									
	1	2	3	4	5	6	7	8	9	10
1	3	2	1	2				3		3
2					2	3				
3							3			
4							3	1	3	2

### **MAPPING (CO's and PSO's)**

Course Outcomes (CO)	Program Specific Outcomes (PSO)	
	1	2
1	2	
2	1	2
3		1
4	3	