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

SUBJECT CODE= YOG

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Academic Session 2021-2022

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COURSES OF STUDY FOR P.G. DIPLOMA IN YOGA EDUCATION

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

Core Subject CC 5 Papers + 1 Project	Skill Enhancement Course SE 1 Paper	Foundation Course FC 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.)
I	FC	FCYOG101	5	Fundamentals of Yoga and Sanskrit	30	70	
	C1	CCYOG102	5	Introduction to Hatha Yoga	30	70	
	C2	CCYOG103	5	Human Anatomy, Physiology and Yoga	30	70	
	C3	CPYOG104	5	Yoga Practical -I	----	----	100
II	SE	ECYOG201	5	Yoga Practical -II	----	----	100
	C4	CCYOG202	5	The Introductory study of Patanjali Yoga Sutra	30	70	
	C5	CCYOG203	5	Yoga and Health	30	70	
	PROJECT	PRYOG204	5	Project Work	----	----	100

SEMESTER I

4 Papers

Total 100 x 4 = 400 Marks

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

(Credits: Theory-04, Tutorial-01)

Marks: 30 (MSE: 20Th. 1Hr + 5Attd. + 5Assign.) + 70 (ESE: 3Hrs)=100

Pass Marks (MSE:17 + ESE:28)=45

Instruction to Question Setter:

Mid Semester Examination (MSE):

There will be **two** groups of questions in 20 marks written examinations. **Group A is compulsory** and will contain five questions of **very short answer type** consisting of 1 mark each. **Group B will contain descriptive type five** questions of five marks each, out of which any three are to be answered.

End Semester Examination (ESE):

There will be **two** groups of questions. **Group A is compulsory** and will contain two questions. **Question No.1 will be very short answer type** consisting of five questions of 1 mark each. **Question No.2 will be short answer type** of 5 marks. **Group B will contain descriptive type six** questions of fifteen marks each, out of which any four are to be answered. **Note:** There may be subdivisions in each question asked in Theory Examinations

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

II. CORE COURSE –C 1 [CCYOG102]:

(Credits: Theory-04, Tutorial-01)

Marks: 30 (MSE: 20Th. 1Hr + 5Attd. + 5Assign.) + 70 (ESE: 3Hrs)=100

Pass Marks (MSE:17 + ESE:28)=45

Mid Semester Examination (MSE):

Instruction to Question Setter:

There will be **two** groups of questions in 20 marks written examinations. **Group A is compulsory** and will contain five questions of **very short answer type** consisting of 1 mark each. **Group B will contain descriptive type five** questions of five marks each, out of which any three are to be answered.

End Semester Examination (ESE):

There will be **two** groups of questions. **Group A is compulsory** and will contain two questions. **Question No.1 will be very short answer type** consisting of five questions of 1 mark each. **Question No.2 will be short answer type** of 5 marks. **Group B will contain descriptive type six** questions of fifteen marks each, out of which any four are to be answered. **Note:** There may be subdivisions in each question asked in Theory Examinations.

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

III. CORE COURSE- C 2 [CCYOG103]:

Marks: 30 (MSE: 20Th. 1Hr + 5Attd. + 5Assign.) + 70 (ESE: 3Hrs)=100

Pass Marks (MSE:17 + ESE:28)=45

Mid Semester Examination (MSE):

Instruction to Question Setter:

There will be **two** groups of questions in 20 marks written examinations. **Group A is compulsory** and will contain five questions of **very short answer type** consisting of 1 mark each. **Group B will contain descriptive type five** questions of five marks each, out of which any three are to be answered.

End Semester Examination (ESE):

There will be **two** groups of questions. **Group A is compulsory** and will contain two questions. **Question No.1 will be very short answer type** consisting of five questions of 1 mark each. **Question No.2 will be short answer type** of 5 marks. **Group B will contain descriptive type six** questions of fifteen marks each, out of which any four are to be answered.

Note: There may be subdivisions in each question asked in Theory Examinations

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

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

Marks: 30 (ESE: 20 Viva + 5Attd. + 5 Record) + 70 (ESE Pr: 6Hrs)=100

Pass Marks =45

Instruction to Question Setter:

End Semester Practical Examination (ESE Pr):

The questions in practical examination will be of equal to 70 marks and will be so framed that the students are able to answer them within the stipulated time. 20 marks will be awarded on the performance in viva voce whereas 10 marks will be awarded on cumulative assessment which is further subdivided as 5 marks for Practical record and 5 marks for Attendance.

Note:

(Attendance Upto 75%, 1 mark; 75 < Attd. < 80, 2 marks; 80 < Attd. < 85, 3 marks; 85 < Attd. < 90, 4 marks; 90 < Attd, 5 marks).

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

SEMESTER II

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

Instruction to Question Setter:

End Semester Examination (ESE):

The questions in practical examination will be of equal to 70 marks and will be so framed that the students are able to answer them within the stipulated time. 20 marks will be awarded on the performance in viva voce whereas 10 marks will be awarded on cumulative assessment which is further subdivided as 5 marks for Practical record and 5 marks for Attendance.

Note:

(Attendance Upto75%, 1mark; 75<Attd.<80, 2 marks;80<Attd.<85, 3 marks;85<Attd.<90, 4 marks;90<Attd, 5 marks).

YOGA PRACTICAL STUDY-II

Practical: 75 Hours

ALL PRACTICES OF 1ST SEMESTER

Unit 1-The practice of Pawan Muktasana Part 3

Unit 2- Asanas :

Unit 3- Gomukhasana, Ardhmatsyendrasana, Sinhasana,
Matsayasana Vrikshavana, Trikonasana, Ardh
Shalbansama, Vakrasana Noukasana, Shirsh
Padangusthasana, Ardh Chandrasana Tolangulasana,
Yogamudrasana, Balasana, Shashankasana,

Pranayam

Unit 4- Nadishodhana Stage 3&4
Shitali Prasayama Shitkari

Unit 5- Pranayama
Chandrabhedam

Kapalbhati

Unit 6- Shat Karma
Sutraneti, Vaman dhauti,

Unit 7-

Bandha Shambhavi Mudra, Khechari Mudra, Dhyan Mudra, Shanmukhimundra,

Unit 8- Moolbandha,
Jyoti Tratak Dhayan, Sohan Dhyan, Nasagra Drishtri
Mudra

Unit 9- Dhyan Practical Copy & Viva

II.CORE COURSE- C 4 [CCYOG202]:

(Credits: Theory-04, Tutorial-01)

Marks: 30 (MSE: 20Th. 1Hr + 5Attd. + 5Assign.) + 70 (ESE: 3Hrs)=100

Pass Marks (MSE:17 + ESE:28)=45

Instruction to Question Setter:

Mid Semester Examination (MSE):

There will be **two** groups of questions in 20 marks written examinations. **Group A is compulsory** and will contain five questions of **very short answer type** consisting of 1 mark each. **Group B will contain descriptive type five** questions of five marks each, out of which any three are to be answered.

End Semester Examination (ESE):

There will be **two** groups of questions. **Group A is compulsory** and will contain two questions. **Question No.1 will be very short answer type** consisting of five questions of 1 mark each. **Question No.2 will be short answer type** of 5 marks. **Group B will contain descriptive type six** questions of fifteen marks each, out of which any four are to be answered.

Note: There may be subdivisions in each question asked in Theory Examinations

THE INTRODUCTORY STUDY OF YOGA SUTRAS

Theory: 60 Hours; Tutorial:15 Hours

Unit 1: Yoga Sutras

Definition of Yoga according to Maharshi Patanjali.
Chitta Vrittis, 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 Gorakhapur
Yoga Sutra (Yogavartika)	-	Vigyan Bhikshu

III. CORE COURSE- C 5 [CCYOG203]:

(Credits: Theory-04, Tutorial-01)

Marks: 30 (MSE: 20Th. 1Hr + 5Attd. + 5Assign.) + 70 (ESE: 3Hrs)=100

Pass Marks (MSE:17 + ESE:28)=45

Mid Semester Examination (MSE):

Instruction to Question Setter:

There will be **two** groups of questions in 20 marks written examinations. **Group A is compulsory** and will contain five questions of **very short answer type** consisting of 1 mark each. **Group B will contain descriptive type five** questions of five marks each, out of which any three are to be answered.

End Semester Examination (ESE):

There will be **two** groups of questions. **Group A is compulsory** and will contain two questions. **Question No.1 will be very short answer type** consisting of five questions of 1 mark each. **Question No.2 will be short answer type** of 5 marks. **Group B will contain descriptive type six** questions of fifteen marks each, out of which any four are to be answered.

Note: There may be subdivisions in each question asked in Theory Examinations

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

(Credits: Practical-05)

Marks : 100 (ESE: 3Hrs)=100

Pass Marks =45

Guidelines to Examiners for

End Semester Examination (ESE):

Overall project dissertation may be evaluated under the following heads:

- *Motivation for the choice of topic*
- *Project dissertation design*
- *Methodology and Content depth*
- *Results and Discussion*
- *Future Scope & References*
- *Participation in Internship programme with reputed organization*
- *Application of Research technique in Data collection*
- *Report Presentation*
- *Presentation style*
- *Viva-voce*

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.
