



**CURRICULUM OF
ONE YEAR POST GRADUATE DIPLOMA IN YOGA EDUCATION
(PGDYED) PROGRAMME (SEMESTER SYSTEM) –2022
DIBRUGARH UNIVERSITY**

RULES AND REGULATIONS

Preamble: Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course the student will be able to understand the concept of Preventive Healthcare, Promotion of Positive Health and Personality Development through Yoga.

Post Graduate Diploma in Yoga Education (PGDYED), one years (Two Semesters, Credit System) programme is a professional programme meant for preparing trained yoga teachers. The aim of the course is to propagate and promote yoga for positive health

1. Introduction

Short Title, Definition and Commencement

- a) This regulation shall be called the Dibrugarh University Regulations for the Post graduate Diploma in Yoga education course, herein after referred to as the PGDYED course.
- b) Department the term Department is used to mean a department of Dibrugarh University or a centre established for the purpose or that of a college affiliated to the Dibrugarh university with reference to the subject approved by Dibrugarh University.
- c) These regulations shall be effective from the academic session 2022.
- d) Extent of application: the regulation shall be applicable to the student enrolled for the PGDYED of Dibrugarh University.

- e) The entire course shall be of one year duration divided in to two semesters. The normal schedule may be made by the Academic planning Committee whenever necessary.

2. Duration of the programme: The minimum duration of the course will be 1 year (2 semesters) and the maximum duration will be 2 years.

3. Intake: There shall be 20 (Twenty) intake capacities.

4. Eligibility:

Graduate with in any discipline from recognized university with a minimum of 50% mark in aggregate. Preference shall be given to the candidate who studied physical education as compulsory/elective subject and having participation at least in minimum Inter- District/School Competitions in Yoga/Sports and Games as recognized by the AIU/IOA/SGFI/Govt. of India.

Relaxation in the percents of marks in the qualifying examination and in the reservation of the seats for SC/ST/OBC and other categories shall be as per the rules of the Central Govt. /State Govt. whichever is applicable

5. Admission procedure:

- a) Newspaper/Website notice inviting application for admission into the PGDYED programme shall be issued by the Registrar or by any person authorized for the purpose at least one month in advance from the date of admission. Each applicant shall have to submit within the prescribed date his/her application with requisite documents as indicated.
- b) The admission shall be made on merit on the basis of marks in the qualifying examination or in the Entrance Examination (written test, physical fitness test and marks obtained in the qualifying examinations) or any other selection process as per the policy of the University/State Govt.
- c) The candidates seeking admission are expected to be free from any physical disability /defects, posses sound health and are medically fit. Qualified candidates will have to appear before the Medical Board and those who are pronounced medically fit by the Medical Board will be given admission.

- d) Maximum age for admission to the PGDYED course should not be more than 35 years on ^{1st} July of the admission years.
- e) Relaxation of age up to 40 years may also be granted for the applicants duly deputed by the Institution/organization recognized by the Dibrugarh University.
- f) The reservation for SC/ST/OBC and other reserve category applicants shall be as per the rules of the central Government recognized by the Dibrugarh University, whichever is applicable.

6. Course of Programme:

- a. The medium of instruction and examination shall be English
- b. **The Credit System:** All programmes shall run on Credit System (CS). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.
- c. **Course:** The term course usually referred to, as 'papers' is a component of a programme. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise Lectures/ tutorials/laboratory work/ field work/ outreach activities/ project work/ vocational training/viva/ seminars/ term papers/assignments/ presentations/ self-study etc. or a combination of some of these.
- d. **Courses of Programme:** The PGDYED Programme shall consists of a number of courses, the term 'Course' applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a "paper" in the conventional sense. The following are the various categories of courses suggested for the PGDYED Programme.

Theory Courses: Part A

Practicum and Teaching Practices: (Part B)

7. Course Structure

Scheme of Teaching and Examination

Semester – I

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
PGDYT101	Principles of Yoga	4	4	40	60	100
PGDYT102	Classical Yoga (Pratanjali Yoga)	4	4	40	60	100
PGDYT103	Fundamental of Hatha Yoga	4	4	40	60	100
PGDYT104	Yoga and Cultural	4	4	40	60	100
Part–B Practical Course						
PGDYP101	Yogic Practice 1	8	4	40	60	100
Total		24	20	200	300	500

Semester – II

Part-A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
PGDYT201	Yoga and mental Health	4	4	40	60	100
PGDYT202	Elements of anatomy and Physiology	4	4	40	60	100
PGDYT203	Principles of nature- yogic Therapy	4	4	40	60	100
Part–B Practical						
PGDYP201	Yogic Practices -2	8	4	40	60	100
Optional Practical (Any One)						
PGDYOP2 01	Naturo – Yogic Treatment and field study	8	4	40	60	100
PGDYOP2 02	Practice Teaching	8	4	40	60	100
Total		28	20	200	300	500

8. Attendance:

Student must have 85% of attendance in each course for appearing the examination.

9. Examinations:

- i. There shall be examinations at the end of each semester, for first semester in the month of December: for second semester in the month of June. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent regular examinations.
- ii. A candidate should get enrolled /registered for the first semester examination. If enrollment/registration is not possible owing to shortage of attendance beyond condonation limit / rules prescribed OR belated joining OR on medical grounds, such candidates are not permitted to proceed to the next semester. Such candidates shall redo the semester in the subsequent term of that semester as a regular student; however, a student of first semester shall be admitted in the second semester, if he/she has successfully kept the term in first semester.

10. Pattern of Question Papers:

Question Papers shall have five questions (with option for each) corresponding to four units of each theory course.

PGDYED.: Format of Question Paper for 4 Units.

Each question paper shall have 6 questions. The pattern will be as follows:

Question No.	Description	Unit	Marks
1	Answer in detail (Long Question) with option	From Unit 1	10
2	Answer in detail (Long Question) with option	From Unit 2	10
3	Answer in detail (Long Question) with option	From Unit 3	10
4	Answer in detail (Long Question) with option	From Unit 4	10
5	Short Answer Type (Short notes)	From all unit	10
6	M.C.Q. Type Questions (10 out of 10 Que.)	From all unit	10
Total			60

11. Evaluation:

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are;

One Test	15 Marks
Seminar / Quiz	10 Marks
Assignments	10 Marks
Attendance	5 Marks
Total	40 Marks

Attendance shall be taken as a component of continuous assessment, even though the students should have minimum 85% attendance in each course.

The fractions of the marks allotted for the attendance shall be:

% of attendance	Allotted marks
85	0 marks
86-88	1 marks
89-91	2 marks
92-94	3 marks
95-97	4 marks
98-100	5 marks

In addition to continuous evaluation component, the end semester examination, which will be written type examination of **at least 2-3 hours duration**, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 40:60. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.

12. Minimum Passing Standard:

The minimum passing standard for CIA (Continuous Internal Assessment) and External Examinations shall be 50%, i.e. 16 marks out of 40 marks and 24 marks out of 60 marks respectively for theory courses. The minimum passing for

both CIA & external examination shall be 50%, i.e. 20 marks out of 40 and 30 marks out of 60 marks for the practical courses.

13. Grading:

Once the marks of the CIA (Continues Internal Assessment) and SEA (Semester End Assessment) for each of the courses are available, both (CIA and SEA) will be added. The marks, thus obtained for each of the courses will then be graded as per details provided in **SI. No. 16** from the first semester onwards the average performance within any semester from the first semester is indicated by Semester Grade Point Average (SGPA) while continuous performance (including the performance of the previous semesters also) starting from the first semester is indicated by Cumulative Grade Point Average (CGPA). These two are calculated by the following formula:

$$SGPA = \frac{\sum_{i=1}^n C_i G_i}{\sum_{i=1}^n C_i}$$

$$CGPA = \frac{\sum_{j=1}^N SGPA_j}{N}$$

Where C_i is the Credit earned for the course is in any semester; G_i is the Grade point obtained by the student for the course i and n number of courses obtained in that semester; $SGPA_j$ is SGPA of semester j and N number of semester. Thus CGPA is average of SGPA of all the semesters starting from the first semester to the current semester.

14. Classification of Final Results:

For the purpose of declaring a candidate to have qualified for the PGDYED in the First class / Second class / Pass class or First class with Distinction, the marks and the corresponding CGPA earned by the candidate in Core Courses will be the criterion. It is further provided that the candidate should have scored the First / Second Class separately in both the grand total and end Semester (External) examinations.

15. Award of the PGDYED Diploma:

A candidate shall be eligible for the award of the degree of the PGDYED only if he/she has earned the minimum required credit.

16. Letter Grades and Grade Points:

- i. Two methods-relative grading or absolute grading– have been in vogue for awarding grades in a course. The relative grading is based on the distribution (usually normal distribution) of marks obtained by all the students in the course and the grades are awarded based on a cut-off mark or percentile. Under the absolute grading, the marks are converted to grades based on pre-determined class intervals. To implement the following grading system, the colleges and universities can use any one of the above methods.
- ii. The grades for each course would be decided on the basis of the percentage marks obtained at the end-semester external and internal examinations as per following table:

Percentage	Grade Point	Letter Grade	Description	Classification of final result
85 & above	8.5-10.0	O	Outstanding	First class with Distinction
70-84.99	7.0-8.49	A ⁺	Excellent	
60-69.99	6.0-6.99	A	Very Good	First Class
55-59.99	5.5-5.99	B ⁺	Good	Higher Second Class
50-54.99	5.0-5.49	B	Above Average	Second Class
40-49.99	4.0-4.99	C	Average	Pass Class
Below 40	0.0	F	Fail/ Dropped	Dropped
	0	AB	Absent	

17. Grade Point Calculation

Calculation of **Semester Grade Point Average (SGPA)** and **Credit Grade Point (CGP)** and declaration of class for PGDYED Programme.

The credit grade points are to be calculated on the following basis:

$$SGPA = \frac{\sum_{i=1}^n C_i G_i}{\sum_{i=1}^n C_i}$$

Example – I

Marks obtained by Student in course CC101 = 65/100

Percentage of marks = 65 %

Grade from the conversion table is = A

Grade Point = 6.0 + 5 (0.99/9.99)

= 6.0 + 5x0.1

= 6.0+ 0.5

=6.5

The Course Credits = 04

Credits Grade Point (CGP) = $6.5 \times 04 = 26$

The semester grade point average (SGPA) will be calculated as a weighted average of all the grade point of the semester courses. That is Semester grade point average (SGPA) = (sum of grade points of all five courses of the semester) / total credit of the semester as per example given below:

SEMESTER-1

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
PGDYT101	4	65	A	6.5	26
PGDYT102	4	60	A	6	24
PGDYT103	4	62	A	6.2	24.8
PGDYT104	4	57	B+	5.7	22.8
PGDYP101	4	55	B+	5.5	22
	20				119.6

Examples: Conversion of marks into grade points

PGDYT101 $65 = 60 + 5 = 6.0 + 5 \times (0.99 / 9.99) = 6.0 + 5 \times 0.1 = 6.0 + 0.5 = 6.5$

PGDYT102 $60 = 6.0$

PGDYT103 $62 = 60 + 2 = 6.0 + 2 \times (0.99/9.99) = 6.0 + 2 \times 0.1 = 6.0 + 0.2 = 6.2$

PGDYT104 $57 = 55 + 2 = 5.5 + 2 \times (0.49 / 4.99) = 5.5 + 2 \times 0.1 = 5.5 + 0.2 = 5.7$

PGDYP101 $55 = 5.5$

SEMESTER GRADE POINT AVERAGE (SGPA) = Total Credit Grade Points = $119.6/20 = 5.98$

SGPA Sem. I = 5.98

At the end of Semester-1

Total SGPA = 5.98

Cumulative Grade Point Average (CGPA) = $5.98/1 = 5.98$

CGPA = 5.98, Grade = B+, Class = Higher Second Class

SEMESTER-2

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
PGDYT201	4	83	A+	8.3	33.2
PGDYT201	4	76	A+	7.6	30.4
PGDYT203	4	59	B+	5.9	23.6

PGDYP201	4	81	A+	8.1	32.4
PGDYOP201/ PGDYOP202	4	78	A+	7.8	31.2
	20				150.8

SGPA Sem. II = 7.54

At the end of Semester-2

Total SGPA for all the two semesters = 13.52

Cumulative Grade Point Average (CGPA) = $13.52/2 = 6.76$

CGPA = 6.76, Grade = A, Class = First Class

Note:

(1) SGPA is calculated only if the candidate passes in all the courses, i.e. gets minimum C grade in all the courses.

(2) CGPA is calculated only when the candidate passes in all the courses of all the previous and current semesters.

(3) The cumulative grade point average will be calculated as the average of the SGPA of all the semesters continuously, as shown above.

(4) For the award of the class, CGPA shall be calculated on the basis of:

(a) Marks of each Semester End Assessment And

(b) Marks of each Semester Continuous Internal Assessment for each course.

The final class for PGDYED Degree shall be awarded on the basis of last CGPA (grade) from all the semester examinations.

18. Grievance Redressal Committee:

The department/centre shall form a Grievance Redressal Committee for each course in each department/centre with the course teacher / Director/ HOD of the faculty and Dean of School as the members. This Committee shall solve all grievances of the students.

19. Revision of Syllabi:

a. Syllabi of every course should be revised if necessary.

b. Revised Syllabi of each semester should be implemented in a sequential way.

- c. In courses, where units / topics related to governmental provisions, regulations or laws, that change to accommodate the latest developments, changes or corrections are to be made consequentially as recommended by the Academic Council.
- d. All formalities for revisions in the syllabi should be completed before the end of the semester for implementation of the revised syllabi in the next academic year.
- e. During every revision, up to twenty percent of the syllabi of each course should be changed so as to ensure the appearance of the students who have studied the old (unrevised) syllabi without any difficulties in the examinations of revised syllabi.
- f. In case, the syllabus of any course is carried forward without any revision, it shall also be counted as revised in the revised syllabi.

Syllabus of One Year (Two Semesters) PGDYED Programme

Semester – I

Part A (Theory)

PGDYT101: Principles of Yoga			
Marks: Internal: 40 Marks; External Marks: 60 Marks; Total 100 Marks			
Learning Objectives: <ul style="list-style-type: none">To give an orientation to YOGA.To impart the knowledge of history of Yoga.To discuss about Patanjali and his contribution towards Yoga.To make an assessment about Yoga as a science and art.			
Learning Outcomes: <ul style="list-style-type: none">Students will know about the meaning and definitions of Yoga.Students will gain in depth knowledge about the origin and history of Yoga.Students will know about the consideration of Yoga as an art and science.They will gain some philosophical concepts of Yoga.			
Unit	Topic	Contact Hours	Marks
I	<ul style="list-style-type: none">Concept of Yoga: its meaning, definition and origin;History of Yoga: Pre-Vedic to Pre-Patanjali; Patanjali and AfterImportance of Yoga as art, science and philosophy	16	15
II	Kinds of Yoga: Yoga in Bhagavad Gita: Karma Yoga, raja Yoga, Jnana Yoga, Bhakti Yoga	14	15
III	Limbs/parts of yoga (Astanga Yoga) according to the 'Yoga Sutras'	14	15
IV	Modern Developments in Yoga: Concept, Research and Career	14	15
References: <ol style="list-style-type: none">Yog Vijnan Parichay, Vol.I Bali Narayan PhukanYoga its Basis and Utility – Dr.H.R.NagendraA Scientific approach to Yoga-Dr.Sudhir BapatYoga Philosophy-Dr.S.N.DasguptaThe Yoga Tradition – George FeuersteinThe great Systems of Yoga –Ernest Wood			
PGDYT102: Classical Yoga (Pratanjali Yoga)			
Marks: Internal: 40 Marks; External Marks: 60 Marks; Total 100 Marks			
Learning Objectives: <ul style="list-style-type: none">To give knowledge about ancient yogic scriptures.To impart the knowledge of spirituality through Yoga.To give the idea of liberation and its achievement through Yoga.			

- To teach about the concept of Kaivalya.

Learning Outcomes:

- Students will get good knowledge about the Yoga sutras and other allied yogic literatures.
- They will know about some yogic terms related to mind, body and soul.
- They will have a sound knowledge on the concept of Iswara.
- They will gain the idea of the ultimate path to liberation.

Unit	Topic	Contact Hours	Marks
I	The 'Yoga Sutras' in general and different commentaries; Its significance in life.	16	15
II	Concept of Chitta and Vritti; Klesha, Drasta and Dristi	14	15
III	Concept of Iswara: Its influence in life, Inswara in Yoga Philosophy	14	15
IV	Concept of Samadhi and Kaivalya(Liberation) Means of attaining Kaivalya	14	15

References

1. The science of Yoga – I.K.Taimini
2. Patanjala Yoga Sutra – A Critical Study, Dr.Pavan Kumari
3. Patanjali's Yoga Sutra – Translation and Commentary By Dr.P.V. Karambelkar
4. Light on Patanjali Yoga Sutra – B.K.S. Iyengar
5. Patanjala Yoga Sutra –Tr. By Ramprasad

PGDYT103: Fundamental of Hatha Yoga
Marks: Internal: 40 Marks; External Marks: 60 Marks; Total 100 Marks

Learning Objectives:

- To discuss about Hatha Yoga and its methodologies.
- To teach about asana and its different classifications.
- To teach about pranayama.
- To impart different yogic methodologies for optimum health.

Learning Outcomes:

- Students will benefit by acquiring the knowledge of Hatha Yoga and its significance.
- They will know the concept of asana and its broad scopes.
- They will be sound in the knowledge of pranyama and its effects.
- They will know about kriya, mudra and bandha.

Unit	Topic	Contact Hours	Marks
I	Basic Concept of Hatha Yoga, Hatha Yoga as an unique form of Yoga	13	15
II	Asana – Definition and meaning, Classification and effect of Meditative, Cultural and Relaxative Asanas	13	15

III	Pranayama –Concept of Prana and Pranayama; Phases and Types of Pranayama; Effects of Pranayama	16	15
IV	Kriya, Mudra and Bhandha: Procedure and types	16	15

Recommended Text books:

1. First Steps to Higher Yoga –Swami Yogeswarananda
2. Hatha Yoga – Its Context Theory and Practice-Michel Burle
3. Rationale of Yogic Poses-Swami kuvalayananda

Reference Books:

1. The Hatha Yoga Padipika-Tr. By Pancham Singh
2. The Gheranda Samhita –Tr. By Srisa Chandra Basu
3. Siddha Siddhanta Paddhiti- Published by Gorakhnath Mandir
4. Concentration and Meditation –Swami Sivananda

PGDYT104: Yoga and Cultural Synthesis

Marks: Internal: 40 Marks; External Marks: 60 Marks; Total 100 Marks

Learning Objectives:

- To discuss about culture.
- To discuss in depth about different texts of Indian culture.
- To discuss about philosophical bases India with emphasis on Yoga.
- To give knowledge on the value of sacred traditions of different religions.

Learning Outcomes:

- Students will know about culture and its relevance with Yoga.
- They will know about Vedic and Upanishadic idea of culture.
- They will know about philosophical value of Yoga.
- They will know about Bhakti and Srimanta Sankardeva's contribution to it.

Unit	Topic	Contact Hours	Marks
I	Concept of Culture: Relation between Culture and Yoga	14	15
II	Indian Culture- Vedic and Upanishadic	14	15
III	Six Systems of Indian Philosophy; Yoga as the basis of Value Education	14	15
IV	Bhakti Movement: Hinduism, Buddhisim, Jainism, Islam & Christianity Srimanta Sankardeva's contribution to Cultural Synthesis	16	15

References

1. Cultural Heritage of India – published by Sri Ramkrishna Math, Madras
2. History of Indian Philosophy (5 vols) – S.N. Dasgupta
3. Yoga and Indian Philosophy – Karel Werner

Part B: Practical

PGDYP101: Yogic Practices 1 (Practical training in Yoga)	
Marks: Internal: 40 Marks; External Marks: 60 Marks; Total 100 Marks	
I.Preparatory Exercise-Joints Movement, Body Flexibility and Energizing Exercises II Surya Namaskar	
III. Asanas	
<p>A. <u>Meditative Postures</u></p> <p>1 Swastikasana 2 Siddhasana(for men) 3 Padmasana 4 Vajrasana 5 Veerasana 6 Bhadrasana or Gorakshasana 7 Gomokhasana</p> <p>B. <u>Resting Postures</u></p> <p>8. Savasana 9. Makrasana</p> <p>C. <u>Cultural Postures</u></p> <p>10. Tadasana 11. Vrikshasana 12. Garudasana 13. Vatayanasana</p>	<p>14.Utkatasana 15. Padahastasana 16. Ardachakrasana (standing) 17. Ardha –kati chakrasana 18.Trikonasna &Parivarta Trikonasna 19. Parivarta Konasana and Parivarta parsava- Konasana 20. Veera Bhadrasana 21. Parsuttanasana 22.Janusirasana 23.Akarna-dhanurasana 24.Ardha-Kurmasna 25. Mandukasna 26.Simhasana 27.Sasankasana 28.Ustrasana 29.Majarasana 30.Pachimottanasana 31.Vakrasana 32.Ardhasana 33.Pavan-Muktasana 34.Viparit-karani Mudra 35.Sarvangasana 36.Halasana 37.Matchyasana 38.Bhujangasana 39.Salbhasana 40.Dhanurasana 41.Naukasana</p>
IV. Bandhatraya (jalandharbandha,Uddian – (bandha and Mulabandha) V. Mudras(Aswini,Mahabandha and Mahabedh) VI.Dhauti(Agnisar, Vamana and Barisar) VII. Neti(Jala& catheter) VIII.Nauli,Tratak,Kapalbhati, Sectional breathing, Yogic breathing and anulom vilom, Bhastrika IX. Pratyahara and Dharana technique will be taught and the condition of Sthira- Sukham will be observed outwardly.	
Second semester	
PGDYT201: Yoga and Mental Health	
Marks: Internal: 40 Marks; External Marks: 50 Marks; Total 100 Marks	

Learning Objectives:

- To teach about health and diseases.
- To teach about therapy.
- To impart the knowledge of Yoga in treatment of diseases.
- To give knowledge on natural therapies.

Learning Outcomes:

- Students will know about the principles for keeping sound health.
- They will understand about nature-yogic therapy.
- They will know about the effect of Yoga in treating mind-body issues.
- They will have good knowledge on natural ways to cure diseases

Unit	Topic	Contact Hours	Marks
I	Mental Health: meaning and Dimensions Applications of Health Relevance to Yoga to mental health	16	15
II	Concept and model of normality in Yoga Concept of Psychosomatic disorder and its healing through yoga	14	15
III	Role of Astanga Yoga in transformation of personality. Intra-Personal and Inter-personal adjustment through yogic methods	14	15
IV	Stress Management, tackling frustration, Anxiety and conflict: Yogic Method	14	15

Books Recommended:

1. Yoga Psychology- –Swami abhedananda
2. Yoga and western Psychology –Geraldine coster
3. Yoga and Modern Psychology-R.S.Bhogal

Reference Books:

1. Element of Ancient Indian Psychology- - B.Kuppuuswami
2. Concept of personality in Sankhya-yoga and the Gita –K.C.Das
3. The Nature and Form of consciousness in Yoga and Modern Psychoanalytical school-display Bezbaruah
4. Stress and its Management – K.N.Udupa
5. New perspective in Stress Management- H.R.Nagendra and R. Nagarthana

PGDYT202: Elements of Anatomy and Physiology

Marks: Internal: 30 Marks; External Marks: 70 Marks; Total 100 Marks

Learning Objectives:

- To give an orientation about Anatomy and Physiology.
- To discuss about different systems of human body.
- To discuss on the physiological influence of asanas and pranayamas.
- To teach about the physiological effects of bandhas, mudras and kriyas.

Learning Outcomes:

- Students will know about the concepts of Anatomy and Physiology

	<p>thoroughly.</p> <ul style="list-style-type: none"> • They will know anatomy and physiology of some important systems in human body. • They will know about the physiological changes occur during the practice of asana and pranayama. • They will understand about the benefit of doing bandhas, mudras and kriyas. 		
Unit	Topic	Contact Hours	Marks
I	Basic anatomy and Physiology of Skeletal System Muscular System; circulatory System; Respiratory System,	14	15
II	Basic Anatomy and Physiology of Digestive System, Excretory System, Endocrine System; Nervous System	16	15
III	Physiological effects of Asanas and Pranayamas	14	15
IV	Physiological Effects of Bandhas; Mudras and Kriyas	14	15
<p>Recommended books:</p> <ol style="list-style-type: none"> 1. Anatomy and physiology for Nurses –Evelyn Pearce 2. Yog Vijnan Parichay (Voll) – B.N. Phukon, Chapter VI 3. Yoga Pradipika –Yogeswar Bora, Part 2, Chapter 2 4. Hatha Yoga – Mikel Burley 5. Bio-dynamics of Sadanga Yoga- R.K.Garde <p>Reference Books:</p> <ol style="list-style-type: none"> 1. Textbook of Medical Physiology-Arthur C. Guyton 2. Human Physiology – C.C. Chatterjee 3. Siva Samhita- Translated by Sirsa Ch.Basu 4. Science of Medicine and Physiology Concepts in ancient and Mediaeval India edited by N.Keswani 			
<p>PGDYT203: Principles of Naturo – Yogic Therapy Marks: Internal: 40 Marks; External Marks: 60 Marks; Total 100 Marks</p>			
<p>Learning Objectives:</p> <ul style="list-style-type: none"> • To teach the concept of mental health and its relevance with yoga. • To teach about psychosomatic disorder and its treatment through Yoga. • To teach about personality development through Yoga. • To discuss about Yoga in stress management. <p>Learning Outcomes:</p> <ul style="list-style-type: none"> • Students will know about the importance of Yoga for mental health. • They will have an idea about the healing power of Yoga in treating psychosomatic disorders. • They will understand about the concept of personality development through Astanga Yoga. • They will understand about different stress management techniques through Yoga. 			

Unit	Topic	Contact Hours	Marks
I	Concept of Health and Disease Principles of Sound Health	14	15
II	Basic principles of Naturo – Yogic Therapy; Fasting and Dieto-therapy	14	15
III	Use of Yoga in treatment of disease and their effect on Body-Mind Complex.	16	15
IV	Nature cure – use of Panchabhuta and Messo-therapy	14	15
<p>Recommended Books:</p> <ol style="list-style-type: none"> 1. Yogic therapy – Swami Sivananda Saraswati of Umchal Ashram 2. Yogic Therapy- Swami Kuvalayananda and Dr. S.L.Vinekar 3. New Horizon of Modern Medicine-Dr.H.R.Nagendra 4. Everybody’s Guide to Nature Cure – Harry Benjamin 5. Your diet in health and disease – Harry Benjamin <p>Reference Books:</p> <ol style="list-style-type: none"> 1. Yogic therapy- Yogacharya Sundaram 2. A Matter of Health – Dr. P.Krishna Raman 3. Protective Diet in heath and disease – K.L.Mjkhopadhyay 4. A Complete Handbook of nature cure – Dr. h.K. Bakhru 5. Yoga Mimamsa, a quqrately research Journal published by Kaivalyadham, Lonavla. 			
Practical			
PGDYP 201: Practical Training in Yoga; Yogic Practices 2 Marks: Internal: 40 Marks; External Marks: 60 Marks; Total 100 Marks			
<p>Practices of Asana, Bhandha- Mudra, kriya,Pranayama etc. of practical I shall continue. Advancement in those practices will be practically examined.</p> <p>In addition to those practices, practical lessons will be given and practical assessment will be made on-</p> <ol style="list-style-type: none"> a) Variations and advanced practices of Asana already taught. b) Mayurasana, birabhadrasana,Natarajasana,sirasana and other difficult asana c) Neti(sutra neti) d) Satra Dhauti e) Sankha –Prakshalan f) Pranayama (Ujjayee,sitali,sitkari,suryabhed, chandrabhed,Bhramari, Bahya and antar kumbhak etc.) g) Different meditative processes in meditative postures. Physical and mental poise and stability in meditation will be examined with the help of electronic devices like electro-cardiogram, electro-encephalogram, and electro-myogram etc. 			
Optional Practical			
PGDYOP 201: Naturo – Yogic Treatment and field study (optional) Marks: Internal: 40 Marks; External Marks: 60 Marks; Total 100 Marks			

(for Practical application of Naturo – Yogic treatment the Students will have to attend some nature-Yogic Treatment centre for at least one week.)

- a) Practical application of Naturo – Yogic Treatment : 75marks
 - 1) Practical Application of Yogangas in treatment of disease.
 - 2) Practical demonstration of cleansing process of yoga like Neti etc.
 - 3) Preparation and practical use of Mud – pack, Water –bandage, Hot and Cold Compress, Different kinds of baths (Foot- bath, Sitz-bath, Hip-bath, Spinal- bath, Steam- bath, Sun- bath) Message, Enema etc.
- b) Field Study: 25 marks

The students, under the guidance of yoga and Naturopathy teacher, will visit important Yoga Centres, Nature- Cure Hospitals, and Yoga- Therapy Centers of Medical Colleges and also run by NGOs within the state and outside, after completion of theory papers and submit a detail report on Naturo – Yogic Therapy.

PGDYOP 202: Practice Teaching (optional)

Marks: Internal: 40 Marks; External Marks: 60 Marks; Total 100 Marks

For the purpose of practice teaching the students will have to organize an Fifteen Days week non-residential Yoga Camp where each student will be assigned to prepare and teach theory and practical lessons on different aspects of Yoga and teach Asana, Mudra – Bandha, Sat- Karma, Pranayama etc. in practical classes with demonstration and explanation of each item.

Conduct and Behaviour

Transformation of attitude, conduct and character of a student is a very important part of Yoga Education. Hence, emphasizing is given upon observance of the moral codes prescribed by Patanjali (Yamas and the Niyamas) by the practitioners of Yoga. There will be continuous observation and assessment of conduct, Behaviour, Regularity, Punctuality, Commitment and Sincerity towards duties etc. of the Students throughout the Session which will be reflected as Grades like Grade A, Grade B and Grade C

GRADING SYSTEM

The following scale of grading system shall be applied to indicate the performance of students in terms of letter grade and grade points as given below:

Percentage of marks obtained in a course (in semester plus end semester)	Letter grade	Grade point	Description of performance	Classification of final result
85 & above	O	8.5-10.0	Outstanding	First class with Distinction
70-84.99	A ⁺	7.0-8.49	Excellent	
60-69.99	A	6.0-6.99	Very Good	First Class
55-59.99	B ⁺	5.5-5.99	Good	Higher Second Class
50-54.99	B	5.0-5.49	Above Average	Second Class
40-49.99	C	4.0-4.99	Average	Pass Class
Below 40	F	0.0	Fail/ Dropped	Dropped
	AB		Absent	

Calculation of Grading

SGPA (Semester Grade Point Average)

$$SGPA = \frac{\sum_{i=1}^n C_i G_i}{\sum_{i=1}^n C_i}$$

CGPA (Cumulative Grade Point Average)

$$CGPA = \frac{\sum_{j=1}^N SGPA_j}{N}$$

Where C_i is the Credit earned for the course in any semester; G_i is the Grade point obtained by the student for the course i and n number of courses obtained in that semester; $SGPA_j$ is SGPA of semester j and N number of semester. Thus CGPA is average of SGPA of all the semesters starting from the first semester to the current semester.

The CGPA earned by a candidate may be converted to equivalent percentage of marks by multiplying the CGPA by 10 (ten).