



Maharaja Ganga Singh University



Syllabus For

Post Graduate Diploma in Yoga and Naturopathy



Department Of Yoga

2023-24

Structure of Programme

PGDYN SEMESTER-I

Course Code	Course Title	Max. Internal Marks	Max (Theory/Practical) External Marks	Total Marks
PGDYN YOG 01 CC 101	Foundation of Yoga	10	40	50
PGDYN YOG 01 CC 102	Basics of Naturopathy	10	40	50
PGDYN YOG 01 CC 103	Health and Yogic Diet	10	40	50
PGDYN YOG 01 CC 104	Human Anatomy & Physiology-I	10	40	50
Total Theory Marks				200
PGDYN YOG 01 CC 105	Practical - Demonstration of Yogic Practices, Teaching Practice & Viva	25	75	100
Total Practical Marks				100
Grand Total (Theory and Practical)				300

PGDYN SEMESTER-II

Course Code	Course Title	Max. Internal Marks	Max (Theory/Practical) External Marks	Total Marks
PGDYN YOG 02 CC 201	Yogic Practices & Spirituality	10	40	50
PGDYN YOG 02 CC 202	Nature cure methods and Practice	10	40	50
PGDYN YOG 02 CC 203	Yogic Management for Diseases	10	40	50
PGDYN YOG 02 CC 204	Human anatomy & Physiology-II	10	40	50
Total Theory Marks				200
PGDYN YOG 02 CC 205	Practical-I Demonstration of Yogic Practices, IAYT for common ailments, Viva	10	40	50
PGDYN YOG 02 CC 206	Dissertation/Project Work/ Clinical Report/ Case Study & Viva	-	50	50
Total Practical + Dissertation Marks				100
Grand Total (Theory and Practical)				300

Scheme of Examination

The **Post Graduate Diploma in Yoga and Naturopathy** is one year (2 semesters) duration full time programme. The programme will have core courses and dissertation/project/training/review/clinical project/internship/case study in the 2nd semester and combined practical paper based on theory papers in each semester. The dissertation/project/training/review/clinical project/internship/case study will be evaluated by an external examiner. An educational tour may be organized for students within or outside the State under the supervision of faculty members.

1. English/Hindi shall be the medium of instructions and examination.
2. There will be yearend examination. The yearend examinations, evaluation, publication of results, award of marks statements and award of diploma shall be undertaken by MGS University, Bikaner.
3. The system of evaluation shall be as follows:

The evaluation scheme shall comprise external evaluation and internal evaluation. Each theory paper of Semester –I and Semester –II will carry 50marks (80% marks external + 20% marks internal).

Semester –I Practical paper will carry 100 marks (75% marks external + 25% marks internal). Semester-II Practical will be of 50 marks (80% marks external + 20% marks internal). Semester-II Dissertation/ProjectWork/ Clinical Report/ Case Study and Viva will carry 50 marks, evaluated by external examiner.

- 3.1 Any student who fails to participate in classes, viva-voce, practical work will be debarred from appearing in the end semester examination
- 3.2 The duration of written examination for each paper shall be of three hours and Practical examination shall be for one day duration.
- 3.3 The minimum attendance required by a candidate will be as per the University rules.
4. With regards to the Dissertation/project/training/review/clinical project/internship/case study, the scheme of evaluation shall be as follows:
5. The candidate has to submit report/thesis/dissertation/case study in a spiral/bound form in three copies which would be evaluated by an external examiner. Total marks for Project/case studies/training/dissertation/internship shall be of 50 marks.
6. Regular students shall be permitted to appear/reappear/improve in course as per Maharaja Ganga Singh University rules.
7. Pass percentage, award of degree, scope for improvement – as per Maharaja Ganga Singh University rules and regulations.

Pass Criteria

8. Each theory paper shall be of 50 marks (40 external +10 Internal). For passing in the each theory examination, a candidate is required to obtain 25% marks in individual paper and 36% marks in aggregate of all theory papers and 36% marks separately in the practical examination and dissertation.

Assessment and Evaluation

- Continuous Comprehensive Evaluation at regular period after achievement of each semester.
- Oral Examinations to test presentation and communication skills
- Open Book Examination for better understanding and application of the knowledge acquired
- Group Examinations on Problem solving exercises
- Seminar Presentations
- Review of Literature
- Collaborative Assignments

CLASSIFICATION OF SUCCESSFUL STUDENTS

Division	Total Marks
First Division	60% and above
Second Division	Above 48 % and below 60 %
Pass	Above 36 % and below 48 %
Fail	Below 36 %
Backlog	As per University Norms

Affiliation: The Programme shall be governed by the SFS, Yoga, Maharaja Ganga Singh University, Bikaner, Rajasthan

Evaluation

Internal Assessment (Theory):	Midterm Examination	7.5%
	Term Paper	7.5%
	Students Participation	5.0%
Internal Assessment (Practical & Dissertation):		25%
External Assessment (Theory):		80%
External Assessment (Practical & Dissertation):		75%

Examination Paper Pattern

The question paper will consist of A, B and C sections.

- A section will have ten compulsory questions (at least three questions from each unit) (2 marks each). Each question shall carry equal marks.
- B section will have nine questions (three questions from each unit) and students are required to attempt five questions (5 marks each) selecting at least 1 question from each unit. Each question shall carry equal marks.

- C section will have six questions (2 questions from each unit of syllabus) and students are required to attempt three questions (10 marks each) selecting 1 question from each unit. Each question shall carry equal marks. Questions of section I, II and III are to be answered in 50, 250 and 500 words respectively. The duration of each course examination shall be 3 hours.

SEMESTER –I

Paper code- PGDYN YOG 01 CC 101

Foundation of Yoga

Course Objective: To provide learning about the history of Yoga, classical Yoga texts, Yogic gurus, and contributions of Yoga to religions

Course Level Learning Outcomes:

After the completion of the course, the student shall be able to:

1. To learn about Origin and History of Yoga.
2. To have an idea about Evolution of Yoga.
3. To learn Yogic Traditions and Yoga Gurus etc
4. Explain the various definitions of Yoga, history of Yoga and branches of Yoga

Unit-I

Historical and mythological aspects leading to the origin of yoga, history and development of yoga, definition of yoga in different yoga texts. Jnana Yoga, Bhakti Yoga, Karma Yoga, Dhyana Yoga, Raj Yog, Difference between yoga and physical exercise, Importance and Need of yoga in daily life, International day of Yoga.

Unit-II

Introduction to Maharshi Patanjali & YogaSutra, meaning and definition of yoga according to patanjali. concept of chitta, chitt bhumis, chitt vritis, chitt vriti nirodhopaya, concept of ishvara, chitta vikshepas (antaryas) and sehbhuva, chitta prasadanam, type of Samadhi, Kriya yoga, Panch klesh, Ashtang yoga.

Unit-III

Life sketch of Eminent Indian Yogis and their contribution to Yoga:, B. K. S. Iyengar, T. Krishnamacharya, Maharshi Dayanand Saraswati, Maharshi Raman, Shree Arvind, , Maharshi Mahesh Yogi, Swami Dharendra Brahmachari, Swami Vivekanand, Swami Kuvalyanand, Swami Shivanand Saraswati, Swami Ramdev. Popular Yogic Institutes of India – Kaivalyadham, SVYASA, DSVV, Patanjali, MDNIY, Bihar Munger math

Suggested reading:

1. Vishwanath Mukharjee-Bharat Ke Mahan Yogi, Vishwavidyalaya Prakashan, New Delhi, 2005
2. Vishwanath Mukharjee - Bharat ki mahaan Saadhikayen, Vishwavidyalaya Prakashan, New Delhi, 2005.
3. Kalyan(Bhakt Ank) - Gita press Gorakhpur.
4. Kalyan(Sant Ank)- Gita press Gorakhpur.
5. Swami Atmananda- four yogas, Bharatiya vidya Bhavana. Bombay 1966
6. Swami Shvananda- Divine life society
7. Sing Lalan Prasad. Tantra, concept publishing Company, Delhi – 1976
8. Rajkumari pandey- Bhartiya yoga prampara ke vividha Ayama Radha Publication, Delhi- 1993
9. Fenerstein George. The yoga Tradition: Its History, Literature, philosophy Bhavana Books and prints, Delhi 2002. 6. T.R Srinivasa ayyangar amarta-Nadopanishad
10. All literature published by Shree Arvind Ashram pondyichery
11. All literature published by Bihar School of Yoga
12. Kalyan (Yogank) - Gita press Gorakhpur, 2002.
13. Kalyan (Yoga Tatwank)- Gita press Gorakhpur, 1991.
14. Patanjali Yog- Pradeep, Omanand Tirth.

Paper code- PGDYN YOG 01 CC 102

Basics of Naturopathy

Course Objective: To provide an understanding and basic principles of of Naturopathy including major contributors to the field and their work

Course Level Learning Outcomes:

After the completion of the course, the student shall be able to:

1. Classify and Correlate Ten basic principles of Naturopathy
2. Alternate therapies correlation with Naturopathy
3. Concepts of foreign matter and diseases according to naturopathy.
4. Eminent Naturopaths
5. Introduction to naturopathy tools and methods
6. Introduction to Shatkarm, Concept of Panch pran

Unit-I

Introduction, definition and principles of naturopathy, historical development of naturopathy, importance of naturopathy, introduction of Indian naturopathy, life sketch and contribution of eminent naturopaths- Mahatma Gandhi (father of Indian naturopathy), Vitthal Das Modi, S. Swaminathan, Dr. Lindlhar., Louis Kune, Benedict Lust, Adolf Just, J.H. Kellogg.

Unit-II

Concept of foreign matter, concept of acute and chronic disease, concept of pran, pranic energy, panch pran, panch tatva sadhana (aakash, vayu, agani, jal, prathvi), Panchkarma, Fasting – meaning and importance, types of fasting, limitations, method and benefits.

Unit-III

Shat Karmas – Neti, Basti, Dhauti, Nauli, Tratak, Kapalbhati, definition, classification, categories, benefits and limitations, Physiological effect of various shat karmas on human body, Art of Healthy living, Naturopathy and Modern science, Role of Naturopathy and yoga in the management of Psycho-somatic disorders, Naturopathy and Ayurved – Tridosh siddhant,

Suggested readings:

1. K.S. Joshi, Speaking of Yoga & Nature- Cure Therapy, Sterling Publishers Private Limited (1991)
2. M.M.Bhamgara: The Human Body: Nature's Amazing Creation, Bipin Parekh, Mumbai (2004)
3. Parakrutik Ayuivijnana- Dr. Jindal- Republication of Kalyana Anka Arogya Seva Prakasham, Modinagar.
4. History and Philosophy of Nature Cure by S.J. Singh
5. Prachina Vangamaya Me Prakrutika Chikitsa-Swami Ananta Bharati, CCRYN, New Delhi.
6. Prakratik chikitsa kai siddant,Dr.Jindal
7. Nature the only healer – Dr S Swaminathan

Paper code- PGDYN YOG 01 CC 103

Health and Yogic Diet

Course Objective: To illustrate the knowledge of health and diet.

Course Level Learning Outcomes:

After the completion of the course, the student shall be able to:

1. Get the knowledge of health and hygiene
2. To understand nutrition, its components and balanced diet
3. Get the knowledge of yogic diet.

Unit-I

Health : - Meaning, Definition, Scope and its Objectives. Elements of health, Importance of health education, personal hygiene for good health. Mental Health – meaning of mental health, self esteem, Factors affecting mental health, Characteristics of sound mental health, concept of stress and its causes, Eustress and Distress, Effect of stress on performance, physiology of stress, yogic management of stress.

Unit- II

Diet: Definition of: food, nutrition, nutrition and dietetics. Concept of balanced diet. Macro nutrients – carbohydrates, fats and proteins. Its functions, sources and effect of deficiency, energy, metabolism, energy metabolism, water balance. Micronutrients – minerals, vitamins A , D, E, K B1, B2, Niacin, Folic acid and Vitamin C and effect of micronutrients deficiency.

Unit III

Yogic diet – according to Hath pradipika & gherand sanhita, Yogic concept of Adhi Vyadhi and Panchkosh, Yogic concept of mental hygiene: Maitry, Karuna, Mudita & Upeksha, Yogic concept and principles of Ahara(Mitahara, Yuktahara), Effect of asanas, pranayam, meditation, chanting on mental health. Diet Disorders - Anorexia nervosa, Bulimia nervosa, Common mental disorders – neurosis, psychosis, anxiety, depression, OCD, Bipolar disorder, Schizophrenia.

Suggested reading:

1. SHILS, M.E, Olson, J.A, Shike, M and Ross, A.C. (1999): Modern Nutrition in Health and Disease 9th edition.
2. Williams, S.R. (1993): Nutrition and Diet Therapy 7th edition. Times Mirror, Mosby college, Publishing.
3. Mohan, L. K, and Escolt-students (2000): Krauses food Nutrition Diet Therapy.
4. Seth, Y and Singh K. Diet Planning Through Lifestyle in Health and Disease.
5. Srilakshmi S. Dietetics 1999.
6. Davison, A, Passmore, R. Brock J. F. and Truewell, A. S. Human Nutrition and Diets
7. Stress and its Management through Yoga -Uduppa, K.N.
8. Spiritualize to lead a Stress Free Life - Krishna Murthy, V.S.
9. Yoga and Yogic Therapy - Ram Harsh Singh

Paper code- PGDYN YOG 01 CC 104

Human Anatomy & Physiology -I

Course Objective: To give a basic understanding of the human anatomy and human physiology. And to give a deeper understanding of the human systems to explain underlying mechanism of changes in body due to Yoga practices.

Course Level Learning Outcomes:

After the completion of the course, the student shall be able to:

1. The student can understand the knowledge of human anatomy & physiology of Cell structure.
2. Various systems in the body like Skeletal system, Muscular system, Digestive system, Circulatory system, Respiratory system.

Unit-I

Anatomy and Physiology: Meaning and importance.

Cell and Tissue: Meaning and structure, cell parts and functions, Tissue types and their functions. Effect of yogic methods on cellular system.

Muscular system: Types of muscles, Theory of contraction and relaxation, categories of muscles, properties and functions of muscles.

Unit-II

Respiratory system: Definition of respiration, Anatomy of respiratory tract, Pulmonary ventilation, Alveolar ventilation, function & mechanism of respiration, exchange of gases, Oxygen & CO₂ transportation. Effect of yogic methods on respiratory system.

Digestive system: Definition of digestion, Anatomy of digestive system, Mechanism of absorption of various product of digestive system, control of digestion in various part of alimentary, hormonal control of digestive system.

Unit-III

Skeletal system: Introduction of skeletal system, function of skeletal system, types of joints, composition of bone, types of bones, vertebral column of human body.

Circulatory system: Structure and function of heart and blood vessels, specialized tissues of heart cardiac cycle, regulation of cardiac output, blood pressure and factor affecting it, hypertension, composition of blood, blood cells, function of blood, blood groups, composition of lymph and functions.

Suggested reading:

1. A glimpse of Human body- Dr. Sharley Telles
2. Human anatomy – Physiology - Dr. Vrinda Singh
3. Function of Human body- 4th edition- Guyton A.c. (1985)
4. Human Physiology – Chatterge c.c. (1992)
5. Text book of Physiology - Jain A.K

Paper code- PGDYN YOG 01 CC 105

PRACTICAL

Demonstration of Yogic Practices and Viva

Suryanamaskara – SVYASA Version - 10 Steps, 12 Steps

Asana

- | | |
|-------------------------|---------------------|
| 1. Ardhakati Chakrasana | 2. Ardha Chakrasana |
| 3. Padahasthasana | 4. Vajrasana |
| 5. Shashankasana | 6. Paschimotanasana |
| 7. Halasana. | 8. Sarvangasana |
| 9. Matsyasana. | 10. Bhujangasana |
| 11. Salabhasana. | 12. Ardha Sirsasana |
| 13. Padmasana | 14. Karnapeedasan |
| 15. Pavanmuktasan | 16. Chakrasan |

Pranayama

1. Sectional Breathing
2. Breathing Practices
3. Nadi sudhi

Bandha

1. Mool Bandh
2. Uddiyan Bandh
3. Jalandhar Bandh

4. Bhramari
5. Cooling Pranayam (shitli, sitkari, sadant)

Mudra

1. Chin Mudra, 2. Chinmaya Mudra, 3. Aadi Mudra, 4. Brahma Mudra

Kriya

1. Kapalabhati
2. Jal Neti

Relaxation

1. IRT (Instant Relaxation Technique)
2. QRT (Quick Relaxation Technique)
3. DRT (Deep Relaxation Technique)

Viva on above yogic practices

Assignments, Teaching Practice and Viva

Assignments

- Self video submission of performing 12 step Surya Namaskar
- Prepare practical file of yogic practices.

Chanting

Prayer, Bhagvad Geeta (Karma yoga & Bhakti Yoga), Peace chanting and bhajans, etc.

Teaching Practice

- Eight Step teaching technique of Asana by SVYASA
- Instructing Demonstration of Common Yoga Protocol by MDNIY

Semester-II

Paper code- PGDYN YOG 02 CC 201

Yogic Practices & Spirituality

Course Objective: To provide the knowledge of Common Yogic Practices, Yogic knowledge in Upanishad and Srimadbhagvadgita

Course Level Learning Outcomes:

After the completion of the course, the student shall be able to:

1. To able to understand common yogic practices like Asanas, Pranayam, meditation
2. To teach the essence of the some principal Upanishads.
3. Practice Yoga according to the principles Upanishads.
4. Holistic living according to the precepts of Upanishads.
5. Understand key concepts of Gita and underlying yoga.

Unit-I

Asana`: Definition, classification, categories, benefits & limitations, eight step technique of asana, Surya namaskara, its benefits, limitations, physiological effect of asana and surya-namaskar on human system. **Pranayama**: Definition, classification, types, techniques, benefits & limitations of Pranayama, Yogic Breathing, **Meditation**: Definition, types (Cyclic, Om, Nadanusandhan), effects of meditation.

Unit-II

General Introduction of Upanishads – meaning and importance

Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava.

KenaUpanishad: Self and the Mind; Intuitive realization of the truth; Moral of Yaksha Upakhyana.

KathaUpanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization.

Taittiriya Upanishad: Concept of Pancha Kosha; Summary of Shiksha Valli, AnandaValli, Bhriguvalli.

Prashna Upanishad: Concept of Prana and rayi (creation); Panchapranas; The six main questions;

Unit-III

Srimadbhagvadgita : General introduction to Srimadbhagvadgita, Significance of bhagvadgita in Yoga and modern times, Definitions of yoga in bhagvadgita, Concept of Sthitpragya, Concept of Atma, Jivatma, Paramata, Concept of Karma and Karma Yoga, Concept of Bhakti and Bhakti Yoga, Concept of Trigun and qualities of Sattv, Rajas, Tamas, Concept of Concept of Abhyas, Vairagya, Shraddha

Impotent shlokas- 2.20, 2.21, 2.23, 2.24, 2.47, 2.48, 2.50, 2.51, 2.56, 2.62, 2.63, 2.64, 2.69, 2.70, 3.1, 3.4, 3.5, 3.6, 3.7, 3.19, 4.16, 4.17, 4.18, 4.20, 4.31, 4.34, 4.36, 5.21, 6.4, 6.6, 6.11, 6.13, 6.14, 6.17, 6.21, 6.25, 6.28, 6.31, 6.32, 6.34, 6.35, 6.45, 7.16, 8.5, 8.10, 8.23, 10.40, 10.41, 11.3, 11.8, 11.9, 11.7, 11.45, 11.52, 12.7, 12.8, 16.13, 16.4 ,16.5, 18.16, 18.24, 18.25, 18.54, 18.66

Suggested reading:

1. Upanishad sangraha- Jagdish Shashtri, Motilal banarashidas, Varanasi, Delhi, Chennai.
2. Swami Shivananda- The essence of Principle Upanishad, Divine Life Society, 1980
Swami Nikhilananda-
3. 108 Upanishad- The Principle Upanishad, Courier Crporation, 2003
4. 108 Upanishad- Sadhana khand- Pt. Shri ram Sharma Acharya, Shantikunj, Haridwar
5. 108 Upanishad- Brahavidya khand - Pt. Shri ram Sharma Acharya, Shantikunj, Haridwar
6. 108 Upanishad- Jnana Khand - Pt. Shri ram Sharma Acharya, Shantikunj, Haridwar
7. Upnishad bhasye- Shankara Acharya, Geeta press, Ghorakhapur
8. Bhagwat Geeta, Gitapress Gorakhapur

Paper code- PGDYN YOG 02 CC 202

Nature cure methods and Practice

Course Objective: To provide an understanding and basic principles of Naturopathy therapies

Course Level Learning Outcomes:

After the completion of the course, the student shall be able to:

1. Classify and Correlate Naturopathy tools
2. Analyze Principles behind using the different elemental therapies
3. Effect of naturopathy therapies with respect to the body, health, disease and therapy

Unit-I

Jal Tatva - Hydrotherapy- Meaning and importance, Physical properties of water, principles of hydrotherapy, physiological effects of water application on skin, digestion, contraindications. The technique of hydrotherapy water intake, effusions, irrigation of colon and rectum, chest pack, trunk pack, T-packs, leg local, full wet sheet pack, hip bath, spiral bath, spinal bath, foot bath, vapour bath, and steam bath.

Unit-II

Pritvi Tatva - Mud therapy – Meaning and importance, type of mud, collection and properties of mud, general and local mud applications, the physiological and pathological effects of mud and contraindication.

Agni tatva - Sun Rays Therapy: limitations, methods and benefits, Chromo therapy- Types of colors-primary and secondary, chromo Philosophy, chromo hygienic, limitations of chromo therapy, use of colors, limitations of chromo therapy.

Unit-III

Vayu Tatva – Pavan snan and its benefits, svar sadhan (vaam swar, dakshin swar, sushumna swar), Theory of massage, various types of massage, therapeutic use of massage, physiological effect of massage-upon skin, muscular system, circulatory system.

Sookshma vyayam and their importance, Swed snan, Importance of rest and sleep, stages of sleep and sleep cycle.

Suggested reading:

1. Practice Nature cure – Dr. k. Laxman sharma
2. K.S. Joshi, Speaking of Yoga & Nature- Cure Therapy, Sterling Publishers Private Limited (1991)
3. M.M.Bhamgara: The Human Body: Nature's Amazing Creation, Bipin Parekh, Mumbai (2004)
4. Parakrutik Ayuivijnana- Dr. Jindal- Republication of Kalyana Anka Arogya Seva Prakasham, Modinagar.
5. History and Philosophy of Nature Cure by S.J. Singh

6. Prachina Vangamaya Me Prakrutika Chikitsa-Swami Ananta Bharati, CCRYN, New Delhi.
7. Prakratik chikitsa kai siddant,Dr.Jindal
8. Philosophy of nature curse- Henary lidahinn
9. Practice of Nature curse – Henary lindlahan

Paper code- PGDYN YOG 02 CC 203

Yogic Management for Diseases

Course Objective: To provide an understanding about concept of disease according to yoga & its yogic management.

Course Level Learning Outcomes:

After the completion of the course, the student shall be able to:

1. Describe the physiological effects of various yogic practices and to understand the therapeutic aspects of Yoga as applied to different disease conditions.
2. Analyze knowledge of Yoga therapy in managing various diseases.
3. Demonstrate usage of therapeutic aspect of Yoga in promotive, preventive, curative and rehabilitative therapy.
4. Correlate the evolution and composition of the human body according to different schools of medicine such as Naturopathy, Yoga etc.

Unit-I

Yogic Management for-

Respiratory system- Nasal Allergy and Asthma, **Cardiovascular system-** Hypertension and coronary artery diseases, **Digestive system-** hyperacidity, gastric ulcer, Irritable bowel syndrome constipation, Gas (Flatulence).

Unit-II

Yogic Management for-

Reproductive system- Infertility, Menstrual disorder, menopause, UTI, Role of stress in problems of Pregnancy, **Nervous system-**Epilepsy, migraine, **Endocrine System-** Diabetes, obesity, Thyroid (Hypo & Hyper)

Unit-III

Yogic Management for-

Musculo skeletal system - Arthritis, Back pain, Ankylosing spondylitis, **Psychiatry** - Anxiety, depressive neurosis, Insomnia, phobia, OCD (Obsessive Compulsive disorder) schizophrenia, **Special senses** - eyes (Error of Refraction), glaucoma.

Suggested reading:

1. Yoga for common ailments series published by SVYP-(S-VYASA)
2. Light on pranayama B.K.S. Iyenger,
3. Yoga therapy- by swami kuvalayanand, Lonavala
4. Bandh & madras swami geetananda ,
5. Asana, Pranayama,Bandh & Mudras Swami Satyanand Saraswati,Bihar School of Yoga

6. Yoga for different ailments Robin monro, Nagarathna & Nagendra.
1. PPH- SVYP Bangalore

Paper code- PGDYN YOG 02 CC 204

Human Anatomy & Physiology-II

Course Objective: To provide an understanding and basic principles of Anatomy, and Physiology.

Course Level Learning Outcomes:

After the completion of the course, the student shall be able to:

1. To learn the background knowledge of basic concepts of anatomy and physiology.
2. To enrich the various concepts of Nervous, Immune, endocrine systems, etc.
3. To learn the involvement of special senses.

Unit-I

Nervous System

Definitions, role of nervous system, structure of neuron, Type of neuron, morphological and function, conduction of nervous system (brain & spinal cord) peripheral nervous system, autonomic nervous system.

Immune System

Definition, Types of Immunity (Innate, direct, indirect, acquired, direct, indirect, hormonal and cell mediate), antigens, antigen antibody reaction.

Unit-II

Endocrine System

Endocrine gland - structure, function, secretion, regulation of hormonal secretion, mechanism of action of hormone, emphasis on physiology of diabetes and stress hormones, physiological functions and abnormalities in secretion of pituitary, thyroid, parathyroid, hormones, adrenal and reproductive hormones, disorders of endocrine glands.

Reproductive System

Definition, types of reproductive, male reproductive system, female reproductive system, menstrual cycle, pregnancy changes during pregnancy.

Unit-III

Excretory System

Definition, anatomy & physiology of kidneys, structure and function of nephron, mechanism of urine formation, regulation of urine formation

Sense Organs

Structure and functions (eye, skin, ear, nose and tongue), physiology of different sense organs.

Suggested readings:

1. A Glimpse of Human Body- Dr Shirley Telles.
2. Human Anatomy & physiology - Dr. Vrinda Singh
3. Guyton A.C (1985): Function of Human Body 4th Edition
4. Human Physiology - Chatterjee C.C (1992)
5. Text book of Physiology - Jain A.K.

Paper code- PGDYN YOG 02 CC 205

Practical-I

Suryanamaskara – 12 Step SVYASA, and 12 Step Traditional

ASANA

- | | |
|-------------------------------------|---------------------------|
| 1. Tadasana | 2. Uthita Padahasthasana |
| 3. Trikonasana | 4. Parivartta Trikonasana |
| 5. Supta Vajrasana | 6. Ustrasana |
| 7. Vakrasana/ Ardha Matyendrasana | 8. Setu bandhasana |
| 9. Ekapada Setu bandha Sarvangasana | 10. Chakrasana |
| 11. Dhanurasana | 12. Mayurasana |
| 13. Salambha Srisasana | |

PRANAYAMA

- | | |
|----------------|------------------|
| 1. SuryaBhedan | 2. ChandraBhedan |
| 3. Bhastrika | 4. Ujjayi |

BANDH

- | | |
|---------------------|--------------------|
| 1. Jalandhar Bandha | 2. Uddiyana Bandha |
| 3. Mool Bandha | 4. Mahabandha |

MUDRA

- | | |
|----------------------|--------------------|
| 1. Shambhavi Mudra | 2. Shanmukhi Mudra |
| 3. Vipritkarni Mudra | |

KRIYAS

Neti – Jala neti ,Sutra neti
Dhouti– Vamana
Tratak

MEDIATION

Cyclic Meditation , OM Meditation

CHANTING

Prayer, Bhagavad Geeta (Vyas Pushpanjali - **Jnana yoga , Raj yoga**) peace chant, Bhajans etc.

IAYT for common ailments

Viva on yogic practices

Paper Code - PGDYN YOG 02 CC 206

Dissertation/Project Work/ Clinical Report/ Case Study & Viva

Course Objective: The students will learn the therapy for ailments, analysis and preparation of content for report/dissertation writing and putting them into presentation.

Course Level Learning Outcomes:

After the completion of the course, the student shall be able to:

1. Learn to prepare varieties of diagrams and charts with interwoven pictures, photographs and flow charts. Give presentation in various conferences, meetings, and deliver lectures.
2. Learn to execute project by planning, collecting data, calculating the data and finally preparing a dissertation.

The student shall prepare a report of his/her therapy work carried out by him/her and shall present it to the external examiner. The examiner will evaluate the work carried out and shall award the marks accordingly. The student will select a topic of Dissertation/case study etc. in consultation with his/her supervisor/guide/mentor on any topic related to yoga

- Dissertation/project work/report submitted by the students as per direction by Teachers.
- Presentation
- Viva

Suggested reading:

1. Promotion of Positive health (Dr. H.R.Nagendra)
2. Pranayama (Kala & Vigyan) (Dr. H.R.Nagendra)
3. Vyas Pushpanjali (SVYP) (Dr. H.R.Nagendra)
4. SMET (SVYP, Dr. H.R.Nagendra) For the common ailments all the SVYP, Disease Books
5. Yoga for common ailments series published by SVYP-(S-VYASA)
6. Yoga therapy- by swami kuvalayanand, Lonavala