

Syllabus
&
Ordinances

Of

Post Graduate Diploma in Yoga

(PGDY)

Regulations 2020

Department of Applied Philosophy
Faculty of Education & Allied Sciences
M.J.P. Rohilkhand University, Bareilly

Post Graduate Diploma in Yoga (PGDY)

The University/Department of Applied Philosophy introduces 1 year Post Graduate Diploma in Yoga (PGDY) in short P.G.Diploma in Yoga and makes the following ordinances governing admission, course contents, examinations and other related to the course under the Faculty of Education and Allied sciences of M.J.P. Rohilkhand University, Bareilly

Admission to the Course

- A) The last date for the receipt of the application to P.G.Diploma in Yoga in the Faculty of Education and Allied Sciences shall be June 30 and December 31 or fixed by the university.
- B) The prescribed application forms for admission shall be supplied by the university And shall be obtained by paying prescribed fee as fixed by the university
The number of students to be admitted will be 30 in each course. The intake may be varied as per decision of the concerned bodies.
- C) The Faculty/Department shall have an Admission Committee with Head as the Convener along with other faculties as per norm

Entrance Eligibility and Other Conditions

- (A) Eligibility for taking admission in PGDY is Graduation in any discipline. The candidates having passed. B.A. /B.Sc. /B.Com. /B.Sc. (Ag) /Ayurveda/Technology shall be eligible for admission to P.G. Diploma in Yoga
- (B) On the selection for admission to P.G. Diploma in Yoga the candidate shall deposit the tuition fee and other fees prescribed within the time fixed by Faculty/Department.
- (C) Admission cannot be however claimed by a candidate as a matter of right. The admission shall be made at the discretion of the admission committee which may refuse to admit any student without assigning any reason thereof.

Course duration, attendance and other conditions for appearing at the Examinations

- (A) The course of study leading to Post Graduate Diploma in Yoga shall be conducted by the constituent Department of the Faculty and shall be of minimum of one year.
- (B) To qualify for P.G. Diploma in Yoga the candidate must (a) satisfy the minimum attendance to the satisfaction of the university
- (C) An examination shall be held at the end of each semester/annually in various course/papers taught during the semester/year.
- (D) The overall performance in sessional, practical and written examination in the prescribed number of course/papers shall determine the result of the candidate of P.G.Diploma in Yoga in accordance with the rules and regulations prescribed for the purpose. Sessionals shall include work in the laboratory/field, seminar assignments relevant to the course as prescribed.

The academic session in these ordinances shall mean the two semesters i.e. from July to December and January to June. The candidate has to attend at least 75% of the classes actually held in each course/paper of the examination and has completed the requisite practical work besides having maintained a satisfactory character and conduct. The candidate may be permitted to appear at examination provided that University/Faculty/Department may consider condoning shortage of attendance to an extent not exceeding 15% in each course/paper due to one or more reasons. 3. Participation of co-curricular activities (behavior and conduct). Departmental teachers shall evaluate students. The teachers will be deputed by the Head/Dean, Department/Faculty. This will be followed in all semesters. The maximum marks will be; External 70 marks and internal 30 marks. Other terms and conditions regarding examinations are governed by the university rules and regulations.

General Objectives of the Course

1. The course will prepare the students to work as :
 - i. Teachers
 - ii. Researchers in the field of Yoga
2. The students will equip to act as specialists in areas of:
 - i. Yoga Trainers
 - ii. Stress reliever
 - iii. Sports Trainer
 - iv. Personality moderator
3. The course will prepare the students for coordination in the areas of Yoga related services
4. The course will develop among students the global perspective of Yoga.

The course design of Post graduate Diploma in Yoga (PGDY) is given below-

Semester-I

Course No	Name of the Course	Credit	Remarks
YOGACC-101	Basis of Yoga I	05	Core Course
YOGACC-102	Concept of Yoga	05	Core Course
YOGACC-103	Theories of Yoga Practices-I	05	Core Course
YOGACC-104	Practical & Teaching Techniques-I	08	Core Course
YOGAIER-101	Yoga & Stress Management	05	Interdepartmental Course/ Value Added (Credited)
Semester Total		28	

Semester-II

Course No	Name of the Course	Credit	Remarks
YOGACC-201	Basis of Yoga II	05	Core Course
YOGACC-202	Karma Yoga	05	Core Course
YOGACC-203	Application of Yoga	05	Core Course
YOGACC-204	Practical & Teaching Techniques-II	08	Core Course
YOGAIER-201	Yoga Education for better Living	05	Interdepartmental Course/ Value Added (Credited)
Semester Total		28	

Internal Assessment					External Assessment	Total Marks
Assignment/Tutorial/seminar etc	Test I	Test II	Overall Performance (Attendance/Learning etc)	Marks		
				30		
05	10	10	05	30		
					70	100

Abbreviations

YOGA: Yoga; YOGACC: YOGA Core Course; YOGAIER : Yoga Interdepartmental Course

Detailed Syllabus
Post Graduate Diploma in Yoga
First Semester

YOGACC-101

Paper -I : Basis of Yoga I

1. Patanjala Yogasutra
2. Hathayoga Pradipika
3. Gherandasamhita

YOGACC-102

P.II : Concept of Yoga

1. What is Yoga? Misconcepts of Yoga
2. Streams of Yoga
3. Raja Yoga: Eight Fold Path
4. Anand Mimamsa

YOGACC-103

P.III. Theories of Yoga Practices-I

1. Pranayama
2. Kriyas
3. Dhyana
4. Asanas

YOGACC-104

P.IV: Practical & Teaching Techniques-I

1. Eight Step Method: Single Group and Double Group Practice
2. Asana
3. Pranayama
4. Relaxation Techniques

Selected Studies

- Yogasutra
- Hathayoga Pradipika
- Gherandasamhita
- Anandmimamsa
- Bhagwadgita
- Upanisadas- Isa, Mandukya, Mundaka, Taitriya
- Sharira Rachana va Kriya Vijnana – S.R.Verma
- Yogic Chikitsa- Kuvalyanand
- Yoga se Arogya- Kalidas Joshi
- Practical Lessons in Yoga- Sivananda Swami
- Facts about Yoga- Shri Yogendra
- Bharatiya Darshan- Chattopadhyaya & Dutta
- Pranayam- kala evam Vigyan : H.R. Nagendra
- Pranyama Mimamasa : Vijayabhadur Singh
- Self Care through Yoga and Ayurveda : Udham Singh & Vipin kumar Arora
- The Foundation of Contemporary Yoga & Yoga Therapy : R. H. Singh
- A Text Book on Yoga and Health : Sanjiv Kumar Bhowmik

- Asana Pranayam Mudra Bandh : Satyanand Saraswati
- Asana : Swami Kuvalayananda

Second Semester

YOGACC-201

P I : Basis of Yoga _II

1. Yoga Upanisada : Isa, Mandukya, Mundaka, Taitriya
2. Bhagwadgita
3. Concept of Dharma

YOGACC-202

P.II: Karma Yoga

1. Basic understanding of Karma Yoga according to Bhagwatgita
2. Personality Development through Karma Yoga
3. Community Awareness Programme 7 Karma Yoga Module

YOGACC-203

P.III: Application of Yoga

1. Special Techniques: Asthama, Nasal allergy, Diabetes, Low backache, Hypertension/IHD,IBS/GID, Tension/Migraine, Headache
2. Advance Techniques:
 - a.Self Management of Excessive Tension
 - b.Pranic Energisation Technique
3. Meditation: a. Omkara Dhyana, b.Cyclic Meditation

YOGACC-204

P.IV: Practical & Teaching Techniques-II

- 1 Special Techniques: Asthama, Nasal allergy, Diabetes, Low

backache, Hypertension/IHD,IBS/GID, Tension/Migraine, Headache

2. Advance Techniques:

a. Self Management of Excessive Tension

b. Pranic Energisation Technique

3. Meditation : a. Omkara Dhyana, b. Cyclic Meditation

Selected Studies

- Yogasutra
- Hathayoga Pradipika
- Gherandasamhita
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- Upanisadas- Isa, Mandukya, Mundaka, Taitriya
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- Asana : Swami Kuvalayanand

Semester I

YOGAIER-101 : Yoga & Stress Management

Objectives

- To understand the dynamics of stress .
- To define psycho-pathological states and stress.
- To apply treatment and techniques of stress management.
- To understand the techniques of disciplining of both mind and body.

Course Contents

- Stress- Definition, Nature and Scope
- Stress Management and Yoga
- Coping Stress : Definition , Determinants and Assessment
- Stress management by Indian Non-traditional techniques

Suggested Studies

- H.R.Nagendra ; Yoga: Basis and Application
- D.M. Pestonjee: Stress and Coping
- H. Selye : Stress in Health and Disease
- M.H. Appley and R. Trumbull : Dynamics of Stress
- H. Seyele : Stress without Distress
- Yuvacharya Mahaprajna : Preksha Dhyan
- Mahesh Yogi : Transcendental Meditation
- Satynarayan Goenka : Vipasyana

Semester II

YOGAIER-201: Yoga for Better Living

Objectives

- Be able to understand the role and importance of yoga
- Understand the nature of Prakrti and Purusa
- Develop understanding about nature of viveka and God
- Be able to understand the Literature of Yoga

Course Contents

- Yoga: Concept and Definition of Yoga,
- Nature and place of God
- Relation between Purusa and Prakrti
- Nature and means of Liberation

Suggested Studies

1. H.R.Nagendra ; Yoga: Basis and Application
2. S.P.Atrey : Yoga Manovigyana
3. Harendra Prasad Sinha : Indian Philosophy
4. C.D.Sharma ; A Critical survey of Indian Philosophy
5. Vimala Karnataka :Yagavashistha kia Samiksatmaka Adhyayana
6. J.G.Larson :The Classical Samkhya
7. P.T.Raju : Structural Depths of Indian Thought
8. *Patanjala Yogasutra*