



केरल केंद्रीय विश्वविद्यालय
CENTRAL UNIVERSITY OF KERALA

(मंसद के अधिनियम, वर्ष 2009 द्वारा स्थापित / Established under the Act of Parliament in 2009)

No.CUK/ACA/AC Meeting /569/2018/

Dated, the 13th June, 2018

**Minutes of the 3rd Meeting of the IIIrd Academic Council held
on 1st June, 2018 at Conference Hall, Periy Campus**

The Vice Chancellor welcomed all the members to the meeting. In his introductory remarks it was mentioned about the successful conduct of inauguration of the newly built Campus Buildings of the University by Hon'ble Vice President of India, Shri. Venkaiah Naidu along with other dignitaries on 29th April 2018. He stressed the urgent need to move to the permanent academic buildings. He also mentioned the sad state of affairs leading to the dismissal of 05 students from the Hostel and one student from the University due to their misbehaviour violating hostel and campus regulations stipulated by University.

The Vice Chancellor also announced that hereafter the monthly attendance of PG/UG Students will be send by the HoDs regularly to the Controller of Examinations.

Time table for exams should also be prepared in co-ordination with Controller of Examinations and in consistency with the Academic Calendar.

The Vice Chancellor expressed the need to avoid delay in conducting examinations/additional examinations.

He pointed out that it is imperative to hold external evaluation as a part of valuation.

3:03:01 Approval of the minutes of the last Academic Council-reg:-

The Minutes of the last Academic Council (23.08.2017) was approved. Question was raised about the recognition of GIFT and MCC. It was replied that the Committee constituted for the purpose has not yet submitted the report. The Vice Chancellor has directed the committee to submit its report as early as possible.

3:03:02 Approval of the Action Taken Report- reg:-

The ATR of the last Academic Council Meeting decisions were approved.

3:03:03

(i) Counting past Services for direct Recruitment and promotion for teacher Reg.

Detailed deliberation was made on the subject. A committee is constituted for the purpose with Prof.(Dr.) K.C. Baiju, Chairman, Prof. (Dr.) K. Jayaprasad, Dr. Mohammedunni Aliaz Musthafa, Dr. Amruth .G. Kumar, Dr. Joseph T.J and Shri. Jayakrishnan (AR Admn.). The report of the committee was considered by Academic Council

Decision:

The report of the committee has been approved. The members have pointed out that the experience of state funded research institutions and industry experiences may be counted. It has been resolved that this issue may be referred to the committee, which may consider the issue and submit the report to next Academic Council for its consideration.

3:03:04

Swachhata - Action Taken - Reg.

The committee has considered the matter and suggested committee to prepare Action Plan for 'Swachhata' immediately and submit to UGC. It was also suggested to propose credit based curricular activities for the students of CUK in 'Swachhata'.

3:03:05

Approval of BoS Meeting Minutes and revised syllabus for the Academic year 2018- reg:-

The Academic Council has approved the BoS Meeting Minutes and revised Syllabus of the following Departments with the following suggestions:

(i) Economics

Approved with 01 Elective as inter-disciplinary as insisted by the earlier Executive Council.

(ii) Law

Approved the restructuring of courses on LLM. NRI Law has been proposed for introduction as Diploma Course. The Vice Chancellor specially appreciated the effort of Dept. of Law in launching Diploma programmes.

(iii) Public Administration and Policy Studies

The Academic Council unanimously decided to change the existing interdisciplinary course entitled : Governance in Kerala: Innovations and Experiments (Course Code 425) with a new course " Rural Governance in Kerala". The Academic Council also approved the



syllabus of this course. It will take effective from 2018-19 session onwards.

The Academic Council also resolved to start Internship in the 3rd Semester of MA (PA&PS) from the academic year 2017-19 batch.

(iv) Dept. of Animal Science

The syllabus has been approved by the Academic Council.

The proposal of changing of name of Animal Science to Zoology has been approved. The new name will be effective from 2019-20 only. The suggestion for change of title will be placed before Executive Council for approval. In this connection it is also suggested that the Dept. of Plant Science and Biochemistry and Molecular Biology may submit their proposal for title rationalization.

(v) Social Work

Approved the syllabus and Open elective course (semester wise)

(vi) International Relations and Politics

The Academic Council approved the revised syllabus. The earlier electives of 30 numbers has been curtailed to 16 numbers. One inter disciplinary course on Human Rights was introduced and approved by the Academic Council.

(vii) Malayalam.

Approved the syllabus. One new paper introduced namely 'Translational Studies in Malayalam'. However, it was also decided to rename the elective paper of Malayalam as Translation Theory and Practice and in Linguistics Department as 'Machine Translation'. This will be made effective from 2018-19 batch onwards.

(viii) Yoga.

A committee with Dr. Rajendra Pilankatta, Dr. Subramanya Pailoor, Dr. Mohan A.K and Dr. K.C. Baiju has been formed to relook the syllabus for its implementation subject to ratification by next Academic Council.

3:03:06 Funds for study tour and field work evolving a policy -Reg.

The Departments like Geology, Social Work and few science departments syllabus continuously involve field visit also.

The budget availability for study tour is Rs. 5,00,000/- for 06 departments and amount sanctioned in budget is as follows;



c) The Vice Chancellor further brought out that as on date a total of 43 CAS applications is in receipt, of which 5 are kept in abeyance as there are pending court cases in Hon'ble High Court of Kerala; 10 under processing; 11 screening finalized , 17 yet to be screened by IQAC.

d) Instances have been noticed wherein students were permitted to continue their courses without payment of requisite fee. The Vice Chancellor has clarified that it is the duty of the HoDs to collect the fees on time and credit to the University account. In future HoDs will be held responsible for non-payment of fees by students.

e) The Vice Chancellor expressed his anguish over non-payment of timely fellowship/scholarship due to delay attributable mainly from the Departments. University administration should see that the new regime introduced by UGC for fellowships/scholarships distribution is implemented in the University immediately.

f) To frame regulations on Diploma Programmes, a committee with Prof. (Dr.) K.C. Sunny, Dean, School of Legal Studies, Dr. Mohemmedunni Alias Musthafa, Director, IQAC and Dr. Subramanya Pailoor, Yoga Academic Coordinator have been constituted with Prof. K.C. Sunny as Convener. The Committee is requested to prepare and submit the report at the earliest.

It is also conveyed that to study on vacation, which at present is lacking clarity, a committee with Dr Muralidharan Nambiar, Prof K P Suresh, Dr M.R Biju, Prof Dennis Thomas and Dr Rajendra Pilankkatta has been constituted at the Deans Committee held on 11.12.2018.

g) **Xerox Machine:** In continuation of the discussions at Deans' Committee meeting held on 11-12-2018, the Vice Chancellor conveyed that separate machines for each Department can only be given after clearance of the revised cost estimates from the Cabinet, Government of India

After introductory remarks agenda items were taken up for consideration.

AC3:04:01	Approval of the minutes of the last Academic Council-reg:-
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The Minutes of the Academic Council Meeting held on 1st June 2018 was placed before the Academic Council for approval.

Decision:

The Minutes of the Academic Council held on 01.06.2018 was approved.

AC3:04:02	Approval of the Action Taken Report- reg:-
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The Academic Council considered the ATRs of the last Academic Council Meeting decisions held on 1st June 2018 and were approved.

AC3:04:03	Title rationalization of the Dept. of Biochemistry and Molecular Biology-reg
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In pursuance of the decision made in Academic Council vide item number 03:03:05(iv) dated 1st June 2018, the Head, Dept. of BCMB has been asked to submit proposals for title rationalization. The reasons attributed are difficulties faced by the passed out students to secure jobs/get admission for higher studies on account of the confusion of the present title M.Sc. Biochemistry and Molecular Biology. Earlier, former Chancellor Prof. V.L. Chopra suggested that the title of the course to be restricted to M.Sc. in Biochemistry. Prof. S.V Sheshagiri Rao, Hon'ble Chancellor of Central University of Kerala during his recent visit for Court meeting also stressed for the same.

Followed by this, the Head, Dept. of BCMB has submitted vide letter dated 17/08/2018, the recommendations from the BoS Members of the Department strongly supporting the name change to Biochemistry.

The Vice Chancellor accordingly approved the name change of the course to M.Sc. Biochemistry from the existing M.Sc. Biochemistry and Molecular Biology from 2018 admission onwards.

Decision:

The Academic Council ratified the name change of the course from M.Sc. Biochemistry and Molecular Biology to M.Sc. Biochemistry from 2018 admission onwards. Whereas the name of the department will be remained as Department of Biochemistry and Molecular Biology.

AC3:04:04	Approval of the Syllabus-reg
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The Academic Council has considered the BoS Meeting Minutes and revised Syllabus of the following Departments and decided to approve the same with decisions mainly as follows:

(i) Malayalam

History of Languages is included in Core Course in place of Comparative Literature. The Comparative Literature is placed in the electives. This syllabus is effective from 2018 academic year onwards

(ii) Education

Credit structure for Two year M.Ed. Programme:

Sl.No	Course Short Form	Course Name	Credits
1	PC	Perspective Course	24
2	TC	Tool Courses	12
3	TEC	Teacher Education	8
4	CCS	Specialization- Core Course	8
5	TS	Further Specialization- Thematic	12
6	IT	Internship	
		i).Teacher Education	4

		Institution	
		ii). Area of Specialization	4
7	RW	Dissertation	8
Total Credits			80

(iii) **Yoga Studies**

Core Courses	4 Credits
Electives	3 Credits
Total Core Credits	60 Credits
No. of Electives	12 Credits
Dissertation Workload	8 hours
Clinical Internship	10 hours

The Workload of 4th Semester has been reduced to 28 hours from 34 hours.

AC3:04:05	Amendments to CBCS Regulations –ratification-reg
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The Exam Branch has issued an Order dated 26th October 2018 concerning amendments on the existing clauses is as follows;

The existing Revised CBCS Regulations came into force with effect from 2015 admissions.

As per the decision of 3rd meeting of 3rd Academic Council held on 01st June 2018, vide item no.3:03:16 and 3:03:19, a four member committee with Prof (Dr) M.S John, Dean school of Global Studies as Chairman was constituted by the Hon'ble Vice Chancellor, CU Kerala to review the current grading practice followed in the University and also to reconsider the current CGPA Conversion Table.

Based on the recommendations of the said committee, the following modifications has been made to the existing Revised CBCS Regulations for Post Graduate Degree programmes of the University.

1. Clause **60** is substituted by:

“Assessment of the performance of a student in a course shall be done by the teacher concerned and letter grades shall be awarded to indicate the performance of the student in both CA and ESA. For ESA the assessment of the student shall be done by both internal and the external examiner approved by the Vice Chancellor, based on the actual performance of the students in that course”.

2. Clause **61** is substituted by:

“The letter grades are O, A+,A,B+,B,C,P,F & Ab and the strength of each of them is represented by the grade point. The grades, grade points and range of marks are given as follows”



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CENTRAL UNIVERSITY OF KERALA
Department of Yoga Studies
Tejaswini Hills, Periyar PO, Kasaragod - 671 316





MINUTES OF THE YOGA SYLLABUS REVIEW COMMITTEE MEETING

Venue: Dept. of Economics, Kaveri Block, CUK, Periyar, Kasaragod.

Date: December 05, 2018

Time: 3:00 P.M.

Members Present:

1. Prof. (Dr.) K. C. Baiju (Chairman)  5/12/18
2. Dr. Rajendra Pilankatta (Member)  5/12/18
3. Dr. Mohan A.K. (Member)  5/12/18
4. Dr. Subramanya Pailoor (Convener)  5/12/18

Meeting began with the welcoming of the members by the Chairman Prof. (Dr.) K.C. Baiju. Professor, Dept. of Economics. The committee discussed the Guidelines in detail for the initiation of MSc. in Yoga Therapy in the Dept. of Yoga, CUK and the following recommendations were made;

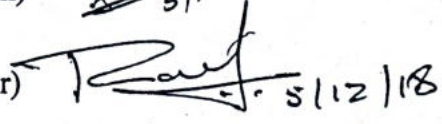
1. The committee recommended to limit the credits of core courses as four (4) and Three (3) for electives. The total credits for core courses will be sixty (60), whereas for elective it will be twelve (12), altogether arrived the total of seventy-two (72) for the entire programme as detailed in the semester wise breakup.
2. The workload of fourth semester has been reduced to 28 Hrs. from 34Hrs. by reallocating the course (MYG5491: Yoga Practical VI) to the third semester, making the total workload of the third semester as 28Hrs. instead of 22 Hrs. as in the pre-revised curriculum.
3. The committee opined to indicate the workload for the Dissertation as 8 Hrs. and 10 Hrs. for Clinical Internship/field work in the fourth semester.

The committee finalised the syllabus based on the incorporation of the above mentioned points (1 to 3), subject to the ratification of the forthcoming Academic Council and the competent authorities concerned.

1. Prof. (Dr.) K. C. Baiju (Chairman)


5/12/18

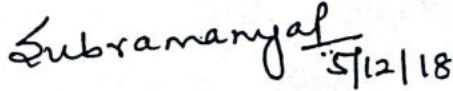
2. Dr. Rajendra Pilankatta (Member)


5/12/18

3. Dr. Mohan A.K. (Member)


5/12/18.

4. Dr. Subramanya Pailoor (Convener)


5/12/18



केरल केन्द्रीय विश्वविद्यालय

CENTRAL UNIVERSITY OF KERALA

Department of Yoga

Tejaswini Hills, Periyar PO, Kasaragod - 671 316

MINUTES OF THE CONSULTATIVE COMMITTEE MEETING

Venue: Conference Board Room, CUK, Periyar, Kasaragod.

Date: May 24, 2018

Time: 10:00 am

Members Present:

1. Dr. Rajendra Pilankatta (Chairman)
2. Dr. Subramanya Pailoor (Co-ordinator)
3. Dr. K Krishna Sharma (External Member)
4. Dr. Ramesh M. N. (External Member)
5. Dr. Vijaya Kumar (External Member)

Meeting began with the welcoming of the members by the Chairman Dr. Rajendra Pilankatta.

The Chairman of the committee presented the agenda. The committee discussed about the Guidelines for the initiation of MSc. in Yoga Therapy in the Dept. of Yoga, CUK and the following recommendations were made.

1. More focus need to be given to develop the Yoga module for elderly people by analysing the ailments of the elderly population. Dr. Vijaya Kumar pointed out the increase in the morbidity of the elderly people due to Musculo- Skeletal Disorder. Similarly, COPD (Chronic Obstructive Pulmonary Disorder) is an emerging issue which causes morbidity in elderly population.
2. Suggestion was made to rearrange the curriculum structure.
3. References need to be incorporated from the international authors.
4. An expert panel need to be developed to mentor the project and dissertation. The Chairman of the committee is entrusted for the same.
5. A topic on Rehabilitation need to be incorporated in the curriculum.

6. Suggestions were made to involve hospitals and other local institutes to conduct field training(Clinical) and projects.
7. The candidates who have qualified with Post Graduate Diploma in Yoga from CUK can be given a relaxation up to 10% in the marks for their respective qualifying degree.
8. It was suggested to give provision for the supernumerary seats (Minimum six) for those candidates who have qualified PGDY from CUK for the admission of MSc. Yoga Therapy. The selection will be made through department level entrance examination/Interview.
9. Research Methodology Course content need to be revised by incorporating methodologies of epidemiological studies.
10. The Chairman of the committee is entrusted to develop the evaluation scheme for practical & Dissertation in line with the CBCS guidelines.
11. The committee observed that it would be more advisable to include interview of the candidates prior to the admission for MSc Yoga therapy as the candidates are seeking admission from various disciplines.

The members those who were absent expressed their inconvenience to attend the meeting.

The recommendations of the committee will be communicated to them through e-mail.

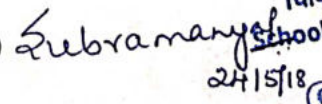
Dr. Subrahmanya Pailoor, The Academic Co-ordinator Yoga has given the vote of thanks.

1. Dr. Rajendra Pilankatta (Chairman)



24/05/18
 अधिष्ठाता / Dean
 चिकित्सा एवं सर्वजनिक स्वास्थ्य स्कूल
 School of Medicine And Public Health
 केरल केंद्रीय विश्वविद्यालय
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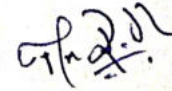
2. Dr. Subramanya Pailoor (Co-ordinator)



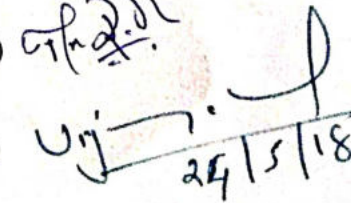
3. Dr. K Krishna Sharma (External Member)



4. Dr. Ramesh M. N. (External Member)



5. Dr. Vijaya Kumar (External Member)


 24/5/18

Programme: PG Diploma in Yoga



Department of Yoga Studies

School of Medicine and Public Health

Central University of Kerala

Tejaswini Hills, Periyar P.O.

Kasaragod 671320, Kerala

Curriculum and Syllabus

Of

Post Graduate Diploma in Yoga

Approved by

Board of Studies Meeting on 6-March 2018

Programme: PG Diploma in Yoga

Course description

Yoga was evolved to alleviate human sufferings as an alternate system of healing. Yoga works on wisdom, practical experiences and continuous refinement. **The purpose of POST GRADUATE DIPLOMA IN YOGA (PGDY) course is to help people who desire to heal, to practice Yoga based on scientific and Yogic principles and for improving health and quality of life.** It addresses the people who are interested in traditional Yoga along with understanding of human system. **It also widens the scope for healing clients/patients.** Central University of Kerala (CUK) welcomes the Yoga aspirants to join the journey of studying ancient healing system of Yoga from a scientific and research perspective in PGDY Curriculum.

Program Outcome

The students completing the Master's program of Yoga Therapy in Central University of Kerala will get the knowledge in the application of specific yogic techniques in therapeutic aspects by understanding the physical condition. Also the students get the knowledge in history and developments in Yoga. This course also provides detailed understanding of Yoga darshana of Patanjali and other ancient scripts. **Since the lifestyle is the key role in the prevention of the lifestyle diseases, and Yoga is one of the best way of bringing the healthy lifestyle, trained Yoga therapists are essential in the society to develop a healthy nation. This program becomes more relevant present pandemic scenario as the world realising the significance of preventive strategy of the diseased condition.**

Objective of the course

The course aims at:

- **Promoting stress free positive health through Yoga.**
- **Integral approach to common ailments.**
- **To prepare academically well trained Yoga instructors.**
- **To create awareness of positive health and spiritual evolution.**
- **To enable graduates to take up Yoga as a profession.**

Program Specific Outcome

- **Students get the knowledge in principles and practice of yoga and yoga therapy.**
- **Students gets basic knowledge in Sanskrit**
- **Students get exposure on various yogic scripts and thorough knowledge on it.**
- **Students get knowledge in modern anatomy and physiology of human body.**
- **Students get experience in the application of Yoga therapy.**
- **Students get good knowledge in healthy diet and lifestyle management.**
- **Students get experience in the practice of various yogic techniques.**
- **This course will enable the students to understand the physical condition and application of yogic techniques according to the condition.**
- **Students get the experience in demonstration of basic and advanced yogic techniques.**
- **Students will be enabled to participate various competitions in the Yoga field.**

Programme: PG Diploma in Yoga

Skill development

Department gives a special attention to develop the skill in the application of Yoga Therapy through participatory learning of the yogic techniques and other field activities. Also training to approach in a scientific method that helps to motivate self-entrepreneurship as a yoga therapist in the society.

Eligibility

Bachelor's degree in any faculty with at least 50% marks or equivalent grade in aggregate from a UGC recognized University.

Duration

Duration of PGDY Programme is one year (2 Semesters).

Attendance

Candidate should have attendance not less than 75% of the total classes.

Programme: PG Diploma in Yoga

Course structure of PG Diploma in Yoga (PGDY) programme

Course Code	Course Title	Contact Hours /Week				Credits	Remarks
		L	P	T	Total		
<u>Semester I</u>							
MYG4101	Introduction to Hatha Yoga	3		1	4	4	
MYG4102	Yogic Life Style	2		1	3	4	
MYG4103	Philosophy of Yoga	3		1	4	4	
MYG4104	Human Biology –I	2		1	3	4	
MYG4191	Yoga Practical - I		2	1	3	2	
MYG4192	Yoga Practical -II		2	1	3	2	
						20	
<u>Semester II</u>							
MYG4201	Basics of Hatha Yoga Texts	3		1		4	
MYG4202	Applications of Yoga	2		1		4	
MYG4203	Human Biology-II	2		1		4	
MYG4291	Yoga Practical - III		2	1		2	
MYG4292	Yoga Practical - IV		2	1		2	
MYG4293	Field Work					2	
						18	
Total						38	

Programme: PG Diploma in Yoga

MYG 4101: Introduction to Hatha Yoga

Course Code	MYG4101	Semester	I
Course Title	<i>Introduction to Hatha Yoga</i>		
Credits	4	Type	core

Course Description

This is a course oriented to provide the basic knowledge in the tradition of Yoga and gives employability based skill and knowledge development in the area of yoga. This course gives an introduction to yoga and detailed information on history and development. It also teaches a brief introduction to Indian 'darshana system'. This course teaches different stream of yoga and yogic concept in Buddhism and Jainism.

Course outcome

- Students get a right perspective about yoga and its tradition.
- Students get a solid knowledge about the historical aspects of yoga tradition and practice.
- Students get the knowledge about different schools of yoga.
- Students get the knowledge about Indian Darshana system.
- Students get the skill in teaching and practicing of different traditions of Yoga.
- Increase the depth knowledge in the theoretical aspects that complements the practice of various yogic techniques

Course Structure

The following is a detailed syllabus MYG4101 Introduction to Yoga.

Module

First unit teaches basic concept of yoga. Second and unit teaches basic principles of yoga practice and different streams of yoga tradition. Fourth and fifth unit teaches brief introduction to six Indian darshana system and yogic concepts

Unit I Introduction to yoga

(10 hours)

- Yoga – Introduction, Meaning and Definitions according to traditional texts, Yoga – Concepts, Objects, Misconception.
- Historical development of Yoga and Yogic texts.
- Development of Yoga present day; Relevance and necessity of Yoga practices for healthy living, Scope of Yoga.
- General introduction to yoga in Vedic period, Ayurveda, Upanishads, Vedantha, Bhagavad Gita, Puranas and Smritis.

Unit II Schools of yoga-I

(12 hours)

- Introduction to streams of Yoga.

Programme: PG Diploma in Yoga

- Raja yoga – Meaning, Principles of Astanga yoga : Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.
- Jnana yoga - Meaning, Definition and necessity and goal of Jnana Yoga, Anubandha Chatustaya.
- Karma yoga – Meaning, Definition and necessity and goal of Karma Yoga, Types of karmas, Famous Karma Yogis.

Unit III. Schools of yoga-II

(14 hours)

- Bhakti yoga- concept of bhakti, Definition and necessity and goal of bhakti yoga, Famous bhakti yogis.
- Mantra yoga- Concept of Mantra and Japa, Meaning, Definition, necessity, path and goal of Mantra yoga.
- Hatha Yoga – Meaning and practices of Hatha Yoga, History of Hatha Yogis and Hatha Yogic Texts.
- Kundalini yoga – Meaning and Definition of Kundalini yoga, Concept of Nadis and Chakras, Necessity to awaken Kundalini. Effects of Kundalini Shakti and Shatchakra Sadhana.

Unit IV. Six darshanas

(12 hours)

- Introduction to Six Darshanas,
- Philosophy of Sankhya and Yoga,
- Philosophy of Nyayaand and Vaisheshika,
- Philosophy of Purva Mimamsa and Vedanta.

Unit V. Yoga in other traditions

(12 hours)

- Yoga in Buddhism, Fundamental Principles.
- Meditation Techniques in Buddhism.
- Yoga in Jainism and Fundamental Philosophy.
- Meditation techniques in Jainism.

Testing & Evaluation

Internal Assessment - 40 marks.

Internal examination - 20 marks, Assignments - 10, Overall performance 10

End semester examination - 60 marks

Objective type questions -10 marks, short notes – 30 marks, essay - 20

References:

1. Swami Satyananda Saraswathi, Four Chapters on Freedom(Commentary on Yoga Sutras of Patanjali), Yoga Publication Trust, Bihar School of Yoga, Munger Bihar;2010
2. Chandradhar Sharma , A Critical Survey of Indian Philosophy, Mottlal Banarasidass Publishers Limited, Javahar Nagar, Delhi; 2003.
3. Agarwal MM Six systems of Indian Philosophy, Chowkhambha VidyaBhawan, Varanasi; 2010
4. Swami Virupakshanand, Samkhyakarika of Ishwarakrishna, Sriramakrishna Matt, Mylapur Chennai;2006

Programme: PG Diploma in Yoga

MYG 4102: Yogic Lifestyle

Course Code	MYG4102	Semester	I
Course Title	<i>Yogic Life Style</i>		
Credits	4	Type	core

Course Description

This is a course oriented to provide the knowledge in skill in prescribe better lifestyle that gives employability based skill and knowledge development in the area of yoga therapy. This course is intended to teach the ideal lifestyle as per Yoga and Ayurveda to maintain a proper health. This course also teaches concept of proper diet and health, seasonal observation, daily observation to manage good health.

Course outcome

- Students get the knowledge about lifestyle management according to Yoga and Ayurveda system.
- Ideal daily routine according to Yoga and Ayurveda.
- Skill in prescribe Yogic and modern concept of diet and diet management.
- Basics of Yoga therapy.
- Skill as Health Counsellor.
- Preventive aspects of Yoga.

Course Structure

The following is a detailed syllabus MYG4102 Yoga and Sports.

Module

First unit of this module teaches yogic food system and ayurvedic concept of diet. Second unit discuss modern concept of diet and nutrition. A third and fourth unit teaches daily and seasonal regimens. Fifth unit teaches the concept of lifestyle and prevention of the diseases

Unit I. Yogic food system

(12 hours)

- Definition of Ahara with reference to Gheranda Samhita etc.
- Yogic Diet, General Introduction of Ahara; Concept of Mitahara; Classification in Yogic diet according to traditional Yoga texts; Diet according to the body constitution (Prakriti), Vata, Pitta and Kapha as also Gunas.
- Concepts of Diet Pathya and Apathya according to Gheranda Samhita, Hath Pradeepika and Bhagavad Gita; Importance of Yogic Diet in Yoga Sadhana and its role in healthy living.
- Yogic Principles of Healthy Living: Ahara, Vihara, Achara and Vichara; Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living, Concept of Bhavas and Bhavanas with its relevance in Health and well-being.
- Concepts of Trigunas, Pancha- Mahabhutas, Pancha-Pranas and their role in Health and Healing.

Unit II. Modern concept of food

(12 hours)

- Modern concept of Nutrition and nutrients.

Programme: PG Diploma in Yoga

- Macro nutrients –Sources, Requirement, Functions and deficiency, Carbohydrates, Proteins and Fats.
- Micro nutrients, Sources, Requirement, Functions and deficiency of Vitamins and Minerals.
- Balanced diet.
- Quality of food required for a Yoga Practitioner.

Unit III. Dinacarya (daily regimen)

(14 hours)

- Bramha Muhurta Jagarana (Getting up in the morning before sun rise) , Danta Dhavana (Tooth brushing)
- Importance of Anjana (Application of Collyrium) and Tambulasevana (Betel leaf Chewing)
- Necessity of Abhyanga (Oil massage) & Vyayama (Physical exercises)
- Importance of following Sadvritta (Good conduct) [in detail]

Unit VI. Ritucarya (seasonal regimen)

(12 hours)

- Concept of Ritu (seasons) and Ayana(solstice)
- Effect of Hemanta and Sisira season, Life style and food during these Seasons
- Effect of Vasanta and Grishma season, Life style and food during these seasons
- Effect of Varsa and Sarat season, Life style and food during these seasons

Unit V. Modern concept of lifestyle

(10 hours)

- Defining the lifestyle.
- Impact on Health and Diseases.
- Methods of Lifestyle - Modification in Yogic Perspective.
- Method of Implementation of Lifestyle as Therapy.

Testing & Evaluation

Internal Assessment - 40 marks.

Internal examination - 20 marks, Assignments - 10, Overall performance 10

End semester examination - 60 marks

Objective type questions -10 marks, short notes – 30 marks, essay - 20

References:

1. Dr. Nandini Dilip Dhargalkar, Sarira Kriya Vidhana (A Text Book OF Physiology Of Ayurveda) Volume I, Banaras Ayurveda Series 32, Chowkhamba Sanskrit Series Office, Gopal Mandir lane Varanasi; 2008
2. Dr.B Athavale, Basic principles of Ayurveda, Sanathan Samstha, 206 Sion Main Road, Mumbai;1980
3. V.M Kulkarni, Naturopathy; Art of Drugless Healing, Satguru Publications, Shakthi Nagar, North Delhi; 1986.
4. Dr. Swami Karmananda Saraswati, Yogic Management of Common Diseases, Yoga Publication Trust, Bihar School of Yoga, Munger, Bihar;1992.

Programme: PG Diploma in Yoga

MYG 4103: Philosophy of Yoga

Course Code	MYG4103	Semester	I
Course Title	<i>Philosophy of Yoga</i>		
Credits	4	Type	core

Course Description

This course is oriented to improve the skill in practice of traditional yogic techniques that gives the knowledge based skill in application of Yoga Therapy. This course is intended to teach the essence of classical texts in yoga. The course teaches Patanjala yogasutra and Hatha pradipika in detail.

Course outcome

- Students get thorough knowledge in the principles of Yoga according to Sage Patanjali.
- Get the perspective about the concept of mind and consciousness according to Yoga.
- Students get the knowledge in various classical scripts in Yoga.
- Students get the skill in practice of ancient yogic techniques
- Students get the knowledge in the principles and practice of Hathayoga .

Course Structure

The following is a detailed syllabus MYG4103 Philosophy of Yoga

Module

First and second unit of this course teaches Patanjala Yogasutra in detail. Third, fourth and fifth units are focussing on principles of hatha yoga based Hatha pradipika.

Unit I. Concepts of yoga in patanjala yoga sutra- I (14 hours)

- Definition, Concept of Citta and Cittavrttis, Method to Control.
- Citta Vikshepa, Antarayas and Citta prasadana techniques.
- Samprajnata Samadhi and Classification, Asamprajnata Samadhi and Classification.
- Savitarkka Samapatti, Nirvitarkka Samapatti – Sabija Samadhi and Nirbija Samadhi.

Unit II. Concepts of yoga in patanjala yoga sutra- II (14 hours)

- Kriyayoga, Methods, Kleshas, Heyahetu and Hanopaya, Karmasaya.
- Ashtanga Yoga, Yama and Niyama – Types and effect
- Definition and effect of Asana, Pranayama and Pratyahara
- Bahiranga yoga and Antaranga yoga – Dharana, Dhyana and Samadhi.

Unit III. Hatha yoga practices – I (10 hours)

- Introduction to Hatha yoga, Parampara, Importance, Destructive and Constructive of yoga.
- Concept of Mitahara, Pathya and Apathya.

Programme: PG Diploma in Yoga

- Asana, Importance of asana practice, Procedure and benefits of 15 Asanas.
- Method of four Meditative Postures, Importance of Practice of Asanas.

Unit IV. Hatha yoga practices – II

(12 hours)

- Kriyas- Necessity, Procedure and effect of six kriyas.
- Nadisuddhi- Necessity, Procedure, Duration, and Gradations.
- Eight types of Pranayams – Procedure.
- Benefits of Pranayama, Signs of Hathasiddhi.

Unit V. Hatha yoga practice – III

(10 hours)

- Procedure and benefits of Mula bandha, Uddiyana bandha and Jalandhara bandha.
- Procedure and effect of Mahamudra, Maha Bandha.
- Method of Khechari and Viparitarani.
- Method of Shambhavi Mudra, Stages of Nadanusadhanam.

Testing & Evaluation

Internal Assessment - 40 marks.

Internal examination - 20 marks, Assignments - 10, Overall performance 10

End semester examination - 60 marks

Objective type questions -10 marks, short notes – 30 marks, essay - 20

References:

1. Swami Satyananda Saraswathi, Four Chapters on Freedom(Commentary on Yoga Sutras of Patanjali), Yoga Publication Trust, Bihar School of Yoga, Munger Bihar;2010.
2. Swami Vivekananda, Raja Yoga, Adwaita Ashrama, Mayavathi ,Champawat, Uttharakhand; 2008.
3. Hariharananda Aranya, Yoga sutras of Pathanjali, University of Culcutta Press, Kolkata;1984
4. Swami Mukhtibodhananda, Hatha Yoga Pradeepika, Bihar School of Yoga,Munger,Bihar, 1998.

Programme: PG Diploma in Yoga

MYG 4104: Human Biology

Course Code	MYG4104	Semester	I
Course Title	<i>Human Biology I</i>		
Credits	4	Type	core

Course Description

This course oriented to develop in the knowledge in human body system that enhances the employability as a Yoga Therapist of the student undergoing this course. The course provides a deep understanding about the anatomy and physiology of human body. The knowledge about the body system is essential for doing yoga therapy effectively. The course discusses each system in detail and how it is significant in the yoga therapy.

Course Outcome

- Students get knowledge about the anatomical and physiological functions of the human body.
- Synchronising the modern concept of human body along with the practice of yogic techniques.
- Basic knowledge about yoga therapy.
- Ability to understand health condition of person
- The course will improve the skill in the application of Yoga Therapy.

Course Structure

The following is a detailed syllabus MYG4101 Human Biology I

Module

First unit teaches anatomy and physiology of musculo-skeletal system. Second unit of this module teaches digestive system. Third unit is focussing on structure and function of cardio vascular system. Fourth unit discusses the structure and functions of respiratory system

Unit I. Musculo-skeletal system

(12 hours)

- Skeletal System: Skeleton, Functions of skeleton, Classification of bones.
- Study of joints; Structure and function of Synovial joint.
- Muscular System: Types of Muscles in the body.
- Characteristics, structure and functions of the Skeletal Muscles.
- Smooth Muscles and Cardiac Muscles.

Unit II. Digestive system

(12 hours)

- Anatomy of digestive system.
- Functions of saliva, gastric juice, Pancreatic juice, Bile.
- Intestinal Secretion, Digestion and absorption of food.
- Peristalsis and Formation of stools.

Unit III. Cardiovascular system

(12 hours)

- Functional anatomy of the Heart, arteries, veins and capillaries.

Programme: PG Diploma in Yoga

- Organization of systematic and pulmonary circulation, the cardiac cycle.
- Cardiac output and Venous return.
- Blood pressure and Regulation of blood pressure, Electrocardiogram.

Unit IV. Respiratory system

(12 hours)

- Anatomy of Respiratory System.
- Mechanism of Breathing.
- Exchange of gases, Control of respiration.
- Pulmonary function tests and lung volumes.

Unit V. Blood and lymphatic system.

(12 hours)

- Types of Blood Cells, RBC,WBC, Platelets.
- Blood Components.
- Lymphatic system and Lymph Nodes.
- Immune system.

Testing & Evaluation

Internal Assessment - 40 marks.

Internal examination - 20 marks, Assignments - 10, Overall performance 10

End semester examination - 60 marks

Objective type questions -10 marks, short notes – 30 marks, essay - 20

References:

1. Evelyn C Peace, Anatomy and Physiology for Nurses, Jaypee Brothers, New Delhi, India;1997
2. Keith L Moore et al, Clinical Oriented Anatomy , sixth edition, Wolters Kluwer (india) Pvt Ltd, 501 A,Devika Tower,Nehru Place, New Delhi; 2010
3. G Gerard J Tortora, Principles of Anatomy and Physiology, Harper Collins College Publishers, New York, 1992

Programme: PG Diploma in Yoga

MYG 4191: Yoga Practice I

Course Code	MYG4191	Semester	I
Course Title	<i>Yoga Practice I</i>		
Credits	2	Type	core

Course Description

This course is a participatory and experimental method for employability based skill development in Yoga Therapy. The course provides a deep understanding and practical experience about various yogic techniques such as yogasanas, pranayama, kriyas, meditation etc. The course teaches all the yogic techniques which are essential for application of the yoga therapy.

Course Outcome

- After completing this course students get deep experience and expertise in the practice of various yogic techniques which are essential for Yoga therapy.
- Experience in basic asanas, pranayamas, kriyas and meditation techniques.
- Students can develop good observational skill during the practice of yoga.
- Students will get deeper understanding about each techniques and how it affects the body parts.
- Ability to describe and demonstrate the yogic techniques.
- Students get the skill in using the Yogic techniques systematically for Yoga therapy.

Course Structure

The following is a detailed syllabus MYG4191 Yoga Practice I

Module:

This module includes basic asanas and pranayamas which are essential for application of yoga in public.

Unit I

(14 hours)

- **Shithilikarana Vyayams or Loosening exercises**
 - I. Gentle and rhythmic anatomical movements of all synovial joints from toes to neck or neck to toes coordinated with breathing with each movement (Flexion, Extension, Hyper extension, Rotation-Right and left and circumduction)
 - II. Gentle and rhythmic stretching of large group muscles with breathing. (Muscles of thighs Calf muscles, Chest muscles, Back muscles, Shoulder muscles, arm muscles etc.
 - III. Simple Jogging - Forward jogging - Backward jogging -Side Jogging --Mukha Dhouti
 - IV. Breathing Practices (for rectification of breathing pattern) - Hands in and out, Twisting, Alternate leg touching, Forward & backward bending
- Sūryanamaskāra (12 Steps)
- Tādāsana
- Pādahastāsana

Programme: PG Diploma in Yoga

- Ardhaḥaṭi Cakraṣana
- Vṛkṣāṣana

Unit II

(10 hours)

- Utthita Trikōṇāṣana
- Utthita Pārśvakōṇāṣana
- Vīrabhadraṣana
- Paścimōttānāṣana
- Pūrvōttānāṣana

Unit III

(12 hours)

- Vakraṣana
- Vajraṣana
- Suptavajrasana
- Upaviṣṭa Kōṇāṣana
- Baddha Kōṇāṣana

UNIT IV

(10 hours)

- Viparītakaraṇī
- Uttānapādāṣana
- Svastikāṣana
- Siddhāṣana
- Padmāṣana

Unit V (Kriyas)

(14 hours)

- Sūtranēti
- Jalanēti
- Kapālabhāti
- Agnisāra
- Nētra Prakṣāḷana

Testing & Evaluation

Internal Assessment - 40 marks.

Performance of Yogic technique-20 marks, Written Examination 10, Viva 10

End semester examination - 60 marks

Programme: PG Diploma in Yoga

Performance of Yogic techniques-30 marks, Written Examination -10 marks, Viva-10 marks, Practical Record-10 marks.

References:

1. BKS Iyengar, Light on Yoga ;Yoga, Schocken Book House,New York; 1979
2. Swami Dharendra Brahmachari, Yogasana Vijnana, Dharendra Yoga Publications, New Delhi; 1953.
3. Swami Satynanda Saraswati, Suryanamaskar,Bihar School of Yoga, Munger; 1983.
4. Gregor Maehle, Ashtanga Yoga. Practice and Philosophy. New age books, A-44, Naraina Phase 1, New Delh; 2008.
5. K.Pattabhi Jois, Yoga Mala ,North Point Press, 18 West 18 Streets, New York; 2010.
6. T Krishnamacharya, Yoga Makaranda,The Nector Of Yoga, Translated by Kasthubh Deshikachar, Krishnamacharya Healing &Yoga Foundation,RA Puram, Chennai; 2013
7. Swami Satyananda Saraswathi(2004), A Systematic Course in the Ancient Tantric Techniques of Yoga & Kriya, Bihar School of Yoga, Yoga Publication Trust, Munger2004.
8. Satyananada Sarasvati, Asana Pranayama Mudra Bandha. Yoga Publication Turst, Bihar School of Yoga, Munger,Bihar; 1989.
9. B.K.S.Iyengar, Light on Pranayama, Harper Collins, New Delhi;1999.
10. H.R.Nagendra, Pranayama Published by SVYASA, Bangalore;2011

Programme: PG Diploma in Yoga

MYG 4192: Yoga Practice II

Course Code	MYG4192	Semester	I
Course Title	<i>Yoga Practice II</i>		
Credits	2	Type	core

Course Description

This course is a participatory and experimental method for employability based skill development in Yoga Therapy. The course provides a deep understanding and practical experience about various yogic techniques such as yogasanas, pranayama, kriyas, meditation etc. The course teaches all the yogic techniques which are essential for application of the yoga therapy.

Course Outcome

- After completing this course students get deep experience and expertise in the practice of various yogic techniques which are essential for Yoga therapy.
- Experience in basic asanas, pranayamas, kriyas and meditation techniques.
- Students can develop good observational skill during the practice of yoga.
- Students will get deeper understanding about each techniques and how it affects the body parts.
- Ability to describe and demonstrate the yogic techniques.
- Students get the skill in using the Yogic techniques systematically for Yoga therapy.

Course Structure

The following is a detailed syllabus MYG4192 Yoga Practice II

Module

This module includes basic asanas and pranayamas which are essential for application of yoga in public.

Unit I

(12 hours)

- Vaidika Sūryanamaskāra
- Ardhačakrāsana
- Kaṭīparivarttanāsana
- Utthitapādāṅguṣṭhāsana
- Uttānāsana

Unit II

(12 hours)

- Utthita Pārśvōttānāsana
- Prasārita Pādōttanāsana
- Jānuśīrṣāsana
- Ardhabaddhapadmapaścimōttānāsana
- Tiryanmukhaikapādapaścimōttānāsana

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Unit III

(12 hours)

- Ardhamatsyēndrāsana
- Gōmukhāsana
- Uṣṭrāsana
- Jaṭharaparivarttanāsana
- Pavanamuktāsana

Unit IV

(12 hours)

- Bhujāṅgāsana
- Śalabhāsana
- Dhanurāsana
- Bhēkāsana
- Soham Meditation

Unit V (Pranayamas)

(12 hours)

- Ujjāyi
- Nāḍīśuddhi
- Bhastrika
- Śīṭali
- Śītkāri
- Bhrāmari

Testing & Evaluation

Internal Assessment - 40 marks.

Performance of Yogic technique-20 marks, Written Examination 10, Viva 10

End semester examination - 60 marks

Performance of Yogic techniques-30 marks, Written Examination -10 marks, Viva-10 marks, Practical Record-10 marks.

References:

1. BKS Iyengar, Light on Yoga ;Yoga, Schocken Book House,New York; 1979
2. Swami Dharendra Brahmachari, Yogasana Vijnana, Dharendra Yoga Publications, New Delhi; 1953.
3. Swami Satynanda Saraswati, Suryanamaskar,Bihar School of Yoga, Munger; 1983.
4. Gregor Maehle, Ashtanga Yoga. Practice and Philosophy. New age books, A-44, Naraina Phase 1, New Delh; 2008.

Programme: PG Diploma in Yoga

5. K.Pattabhi Jois, Yoga Mala ,North Point Press, 18 West 18 Streets, New York; 2010.
6. T Krishnamacharya, Yoga Makaranda,The Nector Of Yoga, Translated by Kasthubh Deshikachar, Krishnamacharya Healing &Yoga Foundation,RA Puram, Chennai; 2013
7. Swami Satyananda Saraswathi(2004), A Systematic Course in the Ancient Tantric Techniques of Yoga & Kriya, Bihar School of Yoga, Yoga Publication Trust, Munger2004.
8. Satyananada Sarasvati, Asana Pranayama Mudra Bandha. Yoga Publication Turst, Bihar School of Yoga, Munger,Bihar; 1989.
9. B.K.S.Iyengar, Light on Pranayama, Harper Collins, New Delhi;1999.
10. H.R.Nagendra, Pranayama Published by SVYASA, Bangalore;2011

Programme: PG Diploma in Yoga

MYG 4201: Basics of Hathayoga Texts

Course Code	MYG4201	Semester	II
Course Title	Basics of Hathayoga texts		
Credits	4	Type	core

Course Description

This course is oriented to provide a knowledge based skill in the application of Yoga that enhances the employability of the student as a Yoga Therapist. The course is teaching the essence of Ghata yoga principles and practices based on classical texts. The course is discussing the kriyas, asanas and mudras in details. It also teaches advanced lessons of Sankhya philosophy and Yoga in Bhagavathgitha.

Course Outcome

- Students can read and understand the traditional Ghta Yoga text, and Well knowledge in the ancient concept of Yoga.
- Students get the knowledge in the traditional method of practicing yogasanas , Pranayamas, Kriyas, Bandhas etc.
- Skill in the application of traditional Yogic techniques in the therapy.
- Students gets the knowledge on the Principles of Hatha Yoga.
- Students get the detailed knowledge about the ancient aspect of yoga therapy.
- Students gets detailed knowledge in sankhya darshana

Course Structure

The following is a detailed syllabus MYG4201 Basics of Hathayoga Texts.

Module

First and second unit teaches the principles and practice of Ghatayoga. Third units teaches the basics of Sankhya darshana. Fourth and fifth units teaches principles and practice of Swarayoga.

Unit I. Ghatayoga practices I

(14 hours)

- Ghatayoga – Introduction and importance of Ghata yoga
- Kriyas - varieties, practicing methods and benefits.
- Asana – practicing methods and benefits.
- Food system – concept of Mitahara, Pathya and Apathya

Unit II. Ghatayoga practices– II

(12 hours)

- Pranayama-varieties, practicing methods and benefits.
- Mudras and Bandhas-varieties, practicing methods and benefits.
- Techniques of Pratyahara
- Meditation – Types, varieties, practicing methods and benefits.

Unit III. Introduction to sankhya darshana

(12 hours)

- Meaning, aim and objectives of Sankhya darshana, Three fold afflictions and solution for the afflictions.
- Pramanas in sankhya, Satkarya vada.

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- Theory of Trigunas, Features of Sathvaguna, Rajoguna and Thamoguna.
- Existence of Purasha and Prakrti, Evolution Theory according to Sankhya.

Unit IV. Swarayoga I

(11 hours)

- Introduction, Concept of swara.
- Significance of Swarajana.
- Subtle nature of the Nadis and Swaras.
- Concept of Pancha Mahabhutas and body.

Unit V. Swarayoga II

(11 hours)

- Eight Fold Swarajana.
- Concept of Prana, Nadi and chakras.
- Impact of Solar and Lunar Cycle in breathing.
- Tattva Dharana.

Testing & Evaluation

Internal Assessment - 40 marks.

Internal examination - 20 marks, Assignments - 10, Overall performance 10

End semester examination - 60 marks

Objective type questions -10 marks, short notes – 30 marks, essay - 20

References:

1. Swami Diagambarji, DrM.L Gharote, Gheranda Samhitha, S.M.Y.M Samithi Kaivalyadhama, Lonavla Maharashtra; 1997.
2. Swami Mukthibodhananda, Swara Yoga, The Tantric Science of Brain Breathing, Yoga Publication Trust, Ganga Darshan, Munger, Bihar; 2008.
3. Swami Virupakshananda, Samkhyakarika of Ishwarakrishna, Sriramakrishna Matt, Mylapur Chennai; 2006.

Programme: PG Diploma in Yoga

MYG 4202: Applications of Yoga

Course Code	MYG4202	Semester	II
Course Title	<i>Applications of Yoga</i>		
Credits	4	Type	core

Course Description

This course is oriented to develop in the knowledge in the principles and practice of Yoga Therapy that enhances the employability as a Yoga Therapist of the student undergoing this course. The course teaches concept of body and health from the perspective of yoga. It describes the yogic concept of diseases and remedy as per yoga. This course also teaches the modern aspects of psychology and human mind.

Course Outcome

- Students get the knowledge on the preventive and curative aspects of Yoga Therapy.
- Yogic concept of health and diseases.
- Skill in utilization of yoga for physical and mental wellbeing.
- Students gets the knowledge and skill in understanding of aetiology and symptoms of diseases according to Indian and Yogic approach.
- Utilization of yoga for physical and mental wellbeing.
- Knowledge in the basic principles of naturopathy and application.

Course Structure

The following is a detailed syllabus MYG4202 Applications of Yoga

Module

First module teaches the concept of health and health management by yogic techniques. Second unit teaches basic principles of yoga therapy. Third unit teaches application of yoga module in common diseases. Fourth unit teaches fundamentals of modern psychology. Fifth unit teaches the basics of Naturopathy.

Unit I. Health concepts

(10 hours)

- Definitions of Health-Modern(W.H.O) concept.
- Definitions of Health-Indian concepts.
- Preventive, Promotive and Curative aspects of Asanas and Kriyas.
- Preventive, Promotive and Curative Pranayamas and meditation.

Unit II. Basic theories of yoga therapy

(14 hours)

- Principles of Yoga Therapy, Proper cleansing (through Shadkarmas), Proper diet (through Yogic diet-Mithahara), Proper exercises (through Asanas,Mudras). Proper breathing (through Pranayama and Bandhas), Proper Relaxation (Relaxation asanas, Yoga Nidra).
- Proper thinking (by cultivation of Yama and Niyama, Meditations, Bhakthi Yoga for emotional clarity, Karma Yoga for perfection in duty, and Jnana yoga for improving cognitive functions).
- Pancha Vayus and Pancakosha theories, 25 Tattva theory and Tridosha Theory.

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- Mahabhutas and Body, Concept of Shad rasa, Dhatus & Malas.

Unit III. Effect of yogic practices on common ailments.

(14 hours)

- Yoga for Asthma, Hypertension.
- Yoga for Back ache, Neck Pain, Arthritis.
- Yoga for Stress and Anxiety and Insomnia.
- Yoga For Fatty Liver, Diabetes.
- Yoga for Sinusitis, tonsillitis.

Unit IV. Yoga and psychology

(12 hours)

- Human Psyche: Concept of Human Psyche – its Physiological and Psychological aspects. Psychology: its scope and utility.
- Personality: Concept, Determinants- Heredity and Environment, Types of personality and its assessment, Theory of Hierarchy of Needs.
- Stress: Definition, Causes of Stress, Psycho-physiological consequence of stress. Stress.
- Mental Health: Concept of Mental Health, Components of Mental Health, Indicators of Mental Health, Psychology of Spiritual Growth.

Unit V. Principles of naturopathy

(10 hours)

- The evolution of the human body, philosophy of the body ; mind, soul, life, spirit and spiritual body.
- History and fundamental principles of Naturopathy.
- Laws of Nature: Pancha Maha Bhutas, Shareera Dharmas - Ahara, Nidra, Bhaya, Maithunam.
- Inflammation and its different stages, Natural rejuvenation. Foreign matter and toxins, accumulation in the body and its importance in elimination through different ways or channels.
- Definition and maintenance of nature's constructive principles of health. Importance of physical and mental hygiene.

Testing & Evaluation

Internal Assessment - 40 marks.

Internal examination - 20 marks, Assignments - 10, Overall performance 10

End semester examination - 60 marks

Objective type questions -10 marks, short notes – 30 marks, essay - 20

References:

1. Ross and Wilson, Anatomy and Physiology in Health and Illness, 11th edition, Elsevier Publication. New York; 2011

Programme: PG Diploma in Yoga

2. Dr. Nandini Dilip Dhargalkar, Sarira Kriya Vidhana (A Text Book OF Physiology Of Ayurveda) Volume I, Banaras Ayurveda Series 32, Chowkhamba Sanskrit Series Office, K37/99, Gopal Mandir lane Varanasi 2008
3. Dr. B. Athavale, Basic principles of Ayurveda, Sanathan Samstha, 206 Sion Main Road, Mumbai; 1980.
4. V.M Kulkarni, Naturopathy; Art of Drugless Healing, Satguru Publications, Shakthi Nagar, North Delhi; 1986
5. Swami Satyananda Saraswathi, A Systematic Course in the ancient Tantric Techniques of Yoga and Kriya, Yoga Publication Trust, Bihar School of Yoga, Munger, Bihar, 1989.
6. Aggie Carson, Arenus, An Introduction to Psychology; Understanding Human Behaviour, REX Book Store, Manila, Philippines; 2004.
7. Dr. Swami Karmananda Saraswati, Yogic Management of Common Diseases, Yoga Publication Trust, Bihar School of Yoga, Munger, Bihar; 1992

Programme: PG Diploma in Yoga

MYG 4203: Human Biology II

Course Code	MYG4203	Semester	II
Course Title	<i>Human Biology II</i>		
Credits	4	Type	core

Course Description

This course oriented to develop in the knowledge in human body system that enhances the employability as a Yoga Therapist of the student undergoing this course. The course provides a deep understanding about the anatomy and physiology of human body. The knowledge about the body system is essential for doing yoga therapy effectively. The course discusses each system in detail and how it is significant in the yoga therapy.

Course Outcome

- Students get knowledge about the anatomical and physiological functions of the human body.
- Synchronising the modern concept of human body along with the practice of yogic techniques.
- Basic knowledge about yoga therapy.
- Ability to understand health condition of person
- The course will improve the skill in the application of Yoga Therapy.

Course Structure

The following is a detailed syllabus MYG4203 Human Biology II

Module

First and second units teaches anatomy and physiology of nervous system and special senses. Third unit teaches functions of endocrine system. Fourth unit teaches excretory system and fifth unit teaches reproductive system .

Unit I. Nervous system (14 hours)

- Anatomy of Nervous system.
- Classification – Central nervous system.
- Classification –Peripheral nervous system.
- Autonomous nervous system.

Unit II. Special senses (10 hours)

- Introduction to Special senses.
- Structure and functions of Eye.
- Structure of function of Ear and Balance.
- Structure and function of Nose and Tongue.

Unit III. Endocrine system (14 hours)

- Anatomy of Glands.

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- Hormones and Action.
- Functions of Pineal Gland, Thyroid Gland.
- Functions of Pancreas, Adrenaline.

Unit IV. Excretory system

(12 hours)

1. Anatomy of Excretory system.
2. Functions of Excretory system.
3. Glomerulus, renal tubules, compositions of urine, micturition.
4. Function of Skin, Temperature regulation.

Unit V Reproductive system

(10 hours)

1. Male Reproductive System.
2. Female Reproductive System.
3. Major Functions of Reproductive System.
4. Menstrual Cycle.

Testing & Evaluation

Internal Assessment - 40 marks.

Internal examination - 20 marks, Assignments - 10, Overall performance 10

End semester examination - 60 marks

Objective type questions -10 marks, short notes – 30 marks, essay - 20

References:

1. Evelyn C Peace, Anatomy and Physiology for Nurses, Jaypee Brothers, New Delhi, India; 1997
2. Keith L Moore et al, Clinical Oriented Anatomy , sixth edition, Wolters Kluwer (india) Pvt Ltd, 501 A, Devika Tower, Nehru Place, New Delhi; 2010
3. G Gerard J Tortora, Principles of Anatomy and Physiology, Harper Collins College Publishers, New York; 1992.

Programme: PG Diploma in Yoga

MYG 4291: Yoga Practice III

Course Code	MYG4291	Semester	II
Course Title	<i>Yoga Practice III</i>		
Credits	2	Type	core

Course Description

This course is a participatory and experimental method for employability based skill development in Yoga Therapy. Apart from getting deep understanding and practical experience about various yogic techniques such as yogasanas, pranayama, kriyas, meditation etc this course is enable the students to practice the advanced yogic techniques. The course teaches all the yogic techniques which are essential for application of the yoga therapy.

Course Outcome

- After completing this course students get deep experience and expertise in the practice of various advanced yogic techniques which are essential for Yoga therapy.
- Develops the skill in the application of advanced asanas, pranayamas, kriyas and meditation techniques.
- Students can develop good observational skill during the practice of yoga.
- Students will get deeper understanding about each techniques and how it affects the body parts.
- Ability to describe and demonstrate the yogic techniques.
- Students get the skill in using the Yogic techniques systematically for Yoga therapy.

Course Structure

The following is a detailed syllabus MYG4291 Yoga Practice III

Module

Unit I

(12 hours)

- Yaugika Sūryanamaskāra
- Vīrabhadraśana III
- Vātāyanāśana
- Parivṛta Trikōṇāśana

Unit II

(12 hours)

- Marīcāśana I
- Marīcāśana III
- Mārjālāśana
- Ubhayapādāṅguṣṭhāśana

Unit III

(12 hours)

- Bhāradvājāśana

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- Nāvāsana
- Parighāsana
- Suptapādāṅguṣṭhāsana

Unit IV

(12 hours)

- Sālamba Sarvāṅgāsana
- Halāsana
- Suptakōṅāsana
- Matsyāsana

Unit V

(12 hours)

- Kapālabhāti Variations
- Nauli
- Jaladhauti
- Vastra Dhauti
- Trāṭaka

Testing & Evaluation

Internal Assessment - 40 marks.

Performance of Yogic technique-20 marks, Written Examination 10, Viva 10

End semester examination - 60 marks

Performance of Yogic techniques-30 marks, Written Examination -10 marks, Viva-10 marks, Practical Record-10 marks.

References:

1. BKS Iyengar, Light on Yoga ;Yoga, Schocken Book House,New York; 1979
2. Swami Dharendra Brahmachari, Yogasana Vijnana, Dharendra Yoga Publications, New Delhi; 1953.
3. Swami Satyananda Saraswati, Suryanamaskar,Bihar School of Yoga, Munger; 1983.
4. Gregor Maehle, Ashtanga Yoga. Practice and Philosophy. New age books, A-44, Naraina Phase 1, New Delh; 2008.
5. K.Pattabhi Jois, Yoga Mala ,North Point Press, 18 West 18 Streets, New York; 2010.
6. T Krishnamacharya, Yoga Makaranda,The Nector Of Yoga, Translated by Kasthubh Deshikachar, Krishnamacharya Healing &Yoga Foundation,RA Puram, Chennai; 2013
7. Swami Satyananda Saraswathi(2004), A Systematic Course in the Ancient Tantric Techniques of Yoga & Kriya, Bihar School of Yoga, Yoga Publication Trust, Munger2004.

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MYG 4292: Yoga Practice IV

Course Code	MYG4292	Semester	II
Course Title	<i>Yoga Practice IV</i>		
Credits	2	Type	core

Course Description

This course is a participatory and experimental method for employability based skill development in Yoga Therapy. Apart from getting deep understanding and practical experience about various yogic techniques such as yogasanas, pranayama, kriyas, meditation etc this course is enable the students to practice the advanced yogic techniques. The course teaches all the yogic techniques which are essential for application of the yoga therapy.

Course Outcome

- After completing this course students get deep experience and expertise in the practice of various advanced yogic techniques which are essential for Yoga therapy.
- Develops the skill in the application of advanced asanas, pranayamas, kriyas and meditation techniques.
- Students can develop good observational skill during the practice of yoga.
- Students will get deeper understanding about each techniques and how it affects the body parts.
- Ability to describe and demonstrate the yogic techniques.
- Students get the skill in using the Yogic techniques systematically for Yoga therapy.

Course Structure

The following is a detailed syllabus MYG4292 Yoga Practice IV

Module

Unit I Teaching method (12 hours)

- Introduction to Teaching Method, Model Lesson Planning.
- Relevance of Yogic Science in Educational System.
- Method of Instructing Asanas, Kriyas, Pranayama and Meditation.
- Observation Method, Practical Implementation.

Unit II (12 hours)

- Utkaṭāsana
- Garuḍāsana
- Naṭarājāsana
- Ardhabaddhapadamōttānāsana
- Marīcāsana II

Unit III (12 hours)

- Marīcāsana IV
- Dvipādapīṭha

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- CatuṣpādaPīṭha
- Krauncāsana
- Ākarṇadhanurāsana

Unit IV

(12 hours)

- Mayūrāsana
- Simhāsana
- Kūrmāsana
- Pārśvasahita Dhanurāsana
- Paryankāsana

Unit V

(12 hours)

- Lōlāsana
- Uḍḍīyānabandha
- Jālandharabandha
- Mūlabandha
- Nāḍīśuddhi Kumbhaka

Testing & Evaluation

Internal Assessment - 40 marks.

Performance of Yogic technique-20 marks, Written Examination 10, Viva 10

End semester examination - 60 marks

Performance of Yogic techniques-30 marks, Written Examination -10 marks, Viva-10 marks, Practical Record-10 marks.

References:

1. BKS Iyengar, Light on Yoga ;Yoga, Schocken Book House,New York; 1979
2. Swami Dharendra Brahmachari, Yogasana Vijnana, Dharendra Yoga Publications, New Delhi; 1953.
3. Gregor Maehle, Ashtanga Yoga. Practice and Philosophy. New age books, A-44, Naraina Phase 1, New Delh; 2008.
4. K.Pattabhi Jois, Yoga Mala, North Point Press, 18 West 18 Streets, New York; 2010.
5. T Krishnamacharya, Yoga Makaranda,The Nector Of Yoga, Translated by Kasthubh Deshikachar, Krishnamacharya Healing &Yoga Foundation, A Puram, Chennai; 2013
6. Swami Satyananda Saraswathi, A Systematic Course in the Ancient Tantric Techniques of Yoga & Kriya, Bihar School of Yoga, Yoga Publication Trust, Munger2004.
7. Satyananada Sarasvati, Asana Pranayama Mudra Bandha. Yoga Publication Turst, Bihar School of Yoga, Munger,Bihar; 1989.

Programme: PG Diploma in Yoga

MYG 4293: Field Work

Course Code	MYG4293	Semester	II
Course Title	<i>Field Work</i>		
Credits	2	Type	core

Course Description

This course is participatory experimental method that oriented to develop in the field experience in the principles and practice of Yoga Therapy that enhances the employability and confidence for entrepreneurship to start a Yoga Therapy Centre. In the field work students will be guided to conduct a yoga camp for public.

Course Outcome

By the end of the course, students are expected to be able to:

- Students get experience in the method of conducting research work.
- Students get good experience in the application of yoga therapy.
- Ability to understand the physical condition and prescribing the Yoga therapy
- Knowledge in the concepts of diseases and management of the diseases by Yoga therapy.
- Experience in various therapeutic techniques in Yoga for treatment and management of the diseases.
- Helps to establish the skill as a Yoga Therapist in the society.

Assessment

Field work report presentation

Hard copy of the field work report submission