

DEPARTMENT OF YOGA

COURSE CURRICULUM & MARKING SCHEME

PG DIPLOMA IN YOGA EDUCATION & PHILOSOPHY Semester - I

SESSION : 2022-23



ESTD: 1958

GOVT. V.Y.T. PG AUTONOMOUS COLLEGE, DURG, 491001 (C.G.)

(Former Name – Govt. Arts & Science College, Durg)

NAAC Accredited Grade A⁺, College with CPE - Phase III (UGC), STAR COLLEGE (DBT)

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**GOVT. V. Y. T. PG. AUTONOMOUS COLLEGE,
DURG (C.G.)**

SYLLABUS

P.G. Diploma in Yoga Education and Philosophy

(SESSION 2021-22 & 2022-23)








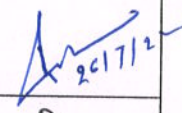
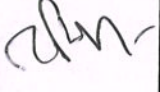


Department of Yoga Education

GOVT. V.Y. T. PG. AUTONOMOUS COLLEGE, DURG (C.G.)

Govt.V.Y.T. PG Autonomous College, Durg (C.G.)

Department of Yoga Education and Philosophy

Board of Studies Members (Session 2021-22 & 2022-23)

S.No.	Category	Name	Address	Signature
1.	Chairperson	Dr. Satish Kumar Sen	I/C Head, Deptt. Of Yoga, Govt. V .Y. T. PG. Autonomous College, Durg	
2.	VC Nominated Member	Dr. Bhagwant Singh	Former, Prof. & Head. SOS, Pt. R.S. U.,Raipur (C.G.)	
3.	Subject Specialist	Dr.Usha Kiran Agrawal	Prof. & Head, Deptt. Of Pshychology, Govt. D. B. Girls College, Raipur	
		Dr. J. L. Gahare	Prof. & Head. SOS, Pt. R.S. U.,Raipur (C.G.)	
		Dr. Laxmikant Sahu	Laxmi Narayan Mahant College, Raipur	
		Dr. Dinesh Namdeo	Director, Sports, Hemchand Yadav Vishwavidyalya, Durg	
4.	Members	Dr. Naresh Dhar Diwan	Deptt. Of Sports, Govt. College, Jangaon R (C.G.)	
5.	Corporate/Industrial Representative	Mr. Digamber Singh	Alpha Scientific Bhilai	
6.	Subject Experts from other Departments	Dr. Rajendra Choubey,	Prof. & Head, Deptt. Of Sociology, Govt. V. Y. T. PG. Auto. College, Durg.	
7.	Ex. Meritorious Students	Mr. Wasim Akram	Research Scholar, Deptt. Of Botany, Govt. V.Y. T. PG. Auto. College, Durg.	

P.G. Diploma in Yoga Education And Philosophy

INTRODUCTION TO THE PROGRAMME

Yoga is essentially practical subject based on externaly subite science, Which focuses on bringing harmony between mind, body and spirit. It is a very powerful means to achive physical mental and emotional well being, yoga paves the way to discover the self, the exteranal world and the nature. If is an art and cience for healthy living. Yoga has several benefits including education, health and stress management.

Objectives :-

After completion of this program, a student should able to: Narrate the meaning and history of yoga, and the contribution of various Yogis Comprehend the basic principles and practice of yoga,. Demonstrate the Yoga practices for prevention of diseases and adoption of yogic life style develop a holistic health for himself for enhancing functionality.

Scheme of P.G. Diploma in Yoga Education and Philosophy Session 2020-2021 will be introduce from this session. The CBS is offered by the Govt. V.Y.T. PG Autonomous College, Durg (C.G.) through the medium of both

English and Hindi. The syllabi and scheme of examination are detailed below:

Minimum Duration: 1 Year (Two semester)

Maximum Duration: 2 Years

Eligibility: Graduation in any faculty

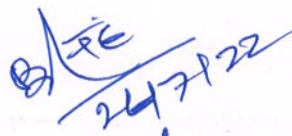
Medium: English or Hindi

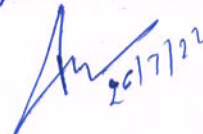
Maximum Age: ~~25 years.~~













In P.G. Diploma in Yoga Education and Philosophy shall be two theory paper. Each of 50 marks and practical of 50 marks thus total marks in the semester will Be 250. The total of both semester 500 marks.

Component of the evaluation system

Theory paper:- Theory paper carries 80% weightage in the final result. In case student fail to secure a pass score (40% marks) in the final examination, student will be eligible to reappear in the next year final examination for in P.G. Diploma in Yoga Education and Philosophy.

Practical examination

There will be a final practical examination of three hours duration for a Maximum of 50 marks.

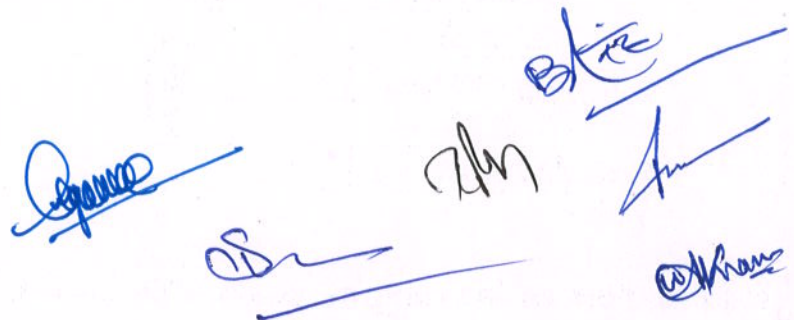
Evaluation

Evaluation consist of two parts: 1) final Examination and 2) practical examination. In the final result, practical of a P.G. Diploma in Yoga Education and Philosophy carries 20% weightage, While 8% weightage is given to final

Examination, Following is the scheme of awarding divisions and grades :

Marksheet %	Grade Points	Grade	Performance
80 -100	8-10	A	A – Excellent
60 to 79.99	6-7.9	B	B –Very good
40 to 59.99	4-5.9	C	C – Good
0-39.99	0-3.9	D	E – Unsatisfactory

Student are required to score at least 40% marks in practical as well as final examination separately. In the over all computation also, you must get at least 40% marks in each paper to claim the Certificate of P.G. Diploma in Yoga Education and Philosophy.



Re-Evaluation:-There is provision for re-evaluation of final exam (theory) answer copies (any of two). The student can apply for re-evaluation of final exam (theory) answer copies against payment of Rs. 250/ per theory paper.

1. There will be no ATKT.
2. Student will get two chance to with in two years from the date of Admission.

EVALUATION PATTERN :

Semester- I

Theory paper		
Paper-1	Theoretical Yoga Vijnan	50 Marks
Paper-II	Applied Yoga Vijnan	50 Marks

Practical	
(A)Practice Teaching (Indoor) & Sessional	50 Marks
(B) Practical & Viva	50 Marks
Internals	25 Marks
Internship	25 Marks
Total	250 Marks

Semester -II

Theory Paper		
Paper -I	Yoga Philosophy	50 Marks
Paper- II	Hatha Yoga	50 Marks

Practical	
Practice Teaching (Indoor) and PPT Presentation	50 Marks
Practical and Viva	25 Marks
Internal Assessment	25 Marks
Internship	25 Marks
Total	250 Marks

Grand Total Semester - I + Semester- II = 250+250 = 500

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Syllabus

Semester – I

P.G. Diploma in Yoga Education and Philosophy Session 2022-2023

PAPER – I

Theoretical Yoga Vijnan

Max. Marks -50

UNIT- I :

Introduction to Yoga: The concept, meaning, definition and tradition of Yoga, Guru- Shishya (types and meaning).

UNIT -II :

Basic text of yoga -- Yoga Sutra (introduction, chitta, Chitta vrittiyan, chitta bhoomiya, panch kalesh, astang yog, Samadhi)

UNIT-III:

Kinds of yoga: Bhakti Yoga, Karma yoga, Mantra yoga and Raj yoga.

UNIT-IV: Study of Ida, Pingala, Sushumna, Seven chakras, Five Koshas and Five pranas.

UNIT-V: Contemporary Yogis-- Shri Aurobindo (samagra yoga), Satyananda and Shivananda.

References :

1. Bryant, Edwin (2009). The Yoga Sutra of Patanjali: A new Edition, Translation, and Commentary. New York, USA: North Point. Press ISBN 978-0-86547-736-0.
2. Burley, Mikel (2000). Hatha Yoga: Its Context, Theory and Practice, Delhi; Motilal Banarsidass. ISBN 978-8120817067.
3. Burley, Mikel (2012). Classical Samkhya and Yoga – An Indian Metaphysics of Experience, Routledge. ISBN 978-0-415-64887-5.
4. Chatterjee, Satischandra; Datta, Dhirendramohan (1984). An Introduction to Indian Philosophy. Calcutta: University of Calcutta.
5. Crangle, Edward Fitzpatrick (1994), The Origin and Development of Early Indian Contemplative Practices. Otto Harrassowitz Verlag.
6. Dass, Baba Hari (1999). The Yoga Sutras of Patanjali: A study Guide for Book I: Samadhi Pada. Santa Cruz, CA: Shri Rama Publishing. ISBN 0-918100-20-8.

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Semester – I

P.G. Diploma in Yoga Education and Philosophy

Session 2022-2023

PAPER – II

Applied Yoga Vijnan

Max. Marks -50

UNIT-I:

Meaning, definition and importance of yoga and health In life. Theories of health, various exercises benefits of Yoga- asana and their values vis-a-vis other system.

UNIT-II: Practice of Yoga- Prepration, Food, Dress, Sequence, Climatic Changes daily routine, Vratas for health, positive and negative factors.

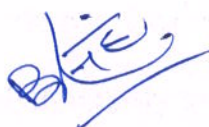
UNIT-III: Life pattern and Yoga- Effects of yoga upon bodily Function, Role of yoga asnas in modern living.

UNIT- IV: Physiology – Constitution Nervous system, Respiratory System, Circulatory system and endocrine glands.

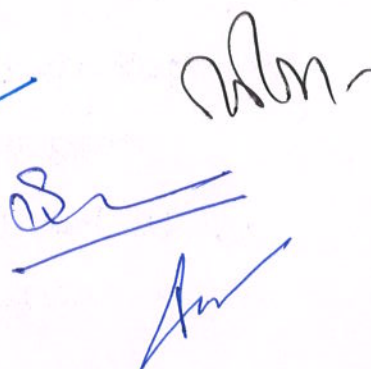
UNIT-V: Aspects of Mind (Topographical and Dynamic) Id, Ego

And super Ego, Conscious, Sub-conscious and Un-

Conscious. Yogic concept of mind and mental process.



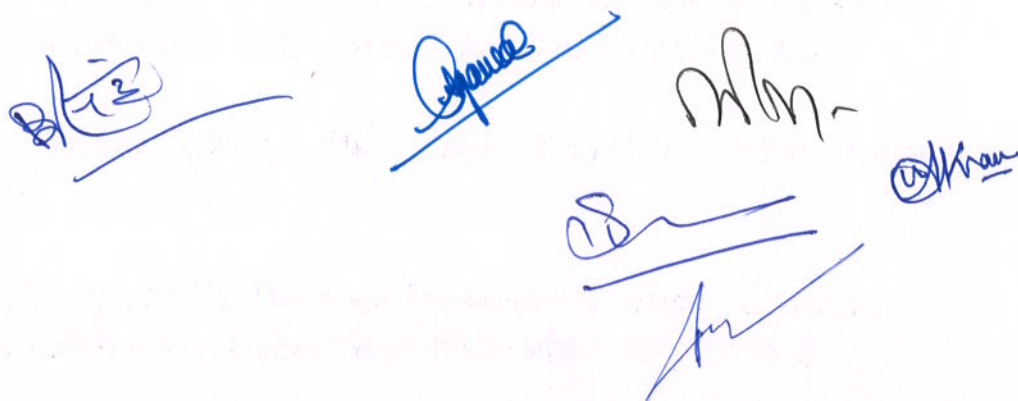






References :

1. De Michelis, Elizabeth (2004). A history of Modern Yoga, London: Continuum. (ISBN 0-8264-8772-6).
2. Deussen, Pauk (1997) Sixty Upanishads of the Veda, Volume I. Motilal Banarsidass apublishers. ISBN 978-8120814677.
3. Dumoulin, Heinrich, Heisig, James W,; Knitter, Paul F. (2005). Zen Buddhism; a History: India and China. India and China World Wisdom. ISBN 978-0-941532-89-1.
4. Eliade, Mircea(1958).Yoga: Immorality and freedom. Princeton: Princeton University Press. ISBN 978-0-691-14203-6.
5. Feuerstein, Georg (1996). The *Shambhala* Guide to Yoga (1st ed.) Boston & London: Shambhala Publication.
6. *Feuerstein, Georg (2001). The Yoga Tradition: Its History, Literature, Philosophy and Practice. Hohm Press. ISBN 978-1-890772-18-5.*
7. Feuerstein, Georg (2002) The Yoga Tradition. Delhi: Motilal Banarsidass.
8. Feuerstein, Georg (2012). The Yoga Tradition. Its History, Literature, Philosophy and Practice. Hohm Press. ISBN 978-1-935387-39-8.



Semester – I

P.G. Diploma in Yoga Education and Philosophy

Session 2022-2023

Practical

(A) Practice Teaching (Indoor) M.M.- 25

Asanas, Kriyas, Pranayams, Class arrangements, Meditation

(B)Practicals M.M.- 25

1. Pawanmuktasana Part- 1,2 &3

2. Asanas:

Relaxation, Pre- meditative, Backward and Forward Bending,,
Spinal Cord Twisting and Bending, Asanas of Vajrasana goup &
Standing Pose ,

3. Nadishodhan and Pranayamas : Sheetal Pranayama,Sheetakari
Pranayama,Ujjayi Pranayama, Bhramari Pranyama.

4. Mudra: Hastmudra,Manmudra, Kayamudra,

5. Bandha: Moolbandha, Jalandharbandha.

6. Shawaasana.

(C) Practical Sessional M.M.- 25

(D)Viva –voce: M.M.- 25

(E) Internal Assessment M.M.- 25

(F) Internship M.M.-25

Total Marks Semester- I - 250

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GOVT. V. Y. T. PG. AUTONOMOUS COLLEGE, DURG (C.G.)

Syllabus

Skill Enhancement Course



Department of Yoga Education

GOVT. V .Y. T. PG. AUTONOMOUS COLLEGE, DURG (C.G.)

Skill Enhancement Course (YOGA)

Preamble

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course the student is taught the concepts of Yoga for the treatment and prevention of various psychosomatic ailments. This course looks at training the enthusiasts to become Yoga therapist so that they could teach yoga under the supervision of a doctor for health and healing.

Aim of the Programme :

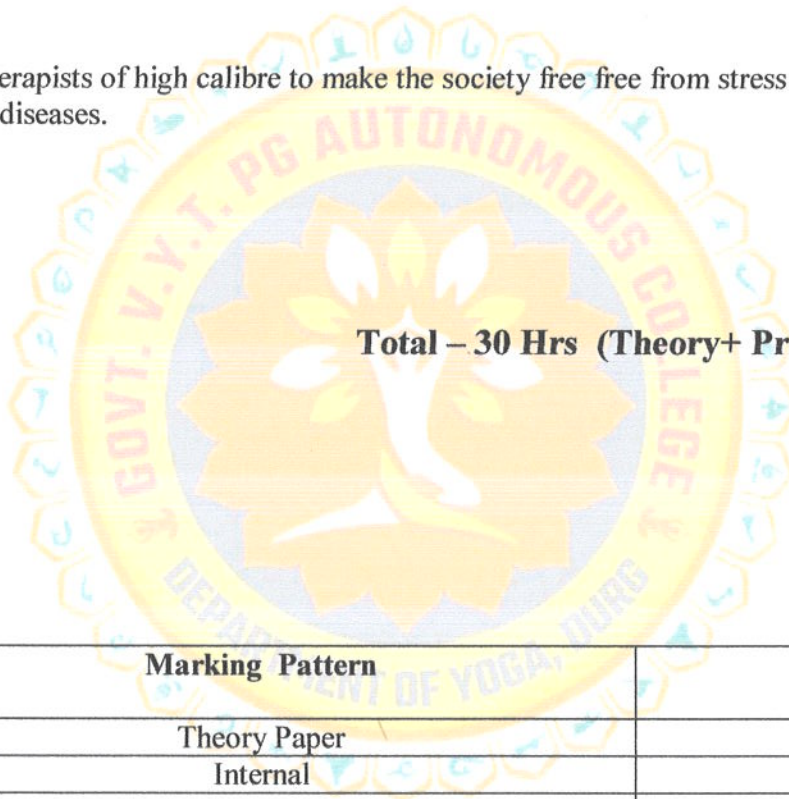
The aim of the programme is to produce "Yoga therapists for a clinical set up"

I. Objectives of the programme

- ✚ To introduce Yoga therapy, its principles and practices of Yoga to people with various lifestyle disorders.
- ✚ To make the people aware of the therapeutic and preventive value of Yoga.
- ✚ To bring peace and harmony in the society at large by introducing the Yogic way of life.
- ✚ To create therapists of high calibre to make the society free free from stress and lifestyle related diseases.

Credit -02

Total – 30 Hrs (Theory+ Practical)



S.No.	Marking Pattern	Marks
1.	Theory Paper	25
2.	Internal	05
3.	Practical's	10
4.	Assignment/ Internship	10
	Total	50 Marks



SEC -01

Semester – I

Subject Title : Foundation of Yoga

Course Objectives: The subject entitled 'Foundation of Yoga' has the following objectives:

- *Students of the UG course will have an understanding about origin, history and development of Yoga.
- *They will have an idea about the insights of Indian philosophy and Astika & Nastika darshanas.
- * Introduction about Yoga according to various yogic texts.

Unit-1: Introduction to yoga [3Hrs.]

Introduction of yoga, concept and meaning of yoga ,Defination, Guru-Shishya parampara .

Unit-2 : Understanding Yog [3Hrs.]

Brief introduction of Ida nadi, Pingla nadi and sushumna nadi ,panch pran,Introduction of saptchakra.

Unit -3 - Yoga in life style

Aim and Objectives of Yoga, Scope of Yoga, Misconceptions of Yoga; Brief about Streams of Yoga; Principles of Yoga, Importance of Yoga,morden life style, Role of yoga in morden living.

Unit 4: General introduction to Indian philosophy [3Hrs.]

Philosophy: meaning, definitions ; Indian Philosophy: Branches (Astika and Nastika Darshanas), Relationship between Yoga and Indian Philosophy.

Unit - 5: Patanjali Yogsutra [3Hrs.]

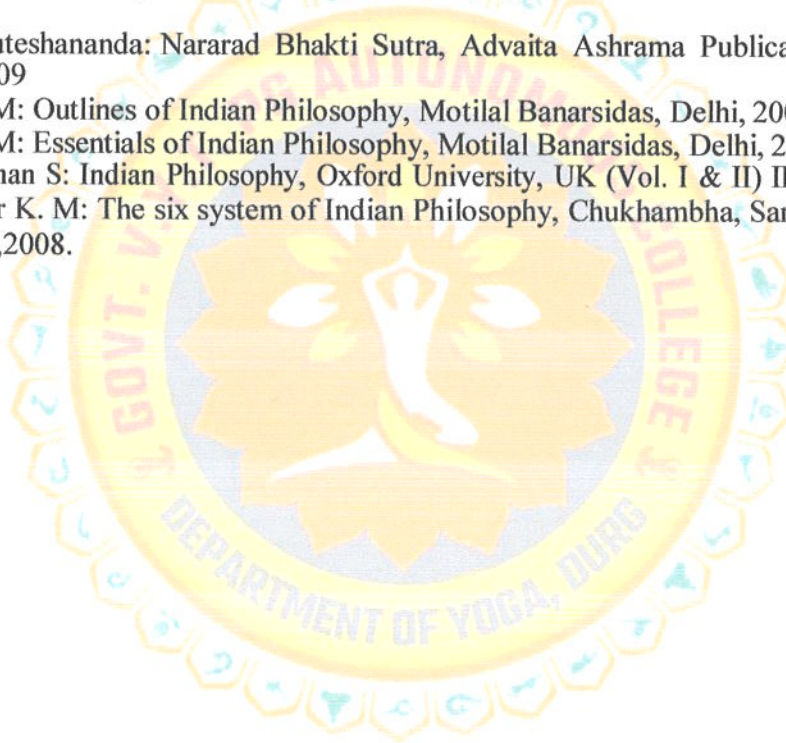
Patanjali yogsutra :- Introduction, division, Chitta, Chitta Vrittiya, Chitta Bhoomiya, Panch Kalesh, Samadhi, Dhayan, Panchklesh.

Unit-5 : Understanding Yoga [3Hrs.]

Brief introduction of Ida nadi, Pingla nadi and sushumna nadi ,panch pran , Introduction of saptchakra.

BOOKS FOR REFERENCE :-

1. Lal Basant Kumar : Contemporary Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd, Delhi, 2013
2. Dasgupta S. N : History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
3. Singh S. P : History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010
4. Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010.
5. Agarwal M M: Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
6. Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
7. Hiriyanna M: Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
8. Hiriyanna M: Essentials of Indian Philosophy, Motilal Banarsidas, Delhi, 2008
9. Radhakrishnan S: Indian Philosophy, Oxford University, UK (Vol. I & II) II Edition, 2008
10. Max Muller K. M: The six system of Indian Philosophy, Chukhambha, Sanskrit series, Varanasi, 6th Edition, 2008.



Practicals :-

- Pawan Mukta Asanas 1.

