

DEPARTMENT OF YOGA

COURSE CURRICULUM & MARKING SCHEME

PG DIPLOMA IN YOGA EDUCATION & PHILOSOPHY Semester - II

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)

Phone : 0788-2212030

Website - www.govtsciencecollegedurg.ac.in, Email – autonomousdurg2013@gmail.com

Semester – II

P.G. Diploma in Yoga Education and Philosophy

Session 2022-2023

PAPER – I

Yoga Philosophy

Max. Marks -50

UNIT-I :

The subject matter of Yoga Philosophy – Samkhya: Prakriti, Purusha and Cosmology: Brahman, Soul and Maya.

UNIT-II :

Different system of Philosophy: Pancha Mahavrata – Jainism Ashtang Marg – Buddhism, Charwak Darshan – Sukhveda

UNIT-III :

Hathyoga paradipika (Introduction, pranayam, Shatkarm Nadanusandha).

UNIT-IV :

Kinds of Yoga : Hatha Yoga, Kundalini, Jnana, Laya.

UNIT-V :

Psychosomatic disorders (meaning and types) their Management through Yoga, Aging-- Itsss Problems and management through Yoga.

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References:

1. Flood, Gavin D. (1996). An Introduction of Hinduism. Cambridge University Press.
2. Goldberg, Philip (2010). American Veda. From Emerson and Beatles to Yoga Meditation. How Indian spirituality Changed the west. New York. Harmony Books. ISBN – 978-0-385-52134-5.
3. Hari das Baba (1978). Ashtang Yoga Prime. Santa Crus; Shri Ram publishing. pp. cover. ISBN – 978-0-918100-04-7.
4. Kundakunda. Niamasara.
5. Larson, Gerald James (2008). The Encyclopedia of Indian Philosophies; Yoga : Indian's philosophy of meditation. Motilal banarsidass. ISBN 978-81-208-3349-4.
6. Mallinson, James (2011). "Hatha Yoga" . In Jacobsen, Knut A. : Basu, Helene (eds.). Brill's Encyclopedia of Hinduism. Volume 3. NRILL.

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P.G. Diploma in Yoga Education and Philosophy

Session 2022-2023

PAPER – II - Hatha Yoga

Max. Marks-50

UNIT-I: Gher and Samhita (Introduction, Shatkarm, Dhyana, Pranayama and Samadhi).

UNIT-II: Pranayama –Its meaning methods, kinds, precaution and benefits.

UNIT-III: Shuddhi Kriya- Shatkarma, its method and utility.

UNIT-IV: Bandha and Mudras- Methods and benefits.

UNIT-V: Samadhi, Different System of Meditation.

BK/10
24/7/22

Pranayama

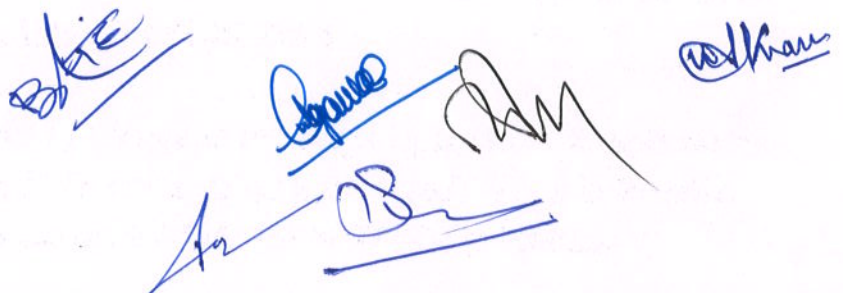
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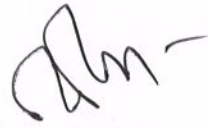
BM/Pranayama

References :

1. Mallinson, James (28 June 2012). "Saktism and Htahayoga" (PDF). Archived from originl PDF on 16 June 2013. Retrieved 19 September 2013.
2. Mallinson, James;; Singleton, Mark (2017). Roots of Yoga. Penguin Books. ISBN 978-0-241-25304-5. OCLC 928480104.
3. Mehta, Silva; Mehta, Mira;Mehta, Shyam(1990). Yoga: The Iyenger Way, Dorling Kindersely. ISBN 978-0-86318-420-8.
4. Muller, Max (1899). Six systems of Indian philosophy; Samkhya and Yoga, Naya and Vaiseshika. Calcutta: Susil Gupta India Ltd.ISBN 0 7661-4296-5.Reprint edition; Originally published under the title of "The Six Systems of Indian Philosophy".
5. Possehl, G. (2003). The Indus Civilization; A Contemporary perspective. Rowman Altamira. ISBN 978-0-7591-0172-2.
6. Radhakrishnan, S. (1971). Indian Philosophy II. London:George Allen &Unwin Ltd.
7. Radhakrishnan, S. Moore, C.A. (1967). A source Book in Indin Philosophy. Princeton..ISBN 0-681-01958-4.
8. Ruff, Jeffrey Clark (2011) " Yoga in the Yoga Upanisad; DisCIPLIENES of The Mystical OMSound" In white david gordon (ed). Yoga in Practice. Princeton University press pp. 97-116. ISBN 978-0691140865.
9. Samuel, Geoffrey (2008). The Origin of Yoga and Tantra.Cambridge University Press. ISBN – 978-0-521-69534-3.

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10.Satyananda , Swami (2008) (1996). Asana Pranayama Mudra Bandha
(PDF). Munger;l Yoga Publication Trust. ISBN 978-81-86336-14-4.



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. Balancing asanas,
2. Asanas of Higher group,
3. Surya Namaskar,
4. Pranayama: Suryabhedhi pranayama, Bhastrika, Pranyama, Kapalabhati
Pranayama & Moorcha Pranayama,
5. Bandha: Uddiyan Bandha & Mahaabandha
6. Mudra: Bandha Mudrayen & Aadhaar Mudrayen,
7. Shatkarma,
8. Dhaayana & Yoganidra.

(C)PPT Presentation

M.M.- 25

(D) Viva-voce

M.M.- 25

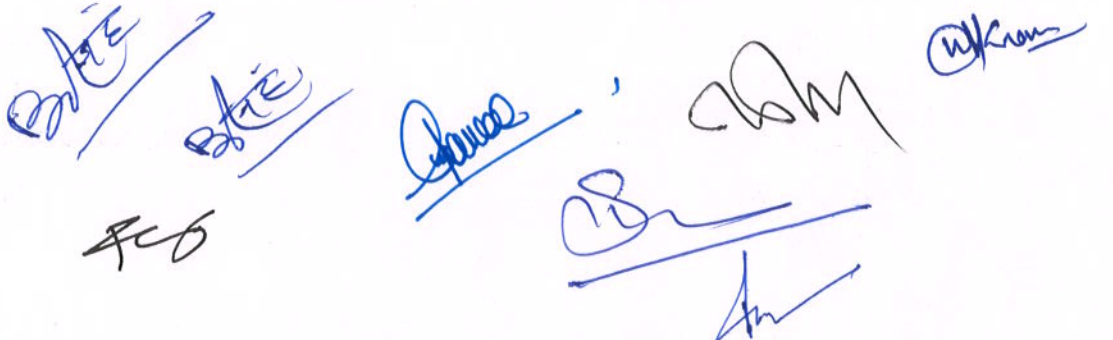
(E) Internal Assessment

M.M.- 25

(F) Internship

M.M.- 25

Total Marks Semester-II – 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.)

SEC-02

Semester – II

Subject Name: Introduction to yoga

Course Objectives:

By introducing hatha Yoga & its texts, students shall be able to-

- Have an understanding about pre-requisites, principles about Hathayoga.
- Understand the relationship between Patanjala and Raja yoga.
- Have an understanding about the concept of yoga in other yogic texts.

Unit - I: General introduction to Hatha yoga

[3 Hrs.]

Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions, Philosophy and Foundations, Natha Cult Hatha Yogis and their contribution; Ghatashudhi: its importance and relevance in Hatha Yoga sadhana; Inter-relation of Hatha Yoga and Raja Yoga.

Unit - 2: Pre-requisites

[3 Hrs.]

Concept of Mitahara, Pathya (conducive) and Apathya (non-conducive), Types of aspirants; Dasha Yama and Niyama and its relevance in Hatha Yoga Sadhana.

Unit - 3: Principles and Introduction to Hatha Yoga texts

[3 Hrs.]

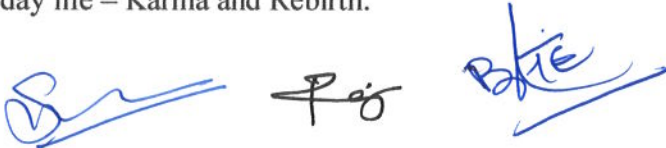
Concept of Swas-prashwas, Vayu, Prana and Upaprana, Nadi, Swar, Chakra and Granthi, Concept of Samadhi.

Unit- 4 : Kinds of Yoga- Jnaana Yoga, Bhakti Yoga, Raj Yoga and Karma Yoga. [3 Hrs.]

Unit-5: Relationship between Patanjala Yoga and Hatha Yoga

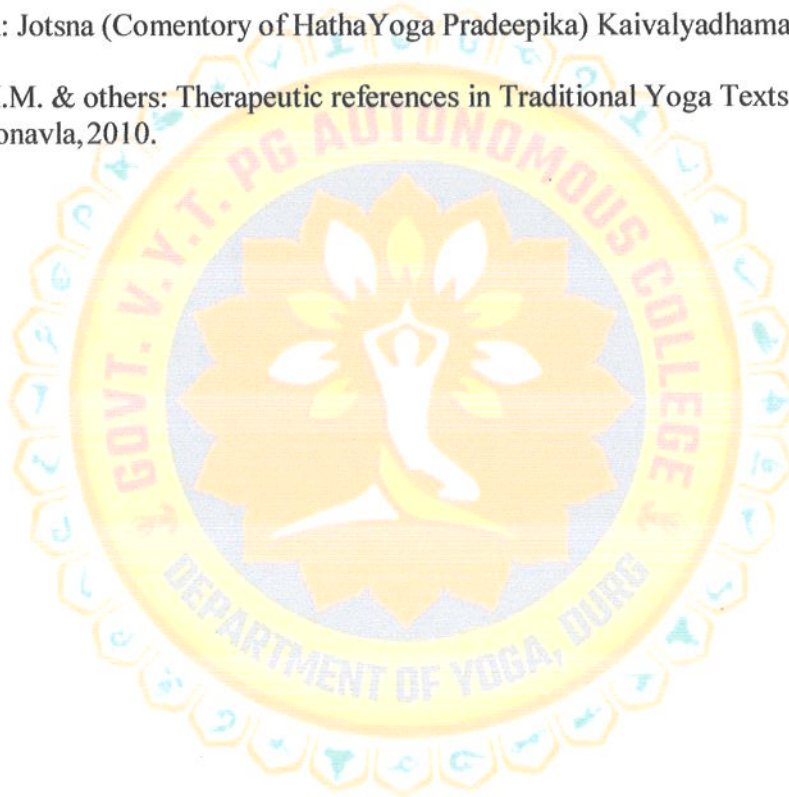
[3 Hrs.]

Patanjala Yoga: Philosophical Foundations of Patanjala Yoga, Ashtanga Yoga of Patanjali, Relevance of Patanjala Yoga in day-to-day life; Hatha Yoga: Philosophical Foundations of Hatha Yoga, Hatha Yoga Sadhana, Chaduranga Yoga and Saptanga Yoga, Relevance of Hatha Yoga in day-to-day life – Karma and Rebirth.






BOOKS FOR REFERENCE :-

1. Swami Muktibodhananda Saraswati Sahay G.S.: Hatha Yoga Pradeepika, Bihar school of yoga publications, Munger, 2000.
2. HathaYoga Pradeepika of Svratmarama, MDNIY Publication, 2013.
3. Sharma BR: Jotsna (Comentory of HathaYoga Pradeepika) Kaivalyadhama, Lonavala, 2013.
4. Gharote, M.M. & others: Therapeutic references in Traditional Yoga Texts, the Lonavla Institute, Lonavla, 2010.



Practicals :-

- **Pawan Mukta Asanas II.**



Name of course : Yoga Education and Philosophy



GOVT. V.Y.T. PG AUTONOMOUS COLLEGE, DURG

Integration of crosscutting issues relevant to Professional Ethics, Gender, Human Values, Environment and Sustainability, Human Values into the Curriculum.

With increasing pollution levels and changing lifestyles, the risk of disease is also growing substantially in the present times. As a need of the hour, people are also becoming more conscious about their health. Moreover, in this era of cut-throat competition, it isn't just the physical fitness that people are worried about but also their mental wellness. Therefore, the revival of yoga in the present times has come as a boon to mankind.

Yoga in its original form includes a set of physical exercises or body postures called asanas and breathing exercises called pranayama. Yoga not only helps you to stay physically fit but also helps you in calming your mind. Due to its holistic approach and connect with nature, Yoga has significant advantages over other standard forms of exercise.

There is a growing demand for Yoga professionals today and if an out-of-the-box career is your pick, Yoga has a vast scope of both professional growth and personal fulfillment.

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Career opportunities in Yoga that you will be looking at after completing your yogic studies are job roles such as a yoga teachers, research officer in yoga and naturopathy, yoga instructor, yoga therapist, clinical psychologist, etc.

Yoga professionals are often employed by resorts, gyms, health centers, and educational institutions. But, these days, large corporates and renowned professionals are also hiring yoga instructors while many are also opting for a flexible schedule as a self-employed.

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Name of course : Yoga Education and Philosophy

Programme: Post Graduate Diploma in Yoga Education & Philosophy (PGDYP)

Programme Outcomes

PO1. At the end of the course the students will be able to understand traditional Indian Yoga systems; the philosophy of the Yoga systems and the new thought in Yoga movement in the country.

PO2. The students will be able to understand the principles of Hatha Yoga and the practical knowledge in this field.

PO3. The programme will develop basic understanding of the human anatomy, the human physiology and a deeper understanding of the human systems along with meditations.

PO4. The students will be introduced to the essential elements of a yogic life style, the concept of health and disease and their remedies through yoga practices. They will also learn the overview of the traditional knowledge of the country.

PO5. The students will be introduced to regular and rigorous practice (sadhana) of yoga practices that would make them disciplined and knowledgeable Yoga teachers

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Name of course : Yoga Education and Philosophy

Programme Specific Outcomes (PSO) :-

The aim of the programme is to propagate and promote yoga for positive health.

This programme will :-

- Introduce basic concepts of preventive health and health promotion through yoga.
- Introduce concepts of Human Body to the students so as to making their
- Develop clear understanding about the benefit and contraindication of Yoga practice and to train teachers on preventive health and promotion of positive health through yoga and personality development.

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Course Outcome (CO)

S.N.	Title of the course	Course Code	Course Outcome
01	Theoretical Yoga Vijnan	Sem I/Paper –I PGDYP101	CO1: To learn Traditional Indian Yoga systems.
			CO2 : To understand The philosophy of the Yoga systems
			CO3 : To learn new thought in Yoga movement in the country
			CO4 : Will gain in-depth understanding of fundamental and applied scientific concepts and methods of Yogic Science and allied Science
			CO5: After completing the course, a student of yoga sciences & Holistic Health can find a career to teach and spread the knowledge in schools, colleges, health centers.
02	Applied Yoga Vijnan	Sem I/Paper –II PGDYP102	CO1: To introduce the essential elements of a yogic life style.
			CO2 : To introduce the concept of health and disease.
			CO3 : To give an understanding of the concept of ill health and their remedies through yoga
			CO4 : To give an overview of the five sheath human existence.
			CO5: To learn methods of natural healing methods

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03	Yoga Philosophy	Sem II/Paper –I PGDYP201	CO1: To teach the concept of yoga and personality development.
			CO2 : To teach the concept of Yoga education and values.
			CO3 : To understand the different type of yogas.
			CO4 : To help maintain the yoga practise or Sadhana.
			CO5: TO be able to execute and understand stress, depression, anxiety, sleep disorders remover through yoga management.
04	Hatha Yoga	Sem II/Paper –II PGDYP202	CO1: The students will learn the procedures of Pranayama.
			CO2: The procedures of executing Bandha and Mudras.
			CO3 : The students will learn the procedures of balancing asans,pranayams and be able to execute these.
			CO4 : The students have to organize Yoga camps/ Workshops. Each students of Diploma would organize at least one Yoga Training Camp / Workshops under the supervision of a Yoga teacher.
			CO5: To teach yoga modules specific to Physical Stamina, Voice Culture, Eye sight, Memory,Concentration,Creativity, IQ, Anger Management

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