

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

**Syllabus  
Value Added Course**



**(Session 2022-23)**

**Department of Yoga Education  
GOVT. V. Y. T. PG. AUTONOMOUS COLLEGE, DURG (C.G.)**

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## Skill Enhancement Course (YOGA)

### **Preamble**

The tradition of Yoga has always been passed on individually from teacher to students 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 therapist for a clinical set up”

### ● Objectives of the programme

- ✦ To introduce Yoga therapy, its principle and practice of Yoga to people with various lifestyle disorders.
- ✦ To make the people aware of the therapeutic and prevention 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 from stress and lifestyle related disease.

**Credit – 02  
Practical)**

**Total 30 Hrs (Theory+**

<b>S. No.</b>	<b>Marking Pattern</b>	<b>Marks</b>
<b>1.</b>	Theory Paper	25
<b>2.</b>	Practical	25
	<b>Total</b>	<b>50 Marks</b>

## **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 yogic texts.

## Syllabus

Introduction of yoga, meaning and definition, Brief introduction of Ida, pingla and sushumna Nadi, Importance of yoga, modern life style, role of Yoga in modern living, Philosophy-meaning and definition, relationship between yoga and Indian philosophy, general introduction Patanjali Yog Sutra(Ashtang yoga).

### • **Practical**

#### • **Asanas :**

- Pawanmuktasna part -1
- Shanti Path(OM Chant)
- Standing asanas
- Spinal cord twisting and bending asanas
- Shawaasana

#### **Pranayam :**

- Nadi shodhan Pranayam - anulom vilom
- Bhramri Pranayama
- Kapalbhati Pranayama

### 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.
11. Saraswati Swami Satyananda : Asana Pranayama Mudra Bandha, Yoga Publicatons Trust , Munger, Bihar , India, Year 2009 (reprinted)

## **SEC -02**

### **Semester - II**

**Subject Title :** Introduction to yoga

#### **Course Objectives :**

- By introduction yoga and its texts, students shall be able to understanding about pre-requisites, principles about yoga.
- Understand the relationship between Patanjali and Hath yoga.
- Have an understanding about the Human body.

#### **Syllabus**

Practice of yoga preparation, Food, Vratas, Dress, General Introduction of Karma yoga and Ashtang yoga, General Introduction to Hatha yoga (Meaning, Definition and seven Chakra), Brief Introduction of Human Body Respiratory and Digestive System.

#### **Practical – 2**

##### **Asanas**

Pawanmuktasana part -2

Pre- Meditative Asanas (Padmasana and Sukhasana)

Balancing Asanas

Backward and forward bending

##### **Pranayam**

Bhastrika Pranayama

Shitkari Pranayama

Ujjayi Pranayama

**BOOKS FOR REFERENCE :-**

1. Swami Saraswati Sahay G.S. Hatha Yoga Pradeepika , Bihar School of Yoga publications , Munger , 2000.
2. Hathyoga Pradeepika Svatmarama, MDNIY Publication, 2013.
3. Sharma BR : Jotsna (Comentory of HathaYoga Pradeepika) Lonavala, 2013.
4. Gharote, M.M. & others : Therapeutic references in Traditional Yoga Texts, Lonavla Institute, Lonavla 2010.
5. Saraswati Swami Satyananda : Asana Pranayama Mudra Bandha, Yoga Publicatons Trust , Munger, Bihar , India, Year 2009 (reprinted)