

P.G. DIPLOMA IN YOGA EDUCATION AND PHILOSOPHY











(Session 2024-25)

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

DEPARTMENT OF YOGA EDUCATION & PHILOSOPHY

Board of Studies members (Session 2024-25)

S.No.	Category	Name	Address	Signature
1.	Chairperson	Shri Laxmendra Kuldeep	Head of Deptt Yoga Education and Philosophy, Govt. V.Y.T. PG Auto College, Durg (C.G)	
2.	Subject Specialist	Dr. Nisha Goswami	Head Of Department Dep. Of Yoga n MSW BHARTI Vishwavidhalya, Durg (C.G)	
		Dr. Dileshwari sahu	Assistant professor Department Of Yoga, Dev Sanskriti Vishwavidyalay a Sankara - Kumhari, Durg, Chhattishgarh	
		Dr. Yogesh sahu	Assistant professor Dep. Of physical education & Yoga MATS University Raipur,(C.G.)	 16.08.24

		Dr. D.K. Namdev	Director, Sports, Hemchand Yadav University, Durg (C.G)	
4.	VC Nominated Member	Dr. Bhagwant Singh (Retired)	Professor & Head SOS, Pt. R.S.U. Raipur (C.G)	
5.	Corporate/ Industrial area Representative	Shri Ashok Maheshwari	Founder of Yoglanger samiti, Risali sector, Bhilai, Durg (C.G)	
6.	Ex. Meritorious Student PG	Smt. Priyanka Agrawal	Self running yoga class (Shrimrityunjay yog class)	
7.	Subject expert from other Department	Dr. Deshmukh	Professor Deptt. of geology Govt.V.Y.T.PG. Auto. College, Durg (C.G)	


16/8/24




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P.G. DIPLOMA IN YOGA EDUCATION AND PHILOSOPHY

INTRODUCTION TO THE PROGRAMME

Yoga is essentially practical subject based on externally subtle science, Which focuses on bringing harmony between mind, body and spirit. It is a very powerful means to achieve physical mental and emotional well being, yoga paves the way to discover the self, the external world and the nature. If is an art and science 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	:	No

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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:

DIVISION	Percentage range	Grade
First	80 and above	A – Excellent
First	60 to 79.99	B –Very good
Second	45 to 59.99	C – Good
Pass	40 to 44.99	D - Satisfactory
Unsuccesfull	Below 39.99	E - Unsatisfactory

Student are required to score at least 40% marks in practical as well as final Examination separately. In the overall 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- I	Theoretical Yoga Vijnan	50 Marks
Paper- II	Applied Yoga Vijnan	50 Marks

Practical	
(A) Practice Teaching (Indoor)	25 Marks
(B) Practical	25 Marks
Sesional (Practical File)	25 Marks
Viva	25 Marks
Internal Assessment + Internship	50 Marks
Total	250 Marks

Practical A- Practice Teaching + Sessional (Practical File) -50 marks

Practical B- Practical + Viva Voice- 50 marks

Internal Assessment + Internship- 50 marks

Semester -II

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

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

Practical A- Practice Teaching + PPT Presentation -50 marks

Practical B- Practical + Viva Voice- 50 marks

Internal Assessment + Internship -50 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 (2024-25)

PAPER – I Theoretical Yoga Vijnan

Max. Marks -50

- UNIT-I** : Introduction to Yoga: The concept, meaning, definition and tradition of Yoga, Guru- Shishya Parampara (types and meaning).
- UNIT –II** : Basic text of yoga -- Patanjali Yogasutra (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 Saraswati and Shivananda Saraswati.

Reference:

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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Syllabus

Semester – I

P.G. Diploma in Yoga Education and Philosophy Session (2024-25)

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– Central Nervous System, Respiratory System, Blood Circulatory System, Digestive 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.

Reference;

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.umo
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.

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Syllabus

Semester – I

P.G. Diploma in Yoga Education and Philosophy Session (2024-25)

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 group & Standing Pose

3. Nadishodhan and Pranayamas
Sheetali Pranayama
Sheetakari Pranayama
Ujjayi Pranayama
Bhramari Pranyama

4. Mudra
Hastmudra
Mann mudra
Kayamudra

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5. Bandha

Moolbandha

Jalandharbandha

6. Shawaasana

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| (C) Practical Sessional | M.M.- 25 |
| (D) Viva –voice: | M.M.- 25 |
| (E) Internal Assessment | M.M.- 25 |
| (F) Internship | M.M.- 25 |
| Total Marks Semester- I - 250 | |

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Syllabus

Semester – II

P.G. Diploma in Yoga Education and Philosophy Session (2024-25)

PAPER – I Yoga Philosophy

Max. Marks -50

- UNIT-I** : The subject matter of Yoga Philosophy Samkhya : Prakriti, Purusha and Cosmology, Vedant: Brahma, Soul and Maya.
- UNIT –II** : Different system of Philosophy :
 - Pancha Mahavrata – Jainism
 - Ashtang Marg – Budhhism
 - Charwak Darshan – Sukhvaad (Hedonism)
- UNIT-III** : Hathyoga paradipika (Introduction, Pranayam, Shatkarm Nadanusandhan).
- UNIT-IV** : Kinds of Yoga; Hatha Yoga, Kundalini Yoga, Jnana Yoga, Laya Yoga
- UNIT-V** : Psychosomatic disorders with special reference to Stress, Depression, Anxiety, Sleeping Disorders, Insomania and their Management through Yoga, Yoga and life satisfaction, Aging-- It's Problems and Management through Yoga.

Reference:

1. Flood, Gavin D. (1996). An Introduction of Hinduism. Cambridge University Press.
2. Goldberg, Philip (2010). American Veda. From Emerson and Beatles ot 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.

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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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Semester – II

P.G. Diploma in Yoga Education and Philosophy Session (2024-25)

PAPER – II Hatha Yoga

Max. Marks-50

- UNIT-I** : Gherand Samhita (Introduction, Shatkarm, Dhyan, Pranayam 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 benifits.
- UNIT-V** : Samadhi, Different System of Meditation.

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.

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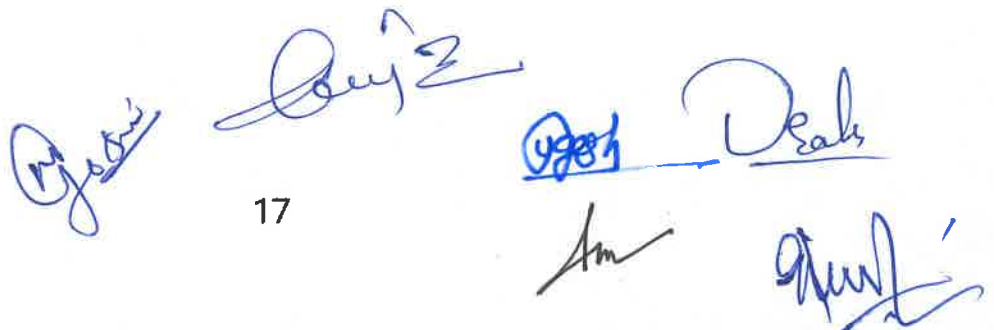
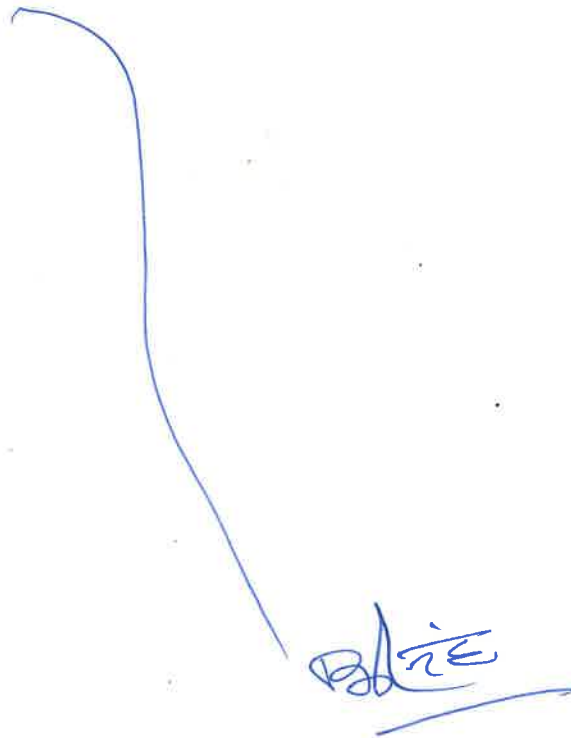
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7. Radhakrishnan, S. Moore, C.A. (1967). A source Book in Indian Philosophy. Princeton..ISBN 0-681-01958-4.
8. Ruff, Jeffrey Clark (2011) " Yoga in the Yoga Upanisad; Disciplines of The Mystical OMSound" In white david gordon (ed). Yoga in Practice. 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.
- 10.Satyananda , Swami (2008) (1996). Asana Pranayama Mudra Bandha (PDF). Munger;I Yoga Publication Trust. ISBN 978-81-86336-14-4.



Syllabus
Semester – II
P.G. Diploma in Yoga Education and Philosophy
Session (2024-25)
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
Pranayama, Kapalabhati Pranayama & Moorchha
Pranayama,
5. Bandha: Uddiyan Bandha & Mahaabandha
6. Mudra: Bandha Mudrayen & Aadhaar Mudrayen,
7. Shatkarma,
8. Dhaayana & Yoganidra.


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(C) PPT Presentation	M.M.- 25
(D) Viva-voice	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. P.G. AUTONOMOUS COLLEGE, DURG(C.G.)

Syllabus

Value Added Course



(Session 2024-25)

Department of Yoga Education

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

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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 breathe slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop 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.

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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

Total 30 Hrs (Theory+ Practical)

S. No.	Marking Pattern	Marks
1.	Theory Paper	25
2.	Project Work/ Home Assignment/ Internal/ Practical	25
	Total	50 Marks



VAC -01

Value Added Course in Yoga

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&Nastikadarshanas.

*Introduction about Yoga according to yogic texts.

Introduction of yoga, meaning and definition, Brief introduction of Ida, pingla and sushumnaNadi, 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 :

Shanti Path (Mantras)

Pawanmukt Asana Part-1 and Part- 2

Standing Asanas, Spinal Cord Twisting and Bending Asanas

Shawasana

Pranayam :

Nadishodhan Pranayam

Anulomvilom, 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. Hiriyanma M: Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
8. Hiriyanma 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)

