**Kurukshetra University, Kurukshetra**

**Scheme of Examination for P.G. Diploma in Yoga (One Year Course)**

**Credit Base Semester System implemented form session 2019-2020**

**Semester - I**

 **Credits= 21 Total Marks = 600**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Paper Code** | **Subjects** | **Type****of Course** | **Contact Hours Per Week** | **Credit** | **Examination Scheme** | **Total** | **Duration of Exam** |
| **Theory** | **Practical** |  **Total** | **Theory** | **Practical** | **Total** | **Internal Assessment** | **Theory** | **Practical** |
| PG DY 101 | Yog Parichya |  CCC | 04 | -- | 04 | 04 | -- | 04 | 20 | 80 | -- | 100 | 3 hours |
| PG DY 102 | Anatomy and Physiology for Yogic Practices |  CFC | 04 | -- | 04 | 04 | -- | 04 | 20 | 80 | -- | 100 | 3 hours |
| PG DY 103 | Traditional Yoga  |  CFC | 04 | -- | 04 | 04 | -- | 04 | 20 | 80 | -- | 100 | 3 hours |
| PG DY 104 | Teaching Methodology of Yogic Practices |  CCC | 04 | -- | 04 | 04 | -- | 04 | 20 | 80 | -- | 100 | 3 hours |
| PG DY 105 | **Practical**:Demonstration of Asana  |  CCC |  | 05 | 05 | - | 2.5 | 2.5 | - | - | 100 | 100 | -- |
| PG DY 106 | **Practical**:Demonstration of Pranayama and Shatkarmas |  CCC | -- | 05 | 05 | -- | 2.5 | 2.5 | -- | -- | 100 | 100 | -- |
|  **Total** |  | 16 | 10 | 26 | 16 | 5 | 21 | 80 | 320 | 200 | 600 |

**C.C.C = Compulsory Core Course C.F.C = Compulsory Foundation Course**

 **Kurukshetra University, Kurukshetra**

**Scheme of Examination for P.G. Diploma in Yoga (One Year Course)**

**Credit Base Semester System implemented form session 2019-2020**

**Semester - II**

 **Credits= 21 Total Marks = 600**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Paper Code** | **Subjects** | **Type****of Course** | **Contact Hours Per Week** | **Credit** | **Examination Scheme** | **Total** | **Duration of Exam** |
| **Theory** | **Practical** | **Total** | **Theory** | **Practical** | **Total** | **Internal Assessment** | **Theory** | **Practical** |
| PG DY 201 | Naturopathy |  CCC | 04 | -- | 04 | 04 | -- | 04 | 20 | 80 | -- | 100 | 3 hours |
| PG DY 202 |  Anatomy and Physiology for Yogic Practices |  CFC | 04 | -- | 04 | 04 | -- | 04 | 20 | 80 | -- | 100 | 3 hours |
| PG DY 203 | Hathyog |  CFC | 04 | -- | 04 | 04 | -- | 04 | 20 | 80 | -- | 100 | 3 hours |
| PG DY 204 | Yoga and Health |  CCC | 04 | -- | 04 | 04 | -- | 04 | 20 | 80 | -- | 100 | 3 hours |
| PG DY 205 | **Practical**:Demonstration of Asana, Pranayama and Shudhikriya  |  CCC |  | 05 | 05 | - | 2.5 | 2.5 | - | - | 100 | 100 | -- |
| PG DY 206 | **Practical**:Teaching Practices of Asana, Pranayama and Shatkarmas |  CCC | -- | 05 | 05 | -- | 2.5 | 2.5 | -- | -- | 100 | 100 | -- |
| **Total** |  | **16** | **10** | **26** | **16** | **5** | **21** | **80** | **320** | **200** | **600** |

**C.C.C = Compulsory Core Course C.F.C = Compulsory Foundation Course**

**PG Diploma in Yoga –Syllabus**

**Modification/Revision in PG Diploma in Yoga Syllabus of Semester C.B.S.S. Scheme w.e.f. 2019-20**

The duration of the course leading to the PG Diploma in Yoga will be one year having two semesters. In the first & second semesters there will be twelve courses in which eight Theory & two Practicals each.

Theory papers will be of 100 marks each (80 marks for external evaluation and 20 marks for internal assessment). Practical will be of 100 marks mentioned in the Scheme. External and Internal examiners will evaluate practical jointly.

Internal Assessment will be based on the guidelines released by University.

In each theory paper, the candidate will be required to attempt five questions having fifteen marks for each long answer type question and ten questions having two marks of short type questions which is compulsory.

All theory papers in both semesters are having four credits.

**P.G. Diploma in YOGA – 1ST SEMESTER**

**(From session 2019-2020)**

**Paper- (101): YOG PARICHAYA**

**Time: 3 Hours Maximum Marks: 100 (External: 80 + Internal: 20)**

 **Credit: 4**

**Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.**

1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.
2. Question No. 9 will be compulsory and will carry 20 marks. It will comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.

**Course Objectives:-**

Students will be educated with the knowledge of Yoga along with its elements and activities.

**Learning Outcomes:-**

**After completion of the course contents of this paper, the student will be able to:**

1. Understand basic concept of yoga and its developmental aspects as philosophy, meditation and its various forms.
2. Gain knowledge about various forms of yoga such as Hath yoga, Raj yoga, Bhakti yoga, karma yoga, Gyan yoga and Laya yoga.
3. Adopt knowledge about various yogic practices such as asanas, pranayamas and kriyas along with their processes and benefits.
4. Gain knowledge about yogic therapies, chakras, prayers and mantras and their uses in physical and psychological well being.

**UNIT-I**

 (i) Origin of Yoga & developmental aspect.

 (ii) Meaning & importance of Yoga in modern Era.

(iii) Yoga as a Science or Art, Yog Philosophy.

(iv) Meaning of meditation according to Charandass and Gherand its types & principles.

**UNIT- II**

(i) Various types of Yoga

(ii) Hatha Yoga, Raja Yoga, Laya Yoga,

 Bhakti Yoga, Gyan Yoga, Karma Yoga.

 (iii) Asthang Yoga.

**UNIT -III**

(i) Principles of Yogic Practices.

 (ii) Meaning of Asana, its types and principles.

 (iii) Meaning of Pranayama, its types and principles.

 (iv) Meaning of Kriya its types and principles.

**UNIT -IV**

(i) Yogic therapies and modern concept of Yoga

 (ii) Chakra its types and Role in yogic Practices

 (iii) Meaning and importance of prayer.

 (iv) Psychology of mantras.

**References:**

*Brown, F. Y.(2000). How to use yoga. Delhi:Sports Publication.*

*Gharote, M. L. &Ganguly, H. (1988). Teaching methods for yogic practices.Lonawala:*

*Kaixydahmoe.*

*Rajjan, S. M. (1985). Yoga strenthening ofrelexation for sports man. New Delhi:Allied*

*Publishers.*

*Shankar,G.(1998). Holistic approach of yoga. New Delhi:Aditya Publishers.*

*Shekar,K. C. (2003). Yoga for health. Delhi: Khel Sahitya Kendra.*

**PAPER- (102): ANATOMY AND PHYSIOLOGY FOR YOGIC PRACTICES**

**Time: 3 Hours Maximum Marks: 100 (External: 80 + Internal: 20)**

 **Credit:4**

**Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.**

1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.
2. Question No. 9 will be compulsory and will carry 20 marks. It will comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.

**Course Objectives:-**

1. To acquaint the students with basic knowledge of Human Anatomy, Physiology and effects of yogic practices on body.
2. To provide knowledge about functions and types of bones, variations and functioning of joints along with anatomy and physiology of muscles.
3. To provide knowledge about structure of respiratory and cardio-vascular system.
4. To acquaint the students with different processes of digestive and nervous system.

**Learning Outcomes:**

**After completion of the course contents of this paper, the student will be able to:**

1. Gain knowledge about basic knowledge Human Anatomy, Physiology and effects of yogic practices on body.
2. Adopt knowledge about functions and types of bones, variations and functioning of joints along with anatomy and physiology of muscles.
3. Adopt knowledge about blood, its constituents and functioning of cardio-vascular system.
4. Understand about different processes of digestion and anatomy and physiology of nervous system.

**UNIT-I**

(i) Meaning and definition of Anatomy and Physiology.

(ii) Importance of Anatomy and Physiology for Yogic Practice.

 (iii) Introduction of Living Cell.

 (iv) Introduction of Tissue and Organ.

**UNIT-II**

(i) Skeleton system; Meaning and Function of Skeleton, Types of Bones in Human Body.

(ii) Joints; Meaning and Types of joints in human body.

(iii) Muscular System: Types of muscles, Gross Structure of Skeletal Muscle, Functions of Muscles.

**UNIT-III**

 (i) Blood and Circulatory System: Constituents of blood and their functions, structure of the heart, types of blood circulation: Systematic, Pulmonary and Coronary, Meaning of Blood Pressure, Heart Rate, Stroke Volume and Cardiac output.

(ii) The Respiratory System: Organs of Respiratory system and their functions, Structure of lungs, exchange of gases in the lungs and tissues, Meaning of various lung capacities and volumes, oxygen debt, second wind.

**UNIT-IV**

 (i) The Digestive System: Organ of Digestive System, Structure and Functions of the Digestive System.

 (ii) Nervous System: Organs, Structure and Functions of the Nervous System.

**References:**

*Gupta, A. P. (2010). Anatomy and physiology. Agra: SumitPrakashan.*

*Gupta, M. and Gupta, M. C. (1980). Body and anatomical science. Delhi: Swaran Printing Press.*

*Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B.Saunders.*

*Karpovich, P. V. (n.d.). Philosophy of muscular activity. London: W.B. Saunders Co.*

*Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.*

*Moorthy, A. M. (2014). Anatomy physiology and health education.Karaikudi: Madalayam*

*Publications.*

*Morehouse, L. E. & Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. Mosby Co.*

*Pearce, E. C. (1962). Anatomy and physiology for nurses. London: Faber & Faber Ltd.*

*Sharma, R. D. (1979). Health and physical education, Gupta Prakashan.*

*Singh, S. (1979). Anatomy of physiology and health education. Ropar: Jeet Publications*

**PAPER-(103): TRADITIONAL YOGA**

**Time:3 Hours Maximum Marks: 100 (External: 80 + Internal: 20)**

 **Credit:4**

**Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.**

1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.
2. Question No. 9 will be compulsory and will carry 20 marks. It will comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.

**Course Objectives:-**

**To provide detailed information about Patanjali Yog Sutra.**

**Learning Outcomes:-**

**After completion of the course contents of this paper, the student will be able to:**

1. Gain knowledge about concept of chiit, bhumi and avastha.
2. Gain knowledge about vritties, achievement of raj yog and constraints in practices of yoga.
3. Adopt information about famous and renowned yog gurus in enhancing yogic tradition.
4. Understand Pnachikaran prakirya, Panchkosh theory and ashthha siddhi.

**UNIT -1 Patanjali Yog Sutra**

(i) Meaning, definition and of yoga according to Patanjali Yoga Sutra.

(ii) Concept of Chiit.

(iii) Chiit Ki Bhumi.

(iv) Chiit Ki Avastha.

**UNIT -II**

(i) Meaning and types of Vritties

(ii) Different ways to achieve Raj Yog.

(iii) Disturbance inYogic Practices

(iv) Sahayak Tatav in Yog Sadhana

**UNIT -III**

(i) Maharishi Patanjali

(ii) Bodh Dharam Ki Shiksha.

(iii) Mahavir Ji Ki Shiksha

(iv) Swami Vivekanand

**UNIT –IV**

 (i) Panchikaran Prakriya.

 (ii) Panch Kosh Theory.

 (iii) Navdha Bhakti

 (iv) Astha Sidhi according to Yogi Charan Dass.

**References:**

*Pritam Amrita (2007) Yoga Prichya and parampara, Khel Sahitya Kendra, New Delhi*

*Yogender D. (2010) Yoga shiksha khel Shitya Kendra, New Delhi*

*Shukla Atul, D. (2007) Yoga sadna, Khel Shitya Kendra, New Delhi*

*Parmanik, T.N. D( 2018) yoga education sports publication, New Delhi*

**PAPER-(104): TEACHING METHODOLOGY OF YOGIC PRACTICES**

**Time:3 Hours Maximum Marks: 100 (External: 80 + Internal: 20)**

 **Credit:4**

**Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.**

1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.
2. Question No. 9 will be compulsory and will carry 20 marks. It will comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus**.**

**Course Objectives:-**

1. To provide information about methods of teaching, their variations and principles in teaching and learning processes.
2. Acquaint the students about presentation techniques with different pedagogical aids.
3. To provide information about lesson plan, concept of library and demonstration with its variations.
4. To provide information about class management, organization and administration of yoga tournaments with its eligibility conditions for participation.

**Learning Outcomes:-**

**After completion of the course contents of this paper, the student will be able to:**

1. Understand the methods of teaching, their variations and principles in teaching and learning processes.
2. Gain information about presentation techniques with different pedagogical aids.
3. Adopt knowledge about lesson plan, concept of library and demonstration with its variations.
4. Gain information about class management, organization and administration of yoga tournaments with its eligibility conditions for participation.

**UNIT -I**

(i) Meaning and types of teaching methods.

(ii) Factors affecting teaching.

(iii) Need and importance of teaching practice.

(iv) Maxims and Principles of teaching.

**UNIT-II**

(i) Presentation technique; Personal preparation and Technical preparation.

(ii) Meaning and types of Teaching Aids.

(iii) Audio Visual Aids.

(iv) Modern concept of teaching Aids.

**UNIT-III**

(i) Lesson Plan; Meaning, Importance and Principles.

(ii) Library; Meaning, Importance and Constructions of Library for Yoga Education.

(iii) Qualities of Good Yog Teacher.

(iv) Demonstration in Yoga, its types and Importance.

**UNIT-IV**

(i) Meaning of Class Management and its Importance, Steps of Class Management.

(ii) Tournaments and Competitions in Yoga and its Importance.

(iii) Eligibility rules for Inter-University Yoga Competition.

(iv) Organization and administration of Yoga Competition.

**Referances:**

*Irtegov, D. (2004). Operating system fundamentals. Firewall Media.*

*Marilyn, M.& Roberta, B.(n.d.).Computers in your future. 2nd edition, India: Prentice Hall.*

*Milke, M.(2007). Absolute beginner’s guide to computer basics. Pearson Education Asia.*

*Sinha, P. K. & Sinha, P. (n.d.).Computer fundamentals. 4th edition, BPB Publication.*

**SEMESTER - I (W.E.F. 2019-2020)**

**PRACTICAL – (105): (i) Demonstration of Asana**

 **Credits=5**

**(PART-1) Maximum Marks: 50**

**Course Objectives:-**

To provide practical knowledge about various yogic practices.

**Learning Outcomes:**

Students will Gain information about different types of asanas, their techniques, precautions and Benefits of yogic exercise on Human Body.

**LIST OF YOGIC PRACTICES**

**ASANAS**

1. Vipratakarani

2. Nauka Asana

3. Satubandhasan

4. Simplematsyasan

5. Chakrasan

6. Bhujang Asana

7. Ardh-Shalbh Asana

8. Vajrasan

9. Suptavajrasan

10. Yog Mudra

11. Padmasan

12. Vakra Asana

13. Janushirasan

14. Tadasan

15. Kattichakrasan

**PRACTICAL – (106): (ii) Demonstration of Pranayama and Shudhi Kriyas**

**LIST OF YOGIC PRACTICES**

**PRANAYAMA KRIYA**

1. Anulome-vilome 1. Jal Neti

2. Shitali 2. Rubber Neti

3. Sitkari 3. Vaman (Kunjal)

4. Bhastrika 4. Kapalbhati

**Note: Any ten Asanas, any two Pranayam and any two Kriya from the above.**

**SEMESTER - II (W.E.F. 2019-2020)**

**PAPER-(201): Naturopathy**

**Time: 3 Hours Maximum Marks: 100 (External: 80 + Internal: 20)**

 **Credit:4 Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.**

1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.
2. Question No. 9 will be compulsory and will carry 20 marks. It will comprise of 10 short answer type questions of 2 marks each selected from the entire syllabus.

**Course Objectives:-**

1. To provide with the knowledge of concept of Naturopathy and its relationship with yoga.
2. To acquaint students with the knowledge of Hydrotherapy as one of the therapeutic modalities.
3. To acquaint students with the knowledge of Mudtherapy as one of the therapeutic modalities.
4. To provide with the knowledge of Upvaas and Aakash Tatva.

**Learning Outcomes:**

**After completion of the course contents of this paper, the student will be able to:**

1. Gain knowledge about the concept of Naturopathy and its relationship with yoga.
2. Understand about Hydrotherapy and its applications in treatment of different ailments as one of the therapeutic modalities.
3. Understand about Mudtherapy and its applications in treatment of different ailments as one of the therapeutic modalities.
4. Gain knowledge of Upvaas , its variations and importance in maintaining health of an individual along with Aakash Tatva therapy to treat different physical conditions.

**UNIT -1**

(i) Concept of Naturopathy.

(ii) Meaning, Definition and History of Naturopathy.

 (iii) Principles of Naturopathy.

 (iv) Relationship between Naturopathy and Yog.

**UNIT -II**

(i) Meaning, Definition and Importance of Jal Tatva.

(ii) Different techniques of Hydrotherapy.

(iii) Uses of Hydrotherapy in different illness.

(iv) Different Waterbar (Pattee) in Hydrotherapy.

**UNIT -III**

(i) Meaning, Definition and Importance of Prithvi Tatva.

(ii) Different techniques of Mudtherapy.

(iii) Uses of Mudtherapy in different illness.

(iv) Principles of Mudtherapy.

**UNIT –IV**

 (i) Meaning, Definition and Importance of Aakash Tatva.

 (ii) Meaning, Definition and Importance of Upvaas.

 (iii) Different types and Precautions while Upvaas.

 (iv) Uses of Aakash Tatva Therapy in different illness.

**Referances:**

*Sharma, Hira Lal (2018) Naturopathy & Yoga, the readers paradise New Delhi.*

*Jindal Rakesh, Naturopathy basic concept and principles (Aroyage Sev Parkashan, Modi Nagar M.K)*

*Jindal Rakesh, Prakarit Ayur Vigyan, Arogya Seva Parkashan, Modi Nagar, M.K*

**PAPER-(202): ANATOMY AND PHYSIOLOGY FOR YOGIC PRACTICES**

**Time: 3 Hour Maximum Marks: 100 (External: 80 + Internal: 20)**

 **Credit:4**

**Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.**

1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.
2. Question No. 9 will be compulsory and will carry 20 marks. It will comprise of 10 short answer type questions of 2 marks each selected from the entire syllabus.

**Course Objectives:-**

1. To acquaint the studens with the knowledge of Endocrine glands, Asanas and their effects on Human body.
2. To provide information about Pranayama, Shatkarma, Bandh & Mudras.
3. To provide with the information of differences in Yogic and Non Yogic Exercises.

**Learning Outcomes:**

**After completion of the course contents of this paper, the student will be able to:**

1. Gain knowledge of Endocrine glands, Asanas, its types and their effects on Human body.
2. Understand about Pranayama, Shatkarma, Bandh & Mudras along with their mechanisms.
3. Gain information of differences in Yogic and Non Yogic Exercises.

**UNIT -1**

(i) The Endocrine Glands: Structure and Functions of Endocrine glands: Pituitary, Thyroid, Parathyroid, Adrenal.

(ii) Meaning and Definition of Asana, Classification of Asanas Body Position accordingly and its various types.

(iii) Effect of Asana on Human Body.

**UNIT -II**

(i) Meaning, Definition and types of Pranayama.

(ii) Mechanism of Pranayama.

(iii) Difference between Pranayama and Deep Breathing.

**UNIT -III**

(i) Meaning, Definition and Types of Shatkarma.

(ii) Effects of Shatkarmas on Human Body.

(iii) Meaning and Types of Bandhs and Mudra.

**UNIT –IV**

(i) Effects of Mudras on Human Body.

(ii) Benefit of Yogic Activities in Sports.

(iii) Differences between Yogic and Non-Yogic Exercises.

**References:**

*Gupta, A. P. (2010). Anatomy and physiology. Agra: SumitPrakashan.*

*Gupta, M. and Gupta, M. C. (1980). Body and anatomical science. Delhi: Swaran Printing Press.*

*Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B.Saunders.*

*Karpovich, P. V. (n.d.). Philosophy of muscular activity. London: W.B. Saunders Co.*

*Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.*

*Moorthy, A. M. (2014). Anatomy physiology and health education.Karaikudi: Madalayam*

*Publications.*

*Morehouse, L. E. & Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. Mosby Co.*

*Pearce, E. C. (1962). Anatomy and physiology for nurses. London: Faber & Faber Ltd.*

*Sharma, R. D. (1979). Health and physical education, Gupta Prakashan.*

*Singh, S. (1979). Anatomy of physiology and health education. Ropar: Jeet Publications*

**PAPER-(203): Hathyog**

**Time: 3 Hours Maximum Marks: 100 (External: 80 + Internal: 20)**

 **Credit:4**

**Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.**

1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.
2. Question No. 9 will be compulsory and will carry 20 marks. It will comprise of 10 short answer type questions of 2 marks each selected from the entire syllabus.

**Course Objectives:-**

1. To provide with the Knowledge of Hatha Yog, Sapta Sadhan, Nadies and Nadha Anusandhan.
2. To provide information about asanas, its types, techniques and Benefits.
3. To provide with the knowledge of Pranayama , its techniques, Precautions and benefits.
4. To provide with the information of shatkarma, and Kundalani

**Learning Outcomes:-**

**After completion of the course contents of this paper, the student will be able to:**

1. Gain Knowledge of Hatha Yog, Sapta Sadhan, Nadies and Nadha Anusandhan.
2. Learn about asanas, its types, techniques and Benefits.
3. Gain knowledge of Pranayama , its techniques, Precautions and benefits.
4. Gain information of shatkarma, and Kundalani.

**UNIT -1**

 (i) Meaning, Definition and Objectives of Hatha Yog.

(ii) Sapta Sadhan.

(iii) Different Nadies.

 (iv) Nadha Anusandhan.

**UNIT -II**

 (i) Meaning, Definition and Objectives of Asans.

(ii) Classification of Asans, Principles of Asans and Benefits of Asans.

(iii) Meaning, Technique, Benefits of five Asans i.e. Uttankurma, Dhanurasan, Paschimottan, Matsayandra asan and Kukuta asan.

**UNIT -III**

(i) Meaning, Definition and Classification of Pranayam.

(ii) Principles and Importance of Pranayam.

(iii) Technique, Precautions and benefits of Pranayam.

(iv) Meaning and Definition of Mudra and Different Bandh.

**UNIT –IV**

(i) Meaning, Definition of Shatkaram.

(ii) Types of Shatkaram.

(iii) Objectives of results of Shatkaram.

(iv) Kundalani.

**References:**

*Swami Satyananda (1998) hathyog pradipika, munger publications Bihar*

*Pancham Singh, the hathyog pradipika, Dev Publisher*

*Hathyog Pradipika, by swami swatma ram, Kaivalya Dham, Lonavla Pune.*

**PAPER-(204): YOGA AND HEALTH**

 **Time: 3 Hour Maximum Marks: 100 (External: 80 + Internal: 20)**

 **Credit:4**

**Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.**

1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.
2. Question No. 9 will be compulsory and will carry 20 marks. It will comprise of 10 short answer type questions of 2 marks each selected from the entire syllabus.

**Course Objectives:-**

1. To provide with the Knowledge of Health and its guidance.
2. To provide information about Asanas, Pranayama, Shatkarama & their Health benefits.
3. To provide with the knowledge of various Psychological conditions and their treatment through yogic practices.
4. To provide with the information of Drugs and diseases with their effects on human body and their treatment through Yogic practices.

**Learning Outcomes:-**

**After completion of the course contents of this paper, the student will be able to:**

1. Have Knowledge of Health and its guidance.
2. Understand about Asanas, Pranayama, Shatkarama & their Health benefits.
3. Gain the knowledge of various Psychological conditions and their treatment through yogic practices.
4. Gain the information of Drugs and diseases with their effects on human body and their treatment through Yogic practices.

**UNIT -1**

 (i) Meaning, Definition and Concept of Health.

 (ii) Elements of Health.

 (iii) Health Services and guidance instruction in personal hygiene.

 (iv) Daily routine for good health.

**UNIT –II**

 (i) Asana and Health.

 (ii) Pranayama and Health.

(iii) Shatkarma and Health.

**UNIT -III**

1. Frustration: meaning, causes, its effects and treatment through Yogic practices.
2. Anxiety: meaning, causes, its effects and treatment through Yogic practices.
3. Conflict: meaning, causes, its effects and treatment through Yogic practices along with the
4. Concept of normality in Yoga and Modern Psychology.

**UNIT –IV**

 (i) Yogic diet and Health.

 (ii) Knowledge of drugs and their effects on body.

 (iii) Diseases such as Obesity, diabetes, Arthritis, Cervical, Stress, Depression and their treatment through Yoga.

**References:**

*Gore C.S (2011) Yoga & health sports publication New Delhi*

*Srivastava A.K. (2010) health and yoga sports publication New Delhi*

*Singh Balbir Malik Satish (2018) health education and environmental studies sports publication, New Delhi*

*Verma K.K. Swastya Shiksha Parkash Borthers Ludiana*

*Kumar Amresh (2008) Paranayam & Health, Khel Shitya Kendra, New Delhi*

**PRACTICAL –(205) : (i) Demonstration of Asana, Pranayama and Sudhikriya Credits=2.5**

**(PART-1) Maximum Marks: 100**

**Course Objectives:-**

To provide practical knowledge about various yogic practices.

**Learning Outcomes:**

Students will Gain information about different types of asanas, pranayamas, Kriyas, their techniques, precautions and Benefits of yogic exercise on Human Body.

**LIST OF YOGIC PRACTICES**

**ASANAS PRANAYAMA KRIYA**

1. Sarvang Asana 1. Nadi Shodhan 1. Tratak

2. Shirshasan 2. Surya Bhedan 2. Dhand Dhauti

3. Halasan 3. Ujjai 3. Vastra Dhauti

4. Pawanmuktasan 4. Bhramari 4. Nauli

5. Matsyasana

6. Karanpeedasana

7. Vihangasan

8. Dhanurasan

9. Sarpasana

10. Mayur Asana

11. Bakasana

12. Ardhmatsyandrasan

13. Trikon Asana

14. Vrikshasana

15. Pad-hast Asana

16. Surya Namaskar

**Note: Ten Asanas, Two Pranayam and Two Kriyas will be performed in final examination with practical note book.**

**SEMESTER - II (W.E.F. 2019-2020)**

**PRACTICAL –(206) : (ii) Teaching Practices of Asana, Pranayama and Shatkarma.**

**Credits=2.5**

 **Maximum Marks: 100**

Practice of teaching five lesson plans on any skill (Three Asanas, One Pranayama and One Kriya) on lesson format with chart and Viva-Voce. In the final exam model will be compulsory for all the students.