

PG.DIPLOMA IN YOGA
(w.e.f. 2022-2023 admitted batch)
First Semester
Paper-I: Basics of Indian Philosophy

Course Objectives:

- To gain knowledge of Indian Philosophy.
- To Learn the types of Indian Philosophical systems.
- To Understand the aims and values of the eminent persons

Course Out comes:

The goal of teaching Yoga Philosophy to students is to give comprehensive basic knowledge of yoga as mentioned in ancient literature.

Unit-I

***Learning outcome:** To know about Vedās, Upanishads, Bhagavadgita and shat darshanas and development of Indian Philosophy.*

Introduction to Vedas & Upanishads; Bhagavad Gita; classification of Indian Philosophy; Nature and Characteristics of Indian Philosophy

Unit – II

***Learning outcome:** To know about Bhuddism Jainism and carvaka philosophy.*

Jainism :Syad-vada; Anekanta-vada, Bondage and liberation; Buddhism: Four Noble Truths, Pratitya Samutpada; Carvaka Materialism

Unit – III

***Learning outcome:** To understand the concept of samkhya philosophy*

Samkhyadarshana: Satkarya-vada; Purusa and Prakriti; Trigunas; Yoga Darsana: Citta and its Vritties; Astanga yoga

Unit – IV

***Learning outcome:** To understand the concept of Vaisasikha and Nyaya philosophy*

Vaisesikadarshana: Theory of Padarthas; Atomic Theory; Nyayadarshana: Pratyaksa, Anumana, Upamana and Sabda; Nyaya Doctrine of Soul and God: MimamsaDarsana : on Soul, Karma, Dharma

Unit – V

***Learning outcome:** To Learn about Vedanta philosophy.*

Advaita Vedanta - Sankara: Brahman and Atman, world and Maya; Visistadvaita Vedanta - Ramanuja: Nature of God, soul and world; Concept of Bhakti: Saranagati and Prapatti; Philosophy of Madvacharya

Textbooks

1. R. Puligandla, *Fundamentals of Indian Philosophy*, 1975
2. C.D. Sharma, *A Critical Survey of Indian Philosophy*, 1960

PG DIPLOMA IN YOGA
PAPER – I: Basics Of Indian Philosophy
MODEL QUESTION PAPER

Marks 80

Time: 3 hours

Section-A

Answer any four questions

All questions carry equal marks. 4x15: 60

1. Write an essay on Vedic religion and philosophy
2. Describe Kanada theory of Atomism
3. Explain in detail the characteristics and development of Indian Philosophy
4. Write an essay on concept of Dharma in PurvaMimamsa.
5. Enumerate the Advaita philosophy of Sankara
6. Explain the sixteen categories of Nyaya philosophy

Section-B

Answer any four questions

All questions carry equal marks. 4x5: 20

7. Early Upanishads
8. Development of Indian Philosophy
9. Syadvada
10. Four Noble truths
11. Trigunas
12. Chittavrittis

PG DIPLOMA IN YOGA
First Semester
Paper-II: Fundamentals of Yoga

Course Objectives:

- Students will have an understanding about origin, history and development of Yoga.
- Students will know different branches of Yoga and Yoga in various yogic texts.
- Students will know different traditions of Yoga

Course Outcome:

After Completing the course, the students will be able to learn general Introduction to Yoga. The concept, meaning and various definitions of Yoga; Etymology, History and the purpose of yoga, Nature of Yoga in various texts and yoga in contemporary times.

Unit-I:

Learning outcome: The student will gain comprehensive knowledge on the origin, history and development of Yoga.

Etymology, definitions and meanings of the term Yoga- origin of Yoga- development of Yoga (Pre-vedic period to contemporary times)-Elements of Yoga in Vedas and Upanishads, Concept of Panchakosha, Nature of Yoga in Darshanas, Nature of Yoga in Epics (Ramayana and Mahabharata), Nature of Yoga in Smritis, Puranas, and Tantras,

Unit-II :

Learning outcome: Exposure to different schools of Yoga in detail.

Brief introduction to Schools of Yoga; **Jnana Yoga:** Meaning of Jñāna and Jñāna-Yoga, Sadhana-chatushtaya, Means of Jñāna-Yoga; **Bhakti Yoga :** Meaning of Bhakti and Bhakti Yoga, Stages of Bhakti, Types of Bhakti, Means of Bhakti Yoga; **Karma Yoga:** Meaning of Karma and Karma Yoga, Concept of Nishkama Karma, Means of Nishkama Karma;

Unit-III:

Learning outcome: Exposure to Hatha Yoga in detail.

Mantra Yoga :limbs of mantra yoga; Brief introduction to Ashtanga Yoga of Patanjali; **Hatha Yoga:** Hatha Yoga Practices (Sadhanas), Relevance of Hatha Yoga sadhana in day-to-day life.

Unit-IV:

Learning outcome: The student will gain knowledge on kundalini yoga and meditation techniques and various yogic concepts.

Concepts of Nadi, Prana, chakras, Grandhis and Kundalini; Yogic concepts in Bhagavad Gita; Meditation- definitions-types of meditation- benefits of meditation.

Unit-V:

Learning outcome: comprehensive knowledge on contemporary yogis

Yoga in Contemporary Times: Yoga Parampara of Yogacharya Sri T. Krishnamacharya, Swami Shivanada Saraswati, Swami Rama of Himalayas, Maharshi Mahesh Yogi, Swami Dharendra Brahmachari, Integral Yoga of Shri Aurobindo and their contributions for the development and promotion of Yoga.

Text book:

Feuerstein, Georg. (2002.): *The Yoga Tradition: Its History, Literature, Philosophy and Practice*. Delhi, Bhavana Books and Prints.

PG DIPLOMA IN YOGA
First Semester
PAPER – II: Fundamentals Of Yoga
MODEL QUESTION PAPER

Marks 80

Time: 3 hours

Section -A
Answer any four questions
All questions carry equal marks. 4x15: 60

1. Elucidate the origin, history and development of Yoga ?
2. Write an essay on concept of Panchakoshas.
3. Discuss various types of Yoga
4. Explain Astanga yoga of Patanjali
5. Give a brief account of Integral Yoga of Sri Aurobindo
6. Explain the contribution of contemporary Yogis

SECTION-B
Answer any four questions
All questions carry equal marks. 4x5: 20

7. Upanishads
8. Hatha yoga
9. Kundalini.
10. Yoga in Bhagavad gita
11. Concept of Nadis.
12. Transcendental Meditation .

PG DIPLOMA IN YOGA

First Semester

Paper-III: Selections from Patanjali's Yoga Sutras

Course Objectives:

- To Understand definition of Yoga and various modification of mind and the means
- To Understand the concept of Isvara
- To Know the obstacles of Yoga
- To know different states of mind.
- To understand about the essence of Samadhi.

Course Outcome:

- Foundation for authentic practicing method of Yoga with aim, objectives and result.
- Understanding of important aspect, the chitta and its nature.
- Understanding and orientation towards advanced practices of Yoga.
- Foundation to ethics and morals
- Application of Astanga Yoga in daily life

Unit-I

Learning outcome:

Student can learn fundamentals of Yoga sutras and its contents in each pada (chapter)

Introduction to Yoga sutras- Structure of the text- the basis and date of the Yoga Sutras – commentators on Yoga Sutras- Associated yoga techniques- nature of the mind- the sublime psycho-psychiatric system -Yoga as Samadhi

Unit-I

Learning outcome: students learn different types of modifications of the mind and methods of their control, concept of God and hurdles to be faced during Yoga practice.

Definition of Yoga; Modifications of the mind (ChittaVrittis) and methods to control them; Definition and Qualities of Isvara; Obstacles of Yoga (ChittaVikshepas) and means for removing obstacles;

Unit-III

Learning outcome: students get the knowledge of kriya yoga and types of afflictions, and qualities of Mind

Kriya Yoga; Causes of Pain (Kleshas) and ways to control Pain; The Seer and the Seen; Four stages of Gunas;

Unit-IV:

Learning outcome: The students can know importance of eight stages of Astanga Yoga especially significance of do-s and don'ts in Yoga

Astanga Yoga- Yama, niyama, asana, pranayama, pratyahara, dharana and Samadhi; types of Samadhi-antranga yoga; Samyama; Yogic Powers (YogaVibhutis).

Unit-V:

Learning outcome: students get the knowledge of other ways to gain yogic powers without practicing astanga yoga and concept of liberation

Source of Occult powers (Siddhis); Mind and its Vasanas; Dharma Megha Samadhi; Kaivalya.

Text Books:

Taimni I.K. (1961/1999).*The Science of Yoga (The Yoga Sutras of Patanjali)*,The Theosophical Publishing House, Adyar.

Reference books:

Satyananda Saraswathi, Swami. *Four Chapters on Freedom* (Commentary on the Yoga Sutras of Patanjali), Munger , Bihar .School of Yoga, 1976

PG DIPLOMA IN YOGA
First Semester

PAPER- III: Selections From Patanjali's Yoga Sutras

Model Question Paper

Marks: 80

Time: 3 hours

Section-A

Answer any four of the following
All questions carry equal marks

4x15

1. What are the ChittaVrittis? How are they regulated?
2. Write an essay on Kriya Yoga and Panchakleshas.
3. Write an essay on Astanga Yoga
4. Define Iswara. Write about the concept of God in *Yoga Sutras*.
5. Write an essay on mind and its vasanas
6. Describe the siddhis mentioned in Yoga sutras

Section-B

Answer any four questions
All questions carry equal marks. 4x5: 20

7. Structure of Yoga Sutras
8. Seer and Seen
9. Chitta vikshepas
10. Nature of the mind
11. Types of Samadhi
12. Kaivalya

PG DIPLOMA IN YOGA
First Semester
Paper- IV: Basics of Human Biology

Learning Objectives:

- To study Anatomy and physiology of various systems of human body
- To understand Anatomy and physiology of human body in relation to different yogic practices.

Course Outcomes:

The student will understand in detail the Anatomy and physiology of Metabolic systems namely the muscular-skeletal system, immune, cardiovascular, respiratory, excretory and digestive systems. Students get familiarized with the structure of the different systems in the human body. It is easier to understand a clear picture of what happens when one does yoga.

Unit-I

Learning outcome: *The student can understand the knowledge of concept of cell and tissues.*

The cell : Structure of a cell, Organelles of Cytoplasm, Function of a cell and Mitosis

The Tissues : Epithelial tissue, Connective tissue, Muscular tissue and Nervous tissue

Unit-II

Learning outcome: *The student can understand the concept of skeletal and circulatory system.*

Skeletal System: Classification of bones, Bones of human skeleton, Bones of wrist and hand, Bones of lower and upper limb, Bones of thorax, Vertebral column and Joints of the skeleton.

Circulatory system: Blood, Blood groups, Hemoglobin, Mechanism of blood clotting, Functions of lymph nodes, Functions of spleen, Heart, Functions of the heart, Heart sounds, Pulse, Blood pressure and measurement.

Unit-III

Learning outcome: *The student can understand the concept of Respiratory, Urinary, digestive system.*

Respiratory system: Structures of respiratory system, Mechanism of respiration and Respiratory volume; Urinary system : Structure and Functions of the Kidneys, Ureter, Urinary bladder and urethra and Micturition

Digestive system : Parts of digestive system mouth, teeth, salivary gland, pharynx, Larynx, esophagus, Stomach and its digestive function, Small intestine and its function of digestion and absorption and large intestine and its functions, Liver and its function, Gall bladder and its function, digestive enzymes.

Unit-IV

Learning outcome: *The student can understand the concept of muscular and nervous system.*

The Muscular system : Muscles of neck, upper limb, shoulder girdle, Muscles of thorax, diaphragm, Muscles of abdomen and Muscles of thigh. Smooth muscle, Cardiac muscle and Skeletal Muscles.

Central nervous system: Parts of Brain and its functions, Thalamus, Hypothalamus, Spinal cord, Peripheral nervous system and autonomic nervous system.

Unit-V

Learning outcome: *The student can understand the concept of sense organs, endocrine and reproductive system.*

Organs of special senses :Accessory structure of eye, eye brows, Eyelids, Lacrimal apparatus ,Extrinsic muscles of eye, Sensation of taste ,Sensation of smell , Olfactory Receptors of nose ,Structure of skin and its functions; Endocrine system: Pituitary gland , thyroid gland ,Adrenal gland and pancreas.

Reproductive system : Anatomy and physiology of male and female reproductive system .

Text book:

Elements Of Human Anatomy Physiology & Health Education by Dr.Ramesh K. Goyal Associates
Dr.Anitha, A.mehta Dr.Gaurang B.Shah, B.S.Shah Prakashan

PG DIPLOMA IN YOGA
First Semester
Paper- IV: Basics of Human Biology
Model Question Paper

Marks: 80

Time: 3 hours

Section-A

Answer any four of the following
All questions carry equal marks

4x15

1. Explain types of tissues and its functions
2. Draw a diagram of the urinary tract and its functions
3. Describe the structure of the heart and its function.
4. What are digestive enzymes? List the enzymes of the alimentary tract together with their actions.
5. Write notes on the autonomic and central nervous system.
6. Describe the male and female reproductive system.

Section-B

Answer any four questions
All questions carry equal marks. 4x5: 20

7. Anterior pituitary hormone and its functions
8. The cell
9. What is difference between arteries and veins
10. Types of muscles
11. Types of Joints
12. Functions of pancreas

PG DIPLOMA IN YOGA
First Semester
Paper- V: Yoga Practice-I

SYLLABUS

Course Objectives:

- to communicate preliminary Asanas, Shat kriyas, bandhas and pranayama techniques mentioned in the syllabus in the traditional way.
- To have self-experience of each Yoga technique with scientific back ground

The principles, which should be adopted in practice, are the following:

1. Proper gradation in order of flexibility, balance and difficulty in performance.
2. Each asana is to be analyzed into intermediate positions in a natural sequence of movement.
3. For purposes of class training each movement to be associated with a count to reach the final pose.
4. Rhythmic breathing should be observed. When the chest is in the expanding position inspiration should take place. In the contracting position expiration should take place rhythmically with movement. In certain asanas duration of retention is important.
5. Proper relaxation should be allowed in between the batches of asanas.

Course Outcomes:

The students are required to learn to practice and also teach the following. They are to maintain a record which consists of the step by step details of the yoga practices along with an account of the possible benefits of the practices.

Shatkriyas:

Learning outcome : students can learn purification techniques with their general and therapeutically benefits

1. Dhauti – Jala and Vastra
2. Neti – Jala and Sutra
3. Kapalabhati
4. Shankaprakshalana

Bandha Traya:

Learning outcome : students know the importance of bandhas in health management

1. Jalandharabandha
2. Moolabandha

Pranayama:

Learning outcome : students know the importance of pranayama in health management particularly therapeutic aspects

1. Nadisuddhi
2. Suryabhedana
3. Ujjayi
4. Sitali
5. Bramari

Practice of drishtis: Nasikagra

Asanas:

Learning outcome : students know and experience the significance of meditation asanas to stable the body

Meditative postures:

1. Sukhasana
2. Swastikasana
3. Ardhapadmasana
4. Padmasana
5. Siddhasana
6. Vajrasana

Relaxation postures:

Learning outcome : students know the importance relaxation asanas to get rid of physical stress

1. Shavasana
2. Advasana
3. Jyeshthikasana
4. Makharasana
5. Matsyakridasana

Suryanamaskara:

Learning outcome : students can learn sun salutations and their physiological values on different systems of human body

Standing postures:

1. TiryakTadasana
2. Trikonasana
3. Parivrita Trikonasana
4. Katichakrasana

Balancing Postures:

Learning outcome : students get practical knowledge how the balancing asanas improve concentration

1. Tadasana
2. Vrikshasana
3. Natarajasan
4. Ekapadasana
5. Merudandasana

Sitting postures:

Learning outcome : students learn different types of sitting asanas with their physiological as well as therapeutic values

1. Bhadrasana
2. Virasana
3. Meruvakrasana
4. Ardha -matsyendrasana
5. Ushtrasana
6. Suptavajrasana
7. Simhasana
8. Gomukhasana
9. Shashankasana
10. Marjari asana
11. Vyaghrasana
12. Shashanka Bhujangasana
13. Ardhashandrasana
14. Matsyasana
15. Tolangulasana
17. Janusirshasana

Prone postures:

Learning outcome : students learns the following a few prone postures with their effects on particular regions of the human body.

1. Sarpasana
2. Bhujangasana
3. Tiryakbhujangasana
4. ArdhaSalabhasana

Supine postures:

Learning outcome : students learns the following a few supine postures with their effects on particular regions of the human body.

1. Uttanapadaasana
2. Pavanamuktasana
3. Navasana
4. Kandharasana

Inverted postures:

Learning outcome : students learns the following a few inverted postures with their effects on particular regions of the human body in health management

1. Sumerasana
2. Moordhasana
3. Vipareetakarini
4. Sarvangasana

Text books:

1. Satyananda Saraswati, Swami (1989). *Asana, pranayama, mudra, bandha*. Munger: Bihar School of Yoga.
2. Iyenger, B.K.S. (1976). *Light on yoga*. London: Unwin Hyman Lt

PG DIPLOMA IN YOGA

Second Semester

Paper-I: Selections from Hatha Yoga Pradipika & Gheranda Samhita

Course objective: to get knowledge of classical literature on Hatha-Yoga proper

Course outcome:

To know traditional practice of cleansing techniques

To understand purpose of mudras

To get the knowledge of different techniques dhyana

To understand practice of nadanusandana and its benefits

Unit-I: Hatha Yoga pradipika

Learning Outcome : *students can learn the causes of failure in yoga and importance of yama niyamas and moderate diet*

Purpose of Hatha Yoga; Six causes of failure and success in Yoga Sadhana; Ten Yamas and ten Niyamas; Asanas; sequence of Hatha Yoga; Moderate diet (*mithahara*).

Unit-II: Hatha Yoga pradipika

Learning Outcome : *students can learn control of the Mind with pranayam, different types of cleansing techniques with their practical application in health management.*

Relation of Mind and Prana; Purification of the Nadis; Six Acts (Shat Karmas); Pranayama; Names and techniques of Eight Retentions (Asta Kumbhakas); Signs of perfection in Hatha Yoga

Unit-III: Hatha Yoga pradipika

Learning Outcome: *students know concept of the kundalini (a coiled spiritual energy)and its awakening methods and its benefits*

Concept of Kundalini; Names and techniques of Ten Mudras (*Dasha Mudras*); Synonymns of Samadhi; Shambhavi and Khechhari mudras; Nadanusandana; Types of Nada perceived; Relation of Nada and Mind; Features of Samadhi;

Unit-IV: Gheranda Samhita

Learning outcome: *students can learn classical book on hatha yoga and its special features in regarding asana, kriya, pranayama, mudra and dhyana*

Outlines of contents of Gheranda Samhita; Sapta sadhanas; Classification of Dhauti, Basti and Bhalabhati; Classification of Mudras; Five Pratyahara techniques

Unit-V: Gheranda Samhita

Learning outcome: *students can learn practically some more hatha yoga techniques which are not mentioned in HYP viz., pranayama, mudra and dhyana*

Variations in Nadisuddhi Pranayama; Asta Kumbhakas with special reference to Sahita and Kevali; The three fold Dhyana; Types of Samadhi

Text Books:

Swami Muktibodhananda Saraswati (1985/1993) (Commentary) *Hatha Yoga Pradipika*. Bihar School of Yoga, Munger

Digambarji Swami and Dr. Gharote, M.L. (1978) *Gheranda Samhita* (Eng. TR.), Kaivalyadhama S.M.Y.M. Samiti, Lonavla

PG DIPLOMA IN YOGA
Second Semester
PAPER- I: Selections Form Hatha Yoga Pradipika & Gheranda Samhitha
Model Question Paper

Marks: 80

Time: 3 hours

Section-A
Answer any two questions from each part
All questions carry equal marks

4X15

1. Explain in detail about the Ten Mudras (Dasha Mudras) of Hatha Yoga Pradipika.
2. Write about the relation of mind and prana ? mention the six causes of failure and success in yoga
3. What is Nada? Write an essay on Nadanusandana from Hatha Yoga Pradipika.
4. What are the Saptasadhanas ? Explain.
5. Write an essay on special features of Gheranda Samhita. Mentioned mudras
6. Enumerate threefold Dhyana and types of Samadhi from GherandaSamhita.

Section-B
Answer any two questions from each part
All questions carry equal marks

4X5

7. Ten Yamas
8. Shat kriyas
9. Bandhatraya
10. Classification of Dharti in Gherandasamhita
11. Shabhavi mudra
12. Moderate diet

PG DIPLOMA IN YOGA
Second Semester

Paper-II: Yoga & Alternative Therapies

Course Objectives:

- To introduce yoga as a science of Holistic living and not merely as yoga postures.
- To create professional therapists of high caliber who know the concepts, techniques and can handle lifestyle disease under the guidance of a super specialist doctor to select safe specific practices for different diseases.

Course Outcome: During the course the student is taught the concepts of Yoga for the treatment and prevention of various life style diseases and ailments by following various holistic paramedical approaches. This course has the vision of producing yoga professional so that they could teach yoga therapy in a paramedical department of a hospital with the ability to select specific safe practice modules for different diseases.

Unit-I

Learning outcome: *Learns relation and differences between Yoga and Ayurveda.*

Yoga & Ayurveda – relation of Yoga and Ayurveda- Fundamentals of Ayurveda- concept of sareerakriya, Vijnana and rachana-tridoshasvijnana - saptadhatus - mala vijnana- Ojas- different kinds of Agnis- Swasthavijnana- dinacharya-rutucharya - Sodhana karma: Pancha karma, Purva karma-basic principles of Ayurvedic treatment - nadvignana-

Unit-II

Learning outcome: *Learns relation and differences between Yoga and Naturopathy applications.*

Yoga & Naturopathy; relation of Yoga and Naturopathy-various methods of treatment in Naturopathy: fasting, nutrition and dietetics, hydro therapy, mud therapy, chromo therapy, magneto therapy, and massage therapy

Unit-III

Learning outcome: *learns techniques of acupressure and its points.*

Yoga and Acupressure : relation of Yoga and Acupressure- Basic knowledge of Acupressure - theory of Acupressure - identification of points of Acupressure - therapeutic use of Acupressure; benefits of acupressure ; acupressure treatment for common diseases

Unit-IV

Learning outcome: *gains knowledge on numerous holistic therapies including electro therapy.*

Electro therapy: short wave diathermy; infrared radiation; traction mission; Hand and Leg pulling; Shoulder wheel

Unit-V

Learning outcome: *gains knowledge on treating mental disorders with alternate therapies.*

Psychotherapy: Psychopathology and mental health: Frustration, conflict, anxiety and defense, Neuroses, psychosis, Personality disorders, Techniques of psychotherapy, and Evaluation of psychotherapy. Yoga & Psychotherapy; Clinical application of Yoga in Psychotherapy

Recommended books:

Dr. S.R. Jindal-(1994): ,Nature Cure: A Way of Life, Bangalore, Institute of Naturopathy & Yogic Sciences,

Dr. D. R. Gala, DR. Dhiren Gala, DR. Sanjay Gala :(1995): Be your own doctor with Acupressure, Bombay, Navneet Publications.

Dr. N.A. Murthy & D.P. Pandey, Ayurvedic common Cures for Common Diseases, Orient Paperback publishers, Delhi

Swami Rama, Rudolph Ballantive& Swami Ajay-(2007), Yoga & Psychotherapy, Himalayan Institute Press, Honeldale

PG DIPLOMA IN YOGA
Second Semester
PAPER- II: Yoga & Alternative Therapies
Model Question Paper

Marks: 80

Time: 3 hours

Section-A **4X15**
Answer any two questions from each part
All questions carry equal marks

1. Describe the basic principles of Ayurveda & Yoga. Mentioned the principles of treatment in Ayurveda.
2. Explain the *swasthavijnana* of Ayurveda.
3. Differentiate various methods of treatments in Yoga and Naturopathy
4. How points can be identified in acupressure therapy and explain acupressure treatment to the :
(a)Sciatica (b) Indigestion (c) Migraine (d) Kidney problems.
5. What is Psychotherapy? Write its techniques and clinical application of yoga in psychotherapy.
6. What is Electro therapy? Write it's therapeutically procedure.

Section-B **4X5**
Answer any two questions from each part
All questions carry equal marks

7. Saptadhatus
8. Chromo therapy,
9. Magneto therapy
10. Dinacharya-rutucharya
11. Personality disorders
12. Neuroses

PG DIPLOMA IN YOGA
Second Semester

PAPER- III: Basics Of Food And Nutrition

Course Objectives:

- To have full knowledge of Food & Nutrition Being student of Yoga
- To know the role diet in Yoga practice
- To gain the knowledge of food groups & their metabolism

Course Outcomes:

Student can be familiar with classification, functions and components of Food and their effects on the human body which helps in treating health and disease along with yogic techniques. Students gain ability to prescribe food for clients taking Yoga therapy classes.

UNIT-I:

Learning Outcome: *the student learns basic concepts of food along with nutritive values and portions.*

Definitions of Food, Nutrition, Dietetics, Functional foods, Nutraceuticals. Functions of food, Classification of food, components of food. Diet Principles, Food groups, RDA for different age groups. Define BMI, Factors effecting BMI.

UNIT-II:

Learning Outcome: *comprehensive knowledge on classification of nutrients along with RDA.*

Classification of Nutrients- Macro and Micro, Macronutrients – Carbohydrates, Proteins and Fats their functions, sources and Deficiency disorders. Energy requirement-Recommended dietary allowances. Importance of Fibre.

UNIT-III:

Learning Outcome: *comprehensive knowledge on vitamins and its deficiency disorders.*

Classification of Vitamins – Fat soluble and water soluble vitamins their functions and sources. Deficiency disorders of vitamin A, D,E,K, Bcomplex, vitamin C along with symptoms.

UNIT-IV:

Learning Outcome: *comprehensive knowledge on minerals and its deficiency disorders.*

Classification of Minerals- Macro minerals, Microminerals and trace elements. Functions, sources, deficiency disorders along with symptoms.

UNIT-V:

Learning Outcome: *understands the concept of metabolism and sattvic aharam.*

Metabolism of Carbohydrates, Proteins and Fats. Importance of water, water requirement. Yogic Diet and its importance. Importance of vegetarianism and traditional foods.

Recommended Books:

Rudolph Ballentine: *Diet & Nutrition*, The Himalayan International Institute, Pennsylvania, 1979.

Dr. H.K. Bakhru: *Diet cure for Common Ailments*, Jaico Publishing House, Hyderabad, 2006

PG DIPLOMA IN YOGA
Second Semester

PAPER- III: Basics Of Food And Nutrition
Model Question Paper

Marks: 80

Time: 3 hours

Section-A **4X15**

Answer any two questions from each part
All questions carry equal marks

1. Explain the components and functions of food along with RDA .
2. Write in detail about the functions of macro nutrients in human body and their requirements.
3. Classify Vitamins and enumerate the functions of Fat soluble vitamins along with deficiency disorders.
4. Differentiate between Micro, Macro minerals. Explain functions of any two micro and macro minerals along with sources of your choice.
5. Describe the Metabolism of carbohydrates, proteins and fats.
6. Explain the significance of Yogic diet and Vegetarianism.

Section-B **4X5**

Answer any two questions from each part
All questions carry equal marks

7. BMI its factors
8. Deficiency of proteins leads to.
9. Importance of fiber in health and disease.
10. Functions of B complex vitamins
11. Benefits of electrolytes
12. Importance of water and its requirements

PG DIPLOMA IN YOGA
Second Semester

Paper –IV: Yogic Management of Common Diseases

Course Objective: To gain knowledge on therapeutic benefits of yoga in treating various lifestyle diseases.

Course outcome: after completion of this course student gains thorough knowledge on yoga therapy for treating diseases.

Unit-I: **Learning outcome:** *preventive curative aspects of yoga and kriyas.*

Preventive and curative effects of Yoga; Diagnostic and curative aspects of Hatha Yoga ; Management of the disease through Yogic diet, Asanas, Shatkarmas; Pranayama; Meditation; Notional corrections through yogic scriptures and counseling; Yama and Niyama; Stress(emotions management) Life style prescriptions - Moderation in Ahara, Vihara, Achara and Vichara.

Learning outcome: *Therapeutic benefits of yoga for GI problems*

Unit-II Integrated Approach of Yoga therapy for the following Common Ailments:

Gastrointestinal disorders APD: Gastritis – Acute & Chronic, Dyspepsia, Peptic Ulcers, Constipation, Diarrhoea, Irritable Bowel Syndrome: Definition, Etiopathogenesis, Inflammatory Bowel Disease, Ulcerative colitis

Unit-III **Learning Outcome:** *Therapeutic benefits of yoga treating respiratory disorders.*

Integrated Approach of Yoga therapy for the following Common Ailments:

Respiratory disorders- Allergic Rhinitis & Sinusitis: COPD: Chronic Bronchitis, Tuberculosis: Evidence research done on the particular disease

Unit-IV **Learning outcome:** *Therapeutic benefits of yoga in treating CVD's.*

Integrated Approach of Yoga therapy for the following Common Ailments:

Cardiovascular disorders: Hypertension:, Atherosclerosis / Coronary artery disease: Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post CABG rehabilitation: Congestive Cardiac failure, Cardiac asthma:

Unit-V **Learning Outcome:** *Therapeutic benefits of yoga in treating endocrinal disorders.*

Integrated Approach of Yoga therapy for the following Common Ailments:

Endocrinal and Metabolic Disorder - Diabetes Mellitus (I&II); Hypo and Hyper- Thyroidism; Obesity: Metabolic Syndrome

Text books:

1. Bhavanani, A.B. (2013). Yoga Chikitsa: Application of Yoga as a therapy. Pondicherry, India: Dhivyananda Creations.
2. Nagarathna R and Nagendra HR, Yoga therapy for common ailments series, SVYPPublications, 2010
3. Swami Karmananda, Yoga therapy for common diseases, Yoga publication trust, Munger

**Paper –IV: Yogic Management of Common Diseases
Model Question Paper**

Marks: 80

Time: 3 hours

Section-A **4X15**
Answer any two questions from each part
All questions carry equal marks

1. What is Yoga therapy? How can you control and prevent diseases through the Yoga therapy?
2. What is Diabetic Mellitus ? Discuss the etiology of type –II Diabetic Mellitus and its therapeutic yogic management.
3. How would you treat a case of CPOD with therapeutic application of Yoga.
4. Discuss the different types of cardiovascular disorders and write its etiological factors .
5. Classify different types of Musculo-Skeletal Disorders with therapeutic application of Yoga .
6. What are the difference between Migraine head ache and Tension head ache and its Yogic management .

Section-B **4X5**
Answer any two questions from each part
All questions carry equal marks

7. Different types of Cancers and its etiological factors.
8. Different types of Thyroid disorders and its etiological factors.
9. Role of Yogic diet in the Grade-II obesity.
10. Obsessive Disorder.
11. IBS .
12. Epilepsy and Pranayama.

PG DIPLOMA IN YOGA

Second Semester

PAPER – V: YOGA PRACTICE-II

SYLLABUS

ShatkriyaPracticals:

Learning outcome : students can learn purification techniques with their general and therapeutically benefits

1. Trataka 4. Nauli 3. Agnisara

BandhaTraya:

Learning outcome : students know the importance of Uddiyana bandha in health management

1. Uddiyana bandha

Mudra Traya:

Learning outcome : students know the importance of mudras in health management & spiritual upliftment

1. Mahamudra 2. Mahabandha 3. Mahavedha

Pranayama:

Learning outcome : students know the importance of pranayama in health management particularly therapeutic aspects

1. Sitkari 2. Bhastrika 3. Moorcha

Practice of drishtis: 1. Brumadhyadristi

Standing postures:

1. Veerabhadrasana 2. Uttita Janu Sirshasana

Balancing Postures:

Learning outcome : students get practical knowledge how the balancing asanas improve concentration

1. Bakadhyanasana 2. Astavakrasana 3. Hamsasana

4. Mayurasana 5. Garudasana

Sitting postures:

Learning outcome : students learn different types of sitting asanas with their physiological as well as therapeutic values

1. Baddha padmasana 2. Lolasana 3. Yogamudrasana 4. Tolangulasana 5. Paschimottanasana

6. Pada prasara paschimottanasana. 7. Kurmasana 8. Kukkutasana 9. Garbhasana

10. Niralamba paschimottanasana 11. Ardha padma padottanasana 12. Akarna Dhanurasana

13. Hanumanasana

14. Poorna matsyendrasana

Prone postures:

Learning outcome :students learns the following a few prone postures with their effects on particular regions of the human body.

1. Shalabhasana
2. Dhanurasana
- 3.Purnabhujangasana

Supine postures:

Learning outcome :students learns the following a few supine postures with their effects on particular regions of the human body.

1. Chakrasana
2. Jatar Parivrittasana and variations
3. Yoganidrasana

Inverted postures:

Learning outcome : students learn the following a few inverted postures with their effects on particular regions of the human body in health management

1. Sarvangasana variations
2. Halasana
3. Sirshasana
4. Oordhvapadmasana

Text books:

1. Satyananda Saraswati, Swami (1989). *Asana, pranayama, mudra, bandha*. Munger: Bihar School of Yoga.
2. Iyenger, B.K.S. (1976). *Light on yoga*. London: Unwin Hyman Ltd.