



**UNIVERSITY OF RAJASTHAN
JAIPUR**

SYLLABUS

P.G. Diploma in Yoga Education

(D.Y. Ed.)

Examination 2020

Reg. [Signature]
**Dy. Registrar
(Academic)
University of Rajasthan
JAIPUR**

Syllabus and scheme of examination for Academic Session 2019-20

P.G. Diploma in Yoga Education (D.Y.Ed.)
Duration: One year course (Semester Scheme)

Eligibility Admission for the P.G. Diploma in Yoga Education is available to Graduates in any stream of recognized University or equivalent qualification.

Scheme of Examination

Candidates securing 36% marks in theory and practical (teaching practices and practical together) separately declared passed and candidate secured 48% marks declared passed with II Division. Those securing 60% marks and above will be declared passed with I division.

Scheme of examination

PG D.Y.ED. (First Semester)

Papers	Univ. Exam. Marks	Internal Assessment Test	Total Marks
1. Patanjali Yoga Sutra	75	25	100
2. Yoga and Mental Health	75	25	100
3. Teaching Methods of Yoga	75	25	100
4. Teaching Practice :	75	25	100
			400

PG D.Y.ED. (Second Semester)

Papers	Univ. Exam. Marks	Internal Assessment Test	Total Marks
1. Yogic Text	75	25	100
2. Yoga and Cultural Synthesis	75	25	100
3. Anatomy and Physiology of Yogic Practices	75	25	100
4. Yoga Practical:	75	25	100
			400

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PG D.Y.Ed. (First Semester)
Paper- I Patanjali Yoga Sutra

Time:3 Hours

75 Maximum Marks
27 Min. Pass Marks

Unit- I

1. Introduction, Philosophical and historical background of Yoga.
2. Dification of Yoga according to Patanjali ,Hatha, Upanished, Gita etc.
3. Introduction of Patanjali.
4. Iswar : Introduction, definition, characteristic of Iswar.

Unit-II

1. Citta; Introduction Meaning & Citta Bhumi.
2. Vratti; Meaning, Introduction, Five Vartti: Praman Viparya Vikalp, Nidra, Smrati.
3. Tripaman -Pratyaksa Anuman, Agama.
4. Abhyas- Vairagya; Introduction; Meaning, Importance of Abhyas & Vairagy in Yogic Sadhana.

Unit - III

1. Samapattih; Meaning & Introduction, Four types Samapattih savitarka, Nivitaka, Savichara, Nirvicara.
2. Sampra, Jhathan, Meaning, Introduction, Four types sampra Jnathan , Kitrarka, vichar, Ananda, Asmita.
3. Anatrave: Introduction & Meaning; Nine Anatraves.
4. Citta Prasadana: Introduction & Types of Citta Prasadana.

Unit- IV

1. Ritambhara, Prajna, Introduction of Klesh: Five types of Klesh: Explains in Details.
2. Cause of Klesh.
3. Kriya Yoga: Introduction, Meaning & Importance
4. Kleshhan, Meaning, & Its importance in Yogic sadhana

Unit- V

1. Sanskara: Introduction & Meaning, Cause of Sanskar,
2. Viparya, according to sadhanpada & Its importance
3. Asatanga Yoga: -Yam, Niyam, Asana, Pranayhar, Pratyalon Dharan, Dhyan Samadhi
4. Kaivalya: Introduction , meaning, Importance in Yogic Sadhan & Its result.

Books Recommended:

1. Patanjali Yoga Sutra - Edited by Dr. Karmvedkar, Kaivalyadham Lonawala.
2. Patanjali Yoga Darshan - Harihara Nand Arany. Moti Lal Banarasi Das,Delhi.
3. Patanjali Yoga Pradeep - Geeta Press Gorakhpur.
4. Yoga Parichay - Dr. Peetambar Jha - Kaivalyadham Lonawala.
5. Yoga Darasan- Dr. Ramakant Mishra

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PG D.Y.Ed. (First Semester)
Paper-II -Yoga and Mental health

Time:3 Hours

75 Maximum Marks
27 Min. Pass Marks

Unit- I

1. Health definition according to W.H.O., Mental Health (Its meaning, determinates and application).
2. Concept of normality in Yoga and modem psychology
3. Personality theories with special reference to the Freudian, Malso, Mere

Unit- II

1. Concept of personality - Indian approach to personality.
2. Samkhya -Yoga.
3. Upanished Panch kosh.
4. Sanskara.

Unit- III

1. Personality integration form the view point of Yoga.
2. Satva, Rajas, Tamas, Deviya & Asuri Pravratl.
3. Attitude formation through Yamas and Niyams & Yogic Philosophy.
4. Rationale selected yogic practices and their contribution to physical & Mental Health.

Unit- IV

1. Tackling ill effects of frustration; General Introduction, Meaning, Cause & Yogic method
2. Anxiety. General Introduction, Meaning, Causes Yogic method.
3. Conflict.
4. Other methods contribution of Yoga in personal. Interpersonal adjustment.

Unit- V

1. Prayer; Meaning, Introduction & its significance in yogic practices.
2. Role of Prayer in daily life.
3. Concept of Prayer in all religion.
4. Concept & Define. Role & effects of Mantra in Yogic Practices.

Books Recommended:

1. R.S. Bhogal : Yoga and Modem Psychology.
2. RK. Ojha : Vyavaharika Manovigyan, Sahitya Prakashan, Agra.
3. S.R. Jaiswal : Vyaktitva Ka Manovigyan, Manoj Pustak Bhandar, Agra.

PG D.Y.Ed. (First Semester)

Paper-III Teaching Methods of Yoga

Time : 3 Hours

75 Maximum Marks

27 Min. Pass Marks

Unit- I

1. Teaching and learning : Concepts and relationship between the two : Principles of teaching : levels and phases of teaching.
2. Quality of perfect yoga guru : Yogic levels of Learning, Vidyarthi, Shishya, Mumuksha.
3. Meaning and scope of teaching methods.
4. Role of yoga teachers and teacher training.
5. Emotional stability and healthy habits for yoga teacher.

Unit- II

1. Practice of Yoga at different levels (Beginners, Advance, School children, Youth, Women and special attention group)
2. Techniques of Individualized teaching techniques.
3. Teaching techniques- Lecturer method, Command method, demonstration method, imitation method.
4. Project etc. organization of teaching (Time management, discipline etc.)
5. Personal and technical preparation.

Unit - III

1. Essential of good lesson plan : concepts, needs.
2. Planning of teaching yoga (Shatkriya, Asana, Mudra, Pranayama & meditation).
3. Models of lesson plan : Effective use of library and other resources.
4. Lesson plan and its practical applications.
5. Silent features of each practice with reference to yoga texts form practical aspects.

Unit- IV

1. Yoga classroom essential features, Area, sitting arrangement in yoga class etc.
2. Class room problems.
3. Essential of good yoga teaching, time table.
4. Need, types, principles of time table of construction.
5. Teaching Aids - Meaning, importance and its criteria for selection teaching aids.

Unit- V

1. Yoga and value education and its components.
2. Value oriented personality, Role and Function of values in society.
3. Yoga as global value, yoga as value and yoga as practice.
4. Contribution of yoga towards the development of values.
5. Critical Observation of the practical lesson. Regularity & Punctuality in the Yoga Practice.

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Paper-I Yogic Text

Time:3 Hours

75 Maximum Marks

27 Min. Pass Marks

Unit- I

1. Introduction & Defination of Hatha. Hatha Pradipika, Gheranda Samhita, Shiva Samhita,
2. Asanas Hatha Pradipika, Gheranda Samhita, Shiva Samhita .
3. Asanas; Classification of Asanas by Swami Kuvalyananda.
4. Aim of Meditative Asanas, Cultural Asanas and Relaxative Asanas its benefits.

Unit- II

1. Pranayama - General features of pranayama - Sahita and Kevala Kumbhaka.
2. Technical aspect of Pranayama - asana Asanasthairyasa-Ananjaya. Three phases of Pranayama-puraka-kumbhaka-Rechaka.
3. Swatmarama's eight verities of Kumbhaka-technique of each in details.
4. Effects of Pranayama. Importance of time, choice of pranayama, use of Kumbhaka

Unit- III

1. Kriyas - General features & Importance
2. Classification and Techniques of each. Dhauti, Basti, Neti, Tratak, Nauli, Kapalbhati. According to Hatha Pradipika , Gherandasamhita
3. Yogic concepts of body function,
4. Mudra, Bandh: Introduction of 25 Mudra according to Gherenda Samhita. Expalaination with reference of hatha Pradipika & Shiv Samihata , Tribandha & Jivha Bandha

Unit- IV

1. Prana Introduction meaning : Prana, Apana, Saman, Vyan, Udan Vayu;.
2. Prana -Place in body & its function.
3. Panch kosa Introduction & important in yogic sadhna.
4. Nada, Bindu, Nadies: Introduction, name of Major Nadies, Nadi shodhan.

Unit - V

1. Kundlini, General Introduction & Meaning ; Its importance in Yogic sadhana.
2. Chakra : Muladhar, Swadhistan, Manipur, Anahat, Visudhi Agya & Sahasradha.
3. Mitahar; Concept of Diet, Pathya- Apathya.
4. Yogic Chikitasa according to Hatha Pradipika. (Kaivalyadham).

Books Recommended:

1. Hatha Pradipka edited by Swami Digambar, Kaivalyadham Lonawala.
2. Gherand Sahita edited by Swami Digambar, Kaivalyadham Lonawala.
3. Sidha Siddant Paddati - Gorakhnath Mandir, Gorakhpur (U.P.)
4. Nath Darshan - Gorakhnath Mandir, Gorakhpur (U.P)

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PG D.Y.Ed. (Second Semester)
Paper- II Yoga and Cultural Synthesis

Time:3 Hours

75 Maximum Marks
27 Min. Pass Marks

Unit- I

1. Definition of Culture, Characteristics of Indian Culture.
2. Vedic Cultural Trichatustaya- Ashram, Varana. Purushartha.
3. Relation between culture and Yoga.
4. Yoga as the basis of Cultural & Humanitarianism.

Unit- II

1. Samkhya -Purush, Prakriti, Triguna
2. Satkaryavada. (Karyakaran Theory)
3. Yoga - Definition of yoga,
4. Iswar, Klesh, Ashtanga yoga.

Unit- III

1. Advadita Vedanta - Brahma,
2. Maya, Jeev.
3. Mukti (Moksha).
4. Mimamsa- Theory of six Parmans.

Unit- IV

1. Nyaya- Vaisheshika-Introduction,
2. valid source of knowledge,
3. liberation,
4. Seven categories substance.

Unit- V

1. Charvaka- Ethics & Philosophy.
2. Jaina – Panch Mahavrat. Syadvad.
3. Buddha- Four noble turth & Kshanikvada.
4. Kaivalya (Jain), Niravan (Buddha).

Books Recommended:

1. Baldeo Upadhyay - Indian Philosophy.
2. Dr. Harendra Prasad Sihna.- Dharam Darshan Ki Roop Rekha.
3. D.M. Dutta and Chatterji - Indian Philosophy.
4. S.N. Das Gupta- Yoga Philosophy.
5. Ganga Prasad Upadhyay - Sarv Darshan Siddhant.
6. S.N. Das Gupta- History of Indiaiil Philosophy.
7. I.C. Sharma - Ethical Philosophy of India.
8. S. Radha Krishan - Indian Philosophy.

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PG D.Y.Ed. (Second Semester)
Paper-III Anatomy and Physiology of Yogic Practices

Time:3 Hours

75 Maximum Marks
27 Min. Pass Marks

Unit- I

Basic Human Anatomy & Physiology of different systems.

1. Skeletal system,
2. Muscular system,
3. Blood and circulatory system,
4. Respiratory system.

Unit- II

Basic Human Anatomy & Physiology,

1. Digestive system,
2. Excretory system
3. Nervous system,
4. Exocrine and Endocrine Glands, Fatigue.

Unit- III

1. Asana- Definatin & Classification of Asanas.
2. Effects of Asanas. Cultural, Relaxative & Meditative asana
3. How to practice Asanas. Precautions, Importance of place, seat, time, sequence, Limitations
4. Combination with other exercise. Difference between Asana & Exercise.

Unit- IV

1. Pranayama- Definition; Meaning. Types of Pranayama. How to practice,
2. Precautions, Limitation, Benefits
3. Different Between Pranayam & Deep Breath
4. Bandhas - How to practice, Precautions, Benefits, Sequence Combination with other Yogic Practices

Unit- V

1. Kriyas: General Introduction
2. Classification of Kriyas. Dauti, Neti, Tratak, Nauti Kapalbhati Basti.
3. Technique of each Kriyas, Limitation, Benefits,
4. Yogic Practices in relation to endocrinal activity, Diets (Yogic concept), Balance diet.

Books Recommended:

1. Swami Kuvalayanand - Yogic Therapy.
2. Evelyn Pearce - Anatomy & Physiology for Nurses.
3. M.M. Gore - Anatomy & Physiology of Yogic practices.

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Semester Scheme

Teaching Practice

75 Maximum Marks
27 Min. Pass Marks

- 1- Lectures on organization of classes, methods of teaching and lesson planning.
- 2- Salient features of each practice with reference to yoga texts from- Practical aspects.
- 3- Conducting practical lesson in the class and out of the department.
- 4- Critical observations of the practical lessons.
- 5- Project Report- The participants have to write a report on yoga practices, teaching practice personal experience.

Personal Assignment

- 1- General behavior.
- 2- Regularity & Punctuality in the practical & Theory session (Class).
- 3- Emotional stability/maturity.
- 4- Healthy habits.
- 5- Character.

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Practical

75 Maximum Marks

27 Min Pass Marks

Supine Asanas Shavasana ArdhaHalasana(Oneleg/bothlegs) Uttana Padasana Pawanamuktasana (Ardha/Purna) Setubandhasana Crocodile variations Naukasana (Supine) Matsyasana Halasana Chakrasana (Backward)	Inverted Asanas Viparitkarani Sarvangasana Shirshasana
Prone Asanas Makarasana Niralambasana Marjari Asana Bhujangasana Sarpasana Ardha Shalabhasana Shalabhasna Co-ordination Movement (Prone) Naukasana (Prone) Dhanurasana	Advanced Asanas Akarna Dhanurasana Tolangulasana Bakasana Padma Bakasana Gorakshasana Ugrasana Shirsha Padangushthasana Kapotasana Rajkapotasana Matsyendrasana Kurmasana Kukkutasana Uttana Kurmasana Hansasana Mayurasana Vatayanasana Karnapidasana Padangushthasana Ek Padaskandhasana
Sitting Asanas Vajrasana Bhadrasana Gomukhasana Parvatasana Janushirasana Paschimottanasana Vakrasana Ardha Matsyendrasana Supta Vajrasana Yoga Mudra Ushtrasana Mandukasana Uttana Mandukasana	Meditative Asanas Virasana Swastikasana Samasana Padmasana Siddhasana

<p>Standing Asanas Tadasana Chakrasana (Lateral) Vrikshasana Utkatasana Konasana Trikonasana Natrajasana Padhastasana Garudasana</p>	<p>PRANAYAMA Preparatory Breathing Practices Anuloma-Viloma Ujjayi Suryabhedana Shitali Sitkari Bhramari Bhastrika</p>
<p>SHUDDHI KRIYA Kapalabhati Agnisara Nauli Trataka JalaNeti Rubber Neti Vaman Dhauti Danda Dhauti Vastra Dhauti Shankha Prakshalana Varisara) Kapal Randhra Shodhan</p>	<p>MUDRAS & BANDHAS Brahma Mudra Simha Mudra Jivha Bandha Mula Bandha Jalandhara Bandha Uddiyana Bandha (Bahya/Antar) Tadagi Mudra</p>
	<p>MEDITATION</p> <ul style="list-style-type: none"> • Knowledge and Demonstrated ability to perform Pratyahara, Dharana and Dhyana to demonstrate allied practices like Mudras, Japa Mala, Mantras, Relaxation • Demonstrated ability to perform meditation • Knowledge of the environment for meditation and the benefits of meditation on health and its practical application in modern life

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