



**SANT GADGE BABA AMRAVATI UNIVERSITY,
AMRAVATI**

संत गाडगे बाबा अमरावती विद्यापीठ, अमरावती

(FACULTY OF INTER-DISCIPLINARY STUDIES)

आंतर-विद्याशाखीय अभ्यास विद्याशाखा

**P. G. Diploma in Yoga Therapy
Semester – I & II**

Syllabus

(NEP - v23)

Session – 2023-24

Sant Gadge Baba Amravati University, Amravati
Faculty: Inter-disciplinary Studies
One Year – Two Semester Post Graduate Diploma Programme – NEP-v23
Programme : P. G. Diploma in Yoga Therapy

Part A

As per the provisions in the Maharashtra Public Universities Act, 2016 (Mah. Act No. VI of 2017) Clause 45(1), P. G. Diploma in Yoga Therapy is to create skilled and learned human resources through its various teaching-learning and skills development programmes in higher education. As a part of this initiative Sant Gadge Baba Amravati University propose to launch One year P. G. Diploma in Yoga Therapy programme from the academic year 2017-18 through Department of Lifelong Learning & Extension under the Faculty of Inter-disciplinary Studies. P. G. Diploma in Yoga Therapy is an innovative programme which provides the set up for bringing the real world of work in to classroom and gives the opportunities to learner directly involved in development process in community.

OBJECTIVES OF THE PROGRAMME:

The P. G. Diploma in Yoga Therapy programme aims at producing the well-trained individuals knowledgeable in Yoga Therapy and its various dimensions; more specifically, the P. G. Diploma in Yoga Therapy programme intends to:

- To improve to the students the knowledge of human anatomy and physiology and understanding of pathogenesis of diseases and there management in the Yoga Therapy
- To provide the knowledge of various yoga therapy practices like asana (posture), pranayama (voluntarily regulated breathing techniques), mediation and relaxation techniques, counselling and basic dietary concepts with their implication.
- To train the students in yoga therapy so that they can integrate the Yoga therapy with different systems of medicine and clinical settings
- To produce yoga therapist of high calibre with in depth understanding of basics science and holistic health techniques
- Unable to student to develop the communication skills and application in Yoga science.

ELIGIBILITY:

- a) Any Bachelor Degree holder in any faculty of this university or any other statutory university.

Note:

Students those who have passed Three years of any streams (Faculty) from the recognized statutory University and have completed P.G. Diploma in Yoga Therapy shall be eligible for the admission of third semester (Part-II) of M.A. Yogashastra.

DURATION:

The P. G. Diploma in Yoga Therapy Programme of full time One year (Two Semester).

SPECIAL CHARACTERISTICS OF THIS PROGRAMME :

Commitments for learner:

- Understanding the basic concepts of Yoga therapy.
- Apply the yoga therapy in recovering the common health related complication.
- It promotes positive health in the student through yoga and enabling and imparting skill in them to the practice and apply Yogic practice for health to general public and teach yoga for overall personality development and spiritual evaluation.
- To involves and inculcates inquisitive, scientific temper in the student regarding the traditional Indian science specially yoga and spirituality.
- A research attitude and orientation will also be inculcated into the student so that they further become able to undertake advance and theoretical applied beseeches in field of yoga in alternative therapy's.

POs :

- **Basic and applied knowledge:** Interdisciplinary knowledge to find solution for diverse health complication
- **Problem analysis:** Ability to analyze a complication with the help of a specialist and develop a day wise protocol for the recovery of acute and chronic health conditions.
- **Advanced Usage of Technology:** Ability to use the technology to under the severity of a condition using the basic medical equipment's.
- **Ethics Developed Personal and professional ethics** for caring out the responsibility in smooth manner.

PSOs :

After completion of P.G. Diploma in Yoga therapy, the students will be able:

- To understand the basic principles and applications of Yoga.
- To understand the principles of Anatomy, Physiology, yoga, classical yoga, Patho-physiology of diseases, Nutrition & Dietetics, Health Psychology, Practical Yoga & Yoga therapy to have in-depth understanding about a diseases and the Yoga therapy techniques to be given for their recovery.
- To appreciate the importance of Yoga and its relevance in the society.
- To realize the miracles of Yoga therapy techniques in getting rid of a disease.
- To understand theoretical as well as practical aspects of Yoga and its related techniques to understand diseases from every dimension.
- To realize the effect of Advance Yoga techniques and their use in the treatment of many highly Complicated non-communicable diseases.

JOB EMPLOYABILTY:

- The prograame of the P.G, Diploma in Yoga therapy students will also be grounded fairly in the various academic aspects of the subject so that they may find themselves well equipped in these if they were to go out into the world after the course to undertake teaching work in yoga.
- The many elements elected in the current educational system, students could be better equipped to tackle the issue of employability and employment with enhanced intellect, calm mind and self-esteem with the concepts of Asanas, Pranayama, & Dharana.
- Students will have to take increased responsibility to better themselves physically and mentally to confront the stresses and retaining their employability.

Part – B

Sant Gadge Baba Amravati University, Amravati.

Faculty: Inter-disciplinary Studies

One Year - Two Semester Programme-NEP -v23

P. G. Diploma in Yoga Therapy (PGDYT)

Semester I

Sr. No	Course/Subject	Course/Subject Code	Title of the Course/Subject	(Total Number of Period)	Credit
1	RM and IPR	PGYT101	Research Methodology- I	60	4
2	Discipline Specific Core I.1	PGYT102	Foundation of yoga	60	4
3	Discipline Specific Core II.1	PGYT103	Yoga Therapy	60	4
4	Discipline Specific Core III.1	PGYT104	Anatomy and Physiology	60	4
5	Discipline Specific Elective I.A Or Discipline Specific Elective I.B	PGYT105A Or PGYT105B	Alternative Therapy Or Physiology Of Yogic Practices	60	4
6	DSC-I.1 Lab	PGYT106	Yoga Practical -I	30	1
7	DSC-II.1 Lab	PGYT107	Yoga Therapy - I	30	1
Total Credit					22

Sant Gadge Baba Amravati University, Amravati.

Faculty: Inter-disciplinary Studies

One Year - Two Semester Programme-NEP -v23

P. G. Diploma in Yoga Therapy (PGDYT)

Semester II

Sr. No	Course/Subject	Course/Subject Code	Title of the Course/Subject	(Total Number of Period)	Credit
1	Discipline Specific Core I.2	PGYT201	Foundation Of Yoga	60	4
2	Discipline Specific Core II.2	PGYT202	Yoga Therapy	60	4
3	Discipline Specific Core III.2	PGYT203	Teaching Methodology of Yogic Practices	60	4
4	Discipline Specific Elective II.A Or Discipline Specific Elective II.B	PGYT204A Or PGYT204B	Alternative Therapy Or Diet Nutrition	60	4
5	DSC-I.2 Lab	PGYT205	Yoga Practical- II	30	1
6	DSC-II.2 Lab	PGYT206	Yoga Therapy - II	30	1
7	Internship/ Field Projects	PGYT207	Internship/ Field Projects	120	4*
Total Credit					18+4*

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Faculty: Inter-disciplinary Studies

One Year - Two Semester Programme-NEP -v23

P. G. Diploma in Yoga Therapy (PGDYT)

Semester I

Sr. No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
1	RM and IPR	PGYT101	Th-Major	Research Methodology and Intellectual Property Right	60	4

COs :

The students would be able to:

1. Analyze the types and methods of Research
2. Illustrate concept of Population and Sampling.
3. Formulate research Proposal on an identified problem.

Unit	Content	Period
Unit I	<ul style="list-style-type: none"> • Introduction • Meaning, Concept & Definition of Research • Type of Research • Qualities of a good Researcher 	12
Unit II	<ul style="list-style-type: none"> • Developing the Research Problem • Definition & Meaning of research problem • Criteria for selection a research problem • Meaning, Definition and types of Research hypothesis, Formulation of Research hypothesis. 	12
Unit III	<ul style="list-style-type: none"> • Survey of Related Literature • Need and purpose for surveying related literature • Sources of literature • Steps in literature search 	12
Unit IV	<ul style="list-style-type: none"> • Methods of Research • Need and Importance of Formulating method • Sampling & Population – Meaning importance • Types of sampling – Probability & Non-Probability Method 	12
Unit V	<ul style="list-style-type: none"> • Statistics – mean, mode, median, Mean deviation • Intellectual Property Rights: • Introduction to IPR :- • Meaning of Property, Origin, Nature, Meaning of Intellectual Rights. • Patent Rights and Copy Rights. 	12

Reference Books :-

1. Statistics for Psychology - J. P. Varma Tata McGraw Hill Education Private Limited New Delhi
2. Research Methods applied Health, Physical Education and Recreation 2nd , Washington, D.C. AAHPERD,1959 - Scott, G.M. (Ed)
3. Manual for Writing of Research papers, - Turabian, Kate. L.A. Chicago University of thesis and Dissertation Chicago Press, 1967
4. Research in Education - Best, John, W. Cliffs. N. J., Prentice Hall Inc. 1964
5. Methods of Research Educational Psychological and Sociological - Good Cater, V. & Douglas, E.S. Carts New York, Appleton Cent, Crofts, 1954
6. Introduction to Research - Hilway, Tyrus Boston, Houghton Mifflin Co. 1956
7. Principles and practices - Indian Educational Pub;
8. The Elements of Research - Whitney, F.L.: New York Prentice Hall Inc. 1961.

**P. G. Diploma in Yoga Therapy (PGDYT)
Semester I**

Sr. No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
2	DSC-I.1	PGYT102	Th-Major	Foundation of Yoga	60	4

COs

- Able to explain origin and history of yoga.
- Able to apply various methods of yoga with respect to the body, diseases and therapy.

Unit	Content	Period
Unit I	<ul style="list-style-type: none"> • Meaning Concept, Aim & Objectives • History and Development of Yoga • Misconception of Yoga 	12
Unit II	Streams of yoga <ul style="list-style-type: none"> • Dhyana, yoga, karma yoga, Bhakti yoga, • Raja yoga, Mantra yoga 	12
Unit III	Introduction of Patanjali Yogasutra <ul style="list-style-type: none"> • Introduction to Maharshi Patanjali • Concept of Chitta, Vrittis • Concept of Ishwar, Qualities of Ishwar 	12
Unit IV	Ashtang Yoga: <ul style="list-style-type: none"> • Yama, Niyam, Asanas, Pranayama, Pratyahar, Dharna, Dhyana & Samadhi • Chitta Vikshep, Panchklesh, Antaraya, Kriyayoga • Stages of Samadhi According To Maharshi Patanjali 	12
Unit V	<ul style="list-style-type: none"> • Yogic Lifestyle, Yogic Diet, Yogic concepts of Fasting • Concept of Counselling in Yoga • Aims & Principals of Counseling • Importance of Counseling in Yoga 	12

Reference Books:

1. Sampurna Yog Vidya : Rajeev Jain, Manjul Publication House Pvt. Ltd, Bhopal
2. Asana, Pranayam, Mudra : Swami Satyanand saraswati, Yog Publication Bhandha Trust, Munger (Bihar)
3. Palanjali Yog Sutra : Dr.P.V. Karambelkar, Kaivalyadham, Lonavala
4. Rog Aur Yog : Swami Satyanand Sarswati, Yog Publication Trust, Munger (Bihar)
5. Gherand Samhita : Swami Digambarji and M.L. Gharote Kaivalyadham, Lonavala
6. Hathapradeepika : Dr.M.L.Gharote, Yoga Institute, Lonavala
7. Yogic Therapy : Swami Kuvalyanand and Dr.Vineger Kaivalyadham, Lonavala

**P. G. Diploma in Yoga Therapy (PGDYT)
Semester I**

Sr. No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
3	DSC-II.1	PGYT103	Th-Major	Yoga Therapy	60	4

COs

Students would be able to

- Able to apply physiological effects of various yogic practices and to understand the therapeutic aspects of yoga as applied to different disease conditions.
- Analyze knowledge of yoga therapy in managing various diseases.

Unit	Content	Period
Unit I	<ul style="list-style-type: none"> • Concept and definitions of health, factors affecting health • . Yogic concept of health. • . Characteristics of healthy person. 	12
Unit II	<ul style="list-style-type: none"> • Concept of diseases according to yogic taxts • Types of diseases –infectious, stress related diseases,chronic, viral , genetic 	12
Unit III	<ul style="list-style-type: none"> • Concepts and misconception caption about yoga therapy • Aims and objectives of yoga therapy. • Historical background, Holistic nature of yoga therapy .methods of yoga therapy. 	12
Unit IV	<ul style="list-style-type: none"> • Limitation and scope of yoga therapy. • Traditional approach of yoga therapy mention in basic yoga texts.(Gherenda samhita,hathpradipika) 	12
Unit V	<ul style="list-style-type: none"> • Cardio- Vascular, respiratory and common, Metabolic disorders, management through yoga therapy. • Management of digestive disorders by yoga therapy. 	12

Reference Books:

1. Anatomy and Physiology : Anne Waugh and Alison Churchill Living Stone d.
2. Human Anatomy : Chourasia B.DC.B. S. Publications, Delhi.
3. Anatomy and Physiology of Yogic Practices : Dr. M. M. Gore, Lonavala. New Age booksNew Delhi.
4. Light On Yoga: BKS IYENGER
5. Yoga Dipika BKS IYENGAR

**P. G. Diploma in Yoga Therapy (PGDYT)
Semester I**

Sr. No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
4	DSC-III.1	PGYT104	Th-Major	Anatomy and Physiology	60	4

COs

After completion of the course the students can able to understand

- Basic concept of Anatomy and Physiology.
- To identify and explain the structure and functions of each body system.
- Apply knowledge for principle of Alignment as asana.

Unit	Content	Period
Unit I	General Introduction to Human body <ul style="list-style-type: none"> • Cell, Tissue, 9 Systems of human body. • Basic functions of nine major systems of Human body. 	12
Unit II	<ul style="list-style-type: none"> • Skeletal system- structural & function of organs of skeletal system. • Digestive system structure & functions of organs of Digestive system. • Nervous system structure & functions of organs of Nervous system. 	12
Unit III	<ul style="list-style-type: none"> • Respiration System Structural & functions of organs of Respiratory system. • Cardiovascular system structure & function of organs of cardiovascular system. • Endocrine system, various glands & function of hormones secreted by various glands. 	12
Unit IV	Postures: <ul style="list-style-type: none"> • Different Postures Behind of Different Postures, Postural Reflexes • Various Postural deformities. • Application of Asanas for different Postural deformity 	12
Unit V	Psycho-Physiological importance of yoga. <ul style="list-style-type: none"> • Mental health and yama -Niyamas • Concept of Relaxation techniques describe in ancient yoga texts. • Modern relaxation technique, yognidra progressive muscular relaxation etc. 	12

Books References :

1. Anatomy and Physiology for Nurses by Shri. Nandan Bansal.
2. Human Anatomy and Physiology by B.D. Chourasiya.
3. Text book of Physiology by Guyton
4. Text book of Physiology by Charkavarti Sahana
5. Text book of Physiology by Bijlani A.I.M.S. Delhi.
6. M. M. Gore : Anatomy & physiology of yogic practices.
7. Dr. P.N. Ronghe: Physiology of yoga, Amravati
8. Central health education & bureau, Government of India, New Delhi.
9. Kuvalayanand Swami : "ASANAS" Kaivalyadham, Lonavala

P. G. Diploma in Yoga Therapy (PGDYT)

Semester I

Sr. No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
5	DSE-IA	PGNY105A	Th-Major Elective	Alternative Therapy	60	4

COs

- Able to apply fundamentals of Naturopathy
- Apply the principle of Naturopathy to health care.
- Apply knowledge of mud therapy for centuries to promote healing and relaxation.

Unit	Content	Period
Unit I	<ul style="list-style-type: none"> • Principal of Nature Care • Gandhian & Lows Kneipp • Panchatatva & laws of Nature • General Health, Importance of Exercise, Mental healthRest, Regular habits 	12
Unit II	<p>Science Of Facial Expression</p> <ul style="list-style-type: none"> • Foreign Matter Theory: Definition and Formation of ForeignMatter • Accumulation of foreign Matter, liquid and Solid dry & Gaseous form • Causes of Foreign Matter Accumulation • Elimination of foreign matter and how to increase utility 	12
Unit III	<p>Hydrotherapy</p> <ul style="list-style-type: none"> • Introduction of Hydrotherapy, properties and various forms in which water is used for therapy (Water drinking, irrigation, douche, Ice treatment) • Effect of different temperature on Body • Bath: Hip Bath, Spinal Bath, Sitzs Bath, Immersion Bath, Foot Bath, Steam Bath, vapors Bath. • Packs: Chest, Trunk, Leg Pack, Full Wet sheet Pack 	12
Unit IV	<p>Mud Therapy</p> <ul style="list-style-type: none"> • Introduction of Mud Therapy • Classification of Mud therapeutic use and Precautions for Storing Mud • Methods of Treatment of Mud application packing, Hot poultices, Effect of Body • Natural Mud Bath, Full and Partial Mud pack , Mud plaster, Sand bath, Cometic use of Mud 	12
Unit V	<p>Fasting</p> <ul style="list-style-type: none"> • Defination of Fasting Theory of fasting in Animals history of Fasting in India and Foreign Country • Physiology Effect of Fasting • Difference between Fasting and Starvation, difference between Hunger and Appetite • Types of Fasting 	12

Books References :-

1. Clinical Acupuncture by Dr.Anton Jaysuria
2. Clinical Acupuncture Dr.Agrawal
3. Su-Jok by Park Jae woo
4. Thumb is head by Park Jae woo
5. Emergacy-Su-Jok by Park Jae woo
6. Practice and Philosophy of Naturopathy (Part-I & II) by M.D. Lindlhar.
7. Massage – S.Govindan
8. Swedish Massage
9. The Power of Subconscious mind by Joseph Murphy.

P. G. Diploma in Yoga Therapy (PGDYT)

Semester I

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
3	DSE-I.B	PGYT105B	Th-Major Elective	Physiology of Yogic Practices	60	4

Cos

- Able to control the mind.
- Able to do effective mudras.
- Able to explain benefits of practicing Pranayama, Shatkarma and Dhyana.

Unit	Content	Period
Unit I	<ul style="list-style-type: none">• Physiological changes during Asanas.• Therapeutic use of various Asanas	12
Unit II	<ul style="list-style-type: none">• Various Breathing Techniques• Physiological effects of Various Types of Pranayama• Therapeutic value of Patanjali and Hathyogic Pranayama.	12
Unit III	<ul style="list-style-type: none">• Effect of Shatkarma (cleaning techniques) on human body.• Therapeutic use of Shatkarma	12
Unit IV	<ul style="list-style-type: none">• Various Types of Bandas and Mudras• Anatomico- physiological role of Bandas and Mudras	12
Unit V	<ul style="list-style-type: none">• Physiological importance of Pratyahar, Dharana and Dyana.• Physiological and biochemical changes during meditation.	12

Books Recommended:

1. Anatomy and Physiology for Nurses by Shri. Nandan Bansal.
2. Human Anatomy and Physiology by B.D. Chourasiya
3. Yogic Therapy-Its Basic Principles & Methods" Central - Kuvalayananda Swami & S.L. Vinekar
4. Health Education & Bureau, Govt. of India, New Delhi 1963.
5. "Asanas" - Kuvalayananda Swami Kaivalyadhama, Lonavala.
6. "Pranayama " - Kuvalayananda Swami Kaivalyadhama Lonavala
7. "Yoga & Your Heart" - K.K.Datey, M.L. Gharote, Megha Prakashan, Lonavala
8. "Anatomy & Physiology For Nurses Including Notes On Their Clinical - Evely Pearce, Oxford University Press,
9. Application" (1974 Ed) Kolkata Physiology of Yoga - Dr. P. N. Ronghe
10. Yogamimansa Journals" - Kaivalyadhama, Lonavala
11. Swadhay and Yoga Therapy - Dr. Waze, Pune
12. ANATOMY & PHYSIOLOGY Of YOGIC PRACTICES - M.M.Gore , "Kanchan Prakashan Lonavala, 1990"

**P. G. Diploma in Yoga Therapy (PGDYT)
Semester I**

Sr. No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
6	DSC-I.1 Lab	PGYT106	Pr- Major	Yoga Practical -I	30	1

COs

- Apply the technique and skills of demonstrating the Sthula Vyayam, Suryanamaskara & Asanas.
- Use own energy for self-development.
- Concentrate on focused activity.
- Live in an organized manner.

Unit	Content	Period
1	<ul style="list-style-type: none"> • Sharir Sanchalan • Asana: • Standing Asanas : Ardhakati Chakrasana, Trikonasana • Sitting Asanas : Siddhasana, Padmasana, Gomukhasana, Varrasana, Vajrasana, Swastikasana • Prone Position : Shalbhasana, Makarasana, Bhujangasana, • Supine Position : Shavasana, Viparitkarani, Sarvangasana • Balancing Asanas : Bakasana, Vatayanasana, Veerasan, Utkatason 	6
2	Pranayam (Without Kumbhaka) <ul style="list-style-type: none"> • Anulom-vilom (Alternate nostril breathing) • Suraybhedan • Bramari • Bastrika 	6
3	Cleansing process in Yoga Hath Yogic Kriyas <ul style="list-style-type: none"> • Jala neti • Sutra Neti • Vaman Dhauti, Dand Dhauti, Vastra Dhauti. • Nauli – Agnisar, Uddiyan, Nauli • Kapalbhathi • Tratak 	6
4	<ul style="list-style-type: none"> • Measurement of height, Weight and BMI • Pulse. 	6
5	Instrument for human scientific procedure <ul style="list-style-type: none"> • Temperature, Blood pressure, respiratory rate. 	6

Reference Books:

1. Light On Yoga : BKS IYENGER
2. Yoga Dipika : BKS IYENGAR
3. Sampurna Yog Vidya : Rajeev Jain, Manjul Publication House Pvt LTD, Bhopal
4. Asana, Pranayam, Mudra Bhandha : Swami Satyanand saraswati, Yoga Publication Trust, Munger (Bihar)
5. Palanjali Yog Sutra : Dr.P.V. Karambelkar, Kaivalyadham, Lonavala
6. Rog Aur Yog : Swami Satyanand Sarswati, Yog Publication Trust, Munger (Bihar)
7. Gherand Samhita : Swami Digambarji and M.L. Gharote Kaivalyadham, Lonavala
8. Hathapradeepika : Dr.M.L.Gharote, Yoga Institule, Lonavala
9. Yogic Therapy : Swami Kovalyanand and Dr.Vineger Kaivalyadham, Lonavala

**P. G. Diploma in Yoga Therapy (PGDYT)
Semester I**

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
6	DSC-II.1 Lab	PGYT107	Pr- Major	Yoga Therapy - I	30	1

COs

- Enrich the knowledge of yoga therapy for managing various diseases.
- Able to understand the indication and contra indication of yoga in different chronic health condition.

Unit	Content	Period
1	Asana -1 <ul style="list-style-type: none"> • Suptaveerasana on bench • Suptaveerasana on ground • Suptabandhdkonasa • 	6
2	Asana -2 <ul style="list-style-type: none"> • Sarvangasana • Upavistakonasana • Merudandasana 	6
3	Asana -3 <ul style="list-style-type: none"> • Vipareeta Dandasana-1 • Vipareeta Danadasana -2 • Vipareeta Danadasana - 3 	6
4	Asana -4 <ul style="list-style-type: none"> • Kapotasana • Tadasana • Urdhwadhanurasana 	6
5	Meditation <ul style="list-style-type: none"> • Jyoti Dhyan 	6

Reference Books:

1. Sampurna Yog Vidya : Rajeev Jain, Manjul Publication House Pvt LTD, Bhopal
2. Asana, Pranayam, Mudra Bhandha : Swami Satyanand saraswati, Yoga Publication Trust, Munger (Bihar)
3. Palanjali Yog Sutra : Dr.P.V. Karambelkar, Kaivalyadham, Lonavala
4. Rog Aur Yog : Swami Satyanand Sarswati, Yog Publication Trust, Munger (Bihar)
5. Gherand Samhita : Swami Digambarji and M.L. Gharote
Kaivalyadham, Lonavala
6. Hathapradeepika : Dr.M.L.Gharote, Yoga Institule, Lonavala
7. Yogic Therapy : Swami Kuvalyanand and Dr.Vineger
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Faculty: Inter-disciplinary Studies

One Year- Two Semester Post Graduate Diploma Programme - NEP v23

P. G. Diploma in Yoga Therapy (PGDYT)

Semester II

Sr. No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
1	DSC-I.2	PGYT201	Th-Major	Foundation of Yoga	60	4

COs

- Apply knowledge for evaluation of yoga
- Enrich the knowledge of definitions, history and branches of yoga.

Unit	Content	Period
I	<ul style="list-style-type: none">• Introduction of Hathayoga:- Hath Pradipika, Gherand samhita, Shiv Samhita• Sadhaka- Badhaka tattva, Pathya-Apathya, Mitahara, Nadanusandhan.• Hath yoga concept of Asanas	12
II	<ul style="list-style-type: none">• Introduction of Gheranad Samhita (Saptang Yoga)• Concept of Ghat and Ghat shuddhi• Role of Shatkarma in health and Hygiene	12
III	<ul style="list-style-type: none">• Introduction to Indian Philosophy:- Concept of Astik darshan• Sankhya Yoga:-Introduction to 25 entities & their impact on body- Mind relationship• Relation between sankhya darshan and yoga darshan	12
IV	<ul style="list-style-type: none">• Effects and benefits of Asans on different Parts of human body• Distinction between Yogasana & Non Yogic Exercises.	12
V	<ul style="list-style-type: none">• Nadi, kundalini, Shatchakra• Panchkosh, Bandha-Mudra.	12

Reference Books:

1. Sampurna Yog Vidya : Rajeev Jain, Manjul Publication House Pvt LTD, Bhopal
2. Asana, Pranayam, Mudra Bhandha : Swami Satyanand saraswati, Yoga Publication Trust, Munger (Bihar)
3. Palanjali Yog Sutra : Dr.P.V. Karambelkar, Kaivalyadham, Lonavala
4. Rog Aur Yog : Swami Satyanand Sarswati, Yog Publication Trust, Munger (Bihar)
5. Gherand Samhita : Swami Digambarji and M.L. Gharote Kaivalyadham, Lonavala
6. Hathapradeepika : Dr.M.L.Gharote, Yoga Institule, Lonavala
Therapy : Swami Kuvalyanand and Dr.Vineger Kaivalyadham,

**P. G. Diploma in Yoga Therapy (PGDYT)
Semester II**

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
2	DSC-II.2	PGYT202	Th-Major	Yoga Therapy	60	4

COs

- To demonstrate uses of therapeutic aspects of yoga in primitive preventive, curative and rehabilitative therapy
- Able to apply various treatment modalities of diseases through yoga therapy

Unit	Content	Period
Unit - I	<ul style="list-style-type: none"> • Spinal disorders spondylitis- Cervical, Lumber • Postural deformity and their Management by Yoga Therapy 	12
Unit - II	<ul style="list-style-type: none"> • Specialized techniques for Gynecological disorder:- Menstrual disorder, Prenatal, Postnatal Pregnancy. • Therapeutic aspects of Bandha 	12
Unit - III	<ul style="list-style-type: none"> • Theory of Panchkosh. Role of Panchkosh in health & disease. • Role of Yoga to enhance immunity. 	12
Unit - IV	<ul style="list-style-type: none"> • Meaning and concept of emotions, Frustration, Depression and their Management through Yoga therapy. • Yogic treatment for psychiatric disorder:- Psychosis, Anxiety, Neurosis, insomnia. 	12
Unit - V	<ul style="list-style-type: none"> • Mental health- Concept, affecting factors of mental Health. • Holistic Approach to treat the mental diseases. 	12

Books Recommended:

1. Yoga Therapy in management of Stress - Dr. S.V. Karandikar
2. Mental Tension its Cure - Dr. O.P.Jaggi
3. A Life Saver - Dr. S.V. Karandikar
4. Psychology of Personality Development - A.A. Raback
5. Nutrition & Health - K.R. Raghunath
6. Diet Cure for Common Diseases - Bakhru H. K.
7. Yoga for Stress Relief - Thakur, Bharat
8. Managing Stress - Shrivastava H.S.
9. Anatomy and Physiology - Anne Waugh and Alison Churchill
Living Stone d.
10. Human Anatomy - Chourasia B.DC.B. S. Publications,
Delhi.
11. Anatomy and Physiology of Yogic Practices - Dr. M. M. Gore,
Lonavala. New Age books New Delhi.
12. Light On Yoga - BKS IYENGER
13. Yoga Dipika - BKS IYENGAR

**P. G. Diploma in Yoga Therapy (PGDYT)
Semester II**

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
5	DSE-III.2	PGYT203	Th-Major	Teaching Methodology of Yogic Practices	60	4

COs

- Explain importance of teaching methods in yoga.
- Explain teaching methods, experience & observation methods.

Unit	Content	Period
Unit I	<ul style="list-style-type: none"> • Introduction : Meaning of methods, Principals and Importance of teaching Method • Different Methods of Teaching- Lecture, Demonstration Orientation, Homework, Assignments, Project, Micro-teaching, Team Teaching 	12
Unit II	<ul style="list-style-type: none"> • Teaching Aids: Meaning, Definition & Importance, Classification of Teaching aids • Traditional Teaching aids & Modern Teaching aids. • Audio, Visual and Audio- Visual teaching • Necessary Precautions for using teaching aids, useful teaching aids for teaching of Yoga 	12
Unit III	<ul style="list-style-type: none"> • Communication Skills:- Knowledge & demonstration ability • Describing the practice (Name, Meaning, Justification, Category Type, Counts, Complementary Postures) • Demonstration(demo with counts, demo with counts breathing and explanation) • Benefits & Limitation • Question Answers • To obtain Feedback from the aspirants & make course correction as • Appropriate. 	12
Unit IV	<ul style="list-style-type: none"> • Co- Curricular activities for yoga teaching:- Exhibition, Visit to Yoga institute, Participation in Seminars & Conferences. • University with their contributions in the field of Yoga propagation and development. • Kaivalyadhama, Lonavala, pune • Moraraji Desai National Yoga Institute, New Delhi • Dev Sanskrit Vishwa-Vidhyalaya Haridwar. 	12
Unit V	<p>Types of Lessons:-</p> <ul style="list-style-type: none"> • Knowledge Lessons • Skill Lessons • Appreciation Lessons- Planning & Observation of different Yogic activities in Lessons:- Asanas, Shatkarma, Pranayama ,Bandas, Mudra lesson, etc. • Factors affecting the teaching. 	12

Books References :

1. Teaching Methods for Yogic practices:- M.L. Gharote
2. Methods and Technique of teaching :- S.K.

**P. G. Diploma in Yoga Therapy (PGDYT)
Semester II**

Sr. No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
4	DSE-II.A	PGYT204A	Th-Major Elective	Alternative Therapy	60	4

COs

- Able to apply massage therapy on various parts of the body.
- Students get the develop a specific point of view of health with reference to traditional and Morden concept of health.

Unit	Content	Period
Unit I	Massage <ul style="list-style-type: none"> • Definition of massage, rules, regulations and characteristics of massage. • Structure especially concerned in massage and part of the body to be specially studied for the purpose are as follows. • Skin, muscular system, heart and circulation nervous system and skeletal system including joints. • Massage manipulation: Hacking, stroking percussioin, patrissage, friction, Tapotement vibration and shaking massage techniques in different diseases contra indications of massage. 	12
Unit II	Cromotherapy <ul style="list-style-type: none"> • History of Cromotherapy • Physiological chemical properties of sunlight effect of sunlight in curing disease. • Sunbath, sun gazing, general sun bath, sun bath through wet pack, leaves (Atapsnana) Oil (Abhyangasnan) Sun bath for children & aged people. • Principle of chromo therapy, solarisation of water, oil, glycerine. 	12
Unit III	Magnet Therapy <ul style="list-style-type: none"> • The history of magnet therapy. Theory of magnet therapy. • Effect of magnet therapy, the principles of applying magnet for treatment. • The advantages of magnet therapy. • Magnetized water, magnetized milk, oil. 	12
Unit IV	Acupressure <ul style="list-style-type: none"> • History of Acupressure. • Principle of Acupressure. • Concept of yin yang • Concept and definition of meridian, fourteen Chinese meridians (lung, large intestine, kidney, urinary bladder, liver). 	12
Unit V	Sujok & Physiotherapy <ul style="list-style-type: none"> • Five elements therapy, Introduction of sujok corresponds therapy • Treatment with seeds, magnet, color. • Concept & principle of physiotherapy aims & objectives • Physiotherapy practices without equipment electrotherapy : Introduction & uses 	12

Books References :

1. Clinical Acupuncture by Dr.Anton Jaysuria
2. Clinical Acupuncture Dr.Agrawal
3. Su-Jok by Park Jae woo
4. Thumb is head by Park Jae woo
5. Emergacy-Su-Jok by Park Jae woo
6. Practice and Philosophy of Naturopathy (Part-I & II) by M.D. Lindlhar.
7. Auriculo therapy by Pack Jac woo

**P. G. Diploma in Yoga Therapy (PGDYT)
Semester II**

Sr. No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
4	DSE-II.B	PGYT 204B	Th-Major Elective	Diet - Nutrition	60	4

COs

Student will able to understand the thinkers in Yoga

1. Describe fundamental of nutrition with respect to different nutrients and food groups.
2. Classify morden nutrition to tradition naturopathic diet.

Unit	Content	Period
Unit I	<ul style="list-style-type: none"> • Concept of health in naturopathy • Definition of diet, nutrition and nutrient • Nutrition deficiency disease, preventive and curative approach 	12
Unit II	<ul style="list-style-type: none"> • Types of Diet – (Balance, Eliminative soothing • Importance of diet and nutrition in Ayurveda • Effects of Rajsic, Tamsik, Satvik Ahar on Physiology 	12
Unit III	<ul style="list-style-type: none"> • Importance of • Green Vegetables • Fruits • Spices 	12
Unit IV	<ul style="list-style-type: none"> • Sprouts and their nutritive value and methods of sprouting • Food values in Raw State, Germination form and Cooked form 	12
Unit V	<ul style="list-style-type: none"> • Comparison with Raw and Cooked food • Non vegetarian diet : Positive and Negative aspect in Naturopathy 	12

Books References :

1. Food and Nutrition - Gupta.
2. Morden Nutrition in health and disease. –Shils.
3. The sprouting book – An Wignoro
4. Essential of food and nutrition – Swami Nathan.
5. Normal & Therapeutics nutrition – Corinne H. Robison

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Semester II**

Sr. No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
5	DSC-I.2 Lab	PGYT205	Pr-Major	Yoga Practical II	30	1

Cos

- Apply various yogic breathing practices with their procedure.
- Demonstrate and present.
- Analyze principles behind using the diagnostic processor of naturopathy
- Able to explain knowledge of Naturopathy tools.

Unit	Content	Period
1	Standing Asanas : Tadasana, Garudance, Vrukshasana Sitting Asanas : Badhapadmasna, Paschimottanasana, Janusirasan, Bhednusan Dandasna, Prone Position : Shalbhasana, Makarasana, Bhujangasana Supine Position : Shavasana, Viparitkarani, Sarvangasana Balancing Asamas : Bakasana, Vatayanasana, Veerasan, Utkatason	6
2	Massaage <ul style="list-style-type: none"> • Masaage manipulation • Hacking, stroking percussion, patrissage, friction, Tapotement vibration and shaking vibration and shaking massage techniques in different disease contra indication of massage. 	6
3	Cromotherapy <ul style="list-style-type: none"> • Solarisation of water, oil, glycerine. 	6
4	Magnet Therapy <ul style="list-style-type: none"> • Use of magnet 	6
5	Acupressure & Sujok	6

Books Recommended:

1. Asanas: Swami Kuvalyanand, Kaiwalya dham, Lonavala
2. Pranayama: Swami Kuvalyanand, Kaiwalya dham, Lonavala
3. The Illustrated Lights on Yoga – BKS IYENGAR
4. Yoga Dipika - BKS IYENGAR
5. Yoga the path to holistic health - BKS IYENGAR
6. Light of Life - BKS IYENGAR
7. Clinical Acupuncture by Dr.Anton Jaysuria
8. Clinical Acupuncture Dr.Agrawal

**P. G. Diploma in Yoga Therapy (PGDYT)
Semester II**

Sr. No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
5	DSC-II.2 Lab	PGYT-206	Pr-Major	Yoga Therapy - II	30	1

Cos

- Apply the yoga therapy for managing various diseases.
- Able to describe indication and contra indication of yoga in different chronic health condition.

Unit	Content	Period
1	Asanas - 1 <ul style="list-style-type: none"> • Parswakonasana • Setubandha Sarvangasana 	6
2	Asanas -2 <ul style="list-style-type: none"> • Veerbhadrāsana-I • Veerbhadrāsana-II • Veerbhadrāsana-III 	6
3	Asanas - 3 <ul style="list-style-type: none"> • Meru bvakrasana • Hasta Padasana • Padaparighasana • Vihangpadaparighasana 	6
4	Asanas - 4 <ul style="list-style-type: none"> • Ardhhālasana • Tanushirshasana • Uthitpadasana • Shavasana 	6
5	Bandha <ul style="list-style-type: none"> • Mulbandha • Uddiyanbandha • Jalandhar bandha 	6

Books Recommended:

1. Asanas: Swami Kuvalyanand, Kaiwalya dham, Lonavala
2. Pranayama: Swami Kuvalyanand, Kaiwalya dham, Lonavala
3. The Illustrated Lights on Yoga – BKS IYENGAR
4. Yoga Dipika - BKS IYENGAR
5. Yoga the path to holistic health - BKS IYENGAR
6. Light of Life - BKS IYE

**P. G. Diploma in Yoga Therapy (PGDYT)
Semester II**

Sr. No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
7	Internship / Field Projects	PGYT207	Related to Major	On Job Training, Internship / Field Projects	120	4*

Note : On Job Training, Internship/ Apprenticeship; Field projects Related to Major (During vacations of Semester I and Semester II) For duration of 120 hours, it is mandatory to all the students, to Internship complete during vacations of Semester I and/or II. This will carry 4 Credits for learning of 120 hours. Its credits and grades will be reflected in Semester II credit grade report.

An internship is an opportunity offered by one institution to potential students or students of class undergoing a training / professional programme in the institution, either in any one or both semesters in the final year or after the end of the final semester of the programme usually. It provides students with a period of practical experience in the institution relating to their field of study. The experience is valuable to students as a means of allowing them to experience how their studies are applied in the “Real World” and as a work experience that can be highly attractive to employers on candidate’s CV.

It further determines if they (interns) have an interest in a particular career, create a network of contacts and credits, ultimately putting themselves for forthcoming opportunities for period work.

Here, particularly the programme of Post Graduate Diploma in Yoga therapy internship refers to an exchange and extending of services for professional experience to be continued for 120 hours in a Schools, Colleges, Hospitals and Organisations between the student and organisation so that as experienced interns of few needs little or no training when they begin regular employment, such work experiences during this period of internship, the intern is expected to use the things/technique he /she has learned in the institution and put them in to practice thus the students gain with experience in this field of study. It would be a mandatory part of the completion of the said programme.

Assessment of Internship :

Note-

1. The intern shall at least conduct three assemblies for the students of whole school/ organization.
2. The intern shall conduct classroom theory lessons on, at least any three lessons pertaining to any topics learned in the course.
3. The intern shall conduct practical lessons on at least any three lessons related to any learned Yoga Practical from the course.
4. The intern shall further conduct sports coaching lesson practically, at least one lesson pertaining to his or her individual Specific Lesson.
5. The interns shall show their sincerity and dedication, and discipline while carrying out the concerned work. The efficiency of the intern should be placed on record thoroughly.
6. Schools, organizations like Sports schools, Ashramshala, Other recognized and registered
7. A file should be submitted to supervisor after duly signed by administrator of the Yoga Therapy organisation countersigned by the Co-ordinator or concerned teacher before 10 days of 2nd semester final exam in 4 copies.
8. The intern shall show their sincerity and dedication and discipline while carrying out the concerned work.

Note-

A compiled file with an index having recorded the duty discharge by the intern be maintained accordingly, which shall be signed by Yoga Therapy personal, administrator of the institution, School or Hospital followed by the counter signed by Co-ordinator of the program ultimately it has to be endorsed by the head of the Department of the program.

Presentation of report of Internship :-

An examinee has to face and answer the questions asked by the examiner in the form of Viva-Voice with regards to personal and Technical preparations for internship and experience is gained during internship.