



**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 - v24)**

**Session – 2024-25**

**Sant Gadge Baba Amravati University, Amravati**  
**Faculty: Inter-disciplinary Studies**  
**One Year – Two Semesters Post Graduate Diploma Programme – NEPv24**  
**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.

**ADMISSION ELIGIBILITY:**

- i. A candidate who has passed three years Degree programme of Bachelor of Arts (Yoga or relevant subject) or Bachelor of Science (Yogic Science or Relevant Subject) as a subject of U.G. Degree programme or as a Major or Minor of any statutory university.

**OR**

- ii. Any other Three years bachelor degree graduates of statutory university but for such students it will be mandatory to earn minimum 24 credits from prescribed Additional course work / Pre-requisite course throughout the duration of this programme if the prescribed Additional course work / Pre-requisite course is not successfully completed, the result of second semester (of this P.G. Diploma Programme) will not be declared.

**INTAKE CAPACITY :**

The intake capacity being limited for 40 seats only.

**DURATION:**

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

## **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.

## **PLACEMENT / JOB EMPLOYABILITY:**

- The Post Graduate Diploma holders of this programme can get admission to direct second year ( Part II – semester III ) of Two years Post Graduate Degree Programme of M.A. Yogashastra (Level 6.5).
- The programme 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.

## Learning outcomes descriptors for a higher education qualification at level 6 on the NHEQF

The Bachelor's degree (Honours/ Honours with Research) or the Post-Graduate Diploma is awarded to students who have demonstrated the achievement of the outcomes located at level 6 on the NHEQF.

### Descriptors for qualifications at levels 6 on the NHEQF

Element of the descriptor	NHEQF level descriptors
Knowledge and understanding	<p><b>The graduates should be able to demonstrate the acquisition of:</b></p> <ul style="list-style-type: none"> <li>• advanced knowledge about a specialized field of enquiry, with depth in one or more fields of learning within a broad multidisciplinary/ interdisciplinary context.</li> <li>• a coherent understanding of the established methods and techniques of research and enquiry applicable to the chosen fields of learning.</li> <li>• an awareness and knowledge of the emerging developments and issues in the chosen fields of learning,</li> <li>• procedural knowledge required for performing and accomplishing professional tasks associated with the chosen fields of learning.</li> </ul>
General, technical and professional skills required to perform and accomplish tasks	<p><b>The graduates should be able to demonstrate the acquisition of:</b></p> <ul style="list-style-type: none"> <li>• a range of cognitive and technical skills required for performing and accomplishing complex tasks relating to the chosen fields of learning,</li> <li>• cognitive and technical skills relating to the established research methods and techniques,</li> <li>• cognitive and technical skills required to evaluate complex ideas and undertake research and investigations to generate solutions to real-life problems,</li> <li>• generate solutions to complex problems independently, requiring the exercise of full personal judgement, responsibility, and accountability for the output of the initiatives taken as a practitioner</li> </ul>
Application of knowledge and skills	<p><b>The graduates should be able to demonstrate the ability to:</b></p> <ul style="list-style-type: none"> <li>• apply the acquired advanced technical and/or theoretical knowledge and a range of cognitive and practical skills to analyze the quantitative and qualitative data gathered drawing on a wide range of sources for identifying problems and issues relating to the chosen fields of learning,</li> <li>• apply advanced knowledge relating to research methods to carry out research and investigations to formulate evidence-based solutions to complex and unpredictable problems.</li> </ul>
Generic learning outcomes	<p><b>The graduates should be able to demonstrate the ability to:</b></p> <ul style="list-style-type: none"> <li>• listen carefully, read texts and research papers analytically, and present complex information in a clear and concise manner to different groups/ audiences,</li> <li>• communicate technical information and explanations, and the findings/ results of the research studies relating to specialized fields of learning,</li> <li>• present in a concise manner one's views on the relevance and applications of the findings of research and evaluation studies in the context of emerging developments and issues.</li> <li>• meet own learning needs relating to the chosen fields of learning,</li> <li>• pursue self-paced and self-directed learning to upgrade knowledge and skills that will help accomplish complex tasks and pursue a higher level of education and research. The graduates should be able to demonstrate:</li> <li>• a keen sense of observation, enquiry, and capability for asking relevant/ appropriate questions, the ability to problematize, synthesize and articulate issues and design research proposals,</li> <li>• the ability to define problems, formulate appropriate and relevant research questions, formulate hypotheses, test hypotheses using quantitative and qualitative data, establish hypotheses, make inferences based on the analysis and</li> </ul>

	<p>interpretation of data, and predict cause-and-effect relationships,</p> <ul style="list-style-type: none"> <li>• the capacity to develop appropriate tools for data collection,</li> <li>• the ability to plan, execute and report the results of an experiment or investigation,</li> <li>• the ability to acquire the understanding of basic research ethics and skills in practicing/doing ethics in the field/ in own research work, regardless of the funding authority or field of study,</li> <li>• examine and assess the implications and consequences of emerging developments and issues relating to the chosen fields of study based on empirical evidence.</li> <li>• make judgement in a range of situations by critically reviewing and consolidating evidence,</li> <li>• exercise judgement based on evaluation of evidence from a range of sources to generate solutions to complex problems, including real-life problems, associated with the chosen field(s) of learning requiring the exercise of full personal responsibility and accountability for the initiatives undertaken and the outputs/outcomes of own work as well as of the group as a team member.</li> </ul>
<p>Constitutional, humanistic, ethical, and moral values</p>	<p><b>The graduates should be able to demonstrate the willingness and ability to:</b></p> <ul style="list-style-type: none"> <li>• Embrace and practice constitutional, humanistic, ethical, and moral values in life.</li> <li>• adopt objective, unbiased, and truthful actions in all aspects of work related to the chosen field(s) of learning and professional practice.</li> <li>• present coherent arguments in support of relevant ethical and moral issues.</li> <li>• participate in actions to address environmental and sustainable development issues.</li> <li>• follow ethical practices in all aspects of research and development, including avoiding unethical practices such as fabrication, falsification, or misrepresentation of data or committing plagiarism.</li> </ul>
<p>Employability and job-ready skills, and entrepreneurship skills and capabilities/qualities and mindset</p>	<p><b>The graduates should be able to demonstrate the acquisition of knowledge and skills required for:</b></p> <ul style="list-style-type: none"> <li>• adapting to the future of work and to the demands of the fast pace of technological developments and innovations that drive a shift in employers' demands for skills, particularly with respect to the transition towards more technology-assisted work involving the creation of new forms of work and rapidly changing work and production processes.</li> <li>• managing complex technical or professional activities or projects, requiring the exercise of full personal responsibility for the output of own work as well as for the outputs of the group as a member of the group/team.</li> <li>• exercising supervision in the context of work having unpredictable changes.</li> </ul>

**Additional Course Work / Pre -Requisite Course of Minimum 24 Credits for those Students who have not opted ‘Yoga/ Yogashastra /Naturopathy /Yogic Science’ as subject of degree programme or as Major or Minor in 3 Years U.G. Degree programme but had taken admission in M.A. In Yogashastra / Post Graduate Diploma in Yoga Therapy / Post Graduate Diploma in Naturopathy and Yogic Science.**

### **Credit Distribution of Additional Course Work / Pre -Requisite Course**

<b>Sr. No.</b>	<b>Course / Subject Code</b>	<b>Course / Subject Name</b>	<b>Credit</b>
<b>1</b>	<b>PRREQYOG001</b>	<b>Introduction To Yoga - I</b>	<b>4</b>
<b>2</b>	<b>PRREQYOG002</b>	<b>Introduction To Yoga - II</b>	<b>4</b>
<b>3</b>	<b>PRREQYOG003</b>	<b>Yoga Practical</b>	<b>4</b>
<b>4</b>	<b>PRREQYOG004</b>	<b>Seminar on above Course</b>	<b>4</b>
<b>5</b>	<b>PRREQYOG005</b>	<b>Home Assignment</b>	<b>4</b>
<b>6</b>	<b>PRREQYOG006</b>	<b>Debate and Discussion / Field Visit</b>	<b>4</b>
		<b>Total</b>	<b>24</b>

### **Prescribed Syllabus for Pre-requisite course**

<b>Sr. No.</b>	<b>Code of the Subject/Course</b>	<b>Type of Course</b>	<b>Title of the Course/Subject</b>	<b>Total Learning Hours</b>	<b>Credit</b>
<b>1</b>	<b>PRREQYOG001</b>	<b>Additional Course Work / Pre –Requisite course</b>	<b>Introduction to Yoga - I</b>	<b>60</b>	<b>4</b>

#### **COs:**

After Successfully Completion of this Course the students would be able to:

- Apply Knowledge about Origen History Development of Yoga
- Recognise the Role of Yama Niyama in Mental Health
- Learn Different School of Yoga
- Apply Knowledge of Asanas for Human Health
- This Course will Introduce Different types of Prayers Shanti Path and there, I Benefits
- Strengthening the body's ability to fight infections and diseases.
- Greater vitality and reduced fatigue through balanced diet and holistic practices.
- Lowered stress levels and improved mental health through techniques like meditation and relaxation exercises.
- Removal of toxins from the body through dietary changes, fasting, and other detox methods.

<b>Unit</b>	<b>Content</b>	<b>Hours</b>
<b>Unit I</b>	<ul style="list-style-type: none"> <li>• Meaning ,concept, definition aims and objective of yoga</li> <li>• Historical background of yoga</li> <li>• Misconception about yoga</li> </ul>	<b>10</b>
<b>Unit II</b>	<ul style="list-style-type: none"> <li>• Importance of different prayers in yoga</li> <li>• Importance of Shanti Path in yoga</li> </ul>	<b>10</b>
<b>Unit III</b>	<ul style="list-style-type: none"> <li>• Introduction to Patanjali yoga Darshan</li> <li>• Concept of Antarang yoga and Bahirang yoga</li> <li>• Concept of yam niyam</li> </ul>	<b>10</b>

<b>Unit IV</b>	<ul style="list-style-type: none"> <li>• <b>Aasanas</b> - types and its effects on human body</li> <li>• <b>Pranayama</b> – Concept of Pranayam according to Patanjali yoga Darshan</li> </ul>	<b>10</b>
<b>Unit V</b>	<ul style="list-style-type: none"> <li>• Introduction of different schools of yoga. Gyan yoga, Bhakti yoga, Kaarm yoga</li> </ul>	<b>10</b>
<b>Unit VI</b>	<ul style="list-style-type: none"> <li>• History of Naturopathy</li> <li>• Introduction of Five elements</li> </ul>	<b>10</b>

**Reference Books:**

1. SamputraYogvidya - Rajeev jain, mangal Publication House Pvt. Ltd Bhopal
2. PatanjaliYog-Sutra - Dr. P.V. karambelkar, kaivalya dhama, Lonawala
3. Aasana, Pranayama Mudra bandha - Swami Satyananda Sarswati
4. Science of nature life - Dr. Bansal
5. Davas nature guide - Dr. Davas

Sr. No.	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
2	PRREQYOG002	Additional Course Work / Pre –Requisite course	Introduction to Yoga - II	60	4

**COs:**

- Learn Various Shodhan Kriya, there Techniques and their Therapeutic Values
- Learn Various Asanas with their Significance
- Learn Pranayama and their Effects
- Adapt Knowledge of Banda Mudra
- Effectively Perform Meditative pose, Cultural Asanas and Relaxtative Asanas
- Learn mud applications can promote better blood flow and improve circulation, which can aid in the healing process and reduce muscle tension.
- Mud therapy may help in detoxifying the body by drawing out impurities and toxins through the skin.

Unit	Content	Hours
<b>Unit I</b>	<ul style="list-style-type: none"> <li>• Introduction to Bhagavad Gita</li> <li>• Introduction to Hatha Pradipika</li> </ul>	<b>10</b>
<b>Unit II</b>	<ul style="list-style-type: none"> <li>• Shodhan Kriyas Types and Techniques</li> <li>• Types of Hatha Yogik Pranayam and its Signification</li> </ul>	<b>10</b>
<b>Unit III</b>	<ul style="list-style-type: none"> <li>• Types of Bandha According to Hatha Yoga</li> <li>• Concept of Mudras</li> </ul>	<b>10</b>
<b>Unit IV</b>	<ul style="list-style-type: none"> <li>• Concept of pratyahar, dharna, Dhyana, samadhi</li> </ul>	<b>10</b>
<b>Unit V</b>	<ul style="list-style-type: none"> <li>• Importance of Pranav Japa</li> <li>• Meditation and its Importance</li> </ul>	<b>10</b>
<b>Unit VI</b>	<ul style="list-style-type: none"> <li>• Brief introduction of Indian Naturopath</li> <li>• Introduction of Mud therapy, Fasting therapy, Cromotherapy</li> </ul>	<b>10</b>

**Reference Books:**

1. SamputraYogvidya - Rajeev jain, mangal Publication House Pvt. Ltd Bhopal
2. Patanjali Yog-Sutra - Dr. P.V. karambelkar, kaivalyadhama, Lonawala
3. Aasana, Pranayama Mudra bandha - Swami Satyan and Sarswati
4. Science of nature life - Dr. Bansal
5. Davas nature guide - Dr. Davas

### Practical -I

Sr. No.	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
3	PRREQYOG003	<b>Additional Course Work / Pre –Requisite course</b>	<b>YOGA PRACTICAL</b>	<b>120</b>	<b>4</b>

**COs:**

- Learn Various Shodhan Kriya, there Techniques and their Therapeutic Values
- Learn Various Asanas with their Significance
- Learn Pranayama and their Effects
- Adapt Knowledge of Banda Mudra
- Effectively Perform Meditative pose, Cultural Asanas and Relaxtative Asanas

#### List of Practical / Laboratory Experiments / Activities, etc.

Content
<ul style="list-style-type: none"> <li>• Yogic Prayer</li> <li>• Yogic Sukshma Vyayam</li> <li>• Netra Shakti Vikasak, Karna Shakti Vikasak ,Medha Shakti Vikasak,Griva Shakti Vikasak, Skandha Shakti Vikasak, Bhuja Shakti Vikasak, Vakshasthl Shakti Vikask.</li> </ul>
<ul style="list-style-type: none"> <li>• Suryanamaskaar</li> </ul>
<ul style="list-style-type: none"> <li>• General Guideline of aasanas</li> </ul>
<ul style="list-style-type: none"> <li>• Nadi Shodhan(Anulom Vilom), Pranayama Method</li> </ul>
<ul style="list-style-type: none"> <li>• General Guideline of Bandha and Mudras</li> </ul>
<ul style="list-style-type: none"> <li>• Shanti Path</li> </ul>

**Reference Books:**

- |                                   |  |
|-----------------------------------|--|
| 1. SamputraYogvidya<br>Bhopal     | - Rajeev jain, mangal Publication House Pvt. Ltd |
| 2. PatanjaliYog-Sutra             | - Dr. P.V. karambelkar, kaivalyadhama, Lonawala  |
| 3. Aasana, Pranayama Mudra bandha | – Swami SatyanandaSarswati                       |
| 4. Science of nature life         | - Dr. Bansal                                     |



## **The Evaluation Mechanism Is As Under: (Internal Assessment / Evaluation / Examination )**

### **The evaluation system of Introduction to Yoga - I**

- A theory paper based on 6 units descriptive type of maximum 40 marks duration 2 hours.
- Examination with MCQ of 20marks based on all 6 units.

### **The evaluation system of Introduction to Yoga - II**

- A theory paper based on 6 units descriptive type of maximum 40 marks duration 2 hours.
- Examination with MCQ of 20 marks based on all 6 units.

### **The evaluation system of Yoga Practical**

- Candidate has to demonstrate 4 practices or activities of candidates choice.

### **The evaluation system of Seminar on above Papers**

- Seminar candidate has to deliver 4 seminars any 2 topics from theory paper-I (Introduction to Yoga – I) and any 2 topics from theory paper-II (Introduction to Yoga – II) Seminar Report will have to be submitted.

### **The evaluation system of Home Assignment**

- Home Assignment:- Candidate has to write 2 essays on any 2 topics from theory paper –I (Introduction to Yoga – I) and any 2 topics from theory paper –II (Introduction to Yoga – II)

### **The evaluation system of Debate and Discussion / Field visit.**

- Candidate has to select 2 topics from theory paper-I (Introduction to Yoga – I) and 2 topics from theory paper –II (Introduction to Yoga – II) and has to discuss and debate with other students A report of the activities will be submitted.
- Candidate may have to visit yoga and Naturopathy centre's and write a short report on the visit.

### **Special Note :**

- It is a self learning / online / through SWAYAM or Any recognised MOOC platform course. The teachers / faculty of the Department /Institute / College will facilitate the learning and assessment of the course.
- All those students who have not studied or earn 24 Credit from the course of Yoga/ Yogashastra/ Naturopathy /Yogic Science or relevant course during their U.G. Programme will have to go undergoes this course.
- Yoga/ Yogashastra/ Naturopathy /Yogic Science or relevant subject graduates are exempted from this course.
- Assessment / Examination and Evaluation of this Additional course work / Pre-requisite course will be done through Internal Assessment Process at level of Department / Institute.
- The course completion certificate will be submitted by Head of the Department / Institute to the Examination Section of the University, before completion of second semester university examination of that academic year.
- The undertaking along with the list of those student who do not required the Additional Course Work / Pre-requisite Course will be simultaneously submitted by the Head of University Department / Principal / Head of the Institute to the Examination Center.
- It is compulsory to the such admitted student (Non-Yoga / Non-Yogashastra/Non-Naturopathy /Non-Yogic Science graduates) to Complete Additional course work / Pre-Requisite Course in the Semester I & II of the same academic year.
- The evaluation of the said Additional course work / Pre-requisite course will be done under the concerned Department / Institute. The subject expert of the regarding programme or course, Institute will have authority to conduct the evaluation.
- The complete outline of the Additional course work / Pre-requisite course is given at the beginning of the syllabus of the said course.

Part – B

**Sant Gadge Baba Amravati University, Amravati.**

Faculty: Inter-disciplinary Studies

One Year - Two Semester Programme-NEPv24

P. G. Diploma in Yoga Therapy (PGDYT)

Semester I

Sr. No	Course/Subject	Course/Subject Code	Title of the Course/Subject	Total Learning Hours	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
8	Experiential learning, life skills, self study, field visits, Digital learning, Assessment, Evaluation, Examination etc.			240	Included above
<b>Total</b>				<b>Minimum 600 Learning Hours</b>	<b>22</b>

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

Semester II

Sr. No	Course/Subject	Course/Subject Code	Title of the Course/Subject	Total Learning Hours	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	OJT, Internship/ Field Projects,.	PGYT207	If the student opts to exit the programme after I year then -# On Job Training, Internship / Apprenticeship ; Field projects Related to Major(120 Hrs)		4*
8	Experiential learning, life skills, self study, field visits, Digital learning, Assessment, Evaluation, Examination etc.			300	Included above
<b>Total</b>				<b>Minimum 600 Learning Hours</b>	<b>18+4*</b>

# Sant Gadge Baba Amravati University, Amravati.

Faculty: Inter-disciplinary Studies

One Year - Two Semester Programme-NEPv24

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 Learning Hours	Credit
1	RM and IPR	PGYT101	Th-Major	<b>Research Methodology and Intellectual Property Right</b>	60	4

### COs :

The students would be able to:

- Understand the meaning & definition of Research.
- To give an overview of the research methodology & Explain the technique of defining a research problem.
- To explain the functions of the literature review in research.
- To explain various form of the intellectual property.
- Explain various research design & their characteristics.
- Become aware of measures of Mean, Mode, Median.

Unit	Content	Hours
<b>Unit I</b>	<ul style="list-style-type: none"> <li>• <b>Introduction</b></li> <li>• Meaning, Concept &amp; Definition of Research</li> <li>• Type of Research</li> <li>• Qualities of a good Researcher</li> </ul>	<b>10</b>
<b>Unit II</b>	<ul style="list-style-type: none"> <li>• <b>Developing the Research Problem</b></li> <li>• Definition &amp; Meaning of research problem</li> <li>• Criteria for selection a research problem</li> <li>• Meaning, Definition and types of Hypothesis, Formulation of Research hypothesis.</li> </ul>	<b>10</b>
<b>Unit III</b>	<ul style="list-style-type: none"> <li>• <b>Survey of Related Literature</b></li> <li>• Need and purpose for surveying related literature</li> <li>• Sources of literature</li> <li>• Steps in literature search</li> </ul>	<b>10</b>
<b>Unit IV</b>	<ul style="list-style-type: none"> <li>• <b>Methods of Research</b></li> <li>• Need and Importance of Formulating method</li> <li>• Sampling &amp; Population – Meaning importance</li> <li>• Types of sampling – Probability &amp; Non-Probability</li> </ul>	<b>10</b>
<b>Unit V</b>	<p><b>Research Report</b></p> <ul style="list-style-type: none"> <li>• Definition , Characteristics, Report Writing Skills</li> <li>• <b>Statistics</b> – mean, mode, median, Mean deviation</li> </ul>	<b>10</b>
<b>Unit VI</b>	<p><b>Intellectual Property Rights:</b></p> <ul style="list-style-type: none"> <li>• Introduction to IPR :-</li> <li>• Meaning of Property, Origin, Nature, Meaning of Intellectual Rights. Patent Rights and Copy Rights.</li> </ul>	<b>10</b>

### 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. Carls 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 Learning Hours	Credit
2	DSC-I.1	PGYT102	Th-Major	Foundation of Yoga	60	4

**COs**

- Explain the origin, history, & development of yoga.
- To know the historical & cultural awareness.
- Knowledge of various traditional hatha yoga texts. Conceptual & practical understanding of mudra & bandha.
- The concept of chitta & vrittis.
- Understanding of different school of yoga.
- Become aware of the concept of panchkosha.

Unit	Content	Hours
Unit I	<ul style="list-style-type: none"> <li>• Meaning Concept, Aim &amp; Objectives</li> <li>• History and Development of Yoga</li> <li>• Misconception of Yoga</li> </ul>	10
Unit II	<ul style="list-style-type: none"> <li>• <b>Meaning, importance and significance of prayers</b> Om Sahanavavatu, Om Sangacchadhvam, Om Stavam, Shivom-Shivom, MahaMrutunjaya Mantra, Gayatri Mantra, Purnamadam Purnamidam, Shantipath</li> </ul>	10
Unit III	<p><b>Introduction to Patanjali Yogasutra - I</b></p> <ul style="list-style-type: none"> <li>• Concept of Chitta, Vrittis, Chittabhumi, Abhyasa &amp; Vairagya, Chitta Vikshepas, Chitta Prasadnam, Ishwar.</li> </ul>	10
Unit IV	<p><b>Introduction of Patanjali Yogasutra - II</b></p> <ul style="list-style-type: none"> <li>• Introduction, types and nature of Samadhi.</li> <li>• Concept of Kriya yoga, concept of Panch klesha.</li> <li>• Brief introduction to Asthanga Yoga.</li> </ul>	10
Unit V	<p><b>Streams of Yoga</b></p> <ul style="list-style-type: none"> <li>• Gyan Yoga</li> <li>• Karma Yoga</li> <li>• Bhakti Yoga</li> <li>• Mantra Yoga.</li> </ul>	10
Unit VI	<p><b>Concept and significance :</b></p> <ul style="list-style-type: none"> <li>• PanchaKosha</li> <li>• Panchprana</li> <li>• ShodhanKriya</li> </ul>	10

**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. Patanjali Yog Sutra: Dr. P.V. Karambelkar, Kaivalyadham, Lonavala
4. Rog Aur Yog: Swami Satyanand Saraswati, Yog Publication Trust, Munger (Bihar)
5. Gherand Samhita: Swami Digambarji and M.L. Gharote Kaivalyadham, Lonavala
6. Hatha pradeepika: Dr. M.L. Gharote, Yoga Institute, Lonavala
7. Yogic Therapy: Swami Kuvalyanand and Dr. Vinegar Kaivalyadham, Lonavala

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

<b>Sr. No.</b>	<b>Subject</b>	<b>Code Of the Subject/Course</b>	<b>Type of Course</b>	<b>Title of the Course/Subject</b>	<b>Total Learning Hours</b>	<b>Credit</b>
<b>3</b>	<b>DSC-II.1</b>	<b>PGYT103</b>	<b>Th-Major</b>	<b>Yoga Therapy</b>	<b>60</b>	<b>4</b>

**COs**

Students would be able to

- Develop understanding of health.
- Became aware of relevance in health & well being.
- Can learn different characteristics of healthy living.
- Understanding of the panch kosha to develop balance approach to personal growth, energetic, mental and spiritual aspect of life.
- Knowledge of various traditional hatha yoga texts.
- Learn the principles of using yoga therapy to address specific diseases, including chronic condition, mental health issue and life style related diseases.
- Understand integrate yoga rehabilitation with other therapies and treatments.

<b>Unit</b>	<b>Content</b>	<b>Hours</b>
<b>Unit I</b>	<ul style="list-style-type: none"> <li>• Concept and definitions of health, factors affecting health</li> <li>• Yogic concept of health.</li> <li>• Characteristics of healthy person.</li> </ul>	<b>10</b>
<b>Unit II</b>	<ul style="list-style-type: none"> <li>• Concepts and misconception about yoga therapy</li> <li>• Aims and objectives of yoga therapy.</li> <li>• Historical background, Holistic nature of yoga therapy. Methods of yoga therapy.</li> </ul>	<b>10</b>
<b>Unit III</b>	Theory of Panch kosha <ul style="list-style-type: none"> <li>• Role of Pancha Kosh in health and disease</li> <li>• Role of yoga to enhance immunity.</li> <li>• Therapeutic aspects of Bandha</li> </ul>	<b>10</b>
<b>Unit IV</b>	<ul style="list-style-type: none"> <li>• Limitation and scope of yoga therapy.</li> <li>• Traditional approach of yoga therapy mention in basic yoga texts.(Gheranda samhita, Hath pradipika)</li> </ul>	<b>10</b>
<b>Unit V</b>	<ul style="list-style-type: none"> <li>• Concept of diseases according to yogic texts</li> <li>• Types of diseases –infectious, stress related diseases, chronic, viral,genetic</li> </ul>	<b>10</b>
<b>Unit VI</b>	Definition of Rehabilitation <ul style="list-style-type: none"> <li>• Need for Rehabilitation</li> <li>• Yoga based Physical Rehabilitation</li> <li>• Yoga based Mental Rehabilitation</li> <li>• Yoga based Medical Rehabilitation</li> </ul>	<b>10</b>

**Reference Books:**

1. Anatomy and Physiology: Anne Waugh and Alison Churchill Living Stoned.
2. Human Anatomy: Chourasia B.D C. B.S. Publications, Delhi.
3. Anatomy and Physiology of Yogic Practices: Dr.M.M. Gore, Lonavala. New Age books New 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 Learning Hours	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

- Understand of human anatomy & physiology.
- Know different system & their functions.
- Know different levels of postural complexity.
- Develop the understanding of hormones.
- Know the effect of yogic techniques or different systems in the human body.
- Understand the functions and interaction of different body system and their contribute to overall health and homeostasis.

Unit	Content	Hours
Unit I	<b>General Introduction to Human body</b> <ul style="list-style-type: none"> <li>• Cell, Tissue, 9 Systems of human body.</li> <li>• Basic functions of nine major systems of Human body.</li> </ul>	10
Unit II	<ul style="list-style-type: none"> <li>• Skeletal system-structural &amp; function of organs of skeletal system.</li> <li>• Muscular System- Types of Muscles, Function of Muscles, Muscles tone.</li> <li>• Nervous system structure &amp; functions of organs of Nervous system.</li> </ul>	10
Unit III	<ul style="list-style-type: none"> <li>• Respiration System Structural &amp; functions of organs of Respiratory system.</li> <li>• Cardiovascular system structure &amp; function of organs of cardiovascular system.</li> <li>• Endocrine system, various glands &amp; function of hormones secreted by various glands.</li> </ul>	10
Unit IV	<b>Postures:</b> <ul style="list-style-type: none"> <li>• Different Postures Behind of Different Postures, Postural Reflexes</li> <li>• Various Postural deformities.</li> <li>• Application of Asanas for different Postural deformity</li> </ul>	10
Unit V	<b>Psycho-Physiological importance of yoga.</b> <ul style="list-style-type: none"> <li>• Mental health and Yama-Niyamas</li> <li>• Concept of Relaxation techniques describe in ancient yoga texts.</li> <li>• Modern relaxation technique, Yoga nidra, Progressive muscular relaxation etc.</li> </ul>	10
Unit VI	<ul style="list-style-type: none"> <li>• Excretory System structure and functions of organs of Excretory system.</li> <li>• Digestive system structure &amp; functions of organs of Digestive system.</li> </ul>	10

**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. Kavalayan and 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 Learning Hours	Credit
5	DSE-I.A	PGNY105A	Th-Major Elective	Alternative Therapy	60	4

**COs**

- Understanding of a brief introduction of Naturopathy.
- Learn the application of nature therapy for total health.
- Know the general principles of naturopathy.
- Apply the principles of hydrotherapy.
- Have knowledge of the fasting, diet.
- To know the contribution in field of Naturopathy Propagation and development.

Unit	Content	Hours
Unit I	<ul style="list-style-type: none"> <li>• History of Naturopathy</li> <li>• Principals of Nature Care</li> <li>• Panchatatva &amp; laws of Nature</li> </ul>	10
Unit II	<p><b>Contribution in Naturopathy :</b></p> <ul style="list-style-type: none"> <li>• Father sebastion kneep</li> <li>• Gandhi</li> <li>• Kneep</li> <li>• Vinoba Bhave</li> </ul>	10
Unit III	<p><b>Science official Expression</b></p> <ul style="list-style-type: none"> <li>• Foreign Matter Theory: Definition and Formation of Foreign Matter</li> <li>• Accumulation off oreign Matter, liquid and Soliddry &amp; Gaseous form</li> <li>• Causes of Foreign Matter Accumulation</li> <li>• Elimination off oreign matter and how to increase utility</li> </ul>	10
Unit IV	<p><b>Hydrotherapy</b></p> <ul style="list-style-type: none"> <li>• Introduction of Hydro therapy, properties and various form sin which water is used for therapy ( Water drinking, irrigation, douche, Ice treatment)</li> <li>• Effect of different temperature on Body</li> <li>• Bath: Hip Bath, Spinal Bath, Sitzs Bath, Immersion Bath, Foot Bath, Steam Bath, vapors Bath.</li> <li>• Packs: Chest, Trunk, Leg Pack, Full Wet sheet Pack</li> </ul>	10
Unit V	<p><b>Mud Therapy</b></p> <ul style="list-style-type: none"> <li>• Introduction of Mud Therapy</li> <li>• Classification of Mud therapeutic use and Precautions for Storing Mud</li> <li>• Methods of Treatment of Mud application packing, Hot poulifies, Effect of Body</li> <li>• Natural Mud Bath, Full and Partial Mud pack, Mud plaster, Sand bath, Cometic use of Mud</li> </ul>	10
Unit VI	<p><b>Fasting</b></p> <ul style="list-style-type: none"> <li>• Definition of Fasting Theory off a sting in Animal shi story of Fastingin Indiaand Foreign Country</li> <li>• Physiology Effect of Fasting</li> <li>• Difference between Fasting and Starvation, difference between Hunger and Appetite</li> <li>• Types of Fasting</li> </ul>	10

**Books References :-**

1. Clinical Acupuncture by Dr.AntonJaysuria
2. Clinical Acupuncture Dr. Agrawal
3. Su-Jok by Park Jaewoo
4. Thumb is head by ParkJaewoo
5. Emergacy-Su-Jok by Park Jaewoo
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 Learning Hours	Credit
3	<b>DSE-I.B</b>	<b>PGYT105B</b>	<b>Th-Major Elective</b>	<b>Physiology of Yogic Practices</b>	<b>60</b>	<b>4</b>

#### COs:

- Learn the yoga affects muscle , strength, flexibility and joint health.
- Know the oxygenation and supports detoxification processes.
- Learn the physiological effects of each Shatkarma practice on different body system.
- Learn the correct techniques for engaging and releasing each Bandha.
- Understand the physiological effects of meditation.
- Learn about Endocrine glands such as Pituitary glands, Thyroid gland, Pancreas.

Unit	Content	Hours
<b>Unit I</b>	<ul style="list-style-type: none"> <li>• Physiological changes during Asanas.</li> <li>• Therapeutic use of various Asanas</li> </ul>	<b>10</b>
<b>Unit II</b>	<ul style="list-style-type: none"> <li>• Various Breathing Techniques</li> <li>• Physiological effects of Various Types of Pranayama</li> <li>• Therapeutic value of Patanjali and Hathyogic Pranayama.</li> </ul>	<b>10</b>
<b>Unit III</b>	<ul style="list-style-type: none"> <li>• Effect of Shatkarma (cleaning techniques) on human body.</li> <li>• Therapeutic use of Shatkarma</li> </ul>	<b>10</b>
<b>Unit IV</b>	<ul style="list-style-type: none"> <li>• Various Types of Bandas and Mudras</li> <li>• Anatomico- physiological role of Bandas and Mudras</li> </ul>	<b>10</b>
<b>Unit V</b>	<ul style="list-style-type: none"> <li>• Physiological importance of Pratyahar, Dharana and Dyana.</li> <li>• Physiological and biochemical changes during meditation.</li> </ul>	<b>10</b>
<b>Unit VI</b>	<ul style="list-style-type: none"> <li>• Impact of yoga on hormonal system. Relationship between yoga practices and metabolic role.</li> </ul>	<b>10</b>

#### 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 KaivalyadhamaLonavala
7. "Yoga & Your Heart" - K.K.Datey, M.L. Gharote, MeghaPrakashan, 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 , "KanchanPrakashanLonavala, 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 Learning Hours	Credit
6	DSC-I.1 Lab	PGYT106	Pr- Major	Yoga Practical -I	30	1

**COs**

- Develop understanding of different yogic techniques.
- Attain perfection to perform different yogic practices.
- Develop skill to conduct practical sessions.
- Apply the physiology of breathing.
- Perform practicaly the shatkarma.

**List of Practical / Activities etc.**

Sr.No.	Content
1	<ul style="list-style-type: none"> <li>• <b>Sharir Sanchalan</b></li> <li>• <b>Asana:</b></li> <li>• Standing Asanas : Ardhakati Chakrasana, Trikonasana</li> <li>• Sitting Asanas : Siddhasana, Padmasana, Gomukhasana, Varrasana, Vajrasana, Swastikasana</li> <li>• Prone Position : Shalbhasana, Makarasana, Bhujangasana,</li> <li>• Supine Position : Shavasana, Viparitkarani, Sarvangasana</li> <li>• Balancing Asanas: Bakasana, Vatayanasana, Veerasan, Utkatason</li> </ul>
2	<b>Pranayam(WithoutKumbhaka)</b> <ul style="list-style-type: none"> <li>• Anulom-vilom (Alternatenostrilbreathing)</li> <li>• Suraybhedan</li> <li>• Bramari</li> <li>• Bastrika</li> </ul>
3	<b>Cleansing process in Yoga Hath Yogic Kriyas</b> <ul style="list-style-type: none"> <li>• Jalaneti</li> <li>• Sutra Neti</li> <li>• Vaman Dhauti, Dand Dhauti, Vastra Dhauti.</li> <li>• Nauli – Agnisar, Uddiyan, Nauli</li> <li>• Kapalbhati</li> <li>• Tratak</li> </ul>
4	<ul style="list-style-type: none"> <li>• Measurement of height, Weight and BMI</li> <li>• Pulse.</li> </ul>
5	<b>Instrument for human scientific procedure</b> <ul style="list-style-type: none"> <li>• Temperature, Blood pressure, respiratory rate.</li> </ul>

**Reference Books:**

1. Light onYoga :BKSIYENGER
2. Yoga Dipika : BKS IYENGAR
3. Sampurna Yog Vidya :RajeevJ ain, Manjul Publication House Pvt LTD, Bhopal
4. Asana,Pranayam, MudraBhandha :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, YogPublication Trust, Munger(Bihar)
7. Gherand Samhita :Swami Digambarji and M.L.Gharote Kaivalyadham,Lonavala
8. Hatha pradeepika :Dr.M.L.Gharote, Yoga Institule,Lonavala
9. 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 Learning Hours	Credit
6	DSC-II.1 Lab	PGYT107	Pr- Major	Yoga Therapy - I	30	1

**COs**

- Knowledge of yoga therapy for managing various diseases.
- Implement meditation for support mental and emotional well being.
- Implement personalized yoga Therapy Program based on client needs, goals, and health condition.
- Implement yoga therapy techniques & practices on specific conditions.
- Learn the principles of proper alignment and body mechanics to ensure effectiveness and safety asanas.

**. List of Practical / Activities etc.**

Sr. No	Asana
1	<ul style="list-style-type: none"> <li>• Suptaveerasana on bench</li> <li>• Suptaveerasana on ground</li> <li>• Suptabaddha konasana</li> <li>• Sarvangasana</li> <li>• Upavista konasana</li> <li>• Merudandasana</li> <li>• Vipareeta Dandasana-1</li> <li>• Vipareeta Danadasana -2</li> <li>• Vipareeta Danadasana - 3</li> <li>• Kapotasana</li> <li>• Tadasana</li> <li>• Urdhwa dhanurasana</li> </ul>
2	<p><b>Meditation</b></p> <ul style="list-style-type: none"> <li>• Sthul Dhyan</li> <li>• Sukshma Dhyan</li> <li>• Jyoti Dhyan</li> </ul>

**Reference Books:**

1. Sampurna Yog Vidya :Rajeev Jain, Manjul Publication House Pvt LTD, Bhopal
2. Asana, Pranayam, MudraBhandha :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. Hatha pradeepika :Dr.M.L.Gharote, Yoga Institule, Lonavala
7. Yogic Therapy :Swami Kuvalyanand and Dr.Vineger Kaivalyadham Lonavala

# Sant Gadge Baba Amravati University, Amravati.

Faculty: Inter-disciplinary Studies

One Year- Two Semester Post Graduate Diploma Programme-NEPv24

P. G. Diploma in Yoga Therapy (PGDYT)

Semester II [ Level 6.0 ]

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

## COs

- Understand Yogic concept in various hath yogic texts
- Learn the correct techniques for each Shatkarma practice to ensure effectiveness and prevent potential injuries.
- Learn about the historical development of Indian philosophy and its evolution overtime.
- Know the impact of asanas on different parts of human body.
- Develop the ability to assess & increase awareness of each Kosh through practices such as Meditation, Asanas, Pranayama.
- Apply knowledge for evaluation of yoga
- Enrich the knowledge of definitions, history and branches of yoga.

Unit	Content	Hours
<b>Unit I</b>	<ul style="list-style-type: none"> <li>• Introduction of Hathyoga:- Hath Pradipika, Gherand samhita</li> <li>• Sadhaka- Badhakatattva, Pathya-Apathya, Mitahara, Nadanusandhan.</li> <li>• Hath yogic concept of Asanas</li> </ul>	<b>10</b>
<b>Unit II</b>	<ul style="list-style-type: none"> <li>• Introduction of Gheranad Samhita (Saptang Yoga)</li> <li>• Concept of Ghatshuddhi</li> <li>• Role of Shatkarma in health and Hygiene</li> </ul>	<b>10</b>
<b>Unit III</b>	<ul style="list-style-type: none"> <li>• Introduction to Indian Philosophy:- Concept of Astik darshan</li> <li>• Sankhya Yoga:-Introduction to 25 entities &amp; their impact on body-Mind relationship</li> <li>• Relation between Sankhya darshan and yoga darshan</li> </ul>	<b>10</b>
<b>Unit IV</b>	<ul style="list-style-type: none"> <li>• Effects and benefits of Asans on different Parts of human body</li> <li>• Distinction between Yogasana &amp; NonYogic Exercises.</li> </ul>	<b>10</b>
<b>Unit V</b>	<ul style="list-style-type: none"> <li>• Nadi, kundalini, Shatchakra</li> <li>• Panchkosh, Bandha-Mudra.</li> </ul>	<b>10</b>
<b>Unit VI</b>	<ul style="list-style-type: none"> <li>• Introduction of Bhagavad Gita</li> <li>• Definition of yoga</li> <li>• Concept of Gyan Yoga</li> <li>• Karma Yoga and its types</li> <li>• Bhakti Yoga Nature of Bhakti, Types of Bhakti</li> </ul>	<b>10</b>

## 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. Patanjali Yog Sutra : Dr.P.V. Karambelkar, Kaivalyadham, Lonavala
4. Rog Aur Yog : Swami Satyan and Sarswati, YogPublication Trust, Munger(Bihar)
5. Gherand Samhita : Swami Digambarji and M.L.Gharote Kaivalyadham, Lonavala
6. Hatha pradeepika : Dr. M.L. Gharote, Yoga Institule, Lonavala Yogic Therapy : Swami Kuvalyand 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 Learning Hours	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
- Understand to evaluate specific health condition, such as back pain, hypertension & Anxiety.
- Implement mindfulness & Meditation Practices to reduce stress & Improve emotional regulation.

Unit	Content	Hours
Unit - I	<ul style="list-style-type: none"> <li>• Mental health- Concept, affecting factors of mental Health.</li> <li>• Holistic Approach to treat them mental diseases.</li> </ul>	10
Unit - II	<ul style="list-style-type: none"> <li>• Meaning and concept of emotions, Frustration, Depression and their Management through Yogatherapy.</li> <li>• Yogic treatment for psychiatric disorder:- Psychosis, Anxiety, Neurosis, Insomnia.</li> </ul>	10
Unit - III	<ul style="list-style-type: none"> <li>• Spinal disorders Spondylitis- Cervical, Lumber</li> <li>• Postural deformity and their Management by Yoga Therapy (Kyphosis, Lordosis, Scoliosis, Knock knees, bow legs, flat feet.)</li> </ul>	10
Unit - IV	<ul style="list-style-type: none"> <li>• Specialized techniques for Gynecological disorder:- Menstrual disorder, Prenatal, Postnatal Pregnancy.</li> <li>• Yoga practices during Pregnancy.</li> <li>• Yoga practices for alleviation of menopausal problems.</li> </ul>	10
Unit - V	<ul style="list-style-type: none"> <li>• Role of yoga Preventing and managing stress</li> <li>• Therapeutic potential of pranayama</li> <li>• Yogic exercise for the Tri doshas.</li> <li>• Management of Digestive disorders by yoga therapy.</li> </ul>	10
Unit - VI	<ul style="list-style-type: none"> <li>• Therapeutic benefits of hatha yoga according to swatmaram. (Asanas, Pranayamas, Mudras, Kriyas)</li> <li>• Various yoga therapy schedules</li> <li>• Yoga Therapy for Diabetes.</li> <li>• Yoga Therapy for Hypertension</li> <li>• Yoga Therapy for Asthma</li> <li>• Yoga Therapy for Obesity</li> <li>• Yoga Therapy for Nasal Allergies &amp; Breathing problems.</li> </ul>	10

**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<br>Living Stoned. |
| 10. Human Anatomy  | - | Chourasia B.D.C.B.S. Publications, Delhi.         |
| 11. Anatomy and Physiology of Yogic Practices-<br>books New Delhi. | - | Dr.M.M. Gore, Lonavala. NewAge                    |
| 12. Light On Yoga  | - | BKSIYENGER  |
| 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 Learning Hours	Credit
5	DSE-III.2	PGYT203	Th-Major	Teaching Methodology of Yogic Practices	60	4

**Cos**

- Understanding the general principles & methods of teaching.
- Know the essential tools for the teaching.
- Learn the basic concept of communication.
- Knowledge of development & promotion of yoga.
- Prepare the ideal lesson plan & its practical applications.
- Develop skills in designing and sequencing yoga classes to meet the needs of different groups, including beginners, advanced practitioners, and those with specific conditions.

Unit	Content	Hours
<b>Unit I</b>	<ul style="list-style-type: none"> <li>• <b>Introduction</b> :Meaning of methods, Principals and Importance of teaching Method</li> <li>• Different Methods of Teaching- Lecture, Demonstration Orientation, Homework, Assignments, Project, Micro-teaching, Team Teaching</li> </ul>	<b>10</b>
<b>Unit II</b>	<ul style="list-style-type: none"> <li>• <b>Teaching Aids:</b> Meaning, Definition &amp; Importance, Classification of Teaching aids</li> <li>• Traditional Teaching aids &amp; Modern Teaching aids.</li> <li>• Audio, Visual and Audio-Visual teaching</li> <li>• Necessary Precautions for using teaching aids, useful teaching aids for teaching of Yoga</li> </ul>	<b>10</b>
<b>Unit III</b>	<ul style="list-style-type: none"> <li>• <b>Communication Skills:</b></li> <li>• -Knowledge &amp; demonstration ability</li> <li>• Describing the practice (Name, Meaning, Justification, Category Type, Counts, Complementary Postures)</li> <li>• Demonstration (demo with counts, demo with breathing count and explanation)</li> <li>• Benefits &amp; Limitation</li> <li>• Question Answers</li> <li>• To obtain Feed back from the aspirants &amp; make course correction</li> <li>• Appropriate.</li> </ul>	<b>10</b>
<b>Unit IV</b>	<ul style="list-style-type: none"> <li>• <b>Co- Curricular activities for yoga teaching:-</b></li> <li>• Exhibition, Visit to Yoga institute, Participation in Seminars &amp; Conferences.</li> <li>• University with their contribution in the field of Yoga propagation and development.</li> <li>• Kaivalyadhama, Lonavala, pune</li> <li>• Moraraji Desai National Yoga Institute, New Delhi</li> <li>• Dev Sanskrit Vishwa-Vidhyalaya Haridwar.</li> </ul>	<b>10</b>
<b>Unit V</b>	<p><b>Lessons Plan:-</b>Meaning Importance &amp; objective.</p> <ul style="list-style-type: none"> <li>• Principles of lesson plan</li> <li>• Knowledge Lessons</li> <li>• Skill Lessons</li> <li>• Appreciation Lessons- Planning &amp; Observation of different Yogic activities in Lessons:-Asanas, Shatkarma, Pranayama, Bandas, Mudra lesson, etc.</li> <li>• Factors affecting the teaching.</li> </ul>	<b>10</b>
<b>Unit VI</b>	<p><b>Class management :</b></p> <ul style="list-style-type: none"> <li>• Class formation : meaning types &amp; their importance</li> </ul> <p>Yoga class room – Essential features, place sitting arrangement in yoga class.</p>	<b>10</b>

**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 Learning Hours	Credit
4	DSE-II.A	PGYT204A	Th-Major Elective	Alternative Therapy	60	4

**COs**

- Know the various massage techniques in different diseases.
- Explain the basic concept of chromo therapy.
- Understand the various methods and techniques used in magnet therapy.
- Learn the fundamental principles of acupressure.
- Understanding of physio therapy including its principles, techniques and the role it plays in rehabilitation and physical health.
- Learn to assess the situation & prioritize care, including responsiveness, airway, breathing and circulation.

Unit	Content	Hours
Unit I	<b>Massage</b> <ul style="list-style-type: none"> <li>• Definition of massage, rules, regulations and characteristics of massage.</li> <li>• Structure especially concerned in massage and part of the body to be specially studied for the purpose are as follows.</li> <li>• Skin, muscular system, heart and circulation nervous system and skeletal system including joints.</li> <li>• Massage manipulation: Hacking, stroking percussion in, patrisage, friction, Tapotement vibration and shaking massage techniques in different diseases contra indications of massage.</li> </ul>	10
Unit II	<b>Cromo therapy</b> <ul style="list-style-type: none"> <li>• History of Cromo therapy</li> <li>• Physiological chemical properties of sunlight effect of sunlight in curing disease.</li> <li>• Sunbath, sun gazing, general sun bath, sun bath through wet pack, leaves (Atapsnana) Oil (Abhyang asnan) Sun bath for children &amp; aged people.</li> <li>• Principle of chromo therapy, solarisation of water, oil, glycerine.</li> </ul>	10
Unit III	<b>Magnet Therapy</b> <ul style="list-style-type: none"> <li>• The history of magnet therapy. Theory of magnet therapy.</li> <li>• Effect of magnet therapy, the principles of applying magnet for treatment.</li> <li>• The advantages of magnet therapy.</li> <li>• Magnetized water, magnetized milk, oil.</li> </ul>	10
Unit IV	<b>Acupressure</b> <ul style="list-style-type: none"> <li>• History of Acupressure.</li> <li>• Principle of Acupressure.</li> <li>• Concept of yin yang</li> <li>• Concept and definition of meridian, fourteen Chinese meridians (lung, large intestine, kidney, urinary bladder, liver).</li> </ul>	10
Unit V	<b>Sujok &amp; Physiotherapy</b> <ul style="list-style-type: none"> <li>• Five elements therapy, Introduction of sujok corresponds therapy</li> <li>• Treatment with Seeds, Magnet, Color.</li> <li>• Concept &amp; principle of physiotherapy aims &amp; objectives</li> <li>• Physiotherapy practices without equipment electrotherapy : Introduction &amp; uses</li> </ul>	10

<b>Unit VI</b>	<b>First aid :</b> <ul style="list-style-type: none"> <li>• Stopping of Hemorrhage</li> <li>• Accidental Condition</li> <li>• Type of Bandage</li> <li>• Types of Splint</li> </ul>	<b>10</b>
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**Books References :**

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

**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 Learning Hours	Credit
4	DSE-II.B	PGYT 204B	Th-Major Elective	Diet - Nutrition	60	4

**COs**

Student will able to understand the thinkers in Yoga

- Have awareness of diet.
- Know the nutritional value of different food items.
- Manage different common diseases through proper diet.
- Know the need of nutrition during the normal stages of life.
- Have the basic concept of diet.

Unit	Content	Hours
Unit I	<ul style="list-style-type: none"> <li>• Concept of health in naturopathy</li> <li>• Definition of diet, nutrition and nutrient</li> <li>• Nutrition deficiency disease, preventive and curative approach</li> </ul>	10
Unit II	<ul style="list-style-type: none"> <li>• Types of Diet – ( Balance, Eliminative soothing</li> <li>• Importance of diet and nutrition in Ayurveda</li> <li>• Effects of Rajsic, Tamsik, Satvik Ahar on Physiology</li> </ul>	10
Unit III	<ul style="list-style-type: none"> <li>• Importance of</li> <li>• Green Vegetables</li> <li>• Fruits</li> <li>• Spices</li> <li>• Role of cereals&amp; millets</li> </ul>	10
Unit IV	<ul style="list-style-type: none"> <li>• Sprouts and their nutritive value and methods of sprouting</li> <li>• Food values in Raw State, Germination form and Cooked form</li> </ul>	10
Unit V	<ul style="list-style-type: none"> <li>• Comparison with Raw and Cooked food</li> <li>• Non vegetarian diet : Positive and Negative aspect in Naturopathy</li> </ul>	10
Unit VI	<ul style="list-style-type: none"> <li>• Meaning, causes, signs and symptoms complication, Nutrition, Consideration of any 5 diseases</li> <li>• Nutritional Management in Diabetes mellitus</li> <li>• Nutritional Management of Coronary Heart disease</li> <li>• Nutritional Management for Obesity</li> <li>• Nutritional Management in Gastrointestinal disorder</li> <li>• Nutritional Management in Rhematoid Arthritis</li> </ul>	10

**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



**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 Learning Hours	Credit
5	DSC-I.2 Lab	PGYT205	Pr-Major	Yoga Practical II	30	1

**Cos**

- Understand benefits, contraindications and procedure of all practices.
- Help to build up a complete personality with physical health, mental well being.
- Demonstrate each practice with confidence and skill.
- Teach the yoga practices in a scientific interpretation.
- Develop perfection to practice different yogic techniques.
- Explain the procedure and subtle points involved.

Sr. No	Content
1	<p><b>Standing Asanas :</b> Tadasana, Garudance, Vrukshasana  <b>Sitting Asanas :</b> Badhapadmasna, Paschimottanasana, Janusirasana, Bhednusan Dandasna,  <b>Prone Position :</b> Shalbhasana, Makarasana, Bhujangasana  <b>Supine Position :</b> Shavasana, Viparitkarani, Sarvangasana  <b>Balancing Asamas :</b> Bakasana, Vatayanasana, Veerasana, Utkatason</p>
2	<p><b>Massaage</b></p> <ul style="list-style-type: none"> <li>• Masaage manipulation</li> <li>• Hacking, stroking percussion, patrissage, friction, Tapotemental vibration and shaking vibration and shaking massage techniques in different disease contra indication of massage.</li> </ul>
3	<p><b>Cromotherapy</b></p> <ul style="list-style-type: none"> <li>• Solarisation of water, oil, glycerine.</li> </ul>
4	<p><b>Magnet Therapy</b></p> <ul style="list-style-type: none"> <li>• Use of magnet</li> </ul>
5	<b>Acupressure &amp; Sujok</b>

**Books Recommended:**

1. Asanas : Swami Kuvalyanand, Kaiwalyadham, Lonavala
2. Pranayama: Swami Kuvalyanand, Kaiwalyadham, 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 Learning Hours	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.
- Understand the purpose of each props & their support in various aspects of yoga practice, including alignment, support and modification.
- now the design individualized yoga therapy.

**List of Practical / Activities etc.**

Sr. No.	Content
1	<ul style="list-style-type: none"> <li>• Parswakonasana</li> <li>• Setubandha Sarvangasana</li> <li>• Veerbhadrasana - I</li> <li>• Veerbhadrasana - II</li> <li>• Veerbhadrasana - III</li> <li>• Meru vakrasana</li> <li>• Hasta Padasana</li> <li>• Padaparighasana</li> <li>• Vihangpadaparighasana</li> <li>• Ardhhallasana</li> <li>• Janushirshasana</li> <li>• Uthitpadasana</li> <li>• Shavasana</li> <li>• Mul bandha</li> <li>• Uddiyan bandha</li> <li>• Jalandhar bandha</li> </ul>

**Books Recommended:**

1. Asanas: Swami Kuvalyanand, Kaiwalyadham, Lonavala
2. Pranayama: Swami Kuvalyanand, Kaiwalyadham, 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 Learning Hours	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 examine 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.

**Sant Gadge Baba Amravati University,  
Amravati FACULTY :Inter-  
Disciplinary Studies**

**Scheme of Teaching, Learning, Examination & Evaluation leading to One Years P.G.Diploma in Yoga Therapy (PGDYT) following Three Years UG Programmewef 2024-25  
(One Year- Two Semesters Post Graduate Diploma Programme- NEP v24with Exit and Entry Option  
**P. G. Diploma in Yoga Therapy (PGDYT) Semester- I****

S · N ·	Subject	Type of Course	Subject Code	Teaching & Learning Scheme							Duration Of Exam Hours	Examination & Evaluation Scheme							
				Learning Hours Per Week				Credits				Maximum Marks			Minimum Passing				
				L	T	P	Total	L / T	Practical	Total		Theory		Practical		Total Marks	Marks Internal	Marks External	Grade
												Theory Internal	Theory +MCQ External	Internal	External				
1	Research Methodology and IPR	Th-Major	PGYT101	4			4	4		4	3	40	60		100	16	24	P	
2	DSC-I.1	Th-Major	PGYT102	4			4	4		4	3	40	60		100	16	24	P	
3	DSC-II.1	Th-Major	PGYT103	4			4	4		4	3	40	60		100	16	24	P	
4	DSC-III.1	Th-Major	PGYT104	4			4	4		4	3	40	60		100	16	24	P	
5	DSE-IA OR DSE-LB	Th-Major Elective	PGYT105 A	4			4	4		4	3	40	60		100	16	24	P	
			PGYT105 B	4			4	4		4	3	40	60		100	16	24	P	
																Minimum Passing Marks		Grade	
6	DSC-I.1 Lab	Pr-Major	PGYT106			2	2			1	1	3			25	25	50	25	P
7	DSC-II.1 Lab	Pr-Major	PGYT107			2	2			1	1	3			25	25	50	25	P
8	# On Job Training, Internship/ Apprenticeship; Field projects Related to Major @ during vacations umulatively	Related to DSC		120 Hours cumulatively during vacations of Semester I and Semester II							4*								P*
	<b>TOTAL</b>			24 + ( 11 Self Learning / Assessment / Evaluation / Examination Hours= Minimum 35 Learning Hours)							22					600			

**L: Lecture, T: Tutorial, P: Practical/Practicum**

Pre-requisite Course mandatory if applicable: **Prq**, Theory :**Th**, Practical/Practicum: **Pr**, Faculty Specific Core: **FSC**, Discipline Specific Core: **DSC**, Discipline Specific Elective: **DSE**, Laboratory: **Lab**, **OJT**: On Job Training: Internship/ Apprenticeship; Field projects: **FP**; **RM**: Research Methodology; Research Project: **RP**, **Co-curricular Courses: CC**

**Note : # On Job Training, Internship/ Apprenticeship; Field projects Related to Major (During vacations of Semester I and Semester II) for duration of 120 hours mandatory to all the students, to be completed 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.**

**Special Note :**

**Any Student who had not opted for Yoga / Yogashastra / Yogic Science / Naturopathy as subject of degree or as Major or Minor in three years of his/her undergraduate programme but has taken admission in this course will have to earn minimum 24 credits from ' Additional Course Work / Pre-Requirement Course prescribed in the curriculum. Unless these additional 24 credits are earned by the students, The result of P. G. Diploma will not be announced / declared.**

**SantGadge Baba Amravati University, Amravati**

**FACULTY :Inter-Disciplinary Studies**

**Scheme of Teaching, Learning, Examination & Evaluation leading to One Years P.G.Diploma in Yoga Therapy (PGDYT) following Three Years UG Programmewef 2024-25**

**(One Year- Two Semesters Post Graduate Diploma Programme- NEPv24with Exit and Entry Option**

**P. G. Diploma in Yoga Therapy (PGDYT) Semester– II[ Level 6.0 ]**

S.N.	Subject	Type of Course	Subject Code	Teaching & Learning Scheme							Duration Of Exam Hours	Examination & Evaluation Scheme								
				Learning Hours Per Week				Credits				Maximum Marks			Minimum Passing					
				L	T	P	Total	L/T	Practical	Total		Theory		Practical		Total Marks	Marks Internal	Marks External	Grade	
												Theory Internal	Theory + MCQ External	Internal	External					
1	DSC-I.2	Th-Major	PGYT201	4			4	4		4	3	40	60			100	16	24	P	
2	DSC-II.2	Th-Major	PGYT202	4			4	4		4	3	40	60			100	16	24	P	
3	DSC-III.2	Th-Major	PGYT203	4			4	4		4	3	40	60			100	16	24	P	
4	DSE-II. A OR DSE-II. B	Th-Major Elective	PGYT204 A	4			4	4		4	3	40	60			100	16	24	P	
			PGYT204 B	4			4	4		4	3	40	60			100	16	24	P	
																	Minimum Passing Marks		Grade	
5	DSC-I.2 Lab	Pr-Major	PGYT205			2	2			1	1	3				50		25	P	
6	DSC-II.2 Lab	Pr-Major	PGYT206			2	2			1	1	3				50		25	P	
7	# On Job Training, Internship /Apprenticeship; Field projects Related to Major @ during vacations cumulatively	Related to DSC		120 Hours cumulatively during vacations of Semester I and Semester II							4*									P*
	<b>TOTAL</b>			20 + ( 15Self Learning / Assessment / Evaluation / Examination Hours= Minimum 35 Learning Hours)							18+4*						500			

**L: Lecture, T: Tutorial, P: Practical/Practicum**

Pre-requisite Course mandatory if applicable: **Prq**, Theory :**Th**, Practical/Practicum: **Pr**, Faculty Specific Core: **FSC**, Discipline Specific Core: **DSC**, Discipline Specific Elective: **DSE**, Laboratory: **Lab**, **OJT**: On Job Training; Internship/ Apprenticeship; Field projects: **FP**; **RM**: Research Methodology; Research Project: **RP**, **Co-curricular Courses**: **CC**

**Note :** # On Job Training, Internship/ Apprenticeship; Field projects Related to Major (During vacations of Semester I and Semester II) for duration of 120 hours mandatory to all the students, to be completed 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.

**Special Note :**

**Any Student who had not opted for Yoga / Yogashastra / Yogic Science / Naturopathy as subject of degree or as Major or Minor in three years of his/her undergraduate programme but has taken admission in this course will have to earn minimum 24 credits from ' Additional Course Work / Pre-Requisite Course prescribed in the curriculum. Unless these additional 24 credits are earned by the students, The result of P. G. Diploma will not be announced / declared.**