


UNIVERSITY OF RAJASTHAN,
JAIPUR

P.G. Diploma in Yoga Education (D.Y.Ed.)

2014


10/10/13



10/10

- 2017

**Scheme of examination and syllabus
of
P.G. Diploma in Yoga Education (D.Y. Ed.)**

Duration : One year course

P.G. Diploma Course in Yoga Education (D.Y.Ed.)

Scheme of Examination

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

Scheme of examination

D. Y. Ed.

Paper	Univ. Exam. Marks	Internal Assessment Test	Total Marks
1. Patanjali Yoga Sutra	75	25	100
2. Yogic Text	75	25	100
3. Yoga and Cultural Synthesis	75	25	100
4. Anatomy and Physiology of Yogic Practices	75	25	100
5. Yoga and Mental Health Practical and Teaching Practice:	75	25	100
	100(External)	100(Internal)	200

Note : External—75-Internal Tests 25 marks. There shall be two Internal assessment tests of 10 Marks each. Each candidate shall be required to submit Project of 05 marks to their respective teacher of the subject. The marks obtained out of 25 by the candidate, shall be his/her Internal assessment marks. The candidate will require to pass separately in the Internal and External examination/assessment.

SYLLABUS

Paper—I : Patanjali Yoga Sutra

75 Maximum Marks

27 Min. Pass Marks

The Philosophical and historical background of Yoga and the comparative study of different Yoga schools with the Patanjala Yoga sutra.

Explanation of all the sutras of Samadhipada and Sadhanapada, first 8 sutras of Vibhutipada with the necessary comments based on commentaries

Paper—II : Yogic Text

75 Maximum Marks

27 Min. Pass Marks

Hatha Pradipika — Full text with necessary references to Gheranda Samhita, Shiva Samhita, Asanas & Pranayamas by Swami Kuvalyananda, Introduction of Hatha Yoga.

Asanas (Definition Detailed explanation of the term “Sthir Sukham Asanam”, “Sthiryam Arogyamchalaghavam” classification of Asanas-aim of Meditative Asanas, Cultural Asanas., Relaxative Asanas.

Pranayama — General features of pranayama- Sahita and Kevala Kumbhaka. Technical aspect of Pranayama- Posture Asanasthairya-Asanajaya. Three phases of Pranayama-puraka-kumbhaka-rechaka.

Types of pranayama :- Patanjali's four types of pranayama Swatmarama's eight varieties of Kumbhaka-technique of each. Effects of Pranayama. Importance of time, choice of pranayama, use of Kumbhaka,

Kriyas — General features, Classification and Techniques of each.

Yogic concepts of body function,

Pranashakti-Five major aspects of pranashakti.

Panchakosa.

Kundalini and Chakra.

Paper—III : Yoga And Cultural Synthesis

75 Maximum Marks

27 Min. Pass Marks

Definition: of culture characteristics of Indian Culture, relation between culture and Yoga, Vedic religion and culture. Though- Six systems of Indian Philosophy- Samkhya Philosophy- Purush, Prakriti, Prakriti Samyoga, Satkaryavada. Yoga Philosophy- Definition of yoga, Iswar, Vik Ashtanga yoga, Advaita Vedanta Philosophy- Brahma Maya, Jeev and Mukti, Mimamsa- Theory of six Pramans, Nyaya- Vaisheshika-

Introduction, valid source of knowledge, liberation, seven categories substance, - Gita- Karmayoga, Bhaktiyoga, Gyanyoga Charvaka Philosophy Metaphysics & Ethics. Jaina Philosophy- Kaivalya & Syadvad. Buddha Philosophy- Four noble truth, Niravan, Kshanikvada.

Paper—IV : Anatomy and Physiology of Yogic Practices

75 Maximum Marks

27 Min. Pass Marks

(A)

(1) Character of living Cell, Tissue.

Basis Human Anatomy & Physiology of different systems.

Skeletal system,

Muscular system,

(2) Blood and circulatory system,

Respiratory system,

Digestive system,

Excretory system,

Nervous system,

Eye and ear,

Exocrine and Endocrine Glands :

Oxygen Debt, Fatigue, etc.

(B) Physiology of Asanas- Effects of, Cultural Asanas. How to practice Asanas precautions for the practitioner, importance of place, seat, time, sequence, combination with other exercise, bath, Limitations for females etc.

Physiological aspects of Pranayama

Bandhas and Mudras

Physiological principles of kriyas,

Dielics (the Yogic Principles)- Nutrition.

Paper—V : Yoga and Mental Health

75 Maximum Marks

27 Min. Pass Marks

Health Mental Health (Its meaning, determinates and application).

Concept of normality in Yoga and modern psychology, personality theories with special reference to the Freudian.

Concept of personality— Indian approach to personality.

Personality integration from the view point of Yoga attitude formation through Yamas and Niyams rationales selected yogic practices and their contribution to physical and Mental Health.

Tackling ill effects of frustration, Anxiety & Conflict by Yogic and other methods contribution of Yoga in personal and interpersonal adjustment.

Prayer— Its significance in yogic practices.

**Paper—VI : Practical and teaching practices 75 Maximum Marks
27 Min. Pass Marks**

(A) Practical

(a) Asanas

Akarnadhanurasana	Natarajasana
Ardha Matsyendrasana	Naukasana
Baddhapadmasana	Pada Angusthasana
Bakasana	Padahasthasana
Bhujangasana	Padam Yayurasana
Birabhadrasana	Padambakasana
Chakrasana	Padmasana
Chakrasanass (Back)	Parvatasana
Dhanurasana	Paschimatana
Dvipadaskandhasana	Purna Bhujagasana
Ek Padashandhasana	Purna Ustrasana
Garbhasana	Pavanamuktasana
Garudasana	Purna Salvasana
Gomukhasana	Sarvangasana
Gorakshasana	Shavasana
Halasana	Shrishasana
Hanumanasana	Simhasana
Janushrishasana	Sury Namaskar
Kapotasana	Sankatasana
Karanapidasana	Shalabhasana
Konasana	Shirshapadangustha
Kukkutasana	Siddhasana
Kurmasana	Supatvajrasana
Makarasana	Swastikasana
Mandukasana	Tadasana
Matsyasana	Tolangalhasana
Matyendrasana	Tolasana
Mayarasana	Trikonasana
Muktasana	Ugrasana

Ushtrasana

Utkatasana

Uttanamandukasana

Uthit Padmamasana

Uttana Kurmasana

Vajrasana

Vakrasana

Vimsana

Vrikshana

Vrsabhasana

Viparitkarni

Yoga Mudra

Vasisthasana

(b) Pranyama

1. Anuloma-Viloma

3. Shitali

5. Bhastrika

7. Suryabhedana

2. Ujjayi

4. Sitkari

6. Bhramari

(c) Bandhas

1. Jalandhara Bandha

3. Jivha Bandha

2. Uddiyana

4. Mula Bandha

(d) Mudra

1. Brahma Mudra

3. Tadagi Mudra

2. Gyan Mudra

4. Asvini Mudra

(e) Kriyas

1. Jala Neti

3. Dhauti (Vamana, Danda, Vastra)

5. Kapalabhati

7. Trataka

9. Jihva Mula

2. Sutra Neti

4. Nauli

6. Agnisara

8. Shankhaprakshalana

10. Kapala Randhra Dhauti

(f) Om Recitation

a. Om Stavana

b. Meditative poses for 30 minutes.

(B) Teaching Practice—

1. Lectures on organization of classes, methods of teaching and lesson planning.

2. Salient feature of each practice with reference to yoga texts from—practical aspects.

3. Conducting practical lessons in the class.

4. Critical observations of the practical lessons.

5. Project Report— The participants have to write a report on yoga practice, Teaching practice personal experience.

(C) Personal Assignment

1. General behaviour

2. Regularity & Punctuality in the Practical & Theroy session (Class)

3. Emotional Stability/maturity.
4. Healthy habits,
5. Character.

Books Recommended :

Paper— I : Patanjali Yoga Sutra:

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

Paper-II : Yogic Text

1. Hatha Pradipka edited by Swami Digambar, Kaivalyadham Lonawala
2. Gherand Sahita edited by Swami Digambar, Kaivalyadham Lonawala
3. Sidha Siddant Paddati- Gorakhnat Mandir, Gorakhpur (U.P.)
4. Nath Darshan- Gorakhnath Mandir, Gorakhpur (U.P.)
5. श्रीराम आचार्य- साधना पद्धतियों का ज्ञान विज्ञान
6. शिव संहिता- कैवल्यधाम लोनावाला।

Paper-III : Yoga and Culture Synthesis

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

Paper-IV : Anatomy and Physiology of Yogic practices.

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

Paper- V : Yoga and Mental Health.

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