UNIVERSITY OF RAJASTHAN
JAIPUR

SYLLABUS

P.G. Diploma in Yoga Education

(D.Y.Ed.)

Examination 2021

[Signature]

[Position and Date]

University of Rajasthan
JAIPUR
Syllabus and scheme of examination for Academic Session 2020-21

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

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

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

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<tr>
<th>Papers</th>
<th>Univ. Exam. Marks</th>
<th>Internal Assessment Test</th>
<th>Total Marks</th>
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<tbody>
<tr>
<td>1. Patanjali Yoga Sutra</td>
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<td>25</td>
<td>100</td>
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<tr>
<td>2. Yoga and Mental Health</td>
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<td>25</td>
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<td>3. Teaching Methods of Yoga</td>
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<td>4. Teaching Practice:</td>
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PG D.Y.ED. (Second Semester)

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<td>1. Yogic Text</td>
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<td>2. Yoga and Cultural Synthesis</td>
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<td>3. Anatomy and Physiology of Yogic Practices</td>
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<td>4. Yoga Practical:</td>
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PG D.Y.Ed. (First Semester)
Paper-I Patanjali Yoga Sutra

Time: 3 Hours
75 Maximum Marks
27 Min. Pass Marks

Unit-I
1. Introduction, Philosophical and historical background of Yoga.
2. Definition of Yoga according to Patanjali, Hatha, Upanished, Gita etc.
3. Introduction of Patanjali.

Unit-II
3. Tripraman - Pratyaksa Anuman, Agama.

Unit-III
1. Samapattih; Meaning & Introduction, Four types Samapattih savitarka, Nivitaka, Savichara, Nirvicara.

Unit-IV
2. Cause of Klesh.
3. Kriya Yoga: Introduction, Meaning & Importance
4. Kleshjan, Meaning, & Its importance in Yogic sadhana

Unit-V
1. Sanskara: Introduction & Meaning, Cause of Sanskar,
2. Viparyya, according to sadhanapada & Its importance
3. Asatanga Yoga: -Yam, Niyam, Asana, Pranayhar, Pratyalon Dharan, Dhyan Samadhi

Books Recommended:
1. Patanjali Yoga Sutra - Edited by Dr. Karmvedkar, Kaivalyadham Lonawala.
4. Yoga Parichay - Dr. Peetambar Jha - Kaivalyadham Lonawala.
5. Yoga Darasan Dr. Ramakant Mishra
PG D.Y.Ed. (First Semester)
Paper-II - Yoga and Mental Health

Time: 3 Hours

75 Maximum Marks
27 Min. Pass Marks

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

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

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

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

Unit- V
1. Prayer; Meaning, Introduction & its significance in yogic practices.
2. Role of Prayer in daily life.
3. Concept of Prayer in all religion.

Books Recommended:

1. R.S. Bhogal : Yoga and Modern Psychology.
PG D.Y.Ed. (First Semester)

Paper-III Teaching Methods of Yoga

Time : 3 Hours
75 Maximum Marks
27 Min. Pass Marks

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

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

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

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

Unit- V
1. Yoga and value education and its components.
2. Value oriented personality, Role and Function of values in society.
3. Yoga as global value, yoga as value and yoga as practice.
4. Contribution of yoga towards the development of values.
5. Critical Observation of the practical lesson. Regularity & Punctuality in the Yoga
Practice.
PG D.V.Ed. (Second Semester)
Paper-I Yogic Text

Time: 3 Hours
75 Maximum Marks
27 Min. Pass Marks

Unit- I

1. Introduction & Definition of Hatha. Hatha Pradipika, Gheranda Samhita, Shiva Samhita,
3. Asanas; Classification of Asanas by Swami Kuvalyananda.

Unit- II

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

Unit- III

1. Kriyas - General features & Importance
2. Classification and Techniques of each. Dhatu, Basti, Neti, Tratuk, Nauli, Kapalbhati.
   According to Hatha Pradipika, Gherandasamhita
3. Yogic concepts of body function,
   with reference of hatha Pradipika & Shiv Samihata, Tribandha & Jivha Bandha

Unit- IV

1. Prana Introduction meaning: Prana, Apana, Saman, Vyan, Udan Vayu,.
2. Prana -Place in body & its function.
3. Panch kosa Introduction & important in yogic sadhana.

Unit - V

2. Chakra: Muladhar, Swadhistan, Manipur, Anahat, Visudhi Agya & Sahasradha.
3. Mitahar; Concept of Diet, Pathya- Apathya.
4. Yogic Chikitasa according to Hatha Pradipika. (Kaivalyadham).

Books Recommended:

3. Siddha Siddant Paddati- Gorakhnath Mandir, Gorakhpur (U.P.)
4. Nath Darshan - Gorakhnath Mandir, Gorakhpur (U.P)
Time: 3 Hours

75 Maximum Marks
27 Min. Pass Marks

Unit-I
1. Definition of Culture, Characteristics of Indian Culture.
3. Relation between culture and Yoga.
4. Yoga as the basis of Cultural & Humanitarianism.

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

Unit- III
1. Advadita Vedanta - Brahma,
2. Maya, Jeev.
3. Mukti (Moksha).

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

Unit- V
4. Kaivalya (Jain), Nirvan (Buddha).

Books Recommended:
1. Baldeo Upadhyay - Indian Philosophy.
2. Dr. Harendra Prasad Sihna.- Dharam Darshan Ki Roop Rekha.
3. D.M. Dutta and Chatterji - Indian Philosophy.
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.
Time: 3 Hours

Unit- I
Basic Human Anatomy & Physiology of different systems.
1. Skeletal system,
2. Muscular system,
3. Blood and circulatory system,
4. Respiratory system.

Unit- II
Basic Human Anatomy & Physiology,
1. Digestive system,
2. Excretory system
3. Nervous system,
4. Exocrine and Endocrine Glands, Fatigue.

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

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

Unit- V
1. Kriyas: General Introduction
3. Technique of each Kriyas, Limitation, Benefits,

Books Recommended:
2. Evelyn Pearce - Anatomy & Physiology for Nurses.
Teaching Practice

75 Maximum Marks
27 Min. Pass Marks

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

Personal Assignment

1- General behaviour.
2- Regularity & Punctuality in the practical & Theory session (Class).
3- Emotional stability/maturity.
4- Healthy habits.
5- Character.
<table>
<thead>
<tr>
<th>Supine Asanas</th>
<th>Inverted Asanas</th>
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<tbody>
<tr>
<td>Shavasana</td>
<td>Viparitkarani</td>
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<tr>
<td>Ardha Halasana (One leg/both legs)</td>
<td>Sarvangasana</td>
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<tr>
<td>Uttana Padasana Pawanamuktasana (Ardha/Purna) Setubandhasana</td>
<td>Shirshasana</td>
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<tr>
<td>Crocodile variations</td>
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<tr>
<td>Naukasana (Supine)</td>
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<tr>
<td>Matsyasana Halasana</td>
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<td>Chakrasana (Backward)</td>
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<th>Advanced Asanas</th>
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<td>Niralamhasana</td>
<td>Tolangulasana</td>
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<td>Marjari Asana</td>
<td>Bakasana</td>
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<tr>
<td>Bhujangasana</td>
<td>Padma Bakasana</td>
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<td>Sarpasana</td>
<td>Gorakhasana</td>
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<td>Ugrasana</td>
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<td>Shalabhasna</td>
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<td>Co-ordination Movement (Prone)</td>
<td>Kapotasana Rajkapotasana</td>
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<td>Kukkutasana Uttana</td>
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<td>Parvatasana</td>
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<td>Janushirasana</td>
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<td>Vakrasana</td>
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<td>Preparatory Breathing Practices</td>
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<td>Suryabheedana</td>
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<td>Rubber Neti</td>
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<td>Vaman Dhauti</td>
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<td>Danda Dhauti</td>
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<td>Varita Dhauti</td>
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<td>Simha Mudra</td>
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<tr>
<td>Jivha Bandha</td>
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<td>Mula Bandha</td>
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<tr>
<td>Jalandhara Bandha</td>
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<tr>
<td>Uddityana Bandha (Bahya/Antar)</td>
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<td>Tadagi Mudra</td>
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<th>MEDITATION</th>
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<tbody>
<tr>
<td>Knowledge and Demonstrated ability to perform Pratyahara, Dharana and Dhyan to demonstrate allied practices like Mudras, Japa, Mala, Mantras, Relaxation</td>
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<tr>
<td>Demonstrated ability to perform meditation</td>
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<tr>
<td>Knowledge of the environment for meditation and the benefits of meditation on health and its practical application in modern life</td>
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