

RADHA GOVIND UNIVERSITY, RAMGARH



**Regulations and Courses of Study for Diploma in Yoga (DY)
(2 Semester Programme)
Under Choice Based Credit System (CBCS)**

**CURRICULUM
FRAMEWORK
2019-2020**

I. Title:

- a) Name of the Programme: **Diploma in Yoga**
- b) Nature & duration of the Programme: **FULLTIME– Diploma Programme of One Year**

II. Introduction:

The Diploma in Yoga is a full time One-year diploma program offered by Radha Govind University, Ramgarh, Jharkhand.

III. Rationale for Syllabus revision:

The One-year Diploma in Yoga prepares a student for a career in Yoga industry and coaching. The Yoga Industry in India is growing by leaps and bounds. As per the FICCI Vision document 2022 India is going to need 4.4 million trained manpower in the field of yoga.

IV. Vision Statement of Diploma in Yoga Programme

To facilitate creation of Dynamic and Effective yoga Professionals who can transform Sports coaching sector and caters to the needs of the society and contribute towards Nation building, Yoga & Sports Culture.

V. Programme outcome:

- A.** At the end of the course the students will be able to understand the method of teaching yoga the students will be able to understand the principles of coaching.
- B.** The programme will develop basic understanding of the human anatomy, the human physiology and a deeper understanding of the various system of the body.

- C. It empowers the individuals and encourages them to become a successful yoga teacher.

VI. GENERAL OBJECTIVES

- To help the students to understand the concept and theories of yoga.
- To explore and identify various method of teaching yoga.
- To evaluate the various teaching methods of yoga.
- To design a yoga class model for various lifestyle diseases.

VII. Eligibility for Admission to this Course:

Admission to the course is open to students passed 10+2 of any recognized board satisfying the following conditions:

1. The candidate should have secured at least passed in aggregate at board examination.
2. Admission will be on first come first serve basis.

VIII. Structure of the Program:

The Diploma in Yoga is of 48 credits, which need minimum one years divided into two semesters to complete. The medium of instruction and examination will be Marathi, Hindi & English. A student would be required to complete the course within five academic years from the date of admission.

A. Credits:

The definition of credits is based on the following parameters;

1. Learning hours put in by the learner
2. Learning outcomes
3. Contents of the syllabus prescribed for the course etc.

In this system each credit can be described as a combination of 03 (**THREE**) components such as Lectures (L) + Tutorials (T) + Practice (P)

These components are further elaborated for an effective teaching learning process;

1. Lectures (L): Classroom lectures delivered by Faculty member in an interactive mode.
2. Tutorials (T): Sessions that includes participatory discussions,

presentations by the students, case study discussions etc.

3. Practice (P): It includes LAB sessions for IT related courses & Business Communication practice sessions for courses like Yoga & Sports Education, Statistics and field assignments etc.

B. Scheme of Examination:

Courses having Internal Assessment (IA) and University Examinations (UE) shall be evaluated by the respective institutes and the University at the term end for 40 (forty) and 60 (Sixty) Marks respectively. The total marks of IA and UE shall be 100 Marks and it will be converted to grade points and grades.

Courses having **only Internal Assessment (IA)** the respective institutes will evaluate the students in various ways such as **Class Test, Presentations, Field Assignments and Mini Projects** for a total of 100 marks during the term. Then the marks will be converted to grade points and grades.

Internship report shall be submitted to college after completion.

C. Components of continuous evaluation system:

Following are the suggested components of CES,

1. Case Study/Situation Analysis- (Group Activity or Individual Activity)
2. Attendance
3. Class Test
4. Field Assignment
5. Role play
6. Industry Analysis (Group Activity or Individual Activity)
7. Business plan
8. Quiz
9. Workbook / scrapbook

D. Grading System

The Faculty of Arts Science and Commerce, Radha Govind University, Ramgarh has suggested the use of a 10-point grading system for all programmes designed by its different Board of Studies.

Standard of Passing: For all courses, both UE and IA constitute separate heads of passing (HoP). In order to pass in such courses and to earn the assigned credits, the learner must obtain a minimum grade point of 5.0 (40% marks) at UE and also a minimum grade point of 5.0 (40% marks) at IA.

If learner fails in IA, the learner passes in the course provided, he/she obtains a minimum 25% marks in IA and GPA for the course is at least 6.0 (50% in aggregate). The GPA for a course will be calculated only if the learner passes at UE.

A student who fails at UE in a course has to reappear only at UE as backlog candidate and clear the Head of Passing. Similarly, a student who fails in a course at IA he has to reappear only at IA as backlog candidate and clear the Head of Passing. To secure the GPA required for passing.

The 10 point Grades and Grade Points according to the following table

Range of Marks (%)	Grade	Grade Point
$80 \leq \text{Marks} \leq 100$	O	10
$70 \leq \text{Marks} \leq 80$	A+	9
$60 \leq \text{Marks} \leq 70$	A	8
$55 \leq \text{Marks} \leq 60$	B+	7
$50 \leq \text{Marks} \leq 55$	B	6
$40 \leq \text{Marks} \leq 50$	C	5
Marks < 40	D	0

The performance at UE and IA will be combined to obtain GPA (Grade Point Average) for the course. The weights for performance at UE and IA shall be 60% and 40% respectively.

GPA is calculated by adding the UE marks out of 60 & IA marks out of 40. The total marks out of 100 are converted to grade point, which will be the GPA.

Formula to calculate Grade Points (GP)

Suppose that „Max“ is the maximum marks assigned for an examination or evaluation, based on which GP will be computed. In order to determine the GP, set $x = \text{Max}/10$ (since we have adopted 10 point system). Then GP is

calculated by the following formulas

Range of Marks	Formula for the Grade Point
$8x \leq \text{Marks} \leq 10x$	10
$5.5x \leq \text{Marks} \leq 8x$	Truncate (M/x) +2
$4x \leq \text{Marks} \leq 5.5x$	Truncate (M/x) +1

Two kinds of performance indicators, namely the Semester Grade Point Average (SGPA) and the Cumulative Grade Point Average (CGPA) shall be computed at the end of each term. The SGPA measures the cumulative performance of a learner in all the courses in a particular semester, while the CGPA measures the cumulative performance in all the courses since his/her enrollment. The CGPA of learner when he /she completes the programme is the final result of the learner.

The SGPA is calculated by the formula

$$0 \quad \frac{\sum C_k * GP_k}{\sum C_k}$$

Where, C_k is the Credit value assigned to a course and GP_k is the GPA obtained by the learner in the course. In the above, the sum is taken over all the courses that the learner has undertaken for the study during the Semester, including those in which he/she might have failed or those for which he/she remained absent. The SGPA shall be calculated up to twodecimal place accuracy.

The CGPA is calculated by the following formula

$$CGPA = \frac{\sum C_k * GP_k}{\sum C_k}$$

Where, C_k is the Credit value assigned to a course and GP_k is the GPA obtained by the learner in the course. In the above, the sum is taken over all the courses that the learner has undertaken for the study from the time of his/her enrollment and also during the semester for which CGPA is calculated. The CGPA shall be calculated up to two decimal place accuracy. The formula to compute equivalent percentage marks for specified CGPA:

% marks (CGPA)	10 * CGPA-10	If $5.00 \leq \text{CGPA} \leq 6.00$
	5* CGPA+20	If $6.00 \leq \text{CGPA} \leq 8.00$
	10 * CGPA-20	If $8.00 \leq \text{CGPA} \leq 9.00$
	20 * CGPA-110	If $9.00 \leq \text{CGPA} \leq 9.50$
	40 * CGPA-300	If $9.50 \leq \text{CGPA} \leq 10.00$

E. Award of Honors:

A student who has completed the minimum credits specified for the programme shall be declared to have passed in the programme. The final result will be in terms of letter grade only and is based on the CGPA of all courses studied and passed. The criteria for the award of honors are given below.

Range of CGPA	Final Grade	Performance Descriptor	Equivalent Range of Marks (%)
$9.5 \leq \text{CGPA} \leq 10$	O	Outstanding	$80 \leq \text{Marks} \leq 100$
$9.0 \leq \text{CGPA} \leq 9.49$	A+	Excellent	$70 \leq \text{Marks} \leq 80$
$8.0 \leq \text{CGPA} \leq 8.99$	A	Very Good	$60 \leq \text{Marks} \leq 70$
$7.0 \leq \text{CGPA} \leq 7.99$	B+	Good	$55 \leq \text{Marks} \leq 60$
$6.0 \leq \text{CGPA} \leq 6.99$	B	Average	$50 \leq \text{Marks} \leq 55$
$5.0 \leq \text{CGPA} \leq 5.99$	C	Satisfactory	$40 \leq \text{Marks} \leq 50$
CGPA below 5.0	F	Fail	Marks below 40

F. ATKT Rules:

A student is allowed to carry any number of backlog papers of Semester I to Semester II. However, Student needs to clear all the paper in Semester II for completion of Diploma.

G. Question Paper Pattern for University Examinations

The pattern of question paper for the courses having University Examinations will be as follows:

Title of the Course :		
Date:		Total Marks: 60
Day:		Time: 03 Hours
Instructions:		
A. All Questions are compulsory B. Numbers to the right indicate full marks		
It should contain 09 questions covering the syllabus & should test the Conceptual knowledge of the students.		
Question		Marks
Q. 1		12 marks
OR		
Q. 1		12 marks
Q. 2		12 marks
Q. 2		12 marks
Q. 3		12 marks
Q. 3		12 marks
Q. 4		
Q. 4		
Q. 5	Write short notes (any 3)	(3x4 marks)
	A. B. C. D.	

H. Structure of the Syllabus

The Diploma in Yoga Programme as per Semesters, Credits and Marks is as follows:

CURRICULUM FRAMEWORK FOR

DIPLOMA IN YOGA

(2 SEMESTERS)

I- Semester

Subject Code	Courses	University Exam	Internal Assessment	Total	Lecture	Credits
DYEd/SEM I/HC-1	Anatomy and Physiology of Yoga	60	40	100	60	4
Elective						
DYEd/SEMI/EC-1	Yoga & Cultural Synthesis	60	40	100	60	4
DYEd/ SEM I /EC-3	Historical text of Yoga	60	40	100	60	4

NOTE: **HC-** Hard Core/Compulsory Course; **EC:** Elective Course, **PC:** Practical Course, **PR:** Project Report, **LP:** Lesson Plan

PART-B: PRACTICAL COURSES:

Subject Code	Courses	University Exam	Internal Assessment	Total	Lecture	Credits
DYEd/SEM 1/PC-1	Basic of Asanas	60	40	100	60	4
DYEd/ SEM 1/PC-2	Pranayamas	60	40	100	60	4
DYEd/ SEM 1/PC-3	Bandhas & Mudras	60	40	100	60	4

PART-C: PROJECT REPORT

Subject Code	Courses	University Exam	Internal Assessment	Total	Lecture	Credits
DYEd/SEM M 1/PR/01	Project	60	40	100	--	2

PART-D: LESSON PLAN

Subject Code	Courses	University Exam	Internal Assessment	Total	Lecture	Credits
DC/BB/SEM 1/LP/01	Basic Lesson Plan in Yoga Edu. 4 Ground Lesson 2 Theory Lesson	60	40	100	--	2

CURRICULUM FRAMEWORK FOR

DIPLOMA IN YOGA

(2 SEMESTERS)

II- Semester

PART-A: THEORY COURSES:

Subject Code	Courses	University Exam	Internal Assessment	Total	Lecture	Credits
DYEd/SEM II/HC-1	Methods of Teaching Yogic Practices	60	40	100	60	4
Elective						
DYEd/SEM II/EC-1	Value Education In Yoga	60	40	100	60	4
DYEd/SEM II/EC-2	Psychology of Yoga	60	40	100	60	4

NOTE: **HC-** Hard Core/Compulsory Course; **EC:** Elective Course, **PC:** Practical Course, **In:** Internship, **LP:** Lesson Plan,

PART-B: PRACTICAL COURSES:

Subject Code	Courses	University Exam	Internal Assessment	Total	Lecture	Credits
DYEd/SEM 1/PC-1	Advance Asanas & Pranayamas	60	40	100	60	4
DYEd/ SEM 1/PC-2	Designing of yoga classes for various diseases.	60	40	100	60	4
DYEd/ SEM 1/PC-3	Kriya & Meditation	60	40	100	60	4

PART-C: Internship

Subject Code	Courses	University Exam	Internal Assessment	Total	Lecture	Credits
DYEd/SEM II/IN1	Internship	60	40	100	--	2

PART-D: ADVANCE LESSON PLAN

Subject Code	Courses	University Exam	Internal Assessment	Total	Lecture	Credits
DYEd/SEM II/LP -1	Advanced Lesson Plan 4 Ground Lesson 2 Theory Lesson	60	40	100	--	2

Summary

Semester	Total Credits	Total Marks
Semester I	24	700
Semester II	24	700
Total	48	1400

Semester I

SYLLABUS FOR DIPLOMA IN YOGA

SEMESTER I – THEORY COURSES

Paper- I: - Anatomy and Physiology of Yoga

UNIT I: Concept Living Body:

- A. Concept of Living body and stages of life – modern view.
- B. Concept of Anatomy & Physiology and its importance in Yogic field.
- C. Modern History of Scientific concept about yogic practices.
- D. Structural organization of body.
- E. Basic physiological concepts.

UNIT II: Introduction to Various System of Human Body

- A. Digestive system –
- B. Respiratory system
- C. Endocrine System
- D. Circulatory system
- E. Reproductive system
- F. Excretory System
- G. Musculoskeletal System
- H. Nervous System

UNIT III: Asana, Pranayama & Kriya

- **Asana**
 - A. View of traditional text, scientific view,
 - B. Types.
 - C. Anatomy, physiology, therapeutic importance & limitation of various asana described in traditional texts.
 - D. Asana- How to use as a therapy.

- **Pranayama**

- A. Definition, psycho-physiological effect.
- B. Various types according to traditional texts and their importance.
- C. Therapeutic importance and research about Pranayama.

- **Kriya**

- A. *Vastra* and *Nauli*- Effect, importance and limitation.
- B. *Kapalabhati*- Effect, importance and limitation.
- C. *Trataka*- Effect, importance and limitation.
- D. *Shankha Prakshalana*& other processes.

UNIT IV Yoga Therapy

- A. Concept of Yoga Therapy 1- Life style modification.2- practice.
- B. *Klesha* and *antarayas*& how to overcome it. *Chittaprasadhana*.
- C. Yogic management of
- D. Metabolic disorders
- E. Immunity related diseases.

Reference books

1. Structure and function of human body... published by Kaivalyadhama
2. *Asana* by swami kuvalayananda , kaivalyadhama ,Lonavla
3. *Pranayama* by Swami kuvalayananda ,kaivalyadhama ,Lonavla
4. Yogic Therapy by swami Kuvalayananda, kaivalyadhama ,Lonavla
5. Anatomy &Physiology for Nurses, Evelyn Pearce,16th Edn.1992
6. Anatomy &physiology for Nurses, Evelyn Pearce, (Hindi version) by Manju&Mahesh
7. Yogic therapy by Swami ShivanandaSaraswati ,1957
8. simple Yoga and Therapy by Yogeshwar,1986
9. Management of common diseases complied by swami KarmanandaSaraswati, Bihar School of Yoga, 1983.
10. Principles of anatomy and Physiology ,Tortora and Anagnostakos(1984), Harper & Row Publisher, New Delhi.
11. *Swadhyay* and Yoga therapy Dr. D.R.Vaze, Lonavla :Kaivalyadhama.

Paper- II: - Yoga and Culture

UNIT I: Yoga and Culture

- A. Concept and meaning of *Yoga* and its forms.
- B. Definition of Culture and Civilization,
- C. Salient Characteristics of Indian and Western Culture.
- D. Yoga as basis of Culture and Humanitarianism

UNIT II: Yoga and Philosophy (Darshana) & Philosophy of Yoga in Darshana,

- A. Brief Introduction to Yoga in Veda and *Upanishads*, *Shrimad Bhagawad Gita* with special reference to – *Jnana Yoga*, *Karma Yoga* and *Bhakti Yoga* – their inter-relationship and synthesis.
- B. Salient features of Indian Philosophy and Western Philosophy
- C. Six systems of Indian Philosophy with special reference to concepts of Soul, Bondage and Liberation. Relation of Yoga to these systems.
- D. Brief Introduction to the contribution of Modern Indian personalities like Swami Vivekananda, Gandhiji, Shri Aurobindo, Swami Shivanandaji and Swami Kuvalayanandaji towards World Peace and Harmony with special reference to Yoga.

UNIT III: Yoga, Religion and Mysticism

- A. Meaning and significance of Religion; Yoga & Religion; Yoga & Jainism
- B. Yoga and Buddhism
- C. Yoga and Islam,
- D. Yoga and Christianity
- E. Yoga and Mysticism, Yoga and Suficism.

UNIT IV: Spiritual life style

- A. Satvic diet: yogic diet-vegetarian diet-three aspects of offering food to eat and not to eat.
- B. Celibacy :Self-respect, the foundation –purity in thoughts, words and deeds –purity in relationship- ladder to purity in relationship

- C. Daily spiritual study: regularity and punctuality- revision during day times- sharing with others.
- D. Selfless service: Different form of spiritual services- values of selfless service, balance of independence and cooperation- efforts for victory.

Reference books

1. Kireet Joshi,"Synthesis of Yoga" (History of Science, Philosophy & Culture in Indian Civilization) 2011
2. Mysticism and Philosophy – Stace, W.T. Mac Milan and Co., London, 1961
3. Mysticism in World's Religions – Geoffrey Parinder, Oxford University Press, New York, Shendon Press, 1976.
4. Education in value a Source book Pub: national council of education research and training Nov 1992 secretary, NCERT ,Sri Aurobindo Marg New Delhi 10016 Price Rs.54
5. Hindu Cultural An Introduction , Pub – Central Chinmaya Mission trust, Mumbai,
6. Indian Philosophy Datta & Chatterjee Hindi and English , Pub.:University of Calcutta, Calcutta Year 1984, 8th Reprint
7. World's Religions, Pub.: Sri Swami Shivananda, Ananda Kutir , Rishikesh,Himalayas, The Sivananda, Publication League,Rishkesh. Year 1947
8. Bharatiya Darshana: parasnath Dwivedi- Hindi, Pub.: Shriram Mehra & com., Agra 3 Year 1980
9. Bharatiya Sanskriti,- DrRajkishor Singh Hindi , Pub.: Vinod Pustak Mandir,Agra, Year 1995-96
- 10.Dharma Avem Sanskriti V.K.Bhatiya,-Hindi, Pub.: Sahitya Bhavan, Agra,Year 1978

Paper III:- Historical Text Of Yoga

Unit-I.

- A. P.Y.S.: Introduction to P.Y.S., its author and its concept about Yoga and chapters.
- B. P.Y.S.: According to Samkhya Philosophy,
- C. Yoga traditions: P.Y.S. & other Traditions (Gita, Hatha, Mantra, Laya)
- D. Brief survey of P.Y.S. and its Traditional and Modern commentaries and other related works on P.Y.S.
- E. Concept of Citta, its structure & functions and need to channelize it

Unit II:

- A. Yamas and Niyamas: Concept and practice.
- B. Concept and practice of Asanas, Pranayama, Pratyahara according to Patanjali and their practice in the light of other scripture.
- C. Concept of Dharana, Dhyana and Samadhi, their differences and salient features
- D. Samprajnata and Anya, Samapattis, Sabija Samadhi and Nirbija Samadhi and difference between Samapatti and Samadhi
- E. Concept of Samyama in PYS.

Unit III:

- A. Concept of Yoga in the light of its definitions, Schools of Yoga- Bhavana Yoga-Jnana, Karma and Bhakti; Prana Samyama Yoga- Mantra, Hatha, Laya and Raja;
- B. Introduction to important Hathayogic Texts with special reference to Hathapradipika (HP) and GherandaSamhita (Gh S), Special features of these two texts,
- C. Ideal place and ideal hut according to HP and Gh S.
- D. Sadhaka and Badhaka Factors according to HP,
- E. Concept of Mitahara in HP and Gh S.

Unit – IV

- A. Antiquity and definitions of Asana,
- B. All 15 asanas from HP and 32 Asanas from Gh S.
- C. Evolution of Pranayama, Components of Pranayama, Yuktaand AyuktaPranayama,
- D. Concept of Kanda and Nadi in Hathayoga, Nadishodhana Pranayamain HP and Gh S.
- E. Yoga Therapy in 5th Chapter of HP of Kaivalyadhama.

REFERENCE BOOKS

1. Shri Patanjala *Yoga Darshanam* published by Kaivalyadhama, Lonavla
2. “*Patanjala-Rahasyam*” of RaghavanandaSaraswati: In THE SAMGA YOGADARSANA: The Kashi Sanskrit Series No.110, The chowkhamba Sanskrit Series Office, Banaras (India),1935.
3. “*Patanjala-Yogasutra-Bhasya-Vivarsanam*” of Sankaro Bhagavad pada, edited by poiagam by poiagam Sir Rama Sastri and S.R. KrishnamurtiSastri (The Madras Governmant oriental Series No.94), the Govt. Oriental Manuscripts Library, Madras (India) 1952.
4. “Rajamartanda” of Bhojaraja: In *YOGASUTRAM OF MAHARSHI PATANJALA*. The Chowkhamba Sanskrit Sansthan, Varanasi, (India),1982(Second Edition).
5. “*Sutrarha-bodhini*” of NarayanaTirtha : In YOGADARSANAM Edited by PanditaRatnaGopalBhatta (The Chowkamba Sanskrit Series Nos.154 and 159) The Chowkamba Sanskrit Book Depot, Banaras (India)1911.
6. “Tattvavaisaradi” (Ta. Vai.) of Vacaspati Misra: In THE SAMGA YOGADARSANA “ The Kashi Sanskrit Series No.110,The Chowkhamba Sanskrit Series No.110, The Chowkhamba Sanskrit Series Office, Banaras (India), 1935.
7. “Vyasaabhasya” of Vyasa: In *PATANJALA YOGASUTANI* edited by Kasinath Sastri Agashe Anandashrama press,poona (India)1932.
- 8.

SEM- I :- PRACTICAL COURSES

A. BASIC ASANAS :-

- Pavanmuktasana
- Naukasana
- Bhujangasana
- Sarpasana
- Dhanurasana
- Yoga Mudra
- Parvatasana
- Virasana
- Uttanamandukasana
- Bhadrasana
- Vrikshasana
- Utkatasana
- Siddhasana
- Baddha padmasana
- Shirh-padangusthasana
- Chakrasana (Sideward)
- Crocodile Practices (Four variations)
- Naukasana
- Matsyasana
- Shalabhasana
- Vakrasana
- SuptaVajrasana
- Simhasana
- Janushriasana
- Guptasana
- Vrishabhasana
- Kapotasana
- Tadasana
- Natarajasana
- Vajrasana
- Matsyendrasana
- Kukkutasana
- Ushtrasana
- Gorakshasana
- Makarasana
- Ugrasana
- Muktasana
- Sankatasana
- Padangusthasana
- Swastikasana
- Pada - hastasana
- Vatayanasana
- Padmasana
- Brahmamudra

B. PRANAYAMA

- Anuloma-viloma
- Ujjay
- Shitali
- Sitkari
- Bhastrika
- Bhramari
- Suryabhedana
- Chandrabhedana
- Murccha (Theory only)
- Plavini (Theory only)

C. BANDHAS AND MUDRAS

- Jalandhara Bandha
- Uddiyana Bandha
- Mula Bandha
- Maha Bandha

PROJECT REPORT

Students need to prepare Project based on Yoga as per discussion with the guide.

LESSON PLAN

Students needs to prepare 6 lesson plans in this semester

- 4 lesson will be practical on ground lesson
- 2 lesson will be theory lesson

Semester

II

SEMESTER II – THEORY COURSES

Paper- I: - Methods of Teaching Yogic Practices

UNIT I : Method of Teaching Yogic Practices

- A. Introduction: need of practice teaching and its use in yogic practice.
- B. Yoga and Yogic practices.

UNIT 2

- A. Meaning and Scope of Teaching Methods.
- B. Sources of Teaching Methods.
- C. Presentation techniques: its meaning and relevance in yoga education.

UNIT 3

- A. Teaching aids: its meaning & need up to the modern time power point.
- B. Class management: its meaning and need.

UNIT 4

- A. Lesson plan: meaning and need.
- B. Preparation of lesson plan in yogic practice.
- C. Time allotment in different lesson plans& its importance.
- D. Lesson presentation.

Practical Teaching

Each student will be assigned to prepare and teach five lessons on different aspects of Yoga. Out of which the 5th Lesson is to be presented by each student on any one topic relating common disease.

Reference book

1. Gharote,M.L. and Ganguly,S.K.(1988)Teaching Methods of Yogic Practice, Kaivalyadhama,Lonavla,
2. DoanldG.Butter(1975)Teaching Yoga ,Geoffery Chapman Publisher,
3. *Yogasana* Teacher's Guide (1983)National council of Educational Research and Training,
4. K.K.Bhatia and J.N.Arora, Methodology of Teaching ,Prakash brothers Ludhiana 1985
5. Sachitra Shaleya Yogaa bhyasakrama ,(Marathi),director Sports and Youth welfare Pune 1976
6. Tiwari O.P. (1984) asana Why and How? Kaivalydhama ,Lonavla.

Paper II: - Value Education in Yoga

UNIT-1: Yoga and Value Education

- A. Values – meaning, significance, classification; Indian Understanding of Values.
- B. Concept of Value Education – Meaning, aims and objectives,
- C. Component of Value Education
- D. Rationale of Value Education, Contents of Value Education and Role of Teachers.

UNIT 2: Values Education towards Personal and national development.

- A. Self-analysis and introspection; sensitization towards, physically challenged, intellectually challenged.
- B. Respect to age, experience, maturity, family members, neighbors and co-workers.

UNIT 3 :-

➤ Human Rights

- A. Concept of human rights-Indian and national perspectives
- B. Evaluation of human rights
- C. Definition under Indian and international documents.
- Broad classification of human rights and relevant constitutional provisions.
 - A. Right to life, liberty and dignity
 - B. Right to equality
 - C. Right against exploitation
 - D. Cultural and educational rights
 - E. Economical rights
 - F. Social rights
- Human rights of woman and children
 - A. Female Feticide
 - B. Physical assault and harassment
 - C. Domestic violence
 - D. Condition of working women

UNIT-4 Salient Values for Life:

- A. Truth, commitment, honesty and integrity.
- B. Punctuality- time task and resource management.
- C. Problem solving and decision making skills: inter personal and intra personal relationship.
- D. Team work-positive and creative thinking.

Reference book

- 1.** Gharote,M.L. and Ganguly,S.K.(1988)Teaching Methods of YogicPractice, Kaivalyadhama,Lonavla,
- 2.** DoanldG.Butter(1975)Teaching Yoga ,Geoffery Chapman Publisher,
- 3.** *Yogasana* Teacher's Guide (1983)National council of Educational Research and Training,
- 4.** K.K.Bhatia and J.N.Arora, Methodology of Teaching ,Prakash brothers Ludhiana 1985
- 5.** Sachitra Shaleya Yogaa bhyasakrama ,(Marathi),director Sports andYouth welfare Pune 1976
- 6.** Tiwari O.P. (1984) asana Why and How? Kaivalydhama ,Lonavla.

PAPER III- Psychology of Yoga Education

UNIT –I

- A. Modern psychology meaning and definition.
- B. Concept of yogic psychology.
- C. Yoga and its Psychological benefits.
- D. Role of psychology in modern society.

UNIT –II

- A. Definitions of Health, Mental Health, Mental Hygiene and Total health in the context of the concept of Swasthya.
- B. Psychosomatic abnormalities / disorders: Freudian approach to these disorders causes of these disorders.
- C. Personality Development and yoga: Modern theories of personality.
- D. Personality transmission through yoga.

UNIT –III

- A. Personal and interpersonal adjustment through yogic methods with special reference to Niyamas & Yamas.
- B. Attitude change through yogic & psychological methods
- C. Conflict: meaning and types, tackling ill effects of conflict.
- D. Self-concept: Meaning and concept, methods of measurement.

UNIT –IV

- A. Concept of stress: Modern psychological and yogic perspectives.
- B. Stress free living
 - 1. Stress management through yoga.
 - 2. Stress and Spirituality.
 - 3. Stress and drug abuse.
 - 4. Stress and elderly.

REFERENCE BOOKS:

- 1. Bhoga R.S. (2010) Yoga and mental Health Lonavla, kaivlyadhama
- 2. Bhogal R.S.(2006) Yoga and modern psychology, Lonavla,

Kaivalyadhama

3. Mathur, S.S.(1985) *Samanya Manovigyan* (Hindi)Agra :Vinod Pustak Mandir
4. Morgan, C.T. & king R.A.(1978) Introduction to Psychology ,New Delhi :Tata McGraw- hill Publishing company limited
5. Pandit, R.V. (1971) *Samanya Manasa Shastra* (Marathi). Nagpur: Payal Prakasan
6. Sharma, RamNath, (1960) Indian psychology; Meerut: Kedar Nath Ram Nath

SEM- II: - PRACTICAL COURSES

A. Advance Asanas & Pranayamas

➤ Advance Asanas :-

Shrishasana Halasana
Gomukhasana Padma
– Bakasan
Chakrasana (Backward)

Sarvangasana
Karnapidasana
UttanaKurmasana
Garudasana
Tolangulasana

Viparitakarani
Mayurasana
Akarmadhanurasana
Garbhasana
Ekpadaskandhasna

➤ Pranayama

- Anuloma-viloma
- Ujjay
- Shitali
- Sitkari
- Bhastrika
- Bhramari
- Suryabhedana
- Chandrabhedana

B. Designing of yoga classes for various diseases

1. Diabetes
2. Hypertension
3. Back-Ache
4. Obesity
5. Asthma

C. Kriyas & Meditation

➤ Kriyas

1. Jala Neti
2. Sutra Neti
3. Dhauti (Vamana,Danda,Vastra)
4. Nauli
5. Kapalabhati
6. Aganisara
7. Trataka

➤ Meditation Techniques

INTERNSHIP

Students need to do Internship at Yoga clubs or teach yoga in school or society for 4 weeks

ADVANCED LESSON PLAN

Students need to prepare 6 advance lesson plans in this semester-

- 4 lesson plans will be practical ground lessons
- 2 lesson plans will be practical theory lessons on basketbal

