



**KUMAR BHASKAR VARMA SANSKRIT & ANCIENT STUDIES
UNIVERSITY**

SYLLABUS OF
**Post Graduate Diploma in Yogic Science &
Therapy (PGDYST)**

(w. e. f. 2020-21)

DEPARTMENT OF EDUCATION
KUMAR BHASKAR VARMA SANSKRIT & A S UNIVERSITY
NAMATI, NALBARI

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SEMESTER 1				
COURSE CODE	NAME OF THE COURSE	CREDIT	TOTAL MARKS	
			External	Internal
PGDYST101	Foundation of Yoga	4	80	20
PGDYST 102	Basic of Human Biology for Yogic Practices	4	80	20
PGDYST 103	Introduction to Hath Yoga	4	80	20
PGDYST (P) 104	Yoga Practical	4	80	20
SEMESTER 2				
PGDYST 201	Yoga Therapy, Health & Wellness	4	80	20
PGDYST202	Introduction of Patanjali's Yoga Sutra	4	80	20
PGDYST(P) 203	Yoga Practical	4	80	20
PGDYST204	Project and Viva	4	80	20
Total		32	Grand Total = 800	

- **Project Work-Each student has to collect initial and final data of at least two patients treated by the student under guidance of the faculty.**

- **Internship**-The degree of Post Graduate Diploma in Yogic Science & Therapy will be issued only after successful completion of compulsory internship of **21** days in any centers or institutes prescribed by the authority.
- **Internal Assessment** is done through sessional examinations, Seminar presentation, Group Discussion, Home Assignment and Attendance or any other method fixed by the Department.

PROGRAMME OBJECTIVES-

The course of Post Graduate Diploma in Yogic Science & Therapy (PGDYST) has been designed to provide the required knowledge and skill to the aspirants who wish to enrich oneself with the rich practice of Yoga and Yogic Therapy for health & wellness of ancient India and also enable the aspirants to build their career in this field.

PROGRAMME SPECIFIC LEARNING OBJECTIVES:

The PGDYST program in Yogic Science & Therapy has been designed with the following objectives-

1. To teach the basic principles of Yogic Science and Philosophy.
2. To acquaint the students with the practical knowledge of Yogasanas, Kriyas, Bandhas, Mudras and Pranayamas.
3. To bring integral approach of yoga therapy to common ailments and make them skillfull to apply yoga for total personality development.
4. To provide a proper perspective and insight into various aspects of yoga therapy and enable them to serve the general public.
5. To bring peace and harmony in the society at large by introducing the yogic way of life.

SYLLABUS OF PGDYST

FIRST SEMESTER

Course Code:PGDYST 101

Course title: Basics of yoga and Sanskrit

Credit 4

Learning Objectives

1. To enable the students to understand basics of Yoga and Yoga Philosophy
2. To make students familiar with Yogic Texts.

Unit 1: The concept of yoga:

Credit:1

Meaning and definitions of yoga, Misconceptions about yoga, History of yoga, Aims and Objectives of yoga, Scope of yoga, Limbs of yoga

Unit 2: Origin & development of yoga and Types of Yoga

Credit : 1

Pre-Vedic and Vedic, post-Vedic and classical, medieval & modern

Typed of yoga-Hatha yoga, Raja yoga, Jnana yoga, Bhakti yoga , Tantra yoga, Karma yoga, Laya yoga

Unit 3: Life & contribution of some yogis:Credit: 1

R. Krishnamacharya, Swami Shivananda of Rishikesh,Sri Aurobindo, Swami Kuvalyananda

Unit 4: Basics of SanskritCredit:1

Introduction to Devanagari Varnamala, Classification of Varnas, Purnaksara, Samyuktaksara and Mriduvyanjanas,Writing of Varnamala using Roman transliteration.

COURSE OUTCOMES OF PGDYST -101

1. Able to give account of basics of Yoga
2. Able to learn basics of sanskrit

REFERENCES

1. Swami Niranjanda: Yoga Darshan, Yoga Publication Trust, Bihar School of Yoga, Munger, Bihar.
2. Hatha Pradipika of Swatmarama, Kaivalyadhama, Lonavala.
3. Phukan, B.N. "Yog Vigyan Parichay".
4. Dr. P.S. Roodurmun, Subodha Sanskritam(Easy way to Sanskrit)-Vol-1,,Motilal Banarasidass.

Course Code: PGDYST 102

Course title: Basic of Human Biology

Credits: 4

Learning Objectives

1. To enable to understand basics of human anatomy & physiology
2. To make students familiar with functions of sense organs and body functions

Unit 1: Concept of Human Body & Musculoskeletal System

Credit:1

Meaning of Anatomy and Physiology, Structure and function of cells, Different types of tissues.

Musculoskeletal System-Types of Muscles, Name and location of the bones in the body; Types of bones, Types of joints.

Unit 2: Digestive System & Excretory System Credit:1

Digestive System- Anatomy and Physiology of digestive system; Functions of Liver and Pancreas.

Excretory System- Structure and functions of kidney, ureter, bladder, urethra.

Unit 3: Respiratory, cardiovascular system& endocrine system Credit: 1

Respiratory System-Structure of respiratory tract: Nose Pharynx, Larynx, Bronchi Bronchioles, Alveoli-lungs, Mechanism of breathing.

Cardio –Vascular System - Structure and functions of heart; Blood vessels.

Endocrine System –Structure and functions of pituitary, pineal, thyroid, parathyroid, thymus, pancreas, adrenal, ovary and testes.

Unit-4: Nervous system & reproductive system Credit:1

Nervous System- Central (Brain and Spinal cord), Peripheral and Autonomic Nervous System.

Reproductive system- Male and Female Reproductive organs, menstrual cycle

COURSE OUTCOMES OF PGDYST 102:

1. Learn about basics of human physiology
2. Familiar with different body functioning systems

REFERENCES BOOKS

1. Ross and Wilson. “Anatomy and Physiology”.
2. Pearce, Evelyn C. “Anatomy and Physiology for Nurses” (Jaypee Brothers).
3. Gupta, A.K. “Sharir Rachana v Kriya Vigyan”.

4. Phukan, B.N. “Yog Vigyan Parichay”.

COURSE CODE: PGDYST 103

Course title: INTRODUCTION OF HATHA YOGA

Credits: 4

Learning Objectives

1. To develop and understanding about Hatha Yoga
2. To introduce students with the text of Hatha Yoga
3. To acquaint students with practices of Hatha Yoga

Unit1: The concept of Hatha yogaCredit:1

MeaningandDefinition of Hatha yoga, Aims and Objectives of Hatha yoga, Misconceptions about Hatha yoga, Relation between Hatha yoga and Raja yoga.

**Unit 2: : Brief Introduction of hatha yogic texts –
Credit:1**

Hatha Yoga Pradipika, Gheranda Samhita, Shiva Samhita

**Unit 3: Preparation for the practice of Hatha Yoga-
Credit:1**

Concept of Ghata and Ghata Shuddhi, Concept of Matha (Proper place)
Sadhakas and Bhadhaka tattva, Symptoms of Hatha-siddhi

Unit 4: Yogic practices- Meaning, Process and Result -ICredit: 0.5
Shatkarmas & Mudra-Bandha.

Unit 5: Yogic practices-meaning, Process and Result-II

Credit: 0.5

Asana & Pranayama

COURSE OUTCOMES of PGDYST 103

1. Students will be able to develop and understanding about Hatha Yoga
2. Learn text of Hatha Yoga
3. Acquaint with practices of Hatha Yoga

REFERENCES:

1. Hatha Pradipika, Kaivalyadhama, Lonavla
2. Gheranda Samhita, Yoga Publication Trust, Munger, Bihar.
3. Shiva Samhita, Kaivalydhama, Lonavala.

Course Code: PGDYST(P)104

Course title: Yoga Practical

Credits: 04

Learning Objectives –

1. Students will be able to learn different Yogic practices
2. Know how to pray, meditate, Practice Swasthyasanas, and perform Satkarma, Meditation and Mudras

Unit 1: Prayers, Dhyanasana Vishranti Asanas

Credit 1

Prayers: Guru Vandana, Gayatri Mantra, Patanjali vandana

Sukshma Vyayama- Simple (Loosening Exercises)

Sthiti positions for Asanas- Standing, Sitting & Lying(Supine & Prone)

Surya Namaskara

Dhyanasana (Meditative Postures) -

Siddhasana (formen), Swastikasana, Padmasana, Vajrasana

Vishranti Asanas (Resting Postures)- Makarasana, Savasana- Yoga Nidra.

Unit 2: Swasthyasana(Cultural Postures)-Credit 1

Tadasana,katichakrasana,Padahasthasana,Dandyaman-
ardhaChakrasana, Trikonasana,

ParivrittaTrikonasana,Vrikshasana,Garudasana,Virabhadrasana,parsvakonasa
na,Jastikasana,Marjarasana,Pawanamuktasana,Setubandhasana,Uttanapadasa
na,Ardhachakrasana,Bhujangasana,Salabhasana,Naukasana,Dhanurasana,Ma
ndukasana,Ustrasana,Janusirasana,Supta–Vajrasana,Matsyasana,
Sasangasana, Vakrasana, Simhasana.

Unit 3: Mudra-BandhaCredit 1

Jalandhar bandha, Uddiyana Bandha, Mulabandha, Vipareetkarni
Mudra,Pancha tattva mudra,Yogamudra.

Unit 4: Shatkarma, Pranayama, Meditation: Credit 1

Jala neti, Rubber-neti, Kapalbhathi, Vat-krama, Agnisara.

Sectional Breathing: Abdominal ,Thoracic & Clavicular and Yogic Breathing
Pranayam - Anulom-Vilom, Bhastrika Pranayama ,Bhramari Pranayama,
Ujjayi Pranayama,
Meditation - Om Meditation.

COURSE OUTCOMES OF PGDYST (P)104

1. Students will be able to perform different Yogic practices
2. Know how to pray, meditate, Practice Swasthasanas, and perform Shatkarma, Meditation and Mudras.

REFERENCES

1. Swami Shivananda Saraswati, ‘Yogic Therapy’,“Yog Bale Rog Arogya”, Umachal Yogashram, Kamakhya.
2. Swami Satyananda Saraswati, “Asana Pranayama Mudra Bandha” Yoga Publication Trust, Munger.
3. Hatha Pradipika, Kaivalyadhama, Lonavala.

4. ssssssGheranda Samhita, Yoga Publication Trust, Munger, Bihar.

Second Semester

Course Code: PGDYST201

Course title: Yoga Therapy, Health & Wellness

Credit: 4

Learning Objectives

1. To develop among students an insight on yoga therapy, health and wellness
2. To introduce students with Yoga therapy, Ayurveda and Naturopathy
3. To acquaint students with different general ailments and their treatment through yogic therapy and Yogic diet

Unit 1: Introduction to Yoga therapy, Ayurveda & Naturopathy: Credit:1

Principles of yoga therapy Panchaprana, Panchakosha, Sevenchakra, Ayurvedic concept of health & disease: Tridosha, Adhi-vyadhi , basic principles of Naturopathy

Unit 2: Holistic approach to Health,Wellness, Hygiene and Diet & Nutrition Credit:1

Sadvritta (Ethical regimen):Mental Sadvritta, Moral Sadvritta ,Social Sadvritta, Religious Sadvritta, Yogic Sadvritta, Yogic attitude(Maitraee,Karuna & Mudita).Hygiene-Personal Hygiene, Social Hygiene & Mental Hygiene.

Diet & Nutrition: Human nutritional requirements, Balance diet and Components of diet-Carbohydrates, Fats, Proteins, Vitamins, Minerals, Drinking of Water, Concept of Mitahara,s Yogic Diet-Svattik, Rajasik and Tamasik

Unit 3: Definition, Etiological (causes), Clinical Features (Sign & Symptoms)and Yogic Treatment for disorders of – Credit:1

Digestive System – Hyperacidity, Irritable bowel Syndrome, Cardiovascular System - Hypertension and Coronary artery diseases.

Stress disorders: Depressive Neurosis, and Stress & Insomnia

Respiratory System-Bronchial Asthma& Bronchitis.Endocrine System - Diabetes, Thyroidism (Hyper and Hypo)

Unit 4: Definition, Etiological (causes), Clinical Features (Sign & Symptoms)and Yogic Treatment for disorders of – Credit:1

Muscular Skeletal System-Arthritis, Back Pain, Ankylosing Spondylitis, Lumber and Cervical Spondylitis, Sciatica.Nervous System - Epilepsy, Migraine, Reproductive System- Infertility& Menstrual disorders

COURSE OUTCOMES PGDYST 201

1. Understand relation among yoga therapy, Ayurveda and Naturopathy, Health and Wellness.
2. Know about different general ailments and their treatment through yogic therapy and Yogic diet for betterment of health and society.

REFERENCES

1. S-VYASA Publication “Basics and Application of Yoga”
2. M.K Gandhi “My Nature Cure”
3. S..J Singh “ History and Philosophy of Nature Cure”.
- 4 .M.M Ghore “ Anatomy and Physiology of Yogic Practices”

5.Swami Shivananda Saraswati “Yoga Therapy” Umachal Yogashram,Kamakhya,Guwahati.

6.Swami Karmananda “Yogic management of Common Diseases” Yoga Publication Trust, Munger,Bihar.

7. Dr. V B Athavale “ Basic principles of Ayurveda” Chaukhamba Sanskrit Pratishtanss

Course Code: CoursePGDYST 202

Course Title: Introduction of Patanjali Yoga Sutra

sCredit: 04

Learning Objectives

1. To develop understanding about Patanjalis Yoga Sutra, the Basic Philosophy of Yoga
2. To Enable students to learn and practice Ashtanga Yoga

Unit 1: Introduction of Yogasutra- Credit:1

Introduction of Yogasutra, Meaning and Definition of Yoga,
Traditional commentaries on Yoga sutra

Unit 2: Chitta, Chitta Bhumi, Chitta Vrittis, Pancha-Kleshas- Credit:1

Meaning of Chitta; Chitta Bhumi(Mudha, kshipta,Vikshipta,Ekagrata and Niruddha); Chitta Vrittis(Pramana, Viparayay, Vikalpa, Nidra, Smriti); Pancha-Kleshas(Avidya, Asmita, Raga,Dweshha, Abhinivesha)

Unit 3: Means and obstacles of yoga

Credit: 0.5

Obstacles of Yoga(Antarayas); Means of Chitta-Prasadana; Abhyas and Vairagya;
Concept of Ishwara

Unit 4:Kriya yoga & Ashtanga Yoga

Credit: 1

Kriya yoga- Tapa, swadhya & Ishwara Pranidhana

Ashtanga yoga: Eight limbs of yoga-Ashtanga yoga (Yama, Niyama, Asana, Pranayama,

Pratyahara, Dharana,Dhyana and Samadhi),Yoga Vibhutis ,Kaivalya, Types of Karma.

Unit 5: Vibhuti, types of karma, Kaivalya

Credit: 0.5

Yoga Vibhutis, types of karma , Kaivalya

COURSE OUTCOMES OF PGDYST 202

1. Analyse Patanjalis Yoga Sutra, the Basic Philosophy of Yoga
2. Learn and practice Asthanga Yoga

REFERENCES

1. Saraswati, S. “Four Chapters of Freedom” Bihar School of Yoga, Munger.
2. Karambalekar, P.V. (2017) “Patanjala Yoga Sutra” Kaivalyadhama, Lonavala.
3. Hariharananda Arayana, “Yoga Sutras of Patanjali” University of Calcutta press

Course Code: PGDYST (P) 203

Course title: Yoga Practical

Credit: 4

Learning Objectives –

1. To develop an understanding about Yogic Practice
2. To develop understanding and skill of demonstrating Yogic practice & Therapy

Unit 1: Asanas:

Credit:1

Parivrattra Trikonasana, Parivrattra Parsvakonasana, Padmasana, Natrajasana, Bakasana, Ardha Matsyendrasana, Paschimottanasana, Kukutasana, Dhanurasana, Simhasana, Sarvangasana, Halasana, Chakrasana, Sayana paschimottanasana, Shirshasana, Gomukhasana, Chandra-Namaskar, Surjya Namaskar

Unit 2: Shatkarma-

Credit:1

Vaman Dhouti, Varisara Dhouti, Kapalbhatai, vatkrama.

Unit 3: Mudra- Bandha Credit:1

Moola- bandha, Jalandhar-Bandha, Uddiyan-Bandh, Maha mudra, Shambhavi mudra

Unit 4: Pranayama & Meditation Credit:1

Pranayama :Nadi-Shodhana,Surya-Bhedana, Bhastrika, Sheetal, Shitkari
Meditation-Soham Japa, Pranava Japa.

COURSE OUTCOMES OF PGDYST 203

1. Acquaint with Yogic Practice
2. Acquire skill of demonstrating Yogic practice & Therapy

REFERENCES-

- 1.Saraswati,S.S(2002) Asana, Pranayama, Mudra, Bandha, Yoga Publications Trust, Munger.
2. Phukan, B.N. (2019).Yog Vijnan Parichay.Jogada Phukan,N.Lakhimpur.

Course Code: PGDYST(P) 204

Course Title: Project and Viva

Credit: 4

Project Work:

Learning Objectives-

- To acquaint students with knowledge, attitude and practice for treatment through yogic practice and therapy during Internship
- To enable students to take up research problem related to syllabus and study the problem to resolve.

Course Content

1. Each student has to engage in internship in hospital designated by the university authority for fifteen days and maintain a journal.
2. Students are required to submit reports of practice carried out during internship along with certificate from the head of the institution where the internship has been carried out.
3. Each student has to collect initial and final data of at least two patients treated by the student under the guidance of the faculty or instructor.
4. Preparation of dissertation on topic related to the syllabus.

The assessment of the course is done on the basis of their internship, project work, dissertation submitted and viva –voce.

COURSE OUTCOMES OF PGDYST(P)204

On successful completion of this course students will be able to-

1. Develop skill for conducting research project
2. Apply knowledge of Yogic Science, Practices and therapy for betterment of human society.

PROGRAMME SPECIFIC OUTCOMES-

As the course is designed for promoting health and wellbeing through yogic

Practices, the students will be able to have holistic perspective on “yogic science and therapy” and use it for overall wellbeing of the individual. Successful students may have opportunity for further study in the subject and also become Yoga practitioner and therapist for human welfare.