

**Maharshi Dayanand Saraswati University
Ajmer, Rajasthan 305009**

SYLLABUS

**SCHEME OF EXAMINATION AND
COURSES OF
STUDY- 2019-20
REVISED 2026-2027 (SEMESTER)**

FACULTY OF VEDIC STUDIES

**PGDYEHS
(Post Graduate Diploma in Yoga Education
and Human Science)**



Post Graduate Diploma in Yoga Education and human Science

1. A Candidate who after passing in the Bachelor's Degree in any discipline of the University / any other University recognized by UGC shall be eligible for appearing at the examination for PG Diploma in Yoga Education and Human Science (PGDYEHS).
2. The Examination shall consist of (I) Theory Paper (II) Practical's including Project report and Personality Assessment/
Seminar/ Presentation/Internship/ Survey/Social Work/ Organising Yoga Camp for 30 Days
3. The result of the examination shall be worked out on the basis of minimum 40% of the marks obtained in the theory and practical separately. 40% minimum passing marks are required.
The division of the successful candidates shall be worked out on the basis of the aggregate marks obtained in the Theory papers, Practical and personality Assessment and project report and Personality Assessment/ Seminar/ Presentation/Internship/ Survey/Social Work/Organising Yoga Camp for 30 Days taken together as follows:
First Division- 60% and above
Second Division - 50% and above but less than 60%
All the rest i.e., - 40% and above but less than 50% will be declared to have passed the examination.
4. A candidate who fails at the examination shall be given only one more chance to clear the same in the same subsequent examination. A candidate who passes in Practical(s) shall be exempted from re-appearing in the same and marks obtained by him in Practical(s) shall be carried forward for working out his result.
5. It is mandatory for a candidate to attend a minimum seven / ten days residential camp organized at any reputed Yoga centers or any branch of Swami Vivekananda Yoga Anusandhana Samsthana, Bangalore during the course. In case on account of genuine reason one fails to attend the camp, his/her result will be withheld. However, he / she will be given one more chance to attend the camp with subsequent batch of the course concerned.
6. It is compulsory to appear for Internal Assessment for every theory paper in each semester.
7. It is mandatory to complete a 30 days practical training/ Internship in any reputed government/ Yoga institute or in the university itself.
8. 75% attendance is compulsory for examination.
9. Common Uniform for Practical classes.

**SCHEME OF EXAMINATION OF PG DIPLOMA IN YOGA EDUCATION
AND HUMAN SCIENCES**

Paper No.	Name	Marks	Credit
SEMESTER-I			
I	Foundation of Yoga & its Application.	50	3
II	Concept of Health, Yoga Therapy and Naturopathy Principles and Practice.	50	3
III	Anatomy and Physiology-I	50	3
IV	Yoga therapy for Common Ailments-I	50	3
	*Common Internal Exam-I	50	-
PRACTICAL			
I	Surya Namaskara, Kriyas, Aasana	50	3
II	Pranayama, Bandh, Mudras, OM Meditation, IRT,QRT,DRT	50	2
III	Personality Assessment & Report Writing	50	1
IV	IAYT for Common Ailments-I	50	3
		450	21
SEMESTER-II			
I	Sanskrit and Bhagvad Gita	50	3
II	Yoga Text -Patanjali Yoga Sutra, Vasistha & Hatha Yoga.	50	3
III	Anatomy and Physiology-II	50	3
IV	Yoga therapy for Common Ailments-II	50	3
	*Common Internal Exam-II	50	-
PRACTICAL			
I	Advance Asana & advance Kriyas. Cyclic meditation, Report Writing + Presentation.	50	3
II	Sukshma & Sthula Vyayama	50	2
III	Chanting, Yoga game, Emotions culture through Music, Patriotic, Service related songs and / Karma Yoga Modules presentation.	50	3
IV	IAYT for common ailments-II	50	2
V	Seminar/ Presentation/Internship/ Survey/Social Work/Organising Yoga Camp for 30 Days	100	2
		550	24
	Total Marks (Sem-I & II) 450 +550 = 1000		21+24= 45

PGDYEHS (Post Graduate Diploma in Yoga Education and Human Science)
SEMESTER I

TH. – I
FOUNDATION OF YOGA & ITS APPLICATION.
Objectives -

1. To understand the meaning, concept, and definitions of Yoga.
2. To study the history and development of Yoga.
3. To learn the four main streams of Yoga – Jnana, Bhakti, Raja, and Karma Yoga.
4. To understand the role of Yoga in education, personality development, and stress management.
5. To gain knowledge of Yoga's contribution to emotional balance, happiness, and social harmony.

Outcomes-

1. Students will be able to explain the concept, aim, and objectives of Yoga.
2. Students will be able to describe the historical development and different streams of Yoga.
3. Students will be able to apply Yoga practices for stress reduction and emotional well-being.
4. Students will develop a positive personality and better self-awareness through Yoga.
5. Students will understand the importance of Yoga in promoting unity, diversity, and social values.

Unit –I

Yoga - the need of the hour, History and Development of Yoga, Aim and Objective and misconception of Yoga, Concept of Yoga, Definitions of Yoga. Basis of Yoga, The four main streams of Yoga, Jnana(Gyana), Bhakti Raja, and Karma Yoga, brief glimpse into each of these streams.

Unit – II

Yoga in education, Stress & Yoga, Yoga and Personality.

Yoga for emotion culture, the science of happiness.

Unit –III

Yoga for unity in Diversity, Yoga – the individual and the society, Introduction to Indian Philosophy (Astika and Nastika Darshan)

Text Books

1. Yoga: Its Basis and Applications – Dr. H. R. Nagendra, S-VYASA, Bangalore.
2. Essence of Yoga – Swami Sivananda, The Divine Life Society.
3. Light on Yoga – B. K. S. Iyengar, Harper Collins India Pvt. Ltd.
4. Yoga Sadhana – Yog Sadhana Ashram, Jaipur.
5. Yog Shiksha – Yoga Publication Trust, Munger, Bihar.
6. Yoga Education – Dr. H. R. Nagendra, S-VYASA, Bangalore.
7. Asana Pranayama Mudra Bandha – Yoga Publication Trust, Munger, Bihar.
8. The Science of Yoga – Kaivalyadhama, Lonavala.

9. Yoga – Vivekananda Kendra Prakashan, Madras.
10. New Perspective in Stress Management – S-VYASA, Bangalore.
11. Yog Darshan – Gita Press, Gorakhpur.

Reference Books

1. Raja Yoga – Concepts of Jnana, Bhakti, Raja and Karma Yoga.
2. Bhagavad Gita – Concepts of Karma Yoga, Bhakti Yoga and Jnana Yoga.
3. Patanjali Yoga Sutras – Philosophy, definitions and foundations of Yoga.
4. Indian Philosophy – Astika and Nastika Darshana.
5. Foundations of Yoga – History, development and applications of Yoga.
6. Yoga and Health – Yoga for health, stress management and personality development.
7. The Happiness Trap – Science of happiness and emotional well-being.
8. A Complete Book of Yoga – Comprehensive introduction to Yoga philosophy and practice.

TH - II

CONCEPT OF HEALTH, YOGA THERAPY AND NATUROPATHY PRINCIPLE AND PRACTICE.

Objectives -

1. To understand the concept and dimensions of health from modern and traditional perspectives.
2. To study the definitions of health given by WHO, Ayurveda, and Positive Health concepts.
3. To gain knowledge of Dinacharya, Ritucharya, and Tri-dosha in Ayurveda.
4. To understand health and disease according to Yoga, Ayurveda, and Naturopathy.
5. To learn the basic principles, history, and therapeutic tools of Naturopathy.

Outcomes-

1. Students will be able to explain the concept of health and positive health.
2. Students will be able to describe Ayurvedic concepts such as Dinacharya, Ritucharya, and Tri-dosha.
3. Students will be able to differentiate the views of health and disease in Yoga, Ayurveda, and Naturopathy.
4. Students will be able to explain the functions of the five koshas (Annamaya, Pranamaya, Manomaya, Vijnanamaya, and Anandamaya).
5. Students will be able to understand and apply the basic principles and practices of Naturopathy for health promotion.

Unit – I

Concept of Health, Health as general understood, defined by WHO, Positive Health., Health according to Ayurveda, Dinacharya, Ritucharya and Tri-dosha

Unit – II

Health and disease, Illness according to Yoga, Ayurveda, Naturopathy, Panca kosa, the operation, Annamaya kosa, Pranamaya kosa, Manomaya kosa, Vijnanamaya kosa & Anandmaya kosa.

Unit - III

Naturopathy antiquity; basic principles and tools of naturopathy.

Reference Books

1. Charaka Samhita – Chaukhambha Sanskrit Series Office, Varanasi.
2. Sushruta Samhita – Chaukhambha Sanskrit Pratishthan, Delhi/Varanasi.
3. Taittiriya Upanishad – Gita Press, Gorakhpur.
4. Yoga Vasistha – Motilal Banarsidass Publishers, Delhi.
5. Essentials of Naturopathy – B. Jain Publishers, New Delhi.
6. Yoga for Holistic Health – S-VYASA, Bangalore.
7. Principles and Practice of Naturopathy – Standard Publishers and Distributors, New Delhi.

TH – III

ANATOMY AND PHYSIOLOGY

Objectives-

1. To understand the structure and functions of cells, tissues, and body systems.
2. To study the skeletal and muscular systems, including joints and muscle contraction.
3. To gain knowledge of the digestive, respiratory, and endocrine systems and their functions.
4. To understand the composition and functions of blood, heart, and circulatory system.
5. To learn the organization and functions of the central, peripheral, and autonomic nervous systems.

Outcomes-

1. Students will be able to describe the structure and functions of cells, organelles, and tissues.
2. Students will be able to explain the anatomy and physiology of the skeletal and muscular systems, including the mechanism of muscle contraction.
3. Students will be able to explain the processes of digestion, absorption, and respiration and identify the functions of endocrine glands.
4. Students will be able to describe the composition of blood, blood groups, blood clotting, and the working of the heart and circulatory system.

5. Students will be able to explain the structure and functions of the nervous system, including the central, peripheral, and autonomic divisions.

Unit – I

CELL, TISSUE AND MUSCULAR – SKELETAL SYSTEM

Cell structure –Plasma membrane and protoplasm; Cell organelles –Mitochondria, Golgiboby, Endoplasmic reticulum, Lysosome, Peroxisome,Centrosome,Nucleus-Nuclear, Membrane, Chromosome, Nucleolus; Homeostasis; Tissue: types, structure, and function of tissues, Skeletal and Muscular System; Types and structure of joint: Mechanism of muscle contraction.

Unit-II

DIGESTIVE SYSTEM, RESPIRATORY SYSTEM & ENDOCRINE GLANDS

Structure and functions of Digestive and Respiratory systems; Physiology of digestion and absorption; malnutrition and under nutrition; Structure and functions of Respiratory system; Mechanism of breathing (Expiration and Inspiration). Endocrine glands; Types, location and their functions

Unit-III

CARDIOVASCULAR SYSTEM & NERVOUS SYSTEM

Composition and function of blood–Plasma,RBC,WBC and Platelet; Blood groups and their importance; Blood clotting; Structure and working mechanism of heart; Organization of systemic and pulmonary circulation; Cardiac output and cardiac cycle; Blood pressure and regulation of blood pressure Nervous System; Central, Peripheral and Autonomic Nervous System and their functions.

Reference Books

1. Ross and Wilson Anatomy and Physiology in Health and Illness – Anne Waugh & Allison Grant, Elsevier Health Sciences.
2. Principles of Anatomy and Physiology – Gerard J. Tortora & Bryan H. Derrickson, Wiley Publications.
3. Human Anatomy and Physiology – Dr. S. R. Kale, Nirali Prakashan, Pune.
4. Anatomy and Physiology for Nurses – Jaypee Brothers Medical Publishers, New Delhi.
5. Yoga and Human Physiology – S-VYASA, Bangalore.
6. A Glimpse of Human Body – Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Bangalore.
7. Yoga: Its Basis and Applications – S-VYASA, Bangalore.
8. Health and Yogasana – Yog Sadhana Ashram, Bapu Nagar, Jaipur.
9. Gray's Anatomy – Elsevier Publications.
10. Guyton and Hall Textbook of Medical Physiology – Elsevier Publications.
11. Essentials of Medical Physiology – Jaypee Brothers Medical Publishers, New Delhi.
12. Human Physiology – Medical Allied Agency, Kolkata.
13. Atlas of Human Anatomy – Elsevier Publications.

TH – IV YOGA THERAPY FOR COMMON AILMENTS- I

Objectives -

1. To understand the concept, scope, and principles of Yoga Therapy for common ailments.
2. To study the causes, signs, symptoms, and classification of various lifestyle and stress-related disorders.
3. To gain knowledge of yogic management for cardiovascular, endocrine, and metabolic disorders.
4. To understand the role of Yoga in managing respiratory and gastrointestinal disorders.
5. To learn the application of Yoga Therapy in obstetric and gynecological conditions, including pregnancy and PCOS/PCOD.

Outcomes -

1. Students will be able to explain the concept of Yoga Therapy, Adhija Vyadhi, and the Integrated Approach of Yoga Therapy (IAYT).
2. Students will be able to identify the causes, signs, symptoms, and types of common disorders such as hypertension, diabetes, obesity, and thyroid disorders.
3. Students will be able to describe yogic management practices for respiratory disorders such as bronchial asthma and nasal allergies.
4. Students will be able to explain the role of Yoga in the prevention and management of gastrointestinal disorders like gastritis, peptic ulcer, and irritable bowel syndrome.
5. Students will be able to apply appropriate yogic practices for women's health issues, including menstrual disorders, menopause, pregnancy, PCOS, and PCOD.

Unit –I

Definition, classification, Type, sign, symptom, causes and yogic management
Introduction to common ailments and Respiratory disorders Introduction to stress and stress related disorders; Introduction to Yoga therapy– AdhijaVyadhi concept, IAYT; Cardiovascular disorder Hypertension: Atherosclerosis / Coronary artery disease Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post rehabilitation Cardiac asthma, Diabetes Mellitus, Hypo and Hyper- thyroidism, Obesity

Unit -II

Respiratory Disorders-Bronchial Asthma, Nasal Allergies, Cancer and gastrointestinal disorders,Gastritis – Acute & Chronic, Dyspepsia, Peptic Ulcers, Irritable Bowel Syndrome

Unit -III

Obstetrics and Gynecological Disorders Menstrual disorders, Dysmenorrhea, Oligomenorrhea, Menorrhagia,Premenstrual Syndrome: Menopause and pre-menopausal syndrome,Yoga for Pregnancy, PCOS & PCOD.

Reference Books

1. Yoga Therapy – Dr. R. Nagarathna & Dr. H. R. Nagendra, Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Bangalore.
2. Yoga Therapy and Integrated Medicine – Dr. H. R. Nagendra, S-VYASA University Press, Bangalore.
3. Yoga for Common Ailments – S-VYASA, Bangalore.
4. Asana Pranayama Mudra Bandha – Yoga Publication Trust, Munger, Bihar.
5. Yoga and Holistic Health – S-VYASA, Bangalore.
6. Yoga Way to Cure Diseases – The Divine Life Society, Rishikesh.
7. Yogic Chikitsa – Kaivalyadhama, Lonavala, Maharashtra.
8. New Perspective in Stress Management – S-VYASA, Bangalore.
9. Health and Yogasana – Yog Sadhana Ashram, Bapu Nagar, Jaipur.
10. Pranayama: Kala Aur Vigyan – S-VYASA, Bangalore.
11. Yoga Vasistha – Motilal Banarsidass Publishers, New Delhi.
12. Patanjali Yoga Sutras – Yoga Publication Trust, Munger, Bihar.
13. Textbook of Yoga Therapy – Morarji Desai National Institute of Yoga (MDNIY), Ministry of AYUSH, New Delhi.
14. The Science of Yoga – Kaivalyadhama Yoga Institute, Lonavala.
15. Principles and Practice of Yoga in Health Care – S-VYASA University Press, Bangalore.
16. Yoga for Pregnancy and Childbirth – DK Publishing / Dorling Kindersley.
17. Integrated Approach of Yoga Therapy for Positive Health – S-VYASA, Bangalore

SEMESTER II

TH – I

SANSKRIT AND BHAGVAD GITA.

Objectives-

1. To provide students with basic knowledge of Sanskrit language, alphabet, phonetics, and grammar.
2. To develop the ability to understand and construct simple Sanskrit sentences.
3. To study the historical background, importance, and spiritual teachings of the Bhagavad Gita.
4. To understand the concepts of duty, ethics, conflict resolution, and self-development as explained in the Gita.
5. To gain knowledge of the principles of Bhakti Yoga, Karma Yoga, and Dhyana Yoga through selected chapters and verses of the Bhagavad Gita.

Outcomes-

1. Students will be able to identify and explain basic Sanskrit grammar, phonetics, and sentence structure.

2. Students will be able to read, understand, and interpret simple Sanskrit words, forms, and sentences.
3. Students will be able to explain the historical significance and philosophical teachings of the Bhagavad Gita.
4. Students will be able to analyze the conflict of duty and ethics faced by Arjuna and relate it to real-life situations.
5. Students will be able to describe and apply the concepts of Karma Yoga, Bhakti Yoga, and Dhyana Yoga for personal and spiritual development.

Unit – I

Provides students with basic elementary and practical knowledge of Sanskrit, alphabet and phonetics (Sanskrit Varna, Dhuni, Sabdh, Padh, Vakhya, Sangya, Sarvnam, Vishesan, Upsarg, Purush- Vachan, Adhi ke Bhed & Prabhed ka Samanya Gyan). Grammar and syntax, formation and understanding of simple sentences (Dhatu, Sabdh Rup, Pratyaya Gyana, Karak Prakaran, Sandhi Prakaran, Samas Prakaran Ka Samanya Gyan).

Unit – II

Bhagavad Gita, The historical scenario, Importance and spiritual aspects, The key conflict of duty versus ethics of Arjuna. Conflict resolution, technique - Gyana Dhyana.

Unit – III

Bhakti and Karma Yoga stream. (A Glimpse into eighteen chapters of Gita) (III & IV Units Ref. Chapter - 2, 3, * 1.45, 4.36, 4.34, 2.20, 6.25, 6.14, 6.34, 6.35, 6.32, 6.21, 6.28, 8.10, 6.28, 6.45, 5.21, 7.16, 16.13, 16.4, 16.5, 10.40, 10.41, 12.8, 11.3, 11.8, 11.9, 11.7, 11.45, 11.52, 18.54, 18.66, 8.5, 18.16, 12.7, 3.1, 3.4, 3.6, 3.7, 18.25, 18.24, 8.23, 2.47, 4.16, 4.17, 2.48, 2.50, 4.18, 4.20, 3.19, 2.51, 2.70, 6.4, 6.6, 6.11, 4.31, 6.17, 6.12, 6.13, 6.25, 6.14, 6.34, 6.35, 6.32, 6.31, 6.28, 8.10, 6.28, 6.45, 5.21 *)

Reference Books

1. The Bhagavad Gita – Vedavyasa, Gita Press, Gorakhpur.
2. Sanskrit Swayam Shikshak – Shripad Damodar Satavalekar, Swadhyaya Mandal Publication, Surat.
3. Learn Sanskrit Through Self Study – Dr. R. S. Vadhyar, Motilal Banarsidass Publishers, New Delhi.
4. Raja Yoga – Swami Vivekananda, Advaita Ashrama, Kolkata.
5. Bhagavad Gita As It Is – Bhaktivedanta Book Trust (BBT), Mumbai.
6. Srimad Bhagavad Gita – Gita Press, Gorakhpur.
7. The Holy Geeta – Central Chinmaya Mission Trust, Mumbai.
8. Sanskrit Grammar – Motilal Banarsidass Publishers, New Delhi.
9. Introduction to Sanskrit – Motilal Banarsidass Publishers, New Delhi.
10. Essence of Bhagavad Gita – Crystal Clarity Publishers, California.
11. Jnana Yoga – Advaita Ashrama, Kolkata.

12. Karma Yoga – Advaita Ashrama, Kolkata.
13. Bhakti Yoga – Advaita Ashrama, Kolkata.

TH - II

YOGA TEXT - PATANJALI YOGA SUTRA, YOGA VASISTHA AND HATHA YOGA

Objectives-

1. To study the fundamental teachings of the Patanjali Yoga Sutra, especially the Samadhi Pada (1–51 Sutras).
2. To understand the concept of Chitta and its modifications from yogic and psychological perspectives.
3. To gain knowledge of mental afflictions, their causes, and their relationship with disease.
4. To understand the concepts of Adhi (mental disturbances) and Vyadhi (physical diseases) as described in Yoga Vasistha and Yoga Therapy.
5. To study the therapeutic applications of Asanas, Pranayama, Mudras, Bandhas, and Kriyas as described in Hatha Yoga texts.

Outcomes-

1. Students will be able to explain the important concepts and teachings of the Samadhi Pada of Patanjali Yoga Sutra.
2. Students will be able to describe the nature of Chitta, its modifications, and their effects on mental health.
3. Students will be able to identify the causes of illness according to Yoga Science and explain the Integrated Approach of Yoga Therapy (IAYT).
4. Students will be able to explain the concepts of Adhi and Vyadhi and their significance in Yoga Vasistha.
5. Students will be able to describe and apply the role of Asanas, Pranayama, Mudras, Bandhas, and Kriyas for health promotion and disease management as presented in Hatha Yoga Pradipika and Gheranda Samhita.

Unit –I

Samadhi pad 1-51 sutras, Concept of Chitta and its modification (According to Patanjali & psychology) Descriptions of various types of mental afflictions leading to different diseases.

Unit –II

Illness according to Yoga science, Remedial measures prescribed there in IAYT (Integrated Approach of Yoga therapy). The role of different Asanas, Pranayama, Mudras, Bandha and Kriyas. Concept of Adhi and Vyadhi as found in Yoga Vasistha, The manner of destruction of mind.

Unit –III

Portrayed in different texts of Hatha Yoga for dealing with different diseases (Hath Yoga Pradipika- Chapter1 & Gherand Samhita, Chapter 1)

Reference Books

1. Patanjali Yoga Sutras – Maharshi Patanjali, Yoga Publication Trust, Munger, Bihar.
2. Yoga Vasistha – Maharshi Valmiki, Motilal Banarsidass Publishers, New Delhi.
3. Hatha Yoga Pradipika – Swatmarama Yogi, Kaivalyadhama Publication, Lonavala.
4. Gheranda Samhita – Maharshi Gheranda, Kaivalyadhama Publication, Lonavala.
5. Asana Pranayama Mudra Bandha – Bihar School of Yoga, Yoga Publication Trust, Munger, Bihar.
6. The Science of Yoga – Swami Kuvalayananda, Kaivalyadhama Yoga Institute, Lonavala.
7. Four Chapters on Freedom – Swami Satyananda Saraswati, Yoga Publication Trust, Munger, Bihar.
8. Light on the Yoga Sutras of Patanjali – B. K. S. Iyengar, HarperCollins Publishers India.
9. Yoga Therapy and Integrated Medicine – Dr. H. R. Nagendra, S-VYASA University Press, Bangalore.
10. Principles and Practice of Yoga in Health Care – Dr. H. R. Nagendra, S-VYASA University Press, Bangalore.
11. Yoga Psychology – Dr. Shanti Prakash Atreya, DK Printworld, New Delhi.
12. Essentials of Yoga Therapy – Dr. R. Nagarathna, Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Bangalore.

TH .- III

ANATOMY AND PHYSIOLOGY-II

Objectives

1. To understand the structure and functions of the excretory system and the process of urine formation.
2. To study the lymphatic system, lymphoid organs, and their role in body defense.
3. To gain knowledge of the immune system, including innate and acquired immunity.
4. To understand the importance of nutrition, balanced diet, and essential biomolecules for health and spiritual development.
5. To study the structure and functions of the integumentary system, including skin, hair, nails, and glands.

Outcomes

1. Students will be able to describe the anatomy and physiology of the kidneys, ureters, urinary bladder, and urethra, and explain urine formation.
2. Students will be able to explain the composition and functions of lymph and the role of lymphoid organs in immunity.
3. Students will be able to differentiate between innate and acquired immunity and explain the concepts of antigens, antibodies, hypersensitivity, and autoimmunity.
4. Students will be able to identify the major nutrients, vitamins, minerals, and dietary fibers and explain the importance of a balanced diet for health and spiritual growth.
5. Students will be able to describe the structure and functions of the skin, hair, nails, and glands as components of the integumentary system.

Unit – I

Excretory System & Lymphatic system Structure and functions of Kidney, Ureter, Urinary bladder, Urethra; Mechanism of urine formation; Role of kidney in Osmo-regulation. Lymphoid organ: Bone marrow, Thymus, spleen, Lymph node, Composition and function of lymph,

Unit- II

Immune System & Biomolecule, Meaning and types of immunity-Innate immunity and acquired immunity, Antigen and antibody, Hypersensitivity, Autoimmunity Nutrition: Meaning and Objectives, Elements of Diet: Carbohydrates; Fats; Proteins; Minerals; Vitamins (fat soluble and water soluble); Dietary fibers Balanced Diet, Role of Diet for Spiritual Development.

Unit -III

INTEGUMENTARY SYSTEM_Integumentary system-Functions & Organs; Skin: Structure & Functions, Nail: Structure& Functions, Hair: Structure & Functions, Glands: Structure & Functions.

Reference Books

1. Textbook of Anatomy and Physiology – Anne Waugh & Allison Grant, Elsevier Health Sciences Publications.
2. Principles of Anatomy and Physiology – Gerard J. Tortora & Bryan H. Derrickson, Wiley India Pvt. Ltd.
3. Essentials of Medical Physiology – Jaypee Brothers Medical Publishers, New Delhi.
4. Human Physiology – C. C. Chatterjee, Medical Allied Agency, Kolkata.
5. Nutrition and Dietetics – Shubhangini A. Joshi, Tata McGraw-Hill Education Pvt. Ltd., New Delhi.
6. Guyton and Hall Textbook of Medical Physiology – John E. Hall, Elsevier Publications.
7. Gray's Anatomy – Henry Gray, Elsevier Publications.
8. Atlas of Human Anatomy – Frank H. Netter, Elsevier Publications.

9. Textbook of Biochemistry – Jaypee Brothers Medical Publishers, New Delhi.
10. Modern Nutrition in Health and Disease – Lippincott Williams & Wilkins Publications.
11. Kuby Immunology – W. H. Freeman and Company, New York.
12. Yoga and Nutrition – Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Bangalore.

TH – IV YOGA THERAPY FOR COMMON AILMENTS- II

Objectives

1. To understand the causes, classification, signs, symptoms, and management of musculoskeletal disorders through Yoga Therapy.
2. To study neurological disorders such as migraine, tension headache, epilepsy, stroke, and Parkinson's disease and their yogic management.
3. To gain knowledge of psychiatric disorders, including anxiety, depression, schizophrenia, and bipolar disorder.
4. To understand the role of Yoga Therapy in the prevention, management, and rehabilitation of common ailments.
5. To learn the integration of medical and yogic approaches for improving physical, mental, and emotional health.

Outcomes

1. Students will be able to identify and explain the causes, symptoms, and yogic management of musculoskeletal disorders such as back pain, cervical spondylosis, and arthritis.
2. Students will be able to describe the clinical features and yogic management of neurological disorders including migraine, tension headache, epilepsy, and Parkinson's disease.
3. Students will be able to explain the causes, classification, and management of cerebrovascular accidents and autonomic dysfunctions.
4. Students will be able to differentiate between neurosis and psychosis and describe various psychiatric disorders such as anxiety disorders, depression, schizophrenia, and bipolar disorder.
5. Students will be able to apply appropriate yogic practices as supportive therapy for managing common physical, neurological, and psychological ailments.

Unit-I

Musculo-Skeletal Disorders - Back Pain; Classification of back pain: organic and functional: Lumbar Spondylitis, Intervertebral disc prolapsed (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago, Medical and Yogic

management; Neck pain: Classification, Cervical Spondylitis, radiculopathy, Functional neck pain; Medical and Yogic management, All forms of Arthritis: Rheumatoid Arthritis, Osteoarthritis, Medical and Yogic management.

Unit-II

Neurological Disorders - Headaches: Migraine: Causes, Classification, clinical features, Medical and Yogic management, Tension headache: Causes and its symptoms and Medical and Yogic management; Cerebro vascular accidents: Causes, clinical features, Medical and Yogic management, Epilepsy; pain; Autonomic dysfunctions: Causes, clinical features, Medical and Yogic management; Parkinson's disease: Causes, clinical features, Medical and Yogic management

Unit-III

Psychiatric disorders- Introduction to psychiatric disorders, classification – Neurosis, Psychosis: Neurosis: Anxiety disorders: Generalized anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder, Phobias: Medical and Yogic management; Depression: Dysthymia, Major depression, Medical and Yogic management; Psychosis: Schizophrenia, Bipolar affective disorder, Medical and Yogic management.

Reference Books

1. Yoga Therapy and Integrated Medicine – Dr. H. R. Nagendra, Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Bangalore.
2. Textbook of Yoga Therapy – Dr. I. V. Basavaraddi, Morarji Desai National Institute of Yoga (MDNIY), Ministry of AYUSH, New Delhi.
3. Asana Pranayama Mudra Bandha – Bihar School of Yoga, Yoga Publication Trust, Munger, Bihar.
4. Essentials of Yoga Therapy – Dr. R. Nagarathna, S-VYASA, Bangalore.
5. Yoga for Common Ailments – S-VYASA, Bangalore.
6. Principles and Practice of Yoga in Health Care – Dr. H. R. Nagendra, S-VYASA University Press, Bangalore.
7. The Science of Yoga – Swami Kuvalayananda, Kaivalyadhama Yoga Institute, Lonavala.
8. Yoga Psychology – Dr. Shanti Prakash Atreya, DK Printworld, New Delhi.
9. Yoga Vasistha – Motilal Banarsidass Publishers, New Delhi.
10. Patanjali Yoga Sutras – Yoga Publication Trust, Munger, Bihar.
11. Clinical Yoga Therapy – Singing Dragon Publishers, London.
12. Kaplan and Sadock's Synopsis of Psychiatry – Wolters Kluwer / Lippincott Williams & Wilkins Publications.

**SEMESTER-I
Practical**

Paper-I	Maximum Marks	Minimum Marks	Credits
Surya Namaskar, Kriyas (Shatkarma), Asana. (Basic set),	50	20	3
Paper-II			
Pranayama,Bandhas & Mudras,Omkar Meditation, IRT+QRT + DRT	50	20	2
Paper-III			
Personality Assessment & Report Writing	50	20	1
Paper-IV			
IAYT for Common Ailments-I	50	20	3

SEMESTER-II Practical

Paper-I	Maximum Marks	Minimum Marks	Credits
Advance Asana & advance Kriyas. Cyclic meditation, Report Writing + Presentation.	50	20	3
Paper-II			
Sukshma & Sthula Vyayama	50	20	2
Paper-III			
Chanting, Yoga game, Emotions culture through Music, Patriotic, Service related songs and / Karma Yoga Modules presentation.	50	20	3
Paper-IV			
IAYT for common ailments-II	50	20	2
Paper-V			
Seminar/ Presentation/Internship/ Survey/Social Work/Organising Yoga Camp for 30 Days	50	20	2

Note :- Enclosed Practical Details Appendix - 1

ADVANCE ASANA

1. Krounchasana (Kraunchasana)
2. Virabhadrasana
3. Setu Bandha Sarvangasana
4. Karnapidasana
5. Kurmasana
6. Purna Dhanurasana
7. Sirsasana
8. Eka Pada Rajakapotasana
9. Eka Pada Sirsasana
10. Navasana
11. Mayurasana
12. Purna Ustrasana
13. Bakasana
14. Eka Pada Padahastasana
15. Janu Sirsasana
16. Hanumanasana
17. Chakrasana
18. Eka Pada Setu Bandha Sarvangasana
19. Yoga Nidra
20. Simhasana
21. Vrischikasana (Vrikshikasana)
22. Natarajasana
23. Purna Salabhasana

Sushma Vyama & Sthula Vyayama

1. Netra - Sakti - Visasaka (Improving the Eye Sight)
2. Kopala - Sakti Vardhaka (Rejuvenating the Cheeks)
3. Karna - Sakti - Vardhaka (Improving the Power of Hearing)
4. Gruia - Sakti - Vikasaka (Strengthening the Neck) -1
5. Gruia - Sakti - Vikasaka (Strengthening the Neck) -2
6. Gruia - Sakti - Vikasaka (Strengthening the Neck) -3
7. Skandha tatha Bahu - Mula - Sakti - Vikasaka (Developing the strength of the Shoulder Blads and Joints)
8. Bhuja - Bandha - Sakti Vikasaka (Strengthening the Upper Arms)
9. Kaphoni - Sakti - Vikasaka (Strengthening the Elbow)
10. Bhuja - Valli - Sakti - Vikasaka (Strengthening the Fore Arms)
11. Mani - Bandha - Sakti - Vikasaka (Developing the Wrists)
12. Kara - Prstha - Sakti - Vikasaka (Developing the back of the Hand)
13. Kara - Tala - Sakti - Vikasaka (Developingthe back of the Palms)
14. Anguli - Sakti - Vikasaka (Strengthening the Fingers)
15. Kati - Sakti - Vikasaka (Strengthening of the back) - 1
16. Kati - Sakti - Vikasaka (Strengthening of the back) - 2
17. Jangha - Sakti - Vikasaka (Developing the thighs) - 1
18. Jangha - Sakti - Vikasaka (Developing the thighs) - 2

19. Janu - Sakti - Vikasaka (Strengthening the Knees)
20. Pindali - Sakti - Vikasaka (Developing the Calves)
21. Pada - Mula - Sakti - Vikasaka (Developing the strength of the sole)
22. Gulphu - Pada - Prastha - Padh - Tala - Sakti - Vikasaka (Developing the strength of Ankles & Feet)
23. Padanguli - Sakti - Vikasaka (Developing the Toes)
24. Rekhagati
25. Urdhvagati
26. Sarvangpushti
27. Uthkurdan
28. Injandaur

ADVANCE KRIYA

1. Danda Dhauti
2. Vastra Dhauti
3. Purna Sangkha Prakshalana

Reference Books

1. Light on Yoga – B. K. S. Iyengar, HarperCollins India Pvt. Ltd., New Delhi-Covers: Sirsasana, Mayurasana, Natarajasana, Hanumanasana, Chakrasana, Kurmasana, Janu Sirsasana, Navasana, Bakasana, etc.
2. Asana Pranayama Mudra Bandha – Bihar School of Yoga, Yoga Publication Trust, Munger, Bihar-Covers: Advanced Asanas, Yoga Nidra, Kriyas, therapeutic applications.
3. Yoga Makaranda – The Yoga Mandiram Publication, Chennai-Covers: Traditional advanced asanas and sequencing.
4. Yoga Sadhana – Yog Sadhana Ashram, Bapu Nagar, Jaipur-Covers: Practical yoga training and advanced postures.
5. Health and Yogasana – Yog Sadhana Ashram, Jaipur-Covers: Physical benefits and techniques of advanced asanas.
6. Yoga Nidra – Bihar School of Yoga, Munger-Covers: Complete practice and theory of Yoga Nidra.
7. Gheranda Samhita – Kaivalyadhama Publication, Lonavala. Reference for Shatkarma, physical purification, and yogic training.
8. Hatha Yoga Pradipika – Kaivalyadhama Publication, Lonavala. Reference for Asana, Kriya, Mudra, and Bandha practices.
9. The Science of Yoga – Kaivalyadhama Yoga Institute, Lonavala. Scientific basis of advanced yogic practices.
10. Yoga: Its Basis and Applications – S-VYASA, Bangalore. Physiological and therapeutic aspects of yoga.

1. **Yogic Exercises – Kaivalyadhama Publication, Lonavala.** Useful for Sushma Vyayama and Sthula Vyayama practices.
2. **Sukshma Vyayama – Vishwayatan Yogashram Publication, New Delhi-**Standard reference for Sukshma Vyayama techniques.
3. **Yoga for Common Ailments – S-VYASA, Bangalore.-**Application of asanas and kriyas for health management.

Special Reference for Advanced Kriya

1. **Gheranda Samhita** – Detailed description of Shatkarma practices.
2. **Hatha Yoga Pradipika** – Traditional cleansing techniques.
3. **Asana Pranayama Mudra Bandha – Practical instructions for:**
 - Danda Dhauti
 - Vastra Dhauti
 - Purna Shankha Prakshalana
 - For the common ailments all the SVYP, Disease Book

List of the IAYT

YOGA THERAPY FOR COMMON AILMENTS- I

Cardiovascular disorder Hypertension: Atherosclerosis / Coronary artery disease Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post rehabilitation Cardiac asthma, Diabetes Mellitus, Hypo and Hyper- thyroidism, Obesity. Respiratory Disorders- Bronchial Asthma, Nasal Allergies, Cancer and gastrointestinal disorders , Gastritis – Acute & Chronic, Dyspepsia, Peptic Ulcers, Irritable Bowel Syndrome
Obstetrics and Gynecological Disorders Menstrual disorders, Dysmenorrhea, Oligomenorrhea, Menorrhagia, Premenstrual Syndrome: Menopause and pre-menopausal syndrome, Yoga for Pregnancy, PCOS & PCOD.

YOGA THERAPY FOR COMMON AILMENTS- II

Musculo-Skeletal Disorders - Back Pain; Classification of back pain: organic and functional: Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago, Medical and Yogic management; Neck pain: Classification, Cervical Spondylosis, radiculopathy, Functional neck pain; Medical and Yogic management, All forms of Arthritis: Rheumatoid Arthritis, Osteoarthritis, Medical and Yogic management.

Neurological Disorders - Headaches: Migraine: Causes, Classification, clinical features, Medical and Yogic management, Tension headache: Causes and its symptoms and Medical and Yogic management; Cerebro vascular accidents: Causes, clinical features, Medical and Yogic management, Epilepsy; pain; Autonomic dysfunctions: Causes, clinical features,

Medical and Yogic management; Parkinson's disease: Causes, clinical features, Medical and Yogic

Psychiatric disorders- Introduction to psychiatric disorders, classification – Neurosis, Psychosis: Neurosis: Anxiety disorders: Generalized anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder, Phobias: Medical and Yogic management; Depression: Dysthymia, Major depression, Medical and Yogic management; Psychosis: Schizophrenia, Bipolar affective disorder, Medical and Yogic management.