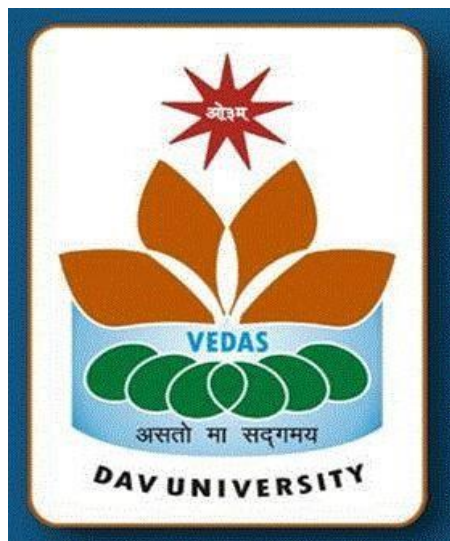


# **DAV UNIVERSITY JALANDHAR**

## **Department of Physical Education**



### **Course Scheme & Syllabus For POST GRADUAT DIPLOMA IN YOGA (Program ID -198)**

**Syllabi Applicable for Admissions  
in 2024 Onwards**

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## Introductory Note of the programme

PG Diploma in Yoga is a Post graduate program of one-year duration, that focuses on to prepare the students for yoga therapy, and innovations in the field of Yoga education, sports and as a yoga professional, with a strong foundation of holistic health, fitness and allied sciences. The program offers a perfect combination of theoretical and practical learning to make them equipped with requisite skill-set in order to achieve their goals during their personal and professional life.

## Program Educational Objectives (PEOs)

**PEO1.** To equip (the future physical education teachers) with the knowledge, attitude, behaviour, approaches, methodologies and skills that require to perform in classrooms, school and wider community.

**PEO2.** To develop a capacity (in the future teacher) to perform, observe, infer and to generalize.

**PEO3.** To develop potential for planning and organizing physical education programme and activities.

**PEO4.** To develop personal, Professional and social competencies required in teaching profession.

**PEO5.** To provide an exposure to the students to various organizational tasks both infield and classroom during their tenure of study and thus, imbibe leadership qualities in them.

## Programme Outcomes (POs)

**PO1.** Critical Thinking: Take informed actions after identifying the assumptions that frame our thinking and actions, checking out the degree to which these assumptions are accurate and valid, and looking at our ideas and decisions (intellectual, organizational, and personal) from different perspectives.

**PO2.** Effective Communication: Speak, read, write, and listen clearly in person and through electronic media in English and in one Indian language, and make meaning of the world by connecting people, ideas, books, media and technology.

**PO3.** Social Interaction: Elicit views of others, mediate disagreements and help reach conclusions in group settings.

**PO4.** Effective Citizenship: Demonstrate empathetic social concern and equity centred national development, and the ability to act with an informed awareness of issues and

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participate in civic life through volunteering.

**PO5.** Ethics: Recognize different value systems including your own, understand the moral dimensions of your decisions, and accept responsibility for them.

**PO6.** Environment and Sustainability: Understand the issues of environmental contexts and sustainable development.

**PO7.** Self-directed and Life-long Learning: Acquire the ability to engage in independent and life-long learning in the broadest context socio-technological changes.

## Program Specific Objectives (PSOs)

PSO1	After completion PGDY, student will be able to teach yoga in community by applying the knowledge of anatomy & physiology, yogic philosophy.
PSO2	Student will able to spread the knowledge about foundation of different aspects of yoga including general psychology.
PSO3	Student will be able to treat common ailments through yogic therapy.

## Mapping of POs with PEOs

PEOs→ POs↓	PEO 1	PEO 2	PEO 3	PEO 4	PEO 5
PO1	yes	yes	yes	yes	yes
PO2	yes	yes	yes	yes	yes
PO3	yes	yes	yes	yes	yes
PO4	yes	yes	yes	yes	yes
PO5	yes	yes	yes		yes
PO6	yes	yes	yes	yes	yes
PO7	yes	yes	yes	yes	yes

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## Mapping of PSO with PEO

PEOs→ PSO↓	PEO 1	PEO 2	PEO 3	PEO 4	PEO 5
PSO1	yes	yes	yes	yes	yes
PSO2	yes	yes	yes	yes	yes
PSO3	yes	yes	yes	yes	yes

### DAV University, Jalandhar

#### Scheme of Post Graduate Diploma in Yoga

#### (1 year Course)

#### Semester I

S.No.	Paper Code	Course Title	L	T	P	Cr	W Q	S A P	ATT.	LP/ CA	MTE	MTP	ETE	ETP	TOTAL
<b>Core Courses</b>															
1	PHE-601	Foundations and Philosophy of Yoga	4	0	0	4	10	10	05	0	25	0	50	0	100
2	PHE-602	Human Anatomy & Physiology	4	0	0	4	10	10	05	0	25	0	50	0	100
3	PHE-603	Hathayoga	4	0	0	4	10	10	05	0	25	0	50	0	100
4	PHE-604	Naturopathy & Swasth-Vrata	2	0	4	4	10	0	05	0	25	0	35	25	100
<b>Core (Practical) Course</b>															
4	PHE-617	Yoga Practical	0	0	8	4	0	0	0	20	0	30	0	50	100
<b>TOTAL</b>			<b>14</b>	<b>0</b>	<b>12</b>	<b>20</b>									

# DAV UNIVERSITY JALANDHAR

DAV University, Jalandhar

Scheme of Post Graduate Diploma in Yoga

(1 year Course)

Semester II

S.No.	Paper Code	Course Title	L	T	P	Cr	W Q	S A P	ATT.	LP/ CA	MTE	MTP	ET E	ETP	TOTAL
<b>Core Courses</b>															
1	PHE-608	Patanjal Yoga Sutra	4	0	0	4	10	10	05	0	25	0	50	0	100
2	PHE-609	Yoga and Alternative Therapies	2	0	4	4	10	0	05	0	25	0	35	25	100
3	PHE-610	General Psychology and Research Methodology	4	0	0	4	10	10	05	0	25	0	50	0	100
4	PHE-611	Teaching Methods in Yoga	4	0	0	4	10	10	05	0	25	0	50	0	100
<b>Core (Practical) Course</b>															
4	PHE-612	Yoga Practical-2	0	0	8	4	0	0	0	20	0	30	0	50	100
6	PHE-615	Teaching Practice Internship	0	0	0	4	0	0	0	20	0	0	0	80	100
<b>TOTAL</b>			<b>14</b>	<b>0</b>	<b>12</b>	<b>20</b>									

**Teaching Practice will be based on Theory & Practical classes conducted by the student teacher.**

A: Continuous Assessment: Based on objective/Practical Type Tests  
 B: Mid-Term Test-1: Based on Objective Type and Subjective Type  
 TestC: Mid-Term Test-2: Based on Objective Type and Subjective Type  
 TestD: End-Term Exam (Final): Based on Objective/practical Type Tests  
 E: Total Marks  
**L: Lectures T: Tutorial P: Practical Cr: Credits**

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## Semester- I

**Course Title: Foundations and Philosophy of Yoga**

**Paper Code: PHE-601**

L	T	P	Credits	Marks
4	0	0	4	100

### Course Outcomes:

1. Students will be able to understand the Basics of yoga with historical background. Elements of success and failure according to different schools and concept of yoga psychology.
2. Enable the students to know about the different schools of yoga and basic knowledge of Yoga in Vedas, Upanishads & Gita.
3. To understand the six system of Indian Philosophy: Sankhya, Yoga, Nyay, Vesheshik, Mimnsa & Vedant Darshana. and Nature of Human Consciousness in Indian Philosophy.
4. To enable the students to learn about life history and contribution in yoga field of different great sages and yoga personalities.

### UNIT – I

Meaning & definitions of yoga, Objectives and Importance of yoga in modern life, Traditional & historical development of yoga. Elements of success and failure in yoga according to Hathyoga, Patanjali Yogasutra & Gita..Concept of Chitta, Chitta Vrittis and chitta bhumies, Panch chlesha.

### UNIT – II

Kinds of Yoga: - Karma Yoga, Bhakti Yoga, Jnana (Gyan) yoga & Ashtang Yoga. Study of Yoga in: - Vedas, Upanishads & Shrimad bhagwad gita.

### UNIT – III

Brief introduction of six system of Indian Philosophy: Sankhya, Yoga, Nyay, Vesheshik, Mimnsa & Vedant Darshana. Nature of Human Consciousness in Indian Philosophy.

### UNIT – IV

Life sketch of following Yogis with important incidents of their lives & contributions in the development of Yoga- Maharishi Patanjali, Guru Gorakhnath, Yogi Shyamacharan Lahidi, Swami Shivananda, Swami Vivekananda, Sri Aurobindo.

### References:

- Yoga : An Introduction  
(Bharat Book Centre, Lucknow, 1999)
- Raja Yoga, Jnana (Gyan) Yoga, Karma Yoga & Bhakti Yoga  
(Ramakrishan Ashrama Publication)
- Kalyan(Yogank)
- Bharat ke Mahan Yogi.
- Bharat ke Sant Mahtma
- Prof. Surendra Singh  
& Prof. P.D. Misra  
Dr. (Mrs.) Beena Misra
- Swami Vivekananda
- Geeta Press Gorakhpur
- Vishwanath Mukherji
- Sri Ram Lal

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- A Study in Consciousness -Annie Besant
- Maanavchetna -Dr. Ishwar Bharadwaj
- Seven States of Consciousness -Anthony Campbell.
- Bhartiya Darshan me Chetna ka Swaroop -Dr. Shrikrishan Saxena

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**Course Title:** Human Anatomy & Physiology

**Paper Code:** PHE 602

L	T	P	Credits	Marks
4	0	0	4	100

## Course Outcomes:

1. Students will be able to understand the basic concept of Anatomy & Physiology, structure and functions of cell, tissue, skeletal and muscular system and related problems and Yogic management of related problems.
2. Enable the students, to know about the basics of Respiratory and Cardio-vascular (Circulatory) system related problems and Yogic management of related problems.
3. Brief study of Digestive and Excretory System related problems and Yogic management of related problems.
4. Brief study of Endocrine and Nervous System related problems and Yogic management of related problems.

## UNIT – I

Meaning of Anatomy & Physiology. Brief study of Cell & Tissues. Skeletal System: - The Bones, Joints, and Vertebral Column. Muscular System: Muscles, their types and functions. Effect of Yoga on Skeletal and Muscular System. Modern and Yogic management of related diseases: Rheumatoid arthritis, Osteoarthritis, Spondylitis, Gout.

## UNIT – II

Brief study of Respiratory System: - Mechanism of Inspiration, Expiration & Control of Respiration. Cardio-vascular (Circulatory) system: - The Heart, Blood and Blood Circulation. Effect of Yoga on Respiratory and Circulatory System. Modern and Yogic management of related diseases: Cough, Pneumonia, Pleurisy, Bronchitis, Asthma, Pulmonary Tuberculosis, High and Low Blood Pressure.

## UNIT – III

Brief study of Digestive System: - Gross anatomy of digestive system, functional anatomy of Mouth, Oral cavity, Pharynx, Esophagus, Stomach, Small intestine, Large intestine and Anal canal. Excretory System: - Study of Kidneys, Lungs, Liver and Gall bladder. Effect of Yoga on Digestive and Excretory System. Modern and Yogic management of related diseases: Indigestion, Constipation, Diarrhoea, Gastritis, Colic pain, Appendicitis, Peptic Ulcer, Colitis, Jaundice, Hepatitis.

## UNIT – IV

Brief study of Endocrine System: - Study of main endocrine/ductless glands & their functions. Nervous System: - The central Nervous & the Autonomic Nervous system. Effect of Yoga on Endocrine and Nervous System. Modern and Yogic management of related diseases: Diabetes, Hypothyroidism, Epilepsy, Migraine, Paralysis, Sciatica.

## References:

- Anatomy and Physiology of Yogic Practices (English & Hindi) Kanchan Prakashan, Lonavla. -M.M. Gore
- Anatomy & Physiology -Waugh-Ross & Wilson
- A Glimpse of Human body -Shirley Telles
- Sarir Rachana evam Kriya Vigyan -Charu Supriya
- Anatomy and Physiology for Nurses (Faber and Faber Ltd; London, 1968) -Evelyan C. Pearee



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**Course Title:** Hathayoga

**Paper Code:** PHE 603

L	T	P	Credits	Marks
4	0	0	4	100

## Course Outcomes:

1. Students will be able to understand Meaning & objectives of Hathayoga. Components of Hatha yoga and Sapt Sadhana.
2. Enable the students, to know about the Shat-Karmas and Asana according to Hathapradipika and Gheranda Samhita, with their techniques, benefits and precautions.
3. To understand the Meaning and Definitions of Pranayama, Classification of Pranayamas with reference to Patanjali yoga sutra and Hathapradipika and Gheranda Samhita.
4. Enable the students about Meaning, Techniques & benefits of Mudra & Bandhas, Dhyana, Samadhi, sat chakras and kundalini according to Hathapradipika and Gheranda Samhita.

## UNIT – I

Meaning & objectives of Hathayoga. Components of Hathayoga.

Sapt Sadhan: sodhanam, dridhata, sthairyam, dharya, laghawam, pratyakshyam, nirliptam.

## UNIT – II

Study of Shat-Karmas and Asanas according to Hathapradipika and Gheranda Samhita, with their techniques, benefits and precautions.

## UNIT – III

Meaning and Definitions of Pranayama, Classification of Pranayamas with reference to Patanjali yoga sutra, Hathapradipika & Gheranda Samhita with their techniques, benefits and precautions.

## UNIT – IV

Meaning, Techniques & benefits of Mudra & Bandhas according to Hathapradipika and Gheranda Samhita. Dhyana and Samadhi according to Gheranda Samhita. Shat chakras. Brief introduction of Kundalini, methods of kundalini awakening.

## References:

- Hathayog Pradipika (English)  
(Yoga Publication Trust, Munger, Bihar, India) -Swami Muktibodhananda
- Hathapradipika (Hindi)  
(Kaivalyadhama, Lonavla) -Swami Kuvalyananda
- Gheranda Samhita (English)  
(Kaivalyadhama, Lonavla) -Digambarji Swami & Gharote
- Gheranda Samhita (Hindi)  
(Yoga Publication Trust, Munger, Bihar, India) -Swami Niranjanananda Saraswati
- Pranayama, The art & science (English) -Dr. H.R. Nagendra.
- Yog Nidra (English) -Swami Satyananda Saraswati
- Asana Pranayama Mudra Bandh.(English) -Swami Satyananda Saraswati
- Saral Yogasan (Hindi) -Dr. Ishwar Bhardwaj

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**Course Title:** Naturopathy & Swasth-Vrata

**Paper Code:** PHE 604

L	T	P	Credits	Marks
2	0	4	4	100

**Course Outcomes:**

1. Students will be able to understand the basic concept and principals of Naturopathy. Water Therapy Internal, Mud/Clay therapy and external uses of water.
2. Enable the students, to know about the Sun-therapy, Air and Ether/Space therapy and its importance.
3. To understand the Concept & Need of Swasth-Vrata, Dincharya, Ritucharya & Ratri charya and need of Upstambhas and Sada-Vrata.
4. Enable the students about Diet- Meaning, definitions, components & Benefits of Balance-diet.

## UNIT – I

Naturopathy - Introduction, History & Basic Principles. Water Therapy: - Internal and external uses of water:hip bath, steam bath, hand bath, foot bath,sitz bath and spinal bath. Mud/Clay therapy: -Importance of Soil, Use of mud-packs: Chest-Pack, Abdomen-Pack & Knee Pack, eye pack.

## UNIT – II

Sun-therapy: - Sun rays, Sun-bath & its uses in different diseases. Air-therapy: - Importance of air. Air-bath & its uses. Massage (Abhyang), its kinds & importance. Eather/Space therapy: - Fasting & its principles, Action & reaction of fasting on human body for maintaining health & management of diseases.

## UNIT – III

Concept & Need of Swasth-Vrata, Upstambhas, Elements of daily Routine- Dincharya, Ritucharya & Ratri charya. Sada-Vrata.

## UNIT – IV

Diet- Meaning, Definitions, components & Benefits of Balance-died, Mitahara, Rules of Yogic-diet, Demerits of Non-vegetarian-diet & merits of Vegetarian diet.

## Practical:

The practice of the following Naturopathy techniques with brief theoretical knowledge about their importance of name, the technique, salient features, precautions to be taken and the benefits.

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## **Naturopathy**

Steam Bath, Hip Bath, Spinal Bath, Footbath. Mud Packs, Oil Massage. Air bath: - Morning walk, SunBaths, Rest, Relaxations & Fasting.

## **Lesson Plan and Presentation**

Each student shall have to prepare and give at least one lecture cum Demonstration on different topics of Paper and also shall have to prepare and to give Four lessons in the class under the supervision of their Yoga Practical Teacher. These Lessons should be observed/examined by the Yoga Practical Teacher.

## **References:**

- |  |                        |
|--|------------------------|
| • Swasth-Vrata Vigyan,(Hindi)<br>(Chaukhamba Sanskrit Pratishthan, Delhi)        | -Prof. Ram Harsh Singh |
| • Science of Natural Life (English)<br>(Arogya Sewa Prakashan, Modhinagar, U.P.) | -Dr. Rakesh Jindal     |
| • Prakritik Ayurvigan (Hindi)<br>(Arogya Sewa Prakashan, Modhinagar, U.P.)       | -Dr. Rakesh Jindal     |
| • A Complete Handbook of Nature Cure   | -Dr. H.R. Bakhru       |
| • Diet Cure for Common Ailments  | -Dr. H.R. Bakhru       |

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**Course Title:** Yoga Practical  
**Paper Code:** PHE 617

L	T	P	Credits	Marks
0	0	8	4	100

## **Course Outcomes:**

The practice of the following Yogic Skills with brief theoretical knowledge about their importance  
Of name, the technique, salient features, precautions to be taken and the benefits.

## **Yogic Shatkramas**

Vaman Dhuti (Kujal), Sutra Neti, Jala Neti and Ghrit Neti, Trataka, Kapalbhathi: Vatkrama, Vyutkrama & Sheetkrama Kapalbhathi, Dand Dhauti.

## **2. Yogasanas**

### **Pawanmuktasana 1,2,3 and selected yogasana**

- |                       |                                   |                      |                                 |
|-----------------------|-----------------------------------|----------------------|---------------------------------|
| 1. Siddhasana         | 2. Padmasana                      | 3. Kurmasana         | 4. Bhadrasana                   |
| 5. Vajrasana          | 6. Swastikasana                   | 7. Simhasana         | 8. Gomukhasana                  |
| 9. Virasana           | 10. Savasana                      | 11. Vakrasana        | 12. Matsyendrasana              |
| 13. Paschimottanasana | 14. Dhanurasana                   | 15. Matsyasana       | 16. Gorakshasana                |
| 17. Vrikshasana       | 18. Garudasana                    | 19. Salabhasana      | 20. Chakrasana                  |
| 21. Makarasana        | 22. Ushtrasana                    | 23. Bhujangasana     | 24. Utkatasana                  |
| 25. Naukasana         | 26. Sarvangasana                  | 27. Konasana         | 28. Trikonasana                 |
| 29. Mandukasana       | 30. Uttana-Padasana               | 31. marjariasana     | 32. Surya namaskar with mantras |
| 33. Janusirasana      | 34. Ardhabadha Pashchimottanasana | 35. Vipreetnaukasana |                                 |

## **3. Pranayama, Bandhas, Mudras, Dhavana (Meditation)**

### **PRANAYAMA:**

#### **Deep breathing 1&2 and selected pranayamas**

**In Hathyoga-** Nadi Shodhana Pranayama, Surya -Bhedana, Ujjayi, Sheetali, Seetkari, & Bhramari

**In Patanjali Yogasutra-** Bahyavrtti, Abhyantara Vrtti & Stambhavrtti

**BANDHAS & MUDRAS:** Jalandhar, Uddiyan and Moola Bandhas. Mahamudra, Mahabandha, Vipareet Karani, Kaki, Shambhavi.

**DHAYANA (Meditation):** Recitation of Pranava japa (Omkar Japa) & Gayatri Mantra, mahamrityunjaya mantra, Sath chakra Dharana

# DAV UNIVERSITY JALANDHAR

## Semester- II

**Course Title: PATANJAL YOGA SUTRA**

**Paper Code: PHE 608**

L	T	P	Credits	Marks
4	0	0	4	100

### Course Outcomes (COs):

After successfully completing this course the students will be able to

1. Students will acquire knowledge about general introduction of Patanjali Yoga Sutras, general introduction of Yoga, chitta, chitta vritti, chitta bhumies, prasadhanam, Concept of Pramanas, Kleshas, Karma- siddhanta, Purusha, Prakriti.
2. Knowledge about all aspect of Kriya Yoga.
3. Students will acquire knowledge about Astang Yoga.
4. Students will understand all aspects of Samadhi, Kaivalya and Relevance of yoga Sutra in modern time.

### UNIT – I

Introduction to Patanjali Yoga Sutras, Definition of Yoga, Concept of Chitta, Modifications of Chitta, Chitta-Bhumies, Chitta-Vrittis, Chitta-Vritti Nirodh. Concept of Yogantaraya, Means to eradicate Antrayas. Concept of Pramanas, Kleshas, Karma-siddhanta,

### UNIT – II

Kriya-Yoga, Theory of Kleshas, nature of Drshatā & Drshya and meaning of elimination of Kleshas, .

### UNIT – III

Ashtang Yoga- Yama-Niyam, Asana, Pranayama, Pratyahar, Dharna, Dhyana, Samadhi.

### UNIT – IV

Types and nature of Samādhi in Yoga Sūtra, Ritambharaprajñā and Adhyatmaprasāda. Samprajnāta, Asamprajnāta, Sabija & Nirbija Samādhi, Difference between Samapattis and Samādhi. Concept of Ēshvara and qualities of Ēshvara. Kaivalya. Relevance of yoga Sutra in modern time.

### References:

- Patanjali Yog Drshan (Arsh Sahitya Prachar Trust, Delhi) -Acharya Rajveer Shastri.
- Patanjali Yoga Pradeep (Geeta Press, Gorakhpur, 1994) -Swami Omanandatirtha
- Light on Pātanjal Yoga (New York, Schocken Books, 1994) -B.K.S. Iyengar
- The Yoga System of Patanjali (M.L.B.D., Delhi, 1988) -J.H. Woods
- Four Chapters on Freedom (Yoga Publication Trust, Munger, Bihar, India) -Swami Satyananda Saraswati.
- Yoga Sutra (Tatwa Vesharadi) -Vachaspati Mishra
- Yoga Sutra (Yoga Vartic) - Vijnana Bhikshu

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**Course Title: Yoga and Alternative Therapies**

**Paper Code: PHE 609**

L	T	P	Credits	Marks
2	0	4	4	100

## **Course Outcomes (COs):**

After successfully completing this course the students will be able to

1. Students will acquire knowledge about Yoga and Acupressure therapy
2. Understand the concept and different techniques of Pranic therapy, Ayurveda and Panchkarma
3. Management of Common cold, Sinusitis, Tonsillitis, Constipation, Diabetes mellitus and Obesity.
4. Management of Eye problems, Migraine, Headache, back pain, arthritis, high B.P. and low B.P.

## **UNIT – I**

Meaning and concept of Yoga and Alternative therapies. Concept, Principles, techniques and significance of Yoga and Acupressure therapy.

## **UNIT – II**

Concept, Principles, History, significance and techniques of Pranic and Ayurvedic therapy. Techniques of Self-Healing and Healing Others, Relation between Ashtang Ayurveda and Ashtang Yoga, Introduction of Pancha Karma.

## **UNIT – III**

Management of the following –Common cold, Sinusitis, Tonsillitis, Constipation, Diabetes mellitus, Obesity.

## **UNIT – IV**

Management of the following- Eye problems, Migraine, Headache, back pain, arthritis, high B.P., low B.P.

## **Practical:**

The practice of the following with brief theoretical knowledge about their importance of technique, precautions to be taken and the benefits.

## **UNIT – I**

### Management of Back Pain:

- Yogasanas
- Pranayama
- Satkriyas
- Meditation- Omkar meditation
- Mitahar, Fasting

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- Yoga Nidra level-1
- Karm Yoga Practice
- Acupressure-Related Points
- Pranic Therapy-Seven steps

## Management of Arthritis:

- Yogasanas
- Pranayama
- Satkriyas
- Meditation- Omkar meditation
- Mitahar,Fasting
- Yoga Nidra level-1
- Karm Yoga Practice
- Acupressure-Related Points
- Pranic Therapy-Seven steps

## UNIT – II

### Management of Common cold, Sinusitis, Tonsillitis:

- Yogasanas
- Pranayama
- Satkriyas
- Meditation- Omkar meditation
- Mitahar,Fasting
- Yoga Nidra level-1
- Karm Yoga Practice
- Acupressure-Related Points
- Pranic Therapy-Seven steps

### Management of Constipation:

- Yogasanas
- Pranayama
- Satkriyas
- Meditation- Omkar meditation
- Mitahar,Fasting
- Yoga Nidra level-1
- Karm Yoga Practice
- Acupressure-Related Points
- Pranic Therapy-Seven steps

## UNIT – III

### Management of Diabetes mellitus:

- Yogasanas
- Pranayama

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- Satkriyas
- Meditation- Omkar meditation
- Mitahar,Fasting
- Yoga Nidra level-1
- Karm Yoga Practice
- Acupressure-Related Points
- Pranic Therapy-Seven steps

## Management of Obesity:

- Yogasanas
- Pranayama
- Satkriyas
- Meditation- Omkar meditation
- Mitahar,Fasting
- Yoga Nidra level-1
- Karm Yoga Practice
- Acupressure-Related Points
- Pranic Therapy-Seven steps

## UNIT – IV

### Management of Eye problems, Migraine, Headache:

- Yogasanas
- Pranayama
- Satkriyas
- Meditation- Omkar meditation
- Mitahar,Fasting
- Yoga Nidra level-1
- Karm Yoga Practice
- Acupressure-Related Points
- Pranic Therapy-Seven steps

### Management of high B.P., low B.P.:

- Yogasanas
- Pranayama
- Satkriyas
- Meditation- Omkar meditation
- Mitahar,Fasting
- Yoga Nidra level-1
- Karm Yoga Practice
- Acupressure-Related Points
- Pranic Therapy-Seven steps



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## References:

- Yoga and Health (Swami Vivekananda Yoga Prakashana, Bangalore, 2002) - Dr R Nagarathna and Dr H R Nagendra
- Yoga for common Ailment and IAYT for different diseases- (Swami Vivekananda Yoga Prakashana, Bangalore, 2002) Dr R Nagarathna and Dr H R Nagendra
- A Glimpse into The Human body (Swami Vivekananda Yoga Prakashana, Bangalore, 2002) Dr.Shirley Telles and Dr Dr H R Nagendra
- Yoga for Promotion of Positive Health - Dr R Nagarathna and (Swami Vivekananda Yoga Prakashana, Bangalore, 2002) Dr H R Nagendra
- Gheranda Samhita (Shri Sadguru Publication, New Delhi)
- Swasth-Vrata Vigyan,(Hindi) -Prof. Ram Harsh Singh (Chaukhamba Sanskrit Pratishthan, Delhi)
- Science of Natural Life (English) -Dr. Rakesh Jindal (Arogya Sewa Prakashan, Modhinagar, U.P.)
- Prakritik Ayurvigan (Hindi) -Dr. Rakesh Jindal (Arogya Sewa Prakashan, Modhinagar, U.P.)
- Pranashakti ek Divya Vibhooti -Pdt. Shri Ram Sharma, Acharya
- Chikitsa ke Vibhin Ayaam. -Pdt. Shri Ram Sharma, Acharya
- Asana Pranayama Mudra Bandh - Swami Niranjanananda Saraswati (Yoga Publication Trust, Munger, Bihar, India)
- Gheranda Samhita (Hindi) -Swami Niranjanananda Saraswati (Yoga Publication Trust, Munger, Bihar, India)
- Pranayama, The art & science (English)
- A Complete Handbook of Nature Cure. -Dr. H.R. Bakhru
- Diet Cure for Common Ailments. -Dr. H.R. Bakhru
- Miracles of Pranic Healing -Master Choa Kok Sui (All India Yoga Vidya Pranic Healing Trust, Tirupati)
- Advanced Pranic Healing -Master Choa Kok Sui (All India Yoga Vidya Pranic Healing Trust, Tirupati)
- Anatomy and Physiology of Yogic Practices -M.M. Gore (English & Hindi) Kanchan Prakashan, Lonavla.
- Anatomy & Physiology -Waugh-Ross & Wilson

# DAV UNIVERSITY JALANDHAR

**Course Title:** General Psychology and Research Methodology

**Paper Code: PHE 610**

L	T	P	Credits	Marks
4	0	0	4	100

## **Course Outcomes (COs):**

After successfully completing this course the students will be able to

1. Students will acquire knowledge about all aspects of general psychology.
2. Development of human life, intelligence, personality and memory.
3. Students will acquire knowledge about General introduction of research and applications.
4. Students will acquire knowledge about types of research and contributions by reputed Yoga institutions in India and abroad.

## **UNIT – I**

Psychology-Meaning, Concept and development. Western and Indian views about Psychology, Soul, Mind stuff, consciousness. General introduction to different theories of psychology.

## **UNIT – II**

Development of human life from childhood to old age. Mental and moral development. Definition, types, principles and measurement of intelligence. Definition, principles of personality. Definition, types and importance of memory.

## **UNIT – III**

Research - Its meaning, nature, scope, objectives and goal. General introduction to types of research especially fundamental, clinical. Literary and philosophical research studies. Research methodology- Brief introduction of steps of research with special reference to case reports relevant to Yoga therapy. Concept of research in Yoga. Brief survey of research in Yoga, especially with reference to Yoga practices like Shat Karmas, Asanas, Pranayamas, relaxation techniques and Meditation etc.

## **UNIT – IV**

Brief review of Literary, Philosophical, physiological and Clinical and Fundamental research studies in Yoga and Limitations of Yoga research. Brief review of scientific and philosophico-literary research contributions by reputed Yoga institutions in India and abroad.

## **References:**

- General psychology -Baron, Tata McGraw Hill
- General psychology -A.K.Singh,
- Research Methods -Telles, S.  
(Swami Vivekananda Yoga Prakashan, Bangalore)
- Biostatistical Analysis -Jerrold H. Zar  
(Pearson education)
- Research Methodology, Methods and Techniques -Kothari, C.R.  
(Vishwa Prakashan, New Delhi, 1985)
- Research Methods in the Social and behavioral science -Russell A. Jones  
(Sinauer Associates, Saunderland's Massaschusetts)
- Tests, Measurements and Research Methods in Behavioral Sciences -A.K. Singh  
(Bharati Bhavan publisher)

# DAV UNIVERSITY JALANDHAR

**Course Title: TEACHING METHODS IN YOGA**

**Paper Code: PHE 611**

L	T	P	Credits	Marks
4	0	0	4	100

## **Course Outcomes (COs):**

After successfully completing this course the students will be able to

1. Students will acquire knowledge about all aspects of teaching, Types of methods. Factors affecting teaching. Principles of teaching. Need of teaching practice.
2. Students will acquire knowledge about types of teaching, Various Methods and Principles of Yama-Niyama, Asana, Pranayama, Mudra and bandhas.
3. Various Methods and Principles of Satkarma and Meditation. Meaning of tournaments and competition and its importance. Eligibility rules of School & Inter –University of Yoga. Organisation and administration of Yoga competition. Audio visual Aids.
4. Meaning of lesson plan and its importance. Principles of lesson plan. Demonstration in Yoga and its types. Importance of demonstration.

## **UNIT – I**

Yoga Teaching: meaning, definition, objectives and importance. Types of methods. Factors affecting teaching. Principles of teaching. Need of teaching practice.

## **UNIT – II**

Presentation Technique. Teaching Preparation. Personal Preparation. Modern concept of Teaching. Class Management. Various Methods and Principles of Yama-Niyama, Asana, Pranayama, Mudra-bandhas.

## **UNIT – III**

Various Methods and Principles of Satkarma and Meditation. Meaning of tournaments and competition and its importance. Eligibility rules of School & Inter –University of Yoga. Organisation and administration of Yoga competition. Audio visual Aids.

## **UNIT – IV**

Meaning of lesson plan and its importance. Principles of lesson plan. Demonstration in Yoga and its types. Importance of demonstration.

## **References:**

- Teaching methods for Yogic Practices - Dr.M.L.Gherote & S.K.Ganguli
- The Principles and Methods of Teaching -Bhatia& Bhatia(1959)New Delhi:Doaba House
- Principles and Methods of Education -J.S. Walia,Paul Publ.Jalandhar
- Asana Pranayama Mudra Bandh - Swami Niranjanananda Saraswati  
(Yoga Publication Trust, Munger, Bihar, India)
- Anatomy and Physiology of Yogic Practices -M.M. Gore  
(English & Hindi) Kanchan Prakashan, Lonavla.

# DAV UNIVERSITY JALANDHAR

**Course Title: Yoga Practical - 2**

**Paper Code: PHE 612**

L	T	P	Credits	Marks
0	0	8	4	100

## **Course Outcomes (COs):**

The practice of the following Yogic Skill with brief theoretical knowledge about their importance of name, the technique, salient features, precautions to be taken and the benefits.

## **UNIT – I**

### **Selected Yogic Shatkramas:**

Vasta Dhauti, Dhanda Dhauti, Nauli, Agnisar and gajkarni

## **UNIT – II**

### **Selected Yogasanas:**

- |                          |                        |                                  |
|--------------------------|------------------------|----------------------------------|
| 1. Kukkutasana           | 2. Uttana-Kurmasana    | 3. Simhagarjan                   |
| 4. Poorna Matsyendrasana | 5. Pada- angushthasana | 6. Poorna<br>Dhanurasana         |
| 7. Poorna Matsyasana     | 8. Baddha-Padmasana    | 9. Gorakshasana                  |
| 10. Uttana-Mandukasana   | 11. Garudasana         | 12. Ushtrasana                   |
| 13. Poorna Bhujangasana  | 14. Poorna Chakrasana  | 15. Setubandh<br>Sarvangasana    |
| 16. Padm Mayurasana      | 17. Sirshasana         | 18. Sankatasana                  |
| 19. Setubandhasana       | 20. Karanpedasana      | 21. Vibhakt<br>Paschimottanasana |
| 22. Kapotasana           | 23. Poorna Ushtrasana  |                                  |

## **UNIT – III**

### **Selected pranayamas with different ratios :**

Anulom-vilom Pranayama, Ujjayi, Sheetal, Seetkari, Bhastrika & Bhramari

## **UNIT – IV.**

### **Bandhas & Mudras with retention:**

Practice of Tri-Bandhas , Ashwani, Tadagi, Kaki, Shambhavi.

## **Dhyana (Meditation):**

Chakral Meditation, Panchkosha Dharana.

# DAV UNIVERSITY JALANDHAR

**Course Title: Teaching Practice (Internship)**  
**Paper Code: PHE 613**

L	T	P	Credits	Marks
0	0	0	4	100

- Teaching practices:  
10 teaching practice lessons out of which 5 lessons in class-room situation and 5 lessons for out-door activities within premises on the students of BSc in Health and Physical Education course.
- Teaching practices:  
10 teaching lesson plans for different disease remedial yoga practice out of which 5 lessons internal and 5 lessons external at school.