

# **BHARATHIDASAN UNIVERSITY**

*(Accredited with A<sup>+</sup> Grade by NAAC in the Third Cycle)*

TIRUCHIRAPPALLI - 620 024

DEPARTMENT OF PHYSICAL EDUCATION & YOGA



## **Post Graduate Diploma in Yoga Education (PGDYE)**

*(With effect from the academic year 2021-22 onwards)*

REGULATIONS, SCHEME OF EXAMINATIONS AND SYLLABUS



## **BHARATHIDASAN UNIVERSITY TIRUCHIRAPPALLI - 620 024**

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**DEPARTMENT OF PHYSICAL EDUCATION AND YOGA**

P.G. Diploma in Yoga Education

*Under CBCS with effect from the academic year 2021-22 onwards*

### **REGULATIONS, SCHEME OF EXAMINATIONS AND SYLLABUS**

#### **ELIGIBILITY**

A pass in the any graduate Examination (Academic/Vocational stream) conducted by the Government of Tamil Nadu or an examination accepted as equivalent thereto by the Syndicate, subject to such conditions as may be prescribed thereof.

The applicant enjoys an average level of health and is free from serious illness or defects. To this effect, the applicant shall produce a Medical Fitness Certificate from a Registered Medical Practitioner specifying that the said applicant is fit to undergo intense practical training in all types of Yogic practices.

The candidates shall have subsequently undergone the prescribed course of study conducted by the Bharathidasan University Yoga Centre in the Department of Physical Education and Yoga, and shall pass the examinations prescribed, apart from fulfilling such other conditions as have been prescribed thereof.

#### **DURATION**

The course is for a period of one year and shall be conducted under Annual pattern.

#### **DISTRIBUTION OF TEACHING HOURS**

There shall be five papers in all. There shall be a total number of 60 actual contact hours. Each paper shall have 12 hours.

#### **COURSE OF STUDY**

Candidates shall be permitted to do the Post Graduate Diploma Course concurrently with their PG Degree programmes. The course of study shall comprise theoretical instructions, supervised practical training in Yoga practical.

#### **EXAMINATIONS**

The examinations shall comprise continuous Internal Assessment throughout the course period, followed by the University Examinations at the end of the course. Candidates shall be required to register for the entire Examination at the first appearance. A candidate who does not pass the examination in any subject(s) shall be permitted to appear in such subjects in the subsequent examinations.

#### **SCHEME OF EXAMINATION**

The scheme of examination shall be as follows: There shall be four theory papers of 100 marks each and one Practical to test the practical competence in Yoga techniques and teaching practice of 100 marks each. The practical examination shall also consist of verification, evaluation of Record Notebook and Yoga Practical.

#### **CLASSIFICATION OF SUCCESSFUL CANDIDATES**

Those who secure 60% or above 60% of the maximum marks shall be declared to have passed in first class. Those who secure 50% or above but below 60% shall be declared to have passed in second class.

### AWARD OF P.G. DIPLOMA

A candidate shall be eligible for the award of the Diploma if he/she has passed all the examinations prescribed thereof.

### REVISION OF REGULATIONS AND CURRICULUM

The University may from time to time revise, amend and change the regulations and curriculum if found necessary.

### COURSE STRUCTURE

Paper No.	Course title	Subject code	Credit	Exam hours	Internal	External	Total
Paper-I (T)	Fundamental of Yogic practices	21PGDY1	5	3	40	60	100
Paper-II (T)	Anatomy and Physiology	21PGDY2	5	3	40	60	100
Paper-III (T)	Methods of yogic practices	21PGDY3	5	3	40	60	100
Paper-IV (T)	Yoga for modern life	21PGDY4	5	3	40	60	100
Paper-V (P)	Yoga practical and teaching practice	21PGDYP	5	3	40	60	100

(T) -Theory (P)-Practical

A candidate shall be declared to have passed course if he/she secures not less than 40% of marks the university examination and 50% of the marks the aggregate (Continuous internal assessment and the written / practical university examination together) in all papers and practical.

### PROGRAMME OUTCOMES

- The Learners thoughtfully trained in their choice sub-fields of Physical Education **possess /practice/propagate** relevant **Work/Job/Career Competences**.
- The Learners in the chosen sub-fields of Physical Education exhibit characters of **Seasoned-Spirited** citizens respecting the **Community** wellbeing.

### PROGRAMME SPECIFIC OUTCOMES

- To integrate the study of childhood, social context of yoga.
- To update the subject knowledge, pedagogical knowledge and communication skills.
- To attain the skills and knowledge on competitive exams, national and state level eligible test and other equivalent competitive exam in the field of yoga.
- The programme comprises of theory as well as practical courses and teaching practice.
- To learn the fundamental movements and principles of yoga practices.
- The programme gives practical exposure to the various yogic practices.
- Hand-on training will be given in teaching yogic practices.
- Capability of getting employment as Yoga teacher and Yoga instructor in Government, Government aided and Private institutions.



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P.G. Diploma in Yoga Education

Paper-I (T)

Fundamental of Yogic practices (21PGDY1)

Credit-5

### Objectives

- To study and understand the fundamental concepts of yogic practices.
- To acquire the knowledge of yoga philosophy.

### Unit-I

Meaning & Definition of Yoga – Aim & objective of yoga. History of yoga (Thirumoolar & Patanjali)- Holistic health – biological, psychological, socially, spiritually – aim and objective. Yoga traditions of Ramakrishna and Swami Vivekananda, Sri Aurobindo.

### Unit-II

Patanjali's astanga yoga - yama, niyama, asana, pranayama, prathyahara, dharana, dhyana and samadhi – Principles of yogic practices – asana, pranayam, mudra, bhandas & meditation - Definition of kundalini - form of kundalini.

### Unit – III

Types of Yoga - Raja yoga, Bhakti yoga, Jnana yoga, Karma yoga, Mantra yoga, Laya yoga, Hatha yoga, Kriya yoga, tantra yoga - Modern trends and development in yoga school – Kaivalyadhama, Bihar school of yoga, SVYASA.

### Unit – IV

Yogic view of the body (pancha kosha) - Annamaya kosha, Manomaya kosha, Pranamaya kosha, Vigyanmaya kosha and Anandamaya kosha - Five Prana of the body (pancha vayu) - Prana, Apana, Samana, Udana and Vyana.

### Unit - V

Yoga philosophy of yoga – pre vedic, vedic, jain yoga – yoga in buddhism – samkhya philosophy - Yoga in Bagavad Gita and Yoga in Samakhy Philosophy.

### References

- Goel, Aruna (2007). *Yoga Education Philosophy and Practices*, New Delhi: Deep & Deep Publications Pvt Ltd.
- Shankar, Ganesh. (2006). *Astanga yoga in relation to holistic health*, Delhi: sathayam publishing house new.
- Feuersten Georg. (2002). *The yoga tradition*, Delhi: motilal banarsidass publishers.
- Nancy Gerstein. (2004). *Guiding Yoga's Light lessons for yoga Teachers*, Pendragon Publishing.
- Digambarji. (1998). *Hatha Pradipika*, Kaivalyadhama: S.M.Y.M.
- Muktibodhananda,S. (2009). *Hatha Yoga Pradipika*, Mungaer: Bihar School of Yoga.
- Saraswati, Niranjanananda. (2010). *Prana and Pranayama*, Mungaer: Bihar School of Yoga.
- Saraswati, Satyananda. (2008). *Four Chapters on Freedom*, Mungaer: Bihar School of Yoga.

### Course Outcomes

- Studied and understood the fundamental concepts of yogic practices.
- Attained knowledge on modern trends and development in yoga school.
- The principles of yogic practices and types of yoga were studied.
- Gaining knowledge about yogic text.
- Acquired the knowledge of yoga philosophy.
- The philosophy of yoga was learned.
- Understood the yogic view of the body.
- Learned yoga in modern times.



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P.G. Diploma in Yoga Education

Paper-II (T)

Anatomy and Physiology (21PGDY2)

Credit-5

### Objectives

- To provide basic knowledge of anatomy & physiology.
- To study the various systems and its functions in the human body and their influences due to yogic practices.

### UNIT- I

Meaning of Human Anatomy and Physiology – Need and importance of knowledge of Anatomy & Physiology in Yoga. Various Systems and Organs of the body. Structure and function of Cells - Structure and function of various types of tissues.

### UNIT- II

Respiratory System – Structure and Function of Lungs – Gas Exchange, Vital Capacity. Effect of Yogic Practices on Respiratory System. Circulatory System: Heart - Structure and Functions. Cardiac Cycle, Cardiac Output. Effect of Yogic Practices on Circulatory System.

### UNIT- III

Digestive System – Digestive track - Mouth, Salivary Glands, Pharynx, Esophagus, Stomach, Pancreases, Liver, Gall Bladder. Small Intestine and Large intestine - Structure and Functions. Impact of Yogic Practices on Digestive System.

### UNIT- IV

Endocrine System – Endocrine Glands - Structure and functions of Glands – Pineal, Pituitary, Thyroid, Parathyroid, Thymus, Pancreas, and Adrenal & Gonades (Sex Glands) – Influences of Yogic Practices on Endocrine Glands. Immune system: Components organs of immune system and functions of immune system. Reproductive system: Anatomy of male and female reproductive system.

### UNIT- V

Nervous System – Neuron - Central Nervous System (CNS): Brain and Spinal Cord – Peripheral Nervous System (PNS): Cranial Nerves and Spinal Nerves – Autonomic Nervous System (ANS): Sympathetic Division and Parasympathetic Division. Impact of Yogic Practices on Nervous System.

### REFERENCE

- Anderson .T. Mc. Clerg, (1961). *Human Kinetics and Analyzing Body Movements*, London: William Heinman Medical Books Ltd.
- Davis, D.V. (1989). *Gray's Anatomy*, London: Longmans Green & Co. Ltd.
- Muruges, N, (2006). *Basic Anatomy and Physiology*, Madurai: Sathya Publishers.
- Pearce, Evelyn B. (1979) *Anatomy and physiology for Nurses*, London: Faber and Faber Ltd.
- Prarce, J.W. (1984). *Anatomy for students and Teachers of Physical Education*, London: Edward Arnold & Co.

### Course Outcomes

- Provided basic knowledge about the human anatomy and Physiology.
- Learned the need and importance of anatomy and physiology in the field of Physical Education.
- Studied the various systems in the human body and their functions.
- Seeing the effect of exercise and training on selected system.
- Gain knowledge on psychic physiology of yoga and chakras.
- Attaining the basic concept of nadi.
- Learned the physiological benefits of yogic technique.
- The Psychic physiology of yoga was studied.



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P.G. Diploma in Yoga Education

Paper-III (T)

Methods of yogic practices (21PGDY3)

Credit-5

### Objectives

- To provide basic knowledge about asana, pranayama, bandhas, mudra and kriya.
- To give fair idea about methods of teaching in yogic practices

### Unit-I

Definition of teaching – Teaching aids (Visual, Communication, Board, Radio, Chart) - Importance of Teaching in Yoga – Methods of Teaching (instruction, group, demonstration)

### Unit- II

Yogic Practices - Meaning & Scope – Definition Asanas – Classification of asanas – (Meditative, Relaxative, Cultural) – Definition Pranayama – Diet of Yogic Practices – safety measures and precautions while performing – asana, pranayama, mudra, bhanda, kriya.

### Unit- III

Meaning of Bandha – Jalandra, Uddiyana, Moola, and Jiva banda – Meaning of Mudras – Process & Importances of Mudras – different types of Mudras.

### Unit-IV

Definition of kriyas – Benefits of Kriya – Neti (jala, sutra) - Dhauti – (vama dhuti, danta dhuti, vastra dhuti) - Nauli – Basti – Kapalabhati – Trataka. Definition of Meditation – Physiological effect on meditation – yoga practices and other systems of exercises – yoga competition – yoga and modern education.

### Unit- V

Preparation for Yogic Practices - Meaning of lesson plan – Need of lesson plan in Yoga – Preparation for lesson plan in various yogic practices – Asana, Pranayama, Mudras, Bandas, Kriya, and Meditation. Essentials of good lesson plan: Concepts, needs, planning of teaching yoga. Models of lesson plan.

### References

Gerstein, Nancy. (2004). *Guiding Yoga's Light lessons for yoga Teachers*, Pendragon Publishing.  
 Ganguly. S.K. (2011). *Teaching methods for yogic practices*, Lonavla, Kaivalyadhama S.M.Y.M. Samiti.  
 Digambarji. *Gheranda Samhita*, Lonavla, Kaivalyadhama S.M.Y.M. Samiti, ,  
 kuvailayandha. (2011). *Yogic therapy its Basic Principle and methods*, Lonavla, Kaivalyadhama S.M.Y.M. Samiti.  
 Saraawati, Swami Satyananda (2009). *Asana Pranayama Mudra Banda*, Mungaer, Bihar School of Yoga.

### Course Outcomes

- Attained basic knowledge of teaching aids.
- Provided basic knowledge about asana and pranayama.
- Fair idea about meditation and kriya was given.
- Learned the fundamentals about bandhas and mudra.
- Understood the importance of teaching in Yoga.
- Given fair idea about methods of teaching in yogic practices.
- Learned the need of lesson plan in yoga.
- Preparation for lesson plan for yogic practices was studied.



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P.G. Diploma in Yoga Education

Paper-IV (T)

Yoga for modern life (21PGDY4)

Credit-5

### Objectives

- To highlight the modern concept of yoga.
- To educate yoga as modern medicine.

### UNIT- I

Meaning and definition of Health - Positive Health- Various dimensions of health - Physically, Mentally, Socially and Spiritually – criteria of health.

### UNIT- II

Role of Yoga in Physical Education and sports – Yoga and Psychology – Study of Cognitive Processes-Higher Mental Processes-feeling and Emotion-Mental abilities and Personality-A modern concept of total personality and Yoga and Modern Psychology.

### UNIT- III

Yoga for executives - Positive hygiene of yoga (Positive focus, shraddha, Faith factor Iswara – pranidhana, prayer, tranquilization of mind) – stress response Vs cultivation of Relaxation Response – purification of Nadis – cultivation of correct Psychological attitudes.

Yoga and health – as a therapy, Treatment – General Fitness. Integration of body and mind – Wholesome development.

### UNIT- IV

Yoga and Executive Jobs - Problems of Executives - life of constant stress and strain, anxiety, conflicts resulting in fatigue - Use of artificial stimulants and their side effects – contribution of Yoga to solve the problems of the Executives.

### UNIT- V

Yoga and Development of Social Qualities of: Personality – Co-operation – Simplicity – Tolerance – Social Adjustments – Improvement of Personal efficiency through Yoga – The influence of genetic on Personal efficiency. Yoga in Education. Yoga for stress management. Yoga for personality development.

### REFERENCE

- Asrani, U.A. (1977). *Yoga Unveiled* (PART I), Delhi: Motilal Banarsidass,
- Chandrasekaran, K. (1999). *Sound Health through Yoga*, Sedapatti: Prem Kalyan Publications
- Kuvalayanda and Vinekar, S.L. (1963). *Yogic therapy: Its Basic principles and methods*, New Delhi: Pub. Ministry of health, Govt. of India.
- Mishra, S.P. (1989). *Yoga and ayurveda*, Varanasi: Chowkhamba Sanskrit Sansthan.
- Udupa, K.N. and Singh, H.R.( 1978). *Science and Philosophy of Indian medicine*, Nagpur:Shree Baidyanath ayurveda Bhawan Ltd.

### Course Outcomes

- Provided the fundamental about health.
- Understood the various dimensions of health.
- Given fair idea about wholesome development.
- Gain knowledge about the role of yoga in Physical Education and sports.
- Attained knowledge about linkage between yoga and psychology.
- Studied the contribution of Yoga to solve the problems of the executives.
- Studies the role of Yoga in developing the social qualities.
- Created awareness of applications of yoga.



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P.G. Diploma in Yoga Education

Paper-V (P) Yoga practical and teaching practice (21PGDYP) Credit-5

### Objectives

- To acquire practical knowledge of yogic practices.
- To train on asana, pranayama, mudra and kriya.

### Unit-I

Asanas - Shantiasana, Uttanpadasana, Ardhalasana, Pawanmuktasana, Makarasana, Salabasana, Dhanurasana, Niralambasana, Sasangasana, Bhujanagasana, Padmasana, Swatikasna, Siddhasana/samasana, Vajarasana, Janushrisana, Vakarasana, Yoga mudra (vajarasana), sidebending chakrasana, Tandasana, virkasana, Halasana, Viparitkarani, Sarvangasana, Shriasana, Setupandasana, Karnapidaasana, Matsyaasna, Chakrasana, Sarpasana, Ardha matsyendrasana, Veerasana, Maurasana, Kukkutasana, Gomukasana, Ustrasana, Trikonasana, Padaasthasana, Garudasana, Natarajsana, utkatasana, Surya namaskar

### Unit – II

Pranayama - Anulom - viloma, Bhramari, Bhastrica, Ujji, Surya bhendna, Chandra bendna, Sitali, Sitkari – Meditation – silent, mantra, objective & breathing meditation.

### Unit – III

Shanmukhi Mudra, Maha bheda mudra, Maha vedha mudra, Moolabandha, Jalandrabandha, Uddiyanabandha, Jevabandha.

### Unit – IV

Kapalabhati, Neti - Jala neti & Sutra neti - Dhauti - vama, Danda dahuti, vastra dahuti – Nauli – Trataka - Basti - Shankaprakachalana.

### Unit – V

Submission of 10 yoga lesson plans on yogic practices – Asanas-3, Pranayama-2, Kriya-2, Bandha-1, Mudra-1 and Meditation-1. International Yoga day. Common yoga protocol for international day of yoga - history, Fundamental, logo, committee.

### References

- Gerstein, Nancy. (2004). *Guiding Yoga's Light lessons for yoga Teachers*, Pendragon Publishing.
- Ganguly. S.K. (2011). *Teaching methods for yogic practices*, Lonavla, Kaivalyadhama S.M.Y.M. Samiti.
- Muktibodhananda, (2009). *Hatha Yoga Pradipika*, Mungaer: Bihar School of Yoga
- Saraswati, Niranjanananda. (2010). *Prana and Pranayama*, Mungaer: Bihar School of Yoga.
- Saraawati, Satyananda, (2009). *Asana Pranayama Mudra Banda*, Mungaer, Bihar School of Yoga.

### Course Outcomes

- Learned technique of surya namaskar.
- Attained knowledge of the relaxative, cultural and meditative asanas.
- Gain knowledge in pranayama techniques.
- Given fair idea about meditation in detail.
- Fair idea about the mudras was given.
- Studies the fundamental concepts of Bandhas.
- Understood the concept of kriya practically.
- Provided the basic knowledge about lesson plan on yogic practices.