

MAHARSHI DAYANAND SARASWATI UNIVERSITY,  
AJMER

पाठ्यक्रम

# SYLLABUS

SCHEME OF EXAMINATION AND  
COURSES OF STUDY

FACULTY OF SCIENCE

PGDYEHS

(Post Graduate Diploma in  
yoga education and human science)

(w.e.f. 2017-18)



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**NOTICE**

1. Change in Statutes/Ordinances/Rules/Regulations Syllabus and Books may, from time to time, be made by amendment or remaking, and a candidate shall, except in so far as the University determines otherwise comply with any change that applies to years he has not completed at the time of change. **The decision taken by the Academic Council shall be final.**

**सूचना**

1. समय-समय पर संशोधन या पुनः निर्माण कर परिनियमों/ अध्यादेशों/नियमों / विनियमों / पाठ्यक्रमों व पुस्तकों में परिवर्तन किया जा सकता है, तथा किसी भी परिवर्तन को छात्र को मानना होगा बशर्ते कि विश्वविद्यालय ने अन्यथा प्रकार से उनको छूट न दी हो और छात्र ने उस परिवर्तन के पूर्व वर्ष पाठ्यक्रम को पूरा न किया हो। विद्या परिषद द्वारा लिये गये निर्णय अन्तिम होंगे।

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1. **0.209G Postgraduate Diploma in yoga education and human science**  
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 Post graduate Diploma in yoga education and human science (PGDYEHS).

**Note: Provision of 0.168-A shall not apply in the case of above candidates.**

2. The Examination shall consist of (I) Theory Paper (II) Practical including Project report and Residential Camp and Personality Assessment (III) practical training / Internship in yoga therapy.
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 / presentation 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 Vivekanand 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. A candidate who fails to take Yoga classes for general public as part of Practical experience on the scheduled date, his/her result will be withheld. However, his/her result will be declared if he/ she takes such classes and get evaluated by the Yoga teacher before the next session (Its a part of Karma Yoga and social service).
7. It is mandatory to complete a 45 days practical training/ Internship in Yoga Therapy at Yoga Sadhana Ashram, Jaipur / Govt. Yogic treatment-cum-research center, Jaipur/ or any branch of swami vivekaanand Yoga Anusandhana Samsthana, Bangalore e.g. Sah-YogAnubhuti, New Delhi any reputed govt/ Yoga institute or in the university itself.

**Note:- It is necessary to completed before the practical exam paper No. VI**

8. 80% attendance is compulsory for examination.

9. Common Uniform for Practical classes.

**Note:- Provision of 0.168-A shall not apply in the case of above candidates. PGDYEHS (Post graduate Diploma in yoga education and human science)**



## 4 / PGDYEHS

The admission to PGDYEHS will be on merit basis, minimum requirement is Graduation from any recognized University.

The Examination shall consist have (1) Theory papers (2) Practical (3) Project report and Residential camp (4) Personality assessment.

The Result of the Examination shall be worked out on the basis of minimum 40% of marks obtained in theory and practical separately.

Paper No.	Name	Maximum Marks	Minimum Marks
I (Th)	Foundation of Yoga & its Application.	100	40
II (Th)	Concept of Health, According Yoga, Naturopathy and Ayurveda.	100	40
III (Th)	Anatomy and Physiology.	100	40
IV (Th)	Yoga therapy for common Ailments	100	40
V (Th)	Sanskrita and Bhagvad Gita	100	40
VI (Th)	Yoga therapy Through Patanjali Yoga Sutra, Vasistha & Hatha Yoga.	100	40
	<b>Practical</b>		
I Paper	Surya Namasker, Kriyas, Sukshma Vyayama, Asana	100	40
II Paper	Pranayama, Bandha & Mudras, Omakar Meditation, IRT+QRT+DRT	100	40
III Paper	Chanting, Yoga game, Emotions culture through Music, Patriotic, Service related songs and / Karma Yoga Modules presentation.	100	40
IV Paper	Advance Asana & advance Kriyas, Cyclic meditation, Report Writing+Presentation.	100	40
V Paper	LAYT for common ailments. Personality Assessment. Practical training in Hospital. (Practical Experience and Residential camp.)	100	40
VI Paper	(i) Clinical Project works (Case study & Parameters)(Min. 8 to 10 Cases) Presentaion, 45 Days Practical Training / Internship	100	40

\*The successful candidates shall be placed in different divisions on the basis of aggregate marks obtained by them as follows :

I Division : 60% and above

II Division : 50% to 60%

**PGDYEHS (Post graduate Diploma in yoga education and human science)**

**TH. - I FOUNDATION OF YOGA & ITS APPLICATION.**

Unit -I Yoga - the need of the hour, concept of Yoga, definitions of Yoga.

Unit -II Basis of Yoga, The four main streams of Yoga, Jnana(Gyana), Bhakti Raja, and Karma Yoga. brief glimpse into each of these streams.

Unit - III Yoga in education, Stress & Yoga, Yoga and Personality.

Unit -IV Yoga for emotion culture, the science of happiness, the basis of Yoga.

Unit -V Yoga for unity in Diversity, Yoga - the individual and the society.

**TH - II CONCEPT OF HEALTH, ACCORDING YOGA NATUROPATHY & AYURVEDA.**

Unit - I Concept of Health, Health as general understood, defined by WHO, Positive Health.

Unit - II Health according to Ayurveda, Dincharyo, Ritucharyo and Tri-dosha.

Unit - III Health and disease, Illness according to Yoga, Ayurveda, Naturopathy.

Unit - IV Panca kosa, the operation, Annamaya kosa, Pranayama kosa, Manomaya kosa, Vijnanamaya kosa & Anandamaya kosa.

Unit - V Naturopathy antiquity; basic principles and tools of naturopathy.

**TH. - III ANATOMY AND PHYSIOLOGY**

Unit -I Introduction (what is cell, tissue, organ system and overview of all system), Nervous system.

Unit -II Endocrine system, Musculo-skeletal system, Blood and lymph system.

Unit -III Nutrition- nutrition requirements, Balance diet, Digestive system.

Unit -IV Cardio-Vascular system, Respiratory system. Immune system.

Unit -V Excretory system, Reproductive system, special senses.

**TH - IV YOGA THERAPY FOR COMMON AILMENTS.**

\* Definition, Classification, Type, Sign, Symptom, Causes & Yogic management \*

Unit -I Respiratory - Bronchial asthma, Nasal allergy, Endocrine - Diabetes mellitus, Obesity.

Unit -II Cardio-Vascular-Hypertension, Ischaemic heart disease. Degestive-Acid peptic pain, Irritable bowel syndrome, GID.

Unit -III Chronic pain - Arthritis, Low back pain, Migraine, Tension, Headache, Cancer.

Unit -IV Reproductive - Menstrual disorders, Infertility, Menopause, Pregnancy, Eye problems-Error of Refraction, Glaucoma.

Unit -V Psychiatry & Neurology - Anxiety and Depressive Neurosis, Psychosis, Epilepsy, Mental Retardation.

**TH - V SANSKRIT AND BHAGVAD GITA.**

Unit - I Provides students with basic elementary and practical knowledge of sanskrit, alphabet and phonetics (Sanskrit Vma, Dhuni, Sabdh, Padh, Vakhya, Sangya, Sarvnam, Vishesan, Upsarg, Purush-Vachan, AdhikeBhed&PrabhedkaSamanyaGyan).

Unit - II Grammar and syntax, formation and understanding of simple sentences (Dhatu, Sabdh Rup, Pratyaya Gyana, Karak Prakaran, Sandhi Prakaran, Samas Prakaran Ka Samanya Gyan).

Unit - III Bhagvad Gita, The historical scenario, Importance and spiritual aspects.  
The key conflict of duty versus ethics of Arjuna.



**6/PGDYEHS**

Unit – IV Conflict resolution, technique - GyanaDhyana.  
 Unit – V 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 \*)

**TH - VI YOGA THERAPY THROUGH PATANJALI YOGA SUTRA, VASISTHA AND HATHA YOGA.**

Unit –I Concept of Chitta and its modification.  
 Unit –II Descriptions of various types of mental afflictions leading to different diseases.  
 Unit –III 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..  
 Unit –IV Concept of Adhi and Vgadhhi as found in Yoga Vasistha, The manner of destruction of mind.  
 Unit –V Portrayed in different texts of Hatha Yoga for dealing with different diseases (Hath Yoga Pradipika, Gharand Shmita)

**BOOKS FOR REFERENCE :**

1. Yoga: Its basis and applications. - Dr.H.R.Nagendra, SVYP, Bangalore.
2. Essence of Yoga- Swami Sivananda, The Divine life Society.
3. Light of Yoga- B.K.S Iyengar, Pub: Harper Collins India Pvt Ltd.
4. Yoga Sadhana(Hindi&English),Swami Anandananda, YogSadhna Ashram, Bapu Nagar, Jaipur(Raj.)
5. YogSikhsha(Hindi) Swami Satyanand Saraswati, Yog publication Trust, Mungare, Bihar.
6. Health&Yogasana-SwamiAnandananda, YogSadhna Ashram, Bapu Nagar, Jaipur(Raj.)
7. Yoga-Vivekananda Kendra Prakashna, Madras.
8. Pranayama-Kala Aur Vigyan(Hindi), Dr.H.R.Nagendra, SVYP, Bangalore.
9. A Glimpse of Human Body-Dr. Shirley Telles.
10. Yoga for Common Alliments- Dr.H.R.Nagendra, R.Nagrathan & Robin Monoro, SVYP, Bangalore.
11. New Perspective in Stress Management- Dr.H.R.Nagendra, SVYP, Bangalore.
12. Yoga Way to Cure Disease, Swami Sivananda Saraswati.
13. Yog Darshana(Hindi)-Geeta Press, Gorakhpur.
14. Yogaic Chikitsa(Hindi) Swami Kuva.
15. Yogdipika(Hindi), B.K.S Iyengar, Orient Longman Pvt Ltd, New Delhi.
16. Bhagwat Geeta, Narada Bhakti Sutra, Dsho Upnishad, (Hindi) Geeta Press, Gorakhpur.
17. Patanjali Yogsutra(Hindi), Yoga publication Trust, Mungare, Bihar.
18. Basic Book Sanskrit Bharati

\*For other References: Refer to SVYP, Bangalore-560 018.

**PGDYEHS / 7****PGDYEHS PRACTICAL****100 Marks****Min. Pass Marks(40)****I Paper**

- |                       |    |
|-----------------------|----|
| 1. Surya Namaskar     | 25 |
| 2. Kriyas (Shatkarma) | 25 |
| 3. Sukshma Vyayama    | 25 |
| 4. Asana. (Basic set) | 25 |

**II Paper****100 Marks**

- |                     |    |
|---------------------|----|
| 1. Pranayama        | 25 |
| 2. Bandhas & Mudras | 25 |
| 3. Omker Meditation | 25 |
| 4. IRT+QRT + DRT    | 25 |

**III Paper****100 Marks**

- |   |    |
|---|----|
| 1. Chanting   | 25 |
| 2. Yoga game  | 25 |
| 3. Emotions culture through Music<br>Patriotic, Service,- related songs | 25 |
| 4. Karma Yoga Modules Presentation                                      | 25 |

**IV Paper****100 Marks**

- |                                    |    |
|------------------------------------|----|
| 1. Advance Asana, & advance Kriyas | 25 |
| 2. Cyclic meditation               | 25 |
| 3. Report Writing                  | 25 |
| 4. Report Presentation             | 25 |

**V Paper****100 Marks**

- |   |    |
|---|----|
| 1. IAYT for common ailments.                            | 25 |
| 2. Personality Assessment                               | 50 |
| 3. Practical training in Hospital.                      | 25 |
| *Practical Experience and Residential camp 8 - 10 Days* |    |

**VI Paper****100 Marks**

- |   |    |
|---|----|
| 1. Clinical project works (Case study & Parameters)<br>(Min. 8 to 10 Cases) | 50 |
| 2. Presentation   | 25 |
| 3. 45 Days Practical Training/Internship                                    | 25 |

Note :- Enclosed Practical Details Appendix - I

**Appendix - 1****ADVANCE ASANA**

- |                             |                            |
|-----------------------------|----------------------------|
| 01. Kroncaasana             | 02. Virbhadrasana          |
| 03. Setubandha Sarvangasana | 04. Karnapidasana          |
| 05. Kurmasana               | 06. Purna Dhanurasana      |
| 07. Sirsasana               | 08. Eka Pada Rajkapotasana |
| 09. Eka Pada Sirasana       | 10. Navasana               |
| 11. Mayurasana              | 12. Purna Ustrasana        |
| 13. Bakasana                | 14. Eka Pada Padahias      |

## 8 / PGDYEHS

- |                                     |                      |
|-------------------------------------|----------------------|
| 15. Janu Sirasana                   | 16. Hanumanasana     |
| 17. Chakrasana                      |                      |
| 18. EkaPadaSetu Bandha Sarvangasana |                      |
| 19. Yoga Nidra                      | 20. Simhasana        |
| 21. Vrikchikasana                   | 22. PurnaUstrasana   |
| 23. Natarajanasana                  | 24. PurnaSalabhasana |

### Sushma Vyama

1. Netra - Sakti - Visasaka (Improving the Eye Sight)
2. Kopala - SaktiVardhaka (Rejuvenating the Cheeks)
3. Karna - Sakti -Vardhaka (Improving the Power of Hearing)
4. Griva - Sakti - Vikasaka (Strengthening the Neck) -1
5. Griva - Sakti - Vikasaka (Strengthening the Neck) -2
6. Griva - Sakti - Vikasaka (Strengthening the Neck) -3
7. SkandhatathaBahu - Mula - Sakti - Vikasaka (Developing the strength of the Shoulder Blads and Joints)
8. Bhuja - Bandha - SaktiVikasaka (Strengthening the Upper Arms)
9. Kaphoni - Sakti - Vikasaka (Strengthening the Elbow)
10. Bhujja - 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 (Developing the 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 - Vikaska (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)

### ADVANCE KRIYA

1. DandaDhauti
2. VastraDhauti
3. PurnaSanghaPrakshalana

### REF. BOOKS :-

1. Promotion of Positive health ( Dr. H.R.Nagendra)
2. Pranayama (Kala & Vigyan) ( Dr. H.R.Nagendra)
3. VyasPushpanjali (SVYP) ( Dr. H.R.Nagendra)
4. SMET (SVYP, Dr. H.R.Nagendra)

For the common ailments all the SVYP, Disease Books