

## Diploma in Yoga

### Program Scheme

Semester-I														
Subject	Code	Credits			Hours			Theory (Marks)			Practical (Marks)			Total
		T	P	To	T	P	To	I	E	To	I	E	To	
Communication Skill (संचार कौशल)		2	0	2	30	-	30	30	70	100	-	-	-	100
Foundations of Yoga (योग के आधारभूत तत्व)	YOG-501	4	0	4	60	-	60	30	70	100	-	-	-	100
Yoga Sutra (योगसूत्र)	YOG-502	2	0	2	30	-	30	30	70	100	-	-	-	100
<b>GEC Total</b>		08	0	08	120	-	120	90	210	300	-	-	-	300
Human Anatomy (I) (मानव शरीर क्रिया विज्ञान)		2	1	3	30	30	60	15	35	50	35	15	50	100
Principal of Hatha Yoga (हठयोग के सिद्धांत)	YOG-503 YOG-503L	2	1	3	30	30	60	15	35	50	35	15	50	100
Yoga Practical ( I ) (प्रयोगात्मक योग)	YOG-504	0	4	4	-	120	120	-	-	-	70	30	100	100
OJT/Practical		0	12	12	0	360	360	-	-	-	245	105	350	350
<b>SEC Total</b>		4	18	22	60	540	600	30	70	100	315	135	450	650
<b>Total</b>		12	18	30	180	540	720	120	280	400	315	135	450	950

**Detailed Syllabus****Subject:** Communication Skills**Category:** General Education Component

Credit	Hours	Marks		Total
		I	E	
2	30	30	70	100

**Objectives:**

- Develop effective communication skills among the students and enable them to make effective use of communication skills in diverse situations.

**Learning Outcomes:**

- Able to understand the channels, types and essentials of good communication.
- Able to understand the significance of listening skill and use it effectively in diverse communication situations.
- Able to understand and make sentences in diverse cultural contexts independently.
- Able to read the English text/documents, and understand its implicit and explicit meanings (intermediate level).
- Able to draft formal and informal letters, emails, notices, minutes of meetings.
- Able to understand the basics of interview for desired job roles and perform effectively in interviews.

Unit	Topic	Key Learning
I	Communication	<ul style="list-style-type: none"> <li>• Meaning of Communication,</li> <li>• Importance of Communication in Yoga,</li> <li>• Types of Communication- Verbal, non-verbal communication</li> <li>• Process of Communication,</li> <li>• Barriers to Communication,</li> <li>• Essentials of good Communication.</li> <li>• Listening-Types, barriers and essentials of effective listening skills</li> </ul> <p>Note: The teacher should adopt a task based approach/situational approach with special emphasis on developing the target skills.</p>
II	Grammar and Usage	<ul style="list-style-type: none"> <li>• Parts of Speech: Noun, Pronoun, Adjectives, Adverbs, Articles and Verbs.</li> <li>• Tenses: Past, Present and Future;</li> <li>• Reported Speech</li> <li>• Conjunctions</li> <li>• Punctuation</li> </ul>
III	Reading & Writing Skills	<ul style="list-style-type: none"> <li>• Reading skills: skimming, scanning, intensive and extensive reading: Comprehension-barriers, effective strategies of comprehension, Discourse markers; (The teacher would use newspaper articles or selected paragraphs to develop these skills)</li> </ul>

		<ul style="list-style-type: none"> <li>• Business Letters, Job Applications and Resume Writing (Students should be able to write various types of business letters and job applications;</li> <li>• Emails,</li> <li>• Agenda, Minutes of the Meeting,</li> <li>• Notice.</li> </ul> <p>Note: The teacher should adopt a task based approach/situational approach with special emphasis on developing the target skills.</p>
IV	Communication in Practice	<ul style="list-style-type: none"> <li>• Preparing for interviews- types of interviews, process of interview (Teacher will conduct two mock interviews for all the students)</li> <li>• Group Discussion (Teacher will hold three GDs on the current topics)</li> <li>• Self-Introduction (Teacher will ask the students to give their introduction, at least in three minutes, for three times during the semester)</li> <li>• Effective ways of performing well in interviews;</li> <li>• Speech and Debates(Teacher will conduct at least two speech and debates each, where all the students will participate in both the activities)</li> </ul>

#### Instructional Strategies:

1. Lecture
2. Discussion
3. Presentation
4. Case Study
5. Seminar/presentation by student
6. Assignment and projects
7. Demonstration
8. Learning by doing

#### Evaluative Strategies:

Evaluative Strategies				
<b>Presentation / Seminar</b>	Knowledge of the subject	Presentation skills	Visual Aids	Body language and confidence
<b>Case-studies</b>	Understanding of the case	Presentation skills	Appropriateness of reply	Interpretation and Justification
<b>Assignment</b>	Content/ subject matter	Structure of the response	Presentation	Conclusion
<b>Open book test</b>	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
<b>Written /Surprise test</b>	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response

Quiz/ MC	promptness response	to	Appropriateness of the response	Application of knowledge	Communication and confidence
<b>Report</b>	Problem Identification/Content/ subject matter		Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion
<b>Project</b>	Problem Identification/Content/ subject matter		Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion

**For internal assessment, instructions mentioned in the university ordinance should be followed.**

**Suggested Readings:**

**Text Books:**

- Sinha, K. K. *Taxmann's Business Communication*. 4<sup>th</sup> Revised ed. New Delhi: Taxmann's Pub., 2018. Print.
- Saxena, D G, and Kuntal Tamang. *Communication Skills in English*. New Delhi: Top Quark, N P. Print.
- Gore MM: *Anatomy and Physiology of Yogic Practices*

**Reference Books**

- Bovee, L. Courtland, John V Thill, and Roshan Lal Raina. *Business Communication Today*. 14<sup>th</sup> ed. Noida: Pearson, 2018. Print.
- Mukherjee, Hory Sarkar. *Business Communication: Communication at Work*. 2<sup>nd</sup> ed. New Delhi: OUP, 2016. Print.
- Lata, Pushp, and Sanjay Kumar. *Communication Skills*. 2<sup>nd</sup> ed. New Delhi: OUP, 2019. Print.
- Monippally, Matthukutty, M. *Business Communication: From Principles to Practice*. New Delhi: McGraw Hill Pub., 2018. Print.

**Subject:** Foundations of Yoga (योग के आधारभूत तत्व)

**Category:** General Education Component

Credit	Hours	Marks		Total
		I	E	
4	60	30	70	100

**Objectives (उद्देश्य):**

विद्यार्थी योग की उत्पत्ति, इतिहास एवं विकास की जानकारी प्राप्त करेंगे। इसके साथ साथ योग परिचय व योग की विभिन्नधाराओं व साहित्य के बारे में जानकारी प्राप्त करेंगे।

**Learning Outcomes (अधिगम परिणाम):**

- योग की परिभाषा इतिहास एवं योग स्वरूप से अवगत करवाना।
- योग के अलग अलग ग्रंथों में योग की अवधारणा।
- योग की अलग अलग पद्धतियों की जानकारी बतलाना।
- योग परम्पराओं के महान योगियों का परिचय व योग ग्रंथों की जानकारी।

Unit ( इकाई )	Key Learning (विवरण )
I	योग का अर्थ, परिभाषा, इतिहास, योग का स्वरूप, योग का महत्व, योगी का व्यक्तित्व, आधुनिक युग में योग की उपयोगिता।
II	विभिन्नशास्त्रों में योग का स्वरूप : वेद, उपनिषद्, गीता, सांख्यशास्त्र, बौद्धमत, वेदांत, आयुर्वेद।
III	योगपद्धतियाँ : राजयोग, ज्ञानयोग, भक्तियोग, कर्मयोग, अष्टांगयोग, हठयोग, मंत्रयोग।
IV	योगियों एवम योगग्रंथों का सामान्य परिचय : महर्षि पतंजलि, गोरक्षनाथ, स्वामी विवेकानंद, श्रीअरविंद, स्वामी कुँवल्ल्यानंद। योगग्रन्थ : पान्तजलयोगसूत्र , हठरत्नावली, भक्तिसागर, सिद्ध सिद्धान्तपद्धति, श्रीमद्भगवद्गीता।

**Instructional Strategies**

1. Lecture
2. Discussion
3. Presentation
4. Case Study
5. Seminar/presentation by student
6. Assignment and projects
7. Demonstration
8. Learning by doing

## Evaluative Strategies

Evaluative Strategies				
<b>Presentation /Seminar</b>	Knowledge of the subject	Presentation skills	Visual Aids	Body language and confidence
<b>Case-studies</b>	Understanding of the case	Presentation skills	Appropriateness of reply	Interpretation and Justification
<b>Assignment</b>	Content/ subject matter	Structure of the response	Presentation	Conclusion
<b>Open book test</b>	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
<b>Written / Surprise test</b>	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
<b>Quiz /MCQ</b>	promptness to response	Appropriateness of the response	Application of knowledge	Communication and confidence
<b>Report</b>	Problem Identification/Content/ subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion
<b>Project</b>	Problem Identification/Content/ subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion

**For internal assessment, instructions mentioned in the university ordinance should be followed.**

### Suggested Readings:

#### *Text Books:*

- योग मनोविज्ञान-शान्तिप्रकाशयत्रै
- योग सिद्धान्त एवं साधना-प्रो० महेश प्रसाद सिसौदी
- Dasgupta S. N: History of Indian Philosophy, Moti lal Banarsidas, Delhi, 2012

#### **Reference Books (संदर्भ ग्रंथ):**

- श्रीमद्भगवद्गीता-शांकरभाष्य
- पतंजलि योग सूत्र -गीताप्रेस गोरखपुर
- योगविज्ञान- स्वामी विज्ञानानंद सरस्वती
- भारत के संतमहात्मा- रामलाल
- भारत के महान योगी- विश्वनाथ मुखर्जी

**Subject:** Yoga Sutra (योग सूत्र)

**Category:** General Education Component

Credit	Hours	Marks		Total
		I	E	
2	30	30	70	100

**Objectives (उद्देश्य):**

- योगसूत्र के व्यावहारिक ज्ञान से मानव जीवन पर पड़ने वाले उनके प्रभाव और मानव जीवन में उनकी उपादेयता का विश्लेषण कर सकेंगे।

**Learning Outcomes (अधिगम परिणाम):**

- चित एवम चित के अर्थ को समझ सकेंगे।
- विभिन्न चितवृत्तियों में मानवीय भावनाओं एवम स्वेदनाओं के अंतर को जान सकेंगे।
- चितवृत्ति निरोध के उपायो के व्यावहारिक पक्ष से अवगत हो सकेंगे।
- अष्टांगयोग के साथ साथ क्रिया योग को समझ सकेंगे।
- प्रत्याहार, ध्यान, की अवस्थाओं को समझेंगे।

Unit ( इकाई )	Key Learning (विवरण )
I	पातंजल योग सूत्र का परिचय, योग की परिभाषा, चित्त, चित्तवृत्तियाँ, चित्तवृत्तियों के निरोध का उपाय।
II	चित्तप्रसादन के उपाय, कर्म सिद्धांत, क्रिया योग, पंचकलेश प्रमाण एवं उसके प्रकार।
III	योग के आठ अंगयम-नियम का स्वरूप एवं फल, आसन-परिभाषा एवं महत्व, प्राणायाम -परिभाषा, महत्व।
IV	प्रत्याहार की अवधारणा एवं महत्व, धारणा की अवधारणा एवं महत्व, ध्यान की अवधारणा एवं महत्व।

**Instructional Strategies**

1. Lecture
2. Discussion
3. Presentation
4. Case Study
5. Seminar/presentation by student
6. Assignment and projects
7. Demonstration
8. Learning by doing

## Evaluative Strategies

Evaluative Strategies				
<b>Presentation /seminar</b>	Knowledge of the subject	Presentation skills	Visual Aids	Body language and confidence
<b>Case-studies</b>	Understanding of the case	Presentation skills	Appropriateness of reply	Interpretation and Justification
<b>Assignment</b>	Content/ subject matter	Structure of the response	Presentation	Conclusion
<b>Open book test</b>	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
<b>Written /Surprise test</b>	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
<b>Quiz/MCQ</b>	promptness to response	Appropriateness of the response	Application of knowledge	Communication and confidence
<b>Report</b>	Problem Identification/Content/ subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion
<b>Project</b>	Problem Identification/Content/ subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion

For internal assessment, instructions mentioned in the university ordinance should be followed.

### Suggested Readings:

#### Text Books:

- पतंजलि योग सूत्र -गीताप्रेस गोरखपुर
- योग सूत्र (योगवार्तिक)-विज्ञान भिक्षु

#### Reference Books (संदर्भ ग्रंथ):

- योग सूत्र (तत्ववैशर्दी)-वाचस्पति मिश्र
- योग सूत्र (योगवार्तिक)-विज्ञान भिक्षु
- योग सूत्र (भास्वतीटिका)-हरिहरानंदअरण्यक
- पातंजलयोग प्रदीप-ओमानंदतीर्थ
- योग सिद्धान्त एवं साधना-प्रो० महेश प्रसाद सिसौदी



**Subject:** Human Anatomy-I

**Category:** Skill Education Component

Credit	Hours	Marks		Total
		I	E	
2	30	35	15	50

**Objectives (उद्देश्य):**

- To enable the students to review the areas of anatomy relevant to the practice of applied life sciences.

**Learning Outcomes (अधिगम परिणाम):**

1. The student demonstrates an understanding of human body.
2. Identify the basic functions, location, anatomical position and motion of various bone.

Unit ( इकाई )	Topic	Key Learning (विवरण )
I	Introduction to Human Anatomy	Introduction to bones, surfaces of bone, anatomical planes, Anatomical terminologies, anatomical position, anatomical directions, terms related to movement.
II	Skeletal system	Type of bone and Type of joints. The effect of asana on skeletal system.
III	Digestives system	Introduction part of digestives system and the effect of asana and pranayama on digestives system.
IV	Respiratory system	Brief Introduction of Respiratory system and the effect of pranayama on respiratory system.

**Instructional Strategies**

1. Lecture
2. Discussion
3. Presentation
4. Case Study
5. Seminar/presentation by student
6. Assignment and projects
7. Demonstration
8. Learning by doing

## Evaluative Strategies

Evaluative Strategies				
<b>Presentation / Seminar</b>	Knowledge of the subject	Presentation skills	Visual Aids	Body language and confidence
<b>Case-studies</b>	Understanding of the case	Presentation skills	Appropriateness of reply	Interpretation and Justification
<b>Assignment</b>	Content/ subject matter	Structure of the response	Presentation	Conclusion
<b>Open book test</b>	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
<b>Written / Surprise test</b>	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
<b>Quiz MCQ</b>	promptness to response	Appropriateness of the response	Application of knowledge	Communication and confidence
<b>Report</b>	Problem Identification/Content/ subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion
<b>Project</b>	Problem Identification/Content/ subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion

**For internal assessment, instructions mentioned in the university ordinance should be followed.**

### Suggested Readings:

#### *Text Books:*

- B.D. Chaurasia's Human Anatomy 5 (Vol) 6th edition-2001; CBS Publishers & Distributors
- Textbook of Anatomy by Inderbir Singh 3 (Vol) 2nd edition-1999 Jaypee Brothers Medical Publishers
- Imaging atlas of Human Anatomy by Jamiewar & Abraham 1st edition-1998 Thomas Press Ltd.

#### **Reference Books (संदर्भ ग्रंथ):**

**Subject:** Human Anatomy-I (Lab)  
**Category:** Skill Education Component

Credit	Hours	Marks		Total
		I	E	
1	30	35	15	50

### LIST OF PRACTICALS

1. Identification and description of all anatomical structures.
2. The learning of Anatomy is by demonstration only through dissected parts, slides, models, Charts etc.
3. Demonstration of dissected parts (upper extremity, lower extremity, thoracic & abdominal viscera, face and brain).
4. Demonstration of skeleton - articulated and disarticulated.

### Instructional Strategies

1. Lecture
2. Discussion
3. Presentation
4. Case Study
5. Seminar/presentation by student
6. Assignment and projects
7. Demonstration
8. Learning by doing

### Evaluative Strategies

Evaluative Strategies				
<b>Presentation / Seminar</b>	Knowledge of the subject	Presentation skills	Visual Aids	Body language and confidence
<b>Case-studies</b>	Understanding of the case	Presentation skills	Appropriateness of reply	Interpretation and Justification
<b>Assignment</b>	Content/ subject matter	Structure of the response	Presentation	Conclusion
<b>Open book test</b>	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
<b>Written / Surprise test</b>	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
<b>Quiz / MCQ</b>	promptness to response	Appropriateness of the response	Application of knowledge	Communication and confidence
<b>Report</b>	Problem Identification/Content/ subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion
<b>Project</b>	Problem Identification/Content/ subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion

**For internal assessment, instructions mentioned in the university ordinance should be followed.**

### Suggested Readings:

- B.D. Chaurasia's Human Anatomy 5 (Vol) 6th edition-2001; CBS Publishers & Distributors
- Textbook of Anatomy by Inderbir Singh 3 (Vol) 2nd edition-1999 Jaypee Brothers Medical Publishers
- Imaging atlas of Human Anatomy by Jamiewar & Abraham 1st edition-1998 Thomas Press Ltd.

**Subject-** हठयोग के सिद्धांत

**Category:** Skill Education Component

Credit	Hours	Marks		Total
		I	E	
2	30	15	35	50

**Objectives (उद्देश्य):**

- हठयोग का अर्थ व सिद्धांत से विद्यार्थियों को अवगत करवाना | इसके साथ साथ सप्तांग योग, षट्कर्म, आसन, बंधमुद्रा, एवं ध्यान के सिद्धांतों की जानकारी देना |
- हठयोग एवं राजयोग के आपसी समानता असमानता से परिचय |

**Learning Outcomes (अधिगम परिणाम):**

- हठयोग का अर्थ, स्थान, आहार, आसन, प्राणायाम की उपादेयता |
- षट्कर्म, बंधमुद्रा समाधि की विधि एवं उपाय |
- सप्तांग योग के ग्रन्थ व षट्कर्म का संक्षिप्त परिचय |

Unit ( इकाई )	Key Learning (विवरण )
I	हठयोग की परिभाषा, अभ्यास हेतु उचित स्थान, ऋतुकाल, योगाभ्यास के लिए पथ्यापथ्य निर्देश, साधना में साधक व बाधक तत्व, हठ सिद्धि का लक्षण, हठयोग की उपादेयता, हठयोग ग्रंथों का परिचय : हठयोग प्रदीपिका, घेरण्डसहिता, शिवसहिता।
II	हठयोग प्रदीपिका में वर्णित आसनों की विधि व लाभ   प्राणायाम की परिभाषा, प्रकार, विधि व लाभ, प्राणायाम की उपयोगिता
III	षट्कर्म वर्णन - धौति, बस्ति, नेति, नौलि, त्राटक व कपालभाति की विधि , सावधानियाँ व लाभ
IV	बंधमुद्रा वर्णन - महामुद्रा, महावेध, महाबंध, खेचरी, उड्डियान बंध, जालंधरबंध, मूलबन्ध, विपरीतकरणी, वज्रोली, शक्तिचालनी, नादानुसंधान

**Instructional Strategies**

1. Lecture
2. Discussion
3. Presentation
4. Case Study
5. Seminar/presentation by student
6. Assignment and projects
7. Demonstration
8. Learning by doing

## Evaluative Strategies

Evaluative Strategies				
<b>Presentation / Seminar</b>	Knowledge of the subject	Presentation skills	Visual Aids	Body language and confidence
<b>Case-studies</b>	Understanding of the case	Presentation skills	Appropriateness of reply	Interpretation and Justification
<b>Assignment</b>	Content/ subject matter	Structure of the response	Presentation	Conclusion
<b>Open book test</b>	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
<b>Written / Surprise test</b>	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
<b>Quiz / MCQ</b>	promptness to response	Appropriateness of the response	Application of knowledge	Communication and confidence
<b>Report</b>	Problem Identification/Content/ subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion
<b>Project</b>	Problem Identification/Content/ subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion

For internal assessment, instructions mentioned in the university ordinance should be followed.

### Suggested Readings:

#### Text Books:

- हठयोग प्रदीपिका – प्रकाशक कैवल्यधाम लोनावला
- घेरण्डसहिता – योग पब्लिकेशन ट्रस्ट मुंगेर

#### Reference Books (संदर्भ ग्रंथ):

- हठयोग प्रदीपिका – प्रकाशक कैवल्यधाम लोनावला
- घेरण्डसहिता – योग पब्लिकेशन ट्रस्ट मुंगेर
- शिवसहिता – गीताप्रेस गोरखपुर
- आसन प्राणायाम मुद्रा एवं बंध – योगपब्लिकेशन ट्रस्ट मुंगेर बिहार
- योगरहस्य – डॉ कामाख्या कुमार

**Subject-** हठयोग के सिद्धांत (L)**Category:** Skill Education Component

हठयोगप्रदीपिका एवं घेरण्डसहिता के कोई पांच आसनों दो प्राणायाम एक षट्कर्म, दो बंध की प्रयोगात्मक पुस्तक तैयार करके प्रस्तुत करना एवं बनाई गई पुस्तक का साक्षात्कार करना |

Credit	Hours	Marks		Total
		I	E	
1	30	35	15	50

**Instructional Strategies**

1. Lecture
2. Discussion
3. Presentation
4. Case Study
5. Seminar/presentation by student
6. Assignment and projects
7. Demonstration
8. Learning by doing

**Evaluative Strategies**

Evaluative Strategies				
<b>Presentation / Seminar</b>	Knowledge of the subject	Presentation skills	Visual Aids	Body language and confidence
<b>Case-studies</b>	Understanding of the case	Presentation skills	Appropriateness of reply	Interpretation and Justification
<b>Assignment</b>	Content/ subject matter	Structure of the response	Presentation	Conclusion
<b>Open book test</b>	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
<b>Written / Surprise test</b>	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
<b>Quiz /MCQ</b>	promptness to response	Appropriateness of the response	Application of knowledge	Communication and confidence
<b>Report</b>	Problem Identification/Content/ subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion
<b>Project</b>	Problem Identification/Content/ subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion

**For internal assessment, instructions mentioned in the university ordinance should be followed.**

**Suggested Readings:****Text Books:**

- हठयोग प्रदीपिका – प्रकाशक कैवल्यधाम लोनावला
- घेरण्डसहिता – योग पब्लिकेशन ट्रस्ट मुंगेर

**Reference Books (संदर्भ ग्रंथ):**

- हठयोग प्रदीपिका – प्रकाशक कैवल्यधाम लोनावला
- घेरण्डसहिता – योग पब्लिकेशन ट्रस्ट मुंगेर
- शिवसहिता – गीताप्रेस गोरखपुर
- आसन प्राणायाम मुद्रा एवं बंध –योगपब्लिकेशन ट्रस्ट मुंगेर बिहार
- योगरहस्य – डॉ कामाख्या कुमार

**Subject:** - Yoga Practical (I) (प्रयोगात्मक योग- I)

**Category:** Skill Education Component

Credit	Hours	Marks		Total
		I	E	
4	120	70	30	100

**Objectives (उद्देश्य):**

- यौगिक अभ्यास से पूर्व वैदिक मंत्रों का कौशलपूर्वक उच्चारण व महत्व से अवगत करवाना। योग के क्रियात्मक पक्ष सूक्ष्म अभ्यास, सूर्यनमस्कार आसन, प्रणायाम व ध्यान को सावधानी पूर्व सिखाना।

**Learning Outcomes (अधिगम परिणाम):**

- वैदिक मंत्रों का उच्चारण, सूक्ष्म व्यायाम सूर्य नमस्कार का अभ्यास करना
- शरीर की स्थिरता के लिए विभिन्न प्रकार के आसनों का अभ्यास करना
- मन की शान्ति, आंतरिक संतुलन के लिए बन्धव प्रणायाम को करना
- शरीर शुद्धि के लिए षट्कर्म के अभ्यास में कुशलता प्राप्त करना।

Unit	Topic	Key Learning	
I	प्रार्थना / मंत्र	कक्षा शुरुआत	ॐ उच्चारण, गायत्री मंत्र,
II	क्रिया /शुद्धि तकनीक	कपालभाति	शुद्धि / श्वास सफाई
		त्राटक	आंखों का व्यायाम, देखना, घूमना, एकाग्रता,
		नेति (जल और सूत्र )	नासिका सफाई
		धौति (वामन )	गैस्ट्रो -इसफागल ट्रैक सफाई
		बस्ति ( लघुशंकाप्रशालन)	गैस्ट्रो - इंटेस्टइनल ट्रैक सफाई
III	आसन / शारीरिक स्थिति	श्वास अभ्यास	<ul style="list-style-type: none"> <li>➤ खड़े होकर : हाथ अंदर बाहर, हाथों का खींचाव, टकने का खींचाव</li> <li>➤ बैठकर : बाघ, स्वान, खरखोश श्वास</li> <li>➤ उल्टालेटकर : भुजंसन और शलभासन श्वास,</li> <li>➤ सीधालेटकर : सीधेपैर उठाकर (अकेला और समूह ) सेतु:बंधासन, नौकासन श्वास</li> </ul>
			तैयारी अभ्यास
		प्रारंभिक स्टार्टअप	
		खड़े होकर	ताड़ासन, अर्धाकाटिचक्रासन, अर्धाचक्रासन, पदाहस्तासन, त्रिकोणासन, परिवर्तीत्रिकोणासन, पार्श्वकोणासन, वक्रासन, वीरभद्रासन
		बैठकर	दंडासन, सिद्धासन, पद्मासन, योगमुद्रासन, शशांकासन, वज्रासन, सुप्तवज्रासन, वीरासन, पश्चिमोतानासन, उष्ट्रासन, अर्धमत्स्यद्रासन, मयूरासन
		उल्टा लेटकर	मकरासन, भुजगासन, शलभासन, धनुरासन
		सीधा लेटकर	शवासन, हलासन, सर्वांगासन, विपरीतकरणी, चक्रासन, मत्स्यासन,
		उल्टे /सिर के बल	अर्धशीर्षसन, शीर्षसन

IV	प्राणायाम/ श्वास का विनियमन	प्रारंभिक स्टार्टअप	भस्त्रिका, कपालभाति
		प्राणायाम/ श्वास का विनियमन	उदरीय, वक्षीय, हँसली श्वास और पूर्ण योगिक श्वास
		ठंडे प्राणायाम	शीतली, सीत्कारी
		अन्य प्राणायाम	नाडीशोधन, भ्रामरी, उज्जीय, नादानुसन्धान ( A- U-M ) मंत्र उच्चारण.
		कुंभक मुद्रा बंध	अन्तः, बाह्य, केवल, सहज, नासिका, चिन, चिन्मय, आदि, ब्रह्मा, मूला, उड्डियान, जालंधर
	ध्यान/Meditation	प्रणवोपसना	ओम ध्यान
		ध्यान	साइक्लिक ध्यान, प्रेक्षाध्यान
		स्वाध्याय / आत्मावलोन	स्वर्यं द्वारा

### Instructional Strategies

1. Lecture
2. Discussion
3. Presentation
4. Case Study
5. Seminar/presentation by student
6. Assignment and projects
7. Demonstration
8. Learning by doing



## Evaluative Strategies

Evaluative Strategies				
<b>Presentation / Seminar</b>	Knowledge of the subject	Presentation skills	Visual Aids	Body language and confidence
<b>Case-studies</b>	Understanding of the case	Presentation skills	Appropriateness of reply	Interpretation and Justification
<b>Assignment</b>	Content/ subject matter	Structure of the response	Presentation	Conclusion
<b>Open book test</b>	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
<b>Written / Surprise test</b>	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
<b>Quiz / MCQ</b>	promptness to response	Appropriateness of the response	Application of knowledge	Communication and confidence
<b>Report</b>	Problem Identification/Content/ subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion
<b>Project</b>	Problem Identification/Content/ subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion

**For internal assessment, instructions mentioned in the university ordinance should be followed.**

### Suggested Readings:

#### Text Books:

- आसन प्राणायाम मुद्रा एवं बंध –योग पब्लिकेशन ट्रस्ट मुंगेर बिहार
- Brahmachari Swami Dhirendra: Yogic SukhmaVyayama, Dhirendra Yoga Publications, New Delhi
- Brahmachari, Swami Dhirendra: YogasanaVijnanaDheerendra Yoga Prakashana, New Delhi

#### Reference Books (संदर्भ ग्रंथ):

- आसन प्राणायाम मुद्रा एवं बंध –योग पब्लिकेशन ट्रस्ट मुंगेर बिहार
- योग रहस्य – डॉ कामाख्या कुमार
- यौगिक प्राणायाम – ओरियंट पेपर बैक नईदिल्ली
- षट्कर्म - आई. वाई. बासवारेड्डी एवंअन्य
- घेरण्डसहिता – योगपब्लिकेशन ट्रस्ट मुंगेर बिहार

**Books for Reference:**

1. Bhat, Krishna K.: The Power of Yoga: SuYoga Publications Mangalore, 2006
2. Dasgupta S. N: History of Indian Philosophy, MotilalBanarsidas, Delhi, 2012
3. Gore MM: Anatomy and Physiology of Yogic Practices
4. Hiriyanam : Outlines of Indian Philosophy, MotilalBanarsidas, Delhi, 2009
5. IyengarBKS : Light on Yoga
6. Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010
7. Swami DharendraBrahmachari: YogasanaVijnana, Surya Namaskara
8. Swami Kuvlyananda: Asanas, Yoga-Mimamsa Publications
9. Swami Kuvlyananda: Pranayama, Yoga-Mimamsa Publications
10. Swami Prabhavananda: Spiritual Heritage of India (English). Sri Ramkrishna Math, Madras,2004
11. Swami Vivekananda: Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga, AdvaitaAshrama, Calcutta, 2000
12. Yoga Instructors' course Self Learning Materials, Vol-I and Vol-II, SVYP, 2009
13. MDNIY, New Delhi :Shatkarma, Yogasana, Pranayama

**Books for Reference for Practical:**

1. Brahmachari Swami Dharendra: Yogic SuksmaVyayama, Dharendra Yoga Publications, New Delhi
2. Brahmachari, Swami Dharendra: YogasanaVijnanaDharendra Yoga Prakashana, New Delhi
3. Iyengar, B. K. S. : Light on Yoga Harper Collins Publisher, New Delhi, 2005
4. Swami Kuvlyananda :Pranayam