

P.G DIPLOMA IN YOGA

(Under the Self Finance Scheme of Autonomous P.G. College, Chhindwara)



(Under the flag of NAAC, RUSA, IQAC & ॥आत्मनिर्भर_भारत॥)

Govt. Autonomous P.G. College

Department of Physical Education & Sports

Chhindwara (M.P.) 480001

Dr. A. K. Singh
Dr. A. K. Singh
Dr. A. K. Singh
Dr. A. K. Singh

Ordinance

Post graduate diploma in Yoga the examination for the PG diploma in Yoga shall consists of one part only which will known PG diploma in Yoga the duration of course will be one academic (2semester) year

a candidate who after taking his bachelor degree of any discipline i.e. (B.sc,B.A.,B.com.,B.P.E. etc)of the university or of any statutory University of India or any other examination. Examination of any statutory as equivalent to the graduate degree of the university shall be admitted to the PG diploma of Yoga for the PG diploma of Yoga.

The scope of the examination and the number and eligibility of a students to be admitted etc. shall be determined by the academic Council and given in the detailed course of studies

For the examination a candidate will be declared successful if he/she obtained at least 32% of the aggregate marks in the subject. The examinee must pass separately in both theory and practical. The division in which a candidate is placed shall be determined on the basis of aggregate of marks obtained in both theory and practical exams.

Successful candidate who obtain 60% or more of the aggregate marks shall be placed in first division. Candidate who obtained 45% or above but less than 60% of the aggregate marks will be placed in the second division. All successful candidates obtaining less than 45% will placed in Third division.

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POST GRADUATE DIPLOMA IN YOGIC SCIENCE

(P. G. DIPLOMA COURSE AFTER GRADUATION)

SEM:- 1

PART – A		(THEORY PAPER) -	INT.+THEORY=TOTAL
PGDYS-A-101.		YOG PARICHAYA	25 + 75 =100
PGDYS-A- 102.		TRADITIONAL YOGA	25 + 75 =100
PART – B -		(PRACTICAL)	
PGDYS-B-103.		PRACTICAL- DEMONSTRATION OF ASANAS , PRANAYAMA , SHUDDHI KRIYA (PRACTICAL NOTE BOOK) & VIVA –VOCE	25 + 75 = 100

TOTAL = 300

SEM:-2

PART –A		(THEORY PAPER) -	INT.+THEORY=TOTAL
PGDYS-A- 104.		ANATOMY, PHYSIOLOGY FOR YOGIC PRACTICE	25 + 75 = 100
PGDYS-A- 105.		TEACHING METHODOLOGY OF YOGIC SCIENCE	25 + 75 = 100
PART – B		(PRACTICAL)	
PGDYS-B-106.		PRACTICE OF TEACHING – FIVE LESSON PLAN ON ANY SKILL(THREE ASANAS, ONE PRANAYAMA , ONE KRIYA) ON LESSON FORMAT WITH CHART & VIVA-VOCE	25 + 75 = 100

TOTAL = 300

NOTE –

- (I) MINIMUM PASSING MARKS PER THEORY EXAM SHALL BE 33% SEPERATALLY IN THEORY AND INTERNAL ASSESSMENT.
- (II) MINIMUM PASSING MARKS PER PRACTICAL - EXTERNAL AND INTERNAL EXAM SHALL BE 50% SEPERATALLY.
- (III) THE MATTER WHICH NOT COVERED IN THIS SCHEME SHOULD BE APPLICABLE FROM UNIVERSITY GENERAL ORDINANCE.

PART - A

PAPER - 1 YOG PARICHAYA

Unit-1

1. Origin of Yoga and its brief development.
2. Concept of Yoga and its importance.
3. Science of yoga and its philosophy (yoga philosophy).
4. Need of yoga in modern era.

Unit - 2

1. Classification of yoga/ types of yoga.
2. Hatha yoga, Raja Yoga, Laya yoga, Bhakti yoga, Gyan yoga, karma yoga.
3. Ashtang yoga.

Unit - 3

1. Principles of yogic practices.
2. Meaning of Asanas its types and principles .
3. Meaning of Pranayama its types and principles.
4. Meaning of Kriya its types and principles.

Unit - 4

1. Yogic therapies and modern concept of Yoga .
2. Naturopathy, Hydrotherapy, Colourtherapy, Acupressure , Acupuncture.
3. Meaning and importance of meditation, its types and principles .
4. Psychology of prayer and Mantras.
5. Different mudras during prayers.

Unit - 5

Contents:- Short type of 10 questions selected from 1 to 4 units. Each has 1.5 marks and all are compulsory.

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PAPER - 2

TRADITIONAL YOGA

Unit - 1 Patanjali Yog Sutra

- a) Definition and meaning of patanjali yoga.
- b) Types of vrittis.
- c) Different ways to achieve Rajyog.
- d) Disturbance in yogic practice.

Unit - 2 SWATMARAM HATHA PRADIPIKA

- a) Asanas.
- b) Pranayama.
- c) Kriya .
- d) Naadanusandhan.

Unit - 3 Great philosopher of Indian yoga culture a)

- MaharshiPatanjali.
- b) GautamBudha .
- c) Mahavir Swami .
- d) Swami vivekanand.

Unit - 4

- 1. Panchikaranprakriya.
- 2. Panchkosh theory.
- 3. Kundalini.
- 4. Astha siddhi.

Unit - 5

Contents:- Short type of 10 questions selected from 1 to 4 units. each have 1.5 marks and all are compulsory.

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PART – B (PRACTICAL)

YOGIC PRACTICES

Demonstration of Asana Pranayam and Shudhhikriya

ASANA	PRANAYAMA	KRIYA
1 Shirsh Asana	1. Anulome- vilome	any two kriya
2. VipreetKarni	2. Ujjai	1. Neti
3. Hal Asana	3. Bhastrika	2. Dhauthii
4. Bhujangasan	4. Shitali	3.Tratak
5. ArdhaShalbh- asana	5. Sitkari	4. Nauli
6. Vakrasana	6. Suryabhedan	5. Kapalbhati
7. Ardhamatasyaendrasana	7. Bhramri	
8. Paschimottan Asana		
9. Vajra Asana		
10. Supt vajra Asana		
11. Yoga mudra		
12. Nauka asana		
13. Bak asana		
14. Mayur asana		
15. Ustra asana		
16. Vriksh asana		
17. Padma Asana		
18. Trikon Asana.		
19. sarvang Asana		
20. MandukAasan		
21. PavanMukat		
22. Chakra Asana		
23. Pad-hast Asana		
24. Katichakra Asana		
25. Surya Namaskar		

Note : Students are required to do any 15 of above mentioned asanas, two Pranayama and two Kriya

- 1. Note book
- 2. Viva – voce

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PART - A
PAPER - 3 ANATOMY PHYSIOLOGIES FOR YOGIC PRACTICE

Unit - 1

1. Introduction of human body and its systems.
2. Definition of anatomy and physiology and importance in yogic practices.
3. Skeletal system .
4. Respiratory system.
5. Circulatory system.
6. Nervous system .

Unit - 2

1. Digestive system.
2. Endocrine system.
3. Classification of Asanas and its mechanism.
4. Cultural asana (standing, sitting, supinline, praline position and topsyturvy).
5. Meditative asana and relaxative Aasan.

Unit - 3

1. Introduction of Kriyabanda and mudra.
2. Importance of Kriya and its scientific approach.
3. Importance of Bandha and its scientific approach.
4. Importance of Mudra and its scientific approach.

Unit - 4

1. Effect of our Aasanas onvarious system .
2. Difference between Aasana and exercise.
3. Difference between Pranayam and deep breathing.
4. Yogic diet.
5. Introduction of stress, its causes, effect on life and management of stress .

Unit - 5

Contents:- short type of 10 questions selected from 1 to 4 units. each have 1.5 marks and all are compulsory.

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PAPER – 4
TEACHING METHODOLOGY OF YOGIC PRACTICE

Unit – 1

1. Meaning and types of methods.
2. Factor affecting teaching.
3. Principles of teaching .
4. Need and importance of teaching practice.
5. Maxims of teaching .

Unit - 2

1. Presentation techniques.
2. Technical preparation.
3. Personal preparation .
4. Modern concept of teaching aids, class management , its meaning and importance .
5. Steps of class Management .

Unit - 3

1. Meaning of tournament and competition and its importance.
2. Eligibility rules of inter- University of yoga.
3. Organisation and administration of yoga competition.
4. International yoga day.
5. Audio visual aids.

Unit - 4

1. Meaning of lesson plan and its importance.
2. Principles of lesson plan.
3. Demonstration in yoga and its type.
4. Importance of demonstration in yoga .

Unit – 5

Contents: - Short type of 10 questions selected from 1 to 4 units. each have 1.5 marks and all are compulsory.

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PART - B (PRACTICAL)

Teaching Practice

Practice of teaching of five lesson plan on any skill (three asanas, one pranayam, and one kriya) on lesson format with chart and viva-voce.

Time →

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13/11/20

12