



शासकीय दू.ब.महिला स्नातकोत्तर (स्वशासी)
महाविद्यालय, रायपुर (छ.ग.)

शारीरिक शिक्षा विभाग

पाठ्यक्रम

सत्र-2020-2021

(पी. जी. डिप्लोमा इन योगा प्रथम, द्वितीय, सेमेस्टर)

| APPROVED BY THE BOARD OF STUDIES ON / / 2020 | | |
|--|---------------------------------------|---|
| NAME | IN THE CAPACITY OF | SIGNATURE |
| DR. MAHENDRA KUMAR SARVA | CHAIRMAN |  |
| DR. RAJIV CHAUDHARI PROFESSR PHYSICAL ED. PTRSU RAIPUR | SUBJECT EXPERT (VC NOMINEE) | |
| DR. BHAGWANT SINGH HOD YOGA ED. PTRSU RAIPUR CG | SUBJECT EXPERT (PRINCIPAL NOMINEE) | |
| KU. RITAMBARA CHANDRAKAR | MEMBER OF THE DEPARTMENT |  |
| KU. HIRA SAHU | EX. STUDENT | |

P.G.Diploma in Yoga Education and Philosophy
Syllabus. (Effective from 2020-2021)

There shall be two theory papers and one Practical (Three parts) in each semester.

SEMESTER - I

Paper -1 Theoretical Yoga Vijnan

M.M.-50.

Unit-I : Introductio to Yoga : The concept,meaning ,definition and tradition of Yoga, Guru-Shishya (types and meaning)

Unit-II : Basic texts of Yoga --Yoga Sutra(Samadhi and Sadhana Padas), Hathyoga Pradipika.

Unit-III : Kinds of yoga : Bhakti yoga ,Karma yoga, Mantra yoga and Raj yoga.

Unit-IV : Study of Ida,Pingala, Sushumna,Seven Chakras ,Five Koshas, and Five Pranas.

Unit-V : Contemporary Yogis --Shri Aurobindo,Satyananda and Shivananda.

Paper -2. Applied Yoga Vijnan.

M.M. 50.

Unit-I : Meaning ,definition and importance of Yoga and Health in life. Theories of Health,Various exercises benefits of Yoga- asanas and their values vis-a-vis other systems.

Unit -2 : Practice of Yoga - Preparation . Food , Dress, Sequence , Climatic Changes daily routine Vratas for health,positive and negative factors.

Unit -3 : Life pattern and Yoga --Effects of yoga upon bodily functions,Role of yoga asanas in modern living.

Unit - 4 : Physiology- Constitution Nervous system , Respiratory system, Circulatory system and ESndocrine glands

Unit- 5 : Aspects of Mind (Topograficals and Dynamic) Id,Ego and Super Ego, Concoious , Sub-concoious and Un-concoious . Yogic concept of mind and mental process.

Practicals

(A) (i) Practice Teaching (Indoor)

M.M. 25.

(ii) Practice Teaching (Outdoor)/ Internship

M.M. 25.

Asanas, Kriyas, Pranayamas
Class arrangement, Meditation

(B) Practical (1-6)

M.M. 50.

1. Pawanmuktasana Part-1,2 &3

2. Asanas :,Relaxation,Pre-meditative,backward and forward bending, Spinal Cord Twisting and balancing, Asanas of Vajrasana group & Standing pose

3. Nadishodhan and Pranayamas : Sheetal Pranayama, Sheetakari Pranayama, Ujjayi Pranayama & Bhramari Pranayama.

4. Mudra : Hastmudra, Manmudra and Kayamudra.

5 Bandha : Moolbandha & Jalandhar Bandha.

6. Shawaasana.

(C) Practical record

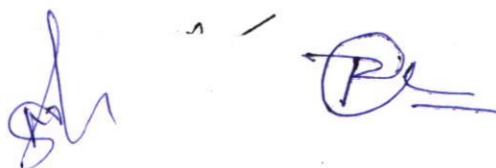
M.M. 25

Viva-Voce

MM 25

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Total Marks of I sem :

250.



SEMESTER-II.

Paper -I Yoga Philosophy.

Max.Marks : 50

- Unit-I The subject matter of Yoga philosophy-
Samkhya: Prakriti,Purusha and Cosmology.
Vedanta :Brahman Soul and Maya.
- Unit-II Different systems of philosophy :
Pancha Mahavrata -- Jainism.
Ashtang Marg -- Buddhism
Integral Yoiga -- Shri Aurobindo
- Unit-III Yoga Sutra : Nature of Chitta, Chitta vrittis and Bhoomis
- Unit-IV Kinds of Yoga : Hatha Yoga, Kundalini, Jnana,Laya.
- Unit-V Psychosomatic disorders(meaning and types) their
management through Yoga, Aging --Its problems
and management through Yoga.

Paper II. Hatha Yoga.

M.M. - 50

- Unit-I Introduction to the HathPradipika and Gherand Samhita.
- Unit-II Pranayama--Its meaning methods,kinds,Precaution and benifits.
- Unit-III Shuddhi kriya--Shatkarma,its method and utility.
- Unit-IV Bandha and Mudras --methods and benifits.
- Unit-V Samadhi , Different systems of Meditation.

(A) (i) Practice Teaching (Indoor)

M.M. 25.

(ii) Practice Teaching (Outdoor)/ Internship

M.M. 25.

Asanas, Kriyas, Pranayamas,
Class arrangement & Meditation.

(B) Practicals (1-8)

M.M.- 50

1. Balancing Asanas.
2. Asanas of Higher group.
3. Surya Namaskar.
4. Pranayama : Suryabheda Pranayama, Bhastrika Pranayama, Kapalabhati Pranayama & Moorchha Pranayama.
5. Bandha : Uddiyaan Bandhâ & Mahaabandha.
6. Mudra : Bandha Mudrayen & Aadhaar Mudrayen.
7. Shatkarma.
8. Dhaayana & Yoganidra.

(C) Practical records

M.M. 25

Viva-voce

M.M. 25

Total Marks of II Semester

250

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Grand Total of I & II Semester -----

500