



Dr. Bhimrao Ambedkar University, Agra

A State University of Uttar Pradesh (Paliwal Park, Agra -282004)

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A Documentary Support

for

Matric No. – 1.1.1

Programme Outcomes & Course Outcomes

under the

Criteria – I

(Curriculum Design and Development)

Key Indicator - 1.1

in

Matric No. – 1.1.1

POST GRADUATE DIPLOMA IN YOGA

2023


Registrar
University, Agra

Mapping:



Local Need



Regional



National



Global Need



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PG YOGA

1.1.1 Curriculum developed and implemented have relevance to the local, national, regional, and global developmental needs which are reflected in Programme Outcomes (POs), Programme Specific Outcomes (PSOs), and Course Outcomes of the programs offered by the University.

PROGRAMME OUTCOME (POs)	
PO1.	To provide an awareness of yoga on physical, mental, social & spiritual level.
PO2.	To spread the message of positive health as taught in Yoga to people in a systematic and Scientific manner.
PO3.	To provide a proper perspective and insight into various aspects of Yoga education to the trainees.
PO4.	Be well informed, ethical and committed citizens contributing to the sports development
PO5.	To provide in depth exposure to the concepts.
PO6.	To train the student for better employment opportunity in the future.
PO7.	To train the student for better employment opportunity in the future.

Programme specific outcome (PSOs)

PSO 1. To familiarize the students about the ancient teaching of yoga.

PSO 2. To facilitate the student with proper techniques of Kriyas and other practices of yoga.

PSO 3. To develop a higher mentality to achieve health, gain self discipline and self Awareness through yoga.

PSO4. Improve the positive health in the student through yoga and enabling and imparting skill in them .

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SEMESTER-I

PART - A (THEORY)										
Paper No	Paper Code	Name of Subjects	Max. Marks		Min. Pass Marks		Sessional Marks	Aggregate Pass Marks	Total Marks	Credits
			Theory	Practical/ Viva-voce	Theory/ Practical	Sessional				
I.	PGDYC C-101	Fundamentals of Yoga	75	-	30	10	25	40	100	5
II.	PGDYC C-102	Foundation & Practices of Hatha Yoga	75	-	30	10	25	40	100	5
III.	PGDYC C-103	Applied Anatomy and Physiology	75	-	30	10	25	40	100	5
IV.	PGDYC C-104	Naturopathy	75	-	30	10	25	40	100	5
TOTAL									400	20
PART B PRACTICALS AND LESSON PLAN										
I.	PGDYPC-101	Yoga Practical-I	-	75	30	10	25	40	100	3
II.	PGDYPC-102	Naturopathy Practical	-	75	30	10	25	40	100	3
TOTAL									200	6
GRAND TOTAL									600	26

Signature



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PAPER-1

FUNDAMENTALS OF YOGA

Subject Code: (PGDY CC-101)

Objectives of the course:

1. To develop and understanding the basic principles.
2. It is helping to build strength, flexibility, and balance.
3. To developing techniques to enhance breath awareness.
4. To understanding the proper alignment in yoga poses to prevent injuries.

Syllabus of the course:

UNIT -1 INTRODUCTION TO YOGA AND INDIAN PHILOSOPHY

- 1.1 Brief introduction to origin of Yoga, History and development of Yoga
- 1.2 Etymology and definitions of Yoga, Aim, Objectives and Misconceptions about Yoga, True Nature of Yoga
- 1.3 General introduction to Shad-darshana, Salient features of Indian Philosophy, Branches of Indian Philosophy (Astika and Nastika Darshanas)
- 1.4 General introduction to Prasthanatrayee and PurusharthaChatushtaya.

UNIT - II 2. BRIEF SURVEY OF YOGIC TRADITIONS -1

- 2.1 Brief introduction of Vedic Literture, Concept of Yoga in Veda
- 2.2 General Introduction to Upanishada, Concept of Yoga in Upanishada
- 2.3 General introduction to Bhagavadgita, Yoga in Bhagawadgita
- 2.4 Concept of Yoga in Yoga Vashishtha.

UNIT-III 3. BRIEF INTRODUCTION TO YOGA PARAMPARAS IN CONTEMPORARY TIMES

- 3.1 Life & message of Swami Vivekananda, Shri Aurobindo,
- 3.2 Yoga Parampara of Sri T. Krishnamacharya, and Yogacharya B.K.S Iyengar & Swami DharendraBhramhachary in the promotion of Yoga.
- 3.3 Yoga Parampara of Swami Shivanada, Shyamacharan LahiriMahashaya
- 3.4 Contribution of Sri Yogendraji, Swami Kuvalyananda



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UNIT – IV 4. GENERAL INTRODUCTION TO SCHOOLS OF YOGA

4.1 Jnana Yoga: Meaning of Jnana and Jnana-yoga, Sadhana-chatushtaya, Means of Jnana-yoga.

4.2 Bhakti Yoga: Meaning of Bhakti and Bhakti-yoga, Stages of Bhakti, Types of Bhakti, Means of Bhakti-yoga.

4.3 Karma Yoga: Meaning of Karma and Karma-yoga, Concept of Nishkama Karma, Inter relationship between Bhakti-yoga and Karma-yoga, Theory of Karma and Rebirth (Reincarnation).

4.4 Raja Yoga: Meaning, definition of Raja Yoga, Ashtanga. Yoga, relationship between Hatha Yoga & Raja Yoga.

After completion of the unit students will be able to:-

Course Outcomes:

CO1. To study improved physical health and flexibility through the regular practice of yoga postures.

CO2. To gain enhance mental focus, concentration and emotional stability through meditation.

CO3. To gaining understanding the increased awareness of the mind-body connection.

CO4. To study understanding enhanced social connection and empathy.

CO5. To study the fundamental teaching of yoga provide a holistic approach to well-being.

REFERENCE:

1. Gupta. S.N Das, (1963), "Indian Philosophy", Shri Jainendra Press, New Delhi, ISBN-81-208-0412-0.
2. Anatharaman, T.N., (1996), "Ancient Yoga and Modern Science", Project of History of Indian Sciences Philosophy & Culture,-ISBN 8121507529
3. Sturgess, Stephen, (1996), "The Yoga Book", Watkins Publications, London, University of Michigan
4. Kumar, Dr. Kamakhya, (2008), "Super Science of Yoga", Standard Publications, New Delhi ISBN-8187471409
5. Dasgupta. S.N., (1924), "Yoga Philosophy", The May Flower Press, UK.
6. Jha, Gangadhar, (1894), "Yoga Sara Samgraha" -Bombay Theosophical Fund, TatvaVivechaka Press, Bombay

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PAPER- II

FOUNDATION & PRACTICES OF HATHA YOGA

Subject Code: (PGDY CC-102)

Objectives of the course:

1. It is developing the physical fitness, mental well-being and overall health.
2. It is helping to developing a better body alignment and posture.
3. To developing the mental focus through the meditative aspects of hatha yoga.
4. To understanding how physical postures can influence mental and emotional states.

Syllabus of the course:

UNIT -I

1. Introduction to Hatha yoga.
 - 1.1 Hathayoga: Philosophy, Origin, Definition, Objectives and Misconceptions.
 - 1.2 Hathyoga: History and development, Brief Introduction to eminent Hatha Yogis of Natha Parampara and their contribution to Yoga.
 - 1.3 Time and Place, Dress Code & Environment for Hatha Yoga, Concept of Mitahara, Pathya and Apathya, SadhakaTatva, BadhakTatva, Hathsiddhilakshana (as per Hatha Yoga Pradipika).
 - 1.4 Introduction of Asanas, Shatkarmas - Meaning, Definitions, Principles, Types, Technique, Precautions and Benefits, (as per Hatha Yoga Pradipika).

UNIT -II

2. **KUMBHAKA, MUDRAS, BANDHAS, NADANUSANDHANA (AS PER HATHA YOGA PRADIPIKA).**
 - 2.1 Kurnbhaka :- Meaning, definition, Types of Kumbhaka, Technique, Precautions & Benefits.
 - 2.2 Mudras and Bandhas - Meaning, Definition, Technique, Precautions and Benefits.
 - 2.3 Chakras, Kundalini and Nadis
 - 2.4 Nadanusandhana and Various types of Samadhis

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UNIT-III

3. INTRODUCTION OF GHERANDA SAMHITA

3.1 Introduction and History of Gheranda Samhita

3.2 Concept of Ghatasth Yoga. Saptasadhana:-Shatkarma, Asanas, Mudra, Pratyahara, Pranayama, Dhyana, Samadhi.

3.3 Shatkarma- Meaning, Types (Dhauti, Basti, Neti, Trataka, Nauli and Kapalabhati) Technique, Precautions and Benefits.

3.4 Asanas and Mudras -Meaning, Definition Types, Technique, Precautions and Benefits.

UNIT -IV 4. PRATYAHARA AND PRANAYAMAS (AS PER GHERANDA SAMHITA).

4.1 Pratyahara - Meaning, Types, Technique, Precautions and Benefits.

4.2 Concept of Prana, Types of Prana and their functioning,,Pranayamas - Meaning and Definition, Types, Technique, Precautions and Benefits.

4.3 Dhayana- Meaning, Types, Technique, Precautions and Benefits.

4.4 Samadhi - Meaning, Types, Technique, Precautions and Benefits.

After completion of the unit students will be able to:-

Course Outcomes:

CO1. To study how to correct alignment and safe execution.

CO2. To gain techniques restorative practices to release tension and promote deep relaxation.

CO3. To study how to improved our physical strength, flexibility and balanced.

CO4. To study the understand and experiencing the flow of energy.

REFERENCE:

1. Digambarji, Swami (1998), "Hatha Pradipika of Svatmarama", - ISBN: 9788189485122, Publisher: Kaivalyadhama, SMYM Samiti, Lonavala - Pune.
2. Muktibodhananda, Swami (1998), "Hatha Yoga Pradipika" - Light on Hatha Yoga, ISBN: 81-85787-38-7, Publisher: Yoga Publications Trust, Ganga Darshan, Munger, Bihar, India.
3. NiranjananandaSaraswati, Swami (2012), "GherendaSamhita" - ISBN : 9381620199, Publisher: Yoga Publications Trust, Ganga Darshan, Munger - Bihar, India.
4. NiranjananandaSaraswati, Swami (2009), "Prana and Pranayama", - ISBN: 978-81-86336-79-3, Publisher: Yoga Publications Trust, Ganga Darshan, Munger - Bihar, India.

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PAPER- III

APPLIED ANATOMY AND PHYSIOLOGY

Subject Code: (PGDY CC-103)

Objectives of the course:

1. It's helping to understanding the human structure.
2. To understanding how muscles work during physical activities.
3. Helping to understanding the energy systems of the body.
4. Its helping to understanding how the body responds to exercise.
5. It's helping to improving the physical performance.

Syllabus of the course:

UNIT-1

1. GENERAL HUMAN ANATOMY AND PHYSIOLOGY

- 1.1 Introduction of Anatomy and Physiology, importance and need in field of yoga
- 1.2 Cell - Structure Composition, function and its types; Types of Tissues, their structure and functions; Brief introduction of different organs and systems of human body
- 1.3 Digestion system; Excretory System; Urinary System, (Structure and Functions in brief).
- 1.4 Effect of yogic practices on digestive and excretory system (asana, pranayama, mudra, bandha, kriyas and meditation)

UNIT- II

2. MUSCULO- SKELETAL SYSTEM

- 2.1 Skeletal system - Introduction, Composition of bone.
- 2.2 Classification and division 'of skeleton, Joints and their movements.
- 2.3 Muscles, their types and role.
- 2.4 Effect of yogic practices on muscular and skeletal system (asana, pranayama, mudra, bandha, kriyas and meditation).

UNIT-III

3. CARDIO RESPIRATORY SYSTEM

- 3.1 Structure and functions of Heart and Lungs, Cardiac Cycle, Cardiac Output, Stroke Volume.

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- 3.2 Muscles and Mechanism of Respiration, Second Wind, Oxygen Debt.
- 3.3 Internal and External Respiration, Respiratory Volumes and Pulmonary Ventilation.
- 3.4 Effect of yogic practices on cardio respiratory system (asana, pranayama, mudra, bandha, kriyas and meditation).

UNIT-IV

4. NERVOUS AND HORMONAL SYSTEM

- 4.1 Nervous System: Structural and Functional Divisions of Nervous System- PNS, ANS, and Sensory Motor Nervous System. Parts of Brain and their functions. Structure and Functions of Spinal Cord.
- 4.2 Endocrine Glands and Exocrine Glands. Structure and Functions of Adrenal, Pituitary, Pancreas and Thyroid Glands.
- 4.3 Introduction to Sense Organs: Eyes, Ears, Nose and Skin.
- 4.4 Effect of yogic practices on nervous and hormonal system (asana, pranayama, mudra, bandha, kriyas and meditation).

After completion of the unit students will be able to:-

Course Outcomes:

- CO1. To study how the musculoskeletal system works aids in achieving proper alignment and posture during yoga poses.
- CO2. To gaining the knowledge of respiratory anatomy supports a deeper understanding of pranayama techniques.
- CO3. To learning about the physiological response to relaxation techniques helps practitioners appreciate the importance of rest.
- CO4. To bridging the gap between anatomy and yogic philosophy help practitioners appreciate the interconnectedness of the physical body.
- CO5. To gain anatomical knowledge into yoga practice fosters a holistic approach to well-being.

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REFERENCES:

1. Coulter, H.D. (2001), "Anatomy of Hath Yoga" Published by Himalayan Institute India, Jhansi, Allahabad, ISBN-978-0-9797006-1-2.
2. Saraswati, S. (2009), "Yoga Nidra" Published by Yoga Publication Trust, Bihar, India (Reprint) ISBN-978-81-83787-12-1.
3. Maehle, G. (2008), "Ashtanga Yoga Practice & Philosophy" First Indian Edition Published by, New Age Books, New Delhi (Reprint), ISBN-978-81-78-22-329-2.
4. Karambelkar. P.V. (2011), "Patanjali Yoga Sutra" Published by Kawalyadham S.M.Y.M. Publications Pune, India. ISBN-81-89-415-17-2.
5. Martini, F.H. et al (2000), "Applications Manual for Essentials of Anatomy & Physiology" Second Edition by Prentice Hall Inc., U.S.A. ISBN-0-13-014662-5.
6. Chaurasia. B.D. (2014), "Human Anatomy" Vol.-1, Fourth Edition, CBS Publishers and Distributors, New Delhi. ISBN-8U239-1155-6.
7. Shiva, V.K. (2013), "Anatomy and Physiology" Sports Publication, New Delhi. ISBN-978-81-7879-761-8.
8. Moore, K.L. & Agur, A.M.R. (2002), "Essential Clinical Anatomy" Second Edition by Lippincott Williams & Wilkins, Philadelphia.
9. Sharma, J.P. (2002), "Essential Encyclopedia of Human Anatomy and Physiology, by KhelSahitya Kendra, New Delhi. ISBN-81-7824-296-5.
10. Kumar, R. (2012), "Anatomy and Exercise Physiology" Sports Publication, New Delhi. ISBN-978-81-7879-697-0.
11. Singh, H. (2013). Anatomy and Exercise Physiology KhelSahitya Kendra, New Delhi. ISBN-978-81-7824-690-4.

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PAPER- IV NATUROPATHY

Subject Code: (PGDY CC-104)

Objectives of the course:

1. Its helping to prevention of diseases.
2. Its helping to addressing the whole person.
4. Its provide nutritional guidance.
5. It helping to encourage a balanced and natural approach to health.

Syllabus of the course:

UNIT-I

1. INTRODUCTION TO NATURE CURE

- 1.1 Meaning, Definition and Fundamental Principles of Naturopathy
- 1.2 Historical background of Naturopathy (Indian & Western)
- 1.3 Law of Nature/ Philosophy of Nature Cure- Panchamahabhuta Theory
- 1.4 Foreign Matter Theory/ Toxemia

UNIT-II

2. FASTING AND DIETETICS

- 2.1 Definition, Introduction and Classification of Fasting
- 2.2 Difference between Fasting and Starvation, Hunger and Appetite
- 2.3 Hygienic auxiliaries during Fasting, Physiological effect of Fasting, Methods of Breaking the fast.
- 2.4 Diet according to Naturopathy and its Types.

UNIT - III

3. HYDROTHERAPY AND MUD THERAPY

- 3.1 Introduction, Definition, Brief History, General Principles of Hydrotherapy
- 3.2 Physical Properties of Water and Classification of Temperature
- 3.3 Different Hydriatic Measures, Therapeutic Effect of Hydriatic Application
- 3.4 Introduction to Mud Therapy, Classification of Mud for Therapeutic use, Method of Treatment of Mud, Therapeutic Effect of Mud Therapy.

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UNIT-IV

4. MANAGEMENT OF VARIOUS DISEASES WITH NATUROPATHY

- 4.1 Management of Obesity and Diabetes
- 4.2 Management of Blood Pressure
- 4.3 Management of Asthma
- 4.4 Management of Arthritis and Back Pain

After completion of the unit students will be able to:-

Course Outcomes:

CO1. To naturopathy is a system of alternative medicine that emphasizes the body's inherent healing abilities.

CO2. To gaining the techniques learning various natural healing modalities.

CO3. To understanding the connection between the mind and body in promoting health and well-being.

CO4. To study how to improve our active role in their healing journey.

REFERENCES:

1. Bakhru H. K., The Complete Handbook Of Nature Cure, Jaico Publishing House Mumbai ISBN13: 9788172242299
2. Prason, Prof. Shrikant, PanchaMahabhutatatwa and Sharira, HINDOLOGY BOOKS, ISBN: 9788122310115
3. Shew, Joel, (1989) Handbook of Hydrotherapy Publisher: Society of Metaphysicians Ltd; New ed of 1844 ed edition (1 January 1989), ISBN-13: 978-1852288785
4. Kelloggjohn Harvey, (2004) Rational Hydrotherapy: A Manual of the Physiological and Therapeutic Effects of Hydriatic Procedures, and the Technique of their Application in the Treatment of Disease, TEACH Services, Inc. ISBN-13: 978-1572582095
5. Indani, Ashish, (2013) Mud Therapy: Healing Through One of the Five Elements , B Jain Publishers Pvt Ltd , ISBN-13: 978-8131908457
6. Ehret, Arnold, (1971) Rational Fasting, Mass Market, Benedict Lust, ISBN-13: 978-0879040055
7. Herbert M., Shelton, (1974) Fasting for Renewal of Life ISBN-13: 978-0914532385
8. Shelton, Herbert M., (2013) The Science and Fine Art of Fasting, Martino Fine Books ISBN-13: 978-1614274483

Signature



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Yoga Practical Syllabus (PART-B)

Subject Code: (PGDY PC-101)

B-I: SYLLABUS FOR YOGA PRACTICAL -1

1. ASANAS:

- a) Surya Namaskara
- b) SukshamaVyayama-PawanMuktasana Series I, II, III
- c) Meditative Asanas:Padmasana, Siddhasana, Swastikasana, ArdhaPadmasana, Vajrasana
- d) Relaxation Asanas:Shavasana, Makarasana, ShithilaTadasana, ShithilaDandasana, Shashank Asana
- e) Supine Asanas:Naukasana, Kandharasana, Pavanmuktasana, Ardhamatsyasana, AnandBalasana.
- f) Prone Lying Asanas:Bhujangasana, Shalabhasana, Dhanurasana, Hamsasana, Santolanasana
- g) Inversions:Sarvangasana, Vipareetkarani asana,
- h) Sitting Asanas: Paschimottanasana, Ardha Matsyendrasana, Ardha Chandrasana, Ardha Ushtrasana, Simhasana, Akarna Dhanurasana, JanuShirshasana. Standing Asanas:Tadasana, Natarajasana, Garudasana, Vrikshasana, Advanced Group Asanas: Poorna Matsyasana, Padmasarvangasana, Karnpedasana, Suptvajrasana, PoornaBhujangasana, Koormasana, Vatayasana, Dwihasta Bhujasana, Niralamba Paschimottanasana, Ashtavakrasana

2. PRANAYAMA:

NadiShodhan Pranayama, Surya Bheda Pranayama, Chandra Bheda Pranayama, Ujjayi, Sheetal, Seetkari. Bhastrika, Brahmari

3. BANDHIAS & MUDRAS:

Gyana Mudra , PanchaBhautik Mudras, Jalandhar Bandha, UddiyanBandha, Vipreetkarni Mudra, Shanmukhi Mudra, Manduki Mudra, Ashwini Mudra, Kaki Mudra, Bhujangini Mudra

4. SHATKARMA:

(a) NETI: Jal Neti, Sutra Neti

(b) DHAUTI: Kunjal Kriya, AgnisarKriya

5. MEDITATION TECHNIQUE: OM Meditation

6. RELAXATION TECHNIQUE: Basics of Yoga Nidra. IRT (Instant Relaxation Technique)



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After completion of the unit students will be able to:-

Course Outcomes:

CO1.To study developing muscular strength and endurance throughout the body, enhancing overall physical fitness.

CO2.To study about improving posture and body alignment.

CO3.To study building self-confidence and a sense of accomplishment as you progress in your asana practice.

CO4.To gaining the learning to adapt and modify posture to accommodate your unique body.

CO5.To study how to learning the meditation technique.

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Naturopathy Practical (PART-B)

Subject Code: (PGDY PC-102)

2: NATUROPATHY PRACTICAL

Naturopathy

1. Students should be introduced to various treatment procedures used in Naturopathy.

2. Hydrotherapy and Mud Therapy

Demonstration of various therapeutic effects, procedure and treatments in Hydrotherapy and mud therapy during practical classes.

3. Management of Diseases like Diabetes, High Blood Pressure, Asthma, Back Pain through Naturopathy.

4. Practical Record should be maintained.

5. The Vice-Voce shall be from the complete theory syllabus of naturopathy.

After completion of the unit students will be able to:-

Course Outcomes:

CO1. Understanding about the meaning, definition of Naturopathy and various type of treatment done by the this therapy process.

CO2. Understanding about the help doing by naturopathy from disease free life.

CO3. learning about the living a healthy life with the help of naturopathy.



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SEMESTER-II

PART - A (THEORY)											
Paper No.	Paper Code	Name of Subjects	Max. Marks		Min. Pass Marks		Sessional Marks	Aggregate Pass Marks	Total Marks	Credits	
			Theory	Practical/ Viva-voce	Theory/ Practical	Sessional					
I.	GDYCC-201	Patanjali Yoga Sutra	75	-	30	10	25	40	100	5	
II.	PGDY CC-202	Arham Yoga	75	-	30	10	25	40	100	5	
III.	PGDY CC-203	Principles of Psychology and Counseling	75	-	30	10	25	*-40	100	5	
IV.	PGDY CC-204	Alternate Therapy	75	-	30	10	25	40	100	5	
TOTAL									400	20	
PART B: PRACTICAL AND LESSON PLAN											
I.	PGDY PC-201	Yoga Practical-II	-	75	30	10	25	40	100	3	
II.	PGDY CP-202	Alternate Therapy Practical	-	75	30	10	25	40	100	3	
TOTAL									200	6	
GRAND TOTAL									600	26	

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PAPER-1

PATANJALI YOGA SUTRA

Subject Code: (PGDY CC-201)

Objectives of the course:

1. Its guiding to practitioners on the path towards spiritual realization.
2. It understanding the nature of the mind.
3. To develop breath control techniques.
4. Its developing the concentration (Dharana).

Syllabus of the course:

UNIT -1 COMPONENTS OF SAMADHI PADA

Introduction of Maharishi Patanjali, Historical background of pantanjali yoga sutras Concept of Chitta, ChittaVriti, ChittaBhumi

1.3 Concept of Abhyasa - Vairagya, Definition & Attribute of Ishwara, Concept of IshwaraPranidhana

1.4 Yogaantaraya, ChittaVikshepsahabhuh, ChittaPrasadhana, Meaning of Samadhi, Different types of Samadhi.

UNIT - II

2. ELEMENTS OF SADHANA PADA

- 2.1 Kriya Yoga, Pancha Klesha, Pratiprasava
- 2.2 Definition of Drashta & Drishya, Tritap
- 2.3 Karmashaya, Haan, Hanopaya
- 2.4 Introduction of Ashtanga Yoga, Description of Various Limbs.

UNIT - III

3. PSYCHIC POWERS OF VIBHUTI PADA

- 3.1 Samyama. attainment of various Vibhooti
- 3.2 Kayasampata (Physical Excellence)
- 3.3 Manqjavitvam (Mental Excellence)
- 3.4 Vivek Khyati (Knowledge of Discrimination)

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UNIT - IV

4. SAMADHI & ITS TYPES

- 4.1 Types of Siddhis
- 4.2 Concept of Dharmarnehg Samadhi
- 4.3 Brief introduction of Karma, Types of Karma, KarmaphalSiddhanta
- 4.4 Concept of Kaivalya

After completion of the unit students will be able to:-

Course Outcomes:

- CO1. To study how encompass personal growth, self-realization, and a deeper understanding of the philosophy and practice of yoga.
- CO2. To understanding gaining a comprehensive understanding of the classical principles.
- CO3. To learning techniques to control the fluctuation of the mind through meditation.
- CO4. The study of the sutras serves as a guide for personal growth, self-discovery.
- CO5. To gaining a profound appreciation for its transformative potential.

REFERENCE:

1. Saraswati, Swami Satyanand, (2012), "Four Chapters of Freedom", Bihar School of Yoga, ISBN 13-9788185787183.
2. Iyengar, B. K. S., "Light on the Yoga Sutras of Patanjali", Haper Collins Publications India Pvt. Ltd., New Delhi, ISBN 13-9788172235420.
3. Swami, Satchidananda, "The Yoga Sutras of Patanjali", Integral Publications, U.S.A., ISBN 13- 9781938477072.
4. Taimini, Science of Yoga, ISBN 13-9788170592112.
5. Swami,Vivekananda, "Raja Yoga", ISBN 13-978100746940.
6. Mishra, Vachaspati, "Yoga Sutra (TatvaVaishardi)", ISBN 13-9780404578046.
7. Shastri, Vijaypal, "Yoga SurtaVimarsh", ISBN 13-9780865477360.
8. Lakshmananand, "Yoga Prakash", ISBN 13-9788175971240.
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15. R.S. Bhoghal, "Yoga & Mental Health".
16. R.S. Bhoghal, "Yoga evamMansikSwasthya".
17. Prof. Ramharsh Singh, "AyurvediyaManasVigyan".
18. Prof. Suresh LalBaranwal, "Yoga evamMansikSwasthya".



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PAPER- II

ARHAM YOGA

Subject Code: (PGDY CC-202)

Objectives of the course:

1. It is developing the global peace by working.
2. Its concept is to develop whole body benefits.
3. It works towards holistic development at the physical, mental, and emotional.
4. It helps to maintain the physical, mind freshness and at the individual level.

Syllabus of the course:

UNIT- 1

Arham Dhyan Yoga

Antiquity of Jain Yoga, Various dimensions of Jain Yoga, Karma, Soui and Arham yoga, Introduction To The Ashtangas of Yoga, Yoga by Acharya Pujyapad Limbs of yoga by . Shri Veersen Acharya Meaning of Arham mantra.

UNIT-II

Method and Benefits

Panch Parmeshthi Arham-Five Steps Process, Panch mudra in detail, Spiritual yoga, Arham Mantra Power, Trayasuddhi : triad purification, Positive Affirmations,

UNIT-III

Pranayama

Prana ,Types of Prana ,Life expectancy and respiration, Types of Pranayama, svasocchvasa, Types of breath

UNIT- IV Arham Ashtang Yoga

8 limbs of Meditation, 8limbs of meditation, Goal of Meditation-Dhyey, Place, time and Method of meditation,

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UNIT- V

Theoretical and scientific analysis

How is the Mind?, Do's and Don'ts, Diet, sakabhuk-

Vegetarian Food, Healthy food, Quantity of food, After meal walk.

After completion of the unit students will be able to:-

Course Outcomes:

CO1. To study how to aware about yoga practices.

CO2. To study how to do a true posture of arham yoga.

CO3. To gaining knowledge about the benefits of arham yoga.

CO4. To study connection between mind and body, enhance the diet to follow.

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PAPER-III

PRINCIPLES OF PSYCHOLOGY AND COUNSELING

Subject Code: (PGDY CC-203)

Objectives of the course:

1. We study about the various aspects of human behavior.
2. Developing factors that influence human behavior.
3. To understanding how individual may respond in specific situation.
4. Its developing yogic personality.
5. It is support various developmental stages.

Syllabus of the course:

UNIT-I

1. INTRODUCTION TO PSYCHOLOGY

- 1.1 Definition, meaning and scope of Psychology
- 1.2 Branches of Psychology
- 1.3 Relevance and Contribution of Psychology in Teaching and Learning Process of Yoga Education
- 1.4 Different Methods of Psychology (Introspection, Observation, Experimental, Survey, Clinical)

UNIT-II

2. CONCEPT OF PERSONALITY

- 2.1 Indian and Western approach to personality.
- 2.2 Theories of personalities.
- 2.3 Personality Test (Big Five).
- 2.4 Attitude change through Yoga & Developing Yogic Personality.

UNIT-III

3. PSYCHOLOGY AND YOGA

- 3.1 Introduction to Psychological and Transcendental perspective of Yoga.
- 3.2 Meaning and Characteristics of Mental Health.
- 3.3 Mental Relaxation through Prayer, A cross cultural approach to Mental Health.
- 3.4 Yogic Life Style for Stress, Anxiety and Depression.

Dr. Akshay



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UNIT-IV

4. INTRODUCTION TO GUIDANCE COUNSELING

- 4.1 Need, Meaning and Importance of Guidance and Counseling in Yoga Education
- 4.2 Different Types of Counseling: (Individual and Group counseling).
- 4.3 Approaches of Counseling: Directive, Non directive, Techniques in Counseling: (Testing and Non Testing Techniques).
- 4.4 Yoga Meditation: Metaphysical and Therapeutic Perspective

After completion of the unit students will be able to:-

Course Outcomes:

- CO1. To study understanding of the psychological and counseling aspects of yoga practice.
- CO2. To gaining knowledge how yoga practices influence psychological well-being.
- CO3. To study about developing mindfulness and self-awareness through yoga practices.
- CO4. To study how it can be applied in a therapeutic setting.

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12. R.S. Bhoghal, "Yoga & Mental Health".
13. R.S. Bhoghal, "Yoga evamMansikSwasthya".
14. Prof. Ramharsh Singh, "AyurvediyaManasVigyan".
15. Prof. Suresh LalBaranwal, "YogaevamMansikSwasthya".

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PAPER-IV

ALTERNATE THERAPY

Subject Code: (PGDY CC-204)

Objectives of the course:

1. It concept to promote physical, mental, and emotional healing.
2. It is developing the techniques to reduce stress, anxiety, and depression.
3. It developing coping skills.
4. It concept to developing individual to take an active role in their own healing process.
5. It power to foster physical, mental and emotional harmony.

Syllabus of the course:

UNIT-I

1. INTRODUCTION TO ALTERNATE THERAPIES

- 1.1 Introduction to alternate therapies and Types of Alternate therapies
- 1.2 Historical background and development of alternate therapies all around the world
- 1.3 Comparative study of Alternate therapies with other systems of medicine
- 1.4 Need of Alternate Therapies in the present times

UNIT-II

2. MANIPULATIVE THERAPIES & PHYSICAL BODY

- 2.1 Acupressure and Acupuncture - Introduction and basic principles
- 2.2 Reflexology and Sujok - Concept and fundamentals of their functioning
- 2.3 Magneto therapy- Principles of Magneto therapy and its application
- 2.4 Massage Therapy & its benefits

UNIT III

3. INTRODUCTION TO AYURVEDA, COLOUR & AROMATHERAPY

- 3.1 Ayurveda - Concept of Ayurveda and its role in healthy living
- 3.2 Panchkarma- Process and Benefits
- 3.3 Colourtherapy and spectrum of colors
- 3.4 Aromatherapy ~ Basic principles of Aromatherapy and its role in relaxation

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UNIT-IV

4. PSYCHO-SPIRITUAL THERAPIES

- 4.1 Pranic Healing Methods and its application
- 4.2 Reiki - Introduction, concept and laws of Reiki healing
- 4.3 Hypnotherapy - Concept of Hypnotherapy
- 4.4 Introduction to Astrology and Religious Beliefs

After completion of the unit students will be able to:-

Course Outcomes:

- CO1. To study holistic healing modalities that complement traditional yoga practices.
- CO2. To study of providing effective tools to manage and reduce stress.
- CO3. To study how to offering natural methods to alleviate chronic pain.
- CO4. To study of emotional harmony to release of emotional balance and release of emotional blockages.

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DEPARTMENT OF PHYSICAL EDUCATION

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Yoga Practical Syllabus (PART-B)

Subject Code: (PGDY PC-201)

B-I: SYLLABUS FOR YOGA PRACTICAL- II

1. ASANAS:

i. Surya Namaskara

ii) Sukshama Vyayama by DhecrendraBrahmachari

iii) Meditative Asanas:Guptasana, Vajrasana, Bhadrasana

iv) Rclaxation Asanas: Balasana, Shashankasana

v) **Supine Asanas:**Halasana,Chakrasana, Markatasana, Setubandhasana Suptabaddhakonasana

vi) **Prone Lying Asanas:** Sarpasana, VipreetaNaukasana, Dhanurasana, Shalabhasana

vii) **Sitting Asanas:**Vyaghrasana, Mandukasana, Bakdhyanasana, Gomukhasana,

Marichyasana I, Rajkapotasana, Bharadwajasana

vi) **Standing Asanas:** Trikonasana, Ardha Kati Chakrasana, Veerbhadrasana (I &II)

ix) **Inversion Asanas:** Sarvangasana, Sirshasana, Salambasirshasana

x) **Advanced Group Asanas:** PadaAngusthasana, Garbhasana, Baddhpadmasana, Kukkutasana,

Bakasana, Hanumanasana, Kurmasana, UttanaKurmasana, Tittibhasana, Mayurasana, Padma

Mayurasana

2.PRANAYAM:Ashtakumbhaka of Hatha Yoga Pradipika

3. BANDHAS & MUDRAS: MoolaBandha, MahaBandha, VipareetKarani Mudra, Khechari

Mudra, Tadagi Mudra, Pashinee Mudra, , Maha Mudra, MahaBheda Mudra

4. SHATKARMA: Kapalbhati Three Types (Vyutkarma, SheetkarmaandVaatkarma). Nauli,

Trataka, DandaDhauti, VastraDhauti

5.MEDITATION TECHNIQUES: Soham Dhyan, Savita Dhyan

6. RELEXATION TECHNIQUE: Yoga Nidra (advance)



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Alternate Therapies Practical / Viva Voce Syllabus (PART-B)

Subject Code: (PGDY PC-202)

B-2 ALTERNATE THERAPY PRACTICAL

Alternate Therapies

1. Practice of Massage Therapy and its application.
2. Concept of Sujok and Demonstration of basic Acupressure Points and Reflexology
3. Magneto therapy- Basic Instruments & method of working
4. Case Study Record should be maintained separately at least 5 person, practical record books should be maintained.
5. Viva Voce based on the Theory Paper of Alternate Therapies.

After completion of the unit students will be able to:-

Course Outcomes:

- CO1. To study circulation and cardiovascular health to enhancing blood circulation and dynamic movement and breath awareness.
- CO2. To gaining of supporting digestion and metabolism by engaging the abdominal muscles.
- CO3. To study the cultivating mental focus and clarity through mindful awareness of body and breathing during asana practice.
- CO4. To gaining of understanding the balancing and stabilizing emotions by channeling physical energy and promoting relaxation.
- CO5. To study how we maintain our deeper meditation and spiritual practices by releasing physical tension and promoting stillness.

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