

Dr. B. R. Ambedkar University, Agra

(Formerly: Agra University, AGRA)

Date: 17-09-2022

Meeting of the Board of Studies/ Academic Committee for P.G. Diploma in Yoga Education (PGDYE-One Year Course: Two Semester), Master in Physical Education & Sports Sciences (MPES-Two Year: Four Semesters) and B.A. in Yoga (BAY-Three Years: Six Semesters) and M.A. in Yoga (MAY- Two Years: Four Semesters) held on 17-09-2022 at 11.00am in the Department of Library & Information Science, Paliwal Park, Dr. B.R.A. University, Agra.

The Following members were present in the meeting –

1. Prof. U.C. Sharma (Dean Arts)
2. Dr. Akhilesh Chand Saxena (Convenor)
3. Dr. Dhanajay Singh, Assistant Professor, R.B. S. College, Agra (Subject Expert)
4. Dr. Sheeldhar Dubey, Associate Professor, PDDU College, Lucknow (Subject Expert)
5. Dr. S. N. Singh, Professsor, S.D. PG College, Muzaffarnagar (Subject Expert)
6. Dr. Ram Ji Mishra, Assistant Professor, Patanjali University (Subject Expert)

MINUTES

1. The Committee confirms the minutes of previous meeting with appreciation.
2. The syllabus as per CBCS of P.G. Diploma in Yoga Education (PGDYE) thoroughly studied by the committee and passed with warm appreciation. The theory subjects and practical of this course are given in the Enclosure-1.
3. The syllabus as per Two Year Course having four semester on the basis of CBCS for Master in Physical Education & Sports Sciences (MPES) thoroughly studied by the committee and passed with positive appreciation. The details of theory subjects and practical of this course are given in the Encloser – 2.
4. The syllabus as per three Year Course having six semester on the basis of CBCS for B A in Yoga (BAY) thoroughly studied by the committee and passed with appreciation. The details of theory subjects and practical of this course are given in Encloser-3.
5. The syllabus as per two Year Course having four semester on the basis of CBCS for M.A. in Yoga (MAY) thoroughly studied by the committee and passed with appreciation. The details of theory subjects and practical of this course are given in Encloser-4.
6. The committee also submitted the list of examiners for the M.A. in Yoga (MAY) course and for other above three courses lists were already submitted in the previous meeting held on 29/04/2022.
7. The committee has discussed and decided that the list of examiners will be approved in the further meeting.
8. The meeting ends with the vote of thanks.

Note : Committee has decided to amend the above courses as per National Education Policy (NEP), if it required.

Dr.B.R.AmbedkarUniversity,Agra
(Formerly:Agra University, AGRA)



CURRICULUMFOR
POST GRADUATE DIPLOMA IN YOGA EDUCATION(PGDYEd)
PROGRAMMEONEYEAR-(TWOSEMESTERS)

ORDINANCE, REGULATIONS AND SYLLABUS FOR PGDYEd. (CBCS)

Preamble

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and wellbeing.

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of **Holistic Living** and not merely as yoga postures. During the course the student is taught the concepts of Yoga for the treatment and prevention of various psychosomatic ailments. This course looks at training the enthusiast to become a Yoga therapist so that they could teach yoga under the supervision of a doctor for health and healing.

I. Title of the Programme

The programme shall be called "**Post Graduate Diploma in Yoga Education**" (PGDYEd) To make the people aware of the therapeutic and preventive value of Yoga.

1. To bring peace and harmony in the society at large by introducing the Yogic way of life.
2. To create therapists of high caliber to make the society free from stress and lifestyle related diseases.

1. Eligibility

- A) Candidates seeking admission Post Graduate Diploma in Yoga Education (PGDYEd) programme must be graduate with 50 % from UGC recognized institution.
- B) The provision of seats and the relaxation in qualifying marks for SC/ST/OBC and other categories shall be as per the rules of the central government/state government. Whichever is applicable

2. Post Graduate Diploma in Yoga Education (PGDYEd) **Degree:** The candidates shall have subsequently undergone the prescribed course of study in the university department or a college affiliated to his University for a period of not less than two academic years, passed the examinations prescribed and fulfilled such conditions as have been prescribed therefor Post Graduate Diploma in Yoga Education (PGDYEd).

3. Duration:

The PGDYEd program shall be of duration of one academic years, that is, two semesters. However, the student shall be permitted to complete the program requirements within a maximum of two years from the date of admission.

4. The CBCS System:

All Programs shall run on Choice Based Credit System (CBCS). It is an instructional package developed to suit the need of students, to keep pace with the developments in higher education and the quality assurance expected to fit in the light of liberalization and globalization in higher education.

5. Courses

The term course usually referred to, as 'papers' is a component of a program. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise Lecturer/tutorials/ laboratory work/fieldwork/Outreach activity (Educational Tours activities)/ project work/vocational training/viva/seminars/term papers/assignments/ presentations/self-study etc. or a combination of some of these.

6. Courses of Program:

The PGDYEd Program consists of a number of courses, the term 'Course' applied to indicate a logical part of subject matter of the Program and is invariably equivalent to the subject matter of a "paper" in the conventional sense. The following are the various categories of courses suggested for the PGDYEd Program.

7. Semesters:

An academic year is divided into two semesters; each semester will consist of 17-20 weeks of academic work equivalent to 100 actual teaching days excluding examination days. The odd semester may be scheduled from July to December and even semester from January to June. The institutions shall work for a minimum of 36 working hours in a week (five or six days a week).

8. Working Day:

There shall be at least 200 working days in a year exclusive of admission and examination processes etc.

9. Credits:

The term 'Credit' refers to a unit by which the program is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one and half/two hours of practical work/fieldwork per week. The term 'Credit' refers to the weight given to a course. Usually in relation to the instructional hours assigned to it. The total minimum credits, required for completing a PGDYEd Program is 52 credits and for each semester 26 credits.

10. Examinations:

- i. There shall be examinations at the end of each semester, for first semester in the month of December/January: for second semester in the month of May/June. A Candidate who does not pass the examination in any Subject shall be permitted to appear in such failed subjects in the subsequent examination to be held in November/December or May/June.
- ii. A candidate should get enrolled/registered for the first semester examination. If enrollment/registration is not possible owing to shortage of attendance beyond condition limit/rules prescribed OR be late joining OR on medical grounds, such candidates are not permitted to proceed to the next semester. Such candidates shall redo the semester in the subsequent term of the semester as a regular student; however, a student of first semester shall be admitted in the second semester, if he/she have successfully kept the term in first semester.

11. Conditions:

Student must have 75% of attendance in each course for appearing the examination. Students who have 74% to 65% of attendances shall apply for condition in the prescribed form with the prescribed fee. Students who have 64% to 50% of attendances shall apply for condition in prescribed form with the

prescribed fee along with the Medical Certificate. Student who participate in sports competition affiliated by IOA shall apply be considered in examination with the permission of head of the department. Students who have below 50% of attendance are not eligible to appear for the examination

12. Pattern of Question Papers:

Question Papers shall have five questions corresponding to four units of each theory course.

PGDY Ed.: Format of Questions Paper For 4 Units

Each question paper shall have five questions. The pattern will be as follows:

Question No.	Description	Marks
1	Answer in detail (Long Question) Or Answer in detail (Long Question) (Form Unit 1)	15
2	Answer in detail (Long Question) Or Answer in detail (Long Question) (Form Unit 2)	15
3	Answer in detail (Long Question) Or Answer in detail (Long Question) (Form Unit 3)	15
4	Write short notes: any two out of four (Form Unit 4)	15
5	M.C.Q. Type Questions (15 out of 15 Questions) (from each unit)	15
Total		75

13. Evaluation:

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidating at the end of course. The components for continuous internal assessment are;

One Test	10 Marks
Seminar/Quiz	5 Marks
Assignments	5 Marks
Attendance	5 Marks
Total	25 Marks

Attendance shall be taken as a component of continuous assessment, although the students should have minimum 75% attendance in each course. In addition to continuous evaluation component, the end semester examination, which will be written type examination of at least 1 hour duration, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 25:75. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.

14. Minimum Passing Standard:

The minimum passing standard for CIA (Continuous Internal Assessment) and External Examinations shall be 40%, i.e. 10 marks out of 25 marks and 30 marks out of 75 marks respectively for the theory course. The minimum passing for both CIA & external examination shall be 40%, i.e. 10 marks out of 25 and 30 marks out of 75 Marks for the practical courses.

15. Award of the PGDYE Degree:

A candidate shall be eligible for the award of the degree of the PGDYEdOnly if he/she has earned theminimumrequiredcredit.

16. Assessment

and Evaluations: TOTAL

MARKING SYSTEM

SEMESTER	THEORETICAL	PRACTICAL	CREDITS
Semester-1	400	200	26
Semester-2	400	200	26
Total	800	400	52

- I. Each course will be assessed on the basis of 100 marks. The marks would be divided between internal and external assessment.
- II. There shall be one end semester external examination for each course in every semester consisting of 75% (75 marks) weight in theory and 25% (25 marks) in practical courses.
- III. Each
Theory courses shall have internal assessment of 25% weightage on the following
Internal written test - 10% (10 marks)
Attendance - 05% (5 marks)
Class participation in assignments - 05% (5 marks)
Presentations (Seminars)/quizzes etc. - 05% (5 marks)
Total 25 marks
- IV. Each Practical Course shall have internal assessment of 25% weightage on the following
One Test 10 marks
Project 10 marks
Attendance 05 marks
Total 25 marks
- V. Every student will be required to pass the external examination and internal assessment separately in each course.
- VI. The minimum passing standard will be 40% for the external and internal component of each theory course, i.e. 30 marks out of 75 and 10 marks out of 25. In practical minimum passing standard will be 40%

for the external exam and internal assessment for each practical course.

VII. Attendance shall be taken

as a component for continuous assessment, although the students should put in minimum of 75% attendance in each course. In addition to continuous evaluation component, the end semester examination, which will be written type examinations of at least 1 hours duration, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 25:75 in theory & 25:75 in practical.

VIII.(A) The grades for each course would be decided on the basis of the percentage of marks obtained in the end-semester external and internal examinations as per the following table:

Percentage	Grade Point	Grade	Description	Classification of final result
85 & above	8.5-10.0	O	Outstanding	First class with Distinction
70-84.99	7.0-8.49	A+	Excellent	
60-69.99	6.0-6.99	A	Very Good	First Class
55-59.99	5.5-5.99	B+	Good	Higher Second Class
48-54.99	4.8-5.49	B	Fair	Second Class
40-47.99	4.0-4.79	C	Average	Pass Class
Below 40	0.0	D	Fail/Dropped	Dropped

IX. This semester grade point average (SGPA) will be calculated as a weighted average of all the grade point of these semester courses. That is Semester grade point average (SGPA) = (sum of grade points of all six courses of this semester) / total credit of this semester as per example given below:

CourseNo	Credit	Marks out of100(%)	Grade	GradePoint	Credit Gradepoint
Course-1	5	65	A	6.5	26
Course-2	5	60	A	6.0	24
Course-3	5	62	A	6.2	24.8
Course-4	5	57	B+	5.7	22.8
Course-5	3	55	B+	5.5	22
Course-6	3	72	O	7.2	28.2
Total	26				147.8

Examples: Conversion of marks into grade points

$$65 = 60 + 5 = 6.0 + 5 \times (0.99/9.99) = 6.0 + 5 \times 0.1 = 6.0 + 0.5 = 6.5$$

$$57 = 55 + 2 = 5.5 + 2 \times (0.49/4.99) = 5.5 + 2 \times 0.1 = 5.5 + 0.2 = 5.7$$

$$72 = 70 + 2 = 7.0 + 2 \times (1.49/14.99) = 7.0 + 2 \times 0.1 = 7.0 + 0.2 = 7.2$$

X. SEMESTER GRADE POINT AVERAGE (SGPA) = Total Credit Grade Points / 24 = 147.8 / 24 = 6.16 SGPA Sem. I =

6.16 SGPA Sem. II

=

5.63 SGPA Sem. III = 6

.01 SGPA Sem. IV = 5.5

0

Total SGPA = 23.30

Cumulative Grade Point Average (CGPA) = 23.30

4 = 5.82 CGPA = 5.82 Grade = B+ Class = Higher Second Class

ss GPAX 10 = Percentage e.g. 5.82 X 10 = 58.2%

Note:

- (1) SGPA is calculated only if the candidate passes in all the courses i.e. get minimum C grade in all the courses.
- (2) CGPA is calculated only when the candidate passes in all the courses of all the semesters.

XI. The cumulative grade point average will be calculated as the average of the SGPA of all the four semesters, as shown above.

XII. For the award of the class, CGPA shall be calculated on the basis of:

(a) Marks of End Semester External Examination And

(b) Total Marks obtained (Marks of End Semester External Examination

+ Marks of Internal Assessment) for each course. The final Class for M.A.Y.

Degrees shall be awarded on the basis of lowest CGPA (marks) of (a) & (b) of one to fourth semester examinations.

17. Conferment of the PGDY Ed. Degree:

(i) A candidate shall be eligible for the conferment of the Degree of PGDY Ed only if he/she has earned the minimum required credits for the program prescribed therefore (i.e. 52 Credits).

18. End Semester Examination:

(i) The University shall conduct the external Examination for the Semester-I & II. The internal examinations shall be conducted by the concerned Departments.

**SCHEME OF EXAMINATIONS
POST GRADUATE DIPLOMA IN YOGA EDUCATION (PGDYEd)**

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.	PGDY CC-101	Fundamentals of Yoga	75	-	30	10	25	40	100	5		
II.	PGDY CC-102	Foundation & Practices of Hatha Yoga	75	-	30	10	25	40	100	5		
III.	PGDY CC-103	Applied Anatomy and Physiology	75	-	30	10	25	40	100	5		
IV.	PGDY CC-104	Naturopathy	75	-	30	10	25	40	100	5		
								TOTAL	400	20		
PART B PRACTICALS AND LESSON PLAN												
I.	PGDY PC-101	Yoga Practical-I	-	75	30	10	25	40	100	3		
II.	PGDY PC-102	Naturopathy Practical	-	75	30	10	25	40	100	3		
								TOTAL	200	6		
								GRAND TOTAL	600	26		



**SCHEME OF EXAMINATIONS
POST GRADUATE DIPLOMA IN YOGA EDUCATION (PGDYEd)**

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.	PGDY CC-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		

SEMESTER-I
PAPER- I: FUNDAMENTALS OF YOGA
Subject Code: (PGDY CC-101)

UNIT – I

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 NastikaDarshanas)
- 1.4 General introduction to Prasthanatrayee and PurusharthaChatushtaya.

UNIT – II

2. BRIEF SURVEY OF YOGIC TRADITIONS – I

- 2.1 Brief introduction of Vedic Literature, 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, ShriAurobindo,
- 3.2 Yoga Parampara of Sri T. Krishnamacharya, and Yogacharya B.K.S Iyengar & Swami DhirendraBhramhachary in the promotion of Yoga.
- 3.3 Yoga Parampara of Swami Shivanada, ShyamacharanLahiriMahashaya
- 3.4 Contribution of Sri Yogendraji, Swami Kuvalyananda

UNIT – IV

4. GENERAL INTRODUCTION TO SCHOOLS OF YOGA

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

REFERENCE:

1. Gupta, S.N Das, (1963), "Indian Philosophy", ShriJainendra 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

SEMESTER-I
PAPER- II: FOUNDATION & PRACTICES OF HATHA YOGA
Subject Code: (PGDY CC-102)

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 NathaParampara 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 Kumbhaka :- 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

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.

REFERENCE:

1. Digambarji, Swami (1998), "Hatha Pradipika of Svatomarama", - 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.
5. Bhardwaj, Yogeshwar (2004), "Textbook of Yoga"- ISBN: 0143029657, Publisher:Penguin - India.

SEMESTER-I
PAPER- III: APPLIED ANATOMY AND PHYSIOLOGY
Subject Code: (PGDY CC-103)

UNIT- I

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 Digestionsystem; 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.
- 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)

REFERENCES:

1. Couter, 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-81-239-1155-6.
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.

SEMESTER-I
PAPER- IV: NATUROPATHY
Subject Code: (PGDY CC-104)

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.

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 Artheritisand Back Pain

REFERENCES:

1. Bakhru H. K.,The Complete Handbook Of Nature Cure,Jaico Publishing House – Mumbai,ISBN13: 9788172242299
2. Prasoon, 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. Kellogg,John 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

SEMESTER-I
Yoga Practical Syllabus (PART-B)
Subject Code: (PGDY PC-101)

B-1: SYLLABUS FOR YOGA PRACTICAL - I

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, ArdhaMatsyendrasana, ArdhaChandrasana, ArdhaUshtrasana, Simhasana, AkarnaDhanurasana, JanuShirshasana.
- i) **Standing Asanas:** Tadasana, Natarajasana, Garudasana, Vrikshasana.
- j) **Advanced Group Asanas:** PoornaMatsyasana, Padmasarvangasana, Karnpedasana, Suptvajrasana, PoornaBhujangasana, Koormasana, Vatayasana, DwihastaBhujasana, NiralambaPaschimottanasana, Ashtavakrasana

2. PRANAYAMA:

NadiShodhan Pranayama, Surya Bheda Pranayama, Chandra Bheda Pranayama, Ujjayi, Sheetali, Seetkari, Bhastrika, Brahmari

3. BANDHAS & MUDRAS:

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

4. SHATKARMA:

- (a) NETI: JalNeti, Sutra Neti
- (b) DHAUTI: KunjalKriya, AgnisarKriya

5. MEDITATION TECHNIQUE: OM Meditation

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

SEMESTER-I
Naturopathy Practical (PART-B)
Subject Code: (PGDY PC-102)

B-2: NATUROPATHYPRACTICAL

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.
-

SEMESTER-II
PAPER- I: PATANJALI YOGA SUTRA
Subject Code: (PGDY CC-201)

UNIT – I

1. COMPONENTS OF SAMADHI PADA

- 1.1 Introduction of Maharishi Patanjali, Historical background of pantanjali yoga sutras
- 1.2 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, PanchaKlesha, 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 Manojavitvam (Mental Excellence)
- 3.4 VivekKhyati (Knowledge of Discrimination)

UNIT – IV

4. SAMADHI & ITS TYPES

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

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.
9. Suresh Chandra Shrivastava, Patanjali Yoga Darshan
10. Ram Prasad, Patanjali Yoga Sutra.
11. T.S. Rukmani, Vol.I-IV, Patanjali Yoga Sutras.
12. Baron, R.A. (2007). Psychology (Fifth edition) New Delhi: Pearson Prentice-Hall of India.
13. Clifford T. Morgan, Richard a. King, John R. Weis and John Schopler (1993), "Introduction to Psychology" – 7th Edition. Tata McGraw Hill Book Co. New Delhi.
14. Shanti PrakashAtrey, "Yoga Manovigyan".
15. R.S. Bhoghal, "Yoga & Mental Health".
16. R.S. Bhoghal, "Yoga evamMansikSwasthya".
17. Prof. Ramharsh Singh, "AyurvediyaManasVigyan".
18. Prof. Suresh LalBaranwal, "Yoga evamMansikSwasthya".

SEMESTER-II
PAPER- II : ARHAM YOGA
Subject Code: (PGDY CC-202)

UNIT I

ArhamDhyanYog

Antiquity of Jain Yoga, Various dimensions of Jain Yoga, Karma, Soul and Arhamyoga, Introduction To The Ashtangas of Yoga, Yogaby Acharya Pujyapad Limbs of yogby Shri Veersen Acharya Meaning of Arhammantra.

UNIT II

MethodandBenefits

Panch Parmeshthi, Arham-Five Steps Process, Panch mudra in detail, Spirituallyōga, ArhamMantra Power, Trayaśuddhi: triad purification, Positive Affirmations,

UNIT III

Pranayam

Prāṇa .Types of Prāṇa, Life expectancy and respiration, Types of Prāṇāyāma, śvāsōcchvāsa, Types of breath

UNIT IV

ArhamAshtangYog

8limbsofMeditation, 8limbsofmeditation, GoalofMeditation-Dhyey, Place, time and Method of meditation.

UNIT V

Theoreticalandscientificanalysis

HowistheMind?, Do's and Don'ts, Diet, śākabhuk-
Vegetarian Food, Healthy food, Quantity of food, After meal walk



REFERENCES:

1. Rao, V. Manglagowri (2007), "The Text Book of Swasthavritta", ChaukhambhaOrientalia, Varanasi, 97881-7637-034-9.
2. CharakSamhita (Ist part), Choukhambha Sanskrit Sansthan, Varanasi, ISBN 81-7080-014-5, 1994.
3. SushrutSamhita (Sutra sthan and Sharirsthan), ChoukhambhaOrientalia, ISBN 978-0199360079.
5. AshtangaHradayam (Sutra sthan), Choukhambha Sanskrit Sansthan, Varanasi, ISBN 10:8121800226.
6. Swami, ShivanandaSaraswati, (1957) "Yoga Therapy, Umachal Yoga Ashram, Guwahati".
7. Verma, Janki Prasad, (1962), "Rogo Ki achukeChikitsa" Leader Press, Allahabad
8. Yogeshwar, "Simple Yoga Therapy", Yoga Center, Madras.
9. Tiwari, O. P., (1984), "Asanas-Why and How", Kaivalayadhama, Lonavala.
10. Kuvalayananda Swami, (1993), "Asanas", Popular Prakashan, Kaivalayadhama, Lonavala.
11. Sharma VishwamitraAacharya, "SachitraYogasanAurSwasthya", ManojPrakashan, Delhi.

PAPER-III: PRINCIPLES OF PSYCHOLOGY AND COUNSELING

Subject Code: (PGDY CC-203)

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.

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

REFERENCES:

1. Baron, R.A. (2007). Psychology (Fifth edition) New Delhi: Pearson Prentice-Hall of India.
2. Baron.A. Robert, Psychology, Pearson Education Vth Ed.,2002.
3. Chaplin, P., &Kraweic, T.S. (1974). System and Theories in Psychology. New York: Holt, Rinehart & Winston.
4. Clifford T. Morgan, Richard a. King, John R. Weis and John Schopler, "Introduction to Psychology" – 7th Edition. Tata McGraw Hill Book Co. New Delhi, 1993.
5. Edward, E. S., & Stephen, M.K. (2007). Cognitive Psychology: Mind and Brain. New Jersey: Prentice Hall India.
6. Ernest R. Hillgard, Richard C. Atkinson, Rita L. Atkinson, "Introduction to Psychology" 6th Edition, Oxford IBH publishing Co. Pvt. Ltd., New Delhi,1975.
7. Marx, M.H. &Hillix, W.A. (1987). Systems and Theories in Psychology. New York: McGraw Hill.
8. Schultz, D. (1985). A History of Modern Psychology. New York: Academic Press.
9. Wolman, B.H. (1973). Handbook of Psychology. New Jersey: Prentice Hall.
10. Woodworth, R., & Schlosberg, (1976). Experimental Psychology. New York: Holt and Rinehart.
11. Shanti PrakashAtrey, "Yoga Manovigyan".
12. R.S. Bhoghal, "Yoga & Mental Health".
13. R.S. Bhoghal, "Yoga evamMansikSwasthya".
14. Prof. Ramharsh Singh, "AyurvediyaManasVigyan".
15. Prof. Suresh LalBaranwal, "Yoga evamMansikSwasthya".

SEMESTER-II
PAPER-IV: ALTERNATE THERAPY
Subject Code: (PGDY CC-204)

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 Accupressure and Accupuncture – Introduction and basic principles
- 2.2 Reflexology and Sujok – Concept and fundamentals of their functioning
- 2.3 Magnetotherapy- Principles of Magnetotherapy 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 colours
- 3.4 Aromatherapy – Basic principles of Aromatherapy and its role in relaxation

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

REFERENCES:

1. Freeman PhD, Lyn W, "Mosby's Complementary & Alternative Medicine: A Research-Based Approach", Publisher: Mosby; 3rd (third) edition, ASIN: B00BT03ABG
2. Micozzi MD, Marc S. PhD, (January 1, 2015), "Fundamentals of Complementary and Alternative Medicine", (Publisher: Saunders; 5 edition, ISBN-13: 978-1455774074
3. Coghill, Roger. (9 November 2000) "The Book of magnetic healing", Publisher: Fireside, ISBN-13: 978-0684869674
4. Birla, Ghanshyam Das and Hemlin, Colette, "Magnet Therapy", Healing Arts Press, ISBN 9780892818419.
5. Lee, Jonathan and Taylor, (May 1, 2004), "Lesley Color Therapy", Publisher: Sterling ISBN-13: 978-1402710117
6. Gimbel, Theo. (April 1, 2005), "Healing with color", Publisher: Gaia ISBN-13: 978-1856752220
7. Walker, Dr. Marton (November 1, 1990), "The Power of color", Publisher: Avery ISBN-13: 978-0895294302
8. Gala, Dr. D. R. and Gala, DR. Dhiren, Gala, DR. Sanjay : (31 December 2000): "Be your own doctor with Acupressure", Bombay, Navneet Publications. Publisher: Navneet Publications ISBN-13: 978-8124301395
9. Singh, Attar , (1995) "Acupressure (Hindi) Paperback" –Publisher: ACS; 1 edition ASIN: B01FOXEN9A
10. Kellogg, John Harvey (1996-04-01). "Art of Massage: A Practical Manual for the Nurse, the Student and the Practitioner" Kessinger Publishing, LLC. ISBN 1-56459-936-1.
11. Horan, Paula, (2016), "Abundance Through Reiki", Motilal Banarsidas 2nd Editions, ISBN-13: 978-8120814776.
12. Horan, Paula, (1995), "Empowerment through Reiki", Lotus Press 8th Editions, ISBN-13: 978-0941524841
13. Elman, Dave, (1994), "Hypnotherapy", Westwood Publishing Company, U.S., ISBN-13: 978-0930298043
14. Murphy, Dr. Joseph, (2015) "Power of Your Subconscious Mind", Amazing Reads, ISBN 13: 978-8192910963
15. Charak, Dr. K.S., (2002), "Elements of Vedic Astrology", Uma Publications, ISBN 13: 978-8190100809
16. Co, Mater Stephen, Robins M.D. Eric-B., Merryman, John, (2004), "Your Hands Can Heal You", Atria Books, ISBN 13: 978-0743243056.

SEMESTER-II
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 Dheerendra Brahmachari**
 - iii) **Meditative Asanas:** Guptasana, Vajrasana, Bhadrasana
 - iv) **Relaxation Asanas:** Balasana, Shashankasana
 - v) **Supine Asanas:** Halasana, Chakrasana, Markatasana, Setubandhasana, Suptabaddhakonasana
 - vi) **Prone Lying Asanas:** Sarpasana, Vipreeta Naukasana, Dhanurasana, Shalabhasana
 - vii) **Sitting Asanas:** Vyaghrasana, Mandukasana, Bakdhyanasana, Gomukhasana, Marichyasana I, Rajkapotasana, Bharadwajasana
 - viii) **Standing Asanas:** Trikonasana, Ardha Kati Chakrasana, Veerbhadrasana (I & II)
 - ix) **Inversion Asanas:** Sarvangasana, Sirshasana, Salambasirshasana
 - x) **Advanced Group Asanas:** Pada Angusthasana, Garbhasana, Baddhpadmasana, Kukkutasana, Bakasana, Hanumanasana, Kurmasana, Uttana Kurmasana, Tittibhasana, Mayurasana, Padma Mayurasana
 2. **PRANAYAM:** Ashtakumbhaka of Hatha Yoga Pradipika
 3. **BANDHAS & MUDRAS:** Moola Bandha, Maha Bandha, Vipareet Karani Mudra, Khechari Mudra, Tadagi Mudra, Pashinee Mudra, , Maha Mudra, Maha Bheda Mudra
 4. **SHATKARMA:** Kapalbhata Three Types (Vyutkarma, Sheetkarma and Vaatkarma), Nauli, Trataka, Danda Dhauti, Vastra Dhauti
 5. **MEDITATION TECHNIQUES:** Soham Dhyana, Savita Dhyana
 6. **RELEXATION TECHNIQUE:** Yoga Nidra (advance)
-

SEMESTER-II
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 Accupressure Points and Reflexology
3. Magnetotherapy- 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.

INTERNAL ASSESSMENT CRITERIA
(P.G. Diploma in Yoga Education)

Internal Assessment for all subjects in P.G. Diploma in Yoga Education will be done as follows:

- | | | | |
|-----|-------------------------|---|------|
| (1) | Assessment within Class | : | (10) |
| (2) | Class Test | : | (05) |
| (3) | Assignment | : | (05) |
| (4) | Attendance* | : | (05) |
| (6) | Total | : | (25) |

NOTE: *Criteria for giving marks of attendance

% of Attendance	Marks
50%	1
60%	2
70%	3
75%	4
80%	5
85%	6
90%	7
94%	8
97%	9
100%	10