

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.

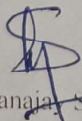
The Following members were present in the meeting –


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, Professor, S.D. PG College, Muzaffarnagar (Subject Expert)
6. Dr. Ram Ji Mishra, Assistant Professor, Patanjali University (Subject Expert)

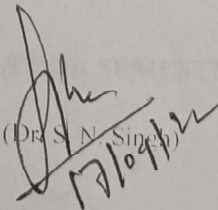
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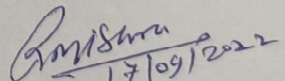
1. The Committee confirms the minutes of previous meeting with appreciation.
2. The syllabus as per CBCS of P.G. Diploma in Yoga Education (PGDYE) thoroughly studied by the committee and passed with warm appreciation. The theory subjects and practical of this course are given in the Enclosure-1.
3. The 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.

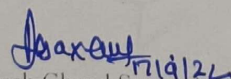
Note : Committee has decided to amend the above courses as per National Education Policy (NEP), if it required.

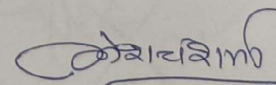

(Dr. Dhanajay Singh)


(Dr. Sheeldhar Dubey)


(Dr. S. N. Singh)


(Dr. Ramji Mishra)


(Dr. Akhilesh Chand Saxena)


(Prof. U.C. Sharma)

Received
for me
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प्रो. उमेश चन्द शर्मा
डीन- कला संकाय
डॉ. भीमराव आंबेडकर विश्वविद्यालय
आगरा

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

Date: 29-04-2022

Meeting of the Board of Studies/ Academic Committee for P.G. Diploma in Yoga Education (PGDYE), Master in Physical Education & Sports Sciences (MPES) and B A in Yoga (BAY) held on 29-04-2022 at 11.00am in the Department of Library & Information Science, Paliwal Park, Dr. B.R.A. University, Agra.

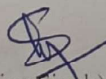
The Following members were present in meeting –


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)
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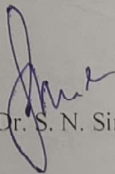
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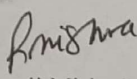
1. The Committee confirms the minutes of previous meeting.
2. The syllabus as per CBCS of P.G. Diploma in Yoga Education (PGDYE) thoroughly studied by the committee and passed by some little changes (Enclosure -1). The theory subjects and practical of this course are given below-
 - a. Theory - Introduction of Yoga
 - b. Theory - Patanjali Yogsutra
 - c. Theory - Mental Health
 - d. Theory - Anatomy & Physiology
 - e. Practical – Yogic Practices
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 by some little changes (Enclosure - 2). The details of theory subjects and practical of this course are given in encloser.
4. The syllabus as per Three Year Course having six semester on the basis of CBCS for B A in Yoga, ~~BA in Yoga~~ (MAY) (BAY) thoroughly studied by the committee and passed with appreciation (Enclosure - 3). The details of theory subjects and practical of this course are given in encloser.
5. The committee also submitted the list of examiners for the above three courses.
6. The meeting ends with the vote of thanks.

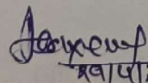
Note : Committee has decided to amend in if further there will change in the above courses as per National Education Policy (NEP)

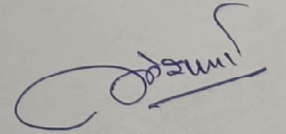

(Dr. Dhanajay Singh)

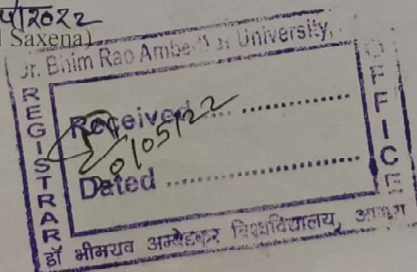

(Dr. Sheeldhar Dubey)


(Dr. S. N. Singh)


(Dr. Ramji Mishra)


(Dr. Akhilesh Chand Saxena)


(Prof. U.C. Sharma)



etc

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



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

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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 enthusiasts to become Yoga therapists 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 students shall be permitted to complete the program requirements within a maximum of two years from the date of admission.

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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 of it 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.

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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 Subjects 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 adjoining 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

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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

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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;

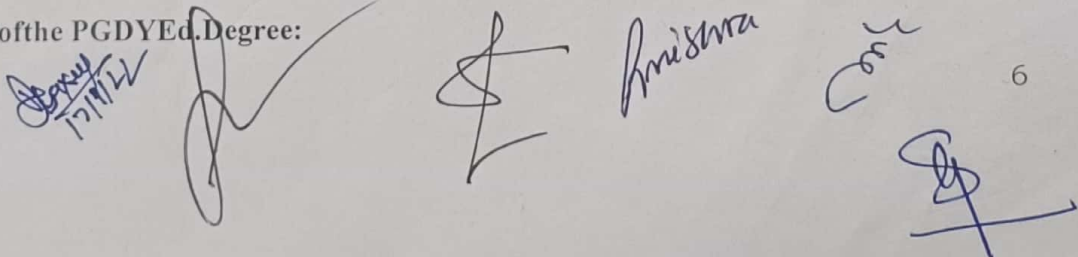
One Test	10 Marks
Seminar/Quiz	5 Marks
Assignments	5 Marks
Attendance	5 Marks
Total	25 Marks

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 PGDY Ed. Degree:

 Several handwritten signatures and initials are present below the text. One signature is dated 17/11/22. Another signature is clearly legible as 'Anishra'. There are also some initials and a signature that appears to be 'Conc'.

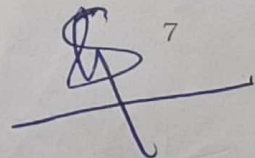
A candidate shall be eligible for the award of the degree of the PGDYEdOnly if he/she has earned the minimum required credit.

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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%


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

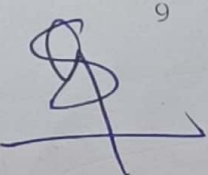
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VII. Attendance shall be taken

as a component for continuous assessment, although the student should put in minimum of 75% attendance in each course. In addition to continuous evaluation component, the endsemester 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 endsemester 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. The semester grade point average (SGPA) will be calculated as a weighted average of all the grade points of the semester courses. That is Semester grade point average (SGPA) = (sum of grade points of all six courses of the semester) / total credit of the semester as per exam leg given below:

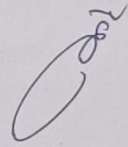
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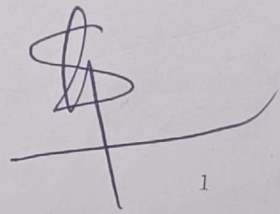
CourseNo	Credit	Marks out of100(%)	Grade	GradePoint	Credit Grade point
Course-1	5	65	A	6.5	26
Course-2	5	60	A	6.0	24
Course-3	5	62	A	6.2	24.8
Course-4	5	57	B+	5.7	22.8
Course-5	3	55	B+	5.5	22
Course-6	3	72	O	7.2	28.2
Total	26				147.8



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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 Cla

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.

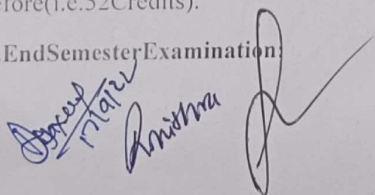
XII. Forthward of the class, CGPA shall be calculated on the basis of:

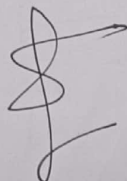
- (a) Marks of End Semester External Examination And
- (b) Total Marks obtained (Marks of End Semester External Examination + Marks of Internal Assessment) for each course. The final Class for M.A.Y. Degree shall be awarded on the basis of lowest CGPA (marks) of (a) & (b) of one to four semester examinations.

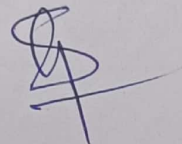
17. Conferment of the PGDY Ed. Degree:

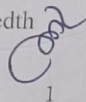
(i) A candidate shall be eligible for the conferment of the Degree of PGDY Ed only if he/she has earned the minimum required credits for the program prescribed therefore (i.e. 52 Credits).

18. End Semester Examination:








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

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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

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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

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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 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, 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.

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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 Hathayoga: 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, Hathasiddhilakshana (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

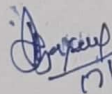
3. **INTRODUCTION OF GHERANDA SAMHITA**
 - 3.1 Introduction and History of Gheranda Samhita
 - 3.2 Concept of Ghatasth Yoga. Saptasadhana:-Shatkarma, Asanas, Mudra, Pratyahara, Pranayama, Dhyana, Samadhi.
 - 3.3 Shatkarma- Meaning, Types (Dhauti, Basti, Neti, Trataka, Nauli and Kapalabhati) Technique, Precautions and Benefits.
 - 3.4 Asanas and Mudras -Meaning, Definition Types, Technique, Precautions and Benefits.

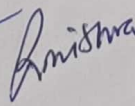
UNIT -IV

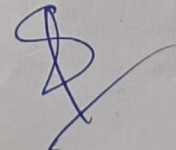
4. **PRATYAHARA AND PRANAYAMAS (AS PER GHERANDA SAMHITA).**
 - 4.1 Pratyahara – Meaning, Types, Technique, Precautions and Benefits.
 - 4.2 Concept of Prana, Types of Prana and their functioning, Pranayamas – Meaning and Definition, Types, Technique, Precautions and Benefits.
 - 4.3 Dhayana- Meaning, Types, Technique, Precautions and Benefits.
 - 4.4 Samadhi - Meaning, Types, Technique, Precautions and Benefits.

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PAPER- II: FOUNDATION OF YOGA

Subject Code: 111101

UNIT-I

1. INTRODUCTION TO HATHA YOGA

- 1.1 Hathayoga: Philosophy, Origin, Definition, Objectives and Misconceptions.
- 1.2 Hathayoga: History and development; Brief Introduction to eminent Hatha Yoga of NathaParampara and their contribution to Yoga.
- 1.3 Time and Place, Dress Code & Environment for Hatha Yoga; Concept of Mitahara; Patiya and Apathya, SadhakaTatva, BadhakTatva, Mahadadhatukarana (as per Hatha Yoga Pradipika).
- 1.4 Introduction of Asanas, Shatkarma - 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 CHERANDA SAMHITA

- 3.1 Introduction and History of Chheranda Samhita
- 3.2 Concept of Chatasti Yoga. Sanyasana/Shatkarma, Asana, Mudra, Pratyahara, Pranayama, Dhyana, Samadhi.
- 3.3 Shatkarma- Meaning, Types (Chasti, Basti, Neti, Trataka, Nauli and Kapalabhati) Technique, Precautions and Benefits.
- 3.4 Asanas and Mudras- Meaning, Definition Types, Technique, Precautions and Benefits.

UNIT-IV

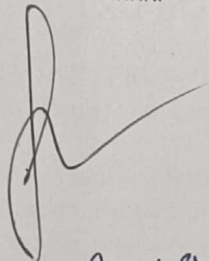
4. PRATYAHARA AND PRANAYAMA (AS PER CHERANDA SAMHITA).

- 4.1 Pratyahara - Meaning, Types, Technique, Precautions and Benefits.
- 4.2 Concept of Prana, Types of Prana and their functioning Pranayama - Meaning and Definition, Types, Technique, Precautions and Benefits.
- 4.3 Dhyana- Meaning, Types, Technique, Precautions and Benefits.
- 4.4 Samadhi - Meaning, Types, Technique, Precautions and Benefits.

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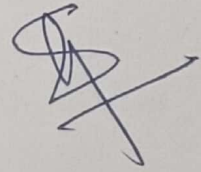
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SEMESTER-I
PAPER- III: APPLIED ANATOMY AND PHYSIOLOGY
Subject Code: (PGDY CC-103)

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)

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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

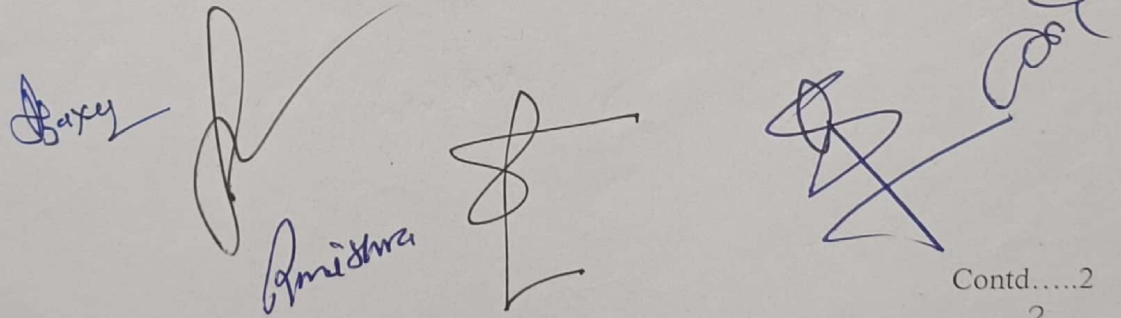
- 2. FASTING AND DIETETICS**
- 2.1 Definition, Introduction and Classification of Fasting
- 2.2 Difference between Fasting and Starvation, Hunger and Appetite
- 2.3 Hygienic auxiliaries during Fasting, Physiological effect of Fasting, Methods of Breaking the fast.
- 2.4 Diet according to Naturopathy 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 Hydratic Measures, Therapeutic Effect of Hydratic 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

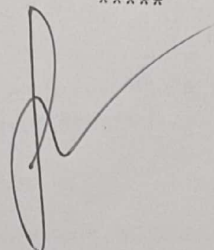
- 4. MANAGEMENT OF VARIOUS DISEASES WITH NATUROPATHY**
- 4.1 Management of Obesity and Diabetes
- 4.2 Management of Blood Pressure
- 4.3 Management of Asthma
- 4.4 Management of Arthritis and Back Pain

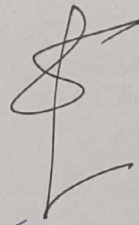


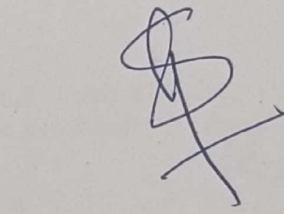
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SEMESTER-I
Yoga Practical Syllabus (PART-B)
Subject Code: (PGDY PC-101)

B-1: SYLLABUS FOR YOGA PRACTICAL - I

1. ASANAS:

- a) **Surya Namaskara**
- b) **Sukshama Vyayama-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, Sheetal, 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)



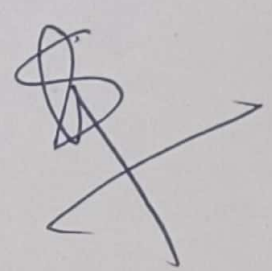
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SEMESTER-I
Naturopathy Practical (PART-B)
Subject Code: (PGDY PC-102)

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.
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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

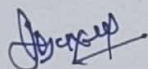

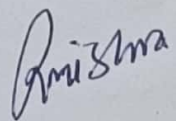
2. **ELEMENTS OF SADHANA PADA**
- 2.1 Kriya Yoga, PanchaKlesha, Pratiprasava
- 2.2 Definition of Drashta&Drishya, Tritap
- 2.3 Karmashaya, Haan, Hanopaya
- 2.4 Introduction of Ashtanga Yoga, Description of Various Limbs.

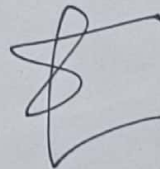
UNIT – III

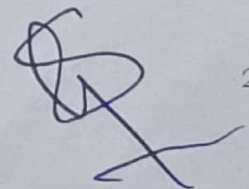
3. **PSYCHIC POWERS OF VIBHUTI PADA**
- 3.1 Samyama, attainment of various Vibhooti
- 3.2 Kayasampata (Physical Excellence)
- 3.3 Manojavitvam (Mental Excellence)
- 3.4 VivekKhyati (Knowledge of Discrimination)

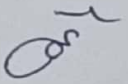
UNIT – IV

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





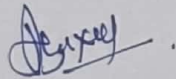
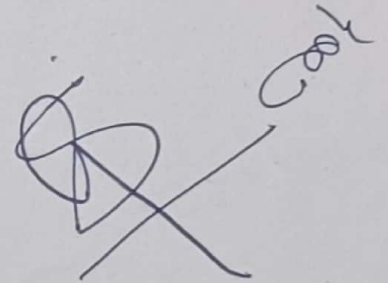
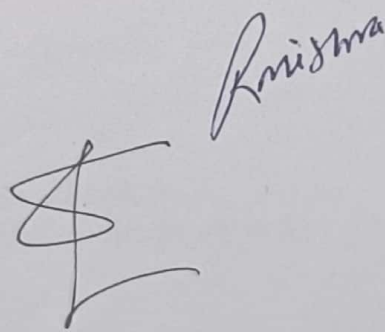


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16. R.S. Bhoghal, "Yoga evamMansikSwasthya".
17. Prof. Ramharsh Singh, "AyurvediyaManasVigyan".
18. Prof. Suresh LalBaranwal, "Yoga evamMansikSwasthya".



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

UNIT I

Arham Dhyan Yog

Antiquity of Jain Yoga, Various dimensions of Jain Yoga, Karma, Soul and Arham yoga, Introduction To The Ashtanga of Yoga, Yogaby Acharya Pujyapad Limbs of yogby Shri Veersen Acharya Meaning of Arham mantra.

UNIT II

Method and Benefits

Panch Parmeshthi, Arham-Five Steps Process, Panch mudra in detail, Spirituallyoga, Arham Mantra 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


Arham Ashtang Yog

Limbs of Meditation, Limbs of meditation, Goal of Meditation-Dhyey, Place, time and Method of meditation.

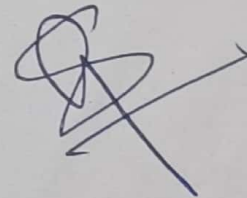
UNIT V

Theoretical and scientific analysis

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


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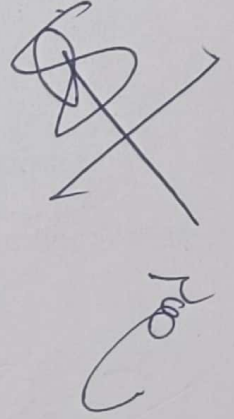
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PAPER-III: PRINCIPLES OF PSYCHOLOGY AND COUNSELING
Subject Code: (PGDY CC-203)

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

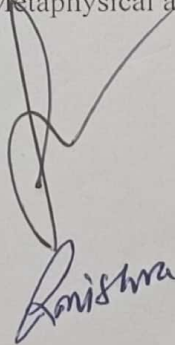
- 2. CONCEPT OF PERSONALITY**
- 2.1 Indian and Western approach to personality.
- 2.2 Theories of personalities.
- 2.3 Personality Test (Big Five).
- 2.4 Attitude change through Yoga & Developing Yogic Personality.

UNIT-III

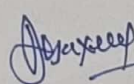
- 3. PSYCHOLOGY AND YOGA**
- 3.1 Introduction to Psychological and Transcendental perspective of Yoga.
- 3.2 Meaning and Characteristics of Mental Health.
- 3.3 Mental Relaxation through Prayer, A cross cultural approach to Mental Health.
- 3.4 Yogic Life Style for Stress, Anxiety and Depression.

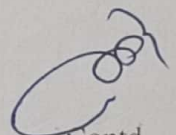
UNIT-IV

- 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


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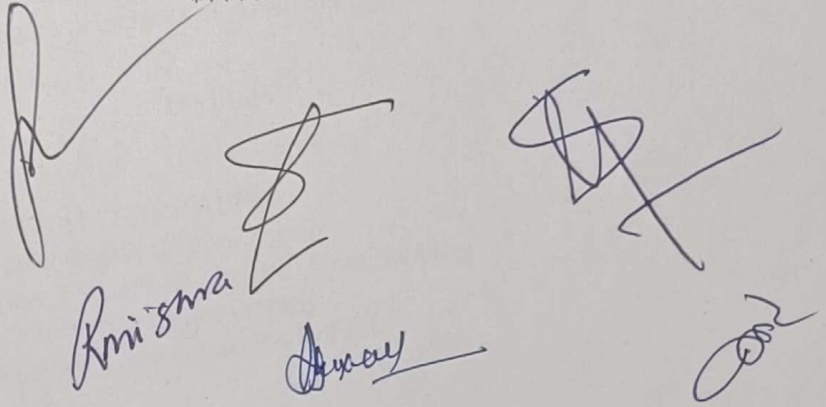

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(पूर्ववर्ती: आगरा विश्वविद्यालय, आगरा)

शारीरिक शिक्षा एवं खेलकूद विभाग, आगरा

पी0जी0 डिप्लोमा इन योगा एजुकेशन

(एक वर्षीय पी0जी0 पाठ्यक्रम)

Rmishma
29/04/2022

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29/4/22

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पी0जी0 डिप्लोमा इन योगा एजुकेशन (एक वर्षीय पी0जी0 पाठ्यक्रम)

भूमिका

योग केवल भारत में ही नहीं वरन सम्पूर्ण की विभिन्न संस्कृतियों का भी आधार स्तंभ रहा है। आज विश्व आर्थिक, राजनीतिक तथा सांप्रदायिक द्वन्द्वों के कारण टुकड़ों में विभाजित होता जा रहा है। इसका प्रधान कारण यह है कि हमने संस्कृति के अनावश्यक तत्वों को अधिक महत्व दे दिया है तथा इसके आवश्यक तत्वों को समझने का प्रयास नहीं कर रहे हैं। योग पाठ्यक्रम के द्वारा विश्वविद्यालय का उद्देश्य युवा, मेधावी तथा शिक्षित पुरुषों एवं महिलाओं को आत्म संयम तथा आत्मनियंत्रण की कला में प्रशिक्षित करना है। उनकी उच्च सम्भावित शक्तियों को उभारना है तथा उन्हें सांस्कृतिक समन्वय के लिए भली प्रकार से तैयार करना है जिसके कि वह न केवल अपने जीवन को स्वस्थ एवं सहज बना सकें, अपितु दूसरों को भी इसकी उद्देश्य की प्राप्ति में शारीरिक एवं मानसिक संतुलन के अभ्यासों के प्रशिक्षण के द्वारा सहायता प्रदान कर सकें।

योग का सबसे अधिक महत्व तनाव से मुक्ति, मानसिक एवं शारीरिक नियंत्रण के लिए होता है। योग के अभ्यास से संकल्प-शक्ति बढ़ती है जिससे व्यक्ति में आनंद, शारीरिक क्षमता और दृढ़ता में वृद्धि होती है।

Prishwa
29/04/2022



अधिनियम

पाठ्यक्रम का क्षेत्र एवं उद्देश्य:

इस पाठ्यक्रम का उद्देश्य व्यक्ति को योग एवं लौकिक पक्ष में प्रशिक्षित एवं तैयार करना है जिससे व्यक्तित्व के संतुलन की समस्या का समाधान हो सके। यह योग के आध्यात्मिक एवं पक्ष वाले अभ्यासों के लिए पहली सीढ़ी है, अतः पाठ्यक्रम में योग के व्यावहारिक पहलुओं को प्राथमिकता दी गई है। छात्रों को योग के अन्य शैक्षिक पहलुओं का भी अच्छा प्रशिक्षण दिया जाएगा। जिससे वे अधिक ज्ञान से लाभान्वित हो सके तथा योग का अध्यापन करते समय उनका उपयोग कर सकें।

पात्रता

1 प्रवेश:

इस उपाधि पाठ्यक्रम में उन्हीं को प्रवेश मिल सकता है जो किसी मान्यता प्राप्त विश्वविद्यालय से स्नातक (50 प्रतिशत अंक लेकर हो) अथवा जिनके पास समकक्ष योग्यता हो।

अविवाहित तथा संस्कृत का ज्ञान रखने वाले व्यक्ति को वरीयता दी जाएगी। जाति, वर्ण एवं राष्ट्रीयता के बंधनों से ऊपर उठकर सभी के लिए प्रवेश खुला है।

शारीरिक एवं मानसिक स्वस्थ अभ्यर्थी को ही इस पाठ्यक्रम में प्रवेश दिया जाएगा।

पिछड़ी जाति एवं जनजाति के प्रवेश के लिए वही सुविधाएं हैं जो भारत सरकार द्वारा निर्धारित की गई है।

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प्रवेश के लिए आवेदन

प्रवेश के लिए आवेदन विश्वविद्यालय की वेबसाइट वेबसाइट रजिस्ट्रेशन के द्वारा के द्वारा संपन्न होगा।

वार्षिक शुल्क

वार्षिक शुल्क रु 10000 प्रतिवर्ष। परीक्षा-शुल्क व अंक प्राप्ति शुल्क अथवा विश्वविद्यालय का पंजीकरण शुल्क उक्त शुल्क में सम्मिलित नहीं हैं प्रत्येक छात्र को विश्वविद्यालय के नियमानुसार यह धनराशि स्वयं देनी होगी।

प्रायोगिक परीक्षा के साथ लिखित व मोखिक परीक्षाएँ, सत्रान्त में तथा वार्षिक होगी। इन परीक्षाओं के अतिरिक्त विध्यार्थियों के दैनिक, मासिक एवं समग्र कार्यों की प्रगति का भी मूल्यांकन किया जायेगा।

सीटों की संख्या

एक सत्र में सीटों की संख्या अधिकतम 60 होगी और आवेदन अधिक उपलब्ध होने पर सीटों को बढ़ाया जा सकता है अधिकतम 120

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प्रथम प्रश्न पत्र
योग परिचय

- इकाई 1 योग शब्द का अर्थ, योग के प्रकार एवं विशेषता, योग की परिभाषा, योग की परंपरा एवं योग का इतिहास ।
- इकाई 2 अष्टांग योग का अर्थ, यम, नियम, आसन, प्राणायाम, प्रत्याहार धारणा, ध्यान एवं समाधि का वर्णन ।
- इकाई 3 हठप्रदीपिका के आधार पर हठयोग की परिभाषा एवं हठ प्रदीपिका में वर्णित विषयों का अध्ययन जैसे- प्रयोग के सहायक तत्व नारी शुद्धि, प्राणवायु, आसन, कुंडलिनी, नादानुसंधान, पंचम उपदेश आदि ।
- इकाई 4 घेरण्ड संहिता का अध्ययन, घेरण्डनाथ जी के अनुसार षटक्रियाओं की विस्तार से चर्चा, घेरण्डसंहिता के अनुसार क्रिया, आसन मुद्रा प्रत्याहार प्राणायाम, नाडीशुद्धि, कुम्भक, ध्यान, समाधि ।
- इकाई 5 वशिष्ठ संहिता में वर्णित विषयों का अध्ययन योग से संबंधित अन्य ग्रंथों का अध्ययन ।

Revisions required -

P. Mishra
29/04/2022



द्वितीय प्रश्न पत्र
पतंजलि योग सूत्र

- इकाई 1 समाधि पाद। योग के लक्षण और उसकी आवश्यकता चित्र वृत्तियां अभ्यास एवं वैराग्य समाधि का विषय ईश्वर प्राणिद्यान, चित्त के विक्षेप और उनका निदान, समाधि के फलसहित अधान्तर भेदों का वर्णन।
- इकाई 2 साधना पाद। क्रियायोग, अविद्यादि पंच क्लेश -नाशउपाय द्रश्य की सार्थकता का कथन, प्रकृति-पुरुष के अविधाकृत संयोग का स्वरूप, विवेक ज्ञान की प्राप्ति के लिए अष्टांग योग की आवश्यकता।
- इकाई 3 विभूति पाद। धारणा ध्यान और समाधि के स्वरूप का प्रतिपादन, निर्बीज समाधि के बाह्यांग, साधना रूप संयम का निरूपण, चित्त के परिणामों का विषय, प्रकृति पतित समस्त पदार्थों के परिणाम का निरूपण, फलसहित संयमो का वर्णन, विवेक ज्ञान एवं कैवल्य का निरूपण।
- इकाई 4 कैवल्य पाद- सिद्धियों की प्राप्ति के पंच हेतुओ का तथा पांत्यन्तर परिणाम का विषय, ध्यानपतित परिणाम की संस्कार शुन्यता का प्रतिपादन, योगी के कर्म की महिमा, कर्म फल प्राप्ति के प्रकार का वर्णन, कैवल्य अवस्था का निरूपण।
- इकाई 5 सांख्य तथा पतंजलि योग में भेद, पतंजलि योग का महत्व।

References required

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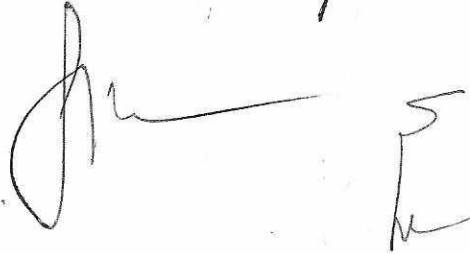
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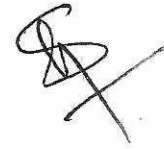
तृतीय प्रश्न
मानसिक स्वास्थ्य

- इकाई 1 1 व्यक्तित्व- परिभाषा और घटक।
2 व्यक्तित्व को प्रभावित करने वाले कारक।
3 मनोवैज्ञानिक अवधारणाएं।
4 व्यक्तित्व के विकास में योग की भूमिका।
- इकाई 2 प्रार्थना, प्रार्थना के प्रकार, प्रार्थना का दैनिक जीवन में महत्व
- इकाई 3 1 आधुनिक जीवन में तनाव, द्वन्द एवं नैराश्य।
2 द्वन्द एवं नैराश्य दूर करने के उपाय।
3 तनाव प्रबंधन में योग की भूमिका।
- इकाई 4 1 ध्यान का मन पर प्रभाव।
2 योग की गलत धारणाएं एवं उनके स्त्रोत, मन पर प्रभाव तथा निराकरण के उपाय।
- इकाई 5 विभिन्न प्रकार के भोजन, सात्विक, राजसिक एवं तामसिक भोजन का मनोवृत्ति पर प्रभाव।

References required

Poojisha
29/04/2022









चतुर्थ प्रश्नपत्र
शरीर रचना एवं शरीर क्रिया विज्ञान

इकाई 1 1 मानव शरीर का सामान्य परिचय, अवयव तथा विभिन्न तंत्र।
2 परिवहन, तंत्रिका, अंतः स्रावी ग्रंथियां, पाचन तंत्र, श्वसन एवं उत्सर्जन तंत्र।

इकाई 2 आसनों का शरीर क्रिया विज्ञान संबंधी अध्ययन।

इकाई 3 क्रियाओं का शरीर के विभिन्न संस्थानों पर प्रभाव, मधुमेह रोग एवं यौगिक उपचार, प्राणायाम का विस्तृत वैज्ञानिक विवेचन एवं उसका शरीर एवं मस्तिष्क पर प्रभाव

इकाई 4 1 बन्द एवं मुद्रायें 2 शारीरिक एवं शरीर क्रिया वैज्ञानिक पक्ष।

इकाई 5 शाकाहारी एवं मांसाहारी भोजन का शरीर पर प्रभाव।

Ramesh mehta

[Signature]

[Signature]

Ramisha
29/04/2022

[Signature]

[Signature]

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पंचम प्रश्न पत्र

अर्ह ध्यान योग

इकाई 1:- अर्ह ध्यान योग एक परिचय

जैन योग की प्राचीनता, तीर्थकरों की परंपरा आचार्यों तक, ध्यान की विशेषता, जैनयोग के विविध आयाम।

इकाई 2:- योग का अर्थ

योग एक आध्यात्मिक प्रक्रिया, कर्म, आत्मा और अर्ह योग, योग की व्युत्पत्ति

इकाई 3:- योग के आठ अंग की ज्ञात परंपरा

योग के अष्टांगो का परिचय, यम, नियम, अहिंसा आसन, प्राणायाम, प्रत्याहार, धारणा, ध्यान, समाधि

इकाई 4:- योग की श्रमण परंपरा

जैन दर्शन में योग, आचार्य पूज्यपाद का योग श्री वीरसेन आचार्य द्वारा सम्मत योग के अंग।

इकाई 5:- अर्ह योग की प्रेरणा

अर्ह मंत्र का अर्थ, अर्ह मंत्र के निष्पत्ति
अर्ह मंत्र ध्यान का फल, अर्ह में तीन तत्व

Rebecca Raymond

R. Mighra
29/04/2022

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[Signature]

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huc

20/04/2022

षष्ठम प्रश्न पत्र

प्रयुक्त योग

इकाई 1- स्वास्थ्य की अवधारणा एवं स्वस्थ वृत्त की आवश्यकता, व्यक्तिगत स्वास्थ्य, दैनिक क्रिया, स्वास्थ्य के आयाम।

इकाई 2- सामाजिक स्वास्थ्य, पर्यावरणीय स्वास्थ्य, हवा पानी, प्रकाश, कूड़ा निस्तारण, अपद्रव्य निवारण, औद्योगिक स्वास्थ्य।

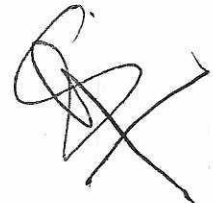
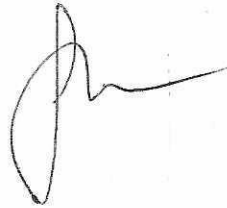
इकाई 3- योगिक और अयोगिक व्यायाम में अन्तर, योग थेरपी, कार्योत्सर्ग।

इकाई 4- नाड़ी श्वास, उदरीय श्वास, श्वाच्छोसवास और जीवन की लंबाई।

इकाई 5- सगुण स्वर, निर्गुण स्वर, ध्येय, ध्येय के लक्षण, अक्षर ध्येय का फल, ऋतु, मन की तृष्णा।

Reponses required

Amighora
29/04/2022



huc
29-4-2022

सत्रीय कार्य

अध्यापन अभ्यास विधियाँ

- कक्षाओं का प्रबंध एवं अध्ययन विधि।
- पाठ योजना एवं उसका महत्व।
- आसन एवं व्यायाम में अंतर।
- विभिन्न वर्ग समूहों की अध्यापन विधियाँ।
- सामान्य एवं चिकित्सात्मक कक्षाओं में अंतर।
- कक्षा में अभ्यास पाठों का आयोजन।
- अभ्यास पाठों का आलोचनात्मक निरीक्षण।

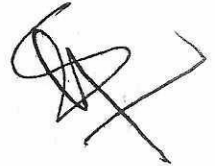
Rmishra
28/04/2022













29-4-2022

(प्रयोगात्मक)

1. योगिक अभ्यास की सूची

(आसन)

- | | | |
|----------------------|---------------------|---------------------|
| 1. शीर्षासन | 2. विपरीतकरणी | 3. सर्वांगासन |
| 4. मत्स्यासन | 5. भुजंगासन | 6. हलासन |
| 7. शलभासन | 8. धनुरासन | 9. वक्रासन |
| 10. अर्धमत्स्येन्द्र | 11. पश्चिमतान | 12. वज्रासन |
| 13. सुप्तवज्रासन | 14. योगमुद्रा | 15. चक्रासन |
| 16. वृक्षासन | 17. ताड़ासन | 18. सिद्धासन |
| 19. स्वास्तिकासन | 20. पदमासन | 21. सिंहासन |
| 22. गोमुखासन | 23. मत्स्येन्द्रासन | 24. उत्कटासन |
| 25. मयूरासन | 26. कुक्कुटासन | 27. कूर्मासन |
| 28. उत्तानकूर्मासन | 29. उष्ट्रासन | 30. गौरक्षासन |
| 31. बकासन | 32. पादहस्तासन | 33. वद्वपदमासन |
| 34. आकर्णधनुरासन | 35. नौकासन | 36. उग्रासन |
| 37. पर्वतासन | 38. गरुडासन | 39. जानूशीर्षासन |
| 40. तोलागुंलासन | 41. कर्णपीडासन | 42. पवनमुक्तासन |
| 43. मुक्तासन | 44. वीरासन | 45. गुप्तासन |
| 46. संकटासन | 47. मण्डूकासन | 48. उत्तानमण्डूकासन |
| 49. वृषभासन | 50. पादनुगुआसन | 51. वातायनासन |
| 52. गर्भासन | 53. नटराजासन | 54. शीसपादानुआसन |
| 55. भद्रासन | 56. कपोतासन | 57. एकादास्कन्धासन |
| 58. चक्रासन | 59. शवासन | 60. मकरासन |

Ani Nma
29/04/2022

प्रयोगात्मक

योगिक अभ्यास

1 आसन

- | | | |
|----------------------|---------------------|---------------------|
| 1. शीर्षासन | 2. विपरीतकरणी | 3. सर्वांगासन |
| 4. मत्स्यासन | 5. भुजंगासन | 6. हलासन |
| 7. शलभासन | 8. धनुरासन | 9. वक्रासन |
| 10. अर्धमत्स्येन्द्र | 11. पश्चिमतान | 12. वज्रासन |
| 13. सुप्तवज्रासन | 14. योगमुद्रा | 15. चक्रासन |
| 16. वृक्षासन | 17. ताड़ासन | 18. सिद्धासन |
| 19. स्वास्तिकासन | 20. पदमासन | 21. सिंहासन |
| 22. गोमुखासन | 23. मत्स्येन्द्रासन | 24. उत्कटासन |
| 25. मयूरासन | 26. कुक्कुटासन | 27. कूर्मासन |
| 28. उत्तानकूर्मासन | 29. उष्ट्रासन | 30. गौरक्षासन |
| 31. बकासन | 32. पादहस्तासन | 33. वद्वपदमासन |
| 34. आकर्णधनुरासन | 35. नौकासन | 36. उग्रासन |
| 37. पर्वतासन | 38. गरुडासन | 39. जानूशीर्षासन |
| 40. तोलागुंलासन | 41. कर्णपीडासन | 42. पवनमुक्तासन |
| 43. मुक्तासन | 44. वीरासन | 45. गुप्तासन |
| 46. संकटासन | 47. मण्डूकासन | 48. उत्तानमण्डूकासन |
| 49. वृषभासन | 50. पादनुगुआसन | 51. वातायनासन |
| 52. गर्भासन | 53. नटराजासन | 54. शीसपादानुआसन |
| 55. भद्रासन | 56. कपोतासन | 57. एकादास्कन्धासन |
| 58. चक्रासन | 59. शवासन | 60. मकरासन |

Amish
29/04/2022

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2. प्राणायमः-

1. अनुलोमविलोम
2. शीतली
3. सीत्कारी
4. भस्त्रिका
5. भ्रामरी
6. उज्जायी
7. सूर्यभेदन
8. मूर्छा
9. प्लावनी

3. बन्धः-

1. जालन्धर बन्ध
2. उडडीयान बन्ध
3. मूल बन्ध
4. महाबन्ध
5. जिह्वा बन्ध

4. मुद्रा

ब्रह्ममुद्रा

5. क्रियाएं (शुद्धिक्रियाएं)

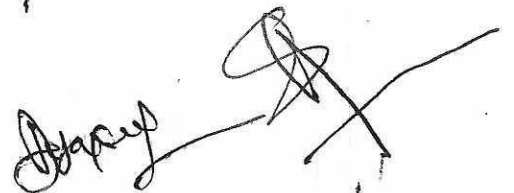
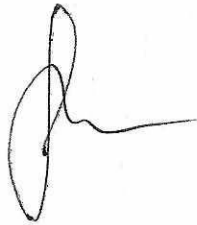
1. धोति (वमन, दण्ड, वस्त्र)
2. नैति (जल, सूत्र)
3. वस्ति
4. अगिनसार
5. कपालभांति
6. त्राटक
7. नैलि
8. शंखप्रक्षालन

6. अर्ह योग

अर्ह ध्यान योग, अर्ह मंत्र, अचार्य मुद्रा

7. ध्यान की स्थिति (30 मिनट तक)

Rmishra
29/04/2022



2. प्राणायम

1. अनुलोमविलोम
2. शीतली
3. सीत्कारी
4. भस्त्रिका
5. भ्रामरी
6. उज्जायी
7. सूर्यभेदन
8. मूर्छा
9. प्लावनी

3. बन्ध

1. जालन्धर बन्ध
2. उडडीयान बन्ध
3. मूल बन्ध
4. महाबन्ध
5. जिह्वा बन्ध

4. मुद्रा

ब्रह्ममुद्रा

5. क्रियाएं (शुद्धिक्रियाएं)

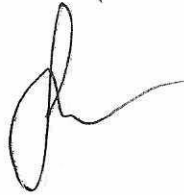
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2. नैति (जल, सूत्र)
3. वस्ति
4. अगिनसार
5. कपालभांति
6. त्राटक
7. नैलि
8. शंखप्रक्षालन

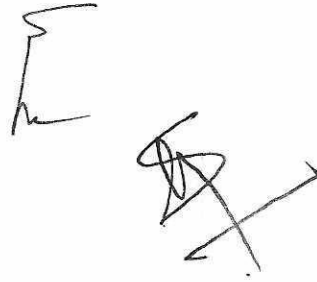
6. ओम उच्चारण

अहम योग

7. ध्यान की स्थिति (30 मिनट) तक

Ranishma
29/04/2022









शिक्षण अभ्यास

5 पाठ योजना आंतरिक और 5 पाठ योजना विद्यालय में शिक्षण।

Rmishwa
29/04/2022







