

**SCHEME OF EXAMINATION
And
SYLLABUS
For
Diploma
in
Yoga&Naturopathy offered
by
Community College of Skill Development**



**JCBose University of Science & Technology, YMCA
Sector-6, Mathura Road, Faridabad,
Haryana,
India 2024-25**

ABOUT THE COMMUNITY COLLEGE OF SKILL DEVELOPMENT

Community College of Skill Development has been running Post Graduate Diploma in Yoga and Naturopathy since 2018 with a mission to impart Yoga and Naturopathy education and significance of corrective exercise for fostering healthy lifestyle. The curriculum also helps the student to develop their skills in setting goals in life and make them physically, mentally, and spiritually strong to face different challenges in life.

ABOUT THE PROGRAM

Diploma in Yoga is a full- time program in Yoga and Naturopathy. The program is covered in the course of one year covering all the major aspects of the study of Yoga. The prominence of Yoga has been on an increase across the globe, with more and more people knowing its benefits on health both in terms of physical and mental health. Along with becoming a medium of leading a healthy lifestyle, yoga has also turned to be a mode of a profession, with people opting for a career in this field. The program of Diploma in Yoga envisages to provide the required training to the aspirants who wish to undertake the further career in this field. The syllabus of Diploma in Yoga comprises theory and practical method of teaching.

PROGRAM EDUCATIONAL OBJECTIVES (PEOs)

PEO1: To enable the student to have good health.

PEO 2: To practice mental hygiene.

PEO3: To possess emotional stability.

PEO 4: To integrate moral values.

PEO5: To attain a higher level of consciousness.

PROGRAM OUTCOMES

After completing the program, students will be able to:

1. The student can understand the knowledge about the theory and practice of Yoga and its nature, scope, development of yoga through the ages, Different types of yoga like Karma Yoga, Bhakti Yoga, Jnana Yoga, Raja yoga, Hatha yoga and Mantra Yoga, Meditation and Its nature and scope, Different types of meditation, the concepts Hatha Yoga Pradipika and Gheranda Samhitha, Chakra theory and Kundalini yoga and relevance to the modern life.
2. The student can understand the knowledge of human anatomy & physiology of Cell structure, systems in the body like Skeletal system, Muscular system, Digestive system,

Circulatory system, Respiratory system, Excretory system, Endocrine system, Nervous system. Also, knowledge about Nutrition and dietetics.

3. The student can understand the knowledge of nature, characteristics and development of Indian philosophy, Indian Philosophical systems like Vedic thought, Nyaya Philosophy, Vaisesika Philosophy, Samkhya/ sankhya Philosophy.
4. To familiarize students with the basic concepts of Indian and western psychology with an emphasis on application of psychology in everyday life.
5. To guide the students about the ways for improving consciousness and to improve mental health.
6. The student can understand the knowledge of nature, characteristics, and development of Indian philosophy.

PROGRAMME SPECIFIC OUTCOME (PSOs)

Students will have knowledge of improving the health of mind and body. Basic knowledge of Yoga and Naturopathy on Physical and Mental aspect.

SCHEME OF EXAMINATION

FIRST SEMESTER

Subject Code	Subject Name	L-T-P	Credits	Marks Weightage		CourseType
				Internal	External	
DYN-101	Introduction toYoga	3-0-0	3	25	75	PCC
DYN-102	Human Anatomy	3-0-0	3	25	75	PCC
DYN-103	Hath yoga	3-0-0	3	25	75	PCC
DYN-104	Health and Yoga	3-0-0	3	25	75	PCC
DYN-106	Yoga Practical	0-0-8	8	30	70	SDP
Total		12-0-8	20	130	370	

SECOND SEMESTER

Subject Code	Subject Name	L-T-P	Credits	Marks Weightage		Course Type
				Internal	External	
DYN-201	Patanjali Yoga Sutra	3-0-0	3	25	75	PCC
DYN-202	Naturopathy	3-0-0	3	25	75	PCC
DYN-203	Alternative Therapy	3-0-0	3	25	75	PCC
DYN-206	Naturopathy Practical	0-0-5	5	30	70	SDP
DYN-207	Yoga Practical	0-0-6	6	30	70	SDP
Total		9-0-11	20	135	365	

THIRD SEMESTER

Subject Code	Subject Name	L-T-P	Credits	Marks Weightage		Course Type
				Internal	External	
DYN-301	Shrimad Bhagwad geeta	3-0-0	3	25	75	PCC
DYN-302	Diet and Nutrition	3-0-0	3	25	75	PCC
DYN-303	Method of teaching yoga & value education	3-0-0	3	25	75	PCC
DYN-304	General Psychology	3-0-0	3	25	75	PCC
DYN-305	Yoga Practical	0-0-8	8	30	70	SDP
Total		12-0-8	20	130	370	

FORTHSEMESTER

Subject Code	Subject Name	Credits	MarksWeightage		Course Type
			Internal	External	
DYN-401	On Job Training (OJT)/ Internship Program	20	350	150	OJT
Total		20	350	150	500

Students will go to School, Yoga studios, corporate yoga center etc. for **On Job Training**. Students will be evaluated **based upon On Job Training (OJT)/ Internship** including report and presentation.

DETAILED SCHEME AND SYLLABUS**FIRST SEMESTER**

Subject Code	Subject Name	L-T-P	Credits	Marks Weightage		CourseType
				Internal	External	
DYN-101	Introduction to Yoga	3-0-0	3	25	75	PCC
DYN-102	Human Anatomy	3-0-0	3	25	75	PCC
DYN-103	Hathayoga	3-0-0	3	25	75	PCC
DYN-104	Health and Yoga	3-0-0	3	25	75	PCC
DYN-106	Yoga Practical	0-0-8	8	30	70	SDP
Total		12-0-8	20	130	370	

DNY-101: Introduction to Yoga
Diploma (Yoga and Naturopathy) I Semester

No. of Credits: 3
L T P Total
3 0 0 3

Sessional: 25marks
Theory: 75 marks
Total: 100 marks

Duration of Exam: 3 hours

Course Objectives: The objective of studying this course is to acquire knowledge on the Basics of yoga, Indian philosophy, and Basis of different yoga.

Course Outcomes: At the end of the course, the student shall be able to:

- CO1 Discuss about the basics of yoga theory.
- CO2 Discuss about ancient yogic scriptures.
- CO3 Quote the autobiography of yogis.
- CO4 To acquire knowledge of the treatment of different diseases through yogic practices.
- CO5 Develop basic understanding about culture & tradition

Course Contents:

Unit 1: Introduction

Meaning of yoga, different Definition of yoga, Aim and Purpose of yoga, Introduction of different techniques of Yogic Practices.

Unit2: Yoga Scriptures

Yoga in Upanishad and Veda, Yoga in Shrimad Bhagwadgeeta, Yoga according to Yoga Sutra, Yoga according to Hath yoga, Yoga According to Buddhism and Jainism.

Unit 3: Autobiography of Yogic Gurus

Autobiographies of yogic guru – Maharshi Patanjali, Gorakhnath, Maharshi Dayanand, Swami Vivekanand, Maharshi Raman, Shri Aurobindo, Maharshi Mahesh Yogi, Swami Kuvalayananda, Dayananda Saraswati.

Unit4: Yoga & lifestyle

Benefits of Yogic lifestyle, Importance of yoga in prevention & cure, Career in yoga & naturopathy.

Reference Books:

1. Upanishad in yoga–PRO. Ishwar Bharadwaj.
2. Yoga Mahavigyan– Dr. Kamakhya kumar.
3. Geeta press Gorakhpur– Patanjali yog sutra
4. Mukti ke char sopana– Swami satyananda saraswati

DNY-102:Human Anatomy

Diploma (Yoga and Naturopathy) I Semester

No. of Credits: 3

L T P Total

3 0 0 3

Sessional: 25marks

Theory: 75 marks

Total: 100 marks

Duration of Exam: 3 hours

Course Objective: The objective of studying this course is to acquire knowledge on the Basics of the Human body system, function of organs and how yogic kriyas helps to prevent disease.

Course Outcomes: At the end of the course, the student shall be able to:

CO1 Discussion of the concept of cells, tissues, skeletal system.

CO2 Describe the structure and function of the brain, shape and size of bones, function of respiratory system and the basic activities of the digestive process.

CO3 Describe the structure and function of heart and blood circulation, structure and function of kidney, list the function of hormones, different layers of skin and their functions.

CO4 Discuss anatomically and physiological effects of selected yoga practices.

Course Contents:

Unit1: Fundamental system of body

Structure and function of cells and tissues, structure of bones and its functions, structure and function of hand and legs bones.

Unit-2: Important System of Body

Structure and function—respiratory system, nervous system, the digestive system, skeletal system.

Unit-3: Blood and related system—

Structure and function of heart and blood circulatory system, structure and function of excretory system, structure and function of Endocrine system, structure and function of skin.

Unit-4: Yogic effects on body systems—

Effect of different Asana, Pranayama, Mudra, Bandh, Shatkaram and Dhyan on the system of, Tissues, Bones, Digestion, Endocrine, Nervous system and Blood –Circulation.

Reference Book:

1. Yoga therapy –Swami Shivanand
2. Human Anatomy and Physiology- Dr.Anant Prakesh Gupta|
3. Rog aur Yog –Bihar school of yoga

DNY-103: Hatha Yoga

Diploma (Yoga and Naturopathy) I Semester

No. of Credits: 3

L T P Total

3 0 0 3

Sessional: 25marks

Theory: 75 marks

Total: 100 marks

Duration of Exam: 3 hours

Course Objective: The objective of studying this course is to acquire the theoretical knowledge of Asanas, Pranayam, Bandh and Shatkarma.

Course Outcomes: At the end of the course, the student shall be able to:

CO1 Describe Hathayoga

CO2 Recognize Asanas.

CO3 Identify Pranayams.

CO4 Identify Shatkarmas apparatus

Course Content:

Unit-1: Introduction

Introduction and Meaning of HathaYoga, Definition of HathaYoga, Suitable time and place for practice, Diet of Hatha Yogi, Seeker elements and obstructing elements in yoga practice, Characteristics of Hatha Sidhi.

Unit-2: Asanas and Bandhas

Introduction and meaning of Asana, Formation of Asana in Hatha Pardipika, formation of Asana according to Gheranda samhita, Description of Bandh in Hathapradipika, Description of Bandh in Gherand Samhita.

Unit-3: Pranayamas

Introduction and Meaning of Pranayama, Formation of pranayama according to Hatha Pradipika, Formation of Pranayama according to Gheranda Samhita, Role of pranayama in different diseases, Benefits of pranayama.

Unit-4: Shatkarma

Introduction and Meaning of Shatkarma, Benefits of Shatkarma, according to Hathpadeepika (Process, Benefits and caution) Dhauti, Basti, Neti, Nauli, Trataka & Kapalabhati.

Reference Book:

1. Hatha Yoga Pardipika- Swami Annant Bharti
2. Gheranda Samhita- Dr. Raghvendra Sharma Raghav.

DNY-104: Health and Yoga

Diploma (Yoga and Naturopathy) I Semester

No. of Credits: 3

L T P Total

3 0 0 3

Sessional: 25marks

Theory: 75 marks

Total: 100 marks

Duration of Exam: 3 hours

Course Objective: The objective of studying this course is to understand the concept of diet and the medical value of nutrition. Advice appropriate diet to different age group and in different diseases. Understand health definition according to season.

Course Outcomes: At the end of the course, the student shall be able to:

CO1 Discuss about health according to Ayurveda.

CO2 To acquire knowledge how yoga helps in different type of disease.

CO3 To acquire knowledge how yoga helps in different type of disease.

CO4 To learn about diet and nutrition.

Course Content's-

Unit-1: Introduction of Health–

Meaning and definition of health, Dincharya, ratrichariya and rituchrya. Base Pillar of health (Diet, Celibacy and Sleep), Tridoshas, Saptdhatus, swasthayavart.

Unit-2: Disease, symptoms and their yogic solution–

Concept of disease, cause of disease, Symptoms and solution according to yoga (Constipation, Ulcer, Backache, Cold and cough, Hyper-tension, Low-bloodpressure, Asthma).

Unit-3: Disease, symptoms and their yogic solution–

Symptoms and Solution according to yoga in different Disease- (Eyes problem, Obesity, Heart disease, Thyroid, Diabetes, Tension (Stress and Depression)

Unit -4: Diet and Nutrition–

Meaning and definition of diet, the purpose of diet, Balance diet, Concept of Nutrition, mitahar- (Moderate diet).

Referencebook:

1. Yog and yogic therapy–Pro. Ramharsh Singh
2. Yogic therapy- Swami Kuvlayanand

DNY-106: Yoga Practical
Diploma (Yoga and Naturopathy) I Semester

No. of Credits: 8

L T P Total

0 0 8 8

Internal: 30marks

External: 70marks

Total: 100marks

Course Objective: The objective of studying this course is to understand the state techniques, Health benefits, applications, precautions and contraindication founder mention yogic practices. To Demonstrate and instruct under mentioned yogic practices.

Course Outcomes: At the end of the course, the student shall be able to:

CO1 To learn the practical knowledge of yogic cleansing techniques. Demonstrate the ability to perform yoga movements in various combinations and forms.

CO2 To learn the practical knowledge of breathing techniques (pranayam) and Bandhas.

CO3 To learn Sunsalutation (suryanamaskar) with the divine mantra of sun.

Course Content's-

1. ShatKarma (Cleansing Process).
2. Jalneti (Nostile Cleansing), Rubber Neti, Vamankirya/ Kujankirya, Vatkarm, Viyutkaram, Sheetkaram, Kapalbhathi, Nauli(BOYS)
3. **Asana:** sukhshamakriya, Padmasana (Lotus Pose), Vajarasana (Thunderbolt Pose), Gomukhasana (Cow's Face Pose), Ardhmatsyendra (Spinal Twist Pose), Paschimottanasana (Back Stretching Pose), Ustrasana (Camel Pose), Halasna (Plowpose), Sarvangasana(Shoulderstandpose), Uttanpadasana(Standing Forward Bend), Matsyanasana (Fish Pose), Chakraasana (While Pose), Markatasana(Monkey Twist Pose) Setubandh(Bridge Pose), Dhanurasana(Bow Pose), Tadasana(Mountain Pose), Sirshasana(Head Stand), Mayurasana(Peacock Pose), Salabhasana(Locust Pose), Savasana(Corpse Pose).
4. **Pranayam:** Yogic breathing, Bhastrika, Nadi Shodhana, Bhramri, Ujjayi.
5. **Mudra- Bhandh:** Gyan Mudra, Yog Mudra, Vipritkarni Mudra, Jalandhar Bhandh, Mool Bhandh, Mahabhandh, Uddyanbhandh.
6. SunSalutation with Mantras.

DETAILED SCHEME AND SYLLABUS
SECOND SEMESTER

Subject Code	SubjectName	L-T-P	Credits	Marks Weightage		Course Type
				Internal	External	
DYN-201	Patanjali Yog Sutra	3-0-0	3	25	75	PCC
DYN-202	Naturopathy	3-0-0	3	25	75	PCC
DYN-203	Alternative therapy	3-0-0	3	25	75	PCC
DYN-206	Naturopathy Practical	0-0-5	5	30	70	SDP
DYN-207	Yoga Practical	0-0-6	6	30	70	SDP
Total		12-0-8	20	135	365	

DYN-201: Patanjali Yog Sutra

Diploma (Yoga and Naturopathy) II Semester

No. of Credits: 3

L T P Total

3 0 0 3

Sessional: 25marks

Theory: 75 marks

Total: 100 marks

Duration of Exam: 3 hours

Successive: Basics introduction of Yoga Sutra.

Course Objectives: The objective of studying this course is to acquire knowledge on the concepts and formation of Ishwara, introduction of Samadhi and ashtangyog.

Course Outcomes: At the end of the course, the student shall be able to:

- CO1 To learn about basics of yog sutra.
- CO2 To understand the concept of samadhi.
- CO3 To know about ashtang yog.
- CO4 To understand the stage of kevalya.

Course content:

Unit1: Basic of Yog sutra

According to Yogsutra (Definition and meaning) yoga, chitta bhumiya and chitta vritti, assiduousness (Abhyas) and imperturbability (vairagya), yogantaraya (obstacles), chittaprasadanam (helpful elements).

Unit 2: Concept of Samadhi

Type of Samadhi → Sampragyat and Asampragyat, ritambharapragya, Concept of kriyayog, punchkleshe), Formation of Sukh or Dukh, Concept and formation of ishvara, vivek- khyatir saptdhaprajna (pragya).

Unit3: Ashthangyog (Eight Fold Path)

Formation and benefits of Yama, formation and benefits of Niyama, formation and benefits of asana, formation and benefits of pranayama, formation and benefits of pratyahara, formation and benefits of Dharana, formation and benefits of dhyana.

Unit 4: Concept of Kevalya–

Concept of sampragyat, description of vibhuti, Ashtasiddhi, concept of kevalya, method to achieve kevalya.

Reference Books:

1. Patanjali yog dhrasanam– Dr. Devisahya Pandydeep.
2. Patanjali yog Pardeep– Geeta Press Gorakhpur.
3. Mukti ke char sopana–Bihar school of yoga

DYN-202: Naturopathy

Diploma (Yoga and Naturopathy) II Semester

No. of Credits: 3

L T P Total

3 0 0 3

Sessional: 25 marks

Theory: 75 marks

Total: 100 marks

Duration of Exam: 3 hours

Successive: Basic introduction of Naturopathy.

Course Objectives: The objective of studying this course is to acquire knowledge of five elements and different type of treatment related to disease in naturopathy.

Course Outcomes: At the end of the course, the student shall be able to:

- CO1 To learn about the concept and principle of naturopathy.
- CO2 To learn the mud, air and sun treatment for different diseases.
- CO3 To know massage and fasting effects on different system of body.
- CO4 To learn the effects of internal and external use of water

Course Contents:

Unit 1: Introduction

Meaning and definition of naturopathy, history of naturopathy, importance and basic principle of naturopathy, Acute and Chronic disease- Symptoms, diagnosis and naturopathy treatment.

Unit 2: Mud, Air and Sun Therapy

Importance of mud, type and effect of mud therapy on body, types of mud, mud bath uses in treatment ways, importance and treatment uses of sun light, method of Sun bath, tie and precaution, benefits of air bath, method of treatment by air and its precautions.

Unit 3: Fasting and Air Therapy

A) Fast: Definition and meaning of fasting and basic principle of fast, type of fasting-long, short, full water fasting, juice fasting, fruit fasting, rules of fasting, fasting for wellness.

B) Massage: Definition, meaning of massage, principle of massage, type (scientific and ayurvedic), different methods of massage-normal, friction, slap, tap, pinch etc, treatment method and precaution of massage.

Unit 4: Hydrotherapy

Definition and meaning of water treatment, purpose and importance of water, quality effect of different temperature on body, normal bath, natural bath, friction bath, hot bath, mehan bath, steam bath, spinal bath, foot bath, Enema method- benefit and precaution, benefit of water in health/wellness, water treatment used in different diseases.

Reference book:

1. History and philosophy of Naturopathy– Dr. S. j. Singh
2. Nature Cure– Dr. H.K. Bakhru
3. The Practice of Nature Cure– Dr. Henry Lindlahar
4. Ayurveda– Jindal

DYN-203: Alternative Therapy

Diploma (Yoga and Naturopathy) II Semester

No. of Credits: 3

L T P Total

3 0 0 3

Sessional: 25marks

Theory: 75 marks

Total: 100 marks

Duration of Exam: 3 hours

Successive: Basic introduction of different type of Alternative Therapies.

Course Objectives: The objective of studying this course is to acquire knowledge of alternative therapies which we can give along with other modern therapies also.

Course Outcomes: At the end of the course, the student shall be able to:

- CO1 Understand the meaning, definition, and types of disease, including their physical, mental and spiritual symptoms.
- CO2 Interpret the concept and significance of alternative therapies in promoting holistic health and wellness.
- CO3 Evaluate the safety and precautionary measures necessary for the practice of acupressure to prevent adverse effects.
- CO4 Explain the principles and benefits of acupressure, magnet, reiki, and mantra therapy, as well as the tools and techniques used in their practice.

Course Contents:

Unit 1: Introduction-

Introduction of swasthvar, origin of alternative therapies, concept of alternative therapies, importance and types of alternative therapies.

Unit2: Acupressure

History of acupressure, meaning and definition of acupressure, type of acupressure, principle and rules of acupressure, method of acupressure, tools of acupressure quality and treatment of acupressure, precaution in acupressure.

Unit 3: Neurotherapy

Neurotherapy- History of Neurotherapy, meaning of neurotherapy, type of neurotherapy, benefit and effect of neurotherapy, techniques of neurotherapy, process of neurotherapy.

Unit4: Reiki & Mantra Therapy

- A) Reiki Therapy → History of Reiki therapy, meaning and concept of Reiki therapy, rules of Reiki Therapy, helping tools of Reiki Therapy, method of Reiki Treatments, benefits and limitations of Reiki therapy.
- B) Yagya Therapy → Introduction & Meaning of Yagya, advantages of yagya therapy, yagya therapy for mental treatment , yagya as disinfect, Mechanism of yagya therapy in Vedic literature.

Reference Book:

1. Alternative therapy– Dr.R.H. Vivak
2. Alternative therapy Method- Dr. Rajkumar Puruthi

3. Acupresser Naturopathy therapy– Dr. AttarSingh
4. Megnet Therapy– Dr. Hiralal Bansal|

DYN-206: Naturopathy Practical

Diploma (Yoga and Naturopathy) II Semester

No. of Credits: 5

L	T	P	Total
0	0	5	5

Internal:30marks

External:70marks

Total: 100marks

Successive: Practical learning of naturopathy treatments.

Course Objective: The objective of studying this course is to understand and apply the different techniques of naturopathy treatment for different type of disease.

Course Outcomes: At the end of the course, the student shall be able to:

CO1 Understand the practical knowledge of different types of baths related to disease also learn the cleansing process of Large Intestine through Enema.

CO2 Understand the application of mud treatments for different body parts.

CO3 Understand the different techniques of hydro therapy. Also learn how to prepare charged water and oil.

CO4 Understand the preparation of Naturopathy practical file.

Course Content:

- 1. Hydro- Therapy:** Bath- katibath (hot, cold, natural), steam bath, spinal spray, spinal bath, foot bath cold and hot. Enema-natural water, coldwater, warm water. Wet strips- full body, chest, neck, hand and leg.
- 2. Mud Therapy:** Mud strip-chest, abdomen, eyes, forehead, ear, neck. Lape - fullbody mud lape (rajsnan), wet mud bath (pansnan).
- 3. Sun therapy:** Sun bath through the different color of sun rays.

DYN-207: Yoga Practical

Diploma (Yoga and Naturopathy) II Semester

No. of Credits: 6

L	T	P	Total
0	0	6	6

Internal: 30marks

External: 70marks

Total: 100marks

Successive: Practical learning of Asanas, Pranayamas, Bandhas and Shatkarmas.

Course Objective: The objective of studying this course is to understand the state techniques, Health benefits, applications, precautions and contraindication founder mention yogic practices. To demonstrate and instruct under mentioned yogic practices.

Course Outcomes: At the end of the course, the student shall be able to:

CO1: Understand the demonstrate the ability to perform yoga movements in various combinations and forms.

CO2: Understand the practical knowledge of breathing techniques (pranayama) and Bandhas.

CO3: To learn the practical knowledge of yogic cleansing techniques and different techniques of meditation.

CO4: Discuss the preparation of practical file

CourseContent's:

1. **STANDING POSE:** Natrajasana, Bird pose,Viman Asana, Warrior pose, Raised Arms Pose, Triangle Pose.
2. **SITTING POSE:** Fetus pose, Embryo in womb pose, Extended Frog Pose, Ak Pad Shikandasana, PlowPose, CowFace pose, SpinaltwistPose, Back Stretching Pose, camelpose.
3. **PRONEPOSE:** Kurmasana, Cobra pose, Bowpose, Shalbhasan.
4. **SUPINE POSE:** Supine Thunder bolt pose, Bridge pose, sarvangasana, Plow Pose, FishPose.
5. **BALANCE POSE:** Uttith Kurmasana, Padam bakasana, Padam mayurasana, Scorpio, Monkey twist pose, Titibhasana.
6. **PRANAYAMA:** Bhastrika, Nadhishodhan, Bhramri, Ujjayi, Diaphragmatic breathing.
7. **MEDITATION:** Twin heart meditation, Transcendental meditation, Isha kriyameditation, Savitadhyana.
8. **MUDRA:** Yogmudra, Gyanmudra, Vipreet Karnimudra, kakimudra, sambhavi mudra, Prithvi mudra, Vayu mudra, Jal mudra.
9. **ShatKarma:** Vattkarm, vayuktarm, sheetkarm kaplabhati, dhauti, sutraneti, kunjla.

THIRD SEMESTER

Subject Code	Subject Name	L-T-P	Credits	Marks Weightage		Course Type
				Internal	External	
DYN-301	Shrimad Bhagwad Geeta	3-0-0	3	25	75	PCC
DYN-302	Diet and Nutrition	3-0-0	3	25	75	PCC
DYN-303	Method of teaching yoga & value education	3-0-0	3	25	75	PCC
DYN-304	General Psychology	3-0-0	3	25	75	PCC
DYN-305	Yoga Practical	0-0-8	8	30	70	SDP
Total		12-0-8	20	130	370	

DYN-301: Shrimad Bhagavad-Gita
Diploma (Yoga and Naturopathy) III semester

No. of Credits: 3
L T P Total
3 0 0 3

Sessional: 25marks
Theory: 75 marks
Total: 100 marks

Duration of Exam: 3 hours

Course Objectives: The objective of studying this course is to understand and apply the concept of Shrimad Bhagavad-Gita in their life.

Course Outcomes: At the end of the course, the student shall be able to:

- CO1 Understand the main teachings of Bhagavad-Gita
- CO2 Become familiar with the nature of yoga in various chapters of Bhagavad-Gita
- CO3 Imbibe the essence of teachings of Bhagavad-Gita

Course Contents:

Unit1: Shrimad Bhagavad-Gita

Introduction: General Introduction of The BhagavadGita, TheMajor Definitions of Yoga, The Nature of Yoga, Yoga Sadhana In The Bhagavad Gita, Relevance Of The Bhagavad Gita in thecurrent era.

Unit-2: Gyan Yoga

Atman, Prakriti & Parmatman: Sankhya Yoga or Jnana Yoga, Concept of the Soul (Purushottama), Prakriti, purush & soul.

Unit-3: Karma Yoga

Concepts of Karmayoga, Form of Yajna, Yajnartha Karma, Nishkam Karma, Lok Sangrah, Jnana-Karma Coordination, Forms of dhyanyoga.

Unit4: Bhakti Yoga:

Concepts of Bhakti and Mahatmya, TheNecessity of Devotion in Divine Realization, Types of Bhakti Characteristics of the devotee; Raj yoga.

ReferenceBook:

1. Shrimad Bhagavadgeeta- geetamrit-yog rishi ramdevji, divye prakashan, patanjali yogpeeth.
2. Shrimad Bhagavad-Gita- Tattvavivechini- Jaidayal Goyandaka, Geeta Press Gorakhpur

DYN302: Diet and Nutrition
Diploma (Yoga and Naturopathy) III semester

No. of Credits: 3

L T P Total

3 0 0 3

Sessional: 25 marks

Theory: 75 marks

Total: 100 marks

Duration of Exam: 3 Hours

Course Objectives: The objective of studying this course is to understand and apply the Concepts of balanced diet and nutritional value, students will be able to identify and apply food principles to food and nutrition systems.

Course Outcomes: At the end of the course, the student shall be able to:

CO1 Understand the basic concepts of a balanced diet.

CO2 Analyze the type of food and their nutritional value.

CO3 Evaluate calorie (BMR).

CO4 Learn the role of diet in healthy living.

Course Contents:

UNIT1: Concepts and Components of Food Nutrition

Meaning of nutrition, Basic definition regarding nutritional requirements, Nutritional need of human; Concept of food, Acceptance of food, Function of food, Components of food and their classification; Macronutrients – Carbohydrate, Fat, Protein (source, function and effect on the body); Micronutrients – Vitamins, Mineral, Water, roughage (source, function and effect on body); Planning Balanced Diet.

UNIT2: Food Group

Cereals and Millet – Selection, Preparation and Nutritive value; Pulses, Nuts and Oilseeds Selection, Preparation and Nutritive value; Milk and Milk production - Selection, Preparation and Nutritive value; Vegetable and Fruits - Selection, Preparation and Nutritive value; Fatty oil and Sugar, Jaggery - Selection, Preparation and Nutritive value.

UNIT3: Food and Digestion Energy – Key concepts, Definition and Components of energy requirements; Energy – Imbalance concepts of metabolism, anabolism and catabolism; Calorie requirement – BMR, SDA; Physical activity – carbohydrates, lipids and protein metabolism; factors affecting energy-requirement and expenses; factors affecting BMR; factors influencing energy expenditure in physical activity; methods and requirement for estimating energy expenditure.

UNIT4: Yogic concepts of Diet and Nutrition

General introduction to diet concepts, concepts of mitahara, Definition and classification, yogic diet according to traditional yoga texts; Concepts of diet according to Gheranda Samhita and Hathapradipika; Satvik, Rajasik and Tamasik diet as describe in Bhagwadgeeta; Pathya and Apathya food according to the texts of Yoga; Role of yogic diet in healthy living; Diet according to nature of the body – Vata, Pitta and Kapha

Reference books:

1. Bakhru, H. K., 1991, A Complete Handbook of Nature Cure.
2. Kumar Neeraj, Nagendra, 2014, Mera Aahar Mera Swasthya.

DYN-303:Methods of Teaching Yoga & Value Education

Diploma (Yoga and Naturopathy) III semester

No.ofCredits: 3

L T P Total

3 0 0 3

Sessional:25 marks

Theory: 75 marks

Total: 100 marks

Duration of Exam: 3 Hours

Course Objectives: The objective of studying this course is to understand the methods of teaching yoga & value education.

Course Outcomes:

CO1 The ultimate goals of yoga are stilling the mind and gaining insight, resting in detached awareness, and liberation (moksha) from samsara and duhkha.

CO2 To enable the student to have good health.

CO3 Maintaining and promoting the Indian Yoga Tradition.

Course Contents:

UNIT1: Basic of yoga classes management- Yogic practice at different levels, Techniques of Individual, Techniques of group teaching.

UNIT2: Method of teaching yoga & principle-Teaching & learning, concept relationship between too, Principle of teaching, Levels of teaching, Quality of a perfect yoga teacher, Method in Ramayana, Method in Mahabharat, Guru Shishya Parampara, Role of yoga teacher.

UNIT3: YOGA– Essential of good lesson plan; concept, need; Planning of teaching yoga; Shatkarma, Asana, Pranayama, Meditation; Education tools of yoga teaching, Education tools of yoga teaching.

LIFESKILLS- Problem solving, empathy, critical and creative thinking, coping with stress and emotion.

UNIT4: YOGA VALUE EDUCATION - Concept of value education & its component, Value oriented personality, Role & function of value & society, Contribution of yoga towards development of value, punch tantra, tenali raman –motivational story.

Reference books:

1. Yoga education for child
2. Bihar school of education; munger 1990 Swami Satyananda Saraswati
3. Teaching methods for yogic practices by DR. M.L. Gharote.

DYN-304: General Psychology

Diploma (Yoga and Naturopathy) III semester

No. of Credits: 3

L T P Total

3 0 0 3

Sessional: 25 marks

Theory: 75 marks

Total: 100 marks

Duration of Exam: 3 hours

Course Objectives: Following the completion of the course, students shall be able to:

- To familiarize students with the basic concepts of Indian and Western Psychology with an emphasis on application of Psychology in everyday life.
- To introduce the students to the general concepts of psychology.

Course Outcomes: At the end of the course, the student shall be able to:

CO1 Understand the basic concepts of Psychology.

CO2 Develop a working knowledge of psychological contents, areas and application of Psychology.

Course Contents:

Unit1: Introduction

Meaning and Definitions of Psychology, Psychological thoughts in some major Eastern System: Bhagavad-Gita and Buddhism; Concept of Psychology as per Upanishads; Goals and branches of Psychology; Approaches of Psychology: Biological and behavioural.

Unit2: Methods of Psychology

A. Experimental Method: Meaning, definition, types, merits and demerits.

B Observation method: Meaning, definition, types, merits and demerits

C Survey method: Meaning, definition, merits and demerits

D. Questionnaire method: meaning, definition, merits and demerits

Unit3

Learning: Meaning, definitions and types of learning, Factors affecting learning, Methods of learning.

Memory: Meaning, definitions and types of Memory: sensory, short-term and long term; Factors affecting memory, enhancement of memory.

Personality: Meaning, Definitions, Types of personality, Characteristics of personality, Factor affecting personality.

Unit4: Mental Health: Definition, Importance, Remedy and Methods to stay mentally healthy, Factor affecting mental health, Relationship between physical health and mental health.

Reference Books:

1. Baron, R.A. (1995). Psychology: The essential sciences, New York; Allyn & Bacon.
2. Baron, R.A. (2001). Psychology: Fifth Edition. New York; Allyn & Bacon.

3. Zimbardo, P.O.& Weber, A.L.(1997). Psychology. New York, Harper Collins College.
4. Lefton, L.A.(1985). Psychology, Boston; Allyn & Baron.
5. Morgan, C.T.(2004).Introduction to Psychology.McgrawHill Text Books
6. Singh, A.K.(2009) Advanced General Psychology. Motilal Banarsidas.
7. Jain,S.(2014).Introduction to Psychology. ISBN-13:9788127256432

DYN305: Yoga Practical

Diploma (Yoga and Naturopathy) III semester

No. of Credits: 8

L	T	P	Total
0	0	8	8

Internal: 30marks

External: 70marks

Total: 100marks

Objective: Following the completion of the course, students shall be able to:

- State techniques, health benefits, applications, precautions and contraindications of under mentioned yogic practices
- To demonstrate and instruct undermentioned yogic practices.

Course outcomes: On completion of this course, the students will be able to:

CO1: Develop understanding of different yogic techniques.

CO2: Attain perfection to perform different yogic practices.

CO3: learn the practical interpretation of Shatkarma.

CO4: Can develop the caliber to conduct practical sessions.

Course content:

1. YOGASANA (SITTING POSTURES)

Dandasana, Swastikasana, Padmasana, Vajrasana, SuptaVajrasana, Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Janusirasana, Paschimottanasana, Bhramacharyasana, Mandukasana, Utthana Mandukasana, Vakrasana, Ardha Matsyendrasana, Marichayasana, Simhasana.

2. PRANAYAMA(WITHANTAR&BAHYAKUMBHAKA)

Anulomvilom, Bhramari, Udgeeth and Pranavas recommended by Swami Ramdev.

3. BANDHA

Jalandhara Bandha, Uddiyana Bandha, MulaBandha, Mahabandha.

4. SHATKARMAS

SutraNeti, NauliChalana, Agnisara.

5. MANTRA

Bhojan Mantra, Pratah Evam Ratri Mantra- Understanding, Recitation and, memorization, Continuous Evaluation by The Teachers.

Reference Book:

1. Yog rishi Swami Ramdev Ji :Pranayama Rahasya, Divya Prakashan, Haridwar, 2009
2. Science Studies Pranayam: Patanjali Research Foundation, Haridwar,2011
3. Acharya Balkrishna: Yog Vijnanam, Divya Prakashan, 2017.
4. Yog rishi Swami Ramdev Ji: Vedic Nityakarma Vidhi, Divya Prakashan, Haridwar, 2010.

DYN-401:On -Job -Training

Diploma (Yoga and Naturopathy) IV semester

Subject Code	SubjectName	Credits	Marks Weightage		Course Type
			Internal	External	
DYN-401	On Job Training (OJT)/ Internship	20	150	350	OJT
Total		20	150	350	500

Students will go to School, Yoga studios, corporate yoga center etc. for **On Job Training** and will be evaluated **based upon On Job Training (OJT)/Internship** report and presentation.

- **Internal:-**

- Viva
- Practical
- Report
- Certificate

- **External:-**

- Viva
- Practical
- Report
- Presentation