

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



**J C Bose University of Science & Technology, YMCA**  
**Sector-6, Mathura Road, Faridabad,**  
**Haryana, India**  
**2023-25**

## **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)**

PEO 1: To enable the student to have good health.

PEO 2: To practice mental hygiene.

PEO 3: To possess emotional stability.

PEO 4: To integrate moral values.

PEO 5: 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		Course Type
				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	Hathyoga	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
<b>Total</b>		<b>12-0-8</b>	<b>20</b>	<b>130</b>	<b>370</b>	

### 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
<b>Total</b>		<b>9-0-11</b>	<b>20</b>	<b>135</b>	<b>365</b>	

### **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	Basic Psychology	3-0-0	3	25	75	PCC
DYN-303	Method of teaching yoga & value education	3-0-0	3	25	75	PCC
DYN-304	Human consciousness & conscience	3-0-0	3	25	75	PCC
DYN-305	Yoga Practical	0-0-8	8	30	70	SDP
<b>Total</b>		<b>12-0-8</b>	<b>20</b>	<b>130</b>	<b>370</b>	

### **FORTH SEMESTER**

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

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**

<b>Subject Code</b>	<b>Subject Name</b>	<b>L-T-P</b>	<b>Credits</b>	<b>Marks Weightage</b>		<b>Course Type</b>
				<b>Internal</b>	<b>External</b>	
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	Practical	0-0-8	8	30	70	SDP
<b>Total</b>		<b>12-0-8</b>	<b>20</b>	<b>130</b>	<b>370</b>	

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

**Unit 2: Yoga Scriptures**

Yoga in Upanishad and Veda, Yoga in Shrimad Bhagwad Geeta , 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

**Unit 4: Yoga & lifestyle**

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

**Reference Books:**

1. Upanishad in yoga – PRO. Ishwar Bharadwaj.
2. Yoga Mahavigyan – Dr. Kamakhayakumar.
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:** 25 marks

**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:**

##### **Unit 1: 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:** 25 marks

**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 Hatha Yoga, Definition of Hatha Yoga, 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 Pradipika, formation Of Asana according to Gherandasamhita, 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, Acc to Hathpadeepika (Process, Benefits and caution) Dhauti, Basti, Neti, Nauli, Trataka & Kapalabhati.

#### **Reference Book:**

1. Hatha Yoga Pradipika- Swami AnantBharti
2. GherandaSamhita- Dr. Raghvendra SharmaRaghav.

## **DNY-104: Health and Yoga**

### **Diploma (Yoga and Naturopathy) I 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 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, swasthay varit .

##### **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 blood pressure, 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).

#### **Reference book:**

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: 30 marks**  
**External: 70 marks**  
**Total: 100 marks**

**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 Sun salutation (surya namaskar) with the divine mantra of sun.

**Course Content's-**

1. **Shat Karma** (Cleansing Process).
2. Jalneti(Nostile Cleansing), Rubber Neti, Vamankirya/Kujankirya, Vatkarm, Viyutkaram, Sheetkaram, Kapalbhati, Nauli(BOYS)
3. **Asana:** sukhshama kriya, 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, Maha bhandh Uddyanbhandh.
6. **Sun Salutation with Mantras.**

**DETAILED SCHEME AND SYLLABUS**

**SECOND SEMESTER**

<b>Subject Code</b>	<b>Subject Name</b>	<b>L-T-P</b>	<b>Credits</b>	<b>Marks Weightage</b>		<b>Course Type</b>
				<b>Internal</b>	<b>External</b>	
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
<b>Total</b>		<b>12-0-8</b>	<b>20</b>	<b>135</b>	<b>365</b>	

## **DYN-201: Patanjali Yog Sutra**

### **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:** 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 yogsutra.
- CO2 To understand the concept of samadhi.
- CO3 To know about ashtangyog.
- CO4 To understand the stage of kevalya.

#### **Course content:**

##### **Unit 1: Basic of Yogsutra –**

According to Yogsutra (Definition and meaning) yoga, chittabhumiya and chittavritti, assiduousness(Abhyasa 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, vivekhyatirsaptdhaprajna (pragya).

##### **Unit 3: Ashthangyog –**

Asthangyog (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. Devi sahya 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: Either 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 message, 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, katibath, 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 . Henery 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:** 25 marks

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

#### **Course Contents :**

##### **Unit 1: Introduction-**

Introduction of swasth vart, origin of alternative therapies, concept of alternative therapies, importance and types of alternative therapies.

##### **Unit 2: 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.

##### **Unit 4: 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 .RajkumarPuruthi
3. Acupresser Naturopathy therapy – Dr. Attar Singh
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: 30 marks**  
**External: 70 marks**  
**Total: 100 marks**

**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 heliotherapy. Also learn how to prepare recharged 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 (raj snan), wet mud bath (pank snan).
- 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: 30 marks

External: 70 marks

Total: 100 marks

**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 invarious combinations and forms.

CO2: Understand the practical knowledge of breathing techniques (pranayam) and Bandhas. To learn the practical knowledge of yogic cleansing techniques and different techniques of meditation.

CO3: Discuss the preparation of practical file

#### Course Content'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 Frong Pose, Ak Pad Shikandasana,Plow Pose, Cow Face pose, Spinal twist Pose, Back Stretching, Pose, camel pose.
- 3. PRONE POSE:** Kurmasan ,Cobra pose,Bow pose , shalbhasan.
- 4. SUPINE POSE:** SupineThunder bolt pose, Bridge pose, sarvangasana, Plow Pose, Fish Pose.
- 5. BALANCE POSE:** UttithKurmasana, padambakasana, padammayurasana, Scorpio, Monkeytwist pose, titibhasana.
- 6. PRANAYAMA:** Bhastrika, Nadhishodhan,Bhramri,ujjayi,Diaphragmatic breathing.
- 7. MEDITATION:** Twin heart meditation,Transcendental meditation,Isha kriya meditation,Savita dhyana.
- 8. MUDRA:** Yogmudra, Gyanmudra, Vipreet Karnimudra, kakimudra, sambhavi mudra, prithvi mudra, Vayu mudra, jal mudra.
- 9. Shat Karma:** Vattkarm, vayuktarm, sheetkarmkaplabhati, 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	Basic Psychology	3-0-0	3	25	75	PCC
DYN-303	Method of teaching yoga & value education	3-0-0	3	25	75	PCC
DYN-304	Human consciousness & conscience	3-0-0	3	25	75	PCC
DYN-305	Yoga Practical	0-0-8	8	30	70	SDP
<b>Total</b>		<b>12-0-8</b>	<b>20</b>	<b>130</b>	<b>370</b>	

## **DYN-301: Shrimad Bhagwadgeeta**

### **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**

**Objectives:** The objective of studying this course is to understand and apply the concept of Shrimad Bhagwadgeeta in their life.

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

CO1 Understand the main teachings of Bhagwadgeeta

CO2 Become familiar with the nature of yoga in various chapters of Bhagvad Geeta.

CO3 Imbibe the essence of teachings of Bhagavad Geeta.

#### **Course Contents:**

##### **Unit 1: Shrimad Bhagwadgeeta**

**Introduction:** General Introduction Of The Bhagavad Gita, The Major Definitions Of Yoga, The Nature Of Yoga, Yoga Sadhana In The Bhagavad Gita, Relevance Of The Bhagavad Gita in the current 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, LokSangrah, Jnana-Karma Coordination, Forms of dhyana yoga .

##### **Unit 4: Bhakti Yoga:**

Concepts of Bhakti and Mahatmya, The Necessity of Devotion In Divine Realization, Types Of Bhakti Characteristics of the devotee; Raj yoga.

#### **Reference Book:**

1. Shrimad bhagwadgeeta-geetamrit-yog rishi ramdevji,

Divye prakashan, patanjali yogpeeth.

2. Shrimadbhagvadgeeta- Tattvavivechini- Jaidayal Goyandaka, Geeta Press Gorakhpur

## **DYN 302: Basic Psychological Processes**

### **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:**

##### **Unit 1: Introduction:**

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

##### **Unit 2: 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

##### **Unit 3: Perception:**

Meaning, definition and mechanism of perception, Factors influencing Perception, Laws of Perceptual organization, Perceptual constancy: shape and size.

##### **Unit 4: Learning:**

Meaning definitions and types of learning, Factors affecting learning, Methods of learning, Transfer of learning: positive, negative, zero and bilateral.

##### **Unit5: Memory:**

Meaning, definitions and types of Memory: sensory, short-term and long term; Components of memory: Encoding, storage & retrieval; Factors affecting memory, enhancement of memory; Forgetting: Meaning and Definition, causes of forgetting.

#### **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. Mcgraw Hill

Text Books:

6. Singh, A.K. (2009) Advanced General Psychology. Motilal Banarsidas.

7. Jain, S. (2014). Introduction to Psychology. ISBN-13: 9788127256432

## **DYN-303 : Methods of Teaching Yoga & Value Education**

### **Diploma ( Yoga and Naturopathy ) III semester**

**No. of Credits: 3**

**Sessional: 25 marks**

<b>L</b>	<b>T</b>	<b>P</b>	<b>Total</b>
3	0	0	3

**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 dukkha.

CO2 To enable the student to have good health.

CO3 Maintaining and promoting the Indian Yoga Tradition .

#### **Course Contents:**

**UNIT 1:** Basic of yoga classes management- Yogic practice at different levels, Techniques of Individual, Techniques of group teaching.

**UNIT 2:** 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.

**UNIT 3:** 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 .

**UNIT 4:** 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.

**UNIT 5 :** LIFESKILLS- Problem solving, empathy, critical and creative thinking, coping with stress and emotion.

#### **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-303 : Methods of Teaching Yoga & Value Education**

### **Diploma ( Yoga and Naturopathy ) III semester**

**No. of Credits: 3**

**Sessional: 25 marks**

<b>L</b>	<b>T</b>	<b>P</b>	<b>Total</b>
3	0	0	3

**Theory: 75 marks**

**Total: 100 marks**

**Duration of Exam: 3 Hours**

**Pre - Requisite: NIL**

**Objective:** The prime objective of the course is to develop the understanding of the students about the concept of consciousness, its types, factors affecting it and various ways to improve consciousness.

**Course outcomes:** At the end of the course, the students shall be able to:

**CO1** To make students aware about the concept of consciousness from different aspects.

**CO2** To develop their understanding about the factors affecting human consciousness.

**CO3** To guide the students about the ways for improving consciousness and to solve mental problems.

**Course content :**

**UNIT 1 :** Meaning and definition of consciousness, nature of human consciousness, need of study of human consciousness, human consciousness in vedas and Upanishad, human consciousness in nyaya, vaisheshika, bhudh aur jain darshan .

**Unit 2 :** Human consciousness in sankhya darshan, yog, mimansa, vedanta; Factors affecting human consciousness, Birth or life, luck or purusharth, Karma Theory, Sanskar and Reincarnation.

**Unit 3 :** Meaning of mental health, defination and differentiation from mental illness, elements of mental health, Factors affecting mental health, ways to improve mental health, General introduction to mental problems and their psychological solution.

**UNIT 4 :** Anxiety disorder ,obsessed disorder , Brahma , tension deformity , mood disorder , psychosomatic disorder . Human consciousness in patanjall.

**Reference book:**

1. Manav chetna – Dr. Ishwar Bhardwaj
2. A Study in consciousness – Annie besant
3. Ayurveda and mind – Dr. David frawley
4. Seven states of consciousness – Anthony campbell

## DYN 305: Yoga Practical

### Diploma( Yoga and naturopathy) III semester

No. of Credits: 8

L	T	P	Total
0	0	8	8

Internal: 30 marks

External: 70 marks

Total: 100 marks

**Pre - Requisite:** NIL

**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 under mentioned 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, Supta Vajrasana, Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Janusirasana, Paschimottanasana, Bhramacharyasana, Mandukasana, Utthana Mandukasana, Vakrasana, Ardha Matsyendrasana, Marichayasana, Simhasana.

#### 2. PRANAYAMA (WITH ANTAR & BAHYA KUMBHAKA)

Anulomvilom, Bhramari, Udgeeth and Pranav as recommended by Swami Ramdev.

#### 3. BANDHA

Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha bandha.

#### 4. SHATKARMAS

Sutra Neti, Nauli Chalana, Agnisara.

#### 5. MANTRA

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

**Reference Book :**

1. Yogrishi 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. Yogrishi Swami Ramdev Ji: Vedic Nityakarma Vidhi, Divya Prakashan, Haridwar, 2010.



## **DYN 401: On Job Training**

### **Diploma (Yoga and naturopathy) IV semester**

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

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