

Shree H. V. P. Mandal's  
**Degree College of Physical Education, Amravati**  
 [An Autonomous College]  
**Post Graduate Diploma in Yoga Therapy [PGDYT]**  
 (Two Years Course)  
**Syllabus**

**Programme Outcomes (PO):** The following Programme Outcomes are attained after completion of this P.G.Diploma programme:

- PO1. Students become successful professionals in many fields such as School, Educational institution, government Departments, academia, Mental Hospitals, General hospitals, Central Jails, Police Departments, Rehabilitation Centers, Naturopathy Centers, Hotel Industries, research and entrepreneurial pursuits.
- PO 2. Able to contribute to society as broadly educated, expressive, ethical and responsible citizens with proven expertise.
- PO 3. Successfully pursue lifelong learning to fulfill their goals.
- PO 4. Able to provide yogic healing for lifestyle disorders and psychosomatic problems.

**Programme Specific Outcomes (PSO):** P.G.Diploma programme has been designed to prepare graduates for attaining the following Programme Specific Outcomes:

- PSO 1. Able to select modern Yogic tools and techniques and use them with dexterity.
- PSO 2. Able to identify, analyze, formulate and develop Yoga applications to meet desired needs within realistic constraints such as life style disorders and psychological problems.
- PSO 3. Able to provide a wide range of yogic programmes as per taste, Age, need and interest of the aspirants/patients.

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**Syllabus Prescribed for First Year of  
Two Years Post Graduate Diploma in Yoga Therapy**

**Part – I: Theory**

**Paper – I: Foundation of Yoga**

**Section – A**

**Total Marks: 100**

**Theory Marks: 80**

**Sessional Marks: 20**

**Course outcome:** Students will be able to understand and utilize knowledge of Philosophy of Yogashastra for better yogic practices.

**Unit – I: Patanjala Yoga Sutra:-**

- a) Patanjala Yoga Sutra, Yoga – Introduction, definition, different vrittis and their classification, types, Panchaklesh and their types and control; Samadhi :- Samprajnata and Anya, its Classification.
- b) Ashtanga yoga: Eight limbs and their definition, and special features, kriya yoga, chitta vikshep, chitta prasadan concept of drushya and drashta.

**Unit –II: Hatha Yoga Pradeepika Gheranda samhita shiv yoga deepika:- (only basic concept)**

- a) Hatha yoga- introduction, importance of place & time, Sadhika and Badhaka Tatva, Methods of Hatha yogic practices, Rules of diet- Mitahar, Pathya, Apathya, Asana, Pranayama, Surya Namaskar, Sukshma and Sthula Vyayam; Introduction to Gherand Samhita, its contents; subject matter of Shiva Yoga Deepika.
- b) Relation between sankhya and yoga, Bhagavad Geeta, Upnishada, Sankhya – a theory of yoga, Yogic contents of Bhagvad Geeta, Yogic thoughts of Upanishad; Man and the Master : Jeeva-Shiva, Atma – Parmatma, Purusha-Prakruti,Jada-Chetna.

**Section – B**

**Unit –III: a) Ayurveda :-Concept of Sapta Dhatu, Trimala and Tridosh.**

- b) Examination of a patient, different methods of Diagnosis, Importance of Health, Daily routine for good health.

**Unit –IV: a) Naturopathy:-Natural life style, present pattern of living, deposition of waste matter in the body as the cause of disease.**

- b) Nature cure : - Panchabhautik Chikitsa, Ten basic principles of Naturopathy; Contribution of Mahatma Gandhi to Naturopathy.

**Unit –V: a) Dietetics :-Diet (Modern concept), its need and function, Basic ingredients of food, Digestion, Assimilation & Utilization of food, effect of diet on physical and mental development.**

- b) Diet Therapy : Balanced diet, vitamins, Proper and improper diet.

**Distribution of Marks for External Examination****Total -80 Ma**

The examinees have to attempt 6 (Six) questions out of which first question is of ten marks and remaining five questions based on five units with internal choice will have fourteen marks each.

First question will consist of Five Multiple Choice Questions of two marks each, based on five units with internal choice.

**Internal****Sessional Marks 20**

1) Discipline	5
2) Terminal	5
3) Assignments	5
4) Attendance	5

**Reference Books: -**

Patanjala yoga Sutra	Dr. P. V.Kambelkar, Kaivalyadhama, Lonavala.
Yoga Darshan	Dr. S. V. Karandikar, Subhar Pal
Yoga Dipika	B.K.S. Ayengar, Orinet Langman,N.D.
Hathapradipika	Dr. M. L. Gharote,Yoga Institute Lonavala
Gherand Sanhita	Swami Digambarji & Dr. M. L. Charote Kaivalyadhama, Lonavala.
Asanaa	Swami Kuvalyanand, Kaivalyadhama, Lonavala.
Pranayama	Swami Kuvalyanand, Kaivalyadhama, Lonavala.
Shiva Sutra	Jayadeo Singh, Motilal Banarasidas, Delhi.
Vyanam Vidhyana	Dhirendra Brammachari, Vishvayatan, Delhi.
Suksham Vyayam	Dhirendra Brammachari, Vishvayatan, Delhi.

**Hindi :**

Ashtang Yog Darpan	Dr. Shambhunath Kaul, Jain Publi., New Delhi.
Patanjal Yog Sutra Bhashya	Acharya N. V. Karbelkar, Shree H.V.P.Mandal, Amt.
Yog Swasth Kunji	Dr. A. N. Khodaskar, Shree H.V.P.Mandal, Amt.
Bhartiya Yog Parampara Ke Vividh Aayam	Rajkumari Pandey, Radha Publi., New Delhi.
Sulabh Yoga Shastra	Dr. Ravi Jawalgekar, Choukhambha Varanasi.
Yog Aur Aayurved	Acharya Rajkumar Jain, Anekant Sahitya Shodh Sanstan
Aayurved Ke Mul Siddhant	Dr. Laxmidhar Dvivedi, Krushnadas Akadami, Varanasi.
Evam Unki Upadeyta	
Aayurved Nidan Chikitsa Ke Siddhant	Prof..Ramharsh Singh, Choukhambha Amarbharti Publi. Varanasi.

## Paper – II: Basics Relevant to Yoga Therapy

### Section – A

**Total Marks: 100**

**Theory Marks: 80**

**Sessional Marks: 20**

**Course outcome:** The knowledge of this course enable the students about pros and cons of yogic practices to avoid the ill effect of wrong practices.

- Unit–I** a] Anatomy: - Human body – its special features & systems of the body – their brief description.  
 b] Digestive, Respiratory, circulatory, Excretory and Nervous Systems with reference to Yoga.
- Unit–II** a] Metabolic Processes in the body;  
 b] Study of organs : Sense organs & Lungs.
- Unit–III** a] Psychology: Definitions, Healthy Living, Basic Principles, Characteristics of mentally healthy person.  
 b] Body-mind relationship, thought processes, stimulus-response theory.

### Section – B

- Unit–IV** a] Statistics: Definition, Central tendency, sampling, Measures of Central tendency.  
 b] Deviation, sigma curve, normal curve, skewness.
- Unit–V** a] Research Methodology : Importance of experiment under controlled conditions experimental and control group, study of different factors affecting the research work.  
 b] Selection of variables collection of data, statistical treatment & inferences, of writing research report.

### Distribution of Marks for External Examination

**Total -80 Marks**

The examinees have to attempt 6 (Six) questions out of which first question is of ten marks and remaining five questions based on five units with internal choice will have fourteen marks each.

First question will consist of Five Multiple Choice Questions of two marks each, based on five units with internal choice.

### Internal

**Sessional Marks 20**

- |                |   |
|----------------|---|
| 1) Discipline  | 5 |
| 2) Terminal    | 5 |
| 3) Assignments | 5 |
| 4) Attendance  | 5 |

**Reference Books :-**

Anatomy & Physiology	Anne Waugh & Allison, Churchill Living Stone
Human Anatomy	Chaurasia B. D., C.B.S. Publication, Delhi.
Psychology of Personality Development	A.A. Raback, Lakshya, Publication, Delhi.
Nutrition & Health	K.R. Raghunath, Sterling Publication, New Delhi.
The Vegetarian Way	
Research process in Physical Education, Recreation & health	Clarke & Clarke, Prentice Hall, New Jersey.

**Hindi –**

Manavi Sharir Rachana	Dr. Mukund Swarup Varma, Motilal Banarsidas, Delhi.
Sharir Kriya Vidyan	Purnchandra Jain, Choukhambha, Delhi.
Prakrutik Aayurvedyan	Dr. Gangaprasad Goud, Aarogya Seva Prakashan
Aarogyam Sukh Sampda	Dr. Arun Khodaskar, B.M.Yog Parishad, Amravati.

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**Part – II: Practical****Total Marks: 200****Section – I****Total Marks: 100**

- i. Asana
  - ii. Pranayama
  - iii. Mudra as per Hatha Yogic Texts
  - iv. Practical Record Book
    - [a] Description of the above practices, their techniques, Precautions and benefits.
    - [b] Personal Experience of these practices with their therapeutic importance.
- i) **Asana**  
 Sarvangasana, Shirshasana, Siddhasana, Bhadrasana, Simhasana, Padmasana, Virasana, Mayurasana (for boys), Kukkutasana, Kurmasana, Gomukhasana, Ardha-Matsyendrasana, Dhanurasana, Uttanakurmasana, Paschimottanasana, Svastikasana, Shavasana, Baddhapadmasana, Garudasana, Ushtrasana, Shalabhasana, Makarasana, Bhujangasana, Vrikshasana, Sankatasana, Utkatasana, Guptasana, Matsyasana, Vajrasana, Viparitikarani, Trikonasana, Parvatasana, Akarnadhanurasana, Tadasana.
- ii) **Pranayama**  
 Nadishodhan, Suryabhedhan, Ujjai, Shitali, Sitkari, Bhastrika, Bhramari.
- iii) **Murda**  
 Mahamudra, Nabhomudra, Khecharimudra, Mahavedh, Vipritkarni, Yoni, Tadagi, Manduki, Shambhavi, Ashwini, Pashini, Kaki, Matangi, Bhujangi

**System of Examination :****i) Asana****50 Marks**

Any three asanas of examiner's choice 10 marks each.

- Any two asanas of candidate's choice 10 marks each
- ii) Pranayam** 20 Marks  
 Any one pranayama of examiner's choice 10 marks each.  
 Any one pranayama of candidate's choice 10 marks each.
- iii) Murda** 20 Marks  
 Any one murda of examiner's choice 10 marks each  
 Any one murda of candidate's choice 10 marks each
- 4) Practical Record Book** 10 Marks
- Note:** Where practical demonstration is not possible at the time of examination verbal Explanation of the technique is expected.

## Section –II

**Total Marks: 100**

- i. Shatkarma – Instrumental & Non-instrumental Kriyas.
- ii. Meditation, Yama & Niyama.
- iii. Surya Namaskar
- iv. Sukshma and Sthula Vyayam.
- v. Practical Record Book
  - [a] Description of the above practices, their techniques, Precautions and benefits.
  - [b] Personal Experience of these practices with their therapeutic importance.

### System of Examination:

- 1) Shatkarma** 40 Marks
- a) Instrumental**  
 Any one shatkarma of examiner's choice 10 marks.  
 Any one shatkarma of candidate's choice 10 marks.
- b) Non-Instrumental**  
 Any one shatkarma of examiner's choice 10 marks.  
 Any one shatkarma of candidate's choice 10 marks.
- 2) Dhyana** 10 Marks  
 (20 minutes sitting in meditative asanas without any voluntary movements)
- 3) Yogic Sukshma and Sthula Vyayam , Suryanamaskar** 40 Marks  
 Any two of examiner's choice 10 marks.  
 Any two of candidate's choice 10 marks.
- 4) Practical Record Book** 10 Marks
- Note:** Where practical demonstration is not possible at the time of examination verbal Explanation of the technique is expected.

## Part – III: Project Work

**Total Marks: 100**

Section – I: Internal Assessment : Five Assignments on any five instruments, as such Stethoscope, Spigmomanometer, Weighing Balance, Thermometer, Spirometer, Goniometer, Flexometer, their use and interpretations.

Section – II: Viva-Voce on the Project Work.

### System of Examination :

1) Internal assignment	50 Marks
Any five assignments on instruments 10 marks each	
2) Viva-Voce based on Project Record	<b>50 Marks</b>
Project Record	25 Marks.
Viva-Voce	25 Marks.

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## Post Graduate Diploma in Yoga Therapy (P.G. D.Y.T.)

*For P.G.D.Y.T. First Year Examinations: Teaching periods in the various subjects are as follows:*

<b>Part-I</b>	:	<b>Theory Paper</b>
1. Paper I	:	<b>Introduction of Yoga</b> Four Theory periods per week.
2. Paper I	:	<b>Basic Relevant to Yoga Therapy</b> Four Theory periods per week.
<b>Part-II</b>	:	<b>Practical Examination</b> Six practical per week + Three Laboratory Practical
<b>Part-III</b>	:	<b>Project Work</b> Three periods per week

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## Syllabus Prescribed for Second Year of Two Years Post Graduate Diploma in Yoga Therapy

### Part – I: Theory Paper – I: Integral Approach to Yoga Therapy

**Total Marks: 100**

**Theory Marks: 80**

**Sessional Marks: 20**

**Course outcome:** This course will enable them to know about various drugless therapies such as Physiotherapy, Naturopathy which can be used with the Yoga therapy for betterment of health of ill person.

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|--------------------|-----|---|
| <b>Unit – I:</b>   | [a] | Pathology : General pathology, Acute and chronic inflammation<br>Regeneration & wound healing, disorders of vascular flow, genetic disorders, Disorders of immune systems. Neoplasia. |
|                    | [b] | Environmental diseases. Diseases of organ systems.  |
| <b>Unit – II:</b>  | [a] | Physiotherapy – Wax bath, Infrared radiation, mechanical devices<br>such as stationary cycle, shoulder wheel, etc.  |
|                    | [b] | Knee exercises, finger grips, stair case, balancing.  |
| <b>Unit – III:</b> | [a] | First Aid – Wounds, fractures, Bandages, Blood flow.  |
|                    | [b] | Accidents, drowning, poison, Snake bite, electrical shocks,<br>unconsciousness.   |
| <b>Unit – IV:</b>  | [a] | Science of facial expression – Encumbrance theory, standard forms<br>of body measurement.   |
|                    | [b] | Basics of human body – Biped nature, Bi-lateral symmetry and<br>erect position of the vertebral column.   |
| <b>Unit – V:</b>   | [a] | Doctors and instructors, attendants.  |
|                    | [b] | Hospital management (Yoga Therapy); Recourses, Personnel's,<br>space, cleanliness and other facilities .  |

#### **Distribution of Marks for External Examination**

**Total -80 Marks**

The examinees have to attempt 6 (Six) questions out of which first question is of ten marks and remaining five questions based on five units with internal choice will have fourteen marks each.

First question will consist of Five Multiple Choice Questions of two marks each, based on five units with internal choice.

#### **Internal**

**Sessional Marks 20**

- |                |   |
|----------------|---|
| 1) Discipline  | 5 |
| 2) Terminal    | 5 |
| 3) Assignments | 5 |
| 4) Attendance  | 5 |



**Reference Books:-****Name of the book**

Text Book of Pathology

Harsh Mohan, J.P.Brothers, New Delhi.

General Pathology

S.G.Deodhare, Popular Prakashan, Bombay.

Organisation &amp; Administration

Pandey Laxmikant

Organisation : Administration by  
Health Cure

Durbin Richard &amp; Spingal herber

**Hindi –**

Aakruti Se Rogo Ki Pahchan Lui Kune

Yashpal Jain, New Delhi.

Aarogya Sukh Sampda

Dr. A.N.Khodaskar, B.N.Yog Parishad  
Amravati.**Paper – II: Philosophy and Practice of Yoga Therapy****Total Marks: 100****Theory Marks: 80****Sessional Marks: 20****Course outcome:**

This course will introduce different philosophers concepts in the field related to Yoga and various traditions in Indian culture

- Unit – I :** [a] Principles of Yoga Therapy  
[b] Promotive, Preservative, Curative, Protective, Rehabilitative, aspects of Yoga, defence mechanism.
- Unit – II :** [a] Methods of Yoga Therapy  
Traditional Yogic Methods, Natural way of living, special diet planning.  
[b] other supporting treatments.
- Unit – III :** [a] Use of mechanical aids : ropes, belts, cushions, special benches, other supports.  
[b] rehabilitation methods.
- Unit – IV :** [a] Treatment with Yoga Therapy; Study of Nature of disease, Age factor and the state of the patient.  
[b] Use of Asana, Pranayam, Shat Karma & Supporting treatments of Yoga Therapy.
- Unit – V :** [a] Ayurvedic daily routine and diet.  
[b] Exercise therapy.

**Distribution of Marks for External Examination****Total -80 Marks**

The examinees have to attempt 6 (Six) questions out of which first question is of ten marks and remaining five questions based on five units with internal choice will have fourteen marks each.

First question will consist of Five Multiple Choice Questions of two marks each, based on five units with internal choice.

**Internal****Sessional Marks 20**

1) Discipline	5
2) Terminal	5
3) Assignments	5
4) Attendance	5

**Reference Books:-**

Philosophy &amp; Practice of Nature Cure

Henry Lind Lahar,  
Satsahitya Prakashan, Hyd.Yoga Therapy in Management of Stress  
Mental Tension and its Cure  
Yogic TherapyDr. S.V.Karandikar, Subhar Pal  
Dr. O.P.Jaggi, Orient Paper Backs, N.D.  
Swami Kuvalananda, Dr. S.L.Vinekar  
Ministry of Health, N.D.

Swadhyaya &amp; Yoga Therapy

Dr. D.R. Vaze, Gurukul Music, Publication,  
Sadashiv Peth, Pune.Yogic Cure for common Ailments  
A Life SaverBright P.S., Bright Career, Delhi.  
Dr. S.V.Karandikar Kabir Bag Math  
Sansthan, Pune**Hindi –**Karyakshamta Ke Liye  
Aayurved Aur Yog  
Aadhunik Chikistya ShastraDr. Vinod Sharma, Radhakrushna Prakashan,  
Jagatpuri, Delhi.  
Dharmdatta Vaidya, Motilal Banarsidas,  
Delhi.Mansik Swastha Aur Manha Chikistya  
Prathamik ChikistyaAasharani Hora, Aarya Prakashan Mandal, Delh.  
Shamsundar Sharma, Delhi.

**Part – II: Practical**  
**Section – I**

**Total Marks 200**  
**Total Marks: 100**

Therapeutic Yogic Practices

- i. Traditional method of Yoga, Asanas, Pranayamas, Shatkarmas with necessary modifications.
- ii. Yogic Practices with mechanical aids as – ropes, belts, cushions blankets, chairs.

**Name of Asanas :**

- |                             |                             |
|-----------------------------|-----------------------------|
| 1. Suptaveerasana on bench  | 2. Sarvangasana             |
| 3. Suptaveerasana on ground | 4. Upavistakonasana         |
| 5. Suptabandhadkonasa       | 6. Merudandasana            |
| 7. Vipareeta Dandasana-1    | 8. Vipareeta Danadasana-2   |
| 9. Vipareeta Danasana-3     | 10. Kapotasana-I            |
| 11. Kapotasana-2            | 12. Tadasana                |
| 13. Trikonasana             | 14. Urdhwadhanurasana       |
| 15. Parswakonasana          | 16. Setubandha Sarvangasana |
| 17. Veerbhadrasana-1        | 18. Veerbhadrasana-2        |
| 19. Veerbhadrasana-3        | 20. Shavasana               |

Equipments: Bolster-28 Inches Long Weight approx 3.5 kg. Pillow – Breadth-16 Inches, length-26 Inches approx 1.5 kg.

- iii. Practical Record Book -

- [a] Description of the above practices, their techniques, precautions and benefits.
- [b] Personal Experience of these practices with their therapeutic importance

**System of Examination:**

- |  |          |
|--|----------|
| <b>1) Asana</b>  | 50 Marks |
| Any three asanas of examiner's choice 10 marks each.   |          |
| Any two asanas of candidate's choice 10 marks each.    |          |
| <b>2) Pranayama</b>                                    | 20 Marks |
| Any one pranayama of examiner's choice 10 marks each.  |          |
| Any one pranayama of candidate's choice 10 marks each. |          |
| <b>3) Shatkarma</b>                                    | 20 Marks |
| Any one shatkarma of examiner's choice 10 marks each.  |          |
| Any one shatkarma of candidate's choice 10 marks each  |          |
| <b>4) Practical Record Book</b>                        | 10 Marks |

**Section – II**

**Total Marks: 100**

Use of Scientific Instruments

- i. Scientific procedure of collection of data
- ii. Measurement of Pulse, Temperature, Blood Pressure, body Composition; Lean Body Mass, Percentage of Fat, Vital Capacity, Respiratory rate, breath holdings Capacity, Expiratory pressure, Flexibility, vision.

**System of Examination:**

- |  |          |
|--|----------|
| <b>1) Use of therapeutic equipments</b>                  | 50 Marks |
| Any three equipments of examiner's choice 10 marks each. |          |
| Any two equipments of candidate's choice 10 marks each.  |          |
| <b>2) Use of instrument</b>                              | 40 Marks |
| Any two instruments of examiner's choice 10 marks each.  |          |
| Any two instruments of candidate's choice 10 marks each. |          |
| <b>3) Practical Record Book</b>                          | 10 Marks |

**Part – III – Project Work****100 Marks**

Section – I:

Internal Assessment

Section – II:

Viva-Voce based on Project Record.

**System of Examination:**

- |   |             |
|---|-------------|
| <b>Project Work</b>                               | (100 Marks) |
| 1) Internal assignment                            | 50 Marks    |
| Any five assignments on instruments 10 marks each |             |
| 2) Viva-Voce based on Project Record              | 50 Marks    |
| Project record                                    | 25 Marks    |
| Viva-voce   | 25 Marks    |
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