

# **Bharati Vidyapeeth Deemed University**

## **COLLEGE OF PHYSICAL EDUCATION**

Dhankawadi, Pune-411 043 (Maharashtra), INDIA

### **DIPLOMA IN YOGA EDUCATION**

**(PG D.Y.Ed. - 1 Year)**

#### **GENERAL OBJECTIVES**

- 1) To train the candidates in the esoteric aspects of Yoga that deals with the problems of integration of personality.
- 2) To prepare the students to undertake teaching work in yoga.
- 3) To inculcate rational thinking and scientific temper among the students of yoga.
- 4) To use managerial and organizational skills for becoming a yoga teacher.
- 5) To help them understand varied responsibilities of a yoga teacher.
- 6) To acquaint the student with school/ college Health Programme.
- 7) To acquaint the students with the basic concept of management of yoga education in the school.
- 8) To understand the evaluation procedure in Physical Education.
- 9) To develop competencies and skills in yoga needed for becoming a healthy individual.
- 10) To enrich proper knowledge of yoga among the students to resolve emerging issues such as health & fitness, wellness etc.
- 11) To develop a special aptitude towards spiritual phenomenon through yoga.

#### **Programme outcome**

1. At the end of the course the students will be able to understand traditional Indian Yoga systems; the philosophy of the Yoga systems and the new thought in Yoga movement in the country.
2. The students will be able to understand the principles of Hatha Yoga and the texts in this field.
3. The programme will develop basic understanding of the human anatomy, the human physiology and a deeper understanding of the human systems
4. The students will be introduced to the essential elements of a yogic life style, the concept of health and disease and their remedies through yoga practice. They will also learn the overview of the five sheath human existence.
5. The students will be introduced to regular and rigorous practice (sadhana) of yoga practices that would make them disciplined and knowledgeable Yoga teachers

## REGULATIONS

### 1. **Duration of the Course:**

This is a co-education course. The duration of the course of study is for 1 year. The total Teaching days shall not be less than 200 days excluding examination.

### 2. **Eligibility for Admission:**

Candidate must be a graduate from any discipline.

### 3. **Selection Procedure for Admission:**

Admission to the eligible candidates will be given as per the selection procedure laid down by the College from time to time.

### 4. **Rules of examination**

- He/ she have completed all the practical and other work according to the syllabus up to the satisfaction of the principal. He/ she should have obtained such a certificate from the principal of the college. Unless and until the student obtains such a certificate, he will not be allowed to appear for university examination.
- Student who fails in any one or more internal practical works in the term end examination will be permitted to complete in the subsequent year of examination
- Student who fails in any one or more papers in the final examination will be permitted to rewrite the remained paper or papers in the subsequent year of examination
- **Medium of Instruction:** Medium of Instruction will be Marathi or Hindi or English or in combination. The candidate appearing for examination will have the option of answering all the examination subjects either in Marathi or in Hindi or in English.
- The college will complete the internal assessment of the heads mentioned in the syllabus. The internal assessment will be in the form of marks.
- For the rationalization of internal marks, the **College shall appoint moderation committee** (keeping the Principal of the college or his nominee as Chairman). The Committee will take the review of the internal marks given by the college faculties and advice the college if necessary. The college should take the appropriate action as per the advice of the committee.

### **Norms for passing PG D.Y.Ed. Examination :**

To pass the examination the candidate must obtain at least 35% marks in each theory and 40% in practical separately and the aggregate must be 45%.

- i) Pass Class: 45% & above and below 50%

- ii) II Class: 50% & above and below 60%.  
 iii) I Class: 60% & above and below 70%.  
 iv) I Class with distinction: 70% & above

**Note:**

- 1) The candidate who has obtained minimum 35% or more marks in any head of passing but failed in the examination shall be eligible to claim exemption in such head/heads. Candidates claiming exemption will not be eligible for first class with Distinction, first class, and second class and merit list.
- 2) The candidate has completed their terms but has not completed internal work are eligible do so in next one academic year only.

**SCHEME OF EXAMINATION**

**PART-A (THEORY)**

<b>Subject Code</b>	<b>Theory Subjects</b>	<b>Final Paper (Marks)</b>	<b>Sessional (Marks)</b>	<b>Total (Marks)</b>	<b>Minimum Aggregate Passing Marks</b>	<b>Credits</b>
DYEd/Th-1	Foundation of Patanjala Yoga Sutra (3 periods per week)	75	25	100	35	6
DYEd/Th-2	Foundation of Hath yoga (3 periods per week)	75	25	100	35	6
DYEd/Th-3	Yoga, Cultural Synthesis & Value Education (3 periods per week)	75	25	100	35	6
DYEd/Th-4	Anatomic-physiological aspects in Yoga Education (3 periods per week)	75	25	100	35	6
DYEd/Th-5	Psychology of Yoga Education (3 periods per week)	75	25	100	35	6
DYEd/Th-6	Teaching Methods in Yoga Education (3 periods per week)	75	25	100	35	6
	<b>TOTAL</b>	<b>450</b>	<b>150</b>	<b>600</b>	<b>-</b>	<b>36</b>

**PART-B (PRACTICAL SKILL)**

<b>Activity Code</b>	<b>Activities</b>	<b>Max. Marks</b>	<b>Min. Pass Marks</b>	<b>Credits</b>
DYEd/Pr-1	Asanas (3 periods per week)	100	40	6
DYEd/Pr-2	Pranayamas (2 periods per week)	100	40	4
DYEd/Pr-3	Kriyas (2 periods per week)	100	40	4
DYEd/Pr-4	Bandhas & Mudras (2 periods per week)	100	40	4
DYEd/Pr-5	Antaranga Yoga (2 periods per week)	100	20	4
DYEd/Pr-6	Practice teaching (1 period per week) 1) peer group lesson-ten 2) external lesson- two	100	20	2
	<b>TOTAL</b>	<b>600</b>	<b>-</b>	<b>24</b>

**Total Credit (A+B) = 60**

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- The College will complete the internal assessment of the heads mentioned in the syllabus internal assessment will be in the form of marks.
- For the rationalization of internal marks, the college shall appoint moderation committee (keeping the principal of the college or his nominee as chairman). The Committee will take the review of the internal marks given by the college and advice the college if necessary. The college should take the appropriate action as per the advice of the committee.
- 80% of marks will be assessed through external evaluation and 20% shall be by the internal evaluation.
- A candidate must record attendance at the periods in college for the whole year as prescribed in the university norms (min.80%) to be able to appear for university examination.
- Candidate should complete all the practical and internal assessment work up to the satisfaction of the principal / Head of the unit.
- To pass the examination the candidate should score minimum 40% marks separately in internal as well as external examination for each theory and practical paper

## **SYLLABUS FOR P.G. DIPLOMA IN YOGA EDUCATION (P.G.D.Y.Ed.)**

**PAPER I- Foundation of Patanjala Yoga Sutra (P.Y.S.)**

**Marks 100**

### **Unit-I.**

1. P.Y.S.: Introduction to P.Y.S., its author and its concept about Yoga and chapters.
2. P.Y.S.: According to *Samkhya* Philosophy,
3. Yoga traditions: P.Y.S. and other Traditions ( *Gita, Hatha, Mantra, Laya*)
4. Brief survey of P.Y.S. and its Traditional and Modern commentaries and other related works on P.Y.S.
5. Concept of Citta, its structure & functions and need to channelize it

### **Unit-II.**

1. *Abhyasa & Vairagya.*
2. Factors that accelerate *Patanjala Yoga Sadhana, Bhavapratyaya Yogis & Upayapratyaya Yogis,*
3. Concept of *Isvara* and *Isvarapranidhana/ Pranava Japa*
4. Concept of *Cittaviksepa/ antaraya, Eka tattva – Abhyasa .*
5. Concept and methods to achieve *Cittaprasadana,*

### **Unit-III.**

1. *Kriyayoga:* Meaning, concept , importance and Its educational value.

2. *Klesas*: Concept & their remedy.
3. Concept of *Caturvyuha*: *heya*, *heyahetu*, *hana* and *hanopaya*.
4. *Rtambhara prajna*,
5. Concept of Saptabhumi Prajna

#### **Unit-IV.**

1. *Yamas* and *Niyamas*: Concept and practice.
2. Concept and practice of *Asanas*, *Pranayama*, *Pratyahara* according to Patanjali and their practice in the light of other scripture.
3. Concept of *Dharana*, *Dhyana* and *Samadhi*, their differences and salient features
4. *Samprajnata* and *Anya*, *Samapattis*, *Sabija Samadhi* and *Nirbija Samadhi* and difference between Samapatti and Samadhi
5. Concept of *Samyama* in PYS.

#### **REFERENCE BOOKS**

##### **A) Traditional Commentaries:**

1. Shri *Patanjala Yoga Darshanam* published by Kaivalyadhama, Lonavla 410 403.
2. “*Patanjala-Rahasyam*” of Raghavananda Saraswati : In THE SAMGA YOGADARSANA : The Kashi Sanskrit Series No.110, The Chowkhamba Sanskrit Series Office, Banaras (India),1935.
3. “*Patanjala-Yogasutra-Bhasya-Vivarsanam*” of Sankaro Bhagavadpada, edited by poiagam by poiagam Sir Rama Sastri and S.R. Krishnamurti Sastri (The Madras Government oriental Series No.94),the Govt. Oriental Manuscripts Library, Madras (India)1952.
4. “*Rajamartanda*”of Bhojaraja :In *YOGASUTRAM OF MAHARSHI PATANJALA*. The Chowkhamba Sanskrit Sansthan, Varanasi, (India),1982 (Second Edition).
5. “*Sutrarha-bodhini*” of Narayana Tirtha : In YOGADARSANAM Edited by Pandita Ratna Gopal Bhatta (The Chowkamba Sanskrit Series Nos.154 and 159) The Chowkamba Sanskrit Book Depot, Banaras (India)1911.
6. “ *Tattvavaisaradi*” (Ta. Vai.) of Vacaspati Misra : In THE SAMGA YOGADARSANA “ The Kashi Sanskrit Series No.110,The Chowkhamba Sanskrit Series No.110, The Chowkhamba Sanskrit Series Office, Banaras (India), 1935.
7. “*Vyasabhasya*” of Vyasa : In *PATANJALA YOGASUTANI* edited by Kasinath Sastri Agashe (Anandashrama Sanskrit Series No.47) Anandashrama press,poona (India)1932.
8. “*Yoga Karika*” of Hariharananda Aranya : In *THE SAMGA YOGADARSANA* Gosvami Damodara Sastri : The Kashi Sanskrit Series No.110, The Chowkhamba Sanskrit Series No.110, The Chowkhamba Sanskrit Series No.110, The Chowkhamba Sanskrit Series Office, Banaras (India), 1935.

9. YOGASARASAMGRAHA OF *Vijnanabhiksu* : edited by *Dr. Pavan Kumari*, Eastern Book Linkars, Delhi, 1935.

**B. Modern Commentaries:**

**a) English-**

1. *Patanjala Yoga Sutra*, Dr.P.V.Karambelkar,Kaivalyadhama,Lonavala.
2. The Science of Yoga,I.K.Taimini, The Theosophical Publication House, Madras.
3. The Science of Yoga, Aprabuddha, Shri Aprabuddha Vichar Sadhana, Nagpur.
4. “*Yoga-Vattik*” (YV) of *Vijnanabhiksu* (Volume I To IV),edited by T.S Rukmani : Munshiram Manoharlal Publishers Pvt.Ltd., New Delhi 110 055, 1983.
5. Introduction to *yoga sutra*, Ram Shankar Bhattacharya, Bharatiya Vidya prakashan, Varanasi 1.
6. Yoga Sutra of Patanjali, Ballantyne & Shastri, Akay Book Corporation, Delhi 35
7. Four Chapters on Freedom, Swami Satyananda Saraswti, Bihar School Of Yoga, Munger, Bihar.

**B) Hindi:**

- 1) *Patanjala Yoga Darshanam*, Acharya Udayavir shastri, Chairman, Virajananda Vaidik (Shodh) Samsthan, Gajiyabad, U.P.
- 2) *Patanjala Yoga Darshanam*, Vol.1 to 4, Dr.Vimla Karnataka , Kashi Hindu Vishvavidyalaya, Varanasi and Ratana publications, aranasi.
- 3) *Patanjala Yoga Darshanam*, Acharya Rajvir Shastri, Arsha Sahitya prachar Trust, New Delhi 110 007
- 4) Maharshi Patanajalikrit Yoga Darsana, Harikrishna Goyanka, Gita press, Gorakhpur.
- 5) *Patanjala Yogapradipika*, Shri Swami Omananda Tirth, Gita Press,Gorakh
- 6) Patanjalyogadarshanam, Shrimat swami Hariharananda aradhya, Motilala Banarashidas New Delhi 10007.
- 7) *Vyasa bhasya* Samvalitam,Patanjalyogadarshanam, Dr. Sureshchandra Shrivastava ,Chaukhamba Surbharati Prakashan ,Varanasi 220001.



## **PAPER II. Foundations of Hatha Yoga**

**Marks 100**

### **Unit – I**

- 1) Concept of Yoga in the light of its definitions, Schools of Yoga- *Bhavana* Yoga-*Jnana*, *Karma* and *Bhakti*; *Prana Samyama* Yoga- *Mantra*, *Hatha* , *Laya* and *Raja*;
- 2) Introduction to important *Hathayogic* Texts with special reference to *Hathapradipika* (HP) and *Gheranda Samhita* (Gh S), Special features of these two texts,
- 3) Ideal place and ideal hut according to *HP* and *Gh S*.
- 4) *Sadhaka* and *Badhaka* Factors according to *HP*,
- 5) Concept of *Mitahara* in *HP* and *Gh S*.

### **Unit – II**

- 1) Antiquity and definitions of *Asana*,
- 2) All 15 *asanas* from *HP* and 32 *Asanas* from *Gh S*.
- 3) Evolution of *Pranayama*, Components of *Pranayama*, *Yukta* and *Ayukta* *Pranayama*,
- 4) Concept of *Kanda* and *Nadi* in *Hathayoga*, *Nadishodhana* *Pranayama* in *HP* and *Gh S*.
- 5) *Yoga Therapy* in 5<sup>th</sup> Chapter of *HP* of *Kaivalyadhama*.

### **Unit – III**

- 1) Importance of *Cleansing* processes in *Yogic* curriculum, comparison between *Pancha karma* and *Shat karma*,
- 2) *Cleansing* processes in *HP* and *Gh S*.
- 3) Eight *kumbhaka*s in *HP* and *Gh S*, Special study of *Suryabhedana*, *Ujjayi*, *Bhramari*, *Bhastrika* and *Kevala/ Kevali* in *HP* and *Gh S*
- 4) *Sahita kumbhaka* in *Gh S*,

5) *Sitkari and Plavini Kumbhaka* in *HP*

#### **Unit -IV**

1. Importance and purpose of *Mudras* in *Hathayoga*, Concept of *Kundalini* and its arousal,
2. *Mudras* in *HP* and *Gh S*, Special study of *Khecari* and *Shaktichalana*,
3. Five *Dharanas*, in *Hatha yoga*
4. Concept of *Pratyahara* and *Dhyana* in *Hathayoga* with special reference to *Gh S*, Concept and technique of *Samadhi* in *Gh S*,
5. Concept of *Laya* and *nada*, Technique and stages of *Nadanusandhana*.

#### **REFERENCE BOOKS**

1. *Goraksha Shatakam* of *Gorakshanath* (Pub by kaivalyadhama, Lonavla)
2. *Shiv samhita* (Pub. By Kaivalyadhama ,Lonavla )
3. *Vasishtha samhita* (Pub. By Kaivalyadhama ,Lonavla )
4. *Yoga Yajnavalkya yajnavalkya smriti*
5. *Asana* by Swami Kuvalayananda (Pub by kaivalyadhama, Lonavla)
6. *Pranayama* by Swami Kuvalayananda (Pub by kaivalyadhama, Lonavla)

**PAPER III. Yoga, Cultural Synthesis & Value Education: Marks 100**

#### **UNIT – I**

##### **Yoga and Culture**

1. Concept and meaning of *Yoga* and its forms.
2. Definition of Culture and Civilization,
3. Salient Characteristics of Indian and Western Culture.
4. *Yoga* as basis of Culture and Humanitarianism

#### **UNIT – II**

##### **Yoga and Philosophy (Darshana)& Philosophy of Yoga in Darshana,**

1. Brief Introduction to *Yoga* in *Veda* and *Upanishads*, *Shrimad Bhagawad Gita* with special reference to – *Jnana Yoga*, *Karma Yoga* and *Bhakti Yoga* – their inter- relationship and synthesis.
2. Salient features of Indian Philosophy and Western Philosophy
3. Six systems of Indian Philosophy with special reference to concepts of Soul, Bondage and Liberation. Relation of *Yoga* to these systems.
4. Brief Introduction to the contribution of Modern Indian personalities like Swami Vivekananda, Gandhiji, Shri Aurobindo, Swami Shivanandaji and Swami Kuvalayanandaji towards World Peace and Harmony with special reference to *Yoga*.

## **UNIT III**

### **Yoga, Religion and Mysticism**

1. Meaning and significance of Religion; Yoga and Religion; Yoga and Jainism
2. Yoga and Buddhism
3. Yoga and Islam,
4. Yoga and Christianity
5. Yoga and Mysticism, Yoga and Suficism.

## **UNIT IV**

### **Yoga and Value Education**

Values – meaning, significance, classification; Indian Understanding of Values.

1. Basis of Value Development –
  - a) Socio-cultural,
  - b) Psychological.
2. Concept of Value Education – Meaning, aims and objectives, Rationale of Value Education, Contents of Value Education and Role of Teachers.

**Methods of Value Education:-** a) Yoga as a method of Value Education.  
b) Implication & application of Value Education in one's own life style.  
Short –term project to prepare & follow & submit to in- charge for evaluation . (Committed Project)

### **Reference Books –**

- 1) Mysticism and Philosophy – Stace, W.T. Mac Milan and Co., London, 1961.
- 2) Mysticism in World's Religions – Geoffrey Parinder, Oxford University Press, New York, Shendon Press, 1976.
- 3) Education in value a Source book Pub: national council of education research and training Nov 1992, Secretary, NCERT ,Sri Aurobindo Marg New Delhi 10016 Price Rs.54
- 4) Hindu Cultural An Introduction, Pub – Central Chinmaya Mission trust, Mumbai

- 5) Indian Philosophy Datta & Chatterjee Hindi and English, Pub.:University of Calcutta, Calcutta Year 1984, 8<sup>th</sup> Reprint
- 6) World's Religions, Pub.: Sri Swami Shivananda, Ananda Kutir, Rishikesh, Himalayas, The Sivananda Publication League, Rishkesh. Year 1947
- 7) Bharatiya Darshana: parasnath Dwivedi- Hindi Pub.: Shriram Mehra & com., Agra 3 Year 1980
- 8) *Bharatiya Sanskriti*, - Dr. Rajkishor Singh Hindi, Pub.: Vinod Pustak Mandir, Agra, Year 1995-96
- 9) *Dharma Avem Sanskriti* V.K.Bhatiya, -Hindi, Pub.: Sahitya Bhavan, Agra, Year 1978

#### **PAPER IV. Anatomico-Physiological aspects in Yoga Education (Marks100)**

##### **UNIT I –**

##### **1) Knowledge about the Living Body :**

1. Concept of Living body and stages of life – modern view.
2. Concept of Anatomy & Physiology and its importance in Yogic field.
3. Modern History of Scientific concept about yogic practices.
4. Structural organization of body.
5. Basic physiological concepts.
6. Concept of harmony in related with health (all systems , organs cells)

##### **2) Nervous System :**

1. Anatomy of Brain , spinal cord , nerves.
2. Voluntary & Autonomus work of nervous system.
3. Concept of the development of brain and nerve cell.
4. Role of neurotransmitters.

##### **3) Digestive system –**

- 1) Structure and functions of all part of alimentary track and glands
- 2) Process of digestion; factors influencing the digestion.
- 3) Concept of diet through modern, Ayurvedic and yogic views.
- 4) Indigestion and its complications; How does yoga help to reverse the complication due to indigestion.

##### **UNIT II –**

##### **1) Respiratory system**

- Structure and functions of all parts of respiratory track.
- Mechanism of ventilation, diffusion and cellular respiration, breath regulation.
- Lung capacity and factors influencing it.
- Yogic practices for healthy respiratory system

## **2) Circulatory system –**

- Structure and functions of the heart , blood vessels & blood cells.
- Concept of blood pressure and effect of yoga practices on it.

## **3) Endocrine system –**

- Structure and functions of all endocrine glands.
- Neuro endocrine balance and yoga
- Yogic practices, how they influences work of glands.

## **4) Reproductive and Excretory System:**

- Structure and Functions & effect of Yoga practices on it.

## **UNIT III –**

### **1) Musculoskeletal System**

Muscles –properties, function, types of muscles

Types of contraction & stretching

Bones – function and types of bones

Yoga and health of muscles and bones in different stage of life.

### **2) Asana**

Definition

View of traditional text, scientific view,

Types.

Anatomy, physiology, therapeutic importance & limitation of various asanas described in traditional texts.

Asana- How to use as a therapy.

### **3) Pranayama**

Definition, psycho-physiological effect.

Various types according to traditional texts and their importance.

Therapeutic importance and research about Pranayama.

## **UNIT- IV**

### **1) Kriya**

Cleansing concept in *Hatha & Patanjali*

Neti – Effect, importance and limitation

*Vastra* and *Nauli* - Effect, importance and limitation

*Kapalabhati* - Effect, importance and limitation

*Trataka* - Effect, importance and limitation.

*Shankha Prakshalana* & other processes.

## 2) **Meditation**

Scientific view

Types and variation. As a means & Goal/End.

Types and variations

## 3) **Yoga Therapy**

Concept of Yoga Therapy 1- Life style modification.2- practice.

*Klesha* and *antarayas* & how to overcome it. *Chittaprasadhana*.

Yogic management of 1- psychosomatic disorders.

2. Metabolic disorders

3. Immunity related diseases.

## **UNIT V –**

1. Concept of Body, Mind and beyond mind.
2. Conceptual understanding of body mind & beyond with reference to human body function.
3. Body as a micro & macrocosm with interrelation.
4. *Nadi chakra*, *Kosha* , Subtle body etc.

## **UNIT VI –**

1. Structural & functional comparison of modern / ancient yoga , ayurveda, Homeopathy.
2. Experience based knowledge & information about human body- According to yogic text & with their technical terms without equation & comparison according to Hatha Pradipika & PYS.

## **Reference books**

1. Structure and function of human body.....published by Kaivalyadhama
2. *Asana* by swami kuvalayananda , kaivalyadhama ,Lonavla
3. *Pranayama* by Swami kuvalayananda ,kaivalyadhama ,Lonavla
4. Yogic Therapy by swami Kuvalayananda, kaivalyadhama ,Lonavla
5. Anatomy & Physiology for Nurses, Evelyn Pearce,16<sup>th</sup> Edn.1992
6. Anatomy & physiology for Nurses, Evelyn Pearce, (Hindi version) by Manju & Mahesh
7. Yogic therapy by Swami Shivananda Saraswati ,1957
8. simple Yoga and Therapy by Yogeshwar,1986
9. Management of common diseases compiled by swami Karmananda Saraswati ,Bihar School of Yoga, 1983.
10. Principles of anatomy and Physiology ,Tortora and Anagnostakos (1984), Harper & Row Publisher ,New Delhi.
11. *Swadhyay* and Yoga therapy Dr. D.R.Vaze, Lonavla : Kaivalyadhama.

## **PAPER V. Psychology of Yoga Education**

**Marks 100**

### **UNIT –I**

1. Similarities and dissimilarities between the sciences of yoga and modern psychology.
2. Advantages and limitations in understanding yoga through psychological means and methods.
3. Definitions of Health, Mental Health, Mental Hygiene and Total health in the context of the concept of swasthya.
4. Who is ‘ Swastha’ ? waht is “Swa” as per P.Y.S.

### **UNIT –II**

1. **Normality**” in yoga and modern Psychology in the context of different theories and models available in psychology. Emphasis should be laid on “Normality “ in yoga.
2. Psychosomatic abnormalities / disorders: Freudian approach to these disorders causes of these disorders according to Patanjala Yoga Sutra.
3. Personality Development and yoga: Modern theories of personality, Indian approach to personality and personality integration.

### **UNIT –III**

1. Personal and interpersonal adjustment through yogic methods with special reference to Niyamas & Yamas.
2. Attitude change through yogic & psychological methods
3. Tacklling ill effects of conflict / Frustration through yogic methods.

4. How far, “Yoga-Psychology” is developed ? How far a synthesis of psychology and yoga is possible for personality development.

#### **UNIT –IV**

- 1. Concept of stress:** Modern psychological and yogic perspectives.
- 2. Methods of Citta Prasadanaam for**
  - (a) Stress management
  - (b) Application of Patanjali Yoga Sutra for a total Health.
- 3. Prayer:** a cross –cultural approach to mento-spiritual development , psychology of prayer ,benefits of prayer to the yoga Sadhaka , as well as, to the common man.

#### **REFERENCE BOOKS :**

1. Bhoga R.S. (2010)Yoga and mental Health Lonavla, kaivlyadhama
2. Bhogal R.S.(2006) Yoga and modern psychology, Lonavla, Kaivalyadhama
3. Mathur, S.S.(1985) *Samanya Manovigyan* (Hindi) Agra :Vinod Pustak Mandir
4. Morgan, C.T. & king R.A.(1978) Introduction to Psychology ,New Delhi :Tata McGraw- hill Publishing company limited
5. Pandit,R.V.(1971)*Samanya Manasa Shastra* (Marathi). Nagpur: Payal Prakasan
6. Sharma,Ram Nath,(1960) Indian psychology; Meerut: Kedar Nath Ram Nath.

#### **PAPER VI. Teaching Methods in Yoga Education**

**100 Marks**

- Besides the above mentioned theory, subjects and practicals, students will also be taught the art of teaching Yoga. Since Yoga is a specialized field, the method of its teaching is also unique. Kalvalyadhama has evolved special methods of teaching yoga hence the subject. This has been further divided into Theroy and Practical Teaching.

#### **Unit 1**

Introduction: need of practice teaching and its use in yogic practice.

Yoga and Yogic practices.

#### **Unit 2**

- 2.1. Meaning and Scope of Teaching Methods.
- 2.2. Sources of Teaching Methods.
- 2.3. Presentation techniques: its meaning and relevance in yoga education .

#### **Unit 3**

- 3.1. Teaching aids: its meaning and need up to the modern time power point.
- 3.2. Class management: its meaning and need.

#### **Unit 4**

- 4.1. Lesson plan: meaning and need.



- 4.2. Preparation of lesson plan in yogic practice.
- 4.3. Time allotment in different lesson plans & its importance.
- 4.4. Lesson presentation.

### **Practical Teaching**

Each student will be assigned to prepare and teach five lessons on different aspects of Yoga. Out of Which the 5th Lesson is to be presented by each student on any one topic relating common disease.

### **Reference book**

1. Gharote, M.L. and Ganguly, S.K. (1988) Teaching Methods of Yogic Practice, Kaivalyadhama, Lonavla,
2. Doanld G. Butter (1975) Teaching Yoga, Geoffery Chapman Publisher,
3. *Yogasana* Teacher's Guide (1983) National council of Educational Research and Training,
4. K.K. Bhatia and J.N. Arora, Methodology of Teaching, Prakash brothers Ludhiana 1985
5. Sachitra Shaleya Yogaabhyasakrama, (Marathi), director Sports and Youth welfare Pune 1976
6. Tiwari O.P. (1984) asana Why and How? Kaivalyadhama, Lonavla.

### **PRACTICAL TRAINING :**

**Marks 100**

Shavasana	Vatayanasana
Shrishasana	Garudasana
Crocodile Practices ( Four variations )	Shirh-padangusthasana
Pavanmuktasana	Vajrasana
Naukasana	Padmasana
Viparitakarani	Siddhasana
Sarvangasana	Swastikasana
Matsyasana	Shavasana
Halasana	Makarasana
Karnapidasana	Brahmamudra
Bhujangasana	<b>B. PRANAYAMA</b>
Shalabhasana	1. Anuloma-viloma
Sarpasana	2. Ujjayi
Dhanurasana	3. Shitali
Vakrasana	4. Sitkari
Ardha-Matsyendrasana	5. Bhastrika
Paschimatanasana	6. Bhramari
Supta Vajrasana	7. Suryabhedana
Yoga Mudra	8. Chandrabhedana
Simhasana	9. Murccha (Theory only)
Gomukhasana	10. Plavini (Theory only)
Matsyendrasana	<b>C. BANDHAS AND MUDRAS</b>
Mayurasana	1. Jalandhara Bandha
Kukkutasana	2. Uddiyana Bandha
Uttana Kurmasana	3. Jicha Bandha
Ushtrasana	

<p>Gorakshasana  Padma - Bakasana  Baddha -padmasana  Akarmadhanurasana  Ugrasana  Parvatasana  Janushriasana  Tolangulasana  Muktasana  Virasana  Guptasana  Sankatasana  Uttanamandukasana  Vrishabhasana  Padangusthasana  Garbhasana  Bhadrasana  Kapotasana  Ekpadaskandhasna  Chakrasana (Sideward)  Chakrasana (Backward)  Virkshasana  Tadasana  Pada - hastasana  Utkatasana  Natarajasana</p>	<p>4.Mula Bandha</p> <p><b>D.KRIYAS</b></p> <ol style="list-style-type: none"> <li>1.Jala Neti</li> <li>2.Sutra Neti</li> <li>3.Dhauti (Vamana,Danda,Vastra)</li> <li>4.Nauli</li> <li>5.Kapalabhati</li> <li>6.Aganisara</li> <li>7.Trataka</li> <li>8.Shankhprakashalana</li> </ol> <p><b>E.RECITATIONS</b></p> <ol style="list-style-type: none"> <li>1.Pranava Japa</li> <li>2.Svasti Mantra</li> <li>3.Rudropasana</li> <li>4.Savitru Upasana</li> <li>5.Mahapurushavidya</li> <li>6.Om Stavana</li> <li>7. 15<sup>th</sup> Chapter of shrimad Bagwat Gita</li> </ol> <p><b>F.OTHER PRACTICES</b></p> <ol style="list-style-type: none"> <li>1.Meditation Techniques</li> <li>2.Suryanamaskar</li> <li>3.Sukshma Vyayama</li> <li>4.Kriya Yoga Session-consisting of Pranayama,Mantra,Yoga,Sutra etc.</li> </ol>
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### Calculation of Credit:

<b>For theory</b>	<b>For practical</b>
1 day = 2 hrs. For 200 days, total (200x2) = 400 hrs. 36 credits = 400 hrs. <b>1 credit = 11 hrs.</b>	1 day = 1 hrs (1 hr in morning + 1 hr in evening) For 200 days, total (200x2) = 400 hrs. 24 credits = 400 hrs. <b>1 credit = 16 hrs.</b>
<b>Minimum eligibility for exam:</b> Minimum 4 Credits in each paper = 11 hrs x 4=44 hrs. Thus, <b>44 hrs. to be spent</b> for each paper	<b>Minimum eligibility for exam:</b> Minimum 2 Credits in each event = 16 hrs. x 2= 32 hrs. Thus, <b>32 hrs. to be spent</b> for each event

A student must acquire 4 credits in each theory paper and 2 credits in practical event. Thus, the year-wise credit to be acquired is as follows:

<b>Year</b>	<b>Minimum CREDIT</b>		<b>Minimum TOTAL Credit needed</b>
	Theory paper	Practical	
1 <sup>st</sup> year	<b>Minimum 4 credits x 6 papers</b> <b>=24 credits</b>	<b>Minimum 2 credits x 6 events</b> <b>=12 credits</b>	<b>36 Credits</b> (Out of 60)

**Theory Lectures : 600                      Credits : 24**

**Practical                                        : 600                      Credits : 12**