



SRI PADMAVATI MAHILA VISVA VIDYALAYAM
(Women's University)
P.G Diploma in Yoga Education

Introduction:

Yoga is an Indian philosophical system. The founder of Yoga philosophy was Maharishi Patanjali He elaborately described various Yogic preaches for overall well-being without any side effects. Various Yogic practices i.e. Asanas, Pranayamas, Kriyas, Bandhas, Mudras & Meditative feelings are very effective for total personality development. Yoga symbolizes a sound mind in a healthy body. In today's world it would mean a feel good habit that always brings positive thoughts to a person. In Yoga there are several techniques to develop various facets of human personality. The world has tried to adopt Yoga help to cope with their hectic and often materialistic life styles. Its practices are effectively used in the treatment of several psychosomatic disorders for which there is no effective treatment in modern medicine. With the growing demand for Yoga all over the world, it has become essential to train people in the theory & practices of the system.

By succeeding in these courses the student shall be able to teach Yoga practices to the public on scientific lines and can also run a training center on their own.

Objectives: The course aims at

1. It is aimed to provide a basic understanding of Yoga, based on classical texts, with scientific orientation.
2. Imparting skills to introduce Yoga for health & total personality development of general public & students respectively.
3. It is also aimed to introduce the students to the fundamental principles of the Indian system of health sciences.
4. To generate possible employment opportunities & establish Yoga center on their own.
5. To establish peace & prosperity Internally & Externally.

REGULATIONS OF THE COURSE:

Title: The Title of the courses is 1. Post Graduate Diploma in Yoga Education.

Duration of the course: One Year July to April.

Eligibility for Admission:

- I. **Qualification:** Candidates for admission in one year P.G Diploma in yoga Education should have passed Degree or any other course equivalent to recognize by the Govt.
- II. **Age Limit-** below 40 years as on 1st July.
- III. **Medical Test-** Candidates shall be medically fit. Selection will be subject to the medical Fitness certificate from Civil Assistant Surgeon and general flexibility test conducted by the selection committee.

Medium of Instruction: The medium of instruction and writing examination shall be in English / Telugu.

Attendance: The candidate has to attend at least 75% of the classes.

Fees structure: Fees for P.G Diploma In Yoga Education the Candidates shall have to pay 6000/-.

Award of Degree:

- a) The P.G Diploma course in yoga education will be conformed on candidates who has passed a P.G Diploma course of study for one year prescribed in the scheme of instructions and has passed all the examinations (Theory and practical).As prescribed in the scheme of examination.
- b) In one year of the course the study candidate fails to secure the minimum percentage of attendance she shell not be eligible to appear in the examination.
- c) Attendance shall be recorded on the commencement of the announcement of instruction as for the almanac communicated by the Department. How ever in the case of late admitted candidates (but with in the stipulated time).The attendance shall be recorded from the date of the admission.

Structure of the course:**6. P.G Diploma in Yoga Education**

Paper	Title of the Paper	Internal	Theory	Practicals	Marks
Theory – I	PGDYE101 :Introduction to yoga	20	80	-	100
Theory – II	PGDYE102 :Human Anatomy & Physiology	20	80		100
Theory – III	PGDYE103 :Yoga Therapy & Health Management	20	80		100
Theory – IV	PGDYE104: Teaching Methodology of Yogic Practice.	20	80		100
Practical – I	PGDYE :111	20	-	80	100
Practical- II	PGDYE112	20	-	80	100
	Total Marks				600

Grading: Theory and practical.

Distinction	-	75% and above
First division	-	Below 75% but not less than 65%
Second division	-	Below 65% but not less than 55%
Third division	-	Below 55% but not less than 45%

Structure of the Examination:

- a. The students shall have to take the final examination at the end of the Course after fulfilling the required norms as fixed by the S.P.M.V.V from time to time.
- b. No student shall be declared to have passed each examination unless she secures not less than aggregate and 50% in practical examination and 45% aggregated both in theory and practical.
- c. **Question Paper Pattern:** Annexure I
- d. **Practical Examination-** The practical examination may be conducted before the theory Examination.

P.G Diploma in Yoga Education

Paper-I

Introduction of Yoga (PGDYE101)

Unit-I

1. Origin of Yoga and its development.
2. Meaning of Yoga and its Importance.
3. Yoga as a science of Art (Yoga philosophy)
4. Aims, Objectives and misconceptions of Yoga.

Unit-II

1. Types of Yoga / Schools of Yoga.
2. Hatha Yoga, Raja Yoga, Laya Yoga, Bhakti Yoga, Gyan Yoga, Karma Yoga.
3. Sankhya Yoga – Introduction
4. Satkaryavada & 25 tattvas of evolution.

Unit-III

1. Kundalini Yoga – Introduction
2. Evolution theory of Kundalini Yoga.
3. Historical development of Kundalini Yoga.
4. Nadis, Chakras, Places, Forms, Letters, Chakrabhedana (awakening of Kundalini hakti).

Unit-IV

1. Meaning of Asana, Its types and principles.
2. Meaning of pranayama,Its types and principles.
3. Meaning of Kriya,Its types and principles.
4. Meaning of Meditation,Its types and principles.

Unit-V

1. Role and impotent of Yoga in modern age.
2. Importance of Yoga in education.
3. Compare and contrast of Yogic education and physical education.

Paper-II**(PGDYE102)****Human Anatomy and Physiology****Unit-I**

- I. Musculo-Skeletal System: Muscle-Classification, Histology, Properties of each type, distribution, Mechanism of muscle contraction (Brief), neuromuscular transmission (Brief) Ligaments, tendons, Skeletal, Bones-types, structure and function, spinal column. Joints- Types, structure, function.
- II. Blood And Immune System: Composition of blood corpuscles-R.B.C.,W.B.C, Platelets, Plasma, Haemoglobin-Coagulation of blood and anticoagulation , Blood groups and its importance, Lymphatic system,Immunity- Types and mechanism.

Unit-II

- III. Cardiovascular System: Anatomy of Heart and blood vessel, Innervation of Heart, Properties of cardiac muscle, control of cardiac cycle and circulation, cardiac output- Blood Pressure.
- IV. Respiratory System: Anatomy- Gross and Histological, mechanism of Breathing, Exchange of gases, pulmary function tests, lung volumes, control of respiration.

Unit-III

- V. Digestive System: Anatomy –Gross and Histological, mechanism of Secretion of saliva, Gastric Juice, Pancreatic Juice, Bile, Intestinal secretion- Role of these secretion in digestion of food, absorption and assimilation and formation of faeces.
- VI. Excretory System And Temperature Regulation: Anatomy –Gross and Histological- Functions of glomemles and renal tubules Micturition and composition of urine, structure and function of skin Regulation of body temperature.

Unit-IV

- VII. Endocrine system: Anatomy –Gross and Histological, thyroid, Parathyroid, suprarenal, pituitary, Islets of Langerhans- Function of thyroid and parathyroid hormone, effect of hypo and hyperactivity on the body. Hormones of supra-renal and their action and effect of hypo and hyper activity on the body. Hormones of pituitary gland its action and effect of hypo and hyper activity on the body. Role of insulin in glucose metabolism.
- VIII. Special sense: Eyes Anatomy Histology of retina, corneal function, Physiology of vision and accommodation, Sense of smell- nasal mucosa, tongue, taste buds. Ear-mechanism of hearing and function of semicircular canal.

Unit-V

- IX. Reproductive system: Anatomy–Gross and Histological of male reproductive system, spermatogenesis. Female reproductive system- ovarian hormones, Menstruation, pregnancy parturition, Lactation.
- X. Central Nervous system: Anatomy –Gross –Cerebrum, cerebellum, spinal cord. Histology-Nerves structure and properties of neurons, Nerves, Action potential, generation propagation, factors influencing. Classification of neurons and nerve fibers receptors and reflex Arc. Functions and important connections of cerebrum, pons, medulla, thalamus, hypothalamus, cerebellum, Autonomic nervous system- sympathetic and parasympathetic- anatomy and functions.

PAPER – III

(PGDYA103)

YOGA THERAPY AND HEALTH MANAGEMENT

UNIT-I

1. Basic Principles of Yoga Therapy
2. Preventive , Promotive and curative aspects of Yoga Therapy

UNIT- II

1. Concept of Health Definitions, Importance of Health, Factors influencing health and principles of health promotion In Yoga.
2. Mental health Concept, definition, characteristics of mentally balanced person and role of Yoga.

UNIT- III

1. Panchakosa Theory.

UNIT-IV

Yogic management of following Health disorders

1. Hypertension.
2. Heart Attac.
3. Bronchial Asthma
4. Acidic Peptic Ulcer
5. Thyrotoxicosis
6. Diabetes Mellitua

UNIT-V

1. Migraine
2. Epilepsy
3. Anxiety Neurosis
4. Menstrual Disorders
5. Skin disorders
6. Sexual Impotency

Paper IV

(PGDYA104)

TEACHING METHODOLOGY OF YOGIC PRACTICE

UNIT -1

- i) Meaning and types of methods.
- ii) Factors affecting teaching.
- iii) Principles of teaching.
- iv) Need and importance of teaching practice.
- v) Maxims of teaching

UNIT-II

- i) Presentation technique
- ii) Technical preparation.
- iii) Personal preparation.

UNIT-III

- i) Modern concept and teaching Aids class management and its meaning and need
- ii) Steps of class management

UNIT-IV

- i) Meaning of tournaments and competition and its importance.
- ii) Eligibility rules of Inter –University of Yoga.
- iii) Organisation and administration of Yog competition.
- iv) Audio visual Aids.

UNIT-V

- i) Meaning of lesson plan and its importance.
- ii) Principles of lesson plan
- iii) Demonstration in Yoga and its types
- iv) Importance of demonstration.

(PGDYE: 111)**PRACTICAL-1****1. THEORY AND PRACTICE OF ASANAS.**

1. Swasthikasana.
2. Suryanamaskara-9 Steps.
3. Padagusthasana.
4. Padahasthasana.
5. UttitaTrikonasana.
6. UttitaParsvakonasana.
7. Vajrasanam.
8. Suptavajrasanam.
9. Pavanamuktasanma
10. Veerabhadrasana.
11. Parsaritapadottana.
12. Prasaritapadottanasana.
13. Padmasana.
14. Baddapadmasana.
15. Yogamudrsana.
16. Bharadwajasana.
17. Marichasana-1.
18. Marichasana-2.
19. Janusirshana.
20. Pascimottanasana.
21. Purvottanasana.
22. Bhujangasana.
23. Salabhasana.
24. Dhanursana.
25. Upavistakonasana.
26. Navasana.
27. Ustrasana.
28. Dwipadp[ithasana.
29. Sarvangasana.
30. Halasana.
31. Matsyasana.

II. THEORY AND PRACTICE OF BANDHA AND MUDRAS.

1. Jalandhara Bandha.
2. Uddiyana Bandha.
3. Viparitakarani Mudra.
4. Shanmukhi Mudra.

III. THEORY AND PRACTICE OF KRIYAS.

1. JalanetiKriya.
2. Sutranetikriya.
3. AgnisaradhauthiKriya.
4. KapalabhathiKriya.

IV. THEORY AND PRACTICE OF KUMBHAKA.

1. Rechaka,Puraka and Kumbhaka as parts of Pranayama.
2. Ujjaiyii , Surya Bhedana, Chandra BhedanaPranayanam.
3. Sitali and ShitkariPranayanam.
4. Nadisuddhipranayanam.

V. PRACTICE OF RECORD WORK

Each student shall have to prepare a practical record work on the practices learnt and submit the External Examiner at the time of final examination duly signed by the practical Instructor and the Head Of The Department.

(PGDYE: 112)**PRACTICAL – I****1. THEORY AND PRACTICE OF ASANAS.**

1. Suryanamaskara – 12 Steps.
2. Siddhasana.
3. UttitaPadanagustasana.
4. ArdhabaddapadaPadmottasana.
5. SuptaPadangustsana.
6. Suptaparsvasahitha.
7. Kurmasana.
8. Baddakonasana.
9. Kukkutasana.
10. Gardhapindasana.
11. Pasasana.
12. Garudasana.
13. Vatayanasana.
14. Gomukhasana.
15. Parighasana.
16. Jattarapativrittasana.
17. Setubandhasana.
18. Urdhvapadmasana.
19. Kapotasana.
20. Krounchasana.
21. Ardamastyendrasana.
22. Urdhavadhanursana.
23. Urdhvamukhapascimottanasan.
24. Bekasana.
25. Ekapadasirasana.
26. Dwipadasirsana.
27. Yoganidrasana.
28. Sirsasana.

II. THEORY AND PRACTICE OF KRIYAS.

1. Vamanadhauthi – GajakaraniKriyas.
2. VastradhauthiKriyas.
3. NauliKriyas.
4. TratakaKriyas

III. THEORY AND PRACTICE OF KUMBHAKA.

1. Bhastrika Pranayama.
2. Bramari pranayama.

IV. THEORY AND PRACTICE OF DHYANA.

Meditation based on sabha and artha.

V.PRACTICE OF RECORD WORK

Each student shall have to prepare a practical record work on the practices learnt and submit the External Examiner at the time of final examination duly signed by the practical Instructor and the Head Of The Department.

REFERENCE BOOKS

1. Yoga Mala-1. North Point Press. New Delhi-Pattabhi Jois
2. Light on Yoga-Iyengar, BKS
3. Light on Pranayama-Iyengar, BKS
4. Yoga for you, Jaico Pub. Mumbai
5. Pranayama-Kuvalyananada Swami, Lonavala
6. Asana, Kaivalyadhama, Kuvalyananada Swami , Lonavala
7. Asana, Pranayama, Mudra, Bandha, Satyanandha Saraswathi,Bihar School of Yoga, Munger.

REFERENCE BOOKS

1. The tradition of Yoga – Georgeforestein
2. Sankhyakarita of Iswarakrishna – Kunhan Raja
3. Yoga in relation to other systems of Indian thought – Das Gupta S.N
4. Rajayoga – Swami Vivekananda – Ramakrishna Ashram
5. Hatha Yoga Pradipika of Swathmarama – Kaivalyadhama, Lonavala
6. Yoga Sutra of Pathanjali – Hariharanada Aranya, Culcutta
7. Human Physiology Vol.1 & 2, Medical Allied Agency. Culcutta.
8. Anatomy & Physiology of yogic practices, Kanchan Praksan Lonovola
9. Fundamental of Ayurveda, BHU press, Varanasi.
10. Yogic Therpy , its basic princioles Method
- Kuvalyanada Swami.
11. Asana, pranayama,Mudra, Bandha; Bihar Publication Trust , Munger
- SatyanandaSaraswathi.
12. Gheranda Samhita, Kaivalyadhama, pune
- Digambarji Swami.
13. Anatomy of Hatha Yoga. Motilalbarsidas.
- Delhi,2006 – David Coulter H,
14. A complete hand book of nature care, Jaico publishing house , Delhi
- Bakhru H.K.
15. Ayurveda, Yoga & nature care, New Dawn Press, Inc India-Devaraj T.L.
16. Healing through natural foods – Bakhru H.K.
17. Yoga & Nature care Therapy. Sterling publishers Pvt.Ltd. Delhi.

My Nature cure - M.K Gandhi.

Annexure I

SRI PADMAVATI MAHILA VISVAVIDYALAYAM: TIRUPATI
P.G DIPLOMA COURSE IN YOGA EDUCATION
MODEL QUESTION PAPER
PAPER -1 INTRODUCTION TO YOGA
(PGDYA101)

Part -A

Time: 3 hours

Max Marks: 80

4 X 15 =60

Answer any **four** of the following questions

1. Write the meaning of Pranayama and explain any two Pranayama's ?
2. Define Yoga.
3. Yoga is a Science or Art-Describe.
4. Explain the objectives of yogic asanas and shat-kriyas.
5. Describe Kundalini Yoga.
6. Describe the importance of yoga in physical education.

Part -B

Answer any **four** of the following questions

4X5 =20

7. Describe any four streams of yoga.
8. Explain Chakras, Nadis, Places, Forms Etc.,.
9. Describe in details the Meditation and its types and principles.
10. Describe Aims, objectives and misconceptions of Yoga.
11. Kundalini Yoga
12. pranayama

SRI PADMAVATI MAHILA VISVAVIDYALAYAM: TIRUPATI
P.G DIPLOMA COURSE IN YOGA EDUCATION
MODEL QUESTION PAPER
PAPER – 2 HUMAN ANATOMY AND PHYSIOLOGY
(PGDYE 102)

Time: 3 hours

Max Marks: 80

4 X 15 =60

Answer any **four** of the following questions

1. Explain the physiological benefits of Meditation in the human body.
2. Discuss the effects of Yogic practices on endocrine system with the scientific evidence.
3. Explain the role of yogic practices on Nervous system.
4. Explain the role of Pranayama on circulatory and Respiratory system.
5. Explain Suryanamaskar and its effects in the human body.
6. Explain the Bio-Chemical benefits of yogic practices.

Part –B

Answer any **four** of the following questions

4X5 =20

7. Explain the various types of muscles.
8. Draw a diagram of circulatory – system.
9. Describe the physiological benefits of digestive system.
10. Describe the role of yogic practices on blood and immune system.
11. Cardiac out put
12. Physiology of vision

SRI PADMAVATI MAHILA VISVAVIDYALAYAM: TIRUPATI
P.G DIPLOMA COURSE IN YOGA EDUCATION
MODEL QUESTION PAPER
PAPER - 3 YOGA THERAPHY AND HEALTH MANAGEMENT
(PGDYE103)

Time: 3 hours

Max Marks: 80
4 X 15 =60

Answer any **four** of the following questions

1. Explain about stress management through yogic practices.
2. Explain the role of pranayama in the management of Asthma.
3. What is positive thinking?
4. Explain the role of yogic practices in the management of psychological problems of Hypertension, Anxiety Neurosis.
5. Describe basic principles of yoga Therapy.
6. What is Thyrotoxicosis, Menstrual Disorders and skin disorder?

Part –B

Answer any **four** of the following questions

4X5 =20

7. Describe panchakosa Theory.
8. What is Diabetes Mellitua and Heart Attack.
9. Write a note on Acidic Peptic Ulcer, Epilepsy.
10. Explain the role of yogic practices help to develop the personality of the individual.
11. Thyrotoxiocsis
12. Skin disorders

SRI PADMAVATI MAHILA VISVAVIDYALAYAM: TIRUPATI
P.G DIPLOMA COURSE IN YOGA EDUCATION
MODEL QUESTION PAPER
PGDYE104: TEACHING METHODOLOGY OF YOGIC PRACTICE.
(PGDYE104)

Part -A

Time: 3 hours

Max Marks: 80

4X 15 = 60

Answer any **four** of the following questions

1. Explain The Meaning and types of methods of Yoga?
2. Describe the) Principles of teaching. In yoga?
3. Illustrate the Presentation technique in yoga ?
4. Explain the Modern concept and teaching Aids class management for yoga
5. Describe the Meaning of tournaments and competition and its importance.
6. Explain the Meaning of lesson plan and its importance in yoga ?

Part -B

Answer any **four** of the following questions

4X5 =20

7. Maxims of teaching
8. Technical preparation.
9. Steps of class management
10. Audio visual Aids.
11. Demonstration in Yoga and its types
12. Importance of demonstration.