BABASAHEB BHIMRAO AMBEDKAR UNIVERSITY

(A CENTRAL UNIVERSITY)

DEPARTMENT OF YOGA

SCHOOL OF YOGA, NATUROPATHY AND COGNITIVE STUDIES

Post Graduate Diploma Programme in Yoga Therapy
(As per NEP-2020)

Session 2025 onwards

Babasaheb Bhimrao Ambedkar University (A Central University),

Vidya Vihar, Raebareli Road**,** Lucknow-226025 (UP), India

POST GRADUATE DIPLOMA IN YOGA THERAPY (PGDYT)

Preamble

In the 21st century, the prevalence of lifestyle disorders, psychosomatic conditions, and chronic diseases is escalating across diverse populations. While modern medicine has achieved significant progress in diagnosis, surgical care, and pharmacological treatment, there is a growing recognition of the need for integrative, preventive, and rehabilitative approaches that address the person as a whole. Yoga, with its rich philosophical foundation and holistic practices, provides a time-tested system for enhancing physical, mental, emotional, and spiritual well-being.

The One-Year Postgraduate Diploma Programme in Yoga Therapy (PGDYT) is an interdisciplinary and practice-oriented course tailored for graduates from any stream—particularly those from Allied Health Sciences, Paramedical Sciences, Life Sciences, and related disciplines—who wish to explore the therapeutic applications of yoga in healthcare and wellness settings. The programme is equally open to graduates from other fields who have an interest in integrative health and mind-body medicine.

This diploma course blends foundational knowledge of human anatomy, physiology, psychology, pathology, and therapeutic practices with core yogic texts such as the Patanjali Yoga Sutras, Hatha Yoga Pradipika, and the Bhagavad Gita. It emphasizes evidence-based understanding of yoga's physiological, psychological, and therapeutic mechanisms, with applications in managing common ailments and supporting special populations.

Learning Outcomes

The key objectives of the PGDYT Programme are:

1. To provide a strong theoretical and practical foundation in yogic science relevant to diverse healthcare and wellness contexts.
2. To facilitate understanding of the physiological, psychological, and therapeutic effects of yoga practices.
3. To promote yoga as a preventive, promotive, and complementary health system.
4. To develop skills for designing and implementing yoga therapy modules tailored to various disorders and population needs.
5. To encourage scientific research and inquiry into the clinical efficacy of yoga.
6. To foster the holistic development and well-being of both practitioner and patient.

Course Goal:

The Postgraduate Diploma in Yoga Therapy (PGDYT) aims to:

- Develop a deep understanding of the principles and practices of yoga in the context of health, disease prevention, and rehabilitation.

- Bridge traditional yogic wisdom with modern scientific knowledge to support integrative healthcare.
- Train competent yoga therapy practitioners capable of working in clinical, community, and wellness settings.
- Foster personal transformation, empathy, and holistic well-being in both practitioners and the populations they serve.

Course Duration: One-year full-time Diploma Course (2 semesters)**.**

Level: Postgraduate Diploma

- **Objective:** To equip students—especially those from health, wellness, and life sciences backgrounds—with the theoretical foundation and practical tools to integrate yoga into healthcare, rehabilitation, and personal well-being practices.

Eligibility:

- Bachelor's degree in any discipline from a recognized university.
- Preference will be given to graduates in Allied Health Sciences, Paramedical Sciences, Life Sciences, Yoga, Psychology, or related fields.
- Students currently enrolled in final-year undergraduate programmes in allied or paramedical sciences may also apply, subject to institutional approval.

Outline of the Programme

	Sem	Paper	Paper	Paper	Paper	Paper	Paper	Credit	EXIT
E N T R Y subject to availability of seats and credit equivalence		**CBCS**	C.C. I	C.C. II	Open Course	Open Course	EPC		
	I	CBCS PGDYT 106 (4 Credit)	CC1 PGDYT 101 (4Credit)	CC2 PGDYT 102 (4 Credit)	PGDYT 103 (4 Credit) 1. 103-A 2. 103-B	PGDYT 104 (2 Credit)	PGDYT 105 (2 Credit)	20 Credit 500 Marks	First Exit with Certificate in Yoga

	Sem	Paper	Paper	Paper	Paper	Paper	Paper	Credit	EXIT
II Entry subject to availability of seats and credit equivalence		**CBCS**	C.C. I	C.C. II	Open Course	Open Course	EPC		
	II	CBCS PGDY T 206 (4 Credit)	CC1 PGDYT 201 (4Credit)	CC2 PGDYT 202 (4 Credit)	PGDYT 203 (4 Credit) 3. 203-A 4. 203-B	PGDYT 204 (2 Credit)	PGDYT 205 (2 Credit)	20 Credit 500 Marks	Second Exit with PGDYT

SEMESTER WISE PROGRAMME

Semester -I

Course Code	Course Title	Course Type	End Sem	Sessional	Marks	Credit
PGDYT-101	Foundations of Yoga	Core	70	30	100	4
PGDYT-102	Human Anatomy & Physiology of Yoga Practices	Core	70	30	100	4
PGDYT-103 A	Yoga Psychology and Yogic Counselling	Foundation (Elective)	70	30	100	4
PGDYT-103 B	Yogic Diet and Nutrition					
PGDYT-104	Yoga Practical	Enhancing Professional Capacities (EPC)	50		50	2
PGDYT-105	Internship / Field Training	Value Enhancement Course (VEC)	50		50	2
PGDYT-106	CBCS Course	Open Elective (CBCS)	70	30	100	4
Total					**500**	**20**

Semester -II

Course Code	**Course Title**	**Course Type**	**End Sem**	**Sessional**	**Marks**	**Credit**
PGDYT-201	Application of Patanjali Yoga Sutra and Bhagavad Gita	Core	70	30	100	4
PGDYT-202	Evidence-Based Yoga Therapy for Common Ailments	Core	70	30	100	4
PGDYT-203 A	Physiological effect of Yogic Practices	Foundation (Elective)	70	30	100	4
PGDYT-203 B	Applications of Yoga in Health - I					
PGDYT-204	Yoga Practical	Enhancing Professional Capacities (EPC)	50		50	2
PGDYT-205	Teaching Methods in Yoga	Value Enhancement Course (VEC)	35	15	50	2
PGDYT-206	CBCS Course	Open Elective (CBCS)	70	30	100	4
Total					**500**	

1st SEMESTER

Course Title: **Foundations of Yoga** **[60 Hrs]**

Course Code: **PGDYT-101**

Course Credit: **04**

Learning Outcomes:

- To understand the theoretical and practical applications of Hatha and Patanjali yoga in health, stress management, and personality development.
- To apply yogic practices for enhancing the physical, mental, and emotional well-being of individuals, including special populations.
- To introduce yoga as a complementary modality in sports, rehabilitation, and preventive health care.

Unit 1: Introduction to Yoga **[15 Hrs]**

Definition and meaning of Yoga, Brief history and origin of Yoga, Objectives of Yoga, Historical evolution and yogic texts: Veda, Upanishad, Patanjali Yoga Sutras, Types of Yoga: Raja, Hatha, Bhakti, Jnana, Karma, Yoga and its relevance to modern lifestyle diseases, Concept of holistic health and wellness, Schools and types of Yoga: Hatha, Raja, Karma, Bhakti, Jnana, Relevance of Yoga in modern healthcare and wellness, Yoga as a lifestyle and holistic health practice.

Unit 2: Yogic Philosophy and Ethics **[15 Hrs]**

Ethical foundations of yogic practice, *Panchakosha*, Theory (Five sheaths of existence), *Trigunas* and their influence on human behaviour, Concept of *Prana, Nadis, Kundalini*, *Kundalini Shakti*, *Shatchakra* Sadhana; Hatha Yoga Tradition and Sadhana, Helping (*sadhaka*) and obstructing (*badhaka*) elements of Hatha Yoga, benefits, precautions and importance of asanas in Hatha Pradeepika, Hatha Ratnavali, and Gheranda Samhita.

Unit 3: Science of Human Consciousness **[15Hrs]**

Definitions and meanings of consciousness, Definition and Scope of Consciousness, Nature of Consciousness, Need of study Human Consciousness, Present Crisis on Human Consciousness and measures of their appropriate solutions; Historical perspectives on consciousness: Eastern and Western views; Human Consciousness in Veda and Upanishads, Human Consciousness in Buddha and Jain Philosophy, Human Consciousness in *Nyaya*, *Vaisheshik*, *Samkhya*, Yoga, *Mimamsa* and *Vedanta*. Various psychological methods for development of Human Consciousness.

Birth and Life, Fate and Efforts (*Purushartha*) Principles of Karma, *Samskar* and Rebirth. Concept of Kundalini, Concept of Chakra.

Unit 4: Applications of Hatha Yoga in Stress Management

Role of Hatha Yoga in stress reduction: Shat Kriyas, Asanas, Mudras, Pranayama, Dharana & Dhyana; Detoxification and strengthening: Yogic diet, internal purification (Shat Kriyas).

- *Physical level*: strength, stamina, beauty, and disease-free state
- *Pranic level*: Nadishuddhi, Bandhas, and Pranayama for energy balance
- *Mental level*: Development of concentration, memory, intellectual clarity
- *Emotional level*: Handling anger, fear, anxiety, and depression through Bhakti Yoga practices (Ishwara Pranidhana)
- *Social level*: Yamas & Niyamas for social and civic discipline
- *Spiritual level*: Bliss, equanimity, and meditative states (Samadhi)

Prescribed text books

1. Sharma, Chandradhar: A Critical Survey of Indian Philosophy. Motilal Banarsidas Publisher Pvt. Ltd., Delhi, 2013.
2. Lal Basant Kumar: Contemporary Indian Philosophy, Motilal Banarsidas Publisher Pvt. Ltd., Delhi, 2013.
3. Singh S.P.: History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010.
4. Singh S.P., & Yogi Mukesh: Foundation of Yoga, Standard Publication, New Delhi, 2010

Books for Reference

1. Agarwal M M: Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, Varanasi, 2010.
2. Swami Bhuteshananda: Narad Bhakti Sutra

Course title: **Human Anatomy & Physiology of Yoga Practices** **[60 Hrs]**

Course Code: **PGDYT-102**

Course Credit: **04**

Learning Outcomes:

- To understand human anatomy and physiology from the perspective of yogic practices.
- To identify the physiological changes during and after yoga practices such as asana, pranayama, kriya, and meditation.
- To comprehend the therapeutic impact of yoga on body systems relevant to paramedical and allied health fields.

Unit 1. Introduction to Human Body Systems (Overview) **[10 Hrs]**

Structural organisation of the human body, importance of anatomy and physiology in yoga instruction. The human body is organized in a hierarchical structure, Cells, smallest functional unit of life, Tissues: a group of similar cells performing a common function; Organs: structures composed of two or more tissue types; Organ Systems: group of organs working together; Organism: complete living individual. Integration with Yoga Practice. Yoga practices engage and influence every level, from cellular regeneration to systemic health and consciousness.

Unit 2: Musculoskeletal and Nervous Systems in Yoga **[20 Hrs]**

- Overview of body systems: Musculoskeletal, Importance of anatomical knowledge in yoga instruction and therapy; *Panchakosha* framework and anatomical correlation; Concept of *Triguna*, *Doshas, Prana* and *Nadis* with relation to organ systems. Bones, joints, muscles: Major groups involved in asana practices; Biomechanics of key postures (backbends, twists, forward bends, inversions); Motor control and proprioception during yoga; Central and peripheral nervous system: Role in stress and relaxation; Neuroplasticity and benefits of meditation on the brain; Nervous System and Meditation: Central and peripheral nervous systems, Autonomic nervous system: sympathetic vs parasympathetic, Role of yoga and meditation in stress reduction and neural balance.

Unit 3: Respiratory and Cardiovascular Systems in Yoga **[15 Hrs]**

Mechanics of breathing: inspiration, expiration, lung volumes; Physiological effect of pranayama on respiratory efficiency, Impact of asanas and relaxation on blood pressure and heart rate**,** Benefits of yoga in cardiovascular health. Role of vagal tone, heart rate variability (HRV) and blood pressure regulation in yoga; impact of yoga on oxygen utilization and circulatory efficiency.

Unit 4: Endocrine, Digestive, and Immune Systems in Yoga [15 Hrs]

Stress response and HPA axis: Role of yoga in endocrine regulation; Digestive system: Role of yoga in enhancing digestion; Yogic impact on digestion and metabolism: Agni, appetite regulation; Effect of yoga on metabolic hormones (insulin, cortisol, thyroid, etc.); Yoga and immunity: Role in inflammation modulation and immune strength; Gut-brain axis and yogic practices.

TEXT BOOKS:

1. Tortora and Bryan: Anatomy and Physiology
2. Khurana: Anatomy and Physiology

REFERENCE BOOKS:

1. Gore M. M. (2003). Anatomy and Physiology of Yogic practices. KanchanPrakashan, Lonavla, India.
2. LanPeate and MuralidharanNayar – Fundamental of Anatomy and Physiology for students nurses.
3. Evelyn, C. Pearce- Anatomy and Physiology for Nurses
4. Guyton & Hall. Text book of Medical Physiology.
5. Shiv Bhushan Sharma. Anatomy and Physiology for Yoga Students. Sri Akhand Foundation, Chennai.
6. Inderbir Singh. Text book of Anatomy.

Course Title: Yoga Psychology and Yogic Counselling [60Hrs]

Course Code: PGDYT – 103 A

Course Credit: 04

Learning Outcomes:

- To understand the fundamental concepts of Yoga Psychology.
- To explore the principles and techniques of Yogic Counselling.
- To apply yogic practices for mental and emotional health.
- To critically analyze research studies on the impact of yoga on mental processes and counseling outcomes.

Course Learning Outcomes:

By the end of the course, students will be able to:

- Demonstrate a comprehensive understanding of Yoga Psychology.
- Apply yogic techniques for mental health and emotional well-being.
- Integrate yogic principles into counselling sessions.
- Develop and implement yogic counselling strategies for various mental health issues.
- Reflect on the effectiveness of yogic counselling in personal and professional contexts.

Unit-I The nature and scope of yoga psychology [15Hrs]

- Introduction to Psychology; classifying the work of psychologists; Scope and utility of psychology, Psychological as a study of human behavior; Personality Development; Counseling: Definition and goal; Nature and Types of Personality; Determinants of Personality: Heredity and Environment; Facets and Stages of Personality Development; Personality Theories of Sigmund Freud, Alfred Adler and C.G. Jung, Carl Rogers; Assessment of Personality.
- States of Consciousness according to yogic scriptures (Jagrata, Svapna, Susupti, and Turiya) and their applicability; Learning and Remembering in the context of Jnana Yoga (Shravana, Manana and Nididhyasana); Types of Yogic Personality (Mudha, Kshipta, Vikshipta, Ekagara, Nirudha); Cause of emotions in the mind according of Yoga texts.

Unit-II Psychic Forces, Conflicts and Frustrations [15Hrs]

- Psychic forces and human behavior, behavior and Consciousness, States of Consciousness, Psychological basis of behavior; Causes and Consequences of Conflicts and Frustrations; Disorders; Common mental disorders; Depressive disorders; Anxiety disorders; Serious mental disorders; Mental retardation; Alcohol and drug abuse; Suicide, attempted suicide and suicide prevention.

- The three gunas of the mind: Sattva, Rajas, Tamas; Vrittis of the mind and their management; Methods for mental purification (Chitta Prasadan); Managing stress and anxiety from a yogic perspective;

Unit-III: Mental Processes, Motivation, Emotions and Intelligence [10hrs]

- Introduction to Mental Processes: Definition and Importance; Components of Mental Processes: Sensation, Perception, Attention, Memory, Learning, Problem Solving, Thinking, Feeling etc; their definitions and types, intelligence and its' measurements; Emotional Intelligence and Social Intelligence; Yoga and Mental Clarity.

Unit-IV: Yogic Counselling [20hrs]

- Counselling: Meaning, definition and Methods of counseling; Skills of counseling; Issues and challenges; Life's skills for happy life; Code of ethics for lay counselors. Integrating Yoga philosophy with counselling theories. Compassion, mindfulness, and ethical considerations in counseling.
- Definition and importance of Yogic counseling; Yoga Philosophy: Patanjali Yoga Sutras, Bhagavad Gita, Hatha Yoga Pradipika; The intersection of Yoga and psychology; Introduction to Yogic counselling. Yogic counselling concepts from Yoga Vashista, Bhagavad-Gita, Patanjali Yoga sutras and Upanishads; A comparative study of total personality according to yoga and modern psychology; Application of Yogic counseling in psychosomatic diseases.

Suggested Books:

1. Basic Psychology, stranges, R & Solley, C. M. (1970), Tata Mcgraw- Hill, New Delhi

Books for Reference:

- Introduction to Psychology - by Hilgard, E.R. Atkinson, R.L. and Atkinson. (1979) R. C. Harcourt Brace Jovanvich, New York.

Course title: **Yogic Diet and Nutrition** **[60 Hrs]**

Course Code: **PGDYT 103 B**

Course Credit: **04**

Learning Outcomes:

- Understand the concept of diet and the medical value of nutrition.
- Advise an appropriate diet to different age groups.
- Benefits and caloric value of various food groups

Unit- I Dietetics and Nutrition **[15 Hrs]**

- Basic concepts and components of food and nutrition; understanding nutrition, Basic Terminology in relation to nutrition requirement, human nutritional requirements; Concept of food, Acceptance of Food, Functions of Food; Components of Food & their classification; macro nutrients – sources, functions and effects on the body; micro nutrients – sources, functions and effects on body; Fat soluble nutrients – sources, function and effects on the body; significance of Carbohydrate, Proteins, Lipids, Vitamins, Minerals and water in the body; Antioxidants and their role.
- Yogic concept of Diet and its relevance in the management of lifestyle, Nutrients, proximate principles of diet, balanced diet concept; Carbohydrates, proteins, fats – sources, nutritive values, importance; Minerals-calcium, iron, phosphorus etc. Vitamins – sources, roles, requirements

Unit- II Food Groups **[15Hrs]**

- Cereals & Millets –Selection, Preparation and Nutritive Value; Pulses, Nuts and Oil Seeds- Selection, Preparation and Nutritive Value; Milk and Milk Products- Selection, Preparation and Nutritive Value; Vegetables and Fruits- Selection, Preparation and Nutritive Value, Fats, Oils and Sugar, Jaggery- Selection, Preparation and Nutritive Value
- Precautions in Nutritional Prescription, Therapeutic Nutrition, Therapeutic Adaptations of Normal Diet, Diet in Common Diseases, Importance of Green Vegetables, Fruits and raw Ingredients and sprouted grains

Unit-III Food and metabolism **[15 Hrs]**

- Energy - Basic Concepts, Definition and Components of Energy Requirement, Energy Imbalance Concept of Metabolism, Anabolism, Catabolism, Calorie Requirement-BMR, SDA (Specific Dynamic Action), Physical Activity; Metabolism of

Carbohydrates, Lipids and Protein; Factors Affecting Energy; Requirement and Expenditure, Factors affecting BMR. Concept, Significances and Philosophy, Difference between Fasting and Starvation, Types of Fasting, Indications and contraindications of fasting, Effects of Fasting, Fasting in Acute and Chronic Diseases; Concept, significance of Kalp, Types of Kalp, Precautions of Kalp, Role of Kalpas in the Management of Major Disorders

Unit – IV: Yogic concept of diet & nutrition [15hrs]

General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification in Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta-Rajasic, Tamasic and Sattvic food; Pathya and Apathya in diet according to Yogic texts; Guna and Ahara ; Importance of Yogic Diet in Yog Sadhana; Yogic Diet and its role in healthy living; Diet according to the body constitution (Prakriti) – Vata, Pitta and Kapha

Suggested Readings:

- Dennis Thompson : The Ayurvedic Diet, New age books, New Delhi, 2001
- DewanA.P. Food and Nutrition
- Dr. Rudolf Diet and Nutrition, Himalayan InstitutePress.
- JussawalaJ.M. Food that Heals : Natural Dietetics
- M.Swaminathan Food and Nutrition
- M.Swaminathan Principle of Nutrition and Dietetics
- Prof. Ramharsh Singh, Swashthavritta VigyanChaukhambha
- Ramesh Bijlani : Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012
- Randolph Stone : A Purifing Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition
- Sriram Sharma Acharya- Liven sharadah shatam, Akhand JyotiMathura
- Stanley Davidson & others: Human Nutrition & Dietetics, The English Language Book Society & Churchill Livings, Revised Edition
- VijaiLaxmi Dietetics

Course title : **Yoga Practical** **[120 Hrs]**

Course Code : **PGDYT-104**

Course Credit : **02**

Learning Outcomes:

- Approaches and methods of Shatkarmas.
- Understand the concept and principles of Asanas.
- Comprehend the vital role of respiration in the body.
- Procedures and essential principles involved in the practice of Dhyana.

Unit -I: Shatkarma: Ancient Yogic Techniques for Internal Purification [20 Hrs]

- Jala (water) Neti, Kunjal Kriya, Trataka, Vatakrama Kapalbhati.

Unit -II: Asanas: Therapeutic Yogic Postures for Physical and Mental Well-being [60 Hrs]

- Yogic Sukshma vyayama (1 to 23)
- Yogic Sathool vyayama (1-3)
- Pawanmuktasana series-1
- Standing posture: Tadasana, Tiryak Tadasana, Katichakrasana, Trikonasana, Utkatasana, Warrior pose.
- Sitting posture: Sukhasana, Vajrasana, Padmasana, Gomukhasana, Vakrasana, Mandukasana.
- Prone Posture: Salabhasana, Saral Bhujangasana, Sarpasana, Saral Dhanurasana, Makarasana.
- Supine Posture: Uttanpadasana, Chkrapadasana, Naukasana, Ardha Halasana, Kandharasana, Supta Pawanmuktasana.
- Balancing Asanas: Vrikshasana, Bakasana, Natrajasana, Padama Mayuraasana.
- Restorative Pose: Savasana, Advasana, Matsya Kridasana.

Unit -III: Pranayama, Mudra and Bandha: The Triad of Yogic Energy Activation [20 Hrs]

- Pranayama: Alternate nostril breathing, Suryabhedi, Bhramari and Sheetli.
- Mudra: Shanmukhi Mudra, Jnana Mudra, Ling Mudra, Kaki Mudra, Maha Mudra, Mahaved Mudra, Manduki Mudra.
- Bandh: Jalandarbandh, Moolbandh.

Unit -IV: Pratyahara, Dharana, and Dhyana: The Journey to Deep Consciousness

[20 Hrs]

- Kriyayoga, Yoga Nidra, Cyclic Meditation.

Suggested Readings:

1. Bramhachari, Swami Dhirendra. *Yogic Sukshma Vyayama*. New Delhi: Dhirendra Yoga Publications, [Year].
2. Swami Satyananda Saraswati. *Asana, Pranayama, Mudra, Bandha*. Bihar: Bihar School of Yoga, 1969.
3. Misra, P.D. *Yoga: An Introduction.* Delhi: Eastern Book Linkers, 1989.
4. Gupta, Rameshwar Das. *Yoga Rashmi*. Varanasi: Chaukhamba Sanskrit Series Office, [Year].
5. Bharadwaj, Ishwar. *Yogasana*. Delhi: Bharatiya Vidya Prakashan, [Year].
6. Iyengar, B.K.S. *Light on Pranayama*. London: HarperCollins, 1981.
7. Kavualyananda, Swami. *Prana and Pranavidya*. Lonavla: Kaivalyadhama Ashram, 1977.
8. Tiwari, Om Prakash. *Asanas: Why and How?*. Lonavla: Kaivalyadhama Yoga Institute, 2006.

Course title: **Internship / Field Training**

Course Code: **PGDYT - 105**

Course Credit: **02**

There will be an internship in the schools / yoga centers. The objectives behind this internship are to enable the students to help the specialist and get to know about various techniques of yoga, diseases, and plan to develop a protocol for each disease based on the condition of the disease.

Following the completion of this internship, students will write a report of about 40–50 pages, and a presentation will be organized by the department following the submission of the report.

Course title: **CBCS Course** **[120 Hrs]**
Course Code: **PGDYT - 106**

Course Credit: **04**

Note: To be taken from Other Department / School OR from NPTEL

Ist Year / 2nd Semester

Course title : Application of Patanjali Yoga Sutra and Bhagavad Gita [60 Hrs]

Course Code : PGDYT -201

Course Credit : 04

Learning Outcomes

- Understand and interpret the core philosophical concepts from the *Patanjali Yoga Sutra* and *Bhagavad Gita* relevant to health, well-being, and therapy.
- Apply principles such as *Ashtanga Yoga*, *Klesha theory*, and *Chitta Vritti Nirodha* in therapeutic and self-regulatory practices.
- Integrate teachings on *Karma Yoga*, *Jnana Yoga*, and *Bhakti Yoga* from the *Bhagavad Gita* into counselling and mental health strategies.
- Develop ethical, mindful, and purpose-driven approaches to yoga therapy, inspired by the spiritual insights of both texts.

Unit 1: Introduction of Patanjali Yoga Sutra [10 Hrs]

Brief introduction of Maharshi Patanjali and Patanjali Yoga Sutra, Definition of Yoga according to Patanjali;. Relationship of Patanjali yoga with other yogic texts. Concept of Chitta-Bhumi; Chitta-Vritties and their Classification; Methods to Control Chitta-Vrittis (Abhyasa and Vairagya); Definition and Types of Samadhi (Samprajnata and Asamprajnata Samadhi), Concept of Iswara and Iswara Pranidhana, Attributes of Iswara, *Antaraya*: Obstacles in the Path of Yoga, and Sahbhuva; *Chitta Prasadan* - Methods of Removing Obstacles.

Unit 2: Applications of Patanjali Yoga Sutra [20 Hrs]

Concept of Kriya Yoga, Theory of Kleshas (Avidya, Asmita, Raga, Dewesh & Abhinivesh); Concept of Dukhavada (Heya, Hetu, Hana, Hanopaya), Drishta and *Drishanirupanam* (Prakriti), *Drastunirupanama* (Purusha), *Prakriti Purush Samyoga*; Cultivation of a four-fold attitude for *Chittaprasadanam*, Culturing the life through *Asthtang* Yoga; *Bahirang Yoga*: Personal and Social discipline through five Yama & Niyama (Social and Civic Sense); Practice asana and its benefits, Practice of pranayama and its benefits (Removal of the veil), Practice of pratyahara and its benefits; Pratyahara for abstinence from sensual craving (Mastery over the senses); cultivation of four fold abilities (attention, concentration, memory and executive functions); Practice of

Antarang Yoga: Practice of Dharana and its benefits, Practice of Dhyana and its benefits, Practice of Samadhi and its benefits

Unit 3: Introduction of Bhagavad Gita [10 Hrs]

Introduction of Bhagavad Gita and traditional commentaries, Historical Background of Bhagavad Gita; Definitions of Yoga in Bhagavad Gita; Characteristics of a Yoga; Relevance of Bhagavad Gita in Yoga Sadhana. Relevance and Scope; Essentials of Bhagavad Gita the meaning of the terms- *Atmaswrupa*, The Man of Perfection – concept of *Sthitipragya*; Bhagavad Gita- A Discovery of Life: Varna & Ashram *Vyavastha;* Concept of *Svadharma* & *Loksangraha*; The techniques of realizing meditation, Pre meditational care, Concentration, techniques of concentration, Conditions for meditation, The supreme state of Yoga: Concept of Salvation.

Unit 4: Application of Bhagavad Gita - In Health, Wellness, and Paramedical Practice [20 Hrs]

Detachment Nature & Definite, Diversity of No Self-control, Blessings of Self-control. Psychoanalysis model Stress. Mastery over emotions to prevent aggressive behaviour, anger, fear, anxiety and depression through *Ishwar Pranidhana* (Surrender to the Supreme). Classification of Karma, *Karma Yoga* (Yoga of Action without Attachment): Teaches healthcare workers to perform their duties selflessly without expectation, reducing emotional exhaustion and promoting professional detachment. *Jnana Yoga*: Encourages clarity of thought and discrimination between temporary pain and lasting peace — useful in palliative and chronic care settings. (Path of Knowledge). *Bhakti Yoga* (Path of Devotion). Stress & Decision-Making: “do your duty without fear of results” helps reduce performance anxiety, especially in high-stakes settings like critical care; Resilience & Inner Strength: inner conflict of Arjuna reflects the struggles of caregivers; guidance of Krishna offers emotional clarity, balance, and courage.

Suggested Readings:

1. Bhagavad Gita: Translation and Commentary by Swami Sivananda
2. The Bhagavad Gita: A New Translation by Stephen Mitchell
3. Essays on the Gita by Sri Aurobindo
4. The Bhagavad Gita Explained by Swami Vivekananda
5. The Essence of the Bhagavad Gita by Paramahansa Yogananda
6. The Bhagavad Gita According to Gandhi by Mahatma Gandhi
7. Acharya Shankar (Translation)- Sri Mad Bhagwat Gita
8. Goyanka, G- Sri Mad Bhagwat Gita

9. Holy Geeta : Swami Chinmayananda, Central Chinmayananda Mission Trust, 1992, Mumbai.
10. Lok Manya Tilak- Sri Mad Bhagwat Gita
11. Satya Vrat- Shiddhalankar- Sri Mad Bhagwat Gita
12. Swami Ranganathananda: Message of Upanishads, Bharatiya Vidya Bhavan, Bombay, 1985
13. Swami Venkatesananda: Vasistha's Yoga, State University of New York Press, Albany, 1993

Course title: **Evidence-Based Yoga Therapy for Common Ailments [60 Hrs]**

Course Code: **PGDYT -202**

Course Credit: **4**

Learning Outcomes:

- To provide paramedical students with a foundational understanding of common health disorders.
- To integrate medical knowledge with yogic principles for holistic patient care.
- To empower students with safe, applicable yogic tools for managing lifestyle, chronic, and psychosomatic conditions.

Unit 1: Introduction to Evidence-Based Yoga Therapy [10 Hrs]

Concept and importance of Evidence-Based Practice (EBP) in healthcare; Understanding yoga therapy: definitions, history, and scope, Basics of clinical research in yoga (RCTs, case studies, meta-analyses, qualitative research); Overview of international and Indian research institutions (e.g., NIMHANS, S-VYASA, IAYT); Standardized yoga protocols for common diseases (ICMR, SVYASA, NIMHANS, MDNIY); Safety, contraindications, and ethics in clinical yoga practice; Role of yoga in integrative healthcare systems.

Unit 2: Evidence-Based Yoga for Respiratory & Cardiovascular Disorders [15 Hrs]

Bronchial Asthma & COPD, Allergic Rhinitis, Sinusitis: Pranayama techniques (e.g., Nadishuddhi, Bhramari, Sectional Breathing); Evidence of research studies on respiratory disorders; Cardiovascular Conditions: Hypertension, Coronary Artery Disease, Post-MI Rehabilitation: Practices: Shavasana, Yoga Nidra, Anulom Vilom, mild asanas (Setu Bandhasana, Makarasana); Evidence of research studies on cardiac disorders.

Unit 3: Evidence-Based Yoga for Diabetes, Musculoskeletal & Metabolic Disorders [10 Hrs]

Type 2 Diabetes Mellitus: Surya Namaskar (modified), Pawanmuktasana Series, Dhanurasana, Ardha Matsyendrasana. studies on yoga for glycemic control, Evidence of research studies on diabetes; Musculoskeletal Disorders: Back pain, Cervical Spondylosis, Arthritis (OA & RA), Evidence of research studies on musculoskeletal disorders; Metabolic Syndrome & Obesity: Mindful eating, Kapalabhati (with caution),

Bhastrika, and diet-yoga integration, Yoga vs aerobic interventions; long-term metabolic outcomes, Evidence of research studies on metabolic syndrome & Obesity.

Unit 4: Evidence-Based Yoga for Mental Health & Neurological Conditions [15 Hrs]

Anxiety & Depression: Dhyana, *Yoga Nidra*, OM chanting, *Bhramari*; Evidence: NIMHANS trials; Yoga vs SSRIs meta-analysis; Gita-based cognitive models; Migraine & Tension Headaches: *Shitali, Bhramari, Shavasana, Yoga Nidra*: Evidence: RCTs on long-term relief in adolescents; Stroke & Parkinson's Rehab: Use of restorative yoga, balancing asanas, and hand mudras: Evidence: on neuroplasticity indicators.

Unit 5: Evidence-Based Yoga for Women's Health & Immunity [10 Hrs]

PCOS & Menstrual Disorders: Hormonal balancing asanas (*Bhujangasana*, *Baddha Konasana*), stress reduction; Evidence: Recent trials in Journal of Women's Health (2022), Yoga and PCOS protocol; Cancer & Immunity: Restorative yoga, Pranayama for fatigue, Yoga Nidra for chemo-related distress; Evidence: Harvard Medical School & MD Anderson studies; IAYT cancer yoga protocols.

Reference Sources (Sample):

- NIMHANS Yoga Publications
- International Journal of Yoga (IJOY)
- Kaivalyadhama Research Database
- PubMed-indexed yoga RCTs
- Swami Vivekananda Yoga University (S-VYASA) protocols
- Yoga and You (Dr. H.R. Nagendra)
- IAYT.org evidence repository

Course title: **Physiological effect of Yogic Practices** **[60 Hrs]**

Course Code: **PGDYT – 203 A**

Course Credit: **04**

Learning Outcomes:

- To explore the physiological mechanisms activated during yogic practices such as *āsana, prāṇāyāma, śatkriyā, mudrā,* and *bandha*.
- To understand the interplay between yoga and various body systems including neuromuscular, respiratory, gastrointestinal, and autonomic nervous systems.
- To integrate traditional yogic wisdom with biomedical sciences to enhance therapeutic and preventive healthcare.
- To equip students to scientifically apply yoga principles in the paramedical and allied health fields.

Unit 1: The concept of homeostasis

Regulatory system of the body, characteristics of control system, physiological basis of mind-body medicine; Physiology of exercise and asana – Types and Categories; Musculoskeletal and other body system involved; effect of yogic practices in setting up the internal environment of the body, mechanical and psychosomatic influence of asana.

Unit 2: Physiology of Pranayama

Mechanism of respiration and gas exchange, regulation of respiration; Psychophysiological effect of *pranayama*; changing of ratio of oxygen and carbonic acid in our body. Enabling different groups of muscles in breathing; Pranayama as respiratory pump; Reflex impact over the sympathetic and parasympathetic nervous systems; Role of pranayama on Vital capacity, lung volume and lung function; Role of pranayama on ventilation perfusion ratio, alveolar ventilation, dead space volume and minute ventilation. Neurophysiological mechanism of *Antar* and Bahir *Kumbhaka*.

Unit 3: Physiology of Shatkriyas

An overview of diffusion, osmosis, and active transport; Significance of using salt during the practice of Kriya; Tonicity of solutions such as hypotonic, hypertonic and isotonic solutions, and the impact of the same on physiology; Effect of Kriyas in encouraging the peristalsis; Opening and closing of sphincter; Role of Kriyas in smooth

operation of sphincter; Mechanism of action of Kriya Practices in the activation of the vagus nerve, effect of Kriya on gastric mucosa on the digestive system; Development of negative pressure and the impact of sustenance of the negative pressure in body physiology.

Unit 4: Physiology of Mudra & Bandhas

Co-activation of two antagonistic muscles; activation of nerve reflexes; proprioceptive neuromuscular facilitation; effect of Bandhas; *Jalandharabanda* effects neck joint complexes; *Uddiyanabandha* effects Upper joint complexes, and *Moolabandha* for lower back joint complexes; Isometric muscle activation and Bandhas; synergistic muscle activation during Bandha practices; Navadvara and their significance in Yoga; Principles behind the practice of mudras; Resting membrane potential, action potential and transmission of nerve impulse; significance of neurophysiological lock and its impact in body physiology; Role of mudra in physiological functions of the body.

Textbooks:

1. Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners; Book by Herbert David Coulter; Publisher Body and Breath 2001.
2. A Handbook of Yogasana Teacher: The incorporation of neuroscience, physiology, and anatomy by Mel Robin, Publisher: Wheatmark; 1st edition (15 May 2009).

Reference Books:

1. Simon Borg Olivier and Bianca Machiss; Applied Anatomy & Physiology of Yoga; 3rd edition 2007.
2. Clinical Anatomy: A Revision and Applied Anatomy for Clinical. Students, Harold Ellis, Blackwell Publishing, 2006.
3. Essentials of Pathophysiology: Concepts of Altered Health States Carol Mattson Porth, Lippincott Williams & Wilkins, 2006.

Course title: **Applications of Yoga in Health - I** **[60Hrs]**

Course Code: **PGDYT-203 B**

Course Credit: **04**

Learning Outcomes:

By the end of the course, students will be able to:

- Demonstrate an understanding of the history, philosophy, and key texts of yoga.
- Identify and differentiate various styles of yoga and their health benefits.
- Explain the physiological, psychological, and therapeutic benefits of yoga.
- Design and conduct yoga sessions tailored to specific health needs.
- Integrate yoga practices into a holistic approach to health and wellness.

Unit 1: Yogic Concepts of Health and Disease **[15hrs]**

Definition & Importance of Health according to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Health and Disease in Indian Systems of Medicine, Utility and Limitations of these systems in health and healing; Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi.

Unit 2: Application of Yogic Science in Health **[15 Hrs]**

Role of Yoga in preventive health care – Heyam dukham anagatam; Potential causes of Ill-health: Tapatrayas and Kleshas, Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa. Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva;

Unit 3: Application of Shatkriya Kriya on Health **[15 Hrs]**

- Shuddhi Prakriyas in Yoga: Role of Shuddhi Prakriyas in preventive and curative Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar, and Chitta Shuddhi (Dharana, Dhyana and Samadhi).

Unit-4: Yogic concepts for health and healing **[15hrs]**

Concepts of *Trigunas, Pancha-mahabhutas, Pancha-prana* and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing; Concept of Abhyas and Vairagya, Chitta and Chitta Prasadana, Kriya-yoga, Ashtanga

Yoga of Patanjali for Health and Healing; Concept of Cleansing (Shuddi), its role and importance in Health and Healing; Concept of Swara Yoga and its efficacy in Health and Healing.

Textbooks and References

1. Swami Kuvalayananda & Dr. S.L. Vinekar – *Yoga Therapy: Its Philosophy and Practice*, Kaivalyadhama
2. Taimni, I.K. – *The Science of Yoga: Commentary on the Yoga Sutras of Patanjali*, The Theosophical Publishing House
3. Swami Sivananda – *The Bhagavad Gita with Commentary*, The Divine Life Society
4. Dr. R. Nagarathna & Dr. H.R. Nagendra – *Yoga for Common Ailments*, SVYASA Publications
5. Swami Satyananda Saraswati – *Asana, Pranayama, Mudra, Bandha*, Bihar School of Yoga
6. Swami Satyananda Saraswati – *Hatha Yoga Pradipika (with commentary)*, Bihar School of Yoga.

Recommended Readings:

1. Dr. H.R. Nagendra – *Yoga and Mental Health and Beyond*, Swami Vivekananda Yoga Prakashana.
2. Bhagavad Gita – Any standard edition with commentary (e.g., by Swami Chinmayananda, Eknath Easwaran).
3. Yoga Sutras of Patanjali – Translations with commentary by Swami Vivekananda or Edwin F. Bryant.
4. Acharya Charaka – *Charaka Samhita* (relevant sections on health and disease concepts).
5. Swami Niranjanananda Saraswati – *Prana and Pranayama*, Bihar School of Yoga.

Course title : Yoga Practical [120 Hrs]

Course Code : PGDYT – 204

Course Credit : 02

Learning Outcomes:

Unit -I: Shatkarma: Yogic Cleansing Techniques for Internal Purification [20 Hrs]

- Sutra/Rubber Neti, Sheetkram Kapalbhati, Vyutkram Kapalbhati

Unit -II: Asanas: The Healing Power of Yogic Postures [60 Hrs]

- Yogic Sukshma vyayama (23-48)
- Yogic Sathool vyayama (4,5)
- Pawanmuktasana series- 2
- Standing posture: Akarna Dhanurasana, Samakonasana, Vatyanasana, Goddess Asana
- Sitting posture: Swastikasana, Simhasana, Ardha Matsyendrasana
- Prone Posture: Marjari Asana, Tiryak Bhujangasana, Ushtrasana
- Supine Posture: Markatasana, Chakrasana, Matsyasana, Sarvangasana, Halasana.
- Restorative Pose: Savasana, Jyestikasana, Shashankasana.

Unit -III: Pranayama, Mudra and Bandha: The Threefold Gateway to Yogic Energy [20 Hrs]

- Pranayama: Chandrabhedi, Sheetkari, Yogic Breathing.
- Mudra: Vayu Mudra, Shankh Mudra, Ashwini Mudra, Pasini Mudra, Tadagi Mudra.
- Bandha: Uddiyana Bandha, Mahabandh

Unit -IV: Nadanusandhana: The Journey of Sound Meditation in Yoga [20 Hrs]

- Soham, Savita Dhyana, Ajapajapa.
- MSRT (Mind Sound Resonance Technique in Yoga)

Suggested Readings:

1. Bramhachari, Swami Dhirendra. *Yogic Sukshma Vyayama*. New Delhi: Dhirendra Yoga Publications, [Year].
2. Swami Satyananda Saraswati. *Asana, Pranayama, Mudra, Bandha*. Bihar: Bihar School of Yoga, 1969.
3. Misra, P.D. *Yoga: An Introduction.* Delhi: Eastern Book Linkers, 1989.
4. Gupta, Rameshwar Das. *Yoga Rashmi*. Varanasi: Chaukhamba Sanskrit Series Office, [Year].

5. Bharadwaj, Ishwar. *Yogasana*. Delhi: Bharatiya Vidya Prakashan, [Year].
6. Iyengar, B.K.S. *Light on Pranayama*. London: HarperCollins, 1981.
7. Kavualyananda, Swami. *Prana and Pranavidya*. Lonavla: Kaivalyadhama Ashram, 1977.
8. Tiwari, Om Prakash. *Asanas: Why and How?* Lonavla: Kaivalyadhama Yoga Institute, 2006.

Course Title : Teaching Methods in Yoga

Course Code : PDGYT -205

Course Credit : 02

Learning Outcomes:

1. Understand the concept and principles of teaching methods.
2. Procedure and key points involved during the practice of each technique.
3. Know and understand about yoga teaching.

Unit I: Concepts of Teaching and Learning in Yoga

- Teaching and Learning: Concepts and Relationship between the Two.
- Principles of Teaching: Levels and Phases of Teaching.
- Qualities of a Perfect Yoga Guru.
- Yogic Levels of Learning: *Vidyarthi*, *Shishya*, *Mumukshu*.
- Essentials of a Good Lesson Plan in Yoga.
- Concepts, Needs, and Planning of Teaching Yoga (*Shodhanakriya, Asana*, *Mudra*, *Pranayama*, and Meditation).
- Models of Lesson Plan and Content Plan; Eight-Step Method of Introduction (Kaivalyadhama).

Unit II: Teaching Methods and Evaluation in Yoga

- Meaning and Scope of Teaching Methods; Factors Influencing Teaching Methods.
- Sources of Teaching Methods.
- Role of Yoga Teachers and Teacher Training.
- Techniques of Individualized Teaching, Group Teaching, and Mass Instruction.
- Organization of Teaching: Time Management, Discipline, and Classroom Organization.
- Evaluation Methods of an Ideal Yoga Class.
- Customizing Yoga Classes to Meet Individual Needs.
- Yoga Classroom Essentials: Features, Area, Seating Arrangement.
- Student's Approach to the Teacher: *Pranipaata*, *Pariprashna*, *Seva* (BG 4.34).

Suggested Readings:

- Teaching methods of Yogic Practices—ML Gharote and SK Ganguly, Kavailyadhama.
- Vibhav, Devakinandan – Yoga Sadhan
- Sri Yogendra – Yoga Asanas Simplified
- Lysebeth, Andra Van- Yoga Self-Taught

Course title : **CBCS** **[60 Hrs]**

Course Code : **PDGYT -206**

Course Credit : **04**

Learning Outcomes:

Note: To be taken from Other Department / School OR from NPTEL