

# **SAURASHTRA UNIVERSITY**

## **RAJKOT**

(ACCREDITED GRADE "A" BY NAAC)



### **FACULTY OF EDUCATION**

Syllabus for

### **DIPLOMA IN YOGA**

Choice Based Credit System

**With Effect From: 2019-20**

## **Diploma in Yoga Education Ordinance**

### **O.D.Y.ED-1**

#### **ELIGIBILITY:**

- A. A Graduate of this university or any other University recognise by university.
- B. Medical fitness certificate of registered practitioner.

### **O.D.Y.ED-2**

#### **PRIORITY:**

- A. Participated In Yoga Competition at State, National or International Level.
- B. Participated having passed In Yoga Competition at Inter University Level.
- C. Certificate Course of Yoga by Recognized Institute.

### **O.D.Y.ED-3**

**DURATION:** The Programmer Is Full Time Regular Course Divided in Two Semesters (one year). The Teaching Days Will Be 180 (Each Term / Semester) And 80% Attendance in Theory and Practical. Candidate will be required to the complete the programme within two academic years.

### **O.D.Y.ED-4**

**FACULTY:** The Faculty Qualification Should Be as per O.205 of the Uni i.e. M.P.Ed or M.Yoga and Other Supporting Practitioners invited by the department.

### **O.D.Y.ED-5**

#### **INTAKE**

- Student strength is 60 in each batch
- Or As Decided by the University.
- And experienced teachers / PTI will be able for teaching work.
- Medium of instruction and examination Gujarati or English or Hindi as is decided by the department

### **O.D.Y.ED-6**

#### **ADMISSION PROCEDURE:**

As Per Rules and Regulations the University.

### **O.D.Y.ED-7**

#### **Examination:**

As per rules and Regulations the University

1. Theory 2. Teaching Lessons 3. Practical's as per regulation '4' total

### **Regulation D.Y.Ed. 2: Passing Standard**

#### **R.D.Y.ED-1**

- The Passing marks shall be 40% marks in each of head of theory papers and will be carried forward if candidate fails in practical and/or internal heads and appears in the next examination.
- The fees structure will be decided by the university

#### **R.D.Y.ED-2**

- Awards of class As per Ordinance (Gen) 26 of the University.
  - Candidate failing in practical examination shall be required to remit examination fees and his/her result will be declared when it passes in the practical examination.
  - The result of the second semester (final semester) will be declared only when he/she obtains minimum passing marks in all the theory subjects, internal and external including practical and viva-voce.
- A. There shall be '3' theory period each of 1-hour duration for each of the theory subject / paper in a week

**R.D.Y.ED-3**

- Application for admission in examination shall be submitted by the department under the signature of HOD along with necessary examination fees.
- The term of the student will be cancelled by the HOD if the candidate fails to full fill requirement of minimum attendance or any other reason.
- The candidate will be given reasonable reason to herd by the HOD.

**DIPLOMA IN YOGA****Regulation-4 D.Y.ED. SEM-I: DETAILED COURSE STRUCTURE  
(Teaching and examination scheme)**

Sr. No.	Sub. No	Name of Subject	Internal		External		IN INT AS WELL AS EXT	Total Marks	Weekly Lectures	Credits
			Theory	Practical	Theory	Practical				
1.	1001	Yogic Science	30		70		40%	100	3	3
2.	1002	Yoga, Anatomy and Physiology Health Science	30		70		40%	100	3	3
3.	1003	Yoga & Mental, Health and Psycho. Therapy	30		70		40%	100	3	3
4.	1004	Yoga Therapy, Ayurveda and Naturopathy & Acupressure	30		70		40%	100	3	3
5.	1005	Yoga Teaching Method	30		70		40%	100	3	3
6.	Section:2	Teaching lesson practical		30		70	40%	100	3	3
7.	Section:3	Practical		60		140	40%	200	8	8
Total								800	26	26

**\* Note :-practical examination will be conducted by the one internal and one external examiner out of the list approved by the academic council**

**INTERNAL****\*Evaluation for internal section**

1- Preliminary exam.	10
2- Assignment	10
3- Group work/presentation	<u>10</u>
<b>TOTAL MARK</b>	<b>30</b>

**[NOTE:-Total 30 Marks Of All Theory Papers**

**Regulation-2: D.Y.Ed. Semester-II: Detailed Course Structure**

Sr. No.	Sub. No	Name of Subject	Internal		External		IN INT AS WELL AS EXT.	Total Marks	Weekly Lectures	Credits
			Theory	Practical	Theory	Practical				
1.	1006	EDUCATION METHOD	30		70		40%	100	3	3
2.	1007	INTRODUCTION TO YOGA	30		70		40%	100	3	3
3.	1008	METABOLISM STRUCTURE AND FUNCTION	30		70		40%	100	3	3
4.	1009	YOGA AND HEALTH EDUCATION	30		70		40%	100	3	3
5.	1010	PRACTICAL		30		70	40%	100	4	4
Total								500	16	16

**Note :-practical examination will be conducted by the one internal and one external examiner out of the list approved by the academic council**

**INTERNAL**

**\*Evaluation for internal section**

**1- Preliminary exam. 10**

**2- Assignment 10**

**3- Group work/presentation 10**

**TOTAL MARK 30**

**[NOTE:-Total 30 Marks Of All Theory Papers**

**::Marking Standard::**

- Simple Marking Standard

**Paper: 1: YOGIC SCIENCE**

**UNIT: I INTRODUCTION AND HISTORY**

1.1.1 Introduction, origine, schools of yoga, synonyms and definition of yoga.

1.2 Origine and history of Yoga.

Progress from ancient to present time.

Introduction of renowned Yogis.

History of Yogic literature, reference books, magazines, research paper etc.

Introduction and information about well known yoga centers, educational institutes, research centers of yoga and their research activities.

Importance of yoga in National Health Service Scheme (N.H.S.S.)

1.3 Aim of Yoga.

Usefulness of yoga and importance of health in yoga.

Classification of yoga (Distinct types of practices, branches and schools). Hatayoga, Raj Yoga, Jap Yoga, Lay Yoga, Gyana Yoga, Bhakti Yoga, Karma Yoga, Tantra Yoga, Kundlini Yoga etc.

1.4 Eight limbs of yoga and their information.

1.5 Yoga Sadhana (Yogabhayasa) in which obstacles in yogic sadhana and their solution for spiritual achievement.

Characters of ideal Guru and ideal Disciple, necessities of sadguru for achievement of Sublime.

## **UNIT : II**

### **INTRODUCTION TO YAMAS AND NIYAMAS**

- 2.1 Different opinions regarding definition, numbers of yamas. Their introduction. As per patanjali yoga sutra five yamas non-violence, truth, non-stealing, celibacy and non-storing their detailed study. (special study regarding celibacy)
  - 2.2 Ten yamas of Hata Yoga Pradipika out of which explanation of forgiveness, patience, compassion, mildness.  
Introduction of Mitahara (Moderate Diet), (Alphara, Atiahara under eating, over eating and their refercations).
  - 2.3 Introduction, definition and number of niyamas and their difference of opinion regarding it.  
As per Patanjali Yoga Sutra there are five niyama which are cleanliness, satisfaction, (contentment), Austerity, self recitation, worship of God.
  - 2.4 Introduction of ten niyamas as per Yagnavalkya which are one who believe in God, dana, worship of God, siddhanta shraavan, shyness, intellect, austerity and fire-worship.
  - 2.5 Benefits achieved by following yamas – niyamas as well as maintenance of physical and mental health and its importance in developing immunity.
- \* Conclusion.

## **UNIT : III**

### **INTRODUCTION TO ASANAS**

- 3.1 Introduction, definition, classification and numbers of Asanas, traditional information about asanas.
- 3.2 Importance and benefits of asanas and their usefulness in recent times.  
Difference between asana and exercise, betterment of asanas and its effect on our body.
- 3.3 (Who can perform it) Eligibility and non-eligibility of person performing asanas. Time and place for performing / practicing asana, previous practice, proportion, stages of asana, asana and pranayama, perfection over asana, breathing pattern and asana, asana with bandh, asana and dhyana, niyamas for asana etc.
- 3.4 For practical syllabus.  
Traditional and current information of research of asanas.
- 3.5 Study regarding introduction, importance, origine, mantra, procedure, result etc. of Suryanamaskar.  
Conclusion.

## **UNIT : IV**

### **INTRODUCTION TO PRANAYAMA**

- 4.1 Introduction and explanation of word prana.  
Introduction of bodily vayus (main and subordinate)
- 4.2 Definition, importance and result of pranayama, imperfection of yoga without pranayama.
- 4.3 Proper place, time, proportion for practicing pranayama (daily and seasonal).  
During pranayama practice general information and cautions to be kept in mind.
- 4.4 Scientific study of pranayama, pranama and mantrajapa, pranayama and diet.  
Previous practice and techniques of pranayama. Proper and improper pranayama.
- 4.5 Types of Pranayama – dirgha pranayama (with retention and without retention), internal and external retention, pranav pranayama, Ram pranayama, Anulom Vilom pranayama (Nadi suddhi). Astakhumbhak and its technique, result, therapeutic view etc. and its detail study.  
(Suryabhedan, Ujjai, Sitkari, Shitli, Bhastrica, Bharamri, Murcha and Plavini also Sahit Kumbhak and Kaval Khumbhak).





## **UNIT : V**

### **INTRODUCTION TO NADIS AND SATKARMAS**

- Introduction of Nadis, main 14 nadis out of which three nadis Ida – Pingla – Shushumna their detailed study.
  - Aim and characteristics of nadi suddhi.
  - Introduction of below given satkarma, aim, result, its effect on health.
  - Introduction of below given 5.3, 5.4, 5.5 of karmas, its introduction, aim, types, result, therapeutic study and practical application.
1. Dhoti (Vastradhiti, danddhoti, stomach tube, kunjai (Gajkarni) and shankhprakashalan (Vasi) or (dhoti) etc. their detailed study.
  2. Basti (Anima)
  3. Naiti (cleansing process for nasal passage).
  4. Tratak.
  5. Nauli
  6. Kapalbhathi.
2. Conclusion.

### **REFERENCE BOOKS:**

	<b>AUTHOR</b>	<b>NAME OF BOOK</b>
1	Swami Krapalvanandaji	Asana and Mudra
2	Rajrishi Muni	Yoga Darsika (Part 1-4)
3	Patanjali Translated : Kania, J. Kisandas	Patanjal Yoga Darshanam
4	Swatmaram Yogindra Translated (Joshi, Vasudev, Mahashankar)	Hatayoga Pradipika
5	Gherand Yogishwar Translated Gautam,Chamanlal (Edt)	Gherand Samhita (Hindi)
6	Goraksharnath Translated Gautam,Chamanlal (Edt.)	Goradshar Samhita (Hindi)
7	Translated : Gautam Chamalal (Editor)	Shiva Samhita
8.	Iyanger : B.K.S. Translated : Upadhyay Bhupendra	Yoga Dipika (Light on Yoga)
9.	O.P. Tiwari	Asana. Why and How ?
10.	Swami Kuvalayanand	Pranayama
11.	Sharma, Nathuram	1. Yoga Kaushtaba. 2. Patanjali Yoga Darshanam
12.	Swami Sivanand	1. Yogasan 2. Pranayama Science
13.	Saraswati, Satyanand	Asna, Prayanama, Mundra, Bandh (Hindi)

**PAPER: 2 Yoga Anatomy & Physiology on Yogic Practices, Health Science.**

**UNIT : I**

**INTRODUCTION YOGIC SCIENCE, SKELETAL AND MUSCULAR SYSTEM.**

- 1.1 Usefulness, importance and definition of anatomy and physiology.  
Cell : structure, function, tissue, types and structure.
- 1.2 Introduction of system and main systems in our body their name and functions.
- 1.3 Skeletal system : main organs, their structure and function.
- 1.4 Muscular system : Main organs, its introduction, structure and function.
- 1.5 Skeletal system and muscular system and its usefulness.

CONCLUSION.

**UNIT: II**

**INTRODUCTION OF DIGESTIVE, CIRCULATORY AND RESPIRATORY SYSTEM.**

- 2.1 Digestive system: Main organs, their introduction, structure and function.
  - 2.2 Requirement and usefulness of digestive systems knowledge.
  - 2.3 Circulatory system: Its introduction, main organs, structure and function.
  - 2.4 Respiratory system: Its introduction, main organs, structure and function.
  - 2.5 Requirement and usefulness of knowledge regarding circulatory and respiratory system.
- \* Conclusion

## UNIT : III

### INTRODUCTION TO HEALTH SCIENCE

- 3.1 Definition of health science (Swasth writ) and usefulness of it's knowledge.
- 3.2 Definition and importance of health, aim of health, health as per Ayurveda.
- 3.3 Characteristics of health (Swasth Person), thinking pattern of intellect and social health.
- 3.4 Introduction of factors of Health – I.
  1. Air : Introduction, usefulness, formation of air, pure air, impure air (air pollution), artificial air etc
  2. Water: Introduction, usefulness, types of water, impurities of water and methods to purify it naturally as well as artificially.
  3. Sunrays.
- 3.5 Introduction of factors of Health – II.
  4. Diet
  5. Nindra (sleep)
  6. Work and rest
  7. Pleasurable
- 4.1 Definition, introduction, importance and organs of dincharya.
- 4.2 Dincharya Part – I: Weaking up, prayers, self observation, mornings drink (Ushapan), teeth cleaning and internal cleaning process.
- 4.3 Dincharya Part – II: Massage, exercise, bathing, massage of gram floor.
- 4.4 Dincharya Part – III: Gargling (Voluntary Vomiting), nasal cleaning, eyes cleaning, dar cleaning, clothing, hair caring, wooden scandel wearing etc.
- 4.5 Raticharya : Protection of ear, eye, teeth etc.

Conclusion.

### UNIT: V SOCIAL

#### HEALTH

- 5.1 Introduction, ideology and yoga.
- 5.2 Cleanliness.
- 5.3 Arrangement of residence
- 5.4 Protection from infectious diseases
- 5.5 Practical portion: Scientific study of asana, kriyas and pranayama on body.

Conclusion



**REFERENCE BOOKS :**

	<b>AUTHOR</b>	<b>NAME OF BOOK</b>
1.	Swami Krapalvanandaji	Asana and Mudra (Relative parts) Gujarat Vyama Pracharak Mandal Rajya.
2.	Rajrishi Muni	Yoga Darsika - 3
3.	Vaidya : Bapalal G.	1. Dincharya 2. Manav Arogya University Granth Nirman Board, Ahmedabad
4.	Patel Hirenbhai K.	Swasthwrit (Uni. Granth Nirman Board)
5.	Patel Phulabhai M.	Swasthwrit Saraswati Pustak Bhandar, Ahmedabad
6.	Derasari, Harit, Ranjit	Human Anatomy, Physiology and Health Education. University Granth Nirman Board, Ahmedabad
7.	Pearcem, Evelyn C.	Anatomy and Physiology for Nurses. Oxford University Press, Bombay
8.	Gore, Makrand, Madhukar	Anatomy and Physoology of Yogic Practice. Kanchan Prakasan, Lonvla
9.	Trivedi, Shivprasad, Kushalji	Kayani Karamat Part-I and II, Gujarat Vidhyasabha, Ahmedabad.

## **PAPER: 3 YOGA & MENTAL HELAHT, PSYCHOTHERAPY**

### **UNIT: I**

#### **INTRODUCTION OF YOGA DARSHA.**

- 1.1 Introduction of yoga shastra.
- 1.2 Progress and introduction of yoga darshan
- 1.3 Study of Hata Yoga Pradipika
- 1.4 Psychological study of Hata
- 1.5 Yoga Pradipikia
- 1.6 Psychological and Philosophical study of Gherand Samhita.

Conclusion.

### **UNIT: II**

#### **INTRODUCTION AND INFORMATION ABOUT MIND**

- 2.1 Historical explanation of mind, existence of mind and ancient and modern views regarding mind, origin of mind as per ancient belief, deep entry and reflex action of mind along with individual progress.
- 2.2 Meaning, origine and synonym of mind, characteristics, quality, subject and function of mind.
- 2.3 Defination of mind as per modern view, conscious, sub-conscious, unconscious mind, function of mind according to ancient option.
- 2.4 Types of mind (Pravar – Madhmam – Avara etc.)  
Satvik feeling and satvik attitudes character (moderate behaviour).
- 2.5 Effect of mind and body on each other (psychosomatic diseass and physical diseases, physical diseases and their psychosomatt treatment through yoga).  
Individual mental development through yoga.

Conclusion.

### **UNIT: III**

#### **INTRODUCTION AND INFORMATION ABOUT BUDDHI**

- 3.1 Opinions on buddhi as per ancient and modern times. Origine and development of buddhi as per ancient view.
- 3.2 Origine, meaning, synonyms, characteristics, types of buddhi etc.
- 3.3 Reason behind abnormality in dhriti, its characteristics and treatment.
- 3.4 Introduction of smriti (memory), reason behind memory's origine, reason behind forgetfulness of memory, characteristic and its treatment.
- 3.5 Development of buddhi and smriti by yoga.

Conclusion

### **UNIT: IV**

#### **KNOWLEDGE REGARDING MENTAL HEALTH**

- 4.1 Introduction, definition and ways to achieve mental health.
- 4.2 Mental health and healthy personality.  
Mental health and ideal behaviour.
- 4.3 Effect of positive attitude on health, mental health and international movement on it.
- 4.4 Personality – belief introduction, probability of personality development in yoga as per ancient and modern views.
- 4.5 General reasons behind psychosomatic diseases, characteristics etc.

Conclusion

### **UNIT: V**

#### **INTRODUCTION OF CONSCIOUS, DREAMS AND SLEEPING STAGES OF MIND.**

- 5.1 Thoughtless state of mind in conscious, dreamd and sleep.
- 5.2 Ancient and modern opinion regarding dream and diagnostic usefulness.
- 5.3 Reason for Insomina, its characteristics, general and yogic treatment.
- 5.4 Deep sleeping, reason, characters and general and yogic treatment.
- 5.5 Introduction of sleep and sleeping herbs, alternative ways for sleep etc. (Piprimul, Jatamasi, Milk etc.)

Conclusion





**REFERENCE BOOKS :**

	<b>AUTHOR</b>	<b>NAME OF BOOK</b>
1.	Yogindra Swatmaram (with comments)	Hatayoga Pradipika
2.	Gherand Yogiswari (with comments) Comm : Radhachandra, Kalyanchandra	Gherand Samhita
3.	Thakar V.J.	Mana and Manasa. Roga (Uni. Gr. Brd.), Jamnagar
4.	Swami Madhavtrith	Manasshastra.
5.	Ansuman Premshankar	AyurvedaManasrog Vignan (Bhutavidhya tantra Antargat) Swasthwrit Prakashan Bhavnagar.
6.	Bhatt, Kusumben K.	Chikitsa Manovignan Part-I & II. (Mansikswasth) University Granth Nirman Board, Ahmeabad
7.	Parikh, Jagdish C.	Buddhi and Buddhimapan . Un i. Gr. Ni. Brd., Ahmedabad
8.	Patel Rajnikant	Mana Swath Kam Rakhai, Gurjar Granthratna, Ahmedabad
9.	Bhesania, Dara J.	Mana EakKuta Prashna.
10.	Swami Shivananad. Tra.Swami Manuvariaji	Mana Nu Rahishya and Niyantrana
11.	Thakar, Vimla	Dhyana Eak Jivan Marg.9



**PAPER: 4 YOGA THERAPY, AYURVEDA, NATUROPATHY & ACCUPRESSURE**

**UNIT: I**

**YOGAPACHAR.**

- 1.1 Introduction, organs of Yogapchar.
- 1.2 Yoga a treatment method.
- 1.3 Treatment based on Asana.
- 1.4 Treatment through Pranayama.
- 1.5 Satkarma etc. and its treatment on diseases.

Conclusion

**UNIT: II**

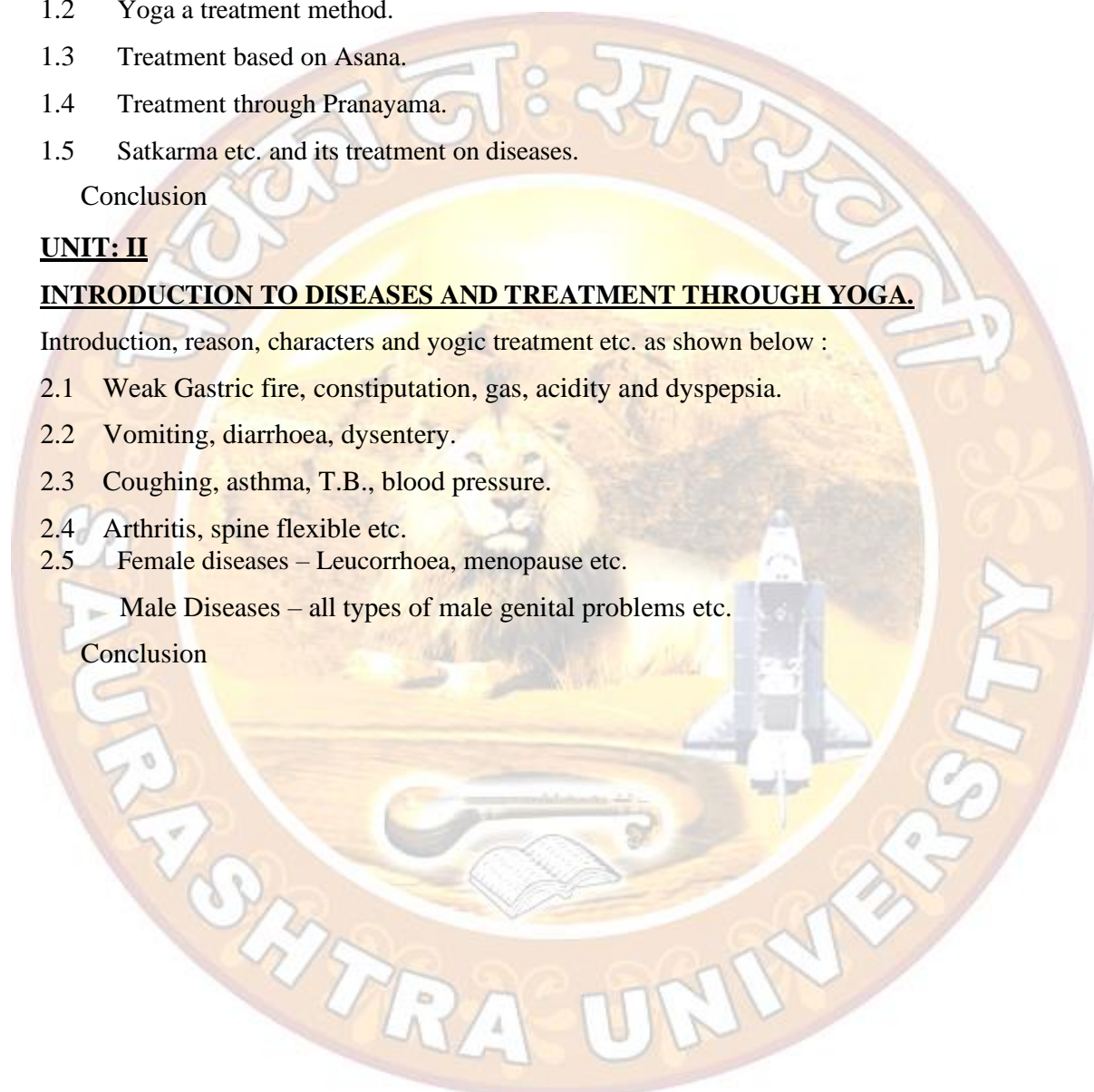
**INTRODUCTION TO DISEASES AND TREATMENT THROUGH YOGA.**

Introduction, reason, characters and yogic treatment etc. as shown below :

- 2.1 Weak Gastric fire, constipation, gas, acidity and dyspepsia.
- 2.2 Vomiting, diarrhoea, dysentery.
- 2.3 Coughing, asthma, T.B., blood pressure.
- 2.4 Arthritis, spine flexible etc.
- 2.5 Female diseases – Leucorrhoea, menopause etc.

Male Diseases – all types of male genital problems etc.

Conclusion



### **UNIT: III**

#### **INTRODUCTION TO AYURVEDA AND AYURVEDOPCHAR**

- 3.1 Introduction of Ayurveda – definition, aim, specialty, principle, astang ayurveda, panchmahabhoota, tridosha, dosha dhatu and mala etc.
- 3.2 Introduction, types, definition of diseases.
- 3.3 Principal of ayurveda treatment, types of treatment, (sodhan, sama, ukti, vapasraya, dev vyaprashraya and satvajay etc.)
- 3.4 Introduction of sadrasa etc.  
Below given are kitchen medicines, their introduction, quality, use etc. of ginger, spices, turmeric, methi, ajmao, dhana, jiru, hing, lavan etc. their usefulness in treatment.
- 3.5 Above medicines and cure through them.

Conclusion

### **UNIT : IV**

#### **INTRODUCTION TO NATURECURE**

- 4.1 Introduction, principle, treatment of nature cure, organs of nature cure etc.
- 4.2 Sunbath and air bath
- 4.3 Massge and exercise
- 4.4 Fasting and resting
- 4.5 Above given diseases and their treatment through nature cure.

Conclusion

### **UNIT : V**

#### **ACUPRESSURE AND PRIMARY TREATMENT (FIRST AID)**

- 5.1 Introduction, principle, treatment method in acupressure.
- 5.2 Meridians (vital energy channels) and their pressure points. Method of point pressuring, proportion of pressure, time, instrument etc.
- 5.3 Unit – 2: Their diseases and its treatment through acupressure.
- 5.4 Definition, importance, aim, principle, introduction, laws, caution, quality of treaters and complete detail of treatment.
- 5.5 Use of bandage, types of bandages, method of bandaging and artificial respiration.

Conclusion

**REFERENCE BOOKS :**

	<b>AUTHOR</b>	<b>NAME OF BOOK</b>
1.	Swami Krupulvanandji	Asana & Mudra
2.	Swami Kuvalayanand and Venekar S.L.	Yoga Therapy Kaivalyadhama, Lanavla
3.	Iyenger B.K.S. Tra : Upadhyay, Bhupendra	Yoga Dipika Light on Yoga
4.	Rathod, Nalini and Ansuman Premsankar	(1) Yoga & Yogapchar (2) Nisargopchar & Swasthya Raksan
5.	Gandhi Harkisandas D.	(1) Asana Chikitsa (2) Zoga & Arogya Part – I &II
6.	Sharma, Ramprasad. Tra : Shastri Madhavprasad	Ayurveda Sutra
7.	Sobhan	(1) Rojinda Ayurveda (2) Sachitra Ayurveda Darshan Part - I & II. (3) Divya Aushadhi Part-I to V
8.	Chaudhry Madhav G.	Ahar Eaj Aushadh
9.	Sharanprasad Tra : Desai Jitendra	Kudrati Upchar
10.	Gala, D.R. Gala, Dhiren	Tamej Tamara Doctor (Acupressure)
11.	Mukharji Kulranjan Tra : Gandhihi, Bhogilal P.	Abhinav Kudrati Upchar
12.	Vora, Devendra	Tandurasti Tamara Hathma Accupressure Method
13.	The Saint Jhon Ambulance Association Tra : Panthiki, Dosabhai Panji	Akasmatma Prathmik Sarwar (First Aid)
14.	Kadan Ragunath, Gangaram	Akasmatma Tatkalik Upayay
15.	Ansuman Premshankar	Panchkarma Chititsa

Paper: 5 Yoga Teaching Methods

1. *Meaning, Necessity and importance of yoga Education.*
2. *Learning Methods, Procedure, Principles.*
3. *Meaning of Education Method, Scope, importance, yogic Principles in education method.*
4. *Methods of Presentation, Personal Preparation, Technical Preparation.*
5. *Learning Aids, Audio-Visual aids.*
6. *Class management, importance, class design (environmental, Class control)*
7. *Importance of lesson planning*
  - *Types of lesson, section of lesson, objective.*
  - *Preparation of lesson, lesson report, supervision of lesson.*
8. *Computations- school level, College level, Inter University-World level.*
9. *Promotions- Award, Recognition, Trophy, Certificate, Reward etc.*
10. *Facilities in yoga education, design, maintained.*
11. *Equipments- necessity, care, distribution, dead stock.*
12. *Leadership and its importance, types, characteristics of teacher in yoga education.*
13. *Time-Table: Principles, Organize various competition, organizes yoga camps.*
14. *Registers: Attendance, stocks, register, dead-stocks register distribution register etc.*
15. *Budget: formation of budget, principles of expenditure account.*
16. *Camps: Types, Educational values, planning and management daily, weekly programs, time-table and selection of activates.*

No	Books name	Writer
1.	<i>Teaching Yoga</i>	<i>Donalede g.butter(jyodari chereman publicity-1975)</i>
2.	<i>Yogasana Teachers Guide</i>	<i>National Councils of edu.Research.1983.</i>
3.	<i>Teaching Methods</i>	<i>S.K.Gangala Kaivalyadham,Lonavala</i>
4.	<i>Education in Values</i>	<i>Pro.Dr.K.Subrahmanyam</i>
5.	<i>Yoga for Children</i>	<i>Teachers Handbook</i>
6.	<i>vidyarti nu yasesvi jiven</i>	<i>Swami Shivanand</i>
7.	<i>Excellence in Education</i>	<i>Narayan,Ama,A;bad</i>

## Section:2 Teaching lesson

1. Internal Lesson – 3\*10 Marks= 30 Marks  
(Two from asanas, one from Pranayama/Kriyas)
2. External Lesson: 2\*35 Marks= 70 Marks  
- (One from Asana ,One from Pranayama/Kriyas)

## Section 3: Skill/Practical activities- - Total Marks- 200

Practical Work: Suryanamaskar- Asana

Bandh,Mudra,Shatekarm,Pranayama

Group	Internal Evaluation	External Evaluation
1.Suryanamaskar,Asana	30	70
2.Mudra,Bandh,Shatkarm	15	35
3.Pranayama	15	35
<b>Total</b>	<b>60</b>	<b>140</b>

## Sec: 3 Skill/Practical Section

Internal Evaluation – 60 Marks

**Group:1** Suryanamaskar -12 Marks

6 Asana \* 3 Marks = 18 Marks= Total 30 Marks

**Group:2** Bandh,Mudra,shatkarm

3 kriyas \* 5 Marks = 15 marks

Kriyas as Per Hath Pradipika,Gherand Sahinta,shiv sahita

**Group:3** Pranayama: Any 3 Selected Pranayama \* 5=15Marks

## Sec:3 Skill/Practical Section

External Evaluation.

**Group:1** Suryanamaskar-20 Marks

10 Asana\*5 Marks=50 Marks

**Group:2** Bandh,Mudra,Shatkarm (35 Marks)

Naeti-10 Marks

Dhoti/Nauli-10 Marks

Kapalbhati-10 Marks

Tratak-5 Marks

**Group:3** Pranayama (35 Marks)

- Nadishodhan,Anulome-

Vilom, Suryabhedi, Chandrabhedi, Bhramri, Bhastrika, Ujjayi, Shittli, Shitkari

(Any 5 \* 7 Marks= 35 Marks)

**D.Y.ED.SEMESTER-II: DETAILED COURSE STRUCTURE**

Sr. No.	sub. No	Name of Subject	Internal		External		IN INT AS WELL AS EXT	Total Marks	Weekly Lectures	Credits
			Theory	Practical	Theory	Practical				
1.	1006	EDUCATION METHOD	30		70		40%	100	3	3
2.	1007	INTRODUCTION TO YOGA	30		70		40%	100	3	3
3.	1008	METABOLISM STRUCTURE AND FUNCTION	30		70		40%	100	3	3
4.	1009	YOGA AND HEALTH EDUCATION	30		70		40%	100	3	3
5.	1010	PRACTICAL		30		70	40%	100	4	4
Total								500	16	16

**Paper – 6 : Education Method**

Unit 1 Meaning and definition of education and its concept.  
Meaning of Transfer of Education and its Importance.

Unit 2 Educational method and its affecting factors.

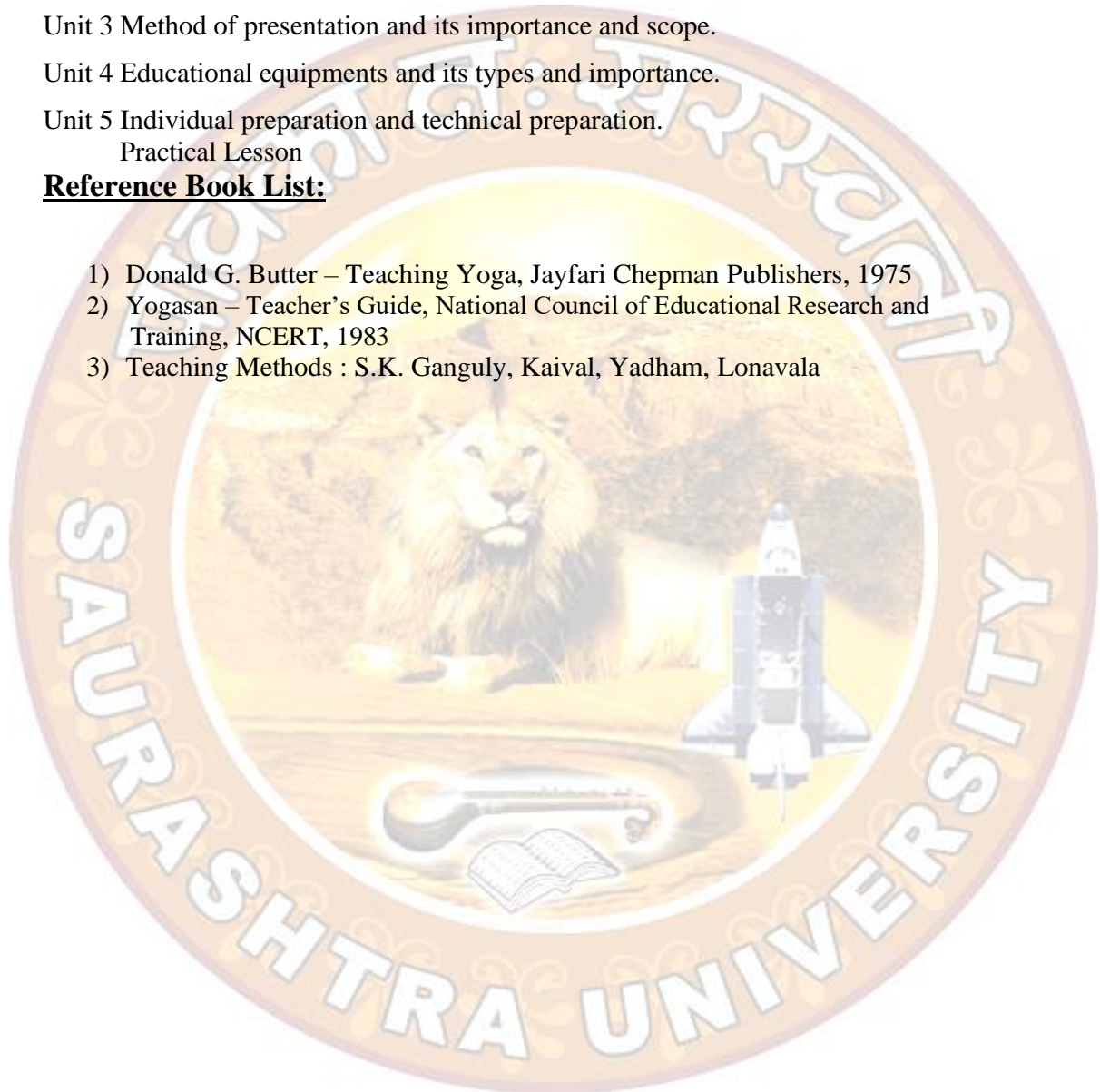
Unit 3 Method of presentation and its importance and scope.

Unit 4 Educational equipments and its types and importance.

Unit 5 Individual preparation and technical preparation.  
Practical Lesson

**Reference Book List:**

- 1) Donald G. Butter – Teaching Yoga, Jayfari Chepman Publishers, 1975
- 2) Yogasan – Teacher’s Guide, National Council of Educational Research and Training, NCERT, 1983
- 3) Teaching Methods : S.K. Ganguly, Kaival, Yadham, Lonavala





**Paper –7 : Introduction to Yoga**

1. Concept of traditional and modern Yoga
2. Superstitious beliefs of Yoga
3. Yoga and Education
4. Yoga and Personality development
5. Yoga and Modern Medical Science
6. Astang Yoga  
Hath Yoga

**Reference Book List:**

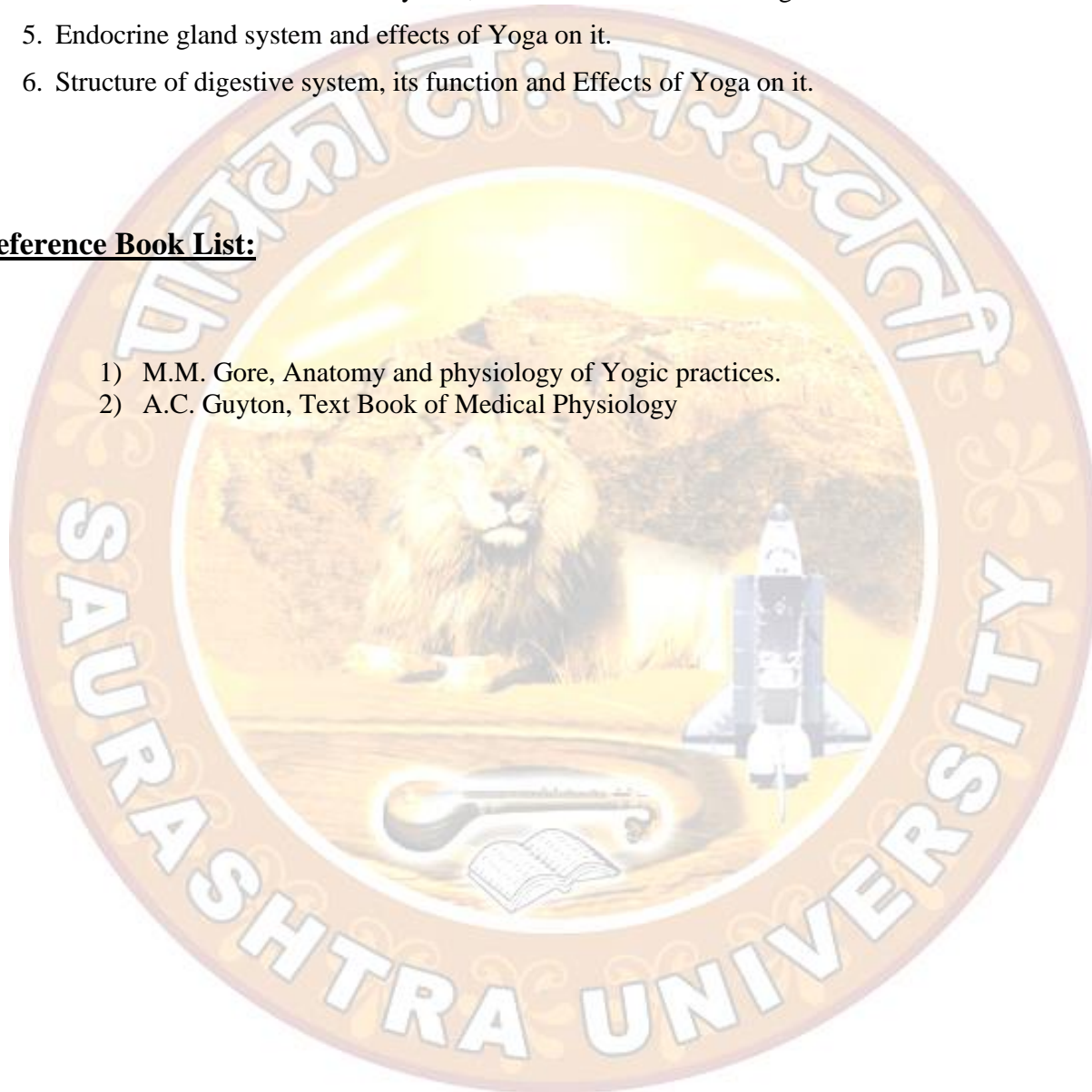
- 1) Patanjali Yoga Formula – P.V.Kashbelkar, Lonawala, Kaivaldham
- 2) Astang Yoga- Charandas
- 3) Dhee Sahinta
- 4) “Dhee wisdom of Sankhaya” – K.P. Baha Sterling Publisher, New Helhi – 110016
- 5) Aruna Thakar – Yoga Vidya Part I & II Yogadharma tatvagyana, Gurjay Prakashan, Gandhi Road, Ratanpol Naka, Amdavad – 380001
- 6) Hath Pradipika – Swami Digambarji, Lonavala.
- 7) Mahatma Gandhi – Anashakti Yoga, Navjivan Prakashan, Amdavad
- 8) Classical Sankhaya – A critical study, Anima Sen Gupta, Munsiram, Manoharlal Publisher – New Delhi – 110055

**Paper – 8 : Metabolism structure and function**

1. Importance of Yoga in Metabolism structure and its functions
2. Define Human body, cells, tissues, organs and system
3. Diagram of respiratory system, its structure, function and Effects of Yoga on it.
4. Structure of blood circulation system, function and Effects of Yoga on it.
5. Endocrine gland system and effects of Yoga on it.
6. Structure of digestive system, its function and Effects of Yoga on it.

**Reference Book List:**

- 1) M.M. Gore, Anatomy and physiology of Yogic practices.
- 2) A.C. Guyton, Text Book of Medical Physiology

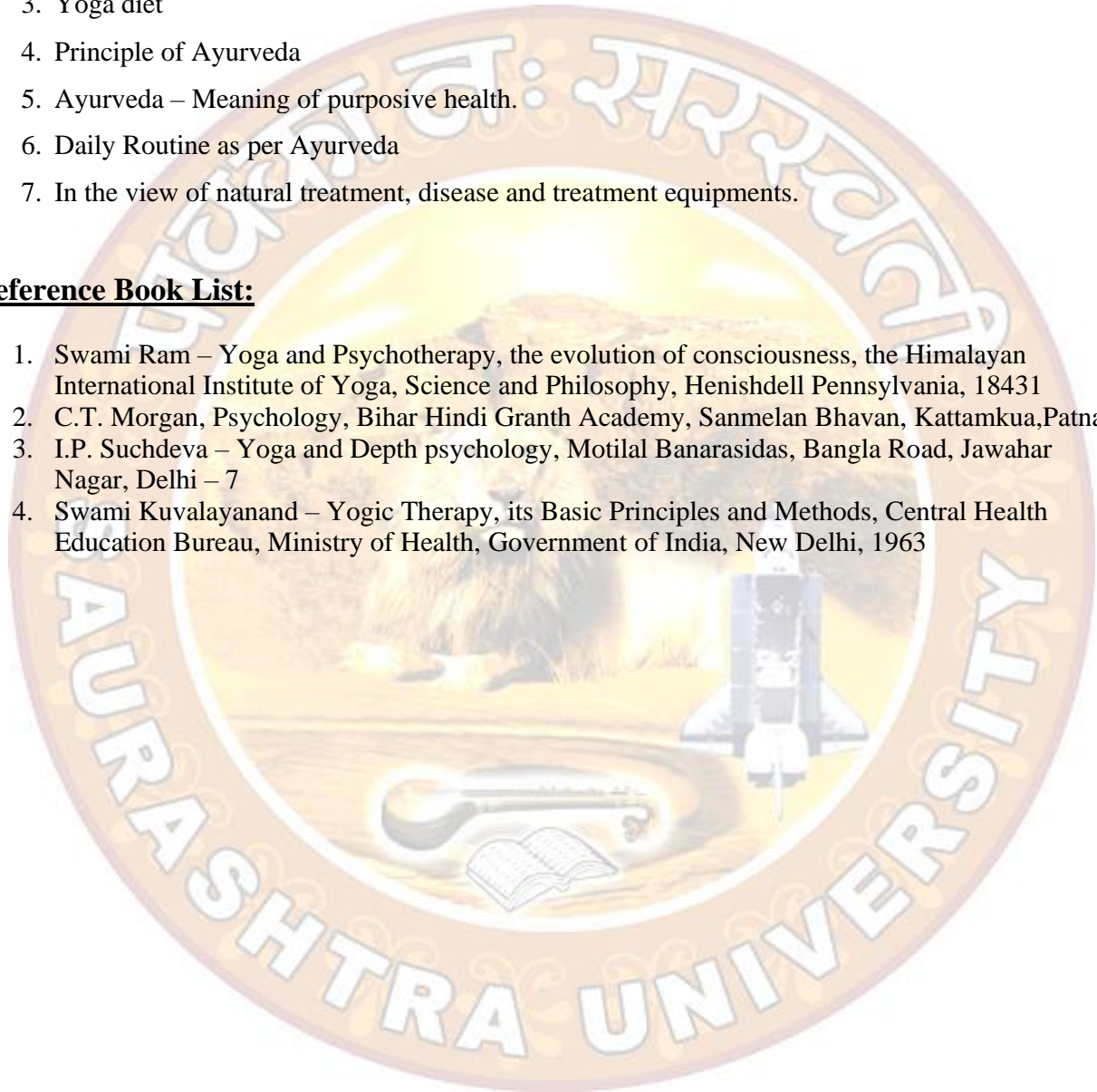


### **Paper – 9 : Yoga and Health Education**

1. What is yoga treatment?
2. In the view of Yoga, health and pain.
3. Yoga diet
4. Principle of Ayurveda
5. Ayurveda – Meaning of purposive health.
6. Daily Routine as per Ayurveda
7. In the view of natural treatment, disease and treatment equipments.

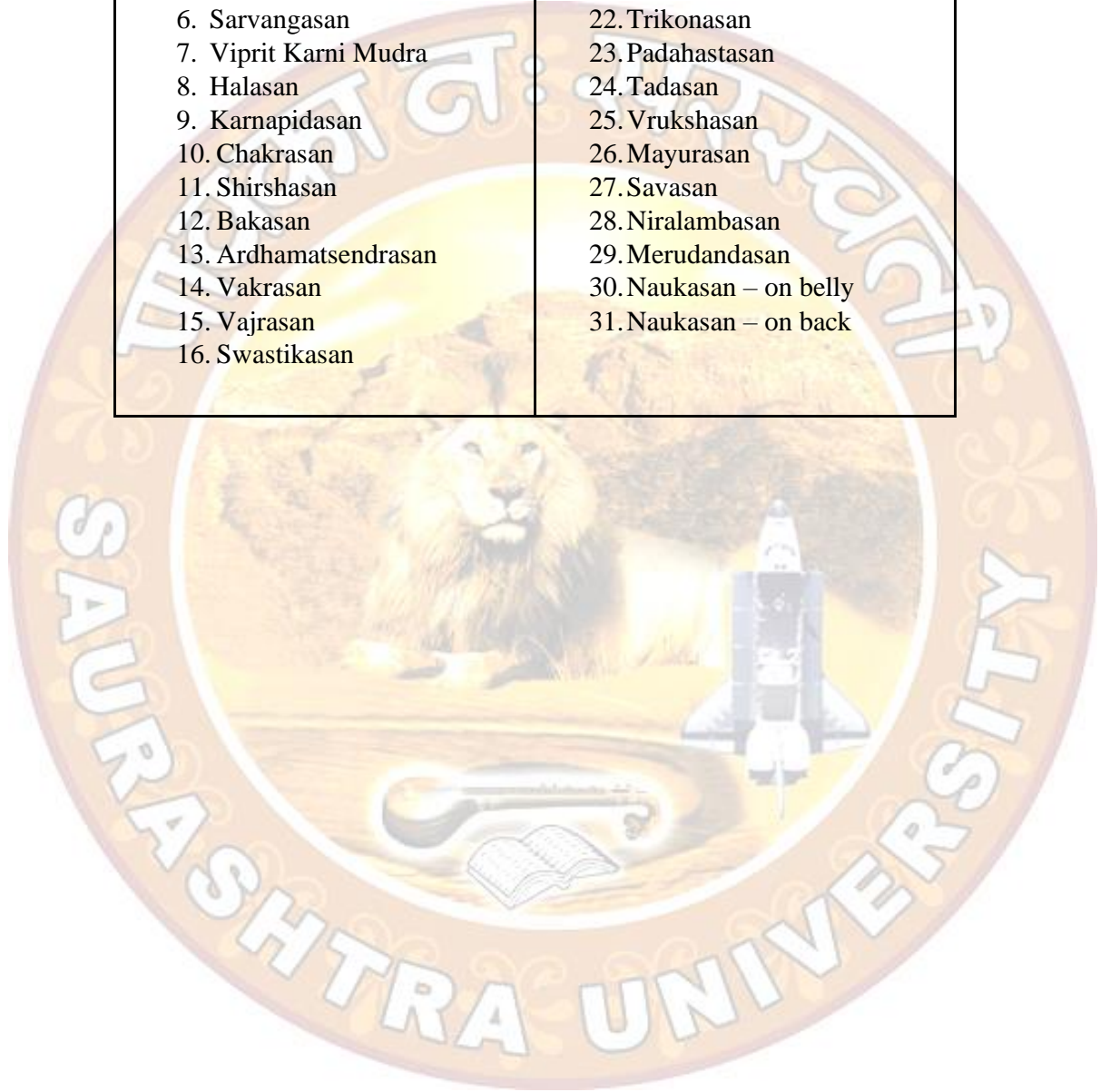
### **Reference Book List:**

1. Swami Ram – Yoga and Psychotherapy, the evolution of consciousness, the Himalayan International Institute of Yoga, Science and Philosophy, Henishdell Pennsylvania, 18431
2. C.T. Morgan, Psychology, Bihar Hindi Granth Academy, Sanmelan Bhavan, Kattamkua, Patna-3
3. I.P. Suchdeva – Yoga and Depth psychology, Motilal Banarasidas, Bangla Road, Jawahar Nagar, Delhi – 7
4. Swami Kuvalayanand – Yogic Therapy, its Basic Principles and Methods, Central Health Education Bureau, Ministry of Health, Government of India, New Delhi, 1963



**Paper – 10(A) : Practical**

1. Uttan Padasan	17. Padmasan
2. Pavan Muktasana	18. Matsyasan
3. Salbhasana	19. Gaumukhsana
4. Bhujangasana	20. Akarnadhanurasana
5. Dhanurasana	21. Ardhakatichakrasana
6. Sarvangasana	22. Trikonasana
7. Viprit Karni Mudra	23. Padahastana
8. Halasana	24. Tadasana
9. Karnapidasana	25. Vrukshasana
10. Chakrasana	26. Mayurasana
11. Shirshasana	27. Savasana
12. Bakasana	28. Niralambasana
13. Ardhamatsendrasana	29. Merudandasana
14. Vakrasana	30. Naukasana – on belly
15. Vajrasana	31. Naukasana – on back
16. Swastikasana	



**Paper – 10(B) : Pranayam**

- \* Anulom Vilom Pranayam
- \* Suryabhedan Pranayam
- \* Shitali Pranayam
- \* Chandrabhedan Pranayam
- \* Ujjayi Pranayam
- \* Bhamri Pranayam
- \* Bhastika Pranayam

**Paper – 10(C) : Suddhikriya – Kapalbhati, Jallneti and Sutraneti**

**Note: In question paper-5**

In Part – A, teach any 8 Aasan, each of 5 marks.

In Part – B, teach any 4 Pranayam, each of 5 marks.

In Part – C, teach any 2 Suddhikriya, each of 5 marks.

**Reference Book List:**

- 1) Asanas – By Swamik Kavaliya
- 2) Pranayama
- 3) Asanas by and how – O.P. Tiwari
- 4) Yogasan and Pranayama for the health - Dr. P.D. Sharma, Gala Prakashan, Amdavad
- 5) Hath Yoga – By Pradipika Lonavala, Kaivalyadham
- 6) Gheranda Sanhita
- 7) Text Book of Yoga - Yogeshwarji