



**DR. B. R. AMBEDKAR UNIVERSITY-
SRIKAKULAM.**

Department of Yoga and Physical Education

**Post graduate Diploma in Yoga
(w.e.f.Academic Year 2019)**

Chapter I

About Department:

The Department of Yoga and Fitness Management has established from the academic year 2015 by Prof .Hanumanthu. Lajipathi Rai, Vice-chancellor and Prof.G.TulasiRao, Principal. The department is part of Colleges of Arts, Commerce, Law and Education. The department is offering the courses are Certificate course in Yoga (3 Months), Diploma in yoga (6Months), P.G.Diploma in Yoga (Two semesters/1 year) and M.Sc Yoga. The Department name has changed as Dept. of Yoga and Physical Education from academic year 2019 by Prof.Koona. Ramji, Vice-chancellor, Dr.B.R.Ambedkar University-Srikakulam.

Our strengths:

- The Dept. of Yoga and Physical Education has five qualified faculty, with professional and research background.
- The department maintains good in time management and team work.
- The department maintains good in Public Relations.

Weaknesses:

- The departments has some lack of infrastructure and technical knowledge in the aspects of giving Yoga training courses..

Opportunities:

- Students can get admission in to Post graduation courses(lateral entry).
- Students can get the employment in both Government and Private sectors.
- The courses of yoga can help to maintain well in health and improve quality of life.

Threats:

- There are poor in employment notification in the field of Yoga given by the Government and Private sectors.
- The teachers need to upgrade their skills to train the students in the field of Yoga and physical education.

Strategic Plans:

- Teacher should be improving the knowledge and qualification in the field of Yoga and Physical education.
- Both teachers and students can practice yoga regularly and to take proper training in field of Yoga and Physical education.
- Both State and Central Government has to facility of employment of yoga teachers or Yoga instructors.
- The private sector also facility of employment of yoga teachers or Yoga instructors in their respective field.
- To impart training to students to improve communication and language skills.

Vision:

- The vision of the department is committed to provide quality and refined education to create visionary citizens enriched with knowledge and leadership through the integration of qualitative teaching learning process.

Mission:

- The mission of the department is to prepare knowledgeable, skilled, cultured and competent future citizen.
- To develop students intellectually and holistically to promote students towards higher education.

Chapter II

Long term goals:

- Department is planning to start therapeutic yoga courses.
- The department has to start B.P.Ed from 2020-2021 academic year.
- The department is planning to establish research and consultancy.
- The department is planning to establishment training programmes for community and industries employees.

Short term Goals:

- The department has to start M.Sc Yoga from 2019-2020 academic year.
- Department is planning to yoga training programme and physical exercise for University students, teaching and non-teaching staff from 2019-2020 academic year in the aspects of health management.
- Department is planning to develop awareness of yoga and physical exercise in daily life in community people.

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Department of Yoga and Physical Education
Post Graduate Diploma in Yoga
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Post Graduate Diploma in Yoga Programme

1. Programme Objective:

1. The purpose of the **Post Graduate Diploma in Yoga** is to impart knowledge of yoga to graduates in order to enable them to teach yoga to the students in schools and colleges and to the interested public of all age groups.
2. To provide the necessary knowledge of the theory and practice of yoga so that the students learn to practice and also to teach yoga to all age groups for promoting their health and effectiveness.
3. To give them a basic understanding of Yoga and its nature, scope, Development of yoga through the ages, Different types of yoga like Karma Yoga, Bhakti Yoga, Jnana Yoga, Raja yoga, Hatha yoga and Mantra Yoga, Scientific research on yoga, Meditation and Its nature and scope, Different types of meditation, Scientific research on meditation, Yogic concepts in Bhagavad Gita ,Chakra theory and Kundalini yoga, Yogic view of health and illness, Yoga and physical exercises and Yogic techniques for the prevention and treatment of somatic, psychosomatic and psychological illness.
4. To provide the necessary knowledge of human anatomy & physiology of Cell structure. systems in the body like Skeletal system, Muscular system, Digestive system, Circulatory system, Respiratory system, Excretory system, Endocrine system, Nervous system and Reproduction. Also knowledge about Nutrition and dietetics.
5. To provide the necessary knowledge of nature ,characteristics and development of Indian philosophy, Indian Philosophical systems like Vedic thought, Nyaya Philosophy, Vaishesika Philosophy and Samkya Philosophy, The Patanjali Yoga Darsana and Mimamsa Darsana ,Jainism ,Buddhism Sankara , Visistadvaita Vedanta of Ramanuja and Dvaita Vedanta of Madhvacharya.

6. To give them a basic understanding of Patanjali Yoga sutras, concepts of Iswarya, Chitta vruties, Kriya yoga Samyama and vibhuti- psychic powers (vibhuti). To give them a basic understanding of Classical Yoga texts like Hatha yoga Pradipika and Gherasamhita such as Asta Kumbhaka, Concept of Nadanusandana, Introduction to Gheranda Samhita and Pratyahara techniques.
7. To give them a basic understanding of Definition and goals of Psychology – Nature and scope of psychology- Schools of Psychology –Scientific research methods: Experiment, observation, interview, case-study and questionnaire. Scope and substance of Indian Psychology. Also about the concept of Self and Consciousness in the direction of Indian Psychology, Definition and nature of emotion, Theories of emotion like James-Lange, Cannon-Bard, Definition and nature of motivation. Theories of motivation: Freud's unconscious motivation theory, Maslow's need hierarchy theory, Definition and nature of intelligence, theories of intelligence like Unifactor theory, Two factor theory, Multifactor theory, Group factor theory, Guilford's factor analysis theory, about personality Definition, characteristics and Indian approaches to Personality and theories of personality Erikson Psycho social development theory, Freud's Psychoanalytical theory.
8. To give them a basic understanding the importance of teaching methods, research methodology and statistics in Yoga field.
- 9 To provide the necessary knowledge of Kriyas, Asanas, Mudras, Bandas, Pranayama and meditative postures.

2. Programme Outcomes:

1. The student can understand the knowledge about the theory and practice of yoga, human anatomy & physiology, philosophy ,Psychology Patanjali yoga sutras, Classical Hatha yoga texts, and teaching methods relevant to the theory and practice of yoga to help them gain the theoretical and scientific perspective on yoga.
2. The student can understand the knowledge about Yoga and its nature, scope, Development of yoga through the ages, Different types of yoga like Karma Yoga, Bhakti Yoga, Jnana Yoga, Raja yoga, Hatha yoga and Mantra Yoga,

Scientific research on yoga, Meditation and Its nature and scope, Different types of meditation, Scientific research on meditation, Yogic concepts in Bhagavad Gita ,Chakra theory and Kundalini yoga, Yogic view of health and illness, Yoga and physical exercises and Yogic techniques for the prevention and treatment of somatic, psychosomatic and psychological illness.

3. The student can understand the knowledge about human anatomy & physiology of Cell structure. systems in the body like Skeletal system, Muscular system, Digestive system, Circulatory system, Respiratory system, Excretory system, Endocrine system, Nervous system and Reproduction. Also knowledge about Nutrition and dietetics.
4. The student can understand the knowledge about the nature ,characteristics and development of Indian philosophy, Indian Philosophical systems like Vedic thought, Nyaya Philosophy, Vaishesika Philosophy and Samkhya Philosophy, The Patanjali Yoga Darsana and Mimamsa Darsana ,Jainism ,Buddhism Sankara , Visistadvaita Vedanta of Ramanuja and Dvaita Vedanta of Madhvacharya.
5. The student can understand the knowledge about Patanjali Yoga sutras, concepts of Iswarya, Chitta vruties, Kriya yoga Samyama and vibhutis- psychic powers (vibhutis). To give them a basic understanding of Classical Yoga texts like Hatha yoga Pradipika and Gherasamhitha such as Asta Kumbhakas, Concept of Nadanusandana, Introduction to Gheranda Samhitha and Pratyahara techniques.
6. The student can understand the knowledge about Definition and goals of Psychology – Nature and scope of psychology- Schools of Psychology –Scientific research methods: Experiment, observation, interview, case-study and questionnaire. Scope and substance of Indian Psychology. Also about the concept of Self and Consciousness in the direction of Indian Psychology, Definition and nature of emotion, Theories of emotion like James-Lange, Cannon-Bard, Definition and nature of motivation. Theories of motivation: Freud’s unconscious motivation theory, Maslow’s need hierarchy theory, Definition and nature of intelligence, theories of intelligence like Unifactor theory, Two factor theory, Multifactor theory, Group factor theory, Guilford’s factor analysis theory, about personality Definition, characteristics

and Indian approaches to Personality and theories of personality Erikson Psycho social development theory, Freud's Psychoanalytical theory.

7. The student can understand the knowledge about the importance of teaching methods, research methodology and statistics in Yoga field.
8. The student can understand the knowledge about Kriyas, Asanas, Mudras, Bandas, Pranayama and meditative postures.
9. The student can understand the knowledge of the theory and practice of yoga so that the students learn to practice and also to teach yoga to all age groups for promoting their health and effectiveness.

Regulations:

The candidates for **Post Graduate Diploma in Yoga** shall be required:

1. To have passed a degree course of the recognized University or an examination recognized by the reputed University as equivalent.
2. The admissions into the **Post Graduate Diploma in Yoga** shall be made by the Dr. B.R. Ambedkar University
3. Number of seats for admission into M.Sc Yoga are 40.

Physical fitness:

The selected candidates must be in good physical and mental health and fit to practice yoga as certified by a physician.

No-objection certificate:

If the applicant is already employed in any organization he/she is required to submit a 'no-objection certificate' from the employer.

Dress:

The students shall be required to wear a suitable dress (White) as designed by the University which will permit them to practice yogic exercises comfortably during practical training.

Courses of study:

The **Post Graduate Diploma in Yoga** shall include two semesters, each semester has four theory courses and one practicum paper. The details of these courses are provided in the syllabus.

Fees : 10,000 per year

Classes conducting: 4.30 pm to 7.00 pm

Instruction:

The programme duration shall be of one academic year. The classes will be conducted from **Monday to Saturday** with one two hours theory and one hour for yoga practice. Practical classes for kriyas will be conducted on Friday. The medium of instruction shall be English and Telugu. The method of instruction shall comprise of lectures and demonstration.

Yoga practice:

The students shall practice kriyas, asanas, bandhas, pranayama, mudras and meditation during the course on a regular basis. They shall maintain a record consisting of the details of the sequential movements involved in yogic practices. Such a record shall be submitted at the time of the practical examination for evaluation.

Attendance:

A student shall be permitted to appear for the University examination at the end of the academic year only if he/she puts in attendance stipulated as per the University rules and regulations. However, in view of the special nature of the course it is desirable that the student shall put in at least 80 per cent attendance to achieve the benefits of the course.

Examination:

The examination pattern for the **Post Graduate Diploma in Yoga** shall include a mid-year examination and a Year-end examination.

Scheme of Teaching:

1st Semester:

Subject code	Title of the Paper	Compulsory / Elective	No. of periods of Teaching per week
PGDY 101	Foundations of Yoga	Compulsory	4
PGDY 102	Basic of Human Anatomy And Physiology	Compulsory	4
PGDY 103	Introduction to Indian Philosophy	Compulsory	4
PGDY 104	Principles of Psychology	Compulsory	4
PGDY 105	Yoga Practice-I	Compulsory	3

2nd Semester:

Subject code	Title of the Paper	Compulsory / Elective	No. of periods of Teaching per week
PGDY 201	Yoga darshan	Compulsory	4
PGDY 202	Food and Nutrition	Compulsory	4
PGDY 203	Classical Hatha Yoga Texts	Compulsory	4
PGDY 204	Teaching Methods of Yoga	Compulsory	4
PGDY 205	Yoga Practice-II	Compulsory	3

- In Second Semester, to acquire practical knowledge in conducting Yoga classes, the candidates should watch regularly general Yoga classes in the evening conducting by the Yoga department. And also on guidelines of teacher, candidate should conduct a 10 day Yoga camps for beginners with in the department campus or out side of campus in city limits.

Examination:

The examination pattern for the P.G.Dip.in Yoga shall include two mid-semester examinations and two end semester examination in first year and second year. The Mid semester examinations shall be conducted for 20 marks in each paper. The end semester examinations shall be conducted for 80 marks in each paper. The Yoga practical in each mid- semester will be for 20 marks and in end semester for 80 marks. The total marks of 100 for the semester end examination in yoga practice shall be distributed as follows:

Performance	-	50 marks
Viva-voce	-	20 marks
Records	-	10 marks
Internal assessment	-	20 marks

The semester end examination in yoga practice will be conducted jointly by an internal and external examiner.

Regulations to Semester –end Examinations:

- The semester end examinations shall be based on the question paper set by an external paper-setter if available and there shall be double valuation. If external paper setter is not available to particular subject, paper set will be taken by internal paper setter.
- In order to be eligible to be appointed as an internal paper setter or internal examiner for the semester end examination, a teacher shall have to put in least three years of service as teacher for the degree class concerned.
- If the disparity between the marks awarded by both the examiners is 25% or less, the average marks shall be taken as the marks obtained in the paper. If the disparity happens to be more, the paper shall be referred to another examiner for third valuation. To the marks obtained in third valuation the first or second valuation marks whichever is nearest to third valuation are added for arriving at the average marks which shall be final.

Scheme of Examination as per Credit System

1st Semester:

Subject Code	Title of the Paper	Exam Duration (Hours)	Credits	Max. Marks	Mid-Semester (Internal)	End-semester Double Valuation (Internal + External)
PGDY 101	Foundations of Yoga	3	4	100	20	80
PGDY 102	Basic Human Anatomy And Physiology	3	4	100	20	80
PGDY 103	Introduction to Indian Philosophy	3	4	100	20	80
PGDY 104	Principles of Psychology	3	4	100	20	80
PGDY 105	Yoga Practice-I		3	100	20	80
	Total		19	500	100	400

2nd Semester:

Subject Code	Title of the Paper	Exam Duration (Hours)	Credits	Max. Marks	Mid-Semester (Internal)	End-semester Double Valuation (Internal + External)
PGDY 201	Yoga darshan	3	4	100	20	80
PGDY 202	Food and Nutrition	3	4	100	20	80
PGDY 203	Classical Hatha Yoga Texts	3	4	100	20	80
PGDY 204	Teaching Methods of Yoga	3	4	100	20	80
PGDY 205	Yoga Practice-II		3	100	20	80
	Total		19	500	100	400

* Single valuation

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GRADES AND GRADE POINT DETAILS

S. No.	Range of Marks	Grade	Grade Points
1.	>70%	O	10.0
2.	60% - 69%	A	9.0
3.	55 % - 59%	B	8.0
4.	50% - 54%	C	7.0
5.	40% - 49%	D	6.0
6.	35% - 39%	E	5.0
7.	< 35%	F (Fail)	0.0
8.	The Grade W represents failure due to insufficient attendance in a year or semester	W	0.0
9.	Incomplete (Subsequently to be change into pass or E to O or F grade in the same semester)	I	0.0

A candidate shall be declared to have passed in each semester paper, if he/she obtains not less than **E** grade, i.e 35% of marks, and **C** grade, i.e 50% in practical examination. However, in each semester examinations, the aggregate passing minimum may be **D** grade, i.e 40%. Only those candidates who appear and pass the examination in all papers of the First, Second, Third and Fourth semesters, at first appearance are eligible to be placed in **O** grade.

A candidate failing to secure the minimum marks prescribed as above shall have to reappear for the examination. Such reappearance shall be limited only to five chances within five years from the date of first passing the final examination. There is provision, to improve their grade before completing the fourth semester examinations by appearing for one or more paper of the first/second/third semester examinations. Candidates who have reappeared for the examinations under the above provision may opt for combining the better marks obtained by them at the latest examination to those of better marks obtained at earliest first, second, and third semester end examinations pattern for purpose of classification.

Course – PGDY 101: Foundations of Yoga

SYLLABUS

Unit-I:

Introduction to Yoga: Yoga, its nature and scope. Development of yoga through the ages.

Unit-II:

Different types of yoga : Karma Yoga, Bhakti Yoga, Jnana Yoga, Raja yoga, Hatha yoga and Mantra Yoga. Scientific research on yoga.

Unit-III:

Meditation: Its nature and scope. Different types of meditation. Scientific Research on meditation.

Unit-IV:

Introduction to Bhagavad Gita ,Chakra theory and Kundalini yoga: Yogic concepts in BhagavadGita , Chakra theory and Kundalini yoga.

Unit-V:

Yogic view of health and illness: Yoga and physical exercises. Yogic techniques for the prevention and treatment of somatic, psychosomatic and psychological illness.

Text books:

Georg Feuerstein (2002) *The Yoga Tradition: Its History, Literature, Philosophy and Practice*. New Delhi. Bhavana Books & Prints.

Rama, Swami (1992) *Meditation and its practice*. Honesdale : Himalayan International Institute of Yoga Science and Philosophy of USA.

Naranjo, C and Ornstein, R.E. (1974) *On the psychology of meditation*, New York: Viking press.

Joshi, K.S. (1985) *Yoga in daily life*, Delhi : Orient paper backs

Taimni I.K. (1961/1999) *The Science of Yoga (The Yoga Sutras of Patanjali)*, The Theosophical Publishing House, Adyar.

Hiriyana, M (1932/2000). *Outlines of Indian Philosophy*. Delhi, Motilal Banarasidas

Reference books:

- Chatterjee, S.C. & Datta, D.M. (1968). An Introduction to Indian philosophy. 7th ed. Calcutta: University of Calcutta.
- Dasgupta, S. (1975). A History of Indian philosophy. Vol. 1-5. Delhi: Motilal Banarsidas.
- Hume, R.E. (ed.) (1921). The Thirteen Principal Upanishads. London: Oxford University Press.
- Shankara Devananda Saraswati, Swami. (1986) Yogic management of common diseases. Munger : Bihar School of Yoga.
- Funderburke, J. (1977). Science studies yoga : A review of physiological data, Honesdale : Himalayan International Institute of Yoga Science and Philosophy of USA.
- Udupa, K.N. (1985). Stress and its management by yoga. Delhi : Motilal Banarsidas.
- Goleman, D. (1976) The varieties of meditative experience. New York: Irvington publishers.
- Mahesh Yogi, (1963). Transcendental meditation. New York: New American library.
- Johnson, O and Farrow, J.T. Ed. (1977) Scientific research on the transcendental meditation program : Collected papers. Vol. 1. Los Angeles : Meru press.
- Ornstein, R.E. (1972). The psychology of consciousness. New York: Viking press.
- Rama, Swami, Ballantine, R and Ajaya, Swami. (1976) Yoga and psychotherapy Honesdale: Himalayana International Institute of Yoga Science and Philosophy of USA.
- Rao, P.V.K. (1999). Dhyanam. Nava Sahiti Book House, Vijayawada Ajaya, Swami (1985) Psychotherapy east and west : A unifying paradigm.
Honesdale: Himalayan International Institute of Yoga Science and Philosophy of USA.
- Ramakrishna Rao, K. (1989), Meditation : Secular and sacred. Presidential address to the Indian Academy of Applied Psychology, University of Calcutta.
- Reddy, M.V., Murthy, K.J.R., Sahay, B.K. and Prasad, B.N. (2005). Yogic Therapy, Arthamuru, Sri M.S.R. Memorial Yoga Series

Shapiro, D.H. and Walsh, R.N. Ed. (1984) Meditation : classic and contemporary perspectives. New York : Aldine.

Woods, R. Ed. (1980). Understanding mysticism. New York: Image books.

Radhakrishnan, S. & Moore, A.C. (1957). A Source Book of Indian philosophy.
London: George Allen & Unwin Ltd.

Radhakrishnan, S. (1920). Indian Philosophy, Vol.1 & 2. London: George Allen & Unwin.

Sarma C.D. Critical Survey of Indian Philosophy. Motilal Banarasidas, New Delhi.

Course – PGDY 101: Foundations of Yoga

Time : 3 hours

Max.Marks :80

Section – A

Answer any four Questions

(4 ×5=20)

1. a) Definition of Yoga.
- b) Yamas and Niyamas.
- c) Mantra Yoga.
- d) Meaning of 'Ha' and 'Tha'.
- e) Jnana yoga
- f) Meditation
- g) Chakras
- h) Physical exercise

Section – B

ANSWER ALL QUESTIONS.

(5 ×12=60)

- 2) a) Describe the nature and scope of Yoga ?
(or)
b) Explain the development of Yoga through the ages?
- 3) a) Explain about RajaYoga?
(or)
b) Explain about scientific research on Yoga?
- 4) a) Define Meditation ? Explain about techniques of meditation?
(or)
b) Explain about scientific research on Meditation?
- 5) a) Discuss about Yogic concept og Bhagavadgita?
(or)
b) Explain about Kundalini yoga?
- 6) a) Expain the concepts of Yogic view of health and illness ?
(or)
b) Explain about yogic techniques for psychosomatic and psychological illnes?

Course – PGDY 102: Basic Human Anatomy And Physiology

SYLLABUS

Unit -I

Cell Structure, tissues and Function

Introductions to various Systems in human body

Unit -II

Carbohydrates, Proteins .Vitamins and Minerals.

Digestive system: Salivary glands, upper and lower GIT.

Excretory System: Kidney, ureter, Urethra, bladder, Urethra, Formation of urine

Unit – III

Skeletal System: Types of bones, Types joints, Spinal cord .Difference between ligaments and tendons.

Muscular system: Types muscles and their function.

Unit – IV

Circulatory System: blood and its composition, blood pressure

Respiratory system: nose, larynges, pharynx, Lungs, Trachea, Respiratory Mechanism.

Unit – V

Endocrine Glands : Pituitary gland, Thymus ,Thyroid gland , Parathyroid gland ,Pineal gland adrenal gland ,Pancreas , Ovaries and Testis.

Reproductive system: Male Reproductive system and Female reproductive System.

Text books:

1. Chaudhari, S.K. (1988). Concise Medical Physiology. Calcutta: New Central Book Agency.
2. Ganong, W.F. (1967). Review of Medical physiology. Connecticut : Appleton – Lango.

Reference books:

Ghosh, H.N. (1984). Chakrabarti, Ghosh and Sahana's Human Physiology. 2nd Ed. Calcutta: The New Book Stall.

Guyton, A.C. (1986). Text book of medical physiology. 7th Edition. Philadelphia. WB Sauncers Company.

Keel, C.A., Neil, E and Joels, N. Ed. (1986). 13th Edition. Samson-Wright's Applied Physiology., New Delhi: Oxford university press.

West, J.B. Ed. (1985) 11th Edition. Best and Taylor's Physiological basis of medical practice. Baltimore : Williams & Wilkins.

Course – PGDY 102: Basic Human Anatomy And Physiology

Time : 3 hours

Max.Marks :80

Section – A

Answer any four Questions

(4 ×5=20)

- a. Cell .
- b. Carbohydrate .
- c. Kidney .
- d. Bones.
- e. Muscle
- f. Blood
- g. Pituitary gland
- h. Reproductive

Section – B

ANSWER ALL QUESTIONS.

(5 ×12=60)

- 2) a) Define cell and its functions? Draw a picture of
(or)
b) Explain about various systems in human body? Briefly
- 3) a) Explain about digestive system ? Briefly
(or)
b) Explain about Excretory system ? Briefly
- 4) a) Explain about Skeletal system ? Briefly
(or)
b) Explain about Muscular system ? Briefly
- 5) a) Explain about Circulatory system ? Briefly
(or)
b) Explain about Respiratory system ? Briefly
- 6) a) Explain about Endocrine system ? Briefly
(or)
b) Explain about Reproductive system ? Briefly

Course - PGDY 103: Introduction to Indian Philosophy

Unit I:

Indian Philosophy: General nature, characteristics and development of Indian philosophy.

Unit II:

Indian Philosophical systems : Vedic thought, Nyaya Philosophy, Vaisesika Philosophy and Samkya Philosophy.

Unit III:

The Patanjali Yoga Darsana : (i) The Yoga Astanga Marga, God.

The Mimamsa Darsana : (i) Kumarilla and Prabhakara on Soul, Karma, Dharma.

Unit IV

Jainism : (i) Syadvada, (ii) Anekantavada, (iii) Soul theory and liberation ;

Buddhism : (i) Four Noble Truths, (ii) Pratitya Samutpadavada.

Unit V

Sankara Vedanta :

- (i)Brahman as Saguna and Nirguna (ii) Status of Individual soul and the world
- (iii) The Doctrine of Maya ;

The Visistadvaita Vedanta of Ramanuja :

- (i)Reality as qualified and nonqualified (ii) The Nature of God, soul, world
- (iii) Doctrine of Bhakti,Saranagati and Prapatti

The Dvaita Vedanta of Madhvacharya :

- (i) Matter, souls, and god, (ii) Means of Liberation.

Textbooks :

Chatterjee, S.C. & Datta, D.M. (1968). An Introduction to Indian philosophy. 7th ed. Calcutta: University of Calcutta.

Hiriyana, M. (1932/2000). Outlines of Indian Philosophy. Delhi, Motilal Banarasidas.

Larson.G.J. & Others (2008). Encyclopedia of Indian Philosophies, Vol-XII (Introduction) Motilal Banarsidas, Delhi.

Radhakrishnan, S. (1920). Indian Philosophy, Vol.1 & 2. London: George Allen & Unwin.

Course - PGDY 103: Introduction to Indian Philosophy

Time : 3 hours

Max.Marks :80

Section – A

SECTION – A

Answer any four of the following questions:

4x5 = 20

1.

- a) “Sthita Prajna” of Bhagavad Gita.
- b) Discuss Jaina’s Syadvada.
- c) Give a brief account on Nyaya Epistemology.
- d) Explain the seven categories of Vaisesika Darsana
- e) Samkhya “trigunas”
- f) Discuss Karma and dharma of Mimamsa.
- g) “God, Soul, and World” according to Ramanuja.
- h) What are the means of Liberation according to Madhva 16 Semest.

SECTION – B

Answer all the five questions choosing one from each set:

5x12 = 60

- 2.** a) Elucidate the nature, characteristics and development of Indian philosophy?
(Or)
b) Discuss the Main Doctrines of Upanishads?
- 3.** a) Discuss the major concepts of Vedanta?
(Or)
b) Explain the Eight fold path of the Yoga system?
- 4.** a) Describe the philosophy of Dvaita?
(Or)
b) Explain the basic concepts of Sankara Vedanta?
- 5.** a) Name two schools of Orthodox Indian Philosophy. Explain their role in the teaching of Yoga?
(Or)
b) Write an essay on Vedic thought ?
- 6.** a) Write an essay Vaisesika Philosophy?
(Or)
b) Explain Nyaya Philosophy.

Course – PGDY 104: Principles of Psychology

SYLLABUS

UNIT – I:

Introduction to Psychology :Definition and goals of Psychology – Nature and scope of psychology- Schools of Psychology –Scientific research methods: Experiment, observation, introspection, interview, case-study and questionnaire.

UNIT – II:

Yoga Psychology: Concepts of Self and Consciousness.

UNIT – III:

Emotion – Motivation:

Emotion: Definition and nature of emotion. Theories of emotion: James-Lange, Cannon-Bard.

Motivation: Definition and nature of motivation. Theories of motivation: Freud's unconscious motivation theory, Maslow's need hierarchy theory.

UNIT – IV:

Intelligence : Definition and nature of intelligence.

Theories of intelligence: Unifactor theory, Two factor theory, Multifactor theory, Group factor theory, Guilford's factor analysis theory

UNIT – V:

Personality :Definition, characteristics and Indian approaches to Personality.

Theories of personality: Erikson Psycho social development theory, Freud's Psychoanalytical theory.

Text book :

Rao, K.R., Paranjpe, A., and Dalal, A.K. (2008). Handbook of Indian Psychology. New Delhi, Cambridge University Press India Pvt. Ltd

Reference books:

Mishra , B.K. (2011) Psychology- The study of human behavior. New Delhi, PHI Learning Pvt.Ltd.

Sinha, J. (1986). Indian Psychology (Vol. I and II). Delhi, Motilal Banarasidas

Parameswaran, E.G. (1989). Invitation to psychology. Neel Kamal Publishers, Hyderabad.

Course – PGDY 104: Principles of Psychology

Time : 3 hours

Max.Marks :80

Section – A

Answer any four Questions

(4 ×5=20)

1. a) Definition of Psychology
- b) Observation
- c) Consciousness
- d) Emotion
- e) Motivation
- f) Intelligence
- g) Personality
- h) Ego

Section – B

ANSWER ALL QUESTIONS.

(5 ×12=60)

- 2) a) Describe the goals, nature and scope of Psychology?
(or)
b) Explain about the scientific research methods of Psychology?
- 3) a) Define Yoga psychology? Explain about Self?
(or)
b) Define consciousness? Explain about stages of consciousness?
- 4) a) Define Emotion ? Explain about theories of emotion?
(or)
b) Define Motivation? Explain about theories of motivation?
- 5) a) Define intelligence? Discuss about nature of intelligence?
(or)
b) Explain the theories of intelligence?
- 6) a) Define personality? Explain about Indian approaches of personality?
(or)
b) Explain about the psychoanalytical theory of personality?

Course – PGDY 105: YOGA PRACTICE-I

SYLLABUS

The students are required to learn to practice and also teach the following. They are to maintain a record which consists of the step by step details of the yoga practices along with an account of the possible benefits of the practices.

The principles, which should be adopted in practice, are the following:

1. Proper gradation in order of flexibility, balance and difficulty in performance.
2. Each asana is to be analyzed into intermediate positions in a natural sequence of movement.
3. For purposes of class training each movement to be associated with a count to reach the final pose.
4. Rhythmic breathing should be observed. When the chest is in the expanding position inspiration should take place. In the contracting position expiration should take place rhythmically with movement. In certain asanas duration of retention is important.
5. Proper relaxation should be allowed in between the batches of asanas.

Pavanamuka series or suksha vyayamam: Eye, Neck, Hand, Leg, Spinal, Chakki Chalana.

Suryanamaskara:

- | | |
|--------------------|-----------------------|
| 1. Pranamasana | 2. Hasta uttanasana |
| 3. Padahastanasana | 4. Aswasanchalanasana |
| 5. Dandasana | 6. Ashtangasana |
| 7. Bhujangasana | 8. Parvatasana |

Standing postures:

1. Tiryak Tadasana
2. Parswa tadasana
3. Trikonasana
4. Parivrita Trikonasana
5. Katichakrasana
6. Veerabhadrasana
7. Uttita Janu Sirshasana

Sitting postures:

- | | | |
|--------------------------|----------------|-------------------|
| 1. Bhadrasana | 2. Virasana | 3. Meruvakrasana |
| 4. Ardha -matsyendrasana | 5. Ushtrasana | 6. Suptavajrasana |
| 7. Simhasana | 8. Gomukhasana | 9. Shashankasana |
| 10. Marjari asana | | |

Supine postures:

- 1.Uttanapadasana
- 2.Pavanamuktasana.
- 3.Navasana.
- 4.Kandarasana/Setubandasan

Prone postures:

- 1.Sarpasana
- 2.Shalabasana
- 3.Bhujangasana.

Inverted postures:

- 1.Vipreeta karani Asana
- 2.Sarvanagasana
- 3.Halāsana
- 4.Matsyasana

Meditative postures:

- | | | |
|--------------|--------------|-------------------|
| 1. Sukhasana | 2. Vajrasana | 3. Ardhapadmasana |
| 4. Padmasana | | |

Pranayama:

1. Udara swasa
2. Hrudaya swasa
3. Klavicular swasa
4. Yoga swasa
5. Surya bedhana
6. Chandra bedhana
7. Anuloma viloma

Kriya Practicals:

1. Neti - Jala and Sutra
2. Dhauti – Jala
3. Kapalabhati
4. Trataka

Relaxation postures:

1. Shavasana
2. Advasana
3. Makharasana

Text books:

Iyengar, B.K.S. (1976) : Light on Yoga London, UNWIN Paperbacks

Niranjanananda Saraswathi, Swami. (1994): Prana Pranayama, Prana Vidya, Munger, Bihar School of Yoga.

Raparathi Rama Rao, Yogacharya, (2006): Journey to the Real Self (a book on Yoga Consciousness), Vijinigiri ,Yoga Consciousness Trust.

Ramesh Babu. K. (2011): Aasana Sutras (techniques of Yoga aasanas based on traditional Hatha Yoga literature), Vizianagaram, Home of Yoga Publications.

Satyananda Saraswati, Swami (2002). Asana, Pranayama, Mudra, Bandha, Munger, Yoga Publications Trust.

Reference books:

Swami Muktibodhananda, (ed.) (1985): Hatha Yoga Pradipika: Light on Hatha Yoga com. Munger Yoga Publication trust.

Swami Kuvalayananda (ed.) (1935). Asanas. Lonavla. Kaivalyadhama.

Course – PGDY 201: Yoga Darshan

SYLLABUS

Unit-I

Patanjali: A philosopher and Yogin - basis and date of Yoga sutras- - philosophical foundations of Yoga sutras- commentaries on Yoga Sutras - structure of the text- associated yoga paths in yoga sutras- *atha yoganusaasanam*

Unit-II

yogaschitta vritti nirodha - Chitta Vrtties- Abhyasa and Vairagya- samprajnata and asamprajnata Samadhi - means of attaining Samadhi

Unit-III

Definition of Isvara – qualities of Isvara - chitta vikshepas- removal of chitta vikshepas, ekattvabhyasa - concept of chitta prasdana – types of Samadhi-

Unit-IV

Kriya yoga - concept of kleshas - removal of kleshas – Astanga yoga: yama, niyama, asana, pranayama, pratyahara, dharana, dhyana and samadhi –

Unit-V

Samyama and vibhutis- psychic powers (vibhutis) –Karma – mind and object – kaivalya

Recommended books:

- Bangali Baba (1982). The Yogasutras of Patanjali (Commentary of Vyasa) Motilal Banarsidas – Delhi.
- Feuerstein, G. (1989). Yoga Sutras of Patanjali: A New Translation and Commentary Vermont, U.S.A. Inner Traditions of India.
- Iyengar, B.K.S. (2008): Light on Astanga Yoga, New Delhi , Alchemy,
- Larson. G.J. (2008) Encyclopedia of Indian Philosophies (Patanjali Yoga Traditions) Motilal Banarsidas) Vol-XII-Delhi.
- Ram Shankar, B. (1985) An Introducton to the Yogasutra (Yoga and Yogic Tradition Chapter- 2 & 3) Bharatiya Vidya Prakashan – Varanasi.
- Surendranath, D. (1989). A Study of Pantanjali, Delhi, Motilal Banarisidass.
- Taimini, A.K. (1999). The Science of Yoga, (Com. On Yoga Sutras), Chennai, The Theosophical Publishing House,.
- Vivekananda, Swami.(1982): Raja Yoga or Conquering the Internal Nature ,Culcutta, Advaita Ashram,.

Course – PGDY 201: Yoga Darshan

Time : 3 hours

Max.Marks :80

Section – A

Answer any four of the following questions:

4x5 = 20

1.

- a) Jnana Yoga and Mantra Yoga.
- b) Yamas, and Niyamas.
- c) Nature of Yoga.
- d) Meaning of 'Ha' and 'Tha'.
- e) Meditation.
- f) Thrigunas .
- g) Upanishads.
- h) Chitta Vritties.

SECTION – B

Answer all the five questions choosing one from each set:

5x12 = 60

- 2.** a) Describe the nature and scope of Yoga ?
(Or)
b) Explain the development of Yoga through the ages?
- 3.** a) Describe the outlines of contents of Gheranda Samhita ?
(Or)
b) What is Hatha yoga? How it differs from RajaYoga?
- 4.** a) What is karma yoga ? Discuss.
(Or)
b) Describe about Nava Vidha Bhakti.
- 5.** a) Different types of Meditation.
(Or)
b) Patanjali Ashtanga Yoga.
- 6.** a) What is Chakra ? Explain scientific research on Chakras?
(Or)
b) Explain Scientific Research on Yoga?

Course – PGDY 202:Food and Nutrition

Unit – I

Principles of dietetics – balance diet –common foods - applied physiology

Unit-II

The vitamins – vitamin A – vitamin E- vitamin K- vitamin D

Unit-III

Water soluble vitamin–B1 –vitamin B2 (riboflavin)- niacin- pyridoxine (vitamin B6)
Pantothenic acid – biotin- vitamin B12- folic acid- vitamin C .

Unit-IV

Basal metabolic rate- carbohydrate metabolism- fat metabolism –Protein metabolism -
Mineral metabolism – calcium –phosphorus – magnesium sodium- potassium – iron -
iodine

Unit – V

Beneficial effect of juice therapy – Diseases- Disorders: High blood pressure- High
cholesterol- Hypoglycaemia(Low blood sugar)- Diabetes mellitus – memory loss –
menstrual problems –migraine headache – premenstrual syndrome-rheumatoid
arthritisobesity-allergies.

Reference Books:

Bakhru H.K.: Diet cure for Common Ailments, Jaico Publishing House, Hyderabad, 2006.

Rudolph Ballentine: Diet & Nutrition, The Himalayan International Institute, Pennsylvania,
1979.

Course – PGDY 202: Food and Nutrition

Time : 3 hours

Max.Marks :80

Section – A

Answer any four Questions

(4 ×5=20)

- a. Basal metabolic rate .
- b. Write minerals on calcium –phosphorus .
- c. Food and Hypoglycaemia .
- d. Write sources and benefits of Iron.
- e. Vitamin C
- f. Role diet in Diabetes Mellitus
- g. Satvik diet
- h. role of diet in Hypertension

Section – B

ANSWER ALL QUESTIONS.

(5 ×12=60)

- 2) a) Describe principles of dietetics?
(or)
b) Explain about balance diet?
- 3) a) Explain about The vitamins – vitamin A and vitamin E ?
(or)
b) Explain about vitamin K- vitamin D ?
- 4) a) Explain about vitamin B1- vitamin B2?
(or)
b) Explain about vitamin B6- vitamin B12??
- 5) a) Define nutrition ?and write an essay on carbohydrate , protein and fat Metabolism?
(or)
b) write an essay on calcium ,phosphorus, magnesium sodium and potassium?
- 6) a) Write down thebeneficial effect of juice therapy on High blood pressure?
(or)
b) Write down thebeneficial effect of juice therapy on Diabetes mellitus?

Course – PGDY 203: Classical Hatha Yoga Texts

The Hatha Yoga Pradipika

Unit-I:

Introduction to Hatha yoga Pradipika- factors of failure and success in Yoga Sadhana - ten Yamas and ten Niyamas; - concept of asana - the four major Asanas - mithahara – relation of Mind and Prana - Nadis suddhi - Shat Karmas: dhauti, vasti, neti, Trataka,nauli and kapalabhati.

Unit-II :

Asta Kumbhakas: Suryabedana, Ujjayi,Seethali, Seethacari, Bhastrika, Bramari, Plavani and Moorcha - Signs of perfection in Hatha Yoga - Concept of Kundalini - *Dasha Mudras* - Synonyms of Samadhi - Shambhavi and Khechari mudras.

Unit-III

Concept of Nadanusandana - Types of Nada perceived - the four stages of Hatha Yoga Practice - Relation of Nada and Mind - Features of Samadhi.

The Gheranda Samhita:

Unit-IV:

Introduction to Gheranda Samhitha- Sapta sadhanas - Classification of Dhauti, Basti and Bhalabhati –asanas - Classification of Mudras -- the influence of Seasons on Yoga - sagarba and nigarba Pranayama - Sahita and Kevali kumbhaka.

Unit- V

Pratyahara techniques- three types of dhyana – samadhi variations.

Text books:

Muktibodhananda Saraswati, Swami. (1985). (Tr. & Com.). *Hatha Yoga Pradipika*

(Light on Yoga) Munger, Bihar School of Yoga

Swami Digamberji & Gharote M.L Ed.(1978). *Gheranda Samhita*, Kaivalyadhama,

S.M.Y.M. Samithi,

Recommended Books:

Desikachar, T.K.V. (2004) Adishankara's Yoga Taravali (Introduction) Krishnamacharya
Yoga Mandiram – Chennai.

Gudrun Buhnemann (2007). Eighty Four Asanas in Yoga – A survey of Traditions – D.K.
Print World Pvt. Ltd., New Delhi.

Course – PGDY 203: Classical Hatha Yoga Texts

Time : 3 hours

Max.Marks :80

SECTION – A

Answer any four of the following questions:

4x5 = 20

1.

- a) Define “Ha’and ‘Tha’
- b) Manuscripts on hathayoga
- c) Yama and niyama in hathayoga
- d) Mithahara in hathayoga and Upavasa in Ayurveda
- e) Vasti karma
- f) Shambhavi mudra
- g) Samanu and Nirmanu pranayama
- h) Effect seasons on Yoga practice

SECTION – B

Answer all the five questions choosing one from each set:

5x12 = 60

2. a) What is Hatha Yoga? Justify title of the Hatha yoga pradipika?

(Or)

b) What is Ghatastha Yoga? –Explain

3. a) Explain the techniques and benefits of Basti and Bhalabhati?

(Or)

b) What is nada? Describe the relation of Mind and Nada.

4. a) Mention important characteristics of Hathayogapradipika?

(Or)

b) Describe techniques of meditation as illustrated in Gheranda Samhita?

5. a) Compare and contrast hatha texts like Hathapradipika, Hatharatnavali & Yogaratnapradipika by Prabhlabhogeshwara muni?

(Or)

b) Explain briefly about shat karmas.

6. a) Write about Pancha dharanas as described in Mudra’s chapter

(Or)

b) Describe techniques of different types Dhautis and theirtherapeutical benefits.

Course – PGDY 204: Teaching Methods of Yoga

Unit -I: Teaching methods of Yoga

Introduction – yoga and yoga practices – meaning and scope of teaching methods in yoga

– principles of teaching methods in yoga – class management and formation of class in yoga – lesson planning and model of lesson plans in yoga – notes of yogic practice teaching lesson — specimen of notes and observation of yogic practice lessons - salient points in teaching important kriyas, asanas, pranayama and bandhas.

Unit -II: Teaching practice

(According to practical yoga syllabus of two semesters)

Recommended books:

Gharote, M.L.(2007). *Yogic Techniques*, Lonavla, The Lonvla Yoga Institute,

Gharote.M.L. & Gangule, S.K. (1995). Teaching Methods for Yogic Practicals, Kaivalyadhama Lonavla.

Yogendra(1986): Teaching Yoga Bombay, Yoga Institute.

Course – PGDY 204: Teaching Methods of Yoga

Time : 3 hours

Max.Marks :80

Section – A

Answer any four Questions

(4 ×5=20)

1. a) Meaning of Yoga
- b) Method
- c) Lesson plan
- d) Teaching plan
- e) Specimen
- f) Observation
- g) Pranayama
- h) Bandhas

Section – B

ANSWER ALL QUESTIONS.

(5 ×12=60)

- 2) a) Explain about meaning and scope of teaching method in Yoga ?
(or)
b) Explain about principles of teaching methods in yoga?
- 3) a) Explain about the process of class management and formation of yoga class?
(or)
b) Explain about steps in lesson plan of teaching methods in yoga?
- 4) a) Explain about lesson planning and model of lesson plans in yoga?
(or)
b) Explain about notes of yogic practice in teaching plan?
- 5) a) Explain about specimen of notes and observation of yogic practice lessons?
(or)
b) Explain the process of teaching about kriyas?
- 6) a) Explain the process of teaching about Asanas?
(or)
b) Explain the process of teaching about pranayama and bandhas?

Course – PGDY 205: YOGA PRACTICE-II

SYLLABUS

The students are required to learn to practice and also teach the following. They are to maintain a record which consists of the step by step details of the yoga practices along with an account of the possible benefits of the practices.

The principles, which should be adopted in practice, are the following:

1. Proper gradation in order of flexibility, balance and difficulty in performance.
2. Each asana is to be analyzed into intermediate positions in a natural sequence of movement.
3. For purposes of class training each movement to be associated with a count to reach the final pose.
4. Rhythmic breathing should be observed. When the chest is in the expanding position inspiration should take place. In the contracting position expiration should take place rhythmically with movement. In certain asanas duration of retention is important.
5. Proper relaxation should be allowed in between the batches of asanas.

Pavanamuka series or sukshama vyayamam: Eye, Neck, Hand, Leg, Spinal, Chakki Chalana.

Suryanamaskara:

- | | |
|--------------------|-----------------------|
| 1. Pranamasana | 2. Hasta uttanasana |
| 3. Padahastanasana | 4. Aswasanchalanasana |
| 5. Dandasana | 6. Ashtangasana |
| 7. Bhujangasana | 8. Parvatasana |

Sitting postures:

- | | | |
|--------------------------|---------------|-------------------|
| 1. Bhadrasana | 2. Virasana | 3. Meruvakrasana |
| 4. Ardha -matsyendrasana | 5. Ushtrasana | 6. Suptavajrasana |
| 7. Sasanakasana | | |
| 8. Sasakabhujangasana | | |
| 9. Matsyasana | | |
| 10. Patchimottanasana. | | |
| 11. Poorvottanasana | | |

Supine postures:

- 1.Uttanapadasana
- 2.Pavanamuktasana.
- 3.Navasana.
- 4.Kandarasana/Setubandasan
- 5.Chakrasana 6.Yoganidrasana
- 7.Matyasana

Prone postures:

- 1.Sarpasana 2.Shalabasana
- 3.Bhujangasana.
- 4.Tiryak bhujangasana
5. Purna bhujangasana
- 5.Dhanurasana

Balancing Postures:

- 1.Tadasana 2.Vrikshasana
- 3.Natarajasana
- 4.Ekapadasama
- 5.Garudasana
- 6.Hanumanasana

Inverted Postures:

- 1.Vipreeta karani Asana
- 2.Sarvanagasana
- 3.Halasanana 4. Sirshasana

Advanced Posture:

- 1.Kurmasana 2. Mayurasana
- 3.Hamsasana
- 4.Brahmacharyasana
5. Ekapadagreevasana

Asta kumbaka Pranayama:

1. Surya bedhana.
2. Nadisodhana
3. Sitali
4. Seetkari
5. Ujjayi
6. Bramari
7. Bastrika
8. Moorcha

Practice of drishtis or concentration : Nasikagra, Brumadya

Mudras: Mahamudra, Maha bandha, Maha veda and Sambhavi Mudra

Banda trava:

1.Jalandara banda 2.Moolabanda 3.Uddiayanbanda

Kriya Practicals:

1. Dhauti – Jala & Vastra 2. Nauli 3. Agnisara

Meditative Techniques:

OM Meditation

Chakra Meditation

So-Ham Meditation

Yogic Meditation

Relaxation postures:

1.Shavasana 2.Advasana

3.Matsyakridasana

4.Jyestikasana

5.Nirlambasana

Text books:

Iyengar, B.K.S. (1976) : Light on Yoga London, UNWIN Paperbacks

Niranjanananda Sarswathi, Swami. (1994): Prana Pranayama, Prana Vidya, Munger, Bihar School of Yoga.

Raparathi Rama Rao, Yogacharya, (2006): Journey to the Real Self (a book on Yoga Consciousness), Vijnigiri ,Yoga Consciousness Trust.

Ramesh Babu. K. (2011): Aasana Sutras (techniques of Yoga aasanas based on traditional Hatha Yoga literature), Viziyanagaram, Home of Yoga Publications.

Satyananda Saraswati, Swami (2002). Asana, Pranayama, Mudra, Bandha, Munger, Yoga Publications Trust.

Reference books

Swami Muktibodhananda, (ed.) (1985): Hatha Yoga Pradipika: Light on Hatha Yoga com. Munger Yoga Publication trust.

Swami Kuvalayananda (ed.) (1935). Asanas. Lonavla. Kaivalyadhama

Course – PGDY 101: Foundations of Yoga

Name of the faculty: Dr.K.Taraka Rama Rao

Course objectives:

- To aware the knowledge of yoga and its nature and development of yoga.
- To learn the knowledge of schools of yoga like Karma Yoga, Bhakti Yoga, Jnana Yoga, Raja yoga, Hatha yoga and Mantra Yoga.
- To gain the knowledge of Scientific research on yoga.
- To learn the information about Chakra theory & kundalini yoga.
- To attain the knowledge of meditation and its types and relevance of yoga to modern life.
- To gain the knowledge of Scientific research on Meditation.
- To learn the information on Yogic concepts in Bhagavad Gita.
- To learn the information on Yogic view of health and illness, Yoga and physical exercises, Yogic techniques for the prevention and treatment of somatic, psychosomatic and psychological illness.

Course Outcomes:

- The student can understand the knowledge of yoga and its nature and development of yoga.
- The student can understand the knowledge of schools of yoga like Karma Yoga, Bhakti Yoga, Jnana Yoga, Raja yoga, Hatha yoga and Mantra Yoga.
- The student developed the knowledge of Scientific research on yoga.
- The student understood the information about Chakra theory & kundalini yoga.
- The student has attained the knowledge of meditation and its types and relevance of yoga to modern life.
- The student has awarded the knowledge of Scientific research on Meditation.
- The student is understood the information on Yogic concepts in Bhagavad Gita.
- The student is able to understand the knowledge of Yogic view of health and illness, Yoga and physical exercises. Yogic techniques for the prevention and treatment of somatic, psychosomatic and psychological illness.
- The student can improve to quality of life.

Learning Outcomes Unit wise:

Unit I:

Introduction to Yoga: Yoga, its nature and scope. Development of yoga through the ages.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding the yoga and its meaning.
- The student can develop to aware the knowledge and understanding the yoga and its nature and scope.
-
- The student is abled to gain knowledge and understanding of development of yoga in various periods.

Unit II:

Different types of yoga : Karma Yoga, Bhakti Yoga, Jnana Yoga, Raja yoga, Hatha yoga and Mantra Yoga. Scientific research on yoga.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding the Karma yoga and its meaning.
- The student can develop to aware the knowledge and understanding the Bakthi yoga and its meaning.
- The student can develop to aware the knowledge and understanding the Jnnana yoga and its meaning.
- The student can develop to aware the knowledge and understanding the Raja yoga and its meaning.

- The student can develop to aware the knowledge and understanding the Hatha yoga.
- The student can develop to aware the knowledge and understanding the Mantra yoga and its meaning.
- The student can develop to aware the knowledge and understanding the Jnnana yoga and its meaning.
- The student is abled to gain knowledge and understanding of scientific research on Yoga.

Unit III:

Meditation: Its nature and scope. Different types of meditation. Scientific research on meditation. Scientific research on meditation.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding the meaning and importance of meditation
- The student can develop to aware the knowledge and understanding the various techniques of meditation.
- The student can develop to aware the knowledge and understanding the scientific research of Meditation.

Unit IV:

Introduction to Bhagavad Gita ,Chakra theory and Kundalini yoga:

Yogic concepts in Bhagavad Gita ,Chakra theory and Kundalini yoga.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about the concepts and relationship between Yoga and Bhagavad Gita.
- Also aware on The student can develop to aware the knowledge and understanding the concepts of Chakras like Mooladhara, Swadistana , Manipura, Anhatha, Visudhi, Agna, Bindhu, Sahashra.
- The student can develop to aware the knowledge and understanding about the power of Kundalini.

UNIT V:

Yogic view of health and illness: Yoga and physical exercises. Yogic techniques for the prevention and treatment of somatic, psychosomatic and psychological illness.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding the importance of yoga and physical exercise
- The student can develop to aware the knowledge and understanding of difference between yoga and physical exercises.

- The student can develop to aware the knowledge and understanding concepts of health and illness.
- The student can develop to aware the knowledge and understanding the role of yoga for managing all psycho-physiological problems.

6.Course Duration: The course duration is one semesters or 6 months and each period **50 minutes**.

7.Course Contents

Unit No.	Units with its Contents/Chapters	No. of Sessions
I	Introduction to Yoga: Yoga, its nature and scope. Development of yoga through the ages.	10
II	Different types of yoga : Karma Yoga, Bhakti Yoga, Jnana Yoga, Raja yoga, Hatha yoga and Mantra Yoga. Scientific research on yoga.	16
III	Meditation: Its nature and scope. Different types of meditation. Scientific research on meditation. Scientific research on meditation.	10
IV	Introduction to Bhagavad Gita ,Chakra theory and Kundalini yoga: Yogic concepts in Bhagavad Gita ,Chakra theory and Kundalini yoga.	08
V	Yogic view of health and illness: Yoga and physical exercises. Yogic techniques for the prevention and treatment of somatic, psychosomatic and psychological illness.	08

8.Teaching Methods:

The course will use the following pedagogical tools:

- Lecture method
- Demonstration method
- Group Discussion Method
- Use of internet and visual presentation.
- Use of Block board, News paper, Magazines, audio, video clips.

9.Evaluation:

A	Continuous Evaluation Component comprising of Assignments / Class Participation / Class test/Presentation on specific topic etc.	-----
B	Mid-Exam	Internal Assessment-20 Marks
C	End –Semester Examination	External Assessment-80 Marks

10.Reference Books:

Georg Feuerstein (2002) *The Yoga Tradition: Its History, Literature, Philosophy and Practice*. New Delhi. Bhavana Books & Prints.

Rama, Swami (1992) *Meditation and its practice*. Honesdale : Himalayan International Institute of Yoga Science and Philosophy of USA.

Naranjo, C and Ornstein, R.E. (1974) *On the psychology of meditation*, New York: Viking press.

Joshi, K.S. (1985) *Yoga in daily life*, Delhi : Orient paper backs

Taimni I.K. (1961/1999) *The Science of Yoga (The Yoga Sutras of Patanjali)*, The Theosophical Publishing House, Adyar.

Hiriyana, M (1932/2000). *Outlines of Indian Philosophy*. Delhi, Motilal Banarasidas.

Shankara Devananda Saraswati, Swami. (1986) *Yogic management of common diseases*. Munger : Bihar School of Yoga.

Funderburke, J. (1977). *Science studies yoga : A review of physiological data*, Honesdale : Himalayan International Institute of Yoga Science and Philosophy of USA.

Udupa, K.N. (1985). *Stress and its management by yoga*. Delhi : Motilal Banarsidas.

Goleman, D. (1976) *The varieties of meditative experience*. New York: Irvington publishers.

Mahesh Yogi, (1963). *Transcendental meditation*. New York: New American library.

Johnson, O and Farrow, J.T. Ed. (1977) *Scientific research on the transcendental meditation program : Collected papers*. Vol. 1. Los Angeles : Meru press.

- Ornstein, R.E. (1972). The psychology of consciousness. New York: Viking press.
- Rama, Swami, Ballantine, R and Ajaya, Swami. (1976) Yoga and psychotherapy
Honesdale: Himalayana International Institute of Yoga Science and Philosophy
of USA.
- Rao, P.V.K. (1999). Dhyanam. Nava Sahiti Book House, Vijayawada Ajaya, Swami
(1985) Psychotherapy east and west : A unifying paradigm.Honesdale: Himalayan
International Institute of Yoga Science and Philosophy of USA.
- Ramakrishna Rao, K. (1989), Meditation : Secular and sacred. Presidential address to the
Indian Academy of Applied Psychology, University of Calcutta.
- Reddy, M.V., Murthy, K.J.R., Sahay, B.K. and Prasad, B.N. (2005). Yogic Therapy,
Arthamuru, Sri M.S.R. Memorial Yoga Series
- Shapiro, D.H. and Walsh, R.N. Ed. (1984) Meditation : classic and contemporary
perspectives. New York : Aldine.
- Woods, R. Ed. (1980). Understanding mysticism. New York: Image books.
- Chatterjee, S.C. & Datta, D.M. (1968). An Introduction to Indian philosophy. 7th
ed. Calcutta: University of Calcutta.
- Dasgupta, S. (1975). A History of Indian philosophy. Vol. 1-5. Delhi: Motilal
Banarsidas.
- Hume, R.E. (ed.) (1921). The Thirteen Principal Upanishads. London: Oxford
University Press.
- Radhakrishnan, S. & Moore, A.C. (1957). A Source Book of Indian philosophy.
London: George Allen & Unwin Ltd.
- Radhakrishnan, S. (1920). Indian Philosophy, Vol.1 & 2. London: George Allen & Unwin.
- Sarma C.D. Critical Survey of Indian Philosophy. Motilal Banarasidas, New Delhi

11. Websites:-

<https://yoga.edu.in>

<http://yoga.org>

<http://www.yogajournals.org>

12. Details of the faculty:-

Name of the faculty	e-mail	Academic Address	For communication.
Dr.K.Taraka Rama Rao Asst. Professor(c)	tarak.psy@gmail.com	Dept. of Yoga and Fitness Management	7285913769

Course –PGDY 102: Basic Human Anatomy And Physiology

Name of the faculty: Dr.S.HemaMohanaRao &Mr.K.V.N.Murthy

Course objectives:

- To Provide basic knowledge about human anatomy and physiology
- To study and understand the various systems in the human body and their functions
- To aware the knowledge of concept of cell and its nature of structure
- To learn the information about the importance of Carbohydrates, Proteins, Vitamins and minerals.
- To study and understand the Endocrine glands, Pituitary gland, Thymus, Thyroid gland and its functions.

- To gain the knowledge of Reproductive system of both genders.

Course outcomes:

- By the end of this course, students should:
- Provided basic knowledge about the human anatomy and physiology.
- Learned the need and importance of anatomy and physiology in the field of Physical Education.
- Acquired the knowledge about various systems and organs of the body.
- Gain knowledge on Skeletal and Cardio- respiratory systems.
- Attaining the basic concept of Digestive and Endocrine systems.

Unit-I:

Cell Structure – Tissues and functions

Introductions to various systems in human body

Learning outcomes:

On completion of this unit students should be able to:

- Gain knowledge about importance of Anatomy and Physiology in Physical Education.
- Acquire knowledge about organs of the body and functions of various tissues.
- Acquire knowledge about various systems in human body.
- Explain the basic knowledge of human anatomy and physiology.

Unit – II

Carbohydrates, Proteins, Vitamins and Minerals.

Digestive System: Salivary glands, Upper and Lower GIT.

Excretory System: Kidney, Ureter, Urethra, bladder, Urethra, formation of urine

Learning out comes:

On completion of this unit students should be able to:

- Gain Knowledge and functions of the Nutrients – Carbohydrates, fiber, fats, Proteins, vitamins, minerals and water –in the human body.
- To understand the functions of the Digestive system & Excretory system and its functions.

Unit –III

Skeletal system: Types of Bones, Types of joints, Spinal Cord. Difference between ligaments and tendons.

Muscular system: Types of muscles and their functions.

Learning out comes:

On completion of this unit students should be able to:

- Attain a keen Understanding on Skeletal system and its structure
- Gain Knowledge of Muscles and their functions
- Knowledge about types of bones and its movements.

Unit –IV

Circulatory System: Blood and its compositions, Blood pressure

Respiratory System: Nose, larynx, Pharynx, Lungs, Trachea, Respiratory Mechanism.

Learning out comes:

On completion of this unit students should be able to:

- Gain knowledge of Circulatory system and its functions
- Understand types of blood & its compositions
- Knowledge about Respirator system and its functions.

Unit –V

Endocrine Glands, Pituitary gland, thyroid gland, Parathyroid gland, Pineal gland adrenal gland, Pancreas , ovaries and testis

Reproductive system: Male reproductive system and female reproductive system.

Learning out comes:

On completion of this unit students should be able to:

- A fair idea of Endocrine Glands, Pituitary, Thyroid, parathyroid & pancreas
- Gain knowledge of Reproductive system of both genders.

6. Course duration: The course duration is one semesters of 6 months and each period 50 Minutes.

7. Course Contents:

Unit No	Units with its Contents / Chapters	No of Sessions
I	Cell Structure – Tissues and functions Introductions to various systems in human body	08
II	Carbohydrates, Proteins, Vitamins and Minerals. Digestive System: Salivary glands, Upper and Lower GIT. Excretory System: Kidney, Ureter, Urethra, bladder, Urethra, formation of urine	08
III	Skeletal system: Types of Bones, Types of joints, Spinal Cord. Difference between ligaments and tendons.	10

	Muscular system: Types of muscles and their functions.	
IV	Circulatory System: Blood and its compositions, Blood pressure Respiratory System: Nose, larynges, Pharynx, Lungs, Trachea, Respiratory Mechanism.	10
V	Endocrine Glands, Pituitary gland, thyroid gland, Parathyroid gland, Pineal gland adrenal gland, Pancreas , ovaries and testis Reproductive system: Male reproductive system and female reproductive system.	10

8. Teaching Methods

The course will use the following Pedagogical tools:

- Lecture method
- Demonstration method
- Group Discussion method
- Use of internet and visual presentation.
- Use of Block board, News Paper, Magazines, audio, video clips.

9. Evaluation:

A	Continuous Evaluation Component comprising of Assignments / Class Participation / Class test / Presentation on specific topic etc.	
B	Mid - Exam	Internal Assessment – 20 marks
C	End – Semester Examination	External Assessment – 80 marks

10. Reference Books:

Books Recommended:

Chaudhari, S.K. (1988). Concise Medical Physiology. Calcutta: New Central Book Agency.

Ganong, W.F. (1967). Review of Medical physiology. Connecticut : Appleton – Lango.

Ghosh, H.N. (1984). Chakrabarti, Ghosh and Sahana's Human Physiology. 2nd Ed. Calcutta: The New Book Stall.

Guyton, A.C. (1986). Text book of medical physiology. 7th Edition. Philadelphia. WB Sauncers Company.

Keel, C.A., Neil, E and Joels, N. Ed. (1986). 13th Edition. Samson-Wright's Applied Physiology., New Delhi: Oxford university press.

West, J.B. Ed. (1985) 11th Edition. Best and Taylor's Physiological basis of medical practice. Baltimore : Williams & Wilkins.

11. Details of the faculty:

Name of the faculty	E-mail	Academic Address	Mobil
Dr.S.Hema Mohan Rao Subject to Contract	seepana.hemamohan@gamil.com	Dept. of Yoga and Physical Education	8328338323
Mr.K.V.N Murthy Teaching Assit. ©	Kancharana.varam@gamil.com	Dept. of Yoga and Physical Education	9603699414

Course – PGDY 103: Introduction to Indian Philosophy

Name of the Faculty: Dr. V.Aruna

1) Course Objectives:

1. To study the knowledge of Indian Philosophy.
2. Learn the types of Indian Philosophical systems.
3. Acquire the knowledge about the Patanjali Yoga Darsana and the Mimamsa Darsana.
4. Understand the aims and values of the Jaina and the Buddhism.

5. Gain knowledge about the eminent persons of the Vedanta like Sankara Vedanta, Vedanta of Ramanuja and Vedanta of Madhvacharya.

2) Course Out comes:

1. Know the knowledge of nature, characteristics and development of Indian Philosophy.
2. Study the Vedic thought, Nyaya Philosophy, Vaisesika Philosophy and Sankhya Philosophy of Indian Philosophical systems.
3. Acquire the knowledge of the Yoga Astanga Marga, God of Patanjili and Kumarilla and Prabhakara on Soul, Karma, Dharma of Mimamsa Darshana.
4. Understand the Jainism of Syadvada, Anekantavada and Soul theory and Liberation and Buddhism of four Noble truths and Pratitya Samutpadavada.
5. Learn the different Vedanta systems in Indian Philosophy.

3) Learning out comes (Unit Wise):

Unit- I:

Indian Philosophy: General nature, characteristics and development of Indian philosophy.

Learning out Comes:

1. Gain knowledge about the origin and growth of the Indian philosophy.
2. Study the vision of the philosophy at early days.
3. Understand the development of the Indian philosophy in Vedic, Upanishadic and later days.

Unit- II:

Indian Philosophical systems: Vedic thought, Nyaya Philosophy, Vaisesika Philosophy and Samkya Philosophy.

Learning out Comes:

1. Identify the Indian philosophical systems.
2. Understand the Indian orthodox systems.
3. Know the impact of the Indian philosophy.

Unit-III :

The Patanjali Yoga Darsana : (i) The Yoga Astanga Marga, God.

The Mimamsa Darsana : (i) Kumarilla and Prabhakara on Soul, Karma, Dharma.

Learning out Comes:

1. Understand the Patanjali, Prabhakara and Kumarila's contribution to Indian philosophy.
2. Acquire the knowledge about their contribution to society.
3. Gain knowledge about the Moral values.

Unit- IV:

Jainism: (i) Syadvada, (ii) Anekantavada, (iii) Soul theory and liberation;

Buddhism: (i) Four Noble Truths, (ii) Pratitya Samutpadavada.

Learning out Comes:

1. Identify the Indian heterodox system.
2. Understand the values of Jaina and Buddhist schools.
3. Acquire the knowledge about the four noble truths in Buddhism.

Unit-V:**Sankara Vedanta:**

(i)Brahman as Saguna and Nirguna (ii) Status of Individual soul and the world

(iii) The Doctrine of Maya;

The Visistadvaita Vedanta of Ramanuja:

(i)Reality as qualified and nonqualified (ii) The Nature of God, soul, world

(iii) Doctrine of Bhakti,Saranagati and Prapatti

The Dvaita Vedanta of Madhvacharya :

(i) Matter, souls, and God (ii) Means of Liberation.

Learning out Comes:

1. Study the reality of the nature of God, Soul and World.
2. Identify the prominent Vedanta philosophers in India like Sankara, Ramanuja and Madhvacharya.
3. Exemplify the effectiveness of the contribution of the three great Indian philosophers.

4) Course Duration: The course duration is one semesters or 6 months and each period **50 minutes.**

5) Course Contents:

Unit No.	Units with its Contents/Chapters	No. of Sessions
I	Indian Philosophy: General nature, characteristics and development of Indian philosophy.	10
II	Indian Philosophical systems: Vedic thought, Nyaya Philosophy, Vaisesika Philosophy and Samkya Philosophy.	10
III	The Patanjali Yoga Darsana : (i) The Yoga Astanga Marga, God.	10

	The Mimamsa Darsana : (i) Kumarilla and Prabhakara on Soul, Karma, Dharma.	
IV	Jainism : (i) Syadvada, (ii) Anekantavada, (iii) Soul theory and liberation ; Buddhism: (i) Four Noble Truths, (ii) Pratitya Samutpadavada.	10
V	Sankara Vedanta : (i) Brahman as Saguna and Nirguna (ii) Status of Individual soul and the world (iii) The Doctrine of Maya ; The Visistadvaita Vedanta of Ramanuja : (i) Reality as qualified and nonqualified (ii) The Nature of God, soul, world (iii) Doctrine of Bhakti, Saranagati and Prapatti The Dvaita Vedanta of Madhvacharya : (i) Matter, souls, and god, (ii) Means of Liberation.	10

6) Teaching Methods:

The course will use the following pedagogical tools:

- Lecture method
- Demonstration method
- Group Discussion Method
- Use of internet and visual presentation.
- Use of Block board, News paper, Magazines, audio, video clips.

7) Student evaluation process:

A	Continuous Evaluation Component comprising of Assignments / Class Participation / Class test/Presentation on specific topic etc.	-----
B	Mid-Exam	Internal Assessment-20 Marks
C	End –Semester Examination	External Assessment-80 Marks

8) Suggested text books:

1. Nagaraja Rao P (1977) : Fundamentals of Indian philosophy. Modern printers, Delhi.
2. Saharma C.D. (1994) : A critical survey of the Indian philosophy, Motilal banarasidas, Delhi.

3. Sharma B.N.K. (1973) : Lectures of Vedanta, Karnataka University Dharwad.
4. Macdonell A.A. (1976) : A vedic reader for students, Oxford university, Madras.

9) Reference books :

- 1) Chatterjee, S.C. & Datta, D.M. (1968). An Introduction to Indian philosophy. 7th ed. Calcutta: University of Calcutta.
- 2) Hiriyana, M. (1932/2000). Outlines of Indian Philosophy. Delhi, Motilal Banarasidas.
- 3) Larson.G.J. & Others (2008). Encyclopedia of Indian Philosophies, Vol-XII (Introduction) Motilal Banarsidas, Delhi.
- 4) Radhakrishnan, S. (1820). Indian Philosophy, Vol.1 & 2. London: George Allen & Unwin.

10) Websites :

- 1) http://www.newworldencyclopedia.org/entry/Indian_philosophy
- 2) <https://www.clearias.com/indian-philosophy-schools/>
- 3) <http://lukemuehlhauser.com/ancient-indian-philosophy-a-painless-introduction/>
- 4) http://shodhganga.inflibnet.ac.in/bitstream/10603/124624/9/09_chapter%201.pdf
- 5) <https://www.esamskriti.com/e/Spirituality/Philosophy/Characteristics-of-Indian-philosophy-1.aspx>
- 6) <http://cms.gcg11.ac.in/attachments/article/180/Nature%20of%20Indian%20Philosophy.pdf>
- 7) <http://www.pondiuni.edu.in/content/indian-journal-philosophy-religion-culture>
- 8) <https://maadhavan.in/the-visishtadvaita-philosophy-of-sri-ramanuja/>
- 9) https://www.shankaracharya.org/advaita_vedanta.php
- 10) <http://www.oxfordscholarship.com/view/10.1093/acprof:oso/9780195687859.001.0001/acprof-9780195687859-chapter-14>
- 11) <https://kdham.com/yog-mimamsa/>

11) Details of the faculty :

Name of the Faculty	Email	Academic Address	For communication
Dr. V.Aruna Assistant Professor (C)	vangapanduaruna@gmail.com	Dept. of Yoga and Physical Education	9490677790

Course – PGDY 104: Principles of Psychology

Name of the faculty: Dr.K.Taraka Rama Rao

Course objectives:

- Principles of Psychology is to communicate knowledge of Definition and goals of Psychology – Nature and scope of psychology- Schools of Psychology –Scientific research methods: Experiment, observation, interview, introspection,case-study and questionnaire.

- To learn about the concept of Self and Consciousness in the direction of Indian Psychology.
- To learn about Definition and nature of emotion. Theories of emotion: James-Lange, Cannon-Bard.
- To learn about Definition and nature of motivation. Theories of motivation: Freud's unconscious motivation theory, Maslow's need hierarchy theory.
- To learn about Definition and nature of intelligence.
- To learn about theories of intelligence like Unifactor theory, Two factor theory, Multifactor theory, Group factor theory, Guilford's factor analysis theory.
- To learn about Definition, characteristics and Indian approaches to Personality.
- To learn about theories of personality Erikson Psycho social development theory, Freud's Psychoanalytical theory.

Course Outcomes:

- The student can understand the knowledge about the Definition and goals of Psychology – Nature and scope of psychology- Schools of Psychology – Scientific research methods: Experiment, observation, interview, introspection, case-study and questionnaire.
- The student can understand the knowledge about the concept of Self and Consciousness in the direction of Indian Psychology.
- The student can understand the knowledge about the Definition and nature of emotion. Theories of emotion: James-Lange, Cannon-Bard.
- The student can understand the knowledge about the Definition and nature of motivation. Theories of motivation: Freud's unconscious motivation theory, Maslow's need hierarchy theory.
- The student can understand the knowledge about the Definition and nature of intelligence.
- The student can understand the knowledge about the theories of intelligence like Unifactor theory, Two factor theory, Multifactor theory, Group factor theory, Guilford's factor analysis theory.
- The student can understand the knowledge about the Definition, characteristics and Indian approaches to Personality.
- The student can understand the knowledge about the theories of personality Erikson Psycho social development theory, Freud's Psychoanalytical theory.

UNIT I:

Introduction to Psychology : Definition and goals of Psychology – Nature and scope of psychology- Schools of Psychology –Scientific research methods: Experiment, observation, interview, case-study and questionnaire. Scope and substance of Indian Psychology .

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about the Definition and goals of Psychology .
- The student can develop to aware the knowledge and understanding about the Nature and scope of psychology-
- The student can develop to aware the knowledge and understanding about the Schools of Psychology
- The student can develop to aware the knowledge and understanding about the Scientific research methods: Experiment, observation, introspection,interview, case-study and questionnaire.

Unit II:

Yoga Psychology: Concepts of Self and Consciousness.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about the meaning and nature of yoga psychology,
- The student can develop to aware the knowledge and understanding about the self in the direction of Indian Psychology.
- The student can develop to aware the knowledge and understanding about the Consciousness and its types in the direction of Indian Psychology.

Unit III:

Emotion – Motivation:

Emotion: Definition and nature of emotion. Theories of emotion: James-Lange, Cannon-Bard.

Motivation: Definition and nature of motivation. Theories of motivation: Freud's unconscious motivation theory, Maslow's need hierarchy theory.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about the meaning and nature of emotion.
- The student can develop to aware the knowledge and understanding about the

Theories of emotion like James-Lange, Cannon-Bard.

- The student can develop to aware the knowledge and understanding about the meaning and nature of motivation.
- The student can develop to aware the knowledge and understanding about the Theories of motivation like Freud's unconscious motivation theory, Maslow's need hierarchy theory.

Unit IV:

Intelligence : Definition and nature of intelligence.

Theories of intelligence: Unifactor theory, Two factor theory, Multifactor theory, Group factor theory, Guilford's factor analysis theory.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about definition and nature of Intelligence.
- The student can develop to aware the knowledge and understanding about theories of intelligence like Unifactor theory, Two factor theory, Multifactor theory, Group factor theory, Guilford's factor analysis theory.

Unit V:

Personality : Definition, characteristics and Indian approaches to Personality.

Theories of personality: Erikson Psycho social development theory, Freud's Psychoanalytical theory.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about the meaning of Personality and its types in the direction of Indian Psychology.
- The student can develop to aware the knowledge and understanding about the Indian approaches to Personality in the direction of Indian Psychology.
- The student can develop to aware the knowledge and understanding about the theories of personality like Erikson Psycho social development theory, Freud's Psychoanalytical theory.

6.Course Duration: The course duration is one semesters or 6 months and each period **50 minutes.**

7.Course Contents :

Unit No.	Units with its Contents/Chapters	No. of Sessions
I	Introduction to Psychology :Definition and goals of Psychology – Nature and scope of psychology- Schools of Psychology – Scientific research methods: Experiment, observation, interview, introspection, case-study and questionnaire.	10
II	Yoga Psychology: Concepts of Self and Consciousness.	06
III	Emotion – Motivation: Emotion: Definition and nature of emotion. Theories of emotion: James-Lange, Cannon-Bard. Motivation: Definition and nature of motivation. Theories of motivation: Freud’s unconscious motivation theory, Maslow’s need hierarchy theory.	12
IV	Intelligence : Definition and nature of intelligence. Theories of intelligence: Unifactor theory, Two factor theory, Multifactor theory, Group factor theory, Guilford’s factor analysis theory.	08
V	Personality :Definition, characteristics and Indian approaches to Personality. Theories of personality: Erikson Psycho social development theory, Freud’s Psychoanalytical theory	06

6. Teaching Methods:

The course will use the following pedagogical tools:

- Lecture method
- Demonstration method
- Group Discussion Method
- Use of internet and visual presentation.
- Use of Block board, News paper, Magazines, audio, video clips.

7. Evaluation:

A	Continuous Evaluation Component comprising of Assignments / Class Participation / Class test/Presentation on specific topic etc.	-----
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B	Mid-Exam	Internal Assessment-20 Marks
C	End –Semester Examination	External Assessment-80 Marks

10.Reference Books:

Mishra , B.K. (2011) Psychology- The study of human behavior. New Delhi, PHI Learning Pvt.Ltd.

Parameswaran, E.G. (1989). Invitation to psychology. Neel Kamal Publishers, Hyderabad.

Rao, K.R., Paranjpe, A., and Dalal, A.K. (2008). Handbook of Indian Psychology. New Delhi, Cambridge University Press India Pvt. Ltd

Sinha, J. (1986). Indian Psychology (Vol. I and II). Delhi, Motilal Banarasidas

11.Websites:-

<https://www.all-about-psychology.com/>

<https://psych2go.net>

12.Details of the faculty:-

Name of the faculty	e-mail	Academic Address	For communication..
Dr.K.Taraka Rama Rao Asst. Professor(c)	tarak.psy@gmail.com	Dept. of Yoga and Physical Education	7285913769

Course - PGDY 105: Yoga practice -I

Name of the faculty: Dr.K.Taraka Rama Rao,
Dr. V.Aruna,Mr.K.V.N.Murthy,Mr.B.DakshinaMurty

Course objectives:

- The purpose of the course of yoga practice is to communicate knowledge of Kriyas, Asanas, Pranayama and meditative postures.

Course Outcomes:

- The student can understand the knowledge about Kriyas Asanas, Pranayama and meditative postures.

1.Learning Outcomes:

Yoga practice-I :

Pavanamuka series or suksha vyayamam: Eye, Neck, Hand, Leg, Spinal, Chakki Chalana.

Suryanamaskara:

- | | |
|-----------------|-----------------------|
| 1.Pranamasana | 2. Hasta uttanasana |
| 3.Padahastasana | 4. Aswasanchalanasana |
| 5.Dandasana | 6. Ashtangasana |
| 7.Bhujangasana | 8. Parvatasana |

Standing postures:

8. Tiryak Tadasana
9. Parswa tadasana
10. Trikonasana
11. Parivrita Trikonasana
12. Katichakrasana
13. Veerabhadrasana
14. Uttita Janu Sirshasana

Sitting postures:

- | | | |
|--------------------------|----------------|-------------------|
| 1. Bhadrasana | 2. Virasana | 3. Meruvakrasana |
| 4. Ardha -matsyendrasana | 5. Ushtrasana | 6. Suptavajrasana |
| 7. Simhasana | 8. Gomukhasana | 9. Shashankasana |
| 10. Marjari asana | 11.Matyasana | |

Supine postures:

- 1.Uttanapadasana
- 2.Pavanamuktasana.
- 3.Navasana.
- 4.Kandarasana/Setubandasana

Prone postures:

- 1.Sarpasana
- 2.Shalabasana
- 3.Bhujangasana.

Inverted postures:

- 1.Vipreeta karani Asana
- 2.Sarvanagasana
- 3.Halāsana

4.Matsyasana

Meditative postures:

1. Sukhasana
2. Vajrasana
3. Ardhapadmasana
4. Padmasana

Pranayama:

8. Udara swasa
9. Hrudaya swasa
10. Klavicular swasa
11. Yoga swasa
12. Surya bedhana
13. Chandra bedhana
14. Anuloma viloma

Kriya Practicals:

1. Neti - Jala and Sutra
2. Dhauti – Jala
3. Kapalabhati
- 4.Trataka

Relaxation postures:

1. Shavasana
- 2.Advasana
3. Makharasana

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about the nature of Kriyas, Asanas, Pranayama techniques and Meditaitaion postures. These techniques makes them perfection, flexible and balancing in the directions of physical, mental , ethical, social and Spiritual aspects. Also makes them a good yoga practicener and teacher.

02.Course Duration: The course duration is one semesters or 6 months and each period **50 minutes.**

03.Course Contents: No. Of Sessions 120

Pavanamuka series or suksha vyayamam: Eye, Neck, Hand, Leg, Spinal, Chakki Chalana.

Suryanamaskara:

- | | |
|-----------------|-----------------------|
| 1.Pranamasana | 2. Hasta uttanasana |
| 3.Padahastasana | 4. Aswasanchalanasana |
| 5.Dandasana | 6. Ashtangasana |
| 7.Bhujangasana | 8. Parvatasana |

Standing postures:

- 01.Tiryak Tadasana
- 02.Parswa tadasana
- 03.Trikonasana
- 04.Parivrita Trikonasana
- 05.Katichakrasana
- 06.Veerabhadrasana
- 07.Uttita Janu Sirshasana

Sitting postures:

- | | | |
|--------------------------|----------------|-------------------|
| 1. Bhadrasana | 2. Virasana | 3. Meruvakrasana |
| 4. Ardha -matsyendrasana | 5. Ushtrasana | 6. Suptavajrasana |
| 7. Simhasana | 8. Gomukhasana | 9. Shashankasana |
| 10. Marjari asana | 11.Matyasana | |

Supine postures:

- 1.Uttanapadasana
- 2.Pavanamuktasana.
- 3.Navasana.
- 4.Kandarasana/Setubandasan

Prone postures:

- 1.Sarpasana
- 2.Shalabasana
- 3.Bhujangasana.

Inverted postures:

- 1.Vipreeta karani Asana
- 2.Sarvanagasana

3.Halāsana

4.Matsyasana

Meditative postures:

1. Sukhasana
2. Vajrasana
3. Ardhapadmasana
4. Padmasana

Pranayama:

15. Udara swasa
16. Hrudaya swasa
17. Klavicular swasa
18. Yoga swasa
19. Surya bedhana
20. Chandra bedhana
21. Anuloma viloma

Kriya Practicals:

1. Neti - Jala and Sutra
2. Dhauti – Jala
3. Kapalabhati
- 4.Trataka

Relaxation postures:

1. Shavasana
- 2.Advasana
3. Makharasana

04.Teaching Methods:

The course will use the following pedagogical tools:

- Lecture method
- Demonstration method
- Group Discussion Method
- Use of internet and visual presentation.
- Use of Block board, News paper, Magazines, audio, video clips.

05.Evaluation:

A	Continuous Evaluation Component comprising of Assignments / Class Participation / Class test/Presentation on specific topic etc.	-----
B	Mid-Exam	Internal Assessment-20 Marks
C	End –Semester Examination	External Assessment-80 Marks

6.Reference Books:

Satyananda Saraswati, Swami (1989). *Asana, pranayama, mudra, bandha*. Munger: Bihar School of Yoga.

Iyenger, B.K.S. (1976). *Light on yoga*. London: Unwin Hyman Ltd.

Venkata Reddy, M. ed. (1982). *Hatha Ratnavali*. Arthamuru: M. Ramakrishna Reddy.

Swami Muktibodhananda, (ed.) (1985): *Hatha Yoga Pradipika: Light on Hatha Yoga* com. Munger Yoga Publication trust.

Swami Kavalayananda (ed.) (1935). *Asanas*. Lonavla. Kaivalyadhama

07. Details of the faculty:-

Name of the faculty	e-mail	Academic Address	For communication..
Dr.K.Taraka Rama Rao Asst. Professor(c)	tarak.psy@gmail.com	Dept. of Yoga and Physical Education	7285913769

Dr.V.Aruna Asst. Professor(c)	vangapanduaruna@gmail.com	Dept. of Yoga and Physical Education	9490677790
Mr.K.V.N.Murthy (c)	Kancharana.varam@gmail.com	Dept. of Yoga and Physical Education	9603699414
Mr.B.DakshinaMurty (c)	Dakshin.b@gmail.com	Dept. of Yoga and Physical Education	7893997435

IInd Semester:

Title of the Course – PGDY 201 : Yoga Darshan

Name of the Faculty: Dr. V.Aruna

1) Course Objectives :

1. Gain knowledge about the origin and growth of the Yoga.

2. To understand the mind actions(Chitta Vruttis).
3. Know the knowledge about the concept of Iswara, Chittaprasadana and Samadhi.
4. Study the Kriya Yoga and Ashtanga Yoga.
5. To learn the concept of Samyama, Vibhutis, and Kaivalya.

2) Course Out Comes :

1. Study the Patanjali Yoga Sutras.
2. Understand the fluctuating states of the Mind and Mind absorption.
3. To learn the special self, concentration and qualities of Iswara and Samadhi.
4. Gain knowledge about the Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.
5. Acquire the knowledge of Psychic Powers and External Bliss.

3) Learning out comes (Unit Wise) :

Unit I :

Patanjali: A philosopher and Yogin - basis and date of Yoga sutras- - philosophical foundations of Yoga sutras- commentaries on Yoga Sutras - structure of the text-associated Yoga paths in Yoga sutras- *atha yoganusaasanam*

Learning out Comes:

1. Gain knowledge about the origin and growth of the Yoga.
2. Develop the vision of the Yoga at the early days.
3. Understand the Patanjali Yoga Sutras.

Unit II :

Yogaschitta vritti nirodha - Chitta Vrtties (Fluctuating states of the Mind) - Abhyasa and Vairagya- samprajnata and asamprajnata Samadhi - means of attaining Samadhi (Absorption).

Learning out Comes:

1. Understand the definition of the Yoga.
2. Gain knowledge about the Chittavrittis.
3. Acquire the knowledge about the Samadhi and its attainment.

Unit III :

Definition of Isvara (Special self) – qualities of Isvara - Chitta Vikshepas (Mind becomes occasional steady)- removal of Chitta Vikshepas, Ekattvabhyasa (Concentration) - concept of Chitta Prasadana (Qualities) – types of Samadhi (Absorption)-

Learning out Comes:

1. Understand the universal consciousness and its qualities (the Isvara).
2. Knowledge about the mind, its actions and the mind purification techniques.

3. Develop the vision of the Samadhi and types of the Samadhi

Unit IV :

Kriya yoga - concept of kleshas (The Five Hindrances) - removal of Kleshas – Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi –

Learning out Comes:

1. Know the impact and practice of the Kriya Yoga.
2. Understand the root cause of the Sorrow (Klesha) and its overcome practices.
3. Exemplify the effectiveness of the practice of the Astanga Yoga (Eight Fold Path).

Unit V

Samyama (Union of Dharana, Dhyana and Samadhi) and Vibhutis (psychic powers) –Karma – mind and object – Kaivalya (External Bliss).

Learning out Comes:

1. To develop the pin point concentration techniques and to know about the psychic powers.
2. Understand the karma theory.
3. Gain knowledge about the Kaivalya, the ultimate goal of the human being.

4) Course Duration :

The course duration is one semester or 6 months and each period **50 minutes**.

5) Course Contents :

Unit No.	Units with its Contents/Chapters	No. of Sessions
I	Patanjali: A philosopher and Yogin - basis and date of Yoga sutras- - philosophical foundations of Yoga sutras- commentaries on Yoga Sutras - structure of the text-associated yoga paths in yoga sutras- <i>atha yoganusaasanam</i>	10

II	yogaschitta vritti nirodha - Chitta Vrtties- Abhyasa and Vairagya- samprajnata and asamprajnata Samadhi - means of attaining Samadhi	06
III	Definition of Isvara – qualities of Isvara - chitta vikshepas- removal of chitta vikshepas, ekattvabhyasa - concept of chitta prasadana – types of Samadhi-	06
IV	Kriya yoga - concept of kleshas - removal of kleshas – Astanga yoga: yama, niyama, asana, pranayama, pratyahara, dharana, dhyana and samadhi –	06
V	Samyama and vibhutis- psychic powers (vibhutis) –Karma – mind and object – kaivalya	06

6) Teaching Methods :

The course will use the following pedagogical tools:

- Lecture method
- Demonstration method
- Group Discussion Method
- Use of internet and visual presentation.
- Use of Block board, News paper, Magazines, audio, video clips.

7) Student evaluation process :

A	Continuous Evaluation Component comprising of Assignments / Class Participation / Class test/Presentation on specific topic etc.	-----
B	Mid-Exam	Internal Assessment-20 Marks
C	End –Semester Examination	External Assessment-80 Marks

8) Suggested text books:

1. Rama Rao.R Yogacharya (2006): Journey to the Real Self. Yoga consciousness trust, vijinigiri.
2. Vivekananda Swami (2010): Patanjali Yoga Sutras, Ramakrishna Math, Hyderabad.
3. Georg Feuerstein (2008): The Yoga Tradition, HOHM press, Arizona.

9) Reference books :

1. Bangali Baba (1982). The Yogasutras of Patanjali (Commentary of Vyasa) Motilal Banarsidas – Delhi.
2. Feuerstein, G. (1989). *Yoga Sutras of Patanjali: A New Translation and Commentary* Vermont, U.S.A. Inner Traditions of India.
3. Iyengar, B.K.S. (2008): Light on Astanga Yoga, New Delhi , Alchemy,
4. Larson. G.J. (2008) Encyclopedia of Indian Philosophies (Patanjali Yoga Traditions) Motilal Banarsidas) Vol-XII-Delhi.

5. Ram Shankar, B. (1985) An Introduction to the Yogasutra (Yoga and Yogic Tradition Chapter- 2 & 3 Bharatiya Vidya Prakashan – Varanasi.
6. Surendranath, D. (1989). A Study of Pantanjali, Delhi, Motilal Banarasisidass.
7. Taimini, A.K. (1999). *The Science of Yoga, (Com. On Yoga Sutras)*, Chennai, The Theosophical Publishing House,.
8. Vivekananda, Swami.(1982): *Raja Yoga or Conquering the Internal Nature* ,Culcutta, Advaita Ashram,.

10) Websites :

- 1) <https://www.yogajournal.com/yoga-101/philosophy/yoga-sutras>
- 2) <https://yogainternational.com/article/view/the-stages-of-samadhi-according-to-the-ashtanga-yoga-tradition>
- 3) <https://dondeg.wordpress.com/2014/05/28/patanjalis-ten-types-of-samadhi/>
- 4) <https://blog.anandamani.com/yogis-classified-by-practice-patanjali-yoga-sutras-19-20-8f79b6c7de33>
- 5) <http://en.yoga-sutra.org/2015/09/chitta-vikshepa-and-energetic-ties.html>
- 6) <https://www.yogananda.com.au/kriya.html>
- 7) <http://www.ashtanga.com/html/background.html>
- 8) <http://www.mahavidya.ca/2010/06/03/samyama/>
- 9) <http://www.hinduonline.co/DigitalLibrary/SmallBooks/PatanjaliYogaSutraSwamiVivekanandaSanEng.pdf>
- 10) http://www.yogaconsciousness.org/?page_id=18

11) Details of the faculty :

Name of the Faculty	Email	Academic Address	For communication
Dr. V.Aruna Assistant Professor (C)	yangapanduaruna@gmail.com	Dept. of Yoga and Physical Education	9490677790

Course – PGDY 202 – Food and Nutrition

Course objectives:

- To provide basic knowledge about Food & Nutrition.
- Knowledge about Balance Diet and Non-Nutritive Components of a diet
- Effect of Diet on the Yogic asana.

- To study and understand the various Micro nutrition and systems in the human body and their functions

Course outcomes:

By the end of this course, students should:

- Provided basic knowledge about the Food and Nutrition
- Learned the need and importance of Nutrition and food in the field of yoga Education.
- Acquired the knowledge about Eating for weight control: a healthy weight, food intolerance and food habits.
- Gain knowledge on Nutrition (fluid and meal intake, pre, during and post yogic exercises.
- Briefly about Protein as an essential component of diet.

Unit -1

Principles of dietetics – Balance diet – Common foods – Applied Physiology

Learning out comes:

On completion of this unit students should be able to:

- To understand of Elements of diet its effect on human body
- Knowledge about dietetics & common foods

Unit –II

The Vitamins - Vitamin A – Vitamin E – Vitamin D

Learning out comes:

On completion of this unit students should be able to:

- To understand Vitamins needed by our body in a very small amount.
- To gain knowledge about helping the body to fight against the diseases.
- Understand Fat-soluble vitamins.

Unit –III

Water soluble Vitamin B1(Thiamine) – Vitamin B2 (Riboflavin) – Vitamin B3 (Niacin) – Vitamin B5 (Pantothenic Acid) – Vitamin B6 (Pyridoxine) – Vitamin B7 (Biotin) – Vitamin B9 (Folic acid) – Vitamin B12(Cobalamin)
Vitamin – C (Ascorbic Acid)

Learning out comes:

On completion of this unit students should be able to:

- To Gain knowledge about water – soluble vitamins
- To understand the B Complex and Vitamin C functions and its important

Unit –IV

Basic metabolic rate – Carbohydrate metabolism – Fat metabolism – Protein metabolism – Mineral metabolism – Calcium – Phosphorus – magnesium sodium – Potassium – Iron – Iodine.

Learning out comes:

On completion of this unit students should be able to:

- To understand the Micro nutrition's
- Gain knowledge about Micro nutrients and its Metabolic rates

Unit –V

Beneficial effect of Juice therapy – Diseases – Disorders : High Blood Pressure – High Cholesterol – Hypoglycaemia (Low Blood sugar) – Diabetes mellitus – Memory loss – Menstrual Problems – Migraine headache – Premenstrual syndrome – Rheumatoid arthritis - obesity – allergies

Learning out comes:

On completion of this unit students should be able to:

- To understand about juice therapy for weight loss
- Gain knowledge about Diseases – Disorders and its Preventive steps.
- Gain knowledge about Rheumatoid arthritis
- Understand about Obesity – its disadvantages of human body and allergies.

6. Course duration: The course duration is one semesters of 6 months and each period 50 Minutes.

7. Course Contents:

Unit No	Units with its Contents / Chapters	No of Sessions
I	Principles of dietetics – Balance diet – Common foods – Applied Physiology	08
II	The Vitamins - Vitamin A – Vitamin E – Vitamin D	08
III	Water soluble Vitamin B1(Thiamine) – Vitamin B2 (Riboflavin) – Vitamin B3 (Niacin) – Vitamin B5 (Pantothenic Acid) – Vitamin B6 (Pyridoxine) – Vitamin B7 (Biotn) – Vitamin B9 (Folic acid) – Vitamin B12(Cobalamin) Vitamin – C (Ascorbic Acid)	10
IV	Basic metabolic rate – Carbohydrate metabolism – Fat metabolism – Protein metabolism – Mineral metabolism – Calcium – Phosphorus – magnesium sodium – Potassium – Iron – Iodine.	12
V	Beneficial effect of Juice therapy – Diseases – Disorders : High Blood Pressure – High Cholesterol – Hypoglycaemia (Low Blood sugar) – Diabetes mellitus – Memory loss – Menstrual Problems – Migraine headache – Premenstrual syndrome – Rheumatoid arthritis - obesity – allergies	12

8. Teaching Methods

The course will use the following Pedagogical tools:

- Lecture method
- Demonstration method
- Group Discussion method

- Use of internet and visual presentation.
- Use of Block board, News Paper, Magazines, audio, video clips.

9. Evaluation:

A	Continuous Evaluation Component component comprising of Assignments / Class Participation / Class test / Presentation on specific topic etc.	
B	Mid - Exam	Internal Assessment – 20 marks
C	End – Semester Examination	External Assessment – 80 marks

10. Books Recommended:

Bakhru H.K: Diet cure for Common Ailments, Jaico Publishing House, Hyderabad, 2006.
 Rudolph Ballentine: Diet & Nutrition. The Himalayan International Institute, Pennsylvania, 1979.

11)Details of the faculty:

Name of the faculty	E-mail	Academic Address	Mobil
Dr.S.Hema Mohan Rao Subject to Contract	seepana.hemamohan@gamil.com	Dept. of Yoga and Physical Education	8328338323
Mr.K.V.N Murthy Teaching Assit. ©	Kancharana.varam@gamil.com	Dept. of Yoga and Physical Education	9603699414

Course – PGDY 203 – Classical Hatha Yoga Texts

Name of the Faculty: Dr. V.Aruna

1) Course Objectives :

1. Gain knowledge about the factors of failure and success in Yoga practice.

2. To study the concentration methods of Kumbhakas and Mudras.
3. Acquire knowledge about the Nadanusandhana.
4. To know the Gheranda Muni contribution to the Yoga.
5. To understand the priorities and values of Pratyahara.

2) Course Out Comes :

1. To study the concept and types of Yoga Asanas, Yamas and Niyamas.
2. Acquire knowledge about the Eight Kumbhakas and Ten Mudras.
3. Gain the relation of Nada and Mind.
4. Know the Sapta Sadhanas and classification of Asanas and Mudras.
5. Learn the techniques, types and variations of Pratyahara, Dhyana and Samadhi.

3) Learning out comes (Unit Wise) :

The Hatha Yoga Pradipika

Unit I :

Introduction to Hatha Yoga Pradipika- factors of failure and success in Yoga Sadhana - ten Yamas and ten Niyamas; - concept of Asana - the four major Asanas - Mithahara – relation of Mind and Prana - Nadis suddhi - Shat Karmas: Dhauti, Vasti, Neti, Trataka, Nauli and Kapalabhati.

Learning out Comes:

1. Gain knowledge about the effects of the regular Yoga practice, its rules and the regulations.
2. Study the vision of the good food habits for the body fitness.
3. Boost up the key role of the good habits to the mind for the harmonious livelihood.

Unit II :

Asta Kumbhakas: Suryabedana, Ujjayi, Seethali, Seethkari, Bhastrika, Bramari, Plavani and Moorcha - Signs of perfection in Hatha Yoga - Concept of Kundalini (the serpent power) - *Dasha Mudras* - Synonyms of Samadhi - Shambhavi and Khechari Mudras.

Learning out Comes:

1. Understand the concentration methods through the Kumbhakas and the Mudras practices.
2. Gain knowledge about the different types of the Samdhi (Absorption) and the Kundalini.

3. Aware the all means of the Hatha Yoga are for reaching perfection in the Raja-Yoga (Pathanjali Eight-Fold Path).

Unit III :

Concept of Nadanusandana (Inner Music) - Types of Nada perceived - the four stages of Hatha Yoga Practice - Relation of Nada and Mind - Features of Samadhi.

Learning out Comes:

1. Gain knowledge about the importance of the Nada for mind concentration practice.
2. Acquire knowledge about the Hatha Yoga practice.
3. Exemplify the effectiveness of the balanced living.

The Gheranda Samhita:

Unit IV :

Introduction to Gheranda Samhitha- Saptasadhanas - Classification of Dhauti, Basti and Bhalabhati – Aasanas - Classification of Mudras – the influence of Seasons on Yoga - Sagarba and Nigarba Pranayama - Sahita and Kevali Kumbhaka.

Learning out Comes:

1. Identify the prominent Hatha Yogis in India.
2. Gain knowledge about the seasons and its influence on the Yoga practice.
3. Know the impact of the external cleansing practices.

Unit V :

Pratyahara techniques- three types of Dhyana – Samadhi variations.

Learning out Comes:

1. Gain knowledge about the sound mind in a sound body.
2. Understand the priorities and the values among the thought, the word and the deed coordination.
3. Know the impact of the internal cleansing practices.

4) Course Duration :

The course duration is one semester or 6 months and each period **50 minutes**.

5) Course Contents :

Unit No.	Units with its Contents/Chapters	No. of Sessions
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I	Introduction to Hatha yoga Pradipika- factors of failure and success in Yoga Sadhana - ten Yamas and ten Niyamas; - concept of asana - the four major Asanas - mithahara – relation of Mind and Prana - Nadis suddhi - Shat Karmas: dhauti, vasti, neti, Trataka, nauli and kapalabhati.	08
II	Asta Kumbhakas: Suryabedana, Ujjayi, Seethali, Seethacari, Bhastrika, Bramari, Plavani and Moorcha - Signs of perfection in Hatha Yoga - Concept of Kundalini - <i>Dasha Mudras</i> - Synonyms of Samadhi - Shambhavi and Khechari mudras.	06
III	Concept of Nadanusandana - Types of Nada perceived - the four stages of Hatha Yoga Practice - Relation of Nada and Mind - Features of Samadhi.	05
IV	Introduction to Gehranda Samhitha- Saptasadhanas - Classification of Dhauti, Basti and Bhalabhati – asanas - Classification of Mudras – the influence of Seasons on Yoga - sagarba and nigarba Pranayama - Sahita and Kevali kumbhaka.	06
V	Pratyahara techniques- three types of dhyana – samadhi variations.	03

6) Teaching Methods :

The course will use the following pedagogical tools:

- Lecture method
- Demonstration method
- Group Discussion Method
- Use of internet and visual presentation.
- Use of Block board, News paper, Magazines, audio, video clips.

7) Student evaluation process :

A	Continuous Evaluation Component comprising of Assignments / Class Participation / Class test/Presentation on specific topic etc.	-----
B	Mid-Exam	Internal Assessment-20 Marks
C	End –Semester Examination	External Assessment-80 Marks

8) Suggested text books:

1. Sinh, Pancham, Trans (1915): The Hatha Yoga - Pradeepika, Allahabad, India, Panini office.

2. Vasu, Rai Bahudur, Sris, Trans (1975): *The Gheranda – Samhitha*: NewDelhi, Oriental Books Reprint Corp.
3. Rama Rao.R Yogacharya (2003): *Yoga Chaitanya Pradipika(T)*. Viaslandhra Book house, all branches in india.

9) Reference books :

- 1) Prem Krishna (1973): *The Yoga of the Bhagavat Gita*, Pengvin books, London.
- 2) Singh, Lal A. (1970). *Yoga Psychology: Methods and approaches*. Varanasi, India. Bharatiya Vidya Prakashan.
- 3) Muktibodhananda Saraswati, Swami. (1990). *Swara Yoga: The tantric science of brain breathing*, Munger, Indis, Bihar School of Yoga.
- 4) Aurobindo Sri.(1976). *The Synthesis of Yoga*, Pondicherry, India, Sri Aurobindo Ashram.
- 5) Schiffmann. Erich. (1996). *YOGA: The spirit and practice of moving into stillness*. Newyork, Pocket Books.
- 6) Sivananda Saraswati, Swami (1955). *Guru and Disciple*, Rishikesh, India: Yoga Vedanta Forest Academy.

10) Websites :

1. <http://www.pondiuni.edu.in/content/indian-journal-philosophy-religion-culture>
2. <https://rajayoga.home.xs4all.nl/EN/HathaYogaPradipika2003En.pdf>
3. <https://www.ekhartyoga.com/articles/philosophy/the-yamas-and-niyamas>
4. <http://www.yogamag.net/archives/1991/cmays91/shat.shtml>
5. <http://www.icyer.com/documents/28.pdf>
6. <http://www.santosh.com/philosophy/hathayoga-pradipika-chapter3.html>
7. <http://hinduonline.co/DigitalLibrary/SmallBooks/GherandaSamhitaSanEng.pdf>
8. <https://www.thedailymeditation.com/pratyahara>
9. <http://sped2work.tripod.com/samadhi.html>
10. http://sivanandaonline.org/public_html/?cmd=displaysection§ion_id=1308

11) Details of the faculty :

Name of the Faculty	Email	Academic Address	For communication
Dr. V.Aruna Assistant Professor (C)	vangapanduaruna@gmail.com	Dept. of Yoga and Physical Education	9490677790

Name of the faculty: Dr.K.Taraka Rama Rao

Course objectives:

- Teaching methods is to communicate knowledge of teaching methods and practice in yoga.
- To learn about the principles of teaching methods in yoga.
- To learn about class management and formation of class in yoga.
- To learn about the lesson planning and model of lesson plans in yoga
- To learn about the notes of yogic practice teaching lesson.
- To learn about the nature of forgetting – Improving memory.
- To learn about the specimen of notes and observation of yogic practice lessons.
- To learn about the salient points in teaching important kriyas, asanas, pranayama and bandhas.

Course Outcomes:

- The student can understand the knowledge about the teaching methods and practice in yoga.
- The student can understand the knowledge about the principles of teaching methods in yoga.
- The student can understand the knowledge about the class management and formation of class in yoga.
- The student can understand the knowledge about the lesson planning and model of lesson plans in yoga
- The student can understand the knowledge about the notes of yogic practice teaching lesson.
- The student can understand the knowledge about the nature of forgetting – Improving memory.
- The student can understand the knowledge about the specimen of notes and observation of yogic practice lessons.
- The student can understand the knowledge about the salient points in teaching important kriyas, asanas, pranayama and bandhas.

UNIT I:

Teaching methods of Yoga

Introduction – yoga and yoga practices – meaning and scope of teaching methods in yoga

– principles of teaching methods in yoga – class management and formation of class in yoga – lesson planning and model of lesson plans in yoga – notes of yogic practice teaching lesson — specimen of notes and observation of yogic practice lessons - salient points in teaching important kriyas, asanas, pranayama and bandhas.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about the teaching methods and practice in yoga.
- The student can develop to aware the knowledge and understanding about the principles of teaching methods in yoga.
- The student can develop to aware the knowledge and understanding about the class management and formation of class in yoga.
- The student can develop to aware the knowledge and understanding about the lesson planning and model of lesson plans in yoga
- The student can develop to aware the knowledge and understanding about the notes of yogic practice teaching lesson.
- The student can develop to aware the knowledge and understanding about the nature of forgetting – Improving memory.
- The student can develop to aware the knowledge and understanding about the specimen of notes and observation of yogic practice lessons.
- The student can develop to aware the knowledge and understanding about the salient points in teaching important kriyas, asanas, pranayama and bandhas.

Unit II:

Teaching practice

(According to practical yoga syllabus of four semesters)

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about

the teaching methods and practice in yoga of yoga practice syllabus for to all two semesters in P.G.Diploma Yoga programme.

6.Course Duration: The course duration is one semesters or 6 months and each period **50 minutes.**

7.Course Contents

Unit No.	Units with its Contents/Chapters	No. of Sessions
I	<p>Teaching methods of Yoga</p> <p>Introduction – yoga and yoga practices – meaning and scope of teaching methods in yoga.</p> <p>Principles of teaching methods in yoga – class management and formation of class in yoga – lesson planning and model of lesson plans in yoga – notes of yogic practice teaching lesson – specimen of notes and observation of yogic practice lessons - salient points in teaching important kriyas, asanas, pranayama and bandhas.</p>	60
II	<p>Teaching practice</p> <p>(according to practical yoga syllabus of four semesters)</p>	

08.Teaching Methods:

The course will use the following pedagogical tools:

- Lecture method
- Demonstration method
- Group Discussion Method
- Use of internet and visual presentation.
- Use of Block board, News paper, Magazines, audio, video clips.

09.Evaluation:

A	Continuous Evaluation Component comprising of Assignments / Class Participation / Class test/Presentation on specific topic etc.	-----
B	Mid-Exam	Internal Assessment-20 Marks
C	End –Semester Examination	External Assessment-80 Marks

10.Reference Books:

Gharote, M.L.(2007). *Yogic Techniques*, Lonavla, The Lonvla Yoga Institute.

Gharote.M.L. & Gangule, S.K. (1995). Teaching Methods for Yogic Practicals, Kaivalyadhama Lonavla.

Yogendra(1986): Teaching Yoga Bombay, Yoga Institute.

11.Details of the faculty:-

Name of the faculty	e-mail	Academic Address	For communication..
Dr.K.Taraka Rama Rao Asst. Professor(c)	tarak.psy@gmail.com	Dept. of Yoga and Physical Education	7285913769

Name of the faculty: Dr.K.Taraka Rama Rao,
Dr. V.Aruna,Mr.K.V.N.Murthy,Mr.B.DakshinaMurty

Course objectives:

- The purpose of the course of yoga practice is to communicate knowledge of Kriyas, Asanas, Pranayama, Murdras , Bandas and relaxation postures.

Course Outcomes:

- The student can understand the knowledge about Kriyas Asanas, Pranayama Murdras and Bandas.

1.Learning Outcomes:

Yoga practice -II :

Pavanamuka series or sukshama vyayamam: Eye, Neck, Hand, Leg, Spinal, Chakki Chalana.

Suryanamaskara:

- | | |
|-----------------|-----------------------|
| 1.Pranamasana | 2. Hasta uttanasana |
| 3.Padahastasana | 4. Aswasanchalanasana |
| 5.Dandasana | 6. Ashtangasana |
| 7.Bhujangasana | 8. Parvatasana |

Sitting postures:

- | | | |
|--------------------------|---------------|-------------------|
| 1. Bhadrasana | 2. Virasana | 3. Meruvakrasana |
| 4. Ardha -matsyendrasana | 5. Ushtrasana | 6. Suptavajrasana |
| 7.Sasanakasana | | |
| 8. Sasakabhujangasana | | |
| 9. Matsyasana | | |
| 10.Patchimottanasana. | | |
| 11.Poorvottanasana | | |

Supine postures:

- 1.Uttanapadasana
- 2.Pavanamuktasana.
- 3.Navasana.
- 4.Kandarasana/Setubandasan
- 5.Chakrasana 6.Yoganidrasana
- 7.Matyasana

Prone postures:

- 1.Sarpasana 2.Shalabasana
- 3.Bhujangasana.
- 4.Tiryak bhujangasana
5. Purna bhujangasana
- 5.Dhanurasana

Balancing Postures:

- 1.Tadasana
- 2.Vrikshasana
- 3.Natarajasana
- 4.Ekapadasama
- 5.Garudasana
- 6.Hanumanasana

Inverted Postures:

- 1.Vipreeta karani Asana
- 2.Sarvanagasana
3. Halasana 4. Sirshasana

Advanced Posture:

1. Kurmasana 2. Mayurasana
- 3.Hamsasana 4.Brahmacharyasana
5. Ekapadagreevasana

Asta kumbaka Pranayama:

1. Surya bedhana.
2. Nadisodhana
3. Sitali
4. Seetkari
5. Ujjayi
6. Bramari
7. Bastrika
8. Moorcha

Practice of drishtis or concentration : Nasikagra, Brumadya

Mudras: Mahamudra, Maha bandha, Maha veda and Sambhavi Mudra

Banda traya:

1. Jalandara band 2. Moolaband 3. Ujjayaniband

Kriya Practicals:

1. Dhauti – Jala & Vastra
2. Nauli
3. Agnisara

Meditative Techniques:

OM Meditation

Chakra Meditation

So-Ham Meditation

Yogic Meditation

Relaxation postures:

1. Shavasana 2. Advasana

3. Matsyakridasana

4. Jyestikasana

5. Nirlambasana

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about the nature of Kriyas, Asanas, Pranayama, Murdras , Bandas and relaxation postures. These techniques makes them perfection, flexible and balancing in the directions of physical, mental , ethical, social and Spiritual aspects. Also makes them a good yoga practicer and teacher.

02.Course Duration: The course duration is one semesters or 6 months and each period **50 minutes.**

03.Course Contents: No. Of Sessions 120

Pavanamuka series or sukshama vyayamam: Eye, Neck, Hand, Leg, Spinal, Chakki Chalana.

Suryanamaskara:

- | | |
|-----------------|-----------------------|
| 1.Pranamasana | 2. Hasta uttanasana |
| 3.Padahastasana | 4. Aswasanchalanasana |
| 5.Dandasana | 6. Ashtangasana |
| 7.Bhujangasana | 8. Parvatasana |

Sitting postures:

- | | | |
|--------------------------|---------------|-------------------|
| 1. Bhadrasana | 2. Virasana | 3. Meruvakrasana |
| 4. Ardha -matsyendrasana | 5. Ushtrasana | 6. Suptavajrasana |
| 7.Sasanakasana | | |
| 8. Sasakabhujangasana | | |
| 9. Matsyasana | | |
| 10.Patchimottanasana. | | |
| 11.Poorvottanasana | | |

Supine postures:

- 1.Uttanapadasana
- 2.Pavanamuktasana.
- 3.Navasana.
- 4.Kandarasana/Setubandasan
- 5.Chakrasana 6.Yoganidrasana
- 7.Matyasana

Prone postures:

- 1.Sarpasana 2.Shalabasana
- 3.Bhujangasana.
- 4.Tiryak bhujangasana
5. Purna bhujangasana
- 5.Dhanurasana

Balancing Postures:

- 1.Tadasana

- 2.Vrikshasana
- 3.Natarajasana
- 4.Ekapadasana
- 5.Garudasana
- 6.Hanumanasana

Inverted Postures:

- 1.Vipreeta karani Asana
- 2.Sarvanagasana
3. Halasana 4. Sirshasana

Advanced Posture:

1. Kurmasana 2. Mayurasana
- 3.Hamsasana 4.Brahmacharyasana
5. Ekapadagreevasana

Asta kumbaka Pranayama:

1. Surya bedhana.
2. Nadisodhana
3. Sitali
4. Seetkari
5. Ujjayi
6. Bramari
7. Bastrika
8. Moorcha

Practice of drishtis or concentration : Nasikagra, Brumadya

Mudras: Mahamudra,Maha bandha, Maha veda and Sambhavi Mudra

Banda traya:

1.Jalandara band 2.Moolaband 3.Ujjayaniband

Kriya Practicals:

1. Dhauti – Jala & Vastra
2. Nauli
3. Agnisara

Meditative Techniques:

OM Meditation

Chakra Meditation

So-Ham Meditation

Yogic Meditation

Relaxation postures:

1.Shavasana 2.Advasana

3.Matsyakridasana

4.Jyestikasana

5.Nirlambasana

04.Teaching Methods:

The course will use the following pedagogical tools:

- Lecture method
- Demonstration method
- Group Discussion Method
- Use of internet and visual presentation.
- Use of Block board, News paper, Magazines, audio, video clips.

05.Evaluation:

A	Continuous Evaluation Component comprising of Assignments / Class Participation / Class test/Presentation on specific topic etc.	-----
B	Mid-Exam	Internal Assessment-20 Marks
C	End –Semester Examination	External Assessment-80 Marks

6.Reference Books:

Satyananda Saraswati, Swami (1989). *Asana, pranayama, mudra, bandha*. Munger: Bihar School of Yoga.

Iyenger, B.K.S. (1976). *Light on yoga*. London: Unwin Hyman Ltd.

Venkata Reddy, M. ed. (1982). *Hatha Ratnavali*. Arthamuru: M. Ramakrishna Reddy.

Swami Muktibodhananda, (ed.) (1985): *Hatha Yoga Pradipika: Light on Hatha Yoga* com. Munger Yoga Publication trust.

Swami Kuvalayananda (ed.) (1935). *Asanas*. Lonavla. Kaivalyadhama

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