

# SHRI KRISHNA AYUSH UNIVERSITY, KURUKSHETRA

POST GRADUATE DIPLOMA IN YOGA THERAPY  
for MD/MS Students  
(PGDYTS)

अभ्यासवैराग्याभ्यां तन्निरोधः



PGDYT  
1080 Hour Course

# POST GRADUATE DIPLOMA IN YOGA THERAPY (for MD/MS) Students (PGDYTS)

1080Hr.

## 1. Preamble:

Yoga is an invaluable gift of ancient Indian tradition. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind, body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga has attracted global attention in recent years. The awareness about yoga practice is increasing among people from different walks of life, not only for preservation and promotion of health, but also for the management of various diseases.

In this course, we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course, student is taught the fundamental & advanced concepts of yoga as well as the techniques for the treatment and prevention of various psychosomatic and life style related ailments.

## 2. Title of the course:

The course shall be called as “**POST GRADUATE DIPLOMA IN YOGA THERAPY**” for health promotion, add on course of **1080** Hour’s duration for the Students of MD/MS.

## 3. Aim

The aims of the Post Graduate Diploma in Yoga Therapy (PGDYT) shall be to provide orientation of specialties of Yoga and to produce skilled yoga specialist.

## 4. Objectives:

- Deeper understanding of yoga: To make students understand the classical nature of yoga & giving them the in-depth knowledge of its various components.
- Prevention; To introduce yoga as therapy, its principles and practices of yoga for prevention of various lifestyles, non-communicable and psychosomatic disorders.
- Promotion of positive health; To prepare them for giving talks and offer techniques to promote healthy yogic life style.

## 5. Duration:

Duration of the course is usually **1080 Hrs.** as add on course to be completed in 2 years from the admission. A student will be given maximum Three Years to complete (pass) the course.

## 6. Eligibility:

- Any AYUSH post graduate student pursuing MD/MS from SKAUK campus.
- Preference will be given to first year students after that to second year students and lastly to final year students if seats will remain vacant.

## 7. Course Timings and Credit Distribution

This course has total 1080 academic hours (distributed in 2 Years) and covered 56 credits

- 2 Hours. 6 days in a week

<b>Total Credits 56</b>	
<b>Total Hours 1080</b>	
<b>Theory: 1 Credit = 15 hours</b>	<b>Practical: 1 Credit = 30 hours</b>
<ul style="list-style-type: none"><li>• In each theory class, a new concept is taught and the student is learning something new throughout the class.</li><li>• It also involves self-learning.</li></ul>	<ul style="list-style-type: none"><li>• The practical is dependent on theory and experiments performed are based on concepts learned in theory class.</li><li>• Repetition of an already learned concept. Observations are taken again and again</li></ul>

<b>Total Hours 1080</b> <b>Total Credits 56</b>		<b>No. Of days in a week</b>	<b>No. Of hours in a day</b>	<b>Total Hours in a week</b>
<b>Theory Hours 600</b> <b>Credits 40</b>	<b>Practical Hours 480</b> <b>Credits 16</b>			
<b>1080</b>		<b>06</b>	<b>02</b>	<b>12</b>
Every student should be registered with Academic Bank of Credits (ABC)				

**8. The following shall be the titles of the papers-  
THEORY & PRACTICAL EXAMINATIONS-**

In this course total 10 Theory papers and 4 practical papers including case studies and report presentation. Student complete total academic hours, then eligible for exams

- Exam will be scheduled after completion of hours as indicated against respective Part.
- When Student has completed practical Hours then eligible for final Practical exams.

PAPERS	SUBJECT NAME	MARKS	HOURS	CREDITS
PGDYTS - 101	FOUNDATIONS OF YOGA	100	60	4
PGDYTS - 102	CLASSICAL YOGA TEXTS	100	60	4
PGDYTS - 103	PHYSIOLOGY OF YOGA PRACTICES	100	60	4
PGDYTS-PT- 104	YOGA PRACTICUM - 1	100	90	3
Evaluation for Part I		400	270	15
PGDYTS – 201	BASIS OF YOGA THERAPY	100	60	4
PGDYTS – 202	DISEASE SPECIFIC YOGA THERAPY- 1	100	60	4
PGDYTS-PT- 203	YOGA PRACTICUM - 2	100	150	5
Evaluation for Part II		300	270	13
PGDYTS - 301	MESSAGE OF PRINCIPAL UPANISHADS AND BHAGAVAD GITA	100	60	4
PGDYTS - 302	FUNDAMENTALS OF AYURVEDA, NATUROPATHY, DIET AND NUTRITION	100	60	4
PGDYTS - 303	BIOMECHANICS AND KINESIOLOGY	100	60	4
PGDYTS-PT- 304	YOGA PRACTICUM - 3	100	90	3
Evaluation for Part III		400	270	15
PGDYTS – 401	DISEASE SPECIFIC YOGA THERAPY – 2	100	60	4
PGDYTS – 402	APPLIED PSYCHOLOGY AND YOGIC COUNSELING	100	60	4
PGDYTS-PT- 403	YOGA PRACTICUM - 4	100	150	5
Evaluation for Part IV		300	270	13

**9. Scheme of Examination**

- The examination shall be organized on the basis of marking system to evaluate and certify candidate's level of knowledge, skill, and competence.
- The examination shall be held in written, practical and oral examination.
- The examination shall be aimed to test the ability and working knowledge of the student in the practical aspect of the Yoga and his/her fitness to work independently.
- The student shall be required to obtain minimum fifty per cent marks in every theory & practical subjects separately to be announced as pass.

- E. The subsequent examination for failed candidates shall be conducted at every six months interval.
- F. In case a student fails to appear in regular examination for cognitive reason, he or she shall appear in supplementary examination as regular students, whose non-appearance in regular examination shall not be treated as an attempt.

## 10. Format of Theory question paper

A.

<b>Duration: 3 Hours</b>			
Questions	Marks	Number of Questions	Total
<b>Very Short Answer</b>	2	10 out of 12	20
<b>Short Answer</b>	5	8 out of 10	40
<b>Long Answer</b>	10	4 out of 5	40
			<b>Total Marks: 100</b>

## B. Practical/Oral Examination-

- The Oral examination shall be aimed to assess the candidate's knowledge, skills and competence about the subject, investigative procedures, therapeutic techniques which will form a part of the examination.
- The Practical Examination shall be conducted by a team of two examiners out of which one examiner shall be external and one internal examiner.

## 11. Fee Structure for the Course-

Tuition fee	Rs. 40,000*/- (For Entire Course)
Examination fees	Rs. 2000/- Per Evaluation (Part wise)
*Student will pay the fee in two installments.	
First installment <b>Rs. 20,000/-</b>	
Second installment <b>Rs. 20,000/-</b>	

## 12. The maximum number of students in course – 100

## 13. Medium of instruction- The medium of instruction shall be Hindi or English.

## 14. Award of Certificate- Candidates who have completed course and have been declared successful in the examination shall be awarded a Certificate of the Post Graduate Diploma in Yoga Therapy (PGDYT).

## 15. Eligibility to Appear in the Examination – Minimum of 75% attendance in each Subject (Theory and Practical) separately.

## 16. Award of Diploma Certificate: The Student who will score minimum 50% marks in each paper (Theory and Practical) will be awarded with the Diploma Certificate.

## *Scheme and Syllabus*

### **Scheme**

#### **POST GRADUATE DIPLOMA IN YOGA THERAPY (for MD/MS) Students (PGDYTS)**

<b>PAPERS</b>	<b>SUBJECT NAME</b>	<b>MARKS</b>	<b>Minimum Pass Hours</b>	<b>CREDITS</b>
PGDYTS - 101	FOUNDATIONS OF YOGA	100	50	4
PGDYTS - 102	CLASSICAL YOGA TEXTS	100	50	4
PGDYTS - 103	PHYSIOLOGY OF YOGA PRACTICES	100	50	4
PGDYTS-PT- 104	YOGA PRACTICUM - 1	100	50	3
<b>Evaluation for Part I</b>		<b>400</b>	<b>200</b>	<b>15</b>
PGDYTS – 201	BASIS OF YOGA THERAPY	100	50	4
PGDYTS – 202	DISEASE SPECIFIC YOGA THERAPY- 1	100	50	4
PGDYTS-PT- 203	YOGA PRACTICUM - 2	100	50	5
<b>Evaluation for Part II</b>		<b>300</b>	<b>150</b>	<b>13</b>
PGDYTS - 301	MESSAGE OF PRINCIPAL UPANISHADS AND BHAGAVAD GITA	100	50	4
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PGDYTS – 402	APPLIED PSYCHOLOGY AND YOGIC COUNSELING	100	50	4
PGDYTS-PT- 403	YOGA PRACTICUM - 4	100	50	5
<b>Evaluation for Part IV</b>		<b>300</b>	<b>150</b>	<b>13</b>

## Syllabus

### Paper 1

60 hrs.

#### FOUNDATION OF YOGA

- To understand the fundamental components of Yoga required for a Yoga practitioner
- To conceptualize the therapeutic benefits of yoga based on the insights of Yoga texts
- To understand the concept and principles of Yoga therapy across various Yoga texts

#### Unit - 1: GENERAL INTRODUCTION TO YOGA AND INDIAN PHILOSOPHY

Brief introduction to origin, evolution, etymology and definitions of Yoga; Aim and Objectives of Yoga, Misconceptions about Yoga, Principles of Yoga and True Nature of Yoga; Brief introduction to Schools (Streams) of Yoga, Yoga Samanvaya, Important Yoga Practices advocated by Schools(Streams) of Yoga; Meaning and definitions of Darshana and Philosophy, Salient features of Indian Philosophy (Bharateeya Darshana), Branches of Indian Philosophy (Astika and Nastika Darshanas), Two-way relationship between Yoga and Indian Philosophy, General introduction to Prasthanatrayee and Purushartha Chatushtaya

#### Unit - 2: FOUNDATIONS OF YOGA AND YOGA TRADITIONS – I

General introduction to Vedas and Upanishads, Yoga in Pre-Vedic period, Yoga in Vedic period; Yoga in Ayurveda, Yoga in Principle Upanishads, Yoga in Yogopanishad; General introduction to Shad-darshanas, Yoga in Samkhya and Yoga Darshana, Yoga in Vedanta Darshana; Introduction to Epics (Ramayana, Mahabharata), Yoga in Ramayana, The nature of Yoga in; Adhyatma Ramayana, Yoga in Mahabharata, General introduction to Bhagavad-Gita;

Yoga in Bhagavad-Gita; Yoga in Yoga Vasishtha, Yoga in Narada Bhakti Sutra; Introduction to Smritis and Yoga in Smritis, Yoga in Yoga Yajnavalkya Smriti, Introduction to Puranas, Nature of Yoga in Bhagavat Purana

#### Unit - 3: FOUNDATIONS OF YOGA AND YOGA TRADITIONS – II

General introduction to Agamas, Tantras and classification of Tantras, Concept of Shiva and Shakti, Yoga of Shaiva Siddhanta; Yoga in Shakta Tantra: Concepts of Nadi and Prana in Tantra, Kundalini, Effects of Kundalini Shakti and Shatchakra Sadhana, Hatha Yoga Traditions and Sadhana, Development of Hatha Yoga in Modern Times; Yoga in Medieval Literature, Bhakti Yoga of Medieval Saints ; Yoga in Modern Times: Yogic Traditions of Ramakrishna and Swami Vivekananda, Yoga of Maharishi Raman, Swami Kuvalyananda, Sri Yogendra, Swami Dayanand Saraswati and Integral Yoga of Shri Aurobindo; Yoga in Contemporary Times: Brief Introduction to important Yoga Paramparas (lineages) Yoga Parampara of Sri T. Krishnamacharya, Yoga Parampara of Swami Shivanada Saraswati, Yoga Parampara of Shri Madhav das, Swami Kartikeya, Swami Rama of Himalayas, Maharshi Mahesh Yogi etc. and their contributions for the development and promotion of Yoga.

#### Unit - 4: FOUNDATIONS OF YOGA AND YOGA TRADITIONS – 3

General Introduction to Non-Vedic Schools of Indian Philosophy: Jainism, Buddhism, etc.; Introduction to Jainism, Anekantavada (Syadvada), Concept of Tri-ratnas, Concept of Kayotsarga (Preksha-dhyana). Yoga in Jaina darshana.; Introduction to Buddhism: Introduction to Buddhism, Skandha-vada, Concept of Arya-Satya or Four Noble Truths, Arya-astangika-marga or Noble-eight-fold-path (Bouddha-Yoga).; Introduction to Sufism: Meaning and Characteristic features of Sufism, Elements of Yoga in Sufism, Sufi Meditation Techniques. Concepts and practices of Yoga in other religions; Introduction to Schools (Streams)of Yoga: Yoga Schools with Vedanta Tradition (Jnana, Bhakti, Karma and Dhyana), Yoga Schools with Samkhya-Yoga Tradition (Yoga of Patanjali) and Yoga Schools with Tantric Tradition (Hatha Yoga, Kundalini Yoga, Mantra Yoga etc.)

#### TEXT BOOKS

Dasgupta S. N: History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012

Bhat, Krishna K.: The Power of Yoga: SuYoga Publications Mangalore, 2006

Singh S. P: History of Yoga, PHISPC, Centre for Studies in Civilization 1<sup>st</sup>, 2010

### Paper 2

60 hrs.

#### CLASSICAL YOGA TEXTS

To give an understanding of the important concepts in Patanjali Yoga Sutras

To give an understanding of the important concepts in Hatha Yoga

#### Unit-1: INTRODUCTION TO PATANJALI'S YOGA SUTRAS

Yoga, it's meaning & purpose & a brief introduction to Patanjali's Yoga Sutras and its author; Nature of Yoga

according to Patanjali in light of Vyasabhashya and other traditional commentators, Importance of Yoga Sutra in comparison to other Yogic literature; Concept of Citta, Citta-bhumis, Citta-vrttis, Citta-vrtti nirodhopaya (Abhyasa and Vairagya) Citta- Viksepas (Antarayas), Citta-prasadanam and its' associates;

#### Unit-2: FOUR PADAS OF PATANJALI'S YOGA

Kriya-yoga, Theory of Kleshas, Nature of Drsta & Drshya and means of elimination of Kleshas/ Vivekakhyati; Types and nature of Samadhi in Yoga Sutra, Rtambharaprajna and Adhyatmaprasada; Samprajnata, Asamprajnata, Sabija & Nirbija Samadhi, Difference between Samapattis and Samadhi; Concept of Ishvara and qualities of Ishvara. Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi; Samyama & three Parinama of Samyama. The concept and description of Ashta Siddhis; Nature of Kaivalya, Kaivalya in relation to Triguna and Dharmamegha Samadhi; Ashtanga Yoga & Kriya Yoga in Yoga Sutras and their importance & relevance in modern age.

#### Unit-3: HATHA YOGA PRACTICES - I

Hatha Yoga, its meaning, definition, aims & objectives, misconceptions, obstacles (vighna) and helps (sahayaka) in Hatha Yoga as in Hatha Yoga Pradipika; Concept of Ghata, Ghatashuddhi, concept and importance of Shodhana in Hatha Yoga; Concept of Mata, Rules & Regulations to be followed by the Hatha Yoga Practitioner, concept of Mitahara, Pathya and Apathya; Shodhana kriyas in Hatha Pradeepika; Shodhana kriyas in Gheranda Samhita and Hatha Ratnavali; Health benefits, precautions, and contraindications of Shodhana kriyas; Importance of Shodhana kriyas in health and disease; Definition, pre requisites and special features of Yoga-asana; Asanas in Hatha Pradeepika and Hatha Ratnavali; Asanas in Gheranda Samhita; Health benefits, precautions, and contraindications of different Asanas; Importance of Asana in health and disease.

#### Unit - 4: HATHA YOGA PRACTICES - II

Concept and definition of Prana and Pranayama; its importance in Nadi shuddi; Pre- requisites of Pranayama, Nadishodhana Pranayama; Importance of Pranayama in Hatha Yoga Sadhana and its phases and stages; Pranayama in Hatha Pradeepika, Hatha Ratnavali & Gheranda Samhita, their health benefits, precautions and contraindications; Concept, definition of Bandha and Mudra, their importance in Hatha Yoga; Bandhatraya in Hatha Yoga Sadhana, Mudras in Hatha Pradeepika, Hatha Ratnavali and Gheranda Samhita; Health benefits, precautions and contraindications of Bandha and Mudra; Concept of Manas (mind) and Kanda in Hatha Yoga; Concept and definition of Pratyahara, Dharana and Dhyana in Gheranda Samhita; Techniques and benefits of Pratyahara, Dharana and Dhyana in Gheranda Samhita; Concept and benefits of Nada and Nadanusandhana in Hatha Pradeepika, four avasthas (stages) of Nadanusandhana; Relationship between Hatha Yoga and Raja Yoga; Goal of Hatha Yoga

#### TEXT BOOKS

Swami Muktibodhananda Saraswati. Hatha Yoga Pradeepika, Yoga publication trust, Munger, 20012. Taimini. Science of Yoga. Theosophical publication of India, Chennai,

#### Paper 3

60 hrs.

#### PHYSIOLOGY OF YOGA PRACTICES

##### Objectives:

- To revise the knowledge of the Patho-physiology of a disease to enable the yoga therapy consultant to select a suitable module for the individual patient with the right understanding of how and why to avoid a high-risk practice, what to emphasize and how frequently the practices are to be repeated etc.
- To equip the students to understand the recent advances in psycho-neuro- immunological aspects of a disease to correlate with the holistic perspective of yogic concepts of mind body interaction in life style related diseases.
- To get an understanding of subtle physiological changes following the practice of yoga practices e.g. the Neuro Psychological locks in Mudras and Bandhas etc.
- To have a brief idea of the underlying mechanism behind the possible benefits of yogic practices
- To orient the professionals in documentation of the parameters at various levels (anatomical, physiological, biochemical, prāna, psychological and cognitive) to assess the changes after the practices of yoga.

#### Unit - 1: THE CONCEPT OF HOMEOSTASIS

Regulatory systems of the body, Characteristics of control systems (humoral and autonomic) HPA axis as the physiological basis of mind-body medicine; Hypothalamus pituitary ovarian Humoral mechanisms, metabolic homeostasis-glucose-insulin dynamics, lipids-liver homeostasis.

Physiology of exercise, muscle physiology, neuromuscular control, effects of the sthira sukha aspect of Asana on nerve-muscle physiology Mechanism of influence there are six types of asanas: stretching; pivoting; strengthening; inverted; pressing; equilibration.

### **Unit - 2: PRANAYAMA**

Recent advances in understanding of anatomy, physiology of cardio-respiratory system; orientation to lung function tests, ECG, scans, and other relevant investigations related to cardio-respiratory system. Psycho-physiological effects of pranayama; physiological mechanisms involved in higher levels of adaptation through pranayama.

### **Unit - 3: KRIYAS**

An overview of diffusion, osmosis and active transport; advances in physiology of excretory system, digestive system, fluid-electrolyte balance, acid-base balance and temperature regulation with emphasis on understanding stress- mind- body interaction. Significance of salt during the practice of Kriya; Tonicity of a solution [hypotonic, hyper tonic and isotonic solution]; Effect of Kriyas on digestive system and peristalsis; Mechanism of action of all shatkriyas Kriya practices as 1. cleansing practice, 2. stamina building practice, and 3. a promoter of voluntary mastery over involuntary reflex functions of the body to achieve Chitta vrtti nirodhah.

### **Unit - 4: MUDRAS & BANDHAS**

Advances in physiology of brain and nervous system including resting membrane potential; action potential and transmission of nerve impulse; neurotransmitters; a brief update on measurements- nerve conduction velocity, EEG, EMG, CT scans, MRI, fMRI, NMR spectroscopy. Psycho-physiology of stress; Psycho-physiology of sleep; Psycho-biology of behavior; Psycho-physiology of emotional states.

Sphincters and their functions; neuro-regulatory system that control the sphincters; Principles behind the practice of Mudras; Navadvara and their significance in yoga; Granthis and their significance;

Significance of neuro psychological locks and their role in regulating the tone of the muscles and nerve conduction;

### **TEXT BOOKS**

Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners Book by Herbert David Coulter; Publisher Body and Breath, 2001

### **REFERENCE BOOKS**

A Handbook for Yogasana Teachers: The Incorporation of Neuroscience, Physiology, and Anatomy by Mel Robin, Publisher: Wheatmark; 1 edition (15 May 2009)

Clinical Anatomy: A Revision and Applied Anatomy for Clinical. Students, Harold Ellis, Blackwell Publishing, 2006

### **Practical**

#### **Paper 4**

**90 hrs.**

### **YOGA PRACTICUM-I**

General Yoga practices of Shatkarmas, Asanas, Suryanamaskar, Breathing practices and Pranayama

#### **Unit-1: SHATKARMAS**

Dhauti (Kunjal), Neti (Sutra and Jala), Kapalbhati, Agnisara

#### **Unit-2: SURYANAMASKAR**

#### **Unit-3: ASANAS (YOGIC POSTURES)**

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana, Ardha Chakrasana, Paada Hastasana, Trikonasana, Parshva Konasana, Veerabhadrasana, Bhunamanasana, Hanumanasana, Dandasana, Swastikasana, Sidhasana, Bhadrasana, Padmasana, Vajrasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Kurmasana, Navasana, Baddha Padmasana, Janusirasana, Paschimottanasana, Supta Vajrasana, Mandukasana, Utthana Mandukasana, Vakrasana, Ardha Matsyendrasana, Simhasana, Pavanamuktasana, Utthana-padasana, Ardha Halasana, Setubandha Sarvangasana, Halasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana, Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, Bakasana, Kukkutasana, Matsyendrasana,



Padangusthasana, Hastapadangusthasana, Garudasana, , Natarajasana Mayurasana, Sirshasana

#### **Unit-4: BREATHING PRACTICES AND PRANAYAMA**

Hands in and out, Hands stretch, Akle stretch, Legs rising, Sasankasana breathing, Rabbit breathing, Tiger breathing, Breath awareness, Sectional breathing, Nadishuddhi Bhastrika, Ujjai, Cooling pranayama (Sitali, Sitkari and Sadanta), Bhramari

#### **TEXT BOOKS**

Nagarathna, R and Nagendra, H.R.: Promotion of Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2002

B.K.S Iyenger, Light on Yoga, Published by HarperCollins, 1966

#### **REFERENCE BOOKS:**

1. Swami Satyananda Saraswati, Asana, Pranayama, Mudra, Bandha, Bihar Yoga Bharati, Mungher, Bihar, India.

B.K.S Iyenger, Light on Pranayama, Published by HarperCollins, 1981

Yoga for Promotion of Positive Health, by Dr R Nagarathna, Dr H R Nagendra, Number of pages: 178 | Publication Date: 2004 | ISBN-13: 9780615256245, Published by SVYP, Bangalore.

### **Paper 5**

**60 hrs.**

#### **BASIS OF YOGA THERAPY**

To understand the Yogic concept of Body and Health

To have an understanding of the Yogic concept of Disease and yoga therapy for each disease.

#### **Unit-I: YOGIC CONCEPTS OF HEALTH AND DISEASE**

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Health and Disease in modern and Indian Systems of Medicine i.e. Ayurveda, Naturopathy and Siddha Systems of Medicine, Utility and Limitations of these systems in health and healing; Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi; Concept of stress (Adhi) as cause for Vyadhi (yoga vasishtha); Role of Yoga in preventive health care – Heyam dukham anagatam ; Potential causes of Ill-health: Tapatrayas and Kleshas, Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa. Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti- darsana, Alabdha-bhumikatva and Anavasthitatva

#### **Unit - II: PREVENTIVE HEALTHCARE ACCORDING TO YOGA**

Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Panchakoshas & Shat-chakra and their role in Health and Healing Shuddhi Prakriyas in Yoga : Role of Shuddhi Prakriyas in preventive and curative Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

#### **Unit – 3: THEORY OF PRACTICES RELATED TO PREVENTIVE HEALTH - I**

Dietary regulation according to Hatha yoga and Bhagavadgita; Shatkriyas and Tatva shuddhi; Asana for mind body and spirit; Pranayama; Definition of Mental Health & Mental Hygiene & Total Health ; Indian approach to personality and personality integration Psycho-Social Implications of yoga; Adjustment Personal and interpersonal adjustment through yogic rules and regulations Niyamas & Yamas

#### **Unit - 4: THEORY RELATED TO THE PRACTICES RELATED TO PREVENTIVE HEALTH-II**

Attitude change towards yoga through individualized counseling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counseling; the remedial measures; Action in relaxation-the secret of Karma Yoga; Psycho-physiological effects and health benefits of Pranayama, Shatkarma; Bandha and Mudra ; Psycho-physiological effects and health benefits of Meditation

#### **TEXT BOOK**

Dr. Manmath M Gharote, Dr. Vijay Kant: Therapeutic reference in Traditional Yoga texts

Nagendra, H. R.: Yoga for Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2000

#### **REFERENCE BOOKS**

Preeti Goel and Rita Jain: Spectrum of Health (Sports Publications, New Delhi, 2003)  
 M. M. Gore: Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)  
 Bhat Krishna K Dr., (2006) The Power of Yoga: An authentic guide on Yoga and Personal Health, Mangalore: Suyoga Publications  
 Dr. R. S. Bhogal: Yoga Psychology, Kaivalyadhama Publication  
 T.S. Rukmani : Patanjala Yoga Sutra  
 Sahay, G. S.: Hatha Yoga Pradeepika, MDNIY Publication, 2013  
 Nagendra H. R: New Perspective in Stress Management, VK Yoga Publication, Bangalore

## **Paper 6**

**60 hrs.**

### **DISEASE SPECIFIC YOGA THERAPY-I**

#### **Objectives:**

- To be able to prescribe the integrated yoga module for the individual case after detailed documentation and report it to the referring consultant.
- To request for assessment measures, if necessary, a) to confirm the diagnosis, b) to assess the present status of the disease, and c) for follow up.
- To be able to monitor the medication and modify it suitably as the case progresses with yoga practices and report it to the referring consultant.
- To be able to explain to the participant how yoga offers a holistic approach to remove the root cause of the disease by a life style change with examples.
- to be able to prescribe suitable diet regime
- To be able to do suitable yogic counseling for erasing the Adhi (stress), the cause of the disease.
- For each condition the following aspects will be covered:
- Brief overview of the condition including definition, prevalence, clinical features, diagnostic criteria, causes, Patho-physiology, measurements- investigations to assess the effect of yoga' Yogic Management -rationale for the disease specific yoga protocol, scientific evidence if available, practices of choice and contra-indications. Probable healing mechanisms.

#### **Unit-1: MUSCULO-SKELETAL DISORDERS**

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Arthritis, Spinal pain-neck, lumbar, Muscle Diseases-Muscular dystrophy, MND etc.

#### **Unit- 2: GASTRO INTESTINAL DISORDERS AND EXCRETORY SYSTEM**

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Acid peptic disease- Indigestion Hyperacidity, Ulcer, Flatulence, Gastritis, Bowel problems - chronic Constipation and hemorrhoids, Irritable Bowel Syndrome, Ulcerative colitis or inflammatory bowel disease, Crohn's disease, gluten intolerance, food allergies; Excretory System: irritable bladder syndrome, stress incontinence, Chronic renal failure, Renal hypertension, Renal stones

#### **Unit- 3: YOGIC MANAGEMENT OF CARDIO-VASCULAR DISORDERS**

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management Hypertension and Hypotension, Ischemic heart diseases, Varicose veins, Peripheral vascular disease, Autoimmune Arteritis

#### **Unit- 4: RESPIRATORY DISORDERS**

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management (rationale for the disease specific yoga protocol, scientific evidence if available, probable healing mechanisms, practices of choice and contra indications). Allergic, autoimmune respiratory conditions -Allergic Rhinitis & Sinusitis, Bronchial Asthma, ILD, COPD & Emphysema- Occupational pulmonary disease; Obstructive sleep apnea

#### **TEXT BOOKS**

Nagarathna R and Nagendra HR, Yoga therapy for common ailments series, SVYP publications, 2010  
 Swami Karmananda, Yoga therapy for common diseases, Yoga publication trust, Munger, 2001  
 Dr Robin Monro, Dr R Nagarathna and Dr H R Nagendra, Yoga for common ailments, Gaia Publishers

#### **REFERENCE BOOKS**

Shivanand Saraswati: Yoga Therapy (Hindi & English)

Rai, Lajpat: Discovering Human Potential energy: A Physiological Approach to Yoga (Anubhava Rai Publications, 1998)

Nagarathna, R and Nagendra, H.R.: Promotion of Positive Health, Swami V4ekananda Yoga Prakashana, Bangalore, 2002

Ramesh Bijlani: Back to Health through Yoga, Rupa Publications India Pvt. Ltd, 2011

MDNIY publications: 10 Booklets, Yoga Therapy Series, MDNIY Publications, New Delhi, 2009

Swami Satyananda Saraswati: Yoga and Cardio Vascular Management, Yoga Publication Trust, Munger, 2005

Nagarathna R and Nagendra H R: Yoga for Arthritis, Back pain, Diabetes, Pregnancy Breathing Practices, Swami V4ekananda Yoga Prakashana, Bangalore, 2000

Swami kuvalayananda and S.L. Vanikar: Yoga Therapy: Ka4alyadhama, Lonavala, Revised Edition

Swami Shankardevananda Saraswati: Yogic Management of Asthma and Diabetes, Yoga Publication Trust, Munger, 2002

Swami Satyananda Saraswati: A Systemic programme in the ancient tantric techniques of Yoga and Kriya, Yoga Publication Trust, Munger, 2007

## **Paper 7**

**100+50 hrs.**

### **YOGA PRACTICUM-II**

- To understand the Yoga therapy practices for specific diseases (Each set of techniques will be taught for 15 days and thereafter a continuous revision for the same practices will be done by the peer group)

#### **Unit - 1 : YOGA THERAPY TECHNIQUES FOR MUSCULO SKELETAL DISORDERS**

Muscular Distrophy, Back Pain, Neck Pain, Arthritis, Cervical Spondylosis,

#### **Unit - 2: YOGA THERAPY FOR GASTRO INTESTINAL DISORDERS AND EXCRETORY SYSTEM**

Constipation, IBS, Piles & Fistula

#### **Unit - 3: YOGA THERAPY FOR CARDIO-VASCULAR DISORDERS:**

Primary and Secondary Hypertension, IHD

#### **Unit - 4 : YOGA THERAPY FOR RESPIRATORY DISORDER :**

Asthma, Nasal Allergy, Cystic Fibrosis

### **CASE STUDIES**

Yoga camp Report

### **TEXT BOOKS**

Nagarathna R. and Nagendra H. R.: Common ailment series, published by SVYP, Bangalore, 2010

Swami Karmananda: Yogic management of common diseases, Yoga Publications Trust, Munger, 2001

### **REFERENCE BOOKS**

Reddy, M. Venkata and Others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P.2005

Dr R Nagarathna, Dr H R Nagendra: Yoga for Asthma by Published by SVYP, Bangalore, 1998

Dr R Nagarathna, Dr H R Nagendra: Yoga Practices for Anxiety & Depression, Published by SVYP, Bangalore, Bangalore, 2001

Yoga for Back Pain by Dr H R Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore, Bangalore, 2001

Yoga for Cancer by Dr H R Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore, Bangalore, 2006

Dr R Nagarathna, Dr H R Nagendra, Yoga for Arthritis, Published by SVYP, Bangalore, 2001

Dr Shamantakamani Narendran, Dr R Nagarathna and Dr H R Nagendra: Yoga for Pregnancy, Published by SVYP, Bangalore, 2008

**Message Of Principal Upanishads, Bhagavad Gita & Yoga Vasishta****Objectives:**

- To teach the essence of the Principal Upanishads
- To teach the essence of the Bhagavad Gita and Yoga Vasishta

**Unit - 1: ESSENCE OF UPANISHADS-1**

Aitreya; Isha Upanisad; Mandukya; Manduka; Taitriya Upanisad.

**Unit - 2 ESSENCE OF UPANISHADS-2**

Katha Upanishad; Kena Upanishad; Bruhataranyaka; Chandogya; Prashna Upanishad; Shwetashwatara Upanishad

**Unit -3: YOGA IN BHAGAVAD GITA**

General Introduction to Bhagavad Gita (B.G.). Definitions of Yoga in Bhagavad-Gita and their relevance & Scope; Essentials of B.G from Chapters II, 3, 4, V, VI, XII & XVII: The meanings of the terms Atmaswarupa, Stithaprajna, Sankhya Yoga, Karma Yoga, Sannyasa Yoga and Karma Swarupa (Sakama and Nishkama) etc ; Essentials of B.G (Contd.): Samnyasa, Dhyana , Nature of Dhyana, Preparation of Dhyana and Dhyana Yoga etc; Essentials of B.G. (Contd.): Bhakti, Nature of Bhakti, Means and Goal of Bhakti-Yoga; Essentials of B.G (Contd.): The Trigunas and modes of Prakriti; Three Kinds of Faith. Food for Yoga Sadhaka, Classification of food etc. The Glory of B.G.

**Unit - 4: YOGA VASISHTHA**

Statge of Yoga Vasistha; A Brief understanding of Vairagya prakarana, Mumukshu Prakarana, Utpatti prakarana (Story of Leela), Stiti Prakarana, Upashanti Prakarana ( Story of Janaka) and Nirvana Prakarana (Story of BHushanda); Concept of Adhis and Vyadhis; Psychosomatic Ailments; What are the four Gatekeepers (Pillars) to Freedom?, Inspirational Verses from Yoga Vasistha, The Story of HastAmalaka, Rama and Dispassion, Story of Suka – How Suka attained the Highest State of Bliss, What are the impediments of Yoga? How to abandon them?Eight limbs of Meditation, Greatest Verses from Yoga Vasistha, Story of Lila; The Conclusion of Nirvana Prakarana, Summary of the Yoga Vasistha.

**TEXT BOOK**

Swami Ranganathananda: Message of Upanishads, Bharatiya Vidya Bhavan, Bombay, 1985

Swami Tapasyananda : The Holy Gita-the Science of Life, Pub: RK Mission, Chennai.

**REFERENCE BOOKS:**

Eknath Easwaran: The Bhagavad-Gita (Classics of Indian, Spirituality) (Nilgiri Press; 2007)

Swami Venkateshanada: Concise of Yoga Vasistha, State University of New York Press (1985).

K. Narayan Swami Aiyar: Yoga Vasishta (Laghu, The Smaller), Vista International Publisher, 2005.

**Paper 9**

60 hrs.

**FUNDAMENTALS OF AYURVEDA, NATUROPATHY, DIET AND NUTRITION****Objectives:**

- Brief understanding of Ayurveda and Naturopathy
- To understand the Yogic Concept of Diet & Nutrition

**Unit - 1: FUNDAMENTALS OF AYURVEDA**

General introduction, definition, history and principles of Ayurveda; Concept, role and importance of – Dosha, Dhatu, Mala, Updhatu, Srotas, Indriya, Agni, Prana, Pranayatna, Prakriti, Deha Prakriti and Manasa Prakrit.

**Unit - 2: CONCEPT OF HOLISTIC LIVING IN AYURVEDA**

Concept, role and importance of – Swasthavrita, Dinacharya, Ritucharya, Sadvrita, Achararasayana; Elementary knowledge of concept of health, disease and management of common diseases in Ayurveda; Relationship between Yoga and Ayurveda, Importance & utility of basic concepts of Ayurveda in Yogic Therapy.

### **Unit - 3: FUNDAMENTALS OF NATUROPATHY (NISARGOPACHAR) - I**

General introduction, definition, history and principles of Nisargopachar; Concept, role, qualities, functions and importance of –five elements. Relationships of five elements with seasons, body and mind; Philosophy of Nisargopachar- Western and Indian Concept of health and disease in Nisargopachar. Main principles of Naturopathy (Nisargopachar); Relationship between Yoga and Nisargopachar. Yoga & Nisargopachar as a system of medicine in disease prevention, health promotion and management of diseases.

### **Unit - 4: FUNDAMENTALS OF NATUROPATHY (NISARGOPACHAR) -II**

Practices in Nisargopachar- Upavasa & Diet Therapy, Hydrotherapy & Mud therapy, Solar, Color & Magnet therapy, Massage & Manipulative therapies, Acupuncture and Energy Medicine; Common principles of Naturopathy & Yoga as a holistic system of medicine; Hydrotherapy & Mud therapy; Natural diet, nutraceuticals, nutrition and fasting therapy; Manipulative therapies (Massage therapy, Chiropractic and Osteopathy); Helio therapy, Color therapy and Magnet therapy.

### **Unit - 4: YOGIC CONCEPT OF DIET & NUTRITION**

Concept of food, Acceptance of Food, Functions of Food (Modern and Ancient); General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification in Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta; Pathya and Apathya in diet according to Yogic texts; Guna and Ahara; Importance of Yogic Diet in Yog Sadhana; Yogic Diet and its role in healthy living

### **TEXT BOOKS**

Laxmipati, K., Basic principles of Ayurveda

Indrani T: A Nursing manual of Nutrition & Therapist Diet by Jaypee Brothers, 2008

### **REFERENCE BOOKS:**

Kaushik, Mai Ram, Ayurveda Kya Hai? Bikaner: Anand Prakashan, 2003

Gardiner, A.K, Principles of Exercise Therapy C B S Publications, New Delhi

Ghosh, A.K., Poshan Ke Pracheen tatha Adhunik, Avadharana, Hindi.

Joshi S.V., Ayurveda & Panchakarma The science of Healing and rejuvenation Motilal Babarasisdas Publishers Private Limited, Delhi.

Randolph Stone: A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition

Carroll A Lutz: Nutrition & Diet Therapy, Evidence Based Application, Jaypee Brother New Delhi, 2008

Paper 10

60 hrs.

### **BIOMECHANICS AND KINESIOLOGY**

#### **Objectives:**

- The biomechanics course objectives are
- Helping learners to realize biomechanics importance to yoga practice;

To learn general biomechanics concepts and principles that influence human movement;

Illustrate the use of these general biomechanical concepts in the professional skill for the diagnosis of the movement during yoga practices.

### **Unit 1: Introduction to Kinesiology and Yoga Biomechanics**

Meaning and Definition of Kinesiology ; Basic Biomechanical terms – velocity; acceleration; angular velocity; angular acceleration; Mass; Pressure; Gravity; Friction; work; Power; Energy; Torque; Bio mechanics: Description of movement of the human body; Kinematics, Kinetics; Kinetics – the forces producing motion e.g. muscles, gravity; Kinematics – the description of motion e.g. type, location, direction, planes of movement; Type of displacement (movement); Location in space; Direction of movement; Magnitude of movement; Rate of movement; Importance of Kinesiology and Biomechanics for Yoga

### **Unit 2: Fundamental Concept**

Fundamental concepts of following terms – Axes and Planes, Centre of Gravity, Equilibrium, Line of



Gravity; Fundamental movements at various joints; Fundamental concepts of the following terms – Angle of Pull, All or None Law, Reciprocal Innervations and inhibition; Stretch and postural reflex during the practice of Yoga postures; Force – Meaning, definition, types and its application to various Yoga postures; Lever – Meaning, definition, types and its application to human body; Newton's Laws of Motion – Meaning, definition and its application to Yoga activities.

### **Unit-3 : Biomechanics of Hip and spine**

Biomechanics of Hip Structure & function of the bones & noncontractile element of the Hip, mechanics & pathomechanics of muscle activity at the hip & analysis of the forces on the Hip during various Yoga postures; Biomechanics of Spine: Structure & function of the bones & joints of the cervical spine, mechanics & pathomechanics of the cervical musculature, analysis of the forces on the cervical spine during activity, structure & function of the bones & joints of the thoracic spine, mechanics of the thoracic musculature, analysis of the forces on the thoracic spine during Yoga Postures & structure & function of the bones & joints of the lumbar spine. c. Mechanics of the lumbar musculature, analysis of the forces on the lumbar spine during Yoga postures, structure & function of the bones & joints of the pelvis, mechanics of the muscle activity in the pelvis & analysis of the forces on the pelvis during activity.

### **Unit-4: Biomechanics of Shoulder, elbow and wrist**

Biomechanics of Shoulder: Structure & function of the bones & joints of the Shoulder complex, mechanics & pathomechanics of the muscle activity in the Shoulder complex & analysis of the forces on the Shoulder complex during Yoga postures; Biomechanics of Elbow: Structure & function of the bones & non contractile element of the elbow, mechanics of muscle activity at the elbow & analysis of the forces on the elbow during Yoga postures; Biomechanics of Wrist & Hand Structure & function of the bones & joints of the wrist & hand, mechanics of the muscle activity in the wrist & hand, analysis of the forces on the wrist during activity, mechanics of the Special connective tissue in the hand

### **TEXT BOOKS**

Hay, J.G. and Reid, J.G.: Anatomy, mechanics and human motion. Englewood Cliffs, N.J.: prentice Hall Inc. 1988.

Knudson, D.: Fundamentals of biomechanics. New York, NY: Springer, 2007

### **REFERENCE BOOKS**

McGinnis, P.: Biomechanics of sport and exercise. Champaign, IL: Human Kinetics, 2013

Franc Bell: Principles of Mechanics and Biomechanics, Stanley Thornes Publications, 1998

Iowan W. Griffiths, Principles of Biomechanics & Motion Analysis, Published by Lippincott Williams & Wilkins, 2006

### **Practical**

#### **Paper 11**

**90 hrs.**

#### **YOGA PRACTICUM - 3**

#### **Objective:**

**(Each set of techniques will be taught for 15 days and thereafter a continuous revision for the same practices will be done by the peer group)**

#### **Unit - 1: YOGA THERAPY FOR NEUROLOGICAL DISORDERS**

Migraine & Tension headache, Cerebro-vascular accidents, epilepsy; Pain; Autonomic dysfunctions, idiopathic Parkinson's disease, Multiple sclerosis, Refractory errors of vision

#### **Unit - 2: YOGA THERAPY FOR ENDOCRINOLOGICAL AND METABOLIC DISORDER**

Diabetes Mellitus (I&II), Hypo and Hyper thyroidism, Obesity, Metabolic Syndrome

#### **Unit - 3: YOGA THERAPY FOR OBSTETRICS AND GYNECOLOGICAL DISORDERS**

Menstrual disorders, Premenstrual Syndrome, Pregnancy and Childbirth, Ante-natal care, post-natal care.

#### **Unit - 4: PSYCHOLOGICAL AND PSYCHIATRIC DISORDER**

Anxiety, Depression, Schizophrenia, Mania, OCD

## TEXT BOOK:

Yoga Therapy (Hindi & English), Shivanand Saraswati

Paper 12

60 hrs.

## DISEASE SPECIFIC YOGA THERAPY-II

### Objectives:

- To be able to prescribe the integrated yoga module for the individual case after detailed documentation and report it to the referring consultant.
- To request for assessment measures, if necessary, a) to confirm the diagnosis, b) to assess the present status of the disease, and c) for follow up.
- To be able to monitor the medication and modify it suitably as the case progresses with yoga practices and report it to the referring consultant.
- To be able to explain to the participant how yoga offers a holistic approach to remove the root cause of the disease by a life style change with examples.
- To be able to prescribe suitable diet regime
- To be able to do suitable yogic counseling for erasing the Adhi (stress) , the cause of the disease.
- For each condition the following aspects will be covered:
- Brief overview of the condition including definition, prevalence, clinical features, diagnostic criteria, causes, Patho-physiology, measurements- investigations to assess the effect of yoga' Yogic Management -rationale for the disease specific yoga protocol, scientific evidence if available, practices of choice and contra-indications. Probable healing mechanisms.

### Unit-1: NEUROLOGICAL DISORDERS

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Headache-Migraine, Tension. Post traumatic, trigeminal neuralgia; Cerebro-vascular accidents- prevention and rehabilitation; Multiple sclerosis-rehabilitation and prevention of recurrence Epilepsy; Chronic Pain; Autonomic dysfunctions; Neurodegenerative diseases - Parkinson's disease, Alzheimer's, dementias; . Eyes- errors of Refraction, glaucoma, prevention of cataract, uveitis, yoga for the blind; ENT- voice culture – musicians, hoarseness of voice, meniere's disease yoga for rehabilitation of hearing impaired; Speech rehabilitation

### Unit-2: ENDOCRINOLOGICAL AND METABOLIC DISORDER

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Metabolic Syndrome; Diabetes Mellitus (I&II); Hypo and Hyper thyroidism; Obesity; PCOD

### Unit-3: OBSTETRICS AND GYNECOLOGICAL DISORDERS

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Menstrual disorders-DUB, fibroids, endometriosis, adolescent dysmenorrhoea; Premenstrual Syndrome; Peri menopausal syndrome; Pregnancy and Childbirth - Ante-natal care; post-natal care; high risk pregnancy; Infertility- female and male

### Unit-4: PSYCHOLOGICAL AND PSYCHIATRIC DISORDERS:

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Neurosis - Anxiety; Depression; panic attacks, specific phobias, OCD; Psychosis-Schizophrenia; bipolar; Addictions – rehab for alcoholism, drug addicts; Mental deficiency, CP; ADHD; Autism spectrum disorder

## TEXT BOOKS:

Nagarathna R and Nagendra HR, Yoga therapy for common ailments series, SVYP publications, 2010  
Swami Karmananda, Yoga therapy for common diseases, Yoga publication trust, Munger, 2001

## REFERENCE BOOKS

Shivanand Saraswati: Yoga Therapy (Hindi & English)

Reddy, M. Venkata and Others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru

A.P.2005

Rai, Lajpat: Discovering Human Potential energy: A Physiological, Approach to Yoga, Anubhava Rai Publications, 1998

Charu, Supriya: Sarir Rachana evam Kriya Vigyan

Aatreya, Shanti Parkash: Yoga Manovigyan, Indian Psychology, International Standard Publication, Varanasi; 1965

### Paper 13

60 hrs.

## **APPLIED PSYCHOLOGY AND YOGIC COUNSELLING**

### **Objectives:**

- To grow as a good counselor by understanding the fundamental principles of counseling - such as - good listener, good empathizer, phenomenon of transference, responses during listening, documentation, confidentiality, non-personal example etc.
- To develop a general understanding of abnormal behavior and disease process through various models of health psychology
- To understand causes of pathological behavior and psycho-diagnostic assessment.
- To develop skills for diagnosis of the stress factor that caused the disease
- To offer yogic techniques of raja yoga, jnana yoga, bhakti yoga and karma yoga as coping strategies.

### **Unit – 1: INTRODUCTION TO APPLIED ASPECTS OF PSYCHOLOGY**

Understanding Human Nature; Individual differences in Human Functioning; A Framework for Viewing Human Functioning and Disorders; Application of psychology in Education, Industry, Medicine; Betterment of individual, Community and Nation; Mental Health: Meaning and Importance; Yogic Perspective of Mental Health, Indicators of Mental Health; Stress: Meaning and Definition; Symptoms, Causes and Consequences of Stress; Conflict, Frustration and Pressure; Adjustment: Definition and Nature; Adjustment and Mental Health; Ways of Adjustment: Direct Ways and Indirect Ways (Defense-mechanisms) of Adjustment, Meliorative and Prophylactic aspects of Mental Health.

### **Unit - 2: PSYCHOLOGICAL DISORDERS**

Psychoanalytic, behavioural, cognitive and biological models; Sociobiology of health and disease; Diagnostic classification of mental and behavioural disorders; Disorders of attention, perception, thought movement, Psychodiagnosis of major Mental Disorders of the Adults and their treatment: Stress and Anxiety Disorders, and Schizo- phrenia, Affective Disorders, Psychosomatic Disorders, Personality Disorders and Substance abuse; Mental Retardation, Learning Disability, Attention Deficit Disorders and Hyperactivity, Autism, Fears and Phobias, Conduct disorders.

### **Unit - 3: YOGA AND PSYCHOTHERAPY**

Psychotherapy: Nature and Process of Psychotherapy, Ethics in Psychotherapy; Approaches to Psychotherapy-I: Psychodynamic Therapy, Behaviour Therapy: Aversive Conditioning, Systematic Desensitization, Token Economy, Conditioned Reflex Therapy; Approaches to Psychotherapy-II: Client-centred Therapy, Rational Emotive Behavioural Therapy (REBT) by Elbert Ellis, Gestalt Therapy; Yogic Concepts and Techniques in Patanjala Yoga Sutra and Bhagwadgita for Promoting Mental Health; Need of Spiritual Growth for Mental Health; Specific Yogic Practices for Promotion of Mental Health: Breath Awareness, Shavasana, Yoganidra, Pranayama and Meditation; Yogic Life-style

### **Unit - 4: YOGIC COUNSELLING**

Introduction to counselling, nature approaches and challenges; Approach to counselling-Building yogic rapport and efficient communication; Acceptance; Empathy; Solving the problems with yogic wisdom; Developing surrendering attitude and inculcating the habit of a good listener; Self-awareness; Having the predominance of Satva attributes

### **TEXT BOOK:**

Hecker, J.E. & Thorpe, G.L. : Introduction to clinical psychology: Science, Practice & ethics. New Delhi: Pearson, 2010

Hilgard, Ernest R., Atkinson, Richard C. & Atkinson, R.L: Introduction to Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.



Nagendra, H. R.: New Perspectives in Stress Management. Bangalore: V4ekana Kenda.

#### **BOOKS FOR REFERENCE**

Herrman, H., Saxena, S, & Moodie, R: Promoting Mental Health. Switzerland: WHO Press, World Health Organization, 2005

Singh, A. K.: Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007

Taylor, S. E.: Health Psychology (6th ed.). New Delhi: Tata McGraw Hill, 2006

Tilak, B. G.: Srimad Bhagwadgita Rahasya. Poona: Tilak Mandir.

Udupa, K.N. : Stress and Its Management by Yoga. Delhi: Motilal Banarasidas, 2007

#### **Paper 14**

**100+50 hrs.**

#### **YOGA PRACTICUM - 4**

##### **Unit-1: Healing at the Physical Level**

Cyclic Meditation (S-VYASA); Mindfulness based Stress Reduction Technique (Kabatzin)

##### **Unit-2: Healing at the Prana Level**

Vipasana Meditation; Preksha Meditation

##### **Unit-3: Healing at the Mental level**

Mind Sound Resonance Technique (S-VYASA); Raja Yoga Meditation (Brahmakumaris); Transcendental Meditation (Mahesh Yogi); ZEN Buddhist Meditation

##### **Unit-4: Healing at the Conscious level**

Yoga Nidra

#### **CASE STUDIES AND REPORT PRESENTATION**

##### **Objective:**

1. To get the practical experience of handling different ailments through Yoga therapy techniques

The student is expected to administer Yoga therapy for different 40 cases covering all the ailments and record it. He / She is expected to take 16 case studies of different ailments with disease specific parameter before and after particular Yoga therapy administration and make a dissertation. Among the 16 cases he/she should make a power point presentation of two cases.

Yoga camp Report