

Curriculum Framework

Post Graduate Diploma in Yog Vidhya

As per NEP 2020 and Learning Outcomes-based National Curriculum Framework
(Aligned with NCrF and NHEQF)

Effective From Academic Year 2025-2026



Founded by Mahatma Gandhi in 1920

Gujarat Vidyapith
Ahmedabad

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GUJARAT VIDYAPITH: AHMEDABAD

Curriculum Framework of Post Graduate Diploma in Yog Vidhya - 2025

Published by:

Dr. Himanshu Patel

Registrar

Gujarat Vidyapith

Near Income Tax Office, Ashram Road, Ahmedabad - 380009.

From the Desk of Vice Chancellor...



Dear All,

Any curriculum, at any level, must be firmly grounded in the objectives and goals that an educator or an educational institution aspires to achieve for its students. A course that trains students to solve mathematical equations must be very different from one that teaches them how to play a musical instrument, practice yoga, or conduct social research. Each subject requires its own methods, activities, and learning goals, which is why curriculum design is so important.

Therefore, curriculum is of utmost importance, as it determines how teachers and students will spend their time—in laboratories, in clinical practice, in creative endeavors, or in interactive lectures. It also reflects what a class, a department, a school, or an institution value; what it defines as its mission; and what it expects its graduates to accomplish. In this sense, the curriculum is the map that guides the essentials of learning from the classroom level to the institutional level.

The true success of any curriculum must be judged by its ability to achieve its intended objectives. It is a test of how well an institution—or an individual teacher—understands and articulates those objectives, and how effectively a pathway is created for students to attain success as defined by them. Curriculum is, in fact, a continuous chain of activities designed to translate broad educational goals into concrete practices, learning materials, and observable changes in behavior. A lesson plan, for instance, is curriculum at the classroom level, answering the critical questions: *What do I want my students to know? How can I engage them meaningfully? How will I measure what they have learned?*

For a society to achieve its educational aspirations, the curriculum must be both functional and relevant to its needs. Through careful management of curriculum, effective use of resources, and policies that bring systemic improvements, education can move society toward a more promising future. Indeed, curriculum is the very foundation of any academic institution—without it, the institution would lose its purpose and direction.

At Gujarat Vidyapith, established by Mahatma Gandhi in 1920 with its rich cultural and educational heritage, we remain committed to these ideals, and we work with well-defined objectives to prepare our students for a brighter academic and social future.

It gives me immense pride and joy to announce the unveiling of the latest curriculum of Gujarat Vidyapith. This curriculum has been carefully designed in alignment with the objectives and guiding principles of the National Education Policy (NEP) 2020. I take this opportunity to place on record my deep appreciation for the efforts of the teaching faculty of Gujarat Vidyapith, the Members of the Board of Studies, and the Members of the Academic Council. Their dedication and vision have given shape to this comprehensive neo-curriculum, which will guide our students and our institution toward continued excellence.

With best wishes,

Dr. Harshad Patel
Vice Chancellor
Gujarat Vidyapith

Curriculum Framework

Post Graduate Diploma in Yog Vidhya

Effective From Academic Year 2025-2026

Department of Yoga
Faculty of Education
Gujarat Vidyapith

Board of Studies

Chairperson:

Dr. Biman Paul

Professor & HOD, Department of Yoga, Faculty of Education, Gujarat Vidyapith, Ahmedabad.

External Experts:

1. Dr. Vivek Maheshwari

Vice Chancellor, Lakulish Yoga University, Ahmedabad.

Members of Department:

1. Ms. Varsha Joshi (Assistant professor, Department of Yoga, Gujarat Vidyapith, Ahmedabad.

2. Dr. Minal N. Panchal (Assistant professor, Department of Yoga, Gujarat Vidyapith, Ahmedabad.

PROGRAMME STRUCTURE							
Course Code	Course Name	Hours			Credit	Evaluations	
		Theory	Practical	Total		CCE	TEE
SEMESTER-1							
256010425001	Introduction to Yoga	60	0	60	4	40	60
256010425002	Anatomy Physiology & Yoga	60	0	60	4	40	60
256010425003	Yoga psychology	60	0	60	4	40	60
256010425004	Practical-Asana& Suryanamaskar (Traditional)	0	60	60	2	20	30
256010225005	Practical (Kriya,Bandh& Pranayama)	0	60	60	2	20	30
256010425006	Bhagavad-Gita &Yoga	60	0	60	4	40	60
Total		240	120	360	20	200	300
SEMESTER-2							
256010425007	Patanjali Yoga Suta	60	0	60	4	40	60
256010425008	Yoga Therapy	60	0	60	4	40	60
256010225009	Practical (Asana& Suryanamaskar)	0	60	60	2	20	30
256010225010	Practical (Kriya,Bandh & Pranayama)	0	60	60	2	20	30
256010225011	Fundamentals of Ayurveda	30	0	30	2	20	30
256010225012	Principles of Naturopathy	15	15	30	2	20	30
256010425013	Teaching Methods in Yoga	30	30	60	4	40	60
Total		195	165	360	20	200	300
GRAND TOTAL		435	285	720	40	400	600

*CCE- Continuous Comprehensive Evaluation; **TEE- Term End Evaluation

Programme Contents	Credits
Core Courses	59
Field and Research	04
Professional Competency	16
Internship	01
Total Credits of Programme	80

Collaborating Organisations

- Lakulish Yoga University, Ahmedabad
- Hiramani Arogyadham, Gandhinagar
- Dev Sanskruti Vishwa vidyalaya, Haridwar
- Uttarakhand Sanskrit University, Uttarakhand
- Banaras Hindu University (BHU), Varanasi
- Preksha Vishwabharti, University, LAdnoonn, Rajasthan
- Kaivalyadhama, Lonavala
- Barkatullah University, Bhopa

Programme Outcomes (POs)

After successful completion of the P G DIPLOMA IN YOGA program, students will be able to:

PO-1	Discipline-Specific Knowledge	Develops a strong foundation in classical yogic texts and modern scientific principles, enabling students to understand and apply Yoga through an interdisciplinary lens for contemporary health, wellness, and societal needs.
PO-2	Problem Analysis	Enhances critical thinking by integrating yogic philosophy, scientific reasoning, and research methodologies to identify and address personal, clinical, and societal challenges through Yoga.
PO-3	Experimental Skills	Equips students with practical skills to design and conduct Yoga-based interventions, using scientific tools and traditional knowledge to assess physical, mental, and emotional outcomes.
PO-4	Environment and Sustainability	Instills ecological consciousness through yogic principles of harmony with nature, promoting sustainable living and aligning Yoga education with global environmental and wellness goals.
PO-5	Ethics and Values	Reinforces ethical conduct through the teachings of the Bhagavad Gita and Gandhian ideals, fostering personal discipline, non-violence, and integrity in the practice and application of Yoga.
PO-6	Communication	Develops effective oral and written communication skills to articulate yogic concepts, research findings, and therapeutic interventions to diverse academic and public audiences.
PO-7	Modern Tool Usage	Promotes the use of modern tools such as physiological monitoring, data analysis software, and digital platforms to enhance research, teaching, and clinical application of Yoga.
PO-8	Teamwork and Leadership	Prepares students for leadership and collaborative roles in Yoga education, healthcare, and wellness sectors, fostering interdisciplinary teamwork rooted in yogic values.
PO-9	Lifelong Learning	Encourages continuous self-study (<i>svadhyaya</i>) and adaptation to new scientific insights, ensuring ongoing growth in Yoga knowledge and personal development.
PO-10	Project Management	Develops the ability to plan and manage Yoga-based research, wellness programs, and outreach initiatives efficiently, integrating traditional service values with modern project skills.
PO-11	Innovation and Entrepreneurship	Inspires creativity and entrepreneurship in developing Yoga-based products, services, and programs that are sustainable, culturally rooted, and scientifically validated.
PO-12	Societal Contribution	Applies Yoga for social transformation, rural development, mental health, and community wellness, in alignment with Gandhian ideals and evidence-based holistic care.

Programme Specific Outcomes (PSOs)

After successful completion of the P G DIPLOMA IN YOGA program students will be able to:

PSO-1	Integration of Yogic Philosophy and Modern Science	Synthesize traditional yogic principles with contemporary scientific knowledge to understand, analyze, and apply yoga for personal growth, therapy, and wellness programs.
PSO-2	Competency in Yoga-based Therapy and Instruction	Demonstrate advanced skills in teaching and applying yoga therapeutically in clinical, educational, and community contexts.
PSO-3	Ethical and Entrepreneurial Yogic Leadership	Ethical leadership and possess the entrepreneurial acumen to create yoga-based ventures and contribute to social transformation. Emphasizes Gandhian values, innovation, and community development through yoga.

CO Attainment Levels (OBE & NEP 2020 Aligned)

COs Attainment Levels	Level	Description	Attainment Criteria			
	Level 3	High	≥ 80% of students score above a set performance benchmark			
	Level 2	Moderate	60%–79% of students meet the performance benchmark			
	Level 1	Low	40%–59% of students meet the performance benchmark			
	Level 0	Not Attained	< 40% of students achieve the desired learning outcome			
Target Attainment (Benchmark)	Cos		CO-1	CO-2	CO-3	CO-4
	Target Level (%)		60	60	60	60

Program – P G DIPLOMA IN YOGA		
Semester- 1		
Course Code 256010425001	Name of Course INTRODUCTION TO YOGA	Compulsory
Credit: 04	Teaching Scheme: Theory (60) - Practical (0)	Teaching Hours: 60

Course Outcomes (COs)

After completing this course, students will be able to

CO-1:	Explain the fundamental concepts of Yoga based on foundational yogic texts and philosophical traditions.
CO-2:	Apply traditional Yoga methods in personal practice and professional contexts, based on classical teachings.
CO-3:	Identify and classify various Yoga traditions within the broader framework of Indian philosophical systems.
CO-4:	Analyze the relationship between Yoga and human consciousness and critically evaluate modern scientific and philosophical perspectives on Yoga and spirituality.

Detailed Syllabus

Unit 1: Basic concept

- 1.1 Yoga – meaning, definition, scop and Historical development.
- 1.2 Misconceptions of Yoga
- 1.3 Introduction to Yogic scriptures (Patanjali Yogasutra, Srimadbhagwad Gita, Hatha Pradipika)
- 1.4 Nature of Yoga in view of Vedas, Upnishadas and Puranas

Unit 2: Different Traditions of Yoga (Brief Introduction)

- 2.1 Bhakti yoga
- 2.2 Gyan yoga
- 2.3 Karma yoga
- 2.4 Hatha yoga
- 2.5 Raj yoga

Unit 3: Yoga in Philosophical Tradition

- 3.1 Introduction to Indian Philosophy
- 3.2 Characteristics of Indian philosophy
- 3.3 Yoga in Buddhism
- 3.4 Yoga in Jainism

Unit 4: Human Consciousness and Spirituality in The Light of Yoga

- 4.1 Scientific and Philosophical perspective of Human consciousness
- 4.2 Development of Human consciousness & Yoga
- 4.3 Meaning of Spirituality, Yoga & spirituality
- 4.4 Spirituality and Human consciousness

Mapping Matrix of POs, PSOs, and COs

COs	Pos													PSOs			
	1	2	3	4	5	6	7	8	9	10	11	12	Avg	1	2	3	Avg
CO-1	3	2	-	2	3	2	-	-	2	-	-	2	2.00	3	2	-	2.50
CO-2	3	3	3	2	3	2	2	2	2	2	2	3	2.42	3	3	2	2.67
CO-3	3	2	-	2	2	2	-	2	2	-	2	2	2.00	2	2	-	2.00
CO-4	3	3	2	2	3	3	2	2	3	2	2	3	2.50	3	3	2	2.67
Avg	2.75	2.50	1.67	2.00	2.75	2.25	1.33	2.00	2.25	1.33	1.5	2.5	2.23	2.75	2.5	1.3	2.46

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, --- = No Significant Contribution

Teaching Pedagogy					
CO-1 (Unit: 1)	• Lecture, Scriptural reading method, Group Discussion, Story Telling, Assignment				
CO-2 (Unit: 2)	• Lecture, Ask & Know Technique, Group Discussion, Presentation				
CO-3 (Unit: 3)	• Lecture, Scriptural reading method, Ask & Know, Technique, Story Telling, Assignment				
CO-4 (Unit: 4)	• Lecture, presentation, Presentation, Group Discussion				
Assessment Method					
Continuous Comprehensive Evaluation 40 Marks	COs	Marks	Exam Component		
			Class Test	Assignment	Presentation/Seminar
	CO-1	10	5	5	--
	CO-2	10	5	--	5
	CO-3	10	5	5	--
	CO-4	10	5	--	5
Term-End Evaluation 60 Marks	COs	Marks	Exam Component		
			Term End Examination		
	CO-1	15			
	CO-2	15			
	CO-3	15			
	CO-4	15			
References					
Books:					
<ul style="list-style-type: none"> • Yoga Maha Vigyan By Dr. Kamakhya Kumar, Standard Publishers India • Six Systems of Indian Phylosophy by Agrawal MM, Chowkhambha Bhavan, Varanasi 2010 • Upnishad, Geeta press Gorakhpur • Shrimad Bhagvad Geeta- Sadhak sanjivani, Ramshukhdas, Geetapress Gorakhpur • योग महाविज्ञान डॉ. कामाख्या कुमार • योग दर्शन - स्वामी निरंजनानंद सरस्वती • Yoga Education - Dr Kamakhya Kumar • भारतीय दर्शन- आचार्य बलदेव उपाध्याय • श्रीमद भगवदगीता- श्री शांकर भाष्य • भारतीय दर्शन की रूपरेखा - प्रो. हरेन्द्र प्रसाद सिन्हा, मोतीलाल बनारसीदास पब्लिशर्स, PVT. LTD • योग और योगी - डॉ. अनुजा रावत, सत्यम प्रकाशन 					
Online Resources & Tools:					
eBook					
<ul style="list-style-type: none"> • <i>Four Yogas</i> by Swami Vivekananda (Raja, Karma, Bhakti, Jnana) • Core concepts and application of four traditional paths 					
Shodhganga					
<ul style="list-style-type: none"> • Research on Buddhism, Jainism & Yoga raditions 					

Program - P G DIPLOMA IN YOGA

Semester- 1

Course Code 256010425002	Name of Course Anatomy-Physiology &Yoga	Compulsory
Credit: 04	Teaching Scheme: Theory (60) - Practical (0)	Teaching Hours: 60

Course Outcomes (COs)

After completing this course, students will be able to

CO-1:	Understand the structure and function of human cells, tissues, and membranes; explain body systems and their importance in Yoga education.
CO-2:	Apply anatomical and physiological knowledge of the musculoskeletal system in Yoga practices and therapeutic applications.
CO-3:	Analyse the anatomy and physiology of the digestive and respiratory systems and evaluate the effects of Yoga on these systems.
CO-4:	Evaluate the structure and function of the nervous, endocrine, and cardiovascular systems and assess the impact of Yoga on their performance.

Detailed Syllabus

Unit-1. General Introduction to the Human Body and Yoga

- 1.1 Anatomy and Physiology: General Introduction, definition, Importance in Yoga Education
- 1.2 Human body: Cell- Structure and function, Tissues –their types, organs and systems
- 1.3 Immune System: Basic concept of Immunity- Innate and Acquired, Major organs- bone marrow, thymus, lymph nodes, spleen. Immune cells- Lymphocytes, (T-cells, B-cells), macrophages. Role of lymphatic system in immune defence, Effect of Yoga on Immune System.

Unit-2. Musculoskeletal system

- 2.1 Muscles and Physiological Effects of Yogic Practice: Structure, Types of Muscles, Function: Contraction and Relaxation, Physiological Effects of Yogic Practice. Muscle tone and Muscle spindle sensitivity, Muscle tension & neuromuscular coordination.
- 2.2 Bones and Joints: Bones: Structure, Growth and Development, Bony tissues, Types of Bones. Joints: Structure, Function, Types of Joints. Physiological Effects of Yogic Practice on Bones and Joints.
Effect of yoga on Musculoskeletal system.

Unit-3. Digestive System, Excretory System and Respiratory system

- 3.1 Digestive System: Anatomy of digestive system: Mouth, Salivary glands, stomach, pancreas, liver & gall bladder. Function of Digestive system: digestion, absorption, assimilation and egestion. Effects of Yoga on Digestive System.
- 3.2 Excretory System: Structure and functions of kidneys, ureters, bladder, and urethra. Role of Skin, lungs and liver in excretion. Formation of urine. Effects of yoga on excretory function.
- 3.3 Respiratory System: Structure, Function. Physiology of Breathing - Mechanism of Breathing, Ventilation and Gas Exchange, Transport of Gases, Hypoxia and its physiological implications. Effects of yoga on Respiratory system.

Unit-4. Nervous system, Endocrine system & Cardiovascular system

- 4.1 Nervous System: Neuron (Nerve tissue), Types of Neuron.
Subdivision of Nervous system: Central: Brain, Spinal Cord, Nerves, And Functions of Central nervous system. Autonomous: Sympathetic, Parasympathetic. Brief introduction of different Sense organs. Yogic effects on Nervous System.
- 4.2 Endocrine System: Major Endocrine glands, their secreted hormones, and associated functions. Yogic effects on Endocrine System.
- 4.3 Cardiovascular System: Brief Introduction of Key organs of Cardiovascular system- Heart and Blood vessels. Structure & Function of the Heart, Properties of Cardiac Muscles. Function of Cardiovascular system in brief. Effects of Yoga on Cardiovascular system.

Curriculum Framework- Post Graduate Diploma in Yog Vidhya - 2025

Mapping Matrix of POs, PSOs, and COs																	
COs	POs													PSOs			
	1	2	3	4	5	6	7	8	9	10	11	12	Avg	1	2	3	Avg
CO-1	3	2	3	-	2	2	2	-	2	-	-	1	2.00	3	2	-	2.33
CO-2	3	2	3	2	3	2	1	2	2	1	2	3	2.13	3	3	2	2.67
CO-3	3	2	2	2	3	2	-	2	2	1	2	2	2.13	3	2	2	2.33
CO-4	3	3	2	3	3	3	1	2	3	2	2	2	2.44	3	3	2	2.67
Avg	3.0	2.25	2.50	2.33	2.75	2.25	1.33	2.00	2.25	1.33	2.00	2.00	2.19	3.00	2.50	2.00	2.50

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, --- = No Significant Contribution

Teaching Pedagogy	
CO-1 (Unit: 1)	• Lecture with anatomical charts/models, Question-answer, Demonstration, Assignment
CO-2 (Unit: 2)	• Lecture, Panel Discussion, Presentation, Problem-based learning
CO-3 (Unit: 3)	• Lecture, Ask & Know, Case study, assignment, Role play/simulation of organ functions
CO-4 (Unit: 4)	• Lecture, Creation of flow charts/mind maps of systems, Comparative discussion, Seminar

Assessment Method					
	COs	Marks	Exam Component		
			Class Test	Assignment	Presentation/Seminar
Continuous Comprehensive Evaluation 40 Marks	CO-1	10	5	5	--
	CO-2	10	5	--	5
	CO-3	10	5	5	--
	CO-4	10	5	--	5
Term-End Evaluation 60 Marks	COs	Marks	Exam Component		
	CO-1	15	Term End Examination		
	CO-2	15			
	CO-3	15			
	CO-4	15			

References	
Books:	
<ul style="list-style-type: none"> • Gore, M.M. (2004). Anatomy and physiology of yogic practices. Lonavala, India: Kanchan Prakashan. • Coulter, H. D. (2006). Anatomy of Hatha Yoga. Delhi, India: Motilal Banaras Idas Frawley, D. & Kozak, S. S. (2006). Yoga for your type. New Delhi, India: New Age Books. • Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: Divya Prakashan Books • Gupta, A.P. (2011). Human Anatomy and Physiology. Agra, India: Sumit Prakashan. Guyton, A. C. & Hall, J. E. (2006). Text book of medical physiology (11th ed.). • मानव शरीर रचना एवं क्रिया विज्ञान - प्रो. अनंत प्रकाश गुप्ता, सुमित प्रकाशन 	
Online Resources & Tools:	
<ul style="list-style-type: none"> • NDLI (national Digital Library of India) – Free books, Lectures, and Journals 	

Program - P G DIPLOMA IN YOGA

Semester- 1

Course Code 256010425003	Name of Course Yoga Psychology	Compulsory
Credit: 04	Teaching Scheme: Theory (60) - Practical (0)	Teaching Hours: 60

Course Outcomes (COs)

After completing this course, students will be able to

CO-1:	Evaluate the relationship between Yoga and mental health through understanding psychological models of personality and characteristics of normal and abnormal behaviour.
CO-2:	Compare and analyse Yogic and Western psychological perspectives of personality, consciousness, and integration of the mind.
CO-3:	Examine theories of motivation and emotions, and apply Yogic approaches for emotional regulation, conflict resolution, and psychological adjustment.
CO-4:	Assess personal adaptation to stress, anxiety, and mood disorders, and interpret the biological and psychological impact of meditation on mental health.

Detailed Syllabus

Unit-1. Introduction to Psychology

- 1.1 Human Psychology - Meaning, Definition, Nature, Scope and Objectives of Psychology.
- 1.2 Yogic Psychology - Introduction to Yogic Psychology- Overview. Basic Concepts of Yoga, Nature, Scope and Importance.
- 1.3 Behaviour: Definition, Meaning, Concept and Nature. Normal and Abnormal behaviour. Yogic Perspective of Behaviour.

Unit-2. Mind, Mental Health and Personality

- 2.1 Mind: Definition, Meaning, Nature and Characteristics. Functions of Mind
- 2.2 Mental Health: Introduction to Mental Health – Overview. Definition, meaning and Nature. Importance, and Indicators.
- 2.3 Personality: Definition, Meaning, Western and Indian Concept. Types of Personality. Integration of Personality in Yoga.

Unit-3. Motivation, Emotions, Conflict and Frustration

- 3.1 Motivation: Definition, Types, Theories of Motivation. Incentives of Motivation. Maslow’s Hierarchy of Needs: A Yogic Perspective.
- 3.2 Emotions: Meaning, definition and Nature. Types of emotions. Methods of emotional control. Western and Yogic Concept. Creative use of Emotion.
- 3.3 Conflict: Meaning, Nature, and Causes of Conflict. Yogic Approach to Managing Conflict.
- 3.4 Frustration: Frustration: Definition, Sources, and Effects. Yogic Approach to Managing Frustration.

Unit-4. Adaptation and Alignment: The Yogic Path to Self-Integration

- 4.1 Stress: Definition, Modern Perspective of the Stress Mechanism (Stages). Some Modern Techniques for Stress management. Stress Management in Modern Life: A Yogic Perspective.
- 4.2 Anxiety: Definition and Types. Symptoms and Causes of Anxiety. Yogic perspective on Anxiety.
- 4.3 Depression: Definition and Types. Symptoms, Causes and risk of Depression. Yogic perspective on Depression.

Mapping Matrix of POs, PSOs, and COs																	
COs	POs													PSOs			
	1	2	3	4	5	6	7	8	9	10	11	12	Avg	1	2	3	Avg
CO1	3	3	2	-	2	2	-	-	2	-	-	3	2.43	3	2	3	2.67
CO2	3	2	2	-	3	2	-	-	2	-	-	2	2.29	3	2	2	2.33
CO3	2	3	3	-	3	2	2	1	2	-	-	2	2.22	3	2	3	2.67
CO4	3	3	3	-	2	3	2	-	3	2	-	3	2.67	3	3	3	3.00
Avg	2.75	2.75	2.50	-	2.50	2.25	2.00	1.00	2.25	2.00	-	2.50	2.40	3.00	2.25	2.75	2.67

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

Teaching Pedagogy					
CO-1 (Unit: 1)	• Lecture with PPT and charts, Case-based learning, Mind map preparation: Psychology vs. Yogic Psychology, Assignment				
CO-2 (Unit: 2)	• Lecture, Self-reflection activity, Seminar/short presentations				
CO-3 (Unit: 3)	• Lecture, Role play, Group discussion, assignment, Role play/simulation of organ functions				
CO-4 (Unit: 4)	• Lecture with flowcharts, Case study analysis, Seminar				
Assessment Method					
Continuous Comprehensive Evaluation 40 Marks	COs	Marks	Exam Component		
	CO-1	10	Class Test	Assignment	Presentation/Seminar
	CO-2	10	5	5	--
	CO-3	10	5	--	5
	CO-4	10	5	5	--
Term-End Evaluation 60 Marks	COs	Marks	Exam Component		
	CO-1	15	Term End Examination		
	CO-2	15			
	CO-3	15			
	CO-4	15			

References	
Books:	
<ul style="list-style-type: none"> • योग एवं मानसिक स्वास्थ्य, प्राचार्य रणजीतसिंह भोगल, कैवल्यधाम • शांतिप्रकाश आत्रेय, योग मनोविज्ञान, दी इन्टरनेशनल स्टैंडर्ड पब्लिकेशन्स वाराणसी- १९६५ • योग द्वारा मानसिक आरोग्य, डॉ. विनोद प्रसाद नौटियाल, स्वामी कुवलयानंदजी, कैवल्यधाम • YOGA and PSYCHOTHERAPY, Swami Rama, Rudolph Ballentine, MD, Himalaya Institute India • Taimini, I. K.: Glimpses into the Psychology of Yoga (Adyar: Theosophical Publishing House, 1973). • Abhedananda: The Yoga Psychology, Ramakrishna Vedanta Math, Calcutta, 1973. • Nagendra, H. R.: New Persecutes in Stress Management. Bangalore: Vivekananda Kendra • Singh, A. K.: Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007 	
Online Resources & Tools:	
<ul style="list-style-type: none"> • Maslow's Theory – YouTube EDU, Art of Living content on emotions & Yoga • Guided Meditation (Sahaj, Vipassana), TEDx Talks on Anxiety, NDLI on Mental Health 	

Program - P G DIPLOMA IN YOGA

Semester- 1

Course Code 256010225004	Name of Course Asana and Suryanamaskar	Compulsory
Credit: 02	Teaching Scheme: Theory (0) - Practical (60)	Teaching Hours: 60

Course Outcomes (COs)

After completing this course, students will be able to

CO-1:	Demonstrate an understanding and practical application of Shatkarma techniques such as Jalneti, Sutraneti, and Kapaalbhati to promote physical health and enhance mental clarity.
CO-2:	Apply and assess different pranayama techniques including Yogic Swasan, Anulom Vilom, and Omkaar to improve respiratory efficiency, mental focus, and overall well-being.

Detailed Syllabus

Unit-1. Asanas

Pavanmuktasana Series – 1 (A.P.M.B.)

- | | |
|------------------------|----------------------------|
| 1. Tadasan | 14. Ardhamatsyendrasan |
| 2. Tiryak Tadasan | 15. Ushtrasan |
| 3. Ardhakati Chakrasan | 16. Jaanushiraasan |
| 4. Paad Hastaasan | 17. Bhungasan |
| 5. Trikonaasan | 18. Shalbhaasan |
| 6. Vakrasan | 19. Naukaasan (on stomach) |
| 7. Uttanpadasan | 20. Setubandhaasan |
| 8. Pavanmuktasan | 21. Padmaasan |
| 9. Vipritkarni aasan | 22. Swastikaasan |
| 10. Naukasan (on back) | 23. Bhunaman Vajraasan |
| 11. Parvatasan | 24. Makarasan |
| 12. Gaumukhaasan | 25. Sidhhasan |
| 13. Vajrasan | 26. Ardha halasan |

Unit-2. Suryanamaskar

Mapping Matrix of POs, PSOs, and COs

COs	POs													PSOs			
	1	2	3	4	5	6	7	8	9	10	11	12	Avg	1	2	3	Avg
CO1	3	2	3	2	3	2	1	2	2	1	2	2	2.08	3	3	2	2.67
CO2	3	2	3	2	3	2	1	2	2	1	2	3	2.25	3	3	2	2.67
Avg	3.00	2.00	3.00	2.00	3.00	2.00	1.00	2.00	2.00	1.00	2.00	2.50	2.17	3.00	3.00	2.00	2.67

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

Teaching Pedagogy

CO-1 (Unit: 1)	• Demonstration, Observation, Self-study, Audio visual, Assignment
CO-2 (Unit: 2)	• Demonstration, Observation, Self-study, Audio visual, Assignment

Assessment Method

Continuous Comprehensive Evaluation 20 Marks	COs	Marks	Exam Component		
			Class Test	Assignment	Presentation/Seminar
Term-End Evaluation 30 Marks	CO-1	10	5	-	5
	CO-2	10	5	--	5
Term-End Evaluation 30 Marks	COs	Marks	Exam Component		
	CO-1	15	Term End Examination		
	CO-2	15			

References

Books:

- स्वामी सत्यानन्द सरस्वती, आसन प्राणायाम मुद्रा बंध, बिहार योग विद्यालय, मुंगेर (बिहार)
- स्वात्माराम-कृत, हठयोग प्रदिपिका,कैवल्यधाम लोनावला
- योगासन रहस्य अने सर्वांगी स्वास्थ्य, योगाचार्य श्री बिमान पाल, प्रज्ञा प्रकाशन
- योगविद्या, भाषादेव, प्रवीण प्रकाशन, राजकोट
- स्वामी निरंजनानन्द सरस्वती,घेरण्ड संहिता,योग पब्लिकेशन्स ट्रस्ट, मुंगेर, बिहार, भारत
- Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha, Bihar Yoga
- LIGHT ON YOGAA, B K S IYENGAR, The Classic Guide to Yoga BY the Work's Foremost Authority

Online Resources & Tools:

- **Shodhganga**
<https://shodhganga.inflibnet.ac.in>
Research dissertations on yoga-based practices
- **eBook**
Asana Pranayama Mudra Bandha – Swami Satyananda Saraswati (BSY)
Practical reference book with pictures and benefits

Program - P G DIPLOMA IN YOGA

Semester- 1

Course Code 256010225005	Name of Course Kriya Bandh – Mudra, Pranayama	Compulsory
Credit: 02	Teaching Scheme: Theory (0) - Practical (60)	Teaching Hours: 60

Course Outcomes (COs)

After completing this course, students will be able to

CO-1:	Demonstrate and explain selected Shatkarmas and their physiological importance in detoxification and yogic cleansing.
CO-2:	Practice selected Pranayamas with proper technique and understand their influence on the autonomic nervous system and mental calmness.

Detailed Syllabus

Unit-1. Shatkarma (Cleansing)

- 1.1 Jalneti
- 1.2 Sutraneti
- 1.3 Kapaalbhaati (Vaatkarma)

Unit-2. Pranayama

- 2.1 Yogic Swasan (Yogic Breathing)
- 2.2 Anulom Vilom
- 2.3 Omkar

Unit-3. Bandh-Mudra

- 3.1 Moolbandha
- 3.2 Ashwini Mudra
- 3.3 Kaaki Mudra

Mapping Matrix of POs, PSOs, and COs

COs	POs													PSOs			
	1	2	3	4	5	6	7	8	9	10	11	12	Avg	1	2	3	Avg
CO1	3	2	3	1	3	2	1	1	2	2	2	3	2.16	2	3	2	2.33
CO2	2	3	3	2	3	2	1	2	2	2	2	3	2.33	2	3	2	2.33
Avg	2.50	2.50	3.00	1.50	3.00	2.00	1.00	1.50	2.00	2.00	2.00	3.00	2.21	2.00	3.00	2.00	2.33

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

Teaching Pedagogy

CO-1 (Unit: 1)	• Demonstration, Observation, Self-study, Audio visual, Assignment
CO-2 (Unit: 2)	• Demonstration, Observation, Self-study, Audio visual, Assignment

Assessment Method

Continuous Comprehensive Evaluation 20 Marks	COs	Marks	Exam Component		
			Class Test	Assignment	Presentation/Seminar
Term-End Evaluation 30 Marks	CO-1	10	5	-	5
	CO-2	10	5	--	5
Term-End Evaluation 30 Marks	COs	Marks	Exam Component		
	CO-1	15	Term End Examination		
	CO-2	15			

References

Books:

- Swami Satyananda Saraswati – *Asana, Pranayama, Mudra, Bandha* (Bihar School of Yoga)
- स्वामी कुवाल्यानंद- प्राणायाम, कैवल्यधाम लोनावला
- Dr. H. R. Nagendra – *Pranayama for Health and Healing* (SVYASA Publications)
- Swami Sivananda – *The Science of Pranayama*
- M.L. Gharote – *Applied Yoga*

Online Resources & Tools:

- <http://www.biharyoga.net/>
- <http://www.svyasa.edu.in/>

Program - P G DIPLOMA IN YOGA

Semester- 1

Course Code 256010425006	Name of Course Bhagavad-Gita & Yoga	Compulsory
Credit: 04	Teaching Scheme: Theory (60) - Practical (0)	Teaching Hours: 60

Course Outcomes (COs)

After completing this course, students will be able to

CO-1:	Understand the philosophical distinction between Deh (body) and Dehi (soul), and apply the concept of Nishkama Karma Yoga in personal and societal decision-making.
CO-2:	Analyze the qualities of a Yogarudha and explain the differences among Gyani, Karmi, bhakta, and yogi, developing a foundational understanding of advanced yogic paths.
CO-3:	Reflect on the symbolic and metaphysical significance of the Virat Swaroop and classify the three gunas (sattva, rajas, tamas) in human behaviour and personality development.
CO-4:	Evaluate the ethical implications of divine and demonic qualities, shraddha, and dharma, and apply these principles in cultivating a value-based lifestyle.

Detailed Syllabus

Unit-1. Chapters 2, 3, 4 & 5

- 1.1 Chapter 2: Jnana, Karma–Kanda, Buddhi–Yoga, Sthit–Prajna.
- 1.2 Chapter 3: Karma Yoga: Karma, Vikarma, Akarma, Nitya Karma, Karma-Phala Swadharma & Paradharma, Kaam & Krodha, Rajo Guna, Niskama Karma Yoga.
- 1.3 Chapter 4: Transcendental Knowledge about Kirshna, applying transcendental knowledge, Understanding Karma, Sacrifices lead to transcendental knowledge.
- 1.4 Chapter 5: Niskama-Karma-Yoga, Platform of Knowledge – Knowing the three Doers, Liberation by Focussing on the super soul, Liberation through Ashtanga Yoga: A Preview, Peace on the Platform of Liberation.

Unit-2. Chapter 6, 7,8,9,10

- 2.1 Chapter 6: Advancing in yoga through detached work, The Yogarudha stage – giving up work, further stages in the practice of yoga, necessity of controlling the turbulent mind, the destination of the unsuccessful yogi, the topmost yogi.
- 2.2 Chapter 7: Shravana (knowing Krishna by hearing about him), knowing Krishna’s material and spiritual energies, Krishna controls the modes: So, surrender, the impious never surrender, pious do, surrender to demigods and impersonalism, bewilderment and freedom by knowing Krishna.
- 2.3 Chapter 8: Remembering Krishna at the time of death, Remembering Krishna (practice remembrance through meditation), Pure devotional service (remembrance of Krishna through *bhakti*), Comparing the material & spiritual worlds /glories of supreme abode.
- 2.4 Chapter 9: Hearing: Qualifications and Disqualifications, *Aisvarya–Jnana*: Krishna’s Relationship to the Material World, Fools Neglect *Bhakti*: The Divine Don’t, The Glories of Devotional Service to Krishna.
- 2.5 Chapter 10: Understanding Krishna’s Unknowability, One Serves Him, The Catur-Sloki Gita Arjuna Accepts Krishna’s Position and Requests to Hear More of His Opulences, Krishna’s Opulences.

Unit-3. Chapter 11, 12, 13,14

- 3.1** Chapter 11: “Time I am, become my Instrument”, Arjuna’s Prayers, Only Pure Devotees see Krishna’s Two-Armed form.
- 3.2** Chapter 12: Bhakti is superior to impersonalism, Progressive stages of Devotion, Qualities that Endear one to Krishna.
- 3.3** Chapter 13: The Process of Knowledge and Liberation, The object of Knowledge, Prakrti, Purusha and their Union, *Jnana-Chakshu*: The Vision of Knowledge.
- 3.4** Chapter 14: The Liberation and conditioning of Living Entities, the modes bind the Pure Soul, recognizing a Mode’s Supremacy, Acting and dying within the modes, Transcending the modes.

Unit-4. Chapters 15,16, 17, 18

- 4.1** Chapter 15: Becoming detached from the Material World, Transmigration, Krishna’s Position as our Maintainer, The Three – Sloka Gita of Knowledge: A Summary of the Vedas and the Vedanta, Knowing Krishna means knowing Everything.
- 4.2** Chapter 16: Transcendental and Demoniatic Qualities, the demoniac nature, The Choice: Escaping to the Supreme Destination.
- 4.3** Chapter 17: The Modes Determine One’s Faith and One’s Worship, Foods in The Modes, Sacrifices in The Modes, Austerity in the Modes, Charity in the Modes, Om Tat Sat.
- 4.4** Chapter 18: The Modes Control all Activities, Confidential Knowledge, Working in Pure Devotional Service, More Confidential Knowledge: Surrender to super soul, The Most Confidential Knowledge of all: Become A Pure Devotee of Krishna, Preaching and Studying the *Bhagavad-Gita*.

Mapping Matrix of POs, PSOs, and COs

COs	POs													PSOs			
	1	2	3	4	5	6	7	8	9	10	11	12	Avg	1	2	3	Avg
CO1	3	3	2	2	3	2	-	2	3	2	2	3	2.42	3	2	3	2.67
CO2	3	3	2	1	3	2	-	2	3	2	2	3	2.33	3	2	3	2.67
CO3	3	2	2	2	3	3	-	2	2	2	2	3	2.33	3	2	3	2.67
CO4	3	3	1	2	3	2	-	2	2	2	2	3	2.25	3	2	3	2.67
Avg	3	2.75	1.75	1.75	3.00	2.25	-	2.00	2.50	2.00	2.00	3.00	2.33	3.00	2.00	3.00	2.67

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

Teaching Pedagogy

CO-1 (Unit: 1)	• Lecture, Comparative chart, Group discussion, Case-based learning, presentations
CO-2 (Unit: 2)	• Lecture, Self-reflection activity, Assignment
CO-3 (Unit: 3)	• Lecture, Mind map preparation, Group discussion, Seminar
CO-4 (Unit: 4)	• Lecture with flow charts, Case study analysis, Assignment

Assessment Method

	COs	Marks	Exam Component		
			Class Test	Assignment	Presentation/Seminar
Continuous Comprehensive Evaluation 40 Marks	CO-1	10	5	--	5
	CO-2	10	5	5	--
	CO-3	10	5	--	5
	CO-4	10	5	5	--
Term-End Evaluation 60 Marks	COs	Marks	Exam Component		
	CO-1	15	Term End Examination		
	CO-2	15			
	CO-3	15			
	CO-4	15			

References

Books:

- Shrimad Bhagvad Geeta- Sadhak sanjivani, Ramshukhdas, Geetapress Gorakhpur
- The essence of the Bhagavad Gita: A Contemporary Guide to Yoga, Meditation & Indian Philosophy. Tomales, CA: Nilgri Press.
- Upanishad, Geeta press Gorakhpur
- Shrimad Bhagvad Geeta- Sadhak Sanjivani, Ramshukhdas, Geetapress Gorakhpur
- श्रीमद्भगवद्गीता यथारूप, श्री. श्रीमद्. ए. सी. भक्तिवेदांत स्वामी प्रभुपाद

Online Resources & Tools:

- YouTube – Gita Press, ISKCON lectures
- National Digital Library of India (NDLI) — for reference materials, scholarly papers, translated texts.

Program - P G DIPLOMA IN YOGA

Semester- 2

Course Code 256010425007	Name of Course Patanjali Yoga Sutra	Compulsory
Credit: 04	Teaching Scheme: Theory (60) - Practical (0)	Teaching Hours: 60

Course Outcomes (COs)

After completing this course, students will be able to

CO-1:	Explain key yogic concepts such as <i>Chitta</i> , <i>Vritti</i> , <i>Abhyasa</i> , and <i>Vairagya</i> , and their role in stabilizing the mind.
CO-2:	Critically analyse the process of <i>Samadhi</i> , the function of <i>Kriya Yoga</i> , <i>Kleshas</i> , and their implications in self-transformation.
CO-3:	Demonstrate understanding and application of <i>Ashtanga Yoga</i> , distinguishing between <i>Antaranga</i> and <i>Bahi Ranga</i> sadhana.
CO-4:	Evaluate the concept of <i>Kaivalya</i> , different types of <i>Siddhis</i> , and their relevance in Yogic and spiritual evolution.

Detailed Syllabus

Unit-1.

- 1.1 Yoga, Chitta & Chitta Vritti, Chitta Bhumi
- 1.2 Abhyas & Vairagya, Ishvara, Antaray
- 1.3 Chita-prasadan & Manasthiti-nibandha
- 1.4 Samprajnata & Anya

Unit-2.

- 2.1 Samapatti, Sabija-Samadhi
- 2.2 Ritambhara-Pragya, Nirbija-Samadhi
- 2.3 Kriya yoga, Klesha, Karmashaya, Samyoga & Viyoga

Unit-3.

- 3.1 Ashuddhi, Vivek-khyati, Astanga Yoga
- 3.2 Yama, Niyama, Aasan, Pranayam, Pratyahar, Dhaarna, Dyan, Samadi
- 3.3 Antaranga Yoga & Bahiranga Yoga

Unit-4.

- 4.1 Types of Karma, Sanyam, Kaivalya, Siddhis and their types
- 4.2 Atindriya Shakti & Vibhuti

Mapping Matrix of POs, PSOs, and COs

COs	POs													PSOs			
	1	2	3	4	5	6	7	8	9	10	11	12	Avg	1	2	3	Avg
CO1	3	2	1	-	3	2	-	-	2	-	-	2	2.11	3	2	3	2.67
CO2	3	3	2	-	3	2	-	-	2	-	-	2	2.38	3	2	3	2.67
CO3	3	2	3	1	3	2	1	2	3	1	2	3	2.33	3	2	3	2.67
CO4	3	3	2	1	3	2	1	1	2	1	2	3	2.17	3	2	3	2.67
Avg	3.00	2.50	2.00	1.00	3.00	2.00	1.00	1.50	2.25	1.00	2.00	2.50	2.25	3.00	2.00	3.00	2.67

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

Teaching Pedagogy

CO-1 (Unit: 1)	• Conceptual Lecture, Mind Mapping Activity, Group discussion, Case Discussions, presentations
CO-2 (Unit: 2)	• Comparative Lecture-Discussion, Debate, Self-reflection activity, Assignment
CO-3 (Unit: 3)	• Lecture, Demonstration, Group discussion, Seminar
CO-4 (Unit: 4)	• Lecture, Case study analysis, Role-Play, Assignment, Group discussion

Assessment Method					
Continuous Comprehensive Evaluation 40 Marks	COs	Marks	Exam Component		
			Class Test	Assignment	Presentation/Seminar
	CO-1	10	5	--	5
	CO-2	10	5	5	--
	CO-3	10	5	--	5
CO-4	10	5	5	--	
Term-End Evaluation 60 Marks	COs	Marks	Exam Component		
	CO-1	15	Term End Examination		
	CO-2	15			
	CO-3	15			
	CO-4	15			

References

Books:

- Patanjali Yoga Sutra by P.V. Karambelkar
- योगदर्शनम- स्वामीरामदेव, , पतंजदियोगपीठ, हरिद्वार
- योगदर्शनम- गीता प्रेस, गोरखपुर
- BKS Iyengar: Introduction of Patanjali Yogasutras: MDNIY, New Delhi, 2011.
- पतंजलि योग सूत्र भाष्य - डॉ. बिमान पाल, पुनरुत्थान प्रकाशन सेवा ट्रस्ट

Online Resources & Tools:

- Bihar School of Yoga Texts (A.P.M.B.) – Practical Explanation of Ashtanga Yoga
- <https://ndl.iitkgp.ac.in>, NDL Academic articles on Siddhis & Kaivalya

Program - P G DIPLOMA IN YOGA

Semester- 2

Course Code 256010425008	Name of Course Yoga Therapy	Compulsory
Credit: 04	Teaching Scheme: Theory (60) - Practical (0)	Teaching Hours: 60

Course Outcomes (COs)

After completing this course, students will be able to

CO-1:	Identify causes, symptoms, and apply yogic management protocols for respiratory and cardiovascular disorders with reference to evidence-based studies.
CO-2:	Analyze the role of Yoga in managing endocrine, metabolic, and gynecological disorders including pre-natal and post-natal care.
CO-3:	Demonstrate the ability to implement yoga therapy interventions for gastrointestinal, cancer-related, and musculoskeletal disorders.
CO-4:	Critically evaluate the yogic approach to managing neurological disorders like migraines, epilepsy, and autonomic dysfunctions.

Detailed Syllabus

Unit-1. Respiratory & Cardiovascular System Disorders

(Characteristics, Causes & Yogic Management)

1.1 Respiratory System – Disorders:

Respiratory: Asthma, COPD, Bronchitis, Pneumonia, Tuberculosis (TB)

Cardiovascular: Hypertension, Coronary Artery Disease (CAD), Myocardial Infarction (Heart Attack), Heart Failure, Arrhythmia

1.2 Cardiovascular System – Disorders: Cardiovascular: Hypertension, Coronary Artery Disease (CAD), Myocardial Infarction (Heart Attack), Heart Failure, Arrhythmia

Unit-2. Endocrine, Metabolic & Nervous System Disorders

(Characteristics, Causes & Yogic Management)

2.1 Endocrine System Disorders: (Characteristics, Causes & Yogic Management)

Endocrine Disorders: Hypothyroidism, Hyperthyroidism, Cushing’s Syndrome, Polycystic Ovary Syndrome (PCOS)

2.2 Metabolic Disorders: Diabetes Mellitus (Type I & II), Obesity, Metabolic Syndrome

2.3 Neurological Disorders: Alzheimer’s Disease, Parkinson’s Disease, Epilepsy, Stroke, Migraine

Unit-3. Obstetrics & Gynaecological Disorders

(Characteristics, Causes & Yogic Management)

3.1 Dysmenorrhea, Amenorrhea, Menorrhagia

3.2 Infertility, Pregnancy-related complications (Gestational Diabetes, Hypertension, Miscarriage risk)

3.3 Menopause-related problems (Hot flashes, Mood changes, Osteoporosis risk)

Unit-4. Gastrointestinal & Musculoskeletal Disorders

(Characteristics, Causes & Yogic Management)

4.1 Gastrointestinal Disorders: Gastritis, Peptic Ulcer, Irritable Bowel Syndrome (IBS)

Constipation, Diarrhoea, Liver Disorders (Hepatitis, Fatty Liver), Piles (Hemorrhoids)

4.2 Musculoskeletal Disorders: Osteoarthritis, Rheumatoid Arthritis, Low Back Pain, Cervical Spondylosis, Lumbar Spondylosis/Sciatica, Osteoporosis, Frozen Shoulder

Mapping Matrix of POs, PSOs, and COs

COs	POs													PSOs			
	1	2	3	4	5	6	7	8	9	10	11	12	Avg	1	2	3	Avg
CO1	3	2	1	-	3	2	-	-	2	-	-	2	2.11	3	2	3	2.67
CO2	3	3	2	-	3	2	-	-	2	-	-	2	2.38	3	2	3	2.67
CO3	3	2	3	1	3	2	1	2	3	1	2	3	2.33	3	2	3	2.67
CO4	3	3	2	1	3	2	1	1	2	1	2	3	2.17	3	2	3	2.67
Avg	3.00	2.50	2.00	1.00	3.00	2.00	1.00	1.50	2.25	1.00	2.00	2.50	2.25	3.00	2.00	3.00	2.67

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

Teaching Pedagogy

CO-1 (Unit: 1)	<ul style="list-style-type: none"> Conceptual Lecture, Mind Mapping Activity, Group discussion, Case Discussions, Assignment
CO-2 (Unit: 2)	<ul style="list-style-type: none"> Comparative Lecture-Discussion, Debate, Self-reflection activity, Seminar
CO-3 (Unit: 3)	<ul style="list-style-type: none"> Lecture, Group discussion, Case study analysis, Assignment
CO-4 (Unit: 4)	<ul style="list-style-type: none"> Lecture, Case study analysis, Presentation, Group discussion

Assessment Method

Continuous Comprehensive Evaluation 40 Marks	COs	Marks	Exam Component		
			Class Test	Assignment	Presentation/Seminar
	CO-1	10	5	5	--
	CO-2	10	5	--	5
	CO-3	10	5	5	--
	CO-4	10	5	--	5
Term-End Evaluation 60 Marks	COs	Marks	Exam Component		
	CO-1	15	Term End Examination		
	CO-2	15			
	CO-3	15			
	CO-4	15			

References

Books:

- *Yoga Therapy* by Swami Kuvalayananda, Kaivalyadham, S.M.Y.M. Samiti, Lonawala
- *YOGAA AS Therapy*, Dr. Satish Pathak, Kaivalyadham. Lonavla
- Coulter, H. D. (2006). *Anatomy of Hatha Yoga*. Delhi, India: Motilal Banarasidas Frawley, D. & Kozak, S. S. (2006). *Yoga for your type*. New Delhi, India: New Age Books.
- *Yoga and Cardiovascular Management* – Dr. Swami Satyananda Saraswati (Bihar School of Yoga)
- रोग और योग - स्वामी कर्मानंद सरस्वती, मुंगेर, बिहार

Online Resources & Tools:

- NDLI (National Digital Library of India) – Free books, lectures, and journals
- *International Journal of Yoga, AYU Journal*, PubMed articles on Yoga for NCDs
- <https://www.ncbi.nlm.nih.gov/>

Program - P G DIPLOMA IN YOGA

Semester- 2

Course Code 256010225009	Name of Course Aasana & Suryanamaskar	Compulsory
Credit: 02	Teaching Scheme: Theory (0) - Practical (60)	Teaching Hours: 60

Course Outcomes (COs)

After completing this course, students will be able to

CO-1:	Demonstrate proficiency in performing intermediate to advanced asanas, understanding their therapeutic effects and anatomical significance.
CO-2:	Perform the complete Suryanamaskar sequence with correct posture, breathing synchronization, and understand its physiological and psychological benefits. And apply Yogic approaches for emotional regulation, conflict resolution, and psychological adjustment.

Detailed Syllabus

Unit-1. Asanas

Pavanmuktasana Series – 2 (A.P.M.B.)

- | | |
|------------------------|---------------------------|
| 1. Shashankaasan | 13. Suptavajraasan |
| 2. Yogamudraasan | 14. Matsyasan |
| 3. Simhaasan | 15. Chakraasan |
| 4. Marjari aasan | 16. Bhumipaad Mastakaasan |
| 5. Lolaasan | 17. Sarvaangaasan |
| 6. Pashchimotanasan | 18. Halaasan |
| 7. Udaraakarshan | 19. Ekpaad Shiraasan |
| 8. Tiryak Bhujangaasan | 20. Natrajaasan |
| 9. Dhanuraasan | 21. Garudaasan |
| 10. Aakarndhanuraasa | 22. Vrikshaasan |
| 11. Konaasan | 23. Ekpaad Pranamasan |
| 12. Samkonaasan | 24. Bhunaman Aasan |

Unit-2.

Suryanamaskar – With Mantra

Mapping Matrix of POs, PSOs, and COs

COs	POs													PSOs			
	1	2	3	4	5	6	7	8	9	10	11	12	Avg	1	2	3	Avg
CO1	3	2	3	2	3	2	1	2	2	1	2	2	2.08	3	3	2	2.67
CO2	3	2	3	2	3	2	1	2	2	1	2	3	2.25	3	3	2	2.67
Avg	3.00	2.00	3.00	2.00	3.00	2.00	1.00	2.00	2.00	1.00	2.00	2.50	2.17	3.00	3.00	2.00	2.67

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

Teaching Pedagogy

CO-1 (Unit: 1)	• Demonstration, Observation, Self-study, Audio visual, Assignment
CO-2 (Unit: 2)	• Demonstration, Observation, Self-study, Audio visual, Assignment

Assessment Method

Continuous Comprehensive Evaluation 20 Marks	COs	Marks	Exam Component		
			Class Test	Assignment	Presentation/Seminar
Term-End Evaluation 30 Marks	CO-1	10	5	-	5
	CO-2	10	5	--	5
Term-End Evaluation 30 Marks	COs	Marks	Exam Component		
	CO-1	15	Term End Examination		
	CO-2	15			

References

Books:

- स्वामी सत्यानन्द सरस्वती, आसन प्राणायाम मुद्रा बंध, बिहार योग विद्यालय, मुंगेर (बिहार)
- स्वात्माराम-कृत, हठयोग प्रदिपिका, कैवल्यधाम लोनावला
- योगासन रहस्य अने सर्वांगी स्वास्थ्य, योगाचार्य श्री विमान पाल, प्रज्ञा प्रकाशन
- योगविद्या, भाषादेव, प्रवीण प्रकाशन, राजकोट
- स्वामी निरंजनानन्द सरस्वती, घेरण्ड संहिता, योग पब्लिकेशन्स ट्रस्ट, मुंगेर, बिहार, भारत
- Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha, Bihar Yoga
- LIGHT ON YOGAA, B K S IYENGAR, The Classic Guide to Yoga BY the Work's Foremost Authority

Online Resources & Tools:

- **Shodhganga**
<https://shodhganga.inflibnet.ac.in>
Research dissertations on yoga-based practices
- **eBook**
Asana Pranayama Mudra Bandha – Swami Satyananda Saraswati (BSY)
Practical reference book with pictures and benefits

**Program - P G DIPLOMA IN YOGA
Semester- 2**

Course Code 256010225010	Name of Course Kriya Bandh – Mudra, Pranayama	Compulsory
Credit: 02	Teaching Scheme: Theory (0) - Practical (60)	Teaching Hours: 60

Course Outcomes (COs)

After completing this course, students will be able to

CO-1:	Demonstrate and explain selected Shatkarmas and their physiological importance in detoxification and yogic cleansing.
CO-2:	Practice selected Pranayamas with proper technique and understand their influence on the autonomic nervous system and mental calmness.

Detailed Syllabus

Unit-1. Shatkarma (Cleansing)

- 1.1 Vaman dhoti
- 1.2 Danda dhoti
- 1.3 Tratak

Unit-2. Pranayama

- 2.1 Anulom-Vilom (With Antah-Kumbhak)
- 2.2 Shitali Pranayam
- 2.3 Shitkari Pranayam
- 2.4 Bhramari Pranayam

Unit-3. Bandh-Mudra

- 3.1 Jalandhar Bandha
- 3.2 Udiyaan Banda
- 3.3 Mahamudra
- 3.4 Mahabandha
- 3.5 Sambhavi Mudra

Mapping Matrix of POs, PSOs, and COs

COs	POs													PSOs			
	1	2	3	4	5	6	7	8	9	10	11	12	Avg	1	2	3	Avg
CO1	3	2	3	1	3	2	1	1	2	2	2	3	2.16	2	3	2	2.33
CO2	2	3	3	2	3	2	1	2	2	2	2	3	2.33	2	3	2	2.33
Avg	2.5	2.50	3.00	1.50	3.00	2.00	1.00	1.50	2.00	2.00	2.00	3.00	2.21	2.00	3.00	2.00	2.33

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

Teaching Pedagogy

CO-1 (Unit: 1)	• Demonstration, Observation, Self-study, Audio visual, Assignment
CO-2 (Unit: 2)	• Demonstration, Observation, Self-study, Audio visual, Assignment

Assessment Method					
Continuous Comprehensive Evaluation 20 Marks	COs	Marks	Exam Component		
			Class Test	Assignment	Presentation/Seminar
	CO-1	10	5	-	5
CO-2	10	5	--	5	
Term-End Evaluation 30 Marks	COs	Marks	Exam Component		
	CO-1	15	Term End Examination		
	CO-2	15			

References

Books:

- Swami Satyananda Saraswati – *Asana, Pranayama, Mudra, Bandha* (Bihar School of Yoga)
- स्वामी कुवाल्यानंद- प्राणायाम, कैवल्यधाम लोनावला
- Dr. H. R. Nagendra – *Pranayama for Health and Healing* (SVYASA Publications)
- Swami Sivananda – *The Science of Pranayama*
- M.L. Gharote – *Applied Yoga*

Online Resources & Tools:

- <http://www.biharyoga.net/>
- <http://www.svyasa.edu.in/>

**Program - P G DIPLOMA IN YOGA
Semester- 2**

Course Code 256010225011	Name of Course Fundamentals of Ayurveda	Compulsory
Credit: 02	Teaching Scheme: Theory (30) - Practical (0)	Teaching Hours: 30

Course Outcomes (COs)

After completing this course, students will be able to

CO-1:	Describe the principles of Tridosha and analyze the physiological and pathological roles of Doshas.
CO-2:	Explain the functions of Dhatus and Malas, and apply this understanding in yogic and ayurvedic health management.
CO-3:	Evaluate different body constitutions (Prakruti), understand the role of Agni, and assess their impact on wellness.
CO-4:	Evaluate different body constitutions (Prakruti), understand the role of Agni, and assess their impact on wellness.

Detailed Syllabus

Unit-1. Principles of Ayurveda

- 1.1 Doshas – Name, Guna, Place, Prakrut Karma, Vikrut Karma, (Increase & decrease)
- 1.2 Types, Place & functions of dosha types.

Unit-2. Dhatus And Mal

- 2.1 Dhatus – Name, Prakrut Karma & Vikrut karma
Dhatu Production Sequence (Dhatu Pariposhan Kram)
- 2.2 Mal – Name, Prakrut Karma & Vikrut karma

Unit-3. Prakruti and Agni

- 3.1 Prakruti- Types
- 3.2 Agni (Importance & types of Jatharagni)

Unit-4. Dincharya, Sadvrat, Sleep, Ritucharya

- 4.1 Dincharya – Wake up, Ushapan, Anjan, Dant-dhavan, Vyayam, Snan, Nasya, Abhyanga, Kaval-Gandhush
- 4.2 Sadvrat – Diet (meal timing, kind of meal, kriya after diet)
- 4.3 Sleep
- 4.4 Ritucharya – Six Seasons, Name of Ritus, Pathya & Apathya in every Ritu (season)

Mapping Matrix of POs, PSOs, and COs

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	Avg	PSO1	PSO2	PSO3	Avg
CO1	3	2	2	-	3	2	-	-	2	-	-	2	2.29	3	2	2	2.33
CO2	3	3	3	2	3	2	-	-	2	2	-	2	2.44	3	3	2	2.67
CO3	2	2	2	2	3	2	1	-	2	1	-	2	2.00	3	2	2	2.33
CO4	3	3	2	3	3	2	2	-	3	2	2	3	2.64	3	2	3	2.67
Avg	2.75	2.50	2.25	2.33	3.00	2.00	1.50	-	2.25	1.67	2.00	2.25	2.36	3.00	2.25	2.25	2.50

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

Teaching Pedagogy					
CO-1 (Unit: 1)	• Conceptual Lecture, Group discussion, Case Discussions, Assignment				
CO-2 (Unit: 2)	• Comparative Lecture-Discussion, Debate, Self-reflection activity, Seminar				
CO-3 (Unit: 3)	• Lecture, Group discussion, Case study analysis, Assignment				
CO-4 (Unit: 4)	• Lecture, Case study analysis, Presentation, Group discussion				
Assessment Method					
Continuous Comprehensive Evaluation 20 Marks	COs	Marks	Exam Component		
			Class Test	Assignment	Presentation/Seminar
	CO-1	05	5	5	--
	CO-2	05	5	--	5
	CO-3	05	5	5	--
	CO-4	05	5	--	5
Term-End Evaluation 30 Marks	COs	Marks	Exam Component		
			Term End Examination		
	CO-1	07			
	CO-2	07			
	CO-3	07			
CO-4	09				
References					
Books:					
• Charaka Samhita, – Edited by Acharya Charaka, Translated by Dr. Ram Karan Sharma <i>Publisher: Chaukhamba Orientalia</i>					
• Ashtanga Hridaya – By Vagbhata, Translated by Prof. K.R. Srikantha Murthy <i>Publisher: Chaukhamba Krishnadas Academy</i>					
• आयुर्वेदना सिद्धांतो- डॉ. वसंत लाल					
Online Resources & Tools:					
• www.ndl.iitkgp.ac.in					
• www.ayush.gov.in					

Program - P G DIPLOMA IN YOGA

Semester- 2

Course Code 256010225012	Name of Course Principles of Naturopathy	Compulsory
Credit: 02	Teaching Scheme: Theory (30) - Practical (30)	Teaching Hours: 30

Course Outcomes (COs)

After completing this course, students will be able to

CO-1:	Explain the naturopathic concept of health and disease and apply Panchatattva principles in holistic living.
CO-2:	Identify and apply natural remedies based on the five elements (Panchamahabhutas) in disease management.
CO-3:	Identify and apply natural remedies based on the five elements (Panchamahabhutas) in disease management.
CO-4:	Evaluate and adopt organic food practices to support personal and community health.

Detailed Syllabus

Unit-1. Naturopathy

1.1 Concept of Health & disease according to Naturopathy

1.2 Principles of Pancha tattva in Naturopathy

Unit-2. Prakrutik Upchaar Paddhati (Natural Remedies)

2.1 Treatment of Aakash tattva

2.2 Treatment of Agni tattva

2.3 Treatment of Jal tattva

2.4 Treatment of Prithvi tattva

2.5 Treatment of Vaayu tattva

Unit-3. Natural life

3.1 Importance of Natural lifestyle-technique

3.2 Different aspects of Natural life

Unit-4. Organic diet

4.1 Organic diet and its important in human life

4.2 Process of organic food

Mapping Matrix of POs, PSOs and COs

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO 10	PO 11	PO 12	Avg	PSO1	PSO2	PSO3	Avg
CO1	3	2	2	2	3	2	-	-	2	-	-	2	2.29	3	2	2	2.33
CO2	3	3	3	2	3	2	-	-	3	2	-	3	2.67	3	3	3	3.00
CO3	2	2	2	2	3	2	2	1	2	1	-	2	1.91	2	2	2	2.00
CO4	3	3	2	2	3	3	2	2	3	2	2	3	2.58	3	3	3	3.00
Avg	2.75	2.50	2.25	2.00	3.00	2.25	2.00	1.50	2.50	1.67	2.00	2.50	2.32	2.75	2.50	2.50	2.58

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

Teaching Pedagogy					
CO-1 (Unit: 1)	• Conceptual Lecture, Group discussion, Case Discussions, Presentation, Field work				
CO-2 (Unit: 2)	• Comparative Lecture-Discussion, Demonstration, Self-reflection activity, Assignment				
CO-3 (Unit: 3)	• Lecture, Group discussion, Case study analysis, Assignment				
CO-4 (Unit: 4)	• Lecture, Group discussion, Presentation, Field work, Demonstration				
Assessment Method					
Continuous Comprehensive Evaluation 20 Marks	COs	Marks	Exam Component		
			Class Test	Assignment	Presentation/Seminar
	CO-1	05	5	--	5
	CO-2	05	5	5	--
	CO-3	05	5	5	--
CO-4	05	5	5	--	5
Term-End Evaluation 30 Marks	COs	Marks	Exam Component		
			Term End Examination		
	CO-1	07			
	CO-2	07			
	CO-3	07			
CO-4	09				
References					
Books:					
<ul style="list-style-type: none"> • <i>Science of Natural Living</i> by Dr. Ramesh B. Patel • <i>Naturopathy for Healthy Living</i> by Dr. B.V. Khare • रामगोपाल शर्मा, प्राकृतिक चिकित्सा, प्रभात प्रकाशन, नई दिल्ली • आचार्य राजेंद्र अटल, योग एवम प्राकृतिक चिकित्सा, सुरुचि प्रकाशन, नई दिल्ली 					
Online Resources & Tools:					
<ul style="list-style-type: none"> • www.nhp.gov.in/naturopathy • www.ayush.gov.in 					

Program - P G DIPLOMA IN YOGA

Semester- 2

Course Code 256010425013	Name of Course Teaching Methods in Yoga	Compulsory
Credit: 04	Teaching Scheme: Theory (30) - Practical (30)	Teaching Hours: 60

Course Outcomes (COs)

After completing this course, students will be able to

CO-1:	Describe the meaning, importance, and key principles of education and teaching methods in Yoga.
CO-2:	Demonstrate knowledge of various yoga teaching aids and explain yogic principles used in instruction.
CO-3:	Plan, structure, and manage yoga lessons using effective lesson planning and classroom management strategies.
CO-4:	Conduct practical yoga teaching sessions in different environments and apply self-study and peer-learning techniques.

Detailed Syllabus

Unit-1. Theory: Education

- 1.1 Definition & Meaning of Education, Meaning, definition and scope of teaching. Teaching and learning
- 1.2 Teaching method – Meaning and Area, Factors effecting Teaching Methods
- 1.3 Teaching Method – types & importance

Unit-2. Theory: Teaching Aids

- 2.1 Methods used in Yoga training
- 2.2 Teaching Aids – types and importance, Teaching Aids used in Yoga training
- 2.3 Yogic principles for Aasan Practice

Unit-3. Theory: Lesson Plan

- 3.1 Lesson Plan presentation (Methods of explanation) and its Importance
- 3.2 Personal & Technical Preparation, Methods of Learning – Principles & Rules
- 3.3 Transfer of training – meaning, types and importance, Class Management – its importance & factors affecting CM
- 3.4. Lesson Plane – Its importance & template

Unit-4. Practical

- 4.1 Practical lesson (in Yoga Department)
- 4.2 Practical lesson (outside Yoga department)
- 4.3 Self-study, Conference, Group discussion, Internal Assessment

Mapping Matrix of POs, PSOs and COs

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO 10	PO 11	PO 12	Avg	PSO1	PSO2	PSO3	Avg
CO1	3	2	1	-	2	3	-	-	2	-	-	2	2.14	2	3	2	2.33
CO2	3	3	2	-	2	3	-	-	3	-	-	3	2.57	3	3	2	2.67
CO3	2	2	2	1	2	2	-	1	2	1	-	2	1.82	2	2	2	2.00
CO4	3	3	2	2	3	3	2	2	3	2	2	3	2.58	3	3	3	3.00
Avg	2.75	2.50	1.75	1.50	2.25	2.75	2.00	1.50	2.50	1.50	2.00	2.50	2.31	2.50	2.75	2.25	2.50

3 = Strong Contribution, 2 = Moderate Contribution, 1 = Slight Contribution, 0 = No Significant Contribution

Teaching Pedagogy

CO-1 (Unit: 1)	• Conceptual Lecture, Group discussion, Orientation, Presentation, Field work
CO-2 (Unit: 2)	• Comparative Lecture-Discussion, Demonstration, Self-reflection activity, Assignment
CO-3 (Unit: 3)	• Lecture, Exploration, Case study analysis, Assignment
CO-4 (Unit: 4)	• Lecture, Group discussion, Presentation, Field work, Demonstration

Assessment Method

	COs	Marks	Exam Component		
			Class Test	Assignment	Presentation/Seminar
Continuous Comprehensive Evaluation 40 Marks	CO-1	10	5	--	5
	CO-2	10	5	5	--
	CO-3	10	5	5	--
	CO-4	10	5	--	5
Term-End Evaluation 60 Marks	COs	Marks	Exam Component		
	CO-1	15	Term End Examination		
	CO-2	15			
	CO-4	15			

References

Books:

- Teaching of Yoga by Dr. M. L. Gharote
- Teaching Methodology in Yoga by Swami Satyananda Saraswati
- डॉ.मनोहर लक्ष्मण घरोटे, श्रीमन्त कुमार गांगुली, योग में शिक्षणविधियां, कैवल्यधाम, लोनावला
- नितिन ढोमणे, योग में शिक्षण विधियाँ, मोतीलाल बनारसीदास पब्लिशर्स

Online Resources & Tools:

- www.yogabharati.org
- www.ayush.gov.in



Gujarat Vidyapith

Ashram Marg, Navrangpura, Ahmedabad, Gujarat, India - 380 009

Phone: +91-79 40016200 | **Email:** info@gujaratvidyapith.org | **Website:** www.gujaratvidyapith.org

 @gvp1920