

Syllabus

Of

Post Graduate Diploma In Yoga
Education

Department of Applied Philosophy Faculty
of Education & Allied Sciences M.J.P.
Rohilkhand University, Bareilly

The University/Department introduces 1 year Post Graduate Diploma in Yoga Education and makes the following ordinances governing admission, course contents, examinations and other related to the course under the Faculty of education and allied sciences of MJP Rohilkhand University, Bareilly

Admission to the Course

A) The last date for the receipt of the application to P.G.Diploma in Yoga Education in the Faculty of Education and Allied Sciences shall be June 30 and December 31 or fixed by the university.

B) The prescribed application forms for admission shall be supplied by the university And shall be obtained by paying prescribed fee as fixed by the university The number of students to be admitted will be 30 in each course. The intake may be varied as per decision of the concerned bodies.

C) The Faculty/Department shall have an Admission Committee with Head as the Convener alongwith other faculties as per norm

Entrance Eligibility and Other Conditions

(A) The candidates having passed his B.A./B.Sc./B.Com./B.Sc.(Ag) shall be eligible for admission to P.G. Diploma in Yoga Education.

(B) On the selection for admission to Diploma in Yoga Education the candidate shall deposit the tuition fee and other fees prescribed within the time fixed by Faculty/Department.

(C) Admission cannot be however claimed by a candidate as a matter of right. The admission shall be made at the discretion of the admission committee which may refuse to admit any student without assigning any reason thereof.

Course duration, attendance and other conditions for appearing at the Examinations

(A) The course of study leading to Diploma in Yoga Education shall be conducted by the constituent Department of the Faculty and shall be of minimum of one year.

(B) To qualify for Diploma in Yoga education the candidate must (a) satisfy the minimum attendance to the satisfaction of the university

(C) An examination shall be held at the end of each semester/annually in various course/papers taught during the semester/year.

(D) The overall performance in sessional, practical and written examination in the prescribed number of course/papers shall determine the result of the candidate of P.G.Diploma in Yoga Education in accordance with the rules and regulations prescribed for the purpose. Sessionals shall include work in the laboratory/field, seminar assignments relevant to the course as prescribed.

(E) The academic session in these ordinances shall mean the two semesters i.e. from July to December and January to June. The candidate has to attend at least 75% of the classes actually held in each course/paper of the examination and has completed the requisite practical work besides having maintained a satisfactory character and conduct. The candidate may be permitted to appear at examination provided that

University/Faculty/Department may consider condoning shortage of attendance to an extent not exceeding 15% in each course/paper due to one or more reasons.

Semester I

DYG 101 P.I : Basis of Yoga 1----

DYG 102 P.II: Concept of Yoga

DYG 103 P.III. Theories of Yoga Practices-I

DYG 104. P.IV: Practical & Teaching Techniques-I

Semester-II

DYG 105 P.I: Basis of Yoga_II

DYG 106 P.II: Karma Yoga

DYG 107 P.III: Application of Yoga

DYG 108 P.IV: Practical & Teaching Techniques-II

Semester I

P .1: Basis of Yoga I

1. Patanjala Yogasutra
2. Hathayoga Pradipika
3. Gherandasamhita

P.II : Concept of Yoga

1. What is Yoga? Misconcepts of Yoga
2. Streams of Yoga
3. Raja Yoga: Eight Fold Path
4. Anand Mimamsa

P.III. Theories of Yoga Practices-I

1. Asana
2. Pranayama
3. Kriyas
4. Dhyana

P.IV: Practical & Teaching Techniques-I

1. Eight Step Method: Single Group and Double Group Practice
2. Asana
3. Pranayama
4. Relaxation Techniques

Semester-II

P.I: Basis of Yoga _II

1. Yoga Upanisada : Isa, Mandukya, Mundaka, Taitriya
2. Bhagwadgita
3. Concept of Dharma

P.II: Karma Yoga

1. Basic understanding of Karma Yoga according to Bhagwatgita
2. Personality Development through Karma Yoga
3. Community awareness Programme 7 Karma Yoga Module

P.III: Application of Yoga

1. Special Techniques: Asthama, Nasal allergy, Diabetes, Low bachache, Hypertension/IHD, IBS/GID, Tension/Migraine, Headache
2. Advance Techniques:
a. Self Management of Excessive Tension b. Pranic Energisation Technique
3. Meditation: a. Omkara Dhyana, b. Cyclic Meditation

P.IV: Practical & Teaching Techniques-II

1. Special Techniques: Asthama, Nasal allergy, Diabetes, Low bachache, Hypertension/IHD, IBS/GID, Tension/Migraine, Headache
2. Advance Techniques: a. Self Management of Excessive Tension b. Pranic Energisation Technique
3. Meditation: a. Omkara Dhyana, b. Cyclic Meditation