

MAHATMA GANDHI UNIVERSITY

P.D. HILLS P.O., KOTTAYAM,



CENTRE FOR YOGA AND NATUROPATHY

**REGULATION, SCHEME AND SYLLABUS
FOR
POST GRADUATE DIPLOMA IN YOGA (PGDY)
(Under Credit and Semester System)**

WITH EFFECT FROM 2025 ADMISSION

1. Name of the Programme :Post Graduate Diploma in Yoga (PGDY)

2. Objectives of the Programme

- To introduce the fundamental principles and scientific basis of Yoga.
- To provide a systematic and scientific training in Yoga
- To prepare the students as skilled Yoga Trainers to work as Yoga Teachers
- To equip the students to run their own Yoga centres.
- To create an understanding of the importance and significance of Yoga to maintain a healthy body and mind
- To bring a holistic Personality Development

3. Nature of the Course – Hybrid mode

4. Duration of the Course

The duration of the programme shall be one academic year, consisting of two semesters. Each semester shall have 90 working days (5 hours per day/5 days per week. The course shall be full-time, regular, and co-educational.

5. Eligibility for admission

- (i) Should have passed any Bachelor's Degree from any University recognized by the University Grants Commission.
- (ii) Age - No bar
- (iii) Should be physically and mentally fit to undergo Yoga training.

6. Reservation of Seats

Reservation of seats shall be as per rules framed by the Government/University from time to time.

7. Number of seats

The course shall have 30 seats in a batch. Since the PG diploma programme is offered in both Online and Offline mode, this programme is open to all candidates from India and Abroad irrespective of age limit.

8. Selection Criteria

The selection of candidates for admission to the course shall be based on the merit determined by the following criteria:

- | | | | |
|------|-------------------------------------|----------|------------------|
| (i) | Marks of the qualifying examination | - | 50 marks |
| (ii) | Interview and Group Discussion | - | 50 marks |
| | Total | - | 100 marks |

9. Medium of Instruction and Examination.

The medium of instruction and examination of the course shall be English and Malayalam.

10. Faculty: The discipline of Yoga shall come under the **faculty of science**.

11. Programme in the Credit & Semester System

- (i) Semesters
- (ii) Credit System
- (iii) Continuous Internal Assessment (CIA)
- (iv) End Semester Examination (ESE)
- (v) Grading

12. The following shall be the categories of course suggested for the Post Graduate Diploma in Yoga (PGDY)

SEMESTER I

Sl.No	Course Code	Title of the Course	Contact hours/ week			Marks			Number of credits
			L	P	T	CIA	ESE	Total	
1	CYPGD25 C01	Foundations of Yoga	4	-	1	40	60	100	4
2	CYPGD25 C02	Human Anatomy and Physiology	4	-	1	40	60	100	4
3	CYPGD25 C03	Principles and Practice of Hatha Yoga	4	-	1	40	60	100	4
4	CYPGD25P01	Health and Wellness	4		1	40	60	100	4
5	CYPGD25P02	Yoga Practical-I	-	5	-	40	60	100	4
		Total	16	5	4	200	300	500	20

L- Lecturing, **T-** Tutoring, **P-** Practical, **CIA** Continuous Internal Assessment, **ESE-**End Semester Evaluation

SEMESTER – II

Sl. No	Course Code	Title of the Course	Contact hours/ week			Marks			Number of credits
			L	P	T	CIA	ESE	Total	
1	CYPGD25 C04	Patanjala Yoga Sutra	4	-	1	40	60	100	4
2	CYPGD25 C05	Functional Sanskrit	4	-	1	40	60	100	4
3	CYM25C07	Counselling Psychology and Geriatrics	4	-	1	40	60	100	4
4	CYM25C08	Yoga Fieldwork/Teaching Practice	4	-	1	40	60	100	4
5	CYM25P02	Yoga Practical-II	-	5		40	60	100	4
		Total	16	5	4	200	300	500	20

13. CONTINUOUS INTERNAL ASSESSMENT

Internal Evaluation for theory shall be on the basis of class tests , assignments, seminars and attendance. The Internal valuation shall be conducted by the concerned

teacher. The students shall also maintain a record book and should be submitted at the time of the University examinations.

Internal Evaluation of Theory Papers

Sl.No	Details Internal Assessment	Marks
1	Test Papers 2	15
2	Assignment	10
	Seminar Presentation	10
4	Attendance for the semester	5
	Total	40

Internal Evaluation of Practical Examination

Details of Yoga practicum	Marks
Demonstration of Yoga Practices	10
Instructions, Communication skills, Time management for teaching various Yoga Practices etc.	10
Class room Teaching	10
Viva Voce	10
Total	40

14. END SEMESTER EXAMINATION

The End Semester Examination in theory and practical shall be conducted by the University after the completion of the required theory and practical classes at the end of the semesters. The duration of the End Semester Examination for each theory paper shall be for 3 hours. The Head of the Department of the Course shall submit the attendance certificate, marks of internal assessments of eligible candidates for attending the University examination.

Question Paper Pattern for End Semester Examination for Part A Theory Papers

Type of questions	Number Questions	Questions to be answered	Marks for each question	Total Marks
Section A- MCQ	05	05	1	05
Section B- Short Answer Questions	05	05	2	10
Section C- Short Essay Questions	7	5	5	25
Section D- Essay Questions	3	2	10	20
Total Marks	20	17		60

End Semester Part B Practical Examination (External Valuation)

Details of Yoga Practical	Marks
---------------------------	-------

Demonstration	15
Instructions, Communication Skills, Time management for teaching various Yoga Practices.	20
Viva Voce	10
Record	15
Total	60

15. Promotion and pass, classification of examination result, issue of certificates, revision of syllabi and all other regulations, such as the Transitory provision, repeal of the Programme will be the same as per the Rules and Regulations applicable for Post Graduate Programme issued by the University from time to time. If any other criteria are not otherwise specified also be followed as per the Regulations for the Post Graduate programme.

SYLLABUS

	MAHATMA GANDHI UNIVERSITY		
	PG Diploma Programme		
School	CENTRE FOR YOGA AND NATUROPATHY		
Programme	POST GRADUATE DIPLOMA IN YOGA (PGDY)		
Course Title	FOUNDATIONS OF YOGA		
Course Type	Core		
Course Level	PG Diploma		
Course Code	CYPGD25C01		
Course Overview	This course introduces the historical, philosophical and contemporary foundations of Yoga, including classical texts, Indian philosophical systems, the Bhagavad Gita, Integral Yoga and modern Yoga traditions.		
Semester	I	Credit	4
Total Student Learning Time	Instructional hours for theory	Instructional hours for practical/lab work// fieldwork	
	60	0	

COURSE CONTENT

Unit 1. History, Meaning and Foundations of Yoga	Hours
---	--------------

History and development of Yoga: Pre-Classical Yoga, Classical Yoga, Post-Classical Yoga and Modern Yoga; meaning and definition of Yoga according to different texts; aims and objectives of Yoga; misconceptions; concepts of Yoga as found in Yoga Sutra and Hatha Yoga texts.	15
Unit 2. Yoga in Upanisads and Indian Philosophy	Hours
Introduction to important Upanisads on Yoga; Yoga in Indian philosophy; the six Astika or orthodox schools of philosophy: Nyaya, Vaisheshika, Sankya, Yoga, Purva Mimamsa and Uttara Mimamsa; Yoga in heterodox schools of philosophy: Charvakism, Buddhism and Jainism; introduction to Yoga Vasistham.	15
Unit 3. Yoga in the Bhagavad Gita	Hours
Yoga in the Bhagavad Gita: Chapter II - Samkhya or Jnana Yoga; Chapter III - Karma Yoga; Chapter VI - Dhyana Yoga; Chapter XII - Bhakti Yoga; Chapter XIV – Gunathraya Vibhaga Yoga; Daivasura Sampad Vibhaga Yoga; Chapter XVII – Shraddhathraya Vibhaga Yoga; Chapter XVIII - concept of Sannyasa, three kinds of renunciation, five factors of action, three factors that induce action, three components of action, importance of Svadharma, qualities to become one with Brahman and the idea that God is omnipresent.	15
Unit 4. Integral Yoga and Contemporary Yogic Traditions	Hours
Introduction to Sri Aurobindo's Integral Yoga: characteristics of Integral Yoga, evolutionary ontology of consciousness, ontological process of evolution and triple transformation of the individual; Yoga traditions of Maharshi Ramana, Swami Dayanand Saraswati, Sri Shyamacharan Lahidi and Swami Vivekananda; contemporary yogis: Swami Kuvalayananda, Sri T. Krishnamacharya lineage, Swami Sivananda Saraswati, Maharshi Mahesh Yogi, Osho, Sri Sri Ravishankar and Baba Ramdev.	15

References

1. George Feuerstein (2002). The Yoga Tradition: Its History, Literature, Philosophy and Practice. First Indian Edition, Motilal Banarsidass Publishers, New Delhi with Hohm Press, U.S.A.
2. Swami Satyananda Saraswati, Four Chapters of Freedom, Bihar School of Yoga, 2000.
3. Srinivasa Ayyangar (1938). The Yoga-Upanisads. Adyar Library.
4. Chandradhar Sharma (2003). A Critical Survey of Indian Philosophy. Motilal Banarsidass Publishers Limited, Jawahar Nagar, Delhi.
5. Swami Ramsukh Das, SrimadBhagavadgita (Sadhaka Sanjivani), Vol. I and II, Geeta Press, Gorakhpur, 1999.
6. E. I. Warriar, Sri Aurobindo's Integral Yoga and Sankara's Advaita: A Comparative Study. Vohra Publishers & Distributors, Allahabad.
7. T. Krishnamacharya (2013). Yoga Makaranda: The Nectar of Yoga. Translated by KausthubDesikachar, Krishnamacharya Healing & Yoga Foundation, Chennai.
8. Swami Niranjananda Saraswati, Yoga Darshan, Bihar School of Yoga, Munger, Bihar, 1994.
9. Swami Satyananda Saraswati, A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya, Bihar School of Yoga, Munger, 1989.

	MAHATMA GANDHI UNIVERSITY
	P G Diploma Programme
School	CENTRE FOR YOGA AND NATUROPATHY

Programme	POST GRADUATE DIPLOMA IN YOGA (PGDY)		
Course Title	HUMAN ANATOMY AND PHYSIOLOGY		
Course Type	Core		
Course Level	PG Diploma		
Course Code	CYPGD25C02		
Course Overview	This course familiarizes students with the structure and functions of the human body and explains the relevance and effects of Yoga on major physiological systems.		
Semester	I	Credit	4
Total Student Learning Time	Instructional hours for theory	Instructional hours for practical/lab work// fieldwork	
	60	0	

COURSE CONTENT

Unit 1. Essentials of Anatomy, Physiology and Musculoskeletal Systems	Hours
1. Definition of anatomy and physiology, planes and axis, directional terms, and body cavities 2. Cell, Tissues, and Organ Systems 3. Skeletal system: Structure and functions 4. Muscular system: Structure and functions 5. Effect of yoga on skeletal and muscular system- evidence-based	15
Unit 2. Respiratory, Circulatory and Glandular Systems	Hours
1. Respiratory system: Structure and functions 2. Circulatory system: Structure and functions 3. Glandular system: location and functions 4. Effect of yoga on respiratory, circulatory and glandular system- evidence-based	15
Unit 3. Digestive, Excretory and Nervous Systems	Hours
1. Digestive system: Structure and functions 2. Excretory system: Structure and functions 3. Nervous system: structure and functions 4. Yoga's effect on digestive, excretory and nervous systems – Evidence-based	15

Unit 4. Integumentary, Lymphatic and Reproductive Systems	Hours
1. Integumentary system: Structure and functions 2. Lymphatic system: Structure and functions 3. Reproductive system: Structure and functions. 4. Effect of yoga on these systems- Evidence-based	15

References

- Tortora, G. J., & Derrickson, B. (2020). *Principles of anatomy and physiology* (16th ed.). Wiley.
- Marieb, E. N., & Hoehn, K. (2019). *Human anatomy & physiology* (10th ed.). Pearson.
- Borg-Olivier, S., & Machliss, B. (2018). *Applied anatomy & physiology of yoga*. Yoga Synergy.
- Gore, M. M. (2015). *Anatomy and physiology of yogic practices* (2nd ed.). Lonavala Yoga Institute.
- Long, R. (2021). *The key muscles of yoga* (3rd ed.). Bandha Yoga Publications.
- McCall, T. (2017). *Yoga as medicine: The yogic prescription for health and healing* (Revised ed.). Bantam Books.
- Singleton, M. (2010). *Yoga body: The origins of modern posture practice*. Oxford University Press.

	MAHATMA GANDHI UNIVERSITY
	P G Diploma Programme
School	CENTRE FOR YOGA AND NATUROPATHY
Programme	POST GRADUATE DIPLOMA IN YOGA (PGDY)
Course Title	PRINCIPLES AND PRACTICE OF HATHA YOGA
Course Type	Core
Course Level	PG Diploma
Course Code	CYPGD25C03

Course Overview	This course studies the philosophical basis, classical texts, practices and spiritual-therapeutic dimensions of Hatha Yoga, including Shadkarmas, Asanas, Mudras, Bandhas and Pranayama.		
Semester	I	Credit	4
Total Student Learning Time	Instructional hours for theory	Instructional hours for practical/lab work// fieldwork	
	60	0	

COURSE CONTENT

Unit 1. Origin, Purpose and Classical Basis of Hatha Yoga	Hours
Origin of Hatha Yoga; meaning of Hatha Yoga; purpose of Hatha Yoga; classical texts on Hatha Yoga; Hatha Yogic parampara; relationship between Hatha Yoga and Raja Yoga; elements of success and failure in Hatha Yoga; rules and instructions for Hatha Yoga practice; concept of Mata in Hatha Yoga Pradeepika and Kuteer in Gheranda Samhita; Saptanga Sadhana in Gheranda Samhita.	15
Unit 2. Shadkarmas and Yogic Diet	Hours
Cleansing practices of Hatha Yoga: Shadkarmas, including Dhauti, Vasthi, Neti, Trataka, Nauli and Kapalabhati; rules and instructions of Shadkarmas; therapeutic benefits of Shadkarmas; yogic diet: meaning and definition of Mithahara, purpose of Mithahara, Pathyaharam, Apathyaharam and benefits of vegetarian food.	15
Unit 3. Asanas, Mudras and Bandhas	Hours
Asanas: meaning and definition, purpose of Asana in Yoga Sutra and Hatha Yoga, comparative study of Asanas in Hatha Yoga Pradeepika and Gheranda Samhita, classification of Asanas, meditative, cultural and relaxation Asanas, physical, mental and spiritual benefits, Hatha Yogi Siddhi Lakshanam. Mudras and Bandhas: meaning, types of Mudras including Hastha, Mana, Kaya, Bandha and Adhara Mudras; Bandhas including Moola, Jalandhara, Uddiyana and Maha Bandha; Mudras and Bandhas in Hatha Yoga Pradeepika and Gheranda Samhita; physical, mental and spiritual benefits.	15
Unit 4. Pranayama, Higher Practices and Nadanusandhana	Hours
Meaning and definition of Pranayama; concept of Prana, five Pranas and five Upa-pranas; importance of Pranayama in Hatha Yoga Sadhana; concept of Nadis and Swara Yoga; Puraka, Kumbhaka and Rechaka; classification of Pranayama: balancing, cooling, heating or revitalizing and tranquilizing Pranayamas; yogic breathing; Pranayamas as per Hatha Yoga Pradeepika and Gheranda Samhita; therapeutic and spiritual benefits. Five types of Pratyahara, five types of Dharana, three types of Dhyana and six types of Samadhi according to Gheranda Samhita; concept of Nadanusandhana according to Hatha Yoga Pradeepika.	15

References

1. Swami Kuvalayananda, Gheranda Samhitha, Kaivalyadhama, Lonavala, Poona, 1997.
2. Swami Niranjanananda Saraswathi, Gheranda Samhitha, Bihar Yoga Bharati, Munger, Bihar, 1997.

3. Yogi Ramacharaka, Secrets of Hatha Yoga, Cosmo, New Delhi, 2004.
4. Swami Mukhtibodhananda, Hatha Yoga Pradeepika, Bihar School of Yoga, Munger, Bihar, 1998.
5. Swami Niranjananada Saraswathi, Yoga Darshan, Pancha Dashanam Paramhamsa, Alakh Bara, Deoghar, Bihar, 1994.
6. Swami Satyananda Saraswathi, A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya, Bihar School of Yoga, Munger, 1989.
7. George Feuerstein (1975). Text Book of Yoga. Motilal Banarsidass Publishers Ltd., London.
8. Swami Satyananda Saraswati, Four Chapters of Freedom, Bihar School of Yoga, 2000.
9. Swami Kuvalayanda, Asanas, Kaivalyadhama, Lonavala, 1998.
10. Swami Satyananada Sarasvati, Asana Pranayama Mudra Bandha, Bihar School of Yoga, Munger, 1989.
11. Swami Sivananda, The Science of Pranayama, A Divine Life Society Publication, Chennai, 1971.

	MAHATMA GANDHI UNIVERSITY		
	PG Diploma Programme		
School	CENTRE FOR YOGA AND NATUROPATHY		
Programme	POST GRADUATE DIPLOMA IN YOGA		
Course Title	Health and Wellness		
Course Type	Core		
Course Level	PG Diploma		
Course Code	CYPGD25C04		
Course Overview	This syllabus equips learners with cutting-edge knowledge and skills for promoting sustainable health and wellness across lifespan stages, populations, and contexts. Drawing from WHO frameworks, biopsychosocial models, and global research, it emphasises evidence-based strategies.		
Semester	1	Credit	4
Total Student Learning Time	Instructional hours for theory		Instructional hours for practical/lab work// fieldwork
	60		

Pre-requisite	● Basic understanding of health ● Holistic approach to health and well-being
----------------------	---

COURSE CONTENT

Unit 1 – Foundations of Health and Wellness	Hours
1. Definition and meaning of health and wellness 2. Dimensions of health and wellness 3. Understand nutrition (macronutrients, micronutrients, personalised meal plans, ICMR dietary guidelines) 4. Energy balance 5. Common postural deformities-Corrective measures (knock knees, flat foot, round shoulders, Lordosis, Kyphosis, Scoliosis, and bow legs)	12
Unit 2: Science of Physical Activity	Hours
1. Physical fitness and its types 2. Effect of exercise on the major body systems 3. Principles of exercise training 4. Understanding exercise intensities and choosing activities for physical fitness 5. Fitness assessment and interpretation	12
Unit 3: Strategies for Health Promotion	Hours
1. Adherence to Physical Activity- Strategies 2. Lifestyle diseases: their prevention and management 3. Enhancing mental health – Strategies 4. Enhancing social health – Strategies 5. Basics of CBT	12
Unit 4: Understanding Stress and its Management	Hours
1. Definition of stress 2. Symptoms of stress (Physical Symptoms, Emotional and Mental Symptoms, Behavioural Symptoms) 3. General Adaptation Syndrome (GAS) and its stages 4. Effect of chronic stress (Physical, Mental and Social) 5. Stress management strategies	12
Unit 5 – Yoga and Integrative Wellness Practices	Hours

1. Yogic philosophy on attaining wellness (Ashtanga) 2. Yogic nutrition 3. Understanding Sleep – Optimisation Strategies 4. Understanding Circadian Rhythm -Optimisation Strategies 5. Relaxation techniques	12
--	-----------

Mode of Transaction	Classroom activities: ☐ Lecturing, Interactive discussion, debates, panel discussion, and sharing experiences. These sessions offer a thorough understanding of the subject and its applications.
Mode of Assessment	Seminar, Book Review, Assignment, Interaction, Group Discussion & Internal Examination. Continuous evaluation methods are used

Learning Resources

- Edlin, G., & Golanty, E. (2021). Health and wellness (14th ed.). Jones & Bartlett Learning.
- Corbin, C. B., Welk, G., Corbin, W. R., & Farrar, K. (2023). Concepts of physical fitness: Active lifestyles for wellness (14th ed.). McGraw-Hill Education.
- Iyengar, B. K. S. (2010). Light on life: The yoga journey to wholeness, inner peace, and ultimate freedom. Rodale Books.
- Sapolsky, R. M. (2017). Behave: The biology of humans at our best and worst. Penguin Press.
- Ross, A., & Thomas, S. (2010). The health benefits of yoga and exercise: A review of comparison studies. The Journal of Alternative and Complementary Medicine, 16(1), 3–12. <https://doi.org/10.1089/acm.2009.0044>

	MAHATMA GANDHI UNIVERSITY
	P G Diploma Programme
School	CENTRE FOR YOGA AND NATUROPATHY
Programme	POST GRADUATE DIPLOMA IN YOGA (PGDY)
Course Title	YOGA PRACTICAL I

Course Type	Core Practical		
Course Level	PG Diploma		
Course Code	CYPGD25P01		
Course Overview	This practical course trains students in foundational yogic cleansing practices, loosening practices, Surya Namaskar and basic Asanas across major categories.		
Semester	I	Credit	4
Total Student Learning Time	Instructional hours for theory	Instructional hours for practical/lab work// fieldwork	
	0	60	

COURSE CONTENT

Unit 1. Practical –Shadkarmas	Hours
Dhauti: Vatasara Dhauti, Varisara Dhauti (Shankaprakshalana), Vahnisara Dhauti (Agnisara Kriya), Vastra Dhauti, Vamana Dhauti (Kunjal); Jala Vasthi (Water Enema); Neti: Sutra Neti and Jala Neti; Trataka; Nauli: Dakshina, Vama and Madhyama; Kapalabhati: Vatakrama, Vyutkrama and Sheetkrama.	15
Unit 2. Yogic Sukshma Vyayamas and Surya Namaskar	Hours
Loosening of toes, ankle joints, knee joints, hip joints, fingers, wrist joints, elbow bending, shoulder joints and neck joint; dynamic Tiryaka Tadasana, dynamic Kati Chakrasana, dynamic Tiryaka Kati Chakrasana, dynamic Marjari Asana, Gatyatmak Meru Vakrasana, dynamic Nauka Sanchalanasana, dynamic Chakra Padasana and Netra Yoga exercises. Surya Namaskar: twelve positions: Pranamasana, Hasta Uttanasana, Padahastanasana, Ashwasanchalanasana, Santolanasana, Ashtanga Namaskara, Bhujangasana, Parvatasana, Ashwasanchalanasana, Padahastanasana, Hasta Uttanasana and Pranamasana; variation with Shashankasana.	15
Unit 3. Basic Asanas I	Hours
Relaxation Asanas: Shavasana, Makarasana, Matsyakridasana and Advasana. Sitting meditation Asanas: Sukhasana, Swastikasana, Bhadrasana, Ardha Padmasana, Padmasana, Siddhasana/Siddhayoniasana and Vajrasana. Lateral bend Asanas: Anandasana, Tiryaka Tadasana, Trikonasana variations and ParivrittaJanusirasana. Forward bend Asanas: Pavanamuktasana, PrasaraPadottanasana, Shashankasana, Saithalya, Janu Sirasana, Mandukasana, Paschimottanasana and Padahastanasana.	15
Unit 4. Basic Asanas II	Hours
Backward bend Asanas: Bhujangasana, Shalabhasana, Dhanurasana, ViparitaNaukasana, Supta Vajrasana, Khandarasana, Poorvottanasana or Setu Asana and Matsyasana. Balancing Asanas: Merudandasana, Eka Pada Pranamasana, Santolanasana, Garudasana, Natarajasana, Eka Padasana and Vrikshasana. Standing Asanas: Tadasana, Uttanasana, Utkatasana, Paschima Namaskar, Veerabhadrasana and Anjaneyasana. Spinal twisting Asanas: Meru Vakrasana, Shava Udarakarshanasana and Bhu Namasana. Inverted Asanas: Vipareeta Karani Asana, Sarvangasana and Halasana.	15



MAHATMA GANDHI UNIVERSITY

P G Diploma Programme

School	CENTRE FOR YOGA AND NATUROPATHY		
Programme	POST GRADUATE DIPLOMA IN YOGA (PGDY)		
Course Title	PATANJALA YOGA SUTRA		
Course Type	Core		
Course Level	PG Diploma		
Course Code	CYPGD25C04		
Course Overview	This course provides a structured study of Patanjali's Yoga Sutra, covering the conceptual foundations and the four Padas: Samadhi, Sadhana, Vibhuti and Kaivalya.		
Semester	II	Credit	4
Total Student Learning Time	Instructional hours for theory	Instructional hours for practical/lab work// fieldwork	
	60	0	

COURSE CONTENT

Unit 1. Introduction to Yoga Sutra	Hours
Prayer to Maharshi Patanjali; important commentaries on Yoga Sutra; aims of the four Padas and number of verses; definition of Yoga as per Yoga Sutra; concept of Chitta, Chitta-Bhumis, Chitta-Vrittis, Nirodha, Vasanas and Samskaras.	15
Unit 2. Samadhi Pada	Hours
Chapter I - Samadhi Pada: the aims of Yoga; concept of Drista; five kinds of Vrittis; epistemology or theory of knowledge; Pramana as the tool of right knowledge: Pratyaksha, Anumana and Agama; Viparyaya, Vikalpa, Nidra and Smriti; concept of Abhyasa and Vairagya; concept of Isvara; Chitta Vikshepa, VikshepaSahabhuvah, seven practices for removing obstacles of Chitta, concept of Samapatti and Samadhi.	15
Unit 3. Sadhana Pada and Vibhuti Pada	Hours
Chapter II - Sadhana Pada: Kriya Yoga; Pancha Kleshas; removal of Kleshas; Ashtanga Yoga: Yama, Niyama, Asana, Pranayama and Pratyahara. Chapter III - Vibhuti Pada: Dharana, Dhyana and Samadhi; Samyama as the union of Dharana, Dhyana and Samadhi; process of Samyama on different objects and Siddhis obtained from the practice of Samyama.	15
Unit 4. Kaivalya Pada	Hours
Chapter IV - Kaivalya Pada: four types of Karmas; concept of Vasana; Viveka Khyati Nirupanam; Dharmamegha Samadhi and Kaivalya.	15

References

1. Swami Satyananda Saraswathi, Four Chapters on Freedom: Commentary on Yoga Sutras of Patanjali, Yoga Publication Trust, Munger, 2000.
2. Swami Vivekananda, Rajayoga, Advaita Ashram, Calcutta, 2000.
3. Patanjala Yoga Sutra, Kaivalyadhama, S.M.Y.M. Samathi, Lonavala, 2001.

4. Edwin F. Bryant, The Yoga Sutras of Patanjali. Replika Press, India, ISBN 978-0-86547-736-0, First Edition, 2009.
5. Bengali Baba, Yoga Sutras of Patanjali, Motilal Banarsidass Publishers, 2002, ISBN 81-208-0155-5.
6. Commentary on Patanjali Yoga Sutra by Jnananda Saraswati, Vivekananda Yoga Centre, Kanyakumari.
7. Vidwan Kilimanoor S. Raghava Varrier, Patanjala Yoga Sutram, Vyasa Bhasyanuvada Samhitam, Sooru Books, Thiruvananthapuram.
8. Shri Swami Omananda Theerth, Patanjala Yoga Pradeep, Geeta Press, Gorakhpur.

	MAHATMA GANDHI UNIVERSITY		
	P G Diploma Programme		
School	CENTRE FOR YOGA AND NATUROPATHY		
Programme	POST GRADUATE DIPLOMA IN YOGA (PGDY)		
Course Title	FUNCTIONAL SANSKRIT		
Course Type	Core		
Course Level	PG Diploma		
Course Code	CYPGD26C06		
Course Overview	This course develops basic Sanskrit language ability, verse analysis, familiarity with major Sanskrit writers, recitation of Yoga Sutra and awareness of Sanskrit in the modern age.		
Semester	II	Credit	4
Total Student Learning Time	Instructional hours for theory		Instructional hours for practical/lab work// fieldwork
	60		0

COURSE CONTENT

Unit 1. Basic Sanskrit Language Abilities	Hours
How to read and write Sanskrit; Devanagari verse recitation exercises; Shabdarupa, Dhaturupa and VakyaNirmana.	15
Unit 2. Analysis of Sanskrit Verses	Hours
Analysis of selected Sanskrit verses, including selected ten verses from Nitisataka of Bhartrhari.	15
Unit 3. Sanskrit Literature and Yoga Sutra Recitation	Hours
Introduction to major Sanskrit writers such as Valmiki, Vyasa, Bhasa, Kalidasa and Banabhatta; recitation of selected sutras of Patanjala Yoga Sutra.	15
Unit 4. Sanskrit in the Modern Age	Hours
Relevance of Sanskrit in the modern age and its influence on other languages and culture.	15

References

1. UGC - Functional Sanskrit, Rashtriya Sanskrit Sansthan.
2. A. B. Keith, History of Sanskrit Literature. Motilal Banarsidass, New Delhi.
3. T. K. Ramachandra Iyyer, Sabdamanjari. R. S. Vadhyar and Sons, Palakkad.
4. Subhasitaratnabhandagara. Motilal Banarsidass, New Delhi.
5. M. Krishnamachariyar, History of Classical Sanskrit Literature. Motilal Banarsidass, New Delhi.
6. Dr. Radhakrishnan, Indian Philosophy.
7. Swami Satyananda Saraswathi, Four Chapters on Freedom: Commentary on Yoga Sutras of Patanjali, Yoga Publication Trust, Munger, 2000.

	MAHATMA GANDHI UNIVERSITY PG Diploma Programme
---	--

School	CENTRE FOR YOGA AND NATUROPATHY		
Programme	POST GRADUATE DIPLOMA PROGRAM		
Course Title	Counselling Psychology and Geriatrics		
Course Type	CORE		
Course Level	8		
Course Code	CYPGD25C07		
Course Overview	The course “Counselling Psychology and Geriatrics” provides an in-depth understanding of the foundations and scope of counselling psychology, focusing on promoting mental health and wellbeing. It covers key theoretical approaches, professional skills, and therapeutic models, enabling students to work with diverse populations, including older adults. The course explores psychosocial issues of ageing, counselling interventions for older adults, and assessment tools and therapeutic interventions relevant to geriatric care, equipping students to address the unique needs of the elderly and promote successful ageing.		
Semester	2	Credit	4

Total Student Learning Time	Instructional hours for theory	Instructional hours for practical/lab work// fieldwork
	60	
Pre-requisite	• Basic understanding of psychology and human behaviour – Students should have fundamental knowledge of psychological concepts such as personality, emotions, development, and mental health. • Introductory knowledge of ageing and social issues – A basic awareness of the ageing process, social problems of the elderly, and the importance of mental health care in later life. • Interest in helping professions and interpersonal communication – Students should possess a willingness to work with people, develop empathy, and learn communication and counselling skills for supporting individuals, especially older adults.	

COURSE CONTENT

Unit 1. FOUNDATIONS OF COUNSELLING PSYCHOLOGY		Hours
1. Meaning and definitions of Counselling and Counselling Psychology, Nature and scope of counselling psychology 2. Distinction between counselling, psychotherapy, guidance and social work intervention 3. Goals and objectives of counselling 4. Historical development of counselling psychology 5. Professional roles and functions of counsellors 6. Ethical principles and legal aspects of counselling practice, Research and evidence-based practice in counselling psychology		15
Unit 2. THEORETICAL APPROACHES IN COUNSELLING PSYCHOLOGY		Hours
1. Psychoanalytic and Psychodynamic approaches: 2. Humanistic approaches (Person-centered therapy) approach, Gestalt approach 3. Adlerian approach. 4. Existential approach 5. Cognitive and Cognitive Behavioural approaches 6. Contemporary integrative and eclectic approaches		15
Unit 3. COUNSELLING PROCESS AND PROFESSIONAL SKILLS		Hours

1. Core counselling skills: empathy, active listening, questioning, paraphrasing, Reflection, summarizing 2. Personal qualities of an effective counsellor 3. Variables influencing the counselling relationship 4. Preparation for counselling and counselling interview. 5. Stages of counselling process: Relationship building, Assessment and problem identification, Goal setting, Intervention and problem solving, Termination and follow-up 6. Techniques used in counselling practice, Professional documentation and counselling verbatim	15
Unit 4. GERIATRIC COUNSELLING AND PSYCHOLOGICAL ISSUES IN AGEING, THERAPEUTIC INTERVENTIONS IN COUNSELLING AND GERIATRIC CARE	Hours
1. Concept and process of ageing and gerontology, Demographic trends and ageing population, 2. Psychosocial changes in old age, Mental health issues among older adults. 3. Common problems of the elderly: Loneliness and social isolation, Depression and anxiety, Loss, grief and bereavement, Retirement adjustment, Elder abuse and neglect, Chronic illness, disability and terminal care 4. Counselling interventions for older adults, promoting active, productive and successful ageing, Behavioural analysis and case formulation, Counselling verbatim and documentation 5. Therapeutic approaches: Cognitive Behaviour Therapy (CBT), Reminiscence therapy, Supportive therapy, Expressive therapies: Art therapy, Music therapy, Dance and movement therapy 6. Behaviour modification techniques: Systematic desensitization, 7. Integrated relaxation techniques: Meditation and mindfulness Focusing, Progressive Muscle Relaxation 8. Yoga-based psychotherapies	15

Mode of Transaction	Classroom activities: ☐ Lecturing, Interactive discussion sessions using available Technical advancements. These sessions offer a thorough understanding of the subject and its applications.
Mode of Assessment	Seminar, Book Review, Assignment, Interaction, Group Discussion & Internal Examination. Continuous evaluation methods used.

Learning Resources

- Dr. Mathew Kanamala, Dr. HarilekshmeendraKumar, Quality of life of people with dementia in residential care homes of India, (2020), INSC, Bangalore, available in Amazon
- Rickey L. George & Therese S. Cristiani (1990). Introduction to Counseling. United States.
- Gelso, C. J. & Fretz, B. R. (1995). Counselling Psychology. Bangalore: Prism Books Pvt. Ltd.
- Patri, V. R. (2008). Counselling Psychology. New Delhi: Authors Press.
- Woolfe, R., Dryden, W., & Strawbridge, S. (2003). Handbook of Counselling Psychology (2nd Ed.). London: Sage.
- Gibson, R. L. & Mitchell, M. H. (2003). Introduction to Counseling and Guidance. Pearson Education.
- Capuzzi, D., & Gross, R. D. (2007). Theories and Applications of Counselling and Psychotherapy. New Jersey: Pearson.
- Gladding, S. T. (2011). Counseling: A Comprehensive Profession (6th ed.). India: Dorling Kindersley.
- Lawton, M. P. (1975). The PGC Morale Scale: A revision. Journal of Gerontology.
- Prakash, I. J. (1998). Factorial Structure of the Philadelphia Geriatric Centre Morale Scale in Indian Elderly. Indian Journal of Gerontology.
- Spielberger, C. D. (1983). Manual for the State-Trait Anxiety Inventory (STAI). Palo Alto: Consulting Psychologists Press.

	MAHATMA GANDHI UNIVERSITY
	P G Diploma Programme
School	CENTRE FOR YOGA AND NATUROPATHY
Programme	POST GRADUATE DIPLOMA IN YOGA (PGDY)
Course Title	YOGA FIELD WORK/TEACHING PRACTICE
Course Type	Field Work / Teaching Practice
Course Level	PG Diploma

Course Code	CYPGD25C07		
Course Overview	This course provides supervised field exposure and classroom teaching experience through Yoga field work and teaching practice with lesson plan preparation.		
Semester	II	Credit	4
Total Student Learning Time	Instructional hours for theory	Instructional hours for practical/lab work// fieldwork	
	10	Fieldwork: 50 days for 60 hours	

COURSE CONTENT

Unit 1. Yoga Field Work	Hours
Yoga field work for 15 days.	50
Unit 2. Classroom Teaching Practice	Hours
Classroom teaching in schools, special schools or colleges with lesson plan preparation and supervised teaching practice.	10 hours

	MAHATMA GANDHI UNIVERSITY		
	P G Diploma Programme		
School	CENTRE FOR YOGA AND NATUROPATHY		
Programme	POST GRADUATE DIPLOMA IN YOGA (PGDY)		
Course Title	YOGA PRACTICAL II		
Course Type	Core		
Course Level	PG Diploma		
Course Code	CYPGD25P03		
Course Overview	This advanced practical course trains students in Level 2 Asanas, selected Pranayamas and meditation practices.		
Semester	II	Credit	4
Total Student Learning Time	Instructional hours for theory	Instructional hours for practical/lab work// fieldwork	
	0	60	

COURSE CONTENT

Unit 1. Asanas - Level 2: Sitting, Twisting and Backward Bend Asanas	Hours
Sitting Asanas: Gomukhasana, Simhasana, Baddhakonasana, Hanumanasana and Eka Pada Sirasana. Spinal twisting Asanas: Bharadvajasana, Ardha Matsyendrasana and Purna Matsyendrasana. Backward bend Asanas: Purna Bhujangasana, Purna Chakra Bandhasana, SetubandhaSarvangasana, Purna Shalabhasana and Eka Pada Rajakapotasana.	15
Unit 2. Asanas - Level 2: Forward Bend, Inverted and Balancing Asanas	Hours
Forward bend Asanas: Ardha BaddhaPadmottanasana and Vibhakta Paschimottanasana. Inverted Asanas: Moordasana, Sirshasana and Karna Pidasana. Balancing Asanas: Mayurasana, Vatayanasana, Padma Bakasana, Titibhasana, Vrischikasana and Purna Natarajasana.	15
Unit 3. Pranayamas	Hours
Practice of Ujjayi Pranayama, Moorchha Pranayama and Plavani Pranayama.	15
Unit 4. Meditations	Hours
Ajapa Japa Dhyana, Vipassana Meditation, Preksha Meditation and Kundalini or Chakra Dhyana.	15

References

1. Swami Kuvalayananda, Gheranda Samhitha, Kaivalyadhama, Lonavala, Poona, 1997.
2. Swami Mukhtibodhananda, Hatha Yoga Pradeepika, Bihar School of Yoga, Munger, Bihar, 1998.
3. Swami Satyananda Saraswathi, A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya, Bihar School of Yoga, Munger, 1989.
4. Swami Satyananda Saraswati, Four Chapters of Freedom, Bihar School of Yoga, 2000.
5. Swami Kuvalayanda, Asanas, Kaivalyadhama, Lonavala, 1998.
6. Swami Satyananada Sarasvati, Asana Pranayama Mudra Bandha, Bihar School of Yoga, Munger, 1989.
7. Swami Sivananda, The Science of Pranayama, A Divine Life Society Publication, Chennai, 1971.
8. Dr. M. R. Gopalakrishnan Nair, Dhyana Yoga Rahasyengal (Secrets of Meditation), Gurukulam Kanika Publication, Kooroppada, Kottayam, 2015.
9. Vipassana Meditation as taught by S. N. Goenka.

POST GRADUATE DIPLOMA IN YOGA

Modal Question Paper- Semester I

Name.....

Question Code.....

Reg.No.....

CY PGD 21 I C 01 FOUNDATIONS OF YOGA

Time : Three hours

Maximum marks :60

Section A

All questions are compulsory. Each question carries 2marks

1. Write down any three definitions on Yoga
2. Write the names of four Upanisads on Yoga
3. What is Nyaya Darshana
4. Central theme of Charvakism
5. Three types of karma according to Bhagavad Gita
6. What is Sannyasa according to Bhagavad Gita
7. Three qualities of Sthithaprajna
8. Trigunas
9. Write the three names of great Yogis of Swami Shivanada Saraswati Yoga tradition
10. Who developed Transcendental Meditation and what is its aim ?

Section B

Answer any **Six** of the following. Each question carries 5marks

11. Misconceptions of Yoga
12. Vaisheshika Darshana
13. Dhyana Yoga as in Bhagavad Gita
14. Sri Aurobindo's Ontological process of evolution
15. Briefly explain any two Upanisads on Yoga
16. The three types of food according to the faith of the individual
17. Concept of Adhi and Vyadhi as in Yoga Vasistam

Section C

Answer any **Two** of the following. Each question carries 10marks

18. Elucidate the origin and development of Yoga.
19. Explain the similarity and difference between Samkhya Darshana and Yoga Darshana
20. Explain the elements of Yoga in Buddhism and Jainism

POST GRADUATE DIPLOMA IN YOGA**Modal Question Papers -Semester I**

Name.....

Question Code.....

Reg.No.....

CY PGD 21 I C 02HUMAN ANATOMY AND PHYSIOLOGY**Time : Three hours****Maximum marks : 60****Part A**

All questions are compulsory. Each question carries 2 marks

1. What is the difference between anatomy and Physiology?
2. What is Osteoporosis?
3. What is Minute Ventilation?
4. What are the percentage of plasma and blood cells in the blood?
5. What are the functions of Villies and Micro villies ?
6. What is systematic circulation?
7. What is Systolic and Diastolic blood pressure ?
8. What are the functions of the three small bones in the inner ears?
9. What is the function of Nephrons?
10. What is Amenorrhea

Section BAnswer any **Six** of the following. Each question carries 5marks

11. Structure and function of inter vertebral disc
12. Functions of the stomach
13. Lymphatic system
14. Blood Cells
15. Functions of hormones secreted Adrenal gland
16. Functions of central nervous system
17. Explain structure and function of male reproductive system

Section CAnswer any **Two** of the following. Each question carries 10marks

18. Explain structure and function of Appendicular skeletal system
19. Explain mechanism of respiration
20. What are important endocrine glands? Explain the function of Pineal gland.

POST GRADUATE DIPLOMA IN YOGA
Modal Question Papers - Semester I

Name.....
 Reg.No.....

Question Code.....

CY PGD 21 I C 03: PRINCIPLES AND METHODS OF HATHA YOGA PRACTICE

Time: Three hours

Maximum marks : 60

Part A

All questions are compulsory. Each question carries 2 marks

1. What is the meaning of 'Hata' ?
2. Write the name of chapters in Hata Yoga Pradeepika
3. Why Mithahara is necessary for practice of Yoga ?
4. What is Saptanga sadhana according to GherandhaSamhita ?
5. What are the three types of food?
6. What is Sadhaka tattva according to Hata Yoga Pradeepika
7. Write down the important four asanas according to Hata Yoga Pradeepika
8. How many mudras are in Hata Yoga Pradeepika and in Gheranda Samhita?
9. What are the three process involved in Pranayama?
10. Write down the types of Dharana as in GherandhaSamhita ?

Part B

Answer any **Six** of the following. Each question carries 5marks

11. Three types of Kapalabhathi as in Gherandha Samhita
12. Pathya and Apathya Ahara as in Hata Yoga Pradeepika
13. Yama and Niyama as in Hatha Yoga
14. Explain the backward bending asanas mentioned in Gherandha Samhitha.
15. Hatha Yoga Siddhi Lakshanam.
16. Why Jalandhara bandha and moolabandha are used in the process of pranayama
17. Explain the six type of samadhis as in Gheranda Samhita.

Part C

Answer any **Two** of the following. Each question carries 10marks

18. Explain all types of Dhautis according to Gherandha Samhita
19. Explain the fifteen asanas according to Hata Yoga Pradeepika
20. Explain the three types of Dhyanas as in Gherandha Samhitha

MAHATMA GANDHI UNIVERSITY

CYPGD21C04 YOGA PRACTICAL 1

(Shad Karma, Yogic Sukshma Vyayama, Surya Namaskar & Basic Asana)

PART A 20 marks

Briefly explain and demonstrate the following Yoga Practice:

1. Shadkarmas(JalaNethi) **2.5 marks**
2. Write down any five Sukshma Vyayamas and demonstrate **2.5 marks**
3. Surana Namaskar write down the 12 poses and demonstrate. **5 marks**
4. Demonstrate any two asanas (They have to write the name of the name of asana of choice. **10 marks**

Part B Instructional ability, commination etc 20 marks

Brief explanation and instruction of followingasanas **5 marks each**

1. Vajrasana
2. Bhujangasana
3. Virkshasana
4. Sashankasana

PART C Viva Voce based on syllabus

10 marks

PART D ;Yoga practical Record

10 marks