

(Abstract)

Post Graduate Diploma in Yoga Education under the School of Physical Education and Sports Sciences, Mangattuparamba Campus- modified Regulation, Scheme, Syllabus and Pattern of Question Paper -implemented with effect from 2022 admission-Orders issued

ACADEMIC C SECTION

Acad/C4/4836/2011

Dated: 16.08.2022

- Read:-1. U.O No. Acad/C4/11981/2018 dated 11.07.2018
2. Letter from Head, School of Physical Education and Sports Sciences dated 04.05.2022 & 25.05.2022
3. Minutes of the meeting of Academic council held on 14.06.2022

ORDER

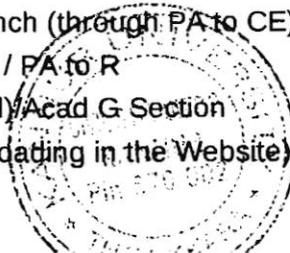
1. The Regulation, Scheme, Syllabus and Model question Papers of Post Graduate Diploma in Yoga Education under the School of Physical Education and Sports Sciences, Mangattuparamba Campus were implemented with effect from 2018 admission, as per paper read (1) above.
2. The meeting of the Department Council of Dept. of Physical Education, held on 22.04.2022, prepared the modified draft Regulation, Scheme and Syllabus and pattern of Question Paper for the Post Graduate Diploma in Yoga Education Course and the Head, School of Physical Education & Sports Sciences, submitted the same, as per paper read(2), for implementation with effect from 2022 admission.
- 3.As ordered by the Vice Chancellor, the Draft Regulation, Scheme, Syllabus and Pattern of Question Paper for the Post Graduate Diploma in Yoga Education Programme was placed before the Academic Council as per paper read (3), and XXIV meeting of Academic Council resolved to accept the aforementioned draft Regulation, Scheme, Syllabus and Pattern of Question Paper, for implementation with effect from 2022 admission.
- 4.The modified Regulation, Scheme, Syllabus and Pattern of Question Paper for Post Graduate Diploma in Yoga Education, implemented with effect from 2022 admission are appended and uploaded in the University website (www.kannuruniv.ac.in).
5. The U. O read (1) above stands modified to this extent.

Orders are issued accordingly

Sd/-
Dr. Joby K Jose
REGISTRAR (i/c)
For REGISTRAR

To: The Head, school of Physical Education & Sports sciences, Mangattuparamba Campus

- Copy To: 1. The Examination Branch (through PA to CE).
2. PS to VC / PA to PVC / PA to R
3. DR / AR I/AR II (Acad)/Acad G Section
4. Web Manager(for updating in the Website)
5. SF / DF /FC



Forwarded By Order
SECTION OFFICER

KANNUR UNIVERSITY



SCHOOL OF PHYSICAL EDUCATION AND SPORTS SCIENCES

**Post Graduate Diploma in Yoga Education
(PGDYE) Syllabus
(Effective from 2022 Admission)**

**REGULATION, SCHEME & SYLLABUS FOR POST GRADUATE
DIPLOMA IN YOGA EDUCATION (PGDYE)**

Post Graduate Diploma in Yoga Education (PGDYE) Syllabus (Effective from Academic Year 2022-23)

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

2. Aim of the Programme

The aim of the programme is to train the students to work as professional yoga trainers or Yoga Therapists for promoting health and wellness of the community, to work in educational institutions for teaching yoga and for promoting the wellbeing and quality of life of individual.

3. Objectives of the programme

- To introduce the fundamental principles and scientific basis of Yoga.
- To produce well-trained Yoga teachers.
- To equip the students to run their own Yoga centres.
- To prepare therapeutic methods for management and treatment of diseases.
- To work as health professionals to promote health and wellness.
- To develop skills in practice and research.
- To promote ethics, values and principles in life.
- To attain higher level of consciousness.

4. Nature of the Course:

The courses shall be full time conducted in the blended mode (online and offline)

5. Duration of the Course:

The duration of the course shall be one academic year consisting of two semesters, with each semester having 90 working days.

6. Eligibility for Admission

- Should have passed any bachelor's degree of Kannur University or any other University recognized as equivalent thereto.
- Age - No bar
- Should be physically and mentally fit to undergo Yoga training.
- Reservation of seats shall be as per rules framed by the Government/University from time to time.

7. Selection Criteria

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(Effective from Academic Year 2022-23)**

7. Selection Criteria

The course shall have 20 (Twenty) seats in a batch. The selection of candidates for admission to the programme shall be based on the merit determined by the following criteria:

SI No	Criteria	Marks
1	Entrance examination*	50 marks
2	Physical Fitness test	25 marks
3	Marks of the qualifying examination	25 marks
	Total	100 Marks

*Entrance examination shall be multiple choice questions based on the knowledge of Health, Yoga, General Knowledge & General English. Candidates should score at least 40% marks in these selection tests to place in the rank list.

8. Medium of Instruction and Examination:

The medium of instruction and examination of the courses shall be English.

9. SCHEME OF EXAMINATION

SEMESTER I

Course Code	Course Content	Marks		
		CE	ESE	Total
PGDYE01C01	Foundations of Yoga	40	60	100
PGDYE01C02	Applied Anatomy and Physiology	40	60	100
PGDYE01C03	Principles, Methods and Practices of Hatha Yoga	40	60	100
PGDYE01C04	Methodology of Teaching Yoga (Teaching Ability)	40	60	100
PGDYE01C05	Yoga Practical – 1	40	60	100
	Total for Semester I	200	300	500

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SEMESTER II

Course Code	Course Content	Marks		
		CE	ESE	Total
PGDYE02C06	Yoga Therapy	40	60	100
PGDYE02C07	Yoga and Psychology	40	60	100
PGDYE02C08	Yoga and Health	40	60	100
PGDYE02C09	Yoga Practical – 2	40	60	100
PGDYE02C10	Teaching of Yoga / Internship	40	60	100
	Total for Semester II	200	300	500

10. Scheme of Evaluation

The evaluation of a course consists of two parts: continuous Evaluation (CE) and End Semester Examination (ESE). The total marks allotted for the theory papers and practical shall be 100, with 40 % marks for CE and 60% marks for the ESE.

11. Evaluation and Assessment Rubrics Theory

There shall be two modes of evaluation - the Continuous Evaluation (CE) and then End Semester Evaluation (ESE). The total mark for each course including the Internship shall be divided into 40% for CE and 60% for ESE.

Continuous Evaluation includes Assignments, Seminar presentation, periodic written examinations etc. The component wise division of the 40% CE mark are as follows:

11.1 Assessment Rubrics (THEORY)

Continuous Evaluation (Marks: 40)		End Semester Evaluation (Marks: 60)	Total Marks 100
Classroom tests (40%) Best out of two tests	Marks: 16	60	100
Tutorial with viva, discussions, debate, seminar presentations (40%)	Marks: 16		
Assignments (20%)	Marks: 8		
Total	Marks: 40		

12. Evaluation and Assessment Rubrics Practicum

Marks for Practicum will be divided as 40% for continuous evaluation (CE) and 60% for end semester evaluation (ESE).

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Practicum Continuous Evaluation (CE): The continuous evaluation shall be done for 40 marks in practicum and internship.

End Semester Evaluation (ESE): The End Semester Evaluation shall be done for 60 marks in each practicum and internship. The average of the awarded marks of all the events of that practicum shall be for 60 marks.

12.1 Assessment Rubrics (Practicum)

Component	Continuous Evaluation 40	End Semester Evaluation 60	Total marks 100
Skill Proficiency (Demonstration, Instructions and Communication)	Marks : 20	(40%) Marks : 30	Marks : 50
Record File/Project Report	Marks : 10	(20%) Marks : 15	Marks : 25
Viva Voce	Marks : 10	(20%) Marks : 15	Marks : 25

Semester Evaluation of Practical's shall be conducted by the University with two examiners- one internal and one external. There shall be no provision for reevaluation. There shall also, be no supplementary examinations. For re-appearance/improvement, the students can appear along with the next batch. There shall be no improvement chance for CE..

13. Conduct of Theory Evaluation:

All odd semester examinations will be conducted by the Head of the Department and Even semester examinations will be conducted by the Controller of Examination, Kannur University. To conduct the end semester examination, the Head of the department shall submit a confidential panel of examiners not less than ten experts from the outside and inside the Kannur University duly approved the department council for the approval of vice chancellor.

All the faculty in charge of the course shall prepare and submit three(3) unique set of question papers for their course in odd semester will in advanced to the Head of the Department for the conduct of end semester examination for the respective batch. The head of the department shall conduct scrutiny meeting of the above question paper submitted by the concerned faculty by inviting at least two external experts from the list approved by the vice-chancellor. The even semester examination question papers shall be set by control of examination by selecting the external experts of the question paper

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setters approved by the vice chancellor. The head of the department shall submit the detailed syllabus and model question papers in the even semester to the controller of examination along with the panel of experts duly approved by the vice chancellor for setting the question paper to those electives soon after the commencement of the course.

13.1 Pattern of Question Papers and Evaluation Criteria

Pattern of questions: questions shall be set to assess knowledge acquired standard application of knowledge, application knowledge in new situation, critical evaluation of knowledge and the ability synthesize knowledge. The duration of examination is two(2) hours only. Question paper for end semester theory examination shall consist of two parts.

Part A

(Short essay type)

Answer all Questions

Each question carries four marks

- 1.
- 2.
- 3.
- 4.
- 5.

(5 X 4 = 20 Marks)

Part B

(Essay type)

Answer any two questions.

Each question carries 10 Marks

- 6.
- 7.
- 8.

(2 X 10 = 20 Marks)

14. Conversion of Marks into percentage

An alphabetical Grading System shall be adopted for the assessment of a student's performance in a Course. The grade is based on a 6 point scale. The following

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table gives the range of marks % and alphabetical grade.

Range of Marks%	Grade Points	Alphabetical Grade
90-100	9	A+
80-89	8	A
70-79	7	B+
60-69	6	B
50-59	5	C
Below 50	0	F

4.6 Grade Point Average (GPA)

Performance of a student at the end of each Semester is indicated by the Grade Point Average (GPA) and is calculated by taking the weighted average of grade points of the Courses successfully completed. Following formula is used for the calculation. The average will be rounded off to two decimal places.

$$CGPA = \frac{\text{Sum of (grade points in a course multiplied by its credit)}}{\text{Sum of Credits of Courses}}$$

CGPA Calculation

At the end of the Programme, the overall performance of a student is indicated by the Cumulative Grade Point Average (CGPA) and is calculated using the same formula given above. Empirical formula for calculating the percentage of marks will be **(CGPA x 10)+5**. Based on the CGPA overall letter grade of the student and classification shall be in the following way.

CGPA	Overall Letter Grade	Classification
8.5 and above	A+	First Class with Distinction
7.5 and above but less than 8.5	A	
6.5 and above but less than 7.5	B+	First Class
5.5 and above but less than 6.5	B	
5 and above but less than 5.5	C	Second Class

Appearance for Continuous Evaluation (CE) and End Semester Evaluation (ESE)

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are compulsory and no Grade shall be awarded to a candidate if he/she is absent for CE/ESE or both. A student who fails to complete the programme/semester can repeat the full programme/ semester once, if the department council permits to do so

15. Grade Card

The control of examination, Kannur University is the authority to issue the semester wise grade card and consolidated grade statement and certificate on completion of the program based on the authenticated documents submitted by the Head of the Department after the approval of the department council on end of each semester.

Supplementary examination for failed Candidates

1. Candidate who have failed(F) grade in the semester examination can appear of the failed paper for the particular semester along with the regular students. However, the continues evaluation marks shall remine the same. Two sets of supplementary chances will be given for each semester with two years
2. Appearance for continues evaluation end semester evaluation are compulsory and no grade shall be awarded to a candidate if he or she is absent for CE/ESE or both. A student who fails to complete a program/ semester can repite full program/ semester ones, if the department council permit so.
3. There shall be no provision for improvement of CE/ESE

16. Promotion and Pass:

Students who secure not less than 50% marks in aggregate and separately in internal and external assessments in each of the theory papers and in practical shall be declared to have passed the Post Graduate Diploma in Yoga Education Examination.

17. Department Council

1. Chairman: the Head of the Department of school physical education and sport sciences.
2. Members: (I) All the faulty members of school physical education and sport sciences. (II) all the faulty members who engages classes for the course

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Details financial assistance required for the department for the conduct of session by the academic experts

SI No	Description	Amount	Remarks
1	Remuneration to/ TA/DA for experts	Rs 100000.00	(Per Session Rs.4000/-)
2	Expense for conducting internships and semester examinations	Rs 50000.00	
	Total	Rs.150000.00	

NB: Economic class flight fare is eligible for the experts coming from other state/ country with the prior approval from Vice-Chancellor of the Kannur University.

18. Grievance Redressal Mechanism

Committees will be constituted at the Department and University levels to investigate the written complaints regarding continuous Evaluation (CE). Department Level Committee (DLC) will consist of the Department Council and student nominee of the department students union from the concerned faculty.

University level committee (ULC) will consist of the pro-vice-chancellor (Chairman and convener), the convener of the curriculum committee (vice-chairman), the head of the department concerned and a nominee of students union. Department level committee will be decided over by the head of the department and university level committee by the pro-vice-chancellor. Department level committee will have initial jurisdiction or complaints against CE and University level committee will hear appeals against department level decision. Complaints will have to be submitted to the department concerned within two weeks of publication of result of CE and disposed of within two weeks of receipts of complaints. Appeals to university level committee should be made within one month of the decision taken by the department level committee and disposed within two month of receipt of the complaint.

Complaints unsolved by university level grievance committee will be placed

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before the vice chancellor

15. PROGRAMME STRUCTURE

PGDY (1 year, Two Semester) Programme Structure

SEMESTER - I

Distribution of Credit, Hours and Marks:

Total Credit in the Semester: 20

Theory Credits: 12 Practicum Credits: 8

Course Code	Course Content	Credit			Teaching Hours			Marks		
		L/T	P/I	Total	L/T	P/I	Total	CE	ESE	Total
PGDYE01C01	Foundations of Yoga	3	1	4	48	32	80	40	60	100
PGDYE01C02	Applied Anatomy and Physiology	3	1	4	48	32	80	40	60	100
PGDYE01C03	Principles, Methods and Practices of Hatha Yoga	3	1	4	48	32	80	40	60	100
PGDYE01C04	Methodology of Teaching Yoga (Teaching Ability)	2	2	4	32	64	96	40	60	100
PGDYE01C05	Yoga Practical - 1	1	3	4	16	96	112	40	60	100
	Total for Semester I	12	8	20	192	256	448	200	300	500

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SEMESTER - II

Distribution of Credit, Hours and Marks:

Total Credit in the Semester: 20

Theory Credits: 11 Practicum Credits: 09

Course Code	Course Content	Credit			Teaching Hours			Marks		
		L/T	P/I	Total	L/T	P/I	Total	CE	ESE	Total
PGDYE02C06	Yoga Therapy	3	1	4	48	32	80	40	60	100
PGDYE02C07	Yoga and Psychology	3	1	4	48	32	80	40	60	100
PGDYE02C08	Yoga and Health	3	1	4	48	32	80	40	60	100
PGDYE02C09	Yoga Practical - 2	2	2	4	32	64	96	40	60	100
PGDYE02C10	Teaching of Yoga/Internship	-	4	4	-	128	128	40	60	100
	Total for Semester II	11	9	20	176	288	464	200	300	500

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DETAILED SYLLABUS

SEMESTER – I

PGDYE01C01-FOUNDATIONS OF YOGA

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	CE	ESE	Total
3	1	4	48	32	80	40	60	100

Lecture/Tutorials, P/I=Practical/Internship, CE =Continuous Evaluation, ESE = End Semester Evaluation

ESSENCE OF THE COURSE

This course will enable students to understand the concept of yoga. It aims to develop understanding about foundation of yoga, need and importance of yoga in modern lifestyle. The student will also conceptualize and practice of various yogasanas.

COURSE CONTENTS

Unit-I: General Introduction to Yoga

- Origin and development of Yoga (PreClassical Yoga-Classical Yoga-PostClassical Yoga-Modern Yoga)
- Meaning and Definitions of Yoga
- Aims and Objectives of Yoga
- Principles of Yoga
- Yoga in Vedas and Upanishads
- Important Upanishads on Yoga.

Unit-II: Yoga in Indian Philosophy

- Astika or Orthodox schools of philosophy
- The Shad Darshanas

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- Yoga In Traditional Hata Yoga Texts
 - Hata Yoga Pradeepika
 - Gherandha Samhitha
 - Goraksha Satakam
 - Samhitha
 - Hatha Ratnvalai

Unit-III: Yoga in Bhagavad Gita

- Definitions of Yoga in *Bhagavad Gita* - The traditional schools of Yoga as per Gita
- Jnana Yoga
- Karma Yoga
- Bhakti Yoga
- Raja Yoga

Unit-IV: Yoga in Patanjala Yoga Sutra

- Definition of Yoga - The concept of chitta
- The five states of Chitta - Vrittis (mental modification)
- The concept of Isvara - Obstacles in the path of Yoga
- Classification of Samadhi
- Pancha Kleshas - Ashtanga yoga

TEACHING LEARNING STRATEGIES

The content of the syllabus may be taught by using lecture method, discussion method, quiz method, educational videos, charts and assignment method depending upon the resources and facilities available at the University/Institute/ Department/Colleges.

MODE OF TRANSACTION

Lecture/ Discussions/ Fieldwork/Project Work/Viva /Seminars/ Term Papers/ Presentations/ Self-Learning Instructional Material etc.

ASSESSMENT RUBRICS

Marks: 100 (60+40)

- | | |
|---|-----------|
| • End Semester Exam | Marks: 60 |
| • Classroom Test, Assignments, Presentations | Marks: 40 |
| ○ Classroom Tests: Best one out of two unit tests | Marks: 16 |

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SEMESTER – I

PGDYE01C02-APPLIED ANATOMY AND PHYSIOLOGY

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	CE	ESE	Total
3	1	4	48	32	80	40	60	100

Lecture/Tutorials, P/I=Practical/Internship, CE =Continuous Evaluation, ESE = End Semester Evaluation

COURSE CONTENTS

Unit I: Introduction

- Meaning of Anatomy and Physiology
- Anatomical terminology – Planes and axis of the Human Body- Anatomical movements.
- Structure & Functions of cell.
- Histology of Tissues- Types of Tissues - Structure and functions of tissues: Epithelial tissue-Connective tissue-Muscular tissue-Nervous tissue.

Unit-II: Different Systems of the Human Body

- Skeletal System-Gross Anatomy, Naming of bones Articulations, Classification of Joints, Types of Movements and effect of yoga on skeletal system.
- Muscular System – Histology, Functional Characteristics of Muscles, Gross Anatomy of Skeletal Muscles and effect of Yoga on Muscular system
- Excretory system- function and Structure of kidney and Skin.

Unit-III: Integration and Control System

- Central Nervous System – Brain, Spinal Cord – Structure and Functions

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- Functional Organization of the Endocrine System
- Digestive System-structure and its functions
- Nervous System - Structure and functions of Neuron - Central nervous system - Peripheral nervous system- Autonomic nervous System, and effect of Yoga on nervous system.

Unit-IV: Maintenance of Body

- Circulatory System- Blood, Functions & Plasma.
- Cardio-Vascular System- Size, Form and Location of the Heart, Anatomy of the Heart, Cardiac Cycle, Blood Pressure, Circulation, Pulmonary and Systematic Circulation, effect of exercise
- Respiratory System – Anatomy, Ventilation and Lung Volumes, Pulmonary Volumes and Capacity, effect of exercise.
- Lymphatic System: Introduction to Lymphatic System, Immune System & Immunity-Effect of Yoga on Lymphatic System.

TEACHING LEARNING STRATEGIES

The content of the syllabus may be taught by using lecture method, discussion method, quiz method, educational videos, human skeleton/system model, charts and assignment method depending upon the resources and facilities available at the University/Institute/ Department/College.

MODE OF TRANSACTION

- Lecture/ Laboratory Work/ Physical testing and measurement/Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Presentations/Self- Learning Instructional Material etc.

ASSESSMENT RUBRICS

Marks:100 (60+40)

- | | |
|--|-----------|
| • End Semester Exam | Marks: 60 |
| • Classroom Test, Assignments, Presentations | Marks: 40 |
| ○ Classroom Tests: Best one out of two unit tests | Marks: 16 |
| ○ Tutorial with viva, discussions, Seminar Presentations | Marks: 16 |
| ○ Assignments (Two Assignments) | Marks: 8 |

SUGGESTED READINGS

1. Saladin–Anatomy&Physiology:TheUnit FormandFunction,PublishedbyMcGraw–HillNewYord,3Ed,2004

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2. Gerard J. Tortora "Principles of Anatomy & Physiology, Published by John Wiley & Sons, Inc, New York, 9th Ed, 2000
3. M.M. Gore: "Anatomy & Physiology of Yogic Practices" Kanchanprakashan Lonavala, 1990.
4. William Peter. L. Gray's Anatomy. Edinburgh; Churchill Livingstone, 1980.
5. Pearce Ecelyn C. Anatomy and Physiology for Nurses, Oxford University Press, Kolkatta, 1978.

SEMESTER – I

**PGDYE01C03 - PRINCIPLES, METHODS AND PRACTICES
OF HATHA YOGA**

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	CE	ESE	Total
3	1	4	48	32	80	40	60	100

Lecture/Tutorials, P/I=Practical/Internship, CE =Continuous Evaluation, ESE = End Semester Evaluation

COURSE CONTENTS

Unit-I: Introduction

- Origin, Meaning and Purpose of Hatha Yoga
- Hatha Yogic parampara.
- Relationship between Hatha Yoga & Raja Yoga.
- Elements of success and failure in Hatha yoga.
- Yama and Niyama in Hatha Yoga

Unit-II: The Cleansing Principles

- Cleansing practice of Hatha Yoga – Shadkarmas
- Rules and instructions of Shadkarmas
- Benefits of Shadkarmas.
- Importance of Place, Environment & Season for Hatha Sadhana

Unit-III: Asanas, Mudras and Bandhas

- Asanas (Meaning, Definition and Purpose of Asana)
- Classification of Asanas
- Mudras (Meaning of Mudra, Types of Mudras and benefits)

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- Bandhas (Meaning of Bandha, Types of Bandhas and benefits)

Unit-IV: Pranayama and Meditation

- Meaning and definition, The concept of Prana,
- The concept of Nadis in Hatha Yoga
- Classification and Benefits of Pranayama
- Tools of meditation
- Pratyahara practices, Types of Dharana
- Meaning and three types of dhyana

TEACHING LEARNING STRATEGIES

- The content of the syllabus may be taught by using lecture method, discussion method, quiz method, educational videos, charts and assignment method depending upon the resources and facilities available at the University/Institute/ Department/Colleges.

MODE OF TRANSACTION

- Lecture/Discussions/Fieldwork/Project Work/Viva/Seminars/Term Papers/Presentations/Self-Learning Instructional Material etc.

ASSESSMENT RUBRICS

Marks: 100 (60+40)

- End Semester Exam Marks: 60
- Classroom Test, Assignments, Presentations Marks: 40
 - Classroom Tests: Best one out of two unit tests Marks: 16
 - Tutorial with viva, discussions, Seminar Presentations Marks: 16
 - Assignments (Two Assignments) Marks: 8

SUGGESTED READINGS

1. Swami Kuvalayananda, *Gheranda Samhitha*, Kaivalyadhama, Lonavala, Poona 1997
2. Swami Nirajananda Saraswathi, *Gheranda Samhitha*, Bihar Yoga Bharathi, 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 Niranjanada Saraswathi, *Yoga Darshan*, Pancha Dashanam Paramhansa,
6. Alakhbada, Deoghar, Bihar, 1994

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7. Swami Satyananda Saraswathi, *A Systematic Course in the ancient Tantric Techniques of Yoga and Kriya*, Bihar School of Yoga, Munger 1989
8. George Feuerstein, (1975). *Text Book of Yoga*. London: Motilal Bansaridass Publishers (P) Ltd.
9. Swami Satyananda Saraswati, *Four Chapters of Freedom*, (Bihar School of Yoga, 2000)
10. Swami Kuvalayanda, (1998), *Asanas*. Lonavala: Kaivalyadhama.
11. Swami Satyananada Sarasvati. (1989), *Asana Pranayama Mudra Bandha*. Munger: Bihar School of Yoga.
12. Swami Sivananda, (1971), *The Science of Pranayama*. Chennai: A Divine Life Society Publication.

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Semester I

**PGDYE01C04: METHODOLOGY OF TEACHING YOGA (TEACHING
ABILITY)**

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	CE	ESE	Total
3	1	4	48	32	80	40	60	100

Lecture/Tutorials, P/I=Practical/Internship, CE =Continuous Evaluation, ESE = End Semester Evaluation

COURSE CONTENTS

Unit I: Education

- Yoga education, goal, scope and importance, principles of teaching yoga – yogic, psychological, physiological, pedagogical, sociological
- Meaning of methodology of teaching – factors influencing methodology, presentation technique
- Role of language, voice, fluency, clarity and body language in teaching
- Factors of Yoga education: teacher, student and teaching – Guru- Shishya Parampara
- Types of students and teachers- promotion of leadership qualities

Unit II: Methods in yoga teaching and teaching aids

- Lecture method, Response to instruction method, individualized instructional method, Group discussion method, Directed practice method, Project method, Demonstration method, Lecture cum demonstration method, Imitation method, Dramatization method.
- Sources of teaching methods
- Audiovisual aids, Visual aids, Audio aids, Models

Unit IV: Preparing lesson plan- Essentials of a good lesson plan

- Advantages of preparing lesson plan
- Contents of lesson plan
- Class management- formation of class
- Conducting yoga practical lessons: Precautions and contra- indications of

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practices

Unit V: Organization of programmes

- Organizing yoga class, yoga camp, workshops in yoga, yoga tours, yoga games and competitions, classification of age groups for competitions
- Meaning, Nature, procedures of evaluation
- Evaluation system of teaching

TEACHING LEARNING STRATEGIES

The content of the syllabus may be taught by using lecture method, discussion method, quiz method, educational videos, human skeleton/system model, charts and assignment method depending upon the resources and facilities available at the University/Institute/ Department/College.

MODE OF TRANSACTION

- Lecture/ Laboratory Work/ Physical testing and measurement/Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Presentations/Self- Learning Instructional Material etc.

ASSESSMENT RUBRICS

Marks:100 (60+40)

- | | |
|--|-----------|
| • End Semester Exam | Marks: 60 |
| • Classroom Test, Assignments, Presentations | Marks: 40 |
| ○ Classroom Tests: Best one out of two unit tests | Marks: 16 |
| ○ Tutorial with viva, discussions, Seminar Presentations | Marks: 16 |
| ○ Assignments (Two Assignments) | Marks: 8 |

SUGGESTED READINGS

1. Gharote M.L. and Ganguly S K (2001) Teaching methods for yogic practices
Lonavia: Kaivalyamana
2. Sivananda, (), yoga training manual: Sivanada Ashram Yoga camp
3. Anandamitra (1991), Teachers' Manual Calcutta: Ananda Marga Pracaraka Sangha
4. Thirunarayanan and Hariharan (1975) Methods in physical education: Karaikudi
5. Basavaraddi Ishwar (2010) Yoga Teacher's Manual for school teachers, New Delhi: Morarji Desai National Institute of yoga

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PGDYE01C05: YOGA PRACTICAL - 1

**SHADKARAMAS, ASANAS, PRANAYAMAS, MUDRAS, BANDHAS
AND RELAXATION TECHNIQUES**

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	CE	ESE	Total
1	3	4	16	96	112	40	60	100

Lecture/Tutorials, P/I=Practical/Internship, CE =Continuous Evaluation, ESE = End Semester Evaluation

COURSE CONTENTS

IShad Karmas

Dauthi : VarisaraDhauthi(Shankaprakshalana) ,
VahnisaraDhauthi(Agnisarakriya)

Neti : SutraNeti , JalaNeti

II. Yogic Sukshma Vyayamas

III. Surya Namaskar (Sun Salutation)

IV Basic Asanas

- Meditative Asanas: Sukhasana, Swasthikasana, Padmasana, Siddhasana/Siddhayoniasana, Vajrasana.
- Relaxation Asanas: Shavasana, Makarasana, Shithila Tadasana, Shithila Dandasana, sasankasana
- Supine Asanas: Naukasana, Kandharasana, Pavanamuktasana, Ardhamatsyasana
- Prone Lying Asanas: Bujangasana, Shalabhasana, Dhanurasana, Hamsasana
- Sitting Asanas: Paschimottanasana, Ardha matsyendrasana, Ardha Ushtasana, Akarna Dhanurasana, Janu sirasana
- Standing Asanas: Tadasana, Natarajasana, Vrikshasana, Garudasana
- Inverted Asanas: Sarvangasana, Viparita karani asana
- Advanced Asanas: Poorna matsyasana, Karnapidasana, Suptavajrasana, POOrna bujangasana, Koormasana, Vatayanasana

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V. Pranayama

Yogic breathing, ChandraBhedha Pranayama, SuryaBhedhaPranayama, NadishodhanaPranayama

VI. Mudras & Bandhas

Chin mudra/ Jnana Mudra, Chinmaya mudra, Adi mudra, Brahma Mudra, Nasikagra Mudra, Sambhavi Mudra, Kaki Mudra, Shanmukhi Mudra, Aswani Mudra, Jalandhara Bandha, Uddiyana Bandha, Viparitarani mudra.

VII Relaxation techniques

1. IRT
2. DRT
3. QRT

TEACHING LEARNING STRATEGIES

- The content will be taught by using lecture, demonstration, explanation, presentation methods, videos, learning by doing, Whole part whole method, Drills.

ASSESSMENT RUBRICS

Component	Continuous Evaluation 40	End Semester Evaluation 60	Total marks 100
Skill Proficiency (Demonstration, Instructions and Communication)	Marks : 20	(40%) Marks : 30	Marks : 50
Record File/Project Report	Marks : 10	(20%) Marks : 15	Marks : 25
Viva Voce	Marks : 10	(20%) Marks : 15	Marks : 25

SUGGESTED READINGS

1. Swami Kuvalayananda, *Gheranda Samhitha*, Kaivalyadhama, Lonavala, Poona 1997.
2. Swami Mukhti bodhananda, *Hatha Yoga Pradeepika*, Bihar School of Yoga, Munger, Bihar 1998.
3. Swami Satyananda Saraswathi, *A Systematic Course in the ancient Tantric Techniques of*

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Yoga and Kriya, Bihar School of Yoga, Munger 1989.

4. Swami Satyananda Saraswati, *Four Chapters of Freedom*, (Bihar School of Yoga, 2000)
) Swami Kavalayanda, (1998), *Asanas*. Lonavala: Kaivalyadhama.

SEMESTER II

Course Code	Course Content	Credit			Teaching Hours			Marks		
		L/T	P/I	Total	L/T	P/I	Total	CE	ESE	Total
PGDYE02C06	Yoga Therapy	3	1	4	48	32	80	40	60	100
PGDYE02C07	Yoga and Psychology	3	1	4	48	32	80	40	60	100
PGDYE02C08	Yoga and Health	3	1	4	48	32	80	40	60	100
PGDYE02C09	Yoga Practical – 2	2	2	4	32	64	96	40	60	100
PGDYE02C10	Teaching of Yoga/Internship	-	4	4	-	128	128	40	60	100
	Total for Semester II	11	9	20	176	288	464	200	300	500

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SEMESTER II

PGDYE02C06 YOGA THERAPY

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	CE	ESE	Total
4	-	4	64	-	64	40	60	100

Lecture/Tutorials, P/I=Practical/Internship, CE =Continuous Evaluation, ESE = End Semester Evaluation

COURSE CONTENTS

Unit-I-Introduction

- Yoga Therapy: Meaning and concept of yoga therapy
- Principles of Yoga Therapy –
 - Proper Cleansing (Shadkarma)
 - Proper diet (Mithahara)
 - Proper exercise (Asana, Mudra & Bandha)
 - Proper breathing (Pranayama)
 - Proper relaxation (Yoga Nidra)
 - Positive thinking

Unit-II: Psychic Physiology of Yoga And Their Therapeutic Effects

- Pancha Mahabhutas (the five elements) Pritvi, Apas, Agni, Vayu, Akash
- Panchakoshas- Annamaya- Pranamaya-Manomaya-Vijnanmaya-Anadamaya Koshas
- Pancha pranas and upa pranas: Prana, Apana, Samana, Udana, Vyana, Naga, Kurma, Krikala, Devadutta, Dhananjaya
- Important Nadis: Ida, Pingala & Sushumna
- Shad Chakras- Mooladhara, Swadhistana, Manipuraka, Anahata, Vishuddhi, Ajana, Sahasrara
- The three Grandhis in Yoga

Unit-III: Management of Diseases of Body Systems

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- Musculoskeletal System-
Back Pain, Cervical and lumbar spondylosis, Arthritis and Muscular dystrophy.
- Digestive System : Gastro Intestinal Disorders-Constipation , Irritable Bowel Syndrome and Stomach Ulcer
- Endocrine and metabolic disorders: Hypo Thyroid, Hyper Thyroid.
- Respiratory System: Chronic Bronchitis, Allergic Rhinitis and Sinusitis, Asthma Urogenital System Menstrual disorders, Premenstrual Syndrome (PMS), Infertility-male and female, Kidney stones

Unit IV: Yoga Therapy for Lifestyle Diseases, Neurological and Mental Disorders

- Neurological Disorders: Migraine headache, Cataract.
- Mental Disorders- Stress, Gen Anxiety Disorder, Depression, Post-Traumatic Stress Disorder (PTSD)
- Life style diseases: Hypertension, Type II Diabetes, Obesity,

MODE OF TRANSACTION

- Lecture/ Laboratory Work/ Physical testing and measurement/Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Presentations/Self- Learning Instructional Material etc.

ASSESSMENT RUBRICS

Marks: 100 (60+40)

- | | |
|--|-----------|
| • End Semester Exam | Marks: 60 |
| • Classroom Test, Assignments, Presentations | Marks: 40 |
| ○ Classroom Tests: Best one out of two unit tests | Marks: 16 |
| ○ Tutorial with viva, discussions, Seminar Presentations | Marks: 16 |
| ○ Assignments (Two Assignments) | Marks: 8 |

SUGGESTED READINGS

1. Swami
Satyananda Saraswathi, *A Systematic Course in the ancient Tantric Techniques of Yoga and Kriya*, Bihar School of Yoga, Munger
2. Swami Nirajananda Saraswati, *Prana, Pranayama, Pranavidya*, Bihar School of Yoga, Munger, Bihar, 1988
3. Swami Satyasaangananda Saraswati, *Tattava Shuddhi*, Bihar School of Yoga, Munger, Bihar 1984

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4. Swami Kuvalayanada, *Vasistha Samhita* (Yoga Kanda) Kaivalyadhama, S.M.Y.M. Samithi Vasistha Samhita (Yoga Kanda).
5. H. David Quilter, *Anatomy of Hatha Yoga*, Motilal Banarasi Dass, New Delhi 2004. *Yoga for Different Ailments*, Series published SVYASA, Bangalore.
6. Dr. Swami Karmananda Saraswati, MBBS, *Yogic Management of Common Diseases*, Bihar School of Yoga, Munger, Bihar 1992.

SEMESTER II

PGDYE02C07: YOGA AND PSYCHOLOGY

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	CE	ESE	Total
3	1	4	48	32	80	40	60	100

Lecture/Tutorials, P/I=Practical/Internship, CE =Continuous Evaluation, ESE = End Semester Evaluation

COURSE CONTENTS

Unit-I: Introduction

- Definition of Psychology
- Schools of Psychology
- Branches of Psychology
- Methods of Psychological Studies
- Difference and Similarities of Yoga Psychology and Modern Psychology.

Unit II- The Concept of Mind and Consciousness

- The concept of Mind and consciousness in Yoga and modern psychology
- The level of Freudian concept of Topographical aspects of Mind (Unconscious, Pre conscious, and conscious Mind)
- Structure of mind (Id, Ego and Super Ego)

Unit-III: Yogic Personality and Modern Personality Theories

- Personality - Meaning and Definitions
- Yogic Personality based on the three Gunas- Sattvik personality, Rajasic Personality and Tamasik Personality
- Major theories on personality development

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Unit-IV: Growth and Development

- Difference between growth and development
- Definitions of Development- Principles of Human Development - Influences on development
- The concept of Development in Yoga-Saisava, Balya ,Kaumara , Yavuyana , Varadhakya
- Stages of life in Yoga *Ashrama* - Chaturashrama *Vyavastha* (Bramachariyam–Grahastham-Vanaprastham-Sanyasam)
- *Purushartas* (The four aims of Life) Artham, Kamam, Dharma, Moksha.

MODE OF TRANSACTION

- Lecture/ Laboratory Work/ Physical testing and measurement/Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Presentations/Self- Learning Instructional Material etc.

ASSESSMENT RUBRICS

Marks: 100 (60+40)

- | | |
|--|-----------|
| • End Semester Exam | Marks: 60 |
| • Classroom Test, Assignments, Presentations | Marks: 40 |
| ○ Classroom Tests: Best one out of two unit tests | Marks: 16 |
| ○ Tutorial with viva, discussions, Seminar Presentations | Marks: 16 |
| ○ Assignments (Two Assignments) | Marks: 8 |

SUGGESTED READINGS

1. Advanced General Psychology by Arun Kumar, Book, 2002.
2. Practical Yoga Psychology by Dr. Rishi Vivekananda, Yoga Publication Trust, Munger, first edition 2005.
3. Swami
 Satyananda Saraswathi, *A Systematic Course in the ancient Tantric Techniques of Yoga and Kriya*, Bihar School of Yoga, Munger
4. Allport, G.W. (1937). *Personality: A Psychological Interpretation*. Page 48.
5. Eysenck (1952). *The Scientific Study of Personality*. Page 16.
6. Saraswati, Swami Niranjana Ananda (1998). *Yoga Darshan*. Deoghar: Panchdashnam Paramhansa Alakha Bara.

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7. Rama, Swami (1993). *Yoga and Psychotherapy: The evolution of consciousness*. Honesdale: The Himalayan International Institute of Yoga Science and Philosophy.

SEMESTER II

PGDYE02C08: YOGA AND HEALTH

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	CE	ESE	Total
3	1	4	48	32	80	40	60	100

Lecture/Tutorials, P/I=Practical/Internship, CE =Continuous Evaluation, ESE = End Semester Evaluation

COURSE CONTENTS

Unit-I: Health Education

- Meaning and Concepts of Health
- Dimensions, Spectrum and Determinants of Health
- Definition of Health, Health Education, Health Instruction, Health Supervision,
- Aims, objectives and Principles of Health Education,
- Need and importance of health education

Unit-II: Health, fitness and Wellness

- Concept, importance and components of fitness
- Concept and components of Wellness
- Modern Lifestyle and Hypokinetic Diseases – Prevention and Management
- Physical Activity and Health Benefits
- Yogic practices for Health and Safety in Daily Life

Unit-III: Bandhas and yogic purification

- Bandhas: Jalandhar bandha, uddiyana Bandha, moola bandha and Mahabandha.
- Yogi purification: Bamana Dhouti, Barisara Dhouti, sahaj Agnisara Dhouti, Noulis, Neti kriya, Nasa-polar shahaj Bastrikria, Water bath, Tub-bath, Hip-bath, sun bath, spinal bath, Air bath, Hot foot bath and The sitz bath

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- Tratak and message

Unit-IV: Nutrition and Yoga therapy

- Meaning and Definitions of Nutrition's, Importance and Components of Nutrition
- Dietetics in yoga therapy – classification according to triguna – vegetarian Vs non – vegetarian diet
- Healthy yogic diet plan, Preparation of a healthy diet, role of macro and micronutrients.
- Yogic therapies and modern concept of yoga, role of yoga in pain and weight reduction.
- Dietary guidelines of good health- health promotion and diseases prevention- Nutrition

MODE OF TRANSACTION

- Lecture/ Laboratory Work/ Physical testing and measurement/Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Presentations/Self- Learning Instructional Material etc.

ASSESSMENT RUBRICS

Marks:100 (60+40)

- | | |
|--|-----------|
| • End Semester Exam | Marks: 60 |
| • Classroom Test, Assignments, Presentations | Marks: 40 |
| ○ Classroom Tests: Best one out of two unit tests | Marks: 16 |
| ○ Tutorial with viva, discussions, Seminar Presentations | Marks: 16 |
| ○ Assignments (Two Assignments) | Marks: 8 |

SUGGESTED READINGS

1. Rajayoga – Swami Vivekanada- Ramakrishna Ashrama publications
2. The Science of yoga – Tamini – Theosophical publishing house Adyar, Madras
3. Four chapters on freedom (commentary on the yoga sutras of Patanjali) Swami Satyanada (1983), Bihar School of Yoga, Mungar
4. K. Glaz, B.K. Rimer, K. Viswanath (2008). Healthy Behavior and Healthy Education (4th edition).

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5. Truth of yoga: a comprehensive study- Daniel Simpson
6. Anatomy and Physiology of yogic practices- M M Ghore, Kalvalyadhama, Lonavaia, Pune
7. Promotion of positive health- published by SVYASA, Bangalore
8. Bandhas and mudras – Swami Geetananda, Anandashrama, Pondicherry

SUGGESTED READINGS

1. George Feuerstein : The Yoga Tradition (Its history, literature, Philosophy and practice)
2. Sri Ananda : the complete Book of Yoga Harmony of Body and Mind (Orient Paper Backs : Vision Book Pvt. Ltd., 1982)
3. Swamy Satyananda Saraswathi : Asana, Pranayama, Mudra, Bandha (India : Yoga Publications Trust, Munger, Bihar)
4. Swami Sivandana Practice of Yoga (The Divine Life Society, Shivananda Nagar P.O. U.P. Himalayas, India)
5. Swami Sivananda Practice of Karma Yoga (The Divine Life Society, Shivananda Nagar P.O. U.P. Himalayas, India)
6. B.K.S. Iyengar : Light on the Yoga Sutras of Patanjali (Haper Collinks Publications India Pvt. Ltd., New Delhi)
7. Iyengar B.K.S. (1989) Light on yoga : Unwin paper backs.
8. Prabhavananda (1953) Patanjali Yoga Sutras, Madras : Sri Ramakrishna Math Thirumoolar (2006), Thirumantiram, Madras: Sri Ramakrishna Math.
9. Ranganatha Swami (2001) The message of the Upanishads, Mumbai : Bharatiya Vidya Bhavan.
10. Vivekananda Swami (2005) Hinduism, Chennai : Sri Ramakrishna Math.
11. Sivananda Sri Swami (1983), Practical Lessons in Yoga, Shivananda Nagar : The Divine Life Society.
12. Desikachar T K V (2004) yoga yajnavalkya samhita, Chennai : Krishnamacharya Yoga Mandiram.
13. Desikachar T K V and kamsthub Desikachar, (2004) yoga Tharavali Chennai : Krishnamacharya Yoga Mandiram.
14. Kokaji R.G. (1970) Hatha Pradipita, lonavala : Kaivalyadhma.

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15. Desikachar T K V (2004), Nathamuni's Yoga Rahasya Chennai : Krishnamacharya Yoga Mandiram. Swami Sivananda Practice of karma Yoga (The Divine Life Society, Shivananda Nagar P.O. U.P. Himalayas India)

**PGDYE02C09: YOGA PRACTICAL - 2
ASANAS&PRNAYAMASANDMEDITATIONS**

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	CE	ESE	Total
1	3	4	16	96	112	40	60	100

Lecture/Tutorials, P/I=Practical/Internship, CE =Continuous Evaluation, ESE = End Semester Evaluation

COURSE CONTENTS

I. Intermediate and Advanced Asanas

- Surya Namaskara
- Meditative Asanas : Bhadrasana, Guptasana
- Sitting Asanas: Gomukhasana, Baddhakonasana, Hanumanasana, Eka Pada Sirasana, Eka pada raja kapotasana.
- Relaxation Asanas : Balasana, Sasankasana
- Supine Asanas : Halasana, Setubandhasana, Chakrasana,
- Prone Lying Asanas : Dhanurasana, Sarpasana, Salabasana, Viparita Naukasana
- Standing Asanas : Trikonasana, Ardha Kati chakrasana, Veerabhadrasana 1&2
- Inverted Asana : Sirshasana, Sarvangasana,
- Advanced Asanas: Garbhasana, Baddhpadasana, Bakasana, Kakasana, Hanumanasana, Kurmasana, Tiottibhasana, Natarajasana, Mayurasana

II. Pranayama: Ashtakumbhaka of Hata yoga pratipika

III. Mudras & Bandhas: Moola bandha, Maha bandha, Viparita karani mudra, Khechari, Pashinee, Maha mudra

IV. Shatkarma: Kapalabhati , Nauli, Vasthra dauthi

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V. Meditations: Yoga nidra, Cyclic meditation

TEACHING LEARNING STRATEGIES

- The content will be taught by using lecture, demonstration, explanation, presentation methods, videos, learning by doing, Whole part whole method, Drills.

SUGGESTED MODE OF TRANSACTION

- Lecture/Practice of Yogasanas/Viva/ learning by doing/ Individual Practice etc.

ASSESSMENT RUBRICS

Component	Continuous Evaluation 40	End Semester Evaluation 60	Total marks 100
Skill Proficiency (Demonstration, Instructions and Communication)	Marks : 20	(40%) Marks : 30	Marks : 50
Record File/Project Report	Marks : 10	(20%) Marks : 15	Marks : 25
Viva Voce	Marks : 10	(20%) Marks : 15	Marks : 25

SUGGESTED READINGS

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) Swami Kuvalayananda, (1998), Asanas. Lonavala: Kaivalyadhama.
5. Swami Satyananda Saraswati. (1989), *Asana Pranayama Mudra Bandha*. Munger: Bihar School of Yoga.
6. Swami Sivananda, (1971), *The Science of Pranayama*. Chennai: A Divine Life Society

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Publication.

**PGDYE02C10: TEACHING OF YOGA/INTERNSHIP
INTERNSHIP**

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	CE	ESE	Total
-	4	4	16	96	112	40	60	100

Lecture/Tutorials, P/I=Practical/Internship, CE =Continuous Evaluation, ESE = End Semester Evaluation

COURSE CONTENTS

Internship is a compulsory programme with the teacher education institution for the students acting as interns at identified schools and yoga related organizations focusing towards bridging gap between theory and practice through planned and structured tasks or projects designed in-cooperation with the teacher education institute and host institution/association or organization. The programme should be considered as a mentored component whereby faculty from teacher education institution called as faculty mentor and a member from host institution/association or organization known as field mentor together guide groups of students. The programme can also be done as part of field/industrial/institutional visit and or exchange programme with host institute.

STRUCTURE OF INTER SEMESTER INTERNSHIP

- Duration: Minimum 20 days programme
- Area of internship: School; College; University teaching departments/institutes of eminence; Sports Organization; Sports Academy/Sports Clubs
- Scope: Officiating; Outdoor Teaching; Classroom Teaching; Coaching; Collaborative and Exchange programmes
- Mentoring: On-field observation of internship activities and feedback from the field coordinator and faculty mentor is considered essential.

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- Programme Design: internship should be structured around focused tasks or projects which should be designed in consultation with faculty mentor and field coordinator prior to going to the host organization.
- Assessment: Record book consisting of all session plans/ activity plans/task plans to be submitted duly signed and certified by the external mentor and the faculty guide (department mentor) at the teacher education institution.
- Resource: Institutions shall make partnership arrangement between teacher education institute and internship institution.

ASSESSMENT RUBRICS

Assessment will be done as continuous assessment by the external mentor/head of partnership institution, and as end semester evaluation by the department mentor/department board according to the below mentioned rubrics.

ASSESSMENT RUBRICS:

Total Marks:

100

Component	Continuous Evaluation 40	End Semester Evaluation 60	Total marks 100
Teaching Proficiency	(60%) Marks: 24	(40%) Marks: 24	Marks: 48
Teaching Lesson Plan & Record	(40%) Marks: 16	(40%) Marks: 24	Marks: 40
Viva	-	(20%) Marks: 12	Marks: 12