



**Arts, Science and Commerce College CIDCO, Nashik-422 008**

**Affiliated to Savitribai Phule Pune University, Pune**



**SYLLABUS**

**FOR**

**Diploma in Yoga (1 Year)**

**Under Scheme of**

**UGC Sponsored Skill based Courses under NSQF**

**[Effective from 2020-21]**

### **1. Preamble of the syllabus:**

The Government of India to meet the goal of empowering the youth and also to make education relevant and creating 'industry fit' skilled work force, initiated the B. Voc. programs. Based upon the guidelines for B. Voc. courses issued by AICTE, UGC and also the guidelines of B. Voc. programs in colleges in NSQF (Academic council sub-committee report of SPPU, June 2019) the Board of studies has prepared the admission rules, regulations and syllabus structure common for the programs.

### **2. Objectives**

- To provide judicious mix of skills relating to Diploma in Yoga content of pathology.
- To ensure that the students have adequate knowledge and skills so that they are work ready after completion of Diploma.
- To provide flexibility to the students by means of pre-defined entry and exit points.
- To integrate NSQF within the UG level of higher education in order to enhance employability of the graduates
- To provide vertical mobility to students coming out of 10+2 vocational subjects.
- Global mobility of skilled work force from India through international equivalence of NSQF.

The focus is to formulate courses as per the regional skill gap as per the need of

- i. Industry and medical field
- ii. Design curriculum and contents in the areas of skill development in Yoga
- iii. Pedagogy, assessment for skills development education and training.
- iv. Trained faculty to deliver in Yoga Sector.
- v. Entrepreneurship development

### **3. Duration of the Course:1 Year ( Two Semesters)**

### **4. Eligibility for admission:**

- i. Type A - Students who have passed 10+2 or equivalent in any stream from any recognized board or university without any background of vocational training.
- ii. Type B – Students passed 10+2 examination with conventional schooling without any background of vocational training.

While admitting type A and type B students' additional courses for skill intensive training and teaching during the first six months shall be mandatory for such students, who will be assessed and certified for NSQF level 4 of skill competency by concerned CSA at the end of first semester. All students continuing to Diploma courses or further will be treated at par from second semester onwards. Student may exit after diploma or advanced diploma level courses or above. The academic progression for students in vocational stream after senior

secondary level should be as per table 1 and thus the curriculum shall be framed as per these guidelines.

**Table 1: Stages and Exit points and Credits**

| NSQF Level | Skill component credits | General Education Credits | Total credits for Award | Normal duration | Exit points / Awards |
|------------|-------------------------|---------------------------|-------------------------|-----------------|----------------------|
|            | 36                      | 24                        | 60                      | Two semesters   | Diploma in Yoga      |

## 5. Common Course Structure and Credit Distribution.

**Table-2 Typical courses and distribution of Theory, Practical, Contact hours, and Credits of Diploma in Yoga (Semester I & II)**

| Semester I                         |   |                  |               |         |
|------------------------------------|---|------------------|---------------|---------|
| Course code                        | Name of Subject   | Theory/Practical | Contact hours | Credits |
| <b>General education component</b> |   |                  |               |         |
| BVYC111                            | Definition and Meaning of Yoga, Aims and Objectives, Historical Development of Yoga, Relevance of yoga in modern age and scope and Misconceptions about yoga. | Theory           | 30            | 02      |
| BVYC112                            | Ashtanga Yoga- 8 limbs & Personality .  | Theory           | 30            | 02      |
| BVYC113                            | Brief Introduction of Hatha yoga, Raja yoga, Karma yoga, Gyana Yoga, Bhakti yoga.   | Theory           | 30            | 02      |
| BVYC114                            | Essentials of yoga practices –Prayer, Disciplines in Yogic Practices, Place & Timing, Diet & Schedule for Yoga Practitioner.                                  | Theory           | 30            | 02      |
| BVYC115                            | Obstacles in the Path of Yoga Practice, Sequence for yogic practices, Different between yogic & non yogic system of exercise.                                 | Theory           | 30            | 02      |
| <b>Skill Based Component</b>       |   |                  |               |         |
| BVYC116                            | Prayers   | Practical        | 30            | 02      |
| BVYC117                            | Starting Practice   | Practical        | 30            | 02      |
| BVYC118                            | Suryanamaskara/Pragya Yoga  | Practical        | 30            | 02      |
| BVYC119                            | Asanas Cultural Standing  | Practical        | 30            | 02      |
| BVYC120                            | CulturalSitting   | Practical        | 30            | 02      |

|                                    |   |           |            |           |
|------------------------------------|---|-----------|------------|-----------|
| BVYC121                            | Cultural Lying  | Practical | 30         | 02        |
| BVYC122                            | Relaxative/ Meditative  | Practical | 30         | 02        |
| BVYC123                            | Pranayama   | Practical | 30         | 02        |
| BVYC124                            | Mudras /Bandhas   | Practical | 30         | 02        |
| BVYC125                            | Shuddhi Kriyas  | Practical | 30         | 02        |
|                                    | <b>Total</b>  |           | <b>450</b> | <b>30</b> |
| <b>Semester II</b>                 |   |           |            |           |
| <b>General education component</b> |   |           |            |           |
| BVYC211                            | Introduction: <ul style="list-style-type: none"> <li>▪ Human Body- Meaning and its Importance in Yoga</li> <li>▪ Definition of Anatomy and Physiology</li> <li>▪ Cell: Structure &amp; Function</li> </ul>                | Theory    | 30         | 02        |
| BVYC212                            | General information, Different parts, Structure, Function and Effect of yogic practices. <ul style="list-style-type: none"> <li>▪ Tissues: Types, Structure &amp; Function.</li> <li>▪ Musculo-Skeletal System</li> </ul> | Theory    | 30         | 02        |
| BVYC213                            | General information, Different parts, Structure, Function and Effect of yogic practices. <ul style="list-style-type: none"> <li>▪ Digestive system</li> <li>▪ Excretory system</li> </ul>                                 | Theory    | 30         | 02        |
| BVYC214                            | General information, Different parts, Structure, Function and Effect of yogic practices. <ul style="list-style-type: none"> <li>▪ Respiratory System</li> <li>▪ Circulatory system</li> </ul>                             | Theory    | 30         | 02        |
| BVYC215                            | General information, Different parts, Structure, Function and Effect of yogic practices. <ul style="list-style-type: none"> <li>▪ Nervous System</li> <li>▪ Endocrinal system</li> </ul>                                  | Theory    | 30         | 02        |
| <b>Skill Based Component</b>       |   |           |            |           |
| BVYC216                            | Starting Practice   | Practical | 30         | 02        |
| BVYC217                            | Suryanamaskara/Pragya Yoga  | Practical | 30         | 02        |
| BVYC218                            | Asanas Cultural Standing  | Practical | 30         | 02        |
| BVYC219                            | Cultural Sitting  | Practical | 30         | 02        |
| BVYC220                            | Cultural Lying  | Practical | 30         | 02        |
| BVYC221                            | Cultural Advance  | Practical | 30         | 02        |
| BVYC222                            | Relaxative/Meditative   | Practical | 30         | 02        |
| BVYC223                            | Pranayama   | Practical | 30         | 02        |
| BVYC224                            | Mudras/Bandhas  | Practical | 30         | 02        |

|         |              |           |            |           |
|---------|--------------|-----------|------------|-----------|
| BVYC225 | Meditation   | Practical | 30         | 02        |
|         | <b>Total</b> |           | <b>450</b> | <b>30</b> |

- I. Compulsory paper: All papers given in the syllabus are compulsory.
- II. Optional paper: There will be no optional papers.
- III. Question papers and paper:

Theory: Continuous Internal Assessment (CIA): 50 Marks

Semester end examination (SEE): 50 Marks

Practical: Continuous Internal Assessment (CIA): 75 Marks

Semester end examination (SEE): 75 Marks

- IV. Medium of instruction: English / Marathi

## 6. Examination:

### a. Theory Courses –

- i. The assessment of theory subjects shall include continuous internal assessment [CIA] of 50% of total marks which can include midterm test, short quiz, assignment, extension work, project work, seminar, presentations etc. There shall be semester end examination [SEE] of 50% of the total marks.
- ii. The student should get minimum 30% marks in CIA and SEE each and minimum 40% in CIA and SEE jointly.
- iii. In case of failure in CIA the student shall appear only in the next academic year when the said course is offered in the regular academic session at his/her responsibility. However, in case of failure in SEE in particular course(s) exam will be conducted in immediate subsequent semester.
- iv. In case a student fails in certain course(S) in a particular semester and the same course(s) are modified / revised/removed from the curriculum in due course, the student will have to appear as per the newly framed curriculum and/or pattern in subsequent semester at his/her own responsibility.

### **b. Practical Courses-**

- i. The skill component of the course will be assessed and certified by the respective Certified Skill Assessor. The Certified skill assessor for a specific trade is made available by the respective sector skill council or a committee headed by the respective board or prescribed by the concerned regulatory body. Assessment of practical courses / on job training course shall be in equal proportion by the internal and external examiners.
- ii. The semester end exam for practical courses shall be conducted at the end of each semester along with the theory exams.
- iii. A student must get minimum 40% marks (jointly in internal and external) to pass in the practical courses.

## **7. Grading System**

**Table-3 Letter Grades, Points and Marks**

| <b>Letter Grade</b> | <b>Points</b> | <b>Marks obtained</b> |
|---------------------|---------------|-----------------------|
| O: Outstanding      | 10            | 80-100                |
| A+: Excellent       | 9             | 70-79                 |
| A: Very Good        | 8             | 60-69                 |
| B+: Good            | 7             | 55-59                 |
| B: Above Average    | 6             | 50-54                 |
| C: Average          | 5             | 45-49                 |
| P: Pass             | 4             | 40-44                 |
| F: Fail             | 0             | 0-39                  |
| Ab: Absent          | 0             | -                     |

**Table-4 Grade point Average**

| <b>Grade Point Average</b> | <b>Grade</b> |
|----------------------------|--------------|
| 9.00 – 10.00               | O            |
| 8.50 – 8.99                | A+           |
| 7.50 – 8.49                | A            |
| 6.50 – 7.49                | B+           |
| 5.50 – 6.49                | B            |
| 4.25 – 5.49                | C            |
| 4.00 – 4.24                | P            |
| 0.00 – 3.99                | F            |

## **8. Computation of SGPA and CGPA**

- The semester end grade sheet will contain grades for the course along with titles and SGPA. Final grade sheet and transcript shall contain CGPA.

- **SGPA:** The performance of a student in a semester is indicated by a number called the semester grade point average (SGPA). The SGPA is the weighted average of grade points obtained in all the courses registered by the student during the semester.

Semester Grade Point Average (SGPA) =

$$SGPA = \frac{\sum_{i=1}^p CiGi}{\sum_{i=1}^p Ci}$$

$$= \frac{\sum \text{Grade Points earned} \times \text{Credits for each course}}{\text{Total credits}}$$

**SGPA** is calculated up to two decimal places by rounding off.

- **CGPA:** The CGPA is the weighted average of the grade points obtained in all the courses (theory Practical courses) of all the semesters till the respective exit point. It is calculated in the same manner as the SGPA. It is calculated based upon the SGPA of the concerned semesters.

**9. OTHER RULES-** University may frame additional rules and regulations or modify these regulations if needed and once approved by the University they would be binding on the students.

- 1. External students:** No external students are allowed for this course.
- 2. Setting of Question paper/Pattern of question paper:** For theory courses, end semester question papers will be set as per the University instructions.

**10. Structure of the course:**

**Table 5: Diploma in Yoga (Semester I & II)**

| Semester I                         |   |                  |               |         |
|------------------------------------|---|------------------|---------------|---------|
| Course code                        | Name of Subject   | Theory/Practical | Contact hours | Credits |
| <b>General education component</b> |   |                  |               |         |
| BVYC111                            | Definition and Meaning of Yoga, Aims and Objectives, Historical Development of Yoga, Relevance of yoga in modern age and scope and Misconceptions about yoga. | Theory           | 30            | 02      |
| BVYC112                            | Ashtanga Yoga- 8 limbs & Personality .  | Theory           | 30            | 02      |
| BVYC113                            | Brief Introduction of Hatha yoga, Raja yoga, Karma yoga, Gyana Yoga, Bhakti yoga.   | Theory           | 30            | 02      |
| BVYC114                            | Essentials of yoga practices –Prayer, Disciplines in Yogic Practices, Place & Timing, Diet & Schedule for Yoga Practitioner.                                  | Theory           | 30            | 02      |

|                                    |   |           |            |           |
|------------------------------------|---|-----------|------------|-----------|
| BVYC115                            | Obstacles in the Path of Yoga Practice, Sequence for yogic practices, Different between yogic & non yogic system of exercise.   | Theory    | 30         | 02        |
| <b>Skill Based Component</b>       |   |           |            |           |
| BVYC116                            | Prayers   | Practical | 30         | 02        |
| BVYC117                            | Starting Practice   | Practical | 30         | 02        |
| BVYC118                            | Suryanamaskara/Pragya Yoga  | Practical | 30         | 02        |
| BVYC119                            | Asanas Cultural Standing  | Practical | 30         | 02        |
| BVYC120                            | Cultural Sitting  | Practical | 30         | 02        |
| BVYC121                            | Cultural Lying  | Practical | 30         | 02        |
| BVYC122                            | Relaxative/ Meditative  | Practical | 30         | 02        |
| BVYC123                            | Pranayama   | Practical | 30         | 02        |
| BVYC124                            | Mudras /Bandhas   | Practical | 30         | 02        |
| BVYC125                            | Shuddhi Kriyas  | Practical | 30         | 02        |
|                                    | <b>Total</b>  |           | <b>450</b> | <b>30</b> |
| <b>Semester II</b>                 |   |           |            |           |
| <b>General education component</b> |   |           |            |           |
| BVYC211                            | Introduction: <ul style="list-style-type: none"> <li>Human Body- Meaning and its Importance in Yoga</li> <li>Definition of Anatomy and Physiology</li> <li>Cell: Structure &amp; Function</li> </ul>                  | Theory    | 30         | 02        |
| BVYC212                            | General information, Different parts, Structure, Function and Effect of yogic practices. <ul style="list-style-type: none"> <li>Tissues: Types, Structure &amp; Function.</li> <li>Musculo-Skeletal System</li> </ul> | Theory    | 30         | 02        |
| BVYC213                            | General information, Different parts, Structure, Function and Effect of yogic practices. <ul style="list-style-type: none"> <li>Digestive system</li> <li>Excretory system</li> </ul>                                 | Theory    | 30         | 02        |
| BVYC214                            | General information, Different parts, Structure, Function and Effect of yogic practices. <ul style="list-style-type: none"> <li>Respiratory System</li> <li>Circulatory system</li> </ul>                             | Theory    | 30         | 02        |
| BVYC215                            | General information, Different parts, Structure, Function and Effect of yogic practices. <ul style="list-style-type: none"> <li>Nervous System</li> <li>Endocrinal system</li> </ul>                                  | Theory    | 30         | 02        |
| <b>Skill Based Component</b>       |   |           |            |           |
| BVYC216                            | Starting Practice   | Practical | 30         | 02        |



|         |                            |           |            |           |
|---------|----------------------------|-----------|------------|-----------|
| BVYC217 | Suryanamaskara/Pragya Yoga | Practical | 30         | 02        |
| BVYC218 | Asanas Cultural Standing   | Practical | 30         | 02        |
| BVYC219 | Cultural Sitting           | Practical | 30         | 02        |
| BVYC220 | Cultural Lying             | Practical | 30         | 02        |
| BVYC221 | Cultural Advance           | Practical | 30         | 02        |
| BVYC222 | Relaxative/Meditative      | Practical | 30         | 02        |
| BVYC223 | Pranayama                  | Practical | 30         | 02        |
| BVYC224 | Mudras/Bandhas             | Practical | 30         | 02        |
| BVYC225 | Meditation                 | Practical | 30         | 02        |
|         | <b>Total</b>               |           | <b>450</b> | <b>30</b> |

**I. Compulsory Paper:** All papers are compulsory

**II. Optional Paper:** Not applicable

**III. Question Paper and Paper:** As mentioned above

**IV. Medium of Instructions:** English

**11. Equivalence of previous syllabus along with propose syllabus:** Not applicable

**12. University Terms:** 2 terms

**13. Subject wise Detailed Syllabus:** Attached with this format

**14. Recommended Books:** Given at the end of syllabus

**15. Qualification of Teacher:** As per UGC regulations

## **BVYC111: Foundation of Yoga (General)**

**Total credits: 10**

**Teaching Hours-150 (4 hours/week)**

### **Syllabus**

### **First Semester**

#### **Unit-I**

**30 Hours**

Definition and Meaning of Yoga, Aims and Objectives, Historical Development of Yoga, Relevance of yoga in modern age and scope and Misconceptions about yoga. Origin of Yoga, History and Development of Yoga; Etymology and Definitions, Misconceptions, Aim and Objectives of Yoga, True Nature and Principles of Yoga

#### **Unit-II**

**30 Hours**

Ashtanga Yoga- 8 limbs & Personality Patanjala.  
Yoga Sutra Introduction: Yoga, it's meaning & purpose & Nature of Yoga; Concept of Chitta, Chitta-Bhumis, Chitta-Vrittis, Chitta-Vritti nirodhopaya Abhyasa and Vairagya as the tools Chitta-Vikshepas (Antarayas), Chitta-prasadanam, Prakriti and its evolutes. SAMADHI PADA : Types and nature of Samadhi: Ritambharaprajna and Adhyatmaprasada; Samprajnata, Asamprajnata, Sabeeja & Nirbeeja Samadhi, Difference between Samapattis and Samadhi; Concept of Ishvara and qualities of Ishvara. SADHANA PADA : Concept of Kriya Yoga of Patanjali, theory of Kleshes; Concept of Dukhavada; Drishyanirupanam, Drasthanirupanama, PrakritiPurushaSamYoga; Brief Introduction to Ashtanga Yoga; Concept of Yama, Niyama, Asana, Pranayama, Pratyahara and their usefulness in ChittavrittinirodhopayaH. VIBHUTI & KAIVALYA PADA: Introduction of Dharana, Dhyana and Samadhi, Samyama and Siddhis; Four types of Karmas; Concept of Vasana; Vivek Khyati Nirupanam, Kaivalya.-Nirvachana.

#### **Unit-III**

**30 Hours**

Brief Introduction of Hatha yoga, Raja yoga, Karma yoga, Gyana Yoga, Bhakti yoga. Hatha Yoga texts  
• Introduction to Hatha Yoga and Hatha Yoga Texts. Siddhasiddhanta paddhati, Hatha Pradeepika, Gheranda Samhita, Hatha Ratnavali and Shiva Samhita. Aim & objectives, misconceptions about Hatha Yoga, prerequisites of Hatha Yoga (dasha yama and dasa niyama), Sadhaka and Badhaka tattvas in Hatha Yoga; Concept of Ghata, Ghatashuddhi, Concept and importance of Shodhana kriyas in Hatha Yoga; Importance of Shodhana kriyas in health and disease; Concept of Mattha, Mitaahara, Rules & Regulations to be followed by Hatha Yoga

Sadhakas;

- Asanas in Hatha Texts: Definition, pre requisites and special features of Yoga-asana; Asanas in Hatha Pradeepika, Hatha Ratnavali, Gheranda Samhita; Benefits, precautions, and contraindications of different Asanas;
- Pranayama in Hatha Texts: - Concept of Prana & Ayama, Pranyama; Pranayama its phases and stages; Prerequisites of Pranayama in Hatha Yoga Sadhana; Pranayama in Hatha Pradeepika, Hatha Ratnavali & Gheranda Samhita; Benefits, precautions and contraindications of Pranayama.
- Bandha, Mudra and other practices: Concept, definition of Bandha and Mudras, in Hatha Pradeepika, Hatha Ratnavali and Gheranda Samhita; Benefits, precautions and contraindications. Concept, definition, benefits and Techniques of Pratyahara, Dharana and Dhyana in Gheranda Samhita; Concept and benefits of Nada and Nadanusandhana in Hatha Pradeepika, Four Avasthas (stages) of Nadanusandhana; Relationship between Hatha Yoga and Raja Yoga; Goal of Hatha Yoga. Relevance of Hatha Yoga in contemporary times.

#### Unit-IV

30 Hours

1.

Om.....Om.....Om.....  
Sahana Vavathu, Sahanou Bhunaktu  
Sahaveeryam-Karvavahai  
Tejaswinaa Vadhitamastu, Ma...Vidvishavahai  
Om.... Shanthi..... Shanthi..... Shanthi hi.....

The meaning of the above shloka is as follows:

Let us be together, Let us eat together, Let us produce the energy together, Let there be no limit to our Energies, Let there be no ill feeling among us, Om.... Peace, Peace, Peace.

2. This should be followed by the Guru stuti. It is a chant dedicated to the teacher. Complete devotion to your teacher can help you proceed along the true path of knowledge and light.

Om..... Gurur Brahma.....Gurur Vishnuhu  
Gurur Devo Maheshwaraha  
Guru Sakshat Para Brahma  
Tasmai Shree Guruve Namaha

The meaning of the above shloka is as follows:

Guru is the glory of Brahma, Guru is the glory of Vishnu, Guru is the glory of the great Lord Shiva, Guru is the glory of the personified transcendental fullness of Brahma, to Him, to Shree Gurudev adorned with glory I bow down.

3. The Surya namaskara mantra is another important yoga prayer. It bows to the sun – the source of all energy and all life on the surface of the earth:

Hiranmayena Pathrena, Sathyasyapi Hitham Mukham  
Thatvam Phooshanna Paavrunu,  
Sathyadharmaya Drusthaye  
Dhyeyasada Savithrumandala Madhyavarthi  
Narayana Sarasijasana Sannivistaha  
Keayoorawan Makarakundalavan Kireeti  
Haari Hiranmaya Vapur Drutha Shanku Chakraha  
Om Hraam Mithraaya Namaha  
Om Hreem Ravaye Namaha  
Om Hroom Sooryaya Namaha  
Om Hraim Bhaanave Namaha  
Om Hroum Khagaaya Namaha  
Om Raha Pooshne Namaha  
Om Hraam Hiranyagarbhaaya Namaha  
Om Hreem Marechaye Namaha  
Om Hroom Aadityaaya Namaha  
Om Hraim Savitreya Namaha  
Om Hroom Arkaaya Namaha  
Om Hraha Bhaskaraya Namaha  
Om Shree Savithru Sooryanarayanaaya Namaha  
Adithyasya Namaskaram Ye Kurvanti Dhine Dhine  
Ayur Pragna Balam Veeryam Tejastheshancha Jayathe  
Om Namoh Bhagavathe Suryanarayanayaa  
Om Namoh Bhagavathe Suryanarayanayaa  
Om Namoh Bhagavathe Suryanarayanayaa Namah

The above shloka is a description of the glory of the sun and surrender to this great source of energy.

4. Another yoga prayer that is commonly practiced is the Bhunamana mantra. It runs as follows:

Yogena Chithasya Padenavacha  
Malam Shareerasya Cha Vaidyakenam  
Yopakartham Pravarammuneena  
Pathanjali Pranjali Thosmin  
Abahu Purushakaram  
Shanku Chakra Sidharinum  
Sahasra Shirasum Shwetham  
Pranamami Pathanjali

The meaning of this mantra is as follows:

I bow with folded hands to Patanjali, the greatest of sages, who removed the impurity of mind by his work on Yoga, the impurity of speech by his work on grammar and the impurity of body by his work on medicine.

## 5. After Yogasanas

om..... Asathoma Sadgamaya  
Tamasoma Jyothirgamaya  
Mrutyorma Amrutangamaya  
Om... Shanthi... Shanthi... Shanthi hi...

The meaning of the above shloka is:

Lead me from Untruth to Truth, from darkness to light, (from ignorance to enlightenment), from Mortality to Immortality, Om, Peace, Peace, Peace.

6. Another prayer is the Iykya mantra that runs as follows:

Yum Vaidika Manthra Drusha Puranam  
Indram Yamam Matharishvanamahu  
Vedanthino Nirvachaneeyamekam  
Yum Brahma Shabdena Vinirdishanti  
Shyvayameeshum Shiva Ithyavochan  
Yum Vyshanava Vishnu Rithisthuvanthi  
Buddhasthatharhanithi Bhouda Jainaha  
Satshri Akalethi Cha Sikkha Santhah  
Shasthethi Kechith Kathichith Kumaraha  
Swamethi Matheti Pethethi Bhakthya  
Yum Prarthayenthe Jagadeshi tharam  
Sa Yeka Yewa Prabhuradwethiyaha  
Om... Shanthi... Shanthi... Shanthi hi...

7. Finally, the Kara mantra is chanted as follows:

Karagre Vasathe Lakshmi  
Kara madhye Saraswathi  
Kara moole Sthitha Gauri  
Prabhathe Kara Darshanam

The meaning is as follows:

Goddess Lakshmi, who is staying in the palms, Goddess Saraswathi who is staying in the centre, and Goddess Gauri who is sitting in the birth place, we are having your Darshan in the morning in our hands only.

A few dietary guidelines can ensure that the body and mind are flexible and well-prepared for practice. A vegetarian diet is usually recommended, and for a person over 30 years, two meals a day should suffice, except in cases of illness or very high physical activity or labour.

Unit-V      Obstacles in the Path of Yoga Practice, Sequence for yogic practices, Different between yogic & non yogic system of exercise.

The nine main obstacles of yoga are:

1. **Vyadhi** – Illness, disease, physical or mental. It is difficult to do yoga if you are physically sick. Thus it is important to lead a healthy lifestyle for the prevention of illness and promotion of optimal health.
2. **Styana** – Apathy, disinclination towards performing one's kartavya or duty. By procrastinating, we avoid our practice and create excuses for not being on the path and doing the work.
3. **Sanshaya** – doubting one's capability or the result of yoga. We can only come to know Reality, declares the Brihad-Āranyaka-Upanishad (4.4.23), when we are free from doubt. It is important to cultivate faith in oneself as well as the yogic path.
4. **Pramada** – Heedlessness, carelessness, a lack of persistence. Yoga is both a science and art and approaching it without skill, care, respect, and devotion will create erratic and possible negative results.
5. **Alasya** – Sloth, inertia of mind or body due to dominance of the tamasic element. Yoga requires discipline, zeal, and tapas (will-power) to succeed on its path. Laziness will prevent you from attaining your highest potential.
6. **Avirati** – Overindulgence, attachment to pleasurable things. We must learn to “let go” of our attachments to desire and physical objects if we are to make progress in yoga.
7. **Bhrantidarshan** – False vision, a premature sense of certainty. The development of a false notion about the practice of yoga and its outcome can not only lead one off the path of yoga, but also create harm and disappointment.
8. **Alabdha-bhumikatva** – Non-attainment of the next yogic stage or accomplishment. This happens due to faulty or poor practice and creates a feeling of being “stuck” and leads to discouragement.
9. **Anawasthitatwa** – Instability, non-permanence of a yogic accomplishment or stage. Not able to maintain an attained stage can be a real drag. This again can be a result of faulty or poor practice.

When any of these primary obstacles are encountered, four minor obstacles may appear according to specific circumstances.

The four minor obstacles are:

1. **Duhkha** – Pain or sorrow.
2. **Daurmanasya** – depression, pain caused by non-fulfillment

of desires.

3. **Angamejayatwa** – the shivering of parts of the body.
4. **Shvâsa-prashvâsa** – disturbances in kumbhaka or breath retention causing the irregular breathing pattern that comes with mental agitation.

### **Overcoming the obstacles of Yoga**

You will need to be able to remove or overcome all of these obstacles at will to be successful in yoga. They may appear at any time, and if not conquered during their first appearance, they are most likely to return until you learn how to overcome them.

The key to the removal of any and all of the above obstacles is the cultivation of the one- pointedness of mind. These obstacles will naturally pass with time unless we allow ourselves to become entangled and bogged down in them. By focusing all of your attention on a single object the obstacles dissolve and begin to lose their importance and power.

#### **Essential Readings:**

1. Vijnananand Saraswati - Yog Vijyan, Yoga niketan trust, Rishikesh, 1998.
2. Rajkumari Pandey-Bhartiya Yoga Parampara ke Vividh Ayam, radha publication, ND, 2008
3. Swami Vivekanand - Jnan, Bhakti, Karma yoga & Rajyoga, Advait Ashram, Culcutta 2000.
4. Kamakhya Kumar -Yoga Mahavigyan, Standard publisher, New Delhi.
5. Kalyan (Yogank)- Gita press Gorakhpur, 2002.
6. Kalyan (Yoga Tatwank)-Gita press Gorakhpur, 1991.

#### **Suggested Readings:**

1. K.S. Joshi - Yoga in Daily Life, Orient paper back publication, New Delhi, 1985.
2. S.P. Sing-History of Yoga-PHISPC,Center for studies of civilization Ist 2010
3. S.P.Singh & Yogi Mukesh-Foundation of Yoga, Standard publisher, New Delhi 2010.

### BVYC116 -Yoga Practical (2 Credits 30 Hours)

| Sr. N. | Subject                                | Yogic Practices  |
|--------|--|--|
| 01.    | <b>Prayers</b>                         | All Mantra & Prayers   |
| 02.    | <b>Starting Practice</b>               | Pawan Muktasana Part-1, 2, 3, Marjariasana, Tadasana, Tiryak Tadasana, Kati Chakrasana.  |
| 03.    | <b>Suryanamaskara/Pra<br/>gya Yoga</b> | With Mantras & Breathing pattern.  |
| 04.    | <b>Asanas Cultural<br/>Standing</b>    | Utkatasana, Padahasthasana, Trikonasana, Veerasana, Vrikshasana, Sankatasana, Garudasana, Padangusthasana, Sarvangpushti, Murdhasana.  |
| 05.    | <b>Cultural<br/>Sitting</b>            | Baddha Padamasana, Uttitha Padamasana, Mandukasana, Uttanmandukasana, Vrishabhasana, Guptasana, Simhasana, Ushtrasana, Suptavajrasana, Vakrasana, Ardhamatsyendrasana, Gomukhasana, Janushirasana, Pashchimottanasana, Akarndhanurasana, Bhadrasana. Shashankasana, Mandukasana. |
| 06.    | <b>Cultural<br/>Lying</b>              | Pawanmuktasana, Sarvangasana, Matsyasana Naukasana (on Back), Halasana, Chakrasana, Karnpidasana, Bhujangasana, Shalabhasana, Dhanurasana, Naukasana (on Abdomen).   |
| 07.    | <b>Cultural<br/>Advance</b>            | Shirshasana, Kurmasana, Uttan Kurmasana, Tolangulasana, Mayurasana, Kukkutasana, Garbhasana, Gorakshasana, Ugrasana, Bakasana, Matsyendraasana, Ekpadashtasana, Vatarjanasana, Natarajasana, Kapothasana, Shirshapadangusthasana.  |
| 08.    | <b>Relaxative/<br/>Meditative</b>      | Shavasana, Balasana, Makrasana, Sukhasana, Padmasana, Vajrasana, Swastikasana, Siddhasana.   |
| 09.    | <b>Pranayama</b>                       | Breathing - Chest, Abdominal & Yogic, Puraka, Rechaka and Kumbhaka, Anulom-Vilom, Nadishodhan, Ujjayi, Surya and Chakrabhedan., Bhastrika, Bhramri, Sheetali, Shitkari.  |
| 10.    | <b>Mudras<br/>/Bandhas</b>             | Jalandhar Bandha, Uddiyana Bandha, Moola Bandha, Mahabandha, Kaki Mudra, Yoga Mudra, Vipritkarni Mudra, Mahamudra, Shambhavi Mudra, Ashwini Mudra, Pashini Mudra, Nasikagra Mudra, Brahmamudra, Shanmukhimudra.  |
| 11.    | <b>Shuddhi Kriyas</b>                  | Kapalabhati, Nauli, Agnisara, Trataka, Neti-Jala and Sutra, Vamandhanti, Vastradhanti, Dandadhanti, Shankha Prakshalan.  |
| 12.    | <b>Meditation</b>                      | Soham Sadhana, Prana Dharna, Savita Dhyana, Jyoti AAvataran, Panch Kosha, Dhyana Yoga Nidra.   |

#### Essential Readings:

1. O.P. Tiwari - Asana why and how, Kaivalyadham SMYM samiti, Lonavala, 2012.
2. M.L. Gharote - Guidelines for Yogic Practices, Medha Publication, Lonavla.
3. Swami Satyananda Saraswati - Asana, Pranayama, Mudra, Bandha, Yoga publication trust, Munger, 2006.
4. Pt. Shri Ram Sharma- Pragyabhiyan ka Yoga Vyayam, Brahmavarchas shodh Sanshan, Shantikunj, Haridwar, 1998.

#### Suggested Readings:

1. B.K.S. Iyengar - Light on Yoga, Harper Collins publisher, New Delhi, 2012.
2. B.K.S. Iyengar - Light on Pranayama, Harper collins publisher, New Delhi, 2012.
3. Swami Kuvlayanand - Asana, Kaivalyadham SMYM samiti, Lonavala, 1993.
4. Swami Kuvlayanand- Prnayama, Kaivalyadham SMYM samiti, Lonavala, 2009.



## **Second Semester**

### **BVYC-211- Fundamentals of Human Biology & Yoga (4 Credits 60 Hours)**

#### **Unit-I**

**30 Hours**

##### **Introduction:**

- Human Body- Meaning and its Importance in Yoga.  
Introduction to cell, tissue, organs and systems; Basic cell physiology-Cell Introduction, Cell Organelles, Cell membrane, Movement of the substances and water through the cell membrane, Bioelectric potentials.
- Definition of Anatomy and Physiology  
Introduction to anatomy- Scope of Anatomy and Physiology – Definitions and Terms in Anatomy and Physiology, structure and function of human cell, Elementary tissues of human body.
- Cell: Structure & Function

#### **Unit-II**

**30 Hours**

##### **General information, Different parts, Structure, Function and Effect of yogic practices**

- Tissues: Types, Structure & Function.-  
Musculoskeletal systems: Skeleton - names of all bones, joints and muscles, cartilage, tendon and ligaments, types of bone, joints and their functions; spine, muscles and their functions; Skeletal muscles - Properties of skeletal muscles, Muscular contraction and relaxation, Neuromuscular junction, Sarcotubular system, Smooth muscle-mechanism of contraction
- Musculo-Skeletal System

#### **Unit-III**

**30 Hours**

##### **General information, Different parts, Structure, Function and Effect of yogic practices.**

- Digestive system-  
Digestive and excretory system: Anatomy of digestive system, excretory system (component organs) and their functions; Gastro intestinal system- General 5 structure of alimentary canal, Gastric secretion, Pancreatic secretion, Gastric motility-digestive peristalsis Gastrointestinal hormones.  
Renal physiology- Structure of kidney, Nephrones, Juxtra glomerular filtrate, Reabsorption, Secretion-mechanism of secretion, Concentrating and diluting mechanism of urine, Dialysis
- Excretory system:

#### **Unit-IV**

**30 Hours**

##### **General information, Different parts, Structure, Function and Effect of yogic practices.**

- Respiratory System  
Cardiovascular and respiratory system: Components of cardiovascular

and respiratory system; functions of cardiovascular and respiratory system; Circulatory system- Functional anatomy of the heart, Properties of cardiac muscles, Conducting system of the heart, Pressure changes during cardiac cycles, Capillary circulation, Arterial and venous blood pressure; Respiratory system-Mechanism of breathing, Ventilation, Regulation of respiration, Transport of gases, Hypoxia, Artificial ventilation, Non respiratory functions of the lungs

- Circulatory system

Unit-V

30 Hours

**General information, Different parts, Structure, Function and Effect of yogic practices**

- Nervous System  
Nervous system and glands: Structure and properties of neurons, subdivisions of nervous system and their functions, types of glands (endocrine and exocrine glands), important endocrine and exocrine glands and types of hormones their functions.  
Sensory nervous system, Motor nervous system, Higher functions of the nervous system, Synapse, Reflexes Cerebrospinal fluid, Blood brain and blood CSF barrier
- Endocrinal system

**Essential Readings:**

1. Shirley Teles - A Glimpses of the Human Body, Sw. Vivekanand yoga prakashan, Bangalore.
2. M.M. Gore-Anatomy and Physiology of yogic Practices, Motilal banarsidass, New Delhi, 2007.
3. Ross & Wilson - Human Anatomy and Physiology in Health & Illness, Churchill Livingstone; 2010

**Suggested Readings:**

1. Dr. Rakesh Dixit-Sharir Rachana Evam Kriya Vijnan, Bhasha Bhavan, Mathura, 2005.
2. Inderveer Singh-Anatomy and Physiology for Nurses, Jaypee brothers publisher, 2008

## BVYC-216 -Yoga Practical (2 Credits 30 Hours)

| S. N. | Subject                            | Yogic Practices  |
|-------|------------------------------------|--|
| 01.   | <b>Starting Practice</b>           | Pawan Muktasana Part-1, 2, 3, Marjariasana, Tadasana, Tiryak Tadasana, Kati Chakrasana.  |
| 02.   | <b>Suryanamaskara/Pra gya Yoga</b> | With Mantras & Breathing pattern.  |
| 03.   | <b>Asanas Cultural Standing</b>    | Utkatasana, Padahasthasana, Trikonasana, Veerasana, Vrikshasana, Sankatasana, Garudasana, Padangusthasana, Sarvangpushti, Murchhasana.   |
| 04.   | <b>Cultural Sitting</b>            | Baddha Padmasana, Uttitha Padmasana, Mandukasana, Uttanmandukasana, Vrishabhasana, Guptasana, Simhasana, Ushtrasana, Suptavajrasana, Vakrasana, Ardhamatsyendrasana, Gomukhasana, Janushirasana, Pashchimottasana, Akarndhanurasana, Bhadrasana. Shashankasana, Mandukasana. |
| 05.   | <b>Cultural Lying</b>              | Pawanmuktasana, Sarvangasana, Matsyasana Naukasana (on Back), Halasana, Chakrasana, Karnpidasana, Bhujangasana, Shalabhasana, Dhanurasana, Naukasana (on Abdomen).   |
| 06.   | <b>Cultural Advance</b>            | Shirshasana, Kurmasana, Uttan Kurmasana, Tolangulasana, Mayurasana, Kukkutasana, Garbhasana, Gorakshasana, Ugrasana, Bakasana, Matsyendrasana, Ekapadashirasana, Vatayanasana, Natarajasana, Kapothasana, Shirshapadangusthasana.  |
| 07.   | <b>Relaxative/ Meditative</b>      | Shavasana, Balasana, Makrasana, Sukhasana, Padmasana, Vajrasana, Swastikasana, Siddhasana.   |
| 08.   | <b>Pranayama</b>                   | Breathing - Chest, Abdominal & Yogic, Puraka, Rechaka and Kumbhaka, Anulom-Vilom, Nadishodhan, Ujjayi, Surya and Chakrabhedan., Bhastrika, Bhramri, Sheetali, Shitkari.  |
| 09.   | <b>Mudras /Bandhas</b>             | Jalandhar Bandha, Uddiyana Bandha, Moola Bandha, Mahabandha, Kaki Mudra, Yoga Mudra, Vipritkarni Mudra, Mahamudra, Shambhavi Mudra, Ashwini Mudra, Pashini Mudra, Nasikagra Mudra, Brahmamudra, Shanmukhimudra.  |
| 10.   | <b>Meditation</b>                  | Soham Sadhana, Prana Dharna, Savita Dhyana, Jyoti AAvtaran, Panch Kosha, Dhyana Yoga Nidra.  |

### Essential Readings:

1. O.P. Tiwari - Asana why and how, Kaivalyadham SMYM samiti, Lonavala, 2012.
2. M.L. Gharote - Guidelines for Yogic Practices, Medha Publication, Lonavla.
3. Swami Satyananda Saraswati - Asana, Pranayama, Mudra, Bandha, Yoga publication trust, Munger, 2006.
4. Pt. Shri Ram Sharma- Pragy Abhiyan ka Yoga Vyayam, Brahmavarchas shodh Sanshan, Shantikunj, Haridwar, 1998.

### Suggested Readings:

1. B.K.S. Iyengar - Light on Yoga, Harper Collins publisher, New Delhi, 2012.
2. B.K.S. Iyengar - Light on Pranayama, Harper collins publisher, New Delhi, 2012.
3. Swami Kuvlayanand - Asana, Kaivalyadham SMYM samiti, Lonavala, 1993.