

POST GRADUATE DIPLOMA IN YOGA EDUCATION

Yoga is the chief remedy for all miseries and sorrows in the world. There is a growing need with the increase in popularity of Yoga all over the world for well trained yoga instructors having sound knowledge of the basic science of Yoga. A well-trained yoga instructor should have mastery and practical knowledge of various yogic practices. The yoga instructors also have adequate theoretical knowledge on the basic principles, methods of yogic practices and other systems of physical exercises. He/She should be well acquainted with the historical prospective of the system of yoga education and practice and its literature apart from the suitable methods of teaching techniques of yoga in the modern context.

The Government of India felt that yoga should be a part of institutional curriculum. Therefore, the university has also felt the need of hour and designed P.G.Dip.in Yoga Education giving due emphasis to the practical and theoretical training on yogic practices with a well-planned syllabus. This course has been designed to one academic year.

Objectives

1. To spread the message of positive health as taught in yoga to people in a systematic and scientific manner.
2. To provide perspective and insight into various aspects of yoga education to the trainees.
3. To produce well trained yoga teachers.

REGULATIONS

Eligibility

A pass in the any graduate examination conducted by recognized Universities or an examination accepted as equivalent thereto by the University subject to such conditions as may be prescribed thereof.

The applicant enjoys an average level of health and is free from serious illness or defects. To this effect, the applicant shall produce a Medical Fitness Certificate from a Registered Medical Practitioner specifying that the said applicant is fit to undergo intense practical training in all types of yogic practices.

The candidates shall have subsequently undergone the prescribed course of study conducted by the Gandhigram Rural Institute – Deemed University Yoga Centre in Physical Education and shall pass the examinations prescribed, apart from fulfilling such other conditions as have been prescribed thereof.

Duration

The course is for a period of one year duration and shall be conducted under semester pattern.

Course of study

Candidates shall be permitted to do the Post Graduate Diploma Course on regular mode. The programme comprises of seven theory papers, two practical to a total of 52 credits. The medium of instruction shall be English. The course of study shall comprise theoretical instructions, supervised practical training in yoga practices.

Scheme of examinations

The scheme of examinations shall be as follows: there shall be seven theory papers of 100 marks each and two practical to test the practical competence in yoga techniques of 200 marks each. The practical examination shall also consist of constant observation on commitment towards practical learning, evaluation of record book, yoga practice teaching and demonstration.

SCHEME OF EVALUATION

Semester	Category	Course Code	Title of the Paper	No of Credits	Theory Hours	Practical hours	CFA	ESE	Total
I	Core Courses	17PYEP0101	History, Development and Traditions of Yoga	4	4	-	40	60	100
		17PYEP0102	Principles of Yogic Practices	4	4	-	40	60	100
		17PYEP0103	Applied Anatomy and Physiology	4	4	-	40	60	100
		17PYEP0104	Practical I-Asanas & Pranayanmas	8	-	16	120	80	200
	CN CC	15EXNP01V1	VPP	2	-	2	50	-	50
		15ENGP00C1	Soft skills (English Communication)	2	-	-	50	-	50
		15GTPP0001	Gandhi in everyday life*	2	-	-	50	-	50
1st Semester Total				26	12	18	390	260	650
II	Core Courses	17PYEP0205	Yoga In Modern Life	4	4	-	40	60	100
		17PYEP0206	Schools of Yoga & Meditation	4	4	-	40	60	100
		17PYEP0207	Yoga Therapy for Common Ailments	4	4	-	40	60	100
		17PYEP0209	Practical II-Kriyas, Mudras, Bandhas, Meditations & Teaching Methodology	8	-	16	120	80	200
	Elective	15CSAP02N2	Web Designing	3+1	3	2	40	60	100
	CN CC	16PYEP02F1	Extension / Field Visit/Institutional visit	2	-	2	50	-	50
2nd Semester Total				26	15	20	330	320	650
Grant Total (1st + 2nd Semester)				52	27	38	720	580	1300

* Non credit Course-Internal evaluation

Abstract

S. No.	Category		Total no. of Course	Total Credits	%
1.	Core Courses	Theory	6	24	46
2.		Practical	2	16	31
3.	Elective Course	Theory	1	3	06
		Practical		1	02
4.	Compulsory Non-credit Course		4	8	15
Total			13	52	100

Core Course

1. History, Development and Traditions of Yoga
2. Principles of Yogic Practices
3. Applied Anatomy and Physiology
4. Practical I-Asanas & Pranayamas
5. Yoga in Modern Life
6. Schools of Yoga & Meditation
7. Yoga Therapy for Common Ailments
8. Practical II-Kriyas, Mudras, Bandhas, Meditations & Teaching Methodology of Yoga

Elective Course

9. Web Designing

Compulsory Non-credit Course

10. VPP
11. Gandhi in everyday life
12. Soft Skills (English Communication)
13. Extension / Field Visit / Educational tour

Fee structure

Fee Structure for P.G.D.Y.Edu. Programme from the Year 2017-18

PGDYEd			
I.SEMESTER FEES			
Tuition fee	1500		
SPECIAL FEE			
Exam fee	1000		
Special fee (Uniform)	750		
Library	200		
Games	50		
YOGA Laboratory	300		
Course Development Fee	1000		
Total-I	4800		
II.PER ANNUM FEES			
VPP	900		
Health service	200		
Group Insurance	200		
Calendar	80		
Computer lab fee	600		
Magazine	100		
National Science day	00		
Sports and Tournament fund	150		
Student Placement	00		
Association	00		
Student Club	00		
		Khadi deposit	300
		Youth Red Cross	20
		TOTAL-II	2550
		III.ONE TIME FEES	
		Admission	250
		SMART Card	150
		TC & CC	50
		Counseling	00
		Shanti Sena	00
		Syllabus	20
		Language Lab/Soft Skills Training	200
		Placement Services	00
		NSS	00
		Students Welfare Fund	00
		Coop Stores Share Capital	30
		Alumni Association	100
		Total – III-	600
		IV. CAUTION DEPOSITS (refundable)	
		Library	300
		Total – IV	300
		GRAND TOTAL (I – IV)	8250

HISTORY, DEVELOPMENT AND TRADITIONS OF YOGA

Objective: To gain Knowledge about the history and traditions of yoga.

Specific Learning Outcomes:

Students should be able to

- To know about the contribution of different yoga institutions.
- Explain about the Eight Limbs of Yoga.
- Realize the Western influences and modern renaissance in Yoga.
- To know the modern trends and development in Yoga.

UNIT- I

Meaning and definition of yoga - Scope of Yoga - Aims and Objectives of Yoga - Misconceptions about yoga - schools of yoga.

Text Books:

1. Swami Vishnu Devananda (1995): The complete Illustrated Book of yoga.
2. Harmony Books, a division of crown publishers, New York.

UNIT-II

Historical perspective on Yoga -Yoga before the time of Patanjali: (Indus valley civilization, Vedas, Brahmns, Upanishads, Epics, Puranas) - Samkhya and yoga.

Text Books:

1. Kenghe C.T, Bharata Manisha, (1976): Yoga as Depth – Psychology and Para – Psychology (Vol- I) Historical Background, Varanasi, India.

UNIT-III

Patanjali yoga sutra-: Eight limbs of Yoga, Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhayana, and Samadhi-Thirumular's Thirumandhiram

Text Books:

1. Karambelkar P.V, (1999): Patanjali Yoga Sutras: Kaivalyadhama, Lonavla.

UNIT- IV

Post Patanjali 's developments in yoga - various commentaries on yoga sutras- Tantra yoga- Yogavasistha - Hathayogic traditions (Nathcult and siddhacult (Tamil siddhars)) - Western influences and modern renaissance in yoga.

Text Books:

1. Kenghe C.T, Bharata Manisha, (1976): Yoga as Depth – Psychology and Para – Psychology (vol- I) Historical Background, Varanasi, India.

UNIT-V

Contemporary yoga – Yoga And Religions-Hinduism and Yoga-Jainism and Yoga-Bhuddhism and Yoga-Christianity and Yoga Islam and Yoga- modern trends and developments in the field of Yoga.

Text Books:

1. Swami Sivananda (2001): Practical Lessons in Yoga: Divine Life Society.
2. Swami Sivananda, (2008): All about Hinduism (X ed): Divine Life Society Risikesh.,
3. Yoga Mimamsa Journal (Back Volumes) Kaivalyadhama, (2010-2014): lonavla, Pune dist, Maharashtra.

Reference Books:

1. Chandrasekaran K, (1999): Sound Health through Yoga: PremKalyan Publications, Sedapatti, Tamilnadu.
2. Mariayyah P, (1998): Asanas: Sports Publications, Coimbatore.
3. Sivananda Yoga,(1998): Yoga Mind and Body (DK Living):Vedanta Center.
4. Swami Sivananda, (1978): Yoga Teachers Manual: International Vedanta Centres, Val Morin, Quebec, Canada...
5. Swami Vivekananda,(1977): Yoga: Vivekananda Kendra Prakashan Trust, Bangalore.

PRINCIPLES OF YOGIC PRACTICES

Objective: To gain Knowledge about the history and traditions of yoga.

Learning Outcomes

Students should be able to

- To know about the contribution of different yoga institutions.
- Explain about the Eight Limbs of Yoga.
- Realize the Western influences and modern renaissance in Yoga.
- To know the modern trends and development in Yoga.

UNIT- I

Concept of Yogic Practices - Kinds of Yogic Practices; Asana, Pranayama, Kriya, Mudra, Bandha, Dhyana. Asana: Definition, Scope and Limitations of Asanas - Classification of Asanas - Meditative Asanas - Relaxative Asanas - Cultural Asanas: Standing, Sitting, Supine, & Prone - Step by Step Performance of Asanas - Safety Measures and Precautions while performing Asanas.

Text Books:

1. Gharote M.L. and Ganguly S.K.(2001): Teaching Methods for Yogic Practice: Kaivalyadhama, Lonavla.
2. Swami Kuvalayananda, (1993): Asanas(VII ed): Kaivalyadhama, Lonavla.
3. Tiwari O.P,(2002): Asanas why and How? (IV ed): Kaivalyadhama, Lonavla.
4. Swami SatyanandaSaraswathi,(1981): A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya: Bihar school of yoga, Munger, Bihar, India.
5. Yogasanas A Teacher's Guide, (1983): NCERT, New Delhi.

UNIT: II

Pranayama: Meaning - Different Phases in Pranayama Practice: Puraka (Inhalation), Kumbhaka (Retention) and Rechka (Exhalation) - Breathing Ratio in Pranayama Practice - Major Pranas: Apana, samana, udana vyana, and prana - Upa Pranas: naga, koorma, krikara, devadatta, & dhananjaya - Safety Measures and Precautions.

Text Books:

1. Swami SatyanandaSaraswathi,(1981): A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya: Bihar school of yoga, Munger, Bihar, India.

UNIT: III

Meaning & benefits of Bandha - Different Bandhas: Jalandhra Bandha, Uddiyana Bandha, and Mula Bandha.-Meaning of Mudra - Types of Mudra: Chin Mudra, Chinmaya Mudra, Adi Mudra, Brahma Mudra, Shambavi Mudra, Nasikagra Drishti Mudra, Yoga Mudra, &, Ashwini Mudra.

Text Books:

1. Swami SatyanandaSaraswathi,(1981): A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya: Bihar school of yoga, Munger, Bihar, India

UNIT: IV

Practicing methods and benefits of Kriyas - Meaning - Types of Kriyas: Kapalabhati. Trataka. Neti: Jala Neti, Sutra Neti. Dhauti: Vamana Dhauti, Danda Dhauti, and Vastra Dhauti.

Text Books:

1. Swami SatyanandaSaraswathi,(1981): A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya: Bihar school of yoga, Munger, Bihar, India

UNIT: V

Meaning & concept of Meditation - Yogic practices and physical exercise. Yoga Practices and Other Systems of Exercises - Asanas Vs. Muscular Exercises - Pranayama Vs Deep Breathing Exercises - Importance of Nerve Culture in Yoga - Yoga and Competition - Yoga and Modern Education.

Text Books:

1. Chandrasekaran K, (1999): Sound Health Through Yoga: PremKalyan Publications, Sedapatti, Tamilnadu.
2. Gharote M.L, (2012): Applied Yoga (Xed): Kaivalyadhama, Lonavla.
3. Swami Kuvalayananda and Vinekar S.L. (1963) : Yogic Therapy: Kaivalyadhama SMYM samite, Lonavla, puneDist, Maharashtra.

Reference Books:

1. Mariayyah P,(1999): Suriyanamaskar: Jaya Publishing House, Perunthurai, Erode.
2. Moorthy A.M, (2004): Yoga Therapy: Sports Publication, Coimbatore.
3. Swami Sivananda, (1999) : Easy Steps to Yoga: A Divine Life Society, Rishikesh.
4. Swami Vishnu – Devananda, (1995): The complete Illustrated Book of Yoga: Harmony Books, a division of crown publishers, New York.
5. Yoga Minamsajournal (Back volume): Kaivalyadhama, Lonavla.

17PYEP0103

Credits - 4

APPLIED ANATOMY AND PHYSIOLOGY

Objective: To gain Knowledge about the history and traditions of yoga.

Learning Outcomes

Students should be able to

- To know about the contribution of different yoga institutions.
- Explain about the Eight Limbs of Yoga.
- Realize the Western influences and modern renaissance in Yoga.
- To know the modern trends and development in Yoga.

UNIT - 1

Introduction to Human Anatomy and Physiology -Meaning of Anatomy & Physiology- Need and importance of knowledge of Anatomy & Physiology in Yoga - Structure And Function: Cells - Structure and function of various types of tissues.

Text Books:

1. Kumar N, (2009): Basic Anatomy and Physiology: Aitbs Publishers and Distributors, Chennai.
2. Murugesh N, (1980): Basic Anatomy and Physiology: Madurai,
3. Yoga Mimamsa Journal (Back volume): Kaivalyadhama (2010-2014), Lonavla

UNIT: II

Respiratory System and Yogic practices - Respiratory Tract (Nose, Pharynx, Larynx, Bronchi, Bronchiole, Alveoli -Lungs) Mechanism of Respiration -Control of respiration -Nerve control, Chemical control and accessory control.-Muscular System and Yogic practices - Types of muscles (Skeletal Muscle, Cardiac Muscle, and Smooth Muscle).Joints and Yogic practices - Classification of Joints (Fibrous Joints - Cartilaginous joints- Synovial joints.

Text Books:

1. Gharote M.L, (2012): Applied Yoga(X ED): Kaivalyadhama, Lonavla.
2. Kumar N, (2009): Basic Anatomy and Physiology: Aitbs Publishers and Distributors, Chennai.
3. Murugesh N, (1980): Basic Anatomy and Physiology: Madurai,
4. Shirley Telles, Nagendra (1998),A Glimpse of the Human Body, SVYP, Bangalore.

UNIT: III

Nervous System and Yogic practices: Central Nervous System (CNS): (Brain and Spinal Cord) - Peripheral Nervous System (PNS): (Cranial Nerves and Spinal Nerves) - Autonomic Nervous System (ANS): (Sympathetic Division and Parasympathetic Division).Cardiovascular System and Yogic practices -Structure and functions of Heart -Systemic circulation, Pulmonary circulation, Portal circulation, Coronary circulation, Blood Vessels, Arteries, Veins, and Capillaries - system: Lymphatic system -Blood Pressure and pulse.

Text Books:

1. Kumar N, (2009): Basic Anatomy and Physiology: Aitbs Publishers and Distributors, Chennai.
2. Murugesh N, (1980): Basic Anatomy and Physiology: Madurai,
3. Shirley Telles, Nagendra (1998),A Glimpse of the Human Body, SVYP, Bangalore.
4. SatyanandSaraswathi Bihar school of yoga, A Systematic course in the Ancient Tantric Techniques of Yoga and Kriya Bihar, India

UNIT: IV

Digestive System and Yogic practices - Mouth, Salivary Glands, Pharynx, Esophagus, Stomach, Pancreases, Liver, Gall Bladder, Small Intestine, Large intestine. Renal System and Yogic practices: Structure and Functions of the kidney – Ureter - Bladder- Urethra.

Text Books:

1. Kumar N, (2009): Basic Anatomy and Physiology: Aitbs Publishers and Distributors, Chennai.
2. Muruges N, (1980): Basic Anatomy and Physiology: Madurai,
3. Shirley Telles, Nagendra (1998), A Glimpse of the Human Body, SVYP, Bangalore.
4. SatyanandSaraswathi Bihar school of yoga, A Systematic course in the Ancient Tantric Techniques of Yoga and Kriya Bihar, India

UNIT: V

Endocrine System and Yogic practices- Structure and functions of Pituitary Gland: Thyroid Gland, Para-Thyroid, Thymus, Pancreas, and Adrenal Gland & Pineal Glands.

Text Books:

1. Kumar N, (2009): Basic Anatomy and Physiology: Aitbs Publishers and Distributors, Chennai.
2. Muruges N, (1980): Basic Anatomy and Physiology: Madurai,
3. Shirley Telles, Nagendra (1998), A Glimpse of the Human Body, SVYP, Bangalore.
4. SatyanandSaraswathi Bihar school of yoga, A Systematic course in the Ancient Tantric Techniques of Yoga and Kriya Bihar, India

REFERENCES BOOKS:

1. David Coulter H, (2012): Anatomy of Hatha Yoga- A Manual for Students, Teachers and Practitioners (Hardcover): Body and Breath ISBN 13-97890970700605.
2. Kaivalyadhama Golden Jubilee Years souvenir: -Kaivalyadhama, (1975): Lonavla.
3. Krishna Raman, (2008): A Matter of Health: East west Books, Chennai.
4. Pandit, (1987): Yoga for Modern Man: Sterling Publication Private Ltd, New Delhi,.
5. Swami Kuvalayanda and Vinekar S.L, (1963): Yogic Therapy: Kaivalyadhama, Lonavla.

PRACTICAL – I - ASANAS AND PRANAYAMAS

Objective: To gain Knowledge about the history and traditions of yoga.

Learning Outcomes

Students should be able to

- To know about the contribution of different yoga institutions.
- Explain about the Eight Limbs of Yoga.
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Unit I : Meditative Asanas:

Sukhasana,

Vajrasana,

Ardha Padmasana (or) Padmasana, Siddhasana/siddhayoniasana

RELAXATIVE ASANAS:

Shavasana

Makrasana

Text Books:

1. Swami Kuvalayananda, (1993): Asanas (VII ed): Kaivalyadhama, Lonavla, Pune Dist, and Maharastra.
2. Swami SatyanandaSaraswathi, (1981): A Systematic Course in the Ancient Tantric Techniques Of Yoga And Kriya: Bihar School of Yoga, Munger, Bihar, India.

Unit II: Cultural Asanas**Standing Postures:**

Tadasana

Ardhakati Chakarasana

Pada Hastasana

ArdhaChakrasana, Vrksasana

Utkkatasana

Parivrutha Trikonasana

Trikonasana

Garudasana

Virabhadrasana

Sitting Postures:

Baddha Konasana

Marichyasana

Vakrasana

Janu Sirshasana

Paschimottasana

Ustrasana

Sasangasana

Gomukhasana

Text Books:

1. Swami Kuvalayananda, (1993): Asanas (VII ed): Kaivalyadhama, Lonavla, Pune Dist, and Maharastra.

2. Swami SatyanandaSaraswathi, (1981): A Systematic Course in the Ancient Tantric Techniques Of Yoga And Kriya: Bihar School of Yoga, Munger, Bihar, India.
3. Swami SatyanandaSaraswati, (2008): Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India.

Unit III: Prone Postures:

Bhujangasana
Ardha Salabhasana
Salabhasana
Dhanurasana

Supine Postures:

Uttana Padasana
Pawanamuktasana
Sethu Bandhasana
Navasana
Viparitha karani
Sarvangasana
Matsyasana
Ardha Halasana
Halasana
Chakrasana

Text Book:

1. Swami Kuvalayananda, (1993): Asanas (VII ed): Kaivalyadhama, Lonavla, Pune Dist, and Maharashtra.

Unit IV: Preparation for Pranayama:

Kapalabhati

Sectional Breathing:

Abdominal Breathing
Thoracic Breathing
Clavicular Breathing
Full Yogic Breathing

Pranayamas:

Chandra Anuloma Viloma
Surya Anuloma Viloma
Chandra Bhedana
Surya Bhedana
Nadi Shodhana
Nadi Suddhi
Ujjayi
Bhastrika
Sitali
Sitkari
Sadhantha
Bhramari

Text Book:

1. Nagendra H.R, (2000): Pranayama the art and science: Vivekananda Kendra Yoga Prakashana, Bangalore India.
2. Swami Kuvalayananda ,(2000) :Pranayama (IX ed): Kaivalyadhama Ashram, Lonavla.

Unit V: Practices of Meditation

Preparations for Different Meditational Techniques: Nadhanusandhana – Pranadharana - Yoga Nidra.

Text Book:

1. Nagendra H.R, (2000): Pranayama the art and science: Vivekananda Kendra Yoga Prakashana, Bangalore India.
2. Swami SatyanandaSaraswati, (2008): Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India.

REFERENCES BOOKS:

1. Chandrasekaran K, (1999): *SoundHealthThroughYoga*: PremKalyan Publications, Sedapatti, Madurai.
2. Iyengar B.K.S, (2001): 1. Light on yoga [yoga Dipika]: Harper Collins publishers, New Delhi, India
3. Iyengar B.K.S, (2005): Light on Pranayama: Harper Collins publishers Daryaganj, New Delhi.
4. Joshi K.S, (1983): Yogic Pranayama: Orient Publishers, New Delhi.
5. Krishna, (1996): Essence of Pranayama (II ed): KaivalyadhamaLonavla.
6. Mariayyah P, (1986): Asanas: Sports, Publications, Coimbatore, Tamil Nadu.
7. Mariayyah P, (1999) :Suriyanamaskar: Jaya Publishing House, Perunthurai, Erode.
8. Swami Kunalayananda and Vinekar S.L, (1963) :Yogic Therapy- Its basic principles and methods: Ministry of Health, Govt. of India New Delhi.
9. Tiwari O.P, Asanas,(2002):- Why and How?(IV ed): Kaivalyadhama, Lonavla,Pune Dist. Maharashtra.
10. Yogasanas, (1983):-A Teacher's Guide: NCERT, New Delhi.

COMMUNICATION AND SOFT SKILLS
(Soft Skills Course – Compulsory Non Credit course - 2 hours/wk.)

UNIT I – Listening and Reading

Ability to Listen and Document what you have heard

- Listening
- Barriers to Listening
- Documenting

Reading and Comprehension

- Reading skills
- Local comprehension
- Global comprehension

UNIT II – Instructions and Transcoding

Ability to Read and Follow Instructions

- Instructions
- Language of Instructions
- Writing instructions

Ability to interpret and transcode information

- Graphic communication
- Interpretation
- Transcoding

UNIT III – Interpersonal Communication

Asking for and responding to information

- Informational Communication
- Encoding and decoding strategies
- Principles of communication

Communication skill with public, fellow employees, supervisors and customers

- Relational communication
- Perception
- Emotional Intelligence

UNIT IV – Employment Communication

Spelling and Grammar

- Written communication
- Spelling
- Grammar

Ability to fill out a job application

- Employment communication
- Covering Letter
- Résumé

UNIT V – Courtesy and Eye Communication

Expressing Courtesy

- Politeness strategies
- Five Magic words in English

- Courteous expressions
- Communication through eye contact
- Non-verbal communication
 - Body language
 - Eye Contact

Textbook:

1. Dhanavel, S.P. *Soft Skills for Linguistic Communication*, 2015.

GANDHI IN EVERYDAY LIFE**Unit.I.**

Understanding Gandhi: Child hood days, Student days, influence of Books and Individuals, Religion, Family, and Social factors. Gandhi as rebel, acquaintance with vegetarianism, as lawyer, encountering and transforming humiliation: in India, in south Africa- train incident, Coach incident, on path way, at court, attack by protesters. Gandhi as political leader and reformer.

Unit.II.

Management: Gandhi's experiments in managing family- Eleven vows, non-possession and sacrifice begin at home – Managing Ashram - community living, service and financial ethics – Managing Social movements- Transvaal March and Salt Satyagraha and nonattachment to position (Nishkama Seva).

Unit.III.

Conflict Reduction: Pursuance of truth and nonviolence ends and means, openness, transparency, love and kindness in handling relationship, nonviolent communication, practicing nonviolence in social and political issues (Satyagraha), conflict resolution practices, art of forgiveness and reconciliation and shanti sena.

Unit.IV.

Humanism: Trust in goodness of human nature, respect for individual and pluralistic nature of society, dignity of differences, equal regard for all religions (Sarvadharmā Samabhava), castes, races, colours, languages etc., simple and ethical life, swadeshi and unity of humankind.

Unit.V.

Constructive programmes and contemporary issues: Concept of Sarvodaya, poverty, terrorism, environmental degradation, problems in sharing common resources, health systems and education, science and technology and centralization of power and governance

REFERENCE BOOKS:

1. Bharathi K.S, (1995): Thought of Gandhi and Vinoba, Shanti Sena, Sarva Seva Sangh Prakashan, Varanasi.
2. Bose N.K, (2008): Studies in Gandhism, Navajivan Publishing House, Ahmedabad.
3. Films.
 - Richard Attenborough, **Gandhi.**
 - Syam Benegal, **The Making of Mahatma.**
 - Anupam P. Kher, **Mine Gandhi Ko Nahin Mara.**
 - Peter Ackerman and Jack Duvall, **A Force More Powerful**
4. Gandhi M.K, (2012): An Autobiography or The Story of My Experiments with Truth, Navajivan Publishing House, Ahmedabad.
 - a. ---. (2003): *Satyagraha in South Africa*, Navajivan Publishing House, Ahmedabad.
 - b. ---. (1945): *Constructive Programme: Its Meaning and Place*, Navajivan Publishing House, Ahmedabad.
 - c. ---. (2003): *Key to Health*, Navajivan Publishing House, Ahmedabad
 - d. ---. (1949): *Diet and Diet Reform*, Navajivan Publishing House,

Ahmedabad.

- e. ---. *Basic Education*, Navajivan Publishing House, Ahmedabad.
 - f. ---. (2004) : *Village Industries*, Navajivan Publishing House, Ahmedabad.
 - g. ---. (1997): *Hind Swaraj*, Navajivan Publishing House, Ahmedabad.
 - h. ---. (2004) : *Trusteeship*, Navajivan Publishing House, Ahmedabad.
 - i. ---.(2001): *India of my Dreams*, Navajivan Publishing House, Ahmedabad.
5. Gopinath Dhawan, (2006): *The Political Philosophy of Mahatma Gandhi*, Navajivan Publishing House, Ahmedabad.
 6. Louis Fisher, (2010): *Gandhi: His Life and Message*.
 7. Nanda B.R, (2011): *Mahatma Gandhi: A Biography* Allied Publishers Private Ltd., New Delhi.
 8. Radhakrishnan N, (2006): *Gandhi's Constructive Programmes: An Antidote to Globalized Economic Planning?*, Gandhigram Rural Institute, 2006.
 9. Varma V.P, (1999): *Political Philosophy of Mahatma Gandhi and Sarvodaya*, Lakshmi Narain Agarwal, Agra.

YOGA IN MODERN LIFE

Objective: To gain Knowledge about the history and traditions of yoga.

Learning Outcomes

Students should be able to

- To know about the contribution of different yoga institutions.
- Explain about the Eight Limbs of Yoga.
- Realize the Western influences and modern renaissance in Yoga.
- To know the modern trends and development in Yoga.

Unit- I

Concept of “Positive Health”- Meaning and definition of Health -Various dimensions of health (Physical, Mental, Social and Spiritual) - Criteria of health- Important yard sticks of health - Responsibility and control over one’s own health status.

Text Books:

1. Chandrasekaran.K, *Sound Health Through Yoga*: PremKalyan Publications, Sedapatti, Madurai, 1999.
2. Sri Yogendra, *Yoga Personal Hygiene (Vols I & II)*:- The Yoga Institute, Santacruz, and Bombay.

Unit –II

Physical Education and sports fitness-Concept of ‘Healthy Personality’ - Characteristics of Healthy Personality - Superior mental health aids to a healthy personality.

Text Books:

1. Hurlock, Elizabeth B., *Personality Development*: Tata MC Graw – Hill Publishing Company Ltd., New Delhi, 1976.
2. S.M. Jourard and Ted Landsman, *Healthy Personality (IV ed)*: Macmillian Publishing co., Inc, New York, 1980.

Unit –III

Yoga and health - As a Therapy, Treatment - General Fitness. Integration of body and mind – Holistic Development.

Text Books:

1. Chandrasekaran.K, *Sound Health Through Yoga*: PremKalyan Publications, Sedapatti, Madurai, 1999.
2. Swami Kuvalayanda and Dr.S.L. Vinekar, *Yogic Therapy- Its Basic principles and methods*: Ministry of health, Govt. of India, New Delhi, 1963.

Unit –IV

Yoga for Executives - Positive hygiene of yoga (Positive focus, Shraddha, Faith factor Iswara, Pranidhana, Prayer, Tranquilization of mind) - Stress Response Vs Cultivation of Relaxation Response - purification of Nadis - cultivation of correct Psychological attitudes.

Text Books:

1. Herbert Benson and William proctor, *Beyond relaxation response*: Colling Fount Paperbacks, London 1985.
2. Udupa K.N. and H.R.Singh, *Science and Philosophy of Indian Medicine*: Shree Baidyanathayurveda Bhawan Ltd., Negpur 1978.

Unit –V

Yoga for Executive Jobs - life of constant stress and strain, anxiety, Conflicts resulting in fatigue - Use of artificial stimulants and their side effects - Contribution of Yoga to solve the problems faced by the Executives-Yoga and Development of Social Qualities of Personality: - Co-operation - Simplicity - Tolerance - Social Adjustments - Yoga and Personal Efficiency: Personal Efficiency as a genetic term - Improvement of Personal Efficiency through Yoga.

Text Book:

1. Udupa K.N. and H.R.Singh, *Science and Philosophy of Indian Medicine*: Shree Baidyanathayurveda Bhawan Ltd., Negpur 1978.

REFERENCES BOOKS:

1. Asrani U.A., *Yoga Unveiled (Part I)*., Motilal Banarsidass, Delhi 1977.
2. Mariayyah.P, *Asanas*: Sports Publications, Coimbatore, Tamil Nadu, 1986.
3. Mishra S.P., *Yoga and Ayurveda*: Chowkhamba Sanskrit Sansthan, Varanasi, U.P 1989.
4. Swami Sivananda, *Health and Diet*: Divine Life Society, Rishikesh, 2006.
5. Swami Sivananda, *Yoga in Daily Life*: Divine Life Society, Rishikesh, 2004.

SCHOOLS OF YOGA AND MEDITATION

Objective: To gain Knowledge about the history and traditions of yoga.

Learning Outcomes

Students should be able to

- To know about the contribution of different yoga institutions.
- Explain about the Eight Limbs of Yoga.
- Realize the Western influences and modern renaissance in Yoga.
- To know the modern trends and development in Yoga.

Unit – I

Ancient Indian Tradition of Yoga and Meditation – Kena Upanishad, Taittreya Upanishad, Katha Upanishad, Isavasya Upanishad, Svetasvara Upanishad, Mandukya Upanishad, & Prasna Upanishad.

Text Books:

1. Swami AsthoshAnanthar, (2002): Sri Mad Bhagavad Gita, Sri Ramakrishna Math, Mylapore, Chennai.
2. Swami AshutoshAnanthar, (2003): Isavasya Upanishad, Sri Ramakrishna Math, Mylapore, Chennai.
3. Swami AshutoshAnanthar, (2003): Kena Upanishad, Sri Ramakrishna Math, Mylapore, Chennai.
4. Swami AshutoshAnanthar, (2003): Katha Upanishad, Sri Ramakrishna Math, Mylapore, Chennai.
5. Swami AshutoshAnanthar, (2003): Mandukya Upanishad, Sri Ramakrishna Math, Mylapore, Chennai.
6. Swami AshutoshAnanthar, (2003): Prasana Upanishad, Sri Ramakrishna Math, Mylapore, Chennai.
7. Swami AshutoshAnanthar, (2003): Svetasvara Upanishad, Sri Ramakrishna Math, Mylapore, Chennai.

Unit – II

Tirumular's Thirumanthiram: Tantra-III (578 Varumaathiuraettaul, 579 Kannakku, 580 Onnaa, 581 Orupolu, to 597 ArevaaYasathaennu). Patanjali's Yoga Suthra – Sadhana Pada verse – 10 (DhayanHeyas Tad) & Vibhuti Pada Verse – 2 (Tantra Pratyaya... Dhayanam).

Text Books:

1. Ramanatha Pillai PA., Thirumanthirammouvaayeram, (1996): The South India Saiva Siddhanta
2. Works Publishing Society, Thirunelveli
3. Taimani I.K, (2001): The Science of Yoga, Theosophical society publication, Adyar, Chennai.

Unit – III

Bhagavad Gita – Meditation Chapter – VI (Verse (10) Yogi Yungeetha Statam to Verse (36) Asmaytha Atmanaa Yoga Thusparapa) – Japa Meditation, Ajapa

Meditation, Hatha Yoga meditation – Kundalini (Chakras, Nadis, Granthis) –
Obstacles to Meditation.

Text Books:

1. Swami AsthoshAnanthar, (2002): Sri Mad Bhagavad Gita, Sri Ramakrishna Math, Mylapore, Chennai.
2. Swami Vishnu Ddevananda, (2001): Meditation and mantras, MotilalBanarsidas Publishers Private Limited, Delhi.

Unit – IV

Jain School of Yoga and Meditation – Preksha Meditation: What is Preksha – Aim – Pre Conditions – Kayotsarga (Body awareness) – Perception of body &breathing.

Text Book:

1. Acharya Mahaprajna, (1994), A Handbook of Preksha Meditation for the Trainers, Jain VishvaBharati, Rajasthan

Unit – V

Buddhist traditions of Yoga and Vipassana Meditation – Anapana Sati (Breath Concentration) – Sila (Precepts) – Samadhi (Concentration) – Panna (Wisdom) – Five Obstacles – Metta (Universal Love) – Karuna (Compassion) – Mudita (Joy in others) – Uppekkha (Equanimity).

Text Book:

1. BhikkhuBuddhadasa, (1980), Anapanasati, Sublime Life Mission, Thailand.

Reference Books:

1. Lajpat Rai, (1998): Meditation: Techniques and their Scientific Evaluation, Anunhav Rai Publications, Haryana.

YOGA THERAPY FOR COMMON AILMENTS

Objective: To gain Knowledge about the history and traditions of yoga.

Learning Outcomes

Students should be able to

- To know about the contribution of different yoga institutions.
- Explain about the Eight Limbs of Yoga.
- Realize the Western influences and modern renaissance in Yoga.
- To know the modern trends and development in Yoga.

UNIT I:

History of yoga therapy –Essence and Principles of Yoga therapy-Physiology and pathology in the yoga-Shastra-Koshas-doshas-Panchaprana-Assessment-observation-Palpation-Interview-NadiPariksa diagnosis - Application of therapeutic yogic practices -Yogic diet – Limitations of Yoga Therapy.

Text Book:

1. Nagarathna and Nagendra, (2008), Integrated Approach of Yoga therapy for positive health, Bangalore: Swami Vivekananda Yoga Prakashana.

UNIT II:

Therapeutic application of Yoga for – Asthma – Sinusitis - Common Cold- Ulcer- IBS - constipation - Migraine Arthritis - Back pain

Text Books:

1. Nagarathna & Nagendra, (2008), Yoga for Hypertension & Heart disease- Bangalore: Swami Vivekananda Yoga Prakashana.
2. Nagarathna& Nagendra, (2007), Yoga for Digestive Disorders- Bangalore: Swami Vivekananda Yoga Prakashana.
3. Nagarathna& Nagendra, (2008), Yoga for Bronchial Asthma-Bangalore: Swami Vivekananda Yoga Prakashana
4. Swami Karmananda, (2008), Yogic management of common diseases, Munger: Yoga Publications trust.

UNIT III:

Therapeutic application of yoga: High and low blood pressure, IHD, Obesity, Diabetes Mellitus, Thyroid problems, impotency, infertility, stroke and Epilepsy.

Text Books:

1. Swami Karmananda, (2008), Yogic management of common diseases, Munger: Yoga Publications trust.
2. Nagarathna and Nagendra, (2008), Integrated Approach of Yoga therapy for positive health, Bangalore: Swami Vivekananda Yoga Prakashana
3. Nagarathana R.H.R. Nagendra &ShanmanathaKanmaniNarendran, (2002), Yoga for common ailments and IAYT for different diseases, Bangalore: Swami Vivekananda Yoga Prakashana.

UNIT IV:

Therapeutic application of yoga for psychological disorders: Phobia- Insomnia - Neurosis: Anorexia, Stress, Anxiety, depression, eating disorders, Psychosis: Schizophrenia, autism, Bipolar disorders, dementia, Personality disorders: Paranoid, histrionic, drug addicts-Smoking, Alcoholism, Gambling.

Text Books:

1. Swami Karmananda, (2008), Yogic management of common diseases, Munger: Yoga Publications trust.
2. Nagarathana R.H.R. Nagendra & Shanmanatha Kanmani Narendran, (2002), Yoga for common ailments and IAYT for different diseases, Bangalore: Swami Vivekananda Yoga Prakashana.

UNIT V:

Therapeutic application of yoga for the problems of women-Amenorrhoea. Dysmenorrhoea, menorrhagia, metrorrhagia, Hypomenorrhoea, oligomenorrhoea. Polymenorrhoea, leucorrhoea, uterus related problems, miscarriage. Pregnancy-pre and post natal care.

Text Book:

1. Swami Karmananda, (2008), Yogic management of common diseases, Munger: Yoga Publications trust.

REFERENCE BOOKS:

1. Chandrasekaran, (2012), Yoga Therapy, Chennai: VHR Publications.
2. Gore, Vage, Kulkarni and oak (2008), Yoga therapy for selected diseases, Lonala: Kaivalyadhama.
3. Jaggi.O.P.,(2001), Healing Systems, Delhi Orent paper backs.
4. Mantra Yoga for Back and joint disorders Mumbai: The Yoga Institute (2012).
5. Nagarathna & Nagendra, (2008), Yoga for Arthritis- Bangalore: Swami Vivekananda Yoga Prakashana.
6. Nagarathna & Nagendra, (2008), Yoga for Hypertension & Heart disease- Bangalore: Swami Vivekananda Yoga Prakashana.
7. Shenmashthakamini Narendhan, (2008), Yoga and pregnancy-Bangalore: Swami Vivekananda Yoga Prakashana.
8. Sivananda Saraswati, (1975), Yogic Therapy Gawhati, Bramacharya Yogeswar Umachal Yojashram.
9. Sri Kant SS et al., (2008), Yoga for diabetes, Bangalore: Swami Vivekananda Yoga Prakashana.
10. Sundaram Yogacharya Sundara, (2004), Yogic Therapy, Coimbatore: the Yoga Publishing Home.
11. Swami Kuavalayananda & Dr.S.C. Vinekar, (1994), Yogic Therapy, New Delhi Central Health Education Bureau.
12. Swami Shankerdevananda, (2006), The Effect of Yoga on Hypertension, Munger, Yoga Publications Trust.
13. Swami Shankerdevananda, (2007), Yoga Management of Asthma and Diabetes Munger, Yoga Publications Trust.
14. Swami Satyananda Saraswathi, (2007), Yoga and Cardiovascular Management Munger, Yoga Publications Trust.

17PYEPO208

Credits - 8

PRACTICAL – II
KRIYAS, MUDRAS, BANDHAS, MEDITATIONS & TEACHING METHODOLOGY
OF YOGA

Objective: To gain Knowledge about the history and traditions of yoga.

Learning Outcomes

Students should be able to

- To know about the contribution of different yoga institutions.
- Explain about the Eight Limbs of Yoga.
- Realize the Western influences and modern renaissance in Yoga.
- To know the modern trends and development in Yoga.

UNIT: I

Kriyas: Neti- JalaNeti, Sutra Neti - Dhauti- VamanaDhauti, VasthraDhauti, DhandaDhauti, LaghooShankhaPrakshalana (Tadasana, TiryakaTadasana, Kati Chakrasana, TiryakaBhujangasana, Udarakarshanasana) - Nauli- DakshinaNauli, VamanaNauli, AgnisaraKriya. Trataka - JyothiTrataka, JathruTrataka- Kapalabhati - Single Nostril, Both Nostrils and Alternative Nostril.

Text Book:

1. YOGA (Asanas, Pranayama, Mudras, Kriyas), (2001), *AnInstructionBooklet*, Vivekananda Kendra Prakashan Trust, Triplicane, Chennai.

UNIT: II

Bandhas: Jalandhara Bandha- Uddiyana Bandha- Moola Bandha- Maha Bandha- Jiva Bandha – Tri Bandha.

Mudras: Chin Mudra - Chinmaya Mudra - Adimudra - Brahma Mudra - Nasikagra Mudra - Shanmukhi Mudra - Bhairava Mudra- Agochari Mudra - Shambhavi Mudra - Viparithakarani Mudra - Yoga Mudra - Asvini Mudra - Maha Mudra.

Text Book:

1. YOGA (Asanas, Pranayama, Mudras, Kriyas), (2001), *AnInstructionBooklet*, Vivekananda Kendra Prakashan Trust, Triplicane, Chennai.

UNIT: III

Meditation: Ancient Indian tradition of Yoga and Meditation - 'OM' Meditation, Vipassana Meditation (Anapana), Cyclic Meditation. SoHum Meditation, Chidakasha Meditation - Repetitive practice of Kriyas, Bandhas, mudras and meditation

Text Books:

1. Swami SatyanandaSaraswathi, (1981), *A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya: Bihar school of yoga, Munger, Bihar, India.*
2. Nagarathna and Nagendra, (2008): *Integrated Approach of Yoga therapy for positive health*, Swami Vivekananda Yoga Prakashana, Bangalore.

UNIT IV

Meaning and Scope of Teaching Methodology: Scope of Teaching – learning – Methods of Teaching – Factors influencing the teaching method – class management- lesson plan – Contents of Lesson plan.

Text Book:

1. Gharote M.L. andGanguly S.K, (2001): Teaching Methods for Yogic Practice: Kaivalyadhama, Lonavla.

UNIT –V

Internship - (school/institution/hospital/village/public & concern) - Preparation of lesson plan for yogic Practices(asana, Pranayama, Mudras, Bandhas, Kriyas& Meditation)

Text Book:

1. Gharote M.L. andGanguly S.K, (2001): Teaching Methods for Yogic Practice: Kaivalyadhama, Lonavla.

REFERENCE BOOKS:

1. Chandrasekaran.K, (1999), SoundHealthThroughYoga: PremKalyan Publications, Sedapatti, Madurai.
2. Mariayah, P.(1986), ASANAS: Sports, Publications, Chennai.
3. Swami Digambarji and P.T. RaghunathashastriKokaji, (1998), Hatha Pradipika: Kaivalyadhama, SMYM Samiti, Lonavla Pune Dist, Maharashtra 1998.
4. Swami SatyanandaSaraswati, (2008): Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India.
5. Swami SatyanandaSaraswati,(2001), Yoga Nidra: Yoga Publications Trust.
6. Tiwari O.P, Asanas, (2002), Why and How?(IV ed): Kaivalyadhama, Lonavla,Pune Dist. Maharashtra.
7. Yogasanas, (1983), A Teacher's Guide: NCERT, New Delhi.

17/15CSAPO2N2	WEB DESIGNING	
Credits : 3+1	Lecture hours/week : 3	CFA (T+P) : 24+40
Course (s) : All PG Programmes	Lab hours/week : 2	ESE (T+P) : 36+0

Objective(s):

To provide insight into the basics of web programming

To teach how to design and implement complete applications over the web.

Learning Outcomes:

Students should be able to

- Understand the Fundamentals of Computers
- Know the basics of HTML
- Learn to design web pages using HTML
- Create web pages with forms and frames
- Possess practical experience in working with XML

UNIT	CONTENTS
I	Computer
	Computer: definition-anatomy of a computer
	Generations of computers – types of computers
	Storage devices – input and output devices
	Computer terminologies
II	HTML
	HTML : introduction – head and body sections
	Designing title – designing headings
	Designing body section – alignment tags
III	Ordered and unordered list
	Ordered and unordered list
	Tables – using colors
	Paragraph tags – Hyperlink
	Embedding images and videos
IV	Forms and Frames
	Forms and Frames : form elements
	Buttons – frame layouts
	Floating frames
V	XML
	XML : introduction – syntax
	XML document structure
	Document type definitions
	Some simple DTD examples

References:

1. Interned and World Wide – How to Program, Deitel, Fourth Edition, Pearson Prentice Hall, 2009.
2. XML and web services unleashed – Scmelzer, Vandersypen, Bloomberg, et.al. Pearson Education 2002.