

Diploma in Yoga Education
Bhavnagar University
Bhavnagar.

Ordinance D.Y.Ed. I : Admission.

A candidate will be eligible for admission in the course must have passed 12 standard of Gujarat Higher Secondary Examination Board or its equivalent examination.

Regulation : D.Y.Ed.I : Detailed course structure
(Duration One Year)

Sr. No.	Name of papers	Total marks	Minimum marks required to pass	Period of one Hr. per week.	Exam. Hrs. of the paper
1.	Yoga Science	100	50	4	3
2.	Yoga Anatomy and Physiology Health Science.	100	50	4	3
3.	Yoga, Mental Health and Psycho. Therapy.	100	50	4	3
4.	Yoga Therapy, Ayurveda and Naturopathy and Accupressure.	100	50	4	3
5.	Viva & Teaching Method.	100	50	4	-
6.	Practical	150	75	4	-
7.	Internal	50	25	-	-

Contd...2...

Regulation U.Y.Ed. 2 : Passing Standard.

1. To pass in any paper, practical, internal a candidate has to obtain minimum of 40 % marks in the passing heads.
2. Class will be given on the basis of aggregate marks as under :
 - Pass Class : 40 % or more but less than 50 %
 - Second Class : More than 50 % or more but less than 60 %.
 - First Class : More than 60 % or more but less than 70 %.
 - Distinction : 70 % or more.
3. A candidate who obtains 40 % marks in the theory papers will be exempted from giving examination of the papers.
4. The marks of practical and internal evaluation will be carry forwarded if candidate fails in theory papers and appears in the next examination.
5. The marks of theory paper will be carry forwarded if candidate fails in practical and internal heads and appears in the next examination.

Name of Subject : YOGIC SCIENCE

Aim of Teaching :

- (1) Introduction and history of yogic Science.
- (2) Knowledge regarding Yamss - Niyamas.
- (3) Introduction and information about Asanas.
- (4) Detailed knowledge about Pranayama.
- (5) Knowledge about Nadis - Satkarma.

UNIT - I :

Introduction and History of Yogic Science

1.1. Introduction, origine, schools of yoga, synonymys and defination of yoga.

1.2. Origine and history of Yoga.

Progress from ancient to present time.

Introduction of renoued yogis.

History of yogic literature, referance books, magazines, research paper etc.

Introduction and information about well known yoga centers, Educational institutes, research centers of yoga and their research activities.

Importance of yoga in National Health Service Scheme (N.H.S.S.).

1.3. Aim of Yoga.

Usefulness of yoga and importance of health in yoga.

Classification of yoga (Distinct types of practices, branches and schools). Hatayoga, Raj Yoga, Jap Yoga, Laya Yoga, Gyana Yoga, Bhakti Yoga, Karma Yoga, Tantra Yoga, Kundlini Yoga etc.

1.4. Eight limbs of yoga and their information.

1.5. Yoga Sadhana (Yogabhayasa) in which obstacles in yogic sadhana and their solution for spiritual achievement.

Characters of ideal Guru and ideal Desciple, necessaties of Sadguru for achievement of Sublime.

UNIT - II :

Introduction of Yamas and Niyamas.

- 2.1. Different opinions regarding definition, numbers of yamas. Their introduction. As per patanjali yoga sutra five yamas Non violence, Truth, Non stealing, Celibacy, and Non Storing their detailed study. (Special study regarding Celibacy).
 - 2.2. Ten yamas of Hata Yoga Pradipika out of which explanation of Forgiveness, Patience, Compassion, Mildness. Introduction of Mitahara (Moderate Diet), (Alpahara, Atiahara under eating, over eating and their refercations).
 - 2.3. Introduction, definition and number of niyamas and their difference of opinion regarding it. As per Patanjali Yoga Sutra there are five niyama which are Cleanliness, satisfaction, (Contentment), Austarity, Self recitation, worship of God.
 - 2.4. Introduction of ten niyamas as per Yagnavalkaya which are one who believe in God, dana, worship of God, Siddhanta shraavan, shyness, intellect, Austirity and Fire worship.
 - 2.5. Benefits achieved by following yamas - niyamas as well as maintainence of physical and mental health and its importance in developing immunity.
- Conclusion.

UNIT - III :

Introduction of Asanas :

- 3.1. Introduction, definition, classification and numbers of Asanas, traditional information about asanas.
- 3.2. Importance and benifits of asanas and their usefulness in rescent times. Difference between asana and exercise, betterment of asanas and its effect on our body.
- 3.3. (Who can perform it) Elegibeliy and non elegibeliy of person

3.3. performing asanas.

Time and place for performing /practicing asana, previous practice, proportion, stages of asana, asana and pranayama, perfection over asana, breathing pattern and asana, asana with bandh, asana and dhyana, niyamas for asana etc.

3.4. For Practical Syllabus.

Traditional and current information of research of asanas.

3.5. Study regarding introduction, importance, origine, mantra, procedure, result etc of Suryanamaskar.

• Conclusion.

UNIT - IV :

Introduction of Pranayama.

4.1. Introduction and explanation of word prana.

Introduction of bodily Vayus (Main and subordinate).

4.2. Defination, importance and result of pranayama, imperfection of yoga without pranayama.

4.3. Proper place, time, proportion for practicing pranayama (Daily and Seasonal).

During pranayama practice general information and cautions to be kept in mind.

4.4. Scientific study of pranayama, pranayama and mantrajapa, pranayama and diet.

Previous practice and techniques of pranayama. Proper and improper pranayama.

4.5. Types of pranayama - dirgha pranayama (With retention and without retention), internal and external retention, Pranav pranayama, Kam Pranayama, Anulom Vilom Pranayama (Nadi suddhi). Astakhumbhak and its technique, result, therapeutic view etc and its detail study.

(Suryabhedan, Ujjai, Sitkari, Shitli, Bhastrika, Bhramri, murcha and Plavini also Sahit Kumbhak and Kaval Khumbhak).

UNIT - V :

Introduction of Nadis and Satkarmas :

5.1. Introduction of Nadis, main 14 nadis out of which three nadis
Ida - Pingla - Shushumna their detailed study.

Aim and characteristics of nadi suddhi.

5.2. Introduction of below given satkarma, aim, result, its effect
on health.

5.3. Introduction of below given 5.3, 5.4, 5.5 of karmas, its
introduction, aim, types, result, therapeutic study and practical
application.

(1) Dhoti (Vastradhuti, danddhuti, stomach tube, kunjil (Gajkarni)
and shankhprakashalan (Vasi) or (dhuti) etc. their detailed
study.

(2) Basti (Anima).

5.4. (3) Naiti (Cleansing process for nasal passage).

(4) Tratak.

5.5. (5) Nauli

(6) Kapalbhuti.

• Conclusion.

Reference Books :

<u>Author</u>	<u>Name of Book</u>
(1) Swami Krapalvanandaji	: Asana and Mudra.
(2) Rajrishi Muni	: Yoga Darsika (Part 1-4).
(3) Patanjali	: Patanjali Yoga Darshanam.
Translated :	
Kania, J.Kisandas.	
(4) Swatmaram Yogindra	: Hatayoga Pradipika.
Translated : Joshi,	
Vasudev, Mahashankar.	
(5) Gherand Yogishwar	: Gherand Samhita (Hindi).
Translated :	
Gautam, Chamanlal (Edt)	
(6) Goraksharnath	: Goradshar Samhita (Hindi).
Trans : Gautam,	
Chamanlal (Edt).	

- (7) Translated : Gautam : Shiva Samhita
Chamanlal (Editor).
- (8) Iyanger : B.K.S. : Yoga Dipika (Light on Yoga).
Translated :
Upadhyay Bhupendra.
- (9) O. P. Tiwari : Asana. Why and How ?
- (10) Swami Kunalayanand : Pranayama.
- (11) Sharma, Nathuram : (1) Yoga Kaushtaba.
(2) Patanjali Yoga Darshanam.
- (12) Swami Sivanand : (1) Yogasan.
(2) Pranayama Science.
- (13) Saraswati, Satyanand : Asana, Pranayama, Mudra, Bandh (Hindi).

Paper - 2

Name : Anatomy & Physiology on Yogic Practices, Health Science.

AIM :

- (1) To collect knowledge of yogic science, skeletal system and muscular system.
- (2) To collect knowledge of Digestive system, Circulatory system and Respiratory system.
- (3) To collect knowledge regarding Health Science.
- (4) To collect knowledge on Dincharya.
- (5) To collect knowledge about Social Health.

UNIT - I :

Introduction of Yogic Science, Skeletal and Muscular System.

- (1.1.) Usefulness, importance and definition of anatomy and Physiology.
Cell : Structure, function, tissue, types and structure.
- (1.2.) Introduction of system and main systems in our body their name and functions.
- (1.3.) Skeletal system : Main organs, their structure and function.
- (1.4.) Muscular system : Main organs, its introduction, structure and function.
- (1.5.) Skeletal system and Muscular System and its usefulness.
- Conclusion.

UNIT - II :

Introduction of Digestive, Circulatory and Respiratory System.

- (2.1.) Digestive system : Main organs, their introduction, structure and function.
- (2.2.) Requirement and usefulness of Digestive Systems Knowledge.

(2.3.) Circulatory system : Its introduction, main organs, structure and function.

(2.4.) Respiratory system : Its introduction, main organs, structure and function.

(2.5.) Requirement and usefulness of knowledge regarding circulatory and respiratory system.

• Conclusion.

UNIT - III :

Introduction of Health Science :

(3.1.) Definition of Health Science (Swasth writ) and usefulness of it's knowledge.

(3.2.) Definition and importance of Health, Aim of Health, Health as per Ayurveda.

(3.3.) Characteristics of Health (Swasth Person), thinking pattern of intellect and social health.

(3.4.) Introduction of factors of Health - I.

(1) Air : Introduction, usefulness, formation of air, pure air, impure air (Air Pollution), artificial air etc.

(2) Water : Introduction, usefulness, types of water, impurities of water and methods to purify it naturally as well as artificially.

(3) Sunrays.

(3.5.) Introduction of factors of Health - II.

(4) Diet

(5) Nindra (sleep)

(6) Work and Rest

(7) Pleasureable

• Conclusion.

UNIT - IV :

Individual Health : Dincharya.

- 4.1. Defination, introduction, importance and organs of Dincharya.
 - 4.2. Dincharya Part - I : Weaking up, prayers, self observation, Morning drink (Ushapan), teeth cleaning and internal cleaning process.
 - 4.3. Dincharya Part - II : Massage, exercise, bathing, massage of gram floor.
 - 4.4. Dincharya Part - III : Gargling (Voluntary vomiting), nasal cleaning, eyes cleaning, dar cleaning, clothing, hair caring, wooden scandel wearing etc.
 - 4.5. Ratricharya : Protection of ear, eye, teeth etc.
- Conclusion.

UNIT - V :

Social Health.

- 5.1. Introduction, ideology and yoga.
 - 5.2. Cleanliness.
 - 5.3. Arrangement of Residence.
 - 5.4. Protection from infectious diseases.
 - 5.5. Practical Portion :
Scientific study of asana, kriyas and pranayama on body.
- Conclusion.

Referance Book :

<u>Sr.</u>	<u>Author</u>	<u>Name of Book</u>
01.	Swami Krupalvanandji	: Asana & Mudra. (Relative parts) Gujarat Vyama pracharak Mandal Rajya.
02.	Rajrishi Muniji	: Yoga Darshika - 3
03.	Vaidya : Bapalal G.	: (1) Dincharya (2) Manav Arogya. University Granth Nirman Board Ahmedabad.
04.	Patel Hirenchai K.	: Swasthwrit (Uni. Granth Nirman board)

Referance Book :

<u>Sr.</u>	<u>Author</u>		<u>Name of Book</u>
05.	Patel Phulabhai M.	:	Swasthwrit. Saraswati Pustak Bhandar, Ahmedabad.
06.	Derasari, Harit, Ranjit.	:	Human Anatomy, Physiology And Health Education. University Granth Nirman Board Ahmedabad.
07.	Pearce, Evelyn C.	:	Anatomy And Physiology For Nurses. Oxford University Press, Bombay.
08.	Gore, Makrand, Madhukar	:	Anatomy And Physoology of Yogic Practice. Kanchan Prakasan, Lonvla.
09.	Trivedi, Shivprasad, Kushalji.	:	Kayani Karamat Part I and II Gujarat Vidhyasabha, Ahmedabad.

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Name : YOGA & MENTAL HEALTH, PSYCHOTHERAPY

Aim : (1) Introduction and knowledge of yogadarshan and other yogic granth.

(2) Introduction and information about Mind.

(3) Introduction and information about Buddhi.

(4) Knowledge regarding Mental Health.

(5) Stages and study of conscious, dream and sleep.

UNIT - I :

Introduction of Yoga Darshan :

1.1. Introduction fo yoga shastra.

1.2. Progress and introduction of yoga darshan.

1.3. Study of Hata Yoga Pradipika.

1.4. Psychological study of Hata Yoga Pradipika.

1.5. Psychological and Philosophical study of Gherand Samhita.

• Conclusion.

UNIT - II :

Introduction and Information about Mind :

2.1. Historical explanation of mind, existance of mind and ancient and modern views regarding mind, origin of mind as per anciet belief, deep entry and reflex action of mind along with individual progress.

2.2. Meaning, origine and synonym of mind, characteristics, quality, subject and function of mind.

Origine place of mind, dosha of mind and abnormalities of mind.

2.3. Defination of mind as per modern view, conscious, sub conscious, unconscious mind, function of mind according to ancient opinion.

2.4. Types of mind (Pravar - Madhmam - Avara etc).

Satvik feeling and satvik attitudes character (Moderate Bhaviour).

2.5. Effect of mind and body on each other (psychosomatic diseases and physical diseases, physical diseases and their psychosomatic treatment through yoga).

Individual mental development through yoga.

- Conclusion.

UNIT - III :

Introduction and Information about Buddhi :

3.1. Opinions on buddhi as per ancient and modern times. Origine and development of buddhi as per ancient view.

3.2. Origine, meaning, synonyms, characteristics, types of buddhi etc.

3.3. Reason behind abnormality in dhriti, its characteristics and treatment.

3.4. Introduction of smriti (memory), reason behind memory's origine, reason behind forgetfulness of memory, characteristic and its treatment.

3.5. Development of buddhi and smriti by yoga.

- Conclusion.

UNIT - IV :

Knowledge regarding Mental Health :

4.1. Introduction, defination and ways to achieve mental health.

4.2. Mental Health and Healthy Personality.

Mental Health and Ideal behaviour.

4.3. Effect of Positive attitude on health, mental health and international movement on it.

4.4. Personality - brief introduction, probability of personality development in yoga as per ancient and modern views.

4.5. General reasons behind psychosomatic diseases, characteristics etc.

- Conclusion.

Introduction of Conscious, Dream and Sleeping stages of Mind :

- 5.1. Thoughtless state of mind in conscious, dreamd and sleep.
 - 5.2. Ancient and modern opinion regarding dream and diagnostic usefulness.
 - 5.3. Reason for Insomnia, its characteristics, general and yogic treatment.
 - 5.4. Deep sleeping, reason, characters and general and yogic treatment.
 - 5.5. Introduction of sleep and sleeping herbs, alternative ways for sleep etc. (Piprimul, jatamasi, milk etc)
- Conclusion.

Reference Book :

<u>Sr. Author</u>	<u>Name of Book</u>
01. Yogindra Swatmaram (With Comments)	: Hatayoga Pradipika.
02. Gherand Yogiswari (With comments) Comm : Radhachandra, Kalyancharndra.	: Gherand Samhita.
03. Thakar V. J.	: Mana And Manasa. Roga (Uni.Gr.Brd). Jamnagar.
04. Swami Madhavtirth	: Manasshastra.
05. Ansuman Premshankar	: Ayurveda Manasrog Vignan. (Bhutavidhya tantra Antargat) Swasthwrit Prakashan Bhavnagar
06. Bhatt, Kusumben K.	: Chikitsa Manovignan Part I & II. (Mansikswasth) University granth nirman Board, Ahmedabad.
07. Parikh, Jagdish C.	: Buddhi and Buddhimapan. Uni. Gr. Ni. Brd. Ahmedabad.
08. Patel Rajnikant	: Mana Swasth Kam Rakhal Gurjar Granthratna, Ahmedabad.
09. Bhesania, Dara J.	: Mana Eak Kuta Prashna.
10. Swami shivanand. Tra. Swami Manuvariaji.	: Mana Nu Rahishya and Niyantrana
11. Thakar, Vimla	: Dhyana eak jivan marg. ..14

PAPER - 4

Name : YOGA THERAPY, AYURVEDA, NATUROPATHY & ACCUPRESSURE

- Aim : (1) Different organs of yoga and treatment based on it.
(2) Introduction of diseases and its yogic treatment.
(3) Introduction of Ayurveda and knowledge of kitchen medicines.
(4) Introduction of naturopathy and treatment through it.
(5) Introduction, preliminary treatment through Accupressure.

UNIT - I :

Yogapchar :

- 1.1. Introduction, organs of yogapchar.
 - 1.2. Yoga a treatment method.
 - 1.3. Treatment based on Asana.
 - 1.4. Treatment through Pranayama.
 - 1.5. Satkarma etc and its treatment on diseases.
- Conclusion.

UNIT - II :

Introduction of Diseases and Treatment through Yoga :

Introduction, reason, characters and yogic treatment etc as shown below :

- 2.1. Weak Gastric fire, constipation, gas, acidity and dyspepsia.
 - 2.2. Vomiting, diarrhoea, dysentery.
 - 2.3. Coughing, asthma, T.B., blood pressure.
 - 2.4. Arthritis, spine flexible etc.
 - 2.5. Female diseases - Leucorrhoea, Menopause etc.
Male Diseases - All types of male genital problems etc.
- Conclusion.

UNIT - III :

Introduction of Ayurveda and AyurvedopChar :

3.1. Introduction of Ayurveda - Defination, aim , speciality, principle, astang ayurveda, panchmahabhoota, tridosha, dosha dhatu and mala etc.

Relation between yoga and Ayurveda.

3.2. Introduction, types, defination of diseases.

3.3. Principle of Ayurveda treatment, types of treatment, (Sodhan, saman, ukti, vapasraya, dev vyaprashraya and satvajay etc).

3.4. Introduction of sadrasa etc.

Below given are kitchen medicines, their introduction, quality, use etc. of ginger, spices, turmeric, mathi, ajmo, dhana, jiru, hing, lavan etc their usefulness in treatment.

3.5. Above medicines and cure through them.

- Conclusion.

UNIT - IV :

Introduction of Naturecure :

4.1. Introduction, principle, treatment of naturecure, organs of naturecure etc.

4.2. Sunbath and Air Bath.

4.3. Massage and Exercise.

4.4. Fasting and Resting.

4.5. Above given diseases and their treatment through naturecure.

- Conclusion.

UNIT - V :

Accupressure and Primary Treatment (First Aid) :

5.1. Introduction, principle, treatment method in accupressure.

5.2. Meridians (vital energy channels) and their pressure points.

Method of point pressuring, propertion of pressure, time, instrument etc.

- 5.3. Unit 2 : Their diseases and its treatment through accupressure.
- 5.4. Defination, importance, aim, principle, introduction, laws, caution, quality of teater and complete detail of treatment.
- 5.5. Use of bandage, types of bandages, method of bandaging and artificial respiration.
- Conclusion.

Reference Book :

<u>Sr.</u>	<u>Author</u>	<u>Name of Book</u>
01.	Swami Krupulvanandji	: Asana & Mudra.
02.	Swami Kuvalayanand and venekar S. L.	: Yoga Therapy, Kaivalyadhama, Lanavla.
03.	Iyenger B.K.S. Tra : Upadhyay, Bhupendra	: Yoga Dipika Light on Yoga.
04.	Method, Nalini and Ansuman Premsankar	: (1) Yoga & Yogapchar (2) Nisargopchar & Swasthya Raksan.
05.	Gandhi Harkisandas D.	: (1) Asana Chikitsa (2) Eoga & Arogya Patt - I & II.
06.	Sharma, Ramrasad. Tra : Shastri Madhavprasad.	: Ayurveda Sutra.
07.	Sobhan	: (1) Rojinda Ayurveda (2) Sachitra Ayurveda Darshan Part I to V. (3) Divya Aushadhi Part I to V.
08.	Chaudhry Madhav G.	: Ahar eaj Aushadh.
09.	Sharanprasad Tra : Besai Jitendra.	: Kudrati Upchar.
10.	Gala, D. R. Gala, Dhiren	: Tamej Tamara Doctor(Accupressure).
11.	Mukharji Kulranjan Tra : Gandhihi, Bhogilal P.	: Abhinav kudrati upchar.
12.	Vora, Devendra.	: Tandurasti Tamara Hatma. Accupressure Method.
13.	The saint Jhon Ambulance Association Tra : Panthiki, Dosabhai Fanji.	: Akasmat ma Prathmik sarwar (First Aid).
14.	Kadan kagunath, Gangaram	: Akasmat ma Tatkalik Upayay.
15.	Ansuman Premshenkar	: Panchkarma Chikitsa.

