

### **Scheme of the Papers and Marks Distribution**

The PGDYN is of one year duration full time annual course. The course will have four theory papers of 100 marks (75 external + 25 internal marks) each, a dissertation/project/training/review/clinical project/internship/case study of 50 marks and one combined practical paper based on theory papers of 150 marks (100external + 50 internal marks). The dissertation/project/training/review/clinical project/internship/case study will be

<b>One Year</b>	<b>Post Graduate Diploma in Yoga and Naturopathy</b>	<b>Max Internal Marks</b>	<b>Max Theory and Practical Marks</b>
<b>PGDYN-1</b>			
<b>PGDYN-2</b>			
<b>PGDYN-3</b>	<b>25</b>	<b>75</b>	
<b>PGDYN-4</b>	<b>25</b>	<b>75</b>	
<b>PGDYN-P Combined Practical (Based on theory papers)</b>	<b>25</b>	<b>75</b>	
<b>PGDYN-D</b>	<b>50</b>	<b>100</b>	
Dissertation/project/training/review/clinical project/internship/case study		<b>50</b>	
<b>Total of Marks</b>	<b>600</b>		

evaluated at the end of course by an external examiner.

### **Scheme of Examinations**

1. English/Hindi shall be the medium of instructions and examination.
2. There will be yearend examination. The yearend examinations, evaluation, publication of results, award of marks statements and award of diploma shall be undertaken by Mdeg.
3. The system of evaluation shall be as follows:
  - 3.1 Each theory paper will carry 100marks (75marks external + 25marks internal). The evaluation scheme shall comprise external evaluation of 75 marks and internal evaluation of 25 marks. Practical paper will carry 150 marks (100 marks external + 50 marks internal). Any student who fails to participate in classes, viva-voce, practical work will be debarred from appearing in the end semester examination
  - 3.2 The duration of written examination for each paper shall be of three hours and Practical examination shall be for one day duration.
  - 3.3 The minimum attendance required by a candidate will be as per the University rules.
4. With regards to the Dissertation/project/training/review/clinical project/internship/case study, the scheme of evaluation shall be as follows:
  - 4.1 The candidate has to submit report/thesis in a spiral/bound form in three copies which would be evaluated by an external examiner. Total marks for Project/case studies/training/dissertation/internship shall be 50.
5. Regular students shall be permitted to appear/reappear/improve in course as per Mdeg rules.
6. Pass percentage, award of degree, scope for improvement – as per Mdeg rules and regulations.

# **Post Graduate Diploma in Yoga and Naturopathy**

## **Marking Scheme for External**

### **Theory Papers Duration Max. Marks**

**PGDYN-1: Introduction and history of Yoga and Naturopathy 3 Hrs. 75**

**PGDYN-2: Basis of Yoga Therapy, Nature Cure and Social Work 3 Hrs. 75**

**PGDYN-3: Yoga Therapy for Common Ailments 3 Hrs. 75**

**PGDYN-4: Human Physiology and Anatomy in Yoga 3Hrs. 75**

**Combined Practical 1 Day (6Hrs) 100**

## **Detailed Syllabus for Post Graduate Diploma in Yoga and Naturopathy (1 year)**

### **PGDYN-1: Foundation of Yoga**

#### **Unit- I**

Historical and Mythological aspects leading to the origin of yoga, history and development of yoga, Definition of yoga in different yoga text and school of thought. Yoga in education, Stress & Yoga, Yoga and Personality, Yoga for emotion culture, science of happiness ,the basis of Yoga.

#### **Unit- II**

Yoga in Veda- Jnana, Bhakti, Karma, Dhyana yoga, Yama- Niyama and Prana sadhna. Yoga in Upanishad- Jnana, Bhakti, Karma, Astanga, Sharanga, Nada, Mantra, Dhyana .Nature and types of yoga in Adhyatma- Ramayan, Puranas, & Yoga Vasistha.

#### **Unit- III**

Yoga in shat darshana- General introduction, aim and objective of shat darshan with special reference to yoga. Yoga for unity in Diversity, Yoga – the individual and the society.

Yoga in Tantra- Introduction, Kundalini & shat- chakra-sadhana .

### **PGDYN-2: Patanjali Yoga**

#### **Unit-I**

Meaning of the word yoga, chapters, objective, and definition. Chitt ki bhumiKa, chitt ki avasthayen, chitt ki vrathiyaen and its types, Chitt vrati nirodh ke upaaye.

#### **Unit- II**

Ishwar ki avdhaarna , chitt vikshape ke kaaran, karma sidhant , Kriya yog, Pancha kaleshswaroop & Types, Sanyam, Vibootiyo ka swaroop.

#### **Unit III**

Yam, niyam, aasana, pranayama ka swaroop avam phal Dharna. dhyaan, Samadhi, Samadhi ke bhed, bhandhan aur moksh, kevalye ka swaroop, kevalye ke bhed

### **PGDYN-3: Human Anatomy & Physiology**

#### **Unit-I**

Muscular system - Types of muscles, Theory of contraction, categories of muscles, and properties of muscles. Skeletal system - Introduction of skeletal system, function of skeletal system. Types of joints, composition of bone, Types of bones, vertebral column of human body.

Respiratory system- Definition of respiration, structure and function, mechanism of respiration, exchange of gases, oxygen transportation, and co-transportation of respiration. Nervous System –

Definitions , Role of Nervous System , Structure of neuron , Type of neuron , Morphological and function , Conduction of nervous system (Brain & Spinal cord) Peripheral nervous system ,

Autonomic nervous system. Immune System - Definition, types of Immunity

### **Unit-II**

Digestive system - definition of digestion, structure and function, mechanism of absorption of various product of digestive system control of digestion in various part of alimentary, hormonal

control of digestive system. Circulatory system- structure and function of heart and blood vessels, cardiac cycle, regulation of cardiac output, blood pressure and factor affecting it, Hypertension. Blood & lymph-composition of blood, blood cells, function of blood, lymph, composition of lymph & functions

### **Unit-III .**

Excretory System – Definition , Anatomy & Physiology of Kidneys , Structure and function of

nephron , Mechanism of urine formation , Regulation of urine formation Sense organ – Structure & Functions ( Eye , Skin, Ear, Nose and Tongue) Physiology of different sense organ

Endocrine system – Endocrine gland – structure , function, secretion , regulation of hormonal secretion, mechanism of action of hormone , Emphasis on physiology of diabetes and stress hormones, physiological functions and abnormalities in secretion of pituitary , thyroid , parathyroid , hormones, adrenal and reproductive hormones. Disorders of endocrine glands . Reproductive system – Definition, Types of Reproductive, male reproductive system, Female reproductive system, menstrual cycle, Pregnancy changes during Pregnancy.

A Comprehensive study of the definition, classification, types, sign, symptom and yoga therapy for diseases of the following system:

### **Unit- I**

Respiratory system- Nasal Allergy and Asthma ,Cardiovascular system- Hypertension and coronary artery diseases, Psychiatry Anxiety, depressive neurosis, Insomnia, phobia, OCD (Obsessive)

### **Unit-II**

Digestive system- hyperacidity, Irritable bowel syndrome constipation, Gas (Flatulence).

Musculo skeletal system - Arthritis, Back pain, ankylosing spondylitis

### **Unit III**

Reproductive system- Infertility, Menstrual disorder, Role of stress in problems of Pregnancy,

Menopause. Nervous system-Epilepsy, migraine, Endocrine System- Diabetes, obesity, Thyroid (Hypo & Hyper) .Special senses - eyes (Error of Refraction).

### **Practicals**

1. Surya Namaskar
2. Kriyas (Shatkarma)
3. Sukshma Vyayama
4. Asana. (Basic set)

## 5. Pranayama

1. Bandhas & Mudras

2. Omker Meditation

3. IRT+qrt + DRT

4. Chanting

5. Yoga game

6. Emotions culture through Music

7. Patriotic, Service- related songs

8. Karma Yoga Modules Presentation

- Report Writing

- Report Presentation

- IAYT for common ailments.

- Personality Assessment Clinical project works/ Dissertation/project/training/review/ clinical project/internship/Case study & Parameters (Min. 8 to 10 Cases) (Only for PG Diploma students)

- Presentation