

Institute of Distance Education, Dr. Harisingh Gour Vishwavidyalaya, Sagar (M.P.)

Programme Project Report (PPR)
&
PROSPECTUS
OF
PG DIPLOMA IN YOGA & MEDITATION (PGDYM)



Institute of Distance Education
Dr. Harisingh Gour Vishwavidyalaya
Sagar (M.P.) 470003
(Central University)

Preamble

The Institute of Distance Education, Dr. Harisingh Gour Vishwavidyalaya, Sagar was established in 1997. It is one of the oldest distance education centres in Madhya Pradesh. The Institute runs total 4 Degree and 7 Diploma courses developed by different teaching departments of the University.

P.G. Diploma in Yoga & Meditation programme comes under the **School of Education**.

Dr. Harisingh Gour Vishwavidyalaya, Sagar is perhaps the only University of the India which has first introduced Yoga as an optional subject at the graduate degree level in 1958. Beside yogic science as an optional subject for the graduate students, two Diploma courses in yogic science were also started i.e. Junior & Senior Diploma courses. In 1974, the Senior Diploma courses in yoga were replaced by Post Graduate Diploma in Yogic Science. Subsequently, research scholars in yoga were also registered. Till now several research scholars have been awarded the Ph.D. Degree in Yogic Science and some research scholars are registered for Ph.D. in the Department. Due to initiatives of the UGC, the department started M.A.in Yoga from session 2001-2002. Students are admitted by National Entrance Test. As per UGC guidelines the department of yogic science also started M.Sc. in Yogic Science from the session 2001-2002.

Programme's Mission

Yoga is an ancient Indian system and is essentially spiritual. It has potential for both prevention of diseases and promotion of health. The holistic approach of Yoga brings harmony in all walks of life and also influences our day-to-day living. It brings suitable changes in the behavioral pattern and attitude thereby helps to improve the inter-personal relationship at home and also in the society. Therapeutic benefits of Yoga have also been revealed by many scientific researches carried out across the globe. Today, Yoga has become popular because of its strengths in prevention and management of many lifestyle related disorders including physiological and psychosomatic disorders.

Objectives

- The course will provide deeper insight into the curriculum of Yogic Sciences along with the therapeutic applications of Yoga and alternative therapies
- At the PG level it is also intended that students should get familiar with the original texts of Yoga.
- Promoting Positive Health in the Student through Yoga and enabling and imparting skill in them to practice and apply Yogic practices for Health to general public and teach Yoga for Total personality development and spiritual evolution.
- Invoking and inculcating inquisitive, scientific temper in student regarding the Traditional Indian Sciences specially Yoga and Spirituality.
- A research attitude and orientation will also be inculcated into the student so that they further become able to undertake advance and theoretical and applied researches in the field of Yoga and Alternative Therapies.

Relevance of the programme

This programme is being offered in the sequence of University's Mission to uplift educational, social economical and cultural status of under-privileged people. It will promote value based and job oriented education along with quality of learning and research in the technologically enabled environment.

This programme will support the Vision of the University of attaining peak of excellence in the dissemination of knowledge and learning with a view to develop global competencies and contribution to national development by generating trained manpower.

Nature of prospective target group of learner

While considering the local, regional and National needs of skills, education and training in Yoga & Meditation, the programmes is designed in such a way that it will fill the gap of knowledge and give a chance to all aspirants who are seeking their career in Yoga & Meditation. The programme invited all interested aspirants who have a graduation degree in any discipline and having their orientation towards Yoga & Allied disciplines.

Instructional Design

The duration of the course is one year. This Course comprises of 07 papers including project work.

Procedure for admissions, curriculum transaction and evaluation

Admission notice will be published in major national and local dailies, Website of the University and will also be displayed on the Notice boards of all the academic departments of the university.

Programme Structure

Paper Code	Name of Paper	Max. Marks (100)		Min. Marks (40)	Credit (32)
	Theory Paper	End Term	Assignment		

The PGDYM Programme consists of 07 papers including one project work, details are as:

		(70)	(30)		
PGDYM101	Foundation of Yoga	70	30	40	5
PGDYM102	Human Biology & Yoga	70	30	40	5
PGDYM103	Hatha Yoga	70	30	40	5
PGDYM104	Patanjal Yoga	70	30	40	5
PGDYM105	Yoga Therapy	70	30	40	5
PGDYM106	Yoga Practical	70	30	40	5
PGDYM107	Project Work	Dissertation (70)	Viva-Voce (30)	40	2

Quality assurance mechanism and expected programme outcomes

To maintain the quality of the programme, an internal quality assurance cell of the university will keep watch and suggest measures to improve the functioning of the programme in terms of quality of study materials, Personal Contact Program (PCP), examination and evaluation. The expected outcomes of the programme are multifarious. The learners will develop sensitivity, knowledge, understanding and skills to understand the dynamic environment of organization around them. In addition, they will get job offers in various corporate sectors, governmental and non-governmental organizations.

Duration of the Programme

The duration of the programme will be one year.

Eligibility for Admission

For admission to P.G. Diploma in yoga & meditation the minimum requirements are:

- Bachelor's Degree in any discipline from a recognized University.
- Candidates intending to join the P.G. Diploma in yoga & meditation course shall submit his/her application in the prescribed form along with requisite enclosures, so as to reach the Director, Institute of Distance Education, Dr. H. S. Gour Vishwavidyalaya, Sagar within the time and date notified for.
- The candidates will be granted admission according to university rules.

Pass Percentage and Division/Class

Division shall be awarded to the successful candidates on the aggregate marks obtained by him/her, in accordance with the following 10 point scale, viz.

Academic Performance	Grade	Grade Point	% Equivalence	Result	Division/Class
Outstanding	O	10	91-100	PASS	First Class (Outstanding)
Very Good	A+	9	75-90	PASS	First Class
Good	A	8	65-74	PASS	First Class
Average	B+	7	55-64	PASS	Second Class
PASS	B	6	40-54	PASS	Second Class

Fail	C	O	O-40	Fail	
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Eligibility for Supplementary Examination

- (i) Candidates securing less than 40% marks in individual papers i.e. Incomplete Grade will be treated as supplementary case. They can reappear at the subsequent examination in the papers concerned.
- (ii) A candidate declared eligible for supplementary, shall be required to clear the same in next two subsequent attempts (which will be held in next sessions). Any un-availed attempt shall be treated automatically forfeited and after expiry of this duration (two subsequent sessions); he/she will be deemed to have failed in the examination. Further no extra opportunity shall be given to such failed candidates.
- (iii) The Vice Chancellor may, [if a candidate is failing at an examination /missing a division, by one mark] condone deficiency of one mark. Where the deficiency is so condoned, one mark shall now here be added with the aggregate.

Mode of Instruction

a. The method of instruction

- i. A set of available lessons, Audio- Video CD/DVD material, or books which may be in English/Hindi (subject to their availability) will be mailed/sent to the students. The study material will assist the students in effective learning. Registered students will be communicated through email also.
- ii. Self learning materials (SLM) will be in Hindi or English (subject to its availability), any other specific medium will not be binding for the Institute. The question papers shall be set, in both the languages -English and Hindi.
- iii. The whole course in each paper has been divided into Five Blocks.

b. Personal Contact Programme (PCP)

- i. There is provision for the personal contact programme. The programme is meant for class room lectures/teachings on important topics through audio and video (CD/DVDs). Practical exercises will also be conducted, wherever required. Tentative duration of this PCP programme is 15 days, in general.
- ii. It will be essential for the students to attend the contact programme classes at their own cost.
- iii. Personal Contact Programme may be conducted at appropriate places or at SAGAR as the case may be. Prior information will be given to students facilitating them to attend the Programmes. The venue/venues decided for contact programme/programmes by the Director, Institute of Distance Education shall be notified to students will in advance.

Change of Address

Self-learning materials and all other communications will be sent to the students on the address given in the application form. Any change in the address has to be intimated to the Institute immediately, by the student with enrolment/registration number.

Fee Structure

1. The fee for P.G. Diploma in yoga & meditation will be Rs. 7,500/- (Rupees Seven Thousand Five Hundred Only) excluding examination fee. The fees may be revised from time to time. Mode of payment of fees will be displayed with admission notice (as per prevailing practices of the university).
2. The deposited fee shall not be refunded on any ground.

Correspondence

All Correspondence must be addressed to the Director of the Institute; Dr. H. S. Gour V.V., Sagar.

Dispute

Dispute, if any, shall be within the jurisdiction of the District Court of Sagar, Madhya Pradesh.

General Instructions

1. Registration in the PGDYM course will be as per the university academic schedule for the session.
2. The procedure of registration, form of registration, schedule of registration and other relevant details will be displayed on the official website of the Vishwavidyalaya. The students are advised to keep in touch with IDE, Dr.H.S.G.V.V, Sagar.
3. The Institute will organize a total of 15 days Personal Contact Programme (PCP) for registered students.
4. Joining the PCP is mandatory for all the registered students of the course.
5. 75% attendance in PCP is compulsory. All the expenses such as accommodation, food and transport for PCP will be borne by the student him/herself.
6. The Institute will provide Self Learning Material (SLM) for all the registered students.

Scheme of Examination

Examination	Syllabus Content	Maximum Marks	Mode of Examination
Assignment	Entire Syllabus	30 Marks	Assignment
End Semester Exam	Entire Syllabus	70 Marks	Written Exam

The question paper for the End Semester Examination shall be of Three hours duration and shall be set as per the following Sections:

Internal Examination/Assignment:

Assignment shall have 5 (Five) Essay/Long Answer type Questions of 6 (six) marks each. All Questions shall be compulsory. Thus, the maximum marks for assignments will be of 30 marks for each theory paper. It should be hand written by the student.

Final Examination:

Final /End Semester Examination shall have two questions from each block with internal choice. This examination will carry 70 marks.

The scheme of examination and the scope of studies in different papers shall be in accordance with the university rules and regulations duly passed/adopted by BoS and Academic Council.

Evaluation:

Programme Project Report (PPR) & Prospectus of PGDYM

The evaluation of the internal examination will be conducted by internal examiners of the University appointed by the competent authority on the recommendation of Course Coordinator and Director, Distance Education. The evaluation of external examination shall be conducted by the Controller of Examination as per the norms of the University.

Requirement of Library Recourses:

Though the IDE shall develop SLM for the course and other e- resources but apart from that, required library recourse are available in central library and in IDE library.

Cost estimate of the programme and the provision:

The total cost of the programme is estimated Rs.16, 00,000 (Sixteen Lacks Only) . This cost shall be meet out from the fee collection. The University shall initially make provision for expenditure of developing SLM and other necessary infrastructural to run the programme efficiently and as per the norms of the UGC.

PGDYM- PAPER FIRST (5 Credit)

Foundation of Yoga

BLOCK I

UNIT I Definition and Meaning of Yoga, Aims and Objectives

UNIT II Historical Development of Yoga

UNIT III Relevance of yoga in modern age and scope

UNIT IV Misconceptions about yoga.

BLOCK II

UNIT I Yoga in Veda

UNIT II Yoga in Upnishad

UNIT III Yoga in Geeta

UNIT IV Yoga in Patanjali Yoga Sutra. Ayurveda,

BLOCK III

UNIT I Raja yoga (Astang Yoga)

UNIT II Hatha yoga

UNIT III Karma yoga, Gyana Yoga,

UNIT IV Bhakti yoga, Mantra Yoga.

BLOCK IV

UNIT I Essentials of yoga practices - Prayer, Place & Timing,

UNIT II Disciplines in Yogic Practices, Yogic Diet,

UNIT III Obstacles in the Path of Yoga Practice,

UNIT IV Different between yogic & non yogic system of exercise.

BLOCK V

UNIT I -Maharshi Patanjali and Maharshi Yagyavalkya- Life Sketch & their Contribution for Yoga

UNIT II Adi Shankaracharya, and Gorkhanath-Life Sketch & their Contribution for Yoga

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UNIT III Ramkrishna Parmhansa and Swami Vivekanand-Life Sketch & their Contribution for Yoga

UNIT IV Acharya Shri Ram Sharma and Swami Kuvalyanand - Life Sketch & their Contribution for Yoga

Suggested Books:

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. K.S. Joshi - Yoga in Daily Life, Orient paper back publication, New Delhi, 1985.
5. Vishwanath Mukharjee-Bharat Ke Mahan Yogi, Vishwavidyalaya Prakashan, New Delhi
6. Kalyan (Yogank)- Gita press Gorakhpur, 2002.
7. Kalyan (Yoga Tatwank)-Gita press Gorakhpur, 1991.

PGDYM ~ PAPER SECOND (5 Credit)

Human Biology & Yoga

BLOCK I

Unit 1. Human Body- Meaning and its Importance in Yoga

Unit 2. Deferent concept of Human Body

Unit 3. Cell Structure & Function

Unit 4. Tissues: Types, Structure & Function.

BLOCK II

General information, Different parts, Structure, Function and Effect of Yogic practices.

Unit 1. Skeletal System- General information, Different parts, Structure

Unit 2. Skeletal System- Function and Effect of Yogic practices

Unit 3. Muscular System- General information, Different parts, Structure

Unit 4. Muscular System- Function and Effect of Yogic practices

BLOCK III

General information, Different parts, Structure, Function and Effect of Yogic practices.

Unit 1. Respiratory System - General information, Different parts, Structure

Unit 2. Respiratory System - Function and Effect of Yogic practice

Unit 3. Circulatory System- General information, Different parts, Structure

Unit 4. Circulatory System - Function and Effect of Yogic practices

BLOCK IV

General information, Different parts, Structure, Function and Effect of Yogic practices.

Unit 1. Digestive System- General information, Different parts, Structure

Unit 2. Digestive System- Function and Effect of Yogic practice

Unit 3. Excretory System- General information, Different parts, Structure

Unit 4. Excretory System- Function and Effect of Yogic practices

BLOCK V

General information, Different parts, Structure, Function and Effect of Yogic practices.

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Unit 1 Nervous System- General information, Different parts, Structure

Unit 2. Nervous System- Function and Effect of Yogic practice

Unit 3. Endocrine System - General information, Different parts, Structure

Unit 4. Endocrine System - Function and Effect of Yogic practices

Suggested Books:

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

PGDYM-PAPER THIRD (5 Credit)

Hatha Yoga

BLOCK I

Introduction

Unit 1. Hatha yoga – Meaning, definition & Concept

Unit 2. Aims & objectives of Hatha Yoga

Unit 3. Origin & tradition of Hatha yoga

Unit 4. General introduction of Basic Hatha yogic text

BLOCK II

Essentials of Hatha yoga

Unit 1. Importance of Place.

Unit 2. Environment & Season for Hatha sadhana.

Unit 3. Aids & Obstructions to Hatha sadhana.

Unit 4. Prohibited & conducive food in Hatha sadhana.

BLOCK III

Meaning, Definition, Objectives, Techniques, Benefits and Cautions

Unit 1. Shatkarma

Unit 2. Asanas

Unit 3. Pranayama

BLOCK IV

Meaning, Definition, Objectives, Types, Techniques, Process and Benefits

Unit 1. Mudra- Bandha

Unit 2. Dhyana

Unit 3. Samadhi

BLOCK V

Spiritual Energy:

Unit 1. Prana & Nadi

Unit 2. Chakras

Unit 3. Kundalini Shakti

Unit 4. Swar Jnana

Suggested Books:

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1. I. V. Reddy-Hatha Yoga ke Adhar avm Prayoga, MDNIY, New Delhi
2. Sw. Niranjananda - Gheranda Samhita, Bihar yoga bharti , Munger, 1997.
3. Sw. Digamber ji & Raghunaath Shastri - Hatha Yoga Pradipika, Kaivalyadham SMYM samiti, Lonavala, 2006.
4. Sw. Digamberji & M.L. Gharote- Gheranda Samhita, Kaivalyadham SMYM samiti, Lonavala, 1978.
5. Sw. Muktibodhananda Sarswati - Hatha Yoga Pradipika, Yoga publication trust, Munger, 2000.
6. Swami Satyananda Saraswati - Asan, Pranayama, Mudra, Bandha, Yoga publction trust , Munger, 2006.

PGDYM - PAPER FOURTH (5 Credit)

Patanjal Yoga

BLOCK I

Unit 1. Introduction of Patanjali Yoga Sutra and classification in four padas/Chapters.

Unit 2. Meaning and definition of Yoga,

Unit 3. Meaning of Chitta

Unit 4. Various states of Chitta.

BLOCK II

Unit 1. Chitta vrittis

Unit 2. Panch kleshas

Unit 3. Chitta Vikshepa

Unit 4. Chitta Prasadana

BLOCK III

Unit 1. Concept of Ishwar

Unit 2. Abhyasa and Vairagya

Unit 3. Kriya yoga,

Unit 4. Ashtanga yoga.

BLOCK IV

Unit 1. Sanyama

Unit 2. Samapatti & Samadhi

Unit 3. Vibhuti/Siddhi

Unit 4. Kaivalya

BLOCK V

Different Techniques of Meditation

Unit 1. Concept & Definition of Meditation,

Unit 2. Vipassana Meditation, Preksha Meditation

Unit 3. Ajapa-Japa, Yoga Nidra

Unit 4. Shat Chakra, Panch Kosh Meditation

Suggested Books:

1. Sw. Omanand - Patanjali Yoga Pradeep, Geeta Press Gorakhpur.
2. Hari Krishnadas Goyandaka-Patanjalyoga Darshana, Geeta Press Gorakhpur, 2007.
3. P.V.Karambelkar-Patanjal Yoga Sutra, Kaivalyadham SMYM samiti, Lonavala, 2011.
4. Sriram Sharma Acharya - Sankhya Darshan aur Yoga Darshan, Akhand Jyoti Mathura,
5. Sw. Satyananda Saraswati - Four Chapters on Freedom, Yoga publication trust, Munger, Bihar, 2001.
6. Sriram Sharma Acharya- Sadhana Paddhatiyon Ka Gyan Aur Vigyan, Akhand Jyoti Mathura, 1998.

PGDYM - PAPER FIFTH (5 Credit)

**Yoga Therapy
BLOCK I
Swasthvritta**

- Unit 1.** Meaning and definition of Swasthvritta
- Unit 2.** Dinacharya
- Unit 3.** Ritucharya
- Unit 4.** Ratricharya, Sadvritta

**BLOCK II
Diet**

- Unit 1.** Meaning, definition & classification of Diet
- Unit 2.** Importance of Diet, Quality & Quantity of diet
- Unit 3.** Balance Diet
- Unit 4.** Components of Diet- Carbohydrate, Protein, Fat, Vitamin, Minerals, Water

**BLOCK III
Yoga therapy**

- Unit 1.** Therapy- meaning and classification
- Unit 2.** Yoga Therapy- Definition & Concept.
- Unit 3.** Principles of Yoga Therapy
- Unit 4.** Constituents of Yoga Therapy, Limitations of Yoga Therapy

**BLOCK IV
Yogic management of following diseases**

- Unit 1.** Hyper acidity , Constipation
- Unit 2.** Back pain, Spondylitis
- Unit 3.** Arthritis, Arteriosclerosis
- Unit 4.** High & low Blood Pressure

**BLOCK V
Yogic management of following diseases**

- Unit 1.** Diabetes, Obesity

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Unit 2. Asthma, Bronchitis

Unit 3. Stress, Anxiety

Unit 4. Insomnia , Depression

S. N.	Subject	Yogic Practices
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Suggested Books:

1. K.N. Udupa- Stress and its management by yoga, Motilal banarsidass publication, 1998.
2. Sw. Satyananda Saraswati - Yogic Management of Common, Yoga publication trust, Munger, Bihar, 2002
3. Dr. Arun K. Sao & Dr. Akhileshwar Sao - Tanav Avm Yoga, Radha Pub. New Delhi, 2013.
4. Suresh Barnwal-Mansik Swasthya Avm Yoga, New Bhartiya Book Corporation, New Delhi, 2002.
5. Dr. Rudolf - Diet and Nutrition, Himalayan Institute Press.
6. Sriram Sharma Acharya- Chikitsa Upchar ke Vividh Ayam, Akhand Jyoti Mathura, 1998.

PGDYM ~ PAPER SIXTH (5 Credit)

Yoga Practical

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01.	Prayers	All Mantra & Prayers
02.	Starting Practice	Pawan Muktasana Part-1, 2, 3, Marjariasana, Tadasana, Tiryak Tadasana, Kati Chakrasana.
03.	Suryanamaskara/P ragya Yoga	With Mantras & Breathing pattern.
04.	Asanas Cultural Standing	Utkatasana, Padahasthasana, Trikonasana, Veerasana, Vrikshasana, Sankatasana, Garudasana, Padangusthasana, Sarvangpushti, Murdhasana.
05.	Cultural Sitting	Baddha Padamasana, Uttitha Padamasana, Mandukasana, Uttanmandukasana, Vrishabhasana, Guptasana, Simhasana, Ushtrasana, Suptavajrasana, Vakrasana, Ardhamatsyendrasana, Gomukhasana, Janushirasana, Pashchimottanasana, Akarndhanurasana, Bhadrasana. Shashankasana, Mandukasana.
06.	Cultural Lying	Pawanmuktasana, Sarvangasana, Matsyasana Naukasana (on Back), Halasana, Chakrasana, Karnpidasana, Bhujangasana, Shalabhasana, Dhanurasana, Naukasana (on Abdomen).
07.	Cultural Advance	Shirshasana, Kurmasana, Uttan Kurmasana, Tolangulasana, Mayurasana, Kukkutasana, Garbhasana, Gorakshasana, Ugrasana, Bakasana, Matsyendraasana, Ekpadashtasana, Vatayanasana, Natarajasana, Kapothasana, Shirshapadangusthasana.
08.	Relaxative/ Meditative	Shavasana, Balasana, Makrasana, Sukhasana, Padmasana, Vajrasana, Swastikasana, Siddhasana.
09.	Pranayama	Breathing - Chest, Abdominal & Yogic, Puraka, Rechaka and Kumbhaka, Anulom-Vilom, Nadishodhan, Ujjayi, Surya and Chadrabhedan., Bhastrika, Bhramri, Sheetal, Shitkari.
10.	Mudras /Bandhas	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.	Shuddhi Kriyas	Kapalabhati, Nauli, Agnisara, Trataka, Neti-Jala and Sutra, Vamandhauti, Vastradhauti, Dandadhauti, Shankha Prakshalan.
12.	Meditation	Soham Sadhana, Prana Dharna, Savita Dhyana, Jyoti AAvataran, Panch Kosha, Dhyana Yoga Nidra.

Suggested Books:

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, Brahmvarchas shodh Sanshan, Shantikunj, Haridwar, 1998.
5. B.K.S. Iyengar - Light on Yoga, Harper Collins publisher, New Delhi, 2012.
6. B.K.S. Iyengar - Light on Pranayama, Harper collins publisher, New Delhi, 2012.
7. Swami Kuvlayanand - Asana, Kaivalyadham SMYM samiti, Lonavala, 1993.
8. Swami Kuvlayanand- Prnayama, Kaivalyadham SMYM samiti, Lonavala, 2009.

PGDYM ~ PAPER SEVENTH (2Credit) Project

The topic of project will be given at the time of PCP by the coordinator.