



Maharaja Ganga Singh University

C.E.S.D | Center for Entrepreneurship & Skill Development



Center for Entrepreneurship and Skill Development (CESD)

Programme Structure and Codification of Papers

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

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 (100 external + 50 internal marks). The dissertation/project/training/review/clinical project/internship/case study will be

evaluated at the end of course by an external examiner. An educational tour may be organized for PG diploma students within or outside the State under the supervision of faculty members.

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 MGS University, Bikaner.
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 Maharaja Ganga Singh University rules.
6. Pass percentage, award of degree, scope for improvement – as per Maharaja Ganga Singh University rules and regulations.

Affiliation: The Programme shall be governed by the CESD, Yoga, Maharaja Ganga Singh University, Bikaner, Rajasthan

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 Instructions to Paper Setters (Theory)

The paper is divided into three units. The question paper will consist of A, B and C sections. A part will consist of ten compulsory questions (at least three questions from each unit) (2 marks each). B part will consist of nine questions (three questions from each unit) and students are required to attempt five questions (5 marks each) selecting at least 1 question from each unit. C part will consist of six questions (2 questions from each unit of syllabus) and students are required to attempt three questions (10 marks each) selecting 1 question from each unit.

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

Reference books

1. Swami Atmananda- four yogas, Bharatiya vidya Bhavana. Bombay 1966
2. Swami Inanananda- Philosophy of yoga, Shri Ramakrishna Ashram, Mysore

3. Sing Lalan Prasad. Tantra, concept publishing Company, Delhi – 1976
4. Rajkumari pandey- Bhartiya yoga prampara ke vividha Ayama Radha Publication, Delhi- 1993
5. Fenerstein George. The yoga Tradition: Its History, Literature, philosophy Bhavana Books and prints, Delhi 2002.

**PGDYN-2: Patanjali Yoga
Instructions to Paper Setters (Theory)**

The paper is divided into three units. The question paper will consist of A, B and C sections. A part will consist of ten compulsory questions (at least three questions from each unit) (2 marks each). B part will consist of nine questions (three questions from each unit) and students are required to attempt five questions (5 marks each) selecting at least 1 question from each unit. C part will consist of six questions (2 questions from each unit of syllabus) and students are required to attempt three questions (10 marks each) selecting 1 question from each unit.

Unit-I

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

Unit- II

Ishwar ki avdhaarna , chitt vikshape ke kaaran, karma sidhant , Kriya yog, Pancha kalesh-swaroop & 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

Reference books

Mukti ke upaya- Sami Norajanand Bihhar
Yoga Bhayasy Vachaspati Mishra
Patanjal yog pradeep Omanand tisth
Yoga sutra Vadhaspati Tika- Hariharnanda
Patanjali yoga sutra- Dr. Karmbetkar Lonavala.
Yog vighyaan pradeepika-Dr. Vijey pal shashtri (Styam pubilicition house, new delhi)

**PGDYN-3: Human Anatomy & Physiology
Instructions to Paper Setters (Theory)**

The paper is divided into three units. The question paper will consist of A, B and C sections. A part will consist of ten compulsory questions (at least three questions from each unit) (2 marks each). B part will consist of nine questions (three questions from each unit) and students are required to attempt five questions (5 marks each) selecting at least 1

question from each unit. C part will consist of six questions (2 questions from each unit of syllabus) and students are required to attempt three questions (10 marks each) selecting 1 question from each unit.

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.

Reference books

1. A Glimpse of Human Body – Dr Shirley Telles.
2. Human Anatomy & physiology – Dr. Vrinda Singh
3. Guyton A.C (1985): Function of Human Body 4th Edition
4. Human Physiology – Chatterjee C.C (1992)
5. Text book of Physiology – Jain A.K.

**PGDYN-4:Yogic management for Diseases
Instructions to Paper Setters (Theory)**

The paper is divided into three units. The question paper will consist of A, B and C sections. A part will consist of ten compulsory questions (at least three questions from each unit) (2 marks each). B part will consist of nine questions (three questions from each unit) and students are required to attempt five questions (5 marks each) selecting at least 1 question from each unit. C part will consist of six questions (2 questions from each unit of syllabus) and students are required to attempt three questions (10 marks each) selecting 1 question from each unit.

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).

Reference Books

1. Yoga for common ailments series published by svyp
2. Yoga therapy- by swami kuvalayanand, Lonavala
3. Yoga for different ailments Robin monro, Nagarathna & Nagendra.
4. Light on pranayama B.K.S. Iyenger
5. Bandh & madras swami geetananda.
6. PPH- SVYP Bangalore

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

Reference Books

1. Promotion of Positive health (Dr. H.R.Nagendra)
2. Pranayama (Kala & Vigyan) (Dr. H.R.Nagendra)
3. Vyas Pushpanjali (SVYP) (Dr. H.R.Nagendra)
4. SMET (SVYP, Dr. H.R.Nagendra) For the common ailments all the SVYP, Disease Books