

SCHEME OF EXAMINATIONS
POST GRADUATE DIPLOMA IN YOGA EDUCATION (PGDYEd): 2-SEMESTER
(July 2024 to November 2024)

SEMESTER-I

PART – A (THEORY)										
Paper No.	Paper Code	Name of Subjects	Max. Marks		Min. Pass Marks		Sessional Marks	Aggregate Pass Marks	Total Marks	Credits
			Theory	Practical/ Viva-voce	Theory	Practical				
I.	PGDYEd/I/A/1	Fundamentals of Yoga	75	-	34	-	50	56	125	5
II.	PGDYEd/I/A/2	Foundation & Practices of Hatha Yoga	75	-	34	-	50	56	125	5
III.	PGDYEd/I/A/3	Applied Anatomy and Physiology	75	-	34	-	50	56	125	5
IV.	PGDYEd/I/A/4	Naturopathy	75	-	34	-	50	56	125	5
TOTAL									500	20
PART B PRACTICALS AND LESSON PLAN										
I.	PGDYEd/I/B-1	Yoga Practical-I	-	100	-	45	50	68	150	3
II.	PGDYEd/I/B-2	Naturopathy Practical	-	100	-	45	50	68	150	3
III.	PGDYEd/I/B-3	Teaching Ability (Lesson Plan-I)	-	100	-	45	50	68	150	3
TOTAL									450	9
GRAND TOTAL									950	29

SCHEME OF EXAMINATIONS
POST GRADUATE DIPLOMA IN YOGA EDUCATION (PGDYEd): 2-SEMESTER
(December 2024to April 2025)

SEMESTER–II

PART – A (THEORY)										
Paper No.	Paper Code	Name of Subjects	Max. Marks		Min. Pass Marks		Sessional Marks	Aggregate Pass Marks	Total Marks	Credits
			Theory	Practical/ Viva-voce	Theory	Practical				
I.	PGDYEd/II/A/1	Patanjali Yoga Sutra	75	-	34	-	50	56	125	5
II.	PGDYEd/II/A/2	Yoga & Health	75	-	34	-	50	56	125	5
III.	PGDYEd/II/A/3	Principles of Psychology and Counseling	75	-	34	-	50	56	125	5
IV.	PGDYEd/II/A/4	Alternate Therapy	75	-	34	-	50	56	125	5
TOTAL									500	20
PART B: PRACTICAL AND LESSON PLAN										
I.	PGDYEd/II/B-1	Yoga Practical-II	-	100	-	45	50	68	150	3
II.	PGDYEd/II/B-2	Alternate Therapy Practical	-	100	-	45	50	68	150	3
III.	PGDYEd/II/B-3	Teaching Ability (Lesson Plan-II)	-	100	-	45	50	68	150	3
TOTAL									450	9
GRAND TOTAL									950	29

PART-C (INTERNSHIP)

- (1) Internship should be taken up by the students themselves, at the end of II semester (minimum 30 days) in any School/Organization/Centres in or outside Gwalior. However, No Objection Certificate will be given by the Department.
- (2) In case of students not completing the Internship, their result will be withheld till they complete the Internship.
- (3) Internship will be graded by the competent authority of the concerned organization on a prescribed format provided by the department. The intern has to appear for VIVA (20 Marks) in front of the Departmental Committee and submit a report (30 Marks). The combined marks obtained will be mentioned in Grades which shall be converted as mentioned below:

GRADING PARAMETERS:

A++	90 & above	B	65-69
A+	85-89	C++	60-64
A	80-84	C+	55-59
B++	75-79	C	50-54
B+	70-74	D	49-45
		E	Fail

PROGRAM OUTCOMES - PGDYEd

- At the end of the course the students will be able to understand traditional Indian Yoga systems; the philosophy of the Yoga systems and the schools of thoughts in Yoga system.
- They will gain in-depth understanding of fundamental and applied scientific concepts and methods of Yogic Science and allied Science.
- The students will be able to understand the principles of Hatha Yoga and the texts in this field.
- The program will develop basic understanding of the Human Anatomy, the human physiology and a deeper understanding of the human systems.
- To introduce the essential elements of a yogic life style; Concept of health and disease and also to give an understanding of the concept of ill health and their remedies through yoga.
- The students will be introduced to regular practice of yoga that would make them disciplined and knowledgeable Yoga teachers.
- The students will learn the procedures of Shat Karmas and be able to execute these in their daily practices, students will learn the Yogasanas and be able to guide others for the same.

SEMESTER-I
P.G. DIPLOMA IN YOGA EDUCATION
PAPER- I: FUNDAMENTALS OF YOGA
Subject Code: (PGDYEd/I/A/01)
(July 2024 to November 2024)

LEARNING OBJECTIVE:-

- Gain knowledge on the Basic concepts of Indian philosophy.
- Learn the History of yoga, Classical yoga texts, Yoga gurus, and Contributions of yoga to society.
- Understand the various paths of Yoga, Schools of yoga, and Ashtanga Yoga

UNIT – I

1. INTRODUCTION TO YOGA AND INDIAN PHILOSOPHY

- 1.1 Brief Introduction to origin of Yoga, History and Development of Yoga
- 1.2 Etymology and Definitions of Yoga, Aim, Objectives and Misconceptions of Yoga, True Nature of Yoga
- 1.3 General Introduction to Shad-darshana, Salient features of Indian Philosophy, Branches of Indian Philosophy (Astika and Nastika Darshanas)
- 1.4 General Introduction to Prasthanatrayee and Purushartha Chatushthaya.

UNIT – II

2. BRIEF SURVEY OF YOGIC TRADITIONS – I

- 2.1 Brief Introduction to Vedic Literature, Concept of Yoga in Vedas
- 2.2 General Introduction to Upanishads, Concept of Yoga in Upanishads
- 2.3 General Introduction to Shrimad Bhagavad Gita, Yoga in Shrimad Bhagavad Gita
- 2.4 Concept of Yoga in Yoga Vashishtha.

UNIT-III

3. BRIEF INTRODUCTION TO YOGA PARAMPARAS IN CONTEMPORARY TIMES

- 3.1 Life & message of Swami Vivekananda, Shri Aurobindo
- 3.2 Yoga Parampara of Sri T. Krishnamacharya, and Yogacharya B.K.S Iyengar & Swami Dharendra Bramhachari in the promotion of Yoga.
- 3.3 Yoga Parampara of Swami Sivanada, Shyamacharan Lahiri Mahashaya
- 3.4 Contributions of Sri Yogendraji, Swami Kuvalyananda

Contd.....2

UNIT – IV

4. GENERAL INTRODUCTION TO SCHOOLS OF YOGA

- 4.1 **Jnana Yoga:** Meaning of Jñāna and Jñāna-yoga, Sadhana-Chatushthaya, Phases of Jñāna-yoga.
- 4.2 **Bhakti Yoga:** Meaning of Bhakti and Bhakti-yoga, Stages of Bhakti, Types of Bhakti, Means of Bhakti-yoga.
- 4.3 **Karma Yoga:** Meaning of Karma and Karma-yoga, Concept of Nishkama Karma, Inter relationship between Bhakti-yoga and Karma-yoga, Theory of Karma and Rebirth (Reincarnation).
- 4.4 **Raja Yoga:** Meaning, Definition of Raja Yoga, Ashtanga Yoga, Relationship between Hatha Yoga & Raja Yoga.

REFERENCE:

1. Gupta, S.N Das, (1963), “Indian Philosophy”, Shri Jainendra Press, New Delhi, ISBN-81-208-0412-0.
2. Anatharaman, T.N., (1996), “Ancient Yoga and Modern Science”, Project of History of Indian Sciences Philosophy & Culture, -ISBN 8121507529
3. Sturgess, Stephen, (1996), “The Yoga Book”, Watkins Publications, London, University of Michigan
4. Kumar, Dr. Kamakhya, (2008), “Super Science of Yoga”, Standard Publications, New Delhi ISBN-8187471409
5. Dasgupta, S.N., (1924), “Yoga Philosophy”, The May Flower Press, UK.
6. Jha, Gangadhar, (1894), “Yoga Sara Samgraha” –Bombay Theosophical Fund, Tatva Vivechaka Press, Bombay

SEMESTER-I
P.G. DIPLOMA IN YOGA EDUCATION
PAPER- II: FOUNDATION & PRACTICES OF HATHA YOGA
Subject Code: (PGDYEd/I/A/02)
(July 2024 to November 2024)

LEARNING OBJECTIVE:-

- Learning the Origin, Meaning and Objectives of Hatha Yoga.
- Studying and understanding various texts related to Hatha Yoga such as Hatha Yoga Pradipika, Gheranda Samhita, etc which contain essentials of the Hatha yogic practices.
- Exposed to various Hatha Yogic Techniques of Kriyas, Asanas, Pranayamas, Bandhas and Dhyana.

UNIT –I

1. INTRODUCTION TO HATHA YOGA

- 1.1 Hathayoga: Philosophy, Origin, Definition, Objectives and Misconceptions.
- 1.2 Hathayoga: History and development, Brief Introduction to eminent Hatha Yogis of Natha Parampara and their contributions.
- 1.3 Time and Place, Dress Code & Environment suitable for Hatha Yoga, Concept of Mitahara, Pathya and Apathya, Sadhaka Tattva, Badhak Tattva, Hathasiddhi Lakshana (as per Hatha Yoga Pradipika).
- 1.4 Introduction of Asanas, Shatkarmas - Meaning, Definitions, Principles, Types, Technique, Precautions and Benefits. (as per Hatha Yoga Pradipika).

UNIT –II

2. KUMBHAKA, MUDRAS, BANDHAS, NADANUSANDHANA (AS PER HATHA YOGA PRADIPIKA).

- 2.1 Kumbhaka :- Meaning, Definition, Types of Kumbhaka, Technique, Precautions & Benefits.
- 2.2 Mudras and Bandhas – Meaning, Definition, Technique, Precautions and Benefits.
- 2.3 Concept of Chakras, Kundalini and Nadis
- 2.4 Nadanusandhana and Types of Samadhis

UNIT-III

3. INTRODUCTION TO GHERANDA SAMHITA

- 3.1 Introduction and History of Gheranda Samhita
- 3.2 Concept of Ghatasth Yoga. Saptasadhana:- Shatkarma, Asanas, Mudra, Pratyahara, Pranayama, Dhyana, Samadhi.
- 3.3 Shatkarma- Meaning, Types (Dhauti, Basti, Neti, Trataka, Nauli and Kapalabhati) Technique, Precautions and Benefits.
- 3.4 Asanas and Mudras -Meaning, Definition Types, Technique, Precautions and Benefits.

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UNIT –IV

4. PRATYAHARA AND PRANAYAMA (AS PER GHERANDA SAMHITA).

- 4.1 Pratyahara – Meaning, Types, Technique, Precautions and Benefits.
- 4.2 Concept of Prana, Types of Prana and their functioning, Pranayamas – Meaning and Definition, Types, Technique, Precautions and Benefits.
- 4.3 Dhyana- Meaning, Types, Technique, Precautions and Benefits.
- 4.4 Samadhi - Meaning, Types and Precautions.

REFERENCE:

1. Digambarji, Swami (1998), “Hatha Pradipika of Svatomarama”, - ISBN: 9788189485122, Publisher: Kaivalyadhama, SMYM Samiti, Lonavala - Pune.
2. Muktibodhananda, Swami (1998), “Hatha Yoga Pradipika” - Light on Hatha Yoga, - ISBN: 81-85787-38-7, Publisher: Yoga Publications Trust, Ganga Darshan, Munger, Bihar, India.
3. Niranjanananda Saraswati, Swami (2012), “Gherenda Samhita” - ISBN : 9381620199, Publisher: Yoga Publications Trust, Ganga Darshan, Munger - Bihar, India.
4. Niranjanananda Saraswati, Swami (2009), “Prana and Pranayama”, - ISBN: 978-81-86336-79-3, Publisher: Yoga Publications Trust, Ganga Darshan, Munger - Bihar, India.
5. Bhardwaj, Yogeshwar (2004), “Textbook of Yoga”- ISBN: 0143029657, Publisher: Penguin - India.

SEMESTER-I
P.G. DIPLOMA IN YOGA EDUCATION
PAPER- III: APPLIED ANATOMY AND PHYSIOLOGY
Subject Code: (PGDYEd/I/A/03)
(July 2024 to November 2024)

LEARNING OBJECTIVE:-

- Learn the Anatomy of Human body from the cell structure to the major systems of the body.
- Understand the Physiology, Unique Anatomical features, and the functions of the major systems of the body.
- Insight into the effect of yogic practices on each individual systems of the body.

UNIT- I

1. GENERAL HUMAN ANATOMY AND PHYSIOLOGY

- 1.1 Introduction to Anatomy and Physiology; Its significance in field of yoga
- 1.2 Cell - Structure Composition, function and its types; Types of Tissues, their structure and functions; Brief Introduction to different organs and systems of Human body
- 1.3 Digestive system; Excretory System; Urinary System, (Structure and Functions in brief).
- 1.4 Effect of Yogic practices on Digestive and Excretory system (Asana, Pranayama, Mudra, Bandha, Kriyas and Meditation)

UNIT- II

2. MUSCULO- SKELETAL SYSTEM

- 2.1 Skeletal system - Introduction, Composition of Bone.
- 2.2 Classification and Division of Skeleton, Joints and their movements.
- 2.3 Muscles, their Types and Role.
- 2.4 Effect of Yogic practices on Muscular and Skeletal system (Asana, Pranayama, Mudra, Bandha and Kriyas).

UNIT-III

3. CARDIO RESPIRATORY SYSTEM

- 3.1 Structure and functions of Heart and Lungs, Cardiac Cycle, Cardiac Output, Stroke Volume.
- 3.2 Muscles and Mechanism of Respiration, Second Wind, Oxygen Debt.
- 3.3 Internal and External Respiration, Respiratory Volumes and Pulmonary Ventilation.
- 3.4 Effect of Yogic practices on Cardio Vascular system (Asana, Pranayama, Mudra, Bandha, Kriyas and Meditation).

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UNIT-IV

4. NERVOUS AND ENDOCRINE SYSTEM

- 4.1 Nervous System: Structural and Functional Divisions of Nervous System– PNS, ANS, and Sensory Motor Nervous System. Parts of Brain and their functions. Structure and Functions of Spinal Cord.
- 4.2 Structure and Functions of Endocrine Glands and Exocrine Glands.
- 4.3 Introduction to Sense Organs: Eyes, Ears, Nose and Skin.
- 4.4 Effect of yogic practices on Nervous and Endocrine system (Asana, Pranayama, Mudra, Bandha, Kriyas and Meditation)

REFERENCES:

1. Coutter, H.D. (2001), “Anatomy of Hath Yoga” Published by Himalayan Institute India, Jhansi, Allahabad, ISBN-978-0-9797006-1-2.
2. Saraswati, S. (2009), “Yoga Nidra” Published by Yoga Publication Trust, Bihar, India (Reprint) ISBN-978-81-83787-12-1.
3. Maehle, G. (2008), “Ashtanga Yoga Practice & Philosophy” First Indian Edition Published by, New Age Books, New Delhi (Reprint), ISBN-978-81-78-22-329-2.
4. Karambelkar, P.V. (2011), “Patanjali Yoga Sutra” Published by Kawalyadham S.M.Y.M. Publications Pune, India. ISBN-81-89-415-17-2.
5. Martini, F.H. et al (2000), “Applications Manual for Essentials of Anatomy & Physiology” Second Edition by Prentice Hall Inc., U.S.A. ISBN-0-13-014662-5.
6. Chaurasia, B.D. (2014), “Human Anatomy” Vol.-1, Fourth Edition, CBS Publishers and Distributors, New Delhi. ISBN-81-239-1155-6.
7. Shiva, V.K. (2013), “Anatomy and Physiology” Sports Publication, New Delhi. ISBN-978-81-7879-761-8.
8. Moore, K.L. & Agur, A.M.R. (2002), “Essential Clinical Anatomy” Second Edition by Lippincott Williams & Wilkins, Philadelphia.
9. Sharma, J.P. (2002), “Essential Encyclopedia of Human Anatomy and Physiology, by Khel Sahitya Kendra, New Delhi. ISBN-81-7824-296-5.
10. Kumar, R. (2012), “Anatomy and Exercise Physiology” Sports Publication, New Delhi. ISBN-978-81-7879-697-0.
11. Singh, H. (2013), Anatomy and Exercise Physiology Khel Sahitya Kendra, New Delhi. ISBN-978-81-7824-690-4.

SEMESTER-I
P.G. DIPLOMA IN YOGA EDUCATION
PAPER- IV: NATUROPATHY
Subject Code: (PGDYEd/I/A/04)
(July 2024 to November 2024)

LEARNING OBJECTIVE:-

- Understanding concepts of Health and Disease according to Naturopathy.
- Learning the Importance of various components of Diet, such as Dietary fiber, Vitamins, Minerals, etc.
- Learning the Importance and Application of Fasting, Mud Therapy, Hydro Therapy, etc. and their practical usage.

UNIT-I

1. INTRODUCTION TO NATURE CURE

- 1.1 Introduction, Meaning, Definition of Naturopathy, Historical Background of Naturopathy (Indian & Western)
- 1.2 Fundamental Principles of Naturopathy
- 1.3 Law of Nature - Panchamahabhuta Theory
- 1.4 Foreign Matter Theory/ Toxemia

UNIT-II

2. FASTING AND DIETETICS

- 2.1 Diet according to Naturopathy and its Types.
- 2.2 Definition, Introduction and Historical Background of Fasting.
- 2.3 Classification of Fasting and Difference between Fasting and Starvation, Methods of Breaking the Fast.
- 2.4 Hygienic auxiliaries during Fasting, Physiological effect of Fasting.

UNIT-III

3. HYDROTHERAPY AND MUD THERAPY

- 3.1 Introduction Brief History, Physical Properties of Water and Classification of Temperature
- 3.2 General Principles of Hydrotherapy.
- 3.3 Different Hydriatic Measures and Therapeutic Effect of Hydriatic Application: (i) Enema (ii) Hipbath (iii) Spinal Bath (iv) Spinal Spray Bath (v) Foot and Arm Bath (vi) Steam and Sauna Bath (vii) Packs Bath.
- 3.4 Introduction to Mud Therapy, Classification of Mud, Method of Treatment of Mud, Therapeutic Effect of Mud Therapy.

UNIT-IV

4. MANAGEMENT OF VARIOUS DISEASES WITH NATUROPATHY

- 4.1 Management of Obesity and Diabetes Mellitus.
- 4.2 Management of Hypertension.
- 4.3 Management of Bronchial Asthma.
- 4.4 Management of Arthritis and Low Back Pain.

Contd.....2

REFERENCES:

1. Bakhru H. K., The Complete Handbook Of Nature Cure, Jaico Publishing House – Mumbai, ISBN13: 9788172242299
2. Prasoon, Prof. Shrikant, PanchaMahabhuta tatwa and Sharira, HINDOLOGY BOOKS, ISBN: 9788122310115
3. Shew, Joel, (1989) Handbook of Hydrotherapy Publisher: Society of Metaphysicians Ltd; New ed of 1844 ed edition (1 January 1989), ISBN-13: 978-1852288785
4. Kellogg, John Harvey, (2004) Rational Hydrotherapy: A Manual of the Physiological and Therapeutic Effects of Hydriatic Procedures, and the Technique of their Application in the Treatment of Disease, TEACH Services, Inc. ISBN-13: 978-1572582095
5. Indani, Ashish,(2013) Mud Therapy: Healing Through One of the Five Elements , B Jain Publishers Pvt Ltd , ISBN-13: 978-8131908457
6. Ehret, Arnold, (1971) Rational Fasting, Mass Market, Benedict Lust, ISBN-13: 978-0879040055
7. Herbert M., Shelton, (1974) Fasting for Renewal of Life ISBN-13: 978-0914532385
8. Shelton, Herbert M., (2013) The Science and Fine Art of Fasting, Martino Fine Books ISBN-13: 978-1614274483

P.G. DIPLOMA IN YOGA EDUCATION
SEMESTER-I
Yoga Practical Syllabus (PART-B)
Subject Code: (PGDYEd/I /B-01)
(July 2024 to November 2024)

LEARNING OBJECTIVE:-

- To learn and practise all group of Asanas.
- Demystifying the experience of Bandas and Mudaras practice according to Hatha Yoga.
- Tranquilizing psychic operations through practice of Ashta Kumbhaka, Meditation and other Relaxation techniques
- Practising Basic techniques of Shatkarma

B-1 : YOGA PRACTICAL - I

1. ASANAS:

- a) **Surya Namaskara**
- b) **Sukshma Vyayama-Pawan Muktasana Series I, II, III**
- c) **Meditative Asanas:** Padmasana, Siddhasana, Swastikasana, Ardha Padmasana, Vajrasana
- d) **Relaxative Asanas:** Shavasana, Makarasana, Shithila Tadasana, Shithila Dandasana, Shashank Asana - All Relaxative Asanas in Yin Yoga Model.
- e) **Supine Asanas:** Naukasana, Kandharasana, Pavanmuktasana, Ardhamatsyasana, Anand Balasana.
- f) **Prone Lying Asanas:** Bhujangasana, Shalabhasana, Dhanurasana, Hamsasana, Santolanasana
- g) **Inversions:** Sarvangasana, Vipareet karani asana - Inverstions with props (BKS Iyengar Yoga Style)
- h) **Sitting Asanas:** Paschimottanasana, Ardha Matsyendrasana, Ardha Chandrasana, Ardha Ushtrasana, Simhasana, Akarna Dhanurasana, Janu Shirshasana.
- i) **Standing Asanas:** Tadasana, Natarajasana, Garudasana, Vrikshasana.
- j) **Advanced Group Asanas:** Poorna Matsyasana, Padmasarvangasana, Karnapeedasana, Suptvajrasana, Poorna Bhujangasana, Koormasana, Vatayasana, Dwihasta Bhujasana, Niralamba Paschimottanasana, Ashtavakrasana
- k) **Power Yoga Sessions.**

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2. PRANAYAMA:

Nadi Shodhan Pranayama, Surya Bhedi Pranayama, Chandra Bhedi Pranayama, Ujjayi, Sheetali, Seetkari, Bhastrika, Bhramari

3. BANDHAS & MUDRAS:

Jnana Mudra , Pancha Bhautik Mudras, Jalandhara Bandha, Uddiyana Bandha, Vipareetakarni Mudra, Shanmukhi Mudra, Manduki Mudra, Ashwini Mudra, Kaki Mudra, Bhujangini Mudra

4. SHATKARMA:

(a) NETI: Jal Neti, Sutra Neti

(b) DHAUTI: Kunjal Kriya, Agnisar Kriya

5. MEDITATION TECHNIQUE: OM Meditation

6. RELAXATION TECHNIQUE: Basics of Yoga Nidra, IRT (Instant Relaxation Technique

**P.G. DIPLOMA IN YOGA EDUCATION
SEMESTER-I
Naturopathy Practical (PART-B)
Subject Code: (PGDYEd/I /B-2)
(July 2024 to November 2024)**

LEARNING OBJECTIVE:-

- Learning techniques and procedures of various types of Hydriatic applications and mud therapy.
- Learning to curate various diseases like Diabetes, High Blood Pressure, Asthma with the help of Naturopathic techniques.

B-2: NATUROPATHY PRACTICAL

Naturopathy

1. Students should be introduced to various treatment procedures used in Naturopathy.
 2. Demonstration of various therapeutic effect, procedure and treatments in Hydrotherapy and mud therapy during practical classes.
 3. Management of Diseases like Diabetes, High Blood Pressure, Asthma, Back Pain through Naturopathy.
 4. Practical Record should be maintained.
 5. The Viva-Voce shall be from the entire theory syllabus of Naturopathy.
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P.G. DIPLOMA IN YOGA EDUCATION
SEMESTER-I
TEACHING ABILITY (PART-C)
Subject Code: (PGDYEd/I /B-3)
(July 2024 to November 2024)

LEARNING OBJECTIVE:-

- Students will be exposed to techniques of teaching a yoga class and will be equipped with various rules & regulations to be kept in mind while holding a session.
- Understanding various aspects related to yoga teaching methodology and its practical usage for therapeutic aspects

B-3: TEACHING ABILITY IN YOGA (MINIMUM 5)

- (i) Teaching Ability Lesson Plans shall be practical based.
 - (ii) There will be minimum four and maximum five Internal Lessons.
 - (iii) All Lesson will be maintained in a single practical file along with the final lesson.
 - (iv) Internal Lessons shall be assessed out of 25 and final lesson shall be of 75 marks.
 - (v) Internal Lessons should be taken based on the practical syllabus of Yoga.
 - (vi) Final Lesson should be taken on any topic of their choice from the practical syllabus of Yoga.
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SEMESTER-II
P.G. DIPLOMA IN YOGA EDUCATION
PAPER- I: PATANJALI YOGA SUTRA
Subject Code: (PGDYEd/II/A/01)
(December 2024 to April 2025)

LEARNING OBJECTIVE:-

- Learning Yoga Sutras of Maharishi Patanjali; His teachings; Yogic concepts dealt.
- Learning various chapters of Patanjali Yoga Sutra Samadhi Pada, Sadhana Pada, Vibhuti Pada and Kaivalya Pada.
- Understanding the scope of Patanjali yoga sutra in today's time and their application in day to day life.

UNIT – I

1. COMPONENTS OF SAMADHI PADA

- 1.1 Introduction to Maharishi Patanjali, Historical background of Patanjali Yoga Sutras
- 1.2 Concept of Chitta, Chitta Vriti, Chitta Bhumi
- 1.3 Concept of Abhyasa – Vairagya, Definition & Attributes of Ishwara, Concept of Ishwara Pranidhana
- 1.4 Yogaantaraya, Chitta Vikshepasahabhuvah, Chitta Prasadhana, Meaning of Samadhi, Types of Samadhi.

UNIT – II

2. ELEMENTS OF SADHANA PADA

- 2.1 Kriya Yoga, Pancha Klesha, Pratiprasava
- 2.2 Definition of Drashta & Drishya, Tritapa
- 2.3 Karmashaya, Haana, Hanopaya
- 2.4 Introduction to Ashtanga Yoga, Description of Various Limbs.

UNIT – III

3. PSYCHIC POWERS OF VIBHUTI PADA

- 3.1 Samyama, Attainment of various Vibhooti
- 3.2 Kayasampata (Physical Excellence)
- 3.3 Manojavitvam (Mental Excellence)
- 3.4 Viveka Khyati (Knowledge of Discrimination)

UNIT – IV

4. SAMADHI & ITS TYPES

- 4.1 Types of Siddhis
- 4.2 Concept of Dharmamegha Samadhi

Contd.....2

- 4.3 Brief Introduction to Karma, Types of Karma, Karmaphala Siddhanta
- 4.4 Concept of Kaivalya – Nirbeeja Samadhi

REFERENCE:

1. Saraswati, Swami Satyanand, (2012), “Four Chapters of Freedom”, Bihar School of Yoga, ISBN 13-9788185787183.
2. Iyengar, B. K. S., “Light on the Yoga Sutras of Patanjali”, Haper Collins Publications India Pvt. Ltd., New Delhi, ISBN 13-9788172235420.
3. Swami, Satchidananda, “The Yoga Sutras of Patanjali”, Integral Publications, U.S.A., ISBN 13-9781938477072.
4. Taimini, Science of Yoga, ISBN 13-9788170592112.
5. Swami, Vivekananda, “Raja Yoga”, ISBN 13-978100746940.
6. Mishra, Vachaspati, “Yoga Sutra (Tatva Vaishardi)”, ISBN 13-9780404578046.
7. Shastri, Vijaypal, “Yoga Surta Vimarsh”, ISBN 13-9780865477360.
8. Lakshmananand, “Yoga Prakash”, ISBN 13-9788175971240.
9. Suresh Chandra Shrivastava, Patanjali Yoga Darshan
10. Ram Prasad, Patanjali Yoga Sutra.
11. T.S. Rukmani, Vol.I-IV, Patanjali Yoga Sutras.
12. Baron, R.A. (2007). Psychology (Fifth edition) New Delhi: Pearson Prentice-Hall of India.
13. Clifford T. Morgan, Richard a. King, John R. Weis and John Schopler (1993), “Introduction to Psychology” – 7th Edition. Tata McGraw Hill Book Co. New Delhi.
14. Shanti Prakash Atrey, “Yoga Manovigyan”.
15. R.S. Bhoghal, “Yoga & Mental Health”.
16. R.S. Bhoghal, “Yoga evam Mansik Swasthya”.
17. Prof. Ramharsh Singh, “Ayurvediya Manas Vigyan”.
18. Prof. Suresh Lal Baranwal, “Yoga evam Mansik Swasthya”.

SEMESTER-II
P.G. DIPLOMA IN YOGA EDUCATION
PAPER- II : YOGA & HEALTH
Subject Code: (PGDYEd/II/A/02)
(December 2024 to April 2025)

LEARNING OBJECTIVE:-

- To learn the Yogic concept of Health; Understanding disease and its various emotional and psychological factors.
- Learning to Correlate the Mental Health and Human Psyche; Managing mental health through yogic concepts.
- Learning the Influence of yoga on different systems of body.

UNIT-I

1. YOGIC CONCEPT OF HEALTH & DISEASE

- 1.1 Health and Disease: Meaning and definitions, Concept of Ādhi and Vyādhī, Yogic concept of Health and Disease. Yoga as a preventive health care- Heyam dukham anagatam.
- 1.2 Potential causes of ill health: Tapatrayas and Kleshas, Physical, Physiological, Mental and Emotional manifestation of disease.
- 1.3 Shuddhi Prakriyas in Yoga: Role of Shuddhi Prakriyas in Preventive and Curative Health, Karma shuddhi, (Yama, Niyama), Ghata shuddhi (Shat-karma), Snayu shuddhi (Asana), Prana shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Chitta (Mano, Buddhi & Ahamkar) Shuddhi (Dharana, Dhyana and Samadhi).
- 1.4 Concepts of Pancha-Kosha, Pancha-prana and Shat-chakra and their role in Health and Disease, Yogic principles of Healthy Living: Ahara, Vihara, Aachara, Vichara; Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living.

UNIT-II

2. EFFECT OF YOGIC PRACTICES ON ANATOMY & PHYSIOLOGY OF DIFFERENT SYSTEMS OF HUMAN BODY

- 2.1 Effect of Yogasana on Anatomy and Physiology of different systems of human body and its therapeutic values.
- 2.2 Effect of Pranayama and Bandhas on Physiological functioning of related organs and their therapeutic values, Psycho-physiology of Meditation, Meditative technique in the management of Psychosomatic imbalances.
- 2.3 Importance of Shatkriyas with regard to cleansing aspects and also in relation with Hypersensitivity of mind.
- 2.4 Relevance of Yama, Niyama and Pratyahara in the Integrated approach of Yoga Therapy.

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UNIT-III

3. INTRODUCTION TO HUMAN PSYCHE AND MENTAL HEALTH

- 3.1 Human Psyche: Concept of Human Psyche, Freudian Model of Human Psyche, Behaviour: Definition and Nature, Kinds of Behaviour
- 3.2 Domains of Behaviour: Consciousness: States of Consciousness, Cognitive Processes: Meaning, and Nature, Intelligence: Meaning and Nature, Characteristics of Verbal and Non-verbal Intelligence Tests
- 3.3 Dynamics of Behaviour: Motivation: Definition and Nature, Innate and Acquired Motives, Maslow's Theory of Motivation, Emotion: Definition and Nature, Physiological Changes during Emotion, Emotional Intelligence (EI): Definition and Nature, Skills required for EI
- 3.4 Mental Health: Meaning and Importance, Symptoms and Causes of Abnormal Behaviour; Concept of Mental Health in Patanjala Yoga Sutra and Shrimad Bhagwad Gita.

UNIT-IV

4. HOLISTIC HEALTH THROUGH YOGA

- 4.1 Meaning, Definition and various domains of holistic health
- 4.2 Need for Social health, Techniques of Yoga to attain Social health
- 4.3 Meaning, Significance and Purpose of Spiritual health
- 4.4 A Journey of Atmasadhana (Self Actualization) to Atma Sakshatkara (Self Realization).

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SEMESTER-II
P.G. DIPLOMA IN YOGA EDUCATION
PAPER-III: PRINCIPLES OF PSYCHOLOGY AND COUNSELLING
Subject Code: (PGDYEd/II/A/03)
(December 2024 to April 2025)

LEARNING OBJECTIVE:-

- Understand the Nature and Scope of Psychology in Yoga, Various methods and ideologies of Psychology and their correlation with yogic perspective.
- Gain practical understanding; Concepts related to therapy and its effects engrained with the convolution of Yoga and Psychology.

UNIT-I

1. INTRODUCTION TO PSYCHOLOGY

- 1.1 Definition, Meaning and scope of Psychology
- 1.2 Branches of Psychology
- 1.3 Relevance and Contribution of Psychology in Teaching and Learning Process of Yoga Education
- 1.4 Different Methods of Psychology (Introspection, Observation, Experimental, Survey, Clinical)

UNIT-II

2. CONCEPT OF PERSONALITY

- 2.1 Indian and Western Approaches to Personality.
- 2.2 Theories of Personalities.
- 2.3 Personality Test (Big Five).
- 2.4 Attitude Change through Yoga & Developing Yogic Personality.

UNIT-III

3. PSYCHOLOGY AND YOGA

- 3.1 Introduction to Psychological and Transcendental perspective of Yoga.
- 3.2 Meaning and Characteristics of Mental Health.
- 3.3 Mental Relaxation through Prayer, A cross cultural approach to Mental Health.
- 3.4 Yogic Life Style for Stress, Anxiety and Depression.

UNIT-IV

4. INTRODUCTION TO GUIDANCE AND COUNSELLING

- 4.1 Need, Meaning and Importance of Guidance and Counseling in Yoga Education
- 4.2 Different Types of Counseling: (Individual and Group Counseling).
- 4.3 Approaches of Counseling: Directive, Non directive, Techniques in Counseling: (Testing and Non Testing Techniques).
- 4.4 Meditation: Metaphysical and Therapeutic Perspective

Contd....2

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11. Shanti Prakash Atrey, "Yoga Manovigyan".
12. R.S. Bhoghal, "Yoga & Mental Health".
13. R.S. Bhoghal, "Yoga evam Mansik Swasthya".
14. Prof. Ramharsh Singh, "Ayurvediya Manas Vigyan".
15. Prof. Suresh Lal Baranwal, "Yoga evam Mansik Swasthya".

SEMESTER-II
P.G. DIPLOMA IN YOGA EDUCATION
PAPER-IV: ALTERNATE THERAPY
Subject Code: (PGDYEd/II/A/04)
(December 2024 to April 2025)

LEARNING OBJECTIVE:-

- Understanding the Historical Background of Alternative therapies.
- Learning and Understanding the theoretical aspects of various Alternate therapies like Magnetotherapy, Acupressure, Pranic Healing, Ayurveda, etc

UNIT-I

1. INTRODUCTION TO ALTERNATE THERAPIES

- 1.1 Introduction to Alternate therapies and Types of Alternate therapies
- 1.2 Historical Background and Development of Alternate therapies; Need of Alternate Therapies in the present times.
- 1.3 Comparative study of Alternate therapies with other systems of medicine
- 1.4 How to acquire Natural Immunity.

UNIT-II

2. MANIPULATIVE THERAPIES & AROMATHERAPY

- 2.1 Acupressure – Introduction and Basic principles and Concept of Meridian.
- 2.2 Reflexology – Introduction, Concept of Body and it's Reflex zone
- 2.3 Massage Therapy, Technique of Massage & its Physiological effect.
- 2.4 Aromatherapy – Basic principles of Aromatherapy and its role in relaxation

UNIT-III

3. INTRODUCTION TO AYURVEDA, COLOUR AND MAGNETO THERAPY

- 3.1 Ayurveda – Concept of Ayurveda and its role in healthy living
- 3.2 Panchakarma- Process and Benefits
- 3.3 Magneto-therapy- Introduction, Principles of Magneto-therapy and its application
- 3.4 Color therapy – Introduction, Spectrum of colors and its Application.

UNIT-IV

4. PSYCHO-SPIRITUAL THERAPIES & NATUROPATHY DIAGNOSIS

- 4.1 Pranic Healing Methods and its Application
- 4.2 Reiki – Introduction, Concept and laws of Reiki Healing
- 4.3 Introduction to Naturopathy Diagnosis: (i) IRIS Diagnosis (ii) Facial Diagnosis.
- 4.4 Spinal Analysis, Chromo Diagnosis.

Contd.....2

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SEMESTER-II
P.G. DIPLOMA IN YOGA EDUCATION
Yoga Practical Syllabus (PART-B)
Subject Code: (PGDYEd/II /B-1)
(December 2024 to April 2025)

LEARNING OBJECTIVE:-

- To learn and practise all group of Asanas.
- Demystifying the experience of Bandas and Mudras practice according to Hatha Yoga.
- Tranquilizing psychic operations through practice of Ashta Kumbhaka, Meditation and other Relaxation techniques
- Practising basic techniques of Shatkarma

B-I : YOGA PRACTICAL – II

1. ASANAS:

- i) Surya Namaskara - Ashtanga and Vinayasa Series**
- ii) Sukshma Vyayama by Dheerendra Brahmachari**
- iii) Meditative Asanas:** Guptasana, Vajrasana, Bhadrasana
- iv) Relaxation Asanas:** Balasana, Shashankasana - **with Yin Yoga Style**
- v) Supine Asanas:** Halasana, Chakrasana, Markatasana, Setubandhasana , Suptabaddhakonasana
- vi) Prone Lying Asanas:** Sarpasana , Vipreeta Naukasana, Dhanurasana, Shalabhasana
- vii) Sitting Asanas:** Vyaghrasana, Mandukasana, Bakdhyanasana, Gomukhasana, Marichyasana I, Rajkapotasana, Bharadwajasana
- viii) Standing Asanas:** Trikonasana, Ardha Kati Chakrasana, Veerbhadrasana (I &II)
- ix) Inversion Asanas:** Sarvangasana, Sirshasana, Salambasirshasana
- x) Advanced Group Asanas:** Pada Angusthasana, Garbhasana, Baddhpadmasana, Kukkutasana, Bakasana, Hanumanasana, Kurmasana, Uttana Kurmasana, Tittibhasana, Mayurasana, Padma Mayurasana
- xi) Yoga Danda (Yoga with Stick)**

All the above Asanas shall also be Performed & Taught with props like Belt, Strap, Bricks, Yoga Wheel etc. in Iyengar Yoga Style

- 2. PRANAYAMA:** Ashtakumbhaka of Hatha Yoga Pradipika
- 3. BANDHAS & MUDRAS:** Moola Bandha, Maha Bandha, Vipareeta Karani Mudra, Khechari Mudra, Tadagi Mudra, Pashinee Mudra, , Maha Mudra, Maha Bheda Mudra
- 4. SHATKARMA:** Kapalbhati Three Types (Vyutkarma, Sheetkarma and Vaatkarma), Nauli, Trataka, Danda Dhauti, Vastra Dhauti
- 5. MEDITATION TECHNIQUES:** Soham Dhyana, Savita Dhyana
- 6. RELEXATION TECHNIQUE:** Yoga Nidra (advance)

SEMESTER-II
P.G. DIPLOMA IN YOGA EDUCATION
Alternate Therapies Practical / Viva Voce Syllabus (PART-B)
Subject Code: (PGDYEd/II /B-2)
(December 2024 to April 2025)

LEARNING OBJECTIVE:-

- Understanding the elements of Alternate therapy by practical learning experience of tools and apparatus related to different therapies.
- Demonstrative learning process of Sujok, Magnetotherapy, Massage, etc

B-2 : ALTERNATE THERAPY PRACTICAL

Alternate Therapies

1. Practice of Massage Therapy and its application.
2. Concept of Sujok and Demonstration of Basic Accupressure Points and Reflexology
3. Magnetotherapy- Basic Instruments & Method of working
4. Case Study Record should be maintained for at least 5 persons, Practical record books should also be maintained.
5. Viva Voce shall be based on the Theory Paper of Alternate Therapies.

P.G. DIPLOMA IN YOGA EDUCATION
SEMESTER-II
TEACHING ABILITY (PART-B)
Subject Code: (PGDYEd/II /B-3)
(December 2024 to April 2025)

LEARNING OBJECTIVE:-

- Exposing the students to practical applicability of Yoga teaching methodologies.
- Sequential learning of conducting a yoga session for variety of age groups.
- Internal assessment of Teaching skills and Presentation skills.

B-3 : TEACHING ABILITY
LESSON PLAN – II (MINIMUM 5)

- (i) Teaching Ability Lesson Plans shall be based on the Practical syllabus of yoga.
- (ii) There shall be minimum four and maximum five Internal Lessons.
- (iii) All Lessons shall be maintained in a single practical file along with the final lesson.
- (iv) Internal Lessons shall be assessed out of 25 and final lesson shall be of 75 marks.
- (v) Final Lesson should be taken on any topic of their choice from the practical syllabus of yoga.

P.G. DIPLOMA IN YOGA EDUCATION
SEMESTER-II
INTERNSHIP (PART-C)
Subject Code: (PGDYEd/II /C-1)
(MAY, 2025 to JUNE, 2025)

PART-C (INTERNSHIP)

- (1) Internship should be taken up by the students themselves, at the end of II semester (minimum 30 days) in any School/Organization/Centres in outside Gwalior. However, No Objection Certificate shall be given by the Department.
- (2) In case of students not completing the Internship, their result shall be withheld till they complete the Internship.
- (3) Internship shall be graded by the competent authority of the organisation concerned on a prescribed format provided by the Department. The intern has to appear for Viva-Voce Examination (20 Marks) before Departmental Committee and submit a report (30 Marks) within one week after the completion of Internship to the Department. The combined marks obtained shall be mentioned in Grades, the parameters of which are as mentioned below:

GRADING PARAMETERS:

A++ 90 & above	B 65-69
A+ 85-89	C++ 60-64
A 80-84	C+ 55-59
B++ 75-79	C 50-54
B+ 70-74	D 49-45
	E Fail

INTERNAL ASSESSMENT CRITERIA
(P.G. Diploma in Yoga Education)

Internal Assessment for all subjects in P.G. Diploma in Yoga Education will be done as follows:

- | | | | |
|-----|-------------------------|---|-------------|
| (1) | Assessment within Class | : | (20) |
| (2) | Class Test-1 | : | (25) |
| (3) | Class Test-2 | : | (25) |
| (4) | Assignment | : | (20) |
| (5) | Attendance* | : | (10) |
| (6) | Total | : | (100) |
| (7) | Final Sessional | : | (50) |

NOTE: *Criteria for giving marks of attendance

% of Attendance	Marks
85%	0
86%	1
88%	2
90%	3
92%	4
94%	6
96%	8
98%	9
100%	10

Program Specific Learning Outcome of the Course -PGDYED

The aim of the programme is to propagate and promote Yoga for Positive Health.

This programme shall:

- 1) Help students to grow with sensitivity, sympathy and empathy towards others; learn to work in a team and develop leadership qualities; accept and respect individual differences and also work with responsibility, commitment developing deeper understanding of inclusive education.
- 2) Introduce Basic concepts of Preventive health and Promotion of health through yoga
- 3) Introduce Science of Human Body to the students so as to develop their understanding about the therapeutic application of Yoga in today's time.
- 4) Develop clear understanding about the Benefits and Contraindication of Yoga Practice so as to train teachers on preventive health and promotion of Positive Health through Yoga.
- 5) Learn to organize Yoga camps/ Workshops. Each student of Diploma has to undergo Internship related to Yoga Training Camp / Workshops under the supervision of their assigned mentors.
- 6) After completing the course, a student of Yogic science shall be able to find a career to teach and spread the knowledge in schools, colleges, health centres, and Yoga studios.

**LAKSHMIBAI NATIONAL INSTITUTE OF PHYSICAL EDUCATION
DEPARTMENT OF YOGIC SCIENCES**

**LIST OF PANEL OF EXAMINERS
P.G. DIPLOMA IN YOGA EDUCATION (P.G.D.Y.Ed.)
Semester-I**

Paper-I : Fundamentals of Yoga

S.NO.	NAME OF EXAMINERS	PHONE NO.	ADDRESS
1	Dr. Sanjay Singh	7248085465	Patanjali Yoga Peeth, Haridwar
2	Dr. Narendra Singh	9759727882	Patanjali Yoga Peeth, Haridwar
3	Dr. Govind Mishra	8115555493	Patanjali Yoga Peeth, Haridwar
4	Dr. Sanjeev Kumar Bhaumik	9436133322	Tripura University, Agartala
5	Dr. S.P.Pathak	9691755530	Shimla University
6	Prof. Suresh Lal Baranwal	9258369627	DSVV Shantikunj, Haridwar
7	Dr. Udham Singh	8439353407	Gurukul Kangari University, Haridwar
8	Dr. L.N.Joshi	9897703424	Uttarakhand Sanskrit University
9	Dr. Arpita Joshi	9897703424	Shimla University
10	Dr. Indu Sharma	9412937634	MDNIY, Delhi
11	Dr. Nibu R. Krishna	9425712188	LNIFE, Gwalior
12	Dr. Moradhvaj Singh	9648897563	LNIFE, Gwalior

**LIST OF PANEL OF EXAMINERS
P.G. DIPLOMA IN YOGA EDUCATION (P.G.D.Y.Ed.)
Semester-I**

Paper-II : Foundation & Practices of Hatha Yoga

S.NO.	NAME OF EXAMINERS	PHONE NO.	ADDRESS
1	Dr. Sunil Yadav	9258360927	D.S.V.V, Shantikunj, Haridwar
2	Dr. Indu Sharma	9412937634	MDNIY, Delhi
3	Dr. Arun Kumar Sao	9074803079	Sagar University, Sagar (M.P.)
4	Dr. S.P.Pathak	8628831846	Shimla University,
5	Dr. Kallol Chatarjee	9474010044	P.G. College, Panipur. 24/parganas (W.B.)
6	Dr. Bhaskar Shukla	9450633900	Allahabad University
7	Dr. Sanjay Singh	7248085465	Patanjali Yoga Peeth, Haridwar
8	Dr. Narendra Singh	9759727882	Patanjali Yoga Peeth, Haridwar
9	Dr. Govind Mishra	8115555493	Patanjali Yoga Peeth, Haridwar
10	Dr. Nibu R. Krishna	9425712188	LNIFE, Gwalior
11	Dr. Sunil Kumar Deshmukh	9340246263	LNIFE, Gwalior

LIST OF PANEL OF EXAMINERS
P.G. DIPLOMA IN YOGA EDUCATION (P.G.D.Y.Ed.)
Semester-I

Paper-III : Applied Anatomy and Physiology

S.NO.	NAME OF EXAMINERS	PHONE NO.	ADDRESS
1	Dr. Binayak Kumar Dubey	9621583369	B.H.U. Banaras (U.P.)
2	Dr. Gyaneshwar	9358671615	D.S.V.V, Shantikunj, Haridwar
3	Dr. Heera Lal	8161384451	HNB, Garhwal
4	Dr. Somshanker Chatarjee	9831236849	West Bengal
5	Dr. Gaurav Kushwah	9755388232	Gujrat
6	Dr. Sameer Gupta	9425117283	G.R.Medical College, Gwl
7	Dr. Sujoy Bisth	8473051211	Lnipe ,Guwahati
8	Dr. Sanjeev Kumar Patra	9483390476	Central University, Rajasthan
9	Dr. P.K.Das	9406581045	LNIFE, Gwalior
10	Dr. Gayatri Mishra	9340599802	LNIFE, Gwalior

LIST OF PANEL OF EXAMINERS
P.G. DIPLOMA IN YOGA EDUCATION (P.G.D.Y.Ed.)
Semester-I

Paper-IV : Naturopathy

S.NO.	NAME OF EXAMINERS	PHONE NO.	ADDRESS
1	Dr. Saraswati Kala	9720106250	Dr. Dayanand Naturopathy Centre
2	Dr. Dayanand Sinha	9897133160	D.S.V.V, Shantikunj, Haridwar
3	Dr. Amrit Lal Guruvebdra	9258360555	D.S.V.V, Shantikunj, Haridwar
4	Dr. S.N. Pandey	9873124147	Yugrishi Arogydham, New Delhi
5	Dr. Sanjeev Sakia	9450783141	Lalitpur
6	Dr. Bhaskar Shukla	9450633900	Allahabad University
7	Dr. Reema Shrivastava	9897794839	D.S.V.V, Shantikunj, Haridwar
8	Dr. Apar Saoji	9021070919 897034905	S Vyasa University, Bengaluru
9	Dr. Tarak nath Pramanik	9891852117	Delhi University
10	Dr. Sunil Kumar Deshmukh	9340246263	LNIFE, Gwalior
11	Dr. Nibu R. Krishna	9425712188	LNIFE, Gwalior

LIST OF PANEL OF EXAMINERS
P.G. DIPLOMA IN YOGA EDUCATION (P.G.D.Y.Ed.)
Semester-I (Practical)

Yoga Practical-I

S.NO.	NAME OF EXAMINERS	PHONE NO.	ADDRESS
1	Dr. Sanjeev Sakia	9450783141	Lalitpur
2	Dr. Ashustosh Bhandari	9997340370	R.B.S College, Agra
3	Dr. Tarak nath Pramanik	9891852117	Delhi University
4	Dr. L.N.Joshi	9897703424	Uttarakhand Sanskrit University
5	Dr. Arpita Joshi	9897703424	Shimla University
6	Dr. Bhaskar Shukla	9450633900	Allahabad University
7	Dr. Ghanshyam Thakur	9595818866 8308006322	HNB , Garhwal
8	Dr. Sandeep Dixit	9424933425	Kaivalya Dham, Bhopal
9	Dr. Reema Shrivastava	9897794839	D.S.V.V, Shantikunj, Haridwar
10	Dr. Nibu R. Krishna	9425712188	LNIFE, Gwalior
11	Dr. Payel Das	7067037789	LNIFE, Gwalior

LIST OF PANEL OF EXAMINERS
P.G. DIPLOMA IN YOGA EDUCATION (P.G.D.Y.Ed.)
Semester-I (Practical)

Naturopathy Practical

S.NO.	NAME OF EXAMINERS	PHONE NO.	ADDRESS
1	Dr. Sarashwati Kala	9720106250	Dr. Dayanand Naturopathy Centre
2	Dr. Dayananad Sinha	9897133160	D.S.V.V, Shantikunj, Haridwar
3	Dr. Sanjeev Sakia	9450783141	Lalitpur
4	Dr. Apar Saoji	9021070919 897034905	S Vyasa University, Bengaluru
5	Dr. Bhaskar Shukla	9450633900	Allahabad University
6	Dr. Sunil Yadav	9258360927	D.S.V.V, Shantikunj, Haridwar
7	Dr.Kamta Prasad	9358183287	D.S.V.V, Shantikunj - Haridwar
8	Dr. Reema Shrivastava	9897794839	D.S.V.V, Shantikunj, Haridwar
9	Dr. S.N. Pandey	9873124147	Yugrishi Arogydham, New Delhi
10	Dr. Sunil Kumar Deshmukh	9340246263	LNIFE, Gwalior
11	Dr. Nibu R. Krishna	9425712188	LNIFE, Gwalior

LIST OF PANEL OF EXAMINERS
P.G. DIPLOMA IN YOGA EDUCATION (P.G.D.Y.Ed.)
Semester-I (Practical)

Teaching Abilities (LESSON PLAN-I)

S.NO.	NAME OF EXAMINERS	PHONE NO.	ADDRESS
1	Dr. L.N.Joshi	9897703424	Uttarakhand Sanskrit University
2	Dr. Bhaskar Shukla	9450633900	Allahabad University
3	Dr. Kallol Chatarjee	9474010044	P.G. College, Panipur. 24/parganas (W.B.)
4	Dr. Ashustosh Bhandari	9997340370	R.B.S College, Agra
5	Dr. Garima Sharma	8103860972	Shaheed Bhagat Singh college, Vidisha
6	Dr. Sanjeev Sakia	9450783141	Lalitpur
7	Dr. Tarak nath Pramanik	9891852117	Delhi University
8	Dr.Kamta Prashad	9358183287	D.S.V.V, Shantikunj - Haridwar
9	Dr. Nibu R. Krishna	9425712188	LNIFE, Gwalior
10	Mrs. Anusha D. Tyagi	9821390080	LNIFE Gwalior

**LAKSHMIBAI NATIONAL INSTITUTE OF PHYSICAL
EDUCATION
DEPARTMENT OF YOGIC SCIENCES**

**LIST OF PANEL OF EXAMINERS
P.G. DIPLOMA IN YOGA EDUCATION (P.G.D.Y.Ed.)
Semester-II**

Paper-I : Patanjali Yoga Sutra

S.NO.	NAME OF EXAMINERS	PHONE NO.	ADDRESS
1	Dr. Kamta Prasad	9358183287	D.S.V.V, Shantikunj - Haridwar
2	Dr. Ajay Shastri	9868151670	J.N.U, Delhi
3	Dr. Sanjeev Kumar Bhaumik	9436133322	Tripura University, Agartala
4	Dr. S.P.Pathak	9691755530	Shimla University
5	Dr. Ashustosh Bhandari	9997340370	R.B.S College, Agra
6	Dr. Taraknath Pranamik	9891852117	Delhi University
7	Dr. L.N.Joshi	9897703424	Uttarakhand Sanskrit University
8	Dr. Arpita Joshi	9897703424	Shimla University
9	Dr. Sunil Kumar Deshmukh	9340246263	LNIFE, Gwalior
10	Dr. Anusha D. Tyagi	9821390080	LNIFE, Gwalior

**LIST OF PANEL OF EXAMINERS
P.G. DIPLOMA IN YOGA EDUCATION (P.G.D.Y.Ed.)
Semester-II**

Paper-II : Yoga & Health

S.NO.	NAME OF EXAMINERS	PHONE NO.	ADDRESS
1	Dr. Sanjay Singh	7248085465	Patanjali Yoga Peeth, Haridwar
2	Dr. Narendra Singh	9759727882	Patanjali Yoga Peeth, Haridwar
3	Dr. Arun Kumar Sao	9074803079	Sagar University, Sagar (M.P.)
4	Dr. S.P.Pathak	8628831846	Shimla University,
5	Dr. Kallol Chatarjee	9474010044	P.G. College, Panipur. 24/parganas (W.B.)
6	Dr. Bhaskar Shukla	9450633900	Allahabad University
7	Dr. Ajay Shastri	9868151670	J.N.U, Delhi
8	Dr. Ashustosh Bhandari	9997340370	R.B.S College, Agra
9	Dr. Govind Mishra	8115555493	Patanjali Yoga Peeth, Haridwar
10	Dr. Nibu R. Krishna	9425712188	LNIFE, Gwalior
11	Dr. Anusha D. Tyagi	9821390080	LNIFE, Gwalior

LIST OF PANEL OF EXAMINERS
P.G. DIPLOMA IN YOGA EDUCATION (P.G.D.Y.Ed.)
Semester-II

Paper-III : Principles of Psychology and Counselling

S.NO.	NAME OF EXAMINERS	PHONE NO.	ADDRESS
1	Dr. Kamta Prashad	9358183287	D.S.V.V, Shantikunj - Haridwar
2	Dr. Suresh Lal Barbwal	9258369627	D.S.V.V, Shantikunj - Haridwar
3	Dr. Bhaskar Shukla	9450633900	Allahabad University
4	Dr. Santosh Kumar Vishwakarma	9258360558	D.S.V.V, Shantikunj - Haridwar
5	Dr. Ishwar Bharadwaj	9412025142	Gurukul Kangri University, Haridwar
6	Dr. Swadesh Batta	76695691707	D.S.V.V, Shantikunj - Haridwar
7	Dr. Himadri sao	9358268226	D.S.V.V, Shantikunj - Haridwar
8	Dr. S.K. Gupta	9009976907	139 Narayan Nagar, Hoshangabad Road Bhopal
9	Dr. Nibu R. Krishna	9425712188	LNIFE, Gwalior
10	Prof. M.K. Singh	7587300426	LNIFE, Gwalior

LIST OF PANEL OF EXAMINERS
P.G. DIPLOMA IN YOGA EDUCATION (P.G.D.Y.Ed.)
Semester-II

Paper-IV : Alternate Therapy

S.NO.	NAME OF EXAMINERS	PHONE NO.	ADDRESS
1	Dr. Saraswati Kala	9720106250	Dr. Dayanand Naturopathy Centre
2	Dr. Dayanand Sinha	9897133160	D.S.V.V, Shantikunj, Haridwar
3	Dr. Amrit Lal Guruvebdra	9258360555	D.S.V.V, Shantikunj, Haridwar
4	Dr. S.N. Pandey	9873124147	Yugrishi Arogydham, New Delhi
5	Dr. Sanjeev Sakia	9450783141	Lalitpur
6	Dr. Bhaskar Shukla	9450633900	Allahabad University
7	Dr. Reema Shrivastava	9897794839	D.S.V.V, Shantikunj, Haridwar
8	Dr. Apar Saoji	9021070919 0897034905	S Vyasa University, Bengaluru
9	Dr. Tarak nath Pramanik	9891852117	Delhi University
10	Dr. Sunil Deshmukh	9340246263	LNIFE, Gwalior
11	Dr. Nibu R. Krishna	9425712188	LNIFE, Gwalior

LIST OF PANEL OF EXAMINERS
P.G. DIPLOMA IN YOGA EDUCATION (P.G.D.Y.Ed.)
Semester-II (Practical)

Yoga Practical-II

S.NO.	NAME OF EXAMINERS	PHONE NO.	ADDRESS
1	Dr. Sanjeev Sakia	9450783141	Lalitpur
2	Dr. Ashustosh Bhandari	9997340370	R.B.S College, Agra
3	Dr. Tarak nath Pramanik	9891852117	Delhi University
4	Dr. L.N.Joshi	9897703424	Uttarakhand Sanskrit University
5	Dr. Arpita Joshi	9897703424	Shimla University
6	Dr. Bhaskar Shukla	9450633900	Allahabad University
7	Dr. Ghanshyam Thakur	9595818866 8308006322	HNB , Garhwal
8	Dr. Sandeep Dixit	9424933425	Kaivalya Dham, Bhopal
9	Dr. Reema Shrivastava	9897794839	D.S.V.V, Shantikunj, Haridwar
10	Dr. Nibu R. Krishna	9425712188	LNIFE, Gwalior
11	Dr. Mordhwaj Singh	9648897563	LNIFE, Gwalior

LIST OF PANEL OF EXAMINERS
P.G. DIPLOMA IN YOGA EDUCATION (P.G.D.Y.Ed.)
Semester-II (Practical)

Alternate Therapy Practical

S.NO.	NAME OF EXAMINERS	PHONE NO.	ADDRESS
1	Dr. Sarashwati Kala	9720106250	Dr. Dayanand Naturopathy Centre
2	Dr. Dayananad Sinha	9897133160	D.S.V.V, Shantikunj, Haridwar
3	Dr. Sanjeev Sakia	9450783141	Lalitpur
4	Dr. Apar Saoji	9021070919 897034905	S Vyasa University, Bengaluru
5	Dr. Bhaskar Shukla	9450633900	Allahabad University
6	Dr. Sunil Yadav	9258360927	D.S.V.V, Shantikunj, Haridwar
7	Dr.Kamta Prashad	9358183287	D.S.V.V, Shantikunj - Haridwar
8	Dr. Reema Shrivastava	9897794839	D.S.V.V, Shantikunj, Haridwar
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P.G. DIPLOMA IN YOGA EDUCATION (P.G.D.Y.Ed.)
Semester-II (Practical)

Teaching Abilities (LESSON PLAN-II)

S.NO.	NAME OF EXAMINERS	PHONE NO.	ADDRESS
1	Dr. L.N.Joshi	9897703424	Uttarakhand Sanskrit University
2	Dr. Bhaskar Shukla	9450633900	Allahabad University
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4	Dr. Ashustosh Bhandari	9997340370	R.B.S College, Agra
5	Dr. Garima Sharma	8103860972	Shaheed Bhagat Singh college, Vidisha
6	Dr. Sanjeev Sakia	9450783141	Lalitpur
7	Dr. Tarak nath Pramanik	9891852117	Delhi University
8	Dr. Kamta Prashad	9358183287	D.S.V.V, Shantikunj - Haridwar
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