

JIWAJI UNIVERSITY
GWALIOR



Syllabus

SUBJECT
PGD IN YOGA EDUCATION

SCHOOL OF STUDIES IN
DISTANCE EDUCATION

**SCHOOL OF STUDIES IN DISTANCE EDUCATION
JIWAJI UNIVERSITY, GWALIOR**



Syllabus

PGD in Yoga Education & Meditation

Theory Paper:

- PGDYEM 101: Fundamentals of Yogic Science
- PGDYEM 102: Anatomy and Physiology of Human Body
- PGDYEM 103: Fundamentals of Hatha Yoga
- PGDYEM 104: Human Consciousness and Meditation

Project :

- PGDYEM 105 : Project Work
- PGDYEM 106 : Practical Work

Scheme of Examination

Each theory paper marks are divided into two parts:

- Theory paper will be of 70 marks for which minimum pass marks are 21.
- Assignment will be of 30 marks for which minimum pass marks will be 12.
- In aggregate passing marks of theory and Assignment should not be less than 40% in each subject.

PGD in Yoga Education & Meditation

Paper Code	Max.			Min.			Total Min in Theo. & Assignment
	Project	Theo	Ass.	Project	Theo	Assign	
PGDYEM 101	-	70	30	-	21	12	40
PGDYEM 102	-	70	30	-	21	12	40
PGDYEM 103	-	70	30	-	21	12	40
PGDYEM 104	-	70	30	-	21	12	40
Project Work	100	--	--	40	--	--	40
Practical Work	100	--	--	40	--	--	40

- 40 % and above but less than 50 % in aggregate : Third Division
- 50 % and above but less than 60 % in aggregate : Second Division
- 60 % and above in aggregate : First Division
- 75 % and above in aggregate : First Division with distinction

Note: -

1. **Evaluation of Assignment Work :** Assignment Assessment of each paper will be evaluated jointly by the teacher concerned and Director based on written assignment.
2. Each candidate will have to undergo an internship program of thirty working days in a recognized library/information center allotted by the University/Self selected. A certificate of completing the internship satisfactorily be obtained by student from the concerned Director, otherwise the result would be withheld.
3. A candidate failing in one subject shall be allowed to appear in (Distance mode) supplementary examination held with next year examination.
4. Project and Viva-Voce shall be conducted jointly by the External and Internal Examiners. However in case of difference of opinion the decision of the External examiner shall be final.

P.G. Diploma in Yoga Education & Meditation

PGDYEM 101: FUNDAMENTAL OF YOGA SCIENCE

Max Marks 70

Min Pass Marks 21

Unit I

Introduction to Yoga, Historical account, Concept of Yoga.

Unit II

Kind of Yoga (Raj Yoga, Karam Yoga, Bhakti Yoga, Gyan Yoga, Hath Yoga)

Unit III

Yoga Philosophy – Salient features of Indian Philosophy and its distinction from western philosophy, Relationship between Yoga and Philosophy.

Unit IV

Personality of Ancient Yogies – Patanjali, Vashitha Shankaracharya

Unit V

Personality of Modern Yogies – Ram Krishna Paramhansa. Arvind, Vivekanad, Shivananda.

PGDYEM 102: ANATOMY AND PHYSIOLOGY OF HUMAN BODY

Max Marks 70

Min Pass Marks 21

Unit I

Structure and functions of cells, tissue, organs and systems, Alimentary canal and Digestion of food.

Unit II

Structure and functions of Circulatory System, Respiratory System, Sense organs (Eye, Ear and Noise)

Unit III

Skeletal System – Bones of Skull, limbs, Girdle and Vertebra.

Unit IV

Urinogenital System and endocrine glands.

Unit V

Nervous System, Metabolism of protein, lipid and carbohydrates.

PGDYEM 103: FUNDAMENTAL OF HATHA YOGA

Max Marks 70

Min Pass Marks 21

Unit I

Introduction of Hatha Yoga, Concept of Hatha Yoga, Historical traditions.

Unit II

Full text of Hatha Yoga Pradipika

Unit III

Full text of Gheranda Samhita

Unit IV

Pranayam, Types of Pranayam, Effects of Pranayam.

Unit V

Yogic management of common diseases.

PGDYEM 104: HUMAN CONSCIOUSNESS AND MEDITATION

Max Marks 70

Min Pass Marks 21

Unit I

Evolution of human consciousness, nature of consciousness in yogasutra. Yogic concept of Chitta its variety and methods of their control.

Unit II

Nature of Consciousness in Vedas, Upanisad and other system of Vedic Philosophy.

Unit III

Neuroscience and Consciousness, Recent research as on Consciousness and Yogic science.

Unit IV

The theory of meditation, Preparation for meditation (Mudras, Bandhas, Pranayam), Meditative poses, Physiological effects of Meditation.

Unit V

The practices of meditation (Japa Yoga, Ajapa Japa Yoga, Yoga Nindra, Trataka, Nada Yoga etc.)