

# UNIVERSITY OF JAMMU

(NAAC ACCREDITED 'A GRADE' UNIVERSITY)  
Baba Sahib Ambedkar Road, Jammu-180006 (J&K)

## NOTIFICATION (21/Feb./Adp/54)

It is hereby notified for the information of all concerned that the Vice-Chancellor, in anticipation of the approval of the Academic Council, is pleased to authorize the adoption of the revised Syllabi, Courses and scheme of Study for Post Graduate Diploma Programme in **Yoga** for Semesters Ist and IInd (as given in the Annexure) for the examinations to be held in the years indicated against each semester as under:-

Subject	Semester	For the examinations to be held in the year
Yoga	Semester-I	Dec. 2020, 2021 and 2022
	Semester-II	May 2021, 2022 and 2023

The Syllabi of the courses is available on the University website: [www.jammuuniversity.ac.in](http://www.jammuuniversity.ac.in).

DEAN ACADEMIC AFFAIRS

No. F.Acd/II/21/ 6534-48

Dated: 24.02.2021

Copy to:

1. Dean, Faculty of Education, University of Jammu.
2. Director, Directorate of Sports and Physical Education
3. All members of the Committee
4. C.A to the Controller of Examinations
5. I/c Director, Computer Centre, University of Jammu
6. Deputy Registrar/Asst. Registrar (Conf. /Exams. Prof.)
7. Incharge, University Website for necessary action please.

Sumitashama  
Deputy Registrar (Academic) 18/2/2021

18/2  
18/02/2021  
18/2/21



### Scheme of Evaluation:

As this is a course with the objectives mentioned above, the assessment will be based on attendance in theory and practical classes, assignments in the form of worksheets for practical, synopsis of lectures for the theory, report of the team work and personality changes of students as assessed and evaluated by teachers.

The theory papers will be of 80 marks each and 20 marks are kept for internal assessment for each paper. Internal Practical will be of 50 marks and 50 marks for External practical.

### Scheme of Examination Semester- wise: Semester-1<sup>st</sup>

Course Code	Title of the Course	Theory /External Practical Examination Max. Marks	Internal Assessment/Internal practical Examination Max. Marks	Total Marks	Credit
PGDYOG101	Foundation of Yoga	80	20	100	4
PGDYOG102	Yogic Text	80	20	100	4
PGDYOG103	Anatomy and Physiology	80	20	100	4
<b>Practical</b>					
PGDYOG104	Asana,Pranayama, Mudras and Bandhas	50	50	100	4
PGDYOG105	Clinical Examination &Viva-Voca	50	50	100	4
<b>Total</b>				500	20

*[Handwritten signatures and marks]*

Semester-2<sup>nd</sup>

Course Code	Title of the Course	Theory /External Practical Examination Max. Marks	Internal Assessment/Internal Practical Examination Max. Marks	Total Marks	Credit
PGDYOG201	Patanjali Yog Sutra	80	20	100	4
PGDYOG202	Yoga and Cultural Synthesis	80	20	100	4
PGDYOG203	Yogic Management of common Diseases	80	20	100	4
<b>Practical</b>					
PGDYOG204	Asan,Pranayam & Shatkarama	50	50	100	4
PGDYOG205	Project Report	50	50	100	4
Total				500	20

A candidate shall be declared to have passed the examination if he/she obtains not less than 36% of the marks in each theory papers and 50% 'in practical papers.

*[Handwritten signatures and marks]*

**P.G. Diploma in Yoga**  
**FOR THE EXAMINATION TO BE HELD IN DECEMBER 2020, 2021, 2022**

**Syllabus of Semester-1<sup>st</sup>**

Course Code: PGDYOG101

Title of the Course: Foundation of Yoga

Duration: 03 hours

Max. Marks : 100 Marks

Internal Assignment : 20 Marks

Theory Marks: 80 Marks

Origin of Yoga & its brief development. Meaning of Yoga & its importance, Meaning of meditation and its types and principles.

Classification of Yoga/Types of Yoga-Hatha Yoga , Raja Yoga, Laya Yoga, Bhakti Yoga, Gyan Yoga, Karma Yoga, Asthang Yoga.

Different types of definitions of Yoga in Shrimad Bhagavadgeeta and Role of Bhagavadgeeta in day to day life.

Introduction of some prominent yogis :- Maharishi Patanjali, Yogi Gorakshanath, Swami Vivekananda, SwamiShivananda, Matsendranatha, ParmahansaYoganandji, Swami Satyanand Saraswati.

Reference Books:-

1. Hathapradipika - Published from Kaivalyadhama
2. Gherandasamhita - Published from Kaivalyadhama
3. Yogic Therapy - Swami Kuvalayananda and Dr.S.L.Vinekar, Govt. of India, Ministry of Health, New Delhi.
4. Four Chapters of Freedom - Swami Satyananda

**Instructions for Paper Setters and Candidate:-**To acquaint the students with elementary knowledge of the sub-topics mentioned above with special references to the main texts. Ten questions will be asked in total out of which the candidate has to attempt only five questions. All questions carry equal marks.

**P.G. Diploma in Yoga**  
**FOR THE EXAMINATION TO BE HELD IN DECEMBER 2020, 2021, 2022**

**Syllabus of Semester-1<sup>st</sup>**

Course Code: PGDYOG-102  
Title of the Course: Yogic Text  
Duration: 03 hours

Max. Marks : 100  
Internal Assignment : 20 Marks  
Theory Marks: 80 Marks

Hatha Yoga Pradipika: Full text with necessary reference to GherandaSamhitaand Yogopanishads. What is Asana? Definition of Asana. Detailed explanation of the term "SthirSukharnAsanam", "SthairyarnArcgyarnchangalaghavam", Classification of Asana - Aim of CulturalAsanas, RelaxativeAsanas& Meditative asanas. Characteristics of Meditativeasanas. Effect of Cultural Asanas on different systems working in the human body. How to practice Asanas. Precautions for the practitioner - importance of place, seat, time sequence combination with other exercise, bath, food, Yoga Diet, limitations for females etc.

What is Pranayama - General features of Pranayama- Sagarbha- Agarbha Pranayama -Sahitaand Kevali Kumbhaka. Technical aspect of Pranayama, Three phases of pranayama - purak- kumbhaka\_ Rechaka. Suvatima-rama's eight varieties or Kumbhakas- technique of each. Effects of Pranayama. importance of time, choice of pranayama, use of kumbhaka, attention. Yogic concepts of Body function Panchakosa, Panch Prana, Pranashakti. Concept of nadi and chakra.

Reference Books:

- 1, GherandaSamhita - Swami Dignamberji&Dr. M.L. Gharote.
2. Hatha Pradipika- Swami Digamber Ji.
3. Hatha Yoga Pradipika - Swami Satyananda.
4. Hatha Yoga PradipikaSwami Yogeshwarananda.
5. Hatha Yoga Pradipika- Swami Yogendra.,

**Instructions for Paper Setters and Candidate:**-To acquaint the students with elementary knowledge of the sub-topics mentioned above with special references to the main texts. Ten questions will be asked in total out of which the candidate has to attempt only five questions. All questions carry equal marks.

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**P.G. Diploma in Yoga**  
**FOR THE EXAMINATION TO BE HELD IN DECEMBER 2020, 2021, 2022**

**Syllabus of Semester-1<sup>st</sup>**

Course Code: PGDYOG103

Title of the Course: Anatomy and Physiology

Duration: 03 hours

Max. Marks : 100

Internal Assignment : 20 Marks

Theory Marks: 80 Marks

1. Musculoskeletal System - Properties and types of muscles. Difference between muscles and tendons. Classification of bones, joints and their types.
2. Blood composition of Blood, Cellular content of Blood.
3. Cardiovascular System - Structure and function of heart. Difference between arteries and veins. Blood pressure and its measurement.
4. Respiratory System - Organs of respiratory tract. Structure and function of nose. Structure and function of lungs. Physiology of respiration and its mechanism.
5. Digestive System - Description of alimentary canal- structure and function – Process of digestion. absorption and assimilation of food.
6. Reproductive system - Structure and function of male reproductive organ. Structure and function of female reproductive system. Role of hormones in regularizing the reproductive system.
7. Excretory System - Organs of excretion structure and function of kidney. Structure and function of skin.
8. Effect of Yogic practices on different systems.
9. Nervous System structure of Neuron and their properties , types of Nerves, synapse and neuro transmitters, neuro muscles junction , Brain and its parts. Spinal cord and role of sensory and motor nerves in reflex actions.
10. Preliminary knowledge of Endocrine glands and Hormones and their functions.

Reference Books

1. Anatomy & Physiology of Yogic Practices - M.M. Gore.
2. Asana Why and How - O.P. Tiwari.
3. Asana - Swami Kuvalynanda.
4. Foundation of Anatomy & Physiology - Rose and Wilson.

**Instructions for Paper Setters and Candidate:-**To acquaint the students with elementary knowledge of the sub-topics mentioned above with special references to the main texts. Ten questions will be asked in total out of which the candidate has to attempt only five questions. All questions carry equal marks.

**P.L. Diploma in Yoga**  
**FOR THE EXAMINATION TO BE HELD IN DECEMBER 2020, 2021, 2022**

**Syllabus of Semester - I<sup>st</sup>**

**THEORETICAL**

Course Code: PL/DIPLOMA/001

Title of the Course: **Asana, Pranayama, Mudra & Mantra**

Duration: **04 Hours**

Max. Marks: **100**

100 Marks

Internal Practical: **30**

30 Marks

External Practical: **30**

30 Marks

**ASANA**

1. Surya Namaskara
2. Tadasana
3. Triakshana
4. Bhujangasana
5. Urdhva Dhanurasana
6. Pawanasana
7. Bhadrasana
8. Bhujangasana
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30. Bhujangasana

**PRANAYAMA**

1. Nadi Sodhan
2. Anulom Vilom
3. Ujjayi
4. Kapalabhati

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**P.G. Diploma in Yoga**  
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**Syllabus of Semester-1<sup>st</sup>**

**Practical**

Course Code: PGDYOG104

Title of the Course: Asan. Pranayam, Mudra & Bandha

Duration: 06 hours

Max. Marks : 100 Marks

Internal Practical : 50 Marks

External Practical: 50 Marks

**MUDRAS**

1. Gyana Mudra
2. Chin Mudra
3. Yoni Mudra
4. Bhairva Mudra
5. Haridaya Mudra

**Bandhas**

1. Jalandhar Bandha
2. Urdhiyan Bandha
3. Mulabandha
4. Mahabandha

**Reference Books**

1. Asana Pranayama Mudra Bandha-Swami Satyananda.
2. Meditation- Swami Satyananda.

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*M. K. Singh*



P.G. Diploma in Yoga  
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Syllabus of Semester-1<sup>st</sup>

Practical

Course Code: PGDYO105

Title of the Course: Clinical Examination & Viva-Voca

Duration: 06 hour

Max. Marks : 100 Marks

Internal Practical : 50 Marks

External Practical: 50 Marks

General History taking of patient:-

1. General Data
2. Chief complaints
3. Present illness
4. Past History
5. Personal History
6. Menstrual History
7. Family History
8. Review of systems
9. Blood Pressure
10. Pulse Rate

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**P.G. Diploma in Yoga**  
**FOR THE EXAMINATION TO BE HELD IN May 2021, 2022, 2023**

**Syllabus of Semester-2<sup>nd</sup>**

Course Code: PGDYOG201

Title of the Course: Patanjali Yog Sutra

Duration: 03 hours

Max. Marks : 100

Internal Assignment : 20 Marks

Theory Marks: 80 Marks

Explanations of all the sutras of Samadhipada and Sadhanapada. Definition of Yoga and Chitta, Types of Vrittis. Kriya Yoga, Panch klesha, Prakriti and purusha, samyam, eight parts of Yoga. Patanjali's four type of Pranayama. First eight sutras of Vibhutipada with the necessary comments based on commentaries. Kaivalya Pada: sources of Sidhis, sources of Vasana and Disappearance of Vasana, Nature of Kaivalya in Yoga Sutras of Patanjali.

Reference Books

1. PatanjalaYoga Pradipa- Dr. Omananda.
2. Four Chapters of Freedom - Swami Satyananda.
3. Patanjala Yoga Sutra.
4. Yoga Darshana - Swami Niranjananada.

**Instructions for Paper Setters and Candidate:**-To acquaint the students with elementary knowledge of the sub-topics mentioned above with special references to the main texts. Ten questions will be asked in total out of which the candidate has to attempt only five questions. All questions carry equal marks.

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**Syllabus of Semester-2<sup>nd</sup>**

Course Code: PGDYOG202

Title of the Course: Yoga and Cultural Synthesis

Duration: 03 hours

Max. Marks : 100

Internal Assignment : 20 Marks

Theory Marks: 80 Marks

Definition of Culture A brief survey of different culture. Religion and Culture - Relation between Culture and Yoga. The Indian Culture - Vedic Religion Upanishadic thought - six systems of Indian Philosophy. The Mahabharata - The Bhagwat Gita - The Ramayana- Puranas Tantras -- Buddhism and Jainism - Schools of Vedanta - Vedanta and Sufism - Islam - Shaivism-Vaishnavism- Christianity. Avesta and Iranian Religion - Yoga as the basis of Culture and Humanitarianism.

Reference Books:

- I. A history of Indian Philosophy - Chatterji.

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**P.G. Diploma in Yoga**  
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**Syllabus of Semester-2<sup>nd</sup>**

Course Code: PGDYOG-203

Title of the Course: Yogic Management of Common Diseases

Duration: 03 hours

Max. Marks : 100

Internal Assignment : 20 Marks

Theory Marks: 80 Marks

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- Section One: Head and Neck
1. Short and Long Sightedness
  2. Headache
  3. Thyroid Disease
- Section Two : Cardiovascular System
1. The Heart and Circulatory System
- Section Three : The Respiratory System
1. The Common Cold
  2. Bronchitis and Eosinophilia
  3. Asthma
  4. Sinusitis
  5. Rhinosinillitis
- Section Four : Gastro - Intestinal Tract
1. Peptic Ulcer
  2. Constipation
  3. Colitis
  4. Diabetes Mellitus
  5. Obesity
- Section Five : Joints and Musculo-Skeletal System
1. Arthritis
  2. Cervical Spondylitis
  3. Back pain
  4. Slipped Disc and Sciatica
- Section Six : Urogenital System
1. Kidney Stone
  2. Prolapse: Urinary tract problems in woman
  3. Menstrual Disorders
  4. Leucorrhoea and Vaginal Infections : Disorders of male reproductive system
  5. Sterility and Impotence
  6. Prostatic Disease
- Section Seven: Miscellaneous Disorders
1. The Skin diseases
  2. Varicose Veins
  3. Health Management through Acupressure and Naturopathy

**P.G. Diploma in Yoga**  
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**Syllabus of Semester-2<sup>nd</sup>**

Course Code: PGDYOG203

Title of the Course: Yogic Management of Common Diseases

Duration: 03 hours

Max. Marks : 100

Internal Assignment : 20 Marks

Theory Marks: 80 Marks

Reference Books :-

1. Yogic Management of common diseases - Dr. Swami Karmananda Saraswati
2. Common Disease - Dr. D.R. Gala
3. Yoga Therapy - Swami Sivananda Saraswati

**Instructions for Paper Setters and Candidate:** - To acquaint the students with elementary knowledge of the sub-topics mentioned above with special references to the main texts. Ten questions will be asked in total out of which the candidate has to attempt only five questions. All questions carry equal marks.

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**P.G. Diploma in Yoga**  
**FOR THE EXAMINATION TO BE HELD IN May 2021, 2022, 2023**

**Syllabus of Semester-2<sup>nd</sup>**

**Practical**

Course Code: PGDYOG204

Title of the Course: Asana, Pranayam, & Shatkarma

Duration: 06 hours

Max. Marks : 100 Marks

Internal Practical : 50 Marks

External Practical: 50 Marks

**Asana**

1. Vakrasava
2. Naukasana
3. Haridhyastambasana
4. Gomukhasana
5. Paschimnottanasa
6. Ardhamatsyendrasana
7. Lolasana
8. Nirlambapascheruottanasa
9. Utthanasana
10. Kurmasana
11. Bhujangasana
12. Mandukasana
13. Sirshasana
14. Bhujangasana
15. Santolanasana
16. Samkonasana
17. Divikonasana
18. Udarakashanasana
19. Chakrasana
20. Mayurasana
21. Padmasana
22. Dolasana
23. ParivrittiJanusirshasana
24. Bakasana
25. Kama pidasana
26. Vatayanasana
27. Balasana
28. Sirshasana
29. Sarvangasana
30. Halasana
31. Matsayasana

**Pranayam**

1. Bhastrika
2. Bhramari
3. Moorcha
4. Kewali

P.G. Diploma in Yoga  
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Syllabus of Semester-2<sup>nd</sup>

Practical

Course Code: PGDYOG204

Title of the Course: Asan, Pranayam, & Shatkarma

Duration: 06 hours

Max. Marks : 100 Marks

Internal Practical : 50 Marks

External Practical: 50 Marks

Shatkarma

1. Kapalbhatai
2. Gajkarni
3. Neti kriyas
4. Trataka
5. Agnisar
6. sankhapraksalana

1. Reference Books:-Asana Pranayama Mudra Bandha : Swami Satyananda.
2. Meditation- Swami Satyananda

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P.G. Diploma in Yoga  
FOR THE EXAMINATION TO BE HELD IN May 2021, 2022, 2023

Syllabus of Semester-2<sup>nd</sup>

Practical

Course Code: PGDYOG205  
Title of the Course: Project Report  
Duration: 06 hours

Max. Marks : 100 Marks  
Internal : 50 Marks  
External : 50 Marks

Prepare a project on following Diseases and finally submit the project to the concerned Teacher Incharge.

1. Diabetes
2. Backpain
3. Headache
4. Thyroid
5. Obesity
6. Cervical Spondylitis
7. Hypertension
8. Constipation
9. Asthma
10. Slipped Disc and Sciatica