

**Maharishi University
of Management & Technology
Bilaspur**



**SYLLABUS
2020-21**

**PG Diploma in Yoga
(PGDY)**

Maharishi University of Management & Technology, Bilaspur

PG Diploma in Yoga (PGDY)

Course of study and scheme Examination

(There shall be two theory papers and one practical in each semester)

Duration: 1 Years

Eligibility: Any Graduate

SCHEME OF EXAMINATIONS FIRST SEMESTER

PGDY101 Paper-01 Fundamental of Yogas M.M. 100

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| Unit-I | Introduction to Yoga: The concept, meaning, definition and tradition of Yoga Guru-Shishya (types and meaning) |
| Unit-II | Basic texts of Yoga: Yoga Sutra (Samadhi and Sadhana Padas) Hathyoga, Pradipika. |
| Unit-III | Kinds of Yoga: Bhakti yoga, Karma yoga, Mantra yoga and Raj yoga. |
| Unit-IV | Study of Ida, Pingala, Sushumna, Seven Chakras, Five Koshas and Five Pranas. |
| Unit-V | Contemporary Yogis: Shri Aurobindo, Satyananda and Shivananda, Maharishi Mahesh Yogi. |

PGDY102 Paper-02 Applied Yoga & Transcendental Meditation M.M. 100

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| Unit-I | Meaning, definition and importance of Yoga and Health in life. Theories of Health, Various exercises benefits of Yoga - asanas and their values vis a vis other systems. |
| Unit-II | Practices of Yoga: Preparation, Food, Dress, Sequence, Climatic, Changes Daily routine Vratas for health, positive and negative factors. |
| Unit-III | Life pattern and Yoga: Effects of yoga upon bodily function, Role of yoga asanas in modern living. |
| Unit-IV | Physiology: Constitution Nervous system, Respiratory system, Circulatory system and Endocrine glands. |
| Unit-V | Aspects of Mind (Topographical and Dynamic) Id, Ego and Super Ego, Conscious, Sub Conscious and Un conscious, Yogic concept of mind and mental process. |

PGDY103 Paper-03 Maharishi Vedic Science-II M.M. 100

PGDY104 Practical Practice Teaching M.M. 50

Asanas, Kriyas, Pranayamas Class arrangement, Meditation

Practical

1. Kriyas : Jal Neti, Kunjal Kriya, Kapal Bhati, Doti.
2. Asanas : Simple asanas, Relaxation, Pre meditative, Backward and forward, bending twisting, balancing.
3. Pranayamas : Nadishodhan, Bhastrika, Ujjayi, Suryabhedan.
4. Mudra :Gyan and Chin, Yoga and Viparitkarani.
- Bandha: Jalandhar, Moola, Uddiyaan.
5. Yoga Nidra

PGDY105 Practical Record & Viva

M.M. 50

Total Marks: 400

**SCHEME OF EXAMINATIONS
SECOND SEMESTER
PGDY106 Paper-01 Yoga Philosophy M.M. 100**

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| Unit-I | The subject matter of Yoga philosophy Samkhya: Prakriti, Purusha and Cosmology. Vedanta: Brahman Soul and Maya |
| Unit-II | Different systems of Philosophy: Pancha Mahavrata - Jainism Ashtang Mars- Buddhism Integral Yoiga- Shri Aurobindo |
| Unit-III | Yoga Sutra: Nature of Chitta, Chitta vrittis and Bhoomis. |
| Unit-IV | Kinds of Yoga: Hatha Yoga, Kundalini, Jnana, Laya. |
| Unit-V | Psychosomatic disorders (meaning and types) their management through Yoga, Aging-its problems and management through Yoga. |

PGDY107 Paper-02 Hath Yoga M.M. 100

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| Unit- I | Introduction to the Hath Pradipika and Gherand Samhita. |
| Unit-II | Pranayama- its meaning, methods, kinds, precaution and benifits. |
| Unit-III | Shuddhi Kriya: Shatkarma, its method and utililty. |
| Unit-IV | Bandha and Mudras: methods and benifits. |
| Unit-V | Samadhi, Different systems of Meditation. |

PGDY108 Paper-03 Maharishi Vedic Science-II M.M. 100

PGDY109 Practical Practice Teaching M.M. 50

Asanas, Kriyas, Pranayamas Class arrangement, Meditation

Practical

1. Kriyas : Basti, Tratak
 2. Advance Asanas : Backward and forward, bendin, twisting, balancing asanas.
 3. Pranayamas : Sheetali, Seetkari, Bhramari and Murchha.
 4. Mudra :Ashvini, Praa, Maha, Khechari, Kaki
- Bandha: Jalandhar, Moola, Uddiyaan.
With asanas and pranayama.
5. Concentration and Meditation.

PGDY110 Practical Record & Viva M.M. 50

Total Marks: 400

Grand Total: Sem.I & Sem.II- 800