SCHEME AND SYLLABUS
(With effect from August 2013)

Post Graduate Diploma in Yoga Therapy
(PGDYT)
Dear Students,

Hearty Welcome to one and all.

WELCOME TO PRASHANTI KUTIRAM, the abode of peace, an ideal ‘HOME’ to lead the “YOGA WAY OF LIFE”.

We congratulate you on having been selected to pursue the noblest path of Yoga. The course is designed for you not only to learn the holistic approach of YOGA but also to LIVE it and prepare yourself to propagate it for health, peace and harmony, which is the need of the hour.

It is an adventure to enquire the deepest layer of man’s identity in the quest of Truth. It is also very unique to lead the path of Yoga which is our ancient tradition.

The objectives of the course is to bring all round personality development of the students at all levels and train them in Yoga therapy field.

The duration of the course is 15 months (12 months + 3 months internship).

After the completion of the course the students can join the Hospitals, Spa and Wellness Centers or give Yoga therapy for patients under the guidance of qualified doctors.

We sincerely hope that all students at S-VYASA will uphold the moral values and etiquettes enumerated in the Yogic Texts and follow the noble path of virtue expounded in the Vedas.

We are confident that you will not only enjoy this course but also be highly benefited. The condition for the same is that YOU SHOULD BE TOTALLY OPEN TO ALL THAT IS OFFERED, WITHOUT PREJUDICE. Please accept the routine and participate in all the programs without fail both physically and mentally.

We wish you good luck

(Prof. G. Ramachandra Bhat)
Vice Chancellor.
I REGULATIONS GOVERNING PGDYT COURSE

OM 1 ADMISSIONS AND ELIGIBILITY
OM 2 ATTENDANCE REQUIREMENT
OM 3 INTERNAL ASSESSMENT MARKS
OM 4 CRITERIA FOR PASSING
OM 5 PROMOTION AND ELIGIBILITY FOR THE EXAMINATIONS
OM 6 FIELD TRAINING
OM 7 GRADING SYSTEM
OM 8 CREDIT WAIVER/TRANSFER

II SCHEME OF TEACHING & EXAMINATION REGULATIONS

OM 1 ADMISSIONS AND ELIGIBILITY
OM 1.1 To be eligible for admission to the course, the candidates should have passed any Bachelor’s Degree of any discipline plus Yoga Instructor’s Course (YIC) or bridge course.

OM 1.2 The candidates shall have secured a minimum of 50% of marks.

OM 1.3 Candidates belonging to Scheduled Castes, Scheduled Tribes shall be considered for admission if they have passed the qualifying examination obtaining not less than 40% of marks in aggregate.

OM 2 ATTENDANCE REQUIREMENT
OM 2.1 Each semester is considered as a unit and the candidate has to put in a minimum attendance of 90% in each subject with a provision of condonation of 10% of the attendance by the competent authority on the specific recommendation of the Dean on valid reasons.
OM 2.2 The basis for the calculation of the attendance shall be the period prescribed by the University by its calendar of events.

OM 2.3 The students shall be informed about their attendance position periodically so that the students to be cautious to make up the shortage.

OM 3 INTERNAL ASSESSMENT MARKS

OM 3.1 Theory or Practical of each subject shall have a maximum Internal Assessment Marks of 50.

OM 3.2 The Internal Assessment marks in a theory subject shall be based on two assignments for 20 marks, two tests for 20 marks conducted normally at the end of 8 and 12 weeks of each term and faculty assessment of 10 marks. An additional test may be conducted for desirous students before the end of the term to give an opportunity to students to improve their internal assessment marks if necessary.

OM 3.3 In the case of Practical and Field Training, the IA marks shall be based on the laboratory/field training reports and one practical test.

OM 3.4 If a candidate fails to secure a minimum of 50% of the IA marks (25/50) in Theory, Practical and Field Training, such candidate shall not be eligible to take the concerned subjects in the University examination.

OM 3.5 Such candidates as mentioned in 3.4, shall repeat the semester to secure marks prescribed.

OM 3.6 There shall not be provision for improvement of IA marks in theory subjects and also in cases of Laboratory/Field Training where the candidate has already secured required marks.

OM 4 ELIGIBILITY FOR PASSING

OM 4.1 For a pass in a theory subject, a candidate shall secure minimum of 50% of the maximum marks prescribed for the theory subject in the University examination.
OM 4.1(a) For a pass in practical/field training, a candidate shall secure a minimum of 50% of the maximum marks prescribed for the University examination in the relevant practical/field training.

OM 4.2 The candidates who do not satisfy the condition of OM 4.1 shall be deemed to have failed in that subject and they must be subsequently cleared by repeating (by fresh registration and attending the classes) the same course before being eligible for the award of the Diploma.

OM 4.3 The candidates who pass a subject of a term as per OM 4.1 are not allowed to appear for the same again, unless he/she opts for rejection of results as per the OM 4.4, 4.5 & 4.6.

OM 4.4 If a candidate so desires, there shall be provision for rejection of total performance of a term (including IA marks). But rejection is permitted only once during the entire course of study.

OM 4.5 The candidate who desires, to reject the performance as per OM 4.4 shall reject performance in all the subjects of the term irrespective of whether the candidate has passed or failed in any subject.

OM 4.6 A candidate who desires to reject the total performance of the term including internal assessment, has to take readmission for the relevant term. Application for such readmission shall be sent to the Registrar within 30 days from the date of the announcement of the results. Late submission of application shall not be accepted for any reasons. Readmission to 1st term in such cases will not be considered as fresh admission i.e., the candidate will continue to have same University Roll Number, which was allotted earlier.

OM 4.7 Such candidates who opt for rejection are eligible for award of class but not eligible for awards.
OM 5  PROMOTION AND ELIGIBILITY FOR THE EXAMINATIONS

OM 5.1 There shall not be any restriction for promotion from odd semester to even semester, provided the candidate has fulfilled the attendance requirement.

OM 6  FIELD TRAINING

OM 6.1 Field training will be provided in the in-campus yoga therapy hospital or in primary health care centers.

OM 7  GRADING SYSTEM

OM 7.1 The student will be assigned a grade in each course based on his or her combined performance in the sessional work and the final examination. Grade distinction and grade point of each grade are as follows:

<table>
<thead>
<tr>
<th>Marks Obtained</th>
<th>Grade</th>
<th>Grade points</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 50%</td>
<td>F</td>
<td>0</td>
<td>Fail</td>
</tr>
<tr>
<td>50% to 54%</td>
<td>C</td>
<td>1</td>
<td>Pass</td>
</tr>
<tr>
<td>55% to 64%</td>
<td>B</td>
<td>2</td>
<td>Second class</td>
</tr>
<tr>
<td>65% to 74%</td>
<td>A</td>
<td>3</td>
<td>First class</td>
</tr>
<tr>
<td>75% to 100%</td>
<td>E</td>
<td>4</td>
<td>Distinction</td>
</tr>
</tbody>
</table>

OM 7.2 Cumulative Grade Point Average: Based on the grades obtained in all the subjects registered for by a student, his or her Cumulative Grade Point Average (CGPA) is calculated as follows:

\[
CGPA = \frac{\sum (\text{No. of Credits} \times \text{Grade Point})}{\sum \text{No. of Credits}}
\]

CGPA is rounded off to the second decimal place.
OM 8  CREDIT WAIVER / TRANSFER

OM 8.1  Exemptions from a Subject

OM 8.1.1  A student seeking exemption from a subject should apply to the Dean of the Department, stating reasons within 3 days from the date of registration for the course.

OM 8.1.2  A student who has applied for exemption of a subject should continue in attending the classes for that subject until the result is declared. He/she could discontinue only if exemption is granted.

SEMESTER 1

<table>
<thead>
<tr>
<th>Subject Code</th>
<th>Name of the Subject</th>
<th>Credits</th>
<th>Lecture/Practical Hrs/week</th>
<th>Exam in Hrs</th>
<th>IA</th>
<th>Exam</th>
</tr>
</thead>
<tbody>
<tr>
<td>PGDYT T 101</td>
<td>Basis of Yoga Therapy</td>
<td>4</td>
<td>4</td>
<td>3</td>
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<tr>
<td>PGDYT T 102</td>
<td>Yoga Therapy – 1</td>
<td>4</td>
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<td>Yoga Therapy -2</td>
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<tr>
<td>PGDYT T 104</td>
<td>Samskritam &amp; English or Hitopadesa</td>
<td>4</td>
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<td>3</td>
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<tr>
<td>PGDYT P 101</td>
<td>Yoga Therapy Techniques</td>
<td>2</td>
<td>6</td>
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<tr>
<td>PGDYT P 102</td>
<td>Yoga Practice –VII</td>
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<tr>
<td>PGDYT P 103</td>
<td>Spoken Samskritam &amp; English</td>
<td>2</td>
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<td><strong>Total</strong></td>
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SEMESTER 2

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<th>Exam in Hrs</th>
<th>IA</th>
<th>Exam</th>
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<tbody>
<tr>
<td>PGDYT T 201</td>
<td>Introduction to Psychology, Counseling &amp; Patañjali Yogasutras</td>
<td>4</td>
<td>4</td>
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<tr>
<td>PGDYT P 201</td>
<td>Advance Techniques</td>
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<td>12</td>
<td>150</td>
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</table>

SYLLABUS:

SEMESTER 1

PGDYT T 101 BASIS OF YOGA THERAPY (60 HOURS)

CHAPTER 1: VEDĀS AND UPANIŚADS
- Vedās, the foundations of Indian culture; antiquity.
- The four main Vedās, Science and Technology of Vedās,
- Prasthānatraya.
- Essence of the Vedas - Upaniṣads, the style of Upaniṣads.
- The two main quests - Happiness Analysis and Quest for reality.

CHAPTER 2: NYĀYA & VAIŚEŚIKA
- Concept of Nyāya philosophy, means of salvation according to Nyāya and Vaiśeśika.
- The sixteen Padārthas according to Nyāya.
- Means and objects of knowledge according to Nyāya and Vaiśeśika.
• Relation between Nyāya and Vaiśeṣika philosophy.
• Perception (Pratyakṣa), inference (Anumāna), comparison (Upamāna) according to Nyāya and Vaiśeṣika.

CHAPTER 3: SĀŃKHYA AND YOGA

• Introduction.
• Three fold afflictions and means to overcome afflictions.
• 25 entities according to Sāṅkhya and means of knowledge.
• Śatkārya Vāda, similarities and dissimilarities between Vyakta and Avyakta, Triguṇa
• Existence of Puruṣa, plurality of Puruṣa, proximity of Puruṣa and Prakṛti.
• Kāraṇa, Antaḥ Karaṇa and Bāhya Karaṇa according to Sāṅkhya Kārikā.

CHAPTER 4: MĪMĀMSA

• Uttara Mimāmsā: Concept of Badarayāna in Uttara mimāmsā, Pramāṇa, Pratyakṣa, Anumāna, Śabda according to Uttara Mimāmsā.
• Difference between Vidyā & Avidyā, subject & object, creation & causation, cause & effect.
• Summary of ten Upaniṣads.
• Pūrva Mimāmsā in Śād Darśana;
• Pramāṇas of Jaimini,
• Atheism in Pūrva Mimāmsā.

CHAPTER 5 BHAGAVAD GĪTĀ (B.G.)

• General Introduction to Bhagavad Gītā (B.G.).
• Definitions of Yoga in Bhagavad Gītā and their relevance and Scope.
• Essentials of B.G from Chapters II, III, IV, V, VI, XII & XVII:
• The meanings of the terms Ātmasvarūpa, Sthitaprajña, Sāṅkhya Yoga, Karma Yoga, Sannyāsa Yoga and Karma Svarūpa (Sakāma and Niñkāma) etc. Sanyāsa, Dhyāna , Nature of Dhyāna,
Preparation for Dhyāna and Dhyāna Yoga etc.

- Bhakti, Nature of Bhakti, Means and Goal of Bhakti Yoga.
- The Trigunaḥs and modes of Prakṛti.
- Three kinds of faith.
- Food for Yoga Sādhaka, classification of food etc.
- The Glory of B.G.

CHAPTER 6

- Yoga Vaśiṣṭa. Concept of mind, creation, concept of Ādhi and Vyādhi, Remedies.

TEXT BOOKS

1. Dr H R Nagendra : Yoga Its Basis and Applications
   - Swami Vivekananda Yoga Prakashana, Bangalore, 2002

2. Chandradhar Sharma : A Critical Survey of Indian Philosophy
   - Motilal Banarsidass Publishers, Delhi, 2000

REFERENCE BOOKS

1. Radhakrishnan, S. : Indian Philosophy (Vol. I & II)
   - George Allen and Unwin, London, 1971

2. Swami Prabhavananda : Spiritual Heritage of India (English)
   - Sri Ramkrishna Math, Madras, 2004

   - Ramakrishna Math, Bangalore, 2000

   - Pub: Ramakrishna Mission, Chennai.
PGDYT T 102 YOGA THERAPY 1

Credits: 4       Hours/Wk: 4
Total Hrs: 60    Exam Marks: 50
IA Marks: 50    Exam Duration: 3 Hrs

Cell:
Cytoplasm – Cytoplasmic matrix, cell membrane, cell organelles, cytoskeleton, Homeostasis, Control systems, Transport across cell membrane, Nucleus – nuclear envelope, nuclear matrix, DNA and other components of chromatin, protein synthesis, nucleolus, nuclear changes indicating cell death.

Cell division:
Cell cycle and its regulation, mitosis, meiosis, cell renewal. Cellular differentiation and proliferation.

Tissues of Body:
Types, structures and functions of Epithelial, Connective, Muscular and Nervous tissue

Skeletal system:
Bones & its types, Joints & its types, Structure and function of a Synovial joint

Muscular system:
Classification and structure of muscles, Changes during muscular contraction, Neuro-muscular junction

Nutrition & Metabolism:
Carbohydrates, Fats, Proteins, Minerals, Vitamins, Dietary fibre, Recommended Dietary Allowances, Balanced diet, Diet for infants, children, pregnant & lactating mothers, and the elderly, Energy metabolism, Obesity & Starvation
Digestive system:
Anatomy of Digestive system, Mouth and salivary glands, Mastication & Swallowing, Salivary secretions, Stomach, Pancreas, Pancreatic & biliary secretion, Liver & Gall bladders, Intestine, Movements of gastro intestinal tract, Gastrointestinal motility, Gastro intestinal hormones, Functions of colon (symbiosis), Digestion and absorption.

Respiratory system:
Anatomy of Respiratory tract, Pulmonary ventilation, Alveolar ventilation, Mechanics of respiration, Pulmonary circulation, Pleural fluid, Lung oedema, Principles of gas exchange, Oxygen & carbon-dioxide transport, Regulation of respiration, Pulmonary function tests.

Excretory system:
Anatomy of Urinary system, Kidney, Nephron, Water balance, regulation of fluid balance, Urine formation, Renal mechanisms for the control of blood volume, blood pressure & ionic composition, Micturition, Diuretics, Renal failure

Cardio-vascular system:
Erythrocytes, erythropoiesis, structure & function of RBCs, formation of haemoglobin and destruction & fate of RBCs, anaemia, Leucocytes, general characteristics, life span of WBCs classification & functions of each type of WBC, Blood groups, classification, blood typing, principles of transfusion medicine, Blood coagulation & its components, mechanisms of coagulation, anticoagulants, Anatomy of Heart, Properties of cardiac muscle, Cardiac cycle, Heart as a pump, Cardiac output, Specialized tissues of the heart, Generation & conduction of cardiac impulse, Electrocardiogram, Arrhythmias, Arterial blood pressure

Lymphatic system:
Lymphoid organs, Composition and functions of Lymph, Microcirculation and lymphatic system
Endocrine system:
Structure and location of glands and their secretions, Classification of hormones, Mechanism of Hormone action, Endocrine functions of the hypothalamus, Pituitary, Thyroid, Adrenals, The endocrine pancreas, Parathyroid gland and role of calcitonin, Pineal gland

Nervous system:
Introduction to Nervous system, Classification of nerve fibres, Nerve conduction, Synaptic transmission, Classification of somatic senses, Sensory receptors, Thalamus, Hypothalamus, Somatosensory cortex, Somatosensory association areas, Pain, Organization of spinal cord for motor function, Reflexes & reflex arc, Brain stem & cortical control of motor function, Cerebellum, Basal ganglia, Maintenance of posture and equilibrium, Motor cortex, Limbic system, Autonomic Nervous system

Special senses:

Immune system:
Immunity, Innate immunity, Acquired immunity, Allergy, hypersensitivity and immunodeficiency, Psychoneuroimmunology.

Reproductive system:
Anatomy of male reproductive system, Primary & accessory male sex organs, Gametogenesis, Testosterone & male sex hormones, Hyper & hypogonadism, Anatomy of female reproductive system, Primary & accessory female sex organs, Menstrual cycle, Female sex hormones, Pregnancy & Lactation, Functions of Placenta, Parturition.
## PGDYT T 103  YOGA THERAPY 2

| Credits: 4 | Hours/Wk: 4 |
| Total Hrs: 60 | Exam Marks: 50 |
| I A Marks: 50 | Exam Duration: 3 Hrs |

### Common Ailments

<table>
<thead>
<tr>
<th>Unit 1: Respiratory Disorders</th>
<th>Unit 1: Endocrinological and Metabolic Disorder</th>
</tr>
</thead>
<tbody>
<tr>
<td>i. TB</td>
<td>i. Diabetes Mellitus (I&amp;II)</td>
</tr>
<tr>
<td>ii. Chronic Bronchitis</td>
<td>ii. Hypo and Hyper-thyroidism</td>
</tr>
<tr>
<td>iii. Allergic Rhinitis &amp; Sinusitis</td>
<td>iii. Obesity</td>
</tr>
<tr>
<td>iv. COPD &amp; Emphysema</td>
<td>iv. Metabolic Syndrome</td>
</tr>
<tr>
<td>v. Bronchial Asthma</td>
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<tr>
<td>vi. ILD</td>
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<table>
<thead>
<tr>
<th>Unit 2: Obstetrics and Gynecological Disorders</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>i. Menstrual disorders</td>
<td></td>
</tr>
<tr>
<td>ii. Premenstrual Syndrome</td>
<td></td>
</tr>
<tr>
<td>iii. Pregnancy and Childbirth</td>
<td></td>
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<tr>
<td>iv. Ante-natal care</td>
<td></td>
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<tr>
<td>v. Post-natal care</td>
<td></td>
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<tr>
<td>vi. Infertility-male and female PCOS</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Unit-3: Gastro Intestinal Disorders</th>
<th>Unit-3: Musculo-Skeletal Disorders</th>
</tr>
</thead>
<tbody>
<tr>
<td>i. Constipation</td>
<td>i. Muscular dystrophy</td>
</tr>
<tr>
<td>ii. APD</td>
<td>ii. Back Pain</td>
</tr>
<tr>
<td>iii. Irritable Bowel Syndrome</td>
<td>iii. Cervical and lumbar spondylosis</td>
</tr>
<tr>
<td>iv. Ulcerative colitis</td>
<td>iv. All forms of Arthritis</td>
</tr>
<tr>
<td>v. Chronic diseases</td>
<td></td>
</tr>
</tbody>
</table>
Unit-4: Excretory System:
- Chronic renal failure
- Renal hypertension
- Renal stones
- Irritable bladder
- Stress incontinence

Unit-4: Neurological Disorders:
- Migraine headache
- Tension
- Cerebro vascular accidents
- Epilepsy;
- Pain; Autonomic
dysfunctions
- Parkinson’s disease
- Multiple sclerosis
- Errors of vision of refraction.
- Hearing impairment

Unit-5: Cardiovascular Disorders
- Hypertension
- Coronary artery disease
- Cardiomyopathy
- Cardiac asthma

Unit-5:
- Psychosis, Schizophrenia, Bipolar,
  Depression, OCD, Gen Anxiety
  Disorder

Unit-6: HIV, Cancer and Anemia

TEXT BOOKS:
1. Dr R Nagarathna, Dr H R Nagendra, Dr Shamantakamani Narendran. Yoga for Common Ailments and IAYT for Different Diseases. SVYP. 2002
2. Dr Shirley Telles, Dr H R Nagendra. A Glimpse into the Human Body. SVYP. Bangalore. 2002
PGDYT T 104 SAMŚKRITM & ENGLISH OR HITOPADESA

Credits: 4  Hours/Wk: 4
Total Hrs: 60  Exam Marks: 50
IA Marks: 50  Exam Duration: 3 Hrs

Chapter 1:
Vowels and Consonants, pronunciation, articulation of each letter and the technical names of the letters according to their articulation, similar and dissimilar letters, writing practice – Home work: exercise-1.

Chapter-2:
Consonants combined with vowels, pronunciation and writing; special letters which do not follow the general method; writing practice; homework: exercise-2.

Chapter-3
Conjunct letters; rules to combine consonants; special consonants; how Samskrta articulation can be applied to languages like English; special attention to Anusvāra; when it can be written in the form of a nasal; two consonant combination and three consonant combination; their writing practice; special conjunct letters and their writing; homework exercise-3.

Chapter–4:
Transliteration according to authentic dictionary method; homework: transliteration exercise.

Chapter–5:
Copying exercise; most of them are from Patañjali’s Yoga Sūtras
Chapter–6:

English

- Effective communication in English.
- Developing LSRW skills with emphasis on spoken English
- Pronunciation:- vowels, consonants, diphthongs - taking in minimal pairs, stress, intonation.
- Speech practice - conversations, dialogue
- Inviting people, greeting, accepting invitations, declining invitation, attending tele calls, taking messages, extending invitations, receiving guests, placing orders, booking tickets, travel arrangements, conference, attending interview, placing orders, self-introduction, communication in case of emergency.

- Clinical or others etc.
- Domestic communications
- Grammar exercises
- Parts of speech
- Sentence types
- Articles, preposition
- Question tag
- Direct, indirect
- Transformation of sentences
- Error analysis

1. Dr. Sarasvati Mohan : Sanskrit Level-1 Sharadh Enterprises, Bangalore, 2007.
2. Dr. Sarasvati Mohan : DVD and CD.
**PGDYT P 101 - YOGA THERAPY TECHNIQUES**

Credits: 4  
Hours/Wk: 6  
Total Hrs: 60  
Exam Marks: 50  
I A Marks: 50  
Exam Duration: 

**Yoga Practices for psychosomatic ailments : 1**

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<tbody>
<tr>
<td>a</td>
<td>Asthma</td>
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<td>b</td>
<td>Anxiety, Depression</td>
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<td>c</td>
<td>Arthritis</td>
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<td>d</td>
<td>Back pain</td>
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<td>e</td>
<td>Diabetes Mellitus</td>
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<td>f</td>
<td>Dynamics</td>
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<td>h</td>
<td>Gastro intestinal Disorder</td>
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<tr>
<td>i</td>
<td>Hypertension</td>
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<tr>
<td>j</td>
<td>Menstrual disorder</td>
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<tr>
<td>k</td>
<td>Obesity</td>
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<td>l</td>
<td>Muscular Dystrophy</td>
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<td>m</td>
<td>Oncology</td>
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</table>

**Text Book:**

Yoga for common ailments, Swami Vivekananda Yoga Prakashana, Bangalore, 2002
PGDYT P 102 – YOGA PRACTICE-1

Credits: 2 Hours/Wk: 6
Total Hrs: 60 Exam Marks: 50
I A Marks: 50 Exam Duration:

   Refer Emotion Culture Book – Level 7.

2. Learning Yogic Games
   Refer Krida Yoga Book – Level 7
   Selecting one game and practice for 1 years.

PGDYT P 104 - SPOKEN SAṂSKRITAM & ENGLISH

Credits: 2 Hours/Wk: 6
Total Hrs: 60 Exam Marks: 50
I A Marks: 50 Exam Duration:

Students must learn to speak fluently in Saṃskrtam & English
### Semester - 2

<table>
<thead>
<tr>
<th>Subject Code</th>
<th>Name of the Subject</th>
<th>Credits</th>
<th>Lecture/Practical Hrs/week</th>
<th>Exam in Hrs</th>
<th>IA</th>
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<tbody>
<tr>
<td>PGDYT T 201</td>
<td>Introduction to Modern Psychology, Counseling &amp; Patañjali Yogasutras</td>
<td>4</td>
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<tr>
<td>PGDYT P 201</td>
<td>Advance Techniques</td>
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<td>PGDYT F 201</td>
<td>Yoga Therapy Training, Reports – Single case studies</td>
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PGDYT T 201 INTRODUCTIONS TO MODERN PSYCHOLOGY AND PATAÑJALI YOGA SŪTRAS

Credits: 4 Hours/Wk: 4
Total Hrs: 60 Exam Marks: 50
I A Marks: 50 Exam Duration: 3 Hrs

BLOCK 1. MODERN PSYCHOLOGY AND PSYCHO-ANALYSIS (15 hours)
1. Short History of Psychology.
4. Stages of Counseling.
5. Psychoanalytic Therapy.
6. Humanistic Therapy.

BLOCK 2. INTRODUCTION TO PATAÑJALI YOGA SŪTRAS
1. Samādhi Pāda
2. Sādhanā Pāda
3. Vibhūti Pāda
4. Kaivalya Pāda

BLOCK 3. YOGA COUNSELING
1. Introduction to Yoga counseling in contrast to psychoanalytical counseling
2. Suppression and Sublimation
3. Qualities of a Yoga counselor
4. Diagnosis
5. Eight Dimensions of Diagnosis, Methods of Diagnosis and Principles of Counseling for remedying them.

PGDYT P 203 ADVANCE TECHNIQUES

Credits: 2 Hours/Wk: 4
Total Hrs: 60 Exam Marks: 50
I A Marks: 50 Exam Duration:

1. Cyclic Meditation
2. PET (Pranic Energisation Technique)
3. MSRT (Mind Sound Resonance Technique)
4. VISĀK and ANĀMS

TEXT BOOKS:
1. Nagendra HR, PET, Bangalore : Swami Vivekananda Yoga Prakashana.
2. Nagendra HR, MSRT, Bangalore : SVYP

INTERNSHIP – 3 MONTHS IN ANY OF THE FOLLOWING CENTERS
1. PHCs run by Dr. Sudarshan
2. SDM PROJECT
3. AROGYADHAMA
4. OUR AFFILIATED CENTERS