



# UNIVERSITY OF ENGINEERING & MANAGEMENT, JAIPUR

UDAIPURIA MOD, ON SIKAR ROAD, CHOMU, JAIPUR, RAJASTHAN

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# SYLLABUS

## 1-Year Post Graduate Diploma in Yoga

*(Academic Year: 2025-26)*

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☐ **Total Credit Points:** 40

📅 ☐ **Duration:** 1 Year (30 Weeks)

📋 **Examination System:** Annual (Written Exam: 70%, Internal Assessment: 30%)

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*(Empowering the Mind, Body, and Spirit through the Wisdom of Yoga)*

# **Patanjali Yoga Sutra (PGDY101) – Syllabus**

**Credits: 5**

**Course Type: Theory**

**Objective:**

To provide a detailed understanding of the Patanjali Yoga Sutra, including its philosophical, psychological, and spiritual aspects. The course will focus on the classical teachings of Patanjali and their practical application in modern Yoga practice.

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## **Unit I: Introduction to Patanjali Yoga Sutra (1 Credit)**

1. Introduction to Yoga: Philosophical and historical background of Yoga.
  2. Definition of Yoga according to Patanjali, Hatha, Upanishads, and the Gita.
  3. Introduction of Patanjali and his contribution to Yoga philosophy.
  4. Ishwar (God): Definition, characteristics, and role in Yoga.
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## **Unit II: Citta and Vritti (1 Credit)**

1. Citta: Introduction, meaning, and Citta Bhumi (states of mind).
  2. Vritti: Meaning, types, and introduction to five Vrittis – Pramana (correct knowledge), Viparyaya (misconception), Vikalpa (imagination), Nidra (sleep), Smriti (memory).
  3. Tripraman: Types of valid knowledge – Pratyaksa (perception), Anuman (inference), Agama (testimony).
  4. Abhyasa (Practice) and Vairagya (Detachment): Meaning and importance in Yogic Sadhana.
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## **Unit III: Samapatti and Samprasada (1 Credit)**

1. Samapatti: Meaning and four types – Savitarka, Nirvitarka, Savichara, Nirvichara.
  2. Samprajnata: Meaning and types – Jnathan (knowledge), Kitrarka (reasoning), Vichar (reflection), Ananda (bliss), Asmita (sense of self).
  3. Anatraya: Meaning and nine types of obstacles (Antarayas).
  4. Citta Prasadana: Introduction and types of mental purification (Prasadan).
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## Unit IV: Klesha and Kriya Yoga (1 Credit)

1. Ritambhara Prajna: Introduction and concept of ultimate truth.
  2. Klesha: Five types of Kleshas (causes of suffering) – Avidya (ignorance), Asmita (ego), Raga (attachment), Dvesha (aversion), Abhinivesha (fear of death).
  3. Cause of Klesha and their effect on Yogic practice.
  4. Kriya Yoga: Meaning, introduction, and importance.
  5. Klesha Han (removal of suffering): Its importance in Yogic Sadhana.
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## Unit V: Sanskara and Ashtanga Yoga (1 Credit)

1. Sanskara: Meaning, introduction, and cause of mental impressions.
  2. Viparyaya: Misconception according to Sadhana Pada and its impact on Yoga practice.
  3. Ashtanga Yoga: Eight limbs of Yoga – Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi.
  4. Kaivalya: Meaning, importance, and its result in Yogic Sadhana.
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## Patanjali Yoga Sutra (PGDY101) – Lesson Plan

**Total Weeks:** 30 (Including revision and exam preparation)

**Credits:** 5 (Theory)

**Classes per Week:** 2 Theory Classes (1 hour each)

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### Unit I: Introduction to Patanjali Yoga Sutra (Weeks 1–5)

| Week | Topic                                                                  | Mode of Delivery           | Remarks                                |
|------|------------------------------------------------------------------------|----------------------------|----------------------------------------|
| 1    | Philosophical and historical background of Yoga                        | Lecture + Discussion       | Introduction to the subject            |
| 2    | Definition of Yoga according to Patanjali, Hatha, Upanishads, and Gita | Lecture + Q&A              | Establishing foundational knowledge    |
| 3    | Introduction of Patanjali                                              | Lecture + Group Discussion | Understanding Patanjali's contribution |
| 4    | Ishwar: Definition and characteristics                                 | Lecture + Examples         | Linking theory to practice             |
| 5    | Revision of Unit I + Short Test                                        | Q&A + Test                 | Evaluation and clarification           |

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## Unit II: Citta and Vritti (Weeks 6–10)

| Week | Topic                                                                | Mode of Delivery          | Remarks                          |
|------|----------------------------------------------------------------------|---------------------------|----------------------------------|
| 6    | Citta: Meaning and Citta Bhumi                                       | Lecture + Group Work      | Introduction to mental processes |
| 7    | Vritti: Types of Vritti (Pramana, Viparyaya, Vikalpa, Nidra, Smriti) | Lecture + Examples        | Practical relevance              |
| 8    | Tripraman: Pratyaksa, Anuman, Agama                                  | Lecture + Q&A             | Logical understanding            |
| 9    | Abhyasa and Vairagya: Meaning and importance in Yogic Sadhana        | Case Studies + Discussion | Linking theory to practice       |
| 10   | Revision of Unit II + Short Test                                     | Q&A + Test                | Assessment and feedback          |

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## Unit III: Samapatti and Samprasada (Weeks 11–15)

| Week | Topic                                                                | Mode of Delivery        | Remarks                            |
|------|----------------------------------------------------------------------|-------------------------|------------------------------------|
| 11   | Samapatti: Four types – Savitarka, Nirvitarka, Savichara, Nirvichara | Lecture + Discussion    | Understanding stages of meditation |
| 12   | Samprajnata: Types – Jnathan, Kitrarka, Vichar, Ananda, Asmita       | Lecture + Examples      | Cognitive understanding            |
| 13   | Anatraya: Nine types of obstacles                                    | Group Work + Discussion | Identifying practical barriers     |
| 14   | Citta Prasadana: Meaning and types                                   | Lecture + Q&A           | Mental purification techniques     |
| 15   | Revision of Unit III + Short Test                                    | Q&A + Test              | Evaluation and feedback            |

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## Unit IV: Klesha and Kriya Yoga (Weeks 16–20)

| Week | Topic                                                          | Mode of Delivery          | Remarks                       |
|------|----------------------------------------------------------------|---------------------------|-------------------------------|
| 16   | Ritambhara Prajna: Concept of ultimate truth                   | Lecture + Discussion      | Philosophical depth           |
| 17   | Klesha: Five types – Avidya, Asmita, Raga, Dvesha, Abhinivesha | Lecture + Examples        | Psychological application     |
| 18   | Cause of Klesha and its effect on Yoga practice                | Case Studies + Discussion | Relating to modern challenges |
| 19   | Kriya Yoga: Meaning and importance                             | Lecture + Group Work      | Practical implications        |
| 20   | Klesha Han: Importance in Yogic Sadhana                        | Lecture + Reflection      | Application in practice       |

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## Unit V: Sanskara and Ashtanga Yoga (Weeks 21–25)

| Week | Topic                                          | Mode of Delivery     | Remarks                            |
|------|------------------------------------------------|----------------------|------------------------------------|
| 21   | Sanskara: Meaning and cause                    | Lecture + Discussion | Understanding mental imprints      |
| 22   | Viparyaya: Misconception in Sadhana Pada       | Lecture + Q&A        | Practical implications             |
| 23   | Ashtanga Yoga – Yama, Niyama, Asana            | Lecture + Examples   | Establishing foundational practice |
| 24   | Ashtanga Yoga – Pranayama, Pratyahara, Dharana | Lecture + Group Work | Understanding deeper practices     |
| 25   | Ashtanga Yoga – Dhyana, Samadhi, and Kaivalya  | Lecture + Discussion | Linking theory to spiritual growth |

## Review and Exam Preparation (Weeks 26–30)

| Week | Topic                              | Mode of Delivery                       | Remarks                 |
|------|------------------------------------|----------------------------------------|-------------------------|
| 26   | Complete Revision of Unit I & II   | Q&A + Discussion                       | Consolidating knowledge |
| 27   | Complete Revision of Unit III & IV | Q&A + Group Work                       | Clarification of doubts |
| 28   | Complete Revision of Unit V        | Q&A + Discussion                       | Final touch-ups         |
| 29   | Mock Test and Discussion           | Test + Feedback                        | Performance evaluation  |
| 30   | Final Exam Preparation             | Group Discussion + Individual Feedback | Confidence building     |

## ✓ Assessment Structure

| Component           | Marks     | Description                                               |
|---------------------|-----------|-----------------------------------------------------------|
| Internal Assessment | 30 Marks  | Attendance, Assignments, Short Tests, Class Participation |
| Annual Examination  | 70 Marks  | Written Exam (Descriptive + Objective)                    |
| Total               | 100 Marks |                                                           |

## ✓ Key Learning Outcomes

By the end of the course, students will:

✓ ☐ Understand the philosophical and historical background of Yoga.

- ✓ ☐ Explain the concept of Citta, Vritti, and Samapatti.
  - ✓ ☐ Apply the knowledge of Kriya Yoga and Klesha in practical life.
  - ✓ ☐ Develop a clear understanding of Ashtanga Yoga and Kaivalya.
  - ✓ ☐ Cultivate mental clarity and discipline through regular practice.
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### ✓ **Books Recommended**

1. *Patanjali Yoga Sutra* – Edited by Dr. Karmvedkar, Kaivalyadham Lonavala.
  2. *Patanjali Yoga Darshan* – Harihara Nand Arany, Moti Lal Banarasi Das, Delhi.
  3. *Patanjali Yoga Pradeep* – Geeta Press Gorakhpur.
  4. *Yoga Parichay* – Dr. Peetambar Jha, Kaivalyadham Lonavala.
  5. *Yoga Darasan* – Dr. Ramakant Mishra.
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### ✓ **Overall Structure Summary**

- **Total Weeks** = 30
  - **Total Theory Hours** = 60
  - **Total Credits** = 5
  - **Assessment** = 30% Internal + 70% Annual Exam
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# Yoga and Mental Health (PGDY102)

*Diploma in Yoga – 1 Year Course*

**Total Credits:** 5 (Theory)

**Exam Pattern:** Annual Examination (70 Marks) + Internal Assessment (30 Marks)

**Total Hours:** 60 Hours (2 Hours per Week)

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## ✓ Course Objectives

This course aims to:

- Develop an understanding of the relationship between Yoga and mental health.
  - Explain personality theories and their relevance to Yoga.
  - Apply yogic methods for managing mental health issues like anxiety and frustration.
  - Understand the psychological impact of yogic practices, prayer, and mantra on mental well-being.
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## ✓ Course Learning Outcomes

By the end of this course, students will be able to:

- ✓ ☐ Explain mental health concepts from both modern psychology and Yogic perspectives.
  - ✓ ☐ Analyze personality theories and their relevance to mental health.
  - ✓ ☐ Apply yogic methods for managing anxiety, conflict, and frustration.
  - ✓ ☐ Understand the significance of prayer and mantra in mental well-being.
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## ✓ Syllabus

### Unit I: Introduction to Yoga and Mental Health (12 Hours)

1. Health definition according to W.H.O., Mental Health (meaning, determinants, and application).
  2. Concept of normality in Yoga and modern psychology.
  3. Personality theories with special reference to Freud, Maslow, and Murray.
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### Unit II: Personality and Yogic Psychology (12 Hours)

1. Concept of personality – Indian approach to personality.
2. Samkhya – Theory and relation to Yoga.

3. Upanishad Panch Kosh – Five layers of human existence.
4. Sanskara – Concept, formation, and impact on mental health.

### **Unit III: Personality Integration and Yogic Practices (12 Hours)**

1. Personality integration from the viewpoint of Yoga.
2. Satva, Rajas, Tamas, Deviya & Asuri Pravriti – Characteristics and influences.
3. Attitude formation through Yamas and Niyamas & Yogic Philosophy.
4. Rationale behind selected yogic practices and their contribution to mental health.

### **Unit IV: Tackling Mental Health Challenges Through Yoga (12 Hours)**

1. Tackling ill effects of frustration: General introduction, meaning, causes & Yogic methods.
2. Anxiety – Introduction, meaning, causes, and Yogic methods.
3. Conflict – Psychological and yogic perspectives.
4. Contribution of Yoga in personal and interpersonal adjustment.

### **Unit V: Prayer and Mantra in Mental Health (12 Hours)**

1. Prayer – Meaning, introduction & its significance in yogic practices.
2. Role of prayer in daily life.
3. Concept of prayer in all religions.
4. Concept and definition of mantra; Role and effects in yogic practices.

## **Lesson Plan**

| <b>Week</b> | <b>Unit</b> | <b>Topic</b>                                                                                  | <b>Mode of Delivery</b> | <b>Remarks</b>                                |
|-------------|-------------|-----------------------------------------------------------------------------------------------|-------------------------|-----------------------------------------------|
| 1           | I           | Health definition according to W.H.O., Mental Health (meaning, determinants, and application) | Lecture + Q&A           | Understanding foundational concepts           |
| 2           | I           | Concept of normality in Yoga and modern psychology                                            | Lecture + Discussion    | Bridging traditional and modern understanding |
| 3           | I           | Personality theories with special reference to Freud, Maslow, and Murray                      | Lecture + Examples      | Understanding personality frameworks          |
| 4           | I           | Comparative analysis of modern and yogic perspectives on mental health                        | Discussion + Group Work | Developing critical thinking                  |

| Week | Unit | Topic                                                                                      | Mode of Delivery           | Remarks                                        |
|------|------|--------------------------------------------------------------------------------------------|----------------------------|------------------------------------------------|
| 5    | I    | <b>Revision of Unit I</b> + Short Test                                                     | Q&A + Test                 | Evaluation and feedback                        |
| 6    | II   | Concept of personality – Indian approach to personality                                    | Lecture + Q&A              | Establishing cultural context                  |
| 7    | II   | Samkhya – Theory and relation to Yoga                                                      | Lecture + Discussion       | Philosophical understanding                    |
| 8    | II   | Upanishad Panch Kosh – Five layers of human existence                                      | Lecture + Group Discussion | Linking theory to yogic practice               |
| 9    | II   | Sanskara – Concept, formation, and impact on mental health                                 | Lecture + Q&A              | Deepening understanding                        |
| 10   | II   | <b>Revision of Unit II</b> + Short Test                                                    | Q&A + Test                 | Assessment and clarification                   |
| 11   | III  | Personality integration from the viewpoint of Yoga                                         | Lecture + Discussion       | Understanding holistic personality development |
| 12   | III  | Satva, Rajas, Tamas, Deviya & Asuri Pravriti – Characteristics and influences              | Lecture + Examples         | Understanding gunas and behavior               |
| 13   | III  | Attitude formation through Yamas and Niyamas & Yogic Philosophy                            | Lecture + Discussion       | Moral and ethical development                  |
| 14   | III  | Rationale behind selected yogic practices and their contribution to mental health          | Lecture + Group Work       | Practical application                          |
| 15   | III  | <b>Revision of Unit III</b> + Short Test                                                   | Q&A + Test                 | Evaluation and feedback                        |
| 16   | IV   | Tackling ill effects of frustration: General introduction, meaning, causes & Yogic methods | Lecture + Discussion       | Application of yoga for emotional stability    |
| 17   | IV   | Anxiety – Introduction, meaning, causes, and Yogic methods                                 | Lecture + Group Work       | Therapeutic approach                           |
| 18   | IV   | Conflict – Psychological and yogic perspectives                                            | Lecture + Q&A              | Understanding inner conflicts                  |
| 19   | IV   | Contribution of Yoga in personal and interpersonal adjustment                              | Case Studies + Group Work  | Enhancing emotional intelligence               |
| 20   | IV   | <b>Revision of Unit IV</b> + Short Test                                                    | Q&A + Test                 | Performance evaluation                         |
| 21   | V    | Prayer – Meaning, introduction & its significance in yogic practices                       | Lecture + Examples         | Understanding psychological effects of prayer  |
| 22   | V    | Role of prayer in daily life                                                               | Lecture + Q&A              | Developing daily practice                      |
| 23   | V    | Concept of prayer in all religions                                                         | Lecture + Group Discussion | Comparative analysis                           |

| Week | Unit | Topic                                                                    | Mode of Delivery                             | Remarks                          |
|------|------|--------------------------------------------------------------------------|----------------------------------------------|----------------------------------|
| 24   | V    | Concept and definition of mantra;<br>Role and effects in yogic practices | Lecture +<br>Examples                        | Spiritual and mental<br>benefits |
| 25   | V    | <b>Revision of Unit V</b> + Short Test                                   | Q&A + Test                                   | Assessment and<br>feedback       |
| 26   | -    | Complete Revision of Unit I & II                                         | Q&A + Group<br>Work                          | Consolidating<br>knowledge       |
| 27   | -    | Complete Revision of Unit III & IV                                       | Q&A + Group<br>Work                          | Clarification of doubts          |
| 28   | -    | Complete Revision of Unit V                                              | Q&A +<br>Discussion                          | Final touch-ups                  |
| 29   | -    | Mock Test and Discussion                                                 | Test + Feedback                              | Performance<br>evaluation        |
| 30   | -    | Final Exam Preparation                                                   | Group Discussion<br>+ Individual<br>Feedback | Confidence building              |

## ✓ Assessment Structure

| Component                  | Marks            | Description                                               |
|----------------------------|------------------|-----------------------------------------------------------|
| <b>Internal Assessment</b> | 30 Marks         | Attendance, Assignments, Short Tests, Class Participation |
| <b>Annual Examination</b>  | 70 Marks         | Written Exam (Descriptive + Objective)                    |
| <b>Total</b>               | <b>100 Marks</b> |                                                           |

## ✓ Books Recommended

1. *Yoga and Modern Psychology* – R.S. Bhogal
2. *Vyavaharika Manovigyan* – R.K. Ojha, Sahitya Prakashan, Agra
3. *Vyaktitva Ka Manovigyan* – S.R. Jaiswal, Manoj Pustak Bhandar, Agra

## ✓ Overall Structure Summary

- **Total Weeks** = 30
- **Total Theory Hours** = 60
- **Total Credits** = 5
- **Assessment** = 30% Internal + 70% Annual Exam

# Teaching Methods of Yoga (PGDY104)

*Diploma in Yoga – 1 Year Course*

**Total Credits:** 5 (Theory)

**Exam Pattern:** Annual Examination (70 Marks) + Internal Assessment (30 Marks)

**Total Hours:** 60 Hours (2 Hours per Week)

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## ✓ Course Objectives

This course aims to:

- Develop an understanding of the teaching-learning process in Yoga.
  - Equip students with effective teaching techniques for different levels of learners.
  - Provide knowledge about lesson planning and classroom management.
  - Instill value-based education and enhance the effectiveness of Yoga teaching.
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## ✓ Course Learning Outcomes

By the end of this course, students will be able to:

- ✓ ☐ Explain the principles and methods of teaching Yoga.
  - ✓ ☐ Develop and implement lesson plans effectively.
  - ✓ ☐ Apply suitable teaching methods for different levels of learners.
  - ✓ ☐ Demonstrate effective classroom management and teaching aids usage.
  - ✓ ☐ Incorporate value-based education into Yoga teaching.
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## ✓ Syllabus

### Unit I: Fundamentals of Teaching Yoga (12 Hours)

1. Teaching and learning: Concepts and relationship between the two – Principles, levels, and phases of teaching.
  2. Quality of a perfect Yoga Guru – Yogic levels of learning, Vidyarthi, Shishya, Mumuksha.
  3. Meaning and scope of teaching methods.
  4. Role of Yoga teachers and teacher training.
  5. Emotional stability and healthy habits for a Yoga teacher.
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### Unit II: Practical Teaching Techniques (12 Hours)

1. Practice of Yoga at different levels – Beginners, Advance, School children, Youth, Women, and special attention groups.
  2. Techniques of individualized teaching.
  3. Teaching techniques – Lecturer method, Command method, Demonstration method, Imitation method.
  4. Project and organization of teaching – Time management, discipline, etc.
  5. Personal and technical preparation for teaching.
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### **Unit III: Lesson Planning and Models (12 Hours)**

1. Essentials of a good lesson plan – Concepts and needs.
  2. Planning of teaching Yoga – Shatkriya, Asana, Mudra, Pranayama, and Meditation.
  3. Models of lesson plan – Effective use of library and other resources.
  4. Lesson plan and its practical applications.
  5. Salient features of each practice with reference to Yoga texts from practical aspects.
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### **Unit IV: Classroom Management and Teaching Aids (12 Hours)**

1. Yoga classroom essential features – Area, sitting arrangement, etc.
  2. Classroom problems and their solutions.
  3. Essentials of good Yoga teaching – Time table preparation and management.
  4. Need, types, and principles of time table construction.
  5. Teaching aids – Meaning, importance, and criteria for selection of teaching aids.
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### **Unit V: Value-Based Education and Evaluation (12 Hours)**

1. Yoga and value education – Components and significance.
  2. Value-oriented personality – Role and function of values in society.
  3. Yoga as a global value – Yoga as a value and as a practice.
  4. Contribution of Yoga towards the development of values.
  5. Critical observation of practical lessons – Regularity and punctuality in Yoga practice.
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## **Lesson Plan**

| <b>Week</b> | <b>Unit</b> | <b>Topic</b>                                          | <b>Mode of Delivery</b> | <b>Remarks</b>                      |
|-------------|-------------|-------------------------------------------------------|-------------------------|-------------------------------------|
| 1           | I           | Teaching and learning: Principles, levels, and phases | Lecture + Q&A           | Understanding foundational concepts |
| 2           | I           | Quality of a perfect Yoga Guru                        | Lecture + Discussion    | Understanding yogic hierarchy       |

| <b>Week</b> | <b>Unit</b> | <b>Topic</b>                                                               | <b>Mode of Delivery</b>      | <b>Remarks</b>                    |
|-------------|-------------|----------------------------------------------------------------------------|------------------------------|-----------------------------------|
| 3           | I           | Meaning and scope of teaching methods                                      | Lecture + Examples           | Understanding teaching dynamics   |
| 4           | I           | Role of Yoga teachers and teacher training                                 | Discussion + Case Studies    | Professional development          |
| 5           | I           | Emotional stability and healthy habits for a Yoga teacher                  | Lecture + Group Work         | Teacher well-being                |
| 6           | I           | <b>Revision of Unit I</b> + Short Test                                     | Q&A + Test                   | Assessment and feedback           |
| 7           | II          | Practice of Yoga at different levels                                       | Lecture + Demonstration      | Customizing teaching techniques   |
| 8           | II          | Techniques of individualized teaching                                      | Lecture + Group Work         | Personalized teaching methods     |
| 9           | II          | Teaching techniques – Lecturer, Command, Demonstration, Imitation          | Lecture + Role Play          | Understanding teaching strategies |
| 10          | II          | Project and organization of teaching                                       | Group Work + Case Studies    | Time management skills            |
| 11          | II          | Personal and technical preparation for teaching                            | Lecture + Discussion         | Professional readiness            |
| 12          | II          | <b>Revision of Unit II</b> + Short Test                                    | Q&A + Test                   | Performance evaluation            |
| 13          | III         | Essentials of a good lesson plan                                           | Lecture + Group Work         | Building strong lesson plans      |
| 14          | III         | Planning of teaching Yoga – Shatkriya, Asana, Mudra, Pranayama, Meditation | Lecture + Demonstration      | Holistic planning                 |
| 15          | III         | Models of lesson plan – Effective use of resources                         | Lecture + Practical Examples | Resource optimization             |
| 16          | III         | Lesson plan and its practical applications                                 | Group Work + Presentation    | Practical skills                  |
| 17          | III         | Salient features of each practice                                          | Lecture + Q&A                | Deepening practice knowledge      |
| 18          | III         | <b>Revision of Unit III</b> + Short Test                                   | Q&A + Test                   | Performance feedback              |
| 19          | IV          | Yoga classroom essential features                                          | Lecture + Discussion         | Classroom arrangement             |
| 20          | IV          | Classroom problems and solutions                                           | Group Work + Case Studies    | Problem-solving                   |
| 21          | IV          | Essentials of good Yoga teaching – Time table                              | Lecture + Group Work         | Classroom organization            |
| 22          | IV          | Need, types, and principles of time table construction                     | Lecture + Practical Work     | Practical organization            |
| 23          | IV          | Teaching aids – Selection and application                                  | Lecture + Demonstration      | Teaching resource development     |
| 24          | IV          | <b>Revision of Unit IV</b> + Short Test                                    | Q&A + Test                   | Performance evaluation            |

| Week | Unit | Topic                                                                  | Mode of Delivery           | Remarks                 |
|------|------|------------------------------------------------------------------------|----------------------------|-------------------------|
| 25   | V    | Yoga and value education – Components and significance                 | Lecture + Discussion       | Value-based education   |
| 26   | V    | Value-oriented personality – Role and function of values in society    | Lecture + Q&A              | Personality development |
| 27   | V    | Yoga as a global value – Yoga as a value and as a practice             | Lecture + Group Work       | Global perspective      |
| 28   | V    | Contribution of Yoga towards value development                         | Lecture + Group Discussion | Value-based application |
| 29   | V    | Critical observation of practical lessons – Regularity and punctuality | Group Work + Feedback      | Professional standards  |
| 30   | -    | Complete Revision and Mock Test                                        | Test + Feedback            | Final preparation       |

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## ✓ Assessment Structure

| Component           | Marks            | Description                                               |
|---------------------|------------------|-----------------------------------------------------------|
| Internal Assessment | 30 Marks         | Attendance, Assignments, Short Tests, Class Participation |
| Annual Examination  | 70 Marks         | Written Exam (Descriptive + Objective)                    |
| <b>Total</b>        | <b>100 Marks</b> |                                                           |

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## ✓ Books Recommended

1. *Teaching of Yoga* – Dr. Ramesh Bhogal
  2. *Teaching Methods of Yoga* – Dr. B.K. Ojha
  3. *Effective Yoga Teaching* – Dr. R.K. Sharma
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## ✓ Overall Structure Summary

- **Total Weeks** = 30
  - **Total Theory Hours** = 60
  - **Total Credits** = 5
  - **Assessment** = 30% Internal + 70% Annual Exam
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# Yogic Text (PGDY105)

**Course Type:** Theory

**Credit Points:** 4 (3L+1T)

**Total Marks:** 100 (70% Written Exam + 30% Internal Assessment)

**Duration:** 30 Weeks

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## Course Objectives:

- To understand the historical and philosophical background of Yogic texts.
  - To explore the different types of Yogic practices as described in classical texts.
  - To apply the knowledge of Yogic texts in practical and theoretical contexts.
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## Course Outline:

### Unit I: Introduction to Hatha Yoga and Asanas (Weeks 1–6)

1. Introduction & Definition of Hatha Yoga – Hatha Pradipika, Gheranda Samhita, Shiva Samhita.
  2. Asanas in Hatha Pradipika, Gheranda Samhita, and Shiva Samhita.
  3. Classification of Asanas by Swami Kuvalyananda.
  4. Aim and Benefits of Meditative Asanas, Cultural Asanas, and Relaxative Asanas.
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### Unit II: Pranayama and its Techniques (Weeks 7–12)

1. General Features of Pranayama – Sahita and Kevala Kumbhaka.
  2. Technical Aspects of Pranayama – Asanastharia-Asanajaya, Three Phases of Pranayama – Puraka, Kumbhaka, Rechaka.
  3. Swatmarama's Eight Varieties of Kumbhaka – Techniques and Benefits.
  4. Effects of Pranayama – Time, Choice, and Use of Kumbhaka.
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### Unit III: Kriyas and Bandhas (Weeks 13–18)

1. Kriyas – General Features and Importance.
  2. Classification and Techniques – Dhauti, Basti, Neti, Tratak, Nauli, Kapalabhati (according to Hatha Pradipika and Gheranda Samhita).
  3. Yogic Concepts of Body Function.
  4. Mudra and Bandha – 25 Mudras as per Gheranda Samhita; Explanation with reference to Hatha Pradipika and Shiva Samhita.
  5. Tribandha and Jivha Bandha.
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## Unit IV: Prana and Nadis (Weeks 19–24)

1. Introduction and Meaning – Prana, Apana, Saman, Vyan, and Udan Vayu.
  2. Prana – Place in Body and its Function.
  3. Panch Kosa – Introduction and Importance in Yogic Sadhana.
  4. Nada, Bindu, Nadis – Introduction, Major Nadis, and Nadi Shodhan.
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## Unit V: Kundalini and Yogic Chikitsa (Weeks 25–30)

1. Kundalini – General Introduction and Meaning; Importance in Yogic Sadhana.
  2. Chakra – Muladhar, Swadhisthan, Manipur, Anahat, Visudhi, Agya, and Sahasradha.
  3. Mitahar – Concept of Diet, Pathya-Apathya.
  4. Yogic Chikitsa according to Hatha Pradipika (Kaivalyadham).
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## Lecture Plan (30 Weeks):

| Week | Topic                                                             | Unit |
|------|-------------------------------------------------------------------|------|
| 1    | Introduction to Hatha Yoga – Historical Background and Definition | I    |
| 2    | Hatha Pradipika and Gheranda Samhita – Overview and Importance    | I    |
| 3    | Shiva Samhita – Key Teachings and Concepts                        | I    |
| 4    | Asanas – Classification and Purpose                               | I    |
| 5    | Meditative and Cultural Asanas – Their Impact on Mental Health    | I    |
| 6    | Relaxative Asanas – Techniques and Benefits                       | I    |
| 7    | General Features of Pranayama – Sahita and Kevala Kumbhaka        | II   |
| 8    | Phases of Pranayama – Puraka, Kumbhaka, Rechaka                   | II   |
| 9    | Asanastharia-Asanajaya – Technical Aspects                        | II   |
| 10   | Swatmarama's Eight Kumbhaka – Detailed Techniques                 | II   |
| 11   | Time and Choice of Pranayama – Practical Guidelines               | II   |
| 12   | Effects of Pranayama – Physical and Mental Impact                 | II   |
| 13   | Kriyas – General Features and Importance                          | III  |
| 14   | Dhauti, Basti, and Neti – Techniques and Purpose                  | III  |
| 15   | Tratak, Nauli, and Kapalbhathi – Techniques and Purpose           | III  |

| Week | Topic                                                                           | Unit |
|------|---------------------------------------------------------------------------------|------|
| 16   | Mudra and Bandha – 25 Mudras According to Gheranda Samhita                      | III  |
| 17   | Explanation of Tribandha and Jivha Bandha                                       | III  |
| 18   | Practical Demonstration of Kriyas and Bandhas                                   | III  |
| 19   | Introduction to Prana – Types and Functions                                     | IV   |
| 20   | Apana, Saman, Vyan, and Udan Vayu – Significance                                | IV   |
| 21   | Panch Kosa – Introduction and Importance                                        | IV   |
| 22   | Nada and Bindu – Yogic Perspective                                              | IV   |
| 23   | Major Nadis – Introduction and Role                                             | IV   |
| 24   | Nadi Shodhan – Techniques and Effects                                           | IV   |
| 25   | Kundalini – Introduction and Meaning                                            | V    |
| 26   | Chakras – Muladhar, Swadhisthan, Manipur, Anahat, Visudhi, Agya, and Sahasradha | V    |
| 27   | Pathya and Apathya – Yogic Perspective on Diet                                  | V    |
| 28   | Yogic Chikitsa – Concept and Applications                                       | V    |
| 29   | Yogic Chikitsa – Hatha Pradipika and Kaivalyadham Perspective                   | V    |
| 30   | Summary and Revision                                                            | V    |

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## Books Recommended:

1. *Hatha Pradipika* – Edited by Swami Digambar, Kaivalyadham Lonavala.
  2. *Gheranda Samhita* – Edited by Swami Digambar, Kaivalyadham Lonavala.
  3. *Sidha Siddhant Paddati* – Gorakhnath Mandir, Gorakhpur (U.P.).
  4. *Nath Darshan* – Gorakhnath Mandir, Gorakhpur (U.P.).
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## Evaluation Criteria:

| Component             | Weightage                                                                     |
|-----------------------|-------------------------------------------------------------------------------|
| End-Term Written Exam | 70%                                                                           |
| Internal Assessment   | 30% (Attendance, Assignments, Class Participation, and Practical Performance) |

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## Internal Assessment Breakdown:

- **Attendance:** 5%
  - **Assignments:** 10%
  - **Class Participation:** 5%
  - **Practical Performance:** 10%
- 

## ✓ Course Summary:

- Total Number of Lectures = 30
- Each lecture = 1 hour
- Practical sessions and tutorials integrated into lectures
- Final exam based on theoretical understanding and practical applications

# **Yoga and Cultural Synthesis (PGDY106)**

**Course Type:** Theory

**Credit Points:** 4 (3L+1T)

**Total Marks:** 100 (70% Written Exam + 30% Internal Assessment)

**Duration:** 30 Weeks

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## **Course Objectives:**

- To explore the relationship between Yoga and Indian culture.
  - To understand the philosophical foundations of Yoga and Indian cultural synthesis.
  - To analyze different schools of Indian philosophy and their contributions to Yoga.
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## **Course Outline:**

### **Unit I: Culture and Yoga (Weeks 1–6)**

1. Definition of Culture – Characteristics of Indian Culture.
  2. Vedic Cultural Trichatustaya – Ashram, Varna, Purushartha.
  3. Relationship between Culture and Yoga.
  4. Yoga as the Basis of Cultural and Humanitarianism.
- 

### **Unit II: Samkhya and Yoga Philosophy (Weeks 7–12)**

1. Samkhya – Purush, Prakriti, Triguna.
  2. Satkaryavada – Karyakaran Theory.
  3. Definition of Yoga.
  4. Iswar, Klesh, and Ashtanga Yoga.
- 

### **Unit III: Advaita Vedanta and Mimamsa (Weeks 13–18)**

1. Advaita Vedanta – Brahma, Maya, Jeev.
  2. Mukti (Moksha) – Concept and Process.
  3. Mimamsa – Theory of Six Parmans.
- 

### **Unit IV: Nyaya and Vaiseshika (Weeks 19–24)**

1. Nyaya and Vaisesika – Introduction.
2. Valid Sources of Knowledge.
3. Liberation – Concept and Process.
4. Seven Categories of Substance.

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## **Unit V: Charvaka, Jaina, and Buddhist Philosophy (Weeks 25–30)**

1. Charvaka – Ethics and Philosophy.
  2. Jaina – Panch Mahavrat and Syadvad.
  3. Buddha – Four Noble Truths and Kshanika Vada.
  4. Kaivalya (Jain) and Nirvana (Buddha).
- 

## **Lecture Plan (30 Weeks):**

| <b>Week</b> | <b>Topic</b>                                     | <b>Unit</b> |
|-------------|--------------------------------------------------|-------------|
| 1           | Definition and Characteristics of Indian Culture | I           |
| 2           | Vedic Cultural Trichatustaya – Ashram and Varna  | I           |
| 3           | Vedic Cultural Trichatustaya – Purushartha       | I           |
| 4           | Relationship Between Culture and Yoga            | I           |
| 5           | Yoga as the Basis of Humanitarianism             | I           |
| 6           | Summary and Review of Unit I                     | I           |
| 7           | Samkhya – Purush and Prakriti                    | II          |
| 8           | Triguna – Definition and Influence               | II          |
| 9           | Satkaryavada – Karyakaran Theory                 | II          |
| 10          | Definition of Yoga and Its Schools               | II          |
| 11          | Iswar and Klesh – Concepts and Significance      | II          |
| 12          | Ashtanga Yoga – Eight Limbs of Yoga              | II          |
| 13          | Advaita Vedanta – Concept of Brahma              | III         |
| 14          | Maya and Jeev – Relationship and Meaning         | III         |
| 15          | Mukti (Moksha) – Concept and Paths               | III         |
| 16          | Mimamsa – Theory of Six Parmans                  | III         |
| 17          | Practical Application of Advaita and Mimamsa     | III         |

| Week | Topic                                                     | Unit |
|------|-----------------------------------------------------------|------|
| 18   | Summary and Review of Unit III                            | III  |
| 19   | Introduction to Nyaya and Vaisesika                       | IV   |
| 20   | Valid Sources of Knowledge – Pratyaksha, Anumana, Upamana | IV   |
| 21   | Concept of Liberation in Nyaya and Vaisesika              | IV   |
| 22   | Seven Categories of Substance – Dravya, Guna, Karma, etc. | IV   |
| 23   | Practical Implications of Nyaya and Vaisesika             | IV   |
| 24   | Summary and Review of Unit IV                             | IV   |
| 25   | Charvaka Philosophy – Ethics and Materialism              | V    |
| 26   | Jaina Philosophy – Panch Mahavrat and Syadvad             | V    |
| 27   | Buddhist Philosophy – Four Noble Truths                   | V    |
| 28   | Buddhist Philosophy – Kshanika Vada and Nirvana           | V    |
| 29   | Jain Concept of Kaivalya and its Practical Relevance      | V    |
| 30   | Summary and Revision                                      | V    |

## Books Recommended:

1. *Indian Philosophy* – Baldeo Upadhyay
2. *Dharam Darshan Ki Roop Rekha* – Dr. Harendra Prasad Sinha
3. *Indian Philosophy* – D.M. Dutta and Chatterji
4. *Yoga Philosophy* – S.N. Das Gupta
5. *Sarv Darshan Siddhant* – Ganga Prasad Upadhyay
6. *History of Indian Philosophy* – S.N. Das Gupta
7. *Ethical Philosophy of India* – I.C. Sharma
8. *Indian Philosophy* – S. Radha Krishan

## Evaluation Criteria:

| Component             | Weightage                                                                     |
|-----------------------|-------------------------------------------------------------------------------|
| End-Term Written Exam | 70%                                                                           |
| Internal Assessment   | 30% (Attendance, Assignments, Class Participation, and Practical Performance) |

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## Internal Assessment Breakdown:

- **Attendance:** 5%
  - **Assignments:** 10%
  - **Class Participation:** 5%
  - **Practical Performance:** 10%
- 

## ✓ Course Summary:

- Total Number of Lectures = 30
- Each lecture = 1 hour
- Practical sessions and tutorials integrated into lectures
- Final exam based on theoretical understanding and practical applications

# **Anatomy & Physiology of Yogic Practices (PGDY103)**

**Course Type:** Theory + Practical

**Credit Points:** 4 (3L + 1T)

**Total Marks:** 100 (70% Written Exam + 30% Internal Assessment)

**Duration:** 30 Weeks

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## **Course Objectives:**

- To provide foundational knowledge of human anatomy and physiology.
  - To explain the physiological effects of yogic practices on body systems.
  - To develop an understanding of the relationship between anatomy and yogic practices for improving health and well-being.
- 

## **Course Outline:**

### **Unit I: Basic Human Anatomy & Physiology of Different Systems (Weeks 1–6)**

1. Skeletal system – Structure and Functions
  2. Muscular system – Types and Functions
  3. Blood and Circulatory system – Heart, Blood Vessels, Blood Composition
  4. Respiratory system – Breathing Mechanics and Gas Exchange
- 

### **Unit II: Basic Human Anatomy & Physiology (Advanced) (Weeks 7–12)**

1. Digestive System – Structure and Function
  2. Excretory System – Organs and Processes
  3. Nervous System – Central and Peripheral Nervous System
  4. Endocrine and Exocrine Glands – Functions and Hormonal Regulation
  5. Fatigue – Causes, Effects, and Management
- 

### **Unit III: Asanas and Their Physiological Impact (Weeks 13–18)**

1. Definition and Classification of Asanas
  2. Effects of Asanas – Cultural, Relaxative, and Meditative Asanas
  3. How to Practice Asanas – Precautions, Importance of Place, Seat, Time, and Sequence
  4. Limitations and Safety Guidelines for Asanas
  5. Combination with Other Exercises – Differences Between Asanas and Exercises
-

## **Unit IV: Pranayama and Its Effects (Weeks 19–24)**

1. Definition and Meaning of Pranayama
  2. Types of Pranayama – How to Practice, Precautions, Limitations, and Benefits
  3. Differences Between Pranayama and Deep Breathing
  4. Bandhas – How to Practice, Precautions, Benefits, and Sequence
  5. Practical Application of Pranayama in Yogic Practices
- 

## **Unit V: Kriyas and Their Physiological Effects (Weeks 25–30)**

1. General Introduction to Kriyas
  2. Classification of Kriyas – Dauti, Neti, Tratak, Nauli, Kapalbhata, Basti
  3. Technique of Each Kriya – Limitations and Benefits
  4. Yogic Practices in Relation to Endocrine Activity
  5. Role of Yogic Diet in Balancing Body Functions
- 

## **Lecture Plan (30 Weeks):**

| <b>Week</b> | <b>Topic</b>                                       | <b>Unit</b> |
|-------------|----------------------------------------------------|-------------|
| 1           | Introduction to Anatomy and Physiology             | I           |
| 2           | Skeletal System – Structure and Functions          | I           |
| 3           | Muscular System – Types and Functions              | I           |
| 4           | Circulatory System – Heart and Blood Vessels       | I           |
| 5           | Blood Composition and Circulation                  | I           |
| 6           | Respiratory System – Breathing Mechanics           | I           |
| 7           | Digestive System – Structure and Digestion Process | II          |
| 8           | Excretory System – Kidneys, Ureters, and Bladder   | II          |
| 9           | Nervous System – Brain and Spinal Cord             | II          |
| 10          | Peripheral Nervous System – Nerve Function         | II          |
| 11          | Endocrine System – Hormonal Regulation             | II          |
| 12          | Fatigue – Causes and Effects                       | II          |
| 13          | Definition and Classification of Asanas            | III         |
| 14          | Cultural, Relaxative, and Meditative Asanas        | III         |

| Week | Topic                                                | Unit |
|------|------------------------------------------------------|------|
| 15   | How to Practice Asanas – Precautions and Techniques  | III  |
| 16   | Importance of Place, Time, and Sequence in Asanas    | III  |
| 17   | Limitations and Safety Guidelines for Asanas         | III  |
| 18   | Difference Between Asanas and Exercises              | III  |
| 19   | Definition and Meaning of Pranayama                  | IV   |
| 20   | Types of Pranayama – How to Practice                 | IV   |
| 21   | Precautions, Limitations, and Benefits of Pranayama  | IV   |
| 22   | Differences Between Pranayama and Deep Breathing     | IV   |
| 23   | Bandhas – Techniques, Benefits, and Precautions      | IV   |
| 24   | Practical Applications of Pranayama                  | IV   |
| 25   | General Introduction to Kriyas                       | V    |
| 26   | Classification of Kriyas – Dauti, Neti, Tratak       | V    |
| 27   | Classification of Kriyas – Nauli, Kapalbhathi, Basti | V    |
| 28   | Technique of Each Kriya – Benefits and Limitations   | V    |
| 29   | Role of Yogic Practices in Endocrine Activity        | V    |
| 30   | Importance of Yogic Diet – Balance and Wellness      | V    |

## Books Recommended:

1. Swami Kuvalayananda – *Yogic Therapy*
2. Evelyn Pearce – *Anatomy & Physiology for Nurses*
3. M.M. Gore – *Anatomy & Physiology of Yogic Practices*

## Evaluation Criteria:

| Component             | Weightage |
|-----------------------|-----------|
| End-Term Written Exam | 70%       |

| Component           | Weightage                                                                     |
|---------------------|-------------------------------------------------------------------------------|
| Internal Assessment | 30% (Attendance, Assignments, Class Participation, and Practical Performance) |

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## Internal Assessment Breakdown:

- **Attendance:** 5%
  - **Assignments:** 10%
  - **Class Participation:** 5%
  - **Practical Performance:** 10%
- 

## ✓ Course Summary:

- Total Number of Lectures = 30
  - Each lecture = 1 hour
  - Practical sessions and tutorials integrated into lectures
  - Final exam based on theoretical understanding and practical applications
-

# PGDY191 – Teaching Practice

CREDIT POINT - 3

✓ *Goal:* Develop teaching skills, class management, and lesson delivery.

## Suggested Weekly Plan

| Week | Topic                         | Activity/Objective                             |
|------|-------------------------------|------------------------------------------------|
| 1    | Class Organization            | Understanding class structure, time management |
| 2    | Teaching Methods              | Lecture on different teaching methods          |
| 3    | Lesson Planning               | Designing lesson plans                         |
| 4    | Salient Features of Practices | Discuss key practices and benefits             |
| 5    | Practical Lesson              | Conducting a demo yoga session                 |
| 6    | Feedback Session              | Peer review and self-assessment                |
| 7    | Class Management              | Handling different student levels              |
| 8    | Critical Observation          | Observe and analyze a live class               |
| 9    | Practical Lesson              | Conducting a second demo yoga session          |
| 10   | Project Discussion            | Discuss project requirements                   |
| 11   | Report Writing                | Start drafting the project report              |
| 12   | Handling Difficult Situations | Dealing with classroom challenges              |
| 13   | Practical Lesson              | Conducting a themed yoga session               |
| 14   | Observation & Feedback        | Self and peer review                           |
| 15   | Peer Teaching                 | Students conduct mini-sessions                 |
| 16   | Teaching with Props           | Use of yoga props in teaching                  |
| 17   | Practical Lesson              | Conducting a session with variations           |
| 18   | Stress Management             | Techniques for handling stress                 |
| 19   | Group Teaching                | Managing group sessions                        |
| 20   | Critical Analysis             | Evaluate peer sessions                         |
| 21   | Personal Feedback             | Individual guidance from instructor            |
| 22   | Teaching Techniques           | Adapting to student needs                      |
| 23   | Class Structuring             | Modifying class based on feedback              |
| 24   | Role Play                     | Managing different student types               |
| 25   | Advanced Teaching             | Handling complex postures                      |
| 26   | Practice Session              | Students lead full classes                     |
| 27   | Report Writing                | Completing the project report                  |
| 28   | Peer Review                   | Feedback on project report                     |
| 29   | Mock Exam                     | Full teaching evaluation                       |
| 30   | Final Assessment              | Teaching practical exam                        |

# PGDY192 – Yoga Practical

CREDIT POINT - 4

✓ *Goal:* Mastery of yoga postures, breathing techniques, and kriyas.

## Suggested Weekly Plan

| Week | Topic                  | Activity/Objective                  |
|------|------------------------|-------------------------------------|
| 1    | Standing Asanas        | Tadasana, Vrikshasana, Konasana     |
| 2    | Pranayama              | Anuloma-Viloma, Ujjayi              |
| 3    | Sitting Asanas         | Vajrasana, Gomukhasana, Parvatasana |
| 4    | Shuddhi Kriya          | Kapalbhati, Nauli, JalaNeti         |
| 5    | Supine Asanas          | Shavasana, Uttana Padasana          |
| 6    | Mudras                 | Brahma Mudra, Simha Mudra           |
| 7    | Prone Asanas           | Makarasana, Bhujangasana            |
| 8    | Advanced Asanas        | Bakasana, Padma Bakasana            |
| 9    | Meditation             | Pratyahara, Dharana                 |
| 10   | Teaching Method        | Conducting a yoga session           |
| 11   | Inverted Asanas        | Sarvangasana, Shirshasana           |
| 12   | Shuddhi Kriya          | Agnisara, Vaman Dhauti              |
| 13   | Breathing Control      | Sitkari, Bhastrika                  |
| 14   | Meditative Asanas      | Siddhasana, Padmasana               |
| 15   | Advanced Techniques    | Gorakshasana, Mayurasana            |
| 16   | Bandhas                | Jalandhara, Mula, Uddiyana          |
| 17   | Teaching with Props    | Use of yoga belts, blocks           |
| 18   | Pranayama              | Shitali, Surya Bhedana              |
| 19   | Yoga Flow              | Designing a full flow               |
| 20   | Advanced Shuddhi Kriya | Danda Dhauti, Vastra Dhauti         |
| 21   | Peer Teaching          | Students lead group sessions        |
| 22   | Practical Analysis     | Evaluate class techniques           |
| 23   | Special Cases          | Modifications for injuries          |
| 24   | Pranayama              | Bhramari, Bhastrika                 |
| 25   | Mixed Session          | Combining all elements              |
| 26   | Mudras & Bandhas       | Tadagi, Simha, Jivha                |
| 27   | Meditation             | Japa Mala, Mantras                  |
| 28   | Advanced Asanas        | Ugrasana, Padangusthasana           |
| 29   | Mock Test              | Practical exam practice             |
| 30   | Final Practical        | Practical examination               |

# PGDY193 – Anatomy & Physiology of Yogic Practice

CREDIT POINT - 3

✓ *Goal:* Understand anatomical and physiological aspects related to yoga.

## Suggested Weekly Plan

| Week | Topic                    | Activity/Objective                   |
|------|--------------------------|--------------------------------------|
| 1    | Introduction to Anatomy  | Basic body structure                 |
| 2    | Skeletal System          | Bones, joints, and alignment         |
| 3    | Muscular System          | Major muscle groups                  |
| 4    | Nervous System           | Brain and spinal cord functions      |
| 5    | Circulatory System       | Blood flow and heart function        |
| 6    | Respiratory System       | Lungs and breathing mechanism        |
| 7    | Digestive System         | Digestion and metabolism             |
| 8    | Endocrine System         | Hormonal regulation                  |
| 9    | Reproductive System      | Basic functions and health           |
| 10   | Immune System            | Body defense mechanism               |
| 11   | Energy Systems           | ATP, metabolic pathways              |
| 12   | Muscle Physiology        | Muscle contraction and flexibility   |
| 13   | Posture and Alignment    | Anatomical alignment in yoga         |
| 14   | Breathing and Pranayama  | Physiological impact                 |
| 15   | Stretch Reflex           | Role in yoga poses                   |
| 16   | Nervous Response         | Sympathetic vs Parasympathetic       |
| 17   | Muscle Imbalance         | Prevention and correction            |
| 18   | Joint Mobility           | Range of motion in yoga              |
| 19   | Spine and Back           | Spinal health in yoga                |
| 20   | Pelvic Floor             | Role in yoga and balance             |
| 21   | Core Strength            | Engaging core muscles                |
| 22   | Muscle Memory            | Impact on performance                |
| 23   | Injury Prevention        | Common injuries and solutions        |
| 24   | Recovery and Rest        | Muscle recovery post-yoga            |
| 25   | Flexibility vs Strength  | Balancing both                       |
| 26   | Breathing Efficiency     | Improving lung capacity              |
| 27   | Physiology of Relaxation | Impact of meditation                 |
| 28   | Hormonal Impact          | How yoga regulates hormones          |
| 29   | Mind-Body Connection     | Integrating anatomy with yoga        |
| 30   | Final Exam               | Assessment on anatomy and physiology |

