



মহাপুরুষ শ্রীমন্ত শঙ্কৰদেৱ বিশ্ববিদ্যালয়
MAHAPURUSHA SRIMANTA SANKARADEVA VISWAVIDYALAYA

[Recognised Under Section 2(f) of UGC Act, 1956]
Srimanta Sankaradeva Sangha Complex, Haladhar Bhuyan Path,
Kalongpar, Nagaon, PIN-782001, Assam, India

DEPARTMENT OF YOGIC SCIENCE AND NATUROPATHY

REGULATIONS & SYLLABUS

FOR

PART-TIME CERTIFICATE/DIPLOMA IN YOGA

ACADEMIC PROGRAMME FOR CERTIFICATE AND DIPLOMA IN YOGA

The Department of Yogic Science and Naturopathy, Mahapurush Srimanta Sankaradeva Viswavidyalaya, Nagaon, Assam proposes to introduce (i) a Certificate Program and (ii) a Diploma Program in Yoga with some definite objectives and also with a view to spread, propagate and impart the basic knowledge and proper education about Yoga and its various techniques to those interested individuals who can not participate in the regular MA/M. Sc. and PG Diploma Programs offered by the Department. By such programs, the Department is making a noble and humble effort to knock at every door of the literate persons of the greater Assamese society and to delineate the good messages of the holistic views and approaches of Yoga which has the power to transform our human society with the hymns of peace and harmony.

The Objectives of the Programs:

The main objectives of the Programs are-

- (i) To facilitate the non-graduate students who are interested in Yoga but ineligible for M.A/ M.Sc/ PG Diploma Program due to lack of requisite educational qualification.
- (ii) To facilitate the individuals working in government job/ Private Establishments, businessmen and housewives who can't participate in a full-time program.
- (iii) To impart the basic knowledge and proper education of Yoga and its various techniques to each and every educated person of the society so as to maintain good health, sense of harmony, peace and amity in the individual level and ultimately in the greater human society.
- (iv) To benefit the society by making the public, health conscious. With the change of lifestyle in the present-day world, diseases like Diabetes Mellitus, Hypertension, Hyperacidity, Heart attack, Asthma, Spondylitis, and Migraine are increasing very fast and are becoming matters of concern for the medical world. With the practice of Yoga, the practitioners will learn the basic requirements for healthy body, mind and spirit. Also, they will learn how to maintain these aspects with the help of Yogic discipline. This will in turn, help to make our society healthy and disease free.



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The programs:

- | | | | |
|------|----------------------|-------------|--|
| (i) | Certificate Program: | Duration | : 6(six) months, One semester Course |
| | | Eligibility | : HS or equivalent from any Govt. recognized Board |
| | | Fees | : As prescribed by the University |
| (ii) | Diploma Program: | Duration | : 1(one) year, Two semester Course |
| | | Eligibility | : HS or equivalent from any Govt. recognized Board |
| | | Fees | : As prescribed by the University |

N.B.: A candidate can pay the Fees before the starting of the Program or on monthly basis.

The Academic Programs will be started from the session 2019- 2020.

Program and Course Plan:

- The syllabus for the Certificate Program and the 1st Semester of the Diploma Program will be the same.
- Classes for both the Programs will be held on every Saturday and Sunday except Government holidays.
- Each semester course will contain two theory papers and two practical papers
- Classes for practical papers will be held in the morning hours and after that the theory classes will be held.
- The medium of instruction will be in English, Assamese and Hindi.
- The details of the courses are provided in the syllabus.

Eligibility criteria for Entry to the Certificate/Diploma in Yoga Program

Higher Secondary or equivalent in any discipline from any Education Board recognized by the State or Central Govt.



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Course Structure

Programme: Certificate/Diploma in Yoga (PART TIME)

FIRST SEMESTER

Course Code	Name of the Course	Total Marks	Credits
CY-01-101	Introduction to Yoga	100	3
CY-01-102	Introduction of human body	100	3
CY-01-103	Practical I: Yogic Practices-I	100	1
CY-01-104	Practical II: Yogic Practices-II	100	1
CY-01-105	Monograph	100	2
	Grand Total	500	10

Programme: Diploma in Yoga (PART TIME)

SECOND SEMESTER

Course Code	Name of the Course	Total Marks	Credits
DY-01-201	Yoga Philosophy	100	3
DY-01-202	Introduction to Hatha Yoga	100	3
DY-01-203	Practical I: Yogic Practices-III	100	1
DY-01-204	Practical II: Yogic Practices-IV	100	1
DY-01-205	Project	100	2
	Grand Total	500	10

Examination

Examination and evaluation shall be done on a continuous basis, at least three times during each semester. There shall be **at least two in semester (sessional) evaluations** and **one end-semester examination in each course during every semester**. The result of in-semester examinations shall be notified by the concerned course teacher(s) within seven days of the examination.

40% of the total marks of each course shall be **allotted for in-semester evaluations**.

In in-semester evaluations, two seasonal tests shall have to be conducted for each course, which shall carry 50% of the total marks allotted for in-semester evaluations.



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For the remaining 50% of total marks allotted for in-semester evaluations, course teachers may employ two or more assessment tools such as **objective tests, assignments, paper presentation, laboratory work**, etc., suitable to the courses.

The students are to be informed in advance about the nature of assessment. Students shall compulsorily attend the two In-semester examinations, failing which they will not be allowed to appear for the end-semester examination.

A Student cannot repeat In-semester examinations. Provided that if for any compulsive and valid reason a student could not appear in the In-semester examination(s), the course teacher may arrange a special In-semester examination before the end-semester examination with approval of the Departmental Board.

There shall be one end-semester examination carrying 60% of the total marks in each course covering the entire syllabus prescribed for the course. The end-semester examination is normally a written/ laboratory-based examination / project work. The mode of end-semester examination and evaluation shall be decided by the teacher in consultation with the Departmental / Centre Board.

End-semester practical examinations shall normally be held before the theory examinations.

A candidate shall not be entitled to more than two chances including the 'regular' and 'compartmental' examinations in general to clear a particular semester. Provided that a candidate may avail a special third chance to clear a particular semester once in the whole programme he/she pursues. In such cases, the candidates shall have to appear in the special third chance in the next regular end-semester examination. In no circumstances, the total number of chances to clear all the four semesters shall exceed five.

Evaluation and Declaration of Results:

The course teacher shall evaluate the answer scripts and submit the marks as well as letter grades to the Chairperson of the Departmental Board.

The Departmental Board shall finalize the results of each examination/semester and notify the same before sending to the Controller of Examinations for preparation of Grade sheet and declaration of results.

Project report, if any, shall be evaluated jointly by the supervisor and another examiner within the Department/ Centre/ University or from outside the University appointed by the Controller of Examinations as recommended by the course teacher through the Head of the Department. The modalities and timing of presentation, interview, etc. shall be decided by the concerned Departmental Board.

The Controller of Examinations shall declare the results of the programme and issue Grade-sheets.



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Grading System

The absolute grading system shall be applied in evaluating performance of the students.

A candidate shall have to secure at least 'B' grade to pass a course taking in and end semester marks together.

The marks of in-semester examinations obtained shall be carried over for evaluating the grade of a course.

The following scale of grading system shall be applied to indicate the performances of students in terms of letter grade and grade points as given below:

Percentage of Marks obtained in a Course (In-Semester plus End-Semester)	Letter Grade	Descriptor	Grade Point	Result
95-100	O	Outstanding	10	Pass
85-94	E	Excellent	9	
75-84	A+	Very Good	8	
65-74	A	Good	7	
55-64	B+	Satisfactory	6	
45-54	B	Average	5	
0-44	F	Fail	4	Fail
	I	Incomplete		Incomplete

The letter grade 'A' and above shall be considered as First Class and letter grade 'B+' shall be considered as Second Class with minimum of 55% marks.

A student is considered to have completed a course successfully and earned the prescribed credits if he/she secures a letter grade other than F (Failed) or I (Incomplete).

If a candidate secures 'F' grade in a course, he/she shall have to clear it in the 'compartmental examination'.

If a student secures F grade in Project Work / assignment etc., he/she shall have to re-submit it after necessary revisions as suggested by the examiners/course teacher within 45 days after the declaration of the results.

'I' grade shall be awarded to a candidate if he/she has not fulfilled the following requirements:

- If a candidate fails to appear in any course(s) in an end semester examination.
- If a candidate fails to submit the project work / assignment of an end semester examination.
- If a candidate is certified as not eligible to appear in any course(s) in an end semester examination by the course teacher(s) due to insufficient attendance in lectures, tutorials, practical or field works.

The list of candidates awarded 'I' shall be notified by the course teacher and the copies of the notification shall be sent to the Controller of Examinations through Head of the Department/ Centre. They shall have to convert the 'I' grade by appearing in a 'Compartmental/Betterment' examination or by submitting project work / assignment, etc. within 45 days after the declaration of results.



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A candidate may apply for betterment chance in maximum of two papers of end semester examination in each semester. The betterment examinations shall be held with the compartmental examination within 45 days after the declaration of results. There shall be no provision for betterment examination in case of practical / project work / assignments / fieldwork etc.

Results of the candidates appeared in the 'Compartmental/Betterment examinations shall not be counted for the award of Prizes/Medals, Rank or Distinction.

A candidate shall have to pay a prescribed fee to appear in the 'Compartmental/Betterment examinations' fixed by the University from time to time.

Grade sheet:

The Grade Card issued at the end of the semester to each student will contain the following:

- a. The performance in each course indicated by the letter Grade
- b. The Semester Grade Point Average (SGPA) and
- c. The Cumulative Grade Point Average (CGPA).

Student Redressal:

A candidate may apply to the Departmental Board for scrutiny/revision of the grades awarded in any of the courses within one week after notification of results by the concerned departments/ centres. Provided that revision should be done before the document reaches the Controller of Examinations.

The Departmental Board may have the answer scripts of the aggrieved candidates re-examined by the course teacher, if the appeal of the candidate(s) is found to be genuine.

An aggrieved candidate may be allowed to have a look on his/her answer script(s) by the Departmental Board, if the appeal of the candidate(s) is found to be genuine.

General:

The Examination Committee of the University shall remove any difficulty, which may arise in the course of operations relating to execution of the MSSV programmes.



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PROGRAMME: CERTIFICATE/DIPLOMA IN YOGA (PART TIME)

FIRST SEMESTER

COURSE CODE: **CY-01-101 - INTRODUCTION TO YOGA**

Total Marks: 100 (In-Sem.:40+End-Sem.:60)

In-Semester Marks: 40 = Sessional Exam (20) + Assignment/Presentation/viva (20)

Learning Outcomes: After completing this course, the learners -

- will acquire Basic concepts of Yoga
- will be acquainted with the Different types of Yoga
- will understand the concept of Yoga as narrated in various scriptures.

Unit	Content	Workload	Weightage
1	The Concept of Yoga: <ul style="list-style-type: none">• Meaning and Definitions of Yoga,• Misconceptions about Yoga• Historical background of yoga.• Importance of Yoga.• Scope of Yoga.• Limbs of Yoga	10	13
2	Types of yoga 1 : <ul style="list-style-type: none">• Hatha yoga.• Jnana yoga.• Bhakti yoga.• Mantra Yoga	09	13
3	Types of yoga 2: <ul style="list-style-type: none">• Karma yoga• Tantra yoga.• Raja yoga.	06	11
4	Brief introduction of yoga in the Bhagawadgita : <ul style="list-style-type: none">• Concept of Yoga in the BhagawadgitaTypes of Bhakta (Chpt. VII)Nature of Bhakti (Chpt.XII)• Food for Yoga Sadhaka,• Classification of food (Chpt.XIV & XVII)• Symptoms of Sthitapragya	10	12
5	Introduction of different schools of yoga: <ul style="list-style-type: none">• Vini Yoga or Vinyasa- Karma Yoga• Sivananda Yoga• Kriya Yoga of Babaji• Integral Yoga• Iyengar Yoga	10	11
Total		45	60

Reference Books:

1. Kumar, K. (2008). *Super Science of Yoga*, Standard Publishers (India), Delhi
2. Feuerstein, G. *The Yoga Tradition*, Motilal Banarsidass, New Delhi
3. Phukan, B. N. (2019). *Yog Vijnan Parichay*, Jogada Phukan, N. Lakhimpur.
4. Saraswati, V. *Science of Yoga*



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PROGRAMME: CERTIFICATE/DIPLOMA IN YOGA (PART TIME)

FIRST SEMESTER

COURSE CODE: **CY-01-102 - INTRODUCTION TO HUMAN BODY**

Total Marks: 100 (In-Sem.:40+End-Sem.:60)

In-Semester Marks: 40 = Sessional Exam (20) + Assignment/Presentation/viva (20)

Learning Outcomes: After completing this course, the learners-

- will understand basic anatomy and physiology of human body
- will acquire knowledge of Yogic concept of human body

Unit	Content	Workload	Weightage
1	Meaning of anatomy and physiology; Structure and function of Cells, Different types of tissues. Musculo-skeletal System- Types of Muscles: Skeletal, Smooth and cardiac; Name and location of the bones in the body; Types of bones; Types of joints.	09	12
2	Digestive System- anatomy and physiology of digestive system; Functions of Liver and Pancreas. Excretory system- Structure and functions of kidney, Ureter, bladder, urethra.	09	12
3	Respiratory System- Structure of respiratory tract: Nose, Pharynx, Larynx, Bronchi, Bronchioles, Alveoli- lungs; Cardio-vascular System- structure and functions of heart; Blood vessels.	09	12
4	Endocrine System- structure and functions of pituitary, pineal, thyroid, para-thyroid, thymus, pancreas, adrenal, ovary and testes. Nervous System- Central (Brain and Spinal cord), Peripheral and Autonomic	10	12
5	Yogic Anatomy and Physiology of Human Body- Sariras and Koshas Dasa Pranas Nadis and Chakras Kundalini Shakti	08	12
Total		45	60

Reference Books:

1. Ross and Wilson. *Anatomy and physiology*,
2. Pearce, Evelyn C. *Anatomy and physiology for Nurses* (Jaypee Brothers)
3. Tortora. *Anatomy and Physiology*,
4. Gupta, A.K. *Sharir Rachana v kriya Vigyan*
5. Gore, M. M. *Anatomy & Physiology of Yogic Practices*, New Age Books, N.D.
6. Teles, S. *A glimpse of Human Body*,



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PROGRAMME: CERTIFICATE/DIPLOMA IN YOGA (PART TIME)
FIRST SEMESTER

COURSE CODE: **CY-01-103- YOGIC PRACTICES-I**

Total Marks: 100 (In-Sem.:40+End-Sem.:60)

In-Semester Marks: 40 = Sessional Exam (20) + Assignment/Presentation/viva (20)
Workload: 36 hours/classes

Learning outcomes: After completing this course, students-

- will be able to practice yogic sukshma vyayama and Surya-namaskar
- will understand the methods of practicing basic asanas
- will be able to perform and demonstrate some yogasanas

Yogic Sukshma Vyayama: (20 Marks)

Uccharana-sthala-tatha Vishuddha-chakra-shuddhi, Buddhi-tatha Dhriti-vikasaka, Smarana Shakti-vikasaka, Medha-shakti-vikasaka, Netra-shakti-vikasaka, Bhuja-balli-shakti-vikasaka, Mani-bandha-shakti-vikasaka, Vaksha-sthala-shakti-vikasaka, Udara-shakti-vikasaka, Kati-shakti-vikasaka

Surya-Namaskar: (10 Marks)

Twelve steps Surya-Namaskar and Fourteen Steps Surya-Namaskar

Asanas: (30 marks)

Sthiti posture for Asana Practice

Tadasana, Vriksasana, Katichakrasana, Garudasana, Trikonasana, Parsva-Konasana, Pada-Hastasana, Vajrasana, Swastikasana, Siddhasana, Marjarasana, Mandukasana, Ushtrasana, Janu-shirasana, Gomukhasana, Vakrasana, Bhujangasana, Shalabhasana, Ardha-Dhanurasana, Ardha-Chakrasana, Vipareetkarni-asana, Ardha-Halasana, Shashankasana, Shavasana

Reference Books:

- Saraswati, S.S. (2002). *Asana, Pranayama, Mudra, Bandha*, Yoga Publications Trust, Munger.
- Phukan, B. N. (2019). *Yog Vijnan Parichay*. Jogada Phukan, N. Lakhimpur.
- Basavaraddi, I.V. (2011). *Yogic Sukshma and Sthula Vyayama*, MDNIY, New Delhi



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PROGRAMME: CERTIFICATE/DIPLOMA IN YOGA (PART TIME)
FIRST SEMESTER

COURSE CODE: **CY-01-104- YOGIC PRACTICES-II**

Total Marks: 100 (In-Sem.:40+End-Sem.:60)

In-Semester Marks: 40 = Sessional Exam (20) + Assignment/Presentation/viva (20)
Workload: 36 hours/classes

Learning outcomes: After completing this course, students-

- will be able to practice some shatkarma techniques
- will understand the methods of practicing pranayamas and Bandha-Mudra
- will understand the process of meditation

Prayer: (10 Marks)

Paramatma-vandana , Guru-vandana , Patanjali Vandana, Prayer from Namghosa

Shatkarma: (20 Marks)

Jal-Neti, Rubber-Neti, Kapalbhathi-Vatkram(20-50 strokes), Agnisar

Pranayama: (15 Marks)

Breathing: Chest, Abdominal & Yogic

Anulome-Vilome, Bhramari Pranayama, Ujjayi Pranayama

Bandha/Mudra: (10 Marks)

Moolbandha, Jalandhar Bandha, Uddiyan Bandha, Bhramadhy Mudra, Pancha-tattva-mudra

Meditation: (05 Marks)

Vipassana, Cyclic, Yoga-Nidra.

Reference Books:

- Saraswati, S.S. (2002). *Asana, Pranayama, Mudra, Bandha*, Yoga Publications Trust, Munger.
- Phukan, B. N. (2019). *Yog Vijnan Parichay*. Jogada Phukan, N. Lakhimpur.



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PROGRAMME: CERTIFICATE/DIPLOMA IN YOGA (PART TIME)
FIRST SEMESTER

COURSE CODE: **CY-01-105- Monograph**

Total Marks: 100

Each of the students will complete the monograph on an assigned / selected topic under the guidance of a faculty member allotted to him/her by the department. After completion of the work, student will submit the same, with due permission from the faculty member to Department before twenty (20) days of the commencement of the End-Semester Examination.

Marking-

Monograph- 60 Marks

Viva voce- 40 Marks



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PROGRAMME: DIPLOMA IN YOGA (PART TIME)
SECOND SEMESTER

COURSE: **DY-01-201 YOGA PHILOSOPHY**

Total Marks: 100 (In-Sem.:40+End-Sem.:60)

In-Semester Marks: 40 = Sessional Exam (20) + Assignment/Presentation/viva (20)

Learning outcomes: After completing this course, learners-

- will acquire the subject matter of Yoga Sutras
- will acquainted with the various terminologies of Yoga Philosophy
- will understand the path of Ashtanga Yoga

Unit	Content	Workload	Weightage
1	Brief historical outline of the Yoga system of Patanjali; Sage Patanjali and Commentators of the Yoga Sutras with their Commentaries; Brief Introduction to the subject matter of the Yoga Sutras.	07	10
2	Definition of Yoga; Meaning of Chitta; Chitta Bhumi (Mudha, Kshipta, Vikshipta, Ekagra and Niruddha); Chitta Vrittis (Pramana, Viparyay, Vikalpa, Nidra, Smriti); Panch-kleshas (Avidya, Asmita, Raga, Dwesha, Abhinivesha)	12	15
3	Obstacles of Yoga (Antarayas); Means of Chitta-prasadana; Abhyas and Vairagya; Ishwara and Ishwara pranidhana; Kriya Yoga.	11	15
4	Eight steps of Yoga- Ashtanga Yoga (Yama, Niayama. Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi).	08	10
5	Yoga Vibhutis; Types of Siddhis; Types of Karma; Kaivalya; Swaroop-pratishthan.	07	10
Total		45	60

Reference books:

1. Saraswati, S. *Four Chapters of Freedom*, Biha School of Yoga, Munger
2. Karambalekar, P.V. (2017). *Patanjala Yoga Sutra*, Kaivalyadhama, Lonavla.
3. Feuerstein, Georg. *Yoga Sutras of Patanjali*: U.S.A. Inner Traditions of India.
4. Iyengar B.K.S. *Light on Astanga Yoga*, New Delhi , Alchemy
5. Bhattacharya ,R. S. *An Introduciton to the Yogasutra*, Bharatiya Vidya Prakashan, Varanasi.



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PROGRAMME: DIPLOMA IN YOGA (PART TIME)
SECOND SEMESTER

COURSE: **DY-01-202 HATHA YOGA AND HEALTH**

Total Marks: 100 (In-Sem.:40+End-Sem.:60)

In-Semester Marks: 40 = Sessional Exam (20) + Assignment/Presentation/viva (20)

Learning outcomes: After completing this course, learners-

- will be acquainted with the concept of hatha yoga
- will understand the elements of success & failure in hatha yoga
- will acquire knowledge of hatha yogic practices
- will understand the importance of Hatha Yogic practices for Health

Unit	Content	Workload	Weightage
1	The Concept of HathaYoga: <ul style="list-style-type: none">• Meaning and Definitions of HathaYoga,• Brief introduction to the Hatha Yogic Texts• Hatha Yoga in the Yoga Upanishads	10	12
2	Elements of Success and Failure in Hatha Yoga: <ul style="list-style-type: none">• Place, Season, Time and Diet for yoga• Enthusiasm, Courage, Patience, Correct understanding, Determination, Abandoning public contact• Over-eating, Over-exertion, Talking too much, Severe austerity, Public contact, Fickleness of mind• Symptoms of Hatha-siddhi	09	10
3	Yogic practice 1- Meaning, process and Result: <ul style="list-style-type: none">• Shat- karmas - Neti, Dhouti, Vasti, Nauli, Trataka, and Kapalbhathi.	10	14
4	Yogic practice 2- Meaning ,process and Result: <ul style="list-style-type: none">• Asanas• Pranayamas• Mudra-Bandha.	10	14
5	Hatha Yoga and Health: <ul style="list-style-type: none">• Concept of Health according to Modern Science, Ayurveda and Yoga• Importance of Hatha Yoga for Physical Health.• Importance of Hatha Yoga for Mental Health.• Importance of Hatha Yoga for Spiritual Health.	06	10
Total		45	60

Reference Books:

1. *Hathapradeepika*. Kaivalyadhama, Lonavla
2. *Gherand Samhita*. Yoga Publication Trust, Munger, Bihar
3. Reddy, M.V. *Hatharatnavali*,
4. *Shiv Samhita*. Kaivalyadhama, Lonavla.
5. Anant Bharti, S. *Sidhha Siddhant Paddhati*.



মহাপুরুষ শ্রীমন্ত শঙ্করদেৱ বিশ্ববিদ্যালয়
MAHAPURUSHA SRIMANTA SANKARADEVA VISWAVIDYALAYA

[Recognised Under Section 2(f) of UGC Act, 1956]
Srimanta Sankaradeva Sangha Complex, Haladhar Bhuyan Path,
Kalongpar, Nagaon, PIN-782001, Assam, India

PROGRAMME: DIPLOMA IN YOGA (PART TIME)
SECOND SEMESTER

COURSE: **DY-01-203 YOGIC PRACTICES III**

Total Marks: 100 (In-Sem.:40+End-Sem.:60)

In-Semester Marks: 40 = Sessional Exam (20) + Assignment/Presentation/viva (20)

Workload: 35 hours/classes

Learning outcomes: After completing this course, students-

- will acquire knowledge of various yoga postures
- will understand the process of yogasanas
- will be able to perform and demonstrate Yogasanas

Yogic Sukhma and Sthula Vyayama: (20 Marks)

Jangha-shakti-vikasaka, Janu-shakti-viaksaka, Pindali-shakti-vikasaka, Padanguli-shakti-vikasaka, Rekha-gati, Hrad-gati, Utkurdana, Urdhva-gati, Sarvanga-pushti.

Chandra-Namaskar: (10 Marks)

Fourteen Steps Chandra-Namaskar explained in A.P.M.B. (BSY)

Asanas: (30 Marks)

ParivartaTrikonasana, Parivarta Parsva-Konasana, Padmasana and its variations, Natarajasana, Bakasana, Ardha- Matsyendrasana, Paschimottanasana and its variations, Kukkutasana, Dhanurasana, Simhasana, Sarvangasana, Halasana, Shirshasana, Chakrasana, Naukasana, .

Reference Books:

- Saraswati, S.S. (2002). *Asana, Pranayama, Mudra, Bandha*, Yoga Publications Trust, Munger.
- Phukan, B. N. (2019). *Yog Vijnan Parichay*. Jogada Phukan, N. Lakhimpur.
- Basavaraddi, I.V. (2011). *Yogic Sukshma and Sthula Vyayama*, MDNIY, New Delhi



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PROGRAMME: DIPLOMA IN YOGA (PART TIME)
SECOND SEMESTER

COURSE: **DY-01-204 YOGIC PRACTICES IV**

Total Marks: 100 (In-Sem.:40+End-Sem.:60)

In-Semester Marks: 40 = Sessional Exam (20) + Assignment/Project (20)

Workload: 35 hours/classes

Learning outcomes: After completing this course, students -

- will be able to recite various prayers
- will be able to practice shatkarmas, mudra-bandha techniques
- will acquire the knowledge of meditation

Prayer: (05 Marks)

Guru-vandana, Shantipaths form Upanishad, Prayer from Namghosa

Pranayama: (10 Marks)

Nadi-Shodhana, Surya-Bhedana, Bhastrika, Sheetal, Sitkari, Bhramari Pranayama.

Bandha/Mudra: (10 Marks)

Mool-bandha, Jalandhar-Bandha, Uddiyan-Bandha, Maha-Mudra, Shambhavi Mudra.

Shatkarma: (20 Marks)

Vaman Dhouti, Varisar Dhauti, Danda Dhauti, Nouli, Kapalbhathi-Vyutkram, sheetkram

Meditation: (05 Marks)

Soham Japa, Pranav Japa

Reference Books:

- Saraswati, S.S. (2002). *Asana, Pranayama, Mudra, Bandha*, Yoga Publications Trust, Munger.
- Phukan, B. N. (2019). *Yog Vijnan Parichay*. Jogada Phukan, N. Lakhimpur.



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PROGRAMME: DIPLOMA IN YOGA (PART TIME)
FIRST SEMESTER

COURSE CODE: **DY-01-205- Project**

Total Marks: 100

Each of the students will complete the project on an assigned / selected topic under the guidance of a faculty member allotted to him/her by the department. After completion of the work, student will submit the same, with due permission from the faculty member to Department before twenty (20) days of the commencement of the End-Semester Examination.

Evaluation-

Project work- 60 Marks

Viva voce- 40 Marks