

**BHUPAL NOBLE'S UNIVERSITY,
UDAIPUR (RAJ.)**



**Diploma in Yoga Education
(D.Y.Ed.) CURRICULUM
(For One Year)**

BHUPAL NOBLE'S UNIVERSITY, UDAIPUR
Diploma in Yoga Education (One Year)

THEORY EXAMINATION

Course Code	Subject	Theory Marks	Internal Marks	Total Marks
DYCC-101	Mental Health	70	30	100
DYCC-102	Anatomy and Physiology for Yogic Practice	70	30	100
DYCC-103	Yogic Text	70	30	100
DYCC-104	Patanjali Yog Sutra	70	30	100
DYCC-105	Yog & Cultural Synthesis	70	30	100

PRACTICAL EXAMINATION

Course Code	Subject	External Marks	Internal Marks	Total Marks
DYPC-101	Practical Demonstration	70	30	100
DYPC-102	Practical of Teaching 5 Lesson Plan on any Skill (3 Asan, 1 Pranayam, 1 Shudhi Kriya) on lesson format with chart	70	30	100

PAPER-I
DYCC-101
MENTAL HEALTH

- Mental Health – Meaning, definition
- Relation of Yoga and mental health
- Meaning, definition, scope of psychology
- Role of Asana and Pranayam in mental health
- Difference between Yog and mental health
- Reason of disturbance of mental health
- Role of Yog in maintaining mental health
- Effect of doping on mental health
- Conflict
- Nirasha
- Chita Vikshipt
- Klesh
- Chit ki Awastha
- Chit Vritiya
- Meaning of Tension, Role of Yog in tension management.
- Meaning, Definition & Types of Personality
- Contribution of balanced diet in mental health
- Prayer – Meaning, types & principles
- Meditation – Meaning, Types & Principles
- Om chanting – Meaning & Importance

PAPER-II

DYCC-102

ANATOMY & PHYSIOLOGY FOR YOGIC PRACTICES

- Introduction of Human body and its system
- Definition of Anatomy and Physiology and importance of Yogic practices
 1. Respiratory System
 2. Digestive System
 3. Endocrine System
 4. Nervous System
 5. Circulatory System
- Classification of Asana and its mechanism
- Introduction of Kriyas, Bandha and Mudra
- Importance of Kriyas and its Scientific Approach
- Importance of Bandha and its Scientific Approach
- Importance of Mudra and its Scientific Approach
- Effect of Asana and Pranayam : on (Respiratory System, Digestive System, Nervous System, Circulatory System)
- Difference between Pranayam and Deep Breathing

PAPER-III
DYCC-103
YOGIC TEXT

- Yoga : Meaning, Definition, Importance, types (Hatha Yoga, Karma Yoga, Gyan Yoga, Raja Yoga, Bhakti Yoga, Asthanga Yoga)
- Misscanception, Principles of Yogic Practice
- Asana : Meaning, Definition , Classification, Effect of Asana
- Asana Method, Importance of Place, Time & Diet
- Limitaions for Female
- Pranayama : Meaning, Parts, Technique, Types of Kumbhach
Precautions, Principles, Importance
- Importance of Fasting in Pranayama
- Panch Kosh
- Pran
- Nadi
- Chakra
- Mudra
- Kumbhak
- Sudhi Kriya : Types, Principles & Benifits

PAPER-IV
DYCC-104
PATANJALI YOG SUTRA

- समाधिपाद – 15 श्लोक
- साधनपाद – 15 श्लोक
- विभूतिपाद – 15 श्लोक
- वेद – अर्थ एवं प्रकार
- दर्शन – अर्थ एवं प्रकार

PAPER-V

DYCC-105

Yoga & Culture Synthesis

- Meaning of Yoga, Importance in Human life
- Culture : Definition, Description of Different Culture, Characteristics of Indian Culture
- Relation of Yoga & Culture
- Religion : Meaning
- Relation of Yoga and Religion
- Philosophy : Meaning, Definition, Types, Characteristics
- Varnvrity Vayvastha : Meaning & Types
- Discription of Indian Philosophy : Mahabharat, Bhagwad Gita, Ramayan
- Ved
- Puran
- Upanishad
- Budh Religion
- Jain Religion
- Hindu Religion
- Christian Religion
- Parsi Religion
- Muslim Religion
- Manavtavad
- Maya