

**SAURASHTRA UNIVERSITY
RAJKOT-360 005 (INDIA)**

**DIPLOMA IN YOGA EDUCATION
(D.Y.Ed.)
2 Semester**

SAURASHTRA UNIVERSITY
Department of Physical Education
RAJKOT-360 005 (INDIA)



Yoga Karmasu Kausalam

Diploma in Yoga Education

Rules & Regulation

PRIMARY INFORMATION

1. Eligibility:

- (A) A candidate will be eligible for admission in the course must have passed B.Sc. / B.Com. / B.A. or its equivalent (at least 40% marks of equivalent grade).
- (B) A candidate must have age 19 years and above.
- (C) Medical fitness certificate of registered doctor.

2. Preference:

- A. Participate in yoga competition at state, national or international level.
- B. Participate in yoga competition at inter university level.
- C. Having qualified "Prathma" Examination, By lakulish yog vidyalay, Kayavarohan.
- D. Certificate Course of yoga by Recognized University.

3. **Duration:** This curriculum will be full time and divided in two semesters.

4. **Faculty:** The Faculty will be appointed for this curriculum is according to university rules.
Qualification: Post Graduation with Diploma in Yoga.

5. Student Strength:

- Student Strength is 120 in yoga and physical education.
- Medium: Gujarati or English.

6. Admission Procedure:

As per rules and Regulation of Saurashtra University.

7. Examination:

1. Theory
2. Teaching Lesson
3. Practical

8. Marking Scheme:

- In theory section, every student must have secure 40% Marks in each Subject.
- Every Student must have secured 40% marks in Teaching lesson and practical.

Grading:

70% and above	Distinction
Between 60% to 70%	First Class
Between 45% to 60%	Second Class
Below 45%	Pass Class

❖ Rules and Regulation of D.Y.Ed. :

1. A Candidate who obtains 40% marks in the theory paper will be exempted from giving examination of the paper.
2. The marks of practical and internal evaluation will be carry forwarded, if candidate fails in theory paper and appears in the next examination.
3. The marks of theory papers will be carry forwarded if candidate fails in practical and internal heads and appears in the next examination

STRUCTURE OF SYLLABUS

	Weight
<u>Question Paper – 1 : Education Method</u>	
1. Meaning and definition of education and its concept.	03%
2. Meaning of Transfer of Education and its Importance.	20%
3. Educational method and its affecting factors.	20%
4. Method of presentation and its importance and scope.	20%
5. Educational equipments and its types and importance.	25%
6. Individual preparation and technical preparation.	12%
7. Practical Lesson	--
<u>Question Paper – 2 : Introduction to Yoga</u>	
1. Concept of traditional and modern Yoga	10%
2. Superstitious beliefs of Yoga	10%
3. Yoga and Education	10%
4. Yoga and Personality development	15%
5. Yoga and Modern Medical Science	15%
6. Astang Yoga	20%
7. Hath Yoga	20%
<u>Question Paper – 3 : Metabolism structure and function</u>	
1. Importance of Yoga in Metabolism structure and its functions	10%
2. Define Human body, cells, tissues, organs and system	10%
3. Diagram of respiratory system, its structure, function and Effects of Yoga on it.	20%
4. Structure of blood circulation system, function and Effects of Yoga on it.	20%
5. Endocrine gland system and effects of Yoga on it.	20%
6. Structure of digestive system, its function and Effects of Yoga on it.	20%
<u>Question Paper – 4 : Yoga and Health Education</u>	
1. What is yoga treatment?	08%
2. In the view of Yoga, health and pain.	12%
3. Yoga diet	15%
4. Principle of Ayurveda	15%
5. Ayurveda – Meaning of purposive health.	15%
6. Daily Routine as per Ayurveda	15%
7. In the view of natural treatment, disease and treatment equipments.	20%

Question Paper – 5(A) : Practical

1. Uttan Padasan	17. Padmasan
2. Pavan Muktasana	18. Matsyasan
3. Salbhasana	19. Gaumukhsana
4. Bhujangasana	20. Akarnadhanurasana
5. Dhanurasana	21. Ardhakatichakrasana
6. Sarvangasana	22. Trikonasana
7. Viprit Karni Mudra	23. Padahastana
8. Halasana	24. Tadasana
9. Karnapidasana	25. Vrukshasana
10. Chakrasana	26. Mayurasana
11. Shirshasana	27. Savasana
12. Bakasana	28. Niralambasana
13. Ardhamatsendrasana	29. Merudandasana
14. Vakrasana	30. Naukasana – on belly
15. Vajrasana	31. Naukasana – on back
16. Swastikasana	

Question Paper – 5(B) : Pranayam

1. Anulom Vilom Pranayam
2. Suryabhedan Pranayam
3. Shitali Pranayam
4. Chandrabhedan Pranayam
5. Ujjayi Pranayam
6. Bhamri Pranayam
7. Bhastika Pranayam

Question Paper – 5(C) : Suddhikriya – Kapalbhathi, Jallneti and Sutraneti

Note: In question paper-5

In Part – A, teach any 8 Aasana, each of 5 marks.

Total marks: 40

In Part – B, teach any 4 Pranayam, each of 5 marks.

Total marks: 20

In Part – C, teach any 2 Suddhikriya, each of 5 marks.

Total marks: 10

Reference Book List:

Question Paper – 1 : Education Method

1. Donald G. Butter – Teaching Yoga, Jayfari Chepman Publishers, 1975
2. Yogasan – Teacher’s Guide, National Council of Educational Research and Training, NCERT, 1983
3. Teaching Methods : S.K. Ganguly, Kaival, Yadham, Lonavala

Question Paper – 2 : Introduction to Yoga

1. Patanjali Yoga Formula – P.V.Kashbelkar, Lonawala, Kaivaldham
2. Astang Yoga- Charandas
3. Dhee Sahinta
4. “Dhee wisdom of Sankhaya” – K.P. Baha Sterling Publisher, New Helhi – 110016
5. Aruna Thakar – Yoga Vidya Part I & II Yogadharma tatvagyaana, Gurjay Prakashan, Gandhi Road, Ratanpol Naka, Amdavad – 380001
6. Hath Pradipika – Swami Digambarji, Lonavala.
7. Mahatma Gandhi – Anashakti Yoga, Navjivan Prakashan, Amdavad
8. Classical Sankhaya – A critical study, Anima Sen Gupta, Munsiram, Manoharlal Publisher – New Delhi – 110055

Question Paper – 3 : Metabolism structure and function

1. M.M. Gore, Anatomy and physiology of Yogic practices.
2. A.C. Guyton, Text Book of Medical Physiology

Question Paper – 4 : Yoga and Health Education

1. Swami Ram – Yoga and Psychotherapy, the evolution of consciousness, the Himalayan International Institute of Yoga, Science and Philosophy, Henishdell Pennsylvania, 18431
2. C.T. Morgan, Psychology, Bihar Hindi Granth Academy, Sanmelan Bhavan, Kattamkua, Patna-3
3. I.P. Suchdeva – Yoga and Depth psychology, Motilal Banarasidas, Bangla Road, Jawahar Nagar, Delhi – 7
4. Swami Kuvalayanand – Yogic Therapy, its Basic Principles and Methods, Central Health Education Bureau, Ministry of Health, Government of India, New Delhi, 1963

Question Paper – 5 : Practical

1. Asanas – By Swamik Kavaliya
2. Pranayama
3. Asanas by and how – O.P. Tiwari
4. Yogasan and Pranayama for the health - Dr. P.D. Sharma, Gala Prakashan, Amdavad
5. Hath Yoga – By Pradipika Lonavala, Kaivalyadham
6. Gheranda Sanhita
7. Text Book of Yoga - Yogeshwarji

MARKING SYSTEM

Sr No	Paper No	Name Of Paper	Internal		External		Passing Marks	Total Marks
			Theory	Practical	Theory	Practical		
1	1	Education Method	--	30	70	--	40%	100
2	2	Introduction to Yoga	30	--	70	--	40%	100
3	3	Metabolism structure and function	30	--	70	--	40%	100
4	4	Yoga and Health Education	30	--	70	--	40%	100
5	5	Practical	--	30	--	70	40%	100

PAPER STYLE

<u>Question Paper</u>	<u>Subject</u>	<u>Total Marks</u>
Question Paper – 1: Education Method		100
Part-I: Theoretical		70
Part-II: Practical		30
(1) Practical Lesson(3 outside)		
(2) Practical Lesson(3 inside)		
Question Paper – 2: Introduction to Yoga		100
Part-I: External		70
Part-II: Internal		30
(1) Assignment-I		
(2) Assignment-II		
Question Paper – 3: Metabolism structure and function		100
Part-I: External		70
Part-II: Internal		30
(1) Assignment-I		
(2) Assignment-II		
Question Paper – 4: Yoga and Health Education		100
Part-I: External		70
Part-II: Internal		30
(1) Assignment-I		
(2) Assignment-II		

Question Paper – 5: Practical	100
Part-I: External (Practical)	70
Part-II: Internal (Practical)	30

❖ **For paper 1 to 4**

1. Total Number of Question Paper : 5 and Total marks : 70
2. One question in each number of question papers.
3. In Question 1 to 2, there are two question of 7 marks
(a) and (b) or (a) and (b)
4. In Question 3 to 5, there are only one question of 14 marks
(1 Question or 1 Question)
5. Maximum hours to complete question is 2 : 30 hours

❖ **For paper 5**

Part – A: Any 8 Aasan, each of 5 marks	Total Marks: 40
Part – B: Any 4 Pranayam, each of 5 marks	Total Marks: 20
Part – C: Any 2 Suddhikriya, each of 5 marks	Total Marks: 10

❖ **Practical Work**

A: - Lesson

- 3 Internal lessons
- 3 External lessons

B: - Assignment

- Total 6 Assignment
- Question Paper:-2 have 2 Assignment
- Question Paper:-3 have 2 Assignment
- Question Paper:-4 have 2 Assignment