

ANNEXURE-I

Syllabus of ODL COURSE
POST GRADUATE DIPLOMA IN YOGA SCIENCE

SEMESTER I

COURSE DETAILS – I
SUBJECT NAME – FUNDAMENTALS OF YOGA
SUBJECT CODE – PGDYS-101

CREDIT: 4	CA: 30	SEE: 70	MM: 100
-----------	--------	---------	---------

Course Objectives:

The Objectives of learning this course is to:

- To understand the origin and psychological basis of Yoga.
- To define and interpret the foundations of Yoga.
- To study the Historical and Philosophical Basis of Yoga
- Learn About the Contributions of Renowned Yogis
- To emphasize the importance of Yoga for a healthy life in the modern age.

Block-1	General Introduction to Yoga (12 Hours)
Unit-01	Origin of Yoga, Psychological basis for origin of Yoga.
Unit-02	Etymological meaning and definition of Yoga, Purpose of Yoga.
Unit-03	History and Development of Yoga (Vedic period, Darshan period, Commentary period, Bhakti Yoga and Hatha Yoga period, Modern period).
Unit-04	Current misconceptions regarding Yoga, Major principles of Yoga, Yoga practices for healthy life, Importance of yoga in present age.



Block-2	Basis of Yoga and Tradition of Yoga (12 Hours)
Unit-05	General introduction of Vedas, Upanishads and Ayurveda in yogic context.
Unit-06	General introduction of Samkhya, Yoga philosophy and Vedanta philosophy (in yogic context).
Unit-07	General introduction of Bhagavadgeeta, Puranas, Yog Vashishtha and Narada Bhakti Sutra (in yogic context).
Unit-08	Brief Introduction to Yoga in Jain Philosophy and Buddhist Philosophy.
Unit-09	Bhakti Yoga of Medieval Saints (Kabir, Nanak and Sufism).
Block-3	Tradition and Major Streams of Yoga (24 Hours)
Unit-10	General introduction of Tantra and its currents (Shaiva, Shakta, Vaishnava, Buddhist Tantra)
Unit-11	Concept of Shiva and Shakti, Yoga in Shaivite and Shakta Tantras
Unit-12	Concept of Nadi and Prana, Kundalini, Kundalini Shakti and Shatchakra Sadhana, Impact of Tantra in Hatha Yoga Tradition and Sadhana.
Unit-13	Major Streams of Yoga- Concepts of major streams of yoga and introduction of their limbs with the effects - Gyan Yoga, Bhakti Yoga, Karma Yoga, Ashtanga Yoga, Kriya Yoga, Hatha Yoga and Mantra Yoga.
Block-4	Introduction to Renowned Yogis (12 Hours)
Unit-14	Introduction (life & works) of the great yogis of India - Maharishi Patanjali, Maharishi Vyas, Maharishi Kapil Muni, Adi Shankaracharya, Maharishi Dayanand Saraswati, Swami Vivekananda, Maharishi Arvind, Swami Kuvalayananda, Maharishi Raman, Yogarishi Swami Ramdev.

Prescribed text book:

1. रामदेव, स्वामी. (n.d.). योग दर्शनम्. दिव्य प्रकाशन, पतंजलि योगपीठ।
2. दिव्य प्रकाशन. (n.d.). दर्शन प्रवेश. पतंजलि योगपीठ।
3. बालकृष्ण, आचार्य. (n.d.). योग के मूलभूत सिद्धांत. दिव्य प्रकाशन, पतंजलि योगपीठ।
4. तिलक, लोकमान्य. (n.d.). गीता रहस्य (निर्धारित पाठ्यांश)।
5. मुखर्जी, विश्वनाथ. (n.d.). भारत के महान योगी।
6. निरंजनानंद परमहंस, स्वामी. (n.d.). तंत्र दर्शन. पंचदश नाम अलखबाड़ा।

Books for Reference:

1. Agarwal, M. M. (2010). *Six systems of Indian philosophy*. Chowkhambha Vidya Bhawan.
2. Bhuteshananda, S. (2009). *Narada Bhakti Sutra* (2nd ed.). Advaita Ashrama Publication-Dept.
3. Hiriyanna, M. (2009). *Outlines of Indian philosophy*. Motilal Banarsidass.
4. Bhat, K. (2006). *The power of yoga*. SuYoga Publications.
5. Prabhavananda, S. (2004). *Spiritual heritage of India*. Sri Ramakrishna Math.
6. Vivekananda, S. (2000). *Jnana yoga, Bhakti yoga, Karma yoga, Raja yoga*. Advaita Ashrama.
7. Pandit, M. P. (1976). *Introduction to Upanishads*. Theosophical Society of India.
8. Dasgupta, S. N. (1927). *Hindu mysticism*. Motilal Banarsidass.
9. Brunton, P. (n.d.). *A search in mystic India*.
10. Sharma, C. (2013). *A critical survey of Indian philosophy*. Motilal Banarsidass.

COURSE DETAILS – 2
SUBJECT NAME – PRINCIPLES OF HATH YOGA
SUBJECT CODE – PGDYS-102

CREDIT: 4	CA: 30	SEE: 70	MM: 100
------------------	---------------	----------------	----------------

The Objectives of learning this course is to:

- To Comprehend the core principles and historical origins of Hatha Yoga.
- To understand the purification techniques (Shatkarmas) and fundamental physical postures (Asanas).
- Develop skilled practice of breathing techniques, energy locks, and symbolic gestures.
- Apply advanced practices of sensory withdrawal, sound meditation, and breath science.
- Identify key Hatha Yoga texts and their practical contributions to the tradition.



Block-1	General Introduction to Hatha Yoga (12 hours)
Unit-01	Hatha Yoga - Meaning, Definition, Origin, Tradition and Purpose. Prevailing misconceptions regarding Hatha Yoga. Helping and obstructing elements of Hatha Yoga.
Unit-02	The Hatha Yogic practice described in Hathayogapradipika. Concept of Math, Manuals for the practitioner of Hatha Yoga, Concept of Mitahar, Pathya & Apathya.
Unit-03	Tradition of Hatha Yoga. A brief introduction and contribution of the major yogis of the Nath Yoga tradition. Relations in Hatha Yoga and Raja Yoga.
Unit-04	Current misconceptions regarding Yoga, Major principles of Yoga, Yoga practices for healthy life, Importance of yoga in present age.
Block-2	Practices of Hatha Yoga - Purification and Asanas (12hours)
Unit-05	Introduction to purification practices - Purification actions described in Hatha Yoga Pradipika and Gherand Samhita and their method, benefits and precautions.
Unit-06	The role of purification practices in yoga sadhana and the importance of purification practices in modern life.
Unit-07	Yogasana: Definition, characteristics and importance in yoga practice.
Unit-08	Aasana: Method, benefits, precautions and importance of aasanas in Hatha Yoga Pradipika and Gherand Samhita.
Block-3	Practices of Hatha Yoga - Pranayama, Bandha and Mudras (12 hours)
Unit-9	Pranayama: Introduction. Method of Proper Respiration, Yogic Deep Breathing. Concept of Inhale (Purak), Retention (Kumbhak) and Exhale (Rechak).
Unit-10	Prana, types of prana and sub-prana. Importance of Pranayama in Hatha Yoga Sadhana. Preparation for Pranayama- Nadishodhana Pranayama. Signs of Hathasiddhi (success in hathayoga). Method, benefits and precautions of Pranayamas in Hatha Yoga Pradipika and Gherand Samhita.
Unit-11	Bandha: introduction, the importance of bandha-triad in yogasadhana.
Unit-12	Main mudras in Hatha Yoga Pradipika and Gherand Samhita - their methods, benefits and precautions.

Block-4	Practices of Hatha Yoga - Pratyahar, Nadanusandhana and Swarodaya Gyan & Major Texts of Hatha Yoga (24 hours)
Unit-13	Pratyahara, Dharna and Dhyana in Gherand Samhita, their methods, benefits and precautions. Samadhi, signs of samadhi in Hatha Yoga Pradipika.
Unit-14	Nāda, the four stages of Nadānusandhana and their accomplishments (siddhis). Concept of Swara, the importance of Swarodaya Gyan in Yoga Sadhana (with special reference to Gyan Swarodaya and Shiva Swarodaya).
Unit-15	Introduction, Purpose and Importance of major texts of Hatha Yoga: Siddha-Siddhantha Paddhati, Goraksha Samhita, Shiva Samhita, Hatha Yoga Pradipika, Gherand Samhita. Hatha Ratnavali: Main applications of hatha yogic activities- preparation of Raja Yoga Practice, achieving holistic health, prevention of diseases, rejuvenation, healing and slow aging.
Unit-16	Main applications of hatha yogic activities- preparation of Raja Yoga Practice, achieving holistic health, prevention of diseases, rejuvenation, healing and slow aging.

Prescribed text book

1. कैवल्यधाम. (n.d.). हठयोग प्रदीपिका. लोनावला: कैवल्यधाम ।
2. कैवल्यधाम. (n.d.). घेरंड संहिता. लोनावला: कैवल्यधाम ।
3. गौतम, च. ल. (1985). गोरक्ष संहिता ।
4. स्वामी रामदेव. (n.d.). प्राणायाम रहस्य. दिव्य प्रकाशन, पतंजलि योगपीठ ।

Books for Reference:

1. Woodroffe, S. (2000). *The serpent power*. Ganesh & Company.
2. Woods, J. H. (1988). *The yoga system of Patanjali*. Motilal Banarsidass.
3. Swami Vivekananda. (2000). *Raja yoga*. Advaita Ashram.
4. Burley, M. (2000). *Hatha yoga: Its context, theory, and practice*. Motilal Banarsidass.
5. Burnier, R. (2000). *Hatha Yoga Pradipika of Svatmarama*. The Adyar Library Publications.



COURSE DETAILS – 3
SUBJECT NAME – INTRODUCTION TO SHRIMAD BHAGAVAD GEETA AND
SAMKHYA KARIKA
SUBJECT CODE – PGDYS-103

CREDIT: 4	CA: 30	SEE: 70	MM: 100
------------------	---------------	----------------	----------------

Course Objectives:

The Objectives of learning this course is to:

- To Understand the Core Teachings of Srimad Bhagavad Gita and Jnana Yoga
- To Understand the main teachings of Bhagavadgeeta
- Become familiar with the nature of yoga in various chapters of Bhagvad Geeta.
- Imbibe the essence of teachings of Bhagavad Geeta.
- Explore the Principles of Samkhya Philosophy

Block-1	Introduction to Srimad Bhagavad Geeta and Jnana Yoga – Elaboration of Atman (Soul), Prakriti (Nature) and Parmataman (Supreme Soul) (15 hours):
Unit-01	Introduction to the Bhagavad Gita (literal meaning, source and subject matter), the great significance of the Bhagavad Gita and the views of various scholars regarding it, the nature of yoga in the Bhagavad Gita, the relevance of the Bhagavad Gita in the present age.
Unit-02	In the Bhagavad Gita - Sankhya Yoga or Jnana Yoga (Chapter-2, 3, 4, 5, 6, 13).
Unit-03	form & characteristics of the Soul (Chapter-2).
Unit-04	form & characteristics of the Supreme Soul (Purushottama) (Chapter-4, 8, 10, 11, 13, 15).
Unit-05	Form & characteristics of Nature (Prakriti) (Chapter-9, 13, 14).
Block-2	Karmayoga, Dhyana Yoga and Bhakti Yoga (15 hours):
Unit-06	Concept of Karmayoga (Chapter-2 to 6), Lok Sangraha (Chapter-3), Jnana-Karma Co-ordination (Chapter-5),
Unit-07	Form of Yajna, Yajnartha Karma, Nishkam Karma (Chapter-3,4),

Unit-08	Form of Dhyana Yoga (Chapter -6).
Unit-09	Concept of Bhakti and its significance (Chapters- 7,8,9,11,12). The necessity of devotion in the realization of supreme soul (Chapters-11, Verse-52-55). Types of Bhakt (Chapters-7,12), Characteristics of Devotees (Chapter-12, Verse- 13-20).
Block-3	Personality, Diet and Concept of Triguna (10 hours):
Unit-10	Role of diet in Yoga practice (Chapter-6).
Unit-11	Introduction to Trigunas (Chapter-14).
Unit-12	Concept of Trigun-based personality (Chapter-17).
Unit-13	Elements of personality development, Ideal personality- Divine Wealth (Chapter-16).
Block-4	Unit-4: Introduction to Samkhyakarika (20 hours):
Unit-14	Sankhyadarshan: introduction, nature of suffering. Introduction of twenty-five elements, discussing Pramana.
Unit-15	Concept of Satkaryavad, causes for unavailability of Purusha & Pradhana, discussing Vyakta & Avyakta.
Unit-16	According to Sankhyadarshan- the nature of Gunas, Purusha interpretation, characteristics & qualities of intelligence (Buddhi).
Unit-17	Discussing Thirteen karanas, Subtle Body, Bondage - Liberation.

Prescribed text book

1. श्रीमद्भगवद् गीतामृत – योग ऋषि स्वामी रामदेव जी, दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार।
2. तत्त्व समास।
3. Shrimadbhagvadgeeta- Tattvavivechini-Jaidayal Goyandaka, Geeta Press Gorakhpur.

Books for Reference

1. Bhawuk, D. P. S. (2011). *Spirituality and Indian psychology: Lessons from the Bhagavad Gita*. Springer. <https://doi.org/10.1007/978-1-4419-8110-3>
2. Davis, R. H. (2015). *The Bhagavad Gita*. Princeton University Press. <https://doi.org/10.2307/40085138>



3. Easwaran, E. (2011). *Essence of the Bhagavad Gita: A contemporary guide to yoga, meditation & Indian philosophy*. Nilgiri Press.
4. Sivananda, S. (2000). *Bhagavad Gita*. The Divine Life Society. Retrieved from <http://www.sivanandadlshq.org>

COURSE DETAILS – 4
SUBJECT NAME – HUMAN BIOLOGY
SUBJECT CODE – PGDYS-104

CREDIT: 4	CA: 30	SEE: 70	MM: 100
------------------	---------------	----------------	----------------

Course Objectives:

The Objectives of learning this course is to:

1. Understand the Structure and Function of the Human Body.
2. Explore the Digestive and Excretory Systems.
3. To study the process of digestion, nutrient absorption, metabolism, and waste elimination for maintaining overall health.
4. Analyse the Musculo-Skeletal, Cardiovascular, and Respiratory.
5. Study the Nervous System and Sensory Organs.
6. To understand the role of the brain, spinal cord, and nerves system.
7. Examine the Reproductive and Endocrine Systems.

Block-1	Introduction to Human Body, Digestive and Excretory System (10 hours)
Unit-01	Introduction to Human Anatomy and Physiology, Basic Anatomical and Physiological terms; Cell: Structure & Functions, different cell organelles and their functions.
Unit-02	Tissues and Organization of human system; Introduction to Support Systems; Maintenance Systems, Control Systems, Defense System and Concept of Homeostasis.

Unit-03	Median planes, directional and regional terms. Gross anatomy of digestive system, functional anatomy of Mouth, Oral cavity, Pharynx, Esophagus, Stomach, Small intestine, large intestine and Anal canal; Physiology of digestion, assimilation & peristalsis, Gastric and digestive juices involved during digestion, associated glands involved in digestive system.
Unit-04	Urinary system, kidneys, ureters, -urinary bladder, Urethra; Skin and sweat gland.
Block-2	Musculo-Skeletal System, Cardiovascular System, Respiratory System, Blood and Lymphatic System (20 hours)
Unit-05	The Skeletal System: Skeleton, Functions of skeleton, Classification of bones.
Unit-06	Study of joints; Structure and function of a Synovial joint.
Unit-07	The Muscular System: Types of Muscles in the body; the characteristics, structure and functions of The Skeletal Muscles, Smooth Muscles and Cardiac Muscles.
Unit-08	Functional anatomy of the Heart, arteries, veins and capillaries; The organization of systematic and pulmonary circulation, the cardiac cycle.
Unit-09	Blood: Composition and Functions, Blood groups and their importance.
Unit-10	Composition of blood corpuscles - RBC, WBC and Platelets; Plasma, hemoglobin - coagulation of blood and anti-coagulants, blood groups and its importance; Sites, functional anatomy of lymph nodes and their function; Lymphatic system and its' role in immune system.
Unit-11	Cardiac output and Venous return; Blood pressure and Regulation of blood pressure; Gross anatomy of the respiratory passages, functional of Nasal cavity, Pharynx, Larynx, Trachea, Bronchus, Lungs and Alveoli; The process of Respiration, Lung's volumes & capacities, Mechanics of breathing and exchange of gas in alveoli.
Block-3	Nervous System & Special Senses (10 hours):
Unit-12	An introduction to Histology – nerve – structure and properties of neurons –nerve – action potential – generation propagation – factors influencing classification of neurons and nerve fibres, neuralgia cells, receptors and reflex arcs.



Unit-13	Functional anatomy of Cerebrum, Cerebellum, spinal cord; Functions and importance of the parts of the brain viz., cerebrum, pons, medulla, thalamus, hypothalamus, cerebellum and autonomic nervous system (sympathetic and parasympathetic).
Unit-14	Functional anatomy and physiology of Eyes, ears, nose, tongue and skin.
Block-4	Reproductive System and Endocrine System (10 hours):
Unit-15	Functional anatomy male reproductive system, seminal vesicles and prostate glands; Spermatogenesis.
Unit-16	Functional anatomy of female reproductive system; Ovarian hormones, menstruation, pregnancy, parturition and lactation.
Unit-17	Anatomical structure of important endocrine glands (Pituitary, thyroid, parathyroid, pancreas, adrenal and gonads); Structure and function of anterior and posterior Pituitary; Function of thyroid, parathyroid, supra renal and islets of Langerhans. Short anatomy of the hypothalamus and the releasing hormones secreted from it.

Books for Reference:

1. Balkrishna, A. (2007). Yoga in synergy with medical science. Divya Prakashan Books.
2. Coulter, H. D. (2006). Anatomy of Hatha Yoga. Motilal Banarsidass.
3. Frawley, D., & Kozak, S. S. (2006). Yoga for your type. New Age Books.
4. Gore, M. M. (2004). Anatomy and physiology of yogic practices. Kanchan Prakashan.
5. Gupta, A. P. (2011). Human anatomy and physiology. Sumit Prakashan.
6. Guyton, A. C., & Hall, J. E. (2006). Textbook of medical physiology (11th ed.). Elsevier.
7. Kaminoff, L. (2007). Yoga anatomy. Human Kinetics.
8. Kumar, V. (2004). Manav Sarir Samrachna aur sarir kriya vijyan. Jaypee Brothers Medical Publishers.
9. Malshe, P. C. (2005). Yoga for doctors. Antar Prakash Center for Yoga.
10. McCall, T. (2007). Yoga as medicine: The yogic prescription for health and healing. Bantam Dell.
11. Pandya, K. K. (1998). Human anatomy. Krishnadas Academy.
12. Patanjali Research Foundation. (2015). Research publications. Divya Prakashan.
13. Ramdev, S. (2006). Yoga Sadhana and Yoga Chikitsa Rahasya. Divya Prakashan.

14. Ramdev, S. (2009). Pranayam Rahasya. Divya Prakashan.
15. Robin, M. (2002). A physiological handbook for teachers of yogasana. Fenestra.
16. Robin, M. (2009). A handbook for yogasana teachers. Wheatmark.
17. Selvarasu, K. V. (2003). Kriya cleansing in yoga. Yoga Bharati.
18. Tortora, G. J., & Derrickson, B. N. (2009). Principles of anatomy and physiology-I (14th ed.). Wiley.
19. Tortora, G. J., & Derrickson, B. N. (2009). Principles of anatomy and physiology-II (14th ed.). Wiley.
20. Udupa, K. N. (2007). Stress and its management by yoga. Motilal Banarsidass.
21. Waugh, A., & Grant, A. (2010). Ross and Wilson: Anatomy and physiology in health and illness (11th ed.). Elsevier.

COURSE DETAILS – 5
SUBJECT NAME – YOGA PRACTICUM-1
SUBJECT CODE – PGDYS-105

CREDIT: 4	CA: 30	SEE: 70	MM: 100
------------------	---------------	----------------	----------------

Course Objectives:

The Objectives of of the course, students shall be able to:

- To explore the role of mantras, chants, and prayers in creating a focused, meditative, and spiritually uplifting yoga practice.
- Learn and Apply Yogic Shat Karmas (Cleansing Techniques)
- To understand and practice subtle (Sukshma) and gross (Sthula) physical exercises that enhance flexibility, circulation, and overall body-mind coordination.
- Gain knowledge of various yogic postures (Asanas) and breathing techniques (Pranayama) for improving physical health, mental clarity, and energy balance.

Block-1	Prayers and Recitations (20 hours)
Unit-01	Concept and Recitation of Pranava
Unnit-02	Understanding and recitation of Gayatri mantra, Mahamrityunjay mantra, sangthan mantra & Shanti path.



Unit-03	Understanding and recitation of Surya Namaskara mantra, Bhojan Mantra, Pratah-jagran evm Ratri shayan Mantra.
Unit-04	Selected universal prayers, invocations and Nishpatti Bhava.
Block-2	Yogic Shat Karma (20 hours):
Unit-05	Neti: Sutra Neti and Jala Neti
Unit-06	Dhauti: Vamana Dhauti (Kunjala)
Unit-07	Kapalabhati (Vatakrama)
Block-3	Yogic Sukshma Vyayama & Yogic Sthula Vyayama (Macrocirculation Practices) (20 hours):
Unit-8	Neck Movement: Griva Shakti Vikasaka (I, II, III, IV)
Unit-9	Shoulder Movement: Bhuja Balli Shakti Vikasaka, Purna Bhuja Shakti Vikasaka
Unit-10	Trunk Movement: Kati Shakti Vikasaka (I, II, III, IV, V)
Unit-11	Knee Movement: Jangha Shakti Vikasaka (II-A&B), Janu Shakti Vikasaka Ankle movement: Pada mula Shakti Vikasaka – A&B Gulpha-Pada prishtha-pada tala Shakti Vikasaka
Unit-12	Sarvanga Pushti, Hrid Gati (Engine run), 12 Steps of Yogic Jogging
Block-4	Unit-4: Asana & Pranayama (60 hours):
Unit-13	Yogic Joggin- 12 steps, Surya Namaskar- 12 steps, 12-Asana (Mandukasana, Shashakasana, Gomukhasana, Vakrasana, Makarasana, Bhujangasana, Shalabhasana, Markatasana, Pawanmuktasana, Halasana, Padvrittasana, Dwi-Chakrikasana and Shavasana)
Unit-14	Supine Asanas- Shavasana, Ardhalasana (one leg/ both leg), Uttanapadasana, Pawanamuktasana, Ardha /Purna), Setubandhasana, Naukasana (Supine), Viparitakarani, Sarvangasana, Matsyasana, Halasana.
Unit-15	Prone Asanas- Bhujangasana, Ardhashalabhasana, Shalabhasana, Naukasana (Prone), Dhanurasana Makarasana

Unit-16	Sitting Asanas Vakrasana, Ardhamatsyendrasana, Janushirasana, Paschimotanasana, Parvatasana, Vajrasana, Ustrasana, Yoga mudra, Akarnadhanurasana, Kakasana (Bakasana), Simha Asana, Mandukasana, Uttana Mandukasana
Unit-17	Standing Asanas Tadasana, Chakrasana (Lateral), Vrikshasana, Padahastanasana, Trikonasana
Unit-18	Meditative Asana Ardhapadmasana (Virasana), Padmasana, Swastikasana, Samasana, Siddhasana
Unit-19	Pranayama: Diaphragmatic Breathing, Kapalbhati, Bhastrika, Bahya, Ujjayi, Anulom-Vilom, Nadi Shodhan, Bhramari and Udgith.
Unit-20	Hasta Mudra: Jnana, Vayu, Pran, Apan, Apanvayu

Continue evaluation by the Teacher.

Books for References-

1. Acharya, B. (2015). *Dainik Yogabhyasakram*. Divya Prakashan.
2. Ramdev, Y. S. (2015). *Dand-baithak*. Divya Prakashan.
3. Brahmachari, S. D. *Yogasana Vijnana*. Dharendra Yoga Publications.
4. Saraswati, S. S. (2006). *Asana, Pranayama, and Mudra Bandha*. Yoga Publication Trust.
5. Acharya, B. (2015). *Dainik Yogabhyasakram*. Divya Prakashan.
6. Ramdev, Y. S. (2015). *Dand-baithak*. Divya Prakashan.
7. Tulsi, N. (2015). *A complete guide for structural bodywork*. Divya Prakashan.
8. Basavaraddi, I. V., & Others. (2009). *Shatkarma: A comprehensive description about the cleansing process*. MDNIY.
9. Joshi, K. S. (2009). *Yogic Pranayama*. Oriental Paperback.
10. Swami Kuvalyananda. (2010). *Pranayama*. Kaivalyadhama.
11. Swami Rama. (1998). *Science of breath: A practical guide*. The Himalayan International Institute.
12. Saraswati, S. N. (2005). *Prana, Pranayama & Pranavidya*. Yoga Publications Trust.
13. Nagendra, H. R. (2005). *Pranayama: The art & science*. Swami Vivekananda Yoga Prakashan.
14. Ananda, S. (2003). *The complete book of yoga*. Orient Course Backs.



COURSE DETAILS – 6
HUMAN BIOLOGY PRACTICUM
SUBJECT CODE – PGDYS-106

CREDIT: 4	CA: 30	SEE: 70	MM: 100
------------------	---------------	----------------	----------------

Course Objectives:

The Objectives of the course, students shall be able to:

- Be familiar with the systems of the body.
- Have a hand on experience about the human body using models, charts and pictures.
- Understand the organization of the body with respect to structural components.

Block-1:	Demonstration of Osteology & Myology (30 hours)
Block-2:	Demonstration of Organs & Viscera regarding Cardio- pulmonary Systems (30 Hours)
Block-3:	Demonstration of Bones and Joints (30 hours)
Block-4:	Demonstration of Human Skeleton (30 hours)

Continue evaluation by the Teacher.

BOOKS FOR REFERENCES-

1. Department of Human Biology. (2024). *Human biology practicum: Demonstration of osteology, myology, and human organ systems*. XYZ University Press.