

ABOUT UNIVERSITY

Dr. C.V. Raman University was established on 3 November, 2006, in the district of Bilaspur, Chhattisgarh by the “All India Society for Electronics and Computer Technology” (AISECT), the Sponsoring Body. The University was named after the first Nobel Laureate of the country in the field of science – Dr. C.V. Raman, an Indian physicist efforts influenced in the growth of science in our country. The University's principle goal is to evolve a new cadre of highly skilled technical professionals with deep academic insights and a strong sense of Indian ‘Values and ethics’, commemorating our forefathers who helped shape this nation.

The Sponsoring Body of the University-All India Society for Electronics and Computer Technology (AISECT) is an ISO 9001:2008 certified organization, established in 1985 and is today's one of The India's most reputed and trusted Education Groups which houses private Universities, Engineering Colleges, Professional Institutions & Education Centres across the country. Till date, AISECT has transformed the lives of over 19 lakh students and has uplifted the lives of millions of people in the community. AISECT has been lauded for its exceptional work and has won awards from the World Bank, NASSCOM, TiE, Government of India, Government of Madhya Pradesh and several others on account of its commitment to high quality education over the last 28 years. AISECT is also a partner institution with Gol, GoMP and GoCG in their Common Service Centre Program and several other Dissertations of state and national concern.

MAIN OBJECTIVES

- Provide quality higher education and make provisions for research
- Create higher levels of intellectual abilities among our students
- Establish state-of-the-art facilities for education, training and examination, including online training
- Carry out teaching, research and offer comprehensive learning for a bright professional career
- Create centers of excellence for R&D to promote an environment of innovation and research
- Provide consultancy to public organizations and the Industry
- Award and maintain the standard of degrees, diplomas, certificates and other academic distinctions in accordance with the norms laid down by UGC, AICTE, BCI, MCI and other regulatory bodies.

RECOGNITIONS

- The University is recognized under Section 2(f) of the UGC Act.
- Joint Committee Approval of DEB(UGC/AICTE/DEB)
- Other recognitions include AICTE, NCTE, BCI and DEB
- It is the first University in the state of Chhattisgarh to be awarded an ISO: 9001-2008 Certification.
- Membership of the Association of Indian Universities (AIU)

- NAAsC B+

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THE FACULTIES OF STUDIES

The University has wide range of faculties which offers the traditional as well as the new era job oriented courses. The main emphasis is on providing a wide choice of courses at different levels. The following faculties currently are in operation in the University:

- Faculty of Arts
- Faculty of Commerce
- Faculty of Management
- Faculty of Science
- Faculty of Engineering
- Faculty of Information Technology
- Faculty of Education
- Faculty of Law

ABOUT INSTITUTE OF OPEN AND DISTANCE EDUCATION (IODE), CVRU

Education determines the quality of our life to a great measure, especially professional life. However, for many, in some circumstances, the path to education is ridden with many obstacles, including location, geographical inflexibility and lack of time. Fortunately, distance education is changing that scenario by providing an effective alternative platform to learn new skills and acquire a degree, such as distance education MBA, without having to attend traditional classes.

We, a UGC/DEB approved distance university (1 may 2009), offer various undergraduate and post-graduate degrees, along with a number of diplomas, which have benefitted many distance learners. Our distance learning programmes are the shining light that many have been looking for; they unite conventional teaching approaches, including course materials in the form of books, and modern teaching methodologies, which include online access to the course. Our unique approach has made us the centre of distance education in Chhattisgarh, helping scores of professionals to obtain a degree and fly high in their careers.

With our distance learning programmes, we are bringing people into the fold of skilled workforce, which has changed the life of many.

What makes us a distinguished Chhattisgarh distance education university?

- Reaching various far-flung regions of the state through information technology
- Providing professional education, need- and knowledge-based
- Setting new national standards in distance education

IMPORTANT ACHIEVEMENTS

- AN ISO 9001: 2008 Certified University
- World Education Award
- Largest Network for Learning Support System.

- Declaration of Term end result Time to Time.
- Best in Skill Development Award 2015
- Best University in Open Distance and online Award 2017

ACADEMIC PROGRAMMES OFFERED BY THE UNIVERSITY IN OPEN AND DISTANCE LEARNING MODE

The University offers through the Institute of Open and Distance Education (IODE) both short term and long term programmes leading to Certificates, Diploma and Degrees, which are conventional as well as innovative. Most of these programmes have been developed after an initial survey of the demand for such Programmes in the job market. They are launched with a view to fulfil the learner's need for skill and employability.

- Certification,
- Improvement of skills,
- Acquisition of professional qualifications,
- Continuing education and professional development at work place,
- Self-enrichment,
- Diversification and updation of knowledge, and
- Empowerment.

PROMINENT FEATURES OF THE OPEN AND DISTANCE EDUCATION AT CVRU

The open and distance education at the Dr. C. V. Raman University has certain unique features such as

- Individual study - flexible in terms of place, pace and duration of study.
- Use of latest information and communication technologies.
- Modular approach to programmes.
- Cost-effective programmes.
- Socially and academically relevant programmes based on students need
- Convergence of open and conventional education systems.
- Take higher-education to the unreached sections of the society through the use of information technology.
- Provide need and knowledge-based professional education.
- Set the national standards for Distance Education.

PROGRAMME DELIVERY MODE

The methodology of instruction in the distance learning mode in the university is different from that of the conventional regular programs. The system adopted for this more learner oriented and the learner is an active participant in the pedagogical process. Most of the instructions are

imparted through distance education methodology and face to face mode as per requirement. The programme delivery methodology used in the distance learning mode follows a multimedia approach for instructions, which comprises:

- **Self Instructional Written Material:** The printed study material (written in self instructional style) for both theory and practical components of the programs is supplied to the learners in batches for every course.
- **Audio-Visual Material Aids:** The learning package contains audio and video CDs which have been produced/adopted by the University for Better Clarification and enhancement for understanding of the course material given to the learners. A video programme is normally of 25-30 minutes duration. The video cassettes are screened at the learner support centre during specific sessions which are duly notified for the benefit of the learners.
- **Counseling Sessions:** Normally counseling sessions are held as per schedule drawn by the IODE DR. C. V. RAMAN UNIVERSITY. These are mostly held outside the regular working hours of the learner support centre.
- **Teleconferences:** Live teleconferencing sessions are conducted via Internet/ satellite through interactive Video Conferencing facility (available at some places) from the University studios, the schedule of which is made available at the learner support centre.
- **Industrial Training/Practical/Dissertation work:** Some programmes have industrial training/practical/ Dissertation component also. Practical are held at designated institutions for which schedule is provided by the learner support centre. Attendance at practical is compulsory. For Dissertation Work, comprehensive Dissertation guide, in the form of booklet, is provided to the student along with the study material.
- The printed study materials will be dispatched periodically to the enrolled students for each paper of study. These materials will be as guide for the students for effective learning. The assignment for internal assessment shall also be dispatched along with the study material. Online modules are also available for some courses. These are in progress and as and when available, these will be available on the website of the students for registered candidates.
- The counseling sessions will be of 30 days duration for a course in a year. The actual schedule and place of contact program shall be announced and communicated to students in – time.

EVALUATION SYSTEM

The system of evaluation in open and distance learning system has a multi-tier system of evaluation.

1. Self-assessment exercise within each unit of study.
2. Continuous evaluation mainly through assignments which are tutor-marked practical assignments and seminar/workshop/extended.
3. The term-end examinations.
4. Dissertation work.

The evaluation of learners depends upon various instructional activities undertaken by them. A learner has to write assignment responses compulsorily before taking term-end examination from time to time to complete an academic programme. A learner has to submit TMA responses to the learner support centre established by IODE Dr. C. V. Raman University. A learner should keep duplicate copies of assignments responses of TMA that may be required to be produced at Student Evaluation Division on demand. Term-end examination will be conducted at various examination centre approved by institute of open and distance education Dr. C. V. Raman university spread all over the Chhattisgarh. The weightage for Term End Examination will be 70% and weightage for Internal Assessment will be 30 % for this programme.

TERM-END EXAMINATION AND PAYMENT OF EXAMINATION FEE

The University conducts Term-end Examination in semester system and held in the month of Nov/Dec and May/June every year. Students will be permitted to appear in term-end examination subject to the conditions that:

1. Registration for the courses, in which they appeared is valid,
2. Minimum Time to pursue these courses is elapsed.
3. Submission of required number of assignment in respective courses by the due date.

Students can also submit on-line examination form as per guidelines through website at www.cvrु.ac.in. Examination fee is required to be paid online payment gateway as per the fee table. Please do all correspondence regarding the course admission and other detail at the following address:

The Director

Institute of Open and Distance Education (IODE)

Dr. C. V. Raman University

Kargi Road, Kota, Bilaspur, Chhattisgarh

Phone: 07753253851, 8827920016, 8827920019

Email: cvrussd@gmail.com

LEARNER SUPPORT DESK:

Phone: 07753253872, 07753-253873, 8359050061

Email: cvrussd@gmail.com

PROGRAMME GUIDE

DISTANCE EDUCATION PROGRAMMES

PGDYN

- **Scheme of Examination**
- **Detailed Syllabus**
- **Counseling and Study Structure**
- **Study Modules & Books Information**
- **Date Schedule & Instructions for Submitting Assignments**



INSTITUTE OF OPEN AND DISTANCE EDUCATION (IODE)
DR. C.V.RAMAN UNIVERSITY

KARGI ROAD, KOTA, BILASPUR, CHATTISGARH

PHONE : 07753253851, 8827920016, 8827920019 FAX : 07753-253728

E-mail: cvrussd@gmail.com Website: www.cvrु.ac.in

POST GRADUATE DIPLOMA IN YOGA AND NATUROPATHY (PGDYN)

Duration :12 Months(1Year)

Eligibility:Graduation in any discipline

SCHEME OF EXAMINATION

Course Code	Name of the Course	Credit	Total Marks	Theory		Practical Marks		Assignments	
				Max	Min	Max	Min	Max	Min
Semester-I									
PGDYN1	Basic of Yoga Therapy	4	100	70	25	-	-	30	11
PGDYN2	Yoga Therapy 1	4	100	70	25	-	-	30	11
PGDYN3	Sanskritam & English or Hitopadesa	4	100	70	25	-	-	30	11
PGDYN4	Yoga therapy techniques	4	100	-	-	100	36	-	-
PGDYN5	Spoken Sanskritam &English	4	100	-	-	100	36	-	-
Total aggregate required to pass		20	500	210	84	200	80	90	36
Semester-II									
PGDYN6	Yoga Treraphy-2	4	100	70	25	-	-	30	11
PGDYN7	Introduction To Psychology Counselling & Patanjali Yoga Sutras	4	100	70	25	-	-	30	11
PGDYN8	Advance Techniques	4	100	70	25	-	-	30	11
PGDYN9	Yoga Practice	4	100	-	-	100	36	-	-
PGDYN10	Yoga Therapy Training	4	100	-	-	100	36	-	-
Total aggregate required to pass		20	500	210	84	200	80	90	36

Evaluation scheme

1. 36% in each theory, practical, project, dissertation & internal assessment
2. 40% Aggregate marks to pass



Dr. C.V. RAMAN UNIVERSITY

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SEMESTER- **First Semester**

**PROGRAMME:- POST GRADUATE DIPLOMA IN YOGA AND
NATUROPATHY (PGDYN)**

COURSE CODE: PGDYN 1,CREDIT:-4

COURSE:- BASIC OF YOGA THERAPY

THEO. MAX. M: 70 MIN. M: 25

ASSIG. MAX.M: 30 MIN. M: 11

UNIT 1: VEDAS AND UPANINADS

- Vedas, the foundations of Indian culture; antiquity.
- The four main Vedas, Science and Technology of Vedas,
- Prasthanatraya.
- Essence of the Vedas -Upaninads, the style of Upaninads.
- The two main quests - Happiness Analysis and Quest for reality.
- Pranic Energy Model, Layers of bliss.

UNIT 2: NYAYA & VAICENIKA

- Concept of Nyaya philosophy, means of salvation according to Nyaya and Vaicenika.
- The sixteen Padarthas according to Nyaya.
- Means and objects of knowledge according to Nyaya and Vaicenika.
- Relation between Nyaya and Vaicenika philosophy.
- Perception (Pratyakna), inference (Anumana), comparison (Upamana) according to Nyaya and Vaicenika.

UNIT 3: SAIKHYA AND YOGA

- Introduction.
- Three fold afflictions and means to overcome afflictions.
- 25 entities according to Saikhya and means of knowledge.
- Natkarya Vada, similarities and dissimilarities between Vyakta and Avyakta, Triguea
- Existence of Puruna, plurality of Puruna, proximity of Puruna and Prakati.
- Karaea, Antau Karaea and Bahya Karaea according to Saikhya Karika.

UNIT 4: MIAAMSA

- Uttara Mimamsa: Concept of Badarayana in Uttara mimamsa, Pramaea, Pratyakna, Anumana, Cabda according to Uttara Mimamsa.
- Difference between Vidya & Avidya, subject & object, creation & causation, cause & effect.
- Summary of ten Upaninads.
- Purva Mimamsa in Nao Dacçana;
- Pramaeas of Jaimini,
- Atheism in Purva Mimamsa.

UNIT 5: BHAGAVAD GETA (B.G.)

- General Introduction to Bhagavad Geta (B.G.).
- Definitions of Yoga in Bhagavad Geta and their relevance and Scope.
- Essentials of B.G from Chapters II, III, IV, V, VI, XII & XVII:

REFERENCE BOOKS

- Radhakrishnan, S.: Indian Philosophy (Vol. I & II) - George Allen and Unwin, London, 1971
- Swami Prabhavananda : Spiritual Heritage of India (English) - Sri Ramkrishna Math, Madras, 2004
- 3.Swami Harshananda : The Six Systems of Hindu Philosophy
• Ramakrishna Math, Bangalore, 2000
- 4.Swami Tapasyananda :The Holy Gita - the Science of Life, Pub: Ramakrishna Mission, Chennai.



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SEMESTER- **First Semester**

**PROGRAMME:- POST GRADUATE DIPLOMA IN YOGA AND
NATUROPATHY (PGDYN)**
COURSE CODE: PGDYN 2,CREDIT:-4
COURSE:- YOGA THERAPY 1

THEO. MAX. M: 70 MIN. M: 25
ASSIG. MAX.M: 30 MIN. M: 11

UNIT:I

Cell:

- Cytoplasm – Cytoplasmic matrix, cell membrane, cell organelles, cytoskeleton, Homeostasis, Control systems, Transport across cell membrane, Nucleus – nuclear envelope, nuclear matrix, DNA and other components of chromatin, protein synthesis, nucleolus, nuclear changes indicating cell death.

Cell division:

- Cell cycle and its regulation, mitosis, meiosis, cell renewal. Cellular differentiation and proliferation.

UNIT-II

Tissues of Body:

- Types, structures and functions of Epithelial, Connective, Muscular and Nervous tissue.

UNIT-III

Skeletal system:

- Bones & its types, Joints & its types, Structure and function of a Synovial joint.

UNIT-IV

Muscular system:

- Classification and structure of muscles, Changes during muscular contraction, Neuro-muscular junction

UNIT-V

Nutrition & Metabolism:

- Carbohydrates, Fats, Proteins, Minerals, Vitamins, Dietary fibre, Recommended Dietary Allowances, Balanced diet, Diet for infants, children, pregnant & lactating mothers, and the elderly, Energy metabolism, Obesity & Starvation

Digestive system:

- Anatomy of Digestive system, Mouth and salivary glands, Mastication & Swallowing, Salivary secretions, Stomach, Pancreas, Pancreatic & biliary secretion, Liver & Gall bladders, Intestine, Movements of gastro intestinal tract, Gastrointestinal motility, Gastro intestinal hormones, Functions of colon (symbiosis), Digestion and absorption.

Respiratory system:

- Anatomy of Respiratory tract, Pulmonary ventilation, Alveolar ventilation, Mechanics of respiration, Pulmonary circulation, Pleural fluid, Lung oedema, Principles of gas exchange, Oxygen
- carbon-dioxide transport, Regulation of respiration, Pulmonary function tests.

Excretory system:

- Anatomy of Urinary system, Kidney, Nephron, Water balance, regulation of fluid balance, Urine formation, Renal mechanisms for the control of blood volume, blood pressure & ionic composition, Micturition, Diuretics, Renal failure

Cardio-vascular system:

- Erythrocytes, erythropoiesis, structure & function of RBCs, formation of haemoglobin and destruction & fate of RBCs, anaemia, Leucocytes, general characteristics, life span of WBCs classification
- functions of each type of WBC, Blood groups, classification, blood typing, principles of transfusion medicine, Blood coagulation & its components, mechanisms of coagulation, anticoagulants, Anatomy of Heart, Properties of cardiac muscle, Cardiac cycle, Heart as a pump, Cardiac output, Specialized tissues of the heart, Generation
- conduction of cardiac impulse, Electrocardiogram, Arrhythmias, Arterial blood pressure

Lymphatic system:

- Lymphoid organs, Composition and functions of Lymph, Microcirculation and lymphatic system

Endocrine system:

- Structure and location of glands and their secretions, Classification of hormones, Mechanism of Hormone action, Endocrine functions of the hypothalamus, Pituitary, Thyroid, Adrenals, The endocrine pancreas, Parathyroid gland and role of calcitonin, Pineal gland

Nervous system:

- Introduction to Nervous system, Classification of nerve fibres, Nerve conduction, Synaptic transmission, Classification of somatic senses, Sensory receptors, Thalamus, Hypo thalamus, Somatosensory cortex, Somatosensory association areas, Pain, Organization of spinal cord for motor function, Reflexes & reflex arc, Brain stem
- cortical control of motor function, Cerebellum, Basal ganglia, Maintenance of posture and equilibrium, Motor cortex, Limbic system, Autonomic Nervous system

Special senses:

- Structure of Eye, Receptors & neural functions of retina, Colour vision, Visual pathways, Structure and functions of external, middle and inner ear, Cochlea, Semicircular canals, Auditory pathways, Deafness & hearing aids, Primary taste sensations, Taste buds, Perception of taste, Peripheral olfactory mechanisms, Olfactory pathways, Olfactory perception

Immune system:

- Immunity, Innate immunity, Acquired immunity, Allergy, hypersensitivity and immunodeficiency, Psychoneuroimmunology.

Reproductive system:

- Anatomy of male reproductive system, Primary & accessory male sex organs, Gametogenesis, Testosterone & male sex hormones, Hyper & hypogonadism, Anatomy of female reproductive system, Primary & accessory female sex organs, Menstrual cycle, Female sex hormones, Pregnancy & Lactation, Functions of Placenta, Parturition.



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SEMESTER- **First Semester**

**PROGRAMME:- POST GRADUATE DIPLOMA IN YOGA AND
NATUROPATHY (PGDYN)**

COURSE CODE: PGDYN 3,CREDIT:-4

COURSE:- SAMSKRITAM & ENGLISH OR HITOPADESA

THEO. MAX. M: 70 MIN. M: 25

ASSIG. MAX.M: 30 MIN. M: 11

UNIT 1:

- Vowels and Consonants, pronunciation, articulation of each letter and the technical names of the letters according to their articulation, similar and dissimilar letters, writing practice – Home work: exercise-1.

UNIT -2:

- Consonants combined with vowels, pronunciation and writing; special letters which do not follow the general method; writing practice; homework: exercise-2.

UNIT -3

- Conjunct letters; rules to combine consonants; special consonants; how Saàskåta articulation can be applied to languages like English; special attention to Anusvåra; when it can be written in the form of a nasal; two consonant combination and three consonant combination; their writing practice; special conjunct letters and their writing; homework exercise-3.

UNIT –4:

- Transliteration according to authentic dictionary method; homework: transliteration exercise.

UNIT –5:

- Copying exercise; most of them are from Patañjalé’s Yoga Sūtras.

UNIT –6:

- English
- Effective communication in English.
- Developing LSRW skills with emphasis on spoken English
- Pronunciation:- vowels, consonants, diphthongs - taking in minimal pairs, stress, intonation.
- Speech practice - conversations, dialogue
- Inviting people, greeting, accepting invitations, declining invitation, attending tele calls, taking messages, extending invitations, receiving guests, placing orders, booking tickets,

travel arrangements, conference, attending interview, placing orders, self-introduction, communication in case of emergency.

- Clinical or others etc.
- Domestic communications
- Grammar exercises
- Parts of speech
- Sentence types
- Articles, preposition
- Question tag
- Direct, indirect
- Transformation of sentences
- Error analysis
- Dr. Sarasvati Mohan : Sanskrit Level-1 Sharadh Enterprises, Bangalore, 2007.
- 2.Dr. Sarasvati Mohan :DVD and CD.



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SEMESTER- **First Semester**

**PROGRAMME:- POST GRADUATE DIPLOMA IN YOGA AND
NATUROPATHY (PGDYN)**

PRECTICAL MAX. M: 100 MIN. M: 36

COURSE CODE: PGDYN 4,CREDIT:-4

COURSE:- YOGA THERAPY TECHNIQUES

Yoga Practices for psychosomatic ailments : 1

• Asthma	• Gastro intestinal Disorder
• Anxiety, Depression	• Hypertension
• Arthritis	• Menstrual disorder
• Back pain	• Obesity
• Diabetes Mellitus	• Muscular Dystrophy
• Dynamics	• Oncology

Text Book:

- Yoga for common ailments, Swami Vivekananda Yoga Prakashana, Bangalore, 2002



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SEMESTER- **First Semester**

**PROGRAMME:- POST GRADUATE DIPLOMA IN YOGA AND
NATUROPATHY (PGDYN)**

PRECTICAL MAX. M: 100 MIN. M: 36

COURSE CODE: PGDYN 5,CREDIT:-4

COURSE:- SPOKEN SAMSKRITAM &ENGLISH

- Students must learn to speak fluently in Samskrtam & English



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SEMESTER- **Second Semester**

**PROGRAMME:- POST GRADUATE DIPLOMA IN YOGA AND
 NATUROPATHY (PGDYN)
 COURSE CODE: PGDYN 6,CREDIT:-4
 COURSE:- YOGA THERAPY-2**

**THEO. MAX. M: 70 MIN. M: 25
 ASSIG. MAX.M: 30 MIN. M: 11**

COMMON AILMENTS

Unit 1: Respiratory Disorders.	Unit 1: Endocrinological and Metabolic Disorder
<ul style="list-style-type: none"> • TB • Chronic Bronchitis • Allergic Rhinitis & Sinusitis • COPD & Emphysema • Bronchial Asthma • ILD 	<ul style="list-style-type: none"> • Diabetes Mellitus (I&II) • Hypo and Hyper-thyroidism • Hypo and Hyper-thyroidism • Obesity • Metabolic Syndrome
Unit 2: Obstetrics and	
<ul style="list-style-type: none"> • Gynecological Disorders • Menstrual disorders • Premenstrual Syndrome • Pregnancy and Childbirth • Ante-natal care • Post-natal care • Infertility-male and female PCOS 	
Unit-3: Gastro Intestinal Disorders	Unit-3: Musculo-Skeletal Disorders
<ul style="list-style-type: none"> • Constipation • APD • Irritable Bowel Syndrome • Ulcerative colitis • Chronic diseases 	<ul style="list-style-type: none"> • Muscular dystrophy • Back Pain • Cervical and lumbar • spondylosis • All forms of Arthritis
Unit-4: Excretory System:	Unit-4: Neurological Disorders:
<ul style="list-style-type: none"> • Chronic renal failure • Renal hypertension • Renal stones • Irritable bladder 	<ul style="list-style-type: none"> • Migraine headache • Tension • Cerebro vascular accidents • Epilepsy; pain; Autonomic

• Stress incontinence	• Parkinson's disease
	• Multiple sclerosis
	• Errors of vision of refraction.
	• Hearing impairment
Unit-5: Cardiovascular Disorders	Unit-5:
• Hypertension	• Psychosis, Schizophrenia, Bipolar, Depression, OCD, Gen Anxiety Disorder
• Coronary artery disease	
• Cardiomyopathy	
• Cardiac asthma	

TEXT BOOKS:

- Dr R Nagarathna, Dr H R Nagendra, Dr Shamantakamani Narendran. Yoga for Common Ailments and IAYT for Different Diseases. SVYP. 2002
- Dr Shirley Telles, Dr H R Nagendra. A Glimpse into the Human Body. SVYP. Bangalore. 2002
- Nagarathna R, Nagendra H.R. Integrated Approach of Yoga Therapy for Positive Health. SVYP. Bangalore. 2001



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SEMESTER- **Second Semester**

**PROGRAMME:- POST GRADUATE DIPLOMA IN YOGA AND
NATUROPATHY (PGDYN)**

COURSE CODE: PGDYN 7,CREDIT:-4

**COURSE:- INTRODUCTION TO PSYCHOLOGY, COUNSELLING
& PATANJALI YOGA SUTRAS**

**THEO. MAX. M: 70 MIN. M: 25
ASSIG. MAX.M: 30 MIN. M: 11**

BLOCK 1. MODERN PSYCHOLOGY AND PSYCHO-ANALYSIS (15 hours)

- Short History of Psychology.
- Method of Counseling.
- Skill for Counseling.
- Stages of Counseling.
- Psychoanalytic Therapy.
- Humanistic Therapy.
- Behaviour Therapy.
- Cognitive therapy.

BLOCK 2. INTRODUCTION TO PATAIJALI YOGA SUTRAS

- Samadhi Pada
- Sadhana Pada
- Vibhuti Pada
- Kaivalya Pada

BLOCK 3. YOGA COUNSELING

- Introduction to Yoga counseling in contrast to psychoanalytical counseling
- Suppression and Sublimati

and Principles of Counseling for



Dr. C.V. RAMAN UNIVERSITY

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SEMESTER- **Second Semester**

**PROGRAMME:- POST GRADUATE DIPLOMA IN YOGA AND
NATUROPATHY (PGDYN)**

COURSE CODE: PGDYN 8, CREDIT:-4

COURSE:- ADVANCE TECHNIQUES

THEO. MAX. M: 70 MIN. M: 25

ASSIG. MAX.M: 30 MIN. M: 11

ADVANCE TECHNIQUES

- Cyclic Meditation
- PET (Pranic Energisation Technique)
- MSRT (Mind Sound Resonance Technique)
- VISÄK and ANÄMS

TEXT BOOKS:

- Nagendra HR, PET, Bangalore : Swami Vivekananda Yoga Prakashana.
- Nagendra HR, MSRT, Bangalore : SVYP

INTERNSHIP – 3 MONTHS IN ANY OF THE FOLLOWING CENTERS

- PHCs run by Dr. Sudarshan
- SDM PROJECT
- AROGYADHAMA
- OUR AFFILIATED CENTERS



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SEMESTER- **Second Semester**

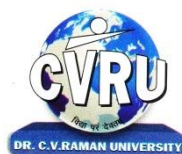
**PROGRAMME:- POST GRADUATE DIPLOMA IN YOGA AND
NATUROPATHY (PGDYN)**

PRECTICAL MAX. M: 100 MIN. M: 36

COURSE CODE: PGDYN 9, CREDIT:-4

COURSE:- YOGA PRACTICE

- Chanting of Prayers, Bhajans, Patriotic Songs and Vedic Chanting.
- Refer Emotion Culture Book – Level 7.
- Learning Yogic Games
- Refer Krida Yoga Book – Level 7
- Selecting one game and practice for 1 years.



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SEMESTER- **Second Semester**

**PROGRAMME:- POST GRADUATE DIPLOMA IN YOGA AND
NATUROPATHY (PGDYN)**

PRACTICAL MAX. M: 100 MIN. M: 36

COURSE CODE: PGDYN 10, CREDIT:-4

COURSE:- YOGA THERAPY TRAINING

BLOCK 1. MODERN PSYCHOLOGY AND PSYCHO-ANALYSIS (15 hours)

- Short History of Psychology.
- Method of Counseling.
- Skill for Counseling.
- Stages of Counseling.
- Psychoanalytic Therapy.
- Humanistic Therapy.
- Behaviour Therapy.
- Cognitive therapy.

BLOCK 2. INTRODUCTION TO PATAIJALI YOGA SUTRAS

- Samadhi Pada
- Sadhana Pada
- Vibhuti Pada
- Kaivalya Pada

BLOCK 3. YOGA COUNSELING

- Introduction to Yoga counseling in contrast to psychoanalytical counseling
- Suppression and Sublimation
- Qualities of a Yoga counselor
- Diagnosis
- Eight Dimensions of Diagnosis, Methods of Diagnosis and Principles of Counseling for remedying them.

COUNSELING AND STUDY STRUCTURE

Sl. No.	Course Code	Title of the Course	Credit	Total Hours of Study	Counseling and Study Structure (hours)				Project
					Face to Face Counseling	Self study	Practical	Assignments	
Semester I									
1	PGDYN 1	Basic of Yoga Therapy	4	120	16	68	-	27	-
2	PGDYN 2	Yoga Therapy 1	4	120	16	68	-	27	-
3	PGDYN 3	Sanskritam & English or Hitopadesa	4	120	16	68	-	27	-
4	PGDYN 4	Yoga therapy techniques	4	120	-	-	120	-	-
5	PGDYN 5	Spoken Sanskritam & English	4	120	-	-	120	-	-
Semester II									
6	PGDYN6	Yoga Therapy-2	4	120	16	68	-	27	-
7	PGDYN7	Introduction To Psychology, Counselling & Patanjali Yoga Sutras	4	120	16	68	-	27	-
8	PGDYN8	Advance Techniques	4	120	16	68	-	27	-
9	PGDYN9	Yoga Practice	4	120	-	-	120	-	-
10	PGDYN10	Yoga Therapy Training	4	120	-	-	120	-	-

STUDY MODULES AND BOOKS INFORMATION

Course Code	Name of the Course	Module Used
First Semester		
PGDYN 1	Basic of Yoga Therapy	Module Published by CVRU
PGDYN 2	Yoga Therapy 1	Module Published by CVRU
PGDYN 3	Sanskritam & English or Hitopadesa	Module Published by CVRU
PGDYN 4	Yoga therapy techniques	Module Published by CVRU
PGDYN 5	Spoken Sanskritam & English	Module Published by CVRU
Second Semester		
PGDYN6	Yoga Therapy-2	Module Published by CVRU
PGDYN7	Introduction To Psychology, Counselling & Patanjali Yoga Sutras	Module Published by CVRU
PGDYN8	Advance Techniques	Module Published by CVRU
PGDYN9	Yoga Practice	Module Published by CVRU
PGDYN10	Yoga Therapy Training	Module Published by CVRU

DATE SCHEDULE AND INSTRUCTIONS FOR SUBMITTING ASSIGNMENTS

DUE DATE OF SUBMISSION OF ALL ASIGNMENTS AT THE IODE CVRU/STUDY CENTRE		
Semester	Assignment No.	Due Date
Semester - I	PGDYN 1 PGDYN 2 PGDYN 3 PGDYN 4 PGDYN 5	April 30 (for January Session) October 31 (for July Session)
Semester - II	PGDYN6 PGDYN7 PGDYN8 PGDYN9 PGDYN10	October 31 (for January Session) April 30 (for July Session)

INSTRUCTIONS TO STUDENTS FOR FORMATTING THE ASSIGNMENTS

सत्रीय कार्य हेतु छात्रों के लिये निर्देश

1. This booklet contains the assignments for the entire (All Semester) programme. Each course has one assignment. All assignments should be completed and submitted at IODE CVRU/ study centre before the due date.

इस पुस्तिका में पूरे पाठ्यक्रम के लिये (सभी सेमेस्टर) के सत्रीय कार्य दिये गये हैं। प्रत्येक पाठ्यक्रम के लिये एक सत्रीय कार्य दिया गया है जिसे पूर्ण करने के पश्चात निर्धारित तिथि तक डॉ. सी. वी. आर.यु. के दूरस्थ शिक्षा संस्थान / अध्ययन केन्द्र को भेजना आवश्यक है।

2. Please note that you will not be allowed to appear for the Term End Examinations for the course, until the assignments are submitted before the due date.

कृपया ध्यान रहे जब तक सत्रीय कार्य निर्धारित तिथि तक जमा नहीं होंगे, आप सत्रांत परीक्षा में नहीं बैठ सकेंगे।

3. The assignments constitute the continuous component of the evaluation process and have 30% weightage in the final grading. You need to score minimum marks as per Examinations Scheme of Particular Programme in assignment in each course in order to clear the continuous evaluation component.

सत्रीय कार्य सतत् मूल्यांकन का महत्वपूर्ण अंग है एवं अन्तिम ग्रेडिंग में 30 प्रतिशत अंक निर्धारित हैं। सतत् मूल्यांकन में उत्तीर्ण करने हेतु प्रत्येक सत्रीय कार्य में संबंधित कार्यक्रम के परीक्षा योजना के अनुसार न्यूनतम अंक प्राप्त करना अनिवार्य है।

4. The assignment should be hand written on a A-4 size paper with proper cover which contains all the required information as given on the next page. You can use the photocopy of the cover for each assignment.

सत्रीय कार्य ए-4 साइज पेपर पर हस्तलिखित होना चाहिए तथा उस पर अगले पृष्ठ पर दिये गये कवर के अनुसार सभी जानकारी लिखी होनी चाहिए। (आप चाहें तो कवर की फोटोप्रति प्रत्येक सत्रीय कार्य पर लगाकर प्रयुक्त कर सकते हैं)

5. Leave at least 4cm margin on the left, top and bottom of your answer sheets for the evaluator's comments.

प्रत्येक पृष्ठ पर बायें, ऊपर एवं नीचे कम से कम 4 सें.मी. जगह छोड़ें जो मूल्यांकनकर्ता अपनी टिप्पणी के लिये प्रयोग करेगा।

6. Your answers should be brief, precise and in your own words. Please do not copy the answers from the study material.

सत्रीय कार्य के प्रश्नों के उत्तर संक्षेप, स्पष्ट एवं स्वयं के शब्दों में होना चाहिए। उत्तर स्टडी मटेरियल की कॉपी नहीं होना चाहिये।

7. Please do not copy the assignment from other student.

कृपया सत्रीय कार्य दूसरे छात्र से कॉपी न करें।

8. While solving the questions, clearly indicate the question number along with the part being solved. Recheck your work before submitting it.

प्रश्नों के उत्तर लिखते समय, प्रश्न संख्या अथवा उसके भाग का स्पष्ट उल्लेख करें। सत्रीय कार्य जमा करते समय एक बार पुनः जांच कर लें।

9. You may retain a copy of your assignment response to avoid any unforeseen situation.

सत्रीय कार्य की एक प्रतिलिपि अपने पास रखें ताकि किसी अनहोनी घटना से बचा जा सके।

10. You can resolve the difficulties you may face while studying the course material by sending an e-mail to Programme coordinator IODE CVRU/ study centre coordinator. However, the coordinator will not provide solutions to the assignment questions, since they constitute an evaluation component.

पाठ्यक्रम सामग्री के अध्ययन के समय यदि कोई कठिनाई होती है तो उसके निराकरण हेतु कार्यक्रम समन्वयक दूरस्थ शिक्षा संस्थान डॉ. सी. वी. रामन् विश्वविद्यालय / अध्ययन केन्द्र के समन्वयक से ई-मेल द्वारा संपर्क किया जा सकता है। परंतु समन्वयक सत्रीय कार्य के प्रश्नों के उत्तर नहीं देंगे क्योंकि ये मूल्यांकन पद्धति के अंग हैं।

Note: Assignments of the course are available for download at the CVRU Website <http://www.cvrु.ac.in> . You can download the assignments as per your course, follow the instructions given and submit it before due dates at the IODE CVRU/study centre.

