

EIILM University

**DIRECTORATE OF DISTANCE
LEARNING**

**SYLLABUS BOOKLET
Semester - I TO II**

**DIPLOMA IN YOGA
(DYHE)**

JAN 2010 ONWARDS

**SYLLABUS
DIPLOMA IN YOGA
izFke lsesLVj**

;ksx ,oa O;fDrRo fodkl

Sub. Code: DYHE/S/110

Credits: 03

**Total Marks: 100
Marks: 40%**

Minimum Pass

Internal Assessment: 40 Marks

University Examination: 60 Marks

;ksx &

;ksx dk vFkZ] ifjHkk"kkA ;ksx dk vk/kqfud bfrgkIA ;ksx dk thou Kku] thou foKku ,oe~ thou i)fr lg&laca/kA

ekuo thou dk y{;\ y{; izkflr ds ekxZ&Kku] deZ] HkfDr rFkk jkt;ksx dk v/;;uA

egf"kZ iratfy dk v"Vkax ;ksx & ;e] fu;e] vklu] izk.kk;e] izR;kgkj] /kkj.kk] /;ku] lekf/k & budh ifjHkk"kk] O;k[k ;e~ miyfC/k;kaA ;e rFkk fu;e & lkekftd@O;fDrxr thou esa budk egRoA

O;fDr fuekZ.k &

O;fDr dk iapdks"kh; vfLrRo] O;fDr fuekZ.k dh ifjHkk"kk] fuekZ.k izfØ;k esa Øfed fodkl dk egRoA

ckg~; txr & Lo:i rFkk egRo] vkUrfjd txr & eu] cqf)] fpÙk] vgadj vkSj vkRek dk egRoA laLdkj dh ifjHkk"kk] izfØ;k rFkk izdkj] fpÙk vkSj laLdkjksa dk laca/kA fpÙk vkSj O;fDrRo dk lg&laca/Ka O;fDrRo ds xq.koÙkk dk vk/kkj & IRo iz/kku fpÙk] jt iz/kku fpÙk] re iz/kku fpÙk dk egRoA

O;fDrRo fodkl &

euq'; ds O;fDrRo fodkl dh ifjHkk"kk & fpÙk vf/kd ls vf/kd lkfRod cus] bldk egRoA ;ksx }kjk fpÙk 'kqf) vkSj O;fDrRo fodkl dk lg&laca/kA O;fDrRo fodkl ds vax & 'kkjhfd] izkf.kd] ekufld] ckSf)d] uSfrd&vk/;kfRed fodkl&vis{kk@vH;klA Le`fr 'kfDr dk fodkl] es/kk 'kfDr dk fodkl dSls gks\

;ksx lk/kuk &

ifjHkk"kk] thou esa egRo rFkk miyfC/kA lk/kd] lk/ku ,oa lk/; dh O;k[;kA lk/kuk esa ekufld 'kfDr dk egRoA KkusfUnz;ka] desZfUnz;k rFkk budk dk;Z ,oa izf'k{k.k] =kVd dk egRoA "okl&foKku] "okl&fof/k] y;c) "okl] izk.k'kfDr] iap&izk.k] budh foLr`r tkudkjhA fØ;k ;ksx dk lk/kuk esa egRoA

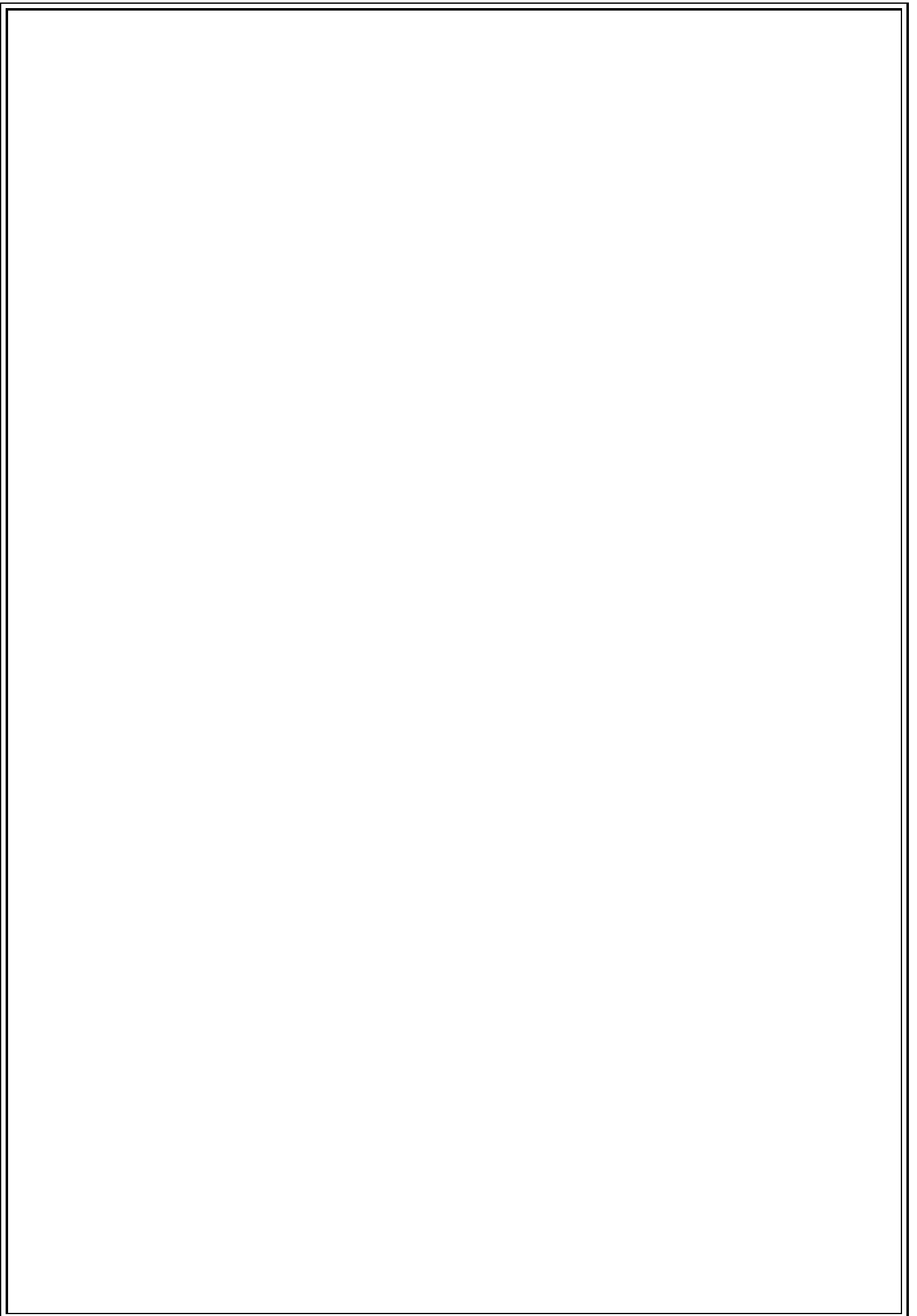
/;kukH;kl ds rhu pj.k & 'kjhj dh fLFkjr] f'kfFkyrk rFkk tkx:drk dh tkudkjh rFkk vH;kl esa budk egRoA

lkfRod] jktfld] rkefld] IUrqfyr vkgkj dh tkudkjh rFkk egRoA ladhrZu&eu dk vko';d vkgkj D;ksa\

lsokdk;Z vkSj eu dh fueZyrk dk laca/kA Lok/;k; vkSj eu dh papyrk ij fu;U=.k dk laca/kA In~xq.kksa dks /kkj.k djs esa Lok/;k; dk egRoA

fofHkUu izpfyr /;ku i)fr;ka &

foi';uk] vkorZu/;ku] izs{kk/;ku] Hkkokrhr/;ku] vksadj/;ku dh fof/k;ka vkSj vkil esas vUrjA



**SYLLABUS
DIPLOMA IN YOGA
izFke lsesLVj**

;ksx] IH;rk ,oa laLd`fr dk vk/kkj

Sub. Code: DYHE/S/120

Credits: 03

**Total Marks: 100
Marks: 40%**

Minimum Pass

Internal Assessment: 40 Marks

University Examination: 60 Marks

/keZ &

/keZ dh ifjHkk"kk ,oa vo/kkj.kkA /kekZpj.k rFkk blds ykHk] vU; /keksZa esa /kekZpj.kA euq&Le`fr ,oa xhrk ds vuqlkj /keZ ds y{k.kksa dh foospukA

dky] ifjfLFkfr ds vuqlkj ifjorZu'khy /keZA

/keZ rFkk blds eq[; fl)kUr & txr dk drkZ@iky&ijekRek] vkRek dh vejr] euq"; thou dk y{; ,oa egRo] deZ fl)kUr@iquZtUe] euq"; thou ,d lk/kukA food s cqf) dh iz/kkurk] lfg".kqrk@mnrkj] ekrk&firk@xq# ds izfr J)kA lekt ds lHkh izkf.k;ksa ls gekjk ukrk] uj&lsok ukjk;.k&lsok] f=xq.kkRed izd`fr] ekrk Lo:i gekjh ekr`&Hkwfe rFkk egRoA

pkj iq#"kkFkZ & /keZ] vFkZ] dke] eks{k] thou esa budk egRoA

Hkkjrh; IH;rk laLd`fr &

IH;rk dh ifjHkk"kk] laLd`fr dh ifjHkk"kk] nksuksa esa vUrj] Hkkjrh; laLd`fr dh fo'ks"krk,a&HkkSfrdrk rFkk vk/;kfRedrk dk leUo;] lHkh /keksZa ds izfr vknjHkko dk egRoA

gekjh ekuo laLd`fr & olq/kSo dqVqEcde dh Hkkjrh; vo/kkj.kkA

euq"; ds Øfed fodkl dh vo/kkj.kk & i'kq Lrj ls ekuo &

egkekuo] nsork rFkk fnO;rk rd igq;ipuk & budk egRoA
;Ke; laLd`fr & R;kx thou dk vk/kkj] dkeukvksa dk R;kx ,oa
fu%LokFkZ Hkko] vkReh;rk] vfrFk IRdkj dk gekjs thou ls
laca/kA Hkkjrh; laLd`fr ds mRd`"V mnkgj.kA

lqO;ofLFkr vk/;kfRed Øe fodkl ds fy, pkj vkJe & czãp;Z]
x`gLfk] okuizLFk vkSj IU;kl vkJe & budk oSKkfud vk/kkj
rFkk egRoA

laLd`r IkfgR; &

gekjs laLd`r /keZ xzUFk & osn] mifu"kn~] xhrk] iqjk.k]
euq&Le`fr] jkek;.k rFkk "kVn'kZu vkfn dk laf{klr ifjp; vkSj
Hkkjrh; thou ij budk izHkkoA

Hkkjrh; vkpkj uhfr &

vkpj.k vkSj pfj=] vkpj.k foKkuA
vkpkj uhfr] vk/;kfRedrkA
vkpkj uhfr ds vH;kl ds ykHkA
Hkkjrh; vkpkj uhfr ds ekSfyd fl)kUrA

mifu"knksa esa of.kZr Hkkjrh; thou n'kZu lkj &

bZ'kkokL; mifu"kn~ esa of.kZr thou thus dh dyk dh
tkudkj rFkk ekuo ds fy, egRoA

**SYLLABUS
DIPLOMA IN YOGA
izFke lsesLVj**

izk;kstuk dk;Z

Sub. Code: DYHE/S/130

Credits: 03

**Total Marks: 100
Marks: 40%**

Minimum Pass

Internal Assessment: 40 Marks

University Examination: 60 Marks

izR;sd Nk= dks fuEufyf[kr ;ksx lacaf/kr fo"k;ksa ij fuca/k fy[kus gSA izR;sd fuca/k yxHkx 20 i"Bksa dk gksuk pkfg,A

- 1 fo|kfFkZ;ksa ds thou esa ;ksx dk egRo rFkk fu;fer ;ksxkH;kl ls miyfC/kA
- 2 Jhen~ Hkxor~ xhrk ;ksx ,oa euksfoKku dk vk/kkjHkwr xzUFkA blesa fuEufyf[kr fo"k;ksa ij Hkh foLrkj ls fy[ksaA

deZ ekxZ &

deZ ekxZ dh ifjHkk"kk] y{; rFkk fo'ks"krk,aA fu"dke Hkko ls dUkZO; ikyu dk egRoA deZ fl)kUr rFkk iquZtUeA lafpr & izkjC/k&fØ;eku deZA lsok dk egRoA ^leRoa ;ksx% mP;rs dk egRoA ;ksx% deZlq dkS'kyea dk vfHkizk;A* deZ;ksxh dh ;ksX;rk,aA

HkfDr ekxZ & uo/kk HkfDr

HkfDr ekxZ dh ifjHkk"kk] y{;} leiZ.k dk egRoA vO;fHkpkfj.kh HkfDr dk vfHkizk;A

lkfRodh] jktlh] rkelh HkfDr dh O;k[k;ka HkfDr ;ksx ds egRo iw.kZ vaxA HkfDr ekxZ dk vojks/kA HkfDr ds ikjp

vUr%'k=q vkSj bu ij fu;a=.k ds mik;A HkfDr ds ik;ip cká
'k=qA

jktfld vkgkj vkSj mldk gekjs thou ij izHkkoA

Kku ekxZ &

Kku ekxZ dh ifjHkk"kk] y{;} foosd dk egRoA lr] fpÙk] vkuUn dk vfHkizk;A Kku ekxZ ds eq[; fopkj fcUnq & vkRek] ek;k] fopkj] foosd] oSjkX;] vkReKku dk egRoA eks{k }kj ds pkj izgjh & IRlax] larks"k] Hkz kfUr] fopkj dk egRoA Kku ;ksxh ds fy, pkj lk/ku & foosd] oSjkX;] "kV~&IEir~ vkSj eqeq{kRo dk egRoA izklr Kku dks O;ogkj esa ykus dk egRo] Kku ;ksxh dks 'kk'or~ vkuUn dk vuqHkoA

vU; ;ksx ekxZ vkSj gekjs vk/kqfud ;ksfx;ksa dk laf{klr ifjp; & eU= ;ksx] Loj ;ksx] dq.Mfyuh ;ksx] gB;ksx] leUo; ;ksx dk laf{klr ifjp;A ;ksxhjkt

Jh vjfoUn] Lokesh f'kokuUn] Lokesh foosdkuUn] Lokesh n;kuUn] je.k egf"kZ] Lokesh jkerhFkZ] Lokesh jked`.k ijegal] ijegal ;ksxkuUn dk thou ifjp; rFkk ;ksx ds {ks= esa ;ksxnkuA

;ksx }kjk ruko eqfDr@izcU/ku (Stress Management)

- 3 fdUgha rhu euksdkf;d jksxksa dk ;ksx }kjk mipkjA nks Case Studies ds foLr`r fjiksVZ fy[kukA

Jhen~ xhrk ds izR;sd v/;k; dk la{ksi esa lkj ladyu izLrqr djukA

**SYLLABUS
DIPLOMA IN YOGA
izFke lsesLVj**

fØ;kRed

Sub. Code: DYHE/S/140

Credits: 03

**Total Marks: 100
Marks: 40%**

Minimum Pass

Internal Assessment: 40 Marks

University Examination: 60 Marks

'kV~ deZ & usfr] /kkSfr] cfLr] dikyHkkfr

;ksxklu & rkM+klu] dfVpØklu] fr;Zd Hkqtaxklu]
Å/oZgLrksrku] mnjkd" kZ.k vku] f=dks.kklu]
lw;ZueLdkj] ohjHknzklu] ohjklu] czãp;Z vku]
dkxklu] in~eklu] v/kZin~eklu] fl)klu]
LofLrdklu] tkuqf'kjkl] dks.kklu] Hkqtaxklu]
'kyHkklu] /kuqjkl] f'kfFkyklu]Hknzklu]
m"V^aklu] 'k'kkadklu] 'kokluA

izk.kk;ke & foHkkxh; "okl] y;c) 'okl] lw;ZHksnh]
pUnzHksnh] vuqykse&foykse]
ukM+h" kks/kuA

/;ku & rhu pj.kksa esa /;ku & fLFkjhdj.k]
f'kfFkyhdj.k] tkx:drk ea= /;ku] "okl /;kuA

**SYLLABUS
DIPLOMA IN YOGA
f}rh; lsesLVj**

;ksx n'kZu

Sub. Code: DYHE/S/210

Credits: 03

**Total Marks: 100
Marks: 40%**

Minimum Pass

Internal Assessment: 40 Marks

University Examination: 60 Marks

lekf/k ikn &

;ksx 'kCn dh ifjHkk"kk] ;ksx ds y{k.k] Lo:i] izkflr dk mik;A
fpÙk dh o`fÙk;ksa ds fujks/k ds mik; & vH;kl vkSj
oSjkX;A

lekf/k & IEizKkr fuchZt] IfordZ] fufoZrdZ] Ifopkj] fufoZpkj]
Icht] fuchZt] fufoZpkj lekf/k dh O;k[k; ,oa vUrjA

bZ'oj izf.k/kku vkSj mldk Qy] fpÙk ds fo{ksi] mudk uk'k
vkSj eu dh fLFkfr ds fy;s mik;A

lekf/k ds Qy] _rEHkjk izKk rFkk bldk egRoA

Ik/ku ikn &

Ik/kkj.k Ik/kdksa ds fy;s vUr%dj.k dh 'kqf) rFkk fuchZt
lekf/k izklr djus dk mik;A

fØ;k ;ksx & Lo:i vkSj QyA

ikjDys'k rFkk mudk uk'kA

n`"; vkSj n`"Vk dk Lo:i rFkk n`"; dh IkFkZdrk] izd`fr&iq#"k
ds la;ksx dk Lo:i]vfo|k ds uk'k gsrq foosd KkuA

foosd Kku dh izkflr gsrq v"Vkax ;ksx] ikjp cká vaxksa ds
y{k.k] QyA

foHkwfr ikn &

fuchZt lekf/k ds fy;s la;e :i /kkj.kk] /;ku] lekf/k dk Lo:i] QyA

fuchZt lekf/k ds le; fpÙk ds ifj.kkeA

/keZ ifj.kke] y{k.k ifj.kke rFkk voLFkk ifj.kkeA

lekf/k }kjk izklr fHkUu&fHkUu flf);kaA

dSoY; ikn &

flf);ksa dh izkflr ds ikjp gsrqA

;ksxh ds deksZa dh efgekA

lk/kkj.k euq";ksa dh deZQy izkflr ds izdkjA

foosd Kku] dSoY; dh ifjHkk"kk] dSoY; dk Lo:i rFkk dSoY;

voLFkk dh izkflrA

**SYLLABUS
DIPLOMA IN YOGA
f}rh; lsesLVj**

;ksx }kjk lexz LokLF;

Sub. Code: DYHE/S/220

Credits: 03

**Total Marks: 100
Marks: 40%**

Minimum Pass

Internal Assessment: 40 Marks

University Examination: 60 Marks

LokLF; &

WHO dh ifjHkk"kk ,oa vU; ifjHkk"kk,aA

Lo esa fLFkr gksuk & vFkZ rFkk egRoA

'kkjhfd] izkf.kd] ekufld] HkkoukRed rFkk vkfRed LokLF;
vkSj budk gekjs nSfud thou ij izHkkoA

LokLF; gsrq egRoiw.kZ vk;ke &

vkgkj ,oa LokLF;A

i;kZoj.k ,oa LokLF;A

fu;fer ;ksxkH;kIA

;ksxe; thou 'kSyh ,oa LokLF;A

;ksx ls ruko eqfDr ,oa ruko izcU/kuA

lexz thou gsrq pkj iq#"kkFkZ ,oa iapdks"kA

nks"k /kkrq ey foKku &

iapdeZ ¼vk;qosZn ds vuqlkj 'kqf)½

Hkkjrh; vkS"k/kh; ikS/kksa dk ifjp; mi;ksx &

uhe] rqylh] csy] vkaoyk] czkãh] ?k`rdqekjh] fxyks;]
v'oxU/kk] 'krkojhA

'kjhj foKku &

'kjhj jpukA

dksf'kdk] Ård] vax] rU=

ra= &

dadky&ra=] 'olu ra=] eklis'kh ra=] ikpu ra=] jDr lapkj ra=]
ey foltZu ra=] raf=dk ra=] vUrókoh ra=] jksx&izfrjks/k ra=
dh O;k[;kA

**SYLLABUS
DIPLOMA IN YOGA
f}rh; lsesLVj**

;ksx }kjk jksxksipkj

Sub. Code: DYHE/S/230

Credits: 03

**Total Marks: 100
Marks: 40%**

Minimum Pass

Internal Assessment: 40 Marks

University Examination: 60 Marks

euksdkf;d jksx &

jksx D;k gksrk gS\ vkf/k ls O;kf/k dh izfØ;kA 'kjhj vkSj eu dk laca/kA

euksdkf;d jksx dh ifjHkk"kk ,oa mRifÜk ds dkj.kA

ekuo dk iapdks'kh; vfLrRo rFkk ;ksx dh fØ;kvksa dk ikjpkSa dks'kksa ij izHkkoA

jksx fuokj.k esa Integrated Approach of Yoga dk egRoA

jksx fuokj.k esa ;ksx i)fr rFkk vU; i)fr;ksa ds mipkj esa vUrjA

;ksx }kjk igys eu LoLFk rHkh 'kjhj LoLFk & bldh vuqHkwfrA

jksx fuokj.k esa "kVdeZ] vklu] izk.kk;ke] /;ku dk egRoA

ikpu rU= laca/k r jksx &

isV ds leLr jksx] dCt] ok;q cuuk] vipu] vYIj] dksykbVI vkfn jksxksa ds dkj.k rFkk y{k.kA

;ksx }kjk jksx mipkjA

ân; jksx] mPp jDrpki dk mipkj &

ân; jksx] mPp jDrpki dk mipkj] bu jksxksa dk dkj.k rFkk y{k.kA

;kSfxd fØ;kvksa }kjk mipkjA

;ksxe; thou 'kSyh dk bu jksxksa ds mipkj esa egRoA

xB;k] tksM+ksa dk nnZ] dej nnZ rFkk xnZu ds jksx &

jksxksa dk dkj.k rFkk y{k.kA thou 'kSyh ds lg&laca/kA

;ksx }kjk jksx mipkjA

e/kqesg] eksVkik &

jksxksa dk dkj.k rFkk y{k.kA

;ksx }kjk jksx mipkjA

nek] 'okl ds jksx] ukd dh ,ythZ &

jksxksa dk dkj.k rFkk y{k.kA

;ksx }kjk jksx mipkjA

tyusfr] lw=usfr vkfn dk izHkkoA

ruko fuokj.k@izcU/ku &

ruko dh ifjHkk"kk] mRifÜk] fl)kUrA

ruko ls 'kkjhfd ,oa ekufld ifjorZuA

ruko dk 'kjhj ij euksoSKkfud izHkkoA

ruko ls ;ksx }kjk eqfDrA

;ksxfunzk] f'kfFkyhdj.k dk egRo ,oa izHkkoA vtikti]
fpnkdk'k /kkj.kk] vUr=fVdA

fpUrkJ ?kcjkbV rFkk ekufld jksxksa dk mipkj &
ekufld jksx dk vFkZ] izR;;] izdkj rFkk y{k.kA
eu ij fu;a=.k dk vFkZ rFkk mlds mik;A

;kSfxd fØ;kvksa }kjk ekufld jksxksa dk mipkjA
ekufld jksx mipkj esa ;ksx dh dkSu&lh fØ;k,sa lcls
egRo iw.kZA

;ksxe; thou viukus dk egRoA
efgykvksa ds jksx &
jksxksa dk dkj.k rFkk y{k.kA
;ksx }kjk jksx fuokj.kA

**Jhen~ Hkxor~ xhrk ds fuEufyf[kr eq[; 'yksdksa dh
foLr`r O;k[;k fy[ksa %&**

v/;k; 2 v/;k; 11

v/;k; 3 v/;k; 12

v/;k; 4 v/;k; 13

v/;k; 5 v/;k; 14

v/;k; 6 v/;k; 15

v/;k; 7 v/;k; 16

v/;k; 8 v/;k; 17

v/;k; 9 v/;k; 18

v/;k; 10

28

& 23] & 11 ls 13] 16] 17] 25] 28] 35] 40
40] & 3] 14] 16
47] & 12] 13
48] & 30
50] & 3
55] & 3
62 & 55
ls & 12 ls 14
64] & 2
69 & 6 ls 9] 15 ls 17

& 6] 7] & 1] 5
13 ls & 1 ls 4] 21
15] 25] & 8] 9] 11] 13] 17 ls 20] 22
27] 36] & 5 ls 9] 20 ls 32] 37] 39] 61
37] 42
& 23] & 27]
24] 33] & 27]
37] 39] & 27]
ls 40

& 27]
;ksx n'kZu ds fuEu lw=ksa dh O;k[k; k fy[ksa &lw= 1 ls 11
rd

**SYLLABUS
DIPLOMA IN YOGA
f}rh; lsesLVj**

fØ;kRed

Sub. Code: DYHE/S/240

Credits: 03

**Total Marks: 100
Marks: 40%**

Minimum Pass

Internal Assessment: 40 Marks

University Examination: 60 Marks

'kV~ fØ;k "ka[kiz{kkyuA
Vklu & x#M+klu] flagklu] ;ksxeqnzklv] v/kZ pUnzklu]
f=dks.kklu] mRdVklu] xksej[kklu]
vkd.kZ/kuqjklv] oØklv] v/kZ eRL;sUnzklu]
c)in~eklu] gLriknksrkuklu ¼ihB ds cy½]
mnjioueqDrklv] if'peksÙkkuklu] dks.kklu] edjklv]
lw;ZueLdkj] foijhr dj.kh] lqlrotzklu] otzklu]
izk.kk;ke d.kZihM+klu] gyklv] lokZaxklv] ukSdklu ¼isV ds
cy½] ;ksxfunzka
& vfXulkj] mTtk;h] 'khryh@'khrdkjh] Hkfl=dk]
/;ku ca/k&ewy] mih;ku] tkya/kj] egkcU/kA
Kkueqnzka] T;ksfreqnzka] 'kwU;eqnzka
&& izR;kgkj] /kkj.kk iwoZd /;ku] ea= /;kuA
& =kVd]
ukSfy]