**ANDHRAUNIVERSITY**

**COLLEGE OF ARTS & COMMERCE**

**DEPARTMENT OF YOGA AND CONSCIOUSNESS**

**Yoga Village, Beach Road, Visakhapatnam-3**

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**Diploma In Yoga Course**

**( 6 months duration)**

**Information & syllabus**

**Objectives:**

The purpose of the Diploma in Yoga course is (a) to provide the necessary knowledge of the theory and practice of yoga so that the practitioners learn to practice and also to teach yoga to all age groups for promoting their health and effectiveness, and (b) to give them a basic understanding of human anatomy and physiology, Indian philosophy, and Classical Yoga texts relevant to the theory and practice of yoga to help them gain the theoretical and scientific perspective on yoga.

Successful completion of the course will enable the students to teach Hatha yoga practices and meditation with a secular and scientific orientation.

**Eligibility**

The candidates for Diploma in Yoga course shall be required a minimum Intermediate pass or an examination recognized by the Andhra University as equivalent.

**Admission procedure:** by Andhra University

**Physical fitness:**

The selected candidates must be in good physical and mental health and fit to practice Hatha yoga as certified by a physician.

**Dress:**

The students shall be required to wear a suitable dress as designed by the department which will permit them to practice yogic exercises comfortably during practical training.

**Courses of study:**

Diploma in Yoga course shall include two theory papers and one practical. The details of theory papers & practical are provided in the syllabus.

**Duration and Instruction:**

The course duration shall be Six months. The classes will be conducted from Monday to Saturday with theory and yoga practices. Practical classes for kriyas will be conducted on Saturday morning. The medium of instruction shall be English/Telugu. The method of instruction shall comprise of lectures and demonstration.

**Yoga practice & Yoga Record:**

The students shall practice kriyas, asanas, bandhas, pranayama, and meditation during the course on a regular basis. They shall maintain a record consisting of the details of the sequential movements involved in yogic practices. Such a record shall be submitted at the time of the practical examination for evaluation.

**Attendance& Examination:**

In view of the special nature of the course it is desirable that the student shall put in at least 80 per cent attendance to appear for the University examination at the end of the course. The examination will be held at the end of sixth month

**Scheme of Diploma in Yoga Course** Examination

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Subject****Code** | **Title of the Paper** | **Exam Duration****(Hours)**  | **Max.****Marks** | **Pass Marks** | **Credits** |
| DY 101 | Introduction to Yoga Theory  | 3 | 100 | 40 |  6 |
| DY 102 | Human Anatomy & Physiology | 3 | 100 | 40 |  6 |
| DY 103 | Yoga Practice |  | 200 | 100 |   12 |

**Mode of examination and evaluation for Yoga practice:**

In view of the unique nature of yoga practice, the following mode of evaluation is recommended for yoga practice.

The total marks of 200 for the examination in yoga practice shall be distributed as follows:

 Performance - 100 marks

Teaching practice - 50 marks

 Viva-voce - 20 marks

 Record - 30 marks

A candidate shall be declared to have passed in theory paper, if he/she obtains not less than 40% of marks and 50% in practical examination. However, the aggregate passing minimum may be 50%. A candidate failing to secure the minimum marks prescribed as above shall have to reappear for the examination. Successful candidates passing the examination in theory and practice shall be classified as below according to the aggregate percentage obtained.

 40% -49% : Third class

 50% - 59% : Second class

60% - 69% : First Class

70% and above: First Class with Distinction

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**Diploma in Yoga Course**

**Syllabus**

**Paper – I : Yoga Theory**

**Unit-I:**

Introduction to shat darshanas-definitions and meanings of the term ‘Yoga’-development of yoga – Yoga in Bhagavad Gita - Rules and Regulations for Practice of Yoga

**Unit-II:**

Schools of Yoga: Bhakti Yoga- Karma Yoga- Jnana Yoga- Mantra Yoga- Kundalini Yoga- Panchakosha theory

**Unit-III:**

Patanjali Yoga Darshanam: Samadhi pada: yoga definition goal- chitta vritties- concept of Iswara- Chitta vikshepas- Samadhi; Sadhana pada: kriya yoga- kleshas- astanga yoga; Vbhuti pada: dharana- dhyana- Samadhi- samyama

**Unit-IV:**

Hatha –Yoga: meanings, definitions- literature- Components of hatha yoga: sapata sadhanas: Shat karmas-Asanas- Asta Kumbhakas- Bandhas & Mudras-Naadaanusandana- Yoga and Diet

**Unit-V:**

Meditation: meaning, nature, Methods and benefits - Yoga and Physical Education-Yoga & Ayurveda - Yoga & Naturopathy- Yoga Therapy- Scientific Research on Yoga

**Text Book**

1. Sachitra Yoga pradipika : B. K. S . Ayyanger
2. Yoga Chaitanya Pradipika : Yogacharya Dr. Raparthi Ramarao
3. Journey to Real Self: Dr. Raparthi Ramarao
4. Asana pranayama Mudras Bandhas : Swami Satyananda Saraswati

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**Model Question Paper**

**Paper-I: Yoga Theory**

Duration: 3hours Max. Marks: 100

**I. Answer any FIVE of the following questions 5x15=75**

1. Explain various definitions and meanings of the term ‘Yoga’.
2. Write an essay on Astanga Yoga of Patanjali Maharshi.
3. Mention different paths of Yoga. Explain in detail about Bhakti Yoga
4. Define Hatha Yoga.. Write in detailed about technique and benefits of Traataka and Vahnisara.
5. What is meditation? Write about any one of the meditation technique with benefits.
6. Write an essay on scientific research on Yoga.
7. Compare Yoga practice with physical exercises
8. What is yoga therapy? How do you manage Hypertension and Arthritis with yogic techniques?

**II. Answer any FIVE of the following questions 5x5=25**

1. Methods of treatment in Naturopathy.
2. Mentioned Asta kumbhakas in Hatha Yoga.
3. Concept of Iswara in Yoga Sutras.
4. Yoga and Diet.
5. Dasha Mudras in Hatha Yoga
6. Kriya Yoga of Pathanjali
7. Yoga in Bhagavad Gita
8. Yoga and Back pain

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**Diploma in Yoga course**

**Syllabus**

**Paper- II : Anatomy and Physiology**

**Unit-I:**

Introduction to human body: Skelton -Cell and Tissues - Bones & muscles

**Unit-II**

The Circulatory System- Anatomy and the functions of the heart-The Blood Pressure: The Blood – Red Blood cells , White Blood cells- Hemoglobin , , Blood groups

**Unit-III**

The Respiratory System: Anatomy of the Respiratory organs - the regulations of respiratory, the respiratory rates - Vital capacity of the lungs- The Digestive System : esophagus , the salivary glands , the stomach , the liver , the gall bladder , the pancreas and the spleen

**Unit-IV**

Introduction to Endocrine glands- The Excretory System : The Kidneys , the Urinary bladder the urethra , the symptoms of normal and abnormal urine

**Unit-V**

The Nervous System : the spinal cord , the brain , Cerebrospinal fluid- The sense organs - The Reproductive System : the male and female reproductive organs

**Text Book :**

Anatomy & Physiology – G. Gurunatham , New Students Book Centre , Vijayawada.

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Max. Marks: 100 Duration:3 hours

Model Question Paper

Paper-II: Anatomy & Physiology

**Write any Five of the following questions 5x15=75**

1. Explain cell structure with diagram and write its functions.
2. Draw a neat diagram of heart and mentions its parts.
3. Write about process of respiration.
4. Explain the structure and functions of the liver.
5. Write about formation of urine.
6. Write about central nervous system.
7. Explain the process of digestion with diagram
8. Write about mechanism of blood clotting.

 **Write any Five of the following questions 5x5=25**

1. Endocrine glands and their locations
2. Cerebrospinal fluid
3. Kidneys
4. Pancreas
5. Menstrual cycle
6. Spinal cord
7. Red & White blood cells
8. Male reproductive organ

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**Diploma in Yoga course**

**PAPER – III: YOGA PRACTICES**

SYLLABUS

The students are required to learn to practice and also teach the following. They are to maintain a record which consists of the step by step details of the yoga practices along with an account of the possible benefits of the practices.

The principles, which should be adopted in practice, are the following:

1. Proper gradation in order of flexibility, balance and difficulty in performance.
2. Each asana is to be analyzed into intermediate positions in a natural sequence of movement.
3. For purposes of class training each movement to be associated with a

count to reach the final pose.

1. Rhythmic breathing should be observed. When the chest is in the expanding position inspiration should take place. In the contracting position expiration should take place rhythmically with movement. In certain asanas duration of retention is important.
2. Proper relaxation should be allowed in between the batches of asanas.

**Sukshma Vyayamam; Surya Namaskaras**

**Meditative Postures** :

Sukhasan, Swastikasana; Vajrsan; Ardha padmasan, padmasan, Siddhasan;

**Relaxation postures**:

Shavasana; Advasana; Jyeshtikasana; Makharasana; Matsya kridasana

**Kriyas :**

Jalaneti ; Sutraneti ; Jala Dhauti ; Vastra Dhauti ; Varisara Dhauti ( Sankhaprakshalana ) ; Vahnisara ; Trataka ; Vatakrama Kapalabhati.

**Standing postures**:

Tiryak Tadasana;Trikonasana; Parivrita Trikonasana; Katichakrasana; Parsvakonasan;

**Balancing Postures**:

Tadasana; Vrikshasana; Natarajasan; Ekapadasana; Merudandasana; Parvathasan

**Sitting postures**:

Bhadrasana; Virasana ; Supta Veerasan; Vakrasana; Ardha –matsyendrasana; Ushtrasana; Suptavajrasana; Gomukhasana; Shashankasana; Marjari asana; Vyaghrasana; Shashanka Bhujangasana ; Ardha chandrasana; Matsyasana; Akarna Dhanurasan; Mahamudrasan ; Trayanga mukhaika pada paschimottanasan ; Pachmottanasan; Upavista Konasan; Brahmacharyasan ; Yogamudrasan

**Prone postures**:

Sarpasana; Bhujangasana; Tiryak bhujangasana; Uoordhvamukha Svanasan ; Adhomukha Svanasan ; Ardha Salabhasana; Salabhasan ; Dhanursan; Chaturanga Dandasan

**Supine postures**:

Uttanapadaasana; Pavanamuktasana; Navasana

Kandharasana ; Jatara parvrittanasan and its variations; Chakrasan

**Inverted postures**:

 Sumerasana; Moordhasana ;Vipareetakarini; Sarvangasana ;Halasan; Parsva Halasan ; Sirshasan

**Sukshma Pranayama :** Udara svasakriya , Vaksha svasakriya , Skanda svasakriya , Yoga svasakriya and Anuloma Viloma

**Bandhas :**

Bhanda Trayam : Jalandhara ; Uddiyana and Moolabandha

**Pranayama :**

Nadisuddhi ; Suryabedana ; Ujjai ; Sitali ; Sitacari ; Bhastrika ; Bramari ;

**Mudras :**

Viparita karni ; Tadagi Mudra ; Pasani Mudra ; Aswani Mudra ; Bhujangini Mudra

**Relaxation Methods :** Sixty one Points Relaxation technique ; Yoga Nidra ; Instant Relaxation Technique ; Quick Relaxation Technique ; Deep Relaxation Technique

Practice of Pratyahara , Dharana and Dhyana

**Text Books :**

1. Sachitra Yoga Pradipika by B.K.S. Ayyanger , Telugu Tr. By Jyosthna
2. Yoga Chaitanya Pradipika by Yogacharya Dr. Raparthi Ramarao
3. Journey to Real Self: Dr. Raparthi Ramarao
4. Asana pranayama Mudras Bandhas : Swami Satyananda Saraswati