

Appendix "D" Item No.6

PG DIPLOMA IN YOGA

(w.e.f. 2022-2023 admitted batch)

First Semester

Paper-I: Basics of Indian Philosophy

Unit-I : Introduction to Vedas & Upanishads; Bhagavad Gita; classification of Indian Philosophy; Nature and Characteristics of Indian Philosophy

Unit - II : Jainism :Syad-vada; Anekanta-vada, Bondage and liberation; Buddhism: Four Noble Truths, PratityaSamutpada; Carvaka Materialism

Unit - III : Samkhyadarshana: Satkarya-vada; Purusa and Prakriti; Trigunas; Yoga Darsana: Citta and its Vrittis; Astanga yoga

Unit - IV : Vaisesikadarshana: Theory of Padarthas; Atomic Theory; Nyayadarshana: Pratyaksa, Anumana, Upamana and Sabda; Nyaya Doctrine of Soul and God: MimamsaDarsana : on Soul, Karma, Dharma

Unit - V : Advaita Vedanta - Sankara: Brahman and Atman, world and Maya; Visistadvaita Vedanta - Ramanuja: Nature of God, soul and world; Concept of Bhakti: Saranagati and Prapatti; Philosophy of Madhvacharya

Textbooks

1. R. Puligandla, Fundamentals of Indian Philosophy, 1975
2. C.D. Sharma, A Critical Survey of Indian Philosophy, 1960

Paper-II: Fundamentals of Yoga

Unit-I: Etymology, definitions and meanings of the term Yoga- origin of Yoga- development of Yoga (Pre-vedic period to contemporary times)-Elements of Yoga in Vedasand Upanishads, Concept of Pancha-kosha, Nature of Yoga in Darshanas, Nature of Yoga in Epics (Ramayana and Mahabharata), Nature of Yoga in Smritis, Puranas, and Tantras,

Unit-II : Brief introduction to Schools of Yoga; Jnana Yoga: Meaning of Jñāna and Jñāna-Yoga, Sadhana-chatushtaya, Means of Jñāna-Yoga; Bhakti Yoga : Meaning of Bhakti and Bhakti Yoga, Stages of Bhakti, Types of Bhakti, Means of Bhakti Yoga; Karma Yoga: Meaning of Karma and Karma Yoga, Concept of Nishkama Karma, Means of Nishkama Karma;

Unit-III: Mantra Yoga :limbs of mantra yoga; Brief introduction to Ashtanga Yoga of Patanjali; Hatha Yoga: Hatha Yoga Practices (Sadhanas), Relevance of Hatha Yoga sadhana inday-to-daylife.

Unit-IV: Concepts of Nadi, Prana, chakras, Grandhis and Kundalini; Yogic concepts in Bhagavad Gita; Meditation- definitions-types of meditation- benefits of meditation.

Unit-V: Yoga in Contemporary Times: Yoga Parampara of Yogacharya Sri T. Krishnamacharya, Swami Shivanada Saraswati, Swami Rama of Himalayas, Maharshi Mahesh Yogi, Swami Dharendra Brahmachari, Integral Yoga of Shri Aurobindo and their contributions for the development and promotion of Yoga.

Text book:

Feuerstein, Georg. (2002.): The Yoga Tradition: Its History, Literature, Philosophy and Practice.Delhi, Bhavana Books and Prints.

Paper-III: Selections from Patanjali's Yoga Sutras

Unit-I : Introduction to Yoga sutras- Structure of the text- the basis and date of the Yoga Sutras – commentators on Yoga Sutras- Associated yoga techniques- nature of the mind- the sublime psycho-psychiatric system -Yoga as Samadhi

Unit-II : Definition of Yoga; Modifications of the mind (ChittaVrittis) and methods to control them; Definition and Qualities of Iswara; Obstacles of Yoga (ChittaVikshepas) and means for removing obstacles;

Unit-III : Kriya Yoga; Causes of Pain (Kleshas) and ways to control Pain; The Seer and the Seen; Four stages of Gunas;

Unit-IV: Astanga Yoga- Yama,niyama, asana, pranayama, pratyahara, dharana and Samadhi; types of Samadhi-antranga yoga; Samyama; Yogic Powers (YogaVibhutis).

Unit-V: Source of Occult powers (Siddhis); Mind and its Vasanas; Dharma Megha Samadhi; Kaivalya.

Text Books:

Taimni I.K. (1961/1999).The Science of Yoga (The Yoga Sutras of Patanjali),The Theosophical Publishing House, Adyar.

Reference books:

Satyananda Saraswathi, Swami. Four Chapters on Freedom (Commentary on the Yoga Sutras of Patanjali), Munger , Bihar .School of Yoga, 1976

Paper- IV: Basics of Human Biology

Unit-I : The cell : Structure of a cell, Organelles of Cytoplasm, Function of a cell and Mitosis The Tissues :Epithelial tissue, Connective tissue ,Muscular tissue and Nervous tissue

Unit-II : Skeletal System: Classification of bones, Bones of human skeleton, Bones of wrist and hand, Bones of lower and upper limb, Bones of thorax, Vertebral column and Joints of the skeleton.

Circulatory system: Blood ,Blood groups, Hemoglobin, Mechanism of blood clotting ,Functions of lymph nodes , Functions of spleen, Heart ,Functions of the heart ,Heart sounds ,Pulse ,Blood pressure and measurement .

Unit-III : Respiratory system: Structures of respiratory system , Mechanism of respiration and Respiratory volume; Urinary system : Structure and Functions of the Kidneys, Ureter, Urinary bladder and urethra and Micturition

Digestive system : Parts of digestive system mouth, teeth, salivary gland , pharynx, Larynx, esophagus , Stomach and its digestive function , Small intestine and its function of digestion and absorption and large intestine and its functions, Liver and its function , Gall bladder and its function , digestive enzymes.

Unit-IV : The Muscular system : Muscles of neck, upper limb, shoulder girdle , Muscles of thorax, diaphragm, Muscles of abdomen and Muscles of thigh. Smooth muscle, Cardiac muscle and Skeletal Muscles.

Central nervous system: Parts of Brain and its functions, Thalamus , Hypothalamus, Spinal cord, Peripheral nervous system and autonomic nervous system.

Unit-V : Organs of special senses : Accessory structure of eye, eye brows, Eyelids, Lacrimal apparatus , Extrinsic muscles of eye, Sensation of taste , Sensation of smell , Olfactory Receptors of nose , Structure of skin and its functions; Endocrine system: Pituitary gland , thyroid gland , Adrenal gland and pancreas.

Reproductive system : Anatomy and physiology of male and female reproductive system .

Text book:

Elements Of Human Anatomy Physiology & Health Education by Dr.Ramesh K. Goyal Associates Dr.Anitha, A.mehta Dr.Gaurang B.Shah, B.S.Shah Prakashan

PAPER – V: YOGA PRACTICE-I

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.
4. 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.

5. Proper relaxation should be allowed in between the batches of asanas.

Shatkriyas:

1. Dhauti – Jala and Vastra
2. Neti – Jala and Sutra
3. Kapalabhati
4. Shankaprashtana

Bandha Traya:

1. Jalandharabandha
2. Moolabandha

Pranayama:

1. Nadisuddhi
 2. Suryabhedana
 3. Ujjayi
 4. Sitali
 5. Bramari
- Practice of drishti: Nasikagra

Asanas:

Meditative postures:

1. Sukhasana
2. Swastikasana
3. Ardha Padmasana
4. Padmasana
5. Siddhasana
6. Vajrasana

Relaxation postures:

1. Shavasana
2. Advasana
3. Jyeshthikasana
4. Makarasana
5. Matsyendrasana

Suryanamaskara:

Standing postures:

1. Tiryaqtadasana
2. Trikonasana
3. Parivrita Trikonasana
4. Katichakrasana

Balancing Postures:

1. Tadasana
2. Vrikshasana
3. Natarajasan
4. Ekapadasana
5. Merudandasana

Sitting postures:

1. Bhadrasana
2. Virasana
3. Meruvakrasana
4. Ardha -matsyendrasana
5. Ushtrasana
6. Suptavajrasana
7. Simhasana
8. Gomukhasana
9. Shashankasana
10. Marjari asana
11. Vyaghrasana
12. Shashanka Bhujangasana
13. Ardha Chandrasana
14. Matsyasana
15. Tolangulasana
17. Janusirsasana

Prone postures:

1. Sarpasana
2. Bhujangasana
3. Tiryakbhujangasana
4. Ardha Salabhasana

Supine postures:

1. Uttanapadaasana
2. Pavanamuktasana
3. Navasana
4. Kandharasana

Inverted postures:

1. Sumerasana
2. Moordhasana
3. Vipareetakarini
4. Sarvangasana

Text books:

1. Satyananda Saraswati, Swami (1989). Asana, pranayama, mudra, bandha. Munger: Bihar School of Yoga.
2. Iyenger, B.K.S. (1976). Light on yoga. London: Unwin Hyman Ltd.

PG DIPLOMA IN YOGA**Second Semester****Paper-I: Selections from Hatha Yoga Pradipika & Gheranda Samhita**

Unit-I: Hatha Yoga pradiipika : Purpose of Hatha Yoga; Six causes of failure and success in Yoga Sadhana; Ten Yamas and ten Niyamas; Asanas; sequence of Hatha Yoga; Moderate diet (mithahara).

Unit-II: Hatha Yoga pradiipika : Relation of Mind and Prana; Purification of the Nadis; Six Acts (Shat Karmas); Pranayama; Names and techniques of Eight Retentions (Asta Kumbhakas); Signs of perfection in Hatha Yoga

Unit-III: Hatha Yoga pradiipika : Concept of Kundalini; Names and techniques of Ten Mudras (Dasha Mudras); Synonyms of Samadhi; Shambhavi and Khechari mudras; Nadanusandana; Types of Nada perceived; Relation of Nada and Mind; Features of Samadhi;

Unit-IV: Gheranda Samhita : Outlines of contents of Gheranda Samhita; Sapta sadhanas; Classification of Dhauti, Basti and Bhalabhati; Classification of Mudras; Five Pratyahara techniques

Unit-V: Gheranda Samhita : Variations in Nadisuddhi Pranayama; Asta Kumbhakas with special reference to Sahita and Kevali; The three fold Dhyana; Types of Samadhi

Text Books:

- Swami Muktibodhananda Saraswati (1985/1993) (Commentary) Hatha Yoga Pradipika. Bihar School of Yoga, Munger
- Digambarji Swami and Dr. Gharote, M.L. (1978) Gheranda Samhita (Eng. TR.), Kaivalyadhama S.M.Y.M. Samiti, Lonavla

Paper-II: Yoga & Alternative Therapies

Unit-I : Yoga & Ayurveda – relation of Yoga and Ayurveda- Fundamentals of Ayurveda- concept of sareerakriya, Vijnana and rachana-tridoshasvijnana - saptadhatu - mala vijnana- Ojas- different kinds of Agnis- Swasthavijnana- dinacharya-rutucharya - Sodhana karma: Pancha karma, Purva karma-basic principles of Ayurvedic treatment - nadvignana-

Unit-II : Yoga & Naturopathy; relation of Yoga and Naturopathy-various methods of treatment in Naturopathy: fasting, nutrition and dietetics, hydro therapy, mud therapy, chromo therapy, magneto therapy, and massage therapy

Unit-III : Yoga and Acupressure : relation of Yoga and Acupressure- Basic knowledge of Acupressure - theory of Acupressure - identification of points of Acupressure - therapeutic use of Acupressure; benefits of acupressure ; acupressure treatment for common diseases

Unit-IV : Electro therapy: short wave diathermy; infrared radiation; traction mission; Hand and Leg pulling; Shoulder wheel

Unit-V : Psychotherapy: Psychopathology and mental health: Frustration, conflict, anxiety and defense, Neuroses, psychosis, Personality disorders, Techniques of psychotherapy, and Evaluation of psychotherapy. Yoga & Psychotherapy; Clinical application of Yoga in Psychotherapy

Recommended books:

Dr. S.R. Jindal-(1994): ,Nature Cure: A Way of Life, Bangalore, Institute of Naturopathy & Yogic Sciences,

Dr. D. R. Gala, DR. Dhiren Gala, DR. Sanjay Gala :(1995): Be your own doctor with Acupressure, Bombay, Navneet Publications.

Dr. N.A. Murthy & D.P. Pandey, Ayurvedic common Cures for Common Diseases, Orient Paperback publishers, Delhi

Swami Rama, Rudolph Ballantive& Swami Ajay-(2007), Yoga & Psychotherapy, Himalayan Institute Press, Honeldale

PAPER-III: Basics Of Food And Nutrition

UNIT-I: Definitions of Food, Nutrition, Dietetics, Functional foods, Nutraceuticals. Functions of food, Classification of food, components of food. Diet Principles, Food groups, RDA for different age groups. Define BMI, Factors effecting BMI.

UNIT-II: Classification of Nutrients- Macro and Micro, Macronutrients – Carbohydrates, Proteins and Fats their functions, sources and Deficiency disorders. Energy requirement-Recommended dietary allowances. Importance of Fibre.

UNIT-III: Classification of Vitamins – Fat soluble and water soluble vitamins their functions and sources. Deficiency disorders of vitamin A, D,E,K, Bcomplex, vitamin C along with symptoms.

UNIT-IV: Classification of Minerals- Macro minerals, Microminerals and trace elements. Functions, sources, deficiency disorders along with symptoms.

UNIT-V: Metabolism of Carbohydrates, Proteins and Fats. Importance of water, water requirement. Yogic Diet and its importance. Importance of vegetarianism and traditional foods.

Recommended Books:

Rudolph Ballentine: Diet & Nutrition, The Himalayan International Institute, Pennsylvania, 1979.

Dr. H.K. Bakhru: Diet cure for Common Ailments, Jaico Publishing House, Hyderabad, 2006

Paper –IV: Yogic Management of Common Diseases

Unit-I: Preventive and curative effects of Yoga; Diagnostic and curative aspects of Hatha Yoga ; Management of the disease through Yogic diet, Asanas, Shatkarmas; Pranayama; Meditation; Notional corrections through yogic scriptures and counseling; Yama and Niyama; Stress(emotions management) Life style prescriptions - Moderation in Ahara, Vihara, Achara and Vichara.

Unit-II Integrated Approach of Yoga therapy for the following Common Ailments: Gastrointestinal disorders: Gastritis – Acute & Chronic, Dyspepsia, Peptic Ulcers, Constipation, Diarrhoea, Irritable Bowel Syndrome: Definition, Etiopathogenesis, Inflammatory Bowel Disease, Ulcerative colitis

Unit-III Integrated Approach of Yoga therapy for the following Common Ailments: Respiratory disorders- Allergic Rhinitis & Sinusitis: COPD: Chronic Bronchitis, Tuberculosis: Evidence research done on the particular disease

Unit-IV : Integrated Approach of Yoga therapy for the following Common Ailments: Cardiovascular disorders: Hypertension; Atherosclerosis / Coronary artery disease: Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post CABG rehabilitation: Congestive Cardiac failure, Cardiac asthma:

Unit-V : Integrated Approach of Yoga therapy for the following Common Ailments: Endocrinal and Metabolic Disorder - Diabetes Mellitus (I&II); Hypo and Hyper- Thyroidism; Obesity: Metabolic Syndrome

Text books:

1. Bhavanani, A.B. (2013). Yoga Chikitsa: Application of Yoga as a therapy. Pondicherry, India: Dhivyananda Creations.
2. Nagarathna R and Nagendra HR, Yoga therapy for common ailments series, SVYP publications, 2010
3. Swami Karmananda, Yoga therapy for common diseases, Yoga publication trust, Munger

PAPER – V: YOGA PRACTICE-II SYLLABUS

Shatkriya Practicals:

1. Trataka
4. Nauli
3. Agnisara Bandha
- Traya: 1. Uddiyanabandha

Mudra Traya:

1. Mahamudra
2. Mahabandha
3. Mahavedha

Pranayama:

1. Sitkari
2. Bhastrika
3. Moorchha
- Practice of drishtis: 1. Brumadhyadristi

Standing postures:

1. Veerabhadrasana
2. Uttitajanu Sirshasana

Balancing Postures:

1. Bakadhyanasana
2. Astavakrasana
3. Hamsasana
4. Mayurasana
5. Garudasana

Sitting postures:

1. Baddha padmasana
2. Lolasana
3. Yogamudrasana
4. Tolangulasana
5. Paschimottanasana
6. Pada prasara pachimottanasana
7. Kurmasana
8. Kukkutasana
9. Garbhasana
10. Niralamba paschimottanasana
11. Ardha padma padottanasana
12. Akarna Dhanurasana
13. Hanumanasana
14. Poorna matsyendrasana

Prone postures:

1. Shalabhasana
2. Dhanurasana
3. Purnabhujaasana

Supine postures:

1. Chakrasana
2. Jatar Parivrittasana and variations
3. Yoganidrasana

Inverted postures:

1. Sarvangasana variations
2. Halasana
3. Sirshasana
4. Oordhva padmasana

Text books:

1. Satyananda Saraswati, Swami (1989). Asana, pranayama, mudra, bandha. Munger: Bihar School of Yoga.
2. Iyenger, B.K.S. (1976). Light on yoga. London: Unwin Hyman Ltd.