

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

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 vrittis- 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:

Methods of Meditation- -Yoga and Physical Education-Yoga & Ayurveda - Yoga &
Naturopathy- Yoga Therapy- Scientific Research on Yoga

Text Book

Sachitra Yoga pradipika : B. K. S . Ayyanger
Yoga Chaitanya Pradipika : Yogacharya Dr. Raparathi Ramarao
Journey to Real Self: Dr. Raparathi Ramarao
Asana pranayama Mudras Bandhas : Swami Satyananda Saraswati
Light on Yoga by B.K.S Iyengar


ANDHRA UNIVERSITY
College of Arts & Commerce
DEPARTMENT OF YOGA AND ONSCIOUSNESS

Model Question Paper

Paper-I: Yoga Theory

Max. Marks: 100

Duration: 3hours

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



ANDHRA UNIVERSITY
College of Arts & Commerce
DEPARTMENT OF YOGA AND CONSCIOUSNESS

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.

Diploma in Yoga course
PAPER – III: YOGA PRACTICES
SYLLABUS

Sukshma Vyayamam

Surya Namaskaras

Meditative Postures: Sukhasan, Vajrsan, Ardha padmasan, padmasan, Siddhasan,

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

Asanas :

Parivrita Trikonasan ; Uoordhvamukha Svanasan ; Adhomukha Svanasan ; Chaturanga Dandasana ; Veerasan ; Supta Veerasan ; Mahamudrasan ; Parvathasan ; Upavista Konasan ; Poorvottanasan ; Supta Konasan ; Parsva Halasan ; Akarna Dhanurasan ; Omkarasan ; Brahmacharyasan ; Trayanga mukhaika pada paschimottanasan ; Supta Vajrsan ; Sarpasan ; Ardha Matsyendrasan ; Ustrasana ; Sasankasan ; Sarvangasan and its variations ; Sirshasan and its variations ; Halasan ; Matsyasan ; Bhujangasan ; Salabhasan ; Dhanurasan ; Hamsan ; Mayurasan ; Jatara parvrittanasan and its variations ; Simhasan ; Yoganidrasan ; Gomukhasan ; Bakasan ; Yogamudrasan ; chakrasan ; Navasan ; Kukkutasana ; Pachmottanasan ; Savasan ; Makharasan ; Parsvakonasan ; Niralambasan ; Matsyakridasan;

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

Bandhas :

Bhanda Trayam : Jalandhara ; Uddiyana and Moolabandha

Pranayama :

Nadisuddhi ; Suryabhedana ; 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 :

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

