

**DEPARTMENT OF YOGA & CONSCIOUSNESS
COLLEGES OF ARTS & COMMERCE
ANDHRA UNIVERSITY**

**POST GRADUATE DIPLOMA IN YOGA (Part-time)
(w.e.f 2014-2015)**

Objectives:

The purpose of the Post Graduate Diploma in Yoga (Part-time) is to impart knowledge of yoga to graduates in order to enable them to teach yoga to the students in schools and colleges and to the interested public of all age groups.

The specific objectives are (a) to provide the necessary knowledge of the theory and practice of yoga so that the students 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, Indian psychology 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.

Regulations:

The candidates for Post Graduate Diploma in Yoga (PGDY) shall be required:

1. To have passed a degree course of the Andhra University or an examination recognized by the Andhra University as equivalent.
2. The admissions into the PGDY shall be made by the Director, Directorate Admissions, Andhra University. Number of seats for admission into PGDY are 40.

Physical fitness:

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

No-objection certificate:

If the applicant is already employed in any organization he/she is required to submit a 'no-objection certificate' from the employer.

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:

The PGDY (part time) shall include two semesters and four theory papers and one practical in each semester. The details of these papers are provided in the syllabus.

Instruction:

The course duration shall be of one academic year. The classes will be conducted from Monday to Friday with one hour theory and one hour for yoga practices. Practical classes for kriyas will be conducted on Fridays. The medium of instruction shall be English. The method of instruction shall comprise of lectures and demonstration.

Yoga practice:

The students shall practice kriyas, asanas, bandhas, pranayama, mudras 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:

A student shall be permitted to appear for the University examination at the end of the Semester if he/she puts in attendance stipulated as per the University rules and regulations. However, 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 achieve the benefits of the course. In addition, the Director of the Institute shall certify that the student has learned the prescribed Hatha yoga techniques so that he/she will be able to teach them to others.

Examination:

The examination pattern for the PGDY shall include a mid-semester examination and a Semester end examination. The Semester end examinations are scheduled to be held in one or two weeks prior to the commencement of regular Semester end examinations in order to help students pursuing full time courses in the University as well as PGDY (part time).

Programme: Post Graduate Diploma in Yoga (PGDY)

Programme Outcomes

PO1. At the end of the course the students will be able to understand traditional Indian Yoga systems; the philosophy of the Yoga systems and the new thought in Yoga movement in the country.

PO2. The students will be able to understand the principles of Hatha Yoga and the texts in this field.

PO3. The programme will develop basic understanding of the human anatomy, the human physiology and a deeper understanding of the human systems.

PO4. The students will be introduced to the essential elements of a yogic life style, the concept of health and disease and their remedies through yoga practice. They will also learn the overview of the five sheath human existence.

PO5. The students will be introduced to regular and rigorous practice (sadhana) of yoga practices that would make them disciplined and knowledgeable Yoga teachers.

Programme Specific Outcomes

The aim of the programme is to propagate and promote yoga for positive health.

This programme will

PSO1: Introduce basic concepts of preventive health and health promotion through yoga

PSO2: Introduce concepts of Human Body to the students so as to making their

PSO3: Develop clear understanding about the benefit and contraindication of Yoga practice and to train teachers on preventive health and promotion of positive health through yoga and personality development.

Scheme of PGDY Examination as per Credit System

First Semester:

Subject Code	Title of the Paper	Exam Duration (Hours)	Credits	Max. Marks	Mid-Sem ester (Internal)	End-semester
PGDY 101	Introduction to Human Biology-I	3	6	100	15	85
PGDY 102	Outlines of Indian Philosophy	3	6	100	15	85
PGDY 103	Yoga Theory & Application-I	3	6	100	15	85
PGDY 104	Classical Yoga Texts: Yoga Sutras	3	6	100	15	85
PGDY 105	Yoga Practice		9	150	50	100
	Total		33	550	110	440

Second Semester:

Subject Code	Title of the Paper	Exam Duration (Hours)	Credits	Max. Marks	Mid-Sem ester (Internal)	End-semester
PGDY 101	Introduction to Human Biology-II	3	6	100	15	85
PGDY 102	Outlines of Indian Psychology	3	6	100	15	85
PGDY 103	Yoga Theory & Application-II	3	6	100	15	85
PGDY 104	Classical Yoga Texts: Hatha Yoga Pradipika & Gheranda Samhitha	3	6	100	15	85
PGDY 105	Yoga Practice		9	150	50	100
	Total		33	550	110	440

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 50 for the mid-semester examination in yoga practice shall be distributed as follows:

Performance	-	30 marks
Viva-voce	-	10 marks
Records	-	10 marks

The total marks of 100 for the end Semester examination in yoga practice shall be distributed as follows:

Performance	-	50 marks
Instruction	-	20 marks
Viva-voce	-	10 marks
Records	-	20 marks

The Semester end examination in yoga practice will be conducted jointly by an internal and external examiner.

A candidate shall be declared to have passed in a paper, if he/she obtains not less than 40% of marks in that paper 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 all papers including yoga practice shall be classified as below according to the aggregate percentage obtained.

50% and above but below 60%	:	Second Class
60% and above but below 70%	:	First Class
70% and above	:	First Class with Distinction

Candidates who successfully complete the entire course in one year only shall be eligible to be considered for the award of rank of first class with distinction or first class.

PG DIPLOMA IN YOGA

First Semester
PAPER – I: INTRODUCTION TO HUMAN BIOLOGY-I

SYLLABUS

1. Cell structure-tissues-excitability of the cell.
2. Introduction to systems in the body.
3. Skeletal system. Anatomy and Physiology
4. Muscular system. Types of muscles – contraction.
5. Nutrition and dietetics
6. Digestive system. Anatomy and physiology of gastrointestinal tract and associated glands.
7. Energy production - Metabolism of carbohydrates, proteins, lipids, water, minerals and vitamins.

Text books:

1. Chaudhari, S.K. (1988). Concise Medical Physiology. Calcutta: New Central Book Agency.
2. Ganong, W.F. (1967). Review of Medical physiology. Connecticut : Appleton – Lango.

Reference books:

- Ghosh, H.N. (1984). Chakrabarti, Ghosh and Sahana's Human Physiology. 2nd Ed. Calcutta: The New Book Stall.
- Guyton, A.C. (1986). Text book of medical physiology. 7th Edition. Philadelphia. WB Sauncers Company.
- Keel, C.A., Neil, E and Joels, N. Ed. (1986). 13th Edition. Samson-Wright's Applied Physiology, New Delhi: Oxford university press.
- West, J.B. Ed. (1985) 11th Edition. Best and Taylor's Physiological basis of medical practice. Baltimore : Williams & Wilkins.

**PG DIPLOMA IN YOGA
FIRST SEMESTER**

MODEL QUESTION PAPER

Marks 80

Time: 3 hours

**Answer any four questions.
All questions carry equal marks**

1. Name the various types of tissue membrane and give an example of each
2. What are the constituents of bone and what factors influence its development
3. Discuss the chemical events which result in contraction of muscle fibers
4. What is digestive enzyme? List the enzymes of the alimentary tract together with their actions
5. What are vitamins? Mention some of the sources and the value to health of any four of them
6. Describe the different systems of the human body
7. Write short on the following:
 - a. Define metabolism. Discuss the metabolism of carbohydrates, proteins and Fat metabolism
 - b. Excitability of the cell

**PG DIPLOMA IN YOGA
Second Semester
PAPER – I: INTRODUCTION TO HUMAN BIOLOGY-II**

1. Circulatory system. Blood composition and function. Heart. Anatomy and electrical and mechanical activities. Blood vessels and blood pressure. Regulation of heart and blood pressure.
2. Respiratory system. Respiratory passages, alveoli, gaseous exchange and regulation of respiration.

3. Excretory system. Anatomy of renal system. Formation of urine, micturition. Other systems involved in excretion.
4. Endocrine system. Anatomy, hormones functions and regulation of pituitary, thyroid, parathyroid, islets of Langerhans of pancreas, adrenal cortex and medulla, gonads, pineal gland, thymus and other endocrine glands (placenta, GIT, Kidney)
5. Nervous system. Gross anatomy of nervous system. Neuron – nerve impulse – nerve conduction. Synapse – reflex. Sensory and motor system. Autonomic nervous system. Central nervous system – cerebral cortex-thalamus-basal ganglia-hypothalamus-brain stem-cerebellum-spinal cord. Special senses.
6. Reproduction. Anatomy and physiology of male and female reproductive system.

Text books:

3. Chaudhari, S.K. (1988). Concise Medical Physiology. Calcutta: New Central Book Agency.
4. Ganong, W.F. (1967). Review of Medical physiology. Connecticut : Appleton – Lango.

Reference books:

- Ghosh, H.N. (1984). Chakrabarti, Ghosh and Sahana's Human Physiology. 2nd Ed. Calcutta: The New Book Stall.
- Guyton, A.C. (1986). Text book of medical physiology. 7th Edition. Philadelphia. WB Sauncers Company.
- Keel, C.A., Neil, E and Joels, N. Ed. (1986). 13th Edition. Samson-Wright's Applied Physiology, New Delhi: Oxford university press.
- West, J.B. Ed. (1985) 11th Edition. Best and Taylor's Physiological basis of medical practice. Baltimore : Williams & Wilkins.

PG DIPLOMA IN YOGA
Second Semester

PAPER - I: INTRODUCTION TO HUMAN BIOLOGY-II

MODEL QUESTION PAPER

Marks 80

Time: 3 hours

Answer any four questions.

All questions carry equal marks.

1. What is gaseous exchange? Explain with the help of a diagram.
2. What are ductless glands? Narrate their functioning and the consequences of abnormal functioning.
3. Describe the conducting system of the heart. What may happen if this is blocked and what is the yogic treatment?
4. Discuss the physiological changes which occur in a woman during pregnancy
5. Describe the cerebellum and cerebrum and its functions
6. Write notes on sleep and physiological changes which occur during it
7. Write short notes on the following:
 - a. Autonomic nervous system
 - b. Urinary tract and its functions

PG DIPLOMA IN YOGA
First Semester

PAPER – II: OUTLINES OF INDIAN PHILOSOPHY

SYLLABUS

1. General nature, characteristics and development of Indian philosophy.
2. Vedic thought
3. Nyaya Philosophy
4. Vaisesika Philosophy
5. Purva-mimamsa
6. Sankara Philosophy

Text book for Indian Philosophy

Hiriyana, M (1932/2000). Outlines of Indian Philosophy. Delhi, Motilal Banarasidas

Reference books

Chatterjee, S.C. & Datta, D.M. (1968). An Introduction to Indian philosophy. 7th ed. Calcutta: University of Calcutta.

Dasgupta, S. (1975). A History of Indian philosophy. Vol. 1-5. Delhi: Motilal Banarsidas.

Hume, R.E. (ed.) (1921). The Thirteen Principal Upanishads. London: Oxford University Press.

Radhakrishnan, S. & Moore, A.C. (1957). A Source Book of Indian philosophy. London: George Allen & Unwin Ltd.

Radhakrishnan, S. (1920). Indian Philosophy, Vol.1 & 2. London: George Allen & Unwin.

Sarma C.D. Critical Survey of Indian Philosophy. Motilal Banarasidas, New Delhi

PG DIPLOMA IN YOGA

PAPER – II: OUTLINES OF INDIAN PHILOSOPHY

MODEL QUESTION PAPER

Marks 80

Time: 3 hours

**Answer any four questions
All questions carry equal marks.**

1. Write an essay on Vedic religion and philosophy
2. Describe Kanada theory of Atomism
3. Explain in detail the characteristics and development of Indian Philosophy
4. Write an essay on concept of Dharma in Purva Mimamsa.
5. Enumerate the Advaita philosophy of Sankara
6. Explain the sixteen categories of Nyaya philosophy
7. Write short notes on the following:
 - a. Early Upanishads
 - b. Development of Indian Philosophy

Second Semester
PAPER – II: OUTLINES OF INDIAN PSYCHOLOGY

Syllabus

1. Definition of psychology. Methods of psychological sciences. The roots of psychology
2. Scope and substance of Indian Psychology
3. Yoga Psychology and Sankhya metaphysics
4. Concepts of Self and Consciousness in Indian Psychological thought
5. Indian approaches to Personality. Psychopathology and mental health. Yoga as a form of psychotherapy.

Text book for Indian Psychology

Rao, K.R., Paranjpe, A., and Dalal, A.K. (2008). Handbook of Indian Psychology. New Delhi, Cambridge University Press India Pvt. Ltd

Reference books:

- Sinha, J. (1986). Indian Psychology (Vol. I and II). Delhi, Motilal Banarasidas
- Rao, K.R., and Marwaha, S. (2005). Towards A Spiritual Psychology: Essays in Indian Psychology. Delhi, Samvad India Foundation
- Ornstein, R.E. (Ed.) (1973). The nature of human consciousness. San Francisco : Freeman.
- Rao, P.V.K. (1997) Nitya Jeevithamulo Vatthidi – Nivarana. Visalandhra Publishing House, Hyderabad
- Ruch, F.L. (1970). Psychology and life. 7th ed. Bombay : Taraporevala Sons.
- Parameswaran, E.G. (1989). Invitation to psychology. Neel Kamal Publishers, Hyderabad

PG DIPLOMA IN YOGA

PAPER – II: OUTLINES OF INDIAN PSYCHOLOGY

MODEL QUESTION PAPER

Marks 80

Time: 3 hours

Answer any four questions
All questions carry equal marks.

1. Define psychology and describe any two methods of psychological study.
2. Explain the concept of self in Indian psychological thought
3. Describe the various states of consciousness described in Indian psychological thought
4. Write an essay on concept of Prakrti and Purusha in Sankhya metaphysics
5. Explain the concept of liberation in Indian Psychology
6. Write an essay on Indian approaches to Personality
7. Write short notes on the following.
 - a. Pancha Koshas
 - b. Trigunas

PG DIPLOMA IN YOGA
FIRST SEMESTER
PAPER – III: YOGA THEORY AND APPLICATION-I

SYLLABUS

1. Yoga :meanings, definitions its nature and scope.
2. Development of yoga through the ages.
3. Different types of yoga – Karma Yoga, Bhakti Yoga, Jnana Yoga and Mantra Yoga.
4. Chakra theory and kundalini yoga
5. Yogic concepts in Bhagavad Gita

Text books:

Georg Feuerstein (2002) The Yoga Tradition: Its History, Literature, Philosophy and Practice. New Delhi. Bhavana Books & Prints.
 Joshi, K.S. (1985) Yoga in daily life, Delhi : Orient paper backs

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

PG DIPLOMA IN YOGA
First Semester

PAPER – III: YOGA THEORY AND APPLICATION-I

MODEL QUESTION PAPER

Marks 80

Time: 3 hours

**Answer any four questions.
All questions carry equal marks.**

1. Explain various meanings and definitions of Yoga.
2. Make survey of historical development of Yoga.
3. Name different types of Yoga and briefly write in detail about any two of them
4. Enumerate the chakra theory of Kundalini Yoga.
5. Write an essay on concept of Yoga in Bhagavad Gita
6. Enumerate the limbs of Mantra Yoga
7. Write short notes on the following :
 - a. Nava Vidha Bhakti
 - b. Siddhis

PG DIPLOMA IN YOGA
SECOND SEMESTER

PAPER – III: YOGA THEORY AND APPLICATION-II

SYLLABUS

1. Yoga and physical exercises.
2. Scientific research on yoga.
3. Meditation. Its nature and scope. Different types of meditation. Scientific research on meditation.

4. Yogic view of health and illness. Yogic techniques for the prevention and treatment of somatic, psychosomatic and psychological illness
5. Yoga and paranormal phenomena, the possibility and significance.
6. The mystique experiences – transcendence and kaivalya.

Text books:

- Rama, Swami (1992) Meditation and its practice. Honesdale : Himalayan International Institute of Yoga Science and Philosophy of USA.
- Naranjo, C and Ornstein, R.E. (1974) On the psychology of meditation, New York: Viking press.
- Joshi, K.S. (1985) Yoga in daily life, Delhi : Orient paper backs

Reference books:

- Shankara Devananda Saraswati, Swami. (1986) Yogic management of common diseases. Munger : Bihar School of Yoga.
- Funderburke, J. (1977). Science studies yoga : A review of physiological data, Honesdale : Himalayan International Institute of Yoga Science and Philosophy of USA.
- Udupa, K.N. (1985). Stress and its management by yoga. Delhi : Motilal Banarsidas.
- Mahesh Yogi, (1963). Transcendental meditation. New York: New American library.
- Johnson, O and Farrow, J.T. Ed. (1977) Scientific research on the transcendental meditation program : Collected papers. Vol. 1. Los Angeles : Meru press.
- Ornstein, R.E. (1972). The psychology of consciousness. New York: Viking press.
- Rama, Swami, Ballantine, R and Ajaya, Swami. (1976) Yoga and psychotherapy Honesdale: Himalayana International Institute of Yoga Science and Philosophy of USA.
- Rao, P.V.K. (1999). Dhyanam. Nava Sahiti Book House, Vijayawada
- Ramakrishna Rao, K. (1989), Meditation : Secular and sacred. Presidential address to the Indian Academy of Applied Psychology, University of Calcutta.
- Reddy, M.V., Murthy, K.J.R., Sahay, B.K. and Prasad, B.N. (2005). Yogic Therapy, Arthamuru, Sri M.S.R. Memorial Yoga Series
- Woods, R. Ed. (1980). Understanding mysticism. New York: Image books.

PAPER – III: YOGA THEORY AND APPLICATION-II

MODEL QUESTION PAPER

Marks 80

Time: 3 hours

**Answer any four questions.
All questions carry equal marks.**

1. Compare and contrast Yoga and Physical education
2. What is meditation? Explain any one of the meditation techniques and its benefits.
3. Explain scientific research on Yoga.
4. How you will manage stress through Yoga practices
5. Write an essay on mystic experience
6. Write about possibility and significance of paranormal phenomena in Yoga
7. Write short notes on the following :
 - a. Mystic experience
 - c. Management of Diabetes with yoga

PG DIPLOMA IN YOGA First Semester

PAPER- IV: CLASSICAL YOGA TEXTS: PATANJALI YOGA SUTRAS

SYLLABUS

1. Introduction to Yoga Sutras; Definition of Yoga; Modifications of the mind (Chitta Vrittis) and methods to control them; Definition and Qualities of Iswara; Obstacles of Yoga (Chitta Vikshepas) and means for removing obstacles; Stages of Samadhi.
2. Kriya Yoga; Causes of Pain (Kleshas) and ways to control Pain; The Seer and the Seen; Four stages of Gunas; Astanga Yoga; Samyama; Yogic Powers (Yoga Vibhutis).
3. 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:

Patanjali Yoga Sutras, Ramakrishna Mission Publications, Channai

PG DIPLOMA IN YOGA

FIRST SEMESTER

PAPER- IV: CLASSICAL YOGA TEXTS: PATANJALI YOGA SUTRAS

Model Question Paper

Marks: 80

Time: 3 hours

**Answer any four of the following
All questions carry equal marks**

1. What are the Chitta Vrittis? How are they regulated?
2. Write an essay on Kriya Yoga and Panchakleshas.
3. Write an essay on Astanga Yoga
4. Define Iswara. Write about the concept of God in *Yoga Sutras*.
5. Write an essay on mind and its vasanas
6. Describe the siddhis mentioned in Yoga sutras
7. Write short notes on the following:
 - a. Seer and Seen
 - b. Dharma mega samadhi

**PG DIPLOMA IN YOGA
Second Semester**

**PAPER- IV: CLASSICAL YOGA TEXTS: HATHA YOGA PRADIPIKA &
GHERAND SAMHITA**

SYLLABUS

Hatha Yoga Pradipika:

1. Purpose of Hatha Yoga; Six causes of failure and success in Yoga Sadhana; Ten Yamas and ten Niyamas; Asanas; the four major Asanas; sequence of Hatha Yoga; Moderate diet (*mithahara*).
2. 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;
3. Concept of Kundalini; Names of Sushumna; Names and techniques of Ten Mudras (*Dasha Mudras*);
4. Synonymns of Samadhi; Shambhavi and Khechari mudras; Nadanusandana; Types of Nada perceived; The four stages of Hahta Yoga Practice; Relation of Nada and Mind; Features of Samadhi;

Gheranda Samhita

1. The Philosophy of Gheranda Samhita; Special features of Gheranda Samhita; Out lines of contents of Gheranda Samhita
2. Sapta sadhanas; Classification of Dhauti, Basti and Bhalabhati; Names of 32 asanas; Classification of Mudras; Five Pratyahara techniques
3. Dietary rules and restrictions; the influence of Seasons on Yoga; Variations in Nadisuddhi Pranayama; Asta Kumbhakas with special reference to Sahita and Kevali.
4. 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

Reference books:

Swami Brahmananda (1972). *The Hathayogapradipika of Svratmarama*, The Adyar Library and Research Centre, Madras
O.Y. Dorai Swami (1970), *Hatha Yoga Pradipika* (Telugu), C.V. Krishna Book Depo, Madras
Vidwan Ramakrishna Reddy. S. (2005), *Gheranda Samhita* (Telugu Translation), Devi Publications, Tirupati.

PG DIPLOMA IN YOGA

FIRST SEMESTER

**PAPER- IV: CLASSICAL YOGA TEXTS: HATHA YOGA PRADIPIKA &
GHERANDA SAMHITHA**

Model Question Paper

Marks: 80

Time: 3 hours

**Answer any two questions from each part
All questions carry equal marks**

Part-A

1. Explain in detail about the Ten Mudras (Dasha Mudras) of Hatha Yoga Pradipika.
2. Write about the relation of mind and prana ? mention the six causes of failure and success in yoga
3. What is Nada? Write an essay on Nadanusandana from Hatha Yoga Pradipika.

Part-B

1. What are the Sapta sadhanas ? explain.
2. Write an essay on special features of Gheranda Samhita. Mentioned mudras
3. Enumerate threefold Dhyana and types of Samadhi from Gheranda Samhita.

PG DIPLOMA IN YOGA
First Semester
PAPER – V: YOGA PRACTICE

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.

Shatkriya Practicals:

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

Bandha Traya:

1. Jalandhara bandha
2. Moola bandha

Pranayama:

1. Nadisuddhi
2. Suryabhedana
3. Ujjayi
4. Sitali
5. Bramari

Practice of drishtis:

1. Nasikagra

Asanas:

Meditative postures:

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

Relaxation postures:

- | | | |
|----------------|---------------------|------------------|
| 1. Shavasana | 2. Advasana | 3. Jyeshtikasana |
| 4. Makharasana | 5. Matsya kridasana | |

Suryanamaskara:

- | | |
|------------------|-----------------------|
| 1. Pranamasana | 2. Hasta uttanasana |
| 3. Padahastasana | 4. Aswasanchalanasana |
| 5. Dandasana | 6. Ashtangasana |
| 7. Bhujangasana | 8. Parvatasana |

Standing postures:

- | | |
|--------------------------|-------------------|
| 1. Tiryak Tadasana | 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. Janusirshasana |

Prone postures:

- | | |
|------------------------|----------------------|
| 1. Sarpasana | 2. Bhujangasana |
| 3. Tiryak bhujangasana | 4. Ardha Salabhasana |

Supine postures:

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

Inverted postures:

- | | |
|--------------------------|-----------------|
| 1. Sumerasana | 2. Moordhasana |
| 3. Vipareetakarini asana | 4. Sarvangasana |

PG DIPLOMA IN YOGA
Second Semester
PAPER – V: YOGA PRACTICE

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. Brumadhya dristi

Suryanamaskara:

- | | |
|-------------------|-----------------------|
| 1. Pranamasana | 2. Hasta uttanasana |
| 3. Padahasthasana | 4. Aswasanchalanasana |
| 5. Dandasana | 6. Ashtangasana |
| 7. Bhujangasana | 8. Parvatasana |

Standing postures:

1. Veerabhadrasana 2. Uttita Janu 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. Padaprasara pachimottanasana.

7. Kurmasana 8. Kukkutasana 9. Garbhasana
10. Niralamba paschimottanasana 11. Ardhapadma padottanasana
12. Akarna Dhanurasana 13. Hanumanasana
14. Poorna matsyendrasana

Prone postures:

1. Shalabhasana 2. Dhanurasana 3. Purna bhujangasana

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.

Reference books

- Venkata Reddy, M. ed. (1982). *Hatha Ratnavali*. Arthamuru: M. Ramakrishna Reddy.
- Swami Muktibodhananda, (ed.) (1985): *Hatha Yoga Pradipika: Light on Hatha Yoga* com. Munger Yoga Publication trust.
- Swami Kuvalayananda (ed.) (1935). *Asanas*. Lonavla. Kaivalyadhama.