

CURRICULUM 2015-16 (PO, PSO, Co)

POST GRADUATE DIPLOMA IN YOGA STUDIES (PGDYS)

PROGRAM OUTCOMES (PO's):

Yoga is way of living that aims towards a healthy mind in healthy body. The art of practicing yoga helps in controlling an individual's mind body and soul. It brings together physical and mental discipline to achieve a peaceful body and mind.

Post Graduate Diploma in Yoga Studies (PGDYS) can prepare the students physically and mentally for the integration of their physical, mental and spiritual faculties so that the students can become healthier and more integrated members of the society and of the nation.

Yoga is a great career choice as it is an ancient art and a natural way of remaining fit and healthy. It also helps in improving mental and physical health. A yoga instructor not only teaches various yogic practices but also acts as guide to reach eternal harmony.

PROGRAM SPECIFIC OUTCOMES (PSO's):

The Specific Outcomes of Post Graduate Diploma in Yoga Studies (PGDYS) are as follows

1. The students who undergo this PGDYS programme are able to understand the into the knowledge of Yoga along with the practical applications of Yoga and alternative therapies.
2. The PGDYS programme improve the positive health in the student through yoga and enabling and imparting skill in them to practice and apply Yogic practices for Health to general public and teach Yoga for Total personality development and spiritual evolution.
3. Students will gain adequate knowledge and skills of yoga, so that they are ready to work at each exit point of the program. There are ample opportunities to the degree holder to get employment in the Department of AYUSH, State and Central levels, Public Sector Organisations, Corporate Houses, private as well Non Government Organisations (NGOs). Professionals of this field can apply in the government sector for the job of Yoga teacher, Yoga instructor, Yoga therapist.

Semester- I
Paper I Foundation of Yoga

OBJECTIVES:

1. To acquaint students with the basic introduction and concepts of yoga
2. To understand the development of yoga from Veda, Upanishat, purana period.
3. To study the different Paramparas and their contribution towards yoga.
4. To understand and study the concept of yoga according to Maharshi Patanjali.

Unit-I

Origin of Yoga, Meaning and definition of Yoga, Scope of Yoga, Aims and Objectives of Yoga, Misconception about Yoga, Yoga as a Science and Art yoga as a disciplined way of life

Unit-II

Yogic Practices for common man to promote positive health, Steps to be followed by yoga practioner, Difference between yogic practices and non —yogic practices

Unit-III

Historical perspective on yoga- Vedic yoga , pre-classical yoga, Post-classical yoga
systematization of yoga by sage patanjali- Eight limbs of yoga-Yama, Niyama,Asana, pranayama -prathayara,Dharana, Dhayana and Samadhi.

Unit-IV

Post-Patanjali development in yoga —Tantra yoga, Hatha yogic traditions-western influence and modern renaissance in yoga.The contribution of yoga towards wellness,-Bhaktikala.

Unit-V

Contemporary yoga-Research in yoga —contribution of yoga institutions like Sri Aurbindo and Swami Vivekananda, Different Schools of meditation like Brahmakumari .Aurbindo. vedathirimaharshi, vipansa, Transcendental meditation.

COURSE OUTCOMES (CO's):

1. To gain the knowledge of introduction yoga
2. To study the precaution to be taken during practice of yoga and importance of yoga for common man.
3. To study the History of yoga from its origin.
4. To study the development of yoga after classical period and in new millennium.
5. To gain the knowledge of different yoga paramparas and their contribution in yoga field

References:

- 1) George Feuerstein: The yoga tradition(Its history, literature, philosophy and practice)
- 2) Sri Ananda: The complete of yoga harmony of body and mind(Orient paperbacks: Vision book pvt ltd 1982)
- 3) Swami satyanandsarswathi: Asana , Pranayama, mudra . Bhandha(India:yoga publication tust, mungerbihar)
- 4) Swami shivananda: Practice of yoga(The divine life society,shivanandanagar,P.O, U.PHimalaya ,[ndia)
- 5) Swami shivananda Practice of karma yoga (The divine life society,shivanandanagar,P.O, U.PHimalaya India)
- 6) B.K.S Iyengar: Light on the yoga sutras of patanjali(Haper Collins Publications India pvt ltd New Delhi)
- 7) DrNagendra HR: The art and science of pranayama(Vivekananda kendra yoga prakashana, Bangalore)

PAPER-II Philosophical Foundations of Yoga

OBJECTIVES:

1. To gain the knowledge of Indian philosophy.
2. To study the classical literature (Veda, Purana, Upanishat, Darshana) regarding yoga.
3. To understand the relation between yoga and religion.

Unit-1

Brief Introduction to Philosophy, Meaning and definition of Philosophy, Its nature and Scope Aims and objectives of Philosophy, salient features of Indian Philosophy, Two-Way relationship between yoga and Indian Philosophy.

Unit-II

Philosophical, Psychological, Historical, Mythological origin of yoga, origin of yoga. Yoga before the time of Patanjali Indus valley civilization, Vedas, Upanishads, Epics and Puranas .

Unit-III

Yoga in Jainism, Yoga in Buddhism, Yoga in shad-darshanas, Yoga in Modern Times, Yoga and Religion, Religion and Spirituality, Comparison between Religion and Spirituality -

Unit-IV

Ideal practice of Yoga in the new millennium message of Bhagavad-Gita, Mahabharata, Ramayana, Bible, Kuran. Yoga and meditation attainment through yoga.

Unit-V

Philosophical Foundations and practices of Karma Yoga , Bhakti Yoga, Jnana Yoga. Patanjali yoga, Kundalini yoga and Shiva Yoga.

COURSE OUTCOMES (CO's):

1. To study the basics of Indian philosophy and relation between yoga and Indian philosophy.
2. To learn the history of yoga in classical literature
3. To study the concept of yoga and moksha in Shad darshana.
4. To understand the concept of yoga according to Bhagavatgita .
5. To understand the concept of yoga in different schools(streams).

REFERENCE BOOKS:

1. Sivananda yoga Teachers Manual pub International Vedanta centres, VAL MORIN, Quebec, Canada.
2. Swami Sivananda: All about Hinduism, pub Divine life society Risikesh.
3. Swami Vishnu — Devananda: The complete Illustrated Book of Yoga pub. Harmony Books, a Division of crown publishers, New York 10022.
4. Yoga as Depth — Psychology and Para — Psychology (vol —1): Historical Background by Dr C.T. Kenghe, BharataManisha, Varanasi, India 1976.
5. Tent Book of Yoga — by Georyfeuer — stein, Rider and company, London 1975.
6. Dr. P. Mariyyah: Asanas, Sports Publications, Coimbatore, 1998.
7. Dr. P. Mariyyah: “Suriyanamaskar” Jaya Publishing House, Perunthurai, Erode.
8. Dr. K. Chandrasekaran, Sound Health Through Yoga, PremKalyan Publications, Sedapatti, Tamilnadu 1999

PAPER - III SCIENCE OF YOGA

OBJECTIVES:

1. To learn basic Anatomy and physiology of human body according to Modern science
2. To understand the concept of human body according to Yoga.
3. To study the Physiological and Psychological benefits of yogic practices.

Unit I:

Systems of human body, Cells and tissues- Skin — Bones & Joints- classification of Bones & Joints muscles- types of muscles in the body, the skeletal muscles,

Unit II:

Digestive — gross anatomy of digestive system, alimentary canal and their functions, vitamins and their importance, physiology of digestion.

Reproductive- gross anatomy of the male and female reproductive system, Nervous — gross anatomy of nervous system, central nervous system, peripheral nervous system, automatic nervous system, the sympathetic and parasympathetic divisions, Circulatory systems — heart, arteries, veins and capillaries,

Unit III: .

Endocrine —, Structure and function of the major endocrine glands, hormones and their functions: Pituitary, Thyroid, Adrenal, Pancreas, Sex gland, |

Sensory -basic knowledge of the special senses, vision, smell, hearing, taste and touch, their sense organs and pathways,

Respiratory systems-gross anatomy of the respiratory passages, lungs and their function, the process of respiration, lung volume and capacities.

Urinary system-gross anatomy of Urinary system, Structure and function of the kidney, urethras.

Unit IV:

Physiological benefits of Asanas and pranayama — Chest cage — Regulation of breathing-Types of breathing

Physiological benefits of Bandhs — Mudras- kriyas — Meditation — Nadis — Chakras —Kundalinishaktj- Psycho — Neuro — Immunology.

Unit V:

Scientific Evidence and Research in yoga Physiological — Biochemical — Neurological — Metabolic changes- Purificatory practices in yoga and its importance and Research evidence from various journals

COURSE OUTCOMES (CO's):

1. To study the basics of Anatomy and physiology
2. To study the Human Anatomy and Physiology

3. To study the Human Anatomy and Physiology
4. To explain the Physiological and Psychological benefits of Yogic practices
5. To understand the research development in Yoga field.

1. Dr. Anand Nadgir, Sharrera Rachana Shastra Mattu Shareera Shastra, Mallasajjan Prakashan. MVAS
2. Shri K.G. Nadgir, College of Education, Dharwad.
3. Balkrishna, A, Yoga in synergy with medical science. Haridwar, India: Divya Prakashan Books.
4. Chatterjee, Human Physiology, Medical Alienated Agency Calcutta-1985.
5. Coulter, H. D. (2006). Anatomy of Hatha Yoga. Delhi, India: Motilal Banarasidas.
6. Gore, M.M. (2004). Anatomy and physiology of yogic practices. Lonavala, India: Kanchan Prakashan.
7. Gupta, A.P. (2011). Human anatomy and physiology. Agra, India: Sumit Prakashan.
8. Kaminoff, L. (2007). Yoga Anatomy. Champaign: Human Kinetics
9. Kumar, V. (2004). Manav Sarir Samrachna aur sarir kriya vijyan. New Delhi, India: Japee Brothers
10. Nadgir K.G, Arogya & Arogya Shikshana Mallasajjan Prakashan, Dharwad.
11. Tony Smith, The Human body, Dorling Kindersley Limited-1995.
12. Parmanada Agrawal, Notes on Shatkriya, Kaivalyadhama Ashram, Lonavala (Pune).
13. Pandya, K.K. (1998). Human anatomy. Varanasi, India: Krishnadas Academy.
14. Swami Satyananda Saraswati, Asana Pranayama Mudra Bhandha, Yoga publication Trust Munger.
15. Yadav, Human Anatomy and Physiology, Nirali Publication.

PAPER IV -PRACTICALS-Practical Training in Yoga

OBJECTIVES:

- 1) To enable the student to have good health.
- 2) To practice mental hygiene.
- 3) To possess emotional stability.
- 4) To integrate moral values.
- 5) To attain higher level of consciousness.

Breathing practices

Simplified physical exercise

Body stretching practises

Surynamaskara

Basic Asanas

YOGASANAS - 20 MARKS

MEDITATIVE ASANAS:

Sukhasana Ardha Padmasana (or) Padmasana

Vajrasana Siddhasana (or) Siddhayoniasana

RELAXATIVE ASANAS:

Shavasana Makarasana Advasana Jyestikasana

CULTURAL ASANAS

STANDING TYPES:

Tadasana,
Ardha Kati chakarasana,
PadaHastasana
Ardhachakarasana
Vrksasana,
Utkattasana,
Trikonasana,
ParivruthaTrikonasana
Garudasana
Virabhadrasana
UttanasanaPadaAngustasana

SITTING POSTURES:

Padmasana
Ustrasana
BaddhaK onasana
Maricyasana
Vakrasana
JanuSirshasana
Paschimottasana.
Gomukhasana -I
Gomukhasana - II
VeerasanaSuptaVajrasana
Ardhamatsyendrasana

PRONE TYPE POSTURES:

Makarasana
Bhujangasana
ArdhaSalabhasana
Salabhasana
Sarpasna
Naukasana
Dhanurasana

SUPINE TYPE POSTURES

Navasana

Chakrasana

UttanaPadasana

Pawanamuktasana

Sarvangasana

Matsyasana

ArdhaHalasana

Halasana :

Chakrasana - I Chakrasana - II

Shavasana

Yogic Suryanamaskara

Advanced Asanas:-20 MARKS

Standing Asanas

Parivrittatrikonasan

Parshvottanasana

Natarajasana

Parivrittaparsvakonasan

Forward bending Asanas

KarnaPidasana

ArdhaBaddha Padma Paschimothanasana

Marichyasana

PrasaritaPadottanasana

Backward Bending

SetuBandhaSarvangasana

Paryankasana

PurnaUstrasana

Ekapadachakarasana

Twisting Asanas

Vatayanasana

Garudasana

Bharatvaja Asana

PrivrittaJanuShirsasana

Balancing Asanas

Padma mayurasana

UttitaPadmasana

Bakasana

UrdhvamukhaPaschimothanasana

PREPARATORY FOR PRANAYAMA: - 15 MARKS

KapalabhatiBhastrika

Sectional Breathing:

Abdominal Thoracic

Clavicle Full yogic Breathing

Concept of puraka, rechaka and kumbaka

Pranayamas: -

Chandra Bhedana Pranayama Surya Bhedana Pranayama

NadishodhanaNadiSuddhi (1: 2: 2 ratios)

UjjyaiBhastrika

Sitali Pranayama

Sadanta pranayama

Sitkari Pranayama

Bhramari pranayama

Kriyas:15 MARKS

Kaphalabhati

Trataka

NetiJalaneti

Dhouti

Nauli

Basthi

MUDRAS: 05 MARKS

Chin Mudra

Chinmaya Mudra

Adimudra

Brahma Mudra

Maha Mudra

Shanmukhi Mudra

Yoga Mudra .

Bandha: 05 MARKS

JalandharaBandha

UddiyanaBandha

MulaBandha

COURSE OUTCOMES (CO's):

1. To learn and practice the techniques of Yogic practices.
2. To gain the depth practical knowledge of yogic practices.

SEMESTER - II
PAPER- V PRINCIPLES OF YOGIC PRACTICES

OBJECTIVES:

1. To study the concept and kinds of yogic practices.
2. To learn the definition, classification, precautions, techniques of different Yogic practices.
3. To understand the Physical, psychological and general benefits of different Yogic practices

UNIT: I

Concept of Yogic Practices -Kinds of Yogic Practices: Asana, Pranayama, Kriya, Mudra Bandha Dhyana.

Asana: Definition, Scope and Limitations of Asanas -Classification of Asanas Meditative Asanas -Relaxative Asanas - Cultural Asanas: Standing, Sitting, Supine, & Prone –Step by Step Performance of Asanas — Safety Measures and Precautions while performing Asanas.

UNIT: II

Pranayama: Meaning -Different Phases in Pranayama Practice: Puraka (Inhalation), Kumbhaka (Retention) and Recaka (Exhalation) — Breathing Ratio in Pranayama Practice, Safety Measures and Precautions.

UNIT: III

Meaning & benefits of Bandha ~ Different Bandhas: JalandhraBandha UddiyanaBandha , and MulaBandha Meaning of Mudra — Types of Mudra: Chin Mudra Chinmaya Mudra, Adi Mudra Brahma Mudra, Shambavi Mudra, Nasikagra Drishti Mudra, Yoga Mudra & Ashwini Mudra

UNIT: IV

Practicing methods and benefits of Kriyas-Meaning –Types of Kriyas : Kaphalabhathi , Trataka, Neti: Jalaneti Sutraneti , Dhauti : Vamandhauthi , Dhanda Dhauti and Vastra Dhauti

UNIT: V

Meaning & concept of Meditation –Yogic practices and physical exercise Yoga Practices and other Systems of Exercises-Asanas Vs Muscular Exercises-Pranayama Vs Deep Breathing Exercises- Importance of Nerve Culture in Yoga –Yoga and Competition Yoga Modern Education .

COURSE OUTCOMES (CO's):

1. To analyse the concept of Asanas.
2. To analyse the concept of Pranayama
3. To analyse the concept of Bandha and Mudra
4. To analyse the concept of Kriya
5. To analyse the concept of Dhyana

REFERENCES BOOKS:

1. Swami Kuvalayananda and Dr.S.L. Vinekar Yogic therapy, Kaivalyadhama SM YM samiti Lonavla, Pune Dist, Maharashtra.
2. Swami Kuvalayananda: Asanas, Kaivalyadhama, Lonavla.
3. Dr. P, Mariayyah: "Suriyanamaskar" Jaya Publishing House, Perunthurai, Erode.
4. Dr. K, Chandrasekaran, Sound Health Through Yoga, PremKalyan Publications. Sedapatti, Tamilnadu1999,
5. Dr.M.L. Gharote and S.K. Ganguly, Teaching methods for yogic practice, Kaivalyadhama Lonavla,
6. Dr. A. M. Moorthy, Yoga Therapy, Sports Publication, Coimbatore, 2004,
7. Dr. ML, Gharote, applied yoga kaivalyadhama, Lonavla.
8. Yogasanas: A teacher's Guide-NCERT, New Delhi
9. Sri. O. P. Tiwari: Asanas why? And How ? Kaivalyadhama, Lonavla.
10. Yoga mimamsa journal (Back volume) Kaivalyadhama, Lonavla
11. Swami Satyananda Saraswathi A systemic course in the Ancient tantric techniques of yoga and kriya published by Bihar school of yoga, Munger, Bihar, India, 1981.

PAPER - VI Yoga and Stress Management

OBJECTIVES:

1. To learn the basic concept of Psychology and its development.
2. To Study the Causes and Consequences of mental disorders and its yogic management.
3. To understand the functions and powers of mind.
4. To learn the techniques of different meditation.

Unit-I

Introduction, Yogic Concepts of Human body-Annamayakosa, Pranamayakosa, ManomayaKosa, VijnanamayaKosa, AnandamayaKosa, Principles of Yogic Management .

Unit-II

Stress Management, Meaning of stress, Physical aspects of stress, Psychological aspects of Stress, Types of Stress eustress, Distress, Anticipators, Anxiety and Depression .

Unit-III

Mind, Powers of human mind, Powers of the conscious mind, functions of the sub-conscious mind, Characteristics of conscious and sub-conscious mind, Different states of mind .

Unit-IV

Yoga Nidra, Cyclic meditation, Instant Relaxation Techniques, Quite Relaxation Techniques and deep Relaxation Techniques, MSRT- mind sound Resonate and Technique.

Unit-V

Role of meditation and pranayama on stress- physiological aspect of meditation, Impact of yoga at muscular system, Respiratory system, circulatory system, Nervous system, mental level. Emotional level, Intellectual level and Spiritual level.

COURSE OUTCOMES (CO's):

1. To learn the Introduction of Psychology and Current Development in Yoga Psychology.
2. To study the causes and Consequences of mental disorders and its management by yoga therapy.
3. To study the different state, functions and powers of mind; Importance of yogic diet.
4. To learn the different techniques and benefits of Meditation.
5. To get the knowledge of cognitive Psychology.

References

1. Nagendra H R and Nagaratra-New Perspectives in stress management (V.K. Yogas, Bangalore 1998)
2. Nagendra H R and Nagaratra -Samagra yoga Chikitse (Kannada)(Swami Vivekananda yoga Prakshana Bangalore2000)
3. Nagendra H R and Nagaratra Integrated Approach of yoga Therapy (for positive health 2001)
4. Swami Kavalyananda - Yoga Therapy (Ministry of health, Govt of India, New Delhi 1963)
5. Gandhi TP and Other -Human Anatomy —Physiology and Health Education (B S Shah Prakshan, Ahmadbad, 2000)

PAPER - VII Applied Yoga

OBJECTIVES:

1. To elaborate the effect of yoga in different sectors like Health, Education, Sports, and in women's health.
2. To study the importance of Research in yoga field.

Unit-I

Yoga and Health — Health its meaning and definitions, Yogic conception of health and disease, Yogic Exercises and its effect on, Asthma, B.P and Diabetic, yogic principles of diet, yogic principles of healthy living (Ahara, Vihara, Achara and Vichara) .

Unit-II

Yoga and Education- Education its meaning and definitions, Yoga and Education- Teaching, learning, Teacher, Student etc methods of yoga teaching, Factors influencing the methods.

Unit-III

Yoga and Religion- Religion its meaning and definition, Nature and Scope, Role of yoga in religion, Relationship between yoga and Religion.

Unit-IV

Yoga and Physical Education- Physical Education its meaning and definitions, Importance of yoga in Physical Education Applications of yoga in various systems of yoga and physical Education .Differences between yogasana and physical education. .

Unit-V

Yoga and Women: Role of yoga in women's health, Importance of yoga in different stages of women's health , Yoga and Therapeutic value, Yoga and pregnancy women yoga and youthfulness.

COURSE OUTCOMES (CO's):

1. To know the role of yogic practices in curing the different diseases.
2. To learn the teaching methods of yoga.
3. To know the role of yoga in religion.
4. To study the importance of yoga in physical education and sports.
5. To study the role of yoga in different stages of women's health.

References

1. Gharate M C- Applied yoga (Kaivalyadhama Publications conavala 1990)
2. Iyengar BKS- Arogya-Yoga (Kannada)(Himagir Graphics, Bangalore, 2000)
3. Shankar PS — Your body in health and Sickners (Jaico Publishing House, Bombay 1982)
4. Nagendra H R- Yoga in Education (Kannada and English) Others (U.K Yoga, Bangalore 1994)
5. SwamiJnananda-Philosophy of Yoga (Sri Ramakrishna Sharma, Mysore)

**PAPER VIII Teaching methods of yogic practices. Project work, viva-voce
and Study Tour**

OBJECTIVES:

1. To learn the teaching methods of yoga.
2. To get the individual experiences by conducting yoga classes in public places.
3. To gain the yoga knowledge by visiting recognized yoga centre.

Teaching methods of yogic practices- 30 marks

Each student should have to prepare and give at least one lecture cum demonstration on different topics of yoga and also should have to prepare and to teach five lessons on different aspects of yoga e. g. One on asana, one on pranayama, one on kriya, one on bandhs and one on mudra under the supervision of their yoga practical teacher. The five practice teaching lessons, suryanamaskar and a lecture cum demonstration assignment should be presented at the annual practical examination for evaluation.

Project work-30 marks:

Here the project work is to organize yoga camps/workshops. Each student of P.G.D.Y.S., should organize at least one camp/workshop of minimum 2 week duration under the supervision of a yoga teacher. The yoga training camp/workshop should be critically observed and assessed by the yoga teacher. The project (camp) report should be evaluated and signed by the yoga teacher and also signed by the chairman of the department.

Viva voce-20 marks

Each candidate should compulsory attend the viva-voce examination

Study Tour-20 marks

There shall be study tour for the P.G.D.Y.S., students and the study tour is compulsory. The student should be taken to any one or more than one of the recognized yoga institute/centers in India. Each student has to submit a study tour observation report which will be evaluated by the teacher who is in-charge of the study tour and he must be a yoga teacher the project shall be certified by the chairman of the department.

Course Outcomes:

1. To learn the preparation and teaching experience by presenting lesson plans.
2. To gain the teaching experience by organizing yoga camps.
3. To gain the knowledge of concept and structure of yoga department by visiting recognized yoga centre.