

**BHARATHIDASAN UNIVESRSITY**  
**TIRUCHIRAPPALLI – 620 024**



**DEPARTMENT OF PHYSICAL EDUCATION  
&  
YOGA CENTRE**

**P.G. DIPLOMA IN YOGA  
2005**

**SYLLABUS**

## **REGULATIONS**

### **ELIGIBILITY**

A pass in the any graduate Examination (Academic/Vocational stream) conducted by the Government of Tamil Nadu or an examination accepted as equivalent thereto by the Syndicate, subject to such conditions as may be prescribed thereof.

The applicant enjoys an average level of health and is free from serious illness or defects. To this effect, the applicant shall produce a Medical Fitness Certificate from a Registered Medical Practitioner specifying that the said applicant is fit to undergo intense practical training in all types of Yogic practices.

The candidates shall have subsequently undergone the prescribed course of study conducted by the Bharathidasan University Yoga Centre in the Department of Physical Education, and shall pass the examinations prescribed, apart from fulfilling such other conditions as have been prescribed thereof.

### **DURATION**

The course is for a period of one year and shall be conducted under Annual pattern.

### **DISTRIBUTION OF TEACHING HOURS**

There shall be ten papers in all. There shall be a total number of 400 actual contact hours. Each paper shall have 40 hours.

### **COURSE OF STUDY**

Candidates shall be permitted to do the Post Graduate Diploma Course concurrently with their UG/PG Degree programmes. The course of study shall comprise theoretical instructions, supervised practical training in Yoga practicals.

### **EXAMINATIONS**

The examinations shall comprise continuous Internal Assessment throughout the course period, followed by the University Examinations at the end of the course. Candidates shall be required to register for the entire Examination at the first appearance. A candidate who does not pass the examination in any subject(s) shall be permitted to appear in such subjects in the subsequent examinations. For theory and practicals 25% Internal Marks and 75% External Marks.

### **SCHEME OF EXAMINATION**

The scheme of examination shall be as follows: There shall be eight theory papers of 100 marks each and two Practicals to test the practical competence in Yoga techniques of 100 marks each. The practical examination shall also consist of verification, evaluation of Record Notebook and Yoga Practicals.

## P.G. DIPLOMA IN YOGA

### **SUBJECT OF STUDY AND SCHEME OF EXAMINATION**

SEMESTER	TITLE OF THE PAPER	EXAM HOUR	MARKS		Total marks
			INT	EXT	
<b>I</b>	Paper I History, Development and Traditions of Yoga	3	25	75	100
	Paper II Principles of Yogic Practices	3	25	75	100
	Paper III Applied Anatomy and Physiology	3	25	75	100
	Paper IV Yoga Aphorisms Of Patanjali	3	25	75	100
	Paper – V - Practical I Asanas & Pranayamas	3	25	75	100
<b>II</b>	Paper VI Applied Yoga In Modern Life	3	25	75	100
	Paper VII Traditions of Yoga & Meditation	3	25	75	100
	Paper VIII Tirumular Tirumantiram	3	25	75	100
	Paper IX Yoga & Stress Management	3	25	75	100
	Paper X - Practical II Kriyas, Mudras, Bandhas & Meditations	3	25	75	100

#### **PASSING MINIMUM**

A candidate shall be declared to have passed in each paper if he/she secures not less than 0% of marks for (1) Continuous Internal Assessment and (2) the University Examination. He/She shall be declared to have passed the whole examination & qualified for the Diploma if he/she passes in all the ten papers.

#### **CLASSIFICATION OF SUCCESSFUL CANDIDATES**

Those who secure 60% or above 60% of the maximum marks shall be declared to have passed in first class. those who secure 50% or above but below 60% shall be declared to have passed in second class. All others who secure 40% or above but less than 50% of marks shall be declared to have passed the examination in third class.

#### **AWARD OF P.G. DIPLOMA**

A candidate shall be eligible for the award of the Diploma if he/she has passed all the examinations prescribed thereof.

#### **REVISION OF REGULATIONS AND CURRICULUM**

The University may from time to time revise, amend and change the regulations and curriculum if found necessary.

## SEMESTER - I

### PAPER – I HISTORY, DEVELOPMENT AND TRADITIONS OF YOGA

#### UNIT- I

Meaning and definition of yoga – Scope of Yoga - Aims and Objectives of Yoga – Misconception about yoga – schools of yoga.

#### UNIT-II

Historical perspective on Yoga –Yoga before the time of Patanjali: (Indus valley civilization, Vedas, Brahmnas, Upanishads, Epics, Puranas) - Samkhya and yoga – Buddhism and yoga – Jainism and yoga .

#### UNIT-III

Systematisation of yoga by sage Patanjali: Eight limbs of Yoga, Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhayana, and Samadhi.

#### UNIT- IV

Post Patanjali 's developments in yoga – various commentaries on yoga sutras- Tantra yoga- Yogavasistha- Hathayogic traditions (Nathcult and Tamil siddhars) – Western influences and modern renaissance in yoga.

#### UNIT-V

Contemporary yoga – research in Yoga- contribution of different yoga institutions like Kaivalyadhama of Lonavala, Bihar School Of Yoga and Swami Vivekananda Yoga Anusandhana Snmasthanam– modern trends and development in the field of Yoga.

#### 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 – I )*: Historical Background by Dr C.T. Kenghe, Bharata Manisha, Varanasi, India 1976.
5. *Tent Book of Yoga – by Georyfeuer – stein*, Rider and company, London 1975.
6. *Dr. P. Mariayyah: Asanas*, Sports Publications, Coimbatore, 1998.
7. *Dr. P. Mariayyah: "Suriyanamaskar"* Jaya Publishing House, Perunthurai, Erode.
8. *Dr. K. Chandrasekaran, Sound Health Through Yoga*, Prem Kalyan Publications, Sedapatti, Tamilnadu 1999.
9. *Yoga mimamsa Journal / (Back Volumes)* Kaivalyadhama, lonavla, Pune dist, Maharastra.

**SEMESTER - I**  
**PAPER - II PRINCIPLES OF 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 – Major Pranas: Apana, samana, udana vyana, & prana – Upa Pranas: naga, koorma, krikara, devadatta, & dhananjaya – Safety Measures and Precautions.

**UNIT: III**

Meaning & benefits of Bandha – Different Bandhas: Jalandhra Bandha, Uddiyana Bandha, and Mula Bandha.

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: Jala Neti, Sutra Neti. Dhauthi: Vamana Dhauthi, Danda 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 and Modern Education

**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, Prem Kalyan Publications, Sedapatti, Tamilnadu 1999.*
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. M.L. 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 systematic course in the Ancient tantric techniques of yoga and kriya published by Bihar school of yoga, Munger, Bihar, India, 1981.*

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**SEMESTER - I**  
**PAPER - III APPLIED ANATOMY AND PHYSIOLOGY**

**UNIT: I**

Introduction to Human Anatomy and Physiology –Meaning of Anatomy & Physiology- Need and importance of knowledge of Anatomy & Physiology in Yoga – Structure And Function: Cells - Structure and function of various types of tissues.

**UNIT: II**

Respiratory System and Yogic practices – Respiratory Tract(Nose, Pharynx, Larynx, Bronchi, Bronchiole, Alveoli –Lungs) Mechanism of Respiration –Control of respiration –Nerve control, Chemical control and accessory control.

Muscular System and Yogic practices – Types of muscles (Skeletal Muscle, Cardiac Muscle, and Smooth Muscle).

Joints and Yogic practices – Classification of Joints (Fibrous Joints – Cartilaginous joints- Synovial joints).

**UNIT: III**

Nervous System and Yogic practices: Central Nervous System (CNS): (Brain and Spinal Cord) – Peripheral Nervous System (PNS): (Cranial Nerves and Spinal Nerves) – Autonomic Nervous System (ANS): (Sympathetic Division and Parasympathetic Division).

Cardiovascular System and Yogic practices –Structure and functions of Heart –Systemic circulation, Pulmonary circulation, Portal circulation, Coronary circulation, Blood Vessels, Arteries, Veins, and Capillaries – system: Lymphatic system –Blood Pressure and pulse.

**UNIT: IV**

Digestive System and Yogic practices – Mouth, Salivary Glands, Pharynx, Esophagus, Stomach, Pancreases, Liver, Gall Bladder, Small Intestine, Large intestine.

Renal System and Yogic practices: Structure and Functions of the kidney – Uterus- Bladder- Urethra.

**UNIT: V**

Endocrine System and Yogic practices- Structure and functions of Pituitary Gland: Thyroid Gland, Para-Thyroid, Thymus, Pancreas, and Adrenal Gland & Pineal Glands.

**REFERENCES BOOKS:**

1. *Yoga-mimamsa Journal pub. Kaivalyadhama, Lonavla.*
2. *Swami Kuvalayanda and Dr.S.L. Vinekar yogic therapy kaivalyadhama, lonavla.*
3. *Kaivalyadhama Golden Jubilee souvenir-kaivalyadhama, Lonavla.*
4. *Dr.M.L. Gharote: Applied yoga kaivalyadhama, Lonavla.*
5. *N. Murugesh, Basic Anatomy and Physiology, Madurai.*
6. *Dr. Krishna Raman, A Matter Of Health', East west Books, Chennai.*

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## SEMESTER - I

### PAPER – IV YOGA APHORISMS OF PATANJALI

#### UNIT-I

Definition of Yoga (Samadhi Pada 1-2)-Modifications of the Mind: Pramana, Viparyaya, Vikalpa, Nidra, Smrti (Samadhi Pada -5,6,7,8,9,10,11) – Abhayasa & Vairagya (Samadhi Pada – 14,15, 16) and types of Samadhi: Sampragnata, Asampragnata, Vitaraka, Vichara, Ananda, Asmita, Nirbija, Dharmamegha, and Kavailya.

#### UNIT-II

Types of Yogis: Mrdu, Madhya, Adhimatratvat (Samadhi Pada – 22) Obstacles and Hindrance: Vyadhi, Styana, Samsaya, Pramada, Alasya, Avirati, Bhranti, Alabdha bhumikatva, Anavasthitatva (Samadhi Pada –30) Cultivating Positive Attitudes: (Samadhi Pada – 33).

#### UNIT- III

Kriya Yoga: Tapas, Svadhyaya, IsvaraPranidhana (Sadhana pada-1)- Panca klesah: Avidya, asmita, raga, dvesa, abhinivesah (Sadhana pada-3-9)- Methods of destroying Klesas: Pratiprasava and Dhayana (Sadhana pada-10-11)

#### UNIT-IV

Astanga Yoga -Yama: Ahimsa, Satya, Asteya, Brahmacharya, Aparigraha (Sadhana Pada 30) Niyama: Sauca, Samtosa, Tapas, Svadhyaya, Isvara Pranidhana (Sadhana Pada 32) Asana: (Sadhana Pada 46- 47) Pranayama (Sadhana Pada49-51) Prathyahara: (Sadhana Pada-54) Dharana: (Vibhuti Pada 1) Dhayana: (Vibhuti Pada 2) and Samadhi: (Vibhuti Pada 3).

#### UNIT-V

Samyama: (Vibhuti Pada 1-4) Pratipaksa Pavanam: (sadhana Pada 34) -Isvarapranidhana (Samadhi Pada 23) Methods of getting siddhis: Janman, Osadhi, Mantra, Tapas, and samadhi. Conditions of disturbed mind: Trembling in the body, unsteady of the breath, depression and anxiety. (Samadhi Pada 31)

#### REFERENCES BOOKS:

1. Trevor Leggett, *Sankara on the Yoga Sutras*, Motilal Banarsidass Publishers, New Delhi, 1992.
2. James Haughton Woods, *The Yoga Systems of Patanjali*, Motilal Banarsidass Publishers, and New Delhi, 1998.
3. Bengali Baba, *Yoga Sutra of Patanjali*, Motilal Banarsidass Publishers, and New Delhi, 1998.
4. Swami Satyananda Saraswati, *Four Chapter on Freedom*, Bihar School of Yoga, Munger, India, 2000.
5. H.R.Nagendra & T.Mohan, *Patanjali Yoga Sutra*, Swami Vivekananda Yoga Publication, Bangalore, 2002.
6. I.K.Taimani, *The Science Of Yoga*, The Theosophical Society, 2001.

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## SEMESTER - I

### PRACTICAL – I ASANAS AND PRANAYAMAS

#### UNIT - I

##### **MEDITATIVE ASANAS:**

Sukhasana

Ardha Padmasana (or) Padmasana

Vajrasana

Siddhaasana (or) Siddhayoniasana

##### **RELAXATIVE ASANAS:**

Shavasana

Makarasana

Advasana

Jyestikasana

#### UNIT - II

##### **CULTURAL ASANAS**

##### **STANDING TYPES:**

TADASANA

ARDHA KATTI CHAKARASANA

Pada Hastasana

Ardha chakarasana

VRKSASANA

UTKATTASANA

Trikonasana

Parivrutha Trikonasana

Garudasana

Virabhadrasana

Uttanasana

Pada Angustasana

##### **SITTING POSTURES:**

Baddha Konasana

Maricyasana

Vakrasana

Janu Sirshasana

Paschimottasana.

Ustrasana

Sasangasana

Yoga Mudra

Gomukhasana – I

Gomukhasana – II

Veerasana

Supta Vajrasana

#### UNIT- III

##### **PRONE TYPE POSTURES:**

Bhujangasana

Ardha Salabhasana

Salabhasana

Sarpasna

Naukasana

Dhanurasana

##### **Supine Type**

Uttana Padasana

Pawanamuktasana

Sethu Bandhasana

Viparitha karani

Sarvangasana

Matsyasana

Ardha Halasana

Halasana

Jathara Parivratanasana

Supta padaanustansan

Chakrasana - I

Chakrasana - II

#### UNIT- IV

##### **PREPARATORY FOR PRANAYAMA:**

Kapalabhathi

Bhastrika

##### **Sectional Breathing:**

Abdominal

Thoracic

Clavicular

Full yogic Breathing



**Pranayamas: -**

Chandra Anuloma viloma  
Chandra Bhedana Pranayama  
Nadi shodhana  
Ujjayi  
Sitali Pranayama  
Bhramari pranayama

Surya Anuloma Viloma  
Surya Bhedana Pranayama  
Nadi Suddhi ( 1: 2: 2 ratio)  
Bhastrika  
Sitkari Pranayama

**UNIT- V**

Preparation for Meditation [sitting in Meditative Asanas with concentration on Tip of the Nose and center of eye brow) Pranadharana (body awareness)- Yoga Nidra.

**REFERENCES BOOKS:**

1. Swami Kuvalayananda and Dr.S.L. Vinekar YOGIC Therapy. Its basic principles and methods, ministry of Health, govt. of India New Delhi. 1963.
2. Swami Kuvalayananda: ASANAS Kaivalyadhama, Lonavla, Pune Dist, and Maharashtra.
3. Dr. P. Mariayyah: ASANAS, Sports, Publications, Coimbatore, Tamil Nadu.
4. Dr. P. Mariayyah: "Suriyanamaskar" Jaya Publishing House, Perunthurai, Erode.
5. Dr.K.Chandrasekaran, SOUND HEALTH THROUGH YOGA, Prem Kalyan Publications, Sedapatti, Madurai, 1999.
6. YOGASANAS: A TEACHER'S GUIDE NCERT, New Delhi, 1983.
7. Shri.O.P, Tiwari: ASANAS: Why and How, Kaivalyadhama, Lonavla pune Dist. Maharashtra.
8. B.K.S. IYENGAR: 1. Light on yoga [yoga Dipika], 2. Light on Pranayama, Harper Collins publishers Daryaganj, New Delhi, India 2000.
9. Dr. H.R. Nagendra: Pranayama the art and science pub Vivekananda Kendra yoga Prakashana, Bangalore India 2000.
10. Swami Satyananda Saraswathi: A systematic course in the Ancient tantric techniques of YOGA AND KRIYA Pub. Bihar School of yoga, Munger, Bihar, India 1981.

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## SEMESTER - II

### PAPER - VI APPLIED YOGA IN MODERN LIFE

#### UNIT: I

Concept of "Positive Health" defined according to— Meaning and definition of Health  
Various dimensions of health (Physically, Mentally, Socially and Spiritually) – criteria of health—  
Important yard sticks of health – responsibility and control over one's own health status.

#### UNIT: II

Physical Education and sports fitness-Concept of 'Healthy Personality' – Characteristics of  
healthy personality – superior mental health aids to a health personality.

#### UNIT: III

Yoga and health – as a therapy, Treatment – General Fitness. Integration of body and  
mind – Wholesome development.

#### UNIT: IV

Yoga for executives - Positive hygiene of yoga (Positive focus, shraddha, Faith factor  
Iswara – pranidhana, prayer, tranquilization of mind) – stress response Vs cultivation of Relaxation  
Response – purification of Nadis – cultivation of correct Psychological attitudes.

#### UNIT: V

Yoga and Executive Jobs - Problems of Executives - life of constant stress and strain,  
anxiety, conflicts resulting in fatigue - Use of artificial stimulants and their side effects - contribution  
of Yoga to solve the problems of the Executives.

Yoga and Development of Social Qualities of: Personality: – Co-operation – Simplicity –  
Tolerance – Social Adjustments - Yoga and Personal Efficiency: Personal Efficiency as a genetic  
term – Improvement of Personal Efficiency through Yoga.

#### REFERENCES BOOKS:

1. Sri Yogendra: *Yoga Personal Hygiene (Vols I & II)* – The Yoga Institute, Santacruz, and Bombay.
2. U.A. ASRANI: *YOGA UNVEILED (PART I)*, Motilal Banarsidass, Delhi 1977.
3. Swami Kuvalayanda and Dr.S.L. Vinekar: *yogic therapy: Its Basic principles and methods*, Pub. Ministry of health, Govt. of India, New Delhi, 1963.
4. Dr. P. Mariayyah: *ASANAS*, Sports, Publications, Coimbatore, Tamil Nadu.
5. Dr. P. Mariayyah: *"Suriyanamaskar"* Jaya Publishing House, Perunthurai, Erode.
6. Dr. K. Chandrasekaran, *SOUND HEALTH THROUGH YOGA*, Prem Kalyan Publications, Sedapatti, Madurai, 1999.
7. Herbert Benson: *Mind/ Body Effect*, Berkley Books, New York, 1979.
8. Herbert Benson and William proctor: *Beyond relaxation response*, colling fount paperbacks, London 1985.
9. K.N. Udupa and H.R.Singh: *Science and Philosophy of Indian medicine*, Shree Baidyanath ayurveda Bhawan Ltd., Negpur 1978.
10. S.P. Mishra: *yoga and ayurveda*, Chowkhamba Sanskrit Sansthan, Varanasi, U.P 1989.
11. S.M. Jourard and Ted landsman. *Healthy Personality (4<sup>th</sup> edition)*, Macmillan publishing co., Inc, New York, 1980.
12. Dr. R.D. Lele, *Ayurveda and Modern Medicine*, Bharathiya vidya bhavan, Bombay, 1986.
13. Elizabeth B. Hurlock: *Personality development*, Tata mc graw - Hill publishing company ltd., New Delhi, 1976.

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## SEMESTER - II

### PAPER - VII TRADITIONS OF YOGA AND MEDITATION

#### UNIT : I

Ancient Indian tradition of yoga and meditation - Kena Upanishad, Taittreya Upanishad, Katha Upanishad, Isavasya Upanishad, Svetasvara Upanishad, Mandukya Upanishad, & Prasna Upanishad.

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#### UNIT : II

**Tirumular Thirumanthiram** : Tantra – III ( 578 Varumaathi uraettaul , 579 Kannakku , 580 onnaa, 581 Orupolu, to 597 Arevaa Yasathaennu).

**Patanjali** – Sadhana Pada verse -10(Dhayan Heyas Tad) & Vibhuti Pada Verse – 2 ( Tantra Pratyaya... Dhayanam).

#### UNIT: III

**BHAGAVAD GITA** - Meditation Chapter – VI (Verse (10) Yogi Yungeetha Statam to Verse (36) Asmaytha Atmanaa Yogo Thusparapa) - Japa Meditation, Ajapa Meditation, Hatha Yoga meditation - Kundalini (Chakras, Nadis, Granthis) – Obstacles to Meditation.

#### UNIT : IV

Jain School of Yoga and Meditation – Preksha Meditation: What is Preksha– Aim – Pre Conditions – Kayotsarga (Body awareness ) – Perception of body & breathing.

#### UNIT – V

Buddhist traditions of yoga and Vipassana Meditation – Anapana Sati (Breath Concentration) – Sila (Precepts) – Samadhi (Concentration) – Panna ( Wisdom ) – Five Obstacles – Metta(Universal Love) – Karuna (Compassion) – Mudita (Joy in others) – Uppekkha (Equanimity)

#### REFERENCE BOOKS: -

1. Thiru. PA. Ramanatha Pillai, *Thirumanthiram mouvaayeram, The South India Saiva Siddhanta Works Publishing Society, Tirunelveli, 1996.*
2. Swami Vishnu Ddevananda, *Meditation and mantras, Motilal Banarsidas Publishers Private Limited, Delhi, 2001.*
3. I.K. Taimani, *The Science of Yoga, Theosophical society publication, Adyar , Chennai, 2001.*
4. Swami Asthosh Ananthar, *Sri Mad Bhagavad Gita, Sri Ramakrishna Math, Mylapore, Chennai, 2002.*
5. Swami Asthosh Ananthar, *Isavasya Upanishad, Sri Ramakrishna Math, Mylapore, Chennai, 2003.*
6. Swami Asthosh Ananthar, *Kena Upanishad, Sri Ramakrishna Math, Mylapore, Chennai, 2003.*
7. Swami Asthosh Ananthar, *Katha Upanishad, Sri Ramakrishna Math, Mylapore, Chennai, 2003.*
8. Swami Asthosh Ananthar, *Mandukya Upanishad, Sri Ramakrishna Math, Mylapore, Chennai, 2003.*
9. Swami Asthosh Ananthar, *Prasana Upanishad, Sri Ramakrishna Math, Mylapore, Chennai, 2003.*
10. Swami Asthosh Ananthar, *Svetasvara Upanishad, Sri Ramakrishna Math, Mylapore, Chennai, 2003.*
11. Lajpat Rai, *Meditation: Techniques and their Scientific Evaluation, Anubhav Rai Publications, Haryana, 1998.*
12. Mahapragya: *Preksa Dhyana: Theory and Practice*
13. Vethathiri Maharishi: *Yoga.*

## SEMESTER - II

### PAPER – VIII TIRUMULAR THIRUMANTIRAM

#### UNIT-I

Introduction to Tirumoolar Thirumantiram- greatness of Vedas- the importance of the Agamas- history of Tirumular- the glory of the holy Hymns three thousand – the Spiritual Hierarchy.

#### UNIT-II

Types of Yoga: Astanga Yoga (Tantra-III 549-552) - Kechari Yoga (Tantra-III 799-822)- Pariyanga Yoga (Tantra-III 825-844) - Amuri Dharana (Tantra-III 845-850)-ChandraYoga (Tantra-III 851-883).

#### UNIT-III

Astanga Yoga: Yama (Tantra-III 553-554)- Niyama (555-557)- Asanas (558-563)- Pranayama (564-577)- Pratyahara (578-587)- Dharana (588-597)-Dhayana (598-617)-Samadhi (618-631).

#### UNIT-IV

Five division of the body: TantraVIII (2122-2138)- Giving up the body (2139-2141)- Avasta differences (2141-2166)- Mid-Jagarat-Avastha (2167-2183)- Adhvas (2184-2186)

#### UNIT-V

Chakras- Eroli Chakram (1255-1290), Bhairava Chakra (1291-1296)-Sambhavi MandalaChakra (1297-1306)- Bhuvanapathi Chakra (1307-1318)-Navakkari Chakra (1319-1418).

#### REFERENCE BOOKS:

1. Dr. B. Natarajan, *Tirumular Tirumantiram, Sri Ramakrishna Math, Mylapore, Chennai, 1991.*
2. P. Ramanatha Pillai, *Tirumantitram Muvairam, , Tirunelveli , Thenenthiya Saiva Siddhanta Publisher's, Chennai, 1996.*
3. Poolavar. N. Ramakrutanan, *Eanrum Nalavalvutharum Tirumularin Panneru Yogangal, Manikkavasagar Publisher, Chennai, 2003.*
4. G. Varatharajan, *OM Tirumantiram, Palaniappa Brothers, Chennai, 2002.*

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## SEMESTER - II

### PAPER – IX YOGA AND STRESS MANAGEMENT

#### UNIT-I

Definition of stress –Meaning-Types: Eutress, Distress, Anticipatory Anxiety, Intense Anxiety, and Depression.

#### UNIT-II

Concept of stress according to Yoga: Patanjali aphorism (PYS II-3) Avidya Asmita... Bhagavad-Gita (Gita II 62-63) Dhayato Visayan Punsah...Yoga Vasistha and Upanishad.

#### UNIT-III

Physiology of stress on: Autonomic Nervous System (ANS), Endocrine System, Hypothalamus, Cerebral Cortex, and Neurohumours.

#### UNIT-IV

Yoga Nidra: Cyclic Meditation- Instant Relaxation Technique, Quick Relaxation Technique, and Deep Relaxation Technique: MSRT- Mind sound Resonance and Technique.

#### UNIT-V

Role of Meditation & 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.

#### REFERENCE BOOKS:

1. *K.N.Udupa: Stress And Its Management By Yoga, Motilal Banaridass Publishers Private Limited, New Delhi 1996.*
2. *Dr.H.R.Nagendra & Dr.R.Nagarathana: New Perspective In Stress Management, Swami Vivekananda Yoga Prakashana, Bangalore, 2004.*
3. *Dr.H.R.Nagendra Dr.R.Nagarathana: Yoga Practices for Anxiety & Depression, Swami Vivekananda Yoga Prakashana, Bangalore, 2004.*
4. *Swami Sukhabodhananda, Stress Management, Prasanna Trust, Bangalore, 2002.*
5. *Vimla Lalvani, Yoga for Stress, Hamlyn Publishers, London, 1998.*
6. *Robert A. Baron, Psychology, Pearson Education, Indian Branch, Delhi, 2001.*

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## SEMESTER - II

### PRACTICAL – I I KRIYAS, MUDRAS, BANDHAS & MEDITATIONS

#### UNIT: I KRIYAS

**Neti-** Jala Neti, Sutra Neti - **Dhauti-** Vamana Dhauti, Laghoo Shankha Prakshalana (Tadasana, Tiryaka Tadasana, Kati Chakrasana, Tiryaka Bhujangasana, Udarakarshanasana) -

**Nauli** - Dakshina Nauli, Vamana Nauli, Agnisara Kriya.

#### UNIT: II KRIYAS

**Trataka** - Jyothi Trataka, Jathru Trataka- **Kapalabhati** - Single Nostril, Both Nostrils and Alternative Nostril.

#### UNIT: III MUDRAS

Chin Mudra - Chinmaya Mudra - Adimudra – Brahma Mudra - Nasikagra Mudra – Shanmukhi Mudra –Bhairava Mudra– Agochari Mudra –Shambhavi Mudra –Viparithakarani Mudra – Yoga Mudra –Asvini Mudra – Maha Mudra.

#### UNIT:IV BANDHAS

Jalandhara Bandha- Uddiyana Bandha- Moola Bandha-Maha Bandha- Jiva Bandha.

#### UNIT: V MEDITATION

Ancient Indian tradition of yoga and meditation - 'OM' Meditation, Vipassana Meditation (anapana), Cyclic Meditation.

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3. *Dr. P. Mariayyah: "Suriyanamaskar" Jaya Publishing House, Perunthurai, Erode.*
4. *Dr. K. Chandrasekaran, SOUND HEALTH THROUGH YOGA, Prem Kalyan Publications, Sedapatti, Madurai, 1999.*
5. *YOGA [Asanas, Pranayama, Mudras, Kriyas] AN INSTRUCTION BOOKLET, Published by Vivekananda Kendra Prakashan Trust, Triplicane, Chennai, 2001.*
6. *HATHA PRADIPIKA OF SVATMARAMA – Edited by swami Digambarji and Pt. Raghunathashastri kokaji, Kaivalyadhama, SMYM Samiti, Lonavla Pune Dist, Maharastra, 1970.*

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