

BHARATHIDASAN UNIVESRSITY

TIRUCHIRAPPALLI – 620 024



DEPARTMENT OF PHYSICAL EDUCATION & YOGA CENTRE

Diploma in Yoga (D.Y.)

2004

SYLLABUS



BHARATHIDASAN UNIVERSITY

THIRUCHIRAPPALLI – 620 024

DIPLOMA IN YOGA (D.Y.)

THE NEED

Yoga is the chief remedy for all miseries and sorrows in the world. There is a growing need with the increase in popularity of Yoga all over the world for well trained Yoga Instructors having sound knowledge of the basic science of Yoga. A well-trained Yoga Instructor should have mastery and practical knowledge of various Yogic practices. He should also have adequate theoretical knowledge on the basic principles and methods of Yogic practices. He must also possess knowledge on other systems of physical exercises. He should be well acquainted with the historical prospective of the system of Yoga Education and Practice and its literature apart from the suitable methods of teaching techniques of yoga in the modern context.

The Government also felt that Yoga should be a part of Institutional curriculum. Therefore this course DIPLOMA IN YOGA (D.Y.) has been designed a training programme. In order to give due emphasis to the practical and theoretical training with a well-planned syllabus, the course has been designed to one Academic Year.

OBJECTIVES OF THE COURSE

- ✓ To spread the message of positive health as taught in Yoga to people in a systematic and scientific manner.
- ✓ To provide a proper perspective and insight into various aspects of Yoga education to the trainees.

REGULATIONS

ELIGIBILITY

A pass in the Higher Secondary Examination (Academic/Vocational stream) conducted by the Government of Tamilnadu 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 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 six papers in all. There shall be a total number of 300 actual contact hours. Each paper shall have 50 hours.

COURSE OF STUDY

Candidates shall be permitted to do the 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 University Examinations shall be conducted 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.

SCHEME OF EXAMINATION

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

Diploma in Yoga

TITLE OF THE PAPERS	UNIV. EXAM. Hrs.	UNIV. EXAM. MARKS
1. Fundamentals of Yoga Education	3	100
2. Scientific Basis of Yoga Education	3	100
3. Methods of Yoga Practices	3	100
4. Principles of Yogic Therapy	3	100
5. Applied Yoga	3	100
6. Yoga Practicals	3	100
	TOTAL	<hr style="width: 100%; border: 0.5px solid black;"/> 600

PASSING MINIMUM

A candidate shall be declared to have passed in each paper if he/she secures not less than 40% of the prescribed maximum marks.

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 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.

PAPER – I FUNDAMENTALS OF YOGA EDUCATION

UNIT : I

History of Yoga – Indus Valley Civilization – Vedas, Upanishadas, Smritis, Puranas, Tantras, Buddhist and Jaina Literatures, Tamil Siddhars – Tirumoolar Tirumantiram – Yoga in Medieval History of India – Modern Developments and Trends in Yoga – Misconceptions about Yoga – Analysis and Clarifications – Causes and possible remedies thereof.

UNIT : II

Definition of the term Yoga – Yoga as the "Goal" as well as the "Means" – Meanings of Yoga – Comprehensive Nature and Scope of Yoga – Aims and Objectives of Yoga – Yoga Education in the Modern Context – Different Traditions and Schools of Yoga : Patanjali Yoga, Ashtanga Yoga, Tantra Yoga, Mantra Yoga, Hatha Yoga, Laya Yoga, Raja Yoga, Gnana Yoga, Bhakti Yoga, Karma Yoga – Two approaches discernible in various schools of Yoga : "Pranasamyamanayoga" and "Bhavanayoga".

UNIT : III

Important Yogic Texts: Hathapradipika, Gherandasamhita, Shivasamhita Bhagavadgita – Their key Contributions to Hathayogic System – Contributions of Patanjali's Yoga Sutras – Selected Aphorisms of Patanjali's Yoga Sutras (PYS : SP-I 2, PYS : SP-II 29,46,49 PYS : VP-III 1,2,3) – Principles of Yoga practices: Asanas, Pranayama, Kriyas, Bandhas, Mudras, and Meditation.

UNIT : IV

Literature on Yoga – Tirumoolar Tirumantiram

(TM-270 The Ignorant Prate, TM-552 Yama, Niyama TM-554 The does not kill, TM-556 Purity compassion, TM-564 The mind is, TM-In the act of, TM-588 Control the mind, TM-598 The ten, TM-631 To those who are, TM-724 If body perishes, TM-725 Time was, TM-1777 Rouse with, TM-2883 In Brahmin's home)

UNIT : V

Introduction to "Suryanamaskar".

Overview on "Chakras".

Yoga an ideal system of Physical Culture – Posture: Good, Bad – Role of Yoga in Purificatory Process: Asanas, Pranayamas, Kriya, Dhyana. Role of Yoga in Homeostasis.

BOOKS FOR READING AND REFERENCE

Textbook of Yoga - George Feuerstein. Rider and Company, London.

Yogic Therapy - Swami Kuvalayananda and Dr.S.L.Vinekar, Govt. of India, Ministry of Health, New Delhi.

Patanjala Yoga Sutras - Translation and Commentary by Dr.P.V.Karambelkar
Kaivalyadhama SMYM Samiti, Lonavla.

Patanjala Yoga Sutras – Translated with a new commentary by Swami
Prabhavananda and Christopher Isherwood, Ramakrishna Math, Mylapore, Madras-4

ASANAS – by Dr. P. Mariayyah, Sports Publications, Coimbatore.

SUIYANAMASKAR - by Dr. P. Mariayyah, Jaya Publishing House, Perunthurai,
Erode.

SOUND HEALTH THROUGH YOGA – by Dr. K. Chandrasekaran , Prem Kalyan
Publications, Sedapatti, 1999.

Hathapradipika - Published from Kaivalyadhama

Gherandasamhita - Published from Kaivalyadhama

Tirumoolar Thirumanthiram - Translation and Commentary in English by
Dr.Natarajan, Ramakrishna Math, Mylapore, Madras - 600 004

Tamil-English Cyclopaedic Dictionary (Introductory Chapter) - Thiru Sambasivam
Pillai.

Yoga-Mimamsa - Quarterly Journal (Back volumes) Published from Kaivalyadhama,
Lonavla.

PAPER – II SCIENTIFIC BASIS OF YOGA EDUCATION

UNIT : I

Introduction to Human Anatomy and Physiology – Need and Scope of Anatomy and Physiology in Yoga – Human Body as an integrated whole: Cells, Tissues, Organs and Systems – Types of various systems in the Human Body.

UNIT : II

Respiratory System – Respiration – Respiratory Track – Alveoli – Lungs: Structure & Functions – Gas Exchange – Vital Capacity – Effect of Yogic Practices on Respiratory System.

Muscular System – Types of Muscles: Skeletal Muscle, Cardiac Muscle, and Smooth Muscle.

Skeletal System – Bones, Joints.

UNIT : III

Nervous System : Neuron – 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.

Endocrine System : Endocrine Glands – Functions of Endocrine Glands: Pituitary, Thyroid, Para-Thyroid, Thymus, Pancreas, Adrenal, & Sex – Impacts of Yogic Practices on Endocrine Glands and Nervous System.

Circulatory System – Heart: Structure & Functions – Cardiac Cycle, Cardiac Output.

UNIT : IV

Digestive System – Digestive Track : Structure & Functions – Digestive Process – Liver, Pancreas – Functions – Effect of Yogic Practices on Digestive System.

Excretory System : Kidney – Urinary Track.

Reproductive System : Male & Female Reproductive System.

UNIT : V

Present condition of Yoga Research in India – Need for promotion of Yoga Research - Types of Research – Historical, Longitudinal, Experimental and Survey.

Possible Areas of Research – Physiology, Psychology, Sociology, Sports, Growth and Development.

Some Negative influence of Yoga Research – Lack of Sound Methodology in Yoga Research – Yoga Research Equipments.

BOOKS FOR READING AND REFERENCE

Asanas - Swami Kuvalayananda. Kaivalyadhama. Lonavla

Pranayama - Swami Kuvalayananda Kaivalyadhama. Lonavla

Abstracts and Bibliography of Articles on Yoga - Edited by Dr.M.V.Bhole, from Kaivalyadhama Kaivalyadhama. Lonavla

Philosophic-Literary Research Department - Kaivalyadhama. Lonavla A Brochure

Collected Papers on Yoga - Edited by Dr.M.L.Gharote Kaivalyadhama. Lonavla

Yoga-Mimansa Journal - Kaivalyadhama. Lonavla [Back Volumes]

Yogic Therapy - Swami Kuvalayanda & Dr.S.L.Vinekar.

Kaivalyadhama Golden Jubilee Sovenir - Kaivalyadhama, Lonavla

Applied Yoga - Dr.M.L.Gharote, Kaivalyadhama, Lonavla.

Dr. Selvam “Anatomy and Physiology” Bodinayakanur.

Dr. N.M. MUTHAYYA “Physiology” J.J. Publications, Madurai.

SEELEY et. all Anatomy and Physiology Mc Graw Hill.

Clarke,D.M. and Clarke, H.H. Research Process in Physical Education, Research and Health, New Jersy: Prentice Hall Inc.

Whitney, F.C., The Elements of Research, Englewood., Prentice Hall Inc.

Mouly, C., The Science of Educational Research, New Delhi : Vikas Publishing House Pvt. Ltd.

PAPER – III METHODS OF YOGA PRACTICES

UNIT : I

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

Asana: Definition, Scope and Limitations of Asanas – Classification of Asanas – Meditative Asanas – Relaxative Asanas – Cultural Asanas – Step by Step Performance of Asanas – Safety Measures and Precautions.

UNIT : II

Pranayama: Meaning – Different Phases in Pranayama Practice: Puraka (Inhalation), Kumbhaka (Retention) and Recaka (Exhalation) – Breathing Ratio in Pranayama Practice – Application of Bandhas in Pranayama – Safety Measures and Precautions.

Meaning of Bandha – Different Bandhas: Jalendra Bandha, Jihva Bandha, Uddiyana Bandha, Mula Bandha.

Meaning of Mudra – Different Mudra: Brahma Mudra, Ashwini Mudra, Shanmugi Mudra

UNIT : III

Meaning – Kriyas – Types of Kriyas: Kaphalabhathi, Trataka, Neti, Dhauthi, Nauli, Basti.

Kaphalabhathi : Practicing Method – Benefits.

Trataka : Practicing Method – Benefits.

Neti : Jala Neti, Sutra Neti – Methods of Practicing Neti and its benefits.

Dhauthi: Vamana Dhauthi, Dhanta Dhauthi, Vastra Dhauthi – Methods of Practicing Dhauthi and its benefits.

Nauli : Practicing Method – Benefits.

Basti : Practicing Method – Benefits.

Meaning & Concept of Meditation.

UNIT : IV

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

Need for Group teaching techniques for imparting instructions to large groups. Adoption of modern methods of classroom teaching in yoga.

UNIT : V

Meaning of Lesson Plan – Need for a Lesson Plan in Yoga – Stages in Yoga Lesson Planning – Effective methods for teaching various Yogic practices.

Order of teaching the Yogic Practices. Do's and Don'ts of specific yoga techniques. Preparation of Model Lesson Plan for Yogic Practices.

BOOKS FOR READING AND REFERENCES:

Yogic Therapy - Swami Kuvalayananda and Dr.S.L.Vinekar.

Asanas - Swami Kuvalayananda. Kaivalyadhama, Lonavla.

Pranayama - Swami Kuvalayananda. Kaivalyadhama, Lonavla.

ASANAS – by Dr. P. Mariayyah, Sports Publications, Coimbatore.

SUIYANAMASKAR - by Dr. Dr. P. Mariayyah, Jaya Publishing House, Perunthurai, Erode.

SOUND HEALTH THROUGH YOGA – by Dr. K. Chandrasekaran , Prem Kalyan Publications, Sedapatti, 1999.

Teaching Methods for- Dr.M.L.Gharote and Yogic Practice S.K.Ganguly. Kaivalyadhama, Lonavla.

Applied Yoga - Dr.M.L.Gharote, Kaivalyadhama, Lonavla.

Yogasanas: A Teacher's Guide - NCERT, New Delhi.

Asanas - Why? and How? - Sri.O.P.Tiwari Kaivalyadhama, Lonvla.

Yoga-Mimamsa Journal - Kaivalyadhama, Lonvla [back volumes]

PAPER – IV PRINCIPLES OF YOGIC THERAPY

UNIT : I

Introduction to Yoga Therapy – Yogic Concept of Human Body – Its Limitations – Need for Correct Diagnosis, Patient, Education and Follow-up Measures.

Present status of Yoga Therapy in India.

UNIT : II

Introduction to Nutrition and Dietetics – Diet and Digestion – Balanced Diet : Carbohydrates, fats, proteins, vitamins, and minerals.

Yogic Diet : Sattvik, Rajasik, Tamasik.

Diet and Diseases : Hypertension, Diabetes, Arthritis, Ulcerative, Colitis, Peptic Ulcer, Constipation, and Obesity.

UNIT : III

Stress – Etiological (Causes) Clinical Features (Signs & Symptoms) and Principles of Yogic Therapy in Stress Disorders.

Definition, Etiological (Causes) Clinical Features (Signs & Symptoms) and Yogic Treatment of Disorders : Bronchial Asthma, Bronchitis, Hypertension, Hypothyroidism.

UNIT : IV

Definition, Etiological (Causes) Clinical Features (Signs & Symptoms) and Yogic Treatment of Disorders : Arthritis, Cervical Spondylosis, Lumbago, Sciatica, Migraine, Insomnia, Indigestion, Constipation, Ulcer, Obesity, and Diabetes.

UNIT : V

Issues and Problems in Yoga Therapeutics – Yoga as an Adjustment Therapy – Research Findings on Therapeutic Applications of Yoga.

Yoga Concept in : Naturopathy, Siddha, Ayurveda, Homeopathy and Modern Medicine.

BOOKS RECOMMENDED FOR STUDIES AND REFERENCE

YOGIC THERAPY: IT'S BASIC PRINCIPLES AND METHODS - by Swami Kuvlayananda and Dr.S.L.Vinekar.

STRESS DISORDERS AND Its MANAGEMENT BY YOGA: by

Dr.K.N.Udupa. Motilal Banarsidass Publishers Pvt.Ltd., Delhi , 1980 [second edition]

YOGA AND MEDICINE: by Steven F.Brena. Penguin Books, New York, 1972.

ASANAS – by Dr. P. Mariayyah, Sports Publications, Coimbatore.

SUIYANAMASKAR - by Dr. Dr. P. Mariayyah, Jaya Publishing House, Perunthurai, Erode.

SOUND HEALTH THROUGH YOGA – by Dr. K. Chandrasekaran , Prem Kalyan Publications, Sedapatti, 1999.

THE ART OF SURVIVAL: A GUIDE TO YOGA THERAPY - edited by Dr.M.L.Gharote and Moureen Lockhart. Unwin Paperbacks, London,1987.

PAPER – V APPLIED YOGA

UNIT : I

"Spiritual Yoga" (Adhyatmayoga) and "Applied Yoga" (Loukika Yoga) - Major components of Applied Yoga - Scope and limitations of Applied Yoga.

UNIT : II

Yoga and Health (Definition of Health, Guidelines for Health in Yoga) – Health Related Fitness and Yoga – Yoga and Aging - Yoga for Handicapped people – Yoga as a remedy for addictions – Yoga and Social problems.

UNIT : III

Yoga and Sports - Sports as an instinctive need - Special recognition for sports- Varieties of sports - Efficiency in basic skills for sports - Psychophysiological basis for the improvement of sports career and the role of Yogic practices to enrich the qualities required for different sports.

UNIT : IV

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.

UNIT : V

Yoga and Development of Social Qualities : Personality – Co-operation – Simplicity – Tolerance – Social Adjustments.

Yoga and Personal Efficiency : Personal Efficiency as a generic term – Improvement of Personal Efficiency and the role of Yoga.

BOOKS RECOMMENDED FOR REFERENCE AND STUDY

YOGIC THERAPY - by Swami Kuvalayananda and Dr.S.L.Vinekar.

ASANAS – by Dr. P. Mariayyah, Sports Publications, Coimbatore.

SUIYANAMASKAR - by Dr. Dr. P. Mariayyah, Jaya Publishing House, Perunthurai, Erode.

SOUND HEALTH THROUGH YOGA – by Dr. K. Chandrasekaran , Prem Kalyan Publications, Sedapatti, 1999.

DAY BY DAY YOGA - by Howard Kent, Hamlyn, London.

PROCEEDINGS OF THE SEMINAR ON YOGA, SCIENCE AND MAN, NEW DELHI - Central Council for Research in Indian Medicine & Homeopathy, Delhi.

PERSPECTIVES IN YOGA-Edited by A.K.Sinha, Bharat Manisha, Varanasi.

HATHAYOGA - by Goswami S.S.

APPLIED YOGA - by Dr.M.L.Gharote, Kaivalyadhama, Lonavla.

YOGA ESSAYS - by Yogendra, Yoga Institute, Bombay.

PAPER – VI YOGA PRACTICALS

Unit – I ASANAS

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|-------------------------------|-----------------------|
| 1. Ardha-Padmasana [virasana] | 12. Paschimottanasana |
| 2. Ardha-Halāsana | 13. Ugrasana |
| 3. Pavana-Muktasana | 14. Gomukhasana |
| 4. Naukasana | 15. Padmasana |
| 5. Ardha-shalabhasana | 16. Siddhasana |
| 6. Shalabhasana | 17. Bhadrasana |
| 7. Makarasana | 18. Swastikkasana |
| 8. Bhujangasana | 19. Vajrasana |
| 9. Dhanurasana | 20. Supta-Vajrasana |
| 10. Vakrasana | 21. Yoga-Mudra. |
| 11. Chakrasana | |

Unit – II ASANAS

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|-------------------------|------------------------|
| 1. Sirshasana | 10. Parvaatasana |
| 2. Savasana | 11. Tolasana |
| 3. Sarvangasana | 12. Tolangulasana |
| 4. Matsyasana | 13. Uttana-Mandukasana |
| 5. Halāsana | 14. Tadasana |
| 6. Ardha-Matsyandrasana | 15. Garudasana |
| 7. Hamsasana | 16. Utkatasana |
| 8. Mayurasana | 17. Vrikshasana |
| 9. Bakasana | 18. Akarna-Dhanurasana |

Unit – III KRIYAS

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|----------------|------------------|
| 1. Tratakam | 5. Vamana Dhauti |
| 2. Kapalabhati | 6. Danda Dhauti |
| 3. Jala-Neti | 7. Agnisara |
| 4. Sutra-Neti | 8. Nauli |

Unit – IV MUDRAS & SURIYANAMASKAR

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|-------------------|--------------------------|
| 1. Brahma-Mudra | 4. Viparithakarani-Mudra |
| 2. Simha-Mudra | 5. Ashwsini-Mudra |
| 3. Shanmugi Mudra | 6. Suriyanamaskar |

Unit – V BANDHAS, PRANAYAMAS & MEDITATION

BANDHAS

1. Jalandhara-Bandha
2. Jihva-Banda
3. Uddiyana Bandha
4. Moola-Bandha

PRANAYAMAS

1. Nadi-Shuddhi
2. Nadi-Shodhana
3. Suryabhadana
4. Ujjayi
5. Bhastrika Pranayama
6. Bhramari Pranayama
7. Sitkari
8. Sitali

MEDITATION

1. Silent Meditation
2. Mantra Meditation

BOOKS FOR READING AND REFERENCE

YOGIC THERAPY - ITS BASIC PRINCIPLES AND METHODS: by Swami Kuvalayananda and Dr.S.L.Vinekar. Ministry of Health, Govt. of India, New Delhi, 1963

ASANAS - by Swami Kuvalayananda. Kaivalyadhama, Lonavla, Pune Dist., Maharashtra

ASANAS – by Dr. P. Mariayyah, Sports Publications, Coimbatore.

SUIYANAMASKAR - by Dr. Dr. P. Mariayyah, Jaya Publishing House, Perunthurai, Erode.

SOUND HEALTH THROUGH YOGA – by Dr. K. Chandrasekaran , Prem Kalyan Publications, Sedapatti, 1999.

PRANAYAMA - by Swami Kuvalayananda. Kaivalyadhama, Lonavla, Pune District., Maharashtra.

YOGASANAS: A TEACHER'S GUIDE. N.C.E.R.T., New Delhi, 1983.

ESSENCE OF PRANAYAMA - by Dr.Shrikrishna. Kaivalyadhama I.C.Y. Health Centre,Bombay 1985.

ASANAS: WHY? AND HOW? - by Shri.O.P.Tiwari, Kaivalyadhama, Lonavla. Pune District, Maharashtra.

YOGA-MIMAMSA Quarterly Journal. Kaivalyadhama, Lonavla.
