


KANNUR UNIVERSITY
SCHOOL OF PHYSICAL EDUCATION AND SPORTS SCIENCES

Syllabus for Post Graduate Diploma in Yoga Education

SEMESTER I - SYLLABUS THEORY PAPERS

PAPER I- FOUNDATIONS OF YOGA

UNIT -I : GENERAL INTRODUCTION TO YOGA

Origin and development of Yoga - Pre Classical Yoga - Classical Yoga - Post Classical Yoga -Modern Yoga -Meaning and Definitions Yoga -Aims and Objectives of Yoga- Misconceptions about Yoga- Principles of Yoga. Yoga in Vedas and Upanishads- Introduction to Important Upanisads on Yoga.

UNIT-II : YOGA IN INDIAN PHILOSOPHY

Astika or Orthodox schools of philosophy -The Shad Darshanas, Nyaya, Vaisheshika, Sankya, Yoga, Purva Mimamsa, Uttara Mimamsa (Vedantha)- Yoga in Heterodox schools of philosophy- Buddhism, Charvakism, Jainism.

UNIT-III : YOGA IN BHAGAVAD GITA- Definitions of Yoga in *Bhagavad Gita* -The traditional schools of Yoga as per Gita

Jnana Yoga -Qualification of Guru and disciple - Sadhana Chatustayam- The twenty qualities of Jnana (Chapter 13 - 8-12 versus) Concept of Sanyasa- Sanyasa Yoga- Sakshi bhava-Yogarudha- Difference between jnana and vijnana- Sthithaprajnan- Buddhi Yoga Avikampa Yoga- Benefits of Jnana Yoga - The two tools to control the mind- Abhyasa and Vairagya.

Karma Yoga - Types of Karma - Law of Karma - Qualifications of Karma Yogi- Difference between Karma and Karma Yoga -Benefits of Karma Yoga- Atma SamyamaYoga- Lokasamgraham.

Bhakti Yoga- Types of Bhakti Aim of Bhakti Yoga. The qualification and Characteristic of Bhakta- - The Nine forms of Bhakti- Benefits of Bhakti Yoga- The 26 qualities of Daivi Sampat (Ch 16.1-3)- the 6 Qualities of Asura Sampat.

Raja Yoga - Dhayana Yoga- Abhyasa Yoga -Brahma Yoga- Ananya Yoga- - The tools to control the mind- Abhyasa and Vairagya.

UNIT - IV : YOGA IN PATANJALA YOGA SUTRA

Definition of Yoga- The concept of *chitta* - The five states of *Chitta*- Vrittis (mental modification) - The five kinds of *Vrittis*- *Abhyasa* (Practice) and *Vairagya*(Detachment) - The concept of *Isvara* -Obstacles in the path of Yoga- Chitta Vikshepas – Chitta Prasadhas- Removal of obstacles - *Samapatti* (Complete absorption of mind) - Classification of *Samadhi*

-Kriya Yoga- Pancha Kleshas - Removal of Kleshas- Ashtangayoga- Yama ,Niyama, Asana,Pranayama, Pratyahara Dharana, Dhyana (meditation), Samadhi . Dharana (concentration) - Dhyana-Samadhi - Samyama -Practice of Samyama -Results of Samyama-Siddhis - Kaivalyam (Freedom)

UNIT-V : YOGA IN TRADITIONAL HATA YOGA TEXTS

Chaturanga Yoga in Hata Yoga Pradeepika, Saptanga Yoga in Gherandha Samhitha- Yoga in Goraksha Satakam, Yoga in Shiva Samhitha, Yoga in Hatha Ratnvalai, Yoga in Tirumular Thirumanthiram, Yoga in Yoga Vasista, Yoga in Tantra.

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3. Swami Nirajananda Sarasawati, *Yoga Darshan*, Bihar School of Yoga, Munger, Bihar 1994
4. Swami Satyananda Saraswathi, *A Systematic Course in the ancient Tantric Techniques of Yoga and Kriya*, Bihar School of Yoga, Munger 1989
5. Swami Vivekananda, *Selections from the complete Works*, Mayavathi Memorial, Calcutta, Adavaitashram 1987
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8. Swami Satyananda Saraswathi, *Four Chapters on Freedom(Commentary on Yoga Sutras of Patanjali)* , Yoga Publication Trust, Munger, 2000.
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11. George Feuerstein (2002). The Yoga Tradition,its History,Literature,Philosophy and practice; First Indian Edition published by Motilal Banarasidass Publishers , New Delhi with Hohm Press,U.S.A.
12. Radhakrishnan,S.&Moore,C.A.(1967). A source book in Indian Philosophy, Princeton.
13. Bengali Baba, *Yoga Sutras of Patanjali*, Motilal Banarasidass Publishers, 2002, ISBN-81-208-0155-5

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PAPER II- HUMAN ANATOMY AND PHYSIOLOGY

UNIT– I : INTRODUCTION

Meaning of Anatomy and Physiology -Anatomical terminology –Planes and axis of the Human Body -Directional Terms -Body Cavities-Anatomical movements.

Cell: Structure & Functions - The Cell theory - Types, shapes and size of cells -Organelles and their functions - Process of Active and Passive Transport in cells, DNA, Genes and Chromosomes.

Tissues- Types of Tissues - Structure and functions of tissues :Epithelial tissue-Connective tissue -Muscular tissue - Nervous tissue

UNIT–II : SUPPORT AND MOVEMENT SYSTEMS

Skeletal System - Axial and Appendicular skeleton - Classification of bones - Skeletal development from embryo to maturity - Classification of joints- Spinal Column & its Common Structural Deformities - common ailments of bones & Joints - Effect of Yoga on Skeletal System.

Muscular System- Classification of muscles - Structure of a muscle fibre–Major muscles of the upper body and lower body) .Effect of Yoga on Muscular System.

UNIT - III : TRANSPORT SYSTEMS**Cardio Vascular System**

Structure and functions of the Heart - Heart rate - Blood Vessels – arteries- veins and capillaries - The organization of systematic and pulmonary circulation, the cardiac cycle – Blood : Composition and Functions- Blood Cells and functions - Blood groups and their importance-Blood pressure- common ailments of cardio-vascular system- Effect of Yoga on Cardio vascular System.

Lymphatic System: Introduction to Lymphatic System, Immune System & Immunity-Effect of Yoga on Lymphatic System.

UNIT- IV : INTEGRATION AND COORDINATION SYSTEMS

Nervous System - Structure and functions of Neuron - Central nervous system (Brain and spinal cord) - Peripheral nervous system- Autonomic nervous System (Sympathetic and Para sympathetic nervous systems). Sense organs(Eyes, ears, nose, tongue and skin)- common ailments of nervous system- Effect of Yoga on nervous system.

Endocrine System- Location, structure and function of endocrine glands - common ailments of endocrine system- Effect of Yoga on Endocrine system.

REPRODUCTIVE SYSTEM- Structure and functions of male and female sex organs- Menstrual cycles, common ailments of reproductive system-Effect of Yoga on reproductive system.

UNIT- V : ABSORPTION AND EXCRETION SYSTEMS**Digestive System**

Structure of digestive system - Mechanism of ingestion, digestion, absorption, assimilation & excretion.- common ailments of digestive system- Effect of Yoga on Digestive system.

Respiratory System

Structure and functions of Respiratory system -Muscles involved in respiration-Mechanism of Respiration (alveolar & Cellular) – Lung Volume/capacities-Breathing rate - Factors that influence respiration-Benefit of holding the breath- common ailments of respiratory system-Effect of Yoga on Respiratory system

Urinary System

Structure and functions of Kidney- Process of urine formation- Ureters, Urinary bladder, Urethra. Effect of Yoga on Urinary system.

Skin- structure and functions of the skin- Elimination of wastes through the skin.

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1. Saladin – Anatomy & Physiology : The Unit Form and Function, Published by
2. McGraw –Hill New York, 3 Ed, 2004
3. Gerard J. Tortora “Principles of Anatomy & physiology, Published by John Wiley & Sons, Inc, New York, 9th Ed, 2000
4. M.M. Gore: "Anatomy & physiology of Yogic Practices" Kanchan prakashan Lonavala, 1990.
5. William Peter. L. Gray's Anatomy. Edinburgh; Churchill living stone, 1980.
6. Pearce Ecelyn C. Anatomy and Physiology for Nurses, Oxford University press, Kolkatta, 1978.

PAPER III- PRINCIPLES AND METHODS OF HATHA YOGA PRACTICE

UNIT-I: INTRODUCTION

Origin of Hatha Yoga - Meaning of ‘ Hatha Yoga - Purpose of Hatha Yoga - Classical texts on Hatha Yoga- Hatha Yogic parampara. Brief introduction to Great Hatha Yogis of Natha Cult and their contributions to Yoga- Relationship between Hatha Yoga & Raja Yoga. Elements of success and failure in Hath yoga. Importance of Place, Environment & Season for Hatha Sadhana- Yama and Niyama in Hatha Yoga - Principles in Hatha Yoga.

UNIT- II: THE CLEANSING PRINCIPLES AND YOGIC DIET

Cleansing practice of Hatha Yoga -Shadkarmas (The six cleansing process) Dhauti(Cleansing the alimentary canal from mouth to stomach), Vasthi (Cleansing the rectum) , Nethi (cleansing of the nasal passage) , Trataka (Blinkless gazing) , Nauli(Exercise of abdominal muscles)Kapalabhati (Cleansing of the frontal brain) – Rules and instructions of Shadkarmas- Therapeutic benefits of Shadkarmas.

Yogic diet - Meaning and definition of Mithaharam– Purpose of Mithahara - Rules of Mithahara -Pathyaharam (Indicated food)–Apathyaharam -(Contra indicated food) Svattik, Rajasic and Tamasic foods- Benefits of vegetarian food.

UNIT- III :ASANAS MUDRAS AND BANDHAS

Asanas – Meaning and Definition - Purpose of Asana in Yoga Sutra – Purpose of Asanas in Hatha Yoga - Comparative study of Asanas as per Hatha Yoga Pradeepika and Gheranda Samhita - Classification of Asanas , Meditative Asanas, Cultural or Corrective Asanas and Relaxation Asanas - Physical , Mental and Spiritual benefits of Asanas

Mudras and Bandhas – Meaning of Mudra and Bandha -Types of Mudras – Hastha Mudra – Mana Mudra– Kaya Mudra – Bandha Mudra – Adhara Mudra

Bandhas-Types of Bandhas –Moola Bandhas -Jalandhara Bandha- Uddiyana Bandha- Maha Bandha - Physical , Mental and Spiritual benefits of Mudras and Bandhas

UNIT- IV: PRANAYAMA

Meaning and definition- The concept of Prana, the five Pranas and the five Upa-pranas, Pranayama and its importance in Hatha Yoga Sadhana - The concept of Nadis in Hatha Yoga-The concept of Swara Yoga- The three process in Pranayama- Poorka ,Kumbhaka and Rechaka - Classification of Pranayama - Balancing Pranayama- Cooling Pranayama- Heating or Revitalizing Pranayama- Tranquilizing Pranayama- Yogic breathing- Pranayamas as per Hatha Yoga pradeepika and Gheranda Samhitha-Therapeutic and Spiritual benefits of Pranayamas.

UNIT-V: MEDITATIONS IN YOGA

Tools of Meditation - Prathyahara practices -Types of Dharana practices- Chitakasaka Dharana , Hridayakas Dharana - Dhyana – The three types of Dhyana- Sthoola , Jyotir and Sukshma Dhyana - Concept of Samadhi in Hatha yoga Pradipika, Samadhi Lakshanam and Hatha Yoga Siddhi Lakshanam. The concept of Nada, Four Avasthas of Nadanusandhana, and its Siddhis - Important Meditations in Yoga Chakra Meditation, Vipassana Meditation, Kayotsarga, Panchakosha Mediation, Pancha Vayu Mediation, Pancha Mahabhootha meditation.

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1. Swami Kuvalayananda, *Gheranda Samhitha*, Kaivalyadhama,Lonavala,Poona 1997
2. Swami Nirajananda Saraswathi, *Gheranda Samhitha*, Bihar Yoga Bharathi, Munger, Bihar,1997
3. Yogi Ramacharaka, *Secrets of Hatha Yoga*, Cosmo, New Delhi,2004
4. Swami Mukhtibodhananda , *Hatha Yoga Pradeepika*, Bihar School of Yoga,Munger,Bihar 1998
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12. Swami Sivananda, (1971), *The Science of Pranayama*. Chennai: A Divine Life Society Publication.

YOGA PRACTICAL : LEVEL - I
SHADKARAMAS, ASANAS, PRANAYAMAS, MUDRAS,
BANDHAS AND MEDITATIONS

I. SHAD KARMAS

Dhauti

1. Varisara Dhauti (Shankaprakshalana)
2. Vahnisara Dhauti (Agnisara kriya)
3. Vastra Dhauti

Vasthi

1. Jala Vasthi (Water Enema)

Neti

1. Sutra Neti
2. Jala Neti

Trataka on Candle Flame

II. YOGIC SUKSHMA VYAYAMAS

1. Loosening of Toes
2. Loosening of Ankle joints
3. Loosening of Knee joints
4. Loosening of Hip joints
5. Loosening of Finger joints
6. Loosening of wrist joints
7. Elbow bending
8. Loosening of Shoulder joints
9. Loosening of Neck joints
10. Dynamic Tadasana
11. Dynamic Tiryaka Tadasana
12. Dynamic Kati Chakrasana
13. Dynamic Tiryaka Kati Chakrasana
14. Dynamic Marjari asana
15. Gatyatmak Meru Vakrasana (Dynamic Spinal Twist)
16. Dynamic Nauka Sanchalanasana
17. Dynamic Chakki Chalanasana
18. Dynamic Chakra Padasana.

19. Dynamic Paschimottanasana
20. Drutha Halasana

III. NETRA YOGA

IV. SURYA NAMASKAR (SUN SALUTATION)

Pranamasana - Hastha uttanasana - Padahasthasanam -Ashwasanchalanasana- Santholanasana -Astanganamaskar- Bhujangasana- Parvathasana- Ashwasanchalanasana -Padahasthasana- Hastha uttanasana- Pranamasana- Other variations of Suryanamaskar

V. BASIC ASANAS

Meditative Asanas

1. Sukhasana
2. Swasthikasana
3. Ardha Padmasana
4. Padmasana
5. Siddhasana/Siddhayoniasana
6. Dhyana veerasana
7. Vajrasana.

Relaxation Asanas

1. Shavasana
2. Makarasana
3. Matsyakridasana
4. Advasana

Lateral Bend Asana

1. Anandasana
2. Trikonasana variations
3. Parivritta Janusirasana.

Forward bend Asanas

1. Pavanamuktasana
2. Shashankasana
3. Saithalyasana
4. Janu sirasana
5. Mandukasana
6. Paschimottanasana
7. Padahasthasana

Backward bend Asanas

1. Bhujangasana
2. Shalabhasana
3. Dhanurasana
4. Viparitha Naukasana

5. Supta Vajrasana
6. Khandarasana
7. Poorvothanasana or Sethu asana
8. Matsyasana.

Balancing Asanas

1. Merudhandasana
2. Eka pada pranamasana
3. Santolanasana
4. Garudasana
5. Natarajasana
6. Eka padasana
7. Vrikshasana

Standing Asana

1. Tadasana
2. Uthanasana
3. Utkatasana
4. Paschima Namaskar
5. Veerabadhrasana

Spinal twisting Asanas

1. Meru Vakrasana
2. Shava Udarakarshanasana
3. Bhu Namasana

Inverted Asanas

1. Vipareethakarani Asana
2. Sarvangasana
3. Halasana

VI. PRANAYAMAS

1. The three process in Yogic breathing -Practice of Puraka -Practice of Antar Kumbhaka
2. Practice of Rechaka -Practice of Bahya or Shoonya Kumbhaka
3. The three types of breathing involved in Yogic breathing -Abdominal breathing
4. Thoracic breathing -Collar bone or clavicular breathing
5. Practice of full Yogic breathing (Combination of the three sectional breathing Adbominal breathing +Thoracic breathing+ Clavicular breathing)
6. Sukha Purvaka Prayanama (Breath awareness)
7. Chandra Bhedhana Pranayama
8. Surya Bhedhana Pranayama
9. Nadishodhana Pranayama
10. Bhastrika Pranayama
11. Sitali Pranayama
12. Sitkari Pranayama

13. Brahmari Pranayama

VII. MUDRAS**Hastha Mudras**

1. Chin mudra/Jnana Mudra
2. Chinmaya mudra
3. Adi mudra
4. Brahma mudra
5. Bhairava/Bhairavi or Dhyana mudra
6. Hridaya mudra.
7. Nasikagra mudra or Vishnu mudra.
8. Pancha Vayu Mudra.

Mana Mudras (Head Mudras)

1. Shambhavi mudra
2. Agochari Mudra
3. Nabhomudra
4. Kaki mudra
5. Shanmukhi mudra(Yoni mudra)

Adhara Mudras

1. Ashwini mudra
2. Vajroli mudra

VIII. BANDHAS

- 1.Jalandharabandha
- 2.Uddiyanabandha
- 3.Moolabandha
4. Maha bandha

IX- MEDITATIONS

1. Meditation of the Physical body- Breath and the Mind
2. Yoga Nidra
3. Kayotsarga
4. Ajapajapa Meditation

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1. Swami Kuvalayananda, *Gheranda Samhitha*, Kaivalyadhama,Lonavala,Poona 1997
2. Swami Mukhtibodhananda , *Hatha Yoga Pradeepika*, Bihar School of Yoga,Munger,Bihar 1998
3. Swami Satyananda Saraswathi, *A Systematic Course in the ancient Tantric Techniques of Yoga and Kriya*, Bihar School of Yoga, Munger 1989
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6. Swami Sivananda, (1971), The Science of Pranayama. Chennai: A Divine Life Society Publication.

SEMESTER- II

PAPER IV - YOGA THERAPY

UNIT- I - INTRODUCTION

Yoga Therapy : Meaning - Principles of Yoga Therapy - Proper Cleansing (Shadkarma) , Proper diet (Mithahara), Proper exercise (Asana,Mudra & Bandha), Proper breathing (Pranayama), Proper relaxation (Yoga Nidra) , Positive thinking (Practice of Yama and Niyama , Meditations ,Raja Yoga, Bhakti Yoga, Karma Yoga and Jnana Yoga)- Difference between Yoga therapy and Psychotherapy.

UNIT-II : PSYCHIC PHYSIOLOGY OF YOGA AND THEIR THERAPEUTIC EFFECTS

Pancha Mahabhutas (the five elements) Pritvi, Apas, Agni, Vayu, Akash

Panchakoshas- Annamaya- Pranamaya-Manomaya-Vijnanmaya-Anadamaya Koshas

Pancha vayus - Prana, Apana,Samana, Udana, Vyana

Pancha Upa Vayus- Naga, Kurma, Krikala, Devadutta,Dhananjaya

Sarirathraya (three bodies)- Sthula sarira, Sukshma sarira and Karana sarira.

Nadis-The important fourteen Nadis -Saraswati, Sankhini, Gandhari, Hasthijiva, Visvodara,Kuhu, Varuni,Yasasvini,Pusha , Payasvini, Ida, Pingala &Sushumna

Chakras- Mooladhara, Swadhistana,Manipuraka,Anahata,Vishuddhi, Ajana, Sashrar

The three Grandhis in Yoga

UNIT- III : YOGA THERAPY FOR LIFESTYLE DISEASES

Hypertension, Type II Diabetes, Obesity, Arteriosclerosis, Heart disease, and Cancer

UNIT-IV : MANAGEMENT OF DISEASES OF BODY SYSTEMS

Musculoskeletal System - Back Pain , Cervical and lumbar spondylosis , Arthritis and Muscular dystrophy.

Digestive System : Gastro Intestinal Disorders- Constipation , Irritable Bowel Syndrome and Stomach Ulcer

Endocrine and metabolic disorders: Hypo Thyroid, Hyper Thyroid.

Respiratory System: Chronic Bronchitis, Allergic Rhinitis and Sinusitis , Asthma

Urogenital System Menstrual disorders, Premenstrual Syndrome(PMS), Infertility-male and female, Kidney stones

UNIT-V : NEUROLOGICAL AND MENTAL DISORDERS

Neurological Disorders: Migraine headache, Cataract.

Mental Disorders- Stress, Gen Anxiety Disorder, Depression, Obsessive Compulsive Disorder (OCD), Post-Traumatic Stress Disorder (PTSD)

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1. Swami Satyananda Saraswathi, *A Systematic Course in the ancient Tantric Techniques of Yoga and Kriya*, Bihar School of Yoga, Munger
2. Swami Nirajananda Saraswati, *Prana, Pranayama, Pranavidya*, Bihar School of Yoga, Munger, Bihar, 1988
3. Swami Satyasaangananda Saraswati, *Tattava Shuddhi*, Bihar School of Yoga, Munger, Bihar 1984
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7. Dr R Nagarathna, Dr H R Nagendra, Dr Shamantakamani Narendran. *Yoga for Common Ailments and IAYT for Different Diseases*. SVYP. 2002
8. Text book on Essentials of Abnormal Psychology 7th Edition by V. Mark Durand, David H. Barlow 2002.

PAPER V - YOGA FOR FITNESS AND SPORTS

UNIT-I : INTRODUCTION

Difference and Similarities of Yogic exercises and Physical exercise - Complimentary nature of Yoga in Sports - Need and importance of Yoga for Sports promotion.

UNIT-II : TYPES OF PHYSICAL EXERCISES AND YOGIC EXERCISES

Meaning of exercise – Various types of physical exercises- Isotonic and Isometric Exercises - Aerobic exercises– Anaerobic exercise- Resistance exercises- Therapeutic exercise– Corrective exercises– Types of Stretching – Static, Dynamic, Active, Passive, Ballistic and PNF stretching – Yogic warm up exercises- Cultural or corrective asanas works on proprioceptors- Asanas works on visceroreceptors- Asanas works on vestibular receptors- Relaxation Asanas, Meditative Asanas.

UNIT-III : CONCEPT OF PHYSICAL FITNESS AND YOGIC FITNESS

Meaning and definition of fitness - Components of Fitness – Types of Fitness - Components of Health related Fitness- Cardio respiratory endurance, Muscular strength, Muscular endurance- Flexibility- Body composition- Use of Suryanamaskar for cardio-respiratory fitness- Isometric and Isotonic nature of asanas for improving muscle strength- Asanas and

Nauli for core strength -Cultural asanas for improving flexibility, Asanas and Pranayamas with Yogic diet for maintaining normal body composition.

UNIT-IV : HEALTH RELATED FITNESS ASSESSMENT AND FIRST AID

Standard Tests for assessment of components of health related fitness- Cardio respiratory fitness - 12 Min. Run or Walk Test/ Harvard Step Test- Tests for assessment of abdominal strength and grip strength - Flexibility- Sit and reach test- Body composition - BMI/ Skin Fold Calliper- Assessment of Resting Heart rate, Resting Respiratory Rate and Blood pressure. Assessment of functional fitness of elderly - First aid - Meaning and definition of First Aid - The PRICE principles of first aid -The ABC and steps involved in Cardiopulmonary Resuscitation (CPR) - First aid fracture ,sprain and strain.

UNIT V- NUTRITION

Meaning and definitions, Types of nutrition- Nutrients- macro nutrients and micronutrients - Sources and functions of Nutrients - Malnutrition, definition, causes of malnutrition ,Diseases due to deficiency of vitamins and minerals, prevention of malnutrition- Adulteration in food, Steps to remove adulteration in food –Yogic diet therapy for maintaining normal body composition.

Reference:

1. Dick, Frank W. (1980) sports Training Principles. London Lepus Books Stephen I. Bull (1999) Adherence issues in sports and exercise.
2. Ananda: The Complete Book of Yoga Harmony of Body and Mind (Orient Paper Backs: Vision Book Pvt. Ltd., 1982)
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8. 'First Aid the Vital Link' The Canadian Red Cross Society , Mosby Lifeline 1994
9. Clark N (1997) Nancy Clark's Sports Nutrition Guidebook. Second Edition. Human Kinetics, Champaign Illinois.
10. Sharad Chand Mishra. Dr. (2005) Concepts & issues in sports Nutrition

PAPER VI - YOGA AND PSYCHOLOGY

UNIT- I: INTRODUCTION

Definition of Psychology – Schools of Psychology - Branches of Psychology –Methods of

Psychological Studies: Introspection, Observation, Interview, Experimental method, Case study, Survey - Process in Perception and Cognition- Difference and Similarities of Yoga Psychology and Modern Psychology.

UNIT II - THE CONCEPT OF MIND AND CONSCIOUSNESS

The concept of Mind and consciousness in Yoga and modern psychology- Concept of consciousness as in Sri Aurobindo's Integral Yoga Psychology, the level of consciousness - The inconscient, The Subconscient, Physical, Vital, Mind, Higher Mind, illumined Mind, Intuitive Mind, Over Mind, Super Mind, Divine Consciousness (Sachidananda -Existence-Consciousness-Bliss) - Freudian concept of Topographical aspects of Mind - Unconscious, Pre conscious, and conscious Mind- Structure of mind - Id, Ego and Super Ego- Concept of Libido.

UNIT-III : YOGIC PERSONALITY AND MODERN PERSONALITY THEORIES

Personality - Meaning and Definitions - Yogic Personality based on Karma, Bhakti, Jnana Yogas - Personalities based on the three Gunas - Sattvik personality, Rajasic Personality, Tamasic Personality and Gunatheeth Personality- Major theories on personality development: Sigmund Freud, Carl Jung, Adler, Allport, Cattell, Eysenck, Carl Rogers and Eric Berne.

UNIT-IV : GROWTH AND DEVELOPMENT

Difference between growth and development- Definitions of Development- Principles of Human Development - Influences on development -Heredity, environment and maturation-Major contextual influences- The family, Socioeconomic status, Culture and race/Ethnicity-The concept of Development in Yoga - Saisava, Balya, Kaumara, Yavuyana, Varadhakya Stages of life in Yoga *Ashrama* - meaning and purpose of *Ashram*- Chaturashrama *Vyavastha* (The four dutiful stages of Human life), its impact on psychophysical, moral, social and spiritual development -Bramachariyam – Grahastham- Vanaprastham- Sanyasam - *Purushartas* (The four aims of Life) Artham, Kamam, Dharma, Moksha.

UNIT-V : DEVELOPMENTAL THEORIES

Psycho Sexual Development (Freud)

Psycho-social Development (Erikson)

Moral Development (Kohlberg)

Cognitive Development (Piaget)

References

1. Advanced General Psychology by Arun Kumar, Book, 2002.
2. Practical Yoga Psychology by Dr. Rishi Vivekananda, Yoga Publication Trust, Munger, first edition 2005.
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5. Eysenck (1952). *The Scientific Study of Personality*. Page 16.

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ASANAS & PRNAYAMAS AND MEDITATIONS - LEVEL 2

I. INTERMEDIATE AND ADVANCED ASANAS

Sitting Asanas

1. Gomukhasana
2. Simhasana
3. Baddhakonasana
4. Hanumanasana
5. Eka Pada Sirasana

Spinal Twisting Asanas

1. Meru Pristhasana
2. Bharadvājāsana
3. Adrha Matsyendrasana
4. Purna Matasendrasana

Backward Bend Asanas

1. Purna Bhujangasana
2. Purna Chakra Bandhasana
3. Setubandha Sarvangasana
4. Purna Shalabhasana
5. Ekpada Rajkapotasana

Forward Bend Asanas

1. Ardha Badh Padmotanasana
2. Vibhakta Paschimottanasana

Inverted Asana

1. Moordasana
2. Sirshasana
3. Karna Pidasana

Balancing Asanas

1. Mayurasana
2. Vatayanasana
3. Padama bakasana
4. Tittibhasana
5. Vrischikasana
6. Purna Natrajasana

II. PRANAYAMAS

1. Ujjai pranayama
2. Moorchha pranayama
3. Plavani Pranayama

III MUDRAS

Kaya Mudra (postural mudras)

1. Vipareeta karani mudra
2. Yoga mudra

Bandha Mudra

1. Maha Mudra
2. Mahavedha Mudra

IV. MEDITATIONS

1. Pancha Tatva Dhyana
2. Pancha Vayu Dhyana
3. Panchakosha Dhyana
4. Kundalini or Chakra Dhyana

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