

KANNUR UNIVERSITY
(Abstract)

Post Graduate Diploma in Yoga Education under the School of Physical Education and Sports Sciences, Mangattuparamba Campus - Regulation, Scheme, Syllabus and Model question papers Implemented-with effect from 2018 admission – Orders issued.

ACADEMIC 'C' SECTION

U.O. No. Acad/C4/11981/2018

Civil Station (P.O), dated 11-07 -2018

- Read: 1. Minutes of the meeting of the Syndicate vide item No 2017.143 Dated 14/03/2017.
2. Minutes of the meeting of the BOS in Physical Education(Cd) Dated 14/09/2017
3. U.O.No.Acad.A1/14212/2017. Dated 11/06/2018.
4. Letter No. Nil Dated. 26/06/2018 from Dr.P.T.Joseph, Former Chairman, BOS in Physical Education(Cd).

ORDER

1. As per the paper read (1) above, the Syndicate of the University considered the proposal for starting Post Graduate Diploma Course in Yoga Education under School of Physical Education & Sports Sciences, Kannur University, Mangattuparamba campus and resolved to grant permission for the same.

2. The meeting of the Board of Studies in Physical Education (Cd) held on 14/09/17, along with subject experts, prepared the draft Scheme and Syllabus for the Post Graduate Diploma in Yoga Education Course vide paper read(2) above. The Board further authorized the Chairman to submit the Regulation, Scheme and Syllabus of the course, to the university, for approval.

3. As per the reference (3), sanction was accorded to start Post Graduate Diploma in Yoga Education Course of one year duration, with an intake of 25 students under the School of Physical Education & Sports Sciences, Mangattuparamba Campus from the academic year 2018-2019.

4. Dr.P.T.Joseph, Former Chairman, Board of Studies in Physical Education(Cd), submitted the Regulation, Scheme, Syllabus and model question papers of the course, Post Graduate Diploma in Yoga Education under the School of Physical Education & Sports Sciences vide the paper read(4) above, for implementing the same with effect from 2018 admission.

5. The Vice-Chancellor, after considering the matter in detail, and in exercise of the powers of the Academic Council, conferred under Section 11(1) of Kannur University Act, 1996 and all other enabling provisions read together with, accorded sanction to implement the Scheme, Syllabus and Model question papers for Post Graduate Diploma in Yoga Education Course under School of Physical Education & Sports Sciences, Mangattuparamba Campus of the University, with effect from 2018 admission, Subject to reporting to the Academic Council.

P.T.O

6. The Regulation, Scheme, Syllabus and model question papers for the Post Graduate Diploma in Yoga Education, implemented with effect from 2018 admission, are uploaded in the University website.

Orders are therefore issued accordingly.

Sd/-
JOINT REGISTRAR (ACADEMIC)
For REGISTRAR

To:

The Head, School of Physical Education & Sports Sciences,
Mangattuparamba Campus

Copy to:

1. The Examination Branch (through PA to CE)
2. PS to VC/PA to PVC/PA to Registrar/PA to CE.
3. EXCI Section
4. JR/AR-I (Academic)/All Sections of Academic Br./DSS/DO
5. Computer Programmer(for uploading in the Website)
6. SF/DF/FC

Forwarded /By Order



SECTION OFFICER



Appendix to U.O.No.Acad/C4/11981/2018

dated 11/07/2018



KANNUR UNIVERSITY

SCHOOL OF PHYSICAL EDUCATION AND SPORTS SCIENCES

REGULATION, SCHEME AND SYLLABUS

FOR

POST GRADUATE DIPLOMA IN YOGA EDUCATION



KANNUR UNIVERSITY
SCHOOL OF PHYSICAL EDUCATION AND SPORTS SCIENCES

**Regulation, Scheme & Syllabus for
 Post Graduate Diploma in Yoga Education**

1. **NAME OF THE PROGRAMME** : Post Graduate Diploma in Yoga Education

2. **AIM OF THE PROGRAMME**
 The aim of the course is to train the students to work as a professional Yoga Trainers or Yoga Therapists for promoting health and wellness of the community, to work in educational institutions for teaching yoga and for promoting the well being and quality of life of individual.

3. **OBJECTIVES OF THE PROGRAMME**
 - (i) To introduce the fundamental principles and scientific basis of Yoga.
 - (ii) To produce well-trained Yoga teachers.
 - (iii) To equip the students to run their own Yoga centres.
 - (iv) To prepare therapeutic methods for management and treatment of diseases.
 - (v) To work as health professionals to promote health and wellness.
 - (vi) To develop skills in practice and research.
 - (vii) To promote ethics, values and principles in life
 - (viii) To attain higher level of consciousness.

4. **NATURE OF THE COURSE:** The course shall be full time regular and co-educational.

5. **DURATION OF THE COURSE:** The duration of the course shall be one academic year consisting of two semesters. Each semesters shall have 90 working days.

6. **ELIGIBILITY FOR ADMISSION**
 - (i) Should have passed any Bachelor Degree of Kannur University or any other University recognized as equivalent thereto.
 - (ii) Age - No bar
 - (iii) Should be physically and mentally fit to undergo Yoga training.

7. **RESERVATION OF SEATS**
 Reservation of seats shall be as per rules framed by the Government/University from time to time.

8. SELECTION CRITERIA

The course shall have 25 (Twenty five) seats in a batch. The selection of candidates for admission to the course shall be based on the merit determined by the following criteria:

i)	Entrance examination *	-	50 marks
ii)	Physical Fitness test	-	25 marks
iii)	Marks of the qualifying examination	-	25 marks
Total -			100 marks

** Entrance examination shall be multiple choice questions based on the knowledge of Health, Yoga, General Mental ability, General Knowledge, Current affairs & Objective English . Candidates should score atleast 40% marks in the selection tests to place in the rank list.*

9. MEDIUM OF INSTRUCTION AND EXAMINATION

The medium of Instruction and Examination of the course shall be English.

10. COURSE CONTENT AND SCHEME OF EXAMINATION

SEMESTER I

Course Code	Course Content	Marks			Total Teaching hours
		Internal	External	Total	
YE001	Foundations of Yoga	40	60	100	60
YE002	Human Anatomy and Physiology	40	60	100	60
YE003	Principles and Methods of Hatha Yoga Practice	40	60	100	60
YE004	Yoga Practical -Level-I	40	60	100	180
Total for Semester I		160	240	400	360

SEMESTER II

Course Code	Course Content	Marks			Total hours
		Internal	External	Total	
YE005	Yoga Therapy	40	60	100	60
YE006	Yoga for Fitness and Sports	40	60	100	60
YE007	Yoga and Psychology	40	60	100	60
YE008	Yoga Practical -Level-II	40	60	100	180
Total for Semester I		160	240	400	360

11. ATTENDANCE

The minimum attendance for both theory and practical required for each paper shall be 85% of the total number of classes conducted for that semester. Those who secure the minimum attendance in a semester alone will be allowed to register for the University examination.

Attendance (For Internal Valuation)

Above 95 % - 5 marks

90 to 94 % - 4 marks

85 to 89 % - 3 marks

Below 85 % - 0 marks.

Condonation of shortage of attendance, for a maximum of 10 days of the working days, during the whole period of the course may be granted as per the existing university rules. A student who is not eligible for such condonation shall repeat the Course along with the subsequent batch.

12. SCHEME OF EVALUATION

The evaluation of a course consists of two parts: Internal Evaluation (IE) and End Semester Examination (ESE). The total marks allotted for the theory papers and Practical shall be 100, with 40 % marks for Internal Evaluation and 60% marks for the End Semester Examination.

13. INTERNAL EVALUATION

Internal Evaluation for theory and practical shall be on the basis of the internal examinations, assignments, seminars and attendance. The valuation shall be conducted by the concerned teacher. The students shall also maintain a record book which should be submitted at the time of the University examinations.

Internal Evaluation of Theory Papers

Details of Internal Assessment	Marks
Test Papers	15
Assignment	10
Seminar Presentation	10
Attendance for the semester	5
Total	40

Internal Evaluation of Practical Examination

Details of Yoga practical	Marks
Demonstration	20
Instructions, Skills, Communications, Time Management etc.	10
Viva Voce	10
Total	40

14. END SEMESTER EXAMINATION

The End Semester Examination in theory and practical shall be conducted by the University after the completion of the required theory and practical classes at the end of the semesters. The duration of the End Semester Examination for each theory paper shall be for 3 hours. The Head of the Department of the Course shall submit the attendance certificate, marks of internal assessments of eligible candidates for attending the University examination.

End Semester Evaluation of Practicals shall be conducted by the University with two examiners- one internal and one external. There shall be no provision for revaluation. There shall also, be no supplementary examinations. For reappearance/improvement, the students can appear along with the next batch. There shall be no improvement chance for internal evaluation. Moderation shall be decided by the concerned Board of Examiners.

End Semester Examination of Theory Papers: Question Paper Pattern

Type of questions	Number Questions	Questions to be answered	Marks	Total Marks
Section A- Essay Questions	4	2	15	30
Section B -Short Essay Questions	4	2	10	20
Section C -Short Answer Questions	8	5	2	10
Total Marks	16	9		60

End Semester Practical Examination (External Valuation)

Details of Yoga Practical	Marks
Demonstration	20
Instructions, Skills, Communications, etc.	15
Viva Voce	10
Record book of Yoga Skills	15
Total	60

15. **PROMOTION AND PASS**

Students who secure not less than 50% marks in aggregate and separately in internal and external assessments in each of the theory papers and in practical shall be declared to have passed the **Post Graduate Diploma in Yoga Education Examination.**

16.. **CLASSIFICATION OF EXAMINATION RESULT**

The classification of examination result shall be awarded at the end of the course on the basis of aggregate marks **obtained in the Ist and IInd Semesters** by the students.

- i) Candidates securing 50% but below 60% - Second class
- ii) Candidates securing 60% and above - First class

17. **GRIEVANCE REDRESSAL MECHANISIM**

As per the Regulations framed by the University

18. **FACULTY:** The Course comes under the Faculty of Sports Science and Physical Education

SEMESTER I

YE001- 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 Prasad- Removal of obstacles - *Samapatti* (Complete absorption of mind) - Classification of *Samadhi* -*Kriya Yoga*- *Pancha Kleshas* - Removal of *Kleshas- Ashtangayoga- Yama ,Niyama, Asana,Pranayama, PratyaharaDharana, 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.

References

1. Swami Ramsukh Das, *Srimad Bhagavadgita* (Sadhaka Sanjivani), Vol I & II, Geetha Press Gorakhpur 1999.
2. Swami Chinmayananda, *Viveka Choodamani*, Chinmaya Mission Trust, Bombay 1988.
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
6. Annie Besant, *An Introduction to Yoga*, Cosmo, New Delhi, 2005
7. E.I. Warriar, *Sri Aurobindo's Integral Yoga and Sankara's Advaita- A Comparative Study*, Allahabad: Vohra Publishers & Distributors
8. Swami Satyananda Saraswathi, *Four Chapters on Freedom(Commentary on Yoga Sutras of Patanjali)*, Yoga Publication Trust, Munger, 2000.
9. Iyengar, B.K.S., *Light on Yoga*. New Delhi: Harper Collins Publishers, 2000
10. Swami Kuvalayananda Gheranda Samhitha, *Commentary by Kaivalyadhama*, Lonavala, Poona, 1997
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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YE002 - 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 vascularSystem.

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.

References

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.

YE003 - 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 Relaxtion 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.

Reference

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
5. Swami Niranjananda Saraswathi, *Yoga Darshan*, Pancha Dashanam Paramhamsa,
6. Alakhbada, Deoghar, Bihar, 1994
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10. Swami Kuvalayanda, (1998), *Asanas*. Lonavala: Kaivalyadhama.
11. Swami Satyananada Sarasvati. (1989), *Asana Pranayama Mudra Bandha*. Munger: Bihar School of Yoga.
12. Swami Sivananda, (1971), *The Science of Pranayama*. Chennai: A Divine Life Society Publication.

YE004: 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 joins
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. Dhyanaaveerasana
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

References

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
4. Swami Satyananda Saraswati, *Four Chapters of Freedom* , (Bihar School of Yoga, 2000) Swami Kuvalayanda, (1998), *Asanas*. Lonavala: Kaivalyadhama.
5. Swami Satyananada Sarasvati. (1989), *Asana Pranayama Mudra Bandha*. Munger: Bihar School of Yoga.
6. Swami Sivananda, (1971), *The Science of Pranayama*. Chennai: A Divine Life Society Publication.

SEMESTER- II
YE005 - 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

Panchavayus - 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)

References

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
4. Swami Kuvalayanada, *Vasistha Samhita* (Yoga Kanda) Kaivalyadhama, S.M.Y.M. Samithi Vasistha Samhita (Yoga Kanda).
5. H. David Quilter, *Anatomy of Hatha Yoga*, Motilal Banarasi Dass, New Delhi 2004. *Yoga for Different Ailments*, Series published SVYASA, Bangalore.
6. Dr. Swami Karmananda Saraswati, MBBS, *Yogic Management of Common Diseases*, Bihar School of Yoga, Munger, Bihar 1992.
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.

YE006 - 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.

References:

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)
3. Havley E. T. and Franks B . D. (1997) Health Fitness instructions handbook . Third edition. Human kinetics Champaign Illinois
4. Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co.
5. Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
6. Swami Satyananada Sarasvati. (1989), Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.
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10. Sharad Chand Mishra. Dr. (2005) Concepts & issues in sports Nutrition

YE007 - 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 ,Tamasik 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 if life in Yoga *Ashrama* - meaning and purpose of *Ashram*- *Chaturashrama Vyvastha* (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.
3. Swami Satyananda Saraswathi, *A Systematic Course in the ancient Tantric Techniques of Yoga and Kriya*, Bihar School of Yoga, Munger
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5. Eysenck (1952). *The Scientific Study of Personality*. Page 16.
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9. Shaffer, D. R., & Kipp, K. (2007). Developmental Psychology: Childhood and Adolescence. (7th Ed). Thomson Learning, Indian reprint 2007
10. Patrick Olivelle (1993), The Ashrama System: The History and Hermeneutics of a Religious Institution, Oxford University Press , pages 1-29, 84-111
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YE008 - YOGA PRACTICAL : LEVEL -II
ASANAS & PRNAYAMAS AND MEDITATIONS

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

References

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
4. Swami Satyananda Saraswati, *Four Chapters of Freedom*, (Bihar School of Yoga, 2000) Swami Kuvalayanda, (1998), *Asanas*. Lonavala: Kaivalyadhama.
5. Swami Satyananada Sarasvati. (1989), *Asana Pranayama Mudra Bandha*. Munger: Bihar School of Yoga.
6. Swami Sivananda, (1971), *The Science of Pranayama*. Chennai: A Divine Life Society Publication.

POST GRADUATE DIPLOMA IN YOGA EDUCATION

Model Question Papers

Semester I

Name.....

Question Code.....

Reg.No.....

YE001: FOUNDATIONS OF YOGA

Time : Three hours

Maximum marks : 60

Section A

Answer any *two* of the following. Each question carries *15* marks

1. Elucidate the origin and development of Yoga.
2. Why Yoga Sutra is Known as Astanga Yoga ? Discuss influence of Yama and Niyama on moral and ethical development.
3. Define Yoga and explain Bhakti Yoga and Jnana Yoga.
4. Briefly explain the Shad Darshanas and how they are related to Yoga.

Section B

Answer any *two* of the following. Each question carries *10* marks

5. Misconceptions of Yoga
6. Difference between Karma and Karma Yoga
7. Purpose of Hatha Yoga Pradeepika
8. The Five kinds of Vrithis

Section C

Answer any *five* of the following. Each question carries *2* marks

9. Objectives of Yoga
10. Buddhisim
11. Sthithaprajnan
12. Lokasamgraham
13. Abhyasa and Vairagya.
14. Pancha Kleshas
15. Samyama
16. Thirumanthiram,

POST GRADUATE DIPLOMA IN YOGA EDUCATION

Model Question Paper

Semester I

Name.....

Question Code.....

Reg.No.....

YE002: HUMAN ANATOMY AND PHYSIOLOGY

Time : Three hours

Maximum marks : 60

Section A

Answer any *two* of the following. Each question carries *15* marks

1. Cell is the structural and functional unit of an organism. Explain with diagram.
2. Discuss different types of bones and synovial joints giving example for each
3. Explain the process of Digestion and absorption of the products of digestion
4. Why Pituitary is called the master gland of endocrine system.? Discuss.

Section B

Answer any *two* of the following. Each question carries *10* marks

5. Draw the diagram of Neuron and discuss its important function
6. Discuss the important muscles in the upper body and their functions
7. Briefly discuss the function of the heart
8. Functions of Kidney

Section C

Answer any *five* of the following. Each question carries *2* marks

9. Blood Cells
10. Pancreas
11. Inter vertebral disc
12. Immune system
13. Functions of Pineal Gland
14. Female reproductive system
15. Types of tissues
16. Thyroid

POST GRADUATE DIPLOMA IN YOGA EDUCATION

Model Question Paper

Semester I

Name.....

Question Code.....

Reg.No.....

YE003: PRINCIPLES AND METHODS OF HATHA YOGA PRACTICE

Time : Three hours

Maximum marks : 60

Section A

Answer any *two* of the following . Each question carries *15* marks

1. What are the rules and instructions for practice of Yoga. Explain the concept of *Mithahara*.
2. What is Shad Karmas. Explain Discuss Jala Nethi.
3. Discuss the Asanas working on vestibular system
4. What is Mudra ? Discuss Hastha Mudras with their psychological benefits.

Section B

Answer any *two* of the following . Each question carries *10* marks

5. Discuss the process in the Yogic breathing
6. Why jalandhara bandha and moolabandha are used in the process of pranayama
7. Discuss the three types of Dhyana
8. Steps in Yoga Nidra

Section C

Answer any *five* of the following . Each question carries *2* marks

9. Yama and Niyama in Hatha Yoga
10. Trataka
11. The three types of food
12. Meditative Asanas
13. Adhara Mudra
14. The three process in Pranayama
15. Hatha Yoga Siddhi Lakshanam.
16. Pancha Mahabhoothas

POST GRADUATE DIPLOMA IN YOGA EDUCATION

Model Question Paper

Semester- II

Name.....

Question Code.....

Reg.No.....

YE005: YOGA THERAPY

Time : Three hours

Maximum marks : 60

Section A

Answer any *two* of the following. Each question carries **15**marks

1. What is Yoga therapy? Discuss the principles involved in the Yoga therapy.
2. Discuss the concept of Pancha Pranas and their functions in the body.
3. Chalk out a Yoga therapy for treatment of Type II Diabetes
4. Elucidate the Psycho-physiological functions of Chakra in the subtle body.

Section B

Answer any *two* of the following. Each question carries **10**marks

5. Discuss the concept of Pancha Mahabhutas and their therapeutic effects in body system.
6. Briefly explain the concept of Nadis and their functions in the body.
7. What is obesity ? Suggest Yoga therapy for its management.
8. Yoga therapy for management of Post-Traumatic Stress Disorder (PTSD)

Section C

Answer any *five* of the following. Each question carries **2** marks

9. Management of Cervical spondylosis in Yoga
10. The three Grandhis in Yoga
11. Pancha Upa Vayus
12. Yogic life style for prevention of Cancer
13. Yogic diet for management of Stomach Ulcer
14. Asanas and Mudras used in management of infertility.
15. What type of Asanas would the best for management of back pain
16. Premenstrual Syndrome(PMS)

POST GRADUATE DIPLOMA IN YOGA EDUCATION

Model Question Paper

Semester II

Name.....

Question Code.....

Reg.No.....

YE006: YOGA FOR FITNESS AND SPORTS

Time : Three hours

Maximum marks : 60

Section A

Answer any *two* of the following. Each question carries **15**marks

1. Discuss the role of Yoga for Sports promotion.
2. What are the components of health related fitness? Discuss the standard health related physical fitness tests for cardio-respiratory fitness.
3. Discuss any two isometric asanas for improving core strength.
4. What is nutrition ? Discuss the functions and sources of essential nutrients

Section B

Answer any *two* of the following. Each question carries **10**marks

5. Difference between Asanas and physical exercises
6. Various types of stretching exercises
7. Discuss functional fitness test for elderly
8. What are the steps involved in Cardiopulmonary Resuscitation (CPR) ?

Section C

Answer any *five* of the following. Each question carries **2** marks

9. Aerobics
10. The twelve poses of Suryanamaskar
11. Assessment of resting heart rate
12. Importance of warming up and cooling down exercise
13. Asanas works on vestibular receptors
14. Use of Body mass index
15. PRICE principles of first aid
16. Malnutrition

POST GRADUATE DIPLOMA IN YOGA EDUCATION

Model Question Paper

Semester II

Name.....

Question Code.....

Reg.No.....

YE007: YOGA AND PSYCHOLOGY

Time : Three hours

Maximum marks : 60

Section A

Answer any *two* of the following. Each question carries *15* marks

1. Compare and contrast the concept of mind in Yoga Psychology and Freudian Psychology
2. Discuss the concept of consciousness in Sri Aurobindo's Integral Yoga Psychology
3. Briefly discuss transactional analysis as propounded by Eric Berne.
4. Discuss Erikson's Psycho-social Development for personality development

Section B

Answer any *two* of the following. Each question carries *10* marks

5. Briefly explain the schools of psychology
6. Personalities based on the three Gunas
7. Chaturashrama Vyavastha and human development
8. Similarities of Yoga psychology and Carl Rogers Humanistic theory

Section C

Answer any *five* of the following. Each question carries *2* marks

9. Process in Perception
10. Difference and Similarities of Yoga Psychology and Modern Psychology.
11. Principles of Human Development
12. What is personality as per Allport
13. Purushartas
14. Stages in Cognitive Development
15. Kohlberg's Moral Development
16. Trait Theory of personality