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ભાંગ ભાંગ
Affiliated TNPESU

MOU OF DISTANT EDUCATION DIPLOMA IN YOGA



SYLLABUS

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YUVA COLLEGE OF YOGA * YUVA SCHOOL OF YOGA
DIPLOMA IN YOGA – SYLLABUS

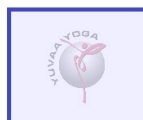


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hong kong
Affiliated TNPESU

MOU OF DISTANT EDUCATION DIPLOMA IN YOGA

Name of the course	Diploma in Yoga
Eligibility	+2 Passed
Stream	Distance Education
Duration	One Year
Medium	English
Attendance	Minimum 80%
Year	2014 – 15 onwards

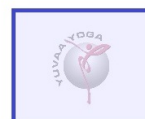


Diploma in Yoga (DDE)

Scheme of Examination

Mark Distribution

Paper code	Name of Subject	Internal marks	External marks	Total marks
	Fundamentals of Yoga Education	25	75	100
	Yogic Psychology and Yogic Therapies	25	75	100
	Methods of Yogic Practices	25	75	100
	Practical: Yogic Practices	25	75	100
	Village Placement Programme	100	-	100
	Total marks			500



PAPER - I

FUNDAMENTALS OF YOGA EDUCATION

UNIT - I

Meaning - Definitions - Need - Nature - Aim and objectives - Philosophy and Scope of yoga - Modern developments in yoga - Misconceptions and clarifications about yoga - yoga and Education, yoga and physical education. Schools of yoga - Iyengar yoga and Vini yoga.

UNIT - II

History of yoga - Vedas - Bhagavad Gita, Upanishads, Ramayana, Mahabharata, Brahma Sutras - Astanga Yoga of Patanjali : Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi. Paths of yoga : Hatha yoga, Bhakti yoga, Jnana yoga, Karma yoga, Raja yoga, Mantra yoga, Laya yoga, Yantra yoga.

UNIT - III

Contributions to yoga - Hatha Pradipika, yoga sutras, Gheranda samhita, yajnavalkya samhita, yoga Rahasya, Thirumandiram. Contributions of yoga to Hinduism, Jainism, Buddhism, Christianity, Islam.

Contributions to yoga : Vivekananda, Kuvalayananda, Sivananda, Krishnamacharya, Sri Ramalingaswami, Maharishi Mahesh yogi, Sri Aurobindo, Contributions of Siddhars : Thirumoolar, Agasthar, Sri Goraknath, Bohar

UNIT - IV

Introduction to Anatomy and Physiology.

Nervous System : Structure and Function of brain and spinal cord - Neuron - Reflex Arc - Beneficial yogic practices on nervous system.

Cardiovascular System - Structure and Functions of Heart - Beneficial yogic practices on cardiovascular system.

Endocrine System - Endocrine Glands - Hormones - Functions of Hormones. Beneficial yogic practices on endocrine system.

UNIT V

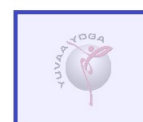
Respiratory System - Respiration - Structure and Function of Lung - Mechanism of breathing - Lung volumes and capacities - Beneficial yogic practices on Respiratory System.

Digestive system : Structure and Function of Digestive Tract - Beneficial yogic practices on Digestive System. Posture : Posture - Postural tone - components of Good posture - Bad posture - Beneficial yogic practices on Posture.



References:-

- Iyenger B.K.S (1976) Light on yoga, London, Unwin paperbacks.
- Sivananda Sarawathi swami (1934) Yoga Asanas Madras: My magazine of india.
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Paper - II

Yogic Psychology and Yogic Therapies

UNIT I

Psychology: Meaning, Definitions, Nature, Need and Scope of psychology, Branches of psychology, Relationship of psychology and yoga. Role of yoga on Growth and Development. Learning, Motivation, Emotions - and personality. Yoga for Super-consciousness, Yogic Practices for balancing mind, Nadis and Chakras, Yogic Practices on Chakras.

UNIT II

Meaning, Definitions, Need, Scope of spirituality - Religions challenges: Physical, Mental, Moral, Social, Cultural and Religious. Role of Religion in the Society - Methods of developing spirituality - Relationships among yoga, religion and spirituality. Moral values, Divine virtues, human values and yoga. Yoga and Leadership

UNIT III

Physiology and pathology in the yoga shastra - Description of the Glands - Ayurvedha - Tridosha - Common ailments, Introduction to alternative medicine and Therapies

UNIT IV

Selective yogic practice for Heart Problems, Asthma, Arthritis, Back pain, constipation, Diabetes mellitus, obesity, Mental disorders. Selective yogic practices for Anxiety, Stress, Menstrual irregularities

UNIT V

Yogic Diet - Tamasic foods - Rajasic foods - Satvic foods - Articles of yogic diet - principles of diet - Balanced diet - ideal yogic diet - chart, moral aspects of diet - Naturopathy diet. Fitness and Wellness, Positive health.



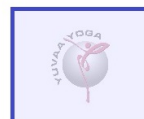
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3. Gita Mathew, (1997) Sports Psychology , Shejin and Shiju Brothers, Karaikudi
4. Gidr,et al., (1989) Psychology , Glenview: scott foresman and company.
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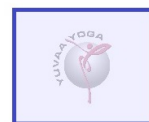


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9. Dr. O.P Jaggi(2001) , Healing Systems , Delhi Orient paper backs
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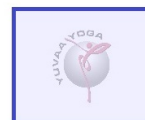


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Paper IV

YOGIC PRACTICES

Unit I: Loosening the joints

Surya Namaskar: for children (10 steps)
Bihar School of yoga model
Vivekananda Kendra Model

Unit II: Asanas: Vrksasana, Parivrtta Trikonasana, Padahasthasana, Ushtrasana, Sirshasana, Halasana, Sravangasana, Matsyasana, Bhujangasana, Salabhasana, Dhanurasana, Navasana, Natarajasana, Siddha yonisasana, Ardha Matsyendrasana, Paschimottasana, Baddha Konasana, Kukutasana, Padmasana, Vajrasana, Siddhasana, Siddha yonisasana, Savasana

Unit III: Pranayama

Yogic Breathing
Kapalbhati, Bhramari
Ujjayi, Sheetali, Sheetkari, Bhastrika, Nadi Shodhana

Unit IV: Kriyas

Jalaneti, Sutrakriti

Bandhas

Jalandhara Bandha, Moola Bandha, uddiyana Bandha

Mudras

Chin mudra, chinmaya mudra, adi mudra, Brahma mudra, Bhairava mudra, Shanmukhi mudra, Vipareeta karani Mudra, yoga mudra, ashwini mudra, nasiga mudra

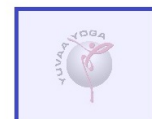
Unit V: Meditation

Mantra Meditation, Yoga nidra, Surya yoga, Rajayoga meditation, Trataka Meditation, Nine centered meditation



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Paper V

VILLAGE PLACEMENT PROGRAMME

Duration : Five days
Date : During 1st Semester
Mode of Evaluation : Internal Assessment
Maximum Marks : 100
Subject : Yoga
Nature of Programme : to teach and train villagers.

