

# युवा इच्छते वी पुढे

होम क्लब  
Affiliated TNPESU

## MOU OF DISTANT EDUCATION M.Sc., IN YOGA



## SYLLABUS

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YUVA COLLEGE OF YOGA \* YUVA SCHOOL OF YOGA  
M.Sc., IN YOGA – SYLLABUS

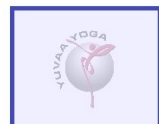


# પુણ્ય ઇન્સ્ટિટ્યૂટ ઓફ યોગ

hong kong  
Affiliated TNPESU

## MOU OF DISTANT EDUCATION M.Sc., IN YOGA

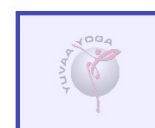
Name of the course	M.Sc in Yoga
Eligibility	Any UG Degree
Stream	Distance Education
Duration	2 Years
Medium	English
Attendance	Minimum 80%
Year	2014 – 15 onwards



**M.Sc in Yoga (DDE)**  
**SCHEME OF EXAMINATIONS**  
**MARK DISTRIBUTION**

Ist Year			
TITLE	INTERNAL MARKS	EXTERNAL MARKS	MAX. MARKS
Fundamentals of Yoga Education	25	75	100
Applied Anatomy and Physiology	25	75	100
Methods of Yogic practices- I	25	75	100
Introduction to <i>Alternative medicine and Therapies</i>	25	75	100
Methodology of teaching yogic practices	25	75	100
<b>Practicals</b>			
Practical training in Yoga I	25	75	100
Teaching Practice	25	75	100
Village placement Programme	100	--	100
<b>Total</b>			<b>800</b>

II Year			
TITLE	INTERNAL MARKS	EXTERNAL MARKS	MAX. MARKS
Research processes and Statistics in Yoga	25	75	100
Methods of Yogic Practices- II	25	75	100
Yogic Psychology and Super consciousness	25	75	100
Yoga therapy	25	75	100
Thesis	25	75	100
<b>Practicals : clinical applications</b>	<b>25</b>	<b>75</b>	<b>100</b>
Practical training in Yoga II	25	75	100
Internship (Hospitals or health centers or Yoga and naturopathy centers)	100	--	100
<b>Total</b>			<b>700</b>
<b>Grand Total</b>			<b>1600</b>



## FUNDAMENTALS OF YOGA EDUCATION

Unit I: Yoga: Meaning, Definitions, Need, Nature, Aim and objectives, principles, philosophy and scope of yoga

Philosophy: Scope of philosophy

Shad Darshanas: Nyaya, Vaishesika, Samkhya, Yoga, Mimamsa, Vedanta, Misconceptions and clarifications of Yoga.

Unit II: History of Yoga

Vedas, Upanishads, Yoga vasishtha, Ramayana, Mahabharata, Bhagavad Gita, Brahma Sutras

Modern Developments in Yoga, School of Yoga: Sivananda yoga, Integral yoga, Bihar school of Yoga, Kundalini Yoga, Ashtanga Yoga, Viniyoga, Iyengar yoga

Unit III: Contributions to yoga by yoga sutra: Samadhi pada, Sadhana pada, vibhooti pada, kaivalya yoga- Tirumandiram: Ashtanga yogam, Fruits of Eight limbed yoga, Eight great Siddhis- Yoga yajnavalkya Samhita, Goraksataka, Hatha yoga pradipika, Gheranda Samhita, Shiva Samhita, - Yoga Rahasya

Unit IV: Contributions of Yoga to Religions: Hinduism, Jainism, Buddhism, Christianity, Islam

Paths of Yoga: Hatha yoga, Bhakthi Yoga, Jnana yoga, Karma yoga, Raja Yoga, Mantra Yoga, Laya Yoga, Yantra yoga

Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, pratyahara, Dharana, Dhyana, Samadhi

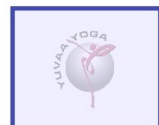
Unit V: Contributions to Yoga: Matsyendranath, Thiruvalluvar, Vallalar, Vivekananda, Sri Arobindo, Maharishi Mahesh Yogi, Kuvalayananda, Sri Yogendraji, Swami Rama, Vishnudevananda, Parmahansa Yogananda, Vethathiri maharishi, Swami Dhirendra Brahmachari.





### *References:-*

1. Iyengar B. K. S ( 1976) Light on yoga, London, Unwin paperbacks.
2. Sivananda Saraswathi swami (1934) Yoga Asanas Madras : My magazine of India.
3. Satyanāda saraswati swami (2008) Asana, Pranayama, Mudra, Bandha, mungar : Yoga publications trust.
4. Iyenger B.K.S (2008) Light on pranayama, New Delhi : Haper Collins publishers India.
5. Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New york : Pocket Books.
6. Chandrasekaran K (1999) sound health through yoga Sedapatti : Prem Kalyan Publications.
7. Yogeshwaranand saraswathi swami ( 1975) First steps to higher yoga , Gangothari : Yoga niketan trust.
8. Coulter, H David (2001) Anatomy and Hatha yoga,USA:Body and Breath Inc.
9. Kirk Martin (2006) Hatha Yoga Illustrated Champaign : Humenkinetics.
10. Gharote (2004) Applied yoga, Lonvla : Kaivalyadhama.
11. Kathy Lee Kappmeier and Diane M. Ambrosini (2006) Instructing Hatha Yoga, Champaign : Human Kinetics.



## APPLIED ANATOMY AND PHYSIOLOGY

Unit I: Tissue cell: Cell structure- groups of Tissue- Epithelial tissue, muscular tissue, connective tissue their functions

The skeletal system- Bones, joints and muscles of the skeleton- tendons and ligaments- their functions

Unit II: The circulatory system- structure of the heart- the cardiac cycle- composition of blood- Blood pressure- Blood Pressure- Blood vessels- Hematological system- their functions- arteries, veins & capillaries. The Digestive system- alimentary canal- mouth- pharynx- esophagus- stomach- small and large intestine- the peritoneum- Liver- gall bladder- Pancreas- their functions- metabolism- physiology of digestion  
The respiratory system - The respiratory passages - nose, pharynx, larynx, bronchi, lungs, their function - oxygen consumption.

The Thoracic cavity: Lungs, Physiology of respiration

The Endocrine system- Hypothalamus, Pituitary gland- thyroid gland, Parathyroid glands- thymus gland- adrenal gland- Pineal gland- their functions

Unit III: the nervous system- The central nervous system- autonomic nervous system- Brain- spinal cord- Sympathetic and parasympathetic systems- their functions- sensory organs-

Skin- eyes- ear- tongue- nose- their functions

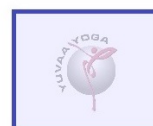
Posture- active posture- inactive posture- ideal posture- control of posture

Unit IV: The urinary system- Kidneys, ureters, bladder, urethra, renal function

The reproductive system- puberty- menopause- testes, uterus, ovaries- their functions

Unit V: Impact of yogic practices on the anatomy and physiology of different systems of human body-cells, bones, joints and muscles, skin.

Cardio-vascular system, respiratory system, digestive & excretory system, haematological and immune system, glands, nervous system, body metabolism, special senses, locomotor system



### **References:**

1. Arthur C. Guyton & John Edward Hall (2006), Textbook of Medical Physiology, Florida, United States, Elsevier Standards.
2. Surinder H Singh & Krishna Garg, (2008), Anatomy and Physiology for nurses & allied health sciences, New Delhi CBS Publishers.
3. Sivaramakrishnan S. (2006) , Anatomy and Physiology for Physical Education, New Delhi , Friends Publishers.
4. Anne Waugh & Alison Graunt (2005) Anatomy and Physiology in Health and Wellness, Allahabad, Churchill Livingstone.
5. Clark Robert K (2005) ,Anatomy & Physiology – Understanding the Human body, Suddury, United States, Jones & Bartlett.
6. Shri Krishna (1985) Notes on Structure and Functions of Human body & Effects of Yogic practices in it, Mumbai. ICYHC Kaivalyadhama.
7. Dutta Ray (2001) Yogi Exercises , New Delhi : Jaypee Brothers.
8. Shirley Telles (2006) A Glimpse of the human , Bangalore : Swami Vivekananda yoga prakashana
9. Leslie kaminoff (2007) yoga anatomy, champaign : Human Kinetics
10. Peter L Williams & Roger Waswie (1988), Gray's Anatomy, Edinburgh: Churchill Livingstone.
11. Evelyne C peace (1997) Anatomy & Physiology for Nurses, New Delhi : Jaypee Brothers.
12. Gore M.M. (2003) Anatomy & Physiology for yogic practices , Lonavala : KamhanPrakshan.



## METHODS OF YOGIC PRACTICES – I

Unit 1: Essentials of Yogic Practices: Cleanliness and food, Bath, Time, Sun, Closing eyes, Place, Mirror, Breathing, awareness, Age limitations, sequence Blanket, clothes, position, emptying the bowels and stomach, counter pose, pregnancy, contra-indications, duration, straining, special provisions for women and patients, fitness, posture, Side effects

Loosening the joints

Simplified physical exercises

Suryanamaskar: Children's Model, Bihar School of Yoga, Sivananda Model

Unit 2: Asanas

Vrkshasana, Parivrtta Trikonasana, Padahastāsana, Virabhadrasana, Sirshasana, Halāsana, Sarvangasana, Mastyasana, Ustrasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, Gomukhasana, Garudasana, Mayurasana, Padma Mayurasana, Kukutasana, Navasana, Paschimottanasana, Ardha Matsyendrasana, Marichyasana, Jathara Parivartanasana, Baddhakonasana, Padmasana, Siddhasana, Siddhayoniasana, Svastikasana, Vajrasana, Shashangasana, Savasana

Unit 3: Pranayama

Kapalbhati, Bhramari, Ujjayi, Sheetali, Sheetkari, Bhastrika, Surya bhedana, Nadi Shodana

Unit 4: Kriya

Jalaneti, Sutrāneti, Shankhaprakshalana, Agnisar Kriya, Vaman dhauti, Nauli (Madhyama, Vama, Dakshina)

Bandhas:

Jalandhara Banda

Moola Bandha

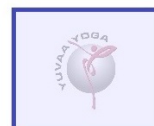
Uddiyana Bandha

Mudras

Jnana mudra, Nasika mudra, yoni mudra, Apan vayu mudra, Linga mudra, Hakini mudra, Matangi mudra, Kalesvara mudra, Shanmuki mudra, Tadagi mudra, Maha mudra, ashwini mudra

Unit 5: Meditation

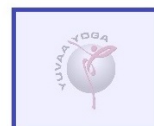
Sudharshana kriya, Nine- centered meditation, Mantra meditation, yoganidra, Trataka meditation, Raja Yoga meditation





### References :-

- 1) Iyengar B. K. S ( 1976) Light on yoga, London, Unwin paperpacks.
- 2) Sivananda Saraswathi swami (1934) Yoga Asanas Madras : My magazine of India.
- 3) Satyanada saraswati swami (2008) Asana, Pranayama, Mudra, Bandha, mungar : Yoga publications trust.
- 4) Iyenger B.K.S (2008) Light on pranayama, New Delhi : Haper Collins publishers India.
- 5) Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New york : Pocket Books.
- 6) Chandrasekaran K (1999) sound health through yoga Sedapatti : Prem Kalyan Publications.
- 7) Yogeshwaranand saraswathi swami ( 1975) First steps' to higher yoga , Gangothari : Yoga niketan trust.
- 8) Coulter, H David (2001) Anatomy and Hatha yoga,USA:Body and Breath Inc.
- 9) Kirk Martin (2006) Hatha Yoga Illustrated Champaign : Humenkinetics.
- 10)Gharote (2004) Applied yoga, Lonvla : Kaivalyadhama.
- 11)Kathy Lee Kappmeier and Diane M. Ambrosini (2006) Instructing Hatha Yoga, Champaign : Human Kinetics.



## INTRODUCTION TO ALTERNATIVE MEDICINE AND THERAPIES

Unit I: Assessment- observation- palpation- Diagnosis- Nadi pariksa- Examination- Planning- Yoga therapy, Ayurveda, Siddha, Naturopathy, Acupressure, Acupuncture, Physiotherapy

Unit II: Concepts of Yoga therapy: Principles of Yoga therapy- yogic practices for life style diseases

Unit III: Concepts of Siddha medicine: Principles of Siddha Medicine system, Five Elements theory, Three Biological Humors, Seven Physical Constitutents, Pancha Bhudas, Pancha Koshas, importance of Herbal medicine, Diet regulations, Varmam and Thokkanam, Treatment of Siddha Medicine for life style diseases.

Unit IV: Concepts of Ayurveda: Five elements Doshas, Gunas, Seven Dhatus, Nadis and Chakras, Features and approaches of Ayurveda, Hygienic principles in Ayurveda- Ayurvedic diet, Ayurvedic purification practices- Panchakarmas- Vamanan, Virechanam, basti, Anuvaasana, Nasya, Rakta Rasayana cikitsa, Vajikarana, Ayurvedic treatment for life style diseases

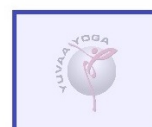
Unit V: Concepts of Naturopathy: Principles of Naturopathy

Methods of Naturopathy: Diet, Juice diet, Fasting, exercise, Enema, massage, color therapy, clay therapy, hydro therapy, sun bath, air bath, magneto therapy, treatment of naturotherapy for life style diseases.



References:

1. Balkrishna Acharya (2006) Ayurveda its principles and Philosophies, Haridwar: Divya Prakashan
2. Atharale V.B. (1980) basic principles of Ayurveda, Bombay: Pediatric clinics
3. Frawley David (2000) Yoga and Ayurveda Delhi: Motilal banarsidass Publishers Pvt Ltd,
4. Balkrishna Acharya (2012) A practical approach to the Science of Ayurveda, Haridwar: Divya Prakashan
5. Frawley David and Sandra Summerfield kozak (2011) Yoga for your type New Delhi: New Age Books,
6. Vasant Dattatray Lad (2007) Secrets of the pulse The Ancient art of Ayurvedic Pulse Diagnosis Delhi: Motilal Banarsidass Publishers Pvt.Ltd
7. Ashwini yogi (2011) Sanatan Kriya. The Ageless Dimension, New Delhi: Dhyana Foundation
8. Stiles Mukunda (2009): Ayurvedic yoga therapy New Delhi: New age books
9. Sivananda Swami (2006): Practice of Ayurveda Shivanandanagar: The Divine Life Society
10. Atreya (2000) Ayurvedic Healing for women, Delhi, Motilal Beharsidass
11. Joshi Rajani (2007) Health tips from the Vedas Haridwar: Shri Vedmata Gayathri trust
12. Thirunarayanam (2012) Introduction to Siddha Medicine, Chennai: centre for Traditional Medicine and Research
13. Bakhru (2011) The complete Hand book of Nature cure, Mumbai: Jaico publishing House
14. Gala DR, Dhiren Gala and Sanjay gala (2008) Nature cure for common diseases, Ahmadabad: Navneet publications (India) Ltd.,
15. Murthy Chidananda (2010) yogic and naturopathic treatment for common ailments, New Delhi: Central council for research in Yoga and Naturopathy
16. Basavaraddi Ishwar (2012) Important therapeutic modalities used in Naturopathy, New Delhi. Central council for Research in Yoga & Natruopathy,
17. Murthy Chidananda(2011) Yoga and Naturopathy New Delhi: central council for Research in yoga and Naturopathy.



## METHODOLOGY OF TEACHING YOGA

### Unit I: Education

Yoga Education, Goal, Scope and importance, Principles of Teaching Yoga- Yogic, psychological, Physiological, Pedagogical, sociological

Meaning of methodology of teaching- factors influencing Methodology, Presentation technique

Role of language, Voice, fluency, clarity and body language in Teaching

Factors of Yoga Education: Teacher, Student and Teaching- Guru- Shishya Parampara

Types of students and teachers- promotion of leadership qualities

### Unit II: Methods in Yoga Teaching

Lecture method

Response to instruction method (method)

Individualized Instructional Method

Group discussion Method

Directed Practice Method

Project method

Demonstration Method

Lecture cum Demonstration Method

Imitation Method

Dramatization Method

Sources of teaching methods

### Unit III: Teaching aids:

Audiovisual aids

Visual aids

Audio aids

Models

Props

Wooden brick and foot rest belt, ropes, slanting plank, chair, stool, bench, Box, the heart rate, ladder stool and drum, bolster and pillow, bandage, weight, the horse, big and small.

### Unit IV: Preparing lesson plan- Essentials of a good lesson plan

Advantages of preparing a lesson plan

Contents of a lesson plan

Class management- formation of the class

Conducting yoga practical lessons: Precautions and contra-indications of practices





**Lesson plan:**

Assembly and roll call

Relaxation & prayer

Loosening the joints

Introduction of the practice

Demonstration

Individual practice

Group practice

Yoga game (if time permits)

Question and answer session

Relaxation

End prayer

Unit V: Organizing yoga class, Yoga camp, workshops in yoga, Yoga tours, *Yoga games and competitions*, classification of age groups for competitions

Evaluation

Advantages

Devices of evaluation

**References**

1. Gharote M.L and Ganguly S.K (2001) Teaching Methods for yogic practices  
Lonavla: Kaivalyadhama
2. Sivananda ( ) Yoga teachers training Manual, vol morin: Sivananda Ashram  
Yoga camp
3. Anandamitra (1991) Teachers' Manual Calcutta: Ananda Marga Pracaraka  
Samgha
4. Thirunarayanan and Hariharan (1975) Methods in Physical Education, Karaikudi
5. Basavaraddi Ishwar (2010) Yoga Teacher's Manual for school teachers, New  
Delhi: Morarji Desai National Institute of Yoga



# Practical Training in Yoga - I

## ( YOGIC PRACTICES )

Unit 1: Loosening the joints  
Simplified physical exercises

Suryanamaskar: Children's Models, Bihar School of Yoga, Sivananda Model

Unit 2: Asanas

Vrkshasana, Parivrtta Trikonasana, Padahasthasana, Virabhadrasana, Sirshasana, Halasana, Sarvangasana, Mastyasana, Ustrasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, Gomukhasana, Garudasana, Mayurasana, Padma Mayurasana, Kukutasana, Navasana, Paschimottanasana, Ardha Matsyendrasana, Marichyasana, Jathara Parivartanasana, Baddhakonasana, Padmasana, Siddhasana, Siddhayoniasana, Svastikasana, Vajrasana, Shashangasana, Savasana

Unit 3: Pranayama

Kapalbhati, Bhramari, Ujjayi, Sheetali, Sheetkari, Bhastrika, Surya bhedana, Nadi Shodana

Unit 4: Kriya

Jalaneti, Sutranti, Shankhaprakshalana, Agnisar Kriya, Vaman dhauti, Nauli (Madhyama, Vama, Dakshina)

Bandhas:

Jalandhara Bandha

Moola Bandha

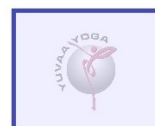
Uddiyana Bandha

Mudras

Jnana mudra, Nasika mudra, yoni mudra, Apan vayu mudra, Linga mudra, Hakini mudra, Matangi mudra, Kalesvara mudra, Shanmuki mudra, Tadagi mudra, Maha mudra, ashwini mudra

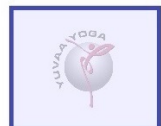
Unit 5: Meditation

Sudharshana kriya, Nine centered meditation, Mantra meditation, yoganidra, Trataka meditation, Raja Yoga Meditation



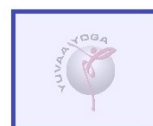
References :-

1. Iyengar B. K. S ( 1976) Light on yoga, London, Unwin paperpacks.
2. Sivananda Saraswathi swami (1934) Yoga Asanas Madras : My magazine of India.
3. Satyanada saraswati swami (2008) Asana, Pranayama, Mudra, Bandha, munger : Yoga publications trust.
4. Iyenger B.K.S (2008) Light on pranayama, New Delhi : Haper Collins publishers India.
5. Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New york : Pocket Books.
6. Chandrasekaran K (1999) sound health through yoga Sedapatti : Prem Kalyan Publications.
7. Yogeshwaranand saraswathi swami ( 1975) First steps to higher yoga , Gangothari : Yoga niketan trust.
8. Coulter, H David (2001) Anatomy and Hatha yoga,USA:Body and Breath Inc.
9. Kirk Martin (2006) Hatha Yoga Illustrated Champaign : Humenkinetics.
10. Gharote (2004) Applied yoga, Lonvla : Kaivalyadhama.
11. Kathy Lee Kappppmeier and Diane M. Ambrosini (2006) Instructing Hatha Yoga, Champaign : Human Kinetics.



## **TEACHING PRACTICE IN YOGA CENTRES OR EDUCATIONAL INSTITUTIONS**

Teaching practice will be organized for 10 days during IV Semester . The assessment of the students is internal for 100 marks. Students should design programme in yoga and are to teach practice and train in yoga centers or Educational Institutions for 10 days.





### VILLAGE PLACEMENT PROGRAMME

Duration	:	Five days.
Date	:	1 year
Mode of Evaluation	:	Internal Assessment
Maximum Marks	:	100
Subject	:	Yoga
Nature of Programme	:	To teach and train Villagers



## RESEARCH PROCESSES AND STATISTICS IN YOGA

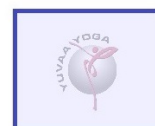
Unit 1: Research- Meaning, Definition, Need, Nature and scope of Research in Yoga, Types of research- Basic- Applied- Action- Qualities of a researcher- Criteria in locating and selecting a research problem- Preparation of Research Proposal- Mechanism of research proposal- Formulation of hypothesis- Variables and its types.

Unit 2: Types of Research Design, Descriptive Research- Survey method, Case study method, Experimental method- Categories: Longitudinal design, Quasi Experimental design, cross sectional design, Double blind placebo design- Experimental Design Types: Single group design, Reverse group design, Repeated Measures design, Static group comparison design, Rotated group design, Random group design, Equated group design, Factorial design

Unit 3: Data- Population- Sample- Subject- Sampling: Characteristics, principles, steps, Determining the sample size, criteria in selection, Types of sampling: probability sampling methods – Random and complex, Non- probability sampling methods- Writing Synopsis and Research report- Front materials, Main chapters and Back materials- Recent trends in yoga research, yoga research centers and their works in India.

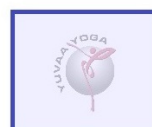
Unit 4: Statistics- Meaning- Need and importance in research- Non- parametric statistics- Treatment of F-test, 't' test one way- two way- testing- chi square- statistical packages- SPSS- SAS- data process, Data analysis- Graphical representation, Data interpretation.

Unit 5: Types of Statistics- Parametric and non- parametric- Normality of data- Normal curve- data analysis- 't' test, F test Type I Type II error- ANOVA- ANCOVA, (one way & two way)- Post hoc test- Pearson product moment correlation- Partial and multiple correlation- Regression simple linear and multiple linear- Post hoc tests.



*References :*

1. Clarke, David H and Clarke, H. Harrison 1970 Research process in physical education and recreation and Health Englewood cliffs New Jersey, Prentice Hall, Inc.,
2. Blommers, Paul and Lingust E.E. Statistical. 1958 Methods in psychology and Education, Calcutta, Oxford Book. Co.,
3. Clarkes, H. Harrison, 1963, " The application of Measurement Health and Physical Education New York Prentice Hall . Co.,
4. Swami Kuvalayananda and Dr. S.L. Vinekar : (1963), Yogic Theraphy, its basic principles and methods, Ministry of health, govt of India New Delhi.
5. Swami Kuvalayanada I Asanas Kaivalyadhama, Lonvla, Pune dist. Maharastra Yogasanas : A teachers guide NCERT, New Delhi.
6. Lick S P 1970 " Research in Physical Education New York Teachers College Press Robson M. Bhar L. M and Clarke A.K. Thesis Format Gwalior LNCPE.;



## METHODS OF YOGIC PRACTICES - II

Unit 1: Essentials of Yogic Practices: Cleanliness and food, Bath, Time, Sun, Closing eyes, Place, Mirror, Breathing, awareness, Age limitations, sequence Blanket, clothes, position, emptying the bowels and stomach, counter pose, pregnancy, contra-indications, duration, straining, special provisions for women and patients, fitness, posture, Side effects

Loosening the joints

Pavanmuktasana series

Suryanamaskar: Vivekananda Kendra model, Advanced Suryanamaskar, Chandranamaskar

Unit 2: Asanas

Ardha Baddha Padmottanasana, Utthita Hasta padangusthasana, Vatayanasana, Hanumanasana, Pada Angushthasana, Padma Sarvangasana, Karna padasana. Vrischikasana, Poorna Bhujangasana, Poorna Salabhasana. Poorna Dhanurasana. Poorna Matsyendrasana, Eka pada Sirsasana, Koormasana, Padma Sirshasana, Ardha Baddha Padma Paschimottanasana, Paryangasana, Bhikasana, Baddha Padmasana, vamadevasana, Parivritti Janusirshasana, savasana

Unit 3: Pranayama

Anuloma viloma

Moorcha Pranayama, Kewali Pranayama (Soham)

Plawini Pranayama, Chaturtha Pranayama

Advanced Pranayama with Kumbhaka and Bandhas:

Ujjayi, Surya Bheda, Bhastrika

Unit 4: Kriyas

Laghoo Shankhprashalana, Ghrta Neti, Dugdha Neti, Vatsara Dhauti Basti (Enema), Bandhas: Maha bandha

Mudras

Chin mudra, Kubera mudra, Lotus mudra, Dhyani mudra, Mukula mudra, Khechari mudra, Shambhavi mudra, Pashinee mudra, Maha bheda, Mahavedha mudra, Vajroli/Sahajoli mudra

Unit 5: Meditation: Transcendental, chakra, Guided Meditation, Dynamic meditation, Tibetan meditation





**References :**

1. Iyengar B. K. S ( 1976) Light on yoga, London, Unwin paperpacks.
2. Sivananda Saraswathi swami (1934) Yoga Asanas Madras : My magazine of India.
3. Satyanada saraswati swami (2008) Asana, Pranayama, Mudra, Bandha, muner : Yoga publications trust.
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6. Chandrasekaran K (1999) sound health through yoga Sedapatti : Prem Kalyan Publications.
7. Yogeshwaranand saraswathi swami ( 1975) First steps to higher yoga , Gangothari : Yoga niketan trust.
8. Coulter, H David (2001) Anatomy and Hatha yoga,USA:Body and Breath Inc.
9. Kirk Martin (2006) Hatha Yoga Illustrated Champaign : Humenkinetics.
10. Gharote (2004) Applied yoga, Lonvla : Kaivalyadhama.
11. Kathy Lee Kappmeier and Diane M. Ambrosini (2006) Instructing Hatha Yoga, Champaign : Human Kinetics.



## YOGIC - PSYCHOLOGY AND SUPER CONSCIOUSNESS

Unit I: Psychology: Meaning, Definitions, Nature, Need, Scope of Psychology- Psychology and Yoga, Role of yoga on Heredity and Environment, learning, Emotions, memory, Cognition, Intelligence, Attention, attitude, personality

Unit II: Growth and Development: Life span periods, yoga for different stages of life: infancy, early childhood, Later childhood, adolescence, Adulthood, Old age, Women, Yoga for Professional people

Unit III: 25 elements, koshas, Doshas, Gunas, Nadis and chakras, Mind, Types of mind, folds, mental faculties, stages, states, sources and powers of mind, unfolding powers of Mind, yoga for super-consciousness

Unit IV: Spirituality: Meaning, definition, Role of Yoga and Religion on Spirituality, Values, types of values, divine virtues.  
Methods of developing spirituality

Unit V: Role of yoga on psychological qualities and psychological disorders  
Neurosis: Anxiety, Phobias, obsessions, compulsions, stress, hysteria, Depression, suicide, Eating disorders, suicide.  
Psychosis: Schizophrenia, Autism, Dementia, Bipolar disorders, Mental retardation  
Personality disorders: Paranoid, Histrionic, Drug addicts, Gambling, Alcoholism, smoking, anti-social personality disorders



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1. Kamlesh,M.L.(1988)Psychology in physical Education and sports, New Delhi :Metropolitan.
2. Elangovan .R.,(2001) Udarkalvi Ulaviyal, Thirunelveli : Aswin Publications.
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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6. Rishi Vivekananda ( 2006 ) practical yoga psychology, Munger : Yoga publications Trust
7. Abhedananda Swami ( 2002) yoga Psychology , Kolkatta : Ramakrishna Vedanta math.
8. Mangal S.K. (1991) ,Psychological Foundations of Education, Ludiana : Prakash Brothers.



## YOGA THERAPY

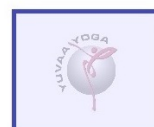
Unit I: History of yoga therapy- Essence and Principles of Yoga therapy- Physiology and pathology in the yoga- Shatra- koshas- doshas- Pancha prana- Assessment- observation- Palpation- Interview- Nadi Pariksa diagnosis- Application of therapeutic yoga practices- Modification- Yogic diet

Unit II: Application of traditional Indian medical systems and therapies:  
Ayurveda – Doshas, Dinacarya, Ayurvedic diet, Panchakarma therapy  
Siddha – Five elements theory, physical constituents, pathology  
Naturopathy- Principles of naturopathy- modalities of naturopathy  
Varmam and Thokkanam, Exercise therapy, Cryo therapy, Acupressure, Acupuncture, Chromo therapy, Magnet therapy, Music therapy

Unit III: Therapeutic application of yoga: High blood pressure, Obesity, Diabetes Mellitus, Asthma, Sinusitis, Migraine, Arthritis, Back pain, Thyroid problems, constipation, impotency, infertility, stroke and Epilepsy

Unit IV: Therapeutic application of yoga for psychological disorders:  
Neurosis: stress, depression, eating disorders  
Psychosis: Schizophrenia, autism, Bipolar disorders, dementia  
Personality disorders: Paranoid, histrionic, drug addicts- Smoking, Alcoholism, Gambling

Unit V: Therapeutic application of yoga for the problems of women- Amenorrhea, Dysmenorrhea, menorrhagia, metrorrhagia, Hypomenorrhoea, oligomenorrhoea, polymenorrhoea, leucorrhoea, uterus related problems, miscarriage, pregnancy- Pre and post natal care



## REFERENCES

1. Shenmasthakamini Narendhan et.al (2008) Yoga and pregnancy-Bangalore: Swami Vivekananda Yoga Prakshana.
2. Nagarathna & Nagendra (2008) Yoga for Bronchial Asthma – Bangalore: Swami Vivekananda Yoga Prakshana
3. Nagarathna & Nagendra (2007) Yoga for Digestive Disorders – Bangalore: Swami Vivekananda Yoga Prakshana
4. Sri Kant ss et.al (2008) Yoga for diabetes , Bangalore : Swami Vivekananda Yoga prakshana
5. Nagarathna & Nagendra (2008) Yoga for Hypertension & Heart disease -- Bangalore:Swami Vivekananda Yoga prakshana
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8. Sivananda Saraswati (1975), Yogic Therapy Gawhati, Bramacharya Yogeswar Umachal Yojashram.
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13. Swami Kuavalayananda & Dr.S.C.Vinekar(1994), Yogic Therapy, New Delhi Central Health Education Bureau.
14. Luis S.R Vas(2001) Master approaches to New age alternative therapies , New Delhi Pustak Mahal.
15. Phulgendhra Sinha (1976) Yoga cure for common diseases, Delhi, Orient paperbacks.
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19. Sundaram Yogacharya(2004) Sundara Yogic Therapy, Coimbatore: the Yoga Publishing Home.
20. Karmananda Swami (2008) Yogic management of common diseases, Munger :Yoga Publications trust.
21. Nagarathna and Nagendra (2008) Integrated Approach of Yoga therapy for positive health, Bangalore : Swami Vivekananda Yoga Prakashana.





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24. Stiles Mukunda ( ) Structural yoga therapy, New Delhi : Goodwill publishing House
25. Namrata (2012) yoga for back and joint disorders Mumbai : The yoga Institute
26. Kirilayachanda Swami and Vinayan (2011) yogic Therapy Lonarla : Kaivalyadhama



## THESIS

### Objects of the Project

1. To acquire practical knowledge
2. To acquire skills in the Administration of yogic practices in the real life.
3. To identify some common problems found among people.
4. To do a systematic investigation into such problems
5. To Suggest remedial measures to make life more meaningful, and purposeful.

To learn the clinical method, case history writing, measurement of clinical symptoms, Psychological Parameters. Application of Statistics on the initial and final data recorded.



## CLINICAL APPLICATIONS

Unit I: Therapy: Assessment- observation- palpation- Diagnosis, nadi Pariksa-Examination- Planning

Unit II: Yogic practices and modifications for stress, High blood pressure- obesity, Diabetes, Asthma, Migraine, Arthritis, Back pain, constipation, Stroke, Epilepsy, infertility, psychological problems, women disorders

Unit III: Siddha treatment for life style diseases- treatment- Herbal medicine- Diet regulations

Unit IV: Panchakarma therapy: Abhyanga, Swedanam, Sirodhara, Nasyam, Njavarakizhi, Pizhichil

Unit V: Naturopathy: Therapeutic modalities: Mud pack, Hip bath, immersion bath, Spinal spray bath, hot foot bath, foot and arm bath, steam bath, Enema, hot and cold fomentation, wet sheet pack, Abdomen pack, chest pack, knee pack, leg pack, steam inhalation, color therapy, massage

### References:

1. Thirunarayanam (2012) Introduction to Siddha Medicine, Chennai: centre for Traditional Medicine and Research
2. Bakhru (2011) The complete Hand book of Nature cure, Mumbai: Jaico publishing House
3. Gala DR, Dhiren Gala and Sanjay gala (2008) Nature cure for common diseases, Ahmadabad: Navneet publications (India) Ltd.,
4. Murthy Chidananda (2010) yogic and naturopathic treatment for common ailments, New Delhi: Central council for research in Yoga and Naturopathy
5. Basavaraddi Ishwar (2012) Important therapeutic modalities used in Naturopathy, New Delhi. Central council for Research in Yoga & Natruopathy,
6. Murthy Chidananda(2011) Yoga and Naturopathy New Delhi: central council for Research in yoga and Naturopathy.



## Practical Training in Yoga - II (YOGIC PRACTICES )

Unit 1: Loosening the joints  
Pavanmuktasana series

Suryanamaskar: Vivekananda Kendra model, Advanced Suryanamaskar,  
Chandranamaskar

Unit 2: Asanas

Ardha Baddha Padmottanasana, Utthita Hasta padangusthasana, Vatayanasana,  
Hanumanasana, Pada Angusthasana, Padma Sarvangasana, Karna padasana,  
Vrischikasana, Poorna Bhujangasana, Poorna Salabhasana, Poorna Dhanurasana,  
Poorna Matsyendrasana, Eka pada Sirsasana, Koormasana, Padma Sirshasana, Ardha  
Baddha Padma Paschimottanasana, Paryangasana, Bhikasana, Baddha Padmasana,  
vamadevasana, Parivritti Janusirshasana, savasana

Unit 3: Pranayama

Anuloma viloma

Moorcha Pranayama, Kewali Pranayama (Soham)

Plawini Pranayama, Chaturtha Pranayama

Advanced Pranayama with Kumbhaka and Bandhas:

Ujjayi, Surya Bheda, Bhastrika

Unit 4: Kriyas

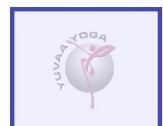
Laghoo Shankhprashalana, Ghrta Neti, Dugdha Neti, Vatsara Dhauti Basti (Enema).

Bandhas: Maha bandha

Mudras

Chin mudra, Kubera mudra, Lotus mudra, Dhyani mudra, Mukula mudra,  
Khechari mudra, Shambhavi mudra, Pashinee mudra, Maha bheda, Mahavedha  
mudra, Vajroli/Sahajoli mudra

Unit 5: Meditation: Transcendental, chakra, Guided Meditation, Dynamic meditation,  
Tibetan meditation



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10. Gharote (2004) Applied yoga, Lonvla : Kaivalyadhama.
11. Kathy Lee Kappmeier and Diane M. Ambrosini (2006) Instructing Hatha Yoga, Champaign : Human Kinetics.





### INTERNSHIP ( HOSPITALS OR HEALTH CENTERS OR NATUROPATHY CENTRES )

Internship will be organized for 15 days during II<sup>nd</sup> year. The assessment of the students is internal for 100 marks. Students should design programme in yoga and are to practice and train in Hospitals or Health centres or Naturopathy centers for 15 days.

