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Affiliated TNPESU

MOU OF DISTANT EDUCATION P.G DIPLOMA IN YOGA



SYLLABUS

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P.G DIPLOMA IN YOGA – SYLLABUS

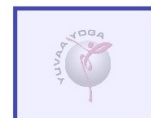


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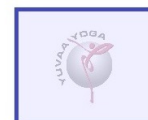
MOU OF DISTANT EDUCATION P.G DIPLOMA IN YOGA

Name of the course	PG Diploma in Yoga
Eligibility	Any UG Degree
Stream	Distance Education
Duration	One Year
Medium	English
Attendance	Minimum 80%
Year	2014 – 15 onwards



PG Diploma in Yoga (DDE)
SCHEME OF EXAMINATIONS
MARK DISTRIBUTION

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	25	75	100
Introduction to <i>Alternative medicine and Therapies</i>	25	75	100
Methodology of teaching yogic practices	25	75	100
Practicals			
Practical training in Yoga	25	75	100
Teaching Practice	25	75	100
Village placement Programme	100	--	100
Total			800



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 vasishta, 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

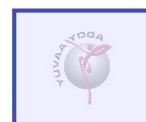
Unit IV: Contributions of Yoga to Religions: Hinduism, Jainism, Buddhism, Christianity, Islam
Paths of Yoga: Hatha yoga, Bhakthi Yoga, Jnana yoga, Karma yoga, Raja Yoga, Mantra Yoga, Laya Yoga, Yantra yoga
Astanga Yoga: Yama, Niyama, Asana, Pranayama, pratyahara, Dharana, Dhyana, Samadhi

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



References:-

- Iyenger B.K.S (1976) Light on yoga, London, Unwin paperbacks.
- Sivananda Sarawathi swami (1934) Yoga Asanas Madras: My magazine of india.
- Satyanada sarawari swami (2008) Asana, Pranayama, Mudra, Bandha, mungar: Yoga publications trust.
- Iyenger B.K.S (2008) Light on pranayama, New Delhi : Haper Collins publishers India.
- Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New York: Pocket Books.
- Yogeshwaranand saraswathi swami (1975) First steps to higher yoga, Gangothari: Yoga niketan trust.
- Coulter, H David (2001) Anatomy and Hatha yoga, USA: Body and Breath Inc.
- Kirk Martin (2006) Hatha Yoga Illustrated Champaign: Human kinetics.
- Gharote (2004) Applied yoga, Lonvli: Kaivalyadhama.
- Gharote (2004) Applied yoga, Lonvli: Kaivalyadhama.
- Kathy Lee Kappmeier and Diane M. Ambrosini (2006) Instructing Hatha Yoga, Champaign: Human Kinetics.
- Satyananda sarawati Swami (2007) Meditations from thitantras. Murgar: yoga publications Trust.



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

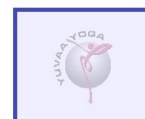
Posture- active posture- inactive posture- ideal posture- control of posture

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

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

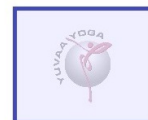
Unit V: Impact of yogic practices on the anatomy and physiology of different systems of human body-cells, bones, joints and muscles, skin.

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 –

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, 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, Sutraneti, 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 paperbacks.
- 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 Kappmeier and Diane M. Ambrosini (2006) Instructing Hatha Yoga, Champaign : Human Kinetics.



INTRODUCTION TO ALTERNATIVE MEDICINE AND THERAPIES

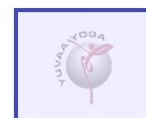
Unit I: Assessment- observation- palpation- Diagnosis- Nadi pariksa- Examination- Planning- Ayurveda, Siddha, Naturopathy, Acupressure, Acupuncture. Physiotherapy

Unit II: 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 III: Concepts of Ayurveda: Five elements Doshas, Gunas, Seven Dhatus. Nadis and Chakras. Features and approaches of Ayurveda, Hygienic principles in Ayurveda-

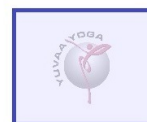
Unit IV: Ayurvedic diet, Ayurvedic purification practices- Panchakarmas- Vamanan, Virechanam, basti, Anuvaasana, Nasya, Rakta Rasayana cikitsa, Vajikarana. Ayurvedic treatment for life style diseases

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 YOGIC PRACTICES

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.

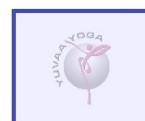
Unit IV: Preparing lesson plan- Essentials of a good lesson plan

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

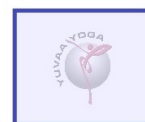
Evaluation

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

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

Bandhas:

Jalandhara Bandha

Moola Bandha

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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

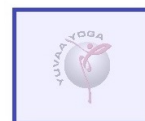
Unit 5: Meditation

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



TEACHING PRACTICE

Teaching practice will be organized during the study. 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.



VILLAGE PLACEMENT PROGRAMME

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

