

BHARATHIDASAN UNIVERSITY, TIRUCHIRAPLLI



ONE YEAR DIPLOMA IN YOGA

SUBJECT OF STUDY AND SCHEME OF EXAMINATION.

(For the candidates to be admitted from the Academic Year 2017-18 onwards)

Paper	Title	Exam Hours	Marks
Paper I	Fundamentals of Yoga Education	3	100
Paper II	Scientific Basis of Yoga Educations	3	100
Paper III	Methods of Yoga Practices	3	100
Paper IV	Principles of Yogic Therapy	3	100
Paper V	Applied Yoga	3	100
Paper VI	Yoga Practicals	3	100
Total			600

PAPER I

FUNDAMENTALS OF YOGA EDUCATION

UNIT : I

History of Yoga – Indus Valley Civilization – Vedas, Upanishadas, Smritis, Puranas, Tantras, Buddhist and Jaina Literatures, Tamil Siddhars – Tirumoolar Tirumantiram – Yoga in Medieval History of India – Modern Developments and Trends in Yoga – Misconceptions about Yoga – Analysis and Clarifications – Causes and possible remedies thereof.

UNIT : II

Definition of the term Yoga – Yoga as the “Goal” as well as the “Means” – Meanings of Yoga – Comprehensive Nature and Scope of Yoga – Aims and Objectives of Yoga – Yoga Education in the Modern Context – Different Traditions and Schools of Yoga : Patanjali Yoga, Ashtanga Yoga, Tantra Yoga, Mantra Yoga, Hatha Yoga, Laya Yoga, Raja Yoga, Gnana Yoga, Bhakti Yoga, Karma Yoga – Two approaches discernible in various schools of Yoga : “Pranasamyamanayoga” and “Bhavanayoga”.

UNIT : III

Important Yogic Texts: Hathapradipika, Gherandasamhita, Bhagavadgita. Yogapanishads – Their key Contributions to Hathayogic Systems – Contributions of Patanjali’s Yoga Sutras – Selected Aphorisms of Patanjali’s Yoga Sutras and Stanzas of Bhagavadgita for understanding Yoga – Principles of Yoga practices: Asanas, Pranayama, Kriyas, Bandhas, Mudras, and Meditation.

UNIT : IV

Literature on Yoga – Tirumoolar Tirumantiram

UNIT : V

Introduction to “Suryanamaskar”

Overview on “Chakras”

Yoga an ideal system of Physical Culture – Posture: Good, Bad – Role of Yoga in Purificatory Process: Asanas, Pranayamas, Kriya, Dhyana. Role of Yoga in Homeostasis.

BOOKS FOR READING AND REFERENCE

Textbook of Yoga – George Feuerstein. Rider and Company, London

Yogic Therapy – Swami Kavalayananda and Dr.S.L.Vinekar, Govt.of India, Ministry of Health, New Delhi.

Patanjala Yoga Sutras – Translation and Commentary by Dr.P.V.Karambelkar Kaivalyadhama SMYM Samiti, Lonavla.

PAPER – II

SCIENTIFIC BASIS OF YOGA EDUCATIONS

UNIT : I

Introduction to Human Anatomy and Physiology – Need and Scope of Anatomy and Physiology in Yoga – Human Body as an Integrated whole: Cells, Issues. Organs and Systems – Types of various systems in the Human Body.

UNIT : II

Respiratory System Respiration Respiratory Track – Alveoli – Lungs: Structure & Functions – Gas Exchange – Vital Capacity – Effect of Yogic Practices on Respiratory System.

Muscular System – Types of Muscles: Skeletal Muscle. Cardiac Muscle and Smooth Muscle.

Skeletal System – Bones joints.

UNIT : III

Nervous System : Neuron – Central Nervous System (CNS): Brain and Spinal Cord – Peripheral Nervous System (PNS): Cranial Nerves and Spinal Nerves – Autonomic Nervous System (ANS): - Sympathetic Division and Parasympathetic Division.

Endocrine System: Endocrine Glands- Functions of Endocrine Glands: Pituitary Thyroid, Para-Thyroid, Thymus, Pancreas, Adrenal, & Sex – Impacts of Yogic Practices on Endocrine Glands and Nervous Systems.

Circulatory System – Heart: Structure & Functions – Cardiac Cycle, Cardiac Output.

UNIT : IV

Digestive System - Digestive Track: Structure & Functions – Digestive Process – Liver, Pancreas – Functions – Effect of Yogic Practices on Digestive System.

Excretory System: Kidney – Urinary Track.

Reproductive System: Male & Female Reproductive System.

UNIT : V

Present condition of Yoga Research in India – Need for promotion of Yoga Research – Types of Research – Historical, Longitudinal, Experimental and Survey. Possible Areas of Research – Physiology, Psychology, Sociology, Sports, Growth and Development.

Some Negative influence of Yoga Research – Lack of Sound Methodology in Yoga Research – Yoga Research Equipments.

PAPER - III

METHODS OF YOGA PRACTICES

UNIT : I

Concept of Yogic Practices – Kinds of Yogic Practices: Asana, Pranayama, Kriya, Bandha, Mudra, Dhyana.

Asana: Definition, Scope and Limitations of Asanas – Classification of Asanas – Meditative Asanas – Relaxative Asanas – Cultural Asanas – Step by Step Performance of Asanas – Safety Measures and Precautions.

UNIT: II

Pranayama: Meaning – Different Phases in Pranayama Practice: Puraka (Inhalation), Kumbhaka (Retention) and Recaka (Exhalation) – Breathing Ratio in Pranayama Practice – Application of Bandhas in Pranayama – Safety Measures and Precautions.

Meaning of Bandha – Different Bandhas: Jalendra Bandha, Jihva Bandha, Uddiyana Bandha, Mula Bandha.

Meaning of Mudra – Different Mudra: Brahma Mudra, Ashwini Mudra, Shanmugi Mudra.

UNIT : III

Meaning – Kriyas – Types of Kriyas: Kaphalabhathi, Trataka, Neti, Dhauthi, Nauli, Basti.

Kaphalabhathi: Practicing Method – Benefits.

Trataka: Practicing Method – Benefits.

Neti: Jala Neti, Sutra Neti – Methods of Practicing Neti and its benefits.

Dhauthi: Vamana Dhauthi, Dhanta Dhauthi, Vastra Dhauthi – Methods of Practicing Dhauthi and its benefits.

Nauli: Practicing Method – Benefits.

Basti: Practicing Method – Benefits.

UNIT: IV

Yoga Practices and other Systems of Exercises – Asanas Vs. Muscular Exercises -

Pranayama Vs Deep Breathing Exercises – Importance of Nerve Culture in Yoga.

Yoga and Competition – Yoga and Modern Education.

Need for Group teaching techniques for Imparting Instructions to large groups.

Adoption of modern methods of classroom teaching in yoga.

UNIT: V

Meaning of Lesson Plan – Need for a Lesson Plan in Yoga – Stages in Yoga Lesson Planning – Effective methods for teaching various Yogic practices.

Order of teaching the Yogic Practices Do's and Don'ts of specific yoga techniques.

PAPER – IV

PRINCIPLES OF YOGIC THERAPY

UNIT: I

Introduction to Yoga Therapy – Its Limitations – Need for Correct Diagnosis, Patient, Education and Follow-up Measures.

Present status of Yoga Therapy in India.

UNIT: II

Introduction to Nutrition and Dietetics – Diet and Digestion – Balanced Diet: Carbohydrates, fats, proteins, vitamins and minerals.

Yogic Diet: Sattvik, Rajasik, Tamasik.

Diet and Diseases: Hypertension, Diabetes, Arthritis, Ulcerative, Colitis, Peptic Ulcer, Constipation and Obesity.

UNIT: III

Stress – Etiological (Causes) Clinical Features (Signs & Symptoms) and Principles of Yogic Therapy in Stress Disorders.

Definition Etiology, Pathogenesis, Clinical Features and Treatment of Disorders: Bronchial Asthma, Bronchitis, Hypertension, Hypothyroidism.

UNIT: IV

Definition Etiology Clinical Features and Treatment of Disorders: Arthritis, Cervical Spondylosis, Lumbago, Sciatica, Migraine, Insomnia, Indigestion, Constipation, Ulcer, Obesity and Diabetes.

UNIT: V

Issues and Problems in Yoga Therapeutics – Yoga as an Adjustment Therapy- Research Findings on Therapeutic Applications of Yoga.

Naturopathy, Siddha, Ayurveda, Homeopathy, and Modern Medicine.

BOOKS RECOMMENDED FOR STUDIES AND REFERENCE

YOGA THERAPY: IT'S BASIC PRINCIPLES AND METHODS – by Swami Kuvlayananda and Dr.S.L.Vinekar.

ASANAS – by P.Mariyyah, Sports Publications, Coimbatore.

SURIYANAMASKAR – by Dr.P.Mariyyah, Jaya Publishing House, Perunthurai, Erode.

SOUND HEALTH THROUGH YOGA – by K.Chandrasekaran, Prem Kalyan Publications. Sedapatti, 1999.

PAPER – V

APPLIED YOGA

UNIT : I

“Spiritual Yoga” (Adhyatmayoga) and “Applied Yoga” (Loukika Yoga) – Major Component of Applied Yoga – Scope and limitations of Applied Yoga.

UNIT :II

Yoga and Health (Definition of Health, Guidelines for Health in Yoga) – Yoga and Aging – Yoga for Handicapped people – Yoga as a remedy for addictions – Yoga and Social problems.

UNIT :III

Yoga and Sports as an instinctive need – Special recognition for sports – Varieties of sports – Efficiency in basic skills for sports – Psychophysiological basis for the improvements of sports career and role of Yogic practices to enrich the qualities required for different sports.

UNIT :IV

Yoga and Executive Jobs – Problems of Executives – life of constant stress and strain, anxiety, conflicts resulting in fatigue – Use of artificial stimulants and their side effects – contribution of Yoga to solve the problems of the Executives.

UNIT :V

Yoga and personal efficiency – Personal efficiency as a genetic term – its specificity according to individual needs – Improvement of Efficiency and the role of Yoga.

BOOKS RECOMMENDED FOR REFERENCE AND STUDY

YOGIC THERAPY – by Swami Kuvalayananda and Dr.S.L.Vinekar.

ASANAS – by P.Marriayahh, Sports Publications, Coimbatore.

SURIYANAMASKAR – by Dr.P.Mariayyah, Jaya Publishing House, Perunthurai, Erode.

HEALTH THROUGH YOGA SOUND– by K.Chandrasekaran, Prem Kalyan Publications. Sedapatti, 1999.

DAY BY DAY YOGA – by Howard Kent, Hamlayn, London.

PROCEEDINGS OF THE SEMINAR ON YOGA, SCIENCE AND MAN. NEWDELHI –Central Council for Research in India Medicine & Homeopathy, Delhi.

PERSPECTIVE IN YOGA –Edited by A.K.Sinha, Bharat Manisha, Varanasi.

HATHAYOGA – by Goswami S.S.

APPLIED YOGA – by Dr.M.L.Gharote, Kaivalyadhama, Lonavla.

YOGA ESSAYS – by Yogendra, Yoga Institute, Bombay.

PAPER –VI

PRACTICALS

UNIT –I ASANAS

1. Ardha- Padmasana [Virasana]
2. Ardha- Halasana
3. Pavana- Muktasana
4. Naukasana
5. Ardha- Shalabhasana
6. Shalabasana
7. Makarasana
8. Bhujangasana
9. Dhanurasana
10. Vakrasana
11. Chakrasana
12. Paschimottanasana
13. Ugrasana
14. Gomukhasana
15. Padmasana
16. Siddhasana
17. Bhadrasana
18. Swastikkasana
19. Vajrasana
20. Supta- Vajrasana
21. Yoga- Mudra

UNIT –II ASANAS

1. Srishanasana
2. Savasana
3. Sarvangasana
4. Matyurasana
5. Halasana
6. Ardha – Matsyandrasana
7. Hamsasana
8. Mayurasana
9. Bakasana
10. Parvaatasana
11. Tolasana
12. Tolangulasana
13. Uttana – Mandukasana
14. Tadasana
15. Garudasana
16. Utkatasana
17. Vrikshasana
18. Akarna – Dhanurasana

UNIT-III KRIYAS

1. Tratakam
2. Kapalabhati
3. Jala- Neti
4. Sustra –Neti
5. Vamana Dhauti
6. Danda Dhauti
7. Agnisara
8. Nauli

UNIT –IV

1. Brahma – Mudra
2. Simha – Mudra
3. Shanmugi Mudra
4. Viparithakarani – Mudra
5. Ashwsini – Mudra
6. Suriyanamaskar

UNIT –V

1. Jalandhara- Bandha
2. Jihva – Banda
3. Uddiyana Bandha
4. Moola – Bandha

PRANAYAMS

- | | |
|--------------------|------------------------|
| 1. Nadi – Shuddhi | 5. Bhastrika Pranayana |
| 2. Nadi – Shodhana | 6. Bharmari Pranayana |
| 3. Suryabhadana | 7. Sitkari |
| 4. Ujjayi | 8. Sitali |

MEDITATION

1. Silent Meditation
2. Mantra Meditation

BOOKS FOR READING AND REFERENCE

YOGIC THERAPY – ITS BASIC PRINCIPLES AND METHODS : by Swami Kuvalayananda and Dr.S.L.Vinekar. Ministry of Health, Govt. of India, New Delhi,1963

ASANAS – by Swami Kuvalayananda. Kaivalyadhama, Lonavla, Pune Dist., Maharashtra.

ASANAS –by Dr.P.Marriayahh, Sports Publications, Coimbatore.

SURIYANAMASKAR – by Dr.P.Mariayahh,Jaya Publishing House, Perunthurai, Erode.

SOUND HEALTH THROUGH YOGA – by Dr.K.Chandrasekaran, Prem Kalyan Publications,Sedapatti,1999.

PRANAYAMA – by Swami Kuvalayananda. Kaivalyadahama, Lonavla,Pune District, Maharashtra.

YOGASANAS: A TEACHER’S GUIDE.N.C.E.R.T., New Delhi,1983.

ESSENCE OF PRANAYAMA – by Dr.Shrikrishna, Kaivalyadahama, I.C.Y. Health Centre, Bombay 1985.

ASANAS: WHY? AND HOW? – by Shri O.P.Tiwari, Kaivalyadahama, Lonavla. Pune District, Maharashtra.

YOGA – MIMAMSA Quarterly Journal. Kaivalyadhama, Lonavla.
