

**CENTRE FOR YOGA
AND
CONSCIOUSNESS**

A.P.S. UNIVERSITY, REWA (M.P.)



**SYLLABUS
FOR
P.G. DIPLOMA IN YOGA EDUCATION**

VISION OF UNIVERSITY:

To be the premier institution that offers teaching and learning programmes of the best quality, graduate students who excel and become leaders in the chosen profession contributing to the community, the nation and the world and prepare individuals of the highest moral fibre.

The vision of university to create an ideal society and an intellectual environment that initiates ,nourishes and perpetuates values of coexistence and to fulfill and achieve excellence.

The university under the dynamic leadership of our honourable Vice chancellor is working on quite a few ambitious plans. The idea is to develop the university as a knowledge-city.

FACULTY OF CENTRE FOR YOGA AND CONSCIOUSNESS:

- | | | |
|----|------------------------|---------------------|
| 1. | PROF. SHREEKANT MISHRA | PROFESSOR IN CHARGE |
| 2. | DR. ALPI SINGH | GUEST FACULTY |
| 3. | RAJESH KUMAR SINGH | GUEST FACULTY |

AIMS :

1. Developing yoga skills among the students.
2. Preparing students for yoga therapist and yoga teachers.
3. Students prepare for soft spoken spiritual skill and develop holistic health

PROGRAMME:

DIPLOMA IN YOGA EDUCATION

DURATION:

01 YEAR

NUMBER OF SEATS :

100

ELIGIBILITY:

GRATUATION

AGE LIMIT:

NO AGE LIMIT

Programme outcome

PO	Programme outcome
PO1	The students would be able to demonstrate yoga in scientific way to improve positive health.
PO2	After completing the program the students would be able to specialized in Yoga Health.
PO3	After finishing the program the students would be able to get employment opportunity.
PO4	After successful completion of the program students would able to establish Yoga and Health center in the service of common man.
PO5	The students would preserve and propagate ancient Indian concept of health.
PO6	Ethics: Recognize different value systems including your own, understand the moral dimensions of your decisions, and accept responsibility for them.
PO7	Self- directed and Life-long learning: Acquire the ability to engage in independent and life-long learning in the broadcast context of socioecological changes.

Program Specific Name

Program Specific Name	PSO	Programme Specific outcome
D.Y.Ed.	PSO1	After Finishing the Program the students would be able to have an integrated knowledge of the various disciplines in multidisciplinary field of Yogic science.
	PSO2	At the end of the course the students will be able to understand traditional Indian yoga system the philosophy of the yoga systems and the new thought in yoga movement in the country.
	PSO3	Holistic development according to the percepts of Upanishads and Gita.
	PSO4	Understand and apply the physical and psychological benefits of Yoga.
	PSO5	Recognize, understand and develop the therapeutic skill of yoga in handling various health issues.
	PSO6	Evaluate and incorporate the traditional and modern approaches in their yogic interventions.
	PSO7	Students are able to socially responsible as they are dealing with the modern and psychosomatic diseases through their yogic therapy.

D.Y.ED.
EXAMINATION SCHEME

NAME OF PAPER	MAX.	MIN.	TOTAL
PAPER -1 Patanjali Yoga Sutra	100	33	100
PAPER-2 Principle of Hathayoga	100	33	100
PAPER-3 Basics of integral approach to Yoga therapy	100	33	100
PAPER-4 Anatomy and Physiology of Yogic practices	100	33	100
PAPER-5 Yoga and Mental Health	100	33	100
PAPER-6 Practical and Teaching			
(A) Practical	100	50	100
(B) Teaching Practices	100	50	<u>100</u>

Grand Total - 700

PAPER-1

Marks: 100

PATANJAL YOGA SUTRA

Unit -1

The philosophical and historical background of yoga and comparative study of different yoga schools with the Patanjali Yoga.

Unit -2

Importance of Patanjali yoga sutra in modern times. Concept of Chitta, Chittabhumi , Chitta-prasadhan , Panchaklesha, Concept of Ishwer. Types and Nature of Samadhi.

Unit -3

Introduction of Astnga yoga: Bahirang Yogsadhana - Yama, Niyama,Asana,Pranayam,Pratyahara.

Unit-4

Astang Yogsadhana- Dharna, Dhyana, Samadhi. Sayama- first 12 sutras of Vibhutipada.

Unit-5

Kaivlya- last 7 sutras of Kaivalyapada with the necessary comments based on commentaries. Karma siddhanta and its importance of Yoga sadhana.

Recommended books:

1. योग विज्ञान – स्वामी विज्ञानानन्द सरस्वती
2. पातंजल योग प्रदीप – स्वामी ओमानन्दजी
3. भगवद्गीता – गीता प्रेस गोरखपुर
4. कल्याण (योगांक) – गीता प्रेस गोरखपुर
5. भारतीय दर्शन की रूप-रेखा – डॉ. हरेन्द्र प्रसाद सिन्हा

Course Outcomes

1. Students would be able to know the journey of yoga.
2. Student would be able to know the introduction of Patanjali yoga sutra.
3. Control on Indriya.
4. Knowledge of Samdhi.
5. Technique of dhyana.

PAPER-2

Marks: 100

PRINCIPLES OF HATH YOGA

Unit-1

Hathayoga: Its origin, Definition, Importance of modern era. Brief description to Hatha yoga texts. Do's and don't in Hathayoga.

Unit-2

Asanas: Definition of asana, Classification of asana (According to Swami Kuvalyanandaji), Aim and Principles of Cultural asana, Relaxation asanas and Meditative asana, Characteristics of Meditative asanas.

Unit-3

What is Pranayama-General features of Pranayama, Three phase of pranayama, Technical aspects of Pranayama. Types of pranayama (According to Swatmarama), Use of Kumbhaka.

Unit-4

Mudra, Bandha & Nadanusandhana (Hathpradipika). Shatkarma (According to Gheranda samhita).Kundilini . Importance of time, Place, sequence and combination with other exercise. Precautions, contraindications. Yoga for female.

Unit-5

Sign and symptoms of success in Hathayoga. Relationship of Hathayoga and Rajayoga. Sadhaka and Badhaka Tattva.

Recommended Books

1. घेरण्ड संहिता – स्वामी निरंजनानंद सरस्वती
2. हठप्रदीपिका – कैवल्यधाम, लोनावला
3. आसन प्राणायाम मुद्रा बंध – स्वामी सत्यानन्द सरस्वती
4. योगासन – स्वामी कुवलयानंद

Course Outcomes

1. Students would be able to know the journey of Hath yoga.
2. Knowledge about Mudra and Bandha.
3. Technique of Pranayama.
4. Classification of Asana.
5. Technique of Nadanusandhan.

PAPER -3

Marks: 100

BASICS OF INTEGRAL APPROACH TO YOGA

Unit-1

Philosophy- Meaning and definition, General introduction of Indian Philosophy. Buddhist philosophy- Four noble truth, Jaina philosophy- Syadvad, 5 Mahavrata.

Unit-2

Samkhya Yoga- Three-fold affliction. Introduction of 25 elements according to Samkhya, Concept of Pramana, Purusha and Prakriti, Sarg and Pratisarg, Samyog, similarities and dissimilarities of vyakta and avyakta.

Unit-3

Bhagavad Geeta: - The context of the Bhagavad Geeta, Concept of Yoga, Concept of Karma, Concept of Bhakti, Nature of mind, Concept of Sthitapragya, Triguna. Dhyana, Ahara.

Unit-4

Brief introduction of Principal Upanishads, Definition of yoga, nature of Atma (Kathopnishad).

Unit-5

Concept of Panchkosha (According to Taittiriopnishad), Panch Prana (According to Prashna Upanishad), Brahma, Om.

Recommended Books

1. योग विज्ञान – स्वामी विज्ञानानन्द सरस्वती
2. वेदों में योग विद्या – योगेन्द्र पुरुषार्थी
3. भगवद्गीता – गीता प्रेस, गोरखपुर
4. कल्याण (योगांक) – गीता प्रेस गोरखपुर
- 5- भारतीय दर्शन की रूप-रेखा – डॉ. हरेन्द्र प्रसाद सिन्हा

Course Outcome

1. Knowledge about BhagavadGeeta.
2. Knowledge about shatdarshan(Indian philosophy).
3. Learn concept of Purusha and prakriti.
4. Knowledge about Brahma.
5. Technique of Om chanting according to Upanishad.

ANATOMY AND PHYSIOLOGY OF YOGIC PRACTICES

Unit-1

General introduction of Human body, Importance of anatomy and physiology in the field of Yoga. Central nervous system.

Unit-2

Physiology of Asanas (Muscle-Nerves- Neuromuscular activity and Coordination), Oxygen debt, fatigue, Postural physiology.

Unit-3

Principles and physiology of Mudra and Bandha. Neurophysiological aspects of Pranayama, Endocrine gland and effect of yogic practices on it.

Unit-4

General metabolism and deities (their yogic principles). Special senses: - Eyes anatomy and effect of yoga on it. Sense of smell – nasal mucosa, tongue, taste buds, Ear (their yogic practices).

Unit-5

Circulatory, Respiratory and Reproductive system (Mechanism and effect of yogic Practices). Limitations and contra-indications of specific yoga practices.

Recommended Books

1. Anatomy of Hathayoga – David Coulter
2. Anatomy & Physiology of Yogic Practices - Dr. M.M. Gore
- 3- Yoga Therapy for selected diseases - Dr. M.M. Gore

Course Outcomes

1. After completion of course students will be able to understand about yogic concept of health and healing.
2. Students will familiarize with yogic concept of human anatomy and physiology on the basis they would apply ancient techniques of yoga therapy.
3. After completion of course students will be able to understand about yogic anatomy.
4. After completion of course students will be able to understand about specific yoga techniques for disease.
5. Limitations of Yoga practices.

PAPER-5

Marks: 100

YOGA AND MENTAL HEALTH

Unit-1

Human psyche: Yogic and Modern concept, Mental health (its meaning, determinates and application) -Concept of normality of yoga and modern psychology.

Unit-2

Personality: Meaning and definition, personality theories with special reference of Sigmund Freud and Jung. Concept of personality. Relationship between body and mind.

Unit-3

Indian approach to personality, Personality integration with the view point of Yoga. Attitude formation through Yamas and Niyamas.

Unit-4

Rationale of selected yogic practices and contribution to physical and Mental health. Frustration, Anxiety, Conflicts and Psychosomatic disorders.

Unit-5

Psychology as per the Yoga Sutra of Patanjali, Role of yoga in stress management. Yoga in personal and interpersonal adjustment.

Recommended Books

1. योग एवं मानसिक स्वास्थ्य – कैवल्य धाम
2. व्यक्तित्व का मनोविज्ञान – अरुण कुमार सिंह
3. Indian Psychology - Raghunath Sajaya
4. Yoga and Psychotherapy- Swami Rama, Rudolph Ballentine, Swami Ajay.

Course outcomes

1. After completion of course students will be able to understand about mental health .
2. After completion of course students will be able to understand about yogic psychotherapy.
3. Student would be able to characterize the different stages of mind.
4. Student would be able to understand the concept of mental health and understand the different psychological theories.
5. Students will have deeper understanding of Yogic personality.

PAPER- 6

Marks:100

PRACTICALS AND TEACHING PRACTICES

(A)

Marks:100

Practical

- Prayer
- Shukshma Vyayama
- Asanas: - The full course of the Kaivlyadham performance of selected asanas and general familiarity with other Asanas from Hathpradiopika, Gheranda Samhita, Yoga Upanishads and with another Asana vogue.
- Pranayam: - Ujjayi, Anuloma viloma, Bhastrika and Suryabhedhan, Sitkari, Shitli etc.
- Mudra and Bandha: - Mahamudra. Vipareetkarni mudra, Matang mudra, Mula , Uddiyana and Jalandhaer Bandha.
- Kriyas: - Shatkriyas described in Hthapradipika and Gheranda Samhita.
- Meditation: - Elementary practice of meditation with Pranva in any of following selected Poses, Sidhasana, Padmasana, Swastiasana, Sukhasana.
- Rhythmic Yoga exercise.

Course Outcomes

1. After completion of this course students will be able to importance of shatkarma, asana and pranayama.
2. Students would be acknowledged about the variety of advanced asanas- Pranayama-Mudra-Bandha- Meditation and about their effect on body.
3. Students will have knowledge of Yoganidra.
4. Knowledge of Rhythmic Yoga exercise.
5. Technique of Yoga camp.

Paper-6

(B)

Marks:100

Teaching Practice

- Lecture on organization of classes methods to teaching and lesson planning.
- Salient features of each practice with reference to Yoga text from practical aspects.
- Conducting practical lesson in the class
- Critical observation of the practical class.

Course Outcomes

- 1 After completion of this course students will be able to importance of shatkarma, asana and pranayama.
- 2 Students would be acknowledged about the variety of advanced asanas- Pranayama-Mudra-Bandha-Meditation and about their effect on body.
- 3 Students will have knowledge of Yoganidra.
- 4 Knowledge of Rhythmic Yoga exercise.
- 5 Technique of Yoga camp.

The medium of instruction will be English/Hindi or both.