

ABHILASHI UNIVERSITY

POST GRADUATE DIPLOMA IN YOGA

1st Semester:

	Title of the Paper
1	Foundations of Yoga
2	Basic of Human Anatomy and Physiology
3	Introduction to Indian Philosophy
4	Principles of Psychology
5	Yoga Practice-I

2nd Semester:

	Title of the Paper
1	Yoga darshan
2	Food and Nutrition
3	Classical Hatha Yoga Texts
4	Teaching Methods of Yoga
5	Yoga Practice-II

Examination:

The examination pattern for the P.G. Diploma in Yoga shall include two mid-semester examinations and two end semester examination in first year and second year. The Mid semester examinations shall be conducted for 20 marks in each paper. The end semester examinations shall be conducted for 80 marks in each paper. The Yoga practical in each mid- semester will be for 20 marks and in end semester for 80 marks. The total marks of 100 for the semester end examination in yoga practice shall be distributed as follows:

Performance	-	50 marks
Viva-voce	-	20 marks
Records	-	10 marks
Internal assessment	-	20 marks

The semester end examination in yoga practice will be conducted jointly by an internal and external examiner.

1ST SEMESTER SYLLABUS

Course – Foundations of Yoga

Unit-I:

Introduction to Yoga: Yoga, its nature and scope. Development of yoga through the ages.

Unit-II:

Different types of yoga: Karma Yoga, Bhakti Yoga, Jnana Yoga, Raja yoga, Hathayoga and Mantra Yoga. Scientific research on yoga.

Unit-III:

Meditation: Its nature and scope. Different types of meditation. Scientific Research on meditation.

Unit-IV:

Introduction to Bhagavad Gita , Chakra theory and Kundalini yoga: Yogic concepts in Bhagavad Gita , Chakra theory and Kundalini yoga.

Unit-V:

Yogic view of health and illness: Yoga and physical exercises. Yogic techniques for the prevention and treatment of somatic, psychosomatic and psychological illness.

Course –Basic Human Anatomy and Physiology

Unit –I

Cell Structure, tissues and Function Introductions to various Systems in human body

Unit –II

Carbohydrates, Proteins. Vitamins and Minerals. Digestive system: Salivary glands, upper and lower GIT. Excretory System: Kidney, ureter, Urethra, bladder, Urethra, Formation of urine

Unit – III

Skeletal System: Types of bones, Types joints, Spinal cord . Difference between ligaments and tendons. Muscular system: Types muscles and their function.

Unit – IV

Circulatory System: blood and its composition, blood pressure Respiratory system: nose, larynxes, pharynx, Lungs, Trachea, Respiratory Mechanism.

Unit – V

Endocrine Glands: Pituitary gland, Thymus, Thyroid gland, Parathyroid gland, Pineal gland adrenal gland, Pancreas, Ovaries and Testis. Reproductive system: Male Reproductive system and Female reproductive System.

Course - Introduction to Indian Philosophy

Unit I:

Indian Philosophy: General nature, characteristics and development of Indian philosophy.

Unit II:

Indian Philosophical systems: Vedic thought, Nyaya Philosophy, Vaisesika Philosophy and

Samkya Philosophy.

Unit III:

The Patanjali Yoga Darsana : (i) The Yoga Astanga Marga, God. The Mimamsa Darsana :

(i) Kumarilla and Prabhakara on Soul, Karma, Dharma.

Unit IV

Jainism : (i) Syadvada, (ii) Anekantavada, (iii) Soul theory and liberation ; Buddhism : (i)

Four Noble Truths, (ii) Pratitya Samutpadavada.

Unit V

Sankara Vedanta :

(i) Brahman as Saguna and Nirguna (ii) Status of Individual soul and the world

(iii) The Doctrine of Maya ;

The Visistadvaita Vedanta of Ramanuja :

(i) Reality as qualified and nonqualified (ii) The Nature of God, soul, world

(iii) Doctrine of Bhakti, Saranagati and Prapatti The Dvaita Vedanta of Madhvacharya :

Matter, souls, and god, Means of Liberation.

Course –Principles of Psychology

UNIT – – I: Introduction to Psychology : Definition and goals of Psychology – Nature and scope of psychology- Schools of Psychology –Scientific research methods: Experiment, observation, introspection, interview, case-study and questionnaire.

UNIT – – II: Yoga Psychology: Concepts of Self and Consciousness.

UNIT – III: Emotion – Motivation:

Emotion: Definition and nature of emotion. Theories of emotion: James-Lange, Cannon-Bard.

Motivation: Definition and nature of motivation. Theories of motivation: Freud's unconscious motivation theory, Maslow's need hierarchy theory.

UNIT – IV: Intelligence : Definition and nature of intelligence.

Theories of intelligence: Unifactor theory, Two factor theory, Multifactor theory, Group factor theory, Guilford's factor analysis theory

UNIT – V: Personality : Definition, characteristics and Indian approaches to Personality.

Theories of personality: Erikson Psycho social development theory, Freud's Psychoanalytical theory.

Course –YOGA PRACTICE-I

Pavanamuka series or suksha vyayamam: Eye, Neck, Hand, Leg, Spinal, Chakki Chalana.

Suryanamaskara:

- | | |
|--------------------|-----------------------|
| 1. Pranamasana | 2. Hasta uttanasana |
| 3. Padahastanasana | 4. Aswasanchalanasana |
| 5. Dandasana | 6. Ashtangasana |
| 7. Bhujangasana | 8. Parvatasana |

Standing postures:

1. Tiriyak Tadasana
2. Parswa tadasana
3. Trikonasana

4. Parivrita Trikonasana
5. Katichakrasana
6. Veerabhadrasana
7. Uttita Janu Sirshasana

Sitting postures:

- | | | |
|-------------------------|----------------|-------------------|
| 1. Bhadrasana | 2. Virasana | 3. Meruvakrasana |
| 4. Ardha matsyendrasana | 5. Ushtrasana | 6. Suptavajrasana |
| 7. Simhasana | 8. Gomukhasana | 9. Shashankasana |
| 10. Marjari asana | | |

Supine postures:

1. Uttanapadasana
2. Pavanamuktasana.
3. Navasana.
4. Kandasana/Setubandasan

Prone postures:

1. Sarpasana
2. Shalabasana
3. Bhujangasana.

Inverted postures:

1. Vipreeta karani Asana
2. Sarvanagasana
3. Halasana
4. Matsyasana

Meditative postures:

- | | | |
|--------------|--------------|-------------------|
| 1. Sukhasana | 2. Vajrasana | 3. Ardhapadmasana |
| 4. Padmasana | | |

Pranayama:

1. Udara swasa
2. Hrudaya swasa
3. Klavicular swasa
4. Yoga swasa
5. Surya bedhana
6. Chandra bedhana
7. Anuloma viloma

Kriya Practicals:

- | | | | |
|--------------------------|------------------|----------------|------------|
| 1. Neti - Jala and Sutra | 2. Dhauti – Jala | 3. Kapalabhati | 4. Trataka |
|--------------------------|------------------|----------------|------------|

Relaxation postures:

- | | |
|----------------|-------------|
| 1. Shavasana | 2. Advasana |
| 3. Makharasana | |

2ND SEMESTER
SYLLABUS

Course –Yoga Darshan

- Unit I Patanjali: A philosopher and Yogin - basis and date of Yoga sutras- -
philosophical foundations of Yoga sutras- commentaries on Yoga Sutras -
structure of the text- associated yoga paths in yoga sutras- *atha yoganusaasanam*
- Unit-II
yogaschitta vritti nirodha - Chitta Vrtties- Abhyasa and Vairagya- samprajnata
andasamprajnata Samadhi - means of attaining Samadhi
- Unit-III
Definition of Isvara – qualities of Isvara - chitta vikshepas- removal of
chittavikshepas, ekattvabhyasa - concept of chitta prasadana – types of
Samadhi-
- Unit-IV
Kriya yoga - concept of kleshas - removal of kleshas – Astanga yoga:
yama, niyama, asana, pranayama, pratyahara, dharana, dhyana and samadhi
- Unit V Samyama and vibhutis- psychic powers (vibhutis) –Karma – mind and object –
kaivalya

The Hatha Yoga Pradipika

Unit-
I:

Introduction to Hatha yoga Pradipika- factors of failure and success in Yoga Sadhana - ten Yamas and ten Niyamas; - concept of asana - the four major Asanas - mithahara – relation of Mind and Prana - Nadis suddhi - Shat Karmas: dhauti, vasti, neti, Trataka, nauli and kapalabhati.

Unit-II :

Asta Kumbhakas: Suryabhedana, Ujjayi, Seethali, Seethacari, Bhastrika, Bramari, Plavani and Moorcha - Signs of perfection in Hatha Yoga - Concept of Kundalini - *Dasha Mudras* - Synonyms of Samadhi - Shambhavi and Khechari mudras.

Unit-III

Concept of Nadanusandana - Types of Nada perceived - the four stages of Hatha Yoga Practice - Relation of Nada and Mind - Features of Samadhi.

The Gheranda Samhita:

Unit-IV:

Introduction to Gheranda Samhita- Sapta sadhanas - Classification of Dhauti, Basti and Bhalabhati –asanas - Classification of Mudras – the influence of Seasons on Yoga - sagarba and nigarba Pranayama - Sahita and Kevali kumbhaka.

Unit- V

Pratyahara techniques- three types of dhyana – samadhi variations.

Course –Teaching Methods of Yoga

Unit -I: Teaching methods of Yoga

Introduction – yoga and yoga practices – meaning and scope of teaching methods in yoga

– principles of teaching methods in yoga – class management and formation of class in yoga – lesson planning and model of lesson plans in yoga – notes of yogic practice teaching lesson — specimen of notes and observation of yogic practice lessons - salient points in teaching important kriyas, asanas, pranayama and bandhas.

Unit -II: Teaching practice

(According to practical yoga syllabus of two semesters)

Course –YOGA PRACTICE-II

Pavanamuka series or sukshama vyayamam: Eye, Neck, Hand, Leg, Spinal, Chakki Chalana.

Suryanamaskara:

- | | |
|--------------------|-----------------------|
| 1. Pranamasana | 2. Hasta uttanasana |
| 3. Padahastanasana | 4. Aswasanchalanasana |
| 5. Dandasana | 6. Ashtangasana |
| 7. Bhujangasana | 8. Parvatasana |

Sitting postures:

- | | | |
|------------------------------|-----------------------|---------------------|
| 1. Bhadrasana | 2. Virasana | 3. Meruvakrasana |
| 4. Ardha -
matsyendrasana | 5. Ushtrasana | 6. Suptavajrasana |
| 7. Sasanakasana | | |
| 8. Sasakabhujangasana | | |
| 9. Matsyasana | 10. Pachimottanasana. | 11. Poorvottanasana |

Supine postures:

1. Uttanapadasana 2. Pavanamuktasana.
3. Navasana. 4. Kandasana/Setubandasan
5. Chakrasana 6. Yoganidrasana 7. Matyasana

Prone postures:

1. Sarpasana 2. Shalabhasana 3. Bhujangasana.
4. Tiriyak bhujangasana
5. Purna bhujangasana 5. Dhanurasana

Balancing Postures:

1. Tadasana 2. Vrikshasana 3. Natarajasana 4. Ekapadasana
5. Garudasana 6. Hanumanasana

Inverted Postures:

1. Vipreeta karani Asana 2. Sarvanagasana
3. Halasana 4. Sirshasana

Advanced Posture:

- 1.Kurmasana 2. Mayurasana 3.Hamsasana 4.Brahmacharyasana
5. Ekapadagreevasana

Asta kumbaka Pranayama:

1. Surya bedhana.
2. Nadisodhana
3. Sitali
4. Seetkari
5. Ujjayi
6. Bramari
7. Bastrika
8. Moorcha

Practice of drishtis or concentration : Nasikagra, Brumadya

Mudras: Mahamudra, Maha bandha, Maha veda and Sambhavi Mudra

Banda traya:

- 1.Jalandara banda 2.Moolabanda 3.Uddiyanbanda

Kriya Practicals:

1. Dhauti – Jala & Vastra 2. Nauli 3. Agnisara

Meditative Techniques:

OM Meditation Chakra Meditation So-Ham Meditation Yogic Meditation

Relaxation postures: 1.Shavasana 2.Advasana 3.Matsyakridasana 4.Jyestikasana 5.Nirlambasana