

**SASTRI III YEAR
SEMESTER – VI (PAPER-8)**

PAPER TITLE- YOGIC TEXTS AND BHAGAVADGITA

50

MARKS

OBJECTIVES:

- To understanding the awakening methods of kundalini
- To impart the spiritual knowledge which leads to self realization
- To understand the techniques of meditation (Nadanusandana)
- To understand the qualities of DAIVA-ASURA which explained in Bhagavadgeeta to improve right behaviour.

Unit-I : HATHAYOGA PRADIPIKA TEXT

Chapter 3: Introduction - kundalini – awakening – methods - benefits - synonyms of kundalini – shatchakras - synonyms of sushumna

Unit-II: HATHAYOGA PRADIPIKA TEXT

Chapter 3: Mudras and Bandhas – definition – classification - Practising methods and benefits – contra – indications - conclusion.

Unit-III: HATHAYOGA PRADIPIKA TEXT

Chapter 4: Introduction- Samadhi- Meaning- Synonyms of Samadhi – Samadhilakshanam – Classification - Prana and mind – its inter – relation - nadanusandhana - four stages - qualities of Brahmajnan - Ultimate aim of Hathayoga - Conclusion.

Unit-IV: BHAGAVADGITA CHAPTER 16 (DAIVASURA SAMPATHVIBHAGAYOGA)

Introduction- qualities of divine nature- qualities of demoniac nature- results of divine and demoniac qualities- nature- behaviour- thinking nature- belief- birth in next life, etc.

Unit-V: BHAGAVADGITA CHAPTER 16 (DAIVASURA SAMPATHVIBHAGAYOGA)

Three gates leading to hell (lust, anger, greed) free from three gates its result need of sastra as pramana (evidence)- conclusion.

PRACTICALS

50 MARKS

ASANAS

1. Vatayanasana
2. Parighasana
3. Urdhva Dhanurasana
4. Bhujapidasana
5. Sirshasana Cycle

KRIYAS

Madhyama Nauli

PRANAYAMA

Bhastrika

Meditation based on Sabda and Artha

**POST GRADUATE DIPLOMA IN
YOGA VIJNANA**

INTRODUCTION:

The aim of yoga is to develop the human consciousness from lower level to higher level. For this purpose various yogic practices are offered at different levels to train the body and mind. This brings about positive changes and harmonious functioning in the body-mind complex. In yoga, there are several techniques to develop various facets of human personality. Today, Yoga is gaining world-wide popularity because of its spiritual

values and also for its therapeutic application. Its practices are effectively used in the treatment of several psychosomatic disorders for which there is no effective treatment in modern medicine. With the growing demand for yoga all over the world, it has become essential to train people in the theory and practice of the system.

OBJECTIVES:

The purpose of the post Graduate Diploma in Yoga Vijnana is to impart the knowledge in various techniques of Yoga, based on classical texts, with scientific orientation to graduates in order to enable them to mould their personality and to teach the same to the students in schools and colleges and to the interested public of all age levels. It is aimed to provide them a basic understanding of human anatomy, physiology and bio-chemistry so that they gain a proper perspective on yoga in the light to science; to enable them to gain enough fundamental skills to read and understand basic texts in yoga. It is also aimed to introduce the students to the fundamental principles of ayurveda, the Indian system of Health Sciences.

By succeeding in this course the students shall be able to teach Yoga practices to the public on scientific lines and can also run a Training cum Therapeutic Centre on their own.

P.G. DIPLOMA IN YOGA VIJNANA

THEORY = 75 MARKS

Question Paper Marks Pattern

Descriptive –

1 out of 2 × 20 Marks	=	20 Marks
2 out of 4 × 20 Marks	=	20 Marks
3 out of 6 × 5 Marks	=	15 Marks

Objective –

a) One word answers	=	5 Marks
b) Match the following	=	5 Marks
c) Multiple choice	=	10 Marks

PRACTICALS = 75 MARKS

- a) Asana = 40 Marks
- b) Kriya = 15 Marks
- c) Mudra and Bandha = 10 Marks
- d) Pranayama and Meditation = 10 Marks

SYLLABUS

Paper – I INTRODUCTION TO YOGA

OBJECTIVES:

- To understand Yoga its origin and development from ancient to modern

period.

- To know the various branches (streams) of yoga according to Bhagavat gita.
- To understand the relation between yoga and physical exercise.
- To understanding the awakening methods of kundalini
- To impart the spiritual knowledge which leads to self realization
- To understand the various techniques of meditation

1. Yoga – Meaning, definition, concepts, aims, objects and misconceptions.
2. Traces of Yogic concepts in ancient literature – Vedas, upanisads, ithihasas, puranas, upto modern era.
3. Yoga in relation to others systems of Indian thought – with special references to Jainism and Buddhism.
4. Schools of Yoga – Raja Yoga, Bhakti Yoga, Karma Yoga, and Janana Yoga.
5. Sankhya of Yoga – introduction, satkaryavada – 25 tattvas of evolution [antah karanas and bahya karanas] – according to Sankhyakarika of Iswarakrishna.
6. Kundalini yoga – introduction –historical development – evolution theory of kundalini yoga – nadis – importance nadis – chakras – places, forms, letters – chakrabhedana [awakening of kundalini shakti].
7. Exercise – Types – Physical Education – Yoga Education – comparative study.
8. Wisdom and the method of attainment – introduction – declines to fight against respected ones – surrender to supreme – immortality of soul – nature of death, characteristics of atma – duty for duty’s sake – selfless acitons – samatvam in yoga – skill in action is yoga – characteristics of enlightened person – according to Bhagavat Gita Chapter II.
9. A critical study of Dhyana Yoga – introduction – qualities of person whose senses are controlled – environment for meditation – place, seat, posture, condition of mind – method of meditation. One –pointedness of mind, nature of mind, control of mind, perfection in yoga. Merits of enlightened yogi, fate of imperfect yogi, yoga unparalleled – according to Bhagavat Gita Chapter VI.
- 10.Importance of Yoga in Education – methods of teaching, model lesson planning – characteristics of yoga teacher.

Reference Books:

1. Snakhyakarita of Iswarakrishna, Chowkhamba Publication, written by kunhan Raja.
2. A critical survey of Indian Philosophy – Chandradhara Sarma, Motilal Banarasi Das, Delhi.
3. Yoga in relation to others systems of Indian Thought – Das Gupta S.N., Motilal Banarasi Das, Delhi.
4. The tradition of yoga – George Forestein

5. Kundalini Yoga – M.P. Pandit, Theosophical Publishing House, Adyar, Madras.
6. The Serpent Power – Sir John Woodroffe, Ganesh & Co., Madras.
7. Srimad Bhagavat Gita – S. Radhakrishnan.
8. Srimad Bhagavat Geeta – Geeta Press, Gorakhpur.

PAPER II – CLASSICAL YOGA

Objectives:

- To understand the importance of ethical values (yama and niyamas) in yoga
- To understand the yogic life styles regarding the food and behaviour
- To impart the knowledge of prana, pranayama and various techniques w.r.t to Hatha yoga
- To enable the students to understand the effects of shatkriyas in eliminating Impurities.
- To understand the yogic concepts of Hatha yoga and Astanga yoga.
- To understanding the awakening methods of kundalini
- To impart the spiritual knowledge which leads to self realization.
- To understand the techniques of meditation.

1. Introduction to Yoga Sutra – Nature of Yoga Science, Definition of Yoga, the nature of seer in pure and modified state, vrittis – Nature, Classification, Definition, Method of Control of citta vrittis. Samprajnata Samadhi and its classification, asamprajnata and its classification, variation in the attainments of Asamprajnata Samadhi, Chittavikshepa, Chittaprasadana and its associate, control of chittavikshepa, different methods of mansathiti and its benefits, Samapatti, Sukshmavishayatva, Sabijasadhi, Speciality of Nirvichara, Rthambharaprajna, Nirbijasadhi – according to Patanjala Yogasutra chapter – I
2. Kriya Yoga and its benefits, Classification, methods to control klesas, Karmasaya, Vipaka of Klesamula, Heyaswarupa, Heyahetu, Drushya and Drashta, Samyoga – Nature & Cause, Hanopaya, Hanaswarupa, Vivekakhyati, Astangayoga – According to Patanjala Yogasutra Chapter – II
3. Hathayoga – Introduction, Relationship of Hathayoga and Rajayoga, Greatness of Hathayoga, Hathayogi Parampara, Importance of Hatha and its secrecy, place of Hathayoga practice, Destructives and constructive of Yoga, Yama and Niyama, Asana, Methods of Hathayoga practice, Mitahara, Pathya and Apathya, Rules in food taking, Hathayoga achievements – Accordign to Hathayogapradipika Chapter – I
4. Pranyama – Benefits of pranayama, Sweat and pranayama, food during pranayama practice, Yukta and Ayukta pranayama, Nadisuddhi, Gajakarani, Importance of pranayama practice, symptoms of Nadisuddhi, Manonmany, Varieties of Kumbhaka –

methods and benefits. Classification of Kumbhaka and its benefits, Hathayogasiddhhilakshanam – According to Hathayogapradipika Chapter – II

5. Ghatayoga – Introduction – Saptangaupanga – benefits – Shatkriyas – classifications – practicing methods – benefits – Mudra – introduction – 25 mudras – classification – practicing methods – benefits – according to Gherandasamhita.

REFERENCES BOOKS

1. Rajayoga – Swami Vivekananda – Ramakrishna Ashram
2. The science of yoga – Taimini – Theosophical publishing house, Adyar, Madras.
3. Yoga sutra of Patanjali – Hariharanada Aranya, University of Culcutta press, Culcutta.
4. Hathayogapradipika of Swathmarama – Kaivalyadhama, Lonavala
5. Gheranda Samhita – Theosophical publishing house, Adyar, Madras
6. Hathayoga Pradeepika – Bihar school of Yoga, Munger, Bihar.

PAPER III – HUMAN BIOLOGY

OBJECTIVES:

- To understand about different systems of the Body.
- Functional and structural understanding of system of the Body.
- To understand the various types of food and their bio chemical role.
- Basic knowledge of blood and its functions.
- To understand physiology of respiration.
- To know the types of circulation of blood in human body.
- To understand the importance of spine, brain and its functions in human body.
- To know the proper secretions of hormones from various glands.

1. ANATOMY & PHYSIOLOGY

- A. Musculo – Skeletal System: Muscle – classification – properties of each type – distribution – Ligaments, Tendons, Skeleton – Bones – types, structure & function, spinal column. Joints – Types, Structure, Function.
- B. Blood and Immune System: composition of blood corpuscles – R.B.C., W.B.C., Platelets. Plasma, Hemoglobin coagulation of blood and anticoagulants. Blood groups and its importance, Lymphatic system, Immunity – Types & mechanism
- C. Cardiovascular System: Anatomy of Heart and blood vessels – innervation of heart – properties of cardiac muscle – control of cardiac cycle and circulation – cardiac output – blood pressure.

- D. Respiratory System: Anatomy – Gross & Histological – Mechanism of Breathing, Exchange of Gases, pulmonary Function Tests – Lung Volumes – Control of Respiration
- E. Digestive system: Anatomy – Gross & Histological – Mechanism of Secretion of Saliva, Gastric Juice, Pancreatic Juice, Bile, intestinal secretion – Role of these secretions in digestion of food, absorption and assimilation and formation of faeces.
- F. Excretory system and temperature regulation: Anatomy – Gross & Histology – functions of Glomerules and renal tubules Micturition composition of urine – structure and functions of skin – Regulation of body temperature.
- G. Endocrine system: anatomy – Gross & Histology, Thyroid, Parathyroid, suprarenal, Pituitary, Islets of Langerhans – Function of thyroid and parathyroid hormone, effect of hypo and hyperactivity on the body. Hormone of supra – renal and their action and effect of hypo and hyper activity on the body, hormones of pituitary gland – its action and effect of hypo and hyper activity on the body. Role of insulin in glucose metabolism.
- H. Special senses: Eyes Anatomy – Histology of retina, corneal function, physiology of vision and accommodation, Sense of smell – nasal mucosa, tongue, taste, buds. Ear-mechanism of hearing and function of semicircular canal.
- I. Reproductive system: Anatomy – Gross and Histology of Male reproductive system – Spermatogenesis. Female reproductive system – ovarian Hormones, Menstruation, Pregnancy Parturition.
- J. Central Nervous system: Anatomy – Gross - Cerebrum. Cerebellum, spinal cord. Histology – Nerve structure and properties of neurons – Nerve – Classification of neurons and nerve fibers receptors. Functions and important connections of cerebrum, pons, medulla, thalamus, hypothalamus, cerebellum – autonomic nervous system – sympathetic and parasympathetic – anatomy & functions.

Nutrition & related Bio- Chemistry:

- i. Nutrients, proximate principles of diet – their importance. Carbohydrates: monosaccharide's, polysaccharides proteins – importance of proteins in biological system – essential and non essential amino acids – Biological value Lipids – triglycerides essential fatty acids Calorimetry – energy requirements and its calculation, energy aspects of diet and their distribution, balanced diet. Minerals – Calcium, iron, other trace elements in human nutrition Vitamins – Fat soluble and water soluble vitamins – physiological role – requirement and source signs of deficiency
- ii. Enzymes: definitions, specificity, inhibitors and activators.

Reference books

1. Anatomy & Physiology for nurses
2. Anatomy & Physiology in health and illness – Ross & Wilson.
3. Anatomy & Physiology Bijlani.

PAPER IV – BASIS AND PRINCIPLES OF YOGA THERAPY **(Yoga therapy 45 marks; Ayurveda 30 marks)**

OBJECTIVES:

- To know the role of panchmahabhutas, panchkoshas, Types of sharias, in understanding the Yoga therapy.
 - To understand the various components of the body
 - To understand the importance of health.
 - To know the associated factors to maintain the good health.
 - To improve the knowledge of Yoga therapy on various common disease.
1. Basis and principles of Yoga Therapy.
 2. Effect of yogic practices on following systems
 - a. Skeletal and muscular
 - b. Nervous system
 - c. Digestive system
 - d. Respiratory system
 - e. Circulatory system
 - f. Excretory system
 - g. Endocrine system.
 3. Panchakosa theory –means to realize Brahman Kosa – meaning – layered existence of personality
 4. A general survey of prevention, promotive and curative aspects of Asanas, Kriyas, Mudras and Pranayama on diseases – Asthma, Diabetes, Hypertension, Arthritis, Gastritis, Ulcer, Constipation, and Insomnia.
 5. Yoga and mental health – Total integration of personality
 6. Introduction to Indian concepts of Health –
 7. Aims basic principles – Tridosha – nature – properties and functions; Dhatus – Sapta dhatus – functions.

8. Approaches to health; Dinacharya and Ritucharya; The elements of Sneha, Sveda, Vamana, Virechana and Vastikriya
9. The concept of manas.

REFERENCES BOOKS

1. Basic principles of Ayurveda – Bhagvan das,
2. Basic principles of Ayurveda – Dr.V.B. Athavale, Athavale publication, Pune.
3. Charakasamhita of charaka, chowkhamba publication, Varanasi.
4. Asanas – kuvalayananda, kaivalyadhara, Lonavala, pune
5. Anatomy and physiology of yogic practices – M.M. Gore, Lonavala, Pune.
6. Pranayama – Kuvalyananda, Kaivalyadhara, Lonavala, Pune.
7. Taittiriya Upanisad, Chowkhamba Vidyabhavan, Varanasi.
8. Asana, Pranayama, Mudra and Bandha Swami Satyananda Saraswati, Bihar School of Yoga, Munger.
9. Mind and its control – Rama Krishna Math publications.

PAPER V – BASICS RELEVANT TO YOGIC SCIENCES (SANSKRIT)

OBJECTIVES:

- To learn to read and write the Devangar script
- To develop basic listening comprehension, via in-class story-telling
- To obtain a working vocabulary of the most essential words and roots
- To formulate and respond to basic class-related questions, with proper pronunciation.

1. Orthography of Devanagari varnamala, Classification of varnas, Purnaksara, Samyuktaksaras, Karkasa and Mrduvyanjanas, writing of varnamala using Roman trasnileration.
2. Sanskrit Words – classification of Sanskrit words – Subantas – Ajanta and Halanta words, gender, vachanas, cases of subanta words. Declaration of the following words in cases- Rama. Hari, Guru, Pitr, Lata, Mati, Dhenu, Phala, Vari, Gau, Marut, Vidvas, Rajan, Manas, Asmad, Yusmad, Tad, Yad, Kim, etc.
3. Kriyapada in Sanskrit – Classification, Lakaras, Purusas, Vachanas. Declaration of the following root words in Lat, Lrt, Lan,- Bhu, Khad, Vad, Dhyai, Pat, Ish, Kshi, Pracch, Dam, Kath, Chint, Ad, As, Jagr, Bha, Dha, Kr, Ash.

4. Avyayas in Sanskrit – different kinds of Avyayas.
5. Elementary knowledge of all kinds of Sandhis with examples in Sanskrit.
6. Raghuvamsamahakavya – 1st Sarga 1 to 25 slokas – Introduction – Kalidasa – Date – Works Greatness of the Poet & Kavya – Solar Dynasty – poet's strong decision to approach this kavya – Qualities of Raghuvamsa King's from birth to death – Manu – Dilipa – Physical Structure of Dilipa – Greatness of Dilipa – the rule of Dilipa taxes – four forces – Attempts – Dilipa's detachment – the role of opponent qualities in Dilipa – oldage without becoming old – father of his subjects – Rajadharmā.
7. Bhagavadgita Chapter XII
A critical study of Bhakti Yoga – Devotional Service – Perfect devotee – Personal & impersonal Brahman – fixing mind on Personal form of God with faith – characteristics of Atman – attached minds – troublesome to attach the mind to the unmanifested – impersonal features of the supreme – giving up all selfish activities – engaging in devotional services – truth achieving – regulative principles of Bhaktiyoga – Nishkama karma – practice – knowledge – Meditation – Renunciation of the fruits of the action – Peaceful mind – qualities of pure devotee – imperishable path of devotional service- according to Gita – Bhaktiyoga.
8. Message of Upanishads – study of katopanshad – introduction – Upanishad – meaning – different kind of upandishads – importance of katopanishad – story of Vajasravas & Nachiketa – Three boons – sreyas- preyas – Nachiketa fire – concept of pranava – Nature of the soul – Supreme and –yogic concepts in katopanishad.

REFERENCE BOOKS:

1. Laghusiddhantakaumudi, Chaukhamba Surabharati prakashana, Varanasi.
2. Sabdamanjari, Chaukhamba Surabharati prakashana, Varanasi.
3. Dhatumanjari, Chaukhamba surabharati prakashana, Varanasi.
4. Raghuvamsamahakavya, Chaukhamba Surabharati Prakashana, Varanasi.
5. Bhagavadgita, Geeta press, Gorakhpur.
6. Katopanishad, Chaukhamba Surabharati Prakashana, Varanasi.

PRACTICAL I

Practice of the following Yogic practices

ASANAS

- | | |
|---|--|
| 1. Swasthikasana | 8. Vrikshasana |
| 2. Vaidika Suryanamaskara –
9 vinyasas | 9. Paschimotansana |
| 3. Padangusthasana | 10. Purvotanasana |
| 4. Padahasthasana | 11. Ardhabaddhapadma
pascimotansana |
| 5. Uttita Trikonasana | 12. Triyanmukhaikapada
pascimotansana |
| 6. Uttita Parsvakonasana | 13. Janusirsasana |
| 7. Virabhadrasana | |

14. Navasana
15. Suptakonasana
16. Bhujangasana
17. Setubandhasana
18. Salamba Sarvangasana
19. Halasana
20. Karnapidasana
21. Urdhvapadamasana
22. Pindasana
23. Matsyasana
24. Uttanapadasana

25. Padmasana
26. Baddhapadmasana
27. Yogamudra
28. Salabhasana
29. Dhanurasana
30. Dhanurasana parsvasahita
31. Ustrasana
32. Vajrasana and Suptavajrasana
33. Bharadvajasana
34. Sirsasana
35. Savasana

KRIYAS

1. Jalaneti
2. Sutraneti
3. Agnisara
4. Trataka

MUDRAS

Viparitakarini Mudra

BANDHAS

1. Udyanabandha
2. Jalandharabandha

PRANAYAMAS

1. Ujjayi
2. Recaka, Puraka, Kumbhaka
3. Suryabheda, Candrabhedha, Nadisuddhi.

PRACTICAL II

Practice of the following Yogic Practices

ASANAS

1. Yaugika Suryanamaskara –
17 Vinyasas
2. Siddhasana
3. Prasarita Padottanasana
4. Parsvottanasana
5. Utthitapadangusthasana
6. Arddhabaddha Padmottanasana
7. Pasasana
8. Krauncasana
9. Bhekasana
10. Laghuvajrasana
11. Kapotasana
12. Nakrasana
13. Arddhamatsyendrasana
14. Ekapadasirsasana
15. Dvipadasirsasana

16. Maricasana
17. Bhujapidasana
18. Kurmasana
19. Suptakurmasana
20. Kukkutasana

21. Upavistakonsana
22. Suptapadangusthasana
23. Suptaparsvasahita
24. Ubhyapadangusthasana
25. Urdhvamukhapascimotansan

KRIYAS

1. Gajakarani
2. Danda Dhauti
3. Vastra Dhauti
4. Nauli (Madhyama)
5. Kapalbhati

MUDRAS

1. Mahamudra
2. Sanmukhimudra

BANDHAS

Mulabandha

PRANAYAMAS

1. Sarnavritti, Visama Vritti
2. Sitali
3. Bhastrika
4. Bhramari