

MARKS**OBJECTIVES:**

- To understand Yoga its origin and development from ancient to modern period.
- To know the various branches (streams) of yoga.
- To understand the yogic concepts of Hatha yoga and Astanga yoga.
- To understand the difference between yoga and physical exercise.

Unit-I: Yoga- meaning, definition, concepts, aim, objects, misconcepts

Yoga- word meaning- definitions from various scriptures i.e., from vedas- Upanishadas - yogic texts- puranas, etc self realisation through discrimination- Ashtangayoga- objects- various misconceptions today regarding yoga- conclusion.

Unit-II: Historical development of Yoga and yogic texts

Historical traces of yogi concepts from Pre- Vedas- Vedas- Upanshads- Ithihasas- Classical age- Puranas- Modern- Various Yogic texts

Unit-III: Schools of Yoga and Astanga Yoga of Pathanjali

Rajayoga- Jnanayoga- Bhaktiyoga- Karmayoga.

Introduction- eight accessories- benefits- Yama- Niyama- Asana-Pranayama- Prathyahara- Dharana- Dhyana- Samadhi- Conclusion.

Unit-IV: Brief account of Pranayama, Bandhas, Mudras and Kriyas

Prana- meaning- classification- gradation of pranayama- varieties of kumbhaka- practising methods- benefits- prana and mind- meaning of Bandha- classification- practising methods- benefits- contra- indications- Mudras- meaning- Classification- Practising methods- benefits- Kriyas- meaning- Purpose- Kriyas- Classification- practising methods- benefits- conclusion.

Unit-V: Yogic Education and Physical Education

Exercises – types- its aim- yoga- types- its aim- comparison- contrast- conclusion.

PRACTICALS**50 MARKS****ASANAS**

1. Swasthikasana
2. Vaidika Suryanamaskara
3. Padangushtasana
4. Padahasthasana
5. Uttita Trikonasana
6. Uttita Parsvakonasana
7. Utkatasana
8. Vajrasana
9. Suptavajrasana
10. Janusirshasa

PRANAYAMA

1. Rechaka- puraka- kumbhaka
2. SuryaBhedana
3. ChandraBhedana

SASTRI I YEAR

SEMESTER- II- PAPER- 2

PAPER TITLE – YOGIC TEXTS AND BHAGAVADGITA 50 MARKS
OBJECTIVES:

- To understand the concepts of chitta, vrittis and nirodha upayas.
- To understand the concepts of Samadhi and its types.
- To understand the real (Atma) and unreal according to Bhagavat Gita.

Unit-I: Patanjali Yogasutras Chapter I (SAMADHI PADA)

Introduction to yogadarsana- yogasutras- place in six darsanas- yoga- meaning- definition- nature of Darshana (seer) in native nature (purestate) and modified state- vrittis of chitta- chittabhūmikas- definition- chittavrttinirodhamargas.

Unit-II: Patanjali Yogasutras Chapter I (SAMADHI PADA)

Samadhi- Types of Samadhi- antarayas- classification- free from antarayas- cittaprasadana- samapatti- Ritambaraprajna- Sabijasamadhi- Nirbijasamadhi.

Unit-III: Bhagavadgita chapter II (SANKHYA YOGA)

Bhagavadgita Introduction - Importance of Sankhya Yoga - Human Weakness in regard to fight against respected and beloved ones - how to overcome such situation- surrendering to supreme

Unit-IV: Bhagavadgita chapter II (SANKHYA YOGA)

Nature of soul and body - immortality of soul - role of karmas in the cycle of death and birth - Characteristics of soul (atman)

Unit-V: Bhagavadgita chapter II (SANKHYA YOGA)

Duty for duty's sake (fight for the sake of fighting without selfish) - selfless action - equanimity is called yoga (samatvam yogamuchyate) - yoga is art of all work (Yogah karmasukalam) - qualities of sthithaprajna (enlightened person) - Brahmisthithi (self hood)

PRACTICALS

50 MARKS

ASANAS

1. Paschimottanasana
2. Purvottanasana
3. Bharadwajasana
4. Navasana
5. Bhujangasana
6. Salabhasana
7. Dhanurasana
8. Viparitarani
9. Gomukhasana
10. Garudasana

PRANAYAMA

Ujjayi

KRIYA

Jalaneti

**SASTRI II YEAR
SEMESTER III – PAPER- 3**

PAPER TITLE -BASIC MEDICAL SCIENCES (ANATOMY, PHYSIOLOGY AND BIO- CHEMISTRY) **50 Marks**

OBJECTIVES:

- To understand the basic human structure and function.
- To understand the functions of various vital organs and important systems.
- To understand the various components of food and its importance to maintain health.
- To understand the basic human structure and functions to know the effects of yogic practices.

Unit-I: An introduction to human body- Cell structure and functions.

Introduction - human body - basic terminology - organisation of human body - cell - various parts – structure - functions - organs - functions.

Unit-II: An elementary knowledge of following systems

(a) Respiratory System - Anatomy of Respiratory passage - organs of Respiratory System – Structure – functions - mechanism and physiology of respiration- lung volumes and capacities.

(b) Digestive system- Introduction- importance- organs of digestive system- location- structure- functions.

Unit-III: An elementary knowledge of following systems

(c) Circulatory System- Introduction- importance- organs of digestive system- location- structure- functions.

(d) Nervous system- Introduction- importance- division of nervous system- CNS- ANS- structure- functions of the nerve cell.

(e) Endocrine Glands- Introduction- importance- name of the glands- locations- secreted hormones- Physiological functions- hypo- hyper secretions and its result on the body.

Unit-IV: Values of Vitamins, Proteins, Carbohydrates in food.

Nutrition- definition- types- sources- physiological role and deficiencies- diseases- vitamins- types- physiological role- source- proteins- classification- sources- Carbohydrates- classification- functions.

Unit-V: Blood- composition

Types of blood cells- functions- Hb- blood groups- coagulation of blood- anti- coagulation- functions.

**PRACTICALS
ASANAS**

50 MARKS

1. Padmasana
2. Siddhasana
3. Parsvottanasana
4. Virabhadrasana
5. Supta Vajrasana- B
6. Ustrasana
7. Marichasana- a
8. Marichasana

PRANAYAMA

1. Sitali
2. Sitkari

BANDHAS

Jalandhara

KRIYAS

Agnisara

**SASTRI II YEAR
SEMESTER IV- PAPER- 4**

PAPER TITLE- YOGIC TEXTS AND BHAGAVADGITA MARKS 50

OBJECTIVES:

- The importance of kriya yoga and astanga yoga to attain Samadhi with reference of Patanjali yoga sutra.
- To bring the knowledge of prerequisites for meditation and do's and do not in meditation and qualities and fate of a yogi.
- To understand the importance of kriya to eliminate kleshas.

Unit-I: Patanjali Yogasutra Chapter II (Sadhana Pada)

Kriyayoga - benefits of kriyayoga - Classification - Klesas- Classification - methods to control klesas - role of klesas in karmas and its results - vipakas of klesamula - results of vipakas - Heyaswarupa - Heyahetu - samyoga - nature of Drashta and Drusya - Gunaparvas - Samyogahetu - Vivekakhyati - its result- Ashtangayoga - its classification.

Unit-II: Patanjali Yogasutra Chapter II (Sadhana Pada)

Ashtangayoga –benefits of Astanga Yoga- its classification- Antaranga Yoga and Bhahiranga Yoga.

Unit-III: Bhagavadgita Chapter VI (Dhyana Yoga)

Dhyanayoga – Introduction – Yogarudha - Qualities of elevated yogi - Jnana & Vijnana

Unit-IV: Bhagavadgita Chapter VI (Dhyana Yoga)

Environment for Dhayana (meditation) – place – seat – posture - condition of mind - method of meditation - do's and don'ts of yogi

Unit-V: Bhagavadgita Chapter VI (Dhyana Yoga)

Nature of mind - control of mind perfection in yoga - Qualities of perfect Yogi - Unsuccessful Yogi - His fate in next life - Yoga Unparalleled(Yogi is greater than all)

PRACTICALS

50

marks

ASANAS

1. Kukkutasana
2. Upavishtakonasana
3. Kurmasana
4. Sarvangasana
5. Halasana
6. Suptakonasana
7. Matsyasana
8. Srishasana
9. Savasana

PRANAYAMA

Nadisodhana

BANDHAS

Uddiyana

MUDRAS

Shanmukhi Mudra

KRIYAS

Sutraneti

**SASTRI III YEAR
SEMESTER- V (PAPER 5)**

PAPER TITLE AYURVEDA AND NATUROPATHY IN RELATION TO YOGA 50 MARKS

OBJECTIVES:

- To understanding the construction of body with ayurvedic principle like dosha, dhatu etc and the concept of body and mind according to Ayurveda and therapeutic approach of ayurveda.
- To enable the students to understand various of nature cure methods maintain good health.

Unit-I: Ayurveda, definition, branches, limitations, Ayurveda Parampara, Ayurvedic texts.

Unit-II: Brief introduction to principles of Ayurveda

Tridosha- Saptadhatu- Trimala- Triguna- Panchmahabhutas- Manas- Preventive aspects- Dinacharya- Ritucharya

Unit-III: Brief discussion on- Concept of mind and body in Ayurveda.

Unit-IV: The elements of Panchakarma

Sneha- Sweda- Vamana- Virechana- Vasthikriya

Unit-V: Concepts of Naturopathy in relation to Yoga

Introduction – definition – history – principles – panchamahabhutas - classification - ahara - vihara - Nature cure therapies - Hydro therapy - Mud therapy - Hot & cold packs - Massages - Fasting - Sun bath - colour therapy.

PRACTICALS

50 MARKS

ASANAS

1. Parivrtta Trikonasana
2. Parivrtta Parsvakonasana
3. Prasarita Padothanasana
4. Baddha Padmasana
5. Yogamudrasana

PRANAYAMA

Bhramari

KRIYAS

Vamanadhauti

SASTRI II YEAR SEMESTER- V (PAPER- 6)

PAPER TITLE- YOGA THERAPY

50 MARKS

OBJECTIVES:

- To understanding the various components of body to better understanding of therapy.
- To improve the knowledge of yoga treatment on various common diseases.
- To understand the therapy sankhya and relation between purusha and prakriti.
- Abrief study of nadis and chakras and their place function.
- To understand the traces of yoga in Indian philosophy.

Unit-I: Principles and basis of yoga therapy

Panchakosa theory - chitta – trigunas – panchamahabhutas – indriyas - kriyas Asanas - Pranayama - Bandhas & Mudras - Meditation

Unit-II: Preventive, Curative and promotive aspects of various yogic practices on common diseases such as:

Asthma – Diabetes - blood pressure - Obesity - Arthrities – Constipation - Insomnia, Head Ache - Peptic Ulcer

Unit-III: Sankhya Theory of evolution

Introduitiion - Dukhatraya – Prakriti – Purusha - Principles(tattvas) - Sathkaryavada - Prakritiparinama - Kaivalya.

Unit-IV: Kundalini yoga and its philosophy

Introduction - historical development - evolution theory of kundalini yoga – tattvas – nadis – chakras – places – forms – letters - vayus and upavayus - awakening of kundalini - conclusion.

Unit-V: Place of yoga in Indian Philosophical thought.

PRACTICALS

50 MARKS

ASANAS

1. Yaugika Suryanamaskara
2. Mayurasana
3. Pinchamayurasana
4. Karnapidasana
5. Pindasana

KRIYAS

Kapalabhati

PRANAYAMA

Samavrtti- vishamavritti

SASTRI III YEAR SEMESTR- VI (PAPER-7)

PAPER TITLE- YOGIC TEXTS AND BHAGAVADGITA

50

MARKS

OBJECTIVES:

- The importance of ethical values in yoga (yama and niyamas)
- To understand the various yogic life styles like food, 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.
- The qualities of devotee importance of devotion according to Bhagavat Gita.

Unit-I: HATHAYOGAPRADIPIKA TEXT

Chapter 1: Hatayoga - Introduction - relationship of hathayoga and Rajayoga - Greatness of Hathayoga – Hathyogiparamapara - importance fo hata and its secrecy – place of hathayoga practice - destructives and constructives factors of hathayoga

Unit-II: HATHAYOGAPRADIPIKA TEXT

Chapter 1: Hatayoga – Importance of yama and niyama in Hatha Yoga - Asana - methods of hathyoga practice – mitahara - pathya and apathya - rules in food taking hathayoga practice – mitahara- pathya and apathy- rules in food taking- Hathayoga achievements.

Unit-III: HATHAYOGAPRADIPIKA TEXT

Chapter 2: Pranayama - benefits of pranayama – Nadisuddhi - duration and time for pranayama practice - gradation of pranayama - sweat and pranayama- food during pranayama practice - yukta and ayukta pranayama- importance of pranayama practice - symptoms of Nadisuddhi - Manonmany - Varieties of kumbhaka - practising methods and benefits - classification of kumbhaka and its benefits- hathayogasiddhilakshanam.

Unit-IV: HATHAYOGAPRADIPIKA TEXT

Chapter 2: Shatkriyas – The role and importance of Shatkriyas- its method and benefits.

Unit-V: BHAGAVADGITA CHAPTER 12 (BHAKTHI YOGA)

Introduction - Union through devotion – worship – types - self surrender - qualities of unmanifest - constant practice - fruitless action - peace of the mind – practices – bhakta - nature – qualities – conclusion.

PRACTICALS (ASANAS)

1. Ardhabaddapada
Paschimottanasana
2. Ardha Matsyendrasana
3. Jattharaparivrttasana
4. Pasasana
5. Sarvangasana Cycle

KRIYAS

Trataka

Meditation based on Sabda And Artha

_50 marks

**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