

RASHTRIYASANSKRIT VIDYAPEETHA: TIRUPATI
(DEEMED TO BE UNIVERSITY)

DIRECTORATE OF DISTANCE EDUCATION

Academic Year 2016-17

**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

P.G.DIPLOMA IN YOGA VIJNANA

THEORY = 75 MARKS

Question Paper Marks Pattern

Descriptive -

1 out of 2 x 20 marks	=	20 Marks
2 out of 4 x 10 marks	=	20 Marks
3 out of 6 x 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

human anatomy, physiology and bio-chemistry so that they gain a proper perspective on yoga in the light of science ; to enable them to gain enough fundamental skill 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.

SYLLABUS

PAPER – I INTRODUCTION TO YOGA

1. Yoga - Meaning, definition, concepts, aims, objects and misconceptions.
2. Traces of Yogic concepts in ancient literature - Vedas, Upanisads, Itihasas, Puranas, upto Modernera.
3. Yoga in relation to others systems of Indian thought - with special reference to Jainism and Buddhism.
4. Schools of Yoga - Raja Yoga, Bhakti Yoga, Karma Yoga, and Janana Yoga.
5. Sankhya Yoga - intorduction, satkaryavada - 25 tattvas of evolution [antah karanas and bahya karanas] - according to Sankhyakarika of Iswarakrishna.
6. Kundalini Yoga - Introduction - historical dvelopment - evolution theory of kundalini yoga - nadis - important 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 actions - 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 a 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 Chap. VI
10. Importance of Yoga in Education - methods of teaching, model lesson planning - characteristics of yoga teacher.

Reference Books:

Sankhyakarita of Iswarakrishna, Chowkhamba Publication, Written by Kunhan Raja
A critical Survey of Indian Philosophy - Chandradhara Sarma, Motilal Banarasi Das, Delhi
Yoga in relation to other systems of Indian Thought - Das Gupta S.N., Motilal Banarasi Das, Delhi
The Tradition of Yoga - George Forestein
Kundalini Yoga - M.P. Pandit, Theosophical Publishing House, Adyar, Madras
The Serpent Power - Sir John Woodroffe, Ganesh & Co., Madras
Srimad Bhagavat Gita - S. Radhakrishnan.
Srimad Bhagavad Geeta - Geeta Press, Gorakhpur

PAPER II - CLASSICAL YOGA

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 attainment of Asamprajnata Samadhi, Chittavikshepa, Chittaprasadana and its associates, control of Chittavikshepa, different methods of manasthiti and its benefits, Samapatti, Sukshma vishayatva, Sabijasamadhi, Speciality of Nirvichara, Rthambharaprajna, Nirbijasamadhi - 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, Vivekakhya, 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 constructives of yoga, Yama and Niyama, Asana, Methods of Hathayoga practice, Mitahara, Pathya and Apathya, Rules in food taking, Hathayoga achievements – According to Hathayogapradipika Chapter – I

4. Pranayama – Benefits of pranayama, Sweat and pranayama, food during pranayama practice, Yukta and Ayukta pranayama, Nadisuddhi, Satkriya, Gajakarani, Importance of pranayama practice, symptoms of Nadisuddhi, Manonmany, Varieties of Kumbhaka – Methods and benefits. Classification of Kumbhaka and its benefits, Hathayogasiddhilakshanam – 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

REFERENCE 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 Calcutta press, Calcutta
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

1. ANATOMY & PHYSIOLOGY

a. Musculo – Skeletal System : Muscle – Classification – Histology – Properties of each type – distribution – Mechanism of muscle contraction (Brief) – neuromuscular transmission (Brief) , 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, Haemoglobin- 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 out put – 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 and composition of urine – structure and functions of skin – Regulation of body temperature.

g. Endocrine system: anatomy – Gross & Histology, Thyroid, Parathyroid, Supra – renal, Pituitary, Islets of Langerhans – Function of thyroid and parathyroid hormone, effect of hypo and hyperactivity on the body. Hormones 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, Lactation.

j. Central Nervous system : Anatomy – Gross – Cerebrum, cerebellum, spinal cord. Histology – Nerve structure and properties of neurons – Nerve – Action potential – generation propagation – factors influencing. Classification of neurons and nerve fibers receptors and reflex Arc. 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 : monosaccharides, Polysaccharides Proteins – Importance of proteins in biological system – Essential and non-essential amino acids – Biological value Lipids – triglycerides-essential fatty acids Calorimetry – Energy requirement 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)

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 S ystem
3. Panchakosa theory - means to realize Brahman.Kosa – meaning –layered existence of personality
4. A general survey of preventive, promotive and curative aspects of Asanas, Kriyas, Mudras and Pranayama on diseases – Asthma, Diabetes, Hypertension, Arthrities, 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.

REFERENCE BOOKS

1. Basic principles of Ayurveda - Bhagavan 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 - Kuvalayananda, 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 – BASIS RELEVANT TO YOGIC SCIENCES(SANSKRIT)

1. Orthography of Devanagari varnamala, classification of varnas, Purnaksara, Samyuktaksaras, cKarkasa and Mrduvyanjanas, writing of varnamala using Roman transliteration.

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 - 1 st 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 Kings’ 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 – Rajadharma.

7. Bhagavadgita Chapt 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 Bhakti yoga – 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 – Bhakti yoga.

8. Message of Upanishads – Study of Katopanishad – Introduction – Upanishad – Meaning – different kinds of Upanishads – importance of Katopanishad – story of Vajasravas & Nachiketa – three boons –sreyas – preyas – Nachiketa fire – Concept of Pranava – Nature of the soul – Supreme soul – 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, Chaukhama Surabharati Prakashana, Varanasi

PRACTICAL I

Practice of the following Yogic practices

ASANAS

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- | | |
|---------------------------------------|---------------------------------------|
| 1.Swasthikasana | 2.Vaidika Suryanamaskara - 9 Vinyasas |
| 3.Padangusthasana | 4.Padahastasana |
| 5.Uttita Trikonasana | 6.Uttita Parsvakonasana |
| 7.Virabhadrasana | 8.Vrikshasana |
| 9.Paschimotanasana | 10.Purvotanasana |
| 11. Arddhabaddhapadma pascimotanasana | |
| 12. Tiryamukhaikapada pascimotanasana | |
| 13.Janusirsasana | 14.Navasana |
| 15. Suptakonasana | 16.Bhujangasana |
| 17. Setubandhasana | 18 .Salamba Sarvangasana |
| 19. Halasana | 20. Karnapidasana |
| 21. Urdhvapadmasana | 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

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|---|--------------------------------|
| 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. Upavistakonasana | 22. Suptapadangusthasana |
| 23. Suptaparsvasahita | 24. Ubhyapadangusthasana |
| 25. Urdhvamukhapascimotanasana | |

KRIYAS

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|---------------------|-----------------|------------------|
| 1. Gajakarani | 2. Danda Dhauti | 3. Vastra Dhauti |
| 4. Nauli (Madhyama) | 5. Kapalabhati | |

MUDRAS

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|--------------|------------------|
| 1. Mahamudra | 2. Sanmukhimudra |
|--------------|------------------|

BANDHAS

Mulabandha

PRANAYAMAS

- | | | |
|------------------------------|-----------|--------------|
| 1. Samavritti, Visama Vritti | 2. Sitali | 3. Bhastrika |
| 4. Bhramari | | |

MEDITATION TECHNIQUES - THROUGH SHAPE, SOUND, ETC.,.

REFERENCE BOOKS FOR PRACTICAL I & II

1. Yogamala part - I - Ashtanga Yoga Publication, Mysore
2. Hathayogapradipika Chap. I, II & III - Bihar School of Yoga, Munger, Bihar
3. Gherandasamhita Chap . I - Kaivalya Dham Publication, Lavevala, Pune
4. Patanjala Yoga Sutra Vritti with seven commentaries - Chowkhamba, Varanasi
5. Asanas by Kuvalayananda - Kaivalya Dham Publication, Lovavala, Pune
6. Pranayama by Kuvalayananda - Kaivalya Dham Publication, Lovavala, Pune
7. Yoga therapeutics – Pub. By Kaivalyadhama - Kaivalya Dham Publication, Lovavala, Pune
8. Light on Yoga – B.K.S. Iyengar, Harper Collins Publishers India, New Delhi
9. Yogasanagalu - Prof.T.Krishnamacharya - Krishnamacharya Yoga Mandiaram, Madras
10. Light on Pranayama - B.K.S.Iyengar - Barper Collins Publishers India, New Delhi
