



**SRI PADMAVATI MAHILA VISVA VIDYALAYAM: TIRUPATI**  
**(Women's University)**  
**DIPLOMA IN YOGA EDUCATION**

**Introduction:**

Yoga is an Indian philosophical system. The founder of Yoga philosophy was Maharishi Patanjali He elaborately described various Yogic preaches for overall well-being without any side effects. Various Yogic practices i.e. Asanas, Pranayamas, Kriyas, Bandhas, Mudras & Meditative feelings are very effective for total personality development. Yoga symbolizes a sound mind in a healthy body. In today's world it would mean a feel good habit that always brings positive thoughts to a person. In Yoga there are several techniques to develop various facets of human personality. The world has tried to adopt Yoga help to cope with their hectic and often materialistic life styles. 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 & practices of the system.

By succeeding in these courses the student shall be able to teach Yoga practices to the public on scientific lines and can also run a training center on their own.

**Objectives:** The course aims at

1. It is aimed to provide a basic understanding of Yoga, based on classical texts, with scientific orientation.
2. Imparting skills to introduce Yoga for health & total personality development of general public & students in respectively.
3. It is also aimed to introduce the students to the fundamental principles of the Indian system of health sciences.
4. To generate possible employment opportunities & establish Yoga center on their own.
5. To establish peace & prosperity Internally & Externally.

**REGULATIONS OF THE COURSE:**

**Title:** The Title of the courses is 1 **Diploma In Yoga Education.**

**Duration of the course:** July / April

**Eligibility for Admission:**

- I. **Qualification:** Candidates for admission in to Diploma in Yoga Education Certificate course in yoga should have passed Inter mediate are any other course equalient to recognize by the Govt.
- II. **Age Limit-** below 40 years as on 1<sup>st</sup> June.
- III. **Medical Test-** Candidates shall be medically fit. Selection will be subject to the medical Fitness certificate from Civil Assistant Surgeon and general flexibility test conducted by the selection committee.

**Intake Capacity:** As per the Demand

**Medium of Instruction:** The medium of instruction and writing examination shall be in English / Telugu.

**Attendance:** The candidate has to attend at least 75% of the classes.

**Fees structure:** Fees for Certificate course in Yoga the Candidates shall have to pay 4000/-.

**Award of Degree:**

- a) The Diploma in Yoga Education in the faculty in yoga education will be conformed on candidates who has passed Diploma in Yoga Education a of study for a six months prescribed in the scheme of instructions and has passed all the examinations (Theory and practical).As prescribed in the scheme of examination.
- b) In six months of the course of the study candidate fails to secure the minimum percentage of attendance she shell not be eligible to appear in the examination.
- c) Attendance shall be recorded on the commencement of the announcement of instruction as for the almanac communicated by the department. How ever in the case of late admitted candidates (but with in the stipulated time).The attendance shall be recorded from the date of the admission.

## DIPLOMA IN YOGA EDUCATION

### Structure of the course:

Paper	Title of the Paper	Marks
Theory - I	Introduction to yoga	100
Theory – II	Fundamentals of Human Anatomy & Physiology	100
Theory – III	Introduction to Yoga Philosophy & Its Relevance Texts	100
Practical		100
	Total Marks	400

### Grading: Theory and practical.

Distinction	-	75% and above
First division	-	Below 75% but not less than 65%
Second division	-	Below 65% but not less than 55%
Third division	-	Below 55% but not less than 45%

### Structure of the examination:

- The students shall have to take the final examination at the end of the Course (6 Months) after fulfilling the required norms as fixed by the S.P.M.V.V from time to time.
- No students shall be declared to have passed each examination unless she secured not less than aggregate and 50% in practical examination and 45% aggregated both in theory and practical.
- Question Paper Pattern: Each theory paper of hundred marks shall comprise 10 questions out of which the candidates have to answer 5. Distribution of marks shall be equal to all questions.
- Practical Examination-The practical examination may be conducted before the theory Examination.

**DIPLOMA IN YOGA EDUCATION**  
**PAPER 1**  
**INTRODUCTION TO YOGA**

**Duration of Exam: 3 Hrs**

**Marks: 100**

**UNIT 1**

Yoga – meaning, definition, aim, objectives, founder, time ,etc., with reference from Vedas, Upanishads, puranas, Itihasas, Agamas, Darsanas, etc.)

**UNIT 2**

Historical Development of Yoga.  
Introduction to Shatdarsanas (six philosophies).

**UNIT 3**

JnanaYoga  
Karma Yoga  
BhaktiYoga

**UNIT 4**

Yoga - Personalitydevelopment  
Importance of Yoga for the college students.

**UNIT 5**

Healthmanagement methods in Yoga :-

Yama and Niyamas  
Shatkriyas  
Mudras  
Bandhas  
Asanas  
Pranayamas  
Dhyanam

## **PAPER 2**

### **FUNDAMENTALS OF HUMAN ANATOMY AND PHYSIOLOGY**

**Duration of Exam: 3 Hrs**

**Marks: 100**

#### **UNIT 1**

Elementary Knowledge of Human structure and Functions

#### **UNIT 2**

Immune system  
Endocrine System

#### **UNIT 3**

Muscular system  
Respiratory System

#### **UNIT 4**

Digestive System  
Nervous System

#### **UNIT 5**

Importance of Vitamins, Proteins, Carbohydrates in Food

**PAPER 3**

**INTRODUCTION TO YOGA PHILOSOPHY AND ITS RELEVANCE TEXTS**

**Duration of Exam: 3 Hrs**

**Marks: 100**

**UNIT 1**

Yogasutras of Patanjali – Chapters 1 and 2 (Samadhipaada and Sadhanapaada)

**UNIT 2**

Introduction to Samkhyakarikas of Isvarakrishna

**UNIT 3**

Hathayogapradipika – Chapters 1 and 2

**UNIT 4**

Gherandasamhita Chapter 1

**UNIT 5**

Bhagavadgita Chapter 12

**Practicals 100 marks****Asanas**

Suryanamaskara

Swastikasana

Tadasana

Utkatasana

Vrikshasana

Garudasana

Padangushtasana

Padahastasana

Parsvottanasana

Veerabhadrasana

Vajrasana

SuptaVajrasana

Ushtrasana

Padmasana

Baddhapadmasana

Janusirsasana

Paschimottanasana

Purvottanasana

Vakrasana

Bharadwajasana

Mareechasana

Ardhamatsyendrasana

Pavanamuktasana

Bhujangasana

Salabhasana

Dhanurasana

Navasana

Upavishtakonasana

Kurmasana

Sarvangasana

Halasana

Matsyasana

Introduction to Sirshasana Steps 1 and 2

### **Kriyas**

Agnisaradhautikriya

Kapalabhatikriya

Tratakakriya

Jalanetikriya

### **Bandhas**

Jalandharabandha

Uddiyanabandha

### **Mudras**

Jnanamudra

Pranamudra

Viparitakaranimudra

### **Pranayamas**

Exhalation

Retention

Inhalation

Naadisuddhi

Suryabhedanam

Ujjayee

### **Meditation on AUM**



### REFERENCE BOOKS

1. The tradition of Yoga – Georgeforestein
2. Sankhyakarita of Iswarakrishna – Kunhan Raja
3. Yoga in relation to other systems of Indian thought – Das Gupta S.N
4. Rajayoga – Swami Vivekananda – Ramakrishna Ashram
5. Hatha Yoga Pradipika of Swathmarama – Kaivalyadhama, Lonavala
6. Yoga Sutra of Pathanjali – Hariharanada Aranya, Culcutta
7. Human Physiology Vol.1 & 2, Medical Allied Agency. Culcutta.
8. Anatomy & Physiology of yogic practices, Kanchan Praksan Lonovola
9. Fundamental of Ayurveda, BHU press, Varanasi.
10. Yogic Therpy , its basic princioles Method  
- Kuvalyanada Swami.
11. Asana, pranayama,Mudra, Bandha; Bihar Publication Trust , Munger  
- SatyanandaSaraswathi.
12. Gheranda Samhita, Kaivalyadhama, pune  
- Digambarji Swami.
13. Anatomy of Hatha Yoga. Motilalbarsidas.  
- Delhi,2006 – David Coulter H,
14. A complete hand book of nature care, Jaico publishing house , Delhi  
- Bakhru H.K.
15. Ayurveda, Yoga & nature care, New Dawn Press, Inc India-Devaraj T.L.
16. Healing through natural foods – Bakhru H.K.
17. Yoga & Nature care Therapy. Sterling publishers Pvt.Ltd. Delhi.
18. My Nature cure - M.K Gandhi.

**SRI PADMAVATI MAHILA VISVAVIDYALAYAM: TIRUPATI**  
**DIPLOMA IN YOGA EDUCATION**  
**MODEL QUESTION PAPER**  
**PAPER -1 INTRODUCTION TO YOGA**

**Time: 3 hours**

**Max Marks: 100**

**5 X 20 = 100**

Answer any **Five** of the following questions

All questions carry **equal** marks

1. Explain Karmayoga of Jnanayoga.
2. Write about Yoga.
3. Explain practicing method of Bhaktiyoga.
4. Write Conepts and misconcepts about Yoga.
5. Explain the methods of Yoga according to Karma Yoga.
6. Write a brief note of Shatkriyas.
7. Explain Karmayoga of Jnana Yoga.
8. Give various definitions of Yoga and explain their unity.
9. Explain Nadishuddi and Bramare Pranayama with procedure and benefits.
10. Write an essay How Yoga useful for the college students.

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**MODEL QUESTION PAPER**  
**PAPER -2 FUNDAMENTALS OF HUMAN ANATOMY AND PHYSIOLOGY**

**Time: 3 hours** **Max Marks: 100**  
**5 X 20 = 100**

Answer any **Five** of the following questions

All questions carry **equal** marks

1. Describe the structure of Respiratory system and discuss the effects of Yoga on it.
2. Explain the effects of Yoga on Immune system.
3. Describe in detail about central Nervous system.
4. Discuss the different function of digestive system.
5. Discuss the structure and secretion of pancreas briefly.
6. Explain the major functions of muscles.
7. Describe in detail about vitamins.
8. Write an essay about human structure and its functions.
9. Explain the effects of Yoga on Endocrine Glands.
10. What is Metabolism ? Explain in detail.

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**MODEL QUESTION PAPER**

**PAPER -3 INTRODUCTION TO YOGA PHILOSOPHY AND ITS RELEVANCE**  
**TEXTS**

**Time: 3 hours**

**Max Marks: 100**

**5 X 20 = 100**

Answer any **Five** of the following questions

All questions carry **equal** marks

1. Write the Origen meaning, Definition & purpose of Hathyoga.
2. Explain the massage of Bhagavat Gita.
3. Explain any five of Patanjali Yogasutra.
4. Write the Yogasutras of Patanjali in Sadhanapaada.
5. Define Yoga according to Gherandasamhita.
6. Discuss the development of values of eduationthrough Yogic practices.
7. Explain the massage of Bhaktiyoga.
8. Explain Samkhya Karikas.
9. Explain Samadhipaada.
10. Describe the contrast between Gheranda samhita and Hathayoga pradipika.