



SRI PADMAVATI MAHILA VISVA VIDYALAYAM
(Women's University)
DEPARTMENT OF PHYSICAL EDUCATION
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 facts 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 & practicum 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 and total personality development of general public and 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 in schools and establish Yoga center on their own.
5. To establish peace & prosperity internally & externally.

REGULATIONS OF THE COURSE:

Title: Diploma in Yoga Education

Duration of the course: One year

Eligibility for Admission:

- I. **Qualification:** candidates for admission in one year Diploma in Yoga Education course should have passed Intermediate or any other course equalient to recognized by the Government.
- II. **Age limit-** below 45 years as on 1st June 2017.
- 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: 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

Fee structure: Fee for Diploma in Yoga Education course the Candidate shall have to pay Rs.4000/-

- a) The Diploma in Yoga Education course will be conformed on candidate who has passed a Diploma course of study for one year prescribed in the scheme of instructions and has passed all the examinations (Theory and practicum), as prescribed in the scheme of examination.
- b) In the course of the study candidate fails to secure the minimum percentage of attendance, she is not 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. However in the case of late admitted candidates (but within the stipulated time) the attendance shall be recorded from the date of the admission.

Structure of the course:

Paper	Title of the Paper	Internal	External	Practicum	Marks
Theory - I	YOGC-101 Introduction to yoga	20	80		100
Theory – II	YOGC-102 Fundamentals of Human Anatomy and Physiology	20	80		100
Theory – III	YOGC-103 Introduction to Yoga Philosophy and Its Relevance Texts	20	80		100
Practicum -I	YOG P11 Methodology of Yoga Practicum	20		80	100
Practicum -II	YOG P12 Methodology of Yoga Practicum	20		80	100
total marks					500

Note: Total number of hours required to complete each Theory Paper is 70 hrs and each practical is 70 hrs

Grading: Theory and practicum.

- 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:

- a. The students shall have to take the final examination at the end of the Course (one year) after fulfilling the required norms as fixed by the S.P.M.V.V from time to time.
- b. 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.
- c. **Question Paper Pattern:** Annexure I
- d. Practical Examination- The practical examination may be conducted before the theory examination.

PAPER 1

YOGC-101: INTRODUCTION TO YOGA

UNIT 1

Introduction to Yoga & Yoga Practices: Yoga- Meaning, Definition, Concepts, Aims, Objects, Misconnects

UNIT 2

Origin & Historical development of Yoga : Yoga in Indus Valley Civilization; Yoga in Vedic period; Yoga in Upanishadic period; Yoga in Smrithies & Puranas; Yoga in Jainism & Buddhism; Yoga in Medieval period

UNIT 3

Philosophy of Sankhya & Yoga :Theory of causation, Prakriti & Purusha, Trigunas; 25 elements ; Shat darshanas & Yoga ; Outlines of Astanga yoga; Schools of Yoga: Raja Yoga Bhakti Yoga, Jnana Yoga, Karma Yoga & Kundalini Yoga

UNIT 4

Introduction to Hatha Yoga; components of Hatha Yoga: Shat Kriyas ; Asanas; Ashtakubhakas; Mudras & Bandhas and Nadanusandana; destructives & constructives of yoga, mitahara.

UNIT 5

Health management methods in yoga
Yama and Niyamas
Shatkriyas
Mudras
Bandhas
Asanas
Pranayamas
Dhyanam

PAPER 2

YOGC-102: FUNDAMENTALS OF HUMAN ANATOMY AND PHYSIOLOGY

UNIT-1

Meaning, Definition and importance of Anatomy and Physiology-Cell: Definition and importance, structure and functions of cell.

UNIT-2

Skeletal System: Bones, in Axial and Appendicular skeleton, structure, functions and types of bones – types of joints – structural and functional classification, movements around joints, effects of Yogic exercise on skeletal system.

Unit-3

Muscular System: Structural and functional classification of muscles, characteristics of muscles, fatigue and performance, palpated muscles around shoulder, elbow, hip and knee joint, Effects of Yogic Exercise on muscular system.

Unit-4

Digestive system: Structure of digestive system, process of digestion, effects of Yoga exercise on digestive system.

Respiratory system: Structure of human Respiratory system, mechanism of Respiration, Oxygen Debt and Second wind, effects of Yogic exercise on Respiratory system.

Circulatory System: Composition and functions of blood, structure and functions of human heart, effects Yogic of exercise on circulatory system.

Unit-5

Excretory system: Structure and functions of Skin and Kidneys, effects of exercise on excretory system. Nervous system: Structure and functions of human brain and spinal cord. Endocrine system; effects of Yogic exercises on endocrine system

PAPER- 3

YOGC-103: INTRODUCTION TO YOGA PHILOSOPHY AND ITS RELEVANCE TEXTS

UNIT 1

Yogasutras of Patanjali – Chapters 1 and 2 (Samadhipaada and Sadhanapaada)
Samprajnata Samadhi and its classification, Asamprajnata and its classification. Variation in the attainment of Asamprajnata Samadhi;
Ishwarapranidhana –a means to attain Samadhi, Definition & quality of Ishwara.

UNIT 2

Introduction to Samkhyakarikas of Isvarakrishna
Sankhyayoga :Introduction, 3 fold afflictions, means to overcome afflictions, 25 entities according to Sankhya, means of knowledge, Satkarya vada, similarities and dissimilarities of vyakta and avyakta, triguna, existence of purusha, plurality of purusha, proximity of purusha and prakrti, samyoga, Sarga, Pratisarga, Karan (Antahkarana and Bahyakarana) Avisesha and Visesha, Sharira.

UNIT 3

Hathayogapradipika – (Chapters 1 and 2)

Chapters: 1 introduction: Asana, siddhasana, padmasana, simhasana, bhandrasana;
Cleaning the nadis

Chapters: 2 Shatkarma and pranayama: methods of performing pranayama,
six kriyas, different kinds of kumbhakas and benefits.

UNIT 4

Gherandasamhita Chapter 1

Asanas

Mudras

Pratyahara

Pranayama

Dhyana

Samadhi

UNIT 5

Bhagavadgita Chapter 12

Sankhya yoga according to Bhagavadgita

Karma yoga according to Bhagavadgita

Dhyana yoga according to Bhagavadgita

YOG P11: METHODOLOGY OF YOGA PRACTICUM- I

Meditation postures:- Vajrasana, Padmasana, Siddhasana, Swastikasana

Relaxation postures: Shavasana, Makarasana

Surya namaskaras

Standing postures: Vrikshasan, Tadasana; Padahastanasana, Natarajasana

Sitting postures: Vakrasana, Paschimotanasana, Yogamudraasana, Simhasana, Gomukhasana,
Ushtrasana, Muktasana, Virasana, Brahmamudra, Padangusthasana

Prone postures: Crocodile Practices (4 Variations), Bhujangasana, Shalabhasana, Sarpasana

Supine postures: Pavanmuktasana, Chakrasana (Sideward), Chakrasana (Backward)

Kriyas

1. JalaNeti
2. Sutra Neti (theory only)
3. Dhauti (vamana, danda, vastra) (theory only)
4. Kapalabhati

Bandhas and Mudras

1. JalandharaBandha
2. MulaBandha
3. Uddiyanabandha

Pranayama

1. Anuloma-Viloma
2. Ujjayi
3. Shitali
4. Bhramari

YOG P12: METHODOLOGY OF YOGA PRACTICUM –II

Standing postures: Garudasana

Sitting postures: Ardha-Matsyendrasana, Suptavajrasana, Matsyendrasana, Mayurasana, Kukkutasana, Uttanakurmasana, Gorakshasana, Padma - Bakasana, Baddha -Padmasana, Akarnadhanurasana, Ugrasana, Tolangulasana, Vatayanasana

Sankatasana; Uttanamandukasana, Vrishabhasana, Padangusthasana, Garbhasana, Bhadrasana, Kapotasana, Ekapadaskandhasana

Prone Postures: Dhanurasana

Supine Postures: Uttnapadasana, Naukasana

Inverted Postures: Viparitakarani, Sarvangasana, Matsyasana, Halasana, Karnapidasana, Shirshasan, Shirha- Padangusthasana

Pranayama

1. Sitkari
2. Bhastrika
3. Morccha (theory only)
4. Plavini (theory only)

Kriyas

1. Nauli (madhyama, vamana, dakshina)
2. Aganisara (theory only)
3. Trataka

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.