

POST GRADUATE DIPLOMA IN YOGA SCIENCE (P.G.D.Y.SC.)

Note :-

(a)For paper setter

1.Paper setter will set 9 question in all, out of which students will be required to attempt 5 question .

2.Question No.1 will be compulsory and will carry 32 marks. It will comprise of 16 short answer type questions of 2 marks each to be selected from the entire syllabus.

3.Two long answer type questions will be set from each unit.Candidate has an option to select at least one question from every unit. Long answer Type question will carry 12 marks each.

SEM-Ist

PAPER I, (P.V.E) Code-101

INTRODUCTION AND PRINCIPLES OF YOGA VALUE EDUCATION

Unit-I

Concept and Definition of Yoga, Tradition and History of Yoga, Importance of Yoga in modern era, Ideal place for yoga practices, time, dress, yogic Aahar, Favorable and Unfavorable elements of yoga Sadhna.

Unit-II

Vaid, Upanishad, Gita, Sankhya, Yoga Shastra, Importance of yoga in Ayurveda and important Characteristics.

Unit-III

Important Mythology of yoga, Raj yoga (Ashtanga Yog) Hathayog, Gyanyog, Bhaktiyog, Karmayog and their contribution in few asans.

Unit-IV

Important yoga Institutes in India and Introduction of Yoga Rishies- Kaivalyadhama Lonavala, Bihar Yog Bharti Munger, Morari Desai National Yoga Institute New Delhi, Swami Vivekanand Institute Bangalore, Maharishi Patyajanli and Introduction of Swami Vivekanand.

Unit-V

Yoga and Value Education, Classification of Values, Indian Traditional Classification of Values Purushartha and Panchakosha, Values and Education, Rationale of Value Education, Meaning of Value Education, Aims and Objectives of Value Education, Content of Value Education, Role of teacher in Value Education, Methods of Value Education, Contribution of Ashtanga Yoga With reference to Yama and Niyama.

PAPER II, (P. Y. S.) Code-102

PATANJALA YOGA SUTRA

Unit-I

Introduction of Yoga, Meaning and Definition of Yoga, Darshana, Indian philosophy, Orthodox and Heterodox. Evolution theory of Sankhya, Satkaryavada. Sankhya and Patanjaly Yoga Sutra with relation to yaga and their traditional commentaries.

Unit-II

Concept of Chitta (Structure of Chitta, Chittabhumi, Chittavrittis, Nirodhopaya Abhyasa). Concept of Ishvara (Practice of Ishvarapranidhana). Methods for Chittaprasadana (Antarayas). Concept of Samadhi (Samprajnata, Asamprajnata, Samapatti, Nirbija Samadhi).

Unit-III

Conceptual Understanding of Sadhanapada (Concept and practices of Kriya Yoga, Concept of Kleshas and their remedy; Chaturvyuha (Heya, Heyahetu, Hana and Hanaopaya).

Unit-IV

Concept and practice of Yoga-anga-abhyasa, Yoga-anga-anushthana Viveka-khyati, Ritambhara-prajna, Saptabhumi-prajna, and Yama.

Unit-V

Concept and practice of Yama, Niyama, Asana, Pranayama, Dharana, Dhyana, Samadhi, Samyama, and Patanjala Yoga Sadhana.

PAPER III (H.Y.T.)Code -103

YOGIC HATHAYOGA (TEXTS)

Unit-I

Hathayoga Introduction, Definitions, Concept of Hathyoga Schools of Yoga, Tradition of Hatha Yoga. Important Hathayoga Texts and their salient features (Siddha-Siddhanta Paddhati, Goraksha Shataka, Shiva Samhita, Hathapradipika, Gheranda Samhita).

Unit-II

Pre-requisites for Yoga Sadhaka (Ideal place, Ideal hut, Mitahara, Sadhaka Tattva and Badhaka Tattva). Antiquity definitions and Classification of Asanas. According to Hathapradipika and Gheranda Samhita. Shatkriyas (Importance of Shuddhi Kriyas, Pancha Karma according to Hathapradipika and Gheranda Samhita).

Unit-III

Pranayama (Evolution, Components, Importance of three Bandhas and their appropriate applications, Yukta-Ayukta Abhyasa, Associated Concepts for the practice of Pranayama, Prana, Kanda, Chakra, Nadi Shodhana Pranayama with reference to hathapradipika and gheranda Samhita).

Unit-IV

Pranayama (Eight Kumbhakas Technique and benefits according to Hathapradipika and Gheranda Samhita). (Concept of Kundalini and its arousal, Importance and purpose of Mudras, Mudras in Hathapradipika and Gheranda Samhita).

Unit-V

Concept of Dharanas and Nadanusandhana (Pratyahara, Marmasthanas, Dhyana with special reference to Gheranda Samhita, Concept and technique of Samadhi in Gheranda Samhita, and Nadanusandhana, Stages of Nadanusandhana). Definition and Importance of Svarodaya Jnana with special reference to Shiva Svarodaya, Relevance of Svava Jnana in health and disease.

Paper IV, Code-104

PRACTICAL

(I) SUPINE ASANAS

Shavasana, Ardha Halasana (One leg/Both legs), Pawanamuktasana (Ardha/Purna), Setubandhasana, Crocodile variations, Uttana Padasana, Naukasana (Supine), Matsyasana, Halasana, Chakrasana (Backward)

(II) PRONE ASANAS

Makarasana, Niralambasana, Marjari Asana, Bhujangasana, Sarpasana, Ardha Shalabhasana, Co-ordination Movement (Prone), Shalabhasna, Naukasana (Prone), Dhanurasana.

(III) SITTING ASANAS

Vajrasana, Bhadrasana, Parvatasana, Gomukhasana, Janushirasana, Vakrasana, Ardha Matsyendrasana, Paschimottanasana, Supta Vajrasana, Yoga Mudra, Ushtrasana, Mandukasana, Uttana Mandukasana.

(IV) STANDING ASANAS

Tadasana, Chakrasana (Lateral), Konasana, Vrikshasana, Trikonasana, Natrajasana, Utkatasana Padhastanasana, Garudasana,

(V) INVERTED ASANAS

Viparitkarani, Sarvangasana, Shirshasana

Semester-2nd

PAPER I, (H.B.P.) Code-201

HUMAN BODY & YOGA PRACTICES

Unit I

Introduction to Anatomy and physiology (Meaning, Meaning of the basic terms, Importance of the subject, Yoga in view of Anatomy and Physiology). Digestion meaning, Anatomy of the Digestive organs, Physiology of Digestion, Factors affecting Digestion, Concept of Yogic Diet, Comparison with Modern Science. Respiratory system (Anatomy of the Respiratory organs, Mechanism of ventilation,

Regulation of Respiration, Lung capacity and related terms, Importance of Respiratory muscles).

Unit-II

Circulatory system (Anatomy of the Heart and Blood vessels, Physiology of Circulation, concept of Blood Pressure, Factors affecting Blood Pressure).

Muscular system (Functions and properties of Muscles, Types of Muscles, Types of stretching and contraction, Anatomy of regional muscles, Types of movements).

Skeletal system (Functions, Properties of Bones, Types of Bones and Joints, Anatomy of Vertebral Column, Anatomy of Thoracic cage and Pelvis).

Unit-III

Urogenital system (Anatomy of Urinary System, Physiology of Urine formation and Excretion, Anatomy of Genital system, Physiology of Menstruation, Factors affecting menstruation). Neuro endocrine system (Anatomy of Nervous System, Physiology of Brain Functioning, Anatomy of Endocrine Glands, Neuroendocrine Axis). Concept of Yama and Concept of Niyama Cultivation of correct psychological attitude, Psychophysical reconditioning and its scientific view.

Unit-IV

Physiology of Asana, Types of Asana, Explanation of Fundamental Asanas, Precautions during Asanas. Importance of Mudra, Advancement in Pranayama, Types of Pranayama, Psychophysiological effect of Pranayama, and their Pranayama, Mudra Scientific View. Importance of Kriya, Physiology of each Kriya, Precautions during Kriya, Researches in Kaivalyadhama about Kriya and their Kriya Scientific View. Concept of Pratyahara, Meaning of Dharana-Dhyana,

Research in Meditation, Techniques about Meditation and their Pratyahara and Meditation Scientific View. Concept of Nadi, Concept of Chakras, Concept of Prana, References about awakening traditional, Scientific interpretation and its Limitations. Samadhi and Klesha (Health and Disease) (Cortico-Limbic Balance, Limbico-Endocrine Balance, Endocrine-Metabolic Balance, Intracellular Balance, Meaning of Klesha and Antaraya).

Unit-V

Meaning of Yoga injury, Causes of Injuries, Some common Injuries during Asana, Some common injuries during Pranayama, Some common injuries in Kriya. Yoga and Stress-Physiology of Stress (Physiology of Stress, Understanding concept of Stress, Understanding of Vishada Yoga, Stress and its Yogic Approach). Awareness of Yoga Therapy (Applications, Indications, Contra-indications and Limitations). Contribution of Swami Kuvalayanandaji in Scientific Research of Yoga

PAPER II, (Y.H.) Code-202

YOGA AND HEALTH

Unit-I

Need of Yoga and “Mental Health” in the context of Darshanas, Introduction to Psychology: Its origin, history, Similarities and dissimilarities between Science of Yoga and Modern Psychology. Psychological definition of Yoga (Its advantages & limitations), Definition of Health, Mental Health, Total Health, Psychological

(qualitative aspect) & Yogic perspectives of Health (Patanjala Yoga Sutra, Bhagwat Gita & other Upanishads), Definition of Mental Hygiene & Total Hygiene.

Unit-II

Concept of Normality Tackling Abnormality through Yoga as Therapy, Normality in Yoga and Psychology, Theories and models in Psychology, Existential abnormalities / disorders (Freudian approach Patanjala, Yoga Sutra approach, Hatha Yoga approach) Basic Principles of Yoga as Therapy as per Patanjala Yoga Sutra, Causes and remedial measures on all existential Disorders as per Patanjala Yoga Sutra, Remedial measures on all existential Disorders (Laghu Yoga Vasishth and Hathapradipika)

Unit-III

Personality Integration through psychology and Yoga (Personality Development in Psychology and in Yoga, Development of Modern theories of Personality (Nature & Nurture), Indian approach to personality and personality integration in the context of Triguna, Panca Kosha & Citta Bhumi).

Adjustment through Attitude Change (Personal and interpersonal adjustment through yogic methods –Yamas & Niyamas, Attitude change towards Yoga through individualized counseling, Psychological & Yogic methods).

Unit-IV

Adjustment through tackling Conflict and Frustration, Tackling ill effects of Conflict and Frustration through Yogic methods. Counseling for Adjustment

(Psychological, Philosophical and Yogic Synthesis between Psychology and Yoga towards a total Personality Development).

Unit-V

Stress definition and meaning (Concept of Stress, Modern Psychological). Stress Management (Stress Management Methods in Modern Psychology and in Yoga, a brief account of psycho physiological and Attitude Forming Methods in Patanjala Yoga Sutra, Bhagwat Gita & other Upanishads useful for Stress Management). What is Yogic Life Style. Prayer meaning, Psychological perspectives of Prayer for Mental (Emotional) and Spiritual Development, Psychological Reasoning of Prayer, Benefits of prayer for Yoga Sadhaka and the Common Man. Counseling-techniques in Yoga.

PAPER III, (T.M.Y.) Code-203

TEACHING METHODS IN YOGA

Unit-I

Teaching Methods in Yoga, Introduction, Need Of Practice teaching and its use in Yogic practice, Teaching, Learning, Education, Ancient and Modern Education Systems. Concept of Yoga, Yogic Practices of Asanas, Pranayamas, Bandhas & Mudras, Kriyas, Meditation, Misconceptions of Yoga and Sources of Misconceptions.

Unit-II

Presentation techniques, Meaning and Scope of Teaching Methods, Different Teaching Methods, Relevance of Teaching Methods in Yoga Education, Factors influencing Methods of teaching. Meaning Teaching Aids, Need of Teaching Aids.

Unit-III

Scientific Principles and Methods of Teaching, Anatomico Physiological Principles, Psychological Principles, Educational/Pedagogic Principles, Sociological Principles, Yogic Principles.

Unit-IV

Meaning and Need of Class Management. Preparation of class (Classroom/Hall Management, Grouping of participants, Lesson Plan Dealing with Difficult Students and Class Formation.

Unit-V

Meaning and Need of Lesson Plan, Importance of Lesson Plan, Guidelines for preparing Lesson, Steps in a Yogic Lesson. Meaning and Importance of Time Allotment. Lesson Presentation by students. Research Methodology (Orientation of Research Methodology, Theoretical Research, Empirical Research).

Paper IV, Code-204

PRACTICAL

(I) ADVANCED ASANAS

Akarna Dhanurasana, Tolangulasana, Bakasana, Padma Bakasana, Gorakshasana, Ugrasana, irsha Padangushthasana, Kapotasana, Rajkapotasana, Matsyendrasana, Kurmasana, Kukkutasana, Uttana Kurmasana, Hansasana, Mayurasana, Vatayanasana.

(II) MEDITATIVE ASANAS

Virasana, Swastikasana, Samasana, Padmasana, Siddhasana. DRISHTI Bhru Madhya Drishti, Nasagra Drishti, Jatru Drishti. PRANAYAMA Anuloma- Vilom, Ujjayi, Suryabhedana, Shitali, Sitkari, Bhramari, Bhastrika.

(III) MUDRAS & BANDHAS

Brahma Mudra, Simha Mudra, Jivha Bandha, Mula Bandha, Jalandhara Bandha, Uddiyana Bandha (Bahya/Antar).

(IV) SHUDDHI KRIYA

KapalaBhati, Agnisara, Nauli, Trataka, JalaNeti, Rubber Neti, Vaman Dhauti, Danda Dhauti, Vastra Dhauti, Shankha Prakshalana (Varisara).

(V) MANTRA CHANTING

Pranava Japa, Swasti Mantra, Om Stavan, Savitropasana, Rudropasana, Mahapurushavidya, Bhagvadgita.