

UNIVERSITY OF MYSORE

Department of Studies in Yogic Sciences

Manasagangothri, Mysore-570 006

Semester System and Choice Based Credit System
(Continuous Assessment and Grading Pattern) (CAGP)

Post Graduate Diploma in Yogic Science

Syllabus - 2022

Post_Graduate_Diploma in Yogic Science

Preamble:

Mysore has a great tradition of yoga, patronized by the Wodeyers of Mysore through historical time. Because of their support Mysore has got a distinct place in yoga. Being the home town for the tradition of Ashtanga yoga and an important destination for thousands of yoga learners visiting from different countries across the world. Mysore has gifted some of the renowned and legendary yoga gurus to the country and world like, late BKS. Iyengar, late.K.Pattabhijois who have motivated a large number of students.

On an average, about 2000 foreigners visit Mysore every month to learn yoga and there are more than 150 yoga schools functioning in the city. In order to cater to the increasing demand for well trained yoga practioners and trainers, the present Programme is designed.

Programme Objectives:

- To make the graduate to understand essentials of Yogic science.
- To impart professional training to the student.
- To provide in depth exposure to the concepts.
- To train the student for better employment opportunity.

Programme Specific Outcomes:

- Upgrading of skills in the subject Yogic science.
- Better career prospects.
- Better understanding of Yogic science.
- Can become experienced Yoga teachers, Yoga practitioners.

Job opportunities as:

- Yoga teacher
- Yoga instructor
- Yoga trainer

Employment areas:

- Educational institutions
- Corporate sectors
- Yoga centers
- Hospitals
- Community health centers
- Resorts

Post Graduate Diploma in Yogic Science

Semester with Choice Based Credit System

CODE	Title of the Course	Credits (L-T-P)	Teaching hours/ week	Teaching hours /semester	Max. Marks Exam and IA
I SEMESTER					
HC 1.1	Fundamentals to yogic science	4 4 -0 - 0	4 HOURS	64 HOURS	70 +30 = 100
SC1.1	Introduction to Indian Philosophy	4 4 -0 - 0	4 HOURS	64 HOURS	70 +30 = 100
SC1.2	Principles of Yoga therapy	4 4 -0 - 0	4 HOURS	64 HOURS	70 +30 = 100
HC1.2	Practical I Asanas and Pranayama	4 0 - 0 - 4	8 HOURS	128 HOURS	70 +30 = 100
HC1.3	Practical II Asanas, Bandha and Mudra	4 0 - 0 - 4	8 HOURS	128 HOURS	70 +30 = 100
		20 credits	28 HOURS	448 HOURS	350+150= 500
II SEMESTER					
HC2.1	Introduction to Anatomy and Physiology	4 4 -0 - 0	4 HOURS	64 HOURS	70 +30 = 100
HC2.2	Application of Yogic Science	4 4 -0 - 0	4 HOURS	64 HOURS	70 +30 = 100
SC2.2	Teaching methods in Yoga Education	4 4 -0 - 0	4 HOURS	64 HOURS	70 +30 = 100
HC2.3	Practical III- Kriyas and Asanas	4 0 - 0 - 4	8 HOURS	128 HOURS	70 +30 = 100
HC2.4	Practical IV- Asanas	4 0 - 0 - 4	8 HOURS	128 HOURS	70 +30 = 100
		20 credits	28 HOURS	448 HOURS	350+150= 500
		40 credits	56 HOURS	896 HOURS	700+300=1000

Note: **HC**: Hard core, Compulsory course, **SC**: Soft Core, Optional course, students are expected to select at least one soft core in each semester.

- Credit means the unit by which the course work is measured. One hour session of lecture per week for 20 weeks amounts to one credit.
- Two hours session tutorial/ practical per week for 20 weeks amounts to 1 credit.
- Hard core courses are compulsory in all the semesters.
- Students have option to choose any one soft core course in each semester out of the two soft core courses in each semester.

Duration: one year with Two Semesters

Eligibility: Any degree passed

Class hours Regular

Medium of Instruction: English

Attendance: as per University rules

I SEMESTER
P.G. DIPLOMA IN YOGIC SCIENCE

HC: 1.1 :FUNDAMENTALS TO YOGIC SCIENCE (4-0-0) 64 Hours

Learning Objectives:

To make the student to know-

- Introduction to Yogic science.
- Basics of the six philosophies.
- Food system and lifestyle.

Course Outcomes:

The student will be able to-

- Explain definitions of Yoga, historical development of Yoga.
- Explain the selected schools of Yoga.
- Explain the six philosophies, compare Sankhya and Yoga.
- Describe personality according to Psychology and Indian system.
- Explain memory and mental health.
- Explain food system according to Yoga and modern system.
- Implement practice of Yoga in daily life.

I Introduction to Yogic Science

- 1) Yoga – Meaning, Definitions, Concepts, Aim, Objects, Misconcepts.
- 2) Historical development of Yogic Science, Yogic texts and famous yogis (10).
- 3) Schools of Yoga-Rajayoga, Bhaktiyoga, Mantrayoga.
- 4) Karma yoga, Jnanayoga, Kundalini yoga..

II Comparative Study of Sankhya and Yoga.

- 1) Introduction to - Nyaya, Vaisheshika,
- 2) Introduction to - Mimamsa and Vedanta
- 3) Philosophy of Sankhya and Yoga, evolution theory.
- 4) Comparison of Sankhya and yoga.

III Basics of Psychology with a comparison to Indian thought.

- 1) Concept of personality in Psychology; Theories of personality – Freud’s, Humanistic theories, Trait theories; learning approaches to personality, measuring personality.
Cognition - Thinking, making decisions, problem solving; Human memory – views, kinds of information stored, forgetting.
- 2) Memory distortion and construction, memory in everyday life, memory and the brain.
Human intelligence, measuring intelligence, role of heredity and environment, emotional intelligence, creativity.
- 3) Concept of personality in Indian system – Sthoola; Sookshma, Karana sarira and relationship with the pancakoshas; gunas and personality, samskaras and kleshas along with lifestyle.
- 4) Mental Health – Health and well-being, Stress: its causes, effects and control. Mental disorders – mood disorders, anxiety disorders. Management of mental disorders.

IV Food System and Life Style

- 1) Yogic diet – Pathya, Apathya, Balanced diet, quantity, quality, eating time etc.
- 2) Modern system of Diet – Carbohydrate, Protein, Vitamin, Minerals, fat etc. and Balanced diet.
- 3) Life Style – Sleep, Awakening, Bath, work – rest, Yoga Practice etc.
- 4) Implementation of Yoga practice in daily routine life – preparation, selection of Kriyas, Asanas, Pranayamas etc.

REFERENCE BOOKS

1. Swami Virupakshananda : Sankhyakarika of Ishwarakrishna, Sri Ramakrishna Math, Mylapore, Madras 600 004, 1995.
2. Chandradhara Sharma : A critical survey of Indian Philosophy, Motilal Banarsi Dass, 2000.
3. Swami Janananda : Philosophy of Yoga, Sri Ramakrishnasharma Publications, 1938.
4. S.N. Dasgupta : Yoga as a Philosophy and Religion, Dover Publications Inc., 2002.

5. Swami Krishnananda : A short history of religions and philosophic thought in India: The divine life society. (1973), Shivanandanagar, Rishikesh.
6. M.P.Pandit : Kundalini Yoga Ganesh & Co., Madras, 1959.
7. Sir John Woodroffe. : The Serpent Power, Ganesh & Co.; Edition 2003.
8. Dr.S.Radhakrishna : Shirmadbhagavadgeeta, HarperCollins; New Edition, 2011.
9. Swami Harshananda : The Six Systems of Hindu Philosophy, A Primer, Ramakrishna Math, Bangalore – 560 019, 2009.
10. Hall and Lindzey : Theories of Personality, Wiley Eastern Ltd., New Delhi, 2007.
11. Robert A Baron, : Psychology, Indian Subcontinent Edition,
Girishwar Misra Pearson India Education Services Pvt. Ltd, 7th Floor, Knowledge Boulevard, Sector 62, Noida 201 309, Uttar Pradesh, 2014
12. Stanger, R & Solley, C.M. : Basic Psychology (1970) Tata, Mcgraw Hill, New Delhi.
13. S. K. Mangal : General Psychology, Sterling Publishers (P) Ltd, A-59, Okhla Industrialm Area, Phase–II, New Delhi – 110 020, 2009.
14. Zimbardo : PGI Psychology and life (1979), Foresonam Co., Illinvi.
15. T.Krishnamacharya, : Nathamuni's Yoga Rahasya,
T.K.V.Deshikachar. Krishnamacharya Yoga Mandiram, Chennai, 2004.
16. Dr.K.Krishna Bhat : The Power of Yoga, Suyoga Publications, Mangalore, 2006.

SC: 1.1 Introduction to Indian Philosophy (4 -0- 0) 64 Hours
SOFT CORE

Learning Objectives:

To make the students acquainted with-

- Development of Indian philosophy.
- Study of Indian Philosophical systems.
- The Yoga Astanga Marga

Course Outcome:

The student will be able to -

- Explain the General nature, characteristics and development of Indian philosophy.
- Describe the Yoga darsana according to pathanjali maharshi and Mimamsa darsana.
- Explain the Jainism and Biddism.
- Describe the Visistadvaita Vedanta according to Ramanuja.

Unit I:

Indian Philosophy: General nature, characteristics and development of Indian philosophy.

Unit II:

Indian Philosophical systems : Vedic thought, Nyaya Philosophy, Vaisesika Philosophy and Samkya Philosophy.

Unit III:

The Patanjali Yoga Darsana : (i) The Yoga Astanga Marga, God.

The Mimamsa Darsana : (i) Kumarilla and Prabhakara on Soul, Karma, Dharma.

Unit IV

Jainism: (i) Syadvada, (ii) Anekantavada, (iii) Soul theory and liberation ; Buddhism : (i) Four Noble Truths, (ii) Pratitya Samutpadavada.

Unit V

Sankara Vedanta:

- (i)Brahman as Saguna and Nirguna
- (ii) Status of Individual soul and the world
- (iii) The Doctrine of Maya ;

The Visistadvaita Vedanta of Ramanuja :

- (i)Reality as qualified and nonqualified
- (ii) The Nature of God, soul, world
- (iii) Doctrine of Bhakti,Saranagati and Prapatti The Dvaita Vedanta of

Madhvacharya :

- (i) Matter, souls, and god, (ii) Means of Liberation.

Textbooks :

1. Chatterjee, S.C. & Datta, D.M. (1968). An Introduction to Indian philosophy. 7th ed. Calcutta: University of Calcutta.
2. Hiriyana, M. (1932/2000). Outlines of Indian Philosophy. Delhi, Motilal Banarasidas.
3. Larson.G.J. & Others (2008). Encyclopedia of Indian Philosophies, Vol-XII (Introduction) Motilal Banarsidas, Delhi.
4. Radhakrishnan, S. (1920). Indian Philosophy, Vol.1 & 2. London: George Allen & Unwin.

SC: 1.2 PRINCIPLES OF YOGIC THERAPY (4 -0 – 0) 64 HOURS
SOFT CORE

Learning Objectives:

To make the student to know –

- Introduction to Yoga Therapy.
- Basic concept of Nutrition Dietetics.
- Introduction to stress and treatment for it.
- Yogic treatment to the physical and physiological disorders.
- Different concept of yoga on Health.

Course Outcome:

The student will be able to

- Explain yogic concept of human body.
- Describe the balanced diet.
- Understand the causes of stress, signs, symptoms And remedial through the yoga.
- Describe the different types of disorders in human body and treatment for them through yoga.
- Explain the issues and problems in yoga therapeutics

UNIT : I

Introduction to Yoga Therapy – Yogic Concept of Human Body – Its Limitations – Need for Correct Diagnosis, Patient, Education and Follow-up Measures. Present status of Yoga Therapy in India.

UNIT : II

Introduction to Nutrition and Dietetics – Diet and Digestion – Balanced Diet : Carbohydrates, fats, proteins, vitamins, and minerals.

Yogic Diet : Sattvik, Rajasik, Tamasik.

Diet and Diseases : Hypertension, Diabetes, Arthritis, Ulcerative, Colitis, Peptic Ulcer, Constipation, and Obesity.

UNIT : III

Stress – Etiological (Causes) Clinical Features (Signs & Symptoms) and Principles of Yogic Therapy in Stress Disorders.

Definition, Etiological (Causes) Clinical Features (Signs & Symptoms) and

Yogic Treatment of Disorders : Bronchial Asthma, Bronchitis, Hypertension, Hypothyroidism.

UNIT : IV

Definition, Etiological (Causes) Clinical Features (Signs & Symptoms) and Yogic Treatment of Disorders : Arthritis, Cervical Spondylosis, Lumbago, Sciatica, Migraine, Insomnia, Indigestion, Constipation, Ulcer, Obesity, and Diabetes.

UNIT : V

Issues and Problems in Yoga Therapeutics – Yoga as an Adjustment Therapy – Research Findings on Therapeutic Applications of Yoga.

Yoga Concept in : Naturopathy, Siddha, Ayurveda, Homeopathy and Modern Medicine.

REFERENCE

1. YOGIC THERAPY: IT'S BASIC PRINCIPLES AND METHODS - by Swami Kuvlayananda and Dr.S.L.Vinekar.
2. STRESS DISORDERS AND Its MANAGEMENT BY YOGA: by Dr.K.N.Udupa. Motilal Banarsidass Publishers Pvt.Ltd., Delhi , 1980 [second edition]
3. YOGA AND MEDICINE: by Steven F.Brena. Penguin Books, New York, 1972.
4. ASANAS – by Dr. P. Mariayyah, Sports Publications, Coimbatore.
5. SUIYANAMASKAR - by Dr. Dr. P. Mariayyah, Jaya Publishing House, Perunthurai, Erode.
6. SOUND HEALTH THROUGH YOGA – by Dr. K. Chandrasekaran , Prem Kalyan Publications, Sedapatti, 1999.
7. THE ART OF SURVIVAL: A GUIDE TO YOGA THERAPY - edited by Dr.M.L.Gharote and Moureen Lockhart. Unwin Paperbacks, London,1987.

HC: 1.2 PRACTICAL - I ASANAS AND PRANAYAMAS. (0 -0 -4) 8 Hours

Learning Objectives:

To make the student to

- Know the Asanas..
- Get trained in Pranayama and Meditation.

Course Outcomes:

After the completion of the course, the student will be able to-

- Practice Asanas according to the classical references.
- Perform the Pranayama systematically.
- Describe and demonstrate the procedures of the selected Pranayama
- Apply the practice therapeutically to the patient.
- Represent the practice in proper terms.
- Self-improvement of health and concentration.

I. *Asanas*

- 1) Yaugika Suryanamaskara – 17 Vinyasa
- 2) Siddhasana, Padmasana, Baddha Padmasana, Yogamudra.
- 3) Pasasana, Krauncasana, Salabhasana, Bhekasana,
- 4) Laghuvajrasana, Kapotasana, Vajrasana and Suptavajrasana.

II. *Pranayama*

- 1) Recaka Kumbhaka, Puraka Kumbhaka,
- 2) Ujjayi, Suryabheda, Chandrabheda,
- 3) Nadisuddhi, Sitali,
- 4) Bhastrika, Bhramari

REFERENCE BOOKS

1. Swami Digambarji : Hathayoga pradeepika – Chapter I, II & III, SMYM Samiti, Kaivalyadhama, Lonavala, 1998.
2. Swami Digambari : Gheranda Samhita – Chapter I, SMYM Samiti, Kaivalyadhama, Lonavala, 1997.
3. Swami Omananda Teertha : Patanjala Yoga Pradeepa, Gita Press, Gorakhpur, 2013..
4. Swami Kuvalyananda : Yogic Therapy: Its Basic Principles and Methods, Published by Central Health Education Bureau, Government of India, 1963, Original from the University of California, Digitized 4 Jan 2007.
5. Prof.Pattabhi Jois : Yoga mala – Part I
6. B. K. S. Iyengar : Light on Yoga, HarperCollins Publishers India, a joint venture with India Today Group, New Delhi, A-53, Sector 57, Noida, Uttar Pradesh – 201 301, 2012.
7. B. K. S. Iyengar : Light on Pranayama, HarperCollins India; 2013 edition.
8. Swami Satyananda Saraswati : Asana, Pranayama, Mudra, Bandha - Bihar School of Yoga, Munger.
9. Swami Geetananda : Bandhas & Mudras, Anandashrama, Pondicherry.
10. Swami Satyanada Saraswathi: A systematic course in the ancient tantric techniques of yoga & kriya Bihar School of Yoga, Munger, 2013.
11. Swami Dharendra Brahmachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1953.
12. O.P.Tiwari : Asana, Why & How, Kaivlyadhama, Lonavala, 1991.
13. Yogeshwar : The Text of Yoga, Yoga Centre, Madras.
14. Swami Satynanda Saraswati : Suryanamaskara, Bihar School of Yoga, Munger, 1983.
15. Dr.K.Krishna Bhat : The Power of Yoga, Suyoga Publications, Mangalore, 2006.

HC: 1.2 PRACTICAL - II ASANAS, BANDHA AND MUDRA (0 -0 -4) 8 Hours

Learning Objectives:

To make the student to

- Know the Asanas.
- Know the fundamentals of Bandhas and Mudras.
- Get trained in Bandhas and Mudras.
- Understand the therapeutical applications of Bandhas and Mudras.

Course Outcomes:

After the completion of the course, the student will be able to-

- Practice Asanas according to the classical references.
- Perform the Bandhas and Mudras systematically.
- Describe and demonstrate the procedures of the selected Bandhas and Mudras.
- Apply the practice therapeutically to the patient.
- Represent the practice in proper terms.
- Self-improvement of health and concentration.

I. Asanas

1. Nakrasana, Bharadvajasana, Ardhamatsyendrasana.
2. Ekapadasirsasana, Salamba Sarvangasana,
3. Halasana, Karnapidasana, Urdhvapadmasana,
4. Matsyasana, Shavasana - II

II. Bandha, Mudra

1. Mulabandha, Uddyanabandha
2. Jalandharabandha, Mahamudra
3. Sanmukhi mudra, Viparitakarani
4. Tadagi mudra, Manduki mudra.

REFERENCE BOOKS

1. Swami Digambarji : Hathayoga pradeepika – Chapter I, II & III, SMYM Samiti, Kaivalyadhama, Lonavala, 1998.
2. Swami Digambari : Gheranda Samhita – Chapter I, SMYM Samiti, Kaivalyadhama, Lonavala, 1997.
3. Swami Omananda Teertha : Patanjala Yoga Pradeepa, Gita Press, Gorakhpur, 2013..
4. Swami Kuvalyananda : Yogic Therapy: Its Basic Principles and Methods, Published by Central Health Education Bureau, Government of India, 1963, Original from the University of California, Digitized 4 Jan 2007.
5. Prof.Pattabhi Jois : Yoga mala – Part I
6. B. K. S. Iyengar : Light on Yoga, HarperCollins Publishers India, a joint venture with India Today Group, New Delhi, A-53, Sector 57, Noida, Uttar Pradesh – 201 301, 2012.
7. B. K. S. Iyengar : Light on Pranayama, HarperCollins India; 2013 edition.
8. Swami Satyananda Saraswati : Asana, Pranayama, Mudra, Bandha - Bihar School of Yoga, Munger.
9. Swami Geetananda : Bandhas & Mudras, Anandashrama, Pondicherry.
10. Swami Satyanada Saraswathi: A systematic course in the ancient tantric Techniques of yoga & kriya Bihar School of Yoga, Munger, 2013.
11. Swami Dhirendra Brahmachari: Yogasana Vijnana, Dhirendra Yoga Publications, New Delhi, 1953.
12. O.P.Tiwari : Asana, Why & How, Kaivlyadhama, Lonavala, 1991.
13. Yogeshwar : The Text of Yoga, Yoga Centre, Madras.
14. Swami Satynanda Saraswati : Suryanamaskara,Bihar School of Yoga, Munger, 1983.
15. Dr.K.Krishna Bhat : The Power of Yoga, Suyoga Publications, Mangalore, 2006.

II SEMESTER

HC: 2.1 : INTRODUCTION TO ANATOMY AND PHYSIOLOGY (4-0-0) 64 Hours

Learning Objectives:

To make the students to-

- Know the anatomy and physiology of blood and cardiovascular system.
- Study the digestive system and respiratory system.
- Know about excretory and endocrine system.
- Study the anatomy and physiology of special senses and nervous system.

Course Outcomes:

After the course, the student will be able to-

- Describe composition of blood, blood group and importance.
- Anatomy and functioning of heart.
- Anatomy of digestive system and process of digestion.
- Functioning of excretory system, endocrine system.
- Describe the functioning of sensory organs and nervous system.
- Apply in personal health.

I Blood and Cardiovascular system

- 1) Composition of blood, RBC, WBC, Platelets and plasma.
Hemoglobin, Coagulation and Anticoagulants.
- 2) Blood groups and importance. Blood volume, Blood Pressure.
- 3) Anatomy of heart, Innervation of heart, Cardiac muscle, vessels,
Electrocardiogram, Cardiac cycle, Cardiac output.
- 4) Diseases of Cardiovascular System.

II Digestive System and Respiratory Systems

- 1) Anatomy of digestive system, saliva, gastric juice.
Pancreatic juice, Bile, Intestinal secretion.
- 2) Digestion of food, absorption – small intestine.
Formation of stools, diseases of digestive system.
- 3) Anatomy of Respiratory System, Mechanism of breathing,
Exchange of gases.
- 4) Pulmonary function tests, lung volumes and capacities, Control of
Respiration.

III. Excretory and Endocrine system

- 1) Anatomy of Excretory system, Functions, structure of Skin
- 2) Glomerules, renal tubules, compositions of urine, micturition
Function of Skin, Temperature regulation.
- 3) Anatomy of Glands, Harmones and Action.
- 4) Effects of Hormones and diseases.

III Special senses and Nervous system

- 1) Anatomy of Eye, Ear, Nose, Tongue.
- 2) Mechanism of Vision, hearing, smell and taste.
- 3) Anatomy of Nervous system, classification.
- 4) Functions of Nervous system and diseases.

REFERENCE BOOKS

1. Chatterjee C.C. : Human Physiology (Vol. I & II), Medical Allied Agency, Calcutta, 1992.
2. Evelyn, C. Pearce : Anatomy and Physiology for Nurses (Faber and Faber Ltd., London, 1968).
3. Ann B Menaught : Illustrated Physiology, Churchill Livingstone; 3rd edition (1975).
4. Guyton and Hall : A Text Book of Medical Physiology, 12th Edition, Saunders – An imprint of Elsevier, 1600 John F Kennedy Blvd, Ste 1800, Philadelphia, P A 19103 – 2899, Reprinted 2012.
5. Gerald J. Tortora
Nicholas P. Anagnostakos: Principles of Anatomy and Physiology, Harper Collins publishers, 10, East 53rd Street, New York. NY 100 22.
6. Anne Waugh, Allison Grant : Ross and Wilson Anatomy and Physiology in Health and Illness, Edition - 13th, illustrated, Elsevier Health Sciences, 2018.
7. Dr. Sembu Lingam : Essentials of Medical Physiology, Jaypee Brothers, and
Prema Sembu Lingam Medical Publishers Pvt. Ltd., New Delhi, 2012.

Learning Objectives:

To make the students acquainted with-

- Health according to Indian concept.
- Daily and seasonal routines.
- Effect of Yogic practices of different systems.
- Basis of Yoga therapy.
- Teaching methods.

Course Outcomes:

After the course, the student will be able to-

- Explain definitions, concepts of health according to Indian and modern system.
- Describe effect of lifestyle, Kriyas, Asanas, Pranayamas, Bandhas Mudra and Meditation techniques on the selected systems.
- Describe basic principles of Yoga therapy and preventive, promotive and curative aspects of yogic practices.
- Apply the Yogic practices/ therapy in personal life.

I Health and its basic concepts in Indian thought

- 1) Definitions of Health, Indian concepts, Modern concepts, WHO etc.
- 2) Dhatus and Malas, Pathya and Apathya food, Healthy Life style.
- 3) Usage of the following herbs - Shunti, Tila, Madhu, Marica, Brahmi, Bhumyamalaki, Jeera, Dhanyaka, Patola, Godhuma.
- 4) Dinacarya and Rtucarya

II Effect of Yogic practices on various systems.

- 1) Digestive system, Respiratory system
- 2) Cardiovascular system, Excretory System.
- 3) Reproductive system, Nervous System.
- 4) Endocrine system, Skeletal System.

III Basis of Yoga Therapy

- 1) 25 Tattva theory
- 2) Tridosha Theory, Sadrasa and Pancamahabhuta
- 3) Pancakosha theory
- 4) Preventive, Promotive and Curative aspects of Yogic Practices.

IV Principles of Yoga Therapy and Yoga Teaching Methodology

- 1) Model lesson planning for Educational system.
- 2) Traditional and Modern concepts, Teacher, Student, Teaching, Learning, Evolution.
- 3) Relevance of Yogic Science in Education to develop-Morality, Behavior, Personality etc.
- 4) Lecture cum Demonstration, Yoga practical lessons.

REFERENCE BOOKS

1. Swami Digambarji : Hatha Pradeepika SMYM Samiti, Kaivalyadhama, Lonavala, 1998.
2. Vagbhata. : Astanga Hridaya, Vagbhata's Astanga Hridayam, Text, English Translation, Notes, Appendix and Indices- 3 Vols, Translated by Prof. K R Srikantha Murthy, Chowkhamba Krishnadas Academy, 2000.
3. Dr. V. B. Athavale : Basic Principles of Ayurveda, Chaukhamba Sanskrit Pratishtan Oriental Publishers & Distributors, IN, 2005.
4. Bhagavan Dash, : Caraka Samhita: Text With English Translation & R. K. Sharma Critical Exposition Based on Cakrapani Datta's Ayurveda Dipika (7 Volumes), Chowkhamba Sanskrit Series, 2009.
5. Dr. H. R. Nagendra : New Horizons in Modern Medicine, Vivekananda Kendra, Bangalore, India, 1990.

6. Kunalayananda : Asanas, Kaivalyadhama, Lonavala, Pune, 1998.
7. Kunalayananda : Pranayama Kaivalyadhama, Lonavala, Pune, 2005.
8. M.M.Gore : Anatomy and Physiology of Yogic Practices, New Age Books; 2017.
9. K.N.Udupa : Stress and its Management by Yoga, Mothilal Banarsidas, Delhi, Sixth Reprint edition, 2007.
10. Swami Virupakshananda: Sankhyakarika of Ishwarakrishna, Sri Ramakrishna Math, Mylapore, Madras 600 004, 1995.
11. Swami Vivekananda : Rajayoga, Advaita Ashrama, 5 Dehi Entally Road, Kolkatta, 700014, 2011.
12. Swami Satyananda Saraswati :Asana, Pranayama, Mudra, Bandha- Bihar School of Yoga, Munger, 2013.
13. Swami Satyananda Saraswathi : A systematic course in the ancient tantra techniques of yoga & Kriya, Bihar School of Yoga, Munger, 200

HC: 2.3 PRACTICAL - III - KRIYAS AND ASANAS (0 -0 -4) 128 Hours

Learning Objectives:

To make the students acquainted with-

- Fundamentals of Yogic Kriyas and Yogasanas.
- Practical knowledge of Yogic Kriyas and Yogasanas.
- Traditional knowledge in modern educational method.

Course Outcomes:

After the completion of the course, the student will be able to:

- Perform the kriyas and asanas systematically.
- Describe and demonstrate the procedures of the selected Kriyas and Asanas.
- Apply the Kriyas and Asanas therapeutically according to the individual requirement

I Kriyas

- 1) Jala dhauti, Jala neti
- 2) Sutra neti, Trataka
- 3) Vahnisara, Kapala bhati
- 4) Vastra dhauti

II Asanas

- 1) Surya namaskara – 9 Vinyasa (Vaidika)
- 2) Swastika, Tada 1 & 2, Vajra, Suptavajra.
- 3) Trikona, Parsva kona, Parsvotana, Prasarita pada.
- 4) Padangustha, Padahasta, Uttita Padangusta, Virabhadra.

REFERENCE BOOKS

1. Swami Digambarji : Hathayoga pradeepika – Chapter I, II & III, SMYM Samiti, Kaivalyadhama, Lonavala, 1998.
2. Swami Digambari : Gheranda Samhita – Chapter I, SMYM Samiti, Kaivalyadhama, Lonavala, 1997.
3. Swami Omananda Teertha : Patanjala Yoga Pradeepa, Gita Press, Gorakhpur, 2013..
4. Swami Kuvalyananda : Yogic Therapy: Its Basic Principles and Methods, Published by Central Health Education Bureau, Government of India, 1963, Original from the University of California, Digitized 4 Jan 2007.
5. Prof.Pattabhi Jois : Yoga mala – Part I
6. B. K. S. Iyengar : Light on Yoga, HarperCollins Publishers India, a joint venture with India Today Group, New Delhi, A-53, Sector 57, Noida, Uttar Pradesh – 201 301, 2012.
7. B. K. S. Iyengar : Light on Pranayama, HarperCollins India; 2013 edition.
8. Swami Satyananda Saraswati : Asana, Pranayama, Mudra, Bandha - Bihar School of Yoga, Munger.
9. Swami Geetananda : Bandhas & Mudras, Anandashrama, Pondicherry.

Learning Objectives:

To make the students acquainted with-

- Fundamentals of Yogasanas.
- Practical knowledge of Yogasanas.
- Traditional knowledge in modern educational method.

Course Outcomes:

After the completion of the course, the student will be able to:

- Perform the asanas systematically.
- Describe and demonstrate the procedures of the selected Asanas.
- Apply the Asanas therapeutically according to the individual requirement

I. Asanas

1. Paschioattana, Purvottana, Ardhabadhapadma,
Tiryainmukhapadapascima, Janusirsha,
2. Navasana, Kurmasana, Pavanamuktasana, Bhujanga,
3. Salabha, Dhanur, Dhanurasana – Parsvasahita, Ustra
4. Maricasana 1, 2, Vakrasana,

II. Asanas

1. Maricasana 3, 4, Kukkuta
2. Upavistakona, Baddhakona, Suptapadangustha.
3. Jatharaparivatha, Ubhayapadangusta,
4. Viparitarani, Uttanapada, Sirsha, Shavasana – I

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