

## **DIPLOMA IN YOGA EDUCATION (D.Y.Ed.)**

Yoga is the chief remedy for all miseries and sorrows in the world. There is a growing need with the increase in popularity of Yoga all over the world for well trained yoga instructors having sound knowledge of the basic science of Yoga. A well-trained yoga instructor should have mastery and practical knowledge of various yogic practices. The yoga instructors also have adequate theoretical knowledge on the basic principles, methods of yogic practices and other systems of physical exercises. He / She should be well acquainted with the historical prospective of the system of yoga practices and its literature apart from the suitable methods of teaching techniques of yoga in the modern context.

The Government of India felt that yoga should be a part of institutional curriculum. Therefore, the university has also felt the need of hour and designed Diploma in Yoga Education giving due emphasis to the practical and theoretical training on yogic practices with a well-planned syllabus. This course has been designed to one academic year (Two Semesters).

### **Objectives**

1. To spread the message of positive health as taught in yoga to people in a systematic and scientific manner.
2. To provide perspective and insight into various aspects of yoga education to the trainees.
3. To produce well trained yoga teachers.

## **REGULATIONS**

### **Eligibility**

A pass in Higher Secondary Examinations conducted by recognized state / central board / Any 2 years ITI / Diploma or an examination accepted as equivalent there to by the University subject to such conditions as may be prescribed thereof.

The applicant enjoys an average level of health and is free from serious illness or defects. To this effect, the applicant shall produce a Medical Fitness Certificate from a

Registered Medical Practitioner specifying that the said applicant is fit to undergo intense practical training in all types of yogic practices.

The candidates shall have subsequently undergone the prescribed course of study conducted by The Gandhigram Rural Institute (Deemed to be University) Physical Education and Yoga Centre and shall pass the examinations prescribed, apart from fulfilling such other conditions as have been prescribed thereof.

### **Duration**

The course is for a period of one year duration and shall be conducted under semester pattern.

### **Course of study**

Candidates shall be permitted to do the Diploma Course on regular mode. The programme comprises of four theory papers, two practical and Internships to a total of 40 credits. The medium of instruction shall be English. The course of study shall comprise theoretical instructions, supervised practical training in yoga practices.

### **Scheme of examinations**

The scheme of examinations shall be as follows: there shall be four theory papers of 100 marks each, two internship to test the teaching yogic techniques of 100 marks each and two practical to test the practical competence in yoga techniques of 200 marks each. The practical examination shall also consist of constant observation on commitment towards practical learning, evaluation of record book, yoga practice teaching and demonstration.

### **Internship**

Internship (Two weeks) / field visit/ institutional visit shall also consist of constant observation on commitment towards observation, methods of teaching and gain experience on yogic practices.

### SCHEME OF EVALUATION

Semester	Category	Course Code	Title of the Paper	No of Credits	Theory Hours	Practical hours	CFA	ESE	Total
I	Core Courses	18DYU0101	Fundamentals of Yoga	4	4	-	40	60	100
		18DYU0102	Principles of Yogic Practices	4	4	-	40	60	100
		18DYU0103	Yoga Practical - I	8	-	16	120	80	200
		18DYU0104	Internship / Field Visit -I	4	-	8	60	40	100
<b>1<sup>st</sup> Semester Total</b>				<b>20</b>	<b>08</b>	<b>24</b>	<b>200</b>	<b>200</b>	<b>500</b>
II	Core Courses	18DYU0201	Introduction to Yogic Texts	4	4	-	40	60	100
		18DYU0202	Applications of Yoga in Modern Life	4	4	-	40	60	100
		18DYU0203	Yoga Practical - II	8	-	16	120	80	200
		18DYU0204	Internship / Field Visit / Institutional visit -II	4	-	8	60	40	100
<b>2<sup>nd</sup> Semester Total</b>				<b>20</b>	<b>08</b>	<b>24</b>	<b>300</b>	<b>300</b>	<b>500</b>
<b>Grant Total (1<sup>st</sup> + 2<sup>nd</sup> Semester)</b>				<b>40</b>	<b>16</b>	<b>48</b>	<b>500</b>	<b>500</b>	<b>1000</b>

#### Abstract

S. No.	Category		Total no. of Course	Total Credits	%
1.	Core Courses	Theory	4	16	40
2.		Practical	2	16	40
3.		Internship	2	8	20
<b>Total</b>			<b>8</b>	<b>40</b>	<b>100</b>

#### Core Course

1. Fundamentals of Yoga
2. Principles of Yogic Practices
3. Yoga Practical – I
4. Internship / Field Visit - I
5. Introduction to Yogic Texts
6. Applications of Yoga in Modern Life
7. Yoga Practical – II
8. Internship / Field Visit / Institutional visit -II

## Fee structure

### Fee Structure for Diploma in Yoga Programme from the Year 2018-19

<b>Diploma in Yoga</b>	
<b>I.SEMESTER FEES</b>	
Tuition fee	1200.00
<b>SPECIAL FEE</b>	
Exam fee	1100.00
Special fee (Uniform)	750.00
Library	100.00
Games	100.00
YOGA Laboratory	300.00
Course Development Fee	2000.00
<b>Total-I</b>	<b>5550.00</b>
<b>II.PER ANNUM FEES</b>	
Health service	300.00
Group Insurance	200.00
Calendar	100.00
Computer lab fee	600.00
Magazine	100.00
National Science day	00
Sports and Tournament fund	200.00
Student Placement	00
Association	100.00
Student Club	50.00
Khadi deposit	300.00
Youth Red Cross	20.00
<b>TOTAL-II</b>	<b>1970.00</b>

<b>III.ONE TIME FEES</b>	
Admission	100
SMART Card	150
TC & CC	100.00
Counseling	00
Shanti Sena	00
Syllabus	50.00
Language Lab/Soft Skills Training	00
Placement Services	00
NSS	50.00
Students Welfare Fund	100.00
Coop Stores Share Capital	50.00
Alumni Association	100.00
<b>Total – III-</b>	<b>700.00</b>
<b>IV. CAUTION DEPOSITS (refundable)</b>	
Library	300.00
General	400.00
Laboratory	200.00
<b>Total – IV</b>	<b>900.00</b>
<b>GRAND TOTAL ( I – IV)</b>	<b>9120.00</b>

## PAPER – I

18DYU0101	FUNDAMENTALS OF YOGA	Credits : 4	Hrs:64
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### Course Objective:

To gain knowledge about the basic yogic concepts

### Course Outcomes

#### Students should be able to

- Explain the yogic concepts
- Outline the origin of yoga from vedas
- Compile the concept of yoga followers
- Discuss the streams of yoga
- Realize the Western influences and modern renaissance in Yoga.

### UNIT- I

Meaning and definition of yoga - Scope of Yoga - aims and Objectives of Yoga – preparation for yogic practices - Spiritual Yoga and Applied yoga - Misconceptions of yoga.

#### Text books:

1. H R Nagendra (2000) Yoga its Basis and Applications, swami vivekanandha yoga prakashana, Bangalore.
2. H R.Nagarathnam & Dr.H R Nagendra (2015) Yoga for Promotion of Positive Health, Swami Vivekanandha Yoga Prakashana, Bangalore.

### UNIT-II

Origin of Yoga - Historical perspective on Indus valley civilization - Yoga in Vedas, Upanishads, Puranas, Epics (Ramayana (Yoga Vasistha), Mahabharata (Bhagavad Gita) – Elements of Yoga and Yogic practices in Buddhism , Jainism and Sufism –Yoga in medieval literature.

#### Text books:

1. Nagendra H.R, (2000): Pranayama the art and science: Vivekananda Kendra Yoga Prakashana, Bangalore India
2. Bhikkhu Buddhadasa, (1980), Anapanasati, Sublime Life Mission, Thailand.
3. Chandrasekaran K, (1999): Sound Health Through Yoga: Prem Kalyan Publications, Sedapatti, Tamilnadu
4. Swami Sivananda, ( 1978): Yoga Teachers Manual: International Vedanta Centres, Val Morin, Quebec, Canada.,.
5. Swami Asthosh Ananthar, (2002): Sri Mad Bhagavad Gita, Sri Ramakrishna Math, Mylapore, Chennai

### UNIT-III

Patanjali yoga sutras - Hatha Yoga system in nada cult -Yoga in siddha cult (tamil siddhars) – Yoga in modern Times -Yoga in contemporary Time.

**Text books:**

1. Swami Satyananda Saraswathi, (1981): A Systematic Course in the Ancient Tantric Techniques Of Yoga And Kriya: Bihar school of yoga, Munger, Bihar, India.
2. Ramanatha Pillai PA., Thirumanthiram mouvaayeram, (1996): The South India Saiva Siddhanta Works Publishing Society, Thirunelveli.
3. Patanjali Yoga Sutra, Dr. P.V. Karambelkar, Kaivalyadhama Lonavla, Pune, Maharashtra -410 40

**UNIT- IV**

Streams of Yoga: Jnana yoga, Bhakti yoga, Raja yoga, karma yoga, Hatha yoga, Pathanjali yoga, Vasistha yoga, Hatha yoga, Swara yoga and Mantra yoga.

**Text books:**

1. Swami Satyananda Saraswathi, (1981): A Systematic Course in the Ancient Tantric Techniques of Yoga And Kriya: Bihar school of yoga, Munger, Bihar, India.
2. H R.Nagarathnam & Dr.H R Nagendra (2015) Yoga for Promotion of positive health swami vivekanandha yoga prakashana, Bangalore.

**UNIT-V**

Yoga and positive health - Yoga in education – Yoga therapy- Yoga in stress management - Research developments in yoga- various yoga Institutions in India - Influence of yoga in western Countries.

**Text books:**

1. H R Nagendra (2000) Yoga its basis and applications, swami vivekanandha yoga prakashana, Bangalore.
2. H R.Nagarathnam & Dr.H R Nagendra (2015) Yoga for Promotion of positive health swami vivekanandha yoga prakashana, Bangalore.
3. Gharote M.L, ( 2012): Applied Yoga(X ed): Kaivalyadhama, Lonavla.

**REFERENCE BOOKS:**

1. Acharya Mahaprajna, (1994), A Handbook of Preksha Meditation for the Trainers, Jain Vishva Bharati, Rajasthan
2. Chandrasekaran K, (1999): Sound Health Through Yoga: Prem Kalyan Publications, Sedapatti, Tamilnadu .
3. Kenghe C.T , Bharata Manisha, ( 1976): Yoga as Depth - Psychology and Para – Psychology (vol- I) Historical Background , Varanasi, India.
4. Mariayyah P, (1998) :Asanas: Sports Publications, Coimbatore.
5. Sivananda Yoga, (1998):Yoga Mind and Body (DK Living): Vedanta Center.
6. Swami Sivananda, ( 1978): Yoga Teachers Manual: International Vedanta Centres, Val Morin, Quebec, Canada.,.
7. Swami Sivananda, (2001): Practical Lessons in Yoga: Divine Life Society.

**WEB RESOURCES**

1. <https://kdham.com/>
2. <http://svyasa.edu.in/>

## PAPER – II

18DYU0102	PRINCIPLES OF YOGIC PRACTICES	Credits : 4	Hrs:64
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### Course Objective:

To understand the different types of Yogic Practices.

### Course Outcome

#### Students should be able to

- Outline the human body structure and functions of various systems
- Explain the classification of asanas
- Discuss the pranayama techniques
- Apply cleansing practices
- Improve concentration through meditation techniques.

### Unit I

Fundamental knowledge of Anatomy and Physiology of human body - meaning of Anatomy and Physiology – Cell – Tissue - organs and its functions - various systems - Nervous system - cardiovascular system - Excretory system - Circulatory system - respiratory system - Digestive system - Endocrinal system - Skeletal system – Reproductive system - Muscular system - sense organs - specially eyes and ears - structure and functions- yoga diet and modern nutrition.

#### Text books:

1. David Coulter H, (2012):Anatomy of Hatha Yoga- A Manual for Students, Teachers and Practitioners (Hardcover): Body and Breath ISBN 13-97890970700605.
2. Kumar N, (2009): Basic Anatomy and Physiology: Aitbs Publishers and Distributors, Chennai.
3. Muruges N, (1980): Basic Anatomy and Physiology: Madurai,
4. Shirley Telles, Nagendra (1998),A Glimpse of the Human Body, SVYP, Bangalore.

### Unit II

Classification of asanas - Relaxative asanas - Meditative asanas - Cultural asanas - Physiological changes and its benefits of asana practice - cultivation of physical culture by asana practice – practical procedure, benefits, limitations, sequence, precautions, duration of asana practice.

#### Text books:

1. Swami Satyananda Saraswati, (2008): Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India.
2. Tiwari O.P, Asanas,(2002):- Why and How?(IV ed): Kaivalyadhama, Lonavla,Pune Dist. Maharashtra.
3. Yogasanas, (1983):-A Teacher's Guide: NCERT, New Delhi.

### Unit III

Eight classical Kumbhakas (Pranayamas) - Nadisuddhi - purification of nadis by Pranayama - role of Pranayama in balancing and strengthening the nervous system and physiological effects in other systems - practical procedure, benefits, limitations, sequence, precautions, duration of pranayama practice.

**Text books:**

1. Swami Satyananda Saraswathi, (1981): A Systematic Course in the Ancient Tantric Techniques Of Yoga And Kriya: Bihar school of yoga, Munger, Bihar, India.
2. Nagendra H.R, (2000): Pranayama the art and science: Vivekananda Kendra Yoga Prakashana, Bangalore India.
3. Swami Satyananda Saraswati, (2008): Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India.

**Unit IV**

Shat Karmas – Kapalabhati – Trataka – Neti – Dhouti - Nauli and Bhasti - purification and enhancement of immunity power in human body by practice of Shat karmas - practical procedure, benefits, limitations, sequence, precautions, duration of Shat karmas practice.

**Text books:**

1. Swami Satyananda Saraswathi, (1981): A Systematic Course in the Ancient Tantric Techniques Of Yoga And Kriya: Bihar school of yoga, Munger, Bihar, India.
2. Nagendra H.R, (2000): Pranayama the art and science: Vivekananda Kendra Yoga Prakashana, Bangalore India.

**Unit V Mudras Bandhas and Meditation**

Mudras and its physiological effects - practical procedure, benefits, limitations, sequence, precautions, duration of mudras practice - Bandhas and its physiological effects - practical procedure, benefits, limitations, sequence, precautions, duration of Bandhas practice - Meditation as a great tranquillizer - study of Psychosomatic changes by practice of meditation.

**Text books:**

1. Swami Satyananda Saraswathi, (1981): A Systematic Course in the Ancient Tantric Techniques Of Yoga And Kriya: Bihar school of yoga, Munger, Bihar, India.
2. Swami Satyananda Saraswati, (2008): Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India.
3. Swami Kuvalayanda and Vinekar S.L, (1963): Yogic Therapy: Kaivalyadhama, Lonavla

**REFERENCES BOOKS:**

1. Gharote M.L, (2012): Applied Yoga(X ED): Kaivalyadhama, Lonavla.
2. Kaivalyadhama Golden Jubilee Years souvenir: -Kaivalyadhama,(1975): Lonavla.
3. Yogasanas, (1983):-A Teacher's Guide: NCERT, New Delhi.
4. Pandit, (1987): Yoga for Modern Man: Sterling Publication Private Ltd, New Delhi,.
5. Yoga Mimamsa Journal (Back volume): Kaivalyadhama (2010-2014), Lonavla

**WEB RESOURCES**

1. <http://www.biharyoga.net/>
2. [http://sivananda.org.in/chennai/?gclid=EAIaIQobChMI3YXe4dnG2wIVBJCPCCh0TSQS5EAYASAAEgLIbPD\\_BwE](http://sivananda.org.in/chennai/?gclid=EAIaIQobChMI3YXe4dnG2wIVBJCPCCh0TSQS5EAYASAAEgLIbPD_BwE)



## PRACTICAL – I

18DYU0103	YOGA PRACTICAL	Credits : 8	Hrs:128
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### Course Objective:

To expertise on various Yogic techniques especially in Asanas, Pranayamas, Mudras , Bandhas and Meditation.

### Course Outcomes

#### Students should be able to

- Differentiate the types of asanas
- Demonstrate suryanamaskar
- Identify the cultural asanas
- Demonstrate the Shat kriyas and pranayamas
- Outline the practical aspects of various meditational techniques

### Unit I

#### Meditative Asanas:

Sukhasana,  
Swasthikasana  
Virasana  
Vajrasana,  
Ardha Padmasana  
Padmasana,  
Siddhasana/siddhayoniasana  
Samasana

#### Relaxative ASANAS:

Sithila Tadasana  
Sithila Dandasana  
Makrasana  
Savasana – I, II, III, IV  
Matsya Kridasana

### Text books:

1. Iyengar B.K.S, (2001): 1. Light on yoga [yoga Dipika]: Harper Collins publishers, New Delhi, India
2. Swami Satyananda Saraswati, (2008): Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India.
3. Swami Satyananda Saraswathi, (1981), A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya: Bihar school of yoga, Munger, Bihar, India.
4. Swami Kuvalayananda, (1993): Asanas (VII ed): Kaivalyadhama, Lonavla, Pune Dist, Maharashtra.

## **Unit -II**

### **Sithilakarna vyayama**

- Pavana mukthasana series -I
- Pavana mukthasana series -II
- Pavana mukthasana series –III

### **Suryanamaskar 12 counts**

- Bihar school of yoga system
- SVYASA system
- Sivananda School of yoga system

### **Text books:**

1. Swami Satyananda Saraswati, (2008): Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India.
2. Swami Satyananda Saraswathi, (1981), A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya: Bihar school of yoga, Munger, Bihar, India.
3. H R.Nagarathnam & Dr.H R Nagendra (2015) Promotion of positive health swami vivekanandha yoga prakashana, Banglore.
4. Swami Sivananda, ( 1978): Yoga Teachers Manual: International Vedanta Centres, Val Morin, Quebec, Canada.,.

## **Unit III**

### **Standing Asanas:**

- Tadasana
- Ardhakati Chakarasana
- Pada Hastasana
- ArdhaChakrasana,
- Utkatasana
- Trikonasana
- Parivrtta Trikonasana
- Vriksasana
- Garudasana
- Virabhadrasana
- Eka padasana

### **Sitting Postures:**

- Baddha Konasana
- Vakrasana
- Janu Sirshasana
- Ardha ustrasana
- Utthita padmasana
- Gomukhasana
- Mandugasana
- Ardha sirasana
- Akarna Dhanurasana

### **Prone Postures:**

- Sarala Bhujangasana
- Bhujangasana

Ardha Salabhasana  
Dhanurasana  
Niralambhasana

**Supine Postures:**

UttanaPadasana  
Ardha Pawanamuktasana  
Pawanamuktasana  
Sethu Bandhasana  
Navasana  
Viparita karani asana  
Matsyasana  
Ardha Halasana

**Text books:**

1. Iyengar B.K.S, (2001): 1. Light on yoga [yoga Dipika]: Harper Collins publishers, New Delhi, India
2. Swami Satyananda Saraswati, (2008): Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India.
3. Swami Satyananda Saraswathi, (1981), A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya: Bihar school of yoga, Munger, Bihar, India.
4. Swami Kuvalayananda, (1993): Asanas (VII ed): Kaivalyadhama, Lonavla, Pune Dist, Maharashtra.

**Unit IV: Shat Kriyas:**

Kapalabhathi  
Jala neti  
Sutra neti

**Trataka**

Jathru Trataka  
Jothi Trataka

**Sectional Breathing:**

Abdominal Breathing  
Thoracic Breathing  
Clavicular Breathing  
Full Yogic Breathing

**Pranayamas:**

Chandra Anuloma Viloma  
Surya AnulomaViloma  
Chandra Bheda  
Surya Bheda  
Nadi Suddhi  
Sitali  
Sitkari  
Bhramari

**Text books:**

1. Chandrasekaran K, (1999): *Sound Health Through Yoga*: Prem Kalyan Publications, Sedapatti, Madurai.

2. Nagendra H.R, (2000): Pranayama the art and science: Vivekananda Kendra Yoga Prakashana, Bangalore India.
3. Swami Satyananda Saraswati, (2008): Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India.
4. Swami Satyananda Saraswathi, (1981), A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya: Bihar school of yoga, Munger, Bihar, India.

#### **Unit V:**

##### **Mudras , Bandhas and Meditation**

Chin Mudra  
 Chinmaya Mudra  
 Adi Mudra  
 Brahma Mudra  
 Nasika mudra  
 Bairava mudra  
 Nasikagra Drishti  
 Asvini mudra  
 Agnisar kriya  
 Yoga mudra  
 Viparita karani mudra  
 Jalandhra Bandha  
 Uddiyana Bandha  
 Mula bandha

##### **Meditation**

Nadanusandhana meditation  
 Om Meditation  
 Vipassana meditation  
 Kayasthairyam

#### **Text books:**

1. Swami Satyananda Saraswati, (2008): Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India.
2. Swami Satyananda Saraswathi, (1981), A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya: Bihar school of yoga, Munger, Bihar, India.
3. H R.Nagarathnam & Dr.H R Nagendra (2015) Promotion of positive health swami vivekanandha yoga prakashana, Bangalore.

#### **REFERENCES BOOKS:**

1. Joshi K.S, (1983): Yogic Pranayama: Orient Publishers, New Delhi.
2. Krishna, (1996): Essence of Pranayama (II ed): Kaivalyadhama Lonavla.
3. Mariayyah P, (1999) :Suriyanamaskar: Jaya Publishing House, Perunthurai, Erode.
4. Swami Kuvalayananda ,(2000) :Pranayama (IX ed): Kaivalyadhama Ashram, Lonavla.
5. Swami Kuvalayananda and Vinekar S.L, (1963) :Yogic Therapy- Its basic principles and methods: Ministry of Health, Govt. of India New Delhi.
6. Tiwari O.P, Asanas,(2002):- Why and How?(IV ed): Kaivalyadhama, Lonavla,Pune Dist. Maharashtra.
7. Yogasanas, (1983):-A Teacher's Guide: NCERT, New Delhi.

## **WEB RESOURCES**

1. [http://doronyoga.com/200hr-yoga-teacher-training-guatemala/?gclid=EAIaIQobChMI9sXqrNrG2wIVQRSPCh0gZAhJEAAAYAiAAEgLYJvD\\_BwE](http://doronyoga.com/200hr-yoga-teacher-training-guatemala/?gclid=EAIaIQobChMI9sXqrNrG2wIVQRSPCh0gZAhJEAAAYAiAAEgLYJvD_BwE)
2. [https://en.wikipedia.org/wiki/Ashtanga\\_vinyasa\\_yoga](https://en.wikipedia.org/wiki/Ashtanga_vinyasa_yoga)
3. <http://ayush.gov.in/>

## PAPER – III

18DYU0201	INTRODUCTION TO YOGIC TEXTS	Credits : 4	Hrs:64
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### Course Objective:

To gain the knowledge related to yogic concepts and yogic texts.

### Course Outcomes

#### Students should be able to

1. Explain the Yoga sutras.
2. Outline the yogic concepts in Vedanta
3. Explain the concepts of Hatha yogic texts
4. Discuss the Thiumoolar Thirumanthiram

### Unit I Introduction to Patanjali Yoga sutra

Definition of yoga – Chitta - Chitta vrttis - Chitta Bhumis - Chitta vikshepas (Antarayas) - types of Samadhi - abhyasa and vairagya Samadhi and Samapattis.

#### Text books:

1. Swami Vishnu Ddevananda, (2001): Meditation and mantras, Motilal Banarsidas Publishers Private Limited, Delhi.
2. Patanjali Yoga Sutra, Dr. P.V. Karambelkar, Kaivalyadhama Lonavla, Pune, Maharashtra.

### Unit II

Kriya yoga-klesas - four fold strategy for overcoming sufferings – Vivekakhyati - (knowledge) –Pratipakshabhavana - Eight fold path of yoga - Yama and Niyamas - asanas pranayama – Pratyahara – Dharana, Dhyana and Samadhi (samyama) - concept of Astama siddhis - Nature of liberation – Dharana.

#### Text books:

1. Swami Vishnu Ddevananda, (2001): Meditation and mantras, Motilal Banarsidas Publishers Private Limited, Delhi.
2. Patanjali Yoga Sutra, Dr. P.V. Karambelkar, Kaivalyadhama Lonavla, Pune, Maharashtra.

### Unit III

Yoga concepts in Bagavad Gita – yoga concepts in yoga vasistha – yoga concepts in ten major Upanishads.

#### Text books:

1. Swami Asthosh Ananthar, (2002): Sri Mad Bhagavad Gita, Sri Ramakrishna Math, Mylapore, Chennai.
2. Swami Ashutosh Ananthar, (2003):Isavasya Upanishad, Sri Ramakrishna Math, Mylapore, Chennai.
3. Swami Ashutosh Anantar, (2003): Kena Upanishad, Sri Ramakrishna Math, Mylapore, Chennai.
4. Swami Ashutosh Ananthar, (2003): Katha Upanishad, Sri Ramakrishna Math, Mylapore, Chennai.

5. Swami Ashutosh Ananthar, (2003: Mandukya Upanishad, Sri Ramakrishna Math, Mylapore, Chennai.
6. Swami Ashutosh Ananthar, (2003): Prasana Upanishad, Sri Ramakrishna Math, Mylapore, Chennai.
7. Swami Ashutosh Ananthar ,(2003): Svetasvara Upanishad, Sri Ramakrishna Math, Mylapore, Chennai.

#### **Unit IV Hatha Yoga texts (Hathapradipika and Gheranda Samhita,etc)**

Studying hatha yoga concepts and practices - ten Yamas - ten Niyamas - Shat kriyas - asanas Mudras – Bandhas - Pranayama - Nadanusandhana – Yogic diet – ideal season – Ideal hut – Kundalini, Chakras, Samadhi and yoga therapy.

##### **Text books:**

1. Swami Satyananda Saraswati, Hatha Pradipika: Bihar School of Yoga, Munger, India.

#### **Unit V Tirumular Thirumanthiram.**

Brief notes of nine tantras in Tirumular Thirumanthiram - Astanga yoga and its explanations in third Tantra - 96 Body philosophy.

##### **Text books:**

1. Ramanatha Pillai PA., Thirumanthiram mouvaayeram, (1996): The South India Saiva Siddhanta Works Publishing Society, Thirunelveli.

#### **REFERENCES BOOKS:**

1. Taimani I.K, (2001):The Science of Yoga, Theosophical society publication, Adyar, Chennai.
2. Lajpat Rai, (1998): Meditation: Techniques and their Scientific Evaluation, Anunhav Rai Publications, Haryana.
3. Swami Satyananda Saraswathi, (1981), A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya: Bihar school of yoga, Munger, Bihar, India.
4. Swami Satyananda Saraswati, (2008): Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India.

#### **WEB RESOURCES**

1. [http://sivananda.org.in/neyyardam/?gclid=EAIaIQobChMIouXTqNvG2wIVSYyPCh0akAemEAAYASAAEgKOVvD\\_BwE](http://sivananda.org.in/neyyardam/?gclid=EAIaIQobChMIouXTqNvG2wIVSYyPCh0akAemEAAYASAAEgKOVvD_BwE)
2. <http://www.sivananda.org/teachings/swami-sivananda.html>
3. <http://www.divyayoga.com/2/>
4. <http://www.vethathiri.edu.in/courses/university-courses/vision-aliyar/>

## PAPER – IV

18DYU0202	APPLICATIONS OF YOGA IN MODERN LIFE	Credits : 4	Hrs:64
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Course Objective:

To gain the knowledge about applications of yogic practices in modern life style.

**Students should be able to**

1. Identify the dimensions of health
2. Formulate the various Kosa.
3. Explain the yogic practices in sports and games.
4. Discuss the yoga and stress management.
5. Discuss the applications of yoga in various aspects

### Unit I

Concept of health and yoga - Definition of positive health - various dimensions of health (physical, mental, intellectual, social and spiritual) - Criteria of health and yoga practices.

**Text books:**

1. H R.Nagarathnam & Dr.H R Nagendra (2015) Promotion of positive health swami vivekanandha yoga prakashana, Bangalore.
2. Swami Sivananda, *Health and Diet*: Divine Life Society, Rishikesh, 2006.

### Unit II

Yoga therapy in prevention, management and treatment of diseases - Yogic concepts of diseases - Adhija vyadhi and Anadhija vyadhi - concept of psychosomatic illness - Integrated approach of yoga therapy (Panca kosa approach) - Annamaya kosa, Pranamaya kosa, Manomaya kosa, Vijnanmaya kosa and Anandamaya kosa.

**Text books:**

1. Swami Kuvalayanda and Dr.S.L. Vinekar, **Yogic Therapy- Its Basic principles and methods**: Ministry of health, Govt. of India, New Delhi, 1963.
2. H R.Nagarathnam & Dr.H R Nagendra (2015) Promotion of positive health swami vivekanandha yoga prakashana, Bangalore.
3. Research contributions of vyasa volume 1&2 swami vivekanandha yoga prakashana, Bangalore.

### Unit III

Yoga in physical education and sports fitness - prevention of sports injuries by practice of asanas - yoga helps in basic fitness - Yoga and specific sports skills - sports psychological skills and yoga – yoga for off - season training in sports.

**Text books:**

1. Gharote M.L, (2012): Applied Yoga(X ED): Kaivalyadhama, Lonavla.
2. Chandrasekaran.K, *Sound Health Through Yoga*: Prem Kalyan Publications, Sedapatti, Madurai, 1999

### Unit IV

Yoga and stress management - concept of stress (Eustress and distress) - stress reaction - four phases in stress disorders – stress induced problems and their management - meditation as a great tranquillizer (cyclic meditation) in stress management.



**Text books:**

1. Udupa K.N. and H.R.Singh, *Science and Philosophy of Indian Medicine*: Shree Baidyanath ayurveda Bhawan Ltd., Negpur 1978.
2. Nagendra H.R, & Nagarathana.R. : New perspectives in Stress Management, Vivekananda Kendra Yoga Prakashana, Bangalore India.

**Unit V**

Yoga in education - correct psychological attitudes and developments - improve the concentration and memory power through yoga - artificial stimulants and their side effects and overcome through yoga - yoga and development of social qualities of personality, co-operation, simplicity tolerance, social adjustments.

**Text books:**

1. Swami Kuvalayanda and Dr.S.L. Vinekar, **Yogic Therapy- Its Basic principles and methods**: Ministry of health, Govt. of India, New Delhi, 1963.
2. Gharote M.L, (2012): Applied Yoga(X ED): Kaivalyadhama, Lonavla.

**REFERENCES BOOKS:**

1. Mariayyah.P, Asanas: Sports Publications, Coimbatore, Tamil Nadu,1986.
2. Swami Sivananda, Yoga in Daily Life: Divine Life Society, Rishikesh, 2004.
3. Swami Satyananda Saraswathi, (1981): A Systematic Course in the Ancient Tantric Techniques Of Yoga And Kriya: Bihar school of yoga, Munger, Bihar, India.
4. Nagendra H.R, (2000): Pranayama the art and science: Vivekananda Kendra Yoga Prakashana, Bangalore India.

**WEB RESOURCES:**

1. <http://www.ts-adyar.org/>
2. [http://www.yogivemanauniversity.ac.in/about\\_yvu.php](http://www.yogivemanauniversity.ac.in/about_yvu.php)
3. <http://www.brahmakumaris.org/>
4. <http://www.vivekanandakendra.org/>

## PRACTICAL – II

18DYU0203	YOGA PRACTICAL – II	Credits : 8	Hrs:128
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Course Objective:

To expertise on various Yogic techniques and methods of teaching.

Course Outcomes

**Students should be able to**

- Demonstrate the differentiate the types of asanas
- Design the procedure for Kriya and pranayama techniques.
- Select the mudra and meditation
- Explain the methods of teaching in yoga

**UNIT: I**

**Standing Asanas**

Natarajasana  
Virabhadrasana (balancing)  
Vatayanasana  
Parsva konasana  
Parivrtta Parsva konasana  
Utkatasana  
Trivikramasana  
Utthan Eka pada sirshasana

**Sitting asanas**

Pachimottanasana  
Ustrasana  
Supta vajrasana  
Uttana Mandukasana  
Kurmasana  
Kukkutasana  
Bakasana  
Padma bakasana  
Tolangulasana  
Sirshasana  
Hamsasana  
Mayurasana  
Hanumanasana

**Text books:**

1. Swami Satyananda Saraswati, (2008): Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India.
2. Iyengar. B.K.S, (2001), Light on yoga [ Yoga Dipika], Harpercollins Publisher, India.

**UNIT: II**

**Prone asanas**

Salabhasana  
Dhanurasana  
Poorna Bhujangasana  
Sarpasana

Naukasana  
Eka pada Raja kapotasana

**Supine asanas**

Sarvangasana  
Halasana  
Karna pidasan  
Chakrasana  
Jathara parivartanasana

**Text books:**

1. Iyengar. B.K.S, (2001), Light on yoga [ Yoga Dipika], Harpercollins Publisher, India.
2. Swami Satyananda Saraswati, (2008): Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India.

**UNIT III**

**Shat Kriyas**

Vamana dhouti  
Nauli  
Laghoo shankha prakshalana

**Pranayama**

Nadi shuddhi (1:1:2)  
Bhramari (with shanmuki mudra)  
Ujjayi

**Text books:**

1. Swami Satyananda Saraswati, (2008): Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India.
2. YOGA (Asanas, Pranayama, Mudras, Kriyas), (2001), An Instruction Booklet, Published by Vivekananda Kendra Prakashan Trust, Triplicane, Chennai.

**UNIT –IV**

**Mudras**

Shanmuki mudras  
Simha mudra  
Maha mudra  
Yoga mudra  
Shambhavi mudra

**Meditation**

Chidakasha dharana  
SohumMeditation  
Mantra mediatin  
Cyclic meditation  
Yoga nidra 1 & 2

**Text books:**

1. Swami Satyananda Saraswati, (2008): Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India.
2. Swami Satyananda Saraswathi, (1981), A Systematic Course in the Ancient Tantric

Techniques of Yoga and Kriya: Bihar school of yoga, Munger, Bihar, India.

3. Nagendra H.R, & Nagarathana.R. : New perspectives in Stress Management, Vivekananda Kendra Yoga Prakashana, Bangalore India.

## **UNIT –V**

### **Preparation of lesson plan**

Asana -1

Pranayama-1

Kriya- 1

Mudra -1

Meditation-1

### **Text books:**

1. Gharote M.L. and Ganguly S.K, (2001): Teaching Methods for Yogic Practice: Kaivalyadhama, Lonavla.

### **REFERENCE BOOKS:**

1. Chandrasekaran.K, (1999), Sound Health Through Yoga: Prem Kalyan Publications, Sedapatti, Madurai.
2. Mariayyah, P.(1986), ASANAS: Sports, Publications, Chennai.
3. Nagarathna and Nagendra, (2008): Integrated Approach of Yoga therapy for positive health, Swami Vivekananda Yoga Prakashana, Bangalore.
4. Swami Digambarji and P.T. Raghunathashastri Kokaji, (1998), Hatha Pradipika: Kaivalyadhama, SMYM Samiti, Lonavla Pune Dist, Maharashtra 1998.
5. Tiwari O.P, Asanas, (2002), Why and How?(IV ed): Kaivalyadhama, Lonavla,Pune Dist. Maharashtra.
6. Yogasanas, (1983), A Teacher's Guide: NCERT, New Delhi.

### **WEB RESOURCES**

1. <https://www.yogafinder.com/>
2. [https://www.bookyogaretreats.com/all/d/asia-and-oceania/india/coimbatore?gclid=EAIaIQobChMIpLGMvNjG2wIVTxSPCh0GqA\\_1EAAYASAAEgLEavD\\_BwE&gclid=aw.ds](https://www.bookyogaretreats.com/all/d/asia-and-oceania/india/coimbatore?gclid=EAIaIQobChMIpLGMvNjG2wIVTxSPCh0GqA_1EAAYASAAEgLEavD_BwE&gclid=aw.ds)
3. [http://www.bssve.in/courses\\_alternative\\_medicine.asp](http://www.bssve.in/courses_alternative_medicine.asp)
4. <http://www.rknature.com/>
5. [www.ioam.in/](http://www.ioam.in/)

18DYU 0101		FUNDAMENTALS OF YOGA	
<b>Credits : 4</b>		<b>Lecture Hours/Week : 4</b>	
		<b>CFA (T) : 40</b>	
		<b>ESE(T) : 60</b>	
Objective: To gain knowledge about the basic yogic concepts			
UNIT	CONTENTS	Lecture Schedule	
I	Meaning and definition of yoga - Scope of Yoga - aims and Objectives of Yoga – preparation for yogic practices - Spiritual Yoga and Applied yoga - Misconceptions of yoga	<b>10</b>	
II	Origin of Yoga - Historical perspective on Indus valley civilization - Yoga in Vedas, Upanishads, Puranas, Epics (Ramayana (Yoga Vasistha), Mahabharata (Bhagavad Gita) – Elements of Yoga and Yogic practices in Buddhism , Jainism and Sufism – Yoga in medieval literature	<b>12</b>	
III	Patanjali yoga sutras - Hatha Yoga system in nada cult - Yoga in siddha cult (tamil siddhars) – Yoga in modern Times -Yoga in contemporary Time	<b>13</b>	
IV	Streams of Yoga : Jnana yoga, Bhakti yoga, Raja yoga, Hatha yoga, Pathanjali yoga, Vasistha yoga, Hatha yoga, Swara yoga and Mantra yoga	<b>13</b>	
V	Yoga and positive health - Yoga in education – Yoga therapy- Yoga in stress management - Research developments in yoga- various Institutions in India - Influence of yoga in western Countries.	<b>16</b>	
		<b>Total Contact Hours</b>	
		<b>64</b>	
<b>Learning Outcomes</b>			
<b>Students should be able to</b>			
<ul style="list-style-type: none"> <li>• Explain the yogic concepts</li> <li>• Outline the origin of yoga from vedas</li> <li>• Compile the concept of yoga followers</li> <li>• Discuss the streams of yoga</li> <li>• Realize the Western influences and modern renaissance in Yoga.</li> </ul>			

18DYU 0102		PRINCIPLES OF YOGIC PRACTICES	
<b>Credits : 4</b>		<b>Lecture Hours/Week : 4</b>	
		<b>CFA (T) : 40</b>	
		<b>ESE (T) : 60</b>	
Course Objective: To understand the different types of Yogic Practices.			
UNIT	CONTENTS	Lecture Schedule	
I	Fundamental knowledge of Anatomy and Physiology of human body - meaning of Anatomy and Physiology – Cell – Tissue - organs and its functions - various systems - Nervous system - cardiovascular system - Excretory system - Circulatory system - respiratory system - Digestive system - Endocrinal system - Skeletal system – Reproductive system - Muscular system - sense organs - specially eyes and ears - structure and functions.	15	
II	Classification of asanas - Relaxative asanas - Meditative asanas - Cultural asanas - Physiological changes and its benefits of asana practice - cultivation of physical culture by asana practice – practical procedure, benefits, limitations, sequence, precautions, duration of asana practice.	12	
III	Eight classical Kumbhakas (Pranayamas) - Nadisuddhi - purification of nadis by Pranayama - role of Pranayama in balancing and strengthening the nervous system and physiological effects in other systems - practical procedure, benefits, limitations, sequence, precautions, duration of pranayama practice.	12	
IV	Shat Karmas – Kapalabhati – Trataka – Neti – Dhouti - Nauli and Bhasti - purification and enhancement of immunity power in human body by practice of Shat karmas - practical procedure, benefits, limitations, sequence, precautions, duration of Shat karmas practice.	10	
V	Mudras and its physiological effects - practical procedure, benefits, limitations, sequence, precautions, duration of mudras practice - Bandhas and its physiological effects - practical procedure, benefits, limitations, sequence, precautions, duration of Bandhas practice - Meditation as a great tranquillizer - study of Psychosomatic changes by practice of meditation.	15	
		<b>Total Contact Hours</b>	
		<b>64</b>	
<b>Course Outcomes</b>			
<b>Students should be able to</b>			
<ul style="list-style-type: none"> <li>• Outline the human body structure and functions of various systems</li> <li>• Explain the classification of asanas</li> <li>• Discuss the pranayama techniques</li> <li>• Apply cleansing practices</li> <li>• Improve concentration through meditation techniques</li> </ul>			

18DYU 0103		YOGA PRACTICAL – I	
<b>Credits : 8</b>		<b>Lecture Hours/wk :16</b>	<b>CFA (P) : 120 ESE (P) :80</b>
Course Objective: To expertise on various Yogic techniques especially in Asanas, Pranayamas, Mudras , Bandhas and Meditation.			
UNIT	CONTENTS	Lecture Schedule	
I	<p><b>Meditative Asanas:</b> Sukhasana, Swasthikasana Virasasana Vajrasana, Ardha Padmasana Padmasana, Siddhasana/siddhayoniasana Samasana</p> <p><b>Relaxative ASANAS:</b> Sithala Tadasana Sithila Dandasana Makrasana Shavasana – I,II,III,IV Matsya Kridasana</p>	<b>39</b>	
II	<p><b>Sithilakarna vyayama</b> Pavana mukthasana series -I Pavana mukthasana series -II Pavana mukthasana series –III</p> <p><b>Suryanamaskar 12 counts</b> Bihar school of yoga system SVYASA system Sivananda school of yoga system</p>	<b>32</b>	
III	<p><b>Standing Asanas:</b> Tadasana Ardhakati Chakarasana Pada Hastasana ArdhaChakrasana, Utkkatasana Trikonasana Parivrta Trikonasana Vrksasana Garudasana Virabhadrasana Eka padasana</p> <p><b>Sitting Postures:</b></p>	<b>65</b>	

	<p>Baddha Konasana  Vakrasana  Janu Sirshasana  Ardha ustrasana  Utthitha padmasana  Gomukhasana  Mandugasana  Ardha sirasana  Akarna Dhanurasana  Chakrasana</p> <p><b>Prone Postures:</b>  Sarala Bhujangasana  Bhujangasana  Ardha Salabhasana  Dhanurasana  Niralambhasana</p> <p><b>Supine Postures:</b>  UttanaPadasana  Ardha Pawanamuktasana  Pawanamuktasana  Sethu Bandhasana  Navasana  Viparitha karani  Matsyasana  Ardha Halasana</p>	
IV	<p><b>Shat Kriyas:</b>  Kapalabhathi  Jala neti  Sutra neti</p> <p><b>Trataka</b>  Jathru Trataka  Jothi Trataka</p> <p><b>Sectional Breathing:</b>  Abdominal Breathing  Thoracic Breathing  Clavicular Breathing  Full Yogic Breathing</p> <p><b>Pranayamas:</b>  Chandra Anuloma Viloma  Surya AnulomaViloma  Chandra Bhedana  Surya Bhedana  Nadi Suddhi  Sitali  Sitkari  Bhramari</p>	60



V	<p><b>Mudras , Bandhas and Meditation</b></p> <p>Chin Mudra  Chinmaya Mudra  Adi Mudra  Brahma Mudra  Nasika mudra  Bairava mudra  Nasikagra Drishti  Asvini mudra  Agnisara kriya  Yoga mudra  Viparitha karani mudra  Jalandra Bandha  Uddiyana Bandha  Mula bandha</p> <p><b>Meditation</b></p> <p>Om Meditation  Vippasana meditation  Kayasthairyam</p>	60
<b>Total Contact Hours</b>		<b>256</b>
<b>Course Outcomes</b>		
<p><b>Students should be able to</b></p> <ul style="list-style-type: none"> <li>• Differentiate the types of asanas</li> <li>• Demonstrate suryanamaskar</li> <li>• Identify the cultural asanas</li> <li>• Demonstrate the Shat kriyas and pranayamas</li> <li>• Outline the practical aspects of various meditational techniques</li> </ul>		

<b>18DYU 0201</b>		<b>INTRODUCTION TO YOGIC TEXTS</b>	
<b>Credits : 4</b>	<b>Lecture Hours/Week : 4</b>	<b>CFA (T) : 40</b>	<b>ESE (T): 60</b>
Course Objective: To gain the knowledge related to yogic concepts and yogic texts.			
<b>UNIT</b>	<b>CONTENTS</b>	<b>Lecture Schedule</b>	
I	<b><u>Introduction to Patanjali Yoga sutra</u></b> Defenition of yoga – Chitta - Chitta vrttis - Chitta Bhumis - Chitta vikshepas (Antarayas) - types of Samadhi - abhyasa and vairagya Samadhi and Samapattis.	<b>6</b>	
II	Kriya yoga-klesas - four fold strategy for overcoming sufferings – Vivekakhyati - (knowledge) – Pratipakshabhavana - Eight fold path of yoga - Yama and Niyama- asanas- pranayama – Pratyahar a– Dharana- Dhyana and Samadhi (samyama) - concept of Astama siddhis - Nature of liberation.	<b>13</b>	
III	Yoga concepts in Bagavad Gita – yoga concepts in yoga vasista – yoga concepts in ten major Upanishads.	<b>21</b>	
IV	<b><u>Hatha Yoga texts (Hathapradipika and Gheranda Samhita,etc)</u></b> Studying hatha yoga concepts and practices - ten Yamas - ten Niyamas - Shat kriyas - asanas Mudras – Bandhas - Pranayama - Nadanusandhana – Yogic diet – ideal season – Ideal hut – Kundalini, Chakras, Samadhi and yoga therapy.	<b>10</b>	
V	<b><u>Tirumulars Tirumantharam.</u></b> Brief notes of nine tantras in Tirumular Tirumantharam - astanga yoga and its explanations in third Tantra - 96 body philosophy.	<b>14</b>	
<b>Total Contact Hours</b>			<b>64</b>
<b>Course Outcomes</b>			
<b>Students should be able to</b>			
<ul style="list-style-type: none"> <li>• Explain the Yoga sutras.</li> <li>• Outline the yogic concepts in Vedanta</li> <li>• Explain the concepts of Hatha yogic texts</li> <li>• Discuss the Thiumoolar Thirumanthiram</li> </ul>			

<b>18DYU 0202</b>		<b>APPLICATIONS OF YOGA IN MODERN LIFE</b>	
<b>Credits : 4</b>	<b>Lecture Hours/Week : 4</b>	<b>CFA (T) : 40</b>	<b>ESE (T): 60</b>
Course Objective: To gain the knowledge about applications of yogic practices in modern life style.			
<b>UNIT</b>	<b>CONTENTS</b>	<b>Lecture Schedule</b>	
I	Concept of health and yoga - Definition of positive health - various dimensions of health (physical, mental, intellectual social and spiritual) - Criteria of health and yoga practices	<b>6</b>	
II	Yoga therapy in prevention, management and treatment of diseases - Yogic concepts of diseases - Adhija vyadhi and Anadhija vyadhi - concept of psychosomatic illness - Integrated approach of yoga therapy (Panca kosa approach) - annamaya kosa, Pranamaya kosa, Manomaya kosa, Vijinanamaya kosa and Anandamaya kosa.	<b>15</b>	
III	Yoga in physical education and sports fitness - prevention of sports injuries by practice of asanas - yoga helps in basic fitness - Yoga and specific sports skills - sports psychological skills and yoga for off - season training in sports.	<b>18</b>	
IV	Yoga and stress management - concept of stress (Eustress and distress) - stress reaction - four phases in stress disorders – stress induced problems and their management - meditation as a great tranquillizer (cyclic meditation) in stress management.	<b>11</b>	
V	Yoga in education - correct psychological attitudes and developments - improve the concentration and memory power through yoga - artificial stimulants and their side effects and overcome through yoga - yoga and development of social qualities of personality, co-operation, simplicity tolerance, social adjustments.	<b>14</b>	
<b>Total Contact Hours</b>			<b>64</b>
<b>Course Outcomes</b>			
<b>Students should be able to</b>			
<ul style="list-style-type: none"> <li>• Identify the dimensions of health</li> <li>• Formulate the various Kosa.</li> <li>• Explain the yogic practices in sports and games.</li> <li>• Discuss the yoga and stress management.</li> <li>• Discuss the applications of yoga in various aspects</li> </ul>			

18DYU 0203		YOGA PRACTICAL – II	
Credits : 8		Lecture Hours/Week :16	CFA (P) : 120 ESE (P) :80
Course Objective: To expertise on various Yogic techniques and methods of teaching.			
UNIT	CONTENTS	Lecture Schedule	
I	<p><b>Standing Asanas</b></p> <p>Natarajasana Virabhadrasana (balancing) Vatayanasana Parsva konasana Parivrta Parsva konasana Utkatasana Trivikramasana Uttana Eka pada sirasana</p> <p><b>Sitting asanas</b></p> <p>Pachimottanasana Ustrasana Supta vajrasana Uttana Mandukasana Kurmasana Kukkutasana Bakasana Padma bakasana Tolangulasana Sirasana Hamsasana Mayurasana Hanumannasana</p>	<b>65</b>	
II	<p><b>Prone asanas</b></p> <p>Salabhasana Dhanurasana Poorna Bhujangasana Sarpasana Naukasana Eka pada Raja kapotasana</p> <p><b>Supine asanas</b></p> <p>Sarvangasana Halasana Karna pidasana Chakrasana Jathra parivartanasana</p>	<b>65</b>	
III	<p><b>Shat Kriyas</b></p> <p>Vamana dhouti Nauli Laghoo shankha prakshalana</p>	<b>32</b>	

	<b>Pranayama</b> Nadi shuddhi (1:1:2) Bhramari (with shanmuki mudra) Ujjayi	
IV	<b>Mudras</b> Shanmuki mudras Simha mudra Maha mudra Yoga mudra Shambhavi mudra  <b>Meditation</b> Chidakasha dharana SohumMeditation Mantra mediatin Cyclic meditation Yoga nidra 1 & 2	<b>60</b>
V	<b>Preparation of lesson plan</b> Asana -1 Pranayama-1 Kriya- 1 Mudra -1 Meditation-1	<b>34</b>
<b>Total Contact Hours</b>		<b>256</b>
<b>Course Outcomes</b>		
<b>Students should be able to</b> <ul style="list-style-type: none"> <li>• Demonstrate the differentiate the types of asanas</li> <li>• Design the procedure for Kriya and pranayama techniques.</li> <li>• Select the mudra and meditation</li> <li>• Explain the methods of teaching in yoga</li> </ul>		