

POST GRADUATE DIPLOMA IN YOGA EDUCATION

Need

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 instructor also have adequate theoretical knowledge on the basic principles, methods of yogic practices and other systems of physical exercises. He should be well acquainted with the historical prospective of the system of yoga education and practice 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 P.G.Dip.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.

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 the any graduate examination conducted by recognised Universities or an examination accepted as equivalent thereto 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 & 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 and shall be conducted under annual pattern.

Distribution of teaching hours

There shall be four theory papers and two practical. There shall be a total number of 576 actual contact hours. Each theory paper and practical shall have 48 hours and 192 hours respectively.

Course of study

Candidates shall be permitted to do the Post Graduate Diploma Course on week-end mode (Saturday & Sundays) / concurrently with their PG Degree programmes. 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) – 3 Credits each and two practical to test the practical competence in yoga techniques of (200 marks) - 6 Credits each. The practical examination shall also consist of verification, evaluation of record book and yoga 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	18PYEP0101	History, Development and Traditions of Yoga	3	3	-	40	60	100
		18PYEP0102	Principles of Yogic Practices	3	3	-	40	60	100
		18PYEP0103	Applied Anatomy and Physiology	3	3	-	40	60	100
		18PYEP0104	Applied Yoga In Modern Life	3	3	-	40	60	100
		18PYEP0105	Practical I Asanas & Pranayanmas	6	-	12	120	80	200
		18PYEP0106	Practical II- Kriyas, Mudras, Bandhas, Meditations & Teaching Methodology	6	-	12	120	80	200
Grant Total				24	12	24	400	400	800

Abstract

S. No.	Category		Total no. of Course	Total Credits	%
1.	Core Courses	Theory	4	12	50
2.		Practical	2	12	50
Total			6	24	100

Core Course

1. History, Development and Traditions of Yoga
2. Principles of Yogic Practices
3. Applied Anatomy and Physiology
4. Applied Yoga In Modern Life
5. Practical I Asanas & Pranayanmas
6. Practical II- Kriyas, Mudras, Bandhas, Meditations & Teaching Methodology

18PYEP0101

Credits - 3

HISTORY, DEVELOPMENT AND TRADITIONS OF YOGA

Course Objective: To gain Knowledge about the history and traditions of yoga.

Course Outcomes:

Students should be able to

- Discuss about the contribution of different yoga institutions.
- Explain about the Eight Limbs of Yoga.
- Compare the Western influences and modern renaissance in Yoga.
- Evaluate the modern trends and development in Yoga.

UNIT- I

Meaning and definition of yoga - Scope of Yoga - Aims and Objectives of Yoga - Misconceptions about yoga - schools of yoga.

Text Books:

1. Swami Vishnu Devananda (1995): The complete Illustrated Book of yoga.
2. Harmony Books, a division of crown publishers, New York.

UNIT-II

Historical perspective on Yoga -Yoga before the time of Patanjali: (Indus valley civilization, Vedas, Brahmns, Upanishads, Epics, Puranas) - Samkhya and yoga.

Text Books:

1. Kenghe C.T, Bharata Manisha, (1976): Yoga as Depth – Psychology and Para – Psychology (Vol- I) Historical Background, Varanasi, India.

UNIT-III

Patanjali yoga sutra-: Eight limbs of Yoga, Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhayana, and Samadhi-Thirumular's Thirumandhiram

Text Books:

1. Karambelkar P.V, (1999): Patanjali Yoga Sutras: Kaivalyadhama, Lonavla.

UNIT- IV

Post Patanjali 's developments in yoga - various commentaries on yoga sutras- Tantra yoga- Yogavasistha - Hathayogic traditions (Nathcult and siddhacult (Tamil siddhars)) - Western influences and modern renaissance in yoga.

Text Books:

1. Kenghe C.T, Bharata Manisha, (1976): Yoga as Depth – Psychology and Para – Psychology (vol- I) Historical Background, Varanasi, India.

UNIT-V

Contemporary yoga – Yoga And Religions-Hinduism and Yoga-Jainism and Yoga-Bhuddhism and Yoga-Christianity and Yoga Islam and Yoga- modern trends and developments in the field of Yoga.

Text Books:

1. Swami Sivananda (2001): Practical Lessons in Yoga: Divine Life Society.
2. Swami Sivananda, (2008): All about Hinduism (X ed): Divine Life Society Risikesh.,

3. Yoga Mimamsa Journal (Back Volumes) Kaivalyadhama, (2010-2014): lonavla, Pune dist, Maharashtra.

Reference Books:

1. Chandrasekaran K, (1999): Sound Health through Yoga: PremKalyan Publications, Sedapatti, Tamilnadu.
2. Mariayyah P, (1998): Asanas: Sports Publications, Coimbatore.
3. Sivananda Yoga,(1998): Yoga Mind and Body (DK Living):Vedanta Center.
4. Swami Sivananda, (1978): Yoga Teachers Manual: International Vedanta Centres, Val Morin, Quebec, Canada....,
5. Swami Vivekananda,(1977): Yoga: Vivekananda Kendra Prakashan Trust, Bangalore.

Web Resources:

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

METHODS OF YOGIC PRACTICES**Course Objective:**

To understand the different types of Yogic Practices.

Course Outcome**Students should be able to**

- Explain the different yogic practices
- Discuss the different types of Pranayamas
- Assess the importance of Bandhas and Mudras
- Prepare the procedure to purify body and mind
- Formulate the meditational techniques.

UNIT- I

Concept of Yogic Practices - Kinds of Yogic Practices; Asana, Pranayama, Kriya, Mudra, Bandha, Dhyana. Asana: Definition, Scope and Limitations of Asanas - Classification of Asanas - Meditative Asanas - Relaxative Asanas - Cultural Asanas: Standing, Sitting, Supine, & Prone - Step by Step Performance of Asanas - Safety Measures and Precautions while performing Asanas.

Text Books:

1. Gharote M.L. and Ganguly S.K.(2001): Teaching Methods for Yogic Practice: Kaivalyadhama, Lonavla.
2. Swami Kuvalayananda, (1993): Asanas(VII ed): Kaivalyadhama, Lonavla.
3. Tiwari O.P,(2002): Asanas why and How? (IV ed): Kaivalyadhama, Lonavla.
4. Swami SatyanandaSaraswathi,(1981): A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya: Bihar school of yoga, Munger, Bihar, India.
5. Yogasanas A Teacher's Guide, (1983): NCERT, New Delhi.

UNIT: II

Pranayama: Meaning - Different Phases in Pranayama Practice: Puraka (Inhalation), Kumbhaka (Retention) and Rechka (Exhalation) - Breathing Ratio in Pranayama Practice - Major Pranas: Apana, samana, udana vyana, and prana - Upa Pranas: naga, koorma, krikara, devadatta, & dhananjaya - Safety Measures and Precautions.

Text Books:

1. Swami SatyanandaSaraswathi,(1981): A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya: Bihar school of yoga, Munger, Bihar, India.

UNIT: III

Meaning & benefits of Bandha - Different Bandhas: Jalandhra Bandha, Uddiyana Bandha, and Mula Bandha.-Meaning of Mudra - Types of Mudra: Chin Mudra, Chinmaya Mudra, Adi Mudra, Brahma Mudra, Shambavi Mudra, Nasikagra Drishti Mudra, Yoga Mudra, &, Ashwini Mudra.

Text Books:

1. Swami SatyanandaSaraswathi,(1981): A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya: Bihar school of yoga, Munger, Bihar, India

UNIT: IV

Practicing methods and benefits of Kriyas - Meaning - Types of Kriyas: Kapalabhati. Trataka. Neti: Jala Neti, Sutra Neti. Dhauti: Vamana Dhauti, Danda Dhauti, and Vastra Dhauti.

Text Books:

1. Swami SatyanandaSaraswathi,(1981): A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya: Bihar school of yoga, Munger, Bihar, India

UNIT: V

Meaning & concept of Meditation - Yogic practices and physical exercise. Yoga Practices and Other Systems of Exercises - Asanas Vs. Muscular Exercises - Pranayama Vs Deep Breathing Exercises - Importance of Nerve Culture in Yoga - Yoga and Competition - Yoga and Modern Education.

Text Books:

1. Chandrasekaran K, (1999): Sound Health Through Yoga: PremKalyan Publications, Sedapatti, Tamilnadu.
2. Gharote M.L, (2012): Applied Yoga (Xed): Kaivalyadhama, Lonavla.
3. Swami Kuvalayananda and Vinekar S.L. (1963) : Yogic Therapy: Kaivalyadhama SMYM samite, Lonavla, puneDist, Maharashtra.

Reference Books:

1. Mariayyah P,(1999): Suriyanamaskar: Jaya Publishing House, Perunthurai, Erode.
2. Moorthy A.M, (2004): Yoga Therapy: Sports Publication, Coimbatore.
3. Swami Sivananda, (1999) : Easy Steps to Yoga: A Divine Life Society, Rishikesh.
4. Swami Vishnu – Devananda, (1995): The complete Illustrated Book of Yoga: Harmony Books, a division of crown publishers, New York.
5. Yoga Minamsajournal (Back volume): Kaivalyadhama, Lonavla.

Web Resources:

1. <http://www.biharyoga.net/>
2. http://sivananda.org.in/chennai/?gclid=EAIaIQobChMI3YXe4dnG2wIVBJCPCCh0TSQS5EAAYASAAEgLIBPD_BwE

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Credits - 3

APPLIED ANATOMY AND PHYSIOLOGY

Course Objective:

To understand the human body structures and functions of various systems

Course Outcome

Students should be able to

- Outline the human cell and tissues
- Explain the muscular and respiratory systems
- Identify the functions of nerve and circulatory system
- Discuss the functions of digestive and renal systems
- Evaluate the importance of endocrine glands.

UNIT - 1

Introduction to Human Anatomy and Physiology -Meaning of Anatomy & Physiology- Need and importance of knowledge of Anatomy & Physiology in Yoga - Structure And Function: Cells - Structure and function of various types of tissues.

Text Books:

1. Kumar N, (2009): Basic Anatomy and Physiology: Aitbs Publishers and Distributors, Chennai.
2. Murugesh N, (1980): Basic Anatomy and Physiology: Madurai,
3. Yoga Mimamsa Journal (Back volume): Kaivalyadhama (2010-2014), Lonavla

UNIT: II

Respiratory System and Yogic practices - Respiratory Tract (Nose, Pharynx, Larynx, Bronchi, Bronchiole, Alveoli -Lungs) Mechanism of Respiration -Control of respiration - Nerve control, Chemical control and accessory control.-Muscular System and Yogic practices - Types of muscles (Skeletal Muscle, Cardiac Muscle, and Smooth Muscle).Joints and Yogic practices - Classification of Joints (Fibrous Joints - Cartilaginous joints- Synovial joints.

Text Books:

1. Gharote M.L, (2012): Applied Yoga(X ED): Kaivalyadhama, Lonavla.
2. Kumar N, (2009): Basic Anatomy and Physiology: Aitbs Publishers and Distributors, Chennai.
3. Murugesh N, (1980): Basic Anatomy and Physiology: Madurai,
4. Shirley Telles, Nagendra (1998),A Glimpse of the Human Body, SVYP, Bangalore.

UNIT: III

Nervous System and Yogic practices: Central Nervous System (CNS): (Brain and Spinal Cord) - Peripheral Nervous System (PNS): (Cranial Nerves and Spinal Nerves) - Autonomic Nervous System (ANS): (Sympathetic Division and Parasympathetic Division).Cardiovascular System and Yogic practices -Structure and functions of Heart - Systemic circulation, Pulmonary circulation, Portal circulation, Coronary circulation, Blood Vessels, Arteries, Veins, and Capillaries - system: Lymphatic system -Blood Pressure and pulse.

Text Books:

1. Kumar N, (2009): Basic Anatomy and Physiology: Aitbs Publishers and Distributors, Chennai.

2. Muruges N, (1980): Basic Anatomy and Physiology: Madurai,
3. Shirley Telles, Nagendra (1998), A Glimpse of the Human Body, SVYP, Bangalore.
4. SatyanandSaraswathi Bihar school of yoga, A Systematic course in the Ancient Tantric Techniques of Yoga and Kriya Bihar, India

UNIT: IV

Digestive System and Yogic practices - Mouth, Salivary Glands, Pharynx, Esophagus, Stomach, Pancreases, Liver, Gall Bladder, Small Intestine, Large intestine. Renal System and Yogic practices: Structure and Functions of the kidney – Ureter - Bladder- Urethra.

Text Books:

1. Kumar N, (2009): Basic Anatomy and Physiology: Aitbs Publishers and Distributors, Chennai.
2. Muruges N, (1980): Basic Anatomy and Physiology: Madurai,
3. Shirley Telles, Nagendra (1998), A Glimpse of the Human Body, SVYP, Bangalore.
4. SatyanandSaraswathi Bihar school of yoga, A Systematic course in the Ancient Tantric Techniques of Yoga and Kriya Bihar, India

UNIT: V

Endocrine System and Yogic practices- Structure and functions of Pituitary Gland: Thyroid Gland, Para-Thyroid, Thymus, Pancreas, and Adrenal Gland & Pineal Glands.

Text Books:

1. Kumar N, (2009): Basic Anatomy and Physiology: Aitbs Publishers and Distributors, Chennai.
2. Muruges N, (1980): Basic Anatomy and Physiology: Madurai,
3. Shirley Telles, Nagendra (1998), A Glimpse of the Human Body, SVYP, Bangalore.
4. SatyanandSaraswathi Bihar school of yoga, A Systematic course in the Ancient Tantric Techniques of Yoga and Kriya Bihar, India

References 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. Kaivalyadhama Golden Jubilee Years souvenir: -Kaivalyadhama, (1975): Lonavla.
3. Krishna Raman, (2008): A Matter of Health: East west Books, Chennai.
4. Pandit, (1987): Yoga for Modern Man: Sterling Publication Private Ltd, New Delhi,.
5. Swami Kunalayanda and Vinekar S.L, (1963): Yogic Therapy: Kaivalyadhama, Lonavla.

Web Resources:

1. <https://www.khanacademy.org/science/health-and-medicine/human-anatomy-and-physiology>
2. <https://www.visiblebody.com/anatomy-and-physiology-apps/anatomy-and-physiology>
3. <https://www.getbodysmart.com/>

YOGA IN MODERN LIFE**Course Objective:**

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

Students should be able to

- Discuss dimensions of health
- Evaluate the fitness level
- Outline the holistic development through yoga
- Discuss the stress management through yoga
- Utilize the yogic concepts to improve the social qualities

Unit- I

Concept of “Positive Health’ - Meaning and definition of Health -Various dimensions of health (Physical, Mental, Social and Spiritual) - Criteria of health- Important yard sticks of health - Responsibility and control over one’s own health status.

Text Books:

1. Chandrasekaran.K, *Sound Health Through Yoga*: PremKalyan Publications, Sedapatti, Madurai, 1999.
2. Sri Yogendra,*Yoga Personal Hygiene (Vols I & II)*:- The Yoga Institute, Santacruz, and Bombay.

Unit –II

Physical Education and sports fitness-Concept of ‘Healthy Personality’ - Characteristics of Healthy Personality - Superior mental health aids to a healthy personality.

Text Books:

1. Hurlock, Elizabeth B., *Personality Development*: Tata MC Graw – Hill Publishing Company Ltd., New Delhi, 1976.
2. S.M. Jourard and Ted Landsman, *Healthy Personality (IV ed)*: Macmillian Publishing co., Inc, New York, 1980.

Unit –III

Yoga and health - As a Therapy, Treatment - General Fitness. Integration of body and mind – Holistic Development.

Text Books:

1. Chandrasekaran.K, *Sound Health Through Yoga*: PremKalyan Publications, Sedapatti, Madurai, 1999.
2. Swami Kuvalayanda and Dr.S.L. Vinekar, **Yogic Therapy- Its Basic principles and methods**: Ministry of health, Govt. of India, New Delhi, 1963.

Unit –IV

Yoga for Executives - Positive hygiene of yoga (Positive focus, Shraddha, Faith factor Iswara, Pranidhana, Prayer, Tranquilization of mind) - Stress Response Vs Cultivation of Relaxation Response - purification of Nadis - cultivation of correct Psychological attitudes.

Text Books:

1. Herbert Benson and William proctor, *Beyond relaxation response*: Colling Fount Paperbacks, London 1985.
2. Udupa K.N. and H.R.Singh, *Science and Philosophy of Indian Medicine*: Shree Baidyanathayurveda Bhawan Ltd., Negpur 1978.

Unit –V

Yoga for Executive Jobs - life of constant stress and strain, anxiety, Conflicts resulting in fatigue - Use of artificial stimulants and their side effects - Contribution of Yoga to solve the problems faced by the Executives-Yoga and Development of Social Qualities of Personality: - Co-operation - Simplicity - Tolerance - Social Adjustments - Yoga and Personal Efficiency: Personal Efficiency as a genetic term - Improvement of Personal Efficiency through Yoga.

Text Book:

1. Udupa K.N. and H.R.Singh, *Science and Philosophy of Indian Medicine*: Shree Baidyanathayurveda Bhawan Ltd., Negpur 1978.

References Books:

1. Asrani U.A., *Yoga Unveiled (Part I)*:.MotilalBanarsidass, Delhi 1977.
2. Mariayah.P, *Asanas*: Sports Publications, Coimbatore, Tamil Nadu,1986.
3. Mishra S.P., *Yoga and Ayurveda*: Chowkhamba Sanskrit Sansthan, Varanasi, U.P 1989.
4. Swami Sivananda, *Health and Diet*: Divine Life Society, Rishikesh, 2006.
5. Swami Sivananda, *Yoga in Daily Life*: Divine Life Society, Rishikesh, 2004.

Web Resources:

1. http://sivananda.org.in/neyyardam/?gclid=EA1aIQobChMIouXTqNvG2wIVSYyPCh0akAemEAAYASAAEgKOVvD_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/>

PRACTICAL – I - ASANAS AND PRANAYAMAS

Course Objective:

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

Course Outcomes

- Students should be able to
- Demonstrate the different types of asanas
- Revise cultural asanas
- Explain the benefits of pranayama techniques
- Preparation of meditative techniques

Unit I : Meditative Asanas:

Sukhasana,
Vajrasana,
Ardha Padmasana (or) Padmasana, Siddhasana/siddhayoniasana

RELAXATIVE ASANAS:

Shavasana
Makrasana

Text Books:

1. Swami Kuvalayananda, (1993): Asanas (VII ed): Kaivalyadhama, Lonavla, Pune Dist, and Maharastra.
2. Swami SatyanandaSaraswathi, (1981): A Systematic Course in the Ancient Tantric Techniques Of Yoga And Kriya: Bihar School of Yoga, Munger, Bihar, India.

Unit II: Cultural Asanas

Standing Postures:

Tadasana
Ardhakati Chakrasana
Pada Hastasana
ArdhaChakrasana, Vrksasana
Utkkatasana
Parivrutha Trikonasana
Trikonasana
Garudasana
Virabhadrasana

Sitting Postures:

Baddha Konasana
Marichyasana
Vakrasana
Janu Sirshasana
Paschimottasana
Ustrasana

Sasangasana
Gomukhasana

Text Books:

1. Swami Kuvalayananda, (1993): Asanas (VII ed): Kaivalyadhama, Lonavla, Pune Dist, and Maharashtra.
2. Swami SatyanandaSaraswathi, (1981): A Systematic Course in the Ancient Tantric Techniques Of Yoga And Kriya: Bihar School of Yoga, Munger, Bihar, India.
3. Swami SatyanandaSaraswati, (2008): Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India.

Unit III: Prone Postures:

Bhujangasana
Ardha Salabhasana
Salabhasana
Dhanurasana

Supine Postures:

Uttana Padasana
Pawanamuktasana
Sethu Bandhasana
Navasana
Viparitha karani
Sarvangasana
Matsyasana
Ardha Halasana
Halasana
Chakrasana

Text Book:

1. Swami Kuvalayananda, (1993): Asanas (VII ed): Kaivalyadhama, Lonavla, Pune Dist, and Maharashtra.

Unit IV: Preparation for Pranayama:

Kapalabhathi

Sectional Breathing:

Abdominal Breathing
Thoracic Breathing
Clavicular Breathing
Full Yogic Breathing

Pranayamas:

Chandra Anuloma Viloma
Surya Anuloma Viloma
Chandra Bhedana
Surya Bhedana
Nadi Shodhana
Nadi Suddhi
Ujjayi
Bhastrika

Sitali
Sitkari
Sadhantha
Bhramari

Text Book:

1. Nagendra H.R, (2000): Pranayama the art and science: Vivekananda Kendra Yoga Prakashana, Bangalore India.
2. Swami Kuvalayananda ,(2000) :Pranayama (IX ed): Kaivalyadhama Ashram, Lonavla.

Unit V: Practices of Meditation

Preparations for Different Meditational Techniques: Nadhanusandhana – Pranadharana - Yoga Nidra.

Text Book:

1. Nagendra H.R, (2000): Pranayama the art and science: Vivekananda Kendra Yoga Prakashana, Bangalore India.
2. Swami SatyanandaSaraswati, (2008): Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga, Munger, India.

References Books:

1. Chandrasekaran K, (1999): *SoundHealthThroughYoga*: PremKalyan Publications, Sedapatti, Madurai.
2. Iyengar B.K.S, (2001): 1. Light on yoga [yoga Dipika]: Harper Collins publishers, New Delhi, India
3. Iyengar B.K.S, (2005): Light on Pranayama: Harper Collins publishers Daryaganj, New Delhi.
4. Joshi K.S, (1983): Yogic Pranayama: Orient Publishers, New Delhi.
5. Krishna, (1996): Essence of Pranayama (II ed): KaivalyadhamaLonavla.
6. Mariayyah P, (1986): Asanas: Sports, Publications, Coimbatore, Tamil Nadu.
7. Mariayyah P, (1999) :Suriyanamaskar: Jaya Publishing House, Perunthurai, Erode.
8. Swami Kuvalayananda and Vinekar S.L, (1963) :Yogic Therapy- Its basic principles and methods: Ministry of Health, Govt. of India New Delhi.
9. Tiwari O.P, Asanas,(2002):- Why and How?(IV ed): Kaivalyadhama, Lonavla,Pune Dist. Maharashtra.
10. Yogasanas, (1983):-A Teacher's Guide: NCERT, New Delhi.

Web Resources

1. http://doronyoga.com/200hr-yoga-teacher-training-guatemala/?gclid=EAIaIQobChMI9sXqrNrG2wIVQRSPCh0gZAhJEAAYAiAAEgLYJvD_BwE
2. https://en.wikipedia.org/wiki/Ashtanga_vinyasa_yoga
3. <http://ayush.gov.in/>

PRACTICAL – II
KRIYAS, MUDRAS, BANDHAS, MEDITATIONS & TEACHING METHODOLOGY OF
YOGA

Course Objective:

To expertise on various Yogic techniques and methods of teaching.

Course Outcomes

Students should be able to

- Demonstrate the different Kriya techniques.
- Apply the Bandhas and Mudras in yogic practices
- Outline the practical aspects of various meditational techniques
- Explain the teaching methodology of yoga.
- Prepare the lesson plan

UNIT: I

Kriyas: Neti- JalaNeti, Sutra Neti - Dhauti- Vamana Dhauti, VasthraDhauti, DhandaDhauti, LaghooShankhaPrakshalana (Tadasana, TiryakaTadasana, Kati Chakrasana, TiryakaBhujangasana, Udarakarshanasana) - Nauli- DakshinaNauli, VamanaNauli, AgnisaraKriya. Trataka - JyothiTrataka, JathruTrataka- Kapalabhati - Single Nostril, Both Nostrils and Alternative Nostril.

Text Book:

1. YOGA (Asanas, Pranayama, Mudras, Kriyas), (2001), AnInstructionBooklet, Vivekananda Kendra Prakashan Trust, Triplicane, Chennai.

UNIT: II

Bandhas: Jalandhara Bandha- Uddiyana Bandha- Moola Bandha-Maha Bandha- Jiva Bandha –Tri Bandha.

Mudras: Chin Mudra - Chinmaya Mudra - Adimudra - Brahma Mudra - Nasikagra Mudra - Shanmukhi Mudra -Bhairava Mudra- Agochari Mudra -Shambhavi Mudra - Viparithakarani Mudra - Yoga Mudra -Asvini Mudra - Maha Mudra.

Text Book:

1. YOGA (Asanas, Pranayama, Mudras, Kriyas), (2001), AnInstructionBooklet, Vivekananda Kendra Prakashan Trust, Triplicane, Chennai.

UNIT: III

Meditation: Ancient Indian tradition of Yoga and Meditation - 'OM' Meditation, Vipassana Meditation (Anapana), Cyclic Meditation. SoHum Meditation, Chidakasha Meditation - Repetitive practice of Kriyas, Bandhas, mudras and meditation

Text Books:

1. Swami SatyanandaSaraswathi, (1981), A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya: Bihar school of yoga, Munger, Bihar, India.
2. Nagarathna and Nagendra, (2008): Integrated Approach of Yoga therapy for positive health, Swami Vivekananda Yoga Prakashana, Bangalore.

UNIT IV

Meaning and Scope of Teaching Methodology: Scope of Teaching – learning – Methods of Teaching – Factors influencing the teaching method – class management- lesson plan – Contents of Lesson plan.

Text Book:

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

UNIT –V

Internship - (school/institution/hospital/village/public & concern) - Preparation of lesson plan for yogic Practices(asana, Pranayama, Mudras, Bandhas, Kriyas& Meditation)

Text Book:

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

Reference Books:

1. Chandrasekaran.K, (1999), SoundHealthThroughYoga: PremKalyan Publications, Sedapatti, Madurai.
2. Mariayah, P.(1986), ASANAS: Sports, Publications, Chennai.
3. Swami Digambarji and P.T. RaghunathashastriKokaji, (1998), Hatha Pradipika: Kaivalyadhama, SMYM Samiti, Lonavla Pune Dist, Maharashtra 1998.
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Web Resources:

1. <https://www.yogafinder.com/>
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3. http://www.bssve.in/courses_alternative_medicine.asp
4. <http://www.rknature.com/>
5. www.ioam.in/

18PYEP0101		HISTORY, DEVELOPMENT AND TRADITIONS OF YOGA	
Credits : 3	Lecture Hours: 48	CFA (T) : 40	ESE (T): 60
Course Objective: To gain Knowledge about the history and traditions of yoga.			
UNIT	CONTENTS	Lecture Schedule	
I	Meaning and definition of yoga - Scope of Yoga - Aims and Objectives of Yoga - Misconceptions about yoga - schools of yoga.	4	
II	Historical perspective on Yoga -Yoga before the time of Patanjali: (Indus valley civilization, Vedas, Brahmnas, Upanishads, Epics, Puranas) - Samkhya and yoga.	12	
III	Yoga in physical education and sports fitness - prevention of Patanjali yoga sutra-: Eight limbs of Yoga, Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhayana, and Samadhi-Thirumular’s Thirumandhiram.	14	
IV	Post Patanjali ‘s developments in yoga - various commentaries on yoga sutras- Tantra yoga- Yogavasistha - Hathayogic traditions (Nathcult and siddhacult (Tamil siddhars)) - Western influences and modern renaissance in yoga.	8	
V	Contemporary yoga – Yoga And Religions-Hinduism and Yoga-Jainism and Yoga-Bhuddhism and Yoga-Christianity and Yoga Islam and Yoga- modern trends and developments in the field of Yoga.	10	
Total Contact Hours			48
Course Outcomes			
Students should be able to			
<ul style="list-style-type: none"> • Discuss about the contribution of different yoga institutions. • Explain about the Eight Limbs of Yoga. • Compare the Western influences and modern renaissance in Yoga. • Evaluate the modern trends and development in Yoga. 			

18PYEP0102		METHODS OF YOGIC PRACTICES	
Credits : 3		Lecture Hours: 48	CFA (T) : 40 ESE (T): 60
Course Objective: To understand the different types of Yogic Practices.			
UNIT	CONTENTS	Lecture Schedule	
I	Concept of Yogic Practices - Kinds of Yogic Practices; Asana, Pranayama, Kriya, Mudra, Bandha, Dhyana. Asana: Definition, Scope and Limitations of Asanas - Classification of Asanas - Meditative Asanas - Relaxative Asanas - Cultural Asanas: Standing, Sitting, Supine, & Prone - Step by Step Performance of Asanas - Safety Measures and Precautions while performing Asanas.	6	
II	Pranayama: Meaning - Different Phases in Pranayama Practice: Puraka (Inhalation), Kumbhaka (Retention) and Rechka (Exhalation) - Breathing Ratio in Pranayama Practice - Major Pranas: Apana, samana, udana vyana, and prana - Upa Pranas: naga, koorma, krikara, devadatta, & dhananjaya - Safety Measures and Precautions.	10	
III	Meaning & benefits of Bandha - Different Bandhas: Jalandhra Bandha, Uddiyana Bandha, and Mula Bandha.- Meaning of Mudra - Types of Mudra: Chin Mudra, Chinmaya Mudra, Adi Mudra, Brahma Mudra, Shambavi Mudra, Nasikagra Drishti Mudra, Yoga Mudra, & Ashwini Mudra.	12	
IV	Practicing methods and benefits of Kriyas - Meaning - Types of Kriyas:Kapalabhati. Trataka. Neti: Jala Neti, Sutra Neti. Dhauthi: Vamana Dhauti, Danda Dhauti, and Vastra Dhauti.	8	
V	Meaning & concept of Meditation - Yogic practices and physical exercise. Yoga Practices and Other Systems of Exercises - Asanas Vs. Muscular Exercises - Pranayama Vs Deep Breathing Exercises - Importance of Nerve Culture in Yoga - Yoga and Competition - Yoga and Modern Education.	12	
Total Contact Hours			48
Course Outcomes			
Students should be able to			
<ul style="list-style-type: none"> • Explain the different yogic practices • Discuss the different types of Pranayamas • Assess the importance of Bandhas and Mudras • Prepare the procedure to purify body and mind • Formulate the meditational techniques. 			

18PYEP0103		APPLIED ANATOMY AND PHYSIOLOGY	
Credits : 3		Lecture Hours: 48	
		CFA (T) : 40 ESE (T): 60	
Course Objective:			
To understand the human body structures and functions of various systems			
UNIT	CONTENTS	Lecture Schedule	
I	Introduction to Human Anatomy and Physiology -Meaning of Anatomy & Physiology- Need and importance of knowledge of Anatomy & Physiology in Yoga - Structure And Function: Cells - Structure and function of various types of tissues.	4	
II	Respiratory System and Yogic practices - Respiratory Tract (Nose, Pharynx, Larynx, Bronchi, Bronchiole, Alveoli - Lungs) Mechanism of Respiration -Control of respiration - Nerve control, Chemical control and accessory control.- Muscular System and Yogic practices - Types of muscles (Skeletal Muscle, Cardiac Muscle, and Smooth Muscle).Joints and Yogic practices - Classification of Joints (Fibrous Joints - Cartilaginous joints- Synovial joints.	12	
III	Nervous System and Yogic practices: Central Nervous System (CNS): (Brain and Spinal Cord) - Peripheral Nervous System (PNS): (Cranial Nerves and Spinal Nerves) - Autonomic Nervous System (ANS): (Sympathetic Division and Parasympathetic Division).Cardiovascular System and Yogic practices -Structure and functions of Heart -Systemic circulation, Pulmonary circulation, Portal circulation, Coronary circulation, Blood Vessels, Arteries, Veins, and Capillaries - system: Lymphatic system -Blood Pressure and pulse.	12	
IV	Digestive System and Yogic practices - Mouth, Salivary Glands, Pharynx, Esophagus, Stomach, Pancreases, Liver, Gall Bladder, Small Intestine, Large intestine.Renal System and Yogic practices: Structure and Functions of the kidney – Ureter - Bladder- Urethra.	12	
V	Endocrine System and Yogic practices- Structure and functions of Pituitary Gland: Thyroid Gland, Para-Thyroid, Thymus, Pancreas, and Adrenal Gland & Pineal Glands.	8	
Total Contact Hours			48
Course Outcomes			
Students should be able to			
<ul style="list-style-type: none"> • Outline the human cell and tissues • Explain the muscular and respiratory systems • Identify the functions of nerve and circulatory system • Discuss the functions of digestive and renal systems • Evaluate the importance of endocrine glands. 			

18PYEP0104		YOGA IN MODERN LIFE	
Credits	: 3	Lecture Hours: 48	CFA (T) : 40 ESE (T): 60
Course Objective:			
To gain the knowledge about applications of yogic practices in modern life style.			
UNIT	CONTENTS		Lecture Schedule
I	Concept of “Positive Health’- Meaning and definition of Health -Various dimensions of health (Physical, Mental, Social and Spiritual) - Criteria of health- Important yard sticks of health - Responsibility and control over one’s own health status.		6
II	Physical Education and sports fitness-Concept of ‘Healthy Personality’ - Characteristics of Healthy Personality - Superior mental health aids to a healthy personality.		8
III	Yoga and health - As a Therapy, Treatment - General Fitness. Integration of body and mind – Holistic Development.		8
IV	Yoga for Executives - Positive hygiene of yoga (Positive focus, Shraddha, Faith factor Iswara, Pranidhana, Prayer, Tranquilization of mind) - Stress Response Vs Cultivation of Relaxation Response - purification of Nadis - cultivation of correct Psychological attitudes.		10
V	Yoga for Executive Jobs - life of constant stress and strain, anxiety, Conflicts resulting in fatigue - Use of artificial stimulants and their side effects - Contribution of Yoga to solve the problems faced by the Executives-Yoga and Development of Social Qualities of Personality: - Co-operation - Simplicity - Tolerance - Social Adjustments - Yoga and Personal Efficiency: Personal Efficiency as a genetic term - Improvement of Personal Efficiency through Yoga.		16
Total Contact Hours			48
Course Outcomes			
Students should be able to			
<ol style="list-style-type: none"> 1.Discuss dimensions of health 2.Evaluate the fitness level 3.Outline the holistic development through yoga 4.Discuss the stress management through yoga 5.Utilize the yogic concepts to improve the social qualities 			

18PYEP0105		PRACTICAL – I - ASANAS AND PRANAYAMAS	
Credits : 6		Lecture Hours: 192	CFA (T) : 120 ESE (T): 80
Course Objective: To expertise on various Yogic techniques especially in Asanas, Pranayamas and Meditation.			
UNIT	CONTENTS	Lecture Schedule	
I	Meditative Asanas: Sukhasana, Vajrasana, Ardha Padmasana (or) Padmasana, Siddhasana/siddhayoniasana RELAXATIVE ASANAS: Shavasana Makrasana	24	
II	Cultural Asanas Standing Postures: Tadasana Ardhakati Chakarasana Pada Hastasana ArdhaChakrasana, Vrksasana Utkkatasana Parivrutha Trikonasana Trikonasana Garudasana Virabhadrasana Sitting Postures: Baddha Konasana Marichyasana Vakrasana Janu Sirshasana Paschimottasana Ustrasana Sasangasana Gomukhasana	32	
III	Prone Postures: Bhujangasana Ardha Salabhasana Salabhasana Dhanurasana Supine Postures: Uttana Padasana Pawanamuktasana Sethu Bandhasana	44	

	<p>Navasana Viparitha karani Sarvangasana Matsyasana Ardha Halasana Halasana Chakrasana</p>	
IV	<p>Preparation for Pranayama: Kapalabhati</p> <p>Sectional Breathing: Abdominal Breathing Thoracic Breathing Clavicular Breathing Full Yogic Breathing</p> <p>Pranayamas: Chandra Anuloma Viloma Surya Anuloma Viloma Chandra Bhedana Surya Bhedana Nadi Shodhana Nadi Suddhi Ujjayi Bhastrika Sitali Sitkari Sadhantha Bhramari</p>	60
V	<p>Practices of Meditation Preparations for Different Meditational Techniques: Nadhanusandhana – Pranadharana - Yoga Nidra.</p>	32
Total Contact Hours		192
Course Outcomes		
<p>Students should be able to</p> <ul style="list-style-type: none"> • Demonstrate the different types of asanas • Revise cultural asanas • Explain the benefits of pranayama techniques • Preparation of meditative techniques 		

18PYEP0106		PRACTICAL – II KRIYAS, MUDRAS, BANDHAS, MEDITATIONS & TEACHING METHODOLOGY OF YOGA	
Credits : 6		Lecture Hours: 192 CFA (T) : 120 ESE (T): 80	
Course Objective: To expertise on various Yogic techniques and methods of teaching.			
UNIT	CONTENTS	Lecture Schedule	
I	Kriyas:Neti- JalaNeti, Sutra Neti - Dhauti- Vamana Dhauti,VasthraDhauti, DhandaDhauti,LaghooShankhaPrakshalana (Tadasana, TiryakaTadasana, Kati Chakrasana, TiryakaBhujangasana, Udarakarshanasana) - Nauli- DakshinaNauli, VamanaNauli, AgnisaraKriya. Trataka - JyothiTrataka, JathruTrataka- Kapalabhati - Single Nostril, Both Nostrils and Alternative Nostril.	40	
II	Bandhas: Jalandhara Bandha- Uddiyana Bandha- Moola Bandha-Maha Bandha- Jiva Bandha –Tri Bandha.Mudras:Chin Mudra - Chinmaya Mudra - Adimudra - Brahma Mudra - Nasikagra Mudra - Shanmukhi Mudra - Bhairava Mudra- Agochari Mudra -Shambhavi Mudra - Viparithakarani Mudra - Yoga Mudra -Asvini Mudra - Maha Mudra.	50	
III	Meditation:Ancient Indian tradition of Yoga and Meditation - ‘OM’ Meditation, Vipprasana Meditation (Anapana), Cyclic Meditation. SoHum Meditation, Chidakasha Meditation - Repetitive practice of Kriyas, Bandhas, mudras and meditation	40	
IV	Meaning and Scope of Teaching Methodology: Scope of Teaching – learning – Methods of Teaching – Factors influencing the teaching method – class management- lesson plan – Contents of Lesson plan.	30	
V	Internship - (school/institution/hospital/village/public & concern) - Preparation of lesson plan for yogic Practices(asana, Pranayama, Mudras, Bandhas, Kriyas& Meditation)	32	
Total Contact Hours			192
Course Outcomes			
Students should be able to			
<ul style="list-style-type: none"> • Demonstrate the different Kriya techniques. • Apply the Bandhas and Mudras in yogic practices • Outline the practical aspects of various meditational techniques • Explain the teaching methodology of yoga. • Prepare the lesson plan 			