

Diploma in Yoga

Paper 1

FUNDAMENTAL OF YOGA EDUCATION

Unit - I

Meaning - Definition - Need - Nature - Aim and Objectives - Philosophy and Scope of Yoga - Modern Developments in Yoga - Misconceptions and Clarifications about Yoga - Yoga and Education, Yoga and Physical Education. School of Yoga - Iyengar Yoga and Vini Yoga.

Unit - II

History of Yoga - Vedas - Bhagavad Gita, Upanishads, Ramayana, Mahabharata, Brahma Sutras - Astanga Yoga of Patanjali : Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi. Paths of Yoga : Hatha Yoga, Bhakthi Yoga, Jnana Yoga, Karma Yoga, Raja Yoga, Mantra Yoga, Laya Yoga, Yantra Yoga.

Unit - III

Contributions to Yoga - Hatha Pradhiptka, Yoga Sutras, Gheranda Samhita, Yajnavalkya Samihita, Yoga Rahasya, Thirumandiram, Contributions of Yoga to Hindum, Jainism, Buddhism, Christianity, Islam.

Contributions to Yoga ; Vivekananda, Kaivalayananda, Sivananda, Krishnamacharya, Sri Ramalingaswami, Maharisi Mahesh Yogi, Sri Aurobindo, Contributions of Siddhars,. Thirumoolar, Agasthiar, Sri Goraknath, Bohar.

Unit - IV

Introduction to Anatomy and Physiology

Nervous System : Structure and function of brain and spinal cord - Neuron - Reflex Arc - Beneficial yogic practices on nervous system.

Cardiovascular System - Structure and Functions of Heart - Beneficial Yogic Practices on Cardiovascular System.

Endocrine System - Endocrine Gland - Hormones - Functions of Hormones. Beneficial, Yogic Practices on Endocrine System.

Unit - V

Respiratory System - Respiration - Structure and Function of Lung - Mechanism of Breathing - Lung Volumes and Capacities - Beneficial Yogic Practices on Respiratory System.

Digestive System : Structure and Function of Digestive Tract - Beneficial Yogic Practices on Digestive system. Posture - Postural Tone - Components of Good Posture - Bad Posture - Beneficial Yogic Practices on Posture.

Paper II

YOGIC PSYCHOLOGY AND YOGIC THERAPIES

Unit - I

Psychology - Meaning, Definitions, Nature, Need and Scope of Psychology, Branches of Psychology, Relationship of Psychology and Yoga.

Role of Yoga on Growth and Development. Learning, Motivation, Emotions and Personality, Yoga for Super - Consciousness, Yogic Practices for balancing mind, Nadis and Chakras, Yogic Practices on Chakras.

Unit - II

Meaning, Definitions, Need, Scope of spirituality - Religious challenges : Physical, Mental, Moral. Social, cultural and Religious, Role of Religious in the Society - Methods of developing spirituality - Relationship among, yoga, religion and spirituality Moral values, Divine virtues, human values and yoga, Yoga and Leadership.

Unit - III

Physiology and pathology in the yoga shastra - Description for the Ganas - Ayurvedha - Tridosha - Common ailments, Introduction to alternative medicine and Therapies

Unit - IV

Selective yogic practice for Heart Problems, Asthma, Arthritis, Back pain, constipation, Diabetes mellitus, obesity, Mental disorders, selective yogic practices for Anxiety, Stress, Menstrual Irregularities

Unit - V

Yogic Diet - Tamasic foods - Rajasic foods - Satvic foods - Articles of yogic diet - yogic diet - balanced diet - ideal yogic diet - chart, moral aspects of diet - Naturapathy diet, Fitness and Wellness, Positive health.

Paper III

METHODS OF YOGIC PRACTICES –I

Unit-1 Essentials of Yogic Practice- Cleanliness and Food- Food- Essential of Bath- Essential of Time- Essential of Sun- Essential of Closing Eyes- Essential of Place- Essential of Mirror- Essential of Breathing- Essential of Awareness- Essential of Age Limitations- Essential of Sequence Blanket- Essential of Clothes- Essential of Postures- Essential of Emptying The Bowels and Stomach - Essential of Counter Pose- Essential of Pregnancy -Contra – Indication -Essential of Duration- Essential of Training

Unit – 2-Asanas- Postures- Vajrasana - Baddha Konasana- Vakrasana- Naukasana- Navasana- Padmasana- Siddhasana- Paschimotanasana- Ardhamasyendrasana- **Masyasana-** Shalabhasana- Ushtrasana- Kukutasana- Bhujangasana- Sirshasana- Dhanurasana- Sarvangasana- Halasana- Padahastanasana- Savasana- Parivrtta Trikonasana-

Unit - 3-Pranayama- Anuloma-Viloma or Nadi shodana- The Art of Yoga Breathing- Phases in Pranayama- General Notes for the Practitioner- Kapalbhatai Pranayama- Bhramari Pranayama- Ujjayi Pranayama- Sheetali Pranayama- Sheetkari Pranayama- Bhastrika Pranayama- Surya Bhedana Pranayama- Nadi Shodhana Pranayama- Essential Guidelines for Pranayama

Unit IV-Shat Kriyas-Meaning- Types of Kriyas- Jala Neti (Nasal Cleansing with Water)- Sutra Neti (Nasal Cleansing with Thread)- Shankhprakhshalana or Varisara Dhauti - Agnisara Kriya or Vahnisara Dhauti - Vamana Dhauti or Jala Dhauti- Nauli- Abdominal Rotation- Bandhas- Bandhas and Pranayama- Jalandhara Bandha- Uddiyana Bandha- Moola Bandha- Mudras

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Unit V-Meditation-Meaning- Benefits of Meditation- Obstacles in Meditation- Guidelines to Meditation- Sudarshan Kriya- Nine-Centered Meditation- Mantra Meditation- Yoga Nidra- Stages of Yoga Nidra- Tratak Meditation- RajaYoga Meditation