

P G Diploma in Yoga

Paper I

FUNDAMENTALS OF YOGA EDUCATION

Unit - I

Yoga : Meaning, Definitions, Need, Nature, Aim and Objective, principles, philosophy and scope of yoga.

Philosophy : Scope of Philosophy

Shad Darshanas : Nyana, Vaishesika, Smkhaya, Yoga, MImamsa, Vedanta, Misconceptions and clarifications of Yoga.

Unit - II

History of Yoga : Vedas, Upanishads, Yoga Vasishtha, Ramayana, Mahabharatha, Bhagavad Gita, Brahma Sutras, Modern Development in Yoga, School of Yoga, Sivananda Yoga, Integral Yoga, Bihar School of Yoga, Kundalini Yoga, Astanga Yoga, Viniyoga, Iyengar Yoga.

Unit - III

Contributions to yoga by yoga sutra : Smatdhi pada, Sadhana pada, Vibhooti pada, kavalya yoga, Tirumandiram : Asanga yogam, Fruits of Eight limbed yoga, Eight great Sidhis - Yoga Yajnavalkya Samhita, Goraksataka, Hatha yoga pradipika, Gheranda Samhita, Shiva Samhita, Yoga Rahasya

Unit - IV

Contributions of yoga to religious : Hindusm, Jainism, Buddhism, Christianity, Islam

Paths of Yoga : Hatha yoga, Bhakthi yoga, Jnana yoga, Karma yoga, Raja yoga, Mantra yoga, Laya Yoga, Yantra Yoga

Astanga Yoga : Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi

Unit V :

Contributions to Yoga : Matsyedranath, Thiruvalluvar, Vallalar, Vivekanandam Sri Arobindo, Maharishi Mahaesh Yogi, Kunalayananda, Sri Yogendraji, Swami Rama, Vishnudevananda, Parmahamsa Yogananda, Vethathiri Maharishi, Swami Dhirendra Brahmachari.

Paper II - Applied Anatomy and Physiology

Unit – I Introduction- Cell- Tissues- Epithelial Tissue- Connective Tissue- Nervous Tissue- Muscle Tissue- The Skeletal System- Types of Bones- Bone Structure- Joints- Muscle- Tendons- Ligaments

Unit II-The Circulatory System- The Heart- The Cardiac Cycle- Composition of Blood- Erythrocytes- Leukocytes- Platelets- Plasma- Cardiac Output- Blood Pressure- Blood Vessels- Digestive System- Physiology of Digestion-

Respiratory System- Function of the Respiratory System- Lungs- Physiology of Respiration- The Endocrine System

Unit III Nervous System- The Brain- Functions of Cerebrum- Functions of Cerebellum- Functions of Medulla Oblongata- Special Senses- The Epidermis- Accessory Organs of The Skin

Unit IV Excretory System-Anatomy of the Kidneys- Ureters- Urinary Bladder- Urethra- Functions of Kidney- Reproductive System- The External Reproductive Organs- Internal Reproductive Organs- Puberty

UNIT V Impact of Yogic Practices on Human Systems- Beneficial Yogic Practices on CELLS- Beneficial Yogic Practices on Bones, Joints and Muscles- Beneficial Yogic Practices on SKIN- Beneficial Yogic Practices on Cardiovascular System- Beneficial Yogic Practices on Respiratory System- Beneficial Yogic Practices on Digestive System- Beneficial Yogic Practices on Excretory System- Beneficial Yogic Practices on Haematological and Immune System- Beneficial Yogic Practices on Glands and Endocrine System- Beneficial Yogic Practices on Special Senses

Paper III
METHODS OF YOGIC PRACTICES –I

Unit - I YOGA- Yogic Practices: General Instructions- Loosening Exercises (Sithilikarana Vyayama)- Simplified Physical Exercises- Hand Exercises- Leg Exercises- Neuro - muscular Breathing Exercise- Eye Exercises- Kapalabathi- Makarasana- Massage- Acu-pressure- Relaxation- Suryanamaskar- Children Model- Bihar School of Yoga- Sivananda Model- Surya namaskar

Unit II- Asanas- Definition of Asana- Classification of Yoga Asana Postures- Vrikshasana- Parivrtta Trikonasana- Padahastasana- Virabhadrasana- Sirshasana- Halasana- Sarvangasana- Matsyasana- Ushtrasana- Bhujangasana- Shalabhasana- Dhanurasana- Kapotasana- Gomukhasana- Garudasana- Mayurasana- Padma Mayurasana- KuKkuTasana- Navasana- Paschimotanasana- Ardha Matsyendrasana- Marichyasana- Jathara Parivartanasana- Baddha Konasana- Padmasana- Siddhasana- Siddha Yoni Asana- Svastikasana- Vajrasana- Shashangasana- Savasana

Unit III-Pranayama- Pranayama - The Art of Yoga Breathing- Phases in Pranayama- General Notes for the Practitioner- Kapalbhathi Pranayama- Bhrumari Pranayama- Ujjayi Pranayama- Sheetal Pranayama- Sheetkari Pranayama- Bhastrika Pranayama- Surya Bhedana Pranayama- Nadi Shodhana Pranayama

Unit IV-Kriyas-Neti- Jalaneti-Sutra Neti- Bandas- Mudra- Yoga Mudra

Unit V - Meditation-Mantra Meditation- Yoga Nidra- Surya Yoga Meditation- Raja Yoga Meditation- Trataka Meditation

Paper IV

INTRODUCTION TO ALTERNATIVE MEDICINE AND THERAPIES

Unit-1: Alternative Medicine

Assessment, Observation, Diagnosis, Nadi Pariksha, Examination, Planning, Yoga Therapy, Ayurveda, Siddha, Naturopathy, Acupressure, Acupuncture, Physiotherapy.

Unit-2: Concept of Yoga Therapy

Principles of Yoga Therapy, Yoga Practices for lifestyle diseases.

Unit-3: Concept of Siddha Medicine System

Five Elements theory, Three biological Humors, Seven Physical Constituents, Pancha Bhuthas, Pancha Koshas, Importance of herbal medicines, Varmam and Thokkanam, Treatment for Siddha Medicine for Lifestyle Diseases.

Unit-4: Concept of Ayurvedha

Five elements, Doshas, Gunas, Seven Dhatus, Nadis and Chakras, Features and approaches of Ayurveda, Hygienic principles in Ayurveda- Ayurvedic Diet, Ayurvedic Purification Practices, PanchaKarmas, Vamanam, Virecham, Basti, Anuvaasana, Nasya, Rakta Rasayana Cikitsa, Vajikarana, Ayurvedic treatment for lifestyle diseases.

Unit-5: Concepts of Naturopathy: Principles of Naturopathy

Methods of Naturopathy: Diet, Juice Diet, Fasting, Enema, Massage, Color Therapy, Clay Therapy, Hydrotherapy, Sun Bath, Magnetotherapy, Treatment of Naturopathy for lifestyle diseases

Paper V

METHODOLOGY OF TEACHING YOGA

Unit I : Education

Yoga Education, Goal, Scope and importance, Principles of Teaching Yoga – Yogic, psychological, Physiological, Pedagogical, sociological
Meaning of methodology of teaching - factors influencing Methodology, Presentation technique

Role of language, Voice, fluency, clarity and body language in Teaching

Factors of Yoga Education : Teacher, Student and Teaching – Guru –Shishya Parampara

Types of students and teachers – promotion of leadership qualities

Unit II : Methods in Yoga Teaching

- Lecture method
- Response to instruction method (method)
- Individualized Instructional Method
- Group discussion Method
- Directed Practice Method
- Project Method
- Demonstration Method
- Lecture cum Demonstration Method
- Limitation Method
- Dramatization Method
- Sources of teaching methods

Unit III: Teaching aids :

- Audiovisual aids
- Visual aids
- Audio aids
- Models
- Props

Wooden brick and foot rest belt, ropes, slanting plank, chair, stool, bench, Box, the heart rate, ladder stool and drum, bolster and pillow, bandage, weight, the horse, big and small.

Unit IV : Preparing Lesson Plan – Essentials of a Good Lesson Plan

- Advantages of preparing a lesson plan
- Contents of a lesson plan
- Class management – formation of the class
- Conducting yoga practical lessons : Precautions and contra – indications of practices
- Lesson plan :
- Assembly and roll call
- Relaxation & prayer
- Loosening the joints
- Introduction of the practice
- Demonstration
- Individual practice
- Group practice
- Yoga game (if time permits)
- Question and answer session
- Relaxation
- End prayer

Unit V : Organizing yoga class, Yoga camp, workshops in yoga, Yoga tours, Yoga games and competitions, classification of age groups for competitions

- Evaluation
- Advantages
- Devices of evaluation