

SYLLABUS OF P.G. DIPLOMA IN YOGIC SCIENCE

(ONE YEAR REGULAR COURSE)

FOR THE YEAR 2013-2014 AND 2014-15

COURSE STRUCTURE

PAPER-I: HUMAN CONSCIOUSNESS & MENTAL HEALTH

Lectures to be delivered: 80

Time allowed: 3 hours

Max Marks: 100

Theory: 80

Internal Assessment: 20

INSTRUCTION FOR THE PAPER SETTER

The question paper will consist of five Sections A, B, C, D and E. Section A, B, C and D will have two questions from the respective sections of the syllabus and will carry 12 marks each. Section E will consist of 8 short-answer type questions which will cover the entire syllabus uniformly and will carry 32 marks in all.

INSTRUCTION FOR THE CANDIDATES

Candidates are required to attempt one question from each section A, B, C and D of the question paper and the entire section E.

Section-A

Meaning of Consciousness, Nature of Human Consciousness, Stages of Consciousness, Need of study in modern life, Nature of Human Consciousness in Vedas & Upanishads.

Section-B

Nature of Human Consciousness in Nyaya, Vaisheshika, Sankhya, Yoga, Mimamsa & Vedanta

Section-C

Meaning & Definition of Mental Health, Elements affecting mental health, Methods for development of mental health through Yoga-Kriya-Yoga, Prana Kriya-Siddhanta, The Philosophy and Meaning of the sacred syllable "Om (OUM)".

Section-D

General awareness of mental problems and their Psycho-Yogic therapeutic approaches: Anxiety, Disorder, Stress-disorder; Mood-disorder, Psychosomatic-disorder in the context of Modern Medicine, Patanjali Yoga Sutra & Hathapradipika.

PAPER-II: HUMAN ANATOMY, PHYSIOLOGY & YOGA THERAPY

Lectures to be delivered: 80

Time allowed: 3 hours

Max Marks: 100

Theory: 80

Internal Assessment: 20

INSTUCTION FOR THE PAPER SETTER

The question paper will consist of five Sections A, B, C, D and E. Section A, B, C and D will have two questions from the respect sections of the syllabus and will carry 12 marks each. Section E will consist of 8 short-answer type questions which will cover the entire syllabus uniformly and will carry 32 marks in all.

INSTUCTION FOR THE CANDIDATES

Candidates are required to attempt one question from the each section A, B, C and D of the question paper and the entire section E.

Section-A

Meaning of Anatomy & Physiology, The brief study of Cell & Tissues, The brief study of Digestive system:- Mouth, Tongue, Stomach, Intestine and Anus, Muscular System: Muscles, their types and functions, Skeletal System:- The Bones, Joints, Vertebral Column, Endocrinal System:- The Study of main endocrine/ductless glands & their function.

Section-B

The brief study of Respiratory System:-Mechanism of Inspiration, Expiration & Control of Respiration, Cardio-vascular (Circulatory) system:- The Heart, Blood and Blood Circulation. Nervous System:- The central Nervous & the Autonomic Nervous system. Excretory System:- Study of Kidneys, Lungs.

Section-C

Concept, Meaning & Principles of Yogic Therapy, Causes, signs & symptoms & yogic treatment including dietary measures of the following diseases:- Constipation, Diabetes Mellitus, Obesity, Cervical Spondylitis, Arthritis, Backache, Sciatica & Slipped Disc.

Section-D

Causes, sings & symptoms & yogic treatment including dietary measures of the following diseases: Asthma, High & Low Blood Pressure, Female problems, Sinusitis, Thyroid, Depression & Naval-displacement.

PAPER-III: STUDY OF FOUNDATION OF YOGA

Lectures to be delivered: 80
Time allowed: 3 hours

Max Marks: 100
Theory: 80
Internal Assessment: 20

INSTUCTION FOR THE PAPER SETTER

The question paper will consist of five Sections A, B, C, D and E. Section A, B, C and D will have two questions from the respect sections of the syllabus and will carry 12 marks each. Section E will consist of 8 short-answer type questions which will cover the entire syllabus uniformly and will carry 32 marks in all.

INSTUCTION FOR THE CANDIDATES

Candidates are required to attempt one question from the each section A, B, C and D of the question paper and the entire section E.

Section-A

Meaning & various definitions of yoga, Importance of yoga in modern life, Traditional & historical development of yoga, Elements of success and failure in yoga according to Hathyoga, Patanjali Yogasutra & Gita.

Section-B

Kinds of Yoga:- Karma Yoga, Bhakti Yoga & Jnana (Gyan) yoga. Study of Yoga in Sacred Texts:- Vedas, Upanishads & Gita

Section-C

Brief introduction of six system of Indian Philosophy i.e. Nyaya, Vaisheshik, Sankhya, Yoga, Mimansa & Vedanta.

Section-D

Life sketch of following Yogis with importance incidents of their lives & contributions in the development of Yoga- Maharishi Patanjali, Guru Gorakhnath, Yogi Shyamacharan Lahidi, Swami Shivananda, Swami Vivekananda, Sri Aurobindo.

PAPER-IV: STUDY OF HATHAYOGA & PATANJAL YOGA SUTRA

Lectures to be delivered: 80
Time allowed: 3 hours

Max Marks: 100
Theory: 80
Internal Assessment: 20

INSTUCTION FOR THE PAPER SETTER

The question paper will consist of five Sections A, B, C, D and E. Section A, B, C and D will have two questions from the respect sections of the syllabus and will carry 12 marks each. Section E will consist of 8 short-answer type questions which will cover the entire syllabus uniformly and will carry 32 marks in all.

INSTUCTION FOR THE CANDIDATES

Candidates are required to attempt one question from the each section A, B, C and D of the question paper and the entire section E.

Section-A

Meaning & objectives of Hathayaga. Components of Hathayoga:- Sapt Sadhan, Study of Shat-Karmas and Asanas according to Hathapradipika and Gheranda Samhita, with their techniques, benefits and precautions.

Section-B

Meaning and Definitions of Pranayama, Classification of Pranayamas with reference to Patanjali yoga sutra, Hath Pradipika & Gherand Smhita with their techniques, benefits and precautions. Meaning, Techniques & benefits of Mudra & Bandhas according to Hathapradipika.

Section-C

Introduction to Patanjali Yoga Sutra, Concept of chitta, Modifications of Chitta, Chitta-Bhumies, Methods to contral Chittavritties. Methods of Chitta Prasadana,

Section-D

Concept of Yogantaraya, Means to eradicate Antrayas. Concept of kleshas, karma siddhanta, Ashtang yoga, Samadhi & Types of Samadhi.

PAPER-V: STUDY OF NATUROPATHY & ALLIED SCIENCES

Lectures to be delivered: 80
Time allowed: 3 hours

Max Marks: 100
Theory: 80
Internal Assessment: 20

INSTRUCTION FOR THE PAPER SETTER

The question paper will consist of five Sections A, B, C, D and E. Section A, B, C and D will have two questions from the respective sections of the syllabus and will carry 12 marks each. Section E will consist of 8 short-answer type questions which will cover the entire syllabus uniformly and will carry 32 marks in all.

INSTRUCTION FOR THE CANDIDATES

Candidates are required to attempt one question from each section A, B, C and D of the question paper and the entire section E.

Section-A

Concept & Need (Prayojan) of Swasth-Vrata, Elements of daily Routine- Dincharya, Ritucharya & Sada-Vrata. Diet- Meaning & Definitions. Balance-diet, components of Balance-diet, Sprouted diet & its benefits, Rules of Yogic-diet, Demerits of Non-vegetarian-diet & merits of vegetarian-diet:- Massage (Abhyanga), its kinds & importance.

Section-B

Naturopathy - Introduction, History & Basic Principles. Water Therapy:- Use of water as a therapy in Arm Bath, Foot Bath, Hip Bath, Spine Bath & Steam Bath. Hot & Cold Compress and Wet-sheet Packs. Mud/Clay therapy:- Importance of mud-packs.(Chest-Pack, Abdomen-Pack & Knee Pack). Sun-therapy:- importance of sun rays, Sunbath & its uses. Air- therapy-Importance of air. Air-bath & its uses. Fasting & its principles, action & reaction of fasting on human body and their importance for maintaining health & management of diseases.

Section-C

Acupressure therapy:- Meaning, History, Principles of acupressure, Benefits, Precaution & limitations of acupressure therapy. Basic therapeutic methods of acupressure therapy. Relationship of Points of acupressure in Hands, Feet etc. With the management of diseases.- Treatment by acupressure of the following diseased systems:- Joints, Digestive & Excretory System, Respiratory Problems.

Section-D

Concepts & Meaning of Prana (The Vital Energy) and Pranic Therapy:- Significance of Pranic Therapy in the modern life. Introduction & Essentials of Pranic Therapy. Techniques of awakening and Raising the Prana. Techniques of Self Healing and Healing Others.

PAPER-VI: YOGIC SKILL & PROWESS

Lectures to be delivered: 120
Time allowed: 5 hours

Max Marks: 200
Theory: 160
Internal Assessment: 40

The practice of the following Yogic Skill & Prowess with brief theoretical knowledge about their importance of name, the technique, silent features, precautions to be taken and the benefits.

1. SEKECTED YOGIC SHATKRAMAS

40 MARKS

1. Dhauti : Vasta Dhauti, Dhanda dhauti, Vaman Dhuti (Kujal)
2. Neti : Sutra Neti, Jala Neti and Ghrit Neti.
3. Nauli : Madhyam Nauli.
4. Trataka : Jyoti Trataka, Bindu Trataka.
5. Kapalbhathi: Vatkarma, viewetkrama & Sheetkrama Kapalbhathi

2. SURYA NAMASKARA & SELECTED YOGASANAS

50 MARKS

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|--------------------------|------------------------|-------------------------|
| 1. Siddhasana | 2. Padmasana | 3. Kukkutasana |
| 4. Kurmasana | 5. Uttana-Kurmasana | 6. Bhadrasana |
| 7. Vajrasana | 8. Swastikasana | 9. Simhasana |
| 10. Gomukhasana | 11. Virasana | 12. Savasan or Mrtasana |
| 13. Matsyendrasana | 14. Paschimottanasana | 15. Dhanurasana |
| 16. Matsyasana | 17. Baddha-Padmasana | 18. Gorakshasana |
| 19. Mandukasana | 20. Uttana-Mandukasana | 21. Garudasana |
| 22. Salabhasana | 23. Makarasana | 24. Ushtrasana |
| 25. Bhujangasana | 26. Utkatasana | 27. Chakrasana |
| 28. Sarvangasana | 29. Mayurasana | 30. Sirshasana |
| 31. Sankatasana | 32. Setubandhasana | 33. Konasana |
| 34. Trikonasana | 35. Vrksasana | 36. Karanpedasana |
| 37. Pada- angushthasana. | 38. Naukasana | 39. Ashwathasana |

4. PRANAYAMA IN HATHYOGA & PATANJAL YOGASUTRA

30 Marks

IN HATHYOGA

- 1) Nadi Shodhana Pranayama (with a Ratio of 1:4:2)
- 2) Surya Bhedana
- 3) Ujjayee
- 4) Seetakari
- 5) Sheetalee
- 6) Bhastrika
- 7) Bhrumri

IN PATANJAL YOGASUTRA

- 1) Bahyavrtti
- 2) Abhyantara Vrtti
- 3) Stambhavrtti
- 4) Bahya-Abhyantara Vishayakshepi

5. **BANDHAS & MUDRAS** **10 Marks**

- 1) Practice of Jalandhar, Uddiyan and Moola Bandhas.
- 2) Practice of Mahamudra, Mahabandha, Mahavedha, Vipareet Karani, Yoni, Ashvani, Tadagi, Kaki, Shambhavi.

6. **DHAYANA (MEDITATION)** **10 Marks**

- 1) Traditional Meditation Techniques:- Recitation of Pranavajapa (Omkar Japa) & Gyatari Mantra.
- 2) Akashdaranas: Chidakasha, Hridayakasha
- 3) Practice of Preksha Dhyana.

4. **SESSIONAL WORK & PRACTICE OF TEACHING :** **20 MARKS**

Each student shall have to prepare and give at least one lecture cum Demonstration on different topics of Paper and also shall have to prepare and to give Five (5) lessons in the class under the supervision of their Yoga Practical Teacher. These Lessons should be observed/examined by the Yoga Practical Teacher.

PAPER-VII: SKILL & PROWESS IN NATUROPATHY & ALLIED SCIENCES

Lectures to be delivered: 80
Time allowed: 5 hours

Max Marks: 100
Theory: 80
Internal Assessment: 20

1. **NATUROPATHY:** **30 MARKS**

Steam Bath, Hip Bath, Spinal Bath, Footbath
Hot & Cold Compresses, Wet Sheet pack,
Mud Packs, Oil Massage,
Air bath:- Morning walk, Control over Swar, Left Swar, Right Swar & Sushumna.
Sun Baths, Rest, Relaxations & Fasting.

2. **ACUPRESSURE:** **20 MARKS**

Knowledge of Hand & Foot Reflexology Techniques of Acupressure.
Knowledge of Instruments used in acupressure
Knowledge of pressure methods.

3. **HEALING TECHNIQUES OF PRANIC THERAPY:** **10 MARKS**

- 1) Aantar Trataka on a Physical Body Part.
- 2) Awakening Prana for Healing.

4. **SESSIONAL WORK & PRACTICE OF TEACHING :** **20 MARKS**

Each student shall have to prepare and give at least one lecture cum Demonstration on different topics of Paper and also shall have to prepare and to give Five (5) lessons in the class under the supervision of their Yoga Practical Teacher. These Lessons should be observed/examined by the Yoga Practical Teacher.
