

(Semester System) 2024 --25

P.G. Diploma in Yoga Education and Philosophy

There shall be two theory papers and one Practical (Three parts) in each semester.

SEMESTER-I

Paper-I. Theoretical Yoga Vijnan

M.M.-50.

- Unit-I Introductio to Yoga : The concept,meaning ,definition and tradition of Yoga, Guru-Shishya (types and meaning)
- Unit-II Basic texts of Yoga --Yoga Sutra(Samadhi and Sadhana Padas), Hathyoga Pradipika.
- Unit-III Kinds of yoga : Bhakti yoga ,Karma yoga, Mantra yoga and Raj yoga.
- Unit-IV Study of Ida,Pingala, Sushumna,Seven Chakras ,Five Koshas, and Five Pranas.
- Unit-V Contemporary Yogis --Shri Aurobindo,Satyananda and Shivananda.

Paper-II. Applied Yoga Vijnan.

M.M.-50.

- Unit-1 Meaning ,definition and importance of Yoga and Health in life. Theories of Health,Various exercises benefits of Yoga- asanas and their values vis-a-vis other systems.
- Unit -2 Practice of Yoga - Preparation . Food , Dress, Sequence, Climatic Changes daily routine Vratas for health, positive and negative factors.
- Unit -3 Life pattern and Yoga --Effects of yoga upon bodily functions,Role of yoga asanas in modern living.
- Unit-4 Physiology- Constitution Nervous system , Respiratory system, Circulatory system and ESndocrine glands
- Unit- 5 Aspects of Mind (Topograficals and Dynamic) Id,Ego and Super Ego, Concious, Sub-concious and Un-concious . Yogic concept of mind and mental process.

Practicals

Practice Teaching (indoor)

M.M.-50.

Asanas

Kriyas

PranayamasClass arrangement.

Meditation

Practical(1-6)

M.M.-50.

1. Pawanmuktasana Part-1,2 & 3
2. Asanas :,Relaxation,Pre-meditative,backward and forward bending, Spinal Cord Twisting and balancing, Asanas of Vajrasana group & Standing pose
3. Nadishodhan and Pranayamas : Sheetali Pranayama, Sheetakari Pranayama, Ujjayi Pranayama & Bhramari Pranayama.
4. Mudra : Hastmudra, Manmudra and Kayamudra.
- 5 Bandha : Moolbandha & Jalandhar Bandha.
6. Shawaasana.


Practical record :

M.M.-25.

Viva-Voce :

M.M.-25.

Total Marks 250.


09-9-2024

SEMESTER-II

January-June, 2024 & 25

Paper-I. Yoga Philosophy.

M.M.-50.

- Unit-I The subject matter of Yoga philosophy-
Samkhya: Prakriti, Purusha and Cosmology.
Vedanta :Brahman Soul and Maya.
- Unit-II Different systems of philosophy :
Pancha Mahavrata -- Jainism.
Ashtang Marg -- Buddhism
Integral Yoiga -- Shri Aurobindo
- Unit-III Yoga Sutra : Nature of Chitta, Chitta vrittis and Bhoomis
- Unit-IV Kinds of Yoga : Hatha Yoga, Kundalini, Jnana.I.aya.
- Unit-V Psychosomatic disorders(meaning and types) their
management through Yoga, Aging --Its problems
and management through Yoga.

Paper II. Hatha Yoga.

M.M.-50.

- Unit-I Introduction to the HathPradipika and Gherand Samhita.
- Unit-II Pranayama--Its meaning methods.kinds.Precaution and benifits.
- Unit-III Shuddhi kriya--Shatkarma.its method and utility.
- Unit-IV Bandha and Mudras --methods and benifits.
- Unit-V Samadhi , Different systems of Meditation.

Practicals.

Practice Teaching (Indoor)

M.M.-50.

Asanas, Kriyas, Pranayamas.
Class arrangement & Meditation.

Practicals (1-8)

M.M.-50.

1. Balancing Asanas.
2. Asanas of Higher group.
3. Surya Namaskar.
4. Pranayama : Suryabheda Pranayama, Bhastrika Pranayama, Kapalabhati Pranayama & Moorchha Pranayama.
5. Bandha : Uddiyan Bandha & Mahaabandha.
6. Mudra : Bandha Mudrayen & Aadhaar Mudrayen.
7. Shatkarma.
8. Dhaayana & Yoganidra.

Practical records

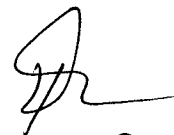
M.M.-25.

Viva-voce

M.M.-25.

Total Marks Semester -II --- 250

Grand Total I & II Sem. ---- 500


9-9-2024