

P.G. Diploma in Yoga I SEM

P.G. Diploma in Yoga Education and Philosophy

Syllabus. (Effective from 2020-2021)

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

SEMESTER - I

Paper -1 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 Prardha

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 -2. Applied Yoga Vijnan.

M.M. 50.

Unit-I : 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 asana in modern iiving.

Unit -4 : Physiology- Constitution Nervous system , Respiratory system, Circulatory system and Endocrine glands

Unit -5 : Aspects of Mind (Topographical and Dynamic) Id, Ego and Super Ego. Conciou , Sub-conciou and Un-conciou . Yogic concept of mind and mental process.

Practicals

(A) (i) Practice Teaching (Indoor)

M.M. 25.

(ii) Practice Teaching (Outdoor)/ Internship

M.M. 25.

Asanas, Kriyas, Pranayamas

Class arrangement, Meditation

(B) 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 : Sheetal Pranayama, Sheetakari Pranayama, Ujjayi Pranayama & Bhramari Pranayama.

4. Mudra : Hastmudra, Manmudra and Kayamudra.

5. Bandha : Moolbandha & Jalandhar Bandha.

6. Shawaasana.

(C) Practical record

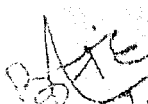
M.M. 25


Viva-Voce


MM 25


Total Marks of I sem :

250.


24/11/2020


24/11/2020


10-10-2022


10-10-2022