

**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 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 -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 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, Conciuous , Sub-  
conciuous and Un-conciuous . Yogic concept of mind and mental process.

**Practicals** M.M. 25.  
**(A) (i) Practice Teaching (Indoor)** M.M. 25.  
**(ii) Practice Teaching (Outdoor)/ Internship**  
Asanas, Kriyas, Pranayamas  
Class arrangement, Meditation M.M. 50.

**(B) Practical (1-6)**  
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

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Total Marks of I sem : 250.

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## SEMESTER-II.

Max.Marks : 50

### Paper -I Yoga Philosophy.

- 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, Laya.
- Unit-V Psychosomatic disorders (meaning and types) their  
management through Yoga, Aging -- Its problems  
and management through Yoga.

M.M. - 50

### Paper II. Hatha Yoga.

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

M.M. 25.

M.M. 25.

- (A) (i) Practice Teaching (Indoor)  
(ii) Practice Teaching (Outdoor)/ Internship

Asanas, Kriyas, Pranayamas,  
Class arrangement & Meditation.

M.M.- 50

### (B) Practicals (1-8)

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

M.M. 25

M.M. 25

250

### (C) Practical records

#### Viva-voce

Total Marks of II Semester

500

Grand Total of I & II Semester -----

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