

**P.G.Diploma in Yoga Education and Philosophy**  
**Syllabus. (Effective from 2018-19 (Exam.2019.)**

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, Concious , Sub-concious and Un-concious . Yogic concept of mind and mental process.

**Practicals**

**(A) Practice Teaching (Indoor)**

**M.M. 50.**

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.**

*Pd TE*

## SEMESTER-II.

### Paper -I Yoga Philosophy.

Max.Marks : 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, Laya.
- 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 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.

### Practicals.

#### (A) Practice Teaching (Indoor)

M.M. - 50

Asanas, Kriyas, Pranayamas,  
Class arrangement & Meditation.

#### (B) Practical (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.

#### (C) Practical records

M.M. 25

#### Viva-voce

M.M. 25

Total Marks of II Semester

250

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

500

*Patil*