

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

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.

M.M.-50.

Paper -2. Applied Yoga Vijnan.

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.

M.M. 50.

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 Endocrine glands

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

M.M. 25.

M.M. 25.

Practicals

(A) (i) Practice Teaching (Indoor)

(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 : Sheetali Pranayama, Sheetakari Pranayama, Ujjayi Pranayama & Bhramari Pranayama.

4. Mudra : Hastmudra, Manmudra and Kayamudra.

5. Bandha : Moolbandha & Jalandhar Bandha.

6. Shawaasana.

M.M. 25

MM 25

(C) Practical record

Viva-Voce

250.

Total Marks of I sem :

*Patil*  
*04/11/2020*

*04/11/2020*

*04-01-2020*

## 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 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.

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

M.M. 25.

#### (ii) Practice Teaching (Outdoor)/ Internship

M.M. 25.

Asanas, Kriyas, Pranayamas,  
Class arrangement & Meditation.

#### (B) 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.

#### (C) Practcal records

M.M. 25

#### Viva-voce

M.M. 25

Total Marks of II Semester

250

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

500

*Patil*  
04/11/2020

*04/11/2020*

*04-06-2020*