

Annexure No.	51 F
SCAA Dated	29.02.2008

BHARATHIAR UNIVERSITY COIMBATORE 641 046
DEPARTMENT OF PHYSICAL EDUCATION
P.G. DIPLOMA IN YOGA EDUCATION
for SDE With effect from the Academic Year 2007-2008 ONWARDS
School of Distance Education

Need of the course

The fact remains that most fitness programmes are organized and run outside of the schools and that most Yoga trainer / fitness instructors and leaders in these programmes have little training. People want to exercise in a way that provides no medical risk and also ensures that they reach their fitness goals quickly. This requires some experience, which is what certification is meant to ensure. With the fitness industry growing so rapidly, it becomes increasingly important that persons at all levels in the industry have specific training to do their jobs competently.

Objectives of the course

- To produce well-trained yoga Teachers.
- To spread the message of positive health as taught in yoga to people in a systematic and scientific manner.
- To provide a proper perspective and insight into various aspects of yoga education to the trainees.

REGULATIONS

Eligibility

Candidate for admission to the P.G. Diploma in yoga education should have passed the bachelors degree examination from a recognized university or accepted by the syndicate as equivalent there to subject to such conditions as may be prescribed thereof. The applicant should enjoy an average level of health and be free from serious illness or defects.

Duration of the course

The course is for a period of one year annual pattern

Personal contact programme

The personal contact programme will be conducted as per the norms of the University

Schemes of Examination

The examination shall be conducted on Non- Semester basis. The scheme of examination shall be as follows: There shall be four theory papers of 100 marks each and one practical of 100 marks each. The practical examination shall also consist of Demonstration, and Viva-voce examination.

The scheme shall be as follows

Sl No.	Title of the papers	Exam Hours	Total Marks
01	Fundamentals of Yoga Education	3	100
02	Science of Yoga	3	100
03	Methods of Yoga Practices	3	100
04	Principles of Yogic Therapy	3	100
05	Practical (Demonstration of Asanas ,Pranayama).	3	100
	Total marks		500

Passing Minimum

The passing minimum will be 50% of maximum marks in each subject.

Classification of successful candidates

Those who secure 60% and above of the maximum marks shall be declared to have passed first class. Those who secure 50% and above but below 60% shall be declared to have passed in second class.

Award of PG Diploma

A Candidate shall be eligible for the award of the P.G. Diploma if he/She has passed all the examinations prescribed thereof.

PAPER – I PG.D.Y.ED 2007-08 ONWARDS

FUNDAMENTALS OF YOGA EDUCATION

Unit – I

Definition of yoga – aims and objectives of yoga – Yoga as a science and art – Streams of yoga: Karma yoga – Bhakti yoga – Laya Yoga – Jnana Yoga – Raja Yoga (Astanga yoga) – Hatha Yoga – Mantra Yoga – Kundalini Yoga

Unit – II

Brief history of yoga; Yoga history through Indus valley civilization – Yoga history through pre-Vedic period and post Vedic periods.

Yoga philosophy and practice: Indian philosophy – Western traditional philosophy (Idealism, pragmatism, Naturalism and Existentialism) Yoga and Vedic religion yoga and Buddhism – Yoga and Jainism.

Unit – III

Patanjali's stages of Ashtanga Yoga, Swadnam's stages of Hata yoga – Introduction of Thirumular's Thirumaudrum.

Unit – IV

Spiritual Yoga (Adyatma yoga) and Applied yoga (Loukika yoga) – Application of yogic practices in Homeopathy-Ayurveda -Siddha –Naturopathy-Fitness -Rehabilitation of injuries –sports-Physical education –Wellness –Psycho-Therapy.

Unit – V

Yoga and Diet – The yogic concept – Classification of foods - Tamasic food – Rajasic food – Satvic food – Diet and its importance in cure of certain disorders-Importance of fasting in diet – Normal nutrition – Importance of fiber in diet – Importance of fruits in diet – Importance of vegetables in diet – yoga and vegetarianism .

Reference:

1. Sivananda yoga Teachers Manual pub International Vedanta centers, Val morin, Quebie, Canada.
2. Swami Sivananda: All About Hinduism, pub Divine life society Risikesh.
3. Swami Vishnu – Devananda: The complete Illustrated Book of Yoga pub. Harmony Books, division of crown publishers, New York 10022.
4. Yoga as Depth- Psychology and para- Psychology (Vol-I): Historical Background Dr.C.T. Kenghe, Bharata Manisha, Varanasi, India 1976.
5. Tent Book of Yoga- by Georyfeuer-stein, Rider and company, London 1975.
6. Herbert Benson: Mind/Body Effect, berkery Books, New York, 1979.
7. George Feuerstein: The Yoga Tradition (Its history, literature, philosophy and practice)
8. Sri Ananda: The Complete Book of Yoga Harmony of Body and Mind (Orient Paper Backs: Vision Book Pvt. Ltd., 1982)
9. Swamy Satyananda Saraswathi: Asana, Pranayama, Mudra, Bandha (India : Yoga Publications Trust, Munger, Bihar)
10. Swami Sivananda: Practice of Yoga (The Divine Life Society, Shivananda Nagar, P.O., U.P., Himalayas, India)
11. Swami Sivananda: Practice of karma Yoga (The Divine Life Society, Shivananda Nagar, P.O., U.P., Himalayas, India)
12. B.K.S. Iyengar: Light on the Yoga Sutras of Patanjali (Haper Collins Publications India Pvt. Ltd. New Delhi)

PAPER – II PG.D.Y.ED 2007-08 ONWARDS

SCIENCE OF YOGA

Unit - I

Meaning of anatomy and physiology – Systems of human body – Cell – Structure of cell – DNA and RNA – Functions of the cell – Tissues: Epithelial tissue – Connective tissue – Muscular tissue – Nervous tissue – Structure of skin – Bone and joints: Classification of skeleton – Axial skeleton – Appendicular skeleton – Classification of bones – Skull – Vertebral – Shoulder girdle – Bones of upper and lower limbs, joints: classification of joints.

Unit - II

Muscles: Types of muscles – Skeletal muscle – Smooth muscle – Cardiac muscle – Structure of a muscle fiber – Function of the muscle – Muscle of the upper arm – fore arm – Muscle of neck and head – Muscles of shoulder – Muscles of thorax – Diaphragm – Muscles of abdomen – Muscles of back – Muscles of thigh – Muscles of leg Ankle and – Sole of foot – Muscles of pelvis – Muscles of gluteus region.

Unit - III

Circulatory system – Pulmonary circulation – Systemic circulation – coronary circulation – portal circulation – Blood vessels – Arterial pulse – Blood pressure – Cardiac output – Circulation of blood – Arterial supply of head and neck region – Upper limb – Thorax – Pelvis – Limbs – Veins – Head and neck veins, upper limbs veins, veins of thorax, veins of abdomen and pelvis, veins of lower limb – Respiratory system – Types of respiration – External respiration- Internal respiration-Q2 transport mechanism.

Unit - IV

Digestive system – Esophagus – Teeth – Tongue – Saliva – Stomach (peristaltic movement) – Large intestine – Small intestine – Liver – Pancreas – Anus – Sense organs (eyes, nose, ears, tongue, skin) – Structure of skin .

Unit – V

Nervous system – Neuron – Central nervous system – Brain – Cerebrum – Thalamus, hypothalamus – Cerebellum – Brain stem, mid brain – Pons – Medulla oblongata – Spinal cord – Reflex action – Coverings of central nervous system – Cavities of the brain – Cavity of spinal cord – Functions of the cerebrospinal fluid – Cranial nervous – Spinal nervous – Plexus – Sympathetic and parasympathetic nervous system – Endocrine system- Pituitary, Thyroid, pancreas, adrenal.

Reference:

1. M.M. Gore: “Anatomy & physiology of Yogic Practices” Kanchan prkashan Lonasvala, 1990.
2. Kuvalyanadna Swami & S.L.Vinekar: “Yogic Therapy - Its basic principle Methods” Central Health Education & Bureau, Govt of India, New Delhi, 1963.
3. Sri Ananda: The Complete Book of Yoga Harmony of Body and Mind (Orient Paper Backs ; Vision Book Pvt. Ltd., 1982)
4. Swamy Satyananda Saraswathi: Asana, Pranayama, Mudra, Bandha (India : Yoga Publications Trust, Munger, Bihar)
5. Swami Sivananda: Practice of Yoga (The Divine Life Society, P.O Shivananda Nagar., U.P.Himalayas, India)
6. Dr. Nagendra HR: The Art and Science Pranayama (Vivekananda Kendra Yoga Prakashana, Bangalore)

PAPER – III PG.D.Y.ED 2007-08 ONWARDS
METHODS OF YOGIC PRACTICES PART -I

UNIT – I

Surya Namaskar – steps- Stavasana – Hasta Uttanasana – Pada Hastasana – Ashwasanchalanasana – Marjalasana – Kokilasana – Astanga namaskara – Bhujanganasa – Effect of Suryanamaskar : Respiratory system – circulatory system- Digestive system-veves system endocrine system- Guiding principles of Surya namaskara.

UNIT – II

Yama : List of yama – Ahimsa, Satya, Asteya, Brahmacharya, Aparagraha , list of Niyama – Saucha - Santosha - Tapas – Svadhyaya - Isvara Pramdhana. List of dharana – nasalgazing – explain samyama, Benefits of yama, niyama – explain hathya yoga – explain kundalini yoga.

UNIT –III

Asanas – introduction of asanas – meaning of asanas – Objectives of asanas, classification of asanas : Meditative asanas – Sukhasana – Ardhapadmasana- Padamasana – Sidhasana , Relaxation asana: Savasana- Makarasana – Proper Techniques and Benefits and application of these asanas for various purpose

UNIT – IV

Cultural Asanas: Standing : Ardha katichakrasana - Padahastana - Uttkatasana - Ekapada asana. Sitting : Padmasana - Paschimotasana - Usthrasana - Gomukasana – Ardhamatsyendrasana. Prone: Makarasana - Bhujangasana - Salabasana - Dhanurasana. Supine: Navasana – Uttanapadasana – Sarvangasana – Matsyasana – Halasana - Chakrasana – Shavasana . Proper Techniques: Benefits, variations and application of this asana for various purpose.

Advanced Asanas : Standing Asanas : Parivritta Trikonasana – Parsovattanasana - Natarajasana - Parivritta Parsvakonasana . Forward Bending Asanas: Karna Pidasana - Ardha Baddha Padma Paschimothansana - Marichyasana - Prasarita Padottanasana.

Backward Bending Asanas: Sethu Bandha Sarvangasana - Paryankasana - Poorna Ustrasana - Eka Pada Chakrasana. Twisting Asanas : Vatayanasana - Garudasana - Bharatvaja Asana - Parivritta Janu Sirsasana. Balancing Asanas: Padam Maynurasana - Utthitha Padmasana – Bakasana - Urdhva Mukha Paschimottanasana. Proper Techniques: Benefits , variations and application of this asana for various purpose.

UNIT – V

Pranayama: Kinds of Breathing – stages of pranayama – Types of pranayama – Anulomavilama, surya badhana – Nadi suddhi – Sitali, sitkari – Ujay.

Kriyas: Shat kriyas – Netti – Jalanetti, sutra netti – Douthi – Vastra douthi, Danda douthi,vamana douthi, - Basthi, - Noulī – kapalapathi.

Reference:

1. Practical Guide to Applied Spirituality (Brahama Kumarits, Mount Abu, Rajasthan)
2. Building a Value Based Peaceful And Prosperous Society (Om Shanthi Press, Gyanmitt Bhavan, Shantivan, Mount Abu, Rajasthan)
3. Vicente hao chin. jr: notes on self-transformation. (Philippine theosophical institute, Philippines)
4. Dr. Jeetendra Adhia: Spring of Inspiration (Alpha International, Gujarat.)
5. G. Ravindran: Management Science Conflict (Manivasakar Publication, Chidambaram.)
6. Yoga – Asana, Pranayama, Mudras, Bandha (Vivekananda Kendra Yoga Prakashna, Bangalore)
7. Swamy Satyananda Saraswathi: Asana, Pranayama, Mudra, Bandha (Yoga Publications Trust, Munger, Bihar, India)
8. Yogiraj Vethathri Maharishi: Simplified Physical Exercises. (Vedhathiri Publications, Gandhiji Road, Erode-1, Tamilnadu)
9. B.K.S. Iyengar: The Light on Yoga (Haper Collins Publications India Pvt. Ltd., New Delhi).
10. Swami Kuvalayananda and Fr.S.L.Vinekr Yogic therapy, Kaivalyadhama Smyam Samiti, Lonavia, Pune Dit, Maharashtra.

PAPER – VI PG.D.Y.ED 2007-08 ONWARDS

PRINCIPLES OF YOGIC THERAPY

Unit - I

Meaning and importance of yoga therapy – Different kinds of yogic practices – limitation of yoga as therapy – Yogic concept of human body – Annamaya Kosha – Pranayama Kosha – Anomaya Kosha – Vijnamaya Kosha – Anandamaya Kosha – Principles of Yogic Management .

Unit - II

Basic principles of yogic therapy (via) Purification of mind and body , Correct Psychological attitudes, Psycho psychological reconditioning , Diet regulation -mental Tranquility – Need for correct diagnosis – Patient – Education and follow up measures: Yogic therapy : yoga Asanas -Pranayama -Physical exercise –Diet-Regulation of habit and conduct massage –mimetic treatment.

Unit - III

Nature of the Aliment –Breathing Training - Treatment –Treatment of the following disorders –Hypertension-Heart Disorder –Asthma, Diabetes- Obesity – Rheumatism –Muscular Atrophy – Polio –Tonsillitis

Unit – IV

Nature –Breathing –Treatment (Yogic Practice) of the following. Tuberculosis (TB) – Indigestion-Paralysis –Liver and Kidney Disorder -Short sight –seminal disorder-ulcer-colitis.

Unit – V

Therapeutic application of yoga for executive jobs: Stress and tension-Anxiety –Depression –Frustration-Aggression-Anger and hostility –fatigue and nervousness. Role of yoga in the prevention and rehabilitation of sports injuries.

Reference:

1. Swami Kuvalayananda and Dr.S.L.Vinekar Yogic therapy. It`s Basic principles and methods, ministry of health, govt of India, New Delhi 1963.
2. Dr.K.N.Udupa, Stress Disorders and Its Mangement by yaga, motilal banarsidass publishers pvt, Ltd, Delhi, 1980 (second Editions).
3. Dr.Jayadeva Yogendra caring Heart Project. The Yoga Institute Santacruz Boy
4. K. Chandra Sekaran: sound health through yoga, prem kalian publications sedapatti, Tamilnadu, 1999.
5. Steven F.Brena: yoga And Medicine penguin books, New York. 1972.
6. Dr.P.Mariayyah: Asanas, sports publications Coimbatore, Tamilnadu, India.
7. Swamy Satyananda Saraswathi: Asana, Pranayama, Mudra, Bandha (India : Yoga Publications Trust, Munger, Bihar)
8. Swami Sivananda: Practice of Yoga (The Divine Life Society, Shivananda Nagar, P.O., U.P., Himalayas, India)
9. Swami Sivananda: Practice of karma Yoga (The Divine Life Society, Shivananda Nagar, P.O., U.P., Himalayas, India)
10. B.K.S. Iyenkar: Light on the Yoga Sutras of Patanjali (Haper Collins Publications India Pvt. Ltd. New Delhi)
11. Dr. Nagendra HR: The Art and Science of Pranayama (Vivekananda Kendra Yoga Prakasshana, Bangalore)

PRACTICAL – I. PG DYED, 2007-08 ONWARDS

ASANAS AND PRANAYAMA

Unit-I

Meditative asanas

Sitting types:-

1. Padmasana
2. Ardha Padmasana (or) Veer asana
3. Swasthikkasana
4. Vajrasana
5. bhadrasana
6. Gomukasana-I
7. Sukhasana
8. Sidhasana

Relaxative asanas:-

1. Makarasana
2. Savasana Stage-I
3. Savasana Stage-II
4. Savasana Stage-III prandharana
5. Savasana Stage-IV (oceanic feeling)

Unit-II

Cultural asanas

Standing postures:-

1. Trikonasana
2. Parivrutha Trikonasan
3. Parsva Konasana
4. Tad asana
5. Chakrasana (Side Bending)

6. Padahastasana
7. Ardha Chakrasana
8. Utkattasana
9. Vrikshasana
10. Bakkasana
11. Talasana
12. Dan asana
13. Sithila Dandasana
14. Paschimottasana

Sitting postures:-

1. Vakrasana
2. Ardha Ustrasana
3. Mandukasana
4. Suptha Vajrasana
5. Sasangasana
6. Ardha Sirsasana
7. Sirsasana
8. Talasana
9. Hamsasana
10. Parvatasana
11. Bandha Konasana

Unit-III

Cultural Asanas

Supine type:-

1. Ardha Pavanamuktanasana
2. Pavana muktanasana
3. Navasana
4. Tolan gulasana
5. Viparithakarani
6. Matsyasana(simple)
7. Uttana Pad asana

Prone Type Postures:-

1. Bhujanagasana

2. Ardha salabhasana
3. Dhanurasana
4. Naukasana
5. Salabhasana

Unit-IV

Preparatory For Pranayama:-

1. **Kapalabhati**
 1. Abdominal Breathing
 2. Thoracic
 3. Clavicular
 4. Full yogic Breathing

Pranayama :-

1. Suha Pranayama (Anuloma Viloma)
2. Surya Anuloma Viloma Pranayama (Ratio 1:0:2)
3. Anuloma viloma Pranayama (1:0:2)
4. Surya bhedhana (1:0:2)
5. Nadi shodhana (1:0:2)
6. Sitali Pranayama
7. Sitkari Pranayama
8. Bhramari Pranayama
9. Ujjay
10. Murchah

Unit-V

Make the students practical course like full course, short courses an easy course (like one hour, 45 minutes and 30 minutes) routines of yoga practices according to kaivalyadhama tradition or other effective tradition – therapeutic routines for different psychosomatic disorders suggested by research findings.

Reference:-

1. Swami Kuvalayananda and Dr. S.L. Vinekar Yogic Therapy. Its basic principles methods, ministry of health, Govt of India new Delhi 1963.
2. Swami Kuvalayananda: Asanas Kaivalyadhama, Lonavla, Pune Dist, Maharashtra.
3. Swami Kuvalayananda: Pranayama, Kaivalyadhama, Lonavla, Puna Dist, Maharashtra.
4. Yogasanas: A teacher's guide NCERT, New Delhi, 1983
5. Practical Guide to Applied Spirituality (Brahama Kumarits, Mount Abu, Rajasthan)
6. Building a Value Based Peaceful And Prosperous Society (Om Shanthi Press, Gyanmritt Bhavan, Shantivan, Mount Abu, Rajasthan)
7. Vicente hao chin. jr: notes on self-transformation. (Philippine theosophical institute, Philippines)
8. Dr. Jeetendra Adhia: Spring of Inspiration (Alpha International, Gujarat.)
9. G. Ravindran: Management Science Conflict (Manivasakar Publication, Chidambaram.)
