

BHARTI UNIVERSITY

DURG (C.G.)

Website - www.bhartiuniversity.org, Email - bhartiuniversity.in@gmail.com



SCHEME OF EXAMINATION
&
SYLLABUS
Of
PG DIPLOMA IN YOGA
UNDER
FACULTY OF HEALTH & ALLIED SCIENCE

(Approved by Board of Studies)
Effective from Nov. 2021

SCHEME OF EXAMINATION

SYLLABUS FOR POST GRADUATE DIPLOMA IN YOGA

PG Diploma in Yoga examination will be conducted in two SEMESTERS. Each semester exam shall consist of FOUR THEORY PAPERS AND TWO LAB COURSES.

SEMESTER – I

THEORY

PAPER	COURSE	DURATION	THEORY MARKS	TEACHER ASSESSMENT	TOTAL MARKS
1	Foundations of Yoga	3 Hrs	70	30	100
2	Principles of Hatha Yoga	3 Hrs	70	30	100
3	Yoga and Allied Sciences	3 Hrs	70	30	100
4	Human Anatomy and Physiology	3 Hrs	70	30	100

PRACTICAL

PAPER	COURSE	DURATION	PRACTICAL MARKS	TEACHER ASSESSMENT	TOTAL MARKS
5	Practical - I	3 Hrs	70	30	100
6	Practical - II	3 Hrs	70	30	100

SEMESTER –II

THEORY

PAPER	COURSE	DURATION	THEORY MARKS	TEACHER ASSESSMENT	TOTAL MARKS
7	Patanjali Yogasutra	3 Hrs	70	30	100
8	Yoga Therapy	3 Hrs	70	30	100
9	Shrimad Bhagwad Geeta	3 Hrs	70	30	100
10	Samkhyakarika, Indian Philosophy and Upanishad	3 Hrs	70	30	100

PRACTICAL

PAPER	COURSE	DURATION	PRACTICAL MARKS	TEACHER ASSESSMENT	TOTAL MARKS
11	Practical - I	3 Hrs	70	30	100
12	Practical - II	3 Hrs	70	30	100

Bharti University, Durg (C.G.)
POST GRADUATE DIPLOMA IN YOGA
SEMESTER - I
PAPER - I: FOUNDATIONS OF YOGA

UNIT– I:

1. Etymology, Meaning and Misconceptions of Yoga.
2. Objectives / importance and aims of Yoga.
3. Importance of Time, place and season. Helping and disturbing elements of Yoga.
4. Ethics of Yoga: Yama-s and Niyama-s according to Patanjali yoga sutra.

UNIT– II:

1. Yoga in Veda-s, Upanishad-s, Purana-s,
2. Yoga in Smrit-s Srimad Bhagvad Geeta,
3. Karmayoga, Bhaktiyoga, Jain yoga.
4. Rajayoga. Hath yoga, Astanga yoga, kundalini Yoga.

UNIT-III:

Brief introduction of scriptures:

1. PatanjaliYogasutra, ShrimadBhagwadGeeta
2. GherandaSamhita, Hatha yoga Pradeepika
3. GorakshaPadati, Siddha Sidhantpadati
4. Hatha Ratnavali ,Shiv Samhita

UNIT -IV

1. Matsendranatha, Gorakshanatha.
2. ParmahansaRamkrishan, Swami Vivekanand
3. ParmahansaYoganandji, ShriArvind.
4. Swami Shivanand, Swami SatyanandSaraswati.

BOOKS FOR REFERENCE:

1. Acharya, Shri : 108 Upanishads in three Volumes (Hindi) Shanti
Ram Sharma Kunj, Haridwar, 1978

2. Dasgupta, S. N. : Yoga Philosophy in Relation to other Systems of Indian thought. University of Calcutta, 1924
3. Dasgupta, S. N. : Hindu Mysticism, MotilalBanarsidass, Delhi1927
4. Fenerstein, George : The Yoga Tradition: It's History, Literature, Philosophy practice, Bhavana Books and Prints, 2002
5. Goyandaka, Jayadayal : Shrimad Bhagavad Gita Tattvavivechani, Geeta Press, Gorakhpur, 1961
6. Karel Werner : Yoga and Indian Philosophy, MotilalBanarasidas, Delhi, 1979
7. Pandit, M. P. : Introduction to Upanishads: Theosophical Society of India Adyar, Madras, 1976
8. Radhakrishnan : The Principal Upanishads, George AllenandUnwin, London, 1953
9. Radhakrishnan, S. : Indian Philosophy (Vol. I & II). George Allen and Unwin, London, 1971
10. Raja,Kunhan C. : Some Fundamental Problems in Indian Philosophy. MotilalBanarasidas, Delhi, 1974
11. Sharma, Chandradhar : A Critical Survey of Indian Philosophy. MotilalBanarasidas, Delhi, 2000
12. Sing, Lalan Prasad : Tantra, Its Mystic and Scientific Bases. Concept Publishing Company, Delhi, 1976
13. Stace, W. T. : Mysticism and Philosophy. Macmillan and Co. London, 1961
14. Stephen Sturges : The Yoga Book. MotilalBanarsidass, Delhi, 2004
15. Bhat,Krishna K. : The Power of Yoga: Suyoga Publications Mangalore, 2006
16. Swami Adidevananda : Sri Ramanuja Gita Bhasya. Sri Ramakrishna Math, Madras, 1993
17. Swami AnantBharati : Yoga Darshan -Yoga Prabhakar (Hindi). Swami Keshwananda Yoga Sansthan, Delhi, 1982

POST GRADUATE DIPLOMA IN YOGA
SEMESTER - I
PAPER - II: PRINCIPLES OF HATHA YOGA

Unit-1

1. **Hatha yoga:** Its Origin, Meaning, Definition, Aims and Objects, Importance in Modern era.
2. Sign and symptoms of success in Hatha Yoga.
3. Contribution of Nath Tradition in Hatha yoga.
4. Mitahara, Pathya and Apathya, do and don't in Hatha yoga Sadhna.

Unit-2

1. **Dhauti:** Its techniques, benefits, precautions, contraindications and classification, Practices of Dandadhauti, Vastradhauti, Vamandhauti, Agnisardhauti.
2. **Basti, Neti, Nauli :** Its techniques, benefits, precautions, contraindication and classification
3. **Trataka, Kapalbhati:** Its techniques, benefits, precautions, contraindications and classification.
4. **Asanas:** Meaning and definition, principles, their techniques, benefits, precautions, contraindications and classification.

Unit-3

1. **Pranayama:** Its Meaning and Definition, Pranaandits types.
2. Principles, classification of Pranayama according to Hatha yogic texts.
3. **Pranayama:** Their techniques, benefits, precautions, contra indications and classification according to Hatha yoga pradeepika and Gheranda - samhita.
4. **Mudra-s (Bandha):** Meaning and Definition, Mudras mentioned in Gheranda – samhita and Hatha yoga pradeepika.

Unit-4

1. **Nadi- s:** Meaning, Origin, Location, types, classification and its importance in Hatha yoga Sadhna.
1. **Chakra-s:** Meaning, Location, types and its importance in Hatha Yoga

Sadhna.

2. **Kundalini:** Meaning, Synonyms, Location, Method for awakening.
3. **Nadanushandhaan:** According to Hatha yoga pradeepika.

BOOKS FOR REFERENCE:

- Bharati, Veda: Burnier, Philosophy of HathaYoga (English) Himalay
Radha: Gharotee, M. L. an International Institute of Yoga Science and
and others: Philosophy, 1998, 2nd Rev. ed., Pennsylvania)
Burnier, Radha: HathaYoga Pradipika of Svatmarama, The
Adyar Library publications, Chennai. 2000
Gharotee, M.L.and others : Hatharatnavali of Srinivasa yogi, The Lonavla
Yoga Institute, Lonavla, 2002
DvivediHajariprasad Nath Sampradaya of Hatha Yoga, Dvivedi
Publications, Hindustani Academy, Allahabad,
Uttar Pradesh, 1950.
Hathapradeepika of Svatmarama, Kaivalyadhama,
Swami Digambaraji and Pt:S.M.Y.M.Samiti, Lonavla, 1998
Raghunatha
Swami Digambarji andGherandasamhita, Kaivalyadhama, S.M.Y. M.
Gharote M.L. Samiti, Lonavla, 1978.
Swami Maheshanandaji andShivasamhita, Kaivalyadhama, S.M.Y.M. Samiti,
Others Lonavla,1999
Woodroffe, Sir John The Serpent power, Ganesh & Company, Madras,
2000
HathaYoga Eka Aitihasya Paripreksyaevam...,
Eastern Book Linkers, New Delhi.
Sharma, Surendra Hathapradipika of Swatmaramaji, (Jyotsana- tika),
Adyar Library, Madras.
Siddhasidhantpaddhati, Lonavla, Yoga Institute
Lonavla 2005.
Gorakshasatkam, Kaivalyadhama, S.M.Y.M.
Samiti, Lonavla.
Gharote M.L. &Pai, G.K. Asana Pranayama & Mudra Bandha
(Edi) Bihar School Of Yoga, Munger, 1969.
Swami Kuvalyananda
&Shukla, S.A.

Saraswati, Swami
Satyananda
Gharote, M.M. & others
Swami Ananat Bharti
Swami Niranjananand
Saraswati
Swami Ananat Bharti
Kaivalyadham ,lonawala

Therapeutic references in Traditional Yoga Texts,
The Lonavla Institute, Lonavla, 2010.
Gheranda Samhita
Gheranda Samhita
Hatha yoga pradeepika
Hatha yoga pradeepika

POST GRADUATE DIPLOMA IN YOGA
SEMESTER - I
PAPER - III: YOGA AND ALLIED SCIENCES

Unit – 1

1. Health Education: Meaning, Scope, Objectives and Spectrum.
2. Principles and Importance of health education.
3. Planning and evaluation in health education programme.
4. Personal Hygiene: The concept of hygiene and personal hygiene. Importance of rest, sleep, diet and exercise.

Unit-2

1. Meaning of Food Nutrient and Nutrition.
2. Components of food, classification, sources and requirements.
3. Meaning and Importance of Balance Diet, Malnutrition and Yogic diet.
4. Advantages and disadvantages of Vegetarian and Non-veg diet.

Unit-3

1. Physical Education: Introduction, Scope, Aims and Objectives of Physical Education, Relationship of Physical Education with Yoga.
2. Modern Trends in Physical Education and Yoga.
3. Yoga as Profession: Introduction to the Profession of Yoga and its opportunities.
4. Flexibility: Meaning, Importance, Types, Methods of training and precautions.

Unit-4

General introduction of different therapies:

1. Accupressure, Accupuncture.
2. Naturopathy, Ayurveda.
3. Magnet Therapy, Pranic Healing.
4. Importance of these therapy for curing disorders.

BOOKS FOR REFERENCE

1. Singh Hardyal: science of coaching.
2. Pandey, P. K. and Gongopadhay, S. R. “Health Education for School

Children”, Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.

3. Park, J. E. and Park, K. “Text Book of Preventive and Social Medicine”, (1985).
4. Laxmipati K., Basic principles of Ayurveda.
5. Singh Attar, Accupressure.
6. Jindal, Principles of Naturopathy
7. Suikukcho, Pranic Healing
8. Balkrishan, Secret of Ayurveda.
9. Agarwal L. Arjun and Sharma N. Govind, Advanced Acupuncture Therapy.
10. Magneto Therapy – Dr. H. L. Bansal

POST GRADUATE DIPLOMA IN YOGA
SEMESTER - I
PAPER – IV: HUMAN ANATOMY AND PHYSIOLOGY

UNIT-I

1. Anatomy & Physiology: Introduction, Need and Importance in the field of Yoga.
2. General introduction of human body.
3. Cell: Introduction of Cell, Tissue, Organ and System, Microscopic Structure and Functions of Cell.
4. Tissue: Introduction, Classification, Structure, Functions and Types.

UNIT-II

1. Blood: Composition, Function and Coagulation.
2. Skeletal System: Introduction of Skeletal system, Classification of Bones and effect of Yogic Practices on it.
3. Joints and its Classification, effect of Yogic Practices on it.
4. Muscular System: Introduction, Classification, Functions of muscles and effect of Yogic Practices on it.

UNIT-III

1. Digestive System: Introduction, Structure and Functions, digestion of food (Absorption and Assimilation of food) effect of Yogic Practices on it.
2. Circulatory System: Introduction, Structure and Function of heart, Types of Circulation and effect of Yogic Practices on it.
3. Blood Pressure, Technique of measurement and effect of Yogic Practices on it.
4. Respiratory System: Introduction, Structure and Function of Respiratory Organs, Mechanism and effect of Yogic Practices on it.

UNIT-IV

1. Excretory System: Introduction, Structure and Functions of the Kidney and Skin. Composition of Urine and effect of Yogic Practices on it.

2. Nervous System: Introduction, Central Nervous System, Autonomous Nervous System.
3. Parts of the Brain (Name and Position only), Structure of the Spinal Cord. Effect of Yogic Practices on it.
4. Endocrine System: Introduction, Location and Structure of different Glands and effect of Yogic Practices on it.

BOOKS FOR REFERENCE

1. Pearce Evelyn. (1992). Anatomy & Physiology for nurses, Calcutta: Oxford University press.
2. Sedey, Rod R. (1992) Anatomy & Physiology. St. louis: Mosby.
3. Tortora G. J. (1996). Introduction to Human Body. (4thEd.) California: Addison Wesley.
4. Marieb Elaine N. (1984). Human Anatomy and Physiology (3rd Ed.). Cal: The Benjamin Cumming.
5. Wilmore, Jack H and Costill, David L. Physiology of Sports and Exercise. Human kinetics, 1994.
6. Hoeger, Werner W.K, Hoegen, Sharon A. Principles and Labs for fitness and wellness. 7thed 2004.
7. Wilson Kathleen J. W. Anatomy and Physiology, Health and illness. 6th Edition. Churchill Livingstone Edinburgh, 1987.
8. Gore, M. M –Anatomy and physiology of yogic practices.
9. Charu, Supriya – Sarir rachna, evam kriya vigyan.
10. Chatterjee, C. C. – Human physiology.
11. Text book of Anatomy vol. - I, II, III – B. D. Chaurasia
12. Human Embryology by Inder Bir Singh.
13. Human Anatomy by Datta.

POST GRADUATE DIPLOMA IN YOGA

SEMESTER - I

PAPER – V PRACTICAL – I

1. Shukshma Vyayam.

2. Surya Namaskar

3. Asana-s.

A. In Standing Position:-

Tadasana, Konasana, Kati Chakarsn, Vrikshasana, Trektadasana, Utkatasana, Padaangushthasan.

B. In Sitting Position:

Padmasan, Swastikasan, Vajrasana, Mandukasan, Kurmasan, Simhasan, Janu-Sirsasan, Paschimottanasan, Vakrasan, Ardha-Matsyendrasan, Bhadrasan (Badh-Konasan), Gomukhasan.

C. In laying on Back (Supine Position):

Shavasan (Mritasan), Uttanpadasan, Pawanmuktasan, Ardh-Halasan, Setubandhasan, Sarvangasan, Matsyasan.

D. In laying on abdomen (Prone Position):

Makrasan, Sarpasan, Dhanurasan.

3. Pranayama & Dhyan (Meditation)

A. Deep breathing – Abdominal & Diaphragmic breathing

B. Yogic breathing

C. Nadishodhan pranayam

D. Surya Bhedan Kumbhak

E. Sheetali Kumbhak

F. Sheetkari Kumbhak

4. Viva :

BOOKS FOR REFERENCE

1. Hath Yoga Pradipika – Kaivlya dham Lonavla.

2. Gheranda Sanhita – Kaivlya dham Lonavla.

3. Saral Yogasana - Dr. Ishwar Bharadwaj.
4. Asana Prananyam Bandh Mudra - Swami Satyanand Saraswati.
5. Light on Yoga – B K S Iyengar

POST GRADUATE DIPLOMA IN YOGA
SEMESTER - I
PAPER – VI, PRACTICAL – II

1. **Kriyas:**

Gajkarani (Kunjali), JalNeti, Sutra-Neti, Vatkarm Kapalbhathi Strokes & Agnisar.

2. **Mudra:**

Maha Mudra, Mahaved Mudra, Mool bandh Mudra, Uddian bandh Mudra, Jalander bandh Mudra & Vipreetkarni Mudra, Hast Mudra – Gyan, Prana, Apan Ling Mudra.

3. **Dhyan (Meditation):**

Mantra – Uchharana (Recitation of Mantra-s)

Pranav (Oumkar) Japa,

Gayatri, Mantra

Shanti Path.

4. **Lesson plan(10)**–(3-Asana, 2-Pranayama, 3-Mudra, 2-Shatkarma)

5. **Viva:**

BOOKS FOR REFERENCE

1. Hatha Yoga Pradipika – Kaivalya dham Lonavala.
2. Ghedran da Samhita – Kaivalya dham Lonavala.
3. Saral Yogasana - Dr. Ishwar Bharadwaj.
4. Yogic Pranayama, Oriental paper back, New Delhi, Joshi K. S.
5. Pranayama, Kaivalya dhama, Lonavla, Swami Kuvalyananda
6. Science of Breath, The Himalayan International Institute, Pennselvenia, Swami.
7. Rama. Prana, Pranayama & Pranvidya, Swami Niranjanan and Saraswati.

Bharti University, Durg (C.G.)
POST GRADUATE DIPLOMA IN YOGA
SEMESTER - II
PAPER - VII: PATANJALI YOGA SUTRA

UNIT – I

1. Brief Introduction to Patanjala Yoga Sutra and it's author, importance of Patanjali yoga sutra in modern times.
2. Definition of Yoga, Anthakaranas, Concept of Chitta, Chitta - bhumis.
3. Methods to control Chittavrittis, Methods of Chitta Prasadana.
4. Concept of Pramanas, Kleshas.
5. Theory of Kleshas, Heya, Hetu, Haana and Hanopaya. Means of elimination of Kleshas.

UNIT-II

1. Concept of Ishwar and its relevance in Yogasadhana, Qualities of Ishwar, Ishwaraprani dhana.
2. Chitta – Vikshepas (Antarayas) , Concept of Chitta - prasadana, Relevance of Chitta – prasadana in Yoga Sadhana.
3. Ritambhara – prajna and Adhyatma - prasadana.
4. Types and Nature of Samadhi in Yoga Sutra and vivek khyati. Kriya Yoga of Patanjali and its importance.

UNIT-III

1. Introduction of Ashtanga Yoga: Bahiranga Yoga sadhana: Yama, Niyama, Asana, Pranayama and, Pratyahara.
2. Antaranga Yoga sadhana: Dharana, Dhyana and Samadhi, Samyama.
3. Concept of Vibhuti and its irrelevance in Yoga Sadhana.
4. Concept of Parinamas and their relevance in Yoga Sadhana.

UNIT– IV

1. Introduction of Siddhi, sanyam janya siddhi, jamanaadi pancha siddhis, astha siddhis.
2. Purusha, Prakriti: concept and form.

3. Karma – siddhanta, it's types and its importance in Yoga Sadhna.
4. Nature of Kaivalya in Yoga Sutras of Patanjali.

BOOKS FOR REFERENCES:

1.	Swami Sri Omananda Tirtha	:	Patanjala Yoga Pradeepa Geeta Press, Gorakhpur, 1994.
2.	Rukmini T. S.	:	Yoga Vartika of Vijnanbhikshu : (Tr.) Vol I, II, III & IV, MunshiramManoharlal Pvt. Ltd. New Delhi.
3.	Karambelkar P. V.	:	PatanjalaYoga Sutra S M Y Samiti, Kaivalya dham, Lonavala.
4.	Swami Anant Bharati	:	Patanjala Yoga Shastra – Eka Adhyayana (Hindi) M D N I Y, Delhi, 2007.
5.	Swami Ved Bharati	:	Patanjala Yoga Sutra.
6.	Swami Satyananda Saraswati	:	Four Chapters on Freedom. (English) (Yoga Publication Trust, Munger, Bihar, India).

POST GRADUATE DIPLOMA IN YOGA

SEMESTER - II

PAPER - VIII: YOGA THERAPY

UNIT- 1

1. Yoga therapy - meaning, concept and areas, limitations, aim of Yoga Therapy.
2. Principles of Yoga Therapy.
3. Tools for Yoga Therapy- Yama, niyama, asana, pranayama, shatkarma, mudra-bandha, dhyana.
4. Importance of Yoga Therapy in modern times.

UNIT-2

1. Concept of Pancha Prana, Shatchakra, concept of Panchakosha.
2. Rules and limitations of Yoga Therapy in different diseases.
3. Classification of Yoga classes, important rules for Yoga Therapist, rules for patient.
4. Relation between therapist – patient.

UNIT-3

Causes, Symptoms and Yogic management for some common disorders.

1. Respiratory disorders - asthma, cold.
2. Digestive disorders - constipation, indigestion.
3. Circulatory disorders – high blood pressure, low blood pressure.
4. Skeletal system - arthritis, cervical pondylitis.

UNIT-4

Causes, Symptoms and Yogic management for some common disorders.

1. Reproductive system – impotency and sterility.
2. Endocrine System - Diabetese, Thyroidism, Obesity.
3. Meaning & Definition of Mental Health, elements which effect mental health.
4. Causes, symptoms and Yogic treatment of following diseases-Stress, Depression.

BOOKS FOR REFERENCES:

1. Yogic managements of common disorders – Swami Karmananda.
2. Yoga Therapy: kaivalya dhaam, Lonavala – swami Kuvalayanand S. L. Vanikar.
3. Yoga Therapy – Shivananda Saraswati.
4. Yoga Therapy series books: swami Vivekananda Yoga Prakashan, Bangalore (2000) – Dr. R. Nagarathna and Dr. Nagendra H R.
5. Yoga Practices for Anxiety and Depression -Dr. R. Nagrathna & - Dr. H. R. Nagendra.
6. Yogic Management of Stress. – Swami Suryamani Saraswati.
7. Manorog Vigyan - Dr. Balkrishan Pathak.
8. Manasrog.Vigyan. - Dr. Rajinder Prasad Bhatnagar.
9. Mansick Chikitsa - Lalji Ram Shukel.
10. Mental Health and Hindi Psychology – Swami Akhilananda.

POST GRADUATE DIPLOMA IN YOGA

SEMESTER - II

PAPER - IX: SHRIMAD BHAGWAD GEETA

UNIT - I

1. General introduction to Shrimad Bhagavad Geeta.
2. Significance of Bhagavad Geeta in Yoga.
3. Different types of definitions of Yoga in Shrimad Bhagavad Geeta.
4. Importance of Shrimad Bhagavad Geeta in modern times and its relevance in Yoga Sadhana.

UNIT – II

1. Concept of Sthitaprajna, stages and characteristic of Sthitaprajna.
2. Concept of Atma in (Purusha), Jivatman or individual soul.
3. Concept of Paramatman (Ishwar) its characteristic in Shrimad Bhagavad Geeta.
4. Different types of Yoga mentioned in Shrimad Bhagavad Geeta.

UNIT - III

1. Concept of Karma and Karmayoga in Shrimad Bhagavad Geeta.
2. Concept of Bhakti and Bhaktiyoga, concept of Shraddha and its relevance as described in Bhagavad Geeta.
3. Dhyana Yoga and Nature of Dhyana in Shrimad Bhagavad Geeta.
4. Concept of Triguna and the qualities of Sattva, Rajas and Tamas.

UNIT - IV

1. Samnyas and Samnyas Yoga. Agyaas and Vairagya, Shraddha.
2. Concept and classification of Aharaas described in Bhagavad Geeta.
3. Ahara and its role in Yoga Sadhana described in Bhagavad Geeta.
4. Role of Bhagavad Geeta in day to day life.

BOOKS FOR REFERENCES:

1. Shrimad Bhagwad Geeta – Laxmi Narayana Gupt
2. Shrimad Bhagwad Geeta – A. C Bhaktivedanta Swami Prabhupada
3. Bhagwad Geeta – Swami Prabha Vananda and Christopher Isherwood.

POST GRADUATE DIPLOMA IN YOGA
SEMESTER - II
PAPER - X: SAMKHYA KARIKA, INDIAN PHILOSOPHY AND
UPNISHAD

UNIT– I

1. Introduction to Samkhya karika and its authors.
2. Three fold affliction (Tapatrayas) according to Samkhya.
3. Introduction of Twenty – five elements according to Samkhya Darshana.
4. Concept of Pramana and its types (Pratyaksha, Anumana, Sabda) in Samkhya Darshana.

UNIT – II

1. Concept of Satkarya vada / Karyakarana vada or Parinama vada in Samkhya yoga.
2. Concept of Trigunas (sattva, rajas, tamas) and its Classification in Samkhya yoga.
3. Concept of Prakriti (Vaykta and Avyakta) in Samkhya yoga.
4. Concept of Purusha (Atma) or Drashta and Purush Bahutva vadain Samkhya yoga

UNIT – III

1. General introduction of six system of Indian Philosophy.
2. Nyaya Philosophy, Vaisheshik Philosophy.
3. Samkhya Philosophy, Yoga Philosophy.
4. Mimansa Philosophy & Vedanta Philosophy.

UNIT – IV

1. Brief introduction of Principal Upnishads.
2. Kathopnishad: Definition of Yoga, nature of Atma.
3. Shavasyopanishad: Concept of Vidya and Avidya; Knowledge of Brahman.
4. Aitareya Upanishad: Concept of Atma, Universe and Brahman.

BOOKS FOR REFERENCES:

1. Samkhya karika – Ishwar Krishna.
2. Outline of Indian Philosophy – H. P. Sinha
3. A critical survey of Indian Philosophy – C. D. Sharma.
4. Nine principal Upanishads – Bihar school of Yoga.
5. Ishaadi Nau Upanishad – Geeta Press Gorakhpur.

POST GRADUATE DIPLOMA IN YOGA

SEMESTER - II

PAPER – XI, PRACTICAL – I

1. Asanas:-

A. In Standing Position: -

Utthita - Padangusthasana, Natrajasana, Padma - Sirshasana,

B. In Sitting Position: -

Bakasan, Uttitha-Padamsaan, Badha- Padamsaan, Garbhasana, Kukkutasana, Udrakrshasana, Sirshasana, Ekpad Sirshasana, Ekpad Rajkapotasana.

C. In laying on Back (Supine Position):-

Naukasana, Setubandha Sarvangasana.

D. In laying on chest (Prone Position):-

Poorna Bhujangasana, Purna - Dhanurasana, Poorna Salabhasana. Asanas described in 1st semester practical.

2. Pranayama:

A. Bahyavritti (Rechaka)

B. Abhyantarvriti (Puraka)

C. Bhrastika

D. Ujjayi Pranayama as described in 1st semester practical.

3. Viva:

BOOKS FOR REFERENCES:

1. Hath Yoga Pradipika – Kaivlya dham Lonavla.
2. Gheranda Sanhita – Kaivlya dham Lonavla.
3. Saral Yogasana - Dr. Ishwar Bharadwaj.
4. Asana Pranayam Bandh Mudra- Swami Satyanand Saraswati Light on Yoga – B K S Iyengar.

Note:- Including all Shatkarmas, Asanas, Pranayamas, Mudras, Bandha etc. mentioned in P.G. Diploma 1st semester.

POST GRADUATE DIPLOMA IN YOGA
SEMESTER - II
PAPER – XII, PRACTICAL – II

1. Kriya-s:

- A. Trataka
- B. Nauli Sanchalana
- C. Vastradhauti
- D. Danda Dhauti

Kriya-s as described in 1st semester practical.

2. Mudra-s:

- A. Tadagi mudra,
- B. Shambhvi mudra,
- C. Shektichalan mudra.
- D. Tadagimudra.
- E. Mudra-s as described in 1st semester practical

3. Assignments & Teaching Practice:

10 Lesson Plan (3-Asanas, 2-Pranayamas, 2-Shatkarma, 3-Mudra)

4. Viva:

BOOKS FOR REFERENCES:

- 1. Hath Yoga Pradipika – Kaivlya dham Lonavla.
- 2. Gheranda Sanhita – Kaivlya dham Lonavla.
- 3. Saral Yogasana - Dr. Ishwar Bharadwaj.
- 4. Asana Pranayam Bandh Mudra - Swami Satyanand Saraswati Light on Yoga – B K S Iyengar.