

KARNATAKA UNIVERSITY DHARWAD
SYLLABUS

***1. POST GRADUATE DIPLOMA IN YOGA
STUDIES (P.G.D.Y.S)***

W.E.F.2020-2021

KARNATAK UNIVERISTY DHARWAD
DEPARTMENT OF YOGA STUDIES

PREAMBLE:

Yoga is an integral part of Indian cultural and Spiritual heritage. The science of Yoga promotes physical, mental and spiritual health and also helps and individual to lead a happy and healthy life, thus bring harmony and peace in the society. In the modern days, the techniques of Yogic science are extremely useful in the management of stress and stress related disorders and promote positive health of an individual.

Karnatak Univeristy Dharwad has established the Department of studies in Yoga way back in the year 1976 and is the first University in Karnatak state and second in entire India which has started the Department of studies in Yoga, to impart comprehensive Yoga education with Provisions to grant higher degrees in Yogic studies. At present the Department of Yoga studies functions with following objectives.

OBJECTIVES:

1. To impart Yoga education and training for promotion of positive health and also for overall personality development of an individual.
2. To impart scientific training in Yogic studies (both theoretical and practical) to those desirous making a carrier in the professional field of Yogic teaching and to provide professional Yoga teachers to all levels of learning.
3. To train the students to undertake higher training and research in various aspects of Yogic science.
4. To organize short term Yoga training and Yoga therapy courses or camps, special lectures, workshops and seminars on Yoga for the benefit of students, teachers, ministerial staffs of the university and all sections of the society to promote positive health.
5. To promote and also to propagate the importance of Yogic science in modern days and take in to the common man.

COURSES OFFERED

The Dept. of Yoga Studies is now offering two regular courses each of one year duration and one MA course of two years duration:

1. Certificate Course in Yoga Studies (Part Time)
2. P.G. Diploma in yoga Studies (Full Time)
3. M.A in Yoga (Full Time)

COURSE STRUCTURE

POST GRADUATE DIPLOMA IN YOGA STUDIES (PGDYS)

P.G DIPLOMA IN YOGA STUDIES (P.G.D.Y.S)

1. Title:

The course shall be called “P.G. Diploma in Yoga Studies” (P.G.D.Y.S)

1. Duration:

This is a full time course and is extended over a period of one academic year comprising of two terms.

2. Objectives:

The Course is designed

- 2.1 To introduce Yoga and Yogic Practices to holistic health of an individual.
- 2.2 To impart scientific training in Yoga studies (both in theory and practical) and allied subjects to students desirous of making a career in the field of Yogic science and develop them to be come Yoga teachers to teach Yoga at all levels.
- 2.3 To provide intensive training in theory, practice and teaching techniques of Yoga studies as are necessary to develop the basic knowledge, skill, techniques and attitudes in students to work with individuals, groups and communities.
- 2.4 To introduce the fundamentals of Yoga therapy and also to provide new avenues to the students to learn, practice and propagate the techniques of this ancient science.
- 2.5 To organize Yoga camps, workshops, symposia and seminars etc for the benefit of all sections of the society.
- 2.6 To train the students to undertake higher training and research in various aspects of Yogic science

3. Eligibility:

- 3.1 A candidate who has passed bachelors degree examination in any faculty of Karnatak University or any recognized university in India or abroad shall be eligible for admission to the P.G. Diploma in Yoga studies course and preference will be given to those who have successfully completed Certificate course in Yoga studies (one year duration) of this University or its equipment thereto.
- 3.2 A candidate should be medically fit. A medical fitness certificate in this regard issued from the Health Centre, Karnatak University must be produced at the time of admission. Candidates suffering from any chronic disease are advised not to seek admission to this course.
- 3.3 No one who is in employment shall be allowed to join the P.G.D.Y.S Course without taking leave from his Institution/office etc. From the date of commencement of the academic session to the conclusion of the second term.
- 3.4 Students who are studying in P.G. Courses (e.g. M.A., M.SC., M.COM., M.B.A., M.Phil., Ph.D., etc.) as a regular student or in any other regular courses are not allowed to take admission to the above course. An under taking in this regard should be produced at the time of admission.
- 3.5 There is no upper age limit for admission to the P.G. Diploma in Yoga Studies Course.

4. Medium of Instruction

English/ Kannada

5. Hours of Instruction:

There shall be 4 hours of teaching work per week for every theory paper of 100 marks and 8 hours of teaching work per week for every practical paper of 100 marks and their to.

6. Intake Capacity:

Maximum 40+10 candidates or

As prescribed by the University from time to time

7. Attendance:

For admission to the said examination, candidates are required to keep two terms in the Department of Yoga Studies of this University. A student shall attend a minimum of 75% of the total instruction hours in a paper (theory/ practical) in each term or as prescribed by the University from time to time.

8. For women:

The practical training classes for women may be arranged separately and conducted by a lady Yoga teacher. But they must be prepared to take up training from the male Yoga teacher also.

9. Scheme of examination:

- 9.1 There shall be a University examination at the end of an academic year both in theory and practical papers.
- 9.2 Candidates are allowed to write the said examination either in English or in Kannada .
- 9.3 The duration of theory paper examination shall be of 3 hours.
- 9.4 Each theory paper of 100 marks shall comprise of 10 questions of 20 marks each from five units covering the entire syllabus. The student has to answer five questions out of Ten
- 9.5 The duration of practical paper examination shall be of 4 hours and each practical batch shall contain a maximum of 8candidates.

10. Standard of Passing

A candidate is required to obtain 40% of marks in each paper and 40% of marks in aggregate for getting passed the said examination. A candidate must obtain 40% or more but less than 50% or more but less than 60% of aggregate marks for second class, 60% or more but less than 70% of aggregate marks for a first class and 70% or more of aggregate marks for a first class with Distinction.

11. Reappearing Facility:

A candidate failing only in one or more theory papers or in a practical paper is allowed to reappear for those paper/s in which he/ she has failed. He/she need not reappear for the papers (theory or practicals) in which he/ she has passed.

13. SCHEME OF PAPERS AND PRACTICALS:

| S.NO. | PAPER NO. | TITLE OF THE PAPER | TOTAL MARKS | HOURS OF INSTRUCTION | DURATIN OF EXAMIATION |
|-------|---------------|--------------------------------------|-------------|----------------------|------------------------|
| 1. | Paper-I | Traditional Yogic Texts | 100 | 4hrs./week | 3 hrs. |
| 2. | Paper-II | Philosophical Foundations of Yoga | 100 | 4hrs./week | 3 hrs. |
| 3. | Paper-III | Human Biology & Psychology | 100 | 4hrs./week | 3 hrs. |
| 4. | Paper-IV | Applied Yoga | 100 | 4hrs./week | 3 hrs. |
| 5. | Practical-I | Practical Training in Yoga | 150 | 12hrs./week | 3 hrs. |
| 6. | Practical-II | Teaching Methods for Yogic Practices | 50 | 4hrs./week | 30 Minutes per student |
| 7. | Practical-III | Project work and Journal | 50 | ----- | ---- |
| 8. | Practical-IV | Study Tour | 50 | ----- | ---- |

PAPER I: TRADITIONAL YOGIC TEXTS:

Duration: 4 hrs. Per week

Marks: 100

SECTION A: HATH-YOGIC TEXTS

Duration: 3 hrs. Per week

Marks: 60

UNIT I

1. Introduction of Hatha Yoga Pradeepika: Meaning, nature, relevance and aims of Hatha-Yoga
2. Introduction of Gheranda Samhita: shatkarma, asana, mudra, pratyahara, pranayama, dhyana and samadhi.
3. Introduction of Shivasamhita: liberation, nadis, pranas, success in yoga, asanas, mudras, mantrayoga and chakras.

UNIT II

1. Asanas: Types, techniques, prerequisites and benefits of yogasanas as per Hatayoga Pradeepika
2. Pranayama: Types, techniques, prerequisites and benefits of pranayama as per Hatha-yoga Pradeepika
3. Shatkriyas: Techniques and benefits of shatkriyas as per Hath-yoga Pradeepika

UNIT III

1. Bandhas and mudras: Concepts, definitions, techniques and benefit as per Hatha yoga pradeepika.
2. Shat-chakras: their nature, importance and utility of shat-chakras meditation
3. Concepts and benefits of nadha and nadhanusandana; nature of Samadhi.

SECTION B : PATANJALI YOGA SUTRA

Duration: 1 hr.

Marks:40

UNIT IV

1. Nature and introduction of Patanjali Yoga Sutra; Samadhi pada, sadhana pada, vibhuti pada and kaivalya pada.
2. Yoga, psychology: Chitta, chittabhumi, chitta-vrutti, chitta-vrutti nirodhopaya, chitta vikshepas and chittaprasadanam.
3. Ashtanga Yoga; concept of vasana.

UNIT V

1. Theory of Klesha, kriya yoga, vibhuthis and kaivalya as per Patanjali Yoga Sutra
2. Concept of abhyasa, vairagya and Ishwar as per Patanjali Yoga Sutra
3. Nature and types of Samadhi as per Patanjali Yoga Sutra: ritambharaprajna and adhyatmaprasada; samprajnyata and asamprajnyata, sabeeja and nirbeeja samadhi.

BOOKS FOR REFERENCE

1. Swami Digambarji and Pt. Raghunatha Shastri: Hatha pradeepika of Svatmarama kaivalyadhama, S.M.Y.M. Samiti LONAVALA, 1988
2. Swami Muktibodhananda Saraswati: Hath-yoga Pradeepika, The light on Hathayoga Bihar School of Yoga Munger,1985
3. Swami Digambarji and Gharate M.L.: Gheranada Samhita Kaivalyadhama, M.Y.N. Samiti, Lonavala,1978

4. Burley, Mikel: Hatha Yoga, Its context Theory and Practice, M.L.D.B.Delhi,2000
5. Paraddi.M.S. & Sannellappanavar L.V. : Hathapradeepika (Kannada), Utasahi prakashana, Dharwad, 1998
6. Naikar C.S.: Ghatasthayoga (kannada), Medha Publishers, Dharwad, 1997
7. Kunhan Raj : Hatha Yoga pradeepika with Jotsna The Adyar Library publications, Chennai2000
8. Ghosh, Shyam : The original Yoga , Munshiram Manoharlal, New Delhi, 1999
9. Burnier, Radha : Hathayoga pradepika of Svatomarma ,The Adyar Lbrary publications, Chennai, 2000
10. Swami Maheshanandaji and others : Shiova Samhita, Kaivalyadhama, S.M.Y.M. Samiti, Lopnavala, 1999
11. Ghatore M.L. & others: Hatharatnavali of Srinivasyogi, The Lnavala Yoga Institute, Lonavala, 2002
12. Woodroffe, Sir John : The Surpent power, Ganesh & Company, Madras, 2000
13. Karambelkar P.V. : Patanjali Yoga Sutra , Kaivalyadhama, Lonavala, 1989
14. Timmi I.K. : The Science of Yoga ,The Adyar Library, Madras.
15. Woods J.H. : The Yoga System of Paptanjali ,M.L.D.B., Delhi, 1988.
16. Swami Vivekananda : Rajyoga ,Advaita Ashram, Culcutta,2000.
17. Swami Adidevananda : Patanjali Yoga Darshana (Kann.)
18. Swami Harshananda : Maharshi Patanjaliya Yoga Sutragalu (kannada), Ramakrishna Asharama, Mysore, 1996.
19. Iyengar B.K.S. : Light on Patanjali Yoga ,New York, Schocken Books, 1994.
20. Rukmini T.S. : Yopga Vartika Vijnanbhikshu (Tr.) Vol. I,II,III & IV , Munshiram Manoharlal Pvt. Ltd. New Delhi.
21. Swami Sir Omananadatirtha : Patanjali Yoga Pradeepa, Geeta Press, Gorakhpur, 1994.
22. Vedanta Keshari Sri Mallikarjuna Mahaswamigalu: Patanjala Yogasutra, Jnyana Yoga Foundation, Bijapura, 2003.
23. Dr. Chandramouli S. Naikar: Hathayogapradeepika, Medha Publishers, Sankalpa, Kalyana Nagar, Dharwad-7

UNIT I : A BREF INTRODUCTION TO YOGA AND INDIAN PHILOSOPHY

1. Introduction to philosophy: its nature, scope and branches.
2. Indian Philosophy: orthodox and heterodox schools, Salient features of Indian Philosophy.
3. Theory of Karma and rebirth
4. Relation between Yoga and Indian Philosophy

UNIT II : CONCEPT OF SOUL AND MOKSHA IN INDIAN PHILOSOPHY

1. Concept of Soul and moksha in Upanishads.
2. Concept of Soul and moksha in Charvaka, Jainism and Buddhism.
3. Concept of Soul and moksha in Samkhya-Yoga, Advaita, Dvaita and Vishistadvaita philosophy

UNIT III : ORIGIN, HISTORY & DEVELOPMENT OF YOGA

1. Nature, etymology, definition, aim, objectives and misconceptions of Yoga.
2. Origin, history and development of Yoga; Yoga in Shad-darshana, Vedas, Upanishads, tantra, Sufism, Jainism and Buddhism.
3. Contributions for the development of Yoga in modern times.

UNIT IV : SCHOOLS OF YOGA

1. Introductions to different kinds of Yoga:
2. Bhakti Yoga, Jnyana Yoga, Karma Yoga: their Philosophical foundations and practices.
3. Patanjali Yoga, Buddhist yoga, Kundalini Yoga and Shiva-Yoga : Their Philosophical foundations and practices.

UNIT V : YOGA IN BHAGVAD-GEETA

1. Introduction and essentials of Bhagavad Geeta from Chapters II,III,V, VI, XII & XVII
2. Samkhya Yoga and Dhyana Yoga
3. Karma-Yoga and Bhakti-Yoga
4. Gunatraya vibhaga yoga

BOOKS FOR REFERENCE

1. Kerala Werner : Yoga and Indian Philosophy (Motilal Banarsidas, Delhi,1979)
2. Radhakrishnan S. : Indian Philosophy (Vol. I & II) (George Allen and Unwin, London)
3. Swami Prabahvananda : Spiritual Heritage of India (English) Bharatiy Adhyatmika Parampare, (Kannada), (Sri Ramakrishna Math, Madras, 2004)
4. Dasgupta S.N. : Yoga as Philosophy and Religion (Kegan Paul, London, 1924)
5. Dasgupta S.N. : Yoga Philosophy in Relation to other Systems of Indian thought (university of Culcutta, Culcutta, 1924)
6. Sharma, Chandradhar : A Critical Survey of Indian Philosophy (Motilal Banarsidas, Delhi.1974)
7. Kunhan Raja : Some Fundamental Problems in Indian Philosophy (Motilal Banarsidas, Delhi.1974)
8. Stace, W.T. : Mysticism & Philosophy (macmillan and co. London)

9. Dasgupta S.N. :Hindu Mysticism (Motilal Banarsidas, Delhi.1927)
10. Stephen Sturges : The Yoga Book (Motilal Banarasidas, Delhi, 20-04)
11. Swami Jnananda : Philosophy of Yoga (Sri Ramakrishnasharama, Mysore)
12. Bhat Edurkala Shankarnarayan. :Hindu dharmada parichaya (kannada) (Sri Ramakrishna Prakashana, Bhagmandala)
13. Swami Krishnananda : A short History of Religions and Philosophic Thought in India, (The Devine Life Society, Rishikesh,1973)
14. Fenerstein George: The Yoga Tradition: Its History, Literature, Philosophy and Practice, (Bhavana Books and Prints, 2002)
15. Swami Vivekananda : Jnana Yoga, Bhaktio Yoga, Karma Yoga, Raja Yoga (Advaita Ashrama, Culcutta)
16. Swami Atmananda : Four Yogas (Bhartiaya Vidyabhavana, Bombay, 1966)
17. Radhakrishnan S. : The Principal Upanishads (George Allen and Unwin, London,1953)
18. Somanathananda : Upanbishad Bhavadhare (Sri Ramakrishnashrama, Mysore, 1966)
19. Goyandaka Jayadayal : Sri Madbhagavadgita Tattvavivecani (Geeta Press, Gorakhpur, 1961)
20. Radhakrishnan S. : The Bhagvadgeeta (Routledge & Kegan Paul, London, 1960)
21. Swami Adidevananda : Sri Ramanuja Gita Bhasya (Sri Ramakrishnashrama, Mysore, 1993)

PAPER III : HUMAN BIOLOGY AND PSYCHOLOGY

SECTION - A : HUMAN BIOLOGY

Duration: 2hrs. per week

Marks: 50

UNIT - I:

1. Cell: Structure and function of cell and tissues. Organs of human body.
2. Skeletal System: Types and functions of skeletal systems. Joints and classification of bones.
3. The Muscular System: Characteristics, structure and functions of body and skeletal muscles. Types of body muscles.
4. The Circulatory System: Structure and function of the heart. The mechanism of systemic and pulmonary circulation. The cardiac cycle. Composition and functions of blood. Blood groups and their importance. Blood Pressure.

UNIT – II:

1. The Respiratory System: Anatomy and physiology of respiratory system, its organs and functions. The process of respiration, lung volume and capacities
2. The Digestive System: Anatomy and physiology of digestive system. Alimentary canal and their functions. Physiology of digestion.
3. The Urinary System: Anatomy and physiology of urinary system, structure and functions of kidney. The Nephron and production of urine.
4. The Reproductive System : Anatomy of the male and female reproductive system, Functions of testis and ovary. The menstrual cycle.

UNIT – III:

1. The Endocrine System : The structure and function of the major endocrine glands. Hormones and their functions. Pituitary, thyroid, parathyroid, adrenal, pancreas and gonads.
2. The Nervous System : Gross anatomy of nervous system. Central nervous system. Peripheral nervous system, autonomic nervous system. The sympathetic and parasympathetic divisions. The Neuron.
3. Sense organs: (Vision, smell, hearing, taste and touch) their structure and pathways.

SECTION B : HUMAN PSYCHOLOGY

Duration: 2 hr per week

Marks: 50

Unit - IV: Human Psychology

1. Human Psychology: The nature and scope of psychology, mental processes, the human behavior and psychological basis of behavior.
2. Mental Processes: attention, sensation, perception, learning, memory, feeling and emotion. States of consciousness, intelligence and its measurements, emotional intelligence. Motivation and multiple intelligence.

1. Personality : The nature and characteristics of personality, determinants of personality, types of personality, personality disorders, the yogic concept of personality and its development, psychosomatic problems and psychiatric ailments.
2. Mental Health: Means of mental health; positive mental health; mental disorders; yogic management of mental conflicts, stress, disorders; yoga for mental health, psychology of spiritual growth, spiritual values, pure consciousness and mode of living.

BOOKS FOR REFERENCE

1. Gore M.M. : Anatomy and Physiology of Yogic Practices (Kanchana Prakashana, Lonavala, 2003)
2. Shirley Telles : A Glimpses of the Human body (V.K. Yogas, Bangalore,1995)
3. Nadiger A.K. : Shareera Rachane mattu Gunadharmas Shastra (Kann.) (Shareera Shikshana Prakashana, Dharwad, 1999)
4. Evelyn C. Pearce : Anatomy and Physiology for Nurses (Faber and Faber Ltd., London, 1968)
5. Chatterjee C.C. : Human Physiology (Vol. I & II) (Medical Allied Agency, Calcutta, 1992)
6. Munn N.L. : Introduction of Psychology (Oxford and IBH Publishing Co. Calcutta, 1967)
7. Bhatia H.R. : General Psychology (Oxford and IBH Publishing Co. Calcutta, 1976)
8. Nataraj P.K. : Samanya Mano Vijnana, (kannada) (Vol.I & II) (Mysore University, Mysore)
9. Hilgard E.R. and others : Introduction to Psychology (Oxford and IBH Publishing Co. Calcutta, 1975)
10. Sachdev I.P. : Yoga and Depth Psychology (Motilal Banarasidas, Delhi,1978)
11. Coleman J. : Abnormal Psychology and Modern Life (Foresman, Scott, 1972)
12. Nagendra H.R. & Nagratna R. : New Perspectives in Stress Management (V.K.Yogas, Bangalore, 1988)

Unit - I : YOGA AND HEALTH

1. Concept of health and disease according to yoga, WHO, ayurveda and naturopathy; dimensions of health: physical, mental, social and spiritual.
2. Concept of adhi and vyadhi; Concept of pancha kosha
3. Preventive, curative and promotive aspects of yoga
4. Yoga and principles of Diet
5. Yogic principles of healthy living: Ahara, Vihara, Achara, Vichara
6. Yogic practices for healthy living

Unit - II : YOGA AS A THERAPY

1. Meaning, scope, principles and practices of yoga therapy.
2. Effect of yogic practices on different systems of body and mind.
3. Food: its components, classification, nutrients. Panchprana, panch-bhuta, shat-chakra, tridosha, saptadhatu, and triguna
4. Concept of dinacharya, rutucharya, shadrutu, shodhana and shaman

Unit - III : YOGIC MANAGEMENT OF DISORDERS

1. Psychosomatic problems and psychiatric ailments
2. Examination of patient: complaints, history study of symptoms, investigation, diagnosis and treatment, follow up and review of systems.
3. Yogic management and treatment of common psychosomatic disorders of respiratory, digestive, cardiovascular, nerves, bones and joint systems.
4. Yogic management of stress and stress related problems.

Unit - IV : YOGA & RESEARCH

1. Meaning, nature and concept of research in yoga
2. Problems, hypothesis, design, sampling in yogic research
3. Methodology in yogic research
4. Brief survey of research carried out in yoga such as scientific research, philosophic research, and therapeutic research.
5. Brief survey of research contributions of reputed yoga institutions.

Unit - V : YOGA EDUCATION

1. Meaning and purpose of yoga education; Role of teaching, learning, teachers and students in yoga education; Principles of teaching; quality of perfect yoga guru; yogic levels of learning, vidhyarti, shishya, mumukshu;
2. Methods of yoga teaching, factors influencing yoga teaching; teaching techniques of group teaching; techniques of mass instructions; organizations of teaching – time management, discipline etc..

3. Yoga and value education, contents of value education, methods of value education.

BOOKS FOR REFERENCE

1. Gharote M.L. : Applied Yoga (Kaivalyadhama Publications, Lonavala, 1990)
2. Gore M.M. : Anatomy & Physiology of Yogic Practices (Kanchana Prakashana, Lonavala, 2003)
3. Iyengar B.K.S. : Arogya – Yoga (Kannada) (Himagiri Graphics, Bangalore, 2000)
4. Nagarathana R. & Nagendra H.R. : Integrated Approach of Yoga Therapy for Positive Health (Swami Vivekananda Yoga Prakashana, Bangalore2001)
5. Nagendra H.R. & Nagrathana R. : New Perspectives in Stress Management (V.K. Yogas, Bangalore, 1988)
6. Nagendra H.R. & Nagrathana R. : Samagra Yoga Chikitse (Kannada) (Swami Vivekananda Yoga Prakashana, Bangalore2000)
7. Lajpat Rai & others : Human Food (Anubhava Rai Publicationa, Giragaon, 1999)
8. Swami Kuvalyananda & Vinekar S.L. : Yogic Therapy (Ministry of Health, Govt. of India, New Delhi, 1963)
9. Swami Satyananda Saraswati : Yogic Management of Common Diseases (Bihar School of Yoga, Munger)
10. Shankar P.S. : Your Body in Health & Sicknes (Jaico Publishing House, Bombay, 1982)
11. Swami Kuvalyananda : Asana, Pranayama (Kaivalyadhama Publications, Lonavala)
12. Vaze D.R. : Swadhyaya and Yoga Therapy (Gokul masik Prakashan, Pune,2002)
13. Fawley David : Ayurvedic Healing (MotilalBanarisidass, Ahamadabad,1997)
14. Gandhi T.P. & others : Human Anatomy – Phisiology and Health Education (B.S. ShahPrakashan, Ahmadabad, 2000)
15. Gharote M.L. & Ganguly S.K. : Teaching Methods for Yogic Practices (Kaikvalyadhama, Lonavala, 1988)
16. Nagendra H.R. & others : Yoga in Education (Kannada & English) (V.K.Yogas, Bangalore, 1994)
17. Kogler Aladar : Yoga for every Athlete (Jaico Publishing House, Delhi 1999)

I. YOGASANAS:

60 Marks

The theoretical knowledge, techniques, importance of the name, advantages and practices of the following yogasanas.

- 1. Meditative Asanas :** Sukhasana, Padmasana, Vajrasana, Svastikasana, Siddhasana
- 2. Relaxative Asanas :** Shavasana, Makarasana, Vishramasana, Tadasana Mechanism of correct breathing
- 3. Cultural Asanas:** Vrikshasana, Urdhva Hastottanasana, Ardhakati Chakrasana, Ardha Chakrasana, Padahastanasana, Trikonasana, Parivrita Trikonasana, ParshvaKonasana, Utkatasana, Yoga Mudrasana, Uttitha Padasana, Shashankasana, Baddha Konasana, Navasana, Ustrasana, Akarna Dhanurasana, Vakrasana, Ardha Matsyendrasana, Gomukhasana, Parvatasana, Utthana Mandukasana, Janushirshasana, Paschimottanasana, Poorvottanasana, Supta Vajrasana, Bhujangasana, Shalabhasana, Dhanurasana, Pavanmuktasana, Sarvangasana, Halasana, Karnapeedanasana, Matsyasana, Chakrasana, Shirshasana and Mayurasana
- 4. Advanced Asanas :** Vatayanasana, Garudasana, Hanumanasana, Padangusthasana, Natarajasana, Baddha Padmasana, Kukkutasana, Garbhasana, Bhujapeedanasana, Bakasana, Kurmasana, Ugrasana, Matsyendrasana, Ekpada Shirshasana, Ekpada Rajakapotanasana, Kapotasana, and Yoganidrasana
- 5. Yogic Surya Namaskar**

II. PRANAYAMA:

30 Marks

- 1. Mechanism of correct breathing**
- 2. Yogic deep breathing**
- 3. Concept of Puraka, Rechaka & Kumbhaka**
- 4. Nadi Shodhana Pranayama (with a Ratio of 1:4:2:1)**
- 5. Surya Bedhana, Chandra Bedhana, Ujjayee, Sheetal, Shitkari, Bhramari and Bhastrika Pranayamas (with Kumbhaka and of suitable ratio)**

III. YOGIC KRIYAS:

20 Marks

Kapalbhati, Jalaneti, Sutraneti, Vamna Dhauti, Vastra Dhauti, Jyoti Trataka, Agnisara, Nauli

IV. BANDHAS & MUDRAS:

10 Marks

Jalandhara Bandha, Yoga Mudra, Uddiyana Bandha, Shanmukhi Mudra, Mula Bandha, Simha Mudra, Jivha Bandha, Vipareeta Karani.

V. MEDITATION:

10 Marks

Recitation of pranava japa, hymns, antarmouna and elementary practice of pranava dhyana.

VI. JOURNAL (Monthly Progress Report) & VIVA-VOCE:

20 Marks

- 1. Journal (Monthly Progress Report):** The students have to write monthly progress reports of the progress made by them in yoga practical. The consolidated personal progress report with remarks and signature of yoga practical teacher/s and also the signature of the chairman of the department, shall be produced at the time of Annual Practical Examination for evaluation.
- 2. Viva – voce :** There shall be a Viva-voce examination.

BOOKS FOR REFERENCE

1. Swami Kuvulyananda : Asana (Kaivakyadhama, Lonavala, 1982)
2. Tiwari, O.P. : Asana Why and How (Kaivalyadhama, Lonavala, 1991)

3. Swami Satyananda Saraswati : Asana, Pranayama, Mudra, Bandha (Bihar School of Yoga, Munger, 1989)
4. Iyenger B.K.S : Yoga Deepika (Kannada)
5. Yogiraj Behramji : Yogasana for Health (Himalayan Yoga Institute, 1989)
6. Dhirenra Bramhachari : Yogasana vijnana (Dhirendra Yoga Publications, New Delhi, 1989)
7. Tiruka : Yogasangalu (kannada)
8. Yogeshwar : The Text Book of Yoga (Yoga center, Madras)
9. Lajpat Rai : A Physiological Approach to Yoga (C.R.I.Y., New Delhi, 1996)
10. Lajpat Rai & others : Meditation : Techniques and their Scientific Evaluation (Anubhava Rai Publications, Guragaon 1999)
11. Iyengar B.K.S. : Pranayama Deepika (Kannada) (V.K.S. Yogas, Bangalore, 1991)
12. Swami Rama & others : Science of Breath (The Himalayan International Institute of Yoga Science, Pennselvenia, 1979)
13. Swami Kuvulyanada : Pranayama (Kaivalyadhama, Lonavala, 1983)
14. Nagendra, H.R. : The art and Science of Pranayama (V.K.S. Yogas, Bangalore, 1993)
15. Joshi K.S. : Yogic Pranayama (Orient Paperback, New Delhi, 1990)
16. Gharote M.L : Pranayama – The Science of Breath (The Lonavala Yoga Institute, Lonavala, 2003)
17. Ajitkumar : Yoga Pravesha (Kannada) (Rashthrohana Sahitya Parishat, Bangalore, 1984)
18. Tiruka : Shatkriyegalu (Kannada) (Ananthashevashrama, Malladihalli)
19. Swami Yateeshwarananda : Dhyana Jeevan Deepika (Kannada) (Ramakrishnashram, Bangalore, 1984)
20. Nimbalkar S.P. : Yoga for Health and Peace (Yoga Vidya Niketana, Bombay, 1992)
21. Prakash Yogi : Yogamruta Deepika (kannada) (Patanjali Yogashrama Trust, Bangalore, 2002)
22. Kattimani R.V. : Manashantigagi Dhyana (kannada) (Usha Enterprises, Bangalore, 2004)
23. Swami Yateeshwarananda : Dhyana Jeevan Deepika (Kannada) (Ramakrishnashram, Bangalore, 1984)
24. Mandalika V.V. : Yoga Pravesha (Kannada) (Yoga Vidya Dhama, Nasik, 2004)
25. Swami Satyananda Saraswati : Surya Namaskar (Bihar School of Yoga, Munger, 1983)

YOGA PRACTICALS – II: TEACHING METHODS FOR YOGIC PRACTICES

Marks : 50 (40 + 10)

Duration : 4 hrs. per week

I. THEORY :**40 Marks**

1. Need of yoga teaching and yoga practice.
2. Principles and methods of yoga teaching/demonstration to an individual and a class
3. Sources and scope of yoga teaching/ demonstration methods.
4. Meaning, importance and method of yoga presentation and class management
5. Preparation of lesson plan in Yogic practices, organization of yoga camps, workshops and seminars.

II. PRACTICE TEACHING :**10 Marks**

Each student have to prepare and give at least one lecture cum demonstration on different topics of Yoga and also should have to prepare and to teach five lessons on different aspects of Yoga such as asana, pranayama. One lesson should be on any one topic pertaining to common disease. These practices shall be under the supervision of their yoga practical teacher. The five practice teaching lessons and a lecture cum demonstration assignment should be presented at the annual practical examination for evaluation.

BOOKS FOR REFERENCE

1. Gharote M.L. & Ganguly S.K. : Teaching Method for Yogic Practices (Kaivalyadhama, Lonavala, 1988)
2. Satyapad Duggal : Teaching Yoga (The Yoga Institute, Santacruz, Bombay, 1985)
3. Jaydev Yogendra : Yoga Cyclopedia (Vol. I,II & III) (The Yoga Institute, Santacruz, Bombay, 1990)
4. Nagendra H.R. & others : Yoga in Education (Kannada & English) (V.K.Yogas, Bangalore, 1994)
5. Swami Satyananda Saraswati : Yoga Education for Children (Bihar Schools of Yoga, Munger, 1990)
6. Mandaleek V.V. : Yoga Shikshana (Kannada) (Yoga Chaitanya Prakashana, Nasik, 2004)

YOGA PRACTICALS – III:
PROJECT WORK AND JOURNAL

Total Marks: **50**

I. PROJECT WORK**25 Marks**

1. Here project work is to organize yoga camp/workshop. Each student of PGDYS should organize at least one yoga training camp/workshop of minimum of two weeks duration. The student should submit the camp/workshop report.
2. The camp/workshop should be under the guidance of a yoga teacher. The guide observes and evaluates the yoga training camp/workshop report. The report is signed by the guide and the chairman of the department.

II. JOURNAL:**25 Marks**

1. Each student has to submit a journal containing minimum of twenty assignments on different topics related to yoga studies, as prescribed by the yoga practical teacher/s.
2. The journal has to be evaluated and signed by the concerned teacher and the chairman of the department.

YOGA PRACTICALS – IV
STUDY TOUR

Total Marks: **50****STUDY TOUR:**

1. There shall be at least one study tour for the PGDYS students and is compulsory.
2. The PGDYS students should be taken to at least one of the recognized yoga institutes / centers in India.
3. Each student has to submit the report of his/her observation of the tour.
4. The report is evaluated by the in-charge yoga teacher. It should be signed by the chairman of the department.

Note:

1. The camp or workshop / study tour/ journal shall be conducted in preferential order either during the midterm vacation or at the later part of the second term or at the end of the second term or as it is convenient to the department.
2. The camp or workshop reports, study tour reports and journals should be evaluated by the concerned in-charge teacher/s who must be yoga teacher/s and the marks should be submitted to the chairman of the department. The chairman of the department should examine and submit the marks lists to the concerned authorities.