



DIPLOMA IN YOGA

Course Name: Diploma in Yoga

Duration: 1 Year

Eligibility: Class 10 or Equivalent from recognized board

DETAILED SYLLABUS

Semester I	Semester II
Introduction to yoga	Patanjali yog sutra
Human anatomy	Naturopathy
Hathyoga	Teaching methodology of yogic practice
Health and yoga	Traditional yoga
Practical	Naturopathy practical

SEMESTER I

PAPER 1: INTRODUCTION OF YOGA

CONTENT:

Unit 1: Meaning of yoga, different Definition of yoga, Aim and Purpose of yoga, Introduction of different Method of Yogic Practices.

Unit 2: Formation of yoga in Upanishad and Veda, Formation of yoga in geeta, Formation of yoga according to Yoga Sutra, Formation of Yoga according to Hath yoga, Format According to Buddhism and Jainism.

Unit 3: Origin of yoga and Process of Development, Different Yoga traditions, Introduction of yogic guru (Maharshipatanjali, Gorakhnath, MaharshiDayanand, Swami Vivekanand, Maharishi Raman, Shri Aurobindo, Maharishi Mahesh Yogi, Swami Kuvalayananda.

Unit 4: Benefits of Yoga in Modern life, Importance of yoga in treatment of disease, Yoga and Employment.

Suggested Readings

1. Upanishad in yoga – PRO. Ishwar Bhardwaj.
2. Yoga Mahavigyan – Dr. Kamakhaya kumar.
3. Yog Sutra – DR Somveer Arya.

PAPER 2: INTRODUCTION TO HUMAN ANATOMY

CONTENT:

Unit 1: Structure and function of cells and tissues, structure of bones and its functions, structure and function of hand and legs bones.

Unit 2: Structure and function main part of the human body (respiratory system, nervous system, the digestive system, Skeletal system)

Unit 3: Structure and function of blood circulatory system and heart system, structure and function excretory, structure and function of Endocrine system, structure and function of skin.

Unit 4: Effect of different Asana, Pranayama, Mudra, Bandham, Shatkaram and Dhyan on the system of Cell, Tissues, Bones, Digestion, Endocrine, Nervous system and Blood – Circulation.

Suggested Readings

1. Yoga therapy- Swami Shivanand
2. Human Anatomy and Physiology- Dr. Anant Prakesh Gupta

PAPER 3: HATHYOGA

CONTENT:

Unit 1: Introduction and Meaning of Hatha Yoga, Authority of Hatha Yoga practices, Suitable time and place for practice, Diet of Hatha Yogi, Seeker elements and obstructing elements in yoga practice.

Unit 2: Introduction and meaning of Asana, Formation of Asana in Hatha Pardipika, formation of Asana according to Gherandasamhita, benefit of Asana indifferent disease, type of Asana.

Unit 3: Introduction and Meaning of Pranayama, Formation of pranayama according to Hatha Pradipika, Formation of Pranayama according to Gheranda Samhita, Role of pranayama in different diseases, type of pranayama.

Unit 4: Introduction and Meaning of Shatkarma, Benefits of Shatkrama, Process of Neti, Benefits and caution, Process of AganiSar, Benefits and caution, process of trataka (Concentrated-Gazing) Benefits and caution

Suggested Readings

1. Hatha Yoga Pardipika- Swami Annant Bharti
2. Gheranda Samhita- Dr. Raghvendra Sharma Raghav
3. Asana, Pranayama, Mudra, Bhandha–Bihar yogMunger

PAPER 4: YOGA AND HEALTH

CONTENT:

Unit 1: Meaning and definition of health, Dincharya, ratrichariya and rituchrya. Base Pillar of health (Diet, Celibacy and Sleep)

Unit 2: Concept of disease, cause of disease, Symptoms and solution according to yoga (Constipation, backache, Cold and cough, Hyper-tension, low blood pressure, Asthma.)

Unit 3: Symptoms and Solution according to yoga in different Disease- (Eyes problem, Obesity, Heart disease, Diabetes, Tension (Stress and Depression)

Unit 4: Meaning and definition of diet, the purpose of diet, Balance diet, Concept of Nutrition, mitahar- (Moderate diet).

Suggested Readings

1. Yog and yogic therapy – Pro. Ramharsh singh
2. Yogic therapy- swami kulvlayanand
3. Yog and rog – swami satyanand sarswati
4. Sharir kirya and yogaabhyas- Dr.M.M. Gora

PAPER 5: YOGA PRACTICAL

CONTENT:

Shat Karma (Cleansing Process)

Jalneti (Nostile Cleansing), Rubber Neti, Vamankirya/ Kujankirya, Vatkarm, Viyutkaram, Sheetkaram, Kapalbhata, Nuli (Boys).

Asana:

Padmasana (Lotus Pose) , Vajarasana (Thunderbolt Pose), Gomukhasana(Cow's Face Pose) Ardhmatsyendra(Spinal Twist Pose) Paschimottanasana(Back Stretching Pose) Ustrasana(Camel Pose) Halasna(Plow Pose) Sarvangasana(Shoulder Stand Pose) Uttanpadasana(Standing Forward Bend) Matsyanasana(Fish Pose) Chakraasana(While Pose) Markatasana(Monkey Twist Pose) Setubandh(Bridge Pose) Dhanurasana(Bow Pose) Tadasana(Mountain Pose) Sirshasana(Head Stand) Mayurasana(Peacock Pose) Salabhasana(Locust Pose) Savasana(Corpse Pose)

Pranayama: Bhastrika, Nadi Shodhana, Bhramri, Ujjayi, Mudra-Bhandh: → Gyan Mudra, Yog Mudra, Vipritkarni Mudra, Jalandhar Bhandh, Mool Bhandh, Uddyan Bhandh Sun Salutation with Mantra.

SEMESTER II

PAPER 1: FUNDAMENTAL OF YOGA

CONTENT:

Unit 1: Concept and formation of ishvara, prakruti and purush, definition and meaning in yoga, chittabhumiya and chittavritti, assiduousness(Abhyasa) and imperturbability(vairagya),yogantaraya(obstacles), chittaprasadanam(helpful elements).

Unit 2: Type of Samadhi →Samprajnat and asamprajnat, ritambharapragya, kriyayog, punchkleshe, formation of sukh or dukh, vivek- khyatirsaptadhaprajna (pragya).

Unit 3: Asthangyog (Eight Fold Path)- Formation and benefits of Yama, formation and benefits of Niyama, formation and benefits of asana, formation and benefits of pranayama, formation and benefits of pratyahara, formation and benefits of Dharana, formation and benefits of dhyana

Unit 4: Formation of antarang and samyamah, description of vibhuti, concept of kevalya, method to achieve kevalya.

Suggested Readings

1. Patanjaliyog dhrasanam –Dr. Devi sahya Pandy deep
2. Patanjali yog Pardeep – Geeta Press Gorakhpu

PAPER 2: NATUROPATHY

CONTENT:

Unit 1: Meaning of disease, definition, cause and type of disease, symptoms of physically, mentally and spiritually sick person and healthy person, origin of alternative therapies, concept of alternative therapies, importance and types of alternative therapies.

Unit 2: Acupressure- History of acupressure, meaning and definition of acupressure, type of acupressure, principle and rules of acupressure, method of acupressure, tools of acupressure quality and treatment of acupressure, precaution in acupressure.

Unit 3: Magnet therapy- History of magnet therapy, meaning of magnet and magnet field, quality of magnet, type of magnet, type of magnet therapy, method of magnet therapy, principle and precaution of magnet therapy, benefit and effect of magnet therapy.

Unit 4: A Reiki Therapy- History of Reiki therapy, meaning and concept of Reiki therapy, rules of Reiki therapy, helping tools of Reiki therapy, method of Reiki treatments, benefits and limitations of Reiki therapy. B Mantra Therapy → Meaning of mantra, definition and formation of mantra, type of mantra, main source or part of mantra, type of mantra chanting, rules of mantra chanting for beginners, the scientific view of mantra and different mantra effects.

Suggested Readings

1. Alternative therapy –Dr. R.H. Vivak|
2. Alternative therapy Method- Dr. Rajkumar Puruthi
3. Acupresser Naturopathy therapy – Dr. Attar Singh
4. Magnet Therapy –Dr. Hiralal Bansal

PAPER 3: TEACHING METHODOLOGY OF YOGIC PRACTICE

CONTENT:

Unit 1: Meaning and types of methods, Factors affecting teaching, Principles of teaching, Need and importance of teaching practice, Maxims of teaching

Unit 2: Presentation technique, Technical preparation, Personal preparation, Modern concept and teaching Aids class management and its meaning and need, Steps of class management

Unit 3: Meaning of tournaments and competition and its importance, Eligibility rules of Inter –University of Yoga, Organization and administration of Yoga competition, Audio visual Aids.

Unit 4: Meaning of lesson plan and its importance, Principles of lesson plan, Demonstration in Yoga and its types, Importance of demonstration.

PAPER 4: TRADITIONAL YOGA

CONTENT:

Unit 1: Patanjali Yog Sutra, Definition and meaning of yoga, Types of vrittis, Different ways to achieve Raj Yog, Disturbance in Yogic Practices.

Unit 2: Swatmaram Hatha Pradipika, Asanas, Pranayama, Kriyas, Nadanusandhan

Unit 3: Great Philosophy of Indian Yoga Culture, Charwak, Budha, Mahavir, Swami Vivekanand

Unit 4: Panchikaran Prakriya, Panch Kosh Theory, Nandha Bhakti, Kundalini, Astha Sidhi

PAPER 5: NATUROPATHY PRACTICAL

CONTENT:

Water therapy Bath- katibath (hot, cold, natural), steam bath, spinal spray, spinal bath, foot bath cold and hot Enema-natural water, coldwater, warm water. Wetstrip-full body, chest, neck, hand and leg.

Mud Therapy- Mud strip-chest, abdomen, eyes, forehead, ear, neck. Lape-full body mud lape (ranjbath, wet mud bath).

Sun therapy- Sun bath through with its color.