MANGALORE UNIVERSITY

Accredited by NAAC with 'A' Grade

Department of Human Consciousness and Yogic Sciences

Mangalagangothri – 574 199

Syllabus for **"P.G. Diploma in Yogic Science"**

September 2018

P.G.DIPLOMA IN YOGIC SCIENCE

Duration	:	One year
Eligibility	:	Any degree passed
Class hours	:	Regular / Morning and evening
Total Papers	:	6 papers – 4 Theory and 2 Practicals.
Marks	:	Theory (70 + 30) x 4 = 400
		Practicals (70 + 30) x 2 = 200
		600
Teaching hours	:	Theory : Each paper 4 hrs x 4 = 16 hrs.
		Practicals 6 hrs x 2 = 12 hrs.
		Each theory papers yearly = 120 hrs. Teaching
		Practicals = 180 hrs. Teaching

P.G. DIPLOMA IN YOGIC SCIENCE

DYS 201 : BASICS OF YOGIC SCIENCE 80 Hours

I Introduction of Patanjala Yoga. 20 Hours

1) Nature of Yogic Science, Definition, Citta vrttis, Method to Control.
2) Samprajnata Samadhi, Classification, Asamprajnata Samadhi, Classification and attainment
3) Citta Vikshepa, Citta prasadana,Ishwara Pranidhana, Ishwara.
4) Samapatti, Sabija, Nirbija, Samadhi.

II Practices to attain Samadhi 20 Hours

1) Kriyayoga, Methods, Kleshas, Controling Methods, Karmasaya.
2) Vipaka of Klesha, Heyaswarupa, Hetu, Drsya & Drasta.
3) Samyoga – Nature, Cause – Heyaswarupa, Vivekakhyati.
4) Astanga yoga in detail.

III Hathayoga practices – I 20 Hours

1) Introduction to Hathayoga, Parampara, Importance, Yama and Niyama, Destructive and Constructions of yoga.
2) Methods of Hathayoga Practice, Asana, Mitahara, Food taking rules, Achievements.
3) Pranayama, Nadisuddhi, Duration, Time, Gradation, Yukta, Ayukta, Satkriya.
4) Nadisuddhi, Varieties of Kumbhaka, Methods, Benefits, Hathasiddhi.

IV Hathayoga practices – II 20 Hours

1) Ghatayoga – Introduction, Kriyas, varieties, practice, benefits.
2) Asana – practice, benefits, food system, limitations.
3) Pranayama, preparation, varities practice, benefits.
4) Mudras and Bandhas in Hatha yoga Pradipika and Gheranda Samhita with benefits.

REFERENCE BOOKS

1.	Swami Vivekananda	:	Rajayoga, Advaita Ashrama, 5 Dehi Entally Road, Kolkatta, 700014, 2011.
2.	Swami Digambaraji	:	Hathayoga Pradipika of Swatmarama – Kaivalyadhama, Lonavala, 1998.
3.	Swami Satyananda	:	Four chapters on Freedom (commentary on the yoga sutras of Patanjali) (1983), Bihar School of Yoga, Munger.
4.	Harihara nanda Aranya	:	Yoga Philosophy of Patanjali with Bhasvati, University of Calcutta Press, Calcutta, 2000.
5.	Omananda Tirtha	:	Patanjala Yoga Pradeepa Geeta Press, Gorakhpur, 2013.
6.	Taimini.I.K.	:	The Science of Yoga Theosophical Publishing House, Adyar, Chennai – 600 020, 2010.
7.	Swami Niranjanananda:		Yoga Darshan, Sri Pachadasham Paramahamsa Alakh Bara, Deoghar.
8.	Swami Muktibodhananda:		Hathayogapradipika, Bihar School of Yoga, 1998.
9.	Swami Niranjanananda:		Gheranda Samhita, Bihar School of Yoga, 2012.
10.	Swami Digambarji	:	Gheranda Samhita, Kaivalyadhama, Lonavala, 1997.

DYS 202 : BASICS RELEVANT TO YOGIC SCIENCE 80 Hours

I Introduction to Yogic Science 20 Hours

1) Yoga – Meaning, Definitions, Concepts, Aim, Objects, Misconcepts.
2) Historical development of Yogic Science, Yogic texts and famous yogis (10).
3) Schools of Yoga-Rajayoga, Bhaktiyoga, Mantrayoga.
4) Karma yoga, Jnanayoga, Kundalini yoga.

II Comparative Study of Sankhya and Yoga. 20 Hours

1) Introduction to - Nyaya, Vaisheshika,
2) Introduction to - Mimamsa and Vedanta
3) Philosophy of Sankhya and Yoga, evolution theory.
4) Comparison of Sankhya and yoga.

III Basics of Psychology with a comparison to Indian thought. 20Hours

1) Concept of personality in Psychology; Theories of personality – Freud's, Humanistic theories, Trait theories; learning approaches to personality, measuring personality.
   Cognition - Thinking, making decisions, problem solving; Human memory – views, kinds of information stored, forgetting.
2) Memory distortion and construction, memory in everyday life, memory and the brain.
   Human intelligence, measuring intelligence, role of heredity and environment, emotional intelligence, creativity.
3) Concept of personality in Indian system – Sthoola; Sookshma, Karana sarira and relationship with the pancakoshas; gunas and personality, samskaras and kleshas along with lifestyle.
4) Mental Health – Health and well-being, Stress: its causes, effects and control. Mental disorders – mood disorders, anxiety disorders. Management of mental disorders.

IV Food System and Life Style 20 Hours

1) Yogic diet – Pathya, Apathya, Balanced diet, quantity, quality, eating time etc.

2) Modern system of Diet – Carbohydrate, Protein, Vitamin, Minerals, fat etc. and Balanced diet**.**

3) Life Style – Sleep, Awakening, Bath, work – rest, Yoga Practice etc.

4) Implementation of Yoga practice in daily routine life – preparation, selection of Kriyas, Asanas, Pranayamas etc.

REFERENCE BOOKS

1.	Swami Virupakshananda	:	Sankhyakarika of Ishwarakrishna, Sri Ramakrishna Math, Mylapore, Madras 600 004, 1995.
2.	Chandradhara Sharma	:	A critical survey of Indian Philosophy, Motilal Banarsi Dass, 2000.
3.	Swami Jananda	:	Philosophy of Yoga, Sri Ramakrishnasharma Publications, 1938.
4.	S.N. Dasgupta	:	Yoga as a Philosophy and Religion, Dover Publications Inc., 2002.
5.	Swami Krishnananda	:	A short history of religions and philosophic thought in India: The divine life society. (1973), Shivanandanagar, Rishikesh.
6.	M.P.Pandit	:	Kundalini Yoga Ganesh & Co., Madras, 1959.
7.	Sir John Woodroffe.	:	The Serpent Power, Ganesh & Co.; Edition 2003.
8.	Dr.S.Radhakrishna	:	Shirmadbhagavadgeeta, HarperCollins; New Edition, 2011.
9.	Swami Harshananda	:	The Six Systems of Hindu Philosophy, A Primer, Ramakrishna Math, Bangalore – 560 019, 2009.
10.	Hall and Lindzey	:	Theories of Personality, Wiley Eastern Ltd., New Delhi, 2007.
11.	Robert A Baron, Girishwar Misra	:	Psychology, Indian Subcontinent Edition, Pearson India Education Services Pvt. Ltd,

7th Floor, Knowledge Boulevard, Sector 62, Noida 201 309, Uttar Pradesh, 2014

12. Stanger, R & Solley, C.M. : Basic Psychology (1970) Tata, Mcgraw Hill, New Delhi.

13. S. K. Mangal : General Psychology, Sterling Publishers (P) Ltd, A-59, Okhla Industrialm Area, Phase–II, New Delhi – 110 020, 2009.

14. Zimbardo : PGI Psychology and life (1979), Foresonam Co., Illinvi.

15. T.Krishnamacharya, T.K.V.Deshikachar. : Nathamuni's Yoga Rahasya, Krishnamacharya Yoga Mandiram, Chennai, 2004.

16. Dr.K.Krishna Bhat : The Power of Yoga, Suyoga Publications, Mangalore, 2006.

DYS 203 : AN INTRODUCTION TO HUMAN BIOLOGY 80 Hours

I Blood and Cardiovascular system 20 Hours

1) Composition of blood, RBC, WBC, Platelets and plasma. Hemoglobin, Coagulation and Anticoagulants.
2) Blood groups and importance. Blood volume, Blood Pressure.
3) Anatomy of heart, Innervation of heart, Cardiac muscle, vessels, Electrocardiogram, Cardiac cycle, Cardiac output.
4) Diseases of Cardiovascular System.

II Digestive System and Respiratory Systems 20 Hours

1) Anatomy of digestive system, saliva, gastric juice. Pancreatic juice, Bile, Intestinal secretion.
2) Digestion of food, absorption – small intestine. Formation of stools, diseases of digestive system.
3) Anatomy of Respiratory System, Mechanism of breathing, Exchange of gases.
4) Pulmonary function tests, lung volumes and capacities, Control of Respiration.

III Excretory and Endocrine system 20 Hours

1) Anatomy of Excretory system, Functions, structure of Skin
2) Glomerules, renal tubules, compositions of urine, micturition Function of Skin, Temperature regulation.
3) Anatomy of Glands, Harmones and Action.
4) Effects of Hormones and diseases.

IV Special senses and Nervous system 20 Hours

1) Anatomy of Eye, Ear, Nose, Tongue.
2) Mechanism of Vision, hearing, smell and taste.
3) Anatomy of Nervous system, classification.
4) Functions of Nervous system and diseases.

REFERENCE BOOKS

1.	Chatterjee C.C.	:	Human Physiology (Vol. I & II), Medical Allied Agency, Calcutta, 1992.
2.	Evelyn, C. Pearce	:	Anatomy and Physiology for Nurses (Faber and Faber Ltd., London, 1968).
3.	Ann B Menaught	:	Illustrated Physiology, Churchill Livingstone; 3rd edition (1975).
4.	Guyton and Hall	:	A Text Book of Medical Physiology, 12th Edition, Saunders – An imprint of Elsevier, 1600 John F Kennedy Blvd, Ste 1800, Philadelphia, P A 19103 – 2899, Reprinted 2012.
5.	Gerald J.Tortora Nicholas P. Anagnostakos:		Principles of Anatomy and Physiology, Harper Collins publishers, 10, East 53rd Street, New York. NY 100 22.
6.	Anne Waugh, Allison Grant	:	Ross and Wilson Anatomy and Physiology in Health and Illness, Edition - 13th, illustrated, Elsevier Health Sciences, 2018.
7.	Dr.Sembu Lingam and Prema Sembu Lingam:	:	Essentials of Medical Physiology, Jaypee Brothers, Medical Publishers Pvt. Ltd., New Delhi, 2012.

DYS 204 : APPLICATION OF YOGIC SCIENCE 80 Hours

I Health and its basic concepts in Indian thought. 20 Hours

1) Definitions of Health, Indian concepts, Modern concepts, WHO etc.

2) Dhatus and Malas, Pathya and Apathya food, Healthy Life style.

3) Usage of the following herbs - Shunti, Tila, Madhu, Marica, Brahmi, Bhumyamalaki, Jeera, Dhanyaka, Patola, Godhuma.

4) Dinacarya and Rtucarya

II Effect of Yogic practices on various systems. 20 Hours

1) Digestive system, Respiratory system

2) Cardiovascular system, Excretory System.

3) Reproductive system, Nervous System.

4) Endocrine system, Skeletal System.

III Basis of Yoga Therapy 20 Hours

1) 25 Tattva thoery

2) Tridosha Theory, Sadrasa and Pancamahabhuta

3) Pancakosha theory

4) Preventive, Promotive and Curative aspects of Yogic Practices.

IV Principles of Yoga Therapy and Yoga Teaching Methodology 20 Hours

1) Model lesson planning for Educational system.

2) Traditional and Modern concepts, Teacher, Student, Teaching, Learning, Evolution.

3) Relevance of Yogic Science in Education to develop-Morality, Behavior, Personality etc.

4) Lecture cum Demonstration, Yoga practical lessons.

REFERENCE BOOKS

1. Swami Digambarji : Hatha Pradeepika SMYM Samiti, Kaivalyadhama, Lonavala, 1998.
2. Vagbhata. : Astanga Hridaya, Vagbhata's Astanga Hrdayam, Text, English Translation, Notes, Appendix and Indices- 3 Vols, Translated by Prof. K R Srikantha Murthy, Chowkhamba Krishnadas Academy, 2000.
3. Dr. V. B. Athavale : Basic Principles of Ayurveda, Chaukhamba Sanskrit Pratishthan Oriental Publishers & Distributors, IN, 2005.
4. Bhagavan Dash, K. Sharma : Caraka Samhita: Text With English Translation & R. Critical Exposition Based on Cakrapani Datta's Ayurveda Dipika (7 Volumes), Chowkhamba Sanskrit Series, 2009.
5. Dr. H. R. Nagendra : New Horizons in Modern Medicine, Vivekananda Kendra, Bangalore, India, 1990.
6. Kuvalayananda : Asanas, Kaivalyadhama, Lonavala, Pune, 1998.
7. Kuvalayananda : Pranayama Kaivalyadhama, Lonavala, Pune, 2005.
8. M.M.Gore : Anatomy and Physiology of Yogic Practices, New Age Books; 2017.
9. K.N.Udupa : Stress and its Management by Yoga, Mothilal Banarsidas, Delhi, Sixth Reprint edition, 2007.
10. Swami Virupakshananda : Sankhyakarika of Ishwarakrishna, Sri Ramakrishna Math, Mylapore, Madras 600 004, 1995.
11. Swami Vivekananda : Rajayoga, Advaita Ashrama, 5 Dehi Entally Road, Kolkatta, 700014, 2011.
12. Swami Satyananda Saraswati : Asana, Pranayama, Mudra, Bandha- Bihar School of Yoga, Munger, 2013.
13. Swami Satyananda Saraswathi : A systematic course in the ancient tantra techniques of yoga & Kriya, Bihar School of Yoga, Munger, 2004.

DYS 205 : PRACTICAL - I - KRIYAS AND ASANAS

PART – A

I Kriyas **45 Hours**

1) Jaladhauti, Jalaneti
2) Sutraneti, Trataka
3) Vahnisara, Kapalabhati
4) Vastradhauti

PART – B

II Asanas **45 Hours**

1) Suryanamaskara – 9 Vinyasa (Vaidika)
2) Swastika, Tada 1 & 2, Vajra, Suptavajra.
3) Trikona, Parsvakona, Parsvotana, Prasaritapada.
5) Padangustha, Padahasta, Uttita Padangusta, Virabhadra.

III Asanas **45 Hours**

1) Pascimatana, Purvottana, Ardhabadhapadma, Tiryainmukhapadapascima, Janusirsha,
2) Navasana, Kurmasana, Pavanamuktasana, Bhujanga,
3) Salabha, Dhanur, Dhanurasana – Parsvasahita, Ustra
4) Maricasana 1, 2, Vakrasana,

IV Asanas **45 Hours**

1) Maricasana 3, 4, Kukkuta
2) Upavistakona, Baddhakona, Suptapadangustha.
3) Jatharaparivartha, Ubhayapadangusta,
4) Viparitakarani, Uttanapada, Sirsha, Shavasana - I

REFERENCE BOOKS

1. Swami Digambarji : Hathayoga pradeepika – Chapter I, II & III, SMYM Samiti, Kaivalyadhama, Lonavala,

1998.

2. Swami Digambari : Gheranda Samhita – Chapter I, SMYM Samiti, Kaivalyadhama, Lonavala, 1997.

3. Swami Omananda Teertha : Patanjala Yoga Pradeepa, Gita Press, Gorakhpur, 2013..

4. Swami Kuvalyananda : Yogic Therapy: Its Basic Principles and Methods, Published by Central Health Education Bureau, Government of India, 1963, Original from the University of California, Digitized 4 Jan 2007.

5. Prof.Pattabhi Jois : Yoga mala – Part I

6. B. K. S. Iyangar : Light on Yoga, HarperCollins Publishers India, a joint venture with India Today Group, New Delhi, A-53, Sector 57, Noida, Uttar Pradesh – 201 301, 2012.

7. B. K. S. Iyangar : Light on Pranayama, HarperCollins India; 2013 edition.

8. Swami Satyananda Saraswati : Asana, Pranayama, Mudra, Bandha - Bihar School of Yoga, Munger.

9. Swami Geetananda : Bandhas & Mudras, Anandashrama, Pondicherry.

10. Swami Satyanada Saraswathi: A systematic course in the ancient tantric techniques of yoga & kriya Bihar School of Yoga, Munger, 2013.

11. Swami Dhirendra Brahmachari: Yogasana Vijnana, Dhirendra Yoga Publications, New Delhi, 1953.

12. O.P.Tiwari : Asana, Why & How, Kaivlyadhama, Lonavala, 1991.

13. Yogeshwar : The Text of Yoga, Yoga Centre, Madras.

14. Swami Satynanda Saraswati : Suryanamaskara,Bihar School of Yoga, Munger, 1983.

15. Dr.K.Krishna Bhat : The Power of Yoga, Suyoga Publications, Mangalore, 2006..

DYS 206 : PRACTICAL - II - ASANAS, BANDHA, MUDRA AND PRANAYAMAS.

I Asanas **45 Hours**

1) Yaugika Suryanamaskara – 17 Vinyasa
2) Siddhasana, Padmasana, Baddha Padmasana, Yogamudra.
3) Pasasana, Krauncasana, Salabhasana, Bhekasana,
4) Laghuvajrasana, Kapotasana, Vajrasana and Suptavajrasana.

II Asanas **45 Hours**

1) Nakrasana, Bharadvajasana, Ardhamatsyendrasana.
2) Ekapadasirsasana, Salamba Sarvangasana,
3) Halasana, Karnapidasana, Urdhvapadmasana,
4) Matsyasana, Shavasana - II

III Bandha, Mudra **45 Hours**

1) Mulabandha, Uddyanabandha
1) Jalandharabandha, Mahamudra
2) Sanmukhi mudra, Viparitakarani
3) Tadagi mudra, Manduki mudra.

IV Pranayama **45 Hours**

1) Recaka Kumbhaka, Puraka Kumbhaka,
2) Ujjayi, Suryabhdda, Chandrabheda,
3) Nadisuddhi, Sitali,
4) Bhastrika, Bhramari

REFERENCE BOOKS

1. Swami Digambarji : Hathayoga pradeepika – Chapter I, II & III, SMYM Samiti, Kaivalyadhama, Lonavala, 1998.

2.	Swami Digambari	:	Gheranda Samhita – Chapter I, SMYM Samiti, Kaivalyadhama, Lonavala, 1997.
3.	Swami Omananda Teertha	:	Patanjala Yoga Pradeepa, Gita Press, Gorakhpur, 2013..
4.	Swami Kuvalyananda	:	Yogic Therapy: Its Basic Principles and Methods, Published by Central Health Education Bureau, Government of India, 1963, Original from the University of California, Digitized 4 Jan 2007.
5.	Prof.Pattabhi Jois	:	Yoga mala – Part I
6.	B. K. S. Iyangar	:	Light on Yoga, HarperCollins Publishers India, a joint venture with India Today Group, New Delhi, A-53, Sector 57, Noida, Uttar Pradesh – 201 301, 2012.
7.	B. K. S. Iyangar	:	Light on Pranayama, HarperCollins India; 2013 edition.
8.	Swami Satyananda Saraswati	:	Asana, Pranayama, Mudra, Bandha - Bihar School of Yoga, Munger.
9.	Swami Geetananda	:	Bandhas & Mudras, Anandashrama, Pondicherry.
10.	Swami Satyanada Saraswathi:		A systematic course in the ancient tantric techniques of yoga & kriya Bihar School of Yoga, Munger, 2013.
11.	Swami Dhirendra Brahmachari:		Yogasana Vijnana, Dhirendra Yoga Publications, New Delhi, 1953.
12.	O.P.Tiwari	:	Asana, Why & How, Kaivlyadhama, Lonavala, 1991.
13.	Yogeshwar	:	The Text of Yoga, Yoga Centre, Madras.
14.	Swami Satynanda Saraswati	:	Suryanamaskara,Bihar School of Yoga, Munger, 1983.
15.	Dr.K.Krishna Bhat	:	The Power of Yoga, Suyoga Publications, Mangalore, 2006.

Preamble:

Syllabus has been prepared long ago and as few batches are over, it is found necessary to revise the syllabus and regulations to make the course on par with the other courses. Accordingly the syllabus is revised and the regulations are modified.