



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

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.

Programme Objectives:

- To make the graduate to understand essentials of Yogic science.
- To impart professional training to the student.
- To provide in depth exposure to the concepts.
- To train the student for better employment opportunity.

Programme Specific Outcomes:

- Upgrading of skills in the subject Yogic science.
- Better career prospects.
- Better understanding of Yogic science.
- Can become experienced Yoga teachers, Yoga practitioners.

Job opportunities as:

- Yoga teacher
- Yoga instructor
- Yoga trainer

Employment areas:

- Educational institutions
- Corporate sectors
- Yoga centers
- Hospitals
- Community health centers
- Resorts



P.G. DIPLOMA IN YOGIC SCIENCE

DYS 201 : BASICS OF YOGIC SCIENCE

80 Hours

Learning Objectives:

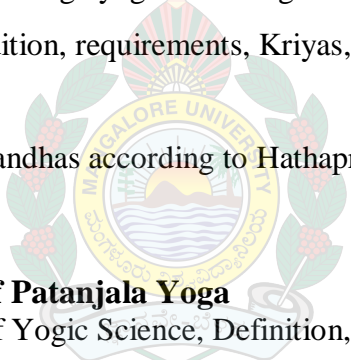
To make the students acquainted with-

- Development of Yoga according to Maharshi Patanjali's Yoga system.
- Study of citta and its modifications
- Hatha yoga practices.
- Ghata yoga practices.

Course Outcomes:

The student will be able to -

- Explain Yoga, cittavritti, Samadhi according to Maharshi Patanjali.
- Describe Kriya yoga, Ashtanga yoga according to Maharshi Patanjali.
- Explain Hatha yoga tradition, requirements, Kriyas, Asanas, Pranayamas according to Hatha yoga.
- Describe Mudras and Bandhas according to Hathapradipika and Gheranda Samhita.

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- 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 prasadena, Ishwara Pranidhana, Ishwara.
 - 4) Samapatti, Sabija, Nirbija, Samadhi.
- II Practices to attain Samadhi 20 Hours**
- 1) Kriyayoga, Methods, Kleshas, Controlling 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, varieties 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. Hariharananda 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 Paramahansa 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

Learning Objectives:

To make the student to know-

- Introduction to Yogic science.
- Basics of the six philosophies.
- Food system and lifestyle.

Course Outcomes:

The student will be able to-

- Explain definitions of Yoga, historical development of Yoga.
- Explain the selected schools of Yoga.
- Explain the six philosophies, compare Sankhya and Yoga.
- Describe personality according to Psychology and Indian system.
- Explain memory and mental health.
- Explain food system according to Yoga and modern system.
- Implement practice of Yoga in daily life.

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 Janananda : 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, : Psychology, Indian Subcontinent Edition,
Girishwar Misra : 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, : Nathamuni's Yoga Rahasya,
T.K.V.Deshikachar. : 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

Learning Objectives:

To make the students to-

- Know the anatomy and physiology of blood and cardiovascular system.
- Study the digestive system and respiratory system.
- Know about excretory and endocrine system.
- Study the anatomy and physiology of special senses and nervous system.

Course Outcomes:

After the course, the student will be able to-

- Describe composition of blood, blood group and importance.
- Anatomy and functioning of heart.
- Anatomy of digestive system and process of digestion.
- Functioning of excretory system, endocrine system.
- Describe the functioning of sensory organs and nervous system.
- Apply in personal health.

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 : Essentials of Medical Physiology, Jaypee Brothers, and
Prema Sembu Lingam: Medical Publishers Pvt. Ltd., New Delhi, 2012.

DYS 204 : APPLICATION OF YOGIC SCIENCE 80 Hours

Learning Objectives:

To make the students acquainted with-

- Health according to Indian concept.
- Daily and seasonal routines.
- Effect of Yogic practices of different systems.
- Basis of Yoga therapy.
- Teaching methods.

Course Outcomes:

After the course, the student will be able to-

- Explain definitions, concepts of health according to Indian and modern system.
- Describe effect of lifestyle, Kriyas, Asanas, Pranayamas, Bandhas Mudra and Meditation techniques on the selected systems.
- Describe basic principles of Yoga therapy and preventive, promotive and curative aspects of yogic practices.
- Apply the Yogic practices/ therapy in personal life.

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, : Caraka Samhita: Text With English Translation & R. K. Sharma 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

Learning Objectives:

To make the students acquainted with-

- Fundamentals of Yogic Kriyas and Yogasanas.
- Practical knowledge of Yogic Kriyas and Yogasanas.
- Traditional knowledge in modern educational method.

Course Outcomes:

After the completion of the course, the student will be able to:

- Perform the kriyas and asanas systematically.
- Describe and demonstrate the procedures of the selected Kriyas and Asanas.
- Apply the Kriyas and Asanas therapeutically according to the individual requirement

PART – A

I Kriyas

45 Hours

- 1) Jaladhauti, Jalaneti
- 2) Sutraneti, Trataka
- 3) Vahnisara, Kapalabhati ಬೆಳಕು
- 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) Jatharaparivatha, 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.
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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. Iyengar : 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. Iyengar : 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 Dharendra Brahmachari: Yogasana Vijnana, Dharendra 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.

Learning Objectives:

To make the student to

- Know the Asanas.
- Know the fundamentals of Bandhas and Mudras.
- Get trained in Bandhas and Mudras.
- Understand the therapeutical applications of Bandhas and Mudras.
- Get trained in Pranayama and Meditation.

Course Outcomes:

After the completion of the course, the student will be able to-

- Practice Asanas according to the classical references.
- Perform the Pranayama, Bandhas and Mudras systematically.
- Describe and demonstrate the procedures of the selected Pranayama, Bandhas and Mudras.
- Apply the practice therapeutically to the patient.
- Represent the practice in proper terms.
- Self-improvement of health and concentration.

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, Suryabhada, Chandrabhedha,
- 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.
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