

**DIPLOMA IN YOGA – PART ONE**

**Optional Early Certificate: - N/A**

**Syllabus:-**

Sr. No.	Module Code	Name of Module	Credits	Total Marks
1	CDY-111	Foundation of Yoga	5	100
2	CDY-112	Basic Relevant to Yoga Therapy	5	100
3	CDY-113	Human Anatomy	5	100
4	CDY-114	Yoga Practice-I (Asanas, Pranayamas, Mudra & Bandhas)	4	100
5	CDY-115	Traditional Yoga	5	100

**Module Name: FOUNDATION OF YOGA**

**1. Orientation to Patanjala Yogasutra:**

Introduction to Yogasutra - Nature of Yoga science, Definition of yoga, the nature of seer in pure and modified state, Vrittis - Nature, classification, definition, method to control of chitta vrittis. Samprajnata Samadhi and its classification, asamprajnata and its classification, variation in the attainment of Asamprajnata Samadhi; Iswarapranidhana - a means to attain Samadhi, definition and quality of Iswara. Chittavikshepa, Chittaprasadana and its associates, control of chitta-vikshepa, different methods of manasthiti and its benefits, Samapatti. Sukshnavishayatwa, Sabijasamadhi, Speciality of Nirvichara, Ritambharaprajna, Nirbijasamadhi, Kriya-yoga and its benefits; Classification, methods to control the Kleshas, Karmashaya, Vipaka of kleshamula, Heyaswarupa, Heyahetu, Drshya and Drasta, Samyoga - Nature & Cause, Hanopaya, Hanaswarupa, Vivekakhya, Astanga yoga-Vama, Niyama, Asana, Pranayama, Ratyahara-Bahiranga Yoga, Dharana, Dhyana, Samadhi-Antaranga Yoga, Powers Introduction.

## **2. Orientation of Hathayoga pradipika :**

Hatha yoga - Introduction, relationship of Hathayoga and Rajayoga, greatness of Hathayoga, Hathayogi parampara, importance of Hatha and its secrecy, place of Hathayoga Practice, Destructives and constructives of yoga, Yama and Niyama, Asana, methods of Hathayoga Practice, Mitahara, Pathya and Apathya.

Rules in food taking, Hathayoga achievements. Pranayama - Benefits of Pranayama, Nadishuddhi and Pranayama. Duration and time for pranayama practice, Gradation of Pranayama, Sweat and Pranayama, Food during pranayama practice, Yukta and Ayukta pranayama, Nadishuddhi, Satkriya-Neti, Dhouti, Basti, Nauli, Trataka, Kapalbhathi, Gajakarani, Importance of Pranayama practice. Symptoms of Nadishuddhi, Manonmani, Varieties of Kumbhaka-Methods of practice, Classification of their benefits, Hathayogasiddhilakshanam. Kundalini as base for all yoga, Results of Kundalini prabyodha, Synonyms for Susumna, Mudras Bandhas-classification, benefits and methods of practice, Nadanusandhana.

## **3. Orientation to Gheranda Samhita :**

Ghatayoga - Introduction, Saptanga yoga, Benefits, Satkriyas - Classification Practicing methods and benefits. Mudra - Introduction, 25 mudras - Classification, Practising methods and benefits. A comparative study of Hathayoga and Ghata yoga.

## **4. Orientation to Shivayogadipika :**

Shivayogadipika - Introduction, classification of yoga, Classification of Rajayoga, Comparison between Rajayoga and Shivayoga. Evolution theory, two types of Shivajnana, qualities of a teacher, Shivaswarupa. Importance of physical health, Hatha yoga a means to attain physical health, Bahya yoga. Antaranga yoga, Yama, Niyama, Asana, Place of practice of Hathayoga. Pranayama, Prakrtayoga, Vaikrtayoga. Kevalakumbhaka, Amana yoga, Ajapagayatri, Nadi, Pranava, Bandha, duration of Pranayama, meditation, Antarangayoga - Pratyahara, object for meditation, posture, chakra, adhara, means to control chitta, dharana, duration and objects of dharana, Samadhi and definition, Conductives for Samadhi, benefits of Astangayoga – Hathayoga - Layayoga - Mantrayoga.

### **REFERENCE BOOKS:**

1. Rajayoga - Swami Vivekananda - Ramakrishna Ashrama Publications.
2. Hathayoga Pradipika of Swatmarama - Kaivalyadhama, Lonavala
3. The Science of Yoga - Taimini - Theosophical Publishing House, Adyar, Madras.
4. Yogasutras of Patanjali - Hariharananda Aranya, University of Calcutta Press, Calcutta.

5. Patanjali Yoga Pradeepa Omananda Tirtha- Geeta Press, Gorakhpur.
6. Gherandasamhita - Bihar School of Yoga, Munger, Bihar.
7. Shivayogadipika - Sadashivabrahmendra, Ananda Ashramagranthavali, Choukhamba Press.
8. Yoga Darshan : Swami Niranjanananda-Sri Panchadashanam Paramahansa Alakh Bara, Deoghar.
9. Four chapters on Freedom (commentary on the Yoga sutras of Patanjali), Swami Satyananda (1983), Bihar School of Yoga, Munger.

**Module Name: BASICS RELEVANT TO YOGA THERAPY**

**1. Basics of Sanskrit:**

Orthography of Devanagari varnamala, classification of varnas, purnaksara, samyuktaksara, karakas and mrduvyanjanas, writing of varnamala using Roman transliteration.

Sanskrit words - classification of Sanskrit words; Subantas - Ajantha and Halanta words, genders, vachanas, cases of subanta words. Declaration of the following words in cases - Rama, Hari, Guru, Pitri, Lata Mati, Dhenu, Phalam, Vari, Gau, Marut, Vidvas, Rajan etc., Asmad, Yusmad, Tad, Kim etc.

Kriyapada in Sanskrit - Classification, Lakaras, Purusas, Vachanas. Declaration of the following root words in Lat, Lan, Lrt, Lot and Vidhi Lin - Bhū, Khad, Vad, Dhya, Path, Sev, Kshi, Prachchh, Tush, Kath, Chint, Ad, As, Jagri, Bha, Kri.

Avyayas in Sanskrit - different kinds of avyayas, upasargas, nipatas etc., Elementary knowledge of all kinds of sandhis with examples in Sanskrit Elementary knowledge of voices, compound words with examples in Sanskrit.

Karakas - its use in Sanskrit.

Study of the following shlokas from Pauchatantra.

1. Mitrabheda - 20, 22, 23, 81, 118.
2. Mitraprapti - 2, 7, 25, 36, 40, 80.
3. Kakolukiyam - 7, 24, 57, 59, 75.
4. Labdhapranasham - 11, 13, 41, 64, 68.
5. Apareekshitakarakam - 11, 15, 16, 26, 34.
6. Raghuvamshamahakavyam - 1<sup>st</sup> Sarga 1-25 shlokas.

## **2. Principles of Ayurveda in Yoga:**

Tridosha, Dhatu, Mala, Sadhya, concept of health according to Ayurveda, dinacharya, sadvrtta, rutucharya, elements of snehana, svedana, vamanavirechana, bastikriya in panchakarma.

## **3. Principles of Naturopathy in Yoga:**

The evolution of the human body, philosophy of the body ; mind, soul, life, spirit and spiritual body, history and fundamental principles of Naturopathy.

Philosophy of Indian Naturopaths: Mahatma Gandhiji

Laws of Nature : Pancha Maha Bhutas, Shareera Dharmas - Ahara, Nidra, Bhaya, Maithunam, Inflammation and its different stages, Natural rejuvenation.

Foreign matter and toxins, accumulation in the body and its importance in elimination through different ways or channels.

Definition and maintenance of nature's constructive principles of health. Importance of physical and mental hygiene.

## **4. Principles of Astrology :**

Basics of Indian Astronomy and Astrologically good and favourable dates and time under particular sign and constellations for administration of Herbal medicine and Natural treatments. This may be a part of study as project to find the specific dates and time under particular sign and constellation in which the medicine and the treatment is more potent and effective.

### **REFERENCE BOOKS:**

1. Sabda Manjari
2. Dhatu Manjari
3. Panchatantra
4. Raghuvamshamahakavyam of Kalidasa
5. Charakasamhita of Charaka
6. Astanga Hridaya -Vagbhata
7. Practice of Nature Cure - By Henry Lindlahr
8. History & Philosophy of Nature Cure - By S.J. Singh
9. My Nature Cure - By Sh. M. K. Gandhi

**Module Name: HUMAN ANATOMY**

1. Human Anatomy - Physiology - Cell Structure - Division & Function – Cell Organelles - Tissue - Types of Tissues and Their Functions – Skeletal System.
2. Respiratory system - brief description of larynx - bronchi - lungs - cardiovascular system - anatomy and physiology of heart - arteries and veins - circulation - systematic and pulmonary (in brief) - brief review of chambers.
3. Urinary system - structure and function of the kidney - uterus - bladder - urethra and nephron give special emphasis on formation of urine - physiology and anatomy of male and female reproductive organs.
4. Endocrine - pituitary - thyroid - parathyroid - thymus - adrenals and pancreas.
5. Central nervous system - brain - spinal cord and meninges explain with its functions.
6. Skins - structure and functions - study and give small project on bones and cartilage hla system.
7. Digestive system - physiology and anatomy of mouth - stomach - intestine - absorption of food and its excretion - role of bile in digestion and excretion - liver function and a brief description of liver and biliary tree.

**Module Name: YOGA PRACTICE-I(ASANAS, PRANAYAMAS, MUDRAS & BANDHAS)****Module Name: TRADITIONAL YOGA****UNIT -1 Patanjali Yog Sutra**

- i) Definition and meaning of yoga.
- ii) Types of vrittis.
- iii) Different ways to achieve Raj Yog.
- iv) Disturbance in Yogic Practices.

**UNIT –II Swatmaram Hatha Pradipika.**

- i) Asanas.
- ii) Pranayama
- iii) Kriyas.
- iv) Nadanusandhan

**UNIT –III Great Philosophy of Indian Yoga Culture**

- i) Charwak.

ii) Budha.

iii) Mahavir.

iv) Swami Vivekanand

#### **UNIT -IV**

i) Panchikaran Prakriya.

ii) Panch Kosh Theory.

iii) Nandha Bhakti

iv) Kundalini.

v) Astha Sidhi