

POST GRADUATE DIPLOMA IN YOGA – PART ONE

Optional Early Certificate: - N/A

Syllabus:-

Sr. No.	Module Code	Name of Module	Credits	Total Marks
1	PDY111	Foundation of Yoga	5	100
2	PDY112	Basic Relevant to Yoga Therapy	5	100
3	PDY113	Human Biology	5	100
4	PDY114	Yoga Practice-I (Asanas, Pranayamas, Mudra & Bandhas)	4	100
5	PDY115	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. Sukshmvishayatwa, Sabijasadhi, Speciality of Nirvichara, Ritambharaprajna, Nirbijasadhi, 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, Vivekakhathi, 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, Nadishuddi and Pranayama. Duration and time for pranayama practice, Gradation of Pranayama, Sweat and Pranayama, Food during pranayama practice, Yukta and Ayukta pranayama, Nadishuddi, 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 - Bhru, 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 - 1st Sarga 1-25 shlokas.

2. Principles of Ayurveda in Yoga:

Tridosha, Dhatu, Mala, Sadhya, concept of health according to Ayurveda, dinacharya, sadvritta, 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 BIOLOGY

(I) Anatomy & Physiology:

(i) Musculo-Skeletal System :

Muscle - Classification - Histology - properties of each type - distribution - Mechanism of muscle contraction (Brief) - neuromuscular transmission (Brief), ligaments, tendons, Skeleton-Bones-types, Structure & function, Spinal column. Joints - Types, Structure, Function.

(ii) Blood and Immune System :

Composition of blood corpuscles - R.B.C., W.B.C., Platelets.

Plasma, Haemoglobin - Coagulation of blood and anticoagulants. Blood groups and its importance, lymphatic system, Immunity - types & mechanism.

(iii) Cardiovascular system :

Anatomy of Heart and blood vessels - Innervation of heart - Properties of cardiac muscle - Control of cardiac cycle and circulation - Cardiac output - Blood pressure.

(iv) Respiratory System :

Anatomy-Gross & Histological - Mechanism of Breathing, Exchange of gases
Pulmonary function tests-lung volumes - Control of respiration.

(v) Digestive system:

Anatomy - Gross and Histological - Mechanism of secretion of - Saliva, Gastric Juice, Pancreatic Juice, Bile, Intestinal secretion - Role of these secretions in digestion of food, Absorption and assimilation and formation of faeces.

(vi) Excretory System and temperature regulation :

Anatomy-Gross & Histology - Functions of glomerules and renal tubules Micturition and composition of urine - structure and functions of skin-Regulation of body temperature.

(vii) Endocrine System :

Anatomy - Gross & Histological, Thyroid, Parathyroid, Supra - renal, Pituitary, Islets of Langerhans - Function of thyroid and parathyroid hormone, effect of hypo and hyperactivity on the body. Hormones of supra-renal and their action and effect of

hypo & hyper activity on the body. Hormones of pituitary gland- its action and effect of hypo & hyper activity on the body. Role of insulin in glucose metabolism.

(viii) Special senses :

Eyes Anatomy - Histology of retina, Corneal function, Physiology of vision & accommodation, Sense of smell - nasal mucosa, tongue, taste buds. Ear-Mechanism of hearing and function of semicircular canal.

(ix) Reproductive System :

Anatomy - Gross & History of Male reproductive system - Spermatogenesis. Female reproductive system - Ovarian hormones, Menstruation, Pregnancy, Parturition, Lactation.

(x) Central Nervous System :

Anatomy - Gross - Cerebrum, cerebellum, Spinal cord. Histology - Nerve - structure and properties of neurons - Nerve - Action Potential - generation propagation – factors influencing. Classification of neurons and nerve fibers Receptors and reflex arc. Functions and important connections of Cerebrum, Pons, Medulla, Thalamus, Hypothalamus, Cerebellum - Autonomic nervous system - Sympathetic and parasympathetic - anatomy & functions.

2. Yogic Diet : Nutrition & related Biochemistry :

Dietetics in Yoga Therapy - Classification according to triguna-Vegetarian Vs. nonvegetarian diet, Panchabhuta relationships, Rasa virya, Guna, Vipaka of Shali, Yava, Godhuma, Mudga, Masha, Chanaka, Patola, Surana, Mana, Kakkola, Shukashuka, Karkat, Rambha, Balaramba, Mulak, Vartaki, Riddhi, Kalashaka, Patola, Vatraka, Himocika.

Navanita, Ghrta, Kshira, Sita, Aikshwam, Gudam, Pakvaramba, Varikelalm, Draksham, Lawali, Dhatri, Ela, Jati, Lavanga, Panasa, Jambu, Haritaki, Khajura, Madhu, Shunthi.

(i) Nutrition :

Nutrients, proximate principles of diet - their importance.

Carbohydrates : Monosaccharides, polysaccharides.

Proteins - Importance of proteins in biological system - Essential and non-essential amino acids - biological value.

Lipids - triglycerides - essential fatty acids

Calorimetry - Energy requirement and its calculation, Energy aspects of diet and their distribution, Balanced diet.

Minerals - Calcium, iron, other trace elements in human nutrition.

Vitamins - Fat soluble and water soluble vitamins - Physiological role - requirement and source signs of deficiency.

ii. Enzymes : Definitions, specificity, inhibitors and activators.

3. Yoga and Psychology :

Study of - cognitive processes. Higher mental processes, feeling and emotion, mental abilities and personality. A comparative study of total personality according to Yoga and Modern Psychology.

4. Research Methodology :

This is to find the scientific reasoning and logic behind the yogic and natural practices. For this purpose various innovative experiments may be performed like-designing of study, selection criteria and statistical analysis etc.

REFERENCE BOOKS :

1. Human Physiology - Chatterjee
2. Anatomy and Physiology for Nurses
3. Illustrated Physiology by Ann B Menaught
4. A text book of Biochemistry - Subba Rao
5. A text book of Medical Physiology - Guyton
6. Introduction to Psychology - by Hilgard, E.R. Atkinson, R.L. and Atkinson. (1979) R. C. Harcourt Brace Jovanovich, New York.
7. Basic Psychology, Strangely, R & Solley, C. M. (1970), Tata Mcgraw-Hill, New Delhi.

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