

POST GRADUATE DIPLOMA IN YOGA – PART TWO

Optional Early Certificate: - N/A

Syllabus:-

Sr. No.	Module Code	Name of Module	Credits	Total Marks
1	PDY121	Integral Approach to Yoga Therapy	5	100
2	PDY122	Yoga & Health	5	100
3	PDY123	Teaching Methodology of Yogic Practice	5	100
4	PDY124	Yoga Practice-II (Kriyas, Meditation)	4	100
5	PDY125	Project	5	100

Module Name: INTEGRAL APPROACH TO YOGA THERAPY

1. Sankhyayoga :

Introduction, 3 fold afflictions, means to overcome afflictions, 25 entities according to Sankhya, means of knowledge, Satkarya vada, similarities and dissimilarities of vyakta and avyakta, triguna, existence of purusha, plurality of purusha, proximity of purusha and prakrti, samyoga, Sarga, Pratisarga, Karan (Antahkarana and Bahyakarana) Avisesha and Visesha, Sharira.

2. Bhagavadgeeta :

A critical study of Sankhyayoga : Introduction, message of strength, declines to fight against the respected ones, spiritual anguish, consistency is yoga, immortality of Atma, nature of death, feeling related to body, real and unreal, atma is real, characteristics of atma, view of materialistic life, swerve not from duty, karma and karmayoga, way of wordly life, triguna, samatvayoga, qualities of restrained mind, characteristic of enlightened man, nature of uncontrolled senses, muni, samyami, bramhajnani.

A critical study of Dhyana yoga : Introduction, karmayoga and karmasanyasa, yogi and sanyasi, self is ultimate for an individual, qualities of a man whose senses are controlled,

environment for meditation, place, seat, posture, condition of mind. Method of meditation, result of meditation, criterion for progress in meditation, conductives for yoga, one pointedness of mind, bliss in yoga, other traits of yoga, nature of mind, control of mind, perfection in yoga, merit of enlightened yogi, culturing of mind, fate of imperfect yogi, yoga is unparalleled.

Bhakti-yoga-Character-types of Bhakta, methods.

3. Upanishads :

Essence of Upanishads, Isavasya, Taittiriya etc.

4. Link between man and the Master:

A general survey of the life sketch, teachings and techniques of founders of various religious and spiritual lines.

REFERENCE BOOKS :

1. Sankhyakarika : Ishwarakrishna
2. Shrimad Bhagavadgita - Dr. S. Radhakrishna
3. Dashopanishat
4. A Critical survey of Indian Philosophy - Chandradhara Sharma
5. Philosophy of Yoga : Swami Jnanananda, Sri Ramakrishnashrama Publications.
6. Yoga as a Philosophy and Religion - S. N. Dasgupta, Calcutta.
7. Gita for Modern man : Krishna Chaitanya (1986), New Delhi, Clarion Books.
8. Swami Krishnananda, A short history of religious and philosophic thought in India.
9. Basis and applications of Yoga : Published by SVYASA, Bangalore.

Module Name: YOGA & HEALTH

ईकाई –1

स्वास्थ्य की परिभाषा, स्वास्थ्य का प्रयोजन, स्वास्थ्य के निर्धारक तत्व। स्वास्थ्यवृत्त – दिनचर्या, प्रातःकालीन जागरण, शौचादि नित्यकर्म, दन्तधावन, मुखशोधन व नेत्र प्रक्षालन, निद्रा, ब्रह्मचर्य व ऋतुचर्या। व्यायाम– परिभाषा, प्रकार महत्व, यौगिक व अयौगिक व्यायाम में तुलनात्मक अन्तर। स्नान– विधियाँ व महत्व। संध्या व हवन की जानकारी एवं महत्व।

ईकाई –2

आहार–परिभाषा, उद्देश्य सन्तुलित आहार, मिताहार, आहार के घटक, द्रव्य– इनकी प्राथमिक जानकारी, कार्य, अभावजन्य व्याधियाँ व आहारिय स्रोत। नशीले पदार्थों की जानकारी व सेवन से हानियाँ।

ईकाई –3

व्याधि की अवधारणा, यौगिक चिकित्सा–अवधारणा, सिद्धान्त एवं परिसीमा। निम्नलिखित रोगों के कारण, लक्षण व यौगिक चिकित्सा – अम्लपित्त, कोष्ठबद्धता, नजला–जुकाम, दमा, उच्च रक्तचाप, निम्न रक्तचाप।

ईकाई – 4

निम्नलिखित रोगों के कारण, लक्षण व यौगिक चिकित्सा— मोटापा, मधुमेह, संधिवात, गर्दन—कमर दर्द, तनाव, अवसाद।

सन्दर्भ ग्रन्थ:

स्वस्थवृत्त विज्ञान	—	प्रो. रामहर्ष सिंह
स्वस्थवृत्तम	—	शिवकुमार गौड़
आहार और स्वास्थ्य	—	डॉ. हीरालाल
योग एवं यौगिक चिकित्सा	—	प्रो. रामहर्ष सिंह
योग से आरोग्य	—	इण्डियन योग सोसइटी
यौगिक चिकित्सा	—	स्वामी कुवल्यानंद
योग और रोग	—	स्वामी सत्यानंद सरस्वती
शरीर क्रिया विज्ञान एवं योगाभ्यास	—	डॉ. एम.एम. गोरे

Yogic management of Common Diseases- Swami Shankafraidevananda Saraswati

Module Name: TEACHING METHODOLOGY OF YOGIC PRACTICE

UNIT -I

- i) Meaning and types of methods.
- ii) Factors affecting teaching.
- iii) Principles of teaching.
- iv) Need and importance of teaching practice.
- v) Maxims of teaching

UNIT-II

- i) Presentation technique
- ii) Technical preparation.
- iii) Personal preparation.
- iv) Modern concept and teaching Aids class management and its meaning and need
- v) Steps of class management

UNIT-III

- i) Meaning of tournaments and competition and its importance.
- ii) Eligibility rules of Inter –University of Yoga.
- iii) Organisation and administration of Yog competition.
- iv) Audio visual Aids.

UNIT-IV

- i) Meaning of lesson plan and its importance.
- ii) Principles of lesson plan
- iii) Demonstration in Yoga and its types
- iv) Importance of demonstration.

Module Name: YOGA PRACTICE-II (KRIYAS, MEDITATION)

Kriyas

1. Jalaneti
2. Agnisara
3. Kapalabhati
4. Trataka
5. Sutraneti
6. Gajakarani
7. Vastradhauti
8. Madhyamanauli
9. Shankha Prakshalana

Meditation :

1. Traditional Meditation Techniques
2. Trataka : Bhiranga and Antaranga
3. Ajapajapa
4. Antarmauna
5. Akashadharanas : Chidakasha, Hridayakasha, Daharakasha.
6. Transcendental Meditation
7. Preksha Dhyana
8. Avarthana Dhyana etc.

REFERENCE BOOKS :

1. Hathayoga Pradeepika - Swami Satyananda saraswati and Swami Muktibodhananda Saraswati, (1993), Bihar School of Yoga, Munger.
2. Asana, Paranyama, Mudra, Bandha - Swami Satyananda Saraswati, Bihar School of Yoga, Munger.
3. Hathayoga Pradeepika
4. Gheranda Samhita
5. Patanjala Yoga Sutra
6. New perspectives in Stress Management published by SVYASA, Bangalore.
7. Trancendental Meditation : Maharshi Mahesh Yogi.

Module Name: PROJECT