

UNIVERSITY OF LUCKNOW



DEPARTMENT OF YOGA

FACULTY OF YOGA ALTERNATIVE MEDICINE

PG DIPLOMA COURSE IN YOGA

ORDINANCES & SYLLABUS

PG DIPLOMA COURSE IN YOGA

Aims and Objectives

The course aims at Promoting positive health, prevention of stress related health problems and rehabilitation through Yoga. Integral approach of Yoga Therapy to common ailments. Imparting skills in them to introduce Yoga for health to general public and Yoga for total personality development of students in Colleges and Universities. Invoke scientific attitude and team spirit to channelize their energies in to creative and constructive endeavors. To enable them to establish Yoga Therapy centers in the service of common man.

DURATION	: One Year (Two-Semesters) & six months Internship in Yoga and Naturopathy hospital and centre.
SEATS	: 40(Forty)
ELIGIBILITY	: Any Graduate
PROCEDURE OF ADMISSION	: As per University norms.
MEDIUM OF INSTRUCTION	: Hindi and English
ATTENDANCE	: As per University norms
FEE	: As per University norms
RESULT	: As per University norms.

CURRICULUM: There will be 10 written papers to be taught in Two Semesters; 5 papers in each semesters.

Semester-wise description of papers is as under:

FIRST SEMESTER

1. Foundation of Yoga
2. Patanjali Yoga Sutra
3. Elementary Anatomy and physiology
4. Hath Yoga
5. Practice of Yoga

SECOND SEMESTER

1. Yoga and Personality Development
2. Health & Disease
3. Physiology effects of Yoga
4. Teaching Methodology
5. Work Project

There shall be Viva-voce of 50 marks and Practical's of 50 marks in first semester and II semester.

FIRST SEMESTER

Paper-I

Foundation of Yoga

Unit-I

Origin of Yoga, Definitions, History and development of Yoga Importance, Aims and Objectives of Yoga, Indian Yogis- Maharshi Patanjali, Maharshi Ved Vyas, Yogi Gorakshnath, Swami Vivekanand, Shi Arvindo, Swami Shivanand, Swami Kuvalyananda.

Unit-II

Analysis of Creation of World,
Creation process in Vedas Creation process in
Upanishads, Concept of creation in Nyaya & vaisesik,
Concept of creation in Jain tradition,
Concept of creation in Buddha tradition,
Concept of creation in Shankhya and Yoga Philosophy.

Unit-III

Essentials of Yoga Practices- Prayer, Disciplines in Yogic practices place and Timing, Diet and Schedule for Yoga practitioner.

Unit-IV

School of Yoga

- ◆ Ashtang Yoga ◆ HathaYoga
- ◆ Karma Yoga ◆ RajaYoga
- ◆ Gyana yoga

Books Recommended

1. Swami VigyanandaSaraswati- Yoga Vigyan.
2. Misra, P.D.- An Introduction of Yoga
3. ParamhansNiranjananda- Yoga Darshan
4. Misra, Bachaspati- SankhyatatvaKaumudi
5. Yadav, Amarjeet- Medical Application OfYoga
6. Rai D.N- Awakening of Kundaleni Yoga

Paper-II

Patanjal Yoga Sutra

Unit-I

Samadhi Pada

Introduction of Maharshi Patanjali, Concept of Chitta, Chitta-Bhumis, Chitta-Vriti, Chitta-Vriti nirodhopaya, Abhyas and Vairagya. Types and nature of Samadhi, Concept of ishwar and qualities of ishvara, Chitta- Vikshepas (Antrayas) & Sah-Vikshepas, Ritambharaprajna, Difference between Samapattis and Samadhi.

Unit-II

Sadhana Pada

Concept of Kriya Yoga, Theory of Kleshes, Concept of Dukhavada, VivekaKhyati, Karma and Rebirth, Drishyanirupanam, Brief Introduction to Ashtanga Yoga; Concept of Yama, Niyama, Asana, Pranayam, Pratyahar and their usefulness in Chitta vritti nirodhopayah.

Unit-III

Vibhuti Pada

Concept of Vibhuti, Introduction of Dharana, Dhyan and Samadhi, Concept of Sanyama, Advantage and Result of Sanyam; Sanyam of Parinaamtraya, Sanyama of pratyaysya, Sanyama of kayaroop, Sanyama of Matriadi, Sanyama of Surya, Chandra & dhurva, Sanyam of Chakra(Nabhi chakra, kanthakoo), Sanyama of kurmanadi, murdha-jyoti & hradya, Sanyam of Udan & Samana, .Concept of Parkayapravesh & AstamahaSiddhi.

Unit-IV

KaivalyaPada

Sources of Siddhis, Four types of Karmas, Concept of vasana, Expression, Smarti-Sanskar, Concept of Dharmmedha Samadhi, Principle of Knowledge, Concept of Chittashakti, Concepts of Kaivalya.

Books Recommended

1. Daushora, NandLal- Patanjala Yoga Sutra
2. Shastri, Vijay pal- Patanjala Yoga Vimarsha
3. Shastri, Omanand- patanjala Yoga Pradeep
4. Misra, Bachaspati- Yoga Sutra tatvavaishardi
5. Shastri, Rajveer- Yoga darshan

Paper III

Elementary Anatomy and Physiology

Unit-I **Introduction**

Human Anatomy
Bones of Upper limb
Bones of Lower Limb
Relevance of yogic practices with Human Anatomy

Unit-II **Osteology**

Bones: Types of Bones, classification, Description of Various Bones Of the body, Vertebrae, skull, bones of thorax and pelvis etc.

Unit-III **Myology, Arthrology**

Structure of Muscle Types of muscles
Muscles of upper limb, lower limb, trunk, head and neck, Classification of joints
Construction of joints in general, Description of the various joints Joint of upper limb, Joints of lower limb, Joints of Thorax and Head, Neck, Sterno clavicular Joint.

Unit-IV **Physiology**

Cell, Tissues, Muscle, Digestive System, Respiratory System, Circulatory System, Nervous System, Endocrine System, Urinary System.

Books Recommended

1. Gray- textbook of Anatomy
2. Cunningham's–Anatomy
3. Chaurasia, B.D.- Human Anatomy
4. Shell- Anatomy for Medical Student
5. Gore, M.M.- Anatomy and Physiology of Yogic Exercise

PAPER-IV

Hatha Yoga

UNIT-I

Hatha Yoga- Its Definition and objectives, origin.
Importance of place, environment and season for Hatha Sadhana.
Sadhak and Badhak Tattwa, Mithahaar.

UNIT-II

ASANAS

Definition, meaning, benefits, precautions and classification of Asanas.
Description of Asanas in Hatha Pradipika, Ghrend Samhinta.

UNIT-III

PRANAYAM

Definition, meaning, benefits, precautions and classification of Pranayam.
Description of Pranayam in Hatha Pradipika, Ghrend Samhinta.

UNIT-IV

Mudra, Bandh Shatkriya

Definition, meaning, objectives, and classification of Mudra and Bandh,
Shudhi Kriyas. Description of Mudra and Bandh, Shudhi Kriyas in Hatha
Pradipika, Ghrend Samhinta.

BOOKS RECOMMENDED-

1. B.K.S Iyengar Yoga- Light On Yoga
2. B.K.S Iyengar Yoga- Light On Pranayam
3. M.L. Gharote- Hatha Ratnawali, Lonawla
4. M.L. Gharote- Siddha Sidhanth Padhati, Lonawla
5. Swami Satyanand Saraswati- Asan, Pranayam, Mudra, Bandh,
Munger.

Paper-V

Practice of Yoga

UNIT I

Yogaasans

Techniques and Benefits of Asanas Types of Asanas in Sitting, standing, Prone & Supine Posture According to Hath Yoga & Gherand Samhita Precautions of Asanas, Meaning Benefits and Precaution of Sukhsm Kriya, Types of Yogic Sthul and Sukhm Vyayam.

Unit II

Shatkarm

Concept, Definition, Techniques, Benefits and pre requisites, precautions, and contraindications of Dhauti- Antardhauti, Danta Dhauti, Hradhauti. Vasti- JalBasti, Sthal Basti Neti Kriya- Jal Neti, Sutra Neti Lauliki-MadhyNauli, VamNauli, Dakshin Nauli Tratakand Kapalbhathi-Vatkarma Kapalbhathi, Vyutkarma Kapalbhathi, ShitkarmaKapalbhathi.

Unit III

Mudra & Bandh

Concept, Definition, Techniques, Benefits and pre requisites, precautions, and contraindications; Mudra and Bandhan in Hatha Yoga Pradipika, Hatha Ratnavali, Shiv Samhita.

Unit IV

Pranayam & Dhyam

Concept, Definition, Types, Techniques, Benefits. Pranayama in Hatha Yoga Pradipika, Hatha Ratnavali. Meaning Types of Meditation Benefits of Meditation, Difference between Dharana and Dhyam Yoga Nidra- meaning and Benefit.

Books Recommended

1. Bramhachari, Swami Dharendra- Yogic SukshmaVyayam
2. Swami, Satyananda- Asana, Pranayam, BandhaMudra
3. Misra, P.D.- Yoga: An Introduction
4. Kailvalyadham- GherandSamhita
5. सरस्वती, निरंजनानन्द, घेरण्डसंहिता, योगपब्लिकेशन्स ट्रस्ट, मुंगेर, बिहार,
6. घेरण्ड, घेरण्डसंहिता, संस्कृतिसंस्थान, बरेली (३०प्र०),
7. Gharote, M.L., Hathapradipika, The Lonavla Yoga Institute, Lonavla, India.
8. Svatomaram, The HathayogaPradipika with Commentary Jyotsna of Brahmananda, The Adyar library and Research centre, Madras

SEMESTER-II

PAPER-I

Yoga and Personality Development

Unit-I: Personality

Meaning and Definition Concept of Personality Principles of Personality Yogic concept of Personality Relevance of Yogic practices in personality Development.

Unit-II: Indian, Western Concept of Personality

Upanishad, Sankhya & Yoga, Boudh & Jain, Vedant, Ayurved Geeta Aurobindo
Watson, G.Allport, B.F. Skinner R.B. Cattell, Adler,C.G. Jung, Freud.

Unit-III: Disorders

Diagnostic and statical Manual of Mental Disorder (D.S.M) Paranoid Personality Disorder, Schizoid Personality Disorder, Schizotypal Personality Disorder, Histrionic Personality Disorder.

Unit-IV:

Narcissistic Personality Disorder, Anti-Social Personality Disorder, Borderline Personality Disorder, Avoidant Personality Disorder, Dependent Personality Disorder, Obsessive Compulsive Personality Disorder.

Books Recommended

1. Vrinte, Joseph- The Concept of Personality
2. Sri Aurbindo- Integral Yoga
3. Misra, P.D.- Yoga and mental Health
4. Sachdeva, I.P.- Yoga and Depth Psychology
5. Udupa, K.N. & R.H. Singh- Science & Philosophy of Indian Medicine
6. आत्रेय, शान्ति प्रकाश- योग मनोविज्ञान
7. जायसवाल, सीताराम-व्यक्तित्व का मनोविज्ञान

SECOND SEMESTER

Paper -II

Health and diseases

Unit-I

Health

Definition and Importance,
Dimensions of Health Physical Health, Mental
Health Social Health, Spiritual Health

Unit-II

Holistic Health

Definition of Holistic Health
Concept of Holistic Health
Characteristics of Holistic Healthy Person
Yogic tools of Holistic Health

Unit-III

Concept OF Disease

Causes and types of Diseases
Life style Diseases
Healthy Life Style
Prevention of Disease

Unit-IV

Management of Diseases through Yoga

Diseases of Respiratory System,
Diseases of the Digestive System,
Diseases of the Liver,
Diseases of Heart and Circulatory Disorders,
Diseases of Urinary System,
Diseases of Connective Tissue, Joints and Bones,
Diseases of endocrine System,
Diseases of Nervous System.

Books Recommended

1. Yadav Amarjeet- Medical Application of Yoga
2. Yadav Amarjeet-Yoga and Holistic Health
3. Singh, Surendra & P.D. Misra - Health ad Disease- Dynamics and Dimensions
4. Yadav, Amarjeet & S.Tater- Yoga and Samagra Swasthya
5. Yadav, Amarjeet & S.Tater- Yoga and Total Health

Paper – III

Physiological Effect of Yoga

Unit-I

Effects of Yogic Practices on-
Circulatory System
Respiratory System
Digestive System

Unit-II

Reproductive System
Endocrine System

Unit-III

Nervous System
Musculo Skeletal System

Unit-IV

Skeletal System
Excretory System

Books Recommended

1. The Principles and Practice of medicine –Davidson
2. Apley's system of orthopedics-
- 3 A Systematic course in the ancient tantric techniques of yoga and kriya- Bihar School of Yoga, Munger.
- 4 Yoga for different ailments - Series published by Bangalore and Bihar.

Paper - IV Teaching Methodology

Unit-I

Meaning and types of methods.
Factors affecting teaching.
Principles of teaching.
Need and importance of teaching practice.

Unit-II

Presentation technique
Technical preparation.
Personal preparation.
Modern concept and teaching Aids class management and its meaning and need
Steps of class management.

Unit-III

Meaning of tournaments and competition and its importance.
Eligibility rules of Inter –University of Yoga.
Organization and administration of Yoga competition.
Audio visual Aids.

Unit-IV

Meaning of lesson plan and its importance.
Principles of lesson plan
Demonstration in Yoga and its types
Importance of demonstration.

Books Recommended

1. Vibhav, Devakinandan – Yoga Sadhan
2. Sri Yogendra – Yoga Asanas Simplified
3. Lysebeth, Andra Van- Yoga Self-Taught

Paper - V

Work Project

To learn various methods to achieve the aims and objectives and writing case history, measurement, analysis and report of the project work offered from different aspects of the course.

