

SYLLABUS FOR DIPLOMA IN YOGA STUDIES FOR REGULAR STUDENTS

(w.e.f. 2016-2017)



**Department of Yoga Studies
Faculty of Social science
Himachal Pradesh University
Summer Hill, Shimla-5**

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**PAPER I
CONCEPT OF YOGA AND ITS TRADITIONAL ASPECTS**

DIPLOMA IN YOGA STUDIES		DYS-C 101	
Maximum Marks 100	Int.ass. 20	THEORY 80	Duration of exam 3 hrs.
1 2 3 4 5	Unit-1 Introduction of Yoga Etymology, Meaning and Misconceptions of Yoga. Objects/ importance and aims of Yoga. Importance of Time, place and season. Helpful and disturbing aspects of Yoga. Ethics of Yoga: Yama-s and Niyama-s according to Patanjalyogasutra.		
1 2 3 4 5	Unit-2 Classification and Sacred Text of Yoga Yoga in Veda-s, Upanishad-s, Purana-s, Yoga in Smrit-s Srimadbhagvadgeeta, Yoga in Nāth tradition and Āyurveda. Karmayoga, Bhaktiyoga, Jainyoga. Rajayoga. Hathayoga, Astangayoga		
1 2 3 4 5	Unit-3 Foundation of Yoga Twenty five elements of creation (according to Samkhya Shastra). Doctrine of threee Guna-s: Sattava, Rajas and Tamas, Prakriti, Purusha, Bandha and Moksha. Theory of Klesha, Chitta and its stages, various Vrittis. Various methods of Vritti control: Abhyas and vairagya and Ishwar-pranidhan etc.		
1 2 3 4 5	Unit-4 Revival of Yoga in recent times and its contributions Matsendranatha , Gorakshanatha. Parmahansa Ramkrishan, Swami Vivekanand Parmahansa Yoganandji, Shri Arvind. Swami Shivanand, Swami Satyanand Saraswati. Swami Kuvalyanand, T. Krishamancharya.,		

BOOKS FOR REFERENCE

- Acharya, Shri Ram Sharma : 108 Upanishads in three Volumes (Hindi) Shanti Kunj, Haridwar, 1978
- Dasgupta, S.N. : Yoga Philosophy in Relation to other Systems of Indian thought. University of Calcutta, 1924
- Dasgupta, S.N. : Hindu Mysticism, Motilal Banarsidass, Delhi 1927
- Fenerstein, George : The Yoga Tradition: It's History, Literature, Philosophy practice, Bhavana Books and Prints, 2002
- Goyandaka, Jayadayal : Shrimad Bhagavadgita Tattvavivechani, Geeta Press, Gorakhpur, 1961
- Karel Werner : Yoga and Indian Philosophy, Motilal Banarasidas, Delhi, 1979
- Pandit, M. P. : Introduction to Upanishads : Theosophical Society of India
Adyar, Madras, 1976
- Radhakrishnan : The Principal Upanishads, George Allen and Unwin, London, 1953
- Radhakrishnan, S. : Indian Philosophy (Vol. I & II). George Allen and Unwin, London, 1971
- Raja, Kunhan C. : Some Fundamental Problems in Indian Philosophy. Motilal Banarasidas, Delhi, 1974
- Sharma, Chandradhar : A Critical Survey of Indian Philosophy. Motilal Banarasidas, Delhi, 2000
- Sing, Lalan Prasad : Tantra, Its Mystic and Scientific Bases. Concept Publishing Company, Delhi, 1976
- Stace, W.T. : Mysticism and Philosophy. Macmillan and Co. London, 1961
- Stephen Sturges : The Yoga Book. Motilal Banarsidass, Delhi, 2004
- Bhat, Krishna K. : The Power of Yoga: SuYoga Publications Mangalore, 2006
- Swami Adidevananda : Sri Ramanuja Gita Bhasya. Sri Ramakrishna Math, Madras, 1993
- Swami Anant Bharati : Yoga Darshan-Yoga Prabhakar (Hindi). Swami Keshwananda Yoga Sansthan, Delhi, 1982

PAPER:-2
FOUNDATIONS OF HATHAYOGA AND ITS PRACTICES

DIPLOMA IN YOGA STUDIES		DYS-C 102	
Maximum Marks 100	Int.ass. 20	THEORY 80	Duration of exam 3 hrs.
Unit -1 Introduction of Hathayoga Sadhana			
1	Hathayoga: Its Origin, Meaning, Definition, Aims and Objects, Importance in Modern era.		
2	History and development of Hathayoga tradition.		
3	General introduction of Hathayogic Texts.		
4	Contribution of Nath Tradition in Hathayoga.		
5	Mitahara, Pathya and Apathya, do and don't in Hathayoga Sadhna.		
Unit -2 Introduction of Shodhankriya-s and Asana-s			
1	Dhauti: Its techniques,benefits,precautions,contraindications and classification, Practices of Dandadhauti,Vastradhauti,Vamandhauti, Agnisardhauti.		
2	Basti, Neti ,Nauli : Its techniques ,benefits,precautions,contraindication and classification		
3	Trataka,Kapalbhati: Its techniques ,benefits,precautions,contraindications and classification.		
4	Asanas: Meaning and definition, principles, their techniques ,benefits,precautions,contraindications and classification.		
5	Asanas according to Hathayogapradeepika and Ghrendasamhita.		
Unit-3 Introduction of Pranayama and Mudra			
1	Pranayama: Its Meaning and Definition, Prana and its types.		
2	Principles, classification of Pranayama according to Hathayogic texts.		
3	Pranayama: Their techniques, benefits, precautions, contraindications and classification according to Hathayogapradeepika and Gheranda-samhita.		
4	Mudra-s (Bandha): Meaning and Definition, Role of Mudra in Hathayoga sadhna .		
5	Types of Mudra-s, benefits of Mudra-s: Mahamudra, Mahabandha, Vipreetkarni, Jalandarbandha, Uddiyanbandha, Moolbandha, Tadagimudra, Mandookimudra.		
Unit-4 Concept of Nadi,Chakra,Kundalini, Nadanushandhaan ,Dhyana and Samadhi			
1	Nadi-s: Meaning, Origin, Location, types, classification and its importance in Hathayoga Sadhna.		
2	Chakra-s: Meaning,Location ,types and its importance in Hatha Yoga Sadhna.		
3	Kundalini: Meaning, Synonyms,Location ,Method for awakening .		
4	Nadanushandhaan: According to Hathayogapradeepika.		
5	Dhyana and Samadhi: According to Gherandasamhita.		

BOOKS FOR REFERENCE

- Bharati, Veda: Philosophy of Hatha Yoga (English) Himalayan International Institute of Yoga Science and Philosophy, 1998, 2nd Rev. ed., Pennsylvania)
- Burnier, Radha: HathaYoga Pradipika of Svatomarama, The Adyar Library publications, Chennai. 2000
- Gharotee, M.L.and others : Hatharatnavali of Srinivasayogi, The Lonavla Yoga Institute, Lonavla, 2002
- Dvivedi Hajariprasad : Nath Sampradaya of Hatha Yoga, Dvivedi Publications, Hindustani Academy, Allahabad, Uttar Pradesh, 1950.
- Swami Digambaraji and Pt: Raghunatha : Hathapradeepika of Svatomarama, Kaivalyadhama, S.M.Y.M.Samiti, Lonavla, 1998
- Swami Digambarji and Gharote M.L. Gherandasamhita, Kaivalyadhama, S.M.Y. M. Samiti, Lonavla, 1978.
- SwamiMaheshanandaji and Others Shivasamhita, Kaivalyadhama, S.M.Y.M. Samiti, Lonavla,1999
- Woodroffe, Sir John The Serpent power, Ganesh & Company, Madras, 2000
- Sharma, Surendra HathaYoga Eka Aitihāsika Paripreksya evam..., Eastern Book Linkers, New Delhi.
- Hathapradipika of Svatomaramaji, (Jyotsana- tika), Adyar Library, Madras.
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- Swami Kuvalyananda & Shukla, S.A. Gorakshasatkam, Kaivalyadhama, S.M.Y.M. Samiti, Lonavla.
- Saraswati, Swami Asana Pranayama & Mudra Bandha
- Satyananda Bihar School Of Yoga, Munger, 1969.
- Bassavaraddi, I.V. & Pathak, Satyaprakash Hathayoga ke Adhar Avam Prayog, MDNIY, New delhi, 2011.
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- Bassavaraddi, I.V. & Pathak, Satyaprakash Satkarma, A comprehensive description about the cleansing process, MDNIY, New delhi 2009.

PAPER:-3

HUMAN ANATOMY, PHYSIOLOGY, DIET AND YOGA THERAPY

DIPLOMA IN YOGA STUDIES		DYS-C 103	
Maximum Marks 100		Int.ass. 20	THEORY 80
		Duration of exam 3 hrs.	
	Unit:-1 Introduction to Human Body		
1	Introduction to Human Body,Cell,Tissues.		
2	Introduction to Skeletal System and effect of Yogic Practices on it.		
3	Introduction to Muscular System and effect of Yogic Practices on it.		
4	Introduction to Digestive System and effect of Yogic Practices on it.		
5	Introduction to Excretory System and effect of Yogic Practices on it.		
	Unit:-2 Introduction to Human Systems		
1	Introduction to Circulatory System and effect of Yogic Practices on it.		
2	Introduction to Respiratory System and effect of Yogic Practices on it.		
3	Introduction to Nervous System and effect of Yogic Practices on it.		
4	Introduction to Endocrine Glands and effect of Yogic Practices on it.		
5	Introduction to Reproductive System and effect of Yogic Practices on it.		
	Unit:-3 Introduction of Health & Diet		
1	Health: Meaning,Definition .Swasthvritta: Meaning ,Definition,symptoms of healthy man,aim.		
2	Concept of Dincharya,Ritucharya,Raatricharya.		
3	Diet: Meaning,Definition,characterstics,quantity and time.		
4	Components of Diet:Carbohydrate,Fat,Proteins,Vitamins,Minerals,Water.		
5	Concept of diet:Balanced diet ,Yogic diet(mitahar).Advantages of Vegetarian diet and disadvantages of Non Vegetarian diet.		
	Unit:-4 Introduction to Yoga Therapy		
1	Yoga Therapy: Meaning,Areas,Limitations,aims and Principles.		
2	Tools forYogaTherapy:-Yama,Niyama,Asana,Pranayama,Shatkarma, Mudra, Bandha and,Dhyana.		
3	Causes,Symptoms and Yogic Treatment of following diseases- Digestive System:Constipation,Colitis,Acidity.		
4	Causes,Symptoms and Yogic Treatment of following diseases- Respiratory System:Asthma,Sinusitis,Cold.		
5	Causes,Symptoms and Yogic Treatment of following diseases- Skeletal System: Arthritis,Cervical Spondylytis, Backache.		

BOOKS FOR REFERENCE

1. Gore ,M.M – Anatomy and physiology of yogic practices
2. Evelyn,C.Peare – Anatomy and physiology for nurses.
3. Charu,Supriya – Sarir rachna,evam kriya vigyan.
4. Chatterjee,C.C – Human physiology.
5. Text book of Anatomy vol.1,11,111 – B.D Chaurasia
6. Human Embryology by Inder Bir Singh.
7. Histology by Chatterji
8. Human Anatomy by Datta.
9. Text book of Anatomy by Gray.
10. Text book of Anatomy by Hamilton.
11. Text book of Anatomy by Jemmisons.
12. Practical Anatomy by Cunningham's

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**PAPER- 4: PRACTICAL
SHODHAN KRIYAS, ASANAS, PRANAYAMA,
MUDRA-BANDHA MEDITATION AND VAIVA**

DIPLOMA IN YOGA STUDIES		DYS-C 104	
Maximum Marks 100		Int.ass. 20	PRACTICAL 100
1	SHODHANKRIYAS :- Jal Neti, Sutra Neti, Kunjal, Vastra Dhauti, Danda Dhauti, Sheetkarma Kapalbhathi, Vyutkarma Kapalbhathi, Vaatkarma Kapalbhathi		20
2	SURYA NAMASKAR		10
3	SITTING POSES - Padmasana, Swastikasana, Vajrasana, Bhadrasana, Gomukhasana, Simghasana. LYING DOWN POSES Spine Position- Utthanpadasana, Pawanmuktasana, Naukasana, Shavasana, Markatasana, Halasana, Sarvangasana, Matasyasana, Setubandasana, Chakrasana LYING DOWN POSES Prone Position- Bhujangasana, Salabhasana, Dhanurasana, Vipreet Naukasana. STANDING POSES- Tadasana, Katichakrasana, Triektadasana, Vrikshasana, Veerbhadrasana, Garurasana, Trikondasana, Kondasana.		20
4.	MUDRA (BANDHA-S)– Moolabandha, Uddiyanbandha, Jalandarbandha, Mahamudra, Mahaveda, Mahabandha, Vipreetkarni, , Kakimudra, Tadagi, Shambhvi, Yoni, Bhujangi, Ashwani, Pashini.		20
5.	Meditation: - Recitation of Mantra Chanting.		10

Reference book-

1. Hath Yoga Pradipika- Kaivlyadham Lonavla
2. Gheranda Samhita- Kaivlyadham Lonavla
3. Saral Yogasana- Dr. Ishwar Bharadwaj
4. Asana Prananyam Bandh Mudra- Swami Satyanand Saraswati
5. Light on Yoga- BKS Iyengar
6. Yogic Suksham Vyayam Evem Sthula Vyayam – I.V.Basvaraddi. & S.P.Pathak.
7. Hathayoga ke Adhar Evm Prayoga, I.V.Basvaraddi. & S.P.Pathak, MDNIY, New Delhi

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**PAPER- 5: PRACTICAL
YOGIC SUKSHMA AND STHOOL VYAYAM, PRANAYAMA,
MEDITATION AND VIVA**

DIPLOMA IN YOGA STUDIES		DYS-C 105	
Maximum Marks 100		Int.ass. 20	PRACTICAL 80
1	Yogic Sukshma and Sthool Vyayam		20
2	Pranayama : Nadishodhan, Surya-Bhedhan, Bhramari, Ujjayi, Sheetali, Seetkari, Bhastrika		20
3	Meditation : Sthool, Sukshama, & Jyotirmaya Dhyana		20
4.	Viva – Voce		20

Reference book-

1. Hath Yoga Pradipika- Kaivlyadham Lonavla
2. Gheranda Samhita- Kaivlyadham Lonavla
3. Saral Yogasana- Dr. Ishwar Bharadwaj
4. Asana Prananyam Bandh Mudra- Swami Satyanand Saraswati
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6. Yogic Suksham Vyayam Evem Sthula Vyayam – I.V.Basvaraddi. & S.P.Pathak.
7. Hathayoga ke Adhar Evm Prayoga, I.V.Basvaraddi. & S.P.Pathak, MDNIY, New Delhi