

# Diploma in Yoga Education

(One Year)

## Syllabus

**Programme Outcome:** The following Programme Outcomes are attained after completion of this Diploma programme:

- PO 1. Students will contribute to society as broadly educated, expressive, ethical and responsible citizens with proven expertise for working as an individual or in multidisciplinary teams with positive attitude.
- PO 2. Create awareness, attitude and concern about environmental problems.
- PO 3. Students can communicate efficiently to deliver their knowledge effectively.
- PO 4. Able to pursue advanced education in relevant subjects.

**Programme Specific Outcomes (PSO):** Diploma programme has been designed to prepare graduates to attain the following programme specific outcomes:

- PSO 1. Students learn the Yoga as well as its practical knowledge in order to craft them as a versatile Yoga professionals who can provide service in many fields such as Mental Hospitals, General hospitals, Central Jails, Police Departments, Rehabilitation Centers, Naturopathy Centers, Hotel Industries.
- PSO 2. Achieve ability to identify, analyze, formulate and develop Yogic applications by using appropriate modern techniques.
- PSO 3. Students acquire latest comprehensive and skill based knowledge with equal emphasis on theory & practical in the field of Yoga.
- PSO 4. Able to apply the knowledge for solving real life problems using the expertise in the field of Yoga.
- PSO 5. Able to provide a wide range of yogic programmes as per taste, Age, need and interest of the individuals.

# SYLLABUS

PRESCRIBED FOR THE EXAMINATION OF DIPLOMA IN YOGA EDUCATION

[One Year Course]

Paper – I

Total Marks:- 100

Theory:- 80

Sessional:- 20

**Subject: - Foundations of Yoga**

**Course outcome:** Students will be able to understand and utilize knowledge of Philosophy of Yogashastra for better yogic practices.

Unit – I	A	Meaning and definitions of Yoga, concepts and misconceptions of Yoga.
	B	Historical background of Yoga.
Unit – II		Schools of Yoga [central ideas only]
	A	Jnyanayoga, Karmayoga, Bhaktiyoga.
	B	Hathayoga, Mantrayoga, Layayoga,
Unit – III	A	Yoga and Culture : Meaning and Definitions of culture, concept of culture, difference between civilization and culture.
	B	Indian culture : Characteristics of Indian culture.
Unit – IV	A	Yoga and Religion : Meaning and concept of Religion. Necessity of religion for society. Teachings of various religious thoughts and their similarities.
	B	Yoga and Humanitarianism : Man as a human being, duties of human being, Achievement of the goals humanitarianism by Yoga.
Unit – V	A	Yoga and Mysticism : Meaning and definition of Mysticism, Mystic way with its stages. Eastern and Western Mysticism.
	B	Yoga and Education : Meaning and concept of Education, recent advancement in Yoga Education.

## Reference Books:

1. Indian Philosophy - Datta and Chatterjee
2. Bhartiya Darshan - Jadunath Sinha
3. Yoga Darshan - Dr. S.V. Karandikar
4. Yoga for Daily Life - Mitra, M. K.
5. Indian Religions - S. Radhakrishnan
6. Yoga aur Swasthya - Dr. Brahmamitra
7. Introduction to Indian Philosophy - Chattarjee and Dutta
8. Ancient India Culture and Literature : Edited By Mohan Chand, Department of Sanskrit Ramjas College, University of Delhi.
9. Moksha: The Ultimate Goal of Indian Philosophy - Dr. Pramod Kumar.
10. India's Contribution to world thought and Culture - Vivekanand Rock Memorial Committee Madras.

## Paper - II

### Subject: - Yoga Texts

Total Marks:- 100

Theory:- 80

Sessional:- 20

**Course outcome:** This course will introduce different philosophers concepts in the field related to Yoga and Yogic Practices in Traditional text Book.

- Unit – I
- Patanjala Yoga Sutra:**
- A Definition of Yoga, different Vrittis and their control.  
Four fold nature of Chitta, importance of ‘Abhyasa’ and ‘Vairagya’.
- B Concept of Ishwar, Concept of Samprajnyata and Anya (Vitarka, Vichar, Anand and Asmita), Concept of Sabij and Nirbij Samadhi.
- Unit – II –
- A Kriya Yoga – Tap, Swadhyaya and Inshwarpranidhana.  
Punch ‘Klesh’ and their types.Nine ‘Antaraya’ (Vyadhi, Styan, Samshaya, Pramad, Alasya, Avirati, Bhrantimatva, Aldhabhumikatva, Anavastitva.) And their remedies. Five ‘Sahabhuva’ (Dukha, Daurmanasya, Angamejayatva, Swas and Praswas) their remedies.  
Concept of ‘Drushya’, ‘Drushra’ and Rytambhara prajnya.
- B. Concept of Bahirang Yoga: Yama, Niyama, Asana, Pranayama and Pratyahar.
- Unit – III –
- A Concept of Antarang Yoga : Dharana, Dhyana, Samadhi.  
Samyama, different ‘Parirama’ – ‘Nirodha, Samadhi, ‘Ekagrata’, ‘Dharma’ and Lakshyana.  
Different types of ‘Vibhuti’
- B. Concept of ‘Indriyajay’, ‘Bhutajay’, ‘Prakrutijay’.  
Concept of ‘Karma’ and ‘Karma Siddhanta’  
Concept of ‘Vivekajnyana’ and ‘Dhyarmameghasamadhi’.  
Concept of ‘Kaivalya’.
- Unit – IV
- Hatha Yogic Texts
- A Introduction of Hatha Pradipika and Gherand Samhita , importance of place and time, Sadhak and badhak tatva  
Ruls of diet- mitahar, pathya, apathya
- B Description of Asanas and Pranayama  
Concept of cleansing processes [ Shatkarma ]  
Concept of Bandha and Mudra
- Unit – V
- A Concept of Kundalini and Shatchakra.  
Processes of Kundalini jagran.
- B Concept of Nadanusandhan and types of Nada.

**Reference Books :**

- |                         |   |                      |
|-------------------------|---|----------------------|
| 1. Patanjali Yoga Sutra | - | Dr. P.V. Karambelkar |
| 2. Yoga Dipika          | - | B.K.S. Aiyangar      |
| 3. Hathapradipika       | - | Dr. M.L. Gharote     |
| 4. Gheranda Samhita     | - | Swami Digambarji     |
| 5. Asana                | - | Swami Kuvalayananda  |
| 6. Pranayama            | - | Swami Kuvalayananda  |
| 7. Ashtanga Yoga Darpan | - | Dr. Shambhunath Kaul |
| 8. Patanjali Yoga Sutra | - | Dr. N.V. Karbelkar   |
| 9. Yoga Darshan         | - | Dr. S.V. Karandikar  |
| 10. Speaking Yoga       | - | Pt. Shambhu Nath     |

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**Paper: - III**

**Subject: - Yoga Methodology**

**Total Marks:- 100**

**Theory:- 80**

**Sessional:- 20**

**Course outcome:** This Course will boost students confidence for teaching Yoga in scientific way.

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|-------------------|---|--|
| <b>Unit - I</b>   | A | Meaning of Method, Criteria of good method, prerequisites for good teaching, principles of teaching, maxims of teaching.   |
|                   | B | Different methods of teaching -Lecture, Demonstration, Orientation, Home work, Assignments, Projects, Supervised Study, Micro - teaching, Team Teaching.   |
| <b>Unit - II</b>  | C | Types of Lessons<br>i) Knowledge lessons ii) Skill lessons iii) Appreciation lessons - Planning and observation of different yogic activities lessons<br>(Viz - Asanas lessons, Shatkarmas lessons, Pranayama lessons, Bandha - Mudras lessons.) etc.  |
|                   | B | Teaching Aids - Meaning, Definition and importance. Classification of teaching aids i) Traditional teaching aids and modern teaching aids. ii) Physical teaching aids and verbal teaching aids. iii) Audio, Visual and Audio - Visual teaching aids .<br>Necessary precautions for using teaching aids. Useful teaching aids for the teaching of Yoga. |
| <b>Unit - III</b> | A | Presentation Techniques - Personal preparation, Technical preparation, Organization of subject matter and Presentation of subject matter.  |
|                   | B | Class management for Asanas, Shatkarmas, Pranayamas, Bandhas and Mudras. Time management for teaching - Asanas, Shatkarmas, Pranayamas ,Bandha and Mudras.   |
| <b>Unit - IV</b>  | A | Evaluation Techniques - Evaluation process, Theoretical tests, practical tests, weightage for procedure, weightage for performance, weightage for result.  |

- Unit -V**
- B Tools of Evaluation - Performance test, Knowledge test, Theory and practical Exams. rating scales, check lists, etc.
- A Co-Curricular activities for Yoga teaching - Demonstrations, Lecture series, Exhibition, Visit to Yoga Institute, Participation in seminars and conferences.
- B Propagation Techniques - Advertisements, Demonstration tours, Organization of seminars and conferences, Television shows, Radio programmes, etc.

**Reference Books:**

- |   |  |
|---|--|
| 01. Teaching methods for Yogic practices            | M. L. Gharote, S. K. Ganguli.              |
| 02. Principles of Education                         | Dr. R. S. Pandey.                          |
| 03. Principles of Methods of Teaching               | Prof. Bhatia.                              |
| 04. Introduction to Teaching                        | Bernard H. C.                              |
| 05 Educational Technology                           | Dr. Jagannath Mohanty.                     |
| 06. शारीरिक शिक्षा अध्ययन पध्दती                    | प्रा. करमरकर डॉ. तिवारी, प्रा. शर्मा       |
| 07. शिक्षा के सामान्य सिध्दांत तथा विधियाँ          | प्रा. के. के . भाटीया, प्रा. सी. एल. नारंग |
| 08. शिक्षा के सामान्य सिध्दांत                      | प्रा. पाठक और प्रा. त्यागी                 |
| 09 शिक्षण, कला, प्रशिक्षण तकनीक एवमं नवीन पध्दतियाँ | डॉ. एस.एस. माथूर                           |
| 10. सफल पाठ योजना                                   | डॉ. आर. एच. तिवारी                         |
| 11. अध्ययन शास्त्र और पध्दतियाँ                     | श्री. कुंडले                               |
| 12. आजची अध्ययन पध्दती                              | प्रा. लीला पाटील.                          |
| 13. शिक्षण और शारीरिक शिक्षण पध्दतियाँ              | प्रा. मु. ह. असनारे.                       |

**Paper - IV**

**Subject: Anatomy and Physiology of Yogic Practices**

**Total Marks:- 100**

**Theory:- 80**

**Sessional:- 20**

**Course outcome:** The knowledge of this course enable the students about pros and cons of yogic practices to avoid the ill effect of wrong practices.

- Unit – I      A      Introduction of cell and tissue & its structure and function. Scope of Anatomy, physiology and its descriptive terms and interpretations.
- B      **Circulatory system and lymph** - Blood - composition and function, - Classification of blood cells and plasma. Formation, function and rate of RBC, WBC and platelets. Blood groups – A, B, AB, O and RH grouping, blood coagulation. Heart structure and function and types of circulation: Systemic and Pulmonary.
- Unit – II      A      **Digestive and Respiratory System** - Organs of Digestive and Respiratory system and it's structure and function. Parts of the urinary system and functions, Excretion and Temperature Regulation, Physiology of Urine formation, composition of urine, Skin Mechanism of maturation, Functions of skin and Thermo regulation.

	B	<b>Skeletal &amp; muscular system</b> - Skeletal structure of upper limb, lower limb, back, thorax. Joint structure, mechanism and analysis of movements. Types of muscles, their structure and functions.
Unit III	A	<b>Nervous system</b> - Parts of central Nervous system and their function. Brain – cerebrum, cerebellum, pons, medulla oblongata. Peripheral nervous system – cranial and spinal cords. Functions of Autonomus Nervous system.
	B	<b>Endocrine system</b> – Pitutary, Thyroid, Parathyroid, Thymus, Adrenals, Pancreas, Gonads – secretion regulation ,function and hyper and hypo condition. Reproductive system - Function of male and female reproduction system. Physiology of menstruation. Family planning.
Unit – IV	A	<b>Special senses</b> - Sense of taste, taste buds, different tastes, nervous pathway of taste. Olfactory sense. Sense of touch. Physiology of vision, errors of refraction. Physiology of hearing. Metabolism of carbohydrates, lipids and proteins. Fluid and electrolyte balance. Acid base balance of the body.
	B	Basic information about Asana and it’s physiology (muscles – Nervous reflexes, Tone);Basic information about Bandha – Mudras and its effect on human body System. Basic information about Pranayama and it’s neuro physiological aspects. Basic information about Shatkarma and it’s neuro physiological aspect.
Unit – V	A	Preventive and preservative aspects of Yogic practices.
	B	The therapeutic and corrective value of Yogic practices.

**Reference Books:**

01. Sharir Rachana & Kriya Vidnyan	-	Dr. Vivek Sathe
02. Sharir Rachana & Kriya Vidnyan	-	Dr. Jayant Junankar
03. Anatomy & Physiology of Yogic Exercises	-	Dr. M.M. Gore
04. Yoga for Common Diseases	-	H.Kumar Kaul
05. Anatomy & Physiology For Nurses	-	Evelin C. Pearce.
06. Sharir aur Kriya Vidnyan	-	Manju Latha Maheshchandra Gupta
07. Pran – Pranayam Vidya	-	Swami Satyananda Sarsawati
08. Yogic Therapy	-	Swami Kuvalayananda , Dr. S.L. Vinekar
09. Yogic Cure for Common Ailments	-	Bright P.S.
10. Swadhyay & Yoga Therapy	-	Dr. D.R. Vaze
11. Anatomy & Physiology	-	Anne Waugh & Allison
12. Human Anatomy	-	C. Jawasir B.D.
14. Yogic Cure for Common Diseases	-	Dr. Phulgendra Sinha

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**Paper: - V**

**Subject: - Yoga and Health**

**Total Marks:- 100**

**Theory:- 80**

**Sessional:- 20**

**Course outcome:** The original context of yoga was spiritual development practices to train the body and mind to self observe and become aware of their own nature. The purposes of yoga is to cultivate discernment, awareness, self-regulation and higher consciousness in the individual.

<b>Unit - I</b>	A	Meaning and concept of health, various dimensions of health.
	B	Characteristics of healthy individual, factors influencing health. Role of Yoga in preservation of good health.
<b>Unit - II</b>	A	Personality and characteristics of personality.
	B	Role of Yoga in Personality development.
<b>Unit - III</b>	A	Meaning and definition of stress. Role of Yoga in management of stress.
	B	Meaning and concept of Yoga therapy, Psychic forces i.e., id, ego and superego. Role of Yoga in Solving personal and social Psychics problems.
<b>Unit – IV</b>	A	Concept of diet, constructive, eliminative and soothing diet, concept of balance diet.
	B	Yogic diet, concept of ‘Mita’ [limited] ‘Hita’ [beneficial] ‘Ruta’ [simple] and Satvik diet.
<b>Unit – V</b>	A	Various Health problems :- health in school environment, malnutrition, fast food, habits and addiction.
	B	Role of Shatkarma, Asana, Pranayama, Mudra, Yogic Sukshma Vyayam, Sthula Vyayam, Suryanamaskar and Dhyana in solving health problems.

**Reference Books:**

1. Yoga Therapy in management of Stress	-	Dr. S.V. Karandikar
2. Mental Tension its Cure	-	Dr. O.P.Jaggi
3. A Life Saver	-	Dr. S.V. Karandikar
4. Psychology of Personality Development	-	A.A. Raback
5. Nutrition & Health	-	K.R. Raghunath
6. Diet Cure for Common Diseases	-	Bakhru H. K.
7. Yoga for Stress Relief	-	Thakur, Bharat
8. Managing Stress	-	Shrivastava H.S.
9. Food for Health	-	Mool Raj
10. Commonsense Restoration of Health	-	Felix-o-Striet
11. Key to Health	-	M.K. Gandhi
12. Secretes for Health & Longevity	-	Dr. Omkar Nath
13. Food for Health	-	A.P. Dewan
14. Aahar Vidnyan	-	Satyapal
15. Yogasana	-	Dr. P. D. Sharma

Activities of the examination are grouped into the following sections. The contents and system of examination of each activity of the examination are also given below.

### PATTERN OF QUESTION PAPER ON THE UNIT SYSTEM

The pattern of question paper a per unit system will be broadly based on the following pattern.

- [01] Syllabus has been divided into five units equal to the number of question to be answered in the paper. On each unit there will be a question either a long answer type or a short answer type.
- [02] Number of question will be in accordance with the unit prescribed in the syllabi for each paper i.e. there will be one question on each unit.
- [03] For every question long answer type or short answer type there will be an alternative choice from the same unit. However, there will be no internal choice in a question.

### Part – II: Yoga Practicals

- Section – I - Asana.  
Section – II - Shatkarma  
Section – III - Pranayama and Bandha - Mudra  
Section – IV - Yogic Sukshma Vyayama, Sthula Vyayama and Suryanamaskar.

#### Section – I : Asana

Sarvangasana, Shirshasana, Siddhasana, Bhadrasana, Simhasana, Padmasana, Virasana, Mayurasana (for boys), Kukkutasana, Kurmasana, Gomukhasana, Ardha-Matsyendrasana, Dhanurasana, Uttanakurmasana, Paschimottanasana, Svastikasana, Shavasana, Baddhapadmasana, Garudasana, Ushtrasana, Shalbhhasana, Makarasana, Bhujangasana, Vrikshasana, Sankatasana, Utkatasana, Guptasana, Matsyasana, Vajrasana, Viparitkarani, Trikonasana, Parvatasana, Akarnadhanurasana, Tadasana.

#### System of Examination:

**Total Marks 50**

- |  |          |
|--|----------|
| 1) Three asanas as told by examiner's 10 marks each. | 30 Marks |
| 2) Two asanas of candidate's choice 10 marks each.   | 20 Marks |

**Note:** - Where practical demonstration is not possible during examination verbal explanation of the technique is expected.

#### Section – II: Shatkarma

- |           |   |  |
|-----------|---|--|
| 1. Neti   | : | A. Jalneti,<br>B. Sutraneeti,  |
| 2. Dhauti | : | A. Danta Dhauti.<br>B. Jivhashodhan.<br>C. Karnarandhra.<br>D. Kapalrandhra.<br>E. Danda Dhauti. |



- F. Vaman Dhauti.  
G. Vastra Dhauti.  
H. Moolshodhan
3. Basti : A. Jala Basti,  
B. Sthala Basti.
4. Nauli : A. Madhya Nauli.  
B. Vam Nauli.  
C. Dakshin Nauli  
D. Naulichalan
5. Trataka : Samip and Sudoor
6. Kapalbhathi : Vatkarm, Sitkarm and Vyutkarm.

**System of examination:**

**Total Marks: 50**

Shat Karmas divided in two groups

- (1) Without Instrument 20 Marks.  
(2) With Instrument 30 Marks

**(1) Without Instrument**

- a. Two Kriyas as told by examiners five marks each. 10 Marks.  
b. Two Kriyas of candidate's choice five marks each. 10 Marks.

**(2) With Instrument**

- a. Two Kriyas with Instrument as told by examiners ten marks each. 20 Marks.  
b. One Kriyas with Instrument of candidate's choice 10 Marks.

**Note:** Where practical demonstration is not possible at the time of examination verbal Explanation of the technique is expected.

**Section III Pranayama, Bandha – Mudra**

- Pranayama:** Nadishodhan, Suryabhedhan, Ujjai, Shitali, Sitkari, Bhastrika, Bhramari.
- Bandha – Mudra :** Mahamudra, Nabhomudra, Khecharimudra, Mahavedh, Vipritkarni, Yoni, Tadagi, Manduki, Shambhavi, Ashwini, Pashini, Kaki, Matangi, Bhujangi and Jivhabandha, Jalandharbandha, Uddiyanbandha, Mulabandha & Jivhabandha.

**System of examination:**

**Total Marks: 50**

- Any two Pranayamas as told by the examiners. Ten marks each. 20 Marks.
- Any one Pranayama of candidate's choice. 10 Marks.
- Any one Mudra as told by the examiner 10 Marks.
- Any one Banda of candidate's choice. 10 Marks.

**Note:** Where practical demonstration is not possible at the time of examination verbal Explanation of the technique is expected.

**Section – IV: Yogic Sukshama Vyayama, Sthula Vyayama and Suryanamaskar**

**Yogic Suksham Vyayam**

- Vishudh Chakra OR Uccharan-sthala Shudhi
- Prarthana
- Buddhi tatha Dhriti Shakti – Vikasaka
- Simran Shakti Vikasaka
- Medha Shakti – Vikasaka
- Kapal – Shakti Vikasaka
- Netra Shakti Vikasaka
- Karna Shakti Vikasaka

- |  |   |
|--|---|
| 9) Griva Shakti Vikasaka (1)             | 10) Griva Shakti Vikasaka (2)                   |
| 11) Griva Shakti Vikasaka (3)            | 12) Skandh & Bahumula Shakti Vikasaka           |
| 13) Bhuja bandha Shakti Vikasaka         | 14) Kohni Shakti Vikasaka                       |
| 15) Bhuja-balli Shakti Vikasaka          | 16) Purnabhuj Shakti Vikasaka                   |
| 17) Manibandh Shakti Vikasaka            | 18) Karapristha Shakti Vikasaka                 |
| 19) Kara-tala Shakti Vikasaka            | 20) Anguli Shakti Vikasaka (1)                  |
| 21) Ansuli Shakti Vikasaka (2)           | 22) Vaksha Shakti Vikasaka(1)                   |
| 23) Vaksha sthala Shakti Vikasaka (2)    | 24) Udara Shakti Vikasaka(1)                    |
| 25) Udar Shakti Vikasaka (2)             | 26) Udar Shakti Vikasaka (3)                    |
| 27) Udar Shakti Vikasaka (4)             | 28) Udar Shakti Vikasaka (5)                    |
| 29) Udar Shakti Vikasaka (6)             | 30) Udar Shakti Vikasaka (7)                    |
| 31) Udar Shakti Vikasaka (8)             | 32) Udar Shakti Vikasaka (9)                    |
| 33) Udar Shakti Vikasaka (Nauli) (10)    | 34) Kati Shakti Vikasaka (1)                    |
| 35) Kati Shakti Vikasaka (2)             | 36) Kati Shakti Vikasaka (3)                    |
| 37) Kati Shakti Vikasaka (4)             | 38) Kati Shakti Vikasaka (5)                    |
| 39) Mooladhar Chakra Shudhi.             | 40) Upastha thatha swadhisth<br>Chakara shuddhi |
| 41) Kundalini Shakti Vikasaka            | 42) Jangha Shakti Vikasaka (1)                  |
| 43) Jangha Shakti Vikasaka (2)           | 44) Janu Shakti Vikasaka                        |
| 45) Pindhi Shakti Vikasaka               | 46) Pada-mula Shakti Vikasaka                   |
| 47) Padungali –Shakti- Vikasaka) Gukpha- | 48) Pada-Prishtha-Patha-Tala shakti-vikasaka    |

**Sthula Vyayama :**

- |               |                   |              |
|---------------|-------------------|--------------|
| 1) Rekha-gati | 2) Hird-gati      | 3) Utkurdana |
| 4) Urdva-gati | 5) Sarvanga-pusti |              |

**Suryanamaskar :**

- 1) Twelve Mantras
- 2) Ten counts, Twelve counts and Sixteen counts

**System of examination :**

**Total Marks: 50**

- |  |           |
|--|-----------|
| 1) Any two yogic sthula vyayama as told by the examiner<br>five marks each.                    | 10 Marks. |
| 2) Any two yogic sukshma vyayama as told by the examiner<br>five marks each.                   | 10 Marks. |
| 3) Any three yogic suksma vyayama, one sthula vyayama<br>of candidates choice five marks each. | 20 Marks. |
| 4) Suryanamaskara 12 counts  | 10 Marks  |

**Internal assessment :-**

There shall be sessional work of 25 marks each for all the sections.

[assignments, terminal examinations and record book]

100 Marks

### **Part – III**

#### **Practice teaching**

The candidate will be required to take five supervised lessons in Yoga practices.

Section – I: Sessional work (Internal Assessment) 100 Marks.

Section – II: One lesson to be taken at the Final Examination from Yogasana group. 100 Marks.

#### **System of Examination: -**

Internal: Sessional work [Internal Assessment] the candidate will be required to take ten supervised lessons in yoga practices For ten marks each. 100 Marks

External: One lesson to be taken at the final practice teaching examination from yogasana Group for fifty marks. 100 Marks

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