

P.G.DIPLOMA IN YOGA

PROGRAMME PROJECT REPORT (Academic Year 2018-2019)

The Centre is working towards providing scientific and qualitative holistic spiritual education thereby developing the younger generation to progress with peace and perfection. To make quality the defining element of higher education in India through a combination of self and external quality evaluation, promotion and sustenance initiatives. Yoga is one of the ancient spiritual forms of preventive therapy of alternative medicine that originated in India. Yoga practice helps in controlling the disorders of human system by yoga therapy. Yoga has become one of the popular physical exercises across the world. The course trains and prepares candidates in yoga aspects of life. It inculcates scientific attitudes and services of yoga therapy to common man. Yoga is an effective form of preventive therapy for diseases like cancer, asthma etc..

a) Vision and Mission of our

Institution Vision

Achieving Excellence in all spheres of Education, with particular emphasis on PEARL - Pedagogy, Extension, Administration, Research and Learning.

Mission

Affording a High Quality Higher Education to the learners so that they are transformed into intellectually competent human resources that will help in the uplift of the nation to Educational, Social, Technological, Environmental and Economic Magnificence (ESTEEM). **Mission of the Programme.**

- To arrange for periodic assessment and accreditation of institutions of higher education or specific academic programmes
- To stimulate the academic environment for promotion of quality of teaching-learning and research in higher education institutions.
- To encourage self-evaluation, accountability, autonomy and innovations in higher education
- To undertake quality-related research studies, consultancy and training programmes.

Objectives of the Programme

- i) To Promote positive health, prevention of stress related health problems and rehabilitation through Yoga.
- ii) To Promote Integral approach of Yoga Therapy to common ailments.

- iii) To Promote personality development of students in Schools, Colleges through the learners
- iv) To enable them to establish physical fitness, long and healthy life.
- v) To create a calm, harmonious relation in the society.
- vi) To create an atmosphere of confidence, enthusiasm and non-competitiveness, where everyone can succeed.
- vii) To empower students to support their own health and well-being.
- viii) To enhance concentration and memory.
- xi) To improve listening skills.
- x) To enhance organizational and communication skills.
- xi) To enhance motor skills and balance.

b)Relavance of the Programme with HEI’s mission and Goals

The goal of the programme is to create peaceful, productive, learning-ready classrooms in which students will learn to use yoga and mindfulness to improve their focus while developing a lifelong awareness of the importance of their physical and emotional health.

It will provide the school teachers, college teachers and other learners with a cost-effective, sustainable solution to improve them. The learners and aspirants readiness to learn, while positively transforming the environment.

c)Nature of prospective target of learners

- Any graduates
- Academicians
- Entrepreneurs
- School teachers
- College teachers
- Home makers

d)Appropriateness of programme to be conducted in open and distance learning mode to acquire specific skill and competence

The course trains them as Yoga Therapy Instructors as paramedical personal in hospitals, nursing homes to introduce Yoga under the guidance of doctors, the participants to run their own Yoga Centres they work as therapists at Naturopathy hospitals, health clubs etc.After passing this course students have good option. They can also become Yoga trainer. It enables them to establish yoga therapy centres in the service of common man.This programme may be conducted through Distance Education. If this programme conducted in Distance Education,the working person will also be benefitted.

e) Instructional Design

The graduation is of one year duration. Yoga practice integrates the body, mind and the soul. The syllabus includes topics on meaning, need and scope of Yoga. It explains messages from, Kuran, Bhagavatgita, Bible Bhudhism, paths of yoga, human body functions, effects, yoga principles, mental health, stress management, practical yoga, meditation, concept of meditation and its benefits, Patanjalis eight limbs of yoga.

Yoga techniques help in controlling mind and the body. Yoga is a science of life which promotes holistic living, builds and strengthens mind and elevates self confidence in an individual. Practice of Yoga regularly by the individuals helps in leading a disciplined way of life. Yoga helps in keeping the body fit and healthy and in preventing diseases. Yoga unfolds the potentials in an individual and makes way for blissful life.

Sl. No.	Course Code	Title of the Course	CIA Max.	ESE Max.	TOT Max.	Credits
I Semester						
1.	42611	Historical Development of Yoga	25	75	100	4
2.	42612	Principles of Yoga Practices	25	75	100	4
3.	42613	Scientific approaches of Yoga	25	75	100	4
4.	42614	Practical Lab.I: Simple Asanas and Pranayama	25	75	100	4
		Total	100	300	400	16
II Semester						
5.	42621	Methods of Yogic Practices	25	75	100	4
6.	42622	Application of Yogic Practices	25	75	100	4
7.	42623	Yogic Practices and Social values	25	75	100	4
8.	42624	Practical Lab.II: Advanced Asanas and Pranayamas	25	75	100	4
		Total	100	300	400	16

e.1. Curriculum design (Annexure-I)

Course Code Legend:

4	2	6	X	Y
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426- P.G.Diploma in Yoga

Programme X-Semester Number

Y- Course Number in the Semester

CIA: Continuous Internal Assessment, ESE: End Semester Examination, TOT: Total, C: Credit Points, Max.: Maximum

No. of Credits per Course (Theory) -

4 No. of Credits per Course

(Practical) - 4 Total No. of Credits

per Semester- 16

Total No. of Credits for two Semesters(one year) = 32

e. 2. Detailed Syllabi:

FIRST SEMESTER

Course Code	Title of the Course
42611	Historical development of Yoga

BLOCK - 1 : HISTORY OF YOGA

UNIT – I

The Origin of Yoga – History of Yoga – Vedic Yoga – Pre-classical yoga – Classical Yoga – Post-classical Yoga – Definitions of Yoga – Meaning of Yoga – Need of Yoga – Scope of Yoga.

UNIT – II

Scope in India – Scope in Aboard – Career options as Yoga Trainer & Teacher - Aims and objectives of Yoga – Misconceptions of Yoga – i. Yoga is a sport – ii. The physical side of yoga is the most important part – iii. Yoga is only for women – iv. Every must practice the same postures – v. Have to be extremely agile to practice yoga - It is good to practice yoga postures out of doors – vi. Incense should be burned when practicing yoga – Yoga is a religion.

UNIT – III

Messages from Bhagavat Gita – Glory of Bhagavad Gita – Messages from the Bible – Quotes from the Bible – Messages from Kuran – i. Islam – ii. Belief in God – iii. Belief in the Prophets and Messages of God – iv. The Prophet Mohammed

UNIT- IV

The five pillars of Islam – i. Testimony of faith, ii. Prayer, iii. Giving Zakat (Support of the needy) , iv. Fasting during the month of Ramadan, v. Pilgrimage to Makkah one in a lifetime for those who are able – Message from Buddhism – Religion and Spirituality – Panthajali's Yoga Sutra – Samathi Pada – Sadhana Pad – Vibhuti Pada.

BLOCK 2: TYPES OF YOGA

UNIT – V

Thirumular Thirumandiram – i. Asanas, ii. Breath, iii. Exhalation, iv. Cleansing – v. Breathe Control, vi. Master Death, vii. Pratyahara, viii. Dharana, ix. Dhyana, x. Samadhi.

UNIT – VI

Paths of Yoga – Abhava yoga – Agni-yoga – Bhakti yoga – Buddhi yoga – Dhyana yoga – Kaula yoga – Kundalini yoga – Lambika yoga – Laya-yoga – Nada yoga – Pashupata yoga.

UNIT – VII

Karma Yoga – Karma yoga means – Suggests – Benefits of Karma yoga – Nishkama karma yoga.

UNIT – VIII

Bhakti Yoga – There are nine modes of Devotion that the Bhakthi yogi follows – Nature of real love or bhakthi.

BLOCK - 3 : PRINCIPLES OF YOGA

UNIT – IX

Jnana Yoga – i. Viveka, ii. Variagya, iii. Shat-Sampat-(six – virtues), iv. Mumukshutva – Principle of Jnana yoga.

UNIT – X

Raja Yoga – Meaning- Carefree kings – Patanjali's Astanga yoga system – Royal yoga – Stage of Samathi.

UNIT – XI

Hatha Yoga – Classical hatha yoga – Definition – Prana and apana – Sushumna nadi – Pingala nadi

BLOCK - 4 : METHODS OF YOGA

UNIT – XII

Patanjalis Eight Limbs of Yoga – Yama – Ahimsa or non-violence – Satya or truthfulness – Asteya or non-stealing –Bramacharya or non-lust – Aparigraha or non-possessiveness.

UNIT – XIII

Niyama – Saucha or cleanliness – Santosha or contentment – Tapas or austerity – Svadhyaya or study of the sacred text and of one's self – Isvarapranidhana or living with an awareness of the Divine

UNIT – XIV

Asana – Pranayama – Pratyahara – Types of Pratyahara – Dharna – Dhyana - Samadhi

References

1. George Reuerstein : the Yoga Tradition (It History, Literature, Philosophy and Practice)
2. Swamy Satyanada Saraswathi: Asana, Pranayama, Mudra, Bandha (India: Yoga publications Trust, Munger, Bihar)
3. Swami Sivananda practice of Karma Yoga (The Divine Life Society, Shivananda nagar, p.o., U.P. Himalayas. India)
4. Dr.Nagendra HR.The art and sciences of Pranayama (Vivekananda Kendra Yoge Prakashana, Banga.

Course Code	Title of the Course
42612	Principles of Yoga Practices

BLOCK - 1 : APPLICATION OF YOGA

UNIT – I

Basic Principles of yoga – Proper Relaxation – Proper Exercise – Proper Breathing – Proper Diet – Positive Thinking and Meditation.

UNIT – II

Definitions of Physical Education – Application of in Physical Education – Yoga – Physical Education – Application of Various Systems of Yoga – Application of Karma Yoga – Application of Bhakhi Yoga – Application of Jnana Yoga – Application of Hatha Yoga – Application of Mantra Yoga – Application of Yantra Yoga – Application of Laya and Kundalini Yoga – Application of Tantra Yoga – Application of Raja Yoga/Ashtanga Yoga – Application of Yama – Application of Niyama – Application of Asana – Application of Pranayama – Application of Pratyahara – Application of Dharana – Application of Dhyana – Application of Samadhi.

UNIT – III

Importance of Yoga in Physical Education – Astanga Yoga and Importance – Importance of Yama – Importance of Niyama – Importance of Asana – Importance of Pranayama - Importance of Pratyahara – Importance of Dharana – Importance of Dhyana – Importance of Samadhi.

UNIT – IV

Importance of Yoga in Various Sports – Importance of Yoga for Athletes- Running – Importance of Yoga for Athletes-Jumping – Importance of Yoga for Athletes-Throwing – Importance of yoga for Archery – Importance of yoga for Boxing – Importance of yoga for Wrestling – Importance of yoga for Gymnastics – Importance of yoga for weight lifting – Importance of Yoga for Football – Importance of Yoga for Hockey – Importance yoga for Tennis.

BLOCK - 2 : GENERAL METHODS OF YOGA

UNIT-V

General Importance of yoga in Physical Education & Sports – Physical Benefits of yoga – Physiological benefits of yoga – Biochemical benefits of Yoga – Psychological benefits of Yoga – Other benefits of Yoga.

UNIT – VI

Differences between Yogasanas and Physical Exercises – Locomotors system – Nervous system – Circulation – Heart – Lungs – Gastro-Intestinal Track – Renal – Endocrine.

UNIT – VII

Methods of Teaching Yogic Techniques – Introduction – Demonstration – Practicing the Asana/Practice – Relaxation and Closing

UNIT – VIII

Preparatory movements – Breathing practice – Hands in and out breathing – Hands-stretch breathing – Ankle-stretch breathing – Stretching Practices (Loosening Exercise) – Mukha Dhouti (Cleaning Through a single Blast Breath) – Front and back bending of Waist – Side bending and Twisting of Waist – Twist with bending – Physical Activity – Adherence to Exercise – Systems of Physical Exercise.

BLOCK - 3 : TYPES OF ASANAS AND PRANAYAMA

UNIT – IX

The Surya Namaskar – The solar Tradition – Salute to the sun – Effects of Surya Namaskar – Respiratory system – Circulatory system – Digestive system – Skin – Nervous system – The Endocrine system – Pituitary gland – Pineal Gland – Pancreas.

UNIT – X

Asanas – Introduction – Objectives of Asanas – Common Asanas – Classification of Asanas – Classification on the basis of Starting Position – Standing Asanas – Sitting Asanas – Prone Asanas – Supine Asanas – Meditation Asanas – Relaxation Asanas – Cultural Asanas – Backward bending Asanas – Forward bending Asanas – Spinal Twisting Asanas – Inverted Asanas – Balancing Asanas.

UNIT – XI

Pranayama – Prana and lifestyle – Breathe, health and Pranayama – Breathing and life span – Pranayama and the spiritual aspirant – Types of Pranayama – Sensitizing Pranayama – Tranquilizing Pranayama – Vitalizing Pranayama

BLOCK - 4 : METHODS OF MEDITATION

UNIT – XII

Balancing Pranayama – Mudras – Mudras and Prana – Scientific benefits of Mudras – Hasta (Hand mudras) – Mana (Head mudra) – Kaya (postural mudra) – Bandha (Lock mudra) – Adhara (perineal mudra) – Bandhas – Concept of lock – Mechanics of Bandhas – Moola bandha (perineal contraction) – Uddiyana bandha (abdominal contraction) – Jalandhara bandha (throat compression) – Physical effects of bandhas

UNIT – XIII

Kriyas – Introduction – Kapalabhati – Trataka – Neti – Jal neti – Sutra neti – Dhouti – Vamana dhouti – Nauli – Basti.

UNIT – XIV

Meditation – Methods of meditation – Concept of Meditation – Specific technique – Muscle relaxation – Logic relaxation – Self-induced state – Self-focus skill – Benefits of meditation – Sri Aurobindo meditation – Centres of Concentration – Vethathri Maharishi meditation – Vallalar meditation – Vipasana meditation – Tamil siddha meditation – Transcendental meditation.

References

1. Dr.K.Chandrasekaran, :Sound Health Through Yoga”(Prem Kalyan Publications, Sedapatti, Madurai 1999).
2. Iyengar B.K.S (1989) Light on yoga, London: Unwin paper backs.
3. Thirumoolar (2006) Thirumanthiram, Madras: Sri Ramakrishna Math.
4. Satynanda Saraswati Swami (2007) Meditations from the tantras, Munger: Yoga publications Trust.
5. Sivananda yoga centre (2003), The Sivananda Companion to meditation, New York: Simen & Schuster.

Course Code	Title of the Course
42613	Scientific approaches of Yoga

Scientific Approaches of Yoga

BLOCK - 1 : PHYSIOLOGICAL CHANGES OF YOGA

UNIT – I

Cell – Tissues – Epithelial tissue – squamous epithelial tissue, Columnar epithelial tissue, Cuboidal epithelial tissue- Connective tissue – cartilage, bones, tendons, ligaments- Muscular tissue – Skeletal muscle, Smooth muscle- Nervous tissue – neuron, glial cells- Adipose tissue- White adipose tissue, Red adipose tissue

UNIT – II

Various organs – Lungs – Kidney – Muscles – Diaphragm – Muscles of abdomen – Muscles of back – Muscles of pelvis – Muscles of gluteal region – Muscles of thigh – Muscles of leg – Bones – Joints.

UNIT – III

Skin – Effect of yoga on digestive system – Effect of yogasanas on Nervous system – Effect of Yogasanas on endocrine system – Effect yogasanas on renal system – Effect of Yogasanas on sensory system.

UNIT – IV

Chest cage – Regulation of breathing – Expiration – Types of breathing – Effect on respiratory system – Effect on Circulatory system- heart, dorsal aorta, arteries, veins, their functions, ECG.

BLOCK – 2 : PHYSIOLOGICAL BENEFITS

UNIT – V

Bandhas – Mudras – Physiological benefits of Mula Bandha – Physiological benefits of maha bandha – Physiological benefits of Viparitarani mudra – Physiological benefits of Khechari mudras – Physiological benefits of maha mudra – Physiological benefits of Maha Vedha – Physiological benefits of Yoni Mudra – Introduction to Shatkarma or Shatkriyas.

UNIT – VI

The six shatkriyas are as follows – Jala neti (nasal cleansing with water) – Contraindications Benefits – Sutra neti (nasal cleansing with thread) – Shankhprakhshalana (Intestinal cleansing).

UNIT – VII

Agnisara kriya – Kunjal kriya or Vaman Dhauti (regurgitate cleansing) – Vyaghra kriya (tiger practice) – Gaja Karma kriya (elephant action) –

UNIT – VIII

Vastra Dhauti – Vatsara Dhauti (cleansing the intestines with air) – Nauli (abdominal massaging) – Madhyama nauli (central abdominal contraction) – Vama nauli (left isolation) – Dakshina nauli (right isolation) – Abdominal rotation or churning

BLOCK - 3 YOGIC PRACTICES

UNIT – IX

Basti (yogic enema) – Jala basti (yogic enema with water) – Sthal basti (dry yogic enema) – Moola Shodhana (anal cleansing) – Vyutkrama Kapalbhata (sinus cleansing) – Sheetkrama Kapalbhata (mucus cleansing) – Trataka (concentrated gazing)

UNIT – X

Meditation – Meditation postures – Transcendental meditation – Antar Mauna – Nadis – Sushumna nadi – Sushumna nadi

UNIT – XI

Padmas or Chakras Sukshma prana – Muladhara Chakra – Svadhistana chakra – Manipura chakra – Anahata chakra – Visuddha chakra – Ajna chakra – Sahasrara chakra

BLOCK – 4 : SCIENTIFIC APPROACHES

UNIT – XII

Kundalini shakti – Kinetic energy – Kundalini yoga – Mysterious kundalini – Psycho-neuro-immunology.

UNIT – XIII

PSYCHO-Physiological benefits - Physiological changes during the practice of Meditation – Balances the body

UNIT – XIV

Bio chemical changes – Hematologic changes – Neurological changes – Pranayama and Brain Functions.

References

1. Dr.Krishna Raman: A matter of health (integration of yoga and western medicine for prevention and cure) (Chennai east west books (Madras) Pvt.Ltd.,1998)
2. Sri. Ananda: The complete book of yoga harmony of body and mind (orient paper backs: vision book Pvt.Ltd.,1892)
3. Dr.Nagendra HR. The art and science of Pranayama (Vivekanda Kenda Yoga Prakashana Bangalore)
4. Swami Sivananda: Kundalini Yoga (Thee divine life society P.O Shivananda bagar., U.P.Himalayas, India)
5. DR.HR.Nagendra : Yoga Research & applications (Vivekananda kendar yoga prakashana, Bangalore)
6. Evelyne & Peace (1997) Anatomy and Physiology for Nurses, New Delhi: Jaypee Brothers.

Course Code	Title of the Course
42614	Practical-I Lab.I: Simple Asanas and Pranayama

Practical – I
Simple Asanas and Pranayama

Meditative Asanas

Sitting Types:

1. Ardha Padmasana or Veerasana
2. Swasthikkasana
3. Vajrasana
4. Bhadrasana
5. Gomukasana – I

Relaxative Asanas:

1. Makarasana
2. Savasana Stage – I
3. Savasana Stage – II
4. Savasana Stage – III Pranddharana
5. Savasana Stage – IV (Oceanic feeling)

Cultural Asanas

Standing Types:

1. Trikonasana
2. Parivrutha Trikonasana
3. Parsva Konasana
4. Tadasana
5. Chakrasana (Side bending)
6. Padahas tasana
7. Ardha Chakrasana
8. Utkattasana
9. Vrikshasana
10. Bakkasana

Sitting Postures:

1. Vakrasana
2. Ardha Ustrasana
3. Mandukasana
4. Suptha Vajrasana
5. Sasangasana
6. Ardha Sirsasana
7. Sirsasana
8. Tolasana
9. Hamsasana
10. Parvatasana
11. Bandha Konasana
12. Dandasana
13. Sithila Dandasana
14. Paschimottasana

Cultural Asanas:

Supine type:

1. Ardha Pavanamuktanasana
2. Pavana Mukttanasana
3. Navasana
4. Tolan gulasana
5. Viparitha karani
6. Matsyasana (simple)
7. Uttana Padasana

Prone Type Postures:

1. Bhujangasana
2. Ardha salabhasana
3. Dhanurasana
4. Naukasana
5. Salabhasana

Preparatory for Pranayama

1. Kapalabhathi
2. Sectional Breathing
 - i. Abdominal Breathing
 - ii. Thoracic
 - iii. Clavicular
 - iv. Full yogic Breathing

Pranayamas:

1. Suha Pranayama (Anuloma Viloma)
2. Surya Anuloma Viloma pranayama (Ratio 1:0:2)
3. Candra Anuloma viloma pranayama (1:0:2)
4. Surya Bhedhana (1:0:2)
5. Nadi shodhana (1:0:2)
6. Sitali pranayama
7. Sitkari pranayama
8. Bhramari pranayama

Make the students practical course like full course, short course and easy course (like one hour, 45 minutes and 30 minutes) routines of yoga practices according to kaivalyadhama tradition or other effective tradition – therapeutic routines for different psychosomatic disorders suggested by research findings.

References

1. Swami Kuvalayananda and Dr.S.L.Vinekar YOGIC Therapy. Its basic principles and methods, ministry of health, govt. of India New Delhi. 1963.
2. Swami Kuvalayananda: ASANAS Kaivalyadhama, Lonavla, Pune Dist, Maharashtra.
3. Swami Kuvalayananda: PRANAYAMA, Kaivalyadhama, Lonavla, Pune Dist, Maharashtra.
4. YOGASANAS : A TEACHER’S GUIDE NCERT, New Delhi, 1983
5. Dr.Shrikrishna: Essence of Pranayama, ICY Health Centre, Kaivalyadhama, Bombay, 1985
6. Shri. O.P, Tiwari: ASANAS: Why and how, kaivalyadhama, lonavla pune dist, Maharashtra
7. B.K.S IYENGAR: 1.Light on yoga (yoga dipika) 2. Light on pranayama, Harper Collins publishers Daryaganj, New Delhi, India 2000
8. Dr.H.R. Nagendra, Sri. T.M OHAN and Sri. A.SHRIRAM: YOGA in education volume-I published by Vivekananda Kendra yoga prakashana, Bangalore India-1988
9. Dr.R.Nagarathna and Dr.H.R.Nagendra: yoga for promotion of positive health pub. Swami Vivekananda yoga prakashana, Bangalore, India2001.
10. Dr.H.R.Nagendra: pranayama the art and science pub Vivekananda Kendra yoga prakashana, Bangalore, India 2000.

Course Code	Title of the Course
42621	Methods of Yogic Practices

Methods of Yogic practices

BLOCK - 1 : SURYANAMASKAR

UNIT – I

Sitting and Standing Suryanamaskar – Hastapaadasana – Ashtanga Namaskara – Dandasana – Bhujangasana.

UNIT – II

Benefits of Suryanamaskar – Who should NOT do Surya Namaskar – Remember - Benefits and Limitations.

UNIT – III

TADASANA – Yoga pose – Ardhakaticharasana – Padahastasana – Ardha chakrasana:(Half-Weel Posture) - Ardha chakrasana – Benefits – Caution – Benefits.

UNIT – IV

Utkatasana – Method of Utkatasana – Ekapadasana – Technique – Benefits - Contraindications.

BLOCK - 2 : MEDITATIVE POSE ASANAS

UNIT – V

Parivritta Trikonasana – Parsvottanasana – Technique – Arms – Legs – Variation – Benefits – Tips & Warnings.

UNIT – VI

NATARAJASANA – Lord of The Dance Pose – Parivritta Parsvakonasana – Instructions – Position – Contra-indications – Benefits.

UNIT – VII

Sittings Asanas: Padmasana – Benefits – Caution – Paschimothanasana-The Posterior stretch – Method of Practice – Caution – Benefits.

UNIT – VIII

VAJRASANA – Technique – Caution – Benefits – Ushtrasana – Sequence – Benefits – Ushtrasana Camel Yoga - Ushtrasana Camel Yoga Prosture – Technique.

Block - 3 : SITTING ASANAS

UNIT – IX

Gomukhasana-The Cow-Face Pose – Method of Practice – Ardhmatsyendrasana – Technique(First Movement) – Technique(Second Movement) – Benefits.

UNIT – X

Makarasana – Technique – Makarasana-The Crocodile Pose – Sequence – Bhujangasana: Cobra Pose – Mthod of Praticce – Benefits.

UNIT – XI

Salabasana: Salabha asana(The Locust Posture) – Dhanurasana-The Bow Pose
– Method of Practice – Caution – Benefits.

BLOCK - 4 : SUPINE POSITION ASANAS

UNIT – XII

Supine Position Asanas: NAVASANA – Benefits – Healing Effects – Matsyasana.

UNIT – XIII

The Halasana Plough Pose – Caution – Limitations – Benefits – Sarvangasana
–The All-Parts Pose – Method of Practice – Caution - Benefits.

UNIT – XIV

Chakrasana –The Wheel Pose(Supine) – Benefits – Shavasana(The Corpse pose)
– Cautions.

References:

1. Dr.Krishna Raman: A matter of health (integration of yoga and western medicine for prevention and cure) (Chennai east west books (Madras) Pvt.Ltd.,1998)
2. Sri. Ananda: The complete book of yoga harmony of body and mind (orient paper backs: vision book Pvt.Ltd.,1892)
3. Dr.Nagendra HR. The art and science of Pranayama (Vivekanda Kenda Yoga Prakashana Bangalore)
4. Swami Sivananda: Kundalini Yoga (The divine life society P.O Shivananda bagar., U.P.Himalayas, India)
5. DR.HR.Nagendra : Yoga Research & applications (Vivekananda kendar yoga prakashana, Bangalore)
6. Dr.J.P.N.Mishra: Yoga for common ailments (B.Jinpublishers, Pvt. Ltd New Delhi.

Course Code	Title of the Course
42622	Application of Yogic Practices

BLOCK - 1 : YOGIC CONCEPTS

UNIT – I

Yogic concept of Human Body – Annamaya Kosha (Physical body) – Pranamaya kosha (Pranic body) – Manomaya kosha (mind body) – Vijnanamaya kosha (Intellect body) – Anandamaya kosha (Bliss body)

UNIT – II

Role of yogic practices on Arthritis – Get moving to feel better – Easing the pain of Arthritis with simple yoga practices – Role of yogic practices on back pain – Intermittent lower back pain – Mild lower back pain – Severe lower back pain – Yoga as an effective treatment for back pain – Yoga is the natural cure for back pain.

UNIT – III

Featured posture – Ushtrasana-Camel pose – Role of yogic practices on menstrual disorder – Amenorrhoea – Dysmenorrhoea – Abnormal Uterine Bleeding – Premenstrual Syndrome.

UNIT – IV

Yoga poses Recommended During the Menstrual Period – Trikonasana – Ardha Chandrasana – Pranayama – Inversions during menstrual period.

BLOCK - 2 : MECHANISM OF YOGA

UNIT – V

Impact of yogic Practice on Diabetes – Asanas – Pranayama – Meditation – Yoga Nidra – Cleansing Processes.

UNIT – VI

Yogic treatment for diabetes – Impact of yogic practice on Hypertension – Observed effects of yoga on blood pressure- Probable mechanism.

UNIT – VII

Impact of yogic practice on Coronary Heart Disease – Improving cardiovascular health – Scientific evidence – Control of heart disease risk factors – Regression of coronary artery disease – Other benefits of yoga.

UNIT – VIII

Yoga & treating obesity – The three Gunas – A proper Diet – Changing your Diet – Fasting – Organic Diet – Yogic Diet.

Block - 3 : YOGIC FOOD

UNIT – IX

Yoga and Ahimsa – Non violent yogic – Foods to Eat – Foods to Avoid – Diet and yoga - Ideology and technology.

UNIT – X

Physically – Mentally – Anna yoga – Yoga practitioner – Spirit with the yoga diet

UNIT – XI

Some yoga poses for anxiety – Single leg raise – Double leg raise yoga pose – Cobra pose – Child pose – Sage Twist – Some Pranayamas for Anxiety – Ujjayi (Victorious breath) – Alternate-Nostril breathing – Yoga for Anxiety and Stress Relief

BLOCK - 4 : MEDITATION

UNIT – XII

Breathing meditation with Om – Breathing meditation – Yoga for Depression – Yoga and meditation practices for depression, anxiety and stress.

UNIT – XIII

Mindfulness meditation – Using relaxation techniques to keep a Phobia under Control – Visualization – Progressive muscle relaxation – Autogenic relaxation – Methods of relaxation – Application of yogic techniques on fatigue – Pranayam – Yogic Massage – Yoga Cures – Yoga for chronic fatigue Syndrome – What are the management techniques available? – Karnapidasana.

UNIT – XIV

Yoga and mental health – Reduction of tension – Restoration of Pliability – Personal values – Acceptance of faith in life – Social values – Yoga for Neurosis – Yoga for Insomnia – Stages of mind – Mind power-Inner Psychology to Success – Consciousness – Subconscious.

References

1. Practical guide to applied spirituality (Brahma Kumaris, Mount Abu, Rajasthan)
2. Building a value based peaceful and prosperous society (Om Shanti Press, Gyanamritt Bhavan, Shantivan, Mount Abu, Rajasthan)
3. Vicente Heo Chin, Jr. Notes of self Transformation, (Philippine Theosophical Institute, Philippines)
4. Dr. Jeetendra Adhia: Spring of Inspiration (Alpha International, Gujarat.
5. G. Ravindran: Management science Conflict (Manivasakar publication, Chidambaram).
6. Iyengar B.K.S. (1976) Light on Yoga, London: Unwin paper backs.
7. Karmanada Swami (2008), Yogic Management of Common diseases, Munger:
8. Yoga publications Trust.

Course Code	Title of the Course
42623	Yogic Practices and Social values

BLOCK – 1: ASANAS

UNIT – I

Karna Pidasana – Ardha Baddha Padma Paschimottanasana – Marichyasana – Prasarita Padottanasana – Sethu Bandha Sarv Agasana.

UNIT – II

Paryankasana – Poorna Ustrasana – Eka Pada Chakrasana – Vatayanasana – Garudasana.

UNIT – III

Bharatvajasana – Parivrtta Janu Sirsasana – Padma Mayurasana – Utthitha Padmasana – Bakasana – Urdhva Mukha Paschimottanasana.

UNIT – IV

Kapalbhati – Sadanta Pranayama – Surya Bhedana Pranayama – Chandrabhedana Pranayama – Nadi Shudhi Pranayama

BLOCK - 2 : BREATHING TECHNIQUES

UNIT – V

Sectional Breathing – Ujjayi Pranayama – Bhramari Pranayama – Benefits – Awareness – Sequence – Precautions.

UNIT – VI

Kriyas – Kapalabhati – Trataka – Neti – Sutra Neti – Dhouti – Nauli – Basti – Benefits – Yogic enema.

UNIT – VII

Chinmaya Mudra – Adhi Mudra – Brahma Mutra – Maha Mudra – Yoga Mudra – Mooladhara.

UNIT – VIII

Bandhas – Jalandhara Bandha – Inhale deeply - Uddiyana Bandha – Mula Bandha – Meanings.

BLOCK - 3 : MEDITATION TECHNIQUES

UNIT – IX

Meditation – Mantra meditation – Raja yoga meditation – Chakra meditation – Transcendental meditation – Transcendental meditation technique.

UNIT – X

Yoga Meditation – Introspection – Parts of lesson plan – Lesson plan.

UNIT – XI

Inter-personal skills – Holistic health care – Positive Thinking – Verbal communication – Nonverbal communication – Functions of nonverbal communication – Empty – Etymology – Ability to understand.

BLOCK - 4 : PSYCHOLOGICAL TECHNIQUES

UNIT – XII

Stress – Causes – Symptoms – Stress Management – Yoga and Stress – Selected yogic practices for stress – Conflict – Types of Conflict.

UNIT – XIII

Different ways of conflict resolutions- Perception – Anger management – Assertiveness – Yoga and Leadership Skills – Leadership.

UNIT – XIV

Inculcation of living values – Challenges in life – Moral values – Human or Social values – Divine values – Devotional and prayer.

References:

1. Yoga-Asana, Pranayama, Mudras, Bandha (Vivekananda Kendar Yoga Prakashana, Bangalore).
2. Swami Satyananda Saraswathi: Asana, Pranayama, Mudra, Bandha (Yoga Publications Trust, Munger, Bihar, India)
3. Yogiraj Vethathri Maharishi: Simplified Physical Exercises, (Vedathiri Publications, Gandhiji Road, Erode-1, Tamil Nadu).
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5. Dr.K.Chandrasekaran, "Sound Health Through Yoga: (Prem Kalia Publications, Sedapatti, Madurai 1999)
6. Satyananda Saraswathi Swami (2007), Meditations From The Tantras, Munger: Yoga Publications Trust.
7. Sivananda Yoga Centre (2003). The Sivananda Companion To Meditation, New York: Simon & Schuster.
8. Visharadananda Swami (2007), Human Values, Bangalore: Swami Vivekananda Yoga Prakashana.
9. Prajapita Brahma Kumares (2009), Moral Values, Attitudes And Modes, Mount ABN: Prajapita Brahma Kumares Ishwariya Vishwa-Vidyalaya.
10. Jagdish Chander (2000), Building Value Based Peaceful And Prosperous Society, Mount ABN: Prajapita Brahma Kumares Ishwariya Vishwa- Vidyalaya.

Course Code	Title of the Course
42624	Practical – II Advanced Asanas and Pranayamas

Practical – II

Advanced Asanas and Pranayamas Meditative

Postures:

Sitting postures:

1. Siddhasana / Siddha yoniasana
2. Gomukasana
3. Padmasana
4. Banda Padmasana

Cultural Postures:

Prone Postures:

1. Bhujangasana
2. Salabhasana
3. Pada Anugustha dhanurasana

Surya Namaskar

1. Surya Namaskar (12 counts)
2. Surya Namaskar (10 counts)

Cultural Postures: Sitting

Type Postures:

- | | |
|-------------------------|----------------------------------|
| 1. Pascima tanasana | 10. Hanuman asana |
| 2. Ustrasana | 11. Upavistakonasana or Ugrasana |
| 3. Ardha Matsyendrasana | 12. Janu Sirs asana |
| 4. Mayurasana | 13. Kurmasana |

- | | |
|--------------------------|----------------------------|
| 5. Sirasasana | 14. Bakkasana or Kakkasana |
| 6. Akama Dhanurasana-I | 15. Garbha Pindasana |
| 7. Akarna dhanurasana-II | 16. Eka Pada sirasana |
| 8. Yoga dandasana | 17. Kroun chasana |
| 9. Kuku tasana | 18. Marichyasana |

Cultural Postures:

Sitting type postures:

- | | |
|-------------------|-------------------|
| 1. Garudasana | 4. Natarajasana |
| 2. Pada Hastasana | 5. Vatayasana |
| 3. Cakrasana | 6. Virabhadrasana |

Supine type Postures:

- | | |
|---------------------------------|-----------------------|
| 1. Sarvangasana | 6. Setubandhasana |
| 2. Sarvangasana Variations | 7. Cakrasana |
| 3. Halasana | 8. Urdhva Dhanurasana |
| 4. Karma bhedasand or Lingasana | 9. Paripurna |
| 5. Matsyasana | 10. Navasana |

Advanced Pranayama

- | | |
|---------------------------|---|
| 1. Surya bhedhana | (1:1:2) and (1:2:2) |
| 2. Nadi shuddhi | (1:1:2) (1:2:1:1)
(1:2:2) and (1:2:2:1) |
| 3. Bhastrika I, II, & III | |
| 4. Ujjayi | (1:1:2) and (1:2:2) |
| 5. Bhramari (1:1:2) | (1:2:2) & According to capacity |
| 6. Sitalai (1:1:2) | (1:2:2) & According to capacity |
| 7. Sitkari | (1:1:2) (1:2:2) & According to capacity |
| Here | (1:1:2) (Puraka: Kumbhaka: Rechaka)
(1:2:1:1) (Puraka : Rechaka : Kumbhaka: Puraka). |

Full course, short course and easy course routines of yoga practices according to kaivalyadhama tradition – therapeutic routines for different – Psychosomatic disorders and other General peoples suggested by research findings.

References:

1. Swami kuvalayanand and D.S.L.Vinekar yogic therapy – its basic principles and methods ministry of health, govt. of India, New Delhi 1963.
2. Surya namaskar an instruction booklet, Vivekanada Kendra prakashan, Triplicane, Chennai.2000.
3. Swami kuvalayananda : ASANAS, kaivalyadhama, lonavla, Pune Dist, Maharashtra.
4. Swami kuvalayananda : PRANAYAMA, kaivalyadhama, lonavla, Pune Dist, Maharashtra.
5. Yogasanas : A teacher's Guide. NCERT, New Delhi
6. B.K.S.Iyengar : light on yoga yogadipika, Harper Collins publications India, Daryaganji, New Delhi,2000
7. Dr.R.Nagarathna and Dr.H.R.Nagendra: yoga for promotion of positive health pub. Swami Vivekananda yoga prakashana, Bangalore, India2001.
8. Dr.Shri.Krishna: Essance of Pranayama, kaivalyadhama, Pune Dist, Maharashtra.
9. Shri.O.P.Tiwari : ASANAS, Why and how, kaivalyadhama, Pune Dist, Maharashtra.
10. Dr. P.Mariayyah : Pranayamas, Sports publications, Coimbatore, TamilNadu, India.

e. 3. Duration of the Programme:

The programme for the P.G.Diploma in yoga shall consist of one academic year divided into two semesters. Each semester consists of Three Theory course and One Practical course. Theory course and Practical course carry 4 credits each. Each semester consists of 16 credits and the programme consists of 32 credits in total.

e. 4. Faculty and Support Staff Requirements:

The programme for the P.G.Diploma in yoga requires following faculty and supporting staffs:

Staff Category	Required
Core Faculty	3
Faculty - Specialization	2
Clerical Assistant	1

e. 5. Instructional Delivery Mechanisms:

The instructional delivery mechanisms of the programme includes SLM – study materials, face to face contact session for both theory and practical courses of the programme, e-content of the study materials in the form of CD, virtual media wherever applicable.

e. 6. Identification of Media:

The SLM – designed study materials will be provided in print media as well is in the form of CD which carries electronic version of the study material in addition to virtual laboratory media wherever necessary.

e. 7. Student Support Services:

The student support services will be facilitated by the head quarter i.e., Directorate of Distance Education, Alagappa University, Karaikudi and its approved Learning Centres located at various parts of Tamil Nadu. The pre-admission student support services like counseling about the programme including curriculum design, mode of delivery, fee structure and evaluation methods will be explained by the staff at head quarter and Learning Centres The post-admission student support services like issuance of identity card, study materials, etc. will be routed through the Learning Centres. The face to face contact sessions of the programme for both theory and practical courses will be held at the head quarter only. The conduct of end semester examinations, evaluation and issuance of certificates will be done by office of the controller of examinations, Alagappa University, Karaikudi.

f. Procedure for Admission, curriculum transaction and evaluation:

f. 1. Procedure for Admission:

A candidate who has passed U.G.Degree (10 + 2+ 3 system) in any discipline from any recognised University or an Examination of any other University accepted by the Syndicate as equivalent thereto shall be eligible to appear and qualify for the P.G.Diploma in Yoga of this University after a course of study of one academic year.

f. 2. Curriculum Transactions:

The classroom teaching would be through chalk and talk method, use of OHP, Power Point presentations, web-based lessons, animated videos, etc. The face to face contact sessions would be such that the student should participate actively in the discussion. Student seminars would be conducted.

For practical courses exclusive study materials containing the requirements, procedure for the practical will be issued to the learners. In the laboratory, instruction would be given for the practicals followed by demonstration and finally the students have to do them individually. The face to face contact sessions will be conducted in following durations;

Course Type	Face to Face Contact Session per Semester (in Hours)
Theory Courses (3 courses with 4 credits each)	48
Practical Courses (1 course with 4 credits)(For Demonstration)	120
Total	168

g. 3. Evaluation:

The examinations shall be conducted separately for theory and practical's to assess the knowledge acquired during the study. There shall be two systems of examinations viz., internal and external examinations. In the case of theory courses, the internal evaluation shall be conducted as Continuous Internal Assessment via. Student

assignments preparation and seminar, etc. The internal assessment shall comprise of maximum 25 marks for each course. The end semester examination shall be of three hours duration to each course at the end of each semester. In the case of Practical courses, the internal will be done through continuous assessment of skill in demonstrating the experiments and record or report preparation. The external evaluation consists of an end semester practical examinations which comprise of 75 marks for each course.

f. 3.1. Question Paper

Pattern: Time : 3

Hours Max. Marks:

75

Part-A – Answer All Questions All questions carry equal marks 10 x 2 Marks = 20 Marks

Part-B – Answer all questions all questions carry equal marks. 5 x 5 Marks = 25 Marks.

Part-C - Answer any three questions. 3x10=30 marks

f. 3.2. Distribution of Marks in Continuous Internal Assessments:

The following procedure shall be followed for awarding internal marks for theory courses.

Component	Marks
Student's Assignments and seminars	25
Total	25

The following procedure shall be followed for awarding internal marks for practical courses

Internal-Practical	Marks
Continuous Assessment (demonstration) Record Note Book Viva	25
Total	25

f. 3.3. Passing Minimum:

- For internal Examination, the passing minimum shall be 40% (Forty Percentage) of the maximum marks (25) prescribed for UG and PG Courses.
- For External Examination, the passing minimum shall be 40% (Forty Percentage) of the maximum marks (75) prescribed for UG and PG Courses.
- In the aggregate (External + Internal), the passing minimum shall be 40% for UG and 50% for PG courses.

marks (Maximum marks 25). This method is applicable for both theory and practicals.

f. 3.4. Marks and Grades: The following table gives the marks, grade points, letter, grades and classification to indicate the performance of the candidate.

Range of Marks	Grade Points	Letter Grade	Description
90-100	9.0-10.0	O	Outstanding
80-89	8.0-8.9	D+	Excellent
75-79	7.5-7.9	D	Distinction
70-74	7.0-7.4	A+	Very Good
60-69	6.0-6.9	A	Good
50-59	5.0-5.9	B	Average
00-49	0.0	U	Re-appear
ABSENT	0.0	AAA	ABSENT

C_i = Credits earned for the course i in any semester

G_i = Grade Point obtained for course i in any semester.

n refers to the semester in which such courses were credit

For a semester;

$$\text{Grade Point Average [GPA]} = \frac{\sum C_i G_i}{\sum C_i}$$

Grade Point Average = $\frac{\text{Sum of the multiplication of grade points by the credits of the courses}}{\text{Sum of the credits of the courses in a semester}}$

For the entire programme;

Cumulative Grade Point Average [CGPA] = $\frac{\sum n \sum i Cni Gni}{\sum n \sum i \sum ni}$

CGPA = $\frac{\text{Sum of the multiplication of grade points by the credits of the entire programme}}{\text{Sum of the credits of the courses for the entire programme.}}$

CGPA	Grade	Final result
9.5-10.0	O+	First Class- Exemplary*
9.0 and above but below 9.5	O	
8.5 and above but below 9.0	D++	First Class with Distinction*
8.0 and above but below 8.5	D+	
7.5 and above but below 8.0	D	
7.0 and above but below 7.5	A++	First Class
6.5 and above but below 7.0	A+	
6.0 and above but below 6.5	A	
5.5 and above but below 6.0	B+	Second Class
5.0 and above but below 5.5	B	
0.0 and above but below 5.0	U	Re-appear

*The candidates who have passed in the first appearance and within the prescribed semester of the PG Programme are eligible.

f. 4. Maximum duration for the completion of the course:

The maximum duration for completion of P.G.Diploma in Yoga programme shall not exceed ten semesters from their second semester.

f. 5. Commencement of this Regulation:

These regulations shall take effect from the academic year 2018-2019 (June session) i.e., for students who are to be admitted to the first year of the course during the academic year 2018-2019 (June session) and thereafter

f. 6. Fee Structure:

Total fees amount to complete P.G. Diploma in Yoga is **Rs.3750.**(The below mentioned fee structure is exclusive of Exam fees).

Sl. No.	Fees Detail	Amount in Rs.		
		First Year	Second Year	Third Year
1	Admission Processing Fee	300		
2	Course Fee	3300		
3	ICT Fee	150		
	TOTAL FEES	3750		

g. Requirement of the laboratory support and Library Resources:

We have **Centre for Yoga** to conduct the practical classes, we have well equipped lab in Department of Physical education. We have well equipped lab in Alagappa College of Physical education in our University. We have digitalised central library and Department library for the utilisation of books for our course.

h. Cost estimate of the programme and the provisions:

The cost estimate of the programme and provisions for the fund to meet out the expenditure to be incurred in connection with P.G. Diploma in Yoga as follows.

S.No	Expenditure Heads	Approx. Amount in Rs.
1	Programme Development	7,00,000/-
2	Programme Delivery	12,00,000/-
3	Programme Maintenance	2,00,000/-

i. Quality assurance mechanism and expected programme outcomes:

The quality of the programme depends on the quality of the syllabi, immediate need of the course by the candidate, equality of the course like regular course, demand of the programme for admission, and sincere efforts leading to skilful execution of the course.

The benchmark qualities of the programme may be reviewed based on the performance of students in their end semester examinations. End semester examination-based review feedback from the alumni, students, parents and employers will be received and analyzed for the further improvement of the quality of the P.G. Diploma Programme.

P.G.Diploma in Yoga may helps the students to get new job opportunities in Colleges & Universities, Health Clubs, Government Hospitals, Private Clinics, Sports Clubs, Resorts & Hotels, upgrading in their position not only in employment but also in the society, make students feel thirsty to learn yoga for their healthy life. The P.G. Diplomate of Yoga can work as Yoga teacher, Assistant ayurvedic doctor, Clinical psychologist, Therapist, Yoga instructor. As yoga education is necessary for the entire human socety for their all physical and mental health, this course might be succeed in 100 percentage.

Minutes of the Meeting of the Board of Studies (For P.G.Diploma in Yoga Programme to be offered through ODL Mode) held at The Directorate of Distance Education, Alagappa University, Karaikudi – 630 003, on 08.09.2017, (11.00 A.M).

Members Present

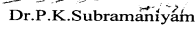
- | | | |
|----|-----------------------|------------|
| 1. | Dr.K.Chandrasekaran | - Chairman |
| 2. | Dr.K.Balasubramanian | - Member |
| 3. | Dr.P.K.Subramaniam | - Member |
| 4. | Dr.A.Palanisamy | - Member |
| 5. | Dr.V.Jeyaveerapandian | - Member |

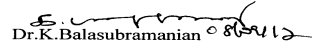
After the deliberation and discussion the board resolved the following:

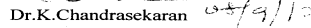
1. The board considered the curriculum design and detailed syllabi of **P.G.Diploma in Yoga** programme, prepared as per the norms by the Chairman and the Board Members, scrutinized and suitably modified the same.
2. The board resolved to approve curriculum design, detailed syllabi and other regulations for the **P.G.Diploma in Yoga** programme to be offered by the Directorate of Distance Education of Alagappa University are given in Annexure I.


Dr.V.Jeyaveerapandian


Dr.A. Palanisamy


Dr.P.K.Subramaniam


Dr.K.Balasubramanian


Dr.K.Chandrasekaran