University of Rajasthan

SYLLABUS

P.G. DIPLOMA IN YOGA EDUCATION

(D.Y.Ed.)

2015-2016

Prepared by - [Signature]

[Seal]

Asstt. Prof. [Name]
University of Rajasthan
Jaipur
D.Y.Ed.
Paper-I
Patanjali Yoga Sutra

Time: 3 Hours
75 Maximum Marks
27 Min. Pass Marks

Unit-I
1. Introduction, Philosophical and historical background of Yoga.
2. Definition of Yoga according to Patanjali, Hatha, Upanishadas, Gita etc.,
3. Introduction of Patanjali.

Unit-II
1. Citta; Meaning & Types
2. Vratta; Meaning, Introduction, Five Vartti: Praman Viparya Vikalp, Nidra, Smrati
3. Tripuran - Pratyaksa Anuman, Agama,
4. Abhyas- Vairagya; Introduction; Meaning, Importance of Abhyas & Vairagya in Yogic Sadhana

Unit – III
1. Samapattih; Meaning & Introduction, Four types Samapattih savitarka, Nivitaka, Savichara, Nirvicara
2. Sampra, Jhathan , Meaning, Introduction, Four types sampra Jnathan , Kirtarka, vichar, Ananda, Asmita
3. Iswar : Introduction, characteristic of Iswar
4. Anatraye: Introduction & Meaning; Nine Anatrayes
5. Citta Prasad: Introduction & Seven types of Citta Prasada

Unit- IV
2. Cause of Klesh.
3. Kriya Yoga: Introduction, Meaning & Importance
4. Kleshhan, Meaning, & Its importance in Yogic sadhana

Unit- V
1. Sanskara: Introduction & Meaning, Cause of Sanskar,
2. Viparya, according to sadhanapada & Its importance
3. Asatanga Yoga: -Yam, Niyam, Asana, Pranayhar, Pratyalon Dharan, Dhyan Samadhi

Books Recommended:
1. Patanjali Yoga Sutra - Edited by Dr. Karmvedkar, Kaivalyadham Lonawala.
4. Yoga Parichay - Dr. Peetambar Jha - Kaivalyadham Lonawala.
5. Yoga Darasan- Dr. Ramakant Mishra
D.Y.Ed.

Paper-II Yogic Text

Time: 3 Hours
75 Maximum Marks
27 Min. Pass Marks

Unit- I
1. Introduction & Definition of Hatha. Hatha Pradipika, Gheranda Samhita, Shiva Samhita,
2. Asanas by Swami Kuvalayananda, Introducing of Hatha Yoga

Unit- II
1. Pranayama - General features of pranayama - Sahita and Kevala Kumbhaka.
3. Swatmarama's eight verities of Kumbhakas-technique of each in details.
4. Effects of Pranayama.
5. Importance of time, choice of pranayama, use of Kumbhaka

Unit- III
1. Kriyas - General features & Importance
2. Classification and Techniques of each. Dhauti, Basti, Neti, Tratak, Nauli, Kapalbhati. According to Hatha Pradipika , Gherandasamhita
3. Yogic concepts of body function,
5. Muladhar, Swadhistan, Manipur, Anahat, Visudhi Aksya & Sahasradha Chapra

Unit- IV
Prana Shakti- Five major aspects of Pranashakti. : Prana , Apana, Saman, Vyan, Vdan; its function
1. Place in body
2. Panch kosa,
3. Nada, Bindu, Nadies: Introduction, name of Major Nadies, Nadi shodhan

Unit - V
1. Mitahar; Concept of Diet, Pathya- Apathya.
2. Yogic Chikitasa according to Hatha Pradipika. (Kaivalyadham)

Books Recommended:
3. Siddha Siddant Paddati - Gorakhnath Mandir, Gorakhpur (U.P.)
4. Nath Darshan - Gorakhnath Mandir, Gorakhpur (U.P)
Paper-III Yoga and Cultural Synthesis

Time: 3 Hours

Unit- I
1. Definition of Culture,
2. Characteristics of Indian Culture,
4. Relation between culture and Yoga.
5. Yoga as the basis of Cultural & Humanitarianism.

Unit- II
1. Samkhya - Purush, Prakriti, Triguna
2. Satkaryavada. (Karyakaran Theory)
3. Yoga - Definition of yoga,
4. Iswar, Klesh, Ashtanga yoga.

Unit- III
1. Advadita Vedanta - Brahma,
2. Maya,
3. Jeev,
4. Mukti,
5. Mimamsa- Theory of six Parmans,

Unit- IV
1. Nyaya- Vaisheshika-Introduction,
2. valid source of knowledge,
3. liberation,
4. seven categories substance.

Unit- V
2. Jaina – Panch Mahavrat,
3. Syadvad & Kaivalya.
4. Buddha- Four noble truth,
5. Niravan & Kshanivada.

Books Recommended:

1. Baldeo Upadhyay - Indian Philosophy
2. Dr. Harendra Prasad Sihna.- Dharam Darshan Ki Roop Rekha.
3. D.M. Dutta and Chatterji - Indian Philosophy.
5. Ganga Prasad Upadhyay - Sarv Darshan Siddhant
6. S.N. Das Gupta- History of Indian Philosophy.
7. I.C. Sharma - Ethical Philosophy of India.
8. S. Radha Krishan - Indian Philosophy.
D.Y.Ed.

Paper-IV Anatomy and Physiology of Yogic practices

Time: 3 Hours

Unit- I
Basic Human Anatomy & Physiology of different systems.
1. Skeletal system,
2. Muscular system,
3. Blood and circulatory system,
4. Respiratory system.

Unit- II
Basic Human Anatomy & Physiology,
1. Digestive system,
2. Excretory system
3. Nervous system,
4. Exocrine and Endocrine Glands, Fatigue.

Unit- III
1. Asana- Definatin & Classification of Asanas.
2. Effects of Asanas. Cultural, Relaxative & Meditative asana
3. How to practice Asanas. Precautions,
4. Importance of place, seat, time, sequence, Limitations
5. Combination with other exercise. Difference Between Asana & Exercise.

Unit- IV
1. Pranayama- Definition; Meaning. Types of Pranayama. How to practice,
2. Precautions, Limitation, Benefits
3. Different Between Pranayam & Deep Breath
4. Bandhas - How to practice, Precautions, Benefits, Sequence Combination with other Yogic Practices

Unit- V
1. Kriyas: General Introduction
2. Classification of Kriyas. Dauti, Neti, Tratak, Nauti Kapalbhati Basti
3. Technique of each Kriyas, Limitation, Benefits,
4. Yogic Practices in relation to endocrinal activity
5. Diets (Yogic concept), Balance diet.

Books Recommended:
2. Evelyn Pearce - Anatomy & Physiology for Nurses.
Unit- I
1. Health definition according to W.H.O., Mental Health (Its meaning, determinates and application).
2. Concept of normality in Yoga and modem psychology
3. Personality theories with special reference to the Freudian, Malso, Mere

Unit- II
1. Concept of personality - Indian approach to personality.
2. Samkhya –Yoga
3. Upanished,
4. Sanskara,
5. Satva, Raja, Tamas, Deviya & Asuri Pravrati

Unit- III
1. Personality integration form the view point of Yoga
2. Attitude formation through Yamas and Niyams. Rationale selected yogic practices and their contribution to physical & Mental Health.

Unit- IV
1. Tackling ill effects of frustration; General Introduction , Meaning, Cause & Yogic method
2. Anxiety & Conflict . General Introduction, Meaning, Causes Yogic method
3. Other methods contribution of Yoga in personal. Interpersonal adjustment.

Unit- V
1. Prayer; Meaning, Introduction & its significance in yogic practices.
2. Role of Prayer in daily life.
3. Concept of Prayer in all religion.

Books Recommended:
1. R.S. Bhogal : Yoga and Modern Psychology.
D.Y.Ed.

**Paper-VI: Practical and teaching practices.**

100 Maximum Marks
36 Min. Pass Marks

**A. Practical**

a. **Asanas**

33. Tadasana 34. Trikonasana 35. Ushtrasana 36. Uttrasana
41. Yoga Mudra.

b. **Pranyama**

1. Anuloma-Viloma 2. Ujjayi
3. Shitali 4. Sitkari
5. Bhastrika 6. Bhramari
7. Suryabhedana

c. **Bandhas**

1. Jalandhara Bandha 2. Uddiyana

d. **Mudra**

1. Brahma Mudra 2. Gyan Mudra
3. Tadagi Mudra 4. Asvini Mudra

e. **Kriyas**

1. Jala Neti 2. Sutra Neti
3. Dhauti (Vamana, Danda, Vastra) 4. Nauli
5. Kapalabhati 6. Agnisara
7. Trataka 8. Shankhaprakshafana
f. **Om Recitation**
   - Om Stavana
   - Meditative poses for 30 minutes.

g. **Teaching:**
   1. Lecture on organization of classes, method of teaching and lesson planning.
   2. Salient features of each practice with reference to yoga texts from Practical aspects.
   3. Conduct practical lessons in the class.
   5. Project - The participants have to write a report on yoga practice, Teaching practical experience.

h. **Personal Data**
   1. General bodily fitness.
   2. Regularity in the Practical & Theoretical session (class).
   3. Emotional maturity.
   4. Healthy habits.
   5. Character.