University of Rajasthan
Jaipur

SYLLABUS

P.G. Diploma in Yoga Education
(D.Y. Ed.)

Examination 2019

Dy. Registrar
(Academic)
University of Rajasthan
Jaipur
Unit-I
1. Introduction, Philosophical and historical background of Yoga.
2. Definition of Yoga according to Patanjali, Hatha, Upanished, Gita etc.,
3. Introduction of Patanjali.

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

Unit-III
1. Samapatti; Meaning & Introduction, Four types Samapattih savitarka, Nivatika, Savichara, Nirvicara
2. Sampra, Jhatan, Meaning, Introduction, Four types sampra Jnathan, Kitarka, 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
1. Ritambhara, Prajna, Introduction of Klesh: Five types of Klesh: Explai.is in Details
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. Viparyya, according to sadhanapada & Its importance
3. Asatanga Yoga: -Yam, Niyam, Asana, Pranayhar, Pratyallon Dharan, Dhyan Samadhhi

Books Recommended:
1. Patanjali Yoga Sutra - Edited by Dr. Karmvedkar, Kaivalyadhram Lonawala.
4. Yoga Parichay - Dr. Peetambar Jha - Kaivalyadhram Lonawala.
5. Yoga Darasan - Dr. Ramakant Mishra
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Paper-II Yogic Text

Time: 3 Hours

Unit- I
1. Introduction & Definition of Hatha. Hatha Pradipika, Gheranda Samhita, Shiva Samhita,
2. Asanas by Swami Kuvalayananda, Introducatin 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, Kapalohati. According to Hatha Pradipika, Gherandasamhita
3. Yogic concepts of body function,
5. Muladhara, Swadhisthan, 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 Chikitsa according to Hatha Pradipika. (Kaivalyadhham)

Books Recommended:
3. Siddha Siddant Paddati - Gorakhnath Mandir, Gorakhpur (U.P.)
4. Nath Darshan - Gorakhnath Mandir, Gorakhpur (U.P)

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Paper-III Yoga and Cultural Synthesis

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. Satkar-avada. (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 turth,
5. Niravan & Kshanikvada.

Books Recommended:
1. Baldeo Upadhyay - Indian Philosophy
2. Dr. Harendra Prasad Sinha - Dharam Darshan Ki Roop Rekha.
3. D.M. Dutta and Chatterji - Indian Philosophy.
5. Ganga Prasad Upadhyay - Sarv Darshan Siddhant
7. I.C. Sharma - Ethical Philosophy of India.
8. S. Radha Krishan - Indian Philosophy.
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Paper-IV Anatomy and Physiology of yoga practices

Time: 3 Hours

75 Maximum Marks
27 Min. Pass Marks

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- Definition & Classification of Asanas.
2. Effects of Asanas. Cultural, Religious & 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 endocrine activity ,
5. Diets (Yogic concept), Balance diet.

Books Recommended:
2. Evelyn Pearce - Anatomy & Physiology for Nurses.
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Paper-V - Yoga and Mental Health

Time: 3 Hours

75 Maximum Marks
27 Min. Pass Marks

Unit- I
1. Health definition according to W.H.O., Mental Health (Its meaning, determinates and application).
2. Concept of normality in Yoga and modern psychology
3. Personality theories with special reference to the Freudian, Malo, 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.

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A. Practical
a. Asanas

1. Akarandhanurasana  
2. Ardha Matsyendrasana  
3. Bhujangasana  
4. Chakrasana (Side Banding)  
5. Chakrasana  
6. Dhanurasana  
7. Gomukhasana  
8. Makarasana  
9. Halasana  
10. Janushirhasana  
11. Kinhasana  
12. Kirabhadrasana  
13. Kurmasana  
14. Makarasana  
15. Matsyasana  
16. Nararajasana  
17. Padahastasana  
18. Padmasana  
19. Parvatasana  
20. Paschimatasana  
21. Padmnuktasana  
22. Sansakasana  
23. Sarvangasana  
24. Savasana  
25. Setubandhasana  
26. Shalabhasana  
27. Shrishasana  
28. Siddhasana  
29. Simhasana  
30. Savasana  
31. Suptavajrasana  
32. Surya Namaskar  
33. Tadasana  
34. Trikonasana  
35. Ushirasana  
36. Uttanasana  
37. Vajrasana  
38. Vakrasana  
39. Vakrasana  
40. Vrikshasana  

b. Pranyama

1. Anuloma-Viloma  
2. Ujjayi

3. Shitali  
4. Sitkari

5. Bhasrika  
6. Bhamari

7. Suryabhedana

c. Bandhas

1. Jalandhara Bandha  
2. Uddiyana

3. Jivha Bandha  
4. Mula Bandha

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. Shankhaprakshalana

9. Jihva Mula  
10. Kapala Randhra Dhauti
f. Om Recitation
   a. Om Stavara
   b. Meditative poses for 30 minutes.
g. Teaching Practice-
   1. Lectures on organization of classes, methods of teaching and lesson planning.
   2. Salient features of each practice with reference to yoga texts form-Practical aspects.
   3. Conducting practical lessons in the class.
   5. Project Report-The participants have to write a report on yoga practice, Teaching practice personal experience.

h. Personal Assignment
   1. General behaviour
   2. Regularity & Punctuality in the Practical & Theory session (class).
   4. Healthy habits.
   5. Character.

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