

University of Rajasthan

SYLLABUS

P.G. DIPLOMA IN YOGA EDUCATION

(D.Y.Ed.)

2015-2016

Prepared by - B

Asst. Registrar (General)
University of Rajasthan
Jaipur
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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, Upanished, Gita etc.,
3. Introduction of Patanjali.

Unit-II

1. Citta; Meaning & Types
2. Vrat; Meaning, Introduction, Five Vartti: Praman Viparya Vikalp, Nidra, Smrati
3. Tripraman -Pratyaksa Anuman, Agama,
4. Abhyas- Vairagya; Introduction; Meaning, Importance of Abhyas & Vairagy 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 , Kitrarka, vichar, Ananda, Asmita
3. Iswar : Introduction, characterstic of Iswar
4. Anatrave: Introduction & Meaning; Nine Anatraves
5. Citta Prasadan: Introduction & Seven types of Citta Prasada

Unit- IV

1. Ritambhara, Prajna, Introduction of Klesh: Five types of Klesh: Explains 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. Viparya, according to sadhanpada & Its importance
3. Asatanga Yoga: -Yam, Niyam, Asana, Pranayhar, Pratyalon Dharan, Dhyan Samadhi
4. Kaivalya: Introduction , meaning, Importance in Yogic Sadhan & Its result.

Books Recommended:

1. Patanjali Yoga Sutra - Edited by Dr. Karmvedkar, Kaivalyadham Lonawala.
2. Patanjali Yoga Darshan - Harihara Nand Arany. Moti Lal Banarasi Das,Delhi.
3. Patanjali Yoga Pradeep - Geeta Press Gorakhpur.
4. Yoga Parichay - Dr. Peetambar Jha - Kaivalyadham Lonawala.
5. Yoga Darasan- Dr. Ramakant Mishra



Paper-II Yogic Text

Time:3 Hours

75 Maximum Marks

27 Min. Pass Marks

Unit- I

1. Introduction & Defination of Hatha. Hatha Pradipika, Gheranda Samhita, Shiva Samhita,
2. Asanas by Swami Kuvalyananda, Introductatin of Hatha Yoga
3. Asanas; Classification of Asanas. Aim of Meditative Asanas, Cultural Asanas and RelaxativeAsanas.

Unit- II

1. Pranayama - General features of pranayama - Sahita and Kevala Kumbhaka.
2. Technical aspect of Pranayama - asana Asanasthairya-Asanajaya. Three phases of Pranayama-puraka- kumbhaka-Rechaka.
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,
4. Mudra, Bandh: Introduction of 25 Mudra according to Gherenda Samhita. Expalaination with reference of hatha Pradipika & Shiv Samihata , Tribandha & Jivha Bandha
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
4. Kundlini, General Indtrodutin & Meaning ; Its importance in Yogic sadhana.

Unit - V

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

Books Recommended:

1. Hatha Pradipka edited by Swami Digambar, Kaivalyadham Lonawala.
2. Gherand Sahita edited by Swami Digambar, Kaivalyadham Lonawala.
3. Sidha Siddant Paddati - Gorakhnath Mandir, Gorakhpur (U.P.)
4. Nath Darshan - Gorakhnath Mandir, Gorakhpur (U.P)

Paper-III Yoga and Cultural Synthesis

Time:3 Hours

**75 Maximum Marks
27 Min. Pass Marks**

Unit- I

1. Definition of Culture,
2. Characteristics of Indian Culture,
3. Vedic Cultural Trichatustaya- Ashram, Varana. Purushartha.
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

1. Charvaka- Ethics & Philosophy.
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 Sihna.- Dharam Darshan Ki Roop Rekha.
3. D.M. Dutta and Chatterji - Indian Philosophy.
4. S.N. Das Gupta- Yoga Philosophy.
5. Ganga Prasad Upadhyay - Sarv Darshan Siddhant
6. S.N. Das Gupta- History of Indiail Philosophy.
7. I.C. Sharma - Ethical Philosophy of India.
8. S. Radha Krishan - Indian Philosophy.



Paper-IV Anatomy and Physiology of yogic 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- Definatin & Classification of Asanas.
2. Effects of Asanas. Cultural, Ralaxative & 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:

1. Swami Kuvalayanand - Yogic Therapy.
2. Evelyn Pearce - Anatomy & Physiology for Nurses.
3. M.M. Gore - Anatomy & Physiology of Yogic practices.


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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 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 Pravrat

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

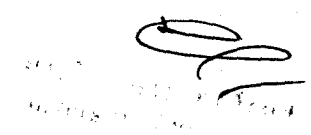
1. Tackling ill effects of frustration; General Introduction , Meaning, Cause & Yogic method
2. Anxiety & Conflict . General Introduction, Meaning, Causes Yogic method
3. Other methods contribution of Yoga in personal. Interpersonal adjustment.

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.
4. Concept & Define. Role & effects of Mantra in Yogic Practices.

Books Recommended:

1. R.S. Bhogal : Yoga and Modem Psychology.
2. RK. Ojha : Vyavaharika Manovigyan, Sahitya Prakashan, Agra.
3. S.R. Jaiswal : Vyaktitva Ka Manovigyan, Manoj Pustak Bhandar, Agra.



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Paper-VI : Practical and teaching practices.

**100 Maximum Marks
36 Min. Pass Marks**

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. Janushirshasana | 11. Kinasana | 12. Kirabhadrasana |
| 13. Kurmasana | 14. Makarasana | 15. Matsyasana | 16. Nararajasana |
| 17. Padahastana | 18. Padmasana | 19. Parvatasana | 20. Paschimatasana |
| 21. Paadnamuktasana | 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. Ushtrasana | 36. Uttasana |
| 37. Vajrasana | 38. Vakasana | 39. Vakrasana | 40. Vrikshasana |
| 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 |
| 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. Shankhprakashana |
| 9. Jihva Mula | 10. Kapala Randhra Dhauti |

f. **Om Recitation**

- Om Stavana
- Meditative poses for 30 minutes.

g. **Teaching Experience**

1. Lecturing organization of classes, methods
2. Salience of each practice with reference to yoga texts form-Practical aspects.
3. Conducting practical lessons in the class.
4. Criticisms of the practical lessons.
5. Project - The participants have to write a report on yoga practice, Teaching practical experience.


Aspects of teaching and lesson planning.

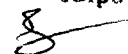
3.

Write a report on yoga practice, Teaching

h. **Personal Development**

1. General behavior
2. Regularity/regularity in the Practical & Theory session (class).
3. Emotional stability/maturity.
4. Healthy habits
5. Character.


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