

Syllabus
FOR
Post Graduate Diploma in Yoga Science



आर्यभट्ट ज्ञान विश्वविद्यालय
ARYABHATTA KNOWLEDGE UNIVERSITY

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PATNA

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YOGA is a science of individual well-being, therefore it is highly desirable for our youngsters to learn and practice Yoga from the early days of their School life. A regular practice of Yoga and even an elementary knowledge of its basic principles will keep our youngsters, **Physically** healthy and **Mentally** sound and would generate a harmonious growth of personality in them.

The **AIM** of "P.G. Diploma in Yoga" is to produce Yoga Teachers in a period of one year. Those completing this course could be well trained to teach Yoga to boys and girls in Schools and colleges as well as in different types of academic institutions and organisations.

In the period of one year the trainees would be well acquainted with the basic theories, philosophy and literature of the yoga system and they would be thoroughly trained in the practice and understanding of-

1. **Hatha Yoga** – Asanas, Pranayams, Bandhas and Mudra for the excellence of physical health.
2. **Raj Yoga** – Dharna, Dhayan and Samadhi for mental excellence.
3. **Jnana Yoga** – Purusha (Man) and Prakriti (Nature), Gunas, Elements, problems of individual and their solution.
4. Anatomical and Physiological aspects of Human Body.
5. Teaching Methodology etc.

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Paper I**HATHA YOGA**

This paper shall cover theoretical and practical aspects of Hatha-Yoga.

On theoretical level, the training will be in actual practices of -

- I) Scientific principal of Hatha-Yoga.
- II) Requirement of Hatha-Yoga
- III) Methodology of Hatha-Yoga
- IV) Methodology of Presentation
- V) Limitation of practice
- VI) Benefits and
- VII) Scope

On theoretical level, the structure will learn -

- I) Asanas
- II) Pranayamms
- III) Bandhas
- IV) Mudras
- V) Important Kriyas.

Recommended books-

- I) Patanjali Yoga-Sutra
- II) Gheranda Samhita
- III) Hath-Yoga Pradipika
- IV) Brihad Yoga Sopan- R.M Shastri.
- V) Yoga -Meaning , Values and Practice- Dr. Phulgenda Sinha.

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Paper II

RAJA YOGA

This paper shall be concerned with various aspects related to mind and mental health .

On theoretical level, it cover -

- I) Composition of mind.
- II) Nature of Mind.
- III) Power of mind.
- IV) Function of Mind.
- V) Concentration.
- VI) Meditation.

On practical side a training in the practices of Concentration and Meditation would be provided.

Recommended Books-

- I) Patanjali Yoga Sutra
- II) Gheranda Samhita
- III) Raja Yoga – Swami Vivekanand
- IV) Yoga ; meaning, values and practices – Dr. Phulgenda Sinha.

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Paper III

JNANA YOGA & KARMA YOGA

This paper shall cover aspects about –

- I) Purusha (man) and Prakriti (nature).
- II) Gunas.
- III) Elements.
- IV) Problem of Individual and their solution.
- V) Important Concepts, such as-
 - a) Difference between concept and theory
 - b) Cause and Effect
 - c) Behaviour & Personality
 - d) Positive & Negative thinking
 - e) Attitude & Personality
 - f) Success & Failure
 - g) Concept of Beauty
- VI) Important Principles and theory-
 - a) Theory of right action
 - b) Theory of possibility
 - c) Theory of creativity
 - d) Theory of fulfilment of desire

Recommended Books-

- I) Samkhya Darshan of Kapila
- II) Yoga Sutra of Patanjali
- III) Geeta (1st 3 chapters)- Vyas
- IV) Karma Yoga – Swami Vivekanand
- V) Jnana Yoga- II – Swami Vivekanand

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Paper IV

HUMAN ANATOMY AND PHYSIOLOGY

This paper shall cover the structural and functional aspects of human body. Special attention would be given to –

ANATOMY

- I) Nervous System
- II) Circulatory System
- III) Respiratory System
- IV) Endocrine System
- V) Digestive System

PHYSIOLOGY

- I) Introduction to Physiology & Blood
- II) Nutrition Metabolism
- III) Endocrines & internal Environment
- IV) Nervous System and Sense Organ
- V) Physiology of Respiration
- VI) Digestion
- VII) Circulation
- VIII) Excretion & Reproduction
- IX) Effect Of Yoga Techniques on Various bodily function

Recommended Books-

Anatomy and physiology (for Nurses) – Dr. K.Achari
(Ex. Principal PMCH)

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Paper V

TEACHING METHODOLOGY.

This paper shall be concerned with essential of teachings- Theoretical and Practical with emphasis on methodology. The purpose of this course is to train the student in the art of teaching so well that he/she is ready to teach Yoga after receiving Diploma. The training will be included the following –

- I) Organizing and setting up classes.
- II) Handling of students, direction, guidance, suggestion and counselling .
- III) Method of introduction and correcting Kriyas.
- IV) Understanding of voice impact, mannerism, style etc.
- V) Method of teaching to different age groups.
- VI) Understanding the creative, corrective and curative aspects of different Kriyas.
- VII) Behavioural and psychological understanding of human nature.
- VIII) Responsibilities of a Yoga teacher.

On practical level the trainees shall be sent to schools to teach Yoga among the students group for one month after the completion of theory part.

Recommended Books-

- I) The Principles and methods of Teaching – Bhatia and Bhatia.
- II) Modern Philosophy of education
- III) The Psychology of learning.

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Paper I

HATHA YOGA

Topic	No. of classes
I) Introduction of Course -	1
II) Essentials and requirement of practising Hatha Yoga -	2
III) The basic concept of Astang Yoga -	3
IV) Scientific Principles of Hatha Yoga -	2
V) Different between Yogic and Physical exercise -	1
VI) Asanas - naming of Asanas, practice , benefits , scope and limitations.	40
VII) Pranayamas practice, benefits, scope and limitations -	10
VIII) Bandhas and Mudras -	5
IX) Kshashta Karma -	4
X) Basic concept of Nadi , Vayu & Charkras -	5

Practical

No. of classes

- 1) Practice of Group "A" Asanas & Pranayamas - 30

Asanas of Group A :-

Uttan Pada Asana, Pawan Muktasana , Santulan Asanas, Ekpada Uttan Asana, Pachimottan Asana, Trikona Asana, Ardha Vakra Asana , Surya Namaskar, Bhujanga Asana, Padmasana , Ardha Chakrasana, Urdha Hastotanasan, Kati Chakrasana.

Pranayamas :- Rechak-Purak, Ujjayee Pranayama.

- 2) Practice of Group "B" Asanas & Pranayamas - 30

Asanas of Group B:-

Limbring Kriyas, Savang Asana, Dhanurasana, Padmasana final stage, Shalabhasana, Halasana and its variations, Gomukhasana, Brikshasana, Matsayasana, Natraj Asana.

Pranayamas :- Bhastrika, Kapala bhuti, bhramari.

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3) Practice of Group "C" Asanas & Pranayamas -

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Asanas of Group C :-

Sirshasana, Matsebdrasana, Mayurasana, supia Vajrasana, Setubandhasana, Yoga mudra, Simhasana, Sirangustanasana , Chakrasana, Mundukasana, Sidhasana, vèerasana.

Pranayama- Anulom-Vilom, Shitali, Shickari.

Paper II

RAJA YOGA

Topic	No. of classes
I) Introduction of Raja yoga -	1
II) Essentials, Benefits and Scope of Raja Yoga -	3
III) Composition , Nature, Function and Power of Mind -	7
IV) Dharana (concentration)- Requirements, Benefits Different stages, Precautions.	10
V) Dhayana (meditation) - Requirements, different stages, Benefits.	10
VI) Samadhi -	3

Practical

1) Dharana -	5
2) Dhayana -	10
3) Group consultation on Concentration & Meditation	3

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Paper III

JNANA YOGA & KARMA YOGA

Topic	No. of classes
I) Introduction of the Courses -	1
II) History of Yoga science -	2
III) Talk on Diet -	1
IV) Talk on Bath & Cleaning -	1
V) Important Principles and Theory -	35
a) Difference between concept & theory	
b) Cause and effect	
c) Theory of right action	
d) Behaviour and personality	
e) Positive and Negative thinking	
f) Attitude and Personality	
g) Concept of Beauty	
h) Theory of possibility	
i) Success and failure	
j) Theory of creativity	
k) Theory of fulfilment of desire	
VI) Karma Yoga:- Meaning and Definition, efficiency † Theory of Action , Justification , Limitation and scope.	10

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Paper IV

HUMAN ANATOMY AND PHYSIOLOGY

<u>Topic</u>	<u>No. of classes</u>
<u>ANATOMY-</u>	
I) Introduction to Anatomy -	1
II) Structural Unit of Human Body, Cell development of - Human Body.	5
III) Locomotor System - Bones, Joints , and Muscles etc.	5
IV) Nervous system - Nervous system & Sense Organ	5
V) Endocrine System -	5
VI) Organ respiration -	6
VII) Digestion, Circulation, Excretion & Reproduction -	10
VIII) Consultations -	4
<u>PHYSIOLOGY</u>	
IX) Introduction to Physiology & Blood	5
X) Nutrition Metabolism	5
XI) Endocrines & internal Environment	5
XII) Nervous System and Sense Organ	5
XIII) Physiology of Respiration	5
XIV) Digestion	5
XV) Circulation	5
XVI) Excretion & Reproduction	5
XVII) Effect Of Yoga Techniques on Various bodily function	2

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Paper V

TEACHING METHODOLOGY

Topic	No. of classes
I) Introduction of the Courses -	1
II) Organising & class setting -	3
III) Handling of students, Directions etc. -	5
IV) Method of introduction & correcting, show an example - of correction of Asanas, Kriyas of Group 'A' nature.	15
V) Methods of Introducing & Correcting Kriyas of - Group 'B' nature and Group C nature	15
VI) Voice Impact & style -	5
VII) Teaching to different Age Groups -	7
VIII) Creative & Curative Aspects of Kriyas -	10
IX) Behavioural & Psychological Understanding -	7
X) Responsibilities of Yoga Teachers -	7
XI) Counselling & Guidance -	7
XII) Role of Teaching Aids in Teaching Yoga -	3

PRACTICAL

Teaching Yoga among school students, institutions, organisations under the supervision of expert yoga teachers. 30

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