

**Regulations and Syllabus for
Diploma in Yoga (Part time)
Adikavi Nannaya University
Rajamahendravaram, Andhra Pradesh.
(w.e.f. 2017-2018)**

Objectives:

The purpose of the one year Diploma in Yoga is to impart knowledge of yoga to candidates who passed intermediate examination in order to enable them to teach yoga to the students in schools and colleges and to the interested public of all age groups.

The specific objectives are:

- (a) To provide the necessary knowledge of the theory and practice of yoga so that the students learn, practice and teach yoga to all age groups for promoting their health and effectiveness,
- (b) To give them a basic understanding of Yoga, Human anatomy, physiology & psychology and Indian philosophy relevant to the theory and practice of yoga to help them gain the theoretical and scientific perspective on yoga.

Successful completion of the course will enable the students to teach yoga practices and meditation with a secular and scientific orientation.

Regulations:

The candidates for one year Diploma in Yoga (Part- Time) shall be required:

1. To have passed Intermediate Examination of the recognized board or an examination recognized by the Adikavi Nannaya University as equivalent.
2. The admissions into the course shall be made by the Adikavi Nannaya University.
3. Number of seats for admission are 50.

Physical fitness:

The selected candidates must be in good physical and mental health and fit to practice yoga as certified by a physician.

No-objection certificate:

If the applicant is already employed in any organization he/she is required to submit a 'no-objection certificate' from the employer.

Dress:

The students shall be required to wear a suitable dress (preferably white) as designed by the University which will permit them to practice yoga comfortably during practical training.

Courses of study:

The Course shall include three theory papers and one practical.

The details of these papers are provided in the syllabus.

Fee : The Fee shall be fixed by the University at the time of admission.

Class Timings: 4.00pm-6.00pm

Instruction:

The course duration shall be of one academic year. The classes will be conducted from Monday to Saturday with one hour theory and one hour yoga practices. Practical classes for Kriyas will be conducted on Saturdays. The medium of instruction shall be English. However, the examinations can be answered either in English or in Telugu. The method of instruction shall comprise of lectures and demonstration.

Yoga practice:

The students shall practice Kriyas, Asanas, Pranayama, Bandhas, Mudras and Meditation during the course on a regular basis. They shall maintain a record consisting of the details of the sequential movements involved in yogic practices. Such a record shall be submitted at the time of the practical examination for evaluation.

Attendance:

A student shall be permitted to appear for the University examination at the end of the academic year only if he/she puts in attendance stipulated as per the University rules and regulations. However, in view of the special nature of the course it is desirable that the student shall put in at least 80 % attendance to achieve the benefits of the course.

Examination:

The examination pattern for diploma in yoga course shall include a Mid-Year Internal examination in the month of November and the Year-End University examination in the month of April.

Scheme for Mid-Year Internal Examinations

Subject	Marks	Duration
Paper - I :Principles and Fundamentals of Yoga	20	1 hour
Paper - II : Introduction to Basic Yoga Texts	20	1 hour
Paper - III : Introduction to Human Anatomy and Physiology	20	1 hour
Paper – IV : Yoga Practice	50	2 hours

Scheme for Year-End University Examinations

Subject	Marks	Duration
Paper - I Principles and Fundamentals of Yoga	80	3 hours
Paper - II : Introduction to Basic Yoga Texts	80	3 hours
Paper - III Introduction to Human Anatomy and Physiology	80	3 hours
Paper – IV : Yoga Practice	150	3 hours

Mode of examination and evaluation for Yoga practice:

In view of the unique nature of yoga practice, the following mode of evaluation is recommended for yoga practice.

The total marks of 50 for the Mid- Year Internal Examination in yoga practice shall be distributed as follows:

Performance	-	20 marks
Instruction	-	10marks
Viva-voce	-	10 marks
Records	-	10 marks

The total marks of 150 for the Year-End University Examination in yoga practice shall be distributed as follows:

Performance	-	70 marks
Instruction	-	40marks
Viva-voce	-	20 marks
Records	-	20 marks

The year-end university examination in yoga practice will be conducted jointly by an internal and external examiner.

A candidate shall be declared to have passed in a paper, if he/she obtains not less than 40% of marks in that paper and 50% in practical examination. However, the aggregate passing minimum may be 50%.

In addition the Director/ Principal has to certify on the recommendation of the concerned instructor that the candidate has learnt all the prescribed yoga techniques and that he/she is competent to teach them to others.

A candidate failing to secure the minimum marks prescribed as above shall have to reappear for the examination. Successful candidates passing the examination in all papers including yoga practice shall be classified as below according to the aggregate percentage obtained.

50% and above but below 60%	:	Second Class
60% and above but below 70%	:	First Class
70% and above	:	First Class with Distinction

Candidates who successfully complete the entire course in one year only shall be eligible to be considered for the award of rank of first class with distinction.

Syllabus

Diploma in Yoga (Part Time)

Paper - I Principles and Fundamentals of Yoga

1. Foundations of Yoga: Definitions in classical yoga texts, its nature and scope.
2. Evolution of Yoga through ages: Vedas-Upanishads-Yoga Vashista-Bhagavad Gita-Agama-Puranas and Darshanas
3. Concepts of yoga in Darshans –Nastika Darshans -Jainism- Buddhism and Astika Darshans Nyaya- Vaisasika- Sankhya-Yoga-Mimamsa and Vedanta
4. Different schools of Yoga - Karma yoga - Bhakti yoga - Jnana yoga - Raja yoga - Hatha yoga and Mantra yoga
5. Fundamental Principles of Yoga. Concepts of – Trisariras, Trigunas, Panchakosa, Panchaprana, Panchabhootas, Nadis and Chakras.
6. Rules and regulations for the practice of Yogic methods - Aasana, Kriyas, Pranayama and Meditation.
7. Guru's and Masters -their contribution and tradition – Sage Patanjali, Adi Sankaracharya, Sri Aurobindo, Swami Vivekananda
8. Meditation - Its nature and scope - Different types of Meditation.
9. Distinction between Yoga Aasanas and Non-Yogic physical exercises - Limitations and contraindications of yoga practices.

Text Books:

1. George Fauerstien (2002) The Yoga Tradition: Its History, Literature, Philosophy and Practice - Bhavana books and prints, New Delhi.
2. Hiriyana M (1962/2001) Outlines of Indian Philosophy - Motilal Banarasidas, Delhi.
3. Certification of Yoga professionals official guide book (2016) Excel books private limited, 81 Syamalal Marg, Daryaganz, Delhi - 110 002

Recommend Books:

1. Joshi K.S. (1985) Yoga in daily life - Orient Paper Backs, Delhi.
2. Sharma C.D.(1893) - Survey of Indian Philosophy - Motilal Banarsidass Publishers- New Delhi.

Diploma in Yoga (Part Time)
Paper - I : Principles and Fundamentals of Yoga
Model Question Paper

Time : 3 Hours

Max Marks : 80

I. Answer any **THREE** of the following

3x20 = 60

1. Differentiate between Yoga Aasanas and Non - Yogic Physical exercises.
2. Describe the historical development of yoga through ages.
3. Discuss the different schools of yoga.
4. What are Shat-Darsanas. Give a brief account of them.
5. Describe the contribution of Patanjali and Shankaracharya for self-realization.

II Write short notes on any **FOUR** of the following

4x5 = 20

- a) Upanishads
- b) Panchapranas
- c) Pranayama
- d) Meditation
- e) Panchakoshas
- f) Shatkarmas
- g) Panchaboothas

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Paper - II : Introduction to Classical Yoga Texts

- 1.1 **Yoga Sutras of Pathanjali** : Yoga Anusasana - Concept of Chitta -Chitta Bhoomikas - Chitha Vrithis - Vritti Nirodhopaya - Chitta Vikshepa (Obstacles). Concept of Eswara - Eswara Pranidhana - Chitta Prasadhana - Pancha Klesas –Kriya Yoga- Asthanga Yoga - Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana, and Samadhi.
- 1.2 **Hatha Yoga Texts** : Introduction to Hatha Yoga Parampara - Hathayoga Texts - Hathayoga Pradeepika, Gheranda Samhitha, Hatha Ratnavali, Siva Samhitha. Causes of success (Sadhaka Tattwa) and Causes of failure (Badhaka Tattwa) on the path of yoga - Concept of Chakras - Concept of Ghata and Ghata Suddhi - Purpose and utility of Shat-karmas, Asanas, Pranayama, Bandhas, Mudras, Prathayahara and Nadaanusandhana as described in Hatha Yoga Pradeepika.
- 1.3 **Bhagavad Gita** : The context of Bhagavad Gita - Principles and concepts of streams of yoga as per Bhagavad Gita - The concept of Karma, Stithaprajna, Bhakti as per Bhagavad Gita.
- 1.4 **Yogic Diet** : - Concept of Yogic Diet and Trigunas according to Bhagavad Gita - Concept of Mitahara - Pathya and Apathya - Ayurvedic approach to diet and nutrition -Significance of Satvika diet - Effect of diet on Anatomy and Physiology - Physical and Psychological advantages
- 1.5 **Yogic Psychology** : Principals of Yogic Psychology as per Bhagavad Gita and Patanjali Yoga Sutras - Relationship between body and mind- Personality traits and classification – Yoga and Mental health - Concept of stress and role of Yoga and Meditation in stress management.

Text Books:

1. Taimini I. K.(2010)The Science of Yoga (The Yoga sutras of Patanjali). The Theosophical Publishing house Adayar.
2. Swami Mukthi Bodhananda Saraswathi(1985/1993) Commentary on Hatha Yoga Pradeepik, Yoga Publications Trust, Bihar School of Yoga, Munger, Bihar.
3. Yogacharya Raparthy Ramarao (2004), Journey to Real Self, Yoga Consciousness Trust, Yoga Chaitanya Ramam, Vijnigiri

Recommended Books:

1. Swami Prabhavananda (1948) Patanjali Yoga Sutras- Ramakrishna Mission publications, Chennai.
2. Certification of Yoga professionals official guide book (2016) Excel books Private limited 81, Shyamlal Marg, Dharya Ganz, Delhi - 110 002.
3. Swami Brahmananda (1972) The Hatha Yoga Pradeepika of Svatmarama - The Adayar Library and Research Centre, Madras.

4. Paramahansa Yogananda (2002) *The Bhagavadgita - Lord talks with Arjuna*. English translation and commentary, Yogada Satsang Society of India, Ranchi.
5. Venkata Reddy, M. ed. (1982). *Hatha Ratnavali*. Arthamuru: M.Ramakrishna Reddy.

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Paper - II Introduction to Basic Yoga Texts

Model Question Paper

Time : 3 Hours

Max. Marks : 80

I Answer any **THREE** of the following.

3x20 = 60

1. Discuss the concept of Eswara and Eswara Pranidhana in Patanjali's Yoga Darshan.
2. Describe the purpose, significance and effects of Asthanga Yoga of Patanjali.
3. Discuss the causes of success and failure on the Path of Yoga according to Hatha yoga Pradeepika.
4. Write briefly on the Psychological aspects as enunciated in Bhagavad Gita and Patanjali Yoga Sutras.
5. Describe the purpose and utility of Asanas, Pranayama and Bandhas

II Write Short notes on any **FOUR** of the followings.

4x5 = 20

- a) Nadanusandhana
- b) Gheranda Samhitha
- c) Pancha klesas
- d) Concept of Mitahara, Pathya /Apathya
- e) Role of Yoga in stress management
- f) Characteristics of Stithaprajna
- g) Personality traits according to Bhagavad Gita

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Paper – III: Introduction to Human Anatomy and Physiology

- 1.1. **Cell structure and its functions** – Tissues - structure and functions - Introduction to systems of the Human body.
- 1.2 . **Musculoskeletal system**.-Functions of skeletal system - classification of bones, joints and their types- classification structure and function of muscles - mechanism of muscular contraction-disorders of musculoskeletal system and their yogic management
- 1.3. **Digestive and Excretory systems**.-Anatomy and Physiology of Gastro Intestinal tract and associated glands - Digestion and Absorption of carbohydrates, fats and proteins - Metabolism of carbohydrates, fats, proteins, water, vitamins, minerals. Anatomy of renal system - Kidneys, Nephrons - formation of urine - Role of yoga in the management of disorders of Digestive and Excretory systems.
- 1.4. **Cardiovascular and Respiratory systems**. Blood- its composition and functions - blood groups - blood coagulation. Heart and its functions-cardiac cycle - cardiac output - regulation of heart and blood pressure. Respiratory system and its function -process of respiration - exchange of gases - lung volume -lymphatic system and its role in immunity. Cardiovascular and respiratory disorders and yogic management.
- 1.5 **Nervous system and special senses - Endocrine system**: Anatomy of central nervous system and autonomic nervous system. Special senses- eyes- ears-nose-tongue- skin. Endocrine system - structure and location of glands and their secretions and functions. Correlation between endocrine system and chakras - Disorders of Endocrine and Nervous systems -yogic management
- 1.6 **Reproductive system**. Functional anatomy of male and female reproductive systems - menstruation, pregnancy and lactation - menopause. Disorders of reproductive system and yogic management
- 1.7 **The role of Yoga in health and wellness** - Yogic concepts of health and diseases –Yogic principles for healthy living- Prevention of diseases and promotion of positive health.

Texts Books:

1. N.Murugesh (2004) Basic anatomy and physiology, Satya publishers, Thirunagar, Madurai 625 005
2. Gore M.M. (2003) Anatomy and Physiology of Yogic practices, Kanchan Prakasan, Lonavla.
3. Karmananda, Swami. (2003). Yogic Management of Common Diseases, Munger: Yoga Pub. Trust. Bihar, India,

Recommend books:

1. Evelyn C - Peace (1997). Anatomy and physiology for nurses, Jaypee Brothers, New Delhi
2. Certification of Yoga professionals official guide book(2016) Excel books private limited, 81 Shamlal Marg, Dhayaganz, Delhi
3. Shirley Telles (1995) Glimps of the human body. V.K. Yogas, Bangalore.
4. Sri krishna (1988) notes on structure and functions of human body and effect of yoga practices on it, S.M.Y.M. Samithi, Kaivalyadhama , Lonavla.
5. G. Gerard J. Tortora and Sandra Reynoldes (1992). Principles of Anatomy and Physiology Harper Collins college publishers, New York.

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Model Question Paper

Paper III - Introduction to Human Anatomy and Physiology

Time : 3 Hrs

Max. Marks : 80

I Answer any **THREE** of the following.

3x20 = 60

1. Classify and describe the structure and characteristics of muscles . Discuss the mechanism of muscular contraction.
2. Describe the digestion and absorption of carbohydrates, fats and proteins.
3. Discuss the anatomy of heart and its functions. Describe the systemic circulation of blood.
4. What are endocrine glands. Describe the location, structure and functions of pituitary, thyroid and adrenal glands.
5. Describe the functional anatomy of male reproductive system and spermatogenesis.

II Write short notes on any **FOUR** of the following.

4x5 = 20

- a) Nephrons
- b) Neurons
- c) Liver
- d) Mechanism of clotting of blood
- e) Lymph
- f) Hypothalamus
- g) Skin

PAPER –IV: YOGA PRACTICE

The students are required to learn, practice and teach the following:

They are to maintain a record which consists of the step by step details of the yoga practices along with an account of the possible benefits of the practices.

The principles which should be adopted in practice are the following:

1. Proper gradation in order of flexibility, balance and difficulty in performance.
2. Each asana is to be analyzed into intermediate positions in a natural sequence of movement.
3. For purposes of class training each movement to be associated with a count to reach the final pose.
4. Rhythmic breathing should be observed. When the chest is in the expanding position inspiration should take place. In the contracting position expiration should take place rhythmically with movement. In certain asanas duration of retention is important.
5. Proper relaxation should be allowed in between the batches of asanas.

Yoga Practical Syllabus

1.Sukshma Vyayama / Pavanamukta series:

Neck, Shoulder, Elbow, Wrist, Trunk, Knee, Ankle Fingers and Toes

2. Surya Namaskars:

3. Asanas:

3.1. Meditation Asanas:

Sukhasan,Swastikasan, Vajrasan, Ardha Padmasan, Padmasan, Siddhasan, Simhasan, Bhadrasan

3.2.Relaxation Asanas:

Savasana, Makarasan, Matsya kridasan, Advasan, Jyestikasan,

3.3.Standing Asanas:

Tadasana and its variations, Kati Chakrasan,Udharakarasan, Konasan and its variations , Veerabhadrasan, Utkatasan, Uttita Janusirasan,

3.4.Balancing Asanas:

Vrukshasan, Natarajasan, Ekapadasan,Garudasan, Angustasan, Merudandasan, Bakasan, Mayurasan

3.5. Sitting Asanas:

Shashankasan, Marjalasan, Vyagrasan, Janu sirshasan, Pachimottanasan, Vakrasan, Ardha matsyendrasan,Ustrasana, Shashanka-Bhujagasan, Baddhakonasan, Gomukhasan, Utthitapadamasan,Baddha Padamasan, Yoga Mudrasan

3.6.Prone Postures (Asanas):

Bhujangasan, Salabhasan, Dhanurasn, Parivrtta Navasana

3.7. Supine Postures (Asanas)

Utthanapadasan, Pavanamuktasan, Setubandhasan, Navasan, Chakrasan, Matsyasan, Jataraparivritasan, Yoganidrasan

3.8. Inverted Postures (Asanas)

Sarvangasan, Halasan, Karnapeedasan, Sirshasan, Prasarita Padotthasan, Moordhasan

4. Pranayama:

Abdominal breathing, Thoracic breathing, Yoga Swasa, Nadi Sodhana, Kumbhaka Pranayama (with bandha traya) of Bhramari, Suryabhedana, Ujjayi, Seetali, Seetkari and Bhastrika,

5. Kriyas:

Jala Neti, Sutra Neti, Kapalabhati, Trataka (Pancha Mudras), Jala Dauti, Sankha Prakshlana (Vari Sara Dauti), Agni Sara Kriya,

6. Mudras : Maha Mudra, Maha Bandha, and Maha Veda, Aswani, Kaki

7. Relaxation Methods:

Quick Relaxation Technique (QRT), Deep Relaxation Technique (DRT), 61 points, Yoga Nidra. I, II and III,

8. Meditation: Pranava Japa, Jyotir Dhyana, Manasika Pooja (Mental Worship)

Text books:

1. Satyananda Saraswati, Swami (1989). Asana, Pranayama, Mudra, and Bandha. Munger: Bihar School of Yoga.
2. Iyenger, B.K.S. (1976). *Light on yoga*. London: Unwin Hyman Ltd.
3. Swami Kuvalayananda (ed.) (1935). *Asanas*. Lonavla. Kaivalyadhama
4. Yogacharya Raparthi Ramarao (2004) Journey to the Real Self, Yoga Consciousness Trust, Yoga Chaitanyaramam, Vijinigiri, A.P.

Recomanded Books:

1. Doraswamaiah, O.Y (1934). *Hatha Yoga Pradeepika*. (Telugu) Madras: American Diamond Press
2. Certification of Yoga Professionals official guide book (2016), Ministry of AYUSH, New Delhi, Excel Books, 2016
3. Swami Muktibodhananda, (ed.) (1985): *Hatha Yoga Pradipika*: Yoga Publication trust. Munger, Bihar
4. Yoga Instructor's Course (Self- Learning Material-1&2) (2014), Swami Vivekananda Yoga Prakashana, Bangalore.