

UNIVERSITY OF MADRAS

INSTITUTE OF DISTANCE EDUCATION

PROPOSAL

NAME OF CERTIFICATE	:	DIPLOMA IN YOGA
ELIGIBILITY	:	DEGREE
DURATION OF PROGRAMME	:	ONE YEAR
TOTAL NO OF CREDITS	:	40
NUMBER OF PAPERS	:	8 (4 Papers each semester)

PAPER	SUBJECTS	CREDIT	MAX MARKS		TOTAL
			INT	EXT	
SEMESTER - I					
Paper – I	Basic pranayama Practices	5	25	75	100
Paper – II	Basic Anatomy And Physiology	5	25	75	100
Paper – III	Yoga Sutra for basic concepts	5	25	75	100
Paper – IV	Psychology	5	25	75	100
SEMESTER – II					
Paper – V	Practical's (Asana and Pranayama)	5	25	75	100
Paper – VI	Ayurveda	5	25	75	100
Paper – VII	Fitness And Wellness	5	25	75	100
Paper – VIII	Principles of Yoga Therapy	5	25	75	100

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PAPER-II

BASIC PRANAYAMA PRACTICES

Unit-I

Concept of Prana and Pranayama- Definition Pranayama as a component of yoga. Need, purpose and goal of pranayama. Benefits of pranayama. Results of wrong practices.

Unit-II

Components of pranayama. Prerequisites and preparations for pranayama as per yogasutra, Hathayoga, Pradipika and other texts. Food. Physiology of practices. Quality of Breath in pranayama. Different seated Asanas suitable for pranayama.

Unit-III

Difference between Pranayama and Breathing exercises, types of pranayama- Smavritti/visamavritti, Smantraka/ Amantraka, Anuloma/viloma. Rechakham/Purakham Antar Kumbhaka/Bahyakumbhakam. Bhavana in pranayama. Use of different regions for regulation.

Unit-IV

Specific pranayama Techniques: Surya Bhedhana, Chandra Bhedhana, Ujjayi, Sitali, Sitkari, Murcha, Plavini, Bhastrika.

Unit-V

Nadi suddhi pranayama. Bharmana, lankhana. Ratios and approach to practice, sequencing the practice (Vinyasakram)

Reference Books

1. Iyengar, B.K.S., "Light on yoga", Harper Colins Publishers, New Delhi.
2. Desikachar, T.K.V., "The Heart of yoga", India Publishing House, New Delhi.



2. BASIC ANATOMY AND PHYSIOLOGY

Unit - I : Introduction to Human Anatomy and Physiology - Need and Scope of Anatomy and Physiology in Yoga - Human Body as an Integrated whole cells, Tissues, Organs and Systems - Types of various systems in the human body.

Unit - II : Respiratory system - Respiration - Respiratory Track - Alveoli - Lungs : Structure & Functions - Gas Exchange - Vital Capacity - Effect of Yogic Practices on Respiratory System. Muscular system - Types of Muscles : Skeletal Muscle, Cardiac Muscle and Smooth Muscle. Skeletal system - Bones, Joints.

Unit - III : Nervous system - Neuron, Central Nervous System (CNS) Brain and Spinal Cord - Peripheral Nervous System (PNS) : Cranial Nerves and Spinal Nerves - Autonomic Nervous System (ANS) : Sympathetic Division and Parasympathetic Division Endocrine System : Endocrine Glands - Functions of Endocrine Glands : Pituitary Thyroid, Para Thyroid, Thymus, Pancreas, Adrenal and Sex - Impacts of Yogic Practices on Endocrine Glands and Nervous System, Circulatory System - Heart : Structure and Functions - Cardiac Cycle, Cardiac Output.

Unit - IV : Digestive system - Digestive tracks, Structure and Function - Digestive Process - Liver, Pancreas - Functions - Effect of Yogic Practices on Digestive System, Excretory System : Kidney - Urinary Track. Reproductive System : Male and Female Reproductive System.

Unit - V : Present Condition of Yoga Research in India - Need for Promotion of Yoga Research - Types of Research - Historical, Longitudinal, Experimental and Survey. Possible Areas of Research - Physiology, Psychology, Sociology, Sports, Growth and Development. Some Negative Influence of Yoga Research - Lack of Sound Methodology in Yoga Research - Yoga Research Equipments.

References

1. Yoga and Development of Social Qualities Personality - Co-operation - Simplicity - Tolerance - Social Adjustments.
2. Asanas by Dr. P. Mariayyah, Sports Publications, Coimbatore.
3. Sound Health through Yoga by Dr. K. Chandrasekaran, Prem Kalyan Publications, Sedapatti, Madurai, 1999.
4. Proceedings of the Seminar on Yoga, Science and Man, New Delhi - Central Council.
5. Yogic Therapy - Swami Kavalayananda and Dr. S.L. Vinekar.
6. Suryanamaskar by Dr. P. Mariayyah, Jaya Publishing House, Perundurai, Erode.

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PAPER-III

YOGA SUTRAS FOR BASIC CONCEPTS

Unit-I

Important texts of yoga - Definition of yoga in definition of texts - Yoga beyond caste, creed and gender - Importance of yoga sutra - definition of a sutra - contribution of Pathanjali sutras (first four sutras) - Definition of yoga its goal and result.

Unit-II

Mind- Activities (Urittis) of the mind and their role Klesas- Avidya, Asmita, Raga, Duesa and Abhinivesa and definitions. Their interrelationship and their impact Duhkham- Definition, causes.

Unit-III

Abyasam and Vairagyam- Definition and qualities of abhgasm varieties of vairagyam. Kviya yoga-components and its benefits. The four principles of Abhyasam- Heya, Hetu, Hanam and hanopayam. Concept of Avidya, vidya and vivekam.

Unit-IV

Principles of Drasta and Drsyam. Their definition and interrelationship. Ashtanga yoga- Yama, Niyama, Asana, Pranayama, Prathyagara, Dharana, Dhyana and Samadhi concept of Kaivalyam.

Unit-V

Varieties of Samadhi-sabija and nirbija Samadhi obstacles in the path of Samadhi. The nine antarayas and solutions. Isara Pranidhana.

Reference Books

1. Taimini, "Service of yoga", Theosophical Society, Chennai
2. Bangali Baba, "yoga sutra of patanjali", motilal Banarasidass publishers, pvt Ltd, New

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PAPER-IV

PSYCHOLOGY

II. Introduction to psychology

1. Definition of psychology 2. Methods of psychology 3. The work of psychologists

III. Biology of Behavior

1. Brain & Behavior 2. Nervous system

IV. Principles of Learning

1. Classical Conditioning, 2. Instrumental Conditioning 3. Cognitive learning
4. Social learning.

IV. Emotion and stress

1. Expression & perception of emotions, 2. Stress, Stressors, Coping with Stressors
3. Emotion of Motivation.

V. Attitude

1. Nature of Attitudes 2. Factors of Attitude change 3. Attitude & Behavior

VII. Developmental Psychology

1. Infancy, 2. Childhood, 3. Adolescence, 4. Adult & old age

VII Personality

1. Dynamic personality theories 2. Learning & Behavioral theories of personality 3.
Type & Trait theories of personality

VIII Yoga and Psychology

REFERNCE BOOKS

1. Garret, H.E. "General Psychology"- Eurosin Publishing Houses Pvt. Ltd., New Delhi, 1968.
2. Clifford T. Mogan, Richard A. King, John R. Weis and John Schopler, "Introduction to Psychology"-6th Edition, Oxford & IBH publishing co. pvt. Ltd., New Delhi, 1998.

5. PRACTICAL'S (ASANAS AND PRAYANAMA)

Asana

1. Padmasana
2. Halasana
3. Muktasana
4. Salabasana
5. Bhujangasana
6. Dhunurasana
7. Makarasana
8. Virkrasana
9. Chakrasana
10. Paschi motasana
11. Ukrasana
12. Gomukkasana
13. Sivastikkasana
14. Siddasana
15. Bhadrasana
16. Vajrasana
17. Sputa-Vajrasana
18. Mayurasana
19. Sarvangasana
20. Adhra-Salabana

Pranayama

1. Surya Bhedana
2. Ujjayi
3. Shetkari
4. Sheetali
5. Bharamari
6. Bhastrika

Different phases in Pranayama

1. Puraka
2. Kumbhaka
3. Rechaka

Bandha

1. Moola-Bandha
2. Jalandhara-Bandha
3. Uddiyana Bandha

Mudras

1. Brahma Mudra
2. Simha Mudra

REFERENCE BOOKS

1. Yogasanas : A Teachers Guide (New Delhi : N.C.E.R Publications)
2. Yogasanas, Pranayama, Mudras, Bandha (Bangalor Vivekananda Kendra Yoga Prakashna)

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PAPER-V

AYURVEDA

To impart the basic principles of Ayurveda as "Arogya Vardham", as a system that helps one to maintain good health. This will not entail them to practice as ayurveda physicians but to give an appreciation of the basic principles.

Unit-I

Introduction: i) History of Ayurveda, ii) The treatises of Ayurveda, iii) Definition of Health, iv) Life factors Food, Lifestyle, Sleep and Sex.

Unit-II

Basic principles: i) The concept of Tridoshha: a) functions, b) types, c) relationship of age, day, night and seasons, d) imbalance, ii) Agni- The digesative power, iii) Dhatu and mala, iv) Character Building (sat vruta)

Unit-III

Prakruti and health analysis, vikruti and diseases analysis.

Unit-IV

Food: a) The concept of metabolism, b) Transformatory factors, c) Taste and potency, d) The seasons and time of the day.

Unit-V

Daily Routines (Dinacarya), Seasonal Routines (Ritucarya)

References Books

1. Dr. Vasant Lad, "Ayurveda", Motilal Banarasidass, pvt Ltd, New.
2. Dr. David Frawley, "Ayurvedic Healing", Motilal Banarasidass, publishers pvt Ltd, New Delhi.
3. Achaya Vagbhatia, "Astanga Hrdaya", chowkhambha oriental services, New Delhi.
4. Vaidhya Bhagwan Dash, "fundamentals of ayurvedic medicine", Konark publishers pvt.Ltd, New Delhi.
5. Vinod Verma, "Ayurveda for life", Motilal Banarsidars, 239, 9th main III Block, jayanagar, Bangalore-11.
6. Subhash Ranade, "Natural healing through Ayurveda", Motilal Banarsidars, 239, 9th main III Block, jayanagar, Bangalore-11.
7. David Frawily, "Ayurvedic Healing", Motilal Banarasidass, publishers pvt Ltd, New Delhi-110007.

7. FITNESS AND WELLNESS

UNIT – I

Yoga and fitness-Importance of Asanas-What is physical fitness-Asanas-Components of physical fitness-Yoga and Health-Benefits of Yogasana-Benefits of Naturopathy-Naturopathy-Health Deficiency symptoms of physical fitness.

UNIT – II

Identified Lack of physical fitness-Overweight-Methods of controlling over weight through Yoga and Naturopathy-Risk factors Associated with coronary Heart disease-circulatory system-Regulation-Improvement on circulatory system on Training.

UNIT III

Bronchial Asthma – Allergies – Infection – Exercise-Environmental – Occupation – Drugs -Emotion – Hypertension – Obesity – Stress – Symptoms - Therapeutic measures - pranayam on cardio-respiratory system.

UNIT – IV

Yoga on Heart disease-Naturopathy on Diabetes Type I and Type II. Health problems associated with inactivity-Development of flexibility-muscular strength – Muscular endurance – Agility – Coordination-Balance-Cardio vascular endurance.

UNIT V

Guidelines for Reducing Anxiety – Stress Emotion-tension – Cardio-vascular diseases – Problems associated with stress – Cardio-vascular disease-Need and Importance of Naturopathy.

REFERENCE BOOKS

- Yogiraj Vethathri Meharishi, Simplified Physical Exercises (Erode . Vedhathiri Publications)
- M.L.Gharote, Applied Yoga (Lonavals : S.M.Y.M.Samiti Publications)

8. PRINCIPLES OF YOGA THERAPY

UNIT-I

Introduction to yoga therapy- yogic concept of human body- its limitations- need for correct diagnosis, patient education and follow up measures. Present status of yoga therapy in India.

UNIT-II

Introduction of nutrition and dietetics- diet and digestion- balanced diet, carbohydrates, fats, proteins, vitamins and minerals. Yogic diet- sattvik- rajasik- tamasik. Diet and diseases; Hypertension, diabetics, arthritis, ulcerative-colitis. Peptic ulcer- constipation and obesity.

UNIT-III

Stress- ethiological(causes)- clinical features (signs&symptoms) and principles of yogic therapy in stress disorders.

Definition, ethiological (causes) clinical features (signs&symptoms) and yogic treatment of disorders: bronchial asthma, bronchitis, hypertension and hyper thyroidism.

UNIT-IV

Definition, etiological (causes) clinical features (signs&symptoms) and yogic treatment of disorders: Arthritis- cervical spondylosis- lumbago- sciatic- miagrine- insomnia- indigestion- constipation- ulcer- obesity and diabetes.

UNIT-V

Issues and problems in yoga therapeutics- yoga as an adjustment therapy- research findings on therapeutic applications of yoga- yoga concept in: naturopathy- siddha- ayurveda- homeopathy- and modern medicine.

BOOK REFERENCE:

Asanas- swami kuvalayananda kaivalyadhama, lonavala.

Yoga- therapy- swami kuvalaiyananda& Dr. s.l. vinekar

Applied yoga- Dr. M.L. Gharote, kaivalydhama, lonavala

Yogic therapy- by swami kuvalaiyananda and Dr.S.L. Vinekar.

DAY BY DAY YOGA- by Howard kent, hamlyn, London

Asanas- by Dr. P. Mariyyah, sports publications.

