

THE GANDHIGRAM RURAL INSTITUTE - DEEMED UNIVERSITY

GANDHIGRAM



YOGA CENTRE

SYLLABUS FOR

POST GRADUATE DIPLOMA IN YOGA EDUCATION

JUNE 2015

P.G.DIPLOMA IN YOGA EDUCATION

Need

Yoga is the chief remedy for all miseries and sorrows in the world. There is a growing need with the increase in popularity of Yoga all over the world for well trained yoga instructors having sound knowledge of the basic science of Yoga. A well-trained yoga instructor should have mastery and practical knowledge of various yogic practices. The yoga instructor also have adequate theoretical knowledge on the basic principles, methods of yogic practices and other systems of physical exercises. He should be well acquainted with the historical prospective of the system of yoga education and practice and its literature apart from the suitable methods of teaching techniques of yoga in the modern context.

The Government of India felt that yoga should be a part of institutional curriculum. Therefore the university has also felt the need of hour and designed P.G.Dip.in Yoga Education giving due emphasis to the practical and theoretical training on yogic practices with a well-planned syllabus. This course has been designed to one academic year.

Objectives

1. To spread the message of positive health as taught in yoga to people in a systematic and scientific manner.
2. To provide perspective and insight into various aspects of yoga education to examination conducted by recognised Universities or an examination accepted as equivalent thereto by the University subject to such conditions as may be prescribed thereof.

The applicant enjoys an average level of health and is free from serious illness or defects. To this effect, the applicant shall produce a Medical Fitness Certificate from a Registered Medical Practitioner specifying that the said applicant is fit to undergo intense practical training in all types of yogic practices.

The candidates shall have subsequently undergone the prescribed course of study conducted by the Gandhigram Rural Institute – Deemed University yoga centre in Physical Education and shall pass the examinations prescribed, apart from fulfilling such other conditions as have been prescribed thereof.

Duration

The course is for a period of one year and shall be conducted under semester pattern.

Distribution of teaching hours

There shall be ten papers in all. There shall be a total number of 500 actual contact hours. Each paper shall have 50 hours excluding CFA examinations. Classes shall be conducted in the morning, evening sessions and on Saturdays.

Course of study

Candidates shall be permitted to do the Post Graduate Diploma Course concurrently with their PG Degree programmes. The course of study shall comprise theoretical instructions, supervised practical training in yoga practices.

Scheme of examinations

The scheme of examination shall be as follows: there shall be eight theory papers of 100 marks each and two practical to test the practical competence in yoga techniques of 100 marks each. The practical examination shall also consist of verification, evaluation of record book and yoga practices.

Scheme of evaluation

Semester	Category	Course Code	Title of the Paper	No of Credits	Theory Hours	Practical hours	CFA	ESE	Total
I	Core Courses	15PYEP0101	Paper I- History, Development and Traditions of Yoga	4	4		40	60	100
		15PYEP0102	Paper II- Principles of Yogic Practices	4	4	-	40	60	100
		15PYEP0103	Paper III- Applied Anatomy and Physiology	4	4	-	40	60	100
		15PYEP0104	Paper IV-Yoga Aphorisms of Patanjali	4	4	-	40	60	100
		15PYEP0105	Paper V-Practical I Asanas & Pranayanmas	2	-	4	75	25	100
	CN CC		Gandhi in everyday life*	-	2	-	50	-	50
	VP P	15VPPP0101	VPP	2			50		50
1st Semester Total				20	18	4			600
II	Core Courses	15PYEP0201	Paper VI-Applied Yoga In Modern Life	4	4	-	40	60	100
		15PYEP0202	Paper VII-Traditions of Yoga & Meditation	4	4	-	40	60	100
		15PYEP0203	Paper VIII-Tirumular Tirumantiram	4	4	-	40	60	100
		15PYEP0204	Paper IX -Yoga & Stress Management	4	4	-	40	60	100
		15PYEP0205	Paper X -Practical II- Kriyas, Mudras, Bandhas & Meditations	2	-	4	25	75	100
	CN CC		Soft skills (English Communication)	-	2	-		50	50
			Extension / Field Visit	-	2	-		50	50
2nd Semester Total				18	20	4			600
Grant Total (1 st + 2 nd Semester)				38	38	8			1200

* Non credit Course-Internal evaluation

FEE STRUCTURE

Fee Particulars	PGYEd
I.SEMESTER FEES	
Tuition fee	1500
Special fee (Uniform)	1000
Library	200
Games	50
Laboratory	1000
Course Development Fee	5000
Total-I	8750
II.PER ANNUM FEES	
VPP	900
Health service	200
Group Insurance	200
Calendar	75
Computer	00
Magazine	100
National Science day	00
Sports and Tournament fund	150
Student Placement	00
Association	50
Student Club	50
Khadi deposit	300
Youth Red Cross	20
TOTAL-II	2045
III.ONE TIME FEES	
Admission	50
SMART Card	150
TC & CC	50
Counseling	50
Shanti Sena	50
Syllabus	20
Language Lab/Soft Skills Training	200
Placement Services	50
NSS	00
Students Welfare Fund	100
Coop Stores Share Capital	30
Alumni Association	100
Total – III	850
IV. CAUTION DEPOSITS (refundable)	
Library	300
Laboratory	200
General	400
Total – IV	900
GRAND TOTAL (I – IV)	12545

SYLLABUS

SEMESTER - I

PAPER – I HISTORY, DEVELOPMENT AND TRADITIONS OF YOGA

UNIT- I

Meaning and definition of yoga – Scope of Yoga - Aims and Objectives of Yoga – Misconception about yoga – schools of yoga.

UNIT-II

Historical perspective on Yoga –Yoga before the time of Patanjali: (Indus valley civilization, Vedas, Brahmnas, Upanishads, Epics, Puranas) - Samkhya and yoga – Buddhism and yoga – Jainism and yoga.

UNIT-III

Systematisation of yoga by sage Patanjali: Eight limbs of Yoga, Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhayana, and Samadhi.

UNIT- IV

Post Patanjali 's developments in yoga – various commentaries on yoga sutras- Tantra yoga- Yogavasistha - Hathayogic traditions (Nathcult and Tamil siddhars) – Western influences and modern renaissance in yoga.

UNIT-V

Contemporary yoga – research in Yoga- contribution of different yoga instutions like Kaivalyadhama of Lonavala, Bihar School Of Yoga and Swami Vivekananda - vethathiri maharishi –Aurobindo ashram - Ravi Shankar yoga - Isha yoga - Swami Dayananda - Yoga Anusandhana Samasthana– modern trends and development in the field of Yoga.

References:

1. Sivananda yoga Teachers Manual pub International Vedanta centres, VAL MORIN, Quebec, Canada.
2. Swami Sivananda: All About Hinduism, pub Divine life society Risikesh.
3. Swami Vishnu – Devananda: The complete Illustrated Book of Yoga pub. Harmony Books, a division of crown publishers, New York 10022.
4. Yoga as Depth – Psychology and Para – Psychology (vol – I): Historical Background by Dr C.T. Kenghe, Bharata Manisha, Varanasi, India 1976.
5. Tent Book of Yoga – by Georyfeuer – stein, Rider and company, London 1975.
6. Dr. P. Mariayyah: Asanas, Sports Publications, Coimbatore, 1998.
7. Dr. P. Mariayyah: “Suriyanamaskar” Jaya Publishing House, Perunthurai, Erode.
8. Dr. K. Chandrasekaran, Sound Health Through Yoga, Prem Kalyan Publications, Sedapatti, Tamilnadu 1999.
9. Yoga mimamsa Journal / (Back Volumes) Kaivalyadhama, lonavla, Pune dist, Maharastra.

SEMESTER - I
PAPER - II PRINCIPLES OF YOGIC PRACTICES

UNIT: I

Concept of Yogic Practices – Kinds of Yogic Practices; Asana, Pranayama, Kriya, Mudra, Bandha, Dhyana. Asana: Definition, Scope and Limitations of Asanas – Classification of Asanas – Meditative Asanas – Relaxative Asanas – Cultural Asanas: Standing, Sitting, Supine, & Prone – Step by Step Performance of Asanas – Safety Measures and Precautions while performing Asanas.

UNIT: II

Pranayama: Meaning – Different Phases in Pranayama Practice: Puraka (Inhalation), Kumbhaka (Retention) and Rechaka (Exhalation) – Breathing Ratio in Pranayama Practice – Major Pranas: Apana, samana, udana vyana, & prana – Upa Pranas: naga, koorma, krikara, devadatta, & dhananjaya – Safety Measures and Precautions.

UNIT: III

Meaning & benefits of Bandha – Different Bandhas: Jalandhra Bandha, Uddiyana Bandha, and Mula Bandha.

Meaning of Mudra – Types of Mudra: Chin Mudra, Chinmaya Mudra, Adi Mudra, Brahma Mudra, Shambavi Mudra, Nasikagra Drishti Mudra, Yoga Mudra, & Ashwini Mudra.

UNIT: IV

Practicing methods and benefits of Kriyas – Meaning – Types of Kriyas: Kaphalabhathi. Trataka. Neti: Jala Neti, Sutra Neti. Dhauthi: Vamana Dhauthi, Danda Dhauti, and Vastra Dhauti.

UNIT: V

Meaning & concept of Meditation – Yogic practices and physical exercise. Yoga Practices and Other Systems of Exercises – Asanas Vs. Muscular Exercises – Pranayama Vs Deep Breathing Exercises – Importance of Nerve Culture in Yoga - Yoga and Competition – Yoga and Modern Education

REFERENCES BOOKS:

1. Swami Kuvalayananda and Dr.S.L. Vinekar *Yogic therapy, Kaivalyadhama SM YM samiti, Lonavla, Pune Dist, Maharashtra.*
2. Swami Kuvalayananda: *Asanas, Kaivalyadhama, Lonavla.*
3. Dr. P. Mariayah: “Suriyanamaskar” *Jaya Publishing House, Perunthurai, Erode.*
4. Dr. K. Chandrasekaran, *Sound Health Through Yoga, Prem Kalyan Publications, Sedapatti, Tamilnadu 1999.*
5. Dr.M.L. Gharote and S.K. Ganguly. *Teaching methods for yogic practice, Kaivalyadhama, Lonavla.*
6. Dr. A. M. Moorthy, *Yoga Therapy, Sports Publication, Coimbatore, 2004.*
7. Dr. M.L. Gharote, *applied yoga kaivalyadhama, Lonavla.*
8. *Yogasanas: A teacher's Guide-NCERT, New Delhi*
9. Sri. O.P. Tiwari: *Asanas why? And How? Kaivalyadhama, Lonavla.*
10. *Yoga mimamsa journal (Back volume) Kaivalyadhama, Lonavla.*
11. Swami Satyananda Saraswathi: *A systematic course in the Ancient tantric techniques of yoga and kriya published by Bihar school of yoga, Munger, Bihar, India, 1981.*

SEMESTER - I
PAPER - III APPLIED ANATOMY AND PHYSIOLOGY

UNIT: I

Introduction to Human Anatomy and Physiology –Meaning of Anatomy & Physiology- Need and importance of knowledge of Anatomy & Physiology in Yoga – Structure And Function: Cells - Structure and function of various types of tissues.

UNIT: II

Respiratory System and Yogic practices – Respiratory Tract(Nose, Pharynx, Larynx, Bronchi, Bronchiole, Alveoli –Lungs) Mechanism of Respiration –Control of respiration –Nerve control, Chemical control and accessory control.

Muscular System and Yogic practices – Types of muscles (Skeletal Muscle, Cardiac Muscle, and Smooth Muscle).

Joints and Yogic practices – Classification of Joints (Fibrous Joints – Cartilaginous joints- Synovial joints).

UNIT: III

Nervous System and Yogic practices: 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).

Cardiovascular System and Yogic practices –Structure and functions of Heart –Systemic circulation, Pulmonary circulation, Portal circulation, Coronary circulation, Blood Vessels, Arteries, Veins, and Capillaries – system: Lymphatic system –Blood Pressure and pulse.

UNIT: IV

Digestive System and Yogic practices – Mouth, Salivary Glands, Pharynx, Esophagus, Stomach, Pancreases, Liver, Gall Bladder, Small Intestine, Large intestine.

Renal System and Yogic practices: Structure and Functions of the kidney – Uterus- Bladder- Urethra.

UNIT: V

Endocrine System and Yogic practices- Structure and functions of Pituitary Gland: Thyroid Gland, Para-Thyroid, Thymus, Pancreas, and Adrenal Gland & Pineal Glands.

REFERENCES BOOKS:

1. *Yoga-mimamsa Journal pub. Kaivalyadhama, Lonavla.*
2. *Swami Kuvalayanda and Dr.S.L. Vinekar yogic therapy kaivalyadhama, lonavla.*
3. *Kaivalyadhama Golden Jubilee souvenir-kaivalyadhama, Lonavla.*
4. *Dr.M.L. Gharote: Applied yoga kaivalyadhama, Lonavla.*
5. *N. Murugesh, Basic Anatomy and Physiology, Madurai.*
6. *Dr. Krishna Raman, A Matter Of Health', East west Books, Chennai.*

SEMESTER - I

PAPER – IV YOGA APHORISMS OF PATANJALI

UNIT-I

Definition of Yoga (Samadhi Pada 1-2)-Modifications of the Mind: Pramana, Viparyaya, Vikalpa, Nidra, Smrti (Samadhi Pada -5,6,7,8,9,10,11) – Abhayasa & Vairagya (Samadhi Pada – 14,15, 16) and types of Samadhi: Sampragnata, Asampragnata, Vitaraka, Vichara, Ananda, Asmita, Nirbija, Dharmamegha, and Kavailya.

UNIT-II

Types of Yogis: Mrdu, Madhya, Adhimatratvat (Samadhi Pada – 22) Obstacles and Hindrance: Vyadhi, Styana, Samsaya, Pramada, Alasya, Avirati, Bhranti, Alabdha bhumikatva, Anavasthitatva (Samadhi Pada –30) Cultivating Positive Attitudes: (Samadhi Pada – 33).

UNIT- III

Kriya Yoga: Tapas, Svadhyaya, IsvaraPranidhana (Sadhana pada-1)- Panca klesah: Avidya, asmita, raga, dvesa, abhinivesah (Sadhana pada-3-9)- Methods of destroying Klesas: Pratiprasava and Dhayana (Sadhana pada-10-11)

UNIT-IV

Astanga Yoga -Yama: Ahimsa, Satya, Asteya, Brahmacharya, Aparigraha (Sadhana Pada 30) Niyama: Sauca, Samtosa, Tapas, Svadhyaya, Isvara Pranidhana (Sadhana Pada 32) Asana: (Sadhana Pada 46- 47) Pranayama (Sadhana Pada49-51) Prathyahara: (Sadhana Pada-54) Dharana: (Vibhuti Pada 1) Dhayana: (Vibhuti Pada 2) and Samadhi: (Vibhuti Pada 3).

UNIT-V

Samyama: (Vibhuti Pada 1-4) Pratipaksa Pavanam: (sadhana Pada 34) -Isvarapranidhana (Samadhi Pada 23) Methods of getting siddhis: Janman, Osadhi, Mantra, Tapas, and samadhi. Conditions of disturbed mind: Trembling in the body, unsteady of the breath, depression and anxiety. (Samadhi Pada 31)

REFERENCES BOOKS:

1. Trevor Leggett, *Sankara on the Yoga Sutras*, Motilal Banarsidass Publishers, New Delhi, 1992.
2. James Haughton Woods, *The Yoga Systems of Patanjali*, Motilal Banarsidass Publishers, and New Delhi, 1998.
3. Bengali Baba, *Yoga Sutra of Patanjali*, Motilal Banarsidass Publishers, and New Delhi, 1998.
4. Swami Satyananda Saraswati, *Four Chapter on Freedom*, Bihar School of Yoga, Munger, India, 2000.
5. H.R.Nagendra & T.Mohan, *Patanjali Yoga Sutra*, Swami Vivekananda Yoga Publication, Bangalore, 2002.
6. I.K.Taimani, *The Science Of Yoga*, The Theosophical Society, 2001.

SEMESTER - I

PRACTICAL – I ASANAS AND PRANAYAMAS

UNIT - I

MEDITATIVE ASANAS:

Sukhasana

Ardha Padmasana (or) Padmasana

Vajrasana

Siddhasana (or) Siddhayoniasana

RELAXATIVE ASANAS:

Shavasana

Makarasana

Advasana

Jyestikasana

UNIT - II

CULTURAL ASANAS

STANDING TYPES:

TADASANA

ARDHA KATTI CHAKARASANA

Pada Hastasana

Ardha chakarasana

Virksasana

UTKATTASANA

Trikonasana

Parivrutha Trikonasana

Garudasana

Virabhadrasana

Uttanasana

Pada Angustasana

SITTING POSTURES:

Baddha Konasana

Maricyasana

Vakrasana

Janu Sirshasana

Paschimottasana.

Ustrasana

Sasangasana

Yoga Mudra

Gomukhasana – I

Gomukhasana – II

Veerasana

Supta Vajrasana

UNIT- III

PRONE TYPE POSTURES:

Bhujangasana

Ardha Salabhasana

Salabhasana

Sarpasna

Naukasana

Dhanurasana

Supine Type

Uttana Padasana

Pawanamuktasana

Sethu Bandhasana

Viparitha karani

Sarvangasana

Matsyasana

Ardha Halasana

Halasana

Jathara Parivratanasana

Supta padaanustansan

Chakrasana - I

Chakrasana - II

UNIT- IV

PREPARATORY FOR PRANAYAMA:

Kapalabhathi

Bhastrika

Sectional Breathing:

Abdominal

Thoracic

Clavicular

Full yogic Breathing

Pranayamas: -

Chandra Anuloma viloma
Chandra Bhedana Pranayama
Nadi shodhana
Ujjyai
Sitali Pranayama
Bhramari pranayama

Surya Anuloma Viloma
Surya Bhedana Pranayama
Nadi Suddhi (1: 2: 2 ratio)
Bhastrika
Sitkari Pranayama

UNIT- V

Preparation for Meditation [sitting in Meditative Asanas with concentration on Tip of the Nose and center of eye brow) Pranadharana (body awareness)- Yoga Nidra.

REFERENCES BOOKS:

1. Swami Kavalayananda and Dr.S.L. Vinekar *YOGIC Therapy. Its basic principles and methods, ministry of Health, govt. of India New Delhi. 1963.*
2. Swami Kavalayananda: *ASANAS Kaivalyadhama, Lonavla, Pune Dist, and Maharashtra.*
3. Dr. P. Mariayyah: *ASANAS, Sports, Publications, Coimbatore, Tamil Nadu.*
4. Dr. P. Mariayyah: *"Suriyanamaskar" Jaya Publishing House, Perunthurai, Erode.*
5. Dr.K.Chandrasekaran, *SOUND HEALTH THROUGH YOGA, Prem Kalyan Publications, Sedapatti, Madurai, 1999.*
6. *YOGASANAS: A TEACHER'S GUIDE NCERT, New Delhi, 1983.*
7. Shri.O.P, Tiwari: *ASANAS: Why and How, Kaivalyadhama, Lonavla pune Dist. Maharashtra.*
8. B.K.S. IYENGAR: 1. *Light on yoga [yoga Dipika], 2. Light on Pranayama, Harper Collins publishers Daryaganj, New Delhi, India 2000.*
9. Dr. H.R. Nagendra: *Pranayama the art and science pub Vivekananda Kendra yoga Prakashana, Bangalore India 2000.*
10. Swami Satyananda Saraswathi: *A systematic course in the Ancient tantric techniques of YOGA AND KRIYA Pub. Bihar School of yoga, Munger, Bihar, India 1981.*

SEMESTER - II

PAPER - VI APPLIED YOGA IN MODERN LIFE

UNIT: I

Concept of "Positive Health" defined according to– Meaning and definition of Health
Various dimensions of health (Physical, Mental, Social and Spiritual) – criteria of health–
Important yard sticks of health – responsibility and control over one's own health status.

UNIT: II

Physical Education and sports fitness-Concept of 'Healthy Personality' – Characteristics of
healthy personality – superior mental health aids to a Healthy Personality.

UNIT: III

Yoga and health – as a therapy, Treatment – General Fitness. Integration of body and
mind – Wholesome development.

UNIT: IV

Yoga for executives - Positive hygiene of yoga (Positive focus, shraddha, Faith factor
Iswara – pranidhana, prayer, tranquilization of mind) – stress response Vs cultivation of Relaxation
Response – purification of Nadis – cultivation of correct Psychological attitudes.

UNIT: V

Yoga and Executive Jobs - Problems of Executives - life of constant stress and strain,
anxiety, conflicts resulting in fatigue - Use of artificial stimulants and their side effects - contribution
of Yoga to solve the problems of the Executives.

Yoga and Development of Social Qualities of: Personality: – Co-operation – Simplicity –
Tolerance – Social Adjustments - Yoga and Personal Efficiency: Personal Efficiency as a genetic
term – Improvement of Personal Efficiency through Yoga.

REFERENCES BOOKS:

1. Sri Yogendra: *Yoga Personal Hygiene (Vols I & II)* – The Yoga Institute, Santacruz, and Bombay.
2. U.A. ASRANI: *YOGA UNVEILED (PART I)*, Motilal Banarsidass, Delhi 1977.
3. Swami Kavalayanda and Dr.S.L. Vinekar: *yogic therapy: Its Basic principles and methods*, Pub. Ministry of health, Govt. of India, New Delhi, 1963.
4. Dr. P. Mariayyah: *ASANAS*, Sports, Publications, Coimbatore, Tamil Nadu.
5. Dr. P. Mariayyah: "Suriyanamaskar" Jaya Publishing House, Perunthurai, Erode.
6. Dr. K. Chandrasekaran, *SOUND HEALTH THROUGH YOGA*, Prem Kalyan Publications, Sedapatti, Madurai, 1999.
7. Herbert Benson: *Mind/ Body Effect*, Berkley Books, New York, 1979.
8. Herbert Benson and William proctor: *Beyond relaxation response, colling fount paperbacks*, London 1985.
9. K.N. Udupa and H.R.Singh: *Science and Philosophy of Indian medicine*, Shree Baidyanath ayurveda Bhawan Ltd., Negpur 1978.
10. S.P. Mishra: *yoga and ayurveda*, Chowkhamba Sanskrit Sansthan, Varanasi, U.P 1989.
11. S.M. Jourard and Ted landsman. *Healthy Personality (4th edition)*, Macmillan publishing co., Inc, New York, 1980.
12. Dr. R.D. Lele, *Ayurveda and Modern Medicine*, Bharathiya vidya bhavan, Bombay, 1986.
13. Elizabeth B. Hurlock: *Personality development*, Tata mc graw - Hill publishing company ltd., New Delhi, 1976.

SEMESTER - II

PAPER - VII TRADITIONS OF YOGA AND MEDITATION

UNIT : I

Ancient Indian tradition of yoga and meditation - Kena Upanishad, Taittreya Upanishad, Katha Upanishad, Isavasya Upanishad, Svetasvara Upanishad, Mandukya Upanishad, & Prasana Upanishad.

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UNIT : II

Tirumular Thirumanthiram : Tantra – III (578 Varumaathi uraettaul , 579 Kannakku , 580 onnaa, 581 Orupolu, to 597 Arevaa Yasathaennu).

Patanjali – Sadhana Pada verse -10(Dhayan Heyas Tad) & Vibhuti Pada Verse – 2 (Tantra Pratyaya... Dhyanam).

UNIT: III

BHAGAVAD GITA - Meditation Chapter – VI (Verse (10) Yogi Yungeetha Statam to Verse (36) Asmaytha Atmanaa Yogo Thusparapa) - Japa Meditation, Ajapa Meditation, Hatha Yoga meditation - Kundalini (Chakras, Nadis, Granthis) – Obstacles to Meditation.

UNIT : IV

Jain School of Yoga and Meditation – Preksha Meditation: What is Preksha– Aim – Pre Conditions – Kayotsarga (Body awareness) – Perception of body & breathing.

UNIT – V

Buddhist traditions of yoga and Vipassana Meditation – Anapana Sati (Breath Concentration) –Sila (Precepts) – Samadhi (Concentration) – Panna (Wisdom) – Five Obstacles – Metta(Universal Love) – Karuna (Compassion) – Mudita (Joy in others) – Uppekkha (Equanimity)

REFERENCE BOOKS: -

1. Thiru. PA. Ramanatha Pillai, *Thirumanthiram mouvaayeram, The South India Saiva Siddhanta Works Publishing Society, Tirunelveli, 1996.*
2. Swami Vishnu Ddevananda, *Meditation and mantras, Motilal Banarsidas Publishers Private Limited, Delhi, 2001.*
3. I.K. Taimani, *The Science of Yoga, Theosophical society publication, Adyar , Chennai, 2001.*
4. Swami Asthosh Ananthar, *Sri Mad Bhagavad Gita, Sri Ramakrishna Math, Mylapore, Chennai, 2002.*
5. Swami Asthosh Ananthar, *Isavasya Upanishad, Sri Ramakrishna Math, Mylapore, Chennai, 2003.*
6. Swami Asthosh Ananthar, *Kena Upanishad, Sri Ramakrishna Math, Mylapore, Chennai, 2003.*
7. Swami Asthosh Ananthar, *Katha Upanishad, Sri Ramakrishna Math, Mylapore, Chennai, 2003.*
8. Swami Asthosh Ananthar, *Mandukya Upanishad, Sri Ramakrishna Math, Mylapore, Chennai, 2003.*
9. Swami Asthosh Ananthar, *Prasana Upanishad, Sri Ramakrishna Math, Mylapore, Chennai, 2003.*
10. Swami Asthosh Ananthar, *Svetasvara Upanishad, Sri Ramakrishna Math, Mylapore, Chennai, 2003.*
11. Lajpat Rai, *Meditation: Techniques and their Scientific Evaluation, Anubhav Rai Publications, Haryana, 1998.*
12. Mahapragya: *Preksa Dhyana: Theory and Practice*
13. Vethathiri Maharishi: *Yoga.*

SEMESTER - II

PAPER – VIII TIRUMULAR THIRUMANTIRAM

UNIT-I

Introduction to Tirumoolar Thirumantiram- greatness of Vedas- the importance of the Agamas- history of Tirumular- the glory of the holy Hymns three thousand – the Spiritual Hierarchy.

UNIT-II

Types of Yoga: Astanga Yoga (Tantra-III 549-552) - Kechari Yoga (Tantra-III 799-822)- Pariyanga Yoga (Tantra-III 825-844) - Amuri Dharana (Tantra-III 845-850)-Chandra Yoga (Tantra-III 851-883).

UNIT-III

Astanga Yoga: Yama (Tantra-III 553-554)- Niyama (555-557)- Asanas (558-563)- Pranayama (564-577)- Pratyahara (578-587)- Dharana (588-597)-Dhyana (598-617)-Samadhi (618-631).

UNIT-IV

Five division of the body: Tantra VIII (2122-2138)- Giving up the body (2139-2141)- Avasta differences (2141-2166)- Mid-Jagrat-Avastha (2167-2183)- Adhvas (2184-2186)

UNIT-V

Chakras- Erolu Chakram (1255-1290), Bhairava Chakra (1291-1296)-Sambhavi Mandala Chakra (1297-1306)- Bhuvanapathi Chakra (1307-1318)-Navakkari Chakra (1319-1418).

REFERENCE BOOKS:

1. Dr. B. Natarajan, *Tirumular Tirumantiram, Sri Ramakrishna Math, Mylapore, Chennai, 1991.*
2. P. Ramanatha Pillai, *Tirumantiram Muvairam, Tirunelveli, Thenenthiya Saiva Siddhanta Publisher's, Chennai, 1996.*
3. Poolavar. N. Ramakrutanan, *Eanrum Nalavalvutharum Tirumularin Panneru Yogangal, Manikkavasagar Publisher, Chennai, 2003.*
4. G. Varatharajan, *OM Tirumantiram, Palaniappa Brothers, Chennai, 2002.*

SEMESTER - II

PAPER – IX YOGA AND STRESS MANAGEMANT

UNIT-I

Definition of stress –Meaning-Types: Eutress, Distress, Anticipatory Anxiety, Intense Anxiety, and Depression.

UNIT-II

Concept of stress according to Yoga: Patanjali aphorism (PYS II-3) Avidya Asmita... Bhagavad-Gita (Gita II 62-63) Dhayato Visayan Punsah...Yoga Vasistha and Upanishad.

UNIT-III

Physiology of stress on: Autonomic Nervous System (ANS), Endocrine System, Hypothalamus, Cerebral Cortex, and Neurohumours.

UNIT-IV

Yoga Nidra: Cyclic Meditation- Instant Relaxation Technique, Quick Relaxation Technique, and Deep Relaxation Technique: MSRT- Mind sound Resonance and Technique.

UNIT-V

Role of Meditation & Pranayama on stress-Physiological aspect of Meditation –Impact of Yoga at Muscular system, Respiratory System, Circulatory System, Nervous system, Mental level, Emotional level, Intellectual level and Spiritual level.

REFERENCE BOOKS:

1. *K.N.Udupa: Stress And Its Management By Yoga, Motilal Banaridass Publishers Private Limited, New Delhi1996.*
2. *Dr.H.R.Nagendra & Dr.R.Nagarathana: New Perspective In Stress Management, Swami Vivekananda Yoga Prakashana, Bangalore, 2004.*
3. *Dr.H.R.Nagendra Dr.R.Nagarathana: Yoga Practices for Anxiety & Depression, Swami Vivekananda Yoga Prakashana, Bangalore, 2004.*
4. *Swami Sukhabodhananda, Stress Management, Prasanna Trust, Bangalore, 2002.*
5. *Vimla Lalvani, Yoga for Stress, Hamlyn Publishers, London, 1998.*
6. *Robert A. Baron, Psychology, Pearson Education, Indian Branch, Delhi, 2001.*

SEMESTER - II

PRACTICAL – II KRIYAS, MUDRAS, BANDHAS & MEDITATIONS

UNIT: I KRIYAS

Neti- Jala Neti, Sutra Neti - **Dhauti-** Vamana Dhauti, Laghoo Shankha Prakshalana (Tadasana, Tiryaka Tadasana, Kati Chakrasana, Tiryaka Bhujangasana, Udarakarshanasana) -

Nauli - Dakshina Nauli, Vamana Nauli, Agnisara Kriya.

UNIT: II KRIYAS

Trataka - Jyothi Trataka, Jathru Trataka- **Kapalabhati** - Single Nostril, Both Nostrils and Alternative Nostril.

UNIT: III MUDRAS

Chin Mudra - Chinmaya Mudra - Adimudra – Brahma Mudra - Nasikagra Mudra – Shanmukhi Mudra –Bhairava Mudra– Agochari Mudra –Shambhavi Mudra –Viparithakarani Mudra – Yoga Mudra –Asvini Mudra – Maha Mudra.

UNIT:IV BANDHAS

Jalandhara Bandha- Uddiyana Bandha- Moola Bandha-Maha Bandha- Jiva Bandha.

UNIT: V MEDITATION

Ancient Indian tradition of yoga and meditation - 'OM' Meditation, Vipassana Meditation (anapana), Cyclic Meditation.

REFERENCE BOOKS:

1. *Swami Satyananda Saraswathi: A systematic course in the Ancient tantric techniques of yoga and kriya published by Bihar school of yoga, Munger, Bihar, India, 1981.*
2. *Dr. P. Mariayyah: ASANAS, Sports, Publications, 45, pantheon Street, Egmore, Chennai-8, 1986.*
3. *Dr. P. Mariayyah: "Suriyanamaskar" Jaya Publishing House, Perunthurai, Erode.*
4. *Dr. K. Chandrasekaran, SOUND HEALTH THROUGH YOGA, Prem Kalyan Publications, Sedapatti, Madurai, 1999.*
5. *YOGA [Asanas, Pranayama, Mudras, Kriyas] AN INSTRUCTION BOOKLET, Published by Vivekananda Kendra Prakashan Trust, Triplicane, Chennai, 2001.*
6. *HATHA PRADIPIKA OF SVATMARAMA – Edited by swami Digambarji and Pt. Raghunathashastri kokaji, Kaivalyadhama, SMYM Samiti, Lonavla Pune Dist, Maharashtra, 1970.*

SEMESTER - I

Paper-I - HISTORY, DEVELOPMENT AND TRADITIONS OF YOGA

General Objectives

To gain knowledge about the history and traditions of yoga.

Specific Objective Learning

1. To know about the contribution of different yoga institutions.
2. To become a good teacher in yoga.
3. Explain about the Eight limbs of Yoga.
4. Realize the Western influences and modern renaissance in yoga.
5. To know the modern trends and developments in Yoga.

DETAILS OF LECTURE HOURS

15PYEP0101	Sub Units	Lecture hours	Total Hours (50)
Unit I	Meaning and definition of Yoga	1 hour	6
	Scope, Aims and Objectives of Yoga	2 hour	
	Misconception about Yoga	1 hour	
	Schools of Yoga.	2 hour	
Unit II	Historical perspective on Yoga	1 hour	9
	Yoga before the time of Patanjali: Indus valley civilization	2 hour	
	Vedas, Brahmnas, Upanishads	2 hour	
	Epics, Puranas	1 hour	
	Samkhya and yoga	1 hour	
	Buddhism and yoga	1 hour	
	Jainism and yoga	1 hour	
UNIT-III	Systematization of yoga by sage Patanjali Eight limbs of Yoga	1 hour	12
	Yama	1 hour	
	Niyama	1 hour	
	Asana	2 hour	
	Pranayama	2 hour	
	Pratyahara	1 hour	
	Dharana	1 hour	
	Dhayana	2 hour	
	Samadhi	1 hour	
UNIT- IV	Post Patanjali's developments in yoga various commentaries on yoga sutras	1 hour	7
	Tantra yoga	1 hour	
	Yogavasistha	1 hour	
	Hathayogic traditions (Nathcult and Tamil siddhars)	2 hour	
	Western influences and modern renaissance in yoga	2 hour	

UNIT- V	Contemporary yoga	1 hour	16
	Research in Yoga- contribution of different yoga intuitions	2 hour	
	Kaivalyadhama of Lonavala	1 hour	
	Bihar School Of Yoga	2 hour	
	Swami Vivekananda	2 hour	
	Vethathiri maharishi	1 hour	
	Aurobindo ashram	1 hour	
	Ravi Shankar yoga	1 hour	
	Isha yoga	1 hour	
	Swami Dayananda	1 hour	
	Anusandhana Snmasthanana	1 hour	
	modern trends and development in Yoga	2 hour	

Paper - II - PRINCIPLES OF YOGIC PRACTICES

General Objectives

To understand the yogic concepts and gain the knowledge about different types of Yogic Practices.

Specific Objective Learning

1. Explain about the effect of yogic practices on muscular system.
2. To participate in the yoga competition.
3. Best ability to teach mudras.
4. Learn and demonstrate bandhas.

DETAILS OF LECTURE HOURS

15PYEP0102	Sub Units	Lecture hours	Total Hours (50)
Unit I	Concept of Yogic Practices	1 hour	13
	Safety Measures and Precautions while performing Asanas	1 hour	
	Kinds of Yogic Practices	1 hour	
	Definition, Scope and Limitations of Asanas	1 hour	
	Standing, Sitting, Supine, & Prone - Asanas	2 hour	
	Meditative Asanas & Mudras	2 hour	
	Relaxative Asanas	1 hour	
	Pranayama & Bandha	1 hour	
	Kriya	1 hour	
	Dhyana	2 hour	
Unit II	Pranayama: Meaning & Safety Measures and Precautions	2 hour	8
	Different Phases in Pranayama Practice: Puraka, Kumbhaka and Recaka	2 hour	
	Breathing Ratio in Pranayama	2 hour	
	Major Pranas: Apana, samana, udana vyana, & prana – Upa Pranas: naga, koorma, krikara, devadatta, & dhananjaya	2 hour	
UNIT-III	Meaning & benefits of Bandha	1 hour	8
	Different Bandhas: Jalandhra Bandha, Uddiyana Bandha, and Mula Bandha.	2 hour	
	Meaning of Mudra – Types of Mudra	2 hour	
	Chin Mudra, Chinmaya Mudra, Adi Mudra, Brahma Mudra	1 hour	
	Shambavi Mudra, Nasikagra Drishti Mudra, Yoga Mudra, & Ashwini Mudra	2 hour	

UNIT- IV	Practicing methods and benefits of Kriyas – Meaning	1 hour	8
	Types of Kriyas -Kaphalabhathi	1 hour	
	Trataka	1 hour	
	Jala Neti,	1 hour	
	Sutra Neti	1 hour	
	Vamana Dhauthi	1 hour	
	Danda Dhauti	1 hour	
	Vastra Dhauti	1 hour	
UNIT- V	Meaning & concept of Meditation	1 hour	13
	Yogic practices and physical exercise	2 hour	
	Yoga Practices and Other Systems of Exercises	2 hour	
	Asanas Vs. Muscular Exercises	2 hour	
	Pranayama Vs Deep Breathing Exercises	2 hour	
	Nerve Culture in Yoga	1 hour	
	Yoga and Competition	1 hour	
	Yoga and Modern Education	2 hour	

Paper - III - APPLIED ANATOMY AND PHYSIOLOGY

General Objectives

To gain knowledge about structure and function of the human body.

Specific Objective Learning

1. List down the hormones secreted in our body.
2. To learn different functions on various system.
3. Explain the mechanism of respiration.
4. To know the differences between the Arteries, Veins, and Capillaries

DETAILS OF LECTURE HOURS

15PYEP0103	Sub Units	Lecture hours	Total Hours (50)
Unit I	Meaning of Anatomy & Physiology	2 hour	6
	Need and importance of knowledge of Anatomy & Physiology in Yoga	1 hour	
	Structure And Function: Cells	1 hour	
	Structure and function of various types of tissues	2 hour	
Unit II	Respiratory Tract(Nose, Pharynx, Larynx, Bronchi, Bronchiole, Alveoli – Lungs	1 hour	11
	Mechanism of Respiration	1 hour	
	Control of respiration	1 hour	
	Respiratory System and Yogic practices	1 hour	
	Types of muscles	3 hour	
	Muscular System and Yogic practices	1 hour	
	Classification of Joints	2 hour	
Joints and Yogic practices	1 hour		
UNIT-III	Brain	1 hour	17
	Spinal Cord	1 hour	
	Peripheral Nervous System	1 hour	
	Sympathetic Division and Parasympathetic Division	1 hour	
	Nervous System and Yogic practices	1 hour	
	Structure and functions of Heart	2 hour	
	Blood Vessels: Arteries, Veins, and Capillaries	1 hour	
	Pulmonary circulation	2 hour	
	Portal circulation, Coronary circulation	1 hour	
	Lymphatic system	1 hour	
	Blood Pressure and pulse	1 hour	
Cardiovascular System and Yogic practices	2 hour		
UNIT- IV	Digestive System	1 hour	4
	Digestive System and Yogic practices	1 hour	
	Structure and Functions of the kidney	1 hour	
	Renal System and Yogic practices	1 hour	

UNIT- V	Endocrine System	1 hour	12
	Structure and functions of Pituitary Gland	2 hour	
	Structure and functions of Thyroid	1 hour	
	Structure and functions of Para-Thyroid	1 hour	
	Structure and functions of Thymus	1 hour	
	Structure and functions of Pancreas	2 hour	
	Structure and functions of Adrenal Gland	2 hour	
	Structure and functions of Pineal Glands	1 hour	
	Endocrine System and Yogic practices	1 hour	

Paper – IV - YOGA APHORISMS OF PATANJALI

General Objectives

To understand the yoga aphorisms of Patanjali and also the emotional imbalances.

Specific Objective Learning

1. To differentiate the types of yogis.
2. To know procedure for practicing kriya techniques.
3. To maintain emotional balance.
4. To explain the methods of getting siddhis .

DETAILS OF LECTURE HOURS

15PYEP0104	Sub Units	Lecture hours	Total Hours (50)
Unit I	Definition of Yoga (Samadhi Pada I-2)	1 hour	15
	Modifications of the Mind: Pramana, Viparyaya, Vikalpa, Nidra,	2 hour	
	Smrti (Samadhi Pada -5,6,7,8,9,10,11)	1 hour	
	Abhayasa & Vairagya (Samadhi Pada – 14,15, 16)	2 hour	
	Sampragnata,	1 hour	
	Asampragnata	1 hour	
	Vitaraka	1 hour	
	Vichara	1 hour	
	Ananda	1 hour	
	Asmita	1 hour	
	Nirbija	1 hour	
	Dharmamegha	1 hour	
Kavailya	1 hour		
Unit II	Types of Yogis: Mrdu, Madhya, Adhimatratvat (Samadhi Pada – 22)	2 hours	8
	Obstacles and Hindrance: Vyadhi, Styana, Samsaya, Pramada, Alasya, Avirati, Bhranti, Alabdha bhumiakatva, Anavasthitatva (Samadhi Pada –30)	4 hours	
	Cultivating Positive Attitudes: (Samadhi Pada – 33).	2 hours	
UNIT-III	Kriya Yoga: Tapas, Svadhyaya, IsvaraPranidhana (Sadhana pada-1)	2 hour	6
	Panca klesah: Avidya, asmita, raga, dvesa, abhinivesah (Sadhana pada-3-9)	2 hours	
	Methods of destroying Klesas: Pratiprasava and Dhayana (Sadhana pada-10-11)	2 hours	

UNIT- IV	Astanga Yoga -Yama	2 hour	11
	Niyama: Sauca, Samtosa, Tapas, Svadhyaya, Isvara Pranidhana (Sadhana Pada 32)	1 hour	
	Asana: (Sadhana Pada 46- 47)	2 hour	
	Pranayama (Sadhana Pada49-51)	2 hour	
	Prathyahara: (Sadhana Pada-54)	1 hour	
	Dharana: (Vibhuti Pada 1)	1 hour	
	Dhayana: (Vibhuti Pada 2)	1 hour	
	Samadhi: (Vibhuti Pada 3)	1 hour	
UNIT- V	Samyama: (Vibhuti Pada 1-4)	1 hour	10
	Pratipaksa Pavanam: (sadhana Pada 34)	1 hour	
	Isvarapranidhana (Samadhi Pada 23)	1 hour	
	Methods of getting siddhis: Janman, Osadhi, Mantra, Tapas, and Samadhi	2 hour	
	Conditions of disturbed mind:	1 hour	
	Trembling in the body, unsteady of the breath	2 hour	
	Depression and anxiety. (Samadhi Pada 31)	2 hour	

Semester – I
Practical – I - ASANAS AND PRANAYAMAS

General Objectives

To learn asanas postures and breathing techniques.

Specific Objective Learning

1. To know the importance of warming-up and loosening exercises.
2. To demonstrate the various asanas and kriyas.
3. To learn the pranayama at different levels.
4. To gain good experience and good sleeping habits.

DETAILS OF PRACTICAL HOURS

15PYEP0105	Sub Units	Lecture / practical hours	Total Hours (50)
Unit I	Suitable warming-up & Loosening exercise	2 hours	2
	Meditative asanas		
	Relaxative asanas		
Unit II	Suitable warming-up & Loosening exercise	2 hours	10
	Standing asanas (1-4) & Relaxative asanas	2 hours	
	Suitable warming-up & Loosening exercise Standing asanas (5-8) & Relaxative asanas		
	Practice of above asanas	2 hours	
	Suitable warming-up & Loosening exercise Standing asanas (9-12) & Relaxative asanas	2 hours	
	Practice of above said asanas	2 hours	
UNIT-III	Suitable warming-up & Loosening exercise Sitting asanas (1-4) & Relaxative asanas	2 hours	24
	Suitable warming-up & Loosening exercise Sitting asanas (5-8) & Relaxative asanas	2 hours	
	Practice of above said asanas	2 hours	
	Suitable warming-up & Loosening exercise Sitting asanas (9-12) & Relaxative asanas	2 hours	
	Suitable warming-up & Loosening exercise Prone position asanas (1- 2) & Relaxative asanas	2 hours	
	Practice of above said asanas	2 hours	
	Suitable warming-up & Loosening exercise Prone position asanas (3-4) & Relaxative asanas	2 hours	
	Suitable warming-up & Loosening exercise Supine type asanas (1-4) & Relaxative asanas	2 hours	
	Practice of above said asanas	2 hours	
	Suitable warming-up & Loosening exercise Supine type asanas (5-8) & Relaxative asanas	2 hours	
	Suitable warming-up & Loosening exercise Supine type asanas (9-12) & Relaxative asanas	2 hours	
	Practice of above said asanas	2 hours	

UNIT- IV	Suitable breathing exercise, sitting asanas Kapalabhathi & Bhastrika	2 hours	10
	Suitable breathing exercise, prone type asanas Sectional Breathing	2 hours	
	Suitable breathing exercise, supine type asanas Chandra Bhedana and Surya Bhedana Pranayama, Chandra Anuloma viloma Surya Anuloma Viloma	2hours	
	Practice	2 hours	
	Practice	2 hours	
	Nadi shodhana Nadi Suddhi (1: 2: 2 ratio), Sitali Pranayama Sitkari Pranayama Bhramari pranayama, Ujjyai, Bhastrika		
	Unit V	Meditation and Yoga nidra	

SEMESTER - II

Paper – I - APPLIED YOGA IN MODERN LIFE

General Objectives

To learn and apply the yogic practices in the sophisticated/modernized life style.

Specific Objective Learning

1. To know the importance of health and hygiene.
2. To learn the socialization.
3. Able to address the social problems.
4. To learn the therapeutical technique and treatment.
5. To apply yogic concepts to enjoy internal unification.

DETAILS OF LECTURE HOURS

15PYEP0201	Sub Units	Lecture hours	Total Hours (50)
Unit I	Concept of ‘Positive Health’	1 hour	9
	Meaning and definition of Health	1 hour	
	Various types of Health	2 hours	
	criteria of health	1 hour	
	Important yard sticks of health	2 hours	
	responsibility and control over one’s own health status	2 hour	
Unit II	Physical Education and sports fitness	3 hours	7
	Concept of ‘Healthy Personality	2 hours	
	Characteristics of healthy personality	1 hour	
	superior mental health aids to a health personality	1hour	
UNIT-III	Yoga and health	4 hour	10
	Therapy, Treatment, General Fitness	4 hours	
	Integration of body and mind, Wholesome development.	2 hours	
UNIT- IV	Positive hygiene of yoga	2 hour	8
	stress response Vs cultivation of Relaxation Response	2 hour	
	purification of Nadis	2 hour	
	cultivation of correct Psychological attitudes	2 hour	
Unit V	Yoga and Executive Jobs, Problems of Executives	2 hours	16
	fatigue	1 hour	
	stress and strain, anxiety	3 hours	
	Use of artificial stimulants and their side effects	2 hours	
	contribution of Yoga to solve the problems of the Executives	2 hours	

	Yoga and Development of Social Qualities of: Personality	2 hours	
	Yoga and Personal Efficiency	2 hours	
	Improvement of Personal Efficiency through Yoga	2 hours	

Paper – II - TRADITIONS OF YOGA AND MEDITATION

General Objectives

To gain the knowledge about the various types of meditational techniques.

Specific Objective Learning

1. To learn the yogic concepts in Upanishad.
2. To describe the five obstacle in Tirumular Thirumanthiram yogic concept.
3. To avoid obstacles of meditation.
4. To learn schools of yoga.

DETAILS OF LECTURE HOURS

15PYEP0202	Sub Units	Lecture hours	Total Hours (50)
Unit I	Ancient Indian tradition of yoga and meditation	1 hour	9
	Kena Upanishad	1 hour	
	Taittreya Upanishad	1 hour	
	Katha Upanishad	1 hour	
	Isavasya Upanishad	1 hour	
	Svetasvara Upanishad	1 hour	
	Mandukya Upanishad	1 hour	
	Prasna Upanishad	1 hour	
	Revision	1 hour	
Unit II	Tirumular Thirumanthiram : Tantra – III	5 hours	10
	Sadhana Pada verse -10 (Dhayan Heyas Tad)	2 hours	
	Vibhuti Pada Verse – 2 (Tantra Pratyaya... Dhayanam).	2 hours	
	Revision	1 hour	
UNIT-III	BHAGAVAD GITA - Meditation Chapter – VI	2 hours	11
	Japa Meditation	1 hour	
	Hatha Yoga meditation	1 hour	
	Kundalini (Chakras, Nadis, Granthis)	4 hours	
	Ajapa Meditation	1 hour	
	Obstacles to Meditation	1 hour	
	Discussion	1 hour	
UNIT- IV	Jain School of Yoga and Meditation	2 hours	8
	Perception of body & breathing	1 hour	
	Body awareness	1 hour	
	Preksha Meditation	3 hours	
	Revision	1 hour	
Unit V	Breath Concentration	2 hours	12
	Precepts	1 hour	
	Samadhi	1 hour	
	Wisdom	1 hour	
	Five Obstacles	7 hour	

Paper – III - Tirumular Thirumanthiram

General Objectives

To learn the knowledge about the Tirumular Thirumanthiram concepts of yoga.

Specific Objective Learning

1. To learn the Spiritual Hierarchy.
2. To explain the Greatness of Vedas.
3. To experience different chakras in our body.
4. To describe the astanga yoga.

DETAILS OF LECTURE HOURS

15PYEP0203	Sub Units	Lecture hours	Total Hours (50)
Unit I	History of Tirumular	2 hours	7
	The glory of the holy Hymns three thousand, the Spiritual Hierarchy.	2 hours	
	Greatness off Vedas- the importance of the Agamas	2 hours	
	General discussion	1 hour	
Unit II	Types of Yoga	10 hours	11
	Revision	1 hour	
UNIT-III	Astanga Yoga	16 hours	16
UNIT- IV	Five division of the body:	2 hours	9
	TantraVIII (2122-2138)- Giving up the body (2139-2141)	2 hours	
	Avasta differences (2141-2166), Mid-Jagarat-Avastha (2167-2183)	2 hours	
	Adhvas (2184-2186)	2 hours	
	Revision	1 hour	
Unit V	Chakras	2 hours	7
	Eroli Chakram	1 hour	
	Bhairava Chakra	1 hour	
	Sambhavi MandalaChakra	1 hour	
	Bhuvanapathi Chakra	1 hour	
	Navakkari Chakra	1 hour	

Paper – IV - YOGA AND STRESS MANAGEMENT

General Objectives

To gain knowledge of stress management through relaxation techniques.

Specific Objective Learning

1. Able to overcome from stress, anxiety and depression.
2. To perform various types of relaxation techniques.
3. To gains experience on the impact of yoga on nervous system.
4. To reach higher skills in meditation.

DETAILS OF LECTURE HOURS

15PYEP0203	Sub Units	Lecture hours	Total Hours (50)
Unit I	Stress	2 hour	10
	Types of stress	2 hours	
	Anxiety	1 hour	
	Types of Anxiety	2 hours	
	Depression	1 hour	
	Types of Depression	2 hours	
Unit II	Concept of stress according to Yoga	1 hour	7
	Patanjali aphorism (PYS II-3)	2 hours	
	Avidya Asmita... Bhagavad-Gita (Gita II 62-63)	2 hours	
	Dhayato Visayan Punsah...Yoga Vasistha and Upanishad	2 hours	
UNIT-III	Physiology of stress	2 hours	8
	Stress on Autonomic Nervous System	2 hours	
	Stress on Endocrine System	2 hours	
	Stress on Hypothalamus	1 hour	
	Stress on Cerebral Cortex, and Neurohumours	1 hour	
UNIT- IV	Yoga Nidra	1 hour	8
	Instant Relaxation Technique	1 hour	
	Quick Relaxation Technique	1 hour	
	Deep Relaxation Technique	1 hour	
	Mind sound Resonance and Technique	2 hours	
	Cyclic Meditation	2 hours	
Unit V	Role of Meditation & Pranayama on stress	2 hours	17
	Physiological aspect of Meditation	1 hour	
	Impact of Yoga at Muscular system, Respiratory System, Circulatory System, Nervous system	10 hours	
	Impact of Yoga at Mental level, Emotional level, Intellectual level and Spiritual level	4 hours	

Practical – II - KRIYAS, MUDRAS, BANDHAS & MEDITATIONS

General Objectives

To be trained in various types of kriyas, mudras and bandhas.

Specific Objective Learning

1. To know the importance of Trataka and kapalabhathi.
2. To experience the vipassana and cyclic meditation technique.
3. To learn importance of kriyas.
4. Learns to perform jalaneti, vamana dhauti, nauli and laghoo shankha prakshalana.

DETAILS OF PRACTICAL HOURS

15PYEP0205	Sub Units	Lecture / practical hours	Total Hours (50)
Unit I	Neti	2 hour	9
	Vamana Dhauti	2 hour	
	Laghoo Shankha Prakshalana	2 hour	
	Nauli	2 hour	
	Agnisara Kriya	1 hour	
Unit II	Trataka	4 hours	4
	Kapalabhathi		
UNIT-III	First three mudras	2 hours	6
	4 – 6 mudras	2 hours	
	7- 9 mudras	2 hours	
UNIT- IV	BANDHAS	2 hours	2
Unit V	Ancient Indian tradition of yoga and meditation	2 hours	8
	‘OM’ Meditation	2 hours	
	Vipassana Meditation	2 hours	
	Cyclic Meditation	2 hours	
Unit I to V	Practice	21 hours	21