

**Department of Yoga & Vedic Sciences**  
**GSL Educational Society**  
**GSL Medical College Campus**  
**College of Physiotherapy**  
**Rajahmundry**

**Objectives:**

The purpose of the 12 Months Diploma in Yoga is to impart knowledge of yoga to graduates 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 to practice and also to teach yoga to all age groups for promoting their health and effectiveness, and (b) to give them a basic understanding of yoga, human anatomy & physiology, philosophy and psychology 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 12 Months Diploma in Yoga shall be required:

1. To have passed a intermediate of the recognized board or an examination recognized by the reputed institute as equivalent.
2. The admissions into the 12 Months shall be made by the Adikavi Nannaya University
3. Number of seats for admission into 12 Months are 100.

**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 (White) as designed by the University which will permit them to practice yogic exercises comfortably during practical training.

**Courses of study:**

The 12 Months shall include three theory papers and one practical. The details of these papers are provided in the syllabus.

**Fees : 10,000**

**Classes conducting: 4.00pm-6.00pm**

**Instruction:**

The course duration shall be of one academic year. The classes will be conducted from Tuesday to Friday with one hour theory and one hour for yoga practices. Practical classes for kriyas will be conducted on Fridays. The medium of instruction shall be English. The method of instruction shall comprise of lectures and demonstration.

**Yoga practice:**

The students shall practice kriyas, asanas, bandhas, pranayama, 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 per cent attendance to achieve the benefits of the course.

**Examination:**

The examination pattern for the 12 Months diploma is a Year-end examination. The year-end examinations are scheduled to be held in one or two weeks prior to the commencement of academic year-end examinations.

## **Scheme for Year-end examinations**

Subject	Marks	Duration of examination
Paper – I : Introduction to Yoga Theory and Application	100	3 hours
Paper – II : Basic elements of anatomy and physiology	100	3 hours
Paper – III : Introduction to psychology	100	3 hours
Paper – IV : Yoga Practice	100	2 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 100 for the year-end examination in yoga practice shall be distributed as follows:

Performance	-	50 marks
Instruction	-	10marks
Viva-voce	-	15 marks
Records	-	25 marks

The year-end 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 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 or first class.

## DIPLOMA IN YOGIC SCIENCES

### **PAPER – I: Introduction to Yoga Theory and Application**

#### SYLLABUS

1. Indian Philosophy: General nature, characteristics and development of Indian philosophy. Outlines of Indian Philosophical systems : Vedic thought, Nyaya Philosophy, Vaisesika Philosophy and Sankya Philosophy
2. Yoga, its nature and scope. Development of yoga through the ages.
3. Different types of yoga : Karma Yoga, Bhakti Yoga, Jnana Yoga, Raja yoga, Hatha yoga and Mantra Yoga.
4. Chakra theory and kundalini yoga
5. Meditation. Its nature and scope. Different types of meditation.

#### **Text books:**

- Georg Feuerstein (2002) *The Yoga Tradition: Its History, Literature, Philosophy and Practice*. New Delhi. Bhavana Books & Prints.
- Rama, Swami (1992) Meditation and its practice. Honesdale : Himalayan International Institute of Yoga Science and Philosophy of USA.
- Naranjo, C and Ornstein, R.E. (1974) On the psychology of meditation, New York: Viking press.
- Joshi, K.S. (1985) Yoga in daily life, Delhi : Orient paper backs
- Taimni I.K. (1961/1999) *The Science of Yoga ( The Yoga Sutras of Patanjali)*, The Theosophical Publishing House, Adyar.
- Hiriyana, M (1932/2000). *Outlines of Indian Philosophy*. Delhi, Motilal Banarasidas

#### **Reference books:**

- Shankara Devananda Saraswati, Swami. (1986) Yogic management of common diseases. Munger : Bihar School of Yoga.
- Funderburke, J. (1977). Science studies yoga : A review of physiological data, Honesdale : Himalayan International Institute of Yoga Science and Philosophy of USA.
- Udupa, K.N. (1985). Stress and its management by yoga. Delhi : Motilal Banarsidas.

Goleman, D. (1976) The varieties of meditative experience. New York: Irvington publishers.

Mahesh Yogi, (1963). Transcendental meditation. New York: New American library.

Johnson, O and Farrow, J.T. Ed. (1977) Scientific research on the transcendental meditation program : Collected papers. Vol. 1. Los Angeles : Meru press.

Ornstein, R.E. (1972). The psychology of consciousness. New York: Viking press.

Rama, Swami, Ballantine, R and Ajaya, Swami. (1976) Yoga and psychotherapy Honesdale: Himalayana International Institute of Yoga Science and Philosophy of USA.

Rao, P.V.K. (1999). Dhyanam. Nava Sahiti Book House, Vijayawada Ajaya, Swami (1985) Psychotherapy east and west : A unifying paradigm. Honesdale: Himalayan International Institute of Yoga Science and Philosophy of USA.

Ramakrishna Rao, K. (1989), Meditation : Secular and sacred. Presidential address to the Indian Academy of Applied Psychology, University of Calcutta.

Reddy, M.V., Murthy, K.J.R., Sahay, B.K. and Prasad, B.N. (2005). Yogic Therapy, Arthamuru, Sri M.S.R. Memorial Yoga Series Shapiro, D.H. and Walsh, R.N. Ed. (1984) Meditation : classic and contemporary perspectives. New York : Aldine.

Woods, R. Ed. (1980). Understanding mysticism. New York: Image books.

Chatterjee, S.C. & Datta, D.M. (1968). An Introduction to Indian philosophy. 7<sup>th</sup> ed. Calcutta: University of Calcutta.

Dasgupta, S. (1975). A History of Indian philosophy. Vol. 1-5. Delhi: Motilal Banarsidas.

Hume, R.E. (ed.) (1921). The Thirteen Principal Upanishads. London: Oxford University Press.

Radhakrishnan, S. & Moore, A.C. (1957). A Source Book of Indian philosophy. London: George Allen & Unwin Ltd.

Radhakrishnan, S. (1920). Indian Philosophy, Vol.1 & 2. London: George Allen & Unwin.

Sarma C.D. Critical Survey of Indian Philosophy. Motilal Banarasidas, New Delhi

## **PAPER – II: Basic elements of Anatomy and Physiology**

### SYLLABUS

1. Cell structure-tissues-excitability of the cell.
2. Introduction to systems in the body.
3. Skeletal system (Fundamentals of Anatomy and Physiology) Muscular system, Digestive system, Circulatory system, Respiratory system, Excretory system. Endocrine system, Nervous system, Reproduction.
4. Nutrition and dietetics
5. Energy production - Metabolism of carbohydrates, proteins, lipids, water, minerals and vitamins.

#### **Text books:**

1. Chaudhari, S.K. (1988). Concise Medical Physiology. Calcutta: New Central Book Agency.
2. Ganong, W.F. (1967). Review of Medical physiology. Connecticut : Appleton – Lango.

#### **Reference books:**

- Ghosh, H.N. (1984). Chakrabarti, Ghosh and Sahana's Human Physiology. 2<sup>nd</sup> Ed. Calcutta: The New Book Stall.
- Guyton, A.C. (1986). Text book of medical physiology. 7<sup>th</sup> Edition. Philadelphia. WB Sauncers Company.
- Keel, C.A., Neil, E and Joels, N. Ed. (1986). 13<sup>th</sup> Edition. Samson-Wright's Applied Physiology., New Delhi: Oxford university press.
- West, J.B. Ed. (1985) 11<sup>th</sup> Edition. Best and Taylor's Physiological basis of medical practice. Baltimore : Williams & Wilkins.

## **PAPER – III: Introduction to Psychology**

### **SYLLABUS**

1. Definition of psychology. Methods of psychological sciences. The roots of psychology, Scope and substance of Indian Psychology
2. Cognitive process: Sensation, Perception, Attention, Memory, Language, Thinking, Concept formation and creativity, Extra sensory perception.
3. Fundamentals of Attitudes, learning, motivation and emotion.
4. Concepts of Self and Consciousness
5. Yoga Psychology and Indian approaches to Personality.

### **Text book for Indian Psychology**

Rao, K.R., Paranjpe, A., and Dalal, A.K. (2008). Handbook of Indian Psychology. New Delhi, Cambridge University Press India Pvt. Ltd

### **Reference books:**

Mishra , B.K. (2011) Psychology- The study of human behavior. New Delhi, PHI Learning Pvt.Ltd.

Sinha, J. (1986). Indian Psychology (Vol. I and II). Delhi, Motilal Banarasidas

Parameswaran, E.G. (1989). Invitation to psychology. Neel Kamal Publishers, Hyderabad

## **PAPER –IV: YOGA PRACTICE**

### **SYLLABUS**

The students are required to learn to practice and also 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.

#### **Kriya Practicals:**

1. Neti - Jala and Sutra
2. Dhauti – Jala
3. Kapalabhati

#### **Bandha Traya:**

1. Jalandhara bandha
2. Moola bandha
3. Uddiyanabandha

#### **Pranayama:**

1. Nadisuddhi
2. Suryabhedana

#### **Asanas:**

#### **Meditative postures:**

1. Sukhasana
2. Swastikasana
3. Ardhapadmasana
4. Padmasana
5. Siddhasana
6. Vajrasana

#### **Relaxation postures:**

1. Shavasana
2. Makharasana



### **Suryanamaskara:**

- |                  |                       |
|------------------|-----------------------|
| 1. Pranamasana   | 2. Hasta uttanasana   |
| 3. Padahastasana | 4. Aswasanchalanasana |
| 5. Dandasana     | 6. Ashtangasana       |
| 7. Bhujangasana  | 8. Parvatasana        |

### **Standing postures:**

- |                    |                |
|--------------------|----------------|
| 1. Tiryak Tadasana | 2. Trikonasana |
| 3. Veerabhadrasana |                |

### **Balancing Postures:**

- |                |                |                |
|----------------|----------------|----------------|
| 1. Tadasana    | 2. Vrikshasana | 3. Natarajasan |
| 4. Ekapadasana |                |                |

### **Sitting postures:**

- |                   |                       |                           |
|-------------------|-----------------------|---------------------------|
| 1. Bhadrasana     | 2. Virasana           | 3. Ardha -matsyendrasana  |
| 4. Ushtrasana     | 5. Suptavajrasana     | 6. Simhasana              |
| 7. Shashankasana  | 8. Marjari asana      | 9. Shashanka Bhujangasana |
| 10. Yogamudrasana | 11. Paschimottanasana | 12. Kurmasana             |

### **Prone postures:**

- |                |                 |
|----------------|-----------------|
| 1. Sarpasana   | 2. Bhujangasana |
| 3. Dhanurasana | 4. Shalabhasana |

### **Supine postures:**

- |                    |                    |             |
|--------------------|--------------------|-------------|
| 1. Uttanapadaasana | 2. Pavanamuktasana | 3. Navasana |
| 4. Chakrasana      | 5. Yoganidrasana   |             |

### **Text books:**

1. Satyananda Saraswati, Swami (1989). *Asana, pranayama, mudra, bandha*. Munger: Bihar School of Yoga.
2. Iyenger, B.K.S. (1976). *Light on yoga*. London: Unwin Hyman Ltd.

### **Reference books**

- Venkata Reddy, M. ed. (1982). *Hatha Ratnavali*. Arthamuru: M. Ramakrishna Reddy.
- Swami Muktibodhananda, (ed.) (1985): *Hatha Yoga Pradipika: Light on Hatha Yoga* com. Munger Yoga Publication trust.
- Swami Kuvalayananda (ed.) (1935). *Asanas*. Lonavla. Kaivalyadhama.