

ANDHRA UNIVERSITY

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All Official letters, packages
etc, should be addressed to
the Registrar by designation
and not by name

No. L.II (3)/Dip. in Yoga (Defence)/2019

Visakhapatnam,
Dt. 10-06-2019.

From: **THE REGISTRAR**

To

The Chairman,
Board of Studies,
Department of Yoga & Consciousness,
College of Arts & Commerce,
Andhra University,
Visakhapatnam.

Sir,

Sub: Diploma in Yoga for Defence personnel - Regulations, Course Structure and Syllabus w.e.f. February, 2019 - Approved - Reg.

- Ref: 1. Letter dated 29-05-2019 from the Chairman, Board of Studies in Yoga & Consciousness, A.U.
2. Minutes of meeting of the Board of Studies in Yoga & Consciousness held on 22-02-2019.

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With reference to the above, I am by direction to inform that the Regulations, Course Structure and Syllabus of Diploma in Yoga for Defence personnel with effect from the February, 2019 batch has been approved.

Hence, I request you to arrange to circulate the same among the Teaching staff and students concerned.

Thanking you,

Yours faithfully,


(T.V.SATYAVATHI DEVI)
DEPUTY REGISTRAR (ACADEMIC)

Copies to :

1. The Head of the Department of Yoga & Consciousness, A.U., Visakhapatnam.
2. The Dean, Academic Affairs, Andhra University, Visakhapatnam.
3. The Superintendents of E-VII & S I Sections, Andhra University, Visakhapatnam.
4. The Honorary Director, Computer Centre, Andhra University, Visakhapatnam.
5. O.C. & O.O.F.

Diploma in Yoga Course
(for Defense Personnel)

Course Structure & Syllabus

Objectives:

The purpose of the Diploma in Yoga course is (a) to provide the necessary knowledge of the theory and practice of yoga so that the practitioners 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 human anatomy and physiology, Indian philosophy, and Classical Yoga texts relevant to the theory and practice of yoga to help them gain the theoretical and scientific perspective on yoga.

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

Admission procedure: the eligible candidates sponsored by Director General of Resettlement (Defense Personnel) Delhi, will be admitted through Directorate of Admissions, Andhra University

Eligibility: Intermediate pass or an examination recognized by the Andhra University as equivalent or in case of Defense Personnel sponsored by Director General of Resettlement (Defense Personnel) Delhi, the candidates who have completed 15 years service are eligible

Number seats: 40

Duration: 12 Weeks or duration given by Director General of Resettlement, Delhi

Course timings: 3 -7 PM (University working days of everyday) &
6-9 AM (working day of Saturday)

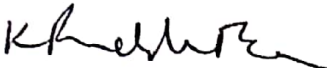
Medium of Instruction: English /Hindi/Telugu/

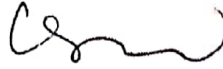
Attendance: 75 % attendance in theory and practice

Dress: Banyan & Shorts white in color

Courses of study: Course includes two theory papers and one practical. The details of theory papers & practical are provided in the syllabus.

Examination: The examination will be held at the end of the last week of the course


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Papers & Scheme of Examination:

Subject Code	Title of the Paper	Exam Duration (Hours)	Max. Marks	Pass Marks	Credits
DY 101	Yoga Theory	3	100	40	6
DY 102	Human Anatomy & Physiology	3	100	40	6
DY 103	Yoga Practice		200	100	12

Mode of examination and evaluation for Yoga practice:

The following mode of evaluation is recommended for yoga practice.

The total marks of 200 for the examination in yoga practice shall be distributed as follows:

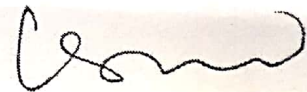
Performance	-	100 marks
Teaching practice	-	50 marks
Viva-voce	-	20 marks
Record	-	30 marks

A candidate shall be declared to have passed in theory paper, if he/she obtains not less than 40% of marks and 50% in practical examination. However, the aggregate passing minimum may be 50%. A candidate failing to secure the minimum marks prescribed as above shall have to reappear for the examination. Successful candidates passing the examination in theory and practice shall be classified as below according to the aggregate percentage obtained.

40% -49%	:	Third class
50% - 59%	:	Second class
60% - 69%	:	First Class
75 % and above:		First Class with Distinction



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Diploma in Yoga Course

(for Defense Personnel)

Syllabus

Paper – I : Yoga Theory

Unit-I:

Introduction to shat darshanas-definitions and meanings of the term 'Yoga'-
development of yoga – Yoga in Bhagavad Gita - Rules and Regulations for Practice of
Yoga

Unit-II:

Schools of Yoga: Bhakti Yoga- Karma Yoga- Jnana Yoga- Mantra Yoga- Kundalini Yoga-
Panchakosha theory

Unit-III:

Patanjali Yoga Darshanam: Samadhi pada: yoga definition goal- chitta vrittis- concept
of Iswara- Chitta vikshepas- Samadhi; Sadhana pada: kriya yoga- kleshas- astanga
yoga; Vbhuti pada: dharana- dhyana- Samadhi- samyama

Unit-IV:

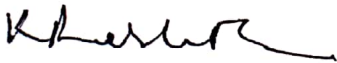
Hatha –Yoga: meanings, definitions- literature- Components of hatha yoga: sapata
sadhanas: Shat karmas-Asanas- Asta Kumbhakas- Bandhas & Mudras-
Naadaanusandana- Yoga and Diet

Unit-V:

Meditation: meaning, nature, Methods and benefits - Yoga and Physical Education-
Yoga & Ayurveda - Yoga & Naturopathy- Yoga Therapy- Scientific Research on Yoga

Text Book

1. Iyengar, B.K.S. (1976) : *Light on Yoga* London, UNWIN Paperbacks
2. Swami, Satyananda S.(2002), *Asana, Pranayama, Mudra, Bandha*, Munger,
Yoga Publications Trust



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Model Question Paper

Duration: 3hours

Paper-I: Yoga Theory

Max. Marks: 100

I. Answer any FIVE of the following questions


5x15=75

1. Explain various definitions and meanings of the term 'Yoga'.
2. Write an essay on Astanga Yoga of Patanjali Maharshi.
3. Mention different paths of Yoga. Explain in detail about Bhakti Yoga
4. Define Hatha Yoga.. Write in detailed about technique and benefits of Traataka and Vahnisara.
5. What is meditation? Write about any one of the meditation technique with benefits.
6. Write an essay on scientific research on Yoga.
7. Compare Yoga practice with physical exercises
8. What is yoga therapy? How do you manage Hypertension and Arthritis with yogic techniques?

II. Answer any FIVE of the following questions

5x5=25

1. Methods of treatment in Naturopathy.
2. Mentioned Asta kumbhakas in Hatha Yoga.
3. Concept of Iswara in Yoga Sutras.
4. Yoga and Diet.
5. Dasha Mudras in Hatha Yoga
6. Kriya Yoga of Pathanjali
7. Yoga in Bhagavad Gita
8. Yoga and Back pain


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Diploma in Yoga course
(for Defense Personnel)
Syllabus

Paper- II : Human Anatomy and Physiology

Unit-I:

Introduction to human body: Skelton -Cell and Tissues - Bones & muscles

Unit-II

The Circulatory System- Anatomy and the functions of the heart-The Blood Pressure:
The Blood – Red Blood cells , White Blood cells- Hemoglobin , , Blood groups

Unit-III

The Respiratory System: Anatomy of the Respiratory organs - the regulations of
respiratory, the respiratory rates - Vital capacity of the lungs- The Digestive System :
esophagus , the salivary glands , the stomach , the liver , the gall bladder , the pancreas
and the spleen

Unit-IV


Introduction to Endocrine glands- The Excretory System : The Kidneys , the Urinary
bladder the urethra , the symptoms of normal and abnormal urine

Unit-V


The Nervous System : the spinal cord , the brain , Cerebrospinal fluid- The sense organs
- The Reproductive System : the male and female reproductive organs

Text Book :

Anatomy & Physiology – G. Gurunatham , New Students Book Centre , Vijayawada.


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DEPARTMENT OF YOGA AND CONSCIOUSNESS

Max. Marks: 100

Duration: 3 hours

Model Question Paper
Paper-II: Human Anatomy & Physiology

Write any Five of the following questions

5x15=75

1. Explain cell structure with diagram and write its functions.
2. Draw a neat diagram of heart and mention its parts.
3. Write about the process of respiration.
4. Explain the structure and functions of the liver.
5. Write about the formation of urine.
6. Write about the central nervous system.
7. Explain the process of digestion with diagram.
8. Write about the mechanism of blood clotting.


Write any Five of the following questions

5x5=25

1. Endocrine glands and their locations
2. Cerebrospinal fluid
3. Kidneys
4. Pancreas
5. Menstrual cycle
6. Spinal cord
7. Red & White blood cells
8. Male reproductive organ



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College of Arts & Commerce

DEPARTMENT OF YOGA AND CONSCIOUSNESS

Diploma in Yoga course
(for Defense Personnel)
PAPER – III: YOGA PRACTICES
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.

Sukshma Vyayamam

Surya Namaskaras

Meditative Postures :

Sukhasan, Swastikasana; Vajrsan; Ardha padmasan, padmasan, Siddhasan

Relaxation postures:

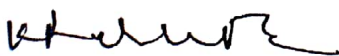
Shavasana; Advasana; Jyeshthikasana; Makharasana; Matsya kridasana

Kriyas :

Jalaneti ; Sutraneti ; Jala Dhauti ; Vastra Dhauti ; Varisara Dhauti
(Sankhaprakshalana) ; Vahnisara ; Trataka ; Vatakrama Kapalabhati.

Standing postures: Tiryak Tadasana; Trikonasana; Parivrita Trikonasana;

Katichakrasana; Parsvakonasan;


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Balancing Postures:

Tadasana; Vrikshasana; Natarajasan; Ekapadasana; Merudandasana; Parvathasan

Sitting postures:

Bhadrasana; Virasana ; Vakrasana; Ardha –matsyendrasana; Ushtrasana; Suptavajrasana; Gomukhasana; Shashankasana; Marjari asana; Vyaghrasana; Shashanka Bhujangasana ; Ardha chandrasana; Matsyasana; Akarna Dhanurasan; Mahamudrasan ; Trayanga mukhaika pada paschimottanasan ; Pachmottanasan; Upavista Konasan; Brahmacharyasan ; Yogamudrasan; Veerasan ; Supta Veerasan

Prone postures:

Sarpasana; Bhujangasana; Tiryak bhujangasana; Uoordhvamukha Svanasan ; Adhomukha Svanasan ; Ardha Salabhasana; Salabhasan ; Dhanursan; Chaturanga Dandasana

Supine postures:

Uttanapadaasana; Pavanamuktasana; Navasana
Kandharasana ; Jatara parvrittanasan and its variations; Chakrasan

Inverted postures:

Sumerasana; Moordhasana ; Vipareetakarini; Sarvangasana ; Halasan; Parsva Halasan ; Sirshasan

Sukshma Pranayama : Udara svasakriya , Vaksha svasakriya , Skanda svasakriya , Yoga svasakriya and Anuloma Viloma

Bandhas :

Bhanda Trayam : Jalandhara ; Uddiyana and Moolabandha

Pranayama :

Nadisuddhi ; Suryabedana ; Ujjai ; Sitali ; Sitacari ; Bhastrika ; Bramari ;

Mudras :


Viparita karni ; Tadagi Mudra ; Pasani Mudra ; Aswani Mudra ; Bhujangini Mudra

Relaxation Methods : Sixty one Points Relaxation technique ; Yoga Nidra ; Instant Relaxation Technique ; Quick Relaxation Technique ; Deep Relaxation Technique

Practice of Pratyahara , Dharana and Dhyana

Text Books :

1. Sachitra Yoga Pradipika by B.K.S. Ayyanger , Telugu Tr. By Jyosthna
2. Journey to Real Self: Dr. Raparathi Ramarao
3. Asana pranayama Mudras Bandhas : Swami Satyananda Saraswati


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