**DEPARTMENT OF YOGA & CONSCIOUSNESS**

**COLLEGES OF ARTS & COMMERCE**

**ANDHRA UNIVERSITY**

**POST GRADUATE DIPLOMA IN YOGA (Part-time)**

**(w.e.f 2014-2015)**

**Objectives:**

The purpose of the Post Graduate Diploma in Yoga (Part-time) 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 human anatomy and physiology, Indian philosophy, Indian psychology and Classical Yoga texts 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 Hatha yoga practices and meditation with a secular and scientific orientation.

**Regulations:**

The candidates for Post Graduate Diploma in Yoga (PGDY) shall be required:

1. To have passed a degree course of the Andhra University or an examination recognized by the Andhra University as equivalent.
2. The admissions into the PGDY shall be made by the Director, Directorate Admissions, Andhra University. Number of seats for admission into PGDY are 40.

**Physical fitness:**

The selected candidates must be in good physical and mental health and fit to practice Hatha 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 as designed by the department which will permit them to practice yogic exercises comfortably during practical training.

**Courses of study:**

The PGDY (part time) shall include two semesters and four theory papers and one practical in each semester. The details of these papers are provided in the syllabus.

**Instruction:**

The course duration shall be of one academic year. The classes will be conducted from Monday 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, 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 Semester 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. In addition, the Director of the Institute shall certify that the student has learned the prescribed Hatha yoga techniques so that he/she will be able to teach them to others.

**Examination:**

The examination pattern for the PGDY shall include a mid-semester examination and a Semester end examination. The Semester end examinations are scheduled to be held in one or two weeks prior to the commencement of regular Semester end examinations in order to help students pursuing full time courses in the University as well as PGDY (part time).

**Scheme of PGDY Examination as per Credit System**

**First Semester:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Subject**  **Code** | **Title of the Paper** | **Exam Duration**  **(Hours)** | **Credits** | **Max.**  **Marks** | **Mid-Semester**  **(Internal)** | **End-semester** |
| PGDY 101 | Introduction to Human Biology-I | 3 | 6 | 100 | 15 | 85 |
| PGDY 102 | Outlines of Indian Philosophy | 3 | 6 | 100 | 15 | 85 |
| PGDY 103 | Yoga Theory & Application-I | 3 | 6 | 100 | 15 | 85 |
| PGDY 104 | Classical Yoga Texts: Yoga Sutras | 3 | 6 | 100 | 15 | 85 |
| PGDY 105 | Yoga Practice |  | 9 | 150 | 50 | 100 |
|  | **Total** |  | 33 | 550 | 110 | 440 |

**Second Semester:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Subject**  **Code** | **Title of the Paper** | **Exam Duration**  **(Hours)** | **Credits** | **Max.**  **Marks** | **Mid-Semester**  **(Internal)** | **End-semester** |
| PGDY 101 | Introduction to Human Biology-II | 3 | 6 | 100 | 15 | 85 |
| PGDY 102 | Outlines of Indian Psychology | 3 | 6 | 100 | 15 | 85 |
| PGDY 103 | Yoga Theory & Application-II | 3 | 6 | 100 | 15 | 85 |
| PGDY 104 | Classical Yoga Texts: Hatha Yoga Pradipika & Gheranda Samhitha | 3 | 6 | 100 | 15 | 85 |
| PGDY 105 | Yoga Practice |  | 9 | 150 | 50 | 100 |
|  | **Total** |  | 33 | 550 | 110 | 440 |

**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-semester examination in yoga practice shall be distributed as follows:

Performance - 30 marks

Viva-voce - 10 marks

Records - 10 marks

The total marks of 100 for the end Semester examination in yoga practice shall be distributed as follows:

Performance - 50 marks

Instruction - 20 marks

Viva-voce - 10 marks

Records - 20 marks

The Semester 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%. 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.

PG DIPLOMA IN YOGA

**First Semester**

**PAPER – I: INTRODUCTION TO HUMAN BIOLOGY-I**

SYLLABUS

1. Cell structure-tissues-excitability of the cell.
2. Introduction to systems in the body.
3. Skeletal system. Anatomy and Physiology
4. Muscular system. Types of muscles – contraction.
5. Nutrition and dietetics
6. Digestive system. Anatomy and physiology of gastrointestinal tract and associated glands.
7. 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.

1. Ganong, W.F. (1967). Review of Medical physiology. Connecticut :

Appleton – Lango.

**Reference books:**

Ghosh, H.N. (1984). Chakrabarti, Ghosh and Sahana's Human Physiology. 2nd Ed. Calcutta: The New Book Stall.

Guyton, A.C. (1986). Text book of medical physiology. 7th Edition. Philadelphia. WB Sauncers Company.

Keel, C.A., Neil, E and Joels, N. Ed. (1986). 13th Edition. Samson-Wright's Applied Physiology., New Delhi: Oxford university press.

West, J.B. Ed. (1985) 11th Edition. Best and Taylor's Physiological basis of medical practice. Baltimore : Williams & Wilkins.

**PG DIPLOMA IN YOGA**

**FIRST SEMESTER**

MODEL QUESTION PAPER

**Marks 80 Time: 3 hours**

**Answer any four questions.**

**All questions carry equal marks**

1. Name the various types of tissue membrane and give an example of each
2. What are the constituents of bone and what factors influence its development
3. Discuss the chemical events which result in contraction of muscle fibers
4. What is digestive enzyme? List the enzymes of the alimentary tract together with their actions
5. What are vitamins? Mention some of the sources and the value to health of any four of them
6. Describe the different systems of the human body
7. Write short on the following:
8. Define metabolism. Discuss the metabolism of carbohydrates, proteins and Fat metabolism
9. Excitabity of the cell

**PG DIPLOMA INYOGA**

**Second Semester**

**PAPER – I: INTRODUCTION TO HUMAN BIOLOGY-II**

1. Circulatory system. Blood composition and function. Heart. Anatomy and electrical and mechanical activities. Blood vessels and blood pressure. Regulation of heart and blood pressure.
2. Respiratory system. Respiratory passages, alveoli, gaseous exchange and regulation of respiration.
3. Excretory system. Anatomy of renal system. Formation of urine, micturition. Other systems involved in excretion.
4. Endocrine system. Anatomy, hormones functions and regulation of pituitary, thyroid, parathyroid, islets of Langerhans of pancreas, adrenal cortex and medulla, gonads, pineal gland, thymus and other endocrine glands (placenta, GIT, Kidney)
5. Nervous system. Gross anatomy of nervous system. Neuron – nerve impulse – nerve conduction. Synapse – reflex. Sensory and motor system. Autonomic nervous system. Central nervous system – cerebral cortex-thalamus-basal ganglia-hypothalamus-brain stem-cerebellum-spinal cord. Special senses.
6. Reproduction. Anatomy and physiology of male and female reproductive system.

**Text books:**

1. Chaudhari, S.K. (1988). Concise Medical Physiology. Calcutta: New

Central Book Agency.

1. Ganong, W.F. (1967). Review of Medical physiology. Connecticut :

Appleton – Lango.

**Reference books:**

Ghosh, H.N. (1984). Chakrabarti, Ghosh and Sahana's Human Physiology. 2nd Ed. Calcutta: The New Book Stall.

Guyton, A.C. (1986). Text book of medical physiology. 7th Edition. Philadelphia. WB Sauncers Company.

Keel, C.A., Neil, E and Joels, N. Ed. (1986). 13th Edition. Samson-Wright's Applied Physiology., New Delhi: Oxford university press.

West, J.B. Ed. (1985) 11th Edition. Best and Taylor's Physiological basis of medical practice. Baltimore : Williams & Wilkins.

PG DIPLOMA IN YOGA

Second Semester

**PAPER - I: INTRODUCTION TO HUMAN BIOLOGY-II**

MODEL QUESTION PAPER

**Marks 80 Time: 3 hours**

**Answer any four questions.**

**All questions carry equal marks.**

1. What is gaseous exchange? Explain with the help of a diagram.
2. What are ductless glands? Narrate their functioning and the consequences of abnormal functioning.
3. Describe the conducting system of the heart. What may happen if this is blocked and what is the yogic treatment?
4. Discuss the physiological changes which occur in a women during pregnancy
5. Describe the cerebellum and cerebrum and its functions
6. Write notes on sleep and physiological changes which occur during it
7. Write short notes on the following:
8. Autonomic nervous system
9. Urinary tract and its functions

PG DIPLOMA IN YOGA

First Semester

**PAPER – II: OUTLINES OF INDIAN PHILOSOPHY**

SYLLABUS

1. General nature, characteristics and development of Indian philosophy.
2. Vedic thought
3. Nyaya Philosophy
4. Vaisesika Phiolosophy
5. Purva-mimamsa
6. Sankara Philosophy

**Text book for Indian Philosophy**

Hiriyana, M (1932/2000). Outlines of Indian Philosophy. Delhi, Motilal Banarasidas

**Reference books**

Chatterjee, S.C. & Datta, D.M. (1968). An Introduction to Indian philosophy. 7th 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. (1820). Indian Philosophy, Vol.1 & 2. London: George Allen & Unwin.

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

PG DIPLOMA IN YOGA

**PAPER – II: OUTLINES OF INDIAN PHILOSOPHY**

MODEL QUESTION PAPER

**Marks 80 Time: 3 hours**

**Answer any four questions**

**All questions carry equal marks.**

1. Write an essay on Vedic religion and philosophy
2. Describe Kanada theory of Atomism
3. Explain in detail the characteristics and development of Indian Philosophy
4. Write an essay on concept of Dharma in Purva Mimamsa.
5. Enumerate the Advaita philosophy of Sankara
6. Explain the sixteen categories of Nyaya philosophy
7. Write short notes on the following:
   1. Early Upanishads
   2. Development of Indian Philosophy

**Second Semester**

**PAPER – II: OUTLINES OF INDIAN PSYCHOLOGY**

Syllabus

1. Definition of psychology. Methods of psychological sciences. The roots of psychology
2. Scope and substance of Indian Psychology
3. Yoga Psychology and Sankhya metaphysics
4. Concepts of Self and Consciousness in Indian Psychological thought
5. Indian approaches to Personality. Psychopathology and mental health. Yoga as a form of psychotherapy.

**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:**

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

Rao, K.R., and Marwaha, S. (2005). Towards A Spiritual Psychology: Essays in Indian Psychology. Delhi, Samvad India Foundation

Ornstein, R.E. (Ed.) (1973). The nature of human consciousness. San Francisco : Freeman.

Rao, P.V.K. (1997) Nitya Jeevithamulo Vatthidi – Nivarana. Visalandhra Publishing House, Hyderabad

Ruch,F.L. (1970). Psychology and life. 7th ed. Bombay : Taraporevala Sons.

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

PG DIPLOMA IN YOGA

**PAPER – II: OUTLINES OF INDIAN PSYCHOLOGY**

MODEL QUESTION PAPER

**Marks 80 Time: 3 hours**

**Answer any four questions**

**All questions carry equal marks.**

1. Define psychology and describe any two methods of psychological study.
2. Explain the concept of self in Indian psychological thought
3. Describe the various states of consciousness described in Indian psychological thought
4. Write an essay on concept of Prakrti and Purusha in Sankhya metaphysics
5. Explain the concept of liberation in Indian Psychology
6. Write an essay on Indian approaches to Personality
7. Write short notes on the following.
8. Pancha Koshas
9. Trigunas

PG DIPLOMA IN YOGA

**FIRST SEMESTER**

# **PAPER – III: YOGA THEORY AND APPLICATION-I**

SYLLABUS

1. Yoga :meanings, definitions its nature and scope.
2. Development of yoga through the ages.
3. Different types of yoga – Karma Yoga, Bhakti Yoga, Jnana Yoga and Mantra Yoga.
4. Chakra theory and kundalini yoga
5. Yogic concepts in Bhagavad Gita

**Text books:**

Georg Feuerstein (2002) The Yoga Tradition: Its History, Literature, Philosophy and Practice. New Delhi. Bhavana Books & Prints.

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.

PG DIPLOMA IN YOGA

First Semester

# **PAPER – III: YOGA THEORY AND APPLICATION-I**

MODEL QUESTION PAPER

**Marks 80 Time: 3 hours**

**Answer any four questions.**

**All questions carry equal marks.**

1. Explain various meanings and definitions of Yoga.
2. Make survey of historical development of Yoga.
3. Name different types of Yoga and briefly write in detail about any two of them
4. Enumerate the chakra theory of Kundalini Yoga.
5. Write an essay on concept of Yoga in Bhagavad Gita
6. Enumerate the limbs of Mantra Yoga
7. Write short notes on the following :
8. Nava Vidha Bhakti
9. Siddhis

PG DIPLOMA IN YOGA

**SECOND SEMESTER**

# **PAPER – III: YOGA THEORY AND APPLICATION-II**

SYLLABUS

1. Yoga and physical exercises.
2. Scientific research on yoga.
3. Meditation. Its nature and scope. Different types of meditation. Scientific research on meditation.
4. Yogic view of health and illness. Yogic techniques for the prevention and treatment of somatic, psychosomatic and psychological illness
5. Yoga and paranormal phenomena, the possibility and significance.
6. The mystique experiences – transcendence and kaivalya.

**Text books:**

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

**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.

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

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

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

PG DIPLOMA IN YOGA

Second Semester

# **PAPER – III: YOGA THEORY AND APPLICATION-II**

MODEL QUESTION PAPER

**Marks 80 Time: 3 hours**

**Answer any four questions.**

**All questions carry equal marks.**

1. Compare and contrast Yoga and Physical education
2. What is meditation? Explain any one of the meditation techniques and its benefits.
3. Explain scientific research on Yoga.
4. How you will manage stress through Yoga practices
5. Write an essay on mystic experience
6. Write about possibility and significance of paranormal phenomena in Yoga
7. Write short notes on the following :
8. Mystic experience
9. Management of Diabetes with yoga

# PG DIPLOMA IN YOGA

**First Semester**

# **PAPER- IV: CLASSICAL YOGA TEXTS: PATANJALI YOGA SUTRAS**

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SYLLABUS

1. Introduction to Yoga Sutras; Definition of Yoga; Modifications of the mind (Chitta Vrittis) and methods to control them; Definition and Qualities of Iswara; Obstacles of Yoga (Chitta Vikshepas) and means for removing obstacles; Stages of Samadhi.
2. Kriya Yoga; Causes of Pain (Kleshas) and ways to control Pain; The Seer and the Seen; Four stages of Gunas; Astanga Yoga; Samyama; Yogic Powers ( Yoga Vibhutis).
3. Source of Occult powers (Siddhis); Mind and its Vasanas; Dharma Megha Samadhi; Kaivalya.

**Text Books:**

Taimni I.K. (1961/1999). *The Science of Yoga (The Yoga Sutras of Patanjali),*The Theosophical Publishing House, Adyar.

**Reference books:**

*Patanjali Yoga Sutras*, Ramakrishna Mission Publications, Channai

# **PG DIPLOMA IN YOGA**

**FIRST SEMESTER**

# PAPER- IV: CLASSICAL YOGA TEXTS: PATANJALI YOGA SUTRAS

**Model Question Paper**

**Marks: 80 Time: 3 hours**

**Answer any four of the following**

**All questions carry equal marks**

1. What are the Chitta Vrittis? How are they regulated?
2. Write an essay on Kriya Yoga and Panchakleshas.
3. Write an essay on Astanga Yoga
4. Define Iswara. Write about the concept of God in *Yoga Sutras.*
5. Write an essay on mind and its vasanas
6. Describe the siddhis mentioned in Yoga sutras
7. Write short notes on the following:
8. Seer and Seen
9. Dharma mega samadhi

# PG DIPLOMA IN YOGA

**Second Semester**

# **PAPER- IV: CLASSICAL YOGA TEXTS: HATHA YOGA PRADIPIKA & GHERAND SAMHITA**

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SYLLABUS

**Hatha Yoga Pradipika:**

1. Purpose of Hatha Yoga; Six causes of failure and success in Yoga Sadhana; Ten Yamas and ten Niyamas; Asanas; the four major Asanas; sequence of Hatha Yoga; Moderate diet (*mithahara*).
2. Relation of Mind and Prana; Purification of the Nadis; Six Acts (Shat Karmas); Pranayama; Names and techniques of Eight Retentions (Asta Kumbhakas); Signs of perfection in Hatha Yoga;
3. Concept of Kundalini; Names of Sushumna; Names and techniques of Ten Mudras (*Dasha Mudras*);
4. Synonymns of Samadhi; Shambhavi and Khechari mudras; Nadanusandana; Types of Nada perceived; The four stages of Hahta Yoga Practice; Relation of Nada and Mind; Features of Samadhi;

## Gheranda Samhita

1. The Philosophy of Gheranda Samhita; Special features of Gheranda Samhita; Out lines of contents of Gheranda Samhita
2. Sapta sadhanas; Classification of Dhauti, Basti and Bhalabhati; Names of 32 asanas; Classification of Mudras; Five Pratyahara techniques
3. Dietary rules and restrictions; the influence of Seasons on Yoga; Variations in Nadisuddhi Pranayama; Asta Kumbhakas with special reference to Sahita and Kevali.
4. The three fold Dhyana; Types of Samadhi

**Text Books:**

Swami Muktibodhananda Saraswati (1985/1993) (Commentary) *Hatha Yoga Pradipika*. Bihar School of Yoga, Munger

Digambarji Swami and Dr. Gharote, M.L. (1978) *Gheranda Samhita ( Eng. TR.)*, Kaivalyadhama S.M.Y.M. Samiti, Lonavla

**Reference books:**

Swami Brahmananda (1972). *The Hathayogapradipika of Svatmarama*, The Adyar Library and Research Centre, Madras

O.Y. Dorai Swami (1970), *Hatha Yoga Pradipika* (Telugu), C.V. Krishna Book Depo, Madras

Vidwan Ramakrishna Reddy. S. (2005), *Gheranda Samhita* ( Telugu Translation), Devi Publications, Tirupati.

# **PG DIPLOMA IN YOGA**

**FIRST SEMESTER**

# PAPER- IV: CLASSICAL YOGA TEXTS: HATHA YOGA PRADIPIKA & GHERANDA SAMHITHA

**Model Question Paper**

**Marks: 80 Time: 3 hours**

**Answer any two questions from each part**

**All questions carry equal marks**

**Part-A**

1. Explain in detail about the Ten Mudras (Dasha Mudras) of Hatha Yoga Pradipika.
2. Write about the relation of mind and prana ? mention the six causes of failure and success in yoga
3. What is Nada? Write an essay on Nadanusandana from Hatha Yoga Pradipika.

**Part-B**

1. What are the Sapta sadhanas ? explain.
2. Write an essay on special features of Gheranda Samhita. Mentioned mudras
3. Enumerate threefold Dhyana and types of Samadhi from Gheranda Samhita.

PG DIPLOMA IN YOGA

First Semester

**PAPER – V: 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.

1. 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.
2. Proper relaxation should be allowed in between the batches of asanas.

**Shatkriya Practicals:**

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

**Bandha Traya:**

1. Jalandhara bandha 2. Moola bandha

**Pranayama:**

1. Nadisuddhi 2. Suryabhedana 3. Ujjayi

4. Sitali 5. Bramari

**Practice of drishtis**:

1. Nasikagra

**Asanas:**

**Meditative postures**:

1. Sukhasana 2. Swastikasana 3. Ardhapadmasana

4. Padmasana 5. Siddhasana 6. Vajrasana

**Relaxation postures**:

1. Shavasana 2. Advasana 3. Jyeshtikasana

4. Makharasana 5. Matsya kridasana

**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. Parivrita Trikonasana 4. Katichakrasana

**Balancing Postures**:

1. Tadasana 2. Vrikshasana 3. Natarajasan

4. Ekapadasana 5. Merudandasana

**Sitting postures**:

1. Bhadrasana 2. Virasana 3. Meruvakrasana

4. Ardha -matsyendrasana 5. Ushtrasana 6. Suptavajrasana

7. Simhasana 8. Gomukhasana 9. Shashankasana

10. Marjari asana 11. Vyaghrasana

12. Shashanka Bhujangasana 13. Ardha chandrasana

14. Matsyasana 15. Tolangulasana 17. Janusirshasana

**Prone postures**:

1. Sarpasana 2. Bhujangasana

3. Tiryak bhujangasana 4. Ardha Salabhasana

**Supine postures**:

1. Uttanapadaasana 2. Pavanamuktasana 3. Navasana

4. Kandharasana

**Inverted postures**:

1. Sumerasana 2. Moordhasana

3. Vipareetakarini asana 4. Sarvangasana

PG DIPLOMA IN YOGA

Second Semester

**PAPER – V: YOGA PRACTICE**

SYLLABUS

**Shatkriya Practicals:**

1. Trataka 4. Nauli 3. Agnisara

**Bandha Traya:**

1. Uddiyanabandha

**Mudra Traya:**

1. Mahamudra 2. Mahabandha 3. Mahavedha

**Pranayama:**

1. Sitkari 2. Bhastrika

3. Moorcha

**Practice of drishtis**:

1. Brumadhya dristi

**Suryanamaskara**:

1. Pranamasana 2. Hasta uttanasana

3. Padahastasana 4. Aswasanchalanasana

5. Dandasana 6. Ashtangasana

7. Bhujangasana 8. Parvatasana

**Standing postures**:

1. Veerabhadrasana 2. Uttita Janu Sirshasana

**Balancing Postures**:

1. Bakadhyanasana 2. Astavakrasana 3. Hamsasana

4. Mayurasana 5. Garudasana

**Sitting postures**:

1. Baddha padmasana 2. Lolasana 3. Yogamudrasan

4. Tolangulasana 5. Paschimottanasana

6. Padaprasara pachimottanasana.

7. Kurmasana 8. Kukkutasana 9. Garbhasana

10. Niralamba paschimottanasana 11. Ardhapadma padottanasana

12. Akarna Dhanurasana 13. Hanumanasana

14. Poorna matsyendrasana

**Prone postures**:

1. Shalabhasana 2. Dhanurasana 3. Purna bhujangasana

**Supine postures**:

1. Chakrasana

2. Jatara Parivrittasana and variations

3. Yoganidrasana

**Inverted postures**:

1. Sarvangasana variations 2. Halasana

3. Sirshasana 4. Oordhva padmasana

**Text books:**

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