Annexure No. 51 D
SCAA Dated 29.02.2008

BHARATHIAR UNIVERSITY COIMBATORE 641 046
DEPARTMENT OF PHYSICAL EDUCATION
P.G. DIPLOMA IN YOGA EDUCATION - 2007-2008 ONWARDS

Regular

Need of the course

The fact remains that most fitness programmes are organized and run outside of the schools and that most Yoga trainer / fitness instructors and leaders in these programmes have little training. People want to exercise in a way that provides no medical risk and also ensures that they reach their fitness goals quickly. This requires some experience, which is what certification is meant to ensure. With the fitness industry growing so rapidly, it becomes increasingly important that persons at all levels in the industry have specific training to do their jobs competently.

Objectives of the course

➢ To produce well-trained yoga Teachers.
➢ To spread the message of positive health as taught in yoga to people in a systematic and scientific manner.
➢ To provide a proper perspective and insight into various aspects of yoga education to the trainees.

REGULATIONS

Eligibility

Candidate for admission to the P.G. Diploma in yoga education should have passed the bachelors degree examination from a recognized university or accepted by the syndicate as equivalent there to subject to such conditions as may be prescribed there of the applicant should enjoy an average level of health and be free from serious illness or defects.
Duration of the course

The course is for a period of one academic year

Distribution of Teaching Hours

There shall be ten papers in all. There shall be a total number of 360 actual contact hours in each semester. Each theory paper shall have 75 hours and practical paper 60 hours. There shall be eight theory and two practical papers.

Course of study

Candidates shall be permitted to do the PG Diploma course concurrently with their PG Degree. The course of study shall comprise theoretical instructions, supervised practical training in fitness exercises and practice teaching as well as systematic maintenance of lesson plans.

Examinations

The examination shall comprise continuous internal assessment throughout the course period, followed by the university examinations at the end of the course. Candidates shall be required to register for the entire examinations at the first appearance. A candidate who does not pass the examination in any subject (a) shall be permitted to appear in such subject in the subsequent examinations. For theory internal Marks 20 and External Marks 55 shall be fixed and 25 marks internal 75 marks external for practical papers.

Schemes of Examination

The scheme of examination shall be as follows: There shall be eight theory papers of 75 marks each and two practical of 100 marks each. The practical examination shall consist of Teaching, Demonstration and Viva-voce examination.
The scheme shall be as follows

<table>
<thead>
<tr>
<th>Sl No.</th>
<th>Title of the papers</th>
<th>Exam Hours</th>
<th>Internal Marks</th>
<th>Uni. external Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>I Semester</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>01</td>
<td>Fundamental of Yoga Education</td>
<td>3</td>
<td>20</td>
<td>55</td>
<td>75</td>
</tr>
<tr>
<td>02</td>
<td>Science of Yoga</td>
<td>3</td>
<td>20</td>
<td>55</td>
<td>75</td>
</tr>
<tr>
<td>03</td>
<td>Methods of Yoga Practices -I</td>
<td>3</td>
<td>20</td>
<td>55</td>
<td>75</td>
</tr>
<tr>
<td>04</td>
<td>Methods of Yoga Practices -II</td>
<td>3</td>
<td>20</td>
<td>55</td>
<td>75</td>
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<tr>
<td>II Semester</td>
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<tr>
<td>05</td>
<td>Yoga for Fitness and Wellness</td>
<td>3</td>
<td>20</td>
<td>55</td>
<td>75</td>
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<tr>
<td>06</td>
<td>Principles of Yogic Therapy</td>
<td>3</td>
<td>20</td>
<td>55</td>
<td>75</td>
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<tr>
<td>07</td>
<td>Mind and Meditation</td>
<td>3</td>
<td>20</td>
<td>55</td>
<td>75</td>
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<tr>
<td>08</td>
<td>Yoga for Physical Education and Sports</td>
<td>3</td>
<td>20</td>
<td>55</td>
<td>75</td>
</tr>
<tr>
<td>09</td>
<td>Practical – I (Demonstration of Asanas, Pranayama)</td>
<td>25</td>
<td></td>
<td>75</td>
<td>100</td>
</tr>
<tr>
<td>10</td>
<td>Practical – II Methods of Practice in Yoga</td>
<td>25</td>
<td></td>
<td>75</td>
<td>100</td>
</tr>
</tbody>
</table>

Total marks 800
Passing Minimum

A candidate shall be declared to have passed in each paper if he/she secures not less than 50% of the prescribed maximum marks for continuous internal assessment and the University Examination. He/She shall be declared to have passed the whole examination and qualified for the P.G. Diploma if he/She passes in all the eight papers.

Classification of successful candidates

Those who secure 60% and above of the maximum marks shall be declared to have passed First class. Those who secure 50% and above but below 60% shall be declared to have passed in Second Class.

Award of P.G Diploma

A Candidate shall be eligible for the award of the P.G. Diploma if he/She has passed all the examinations prescribed thereof.
SEMESTER-I - PAPER – I PG.D.Y.ED 2007-08 ONWARDS

FUNDAMENTALS OF YOGA EDUCATION

Unit – I
Definition of yoga – aims and objectives of yoga – Yoga as a science and art – Streams of yoga: Karma yoga – Bhakti yoga – Laya Yoga – Jnana Yoga – Raja Yoga (Astanga yoga) – Hatha Yoga – Mantra Yoga – Kundalini Yoga

Unit – II
Brief history of yoga; Yoga history through Indus valley civilization – Yoga history through pre-Vedic period and post Vedic periods.
Yoga philosophy and practice: Indian philosophy – Western traditional philosophy (Idealism, pragmatism, Naturalism and Existentialism) Yoga and Vedic religion yoga and Buddhism – Yoga and Jainism.

Unit – III

Unit – IV
Spiritual Yoga (Adyatma yoga ) and Applied yoga ( Loukika yoga ) – Application of yogic practices in Homeopathy-Ayurveda -Siddha –Naturopathy-Fitness -Rehabilitation of injuries –sports-Physical education –Wellness –Psycho-Therapy.

Unit – V
Reference:

1. Sivananda yoga Teachers Manual pub International Vedanta centers, Val morin, Quebie, Canada.
7. George Feuerstein: The Yoga Tradition (Its history, literature, philosophy and practice)
9. Swamy Satyananda Saraswathi: Asana, Pranayama, Mudra, Bandha (India : Yoga Publications Trust, Munger, Bihar)
10. Swami Sivananda: Practice of Yoga (The Divine Life Society, Shivananda Nagar, P.O., U.P., Himalayas, India)
SEMESTER-I - PAPER – II PG.D.Y.ED 2007-08 ONWARDS

SCIENCE OF YOGA

Unit - I

Unit - II

Unit - III
Unit - IV


Unit – V


Reference:

4. Swamy Satyananda Saraswathi: Asana, Pranayama, Mudra, Bandha (India: Yoga Publications Trust, Munger, Bithar)
5. Swami Sivananda: Pratice of Yoga (The Divine Life Society, P.O Shivananda Nagar, U.P. Himalayas, India)
6. Dr. Nagendra HR: The Art and Science Pranayama (Vivekananda Kendra Yoga Prakashana, Bangalore)
SEMESTER-I - PAPER – III PG.D.Y.ED 2007-08 ONWARDS

METHODS OF YOGIC PRACTICES PART -I

UNIT – I


UNIT – II


UNIT –III

Asanas – introduction of asanas – meaning of asanas – Objectives of asanas, classification of asanas : Meditative asanas – Sukhasana – Ardhapadmasana-Padamasana – Sidhasana , Relaxation asana: Savasana- Makarasana – Proper Techniques and Benefits and application of these asanas for various purpose

UNIT – IV

UNIT – V


Reference:

1. Practical Guide to Applied Spirituality (Brahama Kumarits, Mount Abu, Rajasthan)
2. Building a Value Based Peaceful And Prosperous Society (Om Shanthi Press, Gyanmritt Bhavan, Shantivan, Mount Abu, Rajasthan)
3. Vicente hao chin. jr: notes on self-transformation. (Philippine theosophical institute, Philippines)
4. Dr. Jeetendra Adhia: Spring of Inspiration (Alpha International, Gujarat.)
5. G. Ravindran: Management Science Conflict (Manivasakar Publication, Chidambaram.)
6. Yoga – Asana, Pranayama, Mudras, Bandha (Vivekananda Kendra Yoga Prakashna, Bangalore)
7. Swamy Satyananda Saraswathi: Asana, Pranayama, Mudra, Bandha (Yoga Publications Trust, Munger, Bihar, India)
8. Yogiraj Vethathri Maharishi: Simplified Physical Exercises. (Vedhathiri Publications, Gandhiji Road, Erode-1, Tamilnadu)
10. Swami Kuvalayananda and Fr.S.L.Vinekr Yogic therapy, Kaivalyadhama Smym Samiti, Lonavia, Pune Dit, Maharashtra.
SEMESTER-I - PAPER – IV PG.D.Y.ED 2007-08 ONWARDS

METHODS OF YOGIC PRACTICES   PART -II

Unit-I


Unit –II

Bandhas – Meaning – Types of Bandhas - Proper Techniques , benefits and application of different types of Bandhas - for various purposes – Jallandra bandha (chin lock) – Mula bandha (anus lock) Uddiyana baddha (abdomen lock) physiological effect of Jallandra bandha – physiological effect of Mula bandha . physiological effect of Uddiyana baddha .

Unit – III

Unit – IV

Mudras – Meaning – Classification of mudras - Proper Techniques , benefits and application of different types of Mudras for various purposes- Hand Mudras- Head Mudra- Postural Mudras-Lock Mudra- Perineal Mudra.

Unit – V


Reference:

1. B.K.S. Iyenkar: Light on the Yoga Sutras of Patanjali (Haper Collins Publications India Pvt. Ltd. New Delhi)
2. Dr. Nagendra HR: The Art and Science of Pranayama (Vivekananda Kendra Yoga Prakashana, Bangalore)
4. Dr. B. Natarajan: Thirumanantiram (A Tamil Scriptural Classic) (Sri Ramakrishna Math, Madars)
7. Dr. Natarajan HR: The art and science of Pranayama (Vivekananda Kendra Yoga Prakashana, Bangalore)
SEMESTER-II - PAPER – V PG.D.Y.ED 2007-08 ONWARDS

YOGA, FITNESS AND WELLNESS

Unit – I

Unit – II

Unit – III
Physical and physiological effects of yoga and asana – Effects of yoga and Asanas on various systems – Effect of yoga and Asanas on muscular – Skeletal system and nervous systems – Digestive system . Role of the yogic exercise for the development of the Strength and Cardio Respiratory fitness.

Unit – IV
Unit – V

Evaluation of fitness – Physical fitness battery – AAHPERD physical fitness test battery – AHPERD health fitness test battery – Cooper’s 12 min run / walk test – Harvard step test – Assessment of percent body fat and lean body mass – Assessment of flexibility – Assessment of strength and muscular endurance.

Reference:

8. Dr. Natarajan HR: The art and science of Pranayama (Vivekananda Kendra Yoga Prakashana, Bangalore)
10. Dr. HR Nagendra: Yoga Research & Applications (Vivekananda Kendra Yoga Prakashana, Bangalore)
SEMESTER-II- PAPER – VI PG.D.Y.ED 2007-08 ONWARDS

PRINCIPLES OF YOGIC THERAPY

Unit - I


Unit - II


Unit - III

Nature of the Aliment – Breathing Training - Treatment – Treatment of the following disorders – Hypertension- Heart Disorder – Asthma, Diabetes- Obesity – Rheumatism – Muscular Atrophy – Polio – Tonsillitis

Unit – IV


Unit – V

Reference:


2. Dr. K.N. Udupa, Stress Disorders and Its Management by yaga, motilal banarsidass publishers pvt, Ltd, Delhi, 1980 (second Editions).

3. Dr. Jayadeva Yogendra caring Heart Project. The Yoga Institute Santacruz Boy


7. Swamy Satyananda Saraswathi: Asana, Pranayama, Mudra, Bandha (India: Yoga Publications Trust, Munger, Bihar)


11. Dr. Nagendra HR: The Art and Science of Pranayama (Vivekananda Kendra Yoga Prakasshana, Bangalore)
SEMESTER-II - PAPER –V II PG.D.Y.ED 2007-08 ONWARDS

MIND AND MEDITATION

Unit – I

Unit – II

Unit – III

Unit – IV
Different schools of meditation
Prajapita Brahma Kumari’s – Practice of Meditation (Raja Yoga_ - Raja Yoga Mediation with a difference – different for prayer.
Sri Aurobindo and the mother – dynamic mediation (A mediation of Transformation) How and when to meditate –Collective meditation you may meditate – centers of concentration.
Unit – V

Sri yogic vethathri mabarishi : Simplified kundalini – Yoga mediation-
Initiation –Introspection
Ramalinga swanigal (Vallalar) – the Divine song of gvace.
Vipassana Meditation - The technique – the tradition – the courses
Thamil siddha meditation
Transcendental meditation – Scientific credentials
J.Krishnamurti- meditation is a part of life- meditation is neither prayer non imagination – No conditioning – meditate in solitude –perception and consciousness in Meditation –meditation is neither concentration non breathing exercise.
Osho –meditation the art of ecstasy-Three layers of penetrate-make an effort-
Begin with catharsis –The Energy dialectics. The dynamic techniques-

Reference:

1. Dr.K.Chandrasekaran: sound Health through yoga, Premkalyan publications, Sedapatti, Tamil Nadu, India, 1999.
2. Dr. Natarajan HR: The art and science of Pranayama (Vivekananda Kendra Yoga Prakashana, Bangalore)
3. Dr. Shirley Telles: Glimpses of Human Body (Vivekananda Kendra Yoga Prakashana, Bangalore)
5. Swamy Satyananda Saraswathi: Asana, Pranayama, Mudra, Bandha (India : Yoga Publications Trust, Munger, Bithar)
SEMESTER-II - PAPER – VIII  PG.D.Y.ED 2007-08 ONWARDS

YOGA FOR PHYSICAL EDUCATION AND SPORTS

Unit - I

Physical education: Meaning and Definition –Aim and objective-Role of the yogic practices in activity the aims and objectives of physical education

Unit -II


Unit- III

Yoga for disabled persons: Yoga for visually impaired – Yoga for hearing impaired – Yoga for mentally retarded people – Yoga– Yoga for orthopedically, handicapped people – Adopted yogic practices for the disabled persons of different age group sex. Application of yogic practices for me development of physical fitness of the people of different age group.

Application of yogic practices for the development of physical fitness and correction of postural defers.

Unit -IV

Yoga and sports : Warm-up asanas battery for athletes – cool – down battery of asanas for athletes – Asanas for relaxing tired legs after intensive work out – Yoga for releasing tension in shoulder, neck, abdominal areas – Athlete total yoga training – Battery of asanas for improving balance and concentration. Application of various systems of yoga for the development of the sports person.
Application of Asanas and pranayama for the development of physical fitness components of sports persons.

**Unit -V**


**Reference:**

1. Yogiraj Vethathri Maharishi: Simplified Physical Exercises. (Vedhathiri Publications, Gandhiji Road, Erode-l, Tamilnadu)
3. Dr. Natarajan HR: The art and science of Pranayama (Vivekananda Kendra Yoga Prakashana, Bangalore)
4. Dr. HR Nagendra: Yoga Research & Applications (Vivekananda Kendra Yoga Prakashana, Bangalore)
5. Dr. Shirley Telles: Glimpses of Human Body (Vivekananda Kendra Yoga Prakashana, Bangalore)
7. Swami Sivananda: Pratice of Yoga (The Divine Life Society, P.O Shivananda Nagar., U.P.Himalayas, India)
8. Practical Guide to Applied Spirituality (Brahama Kumarits, Mount Abu, Rajasthan)
9. Building a Value Based Peaceful And Prosperous Society (Om Shanthi Press, Gyanmritt Bhavan, Shantivan, Mount Abu, Rajasthan)
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ASANAS AND PRANAYAMA

Unit-I

Meditative asanas

Sitting types:-

1. Padmasana
2. Ardha Padmasana (or) Veer asana
3. Swasthikkasana
4. Vajrasana
5. bhadrasana
6. Gomukasana-I
7. Sukhasana
8. Sidhasana

Relaxative asanas:-

1. Makarasana
2. Savasana Stage-I
3. Savasana Stage-II
4. Savasana Stage-III prandharana
5. Savasana Stage-IV (oceanic feeling)

Unit-II

Cultural asanas

Standing postures:-

1. Trikonasana
2. Parivrutha Trikonasan
3. Parsva Konasana
4. Tad asana
5. Chakrasana (Side Bending)
6. Padahastasana
7. Ardha Chakrasana
8. Utkattasana
9. Vrikshasana
10. Bakkasana
11. Talasana
12. Dan asana
13. Sithila Dandasana
14. Paschimottasana

**Sitting postures:-**
1. Vakrasana
2. Ardha Ustrasana
3. Mandukasana
4. Suptha Vajrasana
5. Sasangasana
6. Ardha Sirsasana
7. Sirsasana
8. Talasana
9. Hamsasana
10. Parvatasana
11. Bandha Konasana

**Unit-III**

**Cultural Asanas**

**Supine type:-**
1. Ardha Pavanamuktmanasana
2. Pava muktmanasana
3. Navasana
4. Tolan gulasana
5. Viparitakarani
6. Matsyasana(simple)
7. Uttana Pad asana
Prone Type Postures:-
1. Bhujanagasana
2. Ardha salabhasana
3. Dhanurasana
4. Naukasana
5. Salabhasana

Unit-IV
Preparatory For Pranayama:-
1. Kapalabhathi
   1. Abdominal Breathing
   2. Thoracic
   3. Clavicular
   4. Full yogic Breathing

Pranayama :-
1. Suha Pranayama (Anuloma Viloma)
2. Surya Anuloma Viloma Pranayama (Ratio 1:0:2)
3. Anuloma viloma Pranayama (1:0:2)
4. Surya bhedhana (1:0:2)
5. Nadi shodhana (1:0:2)
6. Sitali Pranayama
7. Sitkari Pranayama
8. Bhramari Pranayama
9. Ujjay
10. Murchah

Unit-V
Make the students practical course like full course, short courses an easy course (like one hour, 45 minutes and 30 minutes) routines of yoga practices according to kaivalyadhama tradition or other effective tradition – therapeutic routines for different psychosomatic disorders suggested by research findings.
Books for Reference:-

4. Yogasanas: A teacher’s guide NCERT, New Delhi, 1983
5. Practical Guide to Applied Spirituality (Brahma Kumarits, Mount Abu, Rajasthan)
6. Building a Value Based Peaceful And Prosperous Society (Om Shanthi Press, Gyanmritt Bhavan, Shantivan, Mount Abu, Rajasthan)
7. Vicente hao chin. jr: notes on self-transformation. (Philippine theosophical institute, Philippines)
8. Dr. Jeetendra Adhia: Spring of Inspiration (Alpha International, Gujarat.)
9. G. Ravindran: Management Science Conflict (Manivasakar Publication, Chidambaram.)
SEMESTER-II PRACTICAL – I .PG DYED 2007-08 ONWARDS

METHODS OF PRACTICE IN YOGA

Unit-I

Lectures and discussions on- Desirable qualities for yoga teacher-Types of students who seek yoga training-professional code of ethics for the yoga teacher.

Unit-II

Lectures and discussion on- Basic Principles and methods relevant to practice teaching of yoga-Lesson planning – teaching of skills- Instructing through demonstrations – Class management, time allotment-teaching aids.

Unit-III

Lectures and discussion on- Kaivalyadhama- model yoga lessons plans-analysis of the yoga lesson plan Evaluation format for supervisors-conducting yoga classes with the use of lesson plans.

Unit-IV

Preparation by the students systematic lesson plans for the yoga practices taught during the course and daily maintenance of a journal with plans for lessons, their execution, progress observed, duly evaluated critically by the teacher concerned.

Unit-V

Actual conduct by the trainees of five yoga lessons in the class to fellow-trainees and another five lessons in schools under proper supervision and competent evaluation.

Books for Reference:-

1. Dr. M.D. Gharote and S.K. Ganguly: Teaching methods for Yogic practice,
5. Yoga – Asana, Pranayama, Mudras, Bandha (Vivekananda Kendra Yoga Prakashna, Bangalore)
6. Swamy Satyananda Saraswathi: Asana, Pranayama, Mudra, Bandha (Yoga Publications Trust, Munger, Bihar, India)
7. Yogiraj Vethathri Maharishi: Simplified Physical Exercises. (Vedhathiri Publications, Gandhiji Road, Erode-1, Tamilnadu)
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