OPJS UNIVERSITY, CHURU (RAJ.)

SYLLABUS

for

P.G. Diploma in Yoga Course
(One Year)

Opjs University, Churu (Rajasthan)

2013-14

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# P.G DIPLOMA IN YOGA COURSE (ONE YEAR)

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Code of Subjects</th>
<th>Name of Subjects</th>
<th>No. of Papers</th>
<th>Max. Marks. Theory/Practical</th>
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<tbody>
<tr>
<td>1.</td>
<td>DYC-101</td>
<td>Yog Parichaya</td>
<td>I</td>
<td>70+30</td>
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<tr>
<td>2.</td>
<td>DYC-102</td>
<td>Anatomy, Physiology for Yogic Practice.</td>
<td>II</td>
<td>70+30</td>
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<td>3.</td>
<td>DYC-103</td>
<td>Teaching Methodology of Yogic Practice.</td>
<td>III</td>
<td>70+30</td>
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<td>4.</td>
<td>DYC-104</td>
<td>Traditional Yoga</td>
<td>IV</td>
<td>70+30</td>
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<td>5.</td>
<td>DYCP-105</td>
<td>Practical Demonstration of Asanas Pranayam, Shudhi Kriya (Practical Note Book) &amp; viva-voce</td>
<td>V</td>
<td>70+30</td>
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<tr>
<td>6.</td>
<td>DYCP-106</td>
<td>Practice of teaching five lessons Plan on any skill (three asanas one pranayama &amp; one kriya) on lesson format with chart &amp; viva-voce</td>
<td>VI</td>
<td>70+30</td>
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Details of Syllabus:

**DYC-101-Paper- I- Yog Parichaya**

External Marks : 70  
Int. Ass. 30  
Time : 3 hours

UNIT-I  
(i) Origin of Yoga & its brief development.  
(ii) Meaning of Yoga & its importance  
(iii) Yoga as a Science of Art (Yoga Philosophy).  
(iv) Meaning of meditation and its types and principles.

UNIT- II  
i) Classification of Yoga/Types of Yoga  
ii) Hatha Yoga, Raja Yoga, Laya Yoga, Bhakti Yoga, Gyan Yoga, Karma Yoga.  
iii) Asthang Yoga.

UNIT -III  
i) Principles of Yogic Practices.  
ii) Meaning of Asana, its types and principles.  
iii) Meaning of Pranayama, its types and principles.  
iv) Meaning of Kriya its types and principles.

UNIT -IV  
i) Yogic therapies and modern concept of Yoga  
ii) Naturopathy, Hydrotherapy, Electrotherapy, Messotherapy, Acupressure, acupuncture.  
iii) Meaning and importance of prayer.  
iv) Psychology of mantras.  
v) Different mudras during prayers.

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**DYC-102-Paper-II-Anatomy Physiology For Yogic Practices**

External Marks : 70  
Int. Ass. 30  
Time : 3 hours

UNIT-I  
i) Introduction of human body and its systems.  
ii) Definition of Anatomy and Physiology and importance in Yogic Practices  
iii) Respiratory System
iv) Digestive System
v) Endocrine System

UNIT-II
i) Classification of Asanas and its Mechanism.
ii) Cultural Asana (standing, sitting, supineline, praline position & topsy-turvy)
iii) Meditative Asana and Relaxative Asana
iv) Nervous System
v) Circulatory System

UNIT-III
i) Introduction of Kriya, Bandha and Mudra.
ii) Importance of Kriya and its scientific approach.
iii) Importance of BANDHA and its scientific approach.
iv) Importance of MUDRA and its scientific approach.

UNIT-IV
i) Effect of Asanas on various Systems
ii) Difference between Asana and Exercise.
iii) Difference between Pranayama and deep breathing.
iv) Yogic Diet.

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DYC-103-Paper-III- Teaching Methodology Of Yogic Practice
External Marks : 70
Int. Ass. 30
Time : 3 hours

UNIT -1
i) Meaning and types of methods.
ii) Factors affecting teaching.
iii) Principles of teaching.
iv) Need and importance of teaching practice.
v) Maxims of teaching

UNIT-II
i) Presentation technique
ii) Technical preparation.
iii) Personal preparation.
iv) Modern concept and teaching Aids class management and its meaning and need
v) Steps of class management

UNIT-III
i) Meaning of tournaments and competition and its importance.
ii) Eligibility rules of Inter –University of Yoga.
iii) Organisation and administration of Yog competition.
iv) Audio visual Aids.

UNIT-IV
i) Meaning of lesson plan and its importance.
ii) Principles of lesson plan
iii) Demonstration in Yoga and its types
iv) Importance of demonstration.

DYC-104-Paper-IV-Traditional Yoga

External Marks : 70
Int. Ass. 30
Time : 3 hours

UNIT -1
Patanjali Yog Sutra
i) Definition and meaning of yoga.
ii) Types of vritties.
iii) Different ways to achieve Raj Yog.
iv) Disturbance in Yogic Practices.

UNIT -II
Swatmaram Hatha Pradipika.
i) Asanas.
ii) Pranayama
iii) Kriyas.
iv) Nadanusandhan

UNIT -III
Great Philosophy of Indian Yoga Culture
i) Charwak.
ii) Budha.
iii) Mahavir.
iv) Swami Vivekanand

UNIT -IV
i) Panchikaran Prakriya.
ii) Panch Kosh Theory.
iii) Nandha Bhakti
iv) Kundalani.
v) Astha Sidhi

DYCP-105-Practical (V)
Practical Demonstration of Asana, Pranayam and Shudhikriyas
Marks : 100
(Internal :30 marks )
(External : 70 marks)

List Of Yogic Practices

<table>
<thead>
<tr>
<th>ASANA</th>
<th>PRANAYAMA</th>
<th>KRIYA</th>
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<tbody>
<tr>
<td>1. Shirsh Asana</td>
<td>1. Anulome-vilome</td>
<td>Any two Kirya from the followings:-</td>
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<tr>
<td>2. Vipratakaranai</td>
<td>2. Ujjai</td>
<td>1. Neti</td>
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4. Bhujang Asana  
5. Ardh-Shalbh Asana  
6. Vakra Asana  
7. Ardha Matasyaendrasana  
8. Paschimottan Asana  
9. Vajra Asana  
10. Supta Vajra Asana  
11. Yoga Mudra  
12. Nauka Asana  
13. Bak Asana  
14. Mayur Asana  
15. Ustra Asana  
16. Vriksh Asana  
17. Padma Asana  
18. Trikon Asana  
19. Sarvang Asana  
20. Manduk Asana  
21. Pavan Muket  
22. Chakra Asana  
23. Pad-hast Asana  
24. Katichakra Asana.  
25. Surya Namaskar

Note: Students are required to do any 15 of above mentioned Asanas, two Pranayama and two Kriya.  
i) Note Book (ii) Viva-voce

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**DYCP-106-Practical (VI)**

Marks : 100  
(Internal : 30 marks)  
(External : 70 marks)

Practice of teaching of five lesson plan on any skill (Three asanas, one Pranayama and one Kriya) on lesson format with chart and Viva-voce.

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