

PATNA UNIVERSITY YOGA CENTRE

P. G. DIPLOMA COURSE IN YOGA COURSES OF STUDY

PAPER I

BASIC CONCEPTS OF YOGA

1. Introduction of Yoga
Historical background - Yoga in Tantric, Vedic and Upanishadic ages, Patanjali Yoga. Contemporary thinkers on yoga and their views; Definitions and scope of yoga; Applications of yoga in modern age
2. Raja Yoga
Concept Eight steps of Raja Yoga and their significance; Bhiranga and Antaranga Yoga, Description and significance of Yamas and Niyamas.
3. Asanas and Pranayamas
Meaning, kinds and importance of asanas; Difference between asanas and physical exercises; Concept and kinds of prana and nadis heating, cooling and tranquillising pranayamas - their method, advantages and limitations.
4. Pratyahara and Dharana
Meaning and significance of pratyahara; Important pratyahara techniques - Yoga Nidra, Antar Mouna, and Ajapa Japa - Their method and advantages; Meaning and importance of Dharana; Technique of Dharana; Trataka - its method and advantages.
5. Dhyana and Samadhi
Meaning and steps of Dhyana; Importance and significance of Dhyana; Concept and importance of samadhi; conclusion of Ashtanga Yoga.
6. Hatha Yoga and Karma Yoga
Meaning and aspects of Hatha Yoga; Shatkriyas - Neti, Dhauti, Basti, Nauli, Kapalabhati and Trataka - their method, benefits and limitations; karma and Akarma; Sakama and Nishkama Karma; Characteristics and advantages of karma yoga.
7. Gyana Yoga and Bhakti Yoga
Meaning and aims of Gyana Yoga, Pre-requisites for the practice of Gyana Yoga; method of Gyana Yoga, characteristics of a Gyani, Bhakti and Bhakti Yoga; Different currents and kinds of Bhakti, Methods of Bhakti. Distinction between Gyan Yogi and Bhakta Yogi.

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PAPER TWO
BODY SYSTEMS AND YOGA

1. **Introduction**

Structure and functions of cell, Tissues, Organisations of the body, Concept of homeostasis.

2. **Musculo-skeletal System**

Various types of muscles, their basic structure, general functions and properties, various types of bones, their structure and general functions, types of joints. Suitable yogic practices for the system.

3. **Digestive System**

Basic structure of digestive organs, Physiology of digestion, Process of absorption. Different yogic practices suitable for the system.

4. **Respiratory System**

Organ of respiratory system, Physiology of respiration, control of respiration. Suitable pranayamas and other practices for the respiratory system.

5. **Cardiovascular System**

Structure of blood and lymph vessels, Structure and working physiology of heart structure of lymphatic organs and their functions, Suitable yogic practices for the cardiovascular system.

6. **Reproductive System**

Structure and functions of male and female reproductive system.

7. **Endocrine System and Immunology**

Structure and functions of endocrine glands - Pituitary, pineal, thyroid, parathyroid, thymus, pancreas, and adrenal glands. Yogic practices for healthy endocrine system Basic immunology and enhancement of its efficiency through yoga.

8. **Nervous system**

Cells of nervous system, Structure and functions of brain and spinal cord. Peripheral nervous system and autonomic nervous system Suitable yogic practices for efficient working of nervous system.

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PAPER III
YOGA AND MIND

1. **Introduction**

Yoga and psychology in the study of mind; subject matter and scope of yoga psychology; Yoga as a science; Method of looking withing. Significance of Visualisation and awareness; Methods and techniques of studying and controlling the mind in yoga.

2. **Aspects of Mind**

Mind and Brain; Mind in yoga - Antahkarana and its components; Topographical aspect of mind - conscious, subconscious and unconscious; Significance and proofs of unconscious mind; Levels of Chetana - Jagritti, Swapna, Nidra and Turiya; Superconsciousness; Dynamic aspect of mind - Id, Ego and Superego; Ichcha shakti and Viveka shakti; Ahamkara and Asakti in yoga.

3. **Mental Proseses**

Broad classification of mental processes; cognitive processes - sensation, perception and attention, Affective processes - feelings and emotions, Conative processes - desires and motives; Chitta vrittisnature, sources and their control.

4. **Personality**

Psychological and yogic concept of personality; Factors of personality development - biological, psychosocial and yogic factors; Types of personality - physical, psychological and yogic with particular reference to gunas; Effect of yoga practices on personality transformation.

5. **Role of Mind in Health**

Holistic yogic concept of health, Body-mind relationshi, psychosomatic disorders; Psychological disorders - Symptoms of important psychoses and psychoneuroses; Pancha kleshas and their control.

6. **Yoga and Psychotherapy**

Aims of Psychotherapy, Comparison between yogic therapy and psychotherapy, Yogic management of neurotic disorders; Yogic explanation and management of Psychosomatic problems; Psychotherapeutic value of asana, pranayama, bandha and shat karmas; Effect of pratyahara and dharana on mind managment, Psychological significance of yoga nidra, ajapa japa and antar mouna.



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PAPER IV

APPLICATIONS OF YOGA

1. Yogic Lifestyle and Health
Meaning and concept of lifestyle, from principles of life; four purusharthas in relation with four stages of life, managing the basic instincts; yamas and niyamas, Yogic concept of health, Holistic approach; Relationships between body mind and spirit.
2. Diet and Nutrition
Concept of balanced diet and nutrition; gunas in relation to diet; yogic eating habits - what, when and how to eat, vegetarian and non-vegetarian food, fasting and its effects.
3. Certain Body-system related problems and their yogic management
 - (a) Arthritis
 - (b) Constipation
 - (c) Asthma
 - (d) Hypertension
 - (e) Diabetes
4. Yoga for Stress-management problems
Concept of stress, related problems and their management techniques.
5. Yoga for Children and Education
Growth and development of child, Influence of environment, Needs of children, Enhancement of internal capacities through yogic techniques, Gurukul system versus Modern system of education. Practical approach of teaching yoga in class room environment.
6. Yoga for the Aged
Process of ageing, problems of aged and their management through yoga.
7. Yoga during pregnancy
Physiological and psychological changes during pregnancy the process of child birth, Yoga for the pregnancy and new mother.
8. Yoga for Improving social life
Cause of crime in the society and their prevention, juvenile delinquency, Role of Yoga and a supporting and transforming agent. Process of addiction, types of addicting agents - their physiological and psychological effects, yogic approach of management.


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PAPER FIVE
PRACTICAL ONE – Part one

Shatkarmas	Neti Kunjaj
Asanas	PM1 PM2 & PM3
Standing Series	Tadasana Tiryaka Tadasana Trikonasana 3 & 4 Utthita Lolasana Arkana Dhanurasana Utthanasana Kati Chakrasana Samakonasana Dwi Konasana Hasta Utthanasana
Balancing Series	Eka pada pranamasana Natavarasana Natarajasana (preparatory)
Forward Bending Series	Meru Arkanasana
Relaxation Series	Advasana Makarasana Shavasana (body awareness physical effects) Jyestikasana Matsyakridasana
Vajrasana Series	Vajrasana Marjariasana Simhagajanasana Shashankasana Padadhirasana Ardha Ushtrasana Vyagrahasana Pranamasana
backward Bending Series	Sphinx Sarpasana Ardha Shalabhasana Utthan pristhasana Saral Dhanurasana Bhujangasana Kandharasana
Meditative Asanas	Sukasana Swastikasana Siddhasana Ardha Padmasana
Twisting Asanas	Meru Wakrasana
Surya Namaskara	With breath awareness
Breath Awareness	The development of preparatory practices to

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	<p>introduce correct breathing for Nadi shodhana, bhastrika and kapalbhati</p> <p>The mechanics of breathing lying & sitting:</p> <p>slow deep breathing</p> <p>Rhythmic breathing</p>
Pranayama	<p>Abdominal breathing</p> <p>Thoracic/clavicular breathing</p> <p>Yogic Breathing</p> <p>Preparation for Kumbhak - abdominal, thoracic, both</p> <p>Nadi shodhana Tech 1, 2, ratio 1:1 (10:10) and ratio 1 : 2 (10:20)</p> <p>Bhastrika (both or alternate)</p> <p>Samaveta / Samavritti</p> <p>Brahmari</p> <p>Sheetali / Sheetkari</p> <p>Ujjayi</p>
Mudra	<p>China mudra</p> <p>Jnana mudra</p> <p>Shambhavi</p> <p>Nasikagra mudra</p> <p>Hridaya Mudra</p> <p>Khechari Mudra</p> <p>Ashwini Mudra</p> <p>Sahajoli / Vajrioli Mudra</p>

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PRACTICAL ONE- Part Two

Shatkarmas	Laghuo Shankra Prakshalana Kunjali Neti
Asana	PM series (Pranic manifestations)
Surya Namaskara	Bija mantras, chakra awareness
Standing Series	Trikonasana as series
Twisting Series	Ardha matsyendrasana
Balancing Series	Utthita Hasta Padangusthasana Vipareet karani asana Merudandasana & variations Eka pada padmottanasana
Inverted Series	Bhumi pada mastakasana Sarvangasana Halasana Sirshasana (prep 1 & 2)
Vajrasana Series	Shashank Bhujangasana Ushtrasana
Forward Bending Series	Shaithalyasana Paschimottanasana Dynamic Paschimottanasana Gatyakmak pachimottanasana Janu Sirshasana Sirsha angustha yogasana
Backward Bending Series	Shalabhasana Dhanurasana Setu asana Grivasana
Pranayama	Nadi shodhana-continuing tech 2 towards extension of count; introduce Tech 3 ratio 1:1:1 Bhastrika (alternating) build to 20:20:20 Bhastrika with antar kumbhak and maha bandha Kapalbhati Brahmari with antar kumbhak / jalandhara bandha and moolabandha
Mudras	Yoni mudra (hand mudra)
	Prana mudra
	Tadaji mudra
	Kaki mudra
	Vajroli / Sahaji
	Ashwini
Bandhas	Jalandhara bandha Moolabandha Uddhiyana bandha (standing / sitting) Maha bandha

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PAPER SIX
PRACTICAL TWO – Part one

Kaya Sthairyam	Using stages 1-6
Yoga Nidra	Stages 1-4
Ajapa Dharana	Location of frontal and spinal passages in physical sense as preparation of Ajapa. Ajapa Dharana 1 : Stages 1-4, 6 and 8 Ajapa Dharana 2 : Stages 1-4, 6, 7 and 9
Antar Mouna	Stage 1
3 Akashas	Awareness in physical body (chidakasha stage 4 & -5, hridayakasha stage 2 & 3, daharakasha. Antarakasha Dharana.
Chakra Shuddhi	Introduction and familiarisation of the location of chakras and kshetram points in the physical body. (Mainly ajan, anahata, manipura, moodadhara).
Aum Chanting	
Tratak	On a flame (bahir)

Part Two

Yoga nidra	Extending states 5 and 6 effects on the mind Stage 6 - visualizations Rapid objects Scene to induce calm & peace nature Story Inner vision (2nd month) A journey (including Baya akasha) Pranic body awareness (5 prana vayus) Location of chakras A journey
Ajapa Dharana	Ajapa Dharana 3: Stages 1-4, 6 and 9 Ajapa Dharna 4: Stages 1-4, 7 and 9
Antar Mouna	Stages 1 to 3
Antarakasha	Awareness of Ajna
	Chidakasha Dharana 1-10 (1-5 then appropriate stages) Location & awareness of anahara and hridayakasha Hridayakasha Dharana stages 1-5 Chakra Shuddhi (simplified).
Tratak	On a flame

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