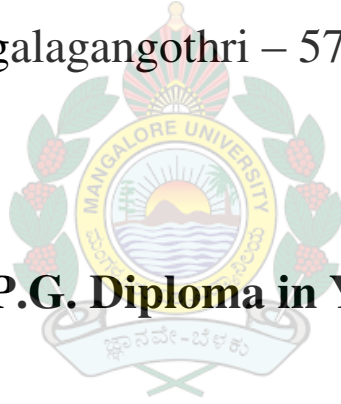




**Department of Human Consciousness and
Yogic Sciences**

Mangalagangothri – 574 199

Syllabus for “**P.G. Diploma in Yogic Science**”



P.G.DIPLOMA IN YOGIC SCIENCE

Duration	:	One year
Eligibility	:	Any degree passed
Class hours	:	Regular / Morning and evening
Total Papers	:	6 papers – 4 Theory and 2 Practicals.
Marks	:	Theory (80 + 20) x 4 = 400

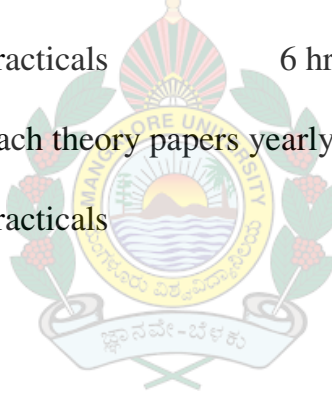
$$\begin{array}{r} \text{Practicals (80 + 20) x 2} = 200 \\ \hline \mathbf{600} \\ \hline \end{array}$$

Teaching hours : Theory : Each paper 4 hrs x 4 = 16 hrs.

Practicals 6 hrs x 2 = 12 hrs.

Each theory papers yearly = 120 hrs. Teaching

Practicals = 180 hrs. Teaching



P.G.DIPLOMA IN YOGIC SCIENCE

DYS 201 : BASICS OF YOGIC SCIENCE

I Introduction of Patanjala Yoga.

- 1) Nature of Yogic Science, Definition, Citta vrttis, Method to Control.
- 2) Samprajnata Samadhi, Classification, Asamprajnata Samadhi, Classification and attainment
- 3) Citta Vikshepa, Citta prasadana, Ishwara Pranidhana, Ishwara.
- 4) Samapatti, Sabija, Nirbija, Samadhi.

II Practices to attain Samadhi

- 1) Kriyayoga, Methods, Kleshas, Controlling Methods, Karmasaya.
- 2) Vipaka of Klesha, Heyaswarupa, Hetu, Drsya & Drasta.
- 3) Samyoga – Nature, Cause – Heyaswarupa, Vivekakhyati.
- 4) Astanga yoga in detail.

III Hathayoga practices – I

- 1) Introduction to Hathayoga, Parampara, Importance, Yama and Niyama, Destructive and Constructions of yoga.
- 2) Methods of Hathayoga Practice, Asana, Mitahara, Food taking rules, Achievements.
- 3) Pranayama, Nadisuddhi, Duration, Time, Gradation, Yukta, Ayukta, Satkriya.
- 4) Nadisuddhi, Varieties of Kumbhaka, Methods, Benefits, Hatasiddhi.

IV Hathayoga practices – II

- 1) Ghatayoga – Introduction, Kriyas, varieties, practice, benefits.
- 2) Asana – practice, benefits, food system, limitations.
- 3) Pranayama, preparation, varieties practice, benefits.
- 4) Mudras and Bandhas in Hatha yoga Pradipika and Gheranda Samhita with benefits.

V Shivayoga and Swarayoga

- 1) Comparison of Rajayoga and Sivayoga according to Sivayogadipika
- 2) Shivayoga practicing method – Yama, Niyama, Asana, Pranayama, Adharas, Dharanas.
- 3) Swarayoga concept, Prana, Nadi, Koshas.
- 4) Swara Sadhana, chakras, Pancatattvas, Pancapranas.

REFERENCE BOOKS

1. Swami Vivekananda : Rajayoga Ramakrishna Ashrama Publications.
2. Swami Digambaraji : Hathayoga Pradipika of Swatmarama – Kaivalyadhama, Lonavala.
3. Swami Satyananda : Four chapters on Freedom (commentary on the yoga sutras of Patanjali) (1983), Bihar School of Yoga, Munger.
4. Hariharananda Aranya : Yogasutras of Patanjali, University of Calcutta Press, Calcutta.
5. Omananda Tirtha : Patanjala Yoga Pradeepa Geeta Press, Gorakhpur.
6. Taimini.I.K. : The Science of Yoga Theosophical Publishing House, Adyar, Madras.
7. Swami Niranjanananda: Yoga Darshan, Sri Pachadasham Paramahansa Alakh Bara, Deoghar.
8. Swami Niranjanananda: Hathayogapradipika, Bihar School of Yoga.
9. Swami Niranjanananda: Gheranda Samhita, Bihar School of Yoga.
10. Swami Digambarji : Gheranda Samhita, Kaivalyadhama, Lonavala.

DYS 202 : BASICS RELEVANT TO YOGIC SCIENCE

I Introduction to Yogic Science

- 1) Yoga – Meaning, Definitions, Concepts, Aim, Objects, Misconcepts.
- 2) Historical development of Yogic Science, Yogic texts and famous yogis (10).

- 3) Schools of Yoga-Rajayoga, Bhaktiyoga, Mantrayoga.
- 4) Karma yoga, Jnanayoga, Kundalini yoga.

II Comparative Study of Sankhya and Yoga.

- 1) Evolution theory of Sankhya and yoga.
- 2) Philosophy of Sankhya and Yoga.
- 3) Scientific view of Yama, Niyama.
- 4) Scientific view of six Indian Philosophy.

III Comparative Study of Sankhya and Yoga.

- 1) Kriyas and Asanas
- 2) Bandha, Mudra, Pranayamas
- 3) Meditation techniques
- 4) Scientific Research on Yoga.

IV Basics of Psychology with a comparison to Indian thought.

- 1) Concept of personality in Psychology; Types of personality – Physical and Psychological basis. Factors of Psychology – Genetic and socio-psychological factors. Cognitive process – concept, importance, attention, sensory perception, person perception, memory and intelligence.
- 2) Effective and Motivational process : Concept of feeling, emotion, motivation, physiological changes in emotion, achievement.
- 3) Concept of personality in Indian system – Sthoola ; Sookshma, Karna sarira and relationship with the pancakoshas; gunas and personality, samskaras and kleshas along with lifestyle.
- 4) Mental health – Health and wellbeing, positive mental health, stress-concept and nature, individual and social problems, stress disorders according to psychology and Indian system.

V Food System and Life Style

- 1) Yogic diet – Pathya, Apathya, Balanced diet, quantity, quality, eating time etc.
- 2) Modern system of Diet – Carbohydrate, Protein, Vitamin, Minerals, fat etc. and Balanced diet.

- 3) Life Style – Sleep,. Awakening, Bath, work – rest, Yoga Practice etc.
- 4) Implementation of Yoga practice in daily routine life – preparation, selection of Kriyas, Asanas, Pranayamas etc.

REFERENCE BOOKS

1. Ishwarakrishna : Sankhyakarika
2. Chandradhara Sharma : A critical survey of Indian Phylosophy
3. Swami Janananda : Philosophy of Yoga, Sri Ramakrishnasharma Publications.
4. S.N.Dasgupta : Calcutta Yoga as a Philosophy and Religion
5. Swami Krishnananda : A short history of religions and philosophic thought in India: The divine life society. (1973), Shivanandanagar, Rishikesh.
6. M.P.Pandit : Kundalini Yoga Ganesh & Co., Madras.
7. Sir John Woodroffe. : The Serpent Power-Sir John Woodroffe.
8. Dr.S.Radhakrishna : Shirmadbhagavadgeeta
9. Hall and Lindzey : Theories of Personality Wiley Eastern Ltd., New Delhi.
10. Stanger, R & Solley, C.M. : Basic Psychology (1970) Tata, Mcgraw Hill, New Delhi.
11. Zimbardo : PGI Psychology and life (1979), Foresonam Co., Illinvi.
12. Swami Muktibodhananda : Swara Yoga, Yoga Publications Trust, Munger, Bihar, India.
13. T.Krishnamacharya, T.K.V.Deshikachar. : Nathamuni's Yoga Rahasya, Krishnamacharya Yoga Mandiram, Chennai.
14. Dr.K.Krishna Bhat : The Power of Yoga, Suyoga Publications, Mangalore.

DYS 203 : AN INTRODUCTION TO HUMAN BIOLOGY

I Blood

- 1) Composition of blood, RBC, WBC, Platelets and plasma.
- 2) Hemoglobin, Coagulation and Anticoagulants.
- 3) Blood groups and importance.
- 4) Blood volume, Blood Pressure and diseases.

II Cardiovascular system

- 1) Anatomy of heart, Innervation of heart.
- 2) Cardiac muscle, vessels, Electrocardiogram.
- 3) Cardiac cycle and intraventricular pressure curve.
- 4) Cardiac output and diseases.

III Digestive System

- 1) Anatomy of digestive system, saliva, gastric juice.
- 2) Pancreatic juice, Bile, Intestinal secretion.
- 3) Digestion of food, absorption – small intestine.
- 4) Formation of stools, diseases of digestive system.

IV Excretory and Endocrine system

- 1) Anatomy of Excretory system, Functions, structure of Skin
- 2) Glomerules, renal tubules, compositions of urine, micturition
Function of Skin, Temperature regulation.
- 3) Anatomy of Glands, Hormones and Action.
- 4) Effects of Hormones and diseases.

V Special senses and Nervous system

- 1) Anatomy of Eye, Ear, Nose, Tongue.
- 2) Mechanism of Vision, hearing, smell and taste.

- 3) Anatomy of Nervous system, classification.
- 4) Functions of Nervous system and diseases.

REFERENCE BOOKS

1. Chatterjee C.C. : Human Physiology (Vol. I & II), Medical Allied Agency, Calcutta, 1992.
2. Evelyn, C.Pearce : Anatomy and Physiology for Nurses (Faber and Faber Ltd., London, 1968).
3. Ann B Menaught : Illustrated Physiology.
4. Guyton : A text book of Medical Physiology
5. Gerald J.Tortora
Nicholas P. Anagnostakos: Principles of Anatomy and Physiology, Harper Collins publishers, 10, East 53rd Street, New York. NY 100 22.
6. Ross and Wilson : Anatomy and Physiology.
7. Dr.Sembu Lingam : Essentials of Medical Physiology, Jaypee Brothers, and
Prema Sembu Lingam: Medical Publishers Pvt. Ltd., New Delhi.

DYS 204 : APPLICATION OF YOGIC SCIENCE

I Health & basic concepts in Indian thought.

- 1) Definitions of Health, Indian concepts, Modern concepts, WHO etc.
- 2) Dhatus and Malas, Pathya and Apathya food, Healthy Life style.
- 3) Usage of the following herbs - Shunti, Tila, Madhu, Marica, Brahmi, Bhumyamalaki, Jeera, Dhanyaka, Patola, Godhuma.
- 4) Dinacarya and Rtucarya

II Effect of Yogic practices on various systems.

- 1) Digestive system, Respiratory system
- 2) Cardiovascular system, Excretory System.
- 3) Reproductive system, Nervous System.
- 4) Endocrine system, Skeletal System.

III Basis of Yoga Therapy

- 1) 25 Tattva thoery
- 2) Tridosha Theory
- 3) Pancakosha theory
- 4) Sadrasa and Pancamahabhuta

IV Principles of Yoga Therapy

- 1) Preventive, Promotive and Curative aspects of Asanas and Kriyas.
- 2) Preventive, Promotive and Curative Pranayamas and Mudras.
- 3) Yoga Therapy for Br.Asthma, Obesity.
- 4) Yoga Therapy for Hypertension, Diabetes.

V Yoga Teaching Methodology

- 1) Model lesson planning for Educational system.
- 2) Traditional and Modern concepts, Teacher, Student, Teaching, Learning, Evolution.
- 3) Relavance of Yogic Science in Education to develop-Morality, Behaviour, Personality etc.
- 4) Lecture cum Demonstration, Yoga practical lessons.

REFERENCE BOOKS

1. Swatmarama : Hathayoga Pradipika of Kaivalyadhama, Lonavala, Pune.
2. Vagbhata. : Astanga Hridaya
3. Dr.V.B.Athavale : Basic Principles of Ayurveda
4. Charaka : Charakasamhita
5. Dr.H.R.Nagendra : New Horisons in Modern Medicine
6. Kuvalayananda : Asana, Kaivalyadhama, Lonavala, Pune.
7. Kuvalayananda : Pranayama Kaivalyadhama, Lonavala, Pune.

8. M.M.Gore : Anatomy and Physiology of Yogic Practices
Lonavala, Pune.
9. K.N.Udupa : Stress and its Management by Yoga, Mothilal
Banarsidas, Delhi.
10. Ishwara Krishna : Sankhyakarika
11. Patanjali : Pathanjala Yoga Sutra
12. Swami Satyananda
Saraswati : Asana, Pranayama, Mudra, Bandha,
Bihar School of Yoga, Munger.
13. Swami Satyananda
Saraswath I : A systematic course in the ancient
tantra techniques of yoga & Kriya
Bihar School of Yoga, Munger.

DYS 205 : PRACTICAL - I - KRIYAS AND ASANAS

PART – A

I Kriyas

- 1) Jaladhauti, Jalaneti
- 2) Sutraneti, Trataka
- 3) Vahnisara, Kapalabhati
- 4) Vastradhauti

PART – B

II Asanas

- 1) Suryanamaskara – 9 Vinyasa (Vaidika)
- 2) Swastika, Tada 1 & 2, Vajra, Suptavajra.
- 3) Trikona, Parsvakona, Parsvotana, Prasaritapada.
- 5) Padangustha, Padahasta Uttita Padangusta, Virabhadra.

III Asanas

- 1) Pascimatana, Purvottana, Ardhabadhapadma,
Tiryainmukhapadapascima.
- 2) Janusirsha, Navasana, Kurmasana, Suptakurmasana.
- 3) Pavanamukta, Bhujanga, Salabha, Dhanur.
- 4) Maricasana 1, 2, Vakrasana, Bhujapedasana.

IV Asanas

- 1) Maricasana 3, 4, Kukkuta
- 2) Upavistakona, Baddhakona, Suptapadangustha.
- 3) Jatharaparivatha, Ubhayapadangusta, Sirsha.
- 4) Viparitakarani, Uttanapada, Shavasana.

V Asanas

- 1) Record writing
- 2) Assignment
- 3) Record writing
- 4) Assignment

REFERENCE BOOKS

1. Swami Digambarji : Hathayoga pradeepika – Chapter I, II & III, SMYM Samiti, Kaivalyadhama, Lonavala
2. Swami Digambari : Gheranda Samhita – Chapter I, SMYM Samiti, Kaivalyadhama, Lonavala.
3. Swami Omananda Teertha : Patanjala Yoga Pradeepa, Gita Press, Gorakhpur.
4. Swami kuvalyananda : Yoga Therapy – Published by Kaivalyadhama, Lonavala, Pune.
5. Prof.Pattabhi Jois : Yoga mala – Part I
6. B.K.S.Iyengar : Light on Yoga .
7. B.K.S.Iyengar : Light on Pranayama
8. Swami Satyananda Saraswati : Asana, Pranayama, Mudra, Bandha- Bihar School of Yoga, Munger.
9. Swami Geetananda : Bandhas & Mudras, Anandashrama, Pondicherry.
10. Swami Satyanada Saraswathi: A systematic course in the ancient tantric techniques of yoga & kriya Bihar School of Yoga, Munger.
11. Swami Dharendra Brahmachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1953.

12. O.P.Tiwari : Asana, Why & How, Kaivlyadhama, Lonavala, 1991.
13. Yogeshwar : The Text of Yoga, Yoga Centre, Madras.
14. Swami Satynanda Saraswati : Suryanamaskara, Bihar School of Yoga, Munger, 1983.
15. Dr.K.Krishna Bhat : The Power of Yoga, Suyoga Publications, Mangalore.

DYS 206 : PRACTICAL - II - ASANAS, BANDHA, MUDRA AND PRANAYAMAS.

I Asanas

- 1) Yaugika Suryanamaskara – 17 Vinyasa
- 2) Siddhasana, Padmasana, Baddha Padmasana,
- 3) Yogamudra, Pasasana, Krauncasana
- 4) Salabhasana, Bhikasana, Dhanurasana, Dhanurasana Parsvasahita

II Asanas

- 1) Ustrasana, Laghuvajrasana, Kapotasana
- 2) Vajrasana and Suptavajrasana, Nakrasana, Bharadvajasana
- 3) Ardhamatsyendrasana, Ekapadasirsasana, Dvipadasirsasana
- 4) Salamba Sarvangasana, Halasana, Karnapidasana

III Asanas

- 1) Urdhvapadmasana, Pindasana, Matsyasana, Uttanapadasana
- 2) Sirsasana, Pindasana, , Matsyasana, Pindasana
- 3) Uttanapadasana
- 4) Shavasana

IV Bandha, Mudra

- 1) Mulabandha, Uddyanabandha
- 1) Jalandharabandha, Mahamudra
- 2) Sanmukhi mudra, Viparitakarani
- 3) Tadagi mudra, Manduki mudra.

V Pranayama

- 1) Recaka, Puraka, Kumbhaka, Ujjayi
- 2) Suryabhdha, Chandrabhedha, Nadisuddhi
- 3) Sitali, Bhastrika, Bhramari
- 4) Record writing, Assignment.

REFERENCE BOOKS

1. Swami Digambarji : Hathayoga pradeepika – Chapter I, II & III, SMYM Samiti, Kaivalyadhama, Lonavala
2. Swami Digambari : Gheranda Samhita – Chapter I, SMYM Samiti, Kaivalyadhama, Lonavala.
3. Swami Omananda Teertha : Patanjala Yoga Pradeepa, Gita Press, Gorakhpur.
4. Swami kuvalyananda : Yoga Therapy – Published by Kaivalyadhama, Lonavala, Pune.
5. Prof.Pattabhi Jois : Yoga mala – Part I
6. B.K.S.Iyengar : Light on Yoga .
7. B.K.S.Iyengar : Light on Pranayama
8. Swami Satyananda Saraswati : Asana, Pranayama, Mudra, Bandha- Bihar School of Yoga, Munger.
9. Swami Geetananda : Bandhas & Mudras, Anandashrama, Pondicherry.
10. Swami Satyanada Saraswathi: A systematic course in the ancient tantric techniques of yoga & kriya Bihar School of Yoga, Munger.
11. Swami Dharendra Brahmachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1953.
12. O.P.Tiwari : Asana, Why & How, Kaivlyadhama, Lonavala, 1991.
13. Yogeshwar : The Text of Yoga, Yoga Centre, Madras.
14. Swami Satynanda Saraswati : Suryanamaskara,Bihar School of Yoga, Munger, 1983.
15. Dr.K.Krishna Bhat : The Power of Yoga, Suyoga Publications, Mangalore.

MANGALORE UNIVERSITY

REGULATIONS GOVERNING “POST GRADUATION DIPLOMA COURSE IN YOGIC SCIENCE PROGRAMME”

1. **Title :** The Programme shall be called “**Post Graduation Diploma Course In Yogic Science**”.
2. **Eligibility for Admission :**
 - 2.1 Only those candidates who have passed any Bachelors Degree examination or an examination recognized by the University as equivalent will be eligible for the Post Graduation Diploma course and examination. Minimum marks 45% (in case of SC/ST 40% are eligible to apply).
 - 2.2 Selection on the basis of merit and according to the Government’s reservation policy existing at that time.
3. **Duration :** One year.
4. **Medium of Instruction:** The medium of instruction and examination shall be in English.
5. **Attendance :**
 - 5.1 A candidate shall be considered to have satisfied the requirement of attendance for the programme if he/she attends not less than 85% of the classes actually held in each subject computed for theory and theory and practicals where ever there is practicals. However, shortage of attendance upto 70% may be condoned by the University on payment of prescribed condonation fee and if fulfils other requirements for condonation of shortage of attendance.
 - 5.2 A candidate who does not satisfy the requirement of attendance shall not be permitted to take the examination and he/she shall repeat the programme in a subsequent year.
6. **Hours of Instruction and scheme of Examinations:** There shall be examination in the month of April/May. The details of hour of instruction and the scheme of examination shall be as stated follow.



Paper	Instruction (Hours per Week)	Instruction (Hours per Year)	Duration of examination (Hours)	Marks for Final Exam	Marks for Internal Exam	Total Marks
Paper I	4	90	3	80	20	100
Paper II	4	90	3	80	20	100
Paper III	4	90	3	80	20	100
Paper IV	4	90	3	80	20	100
Paper V	6	180	4	80	20	100
Paper VI	6	180	4	80	20	100
Total Marks						600

7. Internal assessment :

- 7.1 The Internal assessment marks based on test and assignment.
- 7.2 Marks of the Internal assessment must be published on the Notice Board of the concerned department for information of the student.
- 7.3 Marks scored in the Internal assessment shall be indicated separately in the Marks card.
- 7.4 A Internal assessment marks of a failed candidate shall be retained and carried forward to his/her subsequent examinations.
- 7.5 The Internal assessment marks shall be communicated to the Registrar (Evaluation) at least 7 days before the commencement of the University Examination. The record of Internal assessment shall be maintained in the department and Registrar (Evaluation) shall have access to such records.

8. Registration for Examinations: A Candidate shall register for the University Examination at the stipulated date laid down by the University.

9. Minimum percentage of marks for passing the Examination: No candidate shall be declared to have passed each examination unless he/she obtains not less than 40% marks each in written and practical examination and 50% marks in the aggregate in the written examination and internal assessment put together in each

paper. A candidate who fails in any paper shall take the examination in all papers at any subsequent examination. There shall be no minimum marks for a pass in internal assessment.

10. Percentage of Marks for declaring class:

10.1 Class and distinction shall be declared at the end of each examination on the following basis.

Distinction	75% and above
First Class	70% and above but less than 75%
Pass and Second Class	50% and above but less than 70%

10.2 **There shall be no ranking.**

11. Rejection /Reappearance and improvement :

11.1 A candidate may be permitted to reject the results of the whole examination, within 30 days after the publication his/her result or 10 days from the date of dispatch of his/her Marks cards by the Registrar (E), to the department whichever is later and reappear for improvement. Rejection of the result paper wise/subject wise shall not be permitted.

11.2 The rejection shall be exercised only once and the rejection once exercised cannot be revoked.

11.3 Application for rejection along with the payment of prescribed fee shall be submitted through the department together with the original statement of marks.

11.4 A candidate who rejects the result is eligible for only class not for ranking.

11.5 The internal assessment marks secured by the candidate during the course period who appears for improvement shall be carried forward.

12. Penalty False and incorrect Statement:

Where the candidate or his/her parent or guardian furnishes false or incorrect statement in an application or where the affidavit filled by him/her or the certificates furnished by him/her contains false or incorrect statements such an application shall be rejected and his/her admission shall stand cancelled.