

Post Graduate Diploma in Yogic Science & Therapy (PGDYST)

LEARNING OBJECTIVES

The PGDYST program in Yogic Science & Therapy has been designed with the following objectives-

1. To teach the basic principles of Yogic Science and Philosophy.
2. To acquaint the students with the practical knowledge of Yogasanas, Kriyas, Bandhas, Mudras and Pranayamas.
3. To bring integral approach of yoga therapy to common ailments and make them skill to apply yoga for total personality development.
4. To provide a proper perspective and insight into various aspects of yoga therapy and enable to enable them to serve general public.
5. To bring peace and harmony in the society at large by introducing the yogic way of life.

FIRST SEMESTER

Course I: Foundation of Yoga

SUBJECT CODE: PGDYST (T)-101 Credits: 04

Unit 1: The concept of yoga:

Credit:1

Meaning and definitions of yoga, Misconceptions about yoga, History of yoga (ancient, medieval and modern period), Aims and Objectives of yoga, Scope of yoga, Limbs of yoga

Unit 2: Types of yoga:

Credit:1

Hatha yoga, Raja yoga, Jnana yoga, Bhakti yoga , Tantra yoga, Karma yoga, Laya yoga

Unit 3: Introduction to Philosophy:

Credit:1

Meaning of Indian Philosophy, Definition of philosophy, Classification of the Schools of Indian Philosophy, Origin of Philosophy, Philosophy of Yoga.

Unit 4: Brief introduction of yoga in different texts.

Credit:1

Yoga in Bhagavad Gita, Yoga in Upanishads, Yoga in Ayurveda, Yoga in Vasistha.

REFERENCES

1. Swami Niranjananda: Yoga Darshan, Yoga Publication Trust, Bihar School of Yoga, Munger, Bihar.
2. Hatha Yoga Pradipika of Swatmarama, Kaivalyadhama, Lonavala.
3. S.N. Das Gupta, "History of Indian Philosophy".
4. Chandradhar Sharma, "A Critical Study of Indian Philosophy".

Course II: Basic of Human Biology for Yogic Practices

SUBJECT CODE: PGDYST (T)-102 Credits: 04

Unit 1: Concept of Human Body & Musculoskeletal System

Credit:1

Meaning of Anatomy and Physiology, Structure and function of cells, Different types of tissues.

Musculoskeletal System- Types of Muscles, Name and location of the bones in the body; Types of bones, Types of joints.

Unit 2: Digestive System, Excretory System and Respiratory System

Credit:1

Digestive System- Anatomy and Physiology of digestive system; Functions of Liver and Pancreas.

Excretory System- Structure and functions of kidney, ureter, bladder, urethra.

COURSE III: INTRODUCTION OF HATHA YOGA

SUBJECT CODE: PGDYST (T)1 03 Credits: 04

Unit1: The concept of Hatha yoga- Credit:1

Meaning and Definition of Hatha yoga, Aims and Objectives of Hatha yoga, Misconceptions about Hatha yoga, Relation between Hatha yoga and Raja yoga.

Unit 2: Preparation for the practice of Hatha Yoga-

Credit:1

Concept of Ghata and Ghata Shuddhi, Concept of Matha (Proper place) Over-eating, over-exertion, Talking too much, Severe austerity, Public Contact, Fickleness of mind, Symptoms of Hatha-siddhi.

Unit3: Yogic practices- Meaning, Process and Result -

Credit:1

Shatkarmas, Asanas, Pranayama, Mudra-Bandha.

Unit 4: Brief Introduction of hatha yogic texts –

Credit:1

Hatha Yoga Pradipika, Gheranda Samhit, Shiva Samhita.

Unit 5: Basics of Sanskrit-

Credit:1

Introduction to Devanagari Varnamala, Classification of Varnas, Purnaksara, Samyuktaksara and Mriduvyanjanas, Writing of Varnamala using Roman transliteration.

REFERENCES:

1. Hatha Yoga Pradipika, Kaivalyadhama, Lonavla
2. Gheranda Samhita, Yoga Publication Trust, Munger, Bihar.
3. Shiva Samhita, Kaivalyadhama, Lonavala.
4. Anant Bharti, Shiddha Shiddhanta Padhati.

Course IV: Yoga Practical

SUBJECT CODE: PGDYST (T)-104 Credits: 04

Prayers: Guru Vandana, Gayatri Mantra

Sukshma Vyayama- Simple (Loosening Exercises)

Shiti positions for Asanas- Standing, Sitting ,Lying(Supine &Prone)

Surya Namaskara

Dhyanasana(Meditative Postures):

Siddhasana(formen),Swastikasana,Padmasana,Vajrasan

Vishranti Asanas(Resting Postures)- Makarasana ,Savasana-Yoga Nidra.

Swathyasana(Cultural Postures)-

Tadasana, katichakrasana, Padahastana,Dandiyaman ArdhaChakrasana, Trikonasana, ParivrittaTrikonasana, Vrikshasana, Garudasana, Virabhadrasana, parsvakonasana, Jastikasana, Marjarasana, Paawanamuktasana, Setubandhasana, Uttanapadasana, ArdhaChakrasana, Bhujangasana, Salabhasana, Naukasana, Dhanurasana, Mandukasana, Ustrasana, Janusirasana, Supta –Vajrasana, Matsyasana, Sasangasana, Vakrasana, Simhasana.

Mudra-Bandha:

Jalandhar bandha, Uddiyana Bandha, Mulabandha, Vipareetkarni Mudra, Pancha tattva mudra, Yogamudra.

Shatkarma:

Jala neti, Rubber-neti, Kapalbhathi-Vatkram, Agnisara.

Pranayama:Sectional Breathing: Abdominal , Thorasic & Clavicular.

Anulom-Vilom, Bhastrika Pranayama ,Bhramari Pranayama, Ujjayi Pranayama,

Meditation: Om Meditation.

REFERENCES

1. Swami Shivananda Saraswati, “Yoga Bale Rog Arogya”, Umachal Yogashram, Kamakhya.
2. Swami Satyananda Saraswati, “Asana Pranayama Mudra Bandha” Yoga Publication Trust, Munger.
3. Hatha Yoga Pradipika, Kaivalyadhama, Lonavala.
4. Gheranda Samhita, Yoga Publication Trust, Munger, Bihar.

Second Semester

Course I: Yoga Therapy, Health & Wellness

Subject Code: PGDYST (T) -201 Credit: 04

Unit 1: Introduction to Yoga therapy, Ayurveda & Naturopathy: Credit:1

Principles of yoga therapy, Panchaprana, Panchakosha, Sevenchakra, Concept of Tridosha, Concept of Health, Concept of Disease, Concept of Adhi & Vyadhi.

Unit 2: Holistic approach of Health, Wellness & Hygiene. Credit: 0.5

Sadvritta (Ethical regimen): Mental Sadvritta, Moral Sadvritta, Social

Sadvritta, Religious Sadvritta, Yogic Sadvritta, Yogic attitude (Maitraee, Karuna & Mudita).

Hygiene - Personal Hygiene, Social Hygiene & Mental Hygiene.

Unit 3: Introduction to Diet and Nutrition Credit: 0.5

Human nutritional requirements, Balance diet and diet during Yogic Practices.

Components of diet - Carbohydrates, Fats, Proteins, Vitamins, Minerals, Drinking of Water, Concept of Mitahara, Pathya, and Apathya.

Unit 4: Definition, Etiological (causes), Clinical Features (Sign & Symptoms) and Yogic Treatment for disorders of – Credit:1

Digestive System: Hyperacidity, Indigestion, Constipation, Irritable bowel Syndrome, Colitis, Peptic Ulcer,

Cardiovascular System: Hypertension and Coronary artery diseases.

Stress disorders: Anxiety: Depressive Neurosis, and Stress & Insomnia disorders.

Respiratory System: Nasal Allergy, Bronchial Asthma & Bronchitis.

Endocrine System: Diabetes, Obesity, Thyroidism (Hyper and Hypo)

Unit 5: Definition, Etiological (causes), Clinical Features (Sign & Symptoms) and Yogic Treatment for disorders of – Credit:1

Muscular Skeletal System: Arthritis, Back Pain, Ankylosing Spondylitis, Lumber and Cervical Spondylitis, Sciatica.

Nervous System: Epilepsy, Migraine, **Reproductive System:** Infertility& Menstrual disorders, **Others Disorders:** Rheumatism , Low Back pain , Tonsillitis

Special yogic kriyas: Yoga for Eyes and yoga for pregnancy.

Issues and problems in yoga therapy : Surgery, Fractures, Pregnancy delivery, Chronic diseases.

REFERENCES

1. S-VYASA Publication “Basics and Application of Yoga”
2. M.K Gandhi “My Nature Cure”
3. B.J Singh “ History and Philosophy of Nature Cure”.
- 4 .M.M Ghore “ Anatomy and Physiology of Yogic Practices”
- 5.Swami Shivananda Saraswati “Yoga Therapy” Umachal Yogashram,Kamakhya,Guwahati.
- 6.Swami Karmananda “Yogic management of Common Diseases” Yoga Publication Trust, Munger,Bihar.

Course II: Introduction of Patanjali's Yoga Sutra

Subject Code: PGDYST (T) -202 Credit: 04

Unit 1: Introduction of Yogasutra- Credit:1

Introduction of Yogasutra, Meaning and Definition of Yoga,
Brief history of the yoga system of Patanjali.

Unit 2: Chitta, Chitta Bhumi, Chitta Vrittis, Pancha-Kleshas- Credit:1

Meaning of Chitta; Chitta Bhumi(Mudha, kshipta, Vikshipta, Ekagrata
and Niruddha);

Chitta Vrittis(Pramana, Viparayay, Vikalpa, Nidra, Smriti);

Pancha-Kleshas(Avidya, Asmita, Raga, Dwesha, Abhinivesha)

Unit 3: Antarayas- Credit:1

Obstacles of Yoga(Antarayas); Means of Chitta-Prasadana; Abhyas and Vairagya;
Ishwara and Ishwara Pranidhana.

Unit 4: Ashtanga Yoga, Vibhuti, Kaivalya, Karma Yoga Credit:1

Eight limbs of yoga-Ashtanga yoga (Yama, Niyama, Asana, Pranayama,
Pratyahara, Dharana, Dhyana and Samadhi), Yoga Vibhuti, Kaivalya, Types of Karma.

REFERENCES

1. S.N. Das Gupta, "Indian Philosophy".
2. Saraswati, S. "Four Chapters of Freedom" Bihar School of Yoga, Munger.
3. Karambalekar, P.V. (2017) "Patanjala Yoga Sutra" Kaivalyadhama, Lonavala.

4. Hariharananda Arayana, “Yoga Sutras of Patanjali” University of Calcutta press

Course III: Yoga Practical & Yoga Teaching Methods

Subject Code: PGDYST (T) -203 Credit: 04

Unit1: Practical Yoga Teaching Methods: Credit:1

Classroom Management, Demonstration, Preparation of Audio Visual Aids, Lesson plan, Methods of teaching.

Unit 2: Asanas: Credit:1

Parivrattra Trikonasana, Parivrattra Parsvakonasana, Padmasana, Natrajasana, Bakasana, Ardha Matshendrasana, Paschimottanasana, Kukutasana, Dhanurasana, Simhasana, Sharvangasana, Halasana, Chakrasana, Sayana, Pachimottanasana, Shirshasana, Gomukhasana, Chandra-Namaskar, Surjya Namaskar

Unit 3: Shatkarmas- Credit:1

Vaman Dhouti, Varisara Dhouti, Kapalbhathi-Vyutkram. Sheetkram.

Unit 4: Pranayama, Mudra Bandha & Meditation :

Credit:1

Nadi-Shodhana, Surya-Bhedana, Bhastrika, Sheetal, Sitkari, Moola-bandha, Jalandhar-Bandha, Uddiyan-Bandh, Maha mudra, Shambhavi mudra. **Meditation**-Soham Japa, Pranava Japa.

REFERENCES-

- 1.Saraswati,S.S(2002) Asana, Pranayama, Mudra, Bandha, Yoga Publications Trust, Munger.
- 2.Phukan, B.N. (2019).yoga Vijnan Parichay.Jogada Phukan,N.Lakhimpur.

Course IV: Project and Viva

Subject Code: PGDYST (T) -204 Credit: 04

Project Work:

1. Each student has to collect initial and final data of at least two patients treated by the student under the guidance of the faculty or instructor.
2. Write a dissertation on a topic related to the syllabus.

PROGRAMME OUTCOMES-

As the course is designed for promoting health and wellbeing through yogic practices, the students will be able to have holistic perspective on basis of “yogic science and therapy” and use it for overall wellbeing of the individual. Successful students may have opportunity for further study in the subject and also become Yoga Trainer and therapist in institutions.