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Tamil Nadu Physical Education and Sports University

Chennai

Directorate of Distance Education

Department of yoga

Name of the course	Diploma in Yoga
Eligibility	+2 Passed
Stream	Distance Education
Duration	One Year
Medium	English
Attendance	Minimum 80%
Year	2014 – 15 onwards

M

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Diploma in Yoga (DDE)

Scheme of Examination

Mark Distribution

Paper code	Name of Subject	Internal marks	External marks	Total marks
	Fundamentals of Yoga Education	25	75	100
	Yogic Psychology and Yogic Therapies	25	75	100
	Methods of Yogic Practices	25	75	100
	Practical: Yogic Practices	25	75	100
	Village Placement Programme	100	-	100
	Total marks			500

PAPER - I

FUNDAMENTALS OF YOGA EDUCATION

UNIT - I

Meaning - Definitions - Need - Nature - Aim and objectives - Philosophy and Scope of yoga - Modern developments in yoga - Misconceptions and clarifications about yoga - yoga and Education, yoga and physical education. Schools of yoga - Iyengar yoga and Vini yoga.

UNIT - II

History of yoga - Vedas - Bhagavad Gita, Upanishads, Ramayana, Mahabharata, Brahma Sutras - Astanga Yoga of Patanjali : Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi. Paths of yoga : Hatha yoga, Bhakti yoga, Jnana yoga, Karma yoga, Raja yoga, Mantra yoga, Laya yoga, Yantra yoga.

UNIT - III

Contributions to yoga - Hatha Pradipika, yoga sutras, Gheranda samhita, yajnavalkya samhita, yoga Rahasya, Thirumandiram. Contributions of yoga to Hinduism, Jainism, Buddhism, Christianity, Islam
Contributions to yoga : Vivekananda, Kavalayananda, Sivananda, Krishnamacharya, Sri Ramalingaswami, Maharishi Mahesh yogi, Sri Aurobindo, Contributions of Siddhars : Thirumoolar, Agasthiar, Sri Goraknath, Bohar

UNIT - IV

Introduction to Anatomy and Physiology.
Nervous System : Structure and Function of brain and spinal cord - Neuron - Reflex Arc - Beneficial yogic practices on nervous system.
Cardiovascular System - Structure and Functions of Heart - Beneficial yogic practices on cardiovascular system.
Endocrine System - Endocrine Glands - Hormones - Functions of Hormones. Beneficial yogic practices on endocrine system.

UNIT V

Respiratory System - Respiration - Structure and Function of Lung - Mechanism of breathing - Lung volumes and capacities - Beneficial yogic practices on Respiratory System.
Digestive system : Structure and Function of Digestive Tract - Beneficial yogic practices on Digestive System. Posture : Posture - Postural tone - components of Good posture - Bad posture - Beneficial yogic practices on Posture .

References:-

- Iyenger B.K.S (1976) Light on yoga, London, Unwin paperpacks.
- Sivananda Sarawathi swami (1934) Yoga Asanas Madras: My magazine of india.
- Satyanada sarawari swami (2008) Asana, Pranayama, Mudra, Bandha, munger: Yoga publications trust.
- Iyenger B.K.S (2008) Light on pranayama, New Delhi : Haper Collins publishers India.
- Chandrasekaran k (1999) Sound Health Through Yoga, Sedapatti: Prem kalyan Publications
- Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New York: Pocket Books.
- Yogeshwaranand saraswathi swami (1975) First steps to higher yoga, Gangothari: Yoga niketan trust.
- Coulter,H David (2001) Anatomy and Hatha yoga, USA: Body and Breath Inc.
- Kirk Martin (2006) Hatha Yoha Illustrated Campaign: Humenkinetics.
- Gharote (2004) Applied yoga, Lonvla: Kaivalyadhama.
- Gharote (2004) Applied yoga, Lonvla: Kaivalyadhama.
- Kathy Lee Kappmeier and Diane M.Ambrosini (2006) Instructing Hatha Yoga, Champaign: Human Kinetics.
- Satyananda sararwati Swami (2007) Meditations from thitantras. Murgar: yoga publications Trust.

Paper - II

Yogic Psychology and Yogic Therapies

UNIT I

Psychology: Meaning, Definitions, Nature, Need and Scope of psychology, Branches of psychology, Relationship of psychology and yoga. Role of yoga on Growth and Development. Learning, Motivation, Emotions - and personality. Yoga for Super-consciousness, Yogic Practices for balancing mind, Nadis and Chakras, Yogic Practices on Chakras.

UNIT II

Meaning, Definitions, Need, Scope of spirituality - Religions challenges: Physical, Mental, Moral, Social, Cultural and Religious. Role of Religions in the Society - Methods of developing spirituality - Relationships among yoga, religion and spirituality. Moral values, Divine virtues, human values and yoga. Yoga and Leadership

UNIT III

Physiology and pathology in the yoga shastra - Description of the Glands - Ayurvedha - Tridosha - Common ailments. Introduction to alternative medicine and Therapies

UNIT IV

Selective yogic practice for Heart Problems, Asthma. Arthritis, Back pain, constipation, Diabetes mellitus, obesity. Mental disorders. Selective yogic practices for Anxiety, Stress, Menstrual irregularities

UNIT V

Yogic Diet - Tamasic foods - Rajasic foods - Satvic foods - Articles of yogic diet - principles of diet - Balanced diet - ideal yogic diet - chart, moral aspects of diet - Naturopathy diet. Fitness and Wellness, Positive health.

References :

1. Kamlesh,M.L.(1988)Psychology in physical Education and sports, New Delhi : Metropolitan.
2. Elangovan .R.,(2001) Udarkalvi Ulaviyal, Thirunelveli : Aswin Publications.
3. Gita Mathew, (1997) Sports Psychology , Shejin and Shiju Brothers, Karaikudi
4. Gidr,et al., (1989) Psychology , Glenview: scott foresman and company.
5. Bringle Robert etal., (1981) understanding psychology, New York: Random House School Division New York.
6. Rishi Vivekananda (2006) practical yoga psychology, Munger : Yoga publications Trust
7. Abhedananda Swami (2002) yoga Psychology , Kolkatta : Ramakrishna Vedanta math.
8. Mangal S.K. (1991) ,Psychological Foundations of Education, Ludiana : Prakash Brothers.

REFERENCES

1. Shenmashakamini Narendhan et.al (2008) Yoga and pregnancy-Bangalore: Swami Vivekananda Yoga Prakshana.
2. Nagarathna & Nagendra (2008) Yoga for Bronchial Asthma – Bangalore: Swami Vivekananda Yoga Prakshana
3. Nagarathna & Nagendra (2007) Yoga for Digestive Disorders – Bangalore: Swami Vivekananda Yoga Prakshana
4. Sri Kant ss et.al (2008) Yoga for diabetes , Bangalore : Swami Vivekananda Yoga prakshana
5. Nagarathna & Nagendra (2008) Yoga for Hypertension & Heart disease -- Bangalore :Swami Vivekananda Yoga prakshana
6. Nagarathna & Nagendra (2008) Yoga for Arthritis – Bangalore :Swami Vivekananda Yoga prakshana
7. Nagarathna & Nagendra (2008) Yoga for Back Pain – Bangalore :Swami Vivekananda Yoga prakshana
8. Sivananda Saraswati (1975), Yogic Theraphy Gawhati, Bramacharya Yogeswar Umachal Yojashram.
9. Dr. O.P Jaggi(2001) , Healing Systems , Delhi Orient paper backs
10. Swami Satyananda Saraswathi (2007) , Yoga and Cardiovascular Management Munger, Yoga Publications Trust.
11. Dr. Swami Shankerdevananda (2007) , Yoga Management of Asthma and Diabetes Munger ,Yoga Publications Trust .
12. Dr. Swami Shankerdevananda (2006) ,The Effect of Yoga on Hypertension, Munger ,Yoga Publications Trust.
13. Swami Kuavalayananda & Dr.S.C.Vinekar(1994), Yogic Theraphy, New Delhi Central Health Education Bureau.
14. Luis S.R Vas(2001) Master approaches to New age alternative therapies , New Delhi Pustak Mahal.
15. Phulgendhra Sinha (1976) Yoga cure for common diseases, Delhi, Orient paperbacks.
16. Joshi(1991) Yoga and Nature Cure therapy, New Delhi :Sterling Publishers Private Limited.
17. Garde R.K (1984) Yoga Theraphy ,Bombay Taraprevala Sons & Co. Pvt Ltd.
18. Nagarathana R.H.R .Nagendra & Shanmantha Kanmani Narendran (2002) Yoga for common ailments and IAYT for different diseases, Bangalore: Swami Vivekananda Yoga Prakashana.
19. Sundaram Yogacharya(2004) Sundara Yogic Theraphy, Coimbatore: the Yoga Publishing Home.
20. Karmananda Swami (2008) Yogic management of common diseases, Munger :Yoga Publications trust.
21. Nagarathna and Nagendra (2008) Integrated Approach of Yoga therapy for positive health, Bangalore : Swami Vivekananda Yoga Prakashana.

22. Chandrasakaran (2012) yoga therapy, Chennai :
VHF publications.
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for selected diseases, Lonarla : Kairalyatharna
24. Stiles Mukunda () Structural yoga therapy,
New Delhi : Goodwill publishing House
25. Mankota (2012) yoga for back and joint disorders
Mumbai : The yoga Institute
26. Kuralayatharna Swami and Vinekar (2011) yogic Therapy
Lonarla : Kairalyatharna

METHODS OF YOGIC PRACTICES-

Unit I: Essentials of Yogic Practices: Cleanliness and food, Bath, Time, Sun, Closing eyes, Place, Mirror, Breathing, awareness, Age limitations, sequence Blanket, clothes, position, emptying the bowels and stomach, counter pose, pregnancy, contra-indications, duration, straining, special provisions for women and patients, fitness, posture, Side effects

Loosening the joints

Surya Namaskar: for children (10steps)

Bihar School of yoga model

Vivekananda Kendra Model

Unit II: Asanas: Vrksasana, Parivrtta Trikonasana, Padahasthasana, Ushtrasana, Sirshasana, Halasana, Sravangasana, Mastyasana, Bhujangasana, Salabhasana, Dhanurasana, Navasana, Nowhasana, Siddha yoniasana, Ardha Matsyendrasana, Paschimottanasana, Baddha Konasana, Kukutasana, Padmasana, Vajrasana, Siddhasana, Savasana

Unit III: Pranayama

Yogic Breathing

Kapalbhati, Bhramari

Ujjayi, Sheetal, Sheetkari, Bhastrika, Nadi Shodhana

Unit IV: Kriyas

Jalaneti, Sutrāneti

Bandhas

Jalandhara Bandha, Moola Bandha, uddiyana Bandha

Mudras

Chin mudra, chinmaya mudra, adi mudra, Brahma mudra, Bhairava mudra, Bhairavi mudra, Shanmuki mudra, Vipareeta karani Mudra, yoga mudra, ashwini mudra, nasiga mudra

Unit V: Meditation

Mantra Meditation, Yoga nidra, Surya yog, Rajayoga meditation, Trataka Meditation,

Nine- centered meditation

References:-

- Iyenger B.K.S (1976) Light on yoga, London, Unwin paperbacks.
- Sivananda Sarawathi swami (1934) Yoga Asanas Madras: My magazine of india.
- Satyanada sarawari swami (2008) Asana, Pranayama, Mudra, Bandha, mungger: Yoga publications trust.
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YOGIC PRACTICES

Unit I: Loosening the joints

Surya Namaskar: for children (10 steps)
Bihar School of yoga model
Vivekananda Kendra Model

Unit II: Asanas: Vrksasana, Parivrtta Trikonasana, Padahasthasana, Ushtrasana, Sirshasana, Halasana, Sravangasana, Mastyasana, Bhujangasana, Salabhasana, Dhanurasana, Navasana, Natarajasana, Siddha yoniasana, Ardha Matsyendrasana, Paschimottasana, Baddha Konasana, Kukutasana, Padmasana, Vajrasana, Siddhasana, Siddha yoniasana, Savasana

Unit III: Pranayama

Yogic Breathing

Kapalbhati, Bhramari

Ujjayi, Sheetali, Sheetkari, Bhastrika, Nadi Shodhana

Unit IV: Kriyas

Jalaneti, Sutranti

Bandhas

Jalandhara Bandha, Moola Bandha, uddiyana Bandha

Mudras

Chin mudra, chinmaya mudra, adi mudra, Brahma mudra, Bhairava mudra, Shanmuki mudra, Vipareeta karani Mudra, yoga mudra, ashwini mudra, nasiga mudra

Unit V: Meditation

Mantra Meditation, Yoga nidra, Surya yog, Rajayoga meditation, Trataka Meditation, Nine centered meditation

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- Iyenger B.K.S (1976) Light on yoga, London, Unwin paperbacks.
- Sivananda Sarawathi swami (1934) Yoga Asanas Madras: My magazine of india.
- Satyanada sarawari swami (2008) Asana, Pranayama, Mudra, Bandha, munger: Yoga publications trust.
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Paper V
VILLAGE PLACEMENT PROGRAMME

Duration : Five days
Date : During 1st Semester
Mode of Evaluation : Internal Assessment
Maximum Marks : 100
Subject : Yoga
Nature of Programme : to teach and train villagers.