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Tamil Nadu Physical Education and Sports University

Chennai

Department of yoga

Name of the course	PG Diploma in Yoga Therapy
Eligibility	Any UG degree in Yoga and related courses / Any degree with knowledge in yoga and MBBS / BDS / MPT / BPT / BAMS / BHMS / BAMS / BUMS or degree in nursing related courses
Stream	Distance Education
Duration	One Year
Medium	English
Attendance	Minimum 60%
Year	2017 – 18 onwards

PG DIPLOMA IN YOGA THERAPY (~~LATERAL ENTRY~~)
SCHEME OF EXAMINATIONS
MARK DISTRIBUTION

PAPER CODE	TITLE	INTERNAL MARKS	EXTERNAL MARKS	MAX. MARKS
	Basic principles of Yoga therapy	25	75	100
	Introduction to yogic Anatomy, Physiology and psychology	25	75	100
	Methodology in Yoga Therapy	25	75	100
	Applied Yoga or Personality Development and Communication skills	25	75	100
Practicals				
	Functional Physiology	25	75	100
	Practical training in Yoga Therapy ⚡	25	75	100
	Village Placement Programme	100	-	100
Total		250	450	700

M.Sc – YOGA THERAPY

Paper 1

Basic principles of Yoga therapy

UNIT 1 - Principles of viniyoga

- Definition of Viniyoga
- Srsti Krama
- Siksana Krama
- Raksana Krama
- Cikitsa mode of application.

UNIT 2 - Fundamental principles of yoga therapy.

- Definition of cikitsa
- Medical system vs complimentary system.
- Its exact role in health management
- The focus of cikitsa
- Relationship
- Acharya

UNIT 3 - Basic concepts of yoga therapy

- Physiology and Pathology in the Yoga - Shastra
- Ahimsa
- Union
- Work with the mind
- Importance of breath
- Body - the powerful tool
- Technique vs. effect

UNIT 4 - Progression and individual focus in Yoga therapy

- Starting point
- Fixing the goal
- Progression
- Coming out of practice
- Yogam and ksemam
- Kala, desa, vaya, vrtti, sakti
- The nature of ailment
- Isvarapranidhana

UNIT 5 – Basic principles of other alternative medical systems

- Physiology and Pathology of Ayurveda.
- Ayurveda – fundamental principles, Panca Mahabhuta & Tridosa,
- Ahara Niyama: Dietary principles and guidelines for health.
- Assessment of Ayurvedic Constitution.
- Dinacarya
- Siddha, Acupressure, Pranic healing, Naturopathy, Yogic diet, Physiotherapy, Massage, Acupuncture
- Colour therapy, Magneto therapy, Hydro therapy, Fasting therapy.

References:

1. Translated by TKV Desikachar, 'Nathamuni's Yoga Rahasya', 1998, Chennai, KYM publications
2. Translated by TKV Desikachar, 'Patanjali's Yoga Sutra', 1987, Chennai, KYM publications
3. TKV Desikachar with Kausthub Desikachar and Frans Moors, 'The Viniyoga of Yoga', 2001, Chennai, KYM Publications.
4. Gopi Warrier and Deepika Gunawant, 'The complete Illustrated guide to Ayurveda', 2000, Element Books Ltd.
5. TKV Desikachar, 'The Heart of Yoga', 2000, USA, Inner Traditions

Paper 2

Introduction to Yogic Anatomy, Physiology and Psychology

UNIT 1 – Textual reference

- The holistic approach – Panca Maya model as detailed in Taittreya Upanisad
- Anna maya
- Prana maya
- Mano Maya
- Vignana maya
- Ananda maya

UNIT 2 – Yogic Anatomy

- Panca Kosa model
- Tri-sarira model
- Sapta dhatu model
- Yogic anatomy: The ten bodies
- Yogic anatomy vs Biological anatomy

UNIT 3 – Yogic Physiology

- Panca Prana
- Nadis
- Cakra model
- Agni and Ama model.
- Yogic breathing

UNIT 4 – Yogic Psychology

- Yogic psychology – different parts of mind, different states of mind, and different activities of mind.
- Super consciousness
- Relationship of yoga and psychology
- Powers of mind and unfolding the powers of the mind including consciousness and Sub-consciousness.
- Psychological Disorders and Yogic practices – Neurosis. Psychosis and Personality Disorders

UNIT 5 – Therapeutic application of yogic Anatomy, Physiology and Psychology

- Assessment of imbalances at anatomical level
- Assessment of imbalances at physiological level
- Assessment of imbalances at psychological level
- Yogic practice and techniques to balance the imbalances
- Assessment of imbalances at psychological level
- Yogic practices and techniques to balance and imbalances at psychological level

References:

1. Swami Adidevananda, 'Taittreya Upanisad', 2003, Chennai, Ramakrishna Mutt Publications
2. Translated by TKV Desikachar, 'Yogayajnavalkya Samhita', 2000, Chennai, KYM publications
3. Translated by TKV Desikachar, 'Patanjali's Yoga Sutra', 1987, Chennai, KYM publications
4. TKV Desikachar, 'The Heart of Yoga', 2000, USA, Inner Traditions

5. Elangovan R (2001), Udayakoti Ulagiyal Thirunelveli, Ashwin Publications.

6. Selvalakshmi S (2011). Anatomy and physiology, madurai, Shanmug Publications.

Paper 3
METHODOLOGY IN YOGA THERAPY

UNIT 1 – Vyuham in yoga therapy

- Heyam or the symptoms
- Countering predisposing factors
- Hetu or the cause
- Aggravating factors
- Hanam or the remedy
- Relieving factors
- Upayam or the tools
- Importance of regular reviews

UNIT 2 – Pariksa in yoga therapy

- In depth study of the diagnostic tools
- Darsanam
- Sparsanam
- Prasnana
- Group classes vs individual classes

UNIT 3 – Nadi pariksa in yoga therapy

- Nadi system – definition from texts
- The different types of Nadi-s and their significance.
- Methodology of nadi pariksa in yoga therapy
- Application of nadi pariksa in yoga therapy
- Differences between Nadi pariksa and Pulse reading

UNIT 4 – Application of therapeutic tools

- Extensive theoretical and practical learning about these diagnostic tools, especially with respect to:
 - o The pre-requisites for using these tools.
 - o The exact technique of using these tools.
 - o The limitations of these tools.
 - o The principles involved in inferring information by using these tools.
 - o Application of these tools during therapeutic intervention.

UNIT 5 – Modification as applied to yoga therapy

- Modification vs adaptation
- Simplification vs intensification
- Form vs function
- Modification of asana
- Modification of pranayama
- Modification of meditation
- Modification of chanting

References:

1. Translated by TKV Desikachar, 'Patanjali's Yoga Sutra', 1987, Chennai, KYM publications
2. Translated by TKV Desikachar, 'Najhamuni's Yoga Rahasya', 1998, Chennai, KYM publications
3. TKV Desikachar, 'Religiousness in Yoga', 1980, USA, University Press of America Inc.
4. BKS Iyengar, 'The path to holistic health', 2001, UK, Dorling Kindersley
5. TKV Desikachar with Kausthub Desikachar and Frans Moors, 'The Viniyoga of Yoga', 2001, Chennai, KYM Publications.

APPLIED YOGA

Unit I: Yoga: Nature, Need, Philosophy, History and Scope of Yoga – Modern Developments – Misconceptions and clarifications of Yoga- Paths of Yoga- Ashtanga yoga- Schools of Yoga - Important of yogic practices- Benefits of Yoga on human systems –Yoga for Super consciousness – Computer Applications in Yoga

Unit II: Contributions of texts to Yoga:

Vedas, Upanishads, Tantra, Bhagavad Gita, Yoga vasishtha, Yoga Sutras, Thirumandiram, Yoga Yajnavalkya Samhita, Goraksataka, Hatha Yoga Pradipika, Gheranda Samhita, Siva samhita, Hatha Ratnavali, Siddha Siddhanta Paddihati, Narada Bhakthi Sutras, Yoga Rahasya

Unit III:

Contributions to yoga by Ramakrishna, Swami Vivekananda, Sivananda, Maharishi Mahesh Yogi, Swami Rama, Krishnamacharya, Swami Kavalayananda, Ramana Maharishi, Vethathiri Maharishi, Swami Dayanand Saraswati - Spirituality- Role of yoga and Religions on Spirituality- values- Methods to promote spirituality- Methods of teaching, Lesson plans, teaching aids – usage of props.

Unit IV:

Yoga and psychology – Facets of psychology and yoga – Yoga for psychological qualities – Yogic practices for various age groups – yogic practices for various professionals – Yoga and Women – Yoga and Sports – Yoga and Mind – Nadis and chakras – Role of Yoga on personality development.

Unit V:

Health, fitness & Wellness – causes of diseases and disorders, Nutrition – diet – Yogic diet – Yoga Therapy – Diagnostic tools – Modifications of Yogic practices – Yogic practices for insomnia , Hypertension, Diabetics, Obesity, Asthma, Back pain, Arthritis, Constipation, Neurosis, Psychosis and Personality Disorders – Women Disorders – Yoga and Indian Traditional systems of Medicine and therapies: Ayurveda, Siddha, Naturopathy, Physiotherapy, Varmam, Acupressure, Acupuncture, Music Therapy, Color Therapy.

References:

Brahma kumaries Jagdish Chander Mount Abu: PBK Ishwariya vishwa vidyalaya.

Desikachar (2003) Nathamuni's yoga Rahasya, Chennai: Krishnamacharya yoga Mandiram.

Desikachar (2004) Yoga Yajnavalkya Samhita, Chennai: Krishnamacharya yoga Mandiram.

Hausthul Desikachar (2016) The Hata yoga pradipika, Chennai: Madia Garuda.

Meena Ramanathan (2006) Grandasamihita Lonavla: Kaivalyadama S.M.Y.M.Samiti.

Suburamanian (2008) The yoga vasishta, Chennai: Sura Books (Pvt) Ltd.

Swami Gambirasanda (2008) Eight upanisads Kolkata: Advaita Ashrama.

Swami Ranganathananda (2001) The message of the upanisads, Mumbai: Bharatiya vidya Bhavan.

VenkataReddy (1992) Hata ratnavali, Arthameru: M.S.R. Memorial yoga series.

*Elangovan . R (2016) Fundamentals of yoga, Chennai:
Ashwin publications*

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, mungar: 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 nicketan trust.
- Coulter,H David (2001) Anatomy and Hatha yoga, USA: Body and Breath Inc.
- Kirk Martin (2006) Hatha Yoha Illustrated Champaign: 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.

PERSONALITY DEVELOPMENT AND COMMUNICATION SKILLS

UNIT - I

Personality – Definition – Meaning – Concept of Personality – Self esteem – guidelines on Personality – Developing good Personality – Developing good personality, Assessment of Personality.

UNIT - II

Fundamentals of Career rules – Psychological Positions – Career Planning – Better human relations – Time management – Qualities of leaders – Positive thinking – Powers and effects of thoughts.

UNIT - III

Communication – Basics of communication – Communication goals – Barriers of Communication – Real Communication – Verbal and Non – Verbal communication – Art of listening.

UNIT IV

Perception – Outline of tone – Modulation Speech – Analysing the Occasion – Audience and their Psychology – Pleasant Voice- Dialogue Process Dos and don't of communication skills.

UNIT V

Role of yogic practices in personality development & Communication skills
Speech plan I – Performance
Speech plan 2 – content
Art of Speaking – Presentation Techniques.

References :

- 1) Abraham . R. .1995 , Personality Development, Communicati on Skills and Public speaking, Saint Catherine Church Chennai.
- 2) Dale Carnegie, 1956 Public speaking New York : Pocket Books publication.
- 3) Anthony D.Souza 1985 Being and leader (Singapore : Haggai Institute Publication
- 4) Eric Watson :1980 Teach Yourself, The Art of Conversation (3rd Ed) Delhi : Hindi Pocket books.

Functional

APPLIED PHYSIOLOGY PRACTICALS

UNIT – I

Measurement of Temperature , Pulse rate, Respiratory rate

UNIT – II

Measurement of Blood Pressure

UNIT – III

Sensory function - Examinations

UNIT – IV

Muscle Examinations

UNIT V

Identification of a specimen organ and explain its functions.

References :

1. Arthur C. Guyton & John Edward Hall (2006), Textbook of Medical Physiology, Florida, United States, Elseiver Standards.
2. Surinder H Singh & Krishna Garg, (2008), Anatomy and Physiology for nurses & allied health sciences, New Delhi CBS Publishers.
3. Sivaramakrishnan S. (2006) , Anatomy and Physiology for Physical Education, New Delhi , Friends Publsihers.
4. Anne Waugh & Alson Graunt (2005) Anatomy and Physiology in Health and Wellness, Allahabad, Churhcill Livingtone.
5. Clark Robert K (2005) ,Anatomy & Physiology – Understanding the Human body, Suddury, United States, Jones & Bartiett.
6. Shri Krishna (1985) Notes on Structure and Functions of Human body & Effects of Yogic practices in it, Mumbai. ICYHC Kaivalyadhama.
7. Dutta Ray (2001) Yogi Exercises , New Delhi : Jaypee Brothers.
8. Shirley Telles (2006) A Glimpse of the human , Bangalore : Swami Vivekananda yoga prakashana
9. Leslie kaminoff (2007) yoga anatomy, champaign : Human Kinetics
10. Peter L Williams & Roger Waswie (1988) Gray's Anatomy, Edinburgh: Chuchill Livingstone.
11. Evelyne C peace (1997) Anatomy & Physiology for Nurses, New Delhi : Jaypee Brothers.
12. Gore M.M. (2003) Anatomy & Physiology for yogic practices, Lonavala : KamhanPrakshan.

Practical Training ~~PAPER V~~ Yoga therapy- practical

UNIT 1 – Vyuham in yoga therapy

- Heyam or the symptoms
- Countering predisposing factors
- Hetu or the cause
- Aggravating factors
- Hanam or the remedy
- Relieving factors
- Upayam or the tools
- Importance of regular reviews

UNIT 2 – Pariksa in yoga therapy

- In depth study of the diagnostic tools
- Darsanam
- Sparsanam
- Praśnam
- Neelākanta Model: The ideal teacher student relationship
- Group classes vs individual classes

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