

**Tamil Nadu Physical Education and Sports University**

**Chennai**

**Department of yoga**

<b>Name of the course</b>	<b>PG Diploma in Yoga</b>
<b>Eligibility</b>	<b>Any degree</b>
<b>Stream</b>	<b>Distance Education</b>
<b>Duration</b>	<b>One Year</b>
<b>Medium</b>	<b>English</b>
<b>Attendance</b>	<b>Minimum 60%</b>
<b>Year</b>	<b>2017 – 18 onwards</b>

**PG DIPLOMA IN YOGA  
SCHEME OF EXAMINATIONS  
MARK DISTRIBUTION**

<b>PAPER CODE</b>	<b>TITLE</b>	<b>INTERNAL MARKS</b>	<b>EXTERNAL MARKS</b>	<b>MAX. MARKS</b>
	Applied Yoga	25	75	100
	Applied Anatomy and Physiology	25	75	100
	Methods of Yogic practices- ✎	25	75	100
	Methodology in Teaching Yoga	25	75	100
	Indian Traditional Systems Medicine and Therapies	25	75	100
<b>Practicals</b>				
	Practical training in Yoga ✎	25	75	100
	Teaching Practice	25	75	100
<b>Total</b>		<b>175</b>	<b>525</b>	<b>700</b>

## 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 Paddhati, 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 (2003) The yoga vasishta, Chennai: Sura Books (Pvt) Ltd.

Swami Gambirananda (2008) Eight upanisads Kolkata: Advaita Ashrarna.

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

VenkataReddy (1932) Hata ratnavali, Arthameru: M.S.R.Memorial yoga series.

Elango R (2016) Fundamentals of yoga, Chennai:  
Ashwin publications

**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 nketan 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.

## APPLIED ANATOMY AND PHYSIOLOGY

Unit I: Tissue cell: Cell structure- groups of Tissue- Epithelial tissue, muscular tissue, connective tissue their functions

The skeletal system- Bones, joints and muscles of the skeleton- tendons and ligaments- their functions

Unit II: The circulatory system- structure of the heart- the cardiac cycle- composition of blood- Blood pressure- Blood Pressure- Blood vessels- Hematological system- their functions- arteries, veins & capillaries. The Digestive system- alimentary canal- mouth- pharynx- esophagus- stomach- small and large intestine- the peritoneum- Liver- gall bladder- Pancreas- their functions- metabolism- physiology of digestion  
The respiratory system - The respiratory passages - nose, pharynx, larynx, bronchi, lungs, their function - oxygen consumption.

The Thoracic cavity: Lungs, Physiology of respiration

The Endocrine system- Hypothalamus, Pituitary gland- thyroid gland, Parathyroid glands- thymus gland- adrenal gland- Pineal gland- their functions

Unit III: the nervous system- The central nervous system- autonomic nervous system- Brain- spinal cord- Sympathetic and parasympathetic systems- their functions- sensory organs-

Skin- eyes- ear- tongue- nose- their functions

Posture- active posture- inactive posture- ideal posture- control of posture

Unit IV: The urinary system- Kidneys, ureters, bladder, urethra, renal function

The reproductive system- puberty- menopause- testes, uterus, ovaries- their functions

Unit V: Impact of yogic practices on the anatomy and physiology of different systems of human body-cells, bones, joints and muscles, skin.

Cardio-vascular system, respiratory system, digestive & excretory system, haematological and immune system, glands, nervous system, body metabolism, special senses, locomotor system

**References :**

1. Telles Shirley (2006) A Glimpse of the human body , Bangalore. Swami Vivekananda yoga prakashana
2. Shri Krishna ( 1988) Notes on structure and functions of human body and Effects of yogic practices on it, Mumbai : ICYHC, Kaivalyadhama.
3. Ray S Dutta (2001) Yogic Exercises : Physiologic and psychic processes, New Delhi : Jaypee Brothers.
4. Evelyn C peace(1997) Anatomy and physiology for nurses, New delhi: Jaypee Brothers.
5. Leslie Kammoff (2007) Yoga Anatomy, champaign : Human Kinetics
6. Nagendra kumar (2007), Yoga Bhyasa for week days, Bangalore: OM mantru Devo Bhava.
7. Gore M.M. (2003) Anatomy and Physiology of yogic practices, Lonavala : Kanchan prakshan.
8. Bruce, J.Noble (1986) Physiology of Exercise and Sport. St.Louis : C.V.Mospy.
9. Shavel L.G. (1981) Essentials of Exercise Physiology, New Delhi: Surjeet Publication.
10. Fax, E.L. and Mathew D.K., (1981) The Physiological basis of Physical Education and Athletics III Ed., Philadelphia W.B.Sannders.
11. Clarke D.H., (1975) Exercise Physiology, New Jersey : Prentice Hall.
12. Sevalakshmi (2011), Anatomy and Physiology, Madurai, Shunra publications.

## METHODS OF YOGIC PRACTICES –

Unit 1: 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

Simplified physical exercises

10 steps

Suryanamaskar: Children's Model, Bihar School of Yoga, Sivananda Model

Unit 2: Asanas

Vrkshasana, Parivrtta Trikonasana, Padahasthasana, Virabhadrasana, Sirshasana, Halasana, Sarvangasana, Mastyasana, Ustrasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, Gomukhasana, Garudasana, Mayurasana, Padma Mayurasana, Kukutasana, Navasana, Paschimottanasana, Ardha Matsyendrasana, Marichyasana, Jathara Parivartanasana, Baddhakonasana, Padmasana, Siddhasana, Siddhayoniasana, Svastikasana, Vajrasana, Shashangasana, Savasana, Hasta Padasana, Ardha chakrasana, veerasana, Ardha kati Chakrasana, Titti Bhasana

Unit 3: Pranayama *Self-nasal Breathing*  
Kapalbhati, Bhramari, Ujjayi, Sheetali, Sheetkari, Bhastrika, Surya bhedana, Nadi Shodana *Chandra*

Unit 4: Kriya

Jalaneti, Sutraneli, Shankhprakhshalana, Agnisar Kriya, Vaman dhauti, Nauli (Madhyama, Vama, Dakshina)

Bandhas:

Jalandhara Banda

Moola Bandha

Uddiyana Bandha

Mudras

Jnana mudra, Nasika mudra, yoni mudra, Apan vayu mudra, Linga mudra, Hakini mudra, Matangi mudra, Kalesvara mudra, Shanmuki mudra, Tadagi mudra, Maha mudra, ashwini mudra

Unit 5: Meditation

Sudharshana kriya, Nine-centered meditation, Mantra meditation, yoganidra, Trataka meditation, Raja Yoga meditation, mindfulness meditation, MBRTS (S-ryasa)  
Pramana Tapa, yoga sukshma vyayama.



### 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, mungger: Yoga publications trust.
- Iyenger B.K.S (2008) Light on pranayama, New Delhi : Haper Collins publishers India.
- 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.
- Selvakashmi (2017), yoga Education, Madurai, Shunlam publications.
- Selvakashmi (2017), Introduction to Menstrus, Madurai, Shunlam publications.

## METHODOLOGY OF TEACHING YOGA

### Unit I: Education

Yoga Education, Goal, Scope and importance, Principles of Teaching Yoga- Yogic, psychological, Physiological, Pedagogical, sociological

Meaning of methodology of teaching- factors influencing Methodology, Presentation technique

Role of language, Voice, fluency, clarity and body language in Teaching

Factors of Yoga Education: Teacher, Student and Teaching- Guro- Shishya Parampara

Types of students and teachers- promotion of leadership qualities

### Unit II: Methods in Yoga Teaching

Lecture method

Response to instruction method (method)

Individualized Instructional Method

Group discussion Method

Directed Practice Method

Project method

Demonstration Method

Lecture cum Demonstration Method

Imitation Method

Dramatization Method

Sources of teaching methods

### Unit III: Teaching aids:

Audiovisual aids

Visual aids

Audio aids

Models

Props

Wooden brick and foot rest belt, ropes, slanting plank, chair, stool, bench, Box, the heart rate, ladder stool and drum, bolster and pillow, bandage, weight, the horse, big and small.

### Unit IV: Preparing lesson plan- Essentials of a good lesson plan

Advantages of preparing a lesson plan

Contents of a lesson plan

Class management- formation of the class

Conducting yoga practical lessons: Precautions and contra-indications of practices

**Lesson plan:**

Assembly and roll call

Relaxation & prayer

Loosening the joints

Introduction of the practice

Demonstration

Individual practice

Group practice

Yoga game (if time permits)

Question and answer session

Relaxation

End prayer

Unit V: Organizing yoga class, Yoga camp, workshops in yoga, Yoga tours, Yoga games and competitions, classification of age groups for competitions

Evaluation

Advantages

Devices of evaluation

**References**

1. Gharote M.L and Ganguly S.K (2001) Teaching Methods for yogic practices  
Lonavla: Kaivalyadhama
2. Sivananda ( ) Yoga teachers training Manual, vol morivz Sivananda Ashram  
Yoga camp
3. Anandamitra (1991) Teachers' Manual Calcutta: Ananda Marga Pracaraka  
Samgha
4. Thirumarayanan and Hariharan (1975) Methods in Physical Education, Karaikudi
5. Basavaraddi Ishwar (2010) Yoga Teacher's Manual for school teachers, New  
Delhi: Morarji Desai National Institute of Yoga

## **INDIAN TRADITIONAL SYSTEMS OF MEDICINE AND THERAPIES**

### **UNIT I**

**Origin of Ayurveda – Aim and importance of Ayurveda, Philosophy and goals of Ayurveda, unique approach of Ayurveda – Ayurveda texts- Chakra Samhitha, Sushrnt Samhitha, Kashyapa Samhitha, Rasatantra, Unique features of Ayurveda – Hygienic principles of Ayurveda (Dincharya) - Five elements of Ayurveda Doshas, Gunas, Dhatus, Upa Dhatus, Eight categories or branches of treatment - Nadis vijnana - Nadisanal Chakras - Characteristics of different prakritis – causes of disease- Method of disease examination - Ayurveda diet.**

### **Unit II**

**Ayurveda effect of yogic principles & therapies - Ayurvedic purification practices– Panchakarmas- Vamanan, Virechanam, Basti, Anuvaasana, Nasya, Rakta moksana, Abhyanga, Swedanam, Nasayam, Njavarakizhi, Pizhichil.**

### **Unit III**

**History and Concepts of Siddha medicine: Principles of Siddha Medicine system, Five Elements theory, Three Biological Humors, Seven Physical Constituents, Pancha Bhudas, Pancha Koshas, Types of Siddha medicine, importance of Kayakalpa, Kitchen and herbal medicine, Diet regulations, Varmam and Thokkanam, Treatment of Siddha Medicine for life style diseases.**

### **Unit IV**

**Concepts of Naturopathy - Principles of Naturopathy -Methods of Naturopathy: Diet, Fasting, Treatment by earth, water treatment, Treatment by rays, massage.**

### **Unit V**

**Acupuncture, Acupressure, Exercise Therapy, Physiotherapy, Music Therapy, Color Therapy, Magnata Therapy, Reiki.**

References:

1. Balkrishna Acharya (2006) Ayurveda its principles and Philosophies. Haridwar: Divya Prakashan
2. Atharale V.B. (1980) basic principles of Ayurveda. Bombay: Pediatric clinics
3. Frawley David (2000) Yoga and Ayurveda Delhi: Motilal banarsidass Publishers Pvt Ltd,
4. Balkrishna Acharya (2012) A practical approach to the Science of Ayurveda. Haridwar: Divya Prakashan
5. Frawley David and Sandra Summerfield kozak (2011) Yoga for your type New Delhi: New Age Books,
6. Vasant Dattatray Lad (2007) Secrets of the pulse The Ancient art of Ayurvedic Pulse Diagnosis Delhi: Motilal Banarsidass Publishers Pvt.Ltd
7. Ashwini yogi (2011) Sanatan Kriya. The Ageless Dimension. New Delhi: Dhyana Foundation
8. Stiles Mukunda (2009): Ayurvedic yoga therapy New Delhi: New age books
9. Sivananda Swami (2006): Practice of Ayurveda Shivanandanagar: The Divine Life Society
10. Atreya (2000) Ayurvedic Healing for women, Delhi, Motilal Beharsidass
11. Joshi Rajani (2007) Health tips from the Vedas Haridwar: Shri Vedmata Gayathri trust
12. Thirunarayanam (2012) Introduction to Siddha Medicine, Chennai: centre for Traditional Medicine and Research
13. Bakhru (2011) The complete Hand book of Nature cure. Mumbai: Jaico publishing House
14. Gala DR, Dhiren Gala and Sanjay gala (2008) Nature cure for common diseases, Ahmadabad: Navneet publications (India) Ltd.,
15. Murthy Chidananda (2010) yogic and naturopathic treatment for common ailments, New Delhi: Central council for research in Yoga and Naturopathy
16. Basavaraddi Ishwar (2012) Important therapeutic modalities used in Naturopathy, New Delhi. Central council for Research in Yoga & Natruopathy,
17. Murthy Chidananda(2011) Yoga and Naturopathy New Delhi: central council for Research in yoga and Naturopathy.

M. Sc  
155

# Practical Training in yoga

## ~~YOGIC PRACTICES~~

### Unit 1: Loosening the joints

Simplified physical exercises

Suryanamaskar: Children's Models, <sup>10 steps</sup> Bihar School of Yoga, Sivananda Model

### Unit 2: Asanas

Vrkshasana, Parivrtta Trikonasana, Padahasthasana, Virabhadrasana, Sirshasana, Halasana, Sarvangasana, Mastyasana, Ustrasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, Gomukhasana, Garudasana, Mayurasana, Padma Mayurasana, Kukutasana, Navasana, Paschimottanasana, Ardha Matsyendrasana, Marichyasana, Jathara Parivartanasana, Baddhakonasana, Padmasana, Siddhasana, Siddhayoniasana, Svastikasana, Vajrasana, Shashangasana, Savasana, <sup>Hasta padmasana, Ardha chakrasana, Veezasana, Ardha kati chakrasana, Titti Bhasana</sup>

### Unit 3: Pranayama

<sup>See pranayama breathing</sup> Kapalhati, Bhramari, Ujjayi, Sheetal, Sheetkari, Bhastrika, Surya bhedana, <sup>2 khombra</sup> Nadi Shodana

### Unit 4: Kriya

Jalaneti, Sutranti, ~~Shankhprakashana~~, Agnisar Kriya, Vama ~~Shauli~~, Nauli (Madhyama, Vama, ~~Dakshina~~)

### Bandhas:

Jalandhara Banda

Moola Bandha

Uddiyana Bandha

### Mudras

Jnana mudra, Nasika mudra, yoni mudra, Apan vayu mudra, Linga mudra, Hakini mudra, Matangi mudra, Kalesvara mudra, Shanmuki mudra, Tadagi mudra, Maha mudra, ashwini mudra

### Unit 5: Meditation

Sudharshana kriya, Nine centered meditation, Mantra meditation, yoganidra, Trataka meditation, Raja Yoga Meditation, <sup>mindfulness meditation, MSRTS (S-vyasa), Pranav Japa, yoga sukshma vyayama.</sup>