



SHAHEED NANDKUMAR PATEL VISHWAVIDYALAYA RAIGARH (C.G.)

P.G.Diploma In Yoga Science

There shall be two theory papers and one Practical in each semester.

**SEMESTER -I**

**Paper -1 Theoretical Yoga Vijnan**

**M.M.-50.**

Unit-I : Introductio to Yoga : The concept,meaning ,definition and tradition of Yoga, Guru-Shishya ( types and meaning )

Unit-II : Basic texts of Yoga --Yoga Sutra(Samadhi and Sadhana Padas), Hathyoga Pradipika.

Unit-III : Kinds of yoga : Bhakti yoga ,Karma yoga, Mantra yoga and Raj yoga.

Unit-IV : Study of Ida,Pingala, Sushumna,Seven Chakras ,Five Koshas, and Five Pranas.

Unit-V : Contemporary Yogis --Shri Aurobindo,Satyananda and Shivananda.

**Paper -2. Applied Yoga Vijnan.**

**M.M. 50.**

Unit-I : Meaning ,definition and importance of Yoga and Health in life. Theories of Health,Various exercises benefits of Yoga- asanas and their values vis-a-vis other systems.

Unit - 2 : Práctice of Yoga - Preparation . Food , Dress,Sequence , Climatic Changes daily routine Vratas for health, positive and negative factors.

Unit -III. Life pattern and Yoga --Effects of yoga upon bodily functions,Role of yoga asanas in modern living.

Unit - 4 : Physiology- Constitution Nervous system , Respiratory system, Circulatory system and Endocrine glands

Unit- 5 : Aspects of Mind ( Topograficals and Dynamic ) Id,Ego and Super Ego, Conciuous , Sub-conciuous and Un-conciuous . Yogic concept of mind and mental process.

**Practical**

Practice Teaching (indoor) M.M. 50.

Asanas

Kriyas

PranayamasClass arrangement.

Meditation

Practical(1-4) M.M. 50.

1.Kriyas :Jal Neti, kunjaj kriya, kapal bhati, Doti.

2.Asanas : Simple asanas,Relaxation,Pre-meditative,backward and forward bendingTwisting balancing.

3.Pranayamas : Nadishodhan, Bhastrika, Ujjayi, Suryabhedan.

4. Mudra :Gyan and chin.Yoga and Viparitkarani,

Bandha : Jalandhar, Moola, Uddyaan.

5. Yoga Nidra.

Practical record : M.M. 25.

Viva. : MM 25

Total Marks 250.



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SEMESTER-II.

Paper -I Yoga Philosophy. Max.Marks :50

Unit-I The subject matter of Yoga philosophy-Samkhya: Prakriti,Purusha and Cosmology.

Vedanta :Brahman Soul and Maya.

Unit-II Different systems of philosophy :

Pancha Mahavrata -- Jainism.

Ashtang Marg -- Buddhism

Integral Yoiga -- Shri Aurobindo

Unit-III Yoga Sutra : Nature of Chitta, Chitta vrittis and Bhoomis

Unit-IV. Kinds of Yoga : Hatha Yoga, Kundalini, Jnana,Laya.

Unit-V Psychosomatic disorders(meaning and types) their management through Yoga, Aging --Its problems and management through Yoga.

Paper II. Hath Yoga. MM 50

Unit-I Introduction to the HathPradipika and Gherand Samhita

Unit-II Pranayama--Its meaning methods,kinds,Precaution and benifits.

Unit-III Shuddhi kriya--Shatkarma,its method and utility.

Unit-IV Bandha and Mudras --methods and benifits.

Unit-V Samadhi , Different systems of Meditation.

PracticalGroup.

i. Practice Teaching M.M. - 50

Asanas

Kriyas

Pranayamas

Class arrangement.

Meditation

Practical M.M. -50.

Kriyas : Basti, Tratak.

Advanced Asanas : Backward forward bending ,Twisting balancing asanas.

Pranayamas : Sheetal,Seetkari,Bhramari,and Murchha.

Bnadha and Mudra : Mudras--Ashvini,Praa,Maha,Khechhari,Kaki mudras.

Bandha--Jalandhar, Moola and Uddiyana

with asanas and pranayama.

Concentration and Meditation.

Practical records M.M. 25

Viva-voce M.M. 25

Total Marks Semester -II 250.

Grand Total I & II Sem. 500