

GUIDELINES AND SYLLABUS FOR PG DIPLOMA COURSE IN YOGA THERAPY

1. **Name of the Course** PG Diploma Course in Yoga Therapy
2. **Duration** One year & six months Internship
3. **Objectives** The course aims at
 - i) Promoting positive health, prevention of stress related health problems and rehabilitation through Yoga.
 - ii) Integral approach of Yoga Therapy to common ailments.
 - iii) Imparting skills in them to introduce Yoga for health to general public and Yoga for total personality development of students in Colleges and Universities.
 - iv) Invoke scientific attitude and team spirit to channelise their energies in to creative and constructive endeavours.
 - v) To enable them to establish Yoga Therapy centers in the service of common man.

4. **Syllabus**

The syllabus is made to fulfil these objectives containing theory papers, practical research and project work with clinical experience. 'PG Diploma Course in Yoga Therapy' consists of the following evaluation schedule.

Theory	5 Papers (100 marks each)
Practical	2 Papers (100 marks each)
Project	1 Papers (100 marks)
Clinical Examination and Viva-Voca	1 Papers (100 marks)
Internal Assessment	1 Paper (100 marks)
Total Marks	1000

Internship

After successful completion of final examination with minimum 50% marks in theory with 60% in aggregate, the diploma will be issued after completion of six months of internship in Yoga Therapy Centre.

Places of posting for internship

1. Yoga Theory Treatment Center of the University.
2. Yoga units of any other hospitals recognized by the University.

5. Project Work

Each student has to collect initial and final data of atleast six patients treated by the student under the guidance of the faculty.

6. Scheme of Evaluation

As this is a course with the objectives mentioned above, the assessment will be based on attendance in theory and practical classes, assignments in the form of worksheets for practical, synopsis of lectures for theory, report of the team work, personality changes of students as they go through the course as assessed and evaluated by teachers.

Eligibility :

1. Graduation with second Class.
2. Entrance Examination.

7. Marks and gradation

1. Theory Paper	Marks
1.1 Foundation of Yoga	100
1.2 Basics relevant to Yoga Therapy	100
1.3 Human Biology	100
1.4 Integral approach to Yoga Therapy	100
1.5 Yoga Therapy in practice	100
TOTAL	500

2. Practicals

- | | |
|---|-----|
| 2.1 Asanas, Pranayamas, Mudras and Bandhas. | 100 |
|---|-----|

2.2	Kriyas, Meditation Techniques, Yoga Therapy Special Techniques.	100
	TOTAL	200
3.	Project Report	100
4.	Clinical examination and Viva-Voce.	
4.1	Clinical Examination	50
4.2	Viva-Voce	50
	TOTAL	100
5.	Internal Assessment.	100
	GRAND TOTAL`	1000

NOTES ON SYLLABUS

		Hours	Marks
101.	Foundations of Yoga	90	100
1.	Orientation to Patanjala Yoga Sutra	50	50
2.	Orientation to Hatha Yoga Pradeepika	25	20
3.	Orientation to Gharanda Samhita	10	10
4.	Orientation to Shiva Yoga Deepika	05	10
102	Basics relevant to Yoga Therapy	90	100
1.	Basics of Sanskrit	40	35
2.	Principles of Ayurveda	30	35
3.	Principles of Naturopathy	10	15
4.	Principal of Astrology	10	15
103.	Human Biology	90	100
1.	Anatomy & Physiology	60	60

2.	Yogic Diet, Nutrition & related Biochemistry	15	20
3.	Yoga & Psychology	10	10
4.	Research Methodology	05	10
104.	Basics of Integral Approach to Yoga Therapy	90	100
1.	Sankhya and Yoga	25	30
2.	Bhagvadgeeta	30	35
3.	Upanishads	25	25
4.	Link between man and the Master	10	10
105.	Yoga Therapy in Practice	90	100
	A comprehensive study of the definition, pathophysiology, aetiology, clinical features, assessment and yoga therapy for ailments of the followings systems :-		
	Nervous System, Endocrine, Respiratory, Cardio-vascular, Digestive, Musculo Skeletal, Reproductive Systems and Neurosis, Pregnancy and Eye Problem.		
106.	Practical-I	180	100
	Selected Asanas	100	60
	Pranayamas	60	30
	Mudras and Bandhas	20	10
107.	Practical-II	180	100
	Selected Kriyas	60	40
	Meditation	40	20
	Yoga Therapy special techniques	80	40
108.	Project Work		
	To learn various methods to achieve the aims and objectives and writing case history, measurement, analysis and report of the project work offered from different aspects of the course.		

- 109.** Clinical Examination will be conducted to test the ability of the students to understand the patient's health problem and select suitable yoga practices.
- 110.** Internal assessment will be based on marks obtained in the worksheet of practical and synopsis of lectures of theory. Assessment by the teachers on the team work, personality changes and behaviour.

B : Detailed Syllabus of P.G. Diploma in Yoga Therapy

101. Foundations of Yoga

1. Orientation to Patanjala Yogasutra:

Introduction to Yogasutra - Nature of Yoga science, Definition of yoga, the nature of seer in pure and modified state, Vrittis - Nature, classification, definition, method to control of chitta vrittis. Samprajnata Samadhi and its classification, asamprajnata and its classification, variation in the attainment of Asamprajnata Samadhi; Iswarapranidhana - a means to attain Samadhi, definition and quality of Iswara. Chittavikshepa, Chittaprasadana and its associates, control of chitta-vikshepa, different methods of manasthiti and its benefits, Samapatti. Sukshnavishayatwa, Sabijasamadhi, Speciality of Nirvichara, Ritambharaprajna, Nirbijasamadhi, Kriya-yoga and its benefits; Classification, methods to control the Kleshas, Karmashaya, Vipaka of kleshamula, Heyaswarupa, Heyahetu, Drshya and Drasta, Samyoga - Nature & Cause, Hanopaya, Hanaswarupa, Vivekakhya, Astanga yoga-Vama, Niyama, Asana, Pranayama, Ratyahara-Bahiranga Yoga, Dharana, Dhyana, Samadhi-Antaranga Yoga, Powers Introduction.

2. Orientation of Hathayoga pradipika :

Hatha yoga - Introduction, relationship of Hathayoga and Rajayoga, greatness of Hathayoga, Hathayogi parampara, importance of Hatha and its secrecy, place of Hathayoga Practice, Destructives and constructives of yoga, Yama and Niyama, Asana, methods of Hathayoga Practice, Mitahara, Pathya and Apathya.

Rules in food taking, Hathayoga achievements. Paranyama - Benefits of Pranayama, Nadishuddi and Pranayama. Duration and time for pranayama practice, Gradation of Pranayama, Sweat and Pranayama, Food during pranayama practice, Yukta and Ayukta pranayama, Nadishuddi, Satkriya-Neti, Dhouti, Basti, Nauli, Trataka, Kapalbhata, Gajakarani, Importance of Pranayama practice. Symptoms of Nadishuddhi, Manonmani, Varieties of Kumbhaka-Methods of practice, Classification of their benefits, Hathayogasiddhilakshanam. Kundalini as base for all yoga, Results of Kundalini prabyodha, Synonyms for Susumna, Mudras Bandhas-classification, benefits and methods of practice, Nadanusandhana.

3. Orientation to Gheranda Samhita :

Ghatayoga - Introduction, Saptanga yoga, Benefits, Satkriyas - Classification Practicing methods and benefits. Mudra - Introduction, 25 mudras - Classification, Practising methods and benefits. A comparative study of Hathayoga and Ghata yoga.

4. Orientation to Shivayogadipika :

Shivayogadipika - Introduction, classification of yoga, Classification of Rajayoga, Comparison between Rajayoga and Shivayoga. Evolution theory, two types of Shivajnana, qualities of a teacher, Shivaswarupa. Importance of physical health, Hatha yoga a means to attain physical health, Bahya yoga. Antaranga yoga, Yama, Niyama, Asana, Place of practice of Hathayoga. Pranayama, Prakrtayoga, Vaikrtayoga. Kevalakumbhaka, Amana yoga, Ajapagayatri, Nadi, Pranava, Bandha, duration of Pranayama, meditation, Antarangayoga - Pratyahara, object for meditation, posture, chakra, adhara, means to control chitta, dharana, duration and objects of dharana, Samadhi and definition, Conductives for Samadhi, benefits of Astangayoga - Hathayoga - Layayoga - Mantrayoga.

REFERENCE BOOKS:

1. Rajayoga - Swami Vivekananda - Ramakrishna Ashrama Publications.
2. Hathayoga Pradipika of Swatmarama - Kaivalyadhama, Lonavala

3. The Science of Yoga - Taimini - Theosophical Publishing House, Adyar, Madras.
4. Yogasutras of Patanjali - Hariharananda Aranya, University of Calcutta Press, Calcutta.
5. Patanjali Yoga Pradeepa Omananda Tirtha- Geeta Press, Gorakhpur.
6. Gherandasamhita - Bihar School of Yoga, Munger, Bihar.
7. Shivayogadipika - Sadashivabrahmendra, Ananda Ashramagranthavali, Choukhamba Press.
8. Yoga Darshan : Swami Niranjanananda-Sri Panchadashanam Paramahansa Alakh Bara, Deoghar.
9. Four chapters on Freedom (commentary on the Yoga sutras of Patanjali), Swami Satyananda (1983), Bihar School of Yoga, Munger.

102. Basics relevant to Yoga Therapy :

1. Basics of Sanskrit:

Orthography of Devanagari varnamala, classification of varnas, purnaksara, samyuktaksara, karakas and mrduvyanjanas, writing of varnamala using Roman transliteration.

Sanskrit words - classification of Sanskrit words; Subantas - Ajantha and Halanta words, genders, vachanas, cases of subanta words. Declaration of the following words in cases - Rama, Hari, Guru, Pitri, Lata Mati, Dhenu, Phalam, Vari, Gau, Marut, Vidvas, Rajan etc., Asmad, Yusmad, Tad, Kim etc.

Kriyapada in Sanskrit - Classification, Lakaras, Purusas, Vachanas. Declaration of the following root words in Lat, Lan, Lrt, Lot and Vidhi Lin - Bhū, Khad, Vad, Dhya, Path, Sev, Kshi, Prachchh, Tush, Kath, Chint, Ad, As, Jagri, Bha, Kri.

Avyayas in Sanskrit - different kinds of avyayas, upasargas, nipatas etc., Elementary knowledge of all kinds of sandhis with examples in Sanskrit Elementary knowledge of voices, compound words with examples in Sanskrit.

Karakas - its use in Sanskrit.

Study of the following shlokas from Pauchatantra.

1. Mitrabheda - 20, 22, 23, 81, 118.
2. Mitraprapti - 2, 7, 25, 36, 40, 80.
3. Kakolukiyam - 7, 24, 57, 59, 75.
4. Labdhapranasham - 11, 13, 41, 64, 68.
5. Apareekshitakarakam - 11, 15, 16, 26, 34.
6. Raghuvamshamahakavyam - 1st Sarga 1-25 shlokas.

2. Principles of Ayurveda in Yoga:

Tridosha, Dhtu, Mala, Sadasa, concept of health according to Ayurveda, dinacharya, sadvrta, rutucharya, elements of snehana, svedana, vamanavirechana, bastikriya in panchakarma.

3. Principles of Naturopathy in Yoga:

The evolution of the human body, philosophy of the body ; mind, soul, life, spirit and spiritual body, history and fundamental principles of Naturopathy.

Philosophy of Indian Naturopaths: Mahatma Gandhiji

Laws of Nature : Pancha Maha Bhutas, Shareera Dharmas - Ahara, Nidra, Bhaya, Maithunam, Inflammation and its different stages, Natural rejuvenation.

Foreign matter and toxins, accumulation in the body and its importance in elimination through different ways or channels.

Definition and maintenance of nature's constructive principles of health. Importance of physical and mental hygiene.

4. Principles of Astrology :

Basics of Indian Astronomy and Astrologically good and favourable dates and time under particular sign and constellations for administration of Herbal medicine and Natural treatments. This may be a part of study as project to find the specific dates and time under particular sign and constellation in which the medicine and the treatment is more potent and effective.

REFERENCE BOOKS:

1. Sabda Manjari
2. Dhatu Manjari
3. Panchatantra
4. Raghuvamshamahakavyam of Kalidasa
5. Charakasamhita of Charaka
6. Astanga Hridaya -Vagbhata
7. Practice of Nature Cure - By Henry Lindlahr
8. History & Philosophy of Nature Cure - By S.J. Singh
9. My Nature Cure - By Sh. M. K. Gandhi

103. Human Biology:

(I) Anatomy & Physiology:

(i) Musculo-Skeletal System :

Muscle - Classification - Histology - properties of each type - distribution - Mechanism of muscle contraction (Brief) - neuromuscular transmission (Brief), ligaments, tendons, Skeleton-Bones-types, Structure & function, Spinal column. Joints - Types, Structure, Function.

(ii) Blood and Immune System :

Composition of blood corpuscles - R.B.C., W.B.C., Platelets.

Plasma, Haemoglobin - Coagulation of blood and anticoagulants. Blood groups and its importance, lymphatic system, Immunity - types & mechanism.

(iii) Cardiovascular system :

Anatomy of Heart and blood vessels - Innervation of heart - Properties of cardiac muscle - Control of cardiac cycle and circulation - Cardiac output - Blood pressure.

(iv) Respiratory System :

Anatomy-Gross & Histological - Mechanism of Breathing, Exchange of gases Pulmonary function tests-lung volumes - Control of respiration.

(v) Digestive system:

Anatomy - Gross and Histological - Mechanism of secretion of - Saliva, Gastric Juice, Pancreatic Juice, Bile, Intestinal secretion - Role of these secretions in digestion of food, Absorption and assimilation and formation of faeces.

(vi) Excretory System and temperature regulation :

Anatomy-Gross & Histology - Functions of glomerules and renal tubules Micturition and composition of urine - structure and functions of skin-Regulation of body temperature.

(vii) Endocrine System :

Anatomy - Gross & Histological, Thyroid, Parathyroid, Supra - renal, Pituitary, Islets of Langerhans - Function of thyroid and parathyroid hormone, effect of hypo and hyperactivity on the body. Hormones of supra-renal and their action and effect of hypo & hyper activity on the body. Hormones of pituitary gland- its action and effect of hypo & hyper activity on the body. Role of insulin in glucose metabolism.

(viii) Special senses :

Eyes Anatomy - Histology of retina, Corneal function, Physiology of vision & accommodation, Sense of smell - nasal mucosa, tongue, taste buds. Ear-Mechanism of hearing and function of semicircular canal.

(ix) Reproductive System :

Anatomy - Gross & History of Male reproductive system - Spermatogenesis. Female reproductive system - Ovarian hormones, Menstruation, Pregnancy, Parturition, Lactation.

(x) Central Nervous System :

Anatomy - Gross - Cerebrum, cerebellum, Spinal cord. Histology - Nerve - structure and properties of neurons - Nerve - Action Potential - generation propagation - factors influencing. Classification of neurons and nerve fibers Receptors and reflex arc. Functions and important connections of Cerebrum, Pons, Medulla, Thalamus, Hypothalamus, Cerebellum - Autonomic nervous system - Sympathetic and parasympathetic - anatomy & functions.

2. Yogic Diet : Nutrition & related Biochemistry :

Dietetics in Yoga Therapy - Classification according to triguna-Vegetarian Vs. non-vegetarian diet, Panchabhuta relationships, Rasa virya, Guna, Vipaka of Shali, Yava, Godhuma, Mudga, Masha, Chanaka, Patola, Surana, Mana, Kakkola, Shukashuka, Karkat, Rambha, Balaramba, Mulak, Vartaki, Riddhi, Kalashaka, Patola, Vatraka, Himocika.

Navanita, Ghrta, Kshira, Sita, Aikshwam, Gudam, Pakvaramba, Varikelalm, Draksham, Lawali, Dhatri, Ela, Jati, Lavanga, Panasa, Jambu, Haritaki, Khajura, Madhu, Shunthi.

(i) Nutrition :

Nutrients, proximate principles of diet - their importance.

Carbohydrates : Monosaccharides, polysaccharides.

Proteins - Importance of proteins in biological system - Essential and non-essential amino acids - biological value.

Lipids - triglycerides - essential fatty acids

Calorimetry - Energy requirement and its calculation, Energy aspects of diet and their distribution, Balanced diet.

Minerals - Calcium, iron, other trace elements in human nutrition.

Vitamins - Fat soluble and water soluble vitamins - Physiological role - requirement and source signs of deficiency.

ii. Enzymes : Definitions, specificity, inhibitors and activators.

3. Yoga and Psychology :

Study of - cognitive processes. Higher mental processes, feeling and emotion, mental abilities and personality. A comparative study of total personality according to Yoga and Modern Psychology.

4. Research Methodology :

This is to find the scientific reasoning and logic behind the yogic and natural practices. For this purpose various innovative experiments may be performed like-designing of study, selection criteria and statistical analysis etc.

REFERENCE BOOKS :

1. Human Physiology - Chatterjee
2. Anatomy and Physiology for Nurses
3. Illustrated Physiology by Ann B Menaught
4. A text book of Biochemistry - Subba Rao
5. A text book of Medical Physiology - Guyton
6. Introduction to Psychology - by Hilgard, E.R. Atkinson, R.L. and Atkinson. (1979) R. C. Harcourt Brace Jovanvich, New York.
7. Basic Psychology, stranges, R & Solley, C. M. (1970), Tata Mcgraw-Hill, New Delhi.

104. Basics of Integral Approach to Yoga Therpay :

1. Sankhyayoga :

Introduction, 3 fold afflictions, means to overcome afflictions, 25 entities according to Sankhya, means of knowledge, Satkarya vada, similarities and dissimilarities of vyakta and avyakta, triguna, existence of purusha, plurality of purusha, proximity of purusha and prakrti, samyoga, Sarga, Pratisarga, Karan (Antahkarana and Bahyakarana) Avisesha and Vishesha, Sharira.

2. Bhagavadgeeta :

A critical study of Sankhyayoga : Introduction, message of strength, declines to fight against the respected ones, spiritual anguish, consistency is yoga, immortality of Atma, nature of death, feeling related to body, real and unreal, atma is real, characteristics of atma, view of materialistic life, swerve not from duty, karma and karmayoga, way of wordly life, triguna, samatvayoga, qualities of restrained mind, characteristic of enlightened man, nature of uncontrolled senses, muni, samyami, bramhajnani.

A critical study of Dhyana yoga : Introduction, karmayoga and karmasanyasa, yogi and sanyasi, self is ultimate for an individual, qualities of a man whose senses are controlled, environment for meditation, place, seat, posture, condition of mind. Method of meditation, result of meditation, criterion for progress in meditation, conductives for yoga, one pointedness of mind, bliss in yoga, other traits of yoga, nature of mind, control of mind, perfection in yoga, merit of enlightened yogi, culturing of mind, fate of imperfect yogi, yoga is unparalleled.

Bhakti-yoga-Character-types of Bhakta, methods.

3. Upanishads :

Essence of Upanishads, Isavasya, Taittiriya etc.

4. Link between man and the Master:

A general survey of the life sketch, teachings and techniques of founders of various religious and spiritual lines.

REFERENCE BOOKS :

1. Sankhyakarika : Ishwarakrishna
2. Shrimad Bhagavadgita - Dr. S. Radhakrishna
3. Dashopanishat
4. A Critical survey of Indian Philosophy - Chandradhara Sharma
5. Philosophy of Yoga : Swami Jnanananda, Sri Ramakrishnashrama Publications.

6. Yoga as a Philosophy and Religion - S. N. Dasgupta, Calcutta.
7. Gita for Modern man : Krishna Chaitanya (1986), New Delhi, Clarion Books.
8. Swami Krishnananda, A short history of religious and philosophic thought in India.
9. Basis and applications of Yoga : Published by SVYASA, Bangalore.

105. Yoga Therapy in Practice :

A comprehensive study of the definition, pathophysiology, aetiology, clinical features, assessments and yoga therapy for ailments of the following systems:- Nervous, Endocrine, Respiratory, Cardio-vascular, Digestive, Musculo Skeletal, Reproductive systems and Neurosis, Pregnancy and Eye Problems. Each University can evolve its own module according to ones own experience of the following diseases.

Respiratory System - Nasal Allergy and Asthma,

Cardiovascular System - Hypertension and coronary Artery diseases,

Digestive System - Hyperacidity, Irritable bowel syndrome,

Reproductive System - infertility, menstrual disorders,

Endocrine System - Diabetes, Obesity, Thyroid(Hypo and Hyper),

Nervous System - Epilepsy, Migraine,

Psychiatry - Anxiety, depressive neurosis, stress, Insomnia,

Musculo Skeletal System - Arthritis, Back pain, Ankylosing spondylitis,

Pregnancy - Role of stress in problems of pregnancy, Labour and fetal

Special senses - Yoga for eyes.

REFERENCE BOOKS

1. The Principles and Practice of medicine Davidson
2. Apley's system of Orthopaedics

3. Anatomy and Physiology of Yogic Practices - M.M Ghore, Kaivalyadhama, Lonavala, Pune.
4. A Systematic course in the ancient tantric techniques of yoga and kriya - Bihar School of Yoga, Munger.
5. Yoga for different ailments - series published by SVYASA, Bangalore and Bihar Yoga Bharati.
6. Yoga for common ailments : Robin Monro, Nagarathna & Nagendra - Guia Publication, U.K.
7. Yoga therapy : by Swami Kuvalayanand, Kaivalaya dhama, Lonavala.
8. Yogic therapy : Swami Shivananda, Umachal Yoga Ashram, Kamakhya, Assam.
7. Light on Pranayama - B.K.S. Iyengar
8. Asana, Pranayama, Mudra, Bandha - Swami Satyananda Saraswati, Bihar School of Yoga, Munger.
9. Promotion of positive Health - published by SVYASA, Bangalore
10. Pranayama - published by SVYASA, Bangalore
11. Bandhas & Mudras - by Swami Geetananda, Anandashrama, Pondicherry

107.	Practical - II	180	100
	Selected Kriyas	60	40

1. Jalaneti
2. Agnisara
3. Kapalabhati

4. Trataka
5. Sutraneti
6. Gajakarani
7. Vastradhauti
8. Madhyamauli
9. Shankha Prakshalana

Meditation : **40** **20**

1. Traditional Meditation Techniques
2. Trataka : Bahiranga and Antaranga
3. Ajapajapa
4. Antarmauna
5. Akashadharanas : Chidakasha, Hridayakasha, Daharakasha.
6. Transcendental Meditation
7. Preksha Dhyana
8. Avarthana Dhyana etc.

Yoga Therapy Special techniques: **80** **40**

Each University can evolve various modules according to one's own experience.

REFERENCE BOOKS :

1. Hathayoga Pradeepika - Swami Satyananda saraswati and Swami Muktibodhananda Saraswati, (1993), Bihar School of Yoga, Munger.
2. Asana, Paranyama, Mudra, Bandha - Swami Satyananda Saraswati, Bihar School of Yoga, Munger.

3. Hathayoga Pradeepika
4. Gheranda Samhita
5. Patanjala Yoga Sutra
6. New perspectives in Stress Management published by SVYASA, Bangalore.
7. Trancendental Meditation : Maharshi Mahesh Yogi.

108. Project Work:

To learn the clinical methods, case history writing, measurement of clinical (Symptoms and medication scores), objective (pulse, blood pressure, respiratory rate etc.). Psychological (questionnaire) parameters. Statistical analysis of the initial and final data recorded. Writing of project report.

Project is to be taken to find herbal remedies and Natural treatments in various, Tithies, signs and constellations to identify their potency and effectiveness like - Turmeric, Neem, Kumari, Amrita, Tulsi, Brahmi, Adaraka (Ginger) Black Pepper, Long pepper, Clove, Cardamom, Coconut, Arealnut Betal Leaf (Pan), Betalnut (Supari), Drumsticks, Curry leave, Dhania or coriander.

REFERENCES BOOKS :

1. Research methods : published SVYASA, Bangalore.
 2. Hutchinson's : Clinical Methods etc.
- 109.** Clinical Examination will be conducted to test the ability of the students to understand the patient's health problem and select suitable set of yoga practices.
- 110.** Internal assessment will be based on marks obtained in the worksheet of practical and synopsis of lectures on theory. Assessment by the teachers on the team work, personality changes and behaviour.

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