

MANAV BHARTI UNIVERSITY
Distt. Solan (H.P.)
SYLLABUS FOR THE
DIPLOMA COURSE IN YOGA TEACHER TRAINING
(One year Duration in TWO SEMESTER)

1. Duration

The duration of the course leading to the Diploma in Yoga Teacher Training shall be one year and. This course of study would be completed in TWO SEMESTERS. The examination shall held for First Semester in December and for second semester in the month of May or on such other dates as may be fixed by the university authority.

2. Eligibility

A person who has passed Higher Secondary exam (+2) with any stream from any recognized state education board, whose examination has been recognized as equivalent to the corresponding examination (under 10+2+3 system of education) of the University shall be eligible to join the Diploma Course:

3. Admission

Admission to the course will be on the basis of merit as per the decision of the University.

4. Interviews

All the candidates where names appear in the merit list shall have to appear for interview prior to the admission. In candidates who do not appear for the interview will not be considered for admission. The candidates must produce all the relevant certificates in original for verification at the time of interview failing which they will not be considered for admission.

5. Grace marks

Grace marks shall be given @ one per cent of the aggregate marks of the University examination. A candidate may avail of the grace marks either in the aggregate or in one or more papers as may be to his advantage. Grace marks shall, however, be given only for passing the examination or for earning the higher division and not for passing the examination with distinction.

6. Re-appear

If a candidate is required to reappear in a paper, he will be given one more opportunity to qualify in that paper without attending a fresh course. This work assignment may be determined by the Head of the University Department/Principal of the College.

7. Exam. Form & Fee

The last dates by which examination admission forms and fees must reach the Controller of Examinations shall be four weeks before the dates fixed for commencement of the examinations of the semesters concerned, provided that an admission form and fee may be entertained after that with a late fee as prescribed by the university from time to time, but not later than two weeks before the commencement of the examination.

8. Gradation: Successful candidates shall be classified as under;

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|---|---------------------------------|
| (i) Those who obtain 75% or more of the total. | First Division with Distinction |
| (ii) Those who obtain 60% or more of the aggregate marks but less than 75% marks in the examinations | First Division |
| (iii) Those who obtain 50% or more of the aggregate marks but less than 60% marks in the examinations | Second Division |
| (iv) Those who obtain 40% or more of the aggregate marks but less than 50% marks in the examinations | Third Division |

GUIDELINES AND SYLLABUS FOR PG DIPLOMA COURSE IN YOGA THERAPY

- 1. Name of the Course** Diploma in Yoga Teacher Training.
- 2. Duration** One year (Two Semesters of 6 months each)
- 3. Objectives** The course aims at
 - i) Promoting positive health, prevention of stress related problems and rehabilitation through yoga.
 - ii) Integral approach of Yoga Therapy to common ailments.
 - iii) Imparting skills to the students enabling them to introduce Yoga to improve & maintain health to general public, and Yoga for total personality development of students in schools, colleges and universities.
 - iv) Invoking scientific attitude and team spirit in the students to channelize their energies in creative and constructive endeavors.
 - v) Creating global awareness regarding beneficial aspects of Yoga Teaching.

Syllabus

1. Theory Paper	Marks
1.1. Foundation of Yoga	100
1.2. Elementary Knowledge of Human body	100
1.3. Physiology of Yogic Practices	100
1.4. Yoga Therapy for Health & Diseases	100
1.5. Yoga Teaching Education	100
TOTAL	500
2. Practicals	
2.1. Asanas Performance	100
2.2. Kriyas and Pranayamas	100
2.3. Mudras-Bandhas, Mantras and Meditation	100
TOTAL	300
GRAND TOTAL	800

For the setting of theory question papers the following rules should be observed.

- Each question paper will be of 100 marks. The paper shall be set by the external examiner. Each paper should be of three hours duration.
- Each question papers for theory will comprise of FIVE UNITS as per syllabus. Two questions will be set from each unit. The candidates will be required to attempt ONE question from each unit. Each question will be of 20 marks.
- Each question paper will be of 100 marks. The paper shall be set by the external examiner. Each paper should be of three hours duration.

Paper- 1.1 (Foundations of Yoga)

Unit - I Introduction to YOGA

- i) Introduction, Meaning and Definitions of Yoga. Classification of Yoga. Purposes and aim of Yoga.
- ii) Historical development of Yoga in ancient time with special reference to Vedas, Upnishadas, Ramayana, Geeta, Buddha, Jain, Patanjali and Hathyoga and Guru Nanak period.
- iii) Historical development of Yoga in post classical time to modern time with special reference to Swami Vivekananda, Maharsihi Raman, Aurobindo, Yogananda, Swami Rama, Swami Dhirender Brahmchari, Osho, Swami Mahesh Yogi and Swami Ramadev.

Unit - II Introduction to Yogic Texts

- iv) Patanjali's Yoga Sutras : Introduction of Four Padas, Nature of Chitta Virities and method to control them. Detail of Ashtang-yoga.
- v) Hathyoga Pradipika and Gherand Samihta : Introduction of Four Updeshas and their brief description of contents.
- vi) Shri Madh-Bhagwat Geeta : Nature and types of Yoga and symptoms of a Yogi.

Unit - III Philosophy of Yoga

- vii) Indian Philosophy : Meaning, aims and objectives, Shankhya philosophy and its 25 elements, Ignorance and method for liberation.
- viii) Yoga Philosophy : Nature of Chitta, Method of chitta control, Types of Samadhies, Concept of Ishwara.

Unit - IV Ancient Yoga Masters

- ix) Brief life sketch and their contribution in yoga science : Maharsihi Patanjali and Swami Gorakhnath.
- x) Life history and contribution in the development of yoga by Swami Vivekananda and Shri Aurbindo.

Unit – V Modern Yoga Masters

- xi) Brief life sketch and their contribution in yoga science: Swami Dhirender Brahmchari and Osho.
- xii) Brief life history and contribution in the development of yoga by Swami Mahesh Yogi and Swami Ramadev.

REFERENCE BOOKS:

1. Rajayoga – Swam 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 Niranjananada-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.
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Paper- 1.2 (Elementary Knowledge of Human Body)

Unit - I

- i) Concept of Human cell, tissue, organ and system.
- ii) Skeletal System: Composition of Bone. Joints and their types, Structure and functions of Skelton system and name of all the bones.

Unit-II

- iii) Muscular System: Structure and functions, Types of muscles, muscular contraction and Fatigue.
- iv) Circulatory System: Composition and function of Blood. Structure and functions of heart, veins and arteries.

Unit-III

- v) Respiratory System: Structure and Functions of Respiratory organs. Mechanism of respiration.
- vi) Digestive System: Structure and functions of Digestive organs and digestive juices.

Unit-IV

- vii) Excretory System: Functions of excretory organs.
- viii) Endocrinal Glands: Situation and Functions of all the Endocrinal Glands.

Unit-V

- ix) Nervous System: Structure, Types and functions.
- x) Basic Metabolic Rate: Meaning, nature and coordination with yogic practices.

REFERENCE BOOKS:

1. Human Physiology, C.C. Chatterjee (1992) Alaknanda Press, Kolkata.
 2. Anatomy and Physiology for Nurses.
 3. Illustrated Physiology by Ann B Menaught
 4. Human Anatomy, B. D. Chaurasia (1993) C B S Publishers, Shahdra, Delhi.
 5. Human Anatomy: Inderbir Singh (1984). Macmillan India Ltd., New Delhi.
 6. A text book of Medical Physiology – Guyton.
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Paper- 1.3 (Physiology of Yogic Practices)

Unit - I

- i) Shatkarma: Meaning, types, technique, aim – objectives and physiological basis.
- ii) Yoga – Asanas : Meaning, definition, aims and objectives, Classifications, rule-regulations, precautions and their Psycho-somatic effects.

Unit-II

- iii) Pranayamas : Meaning, definition, types, aims and objectives, Classifications, rule-regulations, precautions and their Psycho-somatic effects.
- iv) Bandhas and Mudras : Meaning, definition, types, aims and objectives, Classifications, rule-regulations, precautions and their Psycho-somatic effects.

Unit-III

- v) Yogic and Non-yogic exercises: comparative study and benefits of both on human body.
- vi) Meditation and Yoga Nidra : Meaning, classification, techniques, preparations, effects on human body, mind and soul.

Unit-IV

- vii) Yoga Therapy: Meaning, Principles, Main feature and tools, scopes and limitations.
- viii) Concept of Tridosha and Malas. Their sites, properties and functions in the body.

Unit-V

- ix) Concept of Nadies, Chakras, Kundalini and Prana in Yoga practices.
- x) Yogic Diet, behavior and counselling, special reference with Yama, Niyama, Pratyahara and Yogic way of living style. Importance of yoga practices in modern era.

REFERENCE BOOKS:-

1. Anatomy and Physiology of Yogic Practices – M. M. Ghore, Kaivalyadhama, Lonavala, Pune.
 2. A systemic course in the ancient tantric techniques of yoga and kriya – Bihar School of Yoga, Munger.
 3. Yoga therapy by Swami Kunalayanand, Kaivalaya dhama, Lonavala.
 4. Yogic therapy: Swami Shivananda, Umachal Yoga Ashram, Kamakhya, Assam.
 5. Light on Pranayama – B.K.S. Iyengar. Harper Collins Publishers, New Delhi.
 6. Asana, Pranayama, Mudra, Bandha – Swami Satyananda Saraswati, Bihar School of Yoga, Munger
Bandhas & Mudras – by Swami Geetananda, Anandashrama, Pondicherry
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Paper- 1.4 (Yoga Therapy for Health & Diseases)

Unit - I

- i) Health and Disease: Meaning, concept, causes, Healthy habits special reference with yogic view.
- ii) Meaning, Causes, Symptoms and Yoga therapy for : Obesity, Indigestion, Constipation & Acidity.

Unit-II

- iii) Meaning, Causes, Symptoms and Yoga therapy for : Cold/cough, Asthma, Diabetes, High and low blood pressure.
- iv) Meaning, Causes, Symptoms and Yoga therapy for : Arthrities, Sciatica, Backache, Cervical spondylosis.

Unit-III

- v) Meaning, Causes, Symptoms and Yoga therapy for : Thyroid (Hyper and Hypo), Migraine, General Eye's weakness and General Heart Problems.
- vi) Meaning, Causes, Symptoms and Yoga therapy for : Piles, Gastric problem, Epilepsy and disorders of neural system.

Unit-IV

- vii) Mental Disorders: Stress, Tension and their meaning, causes, symptoms and related physical disorders.
- viii) Meaning, Causes, Symptoms and Yoga therapy for : Anxiety and depression.

Unit-V

- ix) Awareness about adverse effects of Drugs, Alcohol and smoking, their Yogic management.
- x) Food: Main constituents of Balanced diet, Deficiency of diseases due to Vitamins and minerals.

REFERENCE BOOKS:-

1. Anatomy and Physiology of Yogic Practices – M. M. Ghore, Kaivalyadhama, Lonavala, Pune.
 2. Yoga for different ailments – series published by SVYASA, Bangalore and Bihar Yoga Bharati.
 3. Yoga for common ailments. Robin Monro, Nagarathna & Nagendra – Guia Publication, U.K.
 4. Yoga therapy by Swami Kunalayanand, Kaivalaya dhama, Lonavala.
 5. Yogic therapy: Swami Shivananda, Umachal Yoga Ashram, Kamakhya, Assam.
 6. Light on Pranayama – B.K.S. Iyengar. Harper Collins Publishers, New Delhi.
 7. Asana, Pranayama, Mudra, Bandha – Swami Satyananda Saraswati, Bihar School of Yoga, Munger
Bandhas & Mudras – by Swami Geetananda, Anandashrama, Pondicherry
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Paper- 1.5 (Yoga Teaching Education)

Unit - I

- i) Concept of Education: Meaning and Nature of Formal, Informal and Non formal education.
- ii) Teaching: Concept, principles of Good Teaching.

Unit-II

- iii) Methods of Yoga Teaching: Lecture, Demonstration and Discussion methods.
- iv) Educational Technology: Role of Mass-Media and other modern technical teaching aids.

Unit-III

- v) Yoga Lesson Planning: Planning of lesson on any Kriya, Asana, Prnayama and Meditaiton.
- vi) Learning: Its meaning, factors affecting learning ability, effect of yoga on learning power.

Unit-IV

- vii) Yoga educational programmes: Yoga training camps, Exhibition, conference and Mass demonstration.
- viii) Effects of Yoga Practices on Student, Teacher and Institute special reference with discipline, health, personality development and moral conducts.

Unit-V

- ix) Acquaintance with important Yoga Educational Centers in India.
- x) Yoga Education : Meaning, Scope in teaching, courses and other professions.

2. Practicals

2.1	Asanas Performance	100
2.2	Kriyas and Pranayamas	100
2.3	Mudras-Bandhas, Mantras and Meditation	100
	TOTAL	300

Practical – I

ASANAS: Compulsory Asanas

A. STANDING POSE

1.Suryanamaskar, 2. Tadasana, 3.Vrikasasana 4.Garudasana, 5.Janusirasana 6.Trikonasana, 7. Chakrasana, 8. Padhastasana, 9.Konasana, 10.Dhruvasana.

B. SITTING POSE

1.Vajrasana 2.Shashangasana 3.Vakraasana 4.Ardhmatsyendrasana 5.Padamasana 6.Yogmudrasana 7.Parvalasana 8.Akaranadhanurasana 9.Ardhpaschimotasana 10.Paschimotan asana 11.Bhadrasana 12.Gomukhasana 13.Bakasana 14.Badhgomukhasana 15.Sukhasana 16.Smastikasana

C. LYING POSE (SPINE FACING GROUND)

1.Sarvangasana 2.Ardhmatsyasana 3.Matsyasana 4.Malasana 5.Chakrasana 6. Pawanmukta Series, 7.Pawanmuktasana 8.Karanpeedasana 9.Shavasana 10.Halasana

D. LYING POSE (STOMACH FACING GROUND)

1.Bhujangasana 2.Ardhshlabhasana 3.Shalabhasana 4.Dhanurasana 5.Makarasana 6.Naukasana 7.Uttanpadasana 8.Nabhyasana 9.Ushtrasana 10.Suptarajasana

OPTIONAL ASANA

1.Telangularasana 2.Kukutasana 3.Mayurasana 4.Shirshasana 5.Vatayansana 6.Ekpadsikandasana

7.Rajkapotasana 8.Natarajasana 9.Garbhasana 10.Puranbhujangasana

PRANAYAMAS (COMPULSORY)

1.Nadishoudhan 2.Ujjai 3.Sitali/shitkari 4.Suryabhedan 5.Chanderbhedan 6.Bhramari 7.Bhastrika

OPTIONAL

1.Ujjai 2.Bhastrika 3.Bhramari

MUDRAS

1.Vatmudra 2.Braham mudra 3.Gyanmudra 4.Chinmudra

BANDHAS (COMPULSORY)

1.Jalandar Bandhu 2.Jihwa Bandha

OPTIONAL

1.Uddiyana Bandha 2.Mula Bandha

Practical – II

KRIYAS (COMPULSORY)

1.Jalaneti 2.Agnisara 3.Kapalabhati 4.Trataka 5.Sutraneti 6.Gajakarani 7.Vastradhauti
8. Madhyamanauli 9.Shankha Prakshalana 10.Kunjai

KRIYAS (OPTIONAL)

1.Nauli 2.Dhand Dhauti 3.Vastra Dhauti 4.Shankhprakshalan

MEDITATION:

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.Yog Nidra

Mantras:

1. Om Chanting
2. Gaytri
3. Mahamrityujaye
4. Swasth (Sarvey Bhwantu Sukhina....)
5. Tamso ma jyotir gamya.....)

REFERENCE BOOKS:

1. Hathayoga Pradeepika – Swami Satyananda saraswati and Swami Muktibodhananda Sarasati, (1993), Bihar School of Yoga, Munger.
 2. Asana, Paranyama, Mudra, Bandha – Swami Satyananda Saraswati, Bihar School of Yoga, Munger.
 3. Gheranda Samhita
 4. Patanjala Yoga Sutra
 5. New perspectives in Stress Management published by SVYASA, Bangalore.
 6. Transcendental Meditation: Maharashi Mahesh Yogi.
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