

BU-COMMUNITY COLLEGE CONSULTANCY CENTRE

REVISED SYLLABUS – 2021-22
FOR
DIPLOMA IN YOGA SCIENCE



BHARATHIAR UNIVERSITY
COIMBATORE-641046

BHARATHIAR UNIVERSITY: COIMBATORE

**DIPLOMA IN YOGA SCIENCE
(Community College)**

(for the candidates admitted from the Academic year 2021-22 onwards)

Minimum qualification for admission to Diploma Course in Office Management and Accounting is a pass in Standard X.

SCHEME OF EXAMINATIONS

S.No	Title of the Course	Credits	Maximum Marks
1	Basic Anatomy and Physiology	4	100
2	Fundamentals of Yoga	4	100
3	Yoga and Health	4	100
4	Theory of Yogic Practices	4	100
5	Practical-I- Surya namaskar and Kriyas	4	100
6	Practical-II- Pranayama and Asanas	4	100
7	Practical-III – Meditation, Bhandas and Mudras	4	100
8.	Teaching Practice	4	100
	Total	32	800

Question paper Pattern: Theory

Section A: (10 x 2=20 Marks)

Answer ALL the questions

Section B: (5 x 6 = 30 Marks)

Answer ALL the questions either (a) or (b)

Section C: (5 x 10 = 50)

Answer ALL the questions either (a) or (b)

Duration of examinations for all papers is three hours.

*Minimum Pass Mark: 40 Marks

PAPER I**BASIC ANATOMY AND PHYSIOLOGY**

Unit:1	Introduction	
Meaning, Need and importance of anatomy and physiology in the field of physical education Introduction of cell and tissues- The arrangement of the skeleton-Axial system & appendicular system - joints of the body and their types - Muscular system, components-Types of muscles.		
Unit:2	Circulatory System	
Blood and circulatory system: Function of the blood- blood groups and blood transfusion, clotting of blood - Structure of the heart- functions of the heart, circulation of blood, cardiac cycle, blood pressure and Cardiac output. Lymphatic system and immune system		
Unit:3	Respiratory System	
The respiratory system: respiratory passage- the lungs and their structure and exchange of gases in the lungs, mechanism of respiration (internal and external respiration) lung capacity, tidal volume- The digestive system: structure and function of the digestive system		
Unit:4	Excretory System and Endocrine System	
The excretory system: structure and function of the kidneys and the skin - The endocrine glands: function of glands pituitary, thyroid, parathyroid, adrenal, pancreas, and Thymus Pineal glands.		
Unit:5	Nervous system	
Nervous system: function of the autonomic nervous system and central nervous system - Reflexion, brain and spinal cord.		
Reference Books		
1	Waugh Anne & Grant Allison (2014) Anatomy and Physiology, Churchill Livingstone Publication.	
2	Anatomy Physiology (2002) Lippincott Williams and Wilkins	
3	Graaft Vanje (1995) Human Anatomy, Boston, MC.Graw Hill Publishing	
4	William Arnold-Taylor (1998), A textbook of Anatomy and physiology, Nelson Thornes publisher	

PAPER II
FUNDAMENTALS OF YOGA

Unit:1	Introduction	
Origin of Yoga - History and Development of Yoga - Meaning of Yoga & its importance -Yoga as a Science of Art (Yoga Philosophy) - Asthang Yoga, Meaning of meditation and its types and principles, Meaning of Asana, its types and principles -Meaning of Pranayama –its types and principles-Meaning of Kriya its types and principles.		
Unit:2	Different schools of Yoga	
Introduction to Schools (Streams) of Yoga - Yoga Schools with Vedanta Tradition (Jnana, Bhakti, Karma and Dhyana)-Yoga Schools with Samkhya-Yoga Tradition (Yoga of Patanjali) - Yoga Schools with Tantric Tradition (Hatha Yoga, Swara Yoga and Mantra Yoga). Bihar School of Yoga, Integral Yoga, Vedathriam, Isha yoga, Viniyoga, power yoga, Sivanada yoga, Kundalini yoga, Zen yoga, laughter yoga, Iyengar yoga, chair yoga, face yoga, yoga in tirumoolar tirumandiram, art of living, bhrama kumaris raja yoga, bab ram dev school of yoga.		
Unit:3	Different forms of Surya Namaskar	
Significance, procedure, types of Surya namaskar by various schools (Bihar school of yoga, Moraji desai school of yoga, integral yoga and others), chair surya namaskar with names of each pose, mantra to be chanted while practicing surya namaskar.		
Unit:4	Ministry of Ayush	
History, guidelines, yogic prescription, Schemes and guidelines of AYUSH, Age guidelines for yogic practice, Yogic packages for various age groups, role of Yoga in development of human society.		
Unit:5	Establishing a yoga center	
Principles of Yogic Practices, Space and construction guidelines, Best time to practice Yoga, Cautions for yogic practices, Costume Guidelines, Qualities of a yoga teacher, qualifications to be a certified teacher, Criteria to designing a Yoga schedule, A model yoga schedule.		
Reference Books		
1	Ulrich Timme Kragh (2013), The Foundation for Yoga Practitioners: Harvard University, Department of South Asian Studies Publisher	
2	Kamkhya kumar (2012), Yoga Education, New Delhi; Shipra publication.	
3	Mark Stephens (2010), Teaching Yoga; Essential Foundations and Techniques; North Atlantic Books. Yoga Yoga Education; Education Publishing.	
4	Shekar (2003), Yoga for Health; Delhi; Khel Sahitya Kendra Brahmachari Amaldas Bode Lilly	

PAPER III
YOGA AND HEALTH

Unit:1	Introduction	
Definition & Importance of Health According to WHO - Dimensions of Health: Physical, Mental, Social and Spiritual-Concept of Health and Disease in Indian Systems of Medicine i.e. Ayurveda, Naturopathy		
Unit:2	Yoga and Well being	
Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living -Concept of Bhavas and Bhavanas with its relevance in Health and well-being. Mental health, impact of yoga on mental health, importance, different mental illnesses. Types of emotions, emotional imbalances		
Unit:3	Fundamentals of Yogic Diet	
Yogic Diet - General Introduction of Ahara - Concept of Mitahara - Classification in Yogic diet according to traditional Yoga texts - Diet according to the body constitution (Prakriti) –Vata, Pitta and Kapha as also Gunas – satvic, tamasic and rajasic gunas and food choices. Importance of Yogic Diet and its role in healthy living - Yogic Principles of Healthy Living: Ahara, Vihara, Achara and Vichara		
Unit:4	Essentials of Yogic Diet	
Understanding the Hunger – Rejoicing the Taste – Mindful eating – Understanding the water intake – Foods to be avoided – Understanding the Digestion – Toxics in food and its effect –Preservatives - Perceiving the body’s need – Making up the Mind – Food – Ventilation –Sleep–Avoiding Drugs, yogic diet chart		
Unit:5	Concept of Yoga and cosmic energy	
Yogic Concept to Health and Disease: Concept of Adhi and Vyadhi-Meaning and definitions-Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in.		
Reference Books		
1	Om shanthi (2011) Pranayamas, Mudras, Kriyasy Bandhas; The Om Shanti Group Publisher	
2	SUE (2002) ; The Complete Guide to Understanding and practicing yoga. Caxton and Editions.	
3	Dwiredi.A.N.(1991).Yogait’s nature form and scope. Today’s tomorrow’s publication.	
4	Gharote & Ganguly (1988); Teaching Methods or Yogic Practices Lonawala; Kaixydahmoe	

PAPER IV**THEORY OF YOGIC PRACTICES**

Unit:1	Asanas	
Asana- meaning, definition, importance, Classification by level -beginner, intermediate and advanced, classification by posture- standing, sitting, long sitting, bending, kneeling, pronelying, supinelying-Classification by type–meditative asana, relaxative asana, cultural asana-technique and benefits.		
Unit:2	Kiriyas, bandhas and mudras	
Sathkiriyas, meaning and importance, - Kapalabhati, Neti, Trataka, Nauli, Dhouti, Bhasti;Bhandhas- meaning and importance, Mula Bandha, Jalandhara Bandha, Uddiyana Bandha, Maha Bandha-technique and benefits of kiriyas and bhandhas, Mudras-meaning, importance, technique and benefits.		
Unit:3	Pranayama	
Pranayama meaning and importance, Deergaswasam or deep breathing, Nadisudhi, Nadi-Shodhana, Ujjayi, Bhastrika, Bhramari, Sheetal, Shitkari Pranayama- technique and benefits. Purakha kumbaka and rechaka ratio		
Unit:4	Concentration and meditation	
Dharana, Mindful breathing, dharana-object gazing, jothi gazing, Nasal gazing, Frontal gazing; Dhyana, focused attention, body scanning and visualisation, resting awareness, rajayoga meditation, transcendental meditation, mantra meditation, guided meditation, positive energy meditation, music meditation, Isha meditation, Zen meditation, vipasana meditation, chakra meditation.		
Unit:5	Therapeutic yoga	
Yogic therapies and modern concept of Yoga – Naturopathy – Meaning and importance of prayer - Psychology of mantras -Yogic-therapy for different diseases – Cold cough, headache, Constipation, Acidity, Obesity, Asthma, hypertension, diabetes, poly cystic ovaries, menstrual irregularitis and disorders, infertility, stress, anger management, anxiety depression, memory, concentration and eye problems for students, insomnia, sleep apnea, loss of appetite, pain management, back pain, knee pain, disc prolapse, neck pain, yoga for covid prevention, yoga for covid symptomatic and asymptomatic, anti aging yoga, facial yogic exercises.		
Reference Books		
1	Brown, F, Y. (2000); How to Use Yoga; Delhi: Sports Publication. Dr.Latha (1999); Yoga Exercise; India; Yoga publication trust.	
2	Shankar (1998); Holistic approach of yoga; New Delhi: Aditya Publishers.	
3	Margaret & Marlin (1996); Yoga for Your life; Starting publishing co.Inc.	
4	Rajjan (1985) Yoga Strengthening of Relaxation for Sports Man; New Delhi; Allied Publishers.	
5	Griffths (1981) Yoga and Contemplation; London; Darton, Longman and todd.	

PAPER V
PRACTICAL I

Suryanamaskar and Kriyas	
Loosening exercises	Sithilikarana vyayama
Surya Namaskara (Techniques, Salient Features, Benefits)	
Suryanamaskar Suryanamaskar must be practiced traditionally and the variation in Suryanamaskar may be taken into consideration. Various schools, chair suryanamaskar	
Kriya	
Neti (Jala Neti & Suthra Neti)	
Dhauti (Vamana Bhauti, Vasthra Dhauti, dhanda dauti) Danta Dhauti, Antar Dhauti, Hrid Dhauti, Moola Shodhana Dhauti	
Nauli Madhyama Nauli, Vama Nauli, Dakshina Nauli	
Trataka Yogic eye exercise-nethra vyayama, yogic eye care, palming, warming, cupping, eye washing, yogendra trataka, bhagiranga trataka	
Kapalbhati Vatakrama Kapalbhati, Vyutkrama Kapalbhati, Sheetkrama Kapalbhati	
Bhasti Nirhua Basti (Decoction Enema) - mainly herbal decoction and small amounts of oil, Anuvasana Basti (Oil Enema) - mainly warm oils with small amounts of her baldecoction. Brihmana Basti (Nutritive Enema) - warm milk, meat broth, bone marrow soup etc.	

PAPER VI
PRACTICAL II

Pranayama and Asana	
Pranayama	
Breath awareness-Sectional breathing deergaswasam–Nadishuddhi–Nadisodhana, Bhastrika – Ujjai - Cooling pranayama (Sitali, Sitkari and Sadanta) -Bhramari – Pranayama (with Antar & Bahya Kumbhaka), plavini, moorcha.	
Asanas	
(Yogic postures) Standing Postures Ardhakatichakrasana, Hastapadasana, Ardhasakrasana, Trikonasana, Parivrittatrikonasana, Parsvakonasana, Veersana, Sitting postures- Paschi mottanasana, Suptavajrasana, Ardhamatsyendrasana, Vakrasana, Marichasana, Malasana, Badhakanasana, Merudandasana, Akarnadhanurasana, Gumukhasana, Prone postures Bhujangasana, Salabhasana, Dhanurasana, Urdhvamukhosvanasana, Makarasana,Supine postures Halasana, Chakrasana, Sarvangasana, Matsyasana, Shavasana, Setubandhasana, Balancing postures Vrikshasana, Garudasana, Namaskarasana, Tittibhasana, Natrajasana.	

PAPER VII**PRACTICAL III**

Meditation, Bandhas and Mudras	
Meditation	
Practices leading to Meditation: Pranav and Soham Japa, Yoga Nidra (1,2,3), Antarmauna, Ajapa Dharana (Stage 1,2,3), Practices leading to Breath Meditation, Practices leading to Om Meditation, Practices leading to Vipassana Meditation, Practices leading to Preksha Meditation Dharana, Mindful breathing, dharana- object gazing, jothi gazing, Nasal gazing, Frontal gazing; Dhyana, focused attention, body scanning and visualisation, resting awareness, rajayoga meditation, transcendental meditation, mantra meditation, guided meditation, positive energy meditation, music meditation, Isha meditation, Zene meditation, vipasana meditation, chakra meditation.	
Bandhas	
Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha	
Mudras	
Yoga Mudra, Maha Mudra, Shanmukhi Mudra, Tadagi Mudra, Vipareet Karni Mudra, maximum out of 399 mudras	

PAPER VIII

TEACHING PRACTICE

Teaching Practice
Practical Teaching Practice Practice of teaching of five lesson plan for any illness with yogic diet chart as assignment (Three asanas, one Pranayama and one Kriya as micro teaching lesson) on lesson format with chart and Viva-voce.