

Karnataka Samskrit University, Chamarajapete, Bengaluru-18

Syllabus for Diploma in Yoga Course (One Year) (DYS)

Theory & Practical - 2020-2021

S l. N o	Paper	Su b Co de	Subject Title	Total Marks (I+T)	No. of Teaching Hours & Credits	Faculty Name	Reference Books
1	Paper-1	DYS01	Principles of Yoga and Sanskrit Grammar	20+80=100	60 Hrs 5:0:0	Dr.Rishidev Bargav & Dr.Anupama	Yoga Deepika-BKS Iyanger, Yogasanjeevini, Pathanjali yoga sutra-
2	Paper-2	DYS02	Human Biology (Fundamentals of Human Anatomy and Physiology)	20+80=100	60 Hrs 5:0:0	Dr.Manikarnika & Dr.Jaya revanna	Yogavigyana Yogasanjeevini
3	Paper-3	DYS03	Hatha Yoga and Yoga Practices for Common Ailments	20+80=100	60 Hrs 5:0:0	Dr.Jayarevanna	Hatayoga- Swamimuktibhodana da, Hata yoga –Chandra moli S naikar
4	Paper-4	DYSP01	Yoga Practical Level-1: Asana, Pranayama & Dhyana	50+50=100	180 Hrs 0:0:7	Dr.Jayarevanna	Yoga Deepika-BKS Iyanger Pranayama Deepika- BKS Iyanger
5	Paper-	DYSP0	Yoga Practical	50+50=100	200 Hrs	Dr.Jayarevanna	Yogasanjeevini-

	5	2	Level-2: Yoga Teaching and Therapeutic Methods	0	0:0:8		Ayush Department Sakalariguyoga- BKS Iyanger
Total Marks				500			
Total Credits				30			

**Paper-1: Principles of Yoga and
Sanskrit Grammar**

Marks:20+80= 100

Time: 3 Hrs

Credits: 5:0:0

A. FOUNDATIONS OF YOGA

UNIT-I

1. Introduction to origin, history, Evolution of yoga
2. Etymology and definitions of yoga
3. Aims and Objectives of Yoga
4. Misconception of Yoga
5. Branches of Indian Philosophy (Shad-Darshans)
6. Yoga and Sankhya

UNIT-II

1. General introductions to Veda and Upanishads
2. Yoga in Vedic period
3. Yoga in Upanishads

UNIT-III

1. Yoga in Tantra
2. Concept of Nadi, Prana and Kundalini, Hata yoga tradition
3. Yoga from different schools

B. PATANJALI YOGA SUTRAS

UNIT-IV

1. Samadhi pada (sutra 1-16, 24-40)
2. Sadhana pada (sutra 1-17, 28-55)

C. Sanskrit

UNIT-V

1. Varnanmala and Malheshvara Sutras, Svara Sandhi, Karakss, Subanta and Tiganta
(Selected)
2. Vyanjana and Visarga Sandhi

3. Samasa Prakarana (Selected)
4. Vaidyakiya Subhashita, Rogaroga vijnana, Pranayama Vijnana, Vyayama Vijnana and Sharirika Vijnana etc.

Paper-2: Human Biology (Fundamentals of Human Anatomy and Physiology)

Marks:20+80= 100

Time: 3 Hrs

Credits: 5:0:0

A. ANATOMY AND PHYSIOLOGY

UNIT-I: Introduction to basic system

UNIT-II: Respiratory, Cardio-vascular and central nervous system

UNIT-III: Muscular-Skeletal system, excretory system, GI system

UNIT-IV: Reproductive system

B. Physiology of Yoga practices

UNIT-V: Regulatory system of body, physiology of exercises
UNIT-VI: Physiology of Cardio-respiratory system

UNIT-VII: Effect of Kriyas on different systems

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Paper-3: Hatha Yoga and Yoga Practices for Common Ailments

Marks:20+80= 100

Time: 3 Hrs

Credits: 5:0:0

A. HATHA YOGA

UNIT-I: Aims and objective of Hatha Yoga, Lineage of Hatha Yoga, Success and Failure of Yoga, concept of Mitahara, Pathya and Apathya

UNIT-II: Concept of Prana, Pancha Prana and Pranayama, Nadi Shodhana and Kumbhaka Pranayama

UNIT-III: Different Mudras, Bandha and Nadanusandhan

B. YOGA PRACTICES FOR COMMON AILMENTS

UNIT-IV: Diabetes and Hypertension

UNIT-V: Constipation and Back pain

UNIT-VI: Arthritis and Headache

UNIT-VII: Yoga for Menstrual Disorders and Pregnancy

Paper-4: Yoga Practical Level-1: Asana, Pranayama & Dhyana

Marks:50+50= 100

Time: 3 Hrs

Credits: 0:0:7

UNIT I: ASANA

1. Breathing Exercise

- Udara, urha, Greevaswasha, Purna , marjala shwana, kati swahasas

2. Kriyathmaka Vyama

*Padanguli chalane,pada chalane, pada parshva chalane , pada bramana, janusandhi salane, ura sandhi chalane 1,2,3 ,urdhava prasadhitha eka/dwvi pada chalane /bharamana cycleing clockwise- anti clockwise kati chalane

Parsnisandhi chalane, urusandhi chalane prakara , kati sandhi chalane prakara,anguli chalane,sanchalane ,

3. Surya Namaskar- Including bejakshara surya mantras (*as per yoga sanjevini -start with right leg)

4. Standing asana: Tadasana,& Prakaras , Ardakati chakrasana, Trikonasana,

Veerabhadrasana-1,2,3, Utkatasana &Prakaras ,parirutha trikonasana , Pachima namskara asana,Arda chakrasana , Garudasana, , Vrushasana& Prakaras

5. Sitting Asana : Vajrasana, Bhaddakonasana, Siddhasana, Simhasana

*Padmasana , Gogamukhasana ,Veerasana,

Matsyasana Lolasana, Kukkutasana

6. Forward bending asana: Janu sirsana,

Paschimottasana, Koormasana, padangusta shuptha

upavista konasana

7. Backward Bending Asana: Bhujangasana, & Prakaras, Shalabhasana, Dhanurasana,

Chakrasana,Utrashrasana ,Suptha vajrasana,

8. Spinal twist asana: Vakrasana, Ardha matsyendrasana, Marichasana &prakaras, Jatara

parivathanasana,suptha padangustasana, ananthasana

9. Inverted asana: Vipreet karani, Sarvangasana, Halasana, Shirsasna,

10. Balancing asana: , Bakasana, Bhujapidasna, Merudandasana Hamsasana, Mayurasna, Samatolasana, Navasana
11. Meditation asana: Sukhasana, Ardha padmasana, Padmasana, swastikasana, Siddhasana
12. Relaxation asana: Shashankasana, Makarasana Pawanamuktasana
13. Shavasana.

UNIT-II: PRANAYAMA

Anuloma Viloma, Candra/Surya aniloma, Chandra/surya Bhedana, Nadi shodhana , sadantha, Ujjai, sheethali, sheethakari, Bhastrika – Kapalabhati – Bhramari .

UNIT-III: MUDRA

Gyana, Chin, Chinmaya, Varuna, Vayu, Akasha, Pruthvi, Yoni, Linga, Bhairav, Apana, Apana Vayu, Adi, Chinmaya, Shambhavi, Nasikagra, Aswini, Vipareetkarni, Shanmukhi, Yoga, Prana, Vajroli and Sahjoli, etc.,

UNIT-IV: BHANDHA

Jalandhar bandha, Uddiyana bandha, Moolabandha, Maha bandhas

UNIT-V: MEDITATION

Yoga Nidra, Ajapa japa, antar mouna, Om chanting, Tratak, Mantra Japa

UNIT-VI: SHATKARMA

Laghoo shankhprakashala, Kunjal Kriya, Neti

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Paper-5: Yoga Practical Level-2: Yoga Teaching and Therapeutic Methods

Marks:50+50= 100

Time: 3 Hrs

Credits: 0:0:8

UNIT-I: Yoga teaching methods for schools and others etc.

UNIT-II: Asana- Standing, sitting, Supine, Balancing, Forward bandings, backward

bandings UNIT-III: Pranayama – Basics Pranayama, Suryabheda, nadi shodhana, sheetali,

Seetakari, UNIT-IV: Bramari, Bhastrika, Kapalbhata, Jjjai, etc

UNIT-V: Mudras- Chin mudra, Gyna mudra, Adhi mudra and Pancha mudras

etc., UNIT-VI: Meditation- Om chanting, Trataka, yoga nidra

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