

# Karnataka Samskrit University, Chamarajapete, Bengaluru-

## 18

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

#### Theory & Practical - 2021-2022

Sl. No	Paper	Sub Code	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- Sawmi adidevananda
2	Paper-2	DYS02	Human Biology	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, Hatha yoga –Chandra moli S naikar
4	Paper-4	DYSP01	Yoga Practical Level-1: Asana, Pranayama & Dhyana	50+50=100	180 Hrs 8:0:0	Dr.Jayarevanna	Yoga Deepika-BKS Iyanger Pranayama Deepika- BKS Iyanger
5	Paper-5	DYSP02	Yoga Practical Level-2: Yoga Teaching and Therapeutic Methods	50+50=100	200 Hrs 8:0:0	Dr.Jayarevanna	Yogasanjeevini- Ayush Department Sakalariguyoga- BKS Iyanger
<b>Total Marks</b>				<b>500</b>			

<b>Total Credits</b>	<b>29</b>			
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**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 Vijana and Sharirika Vijnana etc.

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**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

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## **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 swhasas
2. Kriyathmaka Vyama
  - \*Padanguli chalane,pada chalane, pada parshva chalane , pada bramana, janusandhi salane, ura sandhi chalane 1,2,3 ,urdhava prasaditha 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, Shirasana,

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, Chandra/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 shankhprakhshala, 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, Kapalbhati, 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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