



**DR. B. R. AMBEDKAR UNIVERSITY-  
SRIKAKULAM**

**Department of Yoga and Physical Education**

**Programme: Diploma in Yoga**



**Dr. B. R. AMBEDKAR UNIVERSITY, SRIKAKULAM**  
**Department of Yoga and Physical Education**  
**Diploma In Yoga**  
**(W.E.F.Academic Year 2018)**  
**About Diploma In Yoga Programme**

**1. Programme Objective: (Diploma in Yoga)**

1. The purpose of the Diploma in Yoga is to impart knowledge of yoga to graduates in order to enable them to teach yoga to the students in schools and colleges and to the interested public of all age groups.
2. To provide the necessary knowledge of the theory and practice of yoga so that the students learn to practice and also to teach yoga to all age groups for promoting their health and effectiveness
3. To give them a basic understanding of Yoga and its nature, scope, Development of yoga through the ages, Different types of yoga like Karma Yoga, Bhakti Yoga, Jnana Yoga, Raja yoga, Hatha yoga and Mantra Yoga, Meditation and Its nature and scope, Different types of meditation, the concepts Hatha Yoga Pradipika and Gheranda Samhitha, Chakra theory and Kundalini yoga and relevance to the modern life.
4. To provide the necessary knowledge of human anatomy & physiology of Cell structure. systems in the body like Skeletal system, Muscular system, Digestive system, Circulatory system, Respiratory system, Excretory system, Endocrine system, Nervous system and Reproduction. Also knowledge about Nutrition and dietetics.
5. To provide the necessary knowledge of nature ,characteristics and development of Indian philosophy, Indian Philosophical systems like Vedic thought, Nyaya Philosophy, Vaisesika Philosophy ,Samkya Philosophy and Sankara philosophy.
6. To give them a basic understanding of Definition of psychology, Methods of psychological sciences like Introspection method, Observation method, Case study method and Observation method. To aware of Scope and substance of Indian

Psychology, Cognitive process like Sensation, Perception, Attention, Memory, Language, Thinking, Concept formation and creativity, Extra sensory perception, Fundamentals of Attitudes, learning, motivation and emotion. And aware of Yoga Psychology and Definition & characteristics of Personality and Indian approaches to Personality.

7. To provide the necessary knowledge of Kriyas, Asanas, Mudras, Bandas, Pranayama and meditative postures.

## **2. Programme Outcomes:**

1. The student can understand the knowledge about the theory and practice of Yoga and its nature, scope, Development of yoga through the ages, Different types of yoga like Karma Yoga, Bhakti Yoga, Jnana Yoga, Raja yoga, Hatha yoga and Mantra Yoga, Meditation and Its nature and scope, Different types of meditation, the concepts Hatha Yoga Pradipika and Gheranda Samhitha, Chakra theory and Kundalini yoga and relevance to the modern life.
2. The student can understand the knowledge of human anatomy & physiology of Cell structure. Systems in the body like Skeletal system, Muscular system, Digestive system, Circulatory system, Respiratory system, Excretory system, Endocrine system, Nervous system and Reproduction. Also knowledge about Nutrition and dietetics.
3. The student can understand the knowledge of nature, characteristics and development of Indian philosophy, Indian Philosophical systems like Vedic thought, Nyaya Philosophy, Vaisesika Philosophy, Samkya Philosophy and Sankara philosophy.
4. The student can understand the knowledge of nature, characteristics and development of Indian philosophy, Indian Philosophical systems like Vedic thought, Nyaya Philosophy, Vaisesika Philosophy and Samkya Philosophy, The Patanjali Yoga Darsana and Mimamsa Darsana, Jainism, Buddhism, Sankara, Visistadvaita Vedanta of Ramanuja and Dvaita Vedanta of Madhvacharya.
5. The student can understand the knowledge about Definition of psychology, Methods of psychological sciences like Introspection method, Observation method, Case study method and Observation method. To aware of Scope and substance of Indian Psychology, Cognitive process like Sensation, Perception, Attention, Memory, Language, Thinking, Concept formation and creativity, Extra sensory perception,

Fundamentals of Attitudes, learning, motivation and emotion. And aware of Yoga Psychology and Definition & characteristics of Personality and Indian approaches to Personality

6. The student can understand the knowledge of knowledge of Kriyas, Asanas, Mudras, Bandas, Pranayama and meditative postures.

### **Regulations:**

The candidates for 6 Months Diploma in Yoga shall be required:

1. To have passed Intermediate of the recognized board or an examination recognized by the reputed institute as equivalent.
2. The admissions into the 6 Months shall be made by the Dr. B.R. Ambedkar University-Srikakulam.
3. Number of seats for admission into 6 Months are 40.

### **Physical fitness:**

The selected candidates must be in good physical and mental health and fit to practice yoga as certified by a physician.

### **Dress:**

The students shall be required to wear a suitable dress (White) as designed by the University which will permit them to practice yogic exercises comfortably during practical training.

### **Programme of study:**

The 6 Months shall include three theory papers and one practical. The details of these papers are provided in the syllabus.

**Fees: 5,000**

**Classes conducting: 7.00AM-9.00AM/4.00 pm-6.00pm**

### **Instruction:**

The programme duration shall be of Six months. The classes will be conducted from Monday to Thursday with one hour theory and one hour for yoga practices. Practical classes for kriyas will be conducted on Monday. The medium of instruction shall be English and Telugu. The method of instruction shall comprise of lectures and demonstration.

### **Yoga practice:**

The students shall practice kriyas, asanas, bandhas, pranayama, and meditation during the programme on a regular basis. They shall maintain a record consisting of the details of the sequential movements involved in yogic practices. Such a record shall be submitted at the time of the practical examination for evaluation.

**Attendance:**

A student shall be permitted to appear for the University examination at the end of the academic year only if he/she puts in attendance stipulated as per the University rules and regulations. However, in view of the special nature of the course it is desirable that the student shall put in at least 75 per cent attendance to achieve the benefits of the programme.

**Examination:**

The examination pattern for the 6 Months Diploma is a semester end examination. The semester-end examinations are scheduled to be held in one or two weeks prior to the commencement of academic year-end examinations.

**Scheme for semester-end examinations**

Scheme for Ist mid-semester examination

Subject	Marks	Duration of examination
<b>Course – I:</b> Fundamentals of Yoga	10	1 hours
<b>Course-II:</b> Basics of Human Biology	10	1 hours
<b>Course –III :</b> Basics of Indian Philosophy and Psychology	10	1 hours
<b>Course – IV :</b> Yoga Practice	25	2 hours

Scheme for IInd mid-semester examination

Subject	Marks	Duration of examination
<b>Course – I:</b> Fundamentals of Yoga	10	1 hours
<b>Course-II:</b> Basics of Human Biology	10	1 hours
<b>Course –III :</b> Basics of Indian Philosophy and Psychology	10	1 hours
<b>Course – IV :</b> Yoga Practice	25	2 hours

Subject	Marks	Duration of examination
<b>Course – I:</b> Fundamentals of Yoga	80	3 hours
<b>Course-II:</b> Basics of Human Biology	80	3 hours
<b>Course –III :</b> Basics of Indian Philosophy and Psychology	80	3 hours
<b>Course – IV :</b> Yoga Practice	150	5 hours

## Scheme of Teaching:

**Semester:**

Coursecode	Title of the Paper	Compulsory	No. of periods of Teaching per week
Course-I	Fundamentals of Yoga	Compulsory	02
Course-II	Basics of Human Biology	Compulsory	02
Course-III	Basics of Indian Philosophy and Psychology	Compulsory	02
Course-IV	Yoga Practice	Compulsory	04

### **Mode of examination and evaluation for Yoga practice:**

In view of the unique nature of yoga practice, the following mode of evaluation is recommended for yoga practice.

The total marks of 200 for the year-end examination in yoga practice shall be distributed as follows:

External :	Performance	-	70 marks
	Instruction	-	40marks
	Viva-voce	-	20marks
	Records	-	20marks
Internal :	Performance	-	20 marks
	Instruction	-	10marks
	Viva-voce	-	10 marks
	Records	-	10 marks

The semester-end examination in yoga practice will be conducted jointly by an internal and external examiner.

A candidate shall be declared to have passed in a paper, if he/she obtains not less than 40% of marks in that paper and 50% in practical examination. However, the aggregate passing minimum may be 50%. In addition the Director has to certify on the recommendation of the concerned instructor that the candidate has learnt all the prescribed yoga techniques and that he/she is competent to teach them to others. A candidate failing to secure the minimum marks prescribed as above shall have to reappear for the examination. Successful candidates passing the examination in all papers including yoga practice shall be classified as below according to the aggregate percentage obtained.

50% and above but below 60%	:	Second Class
60% and above but below 70%	:	First Class
70% and above	:	First Class with Distinction

Candidates who successfully complete the entire the programme in six months only shall be eligible to be considered for the award of rank of first class with distinction or first class.

## Scheme of Examination as per Credit System

**Semester:**

<b>Course code</b>	<b>Title of the Paper</b>	<b>Exam Duration</b>	<b>Credit marks</b>	<b>Max.Marks</b>	<b>Mid sem(Interna20l)</b>	<b>End Sem.(External valuation)</b>
Course-I	Fundamentals of Yoga	<b>3 Hours</b>	<b>3</b>	<b>100</b>	<b>20</b>	<b>80</b>
Course-II	Basics of Human Biology	<b>3 Hours</b>	<b>3</b>	<b>100</b>	<b>20</b>	<b>80</b>
Course-III	Basics of Indian Philosophy and Psychology	<b>3 Hours</b>	<b>3</b>	<b>100</b>	<b>20</b>	<b>80</b>
Course-IV	Yoga Practice	<b>3 Hours</b>	<b>4</b>	<b>200</b>	<b>50</b>	<b>150</b>

**\* Single valuation**

**Diploma in Yoga**  
**DR.B.R.AMBEDKAR UNIVERSITY- SRIKAKULAM.**

**GRADES AND GRADE POINT DETAILS**

<b>S. No.</b>	<b>Range of Marks</b>	<b>Grade</b>	<b>Grade Points</b>
1.	>70%	O	10.0
2.	60% - 69%	A	9.0
3.	55 % - 59%	B	8.0
4.	50% - 54%	C	7.0
5.	40% - 49%	D	6.0
6.	35% - 39%	E	5.0
7.	< 35%	F (Fail)	0.0
8.	The Grade <b>W</b> represents failure due to insufficient attendance in a year or semester	W	0.0
9.	Incomplete (Subsequently to be change into pass or <b>E</b> to <b>O</b> or <b>F</b> grade in the same semester)	I	0.0

A candidate shall be declared to have passed in each semester paper, if he/she obtains not less than **E** grade, i.e 35% of marks, and **C** grade, i.e 50% in practical examination. However, in each semester examinations, the aggregate passing minimum may be **D** grade, i.e 40%.Only those candidates who appear and pass the examination in all papers of the First and Second semesters, at first appearance are eligible to be placed in **O** grade.



**Course – I: Fundamentals of Yoga**  
**SYLLABUS**

1. Introduction to Yoga:
  - Definition, nature and scope of yoga.
  - Elements of Yoga in Vedic and Upanashadic literature.
  - Development of yoga through the ages.
  - Schools of yoga : Karma Yoga, Bhakti Yoga, Jnana Yoga, Hatha yoga, Raja yoga and Mantra Yoga.
  - Introduction to Yoga Sutras
2. Introduction to Hatha Yoga Pradipika and Gheranda Samhitha
3. Chakra theory and kundalini yoga
4. Meditation. Its nature and scope. Different types of meditation.
5. Relevance of Yoga in modern life

**Reference books:**

Chatterjee, S.C. & Datta, D.M. (1968). An Introduction to Indian philosophy. 7<sup>th</sup> ed. Calcutta: University of Calcutta.

Georg Feuerstein (2002) The Yoga Tradition: Its History, Literature, Philosophy and Practice. New Delhi. Bhavana Books & Prints.

Hiriyana, M (1932/2000). Outlines of Indian Philosophy. Delhi, Motilal Banarasidas

Hume, R.E. (ed.) (1921). The Thirteen Principal Upanishads. London: Oxford University Press.

Joshi, K.S. (1985) Yoga in daily life, Delhi : Orient paper backs

Mahesh Yogi, (1963). Transcendental meditation. New York: New American library.

Naranjo, C and Ornstein, R.E. (1974) On the psychology of meditation, New York: Viking press.

Rama, Swami (1992) Meditation and its practice. Honesdale : Himalayan International Institute of Yoga Science and Philosophy of USA.

Ramarao, R. (2006) Journey to Real self, Yoga chiatanya publications & Yoga consciousness trust, Vijnigiri, VZM.

Rao, P.V.K. (1999). Dhyanam. Nava Sahiti Book House, Vijayawada

Taimni I.K. (1961/1999) The Science of Yoga ( The Yoga Sutras of Patanjali), The Theosophical Publishing House, Adyar.

**Diploma in Yoga**  
**Course – I**  
**Fundamentals Of Yoga**

**Time : 3 hours**

**Max.Marks :80**

**Section – A**

**Answer any four Questions**

**(4 ×5=20)**

1. a) Nature of Yoga.
- b) Yamas, and Niyamas.
- c) Mantra Yoga.
- d) Meaning of 'Ha' and 'Tha'.
- e) Jnana yoga
- f) Pranayamam
- g) Chakras
- h)Meditation

**Section – B**

**ANSWER ALL QUESTIONS.**

**(5 ×12=60)**

- 2) a) Describe the nature and scope of Yoga ?  
(or)  
b) Explain the development of Yoga through the ages?
- 3) a) Describe the outlines of contents of Gheranda Samhita ?  
(or)  
b) What is Hatha yoga? How it differs from RajaYoga?
- 4) a) What is karma yoga ? Discuss.  
(or)  
b) Describe about Nava Vidha Bhakti
- 5) a) Different types of Meditation.  
(or)  
b) Patanjali Ashtanga Yoga.
- 6) a) What is Chakra ? Explain scientific research on Chakras?  
(or)  
b) Explain about Relevance of Yoga in modern life?

## Course – II: Basics of Human Biology

### SYLLABUS

1. Cell structure-tissues-excitability of the cell.
2. Introduction to systems in the body : Skeletal system and Muscular system.
3. Introduction to systems in the body : Digestive system ,Circulatory system, Respiratory system , Reproduction, Excretory system and Endocrine system,
4. Nervous system
5. Nutrition and dietetics: Energy production ,Metabolism of carbohydrates, proteins, lipids, water, Minerals and vitamins.

#### Reference books:

Chaudhari, S.K. (1988). Concise Medical Physiology. Calcutta: New Central Book Agency.

Ganong, W.F. (1967). Review of Medical physiology. Connecticut : Appleton – Lango.

Ghosh, H.N. (1984). Chakrabarti, Ghosh and Sahana's Human Physiology. 2<sup>nd</sup> Ed. Calcutta: The New Book Stall.

Guyton, A.C. (1986). Text book of medical physiology. 7<sup>th</sup> Edition. Philadelphia. WB Sauncers Company.

Keel, C.A., Neil, E and Joels, N. Ed. (1986). 13<sup>th</sup> Edition. Samson-Wright's Applied Physiology, New Delhi: Oxford university press.

West, J.B. Ed. (1985) 11<sup>th</sup> Edition. Best and Taylor's Physiological basis of medical practice. Baltimore : Williams & Wilkins.



## Course – III: Basics of Indian Philosophy and Psychology

### SYLLABUS

1. Indian Philosophy: General nature and characteristics, Development of Indian philosophy.
2. Outlines of Vedic thought, Nyaya, Vaisesika, Sankya, Yoga and Sankara Philosophy
3. Introduction to Psychology: Definition, Nature and Methods of psychology:  
Experiment, observation, introspection, interview and case-study.
4. Yoga Psychology: Concepts of Self and Consciousness, Indian approaches to Personality.
5. Fundamentals of Sensation, Perception, Extra sensory perception(ESP), Attention, Thinking, creativity, Memory Attitudes, learning, motivation and emotion.

#### Reference books:

Chatterjee, S.C. & Datta, D.M. (1968). An Introduction to Indian philosophy. 7<sup>th</sup> ed. Calcutta: University of Calcutta.

Hiriyana, M (1932/2000). Outlines of Indian Philosophy. Delhi, Motilal Banarasidas  
Naranjo, C and Ornstein, R.E. (1974) On the psychology of meditation, New York: Viking press.

Parameswaran, E.G. (1989). Invitation to psychology. Neel Kamal Publishers, Hyderabad

Radhakrishnan, S. & Moore, A.C. (1957). A Source Book of Indian philosophy. London: George Allen & Unwin Ltd.

Radhakrishnan, S. (1920). Indian Philosophy, Vol.1 & 2. London: George Allen & Unwin.

Sinha, J. (1986). Indian Psychology (Vol.I and II). Delhi, Motilal Banarasidas.

**Course – III**

**Basics of Indian Philosophy and Psychology**

**Time : 3 hours**

**Max.Marks :80**

**Section – A**

**Answer any four questions**

**(4 ×5=20)**

1. a) Moral values.
- b) Intellectualism & psychological basis.
- c) Vedas.
- d) Four Purushardas.
- e) Define psychology.
- f) Self .
- g) Perception.
- h) Creativity.

**SECTION – B**

**ANSWER ALL QUESTIONS.**

**(5 ×12=60)**

- 2) a) Explain the nature and Development of India Philosophy ?  
(or)  
b) Write an essay on Vedic thought ?
- 3) a) Explain the Evolutionary theory of Sankya Philosophy?  
(or)  
b) Describe Sankara Advaita Vedanta ?
- 4) a) Explain sage Patanjali Yoga Darshanam  
(or)  
b) Explain about methods of Psychology?
- 5) a) Explain about concept of Consciousness.  
(or)  
b) Explain about fundamentals of learning, motivation and Emotions.
- 6) a) Explain about ESP.  
( Or)  
a) Define Personality? Explain about Indian approaches to Personality?

## Course –IV: YOGA PRACTICE

### SYLLABUS

The students are required to learn to practice and also teach the following. They are to maintain a record which consists of the step by step details of the yoga practices along with an account of the possible benefits of the practices.

The principles, which should be adopted in practice, are the following:

1. Proper gradation in order of flexibility, balance and difficulty in performance.
2. Each asana is to be analyzed into intermediate positions in a natural sequence of movement.
3. For purposes of class training each movement to be associated with a count to reach the final pose.
4. Rhythmic breathing should be observed. When the chest is in the expanding position inspiration should take place. In the contracting position expiration should take place rhythmically with movement. In certain asanas duration of retention is important.
5. Proper relaxation should be allowed in between the batches of asanas.

#### **Sukshma vyayamam**

#### **Kriya Practicals:**

1. Neti - Jala and Sutra
2. Dhauti – Jala
3. Kapalabhati
4. Trataka

#### **Bandha Traya:**

1. Jalandharabandha
2. Moolabandha
3. Uddiyanabandha

#### **Pranayama:**

1. Nadisuddhi
2. Suryabhedana
3. Seetali
4. Sitkari

#### **Asanas:**

#### **Meditative postures:**

1. Sukhasana
2. Swastikasana
3. Ardhapadmasana
4. Padmasana
5. Siddhasana
6. Vajrasana

#### **Relaxation postures:**

1. Shavasana
2. Makharasana
3. Matsya kridasana

### **Suryanamaskara:**

1. Pranamasana
2. Hasta uttanasana
3. Padahastanasana
4. Aswasanchalanasana
5. Dandasana
6. Ashtangasana
7. Bhujangasana
8. Parvatasana

### **Standing postures:**

1. TiryakTadasana
2. Trikonasana
3. Parivrita Trikonasana
4. Veerabhadrasana
5. Katichakrasana

### **Balancing Postures:**

1. Tadasana
2. Vrikshasana
3. Natarajasan
4. Ekapadasana
5. Grudasana
6. Pada Angustasana

### **Sitting postures:**

1. Bhadrasana
2. Virasana
3. Ardha-matsyendrasana
4. Ushtrasana
5. Suptavajrasana
6. Shashankasana
7. Simhasana
8. Marjariasana
9. Shashanka Bhujangasana
10. Yogamudrasana
11. Paschimottanasana
12. Poorvotnasana
13. Lolasana

### **Prone postures:**

1. Sarpasana
2. Bhujangasana
3. Dhanurasana
4. Shalabhasana

### **Supine postures:**

1. Uttanapadaasana
2. Pavanamuktasana
3. Navasana
4. Sethubandasana
5. Chakrasana
6. Yoganidrasana
7. Matyasana

### **Inverted postures:**

1. Vipareetakarini asana
2. Sarvangasana
3. Halasana
4. Sirshasan



**Advanced Postures:**

1.Kurmasana 2.Hamsasana 3.Myurasana  
4.Brahmacharyasan 5.Ekapadgreevasan

**Reference books:**

Iyenger, B.K.S. (1976). *Light on yoga*. London: Unwin Hyman Ltd.

Ramarao,R.(2015).Abook on Anushtana Yoga Veddanta

( Yoga chaitanyaPradeepika)(Telugu) Yoga consciousness trust, VZM.

SatyanandaSaraswati, Swami (1989). *Asana, pranayama, mudra, bandha*.Munger: Bihar School of Yoga.

Swami Muktibodhananda, (ed.) (1985): *Hatha Yoga Pradipika*: Light on Hatha Yoga com. Munger Yoga Publication trust.

Swami Kavalayananda (ed.) (1935). *Asanas*.Lonavla.Kaivalyadhama.

Venkata Reddy, M. ed. (1982).*Hatha Ratnavali*. Arthamuru:

## **Course – I: Fundamentals of Yoga**

**Name of the faculty: Dr.K.Taraka Rama Rao & Dr.V.Aruna**

### **Course objectives:**

- To aware the knowledge of yoga and its nature and development of yoga.
- To learn the knowledge of schools of yoga like Karma Yoga, Bhakti Yoga, Jnana Yoga, Raja yoga, Hatha yoga and Mantra Yoga.
- To learn the information about Chakra theory & kundalini yoga.
- To attain the knowledge of meditation and its types and relevance of yoga to modern life.

### **Course Outcomes:**

- The student can understand the knowledge of yoga and its nature and development of yoga.
- The student can understand the knowledge of schools of yoga like Karma Yoga, Bhakti Yoga, Jnana Yoga, Raja yoga, Hatha yoga and Mantra Yoga.
- The student developed the knowledge of Scientific research on yoga.
- The student understood the information about Chakra theory & kundalini yoga.
- The student has attained the knowledge of meditation and its types and relevance of yoga to modern life.

### **Learning Outcomes Unit wise:**

#### **UNIT I:**

##### **1.Introduction to Yoga:**

- Definition, nature and scope of yoga.
- Elements of Yoga in Vedic and Upanashadic literature.
- Development of yoga through the ages.
- Schools of yoga : Karma Yoga, Bhakti Yoga, Jnana Yoga, Hatha yoga, Raja yoga and Mantra Yoga.
- Introduction to Yoga Sutras

#### **Learning Outcomes:**

- The student can develop to aware the knowledge and understanding about the meaning of Yoga and its nature and scope.
- The student can develop to aware the knowledge and understanding the element of yoga and importance of yoga in vedic and Upanishad period.

- The student can develop to aware the knowledge and understanding the importance of yoga and its developed in different stages.
- The student can develop to aware the knowledge and understanding concept of various types of yoga like Karma Yoga, Bhakti Yoga, Jnana Yoga, Hatha yoga, Raja yoga and Mantra Yoga.
- The student can develop to aware the knowledge and understanding concept of Yoga sutras.

### **Unit II:**

Introduction to Hatha Yoga Pradipika and Gheranda Samhitha

#### **Learning Outcomes:**

- The student can develop to aware the knowledge and understanding concepts of Hatha Yoga Pradipika and Gheranda Samhitha.

### **Unit III:**

Chakra theory and kundalini yoga

#### **Learning Outcomes:**

- The student can develop to aware the knowledge and understanding concept of Chakras like Mooladhara, Swadistana , Manipura, Anhatha, Visudhi, Agna, Bindhu, Sahashra and also aware on Kundalini yoga.

### **Unit IV:**

Meditation. Its nature and scope. Different types of meditation.

#### **Learning Outcomes:**

- The student can develop to aware the knowledge and understanding the meaning of Meditation and its types.

### **Unit V:**

Relevance of Yoga in modern life

#### **Learning Outcomes:**

- The student can develop to aware the knowledge and understanding relevance of Yoga in modern life.

**06.Course Duration:** The course duration is one semesters or 6 months and each period **50 minutes.**

## 07.Course Contents

Unit No.	Units with its Contents/Chapters	No. of Sessions
I	1.Introduction to Yoga: -Definition, nature and scope of yoga. -Elements of Yoga in Vedic and Upanashadic literature. -Development of yoga through the ages. - Schools of yoga : Karma Yoga, Bhakti Yoga, Jnana Yoga, Hatha yoga, Raja yoga and Mantra Yoga. -Introduction to Yoga Sutras	10
II	Introduction to Hatha Yoga Pradipika and Gheranda Samhitha	06
III	Chakra theory and kundalini yoga	04
IV	Meditation. Its nature and scope. Different types of meditation.	03
V	Relevance of Yoga in modern life	02

## 08.Teaching Methods:

The course will use the following pedagogical tools:

- Lecture method
- Demonstration method
- Group Discussion Method
- Use of internet and visual presentation.
- Use of Block board, News paper, Magazines, audio, video clips.

## 09.Evaluation:

A	Continuous Evaluation Component comprising of Assignments / Class Participation / Class test/Presentation on specific topic etc.	-----
B	Mid-Exam	Internal Assessment-20 Marks
C	End –Semester Examination	External Assessment-80 Marks

## 10. Reference Books:

- Georg Feuerstein (2002) The Yoga Tradition: Its History, Literature, Philosophy and Practice. New Delhi. Bhavana Books & Prints.
- Rama, Swami (1992) Meditation and its practice. Honesdale : Himalayan International Institute of Yoga Science and Philosophy of USA.
- Naranjo, C and Ornstein, R.E. (1974) On the psychology of meditation, New York: Viking press.
- Joshi, K.S. (1985) Yoga in daily life, Delhi : Orient paper backs
- Taimni I.K. (1961/1999) *The Science of Yoga ( The Yoga Sutras of Patanjali)*,  
The Theosophical Publishing House, Adyar.
- Hiriyana, M (1932/2000). Outlines of Indian Philosophy. Delhi,  
Motilal Banarasidas.
- Shankara Devananda Saraswati, Swami. (1986) Yogic management of common diseases.  
Munger : Bihar School of Yoga.
- Funderburke, J. (1977). Science studies yoga : A review of physiological data, Honesdale :  
Himalayan International Institute of Yoga Science and Philosophy of USA.
- Udupa, K.N. (1985). Stress and its management by yoga. Delhi : Motilal Banarsidas.
- Goleman, D. (1976) The varieties of meditative experience. New York: Irvington  
publishers.
- Mahesh Yogi, (1963). Transcendental meditation. New York: New American library.
- Johnson, O and Farrow, J.T. Ed. (1977) Scientific research on the transcendental meditation  
program : Collected papers. Vol. 1. Los Angeles : Meru press.
- Ornstein, R.E. (1972). The psychology of consciousness. New York: Viking press.
- Rama, Swami, Ballantine, R and Ajaya, Swami. (1976) Yoga and psychotherapy  
Honesdale: Himalayana International Institute of Yoga Science and Philosophy of  
USA.
- Rao, P.V.K. (1999). Dhyanam. Nava Sahiti Book House, Vijayawada  
Ajaya, Swami (1985) Psychotherapy east and west : A unifying paradigm.  
Honesdale: Himalayan International Institute of Yoga Science and Philosophy of  
USA.

Ramakrishna Rao, K. (1989), Meditation : Secular and sacred. Presidential address to the Indian Academy of Applied Psychology, University of Calcutta.

Reddy, M.V., Murthy, K.J.R., Sahay, B.K. and Prasad, B.N. (2005). Yogic Therapy, Arthamuru, Sri M.S.R. Memorial Yoga Series

Shapiro, D.H. and Walsh, R.N. Ed. (1984) Meditation : classic and contemporary perspectives. New York : Aldine.

Woods, R. Ed. (1980). Understanding mysticism. New York: Image books.

Chatterjee, S.C. & Datta, D.M. (1968). An Introduction to Indian philosophy. 7<sup>th</sup> ed. Calcutta: University of Calcutta.

Dasgupta, S. (1975). A History of Indian philosophy. Vol. 1-5. Delhi: Motilal Banarsidas.

Hume, R.E. (ed.) (1921). The Thirteen Principal Upanishads. London: Oxford University Press.

Radhakrishnan, S. & Moore, A.C. (1957). A Source Book of Indian philosophy. London: George Allen & Unwin Ltd.

Radhakrishnan, S. (1920). Indian Philosophy, Vol.1 & 2. London: George Allen & Unwin.

Sarma C.D. Critical Survey of Indian Philosophy. Motilal Banarasidas, New Delhi

## 10. Websites:-

<https://yoga.edu.in>

<http://yoga.org>

<http://www.yogajournals.org>

## 11. Details of the faculty:-

Name of the faculty	e-mail	Academic Address	For communication..
Dr.K.Taraka Rama Rao Asst. Professor(c)	<a href="mailto:tarak.psy@gmail.com">tarak.psy@gmail.com</a>	Dept. of Yoga and Physical Education	7285913769
Dr.V.Aruna Asst. Professor(c)	<a href="mailto:vangapanduaruna@gmail.com">vangapanduaruna@gmail.com</a>	Dept. of Yoga and Physical Education	9490677790

## **Course– II: Basics of Human Biology**

**Name of the faculty: Mr.KVN Murthy**

### **Course objectives:**

- To aware the knowledge of concept of cell and its nature of structure.
- To learn the knowledge of various systems in the human body like circulatory, Respiratory, Digestive, Reproductive and Excretatory systems, functions of anatomy and physiology of Skeletal system and muscles.
- To gain the knowledge of anatomy and physiology of Digestive system and functions of various glands.
- To learn the information about the importance of diet and nutrition.

### **Course Outcomes:**

- The student can understand the knowledge of concept of cell and its nature of structure.
- The student can understand the knowledge of various systems in the human body like circulatory, Respiratory, Digestive, Reproductive and Excretatory systems, functions of anatomy and physiology of Skeletal system and muscles.
- The student developed the knowledge of anatomy and physiology of Digestive system and functions of various glands.
- The student understood the information about the importance of diet and nutrition.

### **Learning Outcomes Unit wise:**

#### **UNIT I:**

Cell structure-tissues-excitability of the cell

#### **Learning Outcomes:**

The student can develop to aware the knowledge and understanding about the meaning of cell and its nature.

#### **Unit II:**

Introduction to systems in the body : Skeletal system and Muscular system.

#### **Learning Outcomes:**

- The student can develop to aware the knowledge and understanding the element of various systems in the human body.
- The student can develop to aware the knowledge and understanding the concepts of Skeletal system and Muscular system.

### **Unit III:**

Introduction to systems in the body : Digestive system ,Circulatory system,Respiratory system , Reproduction, Excretory system and Excretory system.

#### **Learning Outcomes:**

- The student can develop to aware the knowledge and understanding the concept of Digestive system.
- The student can develop to aware the knowledge and understanding the concept of Circulatory system.
- The student can develop to aware the knowledge and understanding the concept of Respiratory system.
- The student can develop to aware the knowledge and understanding the concept of Reproductive system.
- The student can develop to aware the knowledge and understanding the concept of Excretory system.
- The student can develop to aware the knowledge and understanding the concept of Excretory system.

### **Unit IV:**

Nervous system

#### **Learning Outcomes:**

- The student can develop to aware the knowledge and understanding the elements of Nervous system

### **Unit V:**

Nutrition and dietetics: Energy production ,Metabolism of carbohydrates, proteins, lipids, water, Minerals and vitamins.

#### **Learning Outcomes:**

- The student can develop to aware the knowledge and understanding the importance of diet and nutrition.
- The student can develop to aware the knowledge and understanding the importance of Metabolism of carbohydrates, proteins, lipids, water, Minerals and vitamins.

**06.Course Duration:** The course duration is one semesters or 6 months and each period **50 minutes**.



## 07.Course Contents

Unit No.	Units with its Contents/Chapters	No. of Sessions
I	Cell structure-tissues-excitability of the cell.	04
II	Introduction to systems in the body : Skeletal system and Muscular system.	06
III	Introduction to systems in the body : Digestive system ,Circulatory system,Respiratory system , Reproduction, Excretory system and Excretory system.	06
IV	Nervous system	04
V	Nutrition and dietetics: Energy production ,Metabolism of carbohydrates, proteins, lipids, water, Minerals and vitamins.	05

## 08.Teaching Methods:

The course will use the following pedagogical tools:

- Lecture method
- Demonstration method
- Group Discussion Method
- Use of internet and visual presentation.
- Use of Block board, News paper, Magazines, audio, video clips.

### 09.Evaluation:

A	Continuous Evaluation Component comprising of Assignments / Class Participation / Class test/Presentation on specific topic etc.	-----
B	Mid-Exam	Internal Assessment-20 Marks
C	End –Semester Examination	External Assessment-80 Marks

### 10.Reference Books:

Chaudhari, S.K. (1988). Concise Medical Physiology. Calcutta: New Central Book Agency.

Ganong, W.F. (1967). Review of Medical physiology. Connecticut : Appleton – Lango.

Ghosh, H.N. (1984). Chakrabarti, Ghosh and Sahana's Human Physiology. 2<sup>nd</sup> Ed. Calcutta: The New Book Stall.

Guyton, A.C. (1986). Text book of medical physiology.7<sup>th</sup> Edition.Philadelphia. WB Sauncers Company.

Keel, C.A., Neil, E and Joels, N. Ed. (1986).13<sup>th</sup> Edition.Samson-Wright's Applied Physiology., New Delhi: Oxford university press.

West, J.B. Ed. (1985) 11<sup>th</sup> Edition. Best and Taylor's Physiological basis of medical practice.Baltimore : Williams & Wilkins.

### 11. Details of the faculty:-

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## **Course – III: Basics of Indian Philosophy and Psychology**

**Name of the faculty: Dr.K.Taraka Rama Rao & Dr.V.Aruna**

### **Course objectives:**

- To learn about knowledge of nature and characteristics, Development of Indian philosophy.
- To learn about knowledge of Vedic thought, Nyaya, Vaisheshika, Sankhya, Yoga and Sankara Philosophy.
- Introduction to Psychology is to communicate knowledge of definition of nature of Indian psychology.
- To learn about methods of psychology like Introspection method, observation method, Experimental method and Case study method.
- To learn about the concept Yoga psychology, Self and Consciousness in the direction of Indian Psychology.
- To learn about the meaning of Personality and Indian approaches of personality methods.
- To learn about Fundamentals of Sensation, Perception, Attention, Thinking, creativity, Memory Attitudes, learning, motivation and emotion.
- To learn about Extra Sensory Perception (ESP) methods like Telepathy, Pre-recognition, Psychokinesis(PK) and Clairvoyance .

## **Course Outcomes:**

- The student can understand the knowledge about the nature of Indian psychology.
- The student can understand the knowledge about Vedic thought, Nyaya, Vaisheshika, Sankhya, Yoga and Sankara Philosophy.
- The student can understand the knowledge about the knowledge about methods of psychology like Introspection method, observation method, Experimental method and Case study method.
- The student can understand the knowledge about the knowledge about the concept of Self and Consciousness in the direction of Indian Psychology.
- The student can understand the knowledge about Fundamentals of Sensation, Perception, Attention, Thinking, creativity, Memory Attitudes, learning, motivation and emotion.
- The student can understand the knowledge Extra Sensory Perception (ESP) methods like Telepathy, Pre-recognition, Psychokinesis(PK) and Clairvoyance .
- The student can understand the knowledge about the knowledge about the meaning of Personality and Indian approaches of personality methods.

## **Learning Outcomes Unit wise:**

### **UNIT I:**

Indian Philosophy: General nature and characteristics,  
Development of Indian philosophy.

#### **Learning Outcomes:**

- The student can develop to aware the knowledge and understanding the meaning, nature and characteristics of Indian Philosophy .
- The student can develop to aware the knowledge and understanding the developments of Indian philosophy.

### **Unit II:**

Outlines of Vedic thought, Nyaya, Vaisesika ,Sankya, Yoga and Sankara Philosophy

#### **Learning Outcomes:**

- The student can develop to aware the knowledge and understanding the outlines of Indian philosophical systems.
- The student can develop to aware the knowledge and understanding about Vedic thought.
- The student can develop to aware the knowledge and understanding about Nyaya philosophy.
- The student can develop to aware the knowledge and understanding about vaisesika Philosophy.
- The student can develop to aware the knowledge and understanding about Sankya philosophy.
- The student can develop to aware the knowledge and understanding about Yoga philosophy.
- The student can develop to aware the knowledge and understanding about Sankara philosophy.

**Unit III:**

## 1. Introduction to Psychology: Definition, Nature and Methods of psychology:

Experiment, observation, introspection, interview and case-study.

**Learning Outcomes:**

- The student can develop to aware the knowledge and understanding the definition of Psychology, nature and scope of Psychology.
- The student can develop to aware the knowledge and understanding about different types of methods like Introspection, observation, experimental and case study.

**Unit IV:**

Yoga Psychology: Concepts of Self and Consciousness, Indian approaches to Personality.

**Learning Outcomes:**

- The student can develop to aware the knowledge and understanding the concept of Self
- The student can develop to aware the knowledge and understanding the concept of Consciousness and its stages.
- The student can develop to aware the knowledge and understanding the definition of personality and concept of Indian approaches to Personality.

**Unit V:**

Fundamentals of Sensation, Perception, Extra sensory perception(ESP),Attention,

Thinking, creativity, Memory Attitudes, learning, motivation and emotion.

**Learning Outcomes:**

- The student can develop to aware the knowledge and understanding about sensation.
- The student can develop to aware the knowledge and understanding about perception
- The student can develop to aware the knowledge and understanding about Extra sensory perception(ESP).
- The student can develop to aware the knowledge and understanding about attention.
- The student can develop to aware the knowledge and understanding about thinking.
- The student can develop to aware the knowledge and understanding about creativity.
- The student can develop to aware the knowledge and understanding about memory.
- The student can develop to aware the knowledge and understanding about attitude.
- The student can develop to aware the knowledge and understanding about learning.

- The student can develop to aware the knowledge and understanding about motivation.
- The student can develop to aware the knowledge and understanding about emotion.

**06.Course Duration:** The course duration is one semesters or 6 months and each period **50 minutes**.

**07.Course Contents**

<b>Unit No.</b>	<b>Units with its Contents/Chapters</b>	<b>No. of Sessions</b>
<b>I</b>	Indian Philosophy: General nature and characteristics, Development of Indian philosophy.	04
<b>II</b>	Outlines of Vedic thought, Nyaya, Vaisheshika, Sankhya, Yoga and Sankara Philosophy	08
<b>III</b>	Introduction to Psychology: Definition, Nature and Methods of psychology: Experiment, observation, introspection, interview and case-study.	06
<b>IV</b>	Yoga Psychology: Concepts of Self and Consciousness, Indian approaches to Personality.	04
<b>V</b>	Fundamentals of Sensation, Perception, Extra sensory perception(ESP), Attention, Thinking, creativity, Memory Attitudes, learning, motivation and emotion.	06

## 08. Teaching Methods:

The course will use the following pedagogical tools:

- Lecture method
- Demonstration method
- Group Discussion Method
- Use of internet and visual presentation.
- Use of Block board, News paper, Magazines, audio, video clips.

## 09. Evaluation:

A	Continuous Evaluation Component comprising of Assignments / Class Participation / Class test/Presentation on specific topic etc.	-----
B	Mid-Exam	Internal Assessment-20 Marks
C	End –Semester Examination	External Assessment-80 Marks

## 10. Reference Books:

Chatterjee, S.C. & Datta, D.M. (1968). An Introduction to Indian philosophy. 7<sup>th</sup> ed. Calcutta: University of Calcutta.

Hiriyana, M (1932/2000). Outlines of Indian Philosophy. Delhi, Motilal Banarasidas

Naranjo, C and Ornstein, R.E. (1974) On the psychology of meditation, New York: Viking press.

Parameswaran, E.G. (1989). Invitation to psychology. Neel Kamal Publishers, Hyderabad

Radhakrishnan, S. & Moore, A.C. (1957). A Source Book of Indian philosophy. London: George Allen & Unwin Ltd.

Radhakrishnan, S. (1920). Indian Philosophy, Vol.1 & 2. London: George Allen & Unwin.

Sinha, J. (1986). Indian Psychology (Vol.I and II). Delhi, Motilal Banarasidas.

## 11. Details of the faculty:-

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Dr.V.Aruna Asst. Professor(c)	<a href="mailto:vangapanduaruna@gmail.com">vangapanduaruna@gmail.com</a>	Dept. of Yoga and Physical Education	9490677790



## **Course – IV: Yoga practice**

**Name of the faculty: Dr.K.Taraka Rama Rao, Dr.V.Aruna and Mr.K.V.N.Murthy**

### **Course objectives:**

- The purpose of the course of yoga practice is to communicate knowledge of Kriyas Asanas, Mudras, Bandas, Pranayama and meditative postures.

### **Course Outcomes:**

- The student can understand the knowledge about Kriyas Asanas, Mudras, Bandas, Pranayama and meditative postures.

### **1.Learning Outcomes:**

**Yoga practice:**

#### **Skshmayamam**

#### **KriyaPracticals:**

- 1.Neti - Jalaand Sutra
- 2.Dhauti – Jala
- 3.Kapalabhati
- 4.Trataka

#### **BandhaTraya:**

1. Jalandharabandha
2. Moolabandha
3. Uddiyanabandha

#### **Pranayama:**

1. Nadisuddhi
2. Suryabhedana
- 3.Seetali
- 4.Sitkari

#### **Asanas:**

#### **Meditative postures:**

1. Sukhasana
2. Swastikasana
- 3.Ardhapadmasana
4. Padmasana
5. Siddhasana
- 6.Vajrasana

#### **Relaxation postures:**

1. Shavasana
2. Makharasana
- 3.Matsya kridasana

### **Suryanamaskara:**

1. Pranamasana
2. Hasta uttanasana
3. Padahastasana
4. Aswasanchalanasana
5. Dandasana
6. Ashtangasana
7. Bhujangasana
8. Parvatasana

### **Standing postures:**

1. TiryakTadasana
2. Trikonasana
3. Parivrita Trikonasana
4. Veerabhadrasana
5. Katichakrasana

### **Balancing Postures:**

1. Tadasana
2. Vrikshasana
3. Natarajasan
4. Ekapadasana
5. Grudasana
6. Pada Angustasana

### **Sitting postures:**

1. Bhadrasana
2. Virasana
3. Ardha-matsyendrasana
4. Ushtrasana
5. Suptavajrasana
6. Shashankasana
7. Simhasana
8. Marjariasana
9. Shashanka Bhujangasana
10. Yogamudrasana
11. Paschimottanasana
12. Poorvotnasana
13. Lolasana

### **Prone postures:**

1. Sarpasana
2. Bhujangasana
3. Dhanurasana
4. Shalabhasana

### **Supine postures:**

1. Uttanapadaasana
2. Pavanamuktasana
3. Navasana
4. Sethubandasana
5. Chakrasana
6. Yoganidrasana
7. Matyasana

### **Inverted postures:**

1. Vipareetakarini asana
2. Sarvangasana
3. Halasana
4. Sirshasana

### **Advanced Postures:**

- 1.Kurmasana
2. Hamsasana
- 3.Myurasana
- 4.Brahmacharyasan
- 5.Ekapadgreevasan

### **Learning Outcomes:**

- The student can develop to aware the knowledge and understanding about the nature of Kriyas, Asanas, Mudras,Bandhas, Pranayama techniques and Meditaitaion techniques. These techniques makes them perfeccion, flexible and balancing in the directions of physical,mental , ethical,social and Spiritual aspects.Also makes them a good yoga practicener and teacher.

**02.Course Duration:** The course duration is one semesters or 6 months and each period 50 minutes.

**03.Course Contents: No. Of Sessions 120**

### **Skshmayamam**

### **KriyaPracticals:**

- 1.Neti - Jalaand Sutra
- 2.Dhauti – Jala
- 3.Kapalabhati
- 4.Trataka

### **BandhaTraya:**

1. Jalandharabandha
2. Moolabandha
3. Uddiyanabandha

### **Pranayama:**

1. Nadisuddhi
2. Suryabhedana
- 3.Seetali
- 4.Sitkari

### **Asanas:**

### **Meditative postures:**

1. Sukhasana
2. Swastikasana
- 3.Ardhapadmasana
4. Padmasana
5. Siddhasana
- 6.Vajrasana

### **Relaxation postures:**

1. Shavasana
2. Makharasana
- 3.Matsya kridasana

### **Suryanamaskara:**

- |                  |                       |
|------------------|-----------------------|
| 1. Pranamasana   | 2. Hasta uttanasana   |
| 3. Padahastasana | 4. Aswasanchalanasana |
| 5. Dandasana     | 6. Ashtangasana       |
| 7. Bhujangasana  | 8. Parvatasana        |

### **Standing postures:**

- |                    |                   |                          |
|--------------------|-------------------|--------------------------|
| 1. TiryakTadasana  | 2. Trikonasana    | 3. Parivrita Trikonasana |
| 4. Veerabhadrasana | 5. Katichakrasana |                          |

### **Balancing Postures:**

- |                |                |                     |
|----------------|----------------|---------------------|
| 1. Tadasana    | 2. Vrikshasana | 3. Natarajasan      |
| 4. Ekapadasana | 5. Grudasana   | 6. Pada Angustasana |

### **Sitting postures:**

- |                   |                       |                           |              |
|-------------------|-----------------------|---------------------------|--------------|
| 1. Bhadrasana     | 2. Virasana           | 3. Ardha-matsyendrasana   |              |
| 4. Ushtrasana     | 5. Suptavajrasana     | 6. Shashankasana          |              |
| 7. Simhasana      | 8. Marjariasana       | 9. Shashanka Bhujangasana |              |
| 10. Yogamudrasana | 11. Paschimottanasana | 12. Poorvotnasana         | 13. Lolasana |

### **Prone postures:**

- |                |                 |
|----------------|-----------------|
| 1. Sarpasana   | 2. Bhujangasana |
| 3. Dhanurasana | 4. Shalabhasana |

### **Supine postures:**

- |                    |                    |                  |              |
|--------------------|--------------------|------------------|--------------|
| 1. Uttanapadaasana | 2. Pavanamuktasana | 3. Navasana      |              |
| 4. Sethubandasana  | 5. Chakrasana      | 6. Yoganidrasana | 7. Matyasana |

### **Inverted postures:**

- |                          |             |               |
|--------------------------|-------------|---------------|
| 1. Vipareetakarini asana |             |               |
| 2. Sarvangasana          | 3. Halasana | 4. Sirshasana |

### Advanced Postures:

1.Kurmasana 2. Hamsasana 3.Myurasana  
4.Brahmacharyasan 5.Ekapadgreevasan

### **04.Teaching Methods:**

The course will use the following pedagogical tools:

- Lecture method
- Demonstration method
- Group Discussion Method
- Use of internet and visual presentation.
- Use of Block board, News paper, Magazines, audio, video clips.

### **05.Evaluation:**

<b>A</b>	Continuous Evaluation Component comprising of Assignments / Class Participation / Class test/Presentation on specific topic etc.	-----
<b>B</b>	Mid-Exam	Internal Assessment-50 Marks
<b>C</b>	End –Semester Examination	External Assessment-150 Marks

### **06.Reference Books:**

Satyananda Saraswati, Swami (1989). *Asana, pranayama, mudra, bandha*. Munger: Bihar School of Yoga.

Iyenger, B.K.S. (1976). *Light on yoga*. London: Unwin Hyman Ltd.

Venkata Reddy, M. ed. (1982). *Hatha Ratnavali*. Arthamuru: M. Ramakrishna Reddy.

Swami Muktibodhananda, (ed.) (1985): *Hatha Yoga Pradipika: Light on Hatha Yoga* com. Munger Yoga Publication trust.

Swami Kuvalayananda (ed.) (1935). *Asanas*. Lonavla. Kaivalyadhama

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