



BECOME A CERTIFIED YOGA EXPERT
DR.B.R.AMBEDKAR UNIVERSITY
Admission notification: 2018

Dr.B.R.Ambedkar University, Srikakulam invites applications for admission into Diploma in Yoga. Eligibility : Intermediate. The Class work will be conducted 4 days in a week from 7.00 to 9.00AM /4:30 to 6:30 PM on Monday, Tuesday, Wednesday and Thursday. Interested candidates are required to submit their application in prescribed format. Application Registration and Processing fee of 200/- be paid in favour of Registrar through Bank Demand Draft drawn on any National Bank payable at Etcherla, Srikakulam (AP).The application and detailed information can be had from the office of the Principal, Colleges of Arts,Commerce, Law and Education, Dr.B.R.A.U. Campus. Prospectus and application form can be download from University website: www.drbrau.edu.in

Sale of Application : 12-10-2018 onwards

Last Date for Submission of filled-in Application

29-10-2018

Etcherla,
Dt:12-10-2018

Prof.G.Tulasi Rao
Director of Admissions, Dr.B.R.A.U.



**DEPARTMENT OF YOGA AND FITNESS MANAGEMENT
Dr. B.R. AMBEDKAR UNIVERSITY**

Diploma in YOGA

Objectives:

The purpose of the Diploma in Yoga and management 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.

The specific objectives are (a) 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, and (b) to give them a basic understanding of yoga, human anatomy & physiology, philosophy and psychology relevant to the theory and practice of yoga to help them gain the theoretical and scientific perspective on yoga.

Successful completion of the course will enable the students to teach yoga practices and meditation with a secular and scientific orientation.

Regulations:

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

1. To have passed a 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
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.

Courses 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 course duration shall be of one academic year. The classes will be conducted from Monday to Saturday with one hour theory and one hour for yoga practices. Practical classes for kriyas will be conducted on Saturdays. 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 course 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 80 per cent attendance to achieve the benefits of the course.

Examination:

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

Scheme for Year-end examinations

Subject	Marks	Duration of examination
Paper – I : Fundamentals of Yoga	100	3 hours
Paper – II : Basics of Human Biology	100	3 hours
Paper –III :Basics of Indian Philosophy and Psychology	100	3 hours
Paper – IV : Yoga Practice	200	2 hours

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 200for 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 year-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 course in one year only shall be eligible to be considered for the award of rank of first class with distinction or first class.

PAPER – I: Fundamentals of Yoga

SYLLABUS

1. Yoga, its meaning, nature and scope.
2. Elements of Yoga in Vedic and Upanashadic literature.
3. Development of yoga through the ages.
4. Introduction to Yoga Sutras
5. Introduction to Hatha Yoga Pradipika
6. Introduction to GherandaSamhitha
7. School of yoga : Karma Yoga, Bhakti Yoga
8. Jnana Yoga, Hatha yoga, Raja yogaand Mantra Yoga.
9. Chakra theory and kundalini yoga
10. Meditation. Its nature and scope. Different types of meditation.
11. Relevance of Yoga in modern life

Text 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, MotilalBanarasidas

Reference books:

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

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

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

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

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

PAPER – II: Basics of Human Biology

SYLLABUS

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

Text books:

1. Chaudhari, S.K. (1988). Concise Medical Physiology. Calcutta: New Central Book Agency.
2. Ganong, W.F. (1967). Review of Medical physiology. Connecticut : Appleton – Lango.

Reference books:

- Ghosh, H.N. (1984). Chakrabarti, Ghosh and Sahana's Human Physiology. 2nd Ed. Calcutta: The New Book Stall.
- Guyton, A.C. (1986). Text book of medical physiology.7th Edition.Philadelphia. WB Sauncers Company.
- Keel, C.A., Neil, E and Joels, N. Ed. (1986).13th Edition.Samson-Wright's Applied Physiology., New Delhi: Oxford university press.
- West, J.B. Ed. (1985) 11th Edition. Best and Taylor's Physiological basis of medical practice.Baltimore : Williams & Wilkins.

PAPER – III: Basics of Indian Philosophy and Psychology

SYLLABUS

1. Indian Philosophy: General nature and characteristics
2. Development of Indian philosophy.
3. Outlines of Vedic thought, Nyaya & Vaisheshika Philosophy
4. Outlines of Philosophy of Sankhya & Yoga
5. Philosophy of Sankara
6. Definition, Nature and Methods of psychology
7. Concepts of Self and Consciousness
8. Fundamentals of Sensation, Perception, Attention, Thinking, creativity, Memory Attitudes, learning, motivation and emotion.
9. Extra sensory perception.
10. Yoga Psychology: Indian approaches to Personality.

Reference books:

Chatterjee, S.C. & Datta, D.M. (1968). An Introduction to Indian philosophy. 7th 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.

PAPER –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.

Skshnavyamam

KriyaPracticals:

1. Neti - Jala and 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. ParivritaTrikonasana
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. Poorvotnasan
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. Halasana
3. Myurasana
4. Brahmacharyasan
5. Ekapadgreevasan

Text books:

1. Satyananda Saraswati, Swami (1989). *Asana, pranayama, mudra, bandha*. Munger: Bihar School of Yoga.
2. Iyenger, B.K.S. (1976). *Light on yoga*. London: Unwin Hyman Ltd.

Reference books

Ramarao, R. (2015). A book on Anushtana Yoga Veddanta

(Yoga chaitanya Pradeepika) (Telugu) Yoga consciousness trust, VZM.

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:

