

# ADIKAVI NANNAYA UNIVERSITY:: RAJAMAHENDRAVARAM

*Accredited by NAAC with “ B+” Grade*

## For admissions into P.G. DIPLOMA IN YOGA 1 YR-PART TIME FOR THE 2024-25 AY

i) PG DIPLOMA IN YOGA – 1 YEAR PART TIME

Sri Raparathi Rama Institute of Yoga, Kanavaram (V), Rajanagaram (M), E.G.Dist.

*Timings: 3.00 PM to 5-30PM*

ii) PG DIPLOMA IN YOGA – 1 YEAR PART TIME

Adikavi Nannaya University Campus, Rajamahendravaram

*Timings: 4-00 PM to 6-30PM*



## INFORMATION BROCHURE

**Director**

**Directorate of Admissions**

**Adikavi Nannaya University, Rajah Rajah Narendra Nagar,  
Rajamahendravaram-533296**

**Tel: 7382308440/7093008477, Email: aknucet@gmail.com**

**Website: <http://www.aknu.edu.in>**

## **ADMISSION INFORMATION BROCHURE FOR P.G DIPLOMA IN YOGA ( PART TIME – 1 YEAR)**

### **General Regulations during Study of the Course:**

As per the UGC guidelines all Candidates admitted into various courses of study are required to put in a minimum of 75% of class room attendance. Candidates not securing a minimum of 75% attendance should repeat the course. The name of a student who continuously remains absent for a period of 10 days from the date of admission without valid reason and intimation shall be removed from the rolls.

### **About PG Diploma in Yoga (1 Year Part Time):**

Yoga is an invaluable gift of India's ancient tradition. Yoga is 5,000-year-old system purely originated in India, which aims to transform both body and mind and is very much relevant even today. Yoga is a comprehensive methodology evolved by the ancient seers, which embodies physical, psychological, moral and spiritual dimensions of human life. Yoga is an advanced science with the strength of rigorous theoretical frame work supported by scientifically proved practical techniques.

Yoga is a scientific system that fosters healthy development of the physique and balanced development of the psyche. Yoga helps in promoting positive health, prevention of stress related health problems and rehabilitation. It also gives an integral approach to common ailments. Yoga also sharpens one's mental faculties improving attention and concentration. Its miraculous benefits for health, concentration, will power, stress management, personality development, human values, interpersonal relations and spiritual evolution are being highly appreciated now all sections of the society all over the world

In this regard, we should like to bring to your kind notice that on 11<sup>th</sup> Dec 2014, the United Nations General Assembly declared 21<sup>st</sup> June as the International Yoga Day. The declaration came after the call for the adoption of 21<sup>st</sup> June as International Yoga Day by Honorable Indian Prime Minister, Sri. Narendra Modi during his address to UN General Assembly on September 27, 2014. It indicates the global recognition and importance of Yoga. There is huge demand for qualified Yoga Teachers. Due to a dearth of experienced and professionally qualified yoga teachers, there is a necessity for Professional Training Institutes and Courses.

### **Increasing Need for Qualified Yoga Teachers:**

Due to recent advances in Science and Technology, the lifestyles of the modern people have drastically changed to such an alarming extent that, this very lifestyle being adopted is leading to innumerable health problems, mental stresses and strains, family problems and social tensions and pressures. We are happy to note that, State Council of Educational Research & Training, UGC, AICTE, and other such National bodies have made Yoga training mandatory in higher educational institutions.

Today Yoga is being accepted as a system of Complimentary Alternative Medicine and as a Lifestyle Management Program. As a result, there is lot of demand in the society to learn yoga. This demand has further increased due to the recent awareness created due to the celebration of the first International Day of Yoga, 2015. However, the professionally qualified teachers available

are very few. Therefore, there is an urgent need for Yoga Teacher Training courses and institutes all over India.

### **About Yoga Consciousness Trust**

Yoga Consciousness Trust (YCT), a public charitable trust, is founded by the disciples of H.H. Yogacharya Sri Raparathi Rama Rao, a pioneer in Anusthana yoga Vedanta, with headquarters at Yogachaitanyaram, Vijnigiri, Vizianagaram District. Yoga Consciousness Trust based on Himalayan Gurusampradaya system of Yogic training, is directed towards achieving the supreme goal of life i.e., Self-Realization. The aim of YCT is to develop the individual personality in all entirety to experience the Yoga Consciousness. The main objectives are –

1. Training and producing highly qualified and well-grounded Yoga Teachers
2. Preparing higher grade yoga sadhakas who will be able to guide others
3. Conducting yoga training programs catering to all walks of life
4. Publishing in yoga literature in the form of books and audio-visual
5. Undertaking research in the role of yoga for human transformation.
6. Yoga Teacher Training Courses of YCT

YCT is in the forefront of training qualified yoga teachers. It has been conducting the P.G. Diploma in Yoga since 2016, in affiliation with Adikavi Nannaya University, Rajamahendravaram. This year, the student intake is 50 students at each centre of SRRiy Kanavaram & AKNU Campus, Rajamahendravaram.

### **Employment Opportunities for the Course**

The course has got a huge potential of employment generation. The opportunities for employment for such graduates include:

1. Employment in both Government and Private schools and colleges as Yoga Teachers.
2. Employment in Yoga Training Institutions.
3. Employment in Health Centres, gyms, Alternative Medicine Clinics as Yoga Instructors.
4. Self-Employment by conducting yoga camps, workshops in private and public sectors.
5. Employment in Tourism sectors.
6. Opportunities to train individuals and foreigners.
7. Opportunities in foreign countries like Singapore, Malaysia, Hong Kong, USA etc.

### **YCT – Godavari Branch, Kanavaram – SRRiy**

Yoga Consciousness Trust, Godavari branch at Kanavaram, East Godavari District was inaugurated on 18-08-2013 in 5 Acres land and is regularly conducting various yoga camps of both residential and non-residential nature. SRRiy located here is in a pollution free, peaceful environment most suitable for yoga and meditation training (Annexure – I & II). SRRiy, Kanavaram has already conducted P.G Diploma in Yoga Course (1YR- Full Time & Part Time) at various centres of Adikavi Nannaya University Campuses at Rajamahendravaram, Kakinada & Tadepalligudem.

### **Infrastructural facilities:**

The Institute is in a well maintained nearly 5 acre land with mango grove, gardens nourished by pure water and breeze. The Trust has already built a building complex with 7,000 sft

along with herbarium of different plants pertaining to different planets etc. It has spacious classrooms, huge Yoga Halls, well equipped office, latest classroom instruction equipment including LCD etc. (Annexure – III).

Residential facility is available for select out-station students who can adapt to the yoga institute routine. Accommodation on sharing basis is provided with healthy yoga diet.

The Library is well equipped with books on Yoga, Vedanta, Psychology, English and Telugu literature. The library also has CD/DVDs on yoga and allied subjects.

### **Medium of Instructions:**

The medium of instruction is English. However, the examinations can be answered both in English and the local language Telugu.

### **Examination and Evaluation Pattern**

There will be mid year examination and year end examination. The mid-year examination shall be conducted by the Institute and the marks shall be sent to be University. The year end examinations, evaluation, publication of results, award of marks statements and award of diploma shall be undertaken by Adi Kavi Nannaya University. The details are provided in (Annexures – IV).

### **Syllabus**

The syllabus is for following papers (Annexure – V).

1. Outlines of Indian Philosophy & Indian Psychology
2. Yoga Theory & Application
3. Classical Yoga Texts
4. Introduction to Human Physiology.
5. Practical Yoga

Any change in the regulation and syllabus shall be brought by the Board of Studies.

In addition to the regular curriculum, special workshops in conducting yoga classes will be taken up. The students will also have first-hand experience in teaching and managing residential / non-residential yoga training camps. Guest lectures by visiting professors and scholars will be arranged frequently.

### **Qualified Teaching Staff**

The following experienced faculty will conduct the course.

#### **Vice – President – (YCT – Godavari Branch):**

Prof. D.S.N. Raju, M-Tech, P.G. Diploma in Yoga.

#### **Secretary:**

Prof. M.V.G.S. Sarma, M-Tech, Ph.D., P.G. Diploma in Yoga.

#### **Principal:**

- 1) Sri. N. Siva Sankara Rao, M.A., B.Ed., PG Diploma in Yoga, M.Sc. Yoga, for Sri Raparathi Rama Institute of Yoga, **Kanavaram** (V).

#### **Faculty:**

- 1) Sri. K. Arjun, M.Com., M.A., M.Ed., M.Sc., (Yoga and Naturopathy), PG Diploma in Yoga,
- 2) Sri. K. Harish, B.Sc., M.A., PG Diploma in Yoga.
- 3) Sri. A. Syam Sundar, B.A., PG Diploma in Yoga, M.Sc., Yoga.
- 4) Sri. N. Kiran Kumar, B.A., L.L.B., PG Diploma in Yoga, M.Sc., Yoga.
- 5) Sri. B. Satya Rao, MA (Philosophy), PGDY, M.Sc. (Yoga)

## **Fee Structure**

The proposed fee to be collected from students at the time of admission shall be as follows for the academic year 2024-25. Students should pay the fees at the time of admissions.

- Rs. 10,000/- for PGDY (Part Time 1 Year Course) for General Category
- Rs. 6,000/- for PGDY (Part Time 1 Year Course) for Staff & Students of Adikavi Nannaya University.

## **Annexure – IV**

### **Proposed Regulations and Syllabus for P.G Diploma in Yoga (for Part Time – 1 Year) at SRRIY, Kanavaram & AKNU Campus, RJY (w.e.f. 2024-25)**

#### **Objectives:**

The purpose of the Post Graduate 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.

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 human anatomy and physiology, Indian philosophy, Indian psychology and Classical yoga texts 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 Hatha yoga practices and meditation with a secular and scientific orientation.

#### **Regulations:**

The candidates for Post Graduate Diploma in Yoga (PGDY) shall be required:

1. To have passed a degree course of the Andhra University or an examination recognized by the Adikavi Nannaya University as equivalent.
2. The admission into the PGDY shall be made by the Director, Directorate Admissions, Adikavi Nannaya University. Number of seats for admission into PGDY are 50 at each center.

#### **Physical Fitness:**

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

#### **Dress:**

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

#### **Courses of study:**

The Post Graduate Diploma in Yoga Course shall include four theory papers and one practical. The details of these papers are provided in the syllabus.

**Instruction:**

The course duration shall be of one academic year. The classes will be conducted from Monday to Friday with 1½ hours theory and one hour yoga practical. Practical classes for kriyas will be conducted on Saturdays. The medium of instruction shall be English. However, the examinations can be answered both in English and Telugu. The method of instruction shall comprise of lectures and demonstration.

**Yoga Practice:**

The students shall practice kriyas, asanas, bandhas, pranayama, mudras 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 75 percent attendance to achieve the benefits of the course. In addition, the Principal of the Institute shall certify that the student has learned the prescribed Hatha yoga techniques so that he/she will be able to teach them to others.

**Examinations:**

The examination pattern for the Post Graduate Diploma in Yoga Course shall include a mid-year examination shall be conducted and the year-end examinations will be conducted after completing the course work.

Scheme for Mid-year examination

Subject	Marks	Duration of Examination
Paper – I: Introduction to Human Physiology	20	1 hour
Paper – II: Outlines of Indian Philosophy and Indian Psychology	20	1 hour
Paper – III: Yoga Theory and Application	20	1 hour
Paper – IV: Classical Yoga Texts	20	1 hour
Paper – V: Yoga Practicals	50	2 hours

Scheme for Year – end examinations

Subject	Marks	Duration of Examination
Paper – I: Outlines of Indian Philosophy and Indian Psychology	80	3 hours
Paper – II: Yoga Theory and Application	80	3 hours
Paper – III: Classical Yoga Texts	80	3 hours
Paper – IV: Introduction of Human Physiology	80	3 hours
Paper – V: Yoga Practicals	150	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 50 for the mid – examination in yoga practice shall be distributed as follows:

Performance	– 20 marks
Instruction	– 10 marks
Viva – voce	– 10 marks
Records	– 10 marks

The total marks of 150 for the year – end examination in yoga practice shall be distributed as follows:

Performance	– 70 marks
Instruction	– 40 marks
Viva – voce	– 20 marks
Records	– 20 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 passing 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 Principal has to certify on the recommendation of the concerned instructor that the candidate has learnt all the prescribed Hatha 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 practicals 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.

**PG DIPLOMA IN YOGA COURSE**  
**PAPER-1: OUTLINES OF INDIAN PHILOSOPHY AND INDIAN PSYCHOLOGY**  
**SYLLABUS**

1. Nature, Characteristic and Development of Indian Philosophy. – Nature – Scope – Moral values – Characteristics – Development – Transition to the systems.
2. Vedic philosophy – Introduction – Definition – Vedas – Vedangas – Vedavibhagas – Purusardas – Chaturashramas – Chaturvarnas – Upanishats – Dasopanishats – Bhagavadhgeeta.
3. Introduction to Shaddarshnas: Definition – Nature – Nyayavaishesika – Shankya Yoga – Uttara Poorvameemamsa – Summary.
4. Sankya Philosophy:- Introduction – Prakruthi – Purusha – Trigunas – Evolution of Nature – Jnanameemamsa (Pramanas) – Satkaryavadam – Karmabhandam – Apavargam (Moksha or kaivalyam).
5. Yoga Darshanam:- Definition – Yoga psychology – Asthanga Yoga: Yamas, Niyamas, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi (Sampragnatha, Ashampragnatha) – Concept of Ishwarya – Relations between Sankya & Yoga – Summary.
6. Vedantha Darshanam:- Introduction – Bhramhasutras – About Sankaracharya – Sankara Advaita (Jagath, Jeevathma, Brahman) – Visistadvaitam (About Ramanujacharya – Brahman – Jeevathma – Jagath – Bhakti – Prapatthi) – Dvaitavedantha (Madvacharya – Brahman – Jeevudu – Mukthi).
7. Definition of psychology. Methods of psychological sciences. The roots of psychology.
8. Scope and substance of Indian psychology.

**Text books**

1. Sarma C.D.: Critical Survey of Indian Philosophy, Motilal Banarasi Das New Delhi.
2. Rao, K.R., Paranjpe, A., And Dalal, A.K. (2008). Handbook of Indian Psychology. New Delhi.

**Reference Books:**

1. Das Gupta, S(1975), a History of Indian Philosophy – Volume 1 to 5, Delhi: Motilal banaras das.
2. Hume, R.E. (ed) (1921). The thirteen principal Upanishads London: Oxford University Press.
3. S. Radhakrishnan 1920, Indian Philosophy, Vol; 1 & London: George Allen & Unwin.
4. Hiriyana, M. (1932/2000). Out lines of Indian philosophy, Delhi: Motilal banarasi das
5. Parameswaran, E.G. (1989), Invitation to psychology. Neel Kamal Publishers, Hyderabad.
6. Rao, K.R., and Marwaha, S. (2005). Towards A Spiritual Psychology : Essays in Indian Psychology. Delhi, Samvad India Foundation.

**P.G. DIPLOMA IN YOGA COURSE**  
**PAPER : II – YOGA THEORY AND APPLICATION**  
**SYLLABUS**

1. Yoga : Meanings – Definition – Nature – Scope – Objectives.
2. Development of Yoga through the Ages: Introduction – Yoga in early Vedic period – Vedic period – The Brahmnas – The Upanishads.
3. Different types of Yoga: Karma Yoga – Definition – Types of Karmas – Summary.  
Bhakti Yoga: Definition – Stages of Devotion – Methods of Devotion – Laws in Devotion – Mokshmargas – Summary.  
Mantra Yoga: Definition – Mantra Angas – Stages of Mantranustana – Summary
4. Kundalini Yoga & Chakra Theory: Meaning – Awakening Methods – Stages of awakening – Nadies – Chakras Chakra Theory – Summary.
5. Meditation Different meditative methods: Introduction – Traditional Methods Modern Methods.
6. Yogic view of Health and Illness: Definition of Health – According to WHO, Ayurveda, Sankya, Bhagavadhgeetha, Yoga – Theory of Panchakoshas.
7. Yogic Concepts of Bhagavadhgeetha
8. Applications of Yoga in different fields – Education, Sports, Therapy, Stress Management, Cyber World.

**Text Books:**

1. George Feuerstein (2002) The Yoga Tradition: Its history, Literature, Philosophy & Practice, New Delhi, Bhavana Books & Prints joshi K.S. 1985 – Yoga in Daily Life, Delhi: Orient Paper bags.
2. Taimini T.K.: The Science of Yoga (The Yoga Sutras of Patanjali). The theosophical Publishing house Adyar.
3. Yogacharya Raparathi Ramarao (2004) Journey to the Real Self, Yoga Consciousness Trust, Yoga Chaitanyaramam, Vijinigiri, A.P.
4. Shakara Devananda Saraswati, Swami, (1986) Yogic Management of common diseases. Munger : Bihar School of Yoga

**Reference Books:**

1. Rama, Swami (1992) Meditation and its practice, Honesdale : Himalayan International Institute of Yoga Science and Philosophy of USA.
2. Naranjo, C and Ornstein, R.E. (1974) On the Psychology of Meditation. New York: Viking press
3. Joshi, K.S. (1985) Yoga in daily life, Delhi: Orient paper backs.
4. Funderburke, J. (1977). Science studies yoga: A review of Physiological data, Honesdale: Himalayan International Institute of Yoga Science and Philosophy of USA.
5. 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.
6. Reddy, M.V.Rao G. Nanduri & Hary waters (2005): Yoga for Cyber World, Psychiatric Problems) MSR Memorial Yoga Series, Arthamuru, E.G.Dt.
7. Gharote, M.L. (2004): Applied Yoga Lonvla, kaivalyadhama S.M.Y.M., Samithi.
8. Vyasa (2004) Therapeutic Application of yoga – SVPP, Bagalore.

**PG DIPLOMA IN YOGA COURSE**  
**PAPER – III: CLASSICAL YOGA TEXTS**  
**SYLLABUS**

**Patanjali Yoga Sutras**

1. Introduction to the classical yoga texts: Hatha Yoga pradeepika, Hatharatnavali, Gherunda Samhita, Shiva Samhita.
2. Patanjali Yoga Sutras: Introduction to Yoga Sutras – Definition of Yoga – modifications of the Mind (Chittavrutis) – methods to Control them – Definition and Qualities of Ishwara Obstacles of Yoga (Chittavikshepas) & Means for removing obstacles – Stages of Samadhi.
3. Kriya Yoga: Causes of Pain (Kleshasas) and Ways to control Pain – the seer and the seen – Four stages of Gunas – Astanga Yoga – Samyama – Yogic Powers (Vibhuties).
4. Source of Occult Powers (Siddhies) – Mind and its Vasanas Dharma meghasamadhi – Kaivalya.

**Hatha Yoga Pradeepika**

5. Hatha Yoga Pradeepika: Purpose of Hatha Yoga, Six Causes of Failure and success in Yoga Sadhana, Ten Yamas and Ten Niyamas, Asanas, The four major Asanas, Sequence of Hatha Yoga, Moderate Diet (Mithahara).
6. Relation of Mind and Prana, Purification of the nadies, Six Acts (Shtkarmas), Pranayamas, Names and Techniques of Eight Retentions (Asthakumbakas) signs of Perfection in Hatha Yoga.
7. Concept of Kundalini, Names of Sushma, Names and techniques of Ten mudras (Dasha Mudras)
8. Synonyms of Samadhi, Sambhavi and Khechari mudras, nadanusandana, Types of Nada perceived, The four stages of Hatha Yoga Practice, Relation if Nada and Mind, features of Samadhi.

**Gherunda Samhita**

9. Special Features of Gherunda Samhita
10. Sapta Sadhanas; Classification of Dhauti, Basti and Bhalabhati; Classification of Mudras.

**Text Books**

1. Tairnini I.K., The Science of Yoga (The Yoga sutras of Patanjali), The Theiosophical Publishing House Adyar.
2. Swami Muktibodhananda Saraswati (1985/1993) (Commentary) Hatha Yoga Pradeepika Yoga Publication Trust, Bihar School of Yoga, Mungar, Bihar.
3. Patanjali Yoga Sutras, Ramakrishna Mission Publications, Chennai.

**Reference Books:**

1. Swami Brahmananda (1972). The Hathayoga Pradeepika of Svatmarama, The Adyar Library and Research Centre, Madras.
2. M. Venkata Reddy Ed. (1982) Hatha Ratnavali, Arthamuru, Sri. M.S.R. Memorial Yoga Series
3. Swami Digamberji and Gharote M.L.Ed (1978) : Gheranda Samhita, Kaivalyadhama, S.M.Y.M. Samithi.

**P.G. DIPLOMA IN YOGA COURSE**  
**PAPER – IV INTRODUCTION TO HUMAN PHYSIOLOGY**  
**SYLLABUS**

1. Cell structure and its functions
2. Tissues of the body types, structures and functions.
3. Introduction to systems in the body
4. Skelet system: Bones & its types – Joints and their types – Disorders of the skeletal system.
5. Muscular system: Classification and structure of muscles. Mechanism of muscular contraction – Disorders of musculo skeletal system.
6. Nutrition and metabolism: Carbohydrates, proteins fats, minerals, Vitamins, water. Balanced diet – Energy metabolism.
7. Digestive system: Anatomy and Physiology of Gastro – intestinal tract and associated glands. Digestion and absorption. Disorders of the digestive system.
8. Respiratory system: Respiratory Passages, alveoli – Pulmonary circulation – Principle of gas exchange – Oxygen and carbon dioxide transport – regulation of respiration. Respiratory disorders.
9. Excretory System: Anatomy of Renal System – Kidney – Nephrons – Formation of urine, micturition – Renal mechanism for control of Blood Pressure, Blood volume and Ionic composition – Disorders of renal system. Other systems included in excretion.
10. Cardio Vascular system: Composition of Blood and its functions. Types of Blood groups. Blood coagulation and its mechanism. Anatomy of Heart. Properties of cardiac muscle. Electrical and mechanical activities of heart. Blood vessels and Blood Pressure. Regulation of heart and BP. Cardio vascular disorders.
11. Lymphatic system: Lymphoid organs – Composition and functions of lymph.
12. Nervous system: Gross anatomy of Nervous system. Neurons – Nerve impulse – Nerve conduction. Synapse – reflex. Sensory and motor system. Autonomic nervous system. Central Nervous System cerebral cortex – Thalamus – Basal ganglia – Hypothalamus – Brain stem – Cerebellum, Spiral cord – Neurological disorders.
13. Endocrine system: Structure and location of glands and their secretions. Endocrine functions of Pituitary, Thyroid, Pana thyroid, Endocrine pancreas, Adrenal cortex and medulla Gonads – Thymus and other Endocrine glands. Disorders of Endocrine system
14. Reproductive System: Anatomy of male reproductive system. Primary and necessary male sex organs – Gametogenesis – Testosterone and male sex hormones – Hyper and Hypo gonadism. Anatomy of Female reproductive system. Primary and accessory female sex organs – Female sex harmones – menstrual cycle – Pregnancy and location. Functions of Placenta – Menopause. Disoders of the reproductive systems.
15. Special senses – Structure of the eye, neural functions of retina – Structure and functions of external, middle and inner ear – Taste buds, Perceptive of Taste – Peripheral olfactory mechanism of smell perception.

**Text Books:**

1. N. Murugesh (2011) Basic Anatomy and Physiology: 6<sup>th</sup> Edition, Satya Publishers, Tirunagar, Madhurai.
2. Shirely – An insight into the Human Body.

**Reference Books:**

1. Dr. Krishna Raman (1998) – A matter of health – Integration of Yoga and Western Medicine for Prevention and Cure, Second Edition East West Books (Mudras) Private Limited, Chennai.
2. Ross & Wilson – Anatomy & Physiology in Health and Illness.
3. Guyton, A.C., (1986) Text Book of medical physiology. 7<sup>th</sup> Edition. Philadelphia. WB Sauncers Company.

4. Sambhulingam – Essentials of Physiology.

## PG DIPLOMA IN YOGA COURSE

### PAPER – V : YOGA PRACTICAL 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 graduation 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 durations of retention is important.
5. Proper relaxation should be allowed in between the batches of asanas.

#### **Shatkriya Practicals:**

1. Dhouti:- Jala & Vastra, 2. Neti:- Jala & Sutra, 3. Agnisara, 4. Nouli, 5. Kapalabhati, 6. Sankaprakshalana (Vasti)

#### **Bandha Traya:**

1. Jalandhar Bandha, 2. Udyana Bandha, 3. Moola Bandha

#### **Pranayama:**

1. Anuloma – Viloma, 2. Suryabhedana, 3. Ujjayi, 4. Seethali, 5. Seetkari, 6. Bhastrika, 7. Bramari.

#### **Mudra Traya:**

1. Maha Mudra, 2. Maha Bandha, 3. Maha Veda

#### **Practice of Dristis:**

1. Nasikagra Dristi, 2. Brumadhya Dristi

#### **ASANAS:**

##### **Meditative Postures:**

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

##### **Relaxation Postures:**

1. Savasana, 2. Advasana, 3. Jyestikasana, 4. Makarasana, 5. Matsyakreedasana.

#### **Suryanamaskara:**

1. Pranamasana, 2. Hasttauttasana, 3. Padahasthasana, 4. Aswasanchalhasana, 5. Dandasana, 6. Astanganamaskarasana, 7. Bhujangasana, 8. Parvatasana.

#### **Standing postures:**

1. Tiryak Tadasana, 2. Trikonasana, 3. Parivrutta Trikonasana, 4. Veerabhadrasana, 5. Uttitajhanusirshana.

**Balancing Postures:**

1. Tadasana, 2. Vrukshasana, 3. Natarajasana, 4. Ekapadasana, 5. Garudasana, 6. Merudandasana, 7. Baka Dhyanasana.

**Sitting Postures:**

1. Bhadrasana, 2. Veerasana, 3. Vakrasana, 4. Meruvakrasana, 5. Ardhamatsyendrasana, 6. Shashankasana, 7. Ustrasana, 8. Shashankabhujangasana, 9. Supta Vajrasana, 10. Simhasana, 11. Marjari Asana, 12. Vyagrasana, 13. Gomukasana, 14. Ardachandrasana, 15. Tolangoolasana, 16. Baddhpadmasana, 17. Yogamudrasana, 18. Uttitapadmasana, 19. Lolasana, 20. Kukkutasana, 21. Garbhasana, 22. Janusirshana, 23. Pachimattanasana, 24. Koormasana, 25. Padaprasara pachimattanasana, 26. Poorvottanasana, 27. Anantasayanasana, 28. Hamsasana, 29. Mayurasana.

**Prone Postures:**

1. Salabhasana, 2. Sarpasana, 3. Bhujangasana, 4. Tiryakbhujangasana, 5. Dhanurasana, 6. Poornabhujangasana.

**Supine Postures:**

1. Uttanapadasana, 2. Pawanamuktasana, 3. Navasana, 4. Matsyasana, 5. Sethubhandasana, 6. Chakrasana, 7. Yoganidrasana, 8. Jataraparivrittanasana, 9. Variations.

**Inverted Postures:**

1. Moordhasana, 2. Sarvangasana, 3. Halasana, 4. Sirshasana, 5. Oordhwasana

**Text Books:**

1. Satyananda Saraswathi, Swami (1989), Asana, Pranayama, mudra, bandha, Munger: Bihar School of Yoga.
2. Iyenger, B.K.S. (1976). Light on yoga, London: Unwin Hyman Ltd.
3. Yogacharya Raparathi Ramarao (2004). Journey to the Real Self, Yoga Consciousness Trust, Yoga Chaitanyaramam, Vijinigiri.

**Reference Books:**

1. Swami Kuvalayananda (ed.) (1935). Asanas. Lonavla, Kaivalyadhama.
2. Swami Kuvalayananda (ed.) (1931). Pranayama. Bombay, Popular Prakashan.
3. Dr. K. Ramesh Babu (2011). Asana Sutras. Home of Yoga Publications, Vizianagaram.