



Kavikulaguru Kalidas Sanskrit University
 University established by State Government of Maharashtra and UGC Recognized u/s 2f and 12B
 Ramtek Office : Administrative Building, Mauda Road, Ramtek - 441106, Dist.Nagpur
 Nagpur Office : 05th Floor, NIT Commercial Complex, Near Morebhavan, Sitabuldi, Nagpur 440012



योगेन चित्तस्य पदेन वाचां मलं शरीरस्य च वैद्यकेन ।
 योऽपाकरोत् तं प्रवरं मुनीनां पतञ्जलिं प्राञ्जलिरानतोऽस्मि ॥

P.G. DIPLOMA IN YOGIC SCIENCES

Course Curriculum (Syllabus)

Approved by the Academic Council Meeting No. 01/2013, Dt. 01.06.2013, Item no. 14.

Onwards 2015-2016 (Revised)

Name of the Course	P.G. DIPLOMA IN YOGIC SCIENCES
Name of the Faculty	Faculty of Indian Religion, Philosophy and Culture
Examination Type	Yearly
Course Duration	01 year
Total Credits	No credits
Eligibility	Graduation from any recognized University or equivalent qualification.

Year	Internal		Theory		Other		Total		Credits	Remarks
	Max	Passing	Max	Passing	Max	Passing	Max	Passing		
Final Total	70	24.5	370	129.5	60	21	500	175	No Credits	--

Curriculum Charges: (NET copy Rs.30/-)
 (Print Copy Rs. 7/- per page)

Name of the Course	P.G. DIPLOMA IN YOGIC SCIENCES
Name of the Faculty	Faculty of Indian Religion, Philosophy and Culture
Examination Type	Yearly
Course Duration	01 year
Total Credits	No credits
Eligibility	Graduation from any recognized University or equivalent qualification.

Paper Code	Paper Title	Internal (Pr/Desr /Viva/Oral/ Test/Sessional etc.) A		Theory B		Other C		Subject Total (in case of joint passing) A+B+C		No. Credits (if Credit System is applicable)
		Max	Passing	Max	Passing	Max	Passing	Max	Passing	
One Year P. G. Diploma										
MAY1-I-01	YOGA TEXTS AND HISTORY OF YOGA			100	35					
MAY1-I-02	INTRODUCTION TO HUMAN ANATOMY & PHYSIOLOGY	20	7	80	28					
MAY1-I-03	HATHA YOGA & TECHNIQUES OF MEDITATION			100	35					
MAY1-I-04	YOGA THERAPY	10	3.5	90	31.5					
MAY1-I-05	PRACTICAL	40	14			60	21			
FINAL TOTAL		70	24.5	370	129.5	60	21	500	175	No. Credits

PG DIPLOMA IN YOGIC SCIENCE

Eligibility:	Graduation from any recognized University or equivalent qualification
Duration:	One Year
No. Of Papers:	Four theory papers and one practical paper of 100 marks each
Total marks:	500
Age:	Upto 60 years (Physically fit) Student should submit fitness certificate at the time of admission

PAPER I	YOGA TEXTS AND HISTORY OF YOGA	100 MARKS
PAPER II	INTRODUCTION TO HUMAN ANATOMY & PHYSIOLOGY	100 MARKS
PAPER III	HATHA YOGA & TECHNIQUES OF MEDITATION	100 MARKS
PAPER IV	YOGA THERAPY	100 MARKS
PAPER V	PRACTICAL	100 MARKS

PAPER I	YOGA TEXTS AND HISTORY OF YOGA योगग्रन्थाः योग—इतिहासश्च	100 Marks
----------------	--	------------------

Unit I History of Yoga		10 Marks
Yoga in Upanishad		
Unit IIA) Basic concepts of Samkhya Philosophy		10 Marks
(25 tattvas, parinamavada, gunatraya, Kaivalya)		
B) Basic concepts of Vedanta Philosophy		10 Marks
(Vivartavada, Advaitavaada, Moksha, Panchakosha)		
Unit III Patanjala Yogasutra		30 Marks
First pada complete, second pada till the sutra 11, Ashtanga yoga		
Unit IV Hathapradipika Chapter I		20 Marks
Unit V Bhagavadgita Gunatrayavibhagayoga		20 Marks

Reference Books

1. Bharatiya tattwajnan	Shri.Srinivasa Dikshit, Any Popular Book Stall
2. Encyclopaedia of Yoga (No. 410)	Dr. Ramkumar Rai Chowkhamba Sanskrit Sansthan,P.O.No: 1008, Varanasi
3. Introduction to the Yoga Philosophy	S.C. Vasu Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi
4. Yoga explained (No. 435)	Bengal Lancer Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi
5. Yoga Philosophy in relation to other Systems of Indian Thought (No. 447)	S.N. Dasgupta Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi
6. Hathayoga Prasipika	Kaivalyadham, Lonavla

7. Hathayoga Prasipika Chowkhamba Sanskrit Sansthan,P.O.No:
1008, Varanasi
8. Sankhyakarika Dr. Leena Rastogi, Mangesh Prakashan, Nagpur.

PAPER II INTRODUCTION TO HUMAN ANATOMY & PHYSIOLOGY 100 Marks
मानव शरीररचनायाः कार्यस्य च परिचयः

Unit I Introduction to Human Body: Cell, Tissue, Organ, System 10 Marks

Unit I Human Anatomy & Physiology 50 Marks

- 1) Skeletal System
- 2) Muscular System
- 3) Respiratory System
- 4) Circulatory System
- 5) Digestive System
- 6) Excretory System
- 7) Endocrine System
- 8) Reproductive System
- 9) Cardio-vascular System

Unit III Nervous system, Brain-its constitution and function 20 Marks

Unit III Assignments 20 Marks

Shatchakra, Naadi-(Ida, Pingala, Sushumna, Kundalini) Pancha Prana, Panch kosha

Reference Books

1. Bharatiya tattwajnan Shri.Srinivasa Dikshit, Any Popular Book Stall .
2. Encyclopaedia of Yoga (No. 410) Dr. Ramkumar Rai, Chowkhamba Sanskrit Sansthan,P.O.No: 1008, Varanasi
3. Introduction to the Yoga Philosophy- S.C. Vasu Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi
4. Anatomy and Physiology in health and illness Ross and Wilson, Any popular Book Stall
5. पृथकशारीरम् डॉ. संयुक्ता गोखल, नागपूर
6. दृष्टार्थ शरीरम् प.ग.आठवल,पुणे
7. शरीर क्रिया प.ग.आठवले
8. Anatomy, Physiology of Yoga practices Dr. Gore, Kaivalyadham, Lonawala.
9. Structure and function of human body Dr. Shrikrishna, Kaivalyadham, Lonawala.
10. शरीर विज्ञान और योगाभ्यास (हिन्दी –मराठी) डॉ.म.म.गोरे, लोनवला

PAPER III	HATHA YOGA & TECHNIQUES OF MEDITATION हठयोगः ध्यानपद्धतयश्च	100 Marks
(as per Hathayoga pradipika)		
Unit I	Asanas Definition, types, method and benefits	20 Marks
Unit II	Pranayama Definition, types, method and benefits	30 Marks
Unit III	Bandha Definition, types, method and benefits	10 Marks
Unit IV	Kriya Definition, types, method and benefits	20 Marks
Unit V	Dhyana Definition, types, method and benefits and knowledge of the following meditation techniques- 1. Patanjala Dhyana 2. Buddhist Dhyana (Vipassana), 3. Jaina Dhyana (Preksha) 4. Bhavatita dhyana 5. Zen meditation	20 Marks
Reference Books		
1.	Hathayoga Pradipika	Kaivalyadham, Lonavla
2.	Hathayoga Pradipika	Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi
PAPER IV	YOGA THERAPY; ksxfpfdRlk	100 Marks
Unit I	Health and wellness Definition of Health, Characteristics of Healthy person, Health factors	10 Marks
Unit II	Psycho-somatic disorders and Yoga Treatment Indications and Contra indications (Hypertension, Diabetes, Asthma, Allergy, Obesity, Arthritis)	30 Marks
Unit III	Yoga for children of different age groups Yoga for Growth, Concentration. Memory and general health	15 Marks
Unit IV	Yoga for women For different age groups, for pregnant women, general health problems of women	15 Marks
Unit V	Yoga and stress management Definition of Stress, Stress types, Stress related diseases And Yoga for stress Management	20 Marks

Unit VI Measurement of Fat, EMI, BP**10 Marks****Reference Books:**

- | | | |
|------------------------|---|--|
| 1. Applied Yoga | - | Dr. M.L. Gharote, Kaivalyadham, Lonavala. |
| 2. Perspective in Yoga | - | A.K. Sinha, Bharat Manisha, Varanasi. |
| 3. Yoga Dipika | - | B.K.S. Ayyangar, Orient Lormen Pvt. Ltd.,
New Delhi |

PAPER V**PRACTICAL प्रात्यक्षिकम्****100 MARKS**Demonstration- **40 Marks**Oral- **20 Marks**Assignment -**40 Marks (based on all the PAPERS)**

The following practices will be taught:-

1. Sukshma Vyayama -

- | | |
|----------------------------------|--------------------------------|
| 1. Kapola Shakti Vikasaka | 2. Karna Shakti Vardhaka |
| 3. Greeva Shakti Vikasaka | 4. Karatala Shakti Vikasaka |
| 5. Manibandha Shakti Vikasaka | 6. Purna Bhuja Shakti Vikasaka |
| 7. Vakshasthala- Shakti Vikasaka | 8. Jangha-shakti vikasaka |

2. Loosening Exercises -

- | | | | |
|-------------------------|-----------------|-----------------------------|----|
| 1. Twisting
Rotation | 2. Side Bending | 3. Forward-backward bending | 4. |
|-------------------------|-----------------|-----------------------------|----|

3. Breathing Exercises -

- | | |
|-------------------------------|---------------------|
| 1. Hands in and out breathing | 2. Tadasan-shwvasan |
| 3. Rabbit-breathing | 4. Shwan-shwasana |
| 5. Shashankasana-shwasana | |

4. Suryanamaskara –

1. Should be practised as Physiological, Psychological and Spiritual practice.
2. 12 repetitions with the chanting of mantras.

5. Asanas (Cultural Asanas)

A. Standing:-

- | | |
|---------------------------|------------------|
| 1. Ardha-katichakrasana | 2. Padahastasana |
| 3. Ardha-chakrasana | 4. Trikonasana |
| 5. Parivrutta-Trikonasana | |

B. Sitting-Position:-

- | | |
|----------------------|------------------------|
| 1. Paschimottanasana | 2. Ushtrassana |
| 3. Vakrasana | 4. Ardhamatsyendrasana |
| 5. Shashankasana | 6. Suptavajrasana |

C. Prone on position:-

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

D. Supine position:-

- | | | |
|-------------------|-----------------|---------------|
| 1. Viparitakarani | 2. Sarvangasana | 3. Matsyasana |
| 4. Halasana | 5. Shirshasana | |

E. Relaxative Asanas:-

- | | |
|--------------|---------------|
| 1. Shavasana | 2. Makarasana |
|--------------|---------------|

F. Meditative Asanas:-

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

6. PRANAYAMA:-

Sectional Breathing:

- | | |
|----------------------|------------------------|
| Suryabhedan Pranayam | Chandrabhedan Pranayam |
| Nadishodhan Pranayam | Shitali Pranayam |
| Sitkari Pranayam | Bhramari Pranayam |
| Bhastrika Pranayama | |

7. KRIYAS:-

- | | | | | | |
|-------------|----------|-----------|-------------|-----------|---------|
| Kapalabhati | Jalaneti | Sutraneti | Vamandhauti | Dandaneti | Trataka |
|-------------|----------|-----------|-------------|-----------|---------|

8. MEDITATION :- (Different techniques such as)

- | | | |
|---------------|----------------|----------------------|
| 1. Omkar Japa | 2. Sakshibhava | 3. Breath- Awareness |
|---------------|----------------|----------------------|

Reference Books:-

- | | | |
|--|---|--|
| 1. Encyclopaedia of Yoga (No. 410) | - | Dr. Ramkumar Rai
Chowkhamba Sanskrit
Sansthan P.O.No: 1008, Varanasi |
| 2. Introduction to the Yoga Philosophy | - | S.C. Vasu Chowkhamba
Sanskrit Sansthan
P.O.No: 1008, Varanasi |
| 3. Yoga explained (No. 435) | - | Bengal Lancer
Chowkhamba Sanskrit
Sansthan P.O.No: 1008,
Varanasi |
| 4. Yoga Philosophy in relation to other
Systems of Indian Thought (No. 447) | - | S.N. Dasgupta
Chowkhamba Sanskrit
Sansthan P.O.No: 1008,
Varanasi |
| 5. Bharatiya Manasa Shastra | - | Dr. Kolhatkar
Sri Samarthasadan
1 Bhatwadi Girgaon,
Mumbai. |

6. Yoga Explained (with illustrations) - Bengal Lancer
Chowkhamba Sanskrit
Series Office,
Varanasi 221 001.
7. Encyclopedia of Yoga - Dr. Ramkumar Rai
Chowkhamba Sanskrit
Sansthan
P.O.No: 1008, Varanasi
8. Teaching Methods in Yoga - Dr. M.L. Gharate & Dr.
S.K. Ganguli,
Kaivalyadham, Lonavala.
-