

MAHATMA GANDHI UNIVERSITY
CENTRE FOR YOGA AND NATURUPATHY



FACULTY OF SCIENCE

REVISED REGULATION SCHEME AND SYLLABUS
OF
DIPLOMA IN YOGA AND NATURAL LIVING

UNDER CREDIT AND SEMESTER SYSTEM
WITH EFFECT FROM 2025 ADMISSION

Preamble

Yoga is the harmony between individual and the universe, between thought and action, and it is the joining of a healthy body and a disciplined mind for spiritual development. Yoga is a combination of physical, mental, and spiritual practices for the promotion of health, prevention of diseases and for the management and treatment of lifestyle diseases. Natural living means living in harmony with nature, following the earth's natural rhythms. It is a process of living connected to nature, living sustainably and eco-friendly. Natural living is a lifestyle that is healthy for us and nature. It also includes eating fruits and vegetables that grow on the earth. Mahatma Gandhi very rightly said that "Earth provides enough to satisfy every man's needs, but not every man's greed." According to Indian philosophy, the entire universe, including living and non-living things are made up of Panchamahabhutas (five great elements). Since human being is part of nature, the human body is also made up of Panchamahabhutas, namely Akasa (Space), Vayu (Air), Agni (Fire), Apa(Jala), and Prithvi (Earth). Hence, prevention of diseases, promotion of health and management and treatment of diseases are based on the healing power of Panchamahabhutas. The diploma programme in Yoga and Natural Living is introduced as a science of Holistic living in harmony with the rules of Nature for health and wellbeing.

NAME OF THE PROGRAMME: Diploma in Yoga and Natural Living (DYNL)

AIM OF THE PROGRAMME

To inspire the students to create a deep interest in Yoga, to develop broad and balanced knowledge and understanding of Yogic concepts, principles and practices, the need for living in harmony with nature and emphasize the discipline of Yoga as an important branch for achieving academic excellence.

PROGRAMME OBJECTIVES

1. To introduce the fundamentals and scientific basis of Yoga.
2. To introduce the principles and methods of Yoga practices
3. To mould experts for teaching Yoga
4. To create awareness for living in harmony with Nature for maintaining holistic health
5. To encourage the sustainable use of natural resources
6. To practice hygiene and sanitation

7. To introduce Gandhiji's methods for keeping good health
8. To train students to increase productivity in life by using Panchamahabhutas
9. To bring peace and harmony in society at large by introducing the Yogic way of life.
10. To attain a higher level of consciousness

NATURE AND MODE OF THE PROGRAMME

The nature of the programme shall be co-educational. The diploma programme in Yoga and Natural Living shall be offered in hybrid mode according to UGC public notice issued on 19th September 2023 based on the 561st Meeting of UGC held on 22 September 2022, wherein theoretical component shall be conducted by online mode, and the practical component including seminars, field work, internal and external examinations shall be conducted by offline mode at Centre for Yoga and Naturopathy, Mahatma Gandhi University. The offline classes shall be conducted at CYN in a blended mode by conducting in-house Yoga practical classes related to Natural Living / Seminars / Conferences / Field work assignments / Internships / class room teachings in schools, other educational institutions, classes on Saturdays & Sundays from 10 am to 4 p.m. The hybrid mode of teaching shall facilitate successfully completing the total 450 hours in the first and second semester, which shall be more or less the same as that of the full-time regular programme. The hybrid learning platform, which is an educational approach that combines in-person and online components, not only allows the creation of a flexible and adaptable learning experience but also helps the students to utilize their time efficiently and facilitates the students to have deeper personal connection with their teachers and classmates during the offline classroom learning environment.

DURATION OF THE PROGRAMME

The duration of the course shall be one year with two semesters. Each semester shall have 450 hours. The total hours of teaching per semester shall be 900 hours.

ELIGIBILITY FOR ADMISSION:

Should have passed HSC / +2 / VHSC / 10+3 Diploma / or any other higher examinations recognized as equivalent by the Higher Secondary Board of Examination of the concerned State Government, and Diploma courses recognized by the Directorate of Technical Education of the concerned State Governments. Age - No bar

NUMBER OF SEATS

The upper seat limit is 30, according to the University and Government rules and regulations.

SELECTION CRITERIA

The selection of candidates for admission to the Diploma in Yoga and Natural Living shall be on merit and shall be determined based on the following criteria:

Marks of the qualifying examination	-	75 marks
Interview	-	25 marks
Total	-	100 marks

MEDIUM OF INSTRUCTION AND EXAMINATION

The medium of instruction and examination of the programme shall be English / Malayalam

FACULTY: The discipline of Yoga shall come under the **faculty of science**.

ATTENDANCE

The minimum attendance for both theory and practical required for each paper shall be 75% of the total number of classes conducted for that semester. Those who secure the minimum attendance in a semester alone will be allowed to register for the University examination.

EMPLOYABILITY POTENTIAL

Diploma in Yoga and Natural Living Programme provides job opportunity as Yoga Teacher, Yoga Instructor, Nature cure therapist, etc. in private and public sectors, such as hospitals, health centres, educational institutions, such as schools, other social institutions, and online tutors to teach Yoga and Natural Living, etc. Yoga professionals can also be self-employed by opening their own yoga centre. The government has made it compulsory to have a Yoga teacher in every school and a Yoga therapist in PHC, CHC, Govt. wellness centres, etc.

PROGRAMME OUTCOMES

Disciplinary knowledge and skills: The students will be capable of demonstrating

1. Good knowledge and understanding of various Yogic concepts, theoretical principles and methods of different Yoga practices and learns to live in harmony with nature.
2. Ability to use modern interpretations for every yogic technique and learn to design and perform experiments in the field of Yoga.

Skilled communicator:- Ability to transmit complex technical information relating to Yoga in a clear and concise manner in writing and oral ability to present complex and technical concepts in a simple language for better understanding.

Critical thinker and problem solver:- Ability to employ critical thinking and efficient problem-solving skills in Yoga.

Sense of inquiry :- Capability for asking relevant/appropriate questions relating to the issues and problems in the field of Yoga.

Team worker:- Capable of working effectively in diverse teams in all areas of theory, practical workshops and in field-based situations like Yoga camps, etc.

Skilled project manager:- Capable of identifying/mobilizing appropriate resources required for a field work programme, or a project, and of doing field work/project successfully

Digitally efficient:- Capable of using computers or other digital media for studying Yoga effectively.

Ethical awareness/reasoning:- The students will be capable of demonstrating the ability to think and analyze rationally with a modern and scientific outlook, and identify ethical issues related to their work in all aspects of work related to Yoga

Lifelong learners:- Capable of self-paced and self-directed learning aimed at personal development and for improving knowledge/skill development and reskilling in Yoga.

PROGRAM SPECIFIC OUTCOMES

After completion of the Diploma in Yoga and Natural the students will be able:

1. To understand the basic principles and applications of Yoga.
2. To understand the principles of Anatomy and Physiology with relevance to the Yoga practices
3. To understand theoretical as well as practical aspects of Yoga and its related techniques to prevent and promote health and to treat certain physical and psychosomatic or lifestyle diseases.
4. To understand the importance of natural living, the use of sustainable natural resources, preparing natural food recipes and knowledge of herbal medicinal plants for holistic health and wellbeing.

SCHEME OF EXAMINATION SEMESTER – I

Sl. No	Course Code	Title of the Course	Teaching hours/sem.	Marks			Number of credits
				CIA	ESE	Total	
1	DCYC2501	Foundations of Yoga	90 hours	40	60	100	4
2	DCYC2502	Human Anatomy and Physiology	90 hours	40	60	100	4
3	DCYC2503	Principles and Methods of Hatha Yoga Practices	90 hours	40	60	100	4
4	DCYC2504	Health & Wellness	90 hours	40	60	100	
5	DCYP25 01	Yoga Practical 1	90 hours	40	60	100	4
		Total	450 hours	120	180	300	18

SCHEME OF EXAMINATION SEMESTER – II

Sl. No	Course Code	Title of the Course	Teaching hours/Sem.	Marks			Number of credits
				CIA	ESE	Total	
1	DCYC2505	Principles & Methods of Natural Living	90 hours	40	60	100	4
2	DCYC2506	Panchabhuta: Theory and Practice	90 hours	40	60	100	6
3	DCYC2507	Yoga Field work / Teaching Practice	90 hours	40	60	100	
3	DCYP2402	Yoga Practical II	90 hours	40	60	100	4
4	DCYC25208	Project based on Internship	90 hours	40	60	100	4
		Total	450 hours	120	180	300	18

QUESTION PAPER SETTING

The Head of the Department will make arrangements for getting the question papers set by external experts approved by the University.

End Semester Examination Question Paper Pattern

Sl. No.	Type of Question	No of questions to be answered	Marks for each question	Total Marks
1	Essay Type	2 out of 4	10	20
2	Short Answer Type	4 out of 6	5	20
3	Very Short Answer Type	10 out of 10	2	20

Total	16 out of 20	--	60
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Internal Evaluation of Theory Papers

Sl.No	Details Internal Assessment	Marks
1	Test Papers 1	10
2	Book review	10
3	Assignment	10
4	Seminar Presentation	10
	Total	40

Internal Evaluation of Yoga Practical Examination I Semester

Details of Yoga practicum	Marks
Yoga Practical demonstration	20
lesson planning, Teaching skills, instruction skills, communication skills etc.	10
Viva Voce	10
Total	40

End Semester Practical Examination Semester I (External Valuation)

Details of Yoga Practical	Marks
Yoga Practical demonstration	15
lesson planning, Teaching skills, instruction, communication skills etc.	20
Viva Voce	10
Record	15
Total	60

Project /Field work Evaluation

Project work shall be completed in accordance with the guidelines and instructions issued by the University. There shall be an internal assessment and external assessment for the Project Work .The Project Work shall be evaluated based on the presentation of the project work done by the student the dissertation submitted and the viva voce of the project . The external

evaluation of the Project Work shall be conducted by one External examiner from a different college and an internal examiner from the department/Centre concerned.

OTHER REGULATIONS AND TRANSITORY PROVISION, REPEAL OF THE PROGRAMME

Promotion and pass, classification of examination result, , question paper setting, Tests, assignment, seminar, practical record, project work/field work, grading, Reappearance and improvement Examinations, evaluation of answer scripts/project work, Revaluation, publication of results, issue of certificates, grievance redressal committee, revision of syllabi and all other regulations such as Transitory provision, repeal of the Programme will be as same as per the Rules and Regulations issued by Mahatma Gandhi University from time to time. If any other criteria unless otherwise specified also be followed as per the Regulations for the Post Graduate programme.

DCYC2501– Foundations of Yoga

Course Outcomes

- After completion of the course the learners would be able to:
- Trace out the ancient roots of yoga from Indian wisdom.
- Distinguish yogic insights from Indian philosophy.
- Understand the influence of Yogic principles from life of great Yogis
- Gain the knowledge of modern applications of yoga

UNIT-1: GENERAL INTRODUCTION TO YOGA [22 Hrs.]

Origin of Yoga, History and Development of Yoga: Pre classical Period, Classical Period, Post classical period, Modern Period, Meaning and Definitions of Yoga in classical Yoga texts, Aim and Objectives of Yoga, Misconceptions about Yoga; True Nature of Yoga, Principles of Yoga

UNIT-2: INTRODUCTION TO DARSHANAS AND STREAMS OF YOGA [22 Hrs.]

Brief Introduction to Indian Orthodox and Heterodox Darshanas, Basic concepts of Bhakti Yoga, Jnana Yoga, Karma Yoga and Raja Yoga with reference to Bhagavad Gita.

UNIT-3: INTRODUCTION TO HATHA YOGA TEXTS [23 Hrs.]

Hatha Yoga: Origin, History and development of Hatha Yoga, Meaning, Definition, Aim, Objectives , Brief Introduction to important Hatha Yoga Texts and methods of different Yoga practices explained in Hatha Yoga Pradeepika, Gheranda Samhita , Hatha Ratnavali,

UNIT-4: INTRODUCTION TO PATANJALA YOGA SUTRA [23 Hrs.]

Brief to Maharshi Patanjali and Patanjala Yoga Sutra; Ashtanga Yoga : Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi; Definition of Yoga according to Patanjali; Concept of Chitta-Bhumi; Citta-Vrittis and their classification, Citta-Vritti Techniques to control Chitta Vrittis- Abhyasa and Vairagya, Physiological and emotional obstructions in Yoga, Chitta Vikeshpas , Chitta Prasadnam , Relationship between the two schools of Yoga (Patanjali and Hatha Yoga).

References

1. George Feuerstein (2002). The Yoga Tradition, its History, Literature, Philosophy and practice; First Indian Edition published by Motilal Banarasi Dass Publishers , New Delhi with Hohm Press, U.S.A.
2. Dr. S Radhakrishnan, Indian Philosophy Vol I and II, Text book, 2nd edition, 2008
3. Swami Satyananda Saraswati, Four Chapters of Freedom , (Bihar School of Yoga, 2000)
4. Swami Ramsukh Das, *Srimad Bhagavadgita* (Sadhaka Sanjivani), Vol I & II, Geetha Press Gorakhpur 1999.
5. Swami Satyananda Saraswati, *A Systematic Course in the ancient Tantric Techniques of Yoga and Kriya*, Bihar School of Yoga, Munger 1989

DCYC2502 INTRODUCTION TO HUMAN ANATOMY AND PHYSIOLOGY

Course outcomes

On successful completion of the course, students will be able to:

- Understand various systems and their function in relation to health
- Understand the various physiological changes by practices of yoga.
- Illustrate the location and inter-relation of different parts of the body.
- Demonstrate the knowledge of muscles and nerve fibers stretched, contracted during various yogic practices.
- Capture the in-depth understanding of neuropsychological locks in and bandhas.

UNIT– I SUPPORT AND MOVEMENT SYSTEMS

[22 Hrs.]

Skeletal System -Axial and Appendicular skeleton – Types of bones - Skeletal development from embryo to maturity - Classification of joints- Spinal Column& its Common Structural Deformities: Scoliosis, Kyphosis and Lordosis, common ailments of bones & Joints, **Muscular System**- Classification of muscles - Structure of a muscle fibre–Major muscles of the upper body and lower body) , Common ailments of muscular system.

UNIT - II: CARDIO RESPIRATORY SYSTEMS

[22 Hrs.]

Cardio Vascular System- Structure and functions of the Heart - Heart rate - Blood Vessels – arteries- veins and capillaries - The organization of systematic and pulmonary circulation, the cardiac cycle, Stroke Volume , **Blood** : Composition and Functions, Blood Cells and functions - Blood groups and their importance, Blood pressure; **Respiratory System**- Structure and functions of Respiratory system -Muscles involved in respiration-Mechanism of Respiration (alveolar & Cellular) – Lung Volume/capacities-Breathing rate - common ailments of respiratory system.

UNIT- III: INTEGRATION AND COORDINATION SYSTEMS

[23Hrs.]

Nervous System - Structure and functions of Neuron - Central nervous system (Brain and spinal cord) - Peripheral nervous system- Autonomic nervous System (Sympathetic and Para sympathetic nervous systems). common ailments of nervous system, **Endocrine System**- Location, structure and function of endocrine glands,common ailments of endocrine system

UNIT- IV: ABSORPTION, REPRODUCTIVE& EXCRETORY SYSTEMS [23 Hrs.]

Digestive System- Structure of digestive system - Mechanism of ingestion, digestion, absorption, assimilation & excretion.- common ailments of digestive system; **Urinary System**- Kidney -Structure and functions - Process of urine formation, **Reproductive System**- Structure and functions of male and female sex organs- Menstrual cycles, common ailments of reproductive system

REFERENCES

1. Saladin – Anatomy & Physiology : The Unit Form and Function, Published by McGraw –Hill New Yord, 3 Ed, 2004
2. Gerard J. Tortora “Principles of Anatomy & physiology, Published by John Wiley &Sons, Inc, New York, 9th Ed, 2000
3. M.M. Gore: "Anatomy & physiology of Yogic Practices" Kanchanprakashan , Lonavala, 1990.

4. William Peter. L. Gray's Anatomy. Edinburgh; Churchill living stone, 1980.
5. Pearce Ecelyn C. Anatomy and Physiology for Nurses, Oxford University press, Kolkatta, 1978.

DCYC2503 Principles and Practice of Hatha Yoga

COURSE OUTCOMES

- Understands the different concepts and principles of Hatha Yoga according to HathayogaPradipika and GherandaSamhita
- Analyse the role of each HathaYoga practices for prevention of diseases, promotion of health and treatment of diseases and disorders.
- Evaluate the contemporary relevance of hathayoga practices.
- Compare the yoga practices explained in Hathayoga Pradipika and Gheranda Samhitaand Learn to practice each Yoga Practice correctly.

Unit 1. Introduction to Hatha yoga texts

(22 Hrs.)

Origin of Hatha Yoga - Meaning of Hatha Yoga, Purpose of Hatha Yoga and Hatha Yogic parampara.

Classical texts on Hatha Yoga: Yoga Beeja, GorakshaSamhita, VashishthaSamhita, Shiva Samhita, Siddhasiddhantapaddhati, Hatha Pradeepika, GherandaSamhita and Hatha Ratnavali.

Elements of success and failure in Hatha yoga.

Rules and instructions for Hatha Yoga practice,

Concept of Mata in Hatha Yoga Pradeepika and Kuteeram in GherandaSamhita,

The SaptangaSadhana in GherandaSamhitha.

Unit 2. Comparative Study of Shad karmas in Hatha Yoga Pradeepika And Gheranda Samhita

(22 Hrs.)

Cleansing practice of Hatha Yoga -Shadkarmas (The six cleansing process)Dhauti(Cleansing the alimentary canal from mouth to stomach), Vasthi (Cleansing therectum), Nethi (cleansing of the nasal passage), Trataka (Blinkless gazing), Nauli (Exercise of abdominal muscles)Kapalabhati (Cleansing of the frontal brain).

Rules and instructions of Shadkarmas

Therapeutic benefits of Shadkarmas

Yogic diet - Meaning and definition of Mithaharam – Purpose of Mithahara.

Pathyaharam(Indicated food) –Apathyaharam(contra indicated food) - Benefits ofvegetarian food.

Unit 3. Comparative Study Of Asanas Mudras and Bandhas in Hatha Yogapradeepika and Gheranda Samhita

(23 Hrs.)

Asanas – Meaning and Definition - Purpose of Asana in Yoga Sutra

Purpose of Asanas in Hatha Yoga

Comparative study of Asanas as per Hatha Yoga Pradeepika and Gheranda Samhita -

Classification of Asanas- Meditative Asanas, Cultural Asanas and Relaxation Asanas ,
Physical , Mental and Spiritual benefits of Asanas
Hata Yogi Siddhi Lakshnam.

Meaning of Mudra and Bandha- Types of Mudras – Hastha Mudra, Mana Mudra, Kaya
Mudra, Bandha Mudra, Adhara Mudra.

Types of Bandhas. Moola Bandha, Jalandhara Bandha, Uddiyana Bandha, Maha Bandha,
Mudras and Bandhas in Hatha Yoga Pradeepika and Gheranda Samhitha.

Physical, Mental and Spiritual benefits of Mudras and Bandhas.

Unit 4. Comparative Study of Pranayamas, Prathyahara, Dharana, Dhyana and Samadhi in Hatha Yoga Pradeepika and Gheranda Samhita (23 Hrs.)

The concept of Prana, the five Pranas and the five Upa-pranas

Pranayama and its importance in Hatha Yoga Sadhana

The concept of Nadis in Hatha Yoga, The concept of Swara Yoga

The three process in Pranayama- Pooraka, Kumbhaka and Rechaka

Classification of Pranayama - Balancing Pranayama- Cooling Pranayama- Heating or
Revitalizing Pranayama- Tranquilizing Pranayama- Yogic breathing- Pranayamas as per
Hatha Yoga pradeepika and Gheranda Samhitha-Therapeutic and Spiritual benefits of
Pranayamas.

Five Types of Prathyahara

Five types Dharana and three types of Dhyana

Six types of Samadhi according to Gheranda Samhitha

Concept of Nadaanusandhana according to Hatha Yoga Pradeepika

REFERENCES

- Swami Kuvalayananda, Gheranda Samhitha, Kaivalyadhama, Lonavala, Pune, 1997
Swami Nirajananda Saraswathi, Gheranda Samhitha, Bihar Yoga Bharathi, Munger,
Bihar, 1997
Yogi Ramacharaka, Secrets of Hatha Yoga, Cosmo, New Delhi, 2004
Swami Mukhtibodhananda, Hatha Yoga Pradeepika, Bihar School of Yoga, Munger,
Bihar 1998
Swami Satyananda Saraswathi, A Systematic Course in the ancient Tantric
Techniques of Yoga and Kriya, Bihar School of Yoga, Munger, 1989
George Feuerstein, (1975). Text Book of Yoga, London, Motilal Bansaridass
Publishers Ltd.
Swami Satyananda Saraswati, Four Chapters of Freedom, (Bihar School of Yoga,
2000)
Swami Kuvalayanda, (1998), Asanas, Lonavala, Kaivalyadhama.
Swami Satyananada Sarasvati. (1989), Asana Pranayama Mudra Bandha, Munger,
Bihar School of Yoga.
Swami Sivananda, (1971), The Science of Pranayama, Chennai, A Divine Life Society
Publication.

DCYC2504 Health & Wellness

COURSE OUTCOMES

- Students demonstrate comprehensive understanding of wellness definitions
- Students proficiently apply health-related fitness components, functional fitness protocols, healthy aging principles, 10-minute structured exercise programs, and geriatric-specific fitness assessments to design safe interventions.
- Students analyze stress mechanisms—including definitions, symptoms, General Adaptation Syndrome stages, chronic effects, and related diseases
- Students integrate yogic philosophy, health concepts, diet principles, and relaxation techniques into holistic wellness frameworks

Unit 1 – Foundations of Health and Wellness (18 Hrs.)

Definition and meaning of health and wellness

Dimensions of health and wellness

Understand nutrition (macronutrients, micronutrients, personalised meal plans, ICMR dietary guidelines)

Energy balance

Common postural deformities-Corrective measures (knock knees, flat foot, round shoulders, Lordosis, Kyphosis, Scoliosis, and bow legs)

Unit 2: Science of Physical Activity (18 Hrs.)

Physical fitness and its types

Effect of exercise on the major body systems

Principles of exercise training

Understanding exercise intensities and choosing activities for physical fitness

Fitness assessment and interpretation

Unit 3: Strategies for Health Promotion (18 Hrs.)

Adherence to Physical Activity- Strategies

Lifestyle diseases: their prevention and management

Enhancing mental health – Strategies

Enhancing social health – Strategies

Basics of CBT

Unit 4: Understanding Stress and its Management

(18 Hrs.)

Definition of stress

Symptoms of stress (Physical Symptoms, Emotional and Mental Symptoms, Behavioural Symptoms)

General Adaptation Syndrome (GAS) and its stages

Effect of chronic stress (Physical, Mental and Social)

Stress management strategies

Unit 5 – Yoga and Integrative Wellness Practices

(18 Hrs.)

Yogic philosophy on attaining wellness (Ashtanga)

Yogic nutrition

Understanding Sleep – Optimisation Strategies

Understanding Circadian Rhythm -Optimisation Strategies

Relaxation techniques

REFERENCES

1. Edlin, G., & Golanty, E. (2021). Health and wellness (14th ed.). Jones & Bartlett Learning.
2. Corbin, C. B., Welk, G., Corbin, W. R., & Farrar, K. (2023). Concepts of physical fitness: Active lifestyles for wellness (14th ed.). McGraw-Hill Education.
3. Iyengar, B. K. S. (2010). Light on life: The yoga journey to wholeness, inner peace, and ultimate freedom. Rodale Books.
4. Sapolsky, R. M. (2017). Behave: The biology of humans at our best and worst. Penguin Press.
5. Ross, A., & Thomas, S. (2010). The health benefits of yoga and exercise: A review of comparison studies. The Journal of Alternative and Complementary Medicine, 16(1), 3–12. <https://doi.org/10.1089/acm.2009.0044>

DCYP25 01 Yoga Practical 1

COURSE OUTCOMES

- Understand basic Yoga practices including Shadkarmas, Sookshnavyayamas, Asanas and Pranayamas.
- Analyse the role of Yoga practices for prevention of diseases, promotion of health and treatment of diseases and disorders
- Evaluate the importance of yoga practices in daily life.
- Compare the difference between various Yoga practices and exercises and learn to practice each Yoga Practice correctly

Unit 1. Shadkriyas, Yogic sookshnavyayamas and Surya Namaskar (22 Hrs)

SHADKRIYAS (CLEANSING TECHNIQUES):

Sutra Neti

JalaNeti

VastraDhauti

Nauli

VathaKramaKapalaBhathi

SheetkramaKapalaBhathi

Trataka

YOGIC SUKSHMA VYAYAMAS (Loosening exercises)

Gentle and rhythmic anatomical movements of all synovial joints from toes to neck or neck to toes coordinated with breathing with each movement (Flexion, Extension, Hyper extension, Rotation-Right and left and circumduction)

Breathing Practices - Hands in and out, up and down, Twisting, Forward & backward bending etc.

Gentle and rhythmic stretching of large group muscles of Upper Body and Lower Body with breathing.

SURYA NAMASKARA AND DYNAMIC ASANAS

Dynamic movement of asanas for warming up the body -Dynamic Tadasana, Dynamic Tiryak Tadasana, Dynamic Kati Chakrasana, Dynamic Tiryak Kati Chakrasana, Dynamic Marjari asana, Dynamic Meru Vakrasana, Dynamic Nauka Sanchalanasana, Dynamic Supta Chakra Padasana, Dynamic standing Janusirasana, dynamic Utkatasana, Dynamic Padasanchalanasana, Dynamic Jhulana Lurhakanasana (rocking and rolling). Naukasana,

Dynamic Vayu Nishkasana (wind releasing pose), Dynamic Uttihta Lolasana, Dynamic Dolasana, Dynamic Marjarasana, Dynamic Paschimottanasana, Dynamic Halasana. Suryanamaskara- With twelve steps.
Variation of Suryanamaskar with Shashankasana

Unit 2. Sitting and relaxing asanas

(22 Hrs.)

SITTING MEDITATIVE ASANAS

Sukhasana

Swastikasana

Vajrasana

Siddhasana ,Siddhayoni Asana.

Bhadrasana

Padmasana

BaddhaPadmasana

BaddhaHasthaGomukhasasna

RELAXATION ASANAS

Shavasana

Makarasana

Matsyakridasana

ASANAS IN SITTING POSITION

Saithalyasana

Janusirasana

Paschimottanasana

Sashankasana

Upavishtakonasana

Vakrasana

Unit 3. Standing, supine and prone asanas

(23 Hrs.)

STANDING ASANAS

Tadasana

TiryakaTadasana

Kati Chakrasana

Virabhadrasana-I

Virabhadrasana-II

Padahasthasana

Trikonasana

Vrikshasana

ASANAS IN SUPINE POSITION

Pavanamuktasana

Udarakarshanasana

Naukasana

Purvottanasana

Khandarasana

Chakrasana

ASANAS IN PRONE POSITION

Bhujangasana

Shalabhasana

Dhanurasana

Viparitha Naukasana

Unit 4. Pranayama and Yoga Nidra

(23 Hrs.)

PRANAYAMA AND YOGA NIDRA

Practice of Puraka, Antar Kumbhaka, Rechaka and Bahya or Shoonya Kumbhaka

Yogic Sectional Breathing : Abdominal breathing (Udara Svasana), Thoracic

Breathing (Uruah Svasana) and Clavicular Breathing (Skanda Svasana), Yogic breathing (Poornasvasana)

Nadhishuddhi Pranayama in the ratio of 1:0:1, 1:1:2, 1:2:2, 1:3:2, 1:4:2

Brahmari Pranayama (humming progressively from 10 seconds to 1 minute)

Yoga Nidra-1 developed by Swami Satyananda Saraswati, Bihar School of Yoga

DCYC2505

Principles and Methods of Natural Living

Course outcomes

- On successful completion of the course, students will be able to:
- Understand the need of living in harmony with the nature for holistic health and wellbeing
- Demonstrate the knowledge for using of the elements of nature namely earth, water, fire, air and space for holistic healing
- Understanding the basic concepts of Gandhiji's nature cure methods for prevention of diseases, promotion of health etc.
- Demonstrate the importance of personal hygiene sanitation
- Understands the medicinal value of herbal plants
- Demonstrates the use of First Aid.

UNIT I FUNDAMENTALS OF NATURAL LIVING

[22 Hrs.]

Theory of Panchabhootas (five great elements)- Role of natural elements such as ether, Air, Fire, water and earth in health and healing- Methods of practice to keep the five elements in the body with mud (Prithvitattva), water (Apatattva), Food (Agni tattva), with Air (Vayutattva), Fasting and sun bath (Akashatattva).

UNIT II FOOD AND NUTRIENTS

[22 Hrs.]

Classification of Food- Foods from Plants origin: Cereals, Pulses, Energy giving food, Protective food, Concept of Mithahara according to Yoga, Pathya and Apathyahara according to Yoga, Satvic food, Rajasic Food, Tamasic food, adulteration of foods, Macro and Micro Nutrients, Definition, classification and biological importance of carbohydrates, protein, fats, Classification of vitamins, source, biological function, deficiency diseases, Classification of Minerals, source, biological function, deficiency disease and Biological importance of water.

UNIT III HEALTH, HYGIENE AND SANITATION

[23 Hrs.]

Health –meaning and definitions, dimensions of health, Gandhian views on Health, personal hygiene, mental hygiene, food and cooking hygiene, environmental sanitation, First Aid.

UNIT IV ORGANIC FARMING AND HERBAL LITERACY

[23 Hrs.]

Types and methods of organic farming, need and benefit of organic farming, Herbal Literacy and medicinal value of herbal plants- Curcuma/turmeric, Aloe vera, Tulsi (*Ocimum sanctum*), Moringa (*Moringa oleifera*), Terminalia chebula (Haritaki), Emblica officinalis (Amalaki), Brahmi, Punarnava (*Boerhaavia diffusa*), Neem, Koovalam (*Aegle marmelos* or Bael), Asvagandha, Fenugreek (Methi), Peppermint, Lemon Grass, Kariveppila (*Murraya koenigii*), Ayamodakam (*Ammi copticum*), Kallurukki (*Scoparia dulcis*), Pineapple (*Ananas sativus*), Tippali (*Piper longum*), Kurumulaku (*Piper nigrum*), Njerinjil (*terrestris* Linn), Naruneendi (*Hemidesmus indicus*), panikurkka (*Coleus aromaticus*), Kizharnelli (*Phyllanthus niruri*)

REFERENCE

1. Acharya K. Lakshmana Sarma Pillars of Natural life style Text book
2. Acharya K. Lakshmana Sarma, Practical Nature Cure
3. Ghosh, B.N. "Treaties of Hygiene and Public Health".
4. Dr.S Nesa Mani, Oushadha Sasyangal, Kerala Bhasha Institute, 1999.
5. Carrington, H. (1964). The Natural Food of Man, California, Health research, Mokelumne Hill.
6. ICMR, Nutritive Value of Indian Foods. New Delhi 1989
7. Ghosh, B.N. "Treaties of Hygiene and Public Health".
8. Hanlon, John J. "Principles of Public Health Administration" 2003.
9. Gandhi, M.K (1916). The Key to Health. Navajeevan Mudralayam, Ahemadabad, India
10. My Nature cure - by M.K.Gandhi
11. Diet & diet reforms - by M.K.Gandhi
12. Practical guide to First Aid Dr. Pippa Keech MBchB MRCGP ,published by Lorens Books, 2003
13. 'First Aid the Vital Link' The Canadian Red Cross Society , Mosby Lifeline 1994

DCYC2506 Panchabhuta: Theory and Practice

Course outcomes

1. Understands the properties of the five elements of Nature for health
2. Learns the application of five elements of Nature for prevention of diseases and promotion of health
3. Learns to prepare different type of natural food recipes

HEALING PROPERTIES OF PRITHVI TATTVA

(10 Hrs.)

Natural Mud baths and Mud packs

Aroma therapy

Natural fruits and vegetables

HEALING PROPERTIES OF APA TATTVA

(10 Hrs.)

Different types of Water bath

Enema

Juice therapy

HEALING PROPERTIES OF AGNI TATTVA

(10 Hrs.)

Sun bath

Colour therapy

HEALING PROPERTIES OF VAYU TATTVA

(10 Hrs.)

Air bath

Different types of massage

HEALING PROPERTIES OF AKASA TATTVA

(10 Hrs.)

Fasting

Diet therapy

Sound therapy

PREPARATION OF NATURAL FOOD RECIPES

(40 Hrs.)

Fruit and Vegetable Salads

Fruit juice, Herbal Juice

Gruel recipes

Millets recipes

Vegetable Soup recipes

Rice aval recipes

Raw mango buttermilk

Natural Chutney recipes

Rasam Recipe

Red rice porridge

Sprout recipes

References

1. Practice of Nature cure - by Henry Lindlahr
2. Singh, S.J. - Chromo therapy
3. Misra, P.D. & Beena Misra- Nature Cure: Philosophy and Methods
4. Gandhi, M.K. - Key to Health
5. Gandhi, M.K, My Nature cure.
6. Swaminathan, M- Food and Nutrition

DCYC2507 Yoga Field work / Teaching Practice

COURSE OUTCOMES

- Students can understand classroom teaching by doing fieldwork.
- Analyse the ability to plan, sequence and lead yoga practical classes. The yoga students can improve their health, their lifestyle and overall well-being.
- Developing skills to detect and improve mistakes in practitioners. learn to use teaching tools effectively, including demonstration, observation, assisting, etc.
- Interpolate a professional, compassionate, and mindful approach to teaching, incorporating yogic philosophy

Unit 1

(22 Hrs.)

Principles of lesson planning: Theme, duration, and target audience identification.

Sequencing techniques: Warm-up, main poses, counter poses, and relaxation.

Verbal cueing, demonstration skills, and modification for beginners/seniors.

Safety guidelines and contraindications in yoga practice

Module 2.

(22 Hrs.)

Orientation about the program – relevance, safety measures and general guidelines

Preparing lesson plans on asanas and teaching them.

Benefits of asanas

Specific safety measures and contraindications

Module 3.

(23 Hrs.)

Orientation about Pranayama

Preparing lesson plans and teaching Pranayama

Benefits of Pranayama

Feedback from participants

Module 4.

(23 Hrs.)

Orientation about Kriyas and Meditation

Lesson plans on Kriyas and Meditation and their execution

Benefits of Kriyas and Meditation

Safety measures and contraindications of Kriyas

REFERENCES

Dr.Gharote M L : Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007

Dr.ShriKrishna : Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009

Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi,

DCYC24- 202 YOGA PRACTICAL II

Course Outcomes: On completion of this course, students will be able to:

- Demonstrate the Yoga practice correctly
- Understand and Demonstrate Pranayama
- Learns to instruct Yoga Nidra.

UNIT 1 ASANAS INSITTING POSITION

22 hours

Siddhasana / Siddhayoni Asana.

Bhadrasana

Baddha Hastha Gomukhasasna

Paschimottanasana

Upavishtakonasana

UNIT II ASANAS IN SUPINE AND PRONE POSITION

22 hours

Uttanapadasana

Shalabhasana

Dhanurasana

Matsyasana

Makarasana

UNIT III ASANAS IN STANDING AND INVERTED POSITION

23 hours

Virabhadrasana-I, II and III

Vrikshasana

Natarajasana

Sarvangasana

Halasana

UNIT IV PRANAYAMA AND MEDITATION

23 hours

Brahmari Pranayama

Seetkari Pranayama

Sheethali Pranayama

Yoga Nidra-developed by Swami Satyananda Saraswati, Bihar School of Yoga

Ajapa Japa Dhyana

REFERENCE

1. Swami Digambarji(1997), Hatha yoga pradeepika, SMYM Samiti, Kaivalyadhama, Lonavala, Pune - 410403
2. Swami Digambarji(1997), Gheranda Samhita, SMYMSamiti, Kaivalyadhama, Lonavala
3. Swami Satyananda Saraswati(1997), Asana, Pranayama, Mudra, Bandha, Bihar School of Yoga, Munger-811201
4. Swami Satyanada Saraswathi(2004), A Systematic Course in the Ancient Tantric Techniques of Yoga & Kriya, Bihar School of Yoga, Munger-811201
5. Swami Sivananda, (1971), The Science of Pranayama. Chennai: A Divine Life Society Publication.