

**Karnataka Samskrit University,
Chamarajapete, Bengaluru-18**

Syllabus for Diploma in Yoga Science - (One Year Course)(DYS)

Theory & Practical Papers Year 2022-23

Sl. No	Paper	Sub Code	Subject Title	Total Marks			No. of Teaching Hours & Credits
				I	T	T	
1	Paper-1	DYS01	Principles of Yoga & Patanjali Yoga Sutra	30	70	100	60 Hrs. 5 Credits
2	Paper-2	DYS02	Fundamentals of Human Anatomy and Physiology and Sanskrit Grammar	30	70	100	60 Hrs. 5 Credits
3	Paper-3	DYS03	Hatha Yoga and Yoga Practices for Common Ailments	30	70	100	60 Hrs. 5 Credits
4	Paper-4	DYSP01	Yoga Practical Level - 1: Asana, Pranayama, Dhyana & Mudras	50	50	100	130 Hrs. 7 Credits
5	Paper-5	DYSP02	Yoga Practical Level - 2: Yoga Teaching and Therapeutic Methods	50	50	100	160 Hrs. 8 Credits
Total Marks				500			
Total Credits				30			

Paper-1: Principles of Yoga & Patanjali Yoga Sutra

Theory Marks: 70

Internal Marks : 30

Time: 3 Hrs

Credits: 5:0:0

A. FOUNDATIONS OF YOGA

UNIT-I

1. Introduction to origin, history, Evolution of yoga
2. Etymology and definitions of yoga
3. Aims and Objectives of Yoga
4. Misconception of Yoga
5. Branches of Indian Philosophy (Shad-Darshans)
6. Yoga and Sankhya

UNIT-II

1. General introductions to Veda and Upanishads
2. Yoga in Vedic period
3. Yoga in Upanishads

UNIT-III

1. Yoga in Tantra
2. Concept of Nadi, Prana and Kundalini, Hata yoga tradition
3. Yoga from different schools

B. PATANJALI YOGA SUTRAS

UNIT-IV

1. Samadhi pada (sutra 1-16, 24-40)
2. Sadhana pada (sutra 1-17, 28-55)

C. Sanskrit

UNIT-V

1. Varnanmala and Malheshvara Sutras, Svara Sandhi, Karakss, Subanta and Tiganta (Selected)
2. Vyanjana and Visarga Sandhi
3. Samasa Prakarana (Selected)
4. Vaidyakiya Subhashita, Rogaroga vijnana, Pranayama Vijnana, Vyayama Vijana and Sharirika Vijnana etc.

Paper-2: Fundamentals of Human Anatomy and Physiology and Sanskrit Grammar

Theory Marks: 70
Internal Marks : 30
Time: 3 Hrs
Credits: 5

A. ANATOMY AND PHYSIOLOGY

UNIT-I: Introduction to basic system

UNIT-II: Respiratory, Cardio-vascular and central nervous system

UNIT-III: Muscular-Skeletal system, excretory system, GI system

UNIT-IV: Reproductive system

B. Physiology of Yoga practices

UNIT-V: Regulatory system of body, physiology of exercises

UNIT-VI: Physiology of Cardio-respiratory system

UNIT-VII: Effect of Kriyas on different systems

Paper-3: Hatha Yoga and Yoga Practices for Common Ailments

Theory Marks: 70

Internal Marks : 30

Time: 3 Hrs

Credits: 5:0:0

A. HATHA YOGA

UNIT-I: Aims and objective of Hatha Yoga, Lineage of Hatha Yoga, Success and Failure of Yoga, concept of Mitahara, Pathya and Apathya

UNIT-II: Concept of Prana, Pancha Prana and Pranas, Nadi Shodhana and Kumbhaka Pranayama

UNIT-III: Different Mudras, Bandha and Nadanusandhan

B. YOGA PRACTICES FOR COMMON AILMENTS

UNIT-IV: Diabetes and Hypertention

UNIT-V: Constipation and Back pain

UNIT-VI: Arthritis and Headche

UNIT-VII: Yoga for Menstrual Disorders and Pregnancy

Paper-4: Yoga Practical Level - 1: Asana, Pranayama, Dhyana & Mudras

Theory Marks: 50+50=100

Credits: 0:0:7

Time: 3 Hrs

UNIT I: ASANA

1. Breathing Exercises :

Udara shwasa, urha shwasa, Greeva swasha, Purna shwasakriyegalu , marjala shwasa, shwana shwasa, kati swasa

2. Kriyathmaka Vyayama:

Padanguli chalane, pada chalane, pada parshwa chalane , pada bramana, janusandhi chalane, ura sandhi chalane 1,2,3, urdhava prasadhitha eka/dwvi pada chalane /bhramana, cycling clockwise & anti clockwise, kati chalane

Parshni sandhi chalane, urasandhi chalane (prakaragalu) , kati sandhi chalane (prakaragalu), anguli chalane, sanchalane ,

* Yoga exercise for eyes

* Yoga exercise for neck

3. Surya Namaskara - Including beejakshara surya mantras (as per yoga sanjeevini & Yoga darpana - start with right leg) (Both 10 & 12)

4. Standing asanas : Thadasana & Prakaragalu, Ardhakati chakrasana, Trikonasana, parivruttha trikonasana, Veerabhadrasana-1& 2, Uttanasana, Paschimottanasana, Ardha chakrasana , Vrukshasana,

5. Sitting Asanas : Samadandasana, Vajrasana, Baddakonasana, Supta Baddakonasana, Padmasana, Gomukhasana, Veerasana,

6. Forward bending asanas : Jaanu shirshasana, Paschimottanasana,

Upavista konasana

7. Spinal Twist Asanas: Vakrasana, Bharadhvajanasana & prakaragalu, Ardha matsyendrasana, Marichasana & prakaragalu

8. Inverted asanas : Jathara Parivarthanasana, Shirshasana Prakaragalu, Vipareetha karani, Sarvangasana, Halasana

9. Backward Bending Asanas : Chakrasana, Bhujangasana, Shalabhasana, Dhanurasana, Ustrasana

10. Balancing asanas : Bakasana, Merudandasana, Navasana,

11. Meditation asanas : Sukhasana, Padmasana, Siddhasana

12. Relaxation asanas : Shashankasana, Adhomukha vajrasana, Makarasana

Pavanamuktasana

13. Shavasana.

UNIT-II: PRANAYAMA

Anuloma Viloma, Candra/Surya anuloma, Chandra/surya Bedhana, Nadi shodhana, sadantha, Ujjai, sheethali, sheethkari, Bhastrika – Kapalabhati – Bhramari .

UNIT-III: MUDRAS

Dhyana, Chinmudra, Chinmaya, Aadi, Hasta, i Drona, Varuna, Vayu, Akasha, Pruthvi, Yoni, Linga, Bhairava, Apana, Apana Vayu, Shambhavi, Nasikagra, Ashwini,

UNIT-IV: MEDITATION

Paper-5: Yoga Practical Level - 2: Yoga Teaching and Therapeutic Methods

Theory Marks: 50+50=100

Time: 3 Hrs

Credits:8

UNIT-I: Yoga teaching methods for schools and others etc.

UNIT-II: Asana- Standing, sitting, Supine, Balancing, Forward bandings, backward bandings

UNIT-III: Pranayama – Basics Pranayama, Suryabheda, nadi shodhana, sheetali, Seetakari,

UNIT-IV: Bramari, Bhastrika, Kapalbhata, Jjjai, etc

UNIT-V: Mudras- Chin mudra, Gyna mudra, Adhi mudra and Pancha mudras etc.,

UNIT-VI: Meditation- Om chanting, Trataka, yoga nidra
