



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 ॥

DIPLOMA IN YOGA APPLICATION

Course Curriculum (Syllabus)

Approved by the Board of Study Meeting No. 01/2018, Item no. 10, Dt. 30.11.2018

Onwards 2019-20

Name of the Course	DIPLOMA IN YOGA APPLICATION
Name of the Faculty	Faculty of Indian Religion, Philosophy and Culture
Examination Type	Yearly
Course Duration	01 year
Total Credits	No credits
Eligibility	HSSC or Its equivalent OR 10+2 years Govt. recognized full time course OR 11(old SSC)+1 year Govt. recognized full time PAPER

Year	Internal		Theory		Other		Total		Credits	Remarks
	Max	Passing	Max	Passing	Max	Passing	Max	Passing		
Final Total	40	14	400	140	60	21	500	175	NO CREDITS	--

Curriculum Charges: (NET copy Rs.30/-)

(Print Copy Rs. 7/- per page)

Name of the Course	DIPLOMA IN YOGA APPLICATION
Name of the Faculty	Faculty of Indian Religion, Philosophy and Culture
Examination Type	Yearly
Course Duration	01 year
Total Credits	No credits
Eligibility	HSSC or Its equivalent OR 10+2 years Govt. recognized full time PAPER OR 11(old SSC)+1 year Govt. recognized full time PAPER

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 Diploma										
MAY1-I-01	SANSKRIT LANGUAGE			100	35					No. Credits
MAY1-I-02	HISTORY AND PHILOSOPHY OF YOGASHASTRA			100	35					No. Credits
MAY1-I-03	ANATOMY AND PHYSIOLOGY OF YOGIC PRACTICES			100	35					No. Credits
MAY1-I-04	EDUCATIONAL PRINICIPLES AND PRACTICES OF YOGA			100	35					No. Credits
MAY1-I-05	PRACTICAL	40	14			60	21			No. Credits
FINAL TOTAL		100	35	400	140			500	175	No. Credits

DIPLOMA IN YOGA APPLICATION

योगप्रयोग–पदविका

Aim: To train students to conduct Yoga PAPERs for school/college students and for public

Objectives: i) To educate students in principles and philosophy of Yoga
ii) To make them proficient in various Yoga practices
iii) To orient them in educational principles and practices

Eligibility: HSSC or Its equivalent OR
10+2 years Govt. recognized full time PAPER OR
11(old SSC)+1 year Govt. recognized full time PAPER

Age: 15-60 years physically fit
(Students should produce the Medical Fitness Certificate at the time of admission)

Medium: Marathi, Sanskrit, Hindi, English

Number of PAPERs: 05 (4+1)

Total marks: 500 (400+100)

Structure: Theory (Each PAPER carries 100 marks)

PAPER I	SANSKRIT LANGUAGE	संस्कृतभाषा
PAPER II	HISTORY AND PHILOSOPHY OF YOGASHASTRA	योगशास्त्रेतिहासः तत्त्वज्ञानञ्च
PAPER III	ANATOMY AND PHYSIOLOGY OF YOGIC PRACTICES	योगशास्त्राधिष्ठितं शरीररचना–कार्यशास्त्रम्
PAPER IV	EDUCATIONAL PRINCIPLES AND PRACTICES OF YOGA	योगाध्यापनपद्धतयः
PAPER V	PRACTICAL	प्रात्यक्षिकम्

PAPER I	SANSKRIT LANGUAGE	संस्कृतभाषा	100 MARKS
----------------	--------------------------	--------------------	------------------

Sanskrit Vagvilas Part -II Sanskrit text book prepared by KKSU

Available at: University Library,
Kavikulaguru Kalidas Sanskrit University,
Ramtek

PAPER II HISTORY AND PHILOSOPHY OF YOGASHASTRA योगशास्त्रेतिहासः तत्त्वज्ञानञ्च **100 MARKS**

Unit I	Yoga Meaning, Misconceptions & Definitions, History of Yoga Tradition.	20 Marks
Unit II	Various branches of Yoga Viz. Hatha Yoga Raja Yoga Bhakti Yoga Jnana Yoga Karma Yoga	20 Marks
Unit III	Yoga as a Darshana, its place and status among other Darshanas Patanjali as a 'Sutrakar' Patanjali's time Nature and Structure of Patanjali Yoga.	20 Marks
Unit IV	Samkhya metaphysics as the basis of Yoga Sutras, Nirishwara Samkhya and its dualism. Concept of Ishwara in Yoga Sutras. Pranava, its significance. Cittavrttis, Cittavikshepas, Citta Prasadana.	20 Marks
Unit V	Astanga Yoga, Bahiranga Yoga and Antaranga Yogas. (Yama 2-29, Niyamas 2-30, ethical/moral dimension, Asanas 2-31 & 46, Pranayama 2-49, Pratyahara 2-54, Dharana 3-1, dhyana 3-2, Samadhi. 3-3)	20 Marks

Reference Books:

- | | | |
|--|---|---|
| 1. Encyclopaedia of Yoga (No. 410) | - | Dr. Ramkumar Rai
Chowkhamba Sanskrit Sansthan |
| 2. Introduction to the Yoga Philosophy | - | S.C. Vasu
Chowkhamba Sanskrit Sansthan |
| 3. Yoga explained (No. 435) | - | Bengal Lancer
Chowkhamba Sanskrit Sansthan |
| 4. Yoga Philosophy in relation to other
Systems of Indian Thought | - | S.N. Dasgupta
Chowkhamba Sanskrit Sansthan |
| 5. Yogamahavijnan | - | Dr.Kamakhyia Kumar |
| 6. Samkhya-Yoga Darshan | - | Sangitasingh Vidyalkankar |
| 7. Yoga aur Arogya | - | Dr.Kapildev Dvivedi
University Publication, Varanasi |

PAPER III	ANATOMY AND PHYSIOLOGY OF YOGIC PRACTICES योगशास्त्राधिष्ठितं शरीररचना-कार्यशास्त्रम्	100 MARKS
------------------	---	------------------

Unit- I	Basic Anatomy and Physiology of Human Body, cell, tissues, organs, systems Structure and Function of Organic systems	40 Marks
Unit- II	Psycho-physiological dimensions of Yogic Practices – Asanas, Pranyama	25 Marks
Unit-III	Psycho-physiological dimensions of Yogic Practices – Bandha, Mudra, Shat Kriya,	25 Marks
Unit-IV	Yogic Diet	10 Marks

Reference Books:

- | | |
|-------------------------------|-------------------------------------|
| 1. Sharirvijnan ani Yogabhyas | Dr. M. Gore Kaivalyadham, Lonavala |
| 2. Yogasan, | Kuvaayananda Kaivalyadham, Lonavala |
| 3. Yogaparichay | Yogavidyagurukul Nashik |
| 4. Kayi Khava Kiti Khave | Jyashree Pendharkar, Nagpur |
| 5. Bandha, Mudra | Yoga Institute, Mungeri |

PAPER IV	EDUCATIONAL PRINCIPLES AND PRACTICES OF YOGA योगाध्यापनपद्धतिः	100 MARKS
-----------------	--	------------------

1.	Introduction to Yoga Education Historical Perspective of Yoga in Education	20 Marks
2.	Lesson Planning and Class Management Handling of Classes, direction, Guidance, suggestions, counselling.	20 Marks
3.	Method of Introducing and correcting Yoga Practices	20 Marks
4.	Method of teaching Yoga to different age groups	20 Marks
5.	Classification and importance of Methods, Teaching aids	20 Marks

Reference Books :

- | | | |
|----|----------------|---|
| 1. | Yogaparichay | Shri Vishwas Mandalik
Yogavidyagurukul
Nashik |
| 2. | Yogapravesh | Shri Vishwas Mandalik
Yogavidyagurukul Nashik |
| 3. | Yoga Education | Shri.M.Gharote
Kaivalyadham
Lonavala |

PAPER V	PRACTICAL	प्रात्यक्षिकम्	100 MARKS
Demonstration-			40 Marks
Oral-			20 Marks
Internal assessment -			40 Marks

(Internal assessment - 40 Marks = One assignment 20 marks, Library work- 10 marks, class interaction - 05 marks, Attendance - 05 marks)

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

3. Breathing Exercises -

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

4. Suryanamaskara –

- Should be practised as Physiological, Psychological and Spiritual practice.
- 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
5. Sukhasana

4. Siddhasana

6. PRANAYAMA:-

- | | |
|---------------------------|-------------------------|
| 1. Sectional Breathing | 2. Suryabhedan Pranayam |
| 3. Chandrabhedan Pranayam | 4. Nadishodhan Pranayam |
| 5. Shitali Pranayam | 6. Sitkari Pranayam |
| 7. Bhramari Pranayam | 8. Bhastrika Pranayama |

7. KRIYAS:-

1. Kapalabhati
2. Jalaneti
3. Sutraneti
4. Vamandhanti
5. Dandaneti
6. Trataka

8. MEDITATION :- (Different techniques such as)

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

Reference Books:-

- | | | |
|--|---|--|
| 1. Bharatiya Manasa Shastra | - | Dr. Kolhatkar
Sri Samarhasadan
1 Bhatwadi Girgaon, Mumbai. |
| 2. Yoga Explained (with illustrations) | - | Bengal Lancer
Chowkhamba Sanskrit Series Office
Varanasi 221 001. |
| 3. Encyclopedia of Yoga | - | Dr. Ramkumar Rai
Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi |
| 4. Teaching Methods in Yoga | - | Dr. M.L. Gharate & Dr. S.K. Ganguli
Kaivalyadham, Lonavala. |
