

**ATAL BIHARI VAJPAYEE VISHWAVIDYALAYA, BILASPUR (C.G.)**  
**Syllabus (Effective from 2021-22)**  
**P.G.Diploma in Yoga Science**

There shall be two theory papers and one Practical in each semester.

**SEMESTER -I**

**Paper -1 Theoretical Yoga Vijnan M.M.-50.**

**Unit-I :** Introductio to Yoga : The concept, meaning , definition and tradition of Yoga, Guru-Shishya

( types and meaning )

**Unit-II :** Basic texts of Yoga --Yoga Sutra(Samadhi and Sadhana Padas), HathyogaPradipika.

**Unit-III :** Kinds of yoga : Bhakti yoga ,Karma yoga, Mantra yoga and Raj yoga.

**Unit-IV :** Study of Ida,Pingala, Sushumna,Seven Chakras ,Five Koshas, and Five Pranas.

**Unit-V :** Contemporary Yogis --ShriAurobindo,Satyananda and Shivananda.

**Paper -2.Applied Yoga Vijnan.M.M. 50.**

**Unit-I :** Meaning ,definition and importance of Yoga and Health in life. Theories of Health,Various exercises benefits of Yoga- asanas and their values vis-a-vis other systems.

**Unit -II :** Practice of Yoga - Preparation . Food , Dress, Sequence , Climatic Changes daily routine Vratas

forhealth,positive and negative factors.

**Unit -III.** Life pattern and Yoga --Effects of yoga upon bodily functions,Role of yoga asanas in modern living.

**Unit - IV :** Physiology- Constitution Nervous system , Respiratory system, Circulatory system and ESndocrine glands

**Unit- V :** Aspects of Mind ( Topograficals and Dynamic ) Id,Ego and Super Ego, Conciuous , Subconciuous

and Un-conciuous . Yogic concept of mind and mental process.

**Practical Group**

**Practice Teaching (indoor) M.M. 50.**

Asanas

Kriyas

PranayamasClass arrangement.

Meditation

**Practical (1-4) M.M. 50.**

1.Kriyas :JalNeti, kunjalkriya, kapalbhathi, Doti.

2.Asanas : Simple asanas,Relaxation,Pre-meditative,backward and forward bendingTwisting balancing.

3.Pranayamas : Nadishodhan, Bhastrika, Ujjayi, Suryabhedan.

4. Mudra :Gyan and chin.Yoga and Viparitkarani,

Bandha : Jalandhar, Moola, Uddyaan.

5. Yoga Nidra.

Practical record :M.M. 25.

Viva. : MM 25

**Total Marks 250.**

*Gaurav Sachu*  
06.01.2022



## SEMESTER-II.

### **Paper -I Yoga Philosophy.Max.Marks :50**

**Unit-I** : The subject matter of Yoga philosophy-

Samkhya: Prakriti,Purusha and Cosmology.

Vedanta :Brahman Soul and Maya.

**Unit-II** : Different systems of philosophy :

PanchaMahavrata -- Jainism.

AshtangMarg -- Buddhism

Integral Yoiga -- ShriAurobindo

**Unit-III** : Yoga Sutra : Nature of Chitta, Chittavrittis and Bhoomis

**Unit-IV** : Kinds of Yoga : Hatha Yoga, Kundalini, Jnana,Laya.

**Unit-V** : Psychosomatic disorders(meaning and types) their

management through Yoga, Aging --Its problems

and management through Yoga.

### **Paper II. Hath Yoga. MM 50**

**Unit-I** : Introduction to the HathPradipika and GherandSamhita

**Unit-II** : Pranayama--Its meaning methods,kinds,Precaution and benifits.

**Unit-III** : Shuddhikriya--Shatkarma,its method and utility.

**Unit-IV** : Bandha and Mudras --methods and benifits.

**Unit-V** : Samadhi , Different systems of Meditation.

### **Practical Group.**

### **Practice Teaching M.M. - 50**

Asanas

Kriyas

Pranayamas

Class arrangement.

Meditation

### **Practical M.M.-50.**

Kriyas :Basti, Tratak.

Advanced Asanas : Backward forward bending ,Twisting balancing asanas.

Pranayamas :Sheetali,Seetkari,Bhramari,andMurchha.

Bnadha and Mudra : Mudras--Ashvini,Praa,Maha,Khechari,Kaki mudras.

Bandha--Jalandhar, Moola and Uddiyana

withasanas and pranayama.

Concentration and Meditation.

Practical records M.M. 25

Viva-voce M.M. 25

Total Marks Semester -II 250.

**Grand Total I & II Sem. 500**

*Ganaraj Sahu*  
06.01.2022