

शासकीय दिग्विजय स्वशासी स्नातकोत्तर महाविद्यालय,
राजनांदगांव (छ.ग.)

Website - www.digvijaycollege.com Email: principal@digvijaycollege.com & Fax 07744-225036

P.G. Diploma in Yoga Education and Philosophy
(Semester System)

There shall be two theory papers and one Practical (Three parts) in each semester.

SEMESTER-1

Session 2024-25

M.M.-50.

Paper-1. Theoretical Yoga Vijnan

- Unit-I Introduction 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). Hathyoga Pradipika
- 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-Shri Aurobindo, Satyananda and Shivananda.

Paper-II. Applied Yoga Vijnan.

M.M.-50.

- Unit-1 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-2 Practice of Yoga - Preparation. Food, Dress, Sequence, Climatic Changes daily routine Vratas for health, positive and negative factors.
- Unit-3 Life pattern and Yoga -Effects of yoga upon bodily functions, Role of yoga asanas in modern living.
- Unit-4 Physiology-Constitution Nervous system, Circulatory system, Respiratory system and Endocrine glands
- Unit-5 Aspects of Mind (Topographical and Dynamics) Id. Ego and Super Ego, Conscious, Sub-conscious and Un-conscious. Yogic concept of mind and mental process.

Practicals

M.M.-25

- Practice Teaching (indoor /outdoor)
- Asanas
- Kriyas
- Pranayamas Class arrangement.
- Meditation

Practical(1-6)

M.M.-50

1. Pawanmuktasana Part-1,2 & 3
2. Asanas: Relaxation, Pre-meditative, backward and forward bending, Spinal Cord Twisting and balancing, Asanas of Vajrasana group & Standing pose
3. Nadishodhan and Pranayamas: Sheetal Pranayama, Sheetakari Pranayama, Ujjayi Pranayama & Bhramari Pranayama.
4. Mudra: Hastmudra, Manmudra and Kayamudra.
5. Bandha: Moolbandha & Jalandhar Bandha.
6. Shawaasana.

Practical record :
Viva-Voce :
Total Marks 250.

M.M.-25.

M.M.-25.

28/05/24
28.5.2024

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SEMESTER-II
Session 2024-25

MM-50

Paper-1. Yoga Philosophy

Unit-I The subject matter of Yoga philosophy.

Samkhya: Prakriti, Purusha

Vedanta: Brahman Soul and Maya.

Unit - II Different systems of philosophy:

PanchaMahavrata

Ashtang Marg-Sukhwad, Charwak Darshan.

Unit - III HathyogPradipika (Introduction, pranavam sahatkurm, Nadasandhan)

Unit - Kinds of Yoga: Hatha Yoga, Kundalini JAGRAN

unit - Psychosomatic disorders (meaning and types) their management through Yoga, Aging -
Its problems and management through Yoga.

MM.50

Paper II. Hatha Yoga.

Unit-I Gherand Samhita (Introduction, Shatkarm, Dhyan, Pranayamand Samadhi)

Unit II Pranayama -- Its meaning methods, kinds. Caution and benefits.

Unit. -III Shaddhikriya -- Shatkarma, its method and utility.

Unit - IV Bandha and Mudras --methods und benefits.

Unit - V Samadhi, Different systems of Meditation - Patanjali Yoga sutra

MM 25/MM25

Practicals

Practice Teaching (Indoor/outdoor Internship.

A Krivas Pranayamas

Class arrangement & Meditation.

MM.50

Practicals (1-8)

1. Balancing Asanas.

2. Asanas of Higher group.

3. Surya Namaskar.

4. Pranayama: Suryabheda Pranayama, Bhastrika Pranayama, Kapalabhati Pranayama & Moorchha Pranayama.

5. Bandha: Uddiyaan Bandha&Mahaabandhu

6. Mudra: BandhaMudrayen& AadhaarMudrayen.

7. Shatkarma.

8. Dhaayana & Yoganidra

PPT Presentation M.M. - 25

Viva-voce.

Total marks semester II-250

Total grade I&II semester-500

M.M.-25.

20/05/24

28-5-24

28.5.2024