

Sona College of Technology (Autonomous), Salem – 636 005

Department of Electrical and Electronics Engineering

Advanced Diploma in Yoga

CURRICULUM & SYLLABI

Academic year – 2022-23

I Year / I Semester

S. No.	Course Code	Course Title	L	T	P	C
Theory						
1.		Basic Principles of Yoga	4	0	2	5
2.		Yoga in Traditional Yoga Text	5	0	0	5
Total Credits						10

I Year / II Semester

S. No.	Course Code	Course Title	L	T	P	C
Theory						
1.		General Anatomy and Physiology	4	0	0	4
2.		Yoga and Allied Science	5	0	2	6
Total Credits						10

II Year / III Semester

S. No.	Course Code	Course Title	L	T	P	C
Theory						
1.		Yoga its Definition & Objectives.	2	0	0	2
2.		Classical <i>Yogasanas</i>	4	0	1	4.5
3.		Principles and Practice of <i>Hathyoga</i>	3	0	1	3.5
Total Credits						10

II Year / IV Semester

S. No.	Course Code	Course Title	L	T	P	C
Theory						
1.		Yoga & Health	3	0	0	3
2.		Yoga for Personality Development	3	0	1	3.5
3.		Mind & Consciousness	3	0	1	3.5
Total Credits						10

Semester I

UNIT 1 Basic Principles of Yoga

5

1.1 Concept of Yoga: Its Definition, Aim, Objectives and Misconception.

1.2 Significance of Hatha Yoga Practices-

- Shatkriyas,
- Yogasana – Pranayama – Mudra – Bandha - Dhyana.

1.3 Roles and Responsibilities of Yoga.

1.4 Knowledge of vital parameters to assess general state of patients:

- Measurement of Blood Pressure,
- Respiratory Rate,
- Pulse Rate
- Body Temperature.

1.5 Knowledge of use of props: ropes/belt/cushions/special aids.

1.6 Importance of pre-procedural preparedness for performing Yoga

UNIT 2 Yoga in Traditional Yoga Text

4

2.1 Basic Knowledge of various yogic texts such as Patanjala Yogsutra, Hathapradipika, GherandaSamhita .

2.2 Knowledge of schools of Yoga: Karma Yoga, Bhakti Yoga, Jnana Yoga and Dhyana Yoga.

2.3 Concept of klesha, Concept of chitta vritti ,

2.4 Ashtanga Yoga and its therapeutic importance.

2.5 Principles of Hathayoga , Hatha yogic practices in view of therapy.

TOTAL : 150 HOURS

REFERENCE BOOKS

1. Hathayoga_Radha, Sivananda_ jaico Publishing House, Delhi, 2004.
2. Asana, Pranayama, Bandha, Mudra_Saraswati, Swami Satyanand_Bihar School of Yoga, Munger.
3. History of Yoga_Singh, S.P.& Chattopadhyaya, D.P._ MLBD, New Delhi, 2010

PRACTICAL

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Demonstrative Skills

UNIT 1 *Shatkarma*: Knowledge and ability to perform the following Practices:

1.1 *Neti (Jal and sutra)*.

1.2 *Trataka*

1.4 *Kapalbhati*

1.5 *Nauli*

UNIT 2 *Yogic Sukshma Vyayama and Sthula Vyayama*

a. *Yogic Sukshma Vyayam*

2.1 Neck Movements

2.2 Shoulder Movements

2.3 Trunk Movements

2.4 Ankle Movements

UNIT 3 *Yogasana*

3.1 Standing Asana: *Tadasana, Trikonasana, Vrikshasana, ArdhaChakrasana, Padhastanasana,*

3.2 Sitting Asana: *Padmasana, Marjariasana, Vakrasana, Janusirsasana, Vajrasana, Suptavajrasana, Ushtrasana, Gomukhasana, Mandukasana, Bhadrasana.*

3.3 Prone Lying Asana: *Bhujangasana, Dhanurasana, Makarasana*

3.4 Supine Lying Asana: *Pawanmuktasana* and its variation, *setubandhasana, Viparitkarniasana, Shavasana.*

TOTAL : 30 HOURS

Semester II

UNIT 3 General Anatomy and Physiology

4

3.1 Basic knowledge of Human Body Skeleton;

- Organization of body cells, tissues, Systems, membranes and glands.

3.2 Basic Knowledge of Anatomy and Physiology of the following system –

- Muscular,
- Skeletal system;
- Digestive system;
- Respiratory system;
- Cardio vascular system;
- Excretory system;
- Endocrine system.

UNIT 4 Yoga and Allied Science

5

4.1 Knowledge of Yogic Principles - *Ahara, Vihar, Achar- Vichar.*

4.2 Concept of holistic wellbeing.

4.3 Yogic concept of healthy living: *Tridosha, Tri dhatu –Mala.*

4.4 Importance of Dincharya, Ritucarya, and Ratricharya.

4.5 Importance of Diet (*Ahara*).

4.6 Yoga as preventive and promotive health care.

TOTAL: 150 HOURS

Reference Books

1. Anatomy of Hathayoga_ Coulter,H. David_ MLBD, New Delhi, 2007.
2. Human Physiology_ Chatterjee, C._ Current Distributors, 1987
3. Human Physical Health_ Taylor, Dennis_ Cambridge University Press, 1989
4. Light on Pranayama_ Iyengar, B.K.S._ Harper Collins, London

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UNIT 4 Pranayama

4.1 Breath Awareness

4.2 Sectional breathing

4.3 *Nadishodhan* Pranayama

4.4 *Bhramari* (with or without *kumbhaka*)

UNIT 5 Bandha and Mudra

5.1 *Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha,*

UNIT 6 Practices leading to Meditation

6.1 *Pranav* and *Soham Japa*

6.2 *Antarmauna*

6.3 *Ajapa Dharana*

TOTAL : 30 HOURS

Semester III

UNIT I - Yoga its Definition & Objectives. 2

1.1 Concept of Yoga: Its Definition, Aim, Objectives.

1.2 Historic background of Yoga

1.3 Characteristics of a Yogi

1.4 Relevance of Yoga in Modern age

1.5 Human system according to yoga

UNIT II - Classical *Yogasanas* 4

2.1 Yoga and Education

2.2 Advance *Yogasanas* and Advance *Kriyas*

UNIT III - Principles and Practice of *Hathyoga* 4

3.1 Hatha Yoga – its Definition & Objectives.

3.2 Origin & Tradition of Hatha Yoga.

3.3 Importance of Place, Environment & Season for Hatha *Sadhana*.

Total hours: 150 hours

REFERENCES:

1. History of Yoga_Singh, S.P.& Chattopadhyaya, D.P._ MLBD, New Delhi, 2010.
2. Hathapradipika_Saraswati, Swami Satyananda & Muktibodhananda_Bihar School of Yoga, 1993.
3. B.K.S. Iyengar Yoga_Sen Gupta Ranjana_A Dorling Kindersley Limited, 2001.

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UNIT 1 *Shatkarma*: Knowledge and ability to perform the following Practices:

1.1 *Dhauti*

1.2 *Agnisara*

1.3 *Shankhaprakshalana*

UNIT 2 *Yogic Sukshma Vyayama and Sthula Vyayama*

a. *Yogic Sthula Vyayama*

2.1 *Sarvangpushti*

UNIT 3 *Yogasana*

3.1 Standing Asana: *Tadasana, Trikonasana, Vrikshasana, Ardha Chakrasana, Padahasthasana, Parsvakonasana,*

3.2 Sitting Asana: *Padmasana, Marjariasana, Vakrasana, Ardha Matsyendrasana, Janusirsasana, Paschimottanasana, Vajrasana, Supta Vajrasana Ushtrasana, Gomukhasana, Mandukasana, Kurmasana, Kukkutasana, Bhadrasana.*

3.3 Prone Lying Asana: *Bhujangasana, Shalabhasana, Dhanurasana, Makarasana*

3.4 Supine Lying Asana: *Pawanmuktasana and its variation, setubandhasana, Viparitkarani, sarvangasana, Ardha Halasana, Uttanpadasana, Matsyasana, Halasana, Naukasana, Chakrasana, Shavasana.*

TOTAL : 30 HOURS

Semester IV

UNIT IV - Yoga & Health	4
4.1 Meaning of definition of Health	
4.2 Importance of Health in Human life	
4.3 Components of Health and Concept of Yoga & Health	
4.5 General causes of disease.	
UNIT V - Yoga for Personality Development	3
5.1 Training in Personality Development	
5.2 Training in Yoga Instruction	
UNIT VI - Mind & Consciousness	3
6.1 Mind – Its Meaning, definition and Functions	
6.2 Stages of Mind- Unconscious, Sub-Conscious, Conscious and Super-Conscious	
6.3 Mind – Body Relation	

TOTAL : 150 HOURS

Reference Books:

1. Hatha yoga and Human Health_ Korpall, Nitin & Shankar, Ganesh_ Satyam Publishing House, New Delhi, 2005.
2. Human Physical Health_ Taylor, Dennis_ Cambridge University Press, 1989
3. Introduction to Psychology_ Morgan, C. T. et. Al_ Tata McGraw Hill Publishing New Delhi, 1993.
4. Munn's Introduction to Psychology_ Fernald, L. Dodge & Fernald, Peter S._ AITBS Publishers, India, 2007.

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UNIT 4 Pranayama

4.4 *Ujjayi, Bhastrika,*

4.5 *Shitali-Sitkari.*

UNIT 5 Bandha and Mudra

5.1 *Yoga Mudra, Maha Mudra, Shanmukhi Mudra, shambhavi mudra, Vipareet Karni
Mudra*

UNIT 6 Practices leading to Meditation

6.1 *Yoga Nidra*

6.2 *Om Meditation*

TOTAL : 30 HOURS