

P.G. DIPLOMA IN HUMAN CONSCIOUSNESS AND YOGIC SCIENCE
(One Year Course)

The course of studies will include five theory papers, two practicals and one teaching practice examination. The eligibility for its admission will graduation or its equivalent. The physical fitness certificate will be deposited at the time of admission. Its admission will be conducted through interview.

DESCRIPTION OF THE COURSE

First Paper	Fundamental study of Human Consciousness and Yogic Science	100 Marks
Second Paper	Philosophical Study of Human Consciousness and Yogic Science	100 Marks
Third Paper	Principles of Hath Yoga	100 Marks
Fourth Paper	Human Biology and Yoga Practices	100 Marks
Fifth Paper	Health hygiene, Diet planning and Yogic therapy	100 Marks
Sixth Paper	Practical I : Shatkarmas and Asnas	100 Marks
Seventh Paper	Practical II : Mudra, Bandhas, Pranayama and Meditation. Process of Development of Human Consciousness.	100 Marks
Eighth Paper	Teaching practice, sessional work and Viva-voice	100 Marks
	Total Marks Allotted	800 Marks

DETAILED SYLLABUS

PAPER I	FUNDAMENTAL STUDIES OF HUMAN CONSCIOUSNESS AND YOGIC SCIENCE	100 Marks
Unit I	Meaning and definition of consciousness, Human consciousness in Vedas and Upnishads, Need of Study of Human Consciousness in modern times; Tradition, history and definitions of Yoga; Importance of Yoga.	
Unit II	Description of Yoga in various texts - Vedas, Upnishads, Philosophy, Purans, Gita and Ayurveda. Successful and Obstructive elements of Yoga. Time and place for yogic practices.	
Unit III	Types of various methods of Yogic practices : Raj yoga, Gyan yoga, Karma yoga, Bhakti yoga, Hath yoga, Astang yoga.	
Unit IV	Life sketch of yogis of modern times - Swami Dayanandji, Swami Vivekanandji and Sri Aurobindoo, Swami Kulvalyanandaji, Swami Shivanandaji.	
Unit V	Yogic Institutions of Uttranchal : Divine Life Society, Rishikesh; Gurukul Kangri Vishwavidyalaya, Hardwar; Dev Sanskriti Vishvidyalaya, Hardwar; Yogic Institutions of Govt. of India : Moraji Desai National Institute of Yoga, New Delhi; Central Council for Research in Yoga and Naturopathy, New Delhi.	
PAPER II	PHILOSOPHICAL STUDY OF HUMAN CONSCIOUSNESS AND YOGIC SCIENCE	100 Marks
Unit I	Human consciousness in Buddhism, Jainism and Six philosophical systems of India.	
Unit II	Chitta and its vrittis, Bhumis of Chitta, Means of Nirodhas of Chitta-vrittis, Chitta prasadan, Abhyasa, Vairagya, Distraction of Chitta and its accompanying elements.	
Unit III	Social ethical values - Non-violence, Truthfulness, Non-stealing, Celibacy, Non-hoarding of articles. Personal ethical values - Purity, Contentment, Austerity, Self-study, Self-surrender to God. Personality development through social and personal ethical values.	
Unit IV	Kleshas and Kriya Yoga, Pratyahara, Concentration, meditation, Sampragyata samadhi, Ritambhara pragya and Vivekkhyati, Dharmamegasamadhi, Asampragyata samadhi.	
Unit V	Pramana - Direct cognition, Inference, Agama, God, Purusha, Prakrati and Kaivalya.	
PAPER III	PRINCIPLES OF HATH YOGA	100 Marks
Unit I	Definition, aims and objectives, sign and symptoms of success in Hath Yoga; Seven means of practical Hathyogic practices. Technique, precautions and benefits of Asnas described in practical paper of Yoga.	

- Unit II Prana and its types, Pranayama, Types of pranayama in Yoga Sutras. Nadishodhan pranayama and eight types of pranayama described in Hathyogic texts. Precautions in practice of pranayama, Benefits of pranayama.
- Unit III Mudras and Bandhas - Mahamudra, Mahabandh mudra, Mahabedhmudra, Khechari mudra, Uddiyan bandha, Mool bandha, Jalandhar bandh, Vipritkarni mudra, Shaktichalini mudra, Shambhavi mudra, Ashavani mudra, Tadagi mudra - their techniques and benefits.
- Unit IV Importance of Shatkarmas, Vastradhauti, Dand dhauti, Gajkarni, Baghi kriya, Shankh-prakhshalana, Sutra Neti, Jalneti, Jala basti, Pawanbasti, Nauli, Trataka, Kapalbhathi - their techniques and benefits.
- Unit V Nadis, Chakras, Kundalini, Nada. Indicated and contraindicated activities of daily regimen of Swarodaya.

PAPER IV HUMAN BIOLOGY AND YOGIC PRACTICES 100 Marks

- Unit I Definition of Body, Cardiovascular System and effects of Yogic practices on it.
- Unit II Anatomy and physiology of Skeletal and Muscular systems and effects of Yogic practices on them.
- Unit III Anatomy and physiology of Digestive and Respiratory systems and the effects of Yogic practices on them.
- Unit IV Anatomy and physiology of Nervous system, Excretory system and Sense organs and the effects of yogic practices on them.
- Unit V Anatomy and physiology of endocrinal systems and effects of yogic practices on them. Tridoshas, Saptadhatus and Malas.

PAPER V SWASTH VRAT, AHAR YOJNA AND YOGIC THERAPY 100 Marks

- Unit I Swasth Vrat - Definition of Health, aims and objectives of Swasth-vrat and Health, Depending factors of health, Swastha Vrat - Daily regimen, Importance of exercise and its types. Difference between yogic and non-yogic system of exercises, Methods and benefits of bathing, Need of Sandhya and Havana, Nidra, Brahamcharya and Ritucharya.
- Unit II Diet - Its need, components of dietary articles, Quality, quantity and Timings of diet, Balanced diet, Types of fasting its utility, precautions and benefits; Harmful effects of intake of infoxicants - tea, coffee, alcohol, tobacco, betel chewing etc.
- Unit III Sign and symptoms, Causes and Yogic therapy of following diseases : Loss of appetite, Dyspepsia, Constipation, Gastric acidity, Colitis.
- Unit IV Sign and Symptoms, Causes and Yogic therapy of following diseases : High and Low Blood Pressures, Diabetes, Obesity, Heart Diseases, Insomnia, Bronchial asthma.
- Unit V Sign and symptoms, Causes and Yogic therapy - Sciatica, Arthritis, Naval dislocation, Backache, Cervical speedylosis, Diseases of woman - Leucorrhoea, Dysmenorrhoea; Mental tension.

PAPER VI PRACTICAL YOGA 100 Marks

- (A) Shatkarmas - Gajkarni, Sutra neti, Jalaneti, Vastradhauti, Dand Dhauti, Shankh prakhshalma, Nauli, Tratak, Jala-basti, Pawan-basti, Kapalbhathi, Agnisar dhauti 40 Marks
- (B) Asnas - Shirsh, Vipritkarni, Sarvang, Matsaya, Hal, Bhujang, Ardh Salabh, Dhanur, Vakra, Ardhmatsyandra, Paschimotana, Vajra, Suptavajra, Yogamudra, Utkat, Bakasna, Taulangula, Kukut, Mayur, Chakra, Vriksh, Shavasna, Makar, Tad, Nauka, Padhasta, Parvat, Badhpadma, Gomukh, Ugrasna, Akarnadhanush, Katichakra, Sidhasna, Padma, Bhadra, Mukta, Vatayan, Yogasna, Trikonasna, Hanuman, Padangushtha, Kapot, Garuda, Sankat, Natraj, Kagasna, Udarakarshana, Hastpadangushtha, Janushira, Karnapida, Pawanmukta, Matsayandra, Markat, Pranav, Setubandh, Mahavir, Virasna, Ustrasna, Suryanamaskara 60 Marks

PAPER VII PRACTICAL YOGA - II 100 Marks

- (A) Mudras and Bandhas : Mahamudra, Mahabandh mudras, Mahabedh mudra, Uddiyan bandh mudra, Jalandhar bandh mudra, Ashwani mudra, Tadagi, mudra, Kaki mudra, Shaktichalini mudra, Shambhavi mudra, Vipritkarni mudra 20 Marks
- (B) Pranayama - Nadi Shodhan, Suryabhedi, Ujjai, Bhastrika, Bhramari, Sitali, Shitkari 20 Marks
- (C) Meditation 10 Marks
- (D) Process of development of Human Consciousness - Prayers to God, Sandhya, Havna, Japa, Nada 50 Marks

PAPER VIII TEACHING PRACTICE, SESSIONAL WORK AND VIVA-VOICE 100 Marks

- (A) Teaching Practice 25 Marks
- (B) Sessional Work 25 Marks
- (C) Viva-Voice 50 Marks