



MAHATMA GANDHI UNIVERSITY
DEPARTMENT OF LIFELONG LEARNING AND EXTENSION

DIPLOMA COURSE IN YOGIC SCIENCE
SYLLABUS

- Duration : 180hrs (180 hours class in 30 Sundays)
Eligibility : A pass in Plus Two or Equivalent & and Pass in Certificate Course in Yogic Science conducted by the Department of Lifelong Learning and Extension.
Course fees : 8300/-
Medium of Instruction : Malayalam /English

60Hrs Yoga Practical and Pranayamas , 60 Hrs Anatomy & Physiology, 18 Hrs Yoga Theory, 18 Hrs Yoga and Meditation, 18 Hrs Food and Nutrition & 6 Hrs Field visit

OBJECTIVE

To familiarize the candidate with the concepts and philosophy of Yoga and to improve his physical and mental health.

- I Yoga Origin History
- II Yoga Theory I – XVI
- III Yoga Practical and Pranayamas
- IV Yoga and Meditation
- V Food and Nutrition
- VI Anatomy and Physiology

YOGA THEORY

- I Origin and History of Yoga
- II Philosophy and Principles of Yoga
 - a. യോഗചെയ്യുമ്പോൾ സ്വീകരിക്കേണ്ടുന്ന അടിസ്ഥാന നിഷ്ഠകൾ
 - b. യോഗയും ഇതര വ്യായാമങ്ങളും
 - c. ലഘു വ്യായാമങ്ങൾ
- III Pathanjali Yogasutra Parichayam
- IV Yoga and Indian Darsanas
- V Basic Concepts and Definitions
- VI Ashtanga Yoga

▪ Yama	▪ Niyama	▪ Asana	▪ Pranayama
▪ Prathyahara	▪ Dharana	▪ Dhyanam	▪ Samadhi

- VII Rajayoga and Hatayoga
- VIII Mind, Body and Yoga
- IX Yoga Chikitsa
- X Yoga in Daily life, Qualities and Responsibilities of a Yoga Trainer
- XI അനുദിനം അനുഷ്ഠിക്കേണ്ട യോഗാസനങ്ങൾ
XI, XII, XIII, XIV, XV, & XVI

യോഗാസനങ്ങൾ (Practical)

- I **Revision** – Certificate course Yogasanas
- II **നിന്നുകൊണ്ടുള്ള യോഗാസനങ്ങൾ (Standing Asanas)**

▪ Pada Hastasana	▪ Khadichakrasana
▪ Garudasana	▪ Vathayanasana
▪ Prasaritha Pada Hastasana	▪ Veera Bhadrasana
▪ Ulkadasana	▪ Anjaneyasana
▪ Gajasana	▪ Varahasana
▪ Chakrasana	▪ Natarajasana
▪ Trikonasana	▪ Veerya Sthambhanasana
▪ Trukasana	

- III **SITTING ASANAS (ഇരുന്നുകൊണ്ടുള്ള യോഗാസനങ്ങൾ)**

▪ Swasthikasana	▪ Dwipada Bhujasana
▪ Sidhasana	▪ Guru Namaskaram
▪ Bhadrasana	▪ Brahma Charyasana
▪ Padmasana	▪ Khagasana
▪ Badha Padmasana	▪ Nikunjasana
▪ Padma Matsyasana	▪ Maha Mudrasana
▪ Udhitha Padmasana	▪ Dwipada Prasaridasana
▪ Supta Vajrasana	▪ Marjarasana
▪ Ushtrasana	▪ Swanasana
▪ Sashakasana	▪ Vyakrasana
▪ Kakasana	▪ Banasana
▪ Bakasana	▪ Januseershasana
▪ Upavishta Konasana	▪ Parivutha Janusheershasana
▪ Malasana	▪ Parvathasana
▪ Veerasana	▪ Vakrasana
▪ Adho Mughasana	▪ Akarna Dhanurasana
▪ Kama Devasana	▪ Koormasana
▪ Lolasana	▪ Badha Konasana
▪ Karmughasana	▪ Dwipada Kandharasana
▪ Mandookasana	▪ Padangushtasana
▪ Valivamanasana	▪ Simha Garjanasana
▪ Chakorasana	▪ Yoga Mudra
▪ Ardha Matsyendrasana	

IV കമിഴ്ന്നുകിടന്നുകൊണ്ടുള്ള യോഗാസനങ്ങൾ

▪ മകരാസനം	▪ ദോലാസനം
▪ പത്മ മകരാസനം	▪ ബാലാസനം
▪ ശലഭാസനം	▪ അയോമുഖ ശ്യാനാസനം
▪ ഭുജംഗാസനം	▪ Urdha Mugha Swanasana
▪ തിര്യക് ഭുജംഗാസനം	▪ Hamsasana
▪ ധനുരാസനം	▪ Mayoorasana
▪ ആടുന്ന ധനുരാസനം	▪ Padma Mayoorasana
▪ വിപരീത നൗകാസനം	

V മലർന്നു കിടന്നുകൊണ്ടുള്ള യോഗാസനങ്ങൾ

▪ പൂർണ്ണമേരു ദണ്ഡാസനം	▪ Jatara Parivritthasana
▪ വിപരീതമേരു ദണ്ഡാസനം	▪ Kasyapasana
▪ നൗകാസനം	▪ Matsyasana
▪ സേതു ബന്ധാസനം	▪ Yoga Nidrasana
▪ Kandharasana	▪ Tholangushtasana
▪ Urdha Pada Hastasana	▪ Savasana
▪ Halasana	▪ Urdha Padasirasana
▪ Pavana Muktasana	

VI പാർശ്വങ്ങളിലേക്കു ചെയ്യുന്ന യോഗാസനങ്ങൾ

▪ Bhaddasana	▪ Parsva Merudandasana
▪ Anandasana	▪ Parshothanasana
▪ Parsva Thrikonasana	▪ Parsva Halasana
▪ Parsva Bhakasana	

VII തലകീഴായി നിന്നുകൊണ്ടുള്ള യോഗാസനങ്ങൾ

▪ വിപരീത കരണിമുദ്ര	▪ പത്മ സർവ്വാംഗാസനം
▪ സർവ്വാംഗാസനം	▪ പവന മുക്ത സർവ്വാംഗാസനം
▪ നിരാലംബ സർവ്വാംഗാസനം	▪ ശീർഷാസനം

VII സൂര്യനമസ്കാരം

▪ ജാലന്ധര ബന്ധം
▪ മൂല ബന്ധം
▪ ഉദ്ധ്യാന ബന്ധം

X മുദ്രകൾ

▪ ജ്ഞാനമുദ്ര	▪ ബ്രഹ്മമുദ്ര
▪ ചിന്മുദ്ര	▪ അശ്വനി മുദ്ര
▪ ശാങ്ഖിമുദ്ര	▪ ഖേചരി മുദ്ര
▪ യോഗമുദ്ര	

XI ക്രിയകൾ (ഘടകങ്ങൾ)

▪ ധൗതി ക്രിയകൾ	▪ ത്രാടകക്രിയകൾ
▪ വസ്തി ക്രിയകൾ	▪ നൗളിക്രിയകൾ
▪ നേതി ക്രിയകൾ ജലനേതി / സൂത്രനേതി	▪ കപാല ഭാതി

XII ഷഡധാര ചക്രങ്ങൾ

▪ മൂലധാര ചക്രം	▪ വിശുദ്ധി
▪ സ്വാധിഷ്ഠാനം	▪ ആജ്ഞ
▪ മണിപൂരകം	▪ സഹസ്രാരപത്മം
▪ അനാഹതം	

XIII നാഡികൾ

▪ സുഷുമ്ന
▪ ഇഡ
▪ പിംഗള

XIV പഞ്ചപ്രാണൻ

▪ പ്രാണൻ	▪ വ്യാനൻ
▪ അപാനൻ	▪ ഉദാനൻ
▪ സമാനൻ	

XV ഉപപ്രാണൻ

▪ നാഗൻ	▪ ദേവദത്തൻ
▪ കുർമൻ	▪ ധനഞ്ജയൻ
▪ ക്രികരൻ	

XVI വേഗങ്ങൾ - 14

▪ ഉദ്ഗാരം	▪ നിദ്ര,
▪ അധോവായു	▪ കാസം
▪ പുരീഷം	▪ ശ്വാസം
▪ മൂത്രം	▪ ജംഭം
▪ ക്ഷമ	▪ അശ്രു
▪ തൃഷ്ണ	▪ ഛർദ്ദി,
▪ ക്ഷുത്ത്	▪ രേതസ്സ്

XVII പ്രാണായാമം

▪ പൂരകം, രേചകം, കുറുകം	▪ ശീതളി
▪ അഷ്ടം കുറുകങ്ങൾ	▪ ഭസ്ത്രിക
▪ സൂര്യഭേദനം	▪ ഭ്രാമരി
▪ ഉജ്ജായി	▪ മുർച്ഛ
▪ സീൽക്കാരി	▪ പ്ലാവിനി

YOGA AND MEDITATION

1. Introduction to Meditation
2. Meditation What, Why, How?
3. Meditation in Ashtanga Yoga
4. Bhagavat Geetha & meditation
5. Christyan Meditation
6. Dhyana and Samadhi
7. Meditation – Various Types
 - Om Meditation
 - Manthra Yoga
 - Trancedental Meditations
 - Vipasana Meditations
 - Ana Panam Meditation
 - Sahaja marga Meditation
 - Osho Meditation

FOOD AND NUTRITION

I Classification of Food

- a. Positive
- b. Primary
- c. Negative
- d. Health Giving Food
- e. Qualities of Food

II Essential Elements and Balanced Diet

- a. Natural Food or Living Food
- b. Vegetarian Food, Non – Veg and Pescatarian

III Importance of Raw Food

- a. Uncooked food
- b. Fruit natural food of Human Being
- c. Predaration of Natural Food

ANATOMY & PHYSIOLOGY

Unit I - Introduction to Anatomy Physiology Branches of Anatomy Physiology , Levels of organization of human body – Atomic level – Molecular level- Cellular level – Tissue level – Organ Level –Organ System level- organism.

Unit II - Cell structure – Different types of cell, cells organelles Neurons – cell division reproductive cells & Somatic cells – Tissues – Different types of tissues Epithelial tissue – connective tissue muscular tissue nervous tissue organs - Organs Systems

Unit III - Anatomical Terms, Anatomical Position, Planes of the body , Abdominal regions.

Unit IV - System of the body

Various systems and function of each system in detail (Anatomy & physiology of System)

1. Integumentary system
2. Skeletal System
3. Muscular System
4. Cardiovascular System
5. Digestive System
6. Respiratory System
7. Excretory System
8. Nervous System
9. Endocrine System
10. Reproductive System
11. Lymphatic System
12. Sense Organs

Eye, Ear, Nose, Tongue, Skin

Various diseases affecting each system may be explained

INTEGUMENTARY SYSTEM

Skin, Nails, Hairs, Structure of Skin, Functions of Skin. Diseases affecting skin

SKELETAL SYSTEM

Number of Bones

Different types of bones,

Structure of long bones, Joints (Different types) Structure of a synovial joint cartilages,

Ligmentals, tendens,

Diseases affecting the skeletal system (Arthritis, Spondylosis, Scoliosis, Kyphosis etc.

Function of Skeletal System

MUSCLE PHYSIOLOGY

MUSCULAR SYSTEM

Muscular Tissue

Muscular Fibre

Types of Muscle

Function of Muscles

DIGESTIVE SYSTEM

Alimentary Canal- From mouth to Anus, Liver – Gall bladder - pancreas , teeth ,Gum , Tongue , Salivary glands , Structure of a tooth, Structure of tongue , Food constituents, carbohydrate, Fats, protein, Vitamin, minerals, fiber water, Digestive enzymes , Process of digestion , Structure of small intestine villi. Water absorption – vermiform appendix , peristalsis affecting the digestive system peptic ulcer Indigestion- constipation

CARDIO VASCULAR SYSTEM

(Blood Circulatory System)

Heart - Blood , Vessels – Blood, Blood Constituents of Blood - WBC And RBC- Blood Group – Coagulation of Blood – Values of Blood Constituents , Anemia ,Blood Transfusion .

Heart Structure of Heart, Functions of Heart, Blood circulation conducting system of heart, Blood Groups, Diseases affecting heart and Blood vessels, Heart Rate. Pulse ,Hypertension and Hypotension.

RESPIRATORY SYSTEM

Nose, **Pharynx,Larynx**, Trachea, Bronchus, Bronchioles, Alveoli] -Lungs, Pleura, Structure Of Lungs, Physiology Of Respiration, Respiratory Centre in the brain , Respiratory Rate, Diseases affecting the Respiratory System, Pleurisy , Emphysema, Dyspnoea, Tuberculosis, Cancer, Occupational Diseases, Asthma .

EXCRETORY SYSTEM

Skin, Lungs, Kidneys, Kidneys – Ureters – Urinary bladder , urethra ., male and Female urethra Nephrons (Structure and Function), Kidney Structure, Diseases Affecting Urinary System

NERVOUS SYSTEM

Central Nervous System, Peripheral Nervous System, Autonomic Nervous System

Brain – Spinal Cord – Cranial Nerves, Spinal Nerves – Parasympathetic system, Sympathetic system, Diseases Affecting the Nervous System.

ENDOCRINE SYSTEM

Ductless glands - Hormones-

Pituitary Hypothalamus – , Pineal gland Thyroid, Parathyroid, Thymus, Adrenal, Pancreas, gonads,
Position of endocrine gland in the body, Endocrine gland secretions, Disease affecting due to imbalances of hormones

REPRODUCTIVE SYSTEM

Male and Female Sex Organs(External and Internal), Male - Penis, Scrotum, Testes, Epididymis, Vas deferens, Seminal vesicles, Ejaculatory duct, Prostate gland, Urethra

Female - Mons Pubis, Labia Majora, Labia Minora, Vestibule, Vagina, Uterus, Fallopian tube, Ovary , Development Of embryo, Diseases Affecting the Reproductive System.

LYMPHATIC SYSTEM

Lymph – lymph capillaries - lymph, Vessels – Lymphatic ducts - lymph nodes, Lymphoid Organs, Thymus - Spleen

SENSE ORGANS

Structure and Functions Of: - Ear, Nose, Tongue, Skin, Eye

Diseases Affecting the above organs:- Cataract, Short Sight, Long Sight, Conjunctivitis, Night blindness, exophthalmia,

NB: Students are Expected to identify the vital organs of the human body .

(Specimen Identification)

Unit V

FIRST AID

Definition of FIRST AID

Qualities of a First Aider

Hemorrhages Electric Shock

Food Poisoning

Cardio Pulmonary Resucitation(CPR)

Burns

Snake - bite

B P

Unit VI

Health

Concept of health.

Health Destroying habits

Personal Hygiene

Environmental Protection

Prevention of contagious diseases

Daily Routine(Dinacharya)

Life Style Diseases

INSTRUCTIONS

1. The duration of the Diploma Course in Yogic Science will be 180 hrs. [30 Sundays]
2. Attendance will be marked at the beginning and end of the each session.
3. There will be a written examination, viva-voce and Practical examination in Yoga at the end of the course. A minimum of 75% attendance is required for the candidate to be eligible to appear for the exam.
4. All leave must be with prior permission from the department with written request.
5. In case of emergency leave a written explanation for the same signed by the candidate should be brought in on the first day of return.
6. The Name of the candidate will be removed from the roll if the candidate is absent for more than 7 classes without submitting leave application.
7. There will be a 1 group field visit to Amrutham Nature Life, Pampady during the course.
