



SOMAIYA
VIDYAVIHAR UNIVERSITY

K J Somaiya Institute of Dharma Studies

Syllabus

Post Graduate Diploma in Yogic Science

**From
Academic Year 2019-2020**

Revision 1

**Approved by
Board of Studies on 11.01.2020**

Faculty of Dharma Studies on 14.01.2020

Academic Council on 16.01.2020

**Bharatiya Sanskriti Peetham
K J Somaiya Institute of Dharma Studies
Somaiya Vidyavihar University,
Vidyavihar (E), Mumbai - 400077
(Constituent College of Somaiya Vidyavihar University)**

It is notified for the information of all concerned that the Board of Studies of Yogashastra, at its meeting held on 11th January 2020, approved the syllabus of Post Graduate Diploma in Yogic Science. This was further approved by the Faculty of Dharma Studies in its meeting held on 14th January 2020 and by the Academic Council in the meeting held on 16th January 2020. The syllabus is uploaded on the website.

Sd/-

Date: 16th January 2020

HOD (Bharatiya Sanskriti Peetham)

Preamble:

The K J Somaiya Institute of Dharma Studies was constituted by a resolution of the Governing Body of Somaiya Vidyavihar University, on 1st July 2020. It brings together three institutions that have been working independently in the field of Sanskrit and Yoga; Pali and Buddhist Studies and Jain Studies.

Of these, Bharatiya Sanskriti Peetham, under which this programme is currently offered, was inaugurated on 20th October 1989, by His Holiness Jagadguru Shankaracharya Jayendra Sarasvati. Until the Somaiya Vidyavihar University was constituted in August 2019, the Centre was affiliated to the Kavikulaguru Kalidas Sanskrit University and commenced activities by offering programmes in Sanskrit and Yoga. Bharatiya Sanskriti Peetham was the first academic institution to develop UG and PG programmes in Yogashastra in the city of Mumbai. The PhD programme in Sanskrit and Yogashastra. In addition, affiliation for Ph D in Philosophy, Sanskrit and History was also obtained under the University of Mumbai.

Research activities at the institute have resulted in numerous publications, which were the outcome of collaborations with national and international scholars of repute. One of the highlights of the institution's contribution has been the Programme for Interfaith Understanding, which resulted in seminal research, particularly the Hindu-Christian Dictionary: Essential Terms for Inter-religious Dialogue, which was the outcome of ten years of rigorous research with the Pontifical University, Urbaniana.

Eligibility:

- Graduation from any discipline.
- Prior knowledge of Yoga is not required.

Duration:

The course will be conducted in annual format and will engage students for 6-7 hours each week.

Programme Objectives:

This course is meant for those who do not have the basic knowledge of Yoga but who have secured bachelors' degree from any other stream. They can pursue higher studies in Yoga after successful completion of this course. This course gives the knowledge of Yoga in nutshell and prepares the students for higher and in depth studies in the same.

Acronyms used in Eight Digit Course code - example - 132I04C101

Acronym Serially as per code	Definition
1	SVU 2000 First revision
32	College code
I	Alphabet code for type of programme
04	Programme code
C	Type of course
1	Semester I – semester number
01	First course of semester – course serial number It will be XX for the elective/choice based courses

Acronym for category of courses		Acronyms used in syllabus document	
Acronym	Definition	Acronym	Definition
C	Core Course	CA	Continuous Assessment
E	Elective Course	ESE	End Semester Exam
A	Audit Course	IA	Internal Assessment
W	Workshop	O	Oral
		P	Practical
		TH	Theory
		TUT	Tutorial
		TW	Term work
		CO	Course Outcome
		PO	Program Outcome
		PSO	Program specific Outcome

Codes for Types of Programme

Code	Name of the Programme	Key Alphabet To be used in Course/Paper code
01	UG Full time	U
02	UG Part time	U
03	PG Full time	P
04	PG Part time	P
05	Ph.D Full time	D
06	Ph.D Part time	D
07	PG Diploma Full time	I
08	PG Diploma Part time	I
09	Certificate course Full time	C
10	Certificate course part time	C
11	Diploma Full time	N
12	Diploma Part time	N

Programme Structure

Semester I Credit Scheme

Course Code	Course Name	Teaching Scheme (Hrs.) TH – P – TUT	Total Hrs.	Credits Assigned TH – P – TUT	Total Credits*
132I04C101	Sanskrit and Introduction to Yoga	01 – 00 – 01	02	01 – 00 – 01	06
132I04C102	Indian Philosophy	01 – 00 – 01	02	01 – 00 – 01	06
132I04C103	Anatomy and Physiology	01 – 00 – 01	02	01 – 00 – 01	06
132I04C104	Education, Psychology and Allied Science	01 – 00 – 01	02	01 – 00 – 01	06
132I04P101	Practical	00 – 02 – 00	02	00 – 02 – 00	06
Total		04 – 02 – 04	10	04 – 02 – 04	30

*Total credits are 6 as the programme is in annual format, taught over 10 months.

Examination Scheme

Course Code	Course Name	Examination Scheme & Marks				
		IA	ESE	O	P and O	Total
132I04C101	Sanskrit and Introduction to Yoga	30	70	-	-	100
132I04C102	Indian Philosophy	30	70	-	-	100
132I04C103	Anatomy and Physiology	30	70	-	-	100
132I04C104	Education, Psychology and Allied Science	30	70	-	-	100
132I04P101	Practical	-	-	30	70	100
Total		120	280	30	70	500

Detailed Syllabus - Semester I

Semester I Credit Scheme

Course Code	Course Name	Teaching Scheme (Hrs.) TH – P – TUT	Total Hrs.	Credits Assigned TH – P – TUT	Total Credits*
132I04C101	Sanskrit and Introduction to Yoga	01 – 00 – 01	02	01 – 00 – 01	06
132I04C102	Indian Philosophy	01 – 00 – 01	02	01 – 00 – 01	06
132I04C103	Anatomy and Physiology	01 – 00 – 01	02	01 – 00 – 01	06
132I04C104	Education, Psychology and Allied Science	01 – 00 – 01	02	01 – 00 – 01	06
132I04P101	Practical	00 – 02 – 00	02	00 – 02 – 00	06
Total		04 – 02 – 04	10	04 – 02 – 04	30

Semester I: Core Paper 1: Sanskrit and Introduction to Yoga

Paper / Course Code	Paper / Course Title			
132I04C101	Sanskrit and Introduction to Yoga			
	TH/Week	W	TUT	Total
Teaching Scheme(Hrs.)	01	–	01	02
Credits Assigned	01	–	01	06*
Examination Scheme	Marks			
	IA	TW	ESE	Total
	30	–	70	100

* Total credits are 06 as this course is taught over an annual period.

Course Objectives:

To introduce the fundamentals of Sanskrit Grammar to the students so that it becomes easier for them to understand Yoga texts. To give the outline of the vedic literature as well as make students aware of various types of writing as adopted in Indian tradition. Also to teach some texts from Hathayoga tradition and selected chapters from Bhagavadgita.

Course Outcomes:

At the end of successful completion of the course the students will be able to understand basic Sanskrit language. They will be able to understand the philosophy of Bhagavadgita. They will be able to get the overview of Vedic literature and also can initiate their understanding of Hathayoga.

Module No.	Unit No.	Topics	Hours
1.0		Unit 1	15
	1.1	Sanskrit alphabet, Vibhakti – words ending in ॐ in masculine and neuter and ending in ॐ in feminine, sandhi – svara, vyanjana, visarga	
2.0		Unit 2	05
	2.1	Introduction to Veda-s, Vedanga-s; Prasthan-trayi, Purushartha-chatushtaya; Meaning of the word ‘darshana’, classification of darshana-s; importance of different forms of writing texts – sutra, bhashya, varttika, karika, shloka, mantra, tika and vyakhya.	
3.0		Unit 3	10
	3.1	Bhagavadgita Chapters 2, 6	
4.0		Unit 4	15
	4.1	Introduction to Hathayoga texts: Gheranda Samhita, Shiva-samhita, Hatharatnavali, Siddha-siddhanta-paddhati	
		Total Hours	45

Recommended books:

Sr No	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1	आचार्य, कला व इतर	समीरसंस्कृताध्ययनमः संस्कृतव्याकरणपरिचय	सोमैया पब्लिकेशन्स प्रा. लि., मुंबई	१ ली आवृत्ती, २००३
2	Kale, M. R.	A Higher Sanskrit Grammar: For the use of school and college student	Motilal Banarsidass Publishers Pvt. Ltd., Delhi	2016
3	Macdonell, A. A.	A Sanskrit grammar for student	Motilal Banarsidass Publishers Pvt. Ltd., New Delhi	1993
4	Macdonell, A. A.	History of Sanskrit Literature	Chaukhambha Sanskrit Series, Varanasi	1991
5	उपाध्याय, बलदेव	संस्कृत साहित्य का इतिहास	शारदा निकेतन, वाराणसी	१० वा संस्क. २००१

6	पांडे, सूरुची	संस्कृत साहित्याचा इतिहास, भाग १-४	संस्कृत संस्कृती संशोधिका, पुणे	१९९९
7	जोशी, महादेवशास्त्री (संपा.)	भारतीय संस्कृतीकोश, खंड ०१-१०	भारतीय संस्कृतीकोश मंडळ, पुणे	२०१०
8	Swarupananda Swami	Srimad Bhagavad Gita: With text, word-for-word translation English rendering, comments and index	Advaita Ashram, Delhi	1st edi., 1909
9	प्रभूपाद स्वामी	श्रीमदभगवद्गीता: यथारूप	भक्ती वेदान्त बुक ट्रस्ट, मुंबई	१९८८
10	प्रभूपाद स्वामी	श्रीमदभगवद्गीता: जशी आहे तशी	भक्ती वेदान्त बुक ट्रस्ट, मुंबई	१९९८
11	Niranjanananda Saraswati	Gheranda Samhita: Commentary on the yoga teachings of Maharshi Gheranda	Yoga Publications Trust, Munger	1st edi, 2012
12	Swami Digambarji	Gheranda Samhita	Kaivalyadhama Shriman Madhav Yogamandir Samiti, Lonavla	1997
13	निरंजनानन्द सरस्वती	घेरण्ड संहिता: महर्षि घेरण्ड की योग शिक्षा पर भाष्य	योग पब्लिकेशन्स ट्रस्ट, मुंगेर	१ ला संस्क., २०११
14	देवकळे, व. ज.	घेरण्ड संहिता: स्बोध मराठी भाषांतर	शारदा साहित्य, पुणे	२००५
15	Maheshananda Swami (Ed.), Sharma, B. R. (Ed.), Aahat, G. S. (Ed.) and others	Siva Samhita: A Critical Edition	Kaivalyadhama, Lonavla	2nd edi., 2014
16	महेशानंद स्वामी (संपा.), शर्मा, बा. (संपा.), सहाय, ज्ञा. (संपा.) और अन्य	शिवसंहिता: एक अलोचनात्मक संस्करण	कैवल्यधाम, लोणावला	१९९९
17	Gharote, M. L. (Ed) Devnath, P. (Ed) Jha, V. K. (Ed)	Hatharatnavali: A treatise on Hathayoga of Srinivas yogi	The Lonavala Yoga Institute, Lonavla	2014
18	Gharote, M. L. (Ed.) Pai, G. K. (Ed.)	Siddha-siddhanta-paddhati: a treatise on the Natha philosophy by Gorakshanatha	The Lonavala Yoga Institute, Lonavla	1st edi., 2016
19	Maheshananda Swami (Ed.), Bodhe, R. (Ed.), Bhat, R. (Ed.) & Kulkarni A. (Ed.)	Siddhasiddhantapaddhati: Goraksanatha	Kaivalyadhama, Lonavla	1st edi., 2018

Semester I: Core Paper 2: Indian Philosophy

Paper / Course Code	Paper / Course Title			
132I04C102	Indian Philosophy			
	TH/Week	W	TUT	Total
Teaching Scheme(Hrs.)	01	–	01	02
Credits Assigned	01	–	01	06*
Examination Scheme	Marks			
	IA	TW	ESE	Total
	30	–	70	100

* Total credits are 06 as this course is taught over an annual period.

Course Objectives:

To teach the basic concepts in Sankhya Darshana. Also to introduce the key terms of Yoga and textual study of Hathapradipika.

Course Outcomes:

At the end of successful completion of the course the students will be able to get the comparative view of Sankhya Darshana and Yoga Darshana.

Module No.	Unit No.	Topics	Hours
1.0		Unit 1	15
	1.1	Sankhya-Purusha, Prakriti, 25 Elements, Triguna, Satkaryavada, Vivekakhyati, Kaivalya	
2.0		Unit 2	15
	2.1	Yoga: Definition, meaning, misconceptions, aims, objectives and characteristics-prescriptions and prohibitions, Patanjali's Yogasutras: Chitta, Chittavritti, Ishvara, Chittavikshepa, Chittaprasadana, Klesha, Ashtangayoga	
3.0		Unit 3	15
	3.1	Hathapradipika: Chapters 1, 2, 3	
		Total Hours	45

Recommended books:

Sr No	Name/s of Author/s	Title of Book	Name of Publisher with Country	Edition and Year of Publication
1	Chatterjee, Satischandra & Datta, Dhirendramohan	An Introduction to Indian Philosophy	Rupa publications India Pvt. Ltd., New Delhi	7th edi., 1968
2	दीक्षित, श्रीनिवास	भारतीय तत्त्वज्ञान	फडके बुक हाउस, कोल्हापूर	७ वी आवृत्ती, २००२
3	उपाध्याय, बलदेव	भारतीय दर्शन की रुपरेखा	चौखम्भा ओरिएण्टलिया, वाराणसी	२ रा संस्क., १९७९
4	Dalai, B. K.	Yoga Traditions: An in depth study of less known yoga concepts	Pratibha Prakashan, Delhi	1st edi., 2013
5	Iyengar, B. K. S.	Light on Yoga: Yoga Dipika	Unwind, London, England	1968
6	अय्यंगार, बी. के. एस. व पटवर्धन, राम (अनु.)	योगदीपिका	रोहन प्रकाशन, पुणे	१ ली आवृत्ती, २०१६
7	Yardi, M. R.	The Yoga of Patanjali: with an introduction, Sanskrit texts of yogasutras, English translation and notes	Bhandarkar Oriental Research Institute, Pune	2nd edi., 1996
8	ब्रम्हलीन मुनि	पातञ्जल योगदर्शन: व्यासभाष्य साहित्य शोधपूर्ण संस्करण	चौखम्भा संस्कृतसंस्थान, वाराणसी	२०१७
9	कोपर्डेकर, शरदचंद्र	पातंजल योगदर्शन: भगवान पतंजलीची सूत्रे, मराठी भावार्थ व सुबोध भाषेतील विवरण	इंद्रायणी साहित्य, पुणे	४ थी आवृत्ती, २०१६
10	Digambaraji Swami (Ed.) & Kokaje Raghunatha Shastri (Ed.)	Hathapradipika of Svatanmarama	Kaivalayadhama Shriman Madhav Yogamandir Samiti, Lonavla	2nd edi., 1998
11	Muktibodhnanda Swami	Hatha Yoga Pradipika: Light on Hatha Yoga	Yoga publications trust, Munger	2nd edi., 2004
12	शास्त्री, श्रीद्वारीकादास	हठयोगप्रदीपिका: विस्तृत भूमिका एवम विशिष्ट हिंदी व्याख्या विभूषित	चौखम्भा विद्याभवन, वाराणसी	२००९

13	स्वामी दिगंबरजी और झा, पीताम्बर	हठप्रदीपिका: स्वात्माराम कृत	कैवल्यधाम श्रीमन्माधव योगमंदिर समिती, लोनावला	२ रा संस्क., २०११
14	देवकुळे, व. ज.	हठप्रदीपिका: सुबोध मराठी भाषांतर	सरस्वती बुक डिस्ट्रिब्युटर्स, पुणे	१९८५

Semester I: Core Paper 3: Anatomy and Physiology

Paper / Course Code	Paper / Course Title			
132I04C103	Anatomy and Physiology			
	TH/Week	W	TUT	Total
Teaching Scheme(Hrs.)	01	–	01	02
Credits Assigned	01	–	01	06*
Examination Scheme	Marks			
	IA	TW	ESE	Total
	30	–	70	100

* Total credits are 06 as this course is taught over an annual period.

Course Objectives:

To introduce nine systems and sensory organs so that the students can understand the anatomy of the human body. Also to teach the traditional and contemporary concept of Yoga therapy.

Course Outcomes:

At the end of successful completion of the course the students will be able to get the clarity about nine systems and also the therapeutic usage of Yoga.

Module No.	Unit No.	Topics	Hours
1.0		Unit 1	30
	1.1	Nine systems and sensory organs	
2.0		Unit 2	15
	2.1	Yoga therapy – aims, benefits, limitations, and yoga therapy as per scriptures	
		Total Hours	45

Recommended books:

Sr No	Name/s of Author/s	Title of Book	Name of Publisher with Country	Edition and Year of Publication
1	Chaudhary, N. V. (Ed.) and Jain, R. (Ed.)	Encyclopaedia of Yoga, Health and Physical education (7 Vols)	Khel Sahitya Kendra, New Delhi	2013
2	Waugh A. and Grant A.	Ross and Wilson Anatomy and Physiology in Health and Illness	Churchill Living Stone, London	12th edi., 2014
3	Bhalekar, Sharadchandra	Anatomy and Physiology: Yogic Text	Kaivalyadhama, Lonavla	2nd edi., 2018
4	Gore, M. M.	Anatomy and Physiology of yogic practices	New age books, New Delhi	6th edi., 2017
5	गोरे, म. म.	शरीर विज्ञान आणि योगाभ्यास	कॉटिनेटल प्रकाशन, पुणे	प्रथम आवृत्ती, २०१०
6	गोरे, म. म.	शरीर विज्ञान और योगाभ्यास	झोलीया पुस्तक भंडार, हरिद्वार	पंचम संस्करण, २०१६
7	Kuvalayananda Swami & Vinekar S.L.	Yogic Therapy: Its Basic Principles and Methods	Kaivalayadhama Shriman Madhav Yogamandir Samiti, Lonavla	1st edi., 2011
8	Gore, M. M.	Yoga Therapy for Selected Disease	Kaivalyadhama, Lonavla	2008
9	Khalsa, S. S. (Ed.) Cohen, L. (Ed.) McCall, T. (Ed.) & Telles, S. (Ed.)	The principles and practice of yoga in health care	Sage publications India Pvt. Ltd., New Delhi	2017
10	मंडलिक, विश्वास	योगोपचार	योगचैतन्य प्रकाशन, नाशिक	५ वी आवृत्ती, २०१५
11	मंडलिक, विश्वास	योगोपचार: हिंदी संस्करण	योगचैतन्य प्रकाशन, नाशिक	१ ला संस्क., २००२
12	कवलयानंद स्वामी और विणेकर, स. ल.	योगिक चिकित्सा: मुल सिद्धांत तथा प्रणाली	कैवल्यधाम, लोणावला	१ ला संस्क., -

Semester I: Core Paper 4: Education, Psychology and Allied Science

Paper / Course Code	Paper / Course Title			
132I04C104	Education, Psychology and Allied Science			
	TH/Week	W	TUT	Total
Teaching Scheme(Hrs.)	01	–	01	02
Credits Assigned	01	–	01	06*
Examination Scheme	Marks			
	IA	TW	ESE	Total
	30	–	70	100

* Total credits are 06 as this course is taught over an annual period.

Course Objectives:

To introduce some of the theories of learning, basic principles of psychology, Ayurveda and Naturopathy.

Course Outcomes:

At the end of successful completion of the course the students will be able to understand the teaching learning process, application of principles of Psychology in the field of Yoga. They will also get to know about Ayurveda and Naturopathy; the two prominent branches of treatment.

Module No.	Unit No.	Topics	Hours
1.0		Unit 1	15
	1.1	Education: Definitions, Theories of Learning, Teaching methods, Lesson Planning, Class handling, Values and Education	
2.0		Unit 2	15
	2.1	Personality, Mental Health, Stress management, Anger Management, Principles of Psychology, Psychosis-Neurosis vice versa , Panchakosha	
3.0		Unit 3	15
	3.1	Ayurveda and Naturopathy	
		Total Hours	45

Recommended books:

Sr No	Name/s of Author/s	Title of Book	Name of Publisher with Country	Edition and Year of Publication
1	Gharote, M. L. & Ganguly S. K.	Teaching methods for yogic practices	Kaivalyadhama, Lonavala	3rd edi., 2011
2	घरोटे, म. ल. और गांगुली, श्री. कु.	योगाभ्यासों की अध्यापन विधियाँ	कैवल्यधाम, लोणावला	2 रा संस्क. २०१६
3	Sunakall, R. S.	The development of personality	Serials Publications, New Delhi	1st edi., 2012
4	Hall, C. Lindsey, G. & Campbell, J.	Theories of Personality	Wiley India Pvt. Ltd., New Delhi	4th edi., 2017
5	Nagendra, H. R.	New perspectives in stress management	Vivekananda Kendra Yoga Prakashan, Bangalore	1998
6	Shrikrishna	Living with stress without distress through yoga	Kaivalyadhama, Lonavala	-
7	Bhogal, R. S.	Yoga and mental health and beyond: a guide to self management	Kaivalyadhama, Lonavla	1st edi., 2019
8	भोगल, र. स.	योग एवम मानसिक स्वास्थ्य: स्वस्थ जीवन की एक मार्गदर्शिका	कैवल्यधाम, लोणावला	१ ला संस्क., २०१२
9	Bhogal, R. S.	Yoga psychology and beyond	Kaivalyadhama, Lonavla	1st edi., 2017
10	अस्थाना, मधु और वर्मा, किरण	व्यक्तित्व मनोविज्ञान	मोतीलाल बनारसीदास पब्लिशर्स प्रा. लि., दिल्ली	४ था संस्क., २०१२
11	गोडबोले, अच्युत	मनातः मानसशास्त्राची उत्कंठा वर्धक रम्य सफर	मनोविकास प्रकाशन, पुणे	२२ वी आवृत्ती, २०१३
12	Lad, Vasant	Ayurveda: the science of self healing	Motilal Banarasidass Publishers Pvt. Ltd., Delhi	12th edi., 2011
13	Dwivedi, L. D.	Introduction to Ayurveda	Chaukhambha Krishnadas Academy, Varanasi	2003
14	Devaraj, T. L.	Speaking of Ayurveda, Yoga and Nature	New Dawn Press,	2008

		Cure: Health and longevity through Ayurveda, Yoga and Nature Cure	New Delhi	
15	दवीवेदी, मु., शर्मा, ता. और मिश्रा, भै.	आयुर्वेदीय पंचकर्म चिकित्सा, खंड १-२	चोखम्भा संस्कृत प्रतिष्ठान, दिल्ली	२०१७
16	Singh, Sukhbir	Handbook of Naturopathy	Shree Gajanan Pustakalaya, Surat	4th edi., 2019
17	Joshi, K. S.	Speaking of Yoga and Nature-Cure Therapy	New Dawn Press, New Delhi	2008
18	नीरज, ना. कु.	प्राकृतिक चिकित्सा एवम योग: वैज्ञानिक प्रयोग	पापुलर बुक डेपो, जयपूर	-
19	सावंत, दुर्गादास	निसर्गाहार: निरामय जीवनासाठी निसर्गानुकूल आहार	योग विदया निकेतन, मुंबई	१ ली आवृत्ती, २०१७

Semester I: Practical

Paper / Course Code	Paper / Course Title			
132I04C103	Anatomy and Physiology			
	TH/Week	P	TUT	Total
Teaching Scheme(Hrs.)	–	02	–	02
Credits Assigned	–	02	–	06*
Examination Scheme	Marks			
	O	TW	P	Total
	30	–	70	100

* Total credits are 06 as this course is taught over an annual period.

Course Objectives:

To teach the recitation of some of the prayers. To introduce Hasta Mudra-s, Subtle exercises, breathing exercises, Shatkarma, various types of postures, exercises leading to meditation.

Course Outcomes:

At the end of successful completion of the course the students will be able to perform the various exercises in a proper manner.

Module No.	Unit No.	Topics	Hours
1.0		Unit 1: Recitation of Prayers & hasta mudra	05
	1.1	Recitation of Prarthana with Shanti Mantras	
	1.2	Recitation of Pranava Japa; Prayers from Upanishad & Yoga Texts	
	1.3	Hasta Mudra: Chin, Drona, Jnana, Padma, Yoni	
2.0		Unit 2	10
	2.1	Yogic sukshma vyayama	
	2.1.1	Kapola shakti-var dhaka (for the cheeks)	
	2.1.2	Griva shakti-vikasaka (for the Neck) (i), (ii) and (iii)	
	2.1.3	Kehuni shakti-vikasaka	
	2.1.4	Purna-bhuja shakti-vikasaka (for the arms)	

	2.1.5	Mani-bandha shakti-vikasaka	
	2.1.6	Karatala shakti-vikasaka	
	2.1.7	Vaksha-sthala shakti-vikasaka (for the chest)	
	2.1.8	Jangha shakti-vikasaka (for the thighs)	
	2.1.9	Janu shakti-vikasaka (for the knees)	
	2.1.10	Pindali shakti-vikasaka (for the calves)	
	2.1.11	Pada-mula shakti-vikasaka	
	2.1.12	Gulpha-pada-pristha-pada-tala-shakti-vikasaka (for the ankles and the feet)	
	2.1.13	Padanguli shakti-vikasaka (for the toes)	
	2.2	Loosening Exercises	
	2.2.1	Forward & Backward Bending, Lateral /Side bending, Twisting, Twisting and bending	
	2.2.2	Paschimotanasana-Halasana rolling, Pavanamuktasana side rolling, Dhanurasana rolling	
	2.2.3	Janu Vakrasana exercise, Chakki chalana, Nauka chalana, Rolling on back	
3.0		Unit 3: Introduction to Shatkarmas	10
	3.1	Neti (Jalaneti, Rubber Neti, Vesan)	
	3.2	Dhauti (Vamana and Danda Dhauti)	
	3.3	After Kriya Practices, Shvasana Marga Shuddhi	
	3.4	Kapalabhati: Vatakrama- 60 to 120/min, Sitkrama & Vyutkrama	
	3.5	Trataka (Jatru and Jyoti)	
	3.6	Uddiyana- Agnisara	
	3.7	Simple Yogic Kriyas for Karna Shuddhi and Twak Shuddhi	
	3.8	Simple Yogic Kriyas for Mukha Shuddhi & Netra Shuddhi (Eye wash with Triphala water)	

4.0		Unit 4: Suryanamaskara	05
	4.1	Mantra rahita Suryanamaskar, 12 Poses with Alignment, Breath Discipline	
	4.2	Mantra Sahita Suryanamaskar, 12 Poses with Alignment, Breath Discipline	
	4.3	Prayer, Bija Mantra, Surya Mantra	
	4.4	Namaskarasana, Hastottanasana, Padahastanasana, Ashwasanchalanasana	
	4.5	Chaturanga Dandasana, Sashtanga-namasakarasana, Bhujangasana, Parvatasana	
	4.6	Ashwasanchalanasana, Padahastanasana, Hastottanasana, Namaskarasana	
	4.7	Relaxation	
5.0		Unit 5: Yogasana	15
	5.1	Standing Postures	
	5.1.1	Tadasana, Padahastanasana, Ardha Chakrasana, Kati Chakrasana, Kati Vakrasana	
	5.1.2	Parivritta Trikonasana, Trikonasana, Utkatsana, Eka-pada tolasana	
	5.1.3	Vrikshasana, Natarajasana	
	5.2	Sitting Postures	
	5.2.1	Marjarasana A & B, Svastikasana, ArdhaPadmasana	
	5.2.2	Vajrasana, Ushtrasana, Janushirasana, Shashankasana	
	5.2.3	Tripada Marjarasana, Vakrasana	
	5.2.4	Kapotasana, Hansasana, Bhushirasana	
	5.2.5	Padmasana, Parvatasana, Vajrasanastha Yoga Mudra	
	5.2.6	Ardha-Matsyendrasana, Paschimottanasana, SuptaVajrasana, Purvottanasana	
	5.3	Supine Postures	
	5.3.1	Utthita Ekapadasana (45 Degrees), Utthita dwipadasana, Ekapada- Ardha-Halasana	

	5.3.2	Ardha- Pavanamuktasana, Setubandhasana, Uttana Vakrasana, Ardha and Sulabha- Dronasana	
	5.3.3	Pavanamuktasana, Ardha- Halasana, Dronasana	
	5.3.4	Halasana and Chakrasana, Sarvangasana and Matsyasana	
	5.4	Prone Postures	
	5.4.1	Bhujangasana-1, Ardha-Shalabhasana, Ardha- Naukasana	
	5.4.2	Bhujangasana-2, Salamba-Shalabhasana, Naukasana	
	5.4.3	Bhujangasana-3, Shalabhasana, Dhanurasana	
	5.5	Relaxation Postures	
	5.5.1	Shavasana, Makarasana, Balasana (child pose)	
6.0		Unit 6	05
	6.1	Breathing practices & Pranayama	
	6.1.1	Breathing Exercises/practices: Hands in and out, Hands stretch, Ankle stretch, Rabbit, Dog, Tiger breathing exercises	
	6.1.2	Breath Awareness: Pranadharana	
	6.1.3	Abdomen, Thoracic & Clavicular Breathing, Abdomen+Thoracic Breathing, Abdomen + Thoracic + Clavicular Breathing (Sampoorna Yogic Shvasana/Complete Yogic breathing)	
	6.1.4	Yogic Breathing: Practice of Puraka, Rechaka & Kumbhaka (Antar & Bahya Kumbhaka)	
	6.1.5	Nadi Shodhana (Technique 1: Same Nostril Breathing, Surya/ Chandra Anuloma viloma)	
	6.1.6	Nadi Shodhana (Technique 2: Alternate Nostril Breathing / Anuloma-viloma)	
	6.1.7	Nadi Shodhana (Technique 3: Alternate Nostril Breathing + Antar kumbhak)	
	6.1.8	Nadi Shodhana (Puraka + Antar Kumbhak + Rechaka) (1:4:2:)	
	6.2	Pranayama (Kumbhaka Rahita and Sahaja Kumbhaka Sahita)	

	6.2.1	Suryabhedana, Chandrabhedana, Ujjayi, and Bhastrika Pranayama	
	6.2.2	Sheetali and Shitkari Pranayama	
	6.2.3	Bhramari Rechaka Pranayama	
7.0		Unit 7: Introduction to Bandha and Mudras	05
	7.1	Jivha bandha, Simha Mudra, Bramha Mudra	
	7.2	Mula Bandha, Jalandhara Bandha, Uddiyana Bandha, Maha bandha	
	7.3	Yoga Mudra, Kaki Mudra, Tadagi Mudra, Shanmukhi Mudra	
	7.4	Viparita Karani Mudra	
8.0		Unit 8: Practices leading to meditation	05
	8.1	Pranav and Soham Japa; Ajapa-japa Dharana	
	8.2	Yoga Nidra	
	8.3	Practices leading to Breath Meditation (Anapanasatti)	
	8.4	Practices leading to Om Meditation (Nadanusandhana)	
	8.5	Practices leading to Vipassana Meditation	
	8.6	Practices leading to Preksha Meditation	
		Total Hours	60

Recommended books

Sr No	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1	Digambaraji Swami (Ed.) & Kokaje Raghunatha Shastri (Ed.)	Hathapradipika of Svratmarama	Kaivalayadham Shriman Madhav Yogamandir Samiti, Lonavla	2nd edi., 1998
2	Singh, Pancham	The Hatha Yoga Pradipika	Chaukhamba Sanskrit Sansthan, Varanasi	2003
3	Vasu, Sri Chadra	The Gheranda Samhita : Text With	Chaukhamba Sanskrit	2003

		English Translation	Pratishthan, Delhi	
4	Niranjanananda Saraswati	Gheranda Samhita: Commentary on the yoga teachings of Maharshi Gheranda	Yoga Publications Trust, Munger	1st edi, 2012
5	स्वामी दिगंबरजी और झा, पीताम्बर	हठप्रदीपिका: स्वात्माराम कृत	कैवल्यधाम श्रीमन्माधव योगमंदिर समिती, लोनावला	२ रा संस्क., २०११
6	निरंजनानन्द सरस्वती	घेरण्ड संहिता: महर्षि घेरण्ड की योग शिक्षा पर भाष्य	योग पब्लिकेशन्स ट्रस्ट, मुंगेर	१ ला संस्क., २०११
7	देवकुळे, व. ज.	हठप्रदीपिका: सुबोध मराठी भाषांतर	सरस्वती बुक डिस्ट्रिब्युटर्स, पुणे	१९८५
8	देवकुळे, व. ज.	घेरण्ड संहिता: सुबोध मराठी भाषांतर	शारदा साहित्य, पुणे	२००५
9	Satyananda Saraswati	Asana Pranayama Mudra Bandha	Yoga Publications Trust, Munger, Bihar	4th edi., 2013
10	Nagarathna, R. & Nagendra, H. R.	Integrated approach of yoga therapy for positive health	Swami Vivekananda yoga prakashan, Bangalore	1st edi, 2003
11	Kuvalayananda Swami	Asana	Kaivalyadhama, Lonavla	7th edi., 1993
12	Kuvalayananda Swami	Pranayama	Kaivalyadhama, Lonavla	11th edi., 2010
13	Dhirendra Brahmachari	Yogic Sukshma Vyayam	Dhirendra yoga publications, New Delhi	-
14	सत्यानंद सरस्वती	आसन प्राणायाम मुद्रा बंध (हिंदी)	योगा पब्लिकेशन्स ट्रस्ट, मुंगेर	३ रा संस्क., २००६
15	सत्यानंद सरस्वती	आसन प्राणायाम मुद्रा बंध (मराठी)	योगा पब्लिकेशन्स ट्रस्ट, मुंगेर	२००२
16	जैन, राजीव	संपूर्ण योग विद्या: योगासन, प्राणायाम, मुद्रा, बंध, षट्कर्म, ध्यान एवं कुण्डलिनी योग	मंजुल पब्लिशिंग हाउस, भोपाल	५ वा संस्क., २०१८
17	निंबाळकर, सदाशिव	योगिक क्रिया: आरोग्याचा पाया	योग विद्या निकेतन मुंबई	१ ली आवृत्ती, १९८२
18	निंबाळकर, सदाशिव	प्राणायाम	योग विद्या निकेतन	१ ली आवृत्ती,

			मुंबई	१९८४
19	निंबाळकर, सदाशिव	स्वास्थ्य के लिए योग	योग विद्या निकेतन मुंबई	३ रा संस्क., २०१७
20	आनंद ऋषी	ध्यानप्रचीती: ध्यानाच्या विविध मार्गाविषयी अनुभवसिद्ध मार्गदर्शन	नविन प्रकाशन, पुणे	२ री आवृत्ती, २०१३
