

VIVEKANANDA COLLEGE

College with Potential for Excellence

Residential & Autonomous – A Gurukula Institute of Life-Training

Affiliated to Madurai Kamaraj University

Reaccredited with 'A' Grade (CGPA of 3.59 out of 4.00) by NAAC

TIRUVEDAKAM WEST, MADURAI DISTRICT – 625 234



DEPARTMENT OF PHYSICAL EDUCATION

Diploma Course in Yoga

SYLLABUS

(Those who joined on or after June 2018)

DEPARTMENT OF PHYSICAL EDUCATION

SCHEME OF EXAMINATIONS

Course	Subject Code	Subject	Hours	Marks	
				Ext.	Total
Diploma Course in Yoga (Second/Third Year)	CCDY15	Theory: Physiological Concepts in Yoga	20	100	100
		Practical	20	100	100

DEPARTMENT OF PHYSICAL EDUCATION
Diploma Course in Yoga (DCY)

SYLLABUS

Non-Semester		
Subject Title : Physiological Concepts in Yoga		
Sub Code:	Hours: 15	Total Marks: 100

UNIT I

Fundamentals of Human Anatomy and Physiology: Cells – Tissues – Skin - Bones- Joints and its types. Muscular system - Muscles types-Functions-Cardio respiratory system-Organs and types.

UNIT II:

Digestive System and Functions: Excretory system and function-Endocrine system and functions-Nervous system-Types and function-Reproductive system.

UNIT III:

Physiological benefits of Yoga: Introduction to Asanas, Pranayama – Mudras – Kriyas.

UNIT IV:

Benefits of Yogatherapy: Meaning, It's for Diabetes, Cardiac Disease, Arthritis, Asthma, Obesity, and Back Pain.

UNIT V:

Pranayama: Types of Pranayama – Effects of Pranayama in Respiratory System. Meaning, Techniques - Benefits of Mudras and Bandhas – Shatkriyas

References:

1. Gary A Thibodear, Kavin T.Patton Anatomy and physiology, (Mosby, Toronto)
2. Kathleen J.W.Wilson, Foundations of Anatomy and physiology, (Churchill Livingstone, Longman group Ltd. Hong Hong)
3. Swami Saithyananda Saraswathi (1973), Asana Pranayama mudra Bandha yoga publication Trust, munger, Bihar, India. Second Edition.
4. Swami Niranjanda Saraswathi (1998), Prana Pranayarna Prana vidya, Bihar School of yoga, munger, Bihar, India. Second Edition.
5. Aladar Kagler (2001), Yoga for every Athelete - Secrets of an Olympic coach, Taico publishing I-!ouse, Murnbai.

DEPARTMENT OF PHYSICAL EDUCATION
Diploma Course in Yoga (DCY)

SYLLABUS

Non-Semester		
Subject Title : Practical		
Sub Code:	Hours: 15	Total Marks: 100

I. ASANAS

1. Parivrtta Trikonasana
2. Parsvakonasana
3. Ardhamatsyendrasana
4. Pada Hastasana
5. Ustrasana
6. Uthitapadmasana
7. Marichasana
8. Ardhamatsyendrasana
9. Matsyasana
10. Bakasana
11. Mayurasana
12. Halasana
13. Lingasana
14. Uthathapadasana
15. Setubandhasana
16. Chakrasana
17. Sirasasana

II. PRANAYAMA

1. Ujjayi
2. Sitali
3. Sitkari
4. Sadanta

III. KRIYAS

1. Neti
2. Nauli
3. Dhoulis
4. Bhasthi

IV. MUDRAS AND MEDITATION

1. Asvini Mudra
2. Yoga Mudra
3. Maha Mudra
4. Brahma Mudra