

BHARATHIAR UNIVERSITY : COIMBAORE 641 046
CENTRE FOR COLLABORATION OF INDUSTRIES AND INSTITUTIONS (CCII)
DIPLOMA IN YOGA FOR HUMAN RESOURCE MANAGEMENT
 (For the CCII students admitted from the academic year 2014-15 onwards)

COURSE OBJECTIVES

1. To teach international standard of principles and practice of Yoga
2. To create awareness on Yoga and spirituality to all people
3. To create awareness on health and hygiene
4. To spread Kundalini Yoga throughout the world through Yogic Education.
5. To teach Yoga and Meditation for students to suit their age and Maturity
6. To produce Yoga teachers to teach yogic techniques for mind and positive Health and courses.
7. To create Yoga / meditation centers for Yoga practices spiritual activities and therapy in all important cities.

Duration: 1 Year

Eligibility: A Pass in 12th Standard or its equivalent

SCHEME OF EXAMINATIONS:

Paper	Course Title	Duration Hours	Total Marks
01.	Philosophy of Yoga for HRM	3	100
02.	Applied Anatomy and Physiology	3	100
03.	Practical Paper 1: Practices of Asanas and Pranayamas	3	100
04.	Practical Paper 2: Practices of Bandha, Mudra, Kriya and Meditation Techniques	3	100
Total			400

THEORY PAPER 1: Philosophy of Yoga for HRM

Unit -1

Meaning, definition, concept and scope of Yoga. Schools of Yoga - bakthi yoga, karma yoga, jnana yoga, Hatha yoga, and kundalini yoga. Yoga for health and peace. The yogic physiology -koshas; nadis; chakras

Unit -2

Astanga Yoga –Iyama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi, Definition by Saint Thirumoolar in Thirumanthiram (selected versus) Four Quotient; Physical, Emotional, Intelligent, Spiritual; 4-States of consciousness, threegunas, four waves of brain (mind)

Unit-3.

Self esteem; self assessment. Memory power. Types of memory. Concentration, retention, recalling. Thoughts-positive & negative. Influences –Interest, behavior, attitude, and habits, character and life

Unit- 4

Goal setting, planning, will power, effective up streaming. The mental development - healthy mind in healthy body. The power of prayer and meditation. Face, deal solve all the adverse, negative conditions. Feel of inner joy and abundance.

Unit- 5

The body and mind relationship. Anatomy and functions of the brain system. The Latent and potential power hidden in the mind and brain. Do's and don'ts with the brain. Perception with five senses Resources for the mind power. Leadership qualities for self development.

REFERENCES:

1. Swami Kuvalaiananda-1993- Asana- Kaivalyadhama, Pune .Lonavala.
2. Sami Sathyaananda Saraswathi-2004-Asana Pranayama Mudra & Banda Bihar school of yoga. Yoga publications trust Munger.
3. Yogacharya Sundaram-2013- Sundra yoga Sekechi -Bangalore.(Tamil)
- 4 .Dr.Moni- 2001-Anatomy and physiology-M.B.Thanukrishnan Sarva offest printer
5. Dr.Krishna Ramon-2004-A Mater of health- East west books / Chennai.
6. Pa.Ramanathapillai-2007-Thirumandharam-Saiva Siddanthapathipagam- Chennai(Tamil)
7. Maha Maharishi Paranjothiar-Yoga –Asanas, Pranayama. Universal peace foundation.- Tirupur
8. Dr. S.R. Jindal-(1994): Nature Cure: A Way of life, Bangalore, Institute of Naturopathy & Yogic sciences, (1994): Nature cure treatments, Bangalore, Institute of naturopathy & Yogic sciences,

THEORY PAPER- 2: Applied Anatomy and Physiology

Unit -1

Introduction to Human Anatomy and Physiology – Definition – Importance of knowledge of Anatomy and Physiology of Yoga practices – Structure and function of cells and tissues.

Unit -2

Structure and function of Bones, joints and Muscles-Muscular system
Skeletal system.

Unit- 3

Yogic Practices-Digestive system- Structure and function. Respiratory System –Cardiovascular structure and function of system- Heart and vascular system ,Yogic application.

Unit -4

Structure and function – Nervous System –Endocrine gland system- Structure and function of sense organs. Structure and function of Reproductive organs and urinary system. Yogic application.

Unit-5

The concept of holistic health. Hygienic habits, effects of yogic practices
Psychosomatic diseases,Sattwic balanced diet for health with chart. Asthma, Diabetics, Ulcer, BP, Arthritis, Heart problem, back pain

REFERENCES:

1. Beat and Taylor, Living body. Mc.Graw Hill Company, Newyork.
- 2.Saratha Subramanian,Text of human Physiology(2000)
- 3.Stuart Ira Fox ,Human Physiology(2003)
- 4 Dr.Moni- 2001-Anotamy and Physiology-M.B.Thanukrishnan Sarva offest printer
5. Dr.Krishna Ramon-2004-A Mater of health- East west books / Chennai.

PRACTICAL PAPER 1: Practice of Asanas and Pranayamas.**Asanas**

Classification of Asanas-Types-Benefits and precautions for practice of asanas.

Loosening Exercises eye exercises, neck exercises, hand exercises, leg exercises, toe exercises

Standing asanas (Cultural asanas)

- Tadasana
- Konasana
- Utkatasana
- Trikonasana with variations
- Ardha chandrasana (pirai asana)
- Padma hastasana
- Eka pada asana
- Garudasana
- Veerabhadrasana

Sitting asanas (Meditative Asanas)

- Siddhasana
- Padmasana
- Siddhayoni asana
- Dhyana veerasana (Gomukasana)
- Vajrasana

Sitting asanas (Cultural asanas)

- Pachimottanasana
- Janusirshasana
- Baddha Konasana
- Vakrasana
- Ardha matsyendrasana
- Ustrasana
- Sasangasana
- Marjari asana
- Yogamudrasana
- Mahamudrasana

Supine asanas (Cultural asanas)

- Uttanapadasana
- Machasana
- Navasana
- Sedhubandhasana
- Chakrasana
- Pavana Muktasana

Prone asanas

- Bujangasana
- Salabasana
- Dhanurasana
- Hamsasana

Inverted asanas

- Vipareethakarani asana
- Sarvanga asana
- Halasana

Realxativeasanas

- Makarasana with variations
- Savasana(Shantiasana)

Surya namaskara (12 steps)

Suryanamaskara-steps, procedure, precautions, preparatory practice, benefits and application.

TYPES OF PRANAYAMA, PRACTICES, PRECAUTION AND BENIFIT

Pranayama practices

- Samacheer pranayama
- Yogic full breathing
- Suryabethana
- Chandrabethana
- Nadisuddhi pranayama
- Ujjai pranayama
- Basthirikapanayama
- Brahmari pranayama

Cooling pranayamas

- a. Seethali
- b. Seethkari
- c. Sadhanta

PRACTICAL PAPER-2: Practices of Bandha, Mudra, Kriya and Meditation Techniques**Bandha Practices**

Bandhas –Principles, values, types,benefits

1. MoolaBandha
2. Uddiyanabandha
3. Jalandharabandha
4. Mahabandha

Mudra practices : Mudras – Principles, Values, Types (Prana mudra, Dharana mudra, Bandha Mudra, Asana mudra). Benefits and precautions

Prana mudras

- Chin mudra
- Gnana mudra

Dharana Mudras

- Kesari mudra
- Shanmuki mudra
- Shambavi mudra

Bandha mudras

- Aswini mudra
- Vajroli mudra
- Sahajoli mudra

Kriya practices

Kriyas-Principles, Values, Types,Precaution and benefits

- | | | |
|--------|---|--|
| Neti | - | jalani, Sutrani |
| Dhauti | - | VamanDhauti(Kunjalkriya) |
| Nauli | - | Vamana, Dhakshina, Madhyama and Naulikriya |
| Basti | - | Natural enema |

Kapalabhadhi

Trataka

Meditation-Definition, Meaning, types and benefits.

Kundalini meditation, om meditation, visualization, mind imaging, chakra meditation, relaxation techniques.

REFERENCE BOOKS:

1. Swami Kuvalayananda-1993- Asana- Kaivalyadhama, Pune .Lonavala.
2. Sami Sathyaananda Saraswathi-2004-Asana Pranayama Mudra & Bandha Bihar school of yoga. Yoga publications trust Munger.
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