

BHARATHIAR UNIVERSITY: COIMBATORE 641 046
CENTRE FOR COLLABORATION OF INDUSTRIES AND INSTITUTIONS (CCII)
PG DIPLOMA IN YOGA FOR HRM AND HOLISTIC HEALTH
(For the CCII students admitted from the academic year 2014-15 onwards)

COURSE OBJECTIVES

1. To create an 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 their age and maturity.
6. To produce Yoga teachers to teach yogic techniques for mind and positive Health.
7. To create Yoga / meditation centers for Yoga practices spiritual activities and therapy in all important cities.

Duration: 1 Year**Eligibility:** A Pass in any degree**SCHEME OF EXAMINATIONS:**

Paper	Course Title	Duration Hours	Total Marks
01.	The Philosophy and the science of yoga for HRM and Holistic Health	3	100
02.	Applied anatomy and physiology	3	100
03.	Yogic Management of Diseases	3	100
04.	Practical 1: Yogic Practices 1	3	100
05.	Practical 2: Yogic Practices 2	3	100
06.	Practical 3: Mind power management and memory techniques	3	100
	Total		600

THEORY PAPER -1: The philosophy and the science of yoga for HRM and Holistic Health**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. Sage Patanjali and Yoga sutras (selected versus). Aphorisms of Saint Thirumoolar in Thirumandiram.

UNIT-3

Four Quotient - Physical, Emotional, Intelligent, Spiritual; four States of consciousness, three gunas, four waves of brain (mind).Modern trends in yoga.

UNIT -4

Meaning & definition of Human values and resources management by Self-empowerment. Analysis and thought. Resources for the mind power. .Self-esteem; self-assessment. Memory power. Types of memory. Concentration, retention, recalling positive thoughts and virtues.

UNIT-5

Behavior,attitude,and habits. Goal setting,planning,will power,effective up streaming. The mental development in our life- healthy mind in healthy body.The power of prayer and meditation. Face, deal solve all the adverse,negative conditions.

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 .Iyengar, B.K.S. (1976) : Light on Yoga London, Unwin Paperbacks
5. DR. Ramesh Babu. K. (2011): Aasana Sutras (Techniques of yoga aasanas based on traditional hatha yoga literature), viziyanagaram, home of yoga publications.
- 6.vivekananda, swami.(1982): raja yoga or conquering the internal nature ,culcutta, advaitaashram,.
- 7.bangali baba (1982) the yogasutras of patanjali (commentary of vyasa) motilal banarsidas – delhi.

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. Structure and function of Bones, Joints and Muscles-Muscles-Musculoskeletal system and application of Yogic management.

UNIT-2

Digestive system – Mouth, Salivary glands, Pharynx, Esophagus, Stomach, Small Intestines, Large Intestine, Pancreas, Liver, Gall Bladder – Structure and function- Yogic application.

UNIT-3

Respiratory System Respiratory tract, Nose, Pharynx, Larynx, Trachea, Bronchi, Alveoli, structure and function – Respiratory system and Yogic Practices-Mechanism of Respiration. Cardiovascular structure and function of system-Heart, Blood vessels, Blood. Types of Circulation, Blood pressure.

UNIT-4

Structure and function- Nervous system-Central Nervous system, Peripheral nervous system. Study of nervous system in Yogic view point. Structure and function of Endocrine gland – Yogic application on Endocrine glands-The body and mind relationship. The Latent and potential power hidden in the mind and brain. Brain and thought pollution. Perception with 5 senses getting more co operation and co ordination.

UNIT-5.

Structure and function of sense organs-Ear, Nose, Tongue, Skin, Eyes, and Yogic application. Structure and function of Reproductive organs. And Yogic application. Structure and function of Urinary system- kidney, Ureter, Bladder, Urethra, Prostate, Mechanism of urination Yogic application in Urinary system.

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-Anatomy and Physiology-M.B.Thanukrishnan Sarva Offset Printer
5. Dr.Krishna Ramon-2004-A Matter of health- East West Books / Chennai.

THEORY PAPER -3: Yogic Management of Diseases

Unit – 1:

Diseases in skeleton/muscular system;diseases in digestive system

Unit - 2

Diseases in respiratorycardiac/vascular system

Unit – 3:

Diseases in nervous system, endocrine system

Unit – 4:

Reproductive system , excretory system

Unit – 5:

Psycho somatic problems. Satwic balanced diet.

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 . Mikel Burley (2000): Hatha yoga: Its context, Theory and Practice, Delhi, Motilal Banarsidass.
5. Swamy Sivananda (1984): Lectures on yoga & Vedanta, , Sivananda nagar, The Divine Lifesociety
6. Pa.Ramanatha Pillai-2007-Thirumandharam-Saiva Siddanthapathipagam- Chennai(Tamil)
7. Maha Maharishi Paranjothiar-Yoga –Asanas, Pranayama. Universal Peace Foundation.- Tirupur
8. Sue Rodwell Williams, 1990, Essentials of nutrition and diet therapy- Fifth edition, Times Mirror Mosby College Publishing,.
- 9.Gordon m. Wardlaw, Paul Insel et, al., (2000)- Contemporary Nutrition- Mosby,Chicago.
- 10.Eleanor Whitney, (2000)- Nutrition- Concepts and controversies–Eighth edition

PRACTICAL PAPER -1: Yogic Practices – 1

Classification of Asanas- meditation, Relaxative, Cultural asanas – Types, Standing, sitting, Prone Lying and supine lying- Safety measures- Benefits and precautions for practice of asanas.

Loosening exercises – eye exercises, neck exercises, hand exercises, hip rotation, Knee rotation, 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
- Maha mudrasana

Supine asanas (Cultural asanas)

- Uttana padasana
- Machasana
- Navasana
- Sedhubandhasana
- Chakrasana

- Pavana Muktasana
- Prone asanas
- Bujangasana
- Salabasana
- Dhanurasana
- Hamsasana

Inverted asanas

- Vipareetha karani asana
- Sarvanga asana
- Halasana
- Sirasasana

Realxative asanas

- Makarasana with variations
- Savasana(Shantiasana)

Surya namaskara (12 steps)

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

PRACTICAL PAPER -2: Yogic Practices 2**TYPES OF PRANAYAMA, PRACTICES, PRECAUTION AND BENEFIT****Pranayama practices**

- Samacheer Pranayama
- Yogic full breathing
- Nadi suddhi pranayama
- Ujjai pranayama
- Basthirika pranayama
- Brahmari pranayama

Cooling pranayamas

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

Bandha Practices

Bandhas –Principles, values, types – moola, Uddiyana, jalandara, Mahabandha benefits

1. Moola Bandha
2. Uddiyana bandha
3. Jalandhara bandha
4. Maha bandha

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 (Neti, Dhauti, Basti, Nauli, Kapalabathi, Trataka), Precaution and benefits

- | | | |
|--------|---|---|
| Neti | - | jalaneti, Sutraneti |
| Dhauti | - | Vaman Dhauti(Kunjali kriya) |
| Nauli | - | Vamana, Dhakshina, Madhyama and Nauli kriya |
| Basti | - | Natural enema |

Kapalabathi**Trataka**

PRACTICAL PAPER -3: Mind Power Management and Memory Techniques

Techniques for thought analysis and improving the mind. The mental development in our life-healthy mind in healthy body.

Memory power. Types of memory. Concentration, cognition, retention, recalling positive thoughts and virtues. The influences of thoughts in ones character and life. Memory power improving techniques,

Meditation-Definition, Meaning, types and benefits.

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

Divine Healing Therapy : Level -1

Divine Healing Therapy : level 2 (color therapy).

Relaxative techniques

REFERENCE BOOKS:

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.
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6. Pa.Ramanatha Pillai -2007-Thirumandharam - -Saiva Siddanthapathipagam-Chennai(Tamil)
7. Maha Maharishi Paranjothiar-Yoga –Asanas, Pranayama. Universal peace foundation.- Tirupur.
- 8.. Gnanavallal Paranjothi Mahan,-2001- I God, Universal peace sanctuary –Chennai.
- 9.Tanushree Podder-2005-Smartmemory-Pustak mahal-Delhi.
- 10.Harrylorayne-Secrets of mind power-Pustak mahal.