



MAHAYOGI GORAKHNATH MAHARISHI PATANJALI YOG SANSTHAN BHARATVARSH

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OBJECTIVE

Mahayogi Gorakhnath Maharishi Patanjali Yog Sansthan Bharatvarsh provides Yoga canter in various colleges, professional institutes and corporate sectors. It has a huge network to provide yoga education and their advertisement all over the world and also provide yoga teachers and instructors across the globe.

MGPYSB creates jobs for yoga professionals across the country and all over world. It also chose best yoga students to get related awards.

MGPYSB provides two courses Diploma in Yoga and Post Graduate Diploma in Yoga.

Yoga education helps in self-discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness. The aims and objectives of Yoga education are:

- 1) To enable the student to have good health.
- 2) To practice mental hygiene.
- 3) To possess emotional stability.

- 4) To integrate moral values.
- 5) To attain higher level of consciousness.

About Courses:-

1. Course helps to imparting skills in students to introduce Yoga health to public and Yoga for total personality development of students in Institutions and colleges.
2. Courses are especially designed for promoting positive health, preventions of stress and anxiety and rehabilitation through Yoga.

Benefits of Diploma and PG diploma in Yoga:-

1. The course trains students as Yoga therapy instructors as paramedical personnel in hospitals, nursing homes under the guidance of doctors.
2. After passing this course students have good options in education sectors. They can also become Yoga trainers or teachers.
3. It enables students to establish yoga therapy centers in the service of common man.

Employment Areas:-

1. Colleges and Universities
2. Health Clubs
3. Government hospitals
4. Private clinics
5. Sports clubs
6. Resorts and hotels
7. Corporate/ Industrial sectors

Yoga Job Types:-

1. Yoga teacher
2. Assistant Ayurvedic doctors
3. Clinical psychologist
4. Therapist
5. Yoga instructor

SYLLABUS FOR DIPLOMA IN YOGA (ONE YEAR)

THEORY EEXAMINATION

<u>Sr.No</u>	<u>Paper Code</u>	<u>Subject</u>	<u>Theory Marks</u>	<u>Internal Marks</u>	<u>Total Marks</u>
Paper-I	DY01	Fundamentals of Yoga	80	20	100
Paper-II	DY02	Anatomy And Physiology of Yogic Practices	80	20	100
Paper-III	DY03	Traditional Yoga and Health	80	20	100
Paper-IV	DY04	Teaching Methodology of Yogic Practices	80	20	100

PRACTICAL

<u>Sr.No</u>	<u>Paper Code</u>	<u>Subject</u>	<u>Practical Marks</u>	<u>Internal Marks</u>	<u>Total Marks</u>
I	DYP01	Hatha Yoga(Practices and Viva)	80	20	100

PAPER-I (FUNDAMENTALS OF YOGA)

(External marks: 80)

(Int. Ass.: 20)

(Time: 3 hours)

Unit No.	Theme	Description
I	Introduction to Yoga	-Yoga, its Meaning, definitions and origin -Historical development of Yoga and its importance -Yoga Philosophy
II	Traditional Models of Yoga	Brief introduction of: -Bhakti-Yoga -Raja-Yoga -Gyana-Yoga -Hatha-Yoga -Karma-Yoga -Laya-Yoga -Asthanga-Yoga(PYS)
III	Introduction to the Hatha Yoga	-Brief Introduction to Hatha Pradipika and GherandSamhita Texts -Principles of Yogic Practices -Introduction to Yogic Ahara-Vihara -Introduction to Yogic Practices(Shatkarma,Asana,Pranayama, Mudra,Bandha)

IV	Yoga Therapy	-Introduction to Yoga Therapy, its Uses and Scope -Yoga Therapy for Common Diseases -Indication and Contra-indication

Books References

<u>Sr. no.</u>	<u>Books and Authors/Publications</u>
<u>1.</u>	Hatha Yoga Pradipika-KaivalyadhamLonawala
<u>2.</u>	Patanjali Yoga Pradeep-Swami OmanandaTeertha
<u>3.</u>	Bhakti Sagar- Swami Charandas
<u>4.</u>	Asana,Pranayama,Mudra,Bandha-Swami SatyananadaSaraswati
<u>5.</u>	Yoga Pradipika-B.K.S. Iyengar
<u>6.</u>	GherandSamhita-KaivalyadhamLonawala

PAPER-II ANATOMY AND PHYSIOLOGY OF YOGIC PRACTICES

(External Marks:80 marks)

(Int. Ass. : 20 marks)

Time : 3 hours

<u>Unit No.</u>	<u>Theme</u>	<u>Description</u>
I	Basic Anatomy and Physiology	-The Human Body -The Digestive System -The Respiratory System -The Muscular System -The Skeletal System -The Circulatory System
II	Anatomy And Physiology of Yogic Practices	-Effects of Yoga Practices on Various System -Asana -Pranayama -Mudra -Bandha and Kriyas

Reference Books

S.no	Books and Authors:
1.	Sarirkriyavijnan- Priyabrata Sharma
2.	SarirRachnaVijnan-MukundSwarup
3.	AyurvediyaKriyaSarir-RanjeetSahaya Desai

4.	Yoga AvamSvasthaya-Raaj Publication Patoyala
5.	Basic Physiology-E.D. Amour Fred
6.	Human Anatomy-M. Lyse Prives

PAPER III TRADITIONAL YOGA AND HEALTH

(External marks: 80)

(Int. Ass.: 20) (Time: 3 hours)

<u>Unit No.</u>	<u>Theme</u>	<u>Description</u>
I	Contemporary view on Yoga	-Yogic Models of Swami Vivekananda -Yogic Models of Shri Aurobindo -Concept of Scientific Spirtuality -Yoga and Human Consciousness
II	Yoga in Philosophical Tradition	-Buddhism -Jainism -Samkhya -Advaita-Vedanta
IV	Yoga and Health	-Imp. And Role of Yoga in Health Sectors -Dimensions of Health and Yoga

Books References

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<u>1.</u>	Hatha Yoga Pradipika-Kaivalyadham Lonawala
<u>2.</u>	Patanjali Yoga Pradeep-Swami Omananda Teertha

<u>3.</u>	Bhakti Sagar- Swami Charandas
<u>4.</u>	Asana,Pranayama,Mudra,Bandha-Swami Satyananada Saraswati
<u>5.</u>	Yoga Pradipika-B.K.S. Iyengar
<u>6.</u>	Gherand Samhita-Kaivalyadham Lonawala

PAPER-IV

TEACHING METHODOLOGY OF YOGIC PRACTICES

(External marks: 80)

(Int. Ass.: 20)

(Time: 3 hours)

UNIT-I

- i) Meaning and types of teaching methodology.
- ii) Factors affecting teaching.
- iii) Principles of teaching.
- iv) Needs and importance of teaching practice

UNIT- II

- i) Presentation technique.
- ii) Technical and personal preparation.
- iii) Steps of class management.

UNIT-III

- i) Principles of lesson plan and its importance.

- ii) Demonstration in yoga and its importance.

PRACTICAL-1

Marks: 100

(Internal: 20 marks)

(External:80 marks)

YOGA (HATHA YOGA)

<u>Sr. No.</u>	<u>Theme</u>	
1.	Asana	-Surya Namaskara(APMB) -Padmasana (H.P) -Ushtrasana (Gh.S) -Gaumukhasana (H.P) -Vakrasana (APMB) -Uttkatasana(Gh.S) -Pawanmuktasana (APMB) -Bhujangasana (APMB) -Halasana (APMB) -Padahastasana (APMB) -Naukasana (APMB) --Veerasana -yogmudrasana

2.	Pranayama	-Breathing: chest, abdominal, yogic (APMB) -Anulom-vilome (H.P) -Shitali (Gh.S) -suryabhedi
3.	Mudra and Bandha	-uddiyana Bandha(H.P) -Jalandhara Bandha(H.P) -kaaki mudra(Gh. S) -Hasta mudra:Gyan mudra
4.	Meditation	-savita Devta dhyaan
5.	Shuddhi Kriya	-Jala neti(Gh.S) -Rubber neti(APMB) -Kunjal -Sheetkaram(Gh.S)
6.	Mantra	-Gayatri Stawan (5 steps)

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