

Post Graduate Diploma in Yoga for Human Excellence(PGDY) (1year)

DETAILED SYLLABUS

PAPER – I : FUNDAMENTALS OF YOGA

UNIT- 1 INTRODUCTION TO YOGA

Definitions- Nature and concepts -Scope-Misconceptions about yoga.

UNIT- 2 DEVELOPMENT OF YOGA

Sources for yoga-Upanishads-Bhagavadgita-Patanjali Yoga sutras-
Stages in -Development in Yoga.

UNIT- 3 TYPES OF YOGA

Ashtangayoga: Details of Ashtangayoga- Hathayoga: Asanas,Mudras,
Bandhas, Suddhikriyas and Pranayama- Rajayoga-Kriyayoga-
Mantrayoga-Layayoga-Kundaliniyoga-Meditation:Types of Meditation –
Causes for many types of yoga

UNIT- 4 SKY YOGA (Yoga for Human Excellence)

Definition-Nature-uniqueness-concepts- Organs:Simplified Physical
Exercises, Meditation, Kayakalpa, Introspection - SKY as a system and
process

UNIT- 5 ROLE OF YOGA IN CONTEMPORARY WORLD

Yoga and Personality Development-Yoga therapy-Yoga for World peace-
Yoga as Human philosophy

PAPER - 2 : YOGA OF BODY AND MIND

UNIT- 1 BODY

Constituents and Components of Body- Body functions- Body disorders- Pain-Disease-Death-Concept of three bodies- Panchakoshas- Genetic centre-Body and bio-magnetism

UNIT - 2 DISEASES AND SOLUTIONS

Causes of Diseases- Yoga as a therapy

UNIT - 3 MIND

Concept of Mind-Consciousness and Cognition- Order of Function- Thought process- Knowledge and Imprints-Functions of Mind; Stages of Mind

UNIT - 4 IMPURITIES IN MIND

Imprints-Karmas-Malas- Need of Purification- Impurities and Self realisation

UNIT - 5 METHODS FOR REJUVENATION

1.Kayakalpa, 2.Meditations, 3.Lamp gazing, 4.Mirror Gazing.

PAPER-3 : YOGA OF SUBLIMATION (METHODS OF SELF CONTROL)

UNIT - 1 THOUGHT

Definition-Origin of thought-Thought and Consciousness-Analysis of thought- Concept of Introspection- Impact of bad temperaments on thoughts

UNIT - 2 DESIRE AND ANGER

Desire: -Definition, Motivation; Forces for and against desire-Moralisation of Desires;

Anger: Chain of action, Neutralisation of Anger

UNIT - 3 WORRY

Definition -Worries as reason for physical and psycho-somatic disorders-Eradication of Worries

UNIT - 4 BLESSINGS

Why to bless- Cosmic function of blessings

UNIT - 5 PEACE

Individual peace- Family peace-Causes for social unrest- Equality and Security for peace-World peace for happy survival.

PAPER – 4 : SCIENCE OF DIVINITY

UNIT -1 BLISS

State of bliss- Psychology and Chemistry behind bliss- Sources of Bliss

UNIT - 2 BRAHMAM

The Absolute Space-Characters and Potentials of Absolute Space-
Self transformation of Brahman as Universe

UNIT - 3 MAGNETISM

Universal Magnetism and its Characters- Modification of Universal forces- Bio-magnetism

UNIT - 4 ROLE OF SELF REALISATION IN DIVINITY

Consciousness-Concept of Consciousness-Journey of
Consciousness: Karma to Brahman- Pain to bliss; Place of Karma
yoga in Journey of Consciousness

UNIT - 5 METHODS TO ATTAIN SELF REALISATION

Purification of Genetic centre, Expiation, Superimposition,
Nullification, Silence and Grand Silence

PAPER – 5 : VETHATHIRIYAN OR SKY YOGA PRACTICES (PRACTICAL)

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| 1 | Simplified Physical Exercises | All Exercises Identified By Vethathiri Maharishi |
| 2 | Kayakalpayoga | |
| 3 | Meditations | Ajna-Santhi-Turiya-Panchemdriya |
| 4 | Suryanamaskaras | |
| 5 | Practicals To Improve Biomagnetism- | Lamp Gazing And Mirror Gazing |

PAPER – 6 : TRADITIONAL YOGA PRACTICES (PRACTICAL)

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| 1 | ASANAS: | Damdasana, Padmasana, Siddhasana, Vajrasana, Suptavajrasana, Janausirshasana, Pascimotthasana , Sarvamgasana, Halasana, Cakrasana, Bhujamgasana, Salabhasana, Naavasana, Naukasana, Utthanapadasana, Utkadasana, Vakrasana, Ushtrasana, Tadasana, Trikonasana, Sideways cakrasana |
| | MUDRAS: | Cinmudra, Vayumudra, Suryamudra, Sunyamudra, Varunamudra, Apanamudra. Apanavayu mudra, Lingamudra |
| | BAMDHAS: | Mula, Oddiyana, Jalamdhara |
| | PRANAYAMAS: | Nadisuddhi, Sitali, Sitkari, Ujjayi, Bhastrika, Kapalabhati |