

Syllabus

Diploma in Meditation and Yoga Sciences (DYS)

Course Objectives:

- Promoting positive health and holistic wellness,
- Imparting skills to introduce Yoga awareness for health among general public.
- To enable students to become competent and committed professionals willing to perform as Yoga Trainer.
- To make student to use competencies and skills needed for becoming effective Yoga trainer.
- To enable student to understand the type of Yoga.

Learning Outcomes:

- To acquaint student with the Practical knowledge of Yogasana, Kriya, Bandhas, Mudra, Meditation and Pranayama etc.
- Students can work as Yoga Trainer in Yoga Studio, Yoga wellness Centres.
- Conduct Yoga Protocol at work places.
- Conduct yoga classes in Parks, societies, RWA etc.

Title & Duration of the Course:

- The course shall be called Diploma in Meditation and Yoga Sciences (DYS).
- The duration of course shall be one year.

Eligibility for admission:

- 12th pass student will be eligible for admission in this course.

Medium of instruction and examination:

- Medium of instructions in DYS course will be Hindi and English.

Structure of DYS Course:

- Theory
- Practical

Eligibility for appearing Exam:

- Students should keep the terms with at least 80% attendance. Students should complete all practical and other work expected in all parts of the syllabus.

Eligibility for Passing:

- For a pass in a theory and practical subject, a candidate shall secure minimum of 50% of the maximum marks prescribed for the theory and practical subject in university.

Syllabus
Diploma in Meditation and Yoga Sciences (DYS)

Subject Code	Subject	Teaching Hours per Week			Examination Marks		
					Continuous Assessment		
		Th	Pr	Cr	Internal	External	Total
1st Trimester							
DYS-C101(T)	Foundation of Yoga and Meditation	1		1	30	20	50
DYS - C102(T)	Introduction to Human Body	1		1	30	20	50
DYS – C103(T)	Yoga, Diet and Nutrition	1		1	30	20	50
DYS-C104(P)	Practical – I (Yogasana and Meditation I)		1.5	2	50	50	100
DYS - C105(P)	Practical II (Shatkarma, Pranayam and Meditation)		1.5	2	50	50	100
2nd Trimester							
DYS-C201(T)	Fundamentals and Principles of Meditation	1		1	30	20	50
DYS – C202(T)	Types & techniques of meditation I	1		1	30	20	50
DYS-C203(P)	Practical – III Bandh, Shatkarma, Mudra and Viva		2	1	50	50	100
DYS – C204(P)	Practical- IV (Asanas&Pranayama-I)		2	1	50	50	100
3rd Trimester							
DYS-C301(T)	Types & Techniques of meditation II	1		1	50	50	50
DYS – C302(T)	Relationship between Meditation & Yoga (Mental Health Aspects)	1		1	50	50	50
DYS – C303(P)	Practical V(Concentrations practices in Meditation II)		2	1	50	50	100
DYS – C304(P)	Practical –VI (Asana&Pranayama- II)		2	1	50	50	100

Trimester I

Foundation of Yoga and Meditation (Subject Code- DYS-C101)

Foundation of Yoga

- 1.1 Yoga: Etymology, definitions, aim, objectives and misconceptions.
- 1.2 Yoga: Its origin, history and development.
- 1.3 Ashtanga Yoga (Yama, Niyam, Asana, Pranayama, Pratyahara, Dharna, Dhyana, Samadhi)
- 1.4 Principles and Practices of Jnana Yoga, Bhakti Yoga, Karma Yoga
- 1.5 Introduction of Yogic Text (Hatha Yoga Pradeepka, GherandSamhita, Patanjali Yoga Sutra)
- 1.6 Principles of Hatha Yoga

Text and References

- Yogic SuksmaVyayama by DharendraBrahmachari
- Asana Pranayama Mudra Bandha by Swami SatyanandaSaraswati. Publisher: Yoga Publication Trust, Munger, Bihar, India
- Karma Yoga, Bhakti Yoga, Raja Yoga, Jnana Yoga by Swami Vivekananda
- Yoga Sutras of Patanjali by Swami SatyanandaSaraswati. Publisher: Yoga Publication Trust, Munger, Bihar, India
- Hatha Yoga by Swami Sivananda. Publisher: The Divine Life Society, Uttarakhand, India
- GherandaSamhita by Swami NiranjananandaSaraswati. Publisher: Yoga Publication Trust, Munger, Bihar, India
- Essence of Yoga by Swami SivanandaSaraswati. Publisher: The Divine Life Society
- Yoga and Kriya by Swami SatyanandaSaraswati. Publisher: Yoga Publication Trust, Munger, Bihar, India

Introduction to Human Body (Subject Code- DYS-C102)

- 1.1 Basic knowledge of human bones.
- 1.2 Muscles, their types and location
- 1.3 Digestive system
- 1.4 Respiratory System
- 1.5 Heart and circulation
- 1.6 Endocrine system
- 1.7 Nervous system

Reference Books

- Anatomy and physiology of yogic practices by KanchanPrakashan (Lonawala)
- Notes on structure & functions of Human body & effects of Yogic practices on it by Sri Krishan

Yoga: Diet and Nutrition

(Subject Code: C103)

1. Yoga Therapy

- 1.1 Yoga Therapy: Meaning and Definition, Principles and Discipline, Area and Limitation, Role Of Lifestyle and Diet in Yoga Therapy, Yoga for Health, Panchkosha
- 1.2 Yoga Management:- Arthritis, Cervical Spondylosis, Back Pain, Sciatica Pain, Hernia
- 1.3 Kidney Disease, Thyroid, Obesity, Liver Related Problem, Diabetes, Constipation, Asthma,
- 1.4 Hypertension, Heart Disease, Vision Defects, Insomnia, Headace, Mental Stress, Depression, Anxiety

2. Diet and Nutrition

- 2.1 Knowledge of Yogic Principles -Ahara, Vihar, Achar- Vichar.
- 2.2 Alternative Therapy: Basic principles of Ayurveda, Naturopathy.
- 2.3 Yogic concept of healthy living: Tridosha.
- 2.4 Therapeutic importance of Dincharya and Ritucarya,
- 2.5 Importance of Diet (Aahara).
- 2.6 Yoga as preventive and promotive health care

Reference Books

- Principal of Nutrition by E. D. Wilson
- SwasthavrittaVigya by Dr. Ramharsh Singh
- Yogic Management of Asthma and Diabetic by Swami Shankardevananda
- Yogic Management of Common Diseases by Swami Karmananda
- Yoga on Hypertension by Swami Shankardevananda
- Yogic SuksmaVyayma by DhirendraBrahmachari
- Yogic Therapy by swami Kuvalayananda&Dr. S.L. Vinekar
- SwasthavrittaVigya by Dr. Ramharsh Singh
- Yogic Management of Asthma and Diabetic by Swami Shankardevananda
- Yogic Management of Common Diseases by Swami Karmananda
- Yoga on Hypertension by Swami Shankardevananda

Yogasana and Meditation I

(Practical- DYS- C104 (P))

Practical I

1. Yogasana

- 1.1 **Standing Asana:** Tadasana, Trikonasana, Urdhahastotanasana, Vrikshasana, Ardchakrasna, Padhastanasana, Ashwasthasana
- 1.2 **SittingAsana:** Padmasana, Vakrasana, Ardhamatsyendrasana, Janusirsasana, Paschimottanasana, Vajrasana, Ushtrasana, Shasankasana, Gomukhasana ,Mandukasana, Bhadrasana, Singhasana
- 1.3 **Prone Lying Asana:** Bhujangasana, Shalabhasana, Dhanurasana, Makarasana
- 1.4 **Supine Lying Asana:** Pawanmuktasana and its variation ,setubandhasana,, sarvangasana, Ardhalasana, Uttanpadasana, Halasana, Naukasana , Cakrasana ,Markatasana, Shavasana.

2. Yogic SukshmaVyayama, SthulaVyayama and Surya Namaskar

- 2.1 Yogic SukshmaVyayama
- 2.2 Yogic SthulaVyayama
- 2.3 Surya Namaskara

3Practices leading to Meditation

- 3.1 Pranav and SohamJapa
- 3.2 Yoga Nidra
- 3.3 Chakra Meditation
- 3.4 AjapaDharana
- 3.5 Om Meditation

Shatkarma, Pranayam and Meditation: Yoga Kriya, Pranayam and Dhyan
DYS -C105 (P)

Practical II

1. Shatkarma: Knowledge and ability to perform the following Practices:

- 1.1 Neti (Jal and sutra)
- 1.2 Dhauti(Vaman+ Vastra)
- 1.3 Nauli
- 1.4 Agnisara
- 1.5 Trataka
- 1.6 Kapalbhata

2. Pranayama

- 2.1 Breath Awareness
- 2.2 Yogic Breathing
- 2.3 Nadishodhan Pranayama
- 2.4 Suryabhedhi
- 2.5 Ujjayi
- 2.6 Shitali
- 2.7 Sitkari
- 2.8 Bhastrika
- 2.9 Bhramari

3. Bandha and Mudra

- 3.1 JalandharaBandha, UddiyanaBandha, MulaBandha, Tri Bandha
- 3.2 Yoga Mudra, Shanmukhi Mudra, shambhavi mudra, VipareetKarni Mudra

Trimester II

Fundamentals and Principles of Meditation

(Subject Code: DYS- C201)

1. Fundamentals of Meditation

- 1.1 Introduction to Meditation
- 1.2 Basic principles of meditation
- 1.3 Happiness & Meditation
- 1.4 Benefits of Meditation
- 1.5 Philosophy, physiology, Medicine

2. Concentration and Meditation

- 2.1 Definitions of concentration
- 2.2 The power of concentration
- 2.3 Aids of concentration
- 2.4 Patience in concentration
- 2.5 Objects for concentration
- 2.6 Benefits of concentration

3. Meditation

- 3.1 The Koshes – Our Great Human Heritage
- 3.2 The Chakra System – Centres of Unity
- 3.3 The Gunas – Steps of Evolvement
- 3.4 Obstacles in Meditation
- 3.5 Psycho-social environment and its importance for mental health (Yama and Niyama)

Text and References

- Practical yoga Psychology by Bihar School of Yoga
- Gheranda Samhita by Swami Niranjananada Saraswati
- Concentration and Meditation by swami Sivananda Saraswati
- Yoga & Mental Health by R. S. Bhogal
- Yoga & Modern Psychology by Kaivalyadham Asharam
- Yoga for Stress Management by Sri Venkatkrishnan
- Yoga for Stress Relief by Swami Shivapramananda
- Yoga Nidra by Swami Styananda Saraswati

Types & Techniques of Meditation- I **(Subject Code: DYS- C202)**

1. Meditation & Maharshi Gheranda

- 1.1 SthoolaDhyana (Gross/physical meditation)
- 1.2 JyotirmayaDhyana (dhyana full of light)
- 1.3 SukshmaShyana (subtle meditation)

2. Upanishad & Meditation

- 2.1 SagunaDhayan (Concrete meditation)
- 2.2 NirgunDhayan (Abstract meditation)
- 2.3 Methods of Meditation – Mandukya Upanishad
- 2.4 For levels of consciousness and their relation with Omkar- Mandukya Upanishad

3. The five Concentrations Practice (PanchaDharana)

- 3.1 ParthiviDharana (concentration on earth)
- 3.2 AmbhasiDharana (concentration on water)
- 3.3 AgneyiDharana (concentration on fire)
- 3.4 VayviyeDharana (concentration on air)
- 3.5 Akashi Dharna (concentration on ether)

4. Concentration to Meditation

- 4.1 Ptatyahara (Withdrawal of the mind from external objects)
- 4.2 Prayer and Meditation
- 4.3 Yoga Nidra(psychic sleep)
- 4.4 Cleansing of mind by Mantra chanting
- 4.5 Mantra Sadhna- Behavioral techniques to control mind
- 4.6 Psychological aspects of meditation

Text and References

- Practical yoga Psychology by Bihar School of Yoga
- GherandaSamhita by Swami NiranjananandaSaraswati
- Concentration and Meditation by swami SivanandaSaraswati
- Yoga and Kriya by Swami SatyanandaSaraswati
- Yoga & Mental Health by R. S. Bhogal
- Yoga & Modern Psychology by KaivalyadhamAsharam
- Yoga for Stress Management by Sri Venkatkrishnan
- Yoga for Stress Relief by Swami Shivapramananda
- Yoga Nidra by Swami StyanandaSaraswati
- Mandukya Upanishad

Bandh, Shtkarma, Mudra and Viva)
(Subject Code: DYS C203)

PRACTICAL III

1. Bandh

- 1.1 JalandharaBandh (throat lock)
- 1.2 UddiyanBandh (abdominal contraction)
- 1.3 MoolaBhandh (perineum contraction)
- 1.4 MahaBandh (great lock)

2. Shatkarma

- 2.1 JalaNati (nasal cleansing with water)
- 2.2 Sutra Neti (nasal cleansing with thread)
- 2.3 Kapalbhata (frontal brain cleansing)
- 2.4 VamanDhauti/Kunjalkriya (the practice of vomiting water)
- 2.5 Trataka (concentrated gazing)

3. Mudra

- 3.1 Yoga Mudra (attitude of psychic union)
- 3.2 Shambhavi mudra (eyebrow centre gazing)
- 3.3 Prana Mudra (invocation of energy)
- 3.4 Maha Mudra (great psychic attitude)
- 3.5 MahaBandha Mudra (the great lock attitude)
- 3.6 MahaVedha Mudra (the great piercing attitude)
- 3.7 Tadagi Mudra (barrelled abdomen technique)
- 3.8 Akashi Mudra (awareness of inner space)
- 3.9 Pashinee Mudra (folded psychic attitude)

Asanas, Pranayama I
(Subject Code: DYS 204)

Practical IV

Utkatasana (Chair Pose), Paschimottanasana (back stretching pose) , Chakrasana (wheel pose), Samakonasana (right angle pose) , Natarajasana (lord Shiva pose), Koormasana (tortoise pose), Vakrasana (spinal twist pose), Hasta PadaAngushthasana (finger to toe pose), Lolasan (swinging pose), Parvatasana (mountain pose), Kukkutasana (cockerel Pose), Garbhasana (womb pose), Brahmacharyasana (celibate's pose), Hanumanasana, Mayurasana (peacock pose), BakaDhyanasana (patient crane pose), PadaAngushthasana (tip toe pose), Sirshaangusthayogasana (head to toe pose), Garudasana (eagle pose), Sirshasana (headstand pose),

Revisions and Practice of Pranayama studied in previous Trimester

1. Sheetalī (cooling breath)
2. Sheerkri (hissing breath)
3. Moorcha (swooning or fainting breath)
4. Bahyahvrtti
5. Abhyantaravrtti

Trimester III

Types & Techniques of Meditation II **(Subject Code: DYS- C301)**

1. Meditation:

- 1.1 Meditation- Introduction, definition
- 1.2 Concentration and meditation
- 1.3 Trataka and Concentration
- 1.4 Ujjayi and Concentration
- 1.5 OM Meditation

2. Types of Meditation

- 2.1 Tantra: Yantra and Mantra for meditation
- 2.2 Japa (chanting) meditation
- 2.3 AjapaJapa Meditation
- 2.4 Shoonya Meditation
- 2.5 AntarMouna
- 2.6 Yoga Nidra

3. The Chakra Systems – Centres of Unity

- 3.1 Seven Chakras – Muladhara (at the anus), Svadhisthana, (at the root of organ of generation), Manipura (at the navel), Anahata (in the heart), Visuddha (at the neck), Ajna (in the space between two eyebrows) & Sahasrara (at the crown of head)
- 3.2 Nadis – Ida, Pingala, Shushumna

Text and References

- Practical yoga Psychology by Bihar School of Yoga
- GherandaSamhita by Swami NiranjananandaSaraswati
- Concentration and Meditation by swami SivanandaSaraswati
- Yoga and Kriya by Swami SatyanandaSaraswati
- Yoga & Mental Health by R. S. Bhogal
- Yoga & Modern Psychology by KaivalyadhamAsharam
- Yoga for Stress Management by Sri Venkatkrishnan
- Yoga for Stress Relief by Swami Shivapramananda
- Yoga Nidra by Swami StyanandaSaraswati

Relationship between Meditation & Yoga (Mental Health Aspects) **(Subject Code: DYS- C302)**

1. Yoga and Mental Health

- 1.1 Define mental health, Holistic health, Medical & Yogic perspective
- 1.2 Concept of Chitta (Conciseness)
- 1.3 Concept of ChittaBhumis (state of mind)
- 1.4 Concept of PanchaKosha (pranic body)

2. Mental Hygiene

- 2.1 Mental Hygiene and roll of yoga in mental hygiene
- 2.2 Relationship between mind and body

3. Meditation – Yoga

- 3.1 Swara yoga – the balance of life
- 3.2 Mental deep relaxation (Pratyahara) and meditation (dhyana)
- 3.3 The mind and personality
- 3.4 Importance of true knowledge – Kath Upanishad

4. Yoga & Stress Management

- 4.1 Human Psyche: Yogic and modern concept, Behavior and consciousness frustration, Conflicts and Psychosomatic disorders
- 4.2 Concept of stress according to modern science and yoga
- 4.3 Stress and Personality
- 4.4 Role of yoga in life management

Text and References

- Practical yoga Psychology by Bihar School of Yoga
- GherandaSamhita by Swami NiranjananandaSaraswati
- Concentration and Meditation by swami SivanandaSaraswati
- Yoga and Kriya by Swami SatyanandaSaraswati
- Yoga &Mental Health by R. S. Bhogal
- Yoga & Modern Psychology by KaivalyadhamAsharam
- Yoga for Stress Management by Sri Venkatkrishnan
- Yoga for Stress Relief by Swami Shivapramananda
- Yoga Nidra by Swami StyanandaSaraswati
- Certification of Yoga Professionals – Official Guid book

CONCENTRATIONS PRACTICES IN MEDITATION II
(Subject Code: DYS- C303)

PRACTICAL V

- ParthiviDharana (concentration on earth)
- AmbhasiDharana (concentration on water)
- AgneyiDharana (concentration on fire)
- VayviyeDharana (concentration on air)
- Akashi Dharna (concentration on ether)
- Trataka and Concentration
- Ujjayi and Concentration
- OM Meditation
- AjapaJapa
- Shoonya Meditation
- AntarMouna
- Yoga Nidra (psychic sleep)
- Cleansing of mind by Mantra chanting

Asana & Pranayama- II **(Subject Code: C304)**

Practical VI

Asana

Bhujangasana (cobra pose), AshwaSanchalanasana (equestrian pose), Ushtrasana (camel pose), Tadasana (palm tree pose),TiryakaTadasana (swaying palm tree pose), Nukasana (boat pose), Sirshasana (headstand pose), Halasana (plough pose), Sarvangasana (shoulder stand pose), Setuasana (bride pose), Gomukhasana (cow's face pose), Paschimottanasana (back stretching pose),Janusirshasana (head to knee pose), Sirshaangusthayogasana (head to toe pose),Ardhamatsyendrasana (half spinal twist), Ekapadapranamasana (one legged prayer pose), Garudasana (eagle pose), Natarajasana (lord Shiva's pose), Ekapadasana (one foot pose), Bakasana (crane pose), Padaangushthasana (tip toe pose), Bakadhyanasana (patient crane pose), Mayurasana (peacock pose), Chakrasana (wheel pose). Hanumanasana (Hanumana Pose). Brahmacharyasana (celibate's pose), Moolabandhasana (perineal contraction pose), Meruwakrasana (spinal twist pose), Utthanpristhadana (lizard pose), Kandharasana (shoulder pose), Dhanurasana (bow pose), Shalabhasana (locust pose), Sarpasana (snake pose), TriyakBhujangasana (twisting cobra pose), Yogamudrasana (psychic union pose), Matsyasana (fish pose), ArdhaChandrasana (half-moon pose), Trikonadana (triangle pose), Plaming, Shavasana (corpse pose), Padmasana (lotus pose), Vajrasana (thunderbolt pose), Makrasana (crocodile pose), Simhasana (lion pose), Pawanmuktasana (leglock pose), Dwikonadana (doubles angle pose), Samkonasana (rightangle pose), Lolasana (swinging pose), Kukkutasana (cockerel pose), Garbhasana (womb pose), Surya Namaskar (sun salutation)

Pranayama

Revisions and Practice of Pranayama studied in previous Trimester

Sheetali (cooling breath)
Sheerkri (hissing breath)
Moorchha (swooning or fainting breath)
Bahyahvrttih
Abhyantaravrttih