

SREE VIVEKANANDA TEACHER EDUCATION CENTRE (SVTEC) AKKIKKAVU



VALUE ADDED CERTIFICATE COURSES

DIPLOMA IN YOGA SCIENCE (D.Y.Sc)

ACADEMIC YEAR 2022-23

Mission:

Our mission is to cultivate a deep understanding and appreciation of yoga through comprehensive education, fostering physical, mental, and spiritual well-being. We aim to empower individuals with the knowledge and skills to practice and teach yoga safely and effectively, promoting a holistic approach to health and wellness within the community.

Admissions are open to persons all over India.

The minimum qualification for admission is any Degree in any discipline



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Duration

40 hours

Medium

English

Scheme of Examinations

The Examination has Internal and External Assessment as mentioned above.

Internal Assessment Marks

Theory Course

1. Response Sheet (2) - 10 marks

2. Internal Exam - 10 marks

3. Creative work - 5 marks

Total - 25 marks

Practical Course

1. Practice of Yoga - 5 marks

2. Teaching Practice - 5 marks

3. Viva-Voce - 5 marks

4. Record Book - 10 marks

Total 25 marks



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COURSE-II: SCIENCE OF YOGA

Unit-1: Basic Anatomy and Physiology of the Human body

Cells - Tissues - Various organs - Muscles - Bones - Joints - Skin Respiratory Systems - Circulatory Systems.

Unit-II: Basic Anatomy and Physiology of the Human body

Streams of Yoga - Karma Yoga - Bhakti Yoga Jnana Yoga - Raja Yoga (Astanga Yoga) - Hatha Yoga - Yoga and Diet - Yoga Disciplined way of life.

Unit-III: Physiology

Physiological Benefits of Asanas and Pranayama - Chest cage -Regulation of Breathing - Types of Breathing.

Unit-IV: Physiology

Physiological benefits of Bandhas - Mudras - Kriyas - Meditation - Nadis - Chakras - Kundalini shakti - Psycho-Neuro-Immunology.

Unit-V: Scientific Evidence and Research in Yoga

Physiological - Biochemical - Neurological - Metabolic changes - Research evidences from various journals.

COURSE III - PRINCIPLES OF YOGA THERAPY, SOCIAL SKILLS & LIVING VALUE BASED EDUCATION

Unit-1: Role of Yoga in Diseases

Yogic concepts of Human body - role of Asanas, Pranayama and Meditation in various diseases like Diabetes, Hypertension, Coronary Heart Diseases, Asthma, Arthritis, Obesity, Back pain etc.

Unit-II: Role of Yoga in Psychological Problems

Anxiety. Depression, Phobia, Fatigue, Nervousness, Neurosis.

Unit-III: Mind

Power of mind - Functions and powers of Conscious mind - Subconscious mind - Sanskar re-engineering - Different states of Mind - How to use our mind.

Unit-IV: Personality Development

Unit-V: Value Education



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PART-I: THEORY

COURSE-I: HISTORY AND DEVELOPMENT OF YOGA AND YOGA IN PHYSICAL EDUCATION

Unit-1: Introduction to Yoga

The origins of Yoga - Definitions - Concepts - Aims and objectives of Yoga - Yoga is a Science and Art - Ideal Practice of Yoga in the new millennium - Message of Bhagavat Gita, Mahabarata, Ramayana, Bible, Kuran, Buddhism - Contrast between religion and spirituality - Thirumanthiram (30 verses) - Patanjali (30 verses) - Comparison between Patanjali Yoga Sutra and Thirumandiram.

Unit-II: Yoga

Streams of Yoga - Karma Yoga - Bhakti Yoga Jnana Yoga - Raja Yoga (Astanga Yoga) - Hatha Yoga - Yoga and Diet - Yoga Disciplined way of life.

Unit-III: Physical Education

Meaning & Definition - Application of Yoga in Physical Education - Systems of Physical Exercises - Importance of Yoga in Physical Education & Sports -Difference between Yogasanas & Physical Exercises - Individualized yogic autogenic training for players.

Unit-IV: Yogic Exercises

Suriyanamaskar - Asanas - Objectives - Common Asanas & their types -Advanced Asanas - Pranayama - Types of Pranayama -Mudras - Bandhas - Shat kriyas

Unit-V: Meditation

Meaning & Concept of Meditation Different Schools of Meditation like Brahma Kumaris - Sri Aurobindo, Vedathiri Maharishi, Vallalar, Vipasana and Tamil siddha Meditation, Transcendental Meditation etc.

PART-II: PRACTICAL

COURSE-IV: PRACTICAL TRAINING IN YOGA-TEACHING PRACTICE-VIVA VOCE PREPARATION YOGA FOR COMPETITION

- 1. Breathing Practices
- 2. Simplified Physical Exercises
- 3. Body Stretching Practices
- 4. Suryanamaskar
- 5. Basic Asanas
 - a) Standing
 - 1) Ardhakatichakrasana
 - 2) Padahastasana
 - 3) Ardhachakrasana
 - 4) Uttkatasana
 - 5) Ekapada Asana

b) Sitting

- 1) Padmasana
- 2) Paschimotanasana
- 3) Usthrasana
- 4) Gomukasana

5)

Ardhamatsyendrasana

- c) Prone
 - 11 Makrasana
 - 2) Bhujangasana

- 3) Salabasana
- 4) Dhanurasana
- d) Supine
 - 1) Navasana
 - 2) Uttanapadasana
 - 3) Sarvangasana
 - 4) Matsyasana
 - 5) Halasana
 - 6) Chakrasana
 - 7) Shavasana
- 6. Advanced Asanas

Standing Asanas

1) Parivritta

Trikonasana

- 2) Parsvottanasana
- 3) Natarajasana
- 4) Parivritta

Parsvakonasana ,

Forward Bending Asanas

- 1) Karna Pidasana
- 2) Ardha Baddha

Padma Paschimothanasana

- 3) Marichyasana
- 4) Prasarita

Padottanasana

Backward Bending Asanas

1) Sethu Bandha

Sarvangasana

2) Paryankasana
3) Poorna Ustrasana
4) Eka pada Chakrasana
Twisting Asanas
1) Vatayanasana
2) Garudasana
3) Bharatvaja Asana
4) Partritta Janu Sirsasana
Balancing Asanas
1) Padma Mayurasana
2) Utthitha Padmasana 3) Bakasana 4) Urdhva Mukha
Paschimottanasana 7. Pranayama
1. Kapalabhathi
2. Sectional Breathing
3. Suryabhedana Pranayama
4. Chandrabhedana
Pranayama
5. Nadishudhi Pranayama
6. Sadanta Pranayama
7. Ujjayi Pranayama
8. Brahmari Pranayama
8. Kriyas
1. Kapalabhati

2. Trataka 3. Neti 4. Dhouti 5. Nauli 6. Basthi 9. Mudras 1. Chin Mudra 2. Chinmaya Mudra 3. Adi Mudra 4. Brahma Mudra 5. Maha Mudra 6. Aswini Mudra 7. Yoga Mudra Meditation 1. Practice of different Schools of Meditation 2 Silent Meditation and