

Syllabus: Yoga

Unit 1: Fundamentals of Yoga

History and development; definitions and misconceptions; Schools of Yoga (Jnana, Bhakti, Karma, Raja, Hatha, Mantra); Yoga in Vedas, Upanishads, Epics; Saints and Modern Yogis' contributions; Yoga in Jainism and Buddhism.

Unit 2: Yoga Texts

- I- Principal Upanishads, Bhagavad Gita, and Yoga Vasishtha – concepts of Atma, Brahman, Prana, meditation, karma yoga, bhakti yoga, and spiritual liberation.
- II- Yoga Upanishads – Dhyana Yoga, Pranayama, Samadhi, Siddhis, Ashtanga Yoga, Mantra, Laya, and Hatha Yoga systems.

Unit 3: Patanjali Yoga Sutra & Hatha Yoga

Samadhi, Sadhana, Vibhuti and Kaivalya Paadas.

Hatha Pradipika, Gheranda Samhita, Shiva Samhita – Asanas, Pranayama, Bandhas, Mudras, Shatkarmas, Dhyana, Nada, and contemporary relevance.

Unit 4: Allied Sciences

General Psychology (personality, memory, behavior), Human Biology (systems, anatomy, physiology), and Diet & Nutrition (balanced diet, metabolism, yogic food concepts).

Unit 5: Yoga and Health

WHO health dimensions; Trigunas, Pancha-koshas, Shatchakras; causes of ill health; mitahara, Ayurved Health Dimensions; lifestyle management; yogic concepts for healthy living.

Unit 6: Therapeutic Yoga

Yogic management of lifestyle and chronic diseases – respiratory, cardiovascular, endocrine, gastrointestinal, musculoskeletal, neurological, and psychiatric disorders.

Unit 7: Applications of Yoga

Yoga in education and philosophy; consciousness; teaching methodologies; value-based education; lesson planning and evaluation in Yoga teaching.

Unit 8: Practical Yoga

Shatkarmas, Asanas (various groups), Pranayama (types and phases), Mudras, Bandhas, Meditation techniques, Surya Namaskara, and Contemporary Yogic practices (Cyclic meditation, Yoga Nidra, etc.).