



SYLLABUS

ADVANCED DIPLOMA IN APPLIED YOGA & NATUROPATHY (ADAYN)

Duration : Two Year

**Eligibility : Graduate [10 + 2 + 3]
(with lateral entry)**

:Course structure :

Full marks-1200

1ST YEAR (FULL MARKS - 600)		2ND YEAR (FULL MARKS - 600)	
PAPER - I	Yoga Parichay(theory)	PAPER - VII	Foundations of Yoga (theory)
PAPER - II	Anatomy physiology for yoga practices (theory)	PAPER - VIII	Anatomy &Physiology for Yoga (theory)
PAPER - III	Yoga therapy (practical)	PAPER - IX	Yoga and Alternate Therapies (practical)
PAPER - IV	Remedial therapy of diseases (practical)	PAPER - X	Teaching Methodology and Allied Sciences of Yogic Practice (theory)
PAPER - V	Practical of yoga postures and Pranayamas, Mudras (practical)	PAPER - XI	Yoga Practice (practical)
PAPER - VI	Viva -voce & project	PAPER - XII	Project, viva-voce, lesson plan

Examination system: Yearly examination; Internal assessment-30% (Theory papers); Term-end Examination-70% for Theory papers; Practical papers-100%

Detailed Syllabus [1st Year]

PAPER – I : YOGA PARICHAYA

UNIT - I

- 1.1 Origin of Yoga & its brief development .
- 1.2 Meaning of Yoga & its importance .
- 1.3 Yoga as a Science of Art [Yoga Philosophy] .
- 1.4 Meaning of meditation and its types and principles .

UNIT - II

- 2.1 Classification of Yoga / Types of Yoga .
- 2.2 Hatha Yoga , Raja Yoga , Laya Yoga , Bhakti Yoga , Gyan Yoga , Karma Yoga .
- 2.3 Asthang Yoga .

UNIT - III

- 3.1 Principles of Yoga Practices .
- 3.2 Meaning of Asana , its types and principles .
- 3.3 Meaning of Pranayama , its types and principles .

3.4 Meaning of Kriya its types and principles .

UNIT - IV

4.1 Yoga therapies and modern concept of Yoga .

4.2 Naturopathy , Hydrotherapy , Electrotherapy ,
Mesootherapy , Acupressure , Acupuncture .

4.3 Meaning and importance of prayer .

4.4 Psychology of mantras .

4.5 Different mudras during prayers .

PAPER – II : ANATOMY PHYSIOLOGY FOR YOGA PRACTICES

UNIT - I

1.1 Introduction of human body and its system .

1.2 Definition of Anatomy and Physiology and importance in Yoga Practies .

1.3 Respiratory System .

1.4 Digestive System .

1.5 Endocrine System .

UNIT - II

2.1 Classification of Asanas and its Mechanism .

2.2 Cultural Asana [Standing , Sitting , Supinline , Praline position & Topsy – Turvy].

2.3 Meditative Asana and Relaxative Asana .

2.4 Nervous System .

2.5 Circulatory System .

UNIT - III

3.1 Introduction of Kriya , Bandha and Mudra .

3.2 Importance of Kriya and its scientific approach .

3.3 Importance of Bandha and its scientific approach .

3.4 Importance of Mudra and its scientific approach .

UNIT - IV

4.1 Effect of Asanas on various System .

4.2 Difference between Asana and Exercise .

4.3 Difference between Pranayama and deep breathing .

4.4 Yogic Diet .

PAPER – III : YOGA THERAPY

UNIT –I

1.1 Yoga therapy-meaning , concept and areas ,limitations ,
aim of Yoga Therapy .

1.2 Principles of Yoga Therapy .

1.3 Tools for Yoga Therapy – [Yama , Niyama , Asana , Pranayama ,
Shatkarma , Mudra-Bandha , Dhyana] .

1.4 Importance of Yoga Therapy in modern times .

UNIT –II

2.1 Concept of Pancha Prana , Shatchakra , concept of Panchakosha .

2.2 Rules and limitations of Yoga Therapy in different diseases .

2.3 Classification of Yoga classes , important rules for Yoga Therapist ,
rules for patient .

2.4 Relation between therapist - patient .

UNIT –III

Couses , Symptoms and Yogic management for some common disorders

3.1 Respiratory disorders – Asthma , Cold .

3.2 Digestive disorders – Constipation , Indigestion .

3.3 Circulatory disorders – High blood pressure , Low blood pressure .

3.4 Skeletal system – Arthritis , Cervical spondylitis .

UNIT –IV

Couses , Symptoms and Yogic management for some common disorders

- 4.1 Reproductive system – impotency and sterility .
- 4.2 Endocrine System – Diabetese , Thyroidism , Obesity .
- 4.3 Meaning & Definition of Mental Health , elements which effect mental health .
- 4.4 Causes , Symptoms and Yogic treatment of following diseases – Stress , Depression .

PAPER – IV : Remedial Therapy of Diseases

Alimentary System

- | | |
|-------------------|-----------------|
| i) Acidity | ii) Gastritis |
| iii) Constipation | iv) Colitis |
| v) Piles | vi) Indigestion |

Respiratory System

- | | |
|---------------|----------------------|
| i) Bronchitis | ii) Bronchial Asthma |
|---------------|----------------------|

Cardio – Vascular System

- | | |
|----------------------------|---------------------------|
| i) Ischaemic Heart Disease | ii) Myocardial Infarction |
|----------------------------|---------------------------|

Endocrine System

- | | |
|-------------------|---------------------|
| i) Hypothyroidism | ii) Hyperthyroidism |
|-------------------|---------------------|

Menstrual Disorders

- | | |
|-----------------------|-------------------|
| i) Amenorrhoea | ii) Dysmenorrhoea |
| iii) Cryptomenorrhoea | iv) Menorrhagia |
| v) Metrorrhagia | |

Diseases of Bones & Joints

- | | |
|--------------------|---------------------------------------|
| i) Osteo Arthritis | ii) Back Ache |
| iii) Arthritis | iv) Rheumatism |
| v) Sciatica | vi) Spondylosis [Lumbar & Cervical] |

Other Diseases

- | | |
|---------------------------------------|--|
| i) Sprain | ii) Strain |
| iii) Synovitis | iv) Bursitis |
| v) Planter Fascitis | vi) Tenosynovitis |
| vii) Sub Calcaneal Bursitis | viii) Rotator Cuff Impringmentation Syndrome |
| ix) LBP [Low Back Pain] | x) Supra Spinatus Tendinitis |
| xi) Deltoid Fibrosis | xii) Deltoid Ligament Rupture |
| xiii) Tennis Elbow | xiv) Golfer's Elbow |
| xv) Fracture & Dislocation | xvi) Sinusitis |
| xvii) Tonsilitis | xviii) Pharyngitis |
| xix) Diabetes – Mellitus & Insipidus. | xx) Insomnia |
| xxi) Obesity | xxii) Tabes Dorsalis |
| xxiii) Epilepsy | xxiv) Parkinson Disease |
| xxv) Myasthenia Gravis | xxvi) Friedreich's Ataxia |
| xxvii) Anaemia | xxviii) Frozen Shoulder |
| xxix) Slipped Disc | xxx) Blood Pressure – Low & High |
| xxxi) Migraine | |

PAPER – V : Practical of Yoga Postures and Pranayamas , Mudras [with Chakra Yoga]

Total Marks : 100 (PRACTICAL)

UNIT - I

List of Asanas :- [Definition , Merits & Demerits] .

Forward Bending Asanas

- | | | |
|------------------|----------------------|------|
| i) ArdhaKurmasan | ii) Vekasan | iii) |
| Sasangasan | iv) Paschimottanasan | |

v) Pada Hastasan
Navi Asan

vi) Halasan

vii)

UNIT - II

Back Bending Asanas

- | | | |
|---|----------------------|---------------------------|
| i) Bhujangasan | ii) Ustrasan | iii) |
| Dhanurasan | iv) ArdhaChandrasan | |
| v) Salavasana | vi) Matsyasan | vii) |
| Eka Pada Salavasana or Ardha – Salavasana | | viii) |
| SuptaBajrasana | ix) PurnaBhujangasan | |
| x) SetuBandhyasan | | xi) Chakrasana or Ardha – |
| Chakrasana | xii) SayanaSukhasana | xiii) Naukasana |
| xiv) Makarasana | | |

UNIT - III

Others i.e. Lying , Side Bending , Spinal Twisting , Mixing Etc. & Also Dhyanasana

- | | | |
|-----------------------------|---------------------------------|----------|
| i) PabanMuktasan | ii) Gomukhasana | iii) |
| Singhasana | iv) AakarnaDhanurasana | |
| v) UtthanPadasana | vi) Sarbangasana | |
| vii) UpaBistwaPabanmuktasan | viii) | |
| UtthitaPaschimottasana | ix) ParswaChandrasana | |
| x) SayanaPadmasana | xi) UtthitaPadasana By – Stages | xii) |
| BaddhaKonasana | xiii) SayanaPaschimottasana | xiv) Bir |
| Bhadrasana | | |

UNIT - IV

Pranayama (Definition with Merits & Demerits)

1. Definition of Pranayama

2. Lists of Pranayamas **A. Yoga Deep Breathing :**

1. Bajrasana Deep Breathing
2. ArdhaKurmasana Deep Breathing
3. PabanMuktasan Deep Breathing
4. Bhujangasana Deep Breathing
5. ArdhaSuptaBajrasana Deep Breathing

B. Nari Sodhan

AnulomVilomPranayam or Alternate Nostril Breathing

Nari Suddhi or Nari Sodhan

Pranayama

C. Miscellaneous :

Kapalbhati, Kumbhak Pradhan Pranayam, BhramanPranayam, Urdha – BhramanPranayam, Sahaj Pranayam, Professor Anil Das's BibhaktiPranayam .

UNIT - V

Lists of Mudras & Bandhs [Definition with Merits & Demerits]

Ashwini Mudra

Yoga Mudra

1. With Breathe – in Yoga Mudra

2. With Breathe – out Yoga Mudra
Mulabandh Mudra
Shakti Chalani Mudra
Tri Bandh Mudra
Nadi
Kula – Kundalini

Aim of Yoga with Sat – Chakra

- | | | |
|----------------------|------------------------|------|
| i) Muladhara Chakra | ii) Swadhisthan Chakra | |
| iii) Manipura Chakra | iv) Anahata Chakra | |
| v) Bisuddha Chakra | vi) Ajna Chakra | vii) |
| Sahasrar | | |

PAPER – VI : Viva – Voce & Project

Total Marks : 100

Viva – Voce :

Marks : 50

I. Oral Examination From Anatomy & Physiology

II. Oral Examination From Yoga Introduction ,Yogic Diet ,

Sat Karma , Sat Chakra , Upabas , Bath , Pranayam , Mudra etc.

Project :

Marks : 50

[2nd Year]

PAPER-VII : FOUNDATIONS OF YOGA (THEORY) Total Marks : 100

UNIT – I :

- 1.1 Etymology , Meaning and Misconceptions of Yoga .
- 1.2 Objectives / importance and aims of Yoga .
- 1.3 Importance of Time , place and season . Helping and disturbing elements of Yoga .
- 1.4 Ethics of Yoga : Yama-s and Niyama-s according to Patanjali yoga sutra .

UNIT – II :

Concept of Yoga Philosophy

- 2.1 Concept of Maya .
- 2.2 Concept of Mukti .
- 2.3 Concept of Mukta Jiwan .
- 2.4 Purpose of Religion .
- 2.5 Concept of Kyakalm .
- 2.6 Concept technique of Chittashuddhi .

UNIT – III :

Indian Philosophy

- 2.1 Concept & Characteristics of Indian Philosophy .
- 2.2 Yoga in Veda-s , Upanishad-s , Purana-s .
- 2.3 Yoga in Smrit-s Srimadbhagvadgeeta .
- 2.4 Karma Yoga , Bhakti Yoga , Jain Yoga .
- 2.5 Raja Yoga , Hath Yoga , Astanga Yoga , Kundalini Yoga .

UNIT – IV :

Brief introduction of scriptures :

- 4.1 Matsendranatha , Gorakshanatha .
- 4.2 ParmahansaRamkrishna , Swami Vivekanand .
- 4.3 ParmahansaYoganandji , Shri Arvind .
- 4.4 Swami Shivanand , Swami SatyanandSaraswati .

UNIT – V :

Yogic Management of Psychosomatic Ailments :

- 5.1 Yoga and physical exercises .
- 5.2 Theory of stress .
- 5.3 Theory of Adjustment .
- 5.4 Theory of Conflict .
- 5.5 Theory of Frustration .
- 5.6 Theory of Anxiety .

PAPER- VIII : ANATOMY AND PHYSIOLOGY FOR YOGA UNIT – I :

Introduction :

- 1.1 Anatomy and Physiology : Introduction , Need and Importance in the field of Yoga .
- 1.2 Definitions of cell, tissue , organ and systems , Microscopic structure and function of cells .
- 1.3 Introductions to musculo – Skeletal systems .
 - (a). Skeleton – Different part of skeleton , types and structure and functions of Bones .
 - (b). Nomenclature and classification of Joints , different types of movement around the joints .
 - (c). Structure and functions of skeletal muscle and name of major muscles of the different parts of Body .

UNIT – II :

Circulatory System , Blood Pressure , Parts of the Brain :

- 2.1 Circulatory System : Introduction , Structure and Function of heart , Types of circulation and effect of Yogic practices on it .
- 2.2 Blood Pressure , technique of measurement and effect of Yogic practices on it .
- 2.3 Excretory System : Introduction , structure and functions of the Kidney and Skin . composition of Urine and effect of Yogic practices on it .
- 2.4 Parts of the Brain [Name and Position only] Structure of the Spinal Cord . effect of Yogic practices on it .

UNIT – III :

Introduction : Concept of Physiology and its importance in the field of Yogic activities / Asanas :

- 3.1 Introduction : Concept of Physiology and its importance with reference to Asana , Pranayam and Kriyas .
- 3.2 Energy aspects of work / exercise and concept of Aerobic and Anaerobic energy system with reference to asana and pranayam .
- 3.3 Introductions to metabolism . Effect of Yogic practices in the management of normal metabolism .

UNIT – IV :

Neuro Muscular Physiology and Diets :

- 4.1 Concept of Neuro – Muscular Physiology .
- 4.2 Structure and functions of Neurone and Motor unit .
- 4.3 Neuro – muscular function and propagation of nerve impulse across it .
- 4.4 Basic concept of Balanced Diet .
- 4.5 Roles of Carbohydrate , Fat , Protein , Vitamin , Minerals and Water .

UNIT – V :

Effect of Yogic exercise / Asanas on various system and disorders of our Body :

- 5.1 Effect on Cardio respiratory system .
- 5.2 Effect of Pranayama .
- 5.3 Effect of some asanas on various disorders such as Blood pressure , Diabetics and Obesity .
- 5.4 Role of Yoga in competitive sports .
- 5.5 Role of Yoga in rehabilitation for sedentary and active subjects .

PAPER- IX : YOGA AND ALTERNATE THERAPIES

UNIT – I :

Concept of Naturopathy and Alternative Therapy:

- 1.1 Meaning and definition of Naturopathy .
- 1.2 Basic Principles of Naturopathy .
- 1.3 Concept of water therapy , Mud , Massage , Steam Bath , Fasting therapy .
- 1.4 Meaning and concept of Alternative therapy :- Acupressure , Reiki , Magneto therapy , Yoga therapy , Naturopathy .
- 1.5 Importance of Alternative therapy for health .

UNIT – II :

Concept of Yoga Therapy and Yogic Management :

- 2.1 Concept of Yoga therapy .
- 2.2 Yogic Management for Diabetes .
- 2.3 Yogic Management of Blood Pressure .
- 2.4 Yogic Management for Heart Patients .
- 2.5 Yogic Management for Asthma .
- 2.6 Yogic Management for Headache .

UNIT – III :

Posture and Massage :

- 3.1 Concept of Posture :- Meaning , Definition , Effect of poor posture on body , Values of good postures .
- 3.2 Postural deformities :- different types and its management through Yoga .
- 3.3 Meaning and Definition of massage .
- 3.4 Technique of massage .
- 3.5 Benefits of massage in different system of Humanbody .

UNIT – IV :

Alternative Therapy :

- 4.1 Concept of Accupressure , Accupuncture .
- 4.2 Concept of Magneto Therapy , Pranic Healing .
- 4.3 Concept of Chromo Therapt .
- 4.4 Concept of Reiki .
- 4.5 Concept of Ayurveda in Yoga .
- 4.6 Concept of Astrology .

UNIT – V :

Stress Management and Meditation :

- 5.1 Stress & its management .
- 5.2 Types of Meditation technique :- Om recitation , Breathing Meditation , Mantra Meditation , Om Meditation , Music Meditation .
- 5.3 Concept of Yoga Nidra :- Meaning Defination , Technique , Benefits .

PAPER – X : TEACHING METHODOLOGY AND ALLIED SCIENCES FOR YOGIC PRACTICE

Total Marks : 100

UNIT – I :

- 1.1 Meaning and types of methods .
- 1.2 Factors affecting teaching .

- 1.3 Principles of teaching .
- 1.4 Need and importance of teaching practice .
- 1.5 Maxims of teaching .

UNIT – II :

- 2.1 Health Education : Meaning , Scope , Objectives and Spectrum .
- 2.2 Principles and Importance of health education .
- 2.3 Planning and evaluation in health education programmes .
- 2.4 Personal Hygiene : The concept of hygiene and personal hygiene .
Importance of rest , Sleep , Diet and Exercise .

UNIT – III :

- 3.1 Meaning of Food Nutrient and Nutrition .
- 3.2 Components of food , classification , sources and requirements .
- 3.3 Meaning and Importance of Balance Diet , Malnutrition and Yogic diet .
- 3.4 Advantages and disadvantages of Vegetarian and Non Veg diet .

UNIT – IV :

- 4.1 Physical Education : Introduction , Scope , Aims and Objectives of Physical Education , Relationship of Physical Education with Yoga .
- 4.2 Modern Trends in Physical Education and Yoga .
- 4.3 Yoga as Profession : Introduction to the Profession of Yoga and its opportunities .
- 4.4 Flexibility : Meaning , Importance , Types , Methods of training and precautions .

UNIT – V :

- 4.1 Meaning of lesson plan and its importance .
- 4.2 Principles of lesson plan .
- 4.3 Demonstration in Yoga and its types .
- 4.4 Importance of demonstration .

PAPER – XI : YOGA PRACTICE Total Marks : 100

The students are required to learn to practice and also teach the following . They are to maintain a record which consists of the step by step details of the yoga practices along with an account of the possible benefits of the practices .

The principles , which should be adopted in practice , are the following .

1. Proper gradation in order of flexibility , balance and difficulty in performance .
2. Each asana is to be analyzed into intermediate positions in a natural sequence of movement .
3. For purposes of class training each movement to be associated with a count to reach the final pose .
4. Rhythmic breathing should be observed . When the chest is in the expanding position inspiration should take place . In the contracting position expiration should take place rhythmically with movement . In certain asanas duration of retention is important .
5. Proper relaxation should be allowed in between the batches of asanas .

Pavanamuka series or sukshama Vyayamam : Eye , Neck , Hand , Leg ,
Spinal , Chakki , Chalana .

Suryanamaskara :

- | | |
|--------------------|-----------------------|
| 1. Pranamasana | 2. Hasta uttanasana |
| 3. Padahastanasana | 4. Aswasanchalanasana |
| 5. Dandasana | 6. Ashtangasana |
| 7. Bhujangasana | 8. Parvatasana |

Sitting Postures :

- | | |
|------------------|---------------------------|
| 1. Bhadrasana | 2. Virasana |
| 3. Meruvakrasana | 4. Ardha - matsyendrasana |
| 5. Ushtrasana | 6. Suptavajrasana |
| 7. Sasanakasana | 8. Sasakabhujangasana |

9. Matsyasana
11. Poorvottanasana

10. Patchimottanasana

Supine Postures :

1. Uttanapadasana
2. Pavanamuktasana
3. Navasana
4. Kandasana / Setubandasana
5. Chakrasana
6. Yoganidrasana
7. Matyasana

Prone Postures:

1. Sarpasana
2. Shalabhasana
3. Bhujangasana
4. TiryakBhujangasana
5. PurnaBhujangasana
6. Dhanurasana

Balancing Postures :

1. Tadasana
2. Vrikshasana
3. Natarajasana
4. Ekapadasana
5. Garudasana
6. Hanumanasana

Inverted Postures :

1. Vipreetakarani Asana
2. Sarvanagasana
3. Halasana
4. Sirshasana

Advanced Postures :

1. Kurmasana
2. Mayurasana
3. Hamsasana
5. Brahmacharyasana
6. Ekapadagreevasana

Astakumbaka Pranayama :

1. Surya Bedhana
2. Nadisodhana
3. Sitali
4. Seetkari
5. Ujjayi
6. Bramari
7. Bastrika
8. Moorcha
9. Plabini

Practice of drishtis or concentration :

1. Nasikagra
2. Brumadya

Mudras :

1. Mahamudra
2. Matsya Mudra
3. Mahaveda and Sambhavi Mudra
4. Vipareetkarani Mudra
5. Khechari Mudra

Bandh Traya :

1. Jalandhar Bandh
2. Mool Bandh
3. Uddiayan Bandh
- &
4. Maha Bandh

Kriya Practicals :

1. Dhauti – Jala and Vastra
2. Nauli
3. Agnisara

Meditative Techniques :

1. Om Meditation
2. Chakra Meditation
3. So – Ham Meditation
4. Yogic Meditation

Relaxation Postures :

1. Shavasana
2. Advasana
3. Matsyakridasana
4. Jyestikasana
5. Nirlambasana

PAPER – XII : Project, viva-voce, lesson plan

UNIT – I :

Analysis of Yoga Postures and There Modification :

- 1.1 Sitting
- 1.2 Standing
- 1.3 Lying
- 1.4 Inverted
- 1.5 Lateral

UNIT – II :

Yoga Teaching Lesson Plan :

- 2.1 Class room Teaching
- 2.2 Mass Teaching
- 2.3 Presentation
- 2.4 Practice of teaching 10 Lesson Plan [2 - Asana , 2 – Pranayama , 2 – Mudra ,
2 -Suryanamaskara , 2 - BalancingPostures]

UNIT – III :

Project Writing and Project Work