

# DIPLOMA IN YOGA TEACHER TRAINING

**1. Name of the Course** DIPLOMA IN YOGA TEACHER TRAINING (DYTT)

**2. Duration** One year

**3. Eligibility** After 10+2

## 4. Syllabus

The syllabus is made to fulfill these objectives containing theory papers, practical research and project work with clinical experience. 'PG Diploma Course in Yoga Therapy' consists of the following evaluation schedule.

<b>1.</b>	<b>Theory</b>	<b>5 Papers (100 marks each)</b>
<b>2.</b>	<b>Practical</b>	<b>2 Papers (100 marks each)</b>
<b>3.</b>	<b>Project</b>	<b>1 Papers (100 marks)</b>
<b>4.</b>	<b>Clinical Examination and Viva-Voca</b>	<b>1 Papers (100 marks)</b>
<b>5.</b>	<b>Internal Assessment</b>	<b>1 Paper (100 marks)</b>
<b>6.</b>	<b>Total Marks</b>	<b>1000</b>

## Internship

After successful completion of final examination with minimum 50% marks in theory with 60% in aggregate, the diploma will be issued after completion of six months of internship in Yoga Therapy Centre.

## 5. Project Work

Each student has to collect initial and final data of atleast six patients treated by the student under the guidance of the faculty

## 6. Scheme of Evaluation

As this is a course with the objectives mentioned above, the assessment will be based on attendance in theory and practical classes, assignments in the form of worksheets for practical, synopsis of lectures for theory, report of the team work, personality changes of students as they go through the course as assessed and evaluated by teachers.

### Eligibility :

1. After 10+2

<b>7. Marks and gradation</b>		
	<b>Theory Paper</b>	<b>Marks</b>
<b>1.</b>	Foundation of Yoga	<b>100</b>
<b>2.</b>	Basics relevant to Yoga Therapy	<b>100</b>
<b>3.</b>	Human Biology	<b>100</b>
<b>4.</b>	Integral approach to Yoga Therapy	<b>100</b>
<b>5.</b>	Yoga Therapy in practice	<b>100</b>
	<b>TOTAL</b>	<b>500</b>

<b>Practicals</b>		
<b>1.</b>	Asanas, Pranayamas, Mudras and Bandhas	<b>100</b>
<b>2.</b>	Kriyas, Meditation Techniques, Yoga Therapy Special Techniques.	<b>100</b>
	<b>TOTAL</b>	<b>200</b>

**3. Project Report** **100**

**4. Clinical examination and Viva-Voce.**

4.1 Clinical Examination 50

4.1 Clinical Examination 50

**TOTAL** **100**

**5. Internal Assessment. 100**

## NOTES ON SYLLABUS

		Hours	Marks
	<b>101. Foundations of Yoga</b>	<b>90</b>	<b>100</b>
<b>1.</b>	Orientation to Patanjala Yoga Sutra	<b>50</b>	<b>50</b>
<b>2.</b>	Orientation to Hatha Yoga Pradeepika	<b>25</b>	<b>20</b>
<b>3.</b>	Orientation to Gharanda Samhita	<b>10</b>	<b>10</b>
<b>4.</b>	. Orientation to Gharanda Samhita	<b>10</b>	<b>10</b>

	<b>102 Basics relevant to Yoga Therapy</b>	<b>90</b>	<b>100</b>
<b>1.</b>	Basics of Sanskrit	<b>40</b>	<b>35</b>
<b>2.</b>	Principles of Ayurveda	<b>30</b>	<b>35</b>
<b>3.</b>	Principles of Naturopathy	<b>10</b>	<b>15</b>
<b>4</b>	Principal of Astrology	<b>10</b>	<b>15</b>

	<b>103. Human Biology</b>	<b>90</b>	<b>100</b>
<b>1.</b>	Anatomy & Physiology	<b>60</b>	<b>60</b>
<b>2.</b>	Yogic Diet, Nutrition & related Biochemistry	<b>15</b>	<b>20</b>
<b>3.</b>	Yoga & Psychology	<b>10</b>	<b>10</b>
<b>4</b>	Research Methodology	<b>05</b>	<b>10</b>

	<b>104. Basics of Integral Approach to Yoga Therapy</b>	<b>90</b>	<b>100</b>
<b>1.</b>	Sankhya and Yoga	<b>25</b>	<b>30</b>
<b>2.</b>	. Bhagvadgeeta	<b>30</b>	<b>35</b>
<b>3.</b>	Upanishads	<b>25</b>	<b>25</b>
<b>4</b>	Link between man and the Master	<b>10</b>	<b>10</b>

A comprehensive study of the definition, pathophysiology, aetiology, clinical features, assessment and yoga therapy for ailments of the followings systems :- Nervous System, Endocrine, Respiratory, Cardio-vascular, Digestive, Musculo Skeletal, Reproductive Systems and Neurosis, Pregnancy and Eye Problem.

<b>106. Practical-I</b>	<b>180</b>	<b>100</b>
Selected Asanas	100	60

Pranayamas	60	30
Mudras and Bandhas	20	10
<b>107. Practical-II</b>	<b>180</b>	<b>100</b>
Selected Kriyas	60	40
Meditation	40	20
Yoga Therapy special techniques	80	40

### **108. Project Work**

To learn various methods to achieve the aims and objectives and writing case history, measurement, analysis and report of the project work offered from different aspects of the course

**109.** Clinical Examination will be conducted to test the ability of the students to understand the patient's health problem and select suitable yoga practices.

**110.** Internal assessment will be based on marks obtained in the worksheet of practical and synopsis of lectures of theory. Assessment by the teachers on the team work, personality changes and behaviour.

## **101. Foundations of Yoga**

### **1. Orientation to Patanjala Yogasutra:**

Introduction to Yogasutra - Nature of Yoga science, Definition of yoga, the nature of seer in pure and modified state, Vrittis - Nature, classification, definition, method to control of chitta vrittis. Samprajnata Samadhi and its classification, asamprajnata and its classification, variation in the attainment of Asamprajnata Samadhi; Iswarapranidhana - a means to attain Samadhi, definition and quality of Iswara. Chittavikshepa, Chittaprasadana and its associates, control of chittavikshepa, different methods of manasthiti and its benefits, Samapatti. Sukshnavishayatwa, Sabijasadhi, Speciality of Nirvichara, Ritambharaprajna, Nirbijasadhi, Kriya-yoga and its benefits; Classification, methods to control the Kleshas, Karmashaya, Vipaka of kleshamula, Heyaswarupa, Heyahetu, Drshya and Drasta, Samyoga - Nature & Cause, Hanopaya, Hanaswarupa, Vivekakhathi, Astanga yoga-Vama, Niyama, Asana, Pranayama, Ratyahara-Bahiranga Yoga, Dharana, Dhyana, Samadhi-Antaranga Yoga, Powers Introduction.

### **2. Orientation of Hathayoga pradipika :**

Hatha yoga - Introduction, relationship of Hathayoga and Rajayoga, greatness of Hathayoga, Hathayogi parampara, importance of Hatha and its secrecy, place of Hathayoga Practice, Destructives and constructives of yoga, Yama and Niyama, Asana, methods of Hathayoga Practice, Mitahara, Pathya and Apathya. Rules in food taking, Hathayoga achievements. Pranayama - Benefits of Pranayama, Nadishuddi and Pranayama. Duration and time for pranayama practice, Gradation of Pranayama, Sweat and Pranayama, Food during pranayama practice, Yukta and Ayukta pranayama,

Nadishuddi, Satkriya-Neti, Dhouti, Basti, Nauli, Trataka, Kapalbhathi, Gajakarani, Importance of Pranayama practice. Symptoms of Nadishuddhi, Manonmani, Varieties of Kumbhaka-Methods of practice, Classification of their benefits, Hathayogasiddhilakshanam. Kundalini as base for all yoga, Results of Kundalini prabyodha, Synonyms for Susumna, Mudras Bandhas-classification, benefits and methods of practice, Nadanusandhana.

### **1. Orientation to Gheranda Samhita :**

Ghatayoga - Introduction, Saptanga yoga, Benefits, Satkriyas - Classification Practicing methods and benefits. Mudra - Introduction, 25 mudras - Classification, Practising methods and benefits. A comparative study of Hathayoga and Ghata yoga.

### **2. Orientation to Shivayogadipika :**

Shivayogadipika - Introduction, classification of yoga, Classification of Rajayoga, Comparison between Rajayoga and Shivayoga. Evolution theory, two types of Shivajnana, qualities of a teacher, Shivaswarupa. Importance of physical health, Hatha yoga a means to attain physical health, Bahya yoga. Antaranga yoga, Yama, Niyama, Asana, Place of practice of Hathayoga. Pranayama, Prakrtayoga, Vaikrtayoga. Kevalakumbhaka, Amana yoga, Ajapagayatri, Nadi, Pranava, Bandha, duration of Pranayama, meditation, Antarangayoga - Pratyahara, object for meditation, posture, chakra, adhara, means to control chitta, dharana, duration and objects of dharana, Samadhi and definition, Conductives for Samadhi, benefits of Astangayoga - Hathayoga - Layayoga - Mantrayoga.

## **102. Basics relevant to Yoga Therapy :**

### **1. Basics of Sanskrit:**

Orthography of Devanagari varnamala, classification of varnas, purnaksara, samyuktaksara, karakas and mrdavyanjanas, writing of varnamala using Roman transliteration. Sanskrit words - classification of Sanskrit words; Subantas - Ajantha and Halanta words, genders, vachanas, cases of subanta words. Declaration of the following words in cases - Rama, Hari, Guru, Pitri, Lata Mati, Dhenu, Phalam, Vari, Gau, Marut, Vidvas, Rajan etc., Asmad, Yusmad, Tad, Kim etc. Kriyapada in Sanskrit - Classification, Lakaras, Purusas, Vachanas. Declaration of the following root words in Lat, Lan, Lrt, Lot and Vidhi Lin - Bhu, Khad, Vad, Dhya, Path, Sev, Kshi, Prachhh, Tush, Kath, Chint, Ad, As, Jagri, Bha, Kri.

Avyayas in Sanskrit - different kinds of avyayas, upasargas, nipatas etc., Elementary knowledge of all kinds of sandhis with examples in Sanskrit Elementary knowledge of voices, compound words with examples in Sanskrit. Karakas - its use in Sanskrit. Study of the following shlokas from Pauchatantra.

### **2. Principles of Ayurveda in Yoga:**

Tridosha, Dhtu, Mala, Sadasa, concept of health according to Ayurveda, dinacharya, sadvrta, rutucharya, elements of snehana, svedana, vamanavirechana, bastikriya in panchakarma.

### **3. Principles of Naturopathy in Yoga:**

The evolution of the human body, philosophy of the body ; mind, soul, life, spirit and spiritual body, history and fundamental principles of Naturopathy. Philosophy of Indian Naturopaths: Mahatma Gandhiji Laws of Nature : Pancha Maha Bhutas, Shareera Dharmas - Ahara, Nidra, Bhaya, Maithunam, Inflammation and its different stages, Natural rejuvenation. Foreign matter and toxins, accumulation in the body and its importance in elimination through different ways or channels. Definition and maintenance of nature's constructive principles of health. Importance of physical and mental hygiene.

### **3. Principles of Astrology :**

Basics of Indian Astronomy and Astrologically good and favourable dates and time under particular sign and constellations for administration of Herbal medicine and Natural treatments. This may be a part of study as project to find the specific dates and time under particular sign and constellation in which the medicine and the treatment is more potent and effective.

## **103. Human Biology:**

### **(I) Anatomy & Physiology:**

#### **(i) Musculo-Skeletal System :**

Muscle - Classification - Histology - properties of each type - distribution - Mechanism of muscle contraction (Brief) - neuromuscular transmission (Brief), ligaments, tendons, Skeleton-Bones-types, Structure & function, Spinal column. Joints - Types, Structure, Function.

#### **(ii) Blood and Immune System :**

Composition of blood corpuscles - R.B.C., W.B.C., Platelets. Plasma, Haemoglobin - Coagulation of blood and anticoagulants. Blood groups and its importance, lymphatic system, Immunity - types & mechanism.

#### **(iii) Cardiovascular system :**

Anatomy of Heart and blood vessels - Innervation of heart - Properties of cardiac muscle - Control of cardiac cycle and circulation - Cardiac output - Blood pressure.

#### **(iv) Respiratory System :**

Anatomy-Gross & Histological - Mechanism of Breathing, Exchange of gases Pulmonary function tests-lung volumes - Control of respiration.

#### **(v) Digestive system:**

Anatomy - Gross and Histological - Mechanism of secretion of - Saliva, Gastric Juice, Pancreatic Juice, Bile, Intestinal secretion - Role of these secretions in digestion of food, Absorption and assimilation and formation of faeces.

**(vi) Excretory System and temperature regulation :**

Anatomy-Gross & Histology - Functions of glomerules and renal tubules Micturition and composition of urine - structure and functions of skin-Regulation of body temperature.

**(vii) Endocrine System :**

Anatomy - Gross & Histological, Thyroid, Parathyroid, Supra - renal, Pituitary, Islets of Langerhans - Function of thyroid and parathyroid hormone, effect of hypo and hyperactivity on the body. Hormones of supra-renal and their action and effect of hypo & hyper activity on the body. Hormones of pituitary gland- its action and effect of hypo & hyper activity on the body. Role of insulin in glucose metabolism.

**(viii) Special senses**

Eyes Anatomy - Histology of retina, Corneal function, Physiology of vision & accommodation, Sense of smell - nasal mucosa, tongue, taste buds. Ear-Mechanism of hearing and function of semicircular canal.:

**(ix) Reproductive System :**

Anatomy - Gross & History of Male reproductive system - Spermatogenesis. Female reproductive system - Ovarian hormones, Menstruation, Pregnancy, Parturition, Lactation.

**(x) Central Nervous System :**

Anatomy - Gross - Cerebrum, cerebellum, Spinal cord. Histology - Nerve - structure and properties of neurons - Nerve - Action Potential - generation propagation - factors influencing. Classification of neurons and nerve fibers Receptors and reflex arc. Functions and important connections of Cerebrum, Pons, Medulla, Thalamus, Hypothalamus, Cerebellum - Autonomic nervous system - Sympathetic and parasympathetic - anatomy & functions.

**2. Yogic Diet : Nutrition & related Biochemistry :**

Dietetics in Yoga Therapy - Classification according to triguna-Vegetarian Vs. nonvegetarian diet, Panchabhuta relationships, Rasa virya, Guna, Vipaka of Shali, Yava, Godhuma, Mudga, Masha, Chanaka, Patola, Surana, Mana,

Kakkola, Shukashuka, Karkat, Rambha, Balaramba, Mulak, Vartaki, Riddhi, Kalashaka, Patola, Vatraka, Himocika. Navanita, Ghrta, Kshira, Sita, Aikshwam, Gudam, Pakvaramba, Varikelalm, Draksham, Lawali, Dhatri, Ela, Jati, Lavanga, Panasa, Jambu, Haritaki, Khajura, Madhu, Shunthi.

**(i) Nutrition :**

Nutrients, proximate principles of diet - their importance. Carbohydrates : Monosaccharides, polysaccharides. Proteins - Importance of proteins in biological system - Essential and non-essential amino acids - biological value. Lipids - triglycerides - essential fatty acids Calorimetry - Energy requirement and its calculation, Energy aspects of diet and their distribution, Balanced diet. Minerals - Calcium, iron, other trace elements in human nutrition. Vitamins - Fat soluble and water soluble vitamins - Physiological role - requirement and source signs of deficiency.

**3. Yoga and Psychology :**

Study of - cognitive processes. Higher mental processes, feeling and emotion, mental abilities and personality. A comparative study of total personality according to Yoga and Modern Psychology.

**4. Research Methodology :**

This is to find the scientific reasoning and logic behind the yogic and natural practices. For this purpose various innovative experiments may be performed like-designing of study, selection criteria and statistical analysis etc.

## **104. Basics of Integral Approach to Yoga Therpay :**

**1. Sankhyayoga :**

Introduction, 3 fold afflictions, means to overcome afflictions, 25 entities according to Sankhya, means of knowledge, Satkarya vada, similarities and dissimilarities of vyakta and avyakta, triguna, existence of purusha, plurality of purusha, proximity of purusha and prakrti, samyoga, Sarga, Pratisarga, Karan (Antahkarana and Bahyakarana) Avisesha and Visesha, Sharira.

**2. Bhagavadgeeta :**

A critical study of Sankhyayoga : Introduction, message of strength, declines to fight against the respected ones, spiritual anguish, consistency is yoga, immortality of Atma, nature of death, feeling related to body, real and

unreal, atma is real, characteristics of atma, view of materialistic life, swerve not from duty, karma and karmayoga, way of wordly life, triguna, samatvayoga, qualities of restrained mind, characteristic of enlightened man, nature of uncontrolled senses, muni, samyami, bramhajnani. A critical study of Dhyana yoga : Introduction, karmayoga and karmasanyasa, yogi and sanyasi, self is ultimate for an individual, qualities of a man whose senses are controlled, environment for meditation, place, seat, posture, condition of mind. Method of meditation, result of meditation, criterion for progress in meditation, conductives for yoga, one pointedness of mind, bliss in yoga, other traits of yoga, nature of mind, control of mind, perfection in yoga, merit of enlightened yogi, culturing of mind, fate of imperfect yogi, yoga is unparalleled.

Bhakti-yoga-Character-types of Bhakta, methods.

### **3. Upanishads :**

Essence of Upanishads, Isavasya, Taittiriya etc.

### **4. Link between man and the Master:**

A general survey of the life sketch, teachings and techniques of founders of various religious and spiritual lines.

### **REFERENCE BOOKS :**

1. Sankhyakarika : Ishwarakrishna
2. Shrimad Bhagavadgita - Dr. S. Radhakrishna
3. Dashopanishat
4. A Critical survey of Indian Philosophy - Chandradhara Sharma
5. Philosophy of Yoga : Swami Jnanananda, Sri Ramakrishnashrama Publications.

### **105. Yoga Therapy in Practice :**

A comprehensive study of the definition, pathophysiology, aetiology, clinical features, assessments and yoga therapy for ailments of the following systems:- Nervous, Endocrine, Respiratory, Cardio-vascular, Digestive, Musculo Skeletal, Reproductive systems and Neurosis, Pregnancy and Eye Problems. Each University can evolve its own module according to ones own experience of the following diseases. Respiratory System - Nasal Allergy and Asthma, Cardiovascular System - Hypertension and coronary Artery diseases, Digestive System - Hyperacidity, Irritable bowel syndrome, Reproductive System - infertility, menstrual disorders, Endocrine System - Diabetes, Obesity, Thyroid(Hypo and Hyper), Nevous System - Epilepsy, Migraine, Psychiatry - Anxiety, depressive neurosis, stress, Insomnia, Musculo Skeletal System - Arthritis, Back pain, Ankylosing spondylitis, Pregnancy - Role of stress in problems of pregnancy, Labour and fetal Special senses - Yoga for eyes.

## REFERENCE BOOKS

1. The Principles and Practice of medicine Davidson
2. Apley's system of Orthopaedics

### **107. Practical – II**

**180 100**

### **Selected Kriyas**

1. Jalaneti
2. Agnisara
3. Kapalabhati
4. Trataka
5. Sutraneti
6. Gajakarani
7. Vastradhauti
8. Madhyamauli
9. Shankha Prakshalana

### **Meditation :**

**40 20**

1. Traditional Meditation Techniques
2. Trataka : Bahiranga and Antaranga
3. Ajapajapa
4. Antarmauna
5. Akashadharanas : Chidakasha, Hridayakasha, Daharakasha.
6. Transcendental Meditation
7. Preksha Dhyana
8. Avarthana Dhyana etc.