

Sree Sankara College Kalady

Diploma in Yoga Instructor Course - 2023-24

SYLLABUS

SEMESTER I						
Course Code	Course Name	Contact Session (Hrs)	Credit	Internal Marks	External Marks	Total Marks
SSCDPY01	Basic Sanskrit & Yoga Philosophy	90	6	20	80	100
SSCDPY02	Yogic Concept of Ayurveda and Naturopathy	120	8	20	80	100
SSCDPY03	Kriya, Pranayama, Mudra and Bandha	120	8	20	80	100
SSCDPY04	Asana	120	8	20	80	100
SSCDPY05	Practical			20	80	100

SEMESTER II						
Course Code	Course Name	Contact Session (Hrs)	Credit	Internal Marks	External Marks	Total Marks
SSCDPY06	Hathayogapradipika & Patanjala Yoga Sutras	90	6	20	80	100
SSCDPY07	Therapeutic Yoga	120	8	20	80	100
SSCDPY08	Kalari & Yoga	120	8	20	80	100
SSCDPY09	Advanced Asanas	120	8	20	80	100
SSCDPY10	Practical			20	80	100

Total Marks				
Semester	Category	Internal	External	Total
I	Theory	80	320	500
	Practical	20	80	
II	Theory	80	320	500
	Practical	20	80	
Total Marks				1000

SREE SANKARA COLLEGE KALADY

YOGA INSTRUCTOR DIPLOMA COURSE

Semester 1

Paper 1 - SSCDPY01 - **BASIC SANSKRIT AND YOGA PHILOSOPHY**

Contact Hours: 90

Credits: 6

Marks: 80

Outcome of the Course: Yoga; one among the six orthodox philosophical systems of Bharath, is to be learned basically in its philosophical aspect. Since basic texts and commentaries of Bharatiya Darsanas are in Sanskrit, learners should familiarise with basic lessons of Sanskrit.

Objective: To understand basic lessons of Sanskrit language such as types of nouns and verbs, Vibhaktis, Lakaras, Sentence construction, communicative Sanskrit and basics of Bharatiya Darsanas with special reference to Yoga

Course Outline

Module 1

Communicative Sanskrit, Subanta, Tinganta, Sentence Creation, Subhashithas

Module 2

Systems in Indian Philosophy

Module 3

History and Development of Yoga Philosophy

Module 4

Jnanayoga, Bhaktiyoga, Rajayoga and Karmayoga

References:

SamskrtaSubodhini

Outlines of Indian Philosophy

Rajayoga

Karmayoga

Jnanayoga

Bhaktiyoga

SREE SANKARA COLLEGE KALADY

YOGA INSTRUCTOR DIPLOMA COURSE

Semester 1

Paper 2 - SSCDPY02 - **YOGIC CONCEPTS OF AYURVEDA AND NATUROPATHY**

Contact Hours: 120

Credits: 8

Marks: 80

Outcome of the Course: Ayurveda and Naturopathy are in deep contact with Yogic concepts. A Yoga practitioner should be able to understand the basic concepts of both.

Objectives: To introduce the fundamental theories of Ayurveda and Naturopathy for the well being and to introduce the literature of Ayurveda for the expanded learning.

Course Outline

Module 1

Basic principles of Ayurveda, Tridosha Sidhanta, Panchabhuta Sidhanta, Panchaprana Sidhanta

Module 2

Basic principles of Dinacharya and Rtucharya

Module 3

Diet in Naturopathy

Module 4

Principles of Naturopathic therapy

References:

Ashtangahridayam

Praktijivanam, Dr.Utpalakshan

SREE SANKARA COLLEGE KALADY

YOGA INSTRUCTOR DIPLOMA COURSE

Semester 1

Paper 3 - SSCDPY03 - **KRIYA, PRANAYAMA, MUDRA AND BANDHA**

Contact Hours: 120

Credits: 8

Marks: 80

Outcome of the Course: Yoga is fundamentally meant to control the mind. So, primary lessons of Yoga are to familiarise the techniques for the same.

Objectives: To learn the theories and practice the techniques of Kriya, Pranayama, Mudra and Bandha

Course Outline

Module 1

Shadkriyas - Thrataka, Nauli, Kapalabhati, Nethi, Dhauti, Vasti

Module 2

Breathing exercises and Ashtakumbhakas - Chandrabhedhi, Bhramari, Sitali, Sithkari, Bhastrika, Ujjai, Plavini, Murcha

Module 3

Adimudra, Chinmudra, Chinmayamudra, Brahmamudra, Aswinimudra

Module 4

Tribandhas - Mulabandha, Uddyanabandha, Jalandharabandha

References:

Hathayogapradipika

Yogopanishads

Kherandasamhita

SREE SANKARA COLLEGE KALADY

YOGA INSTRUCTOR DIPLOMA COURSE

Semester 1

Paper 4 - SSCDPY04 - **ASANA**

Contact Hours: 120

Credits: 8

Marks: 80

Outcome of the Course: Yoga is well known for its specialities of practicing physical positions. It is not only for physical well-being but also meant for spiritual and mental health. Exercises are to be learned in such a way to attain physical as well as mental/spiritual enlightenment.

Objectives: To introduce various types of Asana, learn the theories from Yoga literature and practice them.

Course Outline

Module 1

Loosening and Stretching exercises

Module 2

Suryanamaskaram

Module 3

Vrkshasana, Katichakrasana, Arthakatichakrasana, Padahasthasana, Arthachakrasana, Trikonasana, Parivrtatrikonasana, Parsvakonasana, Virabhadrasana, Sasankasana,

Module 4

Vajrasana, Suptavajrasana, Ushtasana, Paschimottanasana, Vakrasana, Bhujangasana, Salabhasana, Dhanurasana, Merudandasana, Halasana, Matsyasana, Viparitakarani, Sirshasana, Sarvangasana

References:

Hathayogapradipika

Kherandasamhita

SREE SANKARA COLLEGE KALADY

YOGA INSTRUCTOR DIPLOMA COURSE

Semester 2

Paper 5 - SSCDPY05 - **PATANJALAYOGASUTRA AND HATHAYOGAPRADIPIKA**

Contact Hours: 90

Credits: 6

Marks: 80

Outcome of the Course: The nature, objectives and theories of modes operandi of Yoga are clearly explained in its literature. Textual learning of Yoga Sutras with its known ancient commentaries are inevitable for a Yoga practitioner. So that a learner of Yoga should have completely gone through the fundamental literature of Yoga to avoid infiltrations of foreign elements into the subject, which will be harmful to the practitioners later.

Objectives: To make learners well aware of the philosophy of Yoga and its fundamental doctrines through Patanjala Yoga Sutras and Hathayogapradipika

Course Outline

Module 1

Selected sutras from four chapters of Patanjala Yoga Sutras

Module 2

Selected sutras from four chapters of Patanjala Yoga Sutras

Module 3

Selected sutras from Hathayogapradipika

Module 4

Selected sutras from Hathayogapradipika

References:

Patanjala Yoga Sutras

Hathayoga Pradipika

SREE SANKARA COLLEGE KALADY

YOGA INSTRUCTOR DIPLOMA COURSE

Semester 2

Paper 6 - SSCDPY06 - **YOGA THERAPY**

Contact Hours: 120

Credits: 8

Marks: 80

Outcome of the Course: Yoga as a traditional method of therapeutic science, is very important to avoid diseases of modern era. Asanas and Pranayama are successfully established to cure various illnesses in nowadays. A learner should be capable to practice such therapeutic aspects of Yoga in legally supported cases.

Objectives: To learn and practice therapeutic system of Yoga for the prevention of diseases.

Course Outline

Module 1

Yoga therapy for Gastric Intestinal disorders

Module 2

Yoga therapy for Neurological disorders

Module 3

Yoga therapy for Rheumatic disorders

Module 4

Yoga therapy for Cardiovascular disorders

References:

Yogic Therapy, Shivanatha Saraswathy

SREE SANKARA COLLEGE KALADY

YOGA INSTRUCTOR DIPLOMA COURSE

Semester 2

Paper 7 - SSCDPY07 - **KALARI AND YOGA**

Contact Hours: 120

Credits: 8

Marks: 80

Outcome of the Course: Kalari is the well known martial art of Bharath, which is highly established in Kerala. It gives much importance to the physical, mental as well as spiritual well-being of human being. There are lot of similarities between Yoga and Kalari. Fundamental knowledge in Kalari is preferred to a Yoga practitioner to establish and co-operate possible aspects of Kalari in their practice.

Objectives: To introduce the types of Vativu and Payattu and practice them.

Course Outline

Module 1

Ashtavativu Part I

Module 2

Ashtavativu Part II

Module 3

Meypayattu Part I

Module 4

Meypayattu Part II

References:

കടത്തനാടൻ കളരിപ്പയറ്റ് - അടിസ്ഥാനതത്വങ്ങൾ, കടത്തനാട് ചന്ദ്രൻ ഗുരുക്കൾ, കടത്തനാട് കെ.പി.സി.ജി.എം
കളരിസംഘം, പുതുപ്പണം

SREE SANKARA COLLEGE KALADY

YOGA INSTRUCTOR DIPLOMA COURSE

Semester 2

Paper 8 - SSCDPY08 - **ADVANCED ASANAS**

Contact Hours: 120

Credits: 8

Marks: 80

Outcome of the Course: After learning basic Asanas, a learner is to be uplifted to the Advanced Asanas, in which Yogic concepts are more significantly highlighted. Practice of advanced Asanas make the learners well-handed in Yoga. They should turn into a researcher's mode by deep references in the literature of Yoga such as Hathayogapradipika.

Objective: To familiarise learners in practicing advanced Asanas and literary learning of Hathayogapradipika.

Course Outline

Module 1

Swastikasana, Gomukhasana, Virasana,

Module 2

Kurmasana, Kukkutasana, Uttana Kurmasana,

Module 3

Dhanurasana , Matsyasana, Mayurasana

Module 4

Uttana Kurmasana, Savasana, Siddhasana

References:

Hathayogapradipika