




**INDIRA KALA SANGEET VISHWAVIDYALAYA,  
KHAIRAGARH (C.G.)**

**SYLLABUS**

**Yoga**

**(YEARLY SYSTEM)**

	<b>Indira Kala Sangeet Vishwavidyalaya, Khairagarh (C.G.)</b> <b>Yoga</b> <b>(Second Year)</b>	
Course Code  Credit 04	<b>Theory</b>	Max. Marks-100 Ext. Assessment-70 Internal Assessment- 30

### Unit-1

#### Philosophical background of yoga

- General Features of Indian Philosophy.
- Shaddarshan.
- Vedas and Upanishads, Gita and Yoga Vashistha.
- Definition and importance of Yoga.
- History of Yoga: Perspectives on Indian Philosophy.
- Maharishi Patanjali, Adi Shankaracharya, Gorakshanath, Ramana Maharishi, Swami Vivekananda, Swami Sivananda, Swami Satyananda Saraswati, Swami Kuvalyananda, B.K.S. Iyengar.

### Unit-2

#### Introduction to Raja Yoga and Hatha Yoga : With reference to the Yoga Sutras and Hatha Yoga Pradipika

- Chitta, Chitvritti, Chitta Bhumi.
- Practice and dispassion, Kriya Yoga, Ashtanga Yoga.
- Definition of hatha yoga.
- Shatkarma, the nature of Kundalini, theoretical measures of awakening.

### Unit-3

#### Human anatomy and physiology

- Human Body - Meaning and Significance in Yoga.
- Digestive system and effect of yogic practice on it.
- Nervous system and endocrine glands and effect of yogic practice on them.
- Circulatory system and respiratory system and effect of yogic practice on them.

- Skeletal system, muscular system, urogenital system and excretory system.

#### Unit-4

##### Scientific study of asanas and pranayama

- Definition and purpose of asanas, classification of asanas, difference between asanas and exercises, scientific explanation of bandhas.
- Definition of Pranayama, types, properties and scientific explanation of the process of Pranayama.
- Five forms of prana shakti, usefulness of pranayama in various diseases.
- Scientific explanation of the importance of meditative postures and bandhas in pranayama.

#### Unit-5

##### Yoga Therapy and Yogic Diet

- Meaning, definition, purpose, basic principles, treatment and importance of yoga therapy for longevity. Difference between yoga therapy and allopathy medicine. Alternative medicine system.
- Psychosomatic diseases, relation of prana and mind, relationship of the seven chakras with the nervous system and endocrine glands.
- Yoga therapy for diseases, diseases of bone and muscular system, back pain, sciatica, slip disc, cervical spondylitis. Respiratory Diseases - Asthma, Pneumonia, Causes, Symptoms, Diagnosis and Yoga therapy for ailments, diseases of bone and muscular system, back pain, sciatica, slip disc, cervical spondylitis. Respiratory diseases - asthma, pneumonia, causes, symptoms, diagnosis and yoga therapy.
- Digestive system diseases: Constipation, Indigestion, Acidity, Ulcer, Causes, symptoms, diagnosis and Yoga therapy. Diseases related to blood transport system, high blood pressure, low blood pressure, causes of heart artery blockage, symptoms, diagnosis and yoga therapy.
- Diseases related to endocrine glands: diabetes, thyroid, obesity, symptoms, causes, diagnosis and yoga therapy. Nervous system diseases - headache, insomnia, migraine, causes, symptoms, diagnosis and yoga therapy. Mental diseases: depression, stress, anxiety.
- Yogic Diet and Nutrition: Meaning, Definition and Importance.