

ADMISSION BROCHURE

POST GRADUATE DIPLOMA IN YOGA SCIENCE



Affiliated to the Aryabhatta Knowledge
University



INDIAN INSTITUTE OF YOGA

भारतीय योग संस्थान

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Indian Institute of Yoga: A Brief Introduction

The Indian Institute of Yoga (IIY) was established by late Dr. Phulgenda Sinha in 1969 at Patna with Loknayak Jayaprakash Narayan as its first chairman. It was formally registered on March 30 1971 under the Societies Registration Act XXI of 1860. Since its inception, the main objective of the institute has been to promote and spread the philosophical, scientific and secular nature of Yoga and popularize it among the masses.

The institute has been actively promoting yoga as an alternative medicine based on its years of experience of managing physical and mental ailments. It provides treatment for various chronic and acute psychosomatic problems like high blood pressure, diabetes, asthma, arthritis, lumber and cervical problems, sinusitis, stress, depression and insomnia among many others through a patient-centered approach.

Over course of more than 40 years, the institute has successfully treated numerous patients from all across India and abroad and has organized various seminars, camps and conferences to spread the science of yoga. Further, the institute has played an instrumental role in designing the curriculum for Yoga education in Bihar.

In 1973, the institute prepared yoga syllabus for school children which was approved by the government of Bihar. Since then it has been actively participating in the programs run by the Central and the State governments to make yoga popular amongst students of schools and colleges. Again in 2007, the institute enthusiastically contributed to the workshop organized by the State Council of Education Research and Training (SCERT), Bihar for the preparation of yoga syllabus according to the new education policy. Moreover, in 2009 the institute played a significant role in the preparation and implementation of a yoga module under the aegis of Sarva Siksha Abhiyan to train the physical teachers of the primary schools in Bihar.

Our Founder: Dr. Phulgenda Sinha (1924-2006)

Dr. Phulgenda Sinha was a master teacher of yoga. He was born in a small village named Jabdi in Sitamarhi district of Bihar on October 8, 1924. He started his primary education in the village school but it was interrupted due to multiple events like an early marriage and a job. He returned to education later and completed his high school at the age of 28 years. Thereafter he continued his education and obtained a bachelor's degree from the Patna University. He went on to acquire a master's degree in political science from the University of Chicago and PhD from the American University.

It was in Washington during the early 1960s that Dr. Sinha began teaching traditional Hatha Yoga, a practice that he started in his youth. In 1964, he founded the Yoga Institute of Washington and subsequently the Indian Institute of Yoga at Patna in 1969.

He gained international reputation as a vigorous proponent of authentic yoga, stripped of archaic, mystic and religious misconceptions about human body and mind. He dedicated his life to elucidate and propagate the true meaning and value of Yoga and Meditation practices. He announced to the world that the mysticism and superstition rooted in Hinduism had affixed itself to Yoga and meditation to such an extent that the original system of Yoga expounded in the Samkhya Philosophy of the Indian sage Kapila had been lost. He researched and rediscovered three major texts of Yoga Philosophy – The Samkhya Karika of Kapila, The Yoga Sutras of Patanjali and The Gita of Vyasa – in their original form.

Dr. Sinha developed a new system of self-treatment called *Achetan Shakti Chikitsa or Dharana Healing*. It is a self-administered procedure for correcting physical ailments and restoring normal health through the power of unconscious. This treatment process can be easily adopted by such patients who are unable to practice Asanas and Pranayamas. He also developed a special technique of meditation called *Sabija Dhyana* which means meditation with seed(s). The seed signifies basic desires on which the practitioner meditates to achieve fulfilment.

Dr. Sinha authored over twelve books expounding practical and philosophical aspects of Yoga science. His book on yoga therapy titled, “Yogic Cure for Common Diseases” published in 1976 is a bestseller and has been translated into many languages and his work “The Gita As It Was: Rediscovering the Original Bhagavadgita” is a masterpiece.

Yoga Teacher Training Programs (Affiliated to the Aryabhata Knowledge University)

The Indian Institute of Yoga, Patna, has a long experience in imparting yoga education. Its cooperation with the State Government in imparting yoga training to the school teachers has always been praiseworthy. In fact, since 1973 the Institute has trained nearly 10,000 school teachers from Bihar who were deputed by the State and Central governments to receive the certificate course in yoga at the Institute.

Building on its years of experience the institute has commenced a one year Post Graduate Diploma in Yoga Science (PGDYSc) and a six months Certificate Course in Yoga Science (CCYSc) approved by the Aryabhata Knowledge University.

Both programs are specifically designed to train a new generation of Yoga teachers who are adept in the practices and philosophy of Yoga science. The training will not only permit the participants to attain a dynamic physical and mental health and but instill in them an understanding of the ancient rational nature of Yoga and prepare them for their future role as successful yoga teachers.

The subsequent sections will present an overview of the Post Graduate Diploma in Yoga Science (PGDYSc).

Post Graduate Diploma in Yoga Science (PGDYSc)

The purpose of offering Post Graduate Diploma course is to produce Yoga Teachers in a period of one year. The program will allow the trainees to be well acquainted with the basic theory, philosophy, and literature of the yogic system. They will thoroughly be trained in the practice of all the important Asanas, Pranayamas, Bandhas and Mudras. Methodology of teaching and understanding of the anatomical and physiological aspects of human body would also be a part of the training.

Those completing this course will be well-trained to teach yoga as an alternative approach to healthcare & prevention among the general public. The participants would also be qualified to teach yoga in schools and colleges as well as in different types of academic institutions and organizations.

· **Duration of the course:** one year

· **Intake Capacity:** 60

· **Eligibility:** The candidate (male or female) must have a Bachelor Degree or its equivalent from a duly recognized University or Institution with at least 50% marks for general and 40% for reserved category.

Paper	Subject	No. of classes*	Theory	Practical	Oral	Other	Full Marks
Paper I	Hatha Yoga	133	50	40	10	-	100
Paper II	Raj Yoga	52	50	20	30	-	100
Paper III	Jnana Yoga & Karma Yoga	42	80	-	20		100
Paper IV	Human Anatomy & Physiology	83	70	-	30		100
Paper V	Teaching Methodology	115	20	40	10	15+15	100
Total		433	270	100	100	30	500

Syllabus

There shall be five papers in this course. Each paper shall carry 100 Marks and each shall be of two hours duration. Those who will secure more than 50 percent marks will be awarded the Diploma.

Paper- 1

Hatha Yoga

Hatha yoga is a science of physical health and power. Hatha Yoga is for developing and maintaining sound physical health. All its step such as Asanas, Pranayams, Bandhas, Mudras and other kriyas are related to physical aspects of an individual.

This paper shall cover theoretical and practical aspect of Hath Yoga. On practical level, the training will be in actual practices of Asanas, Pranayams, Bandhas, Mudras and some Kriyas. On theoretical level, the students will have to learn scientific principles, requirements, methodology of presentation and practice limitation, benefits scope of various performance of the system.

Grading will be on the following basis:

- | | | |
|-----------------------------|---|----------|
| i. Written Examination | - | 50 Marks |
| ii. Practical Demonstration | - | 40 Marks |
| iii. Oral Examination | - | 10 Marks |

Theoretical

- I) Scientific principal of Hatha-Yoga.
- II) Requirement of Hatha-Yoga
- III) Methodology of Hatha-Yoga
- IV) Methodology of Presentation
- V) Limitation of practice
- VI) Benefits and
- VII) Scope

Practical

- I) Asanas
- II) Pranayamms
- III) Bandhas
- IV) Mudras
- V) Important Kriyas

Paper – 2

RAJA YOGA

Raja Yoga, is a system concerned with developing, controlling, increasing, and using properly the power of the mind. It is a science concerned with every aspect of the mind.

This paper shall be concerned with various aspects related to mind and mental health.

On theoretical level, it will cover composition, nature, power and function of mind together with literal aspect of concentration and meditation. On practical side, a training in the practices of concentration and meditation would be provided

Grading will be on the following basis:

- i. Written Examination - 50 Marks
- ii. Practical Demonstration - 20 Marks
- iii. Oral Examination - 30 Marks

Theoretical

- I) Composition of mind
- II) Nature of Mind
- III) Power of mind
- IV) Function of Mind
- V) Concentration
- VI) Meditation

Practical

- I) Concentration
- II) Meditation

Paper – 3

Jnana Yoga and Karma Yoga

Jnana Yoga

Jnana Yoga is a science of acquiring knowledge. It involves knowing what the individual is and what are her powers, responsibilities and duties to herself and to the society. He is also to know about the nature, the universe, the Gurus, Gunas, Elements, Indriyas and their functions. It is a science of learning those aspects which concerns the individual directly or indirectly.

Karma Yoga

Karma Yoga, on the other hand, is a science of action. The individual has to know what is action, what is the theory of action and develop the capacity of judging the how, when and why of actions.

Grading will be on the following basis:

- i. Written Examination - 80 Marks
- ii. Oral Examination - 20 Marks

This paper shall cover the following theoretical aspects

- I) Purusha (Individual) and Prakriti (nature)
- II) Gunas
- III) Element
- IV) Problem of Individual and their solution
- V) Important Concepts, such as-

- a) Difference between concept and theory
 - b) Cause and Effect
 - c) Behaviour & Personality
 - d) Positive & Negative thinking
 - e) Attitude & Personality
 - f) Success & Failure
 - g) Concept of Beauty
- VI) Important Principals and theory-
- a) Theory of right action
 - b) Theory of possibility
 - c) Theory of creativity
 - d) Theory of fulfilment of desire

Paper – 4

Human Anatomy and Physiology

This paper will require to develop an understanding of the structural and functional aspects of human body. Special attention would be given to explain the functioning of nervous, circulatory, respiratory, endocrine and digestive systems and effects of Yoga Techniques on various bodily function.

Grading will be on the following basis:

- | | | | |
|-----|---------------------|---|----------|
| i. | Written Examination | - | 70 Marks |
| ii. | Oral Examination | - | 30 Marks |

Anatomy

- I) Nervous System
- II) Circulatory System
- III) Respiratory System
- IV) Endocrine System
- V) Digestive System

Physiology

- I) Introduction to Physiology & Blood
- II) Nutrition Metabolism
- III) Endocrines & internal Environment
- IV) Nervous System and Sense Organ
- V) Physiology of Respiration
- VI) Digestion
- VII) Circulation
- VIII) Excretion & Reproduction

Paper – 5

Teaching Methodology

This paper shall be concerned with the essentials of yoga teachings. The purpose of this course is to train the participants in the art of teaching so well that they are ready to teach Yoga after receiving Diploma.

Grading will be on the following basis:

- | | | |
|-------------------------------|---|----------|
| i. Written Examination | - | 20 Marks |
| ii. Demonstration of Teaching | - | 40 Marks |
| iii. Oral Examination | - | 10 Marks |
| iv. Assignment | - | 30 Marks |

The training will be included the following:

- I) Organizing and setting up classes.
- II) Handling of students, direction, guidance, suggestion and counselling.
- III) Method of introduction and correcting Kriyas.
- IV) Understanding of voice impact, mannerism, style etc.
- V) Method of teaching to different age groups.
- VI) Understanding the creative, corrective and curative aspects of different Kriyas.
- VII) Behavioural and psychological understanding of human nature.
- VIII) Responsibilities of a Yoga teacher.
- IX) Counselling & Guidance

On practical level, the trainees shall be sent to schools to teach Yoga among the students group for one month after the completion of theory part.



