Course - DIPLOMA IN YOGA & NATUROPATHY.

Duration- (1 year + 3 months Internship)

Eligibility- 10th PASS and Above.

Tuition Fee – Rs 500 per Month

Name of course – Diploma in Ananda Marga Yoga and Naturopathy.

Syllabus-

The course consists of Theory, Practical and teaching Method-cum-Practice Teaching both. The Theory paper is divided into 400 Marks and consists of four subjects. Practical also 400 Marks.

1. Yoga Philosophy Text: 100 Marks (PAPER-I)

   2. *Patanjali Yoga Sutram*

      *Brahma Cakra (Circle of Creation), Cosmic Mind, Five Fundamentals, Vital Energy, Unit Mind, Evolution of unit mind, Intellect, Intuition, Savikalpa Sama’dhi, NirvikalpaSama’dhi.*
      *Happiness(Sukham), Infinite Happiness(Anandam), Brahma, Human Dharma, Jivatma’, Parama’tma’, Citta, Aham, Mahat, Tanma’tra, Indriya.*
      *Kos’a( 5 Layers of unit Mind) , 7 layers of Cosmic Mind, Death, Samsa’r, Sadguru, Bhakti.*
      *KundaliniTattva.*

2. Yoga Text: 100 Marks (PAPER-II)

   5. *Yaogic Cikitsa’ & Dravyagun’a* - Shrii Prabha’ta Ranjan Sarka’r, Ananda Marga Publication,
   7. Bha’gavad Giita’

   *History of Yoga, *Yoga Definition.
   *Specialities of Ananda Marga Yoga.
      *Austa’ungaYoga (Ra’ja’dhira’j Yoga): Yama, Niyama, A’sana, Pra’na’ya’m, Pratyaha’r, Dha’rana’, Dhya’na, Sama’dhi.*
   *Yama and Niyama ( Moral ethics and Social awareness)
   Ahimsa’, Satya, Astyeya, BrahmaCyara, Aparigraha, Shaoca, Sranas’a, Tapah, Sva’dhya’y, lishvra Pranidha’na (Meditation).*
   *Kos’aShuddhi (Purification of Kos’a)*
   *Food and Cells, Physical and Mental development.*
   *Cakra, Glands and Propensities (Vrttis)*
3. Yaogic Lifestyle and Ethics: 100 Marks (PAPER-III)

Moral ethics and Social awareness:
* Yama and Niyama:
* Social awareness (Social outlook).
* Social Norms.
* Core Principle of Ananda Marga Yoga.
* Bha’gavata Dharma - Vista’r, Rasa, Seva’, Tadasthiti (A’nandam).
* 10 Characteristics of Yoga Sa’dhaka.
* Yaogic Balance Diet & Fasting.
* Mantra, Chanting, Kiirtan and LalitaMarmika.
* Yaogic Dance - Kaoshiki and Tandava.
* Sixteen Points of Yaogic Lifestyle
* Fifteen Shiils of behaviour.
* Secrets of a long and Healthy Life.
* Stress free life.

4. Physical Anatomy and Physiology: 100 Marks (PAPER-IV)

* Knowledge of Biology.
  * Skeletal System.
  * Muscular System.
  * Respiratory System.
  * Circulatory System.
  * Digestion and Elimination System:
    Urinary System.
    Digestive / Elimination system imbalances.
  * Reproductive System.
  * Integumentary System.
  * Lymphatic System.
  * Nervous, Endocrine and Immune System:
    Nervous System.
    Endocrine and Immune System.
* Interaction between Modulation of Neuro control.
  * The Brain and Meditation.
  * Tantric view of the Brain and the Mind.

5. PRACTICAL TRAINING IN YOGA: 200 Marks

A. ASANAS: 100 Mark

Ananda Marga Asanas:
1. Bhaustika’sana 22. Siddha’sana
2. Bha’va’sana 23. Tejasa’sana
4. Cakra’sana 25. Ustra’sana
5. Dhanura’sana/Naoka’sana 26. Utkatpaschimotta’na’sana
6. Diirghaprapana’m/ Ardhakurmak’sana
7. Gomukha’sana
8. Granthimukta’sana
9. Hala’sana/Parvata’sana
10. Janushira’sana
11. Jina’nasana
12. Karma’sana
13. Matsyamudra’
14. Matsyendra’sana
15. Mayura’sana
16. Padahasta’sana
17. SahajUtkata’sana
18. Sarva’unga’sana
19. Shalabha’sana
20. Shashaunga’sana
21. Shava’sana

Other Asanas:
1. Adhomukhava’na’sana
2. Anjaneya’sana
3. Ba’la’sana
4. Pa’rsvakona’sana
5. SetuBandha’sana
6. Shishula’sana
7. Surya Namaska’r
8. Trikona’sana
9. Viparitakarani
10. Viirbhadra’sana-1
11. Viirbhadra’sana-2
12. Vrksa’sana

Preparatory Poses:

Classes of Poses:

B. DIFFERENT YAOGIC PROCESS: 50 Marks

Bandha:
*Ja’landhar, *Bandhatraya

Mudra:
*Trimunda’ mudra’, *Ashvinii mudra’, *Vajrolii mudra’,

Pra’na’ya’ma

Other Yaogic Process
Basti mudra’, Na’sa’pa’na, Mula’dha’ra shodhana, Dhaotii, Vya’pakasna’na, Shiitos’n’asna’na, Sikta mardana, A’tapa sna’na, Bastikriya’, Sun Bath, Hips Bath, Stream Bath, Mud Bath etc.

Yoga Massage
Essential technique of Yoga Massage.
Shava’sana
The art of relaxation.
Introductory Shava’sana experiences.

C. Assignment: 50 Marks
*Introduction of two Asanas by the students (other than the above mentioned practices)
*Preparation of the files with details of the practical and Article writing on any one topic related to YOGA to be submitted.

6. TEACHING METHOD FOR YAOGIC PRACTICE: 100 Marks

A. Teaching Meditation: 50 Marks
   Guidelines for Meditation
   Some benefits of Meditation
   General Tips
      Element of a Meditation class
      What constitutes a Good class
      Introductory Meditation Class

B. Teaching Methodology: 50 Marks
   Standard class
   Ananda Marga Style
   General Principles of Asana Practice
   Art of Teaching 1: Qualities of a Yoga Educator
   Art of Teaching 2: Spiritual Support
   Asana Safety:
      Assisting
      Assisting Solutions
      Assisting skills, Types of Assists
      Assist for specific poses
      Class Design

7. Yaogic Treatment and Natural cure: 100 Marks
   *Asanas
      *Pranayama
      *kriyas
      *Bandhas & Mudras
      *Yaogic Therapy
      *Balance Diet
      *Natural Medicines
   Methodology: Understanding Diseases of Patients.
      *History and   *Examination.

8. BEHAVIOUR:
   The social and moral behaviour of the student is of great importance. Every student will be assessed for his/her behaviour and it will be reflected in the certificate.