

**KBN College ( Autonomous), Vijayawada**

**DIPLOMA IN YOGA FOR HUMAN EXCELLENCE(DYHE)**

**Scheme of Subjects and Examinations (W.E.F.2019-20)**

Paper/ Theory	Title of the paper	CODES	Hrs of Instruction		Hrs of Exam		Scheme of Examination		
			Theory	Pra	The	Pra	External	TOTAL	CREDITS
<b>SEMESTER-I</b>									
			Theory	Pra	The	Pra	External	TOTAL	CREDITS
1	Fundamentals of Yoga	DYHE101	60		3 HRS		100	100	4
2	Physical Body and Mind	DYHE102	60		3 HRS		100	100	4
3	Yoga Practice – I	DYHE103P		60		3 HRS	100	100	4
	<b>TOTAL</b>		<b>120</b>	<b>60</b>	<b>6</b>	<b>3</b>	<b>300</b>	<b>300</b>	<b>12</b>
<b>SEMESTER-II</b>									
			The	Pra	The	Pra	External	TOTAL	CREDITS
4	Yogic Education	DYHE201	60		3 HRS		100	100	4
5	Yoga for Self Realisation and Healthy Life	DYHE202	60		3 HRS		100	100	4
6	Yoga Practice – II	DYHE203P		60		3 HRS	100	100	4
	<b>Total</b>		<b>120</b>	<b>60</b>	<b>6</b>	<b>3</b>	<b>300</b>	<b>300</b>	<b>12</b>

**TOTAL HOURS = 360 (180 + 180) FOR (SEMESTER I & II)**

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**DIPLOMA IN YOGA FOR HUMAN EXCELLENCE(DYHE)**

**SYLLABUS(DYHE101)**

**PAPER - 1: FUNDAMENTALS OF YOGA**

**UNIT-I:** Yoga Meaning - Definition- Concepts, Aims, Objects, Development and Misconceptions.

**UNIT-II:** Meaning and Importance of Various Yogic Practices- Asanas, Mudras, Pranayamas, Bandas, Nadis, Chakras.

**UNIT-III:** Wisdom and the method of attainment- Surrender to Supreme – Basic Knowledge about six bad temperaments(Arishadvarga) – Methods to pacify and control once ownself - Samatvam in Yoga- Characteristics of Enlightened Person.

**UNIT-IV:** Sadhana Chatustaya -- Introduction of Patanjali Yoga Sutras- Kriya Yoga and its benefits.

**Reference Books :**

1. Light on Yoga – B.K.S.Iyengar, Harper Collins Publishers India, New Delhi.
2. Light on Pranayama- B.K.S.Iyengar, Harper Collins Publishers India, New Delhi.
3. Raja Yoga – Swami Vivekananda – Ramakrishna Ashram.
4. Yoga Sutra of Patanjali – Hariharanada Aranya, University of Calcutta Press, Calcutta.
5. The Science of Yoga – Taimini- Theosophical Publishing house, Adyar, Madras.
6. The Tradition of Yoga- George Forestein.

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**DIPLOMA IN YOGA FOR HUMAN EXCELLENCE(DYHE)**  
**SYLLABUS(DYHE102)**  
**PAPER – 2: PHYSICAL BODY AND MIND**

**UNIT - I:** Human Physiology- Importance of Health – Metabolism of Body – Composition of Body – Systems of Body- Effect of yogic practices on Human Body.

**UNIT - II:** Elements, Pranas and Kosas –

Concept of Five Elements- Fire, Air, Sky, Earth and Water

Five Pranas: Prana, Apana, Vyana, Udana , samana

Five Upa Pranas

Five Kosas: Annamaya, Pranamaya, Manomaya, Vijnanamaya and Anandamaya

**UNIT - III:** Relaxation Techniques in Yoga –

Quick Relaxation Technique(QRT)

Instant Relaxation Technique(IRT) and

Deep Relaxation Technique(DRT).

**UNIT - IV:** Philosophy of Mind – Powers and Functions of Conscious Mind and Sub-Conscious Mind – Types of Meditations – Advantages of Meditation.

**Reference Books :**

1. Light on Yoga – B.K.S.Iyengar, Harper Collins Publishers India, New Delhi.
2. Light on Pranayama- B.K.S.Iyengar, Barper Collins Publishers India, New Delhi.
3. Raja Yoga – Swami Vivekananda – Ramakrishna Ashram.
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**SYLLABUS(DYHE103P)**  
**PAPER -3 YOGA PRACTICE -I**

**UNIT I: PHYSICAL & YOGIC EXERCISES**

Physical conditioned Exercise – Leg Flexation - Hand Rotation – Neck Rotation- Eye Rotation and Yogic Exercises:Nadi Suddi Vyayamas.

**UNIT - II: YOGASANAS & PRANAYAMA**

Surya Namaskar - Padmasana, Vajrasana, Sukasana, Thadasana, Chakkarasana (Side Position), bharadwajasana, Yoga mudhra, Maha mudhra, Ustrasana, Vakrasana, Bhujangasana, Sevasana.

PRANAYAMAS:Nadi Suddhi, Ujjaii, Seetali, Seetkari.

**UNIT-III:PRACTICING RELAXATION TECHNIQUES**

Instant Relaxation Technique (IRT) – Quick Relaxation Technique(QRT – Deep Relaxation Technique(DRT)

**UNIT IV: MEDITATION**

Visualisation- Sound Healing – Breath Awareness Meditation- mantra Meditation

**Reference Books :**

1. Light on Yoga – B.K.S.Iyengar, Harper Collins Publishers India, New Delhi.
2. Light on Pranayama- B.K.S.Iyengar, Barper Collins Publishers India, New Delhi.
3. Raja Yoga – Swami Vivekananda – Ramakrishna Ashram.
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**SYLLABUS(DYHE201)**

**PAPER – 4: YOGIC EDUCATION**

**UNIT - I:** Types of Yogas-

Raja Yoga, Bhakthi Yoga, Jnana Yoga, Karma Yoga, Hata Yoga, Nada Yoga.

**UNIT - II:** Yoga Education – Importance of Yoga in Education – Methods of Teaching – Model Lesson Planning – Characteristics of Yoga Teacher.

**UNIT - III:** Importance of Holy Books e.g. Srimad Bhagavath Geetha, Holy Bible, Divya Qhuran etc. for Harmonious Life – Value Education – Improves Professional Skills and Unselfish Service.

**UNIT - IV:** Exercise – Types – Physical Education – Yoga Education- Importance and Comparative Study.

**Reference Books :**

1. Light on Yoga – B.K.S.Iyengar, Harper Collins Publishers India, New Delhi.
2. Light on Pranayama- B.K.S.Iyengar, Barper Collins Publishers India, New Delhi.
3. Raja Yoga – Swami Vivekananda – Ramakrishna Ashram.
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**SYLLABUS(DYHE-202)**

**PAPER - 5: Yoga for Self Realisation and Healthy Life**

**UNIT - I:** –Path for Self-Realisation- Karma Yoga basing on the Philosophy of life - Concept of Supreme Soul -Meaning of Religion – The Ultimate goal – Harmony and Self-Realisation

**UNIT - II: ASTANGA YOGA-**Yama and Niyama,Aasana , Pranayama, Pratyahara, Dharana, Dhayana and Samadhi

**UNIT -III:** Yoga Therapy for Chronic Diseases – Acidosis, Asthma – Diabetics – Hypertension – Obesity – Back pain.

**UNIT - IV:** Yoga and Naturopathy – Basic Concepts – Water Therapy, Air Therapy, Fire Therapy, Space Therapy, Mud Therapy.

**Reference Books :**

1. Light on Yoga – B.K.S.Iyengar, Harper Collins Publishers India, New Delhi.
2. Light on Pranayama- B.K.S.Iyengar, Barper Collins Publishers India, New Delhi.
3. Raja Yoga – Swami Vivekananda – Ramakrishna Ashram.
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**SYLLABUS(DYHE-203P)**  
**PAPER - 6 YOGA PRACTICE - II**

**UNIT I: ASANAS**

Utkatasana - Trikona asana – Tadasana - Janusirasasana – Pachi mothasana  
– Gomukhasana – Salabasana - Dhanurasana – Navukasana – Makkarasana -  
Artha Maschendrasana – Pavana mukthasana -- Supthavajrasana –  
Uthanabathasana – Navasana - Savasana.

**UNIT II : MUDRA AND BANDHA**

Mudra : Gnana mudra - Vaayu Mudra – Aakasa Mudra – Prithvi Mudra –  
Agni Mudra– Jala Mudra – Prana Mudra – Apana Mudra – Apana Vaayu  
Mudra – Adi Mudra – Kechari Mudra.

Bandha: Jalandhara Bandha - Uttiyana Bandha – Moola Bandha

Kriya : Jala neti, Trataka.

**UNIT III: PRACTICING RELAXATION TECHNIQUES**

Instant Relaxation Technique (IRT) – Quick Relaxation Technique(QRT –  
Deep Relaxation Technique(DRT)

**UNIT IV: SPECIAL MEDITATION**

Visualisation- Sound Healing – Breath Awareness Meditation- mantra

Meditation-Mouna Dhyana.

**Reference Books :**

1. Light on Yoga – B.K.S.Iyengar, Harper Collins Publishers India, New Delhi.
2. Light on Pranayama- B.K.S.Iyengar, Barper Collins Publishers India, New Delhi.
3. Raja Yoga – Swami Vivekananda – Ramakrishna Ashram.
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**PAPER – 1: FUNDAMENTALS OF YOGA**

**MODEL QUESTION PAPER (DYHE101)**

(Examination at the end of First Semester)

Time: Three Hours

Maximum: 100 Marks

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SECTION-A-(3 X 20 = 60 MARKS)

ANSWER ANY THREE QUESTIONS.

1. Write about meaning , aims and objects of Yoga.
2. Explain the importance of Pranayama.
3. Write an essay on Mudras and its importance.
4. Explain the methods to pacify and control once ownself.
5. Explain the Characteristics of Enlightened Person.
6. Write an essay on Patanjali Yoga Sutras.

SECTION-B-(4 X 10 = 40 MARKS)

ANSWER ANY FOUR QUESTIONS

7. Concept of Yoga.
8. Development of Yoga.
9. Asanas.
- 10.Chakras.
- 11.Six Bad Temperaments.
- 12.Samatvam in Yoga.
- 13.Sadhana Chatustaya.
- 14.Kriya Yoga.

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**BLUE PRINT:**

1. Choose at least one Question from Each Unit for Setting of Section -A
2. Choose Two questions from each unit for setting of Section-B.

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**DIPLOMA IN YOGA FOR HUMAN EXCELLENCE(DYHE)**

**PAPER - 2: PHYSICAL BODY AND MIND**

**MODEL QUESTION PAPER (DYHE102)**

(Examination at the end of First Semester)

Time: Three Hours

Maximum: 100 Marks

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SECTION-A-(3 X 20 = 60 MARKS)

ANSWER ANY THREE QUESTIONS.

1. Write an essay on Various Systems of Body.
2. Explain Five Pranas and their importance.
3. Write about Five Elements in body.
4. Write an essay on Deep Relaxation Technique.
5. Explain about the Philosophy of Mind.
6. Explain Various Types of Meditations.

SECTION-B-(4 X 10 = 40 MARKS)

ANSWER ANY FOUR QUESTIONS

7. Importance of Health.
8. Composition of Body.
9. Upa Pranas.
10. Ananda maya Kosa.
11. Quick Relaxation Technique.
12. Instant Relaxation Technique.
13. Conscious Mind.
14. Advantages of Meditation.

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**BLUE PRINT:**

1. Choose at least one Question from Each Unit for Setting of Section -A

**2. Choose Two questions from each unit for setting of Section-B.**

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**DIPLOMA IN YOGA FOR HUMAN EXCELLENCE(DYHE)**

**PAPER – 4: YOGIC EDUCATION**

**MODEL QUESTION PAPER (DYHE201)**

(Examination at the end of Second Semester)

Time: Three Hours

Maximum: 100 Marks

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SECTION-A-(3 X 20 = 60 MARKS)

ANSWER ANY THREE QUESTIONS.

1. Write an essay on Raja Yoga.
2. Describe about the importance of Hata Yoga.
3. Explain the importance of Yoga in Education.
4. Write about the Model Lesson Planning for Yoga Teaching.
5. Write about the importance of Holy Books for Harmonious life.
6. Explain about various Types of Exercises.

SECTION-B-(4 X 10 = 40 MARKS)

ANSWER ANY FOUR QUESTIONS

7. Bhakthi Yoga.
8. Nada Yoga.
9. Characteristics of Yoga Teacher.
10. Methods of Teaching Yoga Education.
11. Value Education.
12. Unselfish service.
13. Importance of Physical Education.
14. Comparative study between Yoga and Physical Education.

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**BLUE PRINT:**

1. Choose at least one Question from Each Unit for Setting of Section -A
2. Choose Two questions from each unit for setting of Section-B.

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**DIPLOMA IN YOGA FOR HUMAN EXCELLENCE(DYHE)**

**PAPER - 5: Yoga for Self Realisation and Healthy Life  
MODEL QUESTION PAPER (DYHE202)**

(Examination at the end of Second Semester)

Time: Three Hours

Maximum: 100 Marks

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**SECTION-A-(3 X 20 = 60 MARKS)**

**ANSWER ANY THREE QUESTIONS.**

1. Explain about Karma Yoga basing on the philosophy of life.
2. Write an essay on path for Self- Realisation.
3. Explain about Yama and Niyama in Astanga Yoga.
4. Write about causes, effects and controlling of Diabetics with Yoga Therapy.
5. Explain the methods to control backpain with Yoga.
6. Write an essay about Yoga and Naturopathy.

**SECTION-B-(4 X 10 = 40 MARKS)**

**ANSWER ANY FOUR QUESTIONS**

7. Concept of Supreme Soul.
8. Harmony and Self-Realisation.
9. Pratyahara.
10. Dharana.
11. Controlling of Obesity.
12. Yoga Therapy for Asthma.
13. Air Therapy.
14. Space Therapy.

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**BLUE PRINT:**

1. Choose at least one Question from Each Unit for Setting of Section -A
2. Choose Two questions from each unit for setting of Section-B.

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**SUBJECT EXPERTS FOR VALUATION AND QUESTION SETTING**

1. **Sri A.Venkateswarlu**, M.A., M.Phil (Yoga) Boneless Yogi  
Principal, & Founder Sri Venkateswara Yoga,  
VTJM, College, Mangalagiri. PHONE: 9848674543
2. **Smt. A.Radhika**, M.Sc. Yoga  
Faculty in Yoga, Dept. of Physical Education,  
University College of Physical Education Sport Sciences(UCPESS).  
Acharya Nagarjuna University, Guntur.  
PHONE: 7396458123
3. **Smt. L.Santhi**,  
Secretary, Krishna District Women Yoga Association,  
Vijayawada PHONE:9440276648
4. **Sri L. Murali Krishna**,  
M.A., M.Ped, M.Sc Psychology, P.G.Diploma in Yoga Theraphy, NIS Yoga.  
Secretary, Yoga Association of Krishna District.  
Vijayawada. PHONE: 9441119909