

**AKANNADA UNIVERSITY, HAMPI**  
**P.G. DIPLOMA IN YOGA STUDIES (P.G.D.Y.S)**

**Rules and Syallabus**

**1. Title :**

The course shall be called "P.G. Diploma in yoga studies" (P.G.D.Y.S)

**2. Duration :**

This is a full course and is extended over a period of one academic year.

**3. Objectives**

The Course is designed

- 3.1 To introduce Yoga and Yogic practices to holistic health of an individual.
- 3.2 To impart scientific training in yoga studies (both in theory and practical) and allied subjects to students desirous of making a career in the field of Yogic science and develop them to become Yoga teachers to teach Yoga at all levels.
- 3.3 To provide intensive training in theory, practice and teaching techniques of Yoga studies as are necessary to develop the basic knowledge, skill, techniques and attitudes in students to work with individuals, groups and communities.
- 3.4 To introduce the fundamentals of Yoga therapy and also to provide new avenues to the students to learn, practice and propagate the techniques of this ancient science.
- 3.5 To organize Yoga camps , workshops, symposia and seminars etc for the benefit of all sections of the society.
- 3.6 To train the students to undertake higher training and research in various aspects of Yogic science.

**4. Eligibility :**

- 4.1 A candidate who has passed bachelors degree examination in any recognized University in India or abroad shall be eligible for admission to the P.G Diploma in Yoga studies course and preference will be given to those who have successfully completed.
- 4.2 A candidate should be medically fit. A medical fitness certificate in this regard issued from the health center. Kannada University Hampi must be produced at the time of admission. Candidates suffering from any chronic disease are advised not to seek admission to this course.
- 4.3 No one who is in employment shall be allowed to join the P.G.D.Y.S Course without taking leave from his Institution/ office etc. From the date of commencement of the academic session to the conclusion.

**5. Medium of Instruction :**

Kannada / English

**6. Hours of Instruction :**

There shall be 12 hours of teaching work per week for theory paper of 70+30 marks.

**7. Intake Capacity :**

Maximum Thirty (30) candidates or As prescribed by the University from time to time

**8. Attendance :**

For admission to the said examination, candidates are required to keep academic one year in the Centre for Yoga Studies of this University. A student shall attend a minimum of 75% of the total instruction hours in a paper (theory / practical) prescribed by the University from time to time.

**9. For Women :**

The practical training classes for women may be arranged separately and conducted by a lady Yoga teacher. But they must be prepared to take up training from the male Yoga teacher also.

**10. Scheme of Examination :**

- 10.1 There shall be a University examination at the end of an academic year both in theory and practical papers.
- 10.2 Candidates are allowed to write the said examination either in Kannada or English.
- 10.3 The duration of theory paper examination shall be of 3 hours.
- 10.4 Each theory paper of 70 marks shall comprise 5 units with internal choices, covering the entire syllabus. Each Paper of 30 Internal Marks. like Assignments, Seminars and Attendance.
- 10.5 The duration of practical paper examination shall be of 4 hours and each practical batch shall contain a maximum of 8 candidates.

**11. Standard of Passing :**

A candidates is required to obtain 40% of marks in each paper and 40% of marks in the aggregate for getting passed the said examination. A candidate must obtain 40% or more but less than 40% of aggregate marks for pass class, 50% or more but less than 60% of aggregate marks for second class, 60% more but less than 70% of aggregate marks for a first class and 70% or more of aggregate marks for

a first class with Distinction. every Paper a co-ordinate should have Theory and internal of Aggrrrgate of 50%.

### 12. Reappearing Facillty :

A candidate failing only in one or more theory papers or in a practical paper is allowed to reappear for those papers in which he/she has failed. He/she need not reappear for the papers (theory or practicale) in which he/she has passed.

### SCHEME OF PAPERS AND PRACTICALS :

S.NO	PAPERS NO	TITLE OF THE PAPER	TOTAL MARKS	Internal Marks	HOURS OF INSTRUCTION	DURATIN OF EXAMINATION
1.	Paper -1	Traditional Yogic Texts	70	30	2hrs./week	3 hrs.
2.	Paper -2	Philosophical Foundations of Yoga	70	30	2hrs./week	3 hrs.
3.	Paper -3	Human Biology & Psychology	70	30	2hrs./week	3 hrs.
4.	Paper-4	Applied Yoga	70	30	2hrs./week	3 hrs.
5.	Practical	Practical Training	70	30	4hrs./week	4hrs.

## SYLLABUS

### PAPER-1 : TRADITIONAL YOGIC TEXTS :

Duration : 2 hrs. per week

Marks : 70

#### UNIT - 1

1. Meaning nature, scope, aim and objectives of Hatha-Yoga.
2. Introduction to Hatha-Yoga Text.
3. Rules and regulations to be followed Hatha-Yoga practice.

#### UNIT - 2

1. Asanas : Types, techniques and utility of asanas as per Hatha - Yoga pradeepika
2. Pranayama : Types techniques and utility of pranayama as per Hatha - Yoga pradeepika
3. Shatkriyas : Techniques and utilities of shatkriyas as per Hatha -Yoga pradeepika

#### Unit - 3

1. Bandhas and mudras : Techniques and utilities
2. Shat - chakras : their nature, importance and utility of Shat - chakras Meditation
3. Nature of Samadhi.

#### Unit - 4

1. Nature and introduction of Patanjali Yoga Sutra.
2. Yoga, Psychology : Chitta, Bhumi, Chitta - Vrutti, Chitta - Vrutti Nirodha
3. Ashtanga - Yoga
4. Nature and types of Samadhi as per patanjali Yoga Sutra.
5. Introduction of Gheranda Samhita
6. Introduction to Shivasamhita

#### Unit - 5

1. Yoga Literature in Kannada
2. Yoga Culture in Karnataka
3. B.K.S.Ayyangar
4. Malladihalli Raghavendra Swamiji
5. SYVAS
6. S.D.M.Dharmasthala

7. Patanjali Yoga Samiti, Karnataka

**BOOKS FOR REFERENCE**

1. Swami Digambarji and Pt. Raghunath shastri : Hatha pradeepika of svatmarama kaivalyadhama, S.M.Y.M. Samiti LONAVALA, 1988
2. Swami Muktibodhananda saraswati : Hatha – yoga pradeepika, The light on Hatha yoga Bihar School of yoga Munger, 1985
3. Swami Digambarji and Gharate M.L : Gheranada Samhita Kaivalyadhama, M.Y.N. Samiti, Lonavala, 1978
4. Buetey, Mikel : Hatha – yoga, its context Theory and practice, M.L.D.B. Delhi, 2000
5. Paraddi. M.S. & Sannellappanavar L.V : Hatha pradeepika (kannada), Utasahi prakashana, Dharwad, 1998
6. Naikar C.S. : Ghatastha yoga (kannada), Medha Publishers, Dharwad, 1997
7. Kunhan Raj : Hatha – yoga pradeepika with Jotsna The Adyar Library Publications, Chennai, 2000
8. Ghosh, shyam : The original yoga, munshiram manoharlal, New delhi, 1999
9. Burnier Radha : Hatha – yoga pradeepika of svatmarama, the adyar Library Publications, Chennai, 2000
10. Swami Maheshanandaji and others : Shiva Samhita, kaivalyadhama, S.M.Y.M. Samiti, lonavala, 1999
11. Ghatore M.L. & others : Hatharatnavali of Srinivasyogi, The Inavala yoga institute, lonavala, 2002
12. Woodroffe, Sir John : the surpent power, ganesh & company, madras, 2000
13. Karambelkar P.V. : patanjali yoga sutra, kaivalyadhama, lonavala, 1989
14. Timmi I.K : the science of yoga the adyar Library, Madras.
15. Woods J.H : the yoga system of patanjali, M.L.D.B. Delhi, 1988
16. Swami Vivekananda : rajyoga, advaita ashram, calcutta, 2000
17. Lyengar B.K.S : light on patanjali yoga, new York, schocken books, 1994
18. Rukmini T.S : Yoga vartika vijnanbhikshu (Tr.) vol. 1,2,3, & 4 munshiram manoharla Pvt. Ltd. New delhi.
19. Swami sir omananadatirtha : patanjali yoga pradeepa, geeta press, Gorakhpur, 1994
20. ಪತಂಜಲಿ ಆದಿದೇವಾನಂದ, ಪತಂಜಲಿ ಯೋಗ ದರ್ಶನ.
21. ಸ್ವಾಮಿ ಹರ್ಷಾನಂದ, ಮಹರ್ಷಿ ಪತಂಜಲಿಯ ಯೋಗ ಸೂತ್ರಗಳು, ರಾಮಕೃಷ್ಣ ಆಶ್ರಮ, ಮೈಸೂರು, 1996

## PAPER – 2 : PHILOSOPHICAL FOUNDATIONS OF YOGA

Duration : 2 hrs. per week

Marks :

70

### UNIT – 1 : INTRODUCTION TO YOGA AND INDIAN PHILOSOPHY

1. Introduction to Indian philosophy
2. Salient features of Indian philosophy
3. Theory of karma and rebirth
4. Relation between yoga and Indian philosophy

### UNIT – 2 : CONCEPT OF SOUL IN INDIAN PHILOSOPHY

1. Concept of soul in Upanishads
2. Concept of soul in charvaka, Jainism and Buddhism
3. Concept of soul in samkhya – yoga, advaita, dvaita and vishistadvaita philosophy

### UNIT – 3 : ORIGIN, HISTORY & DEVELOPMENT OF YOGA

1. Nature, definition, aim and objectives of yoga
2. Origin, history and development of yoga
3. Yoga in shat – darshana and in modern times.

### UNIT – 4 : SCHOOLS OF YOGA

1. Introduction to different kinds of yoga.
2. Bhakti, jnana and karma yoga, their philosophical foundations and practices.
3. Astong yoga, Buddhist yoga, kundalini yoga, shiva yoga : their philosophical foundations and practices.

### UNIT – 5 : YOGA IN BHAGVAD-GEETA

1. Introduction and essentials of bhagavad geeta from chapters 1,2,3,5,6,12 & 17
2. Samkhya yoga and dhyana yoga
3. Karma-yoga and bhakti-yoga
4. Gunatraya vibhaga yoga

#### **BOOKS FOR REFFERENCE**

1. Kerala Werner : Yoga and Indian Philosophy (Motola Bamarsidas, Delhi, 1979)
2. Radhakrishnan S : Indian Philosophy(Vol. 1 and 2)(George Allen and Unwin, London)
3. Swami Prabhavananda : Spiritual Heritage of India (English) Bharatiya Adhyatmika Parampare, (Kannada), (Sri Ramakrishna math, Madras, 2004)
4. Dasgupta S. N : Yoga as Philosophy and Religion(Kegan Paul, London,1924)

5. Dasgupta S. N : Yoga Philosophy in Relation to other System of Indian thought(university of calcutta, calcutta,1924)
  6. Sharma, Chandradhar : A critical Survey Of Indian Philosophy (Motila Banarsidas, delhi.1974)
  7. Kunchan Raja : Some Fundamental Problems in Indian Philosophy(Motila Banarsidas, delhi.1974)
  8. Stace W. T. : Mysticism and philosophy (macmillan and co. london)
  9. Dasgupta S N : Hindu Mysticism (Motila Banarsidas, delhi.1927)
  10. Stephen Sturges : The Yoga Book (Motila Banarsidas, delhi.2004)
  11. Swami Jnananda : Philosophy of Yoga (Sri Ramakrishnashrama Mysore)
  12. Bhat Edurkala Shankarnarayan : Hindu Dharma parichaya (kannada) (Sri Ramakrishna Prakashana , Bhagamandala)
  13. Swami Krishnananda : A Short History of Religions and Philosophic Thought in India.(The Devine Life Society, Rishikesh,1973)
  14. Fenerstein George : The Yoga Tradition : its history, Literature, Philosophy and froctice(Bhavana Books and Prints, 2002)
  15. Swami Vivekananda : Jnana yoga, Bhakti Yoga, Karma yoga, Raja yoga( Advaita Ashrama , Culcutta)
  16. Swami Atmananda : Four Yogas ( Bharatiya Vidya Bhavan, Bombay,1966)
  17. Radhakrishnan S : The Principal Upanishads ( George Allen and Unwin London, 1953)
  18. Somanathananda : Upanishad Bhavadhare (Sri Ramakrishnashrama Mysore 1966)
  19. Goyandaka Jayadayal : Sri Madbhagavadgita Tattvavivecani (Geeta Press Gorakpur, 1961)
  20. Radhakrishnan S : The Bhagavadgeeta (Routledge and kegan Paul, London, 1960)
  21. Swami Adidevananda : Sri Ramanuja gita Bhasya (Sri Ramakrishnashrama Mysore1993)
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## PAPER – 3 : HUMAN BIOLOGY AND PSYCHOLOGY

Duration : 2 hrs. per week

Marks

: 70

### Unit – 1

1. Cell : structure and function of cell and tissues. Organs of human body.
2. Skeletal system : types and functions of skeletal systems. Joints and classification of bones.
3. The muscular system : characteristics, structure and functions of body and skeletal muscles.
4. The circulatory system : structure and function of the heart. The mechanism of systemic and pulmonary circulation. The cardiac cycle. Composition and functions of blood. Blood groups and their importance. Blood pressure.

### Unit – 2

1. The respiratory system : anatomy and physiology of respiratory system, its organs and functions. The process of respiration, lung volume and pressure.
2. The digestive system : anatomy and physiology of digestive system. Alimentary canal and their function. Physiology of digestion.
3. The urinary system : anatomy and physiology of urinary system, structure and functions of kidney. The nephron and production of urine.
4. The Reproductive system : anatomy of the male and female Reproductive system, Functions of testis and ovary. The menstrual cycle.

### Unit – 3

1. The endocrine system : the structure and Function of the major endocrine glands. Hormones and their Functions. Pituitary, thyroid, parathyroid, adrenal, pancreas and gonads.
2. The nervous system : gross anatomy of nervous system. Central nervous system. Peripheral nervous system. Autonomic nervous system. The sympathetic and parasympathetic divisions. The neuron.
3. Special sense organs : vision, smell, hearing, taste and touch, their basic and pathways.

### Unit – 4

1. Human psychology : the nature of psychology, psychic forces and the human behaviour, behaviour and consciousness, psychological basis behavior.
2. Mental processes : sensation, attention, memory, learning, feeling, etc... Motivation and emotion, states of consciousness, intelligence and its measurements, emotional intelligence.



## Unit – 5

1. Personality : the nature and characteristics of Personality, determinants of Personality, types of Personality, Personality disorders, the yogic concept of Personality and its development, causes and consequences of frustration and conflicts, psychosomatic problems and psychiatric ailments.
2. Mental Hygiene : concept of stress, yogic management of stress, conflicts, adjustment and mental health, yoga for mental health, psychology of spiritual growth, spiritual values, pure consciousness and mode of living.

### BOOKS FOR REFERENCE

1. Gore M.M. : anatomy and physiology of yogic practices (kanchana prakashana, lonavala, 2003)
2. Shirley telles : A glimpses of the human body (V.K. Yoga, Bangalore, 1995)
3. ನಾಡಿಗೇರ ಎ. ಕೆ., ಶರೀರ ರಚನೆ ಮತ್ತು ಗುಣಧರ್ಮಶಾಸ್ತ್ರ, ಶರೀರ ಶಿಕ್ಷಣ ಪ್ರಕಾಶನ, ಧಾರವಾಡ, 1999
4. Evelyn C. Pearce : Anatomy and physiology for nurses (faber and faber Ltd., London, 1968)
5. Chatterjee C.C. : Human psychology (Vol. 1 & 2) (medical allied agency, culcutta, 1992)
6. Munn N.L. : Introduction of psychology (Oxford and IBH Publising co. culcutta, 1967)
7. Bhatia H.R. : General psychology (Oxford and IBH Publising co. culcutta, 1967)
8. ನಟರಾಜ ಪಿ.ಕೆ., ಸಾಮಾನ್ಯ ಮನೋವಿಜ್ಞಾನ, ಸಂ: 1, 2, ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾಲಯ, ಮೈಸೂರು
9. Hilgard E.R. And others : Introduction to psychology (Oxford and IBH Publising co. culcutta, 1967)
10. Sachdev I.P : Yoga and Depth psychology (motilal banarasidas, delhi, 1978)
11. Coleman J. : Abnormal psychology and Modern life (Foresman, Scott, 1972)
12. Nagendra H.R. & Nagaratna R. : New perspectives in stress management (V.K.Yogas, Bangalore, 1988)

## PAPER – 4 : APPLIED YOGA

Duration : 2 hrs per week

Marks : 70

### Unit – 1 : YOGA AND HEALTH

1. Concept of health and disease
2. Concept of pancha kosha
3. Preventive, curative and promotive aspects of yoga
4. Yoga and principles of healthy living : ahara, vihara, achara, vichara
5. Yogic practices for healthy living

### Unit – 2 : YOGA AS A THERAPY

1. Meaning, scope, principles and practices of yoga therapy.
2. Effect of yogic practices on different systems of body and mind
3. Food : its components, classification, nutrients, panchprana, panch – bhuta, shat chakra, tridosha, saptadhatu and triguna
4. Concept of dinacharya, rutucharya, shadrutu, shodhana and shamana

### Unit – 3 : YOGIC MANAGEMENT OF DISORDERS

1. Psychosomatic problems and psychiatric ailments
2. Examination of patient : complaints, history study of symptoms, investigation, diagnosis and treatment, follow up and review of systems.
3. Yogic management and treatment of common psychosomatic disorders of respiratory, digestive, cardio – vascular, nerves, bones and joint systems.
4. Yogic management of stress and stress related problems.

### Unit – 4 : YOGA & RESEARCH

1. Meaning, nature and Concept of research in yoga
2. Problems, hypothesis, design, sampling in yogic research
3. Methodology in yogic research
4. Brief survey of research carried out in yoga such as scientific research, philosophic research, and therapeutic research.
5. Brief survey of research contributions of reputed yoga institutions.

### Unit – 5 : YOGA AND EDUCATION

1. Meaning and purpose of yoga and education. Role of teaching, learning, teachers and students in education and yoga education
2. Methods of yoga teaching, factors influencing yoga teaching
3. Yoga and value education, contents of value education, methods of value education

## BOOKS FOR REFFERENCE

1. Gharote M.L. : applied yoga (kaivalyadhama publications, lonavala, 1990)
  2. Gore M.M. : anatomy & physiology of yogic practices (kanchana prakashana, lonavala, 2003)
  3. Lyengar B.K.S. : arogya – yoga (kannada) (himagiri graphics, bangalore, 2000)
  4. Nagaratna R. & Nagendra H.R : integrated approach of yoga therapy for positive health (Swami Vivekananda yoga prakashana, Bangalore, 2001)
  5. Nagaratna R. & Nagendra H.R : new perspectives in stress management (V.K. yogas, Bangalore, 1988)
  6. Nagaratna R. & Nagendra H.R : samagra yoga chikitse (knnada) (Swami Vivekananda yoga prakashana, Bangalore, 2000)
  7. Lajpat Rai & others : human food (anubhava rai publication, giragaon, 1999)
  8. Swami kavalyananda & Vinekr S.L. : yogic therapy (ministry of health, govt. of india, new delhi, 1963)
  9. Swami satyananda saraswati : yogic management of common diseases (bihar school of yoga, munger)
  10. Shankar P.S. : your body in health & sickness (jaico publishing house, Bombay, 1982)
  11. Swami kuvalyananda : asana, pranayama (kaivalyadhama publications, lonavala)
  12. Vaze D.R : swadyaya and yoga therapy (gokul masik prakashan, pune, 2002)
  13. Fawley david : ayurvedic healing (motilal Banarisidass, ahamadabad, 1997)
  14. Gandhi T.P & others : human anatomy – physiology and health education (B.S. Shahprakashan, Ahmadabad, 2000)
  15. Gharote M.L & Ganguly S.K. : teaching methods for yogic practices (kaivalyadhama, lonavala, 1988)
  16. Nagendra H.R & others : yoga in education (kannada & English) (V.K. yogas, Bangalore, 1994)
  17. Kogler aladar : yoga for every athlete (jaico publishing house, dehli, 1999)
  18. ಸ್ವಾಮಿ ರಾಮದೇವ, ಯೋಗ ಇದರ ಮೂಲತತ್ವಗಳು ಮತ್ತು ಅಭ್ಯಾಸ, ದಿವ್ಯಯೋಗ ಮಂದಿರ ಟ್ರಸ್ಟ್, ಹರಿದ್ವಾರ,
  19. ಎಫ್.ಟಿ.ಹಳ್ಳಿಕೇರಿ(ಸಂ), ಯೋಗ ವಿಜಯ, ಪತಂಜಲಿ ಯೋಗ ಸಮಿತಿ, ಹೊಸಪೇಟೆ, 2019
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## Paper-5 : PRACTICAL TRAINING IN YOGA

Duration : 4 hrs. per week

Marks : 100

### **1. Practicals - 70 Marks**

1. **YOGASANAS** : The theoretical knowledge, teaching, importance of the name, advantages and practices of the following yogasanas.

1. **Meditative Asanas** : Sukhasana, Padmasana, Vajrasana, Svastikasana, Siddhasana
2. **Relaxative Asanas** : Shavasana, Makarasana, Vishramasana, Tadasana, Mechanims of correct breathing
3. **Cultural Asanas** : Vrikshasana, Urdhva Hastottanasana, Ardha Chakrasana, Padahastanasana, Trikonasana, Parivrita Trikonasana, Parshva konasana, Utkatasana, Yoga Mudrasana, Uttitha Padasana, Shashankasana, Baddha Konasana, Navasana, Ustrasana, Akarna Dhanurasana, Vakrasana, Ardha Matsyendrasana, Gomukhasana, Parvatasana, Utthana Mandukasana, Janushirshasana, Paschimottanasana, Poorvottanasana, Supta Vajrasana, Bhujangasana, Shalabhasana, Dhanurasana, Pavanmuktasana, Sarvangasana, Halasana, Karnapeedanasana, Matsyasana, Chakrasana, Shirshasana and Mayurasana.
4. **Advanced Asanas** : Vatayanasana, Garudasana, Hanumanasana, Padangusthasana, Natarajasana, Baddha Padmasana, Kukkutasana, Garbhasana, Bhujapeedasana, Bakasana, Kurmasana, Ugrasana, Mastyendrasana, Ekpada Shirshasana, Ekpada Rajakapotasana, Kapotasana and Yoganidrasana.
5. **Yogic Surya Namaskar**

### **2. PRANAYAMA :**

1. Mechanism of Correct breathing
2. Yogic deep Breathing
3. Concept Of Puraka , Rechaka and Kumbhaka
4. Nadi Shodhana Pranayama ( With Ratio of 1:4:2:1)
5. Surya Bedhana , Chandra Bedhana, Ujjayee, Sheetali, Shitkiri, Bhramari and Bhastrika Pranayaamas (with kumbhaka and suitable ratio)

### **3. YOGIC KRIYAS :**

Kapalbhati, Jalaneti, Sutraneti , Vamna Dhauti, Vastra Dhouti, Jyoti, Agnisara < Nauli

### **4. BANDHAS AND MUDRAS :**

Jalandhara Bandha, Yoga Mudra, Uddiyana Bhandha, Shanmukhi, Mudra, Mula Bandha, Simha Mudra, Jivha, vipareeta Karani.

## 5.MEDITATION :

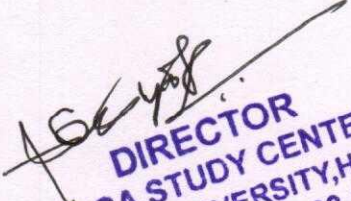
Recitation of pranava japa, hymns, antarmouna and elementary practice pranava dhiyana

## 2. Study Tour Report & Viva-Voce : 30 Marks

1. The students should be taken to at least one of the recognized yoga institutes / centers in india.
2. There shall be a Viva-Voce Examination.

### BOOKS FOR REFFERENCE

1. Swami kuvalayananda : Asana (kuikyadhama, Lonavala 1982)
2. Tiwari O P : asana Why and How (Kaivalyadhama Lonavala 1991)
3. Swami Satyananda Saraswati : Asana, Pranayama, Mudra, Bandha (Bihar School of yoga, Munger, 1989)
4. Yogiraj Behramji : Yogasana for Health (Himalayan Yoga Institute, 1989)
5. Dhirenra Bramhachari : Yogasana Vijnana (Dhirendra Yoga Publications, New Delhi, 1989)
6. Yogeshwar : The Text Book of yoga (Yoga center, Madras)
7. Lajpat Rai : A physiological approach to yoga (C.R.I.Y., New Delhi, 1996)
8. Lajpat Rai & others : Meditation Techniques and their scientific Evaluation (Anubhava Rai Publications, Guragaon, 1999)
9. Swami Rama & others : Science of Breath (The Himalayan International Institute of yoga science, pennswlvenia, 1979)
10. Swami kuvulyananda : Pranayama (kaivalyadhama, lovanala, 1983)
11. Nagendra H.R : The art and science of pranayama (V.K.S. yogas, Bangalore, 1993)
12. Joshi K.S : Yogic pranayama (orient paperback, New Delhi,1990)
13. Gharote M.L : Pranayama the science of breath (the lonavala yoga institute, lonavala, 2003)
14. Nimbalkar S.P : yoga for health and peace (yoga vidya nicketana, Bombay,1992)
15. Swami satyananda saraswati : surya namaskar (bihar school of yoga, munger, 1983)
16. ಬಿ.ಕೆ.ಎಸ್.ಅಯ್ಯಂಗಾರ್, ಪ್ರಾಣಾಯಾಮ ದೀಪಿಕೆ, ವಿ.ಕೆ.ಎಸ್. ಯೋಗಾಸ್, ಬೆಂಗಳೂರು 1991
17. ಪ್ರಕಾಶಯೋಗಿ, ಯೋಗಾಮೃತ ದೀಪಿಕಾ, ಪತಂಜಲಿ ಯೋಗಾಶ್ರಮ ಟ್ರಸ್ಟ್, ಬೆಂಗಳೂರು, 2002
18. ಕಟ್ಟಿಮನಿ ಆರ್. ವಿ., ಮನಃಶಾಂತಿಗಾಗಿ ಧ್ಯಾನ, ಉಷಾ ಎಂಟರಪ್ರೈಸಸ್, ಬೆಂಗಳೂರು, 2004
19. ಸ್ವಾಮಿ ಯತೀಶ್ವರಾನಂದ, ಧ್ಯಾನ ಜೀವನ ದೀಪಿಕಾ, ರಾಮಕೃಷ್ಣಾಶ್ರಮ, ಬೆಂಗಳೂರು, 1984
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