

4 special

CERTIFICATE COURSE IN YOGA

Preamble

Yoga is an invaluable gift of ancient Indian tradition. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root meaning "to join", "to yoke" or "to unite". yuj. According to Yogic scriptures, the practice of Yoga leads to the union of individual consciousness with universal consciousness.

Yoga is becoming popular day by day. A wave of yoga is sweeping across the globe. In this programme we introduce yoga as a science of Holistic living and not merely as yoga postures. During the programme the student is taught the basic concepts of Yoga for wellness. This programme looks to train enthusiasts to teach general public wellness through yoga.

I. Title of the Programme

The programme shall be called "Certificate Course in Yoga"

II. Aim of the Programme

The aim of the programme is to spread "Wellness through Yoga"

III. Objectives of the programme

- ✦ To introduce basic wellness principles and practices of Yoga to common people
- ✦ To bring awareness of the fundamentals of Yoga for wellness in their daily lives
- ✦ To bring peace and harmony in the society at large by introducing the Yogic way of life.
- ✦ To create teachers to teach Yoga for wellness in the society

IV. Duration

The minimum duration of the programme will be SIX months

V. Eligibility

The candidate should have completed 12th Standard from a recognized board or equivalent.

1. Scheme of Teaching and Examination

Sl No.	Subject Code	Subject Title	Periods Per Week			Evaluation Scheme		Final Assessment	Subject Total	
			L	T	P	Credit	CT			TA/PR
1	CYTH 101	Introduction to Yoga and Yogic Texts	3	1	-	4	30	(20-10)	70	100
2	CYTH 102	Human Anatomy & Physiology	3	1	-	4	30	(20-10)	70	100
3	CYTH 103	Yoga for Wellness	3	1	-	4	30	(20-10)	70	100
4	CYTP 104	Teaching Techniques	1	1	-	2	15	(10-05)	35	50
5	CYYP 105	Yoga Practical	-	-	8	4	30	(20-10)	70	100
6	CYFW 106	Field Work	-	-	8	4	30	(20-10)	70	100
Total						22			Total	550

L=Lecture T=Tutorial P=Practical Work CT=Cumulative Tests TA= Teachers
Assessment PR=Practical Record

VII. Programme Details

Subject Title: Introduction to Yoga and Yogic Texts

Subject Code CYTH 101

Objectives:

The above programme has been designed with the following objectives

- i. To equip the learners with a brief understanding about yoga and its stream
- ii. To give an over view of Hatha Yoga and Patanjala Yoga.

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	3	1	0
Hours/ week	3	1	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical :	
Final Exam	Internal Assessment (CT+TA)	Final Exam	Internal Assessment (CT+TA/PR)
70	30	NA	NA

Brief to origin of Yoga, History and Development of Yoga: Vedic Period, Classical Period, Post classical period, Modern Period. Etymology and Definitions of Yoga in classical Yoga texts. Meaning, Aim and Objectives of Yoga, Misconceptions about Yoga; True Nature of Yoga; Principles of Yoga; Basis of Yoga.

Unit-2: Streams of Yoga

[10 Hrs.]

Basic concepts of Bhakti Yoga, Jnana Yoga, Karma Yoga and Raja Yoga and Unity in Diversity;

Unit-3: Introduction to Hatha Yoga and its texts

[20 Hrs.]

Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions; Hatha Yoga: Its Philosophy and Foundations; History and development of Hatha Yoga, Hatha Yoga practices: Asanas, Pranayama and Asta kumbhakas, Dharana on the five elements, Mudras and bandhas, Satkarmas (the set of six cleansing techniques); Briefing on Important Hatha Yoga texts (Gheranda Samhita, Hata Yoga Pradeepika, Shiva Samhita, Hata Ratnavali).

Unit-4: Introduction to Patanjala Yoga

[20 Hrs.]

Brief to Maharshi Patanjali and Patanjala Yoga Sutra; Ashtanga Yoga : Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi; Definition of Yoga according to Patanjali; Concept of Chitta-Bhumi; Citta-Vritties and their classification, Citta-Vritti Nirodhopaya (Abhyasa and Vairagya); Relationship between the two schools of Yoga (Patanjali and Hatha Yoga).

Subject Title: Human Anatomy & Physiology

Subject Code: CYTH 102

Objectives:

The programme has the following objectives

- i. To give a basic understanding about the structure, functions with respect to various systems of the body for equipping the students to understand the benefits and contraindications of yogic postures in a better way.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam	Internal Assessment (CT+TA)	Final Exam	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

Unit-1: Cell and Tissue, Musculo Skeletal and Digestive system

[15Hrs.]

Structure and function of cell; Homeostasis; Introduction to tissues and types; Anatomy of the Skeleton; Classification of bones; Types of joint and muscles in the body; Digestive system: Mouth, Oral cavity, Pharynx, Oesophagus, Stomach, Large & small intestine, anus; Associated glands - Liver, Pancreas, salivary glands

Unit-2: Excretory, Respiratory and Cardiovascular system

[15Hrs.]

Basic understanding about different stages of digestion; absorption; Function of Kidney, Urinary Bladder and Urethra; Respiratory system: Nose, nasal cavity, pharynx, Trachea, Larynx, bronchiole, lungs; Brief understanding about transport of respiratory gases; Composition and function of blood - Plasma, RBC, WBC and Platelet; Cardiovascular system: Structure of heart, its chamber, valves, function of arteries, vein and capillaries.

Unit-3: Neuro Endocrine system

[15Hrs.]

Structure of human brain and spinal cord; Basic understanding about Sympathetic and Para sympathetic; Structure and function: eye, ear, nose, tongue and skin; Basic understanding about the functions of various endocrine glands-pituitary, thyroid, parathyroid, adrenal, ovary and testes.

Unit-4: Lymphatic and Immune system

[15 Hrs.]

Lymphoid organ: Bone marrow, Thymus, Spleen, Lymph node, Composition and function of lymph; Immunity in brief, Types of immunity: Innate immunity and acquired immunity

Subject Title: Yoga for Wellness

Subject Code **CYTH103**

Objectives:

The above programme has been designed with following objectives

- i. To give an introduction to the concept of wellness
- ii. To give an understanding of wellness and illness with reference to the yogic texts
- iii. To give a basic knowledge of Yoga as preventive health care and Yogic life style analysis.

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	3	1	0
Hours/ week	3	1	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical :	
Final Exam	Internal Assessment (CT+TA)	Final Exam	Internal Assessment (CT+TA/PR)
70	30	NA	NA

Unit-1: Concept of Wellness and Illness

[15 Hrs.]

Concept of health (Modern and Ancient View); Concept of Wellness and illness (Modern and Ancient View); Concept of Body (Pancha Kosha according to Taittiriya Upanishad); Potential causes of illness according to Yoga Vasistha - Concept of Adhi and Vyadhi and their consequences on the body

Unit- 2: Yogic Life style prescription according to various Yogic Texts [15 Hrs.]

Remedial measures for Wellness suggested in Yoga Vasistha; Yogic attitude (Maitri, Karuna, Mudita and Upeksha) and practices for Mental Hygiene; Psycho-social environment: its role and importance for wellness; (Patanjali); Role of yoga as mind-body medicine with reference to Yogic Texts. Role of yoga in transforming the life style; Health and Yoga according to Gheranda Samhita; Ghatashta yoga in the context of Gheranda Samhita and its significance

Unit- 3: Yogic Concept of Holistic Health [15 Hrs.]

Total Human Development through Yogic practices for Pancha Kosha (Annamaya Kosha, Pranamaya Kosha, Manomaya Kosha, Vijñanamaya Kosha and Ananda maya Kosha) and its integration with Ashtanga Yoga of Patanjali.

Unit – 4: Yoga as Preventive Health Care [15 Hrs.]

Concept of stress according to modern science and Yoga; Stress as the cause for illness; Role of Yoga in Stress management: Holistic approach of catering to moderation in eating (Yogic Diet), sleeping (rhythm of the nature), working (the sense of duty as per BG), entertainment (moderation), change in life style;

Subject Title: Teaching Techniques

Subject Code: CYTP104

Objectives:

The above mentioned programme has the following objectives

- To give an overview of Yoga teaching techniques to the students
- To introduce to class management and lesson planning
- To introduce educational tools of yoga teaching

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	0	0	0
Hours/ week	1	1	0
SCHEME OF EXAMINATION			
Total Marks: 50			
Theory : NA		Practical :50	
Final Exam	Internal Assessment (CT+TA)	Final Exam	Internal Assessment (CT+TA/PR)
NA	NA	35	15

Unit-1: Principles and methods of teaching yoga

[15 Hrs.]

Teaching and Learning: Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Teacher; Yogic levels of learning, Vidyarthi, Shishya; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training

Unit-2: Basics of yoga class management and Educational Tool [15 Hrs.]
Practice of Yoga for Beginners; Techniques of Individualised teaching; Techniques of group teaching; *Yoga classroom*: Essential features, Area, Sitting arrangement in Yoga class etc.; Class room problems: Types and Solutions, Characteristics and essentials of good Yoga teaching; Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teachings.

Subject Title: Yoga Practical

Subject Code CYYP 105

Objectives:

The above mentioned programme has been designed with following objectives

- To introduce Yogic postures and Practices
- To introduce the practices of Shatkarmas, Suryanamaskar, Asanas, Breathing practices and Pranayama

Total Number of Hours: 120			
Credits	Theory	Tutorial	Practical
	0	0	4
Hours/ week	0	0	8
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : NA		Practical :	
Final Exam	Internal Assessment (CT+TA)	Final Exam	Internal Assessment (CT+TA/PR)
NA	NA	70	30

Unit-1: Shatkarmas [30 Hrs.]
Dhauti (Kunjal), Neti (Sutra and Jala), Kapalbhathi, Agnisara

Unit-2: Suryanamaskar [15 Hrs.]

Unit-3: Asanas (yogic postures) [45 Hrs.]

Standing postures

i) Ardhakati chakrasana, ii) Ardha chakrasana, iii) Padahasthasana, iv) Hastottanasana, v) Vriksasana, vi) Kati Chakrasana, vii) Trikonasana, viii) Parivritta trikonasana

Sitting postures

- i) Pashmasana, ii) Bhadrasana, iii) Vajrasana, iv) Kagasana, v) Yoga Mudrasana, vi) Usntrasana, vii) Sasankasana, viii) Uttana Mandukasana, ix) Gomukhasana, x) Ardhamatsyendrasana, xi) Paschimottanasana, xiii) Supta Vajrasana

Prone postures

- i) Bhujangasana, ii) Salabhasana, iii) Dhanurasana, iv) Makarasana

Supine postures

- i) Uttanapadasana, ii) Ardh Halasana, iii) Setubandhasana, iv) Sarvangasana, v) Halasana, vi) Mayurasana, vii) Chakrasana, viii) Matsyasana, ix) Setubandhasana, x) Shavasana

Balancing postures

- i) Vrikshasana, ii) Garudasana, iii) Namaskarasana, iv) Natarajasana

Unit-4: Breathing practices (for rectification of breathing pattern)

[15 Hrs.]

Breathing Practices: i) Hands in and out, ii) Hands stretch, iii) Ankle stretch, iv) Legs rising, v) Rabbit breathing, vi) Tiger breathing, vii) Breath awareness, viii) Sectional breathing: Abdominal, Thoracic and Clavicular breathing;

Unit-5: Pranayama practices

[15 Hrs.]

Pranayama Practices: i) Nadi shuddhi, ii) Surya Bhedana, iii) Bhastrika, iv) Ujjai, v) Cooling Pranayama (Sitali, Sitkari and Sadanta), vi) Bhramari

Subject Title: Field Work

Subject Code: CYFW 106

Objectives:

- i. To teach and support practice simple worksheet and presentations
- ii. To inculcate the practise of teaching with internship to junior students in certificate programme

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hours/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : NA		Practical : 100		
Final Exam	Internal Assessment (CT+TA)	Final Exam	Internal Assessment (CT+TA/PR)	
NA	NA	70	30	

Unit 1:

[30 Hrs.]

Teaching Internship for Certificate Students;

Unit 2:

[60 Hrs.]

Lecture cum demonstration; Organising Yoga Workshops and Yoga Camps

Unit 3:

[30 Hrs.]

Worksheet & Presentation

REFERENCES FOR THE SYLLABUS

TEXT BOOKS

1. Nagendra H R and Nagarathna, Promotion of Positive Health, SVYP, 2002
2. MDNIY, New Delhi : Shatkarma, Yogasana, Pranayama

BOOKS FOR REFERENCE

1. Bhat, Krishna K.: The Power of Yoga: SuYoga Publications Mangalore, 2006
2. Dasgupta S. N: History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
3. Gore MM: Anatomy and Physiology of Yogic Practices
4. Hiriyanna M : Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
5. Iyendra BKS : Light on Yoga
6. Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010
7. Swami Dharendra Brahmachari: Yogasana Vijnana, Surya Namaskara
8. Swami Kuvalyananda: Asanas, Yoga-Mimamsa Publications
9. Swami Kuvlayananda: Pranayama, Yoga-Mimamsa Publications
10. Swami Prabhavananda: Spiritual Heritage of India (English). Sri Ramkrishna Math, Madras, 2004
11. Swami Vivekananda: Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga, Advaita Ashrama, Calcutta, 2000
12. Yoga Instructors' course Self Learning Materials, Vol-I and Vol-II, SVYP, 2009