

UNIVERSITY YOG CENTRE

MOHANLAL SUKHADIA UNIVERSITY



योगश्चित्त वृत्तिनिरोधः

**SYLLABUS OF SIX WEEK CERTIFICATE
COURSE IN YOGA**



SIX WEEKS CERTIFICATE COURSE IN YOGA (C.C.Y.)

Course Dates:
10th May – 25th June

REGISTRATION – MAY 2019

Objective:

It is ideal for those who have always wanted to have an in depth understanding of Yoga but have been unable to take a long time off. It covers textual, psycho-physiological, and practical aspects of Yoga, as well as, teaching methods in yoga.

Eligibility: Qualification:

For Indian students – 10+2 Pass or equivalent degree/diploma after 10th.

For International students – Pre University level degree for International students.

Medium :

Hindi and English Medium

Intake Capacity:

60 + International

Age: There is no age bar for the course.

Medical Test: Candidates should be medically fit and sound. Selection is subject to clearing the medical examination conducted by the Institute.

Course Fees

For Indians

Tuition and others – Rs. 10,000/-

(Includes one track suit, one T-Shirt and one day local excursion).

For International Students

Tuition Fee – USD 300

(Includes one track suit, one T-Shirt and one day local excursion)

Syllabus

Paper	No. of Lectures	Marks
Paper 1: Introduction to Hatha and Patanjali Yoga	40	100
Paper 2: Anatomy & Physiology of Yoga (Modern View) and Yogic Anatomy & Mental Health	40	100
Paper 3 : Teaching Practice & Viva-Voce	40	100
Practical Examination	80	100
		400

Examination: Duration 3 hours.

Two theory paper, Paper 1 and Paper 2 will be of 100 marks each and two practical examination teaching practice and viva voce of 100 marks will be conducted as internal process. Main practical examination of 100 marks will be conducted in presence of external examination.



PAPER 1
INTRODUCTION TO HATHA AND
PATANJALI YOGA
 (Number of Lectures-40)

	TOPICS	SUB-TOPICS	HRS
1.1	Introduction to Yoga	Etymology of Yoga and definitions of Yoga in different Classical Yoga Texts Brief Introduction to Origin, History and Development of Yoga Aim, Objectives and Misconceptions about Yoga	5
1.2	Yogic Practice	General Introduction to Shad-Darshanas with special reference to Samkhya and Yoga General Introduction to four paths of Yoga Principles of Yoga and Yogic Practices Guidelines for Instructors	3
1.3	Introduction to Hatha Yoga	Introduction to important Hatha Yoga Texts with special reference to Hathapradipika and Gheranda Samhita Concept of Yogic Diet <i>Concept of Sadhaka and Badhaka Tattwa (Conducive and Non-Conducive Factors) in Hatha Yoga</i> Concept of <i>Ghata</i> and <i>Ghata Shudhhi</i> in Gherenda Samhita Purpose and utility of <i>Shat-kriyas</i> in Hatha Yoga Purpose and utility of Asana in Hatha Yoga Purpose and importance of Pranayama in Hatha Yoga Difference between Yoga Asana and Vyayama (Non- Yogic Physical Practices)	12
1.4	Introduction to Patanjali	Definition, nature and aim of Yoga according to Patanjali Concept of <i>Chitta</i> and <i>Chitta Bhumis</i> <i>Chitta-vrittis</i> and <i>Nirodhopaya (Abhyasa and Vairagya)</i> Concept of <i>Ishwara</i> and <i>Ishwara Pranidhana</i> <i>Chitta Vikshepas (Antarayas)</i> and their associates (<i>Sahabhava</i>) Concept of <i>Chitta Prasadana</i> and their relevance in mental well-being <i>Kleshas</i> and their significance in Yoga Ashtanga Yoga of Patanjali : its purpose and effects, its significance	16
1.5	Yoga and Value Education	Concept of Value- Nature, Role and Classification Rationale of Value Education Aims and Objectives of Value Education Yoga as a Method of Value Education	4
TOTAL			40



PAPER 2
ANATOMY & PHYSIOLOGY OF YOGA (MODERN VIEW) AND YOGIC ANATOMY & MENTAL HEALTH
 (Number of Lectures-40)

	TOPICS	SUB-TOPICS	HRS
2.1	Introduction to Human Systems	The Nine Systems of Human Body	9
		Functions of different systems of Human Body	
		Introduction to Sensory Organs	
		Neuromuscular coordination of Sensory Organs	
		Basics of Exercise Physiology	
2.2	Yoga and Health	Homeostasis	6
		Benefits of Various asana on different parts of the human body	
		The limitations and contra-indications of specific Yoga practices	
2.3	Yoga for Wellness- Prevention and Promotion of Positive Health	Health, its meaning and definitions	12
		Yogic concepts of health and diseases	
		Concept of Pancha kosha	
		Concept of Triguna	
		Concept of Panchamahabhutas	
		Yogic principles of Healthy-Living	
2.4	Yoga & Stress Management	Introduction to yogic diet and nutrition	6
		Concept of stress according to modern science and Yoga	
		Human Psyche: Yogic and modern concepts, Behavior and Consciousness	
		Frustration, Conflicts, and Psychosomatic disorders	
		Role of Yoga in Stress management	
2.5	Yoga & Mental Health	Relationship between Mind and Body	7
		Define Mental health, Holistic Health, Medical & Yogic perspective	
		Definition of Yoga in relation to Mental health	
		Mental Hygiene and Role of Yoga in Mental Hygiene	
		Mental health: a Yogic perspective	
		Prayer and meditation for mental health	
		Psycho-social environment and its importance for mental health (Yama and Niyama)	
Role of Yoga for Life management			
TOTAL			40



PAPER 3
TEACHING PRACTICE & VIVA-VOCE
(Number of Sessions – 40 that involve theoretical discussions and lesson plans)

	TOPICS	SUB-TOPICS	HRS
3.1	Scope	The scope of practice of Yoga and how to assess the need for referral to other professional services when needed	6
		Observed capacity for, well-developed communication skills: listening, presence, directive and non-directive dialogue.	
3.2	Demonstrated Ability	To recognize, adjust, and adapt to specific aspirant needs in the progressive classes	10
		To recognize and manage the subtle dynamics inherent in the teacher - aspirant relationship	
3.3	Principles and Skills	Familiarity with and demonstrated ability to apply effective teaching methods, adapt to unique styles of learning,	6
3.4	Educating Aspirants	provide supportive and effective feedback, acknowledge the aspirant's progress, and cope with difficulties	6
3.5	Group Practice	Familiarity with and Demonstrated ability to design and implement group programs	12
		Familiarity of group dynamics and allied techniques of communication skills, time management, and the establishment of priorities and boundaries	
		Familiarity with techniques to address the specific needs of individual participants, to the degree possible in a group setting	
TOTAL			40



YOGA PRACTICALS

ASANAS (48 hrs)

Supine Asanas

Shavasana
Ardhahalasana (one leg/ both leg)
Uttanapadasana Pawanamuktasana
(Ardha /Purna) Setubandhasana
Naukasana (Supine)
Viparitarani
Sarvangasana
Matsyasana Halasana

Prone Asanas

Bhujangasana
Ardhashalabhasana
Shalabhasana
Naukasana (Prone)
Dhanurasana
Makarasana

Sitting Asanas

Vakrasana
Ardhamatsyendrasana
Janushirasana
Paschimotanasana
Parvatasana Vajrasana
Ustrasana Yoga
mudra
Akarnadhanurasana
Kakasana (Bakasana)
Simha Asana
Mandukasana
Uttana Mandukasana

Standing Asanas

Tadasana
Chakrasana (Lateral)
Vrikshasana
Padahastasana Trikonasana

Meditative Asana

Ardhapadmasana (Virasana)
Padmasana
Swastikasana Samasana Siddhasana

OTHER PRACTICES

Brahma Mudra
Uddiyana Bandha (Bahya)

BREATHING & PRANAYAMA (12 hrs)

Preparatory Breathing Practices

- Abdominal
- Thoracic
- Clavicular
- Full Yogic Anuloma Viloma Ujjayi
Sheetali Sheetakari Bhramari Suryabhedana
Bhastrika

KRIYAS (6 hrs)

Kapalabhati Jala Neti Rubber Neti Vamana Dhauti Agnisara
Trataka

PRACTICES LEADING TO MEDITATION (6 hrs)

- Familiarity with and Demonstrated ability to perform
Dharana and Dhyana and to demonstrate allied practices
like Mudras, Mantra Japa etc
- Familiarity with the concept of environment for
meditation and the benefits of meditation on health and
well-being and its practical application in modern life

MANTRA RECITATION

- o Pranavajapa
- o Swasti Mantra
- o Gayatri Mantra
- o Maha Mrityunjaya Mantra
- o Om Stavan

ADDITIONAL COMPONENTS, OTHER THAN KAIVALYDHAMA TRADITION

SukshmaVyayama (2 hrs)

- Neck
- Shoulder
- Trunk
- Knee
- AnkleSuryanamaskar (6 hrs) Sadanta Pranayama
Chandrabhedan Pranayama.



REFERENCE BOOKS

Paper – I : Introduction to Yoga & Yogic Practices

1. Swami Muktibodhananda, Hatha Yoga Pradeepika, The light on Hathayoga, Bihar School of Yoga, Munger, 1985.
2. Ghatore, M.L. Hatharatnavali of Srinivasayogi, The Lonavala Yoga Institute, Lonavala, 2002.
3. Swami Digambarji, Gheranda Samhita, The Lonavala Yoga Institute, Lonavala,
4. प्रणव योग : दीपेश वत्स
5. हठयोग प्रदीपिका– स्वात्माराम योगी
6. घेरण्ड संहिता– घेरण्ड ऋषि
7. योग परिचय– पीताम्बर झा
8. आसन, प्राणायाम, मुद्रा बन्ध– स्वामी सत्यानन्द
9. बहिरंग योग – स्वामी योगेश्वरानन्द

Paper - 2 : INTRODUCTION TO HUMAN SYSTEMS & HEALTH

1. Gore, M.M., Anatomy and Physiology of Yogic practices, Kanchan Prakshan, Lonavala, 2003.
2. Shirley Telles, A Glimpse of the Human body. V K YOGAS, Bangalore, 1995
3. Sri Krishna, Notes on Structure and Functions of Human Body and Effects of Yogic practices on it Kaivalydhama S.M.Y.M Samiti, Lonavala, 1988.
4. Chatterjee, C.C., Human Physiology (Vol. I & II), Medical Allied Agency, Culcutta, 1992
5. Guyton, Textbook of Medical physiology, 9th edition.
6. शरीर रचना विज्ञान – डॉ० मुकुन्द स्वरूप वर्मा
7. शरीर क्रिया विज्ञान – डॉ० प्रियव्रत शर्मा
8. शरीर रचना व क्रिया विज्ञान – डॉ० एस० आर० वर्मा

