

**CERTIFICATE COURSE IN YOGA EDUCATION**

- A. Course Objectives:** This course has been prepared with the following objectives in mind:-
1. To enable student to become competent and committed professionals willing to perform as Yoga trainer.
  2. To make student to use competencies and skills needed for becoming an effective Yoga trainer
  3. To enable student to understand the types of the types of Yoga
  4. To acquaint student with the practical knowledge of Yogasana, Kriyas, Bandhas, Mudras, Yogic Therapy and Pranayama
  5. To enable student to prepare the Yoga programme
  6. To enable students to understand the Yogic therapy and its application.

- B. Course Structure:** The certificate course basically comprises of six modules. They are as follows:
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| 1. Yoga and Physical Education                       | 05 hours |
| 2. Anatomy and Physiology of Yogic Practices         | 15 hours |
| 3. Traditional Yoga                                  | 10 hours |
| 4. Yoga and Mental Health                            | 05 hours |
| 5. Teaching Methodology in Yoga (Theory & Practical) | 15 hours |
| 6. Practical   | 30 hours |

<b>Total</b>	<b>80 hours</b>
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**C. Important Informations Related to Course:**

Duration	Six Weeks
No. of seats	30
Minimum Qualification	Senior Secondary (10+2) with ability to follow lectures both in Hindi and English
Maximum Age	35 Years as on the last date of application.
Course Fee	Rs. 8000/-

**D. Evaluation Guidelines:**

Marks	(%) Grades	Division
Less than 35	Nil	Fail
35-39	C	3 <sup>rd</sup> Division
40-44	C-	
45-49	C+	
50-54	B-	2 <sup>nd</sup> Division
55-59	B	
60-64	B+	
65-69	A-	1 <sup>st</sup> Division
70-79	A	
80 and above	A+	1 <sup>st</sup> Division with Distinction

**E. Course Content:**

**Introduction**

Along with professionals courses the certificate course in yoga education also contribute and developing a bright career. It aims to disseminate the knowledge and proficiency in health and hygiene, personality development, relaxation and concentration etc. through this course.

(i) **Theory (50 Hrs.)**

- Unit-I: Yoga and Physical Education: (5 hrs)**  
Concepts of Yoga and Physical Education; Aims and Objectives of Yoga and Physical Education; Comparison in physical exercise and Yogic Practices; Problems of integration of personality tackled in Yoga; Application of Yoga in Physical Education; Utility of Yoga techniques in Physical Education
- Unit-II: Anatomy and Physiology of Yogic Practices: (15 hrs)**  
Introduction of human body and systems in brief with special reference to stress on respiratory, digestive, muscular and nervous system; Postural Physiology with reference to Aasanas; Asana-Definition and classification. Similarities and dissimilarities, between Asana and exercise; Pranayam- Definition and classification. Difference between Pranayam and deep breathing importance of Rechka, Kumbhaka, Purraka; Introduction to Kriyas, Mudras and Bandhas in brief.
- Unit-III: Traditional Yoga: (10 hrs)**  
Introduction, definition of yoga according to Patanjali, Geeta, Hath Pradipika, Gherand Samhita etc.; Yoga sutra as given in Astang Yoga of Charandas: Sanyam, Yama, Niyama, Asana, Vayu, Nadi, Pranayama and types of Kumbhakas; Pratyahara, Dharana, Dhyana, Samadhi, Satkarma Mudra and Bandh
- Unit-IV: Yoga and Mental Health: (5 hrs)**  
Health, Mental Health, Hygiene, Mental hygiene: Yogic and Medical perspectives; Concept of normality: Psychological and yogic approaches; Emotional Disorders: Causes, Effects and Remedies in Patanjali Yogic approaches; Prayer-its significance in yogic practices; Anger stress management through yoga; Asthama, B.P., Diabetes, Obesities and Backache management through yoga.
- Unit-V: Teaching Methodology in Yoga: (5hrs theory +10hrs Practical)**  
Introduction: Need of practice of teaching and its use in yogic practices; Involving scientific principles in teaching of yoga practice; Presentation technique: its meaning; Presentation of specific practices: Asanas, Pranayama etc.; Teaching Aids: Its meaning and need; Class Management: Its meaning and need; Lesson Plan: Its meaning and need; Preparation of Lesson Plan in yogic practices; Time allotment in different yogic lesson plans; Lesson presentation.

(ii) **Practical (30 hrs)**

(i) **Practical Training (i) Assanas, Pranayams**

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| 1. Shirshasana        | 11. Dhanurasana     | 21. Gomukhasana       |
| 2. Sarvangasana       | 12. Paschimottasana | 22. Akranadhanurasana |
| 3. Matsyasana         | 13. Vajrasana       | 23. Tadasana          |
| 4. Halasan            | 14. Supta Vajrasana | 24. Chakrasana        |
| 5. Shavasana          | 15. Mayurasana      | 25. Pad-hastasana     |
| 6. Naukasana          | 16. Bakasana        | 26. Katasana          |
| 7. Pavanmiktaasana    | 17. Tolangulasana   | 27. Vrikshasana       |
| 8. Bhujangasana       | 18. Parvatasana     | 28. Katichakrasana    |
| 9. Ardha-Shalabhasana | 19. Janusirasana    | 29. Anulomiviloma     |
| 10. Shalvasana        | 20. Badhapadmasana  | 30. Ujjayi            |

**(ii) Mudras and Kriyas**

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| 1. Yoga Mudra     | 6. Nauli                  |
| 2. Vishnu Mudra   | 7. Kapalbhathi            |
| 3. Vipprirkarni   | 8. Agnisar                |
| 4. Simh Mudra     | 9. Vamankriya             |
| 5. Neti-jal-Sutra | 10. Recitation of Mantras |

**Note:** Practical Test and written examination would be conducted at the end of the course.

**References:**

1. Gore M.M., Anatomy and Physiology of Yogic Practices (2<sup>nd</sup> revised Edition), Kanchan Prakashan, Pune, 1991. P. 159.
2. Kuvalayananda, Swami, Yogasana (Hindi), Kaivalyadhama, Lonavla, 1992, p to 165.
3. Kuvalayananda, Swami, Asana (English), Kaivalyadhama, Lonavla, 1992
4. Charandas, Saint, Astangyoga, Translation in English by Om Prakash Tiwari, Kaivalyadhama, Lonavla, 1983, p56, (Hindi version) p. 62.
5. Digambarji, Swami and Pt. Raghunath Shastri Kokaje (ed) Hathpradipika of Swatmaram. (2<sup>nd</sup> Edition) Kaivalyadhama, Lonavla, 1998
6. Kuvalyananda, Swami, Yogasana (Hindi), Kaivalyadhama, Lonavla,Pune, 1992, pp. 166.
7. Kubalyaananda, Swami, Asana (English) Kaivalyadhama, Lonavla, 1992
8. Acharya Devbert, Asam Pranayama: Vaigyanik Vivechan Evam Chikitsa (Hindi) Srimad Dayanad Ved Vidyalaya, New Delhi, 1997, pp. 264
9. Gokhale, Yoga: its Philosophy and Science, DL Trust, Pune, 1995.
10. Tiwari, O.P, Asana: Why and How (English and Hindi), Kaivalyadhama, Lonavla,Pune, 1991, pp. 225.
11. Kuvalyananda, Swami, Yogasana (Hindi), Kaivalyadhama, Lonavla,Pune, 1992, pp. 166.
12. Kubalyaananda, Swami, Asana (English) Kaivalyadhama, Lonavla
13. Gharote M.L. and S.K. Ganguly, Teaching methods for yogic practices.