

BHARATHIDASAN UNIVESRSITY

TIRUCHIRAPPALLI – 620 024



DEPARTMENT OF PHYSICAL EDUCATION

&

YOGA CENTRE

CERTIFICATE COURSE IN YOGA

2006

SYLLABUS

Aims and Objectives:

- 1. To understand the fundamental principles of yogic practices and its scientific basis.**
- 2. To study the effect of yogic practices on selected systems in the body.**
- 3. To acquire the knowledge and training of the individual physical, mental, social and spiritual concepts.**
- 4. To acquire the knowledge of different schools of yoga.**
- 5. To study about the modern trends in yoga.**
- 6. To study about the contribution of various institutions to the development of yoga in the various field.**

BHARATHIDASAN UNIVESRSITY

TIRUCHIRAPPALLI – 620 024

CERTIFICATE COURSE IN YOGA

(Offered through Center for Distance Education)

REGULATIONS

ELIGIBILITY

A pass in VIII Standard Examination conducted by the Government of Tamil Nadu or an examination accepted as equivalent thereto by the Syndicate, subject to such conditions as may be prescribed thereof.

The applicant enjoys an average level of health and is free from serious illness or defects. To this effect, the applicant shall produce a Medical Fitness Certificate from a Registered Medical Practitioner specifying that the said applicant is fit to undergo intense practical training in all types of Yogic practices.

DURATION

The course is for a period of six months.

DISTRIBUTION OF TEACHING HOURS

There shall be three papers in all. There shall be a total number of 60 actual contact hours. Each paper shall have 20 hours.

COURSE OF STUDY

Candidates shall be permitted to do the Certificate Course concurrently with their regular programmes. The course of study shall comprise theoretical instructions, supervised practical training in Yoga practicals.

EXAMINATIONS

The examinations shall comprise only external Assessment, followed by the University Examinations at the end of the course. Candidates shall be required to register for the entire Examination at the first appearance. A candidate who does not pass the examination in any subject(s) shall be permitted to appear in such subjects in the subsequent examinations. For theory 100% External Marks.

SCHEME OF EXAMINATION

The scheme of examination shall be as follows: There shall be three papers of two theories and one Practical to test the practical competence in Yoga techniques.

CERTIFICATE COURSE IN YOGA

SUBJECT OF STUDY AND SCHEME OF EXAMINATION

TITLE OF THE PAPER	EXAM HOUR	MARKS
		EXT
Paper I Introduction To Yoga Education	3	100
Paper II Scientific Concept of Yogic Practices	3	100
Paper III Practical – Asanas, Pranayamas, Kriyas & Meditations	3	100
TOTAL		300

PASSING MINIMUM

A candidate shall be declared to have passed in each paper if he/she secures not less than 40 marks in the University Examination. He/She shall be declared to have passed the whole examination & qualified for the Certificate course in yoga if he/she passes in all the ten papers.

CLASSIFICATION OF SUCCESSFUL CANDIDATES

Those who secure 60% or above the maximum marks shall be declared to have passed in first class. Those who secure 50% or above but below 60% shall be declared to have passed in second class. All others who secure 40% or above but less than 50% of marks shall be declared to have passed the examination in third class.

Award Of Certificate course in yoga

A candidate shall be eligible for the award of the Certificate course if student has passed all the examinations prescribed thereof.

REVISION OF REGULATIONS AND CURRICULUM

The University may from time to time revise, amend and change the regulations and curriculum if found necessary.

PAPER – I INTRODUCTION TO YOGA EDUCATION

UNIT:I

Introduction

Meaning – Definition - Need and Importance of yoga – Misconception about yoga.

UNIT:II

History of yoga – Buddhism: Eight fold path – Jainism: Tri - ratna Theory.

UNIT: III

Patanjali's astanga yoga: Eight limbs of Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi

UNIT- IV

Schools of yoga: Karma yoga, Gnana Yoga, Bhakthi yoga, Mantra Yoga, Hatha yoga, and laya yoga.

UNIT-V

Contribution of different yoga institutions - kaivalyadhama of Lonavala - Bihar school of yoga -Swami Vivekananda Yoga Anusandhana Samasthana - Bharathidasan University Yoga Centre - Santa Cruz.

REFERENCE BOOKS:

1. Swami Kuvalayananda and Dr.S.L. Vinekar Yogic therapy, Kaivalyadhama SM YM samiti, Lonavla, Pune Dist, Maharashtra.
2. Swami kuvalayananda: Pranayama, Kaivalyadhama, Lonavala, Pune.
3. Bangali Baba, Yoga Sutra of Patanjali, Motilal Banaridass Publishers, 1996.
4. Swami Satyananda Saraswati, A systematic course in the ancient tantric techniques of yoga and kriya, Bihar school of yoga, Bihar, 1981.
5. Dr. P. Mariayyah: Asanas, Sports Publications, Raja Street, Coimbatore-1.
6. Dr. K. Chandrasekaran, Sound Health Through Yoga, Prem Kalyan Publications, Sedapatti, Tamilnadu 1999.
7. Dr.M.L. Gharote and S.K. Ganguly. Teaching methods for yogic practice, Kaivalyadhama, Lonavla.
8. Dr. M.L. Gharote, applied yoga kaivalyadhama, Lonavla.
9. Sri. O.P. Tiwari: Asanas why? And How? Kaivalyadhama, Lonavla.
10. Yoga mimamsa journal (Back volume) Kaivalyadhama, Lonavla.

PAPER – II SCIENTIFIC CONCEPT OF YOGIC PRACTICES

UNIT: I

Introduction to Human Anatomy and Physiology – Need and Scope of Anatomy and Physiology in Yoga –Types of various systems in the Human Body.

UNIT: II

Concept of Yogic Practices – Kinds of Yogic Practices: Asana, Pranayama, Kriya, Bandha, Mudra, Dhyana.

UNIT: III

Asana: Meaning - Principles of practicing asanas– Classification of asana.

UNIT: IV

Pranayama – Meaning – Stages of Pranayama: Puraka, Rechaka, & Kumbhaka - Breathing regulation- Benefits of Pranayama.

UNIT: V

Kriyas & Dhyana (Meditation) – Types of kriya - Methods of practicing & Benefits of: Kapalabhati & Neti. - Meditation: Meaning – Types of Meditation – Breath awareness – Body Awareness- Transcendental Meditation.

REFERENCE BOOKS:

1. Swami Kuvalayananda and Dr.S.L. Vinekar Yogic therapy, Kaivalyadhama SM YM samiti, Lonavla, Pune Dist, Maharashtra.
2. Swami kuvalayananda: Pranayama, Kaivalyadhama, Lonavala, Pune.
3. Bangali Baba, Yoga Sutra of Patanjali, Motilal Banaridass Publishers, 1996.
4. Swami Satyananda Saraswati, A systematic course in the ancient tantric techniques of yoga and kriya, Bihar school of yoga, Bihar, 1981.
5. Dr. P. Mariayyah: Asanas, Sports Publications, Raja Street, Coimbatore-1.
6. Dr. K. Chandrasekaran, Sound Health Through Yoga, Prem Kalyan Publications, Sedapatti, Tamilnadu 1999.
7. Dr.M.L. Gharote and S.K. Ganguly. Teaching methods for yogic practice, Kaivalyadhama, Lonavla.
8. Dr. M.L. Gharote, applied yoga kaivalyadhama, Lonavla.
9. Sri. O.P. Tiwari: Asanas why? And How? Kaivalyadhama, Lonavla.
10. Yoga mimamsa journal (Back volume) Kaivalyadhama, Lonavla.

PAPER - III

Practical – Asanas, Pranayamas, Kriyas & Meditations

UNIT: I

MEDITATIVE ASANAS:

SITTING TYPES:

1. Padmasana
2. Siddhasana
3. Vajrasana

RELAXATIVE ASANAS:

1. Makarasana
2. Savasana

UNIT: II

CULTURAL ASANAS:

STANDING TYPES:

1. ARDHA CHAKRASANA
2. PADAHASTASANA
3. TRIKONASANA

SITTING POSTURES:-

1. Yoga Mudra
2. Paschimottasana.
3. Ustrasana
4. Vakrasana

UNIT: III

CULTURAL ASANAS:

Supine type:

1. Navasana
2. Halasana
3. Sarvangasana
4. Matsyasana
5. Uttana Padasana

PRONE TYPE POSTURES:

1. Salabhasana
2. Bhujangasana
3. Dhanurasana

UNIT: IV

TYPES OF PRANAYAMA:

Sectional Breathing:

1. Abdominal Breathing
2. Thoracic Breathing
3. Clavicular Breathing
4. Full yogic Breathing

Pranayamas:

1. Nadi Suddhi
2. Nadi shodhana
3. Sitali
4. Sitkari
5. Bhramari pranayama

UNIT: V**MEDITATION:**

Preparation for Meditation - Meditation: Body Awareness, Breath Awareness – Transcendental Meditation - Kriyas: Jala Neti, Sutra Neti and Kapalabhati.

REFERENCE BOOKS:

1. Swami Satyananda Saraswati, A systematic course in the ancient tantric techniques of yoga and kriya, Bihar school of yoga, Bihar, 1981.
2. Swami kuvalayananda: Pranayama, Kaivalyadhama, Lonavala, Pune.
3. Dr. P. Mariayyah: Asanas, Sports Publications, Raja Street, Coimbatore-1.
4. Dr. K. Chandrasekaran, Sound Health Through Yoga, Prem Kalyan Publications, Sedapatti, Tamilnadu 1999.
5. Sri. O.P. Tiwari: Asanas why? And How? Kaivalyadhama, Lonavla.
