

Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati
Autonomous Status
Department of Yoga
Certificate Course in Yoga Education
2022-23

PREAMBLE: -

Yoga is an age-old traditional Indian psycho-philosophical-cultural Method of leading one's life that alleviates stress induces relaxation and provides multiple health benefits to the person following its system. The word 'yoga' is derived from the Sanskrit root 'yuj' meaning 'to join', 'to yoke' or "to unite". Therefore the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga .As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

GENERAL OBJECTIVES OF THE COURSE:-

1. To enable student to become competent and committed professionals willing to perform to develop yoga understanding.
2. To make student to use competencies and skills needed for becoming an effective Yoga instructor.
3. To enable student to understand the aim of Yoga.
4. To acquaint student with the practical knowledge of Asana, Kriyas, Pranayama, Bandhas - Mudras, & Meditation.
5. To get acquaint with the knowledge of Yogic Therapy.
6. To enable student to prepare the Yoga programme and to know how to conduct the yoga lesson.

DURATION OF THE COURSE:-

The duration of the course shall be of Three months. (36 contact hours) (Theory Part- 20 hours and Practical – 16 hours)

ELIGIBILITY FOR ADMISSION: -

1. Any Faculty.
2. Age Limit: - 18 to 60 Years (Both inclusive).

3. Intake Capacity: - 50 Students Only
4. Medical Test: - Candidates should be medically fit and sound. Provided other conditions of admissions are fulfilled.

MEDIUM OF INSTRUCTION AND EXAMINATION:-

1. Course will be taught Marathi and/or English and question papers shall be set in Marathi & English.
2. The candidate appearing for the Certificate Course in Yoga Education Course Examination will have the option of answering all papers either in English or in Marathi in Part-I (Theory). This option can be exercised paper wise and not section wise or question wise

STRUCTURE OF CERTIFICATE COURSE IN YOGA EDUCATION PROGRAMME: -
Certificate course in Yoga Education' Course Programme shall be of 100 marks as follows: A Part of Theory assessment 50 marks and Practical assessment 50 marks.

ELIGIBILITY FOR APPEARING AT CERTIFICATE COURSE IN YOGA EXAMINATION:-

Student should keep the terms with at least 100% attendance. He/she should complete all the practical and other work expected in all parts of the syllabus.

FINAL EXAMINATION:-

1. THEORY: - A Final examination will be held at the end of the course which shall be called "Final Examination". This examination will be of 50 marks and of three hours duration for each theory course.
2. FINAL PRACTICE LESSON: -There shall be final practical lesson conducted at the end of the Course.

STANDARD OF PASSING: -

1. A student has to obtain minimum 40% of marks in each theory paper.
2. A student has to obtain 40% of marks in practical examination separately.

COMMENCEMENT OF THE COURSE: -

The dates for commencement and conclusion of the course shall be fixed by the Department.

SYLLABUS:-

The course consists of Theory, Practical, and Teaching methods.

Sr. No.	Subject code	Subject Name	Periods Theory	Practical Periods	Evaluation Final Exam	Total
1	YE-1	Traditional Yoga	07	-	15	50
2	YE-2	Yoga & Wellness	06	-	15	-
3	YE-3	Anatomy and Physiology of Yogic Practices	09	-	20	-
4	Practical	Practical Training in Yoga	-	16	50	50
5	-	-	-	-	-	100

YE. 1:- TRADITIONAL YOGA:-

- a. Literature of Yoga (Yoga Sutra, Gita, Hathapradipika etc.)
- b. Asthanga Yoga
- c. Mudras & Bandhas
- d. Satkarma

YE. 2:- YOGA & WELLNESS: - YOGA & MENTAL HEALTH:-

- a. Mental Health & Hygiene : Yogic & Medical Perspectives, Yoga & Modern Psychology, Emotional disorders, conflicts, frustration, Personal & interpersonal adjustments through yoga, Prayer – its significance in yogic practices
- b. YOGA HEALTH & FITNESS:- Meaning, yoga dimensions of health related fitness, Role of nostril dominance in brain function & activity, Scientific reasoning behind the various Asana & Difference between Asana & Exercise, Diet for preventive & curative aspects of health, Researches done in yoga – an overview
- c. EMOTIONAL HEALTH :- The limbic brain, Stress and disease, Insights of Pranayama for modern healing, Yoga therapy and mental illness, Anger and anxiety, Depression

YE. 3:- ANATOMY AND PHYSIOLOGY OF YOGIC PRACTICES: -

- a. Introduction to human body and systems in brief with special reference to Respiratory, Digestive, Muscular and Nervous systems.
- b. Postural physiology from therapy aspects for lordosis, khyphosis, scoliosis in reference to asana.
- c. Asana- definitions and classifications, Difference between Pranayama and deep breathing & concept of Inhalation (Puraka), Retention (Kumbhaka), & Exhalation (Rechaka),
- d. Introduction to kriyas, mudras and Bandha in brief.

PRACTICAL TRAINING IN YOGA II. PRACTICALS ASANAS:-

Sr. No.	Name of Asanas
1	Pavanmuktasana
2	Naukasana
3	Viparitararani
4	Sarvangasana
5	Matsyasana
6	Halasana
7	Bhujangasana
8	Shalabhasana
9	Tadasana
10	Padahastasana
11	Utkatasana
12	Parvatasana
13	Vajrasana
14	Padmasana
15	Makarasana
16	Kukkutasana
17	Mayurasana
18	Supta Vajrasanai
19	Makarasana
20	Shavasana

PRANAYAMA: - Anuloma-viloma, Suryabhedana, Ujjayi & Shitali

BANDHAS AND MUDRA: - Jalandhara Bandha, Uddiyana Bandha, Jivha Bandha & Mula Bandha

KRIYAS: - Jala Neti, Nauli, Kapalabhati & Trataka

BOOKS FOR REFERENCE:-

1. Iyengar, B.K. (2005). Yoga Deepika. Orient Longman Pvt. Ltd. Mumbai
2. Swami, S.S. (2008). Asana, Pranayam. Mudra Bandha, Bhargava Bhushan Press, Varanasi
3. Iyengar, B.K. (2010). Light on the Yoga Sutras of Patanjali. Orient Longman Pvt. Ltd. Mumbai
4. Iyengar, B.K. (2008). Light on Yoga. Orient Longman Pvt. Ltd. Mumbai
5. Iyengar, B.K. (2008). Light on Pranayama. Orient Longman Pvt. Ltd. Mumbai
6. Gore, M.M. (2009). Anatomy & Physiology of Yogic Practices. Kanchan Prakashan
7. Bates, M. (2008). Health Fitness Management. Human Kinetics. USA.