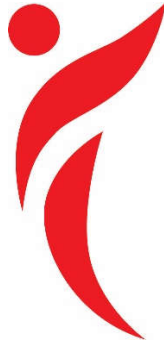




Savitribai Phule Pune University
(formerly University of Pune)

Department of Physical Education
under the
Faculty of Inter-disciplinary Studies



Certificate Course in
Yoga Education
2017-2018

CERTIFICATE COURSE IN YOGA EDUCATION

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 :-**

- ✧ To enable student to become competent and committed professionals willing to perform to develop yoga understanding.
- ✧ To make student to use competencies and skills needed for becoming an effective Yoga instructor.
- ✧ To enable student to understand the aim of Yoga.
- ✧ To acquaint student with the practical knowledge of Asana, Kriyas, Pranayama, Bandhas -Mudras, & Meditation.
- ✧ To get acquainted with the knowledge of Yogic Therapy.
- ✧ 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. (180 contact hours) Each working Day shall consist of Three hours of Two hours of theory and Practical Work One hours. Course Timings - 3.00 pm to 6.00 pm (on all working days of the week except University holidays). (Theory Part- 120 hours and Practical – 60 hours)

*** ELIGIBILITY FOR ADMISSION :-**

- ✧ Minimum XII Std. or equivalent examination passed from Govt. Board
- ✧ **Age Limit :-** 18 to 60 Years (Both inclusive)
- ✧ **Intake Capacity :-** 50 Students Only
- ✧ **Medical Test :-** Candidates should be medically fit and sound.
- ✧ Provided other conditions of admissions are fulfilled.

*** COURSE FEE :-**

Category		Sub - Category	Fees to be paid
A	Students who have been admitted in Savitribai Phule Pune University or Its affiliated Colleges	A-1 : Indian Students	Rs. 5,000/- (Rupees Five Thousand only)
		A-2 : International Students	Rs. 25,000/- (Rupees Twenty Five thousand only) *International Students should apply through International Centre, SPPU.
B	Others (Indian Nationals : Not included in above A-1 & A-2 Category)	B : Others (i.e. Only Indian Nationals)	Rs. 10,000/- (Rupees Ten Thousand Only)

*** MEDIUM OF INSTRUCTION AND EXAMINATION :-**

- ✧ Course will be taught Marathi and/or English and question papers shall be set in Marathi & English.
- ✧ 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 600 marks as follows :

Area	Part	Head	Assessment	Marks
Theory	I	IV	Assessment	400
Practical (Internal Assessment)	II	II	Internal Assessment	200
Overall Total :-				600

*** ELIGIBILITY FOR APPEARING AT CERTIFICATE COURSE IN YOGA EXAMINATION :-**

Student should keep the terms with at least 75% attendance. He/she should complete all the practical and other work expected in all parts of the syllabus.

*** FINAL EXAMINATION :-**

✧ **THEORY :-**

A Final examination will be held at the end of the course which shall be called "Final Examination". This examination will be of 80 marks and of three hours duration for each theory course.

❖ **FINAL PRACTICE LESSON :-**

There shall be final practical lesson conducted at the end of the Course.

❖ **STANDARD OF PASSING :-**

- ☆ A student has to obtain minimum 40% of marks in each theory paper & 50% of marks in aggregate i.e. Part-I examination.
- ☆ A student has to obtain 50% of marks in practical examination separately i.e. Part-II.
- ☆ A student has to obtain 50% aggregate marks together in Part –I & Part –II

❖ **AWARD OF CLASS :-**

Class will be awarded to the students at the end of the course on the basis of aggregate Marks obtained by him/her in each part separately

Sr. No.	Class	Part- I	Part – II
1	First Class with Distinction	70% & above	70% & above
2	First Class	60% & above but less than 70%	60% & above but less than 70%
3	Higher Second Class	55% & above but less than 60%	55% & above but less than 60%
4	Second Class	50% & above but less than 55%	50% & above but less than 55%
5	Pass Class	45% & above but less than 50%	45% & above but less than 50%

☆ **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	Per Week Practical	Evaluation Final Exam	Scheme Internal	Total
1	YE-1	Traditional Yoga	02	----	80	20	100
2	YE-2	Yoga & Wellness	03	----	80	20	100
3	YE-3	Anatomy and Physiology of Yogic Practices	02	----	80	20	100
4	YE-4	Teaching Practices in Yogic Science	03	----	80	20	100
5	Practical	Practical Training in Yoga	----	05	100	100	200

YE. 1 :- TRADITIONAL YOGA :-

- ✧ Literature of Yoga (Yoga Sutra, Gita, Hathapradipika etc.)
- ✧ Panchikarana Prakriya & Concept of five elements.
- ✧ Limbs of Yoga
- ✧ Kumbhkas – Meaning & Types
- ✧ Asthang Yoga
- ✧ Awakening of the Kundalini, Nada, Chakra, Pratyahara, Dharana Dhyana, Samadhi
- ✧ Mudras & Bandhas
- ✧ Satkarma & Siddhis

YE. 2 :- YOGA & WELLNESS :-

✧ YOGA & MENTAL HEALTH :-

- Mental Health & Hygiene : Yogic & Medical Perspectives
- Yoga & Modern Psychology,
- Emotional disorders, conflicts, frustration
- Personal & interpersonal adjustments through yoga
- Prayer – its significance in yogic practices

✧ 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

✧ 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 :-

- ✧ Introduction to human body and systems in brief with special reference to Respiratory, Digestive, Muscular and Nervous systems.

- ✧ Postural physiology from therapy aspects for lordosis, khyphosis, scoliosis in reference to asana.
- ✧ Asana- definitions and classifications,
- ✧ Difference between Pranayama and deep breathing & concept of Inhalation (Puraka), Retention (Kumbhaka), & Exhalation (Rechaka),
- ✧ Introduction to kriyas, mudras and Bandha in brief.

YE. 4 :- PRACTICE TEACHING IN YOGA :-

- ✧ Introduction : Need of Practice Teaching and its use in Yogic Practices
- ✧ Scientific principles involving yogic practice teaching
- ✧ Presentation techniques : its meaning
- ✧ Teaching Aids : its meaning and need
- ✧ Class management : its meaning and need
- ✧ Lesson Plan : Meaning and Need
- ✧ Preparation of lesson plan in yogic practices
- ✧ Time allotment in different yogic lesson plans
- ✧ Lesson presentation

PRACTICAL TRAINING IN YOGA

II. PRACTICALS

*** ASANAS :-**

Sr. No.	Name of Asanas	Sr. No.	Name of Asanas
1	Pavanmuktasana	20	Ushtrasana
2	Naukasana	21	Baddha –padmasana
3	Viparitarani	22	Uttanamandukasana
4	Sarvangasana	23	Chakrasana (Sideward)
5	Matsyasana	24	Chakrasana (Backward)
6	Halasana	25	Virkshasana
7	Bhujangasana	26	Tadasana
8	Shalabhasana	27	Padahastasana
9	Dhanurasana	28	Utkatasana
10	Vakrasana	29	Parvatasana
11	Ardha-Matsyendrasana	30	Vajrasana
12	Paschimatanasana	31	Padmasana
13	Supta Vajrasanai	32	Siddhasana
14	Yoga Mudra	33	Swastikasana
15	Simhasana	34	Shavasana
16	Gomukhasana	35	Makarasana
17	Matsyendrasana	36	Brahmamudra
18	Mayurasana	37	Kukkutasana
19	Uttana Kurmasana	----	-----

* **PRANAYAMA :-**

- ✧ Anuloma-viloma
- ✧ Suryabhedana
- ✧ Ujjayi
- ✧ Shitali

* **BANDHAS AND MUDRA :-**

- ✧ Jalandhara Bandha
- ✧ Uddiyana Bandha
- ✧ Jivha Bandha
- ✧ Mula Bandha

* **KRIYAS :-**

- ✧ Jala Neti
- ✧ Nauli
- ✧ Kapalabhati
- ✧ Trataka

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