

Savitribai Phule Pune University
Students' Health Service Scheme

Certificate Course in Yoga

Admission process for three months duration Certificate Course in Yoga will start from 15th July, 2016 at 11 am till 31st July 2016. The course is being held since 2003 in collaboration with Shriman Madhav Yog Mandir Samiti Kaivalyadhama, Lonavala.

Daily Theory classes will commence from 1st August 2016 between 3.45 to 5.15 (Except University Holidays), Practical Classes 5.15 to 6.15 p.m. (Except University Holidays)

Eligibility - XII Std pass. Medium of instructions – English.

Application forms & bank challans are available at the office of Student's Health Service Scheme, University of Pune campus from 15th July, 2016. Total seats available are 50 only. Those who are interested should contact Dr. S. M. Dudhgaonkar, Coordinator, Health Centre & Resident Medical Officer. (Phone no. 25601350)

Admission will be given on first come first serve basis.

Important Instruction : Please bring with you all necessary educational certificates, its Xerox copies and photo identity, one photograph while coming for admission. If granted admission, student has to pay requisite fee on the same day at Bank of Maharashtra at University campus.

Website : **WWW.unipune.ac.in/healthcentre**

Dr. S.M. Dudhgaonkar
Resident Medical Officer

(Information copy)

SAVITRIBAI PHULE PUNE UNIVERSITY

STUDENTS HEALTH SERVICE SCHEME

(website : www.unipune.ac.in./healthcentre)

CERTIFICATE COURSE IN YOGA

A part time Certificate Course in Yoga is being conducted by the Students' Health Service Scheme, Savitribai Phule Pune University in collaboration with Kaivalyadham Sriram Madhava Yoga Mandir Samiti, Lonavala. The Certificates will be issued jointly by Kaivalyadhama, Lonavala and Students' Health Service Scheme.

The aim of this course is to train and prepare deserving candidates in the esoteric aspect of Yoga which deals with the problems of integration of personality as a first step to prepare oneself for the higher esoteric practices. As such the course will deal only with this esoteric aspect of Yoga. The students will also be grounded fairly well in the various academic aspect of the subject so that they may find themselves well equipped.

Eligibility for admission : Minimum XII std or Equivalent Exam. passed from Govt. Board

Age limit : 18 to 60 years (both inclusive)

Intake capacity : 50 students only

Duration of the Course : 3 months.(August, September & October, Examination in November)

Course Timings : 3.45 p.m. to 6.00 p.m. (on all working days of the week except University holidays)

Medium of Instructions, examination etc : English.

Examination : 5 Theory papers , viva-voce, practical & Yoga teaching ability .

Successful candidate will be given Certificate

Fees :

Category & sub-category	Sub- category	Fees to be paid
A : Students who have been admitted in University of Pune and/ or its affiliated Colleges	A-1 International students	US \$ 500/- (Five Hundred US dollars only) International students should apply through International Students' Centre, University of Pune
	A-2 Indian Students	Rs. 5,000/- (Rs. Five Thousands only)
B: Others (Indian Nationals : Not included in above A1 or A2 category)	B Others- (i.e. only Indian Nationals)	Rs. 10,000/- (Rs. Ten Thousands only)

Venue : **Yoga-Mandiram** , 1st Floor , above Students' Health Service Scheme, Behind University Health Centre, Savitribai Phule Pune University , Pune-7

Contact : Dr. S. M. Dudhgaonkar, Course Director : Phone : 2569 1349, 2560 1350 , 2569 3295
(between 11 am to 5 p.m.)

Syllabus of the Course : (Displayed at the office of Students' Health Service Scheme office)

Forthcoming batch for **Certificate Course in Yoga** will be from : 1st August, 2016

Admission for the course will start from : 15th July, 2016 at 11. am to 31st July, 2016 on first come first serve basis. Students are requested to bring with them original and true copies of the documents (H.S.C. & above, photo identity , photo .) Fees to be remitted through Bank : Bank Time : 10.30 am to 4.30 p.m. on the same day of admission at Bank of Maharashtra , University Branch)

योग प्रमाणपत्र अभ्यासक्रम : (प्रवेश दिनांक १५ जुलै २०१६ पासून सुरु)

विद्यार्थी आरोग्य सेवा योजना, सावित्रीबाई फुले पुणे विद्यापीठ व श्रीमान माधव योग मंदिर समिती कैवल्यधाम, लोणावळा यांच्या संयुक्त विद्यमाने अर्धवेळ तिन महिने कालावधीच्या योगप्रमाणपत्र अभ्यासक्रमास १५ जुलै २०१६ ठिक ११ वाजल्यापासून ते जागा शिल्लक असेपर्यंत म्हणजे दिनांक ३१ जुलै २०१६ प्रवेश देण्यात येणार आहे.

अभ्यासक्रमाची वेळ दुपारी ३.४५ ते सायंकाळी ६.१५ अशी राहिल.

अभ्यासक्रमासाठी किमान पात्रता १२ वी पास (इंग्रजी विषयासह) असून अभ्यासक्रम इंग्रजी माध्यमातून शिकविला जाईल. तसेच अभ्यासक्रमास प्रवेशासाठी प्रथम येईल त्याला प्रथम प्रवेश याप्रमाणे पहिल्या ५० व्यक्तींना प्रवेश दिला जाईल. विद्यापीठ नियमाप्रमाणे वर्गात उपस्थिती असणे आवश्यक आहे.

अभ्यासक्रमाचा कालावधी १ ऑगस्ट २०१६ ते ३१ ऑक्टोबर २०१६.
महत्वाची सुचना :

प्रवेशासाठी येताना आपल्यासोबत एच.एस.सी. किंवा त्यापेक्षा अधिक शैक्षणिक पात्रता असल्यास तशी प्रमाणपत्रे व त्याच्या छायांकीत प्रती, फोटो आयडेन्टीटी, व एक फोटे घेउन येणे आवश्यक आहे. प्रवेश मिळाल्यास त्याच दिवशी विद्यापीठ आवारातील बॅकेत रोख शुल्क भरणे आवश्यक आहे.

तरी इच्छूकांनी डॉ. शशिकांत दुधगांवकर, आरोग्य केन्द्र, सावित्रीबाई फुले पुणे विद्यापीठ यांचेशी संपर्क साधावा.

(दुरध्वनी क्र ०२० २५६०१३५०)

वेबसाईट : www.unipune.ac.in/healthcentre

डॉ. शशिकांत दुधगांवकर
निवासी वैद्यकीय अधिकारी व
समन्वयक, योग प्रमाणपत्र अभ्यासक्रम

SYLLABUS : Certificate Course in Yoga

ANATOMY AND PHYSIOLOGY OF YOGIC PRACTICES

1. Introduction to Human Body and systems in brief with special reference to Respiratory, Digestive, Muscular and Nervous systems.
2. Postural Physiology with reference to Asana.
3. Asana – Definition and Classification, Similarities and dissimilarities between Asana and Exercises .
4. Pranayama–Definition and Classification, Difference between pranayama and deep breathing . Importance of Rechaka, Kumbhaka, Puraka.
5. Introduction to Kriyas, Mudras and Bandhas in brief.
6. Points 3,4 and 5 above are to be explained in relation to Anatomy and Physiology with some suitable examples of researches on these Practices.

TRADITIONAL YOGA : (The main book is Astangayoga of Charandas, with reference to Yoga Sutra. Gita, Hathapradipika, Gheranda Samhita, Yogopinishad, Shiva Swarodaya , Vasistha Samhita etc.)

Topics:

Introduction, Definition of Yoga according to Patanjali, Gita, Swatmarama, Gheranda , Charandas etc.
Vital points of the body according to Vasistha Samhita.
Panchikarana prakriya (mixing technique) according to Shiva Swarodaya.
Samyama , Yama. Niyama, Asana. Vayu, Nadi, Pranayama. Eight types of Kumbhakas. Awakening of the Kundalini.
Nada, Mudra, Bandha, Chakra. Pratyahara, Dharana.
Dhyana, Samadhi. Satkarma. Mahabandha.
Effects of Mudra and Bandha. Siddhis.

YOGA AND MENTAL HEALTH

1. Health, Mental Health, Hygiene, Mental hygiene : Yogic and Medical perspectives.
2. Yoga and Modern psychology : A synthetic approaches for existential problems.
3. Concept of Normality : Psychological and yogic approaches.
4. Emotional Disorders : Causes, effects and remedies in Patanjala Yoga sutra
5. Conflict, Frustration : Yogic Remedies.
6. Personal and Interpersonal Adjustments through Yoga.
7. Yamas, Niyamas, Asanas and Pranayamas – their contribution to Physical and Mental Health.
8. Prayer – its significance in Yogic Practices.

PRACTICAL TRAINING : LIST OF YOGIC PRACTICES

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|---|-------------------------------------|------------------------|--------------------------|
| 1. Pawanmuktasana | 2. Naukasana | 3.Viparitararani | 4 .Sarvangasana |
| 5. Matsyasana | 6.Halāsana | 7.Bhujangasana | 8.Ardha-Shalabhasana |
| 9. Shalabhasana | 10.Dhanurasana | 11.Vakrasana | 12. Ardha-Matsyendrasana |
| 13. Paschimotanasana | 14. Vajrasana | 15.Supta-Vajrasana | 16.Yoga Mudra |
| 17. Utkatasana | 18. Chakrasana | 19. Vrikshasana | 20.Uddiyana Bandha |
| 21.Kapalbhati | 22.Anuloma-Viloma | 23. Ujjayi | 24.Shavasana |
| 25.Makarasana | 26. Tadasana | 27.Padahastasana | 28.Parvatasana |
| 29.Gomukhasana | | 30. Akarna Dhanurasana | |
| 31. Simhamudra, Brahmamudra & selected Kriyas | 32.Recitation of a few Mantras & Om | | |

PRACTICE TEACHING IN YOGA

1. Introduction : Need of Practice Teaching and its use in Yogic Practices.
2. Scientific principles involving Yogic practice teaching.
3. Presentation Technique : its meaning.
4. Teaching Aids : Its meaning and need.
5. Class Management : Its meaning and need.
6. Lesson Plan : Meaning and need.
7. Preparation of Lesson Plan in Yogic practices.
8. Time allotment in different Yogic lesson plans.
9. Lesson presentation.

YOGA , HEALTH & FITNESS :

1. Meaning : Health, Fitness and Yoga Dimensions of health Related Fitness. Relationship of Yoga with the main components Health Related Physical fitness.
2. Rote of nostril dominance and /or "Nadis" in brain function and activities of other bodily organs with special reference to Pranayama
3. Means and strategies to measure and evaluate one's level of Health and Fitness.
4. Comparative understanding of Yoga and exercises . Scientific reason ings – why asanas should not be performed like exercises " Occurrence of injuries in Yoga and their prevention.
5. Researches done in Yoga for improvement health and fitness. Different schedules of Yoga practices for improvement of health and fitness for the people of different ages.
6. Mechanisms of Yoga and yogic diet for preventives as will as curative aspects of various health and behavioral problems.

EXAMINATION AND CERTIFICATE :

There will be written, practical and Viva- Voce examinations at the end of the course. Successful candidates will be awarded a Certificate.