

**Faculty of Physical Education**  
**University of Pune, Pune- 411043**

**Proposal**

**Certificate Course in Yoga**

## **Certificate Course in Yoga**

### **1. General Objectives of the Course:**

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

### **2. Duration of the Course:**

The duration of the course shall be of six weeks. (130 contact hours) Each working day shall consist of Three hours of Practical Work (Morning and Evening – one and half hours each session) and one hour of theory in between.

### **4. Eligibility for Admission:**

Any Candidate who has passed XII std. or any other equivalent examination will be eligible for the admission to the Certificate Course in Yoga Course. Provided other conditions of admissions are fulfilled.

### **5. Medium of Instruction and Examination:**

- a) Medium of Instruction at the Certificate Course in Yoga Course will be Marathi and/or English and question papers shall be set in Marathi & English.
- b) The candidate appearing for the Certificate Course in Yoga 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.

## 6. Structure of Diploma in Yoga Course Programme:

Diploma for Fitness Instructor Course Programme shall be of 200 marks as follows:

Area	Part	Head		Marks
Theory	I		Internal Assessment	
			Total	100
Practical (Internal Assessment)	II	7	Internal Assessment	100
			Total	100
			Overall Total	200

### 6.1 Eligibility for appearing at Certificate Course in Yoga examination:

Student teachers 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.

### 6.2 Annual Examination:

#### 6.2.1 Theory

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

#### 6.2.2 Final Practice Lesson

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

### 6.2.3 Standard of passing:

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

### 6.3 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%

### 6.4 University terms:

The dates for commencement and conclusion of the first & the Second terms shall be fixed by the University.

## **Syllabus**

The course consists of Theory, Practical, Teaching methods and practical training on teaching. The Theory paper is of 100 Marks.

- Yogic Therapy Through Traditional Understanding
  1. Asanas
  2. Pranayama
  3. Kriyas
  4. Bandhas and Mudras
  5. Yogic Therapy
- Theoretical understanding of yoga and Modern Psychology
- Mental Health (its meaning, determinants and applications) The Yogic concept of "Swasthya"
- Concept and models of Normality in Yoga and Modern Psychology
- Role of Ashtang Ashtang Yoga Yamas, Niyamas, Asana, Pranayama and Dhyana, Dharana, Pratyahar
- Stress Management : Modern and Yogic perspectives
- Tackling ill-effects of Frustration, Anxiety and Conflict through modern and Yogic methods
- Meditation Techniques
- Suryanamaskar
- Meaning and Scope of Teaching Methods
- Sources of Teaching Methods
- Class Management

## **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 with reference to Asana.
- Asana - Definition and Classification, Similarities and dissimilarities between Asana and Exercise.
- Pranayama - Definition and Classification. Difference between pranayama and deep breathing. Importance of Rechaka, Kumbhaka, Puraka.
- Introduction to Kriyas, Mudras and Bandhas in brief.

## Practical Training in Yoga

### PRACTICALS :

#### A. ASANAS :

1. Shrishasana	32. Janushriasana
2. Crocodile Practices ( Four variations )	33. Tolangulasana
3. Pavanmuktasana	34. Muktasana
4. Naukasana	35. Virasana
5. Viparitakarani	36. Guptasana
6. Sarvangasana	37. Sankatasana
7. Matsyasana	38. Uttanamandukasana
8. Halasana	39. Vrishabhasana
9. Karnapidasana	40. Padangusthasana
10. Bhujangasana	41. Garbhasana
11. Shalabhasana	42. Bhadrasana
12. Sarpasana	43. Kapotasana
13. Dhanurasana	44. Ekpadasakandhasana
14. Vakrasana	45. Chakrasana (Sideward)
15. Ardha-Matsyendrasana	46. Chakrasana (Backward)
16. Paschimatanasana	47. Virkshasana
17. Supta Vajrasanai	48. Tadasana
18. Yoga Mudra	49. Pada - hastasana
19. Simhasana	50. Utkatasana
20. Gomukhasana	51. Natarajasana
21. Matsyendrasana	52. Vatayanasana
22. Mayurasana	53. Garudasana
23. Kukkutasana	54. Shirh-padangusthasana
24. Uttana Kurmasana	55. Vajrasana
25. Ushtrasana	56. Padmasana
26. Gorakshasana	57. Siddhasana
27. Padma - Bakasana	58. Swastikasana
28. Baddha - padmasana	59. Shavasana
29. Akarmadhanurasana	60. Makarasana
30. Ugrasana	61. Brahmamudra
31. Parvatasana	

#### B. PRANAYAMA

1. Anuloma-viloma
2. Ujjayi
3. Shitali
4. Sitkari
5. Bhastrika
6. Bhramari
7. Suryabhedana

- 8.Chandrabhedana
- 9.Murccha(Theory only)
- 10.Plavini(Theory only)

### **C.BANDHAS AND MUDRAS**

- 1.Jalandhara Bandha
- 2.Uddiyana Bandha
- 3.Jicha Bandha
- 4.Mula Bandha

### **D.KRIYAS**

- 1.Jala Neti
- 2.Sutra Neti
- 3.Dhauti (Vamana,Danda,Vastra)
- 4.Nauli
- 5.Kapalabhati
- 7.Trataka