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 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:

<table>
<thead>
<tr>
<th>Area</th>
<th>Part</th>
<th>Head</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Theory</td>
<td>I</td>
<td>Internal Assessment</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Total</td>
</tr>
<tr>
<td>Practical (Internal Assessment)</td>
<td>II 7</td>
<td>Internal Assessment</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Total</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Overall Total</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Class</th>
<th>Part I</th>
<th>Part II</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>First Class with Distinction</td>
<td>70% &amp; above</td>
<td>70% &amp; above</td>
</tr>
<tr>
<td>2</td>
<td>First Class</td>
<td>60% &amp; above but less than 70%</td>
<td>60% &amp; above but less than 70%</td>
</tr>
<tr>
<td>3</td>
<td>Higher Second Class</td>
<td>55% &amp; above but less than 60%</td>
<td>55% &amp; above but less than 60%</td>
</tr>
<tr>
<td>4</td>
<td>Second Class</td>
<td>50% &amp; above but less than 55%</td>
<td>50% &amp; above but less than 55%</td>
</tr>
<tr>
<td>5</td>
<td>Pass Class</td>
<td>45% &amp; above but less than 50%</td>
<td>45% &amp; above but less than 50%</td>
</tr>
</tbody>
</table>

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

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