

## **Syllabus and Scheme of Examination for** **Certificate Course in Yoga (3 months)**

### **THEORY EXAMINATION**

<b>Subject</b>	<b>Total Marks</b>	<b>Min.Pass Marks</b>	<b>Time</b>
Paper – I Yogic Science	100	40	Three Hour

### **PRACTICAL EXAMINATION**

<b>Subject</b>	<b>Total Marks</b>	<b>Min. Pass Marks</b>
Paper – II Yogic Practice	100	40

**Theory                =            100 Marks**

**Practical            =            100 Marks**

**Total Marks       =            200 Marks**

## **Certificate Course in Yoga (3 - Months)**

### **Theory Courses**

#### **CC - 101 YOGIC SCIENCE**

**Time: Three Hours**

**Total Marks: 100**

**Note:** Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 4 marks of each short answer.

#### **Unit – I: Introduction**

- i. Meaning and Importance of Yoga.
- ii. History of Yoga.
- iii. The Yoga Sutra: General Consideration.
- iv. Misconceptions about Yoga.

#### **Unit - II: Foundation of Yoga**

- i. The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.
- ii. Yoga in the Bhagavadgita - Karma Yoga, Gayan Yoga and Bhakti Yoga.

#### **Unit - III Asanas and Paranayam**

- i. Meaning of Asanas, Classifications of Asanas and Principles of Asanas.
- ii. Meaning of Paranayam, Different Types of Paranayams and Principles of Paranayams.
- iii. Meaning and types of Meditations
- iv. Meaning of Shatkarm and types of Shatkarms.

#### **Unit – IV Bandhas, Mudras and Kriyas**

- i. Meaning of Bandhas and types of Bandhas.
- ii. Meaning of Mudras and types of Mudras.
- iii. Meaning of Naturopathy; Hydrotherapy, Mud Therapy, Messo Therapy.

#### **References:**

Brown, F. Y.(2000). *How to use yoga*. Delhi:Sports Publication.  
Gharote, M. L. &Ganguly, H. (1988). *Teaching methods for yogic practices*.Lonawala: Kaixydamoe.  
Rajjan, S. M. (1985). *Yoga strenthening of relaxation for sports man*. New Delhi:Allied Publishers.  
Shankar,G.(1998). *Holistic approach of yoga*. New Delhi:Aditya Publishers.  
Shekar,K. C. (2003). *Yoga for health*. Delhi: Khel Sahitya Kendra.

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### **Practical Courses**

#### **CC - 102 YOGIC PRACTICE**

**Max. Marks – 100**

- A) PRIMARY ASANA** – Ardhalasana with both legs, Simple Matsyasana, Naukasana, Different forms of crocodile poses, Ardhasalbh asana, Makrasana, Tadasana, Janushirasana, Vajrasana, Ardha Padmasana, Vakrasana, Ustrasana, Shashankasana, Yogmudra, Trikonasana, Vrikchasan, Ardhatichakrasana, Gomukhasana.
- B) SECONDARY ASANA** – Sarvangasana, Chakrasana, Dhanurasana, Satubandha asana, Halasana, Padmasana, Paschimotanasana, Karana Peedana, Ardha Matsyendrasana, Surya Namaskar
- C) PRANAYAM** – Anulomvilom, Suryabehada, Bhastrika, Shitali, Shitkari.
- D) SHATKARMA** – Jalneti, Rubber neti, Kunjal, Trataka, Kapalabhati.
- E) MEDITATION** – **techniques** for relaxation of body and mind.

#### **Marks Distribution:**

1. Primary Asana (Compulsory)	20 Marks
2. Any five Secondary Asana	20 Marks
3. Any two Pranayam	10 Marks
4. Any two Shudhi Kriyas	10 Marks
5. Note Book	20 Marks
6. Viva- Voce	20 Marks
<b>Total</b>	<b>= 100 Marks</b>