

DEPARTMENT OF PHYSICAL EDUCATION
GURU GHASIDAS VISHWAVIDYALA, BILASPUR (C.G.)
SCHEME OF SIX WEEK CERTIFICATE COURSE IN YOGIC SCIENCE

1. General Objectives of the Course:

- i. To enable the student to understand the benefits of yoga.
- ii. To acquaint, student with the practical knowledge of Yogasana, Kriyas, Bandhas, Mudras and Pranayama.
- iii. To enable student to prepare the Yoga programme.
- iv. To enable student to become competent and committed professionals willing to perform as Yoga trainer.

2. Duration of the Course:

The duration of the course shall be of Six Weeks. Each working day, shall consist of Three Hours including Practical and Theory.

3. Eligibility for Admission:

This course is open for all bonafide students of Guru Ghasidas University, who are physically fit.

4. Medium of Instruction and Examination:

Medium of Instruction shall be Hindi and/or English and question papers shall be set in Hindi & English.

5. Passing Marks and Attendance:

- Classes will be held from Monday to Friday.
- It is compulsory to attend 75% classes in theory and Practical both for appearing in the examination for passing the certificate course in yoga.
- Candidates are required to come with appropriate and comfortable uniform/dress as prescribed by the department at their own expenses.
- There will be a theory and practical test at the end of the course. Students have to obtain 40% or above marks in the theory and practical examinations to pass and to obtain their certificates;
- Marks shall be indicated on the certificate.

6. The examination scheme and their respective marks will be as follows:

Nature	Code	Subject	Max. Marks
Theory	CPY101	Yogic Science Paper-1	100
Practical	CPY102	Practical Theory Paper- II	100
	CPY103	Performance Evaluation	100
	CPY104	Teaching Skill	100
Total Marks			400

7. Scope: After completion of Certificate Course in Yogic Science, one can work professionally as a trainer.

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GURU GHASIDAS VISHWAVIDYALA, BILASPUR (C.G.)
SYLLABUS - SIX WEEK CERTIFICATE COURSE IN YOGIC SCIENCE

I.THEORY: YOGIC SCIENCE- CPY101

Course Objective: To become certified to teach yoga at the most basic level. The course deals with both abstract and practical aspects of Yoga. To develop, promote and propagate the philosophy, science and art of Yoga.

Course Outcomes: At the end of the course the students will be:-

1. To enable the student to understand the benefits of yoga.
2. To acquaint, student with the practical knowledge of Yogasana, Kriyas, Bandhas, Mudras and Pranayama.
3. To enable student to prepare the Yoga programme.
4. To enable student to become competent and committed professionals willing to perform as Yoga trainer.

➤ **INTRODUCTION OF YOGA:**

- Meaning and Definition of Yoga
- Aims of Yoga
- Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Gyan Yoga and Bhakti Yoga

➤ **THE ASTHANGA YOGA:**

- Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana & Samadhi.

➤ **PRANAYAMA**

- Meaning of Pranayama
- Types of Pranayama
- Phases of Pranayama: Purak (inhalation), Kumbhak (retention) Rechak (exhalation)

➤ **KRIYAS:**

- Meaning of Kriyas
- Types of Kriyas
- Benefits of Kriyas

➤ **MUDRAS:**

- Hasth Mudra: Gyan Mudra, Vaayu Mudra, Aakash Mudra, Shunya Mudra, Prithvi Mudra, Prithvi Mudra, Varun Mudra, Dhyan Mudra, Chin Mudra.

➤ **BANDHAS:**

- Jalandhara Bandha, Uddiyana Bandha and Moolabandha

Essential Readings:

1. O.P. Tiwari - Asana why and how, Kaivalyadham SMYM samiti, Lonavala, 2012.
2. M.L. Gharote - Guidelines for Yogic Practices, Medha Publication, Lonavla.
3. Swami SatyanandaSaraswati - Asan, Pranayama, Mudra, Bandha, Yoga publication trust, Munger, 2006.
4. Pt. Shri Ram Sharma- PragyAbhiyanka Yoga Vyayam, BrahmvarchasshodhSanshan, Shantikunj, Haridwar, 1998.

Suggested Readings:

1. B.K.S. Iyengar - Light on Yoga, Harper Collins publisher, New Delhi, 2012.
2. B.K.S. Iyengar - Light on Pranayama, Harper collins publisher, New Delhi, 2012.
3. Swami Kuvlayanand - Asana, Kaivalyadham SMYM samiti, Lonavala, 1993.
4. Swami Kuvlayanand- Prnayama, Kaivalyadham SMYM samiti, Lonavala, 2009.

II. PRACTICAL: PRACTICAL THEORY - CPY102

➤ YOGIC PRAYER

➤ SURYA NAMASKARAS

➤ YOGASANA (YOGIC POSTURES)

- **Standing Postures:**Tadasana,Virkshasana,Pada-Hastasana, ArdhakatiChakrasana, Trikonasana, Garudasana, EkaPadaUtkatasana, Natrajasana, Konasana, Virabhadrasana.
- **Sitting Postures:**Vajrāsana,Paschimottanasana, Bhadrasana, Ustrasana, ArdhaUstrasana, Suptavajrasana, ArdhaMatsyendrasana, Vakrasana, Marichasana, Sasankasana, AkarnaDhanurasana, Gumukhasana, JanuShirasasana, Badhakonasana, Padmasana, Raja Kapotasana, Shishuasana.
- **Lying Postures (Prone Postures):** Bhujangasana, Salabhasana, Dhanurasana, UrdhvaMukhaSvanasana, Makarasana, Ashtangasana.
- **Lying Postures (Supine Postures):**Halasana, Pavanmuktasana, Savasana, Naukasana, Chakrasana, Sarvangasana, Matsyasana, Setubandhasana,UttānaPādāsana, Viparitarani.
- **Balancing Postures:**Vrikshasana, Garudasana, Namaskarasana, Tittibhasana, Natrajasana, Sirsasana, Tadasana

➤ PRANAYAMA:

- Anulom-Vilom Pranayama
- Bhastrika Pranayama
- Shitali Pranayama
- Sitkari Pranayama
- Suryabhedan Pranayama
- Ujjai Pranayama
- Bhrumri Pranayama
- Kapalabhati Pranayama

➤ MUDRAS:

- Hasth Mudra: Gyan Mudra, Vaayu Mudra, Aakash Mudra, Shunya Mudra, Prithvi Mudra, Prithvi Mudra, Varun Mudra, Dhyan Mudra, Chin Mudra.

➤ BANDHAS:

- JalandharaBandha, UddiyanaBandha and Moolabandha.

III. PRACTICAL: Performance Evaluation - CPY103

The student will have to perform any five Exercises from the syllabus of his/her choice.

IV. PRACTICAL: Teaching Skill - CPY104

Practice of teaching of one lesson plan on any skill (TwoAsana, one Pranayama and oneKriya/Bandha/Mudra) on lesson format with chart.