

Yoga Certificate Course

Paper -1

Fundamentals of Yoga Education

UNIT ...1 [20Hrs]

- Meaning –Definitions – Need- Nature – Aim and objectives – Philosophy and Scope of Yoga –, Modern **Developments** in Yoga – Misconceptions and clarification about Yoga –Yoga and Education, Yoga and Physical Education, School of Yoga – Iyengar yoga and vini Yoga

UNIT ...2 [20Hrs]

- History of Yoga –Vedas – Bhagvad Gita , Upanishads, Ramayna, Mahabharata, Brahma Sutras – Astanga Yoga of Patangali , Yama Niyama Asana , Pranayama , Pratyahara , Dharana ,Samadhi , Paths of Yoga , Hath Yoga , Bhakti Yoga ,Jap Yoga ,Karma Yoga , Raja Yoga , Mantra Yoga, Laya Yoga, Tantra Yoga ,

UNIT...3 [20Hrs]

- Contributions to Yoga :– Hatha Pradipika , Yoga Sutras, GhorandaSamhita , yajanavalkyasamiha , yoga Rahasya,Thirumandiram Contributions of yoga to Hinduism,Jainism ,Buddhism , Christianity,
- Contribution to yoga :Vivekananda, Kuvalayananda, Sivananda , Krishnamacharyaa, Sri Ramalingaswami, Maharishi Mahesh yogi ,Sri Aurobindo,

UNIT...4 [20Hrs]

- Introduction to Anatomy and Physiology .
- Nervous System : Structure and Function of brain and spinal cord – Neuron – Reflex Arc – Beneficial yogic Practices on nervous system.
- Cardiovascular System – Structure and Function of Heart – Beneficial yogic practices on endocrine system.

UNIT ...5 [10Hrs]

- Respiratory System – Respiration – Structure and Function of Lung – Mechanism of breathing – Lung volumes and capacities – Beneficial yogic practices on Respiratory System.
- Digestive System : - Structure and Function of Digestive Tract- Beneficial yogic practices on Digestive System , Posture –Postural tone – components of Good posture – Bad posture – Beneficial yogic practices on posture.

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Paper - 2

Yogic Psychology and Yogic Therapies

UNIT 1

[20Hrs]

Psychology : Meaning Definition Nature , Need and Scope of psychology , Branches of psychology, Relationship of psychology and Yoga .

Role of yoga on Growth and Development , Learning , Motivation , Emotions , and Personality. Yoga For Super – consciousness , Yogic Practices for balancing mind , Nadis and Chakras , Yogic Practices on Chakras .

UNIT 2

[20Hrs]

Meaning , Definitions , Needs Scope of spirituality – Religions Challenges : Physical Mental , Moral Social Cultural and Religious , Role of Religious in the Society – Methods of developing spirituality- Relationships among yoga , religious and spirituality.

Moral Values , Divine virtues , human values and yoga , Yoga and Leadership

UNIT3

[20Hrs]

Physiology and Pathology in the yoga shastra – Description of Glands – Ayurvedha – Tridosha – Common ailment . Introduction to alternative medicine and Therapies.

UNIT4

[10Hrs]

Selective Yogic Practice for Heart problem Asthama,

Arthritis , BackPain , Constipation , Diabetes mellitus , Obesity , Mental Disorders, Selective Yogic Practices for Anxiety , Stress, Menstrual irregularities.

UNIT5


[20Hrs]

Yogic Diet – Tamasic foods – Rajasic foods - Satvicfooda - Articles of yogic diet – principles of diet – ideal yogic diet – Chart , moral aspects of diet – Naturopathy diet , fitness and wellness , Positive health.

References

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- ElangovanR ,(2001) UdarklviUlaviyal , Thirunelveli : Aswin Publications.
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YOGIC PRACTICES – 3

UNIT...1

[120Hrs]

Loosening the joints

Surya Namaskar: for children (10steps)

Bihar School of yoga model

Vivekananda Kendra Model

UNIT...2

Asanas: Vrksasana, Parivrtta Trikonasana, Padahasthasana, Ushtrasana, Sirshasana, Halasana, Sravangasana, Matsyasana, Bhujangasana, Salabhasana, Dhanurasana, Navasana, Bhujangasana, Siddha yoniasana, Ardha Matsyendrasana, Vajrasana, Paschimottasana, Baddha Konasana, Kukutasana, Padmasana, Siddhasana, Siddha yoniasana, Savasana

UNIT...3

Pranayama

Yogic Breathing:

Kapalbhati, Bhramari

Ujjayi, Sheetali, Sheetkari, Bhastrika, Nadi Shodhana

UNIT...4

Kriyas

Jalaneti, Sutrneti

Bandhas:

Jalandhara Bandha, Moola Bandha, uddiyana Bandha

Mudras:


Chin mudra, chinmayamudra, adi mudra, Brahma mudra, Bhairava mudra, Shanmuki mudra, Vipareetakarani Mudra, yoga mudra, ashwini mudra, nasiga mudra

Unit V: Meditation

Mantra Meditation, Yoga nidra, Surya yog, Rajayoga meditation, Trataka Meditation. Nine centered meditation

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