

“Dissemination of Education for Knowledge, Science and Culture”



- Shikshanmaharshi Dr. Bapuji Salunkhe

Shri Swami Vivekanand Shikshan Sanstha's



RAJEE RAMRAO MAHAVIDYALAYA, JATH

COURSE SYLLABUS

OF

**CERTIFICATE COURSE IN YOGA AND
MEDITATION**

BY

Sport Department,

Academic Year

(2021-22)

Certificate Course in Yoga and Meditation

1. **Name of the Course:** Certificate Course in Yoga and Meditation

2. **Objectives and Learning Outcomes:**

- i. To make student to use competencies and skills needed for becoming effective Yoga trainer.
- ii. To promote students for positive health and holistic wellness,
- iii. To enable students to become competent professionals willing to perform as Yoga Trainer.
- iv. To enable students to become committed professionals willing to perform as Yoga Trainer.
- v. To enable student to understand the different types of Yoga.
- vi. To acquaint student with the Practical knowledge of Yogasana, Pranayama, Kriya, Bandhas, Mudra, and Meditation etc.
- vii. Conduct Yoga Protocol at work places.

3. To conduct yoga classes in different places of society.

Eligibility: 12 pass

4. **Age:** No age limit.

5. **Duration of course:** 1 month.

6. **Evaluation Scheme**

i. Attendance: The candidate who has 80% attendance in the class shall be eligible for certification. Certificate to the candidate shall be issued after getting the report from the Course coordinator about the attendance of the candidate and the program conducted.

ii. Final Examination:

- | | |
|---------------|----------|
| a. Practical: | 50 Marks |
| b. Theory: | 50 Marks |

Theory

Unit I: Foundation of Yoga

1. Yoga : Etymology, definitions, aim, objectives and misconceptions.
2. Yoga : Its origin, history and development.
3. Ashtanga Yoga (Yama, Niyam, Asana, Pranayama, Pratyahara, Dharna, Dhyana, Samadhi)
4. Principles and Practices of Jnana Yoga, Bhakti Yoga, Karma Yoga
5. Introduction of Yogic Text (Hatha Yoga Pradeepka, GherandSamhita, Patanjali Yoga Sutra)
6. Principles of Hatha Yoga

Unit II Introduction to Human Body

1. Basic knowledge of Human Body Skeleton; organization of body cells, tissues, Systems, membranes and glands.
2. Basic Knowledge of Anatomy and Physiology of the following systems
Musculoskeletal system Digestive system; Respiratory System Cardio vascular system Excretory system; Endocrine system. Nervous system

Unit III: Yoga Therapy

1. Yoga Therapy: Meaning and Definition, Principles and Discipline, Area and Limitation, Role Of Lifestyle and Diet in Yoga Therapy, Yoga For Holistic Health, Panchkosha
2. Yoga Management:- Arthritis, Cervical Spondylosis, Back Pain, Sciatica Pain, Hernia, Gynecology
3. Kidney Disease, Thyroid, Obesity, Liver Related Problem, Diabetes, Constipation, Asthma,
4. Hypertension, Heart Disease, Vision Defects, Insomnia, Headache, Mental Stress, Depression, Anxiety

Unit IV: Yoga and Allied Science

1. Knowledge of Yogic Principles -Ahara, Vihar, Achar- Vichar.
2. Alternative Therapy: Basic principles of Ayurveda, Naturopathy.
3. Yogic concept of healthy living: Tridosha.
4. Therapeutic importance of Dincharya and Ritucarya,
5. Importance of Diet (Aahara).
6. Yoga as preventive and promotive health care.

Practical-I

Knowledge and ability to perform the following Practices:

1. Yogic SukshmaVyayama, SthulaVyayama and Surya Namaskar

2. Yogasana

- i. Standing Asana: Tadasana, Trikonasana, Urdhahastotanasana, Vrikshasana, Ardhhakrasna, Padhastanasana, Ashwasthasana
- ii. Sitting Asana: Padmasana, Vakrasana, Ardhamatsyendrasana, Janusirsasana, Paschimottanasana, Vajrasana, Ushtrasana, Shasankasana Gomukhasana, Mandukasana, Bhadrasana, Singhasana
- iii. Prone Lying Asana: Bhujangasana, Shalabhasana, Dhanurasana, Makarasana
- iv. Supine Lying Asana: Pawanmuktasana and its variation, setubandhasana, sarvangasana, Ardhalasana, Uttanpadasana, Halasana, Naukasana, Cakrasana, Markatasana, Shavasana.

3. Meditation

- i. Pranav and Soham Japa
- ii. Yoga Nidra
- iii. Chakra Meditation
- iv. Ajapa Dharana

Practical-II

Knowledge and ability to perform the following Practices:

1. Shatkarma:

- i. Neti (Jal and sutra)
- ii. Dhauti (Vaman+ Vastra)
- iii. Nauli
- iv. Agnisara
- v. Trataka
- vi. Kapalbhata

2. Pranayama

- i. Breath Awareness
- ii. Yogic Breathing
- iii. Nadishodhan Pranayama
- iv. Suryabhedhi
- v. Ujjayi
- vi. Shitali
- vii. Sitkari
- viii. Bhastrika
- ix. Bhramari

Bandha and Mudra

- i. JalandharaBandha, UddiyanaBandha, MulaBandha, Tri Bandha
- ii. Yoga Mudra, Shanmukhi Mudra, shambhavi mudra, VipareetKarni Mudra

Meditation

- i. Pranav and SohamJapa
- ii. Yoga Nidra 6.3 Chakra Meditation
- iii. AjapaDharana
- iii. Om Meditation