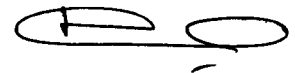


UNIVERSITY OF RAJASTHAN,
JAIPUR

Faculty of Education
Certificate Course in Yoga
2014



10/10

FOR EXAM 2013

(17)

UNIVERSITY OF RAJASTHAN, JAIPUR

CERTIFICATE IN YOGA EDUCATION

Scheme and syllabus of Certificate Course in Yoga Education (C.Y.Ed.)

Duration: 6 Months

Scheme of Examination:

The candidate securing 36% marks in theory & practical separately will be declared passed and candidate secured 48% marks declared passed with II Division. Those securing 60% & above marks will be declared First division.

	Name of paper	Annual Exam.	Total
Part-A	Traditional Yoga Paper- I	100	100
	Yoga and Mental Health Yoga Paper- II	100	100
	Anatomy & Physiology of Yogic Practic Paper- III	100	100
Part-B	Practical (External)	100	100
		Total Marks	400

Syllabus

Paper-I : Traditional Yoga

100 Maximum Marks
36 Min. Pass Marks

Unit- I

1. The Philosophical & historical back ground of Yoga.
2. Definition of Yoga according to Patanjali, Gita, Upanisads, Hatha etc.

Unit- II

3. Yoga, Concept of Chitta, Vrati, Chitta Prasadana,

Unit- III

4. Astangayoga. Kriya yoga,

Unit- IV

5. Dietetics. Asana, Pranayama, Vayu Nadi, Shaodhan Kriyas,

Unit- V

6. Mudra, Bandha. (Yogic Principles)

Paper-II : Yoga and Mental Health Yoga

100 Maximum Marks
36 Min. Pass Marks

Unit- I

Yoga & Mental Health.

Unit- II

Prayer - Its significance in yogic practices.

Unit- III

Psychic forces in human behaviour Id. Ego & Supper Ego

Unit- IV

Yama, Niyama, Asana & Pranayama and their contribution to Physical & Mental Health.

Unit- V

Frustration. & conflicts, Emotion.

Red

Unit- I

General introduction of Human Anatomy & Physiology of different systems . Blood circulatory system, Blood Group, Function of Blood, WBC, R.B.C.

Unit- II

Digest System, Muscular System.

Unit- III

Respiratory System, Pranayam Introduction. Difference between Pranayam and Deep Breathing

Unit- IV

Asana Definition and Classification,

Unit- V

Sodhan Kriyas- Precaution of the practicener, Importance of Place, Time, Sequence. Combination of other Exercise. Bhandha.

Practical Paper-VI : Practical and teaching practices.

100 Maximum Marks
36 Min. Pass Marks

Practical

Asanas

- | | | | |
|----------------------|-------------------------|--------------------|------------------------------|
| 1. Akarandhanurasana | 2. Ardha Matsyendrasana | 3. Bhujangasana | 4. Chakrasana (Side Banding) |
| 5. Chakrasana | 6. Dhanurasana | 7. Gomukhasana | 8. Vakrasana |
| 9. Halasana | 10. Janushirshasana | 11. Vakasana | 12. Vrikshasana |
| 13. Kurmasana | 14. Makarasana | 15. Matsyasana | 16. Nararajasana |
| 17. Padahasthasana | 18. Padmasana | 19. Parvatasana | 20. Paschimatasana |
| 21. Yoga Mudra. | 22. Sansakasana | 23. Sarvangasana | 24. Savasana |
| 25. Setubandhasana | 26. Shalabhasana | 27. Shrishasana | 28. Siddhasana |
| 29. Simhasana | 30. Savasana | 31. Suptavajrasana | 32. Surya Namaskar |
| 33. Tadasana | 34. Trikonasana | 35. Ushtrasana | 36. Uttasana |
| 37. Vajrasana | | | |

a. Pranyama

- | | |
|-------------------|-------------|
| 1. Anuloma-Viloma | 2. Ujjayi |
| 3. Shitali | 4. Sitkari |
| 5. Bhastrika | 6. Bhramari |
| 7. Suryabhedana | |

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(3)

b. Bandhas

- | | |
|----------------------|----------------|
| 1. Jalandhara Bandha | 2. Uddiyana |
| 3. Jivha Bandha | 4. Mula Bandha |

c. Mudra

- | | |
|-----------------|-----------------|
| 1. Brahma Mudra | 2. Gyan Mudra |
| 3. Tadagi Mudra | 4. Asvini Mudra |

d. Kriyas

- | | |
|-----------------------------------|---------------------------|
| 1. Jala Neti | 2. Sutra Neti |
| 3. Dhauti (Vamana, Danda, Vastra) | 4. Nauli |
| 5. Kapalabhati | 6. Agnisara |
| 7. Trataka | 8. Shankhprakhshalana |
| 9. Jihva Mula | 10. Kapala Randhra Dhauti |

e. Om Recitation

- i. Om Stavana
- ii. Meditative poses for 30 minutes.

b) Teaching Practice-

6. Lectures on organization of classes, methods of teaching and lesson planning.
7. Salient features of each practice with reference to yoga texts form-Practical aspects.
8. Conducting practical lessons in the class.
9. Critical observations of the practical lessons.
10. Project Report-The participants have to write a report on yoga practice, Teaching practice personal experience.

D. Personal Assignment

1. General behaviour
2. Regularity & Punctuality in the Practical & Theory session (class).
3. Emotional Stability/maturity.
4. Healthy habits,
5. Character.

Bob