**NATIONAL EDUCATION POLICY 2020**

Common Minimum Syllabus for University Campus and all Affiliated Colleges of Sri Dev Suman Uttarakhand University



**STRUCTURE OF CERTIFICATE IN YOGA**

**SIX MONTH SYLLABUS**

**CHOICE BASED CREDIT SYSTEM (CBCS)**

**2023-2024**

**Curriculum Design Committee, Uttarakhand**

|  |  |  |
| --- | --- | --- |
| **Sr.No.** | **Name & Designation** | |
| **1.** | **Prof. N.K. Joshi**  Vice-Chancellor ,Sridev suman Uttarakhand University, Tehri | Chairman |
| **2.** | **Vice-Chancellor , Kumaun University, Nainital** | Member |
| **3.** | **Prof. Jagat Singh Bisht**  Vice-Chancellor , Soban Singh jeena University, Almora | Member |
| **4.** | **Prof. Surekha Dangwal**  Vice-Chancellor, Doon University, Dehradun | Member |
| **5.** | **Prof. O.P.S. Negi**  Vice-Chancellor , Uttarakhand Open University, Haldwani | Member |
| **6.** | **Prof. M.S.M. Rawat**  Advisor, RashtriyaUchchatar Shiksha Abhiyan, Uttarakhand | Member |
| **7.** | **Prof. K. D. Purohit**  Advisor, RashtriyaUchchatar Shiksha Abhiyan, Uttarakhand | Member |

**SRI DEV SUMAN UTTARAKHAND UNIVERSITY**

**Badshahithaul, Tehri Garhwal (Uttarakhand)**

**Member of Board of Studies yoga**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **S.No** | **Name of the members** | **Designation** | **Nominated as** | **Signature** |
|  | Dr. D.C. Goswami | Professor,Head&Dean of Arts | Chairman |  |
|  | Prof. Ishwar Bhardwaj | Professor,Head&Dean  Gurukul Kangari Unniversity | Member |  |
|  | Prof. V.K Gupta | Professor | Coordinator, Yogic Science |  |
|  | Dr. J.P Kanswal | Lecturer | Member |  |
|  | Chandreshwari Negi | Lecturer | Member |  |
|  | Vina Rayal | Lecturer | Member |  |
|  | Himani Nautiyal | Lecturer | Member |  |

**Dr. Hemant Bisht**

**Coordinator professional course**

**BOS**

**SRI DEV SUMAN UTTARAKHAND UNIVERSITY**

**Badshahithaul, Tehri Garhwal (Uttarakhand)**

**DEPARTMENT OF YOGIC SCIENCE**

**SYLLABUS FOR--CERTIFICATE COURSE IN YOGA AND MEDITATION (C C Y )**

* + 1. SchemeofTeachingandExamination

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Sl.  No. | SubjectCode | SubjectTitle | Periods perweek | | | EvaluationScheme | | | | SubjectTotal |
| Seasonal | | | SEE |
|  | **L** | **T** | **P** | **Credit** | **CT** | **TA/**  **PR** |  |  |
| **OneSemester** | | | | | | | | | | |
| 1 | CPY-T101 | **Introduction to Yogaand YogicTexts** | 3 | 1 | - | 4 | 20 | 5 | 75 | 100 |
| 2 | CPY-T102 | **HumanAnatomy&**  **Physiology** | 3 | 1 | - | 4 | 20 | 5 | 75 | 100 |
| 3 | CPY-T103 | **Yoga and Meditation** | 3 | 1 | - | 4 | 20 | 5 | 75 | 100 |
| 4 | CPY -T104 | **TeachingTechniques** | 1 | 1 | - | 2 | 20 | 5 | 75 | 50 |
| 5 | CPY -P105 | **YogaPractical** | - | - | 8 | 4 | 20 | 5 | 75 | 100 |
| 6 | CPY- FW106 | **FieldWork** | - | - | 8 | 4 | 20 | 5 | 75 | 100 |
| **32Hrs** | | | | | | **22** | **TOTAL** | | | **550** |

*L - Lecture, T-Tutorial, P-Practical (practice/ field), CT- Cumulative Tests, TA - TeachersAssessment,SEE-Semester Examination, PR-PracticalRecord*

* + 1. ProgrammeDetails

SubjectTitle: **Introduction to Yoga and Yogic Texts**

SubjectCode: **CPY-T101**

Objectives:

Theaboveprogrammehasbeendesignedwiththefollowingobjectives

* + - 1. **To equip the learners with a brief understanding about yoga and its stream**
      2. **To give an overview of HathaYoga andPatnajalaYoga.**

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| --- | --- | --- | --- | --- |
| **TotalNumberof Hours:60** | | **Theory** | **Tutorial** | **Practical** |
| Credits | | 3 | 1 | 0 |
| Hours/week | | 3 | 1 | 0 |
| **SCHEME OF EXAMINATION** | | | | |
| TotalMarks:100 | | | | |
| **Theory:100** | | **Practical:** | | |
| Final Exam(SEE) | Internal Assessment(CT+TA) | Final Exam(SEE) | | Internal  Assessment(CT+TA/PR) |
| 75 | 25 | NA | | NA |

**Unit-1:General Introduction toYoga [10Hrs.]**

Brief to origin of Yoga, History and Development of Yoga: Vedic Period, Classical Period, Postclassical period, Modern Period; Etymology and Definitions of Yoga in classical Yoga texts. Meaning, Aim and Objectives of Yoga

**Unit-2:Streams ofYoga [10 Hrs.]**

Basic concepts of BhaktiYoga, JnanaYoga, KarmaYoga.

**Unit-3:Introduction toHathaYoga and its texts [20Hrs.]**

Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives; HathaYogapractices: Asanas, Pranayama , Mudras and bandhas, Satkarmas (the set of six cleansing techniques)according to Gheranda Samhita and HathaYogaPradeepika; concept of nadi, chakras and kundalini.

**Unit-4:Introductionto PatanjalaYoga [20 Hrs.]**

Brief to Maharshi Patanjali and Patanjala Yoga Sutra; Ashtanga Yoga : Yama, Niyama, Asana,Pranayama,Pratyahara,Dharana,DhyanaandSamadhi;DefinitionofYogaaccordingtoPatanjali;ConceptofChitta-Bhumi;Citta-Vritties, Citta-VrittiNirodhopaya(AbhyasaandVairagya);and their classification; Ishwar pranidhan.

SubjectTitle:**HumanAnatomy&Physiology**

SubjectCode:**CPY-102**

Objectives:

The programme has the following objectives

**i. To give a basic understanding about the structure, functions with respect tovarious systems of the body for equipping the students to understand the benefitsand contraindicationsofyogicpostures inabetterway.**

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| **TotalNumberof Hours:60** | | **Theory** | **Tutorial** | **Practical** |
| Credits | | 3 | 1 | 0 |
| Hours/week | | 3 | 1 | 0 |
| **SCHEMEOFEXAMINATION** | | | | |
| TotalMarks:100 | | | | |
| **Theory:100** | | **Practical:** | | |
| Final Exam(SEE) | Internal Assessment(CT+TA) | Final Exam(SEE) | | InternalAssessment  (CT+TA/PR) |
| 75 | 25 | NA | | NA |

**Unit-1:Cell and Tissue, MusculoSkeletal system [15Hrs.]**

Structure and function of cell; Homeostasis; Introduction to tissues and types; Anatomy ofthe Skeleton; Classification of bones; Types of joint and muscles in the body.

**Unit-2:Digestive and Respiratory system [15Hrs.]**

Digestivesystem: Mouth, Oral cavity, Pharynx, Oesophagus, Stomach, Large& small intestine, anus;Associated glands -Liver,Pancreas,salivary glands

Respiratorysystem:Nose,nasalcavity,pharynx,Trachea,Larynx,bronchiole,lungs;Briefunderstandingabouttransportofrespiratory gases.

**Unit-3: Excretory andCardiovascularsystem [15Hrs.]**

Basic understanding about different stages of digestion; absorption; Function of Kidney,UrinaryBladderandUrethra; Composition and function of blood - Plasma, RBC, WBC and Platelet; Cardiovascular system: Structure of heart,its chamber, valves, function of arteries, vein and capillaries.

**Unit-4: NeuroEndocrinesystem [15Hrs.]**

Structure of: human brain and spinal cord; Basic understanding about Sympathetic and Parasympathetic; Structure and function: eye, ear, nose, tongue and skin; Basic understanding about the functions of various endocrine glands-pituitary, thyroid, parathyroid, adrenal,ovaryand testes.

Subject Title: **Yoga and Meditation** Subject Code: **CPY -103Objectives:**

Theaboveprogrammehasbeendesignedwithfollowingobjectives

1. To give an introduction to the concept of wellness
2. To givean understanding of wellness and illness with reference to the yogictexts
3. To give a basic knowledgeof Yoga as preventive healthcare andYogic lifestyle analysis.

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| **TotalNumberof Hours:60** | | **Theory** | **Tutorial** | **Practical** |
| Credits | | 3 | 1 | 0 |
| Hours/week | | 3 | 1 | 0 |
| **SCHEMEOFEXAMINATION** | | | | |
| TotalMarks:100 | | | | |
| **Theory:100** | | **Practical:** | | |
| Final Exam(SEE) | Internal Assessment(CT+TA) | Final Exam(SEE) | | InternalAssessment  (CT+TA/PR) |
| 75 | 25 | NA | | NA |

**Unit-1: Meditation in Gherand Samhita [15Hrs.]**

Sthool Dhyan, Sukhshm Dhyan, Jyotirmaya Dhyan

**Unit-2: Vipasana Meditation [15 Hrs.]**

General introduction to Vipasana Meditation, Aims and Techniques.

**Unit-3: Transedental Meditation [15 Hrs.]**

General introduction to Transedental Meditation, Aims and Techniques.

**Unit–4:Preksha Meditation [15 Hrs.]**

General introduction to Preksha Meditation, Aims and Techniques.

Subject Title: **Teaching Techniques**Subject Code: **CPY-T104**Objectives:

Theabovementionedprogrammehasthefollowingobjectives

1. Togive anoverviewofYoga teachingtechniquestothestudents
2. Tointroducetoclassmanagementandlessonplanning
3. To introduceeducationaltoolsofyogateaching

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| **TotalNumberof Hours:60** | | **Theory** | **Tutorial** | **Practical** |
| Credits | | 0 | 0 | 0 |
| Hours/week | | 1 | 1 | 0 |
| **SCHEMEOFEXAMINATION** | | | | |
| TotalMarks:100 | | | | |
| **Theory: NA** | | **Practical: 100** | | |
| Final Exam(SEE) | Internal Assessment(CT+TA) | Final Exam(SEE) | | InternalAssessment  (CT+TA/PR) |
| NA | NA | 75 | | 25 |

**Unit-1:Principles andmethodsofteachingyoga [15 Hrs.]**

*Teaching and Learning:* Concepts and Relationship between the two; Principles of Teaching:Levels and Phases of Teaching, Quality of perfect Yoga Teacher; Yogic levels of learning,Vidyarthi, Shishya; Meaning and scope of Teaching methods, and factors influencing them;SourcesofTeaching methods;RoleofYogaTeachers andTeachertraining

**Unit-2:BasicsofyogaclassmanagementandEducationalTool [15 Hrs.]**

PracticeofYogaforBeginners;TechniquesofIndividualisedteaching;Techniquesofgroupteaching;*Yogaclassroom:*Essentialfeatures,Area,SittingarrangementinYogaclassetc.**;**Classroomproblems:TypesandSolutions,CharacteristicsandessentialsofgoodYogateaching;Timetable:Need,Types,PrinciplesofTimetableconstruction;TimeTableforYoga teachings.

Subject Title: **Yoga Practicum**Subject Code: **CPY-P 105**Objectives:

Theabovementionedprogrammehasbeendesignedwithfollowingobjectives

1. **TointroduceYogicpostures andPractices**
2. **To introduce the practices of Shatkarmas, Suryanamaskar, Asanas, BreathingpracticesandPranayama**

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| **TotalNumberof Hours:120** | | **Theory** | **Tutorial** | **Practical** |
| Credits | | 0 | 0 | 4 |
| Hours/week | | 0 | 0 | 8 |
| **SCHEMEOFEXAMINATION** | | | | |
| TotalMarks:100 | | | | |
| **Theory:NA** | | **Practical:** | | |
| Final Exam(SEE) | Internal Assessment(CT+TA) | Final Exam(SEE) | | InternalAssessment  (CT+TA/PR) |
| NA | NA | 75 | | 25 |

**Unit-1:Shatkarmas [30 Hrs.]**

Dhauti(Kunjal),Neti(Sutraand Jala),Kapalbhati,Agnisara

**Unit-2:Suryanamaskar [15Hrs.]**

**Unit-3:Asanas (yogicpostures) [45Hrs.]**

***Standingpostures***

* 1. Ardhakatichakrasana,ii)Ardhachakrasana,iii)Padahastasana,iv)Hastottanasana,

v)Vriksasana,vi)KatiChakrasana,vii)Trikonasana,viii)Parivrittatrikonasana

***Sittingpostures***

i)Padmasana,ii)Bhadrasana,iii)Vajrasana,iv)Kagasana,v)YogaMudrasana,

vi)Ushtrasana,vii)Sasankasana,viii)UttanaMandukasana,ix)Gomukhasaa,

x)Ardhamatsyendrasana,xi)Paschimottanasana,xiii)SuptaVajrasana

***Pronepostures***

i)Bhujangasana, ii)Salabhasana,iii)Dhanurasana,iv)Makarasana

***Supinepostures***

i)Uttanapadasana,ii)ArdhHalasana,iii)Setubandhasana,iv)Sarvangasana,

v)Halasana,vi)Mayurasana,vii)Chakrasana,viii)Matsyasana,ix)Setubandhasana,

x)Shavasana

***Balancingpostures***

i)Vrikshasana,ii)Garudasana,iii)Namaskarasana, iv)Natarajasana

**Unit-4:Breathingpractices**(forrectificationofbreathingpattern) **[15 Hrs.]**

*Breathing Practices:* i) Hands in and out,ii) Hands stretch,iii) Ankle stretch,iv) Legsrising,v) Rabbit breathing,vi) Tigerbreathing, vii) Breathawareness,viii) Sectionalbreathing: Abdominal,Thoracic andClavicularbreathing;

**Unit-5:Pranayamapractices [15 Hrs.]**

*PranayamaPractices:*i)Nadishuddhi,ii)SuryaBhedana,iii)Bhastrika,iv)Ujjai,

v)CoolingPranayama(Sitali,SitkariandSadanta),vi)Bhramari

Subject Title: **Field Work**Subject Code: **CPY -FW 106**Objectives:

1. **Toteachandsupportpracticesimpleworksheetandpresentations**
2. **To inculcate the practise of teaching with internship to junior students incertificateprogramme**

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| **TotalNumberof Hours:120** | | **Theory** | **Tutorial** | **Practical** |
| Credits | | 0 | 0 | 4 |
| Hours/week | | 0 | 0 | 8 |
| **SCHEMEOFEXAMINATION** | | | | |
| TotalMarks:100 | | | | |
| **Theory: NA** | | **Practical: 100** | | |
| Final Exam(SEE) | Internal Assessment(CT+TA) | Final Exam(SEE) | | InternalAssessment  (CT+TA/PR) |
| NA | NA | 75 | | 25 |

**Unit1: [30 Hrs.]**

Teaching Internship for Certificate Students;

**Unit2: [60 Hrs.]**

Lecture cum demonstration; Organising Yoga Workshops and YogaCamps

**Unit3: [30 Hrs.]**

Worksheet & Presentation

REFERENCESFORTHESYLLABUS

**TEXT BOOKS**

1. NagendraHRandNagarathna,Promotionof Positive Health,SVYP,2002
2. MDNIY,NewDelhi:Shatkarma,Yogasana,Pranayama

**BOOKSFORREFERENCE**

1. Bhat,KrishnaK.:ThePowerofYoga:SuYogaPublicationsMangalore,2006
2. DasguptaS.N:HistoryofIndianPhilosophy,Motilal Banarsidas,Delhi,2012
3. GoreMM:AnatomyandPhysiologyof YogicPractices
4. HiriyannaM:OutlinesofIndianPhilosophy,MotilalBanarsidas,Delhi,2009
5. IyendraBKS: LightonYoga
6. Singh S.P &YogiMukesh: FoundationofYoga,Standard Publication,NewDelhi,2010
7. SwamiDhirendraBrahmachari:YogasanaVijnana,SuryaNamaskara
8. SwamiKuvalyananda:Asanas,Yoga-MimamsaPublications
9. SwamiKuvlayananda:Pranayama,Yoga-MimamsaPublications
10. Swami Prabhavananda: Spiritual Heritage of India (English). Sri Ramkrishna Math,Madras,2004
11. Swami Vivekananda: Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga, Advaita Ashrama,Calcutta,2000
12. YogaInstructors’courseSelfLearningMaterials,Vol-IandVol-II,SVYP,2009