

FACULTY OF AYURVED

RKDF UNIVERSITY, GANDHI NAGAR, BHOPAL

Certificate Course in Yoga and Pranayam(CCYP)

Course objectives:

The Department of Yoga functions with a view to attain the main objective of bringing the benefits of Yogic Science to people in general and students in particular for their overall development (Physical, Mental, Emotional and Spiritual). The Department also works towards building a value based education system and inculcating Indian culture and values among students.

Course name and details:

Course Name : Certificate course in Yoga and Pranayam (CCYP)	
Seats	50
Duration	30 hours
Eligibility	10+2
Fee	

Total Classes Hours : 30 hours

Practical classes : 15 hours

Syllabus
Certificate Course in Yoga and Pranayam

Theory : 200 marks
Practical : 100 marks

Name Of Paper	Max. Marks	CCE	Pass Marks
Foundation Of Yoga	40	10	25
Principal Of Hath Yoga	40	10	25
Yoga and Allied Science	40	10	25
Human Anatomy and Physiology	10	10	10
History and Philosophy of Pre Primary Education	10	10	10
Yoga Therapy	05	05	05
Practical	100		50

Theory topics:

Foundation of Yoga

- Meaning and Misconceptions of Yoga, Etymology, Objectives / importance and aims of Yoga.
- Importance of Time, place and season.
- Helping and disturbing elements of Yoga.
- Ethics of Yoga: Yama-s and Niyama-s according to Patanjali yoga sutra, Yoga in Veda-s, Upanishad-s, Purana-s, Yoga in Smrit-s
Srimadbhagvadgeeta, Karmayoga, Bhaktiyoga, Jainyoga, Raja yoga.
- Hath yoga, Astangayoga, kundalini Yoga, Patanjali Yoga sutra, Shrimad Bhagwadgeeta, Gheranda Samhita, Hath yoga Pradeepika, Goraksha Padati, Siddha Sidhantpadati, Hath Ratnavali, Shiv Samhita.

Principal Of Hath Yoga

- Hath yoga: Its Origin, Meaning, Definition, Aims and Objects, Importance in Modern era, Sign and symptoms of success in Hath Yoga
- Contribution of Nath Tradition in Hath yoga, Mitahara, Pathya and Apathya, do and don't in Hath yoga
- Sadhna, Dhauti: Its techniques, benefits, precautions, contraindications and classification,
- Practices of Dandadhauti, Vastradhauti, Vamandhauti, Agnisardhaut, Basti, Neti ,Nauli : Its techniques ,benefits, precautions, contraindication and classification, Pranayama, Mudra-s, Chakra-s.

Yoga and Allied Science

- Health Education: Meaning, Scope, Objectives and Spectrum
- Principles and Importance of health education
- Planning and evaluation in health education programmes
- Personal Hygiene: The concept of hygiene and personal hygiene.
- Importance of rest, sleep, diet and exercise
- Meaning of Food Nutrient and Nutrition, Components of food, classification, sources and requirements
- Meaning and Importance of Balance Diet, Malnutrition and Yogic diet
- Advantages and disadvantages of Vegetarian and Non Veg diet.

Human Anatomy and Physiology

- Anatomy & Physiology: Introduction
- Need and Importance in the field of Yoga
- General introduction of human body –
 - Cell: Introduction of Cell, Tissue, Organ and System, Microscopic Structure and Functions of Cell
 - Tissue: Introduction, Classification, Structure, Functions and Types

- Digestive System: Introduction, Structure and Functions, digestion of food (Absorption and Assimilation of food) effect of Yogic Practices on it
- Circulatory System: Introduction, Structure and Function of heart, Types of Circulation and effect of Yogic Practices on it, Blood Pressure, Technique of measurement and effect of Yogic Practices on it.

History and Philosophy of Pre Primary Education

- The History and Meaning of Yoga, Important Historical Yoga Teachers and Philosophers
- Common styles of yoga
- Types of Yoga, Fitness yoga, Power Yoga, Yoga Flows
- Texts and Philosophy, Vedas, Upanishads, Yoga Sutras of Patanjali, chapters
- Main Yoga Philosophy Concepts
- Key Sutras and Concepts
- Yama-Universal Values of Life
- Niyamas- Personal Observances, fire of the practice, dedication, self-study or study of sacred texts, awareness of and surrender to something greater, non-violence, non-killing, working with the life force energy, generally through breathing practice, withdrawal of the senses into the inner silence, concentration, giving the mind one direction of flow.

Yoga Therapy

- Yoga therapy-meaning, concept and areas, limitations, aim of Yoga Therapy
- Principles of Yoga Therapy
- Tools for Yoga Therapy- Yama, niyama, asana, pranayama ,shatkarma, mudrabandha, dhyana

- Importance of Yoga Therapy In modern times
- Concept of Pancha Prana, Shatchakra, concept of Panchakosha
- Rules and limitations of Yoga Therapy in different diseases, Classification of Yoga classes, important rules for Yoga Therapist, rules for patient, Classification of Yoga classes, important rules for Yoga Therapist, rules for patient, Causes, Symptoms and Yogic management for some common disorders, Respiratory disorders-asthma, cold, Digestive disorders-constipation, indigestion, Circulatory disorders-high blood pressure, low blood pressure, Skeletal system-arthritis

Practical Topics:

Section 1	SukshmaVyayama / Preparatory Practices / Sandhi Chalana kriya
1	Institution-specific

Section 2	Shuddhi Kriyas
1	Dhauti: Vaman Dhauti; Agnisaar
2	Neti: Jal Neti
3	Tratak
4	Kapalbhati
5	Theoretical Knowledge as regards Basti & Nauli

Section 3	Asanas
	Three Meditative Asanas
1	Padmasana
2	Vajrasana
3	Svastikasana

	Four Standing Asanas
4	Tadasana
5	Ekpadasana
6	Trikonasana
7	Padahastasana

	Three Kneeling Asanas
8	Ushtrasana
9	Marjarasana
10	Shashankhasana

	Six Sitting Asanas
11	Bhadrasana
12	Simhasana
13	Gaumukhasana
14	Vakrasana
15	Parvatasana
16	Paschimottanasana

	Five Prone Asanas
17	Bhujangasana
18	Shalabhasana
19	Dhanurasana
20	Naukasana
21	Makarasana

	Six Supine Asanas
22	Pavanmuktasana
23	Setubandhasana
24	Matsyasana
25	Uthitapadahastasana
26	Halasana
27	Shavasana

	One Inverted Asanas
28	Sarvangasana

Section 4	Suryanamaskar
1	Suryanamaskar (Traditional with 12 Poses) (Can be School- Specific)

Section 5	Pranayama
1	Sectional Breathing
2	Yogic Breathing
3	Nadishodhana

	Kumbhakas without Bandhas
1	Suryabhedana
2	Ujjayi
3	Shitkari
4	Shitali
5	Bhramari

Section 6	Mudras
1	Chin / Jnana Mudra
2	Padma Mudra
3	Agochari Mudra (Nasikagra Drishthi)
4	Shambhavi (Bruhmadhya Drishthi)
5	Viparitakarani
6	Mahamudra

Section 7	Mantras
1	Pranava japa
2	Shanti Mantra: Can be school specific

Section 8	Meditation
1	Institution-specific

Section 9	Teaching Practice
1	Institution-specific

Career options:

1. Primarily the course aims at personal fitness and health through Yoga practice
2. As a personal Yoga trainer
3. Certificate will not be valid to become eligible for academies and institutions affiliated to universities having national recognition

Expected package after completion:

Approx. 60 K-1.2 LPA