

# Syllabus for Certificate Course in Yoga (CCY)

W.E.F. 2022– 2023

COURSE NAME : CERTIFICATE COURSE IN YOGA (CCY)

Duration- 6 months

## Scheme of Teaching Parts & Examination

Paper	Paper Code	Paper Title	Type	Marks	Working Hour
Paper I	CCY 1	Fundamental of Yoga	Theory	50	1 Hour/Week
Paper II	CCY 2	Yoga & Meditation	Theory	50	2 Hour/Week
Paper III	CCY 3	Practical	Practical	100	1 Hour/Week
		Total		200	96 Hour/6 <sup>th</sup> Months

### Paper: I

#### Unit I: Fundamental of Yoga

- Introduction of yoga.
- Definition of Yoga with special reference to Bhagbat Gita & Patanjali Yoga Sutra
- Historical background of Yoga.
- Aims & objective of Yoga

#### Unit II: Basic concept on Human body

- Human Anatomy: Basic anatomical structure on  
Skeleton system  
Muscular system  
Digestive system  
Respiratory system  
Cardiovascular system  
Nervous system (human brain & spinal cord, sympathetic & parasympathetic nervous system)  
Endocrine system (Pituitary, thyroid, adrenal)
- Physiology: Functioning of organs with special reference to Yogic science
- Immunity: Structure in brief, types of immunity – innate & acquired

**Unit III: Yoga: Diet & Nutrition**

- a) Knowledge of Yogic Principles – Ahara, Vihar, Achar-Vichar
- b) Alternative Therapy: Basic principles of Ayurveda, Naturopathy
- c) Yogic concept of healthy living- Tridosha
- d) Therapeutic importance of Dincharya & Ritucarya
- e) Importance of Diet (Ahara)

**Paper: II**

**Unit I : Streams of Yoga -**

- a) Types (Gyan , Karma, Bhakti, Astanga, Hatha, Nada, Laya & Mantra)
- b) Hatha Yoga: Definition, Aims & Objectives, philosophy & Misconception & Importance.
- c) PatanjaliYoga: Definition, 8 limbs, Yama, Niyama, Asana Pranayama, Pratyahara, Dharana, Dhyana, Samadhi.
- d) Relation between Patanjali & Hatha Yoga.

**Unit II: Meditation and Yoga**

- a) Introduction of Meditation, Basic principle & Benefits
- b) Concentration and Meditation (Definition, Aids, objectives and benefits of meditation)
- c) Relation between Meditation & Yoga
- d) Brief concept on Koshes & Chakra system

**Unit III: Yoga, Wellness & Yogic Therapy**

- a) Concept of wellness and illness
- b) Mental hygiene
- c) Yoga as mind –body medicine
- d) Yoga Therapy (Diabetes, Arthritis, blood pressure, Cardiac problems, Constipation, obesity, Asthma, Back pain & Stress Management)

**Paper III (PRACTICAL)**

**Unit I: Yogasanas :**

**a) Standing Asanas**

Taradsan, Trikonasana, Urdhahastosana, Vriksasana, Ardhchakrasana, Padhahastana,

**b) Sitting**

Admasana, Bakrasana, ardhmatsyaendrasana, Januslrasana, Paschimottanasana, Vajrasana, Ushtrasana, Gomukhasana

**c) Prone lying Asanas**

Bhugangasana, Salabhasana, Dhanurasana, Makarasana

**d) Supine lying Asnas**

Pawanmuktasana and its variacence, Setubandhasana, Sarbangasana, Ardhhallasana, Halasana, Noukasana, Chakrasana, Shabasana

**Unit II: Pranayama:**

Naadi Shodhana, Sheetal, Sheetakari, Bhramari, Ujjai, Bhastrika

**Unit III: Shatkarma:**

Netis, Basti, Dhoutis, Nooli, Kapalbhanti

**Unit IV: Project**

**References:**

1. Yogic Suksma Byayama by Dhirendra Bhramhachari
2. Asana Pranayama Mudra Bandha by Swami Satyendra Saraswati
3. Karma yoga, Raj Yoga, Bhakti Yoga by Swami Vivekananda
4. Notes on Structure & function of human body and effects of yogic practice on it by Sri Krishan.