

YOGA CERTIFICATE (6 MONTHS)

PAPER I	FUNDAMENTAL OF YOGA	100 Marks
Unit - I	Meaning of Yoga and different definitions, origin and development of Yoga, Importance of Yoga in modern life, Personality of a Yogi.	
Unit - II	Basic introduction of Vedas, Upanishads, Geeta, Sankhya darshan and Yogadarshan.	
Unit - III	Types of Yoga Sadhana - Karmayoga, Bhakti yoga, Gyan yoga, Astang yoga, Hath yoga, Mantra yoga.	
Unit - IV	Introduction of following yogis - Maharshi Patanjali, Yogi Gorakshanath, Maharshi Dayanand, Swami Shivanand, Swami Kuvalayanand	
Unit - V	Koshas, Nadis and Swarsadhna, Nad and Nad-anusandhan, Kundalini and basic concepts of various Chakras.	
PAPER II	HEALTH HYGIENE, DIETARY PLANNING AND YOGIC THERAPY	100 Marks
Unit - I	Meaning, aims and objectives of Health hygiene, Definition of Health, Importance of Health in Life, Role of Yogic Practice in preventive aspects of health.	
Unit - II	Depending components of health components, Parts of discharges (daily routine) Meaning, importance and type of exercises, Comparative study between Yogic exercise and non-yogic exercise, Methods and benefits of Bath, Importance of Sandhya and Havan, Concepts of sleep and celibacy, diet and Life style in different seasons for health protection and treatment of diseases.	
Unit - III	Definition of Ahar (Diet) and its importance, Components of diet and its effect on body, knowledge of disease caused by deficiency of dietary articles (mineral, vitamins etc.), source of food, quantity and time of meal, concepts of balanced diet, Harmful effects of intake of intoxicants (viz. - tea, coffee, alcohol, tobacco etc.).	
Unit - IV	Cause, Symptoms and Yogic treatment of following disease - Constipation, Acidity, Obesity, Asthma, Naval displacement, High and Low Blood pressure, Sciatica.	
Unit - V	Cause, symptoms and Yogic treatment of following disease - Diabetes, Arthritis, Neck pain, Back pain, Stress, Eye-disease, Myopia, Hypermetropia, Cold and cough.	

PAPER III PRINCIPLES AND PRACTICES OF HATHYOGA 100 Marks

- Unit - I Meaning and basic knowledge of Hath Yoga and Ghatastha yoga, Knowledge of various books of Hathyoga and Ghatastha yoga, Various steps and aims of Hathyoga and Ghatastha yoga, Basic knowledge of Hathpradipika and Gherand Samhita.
- Unit - II Characteristics of appropriate place and hut for Hath Yog Sadhna, appropriate time, season for Yogic practices. Favourable and unfavourable elements of Sadhana, Knowledge of a Yam-Niyam as described in Hathyoga with their aims and objectives, its comparative study with Yama-Niyama described in Astangyoga. Indicated and contra-indicated dietary articles for Yog-sadhana, Methodology and benefits of Asana described in Hathyogpradipika.
- Unit - III Definition and meaning of Shatkarma, its aim and importance in modern life, Classification and knowledge of Shatkarma based on Hathpradipika and Gherand samhita.
Meaning, detailed methodology and precaution of following Satkarma - Vaman dhauti, Vastra dhauti, Baaghi kriya, Jal-basti, Pawanbasti, Sutra and Jal Neti, Nauli, Tratak, Kapal-bhati.
- Unit - IV Pranayam - Meaning and type of Prana, Meaning and definition of Pranayam, Aims and importance of Pranayam in modern life, Classification and basic concepts of Pranayam described in Hathyogpradipika, Gherand Samhita and Yog Sutras, Appropriate place, season, time and various requirements before commencing Pranayam, Phases of Pranayam - Purak, Kumbhak, Rechak; Characteristics of Pranayamic siddhis; Meaning, methodology and benefits of following Pranayam - Nadishodhan, Suryabhedhi, Ujjayi, Sitkari, Shitali, Bhastrika, Bhramari, Methodology and aim of Bhayavrati, Abhyantavrati and Stambhavrati Kumbhakas.
- Unit - V Meaning and definition of Bandh and Mudra. Difference between Bandh and Mudra. Meaning, methodology and benefits of following Mudras - Mahamudra, Mahabandh, Uddiyana bandh, Jalandhar bandh, Mool bandh mudra, Vipreet karni, Kaki mudra, Tadagi mudra, Shambhavi mudra.
Knowledge of Pratyahar, Dharna, Dhyana and Samadhi according to Astanga Yoga and Hathyoga.

PAPER IV PRACTICAL - I

100 Marks

- (1) Shatkarma - Jal neti, Sutra neti, Rubber neti, Vaman dhauti, Nauli, Tratak, Kapalbhati.
- (2) (i) Pawanmuktasana; (ii) Suryanamaskar (with Mantra Chanting and Breathing); (iii) Relaxative asana - Shav, Makar, Matasya, Krida, Baal; (iv) Meditative asana - Vajra, Padam, Siddha, Swastika, Bhadra, Mukta; (v) Cultural poses - (a) Inverted poses - Sarvang, (b) Standing poses - Sankat, Garud, Vraksh, Trikon, Parsv Chakrasana, Katichakrasana, Triyaktadasan, Urdhahasttotan, Aswatha, Khanjan, Padhast, Hastpaadanghust, Natraj, Utkat, (c) Sitting poses - Vakra, Ardhamatseyendra, Janusirsh, Pashchiottansana, Ustra, Bak, Yogmudra, Badhpadma, Akarndanushasana, kag, Udrakarsh, (d) Supine posses - Pawanmukt, Hal, Nauka, Karanpid, Matasya, Tolangul, Chakra, Markat, Suptvajra, (e) Prone posses - Bhujang, Shalabh, Dhanus, (f) Advance posses - Shirsh, Vrishik, Mayur, Padambak, Ugra, Kukut, Kapot, Purnchakra, Purndhanush, Bhunaman, Garbh, Pranav, Vatayan, Setu bandh, Sarvang, Matasyendra.
- (3) Pranayam - Ujjayi, Surybhedan, Nadishodhan, Sheetali, Sitkari, Bhramari, Bahiya, Abhyantra and Stambhvrati kumbakas.

PAPER V PRACTICAL - II

100 Marks

- (1) Mudra and Bandh - Jalandhar bandh, Uddiyan Bandh, Mool bandh, Vipprit karni, Mahamudra, Mahabandh, Kaki, Shambhavi, Tadagi, Ashwani.
- (2) Meditation
- (3) Sessional work - All the students have to prepare practical note-book in respect of practical knowledge received in the session. It will involve practical aspects of Shatkarma, Asana, Pranayam, Mudra and Meditation, with respect to their meaning, technique, benefits along with preliminary introduction of Yoga in the beginning.
- (4) Internal assessment.
- (5) Viva-voice