



SYLLABUS OF CERTIFICATE COURSE IN YOGA (C.C.Y.)

PAPER 1

INTRODUCTION TO YOGA & YOGIC PRACTICES

	TOPICS	SUB-TOPICS
1.1	Introduction to Yoga	Etymology of Yoga and definitions of Yoga in different Classical Yoga Texts
		Brief Introduction to Origin, History and Development of Yoga
		Aim, Objectives and Misconceptions about Yoga
		General Introduction to Shad-Darshanas with special reference to Samkhya and Yoga
		General Introduction to four paths of Yoga
		Principles of Yoga and Yogic Practices
		Guidelines for Instructors
1.2	Introduction to Hatha Yoga	Introduction to important Hatha Yoga Texts with special reference to Hathapradipika and Gheranda Samhita
		Concept of Yogic Diet
		<i>Concept of Sadhaka and Badhaka Tattwa (Conducive and Non-Conducive Factors) in Hatha Yoga</i>
		Concept of <i>Ghata</i> and <i>Ghata Shudhhi</i> in Gheranda Samhita
		Purpose and utility of <i>Shat-kriyas</i> in Hatha Yoga
		Purpose and utility of Asana in Hatha Yoga
		Purpose and importance of Pranayama in Hatha Yoga
Difference between Yoga Asana and Vyayama (Non-Yogic Physical Practices)		
1.3	Introduction to Patanjali	Definition, nature and aim of Yoga according to Patanjali
		Concept of <i>Chitta</i> and <i>Chitta Bhumis</i>
		<i>Chitta-vrittis</i> and <i>Nirodhopaya (Abhyasa and Vairagya)</i>
		Concept of <i>Ishwara</i> and <i>Ishwara Pranidhana</i>
		<i>Chitta Vikshepas (Antarayas)</i> and their associates (<i>Sahabhuva</i>)



		Concept of <i>Chitta Prasadana</i> and their relevance in mental well-being
		<i>Kleshas</i> and their significance in Yoga
		Ashtanga Yoga of Patanjali : its purpose and effects, its significance
1.4	Yoga and Value Education	Concept of Value- Nature, Role and Classification
		Rationale of Value Education
		Aims and Objectives of Value Education
		Yoga as a Method of Value Education
		Contribution of Swami Kavalayananda-ji in Philosophico-Literary Research

PAPER 2

INTRODUCTION TO HUMAN SYSTEMS & HEALTH

	TOPICS	SUB-TOPICS
2.1	Introduction to Human Systems, Yoga and Health	The Nine Systems of Human Body
		Functions of different systems of Human Body
		Introduction to Sensory Organs
		Neuromuscular coordination of Sensory Organs
		Basics of Exercise Physiology
		Homeostasis
		Benefits of Various asana on different parts of the human body
		The limitations and contra-indications of specific Yoga practices
2.2	Yoga for Wellness- Prevention and Promotion of Positive Health	Health, its meaning and definitions
		Yogic concepts of health and diseases
		Concept of Pancha kosha
		Concept of Triguna
		Concept of Panchamahabhutas
		Yogic principles of Healthy-Living
		Introduction to yogic diet and nutrition



2.3	Swami Kunalayananda-ji	Contribution of Swami Kunalayananda-ji in Scientific Research of Yoga
2.4	Yoga & Stress Management (Yoga & Mental Health)	Define Mental health, Holistic Health, Medical & Yogic perspective
		Definition of Yoga in relation to Mental health
		Human Psyche: Yogic and modern concepts, Behavior and Consciousness
		Frustration, Conflicts, and Psychosomatic disorders
		Relationship between Mind and Body
		Mental Hygiene and Role of Yoga in Mental Hygiene
		Mental health: a Yogic perspective
		Prayer and meditation for mental health
		Psycho-social environment and its importance for mental health (Yama and Niyama)
		Concept of stress according to modern science and Yoga
		Role of Yoga in Stress management
		Role of Yoga for Life management



PAPER 3
TEACHING PRACTICE

	TOPICS	SUB-TOPICS
3.1	Scope	The scope of practice of Yoga and how to assess the need for referral to other professional services when needed
		Observed capacity for, well-developed communication skills: listening, presence, directive and non-directive dialogue.
3.2	Demonstrated Ability	To recognize, adjust, and adapt to specific aspirant needs in the progressive classes
		To recognize and manage the subtle dynamics inherent in the teacher - aspirant relationship
3.3	Principles and Skills for Educating Aspirants	Familiarity with and demonstrated ability to apply effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the aspirant's progress, and cope with difficulties
3.4	Group Practice	Familiarity with and Demonstrated ability to design and implement group programs
		Familiarity of group dynamics and allied techniques of communication skills, time management, and the establishment of priorities and boundaries
		Familiarity with techniques to address the specific needs of individual participants, to the degree possible in a group setting
3.5	Swami Kuvalayananda-ji	Contribution of Swami Kuvalayananda-ji in Yoga Education



YOGA PRACTICALS

ASANAS (49 hrs)

Supine Asanas

Shavasana
Ardhahalasana (one leg/ both leg)
Uttanapadasana
Pawanamuktasana (Ardha /Purna)
Setubandhasana
Naukasana (Supine)
Viparitarani
Sarvangasana
Matsyasana
Halasana

Prone Asanas

Bhujangasana
Ardhashalabhasana
Shalabhasana
Naukasana (Prone)
Dhanurasana
Makarasana

Sitting Asanas

Vakrasana
Ardhamatsyendrasana
Janushirasana
Paschimotanasana
Parvatasana
Vajrasana
Ustrasana
Yoga mudra
Akarnadhanurasana
Kakasana (Bakasana)
Simha Asana
Mandukasana
Uttana Mandukasana



C.C.Y.

Standing Asanas

Tadasana
Chakrasana (Lateral)
Vrikshasana
Padahastasana
Trikonasana

Meditative Asana

Ardhapadmasana (Virasana)
Padmasana
Swastikasana
Samasana
Siddhasana

OTHER PRACTICES

Brahma Mudra
Uddiyana Bandha (Bahya)

BREATHING & PRANAYAMA (14 hrs)

Preparatory Breathing Practices

- Abdominal
- Thoracic
- Clavicular
- Full Yogic

Anuloma Viloma

Ujjayi

Sheetali

Sheetakari

Bhramari

Suryabhedana

Bhastrika

KRIYAS (5 hrs)

Kapalabhati

Jala Neti

Rubber Neti

Vamana Dhauti

Agnisaara

Trataka



PRACTICES LEADING TO MEDITATION

(5 hrs)

- Familiarity with and Demonstrated ability to perform Dharana and Dhyana and to demonstrate allied practices like Mudras, Mantra Japa etc
- Familiarity with the concept of environment for meditation and the benefits of meditation on health and well-being and its practical application in modern life
- **MANTRA RECITATION**
 - Pranavajapa
 - Swasti Mantra
 - Gayatri Mantra
 - Maha Mrityunjaya Mantra
 - Om Stavan

ADDITIONAL COMPONENTS, OTHER THAN KAIVALYDHAMA TRADITION

Sukshma Vyayama (2 hrs)

- Neck
- Shoulder
- Trunk
- Knee
- Ankle

Suryanamaskar (6 hrs)

Sadanta Pranayama

Chandrabhedan Pranayama