University of Rajasthan

SYLLABUS

CERTIFICATE COURSE IN YOGA EDUCATION

(C.Y.Ed.)

2015-2016

Prepared by

Asstt. Registrar (Acad.)
University of Rajasthan
Jaipur
UNIVERSITY OF RAJASTHAN, JAIPUR

CERTIFICATE IN YOGA EDUCATION

Scheme and syllabus of Certificate Course in Yoga Education (C.Y.Ed.)

Duration: 6 Months
Scheme of Examination:

The candidate securing 36% marks in theory & practical separately will be declared passed and candidate secured 48% marks declared passed with II Division. Those securing 60% & above marks will be declared First division.

<table>
<thead>
<tr>
<th>Name of paper</th>
<th>Annual Exam.</th>
<th>Total</th>
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<tbody>
<tr>
<td>Part-A</td>
<td></td>
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<tr>
<td>Traditional Yoga Paper- I</td>
<td>100</td>
<td>100</td>
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<tr>
<td>Yoga and Mental Health Yoga Paper- II</td>
<td>100</td>
<td>100</td>
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<tr>
<td>Anatomy &amp; Physiology of Yogic Practic Paper- III</td>
<td>100</td>
<td>100</td>
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<tr>
<td>Part-B</td>
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<tr>
<td>Practical (External)</td>
<td>100</td>
<td>100</td>
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<td>Total Marks</td>
<td>400</td>
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Syllabus

C.Y.Ed. Paper-I : Traditional Yoga

*100 Maximum Marks
36 Min. Pass Marks*

Unit- I
1. The Philosophical & historical background of Yoga.
2. Definition of Yoga according to Patanjali, Gita, Upanisads, Hatha etc.

UNIT- II
3. Yoga, Concept of Chitta, Vrati, Chitta Prasad, etc.

Unit- III
4. Astangayoga.Kriya yoga

Unit- IV
5. Dietetics. Asana, Pranayama, Vayu Nadi, Shaodhan Kriyas,

Unit- V
6. Mudra, Bandha. (Yogic Principles)

C.Y.Ed. Paper-II : Yoga and Mental Health Yoga

*100 Maximum Marks
36 Min. Pass Marks*

Unit- I
Yoga & Mental Health.

Unit- II
Prayer - Its significance in yogic practices.

Unit- III
Psychic forces in human behaviour Id. Ego & Supper Ego

Unit- IV
Yama, Niyama, Asana & Pranayama and their contribution to Physical & Mental Health.

Unit- V
Frustration & conflicts, Emotion.

C.Y.Ed. Paper-III : Anatomy & Physiology of Yogic Practice  
100 Maximum Marks  
36 Min. Pass Marks

Unit- I
General introduction of Human Anatomy & Physiology of different systems . Blood  
circulatory system, Blood Group, Function of Blood, WBC, R.B.C.

Unit- II
Digest System, Muscular System.

Unit- III
Respiratory System, Pranayam Introduction. Difference between Pranayam and Deep  
Breathing

Unit- IV
Asana Definition and Classification,

Unit- V
Sodhan Kriyas- Precaution of the practicener, Importance of Place, Time, Sequence.  
Combination of other Exercise. Bhandha.

C.Y.Ed. Practical Paper-VI : Practical and teaching practices  
100 Maximum Marks  
36 Min. Pass Marks

Practical

Asanas
1. Akarandhanurasana  
2. Ardha Matsyendrasana  
3. Bhujangasana  
4. Chakrasana (Side Banding)

5. Chakrasana  
6. Dhanurasana  
7. Gomukhasana  
8. Vakrasana

9. Halasana  
10. Janushirhasana  
11. Vakasana  
12. Vrikshasana

13. Kurmasana  
14. Makarasana  
15. Matsyasana  
16. Nararajasana

17. Padahastasana  
18. Padmasana  
19. Parvatasana  
20. Paschimatasana

22. Sansakasana  
23. Sarvangesanaw  
24. Savasana

25. Setubandhasana  
26. Shalabhasana  
27. Shrishasana  
28. Siddhasana

29. Simhasana  
30. Savasana  
31. Suptavajrasana  
32. Surya Namaskar

33. Tadasana  
34. Trikonasana  
35. Ushtrasana  
36. Uttasana
a. Pranayama

1. Anuloma-Viloma  2. Ujjayi
3. Shitali        4. Sitkari
5. Bhastrika      6. Bhamari
7. Suryabhedana

b. Bandhas

1. Jalandhara        2. Uddiyana
Bandha


c. Mudra

1. Brahma Mudra      2. Gyan Mudra
3. Tadagi Mudra      4. Asvini Mudra

d. Kriyas

1. Jala Neti        2. Sutra Neti
3. Dhauti (Vamana, Danda) 4. Kapalabhati
5. Agnisara

e. Om Recitation

i. Om Stavana
ii. Meditative poses for 30 minutes.

b) Teaching Practice-

i. Lectures on organization of classes, methods of teaching and lesson planning.
j. Salient features of each practice with reference to yoga texts form-Practical aspects.
k. Conducting practical lessons in the class.
l. Critical observations of the practical lessons.
m. Project Report-The participants have to write a report on yoga practice, Teaching practice personal experience.

B. Personal Assignment

1. General behaviour
2. Regularity & Punctuality in the Practical & Theory session (class).
4. Healthy habits,
5. Character.