UNIVERSITY OF RAJASTHAN
JAIPUR

SYLLABUS

P.G. Diploma in Yoga Education

(C.Y. Ed.)

Examination 2020

Dy. Registrar
(Academic)
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>
</tr>
<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>
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<td>100</td>
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<td>Part-B</td>
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<tr>
<td>Practical (External)</td>
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<td>Total Marks</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 back ground of Yoga.
2. Definition of Yoga according to Patanjali, Gita, Upanisads, Hatha etc.

UNIT- II
3. Yoga, Concept of Chitta, Vrati, Chitta Prasadan,

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

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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, Blandha.

100 Maximum Marks
36 Min. Pass Marks

Practical

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<tbody>
<tr>
<td>5. Chakrasana</td>
<td>6</td>
<td>Dhanurasana</td>
<td></td>
<td>Gomukhasana</td>
<td>Vakrasana</td>
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<tr>
<td>9. Halasana</td>
<td>10</td>
<td>Janushirshasana</td>
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<td>Vakasana</td>
<td>Vrikshasana</td>
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<td>13. Kurmasana</td>
<td>14</td>
<td>Makarasana</td>
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<td>Matsyasana</td>
<td>Nararajasana</td>
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<td>17. Padahastasana</td>
<td>18</td>
<td>Padmasana</td>
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<td>Parvatasana</td>
<td>Paschimatasana</td>
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<tr>
<td>21. Yoga Mudra.</td>
<td>22</td>
<td>Sansakasana</td>
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<td>Sarvangasana</td>
<td>Savasana</td>
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<tr>
<td>25. Setubandhasana</td>
<td>26</td>
<td>Shalabhasana</td>
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<td>Shrishasana</td>
<td>Siddhasana</td>
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<tr>
<td>29. Simhasana</td>
<td>30</td>
<td>Savasana</td>
<td></td>
<td>Suptavajrasana</td>
<td>Surya Namaskar</td>
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<tr>
<td>33. Tadasana</td>
<td>34</td>
<td>Trikonasana</td>
<td></td>
<td>Ushtrasana</td>
<td>Uttrasana</td>
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<tr>
<td>37. Vajrasana</td>
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a. Pranayama

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

b. Bandhas

1. Jalandhara Bandha  
2. Uddiyana
3. Jivha Bandha  
4. Mula 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.

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[Signature]