

Rayat shikshan sanstha's
Swami Sahajanand Bharati College of Education,
Shrirampur

- 413709 Dist. Ahmednagar (Maharashtra)

I.D.N. : P.U./A.N./E.D.N./013 (1970)

NCTECODE: 113098 PUN CODE : CEDA016390



CERTIFICATE COURSE IN YOGA AND MEDITATION



ELIGIBILITY: H.S.C. OR EQUIVALENT

DURATION : 2 MONTH

Certificate Course in Yoga and Meditation

Preamble - Yoga is one of the oldest sciences of the world which originated in India. It is considered as to be as old as the Indian Civilization. The course focuses to teach it as a complete scientific system. Yoga can be applied to one's life irrespective of age, gender, profession, state, conditions, problems and sufferings. It can be made part of every human endeavour – personal, professional, social, family and spiritual. The theoretical and practical aspects of Yoga are taught in the course. This course introduces the general framework of Indian philosophy and basic concepts of Yoga and Meditation. This is a basic course in Yoga and Meditation.

Title of course-	Certificate course in Yoga and Meditation
HEI to run course	Swami Sahajanand Bharati College of Education, Shrirampur.
Broad Area/Sector-	Engagement with the field..
Sub Sector-	ENHANCING PROFESSIONAL CAPACITIES
Nature of course - Independent / Progressive	Independent
Credit	2
Level	Certificate course
Expected fees of the course – Free/Paid	Free
Course Requirement	Excellent Attendance/Participation
Number of Seats-.....	20
Course Code-.....	Credits- 02 (1 Theory, 1 Practical)
Marks	Max Marks...100..... Minimum Marks...40
ELIGIBILITY :	H.S.C. OR EQUIVALENT
DURATION	2 Month – Part time

About the Course- Certificate Course in Yoga Education prepares candidates for teaching Yoga to students, and also develops their philosophical understanding of the concepts of yoga.

- The course is divided into Theory portion and Practical portion. The theory portion discusses all the important ideas, theories and utilities of Yoga. The practical session involves practically learning some important asanas.
- This course also discusses ancient Indian Philosophy and its connection with Yoga. This makes the candidates realise the impact of Yoga in our culture and Daily lives.
- The course discusses physiological benefits of certain asanas which are known to provide benefits over many diseases and health irregularities.
- The candidates will be able to learn Yoga therapy which can be used to treat certain diseases using Yoga.
- The practical skills will include asanas, effects of using wrong techniques while doing asanas, and Yoga Teaching methods.
- The candidates will learn about the overall importance of Yoga for a better and healthy life through this course.

Objective: To learn about the overall importance of Yoga and Meditation education for a better and healthy life through this course.

1. General Objectives of the Course:

1. To impart knowledge about the basic technique and practice of yoga and Meditation including instruction in breath control, meditation, and physical postures
2. To develop physical competency and mental concentration
3. To gain an intellectual and theoretical understanding of the principles embodied in the Yoga Sutras, the Bhagavad-Gita, and other important texts and doctrines
4. To acquaint student with the practical knowledge of Yoga Sana, Kriyas, Bandhas, Mudras, Yogic Therapy and Pranayama
5. To popularize yoga and corrective education among the masses.
6. Promoting health awareness towards holistic approach of health.
7. To promote preventive and correctives measures for sound health.

LEARNING OUTCOMES/COMPETENCIES

1. Intellectual and philosophical understanding of the theory of yoga and basic related Hindu scriptures will be developed.
2. Physical skill and conditioning including increased flexibility, strength, coordination, endurance, and breath control will be enhanced.

3. Powers of concentration, focus, and awareness will be heightened.
4. A humanistic, spiritual sensibility will be cultivated and enhanced

LEARNING STRATEGIES

1. Verbal instruction through lectures and class discussion
2. Posture demonstrations
3. Class participation and practice of postures, breathing, and meditation techniques
4. Reading and written assignments

Medium of Instruction: Medium of Instruction will be Marathi.

Eligibility for appearing at Certificate Course examination:

The Certificate Course consists of Theory, and practical training. The Theory paper is of 50 marks. And practical of 50 marks. Student teachers should keep the terms with at least 90% attendance. She should Complete all the practical and other work expected in all parts of the syllabus.

COURSE REQUIREMENTS AND EVALUATION

A candidate for being eligible for admission to the examination shall satisfy the following requirements: -

- He/She shall have attended the course of instruction for at least three-fourths of the total number of hours of instruction during each term.
- Paper I is a theory paper for which examinations of 50 marks will be conducted. Paper II is a practical paper for which an examination of 50 marks, will be conducted. Minimum marks for passing is 40% present in each of the paper and project as well.
- Students final grade will be based on the following:
 - 20% -Final take home essay exam
 - 25% -Written journal (typed) (12% mid-term; 13% final journal)
 - 25% mid-term exam (12% objective; 13% essay)
 - 30% -Attendance/active class participation

Grading Scale: 98-100 A+ 93-97 A 90-92 A-	“As” are awarded for excellent to exceptional work, free of technical and stylistic errors, showing sustained thought and engagement with the material on an appropriate but impressive academic level.
88-89 B+ 83-87 B 80-82 B-	“Bs” are awarded for good to very good work, with some occasional errors, which nonetheless clearly indicates a good grasp of the material and assigned task.
78-79 C+ 73-77 C 70-72 C-	“Cs” are awarded for average to above average work, meeting minimal standards but marked with errors, and exposing gaps in student performance and/or fulfillment of the assignment.
68-69 D+ 63-67 D 60-62 D-	“Ds” are awarded for barely passing to below average work, usually riddled with errors and seriously deficient in fulfilling the assignment.
Below 60 F	“Fs” are awarded for unacceptable work.

Course Syllabus

PART – I: THEORY

Credit-1

Total Duration: 12 hrs. (½ Hr. per Lect.)

UNIT:1 Foundations of Yoga

CREDIT: 1/2

A. Introduction to yoga,

- Introduction to Yoga. Meaning, Definition and Characteristics
- History of YogaThe relevance of Yoga today
- Need and Importance of Yoga
- Benefits of yoga, Misconceptions of yoga,Difference between yogicpractices

B. Yoga Philosophy

- **Four Steps of Life** :Brahmacharya(Renunciation),Garahastha (Family Life)
Vanaprasthya (Non-attachment), Sanyas (Asceticism)

C. The Astanga Yoga: Yama - Don'ts, Niyama - Do's, Asana, Pranayama - Breath Control - Life Force Control, Pratyahara - Internalization, Dharana - Meditation, Dhyana – Realization and Samadhi - Absorption

D. Yoga in the Bhagavadgita/Schools of yoga - / Eight kinds of Yoga:

- 1.Karma Yoga - Work or Action, 2.Hatha Yoga – Physical 3.Raja Yoga- Mental,
- 4.Vedanta Yoga – Philosophical 5.Bhakti Yoga – Devotional, 6.Mantra Yoga - Mantra 7.Laya Yoga – Esoteric, 8.Jnana Yoga – Wisdom

UNIT:2- Introduction to Asanas , Pranayama ,Meditation, Mudra,

Shatkarma/kriya,bhandha

CREDIT: 1/2

A. Introduction to Asana , Pranayama ,Meditation,

Introduction to Asanas :Yoga and the Spine, Understanding the following- asanas , Standing poses, Sitting Poses, Kneeling Poses, Supine Poses, Prone Poses and Arm Support Poses Surya Namaskar& Chandra Namaskar (Sun sequence)

Pranayama: Breathing techniques: Aspects of Pranayama, The Pranickoshas(anamaya, manomaya, Pranamaya, Vijnanamaya, anandmaya Koshas),Breath health and Pranayama, general Considerations (Contraindications,time, diet, Place, Breathing sequence, Side effects) NadiShodhana -AnulomaViloma (alternate nostril breathing), Ujjayi, Sheetali, Sheetkari Bhramari,Bhastrika, Kapalabhati (lung cleansing exercise), Moorchha, SuryaBheda,

Major Nadis: Ida,Pingala and sushumna

Meditation: Pratyahar, dharna, dhyana, Samadhi & Relaxation techniques

B. Introduction to Mudra, Shatkarma /kriya,bhandha

Five Groups of Yoga Mudra : Hasta :(hand) Jnana&Chin,Yoni,Bhairava,Haridya,

Mana: (head) hambhavi,Naskagrardrushti,khechari,kaki,Bhujangini,Akashi,Shanukhi,Unmani,

Kaya: (postural) Vipareetakarni,Pashinee,prana,yoga,Manduki,Tadagi,

Adhara :(perineal) Ashwini,Vajroli/sahajoli

Shatkarma /Kriya:Neti, dhauti, Nauli,basti,Kapalbhati,Trataka

Bandha: Jalandhara (throat lock), Moola (perineum contraction),Uddiyana (abdominal contraction)

PART – I: PRACTICAL**Credit-1****Total Duration: 12 hrs.**

<p>MEDITATIVE ASANA</p> <ul style="list-style-type: none">• Ardha Padmasana (Virasana HP)• Vajrasana (GS)• Svastikasana (GS) (HP)• Gorakshasana (GS)• Padmasana (GS) (HP)• Guptasana (GS)• Bhadrasana (GS) (HP)• Siddhasana (HP) <p>RELAXATIVE ASANA</p> <ul style="list-style-type: none">• Shavasana/ Mrtasana (HP) (GS)• Makarasana (GS) <p>CULTURAL ASANA</p> <p>SUPINE</p> <ul style="list-style-type: none">• Simplified Matsyasana (GS) <p>PRONE</p> <ul style="list-style-type: none">• Bhujangasana (GS)• Shalabhasana (GS)• Dhanurasana (HP) <p>SITTING</p> <ul style="list-style-type: none">• Simhasana (GS)(HP)• Gomukhasana (GS)(HP)• Mandukasana (GS)• Uttana Mandukasana (GS)• Paschimottnaasana (HP) <p>STANDING</p> <ul style="list-style-type: none">• Utkatasana (GS)• Vrikshasana (GS)	<p>OTHER ASANA</p> <ul style="list-style-type: none">• Uttanapadasana• Pavanamuktasana• Parvatasana• Brahma Mudra• Janushirasana• Vakrasana• Yoga Mudra• Tadasana• Chakrasana (Lateral Bending) <p>MUDRA</p> <ul style="list-style-type: none">• Viparitamakarni (GS)(HP) <p>BANDHA</p> <ul style="list-style-type: none">• Uddiyana (GS)(HP)• Jalandhara (GS)(HP) <p>SHUDDHI KRIYA</p> <ul style="list-style-type: none">• Kapalabhati (GS)• Jala Neti• Sutra Neti (GS)• Vaman Dhauti (GS)• Danda Dhauti (Theory) (GS)• Vastra Dhauti (Theory) (GS)• Vahnisara (GS)• Trataka (GS) (HP) <p>PRANAYAMA</p> <ul style="list-style-type: none">• Nadishodhan (HP)(GS)• Ujjayi (GS)(HP)• Sitkari
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REFERENCES

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2. Hiriyanna, M., (1995). The Essentials of Indian Philosophy. New Delhi, Motilal Banarasi das Publishers.
3. Iyengar, B.K.S. (2005). Light on life. Oxford, Pan Macmillan Ltd.
4. Iyengar, B.K.S. (2008). Light on Yoga. New Delhi, Harper Collins.
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7. Krishnananda, Swami. (2009). Yoga Meditation and Japa Sadhana. Tehri Garhwal, The Divine Life Society.
8. Nagendra, H.R. (1993). Yoga in Education. Banglore, Vivekananda Kendra.
9. Nagendra, H.R. (1993). Yoga in Education, Banglore ,Vivekanande Kendra

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I- Course Coordinator- Dr. Nannar R. K.

II- Designation - Professor