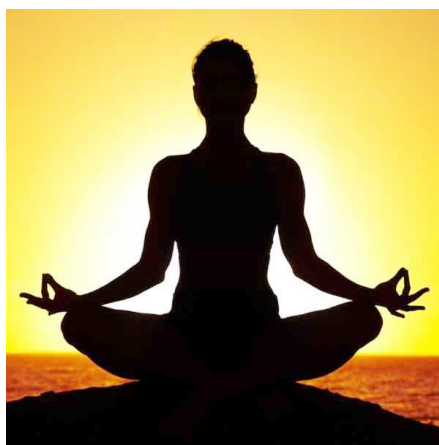


Certificate Course in Yoga & Wellness



Syllabus

(As per NEP-2020)



**DEPARTMENT OF YOGA
JAMSHEDPUR WOMEN'S UNIVERSITY
JAMSHEDPUR, JHARKHAND**

Preamble

Yoga is an invaluable gift of ancient Indian tradition. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root meaning "to join", "to yoke" or "to unite". yuj. According to Yogic scriptures, the practice of Yoga leads to the union of individual consciousness with universal consciousness

Yoga is becoming popular day by day. A wave of yoga is sweeping across the globe. In this programme we introduce yoga as a science of Holistic living and not merely as yoga postures. During the programme the student is taught the basic concepts of Yoga for wellness. This programme looks to train enthusiasts to teach general public wellness through yoga.

Certificate Curriculum Framework for Certificate Course in Yoga and Wellness

1. Name of the Programme :

- The programme shall be called "Certificate Course in Yoga and Wellness" (CYW)

2. Aim the Programme:

- The aim of the programme is to spread "Wellness through Yoga"

3. Objectives of the Programme:

- To introduce basic wellness principles and practices of Yoga to common people.
- To bring awareness of the fundamentals of Yoga for wellness in their daily lives.
- To bring peace and harmony in the society at large by introducing the Yogic way of life.
- To create teachers to teach Yoga for wellness in the society

4. Learning Outcomes of the Programme:

- It will popularize yoga and corrective education among the masses.
- It will make people aware of the therapeutic and preventive values of Yoga.
- It will bring peace and harmony in the society at large by introducing the yogic way of life.
- It will promote health awareness towards Holistic approach of Health.

5. Eligibility:

- The candidate should have completed 12th Standard from a recognized board or equivalent.
- The candidates must be medically fit. No person with chronic ailments is allowed to take admission.

6. Medium of Instructions:

- Hindi/ English

7. Fee Structure – 6000/- (3000/-per Semester)

8. Course Duration – 1 Year

9. Dress Code:

- Blue lower & white T- Shirt for practical & white Kurti for theory class are mandatory.

10. Rules & Regulations:

- Minimum 70% attendance in yoga practical and 70% attendance in theory are essential and recommended.
- Every student of the course should maintain discipline during the course and not to disturb peace, tranquillity of any other participants, teachers and the environment in the Centre.
- Candidate must attend yoga practical classes daily with empty stomach or light stomach or as advised by the yoga experts.

11. Structure of Programme:-

Course	Title of The Paper	L	T	P	C	Marks	Hours
YCC-CC-001	Introduction to Yoga& Yogic text	4	1	0	3	75	30
YCC-CC-002	Elementary Human Anatomy & Physiology	4	1	0	3	75	30
YCC-CC- 003	Yoga Practical- I	5	0	5	4	70+30 = 100	30
YCC-CC- 004	Hatha Yoga	4	1	0	3	75	30
YCC-CC-005	Yoga for Wellness	4	1	0	3	75	30
YCC-CC-006	Project Work	5	0	5	4	70+30 = 100	30
Total					20	500	180

Course Title: Introduction to Yoga & Yoga Texts

Course Code: YSC-CC-001

Course Credit: 3

Learning Outcomes:

- To equip the learners with a brief understanding about Yoga and its stream.
- To give an overview of Patanjali Yoga and Shrimad bhagavat Gita.

Unit-I: General Introduction to Yoga

Meaning, Aim and Objectives of Yoga; Origin of Yoga; History and Development of Yoga: Vedic Period, Classical Period, Post classical period, Modern Period; Etymology and Definitions of Yoga in classical Yoga texts; Misconceptions about Yoga; True Nature of Yoga; principles of Yogic Practices; Difference between Yoga & Exercise.

Unit-II: Streams of Yoga

Basic concepts of Bhakti Yoga, Jnana Yoga, Karma Yoga, Mantra Yoga and Raja Yoga.

Unit-III: Introduction to Patanjali Yoga

Brief to Maharshi Patanjali and Patanjali Yoga Sutra; Definition of Yoga according to Patanjali; Concept of Chitta, Chitta-Bhumi, Chitta-Vrittis, Klesha, Ishvar, Yoga Antaraya, Chitta Prasadana Upaya, Chitta-Vritti Nirodhopaya (Abhyasa and Vairagya), Kriya Yoga, Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.

Unit-IV: Significance of Shrimad Bhagavat Gita as Synthesis of Yoga:

Introduction to Shrimad Bhagavad Gita; Synthesis of Yoga; Definitions of Yoga in Shrimad Bhagavad Gita and their Relevance; Shrimad Bhagavad Gita and Traditional Commentaries (Shankar Bhashya, Ramanuj Bhashya, Gyaneshwari Geeta, Geeta Rahasya); Concept of Karma & Karma Yoga in Bhagavad Gita; Concept of Bhakti, Types of Bhakta (Chap.7), Nature of Bhakti (Chap.12); Concept of Jnana and Jnana Yoga.

Unit-V: Life Sketch, Yogic Life and their Contributions for the Development and Promotion of Yoga:

Adi Shankaracharya; Maharshi Gorakshnath; Swami Vivekananda; Swami Shivanada Saraswati; Swami Satyananda; Swami Kuvalayanand; Pt. Shri Ram Sharma Acharya.

Essential Readings:

1. Vijnanananda Saraswati - Yoga Vigyan, Yoga Niketan Trust, Rishikesh, 1998.
2. Rajkumari Pandey-Bhartiya Yoga Paramparake Vividh Ayam, Radha Publication, New Delhi.
3. Swami Vivekananda - Jnana, Bhakti, Karma Yoga & Rajayoga, Advait Ashram, Culcutta 2000.
4. Vishwanath Mukharjee-Bharat Ke Mahan Yogi, Vishwavidyalaya Prakashan, New Delhi, 2005.
5. Kalyan (Bhakti Ank) - Gita Press, Gorakhpur.
6. Kalyan (Yogank) - Gita Press Gorakhpur, 2002.
7. Kalyan (Yoga Tatwank) - Gita Press Gorakhpur, 1991.
8. Prof. Ramharsh Singh – Yoga Avam Yoga Chikitsa, Chaukhambha Sanskrit Pratishthan, Delhi

Course Title: Elementary Human Anatomy & Physiology

Course Code: YSC-CC-002

Course Credit: 3

Learning Outcomes:

- To give a basic understanding about the structure and functions with respect to various systems of the body for equipping the students to understand the benefits and contraindications of yogic postures in a better way.

Unit-I Introduction:

- Human Body- Meaning and its Importance in Yoga
- Definition of Anatomy and Physiology
- Cell: Structure & Function

Unit-II General information, Different parts, Structure, Function and Effect of yogic practices.

- Tissues: Types, Structure & Function
- Musculo-Skeletal System

Unit-III General information, Different parts, Structure, Function and Effect of yogic practices.

- Digestive system
- Excretory system

Unit-IV General information, Different parts, Structure, Function and Effect of yogic practices.

- Respiratory System
- Circulatory system

Unit-V General information, Different parts, Structure, Function and Effect of yogic practices.

- Nervous System
- Endocrinal system

Essential Readings:

1. Shirley Teles - A Glimpse of the Human Body, Sw. Vivekananda Yoga Prakashan, Bangalore.
2. M.M. Gore - Anatomy and Physiology of Yogic Practices, Motilal Banarasidas, New Delhi.
3. Ross & Wilson - Human Anatomy and Physiology in Health & Illness, Churchill Livingstone.
4. Dr. Anant Prakash Gupta - Human Anatomy & Physiology, Sumit Prakashan.
5. Dr. Rakesh Dixit - Sharir Rachana Evam Kriya Vijnan, Bhasha Bhavan, Mathura, 2005.
6. Inderveer Singh - Anatomy and Physiology for Nurses, Jaypee Brothers' Publisher, 2008.

Course Title: Yoga Practical

Course Code: YSC-CC-003

Course Credit: 4

Full Marks: 100 (70 Marks Practical + 30 Marks Viva)

Learning Outcomes:

- To introduce Yogic postures and Practices.
- To introduce the practices of Shatkarmas, Suryanamakar, Asanas, Breathing practices, Pranayama and Meditation & Prayers.

UNIT	TOPIC
1	<u>Prayers</u> All Mantras & Prayers <u>Starting Practice</u> Pawanmuktasana Part-1, 2, 3, Marjariasana, Tadasana, Tiryak-Tadasana, Kati-Chakrasana. <u>Surya Namaskar & Pragyayoga:</u> With Mantras & Breathing pattern.
2	<u>Cultural Standing Asanas:</u> Utkatasana, Padahasthasana, Trikonasana, Veerasana, Vrikshasana, Sankatasana, Garudasana, Padangusthasana, Sarvangpushti, Murdhasana. <u>Cultural Sitting Asanas:</u> BaddhaPadamasana, UttithaPadamasana, Mandukasana, Uttan-mandukasana, Vrishabhasana, Guptasana, Simhasana, Ushtrasana, Suptavajrasana, Vakrasana, Ardha-matsyendrasana, Gomukhasana, Janushirasana, Pashchimottanasana, Akarndhanurasana, Bhadrasana, Shashankasana. <u>Cultural Lying Asanas:</u> Pawanmuktasana, Sarvangasana, Matsyasana, Naukasana (on Back), Halasana, Chakrasana, Karnpidasana, Bhujangasana, Shalabhasana, Dhanurasana, Naukasana (on Abdomen).
3	<u>Pranayamas:</u> Breathing - Chest, Abdominal & Yogic, Puraka, Rechaka and Kumbhaka, Anulom-Vilom, Nadishodhan, Ujjayi, Surya and Chadrabhedan, Bhastrika, Bhramari, Sheetali, Shitkari. <u>Mudras & Bandhas:</u> Jalandhara Bandha, Uddiyana Bandha, Moola Bandha, Mahabandha, Kaki Mudra, Nasikagra Mudra, Brahmamudra, Shanmukhimudra.
4	<u>Meditative/ Relaxative Asanas:</u> Shavasana, Makrasana, Sukhasana, Padmasana, Vajrasana, Swastikasana, Siddhasana. <u>Shatkarmas:</u> Neti-Jala and Sutra, Vamandhauti, Kapalabhati, Agnisara, Trataka, Dandadhauti.
5	<u>Meditation:</u> SohamSadhana, Savita Dhyana, Yoga Nidra. <u>Karma Yoga:</u> Karma Yoga is mandatory for all students on the last day of every week.

Essential Readings:

1. A.K. Sao & A. Sao – Yoga Chikitsa, Chaukhambha Orientalia. New Delhi, 2019.
2. O.P. Tiwari - Asana Why and How, Kaivalyadham SMYM Samiti, Lonavala, 2012.
3. Sw. Satyananda Saraswati - Asana, Pranayama, Mudra, Bandha, Yoga Publication Trust, Munger.
4. Pt. Shri Ram Sharma - Pragyabhiyan Ka Yoga Vyayam, Brahmavarchas, Shantikunj, Haridwar.

Suggested Readings:

1. B.K.S. Iyengar - Light on Yoga, Harper Collins Publisher, New Delhi, 2012.
2. B.K.S. Iyengar - Light on Pranayama, Harper Collins Publisher, New Delhi, 2012.
3. Swami Kuvlayananda - Asana, Kaivalyadham SMYM Samiti, Lonavala, 1993.
Swami Kuvalayananda - Pranayama, Kaivalyadham SMYM Samiti, Lonavala, 2009.

Course Title: Yoga & Wellness

Course Code: YSC-CC-004

Course Credit: 3

Learning Outcomes:

- To give an introduction to the concept of wellness.
- To give an understanding of wellness and illness with reference to the yogic texts.
- To give a basic knowledge of yoga as preventive health care and Yogic lifestyle analysis.

Unit-1: Concept of Wellness and Illness

Concept of Health (Modern and Ancient View); Concept of Wellness and illness (Modern and Ancient View); Concept of Body (PanchaKosha according to Taittiriya Upanishad); Potential causes of illness according to Yoga Vashishta- Concept of Adhi and Vyadhi and their consequences on the body; factor affecting Health.

Unit-II: Prescription of Yogic Lifestyle according to various Yogic Texts

Remedial measures for Wellness suggested in Yoga Vashishta; Yogic attitude (Maitri, Kauna, Mudita and Upeksha) and practices for Mental Hygiene; Psycho-social environment, its role and importance for wellness; (A/c Patanjali); Role of Yoga as mind-body medicine with reference to Yogic Texts; Role of Yoga in transforming the lifestyle; Health and Yoga according to Gheranda Samhita; Ghatastha Yoga in the context of Gheranada Samhita and its significance.

Unit-III: Yogic Concept of Holistic Development

Total Human Development through Yogic practices for Panchakosha (Annamaya Kosha, Pranamaya Kosha, ManomayaKosh, Vijnanamaya Kosha and AnandamayaKosha) and its integration with Asthtanga Yoga of Patanjali.

Personality Refinement & Development: Karma Shuddhi (Yama, Niyama), GhataShuddhi (Shat-karma), SnayuShuddhi (Asana & Mudra-Bandha), PranaShuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Role of Aahar, Nidra & Brahmcharya in Personality development.

Unit-IV: Yoga as Preventive Health Care

Concept of Stress according to modern science and Yoga; Stress as the cause of illness; Role of Yoga in Stress management: Holistic approach of catering to moderation in eating (Yogic Diet), sleeping (rhythm of the nature) working (the sense of duty as per BG), entertainment (moderation), change in lifestyle.

Unit-V: Yoga for Different Age Groups

Children, their problem & Yoga practices; Adolescence, their problem & Yoga practices; Women, their problem & Yoga practices; Common Geriatric problems; Application of Yoga in common Geriatric Problems.

Essential Readings:

1. Dr.Arun K. Sao & Dr.Akhileshwar Sao - TanavAvm Yoga, Radha Pub. New Delhi, 2013.
2. Nagendra, H R & Nagarathna: New Perspective of Stress Management, SVYP, 2010.
3. Nagendra, H R & Nagarathna: Personality Development Series, SVYP, 2012.
4. Basavaraddi, I V: Yoga in School Health, MDNIY New Delhi, 2009.

Course Title: Hatha Yoga

Course Code: YSC-CC-005

Course Credit: 3

Learning Outcomes:

- To attain knowledge about the concept of Hatha Yoga and its basic texts.
- To get in-depth knowledge about the prerequisites of Hatha Yoga Practices & the principles of Hatha Yoga.
- To get introduced from various Yoga practices described in Hatha Pradipika & Gheranda Samhita.

Unit-1 General Introduction of Hatha Yoga

Hatha Yoga – Its meaning, definition & objectives; Origin & tradition of Hatha Yoga; General introduction of Basic Hatha Yogic texts (Shiv Samhita, Vashishtha Samhita, Goraksha Shataka, Hatha Pradipika, Gheranda Samhita, Hatha Ratnavali).

Unit-2 Essentials of Hatha Yoga

Importance of Place, Environment & Season for Hatha sadhana; Aids & Obstructions to Hatha sadhana; Mitahara, Prohibited & conducive food in Hatha sadhana; Yama & Niyama.

Unit-3 Meaning, Definition, Objectives, Techniques, Benefits and Cautions

Shatkarmas and Asanas.

Unit-4 Meaning, Definition, Objectives, Techniques, Benefits and Cautions

Pranayamas and Mudras & Bandhas.

Unit-5 Meaning, Definition, Objectives, Types, Techniques, Process and Benefits

Dhyana, Samadhi, Naad & Nadanusandhan.

Essential Readings:

1. Sw. Niranjananda - Gheranda Samhita, Bihar Yoga Bharti, Munger, 1997.
2. Sw. Digamberji & M.L. Gharote - Gheranda Samhita, Kaivalyadham SMYM Samiti, Lonavala.
3. Sw. Digamberji & Raghunath Shastri - Hatha Yoga Pradipika, Kaivalyadham SMYM Samiti, Lonavala.
4. Sw. Muktibodhananda Saraswati - Hatha Yoga Pradipika, Yoga Publication Trust, Munger, 2000.
5. Shiv Samhita - Kaivalyadham SMYM Samiti, Lonavala.
6. Vashishtha Samhita - Kaivalyadham SMYM Samiti, Lonavala.
7. Swami Satyananda Saraswati - Asana, Pranayama, Mudra, Bandha, Yoga Publication Trust, Munger.

Course Title: Yoga Project Work

Course Code: YSC-CC-006

Course Credit: 4

Full Marks: 100 (70 Marks Project + 30 Marks Viva)

Project Work:

- Students have to make a project of any of the above given paper on Yoga & Wellness.
- Students will be required to undertake a minor research project of either theoretical or experimental nature under the guidance of a faculty member of the Department and submit its report in one copy.