BABASAHEB BHIMRAO AMBEDKAR UNIVERSITY

(A CENTRAL UNIVERSITY)

SCHOOL OF YOGA NATUROPATHY AND COGNITIVE STUDIES

DEPARTMENT OF YOGA

Course Structure of Six Month

Certificate Programme in Yoga

(As per NEP-2020)

Session 2025 onwards

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 *yuj* meaning "to join," "to yoke," or "to unite." 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 program, the students will learn the basic concepts of Yoga for wellness. This program looks to train enthusiasts to teach the general public wellness through yoga.

I. Title of the Program
The program shall be called "Certificate Programme in Yoga" (CPY)

II. Aim of the Program
The aim of the program is to spread "Wellness through Yoga"

III. Objectives of the Program

- 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 society at large by introducing the Yogic way of life.
- To create teachers to teach Yoga for wellness in society.

IV. Duration
The minimum duration of the program will be six months (1 semester) and the maximum duration will be 12 months.

V. Eligibility
The candidate should have completed 12th Standard from a recognized board or equivalent.

Outline of the Program

Sem.	Paper	Paper	Paper	Paper	Paper	Paper	Credit
	C.C. I	C.C. II	C.C. III		EPC	CE	
I	CPY 101 (4Credit)	CPY 102 (4 Credit)	CPY 103 (4 Credit)	CPY 104 (2 Credit) Skill Enhancement Course (SEC)	CPY 105 (2 Credit) Ability Enhancement Course (AEC)	CPY 106 (4 Credit) Community Engagement (CE)	20 Credit 500 Marks

Semester-I			
Course Code	**Paper Title**	**Marks**	**Credit**
CPY-101	Introduction to Yoga and Yogic Texts	100	4
CPY-102	Elementary Human Anatomy & Physiology	100	4
CPY-103	Yoga for Wellness	100	4
CPY-104	Teachings of Yoga	50	2
CPY-105	Yoga Practical	50	2
CPY-106	Field Work: Community Engagement	100	4
Total		**500**	**20**

Course title : Introduction to Yoga and Yogic Texts

Course Code : CPY 101

Course Credit : 4

Learning Outcomes:

1. To equip the learners with a brief understanding about yoga and its stream.
2. To give an over view of Hatha Yoga and Patnajal Yoga.

Unit-I: General Introduction to 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.
- Meaning, Aim and Objectives of Yoga, Misconceptions about Yoga; True Nature of Yoga; principles of Yoga.

Unit-II: Streams of Yoga

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

Unit-III: Hatha Yoga and its texts

- Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconception; Hatha Yoga: Its Philosophy and Foundations; History and development of Hata Yoga, Hatha Yoga practices: Asanas, Pranayma and Astakumbhakas, Dharana on the five elements, Mudras and bandhas, Satkarmas (the set of six cleansing techniques); Briefing on Important Hatha Yoga texts (GherandaSamhita, Hata Yoga Pradeepika, Shiva Samhita, HataRatnavali)

Unit-IV: Introduction to Patanjala Yoga

- Brief to Maharshi Patanjali and Patanjali Yoga Sutra; Ashtanga Yoga: Yama, Niyama, Asana, Pranayma, Pratyahara, Dharana, Dhyanaand Samadhi;
- Definition of Yoga according to Patanjali; Concept of Chitta-Bhumi; Chitta-Vritties and their classification, Chitta-Vritti Nirodhopaya (Abhyasa and Vairagya); Relationship between the two schools of Yoga (Patanjali and Hatha Yoga).

Course title : Elementary Human Anatomy & Physiology

Course Code : CPY 102

Course Credit : 4

Learning Outcomes:

- To give a basic understanding about the structure, 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: Cell and Tissue, Musculo-skeltal and Digestive system

- Structure and function of cell; Introduction to tissues and types; Anatomy of the skeleton; classification of bones; Types of joint and muscles in the body; digestive system: Mouth Oral cavity, Pharynx, Oesophagus, Stomach, Large & small intestine, anus; Associated glands- Liver, Pancreas salvary glands

Unit-II: Excretory, Respiratory and Cardiovascular system

- Basic understanding about different stages of digestion; absorption; Function of Kidney, Urinary Bladder and Urethra; Respiratory system: Nose, nasal cavity, pharynx, Trachea, Larynx, bronchiole, lungs; Brief understanding about transport of respiratory gases; Composition and function of blood- Plasma, RBC, WBC and Platelet; Cardiovascular system: Structure of heart; its chamber, valves, function of arteries, vein and capillaries.

Unit-III: Neuro Endocrine system

- Structure of human brain and spinal cord; Basic understanding about sympathetic and Pra sympathetic; Structure and function: eye, ear, nose, tongue and skin; Basic understanding about the functions of various endocrine glands-pituitary, thyroid, parathyroid, adrenal, ovary and testes.

Unit-IV: Lymphatic and Immune system

- Lymphoid organ: Bone marrow, Thymus, Spleen, Lymti node, Composition and function of lymph; Immunity in brief, types of immunity: innate immunity and acquired immunity

Course title : Yoga and Wellness

Course Code : CPY 103

Course Credit : 4

Learning Outcomes:

1. To give and introduction to the concept of wellness
2. To give and understanding of wellness and illness with reference to the yogic texts
3. To give a basic knowledge of yoga as preventive health care and Yogic life style analysis.

Unit-I: Concept of Wellness and Illness

- Concept of health (Modern and Ancient View); Concept of Wellness and illness (Modern and Ancient View); Concept of Body (Pancha Kosha according to Taittiriya Upanishad); Potential causes of illness according to yoga Vasishta- Concept of Adhi and Vyadhi and their consequences on the body

Unit-II: Yogic Life style prescription according to various Yogic Texts

- Remedial measures for Wellness suggested in Yoga Vasistha; Yogic attitude (Maitri, Kauna, Mudita and Upeksha) and practices for Mental Hygiene; Psycho-social environment. Its role and importance for wellness; (Patanjali); Role of yoga as mind-body medicine with reference to Yogic Texts. Role of yoga in transforming the life style; Health and Yoga according to Gheranda Samhita; Ghatastha yoga in the context of Gheranda Samhita and its significance. Life Style of diseases.

Unit-III: Yogic Concept of Holstic Health

- Total Human Development through Yogic practices for Pancha Kosha (Annamaya Kosha, Pranamaya Kosha, Manomaya Kosh, Vijnanamaya Kosha and Anandamaya Kosha) and its integration with Asthtanga Yoga of Patnajali.

Unit-IV: Yoga as Preventive Health Care

- Concept of stress according to modern science and Yoga; Stress as the cause foe 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 life style.

Course title : Teachings of Yoga

Course Code : CPY 104

Course Credit : 2

Learning Outcomes:

1. To give an overview of Yoga teaching techniques to the students
2. To introduce to class management and lesson planning
3. To introduce educational tools of yoga teaching

Unit- I Principles and methods of teaching yoga

- Teaching and learning: Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Teacher; Yogic levels of learning, Vidyarthi Shishya; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teacher and Teacher training

Unit-II Basics of yoga class management and Educational Tool

- Practice of Yoga for Beginners; Techniques of Individualised teaching; Techniques of group teaching; Yoga classroom: Essential features, Area Sitting arrangement in Yoga class etc; Class room problem: Types and Solution, Characteristics and Essentials of good Yoga teaching; Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teaching.

Course title : Yoga Practical

Course Code : CPY 105

Course Credit : 2

Learning Outcomes:

1. To introduce Yogic postures and Practices
2. To introduce the practices of Shatkarmas, Suryanamakar, Asanas, Breathing practices and Pranayama

Unit-I Yogic Sukshma-Vyayam and Shatkarmas

Dhauti (Kunjal), Neti (Sutra and Jala), Kapalabhati, Agnisara

Unit-II Surya-Namaskar

Unit-III Asanas (Yogic Postures)

- Standing postures- Ardhakatichakrasana, ii) ArdhaChakrasan, iii) Padahastasana, iv) Hastottanasana, v) Vrikasna, vi) Kati Chakrasana, vii) Trikonasana, viii) Parivrittatrikonasana
- Sitting postures- Padmasana, ii) Bhadrasna, iii) Vajrasana, iv) Kagasana, v) Yoga Mudrasana, vi) Ushtrasana, vii) Sasankasana, viii) UttanaMandukasana, ix) Gomukhasaa, x) Ardhamatyendrasana, xi) Paschimottanasana, xiii) SuptaVajrasana
- Prone postures- Bhujangasana, ii) Salabhasana, iii) Dhanurasana, iv) Makarasana
- Supine postures- Uttanapadasana, ArdhHalasana, Setubandhasana, iv) Sarvangasana, v) Halasana, vi) Mayurasana, vii) Chakrasana, viii) Matsyasana, ix) Setubandhasana x) Shavasana
- Balancing postures- Vrikshasana, ii) Garudasana, iii) Namaskarasana, iv) Natarajasana

Unit-IV Pranayama and its Types

- Pranayama Practices: i) Anulom-Vilom, ii) Surya-Chandra Bhedana, iii) Bhastrika, iv) Ujjayi v) Cooling Pranayama (Sitali, Sheetkari and Sadanta), vi) Bhrāmari

Course title : Field Work: Community Engagement

Course Code : CPY 106

Course Credit : 4

Learning Outcomes:

- To teach and support practice simple worksheet and presentations
- To inculcate the practise of teaching with internship to School students.
- To inculcate human values & Social values
- To sensitize towards Community related issues
- To develop community involvement
- To bridge the gap between academia and community

Students will participate in the activities as decided by the department in the following list.

- Organising Community Awareness Programme
- Celebration of important days and events in the context of Community Welfare.
- Participation in community festivals
- Making Community Skill as an Integral Part of Life.