Babasaheb Bhimrao Ambedkar University
(A Central University), Lucknow
School of Yoga, Naturopathy & Cognitive Studies
Department of Yoga
Yoga Foundation Course
(200 Hours)

Preamble:

The Yoga foundation Course is designed to provide a comprehensive understanding of yoga, its philosophy, and its practical applications. The course aims to equip participants with the knowledge, skills, and confidence to become successful yoga Instructor.

1. Yoga Philosophy: Understanding the ancient wisdom and principles of yoga.
2. Asana Practice: Mastering various yoga Asanas and understanding their benefits.
3. Teaching Methodology: Learning effective teaching techniques and class management.
4. Anatomy and Physiology: Understanding the physical and energetic benefits of yoga.
5. Practical Experience: Gaining hands-on experience in teaching and assisting.

Course Objectives-

1. To understand the principles and philosophy of yoga.
2. To master various yoga Asanas, Pranayama techniques, and Meditation practices.
3. To develop effective teaching skills and class management techniques.
4. To understand the benefits of yoga for physical and mental well-being.
5. To learn how to create and sequence yoga classes.
6. To understand the business aspects of teaching yoga.
7. To develop a professional approach to teaching yoga.

Course Goals:

1. To develop competent and confident yoga Instructor.
2. To promote the benefits of yoga for physical, mental, and spiritual well-being.
3. To foster a community of yoga enthusiasts and professionals.

By completing this course, participants will be well-prepared to share the benefits of yoga with others and embark on a fulfilling career as a yoga teacher.

Eligibility criteria:
12^{th} pass is mandatory for admission in this course.

S.No.	Subject Name	Paper Code	Duration
1.	Yoga Philosophy	YFC-101	30 Hours
2.	Human Anatomy & Physiology and Yoga Practice	YFC-102	30 Hours
3.	Yoga Teaching Methods	YFC- 103	25 Hours
4.	Mantra Recitation	YFC- 104	15 Hours
5.	Yoga Practices	YFC- 105	100 Hours
Total Course Duration			200 Hours

Course Name: Yoga Philosophy
Paper Code : YFC-101
Hours : 30

Learning Outcomes:

1. Develop a deeper understanding of philosophical roots of yoga.
2. Apply yoga philosophy to personal and professional life.
3. Enhance teaching practice with philosophical insights.
4. Cultivate a more nuanced understanding of the role of yoga modern life.

Introduction of Yoga:

- Origin of yoga
  Definitions of Yoga
  Tradition & History of Yoga
  Misconceptions of Yoga

- Different Systems of Yoga:
  Gyan Yoga
  Bhakti Yoga
  Karma Yoga
  Hathyoga

- Yoga Darshan
  Ashtang Yoga
  Kriya Yoga
  Abhyas-Vairagya

- Panchakoshas
  Pancha Mahabhoota
  Shatchakras
  Thri Sharira
  Triguna

Reference Books:

1. Shrimadbgawad Geeta- Geeta Press Gorakhpur
2. Yoga Darshan- Geeta prass Gorakhpur
3. Yog or Yogi- Dr. Anuja Rawat
4. Fundamentals of Yoga- Dr. Prativa Shree & Prof. Dr, Dinesh Prasad Swain
5. Ishadi Nau Upanishada- Geeta Press Gorakhpur

Course Name: Human Anatomy & Physiology and Yoga Practice
Paper Code : YFC-102
Hours : 30

Learning Outcomes:

1. Students will understand the structure and function of various body systems, such as skeletal, muscular, nervous, and circulatory systems.
2. Students will understand physiological processes, such as movement, sensation, and regulation of bodily functions.
3. Students will learn and practice various yoga Asanas, understanding their benefits and contraindications.
4. Students will learn pranayama techniques to control and regulate the breath.
5. Safe Practice: Students will understand how to practice yoga safely, avoiding injuries and respecting bodily limitations.
6. Therapeutic Applications: Students will understand the therapeutic applications of yoga, using anatomical and physiological knowledge to design beneficial practices.

Introduction to Human Body

Definition, Structure, Cell Types and Functions of Human Cells. Body Structure and Function, Key Words and Their Concepts.

Skeletal System

The Structure and Type of Bone. The Structure and Function of the Spine.

Muscular System

The Structure, Type and Function of the Muscle. Mechanism of Muscular Contraction. Neuro-Muscular Communication Neurotransmitters.

Respiratory System

Nose, Throat, Bronchi, Structure, Mechanism of Breathing. Respiratory Processes - Cellular Respiration and Thoracic Respiration.

Physiology of Yoga Asana & Meditation:

Standing, Back Bend, Forward Bend, Twist, Inversion, Meditation

Reference Books:

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5. Anatomy & Physiology of Yogic Practices-M.M. Gore 7. Anatomy & Physiology Yogic Context-Dr. Sharad Bhalekar

Course Name: Yoga Teaching Methods

Paper Code : YFC- 103

Hours : 25

Learning Outcomes:

1. Students will learn to communicate effectively with students, adapting teaching styles to meet diverse needs.
2. Students will understand how to plan and structure yoga classes, considering themes, levels, and student needs.
3. Students will develop skills in demonstrating and instructing yoga postures, breathing techniques, and relaxation methods.
4. Creating a Positive Learning Environment: Students will learn to create a positive, inclusive, and respectful learning environment.

Teaching methods

1. Meaning, Definition and Importance of Teaching Methods in Yoga.
2. Modern Concept of Teaching Methods Types of Teaching Methods in Yoga.
3. Factors Affecting Teaching Methods.
4. Principles of teaching.

Command, formation and teaching aids

1. Command: Their types and uses in Yoga.
2. Teaching Aids: Meaning and Importance.
3. Types of Teaching Aids
4. Modern concept of teaching Aids.
5. Class Formation: Meaning, Types and their importance.

Lesson planning

1. Meaning and Importance of Lesson Plan.
2. Objectives and Steps of Making Lesson Plan.
3. Types of Lesson Plan.
4. Factors Affecting Lesson Plan.
5. Basic Principles of Making Lesson Plan

Class management

1. Meaning and Importance of Class Management.
2. Factors Affecting Class Management.
3. Steps of Class Management.
4. Organization and administration of Yoga Competition.
5. Rules of Inter-collegiate/University Level Yoga Competition.

Reference Books:

1. Dr. Shri Krishna: Notes on basic principles & methods of teaching as applied to Yogic practices and a ready reckoner of Yogic practices, Kaivalyadhama, Lonavala, 2009
2. Dr. Raj Kumar: Principles & methods of Teaching, Printo graphics, Delhi.
3. Saket Raman Tiwari &others: Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007

Course Name: Mantra Recitation
Paper Code : YFC- 104
Hours : 15

Learning Outcomes:

1. **Spiritual Growth and Awareness:** Students will experience spiritual growth, increased self-awareness, and a deeper connection to their inner selves through the recitation of mantras.
2. **Calming and Focusing the Mind:** Students will learn to use mantra recitation as a tool to calm the mind, focus their attention, and cultivate mental clarity and concentration.

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1. Ishwar Stuti Prarthnopasna Mantra
2. Ganesh Mantra
3. Guru Mantra
4. Gayatri Mantra
5. Mahamrityunjaya Mantra
6. Manglacharan Mantra
7. Shanti Mantra

Course Name: Yoga Practices
Paper Code : YFC- 105
Hours : 100

Learning Outcomes:

1. **Physical Well-being:** Improved flexibility, strength, balance, and overall physical health through regular practice of yoga asanas.
2. **Mental Clarity and Calmness**: Reduced stress, anxiety, and mental fatigue, leading to increased mental clarity and calmness through yoga practices such as meditation and pranayama.
3. **Emotional Balance:** Enhanced emotional awareness, stability, and resilience, enabling individuals to better manage their emotions and respond to challenging situations.
4. **Spiritual Growth and Awareness:** Deepened sense of connection to oneself, others, and the universe, fostering spiritual growth, self-awareness, and a greater sense of purpose and meaning.

Dynamic Practices:

1. Pawanmuktasana Series
2. Marjari asana
3. Vyaghrasana
4. Surynamaskara
5. Yogic Jogging

Standing Postures

Tadasana
Utkatasana
Padhastasana
Trikonasana
Parivrtta Trikonasana
Parshwakonasana
Parivrtta parshwakonasana
Veerbhadrasana I
Veerbhadrasana II
Veerbhadrasana III
Ardh chandrasana
Parsvottanasana
Prasarita padottanasana

Inverted Yoga postures

Sirsasana (Headstand)
Sarvangasana
Halasana
Pincha mayurasana
Adho mukha vrkshasana
Bhadrasana

Back bending Yoga postures

Bhujangasana
Shalabhasana
Dhanurasana
Matsyasana
Ushtrasana
Kandhrasana
Chakrasana
Gomukhasana
Setu asana
Rajkapotasana

Forward bending Yoga postures

Paschimotanasana
Janusirasana
Ardh padam paschimotanasana
Padprasar paschimotanasana
Adho mukha svanasana

Twisting Yoga postures

Ardh matsyendra asana
Parivritti janu sirshasana
Kati chakrasana

Balancing Yoga postures

Vrikshasana Tree Pose
Bak dhayan asana
Mayurasana
Natarajasana
Garudasana

Breathing Yoga postures

Yogic Breathing
Nadi Shodhana Pranayama
Kapalbhati
Bhastrika
Ujjayi Pranayama
Bhramari

Cleansing practices

Kapalbhati
Kunjar Kriya
Neti Kriya
Nauli Kriya
Trataka

Meditative Yoga postures

Swastikasana
Sukhasana
Padmasana
Vajrasana

Meditational Yoga postures

Breath awareness
Tratak
Yog nidra
Mantra chanting

Yog Mudras

Hastha Mudra
Anjali Mudra
Chin Mudra
Jnana Mudra
Poorna Mudra

Other Mudras
Kaki Mudra
Shambhavi Mudra
Viparitkarni Mudra
Tadgi Mudra
Mahabandh Mudra

Relaxing Postures
Savasana
Makrasana
Balasana

Reference Book:

1. Saraswati S. S. (2006). Asana Pranayama and Mudra Bandha, "Yoga Publication Trust." Munger, Bihar.
2. Bahiranga Yoga- Yogeshwaranand Saraswati, Chaukhambha Prakashana
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4. Saraswati, S. N. (2012). Gheranda Samhita. *Yoga Publication Trust, Munger, Bihar, India*.

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