

Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati
Autonomous
Short Term Certificate Courses
Department of Psychology and Yoga

Sr. No.	Certificate Course	No. of Credits	Course Fee (Rs.)	Course Coordinator
2	Certificate Course in Yoga Education	2		Prof. Jagtap R. D. jramchandra9261@gmail.com

Course Title: Certificate Course in Yoga Education

A) Course Objectives:

1. To enable student to become competent and committed professionals willing to perform to develop yoga understanding.
2. To make student to use competencies and skills needed for becoming an effective Yoga instructor.
3. Promoting positive health, prevention of stress related health problems and rehabilitation through Yoga.
4. Develop and maintain a meaningful prayer practice for spiritual and mental grounding.

B) Course Outcomes:

1. Gain the practical knowledge of Asana, Kriyas, Pranayama, Bandhas, Mudras, & Meditation.
2. Acquaint the knowledge of Yogic Therapy.
3. Enable student to prepare the Yoga programme and to know how to conduct the yoga lesson.
4. Dily applications to develop and maintain a regular prayer practice for spiritual and mental grounding.

Syllabus

The course consists of Theory and Practical

Sr. No.	Subject code	Subject Name	Periods Theory	Practical Periods	Evaluation Final Exam	Total
1	YE-1	Traditional Yoga	07	-	15	50
2	YE-2	Yoga & Wellness	06	-	15	-
3	YE-3	Anatomy and Physiology of Yogic Practices	09	-	20	-
4	Practical	Practical Training in Yoga	-	16	50	50
5	-	-	-	-	-	100

YE. 1:- TRADITIONAL YOGA:-

- a. Literature of Yoga (Yoga Sutra, Gita, Hathapradipika etc.)
- b. Asthang Yoga
- c. Mudras & Bandhas
- d. Satkarma



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YE. 2:- YOGA & WELLNESS: - YOGA & MENTAL HEALTH:-

- a. Mental Health & Hygiene : Yogic & Medical Perspectives, Yoga & Modern Psychology, Emotional disorders, conflicts, frustration, Personal & interpersonal adjustments through yoga, Prayer – its significance in yogic practices
- b. YOGA HEALTH & FITNESS:- Meaning, yoga dimensions of health related fitness, Role of nostril dominance in brain function & activity, Scientific reasoning behind the various Asana & Difference between Asana & Exercise, Diet for preventive & curative aspects of health, Researches done in yoga – an overview
- c. EMOTIONAL HEALTH :- The limbic brain, Stress and disease. Insights of Pranayama for modern healing, Yoga therapy and mental illness, Anger and anxiety, Depression

YE. 3:- ANATOMY AND PHYSIOLOGY OF YOGIC PRACTICES: -

- a. Introduction to human body and systems in brief with special reference to Respiratory, Digestive, Muscular and Nervous systems.
- b. Postural physiology from therapy aspects for lordosis, khyphosis, scoliosis in reference to asana.
- c. Asana- definitions and classifications, Difference between Pranayama and deep breathing & concept of Inhalation (Puraka), Retention (Kumbhaka). & Exhalation (Rechaka).
- d. Introduction to kriyas, mudras and Bandha in brief.

PRACTICAL TRAINING IN YOGA II. PRACTICALS ASANAS:-

Sr. No.	Name of Asanas
1	Pavanmuktasana
2	Naukasana
3	Viparitakarani
4	Sarvangasana
5	Matsyasana
6	Halasana
7	Bhujangasana
8	Shalabhasana
9	Tadasana
10	Padahastasana
11	Utkatasana
12	Parvatasana
13	Vajrasana
14	Padmasana
15	Makarasana
16	Kukkutasana
17	Mayurasana
18	Supta Vajrasanai
19	Makarasana
20	Shavasana

PRANAYAMA: - Anuloma-viloma, Suryabhedana, Ujjayi & Shitali

BANDHAS AND MUDRA: - Jalandhara Bandha, Uddiyana Bandha, Jivha Bandha & Mula Bandha



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KRIYAS: - Jala Neti, Nauli, Kapalabhati & Trataka

Mode of Evaluation:

Certificate course in Yoga Education' Course Programme shall be of 100 marks as follows: A Part of Theory assessment 50 marks and Practical assessment 50 marks.

FINAL EXAMINATION:-

1. THEORY: - A Final examination will be held at the end of the course which shall be called "Final Examination". This examination will be of 50 marks and of three hours duration for each theory course.
2. FINAL PRACTICE LESSON: -There shall be final practical lesson conducted at the end of the Course.



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