



CERTIFICATE COURSE IN YOGA

SEMESTER SYTEM 2019-2020

YOGA SEMESTER 1 TO 2

REGULAR SYLLABUS

W.E.F. JUNE - 2019

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K.S.K.V. KACHCHH UNIVERSITY – BHUJ



DEPARTMENT OF SANSKRIT  
CHOICE BASED CREDIT SYSTEM  
CERTIFICATE COURSE IN YOGA

SYLLABUS -2019 -2020

SEMESTER-1

CODE NO.	SYLLABUS	CREDIT
CFY -101	Introduction to Yoga & Introduction to Human Body	04
CFY-102	Theory and Practicals of Yogasanas, Shatkarmas, Pranayamas, Mudras & Bandhas.	04

SEMESTER-2

CODE NO.	SYLLABUS	CREDIT
CFY -203	Introduction to Basic Yogic Texts	04
CFY-204	Theory and Practicals of Meditations, Relaxation techniques, Yogasanas, Shatkarmas, Pranayamas, Mudras & Bandhas.	04
CFY-204	Concept of Health and Teaching Skills	04



**K.S.K.V. KACHCHH UNIVERSITY – BHUJ**  
**DEPARTMENT OF SANSKRIT**  
**CERTIFICATE COURSE IN YOGA**

SEMESTER SYSTEM – 2019-20  
**YOGA – SEMESTER – 1**

COURSE – CFY – 101  
CREDIT - 04

MARKS 70+30=100  
TIME – 3 Hrs

Introduction to Yoga & Introduction to Human Body.

Meaning & definitions of yoga.

Meaning of yoga – Meaning and concept. Definitions of yoga from different texts.

❖ Aim - objective of Yoga, \* Misconception of Yoga

Origin, history and development of yoga.

Origin of yoga from prevedic & vedic period. Study of yoga from early, middle and present time. From Lord Shiva, Dattatreya, Vasishtha, Vishwamitra, Matsyendranath, Gorakhnath to Patanjali, Sage Gheranda, Swatmarama, to Swami Vivekananda and other recent masters of yoga.

May we add lite sketches of :

- Shivanandji
- Satyananda Saraswatiji
- Kuvalayanandaji
- Vivekanandaji
- Aurebindo

Basic study of Shadda'shans.

Introduction to Indians philosophical systems. Nastika (Jain, Buddha & Charvaka) and Astika –

(1) Poorva Mimansa	(2) Uttara Mimamsa	(3) Samkhya
(4) Yoga	(5) Nyaya	(6) Vaisheshika.

Different Schools/Paths of yoga.

Different schools/paths of yoga. Jnana yoga, Bhakti yoga, Raja yoga, Karma yoga, Mantra yoga, Laya yoga, Hatha yoga, Kundalini yoga, Kriya yoga and others.



**Study of basics of human body.**

Concept of cell, structure of cell, study of blood, Immunity, Absorption & Nutrition.

**Basic Study of different systems in human body.**

(1) Skeletal system	(2) Muscular system	(3) Circulatory system
(4) Respiratory system	(5) Nervous system	(6) Reproductive system
(7) Excretory system	(8) Digestive system	(9) Endocrine system
(10) Lymphatic system		

**Ref. Books:**

1. Goyandhka, Harikrishandass : Yoga Darshan-Geeta Press, Gorakhpur (samvat 2061)
2. Swami Vivekananda : Jnana Yoga, Bhakti, Karma Yoga, Raja Yoga (4separate books) Advaita Ashrama, Kolkata, 2011 & 2012
3. Kalayan : Upanishads(23<sup>rd</sup> year Special) Geeta Press, Gorakhpur
4. Gore M.M. : Anatomy and Physiology of Yogic Practices, Kanchana Prakashana, Lonavala, 2004
5. Iyengar B.K.S. : Light on Yoga, Harper Collins Publisher, New Delhi, 2005
6. Iyengar, B.K.S. : Yoga Shasra (Vol-I&II) Ramamani Iyenger Memorial Yoga, Institute, Pune YOG, Mumbai
7. श्री योग कीस्तुतः पु. श्रीमन्मधुराम शर्मा, आनंदाश्रम, बिलवा
8. पतंजलि योग सूत्र : रामकृष्ण तुलजाशंकर व्यास, सं. सा. अकादमी, गांधीनगर
9. योगनु तत्वज्ञान : डॉ. उर्मिला बी. लवसोड, पार्व पब्लिकेशन, अमदावाद
10. योग उपनिषद् रूपीति : डॉ. मनुभाठ भेस. प्रजापति, पार्व पब्लिकेशन, अमदावाद
11. योग और आयुर्वेद : आचार्य राजकुमार जैन चाई खनिट ओरियंटलिया
12. योग विद्या. पु. आशदेवः प्रविज्ञ पुस्तक भंडार, राजकोट
13. Swaswati Swami Niranjannanda : Yog Darshan, Y.P.T. Munger



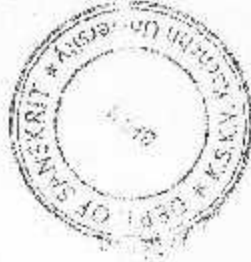
**K.S.K.V. KACHCHH UNIVERSITY - BHUJ**  
**DEPARTMENT OF SANSKRIT**  
**CERTIFICATE COURSE IN YOGA**  
**PROGRAM CODE: CFY**  
**SEMESTER-1**

COURSE- CFY - 101  
CREDIT - 04

MARKS - 70  
TIME - 03 Hrs

**INTRODUCTION TO YOGA & INTRODUCTION TO HUMAN BODY.**

SECTION	TYPES	MARKS
Q.1	Q.1 OR Q.1	20
Q.2	Q.2 OR Q.2	20
Q.3	SHORT NOTE (2X5) = 10) ANY TWO OUT OF FOUR	10
Q.4	Objectives= (10x1)	10
Q.5	Fill in the blanks (10x1)	10
TOTAL		70



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SEMESTER SYSTEM – 2019-20

**YOGA – SEMESTER – 1**

COURSE – CFY – 102

MARKS 70+30=100

CREDIT - 04

TIME – 3 Hrs

Theory and Practicals of Yogasanas, Shatkarmas, Pranayamas, Mudras & Bandhas.

Study of yogasanas, concept, difference b/w yogasanas and exercises, different groups of yogasanas.

- (1) Study of concepts of yogasanas.
- (2) Difference between yogasanas and exercises.
- (3) Different groups of yogasanas.
- (4) A Study of individual yogasanas with emphasis to contraindications (Savdhani), How to do the Practice. Moving from position, moving into final position, holding final position, coming out and relaxing. For each practice mentioned in the practical section.

Study of six cleansing practices (Shatkarmas).

Study of all Six Shatkarmas and also sub purificatory practices (Total 25 practices).

Study of prepranayama & pranayama practices.

Study of Prepranayama and pranayama practices mentioned in the practical section (Total 13 practices)

Study of Mudras & Bandhas.

Study of Mudras & Bandhas mentioned in the practical section (Total 28 practices).

- LIST OF PRACTICES FOR PRACTICALS.

**VOGASANAS**

**SOOKSHMA VYAYAM - PART 1. ANTI-RHEUMATIC GROUP**

1. Padanguli Naman	2. Goolf Naman	3. Goolf Chakra	4. Goolf Ghoornan
5. Janu naman	6. Janu Chakra	7. Janufalak Akarshan	8. Ardha Titali asana
9. Shroni Chakra	10. Poorna Titali asana	11. Mushtika bandhana	12. Maribandha Chakra





13. Mani bandha Naman	14. Kehuni Naman.	15. Kehuni Chakra	16. Skandha Chakra
17. Groeva Sanchalana			

### Part:- 2. Digestive/Abdominal Group.

1. Padottanasana	5. Jhulana Lurhakanasana
2. Padachakrasana	6. Supta Udarakarshanasana
3. Pada Sanchalanasana	7. Shava Udarakarshanasana
4. Supta Pawanmuktasana	8. Naukasana.

### Part:- 3. Shakti Bandha Asanas.

1. Rajju Karshanasana	4. Nauka Sanchalanasana	7. Vaya Nishkasana
2. Gatyatmak Meru Vakrasana	5. Kashtha Takshanasana	8. Kavya Chalrasana
3. Chakki Chalanasana	6. Namaskarasana	9. Udarakarshanasana

### III. Relaxation Asanas

1. Shavasana
2. Advasana
3. Jyestikasana
4. Makarasana
5. Matsya Kridasana

### IV. Meditative Asanas

1. Sukhasana	5. Dhyana Veerasana
2. Padmasana	6. Simhasana
3. Siddhasana	7. Bhadrasana
4. Swastikasana	8. Vajrasana

### V. Eye Exercises

1. Palming	3. Eye ball movement. (a). Up & Down. (b). Side ways. (c). Rotation.
2. Blinking	4. Near & Distance Viewing

### VI. Standing Asanas

1. Tadasana	3. Kati Chakrasana
2. Tiryaka Tadasana	4. Vrikshasana (Druvasana)



## VII. Surya Namaskara.

### SHATKARMAS

For Study.

(1) Neti	(4) Kapalbhati
(2) Dhauti	(5) Nauli
(3) Basti	(6) Trataka.

For Practical.	(For Practices)
(1). Jala Neti.	(3). Laghoo Shankaprakshaiana.
(2). Kunjal Neti.	(4). Trataka.

### PRANAYAMAS

#### PRE-PRANAYAMA PRACTICES

1. Natural breath awareness
2. Abdominal breathing
3. Thoracic breathing
4. Clavicular breathing
5. Full yogic breathing
6. Full yogic breathing with ratio 1:1 & 1:2
7. Step breathing (a) On inhalation. (b) On exhalation. (c) On both.

- (1) Nadi Shodhana (preparatory)  
Nadi Shodhana (Alternate nostril breathing)  
Nadi Shodhana (1:1)  
Nadi shodhana (1:2)  
Nadi shodhana (1:1:1 ) with (Antar Kumbhak)  
Nadi Shodhana (1:1:2)
- (2) Sheetali Pranayama
- (3) Sheetakari pranayama
- (4) Bhramari pranayama
- (5) Ujjayi pranayama.
- (6) Samavritti pranayama (1:1:1:1)

### MUDRAS

#### HASTA MUDRAS:

(1) Jnana mudra	(7) Brahma mudra	(13) Prana mudra
(2) Chin mudra	(8) Prithvi mudra	(14) Apana mudra
(3) Bhairavi mudra	(9) Apas mudra	(15) Samana mudra
(4) Hridaya mudra	(10) Agni mudra	(16) Udana mudra
(5) Chinmaya mudra	(11) Vayu mudra	(17) Vyana mudra.
(6) Aadi mudra	(12) Akasha mudra	





## MANA MUDRAS:

(1) Shambhavi mudra	(4) Akashi mudra	(7) Bhujangini mudra
(2) Agochari mudra	(5) Manduki mudra	(8) Shanmuki mudra
(3) Khechari mudra	(6) Kaki mudra	(9) Unmani mudra.

## BANDHAS

- Jalandhara Bandha. (With internal breath retention)
- Moolabandha (With natural breath & with internal breath retention)

## Ref books

- (1) Sahay G.S. – Hathayogapradipika, MDNIY, New Delhi, 2013
- (2) Saraswati, Swami Styananda – Asana, Pranayama, Mudra, Bandha, Bihar School of Yoga, Munger, 2006
- (3) Saraswati, Swami Nirajananda – Gheranda Samhita Y.P.T. Munger
- (4) Swami Muktibodhananda – Hathayoga Pradipika – Y.P.T. Munger
- (5) Brahmachari Swami Dharendra - Yogic Suksma Vyayama, A Dharendra Yoga Publication, New Delhi, 1986
- (6) Basavaraddi I.V. - A Monograph on Yogic Suksma Vyayama.
- (7) Basavaraddi I.V. - A Monograph on Yogic Shatkarma.
- (8) Basavaraddi I.V. - A Monograph on Yogic Yogasana.
- (9) Basavaraddi I.V. - A Monograph on Yogic Pranayama.
- (10) Tiwari O.P. Asana Why & How? Kaivalyadhama
- (11) Saraswati swami Satyananda – Surya Namskara Y.P.T., Munger



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**PROGRAM CODE CFY**  
**SEMESTER-1**

COURSE- CFY - 102

MARKS- 40+30+30=100

CREDIT - 04

TIME- 03 Hrs

**THEORY AND PRACTICALS OF YOGASANAS, SHATKARMAS, PRANAYAMAS,  
MUDRAS & BANDHAS.**

SECTION	TYPES	MARKS
Q.1	ESSAY TYPE Q1 OR Q1	10
Q.2	SHORT ANSWER TYPE (10X1)	10
Q.3	OBJECTIVES (10X1)	10
TOTAL		30

**PRACTICAL PERFORMANCE EXAM: - (PERFORMANCE OF ASANAS,  
PRANAYAMAS, KRIYAS & VIVA VOCE) [40 MARKS]**

**TOTAL- WRITTEN [30 Marks], PRACTICAL [40 Marks], INTERNAL [30- Marks] =  
100 MARKS.**



Introduction to Basic Yogic Texts.

Patanjali yogasutras.

Four chapters / Pada. EIGHT limbs / Anga. Concept of Chitta, Chittavrittis, Chitta Vikshepas, Chitta-Bhumis, Pancha Kleshas, Obstacles in Sadhana, Practices to overcome the obstacles, Abhyasa & Vairagya concept of chitta prasadanam.

Introduction to Hatha yoga pradipika.

Introduction to Hatha yoga pradipika by Swatmaram.

Introduction to Hatha yoga and the text.

Study of four chapters (1) Asana (2) Shatkarma & Pranayama

(3) Mudra & Bandha (4) Samadhi./Nadanusandanz

Introduction to Gheranda samhita. By Sage Gheranda.

Introduction to the text.

Study of seven chapters:

(1) Shatkarma	(4) Pratyahara	(7) Samadhi.
(2) Asana	(5) Pranayama	
(3) Mudra & Bandha	(6) Dhyana	

BhagvadGita & other texts.

Concept of yoga and yogic practices in texts like Bhagvad Gita, yoga vasishtha, and major Upanishads.

Ref books:-

- (1) Four chapters on freedom. (Mukti ke char sopana) by Swami Satyananda S. B.S.Y.
- (2) Hatha yoga pradipika- by Swami Muktibodhananda B.S.Y.
- (3) Gheranda Samhita- by Swami Niranjanananda S. B.S.Y.
- (4) Shri Bhagvad Gita by Gita Press Gorakhpur.
- (5) योगसूत्र इवम भगवद्गीता, कैलाशनाथ द्विवेदी, शबरा प्रकाशन, जयपुर
- (6) पतंजलि योगसूत्र, रामकृष्ण तुलजाशंकर व्यास, सं.सा. अकादमी, गांधीनगर



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**SEMESTER-2**

COURSE- CFY - 203  
CREDIT - 04

MARKS- 70  
TIME- 03 Hrs

**INTRODUCTION TO BASIC YOGIC TEXTS.**

SECTION	TYPES	MARKS
Q.1	Q.1 OR Q.1	20
Q.2	Q.2 OR Q.2	20
Q.3	SHORT NOTE (2X5) = 10) ANY TWO OUT OF FOUR	10
Q.4	Objectives= (10x1)	10
Q.5	Fill in the blanks (10x1)	10
<b>TOTAL</b>		<b>70</b>



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SEMESTER SYSTEM – 2019-20

**CFY – SEMESTER – 2**

COURSE – CFY – 204  
CREDIT - 04

MARKS 70+30=100  
TIME – 3 Hrs

Theory and Practicals of Meditations, Relaxation techniques, Yogasanas,  
Shatkarmas, Pranayamas, Mudras & Bandhas.

Concept & study of different meditation techniques.

- Concept of meditation.
- Tools of meditation.
- Process of meditation.
- Study of different meditation techniques mentioned in the practical list (Ten meditation)

Concept & application of relaxation techniques.

Concept of relaxation techniques and their application.

- Concept of relaxation.
- Tools & process of relaxation.
- Study of stages of yoga Nidra.
- Concept & application of yoga Nidra.
- (All relaxation tech & yoga nidra mentioned in practicals).

Study of yogasanas, pranayamas, mudras and bandhas (in detail) mentioned in practical section.

LIST OF PRACTICES FOR PRACTICALS.

(1) Meditation techniques

(1) Kaya Sthairyam Meditation	(6) Antarakasha & Bahyakasha Meditation
(2) Antar Mouna Meditation	(7) Ajapa japa Meditation
(3) Chidakasha Meditation	(8) Shat Chakra Meditation
(4) Hridayakasha Meditation	(9) Pancha Prana Meditation
(5) Daharakasha Meditation	(10) Pancha Kosha Meditation





## (2) Relaxation techniques

(1) Relaxation with awareness of Sensory input.
(2) Relaxation with awareness of Breath.
(3) Relaxation with awareness of Rotation of Consciousness.
(4) Relaxation with opposite sensations & feelings.
(5) Relaxation with Visualizations.
(6) Practice of YOGA NIDRA technique. Stages of yoga nidra. (1) Preparation (2) Sankalpa (3) Rotation of consciousness through different body parts (4) Awareness of breath (5) Opposite sensations & feelings (6) Visualizations (7) Sankalpa (8) Externalization.

## (3) Yogasanas

1. Marjariasana	22. Gomukasana
2. Shashankasana	23. Paschimottanasana. (Variations (a) Ardha (b) Gatyatmak (c) Pada prasar (d) Ardha Padma (four variations of paschimottanasana)
3. Ushtrasana	24. Vakrasana
4. Utthanasana	25. Bhunamanasana
5. Druta utkatasana	26. Ardha Matsyendrasana
6. Samakonasana	27. Bhumipada Mastakasana
7. Dwikonasana	28. Moordhasana
8. Trikonasana	29. Vipareeta Karani Mudra
9. Uthita Loiasana	30. Sarvangasana
10. Ardha Chandrasana	31. Halasana
11. Yoga Mudrasana	32. Druta Halasana
12. Matsyasana	33. Garudasana
13. Baddha padmasana	34. Natarajasana
14. Lolasana	35. Ekapadasana
15. Kukkutasana	36. Bakasana
16. Garbha pindasana	37. Merudandasana
17. Tolangulasana	38. Niralamba Paschimottanasana
18. Bhujangasana	39. Pada Angushthasana
19. Shalabhasana	40. Baka Dhyanasana
20. Dhanurasana	41. Hamsasana
21. Schubandhasana	42. Santolanasana

## (4) Shatkarmas

1. Kapalhati	2. Jalneti	3. Trataka
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## (5) Pranayamas

1. Nadi Shodhana (1:1:1:1)	2. Bhastrika Pranayama	3. Suryabeda Pranayama
4. Sheetali Pranayama	5. Sheetakari Pranayama	6. Bhramari Pranayama
7. Ujjayi Pranayama		





(6) Mudras

KAYA MUDRA

(1) Prana Mudra	(4) Pashinee Mudra	(7) Bandha Mudras.
(2) Yoga Mudra	(5) Vipareeta Karani Mudra	
(3) Tadagi Mudra	(6) Adhara Mudras	

(7) Bandhas

(1) Jalandhara bandha (With internal & external breath retention)
(2) Uddiyana bandha (Standing and Sitting)
(3) Moola bandha (With internal & external breath retention)
(4) Tri bandha.

Ref. Books :

- (1) Dhyana tantra Ke Alook Me – Swami Satyananda Saraswati (B.S.Y.)
- (2) Yoga nidra - Swami Satyananda Saraswati (B.S.Y.)
- (3) Ishwar darshan- Swami Satyananda Saraswati (B.S.Y.)
- (4) Saraswati, Swami Styananda – Asana, Pranayama, Mudra, Bandha, Bihar School of Yoga, Munger, 2006
- (5) Basavaraddi, I.V. – A Monograph on Shatakarma, MDNIY, New Delhi, 2016
- (6) Basavaraddi, I.V. – A Monograph on Yogasana, MDNIY, New Delhi, 2016
- (7) Basavaraddi, I.V. – A Monograph on Pranayama, MDNIY, New Delhi, 2016
- (8) Tiwari O.P. – Asana Why & How ?, Kaivalyadhama, SMYM Samiti, Lonavla
- (9) Ramdev, Swami – Pranayama Rahasya.



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**SEMESTER-2**

COURSE- CFY - 204  
CREDIT - 04

MARKS- 40+30+30=100  
TIME- 03 Hrs

**THEORY AND PRACTICALS OF MEDITATIONS, RELAXATION TECHNIQUES,  
YOGASANAS, SHATKARMAS, PRANAYAMAS, MUDRAS & BANDHAS.**

SECTION	TYPES	MARKS
Q.1	ESSAY TYPE Q1 OR Q1	10
Q.2	SHORT ANSWER TYPE (10X1)	10
Q.3	OBJECTIVES (10X1)	10
TOTAL		30

**PRACTICAL PERFORMANCE EXAM: - (PERFORMANCE OF ASANAS,  
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SEMESTER SYSTEM – 2019-20

CFY – SEMESTER – 2

COURSE – CFY – 205

MARKS 70+30=100

CREDIT - 04

TIME – 3 Hrs

Concept of Health and Teaching Skills

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**Health :**

- Defined W.H.O.
- Yogic Concept of Health.
- Concept of Physical, Mental & Spiritual Health
- Trigunas, Pran, nadi, Satchakrasu, Panchakosha & Pancha Tattwa

**Ahara(Diet)**

- Concept and Principles of yogic diet

**Yoga and Stress**

- Definition, types and yogic management

**Teaching Skills**

- Essentials of good lesson plan: Concepts, need, planning of teaching Yoga(Shatkriya, Asana, Pranayama & practices leading to Dhyana)
- Principles of Teaching Yoga practices to different groups (beginners, children, youth, women, Geriatric population and special attention group)
- Preparation for a Yoga class(before and during the class)
- Factors influencing yoga teaching.
- Class management in yoga: its meaning and needs.
- Conducting yoga practical lessons: Precautions & Contraindications of practices
- Salient features of Ideal Yoga Instructor.
- Models of Ideal Yoga Lesson plans.



**Reference Books:**

- (1)Kotecha, Vaidya Rajesh – A Beginner's Guide to Ayurveda, Chakrapani Publication, Jaipur 2016
- (2)Quality Council of India(QCI) – Yoga professionals official guide books for level 1, excel books, New Delhi, 1986
- (3)Basavaraddi, I.V. & others – Yoga Teachers Manual for School Teachers, MDNIY, New Delhi, 2010
- (4)Gharote, M.L. – Teaching Methods for Yogaic practices, Kaivalyadhama Ashram, Lonavia
- (5) યોગ અને નિસર્ગોપચાર – ડૉ. જિતેન્દ્ર ભાનુશાળી, પાર્શ્વ પ્રકાશન-અમદાવાદ.



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MARKS- 70  
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Teaching Skills

SECTION	TYPES	MARKS
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