

KRANTIGURU SHYAMJI KRISHNA VERMA
KACHCHH UNIVERSITY

DEPARTMENT OF SANSKRIT



KRANTIGURU SHYAMJI KRISHNA VERMA
KACHCHH UNIVERSITY DEPT. OF SANSKRIT

MUNDRA RAOD BHUJ-KACHCHH

AKHIL BHARAT YOG VIDYA & NATURAL ASSOCIATION
BHUJ-KUTCH

SEMESTER SYSTEM 2018-2019

D.Y.N. SEMESTER 1 TO 2

REGULAR SYLLABUS

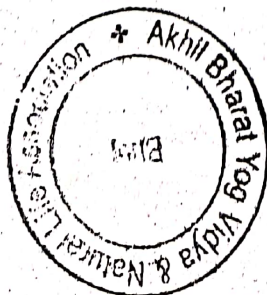
W.E.F. JUNE-2018

CO-ORDINATOR

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KSKV KACHCHH UNIVERSITY - BHUJ
DEPARTMENT OF SANSKRIT
AKHIL BHATAT YOG VIDYA & PRAKUTIK JIVAN
SHANG BHUJ
CHOICE BASED CRADIT SYSTEM
DIPLOMA ,SYLLABUS
SEMESTER SYLLABUS - 2018 - 19

CODE NO.	SEMESTER - 1	CREDIT
DYN A 101	ANATOMY PHYSIOLOGY -1	04
DYN N 102	NATUROPATHY CLINICAL DIAGNOSIS AND THERAPEUTIC - 1	04
DYN Y 103	YOG VIDYA AND AYURVEDA THERAPEUTIC YOG - 1	04
DYN D 104	NUTRITION -DIET AND FASTING THERAPEUTIC -1	04
DYN P 105	PRACTICAL YOG AND NATURO THERAPATHY CLINICAL AND THERAPIES	04
CODE NO.	SEMESTER -2	CREDIT
DYN A 206	ANATOMY PHYSIOLOGY -2	04
DYN N 207	NATUROPATHY CLINICAL DIAGNOSIS AND THERAPEUTIC - 2	04
DYN Y 208	YOG VIDYA AND AYURVEDA THERAPEUTIC YOG - 2	04
DYN D 209	NUTRITION -DIET AND FASTING THERAPEUTIC -2	04
DYN P 210	PRACTICAL YOG NATURO THERAPATHY CLINICAL AND THERAPIES - 2	04

કાંતિગુરુ શ્યામજી કૃષ્ણવર્મા કચ્છ યુનિવર્સિટી, ભુજ

DYN. સેમ .1 થી 2

વિષય : યોગ અને નેચરોપેથી ડિપ્લોમાં કોર્ષ (DYN)

સામાન્ય સુચનાઓ .

- એક વર્ષ , બે સેમેસ્ટર
- પ્રત્યેક સેમેસ્ટર ૭ (6) મહિનાનું
- પ્રત્યેક સેમેસ્ટરમાં પાંચ (5) પ્રશ્નપત્ર અર્થાત્ નિયમિત બે (2) સેમેસ્ટર દરમ્યાન દસ (10) પ્રશ્નપત્રો નો અભ્યાસ કરશે.
- પ્રથમ સેમેસ્ટરમાં નાપાસ થનાર બીજામાં પ્રવેશ મેળવી શકશે.
- પ્રશ્નપત્રમાં સેકશન - 70 ગૂણનો રહેશે, 30 ગૂણ આંતરિક મૂલ્યાંકન રહેશે.

રેઝ્યુલર વિદ્યાર્થીઓ માટે સૂચનાઓ

- પ્રત્યેક પ્રશ્નપત્રમાં (100) ગૂણ રહેશે, જેમાં સીતેર (70) એકસટનેલ (યૂનિ.) અને ત્રીસ (30) આંતરિક (ઇન્ટનેલ) (સેમીનાર , વર્કશોપ , વાયવા વગેરે) નાં રહેશે
- ઓછામાં ઓછું પાસનું ધોરણ ચાલીસ (40) ગૂણ રહેશે. (યુનિવર્સિટી પરીક્ષા 28 ગૂણ અને આંતરિકમાં બાર (12) ગૂણ મેળવવાના રહેશે.)
- બંને (એકસટનેલ) અને આંતરિક (ઇન્ટનેલ)માં પાસ થવું અનિવાર્ય છે. આંતરિકમાં નાપાસ થનાર યૂનિ.(એકસટનેલ)માં પણ નાપાસ ગણાશે.તેણે બંને પરીક્ષા આપવાની રહેશે , એકસટનેલ પરીક્ષામાં નાપાસ થનાર, આંતરિકમાં પાસ હોય ,તેણે માત્ર એકસટનેલ પરીક્ષા આપવાની રહેશે.
- રેઝ્યુલર વિદ્યાર્થીઓ માટે પરીક્ષા 70 ગૂણ - 3.00 કલાક ની રહેશે

પરીક્ષાપદ્ધતિ

પેપરનું નામ	પેપરકોડ	ટોટલમાર્ક્સ	ઇન્ટરનલ માર્ક્સ	એક્સ્ટરનલ માર્ક્સ	ક્રેડીટ
સેમીસ્ટર -૧					
એનોટોમી અને ફીઝીયોલોજી	DYNA-101	૧૦૦	૩૦	૭૦	૪
પ્રાકૃતિકચિકિત્સા ક્લીનિકલ ડાયગ્નોસિસ થેરાપ્યુટીક -૧	DYN N-102	૧૦૦	૩૦	૭૦	૪
યોગ વિદ્યા તથા આયુર્વેદ થેરાપ્યુટીક યોગ - ૧	DYNY-103	૧૦૦	૩૦	૭૦	૪
ન્યુટ્રીશીયન ડાયેટ અને ફાસ્ટીંગ થેરાપ્યુટીક -૧	DYND-104	૧૦૦	૩૦	૭૦	૪
પ્રેક્ટીકલ નેચરોથેરાપી ક્લીનિકલ ડાયગ્નોસિસ અને થેરાપી	DYNP-105	૧૦૦	૩૦	૭૦	૪



ALL INDIA YOGA VIDYA & NATURAL LIFE ASSOCIATION

અખિલ ભારત યોગ વિદ્યા એવં પ્રાકૃતિક જીવન સંઘ
H/3, Katira Complex, Near Torai Garden,
Munara Relocation Site, BHUJ-Kachchh
PAN No. AACTA9793L Reg. No. Er/2405/Kachchh
જાણકારી / કોન્ટેક્ટ નંબર / ૨૦૧૧-૧૨ / ૨૦૧૨-૧૩ / ૨૦૧૩-૧૪ / ૨૦૧૪-૧૫ / ૨૦૧૫-૧૬ / ૨૦૧૬-૧૭ / ૨૦૧૭-૧૮ / ૨૦૧૮-૧૯ / ૨૦૧૯-૨૦ / ૨૦૨૦-૨૧



<u>પરીક્ષા પદ્ધતિ</u>					
પેપર નં.	પેપરનું નામ	પેપરકોડ	ટોટલમાર્ક્સ	ઇન્ટરનલ માર્ક્સ	એક્સ્ટરનલ માર્ક્સ
		સેમીસ્ટર -૨			
૮	એનોટોમી અને ફીઝીયોલોજી	DYNA-206	૧૦૦	૩૦	૭૦
૭	પ્રાકૃતિક ચિકિત્સા ક્લીનિકલ ડાયગ્નોસિસ થેરાપ્યુટીક -૧	DYN N-207	૧૦૦	૩૦	૭૦
૮	યોગ વિધા તથા આયુર્વેદ થેરાપ્યુટીક યોગ - ૧	DYNY-208	૧૦૦	૩૦	૭૦
૯	ન્યુટ્રીશીયન ડાયેટ અને ફાસ્ટીંગ થેરાપ્યુટીક -૧	DYND-209	૧૦૦	૩૦	૭૦
૧૦	પ્રેક્ટીકલ નેચરોથેરાપી ક્લીનિકલ ડાયગ્નોસિસ અને થેરાપી	DYNP-210	૧૦૦	૩૦	૭૦



ALL INDIA YOGA VIDYA & NATURAL LIFE ASSOCIATION

અખિલ ભારત યોગ વિદ્યા એવં પ્રાકૃતિક જીવન સંઘ

H/3, Katra Complex, Near Toral Garden,
Mundra Relocation Site, BHU-Kachchh

PAN No. AACTA9793L Regd. No. E/2405/Kachchh

ગા.નં./વજ./૪૦૬/૬/૧૫-૧/૨૦૧૧-૧૨/૨૦૧૧ દિ. ૧૬-૧૧-૨૦૧૧ વા.નં. ૨૦૧૧-૨૦૧૧



KRANTIGURU SHYAMJI KRISHNA VERMA
KACHCHH UNIVERSITY



DEPARTMENT OF SANSKRIT

MUNDRA ROAD BHUJ-KACHCHH

CERTIFICATE COURSE IN YOGA

SEMESTER SYTEM 2019-2020

YOGA SEMESTER 1 TO 2

REGULAR SYLLABUS

W.E.F. JUNE - 2019

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V.S. Vedit.k.m.

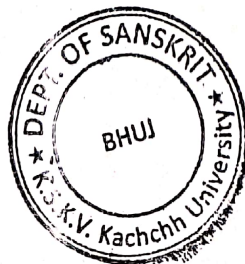
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[Handwritten Signature]

DEAN



K.S.K.V. KACHCHH UNIVERSITY – BHUJ
DEPARTMENT OF SANSKRIT
CHOICE BASED CREDIT SYSTEM
CERTIFICATE COURSE IN YOGA
SYLLABUS -2019-2020

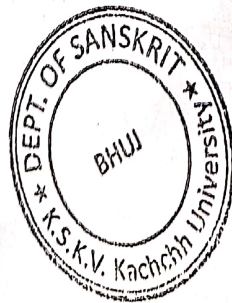


SEMESTER-1

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



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
- Aurobindo

Basic study of Shaddarshans.

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.



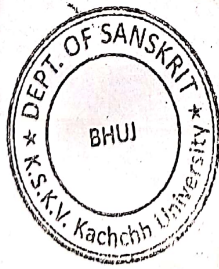
Study of basics of human body.
Concept of cell, structure of cell, study of blood, Immunity, Absorption & Nutrition.

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(23rd year Special) Geeta Press, Gorakhpur
4. Gore M.M. : Anatomy and Physiology of Yogic Practices, Kanchana Prakashaba, Lonavala, 2004
5. Iyengar B.K.S. : Light on Yoga, Harper Collins Publisher, New Delhi, 2005
6. Iyenger, B.K.S. : Yoga Shasyra (Vol-i&II) Ramamani Iyenger Memorial Yoga, Institute, Pune YOG, Mumbai
7. श्री योग कौस्तुभ : पू. श्रीमन्नथुराम शर्मा, आनंदाश्रम, बिलवा
8. पंतजलि योग सूत्र : रामकृष्ण तुलजाशंकर व्यास, सं.सा. अकादमी, गांधीनगर
9. योगनु तत्वज्ञान : डी. उर्मिला बी. लक्ष्मी, पार्व पब्लिकेशन, अमदावाड
10. योग उपनिषद् ज्योति : डी. मनुभाई असे. प्रजापति, पार्व पब्लिकेशन, अमदावाड
11. योग और आयुर्वेद : आचार्य राजकुमार जैन चाई खलिट ओरियंटलिया
12. योग विधा. पू. भाषादेवः प्रविश पुस्तक लंडार, राजकोट
13. Swaswati Swami Niranjanananda : 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



K.S.K.V. KACHCHH UNIVERSITY - BHUJ
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CERTIFICATE COURSE IN YOGA

SEMESTER SYSTEM - 2019-20
YOGA - SEMESTER - 1

MARKS 70+30=100
TIME - 3 Hrs

COURSE - CFY - 102
CREDIT - 04

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.

YOGASANAS
SOOKSHMA VYAYAM - PART 1. ANTI-RHEUMATIC GROUP

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



13. Mani bandha Naman	14. Kehuni Naman.	15. Kehuni Chakra	16. Skandha Chakra
17. Greeva 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 Chalasana
3. Chakki Chalanasana	6. Namaskarasana	9. Udarakarshanasana

III. Relaxation Asanas

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

IV. Meditative Asanas

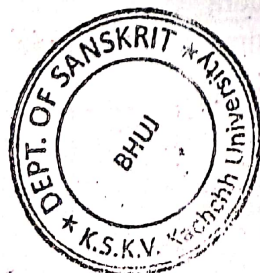
1. Sukhasana	5. Dhyana Veerasana
2. Padmasana	6. Simhasana
3. Siddhasana	7. Bhadrasana
4. Swastikasana	8. Vajrasana

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) Kapalbhata
(2) Dhauti	(5) Nauli
(3) Basti	(6) Trataka.

For Practical.

(1). Jala Neti.	(For Practices)
(2). Kunjal Neti.	(3). Laghoo Shankaprakshalana.
	(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) Sheetal 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:

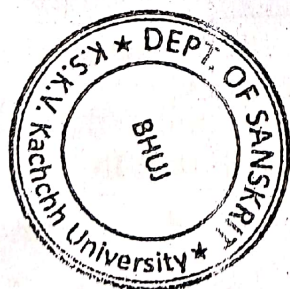
(1) Shambhavi mudra	(4) Akashi mudra	(7) Bhujangini mudra
(2) Agochari mudra	(5) Manduki mudra	(8) Shanmuki mudra
(3) Khechari mudra	(6) Kaki mudra	(9) Unmani mudra.

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 Nirajanananda – 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



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



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

SEMESTER SYSTEM – 2019-20

CFY – SEMESTER – 2

COURSE – CFY – 203

CREDIT - 04

MARKS 70+30=100

TIME – 3 Hrs

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./Nadanusandana

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, शबस प्रकाशन, जयपुर
- (6) पतंजलि योगसूत्र, रामकृष्ण तुलजाशंकर व्यास, सं.सा.अकादमी, गांधीनगर



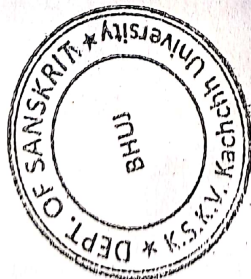
K.S.K.V. KACHCHH UNIVERSITY – BHUJ
DEPARTMENT OF SANSKRIT
CERTIFICATE COURSE IN YOGA
PROGRAM CODE CFY
SEMESTER-2

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
TOTAL		70



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

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. Utthita Lolasana	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. Setubandhasana	42. Santolanasana

(4) Shatkarmas

1. Kapalbhata	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

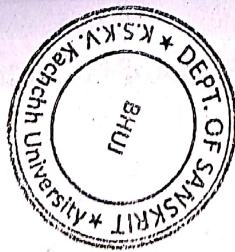
(1) Prana Mudra	(4) Pashinee Mudra	(7) Bandha Mudras.
(2) Yoga Mudra	(5) Vipareeta Karani Mudra	
(3) Tadagi Mudra	(6) Adhara Mudras	

(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.



K.S.K.V. KACHCHH UNIVERSITY – BHUJ
DEPARTMENT OF SANSKRIT
CERTIFICATE COURSE IN YOGA
PROGRAM CODE CFY
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,
PRANAYAMAS, KRIYAS & VIVA VOCE) [40 MARKS]**

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



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

SEMESTER SYSTEM – 2019-20

CFY – SEMESTER – 2

COURSE – CFY – 205
CREDIT - 04

MARKS 70+30=100

TIME – 3 Hrs

Concept of Health and Teaching Skills

Health :

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

Ahara(Diet)

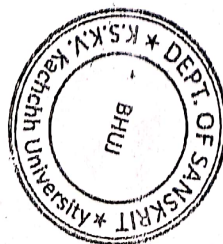
- Concept and Principles of yogic diet

Yoga and Stress

- Definition, types and yogic management

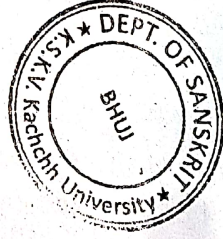
Teaching Skills

- 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, Lonavla
- (5) યોગ અને નિસર્ગોપચાર – ડૉ. જિતેન્દ્ર ભાનુશાળી, પાર્શ્વ પ્રકાશન-અમદાવાદ.



K.S.K.V. KACHCHH UNIVERSITY – BHUJ
DEPARTMENT OF SANSKRIT
CERTIFICATE COURSE IN YOGA
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SEMESTER-2

COURSE- CFY - 205
CREDIT - 04

MARKS- 70
TIME- 03 Hrs

Teaching Skills

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





MEMORANDUM OF UNDERSTANDING

Between

Department of Sanskrit, KSKV Kachchh University

And

Akhil Bharat Yog Vidya And Natural Life Association

Memorandum of Understanding (the "MoU") is entered into on the Dt. 4-12..... 2019 between Department of Sanskrit, Krantiguru Shyamji Krishna Verma (KSKV) Kachchh University, Mundra Road, Bhuj and Akhil Bharat Yog Vidya And Natural Life Association (ABYVANLA), Bhuj. ABYVANLA was Founded in the year 1954 by Late. Dada Shree Sugnaram Ladkani established as a registered trust in 2010, who shall be referred to collectively as "Parties" and singularly as a "Party" or the "Parties".

Association's Aim

Association aims to promote social awareness towards healthy life style, Yog, Natural Therapeutics and Herbal. Also enables individual to develop health skills to assist society to achieve all-round health by natural means, maintain health, treat ailments by making use of five natural elements.

Purpose of this Memorandum :

MoU aims to provide regular exchange of information, innovation, training, participatory research, exposure of students, towards healthy life style skills, which will promote self employment and contribute to the mutual benefits of the institution.

Rashyap Trivedi, Head of Department shall be the Coordinator from Department of Sanskrit KSKV Kachchh University and Bahadur G. Bhagia, President shall be the Coordinator from Akhil Bharat Yog Vidya and Natural Life Association. Bhuj. The Coordinators may change from time to time as decided by competent authority of the respective institutions.

Responsibilities under this MoU

AND, THEREFORE, in consideration of the mutual promises and agreements contained herein, the Parties hereby agree as follows:

1. The Parties shall contribute to exchange of information on educational programs through joint meeting/ workshop in mutually agreed intervals;
2. The Parties shall jointly organize seminars, conferences or work shop on topics of mutual interest and invite each other's faculty and/or students/ staff to participate therein;
3. Will admit students for the Diploma in Yog and Naturopathy (DYN);
4. Both Parties may freely use any collaboration results for publication or other research purposes. Any such use by either Party must make explicit reference to the report as well as to both Parties involved in this MoU;
5. Both parties would access reading materials, journals, publications in the libraries of both the parties.

Each Institution shall appoint one member of its teaching faculty / staff to coordinate the programme on its behalf. Further, a coordination committee will periodically review and identify ways to strengthen cooperation between the Institutions.
The Institution and Association will Abide by each others constitution its contents and programs
The Institution shall have access to the premises as also the Equipment used for Therapies by the the Association
The Association shall cooperate with the institution during such visits
Akhil Bharat Yog Vidya and Natural Life Association shall Contribute Rs. 800/- per student for full year to the University

Confidentiality

The parties agree that there is no intention to share any confidential or proprietary information in any collaboration under this MoU. If either Party wishes to disclose to the other Party information it considers to be confidential or proprietary, the Parties will enter into a separate non-disclosure agreement.

Effective date and signature

The Agreement is valid for an initial period 5 years and becomes effective from the date it is signed by the Parties. The period may be extended by mutual consent. In case one Party wishes to cancel the contract, it may be done so only by a prior intimation of at least six months.

Behalf of

KV Kachchh University

4-12-2019 (Date)

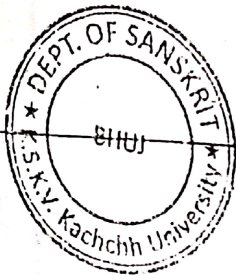
Dr. Kashayp Trivedi, Associate Professor & H.O.D.
Sanskrit Department
KV Kachchh University, Bhuj
Designation: (HoD) Department of Sanskrit

Contact No: 9427407451

E-mail: kmtrivedibhuj@yahoo.in

Contact Address:

Dr. Kashayp Trivedi,
Head, Department of Sanskrit,
SKV Kachchh University,
Bhuj, Kachchh- 370001,
Department Phone (02832) 235031



On Behalf of

Akhil Bharat Yog Vidya and Natural Life Association.

4-12-2019 (Date)

Shri Bahadur G. Bhagia
Designation: President

Contact No: 9099075991

E-mail: bgbhagia 1943 @gmail.com

Contact Address:

Shri Bahadur G. Bhagia
President
C-46, NU-10/B SHAKTI NAGAR
Gandhidham - Kachchh - 370201.

बहादुर गं. भाग्या
प्रमुख
अखिल भारत योग विद्या एवं
प्राकृतिक जीवन संघ



MEMORANDUM OF UNDERSTANDING

Between

Department of Sanskrit, KSKV Kachchh University

And Association With

Akhil Bharat Yog Vidya And Natural Life Association

This Memorandum of Understanding (the "MoU") is entered into on the Dt. 26.10-2018 between Department of Sanskrit, Krantiguru Shyamji Krishna Verma (KSKV) Kachchh University, Mundra Road, Bhuj and Akhil Bharat Yog Vidya And Natural Life Association (ABYVANLA), Bhuj. ABYVANLA was Founded in the year 1954 by Late. Dada Shree Sugnaram Ladkani and established as a registered trust in 2010, who shall be referred to collectively as "Association" and singularly as a "Association" or the "Institution".

Association's Aim

The Association aims to promote social awareness towards healthy life style, yog, natural therapeutics and herbal. Also educates individual to develop health skills to assist society to achieve all-round health by natural means, maintain health, treat minor ailments by making use of five natural elements.

Purpose of this Memorandum :

This MoU aims to provide regular exchange of information, innovation, training, participatory research, exposure of students, staff towards healthy life style skills, which will promote self employment and contribute to the mutual benefits of the institution.

Dr. Kashyap Trivedi, Head of Department shall be the Coordinator from Department of Sanskrit KSKV Kachchh University and Dr. Jaysukh M. Sanghvi, General Secretary shall be the Coordinator from Akhil Bharat yog vidya and Natural life Association. Bhuj. The coordinators may change from time to time as decided by competent authority of the respective institutions.

A. Responsibilities under this MoU

NOW, THEREFORE, in consideration of the mutual promises and agreements contained herein, the Association hereby agree as under:

1. The Association shall contribute to exchange of information on educational programs through joint meeting/ workshop in mutually agreed intervals;
2. The Association shall jointly organize seminars, conferences or work shop on topics of mutual interest and invite each other's faculty and /or students/ staff to participate therein;
3. Will admit students for the Diploma in Yog and Naturopathy (DYN);
4. Both Association may freely use any collaboration results for publication or other research purposes. Any such use by either Association must make explicit reference to the report as well as to both Association involved in this MoU;
5. Both Association would access reading materials, journals, publications in the libraries of both the Association.



6. Each institution shall appoint one member of its teaching faculty / staff to coordinate the programmers on its behalf. Further, a coordination committee will periodically review and identify ways to strengthen cooperation between the institutions.
7. The Institution and the Association will Abide by each others constitution and Its contents and programs
8. The Institution shall have access to the premises as also the Equipment used for Therapies by the Association the
9. The Association shell cooperate with the Institution during such visits
10. Akhil bharat yog vidya and natural life association shall Contribute of Rs. 800 /- per student for full year to the University

B. Confidentiality

The Association agree that there is no intention to share any confidential or proprietary information in any collaboration under this MoU. If either Association wishes to disclose to the other Party information it considers to be confidential or proprietary, the Association will enter into a separate non- disclosure agreement.

C. Effective date and signature

The agreement is valid for an initial period 1 year and becomes effective from the date it is signed by the Association. The period may be extended by mutual consent. In case one Association wishes to cancel the contract, it may be done so only by a prior intimation of at least six months.

On Behalf of

KSKV Kachchh University

25-10-2018 (Date)

Dr. Kashayp Trivedi

Name: Dr. Kashayp Trivedi

Designation: (HoD) Department of Sanskrit

Contact No: 9427407451

**E-mail: Associate Professor & Head
Sanskrit Department
KSKV Kachchh University, Bhuj**

Contact Address:

Dr. Kashayp Trivedi,
Head of the Department of Sanskrit,
KSKV Kachchh University,
Bhuj, Kachchh- 370001,
Department (02832)

On Behalf of

Akhil Bharat Yog Vidya and Natural Life Association.

26-10-2018 (Date)

Dr. Jaysukh M. Sanghvi

Name: Dr. Jaysukh M. Sanghvi

Designation: General Secretary

डॉ. जय अम. सघवी

Contact No: 098252 35837

**E-mail: drjaysanghvi@gmail.com
अखिल भारत योग विद्या एवं प्राकृतिक जीवन संघ भुज**

Contact Address:

Dr. Jaysukh M. Sanghvi,
General Secretary,
39, Jubilee colony,
Bhuj, Kachchh - 370001.

