

AYUKSHEMA

Yoga Academy

CERTIFICATE COURSE IN YOGA SCIENCE

(200 hours, 3 months duration)

PREAMBLE

Yoga is an ancient science and art of healthy living. It is an integral part of Indian cultural and spiritual heritage. The applications of Yoga are many and it has the tools for both therapeutic and spiritual purposes. Today Yoga is gaining popularity all over the globe. The various systems and practices of Yoga have been used for health promotion, disease prevention and management.

With the declaration of International Day of Yoga by the UN, the number of people practising Yoga for different purposes and also the people who look for authentic knowledge about Yoga has been increased remarkably all over the globe. But, many a times people are being carried away by the commercialisation of the system and the distorted version of Yoga.

The Academy would like to impart the true knowledge of Yoga to the aspirants in its classical and traditional form. With this reason, the Academy has started the basic Foundation Course in Yoga, with the aim to provide basic knowledge of Yoga to inculcate Yogic lifestyle and practice among the public in their day to day life. Further, the people who desires to upgrade their knowledge in Yoga, for them the CERTIFICATE IN YOGA SCIENCE course of has been designed.

TITLE

The course shall be called **Certificate in Yoga Science (C.Y.Sc.)**.

DURATION

This is a part-time course of 200 hours (60 hours theory, 110 hours practical and 30 hours tutorials, special lectures & field work) duration and is extended over a period of three months. This course will be conducted 5 days in a week. There will be 3 hours of instruction every day. Special classes and workshops may also be arranged during the weekends. The candidates have to undergo 2 weeks compulsory field work after completing three months training.

OBJECTIVES

The course is designed

- To train the participants in the principles and practices of Yoga and orient them to adopt stress free healthy life style.
- To develop better physical and mental health of participants through Yoga.
- To impart standardized Yoga education and training to improve their quality of health and workforce.
- To increase mass awareness about health benefits of Yoga.

ELIGIBILITY

A candidate who has passed at least 10+2 examination from a recognized Board or equivalent shall be eligible to take admission in this course. In addition to this, only those

who have the basic knowledge about Yoga and having undergone Foundation Course in Yoga (minimum 50 hours duration) are eligible to take admission in this course. The candidate must be medically fit. No person with chronic ailments is allowed to take admission to this programme.

MEDIUM OF INSTRUCTION

English/ Hindi

COURSE STRUCTURE

S.No.	Paper	Title of the Paper	Total Marks	Total Hours
01	Paper-I	Foundations of Yoga	100 (75+25)	15 hrs
02	Paper-II	Introduction to Patanjala Yoga & Hatha Yoga	100 (75+25)	15 hrs.
03	Paper-III	Basics of Human Biology	100 (75+25)	15 hrs.
04	Paper-IV	Yoga and Health	100 (75 +25)	15 hrs.
05	Paper- V	Yoga Practical - 1	200 (150+50)	80 hrs.
06	Paper - VI	Yoga Practical - 2	100 (75+25)	30 hrs.
	Tutorials, Special Lectures and Field work			30 hrs.

ATTENDANCE

Participant shall attend a minimum 80% of total instruction hours in both Theory and Practical.

EXAMINATION

There will be an Academy level Unit Test in the midst of the course. Final Examination will be held at the end of the course. The candidate must secure minimum 50% of marks in each paper separately (both in theory and practical).

FIELD WORK

Every student of C.Y.Sc. shall conduct a Yoga Training Camp of two weeks duration to the general public under the supervision of a Yoga Teacher as part of field work.

AFFILIATION & CERTIFICATE

The course is affiliated to Shobhit University. Successful candidates in the Final Examination and on completion of field work will be issued a Certificate.

RULES FOR CANDIDATES OF CERTIFICATE COURSE IN YOGA SCIENCE

1. Every student of the course should report in time to all classes and maintain discipline during the course.
2. Every student should maintain three files - each for every theory paper. They should write in details on the basis of lecture delivered by the experts/ faculty.
3. Every student should maintain one separate file for Yoga Practical. They should write their personal experience in Yoga sadhana.
4. Minimum 80% attendance is compulsory in all classes and faculty would maintain register for them.

COURSE TIMINGS

The classes will be held on all working days from Monday to Friday. The course timings are 7:00 am to 10:00 am. Also, there will be Special Lectures by Eminent Experts on every Saturdays.

REGISTRATION

The candidates should register themselves on or before the last working day of the month for next course. The registration shall be ON-LINE through the website of the Academy.

HEALTH CRITERIA

No person with acute/ chronic/ communicable diseases is allowed to take admission to this course.

DRESS CODE

The dress shall be T-Shirt and trousers or *Kurta-pyjama* for men and T-Shirt and trousers or *Salwar-kameej* for women participants or as per the recommendation of the Academy.

DOCUMENTS TO BE SUBMITTED

While applying for the Course, the required documents have to be uploaded/ submitted along with the application form:

- a. Copy of Aadhar Card
- b. Copy of 10+2 Certificate
- c. Copy of Certificate of Foundation Course in Yoga
- d. Proof for the fee paid.
- e. Four passport size photographs

FEE

Rs.14,500/- (For Indian candidates) and US\$ 600/- (For Foreign candidates). The fee once remitted will not be refundable. The Bank details are as under:

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Team AYUKSHEMA

COURSE DETAILS
of
CERTIFICATE IN YOGA SCIENCE
(200 hours - Three months duration)

Section A: Theory

PAPER-I : FOUNDATIONS OF YOGA

MARKS: 100 (75 Ext.+25 Int.)

Duration: 15 Hrs.

UNIT – I: INTRODUCTION TO YOGA AND INDIAN PHILOSOPHY

- 1.1 Brief introduction to origin of Yoga, Psychological aspects leading to origin of Yoga, History and development of Yoga
- 1.2 Etymology and definitions of Yoga, Aim, Objectives and Misconceptions about Yoga, True Nature of Yoga
- 1.3 Philosophy: Its meaning, definitions and scope, Branches of Philosophy.
- 1.4 Salient features of Indian Philosophy, Branches of Indian Philosophy (Astika and Nastika Darshanas), General introduction to Prasthanatrayee and Purushartha Chatushtaya
- 1.5 General Introduction to Schools of Yoga: Jnana, Bhakti and Karma Yoga

UNIT – II: BRIEF SURVEY OF YOGIC TRADITIONS – I

- 2.1 Yoga in early Vedic period, Yoga in Vedic period; General Introduction to Upanishads.
- 2.2 Yoga in Principle Upanishads, Yoga in Yogopanishad
- 2.3 General introduction to Shad-darshan, Yoga in Samkhya and Yoga Darshana, Yoga in Vedanta with special reference to Shankara, Ramanuja, Madhva and Vallabha
- 2.4 General introduction to Agamas, Tantras and classification of Tantras, Concept of Shiva and Shakti, Yoga of Shaiva Siddhanta
- 2.5 General Introduction to Non-Vedic Schools of Philosophy: Introduction to Jainism, Yogic concepts in Jainism.

UNIT-III: BRIEF SURVEY OF YOGIC TRADITIONS – II

- 3.1 Introduction to Buddhism: Yogic concepts in Buddhism
- 3.2 Introduction to Samkhya and Yoga Darshana; Introduction to Maharshi Patanjali and his Yoga Sutra.
- 3.3 Hatha Yoga: Philosophical Foundations of Hatha Yoga, Hatha Yoga Sadhana, Relevance of Hatha Yoga in day-to-day life.
- 3.4 General Introduction to Bhagavadgita: significance of Bhagavadgita as a synthesis of Yoga, Yogic concepts in Bhagavadgita.
- 3.5 Brief introduction to Yoga Paramparas in Contemporary Times: Yoga Parampara of Sri T. Krishnamacharya, Swami Shivanada, Contribution of Sri Yogendraji, Swami Kuvalyananda, Swami Satyananda Saraswati and B.K.S. Iyengar in the promotion of Yoga.

BOOKS FOR REFERENCE

- Dasgupta, S.N. : Hindu Mysticism, Motilal Banarsidass, Delhi 1927
- Radhakrishnan : Indian Philosophy, Vol. I & II, George Allen & Unwin, London, 1971.
- Swami Atmananda : Four Yogas, Bharatiya Vidya Bhavana, Bombay, 1966
- Sing, Lalan Prasad : Tantra, Its Mystic and Scientific Bases Concept Publishing Company, Delhi, 1976

- Swami Jnanananda : Philosophy of Yoga
Sri Ramakrishna Ashrama, Mysore.
- Swami Vivekananda : Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga
Advaita Ashrama, Calcutta, 2000.
- Pandit, M. P. : Introduction to Upanishads : Theosophical
Society of India Adyar, Madras, 1976
- Karel Werner : Yoga and Indian Philosophy,
Motilal Banarsidass, Delhi, 1979
- Goyandaka,
Jayadayal : Sri Madbhagavadgita Tattvavivecani,
Geeta Press, Gorakhpur, 1961
- Rajkumari Pandey : Bhartiya Yoga Prampara ke Vividha Ayama
Radha Publication Delhi, 1993
- Atmaram : Jainyoga: Siddhanta aur Sadhana (Ed.) Shri
Amarmuni, Atmajnanapitha, Mansa Mandi,
Punjab, 1983
- Kunhan Raja : Problems of Indian Philosophy
- Swami
Prabhavananda : Spiritual Heritage of India (English)
Sri Ramkrishna Math, Madras, 2004
- Fenerstein, George : The Yoga Tradition: It's History, Literature,
Philosophy practice, Bhavana Books and Prints, 2002

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PAPER – II: INTRODUCTION TO PATANJALA YOGA & HATHA YOGA

Marks: 100 (75 Ext.+25 Int.)

Duration: 15 hrs

UNIT I: FOUNDATIONS AND PRACTICES OF PATANJALA YOGA

- 1.1 Patanjala Yoga: Philosophical Foundations of Patanjala Yoga
- 1.2 Definition and nature of Yoga according to Patanjali; Concept of Citta and Citta-bhumis; Citta-vrittis and Citta-vrittinirodhopaya (Abhyasa and Vairagya); Concept of Ishwara and Ishwara pranidhana.
- 1.3 Citta Vikshepas (Antaraya) and their associates (Sahabhava); Parikramas / concept of Chittaprasadhana; Kleshas and their significance in Yoga.
- 1.4 Different Padas of Patanjala Yoga
- 1.5 Ashtanga Yoga and its significance in day to day life

UNIT II: FOUNDATIONS AND PRACTICES OF HATHA YOGA

- 2.1 Hatha Yoga: Etymology, Definitions, Misconceptions and Objectives; its History & Development, Concept of Maha-yoga
- 2.2 Rules and regulations to be followed by Hatha Yoga practitioners; Hatha Siddhi Lakshanam
- 2.3 Concept of Diet, Mithahara, Pathya and Apathya in Hatha Yoga
- 2.4 Saptasadhan: practices, relevance and utility in Hatha Yoga Sadhana; Causes of Success (Sadhaka Tattva) and causes of Failure (Badhaka Tattva) in Hatha Yoga Sadhana (practice)
- 2.5 Purpose of Shat-kriya in Hatha Yoga Sadhana; Concept of Prana, Nadi, Chakra and Kanda

UNIT III: INTRODUCTION TO YOGIC PRACTICES

- 3.1 Principles of Yoga, Do's and Don'ts of Yoga; Relevance and utility of Yogic shatkriyas.
- 3.2 Yogasana: meaning, principles and their significance in Yoga Sadhana
- 3.3 Pranayama: meaning, principles and their significance in Yoga Sadhana
- 3.4 Bandha & Mudra: meaning, principles and their significance in Yoga Sadhana
- 3.5 Dhyana: its nature and significance in Yoga Sadhana

BOOKS FOR REFERENCE

1. Swami Prabhavananda - Spiritual Heritage of India (English) Sri Ramkrishna Math, Madras, 2004
2. Swami Vivekananda - Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga; Advaita Ashrama, Calcutta, 2000
3. Bharati, Veda - Philosophy of Hatha Yoga (English) Himalayan International Institute of Yoga Science and Philosophy, 1998, 2nd Rev. ed., Pennsylvania)
4. Swami Digambarji and Pt. R.N. Shastri - Hathapradipika of Swatmarama; Kaivalyadhama, S.M.Y.M. Samiti, Lonavla, 1998
5. Swami Digambarji and Gharote M.L. - Gherand Samhita; Kaivalyadhama, S.M.Y.M. Samiti, Lonavla, 1978
6. Gharote, M.L. and others - Hatharatnavali of Srinivasayogi; The Lonavla Yoga Institute, Lonavla, 2002
7. Geeta Press - Patanjala Yoga Darshan; Geeta Press, Gorakhpur
8. Dr. Jayadev Yogendra - Thoughts on the Yoga Suntras of Patanjali. The Yoga Institute, Santacruz
9. Swami Anant Bharti - Yoga Darshan-Yoga Prabhakar (Hindi); Swami Keshwananda Yoga Sansthan, Delhi, 1982

PAPER-III: BASICS OF HUMAN BIOLOGY

MARKS:100 (75 Ext.+25 Int.)

Duration: 15 Hrs.

UNIT – I: INTRODUCTION TO HUMAN ANATOMY AND PHYSIOLOGY

- 1.1 Introduction to Human Anatomy; Introduction to Human Physiology; Basic Anatomical and Physiological terms
- 1.2 Basic structure and functions of Cell and Cellular organelles; Types of Tissues and functions; Body Organization
- 1.3 Composition of Blood; Structure and functions of RBC, WBC and Platelets
- 1.4 Concept of Homeostasis; Maintenance System; Defence System
- 1.5 Introduction to Sensory Physiology; Fundamental structure and Functions of the Eye, Ear, Nose, Tongue and Skin

UNIT – II: INTRODUCTION TO PHYSIOLOGICAL SYSTEMS OF HUMAN BODY

- 2.1 Skeletal System: Structure and functions of Skeleton; Classification of Bones and Joints (viz., wrist, elbow, shoulder, ankle, knee, hip and pelvic joints), Structure of Spine; Range of movements of each of these joints
- 2.2 Muscular System: Types of muscles; Structure and Functions of Skeletal, Cardiac and Smooth muscle
- 2.3 Respiratory System: Composition of Respiratory system; Structure and their functions, Lung Volumes and Capacities
- 2.4 Cardio-Vascular System: Functional anatomy of Heart, Heart Rate, Cardiac Cycle and Cardiac Output, Blood Pressure
- 2.5 Digestive System: Composition of Digestive System, Physiology of digestion.

UNIT-III: INTRODUCTION TO PHYSIOLOGICAL SYSTEMS OF HUMAN BODY & EXERCISE PHYSIOLOGY

- 3.1 Excretory System: Composition of Urinary System; Functions of Lungs, Skin and Sweat glands as excretory organs
- 3.2 Endocrine System: Location and Function (viz., Hypothalamus, Pituitary, Pineal, Thyroid, Parathyroid, Pancreas, Adrenal and gonads)
- 3.3 Reproductive System: Functional anatomy of male Reproductive System; Functional anatomy of female Reproductive System; Menstrual Cycle
- 3.4 Nervous System: Introduction to Central Nervous System (CNS), Major parts of the Brain, Spinal Cord and its functions, Introduction to Autonomic Nervous System (Sympathetic and Parasympathetic) and its functions
- 3.5 Basic understanding of Exercise Physiology, O₂ and CO₂ Transport, Oxygen Consumption, O₂ Debt.

BOOKS FOR REFERENCE

- Gore, M.M. : Anatomy and Physiology of Yogic Practices, New Age Books, New Delhi, 2007.
- Telles, Shirley : A Glimpse of the Human body Swami Vivekananda Yoga Prakashan, Bangalore, 1998.
- Chatterjee, C. : Human Physiology, Current Distributors, 1987.
- Coulter, H. David : Anatomy of Hathayoga MLBD, New Delhi, 2007.
- Bansal, Shri Nandan : Sharir Rachna Vijnana aur Sharir Kriya Vijnana, Jaypee Brothers, New Delhi.
- Gopal, Dr. Usha : Manav Sarir Rachna Evam Kriya Vijnana, Sports Publication, New Delhi.
- Singh, Inderbir : Anatomy & Physiology for Nurses, Jaypee Brothers, New Delhi, 2008.
- Krishna, Dr. Raman : Yoga and Medical Science: FAQ, East West Books, Madras, 2003.
- Sri Krishna : Notes on Structure & Functions of Human Body and Effects of Yogic Practice on it, Lonavla.
- Bassvaraddi, I.V. & others : Yoga Teaching Manual for School Teachers, MDNIY, New Delhi, 2010.

PAPER IV: YOGA AND HEALTH

Marks: 100 (75 Ext.+25 Int.)

Duration: 15 hrs

UNIT I: INTRODUCTION TO HEALTH & DISEASE

- 1.1 Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi, Yogic concept of Health and Disease, Yoga as a preventive Health care - Heyam duhkham anagamam.
- 1.2 Potential causes of ill-health: Tapatrayas and Kleshas, Physical and Physiological manifestation of Disease, potential causes of disease according to Yoga
- 1.3 Shuddhi kriyas in Yoga: Role of Shuddhi kriyas in preventive and curative Health; different types of shuddhis.
- 1.4 Concepts of Trigunas, Pancha-koshas, Pancha-mahabhutas, Pancha-prana and Shat-chakra and their role in Health and Disease.
- 1.5 Yogic Principles of Healthy Living: Aahara, Vihara, Aachara and Vichara; Role of Yogic positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living;

UNIT II: EFFECT OF YOGIC PRACTICES

- 2.1 Relevance of Yama, Niyama and Pratyahara in relation to integrated approach of therapeutics of Yoga.
- 2.2 Importance of Shat-kriyas in relation to cleansing impact on related organs.
- 2.3 Impact of Yogasanas on anatomy and physiology of different systems of human body and their therapeutic values.
- 2.4 Impact of Pranayamas and Bandhas on Anatomy and Physiology of related organs and their therapeutic values.
- 2.5 Psycho-physiology of Meditation, Meditative technique in the management of diseases.

UNIT III: APPLIED YOGA

- 3.1 Concept of Balanced Diet; Importance of Yogic diet in healthy living
- 3.2 Personality Development: Yogic Attitudes for Personality Development, Ashtanga Yoga & Personality Development, Personality Development with special emphasis on Panchakosha
- 3.3 Introduction to Stress and physiology of Stress: Stress: Its Nature, Definition and Importance, Symptoms, Sources and Consequences of Stress, Effects of stress on body physiology
- 3.4 Yoga and Stress Management: Yogic Perspective of stress; Concepts and Techniques of Stress Management in Yoga
- 3.5 Yoga for Special target groups: Children, Geriatric population and Sports persons

BOOKS FOR REFERENCE

1. Gore M.M. - Anatomy and Physiology of Yogic Practices (Kanchana Prakashana, Lonavala, 2004)
2. Bharia H.R.- General Psychology, (Oxford & IBH Publishing Co., Kolkata, 1971)
3. Ghosh, A.K.: Yoga Nutrition
4. Ramesh Bijlani – Book to health through Yoga Pub. Rub. Co. 2008
5. Swami Satyananda Saraswati: Yogic Management of Common Diseases (Bihar School of Yoga, Munger)
6. Swami Kuvalyananda: Yoga Therapy (Ministry of Health, Govt. of India, N. Delhi, 1999)
7. Nagarathna R and Nagendra H.R.: Integrated Approach of Yoga Therapy for Positive Health; (Swami Vivekananda Yoga Prakashana, Bangalore, 2001)
8. Venkatarreddy, M & Others: Yogic Therapy; Sri M.S.R. Memorial Yoga series, Arthamuru, A.P., 2005
9. Nagendra H.R. and Nagarathna R: New perspective in Stress Management; V.K. Yoga Prakashana, Bangalore, 2001)
10. K.N. Udupa: Stress & its management by Yoga, Motilal Banarasidas Pvt. Ltd. Delhi

Section B: Practical
Paper IV Practical-I
Practical Training in Yoga

Marks: 200 (150 Ext.+50 Int.)

10 hrs./week=80 hrs.

Practice of the following Yogic practices with brief theoretical knowledge about their importance of name, the technique, salient points, precautions to be taken and advantages of each of the following Yogic practices, e.g. Yogic Suksma Vyayama and Surya Namaskara, Yogic Kriyas, Yogasanas, Pranayama, Bandhas & Mudras and Meditation

1. Yogic Suksma Vyayama and Surya Namaskar

- 1.1 Selected Yogic Sukshma Vyayama
- 1.2 Yogic Sthula Vyayama
- 1.3 Surya Namaskar

2. Yogic Shat Kriya

- 2.1 Dhauti: Vaman Dhauti (Kunjal)
- 2.2 Neti: Sutra Neti and Jala Neti
- 2.3 Kapalbhata
- 2.4 Agnisara

3. Yogasana

- 3.1 Dandasana, Swastikasana, Padmasana, Vajrasana
- 3.2 Tadasana, Hastottanasana, Kati Chakrasana, Ardha Chakrasana, Padahastanasana, Trikonasana, Parshva Konasana, Vrikshasana, Natarajasana
- 3.3 Pavanamuktasana and its Variations
- 3.4 Yogamudrasana, Uttitha Padmasana, Parvatasana, Mandukasana, Kurmasana, Kagasana, Ushtrasana, Shashankasana, Janusirasana, Paschimottanasana, Purvottanasana, Supta Vajrasana, Vakrasana, Ardha Matsyendrasana, Marichayasana, Gomukhasana, Utthana Mandukasana, Simhasana
- 3.5 Padmasana, Bhadrasana, Siddhasana
- 3.6 Makarasana, Navasana, Bhujangasana, Salabhasana, Dhanurasana,
- 3.7 Uttanapadasana, Ardha Halasana, Halasana, Chakrasana, Setubandhasana, Sarvangasana, Matsyasana
- 3.8 Shirsasana
- 3.9 Shavasana, Yoga Nidra

4. Pranayama

- 4.1 Mechanism of correct breathing, Yogic deep breathing
- 4.2 Concept of Puraka, Rechaka and Kumbhaka
- 4.3 Surya Bhedi, Chandra Bhedi
- 4.4 Anuloma Viloma/ Nadi Shodhana (With Kumbhaka)
- 4.5 Ujjayee (Without Kumbhaka)
- 4.6 Sitali and Sitkari (Without Kumbhaka)
- 4.7 Bhramari (Without Kumbhaka)
- 4.8 Bhastrika (Without Kumbhaka)

5. Bhandha & Mudra

- 4.1 Jalandhara Bandha
- 4.2 Uddiyana Bandha
- 4.3 Mula Bandha
- 4.4 Vipareetakarani Mudra
- 4.5 Shanmukhi Mudra
- 4.6 Simha Mudra

6. Elementary practices leading to Meditation

- 6.1 Concept of Pranava
- 6.2 Recitation of Pranava Japa
- 6.3 Recitation of Soham Japa
- 6.4 Recitation of Hymns
- 6.5 Pranadharana and Antarmauna,
- 6.6 Dharana and Elementary Practice of Meditation.

BOOKS FOR REFERENCE

1. Swami Dharendra Brahmachari: Yogic Sukshma Vyayama; Dharendra Yoga Publications, New Delhi, 1953
2. Swami Kuvalyananda: Yogasana, Kaivalyadhama, Lonavla, 1982
3. Swami Kuvalyananda: Pranayama, Kaivalyadhama, Lonavla, 1982
4. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla, 1991
5. Iyengar, B.K.S.: Light on Pranayama, Harper Collins; Publishers, London, 1992
6. Nagendra, H.R.: The art and science of Pranayama, V.K.Yogas, Bangalore, 1993
7. Swami Satyananda Saraswati: Asana, Pranayama, Mudra and Bandha; Bihar School of Yoga, Munger, 1983
8. Swami Satyananda Saraswati: Surya Namaskar, Bihar School of Yoga, Munger, 1983
9. Editor: Director, MDNIY: Yogasana: A Comprehensive Description about Yogasana: Morarji Desai National Institute of Yoga (MDNIY), New Delhi, 2008
10. Editor: Director, MDNIY: Pranayama: A Comprehensive Description about Pranayama: Morarji Desai National Institute of Yoga (MDNIY)
11. Editor: Director, MDNIY: Shatkarma: A Comprehensive Description about Shatkarma: Morarji Desai National Institute of Yoga (MDNIY)



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Paper V- Practical II
Practical training in Yoga Teaching & Field Work

Marks: 60

Duration: 30 hrs.

Unit I: PRACTICE OF TEACHING IN YOGA

Each student should have to prepare and give at least one Lecture-cum-Demonstration on different topics of Yoga and also should have to prepare and give two (2) lessons on different aspects of Yoga (e.g.: One on Asana, One on Pranayama/ Shatkarma/ Meditation) under the supervision of their Yoga Practical Teacher. The two teaching practice lessons and a Lecture cum Demonstration assignment should be presented to the Programme Coordinator for evaluation.

BOOKS FOR REFERENCE

1. Dr. Jayadev Yogendra: Yoga Cyclopedia (Vol. I, II & III) The Yoga Institute, Santacruz, Bombay, 1990
2. MDNIY: Yoga Teacher's Manual
3. Gharote, M.L. and Ganguly, S.K.: Teaching methods for Yogic Practices; Kaivalyadhama, Lonavla, 1988
4. Nagendra H.R. and Others: Yoga in Education; V.K. Yogas, Bangalore, 1994
5. Tiwari, O.P. : Asana Why and How; Kaivalyadhama, Lonavala, 1991)
6. Swami Satyananda: Asana, pranayama, Mudra, Bandha; Saraswati (Bihar School of Yoga, Munger, 1989)

Unit II: Field Work

Marks: 40

Duration: 2 weeks

Every student of C.Y.Sc. shall conduct a Yoga training camp of two weeks duration to their working group under the supervision of a Yoga teacher

