

FOUNDATION COURSE IN YOGA

PREAMBLE

Yoga is essentially a spiritual science, besides a science of healthy living. It has potential for both prevention of diseases and promotion of health. The holistic approach of Yoga brings harmony in all walks of life and also influences our day-to-day living. It brings suitable changes in the behavioural pattern and attitude thereby helps to improve the inter-personal relationship at home and also in the society. Therapeutic benefits of Yoga have also been revealed by many scientific researches carried out across the globe. Today, Yoga has become popular because of its strengths in prevention and management of many lifestyle related disorders including physiological and psychosomatic disorders.

Present era is characterized by technological advancement aimed at making life comfortable. However, faulty life style, pollution, modern work culture have made the life miserable and created havoc on all dimensions of life (physical, mental, intellectual, emotional, social and spiritual). The speciality of this system is that it can get along with any other drug systems of health care and this facilitates the practitioners of other systems of medicine, including modern medicine experts, to prescribe Yogic therapies to the patients. There is a need to introduce such systems that could help to promote well-being at all levels.

The Yoga Health Education Programme been devised to provide basic knowledge of Yoga to the common people for maintenance of health and to derive maximum benefits. This 60 hours programme has been designed for the common man to understand and adopt healthy life-style to make the journey of their life happier in all its aspects.

1. **Title of the Programme:** The programme shall be called as “**Foundation Course in Yoga**” (FCY).
2. **Aim and Objectives of the programme:** The aim of the programme is to introduce the fundamentals of Yogic practices to a common man for healthy living.

The objectives are

- a. To introduce basic principles and practices of Yoga to common people.
 - b. To make the people aware of the fundamentals of Yoga for healthy living in their daily life.
 - c. To create awareness of positive health and well-being.
 - d. To develop healthy lifestyle among the common people.
 - e. To propagate Yoga for preventive practices as an approach to Holistic Health.
3. **Eligibility for Admission:** This course is open for all individuals; however participation certificate shall be awarded only to those who have passed the Matriculation examination from a recognized board or its equivalent.
 4. **Duration of the programme:** This is a part time programme of one month duration (50 hours). The programme may commence from the first working day of every month.

5. **Hours:** There will be 15 hours of Lectures and 35 hours of practicals
6. **Course Timings:** The classes will be held on all working days from Monday to Friday. The course timings are as under:
 - a. Morning batch: 7:00 am to 9:00 am
 - b. Evening Batch: 6:00 pm to 8:00 pm

Also, there will be Special Lectures by Eminent Experts on every Saturdays.

7. **Registration:** The candidates should register themselves on or before the last working day of the month for next month course. The registration shall be ON-LINE through the website of the Academy.
8. **Health Criteria:** No person with acute/ chronic/ communicable ailments is allowed to take admission to this course.
9. **Fee:** Rs.4,000/- (For Indian candidates) and US\$ 200/- (For Foreign candidates). The fee once remitted will not be refundable.
10. **Medium of Instruction:** Hindi/English.
11. **Attendance and Participation Certificate:** Minimum 80% attendance in Yoga practical's and theory is essential and compulsory. The **Participation Certificate** shall be awarded only to the participants who has passed at least matriculation (10th) examination and fulfill the minimum attendance criteria as above.
12. **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.
13. **Documents:** While applying for the course, the required documents have to be uploaded/ submitted along with the proof for the fee paid.
14. **Batch:** While applying, the **batch** (morning or evening) preferred must be indicated clearly. Once the classes started, the change of batch will not be entertained.
15. The Bank details are as under:

Team AYUKSHEMA

COURSE DETAILS

PART-I: THEORY

Total Duration: 20 hrs.

Unit – I: INTRODUCTION TO YOGA AND YOGA PRACTICES

- 1.1 Introduction to Yoga: its meaning, definition, aim, objectives and misconceptions
- 1.2 Different Yoga traditions and their practices
- 1.3 Philosophical foundations of Yoga
- 1.4 Schools of Yoga and their relevance in modern social life
- 1.5 General introduction to Patanjala Yoga & Hatha Yoga

Unit – II: BASIC PRINCIPLES AND PHYSIOLOGY OF YOGIC PRACTICES

- 2.1 Basic principles and physiology of Shat-karma
- 2.2 Basic principles and physiology of Yogasana
- 2.3 Basic principles and physiology of Pranayama
- 2.4 Basic principles and physiology of Bandhas & Mudras
- 2.5 Basic principles and physiology of Dhyana

Unit – III: DIET, HEALTH AND HYGIENE

- 3.1 General introduction to Health and Disease
- 3.2 Introduction to Diet and Nutrition : Yogic Concept of Diet
- 3.3 General introduction to Principles of Yoga therapy.
- 3.4 Health and Disease: Role of Yoga in prevention of disease and promotion of Health
- 3.5 Naturopathic principles of health and Hygiene

Unit – IV: YOGA FOR WELLNESS

- 4.1 General introduction to Wellness – its concept & principles
- 4.2 Yogic attitudes (Maitri, Karuna, Mudita and Upeksha) and practices for Mental Well-being
- 4.3 Hatha Yoga for Wellness
- 4.4 Yogic principles & practices of healthy living.
- 4.5 Stress and its management through Yoga

PART – II: PRACTICALS

PRACTICAL TRAINING IN YOGA

Total: 40 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 benefits of each of the practices e.g. Surya Namaskar, Yogic Shatkarma, Yogasanas, Pranayama, Bandha & Mudra and Meditation.

UNIT - I: Loosening practices/ Selected Yogic Sukshma Vyayama OR Yogic Surya Namaskara

UNIT – II Yogic Shatkarma / Yogic cleansing practices

- 3.1 Dhauti: Vaman Dhauti (Kunjala)
- 3.2 Neti: Jala Neti and Sutra Neti
- 3.3 Kapalabhati
- 3.4 Agnisara

UNIT – III Yogasana

- 4.1 Swastikasana, Sukhasana, Padmasana, Vajrasana
- 4.2 Tadasana, Urdhvahastottanasana, Katichakrasana, Trikonasana
- 4.3 Ardchakrasana, Padahastasana
- 4.4 Bhadrasana, Mandukasana, Kagasana
- 4.5 Vakrasana / Ardha Matsyendrasana
- 4.6 Shashankasana, Ustrasana, Gomukhasana
- 4.7 Simhasana, Utthana Mandukasana
- 4.8 Paschimottanasana, Purvottanasana
- 4.9 Bhujangasana, Shalabhasana, Dhanurasana
- 4.10 Uttanapadasana, Ardha Halasana, Halasana
- 4.11 Pavanamuktasana and its variations
- 4.12 Makarasana, Shavasana

UNIT – IV Pranayama

- 5.1 Mechanism of correct breathing, Yogic deep breathing, Concept of Puraka, Rechaka and Kumbhaka
- 5.2 Nadi Shodhana Pranayama, Ujjayi, Bhramari, Sitali & Sitkari and Bhastrika Pranayama (Without Kumbhaka)

UNIT – V Concepts and demonstrations of Bandha & Mudra

- 6.1 **Bandha:** Jalandhara Bandha, Uddiyana Bandha, Mula Bandha
- 6.2 **Mudra:** Shanmukhi Mudra, Viparitakarani Mudra