

CERTIFICATE IN YOGA AND PSYCHO NEUROBICS

Paper 1

FUNDAMENTAL OF YOGA EDUCATION

Unit - I

Meaning - Definition - Need - Nature - Aim and Objectives - Philosophy and Scope of Yoga - Modern Developments in Yoga - Misconceptions and Clarifications about Yoga - Yoga and Education, Yoga and Physical Education. School of Yoga - Iyengar Yoga and Vini Yoga.

Unit - II

History of Yoga - Vedas - Bhagavad Gita, Upanishads, Ramayana, Mahabharata, Brahma Sutras - Astanga Yoga of Patanjali : Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi. Paths of Yoga : Hatha Yoga, Bhakthi Yoga, Jnana Yoga, Karma Yoga, Raja Yoga, Mantra Yoga, Laya Yoga, Yantra Yoga.

Unit - III

Contributions to Yoga - Hatha Pradhikta, Yoga Sutras, Gheranda Samhita, Yajnavalkya Samihita, Yoga Rahasya, Thirumandiram, Contributions of Yoga to Hindum, Jainism, Buddhism, Christianity, Islam.

Contributions to Yoga ; Vivekananda, Kaivalayananda, Sivananda, Krishnamacharya, Sri Ramalingaswami, Maharisi Mahesh Yogi, Sri Aurobindo, Contributions of Siddhars,. Thirumoolar, Agasthiar, Sri Goraknath, Bohar.

Unit - IV

Introduction to Anatomy and Physiology

Nervous System : Structure and function of brain and spinal cord - Neuron - Reflex Arc - Beneficial yogic practices on nervous system.

Cardiovascular System - Structure and Functions of Heart - Beneficial Yogic Practices on Cardiovascular System.

Endocrine System - Endocrine Gland - Hormones - Functions of Hormones. Beneficial, Yogic Practices on Endocrine System.

Unit - V

Respiratory System - Respiration - Structure and Function of Lung - Mechanism of Breathing - Lung Volumes and Capacities - Beneficial Yogic Practices on Respiratory System.

Digestive System : Structure and Function of Digestive Tract - Beneficial Yogic Practices on Digestive system. Posture - Postural Tone - Components of Good Posture - Bad Posture - Beneficial Yogic Practices on Posture.

Paper 2

Psycho Neurobics-The Science of Healthy and Happy Life

Unit 1: Inner Body-- Introduction--Definition of Inner Body--Types of Inner Body--Energy Body and Chakra System--Meridians--Energy Flow

Unit 2: Disease--What is Disease--Mechanisms and Causes of Diseases--Root Causes of Diseases--Damage of Organs due to Lack of Energy--Block of Energy Leads to Which Organ Failure

Unit 3: Healing--Definition of Health--Three Doctors--Visible, invisible and Supreme--Levels of Healing--Healing Techniques--Mechanism of Vibrational Healing--Law of Vibration--Low Frequency Equals Poor Health--Vibrational Healing and the human Energy Field-- Healing of Inner Body means Removing Toxin's Vibrational Flaws

Unit 4: Psycho Neurobics--Introduction--Golden Age--Uniqueness of the Lifestyle of Golden Age--Raas, Rang and Naad--The Science behind Neurobic Lifestyle--Lifestyle of Silver Age--Introduction to the Psycho Neurobics (The Root of All Yogic exercise)--Types of Psycho Neurobics--Basic Psycho Neurobic Exercises

Unit 5: Advanced Psycho Neurobics--Description of Advanced Psycho Neurobics--Dynamic Psycho Neurobics--Triple Power Psycho Neurobics

Paper 3

Practical of Yoga and Psycho Neurobics

Essentials of Yogic Practice--Asana of Yoga--Prayanama--Kriyas--Mantra Meditation

Psycho Neurobics Chart and Hand Gestures

Practical of Basic Psycho Neurobics

Empowering Neurobics

Purifying Neurobics

Loveful Neurobics

Peaceful Neurobics

Enlightening Neurobics

Blissful Neurobics

Joyful Neurobics

Neurobic Spa

