

Certificate in Yoga

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 Pradhiptka, 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 II
METHODS OF YOGIC PRACTICES –I

UNIT-1

Essentials of Yogic Practice- Cleanliness and Food- Food- Essential of Bath- Essential of Time- Essential of Sun- Essential of Closing Eyes- Essential of Place- Essential of Mirror- Essential of Breathings- Essential of Awareness- Essential of Age Limitations- Essential of Sequence Blanket- Essential of Clothes- Essential of Positions- Essential of Emptying the Bowels and Stomach- Essential of Counter Pose- Essential of Pregnancy Contra – Indication- Essential of Duration- Essential of Training- Essential of Special Provisions for Women and Patients- Surya Namaskar

UNIT – 2 - Asanas- Vrikshasana - The Tree Pose- Parivrtha Trikonasana - The Triangle Pose- Padahastasana - The Hand-to-Feet Pose- Ushtrasana- Sirshasana - The Head Stand- Halasana - The Plough Pose- Sarvangasana - The All-Parts Pose- Mastyasana- Bhujangasana - Cobra Pose- Shalabhasana - The Locust Pose- Dhanurasana - The Bow Pose- NAVASANA - The Boat Pose- ARDHAMASYENDRASANA- PASCHIMOTANASANA - The Posterior Stretch- Baddha Konasana- PADMASANA- VAJRASANA - THE ADAMANT POSE- Siddhasana - The Pose of an Adept

UNIT - 3

Pranayama- Yogic Breathing- Abdominal (Diaphragmatic) Breathing (Adhama)- Bhamri Pranayama- Ujjayi Pranayama- Shitali Pranayama- Bhastrika Pranayama for Warmth- Nadi shodana

UNIT IV

Kriyas- NETI- BANDAS- Uddiyana Bandha: (Abdominal Contraction)- MUDRA- Viparitakarani Mudra- YOGA MUDRA- Ashwini Mudra

UNIT V

Meditation- Mantra Meditation- Yoga Nidra- SURYA YOGA MEDITATION- RAJA YOGA MEDITATION- TRATAKA MEDITATION

