



**Savitribai Phule Pune University**  
(Formerly University of Pune)

**Department of Physical Education**  
under the  
**Faculty of Inter-disciplinary Studies**

**Syllabus for**  
**Certificate Course in Yoga Education**  
**(C. C. Y. E.)**

**Credit System**  
(Academic Year 2021-2022)

# CERTIFICATE COURSE IN YOGA EDUCATION

## OBJECTIVES:-

- To enable student to become competent and committed professionals willing to perform to develop yoga understanding.
- To make student to use competencies and skills needed for becoming an effective Yoga instructor.
- To enable student to understand the aim of Yoga.
- To acquaint student with the practical knowledge of Asana, Kriyas, Pranayama, Bandhas -Mudras, & Meditation.
- To get acquainted with the knowledge of Yogic Therapy.
- To enable student to prepare the Yoga program and to know how to conduct the yoga lesson.

## DURATION:-

- The duration of the course shall be three months. (180 Hours.)
- Each working day shall consist of three hours.

## ELIGIBILITY FOR ADMISSION :-

- Minimum XII Std. or equivalent examination passed from Govt. Board
- **Age Limit :-** 18 to 60 Years (Both inclusive)
- **Intake Capacity :-** 50 Students Only
- **Medical Test :-** Candidates should be medically fit and sound.

## COURSE FEE :-

Category		Sub - Category	Fees to be paid
A	Students who have been admitted in Savitribai Phule Pune University or Its affiliated Colleges	<b>A-1 : Indian Students</b>	Rs. 5,000/- (Rupees Five Thousand only)
		<b>A-2 : International Students</b>	Rs. 25,000/- (Rupees Twenty Five thousand only) *International Students should apply through International Centre, SPPU.
B	Others (Indian Nationals : Not included in above A-1 & A-2 Category)	<b>B : Others (i.e. Only Indian Nationals)</b>	Rs. 10,000/- (Rupees Ten Thousand Only)

## MEDIUM OF INSTRUCTION AND EXAMINATION: -

- Medium of instruction will be in Marathi and/or English and question papers shall be set in Marathi & English.

## ELIGIBILITY FOR APPEARING AT CERTIFICATE COURSE IN YOGA EDUCATION

**EXAMINATION:-** Student should have at least 75% Attendance during the Course. He / She should complete all the practical and other related work expected in all parts of the syllabus. A student who misses more than 25% of the scheduled classes will not be allowed to appear for the exam.

## **GENERAL INSTRUCTIONS:-**

- The **Certificate Course in Yoga Education (C. C. Y. E.)** consists of **12 credits**.
- One credit will be equivalent to 15 clock hours of student-teacher contact.
- Details of the theoretical and practical components are given in the structure of the program.
- Internal evaluation will follow Continuous Comprehensive Evaluation procedures. Internal evaluation should be done on every credit of each course or minimum two per course as decided by the teacher concerned.

## **RULES & REGULATIONS:-**

The **Certificate Course in Yoga Education (C. C. Y. E.)** will be awarded to a student who completes a total of 12 credits.

### **Each course will have**

- 50 % of marks for Final Examination
- 50 % marks for Internal Assessment

Each core unit will have an Internal (continues) assessment of 50 % of marks and a teacher may select a minimum of two of the following procedures:

- Written Test
  - Lecture / Library Notes
  - Seminar Presentation
  - Short Quizzes
  - Assignments
  - Field Work
- To pass a student shall have to get minimum aggregate 30% marks in each head of passing (i.e. internal assessment and final examination) and minimum aggregate 40% marks in each course.
  - Internal assessment answer book may be shown to the students concerned but not the final examination answer scripts.
  - While marks will be given for all examinations, they will be converted into grades. The final grade sheets and transcripts will have only grades and grade-points average.
  - To pass a student shall have to get minimum aggregate 40% marks (E and above on grade point scale) in each course.
  - The system of evaluation will be as follows: Each assignment/ test will be evaluated in terms of marks. The marks for separate assignment and the final examination will be added together and converted into a grade and later grade point average. Results will be declared after the final examination which will give grades, grade point average and the Final Grade.

**EVALUATION SCALE FOR INDIVIDUAL SUBJECT:-**

<u>Percent</u>		<u>Grade</u>	<u>Grade Points</u>
80 to 100	O :	Outstanding	10
70 to 79	A+ :	Excellent	09
60 to 69	A :	Very Good	08
55 to 59	B+ :	Good	07
50 to 54	B :	Above Average	06
45 to 49	C :	Average	05
40 to 44	P :	Pass	04
00 to 39	F :	Fail	00
--	Ab :	Absent	00

**The formula for conversion of Grade point average (GPA) into the final grade**

09.00	-	10.00	-	O
08.50	-	08.99	-	A+
07.50	-	08.49	-	A
06.50	-	07.49	-	B+
05.50	-	06.49	-	B
04.25	-	05.49	-	C
04.00	-	04.24	-	P
00.00	-	03..99	-	F

$$\text{CGPA} = \frac{\sum (\text{Grade Points} \times \text{Credits})}{\sum (\text{Earned Credits})}$$

## STRUCTURE OF THE COURSE: -

Part	Subject Code	Subject Name	Hours	Credits
I Theory	YE-1	Traditional Yoga	30	02
	YE-2	Yoga & Wellness	30	02
	YE-3	Anatomy and Physiology of Yogic Practices	30	02
	YE-4	Teaching Practices in Yogic Science	30	02
	<b>Total Part-I</b>			<b>120</b>
II Practical	YE-5	Yogic Practices (Practical)	60	04
	<b>Total Part-II</b>			<b>60</b>
<b>Total Course</b>			<b>180</b>	<b>12</b>

## SYLLABUS

### YE- 1 TRADITIONAL YOGA

#### Credit 1

- Literature of Yoga (Yoga Sutra, Gita, Hathapradipika etc.)
- Panchikarana Prakriya & Concept of five elements.
- Limbs of Yoga
- Kumbhkas – Meaning & Types
- Asthang Yoga

#### Credit 2

- Awakening of the Kundalini, Nada, Chakra, Pratyahara, Dharana Dhyana, Samadhi
- Mudras & Bandhas
- Satkarma & Siddhis

### YE- 2 YOGA & WELLNESS

#### Credit 1

- Mental Health & Hygiene: Yogic & Medical Perspectives
- Yoga & Modern Psychology,
- Emotional disorders, conflicts, frustration
- Personal & interpersonal adjustments through yoga
- Prayer – its significance in yogic practices
- Meaning, yoga dimensions of health-related fitness
- Scientific reasoning behind the various Asana & Difference between Asana & Exercise

## **Credit 2**

- Role of nostril dominance in brain function & activity
- The limbic brain
- Stress and disease
- Insights of Pranayama for modern healing
- Yoga therapy and mental illness
- Anger and anxiety
- Depression
- Diet for preventive & curative aspects of health
- Research done in yoga – an overview

## **YE - 3 ANATOMY AND PHYSIOLOGY OF YOGIC PRACTICES**

### **Credit 1**

- Introduction to human body and systems in brief with special reference to Respiratory, Digestive, Muscular and Nervous systems.

### **Credit 2**

- Postural physiology from therapy aspects for lordosis, kyphosis, scoliosis in reference to asana.
- Asana- definitions and classifications,
- Difference between Pranayama and deep breathing & concept of Inhalation (Puraka), Retention (Kumbhaka), & Exhalation (Rechaka),
- Introduction to kriyas, mudras and Bandha in brief.

## **YE- 4 TEACHING PRACTICES IN YOGIC SCIENCE**

### **Credit-1**

- Introduction: Need of Practice Teaching and its use in Yogic Practices
- Scientific principles involving yogic practice teaching
- Presentation techniques: its meaning
- Teaching Aids: its meaning and need

### **Credit -2**

- Class management: its meaning and need
- Lesson Plan: Meaning and Need
- Preparation of lesson plan in yogic practices
- Time allotment in different yogic lesson plans
- Lesson presentation

## YE – 5 YOGIC PRACTICES (PRACTICAL)

### Credit 1

#### ➤ Asanas

Pavanmuktasana, Naukasana, Viparitarani, Sarvangasana, Matsyasana, Halasana, Bhujangasana, Shalabhasana, Dhanurasana, Vakrasana, Ardha-Matsyendrasana, Paschimatanasana, Supta Vajrasana,

### Credit 2

#### ➤ Asanas

Simhasana, Gomukhasana, Matsyendrasana, Mayurasana, Uttana Kurmasana, Ushtrasana, Baddha –padmasana, Uttanamandukasana, Chakrasana (Sideward), Chakrasana (Backward), Virkshasana

### Credit 3

#### ➤ Asanas

Tadasana, Padahastasana, Utkatasana, Parvatasana, Vajrasana, Padmasana, Siddhasana, Swastikasana, Shavasana, Makarasana, Brahmamudra, Kukkutasana

### Credit 4

➤ **PRANAYAMA:** - Anuloma-viloma, Suryabhedana, Ujjayi, Shitali

➤ **BANDHAS AND MUDRA:** - Jalandhara Bandha, Uddiyana Bandha, Jivha Bandha, Mula Bandha

➤ **KRIYAS:** - Jala Neti, Nauli, Kapalabhati, Trataka

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- घरोटे,म.ल. (२००९). **योगिक प्रक्रियांचे मार्गदर्शन**. द लोणावळा योग इन्स्टिट्यूट (भारत).
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