



Savitribai Phule Pune University

(Formerly University of Pune)

Department of Sports and Physical Education
under the
Faculty of Inter-disciplinary Studies

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

Credit System

(Academic Year 2024-2025)

National Education Policy (NEP) 2020

FOUNDATION 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. (240 hrs.)
- 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.

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 FOUNDATION 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 **Foundation Course in Yoga Education (F. C. Y. E.)** consists of **12 credits**.
- 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 **Foundation Course in Yoga Education (F. 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:-

| Percent | | | Grade | Grade Points |
|---------|----|-----|-------|------------------|
| 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 |

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

STRUCTURE OF THE COURSE: -

| Part | Subject Code | Subject Name | Hours | Credits |
|-----------------|--------------|---|-------|---------|
| I Theory | YE - 101 | Traditional Yoga | 30 | 02 |
| | YE - 102 | Yoga and Wellness | 30 | 02 |
| | YE - 103 | Anatomy and Physiology of Yogic Practices | 30 | 02 |
| | YE - 104 | Teaching Practices in Yogic Science | 30 | 02 |
| | | Total Part-I | 120 | 08 |
| II Practical | YE - 105 | Yogic Practices (Practical) | 120 | 04 |
| | | Total Part-II | 120 | 04 |
| | | Total Course | 240 | 12 |

SYLLABUS

YE - 101 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 – 102 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 – 103 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 - 104 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 – 105 YOGIC PRACTICES (PRACTICAL)

Credit 1

- **Asanas:** Pavanmuktasana, Naukasana, Viparitakarani, 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

- **Pranayam :** - 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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