



**UNIVERSITY OF RAJASTHAN**

**JAIPUR**

**SYLLABUS**

**CERTIFICATE COURSE IN YOGA EDUCATION**

**(C.Y. Ed.)**

**2016-2017**

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# UNIVERSITY OF RAJASTHAN, JAIPUR

## CERTIFICATE IN YOGA EDUCATION

### Scheme and syllabus of Certificate Course in Yoga Education (C.Y.Ed.)

Duration: 6 Months

Scheme of Examination:

The candidate securing 36% marks in theory & practical separately will be declared passed and candidate secured 48% marks declared passed with II Division. Those securing 60% & above marks will be declared First division.

	Name of paper	Annual Exam.	Total
Part-A	Traditional Yoga Paper- I	100	100
	Yoga and Mental Health Yoga Paper- II	100	100
	Anatomy & Physiology of Yogic Practic Paper- III	100	100
Part-B	Practical (External)	100	100
		<b>Total Marks</b>	<b>400</b>

### Syllabus

#### C.Y.Ed. Paper-I : Traditional Yoga

100 Maximum Marks  
36 Min. Pass Marks

##### Unit- I

1. The Philosophical & historical back ground of Yoga.
2. Definition of Yoga according to Patanjali, Gita, Upanisads, Hatha etc.

##### UNIT- II

3. Yoga, Concept of Chitta, Vрати, Chitta Prasadana,

##### Unit- III

4. Astangayoga. Kriya yoga

##### Unit- IV

5. Dietetics. Asana, Pranayama, Vayu Nadi, Shaothan Kriyas,

##### Unit- V

6. Mudra, Bandha. (Yogic Principles)

#### C.Y.Ed. Paper-II : Yoga and Mental Health Yoga

100 Maximum Marks  
36 Min. Pass Marks

##### Unit- I

Yoga & Mental Health.

##### Unit- II

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Prayer - Its significance in yogic practices.

**Unit- III**

Psychic forces in human behaviour Id. Ego & Supper Ego

**Unit-IV**

Yama, Niyama, Asana & Pranayama and their contribution to Physical & Mental Health.

**Unit- V**

Frustration.& conflicts, Emotion.

**C.Y.Ed. Paper-III : Anatomy & Physiology of  
Yogic Practice**

**100 Maximum Marks  
36 Min. Pass Marks**

**Unit- I**

General introduction of Human Anatomy & Physiology of different systems . Blood circulatory system, Blood Group, Function of Blood, WBC, R.B.C.

**Unit- II**

Digest System, Muscular System.

**Unit- III**

Respiratory System, Pranayam Introduction. Difference between Pranayam and Deep Breathing

**Unit- IV**

Asana Definition and Classification,

**Unit- V**

Sodhan Kriyas- Precaution of the practicener, Importance of Place, Time, Sequence. Combination of other Exercise. Bhandha.

**C.Y.Ed. Practical Paper-VI : Practical and teaching practices.**

**100 Maximum Marks  
36 Min. Pass Marks**

**Practical**

**Asanas**

- |                     |                          |                    |                              |
|---------------------|--------------------------|--------------------|------------------------------|
| 1.Akarandhanurasana | 2. Ardha Martsyendrasana | 3.Bhujangasana     | 4. Chakrasana (Side Banding) |
| 5. Chakrasana       | 6. Dhanurasana           | 7. Gomukhasana     | 8. Vakrasana                 |
| 9. Halasana         | 10. Janushirshasana      | 11. Vakasana       | 12. Vrikshasana              |
| 13. Kurmasana       | 14. Makarasana           | 15. Matsyasana     | 16. Nararajasana             |
| 17. Padahastasana   | 18. Padmasana            | 19. Parvatasana    | 20. Paschimatasana           |
| 21. Yoga Mudra.     | 22. Sansakasana          | 23. Sarvangasana   | 24. Savasana                 |
| 25. Setubandhasana  | 26. Shalabhasana         | 27. Shrishasana    | 28. Siddhasana               |
| 29. Simhasana       | 30. Savasana             | 31. Suptavajrasana | 32. Surya Namaskar           |
| 33. Tadasana        | 34. Trikonasana          | 35. Ushtrasana     | 36. Uttasana                 |
| 37. Vajrasana       |                          |                    |                              |

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a. **Pranayama**

1. Anuloma-Viloma
2. Ujjayi
3. Shitali
4. Sitkari
5. Bhastrika
6. Bhramari
7. Suryabhedana

b. **Bandhas**

1. Jalandhara Bandha
2. Uddiyana
3. Jivha Bandha
4. Mula Bandha

c. **Mudra**

1. Brahma Mudra
2. Gyan Mudra
3. Tadagi Mudra
4. Asvini Mudra

d. **Kriyas**

1. Jala Neti
2. Sutra Neti
3. Dhauti (Vamana, Danda,)
4. Kapalabhati
5. Agnisara

e. **Om Recitation**

- i. Om Stavana
- ii. Meditative poses for 30 minutes.

b) **Teaching Practice-**

- i. Lectures on organization of classes, methods of teaching and lesson planning.
- j. Salient features of each practice with reference to yoga texts form-Practical aspects.
- k. Conducting practical lessons in the class.
- l. Critical observations of the practical lessons.
- m. Project Report-The participants have to write a report on yoga practice, Teaching practice personal experience.

B. **Personal Assignment**

1. General behaviour
2. Regularity & Punctuality in the Practical & Theory session (class).
3. Emotional Stability/maturity.
4. Healthy habits,
5. Character.

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