

## **Curriculum Design, Course structure and Detailed Syllabus**

**COURSE TITLE** : CERTIFICATION COURSE IN YOGA INSTRUCTOR

**Subject** : Physical Education

**Course category** : Certificate

**Total Credits:** 30

**Total Teaching hours:** 144

<b>Subject Code</b>	<b>Name of the Subject</b>	<b>Credits</b>
CCYI T 101	Introduction to Yoga, Type of Yoga/Wheels of Yoga, Yoga and its Benefits,	10
CCYI P 102	Kriyas, Asanas, its Benefits and Contra – indications – Practices and Presentation	5
CCYI P 103	Pranayama, Meditation, its Benefits and Contra – indications – Practices and Presentation	5
CCYI P 104	Teaching Practice – Worksheet Writing & Presentation	5
CCYI P 105	Project/Report Writing	5
	<b>Total</b>	<b>30</b>

## **Detailed Syllabus**

### **Paper I (Theory)**

#### **Module 1**

**Introduction to Yoga** – History of Yoga, Meaning of Yoga, Concept of Yoga, Aim and Objectives of Yoga, Eight Limbs of Yoga (Yama, Niyama, Asanas, Pranayama, Pratyahara, Dharana, Dhyana and Samathi)

#### **Module 2**

**Type of Yoga/Wheels of Yoga** – Bhakti Yoga, Karma Yoga, Raja yoga and Jana Yoga and its dirves (Yoga Marga, Kundalini Yoga, Mantra Yoga and Hatha Yoga)

#### **Module 3**

**Yoga and its Benefits** – Anatomy and Physiology of human body, Difference between Yogic exercises and Physical Exercises, Yogic diet, Yoga for Personality, Hypokinetic Diseases (Hypertension and Diabetics), Backache, Asthma and Stress management

### **Practical II (Practices and Presentation)**

**Asanas , Kriyas, its Benefits and Contra - indications** - Asanas / Physical Posture – General Preperation and Joint Mobility Exercises, Suryanamaskara / Sun Salutation, Standing Poses: Taḍasanam, Ardhakaṭicakrasanam, Ardhacakrasanam, Padahastasanam, Trikooṇasansam, Parivṛtatrikooṇasanam, Parsvakoṇasanam, Vṛkṣasanam, Virabhadrasanam, Sitting Poses: Daṇḍasanam, Sukhasanam, Siddhasanam, Padmasanam, Yogamudra, Sasankasanam, Vajrasanam, Suptavajrasanam, Virasanam, Supta-Virasanam, Pascimottanasanam, Uṣṭrasanam, Vakrasanam, Ardhamatsyendrasanam, Haṁsasanam, Mayurasanam, Prone Poses: Makarasanam, Bhujāṅgasanam, Śalabhasanam, Dhanurasanam, Supine Poses: Savasanam, Sarvaṅgasanam, Matsyasanam, Halasanam, Viparitakarīṇi, Cakrasanam, Inverted / Topsy-Turvy Poses: Ardhasirṣasanam, Sirṣasanam. Kriya/ Cleansing Techniques – Kaphalabhati (Purifying/Cleansing Breath), Trataka (Eye Exercises, Gazing, Focusing & Defocusing), Neti (Jala & Sutra - Nasal Passage Cleansing), Dhauti (Vamana - Gastro-Esophageal Track Cleansing), Basti (Laghusnkaprakṣalana - Gastro-Intestinal Track Cleansing).

### **Practical III (Practices and Presentation)**

**Pranayama, Meditation, its Benefits and Contra - indications** - Praṇayama/ Breathing Exercises: Bhastrika (Bellows breath) / Kaphalabhati, (Purifying/Cleansing Breath), Vibhagiya Praṇayama(Sectional Regulation of Breath - Abdominal, Thoracic, Clavicular & Full Yogic Breathing), Cooling Praṇayama - Siitali Sitkari Sadanta.

Dhyana/Meditation: General Preparation, Silent Meditation, Pranavopasanam (Om Meditation), Avartana-dhyanam (Cyclic Meditation), Transcendental Meditation, Objective Meditation, Breathing Meditation.

#### **Practical IV**

##### **Teaching Practice – Worksheet Writing & Presentation**

Student should present Worksheet (Asana) based on Eight Step Method of Teaching Technique (both written format and Viva). The Standard format for writing is given below:

I. Cover Page: Top – Institution & Course Name, Month & Year, Centre – Topic Name, Down – Student Name, Roll Number

II. Contents/Index

III. Introduction

IV. Prayer Classroom

V. Subject/Topic

- ✓ Introduction of the asana
- ✓ Demonstrations
- ✓ Benefits and Limitations/Contra-indications
- ✓ Individual Practice
- ✓ Practice in Pair
- ✓ Questions and Answers
- ✓ Key Points
- ✓ Group Practice
- ✓ Closing Prayer

#### **Practical V**

**Project/Report Writing** (Related topics with Yoga and Benefits)