

CERTIFICATE COURSE IN YOGA
(6 MONTHS)



**STATE BOARD OF TECHNICAL EDUCATION &
TRAINING**

**SANKETHIKA BHAVAN, MASAB TANK
TELANGANA, HYDERABAD.**

CERTIFICATE COURSE IN YOGA

No. of hours per Day : 02

No. of Days per Month : 25

Total Hours per Course : 300 hours(6 Months)

TIME SCHEDULE

COURSE	MAJOR TOPICS	TOTAL MARKS
101	<u>Introduction to Yoga</u> Introduction to Yoga, Principles of Yoga, Classifications in Yoga, Physical Education and Value Education etc.	100
102	<u>Science of Yoga & History</u> Science of Yoga History and Development of Yoga, Indian Culture and its Traditions of Yoga, Classical Yoga.	100
103	<u>Basic Anatomy & Physiology</u> Basic Anatomy & Physiology of Human Body.	100
104	<u>Practical Training</u> Yoga teaching Practice, practical's Preparation for Yoga- Asanas Competitions Viva Voice. (40 marks for Internal & 60 marks for External Assessment)	100
	TOTAL	400

Examination will be held in Theory and Practical after the Course for 400 marks the theory paper consists of short and essay questions. Practical examination will be held after the Theory examination in Asanas, Pranayama's and Shat Kriyas etc.

YO-101 COURSE-I : Introduction to Yoga

Introduction to Yoga, Principles of Yoga, Classifications in Yoga, Physical Education and Value Education etc.

UNIT-I:

1.1 Introduction to Yoga, Basic Concepts of Yogic Terminology & Holistic Health

1.2 Yoga- Meaning, definitions,

1.3 Concepts, aims, objects and Misconcepts

UNIT-II

2.1 Classification of Yoga- Raja Yoga (Ashtanga Yoga) Bhakti Yoga, Karma Yoga, Jnana Yoga.

2.2 Yoga in relation to other systems of Indian thought Jainism-Buudhism.

2.3 Brief History of Yoga

UNIT-III

3.1 Samkhya Yoga- Introduction

UNIT-IV

4.1 Kundalini Yoga- Introduction

4.2 Nadis

4.3 Chakras

4.4 Meditation

UNIT-V

5.1 Exercises- Types-Physical Education Meaning and definition.

5.2 Yoga Education - Application in Physical Education.

5.3 Differences between Yoga Practice and Physical Education.

5.4 Applied Yoga in Education System.

UNIT VI

6.1. Value Education Value Education .

6.2 Inculcation of living values, co-operation, responsibility-

6.3 Happiness and peace- Respect and Tolerance.

YO-102- COURSE-II: Science of Yoga & History

Science of Yoga History and Development of Yoga, Indian Culture and its Traditions of Yoga, Classical Yoga.

UNIT-I

- 1.1_ Origin of Yoga- Yoga is a Science and Art
- 1.2 Message of Bhagavadgita, Mahabharata, Ramayana-Bible-Kuran.
- 1.3 Contrast between religion and spirituality.

UNIT-II

- 2.1 Definitions of Yoga According to Patanjali-Bhagvadgita.
- 2.2 Relation between Culture and Yoga- Shat darshans- Six systems of Indian Philosophy.

UNIT-III

- 3.1 Introduction to Yoga Sutra - Vrittis, Kleshas and Antarayas,
- 3.2 Nature of Yoga Science, Definition of the nature of Seer in pure and modified state,
- 3.3 Astanga yoga - according to Patanjali Yoga.

UNIT-IV

- 4.1 Hatha Yoga Introduction, relationship of Hatha Yoga and Raja yoga. Greatness of Hatha Yoga, Hatha Yogi.
- 4.2 Parampara, Importance of Hatha and its secrecy, place of Hatha Yoga practice, destructives and constructives of Yoga, Yama and Niyama, Asana. Methods of Hatha Yoga practice.
- 4.3 Mitahara, Pathya and Apatha, rules in food taking. Hathuyoga achievements-according to Hatha Yoga Pradipika Chapter-1.

UNIT-V

- 5.1 Ghata Yoga - Introduction

UNIT-VI

- 6.1 Pranayama - benefits of Pranayama, Nadishuddi and Pranayama, Duration and time for Pranayama Practice, Gradation of Pranayama.
- 6.2 Food during pranayama
- 6.3 Varieties of Kumbhaka Methods and benefits. Classification of Kumbhaka and its benefits,

YO-103-COURSE III: Basic Anatomy & Physiology

Basic Anatomy & Physiology of Human Body.

UNIT -1

1.1 Cells-

1.2 Tissues-

1.3 Muscular Skeletal System- Mechanism of muscle contraction and muscle tone- Bones- Joints.

UNIT -2

2.1 Digestive System- Anatomy- Mechanism of Secretion of Saliva, gastric juices, pancreatic juice, bile etc.

2.2 Their role in digestion of food- Assimilation etc.

UNIT -3

3.1 Circulatory, immune and cardiovascular systems.

3.2 Anatomy of Heart and blood Vessels, composition of blood- Blood groups-

3.3 lymphatic system immunity- Types and mechanism- Blood pressure etc.

UNIT -4

4.1 Respiratory System- Chest cage Regulation of Breathing Exchange of gases- Lung Volume.

4.2 Types of Breathing- Physiological benefits of Asanas and Pranayama.

UNIT - 5

5.1 Excretory System Anatomy- Hormones- Functions of renal tubules-

5.2 Functions of Skin regulations of body temperature.

5.3 Sense Organs- Study of sense organs and its Anatomy and Physiology.

UNIT -6

6.1 Endocrine system- Anatomy – The study of all Endocrine glands and functions of these glands- Hormones of different glands- Its actions and effect on the body and Mind.9

6.2 Central nervous system- study of brain parts- spinal cord- Nerve structure- Properties of neurons- functions and Important connections of brain parts. Sympathetic and Parasympathetic system- functions.

6.3 Introduction to Mind- Conscious Mind and Subconscious Mind etc

**YO-104- COURSE IV: Practical Training in Yoga, Teaching Practices,
Preparatory Yogasanas for Competitions, Viva Voce.**

1. Yogic sukshma Vyayam (Exercises from Head to Toe)

- Improving willpower, Memory, Intellect
- Exercise for Throat and Voice
- Improving the Eye Sight
- Improving the lower of Hearing
- Strengthening the neck - 3 exercises
- Strengthening the Shoulders and Arms - 10 exercises
- Strengthening the Elbow Strengthening the Wrists, Back of the hand, Palms, Finger Joints and fingers 5 exercises
- Developing the Chest
- Strengthening the Abdominal Muscles - 5 exercises (Helps in getting Uddyan Bandha and Nauli)
- Strengthening the Back 5 exercises
- Strengthening the Thighs
- Strengthening the knees
- . Strengthening the Calves, Sole, Feet and Toes - 4 exercises

2. ASANAS

- Supta pavana Muktasana (lying wind release posture)
- Paschimottanasana (posterior – stretch posture)
- Vajrasana (Adamantine posture)
- Supta Vajrasana (Lying-adamantine posture)
- Ardha matsyendrasana (half-matsyendra spine-twist posture)
- Gomukhasana (Cow-head posture)
- Ushtrasana (Camel posture)
- Savasana or Mayurasana (corpse posture)
- Padmasana (Lotus posture)

- Yoga Mudra
- Matsyasana (Fish Posture)
- Baddha padmasana (Bound Lotus Posture) (Optional)
- Kukkutasana (cock posture) (Optional)
- Bakasana (Crane posture)
- Garbhasana (Fetus posture) (Optional)
- padmamayurasana (Lotus peacock posture) (Optional)
- Parvatasana (Mountain Posture) (Optional)
- Jeevan Mukta Asana (Optional)
- Maha Vedha (Optional)
- Uttana Asana (Nabhi Chakra)
- Dhanurasana (Bow posture)
- Chakrasana (Wheel Posture)
- :Mayurasana (Peacock Posture)
- Sarvangasana (All-limb posture)
- Halasana (Plough Posture)
- Khatwagasana (Cot Posture)
- Yoganidra asana (Yogic sleep posture)
- Shalabhasana (Grasshopper pose)
- Bhujangasana (cobra posture)

Shankha Prakshalana Asanas:

- i. Sarpa asana (Snake posture)
- ii. Katichakrasana (lumbar-wheel posture)
- iii. Udarakarsanasana (belly-suction posture)
- iv. Guptasara (concealed posture) (Optional)
- v. Mandukasana (frog posture) (Optional)
- vi. Pakshi asana & Tittili asana (bird posture) (Optional)

- vii. Brahmacharyapushti (Padangushtasana) (celibacy posture) (Optional)
- viii. Dwipada bhujaasana (Legs on shoulders posture) (Optional)
- ix. Tada asana (Optional)
- x. Trikonasana (Triangular posture) (Optional)
- xi. Vimana asana (Acroplanc posture) (Optional)
- xii. Vriksha asana (Optional)
- xiii. Garudasana (Eagle posture) (Optional)
- xiv. Veerabhadra asana (Optional)
- xv. Suryanamaskara (salutation to the sun) (Optional)
- xvi. Shavasana
- xvii. Sirshasana (Head stand) (2 minutes)
- xviii. Savasana (minimum 5 minutes)

PRANAYAMA

- ❖ Nadisodhana
- ❖ Ujjayi
- ❖ Bhastrika
- ❖ Shitali
- ❖ Shitkari
- ❖ Bhramari

WITH BANDHAS AND MUDRAS

SHAT - KRIYAS

- Neti Jala Neti,, Sutra Neti
- Dhouti - Jala Dhouti (Gajakarni)
- Trataka with Eye exercises

- Kapalabhati
- Shankaprakshalana

MEDITATION AND RELAXATION

Yoga Nidra OM

Meditation

"So"-"Ham" Meditation

TEACHING PRACTICE/ PROJECT WORK

- a. Lectures on Organization of classes, Methods of Teaching lesson, Planning.
- b. Salient features of each Practice with Reference to Yoga texts from Practical aspects
- c. Conducting the Practical lessons in the class
- d. Critical Observations on Practical lesson