

**SYLLABUS FOR THREE MONTHS CERTIFICATE COURSE IN YOGA**  
**FOR THE YEAR 2011-2012, 2012-13 & 2013-14**

**PAPER-I: THEORITICAL STUDY OF YOGA**

Max Marks: 100

Time : 3 hours

Objectives :

1. Meaning of yoga, Importance of yoga in our daily life, important aspects during of yoga.
2. Different type of yoga.
3. Renowned Yogies of India.
4. Importance of Way of Meditation.
5. Knowledge of Samadhi and Nabhi- Pariksha.

**INSTUCTION FOR THE PAPER SETTER**

The question paper will consist of five Sections A, B, C, D and E. Section A, B, C,D and E will have two questions from the respective sections of the syllabus. All questions carry equal marks.

**INSTUCTION FOR THE CANDIDATES**

Candidates are required to attempt one question from the each section a, b, c, d & e

**Section-A**

Meaning & Importance of Yoga, Importance of Precautions of Place. Time and Food. Helpful and disturbing aspects during practice of yoga.

**Section-B**

Various Kinds of yoga:-Bhakti Yoga, Karma Yoga, Hatha Yoga & Ashtang Yoga.

**Section-C**

Introduction of some prominent yogis-Maharishi Patanjali, Yogi Gorakshanath, Swami Vivekananda, Swami Shivananda.

**Section-D**

Chakras and their importance,Kundalini,Five Kleshs,Five States (Bhumies) of Chitra.

**Section-E**

Samadhi, Five modifications(virttis) of Chitra,Five Pranas & Nabhi-Pariksha.

**REFERENCES :-**

**Name of the Author**

Gupta S.N.Dass  
Dr. Bhardwaj Ishwar  
Swami Kuvalayananda  
Mukherjee ,Wishvananth  
Panda,N.C.  
Swami Tirth,Omanand

**Name of the Books**

Yoga Philosophy  
Upnishdhik & Adhyatmik Yigyan  
Hathyog Preedipika  
Bharat Ke Mahaan Yogies  
Mind & Super Mind compbell,Anthony  
Patanjali Yog Pradeep

# SYLLABUS FOR THREE MONTHS CERTIFICATE COURSE IN YOGA

## (ONE YEAR REGULAR COURSE)

FOR THE YEAR 2011-2012, 2012-13 & 2013-14

### PAPER-B:- YOGA THERAPY

Max Marks: 100

Time : 3 hours

Objectives :

- 1 Health, Prevention & Projection of health through yoga.
- 2 Deep study of Pranayam, Technique & Benefit of Pranayam
- 3 Importance techniques and Benefits of Shat-Karma (Cleansing process)
- 4 Yogic therapy
- 5 Cure of Common disease through yoga.

### INSTRUCTION FOR THE PAPER SETTER

The question paper will consist of five Sections A, B, C, D and E. Section A, B, C, D and E will have two questions from the respective sections of the syllabus. All questions carry equal marks.

### INSTRUCTION FOR THE CANDIDATES

Candidates are required to attempt one question from the each section a, b, c, d & e

#### Section-A

Health, Prevention and protection of health through yoga. Balance-diet, Fasting, Effects of drugs on body.

#### Section-B

Kunjla, Jal-Neti, Sutra, Neti-Trataka, Kapalabhati-technique & benefits.

#### Section-C

Nadi-Shodhan, Surya-Bhedhi, Ujjayi, Bhastrika, Bhramri, Sheetali, Shitkari Pranayam- technique and benefits.

#### Section-D

Yogic-therapy for different diseases. Constipation, Acidity, Obesity, Asthma, Naval-displacement.

#### Section-E

Yogic therapy for Diabetes, High & Low Blood Pressure, Weak Eye Sight, Depression.

### REFERENCES :-

#### Name of the Author

Swami Kuvalayananda

Swami Saraswati Sataya Nand

Swami Kuvalayananda

Bharamchari, Swami Dhirender

Dr. Nagendra H.R.

Swami Kuvalayananda

Ananda Swamy Shankaradev

#### Name of the Books

Pranayam

Asan Pranayam and Mudra Bandh

Gherand Samhita

Yogic Suksham vigyan

Pranayama the Arts & Science.

Yogic Chikitsa

Yogic management & Common

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**PAPER-C:- PRACTICAL**

1	Surya Nasmaskar	05
2	Asana-Uttanpadasan, Halasan, Pawanmuktasan, Makrasan, Bhujangasan Shaslabhasan, Dhanurasan, Ardha-Matsyendrasan, Janushirasana, Supta-Vajrasana, Chakrasana, Tadasa, Uktatasana, Padmasana, Gomukhasana, Vajrasana, Pashchimottasana, Sarvangasana, Matsyasana.	20
3	Pranayama Nadi-Shodhan, Surya, Bhedi Ujjayi, Shitkari, Sheetali, Bhastrika, Bhramri.	15
4	Shat-Karma (Cleansing process) Jal-Neti, Sutra Neti, Kunjal, Trataka, Kapalabhati	20
5	Mudra Mahamudra, Mahabandha, Viparitkarani, Shambhri, Kaki	05
6	Bandha Jalandhar-Bandha, Mool Bandha, Uddiyan-Bandha	05
7	Dhyana (Meditation): "OM" recitation	05
8	Viva	15
9	Practical work	10

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