

**PANJAB UNIVERSITY, CHANDIGARH-160014
(INDIA)**

(Estd. under the Panjab University Act VII of 1947—enacted by the Govt. of India)



Syllabi

for

Basic Certificate Course in Yoga Education

SESSION: 2016-2017

Regulations and Norms for Basic Certificate Course in Yoga Education and Advanced Certificate Course in Yoga Education- 2016-17

Notwithstanding the integrated nature of the course, the regulations in force at the time a student joins a course shall hold good only for the examinations held during or at the time end of the academic year. Nothing in these regulations shall be deemed to debar the university from amending the regulations subsequently and the amended regulations, if any, shall apply to all students whether old or new.

Outlines of Tests, Syllabi, Courses and Regulations regarding Basic Certificate Course in Yoga Education and Advanced Certificate Course in Yoga Education

1. The nature of courses is regular and prior sanction by a University inspection team will be essential for running these courses and a periodic inspection for the revival of permission shall be essential after a duration of three years for the continuation of the courses.
2. The institutions running these courses will be required to remit the yearly continuation fee as per the decision of Syndicate/Senate from time to time.
3. Teaching of each theory paper will be undertaken by the University recognised Assistant Professor in Yoga Education in relevant subject whereas each practical will be undertaken by a professional not less than the University recognised Instructor in yoga education.
4. Minimum passing marks in individual papers will be 40 % and in aggregate will be 50%.
5. 75% attendance is compulsory separately in in each paper.
6. The courses will run on the modular format and the candidates will be permitted to complete each module maximum within five years of first enrollment in the course and for this purpose both the courses will be treated independent of each other.
7. A candidate who fails to complete all the modules with in five years from first enrollment will be required to seek fresh admission and shall be required to pursue the course afresh.
8. Each module shall be evaluated internally as well as externally with the ratio of 20% and 80% respectively.
9. The internal evaluation will be based on the continuous comprehensive evaluation which will include seminars, discussions, snap tests, demonstrations, practical activities and at least one mid term evaluation examination.
10. The final sumative examination may be held by the concerned institution but it will be governed by the appropriate University authorities in terms of paper setting, examiners and declaration of results.

The following criteria will be followed with regards to the evaluation of the course;

i.	Below 45% marks	: Not recommended
ii.	45% to below 50 % marks	: Third Division
iii.	50 % to below 60 % marks	: Second Division
iv.	60 % and above	: First Division
v.	75% and above	: Distinction

Name of the Course : Basic Certificate Course in Yoga Education

Objectives

- To popularize yoga education among the masses.
- Promoting health awareness towards holistic approach of health.
- To promote preventive measures for sound health.
- To promote healthy citizenry.

Essential Qualifications :

For Regular Students

Any student enrolled in a regular degree course in an affiliated college/institute/university department.

Eligibility : At least 45% marks in +2 from any recognized board/Institute.

For General Public

Any Indian citizen with a graduation degree from a recognized University/ institute.

Eligibility : At least 45% marks in graduation from any recognized University.

Foreign Nationals

Two seats over and above are reserve for foreign students having valid visa and permission from all agencies as per government and University norms and possessing graduation degree with at least 45% marks or equivalent grade from a recognized University/ institute. All admissions will be done on the basis of merit.

Selection Criteria :

Selection will be made strictly on the basis of percentage of marks obtained in +2 / graduation in case of regular students/ general public respectively. Due weight age will be given to the higher qualifications attained by the candidate.

Total Seats :20 Candidates each in regular students and general public category, total 40 Seats.

Note :

- i) No group should exceed 20 students.
- ii) The foreign nationals seats will be over and above.
- iii) Age is no bar.
- iv) A physical fitness certificate from a registered medical practitioner is a must (annexure i)

Outline of Syllabus

Sr. No.	Part	Paper	No. of Papers	Marks
1	Part -I	Theory	4 papers	100 each
2	Part-II	Practical	3 Papers Asanas Pranayama Satkriyas	(100+60+40Marks respectively)

Description of Syllabus : Part – I; Theory

Module	Name of the Paper	Contents
BCCYE 101	Foundations of Yoga	<p>Indian Philosophy: its nature, Characteristics and main issues, special emphasis on Sankhya.</p> <p>Meaning, definition, types, aims and objectives of Yoga.</p> <p>Historical development of Yoga from ancient to Modern times.</p> <p>Yoga Philosophy with special emphasis on Ashtaang yoga</p> <p>Bhagwat Geeta : Nature of Yoga in the Geeta, Nature of a Yogi and Sathit-pragya, An ideal Yogi.</p> <p>Contribution in Yoga by Mahatama Budha, Guru Nanak, Swami Vivekananda and Sri Aurobindo.</p>
BCCYE 102	Basic Knowledge of Human Body	<p>Cell, Tissue – Parts and functions.</p> <p>Skeleton system and joints.</p> <p>Muscular system</p> <p>Circulatory and Respiratory system</p> <p>Digestive and excretory system</p>
BCCYE 103	Applied Knowledge of Yogic Practices	<p>Shatkriyas – meaning, technique – prevention and benefits (According to Hath yoga text)</p> <p>Exercises and Asanas: Yogic and Non-yogic exercises and their meaning, importance, types, principles and effectiveness. Asanas : meaning, definition, classification, preparations, rule-regulations, precautions and effectiveness.</p> <p>Pranayamas and Meditation : meaning, definition, types, principles, techniques and effects on body and mind.</p> <p>Importance of Yogic Practices in maintaining health and fitness: Definition of ‘health’ Physical, mental and spiritual health through Yoga, Concept of Holistic health, Yogic concept of ‘Diet’.</p> <p>Yoga Therapy: its meaning, nature, principles, objectives, limitations, scope. Relationship of Yoga therapy with Ayurveda, Naturopathy and Reiki.</p>
BCCYE 104	Yogic Texts 5 Credits 75 Hrs	<p>Main Yogic Texts: Introduction to Patanjali Yoga Sutra, Hathyoga Pradipika, Gherand Samhita.</p> <p>Hathyoga : Its meaning, nature; Hathyoga Pradipika:detailed study of first chapter.</p> <p>Hathyoga Pradipika : detailed study of second chapter.</p> <p>Patanjali Yoga Sutra : study of Samadhi paad – First chapter.</p> <p>Patanjali Yoga Sutra : study of Sadhana paad, - Second chapter.</p>

Part – II, Practical

Module	Name of the Paper	Contents
BCCYE 105	Shatkriyas	Jal Neti – SuterNeti, Vaman Dhauti, Kapalbhata (Vayu / Vaatkaram), Trataka,
BCCYE 106	Yogic Exercise and Asana	Pawan-mukat-series Exercise, Surya-namaskaar, Standing Poses: Taad – Trikon – Katichakar-kon, Tiryank-taad Supine lying Poses: Shav –Uttanpad – Sarvang – Ardhmatsay – Hal – Naditaan. Prone Pose: Makar – Sarp – Ardhshalabh – Dhanur. Sitting Poses: Vajar, Padam – Janushiras – Vakar – Bhadar – Sidh – Sukh.
BCCYE 107	Pranayama, Bandh-Mudras and Meditation 3 Credits 90 Hrs. 60 Marks	Pranayama: Correct Breathing Exercise, Anulome-vilom, Surya-bhedhan, Ujjayee, Sheetli, Sheetkari and Bhramari. Bandhas : Trio Bandhas Mudras : Vipritkarni, Kaki, Taragi, Shambvi, Chin, Gyan (Jnana) Meditation : Mindful, Vipasana, T.M. Jyotirbindhu and Yog-nindra.

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Annexure i

TO WHOM IT MAY CONCERN

Dated : _____ *

This is to certify that Ms/Mr _____ Daughter/Son of Sh. _____
_____ have been found after relevant medical examination fit
to follow the Basic/Advanced certificate Course of Yoga as prescribed by the
Panjab University.

Practitioner's Regd.No. _____

Signature & Seal * The

certificate should not be more than 15 days old at the time of admission.