

KANNADA UNIVERSITY IIAMPI

CERTIFICATE COURSE IN YOGA STUDIES (C.Y.S)

1.Title :

The course shall be called "Certificate Course in Yoga Studies" (C.Y.S)

2.Duration :

The course is extended over a period of one academic year.

3.Objectives :

The course is designed

1. To introduce yoga and yogic practices to promote positive health of an individual
2. To provide training in theory and practice of yoga and allied subjects for development of personality of an individual at physical, mental, emotional and intellectual levels with a spiritual basis.
3. To train the students to undertake higher training and practice in yoga.

4.Eligibility :

1. A candidate seeking admission to certificate course in yoga studies shall have passed the S.S.L.C (X) of Karnataka state or its equivalent thereto.
2. Candidates are allowed to take admission to the C.Y.S. course along with their studies in under graduate or post graduate courses (i.e. P.U.C., B.A., B.Sc., B.Com., M.A, M.Sc., M.Com., M.B.A., M.Phil., Ph.D ect)
3. Candidates who are in employment are also allowed to take admission to the said course.

5.Medium of Instruction :

KANNADA \ ENGLISH

6.Hours of Instruction :

There shall be 2 hours of teaching work per week for every theory paper of 100 marks and 4 hours of teaching week per week for every practical of 100 marks.

7.Intake Capacity :

Maximum fifty (50) candidates / As prescribed by the university from time to time

8.Attendance :

For admission to the said examination, candidates are required to keep one in academic year. A student shall attend a minimum of 75% of the total Instruction hours in a paper (theory / practical) as prescribed by the university from time to time.

9.Scheme of Examimation :

- 9.1 There shall be a university examination at the end of an academic year both in theory and practical papers.
- 9.2 Candidates are allowed to write the said examination either in English or in kannada.
- 9.3 The duration of theory paper examination shall be of 3 hours.
- 9.4 Each theory paper of 100 marks shall comprise of 5 questions of 20 marks each from five units with internal choices, covering the entire syllabus.
- 9.5 The duration of practical paper examination shall be of 4 hours and each practical batch shall contain a maximum of 10 candidates.

10.Standard of Passing :

A candidate is required to obtain 40% of marks in each paper and 40% of marks in the aggregate for getting passed the said examination. A candidate must obtain 40% or more but less than 50% of aggregate marks for pass class, 50% or more but less than 60% of aggregate marks for second class, 60% or more but less than 70% of aggregate marks for a first class and 70% or more of aggregate marks for a first class with distinction.

11.Reappearing Facility :

A candidate failing only in one or more theory papers or in a practical paper is allowed to reappear for only those paper/s in which he/she has failed. He/she need not reappear for the papers (theory or practicals) in which he/she has passed.

12.Scheme of Papers and Practical :s

S.N O	Paper No.	Title of the Paper	Total marks	Hours of Instruction	Duration of exam
1	Paper -1	Foundations of Yoga	100	2 hrs/week	3 hrs
2	Paper -2	Yoga and Health	100	2 hrs/week	3 hrs
3	Paper -3	Practical training in Yoga	100	4 hrs/week	4 hrs

COURES DETAILS

PAPER – 1 : FOUNDATIONS OF YOGA

Marks : 100

Duration : 3 hrs./week

Unit – 1 : Introduction to yoga

1. Yoga, its origin, history and development
2. Yoga, its meaning, definitions and misconceptions
3. Aim and objectives of yoga and true nature of yoga
4. Important schools of yoga, unity in diversity
5. Yoga and its relevance in modern sociological life

Unit – 2 : Yogic Practices for Common Man

1. Yogic practices for common man to promote positive health
2. Rules and regulations to be followed by yoga practitioners.
3. Differences between yogic practices and non-yogic practices.
4. Meaning, purpose, characteristics, technique and utility of yogic practices fo common man e.g. yogasana, pranayama, kriyas, bandha and mudras.
5. Dhyana its nature and significance in healthy living.

Unit – 3 : Hatha – Yoga and its Practices

1. Hatha – Yoga, its meaning, nature, scope.aim and objectives.
2. Brief survey of classical Hatha – Yoga texts.
3. Rules and regulations to be followed by Hatha – Yoga practitioner, hatha siddhi laxanam.
4. Hatha – Yogic practices, their techniques and utility e.g. asanas, pranayams, kriyas, bandhas and mudras etc. as mentioned in hatha pradeepika.
5. Shat – chakras, their nature and importance in Hatha – Yoga.

Unit – 4 : Essence of Patanjala yoga

1. Brief introduction to patanjala yoga sutras and its author, nature of yoga according to patanjali.
2. Concept of citta, citta – bhoomis, citta – vrittis, citta – vritti nirodhopaya (abhayasa & vairagya).
3. Concept of ishwar, citta – vikshepas, (antarayas) and citta – prasadana.
4. Kriya – yoga, theory of kleshas and vivekakhyati
5. Astanga yoga – yama, niyama, asana, pranayama, pratyahara, dharana, dhyana and Samadhi.

Unit – 5 : Philosophical Foundations of Yoga

1. Introduction to philosophy and salient features of Indian philosophy.
2. Two – way relationship between yoga and Indian philosophy.
3. Concept of soul in important Indian philosophical systems.
4. Concept of moksha in important Indian philosophical systems.
5. Theory of karma and rebirth.
6. Philosophical Foundations of Yoga Schools

(jnana – yoga, bhakti – yoga, karma – yoga, raja – yoga and hatha – yoga)

BOOKS FOR REFERENCE

- Swami Rama : Lectures on yoga (the Himalaya international yoga institute, Pennsylvania, 1979)
- Joshi K.S : Yoga in daily life (Orient paper backs, new delhi, 1985)
- Ajitkumar : Yoga pravesh (kannda) (Rastrothana sahitya, Bangalore, 1990)
- Swami digambarji : Hatha pradeepika (kaivalyadhama, lonavala, 1982)
- Swami digambarji & Gharote M.L : Gheranda samhita (kaivalyadhama, lonavala, 1978)
- Naikar C.S : Ghatasthayoga (kannada) (medha publishers, dharwad, 1997)
- Naikar C.S : Hatha yoga pradeepika (kannada) (medha publishers, dharwad, 2001)
- Burley Mikel : Hatha yoga its context theory and practice (M.L.B.D. Delhi, 2000)
- Karambelkar , P.V : Patanjalis yoga sutra (English) (kaivalyadhama, lonavala, 1989)
- Stephen Sturges : The yoga book (motilal banarsidss, delhi, 2004)
- Swami Adidevananda : Patanjala yoga darshana (kannada) (Ramakrishna math, bangalore)
- Nadiger K.G : Patanjala yogasara (kannada) (sharer shikshana prakash, dharwad, 1991)
- Karela Werner : Yoga and Indian philosophy (motilal banarsidas, delhi, 1979)
- Swami prabhavananda : Spiritual heritage of india (English) Bharatiya Adhayatmika parampare (kannada) (Sri Ramakrishna math, madras, 2004)
- Kunhan Raja : Some Fundamental problem in Indian philosophy (Pub: motilal banarsidass, 1974)
- Brij Bihari Nigam : Yoga power (Dominat publishers, delhi, 2001)
- Swami Vivekananda : Jnana yoga, bhakti yoga, karma yoga, rajayoga (Advaita ashrama, culcutta, 2000)

PAPER – 2 : YOGA AND HEALTH

Marks : 100

Duration : 3 hrs./ week

Unit – 1 : Concept of Health in Yoga

1. Health, its meaning and definitions.
2. Yogic conceptions of health and disease.
3. Concept of pancha kosha.
4. Concept of tridosha and triguna
5. Yoga for physical and mental hygiene.
6. Yogic principles of healthy living.

Unit – 2 : Nutrients and Yogic Principles of Diet

1. Components of food and their classification.
2. Nutrients and importance of nutrients.
3. Yogic principles of diet,
4. Concept of mitahara, pathya and apathya
5. Importance of diet in healthy living

Unit – 3 : Introduction to Human Body

1. Structure and functions of cell and tissues.
2. An elementary knowledge of Structure and functions of nine systems of human body.
3. Sensory organs, breathing rate, heart rate, blood pressure, blood groups, neuromuscular co-ordination and homeostasis.

Unit – 4 : Human Psychology

1. Human psyche : Psychology is a science of behavior and consciousness.
2. Mental processes : Sensation, perception, attention, memory, learning, feeling and emotions etc.
3. Frustration and its conflicts, psychosomatic disorders and psychiatric ailments.
4. Personality and its development, yogic approach and modern approach.
5. Mental hygiene and roll of yoga in mental hygiene.

Unit – 5 : Yogic Management of Common Disorders

1. Principles and practices of Yogic treatment
2. Effect of Yogic practices on different systems of human body and mind
3. Yoga and Life style management, psychosomatic problems, etc
4. Yogic management and treatment of common psychosomatic disorders e.g. respiratory disorders, digestive disorders, cardio-vascular disorders, disorders of nervous system, bones and joints etc.

5. Concept of stress and its management in yoga.

BOOKS FOR REFERENCE

- ❖ Iyengar B.K.S : Arogya – yoga (kannada) (Himagiri graphics, Bangalore, 2000)
- ❖ Nagarathna R.D & Nagendra H.R : Integrated approach of yoga therapy for positive health (Swami Vivekananda yoga prakashana, Bangalore, 2001)
- ❖ Lajapat Rai and others : Human Food (Anubhava Rai publications, gurgaon, 1999)
- ❖ Gore M.M : Anatomy and Physiology of yogic practices (kanchana prakashana, lonavala, 2004)
- ❖ Shirley Telles : A glimpse of the human body (pub: V.K.Yogas, Bangalore, 1995)
- ❖ Nadiger A.K : Shareera rachane mattu gunadharmashastra (kannada) (shareer shikshana prakashana, dharwad, 2000)
- ❖ Bhatia H.R : General psychology (oxford & IBH Publishing co., culcutta, 1971)
- ❖ Sachdeva I.P : Yoga and Depth psychology (motilala banarsidas, delhi, 1978)
- ❖ Nataraj. P.K : Samanya mano vijnana, Vol:1 & 2 (kannada) (mysore university, mysore)
- ❖ Nagendra H.R & Nagarathna R. : New perspectives in stress management (V.K.Yoga prakashana, Bangalore, 2001)
- ❖ Swami Kuvalyananda and Vinekar S.L : Yogic therapy (ministry of health govt. of india, new delhi, 1963)
- ❖ Swami satyananda saraswati : Yogic management of common diseases (bihar school of yoga, munger)
- ❖ Nagendra H.R & Nagarathna R. : Samagra yoga chikitse (kannada) (Swami Vivekananda yoga prakashana, Bangalore, 2000)

PAPER - 3

PRACTICAL : PRACTICAL TRAINING IN YOGA

Marks : 100 (80+20)

Duration : 4 hrs./week (3+1)

Practice the following yogic practice with brief theoretical knowledge about their importance of name, the technique, salient points, precautions to be taken and advantages of each of the following yogic practices, e.g. yogasanas, pranayama, meditation, yogic kriyas, bandhas & mudras.

1. Yogasanas

- a) **Meditative Asanas** : Sukhasana, Padmasana, Vajrasana, Svastikasana.
- b) **Relaxative Asanas** : Shavasana, Makarasana, Vishramasana, Tadasana.
- c) **Cultural Asanas** : Urdhva Hastottanasana, Kati Chakrasana, Ardha Chakrasana, Padahastanasana, Trikonasana, Parivrita Trikonasana, Parshva Konasana, Yoga Mudrasana, Uttitha Padmasana, Shashakasana, Baddha Konasana, Ustrasana, Navasana, Vakrasana, Ardha Mastyendrasana, Gomukhasana, Paschimottanasana, Supta Vajrasana, Utthana Mandukasana, Akarna Dhanurasana, Baddha Padmasana, Garbhasana, Bhujangasana, Shalabhasana, Dhanurasana, Pavanamuktasana, Sarvangasana, Matsyasana, Halasana, Chakrasana, Shirshasana and Mayurasana.
- d) **Yogic Surya Namskar**

2. Pranayama & Meditation

Mechanism of correct breathing,

Yogic deep breathing,

Concept of Puraka, Rechaka and Kumbhaka,

Nadi Shodhana Pranayama (with Kumbhaka).

Ujjayee, Sheetali and Bhrahmari Pranayamas (without Kumbhaka).

Recitation of Pranava Japa and Elementary practice of Meditation.

3. Bhandas & Mudras

Jalandhara Bandha

Yoga Mudra

Uddiyana Bandha

Shanmukhi Mudra

Mula Bandha

Simha Mudra

Jivha Bandha

Vipareeta Karani

4.Yogic Kriyas

Kapalabhati,Jalaneti, Sutraneti, Vamana Dhauti and Agnisara

5.Assignment – Viva Voce

- a) **Assignment** : The student have to write minimum ten Assignments on difference topics related to yoga practicals as prescribed by the yoga practical teachers. The Assignment has to be signed by the concerned practical teacher and the Chairman of the Department and shall be produced at the time of annual practical examination for evaluation.
- b) **Viva Vocae** : There shall be a viva vocae examination.

BOOKS FOR REFERENCE

- Swami Kuvulyananda : Asana (Kaivalyadhama, lonavala, 1982)
- Tiwari O.P : Asana why and how (Kaivalyadhama, lonavala, 1991)
- Swami Satyananda Saraswati : Asana, Pranayama, Mudra, Bandha (Bihar School of yoga, Munger, 1989)
- Yogeshwar : The text book of yoga (Yoga center, Madras)
- Swami Satyananda Saraswati : Surya namaskar (Bihar School of yoga, Munger, 1983)
- Swami Shivananda : Yogasanagalu (kannada) (Bangalore divya jeevan sangh, Bangalore, 1989)
- Tiruka : Yogasanagalu (kannada) (Ananthashevashrama, Malladihalli)
- Nagendra H.R : The art and science of Pranayama (V.K.Yogas, Bangalore, 1993)
- Swami Kuvulyananda : Pranayama (Kaivalyadhama, lonavala, 1983)
- Gharote M.L : Pranayama – The science of Breath (The lonavala yoga institute, lonavala, 2003)
- Joshi K.S : Yogic Pranayama (Orient paper back, new delhi, 1990)
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- Nimbalkar S.P : Yoga for Health and Peace (Yoga vidya nicketana, Bombay, 1992)
- Ajitkumar : Yoga Pravesha (kannada) (Rastrothana sahitya Parishat, Bangalore, 1984)
- Swami Yateeshwarananda : Dhyana jeevan deepika (kannada) (Ramakrishnashrama, Bangalore, 1984)
- Kattimani R.V. : Manashantigagi Dhyana (kannada) (Usha Enterprises, Bangalore, 2004)
- Mandalika V.V. : Yoga Pravesha (kannada) (Yoga vidya dhama, Nasik, 2004)