



BANKURA UNIVERSITY

(West Bengal Act XIX of 2013- Bankura University Act, 2013)

Main Campus, Bankura Block-II, P.O.: Purandarpur, Dist.: Bankura, Pin- 722155, West Bengal

CERTIFICATE COURSE ON YOGA

Syllabus for Certificate Course in Yoga (CCY)

W.E.F. 2022– 2023

COURSE NAME : CERTIFICATE COURSE IN YOGA (CCY)

Duration- 6 months

Scheme of Teaching Parts & Examination

Paper	Paper Code	Paper Title	Type	Marks	Working Hour
Paper I	CCY 1	Fundamental of Yoga	Theory	50	1 Hour/Week
Paper II	CCY 2	Yoga & Meditation	Theory	50	2 Hour/Week
Paper III	CCY 3	Practical	Practical	100	1 Hour/Week
		Total		200	96 Hour/6th Months

Paper: I

Unit I: Fundamental of Yoga

- Introduction of yoga.
- Definition of Yoga with special reference to Bhagbat Gita & Patanjali Yoga Sutra
- Historical background of Yoga.
- Aims & objective of Yoga

Unit II: Basic concept on Human body

- Human Anatomy: Basic anatomical structure on
Skeleton system
Muscular system
Digestive system
Respiratory system
Cardiovascular system
Nervous system (human brain & spinal cord, sympathetic & parasympathetic nervous system)
Endocrine system (Pituitary, thyroid, adrenal)
- Physiology: Functioning of organs with special reference to Yogic science
- Immunity: Structure in brief, types of immunity – innate & acquired

Unit III: Yoga: Diet & Nutrition

- a) Knowledge of Yogic Principles – Ahara, Vihar, Achar-Vichar
- b) Alternative Therapy: Basic principles of Ayurveda, Naturopathy.
- c) Yogic concept of healthy living- Tridosha
- d) Therapeutic importance of Dincharya & Ritucarya
- e) Importance of Diet (Ahara)

Paper: II

Unit I : Streams of Yoga -

- a) Types (Gyan , Karma, Bhakti, Astanga, Hatha, Nada, Laya & Mantra)
- b) Hatha Yoga: Definition, Aims & objectives, philosophy & Misconception & Importance.
- c) PatanjaliYoga: Definition, 8 limbs, Yama, Niyama, Asana Pranayama, Pratyahara, Dharana, Dhyana, Samadhi.
- d) Relation between Patanjali & Hatha Yoga.

Unit II: Meditation and Yoga

- a) Introduction of Meditation, Basic principle & Benefits
- b) Concentration and Meditation (Definition, Aids, objectives and benefits of meditation)
- c) Relation between Meditation & Yoga
- d) Brief concept on Koshes & Chakra system

Unit III: Yoga, Wellness & Yogic Therapy

- a) Concept of wellness and illness
- b) Mental hygiene
- c) Yoga as mind –body medicine
- d) Yoga Therapy (Diabetes, Arthritis, blood pressure, Cardiac problems, Constipation, obesity, Asthma, Back pain & Stress Management)

Paper III (PRACTICAL)

Unit I: Yogasanas :

- a) **Standing Asanas**
Taradsan, Trikonasana, Urdhahastosana, Vriksasana, Ardhchakrasana, Padhahastasana,
- b) **Sitting**
Admasana, Bakrasana, ardhmatsyaendrasana, Janusirasana, Paschimottanasana, Vajrasana, Ushtrasana, Gomukhasana
- c) **Prone lying Asanas**
Bhugangasana, Salabhasana, Dhanurasana, Makarasana
- d) **Supine lying Asnas**

Pawanmuktasana and its variations, Setubandhasana, Sarvangasana, Ardhalasana, Halasana, Naukasana, Chakrasana, Shabhasana

Unit II: Pranayama:

Naadi Shodhana, Sheetali, Sheetakari, Bhramari, Ujjai, Bhastrika

Unit III: Shatkarma:

Netis, Basti, Dhoutis, Nauli, Kapalabhati

Unit IV: Project

References:

1. Yogic Sukshma Vyayama by Dharendra Bhramhachari
2. Asana Pranayama Mudra Bandha by Swami Satyendra Saraswati
3. Karma yoga, Raj Yoga, Bhakti Yoga by Swami Vivekananda
4. Notes on Structure & function of human body and effects of yogic practice on it by Sri Krishan.

GOBINDA PRASAD MAHAVIDYALAYA
DEPARTMENT OF PHYSICAL EDUCATION
CERTIFICATE COURSE ON "YOGA"
SESSION 2022-2023

Class Started: 23.03.2023

Duration: Six Months

Weekly Schedule of this certificate course:

SL NO	DAY	TIME	TEACHER NAME
1	MONDAY	3.00PM to 4.00PM	ARGHA NAYAK
2	THURSDAY	3.00PM to 4.00PM	

Students list:

Sl.no	Name	Uid
01	SANGITA SINGHA	20081201181
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