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

a) Introduction of yoga.
b) Definition of Yoga with special reference to Bhagbat Gita & Patanjali Yoga Sutra
c) Historical background of Yoga.
d) Aims & objective of Yoga

Unit II: Basic concept on Human body

a) 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)
b) Physiology: Functioning of organs with special reference to Yogic science
c) 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 heathy 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, ardhamatsyaendrasana, Janusirasana, Paschimottanasana, Vajrasana, Ushtrasana, Gomukhasana

c) **Prone lying Asanas**
Bhugangasana,Salabhasana, Dhanurasana, Makarasana

d) **Supine lying Asnas**

Pawanmuktasana and its variacence, Setubandhasana, Sarbangasana, Ardhhalasana, Halasana, Noukasana, Chakrasana, Shabasana

Unit II: Pranayama:

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

Unit III: Shatkarma:

Netis, Basti, Dhoutis, Nouli, Kapalbhanti

Unit IV: Project

References:

1. Yogic Suksma Byayama by Dhirendra 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.

A. Nayak

Course Co-ordinator
Department of Physical Education
Gobinda Prasad Mahavidyalaya

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
02	SRIJA MAJI	22081204020
03	TANMOY NANDI	22081201214
04	AMIT KARMAKAR	22081201088
05	SOMNATH SINGHA	22081201084
06	TINA MONDAL	20081206017
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08	BRISTI HALDER	22081204012
09	RAJESH DEGHARIA	20081201046
10	PAYEL LOHAR	20081206015
11	SUKANYA SINGHA	20081201041
12	TANIYA CHARKARBARTY	20081219005
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16	CHAITANYA MANDAL	22081204029

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