

ADVANCED CERTIFICATE COURSE IN YOGA
(1 Year)



STATE BOARD OF TECHNICAL EDUCATION & TRAINING
SANKETHIKA BHAVAN, MASAB TANK
Telangana, Hyderabad.

ADVANCED CERTIFICATE COURSE IN YOGA

No. of hours per Day : 02

No. of Days per Month : 25

Total Hours per Course : 600 hours (1 Year)

COURSE		TOTAL MARKS
101	<u>Principles of Yoga</u> Principles of Yoga, Classifications in Yoga, Physical Education and Value Education etc.	100
102	<u>Classical Yoga</u> Science of Yoga History and Development of Yoga, Indian Culture and its Traditions of Yoga	100
103	<u>Biological Sciences</u> Anatomy & Physiology of Human Body. Nutrition and Bio-Chemistry,	100
104	<u>Principles of Yoga Therapy</u> Effects of Yogic practices on different Systems	100
105	<u>Study of Texts Relevant to Yogic Sciences</u> Learning of Yoga, Sanskrit and other Texts of Yoga Shastras & Upanishad's etc.	100
106	<u>Practical Training.</u> Yoga teaching Practice, practical's of Asanas, Pranayama, Shat Kriyas, Advanced Asanas, Pranayam with Bandhas & Mudras, Yogasanas for competitions, Viva Voce etc.	100
	TOTAL	600

Examination will be held in Theory and practical after the Course for 600 marks the theory paper consists of short and essay questions. Practical examination will be held after the Theory examination in Asanas, Pranayama's and Shat Kriyas etc.

COURSE-I:

AY-101-Principles of Yoga. Classifications in Yoga Physical and Value

Education etc. UNIT-1

1.1 Yoga - Basic Concepts of Yogic terminology meaning, definitions, concept. aims, objects and Misconcepts Ideal practice of Yoga in new millennium

1.2 Traces of Yogic concepts in Ancient Literatures - Vedas, Upanishads, Itihasas, Puranas - up to modern era.

UNIT-II

2.1 Schools of Yoga - Raja Yoga (Ashtanga Yoga)

2.2 Bhakti Yoga,

2.3 Jnana Yoga

2.4 Karma Yoga

2.5 Yoga in relation to other Systems of Indian thought Jainism, Buddhism etc.

UNIT-III

3.1 Samkhya Yoga

3.2 Introduction - Satkaryavada

3.3 Evolution with Tattwas according to Samkhyakarika of Isvarakrishna,

UNIT-IV

4.1 Kundalini Yoga - Nadis - Important Nadis

4.2 Chakras - Chakra Bhedana

4.3 Meditation - meaning and concept of Meditation

4.4 Different schools of Meditation

UNIT-V

5.1 Exercises - Types Physical Education - meaning and definition

5.2 Principles of Physical Education systems of Physical Exercise:

5.3 Yoga Education - Application in Physical Education - difference between Yoga Practice and Physical Exercises - comparative study

UNIT-VI

6.1 Value education - inculcation of living values

6.2 Co-operation - Freedom - Responsibility

6.3 Happiness - Love and Peace

6.4 Humility - Respect, Tolerance - Honesty

6.5 Simplicity and Unity.

6.6 Personality Development & Communication Skills

AY-102-COURSE II- Classical Yoga:

Science of Yoga, History and Development of Yoga, Indian Culture and Traditions of Yoga

UNIT-I

- 1.1 Origins of Yoga - Yoga is a Science and Art .
- 1.2 Message of Bhagavadgita Mahabharatam, Ramayanam , Bible - Quran - Buddhism .
- 1.3 Contrast between religion and spirituality.

UNIT-II

- 2.1 History of Yoga.
- 2.2 Definitions of Yoga according to Patanjali & Bhagavadgita etc.

UNIT-III

- 3.1 Indian Culture and its traditions.
- 3.2 Application of Yoga in fields - Health Education - Management Arts, Music, Sports etc.

UNIT-IV

- 4.1 Yoga Sutras -Classification, definition, method of control of Chitta Vrittis and its classification,
- 4.2 Asamprajnata and its classification variation in the attainment of Asamprajnata Samadhi.
- 4.3 Chittavikshepa Chittaprasadana and its associates, control of Chittavikshepa, different methods of Manasthiti and its benefits, Sampatti, Sukshnavishayatwa .
- 4.4 Sabijasadhi, specialty of Nirvichara, Rthambharaprajna, Nirbijasadhi - according to Patanjala Yogasutra

UNIT-V

- 5.1 Kriya Yoga and its benefits- classification.
- 5.2 Methods to control the Kleshas. Karmashya. Vipaka of Kleshamula. Heyaswarupa. Heyahetu, Drshya and Drasta. Samyoga-Nature and cause, Hanopaya, Hanaswarupa, Vivekakhyati.
- 5.3 Astanga Yoga- according to Patanjali Yoga Sutra-II

UNIT-VI

- 6.1 Pranayama - benefits of Pranayama
- 6.2 Differences between deep breathing & pranayam
- 6.3 Nadishuddhi & Pranayama, Duration and time for Pranayama Practice, Gradation of Pranayama. Sweat and Pranayama. Food during pranayama Practice, symptoms of nadishuddhi. Manonmayi.
- 6.4 Varieties of Kumbhaka Methods and benefits. Classification of Kumbhaka and its benefits, Hathayogasiddhi Lakshanam according to Hathayoga Pradipika - Chapter II.

COURSE III:
AY-103-BIOLOGICAL SCIENCES :

UNIT -1

1.1 Cells

1.2 Tissues

1.3 Muscular Skeletal System- Mechanism of muscle contraction and muscle tone- Bones- Joints.

UNIT -2

2.1 Digestive System- Anatomy- Mechanism of Secretion of Saliva, gastric juices, pancreatic juice, bile etc.

2.2 Their role in digestion of food- Assimilation etc.

2.3 Nutrition & Bio Chemistry – Nutrients – Principles of Diet and their importance

UNIT -3

3.1 Circulatory, immune and cardiovascular systems.

3.2 Anatomy of Heart and blood Vessels, composition of blood- Blood groups-

3.3 lymphatic system immunity- Types and mechanism- Blood pressure etc.

UNIT -4

4.1 Respiratory System- Chest cage Regulation of Breathing Exchange of gases- Lung Volume.

4.2 Types of Breathing- Physiological benefits of Asanas and Pranayama.

UNIT - 5

5.1 Excretory System Anatomy- Hormones- Functions of renal tubules-

5.2 Functions of Skin regulations of body temperature.

UNIT -6

6.1 Endocrine system- Anatomy – The study of all Endocrine glands and functions of these glands- Hormones of different glands- Its actions and effect on the body and Mind.

6.2 Central nervous system- study of brain parts- spinal cord- Nerve structure- Properties of neurons- functions and Important connections of brain parts. Sympathetic and Parasympathetic system- functions.

6.3 Sense Organs- Study of sense organs and its Anatomy and Physiology.

AY-104-COURSE IV: Principles of Yoga Therapy:

Effects of Yogic Practices on different systems.

Unit- 1

1.1 Pancha Kosha

1.2 Theory introduction to Various Concepts of health. Basic principles to approach to health

1.3 Health according to Ayurveda .Role of Meditation on overall Health.

1.4 Meditation - Mudras - Bandhas – In various diseases like Diabetes Hypertension Coronary Heart Diseases- Asthma- Arthritis- Obesity Back pain etc.

UNIT : 2

Yogic Concepts of Human Body- effect of Yogic Practices on the different systems of the Body .

Unit-3

Role of Kriyas Endocrine system,etc.

UNIT 4

Role of Asanas on Skeletal and muscular system etc.

Unit-5:

Role of Pranayama on Nervous system and .Circulatory System , etc.

Unit – 6

Role of Bandhas and Mudras on Digestive system, Excretory system, etc.

AY-105- COURSE - V - Study of Texts relevant to Yogic Sciences:

Learning of Sanskrit, other Texts of Yoga Shastras and Upanishads etc.

Unit-I: Hathayoga Pradipaka :

1.1 Hatha Yoga- Introduction relationship of Hatha Yoga and RajaYoga. Greatness of Hatha Yoga.

1.2 Hatha Yogi Parampara. Importance of Hatha Yoga and its Secrecy. Place of Hatha Yoga Practice.

1.3 Destructives and Constructive of Yoga, Yama and Niyama. Asana Methods of Hatha Yoga Practice.

1.4 Mithhara. Pathya and Apathya. Rules in food taking.

1.5 HathaYoga achievements according to Hatha Yoga Pradipika Chapter-I-IV.

Unit-II: Gheranda Samhita:

2.1 Ghatastha Yoga Introduction Saptanga.

2.2 Yoga Shatkriyas practicing methods- benefits.

2.3 Mudra introduction 25 Mudras ,Asanas and Pranayama etc.

2.4 Classification practicing methods- benefits according to Gheranda Samhitha.

Unit-III : Siva Samhita

Chapter 1,2,3

Unit-IV: Yogopanishads (13)

Unit-V: Bhagavad Geeta :

5.1 Nature, The Enjoyer and Conciouness.

5.2 The Divine and Demoniac Natures.

UNIT VI : Mental Health –Yoga and Ayurveda

6.1 Mind: Power of Mind- functions and powers of conscious Mind and Subconscious Mind. Different states of mind how to use your Mind.

6.2 Samsakara re-engineering.

6.3 : Personality Development Role of Yoga- Psychological problems- Anxiety, depression, phobia, fatigue. Nervousness neurosis.

6.4 Mental Behavior and attitudes and Mental Health: – Control of emotions Characteristics of sadhaka and Jeevan Mukta – Wisdom and Method of its attainment- Introduction –

6.5 Surrender to supreme - Immortality of soul- Nature of death ,characteristics of Atma-Duty for duty's sake .Self less actions-Samatvam in Yoga – Skill in Action in Yoga – Characteristics of enlightened person according to Bhagvad Geeta – Chapter-II

6.6 Ayurveda: Dosha Theory- Ajai- Astanga Theory- Disease Origin-Dinacharya- Rutucharya.

AY-106- COURSE VI: Practical Training- :

Yoga Practical Asanas, Pranayama Shat Kriyas etc.

Yogic Sukshma Vyayam (Exercises from Head to toe)

Improving willpower, memory, Intellect

Exercise for Throat and Voice

Improving the Eye Sight

Improving the power of Hearing

Strengthening the neck – 3 exercises

Strengthening the shoulders and Arms- 10 exercises

Strengthening the elbow

Strengthening the wrists, Back of the Hand, Palms, Fingers

Developing the Chest

Strengthening the Abdominal Muscles- 5 exercises(helps in getting Uddyan Bandha and Nauli)

Strengthening the Back- 5 exercises

Strengthening the Thighs

Strengthening the Knees

Strengthening the Calves, Sole, Feet and Toes 4 exercises.

SHANKHA PRAKSHSALAN ASANA SERIES

Sarpa asana (Snake Posture)

Urdhvahastasan(Hands- up Posture)

Katichakrasana(Lumbar- Wheel Posture)

Udarakarsanasana(belly- suction Posture)

SURYANAMASKAR

ASANAS

Supta Pavana Muktasana(Lying wind release posture)

Paschimottanasana (Posterior- Stretch posture)

Vajrasana (Adamantine Posture)

Supta Vajrasana(Lying-adamantine posture)

Ardha matsyendrasana(half-matsyendra spine- twist posture)

Gomukhasana (Cow- head Posture)

Ushtrasana(Camel Posture)

Savasana or Mrtasana(Corpse Posture)

Padmasana(Lotus Posture)

Yoga Mudra

Baddha Padmasana(Bound Lotus Posture)

Kukkutasana(Cock Posture)

Bakasana(Crane Posture)

Garbhasana(Foetus Posture)

Padmamayura asana(Lotus peacock Posture)

Parvatasana(Mountain Posture)

Jeevan Mukta Asana

Maha Vedh

Uttana Asana(Nabhi Chakra)

Dhanurasana(Bow Posture) & Akarna Dhanurasana

Chakrasana (Wheel Posture) & Full Chakrasana

Matyasana(fish Posture)

Mayurasana(Peacock Posture)

Vipareetha Karani & Sarvangasana(All- limb Posture)

Halasana (Plough Posture)

Khatwangasana (Cot Posture)

Yoganidra asana(Yogic Sleep Posture)

Shalabasana (Grasshopper Pose)

Bhujangasana(Cobra Posture)

Guptasana(Concealed Posture)

Mandukasana(Frog Posture)

Pakshi asana & Tittili asana(Bird Posture)

Brahmacharyapushti(Padangushtasana) (Celibacy Posture)

Dwipada Bhujasana(Legs on Shoulders Posture)

Tada asana

Ashtavakrasana

Vyaghrasana

Garudasana(Eagle Posture)

Veerabhadra asana

Trikonasana(Traingular Posture)

Vimanasana(Aeroplane Posture)

Vrikshasana

Vrichikasana

Suryanamaskar(Salutation to the Sun)

Sirshasana(Head Stand) (2 minutes)

Savasana(minimum 5 minutes)

PRANAYAMA

Nadisodhana-Anuloma- Viloma

Chandra Bheda

Surya Bheda

Sama Vrutti

Vishama Vrutti

Ujjayi

Bhastrika

Shitali

Sheetkari

Brahmari

SHAT-KRIYAS

Neti- Jala Neti, Sutra Neti

Dhouti- Jala/Vamana Dhouti(Gajakarni)

Basti (Eniema)

Nauli

Trataka – with Eye exercises

Kapalabhati(Vaata Sara/ Jala Kapal Bhati)

Shankha Prakshalana

Yoga Teaching Practice, Preparation for Yogasanas competitions- Viva Voice.

CHANDRA NAMASKAR

ASANAS FOR COMPETITIONS

Open Competitions

Inter School Competitions

District to International level (Syllabus of Federation)

Syllabus for School Game Federation

Syllabus for Inter University

BANDHAS AND MUDRAS

Jalandhara Bandh, Uddiyana and Mula Bandh with Agni Sara and Aswini Mudra.

Types of Mudras and detailed study of Mudras

Brahma Mudra

Maha Mudra

Chin Mudra

Vipareeta Karani Mudra

Shambhavi Mudra etc.

MEDITATION AND RELAXATION

Yoga Nidra

OM Meditation

“So” “Ham” Meditation

TEACHING PRACTICE

Lectures on Organization of Classes methods of Teaching lesson Planning

Salient features of each practice with reference to Yoga texts from Practical aspects.

Conducting the Practical lessons in the Class

Critical Observations on Practical lessons.