



University of Rajasthan Jaipur


SYLLABUS

P.G. Diploma in Yoga Education

(C.Y. Ed.)

Examination 2019

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Dy. Registrar
(Academic)
University of Rajasthan
JAIPUR

UNIVERSITY OF RAJASTHAN, JAIPUR

CERTIFICATE IN YOGA EDUCATION

Scheme and syllabus of Certificate Course in Yoga Education (C.Y.Ed.)

Duration: 6 Months

Scheme of Examination:

The candidate securing 36% marks in theory & practical separately will be declared passed and candidate secured 48% marks declared passed with II Division. Those securing 60% & above marks will be declared First division.

	Name of paper	Annual Exam.	Total
Part-A	Traditional Yoga Paper- I	100	100
	Yoga and Mental Health Yoga Paper- II	100	100
	Anatomy & Physiology of Yogic Practic Paper- III	100	100
Part-B	Practical (External)	100	100
		Total Marks	400

Syllabus

C.Y.Ed. Paper-I : Traditional Yoga

100 Maximum Marks
36 Min. Pass Marks

Unit- I

1. The Philosophical & historical back ground of Yoga.
2. Definition of Yoga according to Patanjali, Gita, Upanisads, Hatha etc.

UNIT- II

3. Yoga, Concept of Chitta, Vrati, Chitta Prasadana,

Unit- III

4. Astangayoga.Kriya yoga

Unit- IV

5. Dietetics. Asana, Pranayama, Vayu Nadi, Shaothan Kriyas,

Unit- V

6. Mudra, Bandha. (Yogic Principles)

C.Y.Ed. Paper-II : Yoga and Mental Health Yoga

100 Maximum Marks
36 Min. Pass Marks

Unit- I

Yoga & Mental Health.

Unit- II

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Prayer - Its significance in yogic practices.

Unit- III

Psychic forces in human behaviour Id, Ego & Supper Ego

Unit- IV

Yama, Niyama, Asana & Pranayama and their contribution to Physical & Mental Health.

Unit- V

Frustration.& conflicts, Emotion.

**C.Y.Ed. Paper-III : Anatomy & Physiology of
Yogic Practice**

**100 Maximum Marks
36 Min. Pass Marks**

Unit- I

General introduction of Human Anatomy & Physiology of different systems . Blood circulatory system, Blood Group, Function of Blood, WBC, R.B.C.

Unit- II

Digest System, Muscular System.

Unit- III

Respiratory System, Pranayam Introduction. Difference between Pranayam and Deep Breathing

Unit- IV

Asana Definition and Classification,

Unit- V

Sodhan Kriyas- Precaution of the practicener, Importance of Place, Time, Sequence. Combination of other Exercise. Bhandha.

C.Y.Ed. Practical Paper-VI : Practical and teaching practices.

**100 Maximum Marks
36 Min. Pass Marks**

Practical

Asanas

- | | | | |
|----------------------|--------------------------|--------------------|------------------------------|
| 1. Akarandhanurasana | 2. Ardha Martsyendrasana | 3. Bhujangasana | 4. Chakrasana (Side Banding) |
| 5. Chakrasana | 6. Dhanurasana | 7. Gomukhasana | 8. Vakrasana |
| 9. Halasana | 10. Janushirshasana | 11. Vakasana | 12. Vrikshasana |
| 13. Kurmasana | 14. Makarasana | 15. Matsyasana | 16. Nararajasana |
| 17. Padahastasana | 18. Padmasana | 19. Parvatasana | 20. Paschimatasana |
| 21. Yoga Mudra. | 22. Sansakasana | 23. Sarvangasana | 24. Savasana |
| 25. Setubandhasana | 26. Shalabhasana | 27. Shrishasana | 28. Siddhasana |
| 29. Simhasana | 30. Savasana | 31. Suptavajrasana | 32. Surya Namaskar |
| 33. Tadasana | 34. Trikonasana | 35. Ushtrasana | 36. Uttasana |
| 37. Vajrasana | | | |

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a. Pranayama

1. Anuloma-Viloma
2. Ujjayi
3. Shitali
4. Sitkari
5. Bhastrika
6. Bhramari
7. Suryabhedana

b. Bandhas

1. Jalandhara Bandha
2. Uddiyana
3. Jivha Bandha
4. Mula Bandha

c. Mudra

1. Brahma Mudra
2. Gyan Mudra
3. Tadagi Mudra
4. Asvini Mudra

d. Kriyas

1. Jala Neti
2. Sutra Neti
3. Dhauti (Vamana, Danda,)
4. Kapalabhati
5. Agnisara

e. Om Recitation

- i. Om Stavana
- ii. Meditative poses for 30 minutes.

b) Teaching Practice-

- i. Lectures on organization of classes, methods of teaching and lesson planning.
- j. Salient features of each practice with reference to yoga texts form-Practical aspects.
- k. Conducting practical lessons in the class.
- l. Critical observations of the practical lessons.
- m. Project Report-The participants have to write a report on yoga practice, Teaching practice personal experience.

B. Personal Assignment

1. General behaviour.
2. Regularity & Punctuality in the Practical & Theory session (class).
3. Emotional Stability/maturity.
4. Healthy habits,
5. Character.

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