

Syllabus Development of Skill Development Course

Title of Course:- Certificate in Yoga					
Nodal Department of HEI to Run Course:-					
Broad Area/Sector:- Comprehensive Knowledge of Yoga and Health					
Sub-sector:- Yoga Training for Wellness					
Nature of Course:- Independent					
Name of Suggestive Skill Council:					
Aliened NSQF Level:					
Expected Fees of the Corse: -					
Stipend to Student Expected from Industry:-					
Number of Seats:-					
Course Code:-					
Maximum Marks: - 100		Minimum Marks:-		Credits:- 03(01 Theory, 02 Practical)	
Name of Proposed Skill Partner (Please specify, Name of Industry, Company etc. for Practical/Training/Internship/OJT):-					
Job Prospects-					
1. Yoga Trainer					
Syllabus					
Unit	Topics	General/ Skill Component	Theory/ Practical/ OJT/ Internship/ Training	No. of Theory Hours (Total 15 Hours = 01 Credit)	No. of Skill Hours (Total 60 Hours = 02 Credit)
I	Introduction to Yoga (योग परिचय)	Understanding Yoga as a healthy and integrated living		3	0
II	Yoga Asanas (योग आसन)	Understanding and performing of Various Asanas for Yogic Thearapy		3	15
III	Pranayama (प्राणायाम)	Understanding and performing of Various Pranayama for wellness		3	15
IV	Bandhas and Mudras (बंध एवं मुदायें)	Bandhas and Mudras as Yogic Therapy		3	15
V	Kriyas (क्रियायें)	Skill of doing various useful Kriyas for good health.		3	15
Suggested Readings:-					
1. All Study and practice material will be provided.					
Suggested Digital Platforms/Web Links for Readings:- Not required					
Suggested OJT/Internship/Training/Skill Partner:-.....					
Suggested Continuous Evaluation Methods:-					
Course Pre-requisites:-					
<ul style="list-style-type: none"> No pre-requisite required, Open to All. 					

Suggested Equivalent Online Courses:- NA

Any Remarks/Suggestions:-

Note:

- Number of units in Theory/Practical may vary as per need.
- Total Credits per Semester = 03(It can be more, but students will get only 03 credits/ semester or 06 credits/year)
- Credits for Internship/OJT/Training/Practical = 02 (Training Hours = 60)

Objectives of the Course:-

1. To enable student to become competent and committed professionals as Yoga trainer.
2. To make student to use competencies and skills needed for becoming an effective Yoga trainer.
3. To enable students to understand the types of Yoga.
4. To acquaint student with the practical knowledge of Yogasana, Kriyas, Bandhas, Mudras, Yogic Therapy and Pranayama.
5. To enable students to prepare the Yoga programme.

Medium of Instruction: - Hindi and English

Detailed Syllabus

Unit I:

Philosophy of yoga and its relation to individual and social upliftment:

- a. Understanding yoga.
- b. Yoga as a way to healthy and integrated living.
- c. Yoga the way of life based on the vision of oneness

Unit II

ASANAS :

1. Padmasana
2. Sidhasana
3. Vajrasana
4. Simhasana
5. Shashankasana
6. Gomukhasana
7. Tadasana
8. Virkshasana
9. Garunasana
10. Ardha-Chakrasana
11. Chakrasana
12. Vakrasana
13. Janushriasana
14. Matsyendrasana
15. Paschmimottasana
16. Ushtrasana
17. Dhanurasana

18. Parvatasana
19. Bakasana
20. Padma – Bakasana
21. Mayurasana
22. Mandukasana
23. Bhujangasana
24. Salbhasana
25. Pawanmuktasana
26. Uttanpadasana
27. Naukasana
28. Halsana
29. Karnapidasana
30. Sarvangasana
31. Shrisahasana
32. Makarasana
33. Shavasana

Unit III

PRANAYAMA:

- 1.Ujjayi Pranayama
- 2.Shitali Pranayama
- 3.Sitkari Pranayama
- 4.Bhastrika Pranayama
- 5.Bhramari Pranayama
- 6.Suryabhedhi Pranayama
- 7.Murccha(Theory only)
- 8.Plavini(Theory only)

Unit IV

C.BANDHAS AND MUDRAS:

- 1.JalandharaBandha
- 2.UddiyanaBandha
- 3.MulaBandha

Unit V

KRIYAS:

Vasti, Dhauti, Neti, Nauli, Trataka, Kapalbhati