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|---------------|---------------------------------|--|-----------------|---------------------------------------|---------|---------|--------------|--------------|---------------|------------------|--------------|----------|----------|----------|
| 1 | Name of Course | C.C IN Yoga Teacher (W. E. F. 2017-18) | | | | | | | | | | | | |
| 2 | Course Code | 201224 | | | | | | | | | | | | |
| 3 | Max.No.of Students Per Batch | 25 Students | | | | | | | | | | | | |
| 4 | Duration | One Year | | | | | | | | | | | | |
| 5 | Type | Part Time | | | | | | | | | | | | |
| 6 | No.Of Days / Week | 6 Days | | | | | | | | | | | | |
| 7 | No.Of Hours /Days | 4 Hours | | | | | | | | | | | | |
| 8 | Space Required | Theory room: 200 Sq feet <u>Practical room: 400 Sq feet</u> TOTAL: 600 Sq feet | | | | | | | | | | | | |
| 9 | Minimum Entry Qualification | 10 th pass | | | | | | | | | | | | |
| 10 | Objective Of Course | To create skilled Yoga Teacher. | | | | | | | | | | | | |
| 11 | Employment Opportunity | 1) Becomes a helping hand for a practioner to run a naturopathy centre. 2) To create awareness about naturopathy, nature and culture and Yogic science.. 3) To Improve Health of Human Society. 4) To create Yoga awareness in School, College and Institutes.. | | | | | | | | | | | | |
| 12 | Teacher's Qualification | 1) Bachelor in Yoga and Naturopathic science (BNYS). 2) Experienced yoga and naturopathy teacher or Practioner with three years of experience 3) Degree / Diploma in Yoga and Naturopathy awarded by University / Board. | | | | | | | | | | | | |
| 13 | Training System | Training System per week <table><tr><td>Theory</td><td>Practical</td><td>Total</td></tr><tr><td>06 HOURS</td><td>18 HOURS</td><td>24 HOURS</td></tr></table> | | | | | | | Theory | Practical | Total | 06 HOURS | 18 HOURS | 24 HOURS |
| Theory | Practical | Total | | | | | | | | | | | | |
| 06 HOURS | 18 HOURS | 24 HOURS | | | | | | | | | | | | |
| 14 | Exam System | Sr . No. | Paper Code | Name of the subject | Th / Pr | Hours | Max Marks | Min Marks | | | | | | |
| | | 1 | 20122411 | Anatomy, Physiology & Pathology | TH-1 | 3 Hours | 100 | 35 | | | | | | |
| | | 2 | 20122412 | Yogic Philosophy | TH-2 | 3 Hours | 100 | 35 | | | | | | |
| | | 3 | 20122413 | Therapeutic yoga and diet. | TH-3 | 3 Hours | 100 | 35 | | | | | | |
| | | 4 | 20122421 | Practical yoga - 1 | PR-1 | 6 Hours | 200 | 100 | | | | | | |
| | | 5 | 20122422 | Practical Yoga - 2 | PR-2 | 3 Hours | 100 | 50 | | | | | | |
| | | | | Total | | | 600 | 255 | | | | | | |

Theory I :- ANATOMY, PHYSIOLOGY & PATHOLOGY

1) Introduction of Human body with Anatomical and Physiological aspect.

- 1 Cell tissues, organ had Body Regions.
- 2 Musculoskeletal system, Bone, Joints and Imp, Muscles.
- 3 Digestive System, metabolism, Carbohydrate, Protein and Nutrition.
- 4 Circulatory System
- 5 Respiratory System
- 6 Endocrine System
- 7 Nervous System
- 8 Excretory System Kidney and Skin.
- 9 Reproductive System.

2) Pathology

What is **pathology**? Its definition, Province, various Branches (general, clinical, special and experimental) and Laboratory pathology.

General Bacteriology.

Theory - II - Yogic Philosophy.

1. **Aim & Objective of Yoga**
2. **History of Yogic science**
3. **Preliminary preparation of yoga**
4. **Samhita.**

1. Shatkarma for purification
2. Asana for strengthening
3. Mudra for steadying
4. Pratyahara for calming
5. Pranayama for lightness
6. Dhyana for perception
7. Samādhi for isolation

5. Yoga Sūtras of Patañjali muni

- I. **Samadhi Pada** (51 sutras).
- II. **Sadhana Pad^a** (55 sutras).
- III. **Vibhuti Pada** (56 sutras).
- IV. **Kaivalya Pada** (34 sutras).

6. Astang Yoga
7. Samkhya Philosophy of Yoga
8. Buddhism Philosophy of Yoga
9. Indian Tradition
10. Western Interest of Yoga

THEORY - III - THERAPEUTIC YOGA AND DIET

- 1) **Onkar sadhana:** Various ways of onkar chanting, its benefits ,effects on the body.
- 2) **Prayers** - Prayers for self and social. - Guruvandana, shantipath
stotra and various other prayers for Physical, mental, emotional and socio-economical stability
- 3) **Preliminary movements:**
- 4) **Pranayam** : Meaning, vital energy and its applications.(heat, light, magnet , electricity and gravity)
Panchpran(Pran, apan, saman,udan,yuan).
Types of pranayam like Nadi shodhan, Ujaie, Suryabhedan ,Brahmari, Bhastrika, Shitali, sitkari and plavini.
- 5) **Various asnas:** Asnas in **supine** like Pavanmuktasan, uttanpadasn, Naukasan, Shavasan. Sarvangasan, Halasan, Matsyasan, Ashwini mudra, Chakrasan.
Prone position - Makarasan ,Bhujangasan, Ardshshalabhasan, Naukasan. Niralamb bhujangasan, Niralamb shalabhasan, Dhanurasan.
Sitting Position - Padmasan ,Sahajasan ,Samasan ,Vajrasan Swastikasan, Paschimottanasan, vakrasan, parvatasan. Ardhmamatchedrasan, arkanmdhanurasan Ugrasan , suptavajrasan, uttith padmasan.
Standing Position: Ugrasan,Garudasan, trikonasan, virasan. Along with this we will learn their indications and effects on the body and duration.
- 6) **Bandh** :- Meaning. Types of bandh like Mul, Jivah,udiyan .
- 7) **Mudra** :- Gyan mudra, vayu mudra ,shantmudra, suryamudra ,pranavmudra, dronmudra, sivh mudra,Kaki Mudra etc.their effects and indications.
- 8) Nadi abhyas: 3 main Nadies - Sushumna, Ida, Pingala, there location and process of cleansiness.(Siddhasana,Nadi shudhi pranayam and shuddhi Kriya-shatkarma.
- 9) **Shuddhi Kriya:** Meaning, **indications** of a) **Dhouti**(Jaldhauti, Kapalrandhra, Dantmool,karna,) b)**Neti**(Jalneti, Sutraneli) c)**Kapalbhati**. d) **Basti** (laghushankhprakshalan), **Netrabasti**, e) **Nauli**, f) **Tratak**.
- 10) **Dhyan**
- 11) **Astang Yog**
- 12) **Health**
- 13) **Concept of diet** - according to five elements: It includes food items of Akash Tatva, (upavas) Vayu tatva(green leafy) etc.

Practical - I - Practical Yoga - 1

- 1) **Onkar sadhana** : Various ways of onkar chanting, its benefits, effects on the body.
- 2) **Prayers**
- 3) **Preliminary movements.**
- 4) **Pranayam**
- 5) **Prone position** - Makarasan ,Bhujangasan, Ardhsalabhasan, Naukasan.
- 6) **Sitting Position** - Sahajasan ,Samasan ,Vajrasan Swastikasan,
Paschimottanasan, vakrasan, parvatasan. Kukutasan.
- 7) **Standing Position:** Ugrasan, Garudasan, trikonasan, virasan. Along with this we will learn their indications and effects on the body and duration.
- 8) **Shuddhikriya**
- 9) **Preparation of Various Diets.**

Practical - II Practical Yoga - 2

Supine position

Sarvangasan, Halasan, Matsyasan, Ashwini mudra, Chakrasan

Prone position

Niralamb bhujangasan, Niralamb shalabhasan, Dhanurasan

Sitting Position

Padmasan, Ardhamamatchedrasan, arkarndhanurasan Ugrasan, suptavajrasan, uttith padmasan, anantasan, [Baddha Kotasana](#), [Bālāsana](#), Gomukhasan., [Janushirsasan](#)

Shuddhi Kriya:

Meaning, indications of

- a) **Dhouti**(Jaldhauti, Vaman and Shankhaprakshalan.
- b) **Neti**(Jalneti, Sutraneiti)
- c) **Kapalbhati.**
- d) **Basti**(laghushankhprakashan), Netrabasti,
- e) **Nauli**
- f) **Tratak**
- G) **Shatachakra Dhyan.**

**LIST OF THE INSTRUMENTS, TOOLS AND FURNITURE REQUIRED TO BE
AVAILABLE IN THE INSTITUTE**

| Sr.No. | Name | Required Quantity |
|---------------|--|--------------------------|
| 1 | Jalneti pot - Sutraneti, Vastradhoti | As per requirement |
| 2 | Yoga Mat for asnas etc | 25 |
| 3 | Watch | 01 |
| 4 | Dual desk / Benches | 25 |
| 5 | Charts of concerned subjects. | As per requirement |
| 6 | Provision for Drinking Water. | As per requirement |
| 7 | Notice Board for information for the students. | As per requirement |
| 8 | Human Skeleton. | As per requirement |
| 9 | Stethoscope | 05 No. |
| 10 | Blood Pressure machine. | 02 No. |
| 11 | Weighing machine | 02 No. |
| 12 | Hall for Yoga | As per requirement |
| 13 | Table 6' x 3' x 2 ½' | 02 No. |

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