

**INDIRA GANDHI INSTITUTE OF PHYSICAL EDUCATION
&
SPORTS SCIENCES
(UNIVERSITY OF DELHI)**



B-Block, Viaspuri, New Delhi – 110018
PH. No. 28544497, 28549003 Website: www.igipess.du.ac.in
College Mail:- igipess.delhiuniversity@gmail.com

**CERTIFICATE COURSE IN YOGA EDUCATION
(SELF FINANCING COURSE)**

Prospectus-cum-Application Form

Available at college Website i.e. www.igipess.du.ac.in and

Submit the duly filed form through email i.e. igipess.delhiuniversity@gmail.com

Effective from the Academic Year 2017-2018 (29th May, 2017)

Registration: Starting from 1st May, 2017

Last Date of Registration = 25th May, 2017

Course Coordinator- **DR. J.P. SHARMA (9958998646)**

Course Co-coordinator- **DR. TARAKNATH PRAMANIK (9891852117)**

Note: First-cum-first serve basis

No. of Seats - 30

1. Affiliation: The programme shall be governed by the Indira Gandhi Institute of Physical Education & Sports Sciences (University of Delhi), B-Block, VIKAS PURI, New Delhi-18 approved by Department of Physical Education & Sports Sciences Under the Faculty of Interdisciplinary & Applied Sciences (D.U).

2. Programme Structure and Codification of Paper:

Theory		Marks
CY101	Yoga and Physical Education	100
CY102	Anatomy and Physiology of Yogic Practices	100
CY103	Traditional Yoga	100
CY104	Yoga and Mental Health	100
CY105	Teaching Methodology in Yoga	100
CY106	Practical Examination (50+50*)	100

* Teaching Practice five lessons internally evaluated

3. Brief Introduction about the course

Yoga & Physical Education

An introduction to the discipline of yoga and physical education through the study. The course include philosophical concepts, aims, means and the application of yoga and physical education. Students will be introduced to the practical technique for the mind, body and spirit that can be incorporate into daily life.

Anatomy and Physiology Yogic Practices

To learn the basic structure and various function of the body. To understand the yogic concepts, the correct technique and mechanism of the yogic practice as well as their results. To understand the principal of yogic therapy, its application, contraindication and limitation.

Traditional Yoga

There are lots of reference of yoga in Hindu scriptures, especially in the Patanjali, Geeta and Hath Pradipiks etc. here's a selection of yoga sutras from Sanskrit literature, which try to define and understand to achieve or qualify yoga.

Yoga and Mental Health

The concept of mental health combines emotional well being and psychological well being of a person. Yoga is a holistic treatment and can help a person in achieving better mental health. The course includes a modern psychology, emotional disorders, conflict and stress management through yoga etc.

4. Scheme of Examination

1. Duration is six weeks
2. Four theory paper, teaching practice and practical examination
3. Minimum pass percentage of each theory and practical examination will be 45% separately.

5. Clothing for practical class

Tracks Suit/Track trouser with t-shirt/ shorts with t-shirt.

6. Eligibility

Eligibility criteria for certificate course: Senior secondary (10+2) pass with 45% aggregate any disciplines. The candidates whose class XII result is awaited and who have secured compartment are not eligible.

7. Schedule of the Course

According to the University calendar. The class timing:-

(a) Practical Class-8:30 a.m. to 10.00 a.m.

Break- 30 min.

(b) Theory Class-10:30 a.m. to 11:15 a.m.

11:15 a.m. to 12.00 Noon

8. Evaluation

Students will be evaluated at the end of the Course.

9. Number of seats: 30 (Preference would be given to University of Delhi students/teacher/staff). In case of application are more than 30 than the selection would be base on an interview.

10. Reservation: As per the university /UGC norms.

11. Attendance requirements: 85%

CERTIFICATE COURSE IN YOGA EDUCATION

- A. Course Objectives:** This course has been prepared with the following objectives in mind:-
1. To enable student to become competent and committed professionals willing to perform as Yoga trainer.
 2. To make student to use competencies and skills needed for becoming an effective Yoga trainer
 3. To enable student to understand the types of the types of Yoga
 4. To acquaint student with the practical knowledge of Yogasana, kriyas, Bandhas, Mudras, Yogic Therapy and Pranayama
 5. To enable student to prepare the Yoga programme
 6. To enable students to understand the Yogic therapy and its application.

- B. Course Structure:** The certificate course basically comprises of six modules. They are as follows:
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|--|----------|
| 1. Yoga and physical Education | 05 hours |
| 2. Anatomy and Physiology of Yogic Practices | 15 hours |
| 3. Traditional Yoga | 10 hours |
| 4. Yoga and Mental Health | 05 hours |
| 5. Teaching Methodology in Yoga (Theory & Practical) | 15 hours |
| 6. Practical | 60 hours |

Total	110 Hours
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C. Important Information Related to Course:

Duration	Six Weeks (6 days in week basis)
No. of seats	30
Minimum Qualification	Senior Secondary (10+2) with 45% Marks in aggregate in (any stream) with ability to follow lectures both in Hindi and English
Age	18 to 45 Years as on the last date of application.
Course Fee	Rs. 8000/-

***Note:- (i) Admission is first cum first serve basis.**

(ii) Fee will not be refunded in any case after admission.

D. Evaluation Guidelines:

Marks	(%) Grades	Result	Division
Less than 45	Nil	Fail	-----
45-49	C	Pass	3 rd Division
50-59	B	Pass	2 nd Division
60-79	A	Pass	1 st Division
80 and above	A+	Pass	1 st Division with Distinction

E. Course Content:

Introduction

Along with professional course the certificate course in yoga education also contribute and developing a bright career. It aims to disseminate the knowledge and proficiency in health and hygiene, personality development, relaxation and concentration etc. through this course.

Theory part-A (50 Hrs.)

Paper-CY101: Yoga and Physical Education:

Concepts of Yoga and Physical Education; Aims and Objective of Yoga and Physical Education; Comparison in physical exercise and Yogic Practices; Problems of integration of integration of personality tackled in Yoga; Application of Yoga in Physical Education; Utility of Yoga techniques in Physical Education

Paper- CY 102: Anatomy and Physiology of Yogic Practices:

Introduction of human body and systems in brief with special reference to stress on respiratory, digestive, muscular and nervous system; Postural Physiology with reference to Asanas; Asana-Definition and classification. Similarities and dissimilarities, between Asana and exercise; Pranayam- Definition and classification. Difference between Pranayam and deep breathing importance of Rechka, Kumbhaka, Purraka; Introduction to Kriyas, Mudras and Bandhas in brief.

Paper-CY 103: Traditional Yoga:

Introduction, definition of yoga according to patanjali, Geeta, Hath Pradipika, Gherand Samhita etc; Yoga sutra as given in Astang Yoga of Charandas: Sanyam, Yama, Niyama, Asana, Vayu, Nadi, Pranayama and types of kumbhakas; Pratyahara, Dharana, Dhyana, Samadhi, Satkarma Mudra and Bandh

Paper-CY 104: Yoga and Mental Health:

Health, Mental Health, Hygiene, Mental hygiene: Yogic and Medical Perspectives; Concept of normality: Psychological and yogic approaches; Emotional Disorders: Causes, Effects and Remedies in Patanjali Yogic approaches; Prayer-its significance in yogic practices; Anger stress management through yoga; Asthama, B.P., Diabetes, Obesities and Backache management through yoga.

Paper-CY 105: Teaching Methodology in Yoga:

Introduction: Need of practice of teaching and its use in yogic practices; Involving scientific principal in teaching of yoga practice; Presentation technique: its meaning; Presentation of specific practice: Asanas, Pranayama etc.; Teaching Aids: Its meaning and need; Class Management: Its meaning and need; Lesson Plan: Its meaning and need; preparation of Lesson Plan in Yogic practices; Time allotment in different yogic lesson plans, Lesson presentation.

Paper-CY 106: Practical Part-B (60 hrs)**(i) Practical Training (a) Assanas & Pranayams**

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|-----------------------|-----------------------|
| 1. Shirshasana | 15. Mayurasana |
| 2. Sarvangasana | 16. Bakasana |
| 3. Matsyasana | 17. Tolangulasana |
| 4. Halasan | 18. Parvatasana |
| 5. Shavasana | 19. Janusirasana |
| 6. Naukasana | 20. Badhapadmasana |
| 7. Pavanmiktaasana | 21. Gomukhasana |
| 8. Bhujangasana | 22. Akranadhanurasana |
| 9. Ardha-Shalabhasana | 23. Tadasana |
| 10. Shalvasana | 24. Chakrasana |
| 11. Dhanurasana | 25. Pad-hastasana |
| 12. Paschimottasana | 26. Katasana |
| 13. Vajrasana | 27. Vrikshasana |
| 14. Supta Vajrasana | 28. Katichakrasana |

Pranayams

- | | |
|------------------|-------------|
| 1. Anulomiviloma | 3. Bhstrika |
| 2. Ujjayi | 4. Sheetal |

(b) Mudras and Kriyas

- | | |
|-----------------|-----------------|
| 1. Yoga Mudra | 3. Vippritkarni |
| 2. Vishnu Mudra | 4. Simgh Mudra |

Kriyas

- | | |
|--|---------------|
| 1. Neti (jal-Sutra) | 4. Agnisar |
| 2. Nauli | 5. Vamankriya |
| 3. Kapalbhati | |
| Recitation of Mantras (Chanting of Om) | |

Note: Practical Test and written examination would be conducted at the end of the course.

Reference:

1. Gore M.M., Anatomy and Physiology of Yogic Practices (2nd revised Edition), Kanchan Prakashan, Pune, 1991. P.159.
2. Kuvalayananda, Swami, Yogasana (Hindi), Kaivalyadhama, Lonavla, 1992, p to 165.
3. Kuvalayananda, Swami, Asana (English), Kaivalyadhama, Lonavla, 1992
4. Kuvalayananda, Saint, Astangyoga, Translation in English by Om Prakash Tiwari, Kaivalyadhama, Lonavla, 1983, p56, (Hindi version) p.62.
5. Digambarji, Swami and Pt. Raghunath Shastri Kokaje (ed) Hathpradipika of Swatmaram. (2nd Edition) Kaivalyadhama, Lonavla, 1998
6. Kuval yananda, Swami, Yogasana (Hindi), Kaivalyadhama, Lonavla, Pune, 1992, pp. 166.
7. Kubalyaananda, Swami, Asana (English), Kaivalyadhama, Lonavla, 1992
8. Acharya Devbert, Asam Pranayama: Vaigyanik Vivechan Evam Chikitsa (Hindi) Srimad Dayanad Ved Vidyalaya, New Delhi, 1997, pp. 264
9. Gokhale, Yoga: its Philosophy and Science, DL Trust, Pune, 1995.
10. Tiwari, O.P, Asana: Why and How (English and Hindi), Kaivalyadhama, Lonavla, Pune, 1991, pp. 225.
11. Kuvalyananda, Swami, Yogasana (Hindi), Kaivalyadhama, Lonavla, Pune, 1992, pp. 166.
12. Kubalyaanada, Swami, Asana (English) Kaivalyadhama, Lonavla
13. Gharote M.L and S.K. Ganguly, Teaching methods for yogic practices.