

SYLLABUS

CERTIFICATE COURSE IN YOGIC SCIENCE (CCYS)

योगविज्ञाने प्रमाणपत्रपाठ्यक्रमः



**KUMAR BHASKAR VARMA SANSKRIT & ANCIENT
STUDIES UNIVERSITY**

कुमारभास्करवर्मसंस्कृतपुरातनाध्ययनविश्वविद्यालयः, नलबारी

NAMATI: NALBARI: ASSAM: INDIA

GENERAL OBJECTIVES OF THE COURSE

- To teach the basic principles of yoga.
- To teach the relevance of yoga.
- To bring a holistic personality development.
- To increase personal and public awareness of the science of natural living.
- To introduce the fundamental principles and scientific basis of yoga practices in secular way.
- To acquaint student with the practical knowledge of Yogasana, Kriyas, Bandhas, Mudras, Yogic therapy & Pranayama.

STRUCTURE OF CERTIFICATE COURSE IN YOGIC SCIENCE

Paper Code	Title of the Paper	Marks in End Semester Examination/ External	Marks in Assignment/ Internal	Total Marks
CCYS01	Foundation of Yoga	80	20	100
CCYS02	Human Anatomy, Physiology and Yogic practices	80	20	100
CCYS0P	Practical	150	50	200
			Grand Total Marks	400

DETAIL SYLLABUS

Paper: CCYS01 Foundation of Yoga

Unit 1: General Introduction to Yoga– Definition, explanation, Yoga root– Aim and objectives of Yoga, Yogic concept of Swasthya

Unit 2: Branches of Yoga

Basic concepts of Gnana Yoga, Bhakti Yoga, Karma Yoga and Raja Yoga.

Unit 3: Introduction to Hatha Yoga

Origin, meaning, definition, aim and objectives

Unit 4: Patanjali's Contribution to Yoga

Maharshi Patanjali's view– Eight limbs (Asthanga Yoga)– Types, systems and benefits

Unit 5: Asana, Pranayama & Kriyas

(i) Asana

Definition– Classification– Similarities and Dissimilarities between Asana and exercises

(ii) Pranayama

Definition – Classification– Importance of Rechaka, Kumbhaka and Puraka

(iii) Kriyas (Satkarmas)

Meaning, Definition, Applications, Classification of Satkarmas according to Hatha Yoga pradeepika & Gherandasamhita

Unit 6: Mudra, Bandha & Meditation

(i) Concept, Meaning, Application of Mudra and Bandhas

(ii) Concept, Meaning and various techniques of Meditation

Reference Books

1. Hatha Yoga pradipika– Swami Muktibodhananda, Yoga publication Trust, Munger, Bihar
2. Asana pranayam Mudra Bandha– Swami SatyanandaSaraswati– Yoga publication Trust, Munger, Bihar
3. Yoga Sutras– Patanjali

Paper: CCYS02 Fundamentals of Human Anatomy, Physiology & Yogic Practices

Unit 1: Concept, structure & Function of cell and Tissues

Unit 2: Anatomy and Physiology of Yogic practices with special references to Respiratory system, digestive system, musculo-skeletal system, nervous system, cardio-vascular system, endocrine system, excretory system

Unit 3: Yoga Therapy in Practices

A comprehensive study of the definition, Patho-physiology, Assessments and Yoga therapy for ailments of the following system & diseases—

- 3.1 Respiratory system-nasal allergy and asthma
- 3.2 Digestive system-Hyperacidity and Irritable bowel syndrome
- 3.3 Musculo-skeletal system-arthritis & back pain.
- 3.4 Nervous system-Epilepsy & migraine
- 3.5 Endocrine system-Diabetes & Thyroid (Hyper & Hypo)
- 3.6 Cardiovascular system-Hypertension & stroke

Reference Books

1. Yog-vigyanparichay– Bali Narayan Phukan
2. Yog Bole Rog Arogya– Sri Mat Swami Sivananda Swarwati– Umachal Yogashram, Assam

Paper: CCYS0P Practical

Unit 1: Loosening exercises– Joint Movement.

Unit 2: Asanas

2.1 Meditative Asanas– Sukhasana, Siddhasana, Vajrasana&Padmasana.

2.2 Swasthyasana

i) Standing positions– Tadasana, Katichakrasana, Padahastana, Trikonasana, Parivritta Trikonasana, Vrikshasana, Garudasana

ii) Lying positions (Supine/prone)–Jastikasana, Marjarasana, Pawanmuktasana, Setubandhasana, Uttanapadasana, Sarvangasana, Matsyasana, ArdhaChakrasana, Bhujangasana, Salabhasana, Naukasana, Dhanurasana

iii) Sitting positions– Vajrasana/SuptaVajrasana, Mandukasana, Ustrasana, Vakrasana, Ardha Matsyendrasana, Janusirasana, Pachimottanasana, Gomukhasana

iv) Relaxing Asanas– Savasana & Makarasana

v) Specific Asanas– Suryanamaskara

Unit 3: Kriyas (Shatkarma)

i) Jalaneti & Rubbarneti

ii) Kapalbhata

Reference Books

1. Asana Pranayama Mudra Bandha– Swami Satyananda Saraswati, Yoga Publication Trust, Munger, Bihar.
2. Hatha Yoga Pradipika– Swami Muktibodhananda, Yoga Publication Trust, Munger, Bihar.
3. GherandaSamhita– Swami Nityananda Saraswati, Yoga Publication Trust, Munger, Bihar.

COURSE OUTCOMES

After completing the CCYS course, the students are able to—

- Explain the fundamentals of Yoga
- Describe various branches of Yoga
- Discuss and classify the Asana, Pranayama, and Kriyas
- Explain the concepts and functions of Mudras, Bandha and Meditation
- Apply Mudras, Bandha and Meditation for holistic personality development
- Describe the fundamentals of human anatomy and physiology
- Practice Yoga therapy for certain diseases
- Demonstrate various Yoga Asanas
- Perform Kriyas
