



SYLLABUS FOR SIX MONTH CERTIFICATE COURSE IN ‘YOGIC SCIENCE’

‘Yoga’ is an invaluable contribution of Indian heritage to humanity which was originated in India around six thousand years ago. The word ‘Yoga’ is derived from the Sanskrit root ‘Yuj’ meaning ‘to unite’, ‘to join’ that leads to the union of individual consciousness with that of Universal consciousness. Yoga is a holistic approach to wellbeing and the endurance of yoga can be attributed to the beneficial impact it has on body, mind, consciousness and soul. In olden days, yoga used to be a part of daily routine in gurukuls. At present, a wave of Yoga’ is swiping across the Globe, as over 170 countries celebrated ‘Yoga’ Day on 21st June and widely adopted Yoga for healthy living. The career opportunity of the course include jobs in diverse fields as ‘Yoga Instructor’ in schools and colleges, health centres also venture one’s own initiatives. The University is going to introduce the certificate course “Yogic Science” (YOGA BIGYAN) from the session 2019-20.

1. General objectives of the course:

1:1 To teach the basic principles of yoga.

1:2 To teach the relevance of yoga.

1:3 To bring a holistic personality development.

1:4 To increase personal and public awareness of the science of natural living.

1:5 To introduce the fundamental principles and scientific basis of yoga practices in secular way.

1:6 To acquaint student with the practical knowledge of Yogasana, Kriyas, Bandhas, Mudras, Yogic therapy & Pranayama.

2. Duration of the Course:

The duration of the course shall be of six (6) months.

3. Eligibility for admission:

Any candidate who has passed XII standard or any other equivalent examination will be eligible for the admission to the (CCYS) course provided other conditions of admissions are fulfilled.

4. Medium of instruction and examination:

4:1 Medium of instruction of the CCYS course will be Assamese, English or Sanskrit.

4:2 The candidate appearing for the CCYS course examination will have the option of answering all theory papers either in Assamese, English or Sanskrit. This option can be exercised paper wise and not section wise of question wise.

5. Structure of Certificate in Yogic Science:

Course	Title of Course	External	Internal	Total marks
I	Foundation of Yoga	80	20	100
II	Fundamentals of Human Anatomy, Physiology and Yogic practices	80	20	100
III	Practical	150	50	200
Grand Total				400

7. Eligibility for appearing at Certificate in Yogic Science Examination:

- Students should keep the terms with at least 75% attendance.
- Should complete all the practical of other work expected in all parts of the syllabus.

8. Examination:

- Paper I & Paper II (Theory) – The theory examination will be held at the end of the six months duration which will be called final examination. This exam will be of 80 marks and of three hours duration for each theory paper.
- Paper III (Practical) – The practical examination will be held on the basis of practical classes which will be of 200 marks.
- Student has to obtain minimum 40% of marks in each theory paper & 45% of marks in aggregate i.e in paper I & paper II examination.
- Student has to obtain 45% of marks in practical examination separately i.e in paper III.
- Student has to obtain 45% of aggregate marks together in paper I & Paper II Examination.

9. Award of class:

Class will be awarded to the students at the end of course on the basis of aggregate marks obtained by him/her.

Sl. No.	Marks	Grade
1.	240 and Above	A
2.	180 and Above	B

10. Certificate :

The Certificate will be issued for the students who have successfully completed the course.

11. Syllabus :

The course consists of Theory, Practical & Assignment.

Course I : Foundation of Yoga

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

Unit 2.Branches of Yoga.

Basic Concepts of Gyana Yoga, Bhakti Yoga, Karma Yoga,Raja Yoga and Hathe yoga

Unit 3 : Introduction of Patanjali's Yoga

Definition of yoga, Chitta,Chitta Vrittis, Ashtanga yoga, types of karma

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

Unit 4 : Asana, pranayama,Kriyas & Mudra-bandha

(i) Asana

Definition–Classification(Meditative, cultural&Relaxative)-Similarities and Dissimilarities between Asana and exercises.

(ii) Pranayama.

Definition – Classification(according to Hatha Yoga Pradipika)– Importance of Rechaka, Kumbhaka and Puraka

(iii) Kriyas (Satkarmas)

Meaning, definition, Classification of Satkarmas according to Hatha Yoga Pradipika

(iv) Concept &Meaning of Mudra-Bandhas(according to Hatha Yog Pradipika)

Reference Books

1. Swami Digambarji & Dr. Pitambar Jha,Hatha Yoga Pradipika, Kaivalyadhama

2. Asana Pranayam Mudra Bandha– Swami Satyananda Saraswati– Yoga publication Trust, Munger, Bihar School of Yoga.

3. Swami Satyananda Swarasati, Four Chapters on Freedom, Bihar School of Yoga, Munger

Course II :

Fundamentals of Human Anatomy & Physiology

Unit 1 : Cell, Tissues & Musculo-skeletal system- structure & Functions

Unit 2 : Digestive & Excretory system-structure & Functions

Unit 3 : Respiratory system & Cardiovascular system-structure & Function

Unit 4: Endocrine system & Nervous system-structure & Function

Reference Books

1) Yoga-vigyan parichay– Balinarayan Phukan

2) Yoga Bole Rog Arogya– Sri Mat Swami Sivananda Swarwati– Umachal Yogashram, Assam

Course III: Practical-Yogic practices

Unit 1: Loosening exercises– Joint Movement.

Unit 2: Asanas(Meditative, Cultural & Relaxing)

Meditative Asanas– Sukhasana, Siddhasana, Vajrasana & Padmasana.

Cultural-

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

II) Lying positions (Supine/prone)– Jastikasana, Marjarasana, Pawanmuktasana, Setubandhasana, Uttanapadasana, Sarvangasana, Matsyasana, Ardha chakrasana, Bhujangasana, Salabhasana, Naukasana, Dhanurasana.

III) Sitting positions– Vajrasana/Supta Vajrasana, Mandukasana, Ustrasana, vakrasana, Ardha Matsyendrasna, Janusirasana, Pashimottanasana, Gomukhasana.

Relaxing Asanas– Savasana & Makarasana.

v) Specific Asanas– Suryanamaskara

Unit 3 : Kriyas (Shatkarma)

i) Jalaneti & Rubbarneti.

II) Kapalbhata (Vatkrama)

Unit 4: Pranayama

Anulom-volom, Bhastrika, Bhramori, Shitali

Unit 5: Mudra-Bandha

Jalandhar bandha, Uddiyana, Moolabandha, Yoga mudra, Viparitkarani mudra.

Reference Books

1) Asana Pranayama Mudra Bandha– Swami Satyananda Saraswati, Yoga Publication Trust, Munger, Bihar.

2) Swami Digambarji & Dr. Pitambar Jha, Hatha Pradipika, Kaivalyadhama

3) Gheranda Samhita– Swami Nityananda Saraswati, Yoga Publication Trust, Munger, Bihar.