

Certificate Course in Meditation and Yoga Sciences

1. **Name of the Certification:** Certificate Course in Meditation and Yoga Sciences (CCYMS)

2. **Course Objectives and Learning Outcomes:**

- Promoting positive health and holistic wellness,
- To enable students to become competent and committed professionals willing to perform as Yoga Trainer.
- To make student to use competencies and skills needed for becoming effective Yoga trainer.
- To enable student to understand the type of Yoga.
- To acquaint student with the Practical knowledge of Yogasana, Kriya, Bandhas, Mudra, Meditation and Pranayama etc.
- Conduct Yoga Protocol at work places.
- Conduct yoga classes in Parks, societies, RWA etc.

3. **Requirement/ Eligibility:** 10+2 pass

4. **Age:** No age limit.

5. **Duration of course:** 3 month.

6. **Certification of Yoga:** The candidate who has 80% attendance in the class shall be eligible for certification. Certificate to the candidate shall be issued after getting the report from the institution about the attendance of the candidate and the program conducted.

7. **Scheme of Examination**

THEORY

Subject Code	SUBJECT NAME	MARKS		
		I	E	
DYS-C101(T)	Foundation Of Yoga	30	20	50
DYS - C102(T)	Introduction to Human Body	30	20	50
DYS – C103(T)	Yoga and Allied Science	30	20	50
	Total			150

PRACTICAL

Subject Code	SUBJECT NAME	MARKS		
		I	E	
DYS-C105(P)	Practical – I (Yogasana&Meditation I) Yogasana(Yogic) Meditation	50	30	80
		10	10	20
DYS - C106(P)	Shatkarma\	10	10	20
	SuksmaVyayama, SthulVyayama, Surya	20	10	30
	Namaskar			
	Pranayam	20	10	30
	Bandha and Mudra	10	10	20
	TOTAL			200

SYLLABUS
Certificate Course in Meditation and Yoga Sciences
(Theory)

DYS- C101 Foundation of Yoga

08 Hour

- 1.1 Yoga : Etymology, definitions, aim, objectives and misconceptions.
- 1.2 Yoga : Its origin, history and development.
- 1.3 Ashtanga Yoga (Yama, Niyam, Asana, Pranayama, Pratyahara, Dharna, Dhyana, Samadhi)
- 1.4 Principles and Practices of Jnana Yoga, Bhakti Yoga, Karma Yoga
- 1.5 Introduction of Yogic Text (Hatha Yoga Pradeepka, GherandSamhita, Patanjali Yoga Sutra)
- 1.6 Principles of Hatha Yoga

SUBJECT :-2Introduction to Human Body

04 Hour

- 2.1 Basic knowledge of Human Body Skeleton; organization of body cells, tissues, Systems, membranes and glands.
- 2.2 Basic Knowledge of Anatomy and Physiology of the following systems
Musculoskeletal system
Digestive system;
Respiratory System
Cardio vascular system
Excretory system;
Endocrine system.
Nervous system

SUBJECT :-3Yoga Therapy

08 Hour

- 3.1 Yoga Therapy: Meaning and Definition, Principles and Discipline, Area and Limitation, Role Of Lifestyle and Diet in Yoga Therapy, Yoga For Holistic Health, Panchkosha
- 3.2 Yoga Management:- Arthritis, Cervical Spondylosis, Back Pain, Sciatica Pain, Hernia, Gynecology
- 3.3 Kidney Disease, Thyroid, Obesity, Liver Related Problem, Diabetes, Constipation, Asthma,
- 3.4 Hypertension, Heart Disease, Vision Defects, Insomnia, Headache, Mental Stress, Depression, Anxiety

SUBJECT :-4Yoga and Allied Science

05 Hour

- 4.1 Knowledge of Yogic Principles -Ahara, Vihar, Achar- Vichar.
- 4.2 Alternative Therapy: Basic principles of Ayurveda, Naturopathy.
- 4.4 Yogic concept of healthy living: Tridosha.
- 4.5 Therapeutic importance of Dincharya and Ritucarya,
- 4.6 Importance of Diet (Aahara).
- 4.7 Yoga as preventive and promotive health care.

SYLLABUS
Certificate Course in Meditation and Yoga Sciences
(Practical))

50 Hours

PRACTICAL-1

1. Yogic SukshmaVyayama, SthulaVyayama and Surya Namaskar

- 1.1 Yogic SukshmaVyayama
- 1.2 Yogic SthulaVyayama
- 1.3 Surya Namaskara

2 Yogasana

- 2.1 **Standing Asana:** Tadasana, Trikonasana, Urdhahastotanasana, Vrikshasana, Ardhhchakrasna, Padhastanasana, Ashwasthasana
- 2.2 **SittingAsana:** Padmasana, Vakrasana, Ardhamatsyendrasana, Janusirsasana, Paschimottanasana, Vajrasana, Ushttrasana, ShasankasanaGomukhasana ,Mandukasana, Bhadrasana, Singhasana
- 2.3 **Prone Lying Asana:** Bhujangasana, Shalabhasana, Dhanurasana, Makarasana
- 2.4 **Supine Lying Asana:** Pawanmuktasana and its variation ,setubandhasana,, sarvangasana, Ardhalasana, Uttanpadasana, Halasana, Naukasana , Cakrasana ,Markatasana, Shavasana.

3.Practices leading to Meditation

- 3.1 Pranav and SohamJapa
- 3.2 Yoga Nidra
- 3.3 Chakra Meditation
- 3.4 AjapaDharana
- 3.5 Om Meditation

Practical II

Shatkarma: Knowledge and ability to perform the following Practices:

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|--------------------------|---------------------------|
| 1.1 Neti (Jal and sutra) | 1.2 Dhauti(Vaman+ Vastra) |
| 1.3 Nauli | 1.4 Agnisara |
| 1.5 Trataka | 1.6 Kapalbhathi |

Pranayama

- | | |
|---------------------------|---------------------|
| 4.1 Breath Awareness | 4.2 Yogic Breathing |
| 4.3 Nadishodhan Pranayama | 4.4 Suryabhedi |
| 4.5 Ujjayi | 4.6 Shitali |
| 4.7 Sitkari | 4.8 Bhastrika |
| 4.9 Bhramari | |

Bandha and Mudra

- 5.1 JalandharaBandha, UddiyanaBandha, MulaBandha, Tri Bandha
- 5.2 Yoga Mudra, Shanmukhi Mudra, shambhavi mudra, VipareetKarni Mudra

Practices leading to Meditation

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|--------------------------|------------------|
| 6.1 Pranav and SohamJapa | 6.2 Yoga Nidra |
| 6.3 Chakra Meditation | 6.4 AjapaDharana |
| 6.5 Om Meditation | |

Yoga Protocol for General Class and International Day of Yoga Protocol Training (15 days).