



ST. GREGORIOS TEACHERS TRAINING COLLEGE

(Affiliated to University of Calicut and
Recognized by NCTE)

Meenangadi

CERTIFICATE IN YOGA EDUCATION

About the course

Certificate Course in Yoga is intended to bring a sound mind in a sound body by reducing stress and increasing their confidence in their future life. The students have to attend Written Examination and Practical Examination in order to get a certificate. This course will certainly provide a practical knowledge to teach their students in future ventures.

Programme Objectives

- To impart knowledge of yoga to BEd. Students in order to enable them to teach yoga to the students in schools.
- To provide the necessary knowledge of the theory and practice of yoga for promoting their health and effectiveness.
- To give them a basic understanding of Yoga and its nature and scope.
- To provide the necessary knowledge of Kriyas, Ασπας, Mudras, Bandas and Pranayama.
- To attain the knowledge of meditation and its types and relevance of yoga to modern life.

Course Eligibility

The Certificate Course in Yoga is conducted by St. Gregorios Teacher Training College for the students enrolled in B.Ed. course. It is mandatory for the students to attend 70 compulsory hours of the course and to attend and qualify the examination.

Course Syllabus

Module 1
PHILOSOPHY OF YOGA
YOGA POSTURES AND PRANAYAMA
HUMAN PHYSIOLOGY AND YOGA
Module 2
Yoga Practical (20 hrs)
Asanas

Duration of the course
70 hours

Contact
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COURSE SYLLABUS

COURSE- 1: CERTIFICATE IN YOGA EDUCATION			
Units	Contents	Teaching Methods	Evaluation
Unit -1 PHILOSOPHY OF YOGA (10 Hours)	1)Yoga introduction, Aims, Objectives, Definition 2)History of yoga Scope and importance of yoga 3)Types of yoga, Patanjali's yoga sutra	Lecture method Demonstration method Group Discussion	Assignments Seminars Class Participation Class test
Unit-2 YOGA POSTURES AND PRANAYAMA (20 Hours)	"1) introduction to Asanas preparation, precautions 2)Body systems and Asanas 3)Types of Asanas 4)Introduction to Pranayama 5)Types and importance of Pranayama	Lecture method Demonstration method Group Discussion	Assignments Seminars Class Participation Class test
Unit-3 HUMAN PHYSIOLOGY AND YOGA (20 Hours)	1)Human Body in Indian Thought. 2)Introduction to human Physiology. Epithelial tissue, Connective tissue, Nerve cell, Muscle 3)Body Systems- Digestive, Respiratory, Circulatory, Nervous, Skeletal systems	Lecture method Demonstration method Group Discussion	Assignments Seminars Class Participation Class test

Reference books:

1. George Feuerstein (2002) *The Yoga Tradition: Its History, Literature, Philosophy and Practice*. New Delhi. Bhavana Books & Prints.
2. Joshi, K.S. (1985) *Yoga in daily life*, Delhi: Orient paper backs
3. Mahesh Yogi, (1963). *Transcendental meditation*. New York: New American library.
4. Rama, Swami (1992) *Meditation and its practice*.
5. Dhyanam. Nava Sahiti Book House, Vijayawada Taimni L.K. (1961/1999) *The Science of Yoga (The Yoga Sutras of Patanjali)*, The Theosophical Publishing House, Adyar.

COURSE- 11: YOGA PRACTICALS (20 Hours)			
Units	Contents	Teaching Methods	Evaluation
Unit 1 (20 Hours)	<p>ASANAS:</p> <p>*Meditative posture: Sukhasana, Ardhapadmasana, Padmasana, Vajrasana 20 HOURS</p> <p>*Relaxation posture: Shavasana, Matsyakrivasana</p> <p>*Standing posture: Tadasana, Trikonasana, Veerabhadrasana, Katichakrasana</p> <p>*Balancing posture: Tadasana, Vrikshasana, Ekapadasana, Garudasana</p> <p>*Sitting posture: Virasana, Ardhamatsyendrasana, Ushtrasana, Vajrasana, Shasankasana, Paschimottanasana</p> <p>*Prone posture: Bhujangasana, Dhanurasana, Shalabhasana Supine posture: Uttanapadasana</p> <p>* , Pawanmuktasana, Navasana, Setu Bandha Sarvangasana, Chakrasana,</p> <p>*Suryanamaskara: Pranamasana, Hasta Uttanasana, Padahastanasana, Ashwasanchalanasana, Sashangasana, Dabdhasana, Ashtangasana, Bhujangasana, Parvathasana, Sashangasana, Padahastanasana, Hasta Uttanasana, Pranamasana</p>	<p>Lecture method</p> <p>Demonstration method</p> <p>Group Discussion</p>	Practical

Reference books:

1. Iyenger, B.K.S. (1976). Light on yoga. London: Unwin Hyman Ltd.
2. Heyward, V. (2006). Advanced fitness assessment and exercise prescription.
3. Adams, G.M., (2002). Exercise physiology Laboratory Manual. 4th edition. New York: Mc Graw-Hill.

4. Rama, Swami (1992) Meditation and its practice.
5. Joshi, K.S. (1985) Yoga in daily life, Delhi: Orient paper backs

MODE OF EXAMINATION AND EVALUATION FOR YOGA PRACTICE

The total marks of 50 for the examination in yoga practice shall be distributed as follows:

Theory- 25 marks

Practical Performance - 15 marks

Internal- 10 mark

A candidate shall be declared to have passed in a paper, if he/she obtains not less than 40% of marks in that paper and 40% in practical examination. However, the aggregate passing minimum may be 40%. A candidate failing to secure the minimum marks prescribed as above shall have to reappear for the examination. Successful candidates passing the examination in all papers including yoga practice shall be classified as below according to the aggregate percentage obtained.

50% and above but below 60% : Second Class

60% and above but below 70% : First Class

70% and above :First Class with Distinction