



BECOME A CERTIFIED YOGA EXPERT

DR.B.R.AMBEDKAR UNIVERSITY

Admission notification: 2018

Dr.B.R.Ambedkar University, Srikakulam invites applications for admission into Certificate Course in Yoga. Eligibility : 10th class. The Class work will be conducted 4 days in a week from 7.00 to 8.00AM /4:30 to 5:30 PM on Monday, Tuesday, Wednesday and Thursday. Interested candidates are required to submit their application in prescribed format. Application Registration and Processing fee of 200/- be paid in favour of Registrar through Bank Demand Draft drawn on any National Bank payable at Etcherla, Srikakulam (AP).The application and detailed information can be had from the office of the Principal, Colleges of Arts,Commerce, Law and Education, Dr.B.R.A.U. Campus. Prospectus and application form can be download from University website: www.drbrau.edu.in

Sale of Application : 12-10-2018 onwards

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| Last Date for Submission of filled-in Application | 29-10-2018 |
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| Etcherla, Dt:12-10-2018 | Prof.G.Tulasi Rao Director, Directorate of Admissions |
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DEPARTMENT OF YOGA AND FITNESS MANAGEMENT

Dr. B.R. AMBEDKAR UNIVERSITY

Certificate course in Yoga

Objectives:

The purpose of the Certificate Course in Yoga is (a) to provide the necessary knowledge of the theory and practice of yoga so that the practitioners learn to practice and also to teach yoga to all age groups for promoting their health and effectiveness, and (b) to give them a basic understanding of human anatomy and physiology, Indian philosophy, and Classical Yoga texts relevant to the theory and practice of yoga to help them gain the theoretical and scientific perspective on yoga.

Successful completion of the course will enable the students to teach Hatha yoga practices and meditation with a secular and scientific orientation.

Eligibility

The candidates for Certificate Course in Yoga shall be required a minimum 10th class pass or an examination recognized by the Andhra University as equivalent.

Physical fitness:

The selected candidates must be in good physical and mental health and fit to practice Hatha yoga as certified by a physician.

Dress:

The students shall be required to wear a suitable dress as designed by the department which will permit them to practice yogic exercises comfortably during practical training.

Courses of study:

Certificate Course in Yoga shall include one theory papers and one practical. The details of theory paper & practical are provided in the syllabus.

Duration and Instruction:

The course duration shall be three months. The classes will be conducted from Monday to Saturday with two hours theory and two hours for yoga practices. Practical classes for kriyas will be conducted on Saturday. The medium of instruction shall be Telugu English/. The method of instruction shall comprise of lectures and demonstration.

Yoga practice & Yoga Record:

The students shall practice kriyas, asanas, bandhas, pranayama, and meditation during the course on a regular basis. They shall maintain a record consisting of the details of the sequential movements involved in yogic practices. Such a record shall be submitted at the time of the practical examination for evaluation.

Attendance & Examination:

In view of the special nature of the course it is desirable that the student shall put in at least 80 per cent attendance to appear for the University examination at the end of the course. The examination will be held at the end of third month

Scheme of Certificate Course in Yoga Examination

| Subject Code | Title of the Paper | Exam Duration (Hours) | Max. Marks | Pass Marks | Credits |
|---------------------|--|------------------------------|-------------------|-------------------|----------------|
| CCY 101 | Introduction to Yoga Theory & Human Anatomy Physiology | 3 | 100 | 40 | 6 |
| CCY 102 | Yoga Practice | | 200 | 100 | 12 |

Mode of examination and evaluation for Yoga practice:

In view of the unique nature of yoga practice, the following mode of evaluation is recommended for yoga practice.

The total marks of 200 for the examination in yoga practice shall be distributed as follows:

| | | |
|-------------------|---|-----------|
| Performance | - | 100 marks |
| Teaching practice | - | 50 marks |
| Viva-voce | - | 20 marks |
| Record | - | 30 marks |

A candidate shall be declared to have passed in theory paper, if he/she obtains not less than 40% of marks and 50% in practical examination. However, the aggregate passing minimum may be 50%. A candidate failing to secure the minimum marks prescribed as above shall have to reappear for the examination. Successful candidates passing the examination in theory and practice shall be classified as below according to the aggregate percentage obtained.

| | | |
|-----------------------------|---|-------------|
| 50% and above but below 59% | : | 'C' grade |
| 60% and above but below 69% | : | 'B' grade |
| 70% and above below 79% | : | 'A' grade |
| 80% and above | : | 'A' + grade |

Syllabus

Paper – I : Introduction to Yoga Theory & Human Anatomy Physiology

Meanings, Definitions and development of Yoga

The aim, objectives and scope of Yoga

Traditional Literature on Yoga

Introduction to Yoga Sastra of Bhagavat Gita

Branches of Yoga: Karma Yoga; Bhakti Yoga; Jnana Yoga; Kundalini Yoga

Techniques of Hatha Yoga: Shat Kriyas; Asanas; Pranayamas; Bandhas and Mudras

Introduction to Yoga Darshan: structure of Yoga Sutras; Definition of Yoga;

Chittavrittis; Abhyaasa & Vairagya; concept of Ishwara; Yoga obstacles;

Panchakleashas; Astanga Yoga

Concept of moderate diet

Curative aspects of Yoga techniques

Meditation: definition; methods and benefits of meditation scientific studies on Yoga techniques

Yoga and Physical Exercises

Yoga, Mental Health and enhancement of human potential

Yoga and Modern life

Introduction to systems of the human body: Skeletal; digestive; respiratory; circulatory; excretory; and endocrine

Reference books:

Asana, Pranayama, Mudra & Bandha – Swami Satyananda Saraswathi, Bihar School of Yoga, Munger

Journey to Real Self : A Comprehense book on Yoga theory and Practice by Yogacharya Dr. Sri Raparathi Rama Rao, Yoga Chaitanya Publications, Vijinigiri

The Illustrated Light on Yoga by B.K.S. Iyengar, Horpor Collins, New Delhi.

Yogic Management of Common Diseases – Swami Karmananda Saraswathi & Swami Satyananda Saraswathi.

PAPER – II: YOGA PRACTICES

KRIYAS

Kapalabhati, jalanethi, SutranetiJalaDhouti, Trataka,

Pawanmukta Series Part-I & SuryaNamaskaras

Meditative Asanas

Sukhasan, Vajrsan, Ardhapadmasan, padmasan, Siddhasan and Swastikasana

Relaxation Asanas

Makharasana; Niralambasana, Advasana, Matsyakridasana, and Savasana

Standing Asanas

TiryakTadasana, Katichakrasana, Trikonasan, ParsvaKonasan, Veerabhadrasan, Utkatasan, Parighasan

Balancing Asanas

Tadasana, Virkshasan, Natarajasan, Garudasan, Angustasan

Sitting Asanas

Vajrsan, Ustrasana, Janusirshasan, Paschimottanasan, Vakrasan, ArdhaMatsyendrasan, Yoga Mudrasan, Baddakonasana, Uttitapadmasan, Gomukhasana, Shasankasana, Marjalasan

Prone Asanas

Sarpasana, Bhujangasan, Shalalbhasana, Dhanurasana

Supine Asanas

Pawanmuktasan, Uttanapadasana, Navasan, Sethubandhasana, Chakrasana, Matsyasan and JatarParivrittanasana

Inverted Asanas

Vipareetakarni, Sarvangasan, Halasan, Sirshasan

PRANAYAMA

Sectional breathing techniques, Anuloma&Viloma, Ujjayi, Sitali; Sitkari; Suryabedana; Bhastrika

BANDHA

JalandharaBandha; UddiyanaBandha; Moola Banda

Practice of Trataka, Dharana and DhyanaPractic

Reference books:

1. *Asana, Pranayama Mudra & Bandha* – Swami Satyananda Saraswathi, Bihar School of Yoga, Munger
 2. *Journey to Real Self : A Comprehense book on Yoga theory and Practice* by Yogacharya Dr. Sri Raparathi Rama Rao, Yoga Chaianya Publications, Vijinigiri
- Model Question Paper

Paper-I: Introduction to Yoga Theory & Human Anatomy Physiology

Part-A

Duration: 3 hours

Max.Marks:100

I. Write a short note on **any four** of the following Question:

4x5= 20

1. Write about various meanings and definitions of the term 'Yoga'
2. What are the branches of Yoga
3. What is moderate diet?
4. Write the names of Shat kriyas
5. What is kundalini?
6. Write names of AstaKumbhakas
7. What are panchakleshas ?

II. Answer **any five** of the /on curative aspects of Asanas

8. Explain the role of Yoga in modern life.
9. Write an essay on Astanga yoga
10. Explain the technique and benefits of Kapalabhati
11. What is karma yoga? Explain.

Part- B

III. Answer **any three** of the following questions

3x10=30

1. Classify different types of bones and their functions.
2. Explain the process of Digestion with the help of a diagram.
3. What are the different Endocrine glands their location and Hormones secreted?
4. Describe the Mechanism of Respiration in human body.
5. Explain the functions of Heart.
6. Draw a diagram of Kidney and explain the physiology of urine formation