



माँ विन्ध्यवासिनी विश्वविद्यालय, मीरजापुर

Maa Vindhyavasini University, Mirzapur

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Certificate Course in Yoga for Wellness

1. General Objectives of the Course:

1. To enable student to become competent and committed professionals willing to perform as Yoga trainer.
2. To make student to use competencies and skills needed for becoming an effective Yoga trainer.
3. To enable student to understand the types of the types of Yoga.
4. To acquaint student with the practical knowledge of Yogasana, Kriyas, Bandhas, Mudras, Yogic Therapy and Pranayama.
5. To enable student to prepare the Yoga programme.

2. Duration of the Course:

The duration of the course shall be of six weeks. (45 Days) Each working day shall consist of Three hours of Practical Work and one theoretical classed.

3. Eligibility for Admission:

Any Candidate who has passed XII std. or any other equivalent examination will be eligible for the admission to the Certificate Course in Yoga for Wellness. Provided other conditions of admissions are fulfilled.

4. Medium of Instruction and Examination:

- a) Medium of Instruction at the Certificate Course in Yoga for Wellness will be Hindi or English and question papers shall be set in Hindi & English.
- b) The candidate appearing for the Certificate Course in Yoga for Wellness Examination will have the option of answering the papers either in English or in Hindi Part-I (Theory). This option can be exercised paper wise and not section wise.

5. Structure of Certificate Course in Yoga for wellness Programme:

5.1 Eligibility for appearing at Certificate Course in Yoga for wellness examination:

Student teachers should keep the terms with at least 75% attendance. He/she should complete all the practical and other work expected in all parts of the syllabus.

5.2. Standard of passing:

Grading System

A/B/C Above – 60 - A

50 – 59 - B

Below- 50 - C

5.3 University terms:

The dates for commencement and conclusion of the first & the Second terms shall be fixed by the University.

Seats: 50 (Fifty)

Fee: 5000/-

Kit: Comfortable Dress and One Towel.

Certificate Course in Yoga for Wellness

Syllabus

The course consists of Theory, Practical and practical training. The Theory paper is of 100 Marks and Practical 100 Marks.

Yogic Therapy through Traditional Understanding:

1. Surya namaskar
2. Asanas
3. Pranayama
4. Kriyas
5. Bandhas and Mudras
6. Meditation Techniques

PRACTICAL TRAINING IN YOGA

PRACTICALS:

A. ASANAS :

1. Ardha-Padmasana
2. Padmasana
3. Baddha-padmasana

4. Sidhasana
5. Vajrasana
6. Simhasana
7. Shashankasana
8. Gomukhasana
9. SuptaVajrasanai
10. Tadasana
11. Virkshasana
12. Garunasana
13. Ardha-Chakrasana
14. Chakrasana
15. Natarajasana
16. Vakrasana
17. Janushriasana
18. Ardha-Matsyendrasana
19. Matsyendrasana
20. Matsyasana
21. Gorakshasana
22. Paschmimottasana
23. Akarmadhanurasana
24. Ushtrasana
25. Dhanurasana
26. Parvatasana
27. Bakasana
28. Padma - Bakasana
29. Mayurasana
30. Kukuttasana
31. UttanKurmasana
32. Mandusasana

33. Bhujangasana
34. Salbhasana
35. Vipritasana
36. Pawaanmuktasana
37. Uttanpadasana
38. Naukasana
39. Halsana
40. Karnapidasana
41. Sarvangasana
42. Viparitakarani
43. Shrishasana
44. Makarasana
45. Shavasana

B. PRANAYAMA

1. Ujjayi Pranayama
2. Shitali Pranayama
3. Sitkari Pranayama
4. Bhastrika Pranayama
5. Bhramari Pranayama
6. Suryabhedhi Pranayama
7. Murccha (Theory only)
8. Plavini (Theory only)

C. BANDHAS AND MUDRAS

1. JalandharaBandha
2. UddiyanaBandha
3. MulaBandha

D. KRIYAS

1. JalaNeti
2. Sutra (Rubber)

3.Dhauti (Vamana, Danda, Vastra) (Theory only)

4. Nauli

5.Kapalabhati

7.Trataka

Reference:

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2. Bhattacharya, P.B. (2007), *Surya Namaskar*, Sri Aurobindo Ashram Trust: Pondicherry: 9.
3. Chandrasekaran K. (1999), *Sound Health Through Yoga*, Prem Kalyan Publications, Sedapatti, Tamil Nadu.
4. Desikachar, T. K. V. (1999). *The Heart of Yoga: Developing a Personal Practice*. Rochester, VT: Inner Traditions International, ISBN 0-89281-764-X.
5. Feuerstein, Georg (1996), *the Shambhala Guide to Yoga*, Shambhala Publications, Boston. pp. 26
6. Feuerstein, Georg (2003), *the Deeper Dimensions of Yoga*, Theory and Practice. Shambhala Publications, Massachusetts.
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8. Swami, S. S. (1996), *Asana Pranayama Mudra Bandha*, Munger, Bihar: U.B.S. Publishers and Distributors.
9. Tiwari O.P. *Asanas why? And how?* Kaivalyadhama, Lonavla.
10. Verse Swami Prabhavananda 46, chapter II; for translation referred: "*Patanjali Yoga Sutras*" by, published by the Sri Ramakrishna Math ISBN 81-7120-221-7 p. 111
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