

Tamil Nadu Physical Education and Sports University

23

Chennai

Directorate of Distance Education

Department of yoga

Name of the course	Certificate course in Yoga
Eligibility	10 th Passed
Stream	Distance Education
Duration	6 months
Medium	English
Attendance	Minimum 80%
Year	2014 – 15 onwards

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

CHENNAI

CERTIFICATE COURSE IN YOGA

REGULAR/ PART TIME/ COLLABORATIVE PROGRAMME

SYLLABUS

PAPER CODE	NAME OF THE SUBJECT	TOTAL
	Fundamentals of Yoga Education	100
	Methods of Yogic Practices	100
	Yogic practices	100
	Village Placement Programme	100
TOTAL		400

Paper I

FUNDAMENTALS OF YOGA EDUCATION

UNIT - I

Meaning – Definitions - Need – Nature -- Aim and objectives -Philosophy and Scope and History of yoga-, 'Modern developments in yoga – Misconceptions and clarifications about yoga- yoga and Education, yoga and physical education.Schools of yoga.

UNIT - II

Paths of yoga : Hatha yoga, Bhakti yoga, Jnana yoga, Karma yoga, Raja yoga, Mantra yoga, Laya yoga, Yantra yoga. Yoga of Patanjali : Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi. yoga sutras, Thirumandiram, Bhagavat Gita.

UNIT – III

Introduction to Anatomy and Physiology.

Beneficial yogic practices on nervous system, Cardiovascular System ,Digestive system Respiratory System ,Endocrine System .Beneficial yogic practices on Posture .

UNIT IV

Meaning, Definitions, Need, Scope of spirituality – Religions - challenges: Physical, Mental, Moral, Social, Cultural and Religious. Methods of developing spirituality -- Relationships among yoga, spirituality and Religions.

Moral values ,Divine virtues,human values and yoga.Yoga for integrated Personality,Leadership,Superconsciousness,Practices for Chakras.

UNIT V

Yogic Diet –Tamasic foods – Rajasic foods – Satvic foods –Balanced diet -- ideal yogic diet -- chart , Naturopathy diet. Fitness and Wellness

Introduction to alternative medicine and Therapies– Ayurvedha --Tridosha - Common ailments.

Selective yogic practice for Heartproblems, Asthma, Arthritis, Back pain, constipation, Diabetes mellitus, obesity.

Anxiety, Stress, Menstrual irregularities

References :-

1. Iyengar B. K. S (1976) Light on yoga, London, Unwin paperpacks.
2. Sivananda Saraswathi swami (1934) Yoga Asanas Madras : My magazine of India.
3. Satyanada saraswati swami (2008) Asana, Pranayama, Mudra, Bandha, mungar : Yoga publications trust.
4. Iyenger B.K.S (2008) Light on pranayama, New Delhi : Haper Collins publishers India.
5. Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New york : Pocket Books.
6. Chandrasekaran K (1999) sound health through yoga Sedapatti : Prem Kalyan Publications.
7. Yogeshwaranand saraswathi swami (1975) First steps to higher yoga , Gangothari : Yoga nketan trust.
8. Coulter, H David (2001) Anatomy and Hatha yoga,USA:Body and Breath Inc.
9. Kirk Martin (2006) Hatha Yoga Illustrated Champaign : Humenkinetics.
10. Gharote (2004) Applied yoga, Lonvla : Kaivalyadhama.
11. Kathy Lee Kappmeier and Diane M. Ambrosini (2006) Instructing Hatha Yoga, Champaign : Human Kinetics.

References:

- 1 . Arthur C. Guyton & John Edward Hall (2006), Textbook of Medical Physiology, Florida, United States, Elsevier Standards.
2. Surinder H Singh & Krishna Garg, (2008), Anatomy and Physiology for nurses & allied health sciences, New Delhi CBS Publishers.
3. Sivaramakrishnan S. (2006) , Anatomy and Physiology for Physical Education, New Delhi , Friends Publishers.
4. Anne Waugh & Alison Graunt (2005) Anatomy and Physiology in Health and Wellness, Allahabad, Churchill Livingstone.
5. Clark Robert K (2005) ,Anatomy & Physiology – Understanding the Human body, Suddury, United States, Jones & Bartlett.
6. Shri Krishna (1985) Notes on Structure and Functions of Human body & Effects of Yogic practices in it, Mumbai. ICYHC Kaivalyadhama.
7. Dutta Ray (2001) Yogi Exercises , New Delhi : Jaypee Brothers.
8. Shirley Telles (2006) A Glimpse of the human , Bangalore : Swami Vivekananda yoga prakashana
9. Leslie kaminoff (2007) yoga anatomy, champaign : Human Kinetics
10. Peter L Williams & Roger Waswie (1988) Gray's Anatomy, Edinburgh: Churchill Livingstone.
11. Evelyn C peace (1997) Anatomy & Physiology for Nurses, New Delhi : Jaypee Brothers.
12. Gore M.M. (2003) Anatomy & Physiology for yogic practices , Lonavala : KamhanPrakshan.

Paper II

METHODS OF YOGIC PRACTICES

Unit I: Essentials of Yogic Practices: Cleanliness and food, Bath, Time, Sun, Closing eyes, Place, Mirror, Breathing, awareness, Age limitations, sequence Blanket, clothes, position, emptying the bowels and stomach, counter pose, pregnancy, contra-indications, duration, straining, special provisions for women and patients, fitness, posture, Side effects
Loosening the joints

Suryanamaskar:

Bihar School of yoga model

Vivekananda Kendra Model

Unit II: Asanas

Vrkshasana, Parivrttha Trikonasana, Padahasthasana, Ushtrasana, Sirshasana, Halasana, Sarvangasana, Mastyasana, Bhujangasana, Salabhasana, Dhanurasana, Navasana, Ardha Matsyendrasana, Paschimottanasana, Baddha Konasana, Padmasana, Vajrasana, Siddhasana, Siddha yoniasana, Savasana

Unit III: Pranayama

Yogic Breathing

Kapalbhati, Bhramari

Ujjayi, Sheetali, Bhastrika, Nadi Shodhana

Unit IV: Kriyas

Jalaneti, Sutraneli

Bandhas

Jalandhara Bandha, Moola Bandha, uddiyana Bandha

Mudras

Chin mudra, chinmaya mudra, adi mudra, Brahma mudra, Bhairava mudra, Bhairavi mudra, Shanmuki mudra, Vipareeta karani mudra, yoga mudra, ashwini mudra, nasiga mudra

Unit V: Meditation

Mantra Meditation, Yoga nidra, Surya yog, Rajayoga meditation, trataka Meditation

References:

1. Iyenkar B K S (1989) Light on yoga : Unwin paper backs.
2. Thirumoolar (2006), Thirumantiram, Madras : Sri Ramakrishna math.
3. Vivekananda Swami (2005) Hinduism, Chennai : Sri Ramakrishna math.
4. Sivananda Sri Swami (1983),practical Lessons in Yoga, Shivanandanagar:The Divine Life Society.
5. Desikachar T K V (2004) Yoga yajnavalkya samhita, Chennai : Krishnamacharya yoga mandiram.
6. Evelyne C peace (1997) Anatomy & Physiology for Nurses,New Delhi : Jaypee Brothers.
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13. Leslie kaminoff (2007) yoga anatomy, champaign : Human Kinetics
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16. Elangovan .R.(2001) Udarkalvi Ulaviyal, Thirunelveli : Aswin Publications.
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19. Bodhasarnanda Swami (2006) Teachings of Swamivivekananda, Kolkata : Advita Ashrama.
20. Prajapita Brahma Kumaris (2009), Moral values, Attitudes & Moods , Mount abu : Prajapita Brahma Kumaris Ishwariya Vishwa -- Vidyalaya
21. Jagdish chander (2000), Building value, based peaceful and prosperous society, Mount Abu , Prajapita Brahma Kumaris Ishwariya Viswa Vidyalaya.
22. Dayananda Saraswati Swamy (2008) The value of values ; Chennai : Arsha vidya centre.
23. Naganathna R and Nagendra H.R. (2008) Integrated Approach of yoga therapy for positive Health Bangalore ;
24. Swami Vivekananda Yoga Prakashana.Vedanta Kesari (2007) Healthi mind, Health Body. New thoughts on Health, Chennai : Sri Ramakrishna math.
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26. Sundaram Yogacharya (2004) Sundara Yogic therapy ,coimbatore : The Yoga publishing Home.
27. Karmananda Swami (2008) Yogic management of common diseases, Mungér : Yoga Publications Trust.
28. Parvesh Handa(2007),The secret benefits of Yoga and Naturopathyfor Women,New Delhi,Streling paperbacks.
29. Evelyne C Peace (1997) Anatomy and Physiology for Nurses, New Delhi: Jaypee Brothers.

YOGIC PRACTICES

Unit I: Loosening the joints

Suryanamaskar:

Bihar School of yoga model

Vivekananda Kendra Model

Unit II: Asanas

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- Satyananda sararwati Swami (2007) Meditations from thitantras. Murgar: yoga publications Trust.

Paper IV

VILLAGE PLACEMENT PROGRAMME

Duration : Five days
Date : During Semester
Mode of Evaluation : Internal Assessment
Maximum Marks : 100
Subject : Yoga
Nature of Programme : to teach and train villagers.