

Tamil Nadu Physical Education and Sports University Chennai
Directorate of Distance Education
Department of Yoga

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| Name of the course | Certificate Course in Yoga for Youth Empowerment |
| Eligibility | 10th Passed |
| Stream | Distance Education |
| Duration | Six Month |
| Medium | English and Regional Languages |
| Exam Pattern | 75% objective type questions and 25% Describes Questions for Internal and External |
| Attendance | Minimum 80% |
| Year | 2015 – 16 onwards |

**TAMILNADU PHYSICAL EDUCATION AND SPORTS
UNIVERSITY - CHENNAI**

CERTIFICATE in YOGA FOR YOUTH EMPOWERMENT

SYLLABUS

PAPER – 1 : PHYSICAL HEALTH

OBJECTIVE:

Providing the Value Education to improve the Students' Good character -
understanding yogic life and physical health - maintaining youthfulness -
Moderation in five aspects of life .

Unit:1 Youth Empowerment

Definition - Scope - Need for Youth Empowerment in present society -
Philosophy of life - Purpose of Life - Education as a means for youth
empowerment - Greatness of Education - Yoga for youth Empowerment.

Unit:2 Human Health and Human Body

Health - Need of Health - Efficiency of Human Resources - Structure and
function of Human body- Diseases - Reasons for Diseases - Preventive
methods of Diseases - Moderation in five aspects of life - Balanced food -
Eating habits - Need of Nutrition for Good health - A review of medical
systems

Unit:3 Cognitive, Emotion and Thought Analysis

Role of emotions for peace and stress - Types of emotions - Analysis of
thoughts - Practice - Goal setting - Self-confidence - Memory type -

PAPER-2 MENTAL HEALTH

Objective:

Building good characters and eliminating bad characters - Learning introspection practices to Moralize desires, neutralize anger and eradicate worries - Learning Personality Assessment - Human Values and Yogasanas.

Unit:1 Mental Health and Human Values

Role of Mind in Human life - Mind and Mental Health - Factors for Mental health - Promotion of Human values - Good characters - Non-violence - Speaking truth - Non-stealing - Self-control - Cleanliness - Service to humanity - Patriotism - Contentment - Equality - Tolerance - Adjustment - Sacrifice - Forgiveness - Orderliness - Honesty - Time-management - Five-fold culture

Unit:2 Managing Desires and anger

Definition and nature of desires - Root causes for desires - Types of desires - Desires as a plan for success - Moralization of desires - Anger - Causes of Anger - Anger and Peace - Evil effects of anger - Tolerance and Forgiveness - Neutralization of anger - practice.

Unit:3 Failure and Success

Challenge and Response in life - Sources of challenges - Failure and Success - Managing the failures - Problem Solving - Decision Making - Eradication of worry as a skill - Practice.

Unit:4 Personality and Intelligence Assessment

Concept of Personality - 16 Personality factors - Comprehensive Interest Schedule - Standard Progressive Matrices - Multiple Intelligence - Leadership qualities.

Unit:5 Special Meditation and Yogasans

Thuriyatheetham meditation - Panchendriya meditation - Panchabootha Navagraha meditation - Nine centre meditation - Yogasanas - Sun

PAPER 3: YOGA PRACTICE

OBJECTIVES :

*Practicing (1) Physical exercises and Yogasanas for physical health
(2) Anti-aging process of Kayakalpa exercises for longevity (3) Meditation practices for Mental prosperity and personality development.*

UNIT I: SIMPLIFIED PHYSICAL EXERCISES

Physical exercises practice – Hand exercises – Leg exercises – Breathing exercises – Eye exercises – Kapalabathi – Makarasana – Body massage – Acupressure – Relaxation

UNIT II: KAYA KALPA EXERCISES

Kaya kalpa Exercise practice – Aswini Mudhra – Moola Bandha – Ojas Breath.

UNIT III: MEDITATION

Agna meditation - Shanthi meditation – Clearance of the spinal cord – Thuriya meditation - Thuriyatheetham meditation.

UNIT - IV: YOGASANAS

Surya Namaskar - Padmasana, Vajrasana, Sukasana, Thadasana, Chakkarasana (Side Position), Viruchasana, Yoga mudhra, Maha mudhra, Ustrasana, Vakkarasana, Bhujangasana, Savasana.

UNIT - V: PRANAYAMA

Nadi Suddhi, Ujjaii, Seetali, Seetkari, Kapalapathi.

TEXT BOOKS :

1. Yoga Practices I – VISION, Vethathiri Publications