

YOGA TRAINING PROGRAMME, 2018



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**AGHOREKAMINI PRAKASHCHANDRA
MAHAVIDYALAYA**



ADD ON COURSE ON

YOGA TRAINING PROGRAMME, 2018

ORGANIZED BY

DEPARTMENT OF PHYSICAL EDUCATION

IN ASSOCIATION WITH

**IQAC, AGHOREKAMINI PRAKASHCHANDRA
MAHAVIDYALAYA**



COURSE TITLE: YOGA TRAINING PROGRAMME

COURSE DURATION: 180 DAYS (FROM 16.08.2018 TO 15.02.2019)

**COURSE OFFERED BY: Dept. Of Physical Education
A.K.P.C. Mahavidyalaya, Bengai, Hooghly**

PARTICIPATING TEACHERS:

- 1. PROF. KARTICK PAUL**
- 2. PROF. RAJKUMAR DE**
- 3. PROF. RUMA RANI DEY MANDAL**

COURSE COORDINATOR: PROF. RUMA RANI DEY MANDAL

PROF. RAJKUMAR DEY, PROF. KARTICK PAUL



Syllabus :

Theory

Yoga Education

Unit 1 : Foundations of Yoga :

General introduction to yoga and Indian philosophy, Brief about Yoga Patanjali Yogasutra Hatha Yoga Pradipika Shiva Yoga Dipika Gheranda Samhita

Meaning and definition of the term Yoga, types, aim, objectives and important of Yoga, History of Yoga

Unit 2 : Ashtanga Yoga

Definition, Principles, Practices & History of Ashtanga Yoga, What is Ashtanga Yoga ? Where did Ashtanga Yoga begin ? Key Principles and Yoga Practices, What is the difference between Ashtanga and Vinyasa Yoga ? What is the Purpose of Ashtanga Yoga ? Benefits of Ashtanga Yoga

Unit 3 : Hatha Yoga :

General introduction to Hatha Yoga and its prerequisites. Types of Hatha Yoga, Relationship between Patanjala and Hatha Yoga

Unit 4 : Human Biology:

Yoga Anatomy. Introduction to Yogic Anatomy and Physiology. (Musculoskeletal system , Blood and immune system , Central nervous system, Reproductive system, Endocrine system, Digestive system, Respiratory system ,Cardiovascular system , Excretory system and temperature regulation , Special senses, Nutrition, Enzyme)

Unit 5 : Basics relevant to Yoga Therapy :

Basics of Sanskrit, Principles of Ayurveda ,Principles of Naturopathy, Principles of Astrology

Unit 6 : Yoga Psychology :

Yoga poses , Pranayama, Cleansing techniques, Madras and Bandhas , Meditation

Unit 7 : Patanjali Yoga Darshana :

Introduction to Yoga Darshana of Patanjali and the concept of Citta, Chitta bhumis, Chitta vrittis, and niropdhopaya Samadhi, Sadhana, Vibhuti and Kaivalya pada

Unit 8 : Yoga and holistic health:

Yogic principles and practices of healthy living , Concept of body, health, and diseases. Causes of ill health and remedial measures according to Patanjali.

Unit 9 : Yoga for Mental Hygiene:

What Is Mental Health? What is mental illness? Meaning and Importance Yoga and mental health , Role of yoga in mental health, Factor affecting mental health condition , Treatment of Psychological Disorders through Yoga Practices. Students may solve their physical and mental problems through yoga ,To development the social adjustments through yoga in students. Students relax their mind by using different relaxation techniques through yoga.

Impact of yoga for intellectually challenged people



Yoga Practicum

FIELD PRACTICAL(Preparation of Record Book is Compulsory)

Hymns and hasta mudra recitation, Breathing practices , Shatkarmas , Yogic sthula vyayama and sukshma vyayama, Surya namaskara ,Yogasana

- **Suryanamaskar:** Learn and demonstrate the technique of Suryanamaskar

Asanas

- **Standing Posture :** Padahastasana, Trikonasana, Ardha Chandrasana, Bhujangasana, Padma Bhujangasana
- **Sitting Posture :** Padmasana, Bhadrasana, Dandasana, Vajrasana, Adhara Uttarasana, Uttarasana, Sasankasana, Uttaramandukasana , Vakrasana , Ardha Kurmasana, Paschimottasana, Gomukhasana
- **Supine Position:** Setu Bandhasana, Halasana, Matsyasana
- **Prone Posture:** Makarasana, Bhujangasana, Salabhasana, Setu Bandhasana, Naukasana, Uttanapadasana, Ardha Salsana, Swasana , Dhanurasana
- **Inverted Position:** Sarvangasana, Shirsasana, Bhujangasana
- **Pranayamas :** Anuloma pranayama, Bhastrika, Ujjayi, Kapalabhati, Bhramari Pranayama, Sitkari pranayama, Sheetal Pranayama
- **Mudras :** Hand mudras in yoga (Prana Mudra , Apana Mudra, Adi Mudra, Prithvi Mudra, Shunya Mudra, Chin Mudra)

Modules:

THEORY & PRACTICAL

UNIT-1 General introduction to yoga and Indian philosophy, Brief about Yoga Patanjali Yogasutra Hatha Yoga Pradipika Shiva Yoga Dipika Gheranda Samhita

(Time: 4 Hours)

UNIT- 2 Meaning and definition of the term Yoga, types, aim, objectives and important of Yoga, History of Yoga

What Is Mental Health? What is mental illness? Meaning and Importance Yoga and mental health , Role of yoga in mental health , factor affecting mental health condition , Yoga protocol for mental health, Treatment of Psychological Disorders through Yoga Practices

(Time: 6 Hours)

UNIT- 3 Definition, Principles, Practices & History of Ashtanga Yoga, What is Ashtanga Yoga ? Where did Ashtanga Yoga begin ? Key Principles and Yoga Practices, What is the difference between Ashtanga and Vinyasa Yoga ? What is the Purpose of Ashtanga Yoga ? Benefits of Ashtanga Yoga, General introduction to Hatha Yoga and its prerequisites. Types of Hatha Yoga, Relationship between Patanjala and Hatha Yoga

(Time: 7 Hours)

UNIT- 4 Yoga Anatomy. Introduction to Yogic Anatomy and Physiology. (Musculoskeletal system , Blood and immune system , Central nervous system, Reproductive system, Endocrine system, Digestive system, Respiratory system Cardiovascular system , Excretory system and temperature regulation , Special senses, Nutrition, Enzyme) ,

(Time: 7 Hours)

UNIT- 5

Basics of Sanskrit, Principles of Ayurveda ,Principles of Naturopathy, Principles of Astrology

Yoga poses , Pranayama, Cleansing techniques, Madras and Bandhas , Meditation.

Introduction to Yoga Darshana of Patanjali and the concept of Citta, Chitta bhumis, Chitta vrittis, and niropdhopaya Samadhi, Sadhana, Vibhuti and Kaivalya pada. (Time: 5Hours)

UNIT- 6 Yogic principles and practices of healthy living , Concept of body, health, and diseases. Causes of ill health and remedial measures according to Patanjali. Hymns and hasta mudra recitation, Breathing practises Shatkarmas Yogic sthula vyayama and sukshma vyayama, Surya namaskara Yogasan

(Time: 7Hours)

Programme Outcomes

- PO1.** programme improve the positive health in the student through yoga and enabling and imparting skill in them to practice and apply Yogic practices for Health to general public and teach Yoga for Total personality development and spiritual evolution.
- PO2.** The programme will develop basic understanding of the human anatomy, the human physiology and a deeper understanding of the human systems.
- PO3.** The students will be introduced to the essential elements of a yogic life style, the concept of health and disease and their remedies through yoga practice.
- PO4.** Students will attain theoretical knowledge in the fields of Yoga and Spirituality
- PO5.** Students will be able to develop and be able to demonstrate a comprehensive understanding of Indian traditional practices and philosophies underlying the concept of Yoga.
- PO6.** At the end of the course the students will be able to understand traditional Indian Yoga systems; the philosophy of the Yoga systems and the new thought in Yoga movement in the country.
- PO7.** The students will be able to understand the principles of Hatha Yoga and the texts in this field.
- PO8.** The programme will develop basic understanding of the human anatomy, the human physiology and a deeper understanding of the human systems.
- PO9.** The students will be introduced to the essential elements of a yogic life style, the concept of health and disease and their remedies through yoga practice. They will also learn the overview of the five sheath human existence.
- PO10.** The students will be introduced to regular and rigorous practice (sadhana) of yoga practices that would make them disciplined and knowledgeable Yoga teachers
- PO11.** Students will be able to demonstrate the Yoga practices in correct and authentic forms.
- PO12.** Students will be trained to be Spiritually rooted, Socially productive, Intellectually Creative, Emotionally Balanced, Mentally Sound, and Physically Strong.

Programme Specific Outcomes

PSO1: Students will be able to demonstrate a comprehensive understanding of the history and philosophies that underpin the Yoga tradition.

PSO2: Students demonstrate the correct form for the discipline of Yoga practice.

PSO3: Students demonstrate effective teaching skills of Yoga.

PSO4: The aim of the programme is to propagate and promote yoga for positive health.

PSO5: This programme will introduce basic concepts of preventive health and health promotion through yoga

PSO6: introduce concepts of Human Body to the students so as to making their

PSO7: Develop clear understanding about the benefit and contraindication of Yoga practice and to train teachers on preventive health and promotion of positive health through yoga and personality development.

PSO8: Students will have knowledge of biomedical systems from an integrative and holistic perspective, as needed for the practice of Yoga therapy.

PSO9. To develop broad and balanced knowledge and understanding of Yogic concepts, principles and practices.

PSO10. To emphasize the importance of Yoga as the most important discipline for healthy life and living.

Course Outcomes :

After the completion of the course, the student shall be able to:

Foundations of Yoga

Course Outcomes

C01. Student will form an understanding of the concept of yoga

C02. Student will have an understanding about origin, history and development of yoga

C03. Student will know different branches of yoga and yoga in various yogic text.

C04. Student will know different tradition of yoga

C05. Theoretical and Practical knowledge of asanas and Pranayams to lead a balanced life

C06. Explain the various definitions of Yoga, history of Yoga and branches of Yoga;

C07. Describe kinds of Yogasanas, its importance, methods, rules, regulations and limitations;

C08. Explain the various definitions of Asana, history of Asana and Types of Asana.

C09. To understand The philosophy of the Yoga systems

C010. Demonstrate various types of Yogasanas in their correct method of performance;

Ashtanga Yoga;

Course Outcomes

C01. To learn Ashtanga yoga

C02. Illustrate the various limbs of AshtangaYoga;

C03. Self discipline and social discipline is followed by practising of Ashtanga yoga.

Hatha Yoga

Course Outcomes

C01. To give an introduction of Hatha yoga

C02. Students will have an understanding about pre-requisites, principles about Hatha yoga.

C03. To learn methods of performing asanas, pranayama, mudras and bandhas

C04. Students will have an understanding about the concept of yoga in other yogic texts.

C05. To introduce essential Hatha Yoga text

C06. Understanding the do's and don'ts of kriyas, mudras, pranayama and bhandha.

C07. Understand Asanas better and cultivate as our lifestyle

C08. Understanding the importance of Mudras and Meditation

C09. Students will be able to understand the relationship between Patanjala and Raja yoga. □

Pranayama

Course Outcomes

On completion of this course, the students will be able to:

C01. Demonstrate knowledge of pranayamas, prana and lifestyle, breathing and lifespan.

C02. Demonstrate different pranayamas.

C03. develop understanding of Prana and Pranayama. □

C04. know the physiology of breathing. □

C05. understand the obstacles and aids for the practice of Pranayama. □

C06. Increase the awareness of different types of Pranayama. □

C07. know the importance and consequences of Kumbhak.

Human Anatomy and Physiology

Course Outcomes

C01. To give a basic understanding of the human anatomy

C02. To give a basic understanding of the human physiology

C03. To give a deeper understanding of the human systems

C04. To understand the physiological functions

C05. To explain underlying mechanism of changes in body due to Yoga practice

C06. To understand the concept of human body from the perspective of yoga. □ To know about the necessary functions of the body. □

C07. To give brief idea about the diseases related to each system.

C08. To throw light on anatomy so that student can experience the involvement of their body parts while practicing various postures of yoga.

Yogic Lifestyle

Course Outcomes

C01. Understanding the importance of regular yogic practices in life.

C02. Know the role of yogic diet for healthy living.

C03. The relevance of Yama and Niyama to improve the quality of life.

C04. Develop the knowledge of purification practices.

C05. Learn the Yogic life style and manage common disorders in body and mind.

C06. To introduce the essential elements of a yogic life style

C07. To introduce the concept of health and disease

C08. To give an understanding of the concept of ill health and their remedies through yoga

C09. To give an overview of the five sheath human existence

C010. To learn methods of natural healing methods

Patanjali Yoga Darshana

Course Outcomes

C01. To teach an overview of the Patanjali Yoga Sutras

C02. To teach the essence of the Patanjali Yoga Sutras

C03. Explain the basics of Samkhya and Yoga darshanas (Philosophies)

C04. Students will have an understanding about the essence of Samadhi and Sadhana Pada.

C05. Students will have understanding of the essence of Vibhuti and Kaivalya pada.

Yoga for Mental Hygiene

Course Outcomes:

C01. After completion of course students will To develop the knowledge on yogic perspective of mental health and sign and symptoms of Psychiatric, Psychotic and Personality Disorders

C02.Students may solve their physical and mental problems through yoga

C03.To development the social adjustments through yoga in student s. □

C04.Students relax their mind by using different relaxation techniques through yoga.

C05. Impact of yoga for intellectually challenged people

Yoga and Health

Course Outcomes:

C01. Factors affecting health (physical, mental and emotional health) and the role of positive attitude and necessary of lifestyle correction.

C02. We can understand the importance of hygiene in general and sanitary hygiene in particular.

C03. Which in turn prevent communicable disease

C04. Importance of yoga on communicable and lifestyle diseases.

Applied Psychology in Yoga

Course Outcomes:

C01. To understand the concept of psychology and the role of yoga in promoting learning intelligence and personality for all people.

C02. Understanding spirituality and the powers of mind, chakras concepts to purify our body.

C03.The technique how yoga is the healer for psychological diseases.

Naturopathy

Course Outcomes:

C01. Understanding mahaboodha thatuvas and importance of naturopathy treatment in the current scenario.

C02. To know about various treatment, to treat various disorders/ diseases by the treatment of hydrotherapy and electrotherapy.

C03. To learn procedures in naturopathy and diagnosis techniques to treat natural immunity diseases.

Yoga Philosophy

Course Outcomes:

C01. To learn principles of yoga and yogic concept of mystical development.

C02. Different types and yogic concept of yoga.

C03. To learn philosophical concept of yoga

Yoga Practicum

Course Outcomes:

C01. Understand the concept of loosening practices.

C02. Understanding the different kinds of asana, and the internal movements of the body and prana.

C03. To understand the physiological benefits, (removes depression, headaches and increase concentration

C04. Develop understanding of different yogic techniques.

C05. Develop perfection to practice different yogic techniques. □

C06. Demonstrate each practice with confidence and skill.

C07. To introduce a regular and rigorous practice (sadhana) of yoga practices

C08. The students will learn the procedures of Shatkarmas and be able to execute these

C09. The students will learn the Yogasanas and be able to guide

C010. Understand Asanas in various posture.

C011. Understand the benefits of Asanas in practical.

C012. Understand the proper method to perform Asanas.

C013. The students will learn the procedures of Pranayama and be able to execute these

C014. The Meditation and be able to guide others in practice.

C015. Explain techniques of Pratyahara, Dharana and Dhyana.

MODE OF EVALUATION:

After the completion of course, written examination will be taken for 60 Marks and practical marks will be conducted for 35 Marks and a viva will be conducted for 05 Marks. On the basis of marks obtained for written examination and viva, the results will be prepared. The gradation system for the declaration of results will be as follows:

GRADING SYSTEM

Level	Excellent	Very Good	Good	Above Average	Average	Below Average	Poor	Fail
Grade	A+	A	B+	B	C	D	E	F
Marks range	90-100	80-89	70-79	60-69	50-59	40-49	33-40	0-32



