

THE GANDHIGRAM RURAL INSTITUTE - DEEMED UNIVERSITY

GANDHIGRAM



YOGA CENTRE

**SYLLABUS FOR
FOUNDATION COURSE IN YOGA EDUCATION**

JUNE 2015

YOGA EDUCATION (One Credit)

UNIT: I

History of Yoga - Definition of the term Yoga - Comprehensive Nature and Scope Yoga- Aims and Objectives of Yoga - various schools of Yoga like Patanjaliyoga, Astangayoga, Tantrayoga, Mantrayoga, Hathayoga, Layayoga, Rajayoga, Ganayoga, Bhaktiyoga, Karmayoga - Yoga as an ideal system of physical culture - Modern Vs. Yogic concept on diet - Do's and Don'ts of specific Yogic Techniques - Difference between practice of Asanas and Physical Exercise.

UNIT: II

Preparing Oneself for Yogic Practice - Different kinds of Yogic practices: Suryanamaskar, Asanas (Utkatasana, Tadasana, Trikonasana, Padmasana, Vajrasana, Gomukhasana, Shalabhasana, Paschimottanasana, Dhanurasana, Sarvangasana, Halasana, Savasana and Makarasana), Pranayamas (Anuloma-Viloma and Nadisuddi), Suddhikriyas (Kapalabhati), Bandhas (Mulabandha – Uddiyananbandha – Jalandharabandha) - Mudras - Dhyana (Meditation - Gandhian way of Meditation).

References:

1. Asanas, Swami Kuvalayananda, Kaivalyadhama, Lonavla, 1993.
2. Light on Yoga, B.K.S Iyengar Harpine Collins Publication, New Delhi, 2000.
3. Sound Health Through Yoga, K.Chandrasekaran, Prem Kalyan Publications, Sedapatti, 1999.
4. Yoga For All, Maharishi Patanjali, Sahni Publications, 2003.
5. Yoga For Health, Institute of Naturopathy & Yogic Sciences, Bangalore, 2003.
6. Yoga for Health, K.Chandara Shekar, Khel Sahitya Kendra, Theni, 2003.
7. Yoga For the Morden Man, M.P.Pandit, Sterling Publishers Private Limited, New Delhi, 1987.
8. Yoga For You, Indira Devi, Jaico Publishing House, Chennai, 2002.

General Objectives

To learn the importance of yogic practices (namely: asanas, pranayama, kriyas and meditation technique) in the sophisticated/modernized life style.

Specific Objective Learning

1. To understand the yogic concept to lead a healthy life.
2. To know about the various school of yoga.
3. To assess the importance of yogic life style in the modern society.
4. To identify the importance of yogic diet.
5. Recognize the importance of preparatory exercise before practicing asanas and pranayamas.
6. To demonstrate the suryanamaskar and various asanas.
7. To practice meditation.
8. Able to teach mudras.
9. Explain about the bandhas.
10. To know about the Gandhian way of meditation.
11. Realize the difference between the asanas and physical exercises.

Scheme of Examination

Paper	Internal Evaluation		Passing minimum	Maximum marks
	CFA	ESE		
Yoga Education	25	25	20	50

Scheme of Examination / Evaluation

Yoga - Foundation Course – One Credit

Theory / Practical	Credit	Passing minimum	Maximum marks	Total
	1	20	50	50

DETAILS OF LECTURE/PRACTICAL HOURS

Weekly one hour – 18 hour per course – 3 hours for CFA test – 15 lecture hours

15PEYU0201- for Arts 15PEYU0101- for Sciences	Sub Units		Lecture / Practical hours	Total Hours
Unit-I	History, Definition, Nature, Scope, Aims and Objectives of Yoga		1hour	7 hours
	Various schools of Yoga	Patanjali yoga, Astangayoga, Tantrayoga, Mantrayoga,	1hour	
		Hathayoga, Layayoga, Rajayoga, Ganayoga, Bhaktiyoga, Karmayoga	1hour	
	Yoga as an ideal system of physical culture		1hour	
	Modern Vs. Yogic concept on diet		1hour	
	Do's and Don'ts of specific Yogic Techniques		1hour	
	Difference between practice of Asanas and Physical Exercise		1hour	
Unit –II	Yogic practices	Suryanamaskar	2 hour	8 hours
	Asanas	Utkatasana, Tadasana, Trikonasana, Padmasana, Vajrasana, Gomukhasana, Shalabhasana, Paschimottanasana Dhanurasana, Sarvangasana, Halasana, Savasana and Makarasana	2 hour	
	Mudras	Meaning and Types of mudras, Yogamudra	1hour	
	Pranayama & kriyas	Anuloma-Viloma Pranayama, Nadisuddhi, Kapalabhati	1hour	
	Bandhas	Jalandharabandha Uddiyananabandha Mulabandha	1hour	
	Dhyana	Types of Meditation Gandhian way of Meditation	1hour	