

# Syllabus

## Course Name: Certificate Course in Yoga

**Course Code: HISCPY 01**

Total Marks: 100 (Theory - 50 + Practical - 50)

UNITS	NO. OF HOURS for Theory and Practical	MAX. MARKS for Theory and Practical
Unit 1 – Introduction to Yoga and Basics of Yogic Practices - I	3	25
Unit 2 – Introduction to Yoga Texts - I	2	5
Unit 3 – Yoga for Health Promotion - I	5	20
Total	10 HOURS	50 Marks
Practical Work		
Practical sessions	20 Hours	20
Project/ ASSIGNMENT		10
Yoga Demonstration/ Viva		20
Total		50 Marks
<b>GRAND TOTAL</b>	<b>30 Hours</b>	<b>100 Marks</b>

### PRACTICAL GUIDELINES FOR THE STUDENTS

Assessment of performance:

The two internal examiners, assigned for the conduct and assessment of Practical Examinations. Question for the viva examinations should be conducted by two internal examiners. Question to be more of General nature, project work or the curriculum. Investigatory Project especially those that show considerable amount of effort and originality, on the part of the student, should get suitable high marks, while project of a routine or stereotyped nature should only receive MEDIOCRE marks.

Procedure for Record of Marks in the Practical answer-books:

The examiner will indicate separately marks of practical examination on the title page of the answer-books under the following heads:-

Written Exam/ Theory:- 50 Marks

Project/ ASSIGNMENT -10 marks

Projects for the final practical is given below. Student may be assigned

Viva based on Project -20 marks

The teacher conducting the final practical examination may ask verbal questions related to the project, if any, done by the student. Alternatively, if no project has been assigned to the students, viva may be based on questions of practical nature from the field of subject as per the Curriculum

Practical -20 Marks

Students to make a power point presentation / assignment / practical file / report. Instructor shall assign them any outlet to study the elements in Yoga.

Suggested list of Practical/ Assignment or Projects–

1. Practice of Sukshnavyayama, Surya Namaskar, Practice of Asanas, HalasanaPawanmuktasana, BhujangasanaShalabhasanaGomukhasana, VakrasanaUstrasanaMandukasana, SasankasanaJanusirasanaVirakshasanaPadhastasana, NadiShudhiDhyana Mudra
2. Project on Patanjali Yoga Sutras
3. Yoga effect on Human Body
4. Steps of Sithaili Pranayama
5. Practice of Tadasana
6. Practice of ArdhaChakrasana
7. Practice of Katichakrasana
8. Practice of Dandasana
9. Practice of Bhadrasana
10. Practice of Padamasana
11. Practice of Vajrasana
12. Practice of Utanmandukasana
13. Practice of kakasana
14. Practice of Parvatasana
15. Practice of Makrasana
16. Practice of Uttanpadasana
17. Practice of Setubandhasana
18. Practice of Vipritkarniasana
19. Practice of Saralmatsyasana
20. Practice of Shavasana
21. Practice of breath Meditation and OM Dhyan

22. Steps of UjjayiPranayam
23. Steps of Paschimottansana
24. Conducting Yoga project on common diseases Yoga sessions on suryanamaskar
25. Yoga for Weight loss
26. Yoga for Girls
27. Flexibility of body through Yoga.
28. Practical Asana, Pranayama, Meditation, Mudras and Bandha

**Guidelines for Project Preparation:**

The final project work should encompass chapters on: a) Introduction, b) Identification of core and advance issues, c) Learning and understanding and d) Observation during the project period.