

# CERTIFICATE COURSE

IN

## Yoga Trainer

### Scheme and Syllabus



**Department of Yoga Science**

**Atal Bihari Vajpayee Vishwavidyalaya**

**Bilaspur (C.G.)**

**(A State University, Established by the Government of Chhattisgarh)**

## **About the Course**

This course is expected to give detailed and value insight about the various concepts, issues and principles of Yoga Science. It will also encourage the participants to develop an understanding about the utility, importance and applicability of the Yoga and prepare for the challenges that lie in their path ahead.

## **Scope**

The learners will gain the absolute knowledge in the basics of Yoga. It will be useful for students in learning and importance of Yoga. Apart from this, this course will also promote employment in the field of Yoga.

## **Programme Learning Outcome:**

This programme is expected to impart higher level knowledge and understanding of contemporary trends in Yoga and able to provide adequate knowledge and understanding about Yoga practices to the students.

## **Course Learning Outcome:**

Upon completion of the course students should be able to:

- Analyze the impact of Yoga models and strategy.
- Describe the major types of Yoga.
- Explain the process that should be followed in building an Yoga presence.
- Identify the key security threats in the Yoga environment.

## **Eligibility Criteria**

Any student who has cleared Senior School Certificate Examination (Class XII) with all subjects.

## **Fees Structure**

One time admission + tuition fees of Rs. 5110/-

**Intake** – 30 Seats

**Duration** – 06 Months (probably from January to June)

## Scheme of Examination

S.N	Course Name	Marks		Credit
1.	Practical: Yoga Trainer (YT-206)	100	33	3
2.	Theory: Yoga Trainer (YT-205)	100	33	3
	<b>Total</b>	200	80	6

**Note: Minimum pass marks 33%**

## Course Contents:

# Certificate Course: Yoga Trainer

## Paper-I: Yoga Theory

[Total Marks: 100 = External  
75 + Internal 25]

### Unit-I

1. Meaning, definition and origin of Yoga.
2. Aims, objectives and scope of yoga.
3. Importance of yoga in the modern era.

### Unit-II

1. Concept and philosophy of Asthanga Yoga.
2. Constituents of Asthanga Yoga & Shat Chakras :
  - a. Yama
  - b. Niyama
  - c. Asana
  - d. Pranayama
  - e. Pratyahar
  - f. Dharma
  - g. Dhyana
  - h. Smadhi

### Unit-III

1. Asanas and their importance.
2. Classification of asanas:
  - a. Meditative
  - b. Relaxative
  - c. Cultural
3. Technique and benefits of Surya namaskar.
4. Difference between yoga and general exercises.

### Unit-IV

1. Concept of Shat Karma (Shudhi Kriyas), Hast Mudras and description of the following: Neti, Nauli, Tratak, Kapalbhathi
2. Meaning and definition of Pranayama, general techniques and benefits of the following : Ujjai, Sitkari, Shitali, Bhastrika, Bhramari, Anlom-Vilom

### Unit-V

1. Meaning and definition of Hast Mudra and Bandhas.
2. Rule & Regulation of Yoga Competition.
3. Important Yoga protocol for peoples.

# **Certificate Course: Yoga Trainer**

## **Paper-II: Yoga Practical**

[Total Marks: 100 = External 75 +  
Internal 25]

### **Unit-I**

#### **Sun Salutation**

#### **Sukshma Vyayam Part – I, II, III**

#### **Asana :**

##### **1. Sitting posture**

Baddha Padmasana, Vajrasana, Gomukhasana, Padmasana, Swatikasana, Tulasana,

##### **2. Lying posture**

Halasana, Ardhalasana, Matsyasana, Markatasana, Udarakarshanasana, Ardhdhanurasana, Ardhsalabhasana, Bhujangasana , Shavasana, Ardhalasana Bhunamanasana Karnapidasana Naukasana Vakrasana, Makarasana Suptvajrasana

##### **3. Forward Banding posture**

Paschimottanasana, Ardha Paschimottanasana, Padhastanasana Mandukasana Shashankasana Dhanurasana Janushirasana

##### **4. Backward Banding posture**

Chakrasana ,Hasta Uttanasana, Ardha Chakrasana, Ardha Ustrasana , , Bhujangasana, Dhanurasana

##### **5. Twisting posture**

Kati chakrasana ,Ardha Matsyendra, Vatayanasana , Markat aasana, Tiryak Bhujangasana

##### **6. Standing posture**

Tadasana, Natarajasana, Vrikshasana, Garudasana, Tiryak Tadasana

##### **7. Advance posture**

Shirshasana, Hanumanasana Mayurasana Paschimottanasana Matsyendra Aasan Bhujangasana Bak Dhyanaasan, ,Matsyasana ,Ustrasana , Vrikshasana

## **Unit-II**

**Pranayama** : Nadi Shodhan, Pranayama, Suryabhedhi Pranayam, Chandra Bhedi Pranayama, Ujjayi Pranayam, Shitali Pranayama, Shitkari Pranayam, Bhramari Pranayama, Bhasrika Pranayama,

## **Unit-III**

**Mudra** : Gyan Mudra, Viparita Karani Mudra, Yog Murda , Shambhavi Murda, Tadagi Murda, PranMurda, Kaki Murda, Mahamudra, Mahabandha Murda, Mahavedh Murda

## **Unit-IV**

**Bandha** : Jalandhar Bandha, Uddiyana Bandha, Mulbandha, Mulabandha

## **Unit-V**

**Shatkarma** : Jal Neti, Rubber Neti, Vaman Dhauti/Kunjali Kriya, Vatkram/Kapalbhati, Aganisar Kriya, Shitkram Kapalbhati, Vyutkrama Kapalbhati, Tratak,

## **Reference Books:**

1. Asan Pranayam Mudra Bandh by Satyanand Saraswati, Yoga publication trust Muger, Bihar.
2. Hath Yoga Pradipika by Kuwalyanand, Kaiwalya Dham, Lonawala, Pune.
3. Gheranda Samhita by Swami Niranjananand Saraswati, Yoga publication trust Muger, Bihar.
4. Yoga Tatva Darshika, (Patanjali Yoga Sutra) by Sewaram Pandey, Bhilai.
5. "Facts about Yoga", By Shri Jogindera, The Yoga Institute, Santa Cruz, Bombay-55(1975)
6. Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: DivyaPrakashan.
7. Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.

## **Online Reference:**

1. [https://drive.google.com/drive/folders/1ovwfzO68hW3ute2dnwIKltcj4Wctj8sr?usp=share\\_link](https://drive.google.com/drive/folders/1ovwfzO68hW3ute2dnwIKltcj4Wctj8sr?usp=share_link)
2. [https://swayam.gov.in/explorer?category=COMP\\_SCI\\_E](https://swayam.gov.in/explorer?category=COMP_SCI_E)