

VIVEKANANDA COLLEGE

College with Potential for Excellence

Residential & Autonomous – A Gurukula Institute of Life-Training

Affiliated to Madurai Kamaraj University

Reaccredited with 'A' Grade (CGPA of 3.59 out of 4.00) by NAAC

TIRUVEDAKAM WEST, MADURAI DISTRICT – 625 234



DEPARTMENT OF PHYSICAL EDUCATION

Certificate Course in Yoga

SYLLABUS

(Those who joined on or after June 2018)

DEPARTMENT OF PHYSICAL EDUCATION

SCHEME OF EXAMINATIONS

Course	Subject Code	Subject	Hours	Marks	
				Ext.	Total
Certificate Course in Yoga (First Year)	CCY015	Theory: History and Development of Yoga	20	100	100
		Practical	20	100	100

DEPARTMENT OF PHYSICAL EDUCATION
Certificate Course in Yoga (CCY)
SYLLABUS

Non-Semester		
Subject Title : History and Development of Yoga		
Sub Code:	Hours: 15	Total Marks: 100

UNIT - I

Yoga: Introduction, Origin, Meaning, Definition –Concept, Aims and Objectives of Yoga – Types of Yoga – Difference between Yogic Practices and Physical Exercises

UNIT – II

Spirituality: Introduction to Thirumoolar’s Thirumanthiram – Patanjali Yoga Sutra – Yoga helps Disciplined Way of Life

UNIT – III

Surya Namaskar and Asanas: Introduction- Objectives– Prapatory Practices– Surya Namaskar and Basic Asanas (Refer Practical Syllabus) - Procedure for Practicing Asanas – Indications and Contraindication.

UNIT – IV

Health and Holistic Approach: Meaning, Definition – Application of Yogic Practices to Improve Health – Application of Raja Yoga and AsthangaYoga for Healthy Life.

UNIT – V

Health Related Physical Fitness: Concepts, Meaning and Components – Relationship between Yoga and Health Related Physical Fitness.

References

1. N. Ramakrishnan (2003), Endrum Nal Vazvudharum Thirumularin Panniru Yogangal, Manivasakar Publication, Chennai,
2. Sri Patanjali Yoga Sutram
3. George Feuerstein (2002), The Yoga Tradition, Motilal Banasidass Publishers Pvt. Ltd., Delhi.
4. I.K.Taimini (2001), Science of Yoga, Therosophical Publishing House, Chennai,.
5. D.A.Wuest and C.A.Bucher (1995), Foundations of Physical Education and Sports, St.Louis Mos Company,.
6. K.Chandra Sekaran (1999), Sound Health Through, Prem Kalyan Publications, Madurai.
7. Swami Saithansansha Saraswathi (1973), Asanas Pranayama Mudra Bandha, Yoga Publication Trust, Munget,.

DEPARTMENT OF PHYSICAL EDUCATION
Certificate Course in Yoga (CCY)

SYLLABUS

Non-Semester		
Subject Title : Practical		
Sub Code:	Hours: 15	Total Marks: 100

I. PREPARATORY EXERCISES

II. SURYA NAMASKAR

III. ASANAS

1. Ardha Kati Chakrarasana
2. Utkatasana
3. Aekapadasana
4. Trikonasana
5. Vajrasana
6. Padmasana
7. Pachimotasana
8. Komukasana
9. Sasankasana
10. Ardha Halasana
11. Navasana
12. Vipareetakarani
13. Sarvangasana
14. Uttana Padasana
15. Makarasana
16. Bhujangasana
17. Salabasana
18. Dhanurasana
19. Ardha Ustangasana
20. Ardhasirasasana
21. Savasana

IV. PRANAYAMA

1. Sectional Breathing
2. Chandra Viloma
3. Surya Viloma
4. Nadi Suddhi
5. Bhramari

V. KRIYAS

1. Kapalabhati
2. Trataka
3. Nauli

VI. MUDRAS AND MEDITATION

1. Chin Mudra
2. Nasika Mudra
3. Chinmaya Mudra
4. Adhi Mudra
5. Sanmukhi Mudra