

***KARNATAKA UNIVERSITY DHARWAD***

***SYLLABUS***

***CERTIFICATE COURSE IN YOGA STUDIES***

***(C.Y.S)***

***W.E.F.2020-2021***

**KARNATAK UNIVERISTY DHARWAD**  
**DEPARTMENT OF YOGA STUDIES**

**PREAMBLE:**

Yoga is an integral part of Indian cultural and Spiritual heritage. The science of Yoga promotes physical, mental and spiritual health and also helps and individual to lead a happy and healthy life, thus bring harmony and peace in the society. In the modern days, the techniques of Yogic science are extremely useful in the management of stress and stress related disorders and promote positive health of an individual.

Karnatak Univeristy Dharwad has established the Department of studies in Yoga way back in the year 1976 and is the first University in Karnatak state and second in entire India which has started the Department of studies in Yoga, to impart comprehensive Yoga education with Provisions to grant higher degrees in Yogic studies. At present the Department of Yoga studies functions with following objectives.

**OBJECTIVES:**

1. To impart Yoga education and training for promotion of positive health and also for overall personality development of an individual.
2. To impart scientific training in Yogic studies (both theoretical and practical) to those desirous making a carrier in the professional field of Yogic teaching and to provide professional Yoga teachers to all levels of learning.
3. To train the students to undertake higher training and research in various aspects of Yogic science.
4. To organize short term Yoga training and Yoga therapy courses or camps, special lectures, workshops and seminars on Yoga for the benefit of students, teachers, ministerial staffs of the university and all sections of the society to promote positive health.
5. To promote and also to propagate the importance of Yogic science in modern days and take in to the common man.

**COURSES OFFERED**

The Dept. of Yoga Studies is now offering two regular courses each of one year duration and one MA course of two years duration:

1. Certificate Course in Yoga Studies (Part Time)
2. P.G. Diploma in yoga Studies (Full Time)
3. M.A in Yoga (Full Time)

## COURSE STRUCTURE

### **1. CERTIFICATE COURSE IN YOGA STUDIES (C.Y.S)**

**1. Title:**

The course shall be called “Certificate Course in Yoga Studies” (C.Y.S)

**2. Duration :**

The Course is extended over a period of one academic year comprising of two terms.

**3. Objectives :**

The Course is designed

3.1 To introduce Yoga and Yogic practices to promote positive health of an individual.

3.2 To provide training in theory and practice of Yoga allied subjects for development of personality of an individual at physical, mental, emotional and intellectual levels with a spiritual basis.

3.3 To train the students to undertake higher training and practice in Yoga

**4. Eligibility:**

4.1 A candidate seeking admission to certificate course in Yoga studies shall have passed the S.S.L.C (X) of Karnataka State or its equivalent thereto

4.2 Candidates are allowed to take admission to the CYS Course along with their studies in Under Graduate or Post Graduate course (i.e P.U.C., B.A, B.Sc, B.Com, M.A, M.Sc, M.Com, MBA, M.Phil, Ph.D etc).

4.3 Candidates who are in employment are also allowed to take admission to the said course.

**5. Medium of Instruction:**

English/Kannada

**6. Hours of Instruction:**

There shall be 4 hours of teaching work per week for every theory paper of 100 marks and 8 hours of teaching work per week for every practical paper of 100 marks.

**7. Intake Capacity:**

Maximum Hundred (100) candidates/ As prescribed by the University from time to time.

**8. Attendance:**

For admission to the said examination, candidates are required to keep two terms in the Department of Yoga Studies of this University. A students shall attend a minimum of 75% of the total instruction hours in a paper (theory/practical) in each term or as prescribed by the University from time to time

**9. Scheme of Examination:**

9.1 There shall be a University examination at the end of an academic year both in theory and practical papers.

9.2 Candidates are allowed to write the said examination either in English or in Kannada.

9.3 The duration of theory paper examination shall be of 3 hours.

9.4 Each theory paper of 100 marks shall comprise of 10 questions of 20 marks each from five units covering the entire syllabus. The student has to answer five questions out of Ten.

9.5 The duration of practical paper examination shall be of 4 hours and each practical batch shall contain a maximum of 12 candidates.

**10. Standard of Passing**

A candidate is required to obtain 40% of marks in each paper and 40% of marks in the aggregate for getting passed the said examination. A candidate must obtain 40% or more but less than 50% of aggregate marks for Pass class, 50% or more but less than 60% of aggregate marks for second class, 60% or more but less than 70% of aggregate marks for a first class and 70% or more of aggregate marks for a first class with Distinction.

**11. Reappearing Facility:**

A candidate failing only in one or more theory papers or in a practical paper is allowed to reappear for only those paper/s in which he/she has failed. He/she need not reappear for the papers (theory or practical's) in which he/she has passed.

**12. Scheme of papers and practical**

S. No.	Paper No.	Title of the Paper	Total Marks	Hours of Instruction	Duration of Exam.
1	Paper -I	Foundations to Yoga	100	4 hrs/week	3 hrs
2	Paper -II	Yoga and Health	100	4 hrs/week	3 hrs
3	Practical	Practical Training in Yoga	100	8 hrs/week	4 hrs

## PAPER-I: FOUNDATIONS TO YOGA

Marks: 100

Duration: 4hrs/week

### **Unit-I: Introduction to Yoga**

1. Etymology and definitions of Yoga.
2. Origin, history and development of Yoga.
3. Misconceptions, aims and objectives of Yoga.
4. Important schools of Yoga—karma yoga, jnyana yoga and bhakti yoga.

### **Unit-II: Yogic Practices for Common Man**

1. Rules and regulations to be followed by a yoga practitioner.
2. Nature, types and importance of meditation.
3. Relevance of yoga in modern world.

### **Unit-III: Essence of Patanjali Yoga Sutra.**

1. Introduction of Patanjali Yoga Sutra: Samadhipada, Sadhanapada, Vibhutipada and Kaivalyapada.
2. Concept of Chitta, Chitta-bhumis, Chitta-vrittis, Chitta-vritti nirodhopaya (Abhyasa and Vairagya).
3. Astanga Yoga : Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.

### **Unit-IV: Essence of Hatha Yoga Pradeepika. .**

1. Meaning, nature, scope, aim and objectives of Hatha Yoga.
2. Introduction to Hatha Yoga Pradeepika text.
3. Technique and utility of hatha yoga practices: such as Asanas, Pranayamas, Kriyas, Bhandhas and Mudras etc..
4. Shat-chakras, their nature and importance in Hatha-yoga

### **Unit – V: Philosophical Foundations of Yoga**

1. Introduction to philosophy, salient features of Indian Philosophy.
2. Concepts of Soul and moksha in important Indian philosophical systems( Buddhism, Jainism, Sankya-Yoga, Upanisads, Advaita, Vishistadvaita, and Dvaita).
3. Theory of Karma and Rebirth.

### **Books for Reference**

- Swami Rama : Lectures on Yoga (The Himalaya International Yoga Institute, Pennsylvania, 1979)
- Joshi K. S.:Yoga in Daily Life (Orient Paper Backs, New Delhi, 1985)
- Ajitkumar: Yoga Pravesh (Kannada) (Rastrothana sahity, Bangalore, 1990)
- Swami Digambaraji : Hatha Pradipika (Kaivalyadhama, Lonavala, 1982)
- Swami Digambarji & Gharote, M.L.:Gheranda Samhit (Kaivalyadhama, Lonavla, 1978)
- Naikar C.S.: Ghatashthayoga (Kannad)(Media Publisher, Dharwad, 1977)
- Naikar C.S.: Hatha Yoga pradeepika (Kannada) (Media Publishers, Dharwad, 2001)
- Burley, Mikel : Hatha Yoga, its Context Theory and practice (M.L.B.D. Delhi, 2000)
- Karambelkar, P.V.: Patanjalis Yoga Sutra (English)(Kaivalyadhama, Lonavala, 1989)
- Stepphen Sturges: The Yoga Book (Motilal Banarsidass, Delhi, 2004)
- Swami Adidevananda :Patanjala Yoga darshan (Kannada) (Ramakrishna Math, Bangalore)
- Nadiger K.G. :Patajala Yogasara (Kannada)
- Karel Werner: Yoga and Indian Philosophy ((Motilal Banarsidas, Delhi, 1979)
- Swami Prabhavananda : Spiritual Heritage of India (English) Bharatiya Adhyatmika Parampare (Kannada) (Shri Ramkrishna Math, Madras, 2004)
- Kunhan Raja: Some Fundamental Problem in Indian Philosophy (Pub : Motila Banarsidass, 1974)
- Brij Bihari Nigam: Yoga Power (Dominant Publishers, Delhi, 2001)
- Swami Vivekananda: Jnana Yoga, Bhakti Yoga, Karmayoga, Rajayoga (Advaita Ashrama, Culcutta -200)
- Dr. N.G.Mahadevappa: Yoga Mattu Bharatiya Tattvasashtra, Suyoga Prakasana, Chaitanya, 5<sup>th</sup> Cross Kalyana Nagara , Dharwad-580007, 2008.
- Vedanta Keshari Sri Mallikarjuna Mahaswamigalu: Patanjala Yogasutra, Jnyana Yoga Foundation, Bijapura, 2003.
- Dr. Chandramouli S. Naikar: Hathayogapradeepika,Medha Publishers, Sankalpa, Kalyana Nagar, Dharwad-7

## PAPER – II YOGA AND HEALTH

Marks : 100

Duration:4hrs/week

### **Unit I: Concept of Health in Yoga**

1. Yogic concept of health and disease: concept of adhi and vyadhi; meaning and definitions.
2. Concept of Tridosha, Triguna, pancha-mahabhutas, pancha-prana, and their role in health and healing. .
3. Concept of pancha kosha, shat-chakra and their role in health and healing.

### **Unit II: Nutrients and Yogic Principles of Diet**

1. Food: concept, components, functions and classification.
2. Nutrients: sources, functions and effects on body.
3. Yogic Diet: concept of ahara, mitahara, pathya and apathy.

### **Unit III: Introduction to Human Anatomy.**

1. Nine systems of human body (ie, circulation, nervous, muscular, skeleton, digestive, reproductive, endocrine, cardio-vascular and sensory organ): their basic knowledge structure and functions.
2. Cell and tissue: their Structure and functions.

### **Unit IV: Introduction to Human Psychology**

1. Meaning and definitions of Human Psychology.
2. Mental process: attention, sensation, perception, learning, memory, feeling and emotions.
3. Definitions and types of personality; Yoga and personality development.

### **Unit V: Yogic Management of Common Disorders**

1. Yogic management of frustration, conflict and stress.
2. Effect of Yogic practices on nine systems of human body and mind,.
3. Yogic treatment for common psychosomatic disorders.

### **Books for Reference**

- Iyengar B.K.S: Arogya – Yoga (Kannada) (Himagiri Graphics, Bangalore, 2000)
- Nagarathna R and Nagendra H. R.: Inegrated Approach of Yoga Therapy for positive Health (Swami Vivekananda yoga Prakashana,Bangalore, 2001)
- Lajapt Rai And others: Human Food (Anubhava Rai publication, Gurgaon, 1999)
- Gore M.M.: Anatomy and physiology Yogic Practice (Kanchana Prakashana, Lonavala, 2004)
- Shirley Telles : A Glimpse of the human body (Pub : V.K. Yogas, Bangalore, 1995)
- Nadiger A.K. : Shareera Rachane mattu Gundharma Shastra (Kan) (Shareer shikshan prakashna, Dharwad, 2000)
- Bhatia H. R.: General Psychology (Oxfor & IBH Publishing co., Culcutta, 1971)
- Sachdeva I.P. : Yoga and depth psychology (Motilal Banarsidas, Delhi, 1978)
- Nataraj P.K.: Samanaya Mano Vijanan, Vol. I &II (Kannada ) (Mysore University, Mysore )
- Nagendra H.R. & Nagaratna .R.: New Perspectives in Stress Management ( V.K. yoga Prakashana , Bangalore,2001)
- Swami Kuvalyananda& Vinekar S.L. : Yogic Therapy ( Ministry of Health, Govt of India , New Delhi 1963)
- **Swami Satyanada Saraswati: Yogic Management of common diseases** ( Bihar school of Yoga, munger )
- Nagendra H.R. & Nagaratna R.:Samagra Yoga Chikitse (Kannada) (Swami Vivekanand Yoga Prakashana, Bangalore, 2000)

## PAPER-III: PRACTICAL:PRACTICAL TRAINING IN YOGA

Marks : 100 (80+20)

Duration : 8hrs./week (6+2)

The student should know the technique and important features of the following Yogasanas, Pranayama, Meditation, Yogic Kriyas, Bandhas and Mudras and their practices.

### I. Yogasanas 40 marks

- Meditative Asanas** : Sukhasana, Padmasana, Vajrasana, Svastikasana,
- Relaxative Asanas** : Shavasana, Makarasana, Vishramasana, Tadasana,
- Cultural Asanas** : Urdhva Hastasana, Kati Chakrasana, Ardha Chakrasana, Padahastasana, Trikonasana, Parivrita Trikonasana, Parshva Konasana, Yoga Mudra, Uttitha padmasana, Shashankasana, Baddha konasana, Ustrasana, Navasana, Vakrasana, Ardha Matsyendrasana, Gomukhasana, Paschimottanasana, Supta Vajrasana, Utthana Mandukasana, Akarna Dhanurasana, Baddha padmasana, Garbhasana, Bhujangasana, Shalabhasana, Dhanurasana, , Pavanamuktasana, , Sarvangasana, Matsyasana, Halasana, Chakrasana, Shirshasana and Mayurasana.
- Yogic Surya Namaskara**

### II. Pranayama & Meditation 20marks

- Mechanism of correct breathing.
- Yogic deep breathing
- Concept of Puraka, Rechaka and Kumbhaka
- Nadi Shodhana Pranayama, (with Kumbhaka)
- Ujjayee, Sheetali and Bhramari Pranayamas (without Kumbhaka)
- Recitation of Pranava japa and
- Elementary practice of Meditation

### III. Bhandas & Mudra 10Marks

- Jalandhara Bandha.
- Yoga Mudra.
- Uddiyana Bandha.
- Shanmukhi Mudra.
- Mula Bandha.
- Simha Mudra.
- Jivha Bandha.
- Vipareeta Karani

### IV. Yogic Kriyas 10Marks

- Neti,
- Dhouti,
- Nouli,
- Basti,
- Kapalabhati,
- Trataka.

### V. Journal – Viva Voce 20Marks

- Journal** : The students have to write minimum ten assignments on different topics related to Yoga practical prescribed by the Yoga practical teachers. The journal has to be signed by the concerned practical teacher and the Chairman of the Department and shall be produced at the time of annual practical examination for evaluation.
- Viva Voce**: There shall be a viva voce examination.

### Books for Reference

- Swami Kuvulyananda : Asana (Kaivalyashama, Lonvala, 1982)
- Tiwari O.P.: Asana Why and How (Kaivalyadhama, Lonvala, 1991)
- Swami Satyananda Saraswati :Asana, Pranayama, Mudra, Bandha (Bihar School of Yoga, Munger, 1989)
- Yogeshwar: The Text Book of Yoga (Yoga centre Madras)
- Swami Satyananda : Surya Namaskar Saraswati (Bihar School of Yoga, Munger 1983)
- Swami Shivanand: Yogasanagalu (Kannada) (Bangalore Divya Jeevan Sangh, Bangalore, 1989)
- Tiruka : Yogasanagalu (Kannada) (Ananthashevashrama, Malladihalli)
- Nagendra, H. R.: The art and science of Pranayama (V.K. Yogas, Bangalore, 1993)
- Swami Kuvulyananda : Pranayama (Kaivalyadhama, Lonavala, 1983)
- Gharote, M.L.: Pranayama – The Science of Breath (The Lonavala Yoga Institue, Lonavala, 2003)
- Joshi, K. S.:Yogic Pranayama (Orient Paperback, New Dehli, 1990)
- Tiruka : Shtkriyegalu (Kannada) (Ananthashevashrama, malladihalli)
- Nimbalkar S. P. :Yoga for health and Pease (Yoga Vidya Niketana, Bombay, 1992)
- Ajitkumar: Yoga Pravesha (Kannada) (Rastrothana Sahitya Parishat, Bangalore, 1992)
- Swami Yateeshwarananda : Dhyana Jeevan Deepika (kannada) (Ramkrishnashrama, Bangalore, 1984)
- Kattimani R. V. :Manashantigagi Dhyana (Kannada)(Usha Enterprises, Bangalore, 2004)
- Mandalika V.V.:Yoga Pravesha (kannada) (Yoga Vidya Dhama, Nasik, 2004)