

Sh. L.N. Hindu College, Rohtak

Affiliated to M.D.University, Rohtak

A Post Graduate Co-Educational College, Bhiwani Road, Rohtak

Accredited by NAAC with 'B' (2.74) Grade

Certificate Course in Yoga and Meditation

For All Students

Duration: 30 Hours

General Objective of the course:

- To enable students to become competent professionals in yoga & meditation.
- To enable the students to use competencies and skills needed for becoming an effective yoga trainer.
- To enable student to understand the history & Role of Ashtang yoga.
- Help the students to learn the concept of meditation.
- To introduce students with practical knowledge of yoga asana, Pranayama, Kriyas, Bandhas & Mudras logic therapy & meditation.

Student learning outcomes:

- The student will be able to gain the knowledge of Kriyas, Bandas, Madras, Asanas, Pranayama and meditative posture.
- They will be able to practice mindful meditation.
- Students will be able to demonstrate various forms of breathing exercise, called Pranayama breathing.
- They will be able to integrate Mantras (yoga chanting) into their yoga practice.
- Students will be able to describe physiological and psychological changes resulting from the practice of yoga
- Students will be able to gain all the necessary knowledge to work as yoga trainer.

Syllabus

External Marks:- 60

Internal Marks:- 40

Time :- 3 hours

Note:- Examiner will be required to set 9 questions in all Question number 1 will be compulsory and consist of 6 parts (short answer type questions) covering the entire syllabus and will carry 12 marks. In addition to the compulsory question there will be 4 units I.e. unit 1 to unit 4. Examiner will set two questions from each unit of the syllabus and each question will carry 12 marks. Student will be required to attempt 5 questions in all. In addition to compulsory question student will have to attempt 4 more questions selecting one question from each Unit

UNIT- 1

Concept of yoga, History of Yoga and its effects on our historical culture.

Role of Ashtang yoga, Yama, niyama, Asana, Pranayama, Pratyahar, dharna, dhyana, Samadhi

UNIT-2

Postural: Physiology with reference to asana,

Asana- Definition and classification, similarities and dissimilarities between asana and exercise.

Pranayama- definition and classification, difference between pranayama and deep breathing.

Importance of Rechake, kumbhaka, Puraka., Introduction to kriyas, mudras and bundhas in brief.

UNIT- 3

Meditation: Concept of meditation, type of mediation, Personality development with the help of meditation techniques.

UNIT-4

Therapeutic yoga (Disease- wise Yoga)

- High B.P
- Depression
- Stress
- Anxiety
- Cervical Pain
- Diabetes
- Lower Back pain
- Asthma

Practical Sessions: Based on all units covered in syllabus.

Suggested Readings:

- Sawami Niranjana Das Saraswati, Asana, Pranayama, Bandha mudra, Yoga Publication Trust. 2011.
- Rajiv Jain Trilok, Sampurnaya Yoga vidya, Manjul Publishing House. 2008.
- Swami karmannanda saraswati, Rog Power Yoga, Yoga Publication. 2013.
- Swami karmannanda saraswati Yogic Management of common disease, Yoga Publication Trust. 2019.
- Sawami Niranjana Das Saraswati Gheranda Sanhita, Yoga Publication Trust. 2011.
- Swami Atmananda Akshaya, Yog aur Yogasana. Prabhat Parkashan.

Note: Latest and additional good books may be suggested and added from time to time.