

ANDHRA UNIVERSITY

Telegrams: UNIVERSITY
Telephone: 284 4000
Fax: 0891 - 2755324



All Official letters, packages etc,
should be addressed to the
Registrar by designation and not
by name

No. L.II(3)/Certificate course Yoga/2019

Visakhapatnam,
Dt: -07-2019.

PROCEEDINGS OF THE VICE-CHANCELLOR

Sub : Department of Yoga & Consciousness – Certificate Course in
Yoga – Approval of Syllabus and Scheme of Examination w.e.f.
February, 2019 – assigned the admission procedure to the
Director, Directorate of Admissions - Orders – Issued.

Read : Letter dated 29-05-2019 submitted by the Chairman, Board of
Studies in Yoga & Consciousness, A.U.

* * *

ORDER :

Having considered the Ref. read above, the Hon'ble Vice-Chancellor is
pleased to order that :

- i. to assign the work of admission procedure for this Certificate Course
in Yoga to the Director, Directorate of Admissions, A.U as in the case
of other academic courses,
- ii. to assign the work of conduct of examinations and all other related
matter to the Controller of Examinations, A.U. and
- iii. the syllabus, scheme & modal question papers received from the
Department of Yoga & Consciousness be approved and same be
communicated to the Department of Yoga & Consciousness, A.U. and
Controller of Examination for implementation.


It is further ordered to place the matter before the ensuing meeting of
Standing Committee of the Academic Senate.

(BY ORDER)

(T.V. SATYAVATHI DEVI)
DEPUTY REGISTRAR (ACADEMIC)

Copies to:

1. The Principal, College of Arts & Commerce, A.U., Vsp.
2. The Head of the Department of Yoga & Consciousness, A.U., Vsp.
3. Chairman, Board of Studies, Department of Yoga & Consciousness, A.U, Vsp.
4. The Controller of Examinations, A.U., Vsp.
5. The Superintendents of E.VII & S.I. Sections for information
6. The Director, Computer Centre, A.U., Vsp.
7. O.C. & O.O.F.


ANDHRA UNIVERSITY
COLLEGES OF ARTS & COMMERCE
DEPARTMENT OF YOGA & CONSCIOUSNESS

CERTIFICATE COURSE IN YOGA
(w.e.f 2019)

Objectives:

The purpose of the Certificate Course in Yoga is to give a basic knowledge of Indian philosophy, Yoga texts relevant to the Yoga theory, human biology, and practice of yoga to help them to gain the basic theoretical and scientific perspective on yoga.

Eligibility

The candidates for Certificate Course in Yoga shall be required a minimum 10th class pass or an examination recognized by the Andhra University as equivalent.

Total seats : 40

Course Fee : Rs. 3400/- which includes examination fee Rs. 400/-

Physical fitness:

The selected candidates must be in good physical and mental health and fit to practice Hatha yoga as certified by a physician.

Courses of study:

Certificate Course in Yoga shall include one theory paper and one practical. The details of theory paper & practical are provided in the syllabus.

Duration and Instruction:


The course duration shall be three months. The classes will be conducted from Monday to Saturday with one hour theory and one hour yoga practices. Practical classes for kriyas will be conducted on Saturday. The medium of instruction shall be English/Telugu. The method of instruction shall comprise of lectures and demonstration.


Yoga practice & Yoga Record:

The students shall practice kriyas, asanas, bandhas, pranayama, and meditation during the course on a regular basis. They shall maintain a record consisting of the details of the sequential movements involved in yogic practices. Such a record shall be submitted at the time of the practical examination for evaluation.

Attendance & Examination: In view of the special nature of the course it is desirable that the student shall put in at least 75 per cent attendance to appear for the University examination at the end of the course. The examination will be held at the end of third month

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CHAIR PERSON, BOARD OF STUDIES
IN YOGA & CONSCIOUSNESS
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Scheme of Certificate Course in Yoga Examination

Subject Code	Title of the Paper	Exam Duration (Hours)	Max. Marks	Pass Marks	Credits
CCY 101	Fundamental of Yoga	3	100	40	6
CCY 102	Yoga Practice		100	50	6


Mode of examination and evaluation for Yoga practice:


In view of the unique nature of yoga practice, the following mode of evaluation is recommended for yoga practice. The total marks of 100 for the examination in yoga practice shall be distributed as follows:

Performance	- 60 marks
Viva-voce	- 20 marks
Record	- 20 marks

A candidate shall be declared to have passed in theory paper, if he/she obtains not less than 40% of marks and 50% in practical examination. However, the aggregate passing minimum may be 50%. A candidate failing to secure the minimum marks prescribed as above shall have to reappear for the examination. Successful candidates passing the examination in theory and practice shall be classified as below according to the aggregate percentage obtained.

50% and above but below 59%	: 'C' grade
60% and above but below 69%	: 'B' grade
70% and above below 79%	: 'A' grade
80% and above	: 'A' + grade


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Syllabus

Paper – I : Fundamentals of Yoga

Unit -I

Meanings, Definitions and development of Yoga; The aim, objectives and scope of Yoga
Traditional Literature on Yoga; Introduction to Yoga Sastra of Bhagavat Gita

Unit-II

Branches of Yoga: Karma Yoga; Bhakti Yoga; Jnana Yoga; Kundalini Yoga
Techniques of Hatha Yoga: Shat Kriyas; Asanas; Pranayamas; Bandhas and Mudras

Unit-III

Introduction to Yoga Darshan: structure of Yoga Sutras; Definition of Yoga; Chittav ritties;
Abhyaasa & Vairagya; concept of Ishwara; Yoga obstacles; Pancha kleashas; Astanga Yoga

Unit-IV

Yoga and Physical Exercises; Curative aspects of Yoga techniques ; Yoga, Mental Health and
enhancement of human potential; Yoga and Modern life ; *Meditation: definition; methods and*
benefits of meditation scientific studies on Yoga techniques

Unit-V:

Basic knowledge of human body: Skeletal; digestive; respiratory; circulatory; excretory; and
endocrine ; Yogic Anatomy & Physiology ; Concept of moderate diet

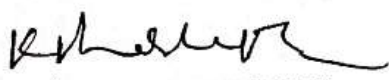
Reference books:

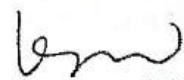
Asana, Pranayama, Mudra & Bandha – Swami Satyananda Saraswathi, Bihar School of Yoga,
Munger

Journey to Real Self : A Comprehense book on Yoga theory and Practice by Yogacharya Dr. Sri
Raparathi Rama Rao, Yoga Chaitanya Publications, Vijinigiri

The Illustrated Light on Yoga by B.K.S. Iyengar, Horpor Collins, New Delhi.

Yogic Management of Common Diseases – Swami Karmananda Saraswathi & Swami
Satyanands Saraswathi.


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PAPER – II: YOGA PRACTICES

KRIYAS

Kapalabhati, jalanethi, Sutracti Jala Dhouti, Trataka,

Pawanmukta Series Part-I & Surya Namaskaras

Meditative Asanas

Sukhasan, Vajrsan, Ardha padmasan, padmasan, Siddhasan and Swastikasana

Relaxation Asanas

Makharasana; Niralambasana, Advasana, Matsya kridasana, and Savasana

Standing Asanas

Tiryak Tadasana, Katichakrasana, Trikonasan, Parsva Konasan, Veerabhadrasan, Utkatasan, Parighasan

Balancing Asanas

Tadasana, Virkshasan, Natarajasan, Garudasan, Angustasan

Sitting Asanas

Vajrasan, Ustrasana, Janu sirshasan, Paschimottanasan, Vakrasan, Ardha Matsyendrasan, Yoga Mudrasan, Baddakonasana, Uttitapadmasan, Gomukhasan, Shasankasan, Marjalasan

Prone Asanas

Sarpasana, Bhujangasan, Shalalbhasan, Dhanurasan

Supine Asanas

Pawanmuktasan, Uttanapadasan, Navasan, Sethubandhasan, Chakrasan, Matsyasan and Jatara Parivrittanasana

Inverted Asanas

Vipareeta karni, Sarvangasan, Halasan, Sirshasan

PRANAYAMA

Sectional breathing techniques, Anuloma & Viloma, Ujjayi, Sitali; Sitkari; Suryabedana; Bhastrika

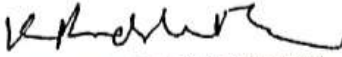
BANDHA


Jalandhara Bandha; Uddiyana Bandha; Moola Banda

Practice of Trataka, Dharana and Dhyana Practic

Reference books:

1. *Asana, Pranayama Mudra & Bandha* – Swami Satyananda Saraswathi, Bihar School of Yoga, Munger
2. *Journey to Real Self: A Comprehense book on Yoga theory and Practice* by Yogacharya Dr. Sri Raparathi Rama Rao, Yoga Chaianya Publications, Vijinigiri Andhra


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Model Question Paper

Paper – I : Fundamentals of Yoga

Duration: 3 hours

Max.Marks:100

I. Write a short note on any five of the following Question:

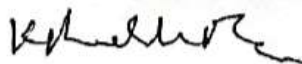
4x5= 20

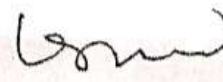
1. Write meanings and definitions of the term 'Yoga'
2. What are the branches of Yoga
3. What is moderate diet?
4. Write the names of Shat kriyas.
5. Concept of kundalini?
6. Write names of Asta Kumbhakas.
7. What are panchakleshas ?

II. Answer any five of the following Questions

4x20:80

8. Write about chittavrittis, concept of Ishwara
9. Define meditation, and explain the benefits of meditation.
10. Write an essay on curative aspects of Asanas
11. Write an essay on Astanga yoga
12. Explain the technique and benefits of Kapalabhati
13. Explain the functions of Heart.
14. Mention Endocrine glands with their location and Hormones secreted?


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