

# Certificate Programme

## **YSTP 101-YOGIC SCIENCE: THEORY AND PRACTICE**

No of credits : 4

No of contact hours : 60 (Theory and Practice)

### **Aim of the Programme**

The Programme intends to familiarize students with the broad contours of the science of Yoga along with its theoretical and practical aspects.

### **Objectives of the Programme**

1. To introduce the philosophical aspects of Yoga.
2. To provide hand-on experience in the practical side of Yoga.
3. To introduce basic lessons in positive thinking and personality development.
4. To sensitize the student the interrelation between the physical and mental planes.
5. To introduce the therapeutic aspects of Yoga.

## **SYLLABUS**

### **Module I (Theory)**

Origin of Yoga - Vedic - Pre classical – Classical - Post classical - Modern definitions of Yoga. The four Streams of Yoga - Bhakti Yoga - Nature of Bhakti - Nine modes of Bhakti – Jnanayoga – Viveka – Vairagya – Sadhanasampatti - Mumukshutva – Karmayoga - Yogas in Bhagavadgita - Rajayoga of Patanjali – Ashtangayoga – Ashtangas – Hathayoga - Patajalayoga and Hathayoga.

### **Module II (Practical I )**

Sidhilikarana vyayama - Forward bending – backward – sideways - twisting. Sun Salutation – Asanas - Standing postures - Ardha Katicakrasana – Arthacakrasana – Padahasthasana – Vrkshasana – Veerasana – Garudasana – Trikonasana – Parivartita Trikonasana

### **Module III(Practical II )**

Sitting postures - Vajrasana - Paryangasana – Suptavajrasana – Pascimottanasana – Ustrasana – Padmasana – Vakrasana – Ardhamatsyendrasana - Matsyasana. Supine postures – Sarvangasana – Matsyasana – Halasana – Cakrasana - Naukasana - Prone Postures – Bhujangasana – salabhasana - Dhanurasana. Proper breathing – Pranayama - Sectional breathing - Abdominal - Thorasic - Clavicular - Full Yogic breathing - Purification - Kapalabhati - Bhastrika - Balancing Pranayama – Chandrabhedi – Suryabhedi - Nadisuddhi - cooling Pranayama - Laya Pranayama – Bhramari.

### **Module IV (Practical III)**

Mudras – Cinmudra – Cinmayamudra – Adimudra - Brahmamudra - Khecarimudra – Mahamudra – Asvinimudra - Kakimudra. Bandhas – Jalandharabandha – Udyanabandha – Moolabandha - Mahabandha. Kriyas – Dhauti – Neti-Nauli-Trataka-Kapalabhati.

## **TEXT BOOKS**

1. Yoga an Introduction, Prof.Surendra Singh, Prof.D.D.Misra and Dr.Mrs Beena Misra, Bharat Book centre, Lucknow, 1999.
2. Yoga and its Applications, Dr.R.Nagarathna and Dr.H.R.Nagendra,Swami Vivekananda Yoga Prakashan, Bangalore, 2006.

## **REFERENCE**

1. Yoga Philosophy : In Relation to Other Systems of Thought, S.N.Dasgupta, MLBD, Delhi 2005.
2. Classical and Modern Approaches to Yoga, Dr.Ganesh Shankar,Pratibha Prakasan,Delhi,2002.
3. Asana Pranayama Mudra Bandha, Swami Satyananda Saraswati, Bihar School of Yoga,1989.
4. The Science of Yoga, I.K.Taimini, The theosophical publishing house,Adayar,Chennai,2001.
5. Yogasutras of Patanjali
6. Hathayogapradipika of Atmarama Muni.