

SHORT TERM VOCATIONAL CERTIFICATE COURSE

COURSE NAME: YOGA

(6 months Duration)



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COURSE NAME

NAME OF THE COURSE: YOGA

SECTOR :

EMOTIONAL BALANCE,
PHYSICAL FITNESS &
SPIRITUAL SCIENCE

COURSE CODE: FSY

ENTRY QUALIFICATION: SSC

PRE-REQUISITES: EASE TO LEARN, SELF LOVE

TERMINAL COMPETENCE: After completing this course,
student will be able to work as a Yoga Instructor, Yoga Master & will be
eligible for Higher Yogic Studies , Master in Meditation

DURATION:

6 Months - (40 Hours: English + Course content: 200 Hours)

Introduction of the Course: The term Yoga relates Synchronization of Body, Mind for Holistic Health and Wellbeing of an individual which boosts their immune system to be physically and emotionally strong to build a healthy, secured and wonderful society.

Objectives:

- To learn balancing of physical and emotional health.
- To understand basic concepts of energy and its distribution throughout the body.
- To create our own reality.
- To improve immune system and powerful thoughts for our wellbeing.

Skills:

- Disease free body and mind
- Enjoy each and every moment of our life

SCHEME OF INSTRUCTION/MODULE:

1. Communicative English: 40 hours (per module)
2. Course: 200 hours (06 months) & 400 hours (12 months)



Duration of Course	Theory		Practicals		Total	
	Hours	weightage	Hours	weightage	Hours	weightage
1 Module (06 months)	60	30%	140	70%	200	100%

COURSE SYLLABUS - THEORY:

S.No.	Unit Name	No. of Hours
1.	Introduction to Yoga	6
2.	Yogic Science & History	14
3.	Ashtanga Yoga, Basic Anatomy & Physiology of Human Body	14
4.	Integrated Approach of Yoga Theory (IAYT)	6
5.	Asanas, Pranayamas with Breathing Techniques	10
6.	Meditation	10

PRACTICAL:

Unit No.	Unit Name	No. of Hours
1.	Introduction to Yoga	25
2.	Yogic Science & History	25
3.	Ashtanga Yoga, Basic Anatomy & Physiology of Human Body	25
4.	Integrated Approach of Yoga Therapy (IAYT)	10
5.	Yogic Practices with Breathing Techniques	30
6.	Meditation	25



Practical Sessions - Units - (140 Hours)

SYLLABUS:

1. Introduction To Yoga

6 hrs

Origin of yoga , messages from Ramayana- Bhagavadgita -Bible-Quran, Contrast between religion and spirituality Hatha Yoga introduction-importance-practice, constructives and destructives of yoga, yama, niyama, asana mithaahara, rules in food taking and Hatha yoga achievements. Pranayama- types of kumbaka varieties and its benefits. Bhagavadgita-ultimate guide for yoga &its practioners-Application of bhagavadgita in our daily life to solve all our challenges. Introduction to physical Education difference between yoga practice and physical education Applied yoga in education system.

2.Yogic Science and Its History

14 hrs

Why yoga is an Ancient Super Science, its principles holistic health_ concepts & misconcepts of yoga - streams of yoga 1. Raja yoga 2. Bhakthi yoga, 3. Karma yoga , 4.Jnana yoga -yoga in relation to_other systems of India thought of Buddhism and Jainism Chakras-Kundalini yoga introduction.

3.Ashtanga Yoga, Basic Anatomy & Physiology of Human Body **14 hrs**

Eight limbs of Ashtanga yoga 1.Yama 2.Niyama 3.Asana 4 Pranayama 5.Pratyahara 6.Dharana 7.Dhyana 8.Samadhi -Art of living and functions of human body,Cells ,Muscular skeletal system -Mechanism of muscle contraction and muscle tone ,Bones Joints Circulatory ,Immune & Cardiovascular system blood pressure Respiratory system Inhalation, Exhalation ,Lung Volume and its capacity Endocrine system Anatomy - its actions of mind and body hormonal balance, central nervous system . Brain- study of brain parts, Spinal cord sympathetic, parasympathetic nervous system.



4. Integrated Approach of Yoga Therapy (IAYT) 6 hrs

Integrated approach of yogatherapy, Yoganidra -levels Panchakoshas Annamaya- Pranamaya-Manomaya- Vignanamaya-Anandamaya koshas -their meaning with practices to activate them in simple and lucid way.

5. Yogic Practices with Breathing techniques 10 hrs

Breathing Practices, Shukshma Vyayamas, Loosening Practices Suryanamaskaras, (Sunsalutations),Asanas, Relaxation techniques (QRT,IRT,DRT), Three levels of Yoga Nidra1. Beginner 2, Intermediate 3. Advanced, Pranayamas, Bandhas ,Mudras Kriyas. Yoga Nidra Beginners-Intermediate-Advance Level, Gratitude-Its,Emotions-Energy In Motion Few Techniques To Balance Them. Connecting with Panchabhutas-Air-Water-Fire-Sky-Earth Elements, Grounding.

6. Meditation 10 hrs

Mind is a collection of thoughts. Two working ways of one mind- One is conscious mind, another one is subconscious mind; Science Of Meditation ,Uses Of Meditation, Thoughtless State is the ultimate goal of meditation – thoughtless whole 24 hours; Awareness (how to be aware on meditation), Importance Of Omkara ,Types Of Meditation 1)Aana Paana Sathi 2) Sahaja Yoga 3) Heartfulness 4)1 Minute Meditation: Laughter Yoga, Food Meditation,Dance Meditation,Walking Meditation, Self Study & Self Introspection , Aana Paana Sathi meditation Gudakesha, Energy Yoga by Prabodh Master, Gudakesha Yoga Nidra - Advanced level of aana paana sathi; ‘Guda – Sleep’ & ‘Eesha-mastery’, ancient meditation education technique.



Unit No.	Unit name	Content for Practical	No. of Hrs
1	Breathing Practices	Basic stretching exercises: Hands in-Hands out, Ankle stretching, Dog breathing, Tiger breathing, Leg Raise breathing. Breathing improves memory, will-power and intellect. Introducing Aana paana Sathi, meditation, Writing Gratitude Diary, Relaxation Techniques in lying down position.	20
2.	Sukshma Vyayama	Exercise for throat and voice, eyesight, improving lowering of hearing strengthening of neck, shoulders, arms, knees etc. Energy Yoga, Shushumna Kriya meditation, Self-study.	20
3	Ashtanga Yoga Anatomy & Physiology	Standing: Wrist rotation, elbow rotation, shoulder, neck rotation Sitting: Toe bending, ankle bending, knee bending, half butterfly, full butterfly patella movement prone, makarasana swing supine cycling, observing Emotions as a spectator to resolve them.	25
4	Loosening Practices	Jogging, Sit-ups, Hip rotation, Spinal twist with Jumping twist, chopping wood, yogic doud Chapathimaking, Chakkichalana Dhanurasana, pavanamuktasana kriya supine, alternate pashimottasana & halasana etc., shushumna kriya yoga, Self-introspection.	20
5	Yogic Practices with Breathing Techniques	Breathing practices: Pranayamas, Suryanamaskaras (Sun Salutations-12 postures, Aasanas: vrikshasana, Garudasana, Veerabhadrasana, Natrajasana, Utkatasana Sitting aasanas: Padmaasana, Sidhdhasana, Vajrasana, Bhujangasana, Dhanurasana, Shalabhasanas, Supine Aasanas, Relaxation	30



		techniques, Sarvangasana, Chakrasana, Matyasana etc., yoga nidra - Levels.	
6.	Meditation	Relaxation techniques: QRT, Deep relaxation technique DRT, Naadaanusanadhana Relaxing, body with chantings OMKARA, Pranayamas, Kapalabhaathi, Naadishudhi, Bhastrika, Ujjayipranayama, Bhramari, Jaalandhara bandha Mudras and kriyas Laughter yoga, Food meditation, Walking meditation, Dance meditation, Energy yoga - Maintaining Energies from Sunrise to Sunset.	25

Qualifications of Teaching Faculty:

1. Graduation from any recognized university in Yoga with an aggregate of 55% marks.
2. Minimum of 1 Year of Experience in Teaching Yoga.

Reference books/ Internet links:

1. Patanjali Yoga sutras by Swamy Vivekananda
2. Power of our subconscious mind by Dr. Joseph Murphy
3. You Forever by Lobsangrampa
4. Gudakesha by Grand Master Prabodh Achyutha
5. Tulasidalam by Bramharshi Subash Patriji.
6. APMB by Satyananda Saraswati
7. Hatha Yoga Pradeepika by Swamy Mukthi Bodhananda
8. Yoga Nidra by Satyananda Saraswathi.
9. Energy Yoga by Prabodh Master.
10. Journey to the Real Self by Yogacharya Dr. Raparthirama Rao.
11. Adi yogi - the Source of Yoga by Sadhguru Jaggi Vasudev.



Division of Marks:

Theory: 100 Max. Marks

1. Communicative English : 20 marks
2. Short Questions : 6 x5m = 30 marks
3. Long Questions : 4x10 = 40 marks
4. Multiple Choice Questions : 10x1 = 10 marks

Practical: 100 Max. Marks

1. External : 40 marks
2. Record/ Mini Project : 10 marks
3. Internship (OJT) : 50 marks

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REGD. NO:

TIME: 3 HRS

MAX MARKS: 100

**YOGA
MODEL QUESTION PAPER (THEORY)**

**SECTION- A
COMMUNICATIVE ENGLISH 20 MARKS**

SECTION- B

Note: a) Answer ALL questions.

b) Each question carries **5 Marks.** **6X5M= 30 MARKS**

1. What is yoga? Explain briefly four streams of yoga.
2. Differentiate sympathetic and para sympathetic nervous system in our body.
3. What is Omkara? Explain its influence on our body and mind.
4. Explain the science of Laughing Yoga.
5. What is Gratitude? Explain the methods of practicing Gratitude.
6. What is Ashtanga yoga? Give a detailed explanation of its limbs.

Note: a) Answer any **Four** questions.

b) Each question carries **10 Marks.** **4X10M=40 MARKS**

1. Why Yoga is called an Ancient Super Science? Describe the holistic approach of yoga in the maintenance of our body.
2. Explain how yoga boosts immunity of human body in connection with respiratory system and cardiovascular system.
3. Give a detailed explanation of different breathing practices, Sukshma vyayamas, loosening practices and aasanas.
4. What is Yoga and its relevance from the Ramayana, the Bhagavad-Gita, the Bible and the Quran.
5. What is integrated approach of yoga theory? Explain in detail.

SECTION-D

10X1=10 Marks

1. **Bandha** means []

1) locking 2) joining 3) pranayama 4) holding breathe

2. **Sthirasukhasanam** means []

1) posture 2) stability 3) aasanam 4) all

3. **Yoga** relates to

1) study of body 2) mind 3) body and mind 4) none of these

4. **Bramhamuhurtha** is []

1) birth of Bramha 2) early morning before sunrise

3) after sunrise 4) evening

5. **Shushupthiavastha**

1) naadi 2) aasana 3) sleep stage 4) chakra []

6. **How many petals are there in sahasrara?** []

1) 10 2) 100 3) 1000 4) 0

7. **Where is Aagna chakra located?** []

1) throat 2) stomach 3) between eyebrows 4) heart

8. **What is the color of mooladhaara chakra?** []

1) red 2) blue 3) yellow 4) green

9. **While inhaling, our stomach** []

1) bulges out 2) goes in 3) should not move 4) anything may happen

10. **How to stay connected with the earth element?** []

1) looking at trees 2) walking on grass

3) dancing in rain 4) walking barefoot

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MODEL QUESTION PAPER (PRACTICAL)**

Note: a) Answer ALL questions.

b) Each question carries **10 Marks.** **4X10=40MARKS**

1. What is Sun Salutation? Write and demonstrate 12 postures of sun salutations.
2. Give a detailed explanation of different breathing practices and demonstrate them.
3. Write and demonstrate Chakrasana, Matsyasana.
4. Write and demonstrate Kapalabhati, Naadishuddhi.

Record/Mini Project & Viva

10 Marks

Internship/OJT

50 Marks