



## Prospectus

For the Admission of One Year

# CERTIFICATE COURSE IN YOGA SCIENCE (CCYS)



Shri Krishan AYUSH University  
Kurukshetra

## **SCHEDULE**

LAST DATE OF RECEIVING OF APPLICATION FORM	:	20.04.2023
DISPLAY OF MERIT LIST	:	25.04.2023
COUNSELLING / DOCUMENT VERIFICATION	:	26.04.2023
MEDICAL EXAMINATION AND DEPOSITION OF FEE	:	26.04.2022

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## Shri Krishan AYUSH University



### **Vision**

Global acceptance of AYUSH system of medicine for creating a complete state of Physical, Mental, Social and Spiritual Wellbeing through the premier education provided to Under-Graduate & Post-Graduate leaders of the Nation and providing wealth of knowledge to the nation through research based on natural resources in the most natural way.

### **Mission**

The University shall develop proficient, empathetic, optimistic and cheerful expert by imparting well thought out quality edification, through erudite mentors and divulging them to the community for gaining insight of clinical appreciative incorporeal, senses, intuitive and spiritual domain, which shall be achieved by evidence-based multidisciplinary research and collaboration.”

- a. To revitalize and strengthen the AYUSH systems making them as prominent medical streams in addressing the health care of the society.
- b. To provide Premier Education to upcoming leaders of the Nation.
- c. To enlighten the World with the AYUSH system of medicine by educating international students.
- d. To facilitate the newer dimensions of Research in the AYUSH system of medicine for Global acceptance.
- e. To distribute awareness amongst the citizens of the Nation about the positivity of the AYUSH system of medicine so that to make them the Stalwarts.
- f. To attain economic self-reliance by cost-effective methods through educational and such associated programs and resource generating services.

## **TITLE OF THE COURSE**

The course shall be called as “Certificate Course in Yoga Science (CCYS)

## **AIMS AND OBJECTS**

The aims of the Certificate Course in Yoga Science shall be to provide orientation of specialties of Yoga as therapist, and to produce skilled therapists who can be competent and efficient in various fields of Yoga Therapy. The demand for skilled Yoga Instructors is on high-rise as the acceptance of Yoga Instructor is widely spreading across the globe as to place themselves in a very high demanding jobs in Hospitals, Schools, Panchkarma Centres, Rehabilitation Centres, Health resorts, Wellness Centres etc.

## **DURATION OF COURSE AND ATTENDANCE**

1. It shall be a fulltime, regular non-residential course and classes will be conducted in all working days.
2. Students shall be engaged at least four hours; all classes are compulsory to attend (Two hours Theory and Two hours Practical).
3. The student shall have to undergo training and study for a period of one complete year after the admission including the period of examinations.
4. The student shall have to attend the hospital and other duties (camp etc.) as may be assigned to him during the course of study.
5. Web based biometric attendance system shall be required for the attendance of students for both arrival & departure time as well as manual attendance.

## **MODE OF ADMISSION**

1. Admissions shall be made purely on the basis of merit of marks obtained in qualifying examination.
2. Marks will be calculated on the basis of best five subjects including English language.
3. A waiting list shall also be prepared to fill-up the vacant seats, if any.
4. The decision of the admission committee shall be final.
5. If any candidate is found to have joined in any similar or different fulltime course elsewhere, his/her admission shall stand cancelled automatically.

## **ELIGIBILITY CRITERIA FOR ADMISSION**

The candidates who are bona fide residents of Haryana attaining the age of 17 years or more on 31st December of the year of admission (Age will be determined on the basis of entries in the Matriculation Certificate/ Secondary School Certificate) and has passed the following examination shall be eligible to join the course: -

- a. Senior Secondary Certificate Examination (10+2) of the Board of School Education, Haryana with at least 40% marks in the aggregate and passed with English subject;
- b. Any other examination recognized by the University as equivalent there (a) to with prescribed percentage of marks/subjects, as the case may be.
- c. The candidate shall pass qualifying examination on or before the date of counselling.
- d. The candidate must be physically fit along with good physical and mental endurance.

## **INTAKE CAPACITY**

1. Maximum Twenty Students in a Batch. (Including five students from foreign country)
2. Admission Reservation policy as per Haryana Govt.

## **MEDIUM OF INSTRUCTION**

The medium of instruction shall be Sanskrit or Hindi or English.

## **AWARD OF CERTIFICATE**

Candidates who have completed course and have been declared successful in the examination shall be awarded a Certificate of the Certificate Course in Yoga Science (CCYS).

## **MIGRATION**

Under no circumstances migration/transfer of students undergoing the course of study shall be permitted.

## **SPAN PERIOD**

The maximum duration for completion of the course shall not exceed beyond the period of two years from the date of admission to the course.

## **EXAMINATION SCHEDULE**

The university shall conduct not more than two examinations in a year with an interval of approximately six months on such dates as may be decided by the Vice Chancellor on the recommendation of Faculty of Yoga / Ayurveda.

## **ELIGIBILITY TO APPEAR IN THE EXAMINATIONS**

The examination shall be open to a regular student who-

1. Fulfills the minimum requirements of Admission; if he /she is a candidate for the examination.
2. Has been on the rolls of a college admitted to the privileges of this University during the academic year of the examination concerned.
3. Has his/her name submitted to the Controller of Examinations by the Principal of the college gives certificate in writing that he/she is:
  - of good character,
  - of having attended not less than seventy five percent of the lectures delivered or prescribed in the syllabus; whichever is minimum in each subject in Theory/Practical and shall counted up to seven days before the commencement of the examination.
  - The principal of the college is empowered to condone the shortage in attendance up to five percent in each subject in Theory/Practical in genuine cases to his /her satisfaction.

## **MINIMUM PASS MARKS**

A candidate shall be declared successful in CCYS examination when the candidate has obtained a minimum of fifty percent marks in theory as well as in Practical and Oral examination separately.

## **DISCIPLINE**

The student shall submit himself/herself to the disciplinary jurisdiction of the institute/Centre which may be vested with the authority to exercise discipline under the rules. All students should wear yoga kit. Hostel facility/accommodation shall be arranged by their own.

## **SCHEME OF EXAMINATION**

1. The examination shall be organized on the basis of marking system

to evaluate and certify candidate's level of knowledge, skill, and competence.

2. The examination shall be held in written, practical or clinical (camp) and oral examination.
3. The examination shall be aimed to test the ability and working knowledge of the student in the practical aspect of the Yoga Instructor and his/her fitness to work independently.
4. The student shall be required to obtain minimum fifty per cent marks in practical subjects separately to be announced as pass;
5. The subsequent examination for failed candidates shall be conducted at every six months interval.
6. In case a student fails to appear in regular examination for cognitive reason, he or she shall appear in supplementary examination as regular students, whose non-appearance in regular examination shall not be treated as an attempt.

#### **(A) Written/Theory Examination**

	Theory exams	Practical exams	Total Marks
<b>Semester 1<sup>st</sup></b>	2x100 = 200	2x100 = 200	400 Marks
<b>Semester 2<sup>nd</sup></b>	2x100 = 200	2x100 = 200	400 Marks
	400 Marks	400 Marks	800 Marks

1. The paper shall be as per curriculum as prescribed by the University and the State/Central Council/Authority as case may be and each written/ theory paper shall be held on separate working day.
2. The theory examination shall have minimum twenty per cent short answer questions having maximum mark up to forty per cent and minimum four questions for long explanatory answer having maximum marks up to sixty per cent. and these questions shall cover entire syllabus of subject.

#### **(B) Practical/Oral Examination**

1. The Oral examination shall be aimed to assess the candidate's knowledge, skills and competence about the subject, investigative procedures, therapeutic techniques which will form a part of the examination.

2. The Practical Examination shall be conducted by a team of two examiners out of which one examiner shall be external and one internal examiner.

## **TITLE OF THE PAPER**

### **First Semester**

Theory		
Paper 1	Principles of Hatha Yoga	100 Marks
Paper 2	Yogic Anatomy & Physiology	100 Marks
Practical		
Paper 3	Practical I	100 Marks
Paper 4	Practical II	100 Marks

### **Second Semester**

Theory		
Paper 1	Patanjali Yog Sutra	100 Marks
Paper 2	Yoga and Health	100 Marks
Practical		
Paper 3	Practical I	100 Marks
Paper 4	Practical II	100 Marks

## **PUBLICATION OF RESULT**

- i. The team of examiners shall report to the Controller of Examinations for publication of the result of the examination.
- ii. On receipt of the result from the examiners, the Controller of Examination shall publish it as soon as possible.
- iii. The result of student shall be announced as pass or fail.
- iv. If any candidate fails to pass the examination, he may apply for re-examination on submission of fresh examination form along with prescribed examination fee which will be conducted after three to six months. Meanwhile, he may attend theory and practical classes, with the permission of the Principal/Director of the Institute/ Centre to revise his knowledge without paying any extra fee.

## FEE STRUCTURE FOR THE COURSE

The following fee shall be charged from the students-

Sr. No.	Name of Item	Amount in Rs.	Total in Rs.
<b>Fee Structure</b>			
<b>A</b>	<b>University Head</b>	<b>5360.00</b>	<b>5360.00</b>
1.	Registration fee	2000.00	
2.	University Sports fee	100.00	
3.	Youth Welfare fee	1000.00	
4.	Holiday Home fee	20.00	
5.	N.S.S.	20.00	
6.	Dr. Radhakrishnan Foundation fund	100.00	
7.	Development fee	2000.00	
8.	Red Cross Subscription	120.00	
<b>B.</b>	<b>Institute/Centre Head</b>	<b>16000.00</b>	<b>16000.00</b>
1.	Tuition Fee	15400.00	
2.	Admission Fee	100.00	
3.	Building Fee	200.00	
4.	Laboratory Fee	150.00	
5.	Medical Charges	150.00	
<b>C.</b>	<b>Boys Fund Head</b>	<b>1750.00</b>	<b>1750.00</b>
1.	Security Fund (Refundable)	500.00	
2.	Library Security (Refundable)	300.00	
3.	Library Fee	100.00	
4.	Identity Card	50.00	
5.	Sports fee	100.00	
6.	College Magazine	200.00	
7.	Furniture Breakage	250.00	
8.	Student Welfare	150.00	
9.	Amalgamated Fund	100.00	
<b>Total</b>			<b>23110.00</b>

N.B.: The rate of the fee is supposed to be changed from time to time as per the decision of the University authorities.

# ONE YEAR CERTIFICATE COURSE IN YOGA SCIENCE

## SYLLABUS

SEMESTER- I

400 MARKS

THEORY		200
PAPER 1	YOG PARICHAYA	100 MARKS
PAPER 2	YOGIC ANATOMY & PHYSIOLOGY	100 MARKS

PRACTICAL		200
PAPER 4	YOGASANA	100 MARKS
PAPER 5	SHATKARMA	100 MARKS

SEMESTER- II

400 MARKS

THEORY		200
PAPER 1	PATANJALI YOG AND HATHA YOGA	100 MARKS
PAPER 2	YOGA & HEALTH	100 MARKS

PRACTICAL		200
PAPER 4	YOGASANA & PRANAYAM	100 MARKS
PAPER 5	TEACHING SKILL	100 MARKS

## SEMESTER- 1st

### PAPER-I

### YOG PARICHAYA

#### UNIT – I:

1. Origin of Yoga, History and development of Yoga.
2. Etymology and Definitions, Misconceptions of Yoga, Aim and Objectives of Yoga.
3. Introduction to vedas, Upanishads, Prasthanatrayee and purushartha Chatushtaya.
4. General Introduction to Shad-darshanas.

#### UNIT – II:

1. General Introduction to Bhagavad Gita (B.G). Definitions of yoga in B.G and their relevance & Scope.
2. Introduction to Schools (Streams) of yoga: Yoga School with Vedanta Tradition (Jnana, Bhakti, Karma and Dhyana)
3. Yoga schools with Samkhaya- Yoga Tradition (Yoga of Patanjli (Raj Yoga))
4. Elements of Yoga and Yogic practices in Jainism, Buddhism.

#### UNIT-III:

1. Principles of Yogic Practices.
2. Principles of Yogic Practices, Meaning of Asana, its types and principles.
3. Meaning of Pranayama, its types and principles.
4. Meaning of Kriya its types and principles.

#### Unit-IV

##### **Brief introduction of Yogis**

1. Gorakshanatha, Swami Vivekanand, Shri Arvind
2. Swami Shivanand, Swami Kunalayananda, Swami Rama.

##### **Brief introduction of scriptures**

1. Patanjali yogasutra, Gheranda Samhita, Hathayoga Pradeepika
2. Siddha sidhantapadati, Hatha Ratnavali, Shiv Samhita

##### **Reference Books:**

- Acharya, Shri Ram Sharma :108 Upanishads in three Volumes (Hindi) Shanti Kunj, Haridwar, 1978
- Dasgupta, S.N. : Yoga Philosophy in Relation to other Systems of Indian thought. University of Calcutta, 1924
- Dasgupta, S.N. : Hindu Mysticism, Motilal Banarsidass, Delhi 1927
- Fenerstein, George : The Yoga Tradition: It's History, Literature, Philosophy practice, Bhavana Books and Prints, 2002
- Goyandaka, Jayadayal : Shrimad Bhagavadgita Tattvavivechani, Geeta Press, Gorakhpur, 1961
- Karel Werner : Yoga and Indian Philosophy, Motilal Banarasidas

## PAPER-II

## YOGIC ANATOMY AND PHYSIOLOGY

### UNIT-I

1. Anatomy & Physiology: Introduction, Need and Importance in the field of Yoga.
2. General introduction of human body.
3. Cell: Introduction of Cell, Tissue, Organ and System, Microscopic Structure and Functions of Cell.
4. Tissue: Introduction, Classification, Structure, Functions and Types.

### UNIT-II

1. Blood: Composition, Function and Coagulation.
2. Skeletal System: Introduction of Skeletal system, Classification of Bones and effect of Yogic Practices on it.
3. Joints and its Classification, effect of Yogic Practices on it.
4. Muscular System: Introduction, Classification, Functions of muscles and effect of Yogic Practices on it.

### UNIT-III

1. Digestive System: Introduction, Structure and Functions, digestion of food (Absorption and Assimilation of food) effect of Yogic Practices on it.
2. Circulatory System: Introduction, Structure and Function of heart, Types of Circulation and effect of Yogic Practices on it.
3. Blood Pressure, Technique of measurement and effect of Yogic Practices on it.
4. Respiratory System: Introduction, Structure and Function of Respiratory Organs, Mechanism and effect of Yogic Practices on it.
- 5.

### UNIT-IV

1. Excretory System: Introduction, Structure and Functions of the Kidney and Skin. Composition of Urine and effect of Yogic Practices on it.
2. Nervous System: Introduction, Central Nervous System, Autonomous Nervous System.
3. Parts of the Brain (Name and Position only), Structure of the Spinal Cord. Effect of Yogic Practices on it.
4. Endocrine System: Introduction, Location and Structure of different Glands and effect of Yogic Practices on it.

### Reference Books:

1. Pearce Evelyn. (1992). Anatomy & Physiology for nurses, Calcutta: Oxford University press. Sedey, Rod R. (1992) Anatomy & Physiology. St. louis: Mosby Tortora G.J. (1996). Introduction to Human Body. (4th Ed.) Clifornia: Addison Wesley. Gore ,M.M – Anatomy and physiology of yogic practices
2. Wilmore, Jack H and Costill, David L. Physiology of Sports and Exercise. Human kinetics, 1994.
3. Hoeger, Werner W.K, Hoegen, Sharon A. Principles and Labs for fitness and wellness. 7th ed 2004

## PRACTICAL - I

SHUKSMA VYAYAMA  
SURYA NAMASKARA

### YOGASANA

#### Standing Postures

1. Tadasana, Vrikshasana, Urdhva Hastottanasana, Kati Chakrasana
2. Ardha Chakrasana, Pada Hastasana
3. Trikonasana, Parshva Konasana
4. Veerabhadrasana and its variations

#### Sitting Postures

1. Padmasana, Dandasana, Swastikasana, Vajrasana
2. Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana
3. Janusirasana, Paschimottanasana, Mandukasana, Utthana Mandukasana
4. Vakrasana, Ardha Matsyendrasana, Simhasana

#### Supine lying Postures

1. Pavanamuktasana, Markatasana
2. Utthana-padasana, Ardha Halasana,
3. Halasana, Sarvangasana,
4. Chakrasana, Shavasana

#### Prone lying Postures

1. Makarasana, Bhujangasana
2. Shalabhasana, Dhanurasana

## PRACTICAL- II

### SHATKARMA & PRANAYAMA

- Jal Neti
- Sutra Neti (Rabar Neti)
- Kunjal
- Kapalbhathi

### PRANAYAMA

- Nadi Sodhan
- Surya-bhedi
- Ujjayi
- Bhastrika

SEMESTER- 2nd

PAPER-I

PATANJALI YOG SUTRA & HATHA YOGA

Unit – I

**PATANJALI YOGA SUTRA**

1. Historical Background of Patanjali Yoga Sutra. Importance of Patanjali Yoga Sutra in Modern Age.
2. Meaning and Definition of Yoga, Concept of Chitta, Chit Vritti and Chitta Bhumi
3. Abhyas Varagya, Yog Antraya, Ishwar Swaroop and Vivek Khyati.
4. Chitta Vikshep (Antraras) and Chitt Prasadhan.

Unit – II

1. Kriya Yoga and Panch Klesha (Avidhya, Asmita, Raag, Devasha and Abhinivesha)
2. Ashtang Yoga (Bahirang Sadhana, Anrang Sadhana)
3. Brief introduction of Karma, Types of Karma and Karmaphal Siddhanta
4. Samadhi- Types of Samadhi

Unit – III

**HATHA YOGA**

1. Hatha Yoga meaning, Definition, Aim and Objectives, misconceptions about Hatha Yoga.
2. Hatha Yoga Texts: Siddhasiddhanta Paddhati, Hatha Pradeepika, Gheranda Samhita, Hatha Ratnavali and shiva Samhita.
3. Prerequisites of Hatha Yoga (dasha yama and dasha niyama), Sadhaka and Badhaka tattvas in Hatha Yoga.
4. Concept of Mitahara, Pathya and Apathya, Time and Place, Dress Code & Environment for Hatha Yoga practice

Unit – IV

1. Asana and Shatkarmas – Meaning, Definitions, Principles, Types, Technique, Precautions and Benefits.
2. Kumbhaka, Mudras and Bandhas – Meaning, Definition, Technique, Precautions and Benefits
3. Chakras, Kundalini and Nadis
4. Nadanusandhana and Various types of Samadhis.

**Reference Books:**

1. “Yog Darshan” - Pt. Shri Ram Sharma Acharya.
2. “Yog Darshan” – Rajveer Shashtri.
3. “Four Step of Freedom” – Swami Shivananda Saraswati.
4. Asana Pranayama & Mudra Bandha Bihar School Of Yoga, Munger, 1969. Gheranda Samhita
5. Hath yog pardipika – Swami Swamtmaram

## UNIT – 1

1. Concept of Trigunas, Pancha-mahabhutas, Panchakosha.
2. Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and upeksha) for Healthy Living.
3. Components of food, classification, sources and requirements.
4. Advantages and disadvantages of Vegetarian and Non-Veg diet.

## UNIT-2

1. Yoga & Ayurveda – relation of Yoga and Ayurveda, Fundamentals of Ayurveda
2. concept of Tridoshas vijnana, sapta dhatus, mala vijnana, Ojas
3. different kinds of Agnis-Swastha vijnana- Dinacharya, Ritucharya, Trayopastamha
4. Sodhana karma: Pancha karma, Purva karma, basic principles of Ayurvedic treatment

## UNIT-3

1. Yoga Therapy-meaning, concept and areas, limitations, aim of Yoga Therapy.
2. Principles of Yoga Therapy.
3. Tools for Yoga Therapy- Yama, niyama, asana, pranayama, shatkarma, mudra - bandha, dhyana.
4. Importance of Yoga Therapy In modern times.

## UNIT-4

1. Yoga for different professional groups: IT; occupational health hazards in Computer profession.
2. Yoga for women, yoga for balanced life style, Yoga for senior citizen.
3. Role of yoga in the prevention of psychological problems and preservation of mental health with special reference to pranayama and mediation.
4. Modern and Yogic Concept of stress. Effect of stress on autonomic nervous system (ANS) and Endocrine system.

**Reference Books:**

1. Yogic managements of common disorders – Swami karmananda
2. Yoga Therapy:kaivayaladhaam,lonavala – swami Kuvalayanand S.L Vanikar.
3. Yoga Therapy- Shivananda Saraswati
4. Yoga Therapy series books: swami Vivekananda Yoga Prakashan,Bangalore(2000) – Nagarathna r and Nagendra H R
1. Yoga Practices for Anxiety and Depression –Dr. R. Nagrathna&
2. Yogic Management of Stress. –Swami SuryamaniSaraswati
3. ManorogVigyan –Dr. BalkrishanPathak

## PRACTICAL- I

### YOGASANA

#### Standing Postures

- Utthita-Padangusthasana, Natrajasana, Padma-Sirshasana

#### Sitting Postures

- Bakasana, Uttitha-Padmasana, Badha-Padmasana, Garbhasana, Kukkutasana, Udrakrshasana, Sirshasana, Ek pad Rajkapotasana, Marichayasana, Suptvajasana

#### Supine lying Postures

- Naukasana, Setubandha, Matsyasana, Setubandha Sarvangasana

#### Prone lying Postures

- Poorna Bhujangasana, Purna-Dhanurasana, Poorna Salabhasana, Kapotasana, Asana as described in 1<sup>st</sup> semester

### PRANAYAMA

- Nadi Shodhana
- Bhramaari
- Surya-bhedi, Chandrabhedi
- Ujjayi
- Sheetal
- Shitkari
- Bhastrika

## PRACTICAL- II

### TEACHING PRACTICES OF ASANA, PRANAYAMA AND SHATKARMAS

Practice of teaching five lesson plans on any skill (**Three Asanas, One Pranayama and One Kriya**) on lesson format with chart and Viva-Voce. In the final exam model will be compulsory for all the students.