



**PROGATI COLLEGE, AGOMANI
DHUBRI, ASSAM, 783335**

SYLLABUS

**One Year Yoga Certificate
Course**

PROGATI COLLEGE, AGOMANI, DHUBRI, ASSAM

One Year Yoga Certificate Course

Scheme and syllabus of One Year Yoga Certificate Course

Duration: One Year (1 Year)

Scheme of Examination:

The Candidate securing 36% marks in theory & practical separately will be declared passed and candidate secured 48% marks declared passed with II Division. Those securing 60% & above marks will be declared First Division.

Name of Paper	Annual Examination	Total
Theory	50	50
Practical	50	50
Total Marks		100

SYLLABUS

(Theory Paper)

- **Traditional Yoga** **50 Marks**
 1. The Philosophical & historical back ground of Yoga.
 2. Definition of Yoga according to Patanjali.
 3. Yoga, Concept of Chitta, Vrat, Chitta Prasadana.
 4. Astanga yoga, Kriya yoga.
 5. Dietetics, Asana, Pranayama, Vayu Nadi, Shaodhan Kriyas.
 6. Mudra, Bandha (Yogic Principles).
- **Yoga and Mental Health Yoga**
 1. Yoga & Mental Health.
 2. Prayer- Its significance in yogic practices.
 3. Psychic forces in human behaviour Id. Ego & Supper Ego.
 4. Yama, Niyama, Asana & Pranayama and their contribution to Physical & Mental Health.
 5. Frustration & conflicts, Emotion.

• **Anatomy & Physiology of Yogic Practice**

1. General introduction of Human Anatomy & Physiology of different system. Blood circulatory system, Blood Group, Function of Blood, W.B.C, R.B.C.
2. Digest System, Muscular System.
3. Respiratory System, Pranayam Introduction, Difference between Pranayam and Deep Breathing.
4. Asana Definition and Classification.
5. Sodhan Kriyas- Precaution of the praticener, Importance of Place, Time, Sequence. Combination of other Exercise, Bhandha.

(Practical Paper)

• **Asanas**

50 Marks

- | | | |
|------------------------------|--------------------------|-----------------|
| 1. Akarandhanurasana | 2. Ardha Martsyendrasana | 3. Bhujangasana |
| 4. Chakrasana (Side Banding) | 5. Chakrasana | 6. Dhanurasana |
| 7. Gomukhasana | 8. Vakrasana | 9. Halasana |
| 10. Janushirshasana | 11. Vakasana | 12. Vrikshasana |
| 13. Kunnasana | 14. Makarasana | 15. Matsyasana |
| 16. Nararajasana | 17. Padahastasana | 18. Padmasana |
| 19. Parvatasana | 20. Paschimatasana | 21. Yoga Mudra |
| 22. Sansakasana | 23. Sarvangasana | 24. Savasana |
| 25. Setubandrasana | 26. Shalabhasana | 27. Shrishasana |
| 28. Siddhasana | 29. Simhasana | 30. Savasana |
| 31. Suptavajrasana | 32. Surya Namaskar | 33. Tadasana |
| 34. Trikonasana | 35. Ushtrasana | 36. Uttasana |
| 37. Vajrasana | | |

• **Pranayama**

- | | | |
|--------------------|--------------|------------|
| 1. Anuloma- Viloma | 2. Ujjayi | 3. Shitali |
| 4. Sitkari | 5. Dhustrika | 6. Bhamari |
| 7. Suryabhedana | | |

- **Bandhas**

1. Jalandhara Bandha
2. Uddiyana
3. Jivha Bandha
4. Mula Bandha

- **Mudra**

1. Brahma Mudra
2. Gyan Mudra
3. Tadagi Mudra
4. Asvini Mudra

- **Kriyas**

1. Jala Neti
2. Sutra Neti
3. Dhauti (Vamana, Danda)
4. Kapalabhati
5. Agnisara

- **Om Recitation**

1. Om Stavana
2. Meditative poses for 30 minutes

* **Personal Assignment:**

1. General behaviour.
2. Regularity & Punctuality in the Practical & Theory session (class).
3. Emotional Stability/maturity.
4. Healthy habits.
5. Character.