

Format for syllabus development of Skill development course

Title of course-	Yoga and Correctives
Nodal Department of HEI to run course	Physical Education Department
Broad Area/Sector-	Healthcare, Yoga & Physiotherapy
Sub Sector-	Yoga and Physiotherapy
Nature of course - Independent / Progressive	Independent
Name of suggestive Sector Skill Council	FICCI
Aliened NSQF level	IV
Expected fees of the course –Free/Paid	INR 2000
Stipend to student expected from industry	INR 500
Number of Seats-.....	20
Course Code-.....	Credits- 03 (1 Theory, 2 Practical)
Max Marks...100..... Minimum Marks...40	
Name of proposed skill Partner (Please specify, Name of industry, company etc for Practical /training/ internship/OJT	FICCI, NamoGange Trust, People Foundation, AICPE, Patanjali University
Job prospects-Expected Fields of Occupation where student will be able to get job after completing this course in (Please specify name/type of industry, company etc.)	Occupational Therapy, Physiotherapy Centers, Post Surgery Therapy & Rehabilitation Centers.

Syllabus

	Topics	General/ Skill component	Theory/ Practical/ OJT/ Internship/ Training	No of theory hours (Total-15 Hours=1 credit)	No of skill Hours (Total-60 Hours=2 credits)
Unit no I	Fundamental concepts	Mentioned in the syllabus		2	2
Unit no II	Introduction to Human Body and systems	Mentioned in the syllabus		1	2
Unit no III	Yoga and Ayurveda	Mentioned in the syllabus		1	2
Unit no IV	Yoga and Naturopathy	Mentioned in the syllabus		1	2
Unit no V	Meaning, Causes, symptoms and therapeutic value of Yoga practices in following disorders	Mentioned in the syllabus	Hospital, Aayush Centers	4	30
Unit no VI	Breathing	Mentioned in the syllabus		1	2
Unit no VII	Anatomy	Mentioned in the syllabus		1	2
Unit no VIII	Biochemistry	Mentioned in the syllabus		1	2
Unit no IX	Treatment Modalities	Mentioned in the syllabus	Rehabilitation Centers	3	16
Unit no X	Practical	Mentioned in the syllabus	Hospital, Aayush Centers, Rehabilitation Centers	30	60 TOTAL

Suggested Readings: Mentioned in the syllabus

Suggested Digital platforms/ web links for reading- Mentioned in the syllabus

Suggested OJT/ Internship/ Training/ Skill partner- Mentioned in the syllabus

Suggested Continuous Evaluation Methods: Mentioned in the syllabus

Course Pre-requisites:

- No pre-requisite required, open to all
- To study this course, a student must have the subject Bioscience & Arts... in class/12th/ certificate/diploma.
- If progressive, to study this course a student must have passed previous courses of this series.

Suggested equivalent online courses: Mentioned in the syllabus

Any remarks/ suggestions: Required proper infrastructure, funds for operation and support from authority for understanding the need of course.

Notes:

- Number of units in Theory/Practical may vary as per need
- Total credits/semester-3 (it can be more credits, but students will get only 3credit/ semester or 6credits/ year
- Credits for Theory =01 (Teaching Hours = 15)
- Credits for Internship/OJT/Training/Practical = 02 (Training Hours = 60)

Skill development course Yoga and Correctives



(Session 2021-22)

**KM MAYAWATI GOVT GIRLS PG COLLEGE BADALPUR
GAUTTAM BUDHA NAGAR U.P N.C.R REGION
INDIA**

Objective:

To learn about philosophy of yoga education and significance of corrective Exercise for fostering healthy natural life.

1. General Objectives of the Course:

1. To enable student to become competent and committed professionals willing to perform as Yoga trainer.
2. To make student to use competencies and skills needed for becoming an effective Yoga trainer.
3. To enable student to understand the types of the Yoga.
4. To acquaint student with the practical knowledge of Yoga Sana, Kriyas, Bandhas, Mudras, Yogic Therapy and Pranayama
5. To enable student to prepare the Yoga program.
6. To popularize yoga and corrective education among the masses.
7. Promoting health awareness towards holistic approach of health.
8. To promote preventive and correctives measures for sound health.
9. To promote healthy citizenry.
10. To know advanced levels of yoga education and rehabilitation

2. Duration of the Course:

The duration of the course shall be of four months. (75 contact hours ,1 credit theory + 2 credit practical, Total 3 credits) Each working day shall consist of one hour of Practical work /theory.

4. Eligibility for Admission:

Any Candidate who has passed XII std. or any other equivalent examination will be eligible for the admission to the Certificate Course in Yoga and corrective. Provided other conditions of admissions are fulfilled.

5. Medium of Instruction and Examination:

- a. Medium of Instruction will be Hindi and/or English and question papers shall be set in Hindi& English.
- b. The Certificate Course consists of Theory, and practical training. The Theory paper is of 50 marks. And practical of 50 marks. Based on MCQ.

6. Eligibility for appearing at Certificate Course examination:

Student teachers should keep the terms with at least 90% attendance. She should Complete all the practical and other work expected in all parts of the syllabus.

Total Seats: 20 Seats.

Syllabus

Unit no 1**Fundamental concepts****2 Hour**

1. Definition Aim and objectives of Human life according to Indian philosophy, Purusharth,
2. Concept of Pancha Koshas, Chakras, Aura, Nadies, Kundalini
3. Contribution in Yoga by Osho, Swami Rama, Maharishi Mahesh Yogi, Swami Sivananda Sarswati.
4. Concept and impact of Yoga regarding – Gyan (True and ultimate knowledge),
5. Awareness, Inner vision, Siddhis, Five Pranas and Chitta- control. Role of Ashtanga Yoga Yamas, Niyama's, Asana, Pranayama and Dhyana, Dharana, Pratyahara
6. Effects of Yogic practices on various mental abilities and disorders like
7. Learning, problem solving, concentration, Frustration, Conflict, and depression.

8. Tackling ill-effects of Frustration: Anxiety and Conflict through modern and Yogic Methods, Meditation Techniques Surya namaskar

Unit no 2 Introduction to Human Body and systems: 1 Hour

In brief with special reference to Respiratory, Digestive, Muscular and Nervous systems. Endocrinal system: -Nature of B.M.R., Fatigue, Immunity, Defense mechanism, Resistance power. Human Bio-chemistry Sugar level, Cholesterol, Fat, Urea their significance and related tests.

Unit no 3 Yoga and Ayurvedic: - 1 Hour

Its relationship, similarities, and differences, Ayurvedic concept of Yoga. Ayurveda concept of Tridoshas, Dhatus and Malas. Yogic Impact on their healthy nature.

Unit no 4 Yoga and Naturopathy: - 1 Hour

Its relationship, similarities and differences, Naturopathic concept of foreign matter, un-natural living style and Yoga impact on it.

Unit no 5 Meaning, Causes, symptoms and therapeutic value of Yoga practices in following disorders: - 4 Hour.

- I. Digestive disorders: Obesity, Indigestion, Gastric/ acidity problem, constipation. Piles.
- II. Respiratory and cardio-vascular disorders: Asthma, cold, High/low blood Pressure.
- III. Hormonal and Skelton disorders: Diabetes, Thyroid's imbalance, cervical spondylosis, backache, sciatica, arthritis.
- IV. Yogic concept of Holistic Health, Role of various Yogic practices on health at the level of body, mind, and soul. Stress – its causes, symptoms, consequences on body and mind and yogic management of stress.
- V. Exploration of Yoga: Yogic events- seminars, conferences, yoga centers, yoga Magazines, yoga higher education. Hi-tech in yoga.
- VI. Yogic Therapy through Traditional Understanding.
- VII. Stress Management: Modern and Yogic perspectives

Unit no 6 Breathing 1 Hour

- a. Bandhas and Mudras Introduction to Kriyas, Mudras and Bandhas in brief.
- b. **Asanas Asana** - Definition and Classification, Similarities, and dissimilarities between Asana and Exercise
- c. **Pranayama** - Definition and Classification. Difference between pranayama and deep breathing. Importance of Rechaka, Kumbhaka, Puraka.
- d. **Kriyas Pranayama** - Definition and Classification. Difference between pranayama and deep
(Corrective)

Unit no 7 Anatomy 1 Hour

1. Osteology and myology, functional anatomy, kinesiology and anthropology.
2. Neuroanatomy-Brain, spinal cord, Autonomic nervous system
3. Cardiovascular system, Respiratory system
4. Histology of bone, cartilage, muscles, nerves.

Unit no 8 BIOCHEMISTRY 1 Hour

General metabolism and nutrition, acid Base balance, kerb cycle Principles of applied physics which avoid injury

Unit no 9

Treatment Modalities

3 Hour

used in physical medicine-general properties and detailed clinical uses of each.

- a) Heat-general physiological properties and mode of action as agent, indication and contraindication, forms of heat therapy –superficial and deep heating including treatment techniques. Emphasis will be given to infrared, Hydrocollator, Paraffin wax bath, convection heating devices, short wave diathermy, microwave diathermy and ultrasonic therapy.
- b) Cold as a therapeutic agent
- c) Ultraviolet radiation
- d) Therapeutic electricity
- e) Hydrotherapy
 - a. Clinical use of massage, manipulation, stretching and traction.
 - b. Prescription of exercise therapy and other supportive measures
 - c. Disability evaluation
 - d. Sports medicine, drugs, rehabilitation of injured athlete
 - e. Rehabilitation management of cases with various systemic disorders neuromuscular
 - f. disability (paralysis, cerebral palsy, spinal cord injuries, muscular dystrophies)
 - g. Orthopedic disability, cardiovascular disability, pulmonary disability
 - h. Urological problems
 - i. Rehabilitation of patients with diseases of back pain
 - j. Rehabilitation of patients with diseases of neck pain
 - k. Rehabilitation of patients with diseases of burns
 - l. Rehabilitation of patients with spondylitis

Practical Training

PRACTICALS: 60 Hour

8 Hour

Basic concept of effect of exercise, naturopathy, massages, and diet which can cure the disease, injury, deformity.

Curative concept

16 Hour

- a) **Jal Neti** –SuterNeti, VamanDhauti, Kapalbhathi (Vayu / Vaatkaram), Trataka, Pawan-mukat-series Exercise, Suryanamaskaar,
- b) **Standing Poses:** Taad – Trikon – Katichakarkon, Tiryank-taad
- c) **Supine laying Poses:** Shav –Uttanpad –Sarvang – Ardhmatsay – Hal – Naditaan.
- d) **Prone Pose:** Makar – Sarp – Ardhshalabh –Dhanur.
- e) **Sitting Poses:** Vajar, Padam – Janushiras –Vakar – Bhadar – Sidh – Sukh.
- f) **Pranayama:** Correct Breathing Exercise, Anulome-vilom, Surya-bhedhan, Ujjayee, Sheetli, Sheetkari and Bhramari.
- g) **Bandhas :** Trio Bandhas Mudras : Vipritkarni, Kaki, Taragi, Shambvi, Chin, Gyan (Jnana)
- h) **Meditation :** Mindful, Vipasan, Jyotirbindhu and Yog-nindra.

ASANAS:**30 Hour**

1. Shrishasana
2. Crocodile Practices (Four variations)
3. Pavanmuktasana
4. Naukasana
5. Iparitakarani
6. Sarvangasana
7. Matsyasana
8. Halasan
9. Karnapidasana
10. Bhujangasana
11. Shalabhasana
12. Sarpasana
13. Dhanurasana
14. Vakrasana
30. Ugrasana
32. Janushriasana
34. Muktasana
36. Guptasana
38. Uttanamandukasana
40. Padangusthasana
42. Bhadrasana
44. Ekpadaskandhasna
46. Chakrasana (Backward)
48. Tadasana
50. Utkatasana
52. Vatayanasana
54. Shirh-padangusthasana
56. Padmasana
58. Swastikasana
60. Makarasana
15. Ardha-Matsyendrasana
16. Paschimatanasana
17. Supta Vajrasanai
18. Yoga Mudra
19. Simhasana
20. Gomukhasana
21. Matsyendrasana
22. Mayurasana
23. Kukkutasana
24. Uttana Kurmasana
25. Ushtrasana
27. Padma – Bakasana
28. Baddha –padmasana
29. Akarmadhanurasana
31. Parvatasana
33. Tolangulasana
35. Virasana
37. Sankatasana
39. Vrishabhasana
41. Garbhasana
43. Kapotasana
45. Chakrasana (Sideward)
47. Virkshasana
49. Pada - hastasana
51. Natarajasana
53. Garudasana
55. Vajrasana
57. Siddhasana
59. Shavasana
61. Brahmamudra

B. PRANAYAMA**2 Hour**

1. Anuloma-viloma
2. Ujjayi
3. Shitali
4. Sitkari
5. Bhastrika
6. Bhramari
7. Suryabhedana
8. Chandrabhedana
9. Murccha
10. Plavini

C. BANDHAS AND MUDRAS**2 Hour**

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

D. KRIYAS**2 Hour**

1. JalaNeti
2. Sutra Neti
3. Dhauti (Vamana, Danda, Vastra)
4. Nauli
5. Kapalabhati
7. Trataka

REFERENCES

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Weblinks: Arhanta Yoga Ashrams: Yoga Teacher Training & Certification <https://www.arhantayoga.org>
The Yoga Institute: Yoga Teacher Training & Classes In Mumbai
<https://theyogainstitute.org>

Morarji Desai National Institute of Yoga (MDNIY)
<http://www.yogamdniy.nic.in>

Courses in Yoga and Naturopathy | Ministry of Ayush | GOI
<https://main.ayush.gov.in>

YCB Certified Yoga teacher - Under Ayush ..
<https://www.aogyayogshala.com>

Traditional Yoga at KaivalyaDhama – Lonavala
<https://kdham.com>

Suggested internship and Skill partner: FICCI, NamoGange Trust, People Foundation, AICPE & Patanjali University

Suggested equivalent online courses: Sthapana, Yoga Foundation
Yoga instructor course: Course on Principles of Ayurveda, Diploma in Physiotherapy, Bachelor of Physiotherapy, B.Sc. in Physiotherapy

Medical Certificate

TO WHOM IT MAY CONCERN

Dated: _____*

This is to certify that MS/Mr. _____ Daughter/Son of Sh. _____
_____ have been found after relevant medical examination fit
to follow the certificate Course of Yoga education and corrective as prescribed by the kmgppgc Badalpur G b
Nagar.

Practitioner's Regd. No. _____

Signature & Seal

* The certificate should not be more than 15 days old at the time of admission.

The following criteria will be followed with regards to the evaluation of the course.

- ❖ Below 45% marks: Not recommended.
- ❖ 45% to below 50 % marks: Third Division
- ❖ 50 % to below 60 % marks: Second Division
- ❖ 60 % and above: First Division
- ❖ 75% and above: Distinction