

# SYLLABUS OF THE COURSE

FOR

“ADD-ON COURSE IN YOGA”



**PRAMATHESH BARUA COLLEGE,  
GAURIPUR**

**W.O: GAURIPUR, DIST: DHUBRI (ASSAM)**

**PIN: 783331**

### **General Information of the Course:-**

Yoga means union. Yoga will benefit all aspects of one's life work, recreation, family life and relationship. Yoga makes the body stronger and more flexible. It also can improve one's body composition and muscular endurance. Through the use of Yoga, the student will develop balance, co-ordination, better self-image and to live in harmony.

Through Yoga, one will learn standing poses for flexibility, strength and stamina, seated poses for a healthy back, poise and reflection forward bends for calming and nurturing the mind and body, inverted poses for circulation and stress reduction, breathing awareness and deep relaxation for energy and renewal. In addition, we will also learn other stress management techniques such as stretching and progressive relation.

Department of Bengali, P.B. College,, Gauripur Dhubri, Assamm introduces this Add On Course for all category of intending students of BA and B.Com Programme. The students can enroll themselves during the even-semester of each academic session and the course is free of cost.

### **Aims and objectives of the course:-**

1. To understand the fundamental principles of Yogic practices and its scientific basis.
2. To study the effect of yogic practices on selected systems in the body.
3. To acquire the knowledge and training of the individual physical, mental, social and spiritual concepts.
4. To acquire the knowledge of different schools of yoga.
5. To study about the modern trends in yoga.

### **Eligibility:-**

A pass in HSSLC standard examination conducted by the board/ council/ G.U. or an examination accepted as equivalent thereto by syndicate, subject to such conditions as may be prescribed thereof.

The applicant enjoys an average level of health and is free from serious illness or defects. To this effect, the applicant shall procedure a medical fitness certificate from a registered medical practitioner specifying that the said applicant is fit to undergo intense practical training in all type of yogic practices.

### **Duration:-**

The course is for a period of two months.

### **Distribution of teaching hours:-**

There shall be two papers in all. There shall be a total number of 40 actual contact hours. Each paper shall have 20 hours

### **Course of Study:-**

Candidate shall be permitted to do the add on course concurrently with their regular programmes. The course of study shall compromise theoretical instructions and supervised practical training in yoga practical.

**Evaluation:-**

The evaluation of learning level shall compromise theory examination and Practical. Learning level will be evaluated with letter grade: A, B, and C.

**Scheme of examinations:-**

The scheme of examination shall be as followed:- there shall be two papers of one theory and one practical competence in yoga techniques.

**First Paper****PRINCIPLES AND PRACTICES OF YOGA EDUCATION****Unit –I:-**

Meaning- definition – objective- importance of yoga- misconception about yoga- yoga as a part of physical education.

**Unit –II:-**

History and development of yoga- Buddhism: eight fold path- Jainism: Tri ratna theory.

**Unit –III:-**

Patanjalis' astanga yoga- eight limbs of yoga: yama, niyama, asana, prayanma, pratyahara, dharana, dhyana and Samadhi.

**Unit –IV:-**

Schools of yoga: Karma yoga, jnana (gyana) yoga, bhakti, mantra yoga, hatha yoga and raj yoga (laya)

**Unit –V:-**

Principles of yoga therapy- utility and application of yoga therapy- society, value education and yoga as a career opinion.

**Recommended books:-**

1. Swami Kuvalanyanada and Dr. S.L. Vinekar—Yogic therapy.
2. Swami Kuvalanyanada—Pranayama.
3. Bangali baba—yoga Sutra of Patanjali.
4. Swami Satyananda Saraswati- A Systematic Course in the Ancient tantric technique of yoga and Kriya.
5. Dr. P. Mariayyah – Asanas.
6. Dr. K. Chandrasrekhara – Sound Health through yoga.
7. Dr. ML Gharote and Sk Ganguly –Teaching methods for yogic practice.

8. Dr ML Gharote – Applied Yoga.
9. Sri O.P. Tiwari- Asanas why? And How.
10. Yoga for Children.
11. Bringing yoga for life.

## Second Paper

### PRACTICAL ASANAS, PRANAYAMAS, KRIYAS AND MEDITATIONS.

#### Unit- I Meditative Asanas:

- a. Bersana or Sukhasana.
- b. Gomukhasana.
- c. Vajrasana.
- d. Siddhasana.
- e. Singhasana.
- f. Brikhasana.

#### Relaxative Asanas:

- a. Savasana.
- b. Makarasana.

#### Unit- II Cultural Asanas:

##### Standing Type

- a. Dandayamana ardha Chandraasana.
- b. Utkatasana
- c. Trikonasana.
- d. Padahastana.
- e. Ardha Chakrasana.

##### Sitting Postures:-

- a. Paschimottasana.
- b. Ustraasana.
- c. Vakrasana.
- d. Badha padmasana.
- e. Vardhasana.

#### Unit- III Cultural Asanas:

##### Supine type:

- a. Navasana.
- b. Halasana.
- c. Sarvangasana.
- d. Matsyasana.
- e. Supta Bujrasana.

### Prone Type Postures:-

- a. Salabhasana.
- b. Bhujangasana.
- c. Dhanurasana.
- d. Mayurasana.

### Unit- IV Type of Pranyama:

#### Sectional Breathing:-

- a. Abdominal breathing.
- b. Thoracic breathing.
- c. Clacivular breathing.
- d. Full Yogic breathing.

#### Pranayamas:

- a) Nari Suddhi
- b) Nari Shodhana
- c) Sitali
- d) Sitkari.
- e) Bhramari prayamanas.

### Unit- V Meditation:

Preparation for meditation meditation Body Awareness, breathing awareness transcendental meditation. Kriyas : Jala niti, Sutra niti and Kapalbhathi.

#### Recommended Books:-

1. Swami Kuvalyanada and Dr. S.L. Vinekar—Yogic therapy.
2. Swami Kuvalyanada—Pranayama.
3. Bangali baba—yoga Sutra of Patanjali.
4. Swami Satyananda Saraswati- A Systematic Course in the Ancient tantric technique of yoga and Kriya.
5. Dr. P. Mariayyah – Asanas.
6. Dr. K. Chandrasrekharan – Sound Health through yoga.
7. Dr. ML Gharote and Sk Ganguly –Teaching methods for yogic practice.
8. Dr ML Gharote – Applied Yoga.
9. Sri O.P. Tiwari- Asanas why? And How.
10. Yoga mimamsa journal(Black volume) Kaivalyadhama, Lonavia.
11. Takeo Takahashi—Atlas Human Body.
12. Yoga for Children.
13. Bringing yoga for life.
14. Shambhala Encyclopedia of Yoga.
15. Human Talents.
16. Achraya Balkrishnan –yoag in Synergy with Medical Science.