



# MAHATMA GANDHI UNIVERSITY

## DEPARTMENT OF LIFELONG LEARNING AND EXTENSION

### CERTIFICATE COURSE IN YOGIC SCIENCE

### SYLLABUS

|                       |                                    |
|-----------------------|------------------------------------|
| Duration              | : 120hrs [ 20 Sundays ]            |
| Eligibility           | : A pass in Plus Two or Equivalent |
| Course fee            | : 5200/-                           |
| Medium of Instruction | : Malayalam /English               |

(40 hrs. Yoga theory, 40hrs. Yoga Practical & 40hrs. Anatomy & Physiology)

#### **Objective**

To make the candidate acquainted with the basic concepts involved in the Yogasutram.

#### **1. YOGA THEORY**

**100 Marks**

##### **UNIT I INTRODUCTION TO YOGA**

- Introduction
- History & Basic Concepts
- Origin & Development
- Yoga : In Daily Life

##### **UNIT II PHILOSOPHY & PRINCIPLES**

- Basic Philosophy & Principles
- Introduction to Meditation
- Mind, Body and Yoga
- New Developments in Yoga

##### **UNIT III PATANJALA YOGA SUTRA**

- Ashtanga Yoga
- Raja Yoga & Hata Yoga
- Loosening Exercises & Surya Namaskara
- Pranayama

## **UNIT IV YOGA ASANA**

- a. Introduction to Yogasanas
- b. Asana in Standing ,Sitting & Laying Positions
- c. Practical Methods and Benefits
- d. Yoga for Absolute Bliss

## **UNIT V FOOD & DIET CONTROL**

- a. Classification of Food
- b. Food Combinations
- c. Essential Elements
- d. Importance of Diet

## **2. ANATOMY & PHYSIOLOGY**

**100 Marks**

### **UNIT I: INTRODUCTION**

- a. Human Body: A complicated Machine
- b. Basic Anatomy
- c. Physiology
- d. Cell, Tissue & Organ

### **UNIT II: ORGAN SYSTEM**

- a. Skeletal System
- b. Muscular System
- c. Nervous System
- d. Circulatory System
- e. Endocrine System

### **UNIT III: ORGAN SYSTEM**

- a. Digestive System
- b. Respiratory System
- c. Excretory System
- d. Urinary System
- e. Reproductive System

### **UNIT IV: SENSE ORGANS**

- a. Eye
- b. Nose
- c. Ear
- d. Tongue
- e. Skin

### **3. YOGA PRACTICAL**

**Total -100 Marks**

- a) Yoga Practical - 60 Marks
- b) Viva-voce - 20Marks
- c) Record - 20Marks

#### **Instructions**

1. The duration of the Certificate Course in Yogic Science will be 120 hrs on Sundays.
2. Attendance will be marked at the beginning and end of the each session.
3. There will be a written examination, viva-voce and Practical examination in Yoga at the end of the course. A minimum of 75% attendance (15 days) is required for the candidate to be eligible to appear for the exam.
4. All leave must be with prior permission from the department with written request.
5. In case of emergency leave a written explanation for the same signed by the candidate should be brought in on the first day of return.
6. The Name of the candidate will be removed from the roll if the candidate is absent for more than 5 classes without submitting leave application.
7. There will be a 1 group field visits to Amrutham Nature Life , Naturopathy Center in Vazhoor, Kottayam during the course.