

सावित्रीबाई फुले पुणे विद्यापीठ (पूर्वीचे पुणे विद्यापीठ)

दूरध्वनी क्रमांक :

०२०-२५६२११५६
२५६२११५७
२५६२११६०



शैक्षणिक विभाग

गणेशखिंड, पुणे-४११ ००७

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संदर्भ क्र. : सीबीई/ ६७३

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विषय:- आंतरविद्याशाखीय अभ्यास विद्याशाखेअंतर्गत सावित्रीबाई फुले पुणे विद्यापीठाच्या शारीरिक शिक्षणशास्त्र विभागातील प्रमाणपत्र व पदविका अभ्यासक्रमांचे गुणांक प्रणाली मधून श्रेयांक प्रणाली (Credit System) मध्ये बदल करून, त्याच्या आराखडयास शैक्षणिक वर्ष २०२१-२२ पासून मान्यता देणेबाबत.

विद्यापीठ अधिकार मंडळाने घेतलेल्या निर्णयानुसार कळविण्यात येते की, आंतरविद्याशाखीय अभ्यास विद्याशाखेअंतर्गत सावित्रीबाई फुले पुणे विद्यापीठाच्या शारीरिक शिक्षणशास्त्र विभागातील खालील प्रमाणपत्र व पदविका अभ्यासक्रमांचे गुणांक प्रणाली मधून श्रेयांक प्रणाली (Credit System) मध्ये बदल करून, त्याच्या आराखडयास शैक्षणिक वर्ष २०२१-२२ पासून मान्यता देण्यात येत आहे.

- Certificate Course in Yoga Education
- Certificate Course in Gym Instructor and Gym Management
- Certificate Course in Fitness and Sports Nutrition
- Certificate Course in Media Application in Sports
- Certificate Course in Mountaineering and Allied Sports
- Diploma in Mountaineering and Allied Sports

सदर अभ्यासक्रम सावित्रीबाई फुले पुणे विद्यापीठाच्या www.unipune.ac.in या संकेतस्थळावर Syllabi या शीर्षकाखाली उपलब्ध करण्यात आला आहे, याची सर्व संबंधितांनी नोंद घ्यावी.

मा. विभागप्रमुख, शारीरिक शिक्षणशास्त्र विभाग यांना विनंती की, सदर परिपत्रकाचा आशय सर्व संबंधितांच्या निदर्शनास आणून दयावा.


(मुंजाजी रासवे)
उपकुलसचिव

प्रत माहितीसाठी व पुढील योग्य त्या कार्यवाहीसाठी:-

१. मा. अधिष्ठाता, आंतरविद्याशाखीय अभ्यास विद्याशाखा
२. मा. विभागप्रमुख, शारीरिक शिक्षणशास्त्र विभाग
३. मा. संचालक, परीक्षा व मूल्यमापन मंडळ, सावित्रीबाई फुले पुणे विद्यापीठ
४. मा. संचालक, स्पर्धा परीक्षा केंद्र
५. मा. संचालक, (आंतरराष्ट्रीय केंद्र)
६. मा. प्रमुख, विद्यापीठ उपकेंद्र :अहमदनगर, नाशिक.
७. मा. उपकुलसचिव, परीक्षा (१,२)
८. मा. सिस्टीम अॅनालिस्ट डेटा प्रोग्रेसिंग युनिट
९. मा. उपकुलसचिव, शैक्षणिक प्रवेश विभाग
१०. मा. उपकुलसचिव, नियोजन व विकास विभाग
११. मा. उपकुलसचिव (सभा व दप्तर विभाग)
१२. मा. उपकुलसचिव (परीक्षा-एस.अॅण्ड टी.विभाग)
१३. मा. उपकुलसचिव, जनसंपर्क अधिकारी
१४. सहायक कुलसचिव, शैक्षणिक पात्रता विभाग
१५. सहायक कुलसचिव (परीक्षा समन्वय विभाग)
१६. सहायक कुलसचिव (गोपनीय कक्ष)
१७. सहायक कुलसचिव (संलग्नता कक्ष)
१८. सहायक कुलसचिव (प्र-कुलगुरू कार्यालय)
१९. कक्षाधिकारी (बहिःस्थ विभाग)

विद्यापरिषद ठराव क्र. - ब २२ पीए/२२/२०२१ दि. १०.८.२०२१

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(सहायक कुलसचिव)
व्यवस्थापक



Savitribai Phule Pune University
(Formerly University of Pune)

Department of Physical Education
under the
Faculty of Inter-disciplinary Studies

Syllabus for
Certificate Course in Yoga Education
(C. C. Y. E.)

Credit System
(Academic Year 2021-2022)

CERTIFICATE COURSE IN YOGA EDUCATION

OBJECTIVES:-

- To enable student to become competent and committed professionals willing to perform to develop yoga understanding.
- To make student to use competencies and skills needed for becoming an effective Yoga instructor.
- To enable student to understand the aim of Yoga.
- To acquaint student with the practical knowledge of Asana, Kriyas, Pranayama, Bandhas -Mudras, & Meditation.
- To get acquainted with the knowledge of Yogic Therapy.
- To enable student to prepare the Yoga program and to know how to conduct the yoga lesson.

DURATION:-

- The duration of the course shall be three months. (180 Hours.)
- Each working day shall consist of three hours.

ELIGIBILITY FOR ADMISSION :-

- Minimum XII Std. or equivalent examination passed from Govt. Board
- **Age Limit :-** 18 to 60 Years (Both inclusive)
- **Intake Capacity :-** 50 Students Only
- **Medical Test :-** Candidates should be medically fit and sound.

COURSE FEE :-

Category		Sub - Category	Fees to be paid
A	Students who have been admitted in Savitribai Phule Pune University or Its affiliated Colleges	A-1 : Indian Students	Rs. 5,000/- (Rupees Five Thousand only)
		A-2 : International Students	Rs. 25,000/- (Rupees Twenty Five thousand only) *International Students should apply through International Centre, SPPU.
B	Others (Indian Nationals : Not included in above A-1 & A-2 Category)	B : Others (i.e. Only Indian Nationals)	Rs. 10,000/- (Rupees Ten Thousand Only)

MEDIUM OF INSTRUCTION AND EXAMINATION: -

- Medium of instruction will be in Marathi and/or English and question papers shall be set in Marathi & English.

ELIGIBILITY FOR APPEARING AT CERTIFICATE COURSE IN YOGA EDUCATION

EXAMINATION:- Student should have at least 75% Attendance during the Course. He / She should complete all the practical and other related work expected in all parts of the syllabus. A student who misses more than 25% of the scheduled classes will not be allowed to appear for the exam.

GENERAL INSTRUCTIONS:-

- The **Certificate Course in Yoga Education (C. C. Y. E.)** consists of **12 credits**.
- One credit will be equivalent to 15 clock hours of student-teacher contact.
- Details of the theoretical and practical components are given in the structure of the program.
- Internal evaluation will follow Continuous Comprehensive Evaluation procedures. Internal evaluation should be done on every credit of each course or minimum two per course as decided by the teacher concerned.

RULES & REGULATIONS:-

The **Certificate Course in Yoga Education (C. C. Y. E.)** will be awarded to a student who completes a total of 12 credits.

Each course will have

- 50 % of marks for Final Examination
- 50 % marks for Internal Assessment

Each core unit will have an Internal (continues) assessment of 50 % of marks and a teacher may select a minimum of two of the following procedures:

- Written Test
 - Lecture / Library Notes
 - Seminar Presentation
 - Short Quizzes
 - Assignments
 - Field Work
- To pass a student shall have to get minimum aggregate 30% marks in each head of passing (i.e. internal assessment and final examination) and minimum aggregate 40% marks in each course.
 - Internal assessment answer book may be shown to the students concerned but not the final examination answer scripts.
 - While marks will be given for all examinations, they will be converted into grades. The final grade sheets and transcripts will have only grades and grade-points average.
 - To pass a student shall have to get minimum aggregate 40% marks (E and above on grade point scale) in each course.
 - The system of evaluation will be as follows: Each assignment/ test will be evaluated in terms of marks. The marks for separate assignment and the final examination will be added together and converted into a grade and later grade point average. Results will be declared after the final examination which will give grades, grade point average and the Final Grade.

EVALUATION SCALE FOR INDIVIDUAL SUBJECT:-

<u>Percent</u>		<u>Grade</u>	<u>Grade Points</u>
80 to 100	O :	Outstanding	10
70 to 79	A+ :	Excellent	09
60 to 69	A :	Very Good	08
55 to 59	B+ :	Good	07
50 to 54	B :	Above Average	06
45 to 49	C :	Average	05
40 to 44	P :	Pass	04
00 to 39	F :	Fail	00
--	Ab :	Absent	00

The formula for conversion of Grade point average (GPA) into the final grade

09.00	-	10.00	-	O
08.50	-	08.99	-	A+
07.50	-	08.49	-	A
06.50	-	07.49	-	B+
05.50	-	06.49	-	B
04.25	-	05.49	-	C
04.00	-	04.24	-	P
00.00	-	03..99	-	F

$$\text{CGPA} = \frac{\sum (\text{Grade Points} \times \text{Credits})}{\sum (\text{Earned Credits})}$$

STRUCTURE OF THE COURSE: -

Part	Subject Code	Subject Name	Hours	Credits
I Theory	YE-1	Traditional Yoga	30	02
	YE-2	Yoga & Wellness	30	02
	YE-3	Anatomy and Physiology of Yogic Practices	30	02
	YE-4	Teaching Practices in Yogic Science	30	02
	Total Part-I			120
II Practical	YE-5	Yogic Practices (Practical)	60	04
	Total Part-II			60
Total Course			180	12

SYLLABUS

YE- 1 TRADITIONAL YOGA

Credit 1

- Literature of Yoga (Yoga Sutra, Gita, Hathapradipika etc.)
- Panchikarana Prakriya & Concept of five elements.
- Limbs of Yoga
- Kumbhkas – Meaning & Types
- Asthang Yoga

Credit 2

- Awakening of the Kundalini, Nada, Chakra, Pratyahara, Dharana Dhyana, Samadhi
- Mudras & Bandhas
- Satkarma & Siddhis

YE- 2 YOGA & WELLNESS

Credit 1

- Mental Health & Hygiene: Yogic & Medical Perspectives
- Yoga & Modern Psychology,
- Emotional disorders, conflicts, frustration
- Personal & interpersonal adjustments through yoga
- Prayer – its significance in yogic practices
- Meaning, yoga dimensions of health-related fitness
- Scientific reasoning behind the various Asana & Difference between Asana & Exercise

Credit 2

- Role of nostril dominance in brain function & activity
- The limbic brain
- Stress and disease
- Insights of Pranayama for modern healing
- Yoga therapy and mental illness
- Anger and anxiety
- Depression
- Diet for preventive & curative aspects of health
- Research done in yoga – an overview

YE - 3 ANATOMY AND PHYSIOLOGY OF YOGIC PRACTICES

Credit 1

- Introduction to human body and systems in brief with special reference to Respiratory, Digestive, Muscular and Nervous systems.

Credit 2

- Postural physiology from therapy aspects for lordosis, kyphosis, scoliosis in reference to asana.
- Asana- definitions and classifications,
- Difference between Pranayama and deep breathing & concept of Inhalation (Puraka), Retention (Kumbhaka), & Exhalation (Rechaka),
- Introduction to kriyas, mudras and Bandha in brief.

YE- 4 TEACHING PRACTICES IN YOGIC SCIENCE

Credit-1

- Introduction: Need of Practice Teaching and its use in Yogic Practices
- Scientific principles involving yogic practice teaching
- Presentation techniques: its meaning
- Teaching Aids: its meaning and need

Credit -2

- Class management: its meaning and need
- Lesson Plan: Meaning and Need
- Preparation of lesson plan in yogic practices
- Time allotment in different yogic lesson plans
- Lesson presentation

YE – 5 YOGIC PRACTICES (PRACTICAL)

Credit 1

➤ Asanas

Pavanmuktasana, Naukasana, Viparitarani, Sarvangasana, Matsyasana, Halasana, Bhujangasana, Shalabhasana, Dhanurasana, Vakrasana, Ardha-Matsyendrasana, Paschimatanasana, Supta Vajrasana,

Credit 2

➤ Asanas

Simhasana, Gomukhasana, Matsyendrasana, Mayurasana, Uttana Kurmasana, Ushtrasana, Baddha –padmasana, Uttanamandukasana, Chakrasana (Sideward), Chakrasana (Backward), Virkshasana

Credit 3

➤ Asanas

Tadasana, Padahastasana, Utkatasana, Parvatasana, Vajrasana, Padmasana, Siddhasana, Swastikasana, Shavasana, Makarasana, Brahmamudra, Kukkutasana

Credit 4

➤ **PRANAYAMA:** - Anuloma-viloma, Suryabhedana, Ujjayi, Shitali

➤ **BANDHAS AND MUDRA:** - Jalandhara Bandha, Uddiyana Bandha, Jivha Bandha, Mula Bandha

➤ **KRIYAS:** - Jala Neti, Nauli, Kapalabhati, Trataka

BOOKS FOR REFERENCE:-

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- घरोटे,म.ल.(२०१०). **प्राणायाम श्वासाचे सिद्धांत आणि मार्गदर्शक तत्वे** . द लोणावळा योग इन्स्टिट्यूट (भारत).

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