

**BHARATHIAR UNIVERSITY: COIMBAORE 641 046**  
**CENTRE FOR COLLABORATION OF INDUSTRIES AND INSTITUTIONS (CCII)**  
**CERTIFICATE IN YOGA FOR HUMAN RESOURCE MANAGEMENT**  
**(For the CCII students admitted from the academic year 2014-15 onwards)**

**COURSE OBJECTIVES**

1. To formulate a standard of principles and practice of Yoga.
2. To create awareness on Yoga and Spirituality to the people.
3. To create awareness on health and hygiene
4. To spread Kundalini Yoga throughout the world through Yogic Education
5. To teach Yoga and Meditation for students to their age and maturity.

**Duration:** 6 Months

**Eligibility:** A Pass in SSLC Examination.

**SCHEME OF EXAMINATIONS:**

<b>Paper</b>	<b>Course Title</b>	<b>Duration Hours</b>	<b>Total Marks</b>
01.	Philosophy of Yoga & HRM	3	100
02.	Practical Paper 1: Practice of Preliminary Asanas and Suryanamaskar	3	100
03.	Practical Paper 2: Practice of Pranayama and Meditation	3	100
		Total	300

**THEORY PAPER 1: Philosophy of Yoga & HRM****Unit- 1**

Meaning, definition, concept and scope of Yoga- Schools of Yoga - bakthi yoga, karma yoga, jnana yoga, Hatha yoga, and kundalini yoga-yoga for health and peace - The yogic physiology - koshas,nadis,chakras

**Unit - 2**

Astanga Yoga -- Iyama,Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi, consciousness-yoga sutras (selected verses) - Aphorisms of saint Thirumoolar in Thirumandiram. four Quotient; - Physical,Emotional,Intelligent,Spiritual;four States of consciousness,three gunas, four waves of brain(mind).

**Unit -3**

(General Anatomy and physiology)

Cells and Tissues, Skeleton system, Muscular system, Digestive system, Respiratory system, Cardio-vascular system, Nervous system

**Unit - 4**

Endocrine system, Reproductive system, Excretory system, five sense organs-eye, ear, nose, mouth, skin. Personal hygiene and public hygiene.

**Unit - 5**

Mind and its power – Thoughts- definition-types- Positive and negative thoughts,factors influence the character and the Life. Importance of self discipline with social ethics. Leadership qualities for human resource management.

**REFERENCES:**

1. Swami Kuvalaiananda-1993- Asana- Kaivalyadhama,Pune .Lonavala.
2. Sami Sathyaananda Saraswathi-2004-Asana Pranayama mudra & banda- biha school of yoga.yoga publications trust -Munger.
3. Yogacharya Sundaram-2013- Sundra yoga sekechi-Bangalore.(Tamil)
4. Maha Maharishi Paranjothiar-Yoga –Asanas, Pranayama. Universal peace foundation.- Tirupur
4. Dr.Moni- 2001-Anotamy and physiology-M.B.Thanukrishnan Sarva offest printer
5. Dr.Krishna Ramon-2004-A Mater of health- East west books / Chennai.

**PRACTICAL PAPER 1: Practice of Preliminary Asanas and Suryanamaskar**

## **Practice of Preliminary Asanas & Suryanameskar (Techniques, Application and benefits of Yoga)**

### **Asanas**

Classification of Asanas – Types- Benefits and precautions for practice of asanas.

Loosening exercises – eye exercises, neck exercises, hand exercises, trunk rotation, leg exercises, toe exercises

#### Standing asanas (Cultural asanas)

- Padma hastasana
- Trikonasana with variations
- Ardha chandrasana (pirai asana)
- Eka pada asana
- Veerabhadrasana

#### Sitting asanas (Meditative Asanas)

- Siddhasana
- Padmasana
- Vajrasana

#### Sitting asanas (Cultural asanas)

- Pachimottanasana
- Janusirshasana
- Baddha Konasana
- Vakrasana
- Ustrasana
- Sasangasana
- Marjari asana

#### Supine asanas (Cultural asanas)

- Uttana padasana
- Machasana
- Navasana
- Sedhubandhasana
- Chakrasana
- Pavana Muktasana

#### Prone asanas

- Bujangasana
- Salabasana
- Dhanurasana
- Hamsasana

#### Inverted asanas

- Vipareetha karani asana
- Sarvanga asana
- Halasana

#### Realxative asanas

- Makarasana with variations
- Savasana (Shantiasana)

**Surya namaskara (12 steps)**

- Suryanamaskara-steps, procedure, precautions, preparatory practice, benefits and application.

**PRACTICAL PAPER 2: Practice of Pranayama & Meditation**

Kundalini meditation, Om meditation, Chakra meditation.

Mind power and memory enhancing exercises

TYPES OF PRANAYAMA,PRACTICES,PRECAUTION AND BENIFITS

Pranayama practices

- Samacheer pranayama
- Yogic full breathing
- Nadi suddhi pranayama
- Ujjai pranayama
- Basthirika pranayama
- Brahmari pranayama

Cooling pranayamas

- a. Seethali
- b. Seethkari
- c. Sadhanta

**REFERENCE BOOKS:**

1. Swami Kvalaiananda-1993- Asana- Kaivalyadhama, Pune Lonavala.
2. Sami Sathyaananda Saraswathi-2004-Asana pranayama mudra & banda- Biha school of yoga. Yoga publications trust -Munger.
3. Yogacharya sundaram-2013- Sundra yoga sekechi- Bangalore (Tamil)
4. Dr.Moni- 2001-Anotomy and physiology-M.B.Thanukrishnan Sarvana Offestprinter. – Tirunelveli.