

BHARATHIAR UNIVERSITY : COIMBAORE 641 046
CENTRE FOR COLLABORATION OF INDUSTRIES AND INSTITUTIONS (CCII)
DIPLOMA IN YOGA FOR MOTHER HOOD AND CHILD CARE
(For the CCII students admitted from the academic year 2014-15 onwards)

COURSE OBJECTIVES

1. To create an international standard of principles and practice of Yoga.
2. To create awareness on yoga and Spirituality to all 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.
6. To create Yoga teachers to teach yogic techniques for mind and positive Health.
7. To create Yoga / meditation centers for Yoga practices spiritual activities and therapy in all important cities.

Duration: 1 Year

Eligibility: A Pass in 12th Standard or its equivalent.

SCHEME OF EXAMINATIONS:

Paper	Course Title	Duration Hours	Total Marks
01.	The Philosophy and Science of Yoga	3	100
02.	Application of Yoga and Nutrition for Mother hood and Child care	3	100
03.	Practical Paper 1: Application of Yoga for Mother hood	3	100
04.	Practical Paper 2: Yoga Techniques for Child care	3	100
	Total		400

THEORY PAPER -1: The Philosophy and Science of Yoga

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-Aphorisms of Saint Thirumoolar in Thirumandiram (selected versus).

Unit -3

Four Quotient; Physical, Emotional,Inteligent,Spiritual;four-States of consciousness; three- gunas; four-waves of brain(mind)

Unit-4

Concept of thoughts- Importance of good habits, behaviours and discipline; importance of prayer and value based education; Memory and its development techniques; selected activities for intellectual development.

Unit-5

Meaning of growth; Stages of development; Areas of child development – Importance of child development; General principles of child development; Environment factors in child development; Personal Hygiene.

REFERENCES:

1. Mukti Bodananda Saraswati (1984): Swara Yoga (Chapter-I), Munger, Bihar School of Yoga, .
2. Sami Sathyaananda Saraswathi-2004-Asana Pranayama Mudra & Banda Bihar School of Yoga.Yoga Publications Trust Munger.
3. Yogacharya Sundaram-2013- Sundra Yoga sekechi-Bangalore.(Tamil)
- 4 . Swami Kuvaiiananda-1993- Asana- Kaivalyadhama,Pune .Lonavala.
5. S. Radhakarishnan : Indian Philosophy, vols. i and ii, Allen & Unwin, London.

THEORY PAPER-2: Application of Yoga and Nutrition for Motherhood and Child care**Unit-1**

Introduction to Human Anatomy and Physiology-Definition- Importance of knowledge of Anatomy and Physiology for yoga practices-Structure and function of cells and tissues, Skeletal system, Muscular system. Digestive System and Yogic application.

Unit -2

Respiratory System – Structure and function – Respiratory system and Yogic practices-Mechanism of Respiration – Structure and function of cardio-vascular system and Yogic applications. Study of Nervous system and Endocrine system in yogic view point.

Unit-3

Structure and function of sense organs, Structure and function of Urinary system and Yogic application. Structure and function of Reproductive organs – Yogic application of Reproductive system- Signs of Pregnancy – 1st , 2nd and 3rd trimester; Care during pregnancy , Complications and disease during pregnancy and its management

Unit-4

The concept and definition of Nutrition; (Major deficiency disease of children and their symptoms). Principles of Nutritional requirements; Nutritional requirements of a women – during pregnancy – during breast feeding – Diet plan; Yogic Concept of Pregnancy and Child care by Great Saints –Thirumoolar – Vallalar – Jagath Guru Maha Maharishi Paranjothiar

Unit-5

Role of meditation during pregnancy. Physical growth during infancy and early childhood; Development of gross motor skills and fine motor skills; Cognitive development – meaning of cognition; Piaget's theory. Language development – Activities relating to language development, social, emotional development

REFERENCES:

1. Dr. Maheswari Ravi -2007- Suga Prasavam-Nalam-An Imprint of new horizon media pvt.ltd.- Chennai.
2. Gore. M.V. (2005) Anatomy and physiology of yogic practices, Kaivalyadhama, Lonavla.
3. T. Venkat Rao Balu - **Kuzhanthai Valarppu Ennum Ariya Kalai** - -egc traders **Kolathur, Tamil Nadu, India.**
4. Padma Priya B.A- **Valarum Kuzhanthaikalukkana Thittamitta Aarokiya Unavu Vagaikal** - - egc traders
5. Dr. Moni- 2001- Anatomy and physiology-M.B.Thanukrishnan Saravana Offsetprinter – Tirunelveli
6. Dr. J.N.Reddy-2009-The art of effective printing-Max academy for excellence.

PRACTICALPAPER-1: Application of Yoga for Mother Hood

Preparatory exercises

- Flexibility Exercises
- Strengthening Exercises

Asanas:

Ushtrasana
Vakrasana
Shashankasana
Gomukhasana
Badakonasana
Badrasana
Marjari Asana
Namasakarasana
Upavisthakonasana
Vajarasana
Sukasana
Padmasana

Lying:

Khandrasana
Setubandasana
Ardha halasana
Vipareetha Karani

Standing:

Veerasana
Vriksasana
Utkatasana
Tirikonasana
Utthachakrasana
Tadasana
Kati Chakrasana

SamacheerPranayama

- Nadi Suddhi Pranayama
- Brahamari Pranayama
- Ujjai Pranayama
- Full Yogic Breath

Bandha and Mudra

- Mulabandha
- Jalandra bandha
- Uddiyana bandha
- Chin Mudra
- Shanmuki Mudra

PRACTICAL PAPER-2: Yoga Techniques for Child Care**Meditation and relaxation**

- Omkara Meditation
- Kundalini&Chakra meditation

Childhood

Flexibility Exercises.
Musical Movements
Yoga Postures:
Namaskarasana
Tadasana
Ekapadasana
Vajrasana
Padmasana
Paschimutasana
Bhujangasana
Pawanamukthasana

Breathing Exercises:

Full yogic breath
Nadi shudhi Pranayama
Bhramari

Sound Therapy:

Sounds of Animals
Sounds of Birds
Chanting of mantras

Meditation:Omkara Meditation, Play way Yoga, Awareness games.

Important Note:

1. Pregnant women should practice asana consulting with registered medical practitioner and Yoga expert.
2. Children Below age of five (5) should not hold the final pose.

REFERENCE BOOKS:

1. Dr.Sureshkeshan(M.D.Paediatrics)-2012-Parents Guide to child care-Pustak mahal.-Delhi.
3. Nishtha Saraswat(Dieticians of yogacharya)-2008-Preganancy made comfortable with yoga dietics-Delhi
4. Dr.Moni- 2001-Anotamy and physiology-M.B.Thanukrishnan Saravana offsetprinter – Tirunelveli
5. Pa.Ramanatha Pillai – 2007 - Thirumandharam-Saiva Siddanthapathipagam – Chennai (Tamil)
6. Dr.T.Kamaraj/Dr.K.S.Jayarani Kamaraj.-food and food hapite for pregnancy-2009-nalam, imprit of new horizon media pvt.ltd. Chennai(Tamil)
7. Dr.Maheswari Ravi -2007- Suga prasavam-nalam-An imprint of new harizon media pvt.ltd.-Chennai.
8. Dr.J.N.Reddy-2009-The art of effective printing-max academy for excelence.