

**BHARATHIAR UNIVERSITY: COIMBATORE 641046**  
**CERTIFICATE IN YOGA FOR LIFE EXCELLENCE**  
**(For the CCII students admitted from the academic year 2016-17 onwards)**

**PREAMBLE:**

The Certification in Yoga for Life Excellence programme is a professional programme meant for School Students (Class 5 & above). The duration of this programme is one academic year. Yoga techniques provide improved attention in studies, better stamina and co-ordination for sports and a heightened awareness and balanced attitude for social activity.

**COURSE OBJECTIVES:**

To enable the students to

- attain wholesome development through physical education.
- study about the scientific principles from various allied subjects in the field of physical education.
- understand the concepts and role of different training methods
- develop desirable health habits and social integration.
- have good health.
- to practice mental hygiene.
- to possess emotional stability.
- to integrate moral and societal values.
- to attain higher level of consciousness.

**SCHEME OF EXAMINATION**

PAPER	EXAMINATION	
	DURATION Hours	TOTAL MARKS
<b>PAPER – I Introduction of Yoga</b>  THEORY EXAMINATION 50 – Objective type of questions only, (50*2=100)	2	100
<b>PAPER – II</b> PRACTICAL EXAMINATION	2	100
PROJECT (One – project submission only)	-	100
<b>TOTAL</b>	-	<b>300</b>

**ELIGIBILITY**

Applicable to Students in Class 5 and above

- Certification will be awarded to the candidates only on the successful completion of all the three papers (**PAPER – I, PAPER – II, Project**)

## **THEORY**

- The **PAPER - I** consists of MCQ (Multiple Choice Question) by OMR
- There will be 50 questions of which students need to attend all 50 questions.

## **EVALUATION**

- The student should get not less than 30 marks out of 100 marks in the particular subject.

## **PRACTICAL EXAMINATION**

- There will be 3 questions of which students need to attend only 1 question.

**PAPER I**  
**INTRODUCTION OF YOGA**

**Unit 1:**

Yoga – Meaning and definition – Need, Nature & Scope of Yoga – Eight Limbs of yoga :– Yama – Niyama – Asanas – Pranayama – Pratyahara – Dharana – Dhyana – Samathi.

**Unit 2:**

Need of Loosening Exercises – Surya Namaskar – Dos & Don'ts – Precaution to Yoga Practitioners – Eye Exercise. Mantras during Surya Namaskar.

**Unit 3:**

Classification & benefits of Asanas and Surya Namaskar. Asanas – Meaning – Types : - Meditative asanas – Relaxation asanas – Cultural asanas – Benefits of asanas – Physiological and Psychological benefits of Asanas. Pranayama – Meaning – Techniques – Phases – Breathing ratio – Caution. Types of Pranayama - Nadisuddhi – sitakari – Kapalbhati. Controlling of breath; Puraka – Kumbhaka and Rechaka.

**Unit 4:**

Bones, Muscles and Various Systems of Human Body.

**Unit 5:**

Mudras: Definition and benefits – Kriya: Definition and Benefits – Meditation ; Concept of meditation – types of meditation - Guide Lines.

**Reference:**

- Dr. Chandrasekaran . K (2000) - **Sound Health Through Yoga** , Madurai., Prem Kalyan Publication.  
Swami Kuvlananda, Dr. Vinekar.S.L (1963) – **Yogic Therapy**- its basic Principles and methods – New Delhi.  
Prof. Devanand.G.K (2008) – **Teaching of Yoga** – New Delhi., A P H Publication.  
Sigh.Y.K, Saket Ramn Tiwari (2007) – **Teaching of Yoga.**, New Delhi., A P H Publication.  
Chevapur Manikkam.U (2000) – **Yoga Oru Arimygam** (Tamil)., Coimbatore., Veamp Publication.

## **PAPER II – Practical**

### **Unit 1:**

Loosening Exercise (Twisting, Forward and backward bending) – Eye Exercise – Surya Namaskar.

### **Unit 2:**

Asanas: Padmasana – Vajrasana – Yogamudra – Ardha Ustrasana – Paschimottanasana – Bhujangasana – Tolasana – Ardha Chakrasana – Padahastana – Virabhadrasana – Ardha Katichakrasana – Kati chakrasana – Trikonasana – Utkattasana.

### **Unit 3:**

Pranayama :- Kapalabhati – Naadi suddhi – Sitali – Sithkari – Sasanthe.

### **Unit 4:**

Kriya Thradak – Garjanai Kriya – Laughing Kriya - Clapping Kriya – Tolak Kriya.

### **Unit 5:**

Mudras: Chin Mudra – Agni Mudra – Lotus Mudra – Varuna Mudra – Meditation :Varma Dhyane

## **PROJECT**

### **YOGA PROJECT**

1. Chart Preparation about Suriya Namaskar
2. Chart Preparation about Asanas
3. Chart Preparation about Mudras
4. Chart Preparation about Pranayama