

# ADIKAVI NANNAYA UNIVERSITY

## 3 MONTHS YOGA CERTIFICATE COURSE-2018-19 (1)

(FOR ADMISSIONS INTO 3 MONTHS YOGA CERTIFICATE COURSE (PART TIME) CONDUCTED BY  
*SRI RAPARTHI RAMA INSTITUTE OF YOGA, KANAVARAM*

AT

(i) Dharmamchara Community Hall, Prakash Nagar Round Park, Rajamahendravaram.

&

(ii) Vadrevu Vijaya Lakshi Function Hall, Shiridi Sai Marg, Rajamahendravaram

**(AFFILIATED TO ADIKAVI NANNAYA UNIVERSITY), RAJAMAHENDRAVARAM.**



## INFORMATION BROCHURE

**Director**

**Directorate of Admissions**

**Adikavi Nannaya University, Rajah Rajah Narendra Nagar,  
Rajamahendravaram-533296**

**Tel: 0883-2566011 / 7093008477, Email: [aknucet@gmail.com](mailto:aknucet@gmail.com)**

**Websites: <http://www.aknudoa.in> or <http://www.nannayauniversity.info>**

<b>SCHEDULE</b>	
Name of the Course	3 Months Yoga Certificate Course -2018-19 (part time)
No. of Seats	50 in each centre
<b><i>Centers where Classes are Conducted</i></b>	
1.Dharmamchara Community Hall, Prakash Nagar Round Park, Rajamahendravaram. Class Timings : 6.00 A.M. to 7.30 A.M. (1 ½ hours duration)	
2. Vadrevu Vijaya Lakshi Function Hall, Shiridi Sai Marg, Rajamahendravaram Class Timings : 5.00 P.M. to 6.30 P.M. (1 ½ hours duration)	
Commencement of download of Applications	26.10.2018 (Friday)
Course fee:	1) <b>Rs.1500/-</b> for the students and staff of Adikavi Nannaya University and for the students of affiliated colleges of AKNU.  2) <b>Rs.3000/-</b> for all others.
Last Date for Submitting the filled up applications along with Xerox copies of 10 <sup>th</sup> Class pass and Aadhar Card, 4 recent passport size Photos with Course Fee.	<b>12.11.2018(Monday)</b>  * Filled up application with Certificates and Fee to be submitted to <b>Sri N. Kiran Kumar</b> (YOGA Teacher SRRIY) Ph.9966291043 and <b>Smt. A. Indira Devi</b> (YOGA Teacher SRRIY) Ph.9542868909
Date of commencement of class work at two Centres	<b>16.11.2018 (Friday)</b>



**ADIKAVI NANNAYA UNIVERSITY**  
**DIRECTORATE OF ADMISSIONS**  
**APPLICATION FORM FOR ADMISSION INTO**

**3 Month's Yoga Certificate Course (Part - Time) – 2018-19 (1)**

Note: Read the Information Brochure carefully before filling the application form.

**Registration No.**

**Particulars of Demand Draft enclosed towards Admission fee (Rs.3000/Rs.1500)**

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**Admission Fee:** for General Category Rs.3000/- per Student, for Students, Teaching & Non Teaching Staff of Adikavi Nannayya University, Rs.1500/-

D.D. No. \_\_\_\_\_ Date: \_\_\_\_\_ for Rs. \_\_\_\_\_ Bank: \_\_\_\_\_

**1. Name of the Course:**

	3 Month's Yoga Certificate Course (PartTime)
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**2.Name of the Applicant (IN CAPITAL LETTERS):**

SURNAME	FULL NAME

<b>Attested Photograph</b>
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Father's Name .....

Mother's Name .....

Address .....

.....

PIN ..... Tel. No. With STD Code .....

Mobile No. .... E-mail: .....

Aadhar No:-

**3. Gender: (Put ✓ mark)**

Male	Female

**4. Date of Birth**

Day	Month	Year

**5. University Registration No of Student:**

**6. Details of academic record: (a) Details of Qualifying Examination: (10th Class)**

Name of the Qualifying Exam	Branch	University	Year of Passing	Group % of marks (all years of study)

**DECLARATION BY THE CANDIDATE**

The particulars furnished above are true and correct to the best of my knowledge and i hereby agree for the cancellation of my application / admission if any of the above details are found to be false.

**Signature of the Parent / Guardian**

**Signature of the Applicant**

**Regulations and Syllabus for  
Yoga Certificate Course (3 Months – Part time),  
AdikaviNannaya University,  
Rajamahendravaram, Andhra Pradesh  
(w.e.f. 2018-2019)**

**Objectives:**

The purpose of the Yoga Certificate Course (3 Months) in Yoga is to impart knowledge of yoga to common people.

The specific objectives are:

- (a) To provide the necessary basic knowledge of the theory and practice of yoga
- (b) To train students to practice Yoga for promoting their health and wellness.

**Regulations:**

The candidates for Yoga Certificate Course (3 Months) in Yoga shall be required:

1. To have passed 10<sup>th</sup> class.
2. The admission into the Yoga Certificate Course shall be made by the Director, Directorate Admissions, AdikaviNannaya University.
3. Number of seats for admission into Yoga Certificate Course are 50.

**Physical Fitness:**

The selected candidates must be in good physical and mental health and fit to practice Hatha Yoga.

**No-objection Certificate:**

If the applicant is already employed in any organization he/she is required to submit a 'no-objection certificate' from the employer.

**Dress:**

The students shall be required to wear a suitable dress as designed by the Institute, which will permit them to practice yogic exercises comfortably during practical training.

**Courses of study:**

The Certificate Course in Yoga shall include one theory paper and one practical. The details of these papers are provided in the syllabus.

**Instruction:**

The course duration shall be of 3 Months. The classes will be conducted from Monday to Saturday with ½ hour (30 minutes) theory and one hour of yoga practices. Practical classes for kriyas will be conducted on Saturdays. The medium of instruction shall be English / Telugu. The examinations can be answered in English / Telugu. The method of instruction shall comprise of lectures and demonstration.

**Yoga Practice:**

The students shall practice kriyas, asanas, pranayama and meditation during the course on a regular basis.

**Attendance:**

A student shall be permitted to appear for the university examination at the end of the course only if he/she puts in attendance stipulated as per the University rules and regulations. However, in view of the special nature of the course it is desirable that the student shall put in at least 75 percent attendance to achieve the benefits of the course. In addition, the Principal of the Institute shall certify that the student has learned the prescribed Hatha yoga techniques.

**Examinations:**

The examination pattern for the Certificate Course in Yoga shall include an Internal examination to be conducted in the last week of the course and the University Examinations to be conducted after the completion of the course.

Scheme for Internal Examination:

Subject	Marks	Duration of Examination
Paper – I: Introduction to Yoga Theory	20	1 hour
Paper – II: Yoga Practice	50	2 hours

Scheme for University Examinations:

Subject	Marks	Duration of Examination
Paper – I: Introduction to Yoga Theory	80	3 hours
Paper – II: Yoga Practice	150	2 hours

**Total : 300 Marks**

**Mode of examination and evaluation for Yoga Practice:**

In view of the unique nature of Yoga Practice, the following mode of evaluation is recommended for yoga practice.

The total marks of 50 for the internal examination in yoga practice shall be distributed as follows:

Performance	– 20 marks
Instruction	– 10 marks
Viva – voce	– 10 marks
Records	– <u>10 marks</u>
Total	– <u>50 marks</u>

The total marks of 150 for the University examination in yoga practice shall be distributed as follows:

Performance	– 70 marks
Instruction	– 40 marks
Viva – voce	– 20 marks
Records	– <u>20 marks</u>
Total	– <u>150 marks</u>

The University examination in yoga practice will be conducted jointly by an internal and an external examiner.

A candidate shall be declared to have passed in theory paper, if he/she obtains not less than 40% of marks in that paper and 50% in practical examination. However, the aggregate passing minimum may be 50%. In addition the Principal has to certify on the recommendation of the concerned instructor that the candidate has learnt all the prescribed Hatha yoga. Successful candidates passing the examination in all papers including yoga practice shall be classified as below according to the aggregate percentage obtained.

50% and above but below 60%	– Second Class
60% and above but below 70%	– First Class
70% and above	– First Class with Distinction

Candidates who successfully completed the entire course in 3 Months only shall be eligible to be considered for the award of rank of first class with distinction or first class.

(Annexure – V)

## **YOGA CERTIFICATE COURSE**

**(3 MONTHS – PART TIME)**

**Paper – 1: THEORY PAPER**

**Title: Introduction to Yoga Theory**

**SYLLABUS**

**PART A**

### **1. Introduction to Yoga:**

- 1.1. Definition and meaning of Yoga in different Classical Yoga Texts.
- 1.2. Aim, Objectives and Misconceptions about Yoga.
- 1.3. Brief Introduction to Origin, History and Development of Yoga.
- 1.4. General Introduction to four paths of Yoga: Karma, Bhakti, Jnana and Raja Yoga
- 1.5. Principles of Yoga and Yogic Practices.
- 1.6. Distinction between Yoga Asana and Non-Yogic physical practices

### **2. Introduction to Classical Yoga Texts:**

- 2.1. Introduction to important Hatha Yoga Texts : Hatha Yoga Pradipika and Gheranda Samhita.
- 2.2. Techniques of Hatha Yoga: Purpose and utility of Shat-kriyas, Asanas, Pranayama, Bandhas and Mudras
- 2.3. Introduction to Patanjali Yoga Darshan : Structure of Yoga Sutras; Concept of Chitta and Chitta  
Bhumi; Chitta-vrittis and Nirodhopaya (Abhyasa and Vairagya)
- 2.4. Concept of Ishwara and Ishwara Pranidhana; Chitta Vikshepas (Antarayas) and their associates  
(Sahabhava) Concept of Chitta Prasadana and their relevance in mental well-being
- 2.5. Kleshas and their significance in Yoga;
- 2.6. Ashtanga Yoga of Patanjali : its purpose and effects, its significance.

## **PART B**

### **3.1 Introduction to Human Systems & Health:**

- 3.1. Introduction to Systems of Human Body:
- 3.2 Musculoskeletal, Digestive and Respiratory Systems
- 3.3. Circulatory, Excretory and Endocrine Systems
- 3.4. Neuromuscular co-ordination of Sensory Organs
- 3.5. Yogic concept of Health and Disease in relation to Pancha kosha theory
- 3.6. Introduction to yogic diet and nutrition.

### **4. Yoga and Psychology:**

- 4.1. Introduction to Human Psychology
- 4.2. Relationship between Mind and Body.
- 4.3. Role of Prayer and meditation for mental health – Different Meditation Techniques
- 4.4. Mental health: A Yogic perspective
- 4.5. Concept of Stress and role of Yoga in Stress management.
- 4.6. Yoga and Modern life

## **YOGA CERTIFICATE COURSE**

**(3 MONTHS – PART TIME)**

**Paper – 2: Practical Paper –**

**TITLE: YOGA PRACTICALS**

**SYLLABUS**

The students are required to learn to practice and also teach the following.

The principles, which should be adopted in practice, are the following:

1. Proper gradation in order of flexibility, balance and difficulty in performance.
2. Each asana is to be analyzed into intermediate positions in a natural sequence of movement.
3. For purposes of class training each movement is to be associated with a count to reach the final pose.
4. Rhythmic breathing should be observed. When the chest is in the expanding position inspiration should take place. In the contracting position expiration should take place rhythmically with movement. In certain asanas durations of retention is important.
5. Proper relaxation should be allowed in between the batches of asanas.

#### **1. Sukhshma Vyayama / Pavanamukta series:**

Neck, Shoulder, Trunk, Knee and Ankle

#### **2. Surya Namaskars:**

#### **3. Asanas:**

##### **3.1. Meditation Asanas:**

Sukhasan, Vajrasan, ArdhaPadmasan, Padmasan, Siddhasan,

##### **3.2. Relaxation Asanas:**

Savasana, Makarasan, Matsyakridasan,

##### **3.3. Standing Asanas:**

Tadasana, Tirayaktadasana, Katichakrasana, Trikonasana, Parsvakonasana, Veerabhadrasana, Utkatasana

**a. Balancing Asanas:**

Vrukshasan, Natarajasan, Garudasan, Angustasan

**b. Sitting Asanas:**

Shashankasan, Simhasan, Marjalasan, Vyagrasan, Janusirshasan, Pachimottanasan, Vakrasan, Ardhamatsyendrasan, Badhakonasan, Gomukhasan, Utthitapadamasan,

**c. Prone Postures (Asanas):**

Sarpasan, Bhujangasan, Salabhasan, Dhanurasn,

**d. Supine Postures (Asanas)**

Utthanapadasan, Pavanamuktasan, Setubandhasan, Chakrasan, Matsyasan, Jatarapariivritasan

**e. Inverted Postures (Asanas)**

Sarvangasan, Halasan, PrasaritaPadotthansan, Moordhasan

**4. Pranayama:**

Abdominalbreathing ,Thoracic breathing, Anuloma – Viloma, Bhramari, Suryabhedana, Ujjayi, Seetali, Seetkari,

**5. Kriyas:**

JalaDhouti, JalaNeti, Sutra Neti, Kapalabhati, Trataka

**6. Relaxation Methods:**

Part by part relaxation in Savasan, 61 points, Yoga Nidra.

**6. Meditation:**

**Recommended Books:**

1. Singh, P. (1915). *Hatha yoga pradipika*. РиполКлассик.
2. Vivekananda, S. (2017). *Patanjali Yoga Sutra*. PrabhatPrakashan.
3. Taimini T.K.: *The Science of Yoga (The Yoga Sutras of Patanjali)*. The theosophical Publishing house Adyar.
4. Doraswamaiah, O.Y (1934). *Hatha Yoga Pradeepika*. (Telugu) Madras: American Diamond Press
5. Yogacharya Raparathi Ramarao (2004) *Journey to the Real Self, Yoga Consciousness Trust, Yoga Chaitanyaramam, Vijinigiri, A.P.*
6. Saraswati, S. S., & Hiti, J. K. (1996). *Asana pranayama mudra bandha*. Bihar, India: Yoga Publications Trust.
7. Shakara Devananda Saraswati, Swami, (1986) *Yogic Management of common diseases*. Munger : Bihar School of Yoga
8. Muruesh, N. (2011). *Basic anatomy and Physiology*. Satya Publishers, Madurai.
9. George Feuerstein (2002) *The Yoga Tradition: Its history, Literature, Philosophy & Practice*, New Delhi, Bhavana Books & Prints
10. *Yoga Instructor's Course (Self- Learning Material-1 &2)* ,Bangalore, Swami Vivekananda Yoga Prakashana
11. *Certification of Yoga Professionals official guide book*, Ministry of AYUSH, New Delhi, Excel Books, 2016



# YOGA CERTIFICATE COURSE

(3 MONTHS – PART TIME)

AdikaviNannaya University,  
Rajamahendravaram, Andhra Pradesh.

## *Model Question Paper*

### INTRODUCTION TO YOGA THEORY

**Time: 3 hours**

**Max. Marks:**

**80**

**PART – A**

**I. Answer any Two of the following**

**2x10= 20**

- 1) Describe the development of yoga from the earliest Vedic period.
- 2) Discuss the four paths of yoga in detail.
- 3) Mention the eight limbs of Astanga Yoga of Patanjali and explain them briefly.
- 4) Write an account of ChittaVikshapas and their associates in detail.
- 5) Enumerate the differences between yoga asanas and non-yogic physical exercises.

**II. Write a short note on any four of the following**

**4x5 = 20**

- 6) Definition of yoga in classical yoga texts.
- 7) Shat Kriyas and their benefits.
- 8) Pranayama and its significance.
- 9) Concept of Iswara in Patanjali yoga.
- 10) Rules and regulations for practicing yoga
- 11) Kleshas in yoga
- 12) Abhyasa and Vairagya.

**PART – B**

**III. Answer any Two of the following**

**2x10 = 20**

- 13) Describe the different endocrine glands, their location, and the hormones they secrete.
- 14) Draw a diagram of kidney and explain the physiology of urine formation
- 15) What is stress? Describe how yoga helps in the management of stress.
- 16) Explain the role of yoga in modern life.
- 17) Explain the functions of human heart.

**IV Write a short note on any Four of the following**

**4x5 = 20**

- 18) Moderate diet
- 19) Pancha koshas
- 20) Meditation techniques
- 21) Relationship between body and mind
- 22) Digestive enzymes
- 23) Mental health
- 24) Types of Muscles.

