Institutional Regulations Governing the Certificate Course

Yoga is an integral part of Indian cultural and Spiritual heritage. The science Yoga promotes physical, mental and spiritual health and also helps an individual to lead a happy and healthy life, thus bring harmony and peace in the society. In the modern days, the techniques of Yogic science are extremely useful in the management of stress related disorders and to promote positive health of an individual.

Title of the course : CERTIFICATE COURSE IN YOGA STUDIES

Course Code: CYS

Eligibility for course Admission:

Any Candidate who has passed 12th std. or any other equivalent examination will be eligible for the admission to the Certificate Course in Yoga Course. Provided other conditions of admissions are fulfilled.

Duration of the Course: 40 hours

Intake: 20 students.

Medium of Instruction and Examination:

a) Medium of Instruction at the Certificate Course in Yoga Course will be English or Kannada
b) The candidate appearing for the Certificate Course in Yoga Examination will have the demonstration and teaching ability come out with good trainer.

Pattern of Examination: Maximum marks for the course is 100 (includes both theory and practical) Theory paper of one and half hours duration for maximum of 50 marks with passing minimum of 20 marks. Practical examination is also have maximum 50 marks with minimum passing 20 marks.

OBJECTIVES OF THE CERTIFICATE COURSE

- To enable student to become competent and committed professionals willing to perform as Yoga trainer.
- To make student to use competencies and skills needed for becoming an effective Yoga trainer.
- To enable student to understand the types of Yoga.
- To acquaint student with the practical knowledge of Yogasana, Kriyas, Bandhas, Mudras and Pranayama.
- To enable student to prepare the Yoga Practitioner

Syllabus

The course consists of Theory, Practical and practical training on teaching.

A. Theory

- Meaning and types of Yoga.
- Importance of Yoga and Benefits of Yoga.
- Yoga is part of life and Values of Yoga.
- Rules and regulations to be followed by Yoga practitioners.
- Role of Ashtang Yoga Yamas, Niyamas, Asana, Pranayama, Pratyahar, Dharana, Dhyana, and Samadhi.
- Differences between yoga and exercise.
- Suryanamaskar,Pranayam, Kriya and Meditation Techniques.

B. Practical

a). **Asanas**

1. Dandasana	2. Padmasana	3. Vajrasana
4. Tadasana	5.Vrikshasana	6. Utkatasana
7. Natarajasana	8.Ardhakati-chakrasana	9. Ardhachakrasana.
10. Poornachakrasana	11.Hastapadasana	12.Garudasana
13.Parshwakonasana	14.Trikonasana	15.Parivritatrikonasana
16.Parvatasana	17.Vakrasana	18.Paschimottasana
19.Janushirasasana	20.Gomukhasana	21.Matsyasana
22.Shirasasana	23.Shashankasana	24.Suptavajrasana
25.Ushtrasana	26.Ardhamatsendrasana	27.Akarnadhanurasana
28.Tolangasana	29.Baddakonasana	30.Padangustasana
31.Uttitadvipadasana	32.Ardhahalasana	33.Halasana
34.Karnapedsana	35.Sarvangasana	36.Shetubanda Sarvanagasana
37.Shalabhasana	38.Ekapadashalabhasana	39.Bhujangasana
40.Dhanurasana	41.Naukasana	42.Navasana
43.Pavana Muktasana	44.Viparitakarani	45.Makarasana
46. Rajakapotasana	47.Yoga Mudrasana	48.Balasana
49.Kukkutasana	50.Shavasana	

b). Pranayama

1. Anuloma-viloma 2..Chandrabhedana 3.Suryabhedana 4.Ujjayi 5.Shitali 6.Sitkari 7.Bhastrika.

c). Kriyas

1. JalaNeti 2.Sutra Neti 3.Dhauti (Vamana,) 4.Nauli5. Kapalabhati

Reference Books:

- Lectures on Yoga Swami Rama (The Himalaya Internationals Yoga Institute, Pennsylvania, 1979)
- Yoga in Daily Life (Orient Paper Backs, New Delhi, 1985)
- Joshi K.S. *Ajitkumar : Yoga Pravesha (Kannada) (RastrothanaSahilya, Bangalore, 1990)
- Hatha Pradipika (Kaivalyadhama, Lonavala, 1982)
- Swami Digambaraji *Swami Digambarji&: GherandaSamhitaGharote, M.L (Kaivalyadhama, Lonavla, 1978)
- Naikar C.S Naikar C.S Burley, MikeltYoga, Its Context Theory and Practice Karambelkar, P.V. SiephenSturges Swami Adidevananda: Patanjala Yoga Darshana (Kannads) NadigerKG.PatanjalaYogasara(Kannada) KarelaWemerGhatasthayoga (Kannada) (Medlha Publishers, Dharwad, 1997
- Gupta S.N.Dass Yoga Philosophy
- Dr. Bhardwaj IshwarUpnishdhik&Adhyatmikvigyan,
- Vishvananth Bharat KeMahaanYogies
- Panda,N.C. Mind & Super Mind compbell,Anthony
- Swami Tirth,OmanandPatanjaliYog Pradeep

Principal
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SHORT-TERM CERTIFICATE COURSE PRACTICAL EXAMINATION

MARKS LIST FOR YOGA PRACTICAL EXAMINATION

Sl. No.	REG.No.	Student Name	Suryanamaskhara 10	Compulsary 10	Selected 20	Kriya 10	Total
1	CYS190001	AKSHATA	08	09	18	10	45
2	CYS190002	ANJAMMA.N.M	06	06	16	06	34
3	CYS190003	BHAGEERATHI MALIMAT	09	08	17	10	44
4	CYS190004	BHEEMAVVA.R.PAMMAR	09	09	18	10	46
5	CYS190005	B.PRASHANTH	09	08	17	10	44
6	CYS190006	GANESH	10	09	20	10	49
7	CYS190007	KAVYA	06	04	15	08	33
8	CYS190008	REKHA PATIL	10	09	19	10	48
9	CYS190009	RESHMA	08	08	16	08	40
10	CYS190010	MALLESHAPPA	09	09	19	10	47
11	CYS190011	MANJUNATH.V.IREMATH	10	09	19	10	48
12	CYS190012	MEGHHANA PATIL	10	10	20	10	50
13	CYS190013	MEGHASHREEE	08	08	17	10	43
14	CYS190014	NIRMALA MALAGI	08	07	16	08	39
15	CYS190015	POOJA	07	06	14	09	36
16	CYS190016	PRAVEEN KUMAR	10	09	19	10	48
17	CYS190017	TEJASHWINI	07	06	15	07	35
18	CYS190018	VASHALINI.L.RATHOD	08	08	19	10	45
19	CYS190019	VASHNAVI.V.GADAGAKAR	08	07	17	08	40
20	CYS190020	PRIYANKA	08	07	16	08	39

CO-ORDINATOR

PRINCIPAL

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S.G.V.V. Trust's
Sri Gavisiddeshwar Arts, Science and Commerce College, Koppal-583231
DEPARTMENT OF Physical Education
Certificate in Yoga Studies 2018-19

Date: 19/02/2019

NOTICE

This is to inform all the students of B.A, B.Sc. & B.Com that the Department of Physical Education is starting a Certificate Course of 40hrson **'Certificate Course in Yoga Studies'** interested students are hereby informed to enroll their name to Program Coordinator Sri. Vinod C.Mudibasanagoudar before 22-02-2019. The classes will commence from February, 24-2018. A valid certificate will be issued after completion of the said course.

Time Table

Day	Practical	Venue	Theory	Venue
Monday	5:30 AM to 6:45 AM	Indoor Hall	--------	--------
Tuesday	5:30 AM to 6:45 AM	Indoor Hall	--------	--------
Wednesday	5:30 AM to 6:45 AM	Indoor Hall	--------	--------
Thursday	5:30 AM to 6:45 AM	Indoor Hall	---------	---------
Friday	5:30 AM to 6:45 AM	Indoor Hall	11:20AM To12:20PM	L.H.22
Saturday	5:30 AM to 6:45 AM	Indoor Hall	11:20AM To12:20PM	L.H.22

Principal

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DEPARTMENT OF PHYSICAL EDUCATION

CERTIFICATE COURSE IN YOGA STUDIES RESULTS 2018-19

Date of Announcer 14-04-2019

Sl. No.	REG.No.	Student Name	Class& SEM	MAXIMUM MARKS	OBTAINED	GRADE
1	CYS190001	AKSHATA	B.Sc. IV	100	85	"A"
2	CYS190002	ANJAMMA.N.M	B.A.IV	100	70	"B"
3	CYS190003	BHAGEERATHI MALIMAT	B.Sc.II	100	83	"A"
4	CYS190004	BHEEMAVVA.R.PAMMAR	B.Sc.II	100	78	"B"
5	CYS190005	B.PRASHANTH	B.A.II	100	74	"B"
6	CYS190006	GANESH	B.Com IV	100	77	"B"
7	CYS190007	KAVYA	B.Com IV	100	72	"B"
8	CYS190008	REKHA PATIL	B.A.II	100	84	"A"
9	CYS190009	RESHMA	B.A.IV	100	76	"B"
10	CYS190010	MALLESHAPPA	B.Com IV	100	81	"A"
11	CYS190011	MANJUNATH.V.IREMATH	B.Com IV	100	83	"A"
12	CYS190012	MEGHHANA PATIL	B.Sc. IV	100	90	"O"
13	CYS190013	MEGHASHREEE	B.Sc. IV	100	83	"A"
14	CYS190014	NIRMALA MALAGI	B.A.II	100	74	"B"
15	CYS190015	POOJA	B.Sc. IV	100	73	"B"
16	CYS190016	PRAVEEN KUMAR	B.Com IV	100	83	"A"
17	CYS190017	TEJASHWINI	B.Sc. II	100	76	"B"
18	CYS190018	VASHALINI.L.RATHOD	B.Sc.II	100	77	"B"
19	CYS190019	VASHNAVI.V.GADAGAKAR	B.Com II	100	74	"B"
20	CYS190020	PRIYANKA	B.A. II	100	75	"B"

CO-ORDINATOR

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FEEDBACK FORM

S.G.V.V.T's

SRI GAVISIDDESHWAR ARTS, SCIENCE & COMMERCE COLLEGE, GAVIMATH CAMPUS, KOPPAL-583231.

Department Of Physical Education

Course: Certificate course in Yoga Studies 2018-19

Date: 12/04/19

Kindly rate the following criterion with Tick mark [✓]

5 - Excellent **4 – Very Good** **3 – Good** **2 – Satisfactory** **1 – Poor**

Sl. No.	Criterion	Ratings				
		1	2	3	4	5
1.	Content of the course					✓
2.	Content delivery and interaction				✓	
3.	Knowledge gained during the course					✓
4.	Influence of demonstration in creation of interest in performing Asana					✓
5.	Contemporary relevance of the Course				✓	
6.	Methods of Teaching ,Practical and Quality					✓

Course Feedback: yoga will you started ~~at~~ one and off months back that was helped cured my phyical problems and consantreat on all subjects with Everyday and Everytime I will be we are all joy. + happily.

Thank you for your feedback

Amatagi

Student Signature