



| अंतरी पेटव् ज्ञानज्योत ||

कवयित्री बहिणाबाई चौधरी उत्तर महाराष्ट्र विद्यापीठ, जळगाव
Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon
Yoga Guidance Center
Complete Physical, Mental, Social, Emotional & Spiritual Wellbeing



दि. १३/०१/२०२३

प्रती,

क.ब.चौ.उ.म.वि. शी संलग्नित असलेल्या सर्व महाविद्यालयांचे मा. प्राचार्य व
मान्यताप्राप्त परिसंस्थांचे मा. संचालक

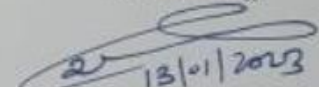
विषय: अध्यादेश १८१ अंतर्गत Certificate Course in Yoga & Health हा अभ्यासक्रम सुरु करणे बाबत.
संदर्भ: मा. विद्या परिषद सभेचा ठराव क्र. ए-२३/२०२२, दि. १४/०२/२०२२

महोदय / महोदया,

वरील विषयांस अनुसरून मला प्राप्त आदेशान्वये कळविण्यात येते की, कवयित्री बहिणाबाई चौधरी उत्तर महाराष्ट्र विद्यापीठांतर्गत योग मार्गदर्शन केंद्र या विभागामार्फत Certificate Course in Yoga & Health हा एक वर्षीय प्रमाणपत्र अभ्यासक्रम तयार करण्यात आला आहे. त्या अनुषंगाने शैक्षणिक वर्ष २०२३-२४ पासून आपल्या महाविद्यालयात सदरचा अभ्यासक्रम सुरु करावयाचा असल्यास मा. विद्यापरीषद सभेचा ठराव क्र. ए-२३/२०२२, दि. १४/०२/२०२२ मधील अभ्यास मंडळाच्या ठरावा क्र. ३/२०२२ : ब) अन्वये मान्यता दिलेल्या अभ्यासक्रमानुसार व विद्यापीठाच्या अध्यादेश १८१ नुसार संलग्नता घेऊन सुरु करू शकतात.

तेव्हा, सदरचा अभ्यासक्रम आपल्या महाविद्यालयात / परिसंस्थेत सुरु करून विद्यापीठास सहकार्य करावे ही विनंती.

आपला विश्वासू,


13/01/2023
प्रमुख

सोबत: अभ्यासक्रमाची संरचना

प्रत माहितीस्तव व यथायोग्य कार्यावाहीस्तव:-

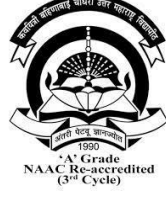
सहा. कुलसचिव
विद्यापीठ विकास विभाग
क.ब.चौ.उ.म.वि. जळगाव

प्रत,

सहा. कुलसचिव
अभ्यास मंडळ विभाग
क.ब.चौ.उ.म.वि. जळगाव

योग मार्गदर्शन केंद्र
क.ब.चौ.उ.म.वि. जळगाव

॥ अंतरी पेटवू ज्ञानज्योत ॥



KAVAYITRI BAHINABAI CHAUDHARI

NORTH MAHARASHTRA UNIVERSITY JALGAON

ORDINANCE 181

Under the faculty of Inter-disciplinary Studies

Syllabus for

Certificate Course in Yoga and Health

(CYH)

Credit System

With Effect From Academic Year 2023-24

Certificate Course in Yoga & Health

Introduction

Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon (formerly) North Maharashtra University, Jalgaon is one of the youngest (30 years old) universities in Maharashtra located in predominantly tribal minority, underprivileged and rural area, established on 15th August 1990 and separated from the University of Pune. The university now has 219 colleges and institutes affiliated, imparting education to over 2,29,807 students, many of whom are first generation learners especially tribal and minority communities. The university is determined to use higher education as a tool to bring changes in the socio-economic status of people of this region and bring them to the national main stream. This university has been awarded with “A” grade by NAAC in its third cycle of re-accreditation.

Yoga is considered to be science of human being which explores the avenues for human functioning. It is the foundation of Indian Culture which gives emphasis on code of human behavior resulting in richness of life, i.e. physical, social and psychological. Yoga is an art of living. A person which knows how to handle the different situations and problems is considered a successful individual and possesses sound mental health. Yoga teaches us, how to live peaceful, enjoying healthy life.

Course Objectives:

1. To impart the basic knowledge about Yoga to the students
2. To enable the students to enhance their focus and concentration through Yoga.
3. To train the students in various academic aspects by finding themselves well equipped and efficient.

Certificate Course in Yoga & Health

Scheme of Teaching and Examination

Sr. No	Subject Code	Subject Title	Teaching Hours	Maximum marks allotted			Passing			Credit
				Ext	Int.	Total	Ext	Int.	Total	
1	CYH-T101	Basic Yoga texts and Human Anatomy Physiology	90	60	40	100	24	16	40	6
2	CYH-T102	Yoga for Health	90	60	40	100	24	16	40	6
3	CYH-P103	Yoga Practical	120	60	40	100	24	16	40	8

Paper I

CYH- T101 Basic Yoga Concepts and Human Anatomy Physiology

Unit- 1

- 1.1 Definitions, Meaning, Aim and Objectives of Yoga
- 1.2 Origin and Nature of Yoga, Misconceptions about Yoga
- 1.3 Primary Introduction of Ashtanga Yoga (Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi)
- 1.4 Importance of Yoga in Student-Life.

Unit- 2

- 2.1 Types and Benefits of Sukshma Vyayamas
- 2.2 Importance of Suryanamaskar with mantras
- 2.3 Hatha Yoga: Origin, Meaning, History and Development
- 2.4 Concept of Asana: Hath Yoga and Patanjali Yog Darshana

Unit- 3

- 3.1 Body Concept (Ancient & Modern View)
- 3.2 Primary Introduction of Human Body Systems with their organs
- 3.3 Structure and function of cell
- 3.4 Anatomy of the Skeleton; Classification and functions of bones

Unit- 4

- 4.1 Types of joint and muscles in the body
- 4.2 General Introduction of Digestive System
- 4.3 General Introduction of Digestive glands
- 4.4 General Introduction of Respiratory System

Paper II

CYH- T102 Yoga for Health

Unit- 1

- 1.1 Health Concept: According to WHO and Explanation
- 1.2 Importance of Panchakosha for Health
- 1.3 Health and Diet Concept
- 1.4 Ten rules of Diet for Health

Unit- 2

- 2.1 Daily Routine (Dincharya) and Health
- 2.2 Concept of Ritucharya and Health
- 2.3 Pre-preparation for Yogabhyasa
- 2.4 Comparison between Yoga and Exercise

Unit- 3

- 3.1 Need of Emotional Health
- 3.2 Need of Spiritual Health
- 3.3 Importance of Shatkarma for Health
- 3.4 Importance of Prarthana and Omkar sadhana for Health

Unit- 4

- 4.1 Types of Yama and Importance of Yama for Health
- 4.2 Types of Niyama and Importance of Niyama for Health
- 4.3 Importance of Asana for Health
- 4.4 Importance of Pranayama for Health

CYH- P103 Yoga Practical

Unit 1

Shatkarma: Jal Neti, Kapalbhathi, Vaman and Tratak

Unit 2

Sukshma Vyayamas and Suryanamaskar (with Mantras including 12 positions)

Unit 3

Asanas

Supine position : Uttan padasana, Kandharasana, Pawanmuktasana, Shvasana

Prone position : Bhujangasana, Shalabhasana, Makarasana

Sitting position : Vajrasana, Padmasana, Vakrasana, Ardha pashchimottanasana,
Yogamudra, Shashankasana

Standing position : Tadasana, Tiyak tadasana, Vrukshsana, Virasana

Unit 4

Breathing Techniques: Jalad Shwasan, Santh Shwasan, Dirgh Shwasan

Unit 5

Pranayama : Anulom-vilom, Bhramari

References:

1. Sharir Vidnyan ani Yogabhyas, Gore M. M.
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3. Yogsiddhant, Mandalik Vishwas, Yog Chaitanya Publication, Nashik
4. Light on Yoga, Iyendra BKS
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6. Sharirshastra, Mandalik Vishwas, Yog Chaitanya Publication, Nashik
7. Yogparampara, Mandalik Vishwas, Yog Chaitanya Publication, Nashik
8. Swami Kuvalyananda: Asanas, Yoga-Mimamsa Publications
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10. Yoga Instructors' course Self Learning Materials, Vol-I and Vol-II, SVYP, 2009
11. Pran and Pranayama, Swami Nianjananand Saraswati, Yoga Publications Trust, Munger Bihar.
12. Yoga Sarvansathi, B.K.S. Iyengar, Rohan Publication, Mumbai
13. Ptanjali Yogsut্রে, B.K.S. Iyengar, Rohan Publication, Mumbai
14. Pranayama, Swami Kuvalyananda, Kaiwalyadham, Lonawala.
15. Gherand Samhita, Swami Nianjananand Saraswati, Yoga Publications Trust, Munger Bihar.
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