

**PANJAB UNIVERSITY, CHANDIGARH-160014  
(INDIA)**

(Estd. under the Panjab University Act VII of  
1947—enacted by the Govt. of India)



**SYLLABI**

***FOR***

**BASIC CERTIFICATE COURSE IN YOGA EDUCATION**

**SESSION: 2023-2024**

## **REGULATIONS AND NORMS FOR BASIC CERTIFICATE COURSE IN YOGA EDUCATION 2023-2024**

Notwithstanding the integrated nature of the course, the regulations in force at the time a student joins a course shall hold good only for the examinations held during or at the time end of the academic year. Nothing in these regulations shall be deemed to debar the university from amending the regulations subsequently and the amended regulations, if any, shall apply to all students whether old or new.

### **Outlines of Tests, Syllabi, Courses and Regulations regarding Basic Certificate Course in Yoga Education**

1. The nature of courses is regular and prior sanction by a University inspection team will be essential for running these courses and a periodic inspection for the revival of permission shall be essential after a duration of three years for the continuation of the courses.
2. The institutions running these courses will be required to remit the yearly continuation fee as per the decision of Syndicate/Senate from time to time.
3. Teaching of each theory paper will be undertaken by the University recognised Assistant Professor in Yoga Education in relevant subject whereas each practical will be undertaken by a professional not less than the University recognised Instructor in yoga education.
4. Minimum passing marks in individual papers will be 40 % and in aggregate will be 50%.
5. 75% attendance is compulsory separately in each paper.
6. The courses will run on the modular format and the candidates will be permitted to complete each module maximum within five years of first enrollment in the course and for this purpose both the courses will be treated independent of each other.
7. A candidate who fails to complete all the modules within five years from first enrollment will be required to seek fresh admission and shall be required to pursue the course afresh.
8. Each module shall be evaluated internally as well as externally with the ratio of 20% and 80% respectively.
9. The internal evaluation will be based on the continuous comprehensive evaluation which will include seminars, discussions, snap tests, demonstrations, practical activities and at least one mid-term evaluation examination.
10. The final summative examination may be held by the concerned institution but it will be governed by the appropriate University authorities in terms of paper setting, examiners and declaration of results.

**THE FOLLOWING CRITERIA WILL BE FOLLOWED WITH REGARDS TO  
THE EVALUATION OF THE COURSE**

i.	Below 45% marks	Not recommended
ii.	45% to below 50 % marks	Third Division
iii.	50 % to below 60 % marks	Second Division
iv.	60 % and above	First Division
v.	75% and above	Distinction

Name of the Course: **BASIC CERTIFICATE COURSE IN YOGA  
EDUCATION**

**OBJECTIVES**

- To popularize yoga education among the masses.
- Promoting health awareness towards holistic approach of health.
- To promote preventive measures for sound health.
- To promote healthy citizenry.

**DURATION**

The duration of the course leading to the Basic Certificate Course in Yoga Education (Part Time) shall be **SIX MONTHS (Evening Classes 5:00 p.m. onwards)**.

**ELIGIBILITY CRITERIA:**

**i) FOR REGULAR STUDENTS CATEGORY**

Any student enrolled in a regular degree course in an affiliated college/Panjab University department with at least **45% MARKS IN +2** from any recognized board/institute. There shall be a relaxation of 5% marks in favored SC/ST/PwD candidates. Candidate with less than 40% marks belonging to these categories shall not be eligible.

**ii) FOR GENERAL PUBLIC (EMPLOYEES ALSO) CATEGORY**

Any Indian citizen with a **GRADUATION** degree at least **45% MARKS** from any recognized university. There shall be a relaxation of 5% marks in favored SC/ST/PwD candidates. Candidate with less than 40% marks belonging to these categories shall not be eligible.

**iii) FOR FOREIGN NATIONALS**

Only **TWO SEATS** over and above to the foreign nationals having valid visa and permission from all agencies as per government and University norms and possessing **GRADUATION** degree with at least **45% MARKS** or equivalent grade from a recognized University/ Institute.

**SELECTION CRITERIA**

Selection will be made strictly on the basis of percentage of marks obtained in +2 / graduation in case of regular students/ general public respectively. Due weight age will be given to the higher qualifications attained by the candidate.

**TOTAL SEATS:**

10 Candidates each in regular students and general public category, total 20 Seats.

Note:

- i) No group should exceed 20 students.
- ii) The foreign nationals seats will be over and above.
- iii) Age is no bar.
- iv) A physical fitness certificate from a registered medical practitioner is a must (annexure i)

**SCHEME OUTLINE OF BASIC CERTIFICATE COURSE IN YOGA  
EDUCATION**

S. No.	Course Code	Name of the Paper/Subject	External Marks	Internal Marks	Total Marks
PART I (THEORY)					
1	BCCYE 101	Foundations of Yoga	80	20	100
2	BCCYE 102	Basic Knowledge of Human Body	80	20	100
3	BCCYE 103	Applied Knowledge of Yogic Practices	80	20	100
4	BCCYE 104	Yogic Texts	80	20	100
PART II (PRACTICAL)					
5	BCCYE 105	YOGA PRACTICAL			
		(a) Yogic Exercise and Asana	40	10	
		(b) Shatkriyas	30		100
		(c) Pranayama, Bandh-Mudras and Meditation	20		
Total			410	90	500

**Marks Scheme:**

**External: 410 Marks**

**Internal: 90 Marks**

**Grand Total: 500 Marks**

**OBJECTIVES:**

1. To enable the student to understand different perspectives of Yoga.
2. To enable the student to understand different perspectives of Yoga and Education.
3. To enable the student to know main perspectives of Yoga Education.
4. To enable the student to be familiar with the theoretical and practical perspective of Yoga.

**INSTRUCTIONS FOR THE PAPER SETTERS:**

1. Eight questions shall be set out of the entire syllabus and the nature of the answers should be essay type. The students shall be required to attempt five questions from all. Each question shall carry 16 marks.
2. All questions carry equal marks.
3. Total marks shall be 80 and the time allowed shall be 03 hours.

**PAPER CODE: BCCYE 101  
FOUNDATION OF YOGA**

**EXTERNAL 80 MARKS****INTERNAL 20 MARKS**

**PAPER CONTENTS**

- Indian Philosophy: its nature, Characteristics and main issues, special emphasis on Sankhya.
- Meaning, definition, types, aims and objectives of Yoga. Historical development of Yoga from ancient to Modern times.
- Yoga Philosophy with special emphasis on Ashtaang yoga Bhagwat Geeta: Nature of Yoga in the Geeta, Nature of a Yogi and Sathit-pragya, An ideal Yogi.
- Brief life sketch of Mahatama Budha and Swami Vivekananda and their Contribution in the field of Yoga.

**PAPER CODE: BCCYE 102**  
**BASIC KNOWLEDGE OF HUMAN BODY**

**EXTERNAL 80 MARKS**

**INTERNAL 20 MARKS**

**PAPER CONTENTS**

- Cell, Tissue – Parts and functions.
- Skeleton system and joints.
- Muscular system
- Circulatory and Respiratory system
- Digestive and excretory system

**PAPER CODE: BCCYE 103**  
**APPLIED KNOWLEDGE OF YOGIC PRACTICES**

**EXTERNAL 80 MARKS**

**INTERNAL 20 MARKS**

**PAPER CONTENTS**

- Shatkriyas – meaning, technique – prevention and benefits (According to Hath yoga text)
- Exercises and Asanas: Yogic and Non-yogic exercises and their meaning, importance, types, principles and effectiveness. Asanas: meaning, definition, classification, preparations, rule-regulations, precautions and effectiveness.
- Pranayamas and Meditation: meaning, definition, types, principles, techniques and effects on body and mind.
- Importance of Yogic Practices in maintaining health and fitness: Definition of 'health' Physical, mental and spiritual health through Yoga, Concept of Holistic health, Yogic concept of 'Diet'.
- Yoga Therapy: its meaning, nature, principles, objectives,
- Limitations, scope. Relationship of Yoga therapy with Ayurveda and Naturopathy.

**PAPER CODE: BCCYE 104**  
**YOGIC TEXTS**

**EXTERNAL 80 MARKS**

**INTERNAL 20 MARKS**

**PAPER CONTENTS**

- Main Yogic Texts: Introduction to Patanjali Yoga Sutra, Hathyoga Pradipika and Gherand Samhita.
- Patanjali Yoga Sutra: study of Samadhi pada (First Chapter), Sadhan Pada (Second Chapter).
- Hathyoga Pradipika: study of first Chapter (Sadhaka and Badhaka Tattva, Yogic Diet and Asanas).
- Hathyoga Pradipika: detailed study of second chapter (Shatkarmas and Pranayamas)

**PAPER CODE: BCCYE 105**  
**YOGA PRACTICAL: 105 A**  
**YOGIC EXERCISE AND ASANA**

**EXTERNAL 40 MARKS**

**INTERNAL 10 MARKS**

**PAPER CONTENTS**

- Pawan-mukat-series Exercise, Surya-namaskaar, Standing Poses: Taad – Trikon – Katichakar-kon, Tiryank- taad
- Supine lying Poses: Shav –Uttanpad – Sarvang – Ardhmatsay – Hal – Naditaan.
- Prone Pose: Makar – Sarp – Ardhshalabh – Dhanur. Sitting Poses: Vajar, Padam – Janushiras – Vakar – Bhadar– Sidh – Sukh.

**YOGA PRACTICAL: 105 B**  
**SHATKRIYAS**

**EXTERNAL 30 MARKS**

**PAPER CONTENTS**

- Jal Neti
- Suter Neti
- Vaman Dhauti
- Kapalbhata (Vayu/Vaatkaram)
- Trataka

**YOGA PRACTICAL: 105 C**  
**PRANAYAMA, BANDH- MUDRAS AND MEDITATION**

**EXTERNAL 20 MARKS**

**PAPER CONTENTS**

- Pranayama: Correct Breathing Exercise, Anulome-vilom, Surya-bhedhan, Ujjayee, Sheetli, Sheetkari and Bhramari.
- Bandhas: Trio Bandhas
- Mudras: Vipritkarni, Kaki, Taragi, Shambvi, Chin, Gyan (Jnana)
- Meditation: Sthula, Jyotir and Sukshama Dhyana

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