



**SOMAIYA**  
VIDYAVIHAR UNIVERSITY

K J Somaia Institute of Dharma Studies

**Certificate Course in Yoga**

**From**

**Academic Year 2020-21**

**Revision 1**

**Approved by**

**Board of Studies on 11.01.2020**

**Faculty of Dharma Studies on 14.01.2020**

**Academic Council on 16.01.2020**

**Bharatiya Sanskriti Peetham**

**K J Somaia Institute of Dharma Studies**

**Somaia Vidyavihar University,**

**Vidyavihar (E), Mumbai - 400077**

**(Constituent College of Somaia Vidyavihar University)**

It is notified for the information of all concerned that the Board of Studies of Yogashastra, at its meeting held on 11th January 2020, approved the syllabus of Certificate course in Yoga. This was further approved by the Faculty of Dharma Studies in its meeting held on 14th January 2020 and by the Academic Council in the meeting held on 16th January 2020. The syllabus is uploaded on the website.

Sd/-

Date: 16th January 2020

HOD (Bharatiya Sanskriti Peetham)

**Preamble:**

The K J Somaiya Institute of Dharma Studies was constituted by a resolution of the Governing Body of Somaiya Vidyavihar University, on 1st July 2020. It brings together three institutions that have been working independently in the field of Sanskrit and Yoga; Pali and Buddhist Studies and Jain Studies.

Of these, Bharatiya Sanskriti Peetham, under which this programme is currently offered, was inaugurated on 20th October 1989, by His Holiness Jagadguru Shankaracharya Jayendra Sarasvati. Until the Somaiya Vidyavihar University was constituted in August 2019, the Centre was affiliated to the Kavikulaguru Kalidas Sanskrit University and commenced activities by offering programmes in Sanskrit and Yoga. Bharatiya Sanskriti Peetham was the first academic institution to develop UG and PG programmes in Yogashastra in the city of Mumbai. The PhD programme in Sanskrit and Yogashastra. In addition, affiliation for Ph D in Philosophy, Sanskrit and History was also obtained under the University of Mumbai.

Research activities at the institute have resulted in numerous publications, which were the outcome of collaborations with national and international scholars of repute. One of the highlights of the institution's contribution has been the Programme for Interfaith Understanding, which resulted in seminal research, particularly the Hindu-Christian Dictionary: Essential Terms for Inter-religious Dialogue, which was the outcome of ten years of rigorous research with the Pontifical University, Urbaniana.

**Eligibility:**

- H.S.C or equivalent.
- Prior knowledge of Yoga is not required.

**Duration:** 06 Months (4 hours per week)

**Programme Objectives:**

This course aims at teaching practices of Yoga to beginners. This course deals with only practical aspects of Yoga and encourages the students to go for further studies in Yoga. Students will be able to do various types of asana-s, breathing practices, kriya-s., bandha-s and mudra-s after successfully completing this course.

**Acronyms used in Eight Digit Course code - example - 132C10P101**

<b>Acronym Serially as per code</b>	<b>Definition</b>
<b>1</b>	SVU 2000 First revision
<b>32</b>	College code
<b>C</b>	Alphabet code for type of programme
<b>10</b>	Programme code
<b>P</b>	Type of course
<b>1</b>	Semester I – semester number
<b>01</b>	First course of semester – course serial number It will be XX for the elective/choice based courses

<b>Acronym for category of courses</b>		<b>Acronyms used in syllabus document</b>	
<b>Acronym</b>	<b>Definition</b>	<b>Acronym</b>	<b>Definition</b>
<b>C</b>	Core Course	<b>CA</b>	Continuous Assessment
<b>E</b>	Elective Course	<b>ESE</b>	End Semester Exam
<b>A</b>	Audit Course	<b>IA</b>	Internal Assessment
<b>W</b>	Workshop	<b>O</b>	Oral
		<b>P</b>	Practical
		<b>TH</b>	Theory
		<b>TUT</b>	Tutorial
		<b>TW</b>	Term work
		<b>CO</b>	Course Outcome
		<b>PO</b>	Program Outcome
		<b>PSO</b>	Program specific Outcome

### Codes for Types of Programme

<b>Code</b>	<b>Name of the Programme</b>	<b>Key Alphabet To be used in Course/Paper code</b>
01	UG Full time	U
02	UG Part time	U
03	PG Full time	P
04	PG Part time	P
05	Ph.D Full time	D
06	Ph.D Part time	D
07	PG Diploma Full time	I
08	PG Diploma Part time	I
09	Certificate course Full time	C
10	Certificate course part time	C
11	Diploma Full time	N
12	Diploma Part time	N

## Programme Structure

### Credit Scheme

Course Code	Course Name	Teaching Scheme (Hrs.) TH – P – TUT	Total Hrs.	Credits Assigned TH – P – TUT	Total Credits*
132C10P101	Yoga Practical	00 – 04 – 00	04	00 – 04 – 00	06
<b>Total</b>		<b>00 – 04 – 00</b>	<b>04</b>	<b>00 – 04 – 00</b>	<b>06</b>

\* Total credits are 6 as the course is conducted over the period of 6 months.

### Examination Scheme

Course Code	Course Name	Examination Scheme & Marks			
		ESE	TW	P and O	Total
132C10P101	Yoga Practical	–	–	100	100
<b>Total</b>		<b>–</b>	<b>–</b>	<b>100</b>	<b>100</b>

## Detailed Syllabus

### Credit Scheme

Course Code	Course Name	Teaching Scheme (Hrs.) TH – P – TUT	Total Hrs.	Credits Assigned TH – P – TUT	Total Credits*
132C10P101	Yoga Practical	00 – 04 – 00	04	00 – 04 – 00	06
<b>Total</b>		<b>00 – 04 – 00</b>	<b>04</b>	<b>00 – 04 – 00</b>	<b>06</b>

### Course Paper 1: Yoga Practical

Paper / Course Code	Paper / Course Title			
<b>132C10P101</b>	<b>Yoga Practical</b>			
	TH/Week	W	TUT	Total
Teaching Scheme(Hrs.)	–	<b>04</b>	–	<b>04</b>
Credits Assigned	–	<b>04</b>	–	<b>06*</b>
Examination Scheme	Marks			
	IA	TW	P	Total
	–	–	<b>100</b>	<b>100</b>

\* Total credits are 6 as the course is conducted over the period of 6 months.

#### Course Objectives:

To introduce various types of postures, Suryanamaskara-s, breathing exercises and subtle exercises.

#### Course Outcomes:

At the end of successful completion of the course the students will be able to perform various asana-s. They will be able to know the authentic way to perform the exercises.

Module No.	Unit No.	Topics	Hours
<b>1.0</b>		<b>Unit 1</b>	<b>15</b>
	<b>1.1</b>	<b>Sukshma Vyayama</b>	
	<b>1.1.1</b>	<b>Kapola Shakti Vikasaka</b>	



	<b>1.1.2</b>	Karatala Shakti Vikasaka	
	<b>1.1.3</b>	VakshasthalaShakti Vikasaka	
	<b>1.2</b>	<b>Loosening Exercises</b>	
	<b>1.2.1</b>	Twisting	
	<b>1.2.2</b>	Twisting and bending	
<b>2.0</b>		<b>Unit 2</b>	<b>10</b>
	<b>2.1</b>	<b>Breathing Exercises</b>	
	<b>2.1.1</b>	Hands in and out breathing	
	<b>2.1.2</b>	Shvana-shvasana	
<b>3.0</b>		<b>Unit 3</b>	<b>15</b>
	<b>3.1</b>	<b>Suryanamaskar</b>	
	<b>3.1.1</b>	Mantra Sahita Suryanamaskar	
<b>4.0</b>		<b>Unit 4: Asana</b>	<b>15</b>
	<b>4.1</b>	<b>Standing Position</b>	
	<b>4.1.1</b>	Ardhakatichakrasana	
	<b>4.1.2</b>	Trikonasana	
	<b>4.2</b>	<b>Sitting Position</b>	
	<b>4.2.1</b>	Janushirasana	
	<b>4.2.2</b>	Pashchimottanasana	
	<b>4.2.3</b>	Ardhamatsyendrasana	
	<b>4.2.4</b>	Parvatsana	
	<b>4.3</b>	<b>Prone on Position</b>	
	<b>4.3.1</b>	Bhujangasana	
	<b>4.4</b>	<b>Supine Position</b>	

	<b>4.4.1</b>	Pawanamuktasana	
	<b>4.4.2</b>	Halasana	
	<b>4.5</b>	<b>Relaxative Asanas</b>	
	<b>4.5.1</b>	Shavasana	
	<b>4.6</b>	<b>Meditative Asanas</b>	
	<b>4.6.1</b>	Sukhasana	
	<b>4.6.2</b>	Ardha Padmasana	
<b>5.0</b>		<b>Unit 5: Kriyas</b>	<b>10</b>
	<b>5.1</b>	Kapalabhati	
	<b>5.2</b>	Vamanadhauti	
<b>6.0</b>		<b>Unit 6: Pranayama</b>	<b>15</b>
	<b>6.1</b>	Sectional Breathing	
	<b>6.2</b>	Chandrabhedana	
	<b>6.3</b>	Bhramari	
<b>7.0</b>		<b>Unit 7: Bandha &amp; Mudra</b>	<b>10</b>
	<b>7.1</b>	Jivha Bandha	
<b>8.0</b>		<b>Unit 4: Meditation</b>	<b>06</b>
	<b>8.1</b>	Pranava Japa and Japa Sadhana	
		<b>Total Hours</b>	<b>96</b>

**Recommended books:**

<b>Sr No</b>	<b>Name/s of Author/s</b>	<b>Title of Book</b>	<b>Name of Publisher with country</b>	<b>Edition and Year of Publication</b>
1	Satyananda Saraswati	Asana Pranayama Mudra Bandha	Yoga Publications Trust, Munger, Bihar	4th edi., 2013
2	Nagarathna, R. & Nagendra, H. R.	Integrated approach of yoga therapy for positive health	Swami Vivekananda yoga prakashan,	1st edi, 2003

			Bangalore	
3	Kuvalayananda Swami	Asana	Kaivalyadhama, Lonavla	7th edi., 1993
4	Kuvalayananda Swami	Pranayama	Kaivalyadhama, Lonavla	11th edi., 2010
5	Dhirendra Brahmachari	Yogic Sukshma Vyayam	Dhirendra yoga publications, New Delhi	-
6	सत्यानंद सरस्वती	आसन प्राणायाम मूद्रा बंध (हिंदी)	योग पब्लिकेशन्स ट्रस्ट, मुंबई	३ रा संस्क., २००६
7	सत्यानंद सरस्वती	आसन प्राणायाम मूद्रा बंध (मराठी)	योग पब्लिकेशन्स ट्रस्ट, मुंबई	२००२
8	जैन, राजीव	संपूर्ण योग विद्या: योगासन, प्राणायाम, मुद्रा, बंध, षट्कर्म, ध्यान एवं कुण्डलिनी योग	मंजुल पब्लिशिंग हाउस, भोपाल	५ वा संस्क., २०१८
9	निंबाळकर, सदाशिव	योगिक क्रिया: आरोग्याचा पाया	योग विद्या निकेतन मुंबई	१ ली आवृत्ती, १९८२
10	निंबाळकर, सदाशिव	प्राणायाम	योग विद्या निकेतन मुंबई	१ ली आवृत्ती, १९८४
11	निंबाळकर, सदाशिव	स्वास्थ्य के लिए योग	योग विद्या निकेतन मुंबई	३ रा संस्क., २०१७
12	आनंद ऋषी	ध्यानप्रचीती: ध्यानाच्या विविध मार्गाविषयी अनुभवसिद्ध मार्गदर्शन	नविन प्रकाशन, पणे	२ री आवृत्ती, २०१३

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