

**UNIVERSITY OF MUMBAI**  
**Teacher Training Certificate Course In Yoga**  
(With Effect from the Year 2017-18)

**INTRODUCTION:**

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and wellbeing.

Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living. The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effects following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight. In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic Living and not merely as yoga postures.

This module will focus on the qualities of a good yoga teacher with an emphasis on teaching methodology, e.g. how to communicate with students, how to demonstrate, observe the student in the class to avoid injury during practice of asana. We will also discuss the personal and professional ethics of a yoga teacher.

**OBJECTIVES:**

- 1 To enable student to become competent and committed professionals willing to perform as Yoga trainer.
- 2 To make student to use competencies and skills needed for becoming an effective Yoga trainer
- 3 To enable student to understand the types of Yoga and its benefits
- 4 To acquaint student with the practical knowledge of Yogasana, Kriyas, Bandhas, Mudras,
- 5 Yogic Therapy and Pranayama
- 6 To enable student to prepare the Yoga programme

**O \_\_\_\_ Title of the Course: Teacher Training Certificate Course In Yoga (TTCCY)**

**O \_\_\_\_ ELIGIBILITY:**

A student for the admission of Teacher Training Certificate Course In Yoga (TTCCY) must have at least completed his/her Higher Secondary Education (HSC i.e. 10+2) of Maharashtra State Board or any other equivalent degree of recognized university.

**O \_\_\_\_ DURATION OF PROGRAMME:**

The duration of Teacher Training Certificate Course In Yoga shall be minimum of 144 hours. The programme shall be conducted on regular/part time basis. The maximum duration for the completion is 6 months.

**O \_\_\_\_ INTAKE CAPACITY: Maximum 50 (for one batch)**

**O \_\_\_\_ FEES STRUCTURE:**

Rs. 10,000/- Course Fees.  
Rs. 1,000/- Examination fee.

**O \_\_\_\_ STRUCTURE OF THE PROGRAMME:**

- Duration : 6 Months (maximum)
- Working Hours : 6 hours in a day
- Theory : 96 Hours
- Practical : 48 Hours
- Total Hours : 144 Hours
- 1 Credit : 12 Hours
- Total Credit : 16
- No. of Courses : 4 (each Course 50 Marks)
- Total Marks : 400 (Theory:240 Marks + Practical: 160Marks)

**• COURSE WISE CREDIT ASSIGNMENTS**  
**Teacher Training Certificate Course In Yoga (TTCCY)**

Course	Code	Hours	Marks (External)	Credit	Code	Hours	Marks (Internal)	Credit
Course I Yog Parichaya	YCT 01	24	60	2	YCTP 01	12	40	1
Course II Anatomy, Physiology for Yogic Practice.	YCT 02	24	60	2	YCTP 02	12	40	1
Course III Teaching Methodology of Yogic Practice.	YCT 03	24	60	2	YCTP 03	12	40	1
Course IV Traditional Yoga	YCT 04	24	60	2	YCTP 04	12	40	1
<b>Total</b>	--	<b>96</b>	<b>240</b>	<b>08</b>	--	<b>48</b>	<b>160</b>	<b>04</b>

- Total Credits = 12 (Theory 8 Credits + Practical 04 Credits)      • Total Marks = 400 (External 240Marks + Internal160 Marks)

**R\_\_\_\_\_SCHEME OF EXAMINATION**

**Standard of Passing the Examination**

- The learner shall have to obtain a minimum of 50 % Marks in each course (i.e. 25 Marks) including theory and practical.
- The learner shall obtain minimum 50% Marks in aggregate.
- To pass the course minimum grade 'C' shall be obtained in each course.
- The following letter grades shall be assigned on the basis of marks obtained.

% of marks obtained by the Student	Grade points	Letter grade
70-100	7	O
60-69.99	6	A
55-59.99	5	B
50-54.99	4	C
Less than 49.99	3	F (Fail)

- The students failed in the examination shall have to reappear for the next examination (within 2 years) including theory and practical by paying examination fees.

**R\_\_\_\_\_ Nature of Theory Examination**

- For each Course : 60 Marks
- Duration : 2 Hours
- Questions paper pattern:-
  1. There shall be 05 questions, each of 12 marks on each unit (per unit 1 question).
  2. All questions shall be compulsory with internal choice.

**R\_\_\_\_\_ The following shall be the Syllabi including Theory and Practical for the various Courses of Teacher Training Certificate Course In Yoga (TTCCY)**

**COURSE – I**

**YOG PARICHAYA**

**UNIT I: (9 hours)**

1. Origin of Yoga & its brief development.
2. Meaning of Yoga & its importance
3. Yoga as a Science of Art (Yoga Philosophy)
4. Meaning of meditation and its types and principles.

**UNIT II: (9 hours)**

1. Classification of Yoga/Types of Yoga
2. Hatha Yoga , Raja Yoga, Laya Yoga, Bhakti Yoga, Gyan Yoga, Karma Yoga.
3. Asthang Yoga.

**UNIT III: (9 hours)**

1. Principles of Yogic Practices.
2. Meaning of Asana, its types and principles.
3. Meaning of Pranayama, its types and principles.
4. Meaning of Kriya its types and principles

**UNIT IV (9 hours)**

1. Yogic therapies and modern concept of Yoga
2. Naturopathy, Hydrotherapy, Electrotherapy, Messotherapy,
3. Acupressure, acupuncture.
4. Meaning and importance of prayer.
5. Psychology of mantras.

6. Different mudras during prayers.

## REFERENCES :

Asana	Kuvalyananda Swami	Kaivalyadhama, Lonavla
Asana Pranayama & Mudra Bandha	Saraswati, Swami Satyananda	Bihar School Of Yoga, Munger, 1969
Asana Why and How?	Tiwari, O.P.	Kaivalyadhama, Lonavla
Asana, Pranayama, Bandha, Mudra	Saraswati, Swami Satyanand	Bihar School of Yoga, Munger
Asana, Pranayama, Mudra, Bandha	Saraswati, Swami Satyananda	Bihar School of Yoga, Munger
Astadal Yoga Mala, (Vol I – VIII)	Iyengar, B.K.S	Allied publishers Pvt. Ltd., Lucknow, 2009
Ayurveda and the Mind	Navneet Publications, MumbMLBD, New Delhi, 2004	Navneet Publications, MumbMLBD, New Delhi, 2004
Ayurveda Eka Parichaya	Dr. Rakhee Mehra	MDNIY, New Delhi
Therapeutic references in Traditional Yoga Texts	Gharote, M.M. & others	The Lonavla Institute, Lonavla, 2010
Therapeutic references in Traditional Yoga Texts	Gharote, M.M.	The Lonavla Institute, Lonavla, 2010
Hatha Yoga Illustrated	Martin Krik, Brook, Boon	Human Kinetics

## COURSE – II

### ANATOMY PHYSIOLOGY FOR YOGIC PRACTICES

#### UNIT I

**(9 hours)**

1. Introduction of human body and its systems.
2. Definition of Anatomy and Physiology and importance in Yogic Practices

3. Respiratory System
4. Digestive System
5. Endocrine System

**UNIT II**

**(9 hours)**

1. Classification of Asanas and its Mechanism.
2. Cultural Asana(standing, sitting, supineline, praline position & topsy turvy)
3. Meditative Asana and Relaxative Asana
4. Nervous System
5. Circulatory System

**UNIT III**

**(9 hours)**

1. Introduction of Kriya, Bandha and Mudra.
2. Importance of Kriya and its scientific approach.
3. Importance of BANDHA and its scientific approach.
4. Importance of MUDRA and its scientific approach.

**UNIT IV**

**(9 hours)**

1. Effect of Asanas on various Systems
2. Difference between Asana and Exercise.
3. Difference between Pranayama and deep breathing.
4. Yogic Diet

**REFERENCES:**

A Synthetic approach to Diet and Nutrition	Ghosh,A.K.	Swami Mangalteerthama Nutan Publication, Deoghar, 2005
Anatomy and Physiology of Yogic Practices	Gore, M.M	New Age Books, New Delhi, 2007
Anatomy of Hathayoga	Coulter,H. David	MLBD, New Delhi, 2007
Anatomy and Yoga: A Guide for Teachers and Students	Ellen Saltonstall	Notran, England, 2008
Application in Yoga	Gharote, Manmath M. and others	Lonavla, 2008
Functional Anatomy of Yoga	David Keil	Imusti, 2011

## **COURSE – III**

### **TEACHING METHODOLOGY OF YOGIC PRACTICE**

**UNIT I:** **(9 hours)**

1. Meaning and types of methods.
2. Factors affecting teaching.
3. Principles of teaching.
4. Need and importance of teaching practice.
5. Maxims of teaching

**UNIT II:** **(9 hours)**

1. Presentation technique
2. Technical preparation.
3. Personal preparation.
4. Modern concept and teaching Aids class management and its meaning and need
5. Steps of class management

**UNIT III:** **(9 hours)**

1. Meaning of tournaments and competition and its importance.
2. Eligibility rules of Inter –University of Yoga.
3. Organisation and administration of Yog competition.
4. Audio visual Aids

**UNIT IV:** **(9 hours)**

1. Meaning of lesson plan and its importance.
2. Principles of lesson plan
3. Demonstration in Yoga and its types
4. Importance of demonstration

## **References**

Teaching Yoga: Essential Foundations and Techniques	Mark Stephens	North Atlantic Book, P.O.Box 12327, Berkeley, California
Science Of Pranayama	Dr. M. L. Gharote, Piman Devnath	The Lonavla Yog Institut, Bhangarwadi, Lonavla, 2010
Teaching Methods For Yogic Practice	Dr. M. L. Gharote, Dr. S. K. Ganguly	Model Press Pvt. Ltd. , Rani Jhansi Road, New Delhi, 1988
Holistic Approach Of Yoga	Ganesh Shankar	Aditya Publishers, Bina (MP) 1998
Yogasana And Pranayama For Health	Dr. P. D. Sharma	Navneet Publications, Bhavani Shankar Road, Dadar Mumbai, 2004

## COURSE – IV

### TRADITIONAL YOGA

#### UNIT I

(9 hours)

##### **Patanjali Yog Sutra**

1. Definition and meaning of yoga.
2. Types of vrittis.
3. Different ways to achieve Raj Yog.
4. Disturbance in Yogic Practices

#### UNIT II

(9 hours)

##### **Swatmaram Hatha Pradipika.**

1. Asanas.
2. Pranayama
3. Kriyas.
4. Nadanusandhan

#### UNIT III

(9 hours)

##### **Great Philosophy of Indian Yoga Culture**

1. Charwak.
2. Budha.
3. Mahavir.
4. Swami Vivekanand

#### Unit IV

(9 hours)

##### **Panchikaran Prakriya.**

1. Panch Kosh Theory.

2. Nandha Bhakti
3. Kundalini.
4. Astha Sidhi

## References

Guidelines For Yogic Practices	Dr. M. L. Gharote	The Lonavla Yog Institut, Bhangarwadi, Lonavla, 2013
Yogic Techniques	Dr. M. L. Gharote	The Lonavla Yog Institut, Bhangarwadi, Lonavla, 2006
The Yoga Texts	Dr. Dr. M. L. Gharote	The Lonavla Yog Institut, Bhangarwadi, Lonavla, 2006
Yoga And Your Heart	Dr. K. K. Datey, Dr. M. L. Gharote	Published By Ashwin J. Shah Jaico Publishing House, M.G. Road Mumbai, 1983
Yoga For Health And Peace	Sadashiv P. Nimbalkar	Yoga Vidya Niketan, Bombay, 1992

### **PRACTICAL (INTERNAL ASSESSMENT ONLY)**

**Practical Demonstration of Asana, Pranayam and Shudhikriyas**

**Marks : 100**

#### **LIST OF YOGIC PRACTICES**

<b>ASANA</b>	<b>PRANAYAMA</b>	<b>KRIYA</b>
1. Shirsh Asana	1. Anulomevilome	Any two Kirya from the 1. Neti 2. Dhauthi 3. Tratak 4. Nauli 5. Kapalbhathi
following		
2. Vipratarani	2. Ujjai	
3. Hal Asana	3. Bhastrika	
4. Bhujang Asana	4. Shitali	
5. Ardh-Shalbh Asana	5. Sitkari	
6. Vakra Asana	6. Suryabhedan	
7. Ardha Matasyaendrasana	7. Bhramr	
8. Paschimottan Asana		
9. Vajra Asana		
10. Supta Vajra Asana		
11. Yoga Mudra		
12. Nauka Asana		
13. Bak Asana		

14. Mayur Asana
15. Ustra Asana
16. Vriksh Asana
17. Padma Asana
18. Trikon Asana
19. Sarvang Asana
20. Manduk Asana
21. Pavan Muket
22. Chakra Asana
23. Pad-hast Asana
24. Katichakra Asana.
25. Surya Namaskar

**Note: Students are required to do any 15 of above mentioned Asanas, two Pranayama and two Kriyas.**

**R\_\_\_\_\_ STRUCTURE OF COURSE WISE INTERNAL ASSESSMENT**

<b>Course</b>	<b>Code</b>	<b>Practical</b>	<b>Marks</b>
<b>Course I</b> Yog Parichaya	YCTP 01	a Practical Exam and Viva-Voce	20
		b Project/Assignment	20
<b>Course II</b> Anatomy physiology for yogic practices	YCTP 02	a Practical Exam and Viva-Voce	20
		b Project/Assignment	20
<b>Course III</b> Teaching Methodology of Yogic Practice	YCTP 03	a Practical Exam and Viva-Voce	20
		b Project/Assignment	20
<b>Course IV</b> Traditional Yoga	YCTP 04	a Practical Exam and Viva-Voce	20
		b Project/Assignment	20

**R\_\_\_\_\_ PROCEDURE OF COURSE WISE INTERNAL ASSESSMENT**

**Course I - Yog Parichaya**

**(40 Marks)**

- a) **Practical Examination and Viva- Voce** (20 Marks): The Learner will be assessed by two examiners jointly on the basis of performance in practical examination and viva-voce for 10 Marks.
- b) **Projects/Assignment** (10 Marks): The learner will be given project/assignment on Therapeutic aspects of Yoga and asked to prepare and submit the report in prescribed format of the same based on which the concern teacher will give marks out of 20.

**Course II - Anatomy physiology for yogic practices**

**(40 Marks)**

- a) ***Practical Examination and Viva- Voce*** (20 Marks): The Learner will be assessed by two examiners jointly on the basis of performance in practical examination and viva-voce for 20 Marks.
- b) ***Projects/Assignment*** (10 Marks): The learner will be given project/assignment on Kriyas/Bandhas/Mudras/ Meditative Asana and Relaxative Asana and asked to prepare and submit the report in prescribed format of the same based on which the concern teacher will give marks out of 20.

**Course III - Teaching Methodology of Yogic Practice**

**(40 Marks)**

- a) ***Practical Examination and Viva-Voce*** (20 Marks): The Learner will be assessed by two examiners jointly on the basis of performance in practical examination and viva-voce for 20 Marks.
- b) ***Lesson*** (20 Marks): The learner will be conduct two lesson on selected Asanas and prepare the lesson plan based on which the concern teacher will give marks out of 20.

**Course IV - Traditional Yoga**

**(40 Marks)**

- a) ***Practical Examination and Viva- Voce*** (20 Marks): The Learner will be assessed by two examiners jointly on the basis of performance in practical examination and viva-voce based on Unit IV for 20 Marks.
  - b) ***Projects/Assignment*** (20 Marks): The learner will be given project/assignment on Asanas /Pranayama / Kriyas and asked to prepare and submit the report in prescribed format of the same based on which the concern teacher will give marks out of 20.
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