



TAMIL NADU OPEN UNIVERSITY

School of Education

CERTIFICATE PROGRAMME ON YOGA EDUCATION FOR WELLBEING

This certificate programme aims to prepare the learners equipped with the knowledge and skills for practising Yoga with a proper understanding and usage.

Programme Objectives

While studying the Certificate Programme, the learner shall be able to:

- develop an understanding of the nature of yoga and its philosophical, psychological, physical and spiritual dimensions;
- imbibe an awareness about various yogic traditions, texts, and contributors;
- extend the skills needed for practising yoga and their therapeutic usages;
- promote yoga practices and integrate them successfully in their day to day activities; and
- spread yoga awareness in their homes, institutions, and the surroundings.

Programme Outcomes

After completion of the Certificate Programme, the student will be able to:

- practice different kinds of yogasanas, pranayamas, kriyas, bandhas, mudras and meditations;
- equip themselves with different therapeutic applications of yoga for some common ailments;
- distinguish different traditions of yoga;
- practice awareness about yoga in their surroundings; and
- inculcate the habit of practising yoga as part of life.

Eligibility : 10th pass

Lateral Entry : Those who have completed the Short Term Course on Yoga Education from TNOU are exempted one paper (CYEW – 03)

Medium of Instruction : English.

Duration : Minimum 6 months and Maximum 1 year

Fee Structure : Rs. 1500 /-

Course Delivery : Online (MOOCs Model)

Programme Details

COURSE CODE	COURSE TITLE	CREDITS
CYEW – 01	Fundamentals of Yoga Education	3
CYEW – 02	Relation of Yoga and other Disciplines	3
CYEW – 03	Essentials of Yogic Practices	3
Total Credits		9

Examination System: Theory Examinations will be conducted online / proctored by using suitable technologies. The Assignments and Quizzes are integrated into the course delivery mechanism. The Final Practical is also to be conducted online. As it is a fully online course, there is no role for LSC / LRC. The course delivery is from the TNOU headquarters in the form of MOOCs model.

Grading Scheme

Online Assignments	:	10 %
Online Quizzes	:	10 %
Final Practical (Online)	:	30 %
Final Exam (Online)	:	50 %

Assignments for each Course: Suitable online assignments will be given in the course itself. The students should answer and submit the assignments through the LMS. They will be evaluated by the course director or concerned teacher and marks will be provided.

Online Quizzes: Suitable online quizzes are interwoven in the course. The students should answer them and the marks are given automatically. They are added with the final grade through the LMS.

Final Practical (Online) : The final practical may be conducted through

Theory Examination:

The external examination is also conducted through online mode. The objective type questions are provided from the pre-loaded question bank to the students and they shall take up the test within a stipulated time. The examination shall be conducted through proctored online testing mechanism or any other method devised by TNOU. Once the students have passed the TEE, the system completes the examination process. If the students don't pass the TEE, they may take up the examination any number of times till they pass the exam. There shall be a time gap

between two consecutive attempts. Students shall normally be allowed to appear for theory examination after completing all assignments, quizzes and practical examination.

Scheme of Evaluation (For each course)

Assignments (Online)	10 Marks
Quizzes (Online)	10 Marks
Practical (Online)	30 Marks
Theory Examinations (Online)	50 Marks
Total	100 Marks

Passing Minimum: The passing minimum is 18marksout off 50 marks in the external (Theory) Examination and minimum 4 marks out off10 marks in the Assignments and Quizzes, and 11 marks in the Practical Examination and overall 40 percent for successful completion of each course.

Classification of Successful Candidate: Candidates who pass all the Courses and who secure 60 percent and above in the aggregate of marks will be placed in the first class. Those securing 50 percent and above but below 60 percent in the aggregate will be placed in the second class. Those securing 40 percent and above but below 50 percent in the aggregate will be placed in the third class.



Tamil Nadu Open University
School of Education
Chennai – 15

COURSE TITLE : **Fundamentals of Yoga Education**
COURSE CODE : **CYEW – 01**
COURSE CREDIT : **3**

COURSE OBJECTIVES

While studying **Fundamentals of Yoga Education**, the learner shall be able to:

- develop the scope of yoga and its applications in day to day life;
- gain philosophical and historical knowledge about yoga;
- distinguish different schools of thought about yoga;
- describe various streams of yoga;
- explain the components of astanga yoga;
- identify the misconceptions about yoga practice and make efforts to demystify them; and
- analyse the latest developments in yoga teaching;

COURSE OUTCOMES

After completion of **Fundamentals of Yoga Education**, the student will be able to:

- enrich knowledge about the historical evolution of yoga;
- distinguish various components of astanga yoga;
- practice the ways and means of integrating yoga in teaching learning;
- synthesize various schools of yoga and comprehend them;
- educate the learners about the misconceptions about yoga and try to abolish them;
- promote the yogic practices and celebrate International Yoga Day in his / her home, institutions and surroundings.

BLOCK 1 MEANING AND NATURE OF YOGA

UNIT - 01 - Yoga - Basics- Nature - Aim - Need - Philosophy - Scope

UNIT - 02 - Yoga and Physical Exercises-Physical exercises - Physiology - Similarities and differences

UNIT - 03 -Yoga and Education-Principles of teaching yoga -Teaching methods - Presentation techniques - Aids - Yoga practicals - Evaluation

BLOCK 2 HISTORY OF YOGA

UNIT– 04 - History of Yoga - Vedas - Bhagavad Gita - Upanishads - Ithihaas - Puranas

UNIT – 05 - Ancient Yoga Texts - HathayogaPradipika - Yoga sutras - GherandaSamhita - Yoga rahasya - Siva samhita - YajnavalkyaSamhita - Thirumandiram - Sidhars

UNIT– 06 - Recent Contributors to Yoga- Ramakrishna - Vivekananda - Kunalayananda - Sivananda - Krishnamacharya - Maharishi Mahesh Yogi - Ramana Maharishi - Vethathiri Maharishi - Sri Aurobindo - BKS Iyengar

BLOCK 3 PHILOSOPHICAL FOUNDATIONS OF YOGA

UNIT – 07 - Yoga philosophy- Philosophy and scope - Modern developments - Misconceptions and clarifications - Benefits of yoga on humans

UNIT – 08 - Yoga in various religions and faiths- Hindu - Jainism - Buddhism - Christianity - Islam

BLOCK 4 CLASSIFICATION OF YOGA

UNIT – 09 - Streams of Yoga- Hatha - Bhakti - Jnana -Karna - Raja - Mantra - Laya - Mantra yoga

UNIT – 10 - Stages of Yoga - Astanga Yoga - Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi

BLOCK 5 MODERN DEVELOPMENTS IN YOGA

UNIT – 11 - The spread of Yoga in various countries- Evolution of yoga - Spread in India - Eastern &Western countries - Recent developments

UNIT – 12 - Integration of Yoga with other therapies : Combination of Yoga with other therapies

UNIT – 13 - Misconceptions about Yoga - Misconceptions - Yoga and Physical exercises - Mysticism - Clarifications

UNIT – 14 - International Yoga Day - International Yoga Day - Developments - Celebrations in India and abroad

SUGGESTED READINGS

- **Desikachar, T.K.V., (2003),**Nathmuni's Yoga Rahasya, Krishnamacharya Yoga Mandiram, Chennai.
- **Desikachar, T.K.V., (2004),**YogaYajnavalkyaSamhitha, Krishnamacharya Yoga Mandiram, Chennai.

- **HaustulDesikachar, (2016).**,Hatha Yoga Pradipika, Madia Garuda, Chennai.
- **MeenaRamachandran (2006).**,Grandhasamhitha, Kaivalyadhama, Lonavala.
- **Subramanian (2003).**,YogaVashistha, Sura Books Pvt. Ltd, Chennai.
- **Iyengar ., B.K.S. (1976).**Light on Yoga, Unwin Paperbacks.
- **SatyanandaSaraswathi., (2008).**Asana, Pranayama, Mudra, Bandhas. Bihar School of Yoga Publications, Munger, India.
- **Satyananda Saraswathi., (2007).**Meditation from Thitantras, Yoga Publication Trust, Munger, India.



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COURSE TITLE : **Relation of Yoga and other Disciplines**
COURSE CODE : **CYEW – 02**
COURSE CREDIT : **3**

COURSE OBJECTIVES

While studying **Relation of Yoga and other Disciplines**, the learner shall be able to:

- gain knowledge and understanding about the anatomy and physiology of the human body;
 - analyse the relationship between psychology and yoga;
 - describe the causes of various diseases and disorders and apply yoga for curing some of them;
 - explain the relationship and differences between yoga and other systems of medicine; and
 - apply yoga for developing spiritual values among human beings.
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COURSE OUTCOMES

After completion of **Relation of Yoga and other Disciplines**, the student will be able to:

- apply the principles of human anatomy and physiology into the working principles of yoga practices;
 - devise yogic methods for solving some mental and psychological problems among the learners;
 - identify some common ailments occurring in his / her surroundings and apply yoga to cure some of them;
 - synthesize various systems of medicine and comprehend them; and
 - promote human and national values among the learners.
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BLOCK 1 INTRODUCTION TO HUMAN ANATOMY AND PHYSIOLOGY

UNIT – 01 - Nervous System - Central nervous system - Autonomic nervous system - Brain - Spinal cord - Sympathetic and parasympathetic systems and their functions - Sensory organs and their functions - Skin

UNIT – 02 - Cardio-Vascular System - Circulatory system - Heart and its functions - Cardiac cycle - Blood and blood pressure

UNIT – 03 - Endocrine System - Endocrine glands - Hypothalamus, Pituitary, Thyroid, Para-Thyroid, Thymus, Adrenal, Pineal, and sex glands - Functions

UNIT- 04 - Respiratory System - Respiratory passage - Thoracic cavity - Nose - Pharynx - Larynx - Lungs - Functions

UNIT – 05 - Digestive and Reproductive System - Digestive track - Alimentary canal - Stomach - Small and large intestine - Peritoneum - Physiology of digestion - Liver - Gall bladder - Pancreas - Excretory system - Urinary system - Male and Female Reproductive System

UNIT – 06 - Muscular and Skeletal System - Types of muscles - Bones - Joints - Tendons and ligaments - Locomotor system

BLOCK 2 PSYCHOLOGY AND YOGA

UNIT – 07 - Relationship between Psychology and Yoga - Meaning, Definitions, Nature and Scope of Psychology - Stress, Anxiety, Psychological disorders - Relationship with Yoga

UNIT – 08 - Yoga for growth and development - Yoga for different age groups and professions - Learning - Motivation - Emotions - Personality - Super consciousness - Balance of mind - Nadis and Chakras

BLOCK 3 HEALTH, FITNESS AND WELLNESS

UNIT – 09 - Causes of diseases and disorders - Tridoshas - Five elements - Diagnosis - Nutrition

UNIT – 10 - Yoga and Physical Exercises - Physical exercises - Sports - Relationship - Physiotherapy

UNIT – 11 - Selective Yogic practices for some common ailments - Heart problems - Asthma - Arthritis - Back pain - Constipation - Diabetes - Obesity - Mental disorders - Menstrual irregularities

BLOCK 4 YOGA AND ALTERNATIVE MEDICINE SYSTEM

UNIT – 12 - Alternative medical systems and therapies - Yoga and Indian traditional medicine systems - Ayurvedha - Siddha - Naturopathy - Physiotherapy - Acupressure

UNIT- 13 - Naturopathy and Yogic Diet- Concepts of Naturopathy - Fasting - Hydrotherapy - Mud therapy - Massage - Tamasic, Rajasic and Satvic foods - Balanced diet - Yogic diet

BLOCK 5 SPIRITUALITY AND YOGA

UNIT – 14 - Relationship between Yoga, Spirituality, Value and Peace - Need and scope of spirituality -Moral values - Divine values - Yoga and human values

SUGGESTED READINGS

- **Iyengar ., B.K.S. (1976).** Light on Yoga, Unwin Paperbacks.
- **Iyengar ., B.K.S. (2008).** Light on Pranayama, Harper Collins Publishers India, New Delhi.
- **SatyanandaSaraswathi., (2008).** Asana, Pranayama, Mudra, Bandhas. Bihar School of Yoga Publications, Munger, India.
- **Gore, M.M. (2003).** Anatomy and Physiology of Yogic Practices.KanchanPrakashan, Lonavala.
- **Leslie Kammoff. (2007).** Yoga Anatomy, Human Kinesthetics, Champaign.
- **Ray S Dutta (2001).**Yogic Exercises : Physiologic and Psychic processes, Jaypee Brothers, New Delhi.



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COURSE TITLE : **Essentials of Yoga Practice**
COURSE CODE : **CYEW – 03**
COURSE CREDIT : **3**

COURSE OBJECTIVES

While studying **Essentials of Yoga Practice**, the learner shall be able to:

- gain knowledge and understanding about the pre-requisites of yoga practice;
- describe different types of yogasanas;
- analyse the principles of pranayama;
- describe various kriyas, bandhas, and mudras; and
- understand the basic principles of meditations.

COURSE OUTCOMES

After completion of **Essentials of Yoga Practice**, the student will be able to:

- take necessary precautions and pre requisites before starting yogasana practice;
- practice various types of yogasanas and devise a daily plan for practice;
- create an awareness about the importance of various types of pranayamas;
- analyse the benefits of various kriyas, bandhas and mudras; and
- promote the meditation practice into the daily practice.

BLOCK 01 ESSENTIALS OF YOGA PRACTICE

UNIT – 01 - Pre-requisites - Essentials - Cleanliness - Food - Time - Duration - Place - Age - Sequence

UNIT – 02 - Precautions - Precautions - Contra-indications - Provisions for women, patients, children

UNIT – 03 - Simple Physical Exercises- Loosening the joints - Stretching - Strengthening

UNIT – 04 - Suryanamaskar - Steps of Suryanamaskar - Different models – Benefits

BLOCK 02 ASANAS

UNIT – 05 - Standing Yoga Poses- Ardhakadichakrasana - Vrikshasana - Trikonasana - Padahasthasana - Utkatasana - Adhomukhasvanasana - Garudasana - Natarajasana - Virabhadrasana

UNIT – 06 - Sitting Yoga Poses- Ushtrasana - Naasana - Baddakonasana - Siddhasana - ArdhaMatsyendrasana - Paschimottanasana - Padmasana - Kukutasana - Vajrasana - Butterfly

UNIT – 07 - Supine Yoga Poses - Mastyasana -Halasana - SetuBandanasana - Chakrasana - Savasana

UNIT –08 - Prone Postures - Salabhasana -Bhujangasana - Dhanurasana

UNIT - 09 - Topsy-Turvy Postures and Balancing Postures-Vipareetakarani -Sirshasana

BLOCK 03 PRANAYAMA

UNIT – 10 - Yogic Breathing - Pranayama

UNIT – 11 - Breathing techniques- Kapalabhati - Brahmari - Ujjayi - Sheetali - Sheetkari - Bhastrika - NadiShodana

BLOCK 04 KRIYAS, BANDHAS AND MUDRAS

UNIT – 12 - Kriyas - Jalaneti - Sutraneti- Nauli - Trataka

UNIT – 13 - Bandhas and Mudras- Jalandhara - Moola - Uddiyana - Chin - Chinmayi - Adi - Yogamudra - Ashwini - Nasiga - Shanmuki - Mahamudra - Brahma mudra.

BLOCK 05 MEDITATION

UNIT – 14 -Different types of meditation - Sudharshankriya - Mantra meditation - Trataka - Yoganidra- Mindfulness

SUGGESTED READINGS

- **Iyengar ., B.K.S. (1976).***Light on Yoga*, Unwin Paperbacks.
- **Iyengar., B.K.S. (2008).***Light on Pranayama*, Harper Collins Publishers India, New Delhi.
- **SatyanandaSaraswathi., (2008).***Asana, Pranayama, Mudra, Bandhas*. Bihar School of Yoga Publications, Munger, India.
- **Kirk Martin (2006).***Hatha Yoga Illustrated*, Human Kinetics, Champaign.
- **Gharote, (2004).***Applied Yoga*, Kaivalyadhama, Lonavala.
- **SatyanandaSaraswathi., (2007).***Meditation from Thitantras*, Yoga Publication Trust, Munger, India.

- **Kathy Lee Kappmeier and Diane M Ambrosini (2006).***Instructing Hatha Yoga*, Human Kinetics, Champaign.
