

Regulations and Norms for-2013-14

Certificate Course in Yoga and Mental Health (Add- on – Course).

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

Certificate Course in Yoga and Mental Health (Add- on – Course).

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 ouihe y.88 0 Td (.653

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The following criteria will be followed with regards to the evaluation of the course;

- Below 35% marks : Not recommended
- 35% to below 50 % marks : Third Division
- 50 % to below 60 % marks : Second Division
- 60 % and above : First Division
- 75% and above : Distinction

Name of the Course	:	Certificate Course in Yoga and Mental Health (Add- on – Course).
Duration	:	One 420 Hours.
Credits:	:	12 Theory Credits, whereas 1 theory Credit = 15 Hours, Total 180 Hrs.
	:	8 Practical Credits, whereas 1 Practical Credit= 30 Hrs. Total 240 Hrs.
Weekly distribution	:	Theory = 6 Hrs. / week and Practical= 9 Hrs./week.

Objectives

- To popularize the concept of Yoga and sound mental health among the masses.
- Promoting health awareness towards holistic approach of health.
- To reveal the contribution of Yoga in promotion of sound mental health and hygiene.
- To promote preventive measures for having sound mental health.
- To promote healthy citizenry.

Essential Qualifications : Any student enrolled in a regular degree course in an affiliated college/institute/university department.

Eligibility : At least 40% marks in +2 from any recognized board/ institute.

Selection Criteria : Selection will be done strictly on the basis of percentage of marks obtained in +2 / graduation in case of regular students. Due weightage will be given to the higher qualifications attained by the candidate.

Total Seats : 30 Candidates

Syllabus Outlines:-

Part	Paper	No. of Papers and Marks	Credits	Duration
Part – I	Theory	4 Papers (100 marks each) Total=400 marks	12 (3 Credits per Paper) (1 Credit of 15 Hrs.)	180 Hrs. (45 Hrs. per Paper)

- P.T.Raju, The Philosophical Tradition of India, Moti Lal Banarsi Dass, Delhi.
- S.N.Dass Gupta(1973), Yoga Philisophy in Relation to Other System of Indian Thought, Moti Lal Banarsi Dass, Delhi.
- Ishwarakrishna – Sankhyakarika.
- Shrimad Bhagavadgita – Dr S Radhakrishna
- Sharma, Chandradhara A Critical survey of Indian Philosophy.
- Jnananda, Swami:Philosophy of Yoga: Sri Ramakrishnashrama Publications.
- Dasgupta, S.N.: Yoga as a Philosophy and Religion, Calcutta.
- Chaitanya, Krishna: Gita for Modern man, (1986), New Delhi, Clarion Books.

Paper Code: CYMH – 102

Paper: Basic Yogic Texts

Credits: 3

Hours: 45

Maximum Marks: 100

Internal Assessment: 20 marks

External : 80 marks

Instructions for the Paper Setter and Students:

The paper setter is requested to set the question paper strictly according to the instructions and syllabus given below:

1. There shall be ELEVEN questions in all spread over the whole syllabus.
2. Ten questions shall be set out of the entire syllabus selecting at least two questions from each unit and the nature of the answers should be essay type. The students shall be required to attempt at least one question from each unit. Each question shall carry 12 marks. (Total Marks 5x12=60).
3. Eleventh question shall be compulsory. It shall have five questions carrying 4 marks each (Total Marks 4x5=20), selecting one question from each unit and the answer should be limited to the maximum word limit of 75 words each.

Contents:

Unit – I

1. Patanjali Yoga Sutra: Life sketch of Maharishi Patanjali, main features of Patanjali Yoga sutras.
2. Patanjali Yoga Sutra: Samadhi Paada; definition of Yoga, Yogic and Non-yogic states, Vrittis, Abhiyaas-vairagya, concept of Ishwara and Pranava, obstacles of yoga and its management, peace and control of mind, Samadhi and its results.

Unit - II

3. Patanjali Yoga Sutra: Sadhna Paada: Kriya yoga, nature and management of kleshas. Concept of Heya, Hetur, Haan, Haanopaye, Importance of Astangyoga and nature of Bahirang yoga.
4. Patanjali Yoga Sutra: Vibhuti Paad: Nature and importance of Antranga-yoga and Sanyam. Nature of Pragna-loka, nature of siddhis and state of Kaivalya.

Unit - III

5. Hathyoga Pradeepika: Introduction, nature and importance of Hathyoga, proper place, time of yoga practice, Obstacles and promoters of yoga, Importance of Asanas, Yogic diet.
6. Pranayama: Importance of Pranayama, Basic pranayama, times, levels, results and symptoms of Pranayama siddhi. preparations and precautions, kumbhkas and its final results according to Hathyoga pradeepika.

Unit - III

5. Shatkriyas: meaning, aim – objectives, types. techniques, precautions and effects of each kriyas.
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Unit - II

3. Mind: Meaning, definitions, nature, scope, qualities & traits (gunas) of mind, levels of mind (conscious-subconscious and unconscious). State of super-consciousness.
4. Eastern and western concepts of mind and their comparison. Various states of Chitta (Mood to Niroodh) and their chief characteristics. Comparison and contrast among Brain – mind – chitt – Antahkaran.

Unit - III

5. Yoga and Mental Health: General effects of various Yogic practices on mental health and hygiene. Effects of Meditation on brain waves. Concept beautiful mind.
6. Holistic Health: meaning, concept, factors affecting it, ways to promote it with special reference to mental hygiene; concept of spiritual well being.

Unit - IV

Part – II, Practical

Paper Code: **CYMH: 105**

Paper: **Yogic Exercises and Asanas**

Credits: 4

Hours: 120

Maximum Marks: 100

Internal Assessment: 20 marks

External : 80 marks

Contents:

Note for External Examiner and Students:

1. The External examination shall consist of performance of at least 2 Exercises / Asanas of the simple category and at least one Exercise and Asana out of advanced category for each of the five categories / positions.
2. A viva voce test shall be conducted by the external examiner from the entire syllabus for the paper and shall consist of 10 marks.
3. A file shall be prepared for the above per326(a)9.21631(t)-4.6094nehal60683(he)o6(a)9tgor74(h)10.0 du

Paper Code: **CYMH: 106**

Paper: **Shatkriyas, Prnayama, Bandhas-Mudras and Meditation**

Credits: 4

Hours: 120

Maximum Marks: 100

Internal Assessment: 20 marks

External : 80 marks

Contents: