

PANJAB UNIVERSITY CHANDIGARH

**OUTLINE OF TESTS, SYLLABI AND COURSE OF READING FOR CERTIFICATE COURSE IN
YOGA AND MEDITATION (Six Months, Regular Mode)**

FOR EXAMINATION OF 2024-25

Name of the Course: **Certificate Course in Yoga.**{ C.C.Y.M. }

Duration: Six Months (Regular Mode)4+4=8 Credit Course

Objectives: The following objectives shall be fulfilled:

- To understand Basic approach of Yoga and meditation.
- To promote positive Yoga health awareness.
- To imparting practical skills to the students enabling them to introduce Yoga system to improve their own health & happiness.

SCHEME OF STUDIES:

Theory papers / subjects

Subject: Different Aspects of Yoga

Objectives:

1. To enable the students to know about the objectives and history of Yoga.
2. To provide detailed knowledge about types and basic concepts of Yoga.
3. To enable the students to be familiar to some yoga masters.
4. To enable the students to have hands on experience in making assignment record file carrying 20 marks.

Instructions for the Paper Setters:

- Eleven questions in all shall be set. (Maximum Marks: 60+20= 80)
- TEN questions shall be set selecting at least two questions from each unit from I to V and the nature of the answers should be essay type.
- The students shall be required to attempt at least ONE question from each unit from I to V. Each question shall carry 12 marks.(5x12=60 maximum marks for FIVE questions)
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- Satyananda, Swami.(1983). Four chapters on freedom (commentary on the Yoga sutras of Patanjali). Munger,Bihar School of Yoga.
- Swami Digbherirji (1980) Hath Yoga Pradipika, Kavalyadham, Lonawala,Poona.
- Swami HariharanandAcharya(1991) Patanjali Yoga Darshan, Moti Lal BanarsiDass, New Delhi.
- Swami Vivekananda,(1975) Raj Yoga, Ramakrishna Vedanta Math, Calcuttra.
- Swatmarama. (1997). HathayogaPradipika of Swatmarama .Lonavala, Kaivalyadhama.
- Vivekananda, Swami. (2009). Complete Book of Yoga. Delhi, Vijay Goel Publisher.

Hindi Books:

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