



### Value Added Courses Offered

#### SIX WEEKS CERTIFICATE COURSE ON YOGIC SCIENCE

School: **Education**

Department : **Physical Education, Yoga and Sports Science**

**Academic Year : 2023-24**

Sr. No.	Course Code	Name of the Course
01.	CPY101	Yogic Science Paper-1
02.	CPY102	Practical Theory Paper- II
03.	CPY103	Performance Evaluation
04.	CPY104	Teaching Skill

  
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गुरु घासीदास विश्वविद्यालय  
बिलासपुर (छ.ग.)



**DEPARTMENT OF PHYSICAL EDUCATION  
GURU GHASIDAS VISHWAVIDYALA, BILASPUR  
(C.G.)**

**SCHEME OF SIX WEEK CERTIFICATE COURSE IN YOGA**

Session 2023-24

**1. Course Objective:** To become certified to teach yoga at the most basic level. The course deals with both abstract and practical aspects of Yoga. To develop, promote and propagate the philosophy, science and art of Yoga.

**Course Outcomes:** At the end of the course the students will be:-

1. To enable the student to understand the benefits of yoga.
2. To acquaint, student with the practical knowledge of Yogasana, Kriyas, Bandhas, Mudras and Pranayama.
3. To enable student to prepare the Yoga programme.
4. To enable student to become competent and committed professionals willing to perform as Yoga trainer.

  
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बिलासपुर (छ.ग.)



### **Six Week Certificate Course in Yogic Science**

#### **1. General Objectives of the Course:**

1. To enable the student to understand the benefits of yoga.
2. To acquaint student with the practical knowledge of Yogasana, Kriyas, Bandhas, Mudras and Pranayama.
3. To enable student to prepare the Yoga programme.
4. To enable student to become competent and committed professionals willing to perform as Yoga trainer.

#### **2. Duration of the Course:**

The duration of the course shall be of Six Weeks. Each working day shall consist of Three Hours including Practical and Theory.

#### **4. Eligibility for Admission:**

Any Candidate who has passed XII standard or above will be eligible for the admission to the Certificate Course in Yoga. Provided other conditions of admissions are fulfilled.

#### **5. Medium of Instruction and Examination:**

Medium of Instruction shall be Hindi and/or English and question papers shall be set in Hindi & English.

1. Duration of the course is Six Weeks.
2. Classes will be held from Monday to Friday.
3. It is compulsory to attend 75% classes in theory and Practical both for appearing in the examination for passing the certificate course in yoga.
4. Candidates are required to come with appropriate and comfortable uniform/dress as prescribed by the department at their own expenses.
5. There will be a theory and practical test at the end of the course. Students have to obtain 40% or above 40 % marks in the theory and practical examinations to pass and to obtain their certificates;
6. Marks shall be indicated on the certificate.
7. The examination scheme and their respective marks will be as follows:

Nature	Subject	Max. Marks
Theory	Yogic Science Paper- I	100
Practical	Practical Theory Paper- II	100
	Performance Evaluation	100
	Teaching Skill	100
Total Marks		400

8. **Eligibility :** This course is open for all who are physically fit , can read , write and well understand Hindi or English.
9. **Scope :** After completion of Certificate Course in Yogic Science , one can work professionally as a trainer.

  
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## ORDINANCE

### SIX WEEK CERTIFICATE PROGRAMME IN YOGA

DEPARTMENT OF PHYSICAL EDUCATION  
GURU GHASIDAS VISHWAVIDYALAYA, BILASPUR, (C.G.)  
[The Central Universities Act, 2009, Section 28(I) (b)]

The Department of Physical Education, GGV, shall offer the following program:

1. **Title and Commencement :**
  - i. This ordinance shall be called the Ordinance for Six Week Certificate Programme in Yoga.
2. **Faculty:** School of Studies of Education.
3. **Duration:** Minimum duration of the programme will be six weeks. The students shall be permitted to complete the programme requirements within a maximum of one year from the date of admission to the programme; A total of two certificate programme may run in an academic session.
4. **Seats:** For the certificate Programme in yoga an intake of 100 students (50 from the department of Physical Education and 50 from other departments on the basis of first come first serve basis will be made.
5. **Eligibility:** This Programme is open for all bonafide students of Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.) who are physically fit.
6. **Admission Procedure:** The admission shall be on first come first serve basis.
7. **Fee:** As decided by the University from time to time.
8. **Schedule:** The programme shall be held any time between odd and even semester, condition to the availability of students. Total of two certificate programme may run in an academic session.
9. **Medium:** Medium of Instruction shall be Hindi and/or English and question paper shall be set in Hindi & English.
10. **Examination:**
  - (i.) There shall be examination at the end of programme and a candidate must pass separately in theory and practical both.

Certificate Programme in Yoga, Department of Physical Education

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शारीरिक शिक्षा विभाग  
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- (ii.) The minimum passing marks shall be of 40% or above in the theory and practical examinations to obtain the certificate.
- (iii.) A candidate who has not been declared successfully passed in more than 2 papers (theory/practical) in the final examination shall be declared as failed. But if the case is only one paper he/she shall be given only one chance for the said paper in the next final examination.
- (iv.) Marks shall be indicated on the certificate.
- (v.) The end of the Programme examinations shall be held on such dates as may be notified by the appropriate authority of the University.
11. **Attendance:** It is compulsory to attend 75% classes in theory and Practical both for appearing in the examination for passing the certificate Programme in yoga.
12. **Programme structure:** The Programme structure shall be approved / modified by university/ board of studies of the department from time to time.
13. **Successful completion:** After successful completion of the Programme he/she shall be awarded the Certificate Programme in Yoga at the end of the Programme.
14. **Scheme of Examination:** The examination scheme and their respective marks will be as follows:

Nature	Subject	Max. Marks
Theory	Yogic Science Paper-I	100
Practical	Practical Theory Paper- II	100
	Performance Evaluation	100
	Teaching Skill	100
Total Marks		400

Certificate Programme in Yoga, Department of Physical Education

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बिलासपुर (छ.ग.)



गुरु घासीदास विश्वविद्यालय, बिलासपुर (छ.ग.)  
(केन्द्रीय विश्वविद्यालय अधिनियम 2009, क्रमांक 25 के अंतर्गत स्थापित केन्द्रीय विश्वविद्यालय)  
GURU GHASIDAS VISHWAVIDYALAYA, BILASPUR (C.G.)  
(A Central University established by the Central Universities Act., 2009 NO.25 of 2009)  
Web Site - www.ggu.ac.in, Ph. No. 07752-260342, fax No. 07752-260148,154

क्रमांक 595/अका./2022

बिलासपुर, दिनांक 21 MAR 2022

### कार्यालयीय ज्ञाप

विद्यापरिषद की स्थायी समिति की बैठक दिनांक 08-03-2022 विक्रं-02 में शारीरिक शिक्षण विभाग द्वारा प्रस्तावित Six week Certificate programme in yoga के लिये प्रस्तावित अध्यादेश एवं पाठ्यक्रम अनुमोदन किया गया।

उपरोक्त अनुमोदित अध्यादेश एवं पाठ्यक्रम इस कार्यालयीय ज्ञाप के साथ संलग्न कर द्वारा जारी किया जाता है।

संलग्न:- उपरोक्तानुसार...

10/03/2022

आदेशानुसार

कुलसचिव (कार्यवाहक)

#### प्रतिलिपि :-

- 1- कुलपति/कुलसचिव जी के सचिव/निज सहायक को मान्य कुलपति/कुलपति जी के सूचनार्थ।
- 2- समस्त विद्यापीठ के अधिष्ठाताओं की ओर सूचनार्थ।
- 3- विभागाध्यक्ष, शारीरिक शिक्षण विभाग की ओर सूचनार्थ एवं आवश्यक कार्यवाही हेतु।
- 4- परीक्षा नियंत्रक, गुरु घासीदास वि०वि०बिलासपुर की ओर सूचनार्थ।
- 5- उप-कुलसचिव, परीक्षा विभाग, गुरु घासीदास वि०वि०बिलासपुर की ओर सूचनार्थ।
- 6- प्रभारी, गोपनीय विभाग, गुरु घासीदास वि०वि०बिलासपुर की ओर सूचनार्थ।
- 7- कार्यालय प्रति।

Office

28/3/22

सहा-कुलसचिव (अका.)

विभागाध्यक्ष  
शारीरिक शिक्षण विभाग  
गुरु घासीदास विश्वविद्यालय  
बिलासपुर (छ.ग.)



DEPARTMENT OF PHYSICAL EDUCATION  
GURU GHASIDAS VISHWAVIDYALA, BILASPUR (C.G.)  
SYLLABUS - SIX WEEK PROGRAMME COURSE IN YOGA

I. THEORY: YOGIC SCIENCE

Course Objective: To become certified to teach yoga at the most basic level. The course deals with both abstract and practical aspects of Yoga. To develop, promote and propagate the philosophy, science and art of Yoga.

Course Outcomes: At the end of the course the students will be:-

1. To enable the student to understand the benefits of yoga.
2. To acquaint, student with the practical knowledge of Yogasana, Kriyas, Bandhas, Mudras and Pranayama.
3. To enable student to prepare the Yoga programme.
4. To enable student to become competent and committed professionals willing to perform as Yoga trainer.

➤ INTRODUCTION OF YOGA:

- Meaning and Definition of Yoga
- Aims of Yoga
- Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Gyan Yoga and Bhakti Yoga

➤ THE ASTHANGA YOGA:

- Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana & Samadhi.

➤ PRANAYAMA

- Meaning of Pranayama
- Types of Pranayama
- Phases of Pranayama: Purak (inhalation), Kumbhak (retention) Rechak (exhalation)

➤ KRIYAS:

- Meaning of Kriyas
- Types of Kriyas
- Benefits of Kriyas

➤ MUDRAS:

- Hasth Mudra: Gyan Mudra, Vaayu Mudra, Aakash Mudra, Shunya Mudra, Prithvi Mudra, Prithvi Mudra, Varun Mudra, Dhyana Mudra, Chin Mudra.

➤ BANDHAS:

- Jalandhara Bandha, Uddiyana Bandha and Moolabandha

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कोनी, बिलासपुर

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कठिनिक शिक्षा विभाग  
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बिलासपुर (छ.ग.)





## II. PRACTICAL: PRACTICAL THEORY

### YOGIC PRAYER

#### SURYA NAMASKARAS

#### YOGASANA (YOGIC POSTURES)

- Standing Postures: Tadasana, Virkshasana, Pada-Hasthasana, Ardhakati Chakrasana, Trikonasana, Garudasana, Eka Pada Utkatasana, Natrajasana, Konasana, Virabhadrasana.
- Sitting Postures: Vajrasana, Paschimottanasana, Bhadrasana, Ustrasana, Ardha Ustrasana, Suptavajrasana, Ardha Matsyendrasana, Vakrasana, Marichasana, Sasankasana, Akarna Dhanurasana, Gumukhasana, Janu Shirasasana, Badhakonasana, Padmasana, Raja Kapotasana, Shishuasana.
- Lying Postures (Prone Postures): Bhujangasana, Salabhasana, Dhanurasana, Urdhva - Mukha Svanasana, Makarasana, Ashtangasana.
- Lying Postures (Supine Postures): Halasana, Pawanmuktasana, Savasana, Naukasana, Chakrasana, Sarvangasana, Matsyasana, Setubandhasana, Uttāna Pādāsana, Viparitakarani.
- Balancing Postures: Vrikshasana, Garudasana, Namaskarasana, Tittibhasana, Natrajasana, Sirsasana, Tadasana

#### PRANAYAMA:

- Anulom-Vilom Pranayama
- Bhastrika Pranayama
- Shitali Pranayama
- Sitkari Pranayama
- Suryabhedan Pranayama
- Ujjai Pranayama
- Bhramri Pranayama
- Kapalabhati Pranayama

#### MUDRAS:

- Hasth Mudra: Gyan Mudra, Vaayu Mudra, Aakash Mudra, Shunya Mudra, Prithvi Mudra, Prithvi Mudra, Varun Mudra, Dhyan Mudra, Chin Mudra.

#### BANDHAS:

- Jalandhara Bandha, Uddiyana Bandha and Moolabandha.

## III. PRACTICAL: Performance Evaluation

The student will have to perform any five Exercises from the syllabus of his/her choice.

## IV. PRACTICAL: Teaching Skill

Practice of teaching of one lesson plan on any skill (Two Asana, one Pranayama and one Kriya/Bandha/Mudra) on lesson format with chart.

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Signature of the student  
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Signature of the teacher  
विभागाध्यक्ष  
कनिष्ठ शिक्षा विभाग  
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**Essential Readings:**

1. O.P. Tiwari - Asana why and how, Kaivalyadham SMYM samiti, Lonavala, 2012.
2. M.L. Gharote - Guidelines for Yogic Practices, Medha Publication, Lonavla.
3. Swami Satyananda Saraswati - Asan, Pranayama, Mudra, Bandha, Yoga publication trust, Munger, 2006.
4. Pt. Shri Ram Sharma- Pragma Abhiyan ka Yoga Vyayam, Brahmvarchas shodh Sanshan, Shantikunj, Haridwar 1998.

**Suggested Readings:**

1. B.K.S. Iyengar - Light on Yoga, Harper Collins publisher, New Delhi, 2012.
2. B.K.S. Iyengar - Light on Pranayama, Harper collins publisher, New Delhi, 2012.
3. Swami Kuvlayanand - Asana, Kaivalyadham SMYM samiti, Lonavala, 1993.
4. Swami Kuvlayanand- Prnayama, Kaivalyadham SMYM samiti, Lonavala, 2009.

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गुरु घासीदास विश्वविद्यालय  
GURU GHASIDAS VISHWAVIDYALAYA

(A Central University established by the Central Universities Act, 2009, No.25 of 2009)  
KONI, BILASPUK-495 009 (C.G.) INDIA, कोनी बिलासपुर 495 009 (छोगो) भारत  
Tel. - +91-7752- 260342 Fax - +91-7752- 260154, 260148, website - [www.new.ggu.ac.in](http://www.new.ggu.ac.in)

क्रमांक.592/अ.मं./पाठ्यक्रम/2024

बिलासपुर, दिनांक 5 JAN 2024

आ. DPE/592  
20/02/24

प्रति,

विभागाध्यक्ष,  
शारीरिक शिक्षा विभाग,  
गुरु घासीदास विश्वविद्यालय,  
बिलासपुर (छ.ग.)

विषय :- अनुमोदित पाठ्यक्रम का प्रेषण विषयक ।

संदर्भ :- अध्ययन मण्डल की बैठक दिनांक 17.11.2023 के कार्यवृत्त ।

महोदय,

उपरोक्त विषयान्तर्गत लेख है कि विश्वविद्यालय के विद्यापरिषद की स्थायी समिति के द्वारा बैठक दिनांक 07.01.2024 में विषय क्रमांक 03 के अधीन शारीरिक शिक्षा विभाग के एम.पी.एड., एवं Value added पाठ्यक्रम का अनुमोदन किया गया है ।

अनुमोदित पाठ्यक्रम इस पत्र के साथ संलग्न कर आवश्यक कार्यवाही हेतु प्रेषित है ।  
सुलभ संदर्भ हेतु विद्यापरिषद के स्थायी समिति के निर्णय की छाया प्रति भी संलग्न है ।

सहायक कुलसचिव (अका.)

प्रतिलिपि:-

1. परीक्षा नियंत्रक, गुरु घासीदास विश्वविद्यालय बिलासपुर को सूचनाार्थ प्रेषित ।
2. उप/सहायक कुलसचिव परीक्षा गोपनीय की ओर आवश्यक कार्यवाही हेतु प्रेषित ।
3. कार्यालय प्रति ।

सहायक कुलसचिव (अका.)

Office

20/2/24



### Value Added Courses Offered-01

School: **Education**

Department : **Physical Education, Yoga and Sports Science**

Academic Year : **2023-24**

Sr. No.	Course Code	Name of the Course
01.	PEBAVAT1	<b>YOGA AND MENTAL HEALTH</b>

DEPARTMENT OF PHYSICAL EDUCATION  
GURU GHASIDAS VISHWAVIDYALAYA BILASPUR (C.G.)  
SYLLABUS OF VALUE ADDED COURSE  
YOGA AND MENTAL HEALTH (VAC)- 02 Credits  
Marks:100 marks

**Course Objectives:**

- To develop the understanding about Concept of Yoga, its classification, and various forms of performing Yoga.
- To learn Yogic practices and therapeutic benefits.
- To Understand about the relation of Yoga with mental health.
- To learn and practice the asanas and pranayam in Yoga practices.

**Course Learning Outcomes:** After completion of the course the student will be able to-

- Define and describe the introduction and concept of Yoga and its classification.
- Explain the concept yogic practices, its therapeutic benefits, and its application in daily life.
- Relation of Yoga practice with mental health.

**Unit 1**

- Meaning and Definition of Health and Mental Health.
- Dimensions of Health.
- Concept of Yoga.
- Yoga Sutra of Patanjali or Eight limbs of Yoga: Yama, Niyama, Asanas, Pranayama, Pratyahara, Dharana, Dhayana, Samadhi.

**Unit 2**

- Asanas: Types, Techniques and benefits.
- Surya Namaskar: Methods and benefits.
- Pranayama: Types, Methods, and benefits.
- Yoga in its therapeutic benefits and its application in daily life.

**Unit 3**

- Practical: Asanas**
- Sitting Asanas
  - Standing Asanas
  - Prone Position Asanas
  - Supine Position Asanas

**Unit 4**

- Practical: Pranayama:**
- Anulom-Vilom
  - Chandrabhedan
  - Suryabhedan
  - Bhastrika, Ujjaini, Bhamari

**ASSESSMENT –Practical and theory: 50 marks each.**

**References:**

- Brown, F. Y. (2000). *How to use yoga*. Delhi: Sports Publication.
- Gharote, M. L. & Ganguly, H. (1988). *Teaching methods for yogic practices*. Lonawala: Kaitydahmoe.
- Rajjan, S. M. (1985). *Yoga strentheningofrelexation for sports man*. NewDelhi: AlliedPublishers.
- Shankar, G. (1998). *Holistic approach of yoga*. New Delhi: Aditya Publishers.
- Shekar, K. C. (2003). *Yoga for health*. Delhi: KhelSahitya Kendra.



## Value Added Courses Offered-02

School: **Education**

Department : **Physical Education, Yoga and Sports Science**

Academic Year : **2023-24**

Sr. No.	Course Code	Name of the Course
01.	PEBAVAT2	Physical Fitness and Wellness

DEPARTMENT OF PHYSICAL EDUCATION  
GURU GHASIDAS VISHWAVIDYALAYA BILASPUR (C.G.)  
SYLLABUS OF VALUE ADDED COURSE  
PHYSICAL FITNESS AND WELLNESS (VAC) 02 Credits  
Marks:100 marks

**Course Objectives:** The objective of this course is to provide a clear understanding of fitness and wellness knowledge to the students. This course will also provide the knowledge about the importance of physical activity, exercise and sports.

**Course Outcomes:** At the end of the course, students will be able to-

- Understand importance of fitness and wellness in modern era.
- Get advantage with the knowledge of various health benefits through fitness and wellness.
- Understand different principles of physical activity and exercise program.

### Unit I

- Meaning, definition and importance of Physical Fitness.
- Components of Physical fitness.
- Factors affecting Physical fitness.
- Warming up and cooling down

### Unit II

- Meaning, definition and importance of Wellness.
- Components of wellness.
- Obesity: meaning, definition.
- Causes and management of obesity.

### Unit III

#### Practical:

- Fitness drills for lower limbs.
- Fitness drills for upper limbs.
- Fitness drills for core muscles.
- Callisthenics exercises.

### Unit IV

#### Practical:

- JCR Test
- Shuttle run test
- Sit and reach test
- Speed test
- Cooper-12 minute run test

**ASSESSMENT –Practical and theory: 50 marks each.**

### Reference:

- David K. Miller & T. Earl Allen, Fitness, A life time commitment, Surjeet Publication Delhi 1989.
- Dr. A.K. Uppal, Physical Fitness, Friends Publications (India), 1992.
- Warner W.K. Oeger&Sharon A. Hoeger, Fitness and Wellness, Morton Publishing Company, 1990.
- Elizabeth & Ken day, Sports fitness for women, B.T. Batsford Ltd, London, 1986.
- Emily R. Foster, Karyn Hartiger & Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002.
- Lawrence, Debbie, Exercise to Music, A & C Black Publishers Ltd, 37, Soho Square, London 1999
- Robert Malt, 90 day fitness plan, D.K. publishing, Inc. 95, Madison Avenue, New York 2001.

  
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