

GURU NANAK COLLEGE , SRI MUKTSAR SAHIB

CERTIFICATE COURSE: YOGA AND MENTAL HEALTH

Duration of the course: 06 months

Outlines of tests, syllabi and courses of reading for certificate course in yoga and mental health for the session 2021 - 2022

PAPERS	SUBJECTS	Credits	Hours	Marks
YT 101	Introduction to Yoga and its streams	4	60	100
YT102	Life and messages of spiritual masters	4	60	100
YP101	Elementary yogic exercises	4	60	100
YP102	Advance yogic techniques	4	60	100
103 Assignment	Report writing and Presentation	4	60	100
Total		20 Credits	300 Hours	500 Marks

Statement of the objectives of the Course

1. To acquaint students with the eternal values of Indian culture as lived and propagated by exemplary personalities like Swami Vivekananda and some other modern Indian sages such as Sri Ramakrishna, Ma Sarada, Shri Aurobindo and Shri Ramana Maharishi.
2. To highlight the significance of our traditional values for generating peace, universal love, acceptance, tolerance and harmony in our real life.
3. To sensitize students to the values of service, sacrifice, self control, selflessness and moral courage and highlight the significance of character building and spirituality in their self development.
4. To awaken the inherent spiritual strengths through yogic asans, pranayam and meditation.
5. Through the course students are expected to understand and become more aware about self and the environment.
6. For developing self-observation, body awareness, self-study, self-discipline and to develop positive attitude.
7. To increase flexibility, elasticity, calmness and strength.
8. To develop attention and concentration.
9. To improve relaxation, attention and concentration.
10. To learn autonomic control through passive attention.
11. To create an overall state of Homeostasis and Mental well being.

Desired outcomes

1. Creating a healthy and peaceful society by assimilating these practices in daily life.
2. Harmonizing inner and outer self to create integrated personalities
3. Harmonizing self with natural and social environment
4. Giving direction to youth by imparting value based education
5. Preparing students for corporate life.

YT 101: INTRODUCTION TO YOGA AND ITS STREAMS

Topics

- Concept and various definitions of Yoga
- Streams of Yoga a) Jñāna Yoga b) Bhakti Yoga c) Karma Yoga
- Rāja Yoga – different forms
- Haṭha Yoga - Kriyās, Bandhās and Mudrās
- Self-awareness and management
- Health, Disease and its Management
- Yoga Ahara (Yogic food) and nutrition.

YT: 102: LIFE AND MESSAGES OF SPIRITUAL MASTERS

- Life and message of Spiritual Masters - Swāmī Vivekānanda, Śrī Rāmakṛṣṇa Paramahansa and Mā Śāradā Devī.
- Teachings of Aurobindo, Swami Ram Tirth, Mahatma Gandhi
- concept of Consciousness
- Concept of Mantras/Prayers
- Pañca-Kośa-Viveka (5 layers of Human existence)
- Insights from Sankhya philosophy for yog

YP101 (YOGA PRACTICAL) ELEMENTARY YOGIC EXERCISES

- Kriyā, Āsana, Prāṇāyāma, Dhyāna – Practice & Presentation
- Shatkarma (The Six Yogic Cleansing Methods) :
- Kapalbhatī (Vatkrama, Vyutkrama, and Sheetkrama)
- Surya and Chandra Namaskara.
- Yoga Nidra

ASANAS:

- Introduction to the entire Pawanmuktasana series.
- Inverted :Bhumipadmastakasana, Vipareetkarni, Sarvangasana, PadmaSarvangasana, Halasana
- Backward :Makrasana, Bhujangasana, Shalabhasana, Dhanurasana, Kandharasana, Setuasana, Grivasana, lying Chakrasana, Pristhasana.
- Forward :Saithalyasana, Paschimottanasana, ArdhaPadma Paschimottanasana, Garbhasana, Meruakarshanasana, Koormasana, Ekapadasirasana, Ekapada-Padmottanasana.
- Spinal twist : MeruVakrasana, Bhunamanasana, Ardhmatsyendrasana, Markatasana, Utthiapadaprasar Vakrasana
- Balancing :EkapadaPranamasana and its variations, EkaPadasana, Natrajasana, Garudasana, Bakasana, Brahmcharyasana, PadmParvatasana, Merudandasana and its variations, Padangusthasana, Bakadhyanasana
- Meditative : Sukhasana, ArdhPadmasana, Padmasana, Siddhasana, Siddhayoniasana, Swastikasana, Dhyānveerasana
- Relaxation : Shavasana, Advasana, Jyestikasana, Matsyakridasana, Balasana, Makrasana, Saithilyasana, Sasankasana, Vrishabhasana.
- Other useful Asanas : Vajrasana, Singhasana, Tadasana, Tanasana, Mandookasana, Utkatasana, Kagasana

PRANAYAMAS:

Yogic Breathing, Naadi Shodhanand its stages

- Sheetalī
- Bhramari
- Bhastrika
- SuryaBheda
- Bahyavritti
- Sheetakari
- Ujjai

YP102 (YOGA PRACTICAL) ADVANCE YOGIC TECHNIQUES

- Kriyā, Āsana, Prāṇāyāma, Dhyāna – Practice & Presentation
- Tratakas
- Netis (Jal, Cathetar, Ghrit)
- Dhautis (Kunjal, Agnisar, LaghooSankha Prakshalana)

ASANAS:

- Inverted: Ardhapadma Halasana, Shirsasana and its variations, Vrischikasana.
- Backward :Gomukhasana, Ustrasana, standing Chakrasana, Swanasana, Poonashalabhasana
- Forward :Padaprasarpaschimottan, Hanumanasana, Dwipadsirasana, Dwipadakandharasana, Sirsha Padangusthasana
- Spinal twist : Parivritti Janusirshasana
- Balancing :Utthita Hasta Padangusthasana, Astavakrasana, Kukkutasana, Ardha Baddhapadmottan, Vatayanasana, Eka Pada Bakadhyanasana, Santolanasana and variations, Kashyapasana, Vishwamitrasana, Dwihastasantolanasana, Mayurasana.
- Premeditative : Butterfly and legs flexibility postures to be practised thoroughly
- Meditative : Moolabandhasana, Bhadrasna
- Relaxation : Tanasana, Ashwavishram Asana

PRANAYAMAS:

- Elongation of Yogic breathing, Abhyantarvritti Stambhavritti Bahyabhyantarvisyakshepi
- Kriyas for eyes (All Rotations, Massage, Palming).
- BANDHAS: Mool, Uddiyana, Jalandhar, Tribandha.
- Siddhasana, Padmasana, Moolbandhasana, Vipareetkarni Asana, koormasana, Padangusthasana, Bhadrasana, Brahmacharyasana.
- Meditation and its types: IshtaDhyan, also called School Dhyan, Jyoti Dhyan, Sookshma Dhyan.
- Yogic Transmission

103: REPORT WRITING & PRESENTATION

Student has to select and write about a topic given below and the same has to be presented (both written format and Viva). Assistance of related books, concerned faculty and online resources is encouraged.

List of topics suggested topics

1. Yoga for an integrated personality
2. Yoga for Spiritual Development
3. Applications of Yoga
4. Yoga for Ideal Social Order
5. Yoga for Religious Harmony
6. Yoga for leading a normal peaceful Life.
7. Yoga for Memory Development
8. Yoga and Value Based Education

Recommended Books

1. Yoga Vidya by Yogacharya Kundan Kumar.
2. Patanjali Yoga Darshan - Gita Press
3. Hatha Yoga Pradeepika
4. Gherand Samhita
5. Srimad Bhagvadgita - Gita Press
6. Sant Ank - Gita Press
7. Narad Bhakti Sutra
8. Shandilya Bhakti Sutra
9. Cure through Yoga books - Yogic Management of common diseases by Swami Satyanand Saraswati and Others
10. Natural health and Yoga - Dr Brij Bhushan Goel
11. Holistic Living by Yogacharya Kundan Kumar.
12. Shiv Samhita
13. The Heartfulness Way - Heart - Based Meditations for Spiritual Transformation (English, Paperback, D. Patel Kamlesh)
14. Complete works of Ramchandra (Lalaji Maharaj)

Glimpse of the events organised by the Department



