



**S.G.V.V.T's**

**Sri Gavisiddheshwar Arts Science and Commerce College, Koppal**  
(Affiliated By Vijayanagara Sri Krishnadevaraya University, Ballari )

**NAAC Accredited 'B' Grade**

**"CERTIFICATE COURSE IN YOGA STUDIES"**

**Submitted By**

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**Through**  
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**Submitted to**  
**Principal**

**Shri Gavisiddheshwar Arts, Science & Commerce College**  
**Koppal.**

**2018-19**

# Syllabus

The course consists of Theory, Practical and practical training on teaching.

## A. Theory

- Meaning and types of Yoga.
- Importance of Yoga and Benefits of Yoga.
- Yoga is part of life and Values of Yoga.
- Rules and regulations to be followed by Yoga practitioners.
- Role of Ashtang Yoga Yamas, Niyamas, Asana, Pranayama, Pratyahar, Dharana, Dhyana, and Samadhi.
- Differences between yoga and exercise.
- Suryanamaskar, Pranayam, Kriya and Meditation Techniques.

## B. Practical

### a). Asanas

- |                       |                         |                              |
|-----------------------|-------------------------|------------------------------|
| 1. Dandasana          | 2. Padmasana            | 3. Vajrasana                 |
| 4. Tadasana           | 5. Vrikshasana          | 6. Utkatasana                |
| 7. Natarajasana       | 8. Ardhakati-chakrasana | 9. Ardhachakrasana.          |
| 10. Poornachakrasana  | 11. Hastapadasana       | 12. Garudasana               |
| 13. Parshwakonasana   | 14. Trikonasana         | 15. Parivritatrikonasana     |
| 16. Parvatasana       | 17. Vakrasana           | 18. Paschimottasana          |
| 19. Janushirasasana   | 20. Gomukhasana         | 21. Matsyasana               |
| 22. Shirasasana       | 23. Shashankasana       | 24. Suptavajrasana           |
| 25. Ushtrasana        | 26. Ardhamatsendrasana  | 27. Akarnadhanurasana        |
| 28. Tolangasana       | 29. Baddakonasana       | 30. Padangustasana           |
| 31. Uttitadvipadasana | 32. Ardhalasana         | 33. Halasana                 |
| 34. Karnapedasana     | 35. Sarvangasana        | 36. Shetubanda Sarvanagasana |
| 37. Shalabhasana      | 38. Ekapadashalabhasana | 39. Bhujangasana             |
| 40. Dhanurasana       | 41. Naukasana           | 42. Navasana                 |
| 43. Pavana Muktasana  | 44. Viparitarani        | 45. Makarasana               |
| 46. Rajakapotasana    | 47. Yoga Mudrasana      | 48. Balasana                 |
| 49. Kukkutasana       | 50. Shavasana           |                              |

**b). Pranayama**

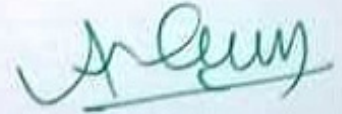
1. Anuloma-viloma 2..Chandrabhedana 3.Suryabhedana 4.Ujjayi 5.Shitali  
6.Sitkari 7.Bhastrika.

**c). Kriyas**

1. JalaNeti 2.Sutra Neti 3.Dhauti (Vamana,) 4.Nauli5. Kapalabhati

**Reference Books:**

- Lectures on Yoga Swami Rama (The Himalaya Internationals Yoga Institute, Pennsylvania, 1979)
- Yoga in Daily Life (Orient Paper Backs, New Delhi, 1985)
- Joshi K.S. \*Ajitkumar : Yoga Pravesha (Kannada) (RastrohanaSahilya, Bangalore, 1990)
- Hatha Pradipika (Kaivalyadhama, Lonavala, 1982)
- Swami Digambaraji \*Swami Digambarji&: GherandaSamhitaGharote, M.L. (Kaivalyadhama, Lonavla, 1978)
- Naikar C.S Naikar C.S Burley, MikeltYoga, Its Context Theory and Practice Karambelkar, P.V. SiephenSturges Swami Adidevananda: Patanjala Yoga Darshana (Kannads) NadigerKG.PatanjalaYogasara(Kannada) KarelaWemerGhatasthayoga (Kannada) (Medlha Publishers, Dharwad, 1997)
- Gupta S.N.Dass Yoga Philosophy
- Dr. Bhardwaj IshwarUpnishdhik&Adhyatmikvigyan,
- Vishvananth Bharat KeMahaanYogies
- Panda,N.C. Mind & Super Mind compbell,Anthony
- Swami Tirth,OmanandPatanjaliYog Pradeep



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