



**MAHATMA GANDHI VIDYAMANDIR  
PANCHAVATI, NASHIK.**

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**BOARD OF SPORTS AND PHYSICAL EDUCATION**

**Certificate Course in Yoga**

**Eligibility:** HSC or Its equivalent examination passed from Govt. Board.

**Medium:** Marathi

**Duration: Total 30 hrs**

Each working day shall consist of one hour

Theory part 10 Hours

Practical Part 20 Hours

**Credit:** Total course for **2 credits**

**Course Co-ordinators:** Certified Instructors/ Trainers

**Course outcomes:**

- Enable to learn the basic knowledge of Yogvidya
- Students understand the holistic approach to Yogvidya.
- Students can perform Yogasanas.

*Hurry Up! Take Admission and activate the energy junctions of your body and mind.*

**Contact E-mail - [director\\_sports@mgvnasik.org](mailto:director_sports@mgvnasik.org)**



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**Name of the Course: Certificate Course in Yoga**

❖ **Course Objectives:**

- 1) To motivate the students for higher education in Yogvidya
- 2) To acquire the subject knowledge of Yogvidya
- 3) To acquire skills required to studying Yogvidya

❖ **Learning out comes:**

- 1) Enable to learn the basic knowledge of Yogvidya
- 2) We will make students understand proper Yogvidya

❖ **Skills Developed:**

- 1) Physical Awareness
- 2) Mental Awareness
- 3) Social Awareness
- 4) Emotional Awareness
- 5) Behaviour Awareness
- 6) Co-operation
- 7) Loyalty
- 8) Kindness
- 9) Honesty
- 10) National Integration

## **Part A: Theory**

**Unit I:** Historical background of Yogvidya

**Unit II:** Importance of Yogvidya in daily life.

**Unit III:** Introduction to Yogasanas

**Unit IV:** Introduction to Pranayama

**Unit V:** Introduction to Kriya

**Unit VI:** Introduction to Meditative techniques

## **Part B: Practical**

**1) Prayer**

**2) Meditative Asana:**

Swastikasana

Padmasana

Vajrasana

**3) Cultural Asana:**

➤ Sitting Postures-

Parvatasana

Ushtrasana

Yogmudra

Vakrasana

Gomukhasana

➤ Supine Postures-

Pavanmuktasana

Naukasana

Ardhahalasana

Viparitkarni

Sarvangasana

Halasana

➤ Prone Postures-

Aradhashalbhasana  
Shalbhasana  
Bhujangasana  
Sarpasana

➤ Standing Postures-

Tadasana  
Vrikshasana  
Chakrasana  
Padhastasana  
Utkatasana

➤ Relaxative Postures-

Shavasana  
Makrasana

**4) Kriya:**

Kapalabhati (Stimulating the brain cells by purifying the brain)  
Trataka (Eye Exercises)  
Nauli (Abdominal muscle and Viscera)  
Dhuti (Cleansing the intestine)  
Vasti (Cleaning of the Rectum)

**5)Pranayama:**

Anulomaviloma  
Ujjayi  
Bhastrika  
Shitali  
Bhramari

<b>Sitting Postures</b>	<b>Relaxative Postures</b>	<b>Forward bending Postures</b>	<b>Backward bending Postures</b>	<b>Side ward bending Postures</b>	<b>Twisting Postures</b>	<b>Balancing Postures</b>
Padmasana Vajrasana Swastikasana Parvtasana Gomukhasan	Shavasana Makrasana	Yogmudra Padhastasana Ardha-halasan Halasana	Ushtrasana Ardhashalbhasana Sarpasana Chakrasana	Ardhakati- Chakrasana	Vakrasana	Pavanmuktasan Naukasana Vipritkarni Sarvangasana Tadasana Vrikshasana Utkatasana Garudasana Natrajasana

### **References-**

- 1) Yog Sopan (Pratham),Gita Parivar,Sangamner
- 2) Yog Sopan (Dwitiya),Gita Parivar,Sangamner
- 3) Yog Sopan (Trutiya),Gita Parivar,Sangamner
- 4)Yogic Prakriyanche margdarshan ,Dr.M.L.Gharote,The Lonavala Yoga Research Institute,Lonavala
- 5) Yogabhyas Ek Sukhi Jivan , Dr.Shripad Jarde, Chandrama Prakashan ,Kolhapur
- 6) Patanjali Yogsutra Ek Abhyas ,Anand Rishi ,Rajhans Prakashan ,Pune
- 7) Yog Ani Arogya ,Dr.R.R.Waman ,Tilak Maharashtra University ,Pune

## Examination and Evaluation Pattern

A) Theory 25 Marks	}	Total 100 Mark
B) Practical 75 Marks		

❖ Overall Passing: 40 marks (Theory & Practical)

### A) Theory (20 + 05 = 25 Marks)

#### Final Paper: 20 Marks

Structure of Question Paper

Q.No.1- MCQ (Solve any 15 out of 20)

$$1 \times 15 = 15$$

Q.No.2- Answer in Brief (Any 01)

$$1 \times 5 = 05$$

**Assignment: 05 Marks**

### B) Practical: 75 Marks

Sr.No	Practical	Compulsory	Optional	Marks	Total Marks
1)	Asana	5	5	10×5	50
2)	Pranayama	2	2	4×5	20
3)	Kriya	-	1	1×5	05
				<b>Total</b>	<b>75</b>

(Head Of Department)

(Secretary, B.O.S)

(Principal)