

Certification Course in Yoga

Syllabus Map for Certificate Course in Yoga (CCY)

Of the 73 Topics, Centres should cover at least 51 topics
(The score should be greater than 51 for the Theory topics of CCY)
This would mean upto 22 topics may be Centre-specific syllabus

	Syllabus Component	Marks
Section 1	Philosophy	
	Indian Philosophy	
1	Astika & Nastika Darsanas (Classification and Names of Founders)	
2	Common Characteristics of Indian Philosophy	
	Samkhya Darshana	
3	Dualism: Purusa & Prakrti Avidya	
4	Names of 25 Tattvas and Tri Gunas	
	Yoga Darshana (Patanjali Yoga Sutras)	
5	Names of 4 Padas	
6	the Ashtangas (Bahiranga & Antaranga)	
7	Names of Antarayas	
8	Names of Vrittis & Klesas	
9	Cittaprasadana technique	
10	Names of Samadhi states	
11	General understanding of Siddhi / Vibhuti	
	Etymological Meanings & Definitions of 'Yoga'	
	Meanings of 'Yoga'	
12	Yujir-yoge	
13	Yuj-samyoga	
14	Yuj-samyamne Yuj-samadhi	
	Definitions of 'Yoga'	
15	PYS Def Ch I – S: 2	
	BG – 2	
16	Samatvam Yoga Uchyate;	
17	Yogaha Karmasu Kaushalam	
	Salient features of Indian Culture	
	Only Names & brief understanding	
18	Sanatana Dharma	
19	Vaidic Dharma	
20	Anekantavada	
21	Ashrama Dharma	
22	Purusharthas	
23	Guru-Shishya Parampara	

24	Karma & Law of Karma	
25	Dharma	
Section 2	Basic Texts of Yoga	
	Patanjali Yoga Sutras	
26	Over-view of 1st and 2nd Padas	
	Sutras by heart	
27	Definition (Ch:I S-2);	
28	Ashtanga Yoga (Ch:II S- 29);	
29	Asana (Ch:II S-46);	
30	Pranayama (Ch:II S-49)	
	Hatha Pradipika (HP) & Gheranda Samhita (GS)	
31	Brief Understanding of Hatha Yoga	
	Hatha Pradipika	
32	Names of 4 angas	
33	Names of 15 Asanas	
34	Names of Shat Kriyas	
35	Names of 8 Kumbhakas	
36	Names of 10 Mudras	
37	Badhak Tattva / Sadhak Tattva	
	Gheranda Samhita	
38	Names of Saptangas	
	Bhagavad Gita	
39	Name of Author	
40	No. of Chapters	
41	General Understanding of Karma, Bhakti & Jnana Yoga	
	Upanishads	
42	Meaning of 'Upanishad'	
43	Names of 10 Main Upanishads	
	Vedas	
44	Meaning of 'Veda'	
45	Names of Vedas	
	Puranas	
46	Name of Author	
47	Basic understanding of Puranas	
Section 3A	Anatomy & Physiology: Medical Science & Yoga	
	A. Anatomy & Physiology as per Medical Science	
48	Names of 9 Main Systems and Organs in each system	
49	Main Functions of Organs	
	B. Yogic Anatomy & Physiology as per Yoga	
50	Prana and names of 10 Pranas	
51	Nadi & names of Nadis	
52	Ashta Chakras & Names of Granthis	
53	Kundalini	
Section 3B	Human Psychology as per Yoga	
	Personality theories	
54	Names and Main characteristics of Tri- Gunas	

55	Names of 5 Citta Bhumis	
56	Personality as per Samkhya Darsana: Prakrti (Sthula, Sukshma & Karana Shariras) + Purusa;	
57	Panchamaya (Panchakosha) theory as already considered in earlier section.	
	Concept of Mind	
58	Names of elements of Antahkarana in Samkhya: Buddhi, Ahamkar & Manas.	
59	Concept of Citta in PYS	
	Life Style Considerations	
60	Diet: Mitahar as per HP;	
61	Bhagavad Gita: Diet, rest, relaxation, exertion, etc	
62	Elaboration of Yogic Life style	
	Introduction to Ayurveda	
63	Meaning of 'Ayurveda'	
64	3 Doshas	
65	Concept of Health (Swasthya)	
Section 4	Teaching of Yoga	
66	Teaching Methods (Instruction; Observation; Demonstration; Correction)	
67	Teaching Aids	
68	Communication Skills	
69	Verbal & Non-verbal	
70	Ideal Qualities of Teacher	
71	Conducive Environment	
72	Safety measures	
73	Guideline as regards framework of Professional Practice	
		Total

Of the 53 Practices, Centres should cover at least 37 Practices (The score should be greater than 37 for the Practice topics of CCY) This would mean upto 11 topics may be Centre-specific syllabus

Section 1	SukshmaVyayama / Preparatory Practices / Sandhi Chalana kriya	
1	Centre-specific	
Section 2	Shuddhi Kriyas	
2	Dhauti: Vaman Dhauti; Agnisaar	
3	Neti: Jal Neti	
4	Tratak	
5	Kapalbhati	
6	Theoretical Knowledge as regards Basti & Nauli	
Section 3	Asanas	
	Three Meditative Asanas	
7	Padmasana	
8	Vajrasana	
9	Svastikasana	
	Four Standing Asanas	
10	Tadasana	
11	Ekpadasana	
12	Trikonasana	
13	Padahastasana	
	Three Kneeling Asanas	

14	Ushtrasana	
15	Marjarasana	
16	Shashankhasana	
	Six Sitting Asanas	
17	Bhadrasana	
18	Simhasana	
19	Gaumukhasana	
20	Vakrasana	
21	Parvatasana	
22	Paschimottanasana	
	Five Prone Asanas	
23	Bhujangasana	
24	Shalabhasana	
25	Dhanurasana	
26	Naukasana	
27	Makarasana	
	Six Supine Asanas	
28	Pavanmuktasana	
29	Setubandhasana	
30	Matsyasana	
31	Uthitapadahastana	
32	Halasana	
33	Shavasana	
	One Inverted Asanas	
34	Sarvangasana	
Section 4	Suryanamaskar	
35	Suryanamaskar (Traditional with 12 Poses) (Can be School- Specific)	
Section 5	Pranayama	
36	Sectional Breathing	
37	Yogic Breathing	
38	Nadishodhana	
	Kumbhakas without Bandhas	
39	Suryabhedana	
40	Ujjayi	
41	Shitkari	
42	Shitali	
43	Bhramari	
Section 6	Mudras	
44	Chin / Jnana Mudra	
45	Padma Mudra	
46	Agochari Mudra (Nasikagra Drishthi)	
47	Shambhavi (Bruhmadhya Drishthi)	
48	Viparitarani	
49	Mahamudra	
Section 7	Mantras	
50	Pranava japa	
51	Shanti Mantra: Can be school specific	
Section 8	Meditation	

52	Centre-specific	
Section 9	Teaching Practice	
53	Centre-specific	
		Total