



PODAR EDUCATIONAL INSTITUTIONS

G. B. PODAR COLLEGE

CERTIFICATE COURSE IN YOGA (C. C. Y.)

Let us progress in our Yogic journey with this yoga course that make us all yoga teachers. This is a teacher's training course (Yoga TTC) that can be gateway to become a teacher in yoga. Find out more about this entry-level teacher's course in yoga.

Aim of Certification

The aim is to produce Yoga professionals such that an IYA certified professional will have minimum / basic common standards of Yoga knowledge and expertise irrespective of which institute he or she is certified from. These standards will become the hallmark of Yoga all over the world.

How will it benefit the member?

It is advantageous for individuals to get certified under this scheme of IYA because IYA will maintain a portal on its website detailing the list and individual details of certified Yoga professionals under this scheme. This will provide more job and service opportunities.

What is the Role of Indian Yoga Association?

IYA will provide the Syllabi for the Various Courses and Accredited Member Institutes for conducting the courses. Certificates once issued by the Member Institutes to candidates on successfully completing the Courses will be permanent. IYA reserves the right to and will conduct audit checks on the Courses to be conducted by the Member Institutes.

Eligibility – 10th Std & 18 Years of Age

Duration – 200 Hours

Practical: Theory = 60: 40 I.E. 120 Hours: 80 Hours

Minimum Contact Hours = 80% IE. 160 Hours

Practical – Total Contact hours = 96 Hours

Theory – Total Contact Hours = 64 Hours

(Please note that the certification fees is different from course fees; course fees is as per norms of the hosting institution)

The 73 Topics, Institutions should cover at least 51 topics (The score should be greater than 51 for the Theory topics of CCY) this would mean up to 22 topics may be institution-specific syllabus

SYLLABUS THEORY TOPICS



Section 1 Philosophy

Indian Philosophy

1. Astika & Nastika Darśanas (Classification and Names of Founders)

2. Common Characteristics of Indian Philosophy

Samkhya Darśhana

3. Dualism: Purusa & Prakṛti Avidya

4. Names of 25 Tattvas and Tri Gunas

Yoga Darśhana (Patanjali Yoga Sūtras)

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 Names of 8

35. 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. 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

SYLLABUS PRACTICE TOPICS

The 53 Practices, Institutions should cover at least 42 Practices (The score should be greater than 42 for the Practice topics of CCY) this would mean up to 11 topics may be institution-specific syllabus

Section 1	SukshmaVyayama / Preparatory Practices / Sandhi Chalana kriya
1	Institution-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
ॐ	Three Meditative Asanas
7	Padmasana
8	Vajrasana
9	Svastikasana
ॐ	Four Standing Asanas
10	Tadasana
11	Ekpadasana
12	Trikonasana
13	Padahastasana
ॐ	Three Kneeling Asanas
14	Ushtrasana

15	Marjarasana
16	Shashankhasana
ॐ	Six Sitting Asanas
17	Bhadrasana
18	Simhasana
19	Gaumukhasana
20	Vakrasana
21	Parvatasana
22	Paschimottanasana
ॐ	Five Prone Asanas
23	Bhujangasana
24	Shalabhasana
25	Dhanurasana
26	Naukasana
27	Makarasana
ॐ	Six Supine Asanas
28	Pavanmuktasana
29	Setubandhasana
30	Matsyasana
31	Uthitapadahasthasana
32	Halasana
33	Shavasana
ॐ	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
	Kumbhaka 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	Viparitakarani
49	Mahamudra
Section 7	Mantras
50	Pranava japa
51	Shanti Mantra: Can be school specific

Section 8	Meditation
52	Institution-specific
Section 9	Teaching Practice
53	Institution-specific