

Foundation Course in Yoga



PODAR EDUCATIONAL INSTITUTIONS

SETH. G. B. PODAR COLLEGE

FOUNDATION COURSE IN YOGA (F. C. Y.)

Let us begin our Yogic journey with this yoga course. Amongst all the courses, this would be your gateway course to yoga. Find out more about this beginner's course in yoga. Get an introduction to various aspects of yoga, its applications and different aspects of Indian Culture.

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 – 16 years of age;

Duration – 50 hours

Practical: Theory = 80: 20

Minimum Contact Hours = 80% I.E. 40 Hours







Practical – Total Contact Hours = 32 Hours







Theory – Total Contact Hours = 8 Hours

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

The 33 Topics, Institutions should cover at least 23 topics (The score should be greater than 23 for the Theory topics of FCY) this would mean up to 10 topics may be institution-specific syllabus

SYLLABUS THEORY TOPICS

Section 1	Indian Philosophy & Culture
	Vedas
1	Meaning of 'Veda'
2	Names of 4 Vedas
3	Four Parts of each Veda
4	Six Vedangas
5	Four Upavedas
	Darshanas
6	Names of Darsanas (Aastika&Nastika) and their Originators
	Upanishads
7	Meaning of Upanishads
8	Panchakosha Theory
	Samkhya Darsana
9	Names of Dukhatraya
10	Purusa / Prakrti
11	Bondage & Liberation
12	Names & characteristics of 3 Gunas
	PYS
13	Names of 4 Chapters
14	The Ashtangas
15	Def of Yoga (PYS -Ch. I : S2)
	Hatha Yoga
16	Brief understanding of 'Hatha' Yoga

17	Names of Chaturangas of Hatha Pradipika
18	Names of Saptangas of Gheranda Samhita
	Bhagavad Gita
19	Brief background of context of BG
20	Karma, Bhakti & Jnana Yogas
	Two Definitions of yoga
21	Samatvam Yoga Uchyate
22	YogahaKarmasuKaushalam
	Puranas
23	Names of the 4 Purusharthas
	Salient Features of Indian Culture
24	Sanatana&Vaidic Dharma
25	Anekantavada
26	ChaturAshramas
27	Dharma
28	Law of Karma (in brief)
	Applications of Yoga
29	Benefits / Pre-cautions / Contra-indications of Yoga Practices
	Yogic Diet
30	Mitahar
31	Yogic Lifestyle
32	Holistic Health
33	Guidelines for Self-practice

SYLLABUS PRACTICE TOPICS

The 49 Practices, Institutions should cover at least 39 Practices (The score should be greater than 39 for the Practice topics of FCY) this would mean up to 10 topics may be institution-specific syllabus

Section 1	SukshmaVyayama / Preparatory Practices
1	Institution-specific
Section 2	ShuddhiKriyas
2	VamanDhauti
3	JalaNeti
4	Trataka
5	Kapalbhati
Section 3	Suryanamaskar
6	Traditional Suryanamaskar with 12 poses
Section 4	Asanas
ॐ	Four Meditative Asanas
7	Padmasana
8	Svastikasana
9	Vajrasana
10	Veerasana
ॐ	Five Standing Asanas
11	Tadasana
12	Ekpadasana
13	Vrikshasana
14	Utkatasana
15	Trikonasana

	Four Kneeling Asanas
16	Ushtrasana
17	Marjarasana
18	Vyahgrasana
19	Shashankhasana
ॐ	Five Sitting Asanas
20	Bhadrasana
21	Simhasana
22	Vakrasana
23	Parvatasana
24	Paschimottanasana
ॐ	Four Prone Asanas
25	Bhujangasana
26	Shalabhasana
27	Dhanurasana
28	Naukasana
ॐ	Five Supine Asanas
29	Pavanmuktasana
30	Setubandhasana
31	Matsyasana
32	Uthitapadahastanasana
33	Shavasana
ॐ	One Inverted Asanas
34	Sarvangasana

Section 4	Pranayama
ॐ	Sectional Breathing
35	Basic yogic Breathing
36	NadishodhanaKriya
	Pranayama without Kumbhaka
37	Suryabhedana
38	Shitali
39	Shitkari
40	Brahmari
Section 5	Mudras
41	Chin / Jnana Mudra
42	Agochari Mudra (NasikagraDrishti)
43	Shambhavi Mudra (BruhmadhyaDrishti)
44	Ashvini Mudra
45	Shanmukhi Mudra
46	Yoga Mudra in Vajrasana&Padmasana
Section 6	Mantra
47	Pranav Japa
ॐ	Shanti Mantra
48	Institution-Specific
Section 7	Meditation
49	Institution-Specific