



SRI SRI UNIVERSITY

FACULTY OF HEALTH AND WELLNESS FACULTY DEVELOPMENT PROGRAM ON YOGA AND WELLNESS

Title of FDP: Faculty Development Program on Yoga and Wellness

Eligibility: Open to all above the age of 16

Last Date to apply: May 26, 2020

Date and Time: From May 27, 2020. 6.30 AM to 9.30 AM (i. e. Monday-Friday)

Duration of course: 3 Months

Registration Fee: Art of Living Teachers (National): INR 8000/-

Art of Living Teacher (International): 250 USD

Others (National): INR 12,000/-

Others (International): 300 USD

Contact Persons: Mr. Prem Sukh +91- 9992229840

Mr. Kalpesh Zala + 91- 9898266134

Instructions - Hindi and English.

To Register online visit:

<https://www.eduqfix.com/PayDirect/#/student/pay/R6i9oSKsiRPtXIUYPKP0syWgO5jIEKjeu7IQWRprT2C00VbYD2KnWceORjvDTZzz/4114>

After the successful completion, E- Certificate shall be provided to Participants.

FACULTY DEVELOPMENT PROGRAM ON YOGA AND WELLNESS

Syllabus

Unit 1- Introduction to Yoga and Yogic Practices

- 1.1 Yoga: Etymology, definitions (Patanjala Yoga Sutra, Bhagwad Gita & Kathopanishad), aim, objectives and misconceptions.
- 1.2 Yoga: Its origin, history and development.
- 1.3 Brief Introduction to Samkhya and Yoga Darshana.
- 1.4 Life sketches and teachings of Yoga masters (Maharishi Ramana, Shri Aurobindo Swami Vivekananda, Swami Dayananda Saraswati).
- 1.5 Principles of Yoga and practices of healthy living.
- 1.6 Principles and Practices of Jnana Yoga.
- 1.7 Principles and Practices of Bhakti Yoga.
- 1.8 Principles and Practices of Karma Yoga.
- 1.9 Concept and principles of Sukshma Vyayama, Sthula Vyayama, Surya Namaskara and their significance in Yoga Sadhana.
- 1.10 Concept and principles of Shatkarma: Meaning, Types, Principles and their significance in Yoga Sadhana.
- 1.11 Concept and principles of Yogasana: Meaning, definition, types and their significance in Yoga Sadhana.
- 1.12 Concept and principles of Pranayama: Meaning, definition, types and their significance in Yoga Sadhana.
- 1.13 Introduction to Tri Bandha and their health benefits.
- 1.14 Dhyana and its significance in health and well-being.
- 1.15 Introduction to Yogic relaxation techniques with special reference to Yoga Nidra.

Unit -2 Introduction to Yoga Texts

- 2.1 Introduction to Prasthanatrayee, Purushartha Chatushtaya and goal of human life.
- 2.2 Yoga in Kathopnishad, Prashanopanisha, Tattiriyopnishad with special emphasis on Panchakosha Vivek and Ananda Mimamsa.
- 2.3 Concept of Sthitaprajna, Bhakti, Karma and Dhyana in Bhagavad Gita.
- 2.4 Significance of Bhagavad Gita in day to day life.
- 2.5 Concept of healthy living in Bhagavad Gita (Ahara, Vihara, Achara, Vichara).
- 2.6 Study of Patanjali Yoga Sutra including selected sutras from following chapters (I- 1 to 12, II- 46 - 51, III- 1 to 4).
- 2.7 Concept of Chitta, Chitta Bhumi, Chitta Vritti, Chitta Vikshepa, Chittaprasadanam and their relationship with wellness.
- 2.8 Bahiranga Yoga of Maharishi Patanjali (Yama, Niyama, Asana, Pranayama, Pratyahara).
- 2.9 Antaranga Yoga of Maharisi Patanjali (Dharana, Dhyana, Samadhi).
- 2.10 Concept of mental well being according to Patanjala Yoga.
- 2.11 Hatha Yoga: Its parampara, knowledge of basic Yoga texts (Hatha Pradipika and Gherand Samhita). Relationship between Hatha yoga and Raja Yoga.
- 2.12 Sadhaka and Badhaka tatva, principle to be followed by Hatha Yoga practitioner.
- 2.13 Concept of Matha, Mitahara, Pathya & Apathya.
- 2.14 Concepts of Nadis, Prana and Pranayama for Subjective experiences.
- 2.15 Knowledge of Hatha Yoga practices for wellness (Shatkarma, Asanas, Pranayama, Mudra, Nadaanusandhana).

Unit 3- Yoga for Wellness

- 3.1 General introduction to human body and nine major systems of human body.
- 3.2 Introductions to sensory organs (Eyes, Nose, Ears, Tongue and Skin).
- 3.3 Basic functions of nine major systems of human body and homeostasis.
- 3.4 Yogic concept of health and wellness.
- 3.5 Concept of Tridoshas, Saptta Dhatu, Agni, Vayu and Mala; their role in wellness.
- 3.6 Concepts of Dinacharya and Ritucharya and their importance in well-being.
- 3.7 Importance of Ahara, Nidra and Brahmacharya in well-being.
- 3.8 Yogic concept of mental hygiene: Maître, Karuna, Mudita & Upeksha).
- 3.9 Importance of psychosocial environment for health and wellness.
- 3.10 Yogic concept and principles of Ahara(Mitahara, Yuktaahara).
- 3.11 Health benefits of Suryanamaskara, Shatkarma, Asanas, Pranayama and practices leading to Dhyana (as per the practical syllabus of the course).
- 3.12 Salient features and contra indications of Yoga practices for well-being (as per the practical syllabus of the course).
- 3.13 Knowledge of common diseases; their prevention and management by Yoga.
- 3.14 Knowledge of role of Yoga in the management of non- communicable diseases.
- 3.15 Concept of stress and Yogic management of stress and its consequences.

Yoga Practical

1. Prayer

- 1.1 Concept and Recitation of Pranava
- 1.2 Concept and Recitation of Hymns
- 1.3 Selected universal prayers, invocations and Nishpatti Bhava.

2. Yogic Shat Karma

- 2.1 **Neti:** Sutra Neti and Jala Neti
- 2.2 **Dhauti:** Vamana Dhauti (Kunjal)
- 2.3 **Kapalbhati** (Vatakrama)

3. Yogic Sukshma Vyayama and Sthula Vyayama

a. Yogic Sukshma Vyayama (Micro circulation practices)

- Neck Movement
- Shoulder Movement
- Trunk Movement
- Knee Movement
- Ankle movement
- Pada-mula shakti Vikasaka – A&B Gulpha-pada-pristha-pada-tala shakti Vikasaka

b. Yogic Sthula Vyayama (Macro circulation practices)

- Sarvanga Pushti
- Hrid Gati (Engine daud)

3. Yogic Surya Namaskara with Mantra

4. Yogasana

- 5.1 Tadasana, Hastottanasana, Vrikshasana
- 5.2 Ardha Chakrasana, Padahastasana
- 5.3 Trikonasana, Parshva Konasana, Katichakrasana
- 5.4 Dandasana, Padmasana, Vajarasana,
- 5.5 Yogamudrasana, Parvatasana
- 5.6 Bhadrasana, Mandukasana, Ushtrasana, Shashankasana, Uttana Mandukasana,

- 5.7 Paschimottanasana, Purvottanasana
- 5.8 Vakrasana, Ardha Matsyendrasana, Gomukhasana
- 5.9 Makarasana, Bhujangasana, Shalabhasana, Dhanurasana
- 5.10 Pavanamuktasana and its variations
- 5.11 Uttanapadasana, Ardha Halasana, Setubandhasana, Sarala-Matsyasana
- 5.12 Shavasana,

6. Preparatory Breathing Practices

- 6.1 Sectional Breathing (Abdominal, Thoracic and Clavicular Breathing)
- 6.2 Yogic Deep Breathing
- 6.3 Anuloma Viloma/ Nadi Shodhana

7. Pranayama

- 7.1 Concept of Puraka, Rechaka and Kumbhaka
- 7.2 Ujjayee Pranayama (Without Kumbhaka)
- 7.3 Sheetalee Pranayama (Without Kumbhaka)
- 7.4 Sitkaree Pranayama (Without Kumbhaka)
- 7.5 Bhrumaree Pranayama (Without Kumbhaka)

8. Concept and Demonstration of Bandha

- 8.1 Jalandhara Bandha
- 8.2 Uddiyana Bandha
- 8.3 Mula Bandha

9. Concept and Demonstration of Mudra

- 9.1 Yoga Mudra
- 9.2 Maha Mudra
- 9.3 Vipareetakarani Mudra

10. Practices leading to Dhyana Sadhana

- 10.1 Body awareness and Breath awareness
- 10.2 Yoga Nidra
- 10.3 Antarmauna
- 10.4 Recitation of Pranava and Soham
- 10.5 Recitation of Hymns
- 10.6 Practice of Dhyana

B. Teaching Skills (Methods of Teaching Yoga)

- 1.1 Teaching methods with special reference to 1.2
- Yoga Factors influencing Yoga teaching
- 1.3 Need of teaching practice and its use in Yogic practice.
- 1.4 Teaching Aids : Meaning and Need, Role of Language, Voice, Fluency, Clarity and Body language in an ideal presentation
- 1.5 Methods of teaching Yoga to an individual, small group and large group
- 1.6 Lecture cum demonstration in Yoga: Its meaning, importance and method of its 1.7
- Presentation Lesson plan: Its meaning and need Preparation of lesson plan in Yoga,
- 1.8 Preparation of lesson plan for an individual and for a group
- 1.9 Presentation of lessons in specific Yogic practices: Kriya, Asana, Pranayama, and Dhyana.
- 1.10 Assessment of a Yoga class (detection and correction of mistakes).

Book for reference for Theory

- 1 Goyandka, Harikrishandass : **Yoga Darshan**
Geeta Press, Gorakhpur (Samvat 2061).
- 2 Ravi Shankar, Sri Sri : Upanishad, Vol. I
- 3 Swami Vivekananda : **Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga**
(4separate books) Advaita Ashrama, Kolkata, 2011 & 2012
- 4 Basavaraddi I. V. and Pathak, S. P. : **Hathayoga ke Aadhar avam Prayoga** (Sanskrit-Hindi),
MDNIY, New Delhi, 2007
- 5 Sahay G. S. : **Hathayogapradipika**
MDNIY, New Delhi, 2013
- 6 Gita press Gorakhpur **Shreemad Bhagvadgita**
Gita press Gorakhpur, Samvat 2073
- 7 Quality Council of India (QCI) **Yoga professionals Official Guidebook for Level 2**
Excel Books, New Delhi 2016
- 8 Kalidas Joshi and Ganesh Shankar **Yoga ke Sidhant Evam Abhyas,**
Madhya Pradesh Hindigrantha Akadami, Bhopal, 1995
- 9 Brahmachari Swami Dhirendra **Yogic Suksma Vyayama,**
Dhirendra Yoga Publications, New Delhi, 1986
- 10 Digambarji Swami and Gharote M.L. **Gheranda Samhita,**
Kaivalyadhama S.M.Y.M. Samiti, Lonavala 1997
- 11 Sahay G. S. **Hathayogapradipika**
MDNIY, New Delhi, 2013
- 12 Kalayan **Upanishads (23rd year Special)**
Geeta Press, Gorakhpur
- 13 Gore M. M. **Anatomy and Physiology of Yogic Practices,**
Kanchana Prakashana, Lonavala, 2004
- 14 Telles, Shirley A Glimse of the Human body
Swami Vivekanand Yoga Prakashan, Bangalore, 1998
- 15 Swami Karmananda **Management of Common Diseases,**
Bihar Yoga Publication Trust, 2006, Munger
- 16 Bhogal, R. S : **Yoga & Mental Health and beyond,**
ACE Enterprises, Madhu Rajnagar, Pune Road, Pune, 2010
- 17 Jayadeva, Yogendra : **Cyclopedia Vol I, II, III & IV**

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| 18 | Basavaraddi, I.V. | How to manage Stress through Yoga
MDNIY, New Delhi |
| 19 | Kotecha, Vaidya Rajesh | A Beginner's Guide to Ayurveda
Chakrapani Publications, Jaipur 2016 |
| 20 | MDNIY | Yoga Module for Wellness Series (1 to 10)
MDNIY, New Delhi 2011 |

Books for Reference for Practicum

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| 1. | Brahmachari Swami
Dhirendra | : Yogic Suksma Vyayama,
Dhirendra Yoga Publications, New Delhi |
| 2. | Brahmachari, Swami
Dhirendra | : Yogasana Vijnana,
Dheerendra Yoga Prakashana, New Delhi |
| 3. | Iyengar, B. K. S. | : Light on Yoga,
Harper Collins Publisher, New Delhi, 2005 |
| 4. | Swami Kuvalyananda | : Pranayama,
Kaivalyadhama, Lonavla, 1992 |
| 5. | Saraswati, Swami
Satyananda | : Asana, Pranayama, Mudra, Bandha
Bihar School of Yoga, Munger, 2006 |
| 6. | Basavaraddi, I.V. | A Monograph on Yogic Suksma Vyayama, MDNIY,
New Delhi, 2016 |
| 7. | Basavaraddi, I.V. | A Monograph on Shatakarma,
MDNIY, New Delhi, 2016 |
| 8. | Basavaraddi, I.V. | A Monograph on Yogasana,
MDNIY, New Delhi, 2016 |
| 9. | Basavaraddi, I.V. | A Monograph on Pranayama,
MDNIY, New Delhi, 2016 |
| 10. | Tiwari O.P. | Asana Why & How ?
Kaivalyadhama, SMYM Samiti, Lonavla |
| 11. | Basavaraddi, I.V. & Bharti
Swami Anant | Pratah Smarana
MDNIY, New Delhi, 2016 |
| 12. | Saraswati, Swami
Satyananda | Suryanamashkara
Bihar School of Yoga, Munger, 2006 |
| 13. | Joshi K.S. | Yogic Pranayama
Orient Paperbacks, New Delhi 2009 |

14. Quality Council of India
(QCI) **Yoga professionals Official Guidebook for level
2** Excel Books, New Delhi 2016
15. Basavaraddi, I. V. & others **Yoga Teachers Manual for School
Teachers**, MDNIY, New Delhi, 2010
16. Gharote, M.L. **Teaching Methods for Yogic practices**,
Kaivalyadhama Ashram, Lonavla
17. Iyengar, B.K.S **Yoga Shastra (Vol-I & II) Ramamani Iyenger Memorial
Yoga**, Institute, Pune YOG, Mumbai