

**Date Extended for online application  
for admission in  
Certificate Course in Yoga (CCY)  
For details kindly refer the extended dates in the Admission Schedule  
Last date: 14<sup>th</sup> September 2021**

**SRI SRI ANIRUDDHADEVA SPORTS UNIVERSITY  
CHABUA, DIBRUGARH, ASSAM.**

**A State University  
(Recognized by UGC under 2(f) (category)  
[www.sasu.ac.in](http://www.sasu.ac.in)**

**PROSPECTUS  
FOR  
YOGA CERTIFICATE COURSE**

**SESSION: 2021-2022**

# **SRI SRI ANIRUDDHADEVA SPORTS UNIVERSITY**

**CHABUA, DIBRUGARH, ASSAM**

**Six Week**

**Certificate Course in Yoga (CCY)**

## **1. OVERVIEW**

The Certificate Course in Yoga is specifically designed for such Candidates who have flair for yoga profession as a career. The course will provide an opportunity to acquire the minimum qualification deemed essential for training/coaching at the beginners and intermediate levels.

With the ever-growing demand of trained sports coaches to scout and train potential sports persons at the grass root levels, this 6-week Certificate course in Yoga is specifically designed for those candidates who are yoga enthusiasts and wish to opt this profession as a career. The course provides them with an opportunity to acquire the basic knowledge in theory & practical essential for training at primary levels.

## **2. CAREER OUTCOME**

After completing the programme, the candidates can aspire to become Personal Yoga Trainers at Sports Academies, Hospitals, Naturopathy centres, Rehabilitation centres etc.

## **3. PROGRAMME DISCIPLINE**

The 6week Certificate course in will have three components, namely, Theory, Practical and Teaching Part.

## **4. ADMISSION SCHEDULE**

	<b>Extended Dates</b>
<b>Last date for registration (online)</b>	<b>14<sup>th</sup> Sept'2021</b>
<b>Publication of Shortlisted candidates for Interview</b>	<b>15<sup>th</sup> Sept'2021</b>
<b>Online Personal Interview</b>	<b>16<sup>th</sup> Sept'2021</b>
<b>Final Merit list</b>	<b>17<sup>th</sup> Sept'2021</b>
<b>Payment of Course Fee</b>	<b>18<sup>th</sup> – 21<sup>st</sup> Sept'2021</b>
<b>Commencement of Classes/Orientation</b>	<b>22<sup>nd</sup> Sept' 2021</b>

## 5. RESERVATION OF SEATS: AS PER ASSAM GOVERNMENT GUIDELINES.

Category	Seats
Schedule Caste (7%)	2
Schedule Tribe, Plains (10%)	3
Schedule Tribe, Hills (5%)	2
Other Backward Classes /Minorities Other Backward Classes (15%)	5
General (63%)	18
<b>Total No. of Seats</b>	<b>30</b>

## 5. ELIGIBILITY FOR ADMISSION

The candidate should have interest in yoga with basic practical knowledge. He should have passed 10+2 examination/equivalent examination conducted by CBSE / State or UT Board / Open School Board. The candidate should be physically fit.

## 6. AGE CRITERIA

- The upper age limit for the admission shall be 18 to 35 years as on 1<sup>ST</sup> July' 2021.
- The upper age limit for the admission shall be relax up to 5 years for SC, ST and In-service Candidates.

Note: NOC for the In-service candidates is mandatory for the final admission.

## **NOTE:**

A candidate should complete this course within a maximum span of 1 years from the date of admission to Certificate Course in Yoga.

## 7. WOMAN CANDIDATES

Married girl is eligible for admission. But pregnant women will not be allowed.

## 8. ADMISSION PROCEDURE

The admission shall be based on the marks obtained in the 10<sup>th</sup> /12<sup>th</sup> Marks/Graduation, Skill Proficiency Sports Achievements/ Participation and Online Personal Interview using the following criteria:

Merit Component	Weightage
12 <sup>th</sup> /Graduation	70%
Online Personal Interview (As per feasibility of the University)	30%
<b>Total</b>	<b>100%</b>

**Total Marks = .70 × (% marks 12<sup>th</sup> / Graduation) + .30 × (% Marks in Online Personal Interview)**

**Remark:**

1. Merit would be prepared out of 100 marks by giving weightage as shown in the above-mentioned table.
2. Highest marks obtained either on 12<sup>th</sup> /Graduation shall be considered.
3. In case there are more than one candidate securing equal ranks as obtained by the last candidate in order of merit in the list of candidates to be called for admission, the following ranking rules of the University will be applicable.

**\*In case the candidates have equal ranks then:**

- a. In case the marks in the qualifying examination are equal then the candidate senior in age shall be given preference.
- b. In case any provisionally selected candidate fails to deposit the fee by the last date prescribed, his/her provisional admission shall be cancelled and the seat thus falling vacant shall be offered to the next candidate in order of merit under the specified category.
- c. Waitlisted candidate will be offered admissions strictly on the basis of ranking provided there is a vacancy in the Programme.

**\*NOTE:** The Participants might be called for One-week offline classes depending upon the Covid situation.

**9. General Medical check-up:**

It is mandatory to submit a medical certificate by the participants before admission.

**NOTE:**

Admission to physically challenged candidates of any category is not permissible, as candidates of this course are required to perform physical activities.

**10. FEE STRUCTURE:** Prescribed fee without boarding lodging: Rs. 5,500/-

**11. UNIFORM:**

- Theory: Formal dress
- Practical: Comfortable dress.

**\*Note:** Uniforms along with yoga equipment are to be brought by the students themselves.

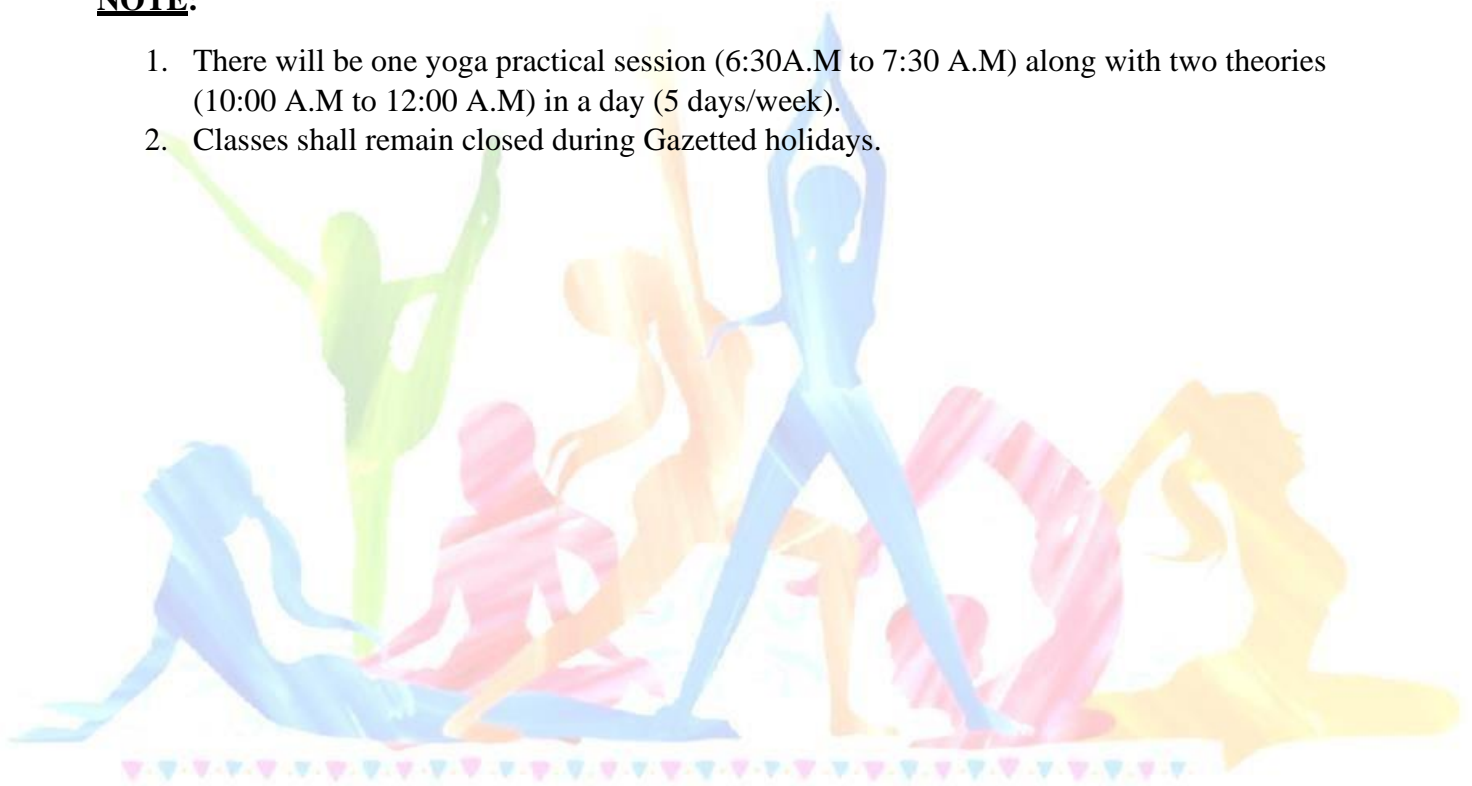
## **12. COURSE CONTENT:**

### **Theory & Practical Subjects:**

Foundation of yoga / Introduction of Yoga Practices / Applied Anatomy and Physiology / Health & Physical Fitness / Yoga Practical / Teaching Ability (lesson plan).

### **NOTE:**

1. There will be one yoga practical session (6:30A.M to 7:30 A.M) along with two theories (10:00 A.M to 12:00 A.M) in a day (5 days/week).
2. Classes shall remain closed during Gazetted holidays.



## **THEORY PAPER**

Paper No.1/CCY01

### **Foundation of Yoga**

1. Introduction and historical background of yoga
2. meaning and definition and concept of yoga
3. Schools of yoga Gyan yoga, Bhakti yoga, Karam yoga, Raja yoga, Hatha Yoga
4. Brief introduction of Patanjali Yog Sutra
5. Brief introduction of ashtanga yoga
6. Relevance of Yoga in modern time
7. Chaturanga yoga in Hatha Pradipika
8. Saptang yoga in Gherand Samhita
9. Concept of Nadi chakra and Kundalini
10. Concept of Pancha Kosha

Paper No.2/CCY02

### **Introduction of Yoga Practices**

1. Introduction and meaning and definition of asana
2. Principles of asana
3. Type of asana & benefit of asanas
4. Meaning and definition of Pranayama
5. Principles of Pranayama
6. Type & benefits of Pranayama
7. Introduction of Kriya
8. Principles of kriya
9. Types and benefits of Kriya
10. Brief introduction of Bandha & Mudra

Paper No.3/CCY03

## **ANATOMY AND PHYSIOLOGY OF YOGIC PRACTICES**

1. Anatomical position of Human body and Anatomical terms.
2. Structural and Functional Unit of life.
3. Organs, Systems and Body fluids of human body.
4. Musculo-skeletal system.
5. Cardiovascular system.
6. Respiratory system.
7. Digestive system.
8. Endocrine system.
9. Nervous system.
10. Effect of Yogic practices on various body systems.

Paper No.4/CCY04

## **HEALTH & PHYSICAL FITNESS**

1. Meaning & Definition of Physical Fitness and Wellness
2. Components of Physical Fitness and Wellness
3. Principles of Physical fitness.
4. Meaning and definition of warm up and cool down.
5. Warm up and cool down exercise for body.
6. Meaning and Definition of Nutrition.
7. Daily calories intake & burning.
8. Assessment of Health-related Fitness.
9. Different methods of measuring Body Composition (BMI, Waist Hip Ratio, Skinfold Calliper).
10. Qualification and qualities for a fitness trainer

## YOGA PRACTICALS

### ➤ Standing Asanas

1. Tadasana
2. Chakrasana (Lateral)
3. Vrikshasana Padahastasana
4. Trikonasana

### ➤ Sitting Asanas

5. Vakrasana
6. Ardhamatsyendrasana
7. Janushirasana
8. Paschimotanasana
9. Parvatasana
10. Vajrasana
11. Ustrasana
12. Yoga mudra
13. Akarnadhanurasana
14. Kakasana (Bakasana)
15. Simha Asana
16. Mandukasana
17. Uttana Mandukasana

### ➤ Prone Asanas

18. Bhujangasana
19. Ardhashalabhasana
20. Shalabhasana Naukasana (Prone)
21. Dhanurasana
22. Makarasana

### ➤ Supine Asanas

23. Shavasana
24. Ardhalasana (one leg/ both leg)
25. Uttanapadasana
26. Pawanamuktasana (Ardha /Purna)
27. Setubandhasana
28. Naukasana (Supine)
29. Viparitarani
30. Sarvangasana





31. Matsyasana Halasana



### **Meditative Asana**

Ardhapadmasana (Virasana)

Padmasana

Swastikasana

Samasana Siddhasana

### **OTHER PRACTICES**

Brahma Mudra

Uddiyana Bandha (Bahya)

### **BREATHING & PRANAYAMA**

#### **1. Preparatory Breathing Practices**

- Abdominal
- Thoracic
- Clavicular
- Full Yogic Breathing

#### **2. Anuloma Viloma**

#### **3. Ujjayi**

#### **4. Sheetali**

#### **5. Sheetakari**

#### **6. Bhramari**

#### **7. Suryabhedana**

#### **8. Bhastrika**

#### **9. Chandrabhedan Pranayama**

### **KRIYAS**

#### **1. Kapalabhati**

#### **2. Agnisara**

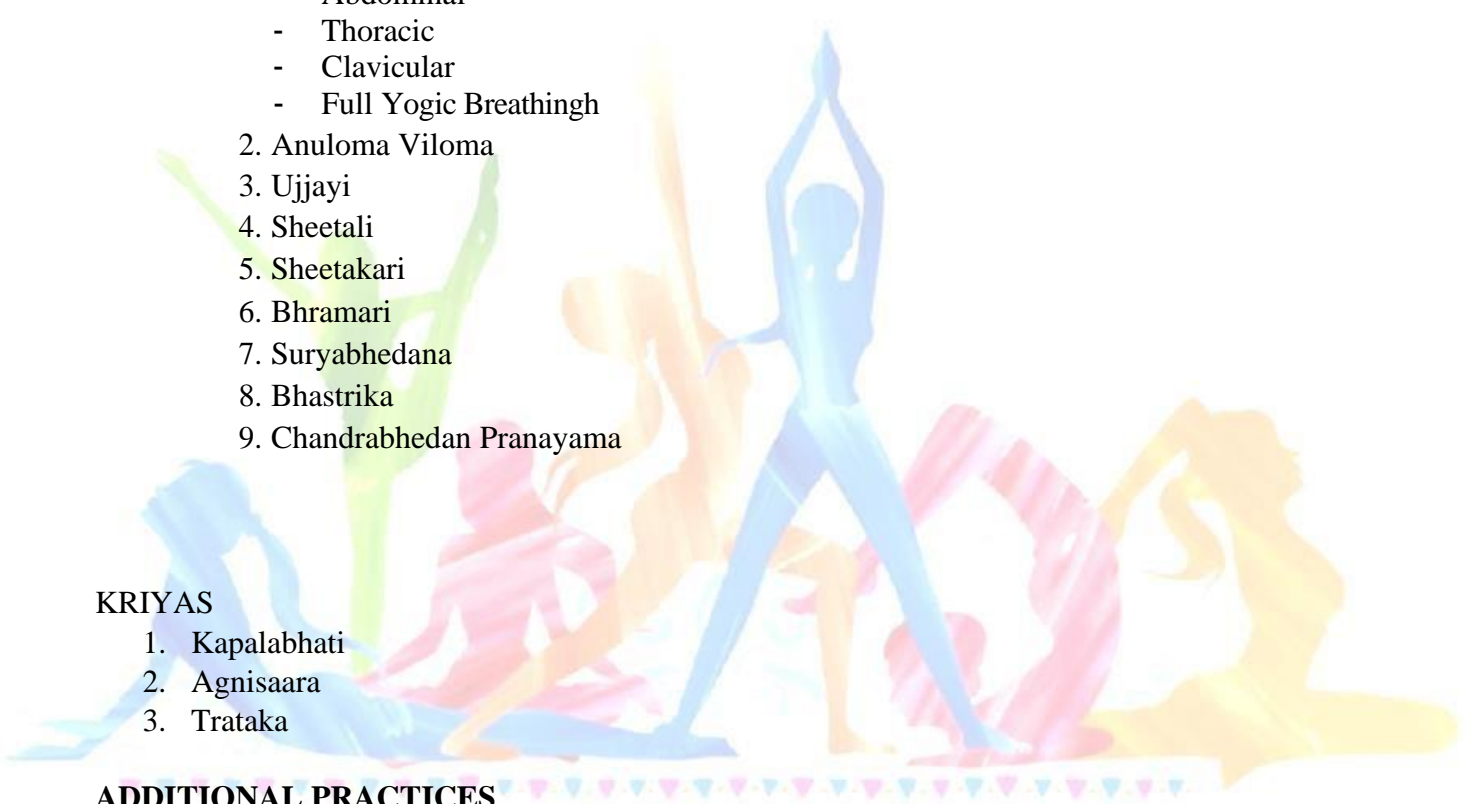
#### **3. Trataka**

### **ADDITIONAL PRACTICES**

#### **1- Sukshma Vyayama**

- Neck
- Shoulder
- Trunk
- Knee
- Ankle

#### **2- Suryanamaskar**



## MANTRA RECITATION

1. Pranavajapa
2. Gayatri Mantra
3. Maha Mrityunjaya Mantra
4. Om Stavan

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