



CLUSTER UNIVERSITY SRINAGAR

SYLLABUS (FYUP UNDER NEP 2020)

Offered By Department of Physical Education

Semester 1st Skill Enhancement Course (SEC)

Course Title: Assistant Yoga Instructor -I

Course Code: HSS/Q4002 (UGAYI23S101)

Credits: 4 (Theory: 1, Practical: 3)

Contact Hrs: 105 (Theory: 15, Practical: 90)

Max. Marks 100

Theory: 25; Min Marks: 10

Practical: 75, Min. Marks: 30

Objectives:

- To demonstrate yoga sessions in accordance with CYP.
- To demonstrate the pre- and post-yoga session requirements.
- To demonstrate the process of maintaining relevant records.

Training Outcomes:

After completing this programme, candidates will be able to:

- Explain the concept and fundamental principles of yoga.
- Discuss the significance of yoga practices.
- Explain about Common Yoga Protocol (CYP) and its significance.
- Prepare the work area with required equipment and accessories such as AV aides, yoga mat etc. to ensure the efficiency and effectiveness of the outcome.
- Demonstrate yoga sessions in accordance with CYP.
- Demonstrate the pre- and post-yoga session requirements.
- Demonstrate the correct techniques of various yoga postures, asanas, mudras etc.
- Demonstrate the process of maintaining relevant records.
- Maintain a safe, healthy, and secure working environment.

Unit I

Introduction to yoga and yogic practices: Brief history, origin, and development of yoga, ancient yoga texts (Bhagwat Gita, Patanjali yoga Sutra, Narad Bhakti Sutra, Ramayana) , Principles of yoga (Triguna, Antahkarana-chatustaya, Tri-Sharira/ Panchakosha), classification of yoga (Karma yoga, Jnana yoga, Bhakti yoga and Kriya yoga), concept and principles of widely practiced yoga Sadhanas and their significance in health and wellbeing, yogic paricharya (Ahara, Vihar, Achar- Vichar); international yoga day and its impact and significance.

Unit II

Basic structure and function of human body: Basic anatomy and physiology of human body (Sharira, Kosha, Prana, Nadi, Chakra, Marma), concept of Dosha-Dhatu, Mala, nine systems of the human body- their structure and functions and influence of yogic practices on the different body systems.

Unit III

Role of assistant yoga instructor: Role and responsibilities of assistant yoga instructor, general guidelines for yoga Practice in accordance with Common Yoga Protocol (CYP): Before, during and after practice, do's and don'ts related to functions of Assistant yoga Instructor, scope and limitations of working for assistant yoga instructor.

Unit IV

Prerequisites to pre-yoga session: Equipment and disposable required for session, significance of ventilation, aroma, and aides for better conduct of yoga session, participant schedule on daily basis and arrangement of required resources, limitations or comfort areas of participant basis on preferences considering



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factors such as gender, religion, culture, language etc., importance of yoga cleansing techniques like empty stomach, cleansing the bowel etc., maintaining personal hygiene, precautions to be taken for yoga session.