

PROSPECTUS

FOR THE ADMISSION IN THE COURSE OF

FOUNDATION COURSE IN YOGA FOR WELLNESS (FCYW)

One Month Duration (50 Hrs.)



**SHRI KRISHNA AYUSH UNIVERSITY
KURUKSHETRA**

SCHEDULE

LAST DATE OF RECEIVING OF APPLICATION FORM: 04.07.2022

DEPOSITON OF FEE : 04.07.2022

CLASSES WILL BE START ON : 05.07.2022

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SHRI KRISHNA AYUSH UNIVERITY

Vision

Global acceptance of AYUSH system of medicine for creating a complete state of Physical, Mental, Social and Spiritual Wellbeing through the premier education provided to Under-Graduate & Post-Graduate leaders of the Nation and providing wealth of knowledge to the nation through research based on natural resources in the most natural way.

Mission

The University shall develop proficient, empathetic, optimistic and cheerful expert by imparting well thought out quality edification, through erudite mentors and divulging them to the community for gaining insight of clinical appreciative incorporeal, senses, intuitive and spiritual domain, which shall be achieved by evidence-based multidisciplinary research and collaboration.”

1. To revitalize and strengthen the AYUSH systems making them as prominent medical streams in addressing the health care of the society.
2. To provide Premier Education to upcoming leaders of the Nation.
3. To enlighten the World with the AYUSH system of medicine by educating International students.
4. To facilitate the newer dimensions of Research in the AYUSH system of medicine for Global acceptance.
5. To distribute awareness amongst the citizens of the Nation about the positivity of the AYUSH system of medicine so that to make them the Stalwarts.
6. To attain economic self-reliance by cost-effective methods through educational and such associated programs and resource generating services.



Foundation Course in Yoga for Wellness (FCYW)

Preamble:

Yoga is an invaluable gift of ancient Indian tradition. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind, body; thought an action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well- being. Yoga has attracted global attention in recent years. The awareness about yoga practice is increasing among people from different walks of life, not only for preservation and promotion of health, but also for the management of various diseases.

In this short term part time course, we are introducing the basic concepts of yoga and yogic practices as science of holistic living and wellness. During the course, the students will be taught the basic concepts of yoga and yogic practices for wellness, this is a basic course in yoga.

2.0 Title of the course:

The course shall be called as “**Foundation Course in Yoga for Wellness (FCYW)** for health promotion, a part time course of 1 month (50 Hrs.) duration.

3.0 Aim:

The aim of the course is to introduce the fundamental Principles and practices of yoga for wellness.

4.0 Objectives:

- a. To impart the basic, Principles and Yogic practices for common people.
- b. To introduce fundamental principles and practices of yoga for healthy living.
- c. To Promote Yoga for disease prevention and health promotion as an approach to holistic health.

5.0 Duration:

Duration of the course is usually 1 month (50 Hrs.)

5.1 Distribution of 50 Hrs.

Months	No. of Weeks	No. Of Days in a Week	Total No. Of Days	Practical Training (Hours)	Theory Lectures (Hours)	Inaugural and Valedictory (Hours)	Total Hours
1 Month	04	06	24	36	12	02	50

6.0 Eligibility:

- A candidate who has passed at least 10th examination from a recognized Board.
- Age Limit: Candidate should have completed age of 18 Years and have maximum 55 Years on 01.01.2022.

7.0 Course Timings:

Morning 06:00 A.M. to 08:00 A.M.

8.0 Admission Procedure:

- 8.1** Application Form can be downloaded from website www.skau.ac.in. In that case the applicant shall deposit Rs. 250/- at the time of submission of application.
- 8.2** Mere filling application form and prospectus doesn't confirm the seat in the Course.
- 8.3** On spot admission on 'first cum first serve basis' to the above said courses to the eligible candidates. The admission procedure will be completed as when the seats are filled.
- 8.4** The candidate must submit the duly filled in application form at Admission Cell Office of the Shri Krishna Govt. Ayurvedic College along with the Self attested Photostat of :-
- a) 10th certificate
 - b) Copy of Aadhar card or Identity proof
 - c) Four passport size photographs
 - d) Medical fitness certificate from medical Board constituted by SKAU University, Kurukshetra
- 8.5** The fees once remitted will not be refunded under any circumstances.

9.0 Intake Capacity:

Maximum 20 Candidates in a batch.

10.0 Medium of Instruction:

Hindi / English

11.0 Medical Fitness Certificate

1. Candidates who are medically fit will only be given admission to this course.
2. No person with acute/chronic/communicable diseases is allowed to take admission to this course.

12.0 Dress Code:

The dress shall be White T-Shirt and Blue Lower or *Kurta-pyjama* for men and T-Shirt and Lower or *Salwar-kameej* for women participants. However, the dress code will be decided by the Course Coordinator.

13.0 Participation certificate:

Minimum 80% attendance is essential to get participation certificate.

14.0 Fees:

(a)	Application Fee	-Rs. 250/-
(b)	Certificate/Course Fee	-Rs. 1000/-
	Total fee	-Rs. 1250/-

15.0 Rules & Regulations:

- a. A notification for calling applications for admission to FCYW will be issued & displayed only on the Notice Board and Website of the Institute for every batch. Applications for the course will be received on and after the notification. Admissions will be made **on first cum first serve basis**. Therefore, candidates are advised to fill up the applications in all respect and submit the same with necessary enclosures and fees in the Registration Counter.
- b. Fees once paid are not refundable /interchangeable.
- c. Candidates should ensure the proper receipt for fees paid.
- d. Admitted candidates should carry their identity cards every day while attending the classes.
- e. Every student of the course should maintain the discipline during the course and not to disturb peace, tranquility of any other participant, teachers and the environment in the Center.
- f. Candidate must attend Yoga practical classes daily with empty stomach or light stomach or as advised by the Yoga Teachers /experts.
- g. All valuable items/money shall be properly secured by the students. Institute/ center will not be responsible for loss of any valuables/cash.
- h. SKAU reserve the right to change, the dates; add any of the rules and regulations and fee structures as when necessary, without prior notice.
- i. The decision of the universitys Vice Chancellor will be final in all matters related to discipline and smooth conduct of the course.

COURSE SYLLABUS

THEORY	12 Hrs.
Unit- 1	<ol style="list-style-type: none"> 1. Introduction to Yoga and Yoga practices. 2. Guiding Principles to be followed by yoga practitioners. 3. Introduction to Yogic Sukshma Vyayama & Sthula Vyayama and their relevance in yoga Sadhana. 4. Surya Namaskar: Its technique and health benefits. 5. Introduction to Shatkarma and their importance in Yoga Sadhana and Health benefits of Shatkarma
Unit- 2	<ol style="list-style-type: none"> 1. Introduction to Yogasana. 2. Classification of Yogasana. 3. Yogasana: Principles, salient features. 4. Yogasana: Importance of alignment and relaxation during the practice. 5. Health benefits of Yogasana and role of Yogasana in diseases 6. prevention and health promotion.
Unit- 3	<ol style="list-style-type: none"> 1. Mechanism of breathing. 2. Pranayama: Its Principles and types. 3. Health benefits of Pranayama. 4. Bandha and Mudra: Techniques and their role in Yoga Sadhana. 5. Practice leading to Dhyana (Meditation)
Unit- 4	<ol style="list-style-type: none"> 1. Asthang Yoga of Patanjali. 2. Yogic Lifestyle 3. Yogic attitudes and practices for Mental health. 4. Role of Yama and Niyama for Psychosocial Health. 5. Mantra chanting and Self-Healing.

PRACTICAL		36 Hrs.
Unit- 1		
Yoga Parvash		
	Prayer Recitation of Hymns.	
Yogic Suksham and Sthool Vyayama		
	Griva Shakti Vikasaka- I,II Bhuja Valli Shakti Vikasaka Purna Bhuja Shakti Vikasaka Vaksha Sthala Shakti Vikasaka- I,II Kati Shakti Vikasaka- I Jangha Shakti Vikasaka Pindali Shakti Vikasaka	Hridgati (Injan Daud) Sarvanga Pushti
Yogic Shat-karma		
	Kapalabhati Neti (Water and Thread) Dhouti (Kunjil) Agnisara	
Yogasana		
1. Standing Postures	Tadasana, Vrikshasana, Hasttottanasana, Ardha-chakrasana, Kati-chakrasana, Pada-hastasana, Trikonasana	
2. Sitting Postures	Dandasana, Sukhasana, Padmasana, Vajrasana, Bhadrasana, Mandukasana, Vakrasana/Ardha-matsyendrasana, Ustrasana, Shashakasana, Uttanamandukasana, Paschimottanasana, Purvottanasana, Kurmasana, Gomukhasana.	
3. Prone Postures	Makrasana, Bhujangasana, Shalabhasana, Dhanurasana.	
4. Supine Postures	Uttana-padasana, Ardha-halasan, Pawanamuktasana, Setubandhasana, Sarala Matsyasana, Shavasana	

Unit- 2	
Pranayama	
	<p>Mechanism of correct Breathing. Abdominal breathing, Thoracic breathing, Clavicular breathing. Yogic deep breathing Concept of Puraka, Rechaka and Kumbhaka. Suryabhedi and Chandrabhedi Nadi Shodhana Pranayama(Anuloma-Viloma)</p>
Bandha	
	Jalandhar Bandha, Uddiyana Bandha, Mula Bandha
Mudra	
	Yoga Mudra, Shanmukhi Mudra, vipareetakarani Mudra, simha Mudra
Dhyana	
	<p>Recitatin of Pranava Chanting of Hymns Prana dharana, Antarmouna</p>

Reference Books for Theory and Practicals

Swami DharendraBrahmachari	Yogic Sukshma Vyayama
Swami DharendraBrahmchari	YogasanaVijnana
Swami SatyanandaSaraswati	Surya Namaskara
Dr. Ishwar V. Basavaraddi (Editted)	Yoga Teacher's Manual
Dr. Ishwar V. Basavaraddi& Others	Yogasana
Dr. Ishwar V. Basavaraddi& Others	Pranayama
Dr. Ishwar V. Basavaraddi& Others	Shatkarma
Dr. Ishwar V. Basavaraddi& Others	PratahSmarana
Swami Kuvulyananda	Asana
Tiwari,O P	Asana Why and How
Swami SatyanandaSaraswati	Asana, Pranayama, Mudra, Bandha
K.S Joshi	Yogic Pranayama
Swami SatyanandaSaraswati	Yoga Nidra
Swami Vivekananda	Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga
Nagarathna, R & Nagendra, H.R.	New perspectives in Stress Management
Swami GitanandaGiri	The Ashtanga Yoga of Patanjali
Swami Veda Bharti	Philosophy of Hatha Yoga
K.S. Joshi	Yoga in Daily Life
M.L.Gharote	Guidelines for Yogic Practices
Gore M.M	Anatomy and Physiology of Yogic Practices
Swami MangaltirthamSaraswati	A Systemic Approach to Diet and Nutrition

MEDICAL FITNESS CERTIFICATE

I certify that I have carefully examined Mr. /Ms.

Son/daughter of.....

Based on the examination, I certify that he/she is in good mental and physical health and is free from any ailments which may interfere with his/her competence to participate in the Practical classes of Yoga Courses.

Height: _____

Weight: _____

Place:

Date:

Name & Signature of the Medical Officer

With Seal and Registration number