



# SREENARAYANA COLLEGE CHEMPAZHANTHY

Re-accredited by NAAC with Grade B (CGPA 2.74)

Affiliated to Kerala University

## **CYSET CERTIFICATE COURSE IN YOGA AND SELF EMPOWERMENT TECHNIQUES**

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| <b>Name of the Programme</b>           | : <b>CERTIFICATE COURSE IN YOGA AND SELF EMPOWERMENTTECHNIQUES</b>  |
| <b>Programme Code</b>                  | : <b>CYSET</b>  |
| <b>Level of Programme</b>              | : Certificate   |
| <b>Duration</b>                        | : Six Months  |
| <b>Eligibility Criteria</b>            | : Plus two pass or equivalent   |
| <b>Course/Papers</b>                   | : Three written Papers +Project+ Internship+ Practical  |
| <b>Medium of Instruction</b>           | : English/Malayalam   |
| <b>Contact Classes</b>                 | : 600 hrs   |
| <b>Mode of internship</b>              | : Internship at Yoga training centres   |
| <b>Project work</b>                    | : Project work in Yoga and Self empowerment techniques  |
| <b>Scheme of Examination</b>           | : Three written Papers = 300<br>Project+ Internship+ 2 Practical = 300  |
| <b>Rationale for taking the Course</b> | : It is considered that physical exercise is an essential component for maintaining health, leading an energetic and a successful life. There are a good number of practices being followed by the people across the globe. Among those practices yoga stands top in the list. Along with yoga there are many other self empowerment techniques to improve the physical and mental health of people. The present course aims to build up professionals who can combine the effect of relaxation, meditation, pranayama, and yoga asanas for |

the benefit of the mankind. It is to be noted that, there is dearth of qualified trainers in yoga. The Certificate course in Yoga and Self empowerment Techniques surely help to build up the skills of people on philosophical and practical wisdom of yoga along with the fruitful effects of Relaxation techniques, Pranayama, and Meditation and thereby meets the requirement of qualified practitioners in the field.

**Course Fees** : The fees for the six months certificate Programme: Rs. 5000/- per learner.

Fees shall be directly collected from the students by the College as per UGC guidelines

### Course/ Papers and marks distribution

| Course Code               | Name of the Course                                   | Total marks |
|---------------------------|--|-------------|
| CYSET 001                 | Introduction to Yoga and Self empowerment techniques | 100         |
| CYSET 002                 | Psychology and Yoga                                  | 100         |
| CYSET 003                 | Human Physiology and yoga                            | 100         |
| CYSET 004                 | Practical-I: Yoga Asanas and Pranayama               | 100         |
| CYSET 005                 | Practical-II: Relaxation techniques and meditation   | 100         |
| CYSET 006                 | Project & Internship                                 | 100         |
| Total marks of the course |  | 600         |

## Syllabus

### CYSET 001: INTRODUCTION TO YOGA AND SELF-EMPOWERMENT TECHNIQUES

#### Module 1: Introduction to Self empowerment Techniques

Relaxation training- progressive Muscular relaxation and meditation, Types of relaxation- Progressive muscle relaxation-Passive muscle relaxation- meditation-visualization/imagery- autogenic relaxation-yoga-exercise- Tai chi-Massage-Breathing Relaxation, Yoga Principles.

#### Module 2: Relaxation

Jacobson's progressive Muscle Relaxation- Theory and Procedure, Applications of JPMR

Guided Somato Psychic Relaxation - Theory and Procedure, Applications of GSPR

Autogenics (self relaxation) - Procedure

Yoganidra - Theory and Procedure, Applications of yoga nidra

#### Module 3: Pranayam/Breathing Exercises

Simple Breathing exercises, Types of Pranayama-Kapalbhati, Anulomaviloma, Ujjai, Sitali, Cithkari, Bhastrika

#### Module 4 Meditation

Simple meditation- Japa meditation, Zen Meditation, Cosmic energy meditation

### **Module 5 Yoga and Yoga Asanas**

Components of yoga. Basic asanas: Sooryanamaskar, Child pose, Sarvasana/Corpse pose, Paschimothanasan, Inclined Plain Bhujangasan

### **CYSET 002: PSYCHOLOGY AND YOGA**

Module 1: Introduction to Psychology  
Module 2: Attention, Sensation, and Perception  
Module 3: Learning, Motivation, Emotion, and Stress  
Module 4: Intelligence and Personality  
Module 5: Yoga and stress management

### **CYSET 003: HUMAN PHYSIOLOGY AND YOGA**

Module 1: Yoga & Human Physiology  
Module 2: Modern Human Physiology  
Module 3: Digestive System, Respiratory System, Circulatory System, Nervous System, Skeletal system  
Module 4: Therapeutic effect of yoga  
Module 5: Yoga as a physical exercise

### **CYSET 004: PRACTICAL -I: YOGA ASANAS AND PRANAYAMA**

Basic asanas: Soorya namaskar, Child pose, Sarvasana/Corpse pose, Paschimothanasan, Inclined Plain, Bhujangasan

Simple Breathing exercises, Kapalbhathi, Anulomaviloma, Ujjai, Sitali, Cithkari, Bhasthrika

### **CYSET 005: PRACTICAL -II: RELAXATION TECHNIQUES AND MEDITATION**

Jacobson's progressive Muscle Relaxation, Guided Somato Psychic Relaxation , Autogenics (self relaxation), Yoganidra .

Simple meditation- Japa meditation, Zen Meditation, Cosmic energy meditation

### **CYSET 005: PROJECT & INTERNSHIP**

Project can be based on either internship or an independent exploratory study. The topic must be relevant to the content of the course. It can also be based on case study analysis. Project should comprise of 3 chapters

Chapter-I: Introduction

Chapter-II: Method

Chapter-III: Result analysis, Discussion and Conclusion

The students will have a compulsory internship for training and practice for one month at authorized toga training centers or institutes. As part of internship the students have to train at least 10 participants on yoga and self empowerment techniques. The students have to submit an internship report as part of the course.