



**GURU RAVIDAS AYURVED UNIVERSITY,  
HOSHIARPUR (PUNJAB)**

**Telephone No. : 01882-243326**

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**ADMISSION NOTICE**

Application for admission to three months "**Certificate Course in Yoga for Health Fitness**" are invited and the same should reach the office of In-charge, Department of Yoga upto 28.03.2016. Essential qualification is 10 + 2. Prospectus & Application forms can be downloaded from University website [www.graupunjab.org](http://www.graupunjab.org) or can obtain from the university office.

Registrar.

Prospectus Fee:- Rs. 50/-

# *Information Brochure*

## **Certificate Course In Yoga for Health Fitness**



**Guru Ravidas Ayurved University Punjab**

*(A State University & Approved by UGC)*

**Jodhamal Road, Hoshiarpur (Pb.)**

Ph. No. 01882- 243326,240445

Fax No. 01882- 240448

Website: [www.graupunjab.org](http://www.graupunjab.org)

**Last date for receipt of applications: 28.3.2016**

## About the University

Guru Ravidas Ayurved University Punjab, Hoshiarpur was created with the promulgation of the Guru Ravidas Ayurved University Punjab Act, 2009 (Punjab Act No. 4 of 2010) by the Punjab Legislative Assembly. This University regulates the conduct of both undergraduate and postgraduate Ayurvedic and Homeopathic teaching in 17 affiliated colleges in the State of Punjab. It has about 6,000 registered students presently undergoing undergraduate and postgraduate studies in various disciplines.

This University is one of its own kind in North India. It is presently poised for a quantum leap in development and progress. It is contemplating the development of a modern campus, in village Kharkan, Near Hoshiarpur and just 10 km away from Hoshiarpur city. The foundation stone of university campus was laid on 9. 10. 2011 by Sardar Parkash Singh Ji Badal, Hon'ble Chief Minister of Punjab. It will bring about major development in AYUSH and all basic, clinical and allied departments to pursue on education and research. It will attract appropriate talent from all over the country to work in its faculties. It will shortly start new AYUSH courses.

Admissions to various undergraduate and post graduate courses in the affiliated institutions of this University in the State of Punjab are made on merit basis through the conduct of Entrance Tests.

## MESSAGE

*The word Yoga means "to join or yoke together," and it brings the body and mind together into one harmonious experience. Yoga is an ancient Indian body of knowledge that dates back more than 5000 years ago. The word "Yoga" came from the Sanskrit word "yuj" which means "to unite or integrate." Yoga then is about the union of a person's own consciousness and the universal consciousness. In ancient times, the desire for greater personal freedom, health and long life, and heightened self-understanding gave birth to this system of physical and mental exercise which has since spread throughout the world. The whole system of Yoga is built on three main structures: exercise, breathing, and meditation. The exercises of Yoga are designed to put pressure on the glandular systems of the body, thereby increasing its efficiency and total health. There are more than six branches of Yoga:-*

*Hath Yoga or Yoga of Postures: This branch of Yoga uses physical poses or Asana, Breathing Techniques or Pranayama, and Meditation to achieve better health, as well as spirituality.*

*Raj Yoga or Yoga of Self-Control: Called the "royal road," because it incorporates exercise and breathing practice with meditation and study, producing a well-rounded individual of Yoga found in the Yoga sutras.*

*Gyan Yoga or Yoga of the Mind: The path of wisdom; considered the most difficult path.*

*Bhakti Yoga or Yoga of Devotion: The practice of extreme devotion in one-pointed concentration upon one's concept of God.*

*Karm Yoga or Yoga of Service: All movement, all work of any kind is done with the mind centered on a personal concept of God.*

*Tantra Yoga or Yoga of Rituals: A way of showing the unseen consciousness in form through specific words, diagrams, and movements.*

*In this age of luxurious life, the Yoga is gaining more and more importance.*

*I wish the participants success in life.*

**(Prof. O P Upadhyaya)  
Vice-Chancellor**

# **Certificate Course in Yoga for Health Fitness**

## **1. Title of the Course**

The Course shall be called as “Certificate Course in Yoga for health fitness, a part time course of 3 months (120 hrs.) duration.

## **2. Duration of the Course**

This is a part time course of 120 hrs. extended over a period of 3 months duration. The classes will be conducted for 6 days in a week (Monday to Saturday) in the University for 1 hour duration in a day from 6.00 AM to 7.00 AM. In addition to this, the participants are required to attend the compulsory Month-end workshops. The duration & timings can be changed by the University.

## **3. Aims and Objectives of the Course**

The aim of the course is to introduce the foundations and applications of Yogasanas with reference to health fitness. The course will provide knowledge of Yogasanas on theoretical and practical aspects.

### **The objectives are**

a. To impart basic and scientific knowledge about Yogasana.

- b. To make the people aware of the fundamentals of Yogasana for wellness in their daily life.
- c. To develop healthy lifestyle of an individual through the practice of Yogasana.
- d. To promote positive health and spiritual evolution of individuals by the practice of Yogasanas.
- e. To develop personality of learners.
- f. To make aware of the utility of Yogasanas in disease prevention and promotion of health.

#### **4. Syllabus**

The syllabus is design to fulfill aforesaid objectives containing theory subjects as well as practical in Yoga.

#### **5. Eligibility Conditions**

A candidate who has passed at least 10+2 examination from a recognized Board or its equivalent shall be eligible to take admission to the course.

#### **6. Number of Seats**

Intake Capacity: 30

#### **7. Medium of instruction:**

Hindi / English

## **8. Selection Procedure**

First come first serve.

## **9. Fitness Certificate**

The applicant must be in good mental and physical health and should be free from any physical defect which is likely to interfere with his/her studies including the practical performance of Yogic practices. Accordingly, all the students shall be required to undergo Medical Examination. Only the candidates who medically become fit will be given admission to this course.

## **10. Dress Code**

The dress shall be T-Shirt (white colour) and trousers (Grey colour) or Kurta-pyjama for men and T – Shirt (white colour) and trousers (Grey colour) or Salwar- kameej for women participants. However, the dress code will be decided by the Course Coordinator.

## **11. Course Timings & Batch Schedule**

The tentative course timing for conducting this programme is 6:00 AM to 7:00 AM. However, the timings may be changed as per the convenience of the Institute. In addition to, month end workshops will be conducted preferably on last Saturday of every month between 6.30 AM to 2.00 PM.



## 12. Batch Schedule

i) April-June

### Hours of Teaching

i) Practical Training in Yogasana 72 hrs

ii) Theory lectures 36 hrs

iii) Workshop/s 10 hrs

iv) Inauguration and Valedictory functions 02 hrs

**Total 120 hrs**

### Course Fee

Registration Fee : Rs. 100/-

Total Course Fee : Rs. 2000/-

# Syllabus for Certificate course in Yoga

## Paper I

## Theory

Total Mark: - 100

Total hours. 36

No.of Lecture Hours per Unit 9

### UNIT I

Introduction to Indian Philosophy: Background of six Darshanas:

Samkhya metaphysics – its dualistic nature – Prakriti – Purasana – Vivekakhayti

1. Definition of Yoga: Introduction to Yogasutras of Patanjali.

### UNIT II

2. The multi-dimensions of Patanjali'sYogasutras –

(a) Ethical (Yama Niyama)

(b) Spiritual (daranaDhyanasamadhi) Samprajnata Samadhi and its classification, asamprajnata and its classification, variation in the attainment of Asamprajnata Samadhi; Sabijasamadhi , Nirbjiasamadhi.

3. Psychophysiological (Nature Classification and definition of Vrith, Klesha and antaraya).

### **UNIT III**

#### 1. Yoga education

(a) Abhyasa, Vairagya, Swadyaya, Pragya

(b) method to control to chittavrittis, Chittaprasadana and its associates, control of Chittavikshepa.

#### 2. Yoga therapy, Heyaswarupa, Heyahetu, Drshya and Drasta, Samyoga – Nature and Cause, Hanopaya, Hanaswarupa, Vivekakhyathi, Astanga Yoga.

The cause of suffering and the means to overcome suffering

### **UNIT IV**

The Concept of god: Ishwara, Ishwarapranidana and pranava or OM

Swarapranidhana – as means to attain Samadhi, definition and attributes of Ishwara.

#### 3. Siddhia and vibhutia, Yoga Mysticism

## Paper II

### PRACTICALS

Total Marks: 100

Total Hours: 72

No.of Practicals Hours per Unit 18

#### UNIT I

##### (1) Astanga Yoga

1. Yama – Niyama – PratipakshaBhavanam

2. Asana: Meditative and Cultural. Pranayama – Benefits of Pranayama, Nadishuddi and Pranayama, Duration and time for Pranayama Practice, Gradation of Pranayama, Yukta and Ayukta Pranayama, Nadishuddi.

##### (2) Asanas

- i. Padmasana
- ii. Tadasana
- iii. Trikonasana
- iv. Ekpadasana
- v. Utkatasana
- vi. Prathnasana
- vii. Bujangasana
- viii. Chakrasana
- ix. Vajrasana
- x. Sukasana
- xi. Savasana

## **UNIT II**

### **(3) Pranayama**

- i. Fuller Breathing
- ii. Equal Breathing
- iii. NaddiShodana

### **(4) Kriya**

- i. Kriyas – Satkriya-Neti, Dhauti, Basti, Nauli, Trataka.
- ii. Jalneti
- iii. Sutraneti
- iv. Vamanadauti
- v. Trataka
- vi. Kaphalbhati
- vii. Moolashoodana.

### **(5)APPLICATIONS:**

- i. SattvikaAhara – Rules in food taking.
- ii. The Application of Yoga in day to day life.

## **UNIT III**

### **(1) Kriyayoga - cultivating awareness and attitude:**

- i. SutraNeti
- ii. AgnisaraKriya
- iii. Alternative nostril breathing: kaphalbhati

## **(2) Asanas**

- i. Paschimotanasana
- ii. Ardhamatseyandreasana
- iii. Ustruassana
- iv. Danurassana
- v. Badrasana
- vi. Sarvangasana

## **(3) Mudras**

- i. Ashwami Mudra
- ii. Sanmuki Mudra
- iii. Tadagi Mudra
- iv. Yoga Mudra
- v. Boochari Mudra

## **UNIT IV**

### **(4) Pranayama**

- i. Pooraka
- ii. Khumbaka
- iii. Rechaka
- iv. Alternatenoshil breathing sagarbha 'OM' pranayama.

### **(5) MEDITATION:**

Kinds of meditation, Reflection (Swadhaya)

### **(6) APPLICATIONS:**

- i. Value and Virtue model of Yoga.:Anityabhavana and Reflection Practice
- ii. Personality development through Yoga.

# GURU RAVIDAS AYURVED UNIVERSITY PUNJAB

## Application Form for admission to Certificate Course in Yoga for Health Fitness

Name (in capital letters) : .....

Father's/ Husband's Name : .....

Mother's Name : .....

Date of Birth : .....

Age as on 1st April : .....Yrs. .... Months ..... Day .....

Sex (M/F) : .....

Nationality : .....

Marital Status : .....

Whether SC/ST/OBC (Attach proof) : .....

Blood Group : .....

Complete Correspondence Address : .....

.....

Permanent Address : .....

.....

.....

Tel.No./ Mobile No. : .....

E-mail : .....

**Details of Educational Qualification:**  
(10th class onwards)

Exam. passed	Board / Univ.	Year of passing	% of marks	Subjects

Other Qualification, if any: .....

Languages Known: .....

Why do you wish to undertake: .....  
this course? : .....

**CERTIFICATE**

This is certified that the information furnished above is true to the best of my knowledge and belief and nothing has been concealed or misrepresented.

**Date:**

**Signature of the Candidate**

**Place:**

**INSTRUCTIONS**

1. Photo copies of certificates of date of birth, all mark-sheets of qualifying degree/s and certificate etc.duly attested, must be enclosed with the application form.
2. Application should reach the office of the Incharge, Yoga Cell, Guru Ravidas Ayurved University Punjab, Jodhamal Road, Hoshiarpur on or before the last date specified in the Notification.
3. Candidate will have to abide by the rules and regulations of the University while undertaking the Course.
4. Mere applying for the course shall not confer any right upon the candidate to be selected.