



SHRI JAGDISHPRASAD JHABARMAL TIBREWALA UNIVERSITY

श्री जगदीशप्रसाद झाबरमल टीबडेवाला विश्वविद्यालय

Department of Natural Health Science & Human Values Studies

ORDINANCE NO. 53

## CERTIFICATE COURSE IN YOGA

### 1. Name of the Course :

- One Month Certificate Course in yoga (CCY).

### 2. Aims & Objective of the Course :

- To Promote the awareness for Positive Health and Yogic Personality Development in students.
- To develop and impart skill in application of yogic practices for restoring and promoting positive Health.
- It is ideal for those always wanted to have in depth understanding of Yoga but unable to take a long time off. It covers textual, Psycho-Physiological and practical aspects of Yoga, as well as, teaching methods in yoga.

### 3. Duration of the Course:

- The duration of the course shall be of One month (120 Contact hours) Each working day shall consist of four hours per day. Morning two hours and Evening two hours.
- The Certificate Course shall Start on the 1<sup>st</sup> day of every month.

### 4. Seats : 50 (Fifty) .

### 5. Eligibility for Admission :

**Qualification:** Any Candidate who has passed HSC (10+2) or any other equivalent examination shall be eligible for admission in to the Certificate Course in Yoga.

**Medical Test :** Candidates Should be medical fit. Selection is subject to clearing the medical examination conducted by the institute.

**Age :** There is no age bar for the Course.

**Selection Methods :** Selection is based on First come first Registration.

### 6. Medium of Instruction :

- Medium of Instruction at the Certificate Course in Yoga will be Hindi or English.
- The Candidate appearing for the Certificate Course in Yoga Examination will have the option of answering either in English or in Hindi.

### 7. Structure of Certificate Course in Yoga Programmed :

- Certificate for Yoga fitness Instructor program shall be of 200 Marks as follows:.

| Area      | Part | Head                | Marks |
|-----------|------|---------------------|-------|
| Theory    | I    | Internal Assessment | 100   |
| Practical | II   | Internal Assessment | 100   |
|           |      | Total               | 200   |

### 8. Eligibility for appearing at Certificate Course in Yoga examination :

- Student should keep terms with 75% attendance. He /She should complete all the practical's and other work expected of them of the syllabus.

### 9. Examination :

Examination are divided in two parts :

- 1) **Theory :** An examination will be held at the end of the Course and which shall be Called as "Course Examination". This examination will be of 100 marks and of three hours duration.
- 2) **Practice :** There shall be final Practical lesson Conducted at the end of the second term.

### 10. Standard of Passing :

- A student has to obtain minimum 45% of Marks in each theory paper and 50% of marks in aggregate in part –I examination.

- A student has to obtain 50% of marks in practical examination separately in Part-II.
- A student has to obtain 50% of aggregate marks together in Part-I and Part-II.

**11. Award of class :**

Class will be awarded to the students at the end of the course on the basis of aggregate marks obtained by him/her in each part separately

| <b>Sr. No.</b> | <b>Class</b>                 | <b>Part I and II</b>         |
|----------------|------------------------------|------------------------------|
| 1              | First Class with Distinction | 70% above                    |
| 2              | First Class                  | 60% above but less than 70%  |
| 3              | Second Class                 | 50% above but less than 60%  |
| 4              | Pass Class                   | 45% above but less than 50%. |

**12. FACULTY MEMBERS :**

1. Teachers of the Department of Natural Health Science & Human Values Studies.
2. Staff of the Naturopathy Centre, Shri J J T University, Jhunjhunu (Rajasthan).
3. Outstanding guest lectures.

**13. COORDINATOR :**

- Dr. Sagar kachhawa Head in the Department of Natural Health Science & Human Values Studies. Shall be the Coordinator the Course.

**14. Registration and Course Fees:**

- The total fees (non-Residential) Rs. 1000/-  
(the fees are inclusive of book and course material.)
- The total fees (Residential) Rs. 6,000/-  
(the fees are inclusive of book , course material, accommodation and food et. )

**15. University terms :**

- The date for commencement and conclusion of the terms shall be decided by the University.



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Department of Natural Health Science & Human Values Studies

**CERTIFICATE COURSE IN YOGA**

Syllabus for

Learning hours : 120

200 Marks (=T+P)

**Theory Paper**

**Part-A**

1. Prayer
2. Misconceptions Related to Yoga
3. Nature and definition of Yoga –I
4. Nature and definition of Yoga –II
5. Nature and definition of Yoga –III
6. Yoga and Life
7. Introduction to Yoga
8. Ashtanga Yoga – Eight Branches

**Part-B**

9. Yama (Mental Discipline)
10. Nayamas (Mental Purification)
11. Asanas : Yogic Pastures
12. Pranayam
13. Cure of Diseases through Yoga
14. Mind and Atama
15. Charkras and Important Nadis
16. Kundalini Yoga
17. Yogic Diet

**Part-C**

18. Digestive System
19. Circulatory System
20. Cardio-vascular System
21. Basis of Good Health
22. Motivation Stories of Great People
23. Moral Stories
24. International Peace and Sacrifice
25. Satkarmas

**Practical Paper**

**Part-D**

1. Surya Namaskar
2. Asanas and Variations
3. Pranayama
4. Mudras
5. Bandhas
6. Kriya
7. Meditation and Yoga Nidra – Relaxation



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Department of Natural Health Science & Human Values Studies  
Vidhyangari, Chudela-333001, Distt.-Jhunjhunu (Raj.)

Cont. 08805886785, 09667979312, Email- [naturecure@jtu.ac.in](mailto:naturecure@jtu.ac.in)



Application Form for  
**CERTIFICATE COURSE IN YOGA**

Reg.No. ....

File No.....

Receipt No. ....

1. Name (in block Letters ) : Mr./Ms. ....

First Name

Last Name

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

3. Sex.: ..... Date of Birth : ..... Category: SC/ST/NT/OBC/Gen/Othe

4. Permanent Address: .....

5. Present Address : .....

6. Phone/Mobile. : ..... E-mail ID:.....

7. Nationality : .....

8. Qualification: Particulars of Exam Passed-Academic/Medical

| S.No. | Examination Passed | Board/University | Year | Discipline Arts,Sci.,Com,&Other | Marks % |
|-------|--------------------|------------------|------|---------------------------------|---------|
| 01    |                    |                  |      |                                 |         |
| 02    |                    |                  |      |                                 |         |
| 03    |                    |                  |      |                                 |         |
| 04    |                    |                  |      |                                 |         |
| 05    |                    |                  |      |                                 |         |

9. Whether Practicing any system of medicine recognized by the Govt. (If Yes, give Reg. No.).....

I hereby declare that all above information by me are true and correct to the best of my knowledge and belief.

Place :

Date :

Signature of Candidate

**Attested by Program Coordinator**

It Certified that all particulars stated above is true and in best of my knowledge of Mr./Ms. .... Please Permit him in the Certificate Course in Yoga & Human Value. Date ..... to .....

Signature

HOD, Department of Natural Health Science & Human Values Studies