



सत्यमेव जयते

Ministry of Ayush
Government of India



Morarji Desai National Institute of Yoga
Ministry of Ayush, Government of India

ADMISSION BROCHURE
CERTIFICATE COURSE
IN YOGA FOR
WELLNESS INSTRUCTOR
(CCYWI)

One Semester/Six Months Duration



Syllabus for Entrance for admission to CCYWI

PART – I: THEORY

Unit – 1:

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.
6. Health benefits of Shatkarma.

Unit– 2:

7. Introduction to Yogasana.
8. Classification of Yogasana and sequencing.
9. Yogasana : principles, salient features.
10. Yogasana : Importance of alignment and relaxation during the practice
11. Health benefits of Yogasana.
12. The role of Yogasana in diseases prevention and health promotion.

Unit – 3:

13. Mechanism of breathing.
14. Pranayama : Its principles and types.
15. Health benefits of Pranayama.
16. Bandha and Mudra : Techniques and their role in Yoga Sadhana.
17. Practices leading to Dhyana (Meditation).
18. Dhyana a great tranquilizer.

Unit – 4:

19. Concept of Wellness and Well being.
20. Yogic concept of Wellness and Asthanga Yoga of Patanjali.
21. Yogic concept of Ahara (Diet & Nutrition)
22. Yogic lifestyle (Ahara, Vihar, Achar, Vichar).
23. Yogic attitudes (Maitri, Karuna, Mudita and Upeksha) and practices for Mental Wellbeing.
24. Role of Yama and Niyama for Psychosocial wellbeing.

PART – II: PRACTICALS

Practice of the following Yogic practices with brief theoretical knowledge about their importance of name, the technique, salient points, precautions to be taken and advantages of each of the following Yogic practices, e.g. Surya Namaskar, Shatkarma, Yogasana, Pranayama, Bandha& Mudra and practices leading to Meditation.

UNIT – I

- 1.1 Prayer
- 1.2 Recitation of Hymns.

UNIT – II Yogic Sukshma and Sthool Vyayama (Chālana Kriyas)

SukshaVyayama

- 2.1 Griva Shakti Vikasaka I
- 2.2 Griva Shakti Vikasaka II

- 2.3 Bhujavalli Shakti Vikasaka
- 2.4 PurnaBhuja Shakti Vikasaka
- 2.5 VakshaSthala Shakti Vikasaka I
- 2.6 VakshaSthala Shakti Vikasaka II
- 2.7 Kati Shakti Vikasaka I
- 2.8 Jangha Shakti Vikasaka
- 2.9 Pindali Shakti Vikasaka

Sthoola Vyayayama

- 2.10 Hridgati (InjanDaud)
- 2.11 Sarvanga Pushti

UNIT – III Yogic Shat-karma (Shodhan Kriyas)

- 3.1 Kapalabhati
- 3.2 Neti (via Air, Water and Thread)
- 3.3 Dhouti (optional) kunjaj
- 3.4 Agnisāra

UNIT – IV Yogasana:

4.1 Standing Postures:

Tadasana, Vrikshasana, Hasttottanasana, Ardha-chakrasana, Kati-chakrasana Pāda-hastasana, Trikonasana

4.2 Sitting Postures:

Dandasana, Sukhasana, Padmasana, Vajrasana, Bhadrasana, Mandukasana, Vakrasana/ Ardha-matsyendrasana, Ustrasana, Shashakasna, Uttanamandukasana, Paschimottanasna, Purvottanasana, Kurmasana, Gomukhasana, .

4.3 Prone line postures:

Makrasana, Bhujanasana, Shalabhasana, Dhanurasana

4.4 Supine Line Postures:

Uttana-padasana, Ardha-halāsana, Pawanamuktasana, Setubandhasana, Sarala Matsyāsana, Shavasana

UNIT – V Pranayama

- 5.1 Mechanism of correct breathing.
- 5.2 Abdominal breathing, Thoracic breathing, Clavicular breathing,
- 5.3 Yogic Deep breathing, Concept of Puraka, Rechaka and Kumbhaka
- 5.4 Bhedhana Pranayama; Suryabhedhi and Chandrabhedhi, Nadi Shodhana Pranayama (Anuloma-Viloma)
- 5.5 Bhrumari and Sheetalī Pranayama (Without Kumbhaka)

UNIT – VI Concepts and demonstrations of Bandha& Mudra

6.1 Bandha

Jalandhra Bandha, Uddiyana Bandha, Mula Bandha

6.2 Mudra

Yoga Mudra, Shanmukhi Mudra, Vipareetakarani Mudra & Simha Mudra

UNIT – VII Practices Leading to Dhyana

- 7.1 Recitation of Pranava
- 7.2 Chanting of Hymns
- 7.3 Prana dharana, Antarmouna

