



Government of India  
Ministry of AYUSH



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

ADMISSION BROCHURE

# FOUNDATION COURSE IN YOGA SCIENCE FOR WELLNESS (FCYScW)

One Month Duration (50 Hrs.)



**PART – I: THEORY****Total Duration: 12 hrs. (½ Hr. per Lect.)****Unit – 1:****Duration: 3 hrs.**

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:****Duration: 3 hrs.**

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:****Duration: 3 hrs.**

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:****Duration: 3 hrs**

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

Total Duration: 36 hrs.

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-halasanana, 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; Suryabhedi and Chandrabhedi, Nadi Shodhana Pranayama (Anuloma-Viloma)
- 5.5 Bhramari and Sheetali 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

**Note: It is advised to spare an hour extra time every day (minimum 24 days in a month) for personal practice either in the early morning or in the evening to get good results and to bring perfection in the Yoga Practices.**

# 4

## Course Schedule

Inauguration – 1 Hr  
Theory Lecture – 30 mts./day  
Yoga Practical – 90 mts./day  
Valedictory – 1 Hr

### Day - 1 :

- Inauguration and Introduction
- Yoga Practicals:** OM recitation, prayer & invocation, Introduction to Dandāsana, sukhasana, padmasana, vajrasana
- Theory: Introduction to Yoga and Yoga Practices

### Day - 2 :

- Yoga Practicals:** Yogic Sukshma Vyayama
- Theory:** Guiding principles to be followed by Yoga practitioners.

### Day - 3 :

- Yoga Practicals:** Revision of previous practices, Yogic Sthula Vyayama.
- Theory:** Introduction to Yogic Sukshma Vyayama & Sthula Vyayama and their relevance in Yoga sadhana.

### Day - 4 :

- Yoga Practicals:** Revision of previous practices, Surya Namaskara.
- Theory:** Surya Namaskar : Its technique and health benefits.

### Day - 5 :

- Yoga Practicals:** Revision of previous practices  
Shatkarma- Kapālabhati & Agnisāra.
- Theory:** Introduction to Shatkarma and their importance in Yoga Sadhana.

### Day - 6 :

- Yoga Practicals:** Revision of previous practices  
Shat Karma- Neti & Kunjala (optional)
- Theory:** Health benefits of Shatkarma.

### Day - 7 :

- Yoga Practicals :** Revision of previous practices  
Yogasana: Standing Postures  
Tadasana, Vrikshasana, Hasttottanasana, Ardha-chakrasana,  
Kati-chakrasana Pāda-hastasana, Trikonasana
- Theory:** Introduction to Yogasana.

**Day - 8 :**

- a) **Yoga Practicals :** Revision of previous practices  
Sitting postures  
Bhadrasana, Mandukasana, Vakrasana/ArdhaMatsyendrasana
- b) **Theory:** Classification of Yogasana and sequencing.

**Day - 9 :**

- a) **Yoga Practicals :** Revision of previous practices  
Sitting postures  
Ushtrasana, Shashankasana, UtthanaMandukasana, Kurmāsana
- b) **Theory:** Yogasana : principles & salient features.

**Day -10:**

- a) **Yoga Practicals :** Revision of previous practices  
Sitting postures  
Paschimottanasana, Purvottanasana, Gomukhasana
- b) **Theory:** Yogasana; Importance of alignment and relaxation during the practice

**Day -11:**

- a) **Yoga Practicals:** Revision of previous practices  
Prone lying postures  
Makarasana, Bhujangasana, Shalabhasana, Dhanurasana.
- b) **Theory:** Health benefits of Yogasana.

**Day -12 :**

- a) **Yoga Practicals:** Revision of previous practices  
Supine lying postures:  
Uttanapadasana, Ardhalasana, Pawanamuktasana, Setubandhasana, Sarala Matsyasana
- b) **Theory:** The role of Yogasana in diseases prevention and health promotion.

**Day -13 :**

- a) **Yoga Practicals:** Revision of previous practices  
Sectional Breathing, Yogic Deep Breathing
- b) **Theory:** Mechanism of breathing.

**Day -14 :**

- a) **Yoga Practicals:** Revision of previous practices  
Bhedhana Pranayama: Suryabhedhi and Chandrabhedhi, Nadi Shodhan without Kumbhaka
- b) **Theory:** Pranayama : Its principles and types.



### Day -15:

- a) **Yoga Practicals:** Revision of previous practices  
Sheetali & Bhramari Pranayama without Kumbhaka
- b) **Theory:** Health benefits of Pranayama.

### Day -16:

- a) **Yoga Practicals:** Revision of previous practices  
Demonstration of Bandha : Jalandhara Bandh and Uddiyana Bandha  
Mudra; Yoga mudra, Vipareetakarni, Simhamudra, Shanmukhi Mudra
- b) **Theory:** Bandha and Mudra : Techniques and their role in Yoga Sadhana.

### Day -17:

- a) **Yoga Practicals :** Revision of previous practices  
Recitation of Pranava and Hymns
- b) **Theory:** Practices leading to Dhyana (Meditation)

### Day -18 :

- a) **Yoga Practicals:** Revision of previous practices  
Parana Dharana, Antar Mouna
- b) **Theory:** Dhyana a great tranquilizer.

### Day -19:

- a) **Yoga Practicals:** Yoga Sadhana for wellness : **Module : I : 30 mts.**
  - Prayer-2 mts.
  - Chalan Kriya – 4 mts.
  - Surya Namaskar – 3 mts.
  - Yogasana – 10 mts.
  - Kriya's and Pranayam – 5 mts.
  - Dhyana – 5 mts.
  - Shanti Path – 1 mts.
- b) **Theory:** Concept of wellness and Well being.

### Day -20 :

- a) **Yoga Practicals:** Yoga Sadhana for wellness : **Module : II : 45 mts.**
  - Prayer-2 mts.
  - Chalana Kriyas – 6 mts.
  - Surya Namaskar – 5 mts.

- Yogasana – 15 mts.
- Kriya's and Pranayama – 10 mts.
- Dhyana – 5 mts.
- Shanti Path – 2 mts.

b) **Theory:** Yogic concept of Wellness and Asthanga Yoga of Patanjali.

### Day -21 :

a) **Yoga Practicals:** Yoga for wellness. : **Module : III : 60 mts.**

- Prayer-2 mts.
- Chalana Kriyas – 6 mts.
- Surya Namaskar – 5 mts.
- Yogasana – 30 mts.
- Kriya's and Pranayam – 10 mts.
- Dhyana – 5 mts.
- Shanti Path – 2 mts.

b) **Theory:** Yogic lifestyle (Ahara, Vihar, Achar, Vichar).

### Day -22 :

a) **Yoga Practicals:** Yoga Protocol for stress management

b) **Theory:** Yogic concept of Ahara (Diet & Nutrition)

### Day -23 :

a) **Yoga Practicals:** Yogic practices for healthy living.

b) **Theory:** Yogic attitudes (Maitri, Karuna, Mudita and Upeksha) and practices for Mental Wellbeing.

### Day -24 :

a) **Yoga Practicals:** Yogic practices for healthy living.

b) **Theory:** Role of Yama and Niyama for Psycho-social wellbeing.

c) Experience Sharing and Valedictory Function.



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**Reference Books for Theory and Practicals**

Swami DhirendraBrahmachari	Yogic SukshmaVyayama
Swami DhirendraBrahmchari	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