



Hindi Vidya Prachar Samiti's
**R. J. COLLEGE OF ARTS, SCIENCE &
COMMERCE (AUTONOMOUS)**

Opposite Ghatkopar Railway Station, Ghatkopar (W), Mumbai 400 086.

organizes

Certificate Course in Yoga

in collaboration with



KAIVALYADHAM

Where Yoga tradition and Science meet

Total Credits: 02

Practice	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
1	Prayer	Prayer	Prayer	Prayer	Prayer	Viva, Practical & Objective
Sadilaja/ Calana Kriyas/Loosening Practice						
2	Neck Bending	Neck Bending	Neck Bending	Neck Bending	Neck Bending	
3	Trunk Movement	Trunk Movement	Trunk Movement	Trunk Movement	Trunk Movement	
4	Knee Movement	Knee Movement	Knee Movement	Knee Movement	Knee Movement	
5	Tadasana	Tadasana	Tadasana	Tadasana	Tadasana	
6	Vriksasana	Vriksasana	Vriksasana	Vriksasana	Vriksasana	
7	Pada Hastasana	Pada Hastasana	Pada Hastasana	Pada Hastasana	Pada Hastasana	
8	Ardha Chakrasana	Ardha Chakrasana	Ardha Chakrasana	Ardha Chakrasana	Ardha Chakrasana	
9	Trikonasana	Trikonasana	Trikonasana	Trikonasana	Trikonasana	
10	Bhadrasana	Bhadrasana	Bhadrasana	Bhadrasana	Bhadrasana	
11	Ustrasana	Ustrasana	Ustrasana	Ustrasana	Ustrasana	
12	Sasankasana	Sasankasana	Sasankasana	Sasankasana	Sasankasana	
13	Vakrasana	Vajrasana	Vakrasana	Vajrasana	Vakrasana	Viva, Practical & Objective
14	Bhujangasana	Uttana Mandukasana	Vajrasana	Vakrasana	Bhujangasana	
15	Salabhasana	Uttana Padasana	Bhujangasana	Uttana Mandukasana	Salabhasana	
16	Makarasana	Ardha Ushtrasana	Salabhasana	Salabhasana	Makarasana	
17	Setubandhasana	Bhujangasana	Makarasana	Makarasana	Setubandhasana	
18	Pawanmuktasana	Salabhasana	Setubandhasana	Setubandhasana	Pawanmuktasana	
19	Ardha Halasana	Makarasana	Pawanmuktasana	Pawanmuktasana	Ardha Halasana	
20	Kapalabhati	Kapalabhati	Kapalabhati	Kapalabhati	Kapalabhati	

21	Anuloma Viloma Pranayama	Anuloma Viloma Pranayama	Anuloma Viloma Pranayama	Anuloma Viloma Pranayama	Anuloma Viloma Pranayama	
22	Bhramari Pranayama	Bhramari Pranayama	Bhramari Pranayama	Bhramari Pranayama	Bhramari Pranayama	
23	Dhyana in Sambhavi Mudra	Sitali Pranayam	Dhyana in Sambhavi Mudra	Sitali Pranayam	Dhyana in Sambhavi Mudra	
24	Shanti Patha	Santih Patha	Santih Patha	Santih Patha	Shanti Patha	
25	Savasana	Savasana	Savasana	Savasana	Savasana	

Evaluation Method:

After one week training the students will be evaluated practically as well as theoretically based on one question paper which contains 20 multiple choice questions based on the topics we have covered during the course.

Evaluation was based on following points:

- Total marks will be 50 that will be divided in to three sections written, oral and teaching.
- Question paper: This will contain 20 objective questions of 1 mark each and duration of exam will be 30 minutes. (20 marks)
- Class Management skills - how to organise & set up the class with the given number of students. (5 marks)
- Teaching skills - how to teach a particular asan assigned to them, with correct instructions about steps, salient features, dos & don'ts, benefits, contraindications, knowledge about What asan to teach before & after the one assigned to them. (5 marks)
- Confidence - voice audibility, tone, clarity. How well they engaged their students & if they were able to answer any doubts if raised about their asan by students. (5 marks)
- Performing asan - each student will perform 2 asans & will be evaluated on basis of the correct steps & final posture. (5 marks)
- Viva -detailed questions according to syllabus will be asked to individual students orally. (10 marks)
- There will be 20 objective questions will be there as per syllabus for theory exam.