

Bharatiya Vidya Bhavan's
6 months Certificate / One year Diploma /
Advance Diploma Course in Yoga Vidya

Bharatiya Vidya Bhavan
is recognized as an Institute of National Eminence
by the Government of India and is world wide reputed
NGO serving the Nation since 1938.

- **ADMISSION DATES**

- Date of Admission _____
- Last Date of Admission _____
- Commencement of Classes _____

- **DURATION** : of the course is Six months / One year.

Note : Only those who successfully complete the Six Month Certificate Course are eligible for One Year Diploma Course. After completing One Year Diploma Course you can apply for One Year Advanced Diploma in Yoga Vidya.

- Classes will be held twice a week at Bharatiya Vidya Bhavan Campus, New Delhi, for **6 Months Certificate / One year Diploma / One year Advance Diploma Course in Yoga Vidya.**

Batch Timings

- **Morning classes :- (I) 7.00 am - 9.00 am; Saturday and Sunday**
(II) 9.15 am - 11.15 am; Saturday and Sunday
- **Evening classes :- (III) 5.00 pm - 7.00 pm; Saturday and Sunday**
(IV) 6.00 pm - 8.00 pm; Monday and Tuesday

- **ATTENDANCE** : 75% class attendance is desired from students.
- There will be a vacation of 15 days during the course; the dates of which will be conveyed to the students well in advance.
- Participants should come for the classes in decent and comfortable clothing, appropriate for yoga sadhna.
- A yoga retreat for few days can be arranged with the consent of the participants, the expenses for which will be borne by the participating candidates, in addition to the course fees. The retreat will be optional and not mandatory for all.

- **DOCUMENTS REQUIRED** - • Identification Proof with residential Address • Latest Qualification Certificate • Two photographs, one for the identity card and the other for office record.
- **EXAMS** : There will be written test and practical tests at the end of the course. Students must qualify to obtain their certificates; Pass marks is 40%. Total marks will be mentioned on the certificate.
- **ELIGIBILITY** : This course is open for all; who can read, write and well understand Hindi or English. Education : Minimum 10th Pass. Age : No Bar
- **SCOPE**: After completion of Certificate in Yoga Vidya, one can work professionally too. But one should keep enhancing one's knowledge and skill.
- The subject papers and their respective marks will be as :

PAPERS	SUBJECTS	FULL MARKS	
		Part I	Part II
One	Yoga Theory	100	100
Two	Yoga Theory	100	100
Three	Yoga Practical	100	100
Four	Yoga Practical	100	100
Five	Yoga Evaluation	100	100
	Total Marks	500	500

- For Queries : Contact Course Director : **YOGACHARYA KUNDAN KUMAR (Mobile no. 9910462866).**
- On any issue concerning this course, the decision of Bharatiya Vidya Bhavan would be final and binding.
- Students should bring in note copy, pen and one chadar (bed sheet), preferably white, for their practical classes. Yoga sessions will be held on carpeted floor. Kindly reach 5 minutes before the class begins.

FEES

The course fees includes examination fees too.

FOR 6 MONTHS CERTIFICATE COURSE :

ONE TIME FULL PAYMENT RS. 12500/- FOR SIX MONTHS

All fee is payable in form of Cash/ PayTM/DD/in favour of Bharatiya Vidya

Bhavan, payable at UCO Bank, K.G. Marg, New Delhi. **Cheques are not acceptable.**

The Fee amount has to be deposited at Bharatiya Vidya Bhavan Office and thereafter a receipt must be obtained.

Refund of Fees :

Before the commencement of the classes, 80% of the Fee deposited will be refunded if any written request is made.

After commencement of the classes, those students who have not attended any class are eligible for refund of 75% of refundable fees till the end of the first week.

AFTER THE FIRST WEEK NO REFUND OF FEES WILL BE DONE.

SYLLABUS FOR THE SIX MONTHS CERTIFICATE / ONE YEAR DIPLOMA IN YOGA VIDYA

Paper One

- **PART ONE (YOGA THEORY)**
 - Yogic Prayer
 - Yoga (Meaning, Introduction, all the eight limbs)
 - Types of Yoga (Astanga, Gyan, Karma, Bhakti, Hatha, Nada, Laya, Mantra) Taking note of individual health problems of participants.
 - Distractions in the path of Yoga and its immeasurable benefits, if one keeps moving along the journey of Yoga.
 - Yoga Ahara (Yogic food) and nutrition.
 - Prana : Five major ones and their importance.
 - Human Body and its healthy functioning, with reference to the Yogic Science.

- **PART TWO (FOR NEXT 6 MONTHS) : DIPLOMA IN YOGA VIDYA**
 - Human body and the effect of yoga on various organs of the psychosomatic system
 - Siddha (perfected and empowered) yogis (their life and methods of Sadhana)
 - 1) Ramakrishna Parmhansa
 - 2) Tulasidas ji

- | | |
|------------------------|-------------------------|
| 3) MaaSarda Dehi Ji | 4) Mahaveer |
| 5) Buddha | 6) Guru Gorakhnath |
| 7) Maharishi Patanjali | 8) Maharishi Vashishtha |
| 9) Maharishi Dadhichi | 10) Sufi Saints |
| 11) Jesus Christ | 12) Tailang Swami |

PAPER TWO

• PART ONE (YOGA THEORY)

- **Yoga Therapy (disease wise) :**

- | | |
|---|-------------------|
| a. General weakness | b. Diabetes |
| c. Blood Pressure (High & Low) | d. Heart Problems |
| e. Eyes | f. Asthma |
| g. Obesity | h. Thyroid |
| i. Arthritis | j. Backache |
| k. Cancer | l. Constipation |
| m. Dysentery | 3n. Fever |
| o. Irritable Bowel Syndrome/indigestion | p. Hernia |

- Life Management Tips: (Diet, Sleep and other Aspects of life) like Temperance, Dress, Ethics, Dincharya, Ratricharya, Ritucharya, Jeevan Darshan (Life's Philosophy), Duties and Debts.

- Spiritual Healing.

- Shadripu (The Six Enemies), Panch Kleshas, Panch Kosh .

- Concept of God in Shrimad Bhagavad-Gita and Patanjali Yog Darshan, Astanga Yoga in Patanjali Darshan.

- Yoga in Bhagavad Gita.....Special Reference to (Chapters 6,12,2: 47 to 59, 16: 1 to 5,17: 8 to 10, 9: 34,18: 65)

• PART TWO (FOR NEXT SIX MONTHS) DIPLOMA IN YOGA VIDYA

- **Yoga Therapy (disease wise) :**

- | | |
|--------------------------------|------------------------|
| a) Kidney diseases | b) Menopause |
| c) Lungs (general improvement) | d) Menstrual problems |
| e) Migraine | f) Parkinson's disease |
| g) Piles | h) Prostate disorder |
| i) Sinus troubles | j) Skin diseases |
| k) Stone | l) Varicose veins |

3. **Forward :** Saithalyasana, Paschimottanasana, ArdhaPadma Paschimottanasana, Garbhasana, Meruakarshanasana, Koormasana, Ekapadasirasana, Ekapada-Padmottanasana.
4. **Spinal twist :** MeruVakrasana, Bhunamanasana, Ardhmatsyendrasana, Markatasana, Utthiapadaprasar Vakrasana
5. **Balancing :** EkapadaPranamasana and its variations, EkaPadasana, Natrajasana, Garudasana, Bakasana, Brahmcharyasana, PadmParvatasana, Merudandasana and its variations, Padangusthasana, Bakadhyanasana
6. **Premeditative:** Ananda Maadirasana, Padadirasana
7. **Meditative :** Sukhasana, ArdhPadmasana, Padmasana, Siddhasana, Siddhayoniasana, Swastikasana, Dhyanyveerasana.
8. **Relaxation :** Shavasana, Advasana, Jyestikasana, Matsyakridasana, Balasana, Makrasana, Saithilyasana, Sasankasana, Vrishabhasana.
9. **Other useful Asanas :** Vajrasana, Singhasana, Tadasana, Tanasana, Mandookasana, Utkatasana, Kagasana

- **PRANAYAMAS:**

- | | |
|--------------------|--------------------------------|
| 1. Yogic Breathing | 2. Naadi Shodhanand its stages |
| 3. Sheetali | 4. Sheetakari |
| 5. Bhramari | 6. Ujjai |
| 7. Bhastrika | 8. Kapalbhati |
| 9. SuryaBheda | 10. Bahyavritti |

• **PART TWO (FOR NEXT SIX MONTHS) DIPLOMA IN YOGA VIDYA**

- Shaktikarma : Neti (Sutra, with Ayurvedic Medicine)
- Dhauti (Poornashankhaprakshalana, Vastra Dhauti)
- Nauli
- Vasti

- **ASANAS:**

1. **Inverted :** Ardhapadma Halasana, Shirsasana and its variations, Vrishchikasana.

2. **Backward :** Gomukhasana, Ustrasana, standing Chakrasana, Swanasana, Poonashalabhasana
 3. **Forward :** Padaprasarpaschimottan, Hanumanasana, Dwipadsirasana, Dwipadakandharasana, Sirsha Padangusthasana
 4. **Spinal twist :** Parivritti Janusirshasana
 5. **Balancing :** Utthita Hasta Padangusthasana, Astavakrasana, Kukkutasana, Ardha Baddhapadmottan, Vatayanasana, Eka Pada Bakadhyanasana, Santolanasana and variations, Kashyapasana, Vishwamitrasana, Dwihastasantolanasana, Mayurasana.
 6. **Premeditative :** Butterfly and legs flexibility postures to be practised thoroughly
 7. **Meditative :** Moolabandhasana, Bhadrasna
 8. **Relaxation :** Tanasana, Ashwavishram Asana
- **PRANAYAMAS:**
- | | |
|--------------------------------|--------------------------|
| Elongation of Yogic breathing, | Abhyantarvritti |
| Stambhavritti | Bahyabhyantarvisyakshepi |
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PAPER FOUR

- **PART ONE (YOGA PRACTICAL)**
 - Kriyas for eyes (All Rotations, Massage, Palming).
 - Pratyahara (Withdrawl of the Indriyas, for their healthy functioning).
MUDRAS : Vipareetkarani Mudra, Kaki Mudra.
 - BANDHAS: Mool, Uddiyana, Jalandhar, Tribandha.
 - Brahmacharya - its meaning, benefits and practice methods.
 - Asanas helpful for Pratyahara and Brahmacharya: Siddhasana, Padmasana, Moolbandhasana, Vipareetkarni Asana, koormasana, Padangusthasana, Bhadrasana, Brahmacharyasana.
 - Meditation and its types: IshtaDhyan, also called Sthool Dhyan, Jyoti Dhyan, Sookshma Dhyan.
- **PART TWO (FOR NEXT SIX MONTHS) DIPLOMA IN YOGA VIDYA**
 - Kundalini (Cleaning and Awakening)
 - Trataka - Nadasadhana

- Mudras : Sambhavi, Ashwini, Pasini, Kaki, Hasta Mudras
- Nabhi Pariksha (navel examination) and methods to correct its position and provide strength to it.
- Brahmacharyasana (Elongated Duration and Precision)
- Methods of teaching yoga science (practical lessons to be taken. At least 15 minutes session to be taken by participants).
- Meditations : Preksha, Istadhyan in elongated durations with variations of traditions.

PAPER FIVE

- **PART ONE & PART TWO (YOGA EVALUATION)**
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One year Advanced Diploma Course in Yoga Vidya

There will be 5 papers

S.No.	Papers	Subject	Full marks
1.	One	Yoga theory	100
2.	Two	Yoga theory	100
3.	Three	Yoga practical	100
4.	Four	Yoga practical	100
5.	Five	Yoga Evaluation	100

- **Course Fee: One Year Course fee can be given in two equal installments of Rs. 12500/- each for six months.**
- Towards the end of the One Year course written & practical exams will be taken & grades & marks will be given as per the performance of the candidate.

SYLLABUS

PAPER I - THEORY

- **CONCEPT OF JITENDRIYATA & ITS TOOLS OF BHAKTI, 'SAUCH', 'TAPAS', BRAHMACHARYA & ISHWAR PRANIDHANA.**

Management of all common diseases from standard texts.

The management of these diseases will be basically on principles of yoga,

'ahar chikitsa (yogic food therapy), naturopathy, mudra therapy and spiritual healing.

1. General Weakness 2. Diabetes 3. B.P. (high & low) 4. Heart problems
5. Eyes 6. Asthma 7. Obesity 8. Thyroid 9. Arthritis 10. Backache 11.
Constipation 12. Dysentery 13. Fever 14. Irritable Bowel syndrome 15.
Hernia 16. Cancer 17. Kidney 18. Menstrual problems & menopause 19.
Piles 20. Prostate 21. Stone 22. Lungs.

PAPER II - THEORY

- Physiological, mental & spiritual effects of yamas, niyamas, shatkarmas, yogasanas, pranayamas, bandhas, mudras, meditation & bhajans.
- Different systems of the human body & their perfect maintenance as per yoga rules (a) Digestive (b) blood circulatory (c) lymphatic (d) respiratory (e) skeletal (f) muscular (g) nervous (h) urinary (i) reproductive or (j) sensory (eyes, ears, nose, tongue, skin) (k) glandular (l) metabolic.
- Nadis- Their locations & functions as per Shiv Samhita & Goraksha Samhita.

PAPER III - PRACTICAL

- Thorough practice of yamas, niyamas, asanas, pranayamas, pratayahara, dharana, dhyana leading to samadhi. All these items as defined in original yoga scriptures & their thorough and complete practice.
- Yamas & niyamas act as solid foundation. In asanas besides the 32 asanas mentioned in Gherand Samhita the other important ones in the inverted, backward, forward, spinal twist, balancing, sitting, standing, lying, rotative, meditative & relaxation, groups to be done after knowing its method, contraindications & benefits.
- In pranayamas all from Patanjali Yoga Darshan & Hatha yoga texts.
- Pratyahara practices from Patanjali Yoga Darshan, Gherand Samhita, Hatha Yoga Pradeepika, Shiv Samhita & Geeta.
- Dharana, Dhyana, Samadhi from standard references.

Thorough practice of all 8 limbs of yoga for development of very strong mind, body (supple & solid) spirit (spiritual elevation) and material sufficiency.

Yoga for Children, Youth, Elderly & Women.

PAPER IV

- DEFINITION OF SHATKARMA.

Shatkarmas (theory & practice in details) Bandhas

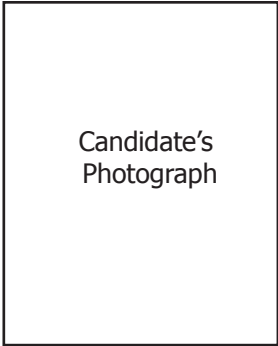
- Mudras along with hasta mudras. Techniques of yogic relaxation. (Yoga Aahar & Yoga vihar suddhi)
- Self management (Brahma muhurta jagran, priorities of life to fix, time management etc.)
- Yoga & Swar Vigyan
- Panch Prana & Panch Upprana-their locations and functions.
- Definition of Chakras, their position & awakening method.
- Nada & its sadhana.
- Asta Siddhis.
- Methods of mind control.
- Essentials of Bhagvad Gita, Patanjali Yoga Darshan, Gherand Samhita, Hatha Yoga Pradeepika & Shiva Samhita.

RECOMMENDED BOOKS

1. Yoga Vidya by Yogacharya Kundan Kumar.
2. Patanjali Yoga Darshan - Gita Press
3. Hatha Yoga Pradeepika
4. Gherand Samhita
5. Srimad Bhagvadgita - Gita Press
6. Sant Anand - Gita Press
7. Narad Bhakti Sutra
8. Shandilya Bhakti Sutra
9. Cure through Yoga books - Yogic Management of common diseases by Swami Satyanand Saraswati and Others
10. Natural health and Yoga - Dr Brij Bhushan Goel
11. Holistic Living by Yogacharya Kundan Kumar.
12. Shiv Samhita

ADMISSION FORM

(Details for the record of yoga Classes)



Batch Timings : _____

- Name : _____
- Father's Name : _____
- Date of Birth : _____
- Address : _____
- Tel.: _____ Mobile : _____
- Email : _____
- Occupation / Career Plans _____

- Height _____ Body Weight _____ Blood Pressure _____
- Physical/Mental Problems (if any , state clearly) : _____

- Expectations from practice of yoga : _____

- Which aspects of Yoga do you like most : _____

- Your Purpose of life : _____

- Hobbies : _____

- Food habits : Vegetarian / Non- Vegetarian (state clearly) : _____

- Most Favourite dish : _____
- How would you contribute your might in making this society a better place to live in? : _____

- Course Fee submitted (Rs.) : _____

Date : _____

Signature of Candidate