

CENTRE FOR ADULT CONTINUING EDUCATION AND EXTENSION

(CACEE)

UNIVERSITY OF KERALA

Teachers' Training in Yoga and Meditation

Course Period : Six months

Certification : TTC

Eligibility : Plus Two

Scheme of Evaluation

No.	Name of Paper	Theory	Practical	CE	Viva/ Project	Total
1	Principles and Fundamentals of Yoga	75		25		100
2	Application of Yoga (Human Anatomy, Psychology, Physiology and Diet)	75		25		100
3	Yoga Skills and Teaching Methodology		75	25		100
	Practical -					
	1. Project Report and Research Methods	50			50	100
	2. Public Teaching				50	50
4	Comprehensive Viva				50	50
	TOTAL					500

- There shall be Two Theory papers, One Practical Paper, Project Report, Public Teaching and a Comprehensive Viva to be taken up by the candidate as part of the course.
- The theory papers as well as the practical papers will have three model of evaluation ; Continuous Evaluation (CE), Final Examination and a Comprehensive Viva Voce

Continuous Evaluation of Theory Papers : 25 marks

Attendance	Assignment	Seminar	Test Paper	Total
5	5	5	10	25

Continuous Evaluation of Practical Papers : 25 marks

Attendance	Assignment	Seminar	Test Paper	Total
5	5	5	10	25

Distribution of Marks for attendance are as follows :

- $\geq 75\%$: 1
- $\geq 80\%$: 2
- $\geq 85\%$: 3
- $\geq 90\%$: 4
- $> 95\%$: 5

Condonation of attendance up to a maximum of 5%, subject to University Regulations, may be allowed for candidates who fall in short of attendance .

Test Papers

There shall be Two Test Papers for each paper for the whole course and the average of the two test papers will be taken for the purpose of Continuous Evaluation.

Final Examination

Mode of Examination : Written : 75 Marks

: Practical : 75 marks

Structure of Theory Paper (75 marks)

- a) The Duration of the examination shall be three hours
- b) The Question paper shall consist of three type of questions – Essays, Paragraph Questions, Short answer questions
- c) The Question paper shall consist of
 - 1) Three (3) Essays of 15 marks each, of which the candidates has to answer to any two (2) in, not more than 400 words
 - 2) Seven (7) paragraph questions of 5 marks each, of which the candidate has to answer to any five (5) in, not more than 100 words
 - 3) Twelve (12) short answer questions of 2 marks each, of which candidate has to answer to any ten (10) in, not more than 30 words

Structure of Practical Examination (75 marks)

- a) The marks for practical examination are to be split like below :

A	Record	10
B	Case study with teaching practice	10
C	Teaching/ instructional skills	15
D	Demonstration of Asana	15
E	Demonstration of Pranayama	15
F	Demonstration of Yogic Kriyas	10
	TOTAL	75

Structure of Project Examination (50 marks)

a) The marks allocation for Project are to be split like below

A	Relevance of the Project	10
B	Methodology	15
C	Chapterisation and Content	15
D	Open Defence	10
	TOTAL	50

Break-up of the marks for Public Teaching

A	Report	25
B	Instructional Skills	10
C	Mastering of the subject	10
D	Students' competence/ feedback	5
	TOTAL	50

The Project on the topics related to Yoga Teaching has to be taken up by each candidate. The report, having not more than 50 pages, on the above should be submitted before the final examinations as notified by the University. The maximum mark allotted for the Project Report is 50 and are as above.

Public Teaching :

The candidates have to undergo for Public Teaching for 20 hours spread over 4 (four) weeks in any institutions empanelled by CACEE before the Final Examination.

The institutions may be Hospitals (Modern or Indigenous system of medicine), Schools and Colleges, Registered Institutions/ organizations, where yoga is practiced or need to implement or need to be introduced. It is necessary to have a regular practice of yoga in continuation of the project and advised to do in a teaching atmosphere wherever is possible.

Regular attendance of the class, feedback from the trainees, are to be recorded.

A Report on Public Teaching has to be submitted by the students on completion.

Public Teaching Report structure

Part A

- Demographic Data / Profile of the students

Part B

Daily Report

Feed Back from students

Medium of Report- English

The Report should be certified by the person in charge of the study group / institution.

Paper I : Principles and Fundamentals of Yoga

1. Yoga Teaching and Philosophy

1.1 Familiarity with the evolution of teaching and philosophy of the Yoga tradition and its relevance and application to the practice of Yoga

1.2 Familiarity with teaching of Vedas, Principal Upanishads, Shad-darshana, Agama and Purana

1.3 Familiarity with the four schools of yoga (Jnana Yoga, Bhakthi Yoga, Karma Yoga and Raja Yoga)

1.3.1 Jnana Yoga

- a) Four stages of Jnana (Viveka, Vairagya, Satsangata, Mumukshutva)
- b) Stages of Jnana Yoga Practice (Shravan, Manana, Nidhidhyasana)
- c) Seven Major Chakras and its correlation to states of consciousness
- d) The concept of ida, pingala and sushumna the central channel of energy running along the spine

1.3.2 Bhakti Yoga

- a) Navavidha Bhakti
- b) Qualities of Bhakta
- c) The pronunciation, chanting, knowledge, benefits of Sanskrit chants, hymns, bhajans
- d) Satsang and the uplifting meaning of the chants helping to thin the activities of the mind
- e) Mantra chanting and their effect on the nadi and the chakras

- f) Demonstrated ability to create a bhakti bhava during the chanting and singing

1.3.3 Karma Yoga

- a) The concept of Karma Yoga
- b) Prerequisites for a sthita pranja
- c) Sthitapranjna lakshana
- d) The law of karma

1.3.4 RajaYoga

- a) Concepts and principles of Patanjala Yoga
- b) Concepts and Principles of Hatha Yoga (by swatmarama)

1.4 Familiarity with the fundamental principles of yoga (pancha kosha, pancha bhuta, pancha prana, shad-chakras)

1.5 Familiarity with examples of concepts and models from the above teaching and philosophy, relevant to the practice of Yoga

1.6 GURUS AND MASTERS

1.6.1 Familiarity with the concepts of teacher, guru, master, lineage

1.6.2 Familiarity with the contribution of the Yogis like

- a) Patanjali
- b) Adishankaracharya
- c) Aurobindo
- d) Swami Vivekananda

2. Introduction to Basic Yoga Texts

2.1 The Yoga Sutras of Patanjali

- a) Yoga anushasana
- b) Concept of citta
- c) Citta vritti
- d) Citta prasadana
- e) Panch Klesha
- f) Ashtanga Yoga

2.2 The Bhagavat Gita

- a) The context of the Bhagavat Gita
- b) Principles and concepts of the streams of Yoga as per the Bhagavat Gita

c) The concept of karma, sthitha pranjna, bhakti in the Bhagavat Gita

2.3 Hata Yoga theory

- a) Introduction to the hatha yoga parampara
- b) General introduction to hatha yoga texts
- c) Concept of mitahara, pathya, apathy, types of yoga aspirants
- d) Badhak tatva and sadhak tatva, principles to be followed by hatha yoga practitioner.
- e) Shatkarma, asanas, pranayama, bandhas, mudras, pratyahara, dhyana and Samadhi as described in Hatha Yoga Pradipika

Paper 2 : Application of Yoga

1. Human Anatomy and Physiology

- 1.1 Familiarity with the major systems in the body- skeletal, muscular, respiratory, nervous, cardio vascular, endocrine, excretory, digestive and reproductive
- 1.2 Familiarity with the effects of Hatha Yoga as compared to other forms of exercise on the joints, bones, muscles, heart, brain and so on, and therefore on health and well being.
- 1.3 Familiarity with the benefits of various asanas on different parts of the human body

2. Obstacles

- 2.1 Familiarity with obstacles in yoga practices
- 2.2 Familiarity with limitations and contra indications of specific yoga practices

3. Yogic diet

- 3.1 Familiarity with the Triguna
- 3.2 Familiarity with an Ayurvedic approach to diet and nutrition, and the ethical and spiritual reasons for saatvik vegetarian diet.
- 3.3 Familiarity with the different diets and their effects on anatomy and physiology, yogic diet – a lacto vegetarian, saatvik approach to food.
- 3.4 Familiarity with the benefits of Yogic diet on the physical and mental well- being and as an enabler for further practice of yoga.

4. Psychology

- 4.1 Concepts of cognition, perception
- 4.2 Theories of cognition and non cognition
- 4.3 Personality traits and classification
- 4.4 Familiarity with the Indian Psychology
- 4.5 Psychology as per Bhagavat Gita
- 4.6 Psychology as per the Yoga sutras of Patanjali

Paper 3 : Yoga Skills and Teaching Methodology

1. Teaching Environment

- 1.1 Knowledge and demonstration ability to prepare the class room with cleanliness, proper laying of the mat, sufficient spacing decorum
- 1.2 Knowledge and Demonstrated ability
 - a) To prepare the course schedule giving due weightage to various aspects of the practice of yoga
 - b) To teach to a pre-defined script through a standard teaching process
- 1.3 Describing the practice (name, meaning, justification, category , type, counts, complementary postures)
- 1.4 Demonstration (silent demo, demo with counts, demo with counts breathing and explanation)
- 1.5 Benefits and limitations
- 1.6 Single group practice
- 1.7 Practice in pairs
- 1.8 Explanation of subtle points
- 1.9 Whole group practice
- 1.10 Question answers
 - a) To teach as per the daily plan and the course schedule
 - b) To keep records of aspirants enrolled, their attendance and their progress report during the programme
 - c) To obtain feedback from the aspirants and make course correction as appropriate
- 1.11 Knowledge and Demonstrated ability to use the four teaching techniques of observation instructions, touch and demonstration

2. Sukshma Vyayama and Shat Karma

2.1 Shat Kriyas (cleaning techniques)

a) Knowledge of Shat Kriyas - the six classical exercises for purifying the body and mind and demonstrated ability to perform the same

- i. Kapalabhati
- ii. Neti (Jal neti-with water and Sutra neti with a catheter)
- iii. Dhauti which includes vatasara, agnisara and kunjla kriyas
- iv. Trataka and pratyahara by gazing at a candle flame, or a specific point of concentration

b) Knowledge of the shat kriyas to cleanse the physical, mental, emotional and spiritual body as a way to move from gross experiences to more subtle experiences

2.2 Sukshma Vyayama

a) Knowledge of movement of key joints of the body and the demonstrated ability to perform the same

- i. Neck
- ii. Shoulder
- iii. Trunk
- iv. Knee
- v. Ankle

b) Knowledge of the benefits of each of these practices and their compounding effect on the gross bodies

3. Yogasana

3.1 In-depth knowledge of 15 basic postures as below and demonstrated ability to perform these postures

- | | |
|-------------------------|--------------------|
| 1) The headstand | - Shirshasana |
| 2) The shoulder stand | - Sarvangasana |
| 3) The plough | - Halasana |
| 4) The bridge | - Sethu bandhasana |
| 5) The wheel | - Chakrasana |
| 6) The fish | - Matsyasana |
| 7) Sitting forward bend | - Paschimottasana |

- | | |
|----------------------------|------------------------------|
| 8) The cobra | - Bhujangasana |
| 9) The locust | - Salabhasana |
| 10) The bow | - Dhanurasana |
| 11) The half spinal twist | - Ardha Matsyendrasana |
| 12) The crow | - Baka Dhyanasana (Kakasana) |
| 13) The peacock | - Mayurasana |
| 14) Standing forwards bend | - Uthanasana |
| 15) The triangle | - Thrikonasana |

3.2 In-depth knowledge of another five asanas chosen by the applicant and demonstrated ability to perform the same. (Some of the suggested list of asanas are :

- | | |
|--------------------------|-----------------------|
| 1. Palm Tree Posture | - Tadasana |
| 2. The cows pose | - Gomughasana |
| 3. Forehead support pose | - Kapali asana |
| 4. The Eagle pose | - Garudasana |
| 5. Patient Crane pose | - Baka Dhyanasana |
| 6. Swan Pose | - Hamsasana |
| 7. Thunderbolt pose | - Vajrasana |
| 8. Head to knee pose | - janu sirshasana |
| 9. Tree pose | - Vrikshasana |
| 10. Cat stretch pose | - Marjari asana – etc |

3.3 Knowledge of the Sanskrit names of the postures and breathing exercises-
Detailed benefits and caution

3.4 Knowledge of the five spinal movements

- i. Inverted
- ii. Forward
- iii. Backward
- iv. Lateral twist and lateral bend and
- v. Neutral positions of the spine

3.5 Knowledge of 360 degree, all round, yogic exercise through the practice of asanas, proper relaxation, proper breathing, contra indications, cautions and

medical considerations, obvious and subtle benefits and modification in basic postures to accommodate limitations.

4. Surya Namaskar

4.1 In- depth knowledge and Demonstration ability to perform Suryanamaskara

- i. Method one sequence of 12
 1. Pranamasana
 2. Hastha uthanasana
 3. Hastha padasana
 4. Aswa Sanchalanasana
 5. Parvathasana
 6. Ashtanga Namaskara
 7. Bhugangasana
 8. Parvathasana
 9. Aswasanchalanasana
 10. Hastha Padasana
 11. Hastha Uthanasana
 12. Samasthithi

4.2 Basic awareness of how to perform ashtanga surya namaskara

5. Pranayama and Meditation

5.1. Pranayama

- a) Knowledge and Demonstrated ability to perform abdominal (and diaphragmatic), Thoracic, clavicular breathing and the full Yogic breath, anuloma viloma (alternate nostril breathing)
- b) Knowledge and Demonstrated ability to perform advanced pranayama bhamari, surya bheda, sheetali and seetkari and sadanta and ujjayi, chandrabheda, suryabheda and the knowledge of its benefits, limitation and applications.

5.2 Meditation

- a) Knowledge and Demonstrated ability to perform pratyahara, dharana, dhyana and to demonstrate allied practices like mudras, japa mala, mantras and relaxation
- b) Demonstrated ability to perform meditation

- c) Knowledge of the environment for meditation and the benefits of meditation on health and its practical application in modern life.

6. Teaching practice

6.1 In-depth knowledge of

- a) The scope of practice of yoga and how to assess the need for referral to other professional services when needed
- b) Observed capacity for well developed communication skills, listening, presence, directive and non directive dialogue

6.2 Demonstrated ability


- a) To recognize, adjust, and adapt to specific aspirant needs in the progressive classes.
- b) To recognize and manage the subtle dynamics inherent in the teacher aspirant relationship.

6.3 Principles and skills for educating aspirants

- a) In-depth knowledge of and demonstrated ability to apply effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the aspirant's progress and cope with difficulties.
- b) In-depth knowledge of and demonstrated ability to transmit the value of self awareness and self responsibility through out the process.
- c) In-depth knowledge of and demonstrated ability to develop and adjust appropriate practice strategies to the aspirant

6.4 Principles and skills for working with groups

- a) Familiarity with and demonstrated ability to design, implement, and evaluate group programmes.
- b) Familiarity of group dynamics and allied techniques of communication skills, time management and the establishment of priorities and boundaries
- c) Familiarity with techniques to address the specific needs of individual participants, to the degree possible in a group setting.


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