

Foundation course in Yoga Science for wellness

Serial No.	Criteria	Requirement	Remarks (If any)
1	Basic eligibility of participants	10 th Pass	
2	Duration of the Course	1 Month	
3	Number of trainees per batch	Min-10 &Max.-30	
4	Trainer Qualification	Graduate with PG Diploma in Yoga	
5	Number of Trainers required (Theory)	2	
6	Number of Guest faculty required	Ph.D Yoga & MD Swasthrata	
7	Number of working Technician (Skill expert) required for practical training	2	
8	Infrastructure Technical specification requirement	Yoga mats per person, Shatkarm tools, Jalneti Pot and Sutraneeti	
9	Assessment Method	Oral Examination	

Theory Duration- 10:00 (hh:mm)

Practical Duration- 40:00 (hh:mm)

Total Duration – 50:00 (hh:mm)

Training Outcomes- After completing this course, participants will be able to:

Assist doctors

Can teach Common Yoga Protocol (IDY)

Can work as Yoga volunteers (Yoga certification Board certificate is given)

Syllabus

Day	Practices to be introduced/Lecture topic	Name of the staff
1.	Introduction of participants ,om chanting,collective prayer, mechanism of yogic deep breathing , sukhasana	
2.	Revision of previous practices, Jalaneti, kapalbhati, makarasana, shavasana, NadishodhanPranayama,Antarmouna	
3	Yoga: its origin,meaning and definitions Yoga :its Aim objectives and misconceptions	
4.	Revision of previous practices, vamandhouthi (kunjal),yogic Sukshma vyama(i-iv) Shatkarma :principles,practices and their health benefits	
5.	Revision of previous practices Sutraneti ,yogicsukshmavyayama(v&vi) agnisara introduction to sukshama&sthulavyama and their significance in yoga sadhana	
6.	Revision of previous practices yogic Sukshma vyama(vii-viii) suryanamaskar: principles, practices and their health benefits	
7.	Revision of previous practices yogic sthulavyama(ii) yoga asana: principles ,practices and their health benefits	
8.	Revision of previous practices Suryanamaskar, padmasana, vajrasana Schools of yoga &their principles	
9.	Revision of previous practices tadasana, urdhwahasttotanasana,katichakrasana,,trikonasana Yoga sadhana:principles&pre-requisites	
10	Revision of previous practices Ardhachakrasana ,padahastana Yogic practices for health and wellness	
11	Revision of previous practices, Bhadrasana, Mandukasana,Ustrasana,Paschimottanasana Yogic diet concept& principles	
12	Revision of previous practices Uttanmandukasana ,purvottanasana,Simhasana	
13	Revision of previous practices Diet and nutrition : yogic and modern perspective	

14	Revision of previous practices Gomukhasana ,ardhamatsyendrasana Role of dincharya and ritucharya in health and hygiene	MD Scholar
15	Revision of previous practices Bhujanagasana ,shalabhasana,dhanurasana Role of swasthvrata and sadvrit in health &hygiene	MD Scholar
16	Revision of previous practices ,uttanapadasana,pawanmuktasana,sarvangasana Pranayama,principles,practices and their health benefits	
17	Revision of previous practices Ardhahasana ,halasana,concept of puraka,rechaka,khumbhaka Bandha &mudra principle:practices and their health benefits	
18	Workshop Practical class Lecture: Role of yoga in stress management Shudhiprakariyas in yoga and ashtanga yoga Yogic principles of healthy living Meditation and pranayama	
19	Revision of previous practices Bhramari pranayama (without khumbhaka) Mantra and meditation for well being	
20	Revision of previous practices Elementary knowledge and demonstration of bandhas and mudras Concept of health and disease in yoga and role of yoga in health and disease	
21	Practice of 'Model Yoga Schedule' Concept of Mind and Yogic practices for Mental Health	
22	Practice of model yoga schedule Concept of mind and yogic practices for yogic attitude	
23	Valedictory function	