

CERTIFICATE COURSE IN YOGA

Centre for Vedanta Studies

University of Kerala, Kariavattom 695 581

Prospectus

The Main Objectives

1. To give proper awareness in Yogasastra.
2. To teach the relevance of Yoga.
3. To bring a holistic Personality Development.
4. To teach the basic principles of Yoga.
5. To increase personal and public awareness of natural ways of living.
6. To introduce the fundamental principles and Scientific basis of Yoga Practices in Secular way.
7. To increase personal and public awareness of the Science of natural living.

The course contains theoretical classes, practical training and seminar as well.

The syllabus of Theoretical Classes

The theory classes are among to give proper understanding about Yoga and the philosophy of Yoga with a contemporary interpretation. Five topics have been indentified for this preliminary course syllabus. Duration of the lecture class is two hours.

1. Origin and development of Yoga

2. The Ethical principles of Yoga.
3. Cleansing Principles of Yoga .
4. Rules and Principles of Yoga
5. Rules and Instructions for practice of Yoga .
6. Pranayama
7. Dhyana

Practical training

In addition to the theory classes, the participants should undergo a practical training programme. This is intended to provide an orientation to the trainees in which they have acquired through their theoretical classes

Seminars

In addition to the theoretical and practical components a third dimension is given to the program for the purpose of giving chance to the students to understand more about the relevance Yogasastra. For this purpose the candidates are requested to participate in one seminar and one debate session of one day duration.

Examination

This Three months Certificate course is a non formal education scheme. In the final phase of the course a written examination of three hour duration will be conducted to the participants.

Certificate

The certificates will be issued for the students who are successfully completing the course.

Qualification of the course

Plus two is the basic qualification for attending the course. No age bar is fixed for this course.

Method of Teaching

The medium of lecture classes and seminars will be in Malayalam and English .Time of the Course will be announced later.

Duration of the course

Duration of the course will be three months (part time)

Selected candidate have to pay Rs. 7000 towards tuition fee Rs. 250 towards Application Fee and Rs. 250 towards Admission Fee, 300 towards students affiliation Fee and 200 towards Library Fee. Duly filled application should be send to The Director, Centre for Vedanta Studies, University of Kerala, Karyavattom, Thiruvananthapuram, Pin. 695581. Last Date is 30.08.15. Classes will start in the third week of September 2015. For further details contact 9446409948.