

Kumaun University Nainital

Syllabus for De-addiction Course

Certificate in De-addiction through Yoga



Department of Yogic Science

Kumaun University Nainital

Subject prerequisites:

- No prerequisites required, open to all.
- Students should be medically fit.

COURSE INTRODUCTION

Certificate in De-addiction through Yoga has been designed to provide services to the community as awareness generation, motivational counseling, detoxification/ de-addiction and significance of corrective exercises for fostering healthy natural life. During this course the students will be taught the yogic concepts which will lead towards self realization, Shatkarma kriyas which will help in detoxification and meditation to have control over their senses. It will also make them physically, mentally and spiritually strong to face different challenges in life. Pursuing this course will make them aware to the self and lead a happy life.

Objectives:

- To support activities of non-governmental organizations, working in the areas of prevention of addiction and rehabilitation of addicts.
- To create awareness and educating the people about the ill effects of substance abuse on the individual, the family and society at large.

To develop culture-specific models for the prevention of addiction and treatment and rehabilitation of addicts..

- To evolve and provide a whole range of community based services for the identification, motivation, detoxification, counseling, after care and rehabilitation of addicts.
- To promote community participation and public cooperation in the reduction of demand for dependence-producing substances.
- To promote collective initiatives and self-help endeavors among individuals and groups vulnerable to addiction and considered at risk.
- To establish appropriate linkages between voluntary agencies working in the field of addiction and government organizations.

Duration of the course: One Year

Numbers of Seats: 40 seats

Fees: Rs. 10,000/-

Subject Code	Name of Subject	Credits	Assignment marks
DCC T 101	Addiction &De-addiction	2	100
DCC T 102	Management of Addiction	2	100
DCC T 103	Essence of Healthy Lifestyle	2	100
DCC T 101	Kriya, Asana, Pranayama, Dhayana-Practice &Presentation	2	100
DCC T 102	Teaching Techniques-Worksheet Writing & Presentation	2	100
DCC T 103	Internship	2	100
	Total	12	600

THEORY PORTION

DCC T 101: Addiction & De-addiction (2 Credits)

- a) Concept and definitions of Addiction
- b) Concept and definitions of De-addiction
- c) Sign of addiction, types of addiction, traits and causes
- d) Substance use, abuse and addiction

DCCT 102: Management of Addiction (2 Credits)

- a) Drug abuse and addiction: effects on brain, risk factors and signs
- b) Self-Management
- c) De-addiction through Yogic Practices
- d) Basis of Yoga-Happiness Analysis and Awareness
- e) Health and its Management, Concept of disease
- f) Hatha Yoga - Kriyas, Bandhas and Mudras

DCC T 103: Essence of Holistic Living (2 Credits)

- a) Holistic Health and Healthy Lifestyle
- b) Shrimad Bhagawad Gita (verses related to addiction and de-addiction)
e.g. (Verse 5.22)
- c) Essence of Shrimad Bhagawad Gita for holistic living
- d) Role of Bhagavadgita in day to day life; Concept and classification of Ahara as described in Bhagavadgita; Ahara and its role in Adhyatma Sadhana
- e) Concept of Triguna in the context of Bhagavadgita; Theory of Adjustment in healthy living as described in Bhagavadgita

PRATICAL PORTION

HCC P 101: KRIYA, ASANA, PRANAYAMA, DHYANA PRACTICE &PRESENTATION

KRIYA/ Cleaning Techniques	Kaphalabhati		Purifying /Cleansing Breath
	Trataka		Eye Exercises, Gazing. Focusing & Defocusing
	Neti(J al & Sutra)		Nasal Passage Cleansing
	Basti(Laghusnkapraksala)		Gastro-Intestinal Track Cleansin
			Breathing Exercises
Asana/Physical Posture		Loosening Exercises	<ul style="list-style-type: none"> □ Standing: Hands In & O Hands Stretch, Anl Stretch □ Sitting: Tiger, Dog, Rab breathing □ Prone: Bhujangasana Salabhasana breathin Shavaasana breathing □ Spine: Straight Leg raisi (single &bo Setubandhasan, Naukasana Breathing

		Initial Startup	<ul style="list-style-type: none"> □ Standing: Jogging (Spot, forward, backward, sideward) Mukhadhauti (single blast breath), Bending (front & back sideward's), Twisting, Sit-ups (Full Sideward), Half-squats. □ Sitting: Bhunamanāsanam, Butterfly (Half & Full), Paschimottana- Halasana Flow □ Prone: Bhujanga- Parvatasana Flow, Dharurasana Swing (Roll & Roll) □ Supine: Pavanamukthasana Kriya, Cycling.
	Asanas	Yoga Butterfly Pose (Baddha Konasana) Yoga Butterfly Pose (Baddha Konasana), Fish Pose, Yogi Bicycles, Downward Facing Dog, Low Lunge Warrior -1, Sage Twist, Pigeon Pose, Legs Up the wall Pose, Corpse Pose	Sūryanamaskara/Sun Salutation <ul style="list-style-type: none"> □ 12 Counts Sūryanamaskara
		Initial Startup	Bhastrikā (Bellows breath)/ Kaphalabhati (Purifying/Cleansing Breath)
PRANAYAMA/	Yogendra Pranayama		Yogendra Pranayama 1,2,3, and 4

Regulation of Breath	Cooling Pranayama	Siitali Sitkāri
	Types of Pranayama	Anulom Vilom, Nadisuddhi(Balancing), Laya/Bhramari(Bee Breath), Ujjayi, Nadanusandhana (A,U,M Chanting & Silence)
	Kumbhaka (Breath Cessation) Mudris (Gestures) & Bandhas (Locks)	Antah, Bahih, Kevala, Sahaja. Nāsika, Cin, Cinmaya, Adi, Brahma. Mūla, Uddiyana, Jalandhara.
	Pranavopisanam Avartana-dhyānam Svadyāya/Atmavalokana	Om Meditation Cyclic Meditation Self Study/Contemplations
Dhyana/Meditation		

DCC P 102: TEACHING TECHNIQUES-WORKSHEET WRITING & PRESENTATION (2 Credits)

Student should present Worksheet (Asana) based on Eight Step Method of Teaching Technique (both written format and Viva). The Standard format for writing is given below.

Cover Page <ul style="list-style-type: none">○ Top-Institution & Course Name, Batch #, Month & Year Centre-Topic Name (ASANA WORKSHEET/EIGHT STEP○ METHOD OF TEACHING TECHNIQUE) <p>□ Down-Student's Name, Registration/Roll #, Group Name</p>
Contents/Index
Introduction
Starting Prayer
Classroom Arrangement
<p>Eight Step Method of Teaching Technique-Asana</p> <ol style="list-style-type: none">1. Introduction of the asana: <i>Name, Meaning, Justification, Sthiti (Position), Sithila-Sthiti (Relaxation), Type, Category, Counts & Complementary.</i>2. Demonstrations. <i>Silent Demonstration, Demonstration with count & Demonstration with counts, breathing and explanation</i>3. Benefits and Limitations/Contra-indications.4. Individual Practice.5. Practice in Pair.6. Questions and Answers.

7. Points. 8. Key Group Practice.
Standing Posture
Sitting Posture
Prone Posture
Spine Posture
Closing Prayer

YIC P 103: Internship - (2 Credits)

Student should visit a rehabilitation center and conduct one month Yogic program which will be helpful in de- addiction and should present a report on the effects of his/her teachings on the addicts.