

Kumaun University Nainital

Syllabus for Human Consciousness Course

Certificate in Human Consciousness



Department of Yogic Science

Kumaun University Nainital

Subject prerequisites:

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

COURSE INTRODUCTION

Yoga is considered to be science of man which explores the avenues for human functioning. It is also the foundation of the Indian culture which gives emphasis on code of human behavior resulting in richness of life Le psychological, physical and social. Yoga is the art of living. A person who knows how to handle the different situations and problems is considered to be a successful individual and possesses sound mental health. Yoga teaches us how to live peacefully enjoying whatever we have in our possession.

Objectives:

The objective of this course is to train young men and women in arts and science or-self-control and achieve higher potentialities. It also aims to get them well trained for treatment of different diseases and to improve the overall health with the help of yogic Science.

Duration of the course: One Year

Numbers of Seats: 40 seats

Fees: Rs. 10,000/-

HCC SYLLABUS

An Overview

Subject Code	Name of Subject	Credits	Assignment marks
HCC T 101	Yoga as Applied Philosophy	2	100
HCC T 102	Spiritual and scientific approach to human consciousness	2	100
HCC T 103	Yogic Method of elevation of human consciousness	2	100
HCC T 101	Kriya Asana, Pranayama, Dhyana-Practice & Presentation	2	100
HCC T 102	Teaching Techniques-Worksheet Writing & Presentations	2	100
HCC T 103	Karma Yoga, Maitri Milana Kirtan, Krida Yoga & Ananda Sabha	2	100
	Total	12	600

THEORY PORTION

HCC T 101: Yoga as Applied philosophy (2 Credits)

- a) Yoga as Applied philosophy: Meaning, definition and nature of consciousness, area of Consciousness
- b) Consciousness and Soul, Relationship between consciousness and soul
- c) Human consciousness described in Vedas, Upanishads, Bhagwad Gita, Yogasutra and Yogavashishtha
- d) Indian concept of consciousness and western concept of consciousness
- e) Hatha Yoga - Kriyas, Bandhas and Mudrās

HCC T 102: Spiritual and scientific approach to human consciousness (2Credits)

- a) Spiritual and scientific approach to human consciousness. Tatra, Jyotirvigyaa
- b) Law of actions, Jivan, sanskar and; Punarjama, Bhagya -Purusharth, Panchkosh, Shatchakra
- c) Consciousness and Human Behaviours, States of Consciousness, Motivation and Emotions
- d) Concept of Mantras/Prayers
- e) Pañcha-Kosha-Viveka (5 layers of Human existence)

HCC T 103: Yogic Method of elevation of human consciousness (2 Credits)

- a) Bhaktiyoga
- b) Jnanyoga
- c) Karmayoga
- d) Mantrayoga
- e) Ashtangayoga
- f) Hathayoga

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(Jal&Sutra)	Nasal Passage Cleansing
		Dhauti(Vamana)	Gastro-Esophageal Track Cleansing
		Basti(Laghusnkapraksala)	Gastro-Intestinal Track Cleansing
Asana/Physical Posture		Breathing Exercises	<input type="checkbox"/> Standing: Hands In & Out, Hands Stretch, Ankle Stretch <input type="checkbox"/> Sitting: Tiger, Dog, Rabbit breathing <input type="checkbox"/> So Hum breathing
		Loosening Exercises	<input type="checkbox"/> Standing: Jogging (Spot, forward,backward,sideward) Mukhadhauti (single blast breath), Bending (front & back, sideward's), Twisting, Sit-ups (Full Sidewards), Half-squats. <input type="checkbox"/> Sitting: Bhunamanāsanam, Butterfly (Half & Full),

			<p>Paschimottana- Halasana Flow.</p> <p>☐ Prone:</p> <p>Caduranga-Bhujanga-Parvatasana Flow, Dharurasana Swing (Rock & Roll)</p> <p>☐ Supine: Pavanamukthasana Kriya, Cycling.</p>
		Initial Startup	<p>Sūryanamaskara/Sun Salutation</p> <p>☐ 12 Counts Sūryanamaskara</p>
	Asanas		<p>Low Lunge (Anjaneyasana), Downward Facing Dog Pose (Adho Mukha Savasana), Sidebending Mountain Pose (Parsva Tadasana), Extended Triangle Pose (Utthita Trikonasana), Bow Pose (Dhanurasana), Bound Angle Pose (Baddha Konasana), Reclining Bound Angle Pose (Supta Baddha Konasana)</p>
PRANAYAMA/ Regulation of Breath	Initial Startup		<p>Bhastrikā (Bellows breath)/ Kaphalabhati(Purifying/Cleansing Breath)</p>
	Vibhagiya Pranayama(Selection Regulation of Breath)		<p>Abdominal, Thoracic, Clavicular & Full Yogic Breathing</p>

	Cooling Paranayama	Siitali Sitkari
	Types of Paranayama	Nadiśuddhi (Balancing), Laya/ Bhramari (Bee Breath), Ujjayi, Nādānusandhana (A, U, M Chanting & Silence)
	Kumbhaka (Breath Cessation) Mudras (Gestures) & Bandhas (Locks)	Antah, Bahir, Kevala, Sahaja. Nāsika, Cin, Cinmaya, Adi, Brahma. Mūla, Uddiyana, Jalandhara.
Dhyana	Pranavopisanam	Om Meditation
Meditation	Avartana-dhyānam Svadhyāya/Atmavalokana	Cyclic Meditation Self-Study/Contemplations

HCC 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

- Top-Institution & Course Name, Batch #, Month & Year
- Centre-Topic Name (ASANA WORKSHEET/EIGHT STEP)

<p>○ METHOD OF TEACHING TECHNIQUE)</p> <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: <p><i>Name, Meaning, Justification, Sthiti (Position), Sithila-Sthiti (Relaxation), Type, Category, Counts &Complementary.</i></p> 2. Demonstrations. <p><i>Silent Demonstration, Demonstration with count & Demonstration with counts, breathing and explanation</i></p> 3. Benefits and Limitations/Contra-indications. 4. Individual Practice. 5. Practice in Pair. 6. Questions and Answers. 7. Points. 8. Key Group Practice.
Asanas
Closing Prayers

HCC P 103: KARMA YOGA, MAITRI MILANA, KIRTANA, KRIDA YOGA & SABHA- (2 Credits)

I. KARMA YOGA

Team-work oriented i.e. involvement in Selfless Service with Group.

II. MAITRI MILANA

Taking part in Maitri Milana - i.e.

Srimad Bhagavad-Gita Chanting (Streams of Yoga) - Refer Vyasa-Puspanjali Book Grasping Discourse

III. KIRTANA

Singing Kirtanas (Bhajans), Nāmāvalis, Patriotic Songs, Chanting of Stotras/Slokas (Prayers)- Refer Vyasa-Puspanjali Book.

IV. KRIDA YOGA

Involvement in Krida Yoga (Yogic Games) - Refer Krida Yoga Book

V. ANANDA SABHA

Happy Assembly: Taking part in Moral/Value based presentations (Drama/Play, Dance, Other extracurricular activities), which enhances Fivefold Personality Development.