



SYLLABUS
Pranayama & Meditation
Course

(Certificate Level 120 hours)



Pranayama and Meditation Course

Level- Certificate (120 hours.)

1.0 Preamble:

Yoga is an ancient Indian system of Health Care and is essentially spiritual. The physiological effects and the health benefits of Yoga on different systems of the body and in different disease conditions is very well documented now. With the available evidences it has been proved that Yoga is having a potential in the prevention of diseases and promotion of health. The holistic approach of Yoga brings harmony in all walks of life and also influences our day-to-day living. It brings about suitable changes in the behavioral pattern and attitude of a person thereby helps to improve the inter-personal relationship at home and also in the society. Today, Yoga has become popular because of its strengths in prevention and management of many lifestyle related disorders including physiological and psychosomatic disorders.

With the growing demand for the systems of Yoga world-wide, the Institute is getting requests for starting the short-term courses in different aspects of Yoga. Therefore, the Institute is conducting a Pranayama and Meditation for Health promotion, a Course of 120 hrs. duration to impart basic, classical & scientific knowledge about Pranayama and practices leading to Meditation.

2.0 Title of the course & Level:

The course shall be called as “**Pranayama and Meditation Course**” (PMC) for health promotion, a part time course of 3/6 months (120 Hrs.) duration.

Course Level: Certificate

3.0 Aim:

The aim of the course is to introduce the fundamentals and applications of Pranayama and Meditation with reference to health promotion.

4.0 Objectives:

- a. To impart the basic, classical and scientific knowledge about Pranayama and practices leading to Meditation.
- b. To make the people aware of the fundamentals of Pranayama and Meditation for wellness in their daily life.
- c. To develop healthy lifestyle of an individual through the practice of Pranayama and Meditation
- d. To promote positive health and spiritual evolution of individuals by the practice of Pranayama and Meditation...
- e. To make aware of the utility of Pranayama and Meditation in disease prevention and health promotion.

5.0 Duration:

This is a part time course of 120 hrs. Extended over a period of 3/6 months duration. The classes will be conducted for 2 days in a week (Weekend) for 2 hours duration in a day. 50 hours for self-study at home. In addition to this, the participants are required to attend One Day workshop.



6.0 Eligibility:

1. A candidate who has passed at least 10+2 examination from a recognized Board or its equivalent shall be eligible to take admission to the course and
2. Certificate Course or Yoga Teacher Training conducted by VYP OR any basic course on Yoga of minimum 3 months duration (200 Hrs.)

7.0 Course Timings:

The tentative course timing for conducting this programme is 06:00 PM to 08:30PM. However, the timings may be changed as per the convenience of the Institute/Yoga Centre. In addition to a day, workshop will be conducted preferably on weekends of last month of the course.

8.0 Admission Procedure:

8.1 The Application Form and Admission Brochure shall be obtained from the Registration Counter of The Vedic Yog Peeth (VYP), Kolkata on payment of Rs. 500/- during working hours. Or Online admission form can be downloaded from the website- <http://www.vedicyogpeeth.com/admission-form/>

In that case the applicant shall deposit Rs. 500/- at the time of submission of application.

- 8.2** Mere purchase of application form and prospectus doesn't confirm the seat in the Course.
- 8.3** On spot admission on 'first cum first serve basis' to the above said courses to the eligible candidates. The admission procedure will be completed as when the seats are filled.
- 8.4** The candidate must submit the duly filled in application form along with: -
- a) 10+2 certificate or its equivalent
 - b) Copy of Aadhaar card or Identity proof
 - c) Yoga Certificate OR any basic course on Yoga of minimum 3 month duration (Minimum 200 hours).
 - d) Four passport size photographs (or Upload Online)
 - e) Medical fitness certificate
 - f) The original documents of the above. (If offline admission)

8.5 The fees once remitted will not be refunded under any circumstances.

9.0 Intake Capacity:

Maximum 50 Candidates in a batch.

10.0 Medium of Instruction:

Bengali / Hindi / English

11.0 Medical Fitness Certificate:

candidates who are medically fit will only be given admission to this course. No person with acute/chronic/communicable diseases is allowed to take admission to this course.

12.0 Dress Code:

The dress shall be Light Orange T-Shirt and Black trousers or *Kurta-pyjama* for men and T-Shirt and trousers or *Salwar- kameej* for women participants. However, the dress code will be decided by the Course Coordinator.



13.0 Participation certificate:

Minimum 80% attendance is essential to get participation certificate.

14.0 Batch Schedule:

i) January-March ii) April-June iii) July-September iv) October-December

15.0 Hours of Teaching:

i)	Practical Training in Pranayama and Meditation	72 hrs
ii)	Theory lectures	36 hrs
iii)	Workshop	10 hrs
iv)	Inauguration and Valedictory functions	02 hrs
Total		120 hrs

16.0 Fees:

(a)	Registration Fee	-Rs. 500/-
(b)	Course Fee	-Rs. 8,500/-
(c)	Exam/ Workshop/Certification etc.	-Rs. 1500 /-
Total		- Rs. 10,500/-

17.0 Rules & Regulations:

17.1 A notification for calling applications for admission to PMC will be issued & displayed only on the WhatsApp group, Notice Board and Website of the Institute for every batch. Applications for the course will be received on and after the notification. Admissions will be made on first cum first serve basis. Therefore, candidates are advised to fill up the applications in all respect and submit the same with necessary enclosures and fees in the Registration Counter.

12.2 Fees once paid are not refundable /interchangeable.

12.3 Candidates should ensure the proper receipt for fees paid.

12.4 Admitted candidates should carry their admit cards every day while attending the classes.

12.5 Every student of the course should maintain the discipline during the course and not to disturb peace, tranquility of any other participants, teachers and the environment in the Center.

12.6 Candidate must attend Yoga practical classes daily with empty stomach or light stomach or as advised by the Yoga Teachers / experts.

12.7 All valuable items/money shall be property secured by the students. Institute/Centre will not be responsible for loss of any valuables/cash.

12.8 VYP reserve the right to change, the dates, add any of the rules and regulations and fee structures as when necessary, without prior notice.

12.9 The decision of the director will be final in all matters related to discipline and smooth conduct of the course.

12.10 In case of any dispute, the case will be dealt under the jurisdiction of Kolkata Courts only.



Course Syllabus

Syllabus of the course

S. No.	Topic	Total hours of Instruction
1.	Fundamental principles of Pranayama and Meditation with reference to traditional Yogic texts	12 Hours
2.	Anatomy and Physiology of Pranayama and Meditation	12 Hours
3.	Applications of Pranayama and Meditation	12 Hours
4.	Practical Training in Pranayama and Meditation	72 Hours

PART – I: THEORY

Total Duration: 36 hrs.

I. Fundamental principles of Pranayama & Meditation with reference to traditional Yogic texts. (12 hours)

1. General introduction to Yoga and Yogic practices.
2. Introduction to Pranayama: Etymology, definition, aim and objectives of Pranayama in different Yogic text.
3. Introduction to Meditation: Etymology, definition, aim and objectives of Pranayama in different Yogic texts.
4. Concept of breathing, vayu, prana, upaprana.
5. Concept of mind, in Yogic perspectives.
6. Concept of swara Yoga and shatchakras.
7. Classification and types of Pranayama as referred in different Yogic texts.
8. Classification and types of Pranayama as referred in different Yogic texts.
9. Pre-requisites of Pranayama and practices leading to Meditation and their importance.
10. Indications and contra-indications of Pranayama and Meditation.
11. Pranayama techniques for health promotion.
12. Meditation techniques for health promotion.

II. Anatomy & Physiology of Pranayama and Meditation

(12 hours)

1. General introduction to human anatomy.
2. General introduction to human physiology.
3. Physiology of respiration.
4. Regulation and control of respiration.
5. The physiology of Meditation.
6. Meditation and extra sensual perceptions.
7. Concept of mind, consciousness, ego: modern perspectives.
8. Inter-relationship between Pranayama and Meditation.



9. Breathing practices & Pranayama: their differences and inter-relationship.
10. Effect of Pranayama and Meditation on different systems of human body-1.
11. Effect of Pranayama and Meditation on different systems of human body-2.
12. Effect of Pranayama and Meditation on different systems of human body-3.

III: Applications of Pranayama & Meditation (12 hours)

1. Role of Pranayama and Meditation in disease prevention and health promotion.
2. Health benefits of Pranayama.
3. Health benefits of Meditation.
4. Pranayama and Meditation for Old age problems.
5. Pranayama and Meditation and Cognitive functions.
6. Pranayama and Meditation for Women health problems.
7. Pranayama and Meditation for Stress management.
8. Pranayama and Meditation for Children.
9. Meditation and psychological conditions.
10. Research conducted on Pranayama and Meditation-I.
11. Research conducted on Pranayama and Meditation-II.
12. Relevance of Pranayama and Meditation practices in modern day.

PART – II: PRACTICALS

Total Duration: 72 hrs.

Practice of the following pranayama and meditation practices with brief theoretical knowledge about their importance of name, the technique, salient points, precautions to be taken and advantages of each practices:

UNIT – I

- 1.1 Recitation of hymns and shanti mantras
- 1.2 Introductory breathing practices: abdominal, thoracic, clavicular, Yogic deep breathing
- 1.3 Kriyas relevant for Pranayama :, Kapalbhathi, Agnisara, Neti
- 1.4 Concept of Purak, Rechak and Kumbhak
- 1.5 Anulom-Vilom Pranayama

UNIT – II

- 2.1 Nadishodhana pranayama
- 2.2 Chandrabhedhi & Suryabhedhi pranayama
- 2.3 Ujjayi pranayama
- 2.4 Shitali and Shitkari pranayama
- 2.5 Bhramari pranayama
- 2.6 Bhastrika pranayama.

UNIT – III

- 3.1 Preparatory practices for meditation (Food, climate, season etc.)
- 3.2 Concept of Pranava
- 3.3 Recitation of pranava japa and soham japa
- 3.4 Prana dharana antarmaouna and Dharana
- 3.5 Practice of meditation
- 3.6 Introduction to Vipasana Dhyana & Preksha Dhyana

Course Schedule

Inauguration – 1 Hr; Theory Lecture – 1 hr./day
Yoga Practical – 1 hrs./day; Vaedictory – 1 Hr

- Day 1**
a) **Inauguration and Introduction**
b) **Theory** : General introduction to Yoga, Yogic Texts and Yoga practice
c) **Practical** : Prayer, OM recitation, introduction to basic posture and shavasana
- Day 2**
a) **Theory** : Introduction to Pranayama
b) **Practical** : Postural correction of sitting, introductory breathing practices: abdominal, thoracic, clavicular
- Day 3**
a) **Theory** : Introduction to Meditation
b) **Practical** : Mantra, Revision of previous practice and full Yogic breathing
- Day 4**
a) **Theory** : Concept of Breathing, Vayu, Prana and up-prana
b) **Practical** : Revision of previous practices, Omkar
- Day 5**
a) **Theory** : Concept of mind in yogic prospective
b) **Practical** : Revision of previous practices and Kapalbhathi
- Day 6**
a) **Theory** : Classification & types of pranayama as referred in different yogic text books-I
b) **Practical** : Revision of previous practices and alternate nostril breathing, Kapalbhathi and Omkar (aum)
- Day 7**
a) **Theory** : Classification & types of pranayama as referred in different yogic text books-II
b) **Practical** : Revision of previous practices, Bandha introduction for Pranayama.
- Day 8**
a) **Theory** : Concept of swar Yoga & shatchakras
b) **Practical** : Revision of previous practices, Kapalabhathi duration Increased & AnulomaViloma
- Day 9**
a) **Theory** : Prerequisite of pranayama & practices leading to meditation and their importance
b) **Practical** : Revision of previous practices, Kapalabhathi duration Increased & Anuloma Viloma(Extended), Puraka, Rechaka & Kumbhaka
- Day 10**
a) **Theory** : Indication and contra indication of pranayama & meditation
b) **Practical** : Revision of previous practices, AnulomaViloma(Extended), Agnisaar
- Day 11**
a) **Theory** : Revision of Previous Lectures
b) **Practical** : Revision of Previous Practices
- Day 12**
a) **Theory** : Revision of Previous Lectures
b) **Practical** : Revision of Previous Practices
- Day 13**
a) **Theory** : General introduction to Human Anatomy
b) **Practical** : Revision of previous practices, AnulomaViloma(Extended), Puraka, Rechaka, Kumbhaka (intro) and Om Jap
- Day 14**
a) **Theory** : General introduction to human physiology
b) **Practical** : Suryabhedi Pranayama
- Day 15**
a) **Theory** : Physiology of Respiration
b) **Practical** : Ujayee & Brahamari Pranayama
- Day 16**
a) **Theory** : Regulation of Respiration
b) **Practical** : Sheetal and Sheetkari Pranayama
- Day 17**
a) **Theory** : Inter-relationship between Pranayama and Meditation
b) **Practical** : Chandrabhedi Pranayama
- Day 18**
a) **Theory** : Meditation and Brain Physiology
b) **Practical** : Bhastrika Pranayama
- Day 19**
a) **Theory** : Meditation and extra sensual perceptions
b) **Practical** : Dharna

Day 20

- a) **Theory** : Relevance of Pranayama and Meditation practices in modern day
 b) **Practical** : Revision of Previous Practices

Day 21

- a) **Theory** : Meditation and psychological conditions
 b) **Practical** : Revision of Previous Practices

Day 22

- a) **Theory** : Meditation and psychological conditions
 b) **Practical** : Antarmaouna

Day 23

- a) **Theory** : Effect of Pranayama and Meditation on different systems of human body- 1
 b) **Practical** : Revision of Previous Practices

Day 24

- a) **Theory** : Effect of Pranayama and Meditation on different systems of human body-2
 b) **Practical** : Revision of Previous Practices

Day 25

- a) **Theory** : Pranayama techniques for Health promotions
 b) **Practical** : Introduction to Vipasanadhyan

Day 26

- a) **Theory** : Meditation techniques for health promotions
 b) **Practical** : Revision of Previous Practices

Day 27

- a) **Theory** : Role of Pranayama and Meditation in disease prevention and health promotion
 b) **Practical** : Introduction to Prekshadhyan

Day 28

- a) **Theory** : Health benefits of Pranayama
 b) **Practical** : Revision of Previous Practices

Day 29

- a) **Theory** : Health benefits of Meditation
 b) **Practical** : Revision of Previous Practices

Day 30

- a) **Theory** : Pranayama and Meditation for Old age problems
 b) **Practical** : Revision of Previous Practices

Day 31

- a) **Theory** : Pranayama and Meditation and Cognitive functions
 b) **Practical** : Revision of Previous Practices

Day 32

- a) **Theory** : Pranayama and Meditation for Women health problems
 b) **Practical** : Revision of Previous Practices

Day 33

- a) **Theory** : Pranayama and Meditation for Stress management
 b) **Practical** : Revision of Previous Practices

Day 34

- a) **Theory** : Pranayama and Meditation for Children and their personality development
 b) **Practical** : Revision of Previous Practices

Day 35

- a) **Theory** : Research conducted on Pranayama and Meditation
 b) **Practical** : Revision of Previous Practices

Day 36

- a) **Theory** : Revision of previous lectures
 b) **Practical** : Revision of Previous Practices

Books for Reference

Iyengar, B.K.S.	Light on Pranayama, Harper Collins, London.
Nagendra, H.R.	The art and Science of Pranayama, V. K. Yogas, Bangalore.
Swami Kuvalyananda	Pranayama, Kaivalyadhama, Lonavla
Swami Rama	Science of Breath, The Himalayan International Institute, Pennsylvania.
Basavaraddi, I.V. & Others	Pranayama
Gharote, M.L.	Pranayama : The Science of Breath, The Lonavla Yoga Institute, Lonavla, 2003.
Saraswati Swamisatyanand	Meditation from Tantras, Yoga Publication Trust, Munger. Gore
M. M.	Anatomy and Physiology of Yogic Practic
For Bengali Books:	Jayanta Hore- Susasthya O Yog-Byayama & Patanjali Yog
	Darshan O Prarthana Mantra

