



Ghantali Mitra Mandal, Yoga Dept. Thane. Yoga Education Diploma Course No. 26

(Recognized by Govt. of Maharashtra)

Highlights of the course:

- A Comprehensive Course for teaching Yoga.
- Duration of the course is one year July 2020 to June 2021(With Internship)
- A Diploma Certificate will be issued to those who successfully complete the course.
- One will become a qualified Yoga Teacher after successful completion of the course but will not be qualified to work as Yoga Therapist.

Syllabus:

A. Conceptual Base of Yoga 1. Pranava sadhana, 2. Yoga - Meaning, Definitions, Origin, Aims, History, 3. Misconceptions of Yoga, Comparison Yoga & Exercise, 4. Cleansing Processes, 5. Asana, Pranayama, 6. Diet, Yogic diet, 7. Mudra and Bandha, 8. Selected Verses from Yoga Scriptures (Chanting & meaning) - 1, 9. Darshanas (Including Patanjali Yoga Darshana) and introduction to their basic principles, 10. Pratyahara, Dharana, Dhyana, 11. Relaxation, Yoganidra, 12. Multi Dimensional Yoga, 13. Health through Yoga, 14. Yogic Psychology, 15. Panchakosha & Chakra concept an overview, 16. Research in Yoga, 17. Applied Yoga, 18. Ayurveda and Naturopathy - an overview, 19. Yoga Therapy an overview, 20. Introduction to selected Scriptures, 21. Hathayoga, 22. Selected Verses from Yoga Scriptures (Chanting & meaning) – 2, 23 Vedas & Upanishadas – Introduction.

B. Scientific Base of Yoga – Anatomy and Physiology

1. Modern Medical Science an overview
2. Structure (Anatomy) & Function (Physiology),
3. Importance of Anatomy & Physiology for Yoga Teachers
4. Systems of the body & effect of Yogic practices
 - Musculo-Skeletal System
 - Digestive System
 - Circulatory System
 - Respiratory System
 - Lymphatic & Immune System
 - Endocrine/Exocrine glands System
 - Nervous System
 - Excretory System
 - Reproductive System
 - Modern Psychology - an overview

C. Psychological base of Yoga

Education Psychology – Learning and Teaching Methodology

1. Education and its meaning, 2. Definitions of Education and process, 3. Types of education and relationship with Yoga, formal & Informal education, 4. Objectives of education, 5. Learning process, nature of learning, learning and maturation, 6 Theories of learning – Association theory, Field theory, 7. Factors affecting learning, 8. Steps in learning, 9. Rules of learning, 10. Child education (Pedagogy), Adult education (Andragogy), 11. Teaching Methodology – Role playing, Simulation, Rules of Teaching or Principles, 12. Types of teaching, 13. Communication process, factors, obstacles, mediums, types, 14. Methods of making communication effective, 15. Teaching aids, 16. Memory and Forgetfulness, reasons and solutions, concentration and obstacles in it, Medhasanskar, 17. Ideal Yoga Teacher, Ideal yoga centre and its functioning, 18, Yoga and Personality development, definitions, symptoms, need of personality development, western means, Johari window, personality development through Yoga.

D. Practicals

Preparatory Practices:

Pawanamuktasana part 1, Bend, Stretch & Twist, Suryanamaskara

Asanas in Sitting Position:

Vajrasana, Supta Vajrasana, Ushtrasana, Marjarasana, Bhushirasana, Shashankasana, Uttana Mandukasana, Hansasana, Padmasana, Parvatasana, Vakrasana, Janushirasana, Ardhamatsyendrasana, Swastikasana, Baddhahastagomukhasana, Sheershasana, Mayurasana, Bakasana, Vrishabhasana, Pashchimottanasana, Siddhdhasana, Utthitapadmasana, Baddha Padmasana, Bhadrasana, Ugrasana, Kurmasana, Aakarna Dhanurasana

Mudras in Sitting Position:

Hastamudra, Namanamudra, Yogamudra (Hands behind/fists near abdomen), Simhamudra, Brahmamudra

Asanas in Supine Position:

Uathita Ek/Dwipadasana, Pawanamuktasana Part 2 (pressure on abdomen), Dronasana, Uttana vakrasana, Setu bandhasana, Anantasana, Sarvangasana, Matsyasana, Halasana, Karnapeedasana,

Mudras in Supine Postion :

Viparitarani Mudra, Sulabh Tadagi Mudra

Asanas in Prone Position:

Makarasana, Bhujangasana, Shalabhasana, Naukasana, Dhanurasana

Asanas in Standing Position:

Hasta-padasana, Chakrasana, Trikonasana, Tadasana, Baddha-hastasana, Ekapada-tolasana, Vrikshasana, Utkatasana

Shuddhikriya:

Shwasanamarg shuddhi, Kapalabhati, Jalaneti, Sutra/Rubber neti, (Vesan), Vamanadhauti, Dand Dhauti, Vastra Dhauti, Shankha Prakshalana, Uddiyana, Agnisara, Jyoti Trataka

Pranayam Preparatory:

Deep breathing, Sectional breathing, Yogic breathing, Suryabhyasa, Chandrabhyasa

Pranayama:

Suryabhedana, Anulome-Vilome (Naadi Shuddhi), Ujjayi, Bhastrika, Seetkari, Sheetali, Bhrumari

Dharana, Dhyana:

Pranadharana, Ishtadharana, Omkardhyana

Examination:

Unit Test -

1. **Unit Test – 1** Based on the topics related to Yoga concepts, Shlokas -1, Anatomy/Physiology taught before Diwali vacation. (100 marks)
2. **Unit Test – 2** Based on the topics related to Yoga concepts, Shlokas -2, Anatomy Physiology taught after Diwali vacation. (100 marks)

Practical Examination –

1. First Term - 80 marks
2. Second Term - 100 marks
3. Viva Voce - 20 marks

Yoga Lesson Plans (100 marks)

Four Lesson plans - One Asana, One Mudra, One Pranayama and One conceptual subject.

Internship (Grade)

Behaviour during the class, Attendance, Karmayoga, Experience in the Summer classes of 4 weeks duration (Vasantik Varga), consisting of management, class conduction, demonstration, etc.

Project (Grade)

Based on self-study on any topic related to conceptual, psychological, scientific, educational aspects of Yoga pertaining to its practical application.

Gradation method (A+, A, B+, B, C) will be used for the Project Evaluation.

In case of 'C' grade above, the participant will have to resubmit the Project. The result will be withheld till then.

Outline of Exam

1. Unit Tests (Two)	200
2. Yoga Concept	100
3. Anatomy & Physiology	100
4. Education Psychology	100
5. Lesson plans	100
6. Practicals (Two)	200

Total Marks	800
Internship & Project	Grade

Rules & Regulations:

Eligibility: Age minimum 18 years and 12th pass.

Admissions: Limited, granted on 'first come first served' basis. (Course will be conducted only if there are minimum of 25 Admissions per location)

Course Fee: Total Rs. 15,000/-

Rs. 10,000/- payable at the time of admission.

Rs. 5,000/- payable at the beginning of Second Term.

The fee structure includes the course fee, examination fee, notes, five books, 12 issues of Yogtarang Monthly Magazine, Kit bag containing towel and napkin, Shuddhikriya kit, Breakfast (only for Weekly batches) educational excursion

Compulsory uniform: Track pant with white single narrow lining on the sides and white T shirt with collar, without any other colour markings. (From designated Shop by GMM)

Attendance: 70% Compulsory

Criteria for passing:

1. 40% marks in each subject and 50% of the grand total.
2. Failed candidate obtaining 50% in any subject will get Exemption and on successful completion of remaining papers will be declared "Pass".

Language for exams: Marathi / English / Hindi / Gujarati. The right of making necessary changes in the syllabus is reserved.

Study books for the course (Included in the fees)

1. Anandyog - Shri. Shrikrishna Vyavahare
2. Aarogyasathi Yog - Shri. Sadashiv Nimbalkar
3. Shudhdhikriya Kalachi Garaj - Mrs. Lata Mahajan
4. Patanjali Yogdarshan - Swami Anand Rushi
5. Know Yoga Live Yoga - Mr. Shrikrishna Mhaskar
6. Yogtarang Monthly Magazine (12 issues)
7. Yoga Yatra from Purification to Perfection - Dr. Ajit Oak

Reference books (Not included in the fees)

1. Pranayam Darshan - Yogacharya Shrikrishna Vyavahare
2. Medha Sanskar - Yogacharya Shrikrishna Vyavahare
3. Rog Manacha - Shodh Manacha - Yogacharya Shrikrishna Vyavahare
4. Patanjali Yogdarshan - Ek Abhyas (English / Marathi) - Swami Anand Rushi
5. Atha Dhyanam (English / Marathi) - Yogacharya Shrikrishna Vyavahare
6. Sharir Vidnyan Aani Yogabhyas (English / Marathi) - Dr. Makarand Gore

Class Number/ Code, Place, Medium and time.

Class No.1 (SH-D) – Sahayog Mandir, Predominantly Marathi, Monday to Saturday 6 to 7.30 am.

Class no.2 (SH-W) – Sahayog Mandir, Predominantly Marathi, Saturday Morning 6 to 9 am and Sunday 6.30 to 10.30 am. (with breakfast)

Class no.3 (HFS-W) – Hiranandani Foundation School Patlipada, Predominantly in English, Hindi Saturday 6.30 to 9.30 Sunday 6.30 to 10.30 (with breakfast)

Class no.4 (GHT-D) – Gurukul High School, Ghatkopar East, Predominantly in Hindi Monday to Saturday 5.45 to 7 am.

Special Instructions – Under the lockdown conditions due to present COVID -19 pandemic, till the situation gets absolutely normal, the classes will be organised on “Online” basis. Those who are interested to join under these arrangements will be joining under their own will and responsibility. Please note that fees will not be refunded under any circumstances in case of drop outs. The students should take note of the limitations of doing Asanas under “Online” arrangements with specific focus on the ailments.

For admissions Contact:

Ghantali Mitra Mandal Office: Devendra Apt., Ground Floor, Near Sahayog Mandir, Sahayog Mandir Road, Ghantali, Naupada, Thane 400602. Tel.: 2536 1349

Office Timings: Mon. to Fri.: Morning 11 to 1, Even. 7 to 8.30 Saturday: Morning 11 to 1

For Centre-wise admissions Please contact-

1. Sahayog Mandir Daily – Mrs. Darshana Mistry – 98197 06869
2. Sahayog Mandir Weekly – Shri Narendra Jawale – 98208 81916
3. Hiranandani School Weekly – Shri Anand Sahasrabuddhe – 98203 41193
4. Gurukul School Daily – Mrs. Seema Rane – 96191 66610

Website: www.anandyog.org,

FB.Page – facebook.com/ghantalimitramandal/yogadivision

Email: diploma.gmm@gmail.com

The syllabus and the Admission Form can be downloaded from the website / facebook.com/ghantalimitramandal/yogadivision

The form submission –

- A. Fill up the form online with payment details.

<https://www.cognitofrms.com/GMM6/DiplomaApplicationForm>

OR

- B. Duly filled up form can be submitted at GMM Office with cheque/online payment details

Time table of the course

The Daily and Weekly batches at Sahayog Mandir and HFS respectively will have common Inauguration on Saturday 25th July 2020 at 6.30 am.

Monday 27th July 2020 Inauguration of the class at Ghatkopar will take place at 6.30 am.

Broad details of schedule and holidays are as under,

Saturday, 15th August – Holiday (Independence day)

Saturday and Sunday 22nd and 23rd August – Holiday (Ganesh festival)

Sunday, 25th October – Holiday (Dassera) For Weekly batch

Sunday, 1st November – Unit Test – I

Monday 9th to 20th November – Diwali vacation

Monday, 25th January 2021 – Karmayoga

Tuesday, 26th January 2021 – GMM Foundation Day Celebration (Republic day)

Sunday, 7th February 2021 – Unit Test – II

Monday, 29th March 2021 – Holiday (Holi - Dhulwad)

11th, 18th and 25th April 2021 – Written exams

Monday, 3rd May to 28th May 2021 – Summer class (Vasantik Varga)

Saturday, 12th June 2021 – Declaration of Diploma Result (Combined)

----- X -----



Diploma Application Form

घंटाळी मित्र मंडळ (योग विभाग), ठाणे ४०० ६०२

योग शिक्षण पदविका अभ्यासक्रम क्र. २६
(महाराष्ट्र सरकार मान्यताप्राप्त)

(Admission Form)

Title *

Surname *

first Name *

Middle Name



Address *

Address Line 1

Address Line 2

City

Maharashtra

Postal / Zip Code

India



Residential Phone Number

Office Number

Cell Number *

Email *

Education Qualification *

Occupation

Date Of Birth *



Which of the Following Center Would you like to join *

- Class 1: Sahayog Mandir, Predominantly Marathi, Monday to Saturday 6 to 7.30 am
- Class 2: Sahayog Mandir, Predominantly Marathi, Saturday Morning 6 to 9 am and Sunday 6.30 to 10.30 am.
- Class 3: Hiranandani Foundation School Patlipada, Predominantly in English, Hindi Saturday 6.30 to 9.30 Sunday 6.30 to 10.30
- Class 4: Gurukul High School, Tilak Road, Ghatkopar East, Predominantly in Hindi, Monday to Saturday 5.45 to 7 am.

Fees Paid / Paying by *

Amount Paid *

Cheque Online by net banking Not Paid 10000 15000

Cheque should be in favour of '**Ghantali Mitra Mandal**'

Cheque No. *

Name of Bank if paid by Cheque

UTR No. (if Paid Online)

Date Of Payment *



Bank details for Online Payment

Account Name: Ghantali Mitra Mandal, Bank: Thane Bharat Sahakari Bank Ltd. Branch: Main Branch, Naupada, Thane

A/C Number: 002115000011582 IFSC Code: TBSB0000002

Please Select the Language of the books (provided by Institute)

Anand Yoga

Marathi English Gujarati

Yoga For Health and Peace (आरोग्य के लिए योग)

English Marathi Hindi Gujarati

Patanjal Yoga Sutra

English Marathi

Your recent Photograph (Max 200 KB)



or drag files here.

Pass port size, JPG, PNG Format

Education Qualification Certificate (HSC and above) (Max 500KB)



or drag files here.

Please attach file in JPG, PNG, PDF format

Medical Information

Height (In Centimeter) *

Weight (in KG) *

Do you have any routine physical / mental problem? *

Yes No

Have you undergone any surgery in past? *

Yes No

Do you have Hypertension?

Yes No

Do You Have Diabetes?

Yes No

Do you have Respiratory Disorders?

Yes No

Do you have Heart Disease?

Yes No

Do you have any other Disease/condition?

Yes No

If any of the above is Yes, then please specify nature of disease / condition and briefly mention ongoing treatment

If you have any of the above conditions, then have you sought medical opinion about joining this course?

Yes No

Any other details would you like to mention

Important Points to be noted for Admission

1. In view of the unprecedented situation arising out of Covid-19 pandemic and lockdowns, this Diploma course of One Year duration may be partially or fully conducted on “online” basis, which has some inherent limitations. .
2. If and when the situation normalises and people are allowed to gather without any restrictions on numbers, the contact sessions will be conducted at the respective locations detailed out in the syllabus or any other suitable place decided by GMM. This will be strictly by observance of preventive measures and guidelines issued by the authorities at that time.
3. GMM reserves the right to restrict the admission to only those participants who are able to join the daily or weekly contact sessions if and when started.
4. Since, initially all the sessions will be “online”, the batch code, days and timing will be common and all the batches will be conducted jointly on daily basis from 6 to 7.30 am. During these sessions there will be mixed use of languages viz, Marathi, English and Hindi
5. The practical aspects of learning will be restricted to simple practices with more focus on revision as any wrong/ faulty postures by the participants may not be possible to correct ‘online’.
6. Till contact sessions start it is intended to cover the Conceptual Base of various subjects in detail and combine it with practices.
7. All the participants need to have complete clarity to be abided by the “contra indications” indicated during the sessions with specific focus on the existing ailments they may have. In the event of any difficulty in performing the practices, they should abstain from practising for their own safety.
8. There is every possibility of “on the spot” changes in the schedules given in the syllabus depending on the dynamics of situation.
9. The admission forms can be submitted in person at GMM office or sent on email before payment for initial screening of “location of participants” to avoid future confusion.

I have joined the Yoga Education Diploma Course conducted by Ghantali Mitra Mandal, Thane at my own responsibility and I have read and fully understood the syllabus for the course. *

I agree

Submit

Please do not submit passwords through Cognito Forms.