



GHANTALI MITRA MANDAL, THANE (W)

(Established: 26th January 1965)

YOGA DEPARTMENT (Estd. 1st January 1971)

(REGN. No E-482, Thane)

**Office: Sahayog Mandir, First Floor, Sahayog Mandir Road,
Ghantali, Thane, 400 602**

**Time: Monday to Saturday Morning 11 to 1 noon and Evening 7.30 to 8.30
(Saturday Half Day and Sunday Full Day Holiday)**

E- mail: gmmmyoga@yahoo.co.in

WEEKLY YOGA EDUCATION CERTIFICATE COURSE (No. 5)

(Recognised by Govt. Of Maharashtra)

Information Broacher cum Application Form

BRIEF

Ghantali Mitra Mandal, (GMM) Thane is an institution engaged in spreading culture of yoga for than three decades. Considering the wide spread base of this work, future need and in order to create awareness amongst yoga sadhakas, GMM organizes “Yoga Education Certificate Course” every year. This course offers some basic inputs about Yogic Concepts and allied issues related to it. On successful completion of this course, Sadhaka becomes eligible for the Yoga Education Diploma Course. The diploma Holders can work as Yoga Teachers. The details of this course are appended below,

- 1. Eligibility** : Age 18 years complete and passed S.S.C.
- 2. Duration** : 26th July 2014 to 18th October 2014
- 3. Place** : Hiranandani School, Ghodbandar Road, Thane.
- 4. Time** : Saturday – 6.30 to 8.30 Sunday 6.30 to 9.30
Morning
- 5. Admission** : Maximum 100
- 6. Course Fees** : Rs. 4000/- (Including study material, Exam. Fees, library facility, Shuddhikriya Kit, Napkin, bag, File, Pen etc.)
- 7. Medium** : Primarily English and Hindi

8. Registration : Hiranandani School, Mon. to Sat. 6 to 7 morning
9. Text Books : 9.1 Anandyoga – by Yogacharya Shrikrishna
Vyavahare (GMM, Publication)
9.2 Yoga for Health – by Sadashivrao Nimbalkar (Yoga
Vidya Dham, Publication)
9.3 Patanjali Yoga Darshan – by Swami Anandirishi
(GMM, Publication)
9.4 Know Yoga – Live Yoga – by Shrikrishna Mhaskar
(GMM, Publication)
9.5 Thane Yogatarang (Monthly Publication, GMM)
10. Uniform : Black track pant and White t-shirt (Compulsory for all)

YOGA EDUCATION CERTIFICATE – SYLLABUS FOR EXAMINATION A – THEORY

1. Pranav Sadhana
2. Yoga – Origin, Objectives, Definitions, Misconceptions
3. Brief history of yoga
4. Multi-dimensional Yoga
5. Yoga & Exercise – A Comparative study
6. Yoga- Principles, Techniques and Science
7. Yoga and Health
8. Yoga & Personality Development
9. Yoga & diet
10. Yama-Niyam
11. Asana
12. Pranayama
13. Pratyahar, Dharana & Dhyna
14. Cleansing Processes
15. Mudra & Bandh
16. Relaxation
17. Yoga & Human Body
18. Introduction to Patanjali Sutras

Selected Shlokas from Scriptures –

१. ओंकार बिंदू संयुक्तं . . २. योगेन चित्तस्य .. ३. समाधानाय सौख्याय ... ४. हठस्य प्रथमाद्.गत्वा
.. ५. आसनानि समस्तानि ... ६. धौतिर्बस्तिस्तथा नेति ... ७. प्राणस्येदं वशे सर्वं. . . ८. चले वाते
चलं .. ९. यथा सिंहो गजो व्याघ्रो .. १०. प्राणायामेन युक्तेन .. ११. सूर्यभेदनमुज्जायी .. १२.
उत्तानं शवदभूमौ . .

B – Practicals

- 1. Position – Supine, Reverse Supine, Sitting, Standing**
- 2. Asanas –**
 - Pavanmuktasana Part 1 – Anti Rheumatic, Sharir Sanchalana, Merudand Vakrasan**
 - Pavanmuktasana – Giving pressure on abdomen – (Half, Sulabh, Complete)**
 - Uthit Eka-padasana, Uthit Dwi- padasana, Ardha Dronasana, Dronasana**
 - Sarvangasana, Matysana, Sulabh Halasana, Halasana**
 - Vajrasana, Supta Vajrasana**
 - Marjarasana**
 - Sulabh Hansasana, Hansasana, Mayurasana**
 - Bhushirasana, Shirshasana**
 - Purva/Sulabh/Ushtrasana**
 - Ardh-Padmasana, Padmasana, Parvatasana**
 - Hastapadasana/ Janushirasana/Paschimatanasana**
 - Uttan Vakrasana/Sulabh Vakrasana/ Ardha Matsyendrasana**
 - Purva Chakrasana/Sulabh Chakrasana/Chakrasana**
 - Trikonasana, Tadasana, Baddhastasna**
 - Purva Makarasana/ Sulabh Makarasana/ Makarasana**
 - Purva Bhujangasana/Sulabh Bhujangasana/Bhujangasana**
 - Ardha Shalabhasana/ Sulabh Shalabhasana/Shalabhasana**
 - Sulabh Naukasana/ Naukasana**
 - Sulabh Dhanurasana/Dhanurasana**
 - Shavasana/Yoganidra**
 - Swastikasana, Eak-Padatolasana, Vrukshasana, Shashankasana, Uttan**
 - Mandukasana, Gomukhasana/Badhahasta Gomukhasana**
- 3. Surya Namaskar**
- 4. Hastamudra – Dronamudra, Dnyanamudra, , Chinmudra, Angulimudra, Dhyanamudra, Namaskarmudra**
- 5. Mudra – Namanamudra, Yogamudra, Viparitkarani Mudra, Ashwani Mudra, Tadagi Mudra, Simhamudra, Dattamudra, Brahmamudra**
- 6. Shuddhikriyas (Cleansing Processes) – Cleansing of respiratory path, Kapalbhati, Jalaneti, Sutra/Catheter Neti, Vamandhauti, Uddiyan, Agnisar , tratak (Inner/Outer)**
- 7. Pranayama -**
 - A.Deep breathing, Sectional / Yogic breathing, Suryabhyas/Suryabhedan, Chandrabhyas/Chandrabhedan, Ujjayi, Sitkari, Sheetali, Bhastrika, Bhramari, Anuloma Vilom (Nadi Shuddhi), Udar Pranayama, Manas Pranayama, Anand Pranayama**
 - B. Kalasapeksha Sahaj Pranayama – Simple Pranayama relevant to today's time**
- 8. Dharana, Dhyana – Pranadharana, Ishtadharana, Omkardhyan**

YOGA EDUCATION CERTIFICATE – EXAMINATION

- A. Written Exam. – One paper, total marks 100, Subjective / Objective**
- B. Practical Exam. –Total marks 100 – Asanas/Mudras/Pranayama/Shuddhikriyas**

PASSING CRITERIA

- 1. Out of A & B above each part minimum 40 %**
- 2. Aggregate of both should be minimum 50 %**
- 3. If one gets 50 % in either of the parts, can be eligible for exemption in the respective part. In another attempt if one gets 50 %, will be declared as pass.**
- 4. One can reappear for complete examination to get grade.**

GENERAL RULES

- 1. Admission will be given on first come first served basis.**
- 2. Minimum 70 % presence during the course period is compulsory.**
- 3. Fees will not be refunded.**

Special Instructions: Education committee's decision to relax the compliances of condition number 2 & 3 will be final and binding.

COURSE TIME-TABLE

Inauguration of the course on Saturday 26th July 2014, at 6.30 morning.

Valedictory session and declaration of results on 19th October 2014 at 6.30 morning.

Holidays – 30th August 2014 Ganesh Festival

Special instruction – Examination Schedule for practical and theoretical papers will be informed suitably during the course of time.

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**WEEKLY YOGA EDUCATION CERTIFICATE COURSE (No. 5)
RECOGNISED BY GOVT. OF MAHARASHTRA
Admission Form**

PHOTOGRAPH



1. Full Name : -----
2. Address : -----

3. Tel. No. ----- E- mail. -----
Mobile No. -----
4. Birth Date : ----- Present Age -----
5. Educational Qualification : -----
6. Occupation: -----
7. Fees : Draft/Cheque No. ----- Drawn on -----
8. Photo : Please affix your latest passport photo on the right hand corner above
9. Text books: If you need the book in vernacular language inform the group teacher suitably.

Date:

Signature of Candidate

Note: The draft/cheque should be drawn in the name of Ghantali Mitra Mandal.

GHANTALI MITRA MANDAL (YOGA DEPARTMENT), Thane 400 602

Sr. No.

Date:

Received with thanks from Shri/Shrimati -----

By draft/cheque for Rs. (in words Rs.)

Signed receipt will be issued subsequently.