



Department of Sanskrit
Jamia Millia Islamia

ADMISSIONS OPENING SOON

CERTIFICATE COURSE IN YOGA STUDIES

Enhance Your Well-Being
Gain Professional Skills
Explore Yoga Careers





संस्कृतविभाग: जामियामिल्लियाइस्लामिया नवदेहलीस्थः

(राष्ट्रीयमूल्याङ्कनपरिषदा A++ श्रेण्या प्रत्यायितः केन्द्रीयविश्वविद्यालयः)

Department of Sanskrit, Jamia Millia Islamia, New Delhi 110 025

(NAAC Accredited A++ Central University)



Certificate Course in Yoga Studies: Course Descriptions

Yoga is a priceless gift from ancient Indian culture, rooted in a subtle yet profound science that harmonizes the mind and body, thought and action, and human connection with nature. It offers a holistic approach to health and well-being.

With growing global recognition, yoga is now widely embraced not only for maintaining health but also for managing various illnesses. This increasing awareness has opened diverse career opportunities in yoga, including roles as instructors, therapists, wellness coaches, and educators in healthcare, corporate, and fitness sectors.

To support this growth, the Sanskrit department offers a **Certificate Course in Yoga Studies**, equipping students with essential knowledge and skills to build a successful career in yoga and holistic wellness.

- 1. Title of the Course:** Certificate Course in Yoga Studies. (C16)
- 2. Eligibility Conditions:** A pass in 12th from a recognized Board or equivalent.
- 3. Duration of the Course:** 1 year (2 semester)
- 4. Intake Capacity:** 30 seats per batch.
- 5. Fee Structure:** Rs. 10,000/- (Each semester)
- 6. Medium of Instruction:** Hindi / English
- 7. Dress Code:**

Decided by the Institute for both boys and girls, which need to be purchased by the students on their own. Each candidate shall attend the Institute's formal classes and other functions only in the prescribed dress for summer as well as winter seasons with the Institute's emblem thereon.

7. 8. Selection Procedure:

The selection for the entrance test will be based on performance. The test will be **two hours long** and will consist of **Multiple-Choice Questions (MCQs)** based on the **entrance examination syllabus** conducted by **Jamia Millia Islamia (JMI)**. It will be held on the **specified date** mentioned in the official **notification**.

9. Award of the Certificate:

On successful completion of the course, an institutional certificate of "Certificate Course in Yoga Studies" will be awarded to candidates who are successful in both theory and practical examinations.

Certificate Course in Yoga Studies

Syllabi and Structure of Entrance Examination

(Approved by BoS on 09.10.2024)

- Maximum Marks: 100
- Time: 02:00 Hours
- Type of Examination: As per University norms
- Exam Structure: Multiple Choice Questions (MCQs) - 100 Questions of 100 Marks
- Each question carries 1 mark. Questions will test basic factual knowledge, basic understanding, and basic application.

Outline of Entrance Examination Syllabus

1. General Knowledge of Yoga
2. Definition and Meaning of Yoga
3. History and Evolution of Yoga
4. Major Branches of Yoga: Bhakti Yoga, Karma Yoga, Jnana Yoga, Hatha Yoga, and Raja Yoga
5. Major Texts on Yoga: Yoga Sutras of Patanjali, Bhagavad Gita, Hatha Yoga Pradipika, Gheranda Samhita
6. Ashtanga Yoga: Overview of the Eight Limbs of Yoga:
 - Yama (Moral Disciplines)
 - Niyama (Personal Observances)
 - Asana (Postures)
 - Pranayama (Breath Control)
 - Pratyahara (Withdrawal of Senses)
 - Dharana (Concentration)
 - Dhyana (Meditation)
 - Samadhi (Absorption)
7. International Yoga Day:
 - Significance and Importance
 - Historical Background and Initiation
 - Themes of International Yoga Day from Previous Years
 - Role of India in Promoting International Yoga Day
 - Events and Activities Associated with International Yoga Day
8. Government Initiatives for Yoga in India:

- Ministry of AYUSH and its Role
 - National Yoga Programs and Policies
 - Institutes Promoting Yoga in India: Morarji Desai National Institute of Yoga, Yoga Certification Board, etc.
 - Schemes and Initiatives for the Promotion of Yoga Education and Training
9. Basic Knowledge of the Human Body and Health:
- Overview of Human Anatomy and Physiology: Skeletal, Muscular, Respiratory, Circulatory, and Digestive Systems
 - Common Diseases and Disorders:
 - Lifestyle Disorders: Hypertension, Diabetes, Obesity, etc.
 - Respiratory Disorders: Asthma, Bronchitis, etc.
 - Benefits of Yoga for Physical and Mental Health
 - Impact of Yoga on Stress Reduction, Flexibility, and Mental Clarity
10. Contemporary Prominent Indian Yogis and Institutions:
- Major Indian Yogis and their Contributions to Yoga
11. Basic Ideas on Indian Culture
12. Basic Ideas of Food and Nutrition

