

INTRODUCTION

Yoga is a complete science of life that originated in India thousands of years ago. It can be said authentically that history of yoga is as old as the Indian history. Yoga has remained a part of our civilization. On the basis of various sculptures and scriptures, Lord Shiva is seen as the first yogi or Adi yogi and the first guru or Adi Guru of yoga. While Yajnavalkya Smriti states, "Hiranya Garbho Yogasya Vakta Naneya Purataneh" which means Hiranyagarbha is first speaker of yoga. Nobody is more ancient than him. However, Maharishi Patanjali is considered to be the first compiler of body culture in yoga. He was the first person to structure Yoga in systematic and scientific way and divided Sadhanpaad into eight limbs of yoga including Yama, Niyama, Asana, Pranayam, Pratyahara, Dharna, Dhyana, and Samadhi. In the era of technological advancements and globalization, students have started following a sedentary lifestyle and not participating in any kind of physical fitness activities. This is leading them to suffer from many physical and mental ailments.

Name of the Course: "Certificate Course in Foundation of Yog".

Resource Person: Yogacharya Manish Kapoor

Duration of the course: The duration of the Course is 36 hours, for a period of one month. The classes will be conducted 6 days in a week, Monday to Saturday for one and half hours from 7:00 am to 8:30 am.

Aim of the Course: The aim of this course is to aware the students about the importance of health, wellness and to motivate students to take part in health and fitness activities so that they can have sound mind in sound body.

Objectives of the Course:

1. To teach the scientific and spiritual aspects of yoga.
2. To teach the precautions to be taken care for performing different asanas.
3. To make aware the benefits of performing different yogasana.

Health Status: The applicant must be in good mental and physical health and have to submit a medical certificate from the competent medical practitioner.

Dress Code: The dress shall be White T-Shirt and black track pants for participants.

Course Timings: The tentative course timing for conducting this programme is 7:00 am to 8:30 am. However, the timings may be changed as per the convenience of the Institute. Batch Schedule: September 2026.

Course Fee: Nil

Award of Certificate: At the end of the course there will be practical exam and those candidates who have secured minimum 90% attendance will only be allowed to appear in the practical examination. Certificate will be awarded only to those candidates who clear the practical examination.

Rules & Regulations:

- (a) The students must bring their own Yoga mats.

SYLLABUS:

Theory:

Meaning, Definitions, History and Importance of Yoga

Practical:

1. Yogic Prayer
2. Shatkarm: Kapalbhati, Jalneti
3. Sukshma Vyayam
4. Sthool Vyayam
5. Asanas

Standing Posture: Tadasana, Padahasthasana, Veerabhadrasana, Garudasana, Vrikshaasana, Trikonasana, Ardha-Katichakrasana, Natrajasana, Parvratasana, Ardha-Chakrasana

Sitting Posture: Padmasana, Vajrasana, Gomukhasana, Ustrasana, Paschimottanasana, Vakrasana, Bhadrasana, Baddha-konasana, Matsyendrasana, Janusirsasana

Supine Posture: Shavasana, Sarvangasana, Halasana, Setubandhasana, Chakrasana, Markatasana, Uttanpadasana, Pawanmuktasana, Nawasana, Matsyasana

Prone Posture: Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Naukasana, Sarpasana

6. Pranayama: Bhastrika, Nadishodhan, Bhramari and Ujjayi Pranayam

7. Meditation / Introduction of Yognidra

Others: Suryanamaskar

Deep Relaxation Technique

Life Lessons through Shlokas, Mantras & Yoga Sutras from diverse Yoga schools and scriptures – bringing timeless wisdom into modern life



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MIRANDA HOUSE
UNIVERSITY OF DELHI

Department of Physical Education & Sports

organizing

CERTIFICATE COURSE IN FOUNDATION OF YOG

Duration of Course	: One Month
Credit Hours	: 36 Hours
Classes	: Monday to Saturday
Time	: 7:00 am to 8:30 am
Course begins	: 08/09/2026
Date of Registration	: 12/08/2026 onwards



For registration and more information kindly contact

Department of Physical Education
& Sports



MIRANDA HOUSE UNIVERSITY OF DELHI

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

Presents

CERTIFICATE COURSE IN

FOUNDATION OF YOG

DURATION OF COURSE – One Month

COURSE STARTS – September 08, 2026

TIME – 7:00 AM TO 8:30 AM

CLASSES – Monday to Saturday

REGISTRATION STARTING FROM- 12 AUGUST 2026

**OFFLINE REGISTRATION AT THE SPORTS DEPARTMENT
(12-2PM, MONDAY TO FRIDAY)**

“LIMITED 50 SEATS”

(ON FIRST COME FIRST SERVE BASIS)

**PROF. DR. BIJAYALAXMI NANDA
(PRINCIPAL)**

**DR. NEERU YADAV
(TEACHER IN CHARGE)**

FOR QUERIES CONTACT :

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