

**SHRI SHIVAJI COLLEGE OF PHYSICAL EDUCATION,  
AMRAVATI**

**Certificate in Yoga Education**  
*(Three months certificate course)*

**Aims and Objective:-**

The certificate course in yoga education is aimed of fulfilling the need of trained personal that can understand the basic principles of yoga education and can apply this knowledge, principles & skill in prevention and cure of diseases, preservation and cure of diseases as well as for preservation and protection of health.

**Duration:-** Three Month

**Eligibility:-** Minimum Qualification for admission will be 10th pass,

**Medium of Instruction:-** Hindi /English

**Curriculum:-** There will be one written paper and practical of 50 marks each.

**Paper- I**

1. Meaning of yoga, definition and misconception about yoga. Historical background of yoga.
2. Yogic Practices:- Brief instruction: Yam, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyan & Samadhi, Shatkarm, Bandh & Mudra, Suryanmaskar.
3. Contribution of yoga in education and physical education.
4. Comparison of yogic exercises and non-yogic exercise.

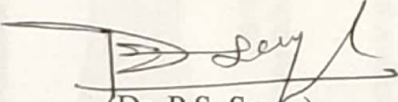
**SHRI SHIVAJI COLLEGE OF PHYSICAL EDUCATION, AMRAVATI**

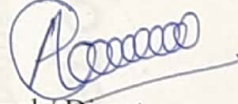
**TAKHATMAL SHRI VALLABHA YOGA CENTRE, AMRAVATI.  
(C.Y.Ed. Three Month Course)**

**Time Table**

**With effect from 1/12/2019 to 28/2/2020**

| Day       | Time              | Yogic Activities                           |
|-----------|-------------------|--|
| Monday    | 6.00 to 7.00 P.M. | Assan<br>Dr. P.S.Sayar                     |
| Tuesday   | 6.00 to 7.00 P.M. | Assan<br>Dr. P.S.Sayar                     |
| Wednesday | 6.00 to 7.00 P.M. | Pranayam<br>Prof. S.T. Yeotkar             |
| Thursday  | 6.00 to 7.00 P.M. | Meditation<br>Dr. P.S. Sayar               |
| Friday    | 6.00 to 7.00 P.M. | Yoga Theory<br>Dr. R.C. Kapil              |
| Saturday  | 6.00 to 7.00 P.M. | Shatkarm/Bandh/Mudra<br>Prof. S.T. Yeotkar |

  
(Dr. P.S. Sayar)  
Time Table Incharge

  
Principal / Director  
Takhatalmal Shrivallabh Yoga Kendra,  
Amravati



SHRI SHIVAJI EDUCATION SOCIETY'S

**TAKHATMAL SHRIVALLABH YOGA KENDRA  
AMRAVATI**



**Certificate Course in Yoga**

*This certificate of proficiency has been awarded to*

*Shri / Smt. / Ku. ....*

*who attended Yoga Certificate Course, at Takhatmal  
Shrivallabha Yoga Kendra, Amravati & has passed the  
examination held in the month of ..... 20*

*in grade ..... Duration of the Course, Three months,*

Amravati.

Date :    /    / 20

Principal  
Shri Shivaji College of Physical Education, Amravati  
&

Secretary  
Takhatmal Shrivallabha Yoga Kendra  
Shivaji Nagar, Amravati.

**Shri Shivaji Education Society, Amravati's**  
**Shri Shivaji College of Physical Education, Amravati**

**CERTIFICATE COURSE IN JUDO**

**Aims and Objective:-**

The certificate course in judo is aimed of fulfilling the need of trained personal that can understand the basic techniques of judo and can apply this knowledge, principle & skill for the prevention and self-defense.

**Objective:-**

Judo is strengthen body by practicing at attack and defense, to complete the personality by training the mind and finally to devote oneself to society.

**Duration:-** Six months

**Eligibility:-** No Age Limit

**Medium of Instruction:-** Hindi, English, Marathi

**Curriculum:-** There will be one written paper and practical of 50 marks each. No theory exam for below 15 years players.

**Paper I:-**

1. Meaning of judo, principle, historical back ground of Judo.
2. Judo in India.
3. Ground measurement rules and regulation.
4. Types of Rank of Judocas and types of competition
5. Kumi kata (method of holding of cutume)
6. Shisei (Posture in judo)
7. Ukemi (Back-Fall), Urhiro-Ukemi (Rear Fall), Yoko-Ukemi (Side Fall), Mae-ukemi (Front Fall), Mae-Mawariukemi (Front Rolling Fall)
8. Shin Tai, Suri-ashi, Twugi-ashi, Aymi-Ashi
9. KuZushi



10. Tsukuri and Kake

11. TaiSabaki

12. NageWaze (Throwing techniques):-

Hizaguruma (Knee wheel), Sesae Twurikomi-ashi (Drawing ankle throw), deashihari (Advance foot sweep), OGoshi (Major Ioinm), Seoi Nage (Shoulder throw)

13. Katamawaze (Grappling techniques):- Kesagatame (Scaff hold), Kata gatame (Shoulder hold), Kamishihogatama (Locking of upper four quarter), method of escaping from each hold.

**Shri Shivaji Education Society, Amravati's**  
**Shri Shivaji College of Physical Education, Amravati**

**CERTIFICATE COURSE IN GYMNASTICS**

**Syllabus**

**Theory**

**Objective of Gymnastics**

- 01) Helping Member to develop Physical confidence.
- 02) Helping Member to develop mentally.
- 03) Promoting balance and coordinator.
- 04) Developing strength, improving flexibility
- 05) Improving body Posture.
- 06) Developing social skill.

**Aim of Gymnastics**

To promotes all round physical development, muscular strength, joint flexibility, balance, co ordination and core strength required for everyday living.

**01) History, Development and Organization**

a) Origin and development of gymnastics :

- i) World (Ancient period, middle ages, renaissance 18th, 19th and 20th Century.
- ii) Asia (China, Japan, Korea, Asian Games & Asian Championship)
- iii) India (Ancient, British Period, After 1950)

**02) Structure and Function of :-**

- i) FIG
- ii) GFI
- iii) AGU
- iv) EGU
- v) SGFI
- vi) AIU

**03) Gymnasium and Gymnastics Apparatuses**

a) Gymnasium- its sizes, facilities required, Lighting flooring system etc.

b) Specification of gymnastics apparatuses

i) Men Artistic apparatuses

ii) Women Artistic apparatuses

iii) Rhythmic Apparatuses

iv) Trampoline Apparatuses

v) Allied equipment.

**04) Pre-requisites of good Gymnastics coach and Gymnast**

a) Pre-requisites to be good Gymnastics Coach

i) Qualities and abilities of a gymnastics Coach

(Physical, Psychological, technical, tactical, Pedagogical, Social, Theoretical)

ii) Personality characteristics of a gymnastics coach

b) Pre-requisite to be a good gymnast.

i) Kin anthropometrical demands (Physique body Composition, Somatotype)

(Men and Women)

ii) Conditional and Coordinative abilities

iii) Intellectual, Psychological and tactical Psycho-Social abilities required to be

successful gymnast.

v) Personality characteristics of successful gymnast.

**Practicals**

**Sr.No. Code - Gym P**

**01) Structural and orderly exercise**

a) Organization of the class

b) Marching in different formations

**02) Warm up exercises**

a) General (free hand exercises)

b) Specific exercises

**03) General development exercises**

a) Through free hand exercises

b) Through apparatus i.e. medicine ball, skipping rope, wall bars.

Gymnastics bench, weight, dumbles, multi gym and rope climbing.

c) Through obstacle Gymnastics and recreational games.

04) Body form (shaping) exercises

05) Specific conditioning for development of motor abilities i.e.  
Strenght, speed, endurance, flexibilitates and coordinative abilities with  
apparatus and without apparatus

06) Trampoline (Basic Jump)

07) Recreational Games

08) Teaching and training of various basic elements and compulsory  
elements on the following apparatus.

- a) Floor ( Male and Female)
- b) Pommel
- c) Rings
- d) Table Vault ( Male and Female)
- e) Parallel Bars and Uneven Bars
- f) Horizontal Bar and Balancing Beam

**Duration:-** Six months

**Eligibility:-** No Age Limit

**Medium of Instruction:-** Hindi, English, Marathi

**Curricululum:-** There will be one written paper and practical of 50 marks each.  
No theory exam for below 15 years players.





**Shri Shivaji Education Society, Amravati's**

**Shri Shivaji College of Physical Education, Amravati**

**CERTIFICATE COURSE IN  
GYMNASTICS**

This Certificate of Proficiency has been Awarded to  
Shri/Smt./ Ku. \_\_\_\_\_ who attended  
Gymnastics Certificate Course at Shri Shivaji College of Physical Education,  
Amravati & has passed the Examination held in the Month  
of \_\_\_\_\_ 20\_\_ in grade \_\_\_\_\_ duration of the  
course \_\_\_\_\_

AMRAVATI

DATE : \_\_\_/\_\_\_/20\_\_

Gymnastics Incharge  
Shri Shivaji College of Physical  
Education, Amravati

IQAC Co-ordinator  
Shri Shivaji College of Physical  
Education, Amravati

Principal  
Shri Shivaji College of Physical  
Education, Amravati