

## SYLLABUS FOR P.G DIPLOMA IN YOGA COURSE (ONE YEAR)

### THEORY EXAMINATION

<u>Sr. No</u>	<u>Subject</u>	<u>Theory marks</u>	<u>Internal Marks</u>	<u>Total marks</u>
Paper- 1	Yog Parichaya	80	20	100
Paper-II	Anatomy, Physiology for Yogic Practice.	80	20	100
Paper-III	Teaching Methodology of Yogic Practice.	80	20	100
Paper-IV	Traditional Yoga	80	20	100
		320	80	400

### Practical

<u>Sr. No</u>	<u>Subject</u>	<u>Practical marks</u>	<u>Internal Marks</u>	<u>Total marks</u>
V	Practical Demonstration of Asanas Pranayam, Shudhi Kriya (Practical Note Book) & viva-voce	80	20	100
VI	Practice of teaching five lessons Plan on any skill (three asanas one pranayama & one kirya) on lesson format with chart & viva-voce	80	20	100
		160	40	200

**Note:** The question paper consists of five units i.e unit Ist, IInd. ,IIIrd., IVth. and Vth. The Unit Ist., IInd., IIIrd. and IVth consists of two questions from each unit(I to IV) carrying 15 marks each and unit Vth consists of ten short answer questions covering the whole syllabus carrying 2marks each. The candidates are required to attempt one question from each unit(I to IV) and unit Vth is compulsory for all.

### **UNIT-I**

- (i) Origin of Yoga & its brief development.
- ii) Meaning of Yoga & its importance
- iii) Yoga as a Science of Art (Yoga Philosophy).
- iv) Meaning of meditation and its types and principles.

### **UNIT- II**

- i) Classification of Yoga/Types of Yoga
- ii) Hatha Yoga , Raja Yoga, Laya Yoga, Bhakti Yoga, Gyan Yoga, Karma Yoga.
- iii) Asthang Yoga.

### **UNIT -III**

- i) Principles of Yogic Practices.
- ii) Meaning of Asana, its types and principles.
- iii) Meaning of Pranayama, its types and principles.
- iv) Meaning of Kriya its types and principles.

### **UNIT -IV**

- i) Yogic therapies and modern concept of Yoga
- ii) Naturopathy, Hydrotherapy, Electrotherapy, Messothrapy, Acupressure, acupuncture.
- iii) Meaning and importance of prayer.
- iv) Psychology of mantras.
- v) Different mudras during prayers.

### **UNIT -V**

**CONTENTS:** Short type of 10 questions selected from I to IV units. Each have 2 marks and all are compulsory.

**PAPER-II ANATOMY PHYSIOLOGY FOR YOGIC PRACTICES**

External Marks : 80

Int. Ass. 20

Time : 3 hours

**Note:** The question paper consists of five units i.e unit Ist, IInd. ,IIIrd., IVth. and Vth. The Unit Ist., IInd., IIIrd. and IVth consists of two questions from each unit(I to IV) carrying 15 marks each and unit Vth consists of ten short answer questions covering the whole syllabus carrying 2marks each. The candidates are required to attempt one question from each unit(I to IV) and unit Vth is compulsory for all.

**UNIT-I**

- i) Introduction of human body and its systems.
- ii) Definition of Anatomy and Physiology and importance in Yogic Practices
- iii) Respiratory System
- iv) Digestive System
- v) Endocrine System

**UNIT-II**

- i) Classification of Asanas and its Mechanism.
- ii) Cultural Asana(standing, sitting, supinline, praline position & topsy-turvy)
- iii) Meditative Asana and Relaxative Asana
- vi) Nervous System
- vi) Circulatory System

**UNIT-III**

- i) Introduction of Kriya, Bandha and Mudra.
- ii) Importance of Kriya and its scientific approach.
- iii) Importance of BANDHA and its scientific approach.
- iv) Importance of MUDRA and its scientific approach.

**UNIT-IV**

- i) Effect of Asanas on various Systems
- ii) Difference between Asana and Exercise.
- iii) Difference between Pranayama and deep breathing.
- iv) Yogic Diet.

**UNIT -V**

**CONTENTS:** Short type of 10 questions selected from I to IV units. Each have 2 marks and all are compulsory.

## **PAPER-III    TEACHING METHODOLOGY OF YOGIC PRACTICE**

External Marks : 80

Int. Ass.    20

Time : 3 hours

**Note:** The question paper consists of five units i.e unit Ist, IInd. ,IIIRD., IVth. and Vth. The Unit Ist., IInd., IIIRD. and IVth consists of two questions from each unit(I to IV) carrying 15 marks each and unit Vth consists of ten short answer questions covering the whole syllabus carrying 2marks each. The candidates are required to attempt one question from each unit(I to IV) and unit Vth is compulsory for all.

### **UNIT -1**

- i) Meaning and types of methods.
- ii) Factors affecting teaching.
- iii) Principles of teaching.
- iv) Need and importance of teaching practice.
- v) Maxims of teaching

### **UNIT-II**

- i) Presentation technique
- ii) Technical preparation.
- iii) Personal preparation.
- iv) Modern concept and teaching Aids class management and its meaning and need
- v) Steps of class management

### **UNIT-III**

- i) Meaning of tournaments and competition and its importance.
- ii) Eligibility rules of Inter –University of Yoga.
- iii) Organisation and administration of Yog competition.
- iv) Audio visual Aids.

### **UNIT-IV**

- i) Meaning of lesson plan and its importance.
- ii) Principles of lesson plan
- iii) Demonstration in Yoga and its types
- iv) Importance of demonstration.

### **UNIT -V**

**CONTENTS:** Short type of 10 questions selected from I to IV units. Each have 2 marks and all are compulsory.

**PAPER-IV    TRADITIONAL YOGA**

External Marks : 80  
Int. Ass.    20  
Time : 3 hours

**Note:** The question paper consists of five units i.e unit Ist, IInd. ,IIIRD., IVth. and Vth. The Unit Ist., IInd., IIIRD. and IVth consists of two questions from each unit(I to IV) carrying 15 marks each and unit Vth consists of ten short answer questions covering the whole syllabus carrying 2marks each. The candidates are required to attempt one question from each unit(I to IV) and unit Vth is compulsory for all.

**UNIT -1**

**Patanjali Yog Sutra**

- i) Definition and meaning of yoga.
- ii) Types of vritties.
- iii) Different ways to achieve Raj Yog.
- iv) Disturbance inYogic Practices.

**UNIT -II**

**Swatmaram Hatha Pradipika.**

- i) Asanas.
- ii) Pranayama
- iii) Kriyas.
- iv) Nadanusandhan

**UNIT -III**

**Great Philosophy of Indian Yoga Culture**

- ii) Charwak.
- ii) Budha.
- iii) Mahavir.
- iv) Swami Vivekanand

**UNIT -IV**

- i) Panchikaran Prakriya.
- ii) Panch Kosh Theory.
- iii) Nandha Bhakti
- iv) Kundalani.
- v) Astha Sidhi

**UNIT -V**

**CONTENTS:** Short type of 10 questions selected from I to IV units. Each have 2 marks and all are compulsory.

**PRACTICAL (V)**

**Practical Demonstration of Asana, Pranayam and Shudhikriyas**

Marks : 100

(Internal :20 marks )

(External : 80 marks)

**LIST OF YOGIC PRACTICES**

**ASANA**

**PRANAYAMA**

**KRIYA**

1. Shirsh Asana

1. Anulome-vilome

Any two Kirya from the

followings:-

2. Vipratarani

2. Ujjai

1. Neti

3. Hal Asana

3. Bhastrika

2. Dhauthi

4. Bhujang Asana

4. Shitali

3. Tratak

5. Ardh-Shalbh Asana

5. Sitkari

4. Nauli

6. Vakra Asana

6. Suryabhedan

5. Kapalbhathi

7. Ardha Matasyaendrasana

7. Bhramri

8. Paschimottan Asana

9. Vajra Asana

10. Supta Vajra Asana

11. Yoga Mudra

12. Nauka Asana

13. Bak Asana

14. Mayur Asana

15. Ustra Asana

16. Vriksh Asana

17. Padma Asana

18. Trikon Asana

19. Sarvang Asana

20. Manduk Asana

21. Pavan Muket

22. Chakra Asana

23. Pad-hast Asana

24. Katichakra Asana.

25. Surya Namaskar

Note: Students are required to do any 15 of above mentioned Asanas, two Pranayama and two

Kriya.

i) Note Book (ii) Viva-voce

Paper-VI

Marks : 100  
(Internal :20 marks )  
(External : 80 marks)

Practical

Teaching Practice

Practice of teaching of five lesson plan on any skill (Three asanas, one Pranayama and one Kriya) on lesson format with chart and Viva-voce.