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

THEORY EXAMINATION

<table>
<thead>
<tr>
<th>Sr. No</th>
<th>Subject</th>
<th>Theory marks</th>
<th>Internal Marks</th>
<th>Total marks</th>
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<tbody>
<tr>
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<tr>
<td>Paper- I</td>
<td>Yog Parichaya</td>
<td>80</td>
<td>20</td>
<td>100</td>
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<tr>
<td>Paper-II</td>
<td>Anatomy, Physiology for Yogic Practice.</td>
<td>80</td>
<td>20</td>
<td>100</td>
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<tr>
<td>Paper-III</td>
<td>Teaching Methodology of Yogic Practice.</td>
<td>80</td>
<td>20</td>
<td>100</td>
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<tr>
<td>Paper-IV</td>
<td>Traditional Yoga</td>
<td>80</td>
<td>20</td>
<td>100</td>
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</tbody>
</table>

Total: 320  80  400

Practical

<table>
<thead>
<tr>
<th>Sr. No</th>
<th>Subject</th>
<th>Practical marks</th>
<th>Internal Marks</th>
<th>Total marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>V</td>
<td>Practical Demonstration of Asanas Pranayam, Shudhi Kriya (Practical Note Book) &amp; viva-voce</td>
<td>80</td>
<td>20</td>
<td>100</td>
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<tr>
<td>VI</td>
<td>Practice of teaching five lessons Plan on any skill (three asanas one pranayama &amp; one kriya) on lesson format with chart &amp; viva-voce</td>
<td>80</td>
<td>20</td>
<td>100</td>
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</tbody>
</table>

Total: 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 2 marks 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, Mesotherapy, 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 1st, 2nd, 3rd, 4th and 5th.
The Unit 1st, 2nd, 3rd and 4th 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 2 marks 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 2 marks 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)   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.
v)   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 I, II, III, IV and V. The Unit I, II, III, IV and V consists of two questions from each unit (I to IV) carrying 15 marks each and unit V consists of ten short answer questions covering the whole syllabus carrying 2 marks each. The candidates are required to attempt one question from each unit (I to IV) and unit V is compulsory for all.

UNIT - I

Patanjali Yog Sutra

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

UNIT - II

Swatmaram Hatha Pradipika.

i) Asanans.
ii) Pranayama
iii) Kriyas.
iv) Nadanushandhan

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

<table>
<thead>
<tr>
<th>ASANA</th>
<th>PRANAYAMA</th>
<th>KRIYA</th>
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<tbody>
<tr>
<td>1. Shirsh Asana</td>
<td>1. Anulome-vilome</td>
<td>Any two Kirya from the</td>
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<td>followings:-</td>
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<td>2. Vipratakarani</td>
<td>2. Ujjai</td>
<td>1. Neti</td>
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<td>5. Ardh-Shalbh Asana</td>
<td>Bhastrika</td>
<td>4. Nauli</td>
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<td>7. Ardha Mataryaendrasana</td>
<td>Suryabhedan</td>
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<td>8. Paschimottan Asana</td>
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<td>9. Vajra Asana</td>
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<td>10. Supta Vajra Asana</td>
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<td>11. Yoga Mudra</td>
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<td>12. Nauka Asana</td>
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<td>13. Bak Asana</td>
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<td>14. Mayur Asana</td>
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<td>15. Ustra Asana</td>
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<td>16. Vriksh Asana</td>
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<td>17. Padma Asana</td>
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<td>18. Trikon Asana</td>
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<td>19. Sarvang Asana</td>
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<td>20. Manduk Asana</td>
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<td>21. Pavan Muket</td>
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<td>22. Chakra Asana</td>
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<td>23. Pad-hast Asana</td>
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<td>24. Katichakra Asana</td>
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<td>25. Surya Namaskar</td>
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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.