

The Syllabus Consists of Two Parts:

I.	Theory	60 Marks
II.	Practical	20 Marks
	Total	80 Marks

Theory

The theory paper will be divided into two parts and will be of 3 hours duration.

Part-A (Historical and Philosophical aspects of Yoga)

1. Yoga as defined in the Indian systems of philosophy with special reference to Sankhya and Yogdarshana.
2. The theory of Chitta its Vrittis and the concept of Kaleshas also the methods of their control.
3. The importance of social and personal ethics in personal life. A detailed study of Yamas, Niyamas and Pratyahara, their contribution towards the inculcation of moral values in life.
4. The role of Yoga Education for the restoration of Communal harmony, peace and National Internal Integration in the country.
5. General study of the life of:
 - (i) Gorakh Nath
 - (ii) Swami Ram Tirtha
 - (iii) Swami Viveka Nanda
 - (iv) Shri Aurbindo
 - (v) Gautama Budha

Part-B (Therapeutic and Physiological aspects of yoga)

6. Concept of health from the yogic point of view. Yoga as a science of health care and disease cure.
7. Physiological basis of Asanas, Pranayamas, Mudras and Bandhas. The benefits of such yogic practices.
8. Seperative study of the effects of yogic and non-yogic system of exercises on human organism. Yogic way of relaxation.
9. Yoga therapy its importance and limitations.
Study of common diseases such as Diabetes, High and Low Blood Pressure, Obesity, Insomnia, Chronic Fatigue, Memory loss and retention, Bronchial Asthma. High levels of blood cholesterol. Gastric acidity, Ulcer. Chronic constipation, Piles, Hemia, Cervical spondylitis, Low back pain and certain Postural deformities- theircauses, symptoms and treatment through yogic therapatic measures.

PRACTICAL

Asanas	6 Marks
Pranayama, Mudras, Bhandas & Dhayana	6 Marks
Shatkarmas	4 Marks
Practical Notebook	4 Marks
Total	20 Marks

- (i)** Asanas as given in Hatha Yoga Pradeepika, Ghrenda Samhita, Shiva Samhita, Yogapanishads and others in vogue.
- (ii)** Kriyas-Shatkramas (Shatkriyas) as described in Hatha Yoga Pradeepika, Ghrenda Samhita and Shatkrama Sangraha.
- (iii)** Pranayamas- Anuloma-viloma, Ujjai, Bhastrika and familiarity with other Pranayamas such as Surayabhedana-Chandrabhedana, Sitli-Shitkari, Bhastrika, Bharamari and Plavani
- (iv)** Bandhas-Jalandhar, Uddiyana, Mula and Mahabandha.
- (v)** Meditation-Elementary practice of Meditation, Chanting of “OM” and the practice of dhatana in any of the selected postures i.e. Sidhasana. Swastikasana Padmasana, Sukhasana and Vajrasana.
- (vi)** Practical Notebook to be prepared by the students illustrating any nine asanas of their choice, and two kriyas and two body systems out of the following i.e. respiratory, glandular, excretory, Human brain and Spinal Cord.

LIST OF YOGIC ASANAS REQUIRED TO BE PERFORMED BY THE STUDENTS IS AS UNDER:

STANDING POSTURES:

Tarasana, Trikonasana, Konasana, Padahasthasana, Garudasana, Ardha-Chandrasana,
khagasana, Birbhadrāsana, Shirshangushthasana.

SITTING POSTURES:

Padmasana, Vajarasana, Parvatasana, Yogmudrasana, Uttitha-padmasana, Mandukasana, Paschimottanasana, Akaran-Dhanurasana, Shishankasana, Vakasana, Padamvakasana, Ardha-matsyenbrasana, Gomukhasana, Gorakshasana, Edpadsikandasana, Dwipadsikandasana, Uttithadwipadsikandasana, Puran-matsyenbrasana, Kukutasana, Onkarasana, Ushtrasana.

LYING POSTURES:

Shavasana, Halasana, Uttanapadasana, Matasyasana, Karanpidasana, Makrasana, Bhugangasana, Dhanurasana, Shalabhasana, Naukasana, Mayurasana, Shrishasana, Sarvangasana, Chakrasana, Gharabhasana, Pawanmuktasana.

REFERENCES

1. Patanjal Yogsutras
2. Rajayoga by Swami Vivekandanda
3. Asanas by Swami Kuvalayananda.
4. Pranayama by Swami Kuvalayananda.
5. Hathyoga Pradeepika.
6. Gherandasamhita.
7. Suksham vyama by Swami Dharendra Braham Chari.
8. Yoga Therapy by Swami Kuvalayananda and Dr. S.L. Vinkar.
9. Applied Philosophy by Samson Wright.
10. Ypga Philosophy by S.N. Dasgupta.
11. Yog Chakitsa by Swami Ram Dev.