

Yoga

PGDYS

Employability  
1.1.2

SEMESTER- I

PAPER- PGDYS 1.1: FOUNDATIONS OF YOGA

Unit- I

**Introduction to Yoga:** Origin, Meaning and Definition of Yoga, Scope, Aims and Objectives of Yoga, Misconception about Yoga, Yoga as a science and art, Importance of Yoga for common man to promote positive health.

Unit - II

**Classical Yogic texts:** Brief introduction to classical yogic texts like Hatha pradipika, Gheranda samhita, Hatha Ratnavali, Shiva samhita & Yoga Vashista.

Unit- III

**History and Development of Yoga:** Pre-Classical Yoga, Classical Yoga, Post-Classical Yoga & Modern Period yoga.

Unit- IV

**Orientation to Patanjali Yoga Sutras:** Brief introduction to Maharshi Patanjali and his yoga sutras, Definition of yoga , purpose and nature of yoga, concept of chitta, chitta bhumi,, Chitta vrittis, Chitta vritti nirodhopaya, Chitta prasadanam, Types and nature of Samadhi, concept of kriya yoga of Patanjali, theory of kleshas, prakruti purushasama yoga, Brief introduction to Ashtanga yoga, Samyama and Siddhis.

Unit- V

**Brief introduction to important Yoga Paramparas (Lineages):** Shri Ramkrishna Paramahansa, Swami Vivekananda, Shri Aurobindo, Swami Dayanand Saraswati ,Sri T. Krishnamacharya, Swami Shivanada Saraswati, Maharshi Mahesh Yogi and their contributions for the development and promotion of yoga.

**References:**

1. Shri. B K S Iyengar, Light on yoga sutras of Patanjali, Haper Collins publications India New Delhi.
2. Swami Digambarji Hatha Pradipika of Svatomarama, Kaivalyadhama Ashram, Lonavala(Pune).
3. Swami Digambarji Gheranda Samhita, Kaivalyadhama Ashram, Lonavala(Pune).
4. Swami Harshanada, Maharshi Patanjali Yoga Sutragalu(Kannada), Ramkrishna math, Bangalore.
5. Garote M L, Hatharatnavali of Shrinivasyogi, Kaivalyadhama Ashram, Lonavala(Pune).
6. Dr. Karambelkar P V, Patanjala Yoga Sutras, Kaivalyadhama Ashram, Lonavala(Pune).
7. Swami. Maheshanandaji, Shiva Samhita, Kaivalyadhama Ashram, Lonavala(Pune).
8. Swami Muktibhodananda, Hatha yoga pradipika, Yoga publication Trust, Munger, Bihar.
9. Swami Nirajananda Saraswati , Yoga Darshan, Yoga publication Trust, Munger, Bihar.
10. Swami. Shivanand, Practice of yoga, The divine life society, Shivanadanagar U.P
11. Swami Maheshananda, Shiva Samhita, Kaivalyadhama Ashram, Lonavala(Pune).
12. Swami Satyananda Saraswati, Asana Pranayama Mudra Bhandha, Yoga publication Trust, Munger, Bihar.
13. Shri Tiwari O P , Hatha Yoga Manjari, Kaivalyadhama Ashram, Lonavala(Pune).



## PAPER -PGDYS 1.2: PRINCIPLES OF YOGIC PRACTICES

### Unit - I

**Concept and Kinds of Yogic practices:** Asana, Pranayama, Bandha, Mudra, Kriya and Dhyana.  
**Asana-** Meaning, Definition, Classification, Rules and regulations while performing asanas, Difference between yogasana and physical exercises, General benefits of Yogasana.

### Unit – II

**Pranayama:** Meaning, Definition, Types, Different phases of pranayama, Rules and regulations while performing pranayama, Difference between pranayama and deep breathing, General benefits of Pranayama.

### Unit - III

**Bandha :** Meaning, Definition, Types Bandha, Role of Bandha during pranayama, General physiological benefits of bandhas.

**Mudra:** Meaning, Definition, Types of mudra, Physiology of mudra, Relationship between mudra and Panchamahabut.

### Unit - IV

**Kriya:** Meaning, Definition, Types, Techniques , Physiology and Benefits of Shad kriyas i.e Kapalbhati, Trataka, Neti, Dhouti, Nauli and Basti.

### Unit – V

**Dhyana:** Meaning, Definition, Types of dhyana, Role of meditation in Psychological disorder, General benefits of Meditation.

### References:

1. Shri. B K S Iyengar, Light on yoga, Haper Collins publications India pvt ltd New Delhi.
2. Shri. B K S Iyengar, Light on Pranayama, Haper Collins publications India pvt ltd New Delhi
3. Swami Digambarji, Hatha Pradipika of Svatmarama, Kaivalyadhama Ashram, Lonavala(Pune).
4. Swami Digambarji, Gheranda Samhita, Kaivalyadhama Ashram, Lonavala(Pune).
5. Ravi Dixit, Meditation and its techniques, Kaivalyadhama Ashram, Lonavala(Pune).
6. Swami Kuvalyananda, Asanas, Kaivalyadhama Ashram, Lonavala(Pune).
7. Swami Kuvalyananda, Pranayama, Kaivalyadhama Ashram, Lonavala(Pune).
8. Swami. Niranjanand, Prana and Pranayama, Yoga publication Trust, Munger,Bihar.
9. Dr.Shrikrishna, Essence of Pranayama, Kaivalyadhama Ashram, Lonavala(Pune).
10. Swami Satyananda Saraswati ,Asana Pranayama Mudra Bhandha, Yoga publication Trust, Munger.
11. Shri Tiwari O P , Hatha Yoga Manjari, Kaivalyadhama Ashram, Lonavala(Pune).
12. Swami Muktibhodananda,Hatha yoga pradipika, Yoga publication Trust, Munger,Bihar.
13. Swami Satyananda Saraswati,Surya Namaskar, Yoga publication Trust, Munger,Bihar.
14. Swami Satyananda Saraswati , Meditation from Tantras, Yoga publication Trust, Munger,Bihar.



## PAPER- PGDYS 1.3: SCIENCE OF YOGA

### Unit - I

Meaning and Definition of Anatomy and Physiology, Cell, Tissue, Organ, Systems of human body. Basic Anatomy and Physiology of Digestive system, Nervous System and Muscular System.

### Unit - II

Basic Anatomy and Physiology of Respiratory System, Reproductive system. Classification of bones and Classification of Joints.

### Unit - III

Basic Anatomy and Physiology of Circulatory system, Urinary system and Major Endocrine system- Pituitary gland, Thyroid gland, Pancreas, Adrenal gland & Sex glands.

### Unit - IV

Physiological and Psychological benefits of: Asana, Pranayama, Meditation, Bandha, Mudra and Kriya.

### Unit - V

Yogic concept of Human body , Concept of Panchakosha theory according to Taitriya upanishad, Brief introduction to Nadis, Panchamahabuta, Panchavayu and Chakras. Basic Principles of Ayurveda - Meaning , Definition, Concept of Ayurveda and Basic Principles of Naturopathy.

### References:

1. Dr.Anand Nadgir, Sharrera Rachana Shastra Mattu Shareera Shastra, Mallasajjan Prakashan.MVAS
- 2.ShriK.G.Nadgir, College of Education,Dharwad.
3. Balkrishna, A, Yoga in synergy with medical science. Haridwar, India: Divya Prakashan Books.
4. Chatterjee, Human Physiology, Medical Aliened Agency Calcutta-1985.
5. Coulter, H. D. (2006). Anatomy of Hatha Yoga. Delhi, India: Motilal Banarasidas.
- 6.Gore,M.M.(2004).Anatomy and physiology of yogic practices. Lonavala, India:Kanchan Prakashan.
7. Gupta, A.P. (2011). Human anatomy and pshysiology. Agra, India: Sumit Prakashan.
8. Kaminoff, L. (2007). Yoga Anatomy. Champaign: Human Kinetics
9. Kumar, V. (2004). Manav Sarir Samrachna aur sarir kriya vijyan. New Delhi, India: Japee Brothers
- 10.Nadagir K.G, Arogya & Arogya Shikshana Mallasajjan Prakashan, Dharwad.
- 11.Tony Smith,The Human body, Dorling Kindersley Limited-1995.
12. Parmanada Agrawal, Notes on Shatkriya, Kaivalyadhama Ashram, Lonavala(Pune).
13. Pandya, K.K. (1998). Human anatomy. Varanasi, India: Krishnadas Academy.
- 14.Swami Satyananda Saraswati, Asana Pranayama Mudra Bhandha, Yoga publication Trust Munger.
- 15.Yadav, Human Anatomy and Physiology, Nirali Publication.

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# PRACTICAL - PGDYS 1.4: PRACTICAL TRAINING IN YOGA

## I) BASIC ASANAS (20 MARKS)

### A) Suryanamaskara (12 Counts)

#### B) Standing Asanas:

Tadasana

Vrikshasana

Padahasthasana

Ardha kati chakrasana

Prasarita Padottanasana

Trikonasana

Parivritta Trikonasana

Veerabhadrasana I & II

Garudasana

Utkatasana

Natarajasana

#### C) Sitting Asanas:

Dandasana

Padmasana

Vajrasana

Veerasana

Parvatasana

Pachimottanasana

Poorvottanasana

Janushirshasana

Ustrasana

Baddha konasana

Yogamudrasana

Gomukhasana

Vakrasana

Ardha Matsendrasana

Tolasana

Lolasana

#### D) Prone Asanas

Makarasana

Bhujangasana

Dhanurasana

Ardha Shalabhasana

Purna Shalabhasana

Shashankasan



### **E) Supine Postures**

Navasana  
Pawanmuktasana  
Halasana  
Chakrasana  
Sarvangasana  
Ardhamatsyasana  
Shavasana

### **II) ADVANSED ASANAS (10 MARKS)**

Ardhabadha Padmottasana  
Parshvottanasana  
Parshva Trikonasana  
Vatayanasana  
Padangustasana  
Ardhabadha padma pachimottanasana  
Ekapada Rajkapotasana  
Ekapada Shirshasana  
Vibhakta Pachimottasana  
Paryankasana  
Poorna Matsyendrasana  
Bakasana  
Poorna bhujangasana  
Chaduranga Dandasana  
Setubandha Sarvangasana  
Karnapidasana  
Shirshasana

### **III) PRANAYAMA (10 MARKS)**

Yogic Breathing (Sectional Breathing)  
Bhastrika  
Suryabhedhana Pranayama  
Chandrabhedhana Pranayama  
Nadishodhana Pranayama  
Ujjayi Pranayama  
Sheetali Pranayama  
Sitkari Pranayama  
Sadanta Pranayama  
Bhramari Pranayama



#### **IV) MEDITATION**

Yoga Nidra

Cyclic Meditation

Mind Sound Resonance Technique (MSRT)

#### **V) BANDHA (5 MARKS)**

Jalandhara bandha

Udyana bandha

Mulab andha

Maha bandha

#### **VI) MUDRA (5 MARKS)**

Chin

Bramha

Bhairava/ Bhairavi

Shanmukki

Vayumudra

Akashamudra

Pritvi Mudra

Varuna Mudra

Shambhavi Mudra

Apana Mudra

Hrudaya Mudra

Pranamudra

Linga Mudra

#### **VII) KRIYA (10 MARKS)**

Kapalabhati

Trataka

Neti- a) Jala neti b) Sutra neti

#### **VIII) VIVA-VOCE (10 MARKS)**

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**SEMESTER - II**  
**PAPER – PGDYS 2.1: PHILOSOPHICAL FOUNDATIONS OF YOGA**

**Unit - I**

Brief Introduction to Philosophy: Meaning and definition of Philosophy; Its nature and scope; Aims and objectives of philosophy; Silent features of Indian Philosophy; Two way relationship between yoga and Indian philosophy; Yoga and religion.

**Unit -II**

Introduction to Indian Vedic and philosophical literature; Yoga in Vedas; Yoga in Upanishads; Yoga in Puranas and Yoga in Smirthis.

**Unit -III**

Yoga in Shad darshanas; Yoga in Jainism; Yoga in Buddhism; Yoga in modern times.

**Unit -IV:**

General Introduction to Bhagavatgeeta; Definitions of Yoga in B.G; The meanings of the terms Atmaswrupa, Stithaprajna, Sankhya Yoga (Chpt.II); Karma Yoga (Chpt.III ); Sanyasa Yoga and Karma Swarupa (Sakama and Nishkama) etc, Samnyasa, Dhyana Yogas (Chpt. VI); Nature of Bhakti (Chpt.XII); Means and Goal of Bhakti-Yoga; The Trigunas and modes of Prakriti, Three Kinds of Faith, Food for Yoga Sadhaka, Classification of food (Chpt.XIV & XVII).

**Unit- V:**

Introduction to Schools (Streams) of Yoga; Philosophical foundations and practice of Karma yoga , Bhakti yoga, Jnana yoga, Hatha yoga, Rajayoga and Kundalini yoga.

**References:**

1. Swami Adidevananda, Sri Ramanuja Gita Bhasya, Sri Ramakrishna Matha, Madras.
2. Swami Amanada, Four Yogas, Bharatiya vidhya bhavan, Mubai.
3. Dasgupta S N, Yoga as philosophy in Religion to other systems of Indian thoughts, University of Calcutta.
4. Karel Warner, Yoga and Indian philosophy, Orient Book Distributors.
5. Swami Nirajananda Saraswati, Samkhya Darshana, Yoga publication Trust, Munger, Bihar.
6. Swami Nirajananda Saraswati Yoga Darshan, Yoga publication Trust, Munger, Bihar.
7. Radhakrishnan S, Indian Philosophy Vol I & II, ( George Alen and Unwin, London).
8. Radhakrishnan S, The principal of 13panishad ( George Alen and Unwin, London).
9. Radhakrishnan S, The Bhagawatgeeta (Roultege and Kegan Paul London).
10. Swami Somanathanada, Upanishad Bhavadhare, Shri Ramakrishnashram, Mysore.
11. Swami Vivekananda, Jnana yoga Bhakti yoga, Karma yoga and Rajayoga, Advaita ashram, Calcutta.

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## PAPER - PGDYS 2.2: YOGA AND PSYCHOLOGY

### Unit - I

**Introduction of Psychology:** Definitions, Scope of Psychology, Brief History of modern Psychology, Applications of Psychology, Methods in Psychology, Behavior and Consciousness, Current Development in Yoga Psychology.

### Unit - II

**Yoga and Mental Health:** Means of mental health; Positive Mental Health; Causes and Consequences of mental disorders; Introduction and yogic management to Common mental disorders like Distress, Anxiety, Depression, Alcohol and drug abuse and Sleep disorders.

### Unit - III

**Mind:** Definition, Different states of human mind, Function and Powers of conscious and sub conscious mind. Mental characters (Mano gunas), Yogic diet and its effect on mind.

### Unit - IV

**Mind and Meditation:** Definition of meditation, Physiological and Psychological benefit of Meditation. Techniques and benefits of Yoga Nidra, Cyclic meditation, Vipasana meditation, Mind Sound Resonance Technique (MSRT).

### Unit - V

**Cognitive Psychology:** Sensation, Perception, Attention, Memory, Learning, Intelligence and Personality development.

### References:

1. Swami Adidevananda, The Yoga Psychology, Pub. Ramkrishna Vedanta Math Calcutta.
2. Prof. R S Bhogal, Yoga and Mental health, Kaivalyadhama Ashram, Lonavala (Pune).
3. Bhatia H.R, General Psychology, Pub. Oxford & IBH Pub. Co. Calcutta.
4. Swami Rama & Swami Ajaya, Yoga and Psychotherapy-the Evolution of Consciousness, Himalayan International Institute Malviya Nagar, New Delhi.
5. Dharanendraiah A.S, Samanya Mano Vijnana (Kannada) Pub. Mys. Uni. Mysore.
6. B. Krishnamurthy and Swami satyananda Saraswati, Meditation from Tantras, Yoga publication Trust, Munger, Bihar.
7. Munn N.L, Introduction to Psychology, Pub. Oxford & IBH Pub. Co. Calcutta.
8. Dr Swami Karmananda, Yogic Management of common diseases, Yoga publication Trust, Munger, Bihar.
9. Dr Rishi vivekananda, Practical Yoga Psychology, Yoga publication Trust, Munger, Bihar.
10. Dr. Rajpurkar M V, Living with stress without distress through yoga, Kaivalyadhama Ashram, Lonavala.
11. Nataraj P.K Samanya, Mano Vijnana Vol I & II, Pub. Mysore Uni. Mysore.
12. Swami satyananda Saraswati, Yoga Nidra, Yoga publication Trust, Munger, Bihar.

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## PAPER - PGDYS 2.3: APPLIED YOGA

### Unit - I

**Yoga and Health:** Meaning and Definition of Health, Conception of Health and diseases according to Yoga & Ayurveda. Yogic principles of healthy living. Definition of Yoga therapy. Role of yoga in the management of Diabetes, Hypertension, Obesity, Asthma and Back pain.

### Unit - II

**Yoga and Education:** Meaning and Definition of Education, Scope and teaching methods in yoga, Factors influencing the teaching methods, Class management, Seating arrangement of yoga practical class, Importance of teaching aids, Lesson planning and model of lesson plans in yoga, Importance of Yoga in Education.

### Unit - III

**Yoga and Research:** Meaning and Definition of Research. Importance of Research in Yoga. Different fields of yogic research. List of major yoga and research centre in India.

### Unit - IV

**Yoga and Physical education:** General introduction to Physical education and sports. Relevance of integration of yoga in physical education and sports. Difference between Yogasana and physical exercises. Nature of different sports injuries, its prevention and management through yoga.

### Unit - V

**Yoga and Women:** Role of Yoga in women's health. Importance of yoga in different stages of women's life. Therapeutic value of Yoga in Menstrual disorders and Pregnancy.

### References:

1. Dr. M L Garote, Applied Yoga, Kaivalyadhama Ashram, Lonavala(Pune).
2. Dr. M L Garote, Teaching methods for Yogic Practices, Kaivalyadhama Ashram, Lonavala(Pune).
3. Dr. M L Garote, Yoga applied to Physical education, Kaivalyadhama Ashram, Lonavala(Pune).
4. Iyengar BKS, Arogya yoga (Kannada), Himagiri graphics, Bangalore.
5. Nagendra H R, Yoga in education, U K Yoga, Bangalore
6. Swami Kuvalyananda, Yogic Therapy, Kaivalyadhama Ashram, Lonavala(Pune).
7. Dr Swami Karmananda, Yogic Management of common diseases, Yoga publication Trust, Munger, Bihar.
8. Shri. Paramanada Aggrawal, Notes on Bronchial Asthma and Respiratory disorders, Kaivalyadhama Ashram, Lonavala(Pune).
9. Shri. Paramanada Aggrawal, Back care through yoga, Kaivalyadhama Ashram, Lonavala(Pune).
10. Swami Satyananda Saraswati, Yoga Education for Children Volume I and II, Yoga publication Trust, Munger, Bihar.

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**PRACTICAL -PGDYS 2.4: TEACHING METHODS OF YOGIC PRACTICES, PROJECT WORK AND STUDY TOUR**

**I) TEACHING METHODS OF YOGIC PRACTICES ( 25 MARKS)**

Each student should have to prepare and teach five lessons with teaching aids on different aspects of yogic practices i.e one on Asana, one on Pranayama, one on Bandha, one on Mudra and one on Kriya, under the supervision of their yoga practical teacher. The five teaching lessons should be presented at annual practical examination for evaluation.

**II) PROJECT WORK ( 25 MARKS)**

Here the project work is to organize yoga camps/workshops. Each student of **P.G.D.Y.S.**, should organize at least one camp/workshop of minimum two weeks duration, under the supervision of a yoga teacher. The yoga training camp/workshop should be critically observed and assessed by the yoga teacher. The project (camp) report should be evaluated and signed by the yoga teacher and also signed by the chairman of the department.

**III) STUDY TOUR (20 MARKS)**

There shall be study tour for the **P.G.D.Y.S.**, students and the study tour is compulsory. The student should be taken to any one or more than one of the recognized yoga institute/centers in India. Each student has to submit a study tour observation report which will be evaluated by the teacher who is in-charge of the study tour and he must be a yoga teacher the project shall be certified by the chairman of the department.

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## PAPER – CYS- 1.1: FOUNDATIONS OF YOGA

### Unit- I: Introduction to Yoga

- Origin, Meaning and Definition of Yoga.
- Scope, Aims and Objectives of Yoga.
- Misconception about Yoga.
- Yoga as a science and art.
- Importance of Yoga in modern life.

### Unit – II: Yogic Practices

- Steps to be followed by Yogic practitioner.
- Difference between Yogasana and Physical exercises,
- Meaning, Definition, Types and General benefits of Asana, Pranayama and Dhyana.
- Meaning, Definition, Types and General benefits of Bandha, Mudra and Kriya.
- Major Yoga institute and Research centers in India.

### Unit - III: History and development of Yoga

- Pre-Classical - Classical and Post Classical of Yoga.
- Brief introduction to Patanjali and his yoga sutras.
- Patanjali Ashtanga Yoga.
- Paths of yoga; Karma Yoga, Bhakti Yoga, Raja Yoga and Jnana Yoga.
- Introduction to classical yogic texts; Hatha pradipika, Gheranda samhita, Hatha Ratnavali, Shiva samhita & Yoga Vashista.

### Unit- IV: Yoga and Indian Philosophy

- Meaning and definition of Philosophy.
- Nature and Scope of Philosophy.
- Silent features of Indian Philosophy.
- Two way relationship between yoga and Indian philosophy.
- Yoga and Religion.

### References:

1. Swami Amanada, Four Yogas, Bharatiya vidhya bhavan, Mubai
2. Shri. B K S Iyengar, Light on yoga sutras of Patanjali, Haper Collins publications India New Delhi.
3. Swami Digambarji Hatha Pradipika of Svatomarama, Kaivalyadhama Ashram, Lonavala(Pune).
4. Swami Digambarji Gheranda Samhita, Kaivalyadhama Ashram, Lonavala(Pune).
5. Swami Harshanada, Maharshi Patanjali Yoga Sutragalu(Kannada), Ramkrishna math, Banglore.
6. Karel Warner, Yoga and Indian philosophy, Orient Book Distributors
7. Swami. Maheshanandaji, Shiva Samhita, Kaivalyadhama Ashram, Lonavala(Pune).
8. Swami Nirajananda Saraswati , Yoga Darshan, Yoga publication Trust, Munger,Bihar
9. Swami Satyananda Saraswati, Asana Pranayama Mudra Bhandha, Yoga publication Trust, Munger.
10. Radhakrishnan S, Indian Philosophy Vol I & II, (George Alen and Unwin, London).



## PAPER- CYS 1.2: YOGA AND HEALTH

### Unit- I: Concept of Health

- Meaning and Definition of Health according to WHO, Ayurveda and Yoga.
- Concept of disease according to Yoga shastra.
- Concept of Panchakosha.
- Ayurvedic concept of Tridosha and Triguna.
- Yogic principles for healthy living.

### Unit- II: Yogic principles of diet

- Definition, Classification and Benefits of food.
- Yogic principles of diet.
- Relationship between food and mind.
- Concept of Pathya - Apathya and Mithyahara.
- Define BMI and its Classification, Estimated daily requirement of Calories.

### Unit- III: Application of Yoga

- Yoga in education system.
- Yoga for sports person.
- Yoga for women's health.
- Yoga for Personality development.
- Yoga and Health.

### Unit – IV: Physiology of Yogic practices

- Physiological aspect of Asana.
- Physiological aspect of Pranayama.
- Physiological aspect of Dhyana.
- Physiological aspect of Bandha and Mudra.
- Physiological aspect of Kriya.

### References:

1. Dr. M L Garote , Applied Yoga, Kaivalyadhama Ashram, Lonavala(Pune).
2. Dr. M L Garote, Yoga applied to Physical education, Kaivalyadhama Ashram, Lonavala(Pune).
3. Gore, M.M. (2004). Anatomy and physiology of yogic practices. Lonavala, India: Kanchan Prakashan.
4. Nadagir K.G, Arogya & Arogya Shikshana Mallasajjan Prakashan, Dharwad.
5. Nagendra H R, Yoga in education,U K Yoga , Bangalore
6. Parmanada Agrawal, Notes on Shatkriya, Kaivalyadhama Ashram, Lonavala(Pune).
7. Pandya, K.K. (1998). Human anatomy. Varanasi, India: Krishnadas Academy.
8. Swami Satyananda Saraswati, Asana Pranayama Mudra Bhandha, Yoga publication Trust Munger.
9. Swami Satyananda Saraswati, Yoga Education for Children Volume I and II, Yoga publication Trust,
10. Munger,Bihar.
11. B. Shrilakshmi, Dietetics, New Age International Private Limited.



## **PRACTICAL -CYS 1.3: PRACTICAL TRAINING IN YOGA**

### **I) SURYANAMASKAR (10 MARKS)**

### **II) BASIC ASANAS (20 MARKS)**

#### **A Standing Asanas:**

Tadasana  
Vrikshasana  
Padahastasana  
Ardha kati chakrasana  
Trikonasana  
Parivritta Trikonasana  
Veerabardrasana I & II  
Garudasana  
Utkatasana

#### **B) Sitting Asanas:**

Dandasana  
Padmasana  
Vajrasana  
Veerasana  
Parvatasana  
Pachimottanasana  
Poorvottanasana  
Janushirshasana  
Ustrasana  
Gomukhasana  
Vakrasana

#### **C) Prone Asanas**

Makarasana  
Bhujangasana  
Dhanurasana  
Ardha Shalabhasana  
Purna Shalabhasana  
Shashankasana

#### **D) Supine Postures**

Navasana  
Pawanmuktasana  
Halasana  
Chakrasana  
Sarvangasana  
Ardhamatsyasana  
Shavasana



### **III) PRANAYAMA (10 MARKS)**

Yogic Breathing (Sectional Breathing)  
Surya Bhedhana Pranayama  
Chandra Bhedhana Pranayama  
Nadishodhana Pranayama  
Ujjayi Pranayama  
Sheetali Pranayama  
Sitkari Pranayama  
Sadanta Pranayama  
Bhramari Pranayama

### **IV) MEDITATION**

OMkar Dhyana  
Yoga nidra

### **V) BANDHA (5 MARKS)**

Jalandhara bandha  
Udyana bandha  
Mulab andha  
Maha bandha

### **VI) MUDRA (5 MARKS)**

Chin  
Bramha  
Bhairava/ Bhairavi  
Shanmukki  
Vayumudra  
Akashamudra  
Pritvi Mudra  
Varuna Mudra  
Shambhavi Mudra  
Apana Mudra  
Hrudaya Mudra  
Pranamudra

### **VII) KRIYA (10 MARKS)**

Kapalabhati  
Trataka  
Neti- Jala neti, Sutra neti

### **VIII) VIVA-VOCE (10 MARKS)**

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