

Himalayan Garhwal University
Uttarakhand (India)

**Scheme of Courses, Examination &
Evaluation and Syllabus**
for

Certificate in YOGA
Six Months

Under



HIMALAYAN GARHWAL UNIVERSITY
UTTARAKHAND

Certificate in Yoga

COURSE STRUCTURE, SCHEME OF EXAMINATION & EVALUATION

1. Title of the Course –

The Course shall be called as “Certificate in Yoga”

2. Duration of the Course –

The course will be of six months duration.

The classes will be conducted 5 days in a week. There will be minimum six and maximum of seven hours of instructions every day (3Hrs. Theory and 3-4 Hrs. Practical’s).

3. Eligibility –

Pass in 12th class of 10+2 pattern of CBSE or equivalent with Science (Physics, Chemistry and Biology) with a minimum aggregate of 50% marks in Physics, Chemistry, Biology provided that the candidate has passed in each subject separately as well as English. The candidate should be medically fit. The candidate should have also passed Hindi/Sanskrit at high school level.

4. Objectives of the Course –

- This course is aimed to train personnel to take up Yoga as a profession.
- To impart the knowledge about Yoga, its foundations and applications to the aspirants.
- To promote the awareness for positive health and personality development in the student through Yoga.
- Instilling and inculcating the general interest and inquisitive knowledge about Yoga for Health, personality development and spiritual evolution.
- To prepare institutionally trained Yoga professionals to impart Yoga training to all sections of the society.
- To prepare the graduates in Yoga to study the higher aspects of Yoga Education, .

5. Syllabus: The syllabus is designed to fulfill aforesaid objectives containing theory and, practicals

6. Medium of Instructions: Hindi, Sanskrit, English

7 Scheme of Examination and Evaluation- as per university ordinance

8 Marks and Gradation - As per the University Rules. The ‘final result’ will comprise of the total marks obtained in all the Semesters and the passing percentage is minimum 50% marks in each theory and practical separately (both in external examinations and Continuous evaluation by the teachers) .The student shall have to pass in all subjects as per the university ordinance.

9. Medium of Examination: The medium of examination shall be Hindi , Sanskrit and English.

10. Award of Degree: The degree shall be called/labelled as **Certificate in Yoga**

Credit score: The total credit is **162** and at least **150** credits shall be cleared by each student for award of degree .

Semester – I Theory and Practical

Sl. No.	Title of the paper with code	Units		Total Marks	Hrs. of Instruction/ week (L-T-P)	Credits
1	Foundations of Yoga – I (BAY/101)	I.	General Introduction to Yoga	100 (70+30)	3-1-0	4 credits
		II.	General Introduction to Indian Philosophy			
		III.	Brief survey of Yoga Traditions – I			
		IV.	Brief survey of Yoga Traditions – II			
2	Foundations and Practices of Hatha Yoga – I (BAY/102)	I	General Introduction to Hatha Yoga	100 (70+30)	3-2-0	5 credits
		II	Hatha Yoga: Pre-requisites			
		III	Hatha Yoga Principles			
		IV	Introduction to Basic Hatha Yoga Texts			
3	Basics of Yogic Anatomy (BAY/103)	I	General concepts	100 (70+30)	1-1-0	2 credits
		II	Head and Neck applicable to yoga			
		III	Thorax and Abdomen applicable to yoga			
		IV	Upper & Lower Extremities applicable to yoga			
4	Basics of Sanskrit – I (BAY/104)	I	Sanskrit Bhasha Parichaya	100 (70+30)	3-1-0	4 credits
		II	Shabdarupa			
		III	Dhaturupa			
		IV	Vakya Nirmana			
5	Functional English – I (BAY/105)	I	Functions of English Language	100 (70+30)	2-1-0	3 credits
		II	Acquisition of Skills			
		III	English : Its application			
		IV	Approaches & Theories of English Language			
6	Practical – I (BAYP/106)		Yoga Practical - 1	100	0-0-8	4 credits
7	Practical – II (BAYP/107)		Yoga Practical – 2	100	0-0-8	4 credits
8	Practical – III (BAYP/108)		Anatomy Practical	100	0-0-2	1 credits
			Total	800		27 credits

L: Lecture

T: Tutorial

P: Practical

Certificate in YOGA
Six Months

DETAILED SYLLABUS

I - FOUNDATIONS OF YOGA – I

Total Marks	Hrs. of instructions/week	Credits
100 (70+30)	3L + 1T	4 Credits

UNIT – I: GENERAL INTRODUCTION TO YOGA

- 1.1. Brief introduction to origin of Yoga, Psychological aspects leading to origin of Yoga, Hindu Mythological concepts about origin of Yoga
- 1.2. History and Development of Yoga
- 1.3. Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions about Yoga, True Nature of Yoga
- 1.4. General Introduction to Schools of Yoga
- 1.5. Principles of Yoga, Yoga Practices for Health and Harmony

UNIT – II: GENERAL INTRODUCTION TO INDIAN PHILOSOPHY

- 2.1. Philosophy: Its meaning, definitions and scope
- 2.2. Branches of Philosophy, Philosophy: Its distinction from Religion and Science
- 2.3. Indian Philosophy: Salient features of Indian Philosophy, Branches of Indian Philosophy (Astika and Nastika Darshanas)
- 2.4. General introduction to Prasthanatrayee and Purushartha Chatustaya
- 2.5. Two-way relationship between Yoga and Indian Philosophy

UNIT – III: BRIEF SURVEY OF YOGA TRADITIONS – I

- 3.1 Yoga in early Vedic period, Yoga in Vedic period, Yoga in Ayurveda
- 3.2 General Introduction to Upanishads, Yoga in Principle Upanishads, Yoga in Yogopanishad
- 3.3 Introduction to Epics (Ramayana, Mahabharata), Yoga in Ramayana, The nature of Yoga in Adhyatma Ramayana
- 3.4 Yoga in Mahabharata, General introduction to Bhagavadgita, Yoga in Bhagavadgita
- 3.5 Yoga in Yoga Vasishtha, Yoga in Medieval Literature, Bhakti Yoga of Medieval Saints, Yoga in Narada Bhakti Sutra

UNIT-IV: BRIEF SURVEY OF YOGA TRADITIONS – II

- 4.1 Introduction to Smritis and Yoga in Smritis
- 4.2 Introduction to Puranas, Nature of Yoga in Bhagavat Purana
- 4.3 General introduction to Shad-darshan, Yoga in Samkhya and Yoga Darshana, Yoga in Vedanta with special reference to Shankara, Ramanuja, Madhva and Vallabha
- 4.4 General introduction to Agamas, Tantras and classification of Tantras, Concept of Shiva and Shakti, Yoga of Shaiva Siddhanta
- 4.5 Yoga in Shakta Tantra: Concepts of Nadi and Prana in Tantra, Kundalini, effects of Kundalini and Shatchakra Sadhana

BOOKS FOR REFERENCE

- Patanjali : YogaDarshana
- Singh S. P : History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010
- Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010
- Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
- Swami Bhuteshananda : Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
- Hiriyanna M : Essentials of Indian Philosophy, Motilal Banarsidas, Delhi, 2008
- Radhakrishnan S : Indian Philosophy, Oxford University, UK (Vol. I & II) II Edition, 2008
- Padhi Bibhu & Minakshi : Indian Philosophy and Religion, DK Printword, New Delhi, 2007
- Swami Prabhavananda : Spiritual Heritage of India (English). Sri Ramkrishna Math, Madras, 2004
- Swami Vivekananda : Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000
- Karel Werner : Yoga and Indian Philosophy, Motilal Banarasidas, Delhi, 1979
- Pandit, M. P. : Introduction to Upanishads: Theosophical Society of India, Adyar, Madras, 1976

II
FOUNDATIONS AND PRACTICES OF HATHA YOGA – I

Total Marks	Hrs. of instructions/week	Credits
100 (70+30)	3L+2T	5 Credits

UNIT – I: GENERAL INTRODUCTION TO HATHA YOGA

- 1.1 Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions
- 1.2 Hatha Yoga: Its Philosophy and Foundations
- 1.3 History and development of Hatha Yoga, Hatha Yoga Parampara, Brief Introduction to eminent Hatha Yogis of Natha Cult and their contribution for the development of Yoga
- 1.4 Ghatashudhi: its importance and relevance in Hatha Yoga sadhana
- 1.5 Relationship between Hatha Yoga and Raja Yoga

UNIT – II: HATHA YOGA: PRE-REQUISITES

- 2.1 Badhaka Tattva (Obstacles) and Sadhaka Tattva (Facilitatory factors) in Hatha Yoga
- 2.2 Concepts of Matha, Concept of Mitahara, Pathya (conducive) and Apathya (non-conducive) ,Types of aspirants
- 2.3 Dasha Yama and Niyama and their relevance in Hatha Yoga Sadhana
- 2.4 Rules and regulations to be followed by Hatha Yoga practitioners (Do's and Don'ts)
- 2.5 Swara,Importance of Svarodaya-jnana in Hatha Yoga Sadhana, Hatha Siddhi Lakshanam.

UNIT – III: HATHA YOGA PRINCIPLES

- 3.1 Introduction to Tantra Yoga and its relationship with Hatha Yoga
- 3.2 Concept of Swas-prashwas, Vayu, Prana and Upaprana
- 3.3 Concept of Kand, Nadi, Swar, Chakra and Granthi
- 3.4 Kundalini prabodhan, Unmani avastha, Nadanusandhan
- 3.5 Concept of Samadhi according to Hatha Yoga Texts

UNIT – IV: INTRODUCTION TO BASIC HATHA YOGA TEXTS

- 4.1 General Introduction to Basic Hatha Yogic Texts : their nature and objectives
- 4.2 General Introdcution to Siddhasiddhantapaddhati, Goraksha Samhita, and Shiva Samhita.
- 4.3 Breif introduction to Hatha Pradeepika.
- 4.4 Breif introduction to Gheranda Samhita.
- 4.5 Breif introduction to Hatha Rathnavali.

BOOKS FOR REFERENCE

- Sahay G.S. : HathaYoga Pradeepika of Svatmarama, MDNIY Publication, 2013
- Sharma BR : Jotsna (Comentory of HathaYoga Pradeepika) Kaivalyadhama, Lonavala, 2013
- Gharote ML : Hatharatnavali,
The Lonavala Yoha Institute, Lonavala, Pune, IInd Edition, 2009
- Swami : Gorakshasatkam,
Kuvalyananda & Kaivalyadhama, Lonavla, 2006
Shukla, S.A.
- Gharote M.L. & : Siddhasidhantpaddhati ,
Pai, G.K. (Edi) Kaivalyadhama, Lonavla, 2005.
- PLRD : Vasistha Samhita,
Kaivalyadhama Samiti, Lonavla, 2005.
- Korpai, Nitin & : HathaYoga and Human Health,
Shankar, Ganesh Satyam Publishing House, New Delhi, 2005.
- Swami Digambarji : Gheranda Samhita
& Gharote M.L. Kaivalyadhama, Lonavla,1978.
- Swatmaramaji : Hathapradipika (Jyotsana- tika),
Adyar Library, Madras.
- Bharati, Swami : Philosophy of Hatha Yoga (English)
Veda Himalayan, Pennsylvania.
- Reddy Venkata : Hatha Ratnavali

III

BASICS OF YOGIC ANATOMY

Total Marks	Hrs. of instructions/week	Credits
100 (70+30)	1L+1T	2 Credits

UNIT I: GENERAL ANATOMY

- 1.1 General Introduction to Anatomy, its significance, nomenclature & terminology
- 1.2 Introduction to Musculo-skeletal system
- 1.3 Introduction to types of Bones and Joints,

UNIT II: HEAD AND NECK

- 2.1 Face – facial muscles, functions of facial muscles
- 2.2 Eyelids, Lachrymal Apparatus, Nose, Nasal Cavity, Sinuses
- 2.3 Oral cavity and Pharynx,
- 2.4 Bones ,Joints and muscles of head and neck.

UNIT III: THORAX AND ABDOMEN

- 3.1 BonesJoints and muscles of thorax and abdomen
- 3.2 Structure of heart ,lungs and other systems relevant to yoga as per textbook of yogic anatomy and physiology

UNIT IV: UPPER & LOWER EXTREMITIES

- 4.1 Skeleton, position and joints of upper and lower extremities
- 4.2 Muscles and muscle groups, of upper and lower extremities
- 4.3 Applied anatomy and surface markings of limbs

Books fo referance

Thatte DG Sharir rachna vigyan ,textbook of human anatomy

Priyanka N Yoga and sharir rachna

MM Gore Kavalyadhama, Lonawala,Pune- Anatomy and physiology of
Yogic Practices

IV---BASICS OF SANSKRIT – I

Total Marks	Hrs. of instructions/week	Credits
100 (70+30)	3L+1T	4 Credits

UNIT-I: सं कृतभाषा पिरचय।

- 1.1 सं कृतभाषा पिरच,योगशा, के अ ययन म सं कृत का मह व और योग एवं संअकृत:स कब धा
- 1.2 माहे रसू । सं कृतवण माला, वर , ंजन वग ान सिहतनिलिप(रोम लेखन एवं पठन)
- 1.3 वण के उ ारण थान और य ान। याहार िनमा ण िविधएवं याहार ान।
- 1.4 कारक, िवभि (सुप् और ितङ्), िल ग, वचन, पु ष, लकारवाएवंया ग पिरचय।
- 1.5 सं कृत सं याएं (एक से सौ तक)

UNIT-II: श द पा

- 2.1 अज तश द प-राम, बा िलका, पु तक, मु िन, िच, वा िर श द केप अथ ान सिहता
- 2.2 अज तश द प-नदी, भानु, धेनु, मधु, िपत्, मातृ श द के ानप सिहताअथ
- 2.3 सव नाम श द प- अ मद्, यु मद्, तत्(तीनो िल ग म), िनोएतद्(तिलग म), िकम्(तीनो िल ग म)
- 2.4 सव (तीनो िल ग म), भवत्(तीनो िल ग म) श द के पानअथसिहता
- 2.5 हल तश द प-भगवत्, आ मन्, नामन्, जगत् श द के प अथिहता। ान स

UNIT-III: धातु पा

- 3.1 भू, अस्, पठ्, मुद्, कृ, िलख्, नम्, दृश् धातु के पांचट्, लङ्, लोट्, िलङ्) लकार (लट्, लृ म प ान एवं वा य िनमा ण अथ ान सिहता।
- 3.2 वद्, गम्, था, पा(िपब्) दा, शक् , आप्, छ् धातु के (लट्, लृट्, लङ्, लोट्, िलङ्) पांचकार म प ान एवं वा य िनमा ण अथ ान सिहता।
- 3.3 ा, कथ्, िच त्, ल्, ँ, नी, याच्, खाद्, शीङ्,
- 3.4 धातु के पांच लकार (लट्, लृट्, लङ्, लोट्, िलङ्) मं वा पय ि ानमा एवण अथ ान सिहता।
- 3.5 थमदी ा के थम एवं ि तीय अ याय से वा यिनमा ण एवं ानअथका अ यासा।

UNIT-IV: वा यिनमा ण ।

- 4.1 थमदी ा के तृतीय अ याय से वा यिनमा ण एवं अथ ान कासा। अ या
- 4.2 थमदी ा के चतुथ अ याय से वा यिनमा ण एवं अथ ान का। अ यासा
- 4.3 थमदी ा के पंचम अ याय से वा यिनमा ण एवं अथ ान का अ यासा।
- 4.4 थमदी ा के ष अ याय से वा यिनमा ण एवं अथ ान का अ यासा।

BOOKS FOR REFERENCE

Sanskrit Vakya prabodh By swami Dayanand Saraswati (delhi sanaskrit academy)

- Moorty CLN : First Book of Sanskrita, Chaukhabha Sanskrit Series,
Varanasi, 2010
Panshtantra By Vishnu Sahrma
- Sanskrit swayam shikshan Dr Satwalaker (Nai sarak ,govind ram hasanaan)
Sanskrit vernouccharan shiksha Panini muni pranit (Ram lal Kapoor trust)
- Perry E D : A Sanskrit Primer, MLBD, New Delhi, 2004
- ि वेद किपल दे : ारि भक रचनानुवाद कौमुदी ;िव िव ालय काश
वाराणसी, 2011

V--FUNCTIONAL ENGLISH – I

Total Marks	Hrs. of instructions/week	Credits
100 (70+30)	2L+1T	3 Credits

Unit 1 – EVOLUTION AND FUNCTIONS OF ENGLISH LANGUAGE

- 1.1 Evolution of human language, uniqueness of human language
- 1.2 Functions of Language: Instrumental, Regulatory,
- 1.3 Functions of Language: Interactional, Personal,
- 1.4 Functions of Language: Heuristic, Imaginative, Representational
- 1.5 English as a Global language, Michael Halliday's concept of Functionalism

Unit 2 – ACQUISITION OF SKILLS

- 2.1 Functional English: definition, conceptualization in the light of the purposes/functions of language
- 2.2 Acquisition of skills required to use current English in a variety of contexts, Role of students as generators of knowledge.
- 2.3 Use of English in various text types.
- 2.4 Functional English as a multi-focal discipline; Primary focus on communication skills: ELT (English Language Training), LSRW (Listening, Speaking, Reading Writing): Grammar, Phonetics, vocabulary building.
- 2.5 Varieties of English: British and American.

Unit 3 - ENGLISH: ITS APPLICATION

- 3.1 Media: Radio, TV, Print, Formats and stylistics, Films, Web Resources, Webliographical flair.
- 3.2 Literature/Creative Writing: different genres, methods of analysis
- 3.3 Business English: Business Communication, Business vocabulary, meetings, presentations, negotiations, socialising, Biz journals and periodicals
- 3.4 Translation: Role of translation in the Indian/International context, Equivalence, cultural transaction, Translation in the IT era.
- 3.5 Sports and Entertainment: announcing, comparing, commentaries

Unit 4 – APPROACHES AND THEORIES OF ENGLISH LANGUAGE

- 4.1 Approaches to language: Acquisition/Learning/Teaching, Grammar Translation Method
- 4.2 Direct Method, Audio-lingual Method
- 4.3 Communicative approach, Notional Functional Approach
- 4.4 Task-based Language Teaching
- 4.5 Theories: Behaviourism, Cognitivism, Social Development Theory, Cooperative Learning, Universal Grammar.

BOOKS FOR REFERENCE

- Nagaraj, Geetha. : English language Teaching. Hyderabad: Orient Longman, 2008.
- Trask R. L. : Key Concepts in language & Linguistics. London: Routledge, 2004.
- Trask R. L. : Language the Basics. London : Routledge, 2003
- Halliday MAK. : Spoken and written Language. London: OUPP,
- Halliday MAK. : An Introduction to Functional Grammar. London: Arnold
- Mathew, et al. : Language Curriculum: Dynamics of Change (Vol. I & II). Orient Longman
- Tickoo, M. L. : Teaching and Learning English. Orient Longman
- Vygotsky, L. S. : Mind in Society. Cambridge: Harvard University Press
- Richards, Jack C and : Approaches and methods in language teaching Theodore S Rodgers. .Cambridge : CUP,1995.
- Hatim ,Basil and Jeremy : Translation: An Advanced Resource Book. Oxon: Munday. Routledge,2004.
- Crystal, David. : English as a Global Language. Cambridge: CUP
- Mascull, Bill. : Business vocabulary in Use. Cambridge : CUP,2004

**VI-- Practical – I (YOGA PRACTICAL – I)
(Elementary Yogic Practices)**

Total Marks	Hrs. of instructions/week	Credits
100	8 P	4 Credits

Practice of the following Yogic practices with brief theoretical knowledge about their importance of name, the technique, salient points, precautions to be taken and benefits of each of the following Yogic practices

I. RECITATION OF HYMNS & HASTA MUDRA	- 10 MARKS
II. SHATKARMA	- 40 MARKS
III. BREATHING PRACTICES	- 10 MARKS
IV. Continuous evaluation by the Teachers	- 40 MARKS

TOTAL - 100 MARKS

I. RECITATION OF HYMNS & HASTA MUDRA **Marks: 10**

- 1.1 Recitation of Pratah-smaran and Shanti Mantras
- 1.2 Recitation of Pranava Japa and Soham Japa
- 1.3 Recitation of Hymns from Upanishad & Yoga Texts
- 1.4 Hasta Mudra: Chin, Jnana, Hridaya, Bhairav, Yoni

II. SHATKARMA **Marks: 40**

- 2.1 Dhauti (Kunjal, Vamana Dhauti, Vastra Dhauti)
- 2.2 Neti (Jalneti, Sutraneeti)
- 2.3 Kapalbhata and its variants
- 2.4 Agnisara

III. BREATHING PRACTICES **Marks: 10**

- 3.1 Breath Awareness : Shwas-prashwas Sanyaman
- 3.2 Abdomen, Thoracic & Clavicular Breathing, Abdomen+Thoracic Breathing, Abdomen+Thoracic+Clavicular Breathing
- 3.3 Yogic Breathing: Pause Breathing (Viloma Pranayama), Spinal Passage Breathing (Sushumna Breathing)
- 3.4 Practice of Puraka, Rechaka & Kumbhaka (Antar & Bahya Kumbhaka)

IV. Continuous evaluation by the Teachers **Marks: 40**

As per the guidelines in the scheme of Examinations

BOOKS FOR REFERENCES

- Yogeshwar : Text Book Of Yoga, Penguin Books, India, 2004.
- Sri Ananda : The Complete book of Yoga, Orient Course Backs, Delhi, 2003.
- Basavaraddi, I.V. & others : SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
- Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009
- Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2010
- Swami Rama : Science of Breath, A Practical Guide, The Himalayan International Institute, Pennselvenia, 1998
- Swami Niranjananand : Prana, Pranayama & Pranvidya, Yoga Publications Trust, Munger, Bihar, 2005
- Saraswati
- Basavaraddi I. V. & others : Prathah Smarana; MDNIY publication, New Delhi, 2009
- Dr. Nagendra H R : Pranayama, The Art & Science, Swami Vivekananda Yoga Prakashan, Bangalore, 2005

**VII-- Practical II (YOGA PRACTICAL – II)
(Elementary Yogic Practices)**

Total Marks	Hrs. of instructions/week	Credits
100	8 P	4 Credits

Practice of the following Yogic practices with brief theoretical knowledge about their importance of name, the technique, salient points, precautions to be taken and benefits of each of the following Yogic practices, e.g. Yogic Suksma Vyayama, Yogic Sthula Vyayama, Surya Namaskar and Yogasanas etc.

I. YOGIC SUKSMA AND STHULA VYAYAMA AND NABHI PAREEKSHA	- 40 MARKS
II. SURYA NAMASKARA	- 10 MARKS
III. YOGASANAS (Standing Postures for Body Alignments)	- 10 MARKS
IV. INTERNAL ASSESSMENT	- 40 MARKS

TOTAL - 100 MARKS

I. YOGIC SUKSMA AND STHULA VYAYAMA, NABHI PAREEKSHA Marks: 40

1.1 YOGIC SUKSMA VYAYAMA (Marks: 30)

1. Uccharana-sthala tatha Vishudha-chakra-shuddhi (for throat and voice)
2. Prarthana (Prayer)
3. Buddhi-tatha-dhriti shakti-vikasaka (for developing will power)
4. Smarana shakti-vikasaka (for improving the memory)
5. Medha shakti-vikasaka (for improving the intellect and memory)
6. Netra shakti-vikasaka (for the eyes)
7. Kapola shakti-varadhaka (for the cheeks)
8. Karna shakti-varadhaka (for the ears)
9. Griva shakti-vikasaka (for the Neck) (i) (A & B)
10. Griva shakti-vikasaka (for the Neck) (ii) (A & B)
11. Griva shakti-vikasaka (for the Neck) (iii)
12. Skandha-tatha-bahu-mula shakti-vikasaka (for the shoulders)
13. Bhuja-bandha shakti-vikasaka
14. Kohini shakti-vikasaka
15. Bhuja-valli shakti-vikasaka
16. Purna-bhuja shakti-vikasaka (for the arms)
17. Mani-bandha shakti-vikasaka
18. Kara-prstha shakti-vikasaka
19. Kara-tala shakti-vikasaka
20. Anguli-mula shakti-vikasaka (for the fingers) (A & B)
21. Anguli- shakti-vikasaka (for the fingers) (A & B)
22. Vaksa-sthala shakti-vikasaka (for the chest) (1)
23. Vaksa-sthala shakti-vikasaka (for the chest) (2)
24. Udara shakti-vikasaka (for the abdomen) (i)
25. Udara shakti-vikasaka (for the abdomen) (ii)
26. Udara sakti-vikasaka (for the abdomen) (iii)
27. Udara shakti-vikasaka (for the abdomen) (iv)
28. Udara shakti-vikasaka (for the abdomen) (v)
29. Udara shakti-vikasaka (for the abdomen) (vi)
30. Udara shakti-vikasaka (for the abdomen) (vii)

31. Udara shakti-vikasaka (for the abdomen) (viii)
32. Udara shakti-vikasaka (for the abdomen) (ix)
33. Udara shakti-vikasaka (for the abdomen) (x) (A, B & C)
34. Kati shakti-vikasaka (for the waist) (i)
35. Kati shakti-vikasaka (for the waist) (ii)
36. Kati shakti-vikasaka (for the waist) (iii)
37. Kati shakti-vikasaka (for the waist) (iv)
38. Kati shakti-vikasaka (for the waist) (v)
39. Muladhara-chakra-suddhi (for the rectum)
40. Upastha tatha-svadhithana-chakra-suddhi (for the genital organs)
41. Kundalini shakti-vikasaka (for the kundalini)
42. Jangha shakti-vikasaka (for the thighs) (i) (A & B)
43. Jangha shakti-vikasaka (for the thighs) (ii) (A & B)
44. Janu shakti-vikasaka (for the knees)
45. Pindali shakti-vikasaka (for the calves)
46. Pada-mula shakti-vikasaka (A & B)
47. Gulpha-pada-pristha-pada-tala-shakti-vikasaka (for the ankles and the feet)
48. Padanguli shakti-vikasaka (for the toes)

1.2 YOGIC STHULA VYAYAMA

(Marks: 10)

1. Rekha-gati (Walking in a Straight line)
2. Hrid-gati (Injanadaur – the Locomotive Exercise)
3. Utkurdana (Jumping Exercise)
4. Urdhva-gati (Upward Movement)
5. Sarvanga-pusti (Developing the Entire body) &

1.3 NABHI PAREEKSHA

II. SURYA NAMASKARA

Marks: 10

III. YOGASANA (Standing Postures and body alignment)

Marks: 10

- 3.1 Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana
- 3.2 Ardha Chakrasana, Paada Hastasana
- 3.3 Trikonasana, Parshva Konasana
- 3.4 Veerabhadrasana and its variations

IV Counselling When not to do yoga – situations where different yogic kriyas and asanas should not be done and taught

V Continuous evaluation by the Teachers

Marks: 40

As per the guidelines in the scheme of Examinations

BOOKS FOR REFERENCES

- Swami Dhirendra
Bhramhachari : Yogic Sukshma Vyayama, Dhirendra Yoga
Publications, New Delhi, 1980
- Swami Dhirendra
Bhramhachari : Yogasana Vijnana, Dhirendra Yoga Publications, New
Delhi, 1966
- Swami Kuvalyananda : Asana, Kaivalyadhama, Lonavla, 1993
- Swami Satyananda Saraswati : Asana, Pranayama, Bandha, Mudra, Bihar School of
Yoga, Munger, 2006
-
- Iyengar, B.K.S. : Light on Yoga, Harper Collins Publishers, 2009
- Sen Gupta Ranjana : B.K.S. Iyengar Yoga, A Dorling Kindersley Limited,
2001
- Saraswati, Swami Satyananda : Surya Namaskara, Yoga Publication Trust, Munger,
2006
- Tiwari, O.P. : Asana Why and How? Kaivalyadhama, Lonavla, 2011
- Radha, Sivananda : Hatha Yoga, jaico Publishing House, Delhi, 2004.

VIII--PRACTICAL –III (ANATOMY PRACTICALS)

Total Marks	Hrs. of instructions/week	Credits
100	2 P	1 Credits

I.	Practicals	- 40 MARKS
II.	Viva Voce	- 20 MARKS
III.	Continuous evaluation by the Teachers	- 40 MARKS

		TOTAL -100 MARKS

