

# **Himalayan Garhwal University**

**Uttarakhand (India)**

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

### **Certificate in YOGA Six Months**



**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 10<sup>th</sup> class of high school pattern of CBSE or equivalent with Science (Physics, Chemistry and Biology) with a minimum aggregate of 50% marks 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

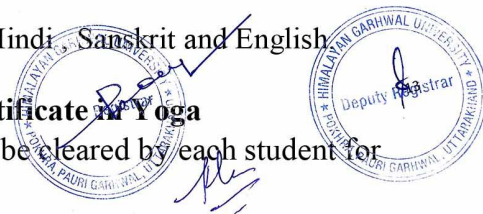
**7 Scheme of Examination and Evaluation- as per university ordinance**

**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 27 and at least 25 credits shall be cleared by each student for award of degree .



**Marks Evaluation of Certificate in Yoga**  
**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       | <b>Foundations of Yoga – I (CAY/101)</b>                     | I.    | General Introduction to Yoga                 | 100<br>(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       | <b>Foundations And Practices of Hatha Yoga – I (CAY/102)</b> | I     | General Introduction to Hatha Yoga           | 100<br>(70+30) | 3-2-0                             | 5 credits         |
|         |  | II    | Hatha Yoga: Pre-requisites                   |                |                                   |                   |
|         |  | III   | Hatha Yoga Principles                        |                |                                   |                   |
|         |  | IV    | Introduction to Basic Hatha Yoga Texts       |                |                                   |                   |
| 3       | <b>Basics of Yogic Anatomy (CAY/103)</b>                     | I     | General concepts                             | 100<br>(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       | <b>Basics of Sanskrit – I (CAY/104)</b>                      | I     | Sanskrit Bhasha Parichaya                    | 100<br>(70+30) | 3-1-0                             | 4 credits         |
|         |  | II    | Shabdarupa                                   |                |                                   |                   |
|         |  | III   | Dhaturupa                                    |                |                                   |                   |
|         |  | IV    | Vakya Nirmana                                |                |                                   |                   |
| 5       | <b>Functional English – I (CAY/105)</b>                      | I     | Functions of English Language                | 100<br>(70+30) | 2-1-0                             | 3 credits         |
|         |  | II    | Acquisition of Skills                        |                |                                   |                   |
|         |  | III   | English : Its application                    |                |                                   |                   |
|         |  | IV    | Approaches & Theories of English Language    |                |                                   |                   |
| 6       | <b>Yoga Practical – I (CAYP/106)</b>                         |       | Yoga Practical - 1                           | 100            | 0-0-8                             | 4 credits         |
| 7       | <b>Yoga Practical – II (CAYP/107)</b>                        |       | Yoga Practical – 2                           | 100            | 0-0-8                             | 4 credits         |
| 8       | <b>Practical – III Anatomy Practical (CAYP/108)</b>          |       | Anatomy Practical                            | 100            | 0-0-2                             | 1 credits         |
|         |  |       | <b>Total</b>                                 | <b>800</b>     |                                   | <b>27 credits</b> |

**L: Lecture**

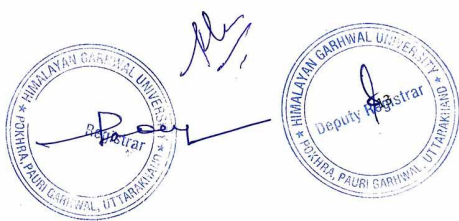
**T: Tutorial**

**P: Practical**



# ***Certificate in YOGA*** **Six Months**

## **DETAILED SYLLABUS**





## **PAPER I – CAY/101 FOUNDATIONS OF YOGA – I**

| <b>Total Marks</b> | <b>Hrs. of instructions/week</b> | <b>Credits</b> |
|--------------------|----------------------------------|----------------|
| 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**

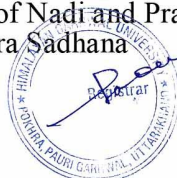
- 2.1. Philosophy: Its meaning, definitions and scope
- 2.2. Branches of Philosophy, Philosophy: Its distinction from Religion and Science
- 2.3. Indian Philosophy: Salient features of Indian Philosophy, Branches of Indian Philosophy (Astika and Nastika Darshanas)
- 2.4. General introduction to Prasthanatrayee and Purushartha Chatushtaya
- 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**

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



## **PAPER II – CAY/102 FOUNDATIONS AND PRACTICES OF HATHA YOGA – I**

| <b>Total Marks</b> | <b>Hrs. of instructions/week</b> | <b>Credits</b> |
|--------------------|----------------------------------|----------------|
| 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 (conductive) and Apathya (non-conductive), 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

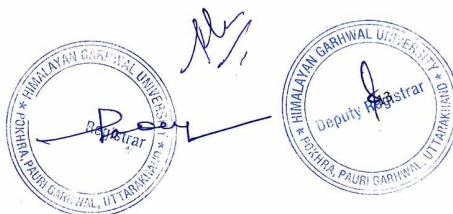
### **UNIT – IV: INTRODUCTION TO BASIC HATHA YOGA TEXTS**

- 4.1 General Introduction to Basic Hatha Yogic Texts : their nature and objectives
- 4.2 General Introduction 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

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



### **PAPER III – CAY/103 BASICS OF YOGIC ANATOMY**

| <b>Total Marks</b> | <b>Hrs. of instructions/week</b> | <b>Credits</b> |
|--------------------|----------------------------------|----------------|
| 100 (70+30)        | 1L+1T                            | 2 Credits      |

#### **UNIT I: GENERAL CONCEPTS**

- 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 APPLICABLE TO YOGA**

- 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 APPLICABLE TO YOGA**

- 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 APPLICABLE TO YOGA**

- 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**

1. Thatte DG Sharir rachna vigyan ,textbook of human anatomy
2. Priyanka NYoga and sharir rachna
3. MM Gore Kavalyadhama, Lonawala,Pune- Anatomy and physiology of Yogic Practices





**PAPER IV- CAY/104**  
**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 संाअकृत:स कब ध।
- 1.2 माहे रसू । सं कृतवण माला, वर, ंजन वग ान सिहतनिलिप(रोम लेखन एवं पठन)
- 1.3 वण के उ ारणथान 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, बािलका, पु तक, मुि, िच, वािर श द केप अथ ान सिहता
- 2.2 अज तश द प-नदी, भानु, धेनु, मधु, िपतृ, मातृ श द के ानप सिहताअथ
- 2.3 सव नाम श द प- अमद्, 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,िचि त्, ू, ु,नी, याच्,खाद्,शीङ्,
- 3.4 धातु के पांच लकार (लट्,लृट्,लङ्,लोट्,िलङ्) मं वा पय िानमाएवण अथ ान सिहता
- 3.5 थमदी ा के थम एवं ि तीय अ याय से वा यिनमा ण एवं ानअथका अ यास।

**UNIT-IV: वा यिनमा ण**

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





## BOOKS FOR REFERENCE

1. Sanskrit Vakya prabodh By swami Dayanand Saraswati (delhi sanaskrit academy)
2. Moorty CLN: First Book of Sanskrita, Chaukhabha Sanskrit Series, Varanasi, 2010
3. Panshtantra By Vishnu Sahrma
4. Sanskrit swayam shikshan: Dr. Satwalaker (Nai sarak ,govind ram hasanaan)
5. Sanskrit vernouccharan shiksha: Panini muni pranit (Ram lal kapoor trust)
6. Perry E D: A Sanskrit Primer, MLBD, New Delhi, 2004
7. ि वेद किपल दे: ारि भक रचनानुवाद कौमुदी ;िव िव ालय काश वाराणसी, 2011



## **PAPER V- CAY/105 FUNCTIONAL ENGLISH – I**

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

### **Unit 1 –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: Routledge,2004.
- Munday. : Translation: An Advanced Resource Book. Oxon: Routledge,2004.
- Crystal, David. : English as a Global Language. Cambridge: CUP
- Mascull, Bill. : Business vocabulary in Use. Cambridge : CUP,2004



## **PAPER VI- CAYP/106 (YOGA PRACTICAL – I)**

| 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, Sutrneti)
- 2.3 Kapalbhati 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)

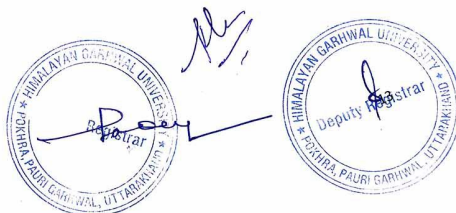
### **IV. Continuous evaluation by the Teachers** **Marks: 40**

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 Saraswati | : | Prana, Pranayama & Pranvidya, Yoga Publications Trust, Munger, Bihar, 2005                      |
| 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                 |





**PAPER VII- CAYP/107 (YOGA PRACTICAL – II)**

| 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-var dhaka (for the cheeks)
8. Karna shakti-var dhaka (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

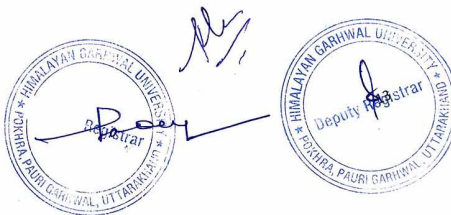
Marks: 40

As per the guidelines in the scheme of Examinations



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**PAPER VIII- CAYP/108 PRACTICAL –III ANATOMY PRACTICAL**

| 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 |

