

Format for syllabus Development of skill Development Course

VOC114

Title of Course		Yoga & Naturopathy			
Nodal Department of HEI To run course					
Board area/ sector		Naturopathy Science			
Sub Sector-		Health & Naturopathy			
Nature of course- Independent/ Progressive		Progressive			
Name of suggestive sector Skill Council		Life science			
Expected fees of the course- Fee/Paid		N/A			
Stipend to Student expected from industry		Yes, 5000/-			
Number of Seats...60		60			
Course Code.....		Credits- 03(1 Theory, 2 Practical)			
Max Marks.....100.....Minimum Marks....48					
Name of proposed skill Partner(Please specify, Name of industry, company etc for Practical/ training/ internship/OJT		Golden Gym New Delhi			
Job prospects-Expected Fields of Occupation where student will be able to get job after completing this course in (Please specify name/type of industry, company etc.)		As a Yoga Teacher			
Syllabus					
Unit	Topics	General/Skill component	Theory/Practical/OJT/Internship/training	No of theory hours(Total- 15 Hours+= 1 credit)	No of skill Hours (Total-60 Hours=2 credits)
I			Syllabus Enclose		
II					
III					
IV					
V					
VI					

## Format for syllabus Development of skill Development Course

Suggested Readings:	Syll. Encl.
Suggested Digital platforms/web links for reading-	As per Syll.
Suggested OJT/ Internship? Training/ Skill partner	Golden Gym, New Delhi Sanjivni Phy. Slawan
Suggested Continuous Evolution Methods:	
Course Pre-requisites:	<ul style="list-style-type: none"><li>• No pre-requisite required, open to all</li><li>• To study this course, a student must have the subject..... In class/12<sup>th</sup>/ certificate/ diploma</li><li>• If progressive, to study this course a student must have passed previous courses of this series.</li></ul>
Suggested equivalent online courses:	
Any remarks/suggestions:	
Notes:	<ul style="list-style-type: none"><li>• Number of units in Theory/Practical may vary as per need</li><li>• Total credits/semester-3(it can be more credits, but students will get only 3 credit/ semester or 6 credits/ Year</li><li>• Credits for Theory =01 (Teaching Hours =15)</li><li>• Credits for Internship/OJT/Training/Practical=02(Training Hours=60)</li></ul>



**SYLLABUS YOGA COURSE (ONE YEAR) THEORY**  
**EXAMINATION**

<u>Sr. No</u>	<u>Subject</u>	<u>Theory marks</u>	<u>Internal Marks</u>	<u>Total marks</u>
Paper- I	Yog Parichaya	80	20	100
Paper-II	Anatomy, Physiology for Yogic Practice.	80	20	100
Paper-III	Teaching Methodology of Yogic Practice.	80	20	100
Paper-IV	Traditional Yoga	80	20	100
		320	80	400

**Practical**

<u>Sr. No</u>	<u>Subject</u>	<u>Practical marks</u>	<u>Internal Marks</u>	<u>Total marks</u>
V	Practical Demonstration of Asanas Pranayam, Shudhi Kriya (Practical Note Book) & viva-voce	80	20	100
VI	Practice of teaching five lessons Plan on any skill (three asanas one pranayama & one kirya) on lesson format with chart & viva-voce	80	20	100
		160	40	200

## Paper- I YOG PARICHAYA

**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 2marks 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, Messotharapy, 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**

**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 2marks 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, supine, prone position & tippy-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**

**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 2marks 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.
- iv) 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**



**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 2marks each. The candidates are required to attempt one question from each unit(I to IV) and unit Vth 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) Asanas.
- ii) Pranayama
- iii) Kriyas.
- iv) Nadanusandhan

### **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) Kundalini.
- 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**

**LIST OF YOGIC PRACTICES**

<b><u>ASANA</u></b>	<b><u>PRANAYAMA</u></b>	<b><u>KRIYA</u></b>
1. Shirsh Asana	1. Anulome-vilome	Any two Kirya from the
followings:-		
2. Vipratarani	2. Ujjai	1. Neti
3. Hal Asana	3. Bhastrika	2. Dhauthi
4. Bhujang Asana	4. Shitali	3. Tratak
5. Ardh-Shalbh Asana	5. Sitkari	4. Nauli
6. Vakra Asana	6. Suryabhedan	5. Kapalbhati
7. Ardhha Matasyaendrasana	7. Bhramri	
8. Paschimottan Asana		
9. Vajra Asana		
10. Supta Vajra Asana		
11. Yoga Mudra		
12. Nauka Asana		
13. Bak Asana		
14. Mayur Asana		
15. Ustra Asana		
16. Vriksh Asana		
17. Padma Asana		
18. Trikon Asana		
19. Sarvang Asana		
20. Manduk Asana		
21. Pavan Muket		
22. Chakra Asana		
23. Pad-hast Asana		
24. Katichakra Asana.		
25. Surya Namaskar		

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

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.