

**SYLLABUS FOR  
DIPLOMA IN YOGA  
SYLLABUS AND SCHEME OF EXAMINATION**

**Duration:** One year

**(Program code-DIY)**

**(Course code-AUDIY)**

**SYLLABUS FOR  
DIPLOMA IN YOGA**

<b>PART-I</b>	<b>THEORY</b>	<b>800 MARKS</b>
<b>PART-II</b>	<b>PRACTICALS</b>	<b>400 MARKS</b>

**TOTAL MARKS : 1200 MARKS**

**SEMESTER-I**

<b>PART-I</b>	<b>THEORY</b>	<b>400 MARKS</b>
<b>PART-II</b>	<b>PRACTICAL I AND II</b>	<b>200 MARKS</b>

**TOTAL MARKS : 600 MARKS**

**Note:-**

- Examination in practical teaching and officiating shall be conducted jointly by one internal and one external examiner.
- If a candidate who fails to qualify or who misses the examination in any activity in the first term. It is obligatory for him to appear in the activities of the first term along with the final examination.

**PART-I: THEORY**

**400 MARKS**

<b>PAPER CODE</b>	<b>SUBJECT</b>	<b>EXTERNAL</b>	<b>INTERNAL</b>
PAPER- I	FOUNDATIONS OF YOGA	80	20
PAPER-II	PRINCIPLES OF HATHA YOGA	80	20
PAPER-III	YOGA AND ALLIED SCIENCES	80	20
PAPER-IV	HUMAN ANATOMY AND PHYSIOLOGY	80	20

Note: Each Theory paper will be of three hrs duration.

**PART-II : PRACTICAL(YOGIC SKILLS & ALLIED SCIENCES) 200 MARKS**

<b>PAPER</b>	<b>SUBJECT</b>	<b>EXTERNAL</b>	<b>INTERNAL</b>
PAPER- V	PRACTICAL -I	80	20
PAPER-VI	PRACTICAL -II	80	20

## SEMESTER-II

PART-I	THEORY	400 MARKS
PART-II	PRACTICAL I AND II	200 MARKS

**TOTAL MARKS : 600 MARKS**

**Note:-**

- Examination in practical teaching and officiating shall be conducted jointly by one internal and one external examiner.

**PART-I: THEORY**

**400 MARKS**

PAPER	SUBJECT	EXTERNAL	INTERNAL
PAPER- VII	PATANJALI YOGASUTRA	80	20
PAPER-VIII	YOGA THERAPY	80	20
PAPER-IX	SHRIMADBHAGWADGEETA	80	20
PAPER-X	SAMKHYAKARIKA, INDIAN PHILOSOPHY AND UPANISHAD	80	20

Note: Each Theory paper will be of three Hrs duration.

**PART-II :PRACTICALS**

**200 MARKS**

PAPER	SUBJECT	EXTERNAL	INTERNAL
PAPER- XI	PRACTICAL -I	80	20
PAPER-XII	PRACTICAL -II	80	20

**(SEMESTER-I)**

**PAPER-I: FOUNDATIONS OF YOGA**  
**(Course code-AUDIY1-01)**

**Time allowed: 3 Hours Max Marks: 100 (External: 80, Internal: 20)**

**INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:**

- a) There shall be nine questions in all.
- b) First question is compulsory. It will contain 8 short answer type questions, spread over the whole syllabus to be answered in brief. It will carry 32 marks i.e., Four marks each question. All questions are compulsory. (4×8 = 32 Marks)
- c) Rest of the paper shall contain Four units for descriptive questions. Each unit shall have two questions and the students shall be given internal choice i.e. the students shall attempt one question from each unit. (12 x 4= 48 Marks)

**UNIT – I:**

1. Etymology, Meaning and Misconceptions of Yoga.
2. Objectives / importance and aims of Yoga.
3. Importance of Time, place and season. Helping and disturbing elements of Yoga.
4. Ethics of Yoga: Yama-s and Niyama-s according to Patanjali yoga sutra.

**UNIT – II:**

1. Yoga in Veda-s, Upanishad-s, Purana-s,
2. Yoga in Smrit-s Srimadbhagvadgeeta,
3. Karmayoga, Bhaktiyoga, Jainyoga.
4. Rajayoga. Hathyoga, Astangayoga, kundalini Yoga

**UNIT-III:**

**Brief introduction of scriptures**

1. Patanjali Yogasutra, Shrimad Bhagwadgeeta
2. Gheranda Samhita, Hathayoga Pradeepika
3. Goraksha Padati, Siddha Sidhantpadati
4. Hatha Ratnavali, Shiv Samhita

**Unit-IV**

1. Matsendranatha , Gorakshanatha.
2. ParmahansaRamkrishan, Swami Vivekanand
3. ParmahansaYoganandji, Shri Arvind.
4. Swami Shivanand, Swami Satyanand Saraswati.

## PAPER-II: PRINCIPLES OF HATHA YOGA

(Course code-AUDIY1-02)

**Time allowed: 3 Hours Max Marks: 100 (External: 80, Internal: 20)**

### INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- There shall be nine questions in all.
- First question is compulsory. It will contain 8 short answer type questions, spread over the whole syllabus to be answered in brief. It will carry 32 marks i.e., Four marks each question. All questions are compulsory. (4×8 = 32 Marks)
- Rest of the paper shall contain Four units for descriptive questions. Each unit shall have two questions and the students shall be given internal choice i.e. the students shall attempt one question from each unit. (12 x 4= 48 Marks)

#### Unit -1

- Hathayoga:** Its Origin, Meaning, Definition, Aims and Objects, Importance in Modern era.
- Sign and symptoms of success in Hatha Yoga.
- Contribution of Nath Tradition in Hathayoga.
- Mitahara, Pathya and Apathya, do and don't in Hathayoga Sadhna.

#### Unit -2

- Dhauti:** Its techniques, benefits, precautions, contraindications and classification, Practices of Dandadhauti, Vastradhauti, Vamandhauti, Agnisardhauti.
- Basti, Neti, Nauli :** Its techniques, benefits, precautions, contraindication and classification
- Trataka, Kapalabhati:** Its techniques, benefits, precautions, contraindications and classification.
- Asanas:** Meaning and definition, principles, their techniques, benefits, precautions, contraindications and classification.

#### Unit-3

- Pranayama:** Its Meaning and Definition, Prana and its types.
- Principles, classification of Pranayama according to Hathayogic texts.
- Pranayama:** Their techniques, benefits, precautions, contraindications and classification according to Hathayogapradeepika and Gheranda - samhita.
- Mudra-s (Bandha):** Meaning and Definition, Mudras mentioned in Gheranda-samhita and Hathayogapradeepika .

#### Unit-4

- Nadi-s:** Meaning, Origin, Location, types, classification and its importance in Hathayoga Sadhna.
- Chakra-s:** Meaning, Location, types and its importance in Hatha Yoga Sadhna.
- Kundalini:** Meaning, Synonyms, Location, Method for awakening.
- Nadanushandhaan:** According to Hathayogapradeepika.

## **PAPER-III: YOGA AND ALLIED SCIENCES**

**(Course code-AUDIY1-03)**

**Time allowed: 3 Hours Max Marks: 100 (External: 80, Internal: 20)**

### **INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:**

- a) There shall be nine questions in all.
- b) First question is compulsory. It will contain 8 short answer type questions, spread over the whole syllabus to be answered in brief. It will carry 32 marks i.e., Four marks each question. All questions are compulsory. (4×8 = 32 Marks)
- c) Rest of the paper shall contain Four units for descriptive questions. Each unit shall have two questions and the students shall be given internal choice i.e. the students shall attempt one question from each unit. (12 x 4= 48 Marks)

#### **Unit -1**

1. Health Education: Meaning, Scope, Objectives and Spectrum,
2. Principles and Importance of health education
3. Planning and evaluation in health education programmes.
4. Personal Hygiene: The concept of hygiene and personal hygiene. Importance of rest, sleep, diet and exercise.

#### **Unit -2**

1. Meaning of Food Nutrient and Nutrition.
2. Components of food, classification, sources and requirements.
3. Meaning and Importance of Balance Diet, Malnutrition and Yogic diet
4. Advantages and disadvantages of Vegetarian and Non Veg diet.

#### **Unit-3**

1. Physical Education: Introduction, Scope, Aims and Objectives of Physical Education, Relationship of Physical Education with Yoga
2. Modern Trends in Physical Education and Yoga.
3. Yoga as Profession: Introduction to the Profession of Yoga and its opportunities.
4. Flexibility: Meaning, Importance, Types, Methods of training and precautions

#### **Unit-4**

General introduction of different therapies

1. Accupressure, Accupunture
2. Naturopathy, Ayurveda
3. Magnet Therapy, Pranic Healing
4. Importance of these therapy for curi
5. ng disorders.

## **PAPER-IV: HUMAN ANATOMY AND PHYSIOLOGY**

**(Course code-AUDIY1-04)**

**Time allowed: 3 Hours Max Marks: 100 (External: 80, Internal: 20)**

### **INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:**

- a) There shall be nine questions in all.
- b) First question is compulsory. It will contain 8 short answer type questions, spread over the whole syllabus to be answered in brief. It will carry 32 marks i.e., Four marks each question. All questions are compulsory. (4×8 = 32 Marks)
- c) Rest of the paper shall contain Four units for descriptive questions. Each unit shall have two questions and the students shall be given internal choice i.e. the students shall attempt one question from each unit. (12 x 4= 48 Marks)

### **UNIT-I**

1. Anatomy & Physiology: Introduction, Need and Importance in the field of Yoga.
2. General introduction of human body.
3. Cell: Introduction of Cell, Tissue, Organ and System, Microscopic Structure and Functions of Cell.
4. Tissue: Introduction, Classification, Structure, Functions and Types.

### **UNIT-II**

1. Blood: Composition, Function and Coagulation.
2. Skeletal System: Introduction of Skeletal system, Classification of Bones and effect of Yogic Practices on it.
3. Joints and its Classification, effect of Yogic Practices on it.
4. Muscular System: Introduction, Classification, Functions of muscles and effect of Yogic Practices on it.

### **UNIT-III**

1. Digestive System: Introduction, Structure and Functions, digestion of food (Absorption and Assimilation of food) effect of Yogic Practices on it.
2. Circulatory System: Introduction, Structure and Function of heart, Types of Circulation and effect of Yogic Practices on it.
3. Blood Pressure, Technique of measurement and effect of Yogic Practices on it.
4. Respiratory System: Introduction, Structure and Function of Respiratory Organs, Mechanism and effect of Yogic Practices on it.

### **UNIT-IV**

1. Excretory System: Introduction, Structure and Functions of the Kidney and Skin. Composition of Urine and effect of Yogic Practices on it.
2. Nervous System: Introduction, Central Nervous System, Autonomous Nervous System.
3. Parts of the Brain (Name and Position only), Structure of the Spinal Cord. effect of Yogic Practices on it.
4. Endocrine System: Introduction, Location and Structure of different Glands and effect of Yogic Practices on it.

**PAPER – V PRACTICAL – I**  
**(Course code-AUDIIY1-001)**

**Max Marks: 100 (External: 80, Internal: 20)**

**1. Shukshma Vyayam.**

**2. Suryanamaskar**

**10 Marks**

**3. Asana-s**

**30 Marks**

**A. In Standing Position:-**

Tadasana, Konasana, Kati-Chakarsn, Vrikshasana,  
Trektadasana, Utkatasana, Padaangushthasan.

**B. In Sitting Position:**

Padmasana, Swastikasan, Vajrasana, Mandukasan, Kurmasana,  
Simhasana, Janu-Sirsasan, Paschimottanasana, Vakrasana, Ardha-Matsyendrasana,  
Bhadrasana (Badh-Konasana), Gomukhasana.

**C. In laying on Back (Supine Position):**

Shavasana (Mritasana), Uttanpadasana, Pawanmuktasana, Ardha-Halasan,  
Setubandhasana, Sarvangasana, Matsyasana.

**D. In laying on abdomen (Prone Position):**

Makrasana, Sarpasana, Dhanurasana.

**4. Pranayama & Dhyana (Meditation)**

**20 Marks**

- A. Deep breathing- Abdominal & Diaphragmic breathing
- B. Yogic breathing
- C. Nadishodhan pranayam
- D. Surya Bhedan Kumbhak
- E. Sheetal Kumbhak
- F. Sheetkari Kumbha

**3. Viva :**

**20 Marks**

**Reference books**

- 1. Hath Yoga Pradipika- Kaivlyadham Lonavla
- 2. Gheranda Sanhita- Kaivlyadham Lonavla
- 3. Saral Yogasana- Dr. Ishwar Bharadwaj
- 4. Asana Pranayama Bandha Mudra- Swami Satyanand Saraswati
- 5. Light on Yoga- BKS Iyengar

**PRACTICAL – II**  
(Course code-AUDIY1-002)

**Max Marks: 100 (External: 80, Internal: 20)**

- |   |                 |
|---|-----------------|
| <b>1. Kriyas:</b>   | <b>20 Marks</b> |
| Gajkarani(Kunjla), Jal Neti, Sutra-Neti,<br>Vatkarm Kapalbhati Strokes & Agnisar.   |                 |
| <b>2. Mudra:</b>  | <b>20 Marks</b> |
| Maha Mudra, Mahaved Mudra, Moolbandh Mudra,<br>Uddianbandh Mudra, Jalanderbandh Mudra & Vipreetkarni Mudra,<br>Hast Mudra – Gyan, Prana, Apan, Ling Mudra |                 |
| <b>3. Dhyana(Meditation):</b>   | <b>10 Marks</b> |
| Mantra-Uchharana (Recitation of Mantra-s)<br>Pranav(Oumkar) Japa<br>Gayatri Mantra<br><br>Shanti Path   |                 |
| <b>4. Lesson plan 10( 3-Asana,2- Pranayama,3-Mudra,2-Shatkarma)</b>   | <b>20 marks</b> |
| <b>5.Viva :</b>   | <b>10 Marks</b> |

**BOOKS FOR REFERENCES**

1. Hatha Yoga Pradipika- Kaivaluyadham Lonavala
2. Ghedranda Samhita- Kaivaluyadham Lonavala
3. Saral Yogasana-Dr. Ishwar Bharadwa
4. Yogic Pranayama, Oriental paper back, New Delhi, Joshi, K.S.
5. Pranayama, Kaivalyadhama, Lonavla, Swami Kuvalyananda
6. Science of Breath, The Himalayan International Institute, Pennsylvania, Swami
7. Rama.Prana, Pranayama & Pranvidya, Swami Niranjananand Saraswati

**(SEMESTER-II)**

**PAPER-VII: PATANJALI YOGASUTRA**

**(Course code-AUDIIY2-01)**

**Time allowed: 3 Hours Max Marks: 100 (External: 80, Internal: 20)**

**INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:**

- a) There shall be nine questions in all.
- b) First question is compulsory. It will contain 8 short answer type questions, spread over the whole syllabus to be answered in brief. It will carry 32 marks i.e., Four marks each question. All questions are compulsory. (4×8 = 32 Marks)
- c) Rest of the paper shall contain Four units for descriptive questions. Each unit shall have two questions and the students shall be given internal choice i.e. the students shall attempt one question from each unit. (12 x 4= 48 Marks)

**UNIT- I**

1. Brief Introduction to Patanjala Yoga Sutra and its author, importance of patanjaliyogasutra in modern times.
2. Definition of Yoga ,Anthakaranas, Concept of Citta, Citta-bhumis,
3. Methods to control Chittavrittis, Methods of ChittaPrasadan.
4. Concept of Pramanas, Kleshas - Theory of Kleshas, Heya, Hetu, Haana and Hanopaya. Means of elimination of Kleshas.

**UNIT- II**

1. Concept of Ishwar and its relevance in Yogasadhana, Qualities of Ishwar, Ishwarapranidhana.
2. Citta-Vikshepas (Antarayas), Concept of Citta-prasadanam, Relevance of Citta-prasadanam in Yoga Sadhana.
3. Ritambhara-prajna and Adhyatma-prasadanam.
4. Types and Nature of Samadhi in Yoga Sutra and vivekkhyati .Kriya Yoga of Patanjali and its importance.

**UNIT - III**

1. Introduction of Ashtanga Yoga: Bahirang Yogasadhana: Yama, Niyama, Asana, Pranayama and, Pratyahara.
2. Antaranga Yoga sadhana: Dharana, Dhyana, and Samadhi, Samyama.
3. Concept of Vibhutis and their relevance in Yoga Sadhana.
4. Concept of Parinamas and their relevance in Yoga Sadhana,

**UNIT – IV**

1. Introduction of Siddhi, sanyamjanya siddhi ,jamanaadipanchasiddhis, astha siddhis
2. Purusha, Prakriti : concept and form .
3. Karma-siddhanta, its types and its importance in Yoga Sadhna.
4. Nature of Kaivalya in Yoga Sutras of Patanjali

## **PAPER-VIII: YOGA THERAPY**

**(Course code-AUDIY2-02)**

**Time allowed: 3 Hours Max Marks: 100 (External: 80, Internal: 20)**

### **INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:**

- a) There shall be nine questions in all.
- b) First question is compulsory. It will contain 8 short answer type questions, spread over the whole syllabus to be answered in brief. It will carry 32 marks i.e., Four marks each question. All questions are compulsory. (4×8 = 32 Marks)
- c) Rest of the paper shall contain Four units for descriptive questions. Each unit shall have two questions and the students shall be given internal choice i.e. the students shall attempt one question from each unit. (12 x 4= 48 Marks)

### **UNIT – 1**

1. Yoga therapy-meaning,concept and areas,.limitations,aim of Yoga Therapy.
2. Principles of Yoga Therapy.
3. Tools for Yoga Therapy- Yama,niyama,asana,pranayama,shatkarma,mudra-bandha,dhyana.
4. Importance of Yoga Therapy In modern times.

### **UNIT-2**

1. Concept of Pancha Prana,Shatchakra,concept of Panchakosha.
2. Rules and limitations of Yoga Therapy in different diseases.
3. Classification of Yoga classes,important rules for Yoga Therapist,rules for patient.
4. Relation between therapist – patient.

### **UNIT-3**

Causes,Symptoms and Yogic management for some common disorders

1. Respiratory disorders-asthma,cold.
2. Digestive disorders-constipation,indigestion.
3. Circulatory disorders-high blood pressure,low blood pressure.
4. Skeletal system-arthritis,cervical spondylitis.

### **UNIT-4**

Causes,Symptoms and Yogic management for some common disorders

1. Reproductive system-impotency and sterility
2. Endocrine System-Diabetese,thyroidism,obesity.
3. Meaning & Definition of Mental Health, elements which effect mental health.
- 4.Causes,symptoms and Yogic treatment of following diseases- Stress,Depression.

## **PAPER-IX: SHRIMADBHAGWADGEETA**

**(Course code-AUDY2-03)**

**Time allowed: 3 Hours Max Marks: 100 (External: 80, Internal: 20)**

### **INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:**

- a) There shall be nine questions in all.
- b) First question is compulsory. It will contain 8 short answer type questions, spread over the whole syllabus to be answered in brief. It will carry 32 marks i.e., Four marks each question. All questions are compulsory. (4×8 = 32 Marks)
- c) Rest of the paper shall contain Four units for descriptive questions. Each unit shall have two questions and the students shall be given internal choice i.e. the students shall attempt one question from each unit. (12 x 4= 48 Marks)

### **UNIT I**

1. General introduction to Shrimad Bhagavadgeeta
2. Significance of Bhagavadgita in Yoga.
3. Different types of definitions of Yoga in Shrimad Bhagavadgeeta
4. Importance of Shrimad Bhagavadgita in modern times and its relevance in Yoga Sadhana

### **UNIT II**

1. Concept of Sthitaprajna, stages and characteristic of Sthitaprajna.
2. Concept of Atman (Purusha), Jivatman or individual soul.
3. Concept of Paramatman (Ishwar) its characteristic in Shrimad Bhagavadg
4. Different types of Yoga mentioned in Shrimad Bhagavadgita

### **UNIT III**

- 1 Concept of Karma and Karmayoga in Shrimad Bhagavadgita.
- 2 Concept of Bhakti and Bhaktiyoga, concept of Shraddha and its relevance as described in Bhagavadgita.
3. Dhyana Yoga and Nature of Dhyana in Shrimad Bhagavadgita
- 4 Concept of Triguna and the qualities of Sattva,Rajas,and Tamas.

### **UNIT IV**

1. Samnyas and Samnyas Yoga.Anyaas and Vairagya,Shraddha
2. Concept and classification of Ahara as described in Bhagavadgita.
3. Ahara and its role in Yoga Sadhana described in Bhagavadgita.
4. Role of Bhagavadgita in day to day life.

**PAPER-X: SAMKHYAKARIKA, INDIAN PHILOSOPHY AND UPNISHAD**

**(Course code-AUDIY2-04)**

**Time allowed: 3 Hours Max Marks: 100 (External: 80, Internal: 20)**

**INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:**

- a) There shall be nine questions in all.
- b) First question is compulsory. It will contain 8 short answer type questions, spread over the whole syllabus to be answered in brief. It will carry 32 marks i.e., Four marks each question. All questions are compulsory. (4×8 = 32 Marks)
- c) Rest of the paper shall contain Four units for descriptive questions. Each unit shall have two questions and the students shall be given internal choice i.e. the students shall attempt one question from each unit. (12 x 4= 48 Marks)

**UNIT – I**

1. Introduction to Samkhyakarika and its authors.
2. Threefold affliction (Tapatrayas) according to Samkhya.
3. Introduction of Twenty-five elements according to Samkhya Darshana.
4. Concept of Pramana and its types ( Pratyaksha, Anumana, Sabda)in Samkhya Darshana .

**UNIT – II**

1. Concept of Satkaryavada/Karyakaranavada or Parinamavada in Samkhyayoga.
2. Concept of Trigunas (sattva, rajas, tamas)and its Classification in Samkhyayoga.
3. Concept of Prakriti (Vaykta and Avyakta) in Samkhyayoga.
4. Concept of Purusha (Atma) or Drashta and Purush Bahutvavada in Samkhyayoga

**UNIT – III**

1. General introduction of six system of Indian Philosophy.
2. Nyaya Philosophy, Vaisheshik Philosophy,
3. Samkhya Philosophy, Yoga Philosophy,
4. Mimansa Philosophy & Vedanta Philosophy.

**UNIT – IV**

1. Brief introduction of Principal Upnishads.
2. Kathopnishad : Definition of Yoga ,nature of Atma
3. Shavasyopanishad:Concept of Vidya and Avidya; Knowledge of Brahman.
4. Aitareya Upanishad: Concept of Atma, Universe and Brahman.

**PRACTICAL – XI**  
**(Course code-AUDIIY2-001)**

**Max Marks: 100 (External: 80, Internal: 20)**

**1. Asanas:-**

**40 Marks**

**A. In Standing Position:-**

Utthita-Padangusthasan, Natrajasan, Padam-Sirshasan,

**B. In Sitting Position:**

Bakasan, Uttitha-Padamsaan, Badha- Padamsaan, Garbhasan, Kukkutasan,  
Udrakrshasan, Sirshasana, Ek pad Sirshasana, Ek pad Rajkapotasana.

**C. In laying on Back(Supine Position):**

Naukasana, Setubandha Sarvangasana ,

**D. In laying on chest(Prone Position):**

Poorna Bhujangasana, Purna- Dhanurasana, Poorna Salabhasana.  
Asana as described in 1<sup>st</sup> semester

**2. Pranayama:**

**20 Marks**

A. Bahyavritti ( Rechaka)

B. Abhyantarvriti ( Puraka)

C. Bhastika

D. Ujjayi Pranayama as described in 1<sup>st</sup> semester practical

**3. Viva:**

**20 Marks**

**Reference book:**

1. Hath Yoga Pradipika- Kaivlyadham Lonavla
  2. Gheranda Sanhita- Kaivlyadham Lonavla
  3. Saral Yogasana- Dr. Ishwar Bharadwaj
  4. Asana Prananyam Bandh Mudra- Swami Satyanand Saraswati
- Light on Yoga- BKS Iyengar

**PRACTICAL – XII**  
**(Course code-AUDIY2-002)**

**Max Marks: 100 (External: 80, Internal: 20)**

**1. Kriya-s: 20 Marks**

- A. Trataka
- B. Nauli Sanchalana
- C. Vastra dhauti
- D. Danda Dhauti

Kriya-s as described in 1<sup>st</sup> semester practical

**2. Mudra-s : 20 Marks**

- A. Tadagimudra,
- B. Shambhvimudra,
- C. Shektichalanmudra.
- D. Tadagimudra.
- E. Mudra-s as described in 1<sup>st</sup> semester practical

**3. Assignments & Teaching Practice : 20 Marks**

10 Lesson Plan (3-Asanas,2- Pranayamas,2-Shatkarma,3-Mudra)

**4. Viva : 20 Marks**

**Reference book-**

- 1. Hath Yoga Pradipika- Kaivlyadham Lonavla
- 2. Gheranda Sanhita- Kaivlyadham Lonavla
- 3. Saral Yogasana- Dr. Ishwar Bharadwaj
- 4. Asana Prananyam Bandh Mudra- Swami Satyanand Saraswati
- Light on Yoga- BKS Iyengar