



SHRI JAGDISHPRASAD JHABARMAL TIBREWALA UNIVERSITY

श्री जगदीशप्रसाद झाबरमल टीबडेवाला विश्वविद्यालय

Established U/S 2 (f) of UGC Act. 1956 vide Act No. F2(2) Vidhi/2/2009 of 5-2-2009, Govt. of Rajasthan

**P.G. DIPLOMA IN
YOGA EDUCATION AND SCIENCE OF LIVING
(PG D.Y.E. & S.L.)
Course Curriculum (Syllabus)**
Approved by the Academic Council
(2015-2016)

प्राकृतिक आयुर्विज्ञान एवं मानव मूल्य अध्ययन विभाग

Department of Natural Health Science & Human Values Studies

Shri JAGDISHPRASAD JHABARMAL TIBREWALA UNIVERSITY (RAJ.)

Vidya Nagari, Jhunjhunu-Churu Road, Chudela, Dist.- Jhunjhunu-333001, Rajasthan

Tel : 09667979312, 08805886785, E mail.- naturecure@jjtu.ac.in, Website : www.jjtu.ac.in

**SYLLABUS FOR
P.G. DIPLOMA IN YOGA EDUCATION & SCIENCE OF LIVING**

Department of Natural Health Science & Human Values Studies

Vidya Nagari, Jhunjhunu-Churu Road, Chudela, Dist.- Jhunjhunu-333001, Rajasthan

1. Name of the Course : P.G. Diploma in Yoga Education & Science of Living (PGDYE & SL)
2. Duration : One year
3. Examination Type : Semesters Wiis
4. Eligibility : Graduation or any other equivalent examination passed.
5. Selection Methods : Selection is based on First come first Registration.
6. **SCHEME OF EXAMINATION :**

Paper Code	Paper Tital	Internal (Desr /Viva/Oral/ Test/Sessional etc.) A		Theory B		Subject Total (in case of joint passing) A+B		No. Credits (if Credit System is applicable)
		Max	Passing	Max	Passing	Max	Passing	
First Semesters								
PGYE-101	HUMAN CONSCIOUSNESS	20	07	80	28	100	35	No credits
PGYE-102	HUMAN ANATOMY & PHYSIOLOGY	20	07	80	28	100	35	No credits
PGYE-103	FOUNDATIONS OF YOGA	20	07	80	28	100	35	No credits
PGYE-104	NATUROPATHY & SWASTH-VRATTA	20	07	80	28	100	35	No credits
PGYE-105	STUDY OF HATHAYOGA	20	07	80	28	100	35	No credits
PGYE-106	PRACTICAL YOGIC SKILLS & ALLIED SCIENCES-I	100	35	100	35	200	70	No credits
First Semesters		200	70	500	175	700	245	No credits
Second Semesters								
PGYE-201	INDIAN PHILOSOPHY AND YOGIES	20	07	80	28	100	35	No credits
PGYE-202	PATANJALI YOGASUTRA	20	07	80	28	100	35	No credits
PGYE-203	ACUPRESSURE AND PRANIC THERAPY	20	07	80	28	100	35	No credits
PGYE-204	YOGA THERAPY	20	07	80	28	100	35	No credits
PGYE-205	MENTAT HEALTH & YOGA PRACTICE	20	07	80	28	100	35	No credits
PGYE-206	PRACTICAL YOGIC SKILLS & ALLIED SCIENCES-II	100	35	100	35	200	70	No Credits
Second Semesters		200	70	500	175	700	245	No credits
		Max	Passing	Max	Passing	Max	Passing	Remarks
Grand Total		400	140	1000	350	1400	490	

Each Papers Distribution of Marks

External Evaluation	80 Marks
Practice Evaluation and Sessional Work (Internal Examination by the Teachers)	20 Marks
(Continues valuation will be used for evaluation based on students understanding (Assignments), Feedback and Project works)	

FIRST-SEMESTERS
P.G. DIPLOMA IN YOGA EDUCATION & SCIENCE OF LIVING
PAPER-I: - HUMAN CONSCIOUSNESS

Time allowed: 3 hours
Paper Code – PGYE-101

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

Section-A

Meaning of Consciousness, Nature of Human Consciousness, Stages of Consciousness, Need of study in modern life, Nature of Human Consciousness in Vedas & Upanishads.

Section-B

Nature of Human Consciousness in Nyaya Philosophy, Vaisheshik Philosophy, Sankhya Philosophy, Yoga Philosophy, Mimamsa Philosophy & Vedanta Philosophy

REFERENCE BOOKS:

- | | | |
|----|---------------------------------------|--------------------------------|
| 1. | A Study in Consciousness | -Annie Besant |
| 2. | Maanavchetna | -Dr. Ishwar Bharadwaj |
| 3. | Seven States of Consciousness | -Anthony Campbell |
| 4. | Atam Vigyan(Science of Soul). | -Sh.Yogeshwara Nand Paramhansa |
| 5. | Bhartiya Darshan me Chetna ka Swaroop | -Dr. Shrikrishan Saxena |
| 6. | मानव संचेतनावादी मनोविज्ञान | -ए.नागराज |

FIRST-SEMESTERS
P.G. DIPLOMA IN YOGA EDUCATION & SCIENCE OF LIVING
PAPER-II: - HUMAN ANATOMY & PHYSIOLOGY
(SHARIR RACHANA & KRIYA VIGYAN)

Time allowed: 3 hours
Paper Code – PGYE-102

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

Section-A

Meaning of Anatomy & Physiology, The brief study of Cell & Tissues, The brief study of Digestive system:- Mouth, Tongue, Stomach, Intestine and Anus, Muscular System: Muscles, their types and functions, Skeletal System:- The Bones, Joints, Vertebral Column, Endocrinal System:- The Study of main endocrine/ductless glands & their function.

Section-B

The brief study of Respiratory System:-Mechanism of Inspiration, Expiration & Control of Respiration, Cardio-vascular (Circulatory) system:- The Heart, Blood and Blood Circulation. Nervous System:- The central Nervous & the Autonomic Nervous system. Excretory System:- Study of Kidneys, Lungs.

REFERENCE BOOKS:

1. Anatomy and Physiology of Yogic Practices (English & Hindi)Kanchan Prakashan, Lonavla. -M.M. Gore
2. Anatomy & Physiology -Waugh-Ross & Wilson
3. A Glimpse of Human body -Shirley Telles
4. Sarir Rachana even Kriya Vigyan -Charu Supriya
5. Anatomy and Physiology for Nurses(Faber and Faber Ltd; London, 1968) -Evelyan C. Pearee
6. मानव शरीर रचना विज्ञानं -डॉ अनंत प्रकाश

FIRST-SEMESTERS
P.G. DIPLOMA IN YOGA EDUCATION & SCIENCE OF LIVING
PAPER-III: FOUNDATIONS OF YOGA

Time allowed: 3 hours
Paper Code – PGYE-103

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

Section-A

Meaning & definitions of yoga, Importance of yoga in modern life, Traditional & historical development of yoga, Elements of success and failure in yoga according to Hathyoga, Patanjali Yogasutra & Gita.

Section-B

Kinds of Yoga:- Karma Yoga, Bhakti Yoga Jnana (Gyan) yoga & Ashtang Yoga. Study of Yoga in :- Vedas, Upanishads & Gita

REFERENCE BOOKS:

- | | |
|---|---|
| 1. Yoga : An Introduction
(Bharat Book Centre, Lucknow,1999) | -Prof. Surendra Singh& Prof. P.D. Misra
Dr.(Mrs.)Beena Misra |
| 2. Raja Yoga, Jnana(Gyan) Yoga, Karma Yoga &
Bhakti Yoga | - Swami Vivekaanda
(Ramakrishan Ashrama Publication) |
| 3. Kalyan(Yogank) | -Geeta Press Gorakhpur |
| 4. Synthesis of Yoga | -Sri Aurobindo |
| 5. Upnishadic Adhyatmic Vigyan | -Dr. Ishwar Bharadwaj. |
| 6. 108 Upanishads in three Volumes(Hindi) | -Shri Ram Sharma Acharya |
| 7. योगासन | _ स्वामी कुवालायानंद |
| 8. प्राणायाम | _ स्वामी कुवालायानंद |

FIRST-SEMESTERS
P.G. DIPLOMA IN YOGA EDUCATION & SCIENCE OF LIVING
PAPER:- IV NATUROPATHY & SWASTHA-VRITTA

Time allowed: 3 hours
Paper Code – PGYE-104

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

Section-A

Naturopathy - Introduction, History & Basic Principles. **Water Therapy**:- Hot & Cold Compress and Wet Packs sheet. **Mud/Clay therapy**:- Importance of Soil, Use of mud-packs.(Chest-Pack, Abdomen-Pack & Knee Pack). **Sun-therapy**:- importance of sun rays, Sun-bath & its uses in different diseases. **Air-therapy**:- Importance of air. Air-bath & its uses. **Eather/Space therapy**:- Fasting & its principles, Action & reaction of fasting on human body for maintaining health & management of diseases.

Section-B

Concept & Need of Swasth-Vrata, Elements of daily Routine- Dincharya, Ritucharya & Sada-Vrata. Diet- Meaning, Definitions, components & Benefits of Balance-died, Sprouted diet & Mitahara, Rules of Yogic-diet, Demerits of Non-vegetarian-diet & merits of Vegetarian diet. Massage (Abhyoung), its kinds & importance.

REFERENCE BOOKS:

- | | | |
|----|--|----------------------------------|
| 1. | Swasth-Vrata Vigyan,(Hindi)
(Chaukhamba Sanskrit Pratishtan,Delhi) | -Prof. Ram Harsh Singh |
| 2. | Science of Natural Life(English)
(Arogya Sewa Prakashan, Modhinagar,U.P.) | -Dr. Rakesh Jindal |
| 3. | Prakritik Ayurvigan(Hindi)
(Arogya Sewa Prakashan, Modhinagar,U.P.) | -Dr. Rakesh Jindal |
| 4. | Pranashakti ek Divya Vibhooti | -Pdt. Shri Ram Sharma, Acharya. |
| 5. | Chikitsa ke Vibin Aayaam. | -Pdt. Shri Rram Sharma, Acharya. |
| 6. | A Complete Handbook of Nature Cure. | -Dr. H.R.Bakhru. |
| 7. | Diet Cure for Common Ailments. | -Dr. H.R.Bakhru. |
| 8. | प्राकृतिक चिकित्सा सिधान्दत | - डॉ मिश्रा |

FIRST-SEMESTERS
P.G. DIPLOMA IN YOGA EDUCATION & SCIENCE OF LIVING
PAPER-V: STUDY OF HATHAYOGA

Time allowed: 3 hours
Paper Code – PGYE-105

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

Section-A

Meaning & objectives of Hathayoga. Components of Hathayoga:- Sapt Sadhan, Study of Shat-Karmas and Asanas according to Hathapradipika and Gheranda Samhita, with their techniques, benefits and precautions.

Section-B

Meaning and Definitions of Pranayama, Classification of Pranayamas with reference to Patanjali yoga sutra, Hath Pradipika & Gheranda Samhita with their techniques, benefits and precautions. Meaning, Techniques & benefits of Mudra & Bandhas according to Hathapradipika.

REFERENCE BOOKS:

- | | |
|---|---------------------------------|
| 1. Hathayog Pradipika (English)
(Yoga Publication Trust, Munger, Bihar, India) | -Swami Muktibodhananda |
| 2. Hathapradipika(Hindi)
(Kaivalyadhama, Lonavla) | -Swami Kuvaliyananda |
| 3. Gheranda Samhita (English)
(Kaivalyadhama, Lonavla) | -Digambarji Swami & Gharote |
| 4. Gheranda Samhita (Hindi)
(Yoga Publication Trust, Munger, Bihar, India) | -Swami Niranjanananda Saraswati |
| 5. Pranayama, The art & science.(English) | -Dr. H.R. Nagendra. |
| 6. Yog Nidra..(English) | -Swami Satyananda Sarswati |
| 7. Asan Pranayam Mudra Bandh.(English) | -Swami Satyananda Sarswati |
| 8. Saral Yogasan (Hindi) | -Dr. Ishwar Bhardwaj |

FIRST-SEMESTERS

P.G. DIPLOMA IN YOGA EDUCATION & SCIENCE OF LIVING

PAPER-VI: PRACTICAL YOGIC SKILLS & ALLIED SCIENCES - I

Time allowed: 5 hours
Paper Code – PGYE-106

Max Marks: 200
External Assessment: 150/
Internal Assessment: 50

The practice of the following Yogic Skill & Naturopathy with brief theoretical knowledge about their importance of name, the technique, silent features, precautions to be taken and the benefits.

1. SEKECTED YOGIC SHATKRAMAS

20 MARKS

Vaman Dhuti (Kujal), Sutra Neti, Jala Neti and Ghrit Neti, Trataka, Kapalbhati: Vatkarma, viewetkrama & Sheetkrama Kapalbhati

2. SURYA NAMASKARA & SELECTED YOGASANAS

40 MARKS

- | | | | |
|-----------------------|---------------------------|------------------|--------------------|
| 1. Siddhasana | 2. Padmasana | 3. Kurmasana | 4. Bhadrasan |
| 5. Vajrasana | 6. Swastikasana | 7. Simhasana | 8. Gomukhasan |
| 9. Virasana | 10. Savasana | 11. Vekrasana | 12. Matsyendrasana |
| 13. Paschimottanasana | 14. Dhanurasana | 15. Matsyasana | 16. Gorakshasana |
| 17. Vrikshasana | 18. 19.Garudasana | 19. Salabhasana | 20. Chakrasana |
| 21. Makarasana | 22. Ushtrasana | 23. Bhujangasana | 24. Utkatasana |
| 25. Naukasana | 26. Sarvangasana | 27. Konasana | 28. Trikonasana |
| 29. Mandukasana | 30. 31Uttana-Mandukasana. | | |

3. PRANAYAMA , BANDHAS, MUDRAS, DHAYANA (MEDITATION)

40 Marks

Hathyoga : Nadi Shodhana Pranayama , Surya -Bhedana, Ujjayee, Sheeta Seetkari, & Bhramri

Patanjal Yogasutra:- Bahyavrtti, Abhyantara Vrtti & Stambhavrtti

BANDHAS & MUDRAS: Jalandhar, Uddiyan and Moola Bandhas. Mahamudra, Mahabandha, Vipareet Karani, Kaki, Shambhavi.

DHAYANA (MEDITATION) : Recitation of Pranavajapa (Omkar Japa) & Gyatari Mantra.

4. NATUROPATHY:

30 Marks

Steam Bath, Hip Bath, Spinal Bath, Footbath. Hot & Cold Compresses, Wet Sheet pack, Mud Packs, Oil Massage. Air bath:- Morning walk, Control over Swar, Left Swar, Right Swar & Sushumna. Sun Baths, Rest, Relaxations & Fasting.

5. SESSIONAL WORK/ PRACTICE OF TEACHING :

20 Marks

Each student shall have to prepare and give at least one lecture cum Demonstration on different topics of Paper and also shall have to prepare and to give Five (5) lessons in the class under the supervision of their Yoga Practical Teacher. These Lessons should be observed/examined by the Yoga Practical Teacher.

SECOND SEMESTERS
P.G. DIPLOMA IN YOGA EDUCATION & SCIENCE OF LIVING
PAPER-I: INDIAN PHILOSOPHY AND YOGIES

Time allowed: 3 hours
Paper Code – PGYE-201

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

Section-A

Brief introduction of six system of Indian Philosophy i.e. Nyaya Philosophy Philosophy, Vaisheshik Philosophy, Sankhya Philosophy, Yoga Philosophy Philosophy, Mimansa Philosophy Philosophy & Vedanta Philosophy Philosophy.

Section-B

Life sketch of following Yogis with importance incidents of their lives & contributions in the development of Yoga- Maharishi Patanjali, Guru Gorakhnath, Yogi Shyamacharan Lahidi, Swami Shivananda, Swami Vivekananda, Sri Aurobindo.

REFERENCE BOOKS:

- | | | |
|----|-------------------------|---------------------------|
| 1. | Bharat ke Mahan Yogi. | -Vishwanath Mukherji. |
| 2. | Bharat ke Sant Mahtma | -Sri Ram Lal |
| 3. | Patanjal Yog Pradeep. | -Omanand Tirtha |
| 4. | (Geeta Press Gorakhpur) | |
| 5. | Bharatia Darashan | -Acharaya Baldev Upadhaya |
| 6. | Shrimad Bhagwad Geeta | -Geeta Press Gorakhpur |

SECOND SEMESTERS
P.G. DIPLOMA IN YOGA EDUCATION & SCIENCE OF LIVING
PAPER-II: - PATANJALI YOGASUTRA

Time allowed: 3 hours
Paper Code – PGYE-202

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

Section-A

Introduction to Patanjali Yoga Sutra, Concept of chitta, Modifications of Chitta, Chitta-Bhumies, Methods to contral Chittavritties. Methods of Chitta Prasadana, Concept of Yogantaraya, Means to eradicate Antrayas.

Section-B

Concept of Pramanas, Kleshas, Ishwar, Karma-siddhanta, Purusha, Prakriti, Samadhi & Types of Samadhi.

REFERENCE BOOKS:

- | | | |
|----|--|--------------------------------|
| 1. | Four Chapters on Freedom.(English)
(Yoga Publication Trust, Munger, Bihar, India) | -Swami Satyananda Saraswati. |
| 2. | Patanjal Yog Drshan -Bhashiam(Hindi).
(Arsh Sahitya Prachaar Trust, Delhi) | -Acharya Rajveer Shastri. |
| 3. | Kundalini Yoga.(English) | -Swami Sivananda. |
| 4. | Concentration & Meditation.(English) | -Swami Sivananda. |
| 5. | First Steps to Higher Yoga.(English) | -Sri Yogeshwar Nanda Parmhansa |

SECOND SEMESTERS
P.G. DIPLOMA IN YOGA EDUCATION & SCIENCE OF LIVING
PAPER-III: YOGA THERAPY

Time allowed: 3 hours
Paper Code – PGYE-203

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

Section-A

Concept, Meaning & Principles of Yogic Therapy, Causes, signs & symptoms & yogic treatment including dietary measures of the following diseases:- Constipation, Diabetes Mellitus, Obesity, Cervical Spondylitis, Arthritis, Backache, Sciatica & Slipped Disc.

Section-B

Causes, signs & symptoms & yogic treatment including dietary measures of the following diseases: Asthma, High & Low Blood Pressure, Female problems, Sinusitis, Thyroid, Depression & Naval-displacement.

REFERENCE BOOKS:

- | | |
|--|-------------------------------|
| 1. Yogic Management of Comon Diseases
(Yoga Pubication Trust, Munger, Bihar, India) | -Dr. Swami Karmananda |
| 2. New Prespectives in Stress Management
(V.K. YOGAS, Bangalore, 1998) | -Nagendra H.R.
Nagendra R. |
| 3. Stress and its Management by Yoga(MLBD) | -Udupa K.N. |
| 4. Anatomy and Physiology of Yogic Practices
(English & Hindi)Kanchan Prakashan, Lonavla. | -M.M. Gore |

SECOND SEMESTERS
P.G. DIPLOMA IN YOGA EDUCATION & SCIENCE OF LIVING
PAPER-IV: ACUPRESSURE AND PRANIC THERAPY

Time allowed: 3 hours
Paper Code – PGYE-204

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

Section-A

Acupressure therapy:- Meaning, History, Principles of acupressure, Benefits, Precaution & limitations of acupressure therapy. Basic therapeutic methods of acupressure therapy. Relationship of Points of acupressure in Hands, Feet with management of the following diseases : - Constipation, High & Low Blood Pressure, Diabetes, Asthma, Thyroid & Backache.

Section-B

Concepts & Meaning of Prana (Vital Energy) and Pranic Therapy:- Significance of Pranic Therapy in modern life. Introduction & Essentials of Pranic Therapy. Techniques of awakening and Raising the Prana. Techniques of Self Healing and Healing Others.

REFERENCE BOOKS:

- | | |
|---|----------------------------------|
| 1. Swasth-Vrata Vigyan,(Hindi)
(Chaukhamba Sanskrit Pratishtan,Delhi) | -Prof. Ram Harsh Singh |
| 2. Science of Natural Life(English)
(Arogya Sewa Prakashan, Modhinagar,U.P.) | -Dr. Rakesh Jindal |
| 3. Prakritik Ayurvigan(Hindi)
(Arogya Sewa Prakashan, Modhinagar,U.P.) | -Dr. Rakesh Jindal |
| 4. Pranashakti ek Divya Vibhooti | -Pdt. Shri Ram Sharma, Acharya. |
| 5. Chikitsa ke Vibin Ayaam. | -Pdt. Shri Rram Sharma, Acharya. |
| 6. A Complete Handbook of Nature Cure. | -Dr. H.R.Bakhru. |
| 7. Diet Cure for Common Ailments. | -Dr. H.R.Bakhru. |

SECOND SEMESTERS
P.G. DIPLOMA IN YOGA EDUCATION & SCIENCE OF LIVING
PAPER-V: MENTAT HEALTH & YOGA PRACTICE

Time allowed: 3 hours
Paper Code – PGYE-205

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

Section-A

Meaning & Definition of Mental Health, Elements to affecting mental health, Methods for development of mental health through Yoga:- Kriya-Yoga, Punch Kosh-Sidanta, The Philosophy and Meaning of the sacred syllable “Om (OUM)”.

Section-B

General awareness of mental problems and their Psycho-Yogic therapeutic approaches: Anxiety, Disorder, Stress-disorder; Mood-disorder, Psychosomatic-disorder in the context of Modern Medicine, Patanjali Yoga Sutra & Hathapradipika.

REFERENCE BOOKS:

- | | | |
|-----|---|---|
| 1. | Yoga Practices for Anxiety and Depression | -Dr. R. Nagrathna &
-Dr.H.R.Nagendra |
| 2. | Yogic Management of Stress. | -Swami Suryamani Saraswati |
| 3. | Manorog Vigyan | -Dr. Balkrishan Pathak |
| 4. | Manasrog Vigyan | -Dr. Rajinder Prasad Bhatnagar |
| 5.. | Mansick Chikitsa | -Lalji Ram Shukel. |
| 6. | Mental Health ad Hindi Psychology | -Swami Akhilananda |

SECOND SEMESTERS
P.G. DIPLOMA IN YOGA EDUCATION & SCIENCE OF LIVING
PAPER-VI: PRACTICAL YOGIC SKILLS & ALLIED SCIENCES - II

Time allowed: 5 hours
Paper Code – PGYE-206

Max Marks: 200
External Assessment: 150
Internal Assessment: 50

The practice of the following Yogic Skill & Acupressure with brief theoretical knowledge about their importance of name, the technique, silent features, precautions to be taken and the benefits.

1. SEKECTED YOGIC SHATKRAMAS 20 MARKS.

Sutra Neti, Vasta Dhauti , Dhanda dhauti, Madhyam Nauli, Kapalbhathi: Vatkarma, Viewtkrama & Sheetkrama Kapalbhathi

2. SURYA NAMASKARA & SELECTED YOGASANAS 40 MARKS

- | | | |
|------------------------|------------------------|------------------|
| 1. Kukkutasana | 2. Uttana-Kurmasana | 3. Simhasana |
| 4. Matsyendrasana | 5. Paschimottanasana | 6. Dhanurasana |
| 7. Matsyasana | 8. Baddha-Padmasana | 9. Gorakshasana |
| 10. Uttana-Mandukasana | 11. Garudasana | 12. Ushtrasana |
| 13. Bhujangasana | 14. Chakrasana | 15. Sarvangasana |
| 16. Mayurasana | 17. Sirshasana | 18. Sankatasana |
| 19. Setubandhasana | 20. Konasana | 21. Trikonasana |
| 22. Karanpedasana | 23. Pada- agushtasana. | 24. Ashwathasana |

3. PRANAYAMA, BANDHAS, MUDRAS, DHAYANA (MEDITATION) 4 0 Marks

Hathayoga:- Nadi Shodhana Pranayama ,Surya Bhedana,Ujjayee, Seetkari, Sheetal, Bhastrika, Bhramri. **Patanjali :-** 1)Bahyavrutti, 2)Abhyantara Vruti, 3) Stambhavruti & 4)Bahya Abhayantara Vishayakshepi.

BANDHAS & MUDRAS:- Practice of Jalandhar, Uddiyan and Moola Bandhas. Mahamudra, Mahabandha, Mahavedha, Vipareet Karani, Yoni, Ashvani, Tadagi, Kaki, Shambhavi.

DHAYANA (MEDITATION): Recitation of Pranavajapa (Omkar Japa) & Gyatari Mantra.

Akashdaranas:- Chidakasha, Hridayakasha

4. ACUPRESSURE: 30 Marks

Knowledge of Hand & Foot Reflexology Techniques of Acupressure. Knowledge of Instruments used in acupressure. Knowledge of pressure methods.

5. SESSIONAL WORK/PRACTICE OF TEACHING : 20 MARKS

Each student shall have to prepare and give at least one lecture cum Demonstration on different topics of Paper and also shall have to prepare and to give Five (5) lessons in the class under the supervision of their Yoga Practical Teacher. These Lessons should be observed/examined by the Yoga Practical Teacher.
