

Syllabus for Yoga Protocol Instructor

1. **Name of the certification:** Yoga Protocol Instructor
2. **Requirement/ Eligibility:**
 - a. For open candidates there is no eligibility criteria
 - b. For admission in the course it is suggested/ desired that the candidate should have passed 10th standard / secondary school certificate from a recognized board or equivalent. However, the Yoga Institutions can define their own eligibility
3. **Brief Role Description:** Certified Yoga Professionals (Yoga Protocol Instructor) can teach basics of Yoga / common Yoga protocol developed by the Ministry of AYUSH for International Day of Yoga for prevention of diseases and promotion of health. They can conduct Yoga practice /classes in parks, societies, RWA etc.
4. **Minimum age:** No age limit
5. **Personal Attributes:** The job requires individual to have good communication skills, time management skills and ability to understand the body language of the trainees. The job requires individual to possess key qualities such as self discipline, confidence, maturity, patience, compassion, active listening, time management, empathetic, language proficiency.
6. **Credit points for certificate :** 12 credits
7. **Duration of course:** Not less than 200 hours or not less than 3 month as part time or not less than 1 month as full time course.
8. **Mark Distribution:**
Total Marks: 200 (Theory: 60 + Practical: 140)

Theory

Unit No.	Unit name	Marks
1	Introduction to Yoga and Yogic Practices	20
2	Introduction to Yoga Texts	20
3	Yoga for Health Promotion	20
	Total	60

Practical

S No.	Practical Work	Marks
1	Demonstration Skills	80
2	Teaching Skills	40
3	Application of knowledge	10
4	Field Experience	10
	Total	140

S. No. Name of the Unit

- 1 **Introduction to Yoga and Yogic Practices**
 - 1.1 Yoga : Etymology, definitions, aim, objectives and misconceptions.
 - 1.2 Yoga : Its origin, history and development.
 - 1.3 Guiding principles to be followed by Yoga practitioners.
 - 1.4 Principles of Yoga (Triguna, Antahkarana-chatustaya, Tri-Sharira/ Panchakosha).
 - 1.5 Introduction to major schools of Yoga (Jnana, Bhakti, Karma, Patanjali, Hatha).
 - 1.6 Introduction to Yoga practices for health and well being.
 - 1.7 Introduction to Shatkarma: meaning, purpose and their significance in Yoga Sadhana.
 - 1.8 Introduction to Yogic Sukshma Vyayama, Sthula Vyayama and Surya Namaskara.
 - 1.9 Introduction to Yogasana: meaning, principles, and their health benefits.
 - 1.10 Introduction to Pranayama and Dhyana and their health benefits.

- 2 **Introduction to Yoga Texts**
 - 2.1 Introduction and study of Patanjala Yoga Sutra including memorization of selected Sutras (Chapter I- 1-12).
 - 2.2 Introduction and study of Bhagavad Gita including memorization of selected Slokas (Chapter II -47, 48, 49, 50 and 70).
 - 2.3 Introduction and study of Hathpradipika.
 - 2.4 General Introduction to Prasthanatrayee.
 - 2.5 Concepts and principles of Aahara (Diet) in Hathpradipika and Bhagawadgita (Mitahara and Yuktahara).
 - 2.6 Significance of Hatha Yoga practices in health and well being.
 - 2.7 Concept of mental wellbeing according to Patanjala Yoga.
 - 2.8 Yogic practices of Patanjala Yoga: Bhiranga and Antaranga Yoga.
 - 2.9 Concepts of healthy living in Bhagwad Gita.
 - 2.10 Importance of subjective experience in daily Yoga practice.

- 3 **Yoga for Health Promotion**
 - 3.1 Brief introduction to human body.
 - 3.2 Meaning and Means of health promotion and role of Yoga in health promotion.
 - 3.3 Yogic positive attitudes (Maîtri, Karuna, Mudita, Upeksha).
 - 3.4 Concept of bhavas (Dharma, Jnana, Vairagya, Aishvarya) and their relevance in well being.
 - 3.5 Dincharya and Ritucharya with respect to Yogic life style.
 - 3.6 Holistic approach of Yoga towards health and diseases.
 - 3.7 Introduction to First aid and Cardio Pulmonary Resuscitation (CPR).
 - 3.8 Yogic management of stress and its consequences.
 - 3.9 Yoga in prevention of metabolic and respiratory disorders.
 - 3.10 Yoga for personality development.

Practical

A. Demonstration Skills

4.1 Prayer: Concept and recitation of Pranava and hymns.

4.2 Yoga Cleansing Techniques

Knowledge of Dhauti, Neti and practice of Kapalabhati.

4.3 Yogic Sukshma Vyayama and Sthula Vyayama

a. Yogic Sukshma Vyayama (Micro Circulation Practices)

- Neck Movement
Griva Shakti Vikasaka (I,II,III,IV)
- Shoulder Movement
Bhuja Valli Shakti Vikasaka
Purna Bhuja Shakti Vikasaka
- Trunk Movement
Kati Shakti Vikasaka (I, II, III, IV, V)
- Knee Movement
Jangha Shakti Vikasaka (II-A&B)
Janu Shakti Vikasaka
- Ankle movement
Pada-mula shakti Vikasaka – A&B
Gulpha-pada-pristha-pada-tala shakti Vikasaka

b. Yogic Sthula Vyayama (Macro Circulation Practices)

- Sarvanga Pushti
- Hrid Gati (Engine Daud)

4.4 Yogic Surya Namaskara

4.5 Yogasana

- Tadasana, Vrikshasana, Ardha Chakrasana, Padahastasana, Kati Chakrasana, Trikonasana
- Dandasana, Sukhasana, Padmasana, Vajrasana,
- Bhadrasana, Mandukasana, Ushtrasana, Shashankasana, Uttana Mandukasana
- Paschimottanasana, Purvottanasana
- Vakrasana, Gomukhasana
- Bhujangasana, Shalabhasana, Makarasana
- Pavanamuktasana, Uttanapadasana, Ardha Halasana, Setubandhasana
- Vipareetakarani, Saral Matsyasana, Shavasana,

4.6 Preparatory Breathing Practices

- Sectional breathing (abdominal, thoracic and clavicular)
- Yogic deep breathing

4.7 Pranayama

- Concept of Puraka, Rechaka and Kumbhaka
- Anulmoa Viloma/Nadi Shodhana
- Sheetalee (without Kumbhaka)
- Bhramari (without Kumbhaka)

4.8 Understanding of Bandha

- Jalandhara Bandha
- Uddiyana Bandha
- Mula Bandha

4.9 Understanding of Mudra

- Hasta Mudras (chin, Chinmaya, Brahma, adi, jnana, Dhyana and Nasika)

4.10 Practices leading to Meditation and Dhyana Sadhana

- Recitation of Pranava & Soham
- Recitation of selected hymns, invocations and prayers from Vedas & Upanishadas
- Body and breath awareness
- Yoga Nidra

B. Teaching Skills (Methods of Teaching Yoga)

- Essentials of good lesson plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Pranayama & practices leading to Dhyana)
- Principles of teaching Yoga protocol to different groups (beginners, children, youth, women, Geriatric population, and special attention group).
- Preparation for a Yoga class (before and during the class)
- Factors influencing yoga teaching.
- Class management in Yoga: its meaning and needs.
- Conducting yoga practical lessons: Precautions & Contraindications of practices)
- Salient features of Ideal Yoga Instructor.
- Models of ideal Yoga lesson plans

Book for reference for Theory

- 1 Goyandka, Harikrishandass : **Yoga Darshan**
Geeta Press, Gorakhpur (Samvat 2061).
- 2 Swami Vivekananda : **Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga**
(4separate books) Advaita Ashrama, Kolkata, 2011 & 2012
- 3 Sahay G. S. : **Hathayogapradipika**
MDNIY, New Delhi, 2013
- 4 Gita press Gorakhpur : **Shreemad Bhagvadgita**
Gita press Gorakhpur, Samvat 2073
- 5 Kotecha, Vaidya Rajesh : **A Beginner's Guide to Ayurveda**
Chakrapani Publications, Jaipur 2016
- 6 Quality Council of India (QCI) : **Yoga professionals Official Guidebook for Level 1**
Excel Books, New Delhi 2016
- 7 Brahmachari Swami Dhirendra : **Yogic Suksma Vyayama,**
Dhirendra Yoga Publications, New Delhi, 1986
- 8 Sahay G. S. : **Hathayogapradipika**
MDNIY, New Delhi, 2013
- 9 Kalayan : **Upanishads (23rd year Special)**
Geeta Press, Gorakhpur
- 10 Gore M. M. : **Anatomy and Physiology of Yogic Practices,**
Kanchana Prakashana, Lonavala, 2004
- 11 Swami Karmananda : **Management of Common Diseases,**
Bihar Yoga Publication Trust, 2006, Munger
- 12 Basavaraddi, I. V. & others : **Yoga Teachers Manual for School Teachers,**
MDNIY, New Delhi, 2010

Books for Reference for Practicum

1. Brahmachari Swami Dhirendra : **Yogic Suksma Vyayama,**
Dhirendra Yoga Publications, New Delhi
2. Brahmachari, Swami Dhirendra : **Yogasana Vijnana,**
Dheerendra Yoga Prakashana, New Delhi
3. Iyengar, B. K. S. : **Light on Yoga,**
Harper Collins Publisher, New Delhi, 2005
4. Saraswati, Swami Satyananda : **Asana, Pranayama, Mudra, Bandha**
Bihar School of Yoga, Munger, 2006
5. Basavaraddi, I.V. : **A Monograph on Yogic Suksma Vyayama,** MDNIY,
New Delhi, 2016
6. Basavaraddi, I.V. : **A Monograph on Shatakarma,**
MDNIY, New Delhi, 2016
7. Basavaraddi, I.V. : **A Monograph on Yogasana,**
MDNIY, New Delhi, 2016
8. Basavaraddi, I.V. : **A Monograph on Pranayama,**
MDNIY, New Delhi, 2016
9. Tiwari O.P. : **Asana Why & How ?**
Kaivalyadhama, SMYM Samiti, Lonavla
10. Saraswati, Swami Satyananda : **Suryanamashkara**
Bihar School of Yoga, Munger, 2006
11. Quality Council of India (QCI) : **Yoga professionals Official Guidebook for Level 1**
Excel Books, New Delhi 2016
15. Basavaraddi, I. V. & others : **Yoga Teachers Manual for School Teachers,**
MDNIY, New Delhi, 2010
16. Gharote, M.L. : **Teaching Methods for Yogic practices,**
Kaivalyadhama Ashram, Lonavla
17. Iyengar, B.K.S : **Yoga Shastra (Vol-I & II) Ramamani Iyenger Memorial**
Yoga, Institute, Pune YOG, Mumbai
18. Ramdev, Swami : **Pranayama Rahasya**



आयुष मंत्रालय, भारत सरकार
Ministry of AYUSH, Govt. of India

Yoga Certification Board

Ministry of Ayush, Govt. of India
Website- www.yogacertificationboard.nic.in



SYLLABUS Yoga Therapist

Syllabus for Yoga Therapist (YTh)

1. **Name of the Certification:** Yoga Therapist (YTh)
2. **Requirement/ Eligibility:**
 - a. For open candidates there is no eligibility criteria
 - b. Any Degree holder
3. **Brief Role Description:** Can work along with certified physician or certified Yoga Consultant to give Yoga Therapy on all disorders
4. **Minimum age:** No age limit
5. **Personal Attributes:** The job requires individual to have Good communication skills, time management and ability to understand the body language of the trainees. The job requires individual to possess key qualities such as self discipline, confidence, maturity, patience, compassion, active listening, time management, empathy, language proficiency, ability to build caring relationships, friendly and approachable, credibility etc.
6. **Credit points for certificate:** 46 credits
7. **Duration of course:** Not less than 800 hours (Contact program for 100 hrs. to be conducted on Anatomy, Physiology).
8. **Mark Distribution:** Total Marks: 200 (Theory:100+Practical: 100)

Theory

Unit No.	Unit Name	Marks
1.	Yoga and Human Body	25
2.	Fundamental Principles of Yoga Therapy	25
3.	Application of Yoga Therapy in Traditional Yoga Texts	25
4.	Physiological and Psychological Effects of Hatha Yoga Practices	25
	Total	100

Practical

Unit No.	Practical Work	Marks
1.	Demonstration Skills	30
2.	Teaching Skills	20
3.	Evaluation skill	20
4.	Application of knowledge	20
5.	Field Experience	10
	Total	100

Theory Syllabus

UNIT 1 Yoga and Human Body

A. Anatomy & Physiology:

- 1.1 **Musculo-Skeletal System :** Muscle - Classification - Histology - properties of each type - distribution - Mechanism of muscle contraction (Brief) - neuromuscular transmission (Brief), ligaments, tendons, Skeleton-Bones-types, Structure & function, Spinal column. Joints - Types, Structure, Functions.
- 1.2 **Blood and Immune System:** Composition of blood corpuscles - R.B.C., W.B.C., Platelets. Plasma, Hemoglobin - Coagulation of blood and anticoagulants. Blood groups and its importance, lymphatic system , Immunity - types & mechanism.
- 1.3 **Cardiovascular system:** Anatomy of Heart and blood vessels - -Innervations' of heart - Properties of cardiac muscle - Control of cardiac cycle and circulation - Cardiac output - Blood pressure.
- 1.4 **Respiratory System:** Anatomy-Gross & Histological - Mechanism of Breathing, Exchange of gases Pulmonary function tests-lung volumes - Control of respiration.
- 1.5 **Digestive system:** Anatomy - Gross and Histological - Mechanism of secretion of - Saliva, Gastric Juice, Pancreatic Juice, Bile, Intestinal secretion - Role of these secretions in digestion of food, Absorption and assimilation and formation of faeces.
- 1.6 **Excretory System and temperature regulation:** Anatomy-Gross & Histology - Functions of glomerule and renal tubules Micturition and composition of urine - structure and functions of skin-Regulation of body temperature.
- 1.7 **Endocrine System :** Anatomy - Gross & Histological, Thyroid, Parathyroid, Supra - renal, Pituitary, Islets of Langerhans - Function of thyroid and parathyroid hormone, effect of hypo and hyperactivity on the body. Hormones of supra-renal and their action and effect of hypo & hyper activity on the body. Hormones of pituitary gland- its action and effect of hypo & hyper activity on the body. Role of insulin in glucose metabolism.
- 1.8 **Special senses :** Eyes Anatomy - Histology of retina, Corneal function, Physiology of vision & accommodation, Sense of smell - nasal mucosa, tongue, taste buds. Ear-Mechanism of hearing and function of semicircular canal.
- 1.9 **Reproductive System:** Anatomy - Gross & History of Male reproductive system - Spermatogenesis. Female reproductive system - Ovarian hormones, Menstruation, Pregnancy, Parturition, Lactation.
- 1.10 **Nervous System :** Anatomy - Gross - Cerebrum, cerebellum, Spinal cord. Histology - Nerve - structure and properties of neurons - Nerve - Action Potential - generation propagation - factors influencing. Classification of neurons and nerve fibers Receptors and reflex arc. Functions and important connections of Cerebrum, Pons, Medulla, Thalamus, Hypothalamus, Cerebellum - Autonomic nervous system - Sympathetic and parasympathetic - anatomy & functions.

- 1.11 Homeostasis: The concept of homeostasis, Homeostasis, Regulatory systems of the body, Characteristics of control systems, Physiological basis of mind-body intervention.

B. Anatomy & Physiology:

Study of - cognitive processes. Higher mental processes, feeling and emotion, mental abilities and personality. A comparative study of total personality according to Yoga and Modern Psychology. Its Meaning, definition and nature of consciousness as described in Vedas, Upanishads, Bhagwad Gita, Yogasutra and Yogavashishtha; Spiritual and scientific approach to human consciousness. Yogic Method of elevation of human consciousness: Bhaktiyoga, Jnanyoga, Karmayoga, Mantrayoga, Ashtangayoga, Hathayoga.

C. Yoga and Diet:

Concept and types of diet in Traditional Yogic Texts; Concept of food and Nutrition and its components, concept of Health and Malnutrition, Assessment of Nutritional status, knowledge of Therapeutic Modifications of Normal Diet, Preparation of Therapeutic charts for special groups/patients, Role of Yogic diet in health and disease.

UNIT 2 Fundamental Principles of Yoga Therapy

- 2.1 Concept of Yoga and Health in Indian Traditional Systems of Medicine i.e. Ayurveda, Naturopathy and Siddha Systems of Medicine, Utility and Limitations of these systems in relation to Yoga and health.
- 2.2 Yogic Concept of Health: Meaning and definitions, Concept of Adhi and Vyadhi, Role of Yoga in preventive health care – Heyamdukhamanagatam Tapatrayas, Kleshas and Anatyas.
- 2.3 Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and Pancha Koshas.
- 2.4 Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living, Concept of Bhavas and Bhavanas with its relevance in Health and well-being.
- 2.5 Concept of Aahara, Vihara, Achara and Vichara.
- 2.6 Role of Shuddhi Prakriyas in preventive, promotive and curative aspects of Yoga Therapy -Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi).

UNIT 3 Application of Yoga Therapy in Traditional Yoga Texts

- 3.1 Bhagavadgita : Definitions of Yoga in Bhagavadgita and their relevance in Yoga therapy, Concept of Samkhya Yoga in Bhagavadgita, Significance of Bhagavadgita as a synthesis of Yoga, Concept of Sthita Prajna, stages and characteristic of it. Concept of Atman (Purusha) and Jivatman in Bhagavadgita. Concept of Paramatman (Parmeshwar or Purushottam) as described in Bhagavadgita, Concept of world (Jagat, Samsar) as described in Bhagavadgita, Psychotherapy concept of Bhagavadgita in various mental disorders like depression, anxiety etc, Significance of Yogasadhana, Karmayoga, Jnana Yoga,

Dhyana Yoga and Bhakti Yoga in Bhagavadgita, Concept and classification of Ahara and its role in Adhyatma Sadhana as described in Bhagavadgita, Concept of Triguna in the context of Bhagavadgita, Importance of Bhagavadgita in day to day life.

- 3.2 **Patanjala Yoga Sutra:** Applications and Understanding of Patanjala Yoga & Personality Development. The nature of seer in pure state, Concept of Vrttis – Nature, classification, definition, method to control of chittavrttis (Abhyasa and Vairagya), Ishwarapranidhana– a means to attain Samadhi, Definition & quality of Ishwara ; Chittavikshepa, Chittaprasadana and its associates, Samadhi and its classification, Sabijasadhi, Speciality of Nirvichara, Rthambaraprajna, Nirbijasadhi; Significance of Samyama and its applications, Parinamavad, Dharma and Dharmi, Parinamanyateva, Samyama on – Parinamatraya, knowledge of bhutaruta, Parachittajnana, Antardhana. Aparantajnana, Samyama on – Maitri, Surya, Chandra, Nabhichakra, Kanthakupa, Kaurmanadi, Murdhajyothi, Pratibha, Hrdaya, Swartha, Udana, Samana, and their benefits. Attainments of divyashrotra, Akashagamana, Bhutajaya, Animadi siddhi, Indriyajaya, Kaya jaya, Sarvajnatva, Concept of Kaivalya in Patanjali Yoga Sutra, Kaivalya–Introduction, Siddhi, Jatyantaraparinama, Nirmanachitta.Karma, Vasana, Smriti and Samskara
- 3.3 **Yoga Vashishtha:** Concept of Yoga: Introduction and Highlights of Yoga Vasishtha, Definitions of Yoga and their relevance in Yoga Vasishtha; Concept of Mind: World is the projection of Mind; Manah Prashamanah upayah Yoga: Mind control through abhyasa (practice) and vairagya (detachment); Concept of Jnana: Jnana Saptabhumika, importance of knowledge and types of knowledge, Management of Mind and emotions-enhancing the power of discrimination (Viveka); Prana and Pranayama: Control of breathing; the story of Kakabhushanda, Understanding of the Concept of Adhi and Vyadhi; concept of Prana & Pranayama; Concept of Samadhi and Moksha: Good Association; Self Enquiry; Development of Satvaguna (Good virtues), Eight Limbs of Meditation.

UNIT 4 Physiological And Psychological Effects Of Hatha Yoga Practices

- 4.1 **Shatkriyas and Sthula and Sukhsamvyayam Kriya:** Physiological benefits of sthula and sukhsamvyayam on human body in preparation of yogic practice. Knowledge of sthula and sukshamvyayam for different parts of the body; An overview of diffusion, osmosis, active transport across cell membrane; significance of using salt during the practice of shatkriya; Tonicity of the solution such as hypotonic, hyper tonic and isotonic solution and the impact of the same on physiology; Effects of kriya on GIT and Respiratory physiology; peristalsis and mechanism of action, Effect of Kriyas in encouraging the peristalsis; Opening and closing of sphincter; Role of Kriyas in smooth operation of sphincter; Mechanism of action of Kriya practices in the activation of vagus nerve, effect of Kriyas on gastric mucosa on digestive system;

Development of negative pressure and the impact of sustenance of the negative pressure in body physiology.

- 4.2 **Asana:** Physiology of exercise, Asana - Types and Categories; Musculo skeletal system and mechanisms involved; Effect of Yogic practices in setting up the internal environment of the body, Mechanical influence of Yogasana; Psychosomatic mechanism; Mechanism of influence of six types of Yogasanas: stretching; pivoting; strengthening; inverted; pressing; equilibration, Reciprocal inhibition and innervations; Concept of energy expenditure and role of asana practice on energy expenditure.
- 4.3 **Pranayama:** Mechanism of respiratory system and gas exchange, Regulation of respiration, Psycho- physiological effect of Pranayama: changing of ratio of oxygen and carbonic carbon–dioxide in our body; enabling different groups of muscles in breathing; Pranayama as respiratory pump; Reflex impact over sympathetic and parasympathetic nervous system; Role of Pranayama on lung function test. Role of Pranayama and other Yoga practices on compliance, Ventilation perfusion ratio, alveolar ventilation, dead space volume and minute ventilation, Neurophysiological mechanism of Kevala, Antar and Bahirkumbhaka.
- 4.4 **Meditation:** Different types of meditation its impacts on central nervous system and peripheral nervous system. Different types of meditation its impacts on cardiovascular system, respiratory system, nerve – muscle physiology. Meditation its impacts on relaxation of each and every system of body.
- 4.5 **Mudra and Bandhas:** Nerve reflexes; Proprioceptive neuromuscular facilitation; Effect of Bandhas on joint complexes; Central bandhas and co activation of opposing muscles in spinal joint complexes; Jalandharabandha effects neck joint complexes; Uddiyanbandha effects upper joint complexes; and Moolabandha for lower back joint complexes; Isometric muscle activation and Bandhas; Synergistic muscle activation during Bandha practices; Navadvara and their significance in yoga; Principles behind the practice of Mudras; Resting membrane potential; transmission of nerve impulse; significance of Neuro psychological lock and its impulse in body physiology; secretion of neurotransmitter in the brain; Role of mudra and its physiological functions of the body

Practical Syllabus

UNIT 1 Demonstrative Skills

- 1.1 **Recitation of Hymns and Mantras**
 - Concept and Brief introduction to Pranav and hymns
 - Recitation of Pranav and Soham japa
 - Recitation of Pratah-smaran, Dhyana mantra, Pranayama Mantra, Asana Mantra, Shanti Mantras.
- 1.2 **Shatkarmas:** Demonstrating ability of performing shatkarma (Cleansing Process)
 - Vamandhauti, Vastradhauti, Dandadhauti ,
 - Neti (Sutra and Jal),
 - Kapalbhathi, Agnisara,
 - Nauli.
 - Laghooand Poornasankhaprakshalana,
- 1.3 **Sukshma Vyayama, Sthula Vyayama and Suryanamaskar**
 - Ucharan-sthal-tathtavishudhichakrashudhi
 - Budhitathadritishaktivikasaka
 - Medhashaktivikasaka
 - Kapolshaktivikasaka
 - Grivashakti vikasak
 - Vakshasthalshaktivikasaka (i and ii)
 - Katishaktivikasaka (i,ii,iv,v)
 - Janghaskativikasaka (i,ii)
 - Pindalishkativikasaka
 - Hridgati and sarvangpushti.
 - Yogic Surya Namaskar of BSY, Swami Dharendra Brahmachari and its Variations.
- 1.4 **Yogasanas**
 - **Standing Yogasana:** Tadasana, Ardhchakrasana, Vrikshasana, Padahastasana, Veerbhadrasana and its variations, Garudasana, Parivrittatrikonasana, Parshakonasana.
 - **Sitting Yogasana:** Paschimottanasana, Vajrasana, Suptavajrasana, Vakrasana, Gomukhasna, Marichyasana, Ardhamatsyendrasana, Uttanmandukasana, Sasakasana, Ustrasana, Dandasana, Mandukasana, Kurmasana, Kukkutasana, Bhadrasana
 - **Prone lying Yogasana:** Makarasana, Bhujangasana, Salabhasana, Dhanurasana
 - **Supine lying Yogasana:** Uttanapadasana, Ardhalasana, Halasana, Chakrasana, Saral Matsyasana, Matsyasana ,Pawanmuktasana and its variations, Naukasana, Shavasana, Setubandhasana, Sarvangasana
 - **Topsy Turvy Yogasana:** Sirshasana and its variation.
- 1.5 **Pranayama:** Knowledge and Demonstrated ability to perform the following practices
 - Breath awareness
 - Sectional breathing,
 - Anuloma Vilom
 - Nadishodhana Pranayama. SuryaBhedi and Chandrabhedi Pranayama
 - Ujjayi pranayama and Bhastrika pranayama
 - Seetali Pranayama and Sitali Pranayama

- 1.6 **Meditation:** Knowledge and Demonstrated ability to Heal at the Physical Level, Mental level, Prana Level and Conscious level with below mentioned practices.
- Antarmaun
 - Ajapa japa
 - Yoga Nidra
 - Dharna
 - Om Meditation, Vipasana and prekshadhyana
- 1.7 **Bandhas and Mudras:** Knowledge and Demonstrated ability to perform following practices:-
- Jalandhara bandha, uddiyana bandha and mool bandha, Mahabandha.
 - Mahamudra, Bhairavi mudra, Yoni mudra, shambhavi mudra and shandmukhi mudra.
- 1.8 **Yogic Counseling:** Introduction to counselling, nature approaches and challenges; Approach to counselling- Attitude change towards Yoga through individualized counselling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and Yogic counselling; the remedial measures; Action in relaxation-the secret of Karma Yoga; Psycho-physiological effects and health benefits of Pranayama, Shatkarma; Bandha and Mudra ; Psycho-physiological effects and health benefits of Meditation.

UNIT 2 Therapeutic Skills- Yogic Therapeutic management for various disorders

- 2.1 Role of Yoga practices on various Musculo-Skeletal disorders like Back Pain, Neck pain, Arthritis, Fibromyalgia and Muscular dystrophy; Role of Yogic Diet on Musculo-Skeletal Disorders
- 2.2 Role of Yoga practices on various Respiratory Disorders like Bronchial Asthma, Bronchitis, Allergic Rhinitis, Sleep apnea & Sinusitis; Role of Yogic Diet on Respiratory Disorders
- 2.3 Role of Yoga practices on various Cardiovascular disorders like Hypertension, Atherosclerosis / Coronary artery disease, Angina pectoris / Myocardial Infarction ;Role of Yogic Diet on Cardiovascular disorders Role of Yogic Diet on Cardiovascular disorders.
- 2.4 Role of Yoga practices on various Neurological Disorder like Migraine, Headaches, Cerebrovascular accidents, Epilepsy, Parkinson's disease, Hearing impairment; Role of Yogic Diet on Neurological Disorder.
- 2.5 Role of Yoga practices on various Digestive and Excretory Disorders like Dyspepsia, Hyperacidity, Peptic Ulcers, Constipation, haemorrhoids and Irritable Bowel Syndrome; Role of Yogic Diet on Digestive and Excretory Disorders
- 2.6 Role of Yoga practices on various Obstetric & Gynecological Disorders like Menstrual Disorder(menstrual cramp, dysmenorrheal, pre-menstrual syndrome), Polycystic Ovarian Syndrome (PCOS/PCOD), Pre-eclampsia or pregnancy induced hypertension (PIH),Menopausal discomfort (anxiety, irritability, insomnia, hot flashes.); Role of Yogic Diet on Obstetric & Gynecological Disorders
- 2.7 Role of Yoga practices on various Endocrine& Metabolic Disorders like Diabetes Mellitus, Thyroid Disorders, Obesity and Metabolic Syndrome; Role of Yogic Diet on Endocrine &Metabolic disorders.
- 2.8 Role of Yoga practices on various Psychological and Psychiatric Disorder like Obsessive Compulsive Disorder, Post-traumatic stress disorder, Depression, Anxiety, Schizophrenia, Attention Deficit Hyperactivity Disorder and Substance abuse; Role of Yogic Counseling Diet on Psychological and Psychiatric Disorder.

- 2.9 Role of Yoga practices on various old age problems like Spinal deformity, loss of coordination, imbalance, improper gait pattern, Stress, Alzheimer's disease, Stress, Depression and reduction of all physiological function; Role of Yogic Diet in old age.

UNIT 3 Assessment Skill

- 3.1 Anthropometry measurements:-Weight, stature, eye height, Body Mass Index, Body Surface Area, Shoulder height, elbow height, head circumference, neck circumference, mid upper arm circumference, chest circumference, waist circumference, hip circumference, waist hip ratio, Measurement of fat percentage.
- 3.2 Physiological parameters and clinical examination: Knowledge of Clinical examination, heart rate, pulse rate and respiratory rate.
- 3.3 Knowledge of effect of Yogasana (lying, sitting, standing positions), suryanamaskar, Pranayama and Meditation on human body, Spirometry, knowledge of Reflexes, Measurement of strength of muscle. Measurement of flexibility. Recording of ECG, EEG, GSR and respiration.
- 3.4 Physical measurements:-Effects of exercise, cold stress and postural change on blood pressure and pulse rate, Measurement of strength and flexibility of muscle.
- 3.5 Understanding of muscles physiology with the help of model/chart and its practical applications in Asana.
- 3.6 Knowledge of COG, LOG, BOS in Asanas (in Sitting, standing, lying, balancing asanas)
- 3.7 Knowledge of Biomechanics of Yogic postures