

## Syllabus for Entrance Exam in Yoga

**Course Objective:** The course aims to teach the fundamentals of Yoga to harmonize the body, mind, and emotions, demonstrating the value and practice of holistic living while highlighting the heritage of Yoga for personal and societal benefit.

### Course Outcome:

1. To identify ways to harmonize the body and mind through Yoga.
2. To explain the methods for disciplining the mind through the practice of Yoga.
3. To apply practical training techniques to explore Yoga.

### Course Contents:

- Fundamentals of Yoga
- Patanjali's Yoga Sutra
- Various school of yoga
- Chakras (psychic centres)
- Hatha Yoga Pradipika
- Gheranda Samhita
- Anatomy and Physiology
- Health and Wellness
- Yogic Concepts of Health and Diseases
- Concept of Pancha Kosha
- Concept of Triguna
- Concept of Panchamahabhutas
- Yogic Principles of Healthy Living
- Role of Yoga in Stress and Life Style Management
  
- Understanding Asanas, Pranayama and Relaxation (Yoga Nidra)
  - Practicing various Asanas, Pranayama and Relaxation (Yoga Nidra)  
  
Surya-Namaskar and Chandra Namaskara, Asana: Tadasana, Vriksasana, Triyak Tadasana, Trikonasana, Parsva-Konasana, Pada-Hastasana, Veerbhadasana-I, Vajrasana, Marjarasana, Mandukasana, Ushtrasana, Janu-shirasana, Gomukhasana, Vakrasana, Bhujangasana, Shalabhasana, Ardha- Dhanurasana, Ardha-Chakrasana, Vipareetkarni-asana, Ardha-Halasana, Shashankasana, Shavasana, Pranayama: Breathing Exercise: Chest, Abdominal & Yogic breathing, Nadi-Shuddhi, Bhramari Pranayama, Ujjayi Pranayama, Relaxation (Yoga Nidra)

○ Teaching Process of Yoga Practices

Textbook(s):

1. Physical Education and Olympic Abhiyan by Ajmer Singh
2. Dasgupta, S.N. Yoga Philosophy
3. Gore, M. M. Anatomy & Physiology of Yogic Practices, New Age Books, N.D.
4. Saraswati, S.S. (2002). Asana, Pranayama, Mudra, Bandha, Yoga Publications Trust, Munger.
5. Karambalekar, P.V. (2017). Patanjala Yoga Sutra, Kaivalyadhama, Lonavla.