

Recognised by



MINISTRY OF CORPORATE AFFAIRS  
MINISTRY OF CULTURE  
NITI Aayog

**MAPAF**



**Syllabus**

**YOGA**

### GRADE-1

1. OM KARA PRANAVAM
2. MARJARIASANA (CAT POSE)
3. ATHOMUKA SAVASANA (DOG POSE)
4. NEELDOWN POSE (TABLE POSE)
5. PRELIMINARY EXERCISE
  1. HAND UP AND DOWN
  2. HAND SIDE WAY UP AND DOWN
  3. HIP ROTATION

### GRADE-2

1. MALLASANA (JOKER POSE)
2. VAJRASANA
3. ARTHA KADI CHAKRASAN
4. DYNAMIC TRIKONASANA
5. THITHILIASANA (BUTTERFLY POSE)

### GRADE-3

1. STATIC TRIKONASAN
2. VIRKSHASANA (TREE POSE)
3. SUPTHA VAJRASANA
4. MATCHYASANA (LEG STRAIGHT) (FISH POSE)
5. SARBASANA (SNAKE POSE)

### GRADE-4

1. SEDHUBANDHASANA
2. PARIVARTHA TRIKONASANA
3. ARTHA SALABASANA
4. BHUJANGASANA
5. VEERA BADRASANA (WARRIOR POSE)

### GRADE-5

1. SALABASANA (SUPER MAN POSE)
2. DHANURASANA
3. YOGA MUDRA (IN PADMASANA)
4. PAARSUVA KONASANA (OR) VAKRASANA
5. USTRASANA (OR) DHANDASANA

### GRADE-6

1. MATSYASANA (IN PADMASANA)
2. GOMUGASANA
3. NAUKASANA, EKA PATHA PADMA PACHIMOTTASANA KAKASANA
4. CHAKRASANA (LYING),
5. PADHA HASTASANA, RAJA KAPOTASANA

### GRADE-7

1. NATARAJASANA
2. PATCHIMOTTASANA, ARDACHAKRASANA (STANDING POSE)
3. POORNA DHANURASANA
4. VIBARITHA KARNI, SARVAANGASANA
5. HALLASANA, SANTHOLASANA

### GRADE-8

1. BADDHA PADMASANA, AAGARNA DHANURASANA
2. EKA PATHA CHAKRASANA, UPAVISTAKONASANA
3. SUPTA HALLASANA, ARDHA MATSYENDRASANA
4. BHARATWAJ ASANA, KURMASANA
5. RATHA CHAKRASANA, SASANGASANA

NOTE:

**ALL ASANA'S NAME AND MEANING SHOULD BE SAID IN TAMIL AND THEM SHOULD DO**

# CERTIFICATE COURSE (1 YEAR)

## PRACTICAL

LIST OF YOGIC PRACTISES:

### I. FIRST STEP EXERCISES

MOVEMENTS , STRETCHING, RELAXATION.

### II. ASANAS

1. VAJRASANA
2. BHUJANGASANA
3. YOGA MUDRA
4. PACHIMOSTASANA
5. PAVANAMUKTASANA
6. TRIKONASANA
7. VAKRA ASANA
8. TADASANA
9. UTKATASANA
10. USTRASANA
11. CHAKRASANA
12. NAUKASANA
13. PADMASANA
14. VRIKSHASANA
15. SARVANGASANA
16. DANDASANA
17. DHANURASANA
18. BALASANA
19. VEERABADRASANA
20. SURYA NAMASKAR

### III. BREATHING

PRANAYAMA AND OM CHANTING

### IV. BANDAS

THREE TYPES OF BANDAS IN YOGA

### V. MUDRAS

SURYA MUDRA, CHIN MUDRA, AADHI MUDRA, SOONYA MUDRA, VAAYU MUDRA  
VARUNA MUDRA, ABANA MUDRA, PRANA MUDRA, PRITHVI MUDRA, AKASH  
MUDRA.

## THEORY

### UNIT I:

1. ORIGIN, MEANING AND IMPORTANCE OF YOGA
2. PSYCHOLOGY OF MANTRAS AND PRAYER
3. YOGIC WAY OF FOOD HABIT
4. CLASSIFICATION AND TYPES OF YOGA
5. FIVE ELEMENTS OF YOGA.
6. INTRODUCTION TO HUMAN BODY AND SYSTEMS
7. DEFINITION OF ANATOMY AND PHYSIOLOGY
8. INTRODUCTION TO PRANAYAMA AND ASANAS
9. INTRODUCTION TO MEDITATION
10. INTRODUCTION TO MUDRAS AND DIFFERENT TYPES OF MUDRAS
11. UNDERSTANDING OF KRIYA AND BANDHA
12. NATURAL WAY OF HEALING BY PRACTICE OF YOGASANAS
13. DEEP KNOWLEDGE ON EXERCISE AND MIND CONTROL
14. NATUROPATHY, HYDROTHERAPY, ACUPRESSURE, ACUPUNCTURE
15. HEALTHY LIFESTYLE

## YOGA DIPLOMA COURSE (1 YEAR)

## PRACTICAL

### LIST OF YOGIC PRACTISES:

#### I. FIRST STEP EXERCISES

MOVEMENTS, STRETCHING, RELAXATION.

#### II. ASANAS

1. VAJRASANA
2. BHUJANGASANA
3. YOGA MUDRA
4. PACHIMOSTASANA
5. PAVANAMUKTASANA
6. TRIKONASANA
7. VAKRA ASANA
8. TADASANA
9. UTKATASANA
10. USTRASANA
11. CHAKRASANA
12. NAUKASANA
13. PADMASANA
14. VRIKSHASANA
15. SARVANGASANA
16. DANDASANA
17. DHANURASANA
18. BALASANA
19. VEERABADRASANA
20. SURYA NAMASKAR

### **III. BREATHING**

PRANAYAMA AND OM CHANTING

### **IV. BANDAS**

THREE TYPES OF BANDAS IN YOGA

### **V. MUDRAS**

SURYA MUDRA, CHIN MUDRA, AADHI MUDRA, SOONYA MUDRA, VAAYU MUDRA  
VARUNA MUDRA, ABANA MUDRA, PRANA MUDRA, PRITHVI MUDRA, AKASH MUDRA

## **THEORY**

### **UNIT I:**

1. ORIGIN OF YOGA AND ITS BRIEF DEVELOPMENT
2. MEANING OF YOGA AND ITS IMPORTANCE FOR HEALTH
3. YOGA IS A SCIENCE
4. PSYCHOLOGY OF MANTRAS AND PRAYER
5. YOGIC WAY OF FOOD HABIT

### **UNIT II:**

1. PRINCIPLES AND RULES OF YOGA PRACTICE
2. CLASSIFICATION OF YOGA
3. TYPES OF YOGA- HATHA YOGA, RAJA YOGA, ASTANGA YOGA
4. MEANING OF ASANA AND ITS TYPES AND BENEFITS
5. FIVE ELEMENTS OF BODY AND RELATION TO NATURE

### **UNIT III:**

1. INTRODUCTION TO HUMAN BODY AND SYSTEMS
2. DEFINITION OF ANATOMY AND PHYSIOLOGY
3. RESPIRATORY SYSTEM AND DIGESTIVE SYSTEM
4. ENDOCRINE SYSTEM AND EXCRETORY SYSTEM
5. CIRCULATORY SYSTEM AND NERVOUS SYSTEM

### **UNIT IV:**

1. INTRODUCTION TO HUMAN BODY DISEASES
2. CHILD AND WOMEN HEALTH
3. INTRODUCTION TO PRANAYAMA
4. INTRODUCTION TO MEDITATION
5. INTRODUCTION TO MUDRAS AND DIFFERENT TYPES OF MUDRAS

### **UNIT V:**

1. UNDERSTANDING OF KRIYA AND BANDHA
2. NATURAL WAY OF HEALING BY PRACTICE OF YOGA AND FOOD HABITS
3. DEEP KNOWLEDGE ON EXERCISE AND MIND CONTROL
4. NATUROPATHY, HYDROTHERAPY, ACUPRESSURE, ACUPUNCTURE,
5. HEALTHY LIFESTYLE

# TEACHER TRAINING (1 YEAR)

## PROGRAM EMPHASIS:

### TEACHING METHODS:

- PRINCIPLES OF ANATOMY & PHYSIOLOGY
- UNDERSTANDING PHYSICAL & MENTAL BENEFITS OF POSES
- TEACHING SAFE ALIGNMENT
- MODIFICATIONS, CONTRAINDICATIONS & USE OF PROPS
- ART & SCIENCE OF SEQUENCING A CLASS
- PRANAYAMA: THE ART OF BREATHING
- TEACHING ETHICS & TECHNIQUES
- DISCOVERING YOUR VOICE & STYLE: “TEACHING FROM THE HEART”
- CONFIDENCE BUILDING WITH PRACTICE TEACHING

### PART I:

- ⊙ INTRODUCTION OF YOGA, ITS MEANING AND DEFINITIONS FROM VARIOUS AUTHENTIC SCRIPTURES.
- ⊙ GRADUAL DEVELOPMENT IN YOGA
- ⊙ DIFFERENCE BETWEEN EXERCISE AND YOGA
- ⊙ BRIEF INTRODUCTION OF YOGA AND FOOD HABITS
- ⊙ ASHTANGA YOGA - MAINLY YAMA, NIYAMA, ASANA AND PRANAYAMA
- ⊙ HUMAN ANATOMY AND PHYSIOLOGY IN RESPECT TO VARIOUS YOGIC PRACTICES
- ⊙ TEACHING METHODOLOGY - ETHICS, QUALITIES AND CHARACTERISTICS OF YOGA TEACHER
- ⊙ HOW TO LEARN YOGA AND HOW TO TEACH
- ⊙ CLASS MANAGEMENT

### PART II:

- ⊙ ELABORATION OF ORIGIN AND EXPRESSION OF YOGA PER BHAGAVAD GITA, PATANJALI YOGA SUTRA AND DIFFERENT SCHOOLS OF YOGA
- ⊙ HUMAN ANATOMY AND PHYSIOLOGY IN RESPECT TO YOGIC PRACTICES
- ⊙ YOGA THERAPY- COMMON PSYCHOSOMATIC DISEASES AND THEIR YOGIC MANAGEMENT THROUGH DIET, ASANA, PRANAYAMA AND LIFE STYLE
- ⊙ IMPORTANT CONCEPT OF PATANJAL YOGA SUTRA. YOGA AS A DISCIPLINE.
- ⊙ EMPHASIS ON PERSONAL PRACTICE

### **PART III:**

- ⊙ HUMAN BODY, TYPES OF SYSTEMS IN HUMAN BODY
- ⊙ TYPES OF DISEASE AND NATURAL WAY OF TREATING DISEASE
- ⊙ PROPER MANAGEMENT OF RESOURCES
- ⊙ FOOD AND DIET IN YOGIC WAY
- ⊙ CONCEPT OF CHARACTER, FOOD AND BODY

### **PART IV:**

- ⊙ UNDERSTANDING OF KRIYA, BANDHA, MUDRA , PRANAYAMA, SUN SALUTATION
- ⊙ NATURAL WAY OF HEALING BY PRACTICE OF YOGA AND FOOD HABITS
- ⊙ DEEP KNOWLEDGE ON EXERCISE AND MIND CONTROL BY MEDITATION
- ⊙ NATUROPATHY, HYDROTHERAPY, ACUPRESSURE, ACUPUNCTURE
- ⊙ HEALTHY LIFESTYLE

## **TEACHING METHODOLOGY**

### **1ST WEEK**

- LOOSENING PRACTICES
- FOCUS ON FOUNDATION OF ASANA (STANDING AND SITTING ASANA)
- INTRODUCTION AND PRACTICE OF BREATHING EXERCISE (PRANAYAMA)
- GUIDED MEDITATION

### **2ND WEEK**

- FOCUS ON PROPER ALIGNMENT OF ASANA (STANDING AND SITTING)
- INTENSIFYING PRANAYAMA PRACTICES
- EMPHASIS ON PERSONAL PRACTICE

### **3RD WEEK**

- ALIGNMENT AND MODIFICATIONS IN VARIOUS ASANA
- TEACHING ASPECT.

### **4TH WEEK**

- GROUP TEACHING
- INTENSIFYING PERSONAL PRACTICE