

JSS MAHAVIDYAPEETA
JSS COLLEGE OF ARTS, COMMERCE AND SCIENCE
(An autonomous College of University of Mysore, Re-accredited by NAAC with 'A' grade)
B.N. Road, Mysuru-570 025, Karnataka



CAREER ORIENTED COURSE
IN
YOGA
SYLLABUS

Career Oriented Course in Yoga

Scheme

Course	Semester	Paper	Title	Hours/Week		Marks		
				Theory	Practical's	IA	Exam	Total
Certificate	I	Paper I	Yogic Science & Philosophy Part - I	2 Hrs	2 Hrs	10	90	100
	II	Paper II	Yogic Science & Philosophy Part - II	2 Hrs	2 Hrs	10	90	100

Note:-

- Term end examination consists of two Parts.
Part A: Theory Oriented Question for 50 Marks 2Hrs.duration
Part B: Practical Oriented Question for 40 Marks.
 - I. viva for 10 Marks
 - II. Compulsory Yogic Asanas & Pranayamas for 10 Marks.
 - III. Evaluators Choice of Yogic Asanas & Pranayamas for 20 Marks.
- The term end examination will be conducted by internal and external examiners.(as in the case of the practical examination)
- Project preparation and execution 20 marks (for Advanced diploma)
- Viva 10 marks(for Advanced diploma)
- Record 10 marks(for Advanced diploma)

Course Outcomes:

- Demonstrate basic skills associated with yoga activities including strength and flexibility, balance and coordination
- Demonstrate the ability to perform yoga movements in various combination and forms
- Demonstrate an understanding of health problems associated with inadequate fitness levels
- Demonstrate an understanding of sound nutritional practices as related to health and physical performance

First Semester

Yogic Science and Philosophy Part-I

Theory :32Hrs

- I. Human Anatomy and Physiology:- Introduction of Human Body with reference to Gastro Internal system, Muscular System , Skeletal System , Respiratory System , Special Sense organs in brief. ,
- II. History, Development & Traditions of Yoga. Pathanjali yogasutra & Ashtanga Yoga
- III. Principles of yogic practice

Practicals

Total 32Hrs

- I. Yoga Mantras and their derivation explain, Shitalikarana, Surya namaskara (6counts)
- II. **Aasanas**
 - A. **Standing Aasana**
 - a. Thadasana
 - b. Urkshasana
 - c. Ardha Chakrasana
 - d. Padahastasana
 - e. Thrikonasana
 - B. **Sitting Asanas**
 - a. Vajrasana
 - b. Padmasana
 - c. Simhasana

- d. Swastickasana
- e. Siddhasana
- f. Dandasana
- g. Vakrasana

C. Supine Asanas

- a. Uttithasana
- b. Pavanamukthasana
- c. Bhujangasana
- d. Urdvamukha Swanasana
- e. Shavasana

III Pranayama: Vibhageya Pranayama, Anuloma Vinuloma, Chandranadi Suryanadi

Second Semester

Yogic Science and Philosophy Part-II

Theory :32Hrs

I. Human Anatomy and Physiology:- Introduction of Human Body with reference to Central Nervous System, Endocrine System, Cardiovascular System , Genitourinary System,

II. Yoga, Concept of food and nutrition in yoga

III. Pathanjali yogasuthra Part - II

Practicals

Total 32Hrs

- I. Shithalikaarana,
- II. Surya namaskara (12 counts)

III. Asanas

A. Standing Asana

- a. Parivrutta thrikonasana
- b. Parshva Konasana
- c. Veerabhadrasana 1 & 2
- d. Uthkatasana

B. Sitting Asana

- a. Janu Shirshasana
- b. Marichyasana
- c. Poorvotthasana
- d. Baddhakonasana
- e. Kurmasana
- f. Veerasana

C. Supine Asana

- a. Vipareethakarani

- b. Sarvangasana
- c. Halasana
- d. Mathsyasana
- e. Navasana
- f. Anathasana

D. Prone Asanas

- a. Shalabhasana
- b. Dhanurasana
- c. Shashankasana

IV Pranayama

- a. Kapalapathi
- b. Chandra Bhedana, Surya Bhedana

Pattern of question paper

Time: 2 Hours.

Total marks 50

I Answer any two from the following:

2 x10=20Marks

- a)
- b)
- c)

II Answer any four question from the following:

4 x 5=20 marks

- a)
- b)
- c)
- d)
- e)
- f)

III Answer any five questions from the following

5 x2= 10 marks

- a)
- b)
- c)
- d)

e)

f)

g)

h)

Part B Practical

- i. viva for 10 Marks
- ii. Compulsory Yogic Asanas & Pranayamas for 10 Marks. (student choice)
- iii. Evaluators Choice of Yogic Asanas & Pranayamas for 20 Marks.

