



**ANDHRA UNIVERSITY**  
**COLLEGE OF ARTS & COMMERCE**  
**DEPARTMENT OF YOGA AND CONSCIOUSNESS**  
**Yoga Village, Beach Road, Visakhapatnam-3**

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**Diploma in Yoga Course**  
( for Defense Personnel)

**Course Structure & Syllabus**

**Objectives:**

The purpose of the Diploma in Yoga course is (a) to provide the necessary knowledge of the theory and practice of yoga so that the practitioners learn to practice and also to teach yoga to all age groups for promoting their health and effectiveness, and (b) to give them a basic understanding of human anatomy and physiology, Indian philosophy, and Classical Yoga texts relevant to the theory and practice of yoga to help them gain the theoretical and scientific perspective on yoga.

**Outcome:** Successful completion of the course will enable the students to teach Hatha yoga practices and meditation with a secular and scientific orientation.

**Admission procedure:** the eligible candidates sponsored by Director General of Resettlement (Defense Personnel) Delhi, will be admitted through Directorate of Admissions, Andhra University

**Eligibility:** Intermediate pass or an examination recognized by the Andhra University as equivalent or in case of Defense Personnel sponsored by Director General of Resettlement (Defense Personnel) Delhi, the candidates who have completed 15 years service are eligible

**Number seats:** 40

**Duration:** 12 Weeks or duration given by Director General of Resettlement, Delhi

**Course timings:** 3 -7 PM (University working days of everyday) &  
6-9 AM (working day of Saturday)

**Medium of Instruction:** English /Hindi/Telugu

**Attendance:** 75 % attendance in theory and practice

**Dress:** Banyan & Shorts white in color

**Courses of study:** Course includes two theory papers and one practical. The details of theory papers & practical are provided in the syllabus.

**Examination:** The examination will be held at the end of the last week of the course

**Papers & Scheme of Examination:**

<b>Subject Code</b>	<b>Title of the Paper</b>	<b>Exam Duration (Hours)</b>	<b>Max. Marks</b>	<b>Pass Marks</b>	<b>Credits</b>
DY 101	Yoga Theory	3	100	40	6
DY 102	Human Anatomy & Physiology	3	100	40	6
DY 103	Yoga Practice		200	100	12

**Mode of examination and evaluation for Yoga practice:**

The following mode of evaluation is recommended for yoga practice.

The total marks of 200 for the examination in yoga practice shall be distributed as follows:

Performance	-	100 marks
Teaching practice	-	50 marks
Viva-voce	-	20 marks
Record	-	30 marks

A candidate shall be declared to have passed in theory paper, if he/she obtains not less than 40% of marks and 50% in practical examination. However, the aggregate passing minimum may be 50%. A candidate failing to secure the minimum marks prescribed as above shall have to reappear for the examination. Successful candidates passing the examination in theory and practice shall be classified as below according to the aggregate percentage obtained.

40% -49%	:	Third class
50% - 59%	:	Second class
60% - 69%	:	First Class
75 % and above:		First Class with Distinction

**Diploma in Yoga Course**  
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**Syllabus**

**Paper – I : Yoga Theory**

**Unit-I:**

Introduction to shat darshanas-definitions and meanings of the term 'Yoga'-  
development of yoga – Yoga in Bhagavad Gita - Rules and Regulations for Practice of  
Yoga

**Unit-II:**

Schools of Yoga: Bhakti Yoga- Karma Yoga- Jnana Yoga- Mantra Yoga- Kundalini Yoga-  
Panchakosha theory

**Unit-III:**

Patanjali Yoga Darshanam: Samadhi pada: yoga definition goal- chitta vrittis- concept  
of Iswara- Chitta vikshepas- Samadhi; Sadhana pada: kriya yoga- kleshas- astanga  
yoga; Vbhuti pada: dharana- dhyana- Samadhi- samyama

**Unit-IV:**

Hatha –Yoga: meanings, definitions- literature- Components of hatha yoga: sapata  
sadhanas: Shat karmas-Asanas- Asta Kumbhakas- Bandhas & Mudras-  
Naadaanusandana- Yoga and Diet

**Unit-V:**

Meditation: meaning, nature, Methods and benefits - Yoga and Physical Education-  
Yoga & Ayurveda - Yoga & Naturopathy- Yoga Therapy- Scientific Research on Yoga

**Text Book**

1. Iyengar, B.K.S. (1976) : *Light on Yoga* London, UNWIN Paperbacks
2. Swami, Satyananda S.(2002), *Asana, Pranayama, Mudra, Bandha*, Munger,  
Yoga Publications Trust

**Model Question Paper**

**Paper-I: Yoga Theory**

Duration: 3hours

Max. Marks: 100

**I. Answer any FIVE of the following questions**

**5x15=75**

1. Explain various definitions and meanings of the term 'Yoga'.
2. Write an essay on Astanga Yoga of Patanjali Maharshi.
3. Mention different paths of Yoga. Explain in detail about Bhakti Yoga
4. Define Hatha Yoga.. Write in detailed about technique and benefits of Traataka and Vahnisara.
5. What is meditation? Write about any one of the meditation technique with benefits.
6. Write an essay on scientific research on Yoga.
7. Compare Yoga practice with physical exercises
8. What is yoga therapy? How do you manage Hypertension and Arthritis with yogic techniques?

**II. Answer any FIVE of the following questions**

**5x5=25**

1. Methods of treatment in Naturopathy.
2. Mentioned Asta kumbhakas in Hatha Yoga.
3. Concept of Iswara in Yoga Sutras.
4. Yoga and Diet.
5. Dasha Mudras in Hatha Yoga
6. Kriya Yoga of Pathanjali
7. Yoga in Bhagavad Gita
8. Yoga and Back pain



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**Paper- II : Human Anatomy and Physiology**

**Unit-I:**

Introduction to human body: Skelton -Cell and Tissues - Bones & muscles

**Unit-II**

The Circulatory System- Anatomy and the functions of the heart-The Blood Pressure:  
The Blood – Red Blood cells , White Blood cells- Hemoglobin , , Blood groups

**Unit-III**

The Respiratory System: Anatomy of the Respiratory organs - the regulations of respiratory, the respiratory rates - Vital capacity of the lungs- The Digestive System : esophagus , the salivary glands , the stomach , the liver , the gall bladder , the pancreas and the spleen

**Unit-IV**

Introduction to Endocrine glands- The Excretory System : The Kidneys , the Urinary bladder the urethra , the symptoms of normal and abnormal urine

**Unit-V**

The Nervous System : the spinal cord , the brain , Cerebrospinal fluid- The sense organs - The Reproductive System : the male and female reproductive organs

**Text Book :**

Anatomy & Physiology – G. Gurunatham , New Students Book Centre , Vijayawada.

  
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Max. Marks: 100

Duration: 3 hours

Model Question Paper  
Paper-II: Human Anatomy & Physiology

**Write any Five of the following questions**

**5x15=75**

1. Explain cell structure with diagram and write its functions.
2. Draw a neat diagram of heart and mention its parts.
3. Write about the process of respiration.
4. Explain the structure and functions of the liver.
5. Write about the formation of urine.
6. Write about the central nervous system.
7. Explain the process of digestion with diagram.
8. Write about the mechanism of blood clotting.

**Write any Five of the following questions**

**5x5=25**

1. Endocrine glands and their locations
2. Cerebrospinal fluid
3. Kidneys
4. Pancreas
5. Menstrual cycle
6. Spinal cord
7. Red & White blood cells
8. Male reproductive organ

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**PAPER – III: YOGA PRACTICES**  
SYLLABUS

The students are required to learn to practice and also teach the following. They are to maintain a record which consists of the step by step details of the yoga practices along with an account of the possible benefits of the practices.

The principles, which should be adopted in practice, are the following:

1. Proper gradation in order of flexibility, balance and difficulty in performance.
2. Each asana is to be analyzed into intermediate positions in a natural sequence of movement.
3. For purposes of class training each movement to be associated with a count to reach the final pose.
4. Rhythmic breathing should be observed. When the chest is in the expanding position inspiration should take place. In the contracting position expiration should take place rhythmically with movement. In certain asanas duration of retention is important.
5. Proper relaxation should be allowed in between the batches of asanas.

**Sukshma Vyayamam**

**Surya Namaskaras**

**Meditative Postures :**

Sukhasan, Swastikasana; Vajrsan; Ardha padmasan, padmasan, Siddhasan

**Relaxation postures:**

Shavasana; Advasana; Jyeshthikasana; Makharasana; Matsya kridasana

**Kriyas :**

Jalaneti ; Sutraneti ; Jala Dhauti ; Vastra Dhauti ; Varisara Dhauti  
(Sankhaprakshalana ) ; Vahnisara ; Trataka ; Vatakrama Kapalabhati.

**Standing postures:**Tiryak Tadasana;Trikonasana; Parivrita Trikonasana;  
Katichakrasana; Parsvakonasan;

**Balancing Postures:**

Tadasana; Vrikshasana; Natarajasan; Ekapadasana; Merudandasana; Parvathasan

**Sitting postures:**

Bhadrasana; Virasana ; Vakrasana; Ardha –matsyendrasana; Ushtrasana; Suptavajrasana; Gomukhasana; Shashankasana; Marjari asana; Vyaghrasana; Shashanka Bhujangasana ; Ardha chandrasana; Matsyasana; Akarna Dhanurasan; Mahamudrasan ; Trayanga mukhaika pada paschimottanasan ; Pachmottanasan; Upavista Konasan; Brahmacharyasan ; Yogamudrasan; Veerasan ; Supta Veerasan

**Prone postures:**

Sarpasana; Bhujangasana; Tiryak bhujangasana; Uoordhvamukha Svanasan ; Adhomukha Svanasan ; Ardha Salabhasana; Salabhasan ; Dhanursan; Chaturanga Dandasana

**Supine postures:**

Uttanapadaasana; Pavanamuktasana; Navasana  
Kandharasana ; Jatara parvrittanasan and its variations; Chakrasan

**Inverted postures:**

Sumerasana; Moordhasana ; Vipareetakarini; Sarvangasana ; Halasan; Parsva Halasan ; Sirshasan

**Sukshma Pranayama :** Udara svasakriya , Vaksha svasakriya , Skanda svasakriya , Yoga svasakriya and Anuloma Viloma

**Bandhas :**

Bhanda Trayam : Jalandhara ; Uddiyana and Moolabandha

**Pranayama :**

Nadisuddhi ; Suryabedana ; Ujjai ; Sitali ; Sitacari ; Bhastrika ; Bramari ;

**Mudras :**

Viparita karni ; Tadagi Mudra ; Pasani Mudra ; Aswani Mudra ; Bhujangini Mudra

**Relaxation Methods :** Sixty one Points Relaxation technique ; Yoga Nidra ; Instant Relaxation Technique ; Quick Relaxation Technique ; Deep Relaxation Technique

Practice of Pratyahara , Dharana and Dhyana

**Text Books :**

1. Sachitra Yoga Pradipika by B.K.S. Ayyanger , Telugu Tr. By Jyosthna
2. Journey to Real Self: Dr. Raparathi Ramarao