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## Syllabus for PG Entrance Test (234)

7th  
20/2/2020

### UG standard syllabus of yogic science

#### 1. Foundation of Yoga

Definition and Meaning of Yoga, Aims and Objectives, Historical Development of Yoga, Relevance of yoga in modern age and scope and Misconceptions about yoga. Brief Introduction of Hatha yoga, Raja yoga, Karma yoga, Gyana Yoga, Bhakti yoga. Essentials of yoga practices – Prayer, Disciplines in Yogic Practices, Place & Timing, Diet & Schedule for Yoga Practitioner. Obstacles in the Path of Yoga Practice, Sequence for yogic practices, Different between yogic & non yogic system of exercise.

#### 2. Fundamentals of Human Biology & Yoga

Human Body- Meaning and its Importance in Yoga, Definition of Anatomy and Physiology, Cell: Structure & Function. General information, Different parts, Structure, Function and Effect of yogic practices- Musculo-Skeletal System, Digestive system, Excretory system, Respiratory System, Circulatory system.

#### 3. Principles of Hatha Yoga

Hatha Yoga – Its definition & objectives, Origin & tradition of Hatha yoga. Importance of place, Environment & Season for Hatha sadhana. Sadhak & Badhak Tattwa, Mitahar Definition, meaning, objective and classification of Shatkarma, Asana, Pranayam, Mudra, Bandha

#### 4. Patanjali Yoga

Introduction of Patanjali Yoga Sutra and classification in four padas/Chapters. Meaning and definition of Yoga, Meaning of Chitta and its various states. Chitta vrittis, Panch kleshas, Concept of Ishwar. Chitta Vikshepa. Chitta Prasadan, Kriya yoga, Ashtanga yoga. Concept & types of Samyama.

#### 5. Indian Yogis

Life sketch & Their contribution for yoga - Maharshi Ved Vyasa, Yogi Gorakshanath, Maharshi Patanjali, Adi Shankracharya, Ramakrishna Paramhansa, Swami Vivekanand, Swami Shivanand, Swami Kuvalyananda

#### 6. Holistic Health

Meaning and Definition of Health, Concept of Health and Disease, Factors affecting Health, Yogic approach to Health. Concept of Holistic Health, Physical, Mental and Spiritual Health. Importance of Health in Human life Yogic Principle of Healthy Living