



आयुष मंत्रालय, भारत सरकार
Ministry of AYUSH, Govt. of India

Yoga Certification Board

Ministry of Ayush, Govt. of India
Website- www.yogacertificationboard.nic.in



SYLLABUS Yoga Teacher & Evaluator- Level 3

UNIT 1 Foundation of Yoga

- 1.1 Etymology and Definitions of Yoga (Patanjala Yoga Sutra, Bhagwad Gita, Kathopanishad).
- 1.2 Brief Introduction to origin, history and development of Yoga (Pre- Vedic period to contemporary times).
- 1.3 Yoga in Principle Upanishads.
- 1.4 Yoga tradition in Jainism: Syadvada (theory of seven fold predictions); Concept of Kayotsarga / Preksha meditation).
- 1.5 Yoga Tradition in Buddhism: concept of Aryasatyas (four noble truths).
- 1.6 Salient features and branches of Bharatiya Darshana (Astika and Nastika Darshana).
- 1.7 General introduction to Shad Darshana with special emphasis on Samkhya, Yoga and Vedanta Darshana.
- 1.8 Brief survey of Yoga in Modern and Contemporary Times (Shri Ramakrishna, Shri Aurobindo, Maharishi Raman, Swami Vivekananda, Swami Dayananda Saraswati, Swami Shivananda, Paramhansa Madhavadas ji, Yogacharya Shri T. Krishnamacharya).
- 1.9 Guiding principles to be followed by the practioner.
- 1.10 Brief Introduction to Schools of Yoga; Jnana, Bhakti, Karma, Raja & Hatha.
- 1.11 Principles and Practices of Jnana Yoga.
- 1.12 Principles and Practices of Bhakti Yoga.
- 1.13 Principles and Practices of Karma Yoga.
- 1.14 Concept and Principles of Sukshma Vyayama, Sthula Vyayama, Surya Namaskars and their significance in Yoga Sadhana.
- 1.15 Concept and Principles of Shatkarma: Meaning, Types, Principles and their significance in Yoga Sadhana.
- 1.16 Concept and Principles of Yogasana: Meaning, definition, types and their significance in Yoga Sadhana.
- 1.17 Concept and Principles of Pranayama: Meaning, definition, types and their significance in Yoga Sadhana.
- 1.18 Introduction to Bandha & Mudra and their health benefits.
- 1.19 Introduction to Yogic relaxation techniques with special reference to Yoga Nidra.
- 1.20 Introduction to Dhyana and its role in health and well being.

UNIT 2 Introduction to Yoga Texts

- 2.1 Introduction to Prasthanatrayee, Purushartha Chatustaya and goal of human life.
- 2.2 Yoga in Kathopanishad, Prashanopanishad, Taittiriyaopnishad with special emphasis on Panchakosha Vivek and Ananda Mimamsa.
- 2.3 Concept of Sthitaprajna (stages and characteristics) in Bhagavad Gita.
- 2.4 Significance of Bhagavad Gita as a synthesis of Yoga.
- 2.5 Concept of healthy living in Bhagavad Gita (Ahara, Vihara, Achara, Vichara).
- 2.6 Introduction and highlights of Yoga Vasishtha, Definitions of Yoga and their relevance in Yoga Vasishtha.
- 2.7 Study of Patanjali Yoga Sutra including selected sutras from following chapters (I- 1 to 12, II- 1 to 2, 46 to 55, III- 1 to 6).
- 2.8 Concept of Chitta, Chitta Bhumi, Chitta Vritti, Chitta Vikshepa, Chittaprasadanam, Klesha and Vivek-Khyati and their relationship with wellness.
- 2.9 Concept of Ishwara and its relevance in Yogasadhana, qualities of Ishwara, Ishwarapranidhana.
- 2.10 Concept of Kriya Yoga of Patanjali and its importance for healthy living.
- 2.11 Bahiranga Yoga of Maharishi Patanjali (Yama, Niyama, Asana, Pranayama, Pratyahara).
- 2.12 Antaranga Yoga of Maharishi Patanjali (Dharana, Dhyana, Samadhi).
- 2.13 Concept of mental well-being according to Patanjali Yoga.
- 2.14 Hatha Yoga: Its origin, history and development. Hatha Yoga: its meaning, and definition, aim, objectives and misconception about Hatha Yoga.
- 2.15 Sadhaka Tattva and Badhaka Tattva principles to be followed by Hatha Yoga practitioner.
- 2.16 Concept of Matha, Mitahara, Pathya & Apathya, Types of Aspirants.
- 2.17 Hatha Yoga practices according to different Hatha Yogic Texts (Hatha Pradipika, Gheranda Samhita and Hatharatnavali).
- 2.18 Concept of Shwasa-Prashwasa, Vayu, Prana, Upa-Prana, Shat Chakra etc.
- 2.19 Knowledge of Hatha Yoga practices for wellness (Shatkarma, Asanas, Pranayama, Mudra, Nadaanusandhana).
- 2.20 Relevance and importance of Hatha Yoga practices in health and well being.

UNIT 3 Yoga And Health

Introduction to Human Body – Anatomy and Physiology

- 3.1 Introduction to Human body.
- 3.2 Basic structure and functions of Musculoskeletal system, Respiratory system, Cardiovascular system, Nervous system, Digestive system and Endocrine system.
- 3.3 Homeostasis: its mechanism to maintain internal environment of the body.
- 3.4 Introduction to sensory organs (Eyes, Nose, Ears, Tongue and Skin).
- 3.5 Impact of Yogic practices on different systems of the human body: Benefits of Shatkarma, Yogasana, Pranayama and Bandha on Respiratory, Circulatory, Musculoskeletal system.

Introduction to Psychology

- 3.6 Introduction to psychology, concept of human psyche, stages of consciousness, cognitive process: Its meaning and nature.
- 3.7 Definition and nature of Behavior, kinds of Behavior Motivation.
- 3.8 Emotions : definition, nature and physiological changes during Emotion.
- 3.9 Mental Health : Yogic view of Mental Health and Mental Illness.
- 3.10 Role of Yoga in Mental Health. Importance of psychosocial environment for health and wellness.

Yoga For Health And Wellness.

- 3.11 Yogic concept of health, wellness and illness.
- 3.12 Importance of psycho-social environment for health and wellness.
- 3.13 Role of Yoga in various dimensions (physical, mental, social and spiritual) of health.
- 3.14 Importance of following Dinacharya and Ritucharya for well being.
- 3.15 Role of Ahara, Nidra and Brahmacharya in wellness.

Yoga For Disease Prevention And Health Promotion.

- 3.16 Meaning and definition of Health and Disease, Concept of Adhi and Vyadhi, Yoga as a preventive Health care- Heyam dukham anagatam.
- 3.17 Potential causes of ill –health: Tapatrayas and Kleshas, Mental and Emotional ill Health: Anatrayas.
- 3.18 Shuddhi Prakriyas in Yoga and their role in preventive and curative Health.
- 3.19 Knowledge of Trigunas, Pancha-Kosha, Pancha-Prana and Shatkchakra and their role in Health and Disease.
- 3.20 Yogic concept of Holistic Health and its importance in the management of Diseases.

UNIT 4 Applied Yoga

Yoga And Education

- 4.1 Education: Its meaning, definition and goal, role and importance of education in Human Excellence.
- 4.2 Yoga in Education: Salient features of Yoga Education, Factors of Yoga Education: Teacher, Student and Teaching, Guru- Shishya- Parampara and its importance in Yoga Education.
- 4.3 Value Education: Its Meaning and Definition, Types of values, value –oriented Education in Personality Development.
- 4.4 Contribution of Yoga towards Development of Values, Spiritual Growth.
- 4.5 Salient features of Ideal Yoga Teacher, Role of Yoga Teacher in Value-oriented Education, Role of Yoga in development of healthy society.

Yoga For Personality Development

- 4.6 Personality: Meaning and types of personality.
- 4.7 Determinants of Personality with reference to psycho-social environment.
- 4.8 Knowledge of various facets and stages of development of personality.
- 4.9 Personality Development; Role of spirituality and positive attitude in personality development.
- 4.10 Role of Yogic practices (Asana, Pranayama, Shatkarma, Bandha, Mudra etc.) in the Personality Development.

Yogic management of stress and its Consequences

- 4.11 Definition, nature and types of stress.
- 4.12 Symptoms and consequences of stress on human mind.
- 4.13 Yogic perspective of stress. Yogic principles for the management of stress and its consequences.
- 4.14 Concepts and techniques of Stress management in Ashtanga Yoga of Patanjala Yogasutra and Bhagawad Gita.
- 4.15 Specific practices for stress management: Yogasana, Breath Awareness, Shavasana, Yoganidra, Pranayama and Meditation.

Yoga for prevention and management of Life Style Disorders

- 4.16 Concept of Yogic life style and its relevance.
- 4.17 General knowledge about life style related disorders : Acidity , Constipation , Irritable bowel syndrome(IBS), Bronchial Asthma , Sinusitis, Hypertension, Neck pain, Low Backache, Osteo-arthritis etc.
- 4.18 Role of Yoga in prevention and management of common disorder: Acidity, Constipation, Irritable bowel syndrome (IBS), Bronchial Asthma , Sinusitis, Hypertension, Neck pain, Low Backache, Osteo-arthritis.
- 4.19 Role of Yoga in prevention and management of non-communicable disorders.
- 4.20 Yoga as an integrative medication.

Yoga Practicals

5.1 Prayer

- Concept and Recitation of Pranava
- Concept and Recitation of Hymns
- Selected universal prayers, invocations and Nishpatti Bhava.

5.2 Yogic Shat Karma

- **Neti:** Sutra Neti and Jala Neti
- **Dhauti:** Vamana Dhauti (Kunjal)
- **Kapalbhati** (Vatakrama)

5.3 Yogic Sukshma Vyayama and Sthula Vyayama

Yogic Sukshma Vyayama(Microcirculation Practices)

- Neck Movement
Griva Shakti Vikasaka (I,II,III,IV)
- Shoulder Movement
Bhuja Valli Shakti Vikasaka
Purna Bhuja Shakti Vikasaka
- Trunk Movement
Kati Shakti Vikasaka (I, II, III, IV, V)
- Knee Movement
Jangha Shakti Vikasaka (II-A&B)
Janu Shakti Vikasaka
- Ankle movement
Pada-mula shakti Vikasaka – A&B
Gulpha-pada-pristha-pada-tala shakti Vikasaka

Yogic Sthula Vyayama(Macrocirculation Practices)

- Sarvanga Pushti
- Hrid Gati (Engine run)

5.4 Yogic Surya Namaskara with Mantra

5.5 Yogasana

- Tadasana, Hastottanasana, Vrikshasana
- Ardha Chakrasana, Padahastana
- Trikonasana, Parshva Konasana, Katichakrasana
- Dandasana, Bhadrasana, Padmasana, Vajarasana,
- Yogamudrasana, Parvatasana
- Mandukasana, Ushtrasana, Shashankasana, Utthana Mandukasana,
- Paschimottanasana, Purvottanasana
- Vakrasana, Ardha Matsyendrasana, Gomukhasana
- Makarasana, Bhujangasana, Salabhasana, Dhanurasana
- Pavanamuktasana and its variations
- Uttanapadasana, Ardha Halasana, Setubandhasana, Saral-matsyasana
- Halasana, Chakrasana
- Sirshasana
- Shavasana,

5.6 Preparatory Breathing Practices

- Sectional Breathing (Abdominal, Thoracic and Clavicular Breathing)
- Yogic Deep Breathing
- Anuloma Viloma/ Nadi Shodhana

5.7 Pranayama

- Concept of Puraka, Rechaka and Kumbhaka
- Ujjayee Pranayama (Without Kumbhaka)
- Sheetal Pranayama (Without Kumbhaka)
- Sitkari Pranayama (Without Kumbhaka)
- Bhramari Pranayama (Without Kumbhaka)

5.8 Concept and Demonstration of Bandha and Mudra

a) Bandha

- Jalandhara Bandha
- Uddiyana Bandha
- Mula Bandha

b) Mudra

- Yoga Mudra
- Maha Mudra
- Vipareetakarani Mudra

5.9 Practices leading to Dhyana Sadhana

- Body awareness and Breath awareness
- Yoga Nidra
- Antanmauna
- Recitation of Pranava and Sohama
- Recitation of Hymns
- Practice of Dhyana

5.10 Methods of Teaching & Evaluation

- Teaching methods with special reference to Yoga
- Factors influencing Yoga teaching
- Need of teaching practice and its use in Yogic practice.
- Teaching Aids : Meaning and Need, Role of Language, Voice, Fluency, Clarity and Body language in an ideal presentation
- Methods of teaching Yoga to an individual, small group and large group
- Use of audio-visual aids, ICT, multimedia and online resources
- Lecture cum demonstration in Yoga: Its meaning, importance and method of its Presentation
- Lesson plan: Its meaning and need
- Preparation of lesson plan in Yoga, Preparation of lesson plan for an individual and for a group
- Presentation of lessons in specific Yogic practices: Kriya, Asana, Pranayama, and Dhyana.
- Assessment of a Yoga class (detection and correction of mistakes).
- Measurement, assessment and evaluation: concepts, principles and applications
- Examination reforms and designing formative and summative evaluation
- Programme evaluation: Yoga class/ workshops/ camps, yoga teaching, and yoga teacher
- Assessment of yoga centres and institutes- criteria, processes, instruments, results.