

**SAURASHTRA UNIVERSITY  
RAJKOT-360 005 (INDIA)**

**DIPLOMA IN YOGA EDUCATION  
(D.Y.Ed.)  
1 Year**

SAURASHTRA UNIVERSITY  
Department of Physical Education  
RAJKOT-360 005 (INDIA)



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# Yoga karmasu kausalam

## Diploma in Yoga Education Rules & Regulation

### 1. Eligibility:

- A. A candidate will be eligible for admission in the course must have passed 12 standard of Gujarat higher secondary examination boards or its equivalent examination. ( at least 45% marks of equivalent grade)
- B. A candidate must have age 18 years and above.
- C. Medical fitness certificate of registered doctor.

### 2. Priority:

- A. Participate in yoga competition at state,national or international level.
- B. Participate in yoga competition at inter university level.
- C. Having qualified “Prathma” Examination, By lakulish yog vidyalay, Kayavarohan.
- D. Certificate Course of yoga by Recognized University.

### 3. Duration: This curriculum will be full time and divided in two semesters. The Teaching days will be 180 and 80% attendance in theory and practical for all students is compulsory.

### 4. Faculty: The Faculty will be for this curriculum is physical education and a board for education separately appointed for it.

### 5. Student strength and staff:

- Student strength is 120 in yoga and physical education.
- A diploma/degree holder of recognize University or Experienced teachers will be able for teaching work.
- Medium: Gujarati or English.

### 6. Admission Procedure:

As per rules and Regulation of Saurashtra University.

### 7. Examination:

1. Theory 2. Teaching Lesstion 3. Practical

### 8. Passing Standard and Grading:

- In theory section, every student must have secure 40% Marks in each Subject.
- Every Student must have secured 40% marks in Teaching lesson and practical's.

Grading:	A+	80% and above
	A	70% and above
	B+	60% and above
	B	55% and above
	C+	50% and above
	C	45% and above
	D	45% and above

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**Ordinance D.Y.Ed. I : Admission**

A candidate will be eligible for admission in the course must have passed 12 standard of Gujarat Higher Secondary Examination Board or its equivalent examination.

**Regulation : D.Y.Ed. I : Detailed Course Structure**

**(Duration One Year)**

Sr. No.	sub. No	Name of Subject	Internal		External		Minimum Marks required to Pass	Total Marks
			Theory	Practical	Theory	Practical		
1.	1.	Yoga Science	30		70		40	100
2.	2.	Yoga, Anatomy and Physiology Health Science	30		70		40	100
3.	3.	Yoga, Mental, Health and Psycho. Therapy	30		70		40	100
4.	4.	Yoga Therapy, Ayurveda and Naturopathy and Acupressure	30		70		40	100
5.	5.	Wiva & Teaching Method	30		70		40	100
6.	Section:2	Teaching lesson	30		70		40	100
7.	Section:3	Practical		60		140	40	200

**Internal :**

**-Evaluation for theory section**

- 1- First semester exam. – 05
- 2- Preliminary exam. - 10
- 3- Assignment - 10
- 4- Group work and attendance - 05

**Regulation D.Y.Ed. 2 : Passing Standard**

1. A candidate who obtains 40% marks in the theory papers will be exempted from giving examination of the papers.
2. The marks of practical and internal evaluation will be carry forwarded if candidate fails in theory papers and appears in the next examination.
3. The marks of theory papers will be carry forwarded if candidate fails in practical and internal heads and appears in the next examination.

## **Paper : 1: INTRODUCTION AND HISTORY OF YOGIC SCIENCE**

### **UNIT : I**

- 1.1.1 Introduction, origine, schools of yoga, synonyms and definition of yoga.
- 1.2 Origine and history of Yoga.  
Progress from ancient to present time.  
Introduction of renowned Yogis.  
History of Yogic literature, reference books, magazines, research paper etc.  
Introduction and information about well known yoga centers, educational institutes, research centers of yoga and their research activities.  
Importance of yoga in National Health Service Scheme (N.H.S.S.)
- 1.3 Aim of Yoga.  
Usefulness of yoga and importance of health in yoga.  
Classification of yoga (Distinct types of practices, branches and schools). Hatayoga, Raj Yoga, Jap Yoga, Laya Yoga, Gyana Yoga, Bhakti Yoga, Karma Yoga, Tantra Yoga, Kundlini Yoga etc.
- 1.4 Eight limbs of yoga and their information.
- 1.5 Yoga Sadhana (Yogabhayasa) in which obstacles in yogic sadhana and their solution for spiritual achievement.  
Characters of ideal Guru and ideal Disciple, necessities of sadguru for achievement of Sublime.

### **UNIT : II**

#### **INTRODUCTION OF YAMAS AND NIYAMAS**

- 2.1 Different opinions regarding definition, numbers of yamas. Their introduction. As per patanjali yoga sutra five yamas non-violence, truth, non-stealing, celibacy and non-storing their detailed study. (special study regarding celibacy)
- 2.2 Ten yamas of Hata Yoga Pradipika out of which explanation of forgiveness, patience, compassion, mildness.  
Introduction of Mitahara (Moderate Diet), (Alphara, Atiahara under eating, over eating and their refercations).
- 2.3 Introduction, definition and number of niyamas and their difference of opinion regarding it.  
As per Patanjali Yoga Sutra there are five niyama which are cleanliness, satisfaction, (contentment), Austerity, self recitation, worship of God.

- 2.4 Introduction of ten niyamas as per Yagnavalkya which are one who believe in God, dana, worship of God, siddhanta shravan, shyness, intellect, austerity and fire-worship.
- 2.5 Benefits achieved by following yamas – niyamas as well as maintenance of physical and mental health and its importance in developing immunity.
- \* Conclusion.

### **UNIT : III**

#### **INTRODUCTION OF ASANAS**

- 3.1 Introduction, definition, classification and numbers of Asanas, traditional information about asanas.
- 3.2 Importance and benefits of asanas and their usefulness in recent times.  
Difference between asana and exercise, betterment of asanas and its effect on our body.
- 3.3 (Who can perform it) Eligibility and non-eligibility of person performing asanas.  
Time and place for performing / practicing asana, previous practice, proportion, stages of asana, asana and pranayama, perfection over asana, breathing pattern and asana, asana with bandh, asana and dhyana, niyamas for asana etc.
- 3.4 For practical syllabus.  
Traditional and current information of research of asanas.
- 3.5 Study regarding introduction, importance, origine, mantra, procedure, result etc. of Suryanamaskar.
- Conclusion.

### **UNIT : IV**

#### **INTRODUCTION OF PRANAYAMA**

- 4.1 Introduction and explanation of word prana.  
Introduction of bodily vayus (main and subordinate)
- 4.2 Definition, importance and result of pranayama, imperfection of yoga without pranayama.
- 4.3 Proper place, time, proportion for practicing pranayama (daily and seasonal).  
During pranayama practice general information and cautions to be kept in mind.
- 4.4 Scientific study of pranayama, pranama and mantrajapa, pranayama and diet.  
Previous practice and techniques of pranayama. Proper and improper pranayama.

- 4.5 Types of Pranayama – dirgha pranayama (with retention and without retention), internal and external retention, pranav pranayama, Ram pranayama, Anulom Vilom pranayama (Nadi suddhi). Astakhumbhak and its technique, result, therapeutic view etc. and its detail study.  
(Suryabhedan, Ujjai, Sitkari, Shitli, Bhastrica, Bharamri, Murcha and Plavini also Sahit Kumbhak and Kaval Khumbhak).

## **UNIT : V**

### **INTRODUCTION OF NADIS AND SATKARMAS**

Introduction of Nadis, main 14 nadis out of which three nadis Ida – Pingla – Shushumna their detailed study.

Aim and characteristics of nadi suddhi.

Introduction of below given satkarma, aim, result, its effect on health.

Introduction of below given 5.3, 5.4, 5.5 of karmas, its introduction, aim, types, result, therapeutic study and practical application.

1. Dhoti (Vastradhiti, danddhoti, stomach tube, kunjai (Gajkarni) and shankhprakashalan (Vasi) or (dhoti) etc. their detailed study.
2. Basti (Anima)
3. Naiti (cleansing process for nasal passage).
4. Tratak.
5. Nauli
6. Kapalbhati.

\* Conclusion.

### **REFERENCE BOOKS :**

	<b>AUTHOR</b>	<b>NAME OF BOOK</b>
1.	Swami Krapalvanandaji	Asana and Mudra
2.	Rajrishi Muni	Yoga Darsika (Part 1-4)
3.	Patanjali Translated : Kania, J. Kisandas	Patanjal Yoga Darshanam
4.	Swatmaram Yogindra Translated : Joshi, Vasudev, Mahashankar	Hatayoga Pradipika
5.	Gherand Yogishwar Translated : Gautam, Chamanlal (Edt)	Gherand Samhita (Hindi)
6.	Goraksharnath Translated : Gautam, Chamanlal (Edt.)	Goradshar Samhita (Hindi)
7.	Translated : Gautam Chamalal (Editor)	Shiva Samhita

8.	Iyanger : B.K.S. Translated : Upadhyay Bhupendra	Yoga Dipika (Light on Yoga)
9.	O.P. Tiwari	Asana. Why and How ?
10.	Swami Kuvalayanand	Pranayama
11.	Sharma, Nathuram	1. Yoga Kaushtaba.
		2. Patanjali Yoga Darshanam
12.	Swami Sivanand	1. Yogasan
		2. Pranayama Science
13.	Saraswati, Satyanand	Asna, Prayanama, Mundra, Bandh (Hindi)

**PAPER : 2**  
**Anatomy & Physiology on Yogic Practices, Health Science.**

**UNIT : I**

**INTRODUCTION YOGIC SCIENCE, SKELETAL AND MUSCULAR SYSTEM.**

- 1.1 Usefulness, importance and definition of anatomy and physiology.  
Cell : structure, function, tissue, types and structure.
- 1.2 Introduction of system and main systems in our body their name and functions.
- 1.3 Skeletal system : main organs, their structure and function.
- 1.4 Muscular system : Main organs, its introduction, structure and function.
- 1.5 Skeletal system and muscular system and its usefulness.

- CONCLUSION.

**UNIT : II**

**INTRODUCTION OF DIGESTIVE, CIRCULATORY AND RESPIRATORY SYSTEM.**

- 2.1 Digestive system: Main organs, their introduction, structure and function.
  - 2.2 Requirement and usefulness of digestive systems knowledge.
  - 2.3 Circulatory system : Its introduction, main organs, structure and function.
  - 2.4 Respiratory system : Its introduction, main organs, structure and function.
  - 2.5 Requirement and usefulness of knowledge regarding circulatory and respiratory system.
- \* Conclusion

**UNIT : III**

**INTRODUCTION OF HEALTH SCIENCE**

- 3.1 Definition of health science (Swasth writ) and usefulness of it's knowledge.
- 3.2 Definition and importance of health, aim of health, health as per Ayurveda.
- 3.3 Characteristics of health (Swasth Person), thinking pattern of intellect and social health.
- 3.4 Introduction of factors of Health – I.
  1. Air : Introduction, usefulness, formation of air, pure air, impure air (air pollution), artificial air etc.



2. Water : Introduction, usefulness, types of water, impurities of water and methods to purify it naturally as well as artificially.
  3. Sunrays.
- 3.5 Introduction of factors of Health – II.
4. Diet
  5. Nindra (sleep)
  6. Work and rest
  7. Pleasurable
- 4.1 Definition, introduction, importance and organs of dincharya.
  - 4.2 Dincharya Part – I : Weaking up, prayers, self observation, morning drink (Ushapan), teeth cleaning and internal cleaning process.
  - 4.3 Dincharya Part – II : Massage, exercise, bathing, massage of gram floor.
  - 4.4 Dincharya Part – III : Gargling (Voluntary Vomiting), nasal cleaning, eyes cleaning, dar cleaning, clothing, hair caring, wooden scandel wearing etc.
  - 4.5 Raticharya : Protection of ear, eye, teeth etc.
    - Conclusion.

## **UNIT : V**

### **SOCIAL HEALTH**

- 5.1 Introduction, ideology and yoga.
- 5.2 Cleanliness.
- 5.3 Arrangement of residence
- 5.4 Protection from infectious diseases
- 5.5 Practical portion : Scientific study of asana, kriyas and pranayama on body.
  - Conclusion

### **REFERENCE BOOKS :**

	<b>AUTHOR</b>	<b>NAME OF BOOK</b>
1.	Swami Krapalvanandaji	Asana and Mudra (Relative parts) Gujarat Vyama Pracharak Mandal Rajya.
2.	Rajrishi Muni	Yoga Darsika - 3
3.	Vaidya : Bapalal G.	1. Dincharya 2. Manav Arogya University Granth Nirman Board, Ahmedabad
4.	Patel Hirenbbhai K.	Swasthwrit (Uni. Granth Nirman Board)
5.	Patel Phulabhai M.	Swasthwrit Saraswati Pustak Bhandar, Ahmedabad

6.	Derasari, Harit, Ranjit	Human Anatomy, Physiology and Health Education. University Granth Nirman Board, Ahmedabad
7.	Pearcem, Evelyn C.	Anatomy and Physiology for Nurses. Oxford University Press, Bombay
8.	Gore, Makrand, Madhukar	Anatomy and Physoology of Yogic Practice. Kanchan Prakasan, Lonvla
9.	Trivedi, Shivprasad, Kushalji	Kayani Karamat Part-I and II, Gujarat Vidhyasabha, Ahmedabad.

**PAPER : 3**  
**YOGA & MENTAL HELAHT, PSYCHOTHERAPY**

**UNIT : I**

**INTRODUCTION OF YOGA DARSHA.**

- 1.1 Introduction of yoga shastra.
- 1.2 Progress and introduction of yoga darshan
- 1.3 Study of Hata Yoga Pradipika
- 1.4 Psychological study of Hata
- 1.5 Yoga Pradipikia
- 1.6 Psychological and Philosophical study of Gherand Samhita.
  - Conclusion.

**UNIT : II**

**INTRODUCTION AND INFORMATION ABOUT MIND**

- 2.1 Historical explanation of mind, existence of mind and ancient and modern views regarding mind, origin of mind as per ancient belief, deep entry and reflex action of mind along with individual progress.
- 2.2 Meaning, origine and synonym of mind, characteristics, quality, subject and function of mind.
- 2.3 Defination of mind as per modern view, conscious, sub-conscious, unconscious mind, function of mind according to ancient option.
- 2.4 Types of mind (Pravar – Madhmam – Avara etc.)  
Satvik feeling and satvik attitudes character (moderate behaviour).
- 2.5 Effect of mind and body on each other (psychosomatic diseass and physical diseases, physical diseases and their psychosomatt treatment through yoga).  
Individual mental development through yoga.
  - Conclusion.

### **UNIT: III**

#### **INTRODUCTION AND INFORMATION ABOUT BUDDHI**

- 3.1 Opinions on buddhi as per ancient and modern times. Origine and development of buddhi as per ancient view.
- 3.2 Origine, meaning, synonyms, characteristics, types of buddhi etc.
- 3.3 Reason behind abnormality in dhriti, its characteristics and treatment.
- 3.4 Introduction of smriti (memory), reason behind memory's origine, reason behind forgetfulness of memory, characteristic and its treatment.
- 3.5 Development of buddhi and smriti by yoga.
  - Conclusion

### **UNIT : IV**

#### **KNOWLEDGE REGARDING MENTAL HEALTH**

- 4.1 Introduction, definition and ways to achieve mental health.
- 4.2 Mental health and healthy personality.  
Mental health and ideal behaviour.
- 4.3 Effect of positive attitude on health, mental health and international movement on it.
- 4.4 Personality – belief introduction, probability of personality development in yoga as per ancient and modern views.
- 4.5 General reasons behind psychosomatic diseases, characteristics etc.
  - Conclusion

### **UNIT : V**

#### **INTRODUCTION OF CONSCIOUS, DREAMS AND SLEEPING STAGES OF MIND.**

- 5.1 Thoughtless state of mind in conscious, dream and sleep.
- 5.2 Ancient and modern opinion regarding dream and diagnostic usefulness.
- 5.3 Reason for Insomnia, its characteristics, general and yogic treatment.
- 5.4 Deep sleeping, reason, characters and general and yogic treatment.
- 5.5 Introduction of sleep and sleeping herbs, alternative ways for sleep etc. (Piprimul, Jatamasi, Milk etc.)
  - Conclusion

## **REFERENCE BOOKS :**

	<b>AUTHOR</b>	<b>NAME OF BOOK</b>
1.	Yogindra Swatmaram (with comments)	Hatayoga Pradipika
2.	Gherand Yogiswari (with comments) Comm : Radhachandra, Kalyanchandra	Gherand Samhita
3.	Thakar V.J.	Mana and Manasa. Roga (Uni. Gr. Brd.), Jamnagar
4.	Swami Madhavtrith	Manasshastra.
5.	Ansuman Premshankar	AyurvedaManasrog Vignan (Bhutavidhya tantra Antargat) Swasthwrit Prakashan Bhavnagar.
6.	Bhatt, Kusumben K.	Chikitsa Manovignan Part-I & II. (Mansikswasth) University Granth Nirman Board, Ahmeabad
7.	Parikh, Jagdish C.	Buddhi and Buddhimapan . Un i. Gr. Ni. Brd., Ahmedabad
8.	Patel Rajnikant	Mana Swath Kam Rakhai, Gurjar Granthratna, Ahmedabad
9.	Bhesania, Dara J.	Mana EakKuta Prashna.
10.	Swami Shivananad. Tra.Swami Manuvariaji	Mana Nu Rahishya and Niyantrana
11.	Thakar, Vimla	Dhyana Eak Jivan Marg.9

## **PAPER : 4**

### **YOGA THERAPY, AYURVEDA, NATUROPATHY & ACCUPRESSURE**

#### **UNIT : I**

##### **YOGAPACHAR.**

- 1.1 Introduction, organs of Yogapchar.
  - 1.2 Yoga a treatment method.
  - 1.3 Treatment based on Asana.
  - 1.4 Treatment through Pranayama.
  - 1.5 Satkarma etc. and its treatment on diseases.
- Conclusion

#### **UNIT : II**

##### **INTRODUCTION OF DISEASES AND TREATMENT THROUGH YOGA.**

Introduction, reason, characters and yogic treatment etc. as shown below :

- 2.1 Weak Gastric fire, constipation, gas, acidity and dyspepsia.
- 2.2 Vomiting, diarrhoea, dysentery.
- 2.3 Coughing, asthma, T.B., blood pressure.
- 2.4 Arthritis, spine flexible etc.

- 2.5 Female diseases – Leucorrhoea, menopause etc.  
Male Diseases – all types of male genital problems etc.

- Conclusion

### **UNIT : III**

#### **INTRODUCTION OF AYURVEDA AND AYURVEDOPCHAR**

- 3.1 Introduction of Ayurveda – definition, aim, specialty, principle, astang ayurveda, panchmahabhoota, tridosha, dosha dhatu and mala etc.
- 3.2 Introduction, types, definition of diseases.
- 3.3 Principles of ayurveda treatment, types of treatment, (sodhan, sama, ukti, vapasraya, dev vyaprashraya and satvajay etc.)
- 3.4 Introduction of sadrasa etc.  
Below given are kitchen medicines, their introduction, quality, use etc. of ginger, spices, turmeric, methi, ajmao, dhana, jiru, hing, lavan etc. their usefulness in treatment.
- 3.5 Above medicines and cure through them.

- Conclusion

### **UNIT : IV**

#### **INTRODUCTION OF NATURE CURE**

- 4.1 Introduction, principle, treatment of nature cure, organs of nature cure etc.
- 4.2 Sunbath and air bath
- 4.3 Massage and exercise
- 4.4 Fasting and resting
- 4.5 Above given diseases and their treatment through nature cure.

- Conclusion

### **UNIT : V**

#### **ACUPRESSURE AND PRIMARY TREATMENT (FIRST AID)**

- 5.1 Introduction, principle, treatment method in acupressure.
- 5.2 Meridians (vital energy channels) and their pressure points. Method of point pressing, proportion of pressure, time, instrument etc.
- 5.3 Unit – 2 : Their diseases and their treatment through acupressure.

- 5.4 Defination, importance, aim, principle, introduction, laws, caution, quality of treater and complete detail of treatment.
- 5.5 Use of bandage, types of bandages, method of bandaging and artificial respiration.
- Conclusion

**REFERENCE BOOKS :**

	<b>AUTHOR</b>	<b>NAME OF BOOK</b>
1.	Swami Krupulvanandji	Asana & Mudra
2.	Swami Kuvalayanand and Venekar S.L.	Yoga Therapy Kaivalyadhama, Lanavla
3.	Iyenger B.K.S. Tra : Upadhyay, Bhupendra	Yoga Dipika Light on Yoga
4.	Rathod, Nalini and Ansuman Premsankar	(1) Yoga & Yogapchar (2) Nisargopchar & Swasthya Raksan
5.	Gandhi Harkisandas D.	(1) Asana Chikitsa (2) Zoga & Arogya Part – I &II
6.	Sharma, Ramprasad. Tra : Shastri Madhavprasad	Ayurveda Sutra
7.	Sobhan	(1) Rojinda Ayurveda (2) Sachitra Ayurveda Darshan Part - I & II. (3) Divya Aushadhi Part-I to V
8.	Chaudhry Madhav G.	Ahar Eaj Aushadh
9.	Sharanprasad Tra : Desai Jitendra	Kudrati Upchar
10.	Gala, D.R. Gala, Dhiren	Tamej Tamara Doctor (Acupressure)
11.	Mukharji Kulranjan Tra : Gandhihi, Bhogilal P.	Abhinav Kudrati Upchar
12.	Vora, Devendra	Tandurasti Tamara Hathma Accupressure Method
13.	The Saint Jhon Ambulance Association Tra : Panthiki, Dosabhai Panji	Akasmatma Prathmik Sarwar (First Aid)
14.	Kadan Rangunath, Gangaram	Akasmatma Tatkalik Upayay
15.	Ansuman Premshankar	Panchkarma Chititsa

## ***Paper:5 Teaching Methods & Management in Yoga Education***

1. *Meaning, Necessity and importance of yoga Education.*
2. *Learning Methods, Procedure, Principles.*
3. *Meaning of Education Method, Scope, importance, yogic Principles in education method.*
4. *Methods of Presentation, Personal Preparation, Technical Preparation.*
5. *Learning Aids, Audio-Visual aids.*
6. *Class management, importance, class design (environmental, Class control)*
7. *Importance of lesson planning*
  - *Types of lesson, section of lesson, objective.*
  - *Preparation of lesson, lesson report, supervision of lesson.*
8. *Computations- school level, College level, Inter University-World level.*
9. *Promotions- Award, Recognition, Trophy, Certificate, Reward etc.*
10. *Facilities in yoga education, design, maintained.*
11. *Equipments- necessity, care, distribution, dead stock.*
12. *Leadership and its importance, types, characteristics of teacher in yoga education.*
13. *Time-Table: Principles, Organize various competition, organizes yoga camps.*
14. *Registers: Attendance, stocks, register, dead-stocks register distribution register etc.*
15. *Budget: formation of budget, principles of expenditure account.*
16. *Camps: Types, Educational values, planning and management daily, weekly programs, time-table and selection of activates.*

<b>No</b>	<b>Books name</b>	<b>Writer</b>
<b>1.</b>	<b><i>Teaching Yoga</i></b>	<b><i>Donalede g.butter(jyodari chereman publicity-1975)</i></b>
<b>2.</b>	<b><i>Yogasana Teachers Guide</i></b>	<b><i>National Councils of edu.Research.1983.</i></b>
<b>3.</b>	<b><i>Teaching Methods</i></b>	<b><i>S.K.Gangala Kaivalyadham,Lonavala</i></b>
<b>4.</b>	<b><i>Education in Values</i></b>	<b><i>Pro.Dr.K.Subrahmanyam</i></b>
<b>5.</b>	<b><i>Yoga for Children</i></b>	<b><i>Teachers Handbook</i></b>
<b>6.</b>	<b><i>vidyarti nu yasesvi jiven</i></b>	<b><i>Swami Shivanand</i></b>
<b>7.</b>	<b><i>Excellence in Education</i></b>	<b><i>Narayan,Ama,A;bad</i></b>

## Section:2 Teaching lesson

1. Internal Lesson – 3\*10 Marks= 30 Marks  
(Two from asanas, one from Pranayama/Kriyas)
2. External Lesson: 2\*35 Marks= 70 Marks  
- (One from Asana ,One from Pranayama/Kriyas)

## Section 3: Skill/Practical activities- - Total Marks- 200

Practical Work: Suryanamaskar- Asana

Bandh,Mudra,Shatekarm,Pranayama

Group	Internal Evaluation	External Evaluation
1.Suryanamaskar,Asana	30	70
2.Mudra,Bandh,Shatkarm	15	35
3.Pranayama	15	35
<b>Total</b>	<b>60</b>	<b>140</b>

## Sec:3 Skill/Practical Section

### Internal Evaluation – 60 Marks

**Group:1** Suryanamaskar -12 Marks

6 Asana \* 3 Marks = 18 Marks= Total 30 Marks

**Group:2** Bandh,Mudra,shatkarm

3 kriyas \* 5 Marks = 15 marks

Kriyas as Per Hath Pradipika,Gherand Sahinta,shiv sahita

**Group:3** Pranayama: Any 3 Selected Pranayama \* 5=15Marks

## Sec:3 Skill/Practical Section

### External Evaluation.

**Group:1** Suryanamaskar-20 Marks

10 Asana\*5 Marks=50 Marks

**Group:2** Bandh,Mudra,Shatkarm (35 Marks)

Naeti-10 Marks

Dhoti/Nauli-10 Marks

Kapalbhati-10 Marks

Tratak-5 Marks

**Group:3** Pranayama (35 Marks)

- Nadishodhan,Anulome-

Vilom,Suryabhedi,Chandrabhedi,Bhramri,Bhastrika,Ujjayi,Shittli,Shitkari

(Any 5 \* 7 Marks= 35 Marks)