



BRAHMAVARCHAS INTERNATIONAL YOGA ACADEMY

SYLLABUS FOR DIPLOMA IN YOGIC SCIENCES

1. **Course:** Diploma in Yogic Sciences
2. **Duration:** 1 year (theory & practical: 650 hrs | project: 900 hrs)
3. **Minimum qualification:** HSC (10th pass)
4. **Project work:** 900 hrs of project work will enable students to get hands on experience in the field of Yoga. It will give exposure to different clinical cases and students will learn how to provide therapy and treat physical and mental issues through Yoga. This is the most important aspect of the course as it makes students job ready. Each student has to collect initial and final data of all patients treated by the student under the guidance of the faculty.
5. **Syllabus:** Evaluation schedule of the course is as follows:

ASHTANGA YOGA

Theory	1 Papers (100 marks)
Practical	2 Papers (100 marks each)
Project Assessment	1 Papers (100 marks)
Seminar	5 Seminars (10 marks each)
Viva-Voce	1 Papers (10 marks)
Total Marks	460

ANATOMY & PHYSIOLOGY

Theory	1 Papers (100 marks)
Seminar	5 Seminars (10 marks each)
Viva-Voce	1 Papers (10 marks)
Total Marks	160



BRAHMAVARCHAS INTERNATIONAL YOGA ACADEMY

6. Syllabus

1. Theory Paper (Astanga Yoga)

- 1 History & development of Sanskrit & Yoga
- 2 Development of Hata Yoga
- 3 Concept of Yoga in Bhagavatgita
- 4 Principle of yoga as per Patanjali Yoga Sutra
- 5 Principles of yoga as per Hatayoga Pradipika
- 6 Principles of yoga as per Gheranda Samhita
- 7 Principles of yoga as per Shiva Yoga Deepika
- 8 Sankhya Dharshan, Yoga and Upanishads
- 9 Importance of master (Guru) in yoga education
- 10 Basic of practical yoga including Shatkarma
- 11 Dharana and Dhyana practical approach
- 12 Yogic diet and its importance
- 13 Yoga (not only asanas) as a holistic approach

2. Theory Paper (Anatomy & Physiology)

1. Digestive System
2. Muscular System
3. Skeletal System
4. Nervous System
5. Cardiovascular System
6. Respiratory System



BRAHMAVARCHAS INTERNATIONAL YOGA ACADEMY

7. Endocrine System
8. Excretory System
9. Reproductive System
10. Integumentary System

3. Practical (Warm-up)

2.1 General warm-up

- 2.1.1 Ankle rotation
- 2.1.2 Knee rotation
- 2.1.3 Waist rotation
- 2.1.4 Fingers rotation
- 2.1.5 Half shoulder rotation
- 2.1.6 Full shoulder rotation
- 2.1.7 Neck rotation

2.2 Clinical warm-up for toes & ankle

2.3 Clinical warm-up for knee

2.4 Clinical warm-up for Hip-joint

2.5 Clinical warm-up for back pain management.

2.6 Clinical warm-up for sciatica pain

2.7 Clinical warm-up for upper back pain

2.8 Wrist & elbow shoulder strengthening warm-up

2.9 Cardio warm-up for weight Loss

2.10 Standing cardio for weight Loss & Inch Loss

2.11 Flat tummy & belly fat burning Exercise



BRAHMAVARCHAS INTERNATIONAL YOGA ACADEMY

4. Practical (Relaxation Asanas)

- 4.1. Shavasana
- 4.2. Makarasana
- 4.3. Matsyakridasana
- 4.4. Dandasana
- 4.5. Vishramasana
- 4.6. Supta Baddha konasana

5. Meditation Asanas

- 5.1. Samasan
- 5.2. Sukhasan
- 5.3. Swastikasan
- 5.4. Ardhapadmasan
- 5.5. Siddhasan
- 5.6. Padmasan
- 5.7. Vajrasan
- 5.8. Balavajrasan
- 5.9. Bhadrasana (gracious pose)
- 5.10. Muktasana

6. Asanas for Digestive system

- 6.1. Uttanapadasan (single leg) 0 to 90 degrees.
- 6.2. Uttanapadasan (both legs) 0 to 90 degrees.
- 6.3. Naukasan type 1, Naukasan 2, Naukasan 3, Naukasan 4
- 6.4. Pawanmuktasan 1, pawanmuktasan 2, pawanmuktasan 4 side rolling.
- 6.5. Dhanurasan type 1, type2, dhanurasan rolling.
- 6.6. Janusirshasan type 1, janusirshasan 2.
- 6.7. Padapaschimottanasan type1, padapaschimottanasan type2.
- 6.8. Paschimottanasan type1, Paschimottanasan type2.
- 6.9. Ushtrasan type1, Ushtrasan type2.
- 6.10. Suptavajrasan.
- 6.11. Balsuptavajrasana.
- 6.12. Karnapidasan.



BRAHMAVARCHAS INTERNATIONAL YOGA ACADEMY

7. Asanas for Muscular and Skeletal System

- 7.1. Suryanamaskar
- 7.2. Tadasan 1, Tadasan 2
- 7.3. Tiryaktadasan
- 7.4. Parsvo tadasan
- 7.5. Ardachandrasan
- 7.6. Trikonasan
- 7.7. Virabhadrasan 1
- 7.8. Virabhadrasan 2

8. Asanas for Cardiovascular system

- 8.1. Sarvangasan (shoulder stand pose)
- 8.2. Sarvangasan type 2 (shoulder stand pose)
- 8.3. Sarvangasan type 3 (one Legged shoulder stand pose)
- 8.4. Sarvangasan type 4 (shoulder stand seal pose)
- 8.5. Sarvangasan type 5 (unsupported shoulder stand pose)
- 8.6. Sarvangasan type 6 (shoulder stand Pose Bound Angle legs)
- 8.7. Sarvangasan type 7 (upward lotus Pose)
- 8.8. Sarvangasan type 8 (four side stretching)
- 8.9. Sarvangasan type 9 (backward lotus pose)
- 8.10. Halasana
- 8.11. Halasana type1 (ear pressure)
- 8.12. Halasana type2 (yoga nidra)
- 8.13. Halasana type3 (supta konasana)
- 8.14. Parsvottanasan
- 8.15. Parsvottanasan type 1 (Namaskar mudra)
- 8.16. Parsvottanasan type 2 (3 side bending with namaskar mudra)
- 8.17. Sirshpadangushtasan type1
- 8.18. Sirshpadangushtasan type 2
- 8.19. Bakasan (Half)
- 8.20. Bakasan (full)
- 8.21. Tittibhasana type 1, Tittibhasana type2
- 8.22. Salamba Sirsasana



BRAHMAVARCHAS INTERNATIONAL YOGA ACADEMY

- 8.23. Eka padasirsasana
- 8.24. Hasta sirsasana
- 8.25. Tripod headstand
- 8.26. Headstand pose

9. Asanas for Respiratory System

- 9.1. Viparitakarani
- 9.2. Vasisthasana (side plank)
- 9.3. Vasisthasana (wild thing Pose)
- 9.4. Side plank (starfish)
- 9.5. Side plank (twist)
- 9.6. Setuasan type 1, type 2
- 9.7. Parvathasan type 1, type 2
- 9.8. Matsyasan

10. Asanas for Nervous system

- 10.1. Merusanchalan 1 to 12
- 10.2. Mayurasana
- 10.3. Mayuriasana
- 10.4. Pincha mayuriasana
- 10.5. Garudasan
- 10.6. Ekapadangushtasan
- 10.7. Uthithapadmasan
- 10.8. Kukkutasan
- 10.9. Vrikshasan
- 10.10. Virabhadrasan

11. Asanas for Endocrine System

- 11.1. Shashankasan type 1, shashankasan type 2
- 11.2. Mandookasan type 1, Mandookasan type 2
- 11.3. Malaasan type 1, malaasan twisting
- 11.4. Ardhamatsyendrasan
- 11.5. Purna matsyendrasan
- 11.6. Khagasan
- 11.7. Nabhyasan



BRAHMAVARCHAS INTERNATIONAL YOGA ACADEMY

12. Asanas for Excretory System

- 12.1. Yogamudrasan type 1, type 2, type 3
- 12.2. Mahamudra
- 12.3. Urdvamukha paschimottanasan
- 12.4. Viraasana
- 12.5. Bhunamanasana

13. Asanas for reproductive system

- 13.1. Gupta padmasan
- 13.2. Gomukhasan
- 13.3. Khandrasan
- 13.4. Hanumanasana
- 13.5. Rajkapoot asana

14. Shatkarma (Hatha Yoga kriyas for purification)

- 14.1. Neti
 1. Jala Neti
 2. Sutra Neti
 3. Dugdha Neti
- 14.2. Dhauti
 1. Vari Dhauti (kunjal)
 2. Agnisar Dhauti
 3. Vastu Dhauti
- 14.3. Nauli
 1. Left/ Right/ Middle
 2. Rotation
- 14.4. Basti
- 14.5. Kapalbhathi
 1. Vatkarma
 2. Vyutkarma
 3. Sheetkarma



BRAHMAVARCHAS INTERNATIONAL YOGA ACADEMY

14.6. Bhastrika

14.7. Trataka

1. Bahatrataka
2. Antahtrataka
3. Angustha Trataka
4. Bindu Trataka
5. Deepak Trataka
6. Chakras Trataka
7. Yantra Trataka (Murti Trataka)

15. Pranayama

- 15.1. Anulom Vilom (6 type)
- 15.2. Surya Bhedi
- 15.3. Chandra Bhedi
- 15.4. Ujjai
- 15.5. Seetkari
- 15.6. Seethali
- 15.7. Bhramari
- 15.8. Murcha
- 15.9. Palavani

16. Bandh

- 16.1. Mula bandh
- 16.2. Uddiyana bandh
- 16.3. Jalandhara bandh
- 16.4. Maha bandh

17. Mudras

- 17.1. Panch prana mudras
 1. Prana
 2. Apana
 3. Udana
 4. Vyana
 5. Samana



BRAHMAVARCHAS INTERNATIONAL YOGA ACADEMY

17.2. Five elements

1. Earth
2. Water
3. Fire
4. Air
5. Space

17.3. Other Mudras

1. Chin
2. Gnana
3. Dhyana
4. Vishnu
5. Brahma/ Nasagra
6. Mrit Sanjeevani

18. Meditation

- 18.1. Yog Nidra meditation
- 18.2. Mantra meditation
- 18.3. Murti meditation
- 18.4. Kundalini meditation
- 18.5. Chakras meditation

19. Seminars

- 19.1. 5 seminars on Astanga Yoga
- 19.2. 5 seminars on Anatomy & Physiology

20. Project Work

1. Students are required to complete 900 hours in one year. Daily 3 hours project work is compulsory for project
2. Teaching tools of general warm-up / clinical warm-up / cardio warm-up /all asanas according to each human system
3. Application of Asanas according to diseases
4. Prepare patient's case history
5. Gather information regarding patient's daily routine



BRAHMAVARCHAS INTERNATIONAL YOGA ACADEMY

6. Prepare prescription for patient's yoga workout (warm-up/ asanas/ mudra/ shatkarma/ meditation)
7. Prepare diagnosis report (RCA of patient's disease/s)
8. Counseling of patients
9. Take feedback from patient
10. Workshop on pain management, stress management, senior citizen, child management, Body detox, mind detox
11. Monthly project progress report
12. Student will be marked on
 - a. Punctuality
 - b. Discipline
 - c. Uniform
 - d. Attendance
 - e. Good health
 - f. Personal hygiene
 - g. Teamwork
 - h. Client courtesy
 - i. Client counseling
 - j. Accurate documentation
 - k. File maintenance
 - l. Confidentiality



BRAHMAVARCHAS INTERNATIONAL YOGA ACADEMY

MODEL QUESTION PAPER (DIPLOMA IN YOGIC SCIENCES)

ASHTANGA YOGA (THEORY)

(MM 100)

Multiple choice questions

(5)

- 1- Who is the first master of yoga?
 - a. Lord Shiva
 - b. Maharishi Patanjali
 - c. Swami Dayanand
 - d. None of these

- 2- Five main pranas are
 - a. Pran, Apan, Saman, Vyan, Udan
 - b. Naga, Kurma, Devadatta, Krikala, Dhananjaya
 - c. Both of a and b
 - d. None of the above

- 3- Under Hatha Yoga shatkarma are practiced for
 - a. Shodhan
 - b. Sthirtha
 - c. Dhyaan
 - d. All of the above

- 4- Mool bandh is a kriya of Hath Yoga
 - a. Gudha
 - b. Nabhi
 - c. Kaam
 - d. All of the above



BRAHMAVARCHAS INTERNATIONAL YOGA ACADEMY

- 5- Which below option is not a part of Yam?
- Ahimsa
 - Satya
 - Swadhyay
 - Asteya

Answer in brief (300 words):

1. What is the meaning and significance of Yoga? (4)
2. Write biography of any two master mentioned below: (4)
 - a. Arvindo
 - b. Shyama Charan Lahiri (Lahiri Mahasay)
 - c. Swami Vivekanand
 - d. Paramhans Yoganand
3. Explain Patanjali Yog Sutra. (4)
4. Explain in brief (4)
 - a. Gyan Yog
 - b. Hath Yog
5. Definition and benefits of asanas and pranayama. (4)
6. Explain yogic diet and lifestyle. (4)
7. Explain in brief:
 - a. Satya Gudh
 - b. Rajsi Gudh
 - c. Tamsic Gudh
8. Describe Tatva (five elements).



BRAHMAVARCHAS INTERNATIONAL YOGA ACADEMY

9. Name and diagnosis of Swar and Nadi.
10. Explain Ahimsa and Aparigrah.
11. Definition and benefits of Pratahar.
12. Explain procedure of jal neti and kunjaj kriya.
13. Define and explain spiritual benefits of Dhyan (meditation).
14. Define Dharna and its benefits.
15. Define Shaktakarma and its types.

Short Questions:

1. What is the difference between asana and exercise?
2. What changes can be brought into the society and self by following YAM?
3. Significance of Niyam in Ashtanga Yoga?
4. Explain Naadi vigyan.
5. What is holistic health and how can we achieve it?
6. What is the difference between Swadhaya and Isvar Pradhan?

Long Questions:

1. Explain shatkarma in detail.
2. Explain bandh, Mudra and Dharna.



BRAHMAVARCHAS INTERNATIONAL YOGA ACADEMY

MODEL QUESTION PAPER (DIPLOMA IN YOGIC SCIENCES)

ASHTANGA YOGA (PRACTICAL I) (PRANAYAMA, BANDH, ASANA)

(MM 100)

Question 1 (10)

Which disease/s are cured by Matsendrasana, Vakrasana, Yogmudra, Bhunamanasana? Perform those asanas.

Question 2 (10)

What is the procedure of Suriyanamaskar & Sirshasana? Also, perform Suriyanamaskar & Sirshasana

Question 3 (5)

Which disease is cured by Chakrasana? Perform Chakrasana.

Question 4 (5)

Perform all Digestive system asanas

PAIN MANAGEMENT

Question 1 (5)

What are the Warm-ups for upperback, middleback, lowerback?

Question 2 (5)

What is the fastest way to heal a frozen shoulder?

WEIGHT MANAGEMENT

Question 1 (5)

What are 5 weight management warm-ups?



BRAHMAVARCHAS INTERNATIONAL YOGA ACADEMY

Question 2 (5)
Which asanas are recommended for weight management?

CHILD MANAGEMENT

Question 1 (5)
Which yoga posture helps to improve height of a child?

Question 2 (5)
Which Pranayama help to improve concentration?

SENIOR CITIZEN

Question 1 (2.5)
What type of yoga is best for senior citizen?

Question 2 (2.5)
How does Pranayama relax the body and the mind?

BASIC PRANAYAMA & THERAPEUTICAL PRANAYAMA

Question 1 (5)
How does pranayama energize? How to practice below pranayama?

1. Anulomvilom pranayama
2. Murcha
3. Plavani
4. Bhramari

Question 2 (5)
Which pranayama are suggested and what are their physiological effects on below mentioned human body systems?

1. Respiratory system



BRAHMAVARCHAS INTERNATIONAL YOGA ACADEMY

2. Circulatory system
3. Digestive system
4. Endocrine system

Question 3 (5)
Difference between Abdominal breathing & Lungs breathing?

Question 4 (5)
Explain Sound pranayama (OM chanting) and its therapeutical effects.

BANDHAS

Question 1 (5)
Perform an explain Mula bandh.

Question 2 (5)
Perform an explain Uddiyana bandh.

Question 3 (5)
Perform an explain Jalandhara bandh.



BRAHMAVARCHAS INTERNATIONAL YOGA ACADEMY

MODEL QUESTION PAPER (DIPLOMA IN YOGIC SCIENCES)

ASHTANGA YOGA (PRACTICAL II) (SHATKARMA, MUDRA, MEDITATION)

(MM 100)

MUDRAS

- Question 1 (5)
Which mudra is good for constipation, Anxiety, High blood pressure?
- Question 2 (5)
How to practice panch prana?

SHATKARMA

- Question 1 (5)
Which shatkarma method is concerned with nasal cleansing?
- Question 2 (5)
Which shatkarma is good for piles & stress?
- Question 3 (5)
How to do Neti kriya?
- Question 4 (5)
How to do Dhuti kriya?
- Question 5 (5)
How to do Bhastrika & kapalbhati?



BRAHMAVARCHAS INTERNATIONAL YOGA ACADEMY

Question 6 (5)
How to do Nuali (Right, left, Middle)?

Question 7 (5)
How to do Angustha tratak & Chakras tratak?

Question 8 (5)
How to do Yantra tratak & Murti tratak?

MEDITATION

Question 1 (5)
Perform any meditation pose for 5 mins.

Question 2 (5)
How the nasal cycle and body rhythms affect health during meditation?

Question 3 (5)
What is the difference between physical relaxation & meditation?

Question 4 (10)
How to do kundalini meditation & yog nidra?

Question 5 (5)
Which meditation is good for Hypertension & Migraine?

Question 6 (5)
How to do chakras meditation?

Question 7 (5)
What is the different between lying meditation & sitting meditation?

Viva voce (10)



BRAHMAVARCHAS INTERNATIONAL YOGA ACADEMY

MODEL QUESTION PAPER (DIPLOMA IN YOGIC SCIENCES)

ANATOMY & PHYSIOLOGY

(MM 100)

Q.1 Answer the following in ONE-word (1x10 = 10)

1. Which is the main part of nervous system?
2. What is the normal rate of respiration system?
3. Which is the longest muscle in our body?
4. Where is the smallest bone of our body?
5. How many chambers are there in our heart?
6. What is the total number of bones in our adult human?
7. Which is the strongest bone in our body?
8. Which gland is called the master gland?
9. Which part of the digestive system helps in absorption?
10. Which is the main part of Integumentary system?

Q.2 Answer the following in 2-3 sentences (4x5 = 20)

1. Name the parts of respiratory system & muscles of respiration.
2. Name all the Endocrine glands in human body.
3. Write 3 functions of skeletal system.
4. What are the main functions of respiratory system?

Q.3 Answer the following in 8-10 sentences (4x10 = 40)

1. Explain circulatory system in brief.
2. Explain Integumentary system in brief.
3. Write types of nervous system and explain the functions in brief.
4. What are the types of muscles, explain in brief? Mention 5 functions of muscular system.

Q.4 Draw the diagram of urinary system and label all the parts. (10)

Q.5 Draw the diagram of respiratory system and label all the parts. (10)