



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: 1000 hrs)
3. **Minimum qualification:** HSC (10th pass)
4. **Project work:** 1000 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



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6. Syllabus

1. Theory Paper (Astanga Yoga)

- 1 History & development of Sanskrit & Yoga
- 2 Development of Hata Yoga
- 3 Concept of Yoga in Bhagavat Gita
- 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



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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



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4. Practical (Relaxation Asanas)

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

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. Shalabhasana type 1, type 2, type 3, type 4, type 5
- 6.4. Naukasana type 1, type 2, type 3, type 4
- 6.5. Sarpa asana type 1, type 2, type 3, type 4, type 5
- 6.6. Pawanmuktasan 1, pawanmuktasan 2, pawanmuktasan 4 side rolling
- 6.7. Dhanurasan type 1, type 2, dhanurasan rolling
- 6.8. Janusirshasan type 1, janusirshasan 2
- 6.9. Padapaschimottanasan type 1, padapaschimottanasan type 2
- 6.10. Paschimottanasan type 1, Paschimottanasan type 2
- 6.11. Ushtrasan type 1, Ushtrasan type 2
- 6.12. Suptavajrasan



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6.13. Balsuptavajrasana

6.14. Karnapidasan

7. Asanas for Muscular and Skeletal System

7.1. Suryanamaskar

7.2. Suryanamaskar with holding and mantra

7.3. Tadasan 1, Tadasan 2

7.4. Tiryaktadasan

7.5. Parsvotadasan

7.6. Ardhashandrasan

7.7. Trikonasan

7.8. Virabhadrasan 1

7.9. 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. Sarvangasantype 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. Halasan type 1 (ear pressure)

8.12. Halasan type 2 (yoga nidra)

8.13. Halasan type 3 (suptakonasana)

8.14. Parsvottanasan

8.15. Parsvottanasan type 1 (Namaskar mudra)

8.16. Parsvottanasan type 2 (3 side bending with namaskar mudra)

8.17. Sirshpadangushtasan type 1

8.18. Sirshpadangushtasan type 2



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- 8.19. Bakasan (Half)
- 8.20. Bakasan (full)
- 8.21. Tittibhasana type 1, Tittibhasana type 2
- 8.22. SalambaSirsasana
- 8.23. Eka padasirsasana
- 8.24. Hasta sirasana
- 8.25. Tripod headstand
- 8.26. Headstand pose

9. Asanas for Respiratory System

- 9.1. Viparitarani type 2
- 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
- 9.9. Hasthvotanuthan asana
- 9.10. Padahasthasana

10. Asanas for Nervous system

- 10.1. Merusanchalan 1 to 12
- 10.2. Mayurasana
- 10.3. Mayuriasana
- 10.4. Pinchamayuriasana
- 10.5. Garudasan
- 10.6. Ekapadangushtasan
- 10.7. Uthithapadmasan
- 10.8. Kukkutasan
- 10.9. Vrikshasan
- 10.10. Virabhadrasan 3



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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. Ardha Matsyendrasan
- 11.5. Purna Matsyendrasan
- 11.6. Khagasan
- 11.7. Nabhyasan
- 11.8. Vakrasan type 1, type 2

12. Asanas for Excretory System

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

13. Asanas for Reproductive System

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

14. Asana For Integumentary System

- 14.1. Padma Bakasana/ All series
- 14.2. Eka Pada Sirsasana
- 14.3. Natarajasana
- 14.4. All Inverted poses
- 14.5. Skandasana
- 14.6. All Twisting series
- 14.7. Garbha Pindasana



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15. Shatkarma (Hatha Yoga kriyas for purification)

- 15.1. Neti
 1. Jala Neti
 2. Sutra Neti
 3. Dugdha Neti
- 15.2. Dhauti
 1. Vari Dhauti (kunjali)
 2. Agnisar Dhauti
 3. Vastra Dhauti
- 15.3. Nauli
 1. Left/ Right/ Middle
 2. Rotation
- 15.4. Basti
- 15.5. Kapalbhathi
 1. Vatkarma
 2. Vyutkarma
 3. Sheetkarma
- 15.6. Bhastrika
- 15.7. Trataka
 1. Bahatrataka
 2. Antahtrataka
 3. AngusthaTrataka
 4. BinduTrataka
 5. DeepakTrataka
 6. Chakras Trataka
 7. Yantra Trataka (Murti Trataka)

16. Pranayama

- 16.1. Anulom Vilom (6 types)
- 16.2. Surya Bhedi
- 16.3. Chandra Bhedi



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- 16.4. Ujjai
- 16.5. Seetkari
- 16.6. Seethali
- 16.7. Bhramari
- 16.8. Murcha
- 16.9. Palavani

17. Bandh

- 17.1. Mula bandh
- 17.2. Uddiyana bandh
- 17.3. Jalandhara bandh
- 17.4. Maha bandh

18. Mudras

18.1. Panchprana mudras

- 1. Prana
- 2. Apana
- 3. Udana
- 4. Vyana
- 5. Samana

18.2. Five elements

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

18.3. Other Mudras

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



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19. Meditation

- 19.1. Yog Nidra meditation
- 19.2. Mantra meditation
- 19.3. Murti meditation
- 19.4. Kundalini meditation
- 19.5. Chakras meditation

20. Seminars

- 20.1. 5 seminars on Astanga Yoga
- 20.2. 5 seminars on Anatomy & Physiology

21. 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
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



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12. Students 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



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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



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- 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 masters mentioned below: (4)
 - a. Arvindo
 - b. Shyama CharanLahiri (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).



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9. Name and diagnosis of Swar and Nadi.
10. Explain Ahimsa and Aparigrah.
11. Definition and benefits of Pratahar.
12. Explain procedure of jalneti and kunjla kriya.
13. Define and explain spiritual benefits of Dhyan (meditation).
14. Define Dharna and its benefits.
15. Define Shatkarma 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 Naadivigyan.
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.



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MODEL QUESTION PAPER (DIPLOMA IN YOGIC SCIENCES)

ASHTANGAYOGA (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?



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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. Anulom vilom 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



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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.

Question3 (5)
Perform an explain Jalandhara bandh.



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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?



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

Question 7 (5)
How to do Angusthatratak & 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 & yognidra?

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)



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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)