

# Visvesvaraya Technological University

"Jnana Sangama", Belagavi - 590 018, Karnataka State

## Department of Physical Education & Sports

Semester	Course
III Sem	<ol style="list-style-type: none"><li>1) Introduction of Yoga, Aim and Objectives of yoga, Prayer</li><li>2) Brief introduction of yogic practices for common man</li><li>3) Rules and regulations</li><li>4) Misconceptions of yoga</li><li>5) Suryanamaskara</li><li>6) Different types of Asanas<ol style="list-style-type: none"><li>a. Sitting</li><li>b. Standing</li><li>c. Prone line</li><li>d. Supine line</li></ol></li></ol>
IV Sem	<ol style="list-style-type: none"><li>1) Patanjali's Ashtanga Yoga</li><li>2) Suryanamaskara</li><li>3) Different types of Asanas<ol style="list-style-type: none"><li>a. Sitting</li><li>b. Standing</li><li>c. Prone line</li><li>d. Supine line</li></ol></li><li>4) Kapalbhata</li><li>5) Pranayama</li></ol>
V Sem	<ol style="list-style-type: none"><li>1) Patanjali's Ashtanga Yoga</li><li>2) Suryanamaskara</li><li>3) Different types of Asanas<ol style="list-style-type: none"><li>a. Sitting</li><li>b. Standing</li><li>c. Prone line</li><li>d. Supine line</li></ol></li><li>4) Kapalbhata</li><li>5) Pranayama</li></ol>

VI Sem	<ol style="list-style-type: none"> <li>1) Patanjali's Ashtanga Yoga</li> <li>2) Suryanamaskara</li> <li>3) Different types of Asanas <ol style="list-style-type: none"> <li>a. Sitting</li> <li>b. Standing</li> <li>c. Prone line</li> <li>d. Supine line</li> </ol> </li> <li>4) Kapalbhathi</li> <li>5) Pranayama</li> </ol>
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**Notes:**

- One Hour of Lecture is equal to 1 Credit
- One Hour of Tutorial is equal to 1 Credit (Except Languages)
- Two Hours of Practical is equal to 1 Credit
- SEE : Semester End Examination
- CIE : Continuous Internal Examination
- L+T+P : Lecture + Tutorial + Practical

Director of Physical Education

# Visvesvaraya Technological University

(State University of Government of Karnataka Established as per the VTU Act, 1994)

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## Guidelines for Yoga Syllabus

Semester	Course Title	Content	No. of Hours
3 <sup>rd</sup> Semester	Introduction of Yoga, Aim and Objectives of yoga, Prayer	Yoga, its origin, history and development. Yoga, its meaning, definitions. Different schools of yoga, importance of prayer	Total 32 hrs  2 hrs / week
	Brief introduction of yogic practices for common man	Yogic practices for common man to promote positive health	
	Rules and regulations	Rules to be followed during yogic practices by practitioner	
	Misconceptions of yoga	Yoga its misconceptions, Difference between yogic and non yogic practices	
	Suryanamaskara	Suryanamaskar prayer and its meaning, Need, importance and benefits of Suryanamaskar 12 count, 2 rounds	
4 <sup>th</sup> Semester	Different types of Asanas e. Sitting 1. Padmasana 2. Vajrasana f. Standing 1. Vrikshana 2. Trikonasana g. Prone line 1. Bhujangasana 2. Shalabhasana h. Supine line 1. Utthita dvipadasana 2. Ardha halasana	Asana, Need, importance of Asana. Different types of asana. Asana its meaning by name, technique, precautionary measures and benefits of each asana	Total 32 hrs  2 hrs / week
	Patanjali's Ashtanga Yoga 1. Yama 2. Niyama	Patanjali's Ashtanga Yoga its need and importance. Yama :Ahimsa, satya, asteya, brahmacarya, aparigraha Niyama : shoucha, santosh, tapa, svaadhyaya, Eshvara pranidhan	
	Suryanamaskara	Suryanamaskar 12 count 4 rounds	
	Different types of Asanas e. Sitting 1. Sukhasana 2. Paschimottanasana f. Standing 1. Ardhakati Chakrasana 2. Parshva Chakrasana g. Prone line 1. Dhanurasana h. Supine line 1. Halasana 2. Karna Peedasana	Asana, Need, importance of Asana. Different types of asana. Asana its meaning by name, technique, precautionary measures and benefits of each asana	
	Kapalabhati	Meaning, importance and benefits of Kapalabhati. 40 strokes/min 3 rounds	
4 <sup>th</sup> Semester	Pranayama – 1. Suryanuloma –Viloma 2. Chandranuloma-Viloma 3. Suryabhedana 4. Chandra Bhedana 5. Nadishodhana	Meaning, Need, importance of Pranayama. Different types. Meaning by name, technique, precautionary measures and benefits of each Pranayama	Total 32 hrs  2 hrs / week

<b>5<sup>th</sup> Semester</b>	Ashtanga Yoga 3. Asana 4. Pranayama	Patanjali's Ashtanga Yoga its need and importance.	Total 32 hrs  2 hrs / week
	Suryanamaskara	Suryanamaskar 12 count 6 rounds	
	Different types of Asanas a. Sitting 1. Ardha Ushtrasana 2. Vakrasana b. Standing 1. Urdhva Hastothanasana 2. Hastapadasana c. Prone line 1. Padangushtha Dhanurasana d. Supine line 1. Sarvangasana 2. Chakraasana	Asana, Need, importance of Asana. Different types. Asana its meaning by name, technique, precautionary measures and benefits of each asana	
	Kapalabhati	Revision of practice 50 strokes/min 3 rounds	
	Pranayama – 1. Surya Bhedana 2. Ujjayi	Meaning, Need, importance of Pranayama. Different types. Meaning by name, technique, precautionary measures and benefits of each Pranayama	
<b>6<sup>th</sup> Semester</b>	Ashtanga Yoga 5. Pratyahara 6. Dharana	Patanjali's Ashtanga Yoga its need and importance.	Total 32 hrs  2 hrs / week
	Suryanamaskara	Revision of practice 12 count 8 rounds	
	Different types of Asanas a. Sitting 1. Aakarna Dhanurasana 2. Yogamudra in Padmasana b. Standing 1. Parivritta Trikonasana 2. Utkatasana c. Prone line 1. Poorna Bhujangasana / Rajakapotasana d. Supine line 1. Navasana/Noukasana 2. Pavanamuktasana	Asana, Need, importance of Asana. Different types, Asana by name, technique, precautionary measures and benefits of each asana	
	Kapalabhati	Revision of practice 60 strokes/min 3 rounds	
	Pranayama – 1. Sheetal 2. Sheektari	Meaning, Need, importance of Pranayama. Different types. Meaning by name, technique, precautionary measures and benefits of each Pranayama	
<b>7<sup>th</sup> Semester</b>	Ashtanga Yoga 1. Dhyana (Meditation) 2. Samadhi	Patanjali's Ashtanga Yoga its need and importance.	Total 32 hrs  2 hrs / week
	Suryanamaskara	Revision of practice 12 count 10 rounds	
	Different types of Asanas a. Sitting 1. Vibhakta Paschimottanasana 2. Yogamudra in Vajrasana b. Standing 1. Parshvakonasana 2. Ekapadbaddhapadmottanasana c. Prone line balancing 1. Mayurasana d. Supine line 1. Sarvangasana 2. Setubandhasana 3. Shavasana (Relaxation poisture)	Asana, Need, importance of Asana. Different types, Asana by name, technique, precautionary measures and benefits of each asana	
	Kapalabhati	Revision of practice 80 strokes/min 3 rounds	
	Pranayama – 1. Bhastrika 2. Bhramari	Meaning, Need, importance of Pranayama. Different types. Meaning by name, technique, precautionary measures and benefits of each Pranayama	

<b>8<sup>th</sup> Semester</b>	Suryanamaskara	Revision of practice 12 count 12 rounds	Total 32 hrs  2 hrs / week
	Different types of Asanas a. Sitting 1. Bakasana 2. Hanumanasana 3. Ekapada Rajakapotasana b. Standing 1. Vatayanasana 2. Garudasana 3. Natarajasana c. Balancing 1. Sheershasana d. Supine line 1. Setubandha Sarvangasana 2. Shavasanaa (Relaxation poisture)	Asana, Need, importance of Asana. Different types, Asana by name, technique, precautionary measures and benefits of each asana	
	Kapalabhati	Revision of practice 100 strokes / min, 3 rounds	
	Pranayama – 1. Nadishodhana 2. Ujjai 3. Bhramari	Revision of practices	
	Shat Kriyas 1. Jalaneti & sutraneti 2. Nouli (only for men) 3. Sheetkarma Kapalabhati	Meaning, Need, importance of Shatkriya. Different types. Meaning by name, technique, precautionary measures and benefits of each Kriya	

Book for Reference:

- Swami Kuvulyananda : Asma (Kavalyadhama, Lonavala)
- Tiwari, O P : Asana Why and How
- Ajitkumar : Yoga Pravesha (Kannada)
- Swami Satyananda Saraswati : Asana Pranayama, Mudra, Bandha  
(Bihar School of yoga, Munger)
- Swami Satyananda Saraswati : Surya Namaskar  
(Bihar School of yoga, Munger)
- Nagendra H R : The art and science of Pranayama
- Tiruka : Shatkriyegalu ( Kannada)
- Iyengar B K S : Yoga Pradipika (Kannada)
- Iyengar B K S : Light on Yoga (English)