

Visvesvaraya Technological University

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

“JnanaSangama”, Belagavi - 590 018, Karnataka State

Guidelines for Yoga Syllabus for Semester III

Semester	Course Title	Content	No. of Hours
3 rd Semester	Introduction of Yoga, Aim and Objectives of yoga, Prayer	Yoga, its meaning, definitions.	Total 20-24 hrs
	Brief introduction of yogic practices for common man	Different schools of yoga, importance of prayer	
	Rules and regulations	Yogic practices for common man to promote positive health	2 hrs / week
	Misconceptions of yoga	Rules to be followed during yogic practices by practitioner	
	Suryanamaskara	Yoga its misconceptions	
	Different types of Asanas	Suryanamaskar prayer and its meaning, Need, importance and benefits of Suryanamaskar 12 count, 2 rounds	
a. Sitting 1. Padmasana 2. Vajrasana	Asana, Need, importance of Asana. Different types of asana. Asana its meaning by name, technique, precautionary measures and benefits of each asana		
b. Standing 1. Vrikshana 2. Trikonasana			
c. Prone line 1. Bhujangasana 2. Shalabhasana			
d. Supine line 1. Utthitadvipadasana 2. Ardhalasana			

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Guidelines for Yoga Syllabus for Semester IV

4 th Semester	Patanjali's Ashtanga Yoga 1. Yama 2. Niyama	Patanjali's Ashtanga Yoga. Yama :Ahimsa, satya, asteya, brahmacarya, aparigraha Niyama : shoucha, santosh, tapa, svaadhyaya, Eshvarapranidhan	Total 20-24 hrs
	Suryanamaskara	Suryanamaskar12 count 4 rounds	2 hrs / week
	Different types of Asanas a. Sitting 1. Sukhasana 2. Paschimottanasana b. Standing 1. Ardhakati Chakrasana 2. Parshva Chakrasana c. Prone line 1. Dhanurasana d. 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	
	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	

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Guidelines for Yoga Syllabus for Semester V

5 th Semester	Ashtanga Yoga 3. Asana 4. Pranayama 5. Pratyahara	Patanjali's Ashtanga Yoga its need and importance.	Total 20-24 hrs
	Suryanamaskara	Suryanamaskar 12 count 6 rounds	2 hrs / week
	Different types of Asanas a. Sitting 1. Ardha Ushtrasana 2. Vakrasana 3. Yogamudra in Padmasana b. Standing 1. UrdhvaHastothanasana 2. Hastapadasana 3. ParivrittaTrikonasana 4. Utkatasana d. Supine line 1. Sarvangasana 2. Chakraasana 3. Pavanamuktasana	Asana, Need, importance of Asana. Different types. Asana its meaning by name, technique, precautionary measures and benefits of each asana	
	Kapalabhati	Revision of practice 60 strokes/min 3 rounds	
	Pranayama – 1. Ujjayi 2. Sheetal 3. Sheektari	Meaning, Need, importance of Pranayama. Different types. Meaning by name, technique, precautionary measures and benefits of each Pranayama	

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Guidelines for Yoga Syllabus for Semester VI

6 th Semester	Ashtanga Yoga 1. Dharana 2. Dhyana (Meditation) 3. Samadhi	Patanjali's Ashtanga Yoga its need and importance.	Total 20-24 hrs
	Suryanamaskara	Revision of practice 12 count 8 rounds	
	Different types of Asanas a. Sitting 1. Bakasana 2. Hanumanasana 3. Ekapada Rajakapotasana 4. Yogamudra in Vajrasana b. Standing 1. Vatayanasana 2. Garudasana c. Balancing 1. Veerabhadrasana 2. Sheershasana	Asana, Need, importance of Asana. Different types, Asana by name, technique, precautionary measures and benefits of each asana	2 hrs / week
	Kapalabhati	Revision of Kapalabhati 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	

P. K. Kai
(Dr. P. V. Kadagadkai)