

# GOVT. BILASA GIRLS' P.G. (Auto.) COLLEGE

Link Road, Bilaspur (C.G.)

Phone No. : 07752-224249, Website : [www.bilasagrilscollege.ac.in](http://www.bilasagrilscollege.ac.in)



## SYLLABUS

P.G. Diploma in Yoga

2021-22



# Rules and Regulations for the Semester System at the Graduation Level

1. These subjects are compulsory for all students:-
  - (a) Environmental Studies (I Semester)
  - (b) English Language (II and III Semester)
  - (c) Hindi Language (IV and V Semester)
  - (d) Skill Based Course (VI Semester)
2. In each semester there will be only one theory paper in each elective Subject.
3. For Honours Degree Course, there will be one additional theory paper in each semester i.e. semesters, III to VI.  
For Honours Degree Course, separate practical classes will be held round the year but the examinations shall be held only in even semesters i.e. semesters II, IV and VI.
4. **Marks Pattern:-**
  - (i) For non practical subjects, each theory paper will be of 100 marks i.e. 80 External + 20 Internal.
  - (ii) For practical subjects, each theory paper will be of 75 marks i.e. 60 External + 15 Internal.
  - (iii) Practical examination will be of 50 marks. Practical Classes will be held round the year but examination shall be held only in even semesters i.e. semesters II, IV and VI.
5. **Theory Examination:-**  
Duration for theory examination shall be of two and half hours.
6. **Practical Examination:-**  
Duration for Practical examination shall be as suggested in the syllabi.
7. **Admission Period:-**
  - (i) Admissions in the First Semester shall be completed before 15th of July every year.
  - (ii) Admissions in Semesters i.e. II, III, IV, V and VI shall be completed within 7 days after the completion of examinations on the provisional basis.
  - (iii) The provisional admission shall be regularized within 7 days from the date of declaration of result.
  - (iv) Request for permission for late admission shall not be entertained.
8. **Schedule of Classes-**
  - (i) I Semester's classes will be commenced from 16th of July every year
  - (ii) III and V Semester's classes will be commenced from 2nd July every year.
  - (iii) II, IV and VI Semester's classes will be commenced from 2nd January every year.
  - (iv) All the classes shall be continued till seven days prior to the commencement of the examination.
9. **Examination Schedule- Tentative Schedules of examinations are as under-**
  - (i) Odd semester (I, III & V) - 20th November to 20th December.
  - (ii) Even semester (II, IV & VI) - 15th April to 14th May.
10. **Examination Pattern -**
  - (a) Questions will be asked Unit wise and Section wise. Questions will be set from all Units Covering the entire syllabi.
  - (b) For non practical subjects, maximum marks will be 80 (External).
  - (c) For the practical based subjects, maximum marks will be 60 (External).
  - (d) In each theory paper there will be three sections and the marks distributed for different sections will be in the following pattern -

**Theory (Non- Practical):- There will be three sections A, B and C in the question paper.**  
**Section - A Objective Type/ In few words (30 words)**

There will be 15 questions to be set, three from each unit and 10 to be attempted. Each question will carry 2 marks.

**Section - B Short Answer Type (60 words)**

There will be 5 questions to be set, 1 from each unit and all five questions to be attempted. Each question will carry 6 marks.

**Section - C Long Answer / Essay Type Question**

There will be 5 questions to be set, 1 from each unit and 2 to be attempted. Each question will carry 15 marks.

**Marks Scheme for - Non-practical subject -**

Types of Questions	Question to be set from each Unit	Total No. of Questions	Questions to be solved	Marks assigned	Total Marks
Objective / In few words	03	15	10	02	20
Short Answer Type Questions	01	05	05	06	30
Long / Essay type of questions	01	05	02	15	30
<b>Total - 80</b>					

(i) **Theory (Practical Subject):-** There will be three sections A, B and C in the question paper.

**Section - A Objective Type/ In few words (30 words)**

There will be 15 questions to be set, three from each unit and 10 to be attempted. Each question will carry 2 marks.

**Section - B Short Answer Type (60 words)**

There will be 5 questions to be set, 1 from each unit and all five questions to be attempted. Each question will carry 4 marks.

**Section - C Long Answer / Essay Type Question**

There will be 5 questions to be set, 1 from each unit and 2 to be attempted. Each question will carry 10 marks.

**Marks Scheme for - Practical Subject -**

Types of Questions	Question to be set from each Unit	Total No. of Questions	Questions to be solved	Marks assigned	Total Marks
Objective / In few words	03	15	10	02	20
Short Answer Type Questions	01	05	05	04	20
Long / Essay type of questions	01	05	02	10	20
<b>Total - 60</b>					

For question papers of compulsory papers of General group subjects i.e. Environmental Studies, English Language, Hindi Language and Skill Based Course, the pattern of question shall be applicable as suggested by the concerned Board of Studies.

(ii) **Practical**

	<i>Each Practical</i>
Laboratory Note Book / Project	10
Vive voce	10
Lab work / Field work	30
<b>Total - 50</b>	

- (e) In odd semester examination, a candidate shall appear in papers of odd semester(s) only. Similarly in even semester examinations, a candidate shall appear in papers of even semester(s) only. Papers of odd and even semesters shall not be confined in one examination.
- (f) Minimum passing marks for external/ semester end theory and practical shall be 34%.

- (g) There shall be provision of 3 grace marks and it would be distributed in maximum two theory Papers / Practical.

#### Internal Assessment

- Internal Tests are compulsory for theory papers and must be held as per following calendar:-  
 Odd Semesters 1st Test - August, 2nd Test - October and 01 Assignment (during semester)  
 Even Semesters 1st Test - February, 2nd Test - March and 01 Assignment (during semester)
- Each test & Assignment will be of 20 marks for the subjects without practical & 15 marks for the subjects having practicals. Average of the marks obtained in the best of two tests & assignment shall be incorporated as the final marks. Qualifying marks is 40%.
- If a candidate failed to attend the test on bonafide grounds, one special test may be arranged on the production of relevant documents, before submission of application forms and fees to the office.
- The Unit tests/Assignment marks to be sent to the examination cell of the college as per notification to be issued by the Principal/ Controller Examination from time to time.
- If a candidate (whose status is Regular / Ex/Supplementary) failed in First Year of the current session (2013-14) of annual system will be appeared in the first semester examination as ex-student with under the rules and regulations of Semester System. Number of Internal Test of passed year (2013-14) will not be incorporated or carried forward.

	Non Practical Subject		Practical Subject	
	External	Internal	External	Internal
<b>MAX MARKS</b>	<b>80</b>	<b>20</b>	<b>60</b>	<b>15</b>
<b>MIN MARKS</b>	<b>28</b>	<b>08</b>	<b>21</b>	<b>06</b>

#### Eligibility criteria for appearing in the examinations

- A candidate should have 75% of attendance both in theory and practical classes. 65% attendance may be considered only on special circumstances and on certification by the Principal of the college.
- A candidate shall have to qualify in the internal tests securing at least 40% marks.
- A candidate shall be allowed to appear in those papers only in which she has secured qualifying marks in internal test.
- If a candidate after taking admission in 1st semester could not continue the classes or could not obtain eligibility cannot appear in the 1st semester examinations. In such cases the student will not be allowed to continue in second semester and she has to continue the classes and obtain eligibility in 1st semester again in next academic year as ex-student.

#### 11. Lecture Periods /Classes

There shall be a minimum of 50-60 hours Classes for each theory papers in respective course. Minimum of 50-60 hours shall be for each practical paper. This shall be strictly adhered to.

#### 12. Other Guidelines

- There will be no provision for Revaluation, Supplementry or Betterment (Division Improvement).
- A candidate has to clear all the papers within 12 semesters (six years) from the year of first admission in the programme.
- A candidate will choose Honours subject just before the start of third semester from any one of the three elective subjects /group selected by her in the first semester. A candidate can change the Honours subject within 15 days from the date of admission in the third semester.
- The system of credit of ten point scale examination marks in the final mark sheet shall be introduced only after its formal approval by the competent authorities.

- (v) The system of Choice based credit system and Gradation system shall be introduced only after its formal approval by the competent authorities.

**For Honours Degree Course (Total Marks: 2800).**

**13. Admission -**

**The process of admission in Honours Degree Course will be as follows -**

- (i) Student shall select course (Pass Course / Honours Degree Course) at the time of first admission in the college.
- (ii) Admission shall be on merit basis after receiving the application from students.
- (iii) Number of seats for Honours Degree Course will be decided as per the Govt. Rules.

**(A) Each theory Paper (Non Practical Subject)**

<i>Each Theory Paper</i>		<i>Internal Assessment</i>	
Full Marks	Minimum Passing 34%	Full Marks	Minimum Marks 40%
80	28	20	08

**(B) Each theory Paper (Practical Subject)**

<i>Each Theory Paper</i>		<i>Internal Assessment</i>	
Full Marks	Minimum Passing 34%	Full Marks	Minimum Marks 40%
60	21	15	06

**(C) Each Practical Paper**

<i>Minimum Passing Percentage</i>	<i>Full Marks</i>	<i>Minimum Passing Marks</i>
34%	50	17

**(D) Grace Marks**

Total/Maximum 03 in two theory paper/practical.

**Amendments in Promotion Rules for Semester System at the Graduation Level**

- (a) A Candidate is eligible to continue the second semester classes immediately after the 1<sup>st</sup> Semester examinations and can appear in the 2<sup>nd</sup> semester examinations notwithstanding the number of arrear papers in 1<sup>st</sup> semester provided she must have appeared in the 1<sup>st</sup> semester examination.
- (b) A candidate will be promoted to 3<sup>rd</sup> semester with not more than two papers of 1<sup>st</sup> semester and she will continue to attend classes of 3<sup>rd</sup> semester provisionally. She will be allowed to get final admission in the 3<sup>rd</sup> semester with maximum of four back papers in all 1<sup>st</sup> semester and 2<sup>nd</sup> semester.
- (c) A Candidate is eligible to continue the 4<sup>th</sup> semester classes immediately after 3<sup>rd</sup> semester examination and can appear in the 4<sup>th</sup> semester examination with maximum 2 back papers in 1<sup>st</sup> semester and/or any numbers of back papers in 2<sup>nd</sup> and 3<sup>rd</sup> semester.
- (d) A candidate will be promoted in 5<sup>th</sup> semester with not more than 2 back papers in 3<sup>rd</sup> semester and not more than 4 back papers in all 3<sup>rd</sup> and 4<sup>th</sup> semester provided she has cleared 1<sup>st</sup> and 2<sup>nd</sup> semester examination.
- (e) A candidate is eligible to continue the 6<sup>th</sup> semester immediately after the 5<sup>th</sup> semester examination and can appear in 6<sup>th</sup> semester examination with maximum of 2 back papers in 3<sup>rd</sup> semester and/or any number of back papers in 4<sup>th</sup> and 5<sup>th</sup> semester examination.
- (f) If a Candidate of 6<sup>th</sup> Semester is passed in all the semesters except the 5<sup>th</sup> Semester with back in only one subject, she is allowed to appear in the back paper of the 5<sup>th</sup> Semester with the examination of 6<sup>th</sup> Semester.

- (g) The students at the UG Level can view their valued answer copies and apply for the **Challenged Valuation** within 03 days from the date of the declaration of the result.
- (h) A candidate will be eligible to get Graduation and Graduation Honours degree after passing all the six semester examination. For cleaning all semester papers a candidate will be given a period 6 years (12 semesters) from the year of first admission.

## सेमेस्टर स्नातक स्तर प्रमोशन नियम

### प्रथम सेमेस्टर में प्रवेश की पात्रता:-

- प्रथम सेमेस्टर में छात्राओं का प्रवेश छ.ग. शासन के प्रवेश नियम के आधार पर किया जावेगा।

### द्वितीय सेमेस्टर में प्रवेश की पात्रता:-

- विद्यार्थी को प्रथम सेमेस्टर की परीक्षा के तत्काल बाद कितने भी विषयों में बैक के साथ द्वितीय सेमेस्टर में अध्ययन की पात्रता होगी, बशर्ते वह प्रथम सेमेस्टर की परीक्षा में शामिल हुआ हो।

### तृतीय सेमेस्टर में प्रवेश की पात्रता:-

- प्रथम सेमेस्टर में 02 से अधिक विषयों में बैक नही होना चाहिए।
- प्रथम एवं द्वितीय सेमेस्टर में सम्मिलित रूप से 04 विषयों से अधिक में बैक न हो।

### चतुर्थ सेमेस्टर में प्रवेश की पात्रता:-

- प्रथम सेमेस्टर में 02 से अधिक विषयों में बैक नही होना चाहिए।
- द्वितीय एवं तृतीय सेमेस्टर में कितने भी विषयों में बैक हो।

### पंचम सेमेस्टर में प्रवेश की पात्रता:-

- प्रथम सेमेस्टर उत्तीर्ण होना चाहिए।
- द्वितीय सेमेस्टर उत्तीर्ण होना चाहिए।
- तृतीय सेमेस्टर में 02 से अधिक विषयों में बैक न हो।
- तृतीय एवं चतुर्थ सेमेस्टर में सम्मिलित रूप से 04 विषयों से अधिक में बैक न हो।

### षष्ठम सेमेस्टर में प्रवेश की पात्रता:-

- प्रथम सेमेस्टर उत्तीर्ण होना चाहिए।
- द्वितीय सेमेस्टर उत्तीर्ण होना चाहिए।
- तृतीय सेमेस्टर में 02 से अधिक विषयों में बैक न हो।
- चतुर्थ एवं पंचम सेमेस्टर में कितने भी विषयों में बैक हो।
- यदि कोई छात्रा सभी सेमेस्टर में उत्तीर्ण है एवं केवल पंचम सेमेस्टर में 01 (एक) विषय में बैक है, ऐसी छात्रा को षष्ठम सेमेस्टर की परीक्षा के साथ परीक्षा देने का अवसर दिया जावेगा।
- विशेष -
  - ✓ मूल्यांकित उत्तर-पुस्तिकाओं के अवलोकन व Challenged Valuation की प्रक्रिया इस स्नातक स्तर सेमेस्टर परीक्षा अप्रैल-मई से लागू है। छात्राएं परीक्षा परिणाम घोषित होने की तिथि से 3 दिन के भीतर इस हेतु आवेदन प्राचार्य को दे सकती हैं।
  - ✓ विद्यार्थी को स्नातक एवं स्नातक आर्नस की उपाधि तभी प्राप्त होगी जबकि उसने सभी 06 सेमेस्टर की परीक्षाएं उत्तीर्ण कर ली हों एवं 06 सेमेस्टर की परीक्षाएं उत्तीर्ण करने हेतु उसे प्रथम प्रवेश की तिथि से लेकर 06 वर्षों की अवधि प्राप्त होगी।
  - ✓ छात्रा जिस सत्र बैक की परीक्षा में सम्मिलित होगी उसी सत्र का पाठ्यक्रम एवं परीक्षा संबंधी नियम लागू होगा।

## ❖ Course outcome

After the completion of the course the students shall be able to:-

1. Explain the various definitions of yoga. History of Yoga and branches of yoga.
2. Describe the kinds of Yoga asnas , its importance methods, rules, regulations and limitations .
3. Demonstrate , knowledge of Pranayamas , Pranand lifestyle, Breathing and life span.
4. Demonstrate various type of Yoga asanas in their correct method of performance.
5. Demonstrate diffirent Pranayams .
6. Explain about the definitions origin, branches of Yoga.

## ❖ PROGRAMME OUTCOMES

After completing the course , a students of Yoga science can find a career to teach and spread the knowledge in School, Colleges, Health centre.

- The students will be learn the Yoga asanas and be able to guide other in practice.
- Students will be able to work with self -directed approach and social relevance.
- Students will be treat with Empathy ,Moral and Human values.



राधिका  
वैशाली




**2021-22**

**Structure & Syllabus for One Year PG Diploma In Yoga Science  
(PGDYS)**

1. The title of the programme will be Post Graduate Diploma in Yoga Science and will be introduced from the academic year 2020-21

2. **Objectives:** The objectives of the programme shall be to provide knowledge of good health proceeding carrer in yoga instructor

3. **Eligibility for admission:** In order to be eligible for admission to PGDYS a candidate must be Graduate in any stream with minimum 40% marks in aggregate. The upper age limit is 27 years.

4. **Duration :** The duration of the PGDYS Program shall be one year.

5. **Fee Structure** will be decided as per the college rules.

The rules regarding fees for SC and ST candidates will be applicable.

6. The attendance policy is followed as per the University norms.

7. **The scheme of Examination:** The PGDYS examination will be of 300 marks as given below.

8. 1) Theory Paper 200 marks (four papers, each of 50 marks)

2) Assignment and Practical Papers :100 marks.

**9. The Standard of Passing and Award of Class**

In order to pass in the examination the candidate has to obtain 40% marks out of 100 (min. 40% marks must be obtained in theoretical papers as well as practical papers university Examination.)

The class will be awarded on the basis of aggregate marks obtained by the candidate for examinations



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Vaisna



10. The medium of Instruction and Examination (written & viva) shall be English/ Hindi.


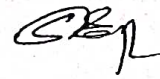

**11. Instructions to paper setters**

(a) In each theory paper, three sections A,B and C .

(b) section A, 10 very short answer  $1 \times 10$  10

Section B, 5 short answer question with internal choice  $4 \times 5$  20

Section C, 2 long answer question with internal choice  $2 \times 10$  20

 रोहित सिंह    
Prakashali

# EXAMINATION SCHEME FOR P.G. DIPLOMA IN YOGA SCIENCE

2021-22

S.N.	THEORY PAPER	MINI .N.	MAXI N.
1	THEORITICAL YOGA VIJNAN	17	50
2	APPLIED YOGA VIJNAN	17	50
3	YOGA PHILOSOPHY	17	50
4	HATH YOGA	17	50
	<b>TOTAL</b>		<b>200</b>
	<b>PRACTICAL</b>		
1	DEMONSTRATION-COMPULSORY ITEMS	75	
2	FILE	05	
3	VIVO-VOICE	20	
	<b>TOTAL</b>	<b>33</b>	<b>100</b>



रोहित सिंह



  
चेतन सिंह

Govt. Bilasa Girls' P.G. College, Bilaspur

P.G. Diploma in Yoga Science

Syllabus - 2021-22

There shall be four theory papers and one Practical

Paper - I

Theoretical Yoga Vijnan

M.M. - 50

- Unit-I Introduction to Yoga : The concept, meaning, definition and tradition of Yoga, Guru-Shishya (types and meaning)
- Unit-II Basic texts of Yoga – Yoga Sutra (Samadhi and Sadhana Padas), Hathyoga Pradipika.
- Unit-III Kinds of yoga : Bhakti yoga, Karma Yoga, Mantra yoga and Raj yoga.
- Unit-IV Study of Ida, Pingala, Sushumna, Seven Chakras, Five Koshas, and Five Pranas.
- Unit – V Contemporary Yogis – Shri Aurobindo, Satyananda and Shivananda.

संदर्भ ग्रंथ :-

1. पतंजलि योग दर्शन – गीता प्रेस
2. श्रीमद् भागवत गीता
3. भारतीय दर्शन की रूपरेखा – प्रो. हरेन्द्र प्रसाद सिन्हा
4. सांख्य कारिका – ईश्वर कृष्ण
5. योग के कुछ विभूतियां



रोहितसिंह





# Govt. Bilasa Girls' P.G. College, Bilaspur

P.G. Diploma in Yoga Science

Syllabus - 2021-22

There shall be four theory papers and one Practical

## (Paper-II)

### Applied Yoga Vijnan

M.M. – 50

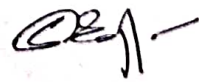
- Unit - I Meaning, definition and importance of Yoga and Health in life. Theories of Health, Various exercises benefits of Yoga-asanas and their values vis-a-vis other systems.
- Unit -II Practice of Yoga – Preparation, Food, Dress, Sequence, Climatic Changes daily routine Vratas for health, positive and negative factors.
- Unit – III Life pattern and Yoga – Effects of yoga upon bodily functions, Role of yoga asanas in modern living.
- Unit – IV Physiology – Constitution Nervous system, Respiratory system, Circulatory system and Endocrine glands.
- Unit – V Aspects of Mind (Topographical and Dynamic) Id, Ego and Super Ego, Concious, Sub-concious and Un-concious. Yogic concept of mind and mental process.

### संदर्भ ग्रंथ :-

1. आसन प्राणायाम बंध मुद्रा – स्वामी सत्यानंद सरस्वती
2. पंतजलि योग सूत्र, योग प्रवाह
3. योग और शिक्षा
4. हमारा योग और उसके उद्देश्य
5. योग के चमत्कार



नेरिलसिंह





# Govt. Bilasa Girls' P.G. College, Bilaspur

P.G. Diploma in Yoga Science

Syllabus - 2021-22

There shall be four theory papers and one Practical

## Paper - III


### Yoga Philosophy



M.M. : 50

- Unit-I The subject matter of Yoga philosophy – Samkhya : Prakriti, Purusha and Cosmology.  
Vedanta : Brahman Soul and Maya
- Unit-II Different systems of Philosophy :  
Pancha Mahavrata – Janism  
Ashtang Marg – Buddhism  
Integral Yoga – Shri Aurobindo
- Unit-III Yoga Sutra : Nature of Chitta, Chitta vrittis and Bhoomis
- Unit-IV Kinds of Yoga : Hatha Yoga, Kundalini, Jnana, Laya
- Unit-V Psychosomatic disorders (meaning and types) their management through Yoga, Aging – Its problems and management through Yoga.

### संदर्भ ग्रंथ :-

1. मुक्ति के चार सोपान – स्वामी सत्यानंद सरस्वती
2. योग और मानसिक स्वास्थ्य – डॉ. सुरेश वर्णवाल
3. आयुर्वेद सिद्धांत रहस्य – आचार्य बालकृष्ण
4. रोग एवं योग – स्वामी कर्मानंद सरस्वती
5. घेरण्ड संहिता – स्वामी निरजानंद सरस्वती

 रोहितसिंह

**Govt. Bilasa Girls' P.G. College, Bilaspur**

P.G. Diploma in Yoga Science

Syllabus - 2021-22

There shall be four theory papers and one Practical

**Paper – IV**


**Hath Yoga**


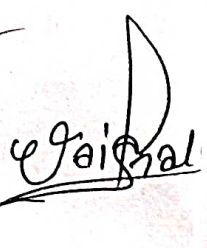
M.M. : 50

- Unit - I Introduction to the Hath Pradipika and Gherand Samhita  
Unit – II Pranayama : Its meaning methods, kinds, Precaution and benefits.  
Unit – III Shuddi Kriya – Shatkarma, its method and utility.  
Unit – IV Bandha and Mudras – methods and benifits  
Unit – V Samadhi, Different system of Meditation.

संदर्भ ग्रंथ :-

1. योग विज्ञान के मूल तत्व
2. हठयोग प्रदीपिका – स्वामी स्वात्माराम (कैवल्यधाम लोनावाला)
3. मानव शरीर रचना एवं क्रिया विज्ञान – डॉ. अनंत प्रकाश
4. आसन प्राणायाम बंध एवं मुद्रा – स्वामी सत्यानंद सरस्वती
5. पतंजलि योग दर्शन – गीता प्रेस

 रोहित सिंह

## ❖ YOGA SCIENCE

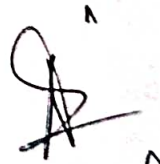
### • PRACTICAL WORK

S.N.	SUBJECT	YOGIC PRACTICES
01	Prayers	All Mantra & Prayers
02	Starting Practice	Pawan Muktasana Part-
		1,2,3,Marjarasana,Tadasana, Tiryaka Tadasana kati Chakrasana,
03	Suryanamskara/Pragya Yoga	With Mantras & Breathing pattern,
04	Asanas Cultural Standing	Utkatasana, Padahasthasana, Trikonasana, Veerasana, Vrikshasana, Sankatasana, Garudasana, Padangusthasana, Sarvangpushti; Murdhasana
05	Cultural Sitting	Buddha Padamasana, Uttitha Padamasana, Mandukasana, Uttanmandukasana, Vrishabhasana, Guptasana, Sunhasana, Ushtrasana, Suptavajrasana, Vakrasana, Ardhamatsyendrasana, Gomukhasana, Janushirasana, Pashchimottansana,
		Akarndhanurasana, Bhadrasana, Shashankasana, Mandukasana.
06	Cultural Lying	Pwanmuktasana, Sarvangasana, Matsyasana Naukasana (on Back), Halasana, Chakrasana, Karnpkiasana, Bhujangasana, Shalabhasana, Dhanurasana, Naukasana (on Abdomen)
07	Cultural Advance	Shirshasana, Kurmasana, Uttan Kurmasana, Tolangulasana, Mayurasana, Kukkutasana, Gatbhasana, Gorakshasana, Ugrasana, Bakasana ,Matsyendraasana, Ekpadasherasana, Vatayanasana, Natarajasana, Kapothasana..

		Shurshapadangusthasana,
08	Relaxative/ Meditive	Shavasana, Balasana, Makrasana, Sukhasana, Padmasana, Vajrasana, Swastikasana, Siddhasana,
09	Pranayam	Breathing _Chest ,Abdominal and Yogic, Puraka, Rechaka, And Kumbhaka, Anulom_Vilom, Nadishodhan, Ujjayi, Surya And Chandrabhedan, Bhastrika, Bhramri, Sheetali, Shitkari Pranayam ,
10	Mudras/ Bandhas	Jalandhar Bandha, Uddiyana Bandha, Moola Bandha , Mahabandha, Kaki mudra , Yoga Mudra, Viprikarani Mudra, Mahamudara, Shambhavi Mudra, Ashwini Mudra, Pasuni Mudra, Nasikagra Mudra, Brahmamudra, Shanmukhimudra,
11	Shuddhi Kriyas	Kapalabhati , Nauli ,Agnisara, Trataka Neti -Jal And Sutra , Dhauti -Vamandhauti , Vastradhauti , Danddauti ,Shankha Prakshalan ,
12	Meditation	Soham Sadhana , Prana Dharna , Savita Dhayan ,Jyoti AAvataran , Panch Kosha , Dhyan Yog Nidra ,



रिपिनि

Prashanti