

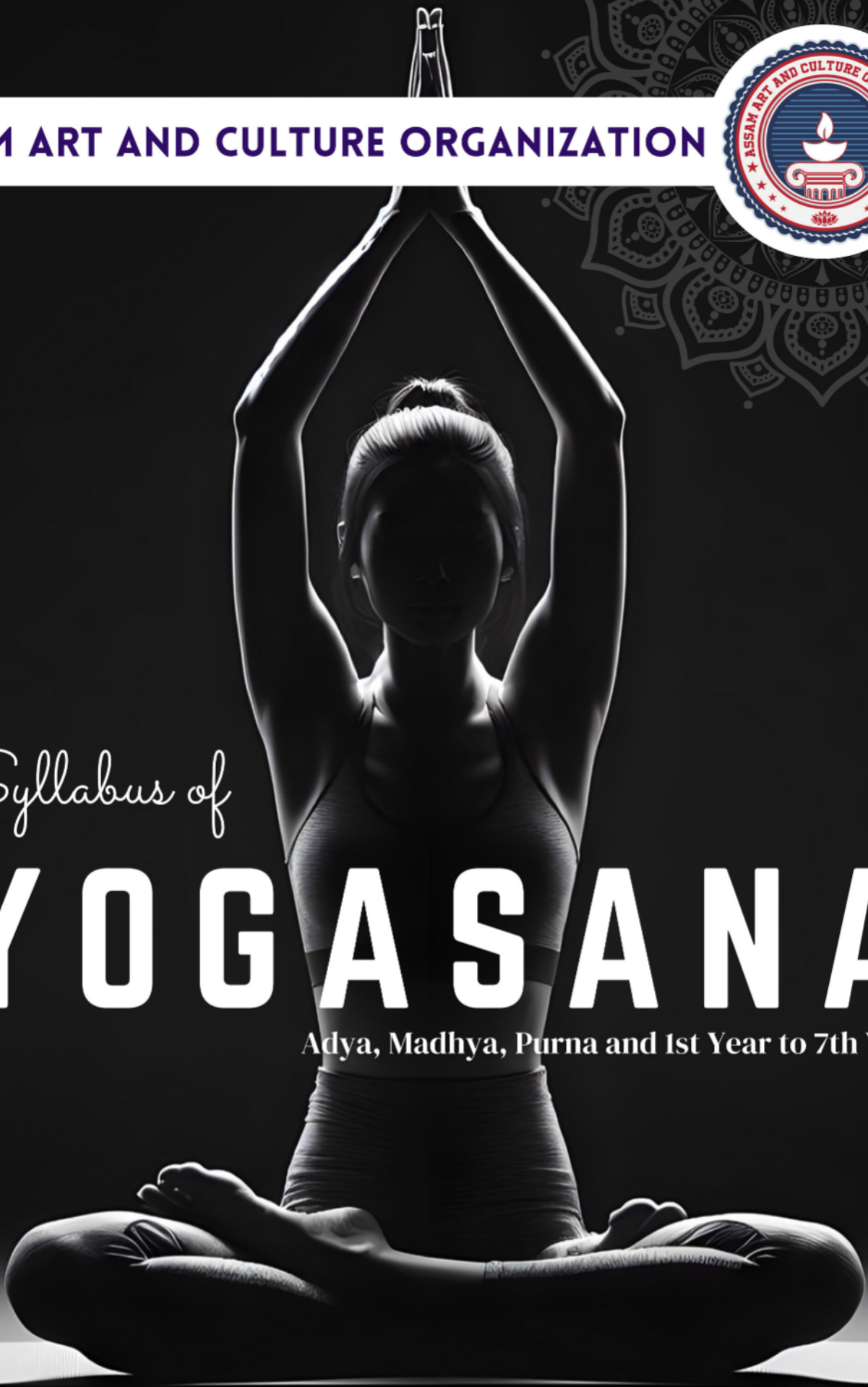
ASSAM ART AND CULTURE ORGANIZATION



Syllabus of

YOGASANA

Adya, Madhya, Purna and 1st Year to 7th Year



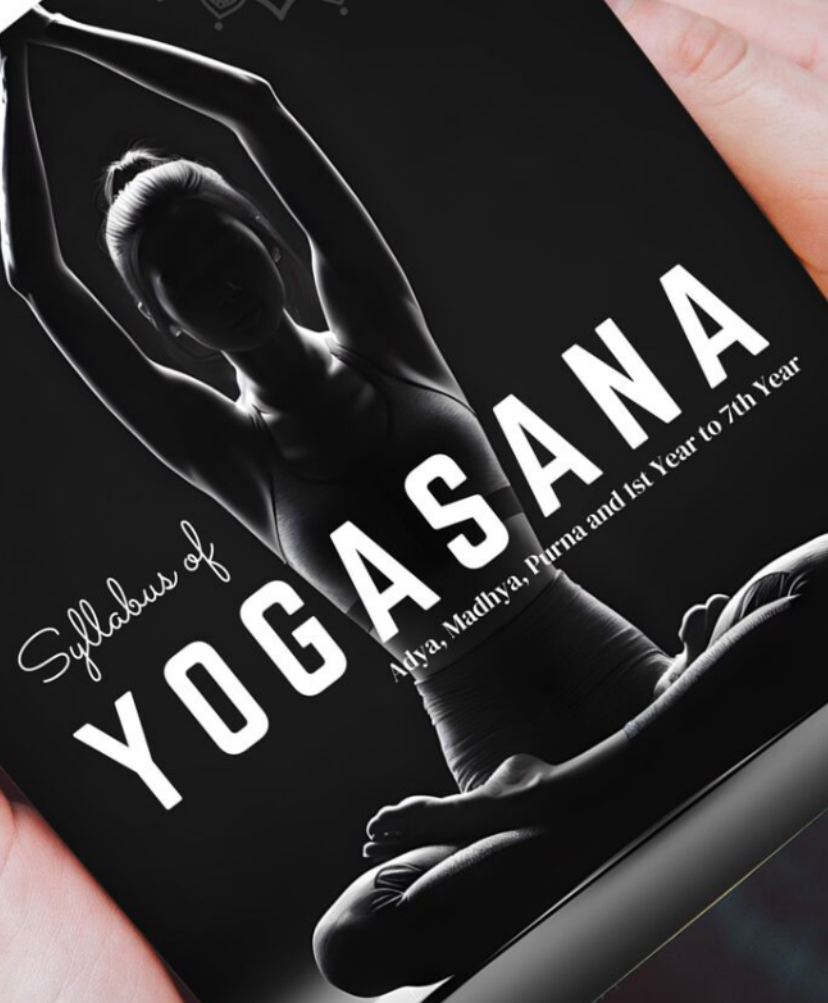


ASSAM ART AND CULTURE ORGANIZATION

Syllabus of

YOGASANA

Adya, Madhya, Purna and 1st Year to 7th Year



YOGASANA SYLLABUS

SEMESTER I to VIII



ASSAM ART AND CULTURE ORGANIZATION



Release Date: 19th March, 2024

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1. Four free hand exercises.
2. Six physical exercises including shoulders, neck, and waist.
3. Demonstrate Sabasana, Bajrasana, Padmasana, Siddhasana, Sukhasana, Singhasana, Bhadrasana, Brikkhasana.
4. Benefit of asanas included in curriculum.

Theoretical Knowledge

1. What is Yogasana? What are the types of Yoga?
2. Why is it necessary to rest after Yoga?
3. How many bones are there in the human body?
4. What are the necessity of Sabasana?
5. Name few Yogasana.
6. What kind of clothes should be worn while doing Yoga?

PAPER	I PAPER	II PAPER	III PAPER	IV PAPER	V PAPER
MARKS	100	X	X	X	X
TOTAL MARKS	100				

Subject :- YOGASANA

Theory : Nill

Practical : - 100 Marks

1. Six freehand exercises.
2. Four leg exercises.
3. Four hand exercises.
4. Demonstrate Sabasana, Pabanmuktasana, Garurasana, Ardhakurmasana, Bhujangasana, Ardhasalvasana, Usthrasana, Ardha-padmasana, Marjariasana, Tolangulasana.
5. Advantages of the Asanas included in the syllabus.

Theoretical Knowledge

1. From what age should yoga be practiced?
2. Which asanas should be done before sleeping at night?
3. Where does the word 'Yoga' come from?
4. How long should you do yoga after eating?
5. How many organs are there in the human body and what?
6. What is the purpose of yogasana?

PAPER	I PAPER	II PAPER	III PAPER	IV PAPER	V PAPER
MARKS	100	X	X	X	X
TOTAL MARKS	100				

Subject :- YOGASANA

Theory : Nill

Practical : - 100 Marks

1. Eight free hand exercises.
2. Four hand exercises.
3. Four leg exercises.
4. Demonstrate Sabasana, Uthito Padmasana, Mrigasana, Suptabajrasana, Gomukhasana, Solvasana, Janushirasana, Makrasana, Akpadashirasana, Purnabhu-jangasana.
5. Advantages of the Asanas included in the syllabus.

Theoretical Knowledge

1. What time of the day is the best time for yoga?
2. Name of three Dhyanasana [Meditation].
3. What type of food is needed to survive?
4. What Asanas to practice on a full Stomach?
5. Name three Sasthyasanas.
6. What is the total number of Asanas?
7. Who is called 'Father of Yoga'?
8. What is Asana?

PAPER	I PAPER	II PAPER	III PAPER	IV PAPER	V PAPER
MARKS	100	X	X	X	X
TOTAL MARKS	100				

Subject :- YOGASANA

Theory : Nill

Practical : - 100 Marks

1. Eight free hand exercises.
2. Practice Surya Pranaam.
3. Practice Shaktichali Mudra, Biparitkarani Mudra and Maha Mudra.
4. Demonstrate Sabasana, Chakrasana, Baddhajanush - irasana, Paschimottasana, Birasana, Brishhasana, Sankatasana, Utkatasana, Mandukasana, Trikonasana, Sasangasana, Makarasana.
5. Practice Meditation.
6. Advantages of Asanas included in the syllabus.

Theoretical Knowledge

1. What is kumbhak and how many types?
2. Name of three Bishramasanas.
3. What is our body temperature?
4. Name one Asana that improves eyesight.
5. On which day the world Yoga day celebrate?
6. Which foods contain vitamins A, B, C and D.
7. How many liters of water a person needs throughout the day?
8. Name three Asanas that improve digestion?
9. Names of fourteen pulse in the human Body.

Subject :- YOGASANA

Theory : Nill

Practical : - 100 Marks

1. Eight free hand exercises.
2. Practice four physical exercises when lying down.
3. Showing four yogasanas while sitting
4. Demonstrate Sabasana, Usthrasana, Halasana, Garbhasana, Matsyasana, Natarajasana, Bakasana, Kukutasana, Utthitakurmasana, Pranasana, Sarvangasana, Hastabhujasana.
5. Practice Dhyan or Meditation.
6. Advantages of the Asanas included in the syllabus.

Theoretical Knowledge

1. Name and practice Five physical exercises.
2. What is the name of the largest bone in the body?
3. How many steps of Ashtanga Yoga and what?
4. Benefits of exercise and Yogasana.
5. Mention two useful rules in life.
6. How many bones are there in our spine?
7. What are the names of five main pulses describe in Yogasana?
8. What is exercise?
9. What is Purak and Rechak?
10. Name some asanas to cure stomach disease.

Subject :- YOGASANA

Theory : Nill

Practical : - 100 Marks

PRACTICAL

- 1. Five chest exercises.**
- 2. Four waist and Abdominal Exercises.**
- 3. Practice Pelvic stretch, Seat-up, Deep breathing, Front kicking and Ley-flying.**
- 4. Practice Ashwini Mudra, Yoga Mudra, Mulabandha Mudra, Shaktichaloni Mudra and Maha Mudra.**
- 5. Demonstrate Sabasana, Ardhabakrasana, Dhanurasana, Purna ustrasana, Ekpada angusthasana, Baddha Matsyasana, Ekpada Sirasana, Ekpada paschimottasana, Ekpada hastasana, Purnadhanurasana, Ekpadasana, Purnachakrasana, Purnachandrasana, ,Utthita-ekpadahastasana, Mayurasana.**
- 6. Practice Anulom-Vilom, Ujjayi, Sithkari and Shitali pranayama.**
- 7. Practice proper exercises and Yogasanas for relieve constipation.**
- 8. Advantages of the Asanas included in the syllabus.**

Subject :- YOGASANA**Theory : Nill****Practical : - 100 Marks**

Theoretical Knowledge

1. Which pulse exercise is better for Ashwini mudra practice?
2. What is Pranayama?
3. What is Mudra?
4. What is called complete breathing?
5. When not to drink water and Why?
6. What is a stable stage of happiness?
7. What is the ultimate destination of yoga according to Ashtanga Yoga?
8. Which book is considered to be the best authoritative book on yoga?
9. In which language did Maharshi Patanjali write the philosophy of Patanjali yoga?
10. What are the five subjects of rules?
11. Which yoga is more important in the philosophy of Patanjali yoga?

Subject :- YOGASANA

Theory : Nill

Practical : - 100 Marks

PRACTICAL - I

1. Twelve exercises of different parts of the body.
2. Practice the pranayama of Suryabheda and Chandrabheda, Nasapan, Nauli, kapalvati.
3. Pyramid [1st stage].
4. Practice Suryapranaam with mantra.
5. Demonstrate Sabasana, Muktasana, Tittrivasana, Bikatasana, Konasana, Utthita divujasana, Bilomasana, Patangasana.

PRACTICAL - II

1. Practice Uddiyon Mudra, Baddhatroy, Vhastriban, Intercustom breathing.
2. Demonstrate Bhramari, Vastika, Murchha and Plabani Pranayama.
3. Showing the necessary exercises and Yogasana from fat to thin.
4. Demonstrate Suptabajrasana, Ekpadaabakasana, Shirasana, Jakkhasana, Parsha ardhachandrasana, Brittasana, Bivaktasana, Dandayamana bharmanasana.
5. Advantages of the Asanas included in the syllabus.

Subject :- YOGASANA

Theory : Nill

Practical : - 200 Marks

Theoretical Knowledge

1. What is called a deep breath pause?
2. What is Shatkarma?
3. Name two asanas which improve memory.
4. Discuss the principles of Pranayama.
5. What is the main point of Patanjali yoga philosophy?
6. What is the benefits of Kapalbhati pranayama?
7. What is essential for yoga practice.
8. Asana-Pranayama practice belongs to which yoga?
9. Name five methods of Shatkarma.
10. Which three stages of Ashtanga yoga are collectively called restraint?
11. Name of two sages of yoga.
12. What is the stable stage of happiness?.

Subject :- YOGASANA

Theory : Nill

Practical : - 200 Marks

PRACTICAL - I

1. Twelve exercises different parts of the body.
2. Pyramid [Advanced Stage].
3. Practice Yoganidra.
4. Exercises and asanas to increased eyesight.
5. Demonstrate Sabasana, Dwipada sirasana, Biparit titrivasana, Ghokhilasana, Setubandhasana, Asana-na, Dwipavujasana, Baddha sarbhangasana, Hastas-irsasana, Utthanasana, Hasta padangusthasana.

PRACTICAL - II

1. Showing the benefits of Yogasana and pranayama for Asthma.
2. Demonstrate various Mudra.
3. Practice essential exercises to keep your feet healthy.
4. Demonstrate various Pranayama.
5. Brischikasana, Hangsasana, Asthabakrasana, Padasantulasana, Baddhakonasana, Dhandayaman titrivasana, Ardha matsendrasana, Utthita Dwipada sirasana, Karnapithasana, Utthita padahasthasana, Akarna dhanurasana.
6. Advantages of the asanas included in the syllabus

Subject :- YOGASANA

Theory : Nill

Practical : - 200 Marks

Theoretical knowledge

1. From what age should yoga be practiced?
2. Why is the colour of our blood red?
3. What specifically do we benefit from yoga education and what benefits does the body feel?
4. What diseases are caused by the lack of vitamin A, B, C and D?
5. What is pancha Pranavayu and Pancha kosha?
6. What is Panchaklesha of mind?
7. What are the muscles in our body divided into?
8. When not to drink water and why.
9. What is the function of kidney in human body?
10. What is the function of Lungs?
11. What should be the blood pressure of normal people?
12. Yogis especially focus on which asanas?
13. Why does the body need food?
14. Which asanas can be practiced to prevent Asthma?
15. Which asanas should be done by a spondylitis patient?
16. What are the benefits of Nadasana?
17. What are the benefits of Kapalabhati pranayama?
18. Which asanas should be done for stomach disease?
19. What is the purpose of practicing yoga today?
20. What type of food should be eaten and what type of food should not be eaten in Diabetes, Heartburn and Rheumatism?