



# **Level 1 - Yoga Protocol Instructor (YPI)**

Complied by Yogesh Haribhau Kulkarni

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# **Yoga Certification Board (YCB) - Level 1 - Yoga Protocol Instructor (YPI)**

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### **Overview**

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#### **Yoga Protocol Instructor (YPI)**

- Credit points for certificate : 12 credits
- Total Marks: 200 (Theory: 60 + Practical: 140)

#### **Theory**

Unit	Name	Marks
1	Introduction to Yoga and Yogic Practices	20
2	Introduction to Yoga Texts	20
3	Yoga for Health Promotion	20
	Total	60

#### **Practical**

Unit	Name	Marks
1	Demonstration Skills	80
2	Teaching Skills	40
3	Application of knowledge	10
4	Field Experience	10
	Total	140

#### **Theory**

### **Introduction to Yoga and Yogic Practices**

#### **Syllabus**

- 1.1 Yoga : Etymology, definitions, aim, objectives and misconceptions.
- 1.2 Yoga : Its origin, history and development.
- 1.3 Guiding principles to be followed by Yoga practitioners.
- 1.4 Principles of Yoga (Triguna, Antahkarana-chatustaya, Tri-Sharira/ Panchakosha).
- 1.5 Introduction to major schools of Yoga (Jnana, Bhakti, Karma, Patanjali, Hatha).
- 1.6 Introduction to Yoga practices for health and well being.
- 1.7 Introduction to Shatkarma: meaning, purpose and their significance in Yoga Sadhana.
- 1.8 Introduction to Yogic Sukshma Vyayama, Sthula Vyayama and Surya Namaskara.
- 1.9 Introduction to Yogasana: meaning, principles, and their health benefits.
- 1.10 Introduction to Pranayama and Dhyana and their health benefits.

### **Background Terms**

#### **Understanding Key Concepts**

- brahman ब्रह्मन् : Absolute reality, infinite, uncaused, eternal, source of being, intelligence, and bliss (sat-chit-anand सत्-चित्-आनन्द).
- maaya माया: Creative and illusory power of ब्रह्मन्, cosmic illusion, ब्रह्मन् as the unaffected upholder of creation.
- atman आत्मन्: Absolute reality in the individual, one with ब्रह्मन्, unchanging, refers to the Absolute within.
- upaadhi उपाधि: Limiting adjunct, false identification creating an illusion of limitation, body and mind.
- avidya अविद्या: Primordial ignorance, wrong identification with उपाधि.

- jeev जीव: Apparent individual soul, self identifying with उपाधि, suffers due to perceived limitations, reborn until realizing true nature (आत्मन्).
- ishwar ईश्वर: ब्रह्मन् with माया, personal God, endowed with omniscience, omnipresence, and unlimited power, creator, preserver, destroyer.
- purush पुरुषः: Absolute consciousness, as described in sankhya-yoga साङ्कhya -योग .
- prakrti प्रकृतिः: Material cause of creation, three गुण in balance, potential creation, माया.

Summary: माया manifests as अविद्या , leading to identification with उपाधि. जीव suffers due to this false identification until realizing आत्मन्.

### **1.1 Yoga : Etymology, definitions, aim, objectives and misconceptions**

#### **Etymology of Yoga**

- Etymology: study of the origin of word. शब्द व्युत्पत्ती शास्त्र
- Sanskrit word योग (Yoga), root युज् (Yuj) meaning "to join" or "to unite".(युज् संयोग)
- Union of ``individual consciousness with universal consciousness" or ``Body, Mind and Spirit".
- More meanings: to integrate (युज् समाधौ ), to restrain (युज् सैयमने )
- Yoga is 'end/goal' (साध्य ) as well as 'means/tools'(साधना)

#### **Definitions of Yoga**

- पतञ्जलि योगसूत्र Patanjali Yoga Sutras: योगश्चित्तवृत्तिनिरोधः ॥ १:२ ॥ To block the patterns of consciousness is Yoga.
- Yoga Vasishtha योगवशिष्ठः : मनः प्रशमनोपायः योग इत्यभिधीयते । Yoga is called a skillful trick to calm down the mind.
- भगवद्गीता Bhagavad Gita:
  - योगस्थः कुरु कर्मणि सङ्गं त्यक्ता धनञ्जय । सिद्धासिद्धोः समो भूत्वा समत्वं योग उच्यते ॥ २:४८ ॥ O Dananjaya, perform action being steadfast in Yoga, abandoning attachment and remaining equanimous in success and failure. Yoga is the equanimity of mind.
  - ब्रुद्धियुक्तो जहातीह उभे सुकृतदुष्कृते । तस्माद्योगाय युज्यस्व योगः कर्मसु कौशलम् ॥ २:५० ॥ Endowed with wisdom of equanimity, cast off in this life both good and bad deeds. Thus, dedicate yourself to Yoga. Skill in Action is Yoga.
  - युक्ताहारविहारस्य युक्तयेष्टस्य कर्मसु युक्तस्वप्रावबोधस्य योगो भवति दुःखाः ॥६ .१ ॥ Those who are temperate in eating and recreation, balanced in work, and regulated in sleep, can mitigate all sorrows by practicing Yog.
- Kathopanishad कठोपनिषद् २/५/४: तां योगामिती मन्यते स्थिरमिन्द्रिय धारणं The state unperturbed when the senses are imprisoned in the mind, of this they say, it is Yoga.

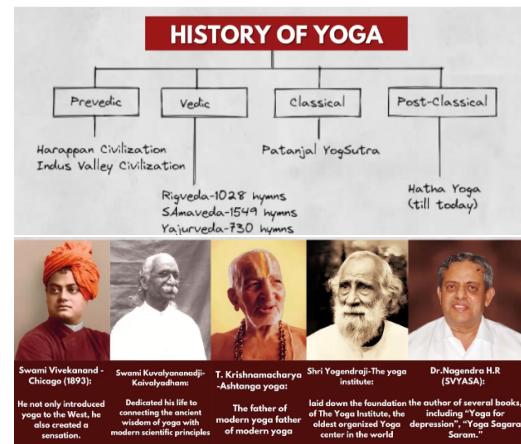
#### **Aims/Objectives of Yoga**

- आहार Aahar, व्यवहार Vyavahar, आचार Achar, विचार Vichar, and विहार Vihar are pillars of yoga that are said to help you live a healthy and happy life.
- To cultivate Discipline and Self-Control.
- To improve Mental Focus and Concentration.
- To enhance Emotional Stability and Resilience.
- To promote Physical Fitness and Posture.
- To achieve Holistic Well-Being and Harmonious Living.
- लक्ष्यः स्वयं का आकलन, आत्मा से परमात्मा की यात्रा ।
- उद्देश्यः सर्वांगीण विकास, सामंजस्य की स्थापना । मन, बुद्धि और चरित्र को शुद्ध बनाना ।

## Misconceptions about Yoga

- Yoga is only about physical postures (aasan आसन).
- Yoga is a religion.
- Yoga requires flexibility.
- Yoga is just about relaxation.
- Yoga is a practice for only young people.
- धर्मः केवल हिंदुओं के लिए नहीं, बल्कि सार्वभौमिक।
- व्यायामः केवल शारीरिक नहीं, बल्कि मानसिक और आध्यात्मिक भी।
- चमत्कार/प्रदर्शन/सिद्धि प्राप्ति।
- युवाओं के लिए ही नहीं, बल्कि सभी के लिए।

## History of Yoga



(Ref: Param Yoga)

## 1.2 Yoga : Its origin, history and development

### Origin of Yoga

- Originated in ancient India around 5000 BCE.
- First mentions in the ऋग्वेद Rigveda and यजुर्वेद Yajurveda.
- One of the Indian philosophical systems (दर्शन) like सांख्य Samkhya and वेदान्त Vedanta.
- **Yogic Lore:**  
In the Yogic lore, Lord Shiva is considered to be the first yogi or आदियोगी (Adiyogi), and the first Guru or आदि गुरु (Adi Guru).
- **उत्पत्ति:** हजारों वर्ष पहले, भारत में। शिव आदि योगी और गुरु। सप्तर्षियों द्वारा प्रसार।
- प्राचीन पुरातत्व अवशेषों से सिद्ध होता है कि सिंधु हड्प्पा संस्कृति में योग था, मुद्राएं और मूर्तियां थीं।
- **साहित्य:** “हिरण्यगर्भ योगस्य वक्ता मान्यः पुरातनः”, वेद, उपनिषद, दर्शन, बौद्ध, जैन परंपरा।
- पतंजलि योगसूत्र।

### Historical Development of Yoga

- **Pre-Classical/Vedic Period:** मंत्रयोग, प्राणयोग, ध्यानयोग mantra yoga, praan yoga, dhyan yoga. Upanishads and early Yoga texts (1500-500 BCE)
- **Classical Period:** Yoga Sutras of पतञ्जलि Patanjali and bhagavadgeeta भगवद्गीता (500 BCE - 800 CE).
- **Post-classical/Medieval Period:** Development of hathayoga हठयोग and tantric traditions (800-1700 CE). Hathayoga is Tantra yoga after removing some controversial practices.
- **Modern Period:** Revival and global dissemination in the 19th and 20th centuries. Major figures: Swami Vivekananda, Sri T. Krishnamacharya, B.K.S. Iyengar. (Post 1700)
- **वैदिकः १५०० इ पूर्व - ५०० इ पूर्व :** सूर्यनमस्कार प्राणायाम, वेद, पाणिनी
- **श्रेष्ठ अवधीः ५०० इ पूर्व - ८००:** पतंजली योगसूत्र, व्यास भगवद्गीता, महावीर पंचमहाव्रत, बुद्ध अष्टांगिक मार्ग
- **पश्चातः ८०० - १७००:** आदी शंकराचार्य, रामानुजाचार्य, माधवाचार्य, भक्तियोगी (कबीर, तुलसी), हटयोगी (नाथ संप्रदाय)
- **आधुनिकः १७०० के बादः** रमण मर्हर्षी, विवेकानन्द, परमहंस योगानन्द, टी कृष्णमाचार्य, सत्यानन्द सरस्वती

### Key Texts and Influences

- vaidik वैदिक - Early ritualistic and philosophical foundations.
- upanishad उपनिषद - Conceptual framework of Yoga.
- patanjali yogasutra पतंजली योगसूत्र - Systematization of Yoga philosophy.
- bhagavadgeeta भगवद्गीता - Integration of Yoga with life and duty.
- hathayoga pradipika हठयोग प्रदीपिका - Practical techniques and practices.
- भारतीय दर्शन :
  - आस्तिक (वेद मानने वाले): न्याय (गौतम), वैशेषिक (कणाद), सांख्य (कपिल), मीमांसा (जैमीनी), योग (पतंजलि), वेदान्त (बादरायण)।
  - नास्तिक: जैन (महावीर), बौद्ध, चार्वाक (बृहस्पति)।

### Evolution of Yoga Practices

- Early practices focused on meditation and asceticism.
- Development of physical postures (aasan आसन) in the medieval period.
- Integration of breath control (pranayam प्राणायाम) and energy channels (naadi नाडी).
- Emergence of different styles: hath हठ, kundalini कुण्डलिनि, raajyoga राज योग, and karma yoga कर्म योग.
- Contemporary practices: विन्यास, अष्टान्त, and Power Yoga.
- सूक्ष्म व्यायामः हल्के, योगाभ्यास से पहले। स्वामी धीरेंद्र ब्रह्मचारी (गुरु: कार्तिकेय महाराज)। शरीर लचीला और तैयार होता है।
- सस्थूल व्यायामः पूरे शरीर का, गति और शक्ति का संचार।

## 1.3 Guiding principles to be followed by Yoga practitioners

### Guiding Principles for Yoga Teachers Practitioners

- **Preparation:** Ensure a clean, well-ventilated space free from distractions. For online classes, check internet connectivity, settings etc.
- **Diet:** Practice on an empty or light stomach to optimize प्राण शक्ति Prana Shakti (vital force) for healing and repair.
- **Starting the Class:** Begin with a prayer or mantra.
- **Touch and Posture Correction:** Always seek permission before touching practitioners for posture correction, especially in Western contexts.
- **Verbal Cues:** Provide clear, precise instructions, particularly in online classes. Include reminders for breathing, alignment, and maintaining connection with the stretch.
- **Post-Practice:** Avoid drinking water, showering, or eating immediately after practice to allow the body's heat to dissipate naturally. A gap of 40 minutes to 1 hour is recommended.
- **Feedback:** Keep time at the end of the class for feedback and open conversation to improve future sessions.

## Guiding Principles for Yoga Practitioners By Swami Vishnudevananda

- Proper Exercise - aasan आसन
- Proper Breathing - pranayam प्राणायाम
- Proper Relaxation - shavasan शवासन
- Proper Diet - Vegetarian
- Positive Thinking and Meditation - vedant वेदान्त and dhyana ध्यान

## 1.4 Principles of Yoga (त्रिगुण Triguna, अन्तःकरण -चतुर्स्तय Antahkarana-chatustaya, त्रिशरिर TriSharira/ पञ्चकोष Panchakosha)

### त्रिगुण (Three गुण )

- sattva सत्त्व - Quality of purity, clarity, and harmony.
- rajas रजस - Quality of activity, movement, and restlessness.
- tamas तमस - Quality of inertia, darkness, and ignorance.
- Balance of गुण affects mental and emotional states.
- Goal: Cultivate सत्त्व for spiritual growth and peace.

### अन्तःकरण -चतुर्स्तय (Four Aspects of the Inner Instrument)

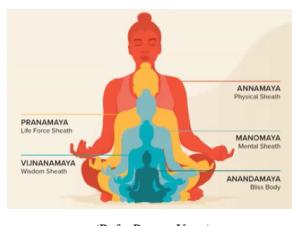
- manas मनस (Mind) - Handles thoughts and sensory perceptions.
- buddhi बुद्धि (Intellect) - Functions as the decision-making faculty.
- ahamkaar अहंकार (Ego) - Sense of individuality and self-identity.
- chitta चित्त (Memory) - Stores past experiences and impressions.
- Harmonizing these aspects aids in mental clarity and self-awareness.

### त्रिशरिर Tri-Sharira (Three Bodies)

- sthula sharir स्थूल शरीर (Gross Body) - Physical body made of elements.
- sukshma sharir सूक्ष्म शरीर (Subtle Body) - Includes mind, intellect, and ego.
- kaaran sharir कारण शरीर (Causal Body) - The essence of individuality and karma.
- Understanding these bodies aids in holistic self-realization.
- Goal: Achieve harmony among all three bodies for spiritual growth.

### पञ्चकोष (Five Sheaths)

- अन्नमय annamay कोष kosh (Food Sheath) - Physical body nourished by food.
- प्राणमय praanamay कोष kosh (Vital Air Sheath) - Energy body responsible for life force.
- मनोमय manomay कोष kosh (Mental Sheath) - Mind and emotional body.
- विज्ञानमय Vijnanamaya कोष kosh (Wisdom Sheath) - Intellect and discernment.
- आनन्दमय Anandamaya कोष kosh (Bliss Sheath) - True self, source of bliss and consciousness.
- Goal: Transcend the sheaths to realize the true self.



### पञ्च महाभूत Pancha Maha Bhuta : Five Elements

- Akasha आकाश (Space/Ether)
- Vayu वायु (Air)
- Agni अग्नि (Fire)
- Jala जल (Water)
- Prithvi पृथ्वी (Earth)

### Elemental Sequence :

- From आकाश (Akasha) comes वायु (Vayu)
- From वायु (Vayu) comes अग्नि (Agni)
- From अग्नि (Agni) comes जल (Jala)
- From जल (Jala) comes पृथ्वी (Prithvi)

### पञ्च महाभूत Pancha Maha Bhuta : Five Elements

#### Physical Properties and Functions :

Element	Space/Ether/Air	Fire	Water	Earth
Attributes	Light, Minute, Quick, Clear, Soft	Dry, Hot, Rough, Mobile, Cold, Minute, Clear	Heavy, Moist, Fluid, Slimy, Cold, Thick, Clear	Heavy, Rough, Solid, Massive, Firm, Hard
Role in the Body	Body cavities	Movement, pulsation, conduction	Whole body metabolism	All adhesions, joints

### तन्मात्र Tanmatras and Sense Organs

#### तन्मात्र Tanmatras : Fundamental/seed Elements

Element	Sanskrit Word	English Translation
Space/Ether	शब्द (Shabda)	Sound
Air	स्पर्श (Sparsha)	Touch
Fire	रूप (Rupa)	Shape/Visual/Light
Water	रस (Rasa)	Taste
Earth	गन्ध (Gandha)	Smell

#### पञ्च ज्ञानेन्द्रिय Pancha Jnanendriya : Five Sense Organs

Element	Sense Organ
Space/Ether	Ears
Air	Skin
Fire	Eyes
Water	Tongue
Earth	Nose

### पञ्च कर्मेन्द्रिय Pancha Karmendriya : Five Action Organs

Element	Action Organ	Function
Space/Ether	Tongue	Speech
Air	Hand	Receiving and Holding
Fire	Feet	Movement
Water	Genitals	Reproduction
Earth	Anus	Discharging the waste

### सप्त धातु Sapta Dhatu : Seven Tissues

- रस Rasa - Plasma
- रक्त Rakta - Blood
- मांस Mamsa - Muscle
- मेद Meda - Adipose
- अस्थि Asthi - Bone
- मज्जा Majja - Bone Marrow
- शुक्र Shukra - Reproductive Tissues

### Function :

धातु (Dhatu) sustains and maintains the body, with each Dhatu providing nourishment to the next.

## त्रिदोष Tri Doshas : Three Constitutions

दोष Dosha	Properties
वात Vata	Dry, Light, Cold, Rough, Minute, Unsteady
पित्त Pitta	Unctuous, Hot, Sharp, Light, Bad Smell, Quick in movement, Liquid
कफ Kapha	Unctuous, Cold, Massive, Sluggish, Slippery, Soft, Steady

### दोष Dosha Meaning :

दोष (Dosha) means 'that which vitiates' and can be seen as a fault or imbalance in the cosmic rhythm.

## पञ्च प्राण Pancha Prana : Five Pranas in the Body

- प्राण Prana - From the head down to the navel
- अपान Apana - From the navel down to the मूलाधार चक्र Muladhara chakra
- उदान Udana - From the navel to the head
- समान Samana - In the navel region
- व्यान Vyana - Throughout the body

### उपप्राण Upapranas :

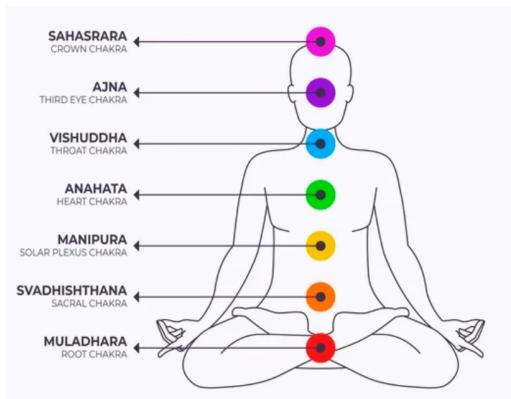
- नाग Naga - Hiccoughs, Burps
- कुर्म Kurma - Blinking of the eyes
- कृकल Krikal - Hunger, Thirst, Sneezing, Coughing
- देवदत्त Devadatta - Yawning, Drowsiness
- धनञ्जय Dhananjaya - After death lingering

## प्राण Pranas



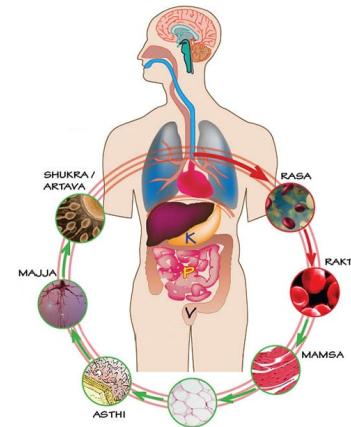
(Ref: Raja Yoga Rishikesh)

## चक्र Chakras



(Ref: Raja Yoga Rishikesh)

## धातु Dhatus



(Ref: Param Yoga)

## 1.5 Introduction to major schools of Yoga (ज्ञान Jnana, भक्ति Bhakti, कर्म Karma, पतञ्जलि Patanjali, हठ Hatha)

### Philosophic Schools in Ancient India

#### Types of Schools (दर्शन Darshana):

- आस्तिक दर्शन Astik Darshana - Schools that follow the Vedas. (वेद प्रमाण) : न्याय (गौतम), वैरेषिक (कणाद), सांख्य (कपिल), मीमांसा (जैमिनी), योग(पतञ्जली), वेदान्त (बादरायण)
- नास्तिक दर्शन Nastik Darshana - Schools that do not follow the authority of the Vedas नास्तिक : जैन (महावीर), बौद्ध, चार्वाक (बृहस्पती)

### ज्ञान योग Jnana Yoga: Yoga of Wisdom

Definition: ज्ञान योग Jnana Yoga is the path of self-realization through discerning the real from the unreal. It is a non-dualistic path that encourages the separation of the real from the illusory.

#### Three Stages of ज्ञान योग Jnana Yoga Practice :

- श्रवण Sravana - Listening or absorbing instructions
  - मनन Manana - Reflection or contemplation involving reasoning
  - निधिद्यासना Nidhidhyasana - Repeated meditation and implementation of convictions
- साधना चतुर्स्तयं Sadhana Chatustaya :
- मनस Manas - Mind
  - बुद्धि Buddhi - Intellect
  - चित्त Chitta - Consciousness
  - अहंकार Ahamkara - Ego

FOURFOLD साधना Sadhana of the student in the path of ज्ञान योग Jnana Yoga consists of विवेक Viveka, वैराग्य Vairagya, षड्संपत्त Shadshampat or sixfold virtues and मुमुक्षुत्व Mumukshutva or strong yearning for liberation. Sixfold path is विवेक Viveka, वैराग्य Vairagya, साम Sama, दाम Dama, उपरति Uparati, तितिक्षा Titiksha, श्रद्धा Sraddha and समाधान Samadhana !

### भक्ति योग Bhakti Yoga: Yoga of Devotion

Definition: Bhakti Yoga is the path of unconditional love for God, emphasizing devotion and the union of the lover (the yogi) with the beloved (the Divine).

Key Text: नारद भक्ति सूत्र (Narada Bhakti Sutra) - Discusses the nature of भक्ति Bhakti and its connection to प्रेम Prema (divine love).

#### Techniques of भक्ति योग Bhakti Yoga :

- श्रवणं (shravan) : परिक्षित parikshit
- कीर्तनं (kirtan) : मिराबाई mirabai, नारदमुनि narad muni (most important)
- स्मरणं smaran : प्रल्हाद pralhad
- पादसेवनम् पादुका paadsevan paduka : भरत bharat

- अर्चनम् (archanam) : एकलव्य ekalavya
- दास्य (dasya) : हनुमान hanuman
- सख्य (sakhy) : sudama सुदामा
- आत्म निवेदनम् (aatma nvedan) : bali raaja बाली राजा

Types of भक्त Bhaktas (Devotees) in भगवद्गीता Bhagavad Gita:

- आर्त Arta - Distressed
- अर्थार्थी Artharthee - Desirer of wealth
- जिज्ञासु Jidnasu - Inquisitive
- ज्ञानी Jnani - Knowledgeable

## कर्म योग Karma Yoga: Yoga of Action

- Definition: Karma Yoga is the path of union through action. It is practiced by those with an outgoing or action-oriented nature. The key is to act selflessly, without personal gain or reward, and to offer the fruits of your actions to God.
- Core Principles of Karma Yoga (According to भगवद्गीता Bhagavad Gita):
  - Work with a sense of duty.
  - Work without intense attachment to the outcome.
  - Do not let anxieties about results disturb your mind during the task.
  - Accept both failure and success with equanimity.
- Objective: To sublimate the ego and achieve selfless devotion in all actions.

## राज योग Raja Yoga: The Royal Yoga

- Definition: Raja Yoga, meaning "royal" or "kingly" Yoga, is considered the culmination of all paths of Yoga. It represents the ultimate state of Self-realization.
- Significance: According to Swatmarama in the हठयोग प्रदीपिका (Hatha Yoga Pradipika), Hatha Yoga serves as a staircase leading to Raja Yoga. Raja Yoga may not refer to a specific form of Yoga but to the ultimate state of Self-realization.
- Objective: To achieve cessation of mental modifications and restore the Real Self to its pristine purity, as emphasized by Patanjali.
- Focuses on the eight limbs of Yoga (अष्टान्ग Ashtanga Yoga).
- Major text: Yoga Sutras of Patanjali.
- Yogasutra/Rajayoga focuses on mental, Hathayoga focuses on physical

## Patanjali's Yoga Sutra Overview

- The Yoga Sutra is divided into four chapters:
  - Samadhi Pada (समाधिपाद): Discusses the goal of human life and the nature of Samadhi (समाधि).
  - Sadhana Pada (साधनपाद): Details the means or practices to achieve the goal, including the Eight Limbs of Yoga.
  - Vibhuti Pada (विभूतिपाद): Explores supernatural powers or Siddhis (सिद्धि) that can be attained through practice.
  - Kaivalya Pada (कैवल्यपाद): Focuses on liberation or Moksha (मोक्ष), the ultimate freedom.

## Ashtanga Yoga (Eight Limbs of Yoga)

- Yama (यम): Social constraints (e.g., अहिंसा (Ahimsa), सत्य (Satya), अस्त्रेय (Asteya)).
- Niyama (नियम): Personal constraints (e.g., शौच (Shaucha), संतोष (Santosha), तप (Tapas)).
- Asana (आसन): A posture that is steady and comfortable.
- Pranayama (प्राणायाम): Control of breath (modifications of inhalation, exhalation, and breath retention).
- Pratyahara (प्रत्याहार): Withdrawal of senses from external objects.
- Dharana (धारणा): Concentration on a single object.
- Dhyana (ध्यान): Meditation, uninterrupted flow of thoughts towards an object.
- Samadhi (समाधि): A transcendental state of being one with the object.

## Key Concepts in Yoga Sutra

- Viveka Khyati (विवेकख्याति): Discriminative knowledge between Purusha (पुरुष) (consciousness) and Prakriti (प्रकृति) (matter).
- Chitta Vrittis (चित्तवृत्तियाँ): Modifications of the mind (right knowledge, misconception, imagination, sleep, memory).
- Kleshas (क्लेश): Afflictions causing suffering (Avidya (अविद्या), Asmita (अस्मिता), Raga (राग), Dvesha (द्वेष), Abhinivesha (अभिनिवेश)).
- Chitta Bhumi (चित्तभूमि): States of mind ranging from dull to one-pointed focus.

## Chitta Prasadananam and Other Concepts

- Chitta Prasadananam (चित्तप्रसादनम्): Cultivating a peaceful mind through four attitudes:
  - Maitri (मैत्री): Friendliness towards the happy.
  - Karuna (करुणा): Compassion towards the unhappy.
  - Mudita (मुदिता): Gladness towards the virtuous.
  - Upeksha (उपेक्षा): Indifference towards the wicked.
- Ishvara Pranidhana (ईश्वरप्रणिधान): Complete surrender to the Supreme (Universal Power).
- Kriya Yoga (क्रियायोग): Practice combining Tapas (तप), Svadhyaya (स्वाध्याय), and Ishvara Pranidhana (ईश्वरप्रणिधान) to reduce Kleshas and achieve Samadhi.

## Patanjali Yoga (Raja Yoga)

- Focuses on the eight limbs of Yoga (Ashtanga Yoga).
- Aims for mental discipline and spiritual insight.
- Key practices: Ethical guidelines, physical postures, breath control, and meditation.
- Major text: Yoga Sutras of Patanjali.
- Emphasizes systematic approach to achieving higher states of consciousness.

## Hatha Yoga

- Focuses on physical practices and techniques.
- Aims to balance the body and mind through postures (Asanas) and breath control (Pranayama).
- Emphasizes purification of the body to prepare for higher practices.
- Major texts: Hatha Yoga Pradipika, Gheranda Samhita.
- Often serves as a preparatory practice for deeper meditative techniques.

## Hatha Yoga Pradipika: Chapter 1 - आसन Asana

- Introduction to Hatha Yoga and its importance
- Qualifications of a Hatha Yogi
- Description of the proper place for yoga practice
- Yamas and Niyamas briefly mentioned
- 15 important asanas described in detail
- Benefits and techniques of each asana

## Hatha Yoga Pradipika: Chapter 2 - प्राणायाम Pranayama

- Importance of Pranayama in Hatha Yoga
- Purification of nadis (energy channels)
- Description of various Pranayama techniques:
  - सूर्य भेदन Surya Bhedana
  - उज्जयि Ujjayi
  - सितकारि Sitkari
  - शीतली Shitali
  - भस्त्रिका Bhastrika
  - भ्रामरी Bhramari
  - मूर्च्छा Murccha
  - प्लाविनि Plavini
- Benefits and cautions for each प्राणायाम Pranayama

## Hatha Yoga Pradipika: Chapter 3 - मुद्रा Mudra and बन्ध Bandha

- Introduction to Mudras and Bandhas
- 10 important Mudras described:
  - महा मुद्रा Maha Mudra
  - महा बन्ध Maha Bandha
  - महा वेद्ध Maha Vedha
  - खेचरी Khechari
  - उड्डियान बन्ध Uddiyana Bandha
  - मूलबन्ध Mula Bandha
  - जालन्धर बन्ध Jalandhara Bandha
  - विपरीत करणी Viparita Karani
  - वज्रोली Vajroli
  - शक्ति चालना Shakti Chalana
- Techniques and benefits of each Mudra and Bandha

## Hatha Yoga Pradipika: Chapter 4 - समाधि Samadhi

- Introduction to नाद Nada (inner sound) and its importance
- Stages of Nada and their characteristics
- Description of लय Laya Yoga (absorption through sound)
- Techniques for awakening कुण्डलिनी Kundalini
- Four stages of Yoga:
  - आरम्भ Arambha
  - घट Ghata
  - परिचय Parichaya
  - निष्पत्ति Nishpatti

## Hatha Yoga Pradipika: Chapter 5 - लय Laya Yoga

- Detailed explanation of लय Laya Yoga
- Importance of dissolving the mind in the Absolute
- Techniques for achieving Laya
- Role of Kundalini in Laya Yoga
- Relationship between Prana and mind
- Signs of successful Laya practice

## Hatha Yoga Pradipika: Chapter 6 - Liberation

- Nature of Samadhi and liberation
- Differences between जीवनमुक्त Jivamukta and विदेहमुक्त Videhamukta
- Characteristics of a liberated being
- Obstacles on the path to liberation
- Final instructions for attaining liberation
- Importance of Guru's grace in achieving liberation

## घेरण्ड संहिता Gheranda Samhita: Overview

- 7 chapters covering the "seven-limbed yoga"
- Systematic approach to purification and yoga practice
- Emphasis on physical purification as a foundation
- Detailed descriptions of various techniques
- Goal: to achieve the "divine body" (दिव्य देह divya deha)

## घेरण्ड संहिता Gheranda Samhita: Chapter 1 - षटकर्म Shatkarma

- Six purification techniques (षटकर्म Shatkarma):
  - धौति Dhauti (cleansing)
  - बस्ति Basti (enema)
  - नेति Neti (nasal cleansing)
  - त्राटक Trataka (gazing)
  - नौलि Nauli (abdominal massaging)
  - कपालभाति Kapalabhati (skull shining breath)
- Benefits and methods for each technique
- Importance of purification before other practices

## Gheranda Samhita: Chapter 2 - Asana

- 32 asanas described in detail
- Classification of asanas:
  - Meditative
  - Relaxation
  - Cultural
- Techniques and benefits of each asana
- Emphasis on steady and comfortable posture

## Gheranda Samhita: Chapter 3 - मुद्रा: Mudra

- 25 Mudras (मुद्रा:) described
- Importance of Mudras (मुद्रा:) in directing Prana (प्राण)
- Notable Mudras (मुद्रा):
  - Maha Mudra (महामुद्रा)
  - Nabho Mudra (नभोमुद्रा)
  - Khechari Mudra (खेचरीमुद्रा)
  - Viparita Karani Mudra (विपरीतकरणीमुद्रा)
  - Yoni Mudra (योनीमुद्रा)
- Techniques and benefits of each Mudra (मुद्रा)

## Gheranda Samhita: Chapter 4 - Pratyahara

- Techniques for sense withdrawal
- 5 types of Pratyahara (प्रत्याहार) described:
  - Yoni Mudra (योनीमुद्रा)
  - Sambhavi Mudra (शंभवी मुद्रा)
  - Five Dharanas (धारणा:) (concentrations on elements)
  - Sound absorption
  - Withdrawing senses from objects
- Importance of Pratyahara (प्रत्याहार) in preparing for meditation

## Gheranda Samhita: Chapter 5 - Pranayama (प्राणायाम)

- Importance of proper diet before Pranayama (प्राणायाम)
- 8 types of Pranayama (प्राणायाम) described:
  - Sahita Kumbhaka (सहित कुम्भक)
  - Surya Bheda (सूर्यभेद)
  - Ujjayi (उज्ज्यायी)
  - Sitali (सीतली)
  - Bhastrika (भास्त्रिका)
  - Bhramari (भ्रामरी)
  - Murchha (मूर्छा)
  - Kevali (केवली)
- Techniques and benefits of each Pranayama (प्राणायाम)
- Signs of success in Pranayama (प्राणायाम) practice

## Gheranda Samhita : Chapter 6 - Dhyana (ध्यान)

- 3 types of Dhyana (ध्यान) (meditation) described:
  - Sthula (स्थूल) (gross)
  - Jyotis (ज्योतिष) (luminous)
  - Sukshma (सूक्ष्म) (subtle)
- Techniques for each type of meditation
- Importance of concentration on specific objects or concepts
- Benefits of regular meditation practice

## Gheranda Samhita : Chapter 7 - Samadhi (समाधि)

- 6 types of Samadhi (समाधि) described:
  - Dhyana Yoga Samadhi (ध्यान योग समाधि)
  - Nada Yoga Samadhi (नाद योग समाधि)
  - Rasamanda Samadhi (रसानन्द समाधि)
  - Laya Sidhi Samadhi (लय सिद्धि समाधि)
  - Bhakti Yoga Samadhi (भक्ति योग समाधि)
  - Raja Yoga Samadhi (राज योग समाधि)
- Techniques for achieving each type of Samadhi (समाधि)
- Signs of progress and success in Samadhi (समाधि)
- Ultimate goal: liberation and realization of the Self

## 1.6 Introduction to Yoga practices for health and well being

### Principles of Yoga Life

योग्य जीवनाचे पाच सापान

- व्यायामः आसन
- श्वासः प्राणायाम
- आरामः शवासन
- अन्त्रः शाकाहारी
- सकारात्मक विचार आणि ध्यान

### Health: Meaning and Definition

World Health Organisation (WHO) Definition :

Health is defined as a state of complete physical, mental, social, and spiritual well-being and not merely the absence of disease or infirmity.

Sanskrit Definition :

The Sanskrit word for health is स्वास्थ्य (Swasthya), derived from स्व (Swa) meaning "Self" and स्थ (Stha) meaning "abiding." Thus, Swasthya can be translated as "Abiding in one's own Self," reflecting the true nature of every being as सत्-चित्-आनन्द (Sat-Chit-Ananda) or being-Consciousness-Bliss.

Health according to Yoga :

- Relaxed Muscles
- Loose joints to conserve energy
- Low metabolic rate
- Efficient utility of energy by the body
- Coordinated functioning of organ systems even under stress

### Strength and Balance in Yoga

Strength :

- Yoga poses such as नौकासन (Naukasana), उत्कटासन (Utkatasana), and भुजंगासन (Bhujangasana) develop muscle strength similarly to traditional exercises like push-ups, lunges, or squats.

Balance :

- Balance is crucial for fitness and is often overlooked in traditional gym routines.
- Yoga poses such as वृक्षासन (Vrikshasana or Tree Pose) teach practitioners to stay firm on one leg, enhancing overall balance and fitness for daily activities.

### Joint Mobility and Yogic View of Health

Joint Mobility:

- Many Yoga poses require moving joints in ways different from linear activities like walking or running.
- This practice improves the overall range of motion and helps prevent injuries, reducing stiffness and pain.

Yogic View of Health :

- शेताश्वर उपनिषद् (Shvetasvatara Upanishad): Health in Yoga is characterized by lightness of body, health, a desireless mind, clarity of complexion, a beautiful voice, an agreeable odor, and minimal excretions.
- Patanjali's योग दर्शन (Yoga Darshan): Attributes of a perfect body include beauty, gracefulness, strength, and adamantine hardness. Deep concentration and mastery of सामान वायु (Samana Vayu) lead to radiant effulgence.

### Mental and Emotional Well-being

Mental Well-being :

- Conscious process of calming the mind removes weaknesses.
- Builds willpower.
- Steadfastness becomes the core.
- Converts challenges into opportunities.

Emotional Well-being :

- Overcomes emotional conflicts, complexes, and turmoils.
- Sharpens and sensitizes emotions systematically.

### Yoga Practices for Physical Health

- Asanas (आसन) (Postures) - Enhance flexibility, strength, and balance.
- Pranayama (प्राणायाम) (Breath Control) - Improves lung capacity and energy flow.
- Shavasana (शवासन) (Corpse Pose) - Promotes relaxation and recovery.
- Kriyas (क्रिया:) (Cleansing Techniques) - Detoxify and purify the body.
- Bandhas (बन्धाः) (Body Locks) - Support internal organ function and stability.

### Yoga Practices for Mental Well-Being

- Meditation (Dhyana) - Reduces stress and enhances focus.
- Mindfulness - Increases present-moment awareness and emotional stability.
- Pranayama - Balances the nervous system and calms the mind.
- Mantra Chanting - Provides mental clarity and emotional balance.
- Yoga Nidra - Deep relaxation practice that improves sleep quality.

### Yoga Practices for Emotional Balance

- Bhakti Yoga - Cultivates emotional connection and devotion.
- Journaling - Reflect on emotions and mental patterns.
- Gratitude Practice - Enhances positive emotional states.
- Group Yoga Classes - Builds community and support.
- Breath Awareness - Helps in managing emotional responses.

### Yoga Practices for Overall Well-Being

- Balanced Routine - Integrate yoga into daily life for consistent benefits.
- Healthy Lifestyle Choices - Complement yoga with proper nutrition and hydration.
- Holistic Approach - Address physical, mental, and spiritual aspects.
- Regular Practice - Ensure regular engagement for sustained well-being.
- Personalized Practice - Adapt practices to individual needs and goals.

## 1.7 Introduction to Shatkarma (षट्कर्म) : meaning, purpose and their significance in Yoga Sadhana (योग साधना)

## Introduction to षटकर्म Shatkarma

- षटकर्म Shatkarma - Six purification techniques in Yoga.
- Aimed at cleansing the body and mind for enhanced spiritual practice.
- Prepares the practitioner for deeper practices like meditation and advanced postures.
- Integrates physical, mental, and energetic purification.
- Essential for holistic Yoga practice and overall health.

## Meaning and Purpose of षटकर्म Shatkarma

- क्रिया Kriya - Techniques to purify and balance the body.
- Purpose - Remove toxins, enhance vitality, and stabilize the mind.
- Integration - Facilitates deeper Yoga practices and spiritual growth.
- Holistic Cleansing - Addresses physical, mental, and energetic levels.
- Essential for overcoming physical and mental obstructions.

## Significance of Shatkarma in Yoga Sadhana

- Health Benefits - Improves digestion, detoxifies, and boosts immunity.
- Mental Clarity - Reduces stress and mental clutter.
- Energetic Balance - Regulates the flow of vital energy (Prana).
- Spiritual Preparation - Prepares the practitioner for higher states of consciousness.
- Preventive Measures - Aids in preventing diseases and imbalances.

## Overview of Shatkarma (षटकर्म) Techniques

- Kapalabhati (कपालभाती) - Skull Shining Breath for clearing nasal passages and energizing.
- Neti (नेति) - Nasal cleansing with water or saline solution.
- Basti (बस्ति) - Colonic cleansing to remove toxins from the intestines.
- Dhauti (धौति) - Cleansing of the digestive tract through various methods.
- Trataka (त्राटक) - Concentrated gazing to improve focus and cleanse the eyes.
- Nauli (नौलि) - Abdominal massage to stimulate digestion and balance energy.

## 1.8 Introduction to Yogic Sukshma Vyayama (सूक्ष्म व्यायाम), Sthula Vyayama (स्थूल व्यायाम) and Surya Namaskara (सूर्य नमस्कार)

### Introduction to Sukshma Vyayama

- Sukshma Vyayama - Subtle exercises for the body and mind.
- Focuses on gentle movements to prepare the body for more intensive practices.
- Enhances joint mobility and flexibility.
- Aids in the smooth functioning of internal organs.
- Ideal for warming up and increasing energy flow.

### Purpose and Benefits of Sukshma Vyayama

- Improves Circulation - Enhances blood flow to muscles and joints.
- Increases Flexibility - Promotes flexibility in joints and muscles.
- Prepares Body - Warms up the body before more rigorous exercises.
- Reduces Stiffness - Alleviates joint and muscle stiffness.
- Calms Mind - Prepares the mind for focused practice.

## Introduction to Sthula Vyayama

- Sthula Vyayama - Gross or physical exercises for the body.
- Includes more intense physical postures and movements.
- Aims to build strength, endurance, and overall physical fitness.
- Often used in combination with Sukshma Vyayama for comprehensive practice.
- Focuses on major muscle groups and physical conditioning.

### Purpose and Benefits of Sthula Vyayama

- Strength Building - Develops muscle strength and endurance.
- Improves Posture - Enhances overall body alignment and posture.
- Boosts Fitness - Increases cardiovascular and physical fitness.
- Enhances Vitality - Promotes general physical health and energy.
- Supports Weight Management - Aids in maintaining a healthy weight.

### Introduction to Surya Namaskara (सूर्य नमस्कार)

- Surya Namaskara (सूर्य नमस्कार) - Sun Salutation, a series of dynamic postures.
- Traditionally performed to honor the Sun and its energy.
- Consists of a sequence of 12 postures.
- Integrates movement, breath, and intention.
- Enhances overall physical and mental health.

### Purpose and Benefits of Surya Namaskara

- Improves Flexibility - Stretches and tones the muscles.
- Boosts Circulation - Enhances blood flow and energy levels.
- Increases Strength - Builds core strength and endurance.
- Balances Mind - Calms the mind and prepares for meditation.
- Energizes Body - Invigorates and revitalizes overall health.

## 1.9 Introduction to Yogasana (योगासन) : meaning, principles, and their health benefits

### Introduction to Yogasana

- Yogasana - Physical postures or poses in Yoga.
- Derived from the Sanskrit words Yoga (union) and Asana (seat or posture).
- Aims to harmonize body and mind through physical practice.
- Forms the foundation for many Yoga practices and techniques.
- Enhances physical and mental well-being.

### Principles of Yogasana

- Alignment - Proper positioning of body parts for effectiveness and safety.
- Breath Awareness - Coordinating breath with movement to enhance practice.
- Balance - Achieving physical and mental equilibrium in poses.
- Stability - Maintaining a steady and comfortable posture.
- Mindfulness - Being present and focused during practice.

### Health Benefits of Yogasana

- Improves Flexibility - Enhances range of motion in joints and muscles.
- Builds Strength - Develops muscle strength and endurance.
- Enhances Posture - Promotes proper alignment and balance.
- Boosts Circulation - Improves blood flow and cardiovascular health.
- Reduces Stress - Calms the mind and reduces anxiety levels.
- Improves Digestion - Stimulates digestive organs and enhances metabolism.
- Enhances Mental Clarity - Promotes focus, concentration, and mental well-being.

## 1.10 Introduction to Pranayama (प्राणायाम) and Dhyana (ध्यान) and their health benefits

### Introduction to Pranayama

- Pranayama - The practice of breath control in Yoga.
- Derived from Sanskrit words Prana (life force or breath) and Ayama (control or extension).
- Aims to regulate and expand the breath to enhance life energy.
- Integrates breath with physical postures and meditation.
- Fundamental for balancing mind and body.

### Health Benefits of Pranayama

- Improves Lung Capacity - Enhances respiratory efficiency and endurance.
- Balances Nervous System - Regulates stress and anxiety levels.
- Enhances Concentration - Increases mental focus and clarity.
- Boosts Immunity - Strengthens the immune system and overall vitality.
- Aids in Detoxification - Promotes the removal of toxins from the body.
- Calms the Mind - Reduces mental agitation and promotes relaxation.
- Regulates Emotions - Helps in managing emotional responses and stability.

### Introduction to Dhyana

- Dhyana - Meditation or the practice of focused attention.
- Derived from Sanskrit meaning "profound contemplation" or "meditative absorption." • Aims to achieve a state of mental stillness and clarity.
- Involves sustained concentration and mindfulness.
- Integral for achieving higher states of consciousness and inner peace.

### Health Benefits of Dhyana

- Reduces Stress - Lowers cortisol levels and promotes relaxation.
- Enhances Emotional Well-Being - Improves mood and emotional resilience.
- Improves Focus - Increases attention span and cognitive function.
- Balances Blood Pressure - Helps in maintaining healthy blood pressure levels.
- Promotes Inner Peace - Fosters a sense of calm and tranquility.
- Aids in Self-Realization - Encourages deeper self-awareness and understanding.
- Supports Mental Health - Helps in managing anxiety, depression, and other mental health issues.

## Introduction to Yoga Texts

### Syllabus

- 2.1 Introduction and study of Patanjala Yoga Sutra including memorization of selected Sutras (Chapter I- 1-12).
- 2.2 Introduction and study of Bhagavad Gita including memorization of selected Slokas (Chapter II -47, 48, 49, 50 and 70).
- 2.3 Introduction and study of Hathapradipika.
- 2.4 General Introduction to Prasthanatrayee.
- 2.5 Concepts and principles of Aahara (Diet) in Hathapradipika and Bhagawadgita (Mitahara and Yuktahara).
- 2.6 Significance of Hatha Yoga practices in health and well being.
- 2.7 Concept of mental wellbeing according to Patanjala Yoga.
- 2.8 Yogic practices of Patanjala Yoga: Bahiranga and Antaranga Yoga.
- 2.9 Concepts of healthy living in Bhagwad Gita.
- 2.10 Importance of subjective experience in daily Yoga practice.

### Introduction to Yoga Texts

- उपनिषद्: वेदांचा भाग. लगभग 108 हैं, किन्तु मुख्य उपनिषद 13 हैं। उपनिषदों में मुख्य रूप से 'आत्मविद्या' का प्रतिपादन है, जिसके अन्तर्गत ब्रह्म और आत्मा के स्वरूप, उसकी प्राप्ति के साधन और आवश्यकता की समीक्षा की गयी है। कुल -- १०८ उपनिषद्. प्राचीनतम् १. ईश, २. ऐतरेय, ३. छान्दोग्य, ४. प्रश्न, ५. तैत्तिरीय, ६. बृहदारण्यक, ७. माण्डूक्य और ८. मुण्डक प्राचीन १. कठ, २. केन अवान्तरकालीन १. कौषीतकि, २. मैत्री (मैत्राण्यी) तथा ३. श्वेताश्वतर
- पतंजली योगसूत्र : समाधी पाद : समाधीचे विविध प्रकार, थेट फलाचे विवरण , साधना पाद : झेश आणि तो कमी करण्याचे मार्ग , विभूती पाद : ध्यान, विशेष सिद्धी , कैवल्य पाद : मोक्ष अनुभव ,
- प्रस्थान त्रयी : उपनिषद . भगवद्गीता : १-६ कर्मयोग, ७-१२ भर्ती योग, १३-१८ ज्ञान योग . ब्रह्मसूत्र

### वेद (Vedas) and the उपनिषद (Upanishads)

#### • वेद (Vedas) Sections:

The वेद (Vedas) are divided into two sections :

- कर्मकाण्ड (Karma Kanda) (Ritual portion)
- ज्ञानकाण्ड (Jnana Kanda) (Knowledge portion)

#### • उपनिषद (Upanishads):

The उपनिषद्स (Upanishads) are contained in the knowledge portion of the Vedas. They describe the inner vision of reality through self-inquiry and expound upon three subjects :

- जीव (Jiva) - (Embodied soul)
- जगत (Jagat) - (The World)
- ईश्वर (Ishwara) - (God or the creator of the universe)

The climax of the enquiry is the experience of the essential identity of आत्मन् (Atman) within with ब्रह्मन् (Brahman).

#### • वैदिक योग (Vedic Yoga):

The Vedas contain the oldest known yogic teachings called वैदिक योग (Vedic Yoga). Vedic Yogis (ऋषि) taught how to live in divine harmony and see the ultimate reality through intensive spiritual practice.

## 2.1 Introduction and study of Patanjala Yoga Sutra (पातंजल योग सूत्र) including memorization of selected Sutras (Chapter I- 1-12)

### Muni Patanjali (मुनी पतंजलि)

- Birth shrouded in mystery; various legends exist
- One lore: पतंजली : पत (fallen into) + अंजली (two hands): from sky a baby snake was fallen in to yogi woman, which later became a baby body, that's Patanjali.
- Another lore: Born to Atri (अत्रि) and Anusuya (अनसूया); incarnation of Adishesha (आदीशेष) (cosmic serpent)
- Believed to have lived between 400 BCE and 200 CE, exact dates uncertain
- 2nd to 5th century BC
- Incarnation of Adishesha (आदीशेष)
- Also known as : Naganath (नागनाथ), Gonika Putra (गोनिका पुत्र), Phani Bhrt (फणी भर्त)
- He was a physician, grammarian, and who systematically compiled Yoga Sutra (योग सूत्र).
- Raja Bhoj (राजा भोज) got the sutras written

## **Yoga Sutras: Samadhi Pada (समाधि पाद)**

- First chapter of the Yoga Sutras (योग सूत्र), 51 sutras
- Focuses on the nature and aim of Yoga
- Introduces key concepts like Citta (चित्त) (mind-stuff) and 5 Vrittis (वृत्तियाँ) (mental modifications)
- Defines Yoga as "Yogas citta vrtti nirodhah" (योगस चित्त वृत्ति निरोधः) (cessation of mind fluctuations)
- Abhyasa (अभ्यास) (Practice)
- Vairagya (वैराग्य) (Detachment)
- Antarayas (अन्तराय) (obstacles on the path of Yoga)
- Sahabhasas (सहभव) (accomplishments)
- Chitta Prasadana (चित्त प्रसादना)
- Describes various forms of Samadhi (समाधि) (meditative absorption), Samprajñata (संप्रज्ञात) and Asamprajñata (असंप्रज्ञात)

## **Yoga Sutras: Sadhana Pada (साधन पाद)**

- Second chapter of the Yoga Sutras (योग सूत्र), 55 sutras
- Outlines the practice (Sadhana - साधना) of Yoga
- Introduces Kriya Yoga (क्रिया योग): Tapas (तपस्) (discipline), Svadhyaya (स्वाध्याय) (self-study), Ishvara Pranidhana (ईश्वर प्राणिधान) (surrender to the divine)
- Describes the five Kleshas (क्लेशा) (afflictions)
- Introduces the eight limbs of Yoga (Ashtanga Yoga - अष्टांग योग)

## **Yoga Sutras: Vibhuti Pada (विभूतिपाद)**

- Third chapter of the Yoga Sutras (योग सूत्र), 55 sutras
- Focuses on the supernormal powers (Vibhutis - विभूति) that may arise from yoga practice
- Describes various forms of Samyama (संयम) - controls (combination of concentration, meditation, and Samadhi (समाधि))
- Warns against attachment to these powers, siddhis (सिद्धि)
- Emphasizes the importance of discernment and detachment

## **Yoga Sutras: Kaivalya Pada (कैवल्य पाद)**

- Fourth and final chapter of the Yoga Sutras (योग सूत्र), 34 sutras
- Describes Kaivalya (कैवल्य) (liberation), the ultimate goal of Yoga
- Dharmamegha Samadhi (धर्ममेघ समाधि)
- Pratiprasava (प्रतिप्रसव), journey of return

## **Key Verses of Yoga Sutra**

- अथ योगानुशासनम् ॥ १ . १ ॥ - Introduction to Yoga and its practice.
- योगिश्वत्तिवृत्तिनरोधः ॥ १ . २ ॥ - Yoga is controlling mental fluctuations.
- तदा द्रष्टः स्वरूपेऽवस्थानम् ॥ १ . ३ ॥ - Perceiver returns to true self.
- वृत्तसारूप्यमतरत्र ॥ १ . ४ ॥ - Mental states conform to thoughts.
- वृत्तयः पञ्चतयः: क्लिष्टाऽक्लिष्टाः ॥ १ . ५ ॥ - Five types, painful - non-painful.
- प्रमाणिकरीयिवकल्पिनद्रास्मृतयः ॥ १ . ६ ॥ - Types: perception, error, imagination, sleep, memory.
- प्रत्यक्षानुमानागमा: प्रमाणानि ॥ १ . ७ ॥ - Sources of valid knowledge: direct perception, inference, testimony.
- विपरीयो मिथ्याज्ञानमतदूपत्रिष्ठम् ॥ १ . ८ ॥ - Incorrect knowledge is based on false information.
- शब्दज्ञानानुपाती वस्तुशून्यो विकल्पः ॥ १ . ९ ॥ - Imagination is based on words without reality.
- अभावप्रत्ययालम्बना वृत्तिनिद्रा ॥ १ . १० ॥ - Sleep is absence of objective awareness.
- अनुभूतिविषयासंप्रमोषः स्मृतिः ॥ १ . ११ ॥ - Memory is retention of experienced impressions.
- अभ्यासवैराग्याभ्यां तन्निरोधः ॥ १ . १२ ॥ - Control of mental states through practice and detachment.

## **Summary of Patanjali Yoga Sutra (पातंजल योग सूत्र)**

- **Yoga Meaning:** Derived from 'Yuj' (युज) – union and concentration.
- **Union Aspect:** Integration of body, mind, and spirit.
- **Concentration Aspect:** Yoga as focused awareness and ultimate goal.
- **Definition:** "Yogah cittavṛtti nirodhah" (योगः चित्तवृत्ति निरोधः) - Stoppage of mental modifications.
- **Vrittis:** Mental modifications or thought waves (वृत्ति).
- **Goal:** Liberate from suffering and cycle of rebirth by controlling vrittis (वृत्ति).
- **समाधि Samadhi:** Ultimate limb of Ashtanga Yoga (अष्टांग योग), representing deep concentration.
- **Mind Functions:** Misery arises from false identification at the mental level.

## **Definition of Yoga (योग) and Patanjali's Ashtanga Yoga (पातंजल अष्टांग योग)**

- **Chitta:** The mind or mind stuff, of sanskara (संस्कार) (past life experience)
- **Vritti:** (वृत्ति) Modifications or fluctuations of the mind .
- **Nirodhah:** (निरोधः) Cessation or control of mind modifications.
- **Basis:** Yoga Darshana (योग दर्शन) is based on this aphorism.
- **Ashtanga Yoga:** (अष्टांग योग) Propounded by Patanjali as the Royal (Kingly) path.
- **Supreme Yoga:** Incorporates fundamental tenets of other Yoga systems (Jnana (ज्ञान), Bhakti (भक्ति), Karma (कर्म), Hatha (हठ), Mantra (मंत्र)).

## **Aim of Patanjali's Ashtanga Yoga and Concept of Chitta**

- **Aim:** Kaivalya (liberation) through mind management.
- **Focus:** Concentration to end all miseries and suffering.
- **Physical Postures:** Support stability for prolonged meditation.
- **Chitta:** The Western term for mind; has four aspects :
  - **Manas:** मनस् (thinking, doubting, willing).
  - **Chitta:** चित्त (past experiences, memory).
  - **Buddhi:** बुद्धि (discrimination, decision-making).
  - **Ahamkara:** अहंकार (self-identification, separation).

## **Concept of Chitta and Chitta Bhumis; Chitta Vrittis and Chitta Vrittinirodhopaya**

- **Antahkarana :**
  - चित्त (Chitta): Storehouse of Samskaras
  - बुद्धि (Buddhi): Decision-making faculty
  - अहंकार (Ahamkara): Ego
  - मनस् (Manas): Synthesizing faculty
- **Chitta Bhumi:** Condition/state of mind in concentration
- **Chitta Qualities:** सत्त्विक (Sattvic), राजसिक (Rajasic), तामसिक (Tamasik)
- **Chitta Bhumis:** Five modes of manifestation
  - क्षिप्त (Kshipta): Scattered, anxious (Rajasic)
  - मूढ (Mudha): Dull, stupid (Tamasic)
  - विक्षिप्त (Vikshipta): Occasionally centered (Rajasic)
  - एकाग्रता (Ekagrata): One-pointed, concentrated (Sattvic)
  - निरुद्ध (Niruddha): Suspended mental activity (Sattvic, obstructed Rajas and Tamas)

## Chitta Levels in Yoga

- First 3 levels of चित्त (Chitta) are not considered Yoga:
  - क्षिप्त (Kshipta) 100% rajas
  - मूढ़ (Mudha) 100% tamas
  - विक्षिप्त (Vikshipta) 75% rajas 25% satvik
- एकाग्रता (Ekagrata) and निरुद्ध (Niruddha) are considered Yoga. 100 % satvik
- Passing through Ekagrata and Niruddha leads to समाधि (Samadhi).
- Samskaras :
  - प्रारब्धसंस्कार (Praarabda Samskara): Accumulated impressions from previous births
  - वासनासंस्कार (Vasana Samskara)
- निरोधसंस्कार (Nirodh Samskara) remains in Chitta when others are restrained.

## Chitta-Vrittis

- प्रमाणविपर्ययविकल्पनिद्रास्मृतयः: (1.6)
- Five modifications of mind (Vrittis):
  - प्रमाण (Pramana): Knowing correctly
  - विपर्यय (Viparyaya): Incorrect knowledge
  - विकल्प (Vikalpa): Fantasy or imagination
  - निद्रा (Nidra): Deep sleep
  - स्मृति (Smriti): Recollection of memory

## Pramana and Viparyaya

- Pramana: Sources of right knowledge
  - प्रत्यक्ष (Pratyaksha): Direct cognition
  - अनुमान (Anumana): Inference
  - आगम (Agama/Shabda): Testimony, revelation by Guru
- Viparyaya: Misconception, incorrect knowledge
  - विपर्ययो मिथ्याज्ञानमतद्रूपप्रतिष्ठम् (1.8)
- False knowledge not based on its own form

## Vikalpa, Nidra, and Smriti

- Vikalpa: Unfounded belief
- शब्दज्ञानानुपाती वस्तुशून्यो विकल्पः: (1.9)
- Knowledge through words but empty of an object is fantasy
- Nidra: State of deep sleep
- अभावप्रत्ययालम्बना वृत्तिनिद्रा (1.10)
- Vritti of absence of mental contents for support
- Smriti: Memory
- अनुभूतिविषयासंप्रमोषः स्मृतिः: (1.11)
- Not letting experienced objects escape from the mind

## Vrittis and Chitta-Vritti Nirodhopaya

- Vrittis: Mental responses to stimuli
- Ego identifies with thought waves
- Wrong identification with T causes miseries
- Enlightenment: Control thought waves
- Abhyasa (अभ्यास): Practice
- Vairagya (वैराग्य): Non-attachment
- Practice :
  - Disciplines, diet, pranayama (प्राणायाम), asana (आसन), meditation
- Let go of attachments and aversions
- Practice long, uninterrupted, sincere, and firmly rooted

## Kleshas and Their Management

- Kleshas: Causes of pain
- अविद्यास्मितारागद्वेषाभिनिवेशः: (2.3)
- 1. Avidya: Ignorance (अविद्या)
- 2. Asmita: Egoism (I-am-ness) (अस्मिता)
- 3. Raga: Attachment (Liking) (राग)
- 4. Dvesha: Aversion (Disliking) (द्वेष)
- 5. Abhinivesha: Fear of death (Clinging to life) (अभिनिवेश)
- अविद्या is the root of other Kleshas
- Degrees of manifestation:
  - Prasupta: Dormant (प्रसुप्त)
  - Tanu: Weak (तनु)
  - Vichhina: Oscillating (विच्छिन्न)
  - U dara: Abundant (उद्धर)
- Managing Kleshas:
  - Kriya Yoga (Tapa, Swadhyaya, Ishwara Pranidhana) (तपः, स्वाध्याय, ईश्वरप्रणिधान)
  - Dhyana (Meditation) (ध्यान)
  - Pratiprasava (Involution) (प्रतिप्रसव)

## Concept of Ishwara and Ishwara Pranidhana

- ईश्वरप्रणिधानादा (1.23)
- Devotion to Ishwara leads to Samadhi
- क्लेशकर्मविपाकाशयैरपरामृष्टः पुरुषविशेष ईश्वरः: (1.24)
- Ishwara : Special soul, untouched by afflictions
- तत्र निरतिशयं सावर्ज्जीजम् (1.25)
- Ishwara : Seed of limitless omniscience
- स पूर्वोर्षमपि गुरुः कालेनानवच्छेदात् (1.26)
- Ishwara : Guru of all ancient gurus

## Concept of Ishwara and Ishwara Pranidhana (contd.)

- तस्य वाचकः प्रणवः: (1.27)
- AUM denotes Ishwara
- तञ्चपस्तदर्थभावनम् (1.28)
- Recite AUM with understanding
- ततः प्रत्यक्चेतनाधगमोऽप्यन्तरायाभावश्च (1.29)
- Practice turns consciousness inward, removes obstacles
- Ishwara : Not a religious god, Yoga : Not a religion
- Ishwara Pranidhana : Complete surrender to Ishwara
- Optional technique in Kriya Yoga (तपः, स्वाध्याय, ईश्वरप्रणिधान)
- Key to overcoming ego, leading to Samadhi

## 2.2 Introduction and study of Bhagwad Gita including memorization of selected Shlokas (Chapter 2 - 47,48,49,50 and 70)

### Introduction to Bhagavad Gita (भगवद गीता)

- Bhagavad Gita (भगवद गीता) - A 700-verse Hindu scripture part of the Mahabharata (महाभारत).
- Dialog between Prince Arjuna (अर्जुन) and Lord Krishna (कृष्ण) on the battlefield of Kurukshetra (कुरुक्षेत्र).
- Focuses on duty (Dharma (धर्म)), righteousness, and the path to spiritual wisdom.
- Addresses the moral and philosophical dilemmas faced by Arjuna (अर्जुन).
- Revered as a key philosophical and spiritual text in Hinduism.

## Chapter 2 : Selected Shlokas

- Verse 47 (Karma Yoga) -  
कर्मण्येवाधिकारस्ते मा फलेषु कदाचन । मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि ॥
- Verse 48 (Karma Yoga) -  
योगस्थः कुरु कर्माणि सङ्गं त्यक्ता धनञ्जय । सिद्ध्यसिद्धोः समो भूत्वा समत्वं योग उच्यते ॥
- Verse 49 (Karma Yoga) -  
यस्त्वन्द्रियाणि मनसा नियाम्यारभते नरः । मुज्जते तस्य योगिनोऽन्यः ॥
- Verse 50 (Karma Yoga) -  
ब्रह्मण्याधाय कर्माणि सङ्गं त्यक्ता धनञ्जय । सिद्ध्यसिद्धोः समो भूत्वा समत्वं योग उच्यते ॥
- Verse 70 (Self-Realization) -  
अपण्यतं तु तद्वृत्तमन्तरायामुक्तं सदा तन्मया न संशय ॥

## Study of Bhagavad Gita: Key Themes

- Dharma (धर्म) - The concept of duty and righteousness.
- Karma Yoga (कर्म योग) - Path of selfless action and duty.
- Bhakti Yoga (भक्ति योग) - Path of devotion and love towards God.
- Jnana Yoga (ज्ञान योग) - Path of knowledge and wisdom.
- Self-Realization - Understanding the true nature of self and existence.

## Memorization of Selected Shlokas

- Verse 47 (Karma Yoga) - कर्मण्येवाधिकारस्ते मा फलेषु कदाचन । मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि ॥
- Verse 48 (Karma Yoga) - योगस्थः कुरु कर्माणि सङ्गं त्यक्ता धनञ्जय । सिद्ध्यसिद्धोः समो भूत्वा समत्वं योग उच्यते ॥
- Verse 49 (Karma Yoga) - यस्त्वन्द्रियाणि मनसा नियाम्यारभते नरः । मुज्जते तस्य योगिनोऽन्यः ॥
- Verse 50 (Karma Yoga) - ब्रह्मण्याधाय कर्माणि सङ्गं त्यक्ता धनञ्जय । सिद्ध्यसिद्धोः समो भूत्वा समत्वं योग उच्यते ॥
- Verse 70 (Self-Realization) - अपण्यतं तु तद्वृत्तमन्तरायामुक्तं सदा तन्मया न संशय ॥

## 2.3 Introduction and study of Hatha Pradipika (हठ प्रदीपिका)

### Introduction to Hatha Pradipika (हठ प्रदीपिका)

- Hatha Pradipika (हठ प्रदीपिका) - A classical text on Hatha Yoga.
- Written by Swami Svatmarama (स्वामी स्वात्मराम) in the 15th century CE.
- Focuses on physical postures (Asanas (आसन)), breath control (Pranayama (प्राणायाम)), and meditation.
- Aims to prepare the body and mind for higher spiritual practices.
- Provides detailed instructions on various Hatha Yoga techniques.

### Key Concepts in Hatha Pradipika (हठ प्रदीपिका)

- Asanas (आसन) - Physical postures for physical stability and health.
- Pranayama (प्राणायाम) - Techniques for controlling the breath and vital energy.
- Mudras (मुद्रा) - Hand gestures to control energy flow.
- Bandhas (बंधन) - Body locks to channel energy within.
- Shatkarma (षटकर्म) - Six purification techniques to cleanse the body.

## Study of Asanas (आसन) in Hatha Pradipika (हठ प्रदीपिका)

- Describes various Asanas (आसन) for physical health and spiritual progress.
- Emphasizes proper alignment, stability, and breath control.
- Includes postures like Padmasana (पद्मासन) (Lotus Pose), Shirshasana (शीर्षासन) (Headstand), and Sarvangasana (सर्वांगासन) (Shoulder Stand).
- Focuses on achieving physical strength, flexibility, and concentration.
- Prepares the practitioner for deeper meditative practices.

## Study of Pranayama (प्राणायाम) in Hatha Pradipika (हठ प्रदीपिका)

- Details various Pranayama (प्राणायाम) techniques for controlling breath and energy.
- Includes practices such as Kapalabhati (कपालभाति) (Skull Shining Breath) and Nadi Shodhana (नाडी शोधन) (Alternate Nostril Breathing).
- Aims to purify the body, calm the mind, and increase vital energy.
- Techniques are used to balance the prana (प्राण) (vital energy) and support meditation.
- Essential for mastering advanced Hatha Yoga practices.

## Significance of Hatha Pradipika

- Foundation of Hatha Yoga practices - Essential for practitioners seeking deeper understanding.
- Integrates physical and spiritual practices to enhance overall well-being.
- Offers practical guidance for practitioners of all levels.
- Highlights the importance of discipline, perseverance, and correct practice.
- Continues to influence modern Yoga practices and teachings.

## 2.4 General Introduction to Prasthanatrayee (प्रस्थानत्रयी)

### Prasthanatrayee (प्रस्थानत्रयी)

- Upanishads (उपनिषद्):
  - Known as Śruti Prasthāna (श्रुति प्रवस्था), meaning "that which is heard."
  - Composed during deep meditation by Rishis, recorded knowledge received.
- Bhagavad Gita (भगवद्गीता):
  - Known as Smṛiti Prasthāna (स्मृति प्रवस्था), meaning "that which is remembered."
  - Central text of the Mahabharata, offering philosophical and practical guidance.
- Brahma Sutra (ब्रह्मसूत्र):
  - Known as Nyaya Prasthāna (न्याय प्रवस्था), meaning "the path of logic."
  - Provides a systematic exposition of Upanishadic teachings.

## The Upanishads (उपनिषद्)

- Ancient texts that form the core of Vedic wisdom. Focus on spiritual knowledge and philosophical inquiry.
- 11 Principal Upanishads:
  - Chandogya (चांडोग्य)
  - Kena (केन)
  - Katha (काठ)
  - Isha (ईशा)
  - Taittiriya (तैत्तिरीय)
  - Aitareya (ऐतरेय)
  - Brihadaranyaka (बृहदारण्यक)
  - Mandukya (माण्डूक्य)
  - Prashna (प्रश्न)
  - Munda (मुण्ड)
  - Svetasvatara (स्वेताश्वतार)
- Discuss the nature of ultimate reality (Brahman - ब्रह्मन्) and the individual soul (Atman - आत्मन्).
- Key Upanishads include Isha (ईशा), Kena (केन), Katha (काठ), and Mandukya (माण्डूक्य).
- Emphasize meditation, self-realization, and the unity of all existence.

## The Bhagavad Gita

- A 700-verse Hindu scripture part of the Mahabharata.
- Dialogue between Prince Arjuna and Lord Krishna.
- Addresses the nature of duty (Dharma), action, and devotion.
- Explores paths of Karma Yoga (action), Bhakti Yoga (devotion), and Jnana Yoga (knowledge).
- Provides guidance on ethical and spiritual living.

## The Brahma Sutras

- Philosophical texts attributed to Sage Vyasa.
- Comprises 555 sutras (aphorisms) summarizing the teachings of the Upanishads.
- Systematizes Vedantic thought and addresses key metaphysical questions.
- Divided into four chapters: Sutras on the Nature of Brahman, Sutras on the Universe, Sutras on the Path of Knowledge, and Sutras on the Liberation.
- Focuses on the unity of Brahman and the self, and the nature of liberation.

## Significance of Prasthanatrayee

- Provides comprehensive understanding of Vedantic philosophy.
- Forms the basis for various schools of Vedanta and spiritual practices.
- Guides ethical, spiritual, and philosophical aspects of life.
- Essential for deep study of Hindu philosophy and theology.
- Continues to influence spiritual thought and practice today.

## 2.5 Concepts and Principles of ahara (Diet) in Hatha Pradipika (हठप्रदीपिका) and Bhagavad Gita (भगवद् गीता) (Mitahara and Yuktaahara)

### Concept of Mita Ahara

- Mita Ahara refers to a moderate diet, as described in the Hatha Yoga Pradipika by स्वात्माराम (Swatma Ram).
- The concept involves eating food that is moderate in quantity and quality.

### Characteristics of Mita Ahara

- Rich in Natural Oils: The food should be rich in natural oils and not dry.
- Naturally Sweet: Food should be naturally sweet and enjoyable, not forced.
- Proper Quantity: Food should be consumed in a way that it leaves one-fourth of the stomach empty.

### Definition

सुस्तिरधमधुरं आहारं चतुर्थशात् चतुर्थशात् विवर्ततस्नेहपरीतं मधुरं शीतं चतुर्थशात् कर्षणं चात्र चतुर्थशात् युक्ता आहारयुक्ता आहारः

#### • Translation :

- Food should be rich and lubricating (सुस्तिरध) with natural oil,
- sweet (मधुर) and cool (शीत) in nature.
- It should be consumed in such a way that one-fourth of the stomach is left empty.

### Eating as an Offering

- Food should be eaten with full attention, almost as an offering or sacred act.
- Chew food at least 32 times to aid digestion, which begins in the mouth.
- Practice eating in silence to enhance mindfulness and appreciation of food.

### Foods to Avoid

- Bitter, Sour, and Acidic: Includes कटु (Katuka), अम्ल (Amla), तीक्ष्ण (Tikshna), लवण (Lavana), and उष्ण (Ushna) foods.
- Fermented and Oily Foods: Avoid fermented foods, oily foods, and those mixed with mustard seeds, fish, or meat of goats.
- Stale Foods: Foods that are reheated, dry, excessively salty, or acidic.

### Prescribed Foods

- Mita Ahara: Foods that are naturally sweet, rich in natural oils, and enjoyable to eat.
- Fresh Foods: Includes fresh vegetables, grains like rice and barley, and other wholesome, nourishing foods.

### Nutritional Guidelines from Hatha Yoga Pradipika

- Foods like fresh butter, clarified butter (घृत (Ghee)), honey, and certain grains are considered beneficial.
- Five green vegetables are mentioned for their beneficial properties.

### Avoiding Harmful Foods

- Foods that are excessively salty, sour, or mixed improperly.
- Reheating and stale foods are considered detrimental.

### Concept of Yuktaahara (Balanced Diet)

- Yuktaahara is the concept of balanced eating, as mentioned in the Bhagavad Gita.
- This involves moderation not only in eating but also in activities like recreation and sleep.

### Key Verse from Bhagavad Gita

युक्ताहारविहारस्य युक्तचेतस्य कर्मसु युक्तस्वप्नावबोधस्य योगो भवति दुर्खः

- Translation: Balanced eating, recreation, effort in work, and balanced sleep lead to the practice of yoga which mitigates sorrow.

## Concepts of ahara (आहार) in Hatha Pradipika (हठप्रदीपिका)

- ahara (आहार) - Diet and its role in Yoga practice.
- Emphasizes moderation and the impact of diet on physical and mental health.
- Advocates for simple, pure, and balanced food.
- Recommends avoidance of heavy, spicy, or overly processed foods.
- Stresses the importance of regular and timely meals.
- Highlights the role of diet in supporting physical strength and stamina for Yoga.

## Concepts of ahara (आहार) in Bhagavad Gita (भगवद् गीता)

- Mitahara (मिताहार) - Moderate eating; balanced and moderate in quantity.
- Recommends a diet that is:
  - Sattvic (सात्त्विक) - Pure, clean, and nourishing.
  - Rajasic (राजसिक) - Overly stimulating, often leading to restlessness.
  - Tamasic (तामसिक) - Stale, impure, and harmful.
- Emphasizes the impact of food on the mind and consciousness.
- Advocates for moderation and awareness in eating habits.
- Suggests that the right diet supports spiritual and physical well-being.

## Principles of Mitahara (मिताहार) in Bhagavad Gita (भगवद् गीता)

- Mitahara (मिताहार) - Eating in moderation and balance.
- Consumes food that is:
  - Fresh and wholesome.
  - Prepared with love and devotion.
  - Conducive to physical health and mental clarity.
- Avoids excessive or insufficient eating.
- Focuses on maintaining harmony between body and mind through diet.
- Supports overall spiritual and physical health.

## Principles of Yukthahara (युक्ताहार) in Bhagavad Gita (भगवद् गीता)

- Yukthahara (युक्ताहार) - Proper and disciplined eating.
- Involves:
  - Consuming food at appropriate times.
  - Eating in moderation, neither too much nor too little.
  - Aligning diet with one's physical and spiritual needs.
- Emphasizes mindful eating and awareness of the impact of food.
- Integrates diet with other aspects of Yoga practice for holistic well-being.
- Enhances both physical health and spiritual development.

## 2.6 Significance of Hatha Yoga (हठ योग) Practices in Health and Well-Being

### Significance of Hatha Yoga (हठ योग) Practices

- Hatha Yoga (हठ योग) - A system focusing on physical postures (Asanas - आसन), breath control (Pranayam - प्राणायाम), and meditation (Dhyana - ध्यान).
- Aims to balance physical, mental, and spiritual health.
- Includes practices like Asanas (postures - आसन), Pranayam (breath control - प्राणायाम), Mudras (hand gestures - मुद्रा), and Bandhas (body locks - बन्धा).
- Enhances physical strength, flexibility, and endurance.
- Supports mental clarity, stress reduction, and emotional stability.

## Physical Health Benefits

- Improves flexibility and muscle tone.
- Enhances strength and stamina.
- Aids in weight management and improves posture.
- Boosts circulation and respiratory function.
- Promotes detoxification through sweating and improved digestion.

## Mental and Emotional Well-being

- Reduces stress and anxiety through relaxation techniques.
- Enhances focus and concentration.
- Improves mood and emotional resilience.
- Supports mental clarity and cognitive function.
- Encourages mindfulness and self-awareness.

## Spiritual Growth

- Facilitates deeper meditation and self-realization.
- Helps in achieving inner peace and balance.
- Promotes a sense of connection to self and higher consciousness.
- Supports spiritual development through disciplined practice.
- Integrates physical health with spiritual practice for holistic growth.

## Overall Well-being

- Combines physical, mental, and spiritual practices for comprehensive health.
- Encourages a balanced lifestyle and regular practice.
- Provides tools for managing daily stress and enhancing quality of life.
- Fosters a harmonious relationship between body, mind, and spirit.
- Contributes to long-term health and vitality.

## 2.7 Concept of Mental Well-being according to Patanjali Yoga (पातञ्जलि योग)

### Concept of Mental Well-being in Patanjali Yoga (पातञ्जलि योग)

- Patanjali's Yoga (पातञ्जलि योग) - Focuses on achieving mental clarity and stability.
- Central text: Yoga Sutras of Patanjali (पातञ्जलि योग सूत्र).
- Emphasizes the importance of controlling the mind (Chitta - चित्त) for well-being.
- Aims to cultivate a state of Sattva (सत्त्व) - mental purity and balance.
- Addresses mental disturbances and provides techniques to overcome them.

### Role of Mind Control (Chitta Vritti Nirodha - चित्त वृत्ति निरोध)

- Chitta Vritti Nirodha (चित्त वृत्ति निरोध) - Control of the fluctuations of the mind.
- Essential for achieving mental stability and peace.
- Involves restraining mental patterns and disturbances.
- Focuses on reducing Vrittis (वृत्ति) - mental modifications that cause suffering.
- Achieved through practice of Yamas (यमाः) - ethical restraints and Niyamas (नियमाः) - personal observances.

## Key Practices for Mental Well-being

- Dhyana (ध्यान) - Meditation - Regular practice to cultivate concentration and inner peace.
- Pranayama (प्राणायाम) - Breath Control - Regulates mental and emotional states through breath.
- Asanas (आसन) - Postures - Physical practice to stabilize the mind and body.
- Self-Discipline - Adherence to Yamas (यमाः) and Niyamas (नियमाः) for mental clarity.
- Mindfulness - Awareness of thoughts and emotions to maintain balance.

## Achieving Mental Clarity (Sattva - सत्त्व)

- Sattva (सत्त्व) - The quality of purity and harmony in the mind.
- Promotes inner peace, clarity, and wisdom.
- Cultivated through regular practice of Yoga and meditation.
- Helps in overcoming mental disturbances and achieving higher states of consciousness.
- Supports overall mental and emotional stability.

## Overcoming Mental Disturbances

- Kleshas (क्लेशाः) - Mental afflictions such as ignorance, egoism, attachment, aversion, and fear of death.
- Addressed through disciplined practice and self-awareness.
- Use of Vairagya (वैराग्य) - detachment and Abhyasa (अभ्यास) - practice to manage mental challenges.
- Achieving Samadhi (समाधि) - A state of perfect mental equilibrium.
- Focus on reducing negative thought patterns and promoting mental resilience.

## प्रतिपक्ष भावना Pratipaksha Bhavana (Thinking of the Opposite)

- प्रतिपक्ष भावना Pratipaksha Bhavana: Consciously replacing negative emotions with positive ones.
- For example, when experiencing anger or hatred, consciously think of something that brings joy or love.
- Swami Vivekananda's example: A couple fighting will instantly forget their anger when a child does something funny.

## चित्त प्रसादन Attitude of Chitta Prasadana

- चित्त प्रसादन Chitta Prasadana: Cultivating attitudes towards different types of people.
  - Maitri (मैत्री): Friendship with happy people.
  - Karuna (करुणा): Compassion towards unhappy people.
  - Mudita (मुदिता): Joy for virtuous people.
  - Upeksha (उपेक्षा): Indifference towards negative or evil people.

## 2.8 Yogic Practices of Patanjali Yoga (पातञ्जलि योग): Bahiranga (बाहिरंग) and Antaranga (अंतरंग) Yoga

### Yogic Practices in Patanjali Yoga (पातञ्जलि योग)

- Patanjali's Yoga (पातञ्जलि योग) - Divided into Bahiranga (बाहिरंग) - external and Antaranga (अंतरंग) - internal practices.
- Aims to achieve holistic development and spiritual realization.
- Bahiranga (बाहिरंग) Yoga focuses on external practices.
- Antaranga (अंतरंग) Yoga emphasizes internal, meditative practices.
- Both are essential for achieving the ultimate goal of Yoga.

## Bahiranga Yoga

- Bahiranga - External practices of Yoga.
- Includes:
  - Yamas (यम) - Ethical restraints (non-violence, truthfulness, non-stealing, etc.).
  - Niyamas (नियम) - Personal observances (cleanliness, contentment, self-discipline, etc.).
  - Asanas (आसन) - Physical postures to prepare the body for meditation.
  - Pranayama (प्राणायाम) - Breath control to regulate vital energy and calm the mind.
- Focuses on ethical and physical preparation for deeper practices.
- Establishes a foundation for internal practices.

## Antaranga Yoga

- Antaranga - Internal practices of Yoga.
- Includes:
  - Pratyahara (प्रत्याहार) - Withdrawal of the senses from external objects.
  - Dharana (धारणा) - Concentration on a single point or object.
  - Dhyana (ध्यान) - Meditation; sustained and uninterrupted flow of consciousness.
  - Samadhi (समाधि) - Enlightenment; a state of profound inner peace and realization.
- Focuses on deepening the inner experience and achieving spiritual insight.
- Cultivates mental clarity, inner peace, and ultimate realization of the self.

## Integration of Bahiranga and Antaranga Yoga

- Bahiranga and Antaranga practices are interdependent.
- External practices prepare and purify the body and mind for internal practices.
- Internal practices build on the discipline established by external practices.
- Both are necessary for comprehensive development and achieving Yoga's ultimate goals.
- Harmonizing both aspects leads to a balanced and integrated approach to Yoga.

## 2.9 Concepts of healthy living in Bhagwad Gita

### Introduction

- In Chapter 16 of the Bhagavad Gita, Krishna describes 26 divine qualities that contribute to a happy and healthy life in society.
  - These qualities are essential for living harmoniously and practicing spirituality.
- अभयम् सत्त्वसंशुद्धिः ज्ञानयोगवस्तितः । दानं दमश्च यज्ञश्च स्वाध्यायस्तप आर्जवम् ॥
- Translation: Fearlessness, purity of mind, steadfastness in spiritual knowledge, charity, control of the senses, performance of sacrifice, study of sacred books, austerity, and straightforwardness.

## Qualities of a Divine Nature

- Fearlessness (अभय)
- Purity of Mind (शुद्धता)
- Steadfastness in Spiritual Knowledge (स्थैर्य)
- Charity (दान)
- Control of the Senses (इंद्रिय नियंत्रण)
- Performance of Sacrifice (यज्ञ)
- Study of Sacred Books (स्वाध्याय)
- Austerity (तप)
- Straightforwardness (आज्ञव)
- Nonviolence (अहिंसा)
- Truthfulness (सत्य)
- Absence of Anger (क्रोध रहित)
- Renunciation (त्याग)
- Peacefulness (शांति)
- Restraint from Fault-Finding (दोष निंदानिरोध)
- Compassion Towards All Living Beings (करुणा)
- Absence of Covetousness (लोभ रहित)
- Gentleness (मृदुता)
- Modesty (लज्जा)
- Lack of Fickleness (अस्थिरता)
- Vigor (स्फुर्ति)
- Forgiveness (क्षमा)
- Fortitude (धैर्य)
- Cleanliness (शौच)
- Bearing Enmity Towards None (द्वेष रहित)
- Absence of Vanity (अहंकार रहित)

## Concepts of Healthy Living in Bhagavad Gita

- Bhagavad Gita - Provides guidance on living a balanced and healthy life.
- Emphasizes the harmony of body, mind, and spirit.
- Encourages living in accordance with धर्म (Dharma) and righteousness.
- Focuses on maintaining balance in daily activities and lifestyle.
- Highlights the importance of self-discipline and moderation.

## Principles of Healthy Living

- Moderation in Eating - मिताहार (Mitahara): Eat in moderation; balanced diet and mindful eating.
- Balanced Lifestyle - Maintain a balanced routine; avoid extremes in work and rest.
- Regular Practice - Engage in daily practice of Yoga, meditation, or self-discipline.
- Right Action - Perform actions in line with one's duty and ethical principles.
- Mental Peace - Cultivate a peaceful and steady mind through mindfulness and self-awareness.

## Concepts of Diet and Behavior

- Healthy Diet - Food that is:
  - Fresh and wholesome.
  - Prepared with care and respect.
  - Not overly spicy or heavy.
- Behavior and Attitude - Approach life with:
  - संतोष (Santosha) - Contentment.
  - वैराग्य (Vairagya) - Non-attachment.
  - Equanimity in success and failure.
- Self-Control - Exercise self-control over desires and impulses.
- Spiritual Focus - Align daily actions with spiritual growth and self-realization.

## Living in Harmony with Nature

- Natural Rhythm - Live in harmony with natural cycles and rhythms.
- Sattvic Living - Adopt a lifestyle that promotes purity and tranquility (सात्त्विक).
- Avoid Excesses - Avoid excessive indulgence and self-denial.
- Holistic Approach - Integrate physical health, mental peace, and spiritual well-being.
- Mindful Living - Practice mindfulness in all aspects of life.

## 2.10 Importance of subjective experience in daily Yoga practice

### Importance of Subjective Experiences in Daily Yoga Practice

- Self-Discipline: Practicing yoga regularly builds self-discipline. For instance, morning practice helps in waking up early, yielding double benefits.
- Physical Harmony: Asanas bring harmony to the body, ensuring it is strong and disease-free.
- Mental Balance: Pranayama practice fosters calmness and balance in both body and mind.
- Self-Study (स्वाध्याय): Enhances perspective by reading various commentaries and translations of yogic texts.
- Attitude of Surrender (ईश्वरप्रणिधान): Develops an attitude of non-attachment to actions and their results.
- Intense Love Towards Knowledge (भक्ति योग): Cultivates intense love for seeking knowledge.
- Eka Tatva Abhyasa (एकतत्त्व अभ्यास): Focusing on a single principle or concept to deepen practice and understanding.
- Benefits: Helps in developing a deeper connection with the chosen principle, leading to greater clarity and insight.
- Patanjali's Guidance: Emphasizes consistent and dedicated practice (अभ्यास, Abhyasa) to achieve mental balance and spiritual growth.

### Importance of Subjective Experience in Daily Yoga Practice

- Subjective Experience - Personal, internal perception of Yoga practice.
- Focuses on individual feelings, sensations, and inner states.
- Essential for understanding the impact of practice on body and mind.
- Promotes self-awareness and deeper connection to one's practice.
- Enhances the effectiveness and benefits of Yoga practice.

### Self-Awareness and Mindfulness

- Self-Awareness - Being conscious of physical and mental states during practice.
- Encourages observation of subtle changes and progress.
- Mindfulness - Paying attention to the present moment.
- Enhances focus and concentration in practice.
- Supports mental clarity and emotional stability.

### Personalization of Practice

- Personalization - Adapting Yoga practices to individual needs and conditions.
- Allows for modifications based on subjective experience and feedback.
- Facilitates alignment with personal goals and limitations.
- Enhances comfort and effectiveness of the practice.
- Supports long-term adherence and progress in Yoga practice.

## Integration of Mind and Body

- Mind-Body Connection - Awareness of the interplay between mental and physical aspects.
- Helps in achieving balance and harmony.
- Enhances the holistic benefits of Yoga.
- Supports deeper meditative and reflective states.
- Facilitates a more profound understanding of oneself.

## Reflective Practice and Growth

- Reflective Practice - Regularly reviewing personal experiences and progress.
- Encourages continuous learning and improvement.
- Aids in identifying areas for growth and development.
- Supports emotional and spiritual evolution.
- Fosters a deeper commitment to Yoga practice.

# Yoga for Health Promotion

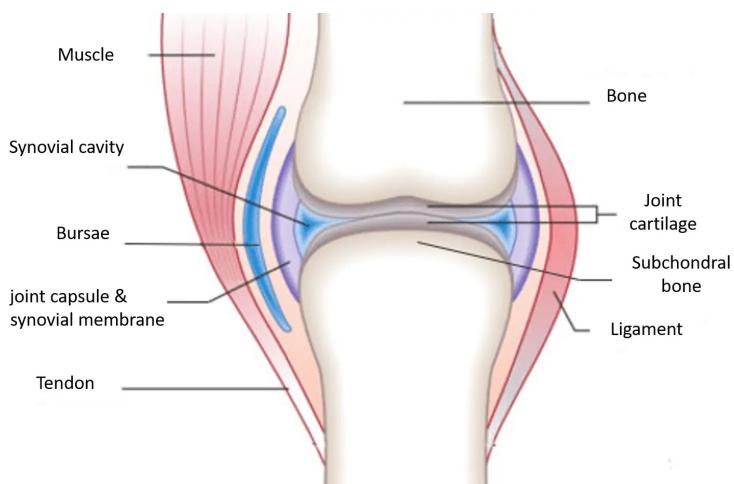
## Syllabus

- 3.1 Brief introduction to human body.
- 3.2 Meaning and Means of health promotion and role of Yoga in health promotion.
- 3.3 Yogic positive attitudes ( Maîtri, Karuna, Mudita, Upaksha).
- 3.4 Concept of bhavas (Dharma, Jnana, Vairagya, Aishwarya) and their relevance in well being.
- 3.5 Dincharya and Ritucharya with respect to Yogic life style.
- 3.6 Holistic approach of Yoga towards health and diseases.
- 3.7 Introduction to First aid and Cardio Pulmonary Resuscitation (CPR).
- 3.8 Yogic management of stress and its consequences.
- 3.9 Yoga in prevention of metabolic and respiratory disorders.
- 3.10 Yoga for personality development.

## 3.1 Brief introduction to human body : Anatomy

### Components of the Skeletal System

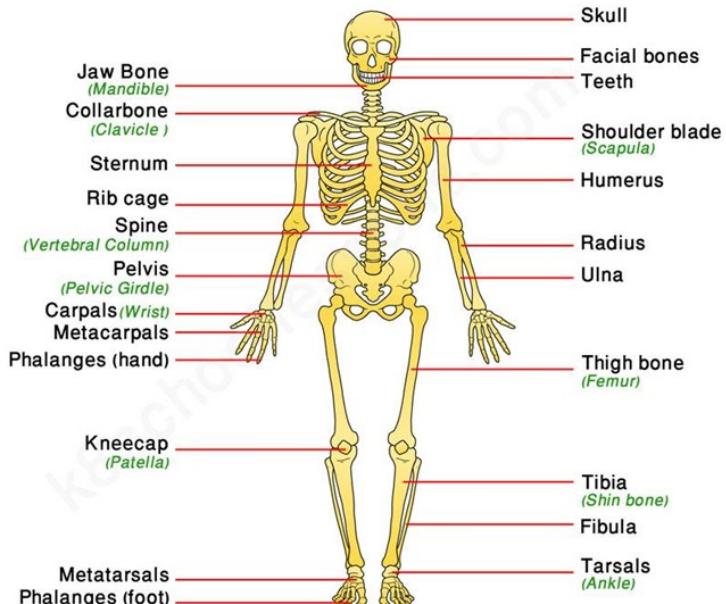
- Bones : 206 in adults, living organs, rich blood supply
- Cartilage : Elastic tissue, cushions joints
- Ligaments : Bind bones at joints
- Tendons : Connect muscles to bones
- Joints : Points of bone contact



(Ref: <https://www.swiss-alp-health.ch/en/what-is-a-joint/>)

## Divisions of the Skeletal System

- Axial Skeleton: Skull, vertebral column, rib cage
  - Skull: 23 bones, protects brain, inner ear, eyes
  - Spine: Made of vertebrae, supports trunk, protects spinal cord
  - Rib Cage: 12 pairs of ribs, protects lungs and heart
- Appendicular Skeleton: Shoulder and pelvic girdles, limbs
  - Shoulder Girdle: Shoulder blades, collar bones
  - Upper Limb: Humerus, radius, ulna, carpals, metacarpals, phalanges
  - Pelvis: Flat bones from sacrum, base for legs
  - Lower Limb: Femur, patella, tibia, fibula, tarsals, metatarsals, phalanges

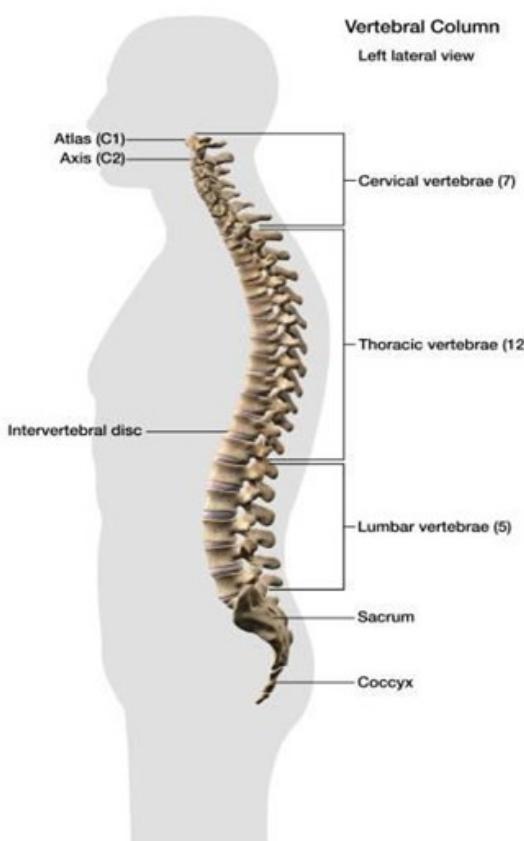
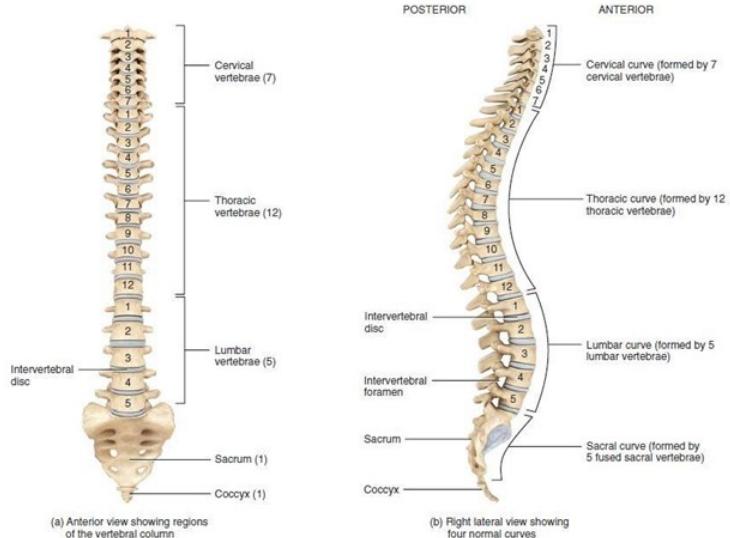


### Functions of skeleton system

- Structural Framework
- Support and protection
- Blood formation
- Storehouse of minerals

## Vertebral Column

- Spine: Strong column of bone from head to lower back
- 33 vertebrae joined by cartilage and ligaments
- Spinal cord runs through central holes in vertebrae
- Vertebrae groups: Cervical (7), Thoracic (12), Lumbar (5)
- Sacral (5 fused into 1), Coccygeal (4 fused into 1)
- Curvatures: Cervical, Thoracic, Lumbar, Pelvic
- Improper posture can exaggerate spinal curves
- Kyphosis: Increased thoracic curve
- Lordosis: Exaggerated lumbar curve
- Scoliosis: Lateral curvature of the spine
- Asanas can help correct posture by balancing and strengthening muscles



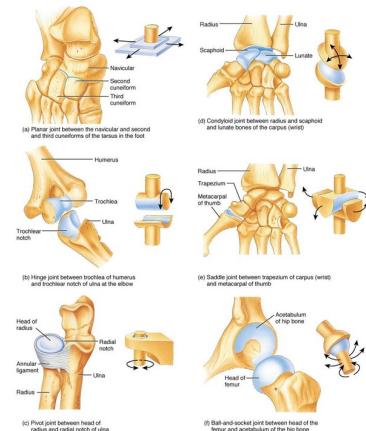
## Types of Spinal Movements

- Flexion: Forward bending; maximal in cervical region (e.g., Paschimotanasana, Padahastasana)
- Extension: Back bending (e.g., Bhujangasana, Dhanurasana)
- Rotation: Longitudinal twisting; greatest between atlas and axis (e.g., Ardha Matsyendrasana)
- Sideways Bending: Maximal in cervical and lumbar regions (e.g., Trikonasana)
- Circumduction: Swaying combining all movements (e.g., Chakki Chalavan)
- Elongation: Stretching upwards from base of spine (e.g., Tadasana, Urdhvahasta Dandasana)

## Types of Joints

- Joints: Points of contact between two bones
- Fibrous Joints: Allow the least movement; e.g., sutures in skull
- Cartilaginous Joints: Bones connected by cartilage; e.g., ribs to sternum
- Synovial Joints: Highest mobility; coated with cartilage, contain synovial fluid
- Fibrous Joints: Immovable parts of the skeletal system
- Cartilaginous Joints: Strong but flexible, necessary movement (e.g., breathing)
- Synovial Joints: Sealed in fluid-filled joint capsule
- Six kinds of synovial joints for various movements

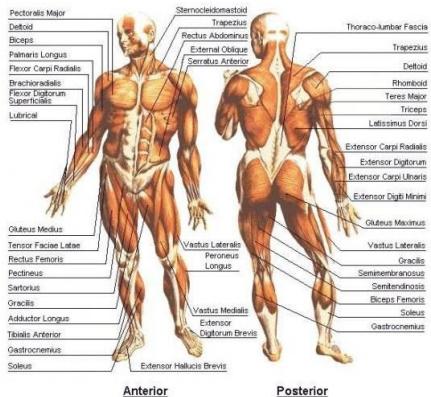
## Types of Joints



## Muscular System Overview

- Muscles are contractile tissues.
- They convert chemical energy into mechanical energy.
- Three types of muscles: voluntary, involuntary, cardiac.
- Voluntary muscles: consciously controlled.
- Involuntary muscles: controlled by autonomic nervous system.
- Cardiac muscle: auto rhythmic, contracts without stimulation.
- Voluntary muscles aid in walking, balancing, writing.
- Involuntary muscles help in digestion, blood flow.
- Cardiac muscle is specialized for heart function.

## Muscular System Overview



(Ref: <https://www.biologyonline.com/dictionary/muscular-system>)

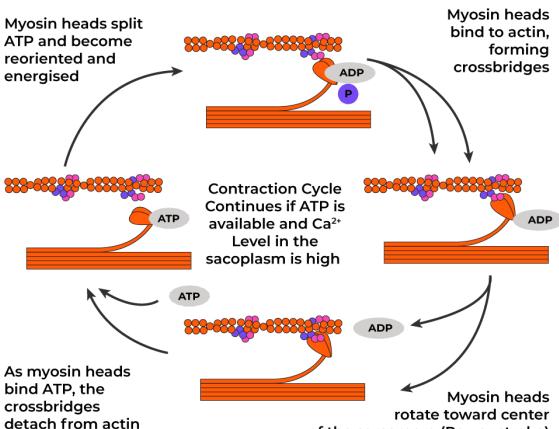
## Functions of Muscular System

- Production of movement. Maintaining posture against gravity.
- Protection of internal organs
- Heat production
- Store for energy (protein and carbohydrates)
- Functioning of internal organs because of involuntary muscles.

## Muscle Contraction

- Muscles consist of fibres wrapped in a sheath.
- Muscle fibres contain actin (thin) and myosin (thick) filaments.
- Filaments overlap to create tension and shorten muscle fibres.
- Relaxed muscles: minimal overlap of filaments.
- Stimulated muscles: filaments slide and overlap, causing contraction.
- Maximal contraction: complete overlap of filaments.
- Muscle strength increases through more fibre engagement or efficiency.
- Isotonic Contraction: muscle changes shape while load remains constant.
- Isometric Contraction: muscle stays same size while load increases.

## Muscle Contraction

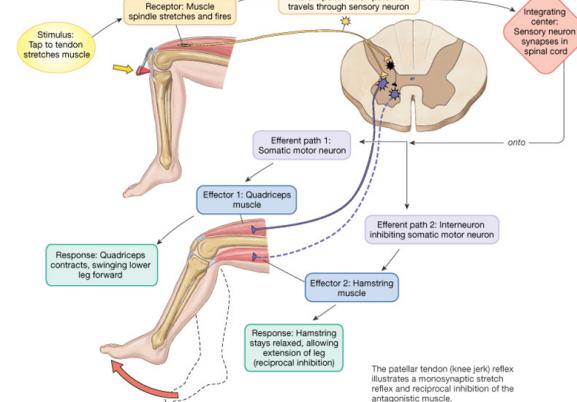


(Ref: <https://www.geeksforgeeks.org/mechanism-of-muscle-contraction-class-11/>)

## Reflex Action & Reciprocal Inhibition

- Motor units: smallest nerve fibre groups in muscles.
- Proprioceptors: sensors that send body position info to the brain.
- Proprioception aids in posture and coordination.
- Stretch reflex: strong contraction when muscle is suddenly lengthened.
- Example: back muscles contract when bending forward quickly.
- Slow movements support deep breathing.
- Reciprocal inhibition: opposing muscles relax when one contracts.
- Example: biceps contract, triceps relax.
- Ensures smooth and coordinated muscle movements.

## Reflex Action & Reciprocal Inhibition



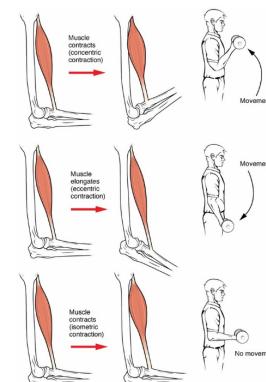
(Ref: <https://www.corewalking.com/reciprocal-inhibition/>)

## Types of Muscle Movements

- Flexion: Decreases joint angle, e.g., bending the elbow.
- Extension: Increases joint angle, e.g., straightening the elbow.
- Abduction: Moves bone away from midline, e.g., lifting arms.
- Adduction: Moves bone towards midline, e.g., bringing legs together.
- Elevation: Movement upward, e.g., shrugging shoulders.
- Depression: Movement downward, e.g., lowering shoulders.
- Pronation: Palms face down.
- Supination: Palms face up.
- Rotation: Movement around an axis, e.g., internal or external rotation.
- Sphincter opening: Reduces or increases size of an opening.

(Ref: [https://med.libretexts.org/Bookshelves/Anatomy\\_and\\_Physiology/](https://med.libretexts.org/Bookshelves/Anatomy_and_Physiology/))

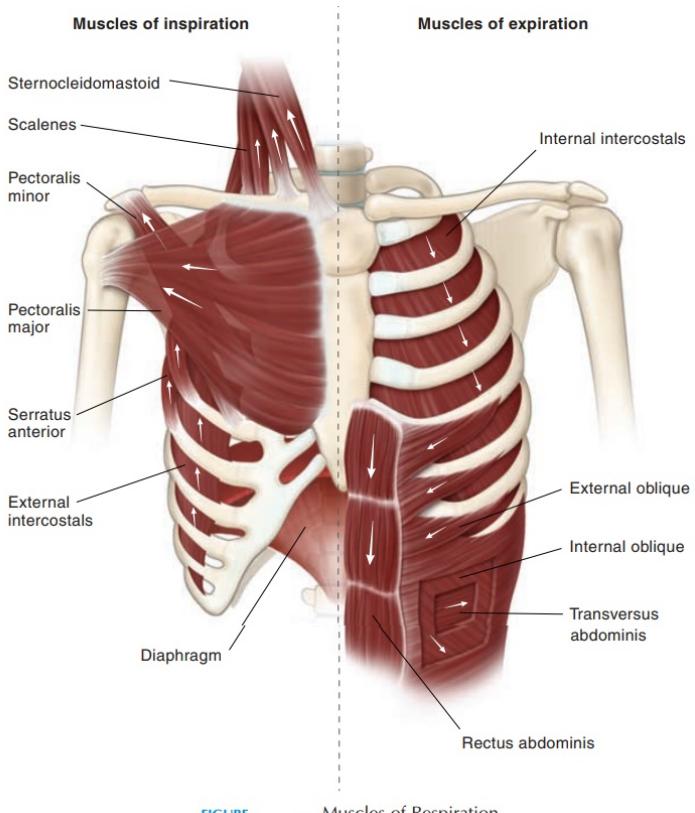
## Types of Muscle Movements



(Ref: [https://med.libretexts.org/Bookshelves/Anatomy\\_and\\_Physiology/](https://med.libretexts.org/Bookshelves/Anatomy_and_Physiology/))

## Muscle Breathing

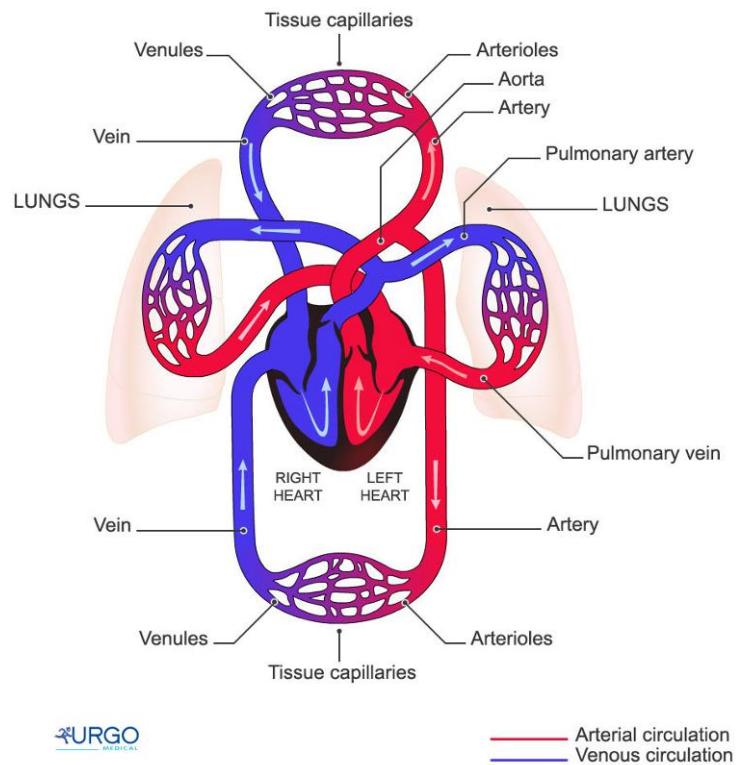
- Muscles need energy for contraction.
- Energy comes from glucose metabolism using oxygen.
- Aerobic respiration: used in low-intensity, high-volume activities.
- Example: marathon running, dance.
- Anaerobic respiration: used when oxygen is insufficient or activities are very fast.
- Anaerobic respiration produces lactic acid as a byproduct.
- Example: weight training, sprints.
- Post-exertion: oxygen breaks down lactic acid into water and carbon dioxide.
- Oxygen debt: amount of oxygen required to break down lactic acid.



(Ref: [https://www.brainkart.com/article/Respiration-Muscles\\_21121/](https://www.brainkart.com/article/Respiration-Muscles_21121/))

## Cardiovascular System

- Cardiovascular system transports nutrients, gases, waste, hormones.
- Blood consists of:
  - Plasma (54% of blood mass)
  - Red blood cells (45%)
  - White blood cells and platelets (1%)
- Red Blood Cells (RBCs): Transport oxygen and carbon dioxide.
- RBCs produced in bone marrow, lifespan 120 days.
- Anaemia: Condition when RBC count falls below 30%.
- White Blood Cells (WBCs): Provide immunity, lifespan 30 hours to 25 days.
- Platelets: Prevent bleeding by sticking to damaged vessels.
- Platelets' average lifespan is 4 days.

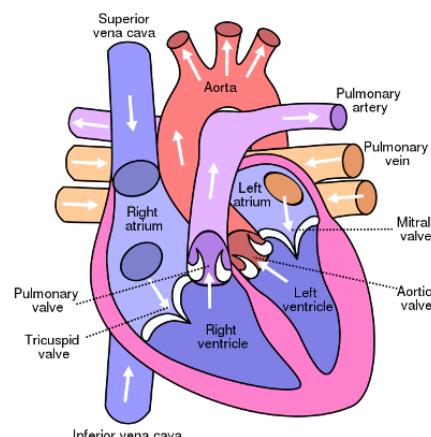


(Ref: <https://www.mereresearch.org.uk/taking-heart-1/>)

## Blood Vessels & Heart

- Blood vessels transport blood throughout the body.
- Arteries carry blood away from the heart.
- Arteries branch into arterioles, then into capillaries for nutrient exchange.
- Capillaries converge into venules, which merge into veins.
- Veins carry blood back to the heart.
- Systemic circulation: blood flow to and from the body.
- Pulmonary circulation: blood flow to and from the lungs.
- Heart: muscular organ that pumps blood.
- Heart has 4 chambers: right atrium, left atrium, right ventricle, left ventricle.
- Atria receive blood; ventricles pump it out.
- Valves prevent backflow: tricuspid (right), bicuspid/mitral (left).

## Blood Vessels & Heart



(Ref: <https://www.mereresearch.org.uk/taking-heart-1/>)

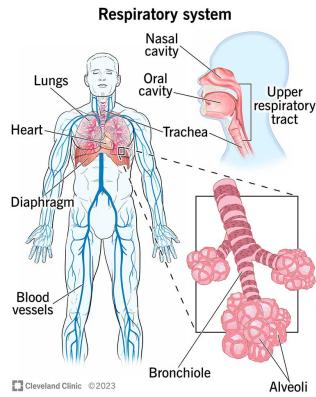
## Functions of Muscular System

- Transport, blood circulation.
- Protection, immunity.
- Homeostasis.

## Respiratory System

- Respiration: Exchange of oxygen and carbon dioxide.
- At pulmonary level: Oxygen diffuses into capillaries,  $CO_2$  into alveoli.
- At systemic level: Gas exchange occurs in capillaries near cells.
- Respiratory tract: Pathway for air to and from the lungs.
- Nose: Filters, warms, and moistens air; sense organ for smell.
- Pharynx: Passage from mouth and nose; connects to larynx.
- Larynx: Voice box; produces sound.
- Trachea: Windpipe; held open by cartilage rings.
- Bronchi, bronchioles, alveoli: Air passage branches ending in alveoli for gas exchange.
- Lungs: Triangular air sacs; two on the left (2 lobes), three on the right.
- Respiratory mucosa: Secretes mucus, traps irritants, and moves mucus to pharynx.
- Sinuses: Air-filled spaces around nasal cavity; prone to blockage and sinusitis.

## Respiratory System

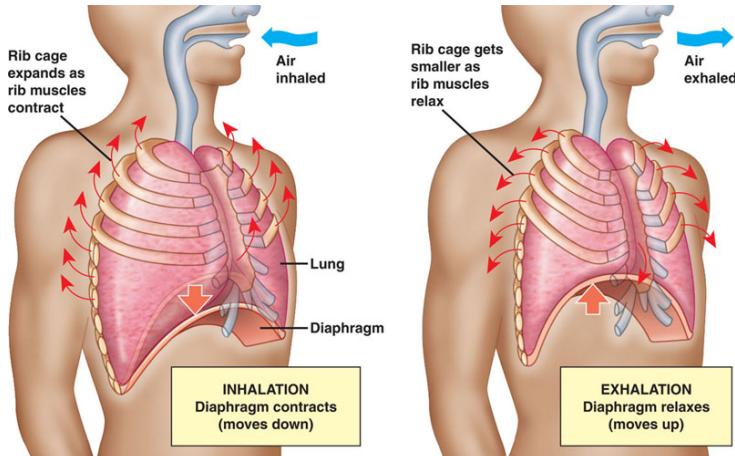


## Functions of Muscular System

- Exchange of gases
- Maintaining pH balance
- Speech production.

## Muscles of Respiration

- Diaphragm: Dome-shaped muscle below lungs; separates chest and abdominal cavities.
- Intercostal Muscles: Located between ribs; lift rib cage for inhalation, lower it for exhalation.
- Accessory Muscles: Neck muscles attached to collarbone; assist in clavicular breathing.
- Muscles of Expiration: Abdominal muscles; used for forceful exhalation.

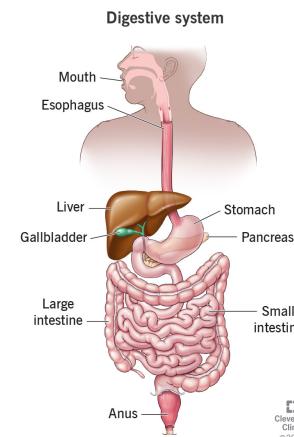


(Ref: <https://step1.medbullets.com/respiratory/117007/muscles-of-respiration>)

## Digestive System

- Digestion: Breaking down complex molecules into simpler ones (glucose, fatty acids, amino acids).
- Alimentary Canal: 12 meters long muscular tube with mucosal lining.
- Food movement: By peristalsis (wave-like contractions).
- Mouth: Mechanical breakdown (chewing) and initial carbohydrate digestion by saliva.
- Oesophagus: Connects mouth to stomach; no digestion or absorption.
- Stomach: Mechanical breakdown and initial chemical digestion of proteins, fats, and milk. No absorption; secretes hydrochloric acid.
- Small Intestine: 6m long, divided into duodenum, jejunum, ileum; digestion and absorption of nutrients. Villi increase absorption surface area.
- Large Intestine: Absorbs water, forms feces; consists of ascending, transverse, descending colon, rectum, and anus.

## Digestive System

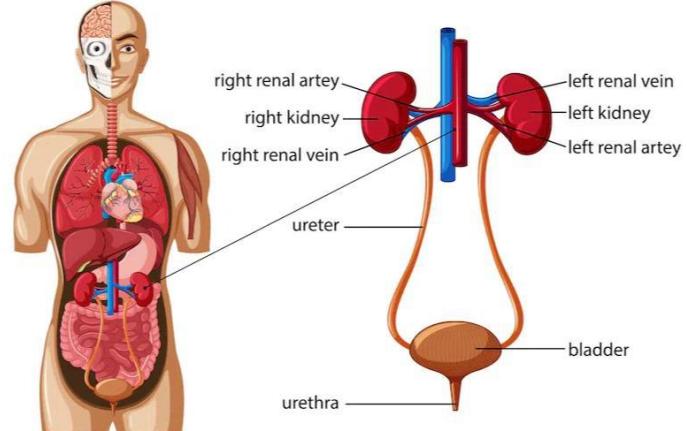


(Ref: <https://my.clevelandclinic.org/health/body/7041-digestive-system>)

## Excretory System

- Kidneys: Bean-shaped organs that filter blood; contain 1 million nephrons each.
- Ureters: Smooth muscle tubes that transport urine from kidneys to bladder via peristalsis.
- Urinary Bladder: Hollow organ that stores urine; holds 300-500 ml before the urge to urinate.
- Urethra: Tube connecting bladder to external orifice for urine expulsion.

## Human Excretory system



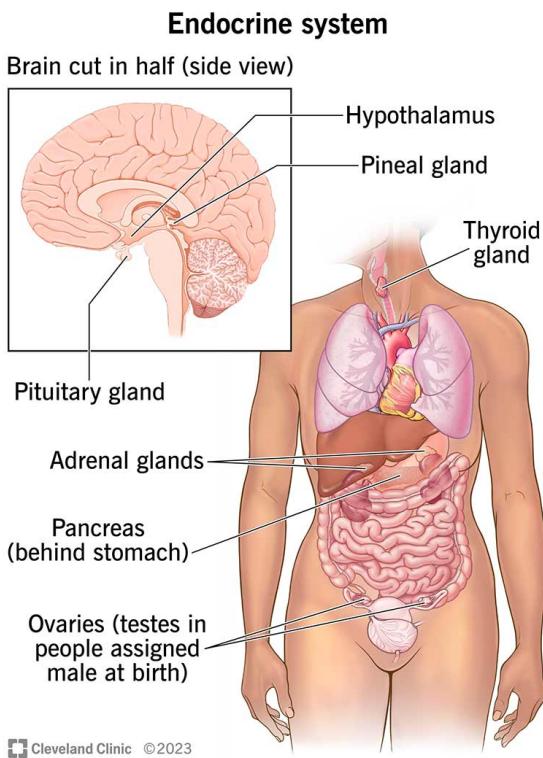
(Ref: <https://www.geeksforgeeks.org/diagram-of-excretory-system/>)

## Functions of Muscular System

- Eliminate waste from the body.
- Regulate blood volume and blood pressure.
- Control levels of electrolytes and metabolites
- Regulate blood pH.

## Endocrine System

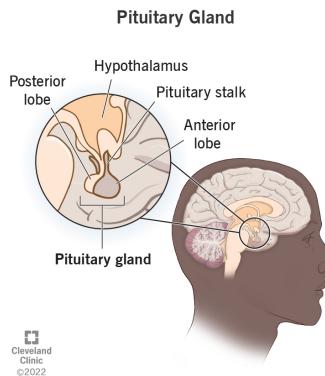
- Endocrine System: Regulates body activities through hormones.
- Hormones: Chemical regulators secreted into the blood.
- Secreted directly into blood; act on specific target organs.
- Produced in small quantities; not stored in the body.
- Types: Water-soluble proteins and amines, lipid-soluble steroids.
- Imbalance: Excess or deficiency can lead to serious health issues.



## Endocrine Glands: Hypothalamus and Pituitary

- Hypothalamus: Directs pituitary gland.
  - Releasing Hormone (RH): Stimulates pituitary hormone release.
  - Inhibiting Hormone (IH): Stops pituitary hormone release.
- Pituitary Gland: Master gland; regulates other endocrine glands.
  - Growth Hormone (GH): Promotes growth.
  - Follicle Stimulating Hormone (FSH): Stimulates egg and sperm formation.
  - Luteinizing Hormone (LH): Stimulates corpus luteum and hormone production.
  - Prolactin: Milk secretion.
  - Thyroid Stimulating Hormone (TSH): Stimulates thyroid.
  - Adrenocorticotrophic Hormone (ACTH): Stimulates adrenal glands.
  - Antidiuretic Hormone (ADH): Increases water reabsorption.
  - Oxytocin: Uterine contractions.

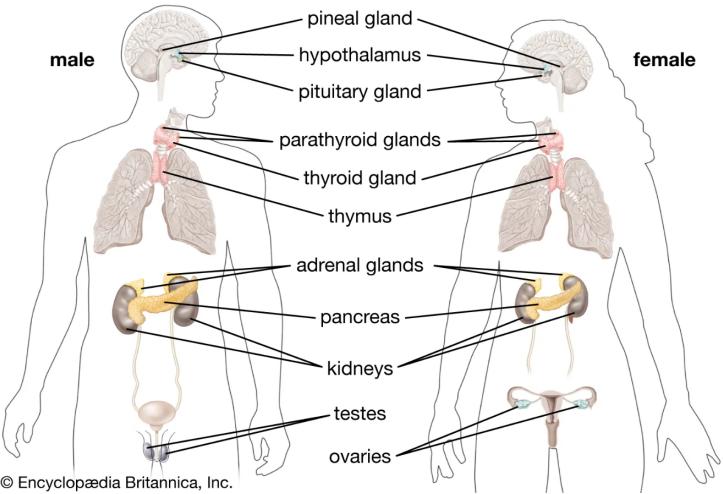
## Endocrine Glands: Hypothalamus and Pituitary



(Ref: <https://my.clevelandclinic.org/health/body/21459-pituitary-gland>)

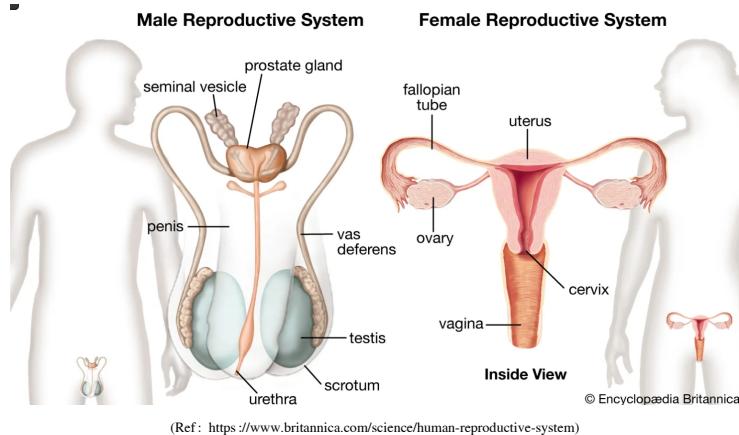
## Endocrine Glands: Pineal, Thyroid, and Parathyroid

- Pineal Gland: Produces melatonin; regulates sleep patterns.
- Thyroid: Produces thyroxin and calcitonin; regulates metabolism and calcium.
- Parathyroid Glands: Regulates calcium metabolism.



## Overview of Reproductive System

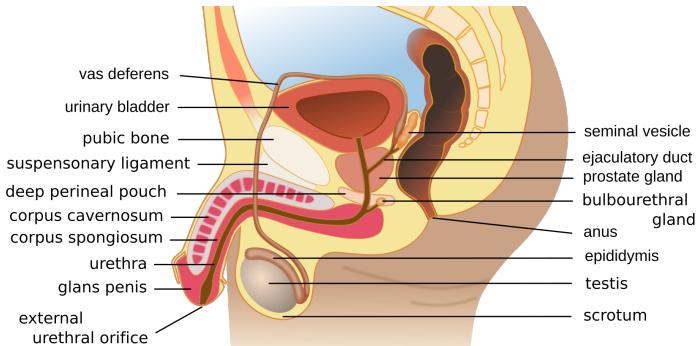
- Essential for species survival.
- Humans procreate via sexual reproduction.
- Gametes: sperm (male) and egg (female).
- Fertilization forms a zygote.
- Zygote develops into an embryo, then a fetus.



(Ref: <https://www.britannica.com/science/human-reproductive-system>)

## Male Reproductive System

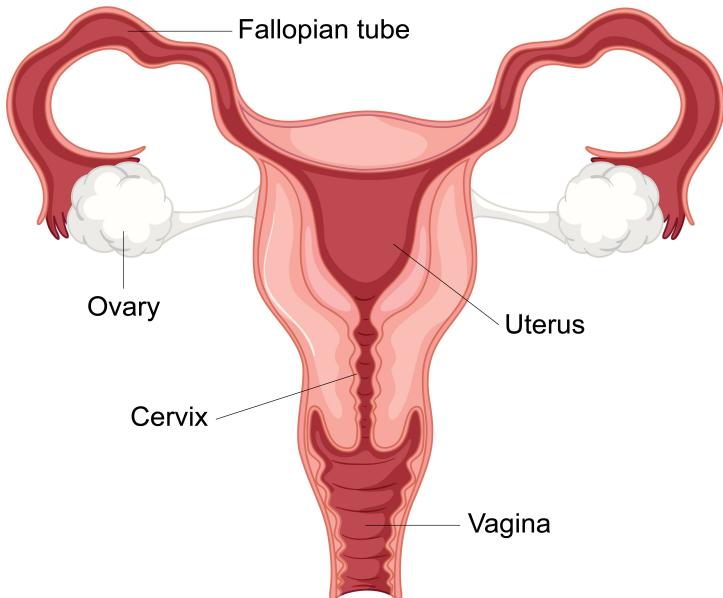
- Testes: Oval-shaped, produce sperm.
- Scrotum: Sac that holds testes.
- Seminal Vesicles: Produce seminal fluid.
- Prostate Gland: Adds fluids to semen.
- Penis: Passes urine and semen.



(Ref: [https://simple.wikipedia.org/wiki/Male\\_reproductive\\_system](https://simple.wikipedia.org/wiki/Male_reproductive_system))

## Female Reproductive System

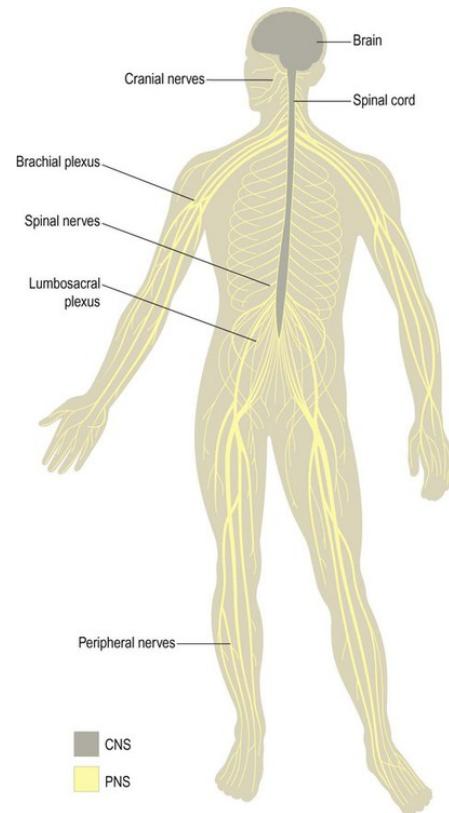
- Key organs: Ovaries, oviducts, uterus, vagina.
- Functions: Egg production, fertilization, embryo development.
- Ovaries: Produce and mature eggs.
- Oviducts: Site of fertilization.
- Uterus: Houses and nurtures the embryo.



(Ref: <https://www.healthdirect.gov.au/female-reproductive-system>)

## Overview of Nervous System

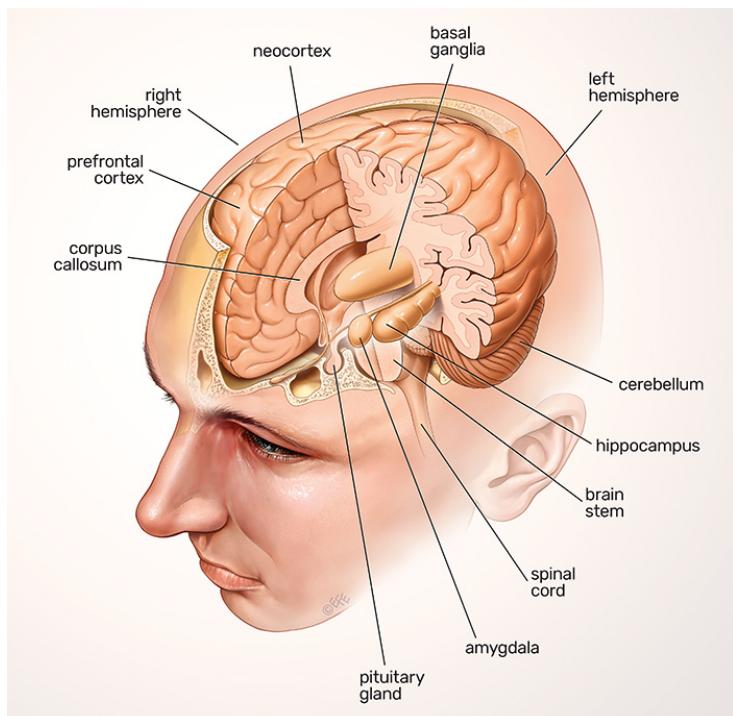
- Coordinates and controls body actions.
- Neuron: basic functional unit.
- Consists of CNS and PNS.
- CNS: Brain and spinal cord.
- PNS: Nerves connecting CNS to body.



(Ref: <https://neupsykey.com/overview-of-the-nervous-system/>)

## Central Nervous System: Brain

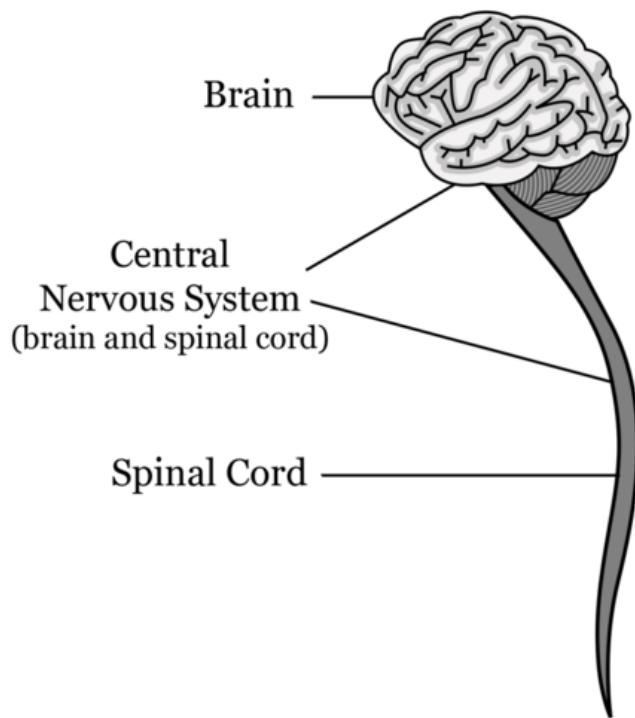
- Brain: Protected by skull and meninges.
- Cerebrum: Largest part, divided into lobes.
- Cerebellum: Coordinates movements and balance.
- Medulla Oblongata: Controls vital functions.
- Diencephalon: Includes hypothalamus and thalamus.



(Ref: <https://qbi.uq.edu.au/brain/brain-anatomy/central-nervous-system-brain-and-spinal-cord>)

## Central Nervous System: Spinal Cord

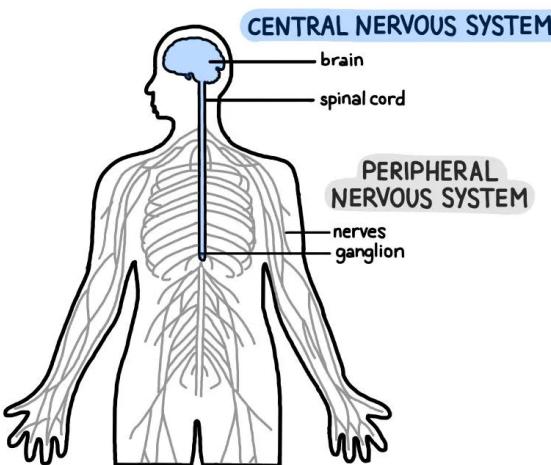
- Extends from medulla oblongata to lumbar vertebra.
- Covered by meninges.
- Facilitates reflex actions.
- Conduction of sensory and motor impulses.
- Key role in communication between brain and body.



(Ref: <https://www.ck12.org/biology/central-nervous-system/lesson/central-nervous-system-ms-ls/>)

## Peripheral Nervous System: Overview

- Includes all nerves outside CNS.
- Connects CNS to limbs and organs.
- Divided into Somatic and Autonomic systems.
- Somatic: Controls voluntary movements.
- Autonomic: Regulates involuntary functions.

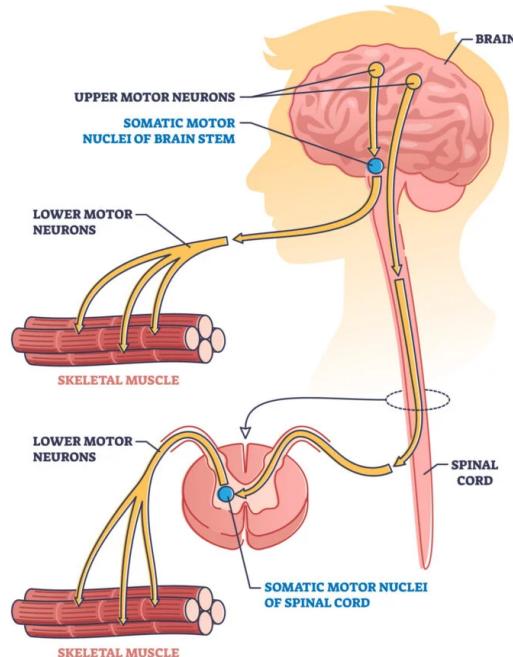


(Ref: <https://www.simplypsychology.org/peripheral-nervous-system.html>)

## Somatic Nervous System (SNS)

- Sensory nerves: Carry impulses to CNS.
- Motor nerves: Carry impulses from CNS.
- 12 pairs of cranial nerves.
- 31 pairs of spinal nerves.
- Controls voluntary movements.

### SOMATIC NERVOUS SYSTEM

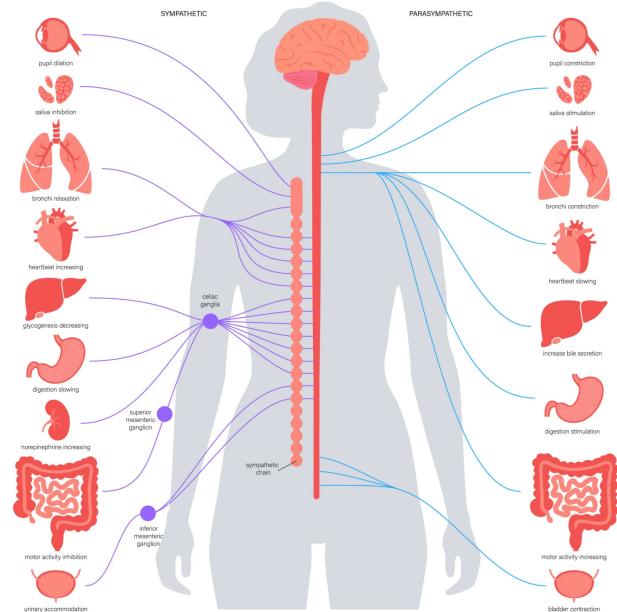


(Ref: <https://www.simplypsychology.org/somatic-nervous-system.html>)

## Autonomic Nervous System (ANS)

- Regulates involuntary actions.
- Sympathetic: 'Fight or flight' response.
- Parasympathetic: 'Rest and digest' response.
- Controls internal organs.
- Includes sympathetic and parasympathetic chains.

### AUTONOMIC NERVOUS SYSTEM



## 3.2 Meaning and Means of health promotion and role of Yoga in health promotion

### Health Promotion

#### Definition of Health :

- According to the World Health Organization (WHO), health is defined as “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”

#### Health Promotion :

- Health promotion involves encouraging healthy lifestyles and educating people to increase awareness and well-being.
- Objective: To promote healthy living and prevent disease.

### Role of Yoga in Health Promotion

#### Yoga and Health Benefits :

- Yoga addresses all aspects of health:
  - Cardiovascular Health - Improves heart function.
  - Muscular Strength and Flexibility - Enhances physical strength and balance.
  - Stamina and Body Balance - Builds endurance and stability.
- Shatkriyas (शट्टक्रियास) : Cleanses internal organs.
- Pranayama (प्राणायाम) : Focuses on breath work for relaxation and increasing Prana (प्राण).
- Dhyana (ध्यान) and Meditation : Enhances concentration and intuition.

#### Experiential Learning :

- Yoga is an experiential practice. Regular practice leads to better understanding and control over overall well-being.
- Explore different practices like Bhakti Yoga (भक्ति योग), Karma Yoga (कर्म योग), and Ishvara Pranidhana (ईश्वर प्रणिधान), and find what resonates with you.
- Stick to the practice as advised by Patanjali (Abhyasa - अभ्यास) and observe the effects.

### Effects of Hatha Yoga Practices

- Enhances flexibility in tendons, muscles, and spine.
- Improves overall blood flow and oxygen delivery.
- Supports cardiovascular health and lowers blood pressure.
- Facilitates lymphatic system function and detoxification.
- Corrects poor posture and improves body alignment.
- Relieves pain and tension in joints and muscles.
- Loosens tight areas like neck and shoulders.
- Promotes mental well-being alongside physical health.

### Limitations and Contraindications of Yoga Practices

- Awareness of contraindications is essential before starting practice.
- Yoga is preventive, not primarily curative; used as an alternative therapy.
- Individual differences mean not all practices suit everyone; avoid comparison.
- More effective for functional disorders than for organic conditions.
- Not a cure for conditions like cancer; helps in managing symptoms and improving strength.
- Not a standalone remedy for issues like obesity; requires diet and lifestyle changes.
- Best used as a complementary therapy alongside conventional treatments.

## 3.3 Yogic positive Attitudes

**Yogic Positive Attitudes in Yogasutra:** Chitta Prasadana  
मैत्रीकरुणामुदितोपेक्षाणां सुखदुःखपुण्यातुच्छिवयस्याणां भावनातिश्वतप्रसादनम् ॥ १ . ३३ ॥

- Maitri: Cultivating friendship and kindness towards others.
- Karuna: Practicing compassion and empathy for those in suffering.
- Mudita: Experiencing joy and appreciation for others' happiness.
- Upksha: Maintaining equanimity and detachment from the fluctuations of life.
- Mind Purification: Cleansing the mind of negative emotions and thoughts.
- Inner Peace: Creating a serene mental environment through positive attitudes.
- Emotional Balance: Developing stability in emotional responses.
- Self-Improvement: Enhancing personal growth through these attitudes.
- Harmonious Relationships: Fostering better interactions with others.
- Mindful Awareness: Increasing mindfulness and self-awareness in daily life.

## 3.4 Concept of Bhavas

### Concept of Bhava

Bhava (भाव) can be understood as :

- A certain state of mind
- A feeling, emotion, or attitude

#### Yogic Science :

- Yogic processes work on the mind by generating specific Bhava within oneself.
- Examples: Forward bending postures and chest openers.

#### Types of Bhava :

- Positive Bhavas: Dharma Bhava (धर्म भाव), Jnana Bhava (ज्ञान भाव), Vairagya Bhava (वैराग्य भाव), and Aishwarya Bhava (ऐश्वर्य भाव)
- Negative Bhavas: Adharma Bhava (अधर्म भाव), Raga Bhava (राग भाव), Dvesha Bhava (द्वेष भाव), and Ajnana Bhava (अज्ञान भाव)

### Understanding and Practicing Bhava

#### Negative Bhavas :

- Adharma Bhava (अधर्म भाव) - Unrighteousness
- Raga Bhava (राग भाव) - Attachment
- Dvesha Bhava (द्वेष भाव) - Aversion
- Ajnana Bhava (अज्ञान भाव) - Ignorance

#### Positive Bhavas :

- Dharma Bhava (धर्म भाव) - Discipline and Duty
- Jnana Bhava (ज्ञान भाव) - Knowledge and Clarity
- Vairagya Bhava (वैराग्य भाव) - Detachment and Letting Go
- Aishwarya Bhava (ऐश्वर्य भाव) - Strength and Power

#### Practices to Enhance Positive Bhavas :

- Dharma Bhava: Practices like Padmasana (पद्मासन), Sukhasana (सुखासन), and Yamas (यम) and Niyamas (नियम).
- Jnana Bhava: Balancing postures and practices like Kapalabhati (कपालभाति) and Trataka (त्राटक).
- Vairagya Bhava: Forward bending postures.
- Aishwarya Bhava: Strengthening self-awareness and introspection.

## 3.5 Dinacharya and Ritucharya with respect to Yogic lifestyle

## Dinacharya and Ritucharya

Dinacharya (दिनचर्या): Daily Routine

- Refers to daily activities and routines.
- Helps in maintaining daily health and balance.
- Based on Ayurvedic principles and body doshas.

Ritucharya (ऋतुचर्या): Seasonal Routine

- Refers to seasonal activities and diet.
- Aims at promoting health according to seasonal changes.
- Adjusts diet and activities based on the season.

दोष Doshas and Daily Phases:

- Vata (वात): 2:00 AM - 6:00 AM, 2:00 PM - 6:00 PM
- Kapha (कफ): 6:00 AM - 10:00 AM, 6:00 PM - 10:00 PM
- Pitta (पित्त): 10:00 AM - 2:00 PM, 10:00 PM - 2:00 AM

## Daily Guidelines (Dinacharya)

Suggested Routine :

- Brahmamuhurta (ब्रह्ममुहूर्त): Wake up 1-1.5 hours before sunrise.
- Morning Routine :
  - Mouthwash (कंठधावन)
  - Toothbrush (दन्तधावन)
  - Tongue cleaning (जिल्हा-धावन)
  - Oil pulling (कौण्डल्या)
  - Face wash (अच्छयम)
- Daily Activities :
  - Physical exercise (व्यायाम)
  - Body massage (अभ्यग)
  - Bathing (स्नान)
  - Dressing and grooming (वस्त्रादि)

## Seasonal Guidelines (Ritucharya)

Seasons and Doshas :

- Adana Kal (आदन काल):
  - Shishira (शिशिर) - Winter
  - Vasant (वसंत) - Spring
  - Grishma (ग्रीष्म) - Summer
- Visarga Kal (विसर्ग काल):
  - Varsha (वर्षा) - Monsoon
  - Sharad (शरद्) - Autumn
  - Hemanta (हेमन्त) - Late Autumn/Pre-Winter

Guidelines :

- Adjust diet and activities according to the season.
- Consult an Ayurvedic practitioner for personalized routines.

## 3.6 Holistic approach of Yoga towards health and Diseases

### Holistic Approach of Yoga Towards Health

Yoga and Health :

- Yoga practices have gained global recognition for maintaining overall health.
- Unlike medicine, which treats illness after it occurs, yoga aims to prevent illness before it begins.
- Patanjali's Insight: दुःखमअनात्म (Dukham Anātma) – To avoid suffering that has not yet occurred.

Prevention Aspect :

- Yoga practices help in preventing diseases and maintaining overall health.
- Regular practice is associated with reduced risk of illness and enhanced well-being.

## Yoga in Disease Management and Therapy

Yoga as Therapy :

- Yoga is also effective in managing existing illnesses.
- During the COVID-19 pandemic, practices like pranayama and breathwork were recommended to increase lung capacity and oxygen levels.
- Research on kriyas like कपालभाति (Kapalbhati) and सूर्यनमस्कार (Suryanamaskar) showed benefits in lung diffusion capacity and oxygen levels.

Holistic Benefits :

- Yoga addresses physical, mental, social, and spiritual well-being.
- Practices are designed to enhance overall health and manage stress, leading to a balanced life.

## 3.7 Introduction to First aid and Cardio Pulmonary Resuscitation (CPR)

### Introduction to First Aid

What is First Aid ?

- Immediate medical attention provided in case of injury.
- Includes actions like applying bandages, cleaning minor cuts and scratches, and providing fluids to restore hydration.

### Introduction to First Aid

• Definition :

Immediate care given to an injured or ill person until professional help arrives.

• First Aid Kit Essentials :

- Adhesive bandages, gauze pads, antiseptic wipes.
- Scissors, tweezers, adhesive tape.
- Pain relievers, burn cream, digital thermometer.

• Basic First Aid Procedures :

- Wounds : Clean with water, apply antiseptic, and bandage.
- Burns : Cool with running water, cover with a clean cloth.
- Fractures : Immobilize the area, seek medical help.

• Importance of Training :

Effective response in emergencies and potential life-saving.

### Introduction to CPR

What is CPR ?

- Cardiopulmonary Resuscitation (CPR) is a life-saving procedure performed when the heart stops beating.
- CPR can double or triple the chances of survival after cardiac arrest.
- Types of CPR :
  - Trained Professionals : Combination of 30 compressions and 2 breaths.
  - Untrained Individuals : Compression-only CPR.

### Importance of CPR Training

CPR Certification :

- In India, CPR certification is not mandatory for yoga teachers.
- In Western countries, it might be required by some studios.
- CPR training is beneficial for everyone and can be obtained from various agencies and hospitals.

Action Items :

- Watch the reference video provided by the Global Association of Indian Medical Students.
- Consider obtaining CPR certification to enhance your skills and knowledge.

## Introduction to CPR (Cardio Pulmonary Resuscitation)

- Definition:  
A life-saving technique used when someone's heartbeat or breathing has stopped.
- CPR Steps:
  - Check Response: Shake and shout to see if the person responds.
  - Call for Help: Dial emergency services if no response.
  - Chest Compression: Push hard and fast (100-120 compression per minute).
  - Rescue Breaths: If trained, give 2 breaths after every 30 compression.
- Compression Depth and Rate:
  - Depth: At least 2 inches (5 cm).
  - Rate: 100-120 compression per minute.
- When to Perform CPR:  
When the person is unresponsive and not breathing normally.

## 3.8 Yogic Management of stress and its consequences

### Human Psyche: Modern and Yogic Concepts

- Psychology:  
The scientific study of mental processes and behavior, impacting various life spheres including family, education, and health.
- Behavior:
  - Overt Behavior: Visible actions or reactions to external stimuli.
  - Covert Behavior: Internal mental processes and phenomena.
- Consciousness:  
A non-physical, self-directed entity responsible for creating, retaining, and annihilating concepts of Self and Universe.
- Consciousness Expansion:
  - Yogic techniques help expand awareness and unite Atman (Self) with Paramatman (Supreme Self).

### Indian Model of Personality

- Upanishadic Personality Model:  
Described through 5 energy sheaths or Koshas (कोश).
  - Annamaya Kosha: Food sheath nourished by Anna (अन्न - food).
  - Pranamaya Kosha: Vital air sheath nourished by Prana (प्राण - bio-energy).
  - Manomaya Kosha: Mental sheath nourished by Pratyahara (प्रत्याहार - withdrawal of senses).
  - Vijnyanmaya Kosha: Intellectual sheath nourished by Dhyana (ध्यान - meditation).
  - Anandamaya Kosha: Bliss sheath nourished by Samadhi (समाधि - state of bliss).

### Development of Consciousness: The Three Gunas

- Three Gunas:  
Fundamental qualities influencing consciousness and behavior.
- Sattva (सत्त्व): Stability
  - Attributes: Love, compassion, honesty, and calm.
- Rajas (रजस): Activation
  - Attributes: Action, ambition, desire, and leadership.
- Tamas (तमस): Inertia
  - Attributes: Laziness, sleep, indolence, and aversion.
- Mental Functions:  
Vrittis (वृत्तिः) and Pravrittis (प्रवृत्तिः) are manifestations of the Three Gunas.

## Causes of Frustrations and Psychosomatic Disorders

- Mind as a Conglomeration of Thoughts:  
Thoughts are like ocean waves; their nature influences mental activity.
- Process of Mental Activity:
  - Information received by senses (Indriyas).
  - Processed by intellect with memory.
  - Emotions, positive or negative, come into play.
- Negative Emotions:  
Anger, fear, hatred, and jealousy lead to stress and psychosomatic disorders (Adhi).
- Positive Emotions:  
Peace, contentment, and happiness are rejuvenating and constructive.

### Mental Hygiene and Its Objectives

- Definition:  
Mental hygiene is the practice of maintaining mental health by being aware of and managing one's thoughts and emotions.
- Objectives of Mental Hygiene:
  - Realize one's potential.
  - Develop self-respect and respect for others.
  - Understand and tolerate limitations of self and others.
  - Promote harmony and happiness.
  - Make effective adjustments in life.
  - Know one's true self.

### Yogic Attitudes for Mental Hygiene

- Pratipaksha Bhavana (प्रतिपक्ष भावना):  
Cultivating opposite feelings to counter negative thoughts, leading to peace of mind and overcoming distractions.
- Anitya Bhavana (अनित्य भावना):  
Acknowledging the impermanence of bodily experiences, fostering detachment (वैराग्य - Vairagya).
- Sakshi Bhavana (साक्षी भावना):  
Adopting a witness-like attitude to actions, promoting self-awareness and equanimity.

### Yogic Perception of Mental Health

- Definition:  
A state of well-being where individuals recognize their abilities, cope with life's stresses, work productively, and contribute to their community.
- Patanjali's View:
  - Yoga is the cessation of mental modifications (वृत्ति - Vritti).
  - Mind is restrained through Abhyasa (अभ्यास - practice) and Vairagya (वैराग्य - detachment).
  - Abhyasa (अभ्यास): Repeated efforts to achieve steadiness and return to a pure state of bliss.
- Key Practices:
  - \* Pratyahara (प्रत्याहार - Withdrawal of senses)
  - \* Dharana (धारणा - Concentration)
  - \* Dhyana (ध्यान - Meditation)
  - \* Samadhi (समाधि - Self-realization)

## Role of Prayer and Meditation in Mental Health

- Prayer:
  - Most widely practiced healing modality.
  - Benefits:
    - \* Induces relaxation response.
    - \* Reduces stress of control.
    - \* Acts as a placebo.
    - \* Aligns with spiritual beliefs.
    - \* Elicits positive emotions.
    - \* Enhances mind-body-spirit connection.
- Meditation Benefits:
  - OM Meditation: Focuses the mind, making it one-pointed.
  - Helps tame the mind and focus on tasks.
  - Clears information overload and reduces stress.
  - Tool for self-realization.
- Psychosocial Environment:
  - Culture and climate at the workplace.
  - Psychosocial stress arises from interactions with others.

## Concept of Stress: Modern Science and Yoga

- Definition:

Stress is a non-specific response preparing the body for ``fight or flight''; unresolved stress leads to psychosomatic disorders.
- Types of Stress:
  - Eustress: Beneficial stress (e.g., excitement).
  - Distress: Harmful, ongoing stress (physical or psychological).
- Stress Reactions:
  - Increased energy, heart rate, and blood pressure.
  - Diverted blood flow and heightened senses.
- Yoga Perspective:
  - Stress Imbalance; Patanjali describes it as Kleshas.
  - Stressors: Overwork, negative thoughts, poor conflict management.

## Yogic View on Stress Management

- Likes and Dislikes: Strong preferences lead to imbalances and stress (अधिः - Adhis).
- Yogic Remedies:
  - Ahara (आहार): Right food.
  - Vihara (विहार): Proper relaxation.
  - Vichara (विचार): Positive thinking.
  - Vyavahara (व्यवहार): Correct actions.
- Practices: Cyclic meditations reduce stress.
- Research:
  - Boosts attention and emotional quotient.
  - Enhances health, reduces anxiety.
- Life Management:
  - Follow Karma Yoga (कर्म योग): Regular practice, non-attachment, balance.
  - Achieve mental stability and self-realization.

## 3.9 Yoga in prevention of metabolic and respiratory disorders

## Respiratory & Metabolic Disorders: Yogic Prevention

- Respiratory System:
  - Comprises nose, throat, lungs, diaphragm, and associated muscles.
  - Upper vs. lower respiratory tracts, with interrelated disorders.
- Yogic Approach:
  - Mucus Elimination: Viewed as beneficial; uses warm saline neti kriya.
  - Imbalance Correction: Gentle redirection of subtle energies; promotes overall respiratory health.
- Metabolic Disorders:
  - Digestive health crucial for overall well-being; impacts physical and mental health.
  - Chronic diseases (e.g., asthma, diabetes, heart disorders) linked to digestive dysfunction.
- Yogic Prevention:
  - Rebalance Digestion: Fundamental to manage and prevent chronic diseases.
  - Activate Vital Energy: Promotes self-healing and regeneration.

## Role of Digestive Power and Yogic Management

- Optimal Health:
  - Requires proper eating habits: right foods, quantities, and timing.
  - Misuse of eating (emotional needs, greed) leads to digestive disturbances.
- Manipura Chakra (मणिपूर चक्र):
  - Represents digestive organs and energy (solar plexus).
  - Symbolizes internal digestive fire, essential for health and vitality.
- Digestive Process:
  - Fire element (अग्नि): digestion; supported by air, water, and earth elements.
- Hatha Yoga (हठ योग):
  - Focuses on abdominal health: asanas (आसन), pranayamas (प्राणायाम), and shatkarmas (षटकर्म).
  - Techniques like dhauti (धौति), nauli (नौली), and basti (बस्ति) purify and heal the digestive tract.
- Yogic Benefits:
  - Transforms digestion into a source of higher awareness and vitality.

## 3.10 Yoga for personality development

### Yoga for Personality Development

- Self-Awareness: Enhances understanding of oneself.
- Emotional Control: Manages stress and emotions.
- Discipline: Improves focus and self-discipline.
- Confidence: Builds self-esteem through practice.
- Positive Attitude: Encourages optimism.
- Relationships: Enhances empathy and communication.
- Resilience: Strengthens mental adaptability.
- Holistic Growth: Supports overall development.

### FAQs

- Definition of योग yoga by पतंजली Patanjali : योगश्चित्तवृत्तिनिरोधः Yogas chitta vritti nirodhah (Yoga is the cessation of fluctuations of the mind)
- Definition of योग yoga by वशिष्ठ Vashishtha : मनो निग्रह Mano nigraha (Control of the mind)
- 3 principles of सूक्ष्म व्यायाम sukshma vyayam: Slow movement, synchronization with breath, awareness
- Difference between सूक्ष्म sukshma and स्थूल sthul व्यायाम vyayam: Sukshma involves subtle movements, sthul involves gross movements
- Two variations of सूक्ष्म व्यायाम sukshma vyayam for जानु janu and ग्रीवा griva: Rotation and flexion/extension
  
- स्थूल व्यायाम Sthul vyayam of सर्वांग पुष्टि sarvanga pushti: Full body movements for overall strength
- Demonstrate सूर्य नमस्कार surya namaskar: A sequence of 12 yoga postures
- सूर्य नमस्कार Surya namaskar is an exercise or आसन asana: It's a sequence of asanas, not a single asana
- 2 benefits of सूर्यनमस्कार suryanamaskar: Improves flexibility, boosts cardiovascular health
- सूर्यनमस्कार Suryanamaskar includes how many steps: 12 steps
  
- Steps not repeated in सूर्यनमस्कार suryanamaskar: Each step is unique in a single round
- Definition of आसन asana as per Patanjali: स्थिरसुखमासनम् Sthira sukham asanam (Steady and comfortable posture)
- हठयोगप्रदीपिका HYP and घेरंड संहिता GS talk about how many asanas: HYP mentions 4, GS mentions 84
- 4 important meditative asanas: पद्मासन Padmasana, सिद्धासन Siddhasana, वज्रासन Vajrasana, सुखासन Sukhasana
- Meaning of प्राणायाम pranayama: Control of breath or life force
  
- Definition of प्राणायाम pranayama according to Patanjali: तस्मिन् सति श्वासप्रश्वासयोर्गतिविच्छेदः प्राणायामः Tasmin sati svasa prasvasayoh gati vicchedah pranayamah
- How many प्राणायाम pranayama are described as per Patanjali: 4 (बाह्य Bahya, आभ्यन्तर Abhyantara, स्तम्भ Stambha, and बाह्य-आभ्यन्तर Bahya-abhyantara)
- Name the pranayamas as per हठयोगप्रदीपिका HYP: सूर्यभेदन Surya Bhedana, उज्जायी Ujjayi, शीतकरी Sitkari, शीतली Shitali, भस्त्रिका Bhastrika, भ्रामरी Bhramari, मूर्छा Murcha, लाविनी Plavini
- Name the pranayama as per घेरंड संहिता GS: Similar to HYP, with some variations
- In सांख्य योग sankhya yoga प्रकृति prakriti comprises of: 3 गुण gunas (सत्त्व Sattva, रजस् Rajas, तमस् Tamas)
  
- Qualities of भक्त Bhakta: Devotion, surrender, love for the divine
- How many paths of yoga has been described in भगवद्गीता Bhagvat Geeta: 4 (कर्म Karma, भक्ति Bhakti, ज्ञान Jnana, राज Raja)
- Explain पञ्चकोश pancha kosha: Five sheaths of existence (अन्नमय Annamaya, प्राणमय Pranamaya, मनोमय Manomaya, विज्ञानमय Vijnanamaya, आनन्दमय Anandamaya)
- Which are त्रिशरीर trisharir: स्थूल Sthula (gross), सूक्ष्म Sukshma (subtle), कारण Karana (causal)
- Give yogic principles: यम Yama, नियम Niyama, आसन Asana, प्राणायाम Pranayama, प्रत्याहार Pratyahara, धारणा Dharana, ध्यान Dhyana, समाधि Samadhi
- Name 4 Vedas: ऋग्वेद Rig Veda, साम्वेद Sama Veda, यजुर्वेद Yajur Veda, अथर्ववेद Atharva Veda
- Vedas are divided into which two parts: कर्मकाण्ड karmakanda (rituals), ज्ञानकाण्ड jnanakanda (knowledge)
- What is वेदान्त Vedanta: Philosophical traditions based on the Upanishads
- Give 9 Indian philosophy: न्याय Nyaya, वैशेषिक Vaisheshika, सांख्य Samkhya, योग Yoga, मीमांसा Mimamsa, वेदान्त Vedanta, चार्वाक Charvaka, जैन Jainism, बौद्ध Buddhism
- Sources of pains or sufferings: अविद्या Avidya (ignorance), अस्मिता Asmita (ego), राग Raga (attachment), द्वेष Dvesha (aversion), अभिनिवेश Abhinivesha (fear of death)
  
- हठयोगप्रदीपिका HYP talks about how many limbs? Name them: 4 (आसन Asana, प्राणायाम Pranayama, मुद्रा Mudra, नादानुसन्धान Nadanu-sandhana)
- घेरंड संहिता GS talks about how many limbs? Name them: 7 (षट्कर्म Shatkarma, आसन Asana, मुद्रा Mudra, प्रत्याहार Pratyahara, प्राणायाम Pranayama, ध्यान Dhyana, समाधि Samadhi)
- Patanjali talks about how many limbs? Name them: 8 (यम Yama, नियम Niyama, आसन Asana, प्राणायाम Pranayama, प्रत्याहार Pratyahara, धारणा Dharana, ध्यान Dhyana, समाधि Samadhi)
- Total sutras in पातञ्जल योग सूत्र PYS: 196
- पातञ्जल योग सूत्र PYS is divided into 4 chapters? And no of sutras in each chapter: समाधिपाद Samadhi Pada (51), साधनपाद Sadhana Pada (55), विभूतिपाद Vibhuti Pada (56), कैवल्यपाद Kaivalya Pada (34)
  
- What is प्रणव जप Pranav jap: Repetition of the sacred syllable ॐ OM
- The विभूतिपाद vibhuti pad deals with: Supernatural powers or सिद्धि siddhis
- According to Patanjali कैवल्य Kaivalya happens in which समाधि samadhi: सवितर्क Savitarka Samadhi
- Stages of ज्ञान योग jnana yoga: विवेक Viveka, वैराग्य Vairagya, षट्स्मृति Shatsampatti, मुमुक्षुत्व Mumukshutva
- What is मिताहार mitahaar: Moderate diet in yoga practice
  
- 7 धातु dhatus as per Ayurveda: रस Rasa, रक्त Rakta, मांस Mamsa, मेद Meda, अस्थि Asthi, मज्जा Majja, शुक्र Shukra
- Meaning of षट्कर्म shatkarma: Six cleansing techniques in Hatha Yoga
- Process of धौति dhauti: Cleansing of the digestive tract
- Process of नेति neti: Nasal cleansing technique
- Names of साधक तत्त्व sadhak tatva as per हठयोगप्रदीपिका HYP: श्रद्धा Shraddha, वीर्य Virya, स्मृति Smriti, समाधि Samadhi, प्रज्ञा Prajna
  
- Concept of घट शुद्धि ghat shuddhi: Purification of the body
- 5 asanas included in लघु शंखप्रक्षालन laghu shankaprakshan: ताडासन Tadasana, तिर्यक ताडासन Tiryak Tadasana, कटि चक्रासन Kati Chakrasana, तिर्यक भुजंगासन Tiryak Bhujangasana, उदराकर्षण Udarakarshan
- Theory of चित्त भूमि Chitta bhumis elaborated by: व्यास Vyasa in his commentary on Yoga Sutras
- Name the चित्त भूमि Chita bhumis: क्षिप्त Kshipta, मूढ Mudha, विक्षिप्त Vikshipta, एकाग्र Ekagra, निरुद्ध Niruddha
- Other name of अन्तराय antarayas: Obstacles or विक्षेप Vikshepas

- Name अन्तराय antarayas and it's सहभू sahbuvas : व्याधि Vyadhi, स्त्यान Styana, संशय Samshaya, प्रमाद Pramada, आलस्य Alasya, अविरति Avirati, भान्तिदर्शन Bhranti-darshana, अलब्धभूमिकत्व Alabdh-bhumikatva, अनवर्णितत्व Anavasthitatva
- 5th sutra in पातञ्जल योग सूत्र PYS : वृत्तयः पञ्चतयः क्लिष्टाक्लिष्टः Vrittayah panchatayah klishta aklishta
- 5 क्लेश kleshas that Patanjali talks about: अविद्या Avidya, अस्मिता Asmita, राग Raga, द्वेष Dvesha, अभिनवेश Abhinivesha
- Patanjali talks about how many समाधि samadhis: Two main types - सम्प्रज्ञात Samprajnata and असम्प्रज्ञात Asamprajnata
- Bridge between बहिरङ्ग योग bahiranga yoga and अन्तरङ्ग योग antaranga yoga: प्रत्याहार Pratyahara

- Types of कपालभाति kapalbhati: वातक्रम Vatakrama, व्युत्क्रम Vyutkrama, शीतक्रम Sheetkrama
- Other name of कपालभाति kapalbhati: Frontal brain cleansing
- Contraindications of कपालभाति kapalbhati: High blood pressure, heart problems, stroke, epilepsy
- Concept of पिण्ड pinda and ब्रह्माण्ड Bramhanda: Microcosm (individual) and macrocosm (universe)
- Two metaphysical principles of सांख्य योग sankhya yoga: पुरुष Purusha (consciousness) and प्रकृति Prakriti (matter)

Question: The total number of धातु dhatus in the body are

- A) 5  
B) 7  
C) 9  
D) 11

Answer: B) 7

Question: How many pairs of qualities are considered to be inherent in all the substances?

- A) 06 pairs  
B) 08 pairs  
C) 10 pairs  
D) 12 pairs

Answer: C) 10 pairs

Question: Which of the following is not a quality of a सात्त्विक sattvic person?

- A) Focused  
B) Committed  
C) Shabby  
D) Positive

Answer: C) Shabby

Question: The शारंगधर संहिता Sarangdhara Samhita belongs to

- A) Assam  
B) Bihar  
C) Karnataka  
D) Rajasthan

Answer: D) Rajasthan

Question: Which of the following surgeries is mentioned in the सुश्रुत संहिता Sushruta Samhita?

- A) Cataract Surgery  
B) Vesical calculi surgery  
C) Rhinoplasty  
D) All the above

Answer: D) All the above

Question: अधिज व्याधि Adhija vyadhi means-

- A) Disturbance in the body at physical level  
B) Disturbance in the body at mental level  
C) Treatment of physical diseases  
D) Treatment of mental diseases

Answer: B) Disturbance in the body at mental level

Question: आधिज व्याधि Adhija vyadhi are the cause of disturbance in the -

- A) अन्नमय कोश Annamaya kosa  
B) मनोमय कोश Manomaya kosa  
C) विज्ञानमय कोश Vijnanmaya kosa  
D) आनन्दमय कोश Anandmaya kosa

Answer: B) मनोमय कोश Manomaya kosa

Question: अनाधिज Anadhija vyadhi are the-

- A) Mental ailments  
B) Physical ailments  
C) Severe diseases  
D) Viral diseases

Answer: B) Physical ailments

Question: अनाधिज Anadhija vyadhi mainly affects the-

- A) अन्नमय कोश Annamaya kosa  
B) प्राणमय कोश Pranamaya kosa  
C) मनोमय कोश Manomaya kosa  
D) आनन्दमय कोश Anandmaya kosa

Answer: A) अन्नमय कोश Annamaya kosa

Question: Match the correct-

- 1) दुःख Dukha A) Sadness, Despair 2) दौर्मनस्य Daurmanasya B) Mental or physical pain 3) अंगमेजयत्व Angamejayatva C) Respiration disturbances 4) श्वास Prashvasa D) Anxious tremor

- A) 1-B, 2-A, 3-D, 4-C  
B) 1-A, 2-B, 3-C, 4-D  
C) 1-C, 2-B, 3-A, 4-D  
D) 1-D, 2-C, 3-A, 4-B

Answer: A) 1-B, 2-A, 3-D, 4-C

Question: Disease caused due to the deficiency of protein is-

- A) Scurvy  
B) Kwashiorkor  
C) Pellagra  
D) Cataract

Answer: B) Kwashiorkor

Question: According to आयुर्वेद Ayurveda, what is the main cause of various types of diseases in the body?

- A) Attack of germs on the body organs
- B) Weakening of the immune system
- C) Imbalance of वात vata, पित्त pitta & कफ kapha
- D) Weakening of the प्राणमय कोश pranamaya kosha

Answer: C) Imbalance of वात vata, पित्त pitta & कफ kapha

Question: According to माण्डूक्य उपनिषद् Mandukya Upanishad, which of the following matches are correct?

- A) जाग्रत् अवस्था Jagritavastha-अकार Akara
- B) स्वप्न अवस्था Swapnavastha-उकार Ukara
- C) सुषुप्ति अवस्था Sushuptivastha-मकार Makara
- D) All the above

Answer: D) All the above

Question: In तैत्तिरीय उपनिषद् Taittiriya Upanishad, the main theory used in the treatment of diseases through yoga is-

- A) षट्क्र Shatchakra theory
- B) पञ्चकोश Pancha kosha theory
- C) ध्यान Meditation theory
- D) पञ्चमहाभूत Pancha mahabhuta theory

Answer: B) पञ्चकोश Pancha kosha theory

Question: Which is the first book of the चरक संहिता Charaka Samhita?

- A) निदान स्थान Nidana sthana
- B) शरीर स्थान Sharira sthana
- C) सूत्र स्थान Sutra sthana
- D) कल्प स्थान Kalpa sthana

Answer: C) सूत्र स्थान Sutra sthana

Question: Which दोष dosha gets suppressed in the हेमंत ऋतु Hemant ritu?

- A) वात Vata
- B) पित्त Pitta
- C) कफ Kapha
- D) वात Vata, कफ Kapha

Answer: B) पित्त Pitta

Question: Which दोष dosha gets suppressed in the ग्रीष्म Grishma (summer) ऋतु ritu?

- A) वात Vata
- B) पित्त Pitta
- C) कफ Kapha
- D) पित्त Pitta, कफ Kapha

Answer: C) कफ Kapha

Question: In which ऋतु ritu does पित्त pitta accumulate in the body?

- A) ग्रीष्म Grishma ऋतु ritu
- B) शरद Sharad ऋतु ritu
- C) शिशिर Shishira ऋतु ritu
- D) वर्षा Varsha ऋतु ritu

Answer: D) वर्षा Varsha ऋतु ritu

Question: To control diseases with the help of fasting is a type of therapy, known as-

- A) लंघन Langhana
- B) रस्त्वन Stambhana
- C) स्वेदन Svedana
- D) स्नेहन Snehana

Answer: A) लंघन Langhana

Question: "स्वास्थ्य ..... रक्षणम्" "Swasthya ..... Rakshanam".

- A) आयुर्वेद Ayurveda
- B) स्वस्थ Swastha
- C) प्रकृति Prakriti
- D) योग Yoga

Answer: A) आयुर्वेद Ayurveda

Question: The disorders caused by natural agents are known as-

- A) आधिभौतिक Adhibhautika
- B) आधिदैविक Adhidaivika
- C) दारुण Daruna
- D) दैवबल प्रसूत Daivabala prasrita

Answer: A) आधिभौतिक Adhibhautika

Question: The reason for वैकारिक निद्रा vaikarika nidra is more ..... and less ..... in the body.

- A) पित्त Pitta, कफ Kapha
- B) कफ Kapha, पित्त Pitta
- C) वात Vata, पित्त Pitta
- D) पित्त Pitta, वात Vata

Answer: B) कफ Kapha, पित्त Pitta

Question: आचमन Achamana क्रिया kriya is related to-

- A) Taking fruits
- B) Taking water
- C) षट्कर्म Shatkarma
- D) Fasting

Answer: B) Taking water

Question: अभ्यंग Abhyanga means-

- A) Detoxification
- B) Body massage
- C) षट्कर्म Shatkarma
- D) Fasting

Answer: B) Body massage

Question: The strength of the body in आदान काल adana kala-

- A) Decreases
- B) Increases
- C) No change
- D) Changes frequently

Answer: A) Decreases

Question: According to आयुर्वेद Ayurveda, how many total seasons are there in India?

- A) 3
- B) 4
- C) 6
- D) 7

Answer: C) 6

Question: In दक्षिणायन kala the sun is-

- A) Towards tropic of Capricorn
- B) Towards equator
- C) Towards tropic of cancer
- D) None

Answer: A) Towards tropic of Capricorn

Question: The line 'आतु रस विकार परसब्दमा' 'Aatu Rasa Vikara Parasabddama' is related to-

- A) योग Yoga
- B) Fast
- C) Fruit
- D) स्वास्थ्यवृत्त Swasthavritta

Answer: D) स्वास्थ्यवृत्त Swasthavritta

Question: In which season is कफ kapha accumulated in the body?

- A) शिशिर Shishira (Winter)
- B) हेमंत Hemanta (Late autumn)
- C) वसंत Vasanta (Spring)
- D) ग्रीष्म Grishma (Summer)

Answer: C) वसंत Vasanta (Spring)

Question: In which season is consuming सत्तु sattu harmful?

- A) ग्रीष्म Grishma (Summer)
- B) शिशिर Shishira (Winter)
- C) वसंत Vasanta (Spring)
- D) हेमंत Hemanta (Late autumn)

Answer: A) ग्रीष्म Grishma (Summer)

Question: The much spicy food which takes more time to be digested is known as-

- A) तामसिक Tamasic food
- B) सात्त्विक Sattvic food
- C) राजसिक Rajasic food
- D) None

Answer: C) राजसिक Rajasic food

Question: Which type of food is the main cause of diseases?

- A) राजसिक Rajasic food
- B) तामसिक Tamasic food
- C) सात्त्विक Sattvic food
- D) Hot food

Answer: B) तामसिक Tamasic food

Question: Which of the following statements is correct?

- A) Consuming cloying food is pitta annihilator
- B) Consuming cloying food is kapha creator
- C) Consuming cloying food is vata creator
- D) All the above

Answer: B) Consuming cloying food is kapha creator

Question: The meaning of 'Prajalpta' is-

- A) Over eating
- B) Talkativeness
- C) Feeble minded
- D) Over sleeping

Answer: B) Talkativeness

Question: The therapy done by using water is known as-

- A) Hydropathy
- B) Heliotherapy
- C) Pathology
- D) Hydrology

Answer: A) Hydropathy

Question: The temperature of water for cold spinal bath should be-

- A) 65-85 °F
- B) 55-65 °F
- C) 85-95 °F
- D) 75-95 °F

Answer: B) 55-65 °F

Question: Who is the writer of 'Heal without medicine'?

- A) Shenwan
- B) Collins
- C) Dr. Frawley
- D) Adler

Answer: C) Dr. Frawley

Question: Arthritis is mainly

- A) A vata generated disorder
- B) A pitta generated disorder
- C) A Kapha generated disorder
- D) A blood disorder

Answer: A) A vata generated disorder

Question: How many types of nidras are explained by Maharishi Sushruta?

- A) 3
- B) 4
- C) 5
- D) 6

Answer: A) 3

Question: Who is the author of the book 'New science of healing'?

- A) Dr. David Frawley
- B) Dr. Luis Kuhne
- C) Edward Thorndike
- D) William Shenwan

Answer: B) Dr. Luis Kuhne

Question: The meaning of word 'mita' in mitahara is-

- A) One time
- B) Two times
- C) Food
- D) Limited

Answer: D) Limited

Question: According to Ayurveda, how much part of stomach should be left empty for space during a meal?

- A) One third
- B) One fourth
- C) Half
- D) None

Answer: A) One third

Question: The water charged in which colour of bottle is useful for a person suffering from chronic skin disease?

- A) Blue
- B) Green
- C) Red
- D) Yellow

Answer: B) Green

Question: The therapy done with the help of sun rays is known as-

- A) Heliotherapy
- B) Mesotherapy
- C) Hemotherapy
- D) Heatherapy

Answer: A) Heliotherapy

Question: Astringent taste-

- A) Balances pitta and kapha
- B) Aggravates vata
- C) Is dry, cold and heavy
- D) All the above

Answer: D) All the above

Question: Which statement is correct regarding astringent taste?

- A) It is found in beans, apple, avocado, cabbage
- B) Its elements are air and earth
- C) It absorbs water and tightens tissues
- D) All the above

Answer: D) All the above

Question: Bitter taste-

- A) Balances pitta and kapha
- B) Aggravates vata
- C) Is dry, cold, light
- D) All the above

Answer: D) All the above

Question: Which statement is not correct regarding bitter taste?

- A) It is found in sesame seeds, coffee, saffron
- B) Its elements are air and ether
- C) Its affinity organs are stomach and heart
- D) It detoxifies and lightens tissues

Answer: A) It is found in sesame seeds, coffee, saffron

Question: Pungent taste-

- A) Balances kapha
- B) Aggravates pitta and vata
- C) Is hot, dry, light and sharp
- D) All the above

Answer: D) All the above

Question: Which of the following statements is not correct regarding pungent taste?

- A) It is antispasmodic and antipyretic
- B) Its elements are fire and air
- C) It's found in milk and curd
- D) It stimulates digestion and metabolism

Answer: C) It's found in milk and curd

Question: Salty taste-

- A) Balances vata
- B) Aggravates pitta and kapha
- C) Is light, hot, oily and liquid
- D) All the above

Answer: D) All the above

Question: Which is incorrect regarding salty taste?

- A) Its affinity organ is heart
- B) It lubricates tissues and is an appetizer
- C) Its elements are water and fire
- D) It is found in seaweeds like rock salts

Answer: A) Its affinity organ is heart

Question: Sour taste-

- A) Balances vata
- B) Aggravates pitta and kapha
- C) Is light, hot, oily and liquid
- D) All the above

Answer: D) All the above

Question: The correct statement regarding sour taste is-

- A) Its elements are earth and fire
- B) It increases absorption of minerals
- C) It's found in lemon, grapes, lime, tamarind, curd and fermented food
- D) All the above

Answer: D) All the above

Question: Sweet taste-

- A) Balances vata and pitta
- B) Aggravates kapha
- C) Is cold, oily and heavy
- D) All the above

Answer: D) All the above

Question: The elements related to sweet taste are-

- A) Earth and water
- B) Earth and fire
- C) Fire and water
- D) Air and earth

Answer: A) Earth and water

Question: Which of the following is part of 'Trayopastamba' in Ayurveda ?

- A) Brahmacharya
- B) Ahara
- C) Nidra
- D) All the above

Answer: D) All the above

Question: Which of the following tastes aggravate vata in the body ?

- A) Bitter, Sweet, Salty
- B) Bitter, Pungent, Astringent
- C) Pungent, Sour, Salty
- D) Sweet, Sour, Salty

Answer: B) Bitter, Pungent, Astringent

Question: Which of the following tastes aggravate kapha in the body ?

- A) Sweet, Sour, Salty
- B) Sweet, Pungent, Bitter
- C) Sweet, Astringent, Bitter
- D) Sweet, Bitter, Salty

Answer: A) Sweet, Sour, Salty

Question: Which of the following tastes aggravate pitta in the body ?

- A) Bitter, Sour, Sweet
- B) Pungent, Salty, Sour
- C) Pungent, Astringent, Bitter
- D) Bitter, Astringent, Salty

Answer: B) Pungent, Salty, Sour

## Question 1

Question: Who first introduced yoga in a classical way ?

- A) Kapil Muni
- B) Maharishi Patanjali
- C) Agastya Muni
- D) Jaimini

Answer: B) Maharishi Patanjali

## Question 2

Question: Which day is celebrated as "International Day of Yoga" ?

- A) 20th JUNE
- B) 21st JUNE
- C) 22nd JUNE
- D) 23rd JUNE

Answer: B) 21st JUNE

## Question 3

Question: The appropriate amount of time to wait after a meal before beginning a yoga practice

- A) 30 mins
- B) 90 mins
- C) 1 hour
- D) 2 hours

Answer: B) 90 mins

## Question 4

Question: Every Yoga teacher must start the practice session with

- A) Pranayam
- B) Asana
- C) Silence
- D) Kriya

Answer: C) Silence

## Question 5

Question: The purpose of Yoga as taught by the ancients is to attain:

- A) Attain Good health
- B) Release Stress
- C) Good Body
- D) Self Realisation

Answer: D) Self Realisation

## Question 6

Question: Who compiled Hatha Yoga Pradipika ?

- A) Swami Swatmaram
- B) Gherand
- C) Matsyendranath
- D) Gorakshanath

Answer: A) Swami Swatmaram

## Question 7

Question: What is the Sanskrit root word for the etymological derivation of the word Yoga ?

- A) Yuj
- B) Yuge
- C) Yuje
- D) Yug

Answer: A) Yuj

## Question 8

Question: The kaivalyadham institute of yoga was founded by

- A) Swami Kuvalayananda
- B) Madhav Das
- C) Yogendra
- D) Sivananda

Answer: A) Swami Kuvalayananda

## Question 9

Question: Purusha and Prakriti are the 2 main concepts of

- A) Yoga Darshan
- B) Sankhya Darshan
- C) Purva mimamsa
- D) Uttar mimamsa

Answer: B) Sankhya Darshan

## Question 10

Question: Founder of Sankhya Darshan is

- A) Kapil Muni
- B) Jaimini
- C) Kanada
- D) Gautam

Answer: A) Kapil Muni

### Question 11

Question: Concept of Pancha Kosha is mentioned in

- A) Mandukya Upanishad
- B) Taittriya Upanishad
- C) Chhandogya Upanishad
- D) Patanjali yoga sutra

Answer: B) Taittriya Upanishad

### Question 12

Question: ...belongs to nastik darshan

- A) Sankhya Darshan
- B) Yoga Darshan
- C) Buddhism
- D) Both a) and b)

Answer: C) Buddhism

### Question 13

Question: The means of jnana yoga is

- A) Shravana
- B) Manana
- C) Nidhidhyasana
- D) All of the above

Answer: D) All of the above

### Question 14

Question: Yoga karmasu kaushalam means

- A) Perfect action
- B) Clevered action
- C) Skilled action
- D) Selfless action

Answer: C) Skilled action

### Question 15

Question: Acquisition of wealth in order to progress towards higher pursuits of life is called

- A) Moksha
- B) Dharma
- C) Artha
- D) Kama

Answer: C) Artha

### Question 16

Question: Upanishads belongs to

- A) Karma kanda
- B) Jnana Kanda
- C) Vedas
- D) None of the above

Answer: B) Jnana Kanda

### Question 17

Question: ...belongs to Smriti Prasthan

- A) Bhagwad gita
- B) Veda
- C) Brahmasutra
- D) All of the above

Answer: A) Bhagwad gita

### Question 18

Question: Aham Brahmasi means

- A) I am god
- B) God is me
- C) God is in me
- D) All the above

Answer: A) I am god

### Question 19

Question: Gayatri mantra is written by

- A) Yadnyavalka
- B) Maharishi Vishwamitra
- C) Lord Krishna
- D) Lord Shiva

Answer: B) Maharishi Vishwamitra

### Question 20

Question: The characteristics of Rajasic personality of an individual are:

- A) Detached
- B) Active
- C) Lazy
- D) Inertia

Answer: B) Active

### Question 21

Question: Raja Yoga is the yoga of controlling our:

- A) Sense organs
- B) Mind
- C) Emotions
- D) Organs of action

Answer: B) Mind

### Question 22

Question: What is one word that occurs in every chapter of the Gita?

- A) Maya
- B) Avidya
- C) Yoga
- D) Sanyasa

Answer: C) Yoga

### Question 23

Question: A student is not able to practice as per your satisfaction. How will you deal with this student?

- A) Force the student by applying physical pressure on the body
- B) Encourage the student to have patience and continue to practice
- C) Ask him not to practice at all
- D) Ignore the student

Answer: B) Encourage the student to have patience and continue to practice

### Question 24

Question: Dress for yoga practice should be

- A) Tight fitting jeans
- B) Costly and sophisticated dresses
- C) Loose fitting and comfortable
- D) Cotton Saree

Answer: C) Loose fitting and comfortable

### Question 25

Question: Where does ajna chakra located

- A) Throat region
- B) Navel region
- C) Crown of the head
- D) in between the eyebrows

Answer: D) in between the eyebrows

### Question 26

Question: Who is not an acharya of hatha yoga

- A) Matsyendranath
- B) Swatmaram
- C) Gherands
- D) Kapil muni

Answer: D) Kapil muni

### Question 27

Question: Sankhya Darshan is

- A) Advaita
- B) Dvaita
- C) Dvaltadvaita
- D) Vishishtadvaita

Answer: B) Dvaita

### Question 28

Question: Yogabhasya is a commentary on Patanjali sutra or yoga sutra is written by

- A) Patanjali
- B) Vyas
- C) Sankara
- D) Raja Bhoj

Answer: B) Vyas

### Question 29

Question: Which of the below is not an authentic text on hatha yoga

- A) Hatha Yoga Pradipika
- B) Gherand Samhita
- C) Hatharatnavali
- D) Patanjali Yoga Sutra

Answer: D) Patanjali Yoga Sutra

### Question 30

Question: In Sanskrit Yoga Means

- A) To multiply
- B) To understand
- C) To unite
- D) All of the above

Answer: C) To unite

### Question 31

Question: According to Bhagwad Gita the main forms of Yoga are?

- A) Laya, Hatha, Raja
- B) Mantra, Tantra, Yantra
- C) Karma, Jnana, Bhakti
- D) None of the above

Answer: C) Karma, Jnana, Bhakti

### Question 32

Question: Which one of these is not a "Purushartha"?

- A) Dharma
- B) Kama
- C) Moksha
- D) Samadhi

Answer: D) Samadhi

### Question 33

Question: According to Bhagavad gita, Yoga is

- A) Yagaschitta vritti nirodhah
- B) Yoga karmasu kaushalam
- C) Manoprasamana upayah Yogan
- D) Yogena chittasya padena vacham

Answer: B) Yoga karmasu kaushalam

### Question 34

Question: What is the key feature of Yoga Practice?

- A) Only maintaining posture
- B) Only breathing in and out during practice
- C) Awareness
- D) Normal breathing

Answer: C) Awareness

### Question 35

Question: Which of these is not one of the main four vedas?

- A) Rig Veda
- B) Sama Veda
- C) Atharva Veda
- D) Dhanurveda

Answer: D) Dhanurveda

### Question 36

Question: Which of the following are important during the practice of asanas?

- A) Stability
- B) Comfort
- C) Effortlessness
- D) All the above

Answer: D) All the above

### Question 37

Question: From where has the whole knowledge of yoga believed to be originated?

- A) Upanishads
- B) Vedas
- C) Darshanas
- D) Buddhism

Answer: B) Vedas

### Question 38

Question: Karma yoga is a branch of yoga based on the teachings of which text?

- A) Patanjali Yoga sutras
- B) Bhagavad Gita
- C) Hatha pradipika
- D) Upanishads

Answer: B) Bhagavad Gita

### Question 39

Question: What is symbol of Ishwar as per Patanjali Yogasutra?

- A) Parmeshwar
- B) Pranav
- C) Purush
- D) Samachi

Answer: B) Pranav

### Question 40

Question: Samalam Yoga Uchyate definition is given in

- A) Shrimadbhagavatgia
- B) Gherandsamhita
- C) Yoga Sutra
- D) Hathayog Pradeepika

Answer: A) Shrimadbhagavatgia

### Question 41

Question: ...may be a best medicine for mental illnesses.

- A) Prayer
- B) Exercise
- C) Psychiatric drugs
- D) Stimulating diet

Answer: A) Prayer

### Question 42

Question: Which taste is recommended in yogic diet?

- A) Sweet
- B) Sour
- C) Bitter
- D) Pungent

Answer: A) Sweet

### Question 43

Question: Kapalabhati is named as in Gheranda Samhita

- A) Shudhikarma
- B) Vatkrama
- C) Bhalabhati
- D) Kapalabhati

Answer: C) Bhalabhati

### Question 44

Question: Which pranayama has the power of overcoming hunger and thirst?

- A) Bhastrika
- B) Sheetali
- C) Ujjayi
- D) Plavini

Answer: D) Plavini

### Question 45

Question: Which of the mentioned element corresponds to 'Sparsha'?

- A) Earth
- B) Water
- C) Air
- D) Fire

Answer: C) Air

### Question 46

Question: Which of the following Asana is good for alleviating the problems of throat, ear and nose?

- A) Swastikasana
- B) Kurmasana
- C) Simhasana
- D) Padmasana

Answer: C) Simhasana

### Question 47

Question: Which of the following is a 'Heating pranayama'?

- A) Sitali
- B) Nadi shodhana
- C) Bhastrika
- D) None of the above

Answer: C) Bhastrika

### Question 48

Question: What should be the lesson plan for the day's session?

- A) Rigid
- B) Flexible
- C) Spontaneous
- D) Planned but Flexible

Answer: D) Planned but Flexible

### Question 49

Question: Limitations of a practice should be taught when?

- A) Before the practice is introduced
- B) After the practice is done
- C) After few days of practice
- D) Not necessary to teach the limitations

Answer: A) Before the practice is introduced

### Question 50

Question: The location of Vishuddhi chakra is

- A) Eyebrow center
- B) Base of throat
- C) Heart
- D) Navel

Answer: B) Base of throat

### Question 51

Question: Hrid dhauti has types

- A) 3
- B) 2
- C) 4
- D) 0

Answer: B) 2

### Question 52

Question: In a group discussion, questions can be best entertained at what time?

- A) while relaxing between two practices
- B) next day
- C) while doing the practice
- D) not necessary to entertain questions, keep practicing

Answer: A) while relaxing between two practices

### Question 53

Question: Sukshma Vyayama are the practices to

- A) Warm up the body
- B) Loosen the joints of the body
- C) Provide flexibility
- D) All the above

Answer: D) All the above

### Question 54

Question: Worshipping God all time is

- A) Kirtana
- B) Smarana
- C) Sravana
- D) Archana

Answer: B) Smarana

### Question 55

Question: Dhanurasana is given in both Hatha Yoga pradipika and Gheranda Samhita

- A) yes
- B) no
- C) given only in Hatha Pradipika
- D) not sure

Answer: A) yes

## Question 56

Question: Concept of Triguna is very well explained in

- A) Patanjali Yoga sutra
- B) Bhagwad Gita
- C) Hatha Ratnavali
- D) Shiv Yoga Dipika

Answer: B) Bhagwad Gita

## Question 57

Question: Homeostasis is referred to

- A) Maintaining a constant environment in the body
- B) Maintaining the constant environment when it is necessary
- C) Maintaining the constant environment only during night
- D) Maintaining the constant environment only during day

Answer: A) Maintaining a constant environment in the body

## Question 58

Question: Which of the following yogic posture can be done immediately after food ?

- A) Vajrasana
- B) Trikonasana
- C) Halasana
- D) Mayurasana

Answer: A) Vajrasana

## Question 59

Question: Which of the following is not a preferred teaching technique ?

- A) Story-telling
- B) Oral instruction
- C) Demonstration
- D) Correction

Answer: D) Correction

## Question 60

Question: Feeling of being upset or annoyed as a result of being unable to change or achieve something is

- A) Conflict
- B) Anxiety
- C) Frustration
- D) Depression

Answer: C) Frustration

## Question 61

Question: Which Asana is good for chronic low back pain ?

- A) Dhanurasana
- B) Bhujangasana
- C) Chakrasana
- D) Halasana

Answer: B) Bhujangasana

## Practical

### Demonstration Skills

## Syllabus

- 4.1 Prayer: Concept and recitation of Pranava (प्रणव) and hymns.
- 4.2 Yoga Cleansing Techniques: Knowledge of Dhauti (धौती), Neti (नेति) and practice of Kapalabhati (कपालभाति).
- 4.3 Yogic Sukshma Vyayama (सुक्ष्म व्यायाम) and Sthula Vyayama (स्थूल व्यायाम)
  - a. Yogic Sukshma Vyayama (Micro Circulation Practices)
    - \* Neck Movement: Griva Shakti Vikasaka (ग्रीवा शक्ति विकासक) (I, II, III, IV)
    - \* Shoulder Movement: Bhuja Valli Shakti Vikasaka (भुजा वल्ली शक्ति विकासक), Purna Bhuja Shakti Vikasaka (पूर्ण भुजा शक्ति विकासक)
    - \* Trunk Movement: Kati Shakti Vikasaka (कटि शक्ति विकासक) (I, II, III, IV, V)
    - \* Knee Movement: Jangha Shakti Vikasaka (जङ्घा शक्ति विकासक) (II-A & B), Janu Shakti Vikasaka (जानु शक्ति विकासक)
    - \* Ankle Movement: Pada-mula Shakti Vikasaka (पाद-मूल शक्ति विकासक) – A & B, Gulpha-pada-pristha-pada-tala Shakti Vikasaka (गुल्फ-पाद-पृष्ठ-पाद-तल शक्ति विकासक)
  - b. Yogic Sthula Vyayama (Macro Circulation Practices)
    - \* Sarvanga Pushti (सर्वाङ्ग पुष्टि)
    - \* Hrid Gati (ह्रद गति) (Engine Daud)

## Syllabus

- 4.4 Yogic Surya Namaskara (योगिक सूर्य नमस्कार)
- 4.5 Yogasana (योगासन)
  - Tadasana (ताडासन), Vrikshasana (वृक्षासन), Ardha Chakrasana (अर्ध चक्रासन), Padahastasana (पादहस्तासन), Kati Chakrasana (कटिचक्रासन), Trikonasana (त्रिकोणासन)
  - Dandasana (दंडासन), Sukhasana (सुखासन), Padmasana (पद्मासन), Vajrasana (वज्रासन)
  - Bhadrasana (भद्रासन), Mandukasana (मण्डुकासन), Ushtrasana (उश्त्रासन), Shashankasana (शशांकासन), Uttana Mandukasana (उत्तान मण्डुकासन)
  - Paschimottanasana (पश्चिमोत्तानासन), Purvottanasana (पूर्वोत्तानासन)
  - Vakrasana (वक्रासन), Gomukhasana (गोमुखासन)
  - Bhujangasana (भुजंगासन), Shalabhasana (शालभासन), Makarasana (मकरासन)
  - Pavamuktasana (पवनमुक्तासन), Uttanapadasana (उत्तानपादासन), Ardha Halasana (अर्ध हलासन), Setubandhasana (सेतुबन्धासन)
  - Vipareetkarani (विपरीतकरणी), Saral Matsyasana (सरल मत्स्यासन), Shavasana (शवासन)
- 4.6 Preparatory Breathing Practices: Sectional breathing (abdominal, thoracic, and clavicular), Yogic deep breathing
- 4.7 Pranayama (प्राणायाम)
  - Concept of Puraka (पूरक), Rechaka (रेचक), and Kumbhaka (कुम्भक)
  - Anuloma Viloma/Nadi Shodhana (अनुलोम विलोम/नाडी शोधन), Sheetali (शीतली) (without Kumbhaka) Bhramari (भ्रामरी) (without Kumbhaka)

## Syllabus

- 4.8 Understanding of Bandha (बन्ध)
  - Jalandhara Bandha (जलंधर बन्ध)
  - Uddiyana Bandha (उड्हियन बन्ध)
  - Mula Bandha (मूल बन्ध)
- 4.9 Understanding of Mudra (मुद्रा)
  - Hasta Mudras (हस्त मुद्राः) (Chin (चिन), Chinmaya (चिन्मय), Brahma (ब्रह्म), Adi (आदि), Jnana (ज्ञान), Dhyana (ध्यान), and Nasika (नासिका))

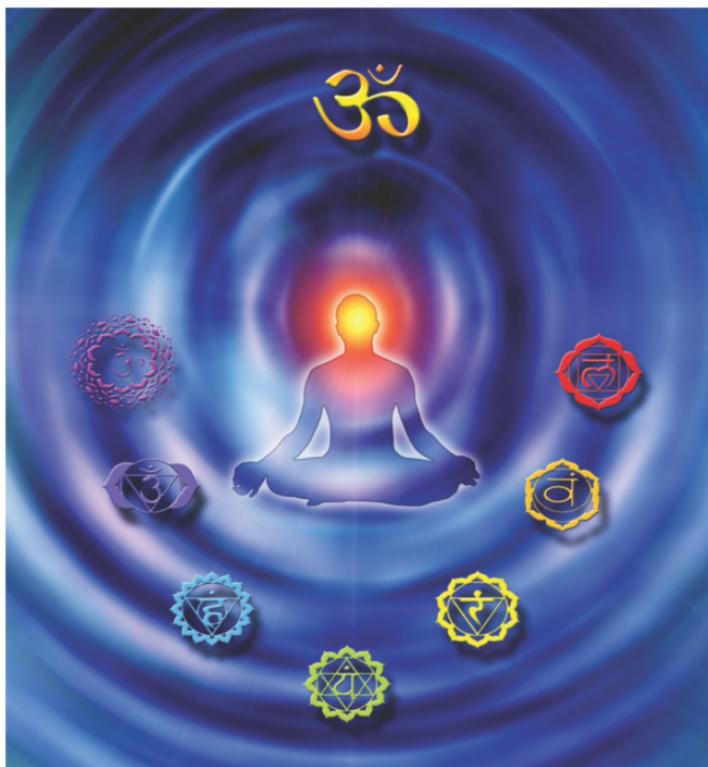
- 4.10 Practices leading to Meditation and Dhyana Sadhana (ध्यान साधना)

- Recitation of Pranava (प्रणव) & Soham (सोऽहम्)
- Recitation of selected hymns, invocations, and prayers from Vedas (वेदाः) & Upanishads (उपनिषदः)
- Body and breath awareness
- Yoga Nidra (योग निद्रा)

## Prayer: Concept and recitation of Pranava and hymns

### Concept of Pranava

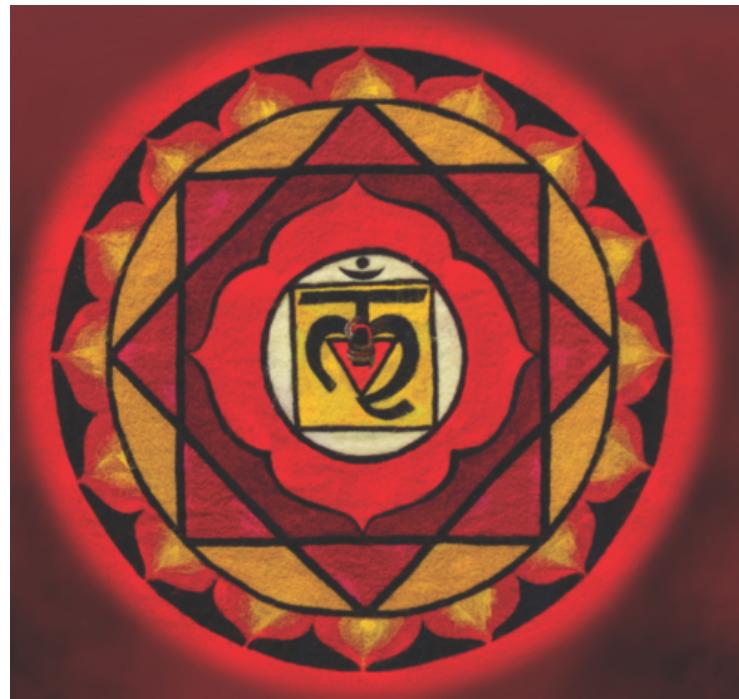
- Pranava: Fundamental sound in Yoga.
- Represents Om (ॐ), the cosmic vibration.
- Symbolizes the essence of Brahman.
- AUM: Components – A (creation), U (preservation), M (dissolution).
- Central in meditative practices.
- Mantra Japa: Repetition of Om (ॐ).
- Sound vibration: Enhances spiritual awareness.
- Promotes mental focus and calmness.
- Used in meditation and prayer.
- Deepens connection with the divine.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

### Concept of Hymns

- Hymns: Sacred verses in Yoga.
- Integral to rituals and devotional practices.
- Chanting hymns invokes spiritual energies.
- Vedic Hymns: Ancient, transcendental sound.
- Used for purification and blessings.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## Yoga Cleansing Techniques

### Dhauti

- Dhauti (धौती): Cleansing of the digestive tract.
- Involves internal purification.
- Helps in removing toxins from the body.
- Types include Vastra Dhauti (वस्त्र धौती) (cloth cleansing).
- Promotes digestive health and detoxification.
- Vaman Dhauti (वमन धौती): uses saline, tepid water.
- Danda Dhauti (दण्ड धौती): uses a rubber tube.
- Vastra Dhauti (वस्त्र धौती): uses a cloth strip.



Vaman Dhauti or Kunjal Kriya



Vastra Dhauti Kriya

(Ref: What is Shatkarma? 6 Types of Shatkarma for Purification and Their Benefits - Yogi Anurag)

## Neti

- Neti (नेति) Kriya cleanses the nasal passages using a neti pot with salt lukewarm water.
- Two types of Neti:
  - Jala Neti (जल नेति): Uses water to cleanse nostrils by pouring water through one nostril and expelling it out the other.
  - Sutra Neti (सूत्र नेति): Uses a rubber thread to massage nasal pathways and open blockages.



(Ref: What is Shatkarma? 6 Types of Shatkarma for Purification and Their Benefits - Yogi Anurag)

## Kapalabhati

- Kapalabhati (कपालभाती) cleanses the frontal lobes and improves brain function.
- Known as Kapalabhati pranayama (कपालभाती प्राणायाम), it is a breathing technique.
- Involves rapid movement of the abdominal wall with breathing.
- In normal breathing, inhalation is active and exhalation is passive.
- In Kapalabhati breathing, exhalation is active and inhalation is passive.
- Emphasizing exhalation helps expel more impurities as CO<sub>2</sub>.

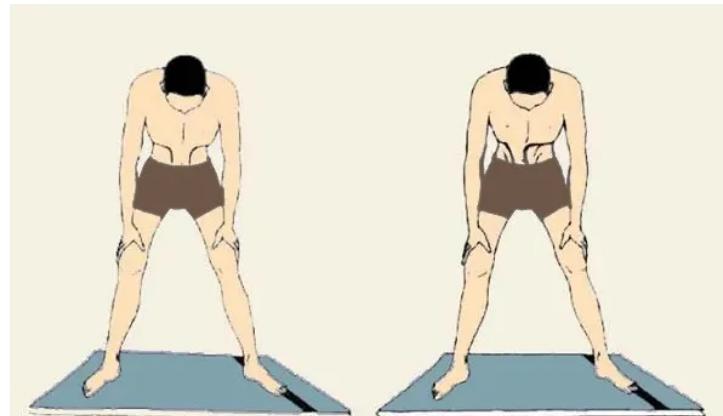


*Kapalbhati Kriya*

(Ref: What is Shatkarma? 6 Types of Shatkarma for Purification and Their Benefits - Yogi Anurag)

## Nauli

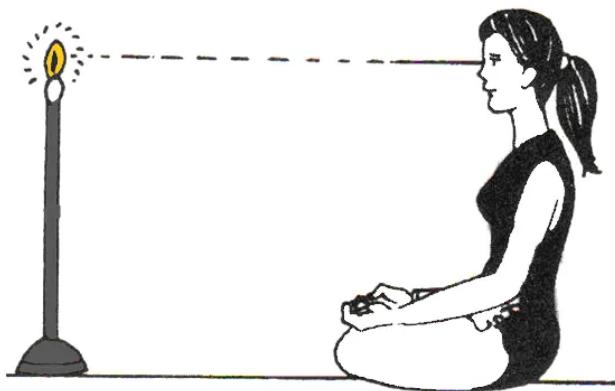
- Nauli (नौली) Kriya cleanses abdominal organs through massaging.
- Purifies liver, spleen, urinary bladder, pancreas, gall bladder, and intestines.
- Regular practice improves digestion and appetite.
- Involves isolating rectus abdominis (अन्तरत्वक) muscles.
- Abs muscles can be isolated left, right, or middle of the linea alba (लिनिया अल्बा).
- Three types of Nauli:
  - Madhya Nauli (मध्य नौली): Abs muscles concentrated at the center (linea alba).
  - Vama Nauli (वाम नौली): Abs muscles aligned to the left of the center.
  - Dakshina Nauli (दक्षिण नौली): Abs muscles aligned to the right of the center.



(Ref: What is Shatkarma? 6 Types of Shatkarma for Purification and Their Benefits - Yogi Anurag)

## Trataka

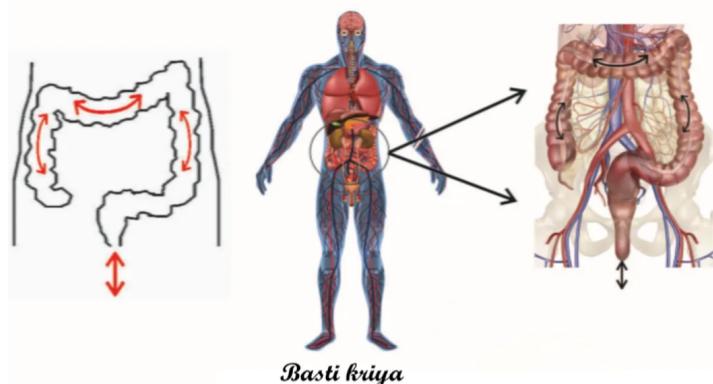
- Trataka (त्राटक) Kriya cleanses and exercises the eyes.
- Involves steady and continuous gazing at a reference point.
- Common reference point: Illuminated candle.
- Consistent practice increases concentration power.
- Two types of Trataka:
  - Internal Trataka (आन्तरिक त्राटक): Focus on trikuti (त्रिकुटी) (third eye) between eyebrows.
  - External Trataka (बाह्य त्राटक): Gazing at external objects that provide pleasure.



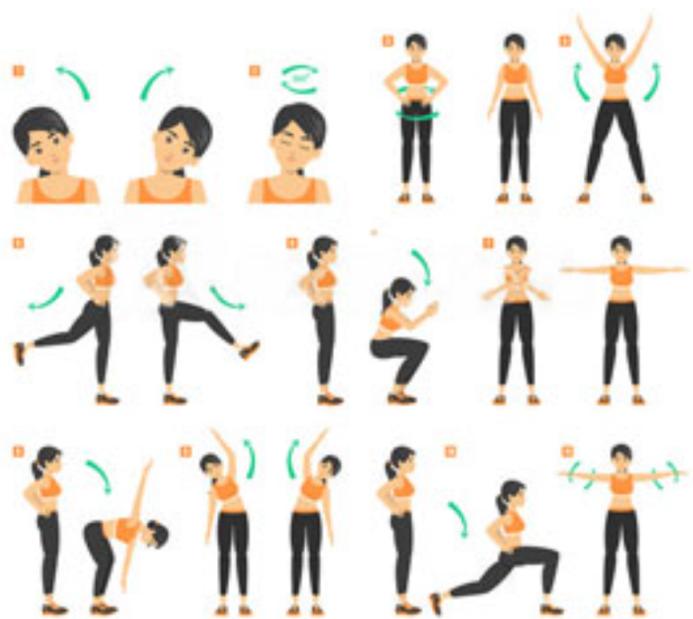
(Ref: What is Shatkarma? 6 Types of Shatkarma for Purification and Their Benefits - Yogi Anurag)

## Basti

- Basti (बस्ती) Kriya cleanses the large intestine and cures 50% of abdominal diseases.
- Two types of Basti:
  - Sthala Basti (स्थल बस्ती)
  - Jala Basti (जल बस्ती)
- In both techniques, water is drawn in through the anus into the large intestine.
- Abdominal muscles are churned while holding water inside.
- Water is then expelled out through the anus.
- Purifies the colon, which nourishes almost all tissues of the body.



(Ref: What is Shatkarma? 6 Types of Shatkarma for Purification and Their Benefits - Yogi Anurag)



(Ref: Sukshma vyayama: The 7-minute relaxation exercise Activating the Joints)

## Neck Movement

- Griva Shakti Vikasaka I (ग्रीवा शक्ति विकासक I): Gentle neck stretches
- Griva Shakti Vikasaka II (ग्रीवा शक्ति विकासक II): Forward and backward bending
- Griva Shakti Vikasaka III (ग्रीवा शक्ति विकासक III): Sideward tilts
- Griva Shakti Vikasaka IV (ग्रीवा शक्ति विकासक IV): Circular movements
- Benefits (लाभ): Enhances flexibility and strength



(Ref: Day 02 of 30 Days of Yogic Journey — Guiding Principles for Yoga Practitioners and Yogic Sukshma Vyayama - Saatvik Life)

## Sukshma Vyayama : Concept

- Sukshma Vyayama: Subtle exercise in Yoga.
- Focuses on micro-movements and joints.
- Enhances flexibility and joint mobility.
- Aims to prepare the body for more intense practices.
- Often used as a warm-up in Yoga sessions.
  - Neck rotations: Improves neck flexibility.
  - Shoulder rolls: Enhances shoulder mobility.
  - Wrist and ankle movements: Prepares joints.
  - Spinal twists: Facilitates spinal flexibility.
  - Toe touches: Stretches hamstrings.

## Shoulder Movement

- Bhuja Valli Shakti Vikasaka (भुजा वल्ली शक्ति विकासक): Arm circles
- Bhuja Valli Shakti Vikasaka (भुजा वल्ली शक्ति विकासक): Shoulder shrugs
- Purna Bhuja Shakti Vikasaka (पूर्ण भुजा शक्ति विकासक): Shoulder rotations

- Purna Bhuj Shakti Vikasaka (पूर्ण भुजा शक्ति विकासक): Arm raises
- Benefits (लाभ): Increases range of motion and strength



(Ref: Day 02 of 30 Days of Yogic Journey — Guiding Principles for Yoga Practitioners and Yogic Sukshma Vyayama  
- Saatvik Life)

## Trunk Movement

- Kati Shakti Vikasaka I (कटी शक्ति विकासक I): Side bends
- Kati Shakti Vikasaka II (कटी शक्ति विकासक II): Forward bends
- Kati Shakti Vikasaka III (कटी शक्ति विकासक III): Backward bends
- Kati Shakti Vikasaka IV (कटी शक्ति विकासक IV): Twists
- Kati Shakti Vikasaka V (कटी शक्ति विकासक V): Rotational stretches
- Benefits (लाभ): Strengthens core, improves flexibility



(Ref: Day 02 of 30 Days of Yogic Journey — Guiding Principles for Yoga Practitioners and Yogic Sukshma Vyayama  
- Saatvik Life)

## Knee Movement

- Jangha Shakti Vikasaka II-A (जंघ शक्ति विकासक II-A): Knee lifts
- Jangha Shakti Vikasaka II-B (जंघ शक्ति विकासक II-B): Knee bends
- Janu Shakti Vikasaka (जनु शक्ति विकासक): Knee rotations
- Janu Shakti Vikasaka (जनु शक्ति विकासक): Side stretches
- Benefits (लाभ): Enhances knee strength and flexibility



## Jangha Shakti Vikasaka

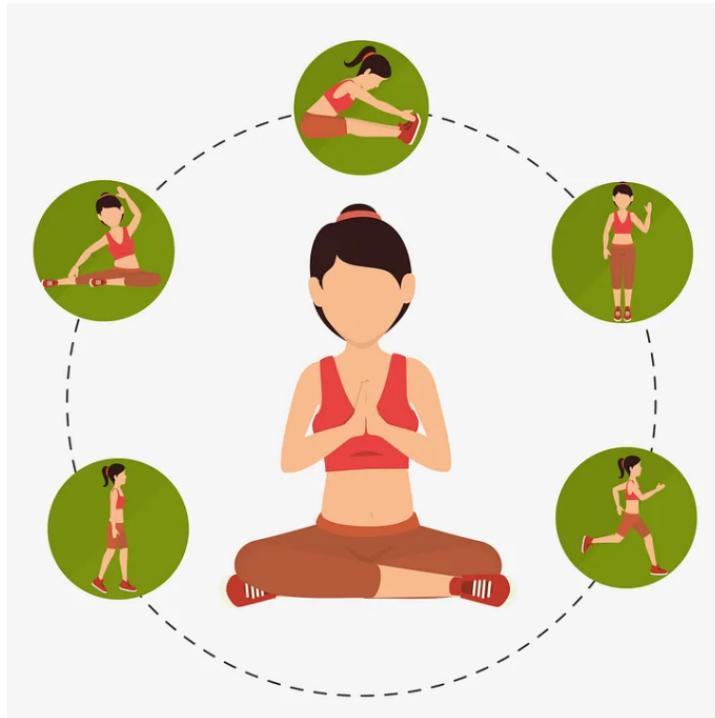
(Ref: Day 03 of 30 Days of Yogic Journey — Guiding Principles for Yoga Practitioners and Yogic Sukshma Vyayama  
- Saatvik Life)

## Ankle Movement

- Pada-mula Shakti Vikasaka A (पाद-मूल शक्ति विकासक A): Ankle circles
- Pada-mula Shakti Vikasaka B (पाद-मूल शक्ति विकासक B): Flexion and extension
- Gulpha-pada-pristha-pada-tala Shakti Vikasaka (गुल्फ-पाद-पृष्ठ-पाद-तल शक्ति विकासक): Foot stretches
- Gulpha-pada-pristha-pada-tala Shakti Vikasaka (गुल्फ-पाद-पृष्ठ-पाद-तल शक्ति विकासक): Heel raises
- Benefits (लाभ): Improves ankle mobility and strength

## Sthula Vyayama : Concept

- Sthula Vyayama: Gross exercise in Yoga.
- Focuses on muscle strength and physical endurance.
- Includes dynamic movements and stretches.
- Aims to build strength and stamina.
- Often part of physical Yoga routines.
  - Push-ups: Strengthens upper body.
  - Squats: Builds leg muscles.
  - Planks: Engages core muscles.
  - Lunges: Improves lower body strength.
  - Leg raises: Strengthens abdominal muscles.



(Ref: Day 06 of 30 Days of Yogic Journey — Guiding Principles for Yoga Practitioners and Yogic Sukshma Vyayama  
- Saatvik Life)

### Sarvanga Pushti

- Sarvanga Pushti: Full-body strength exercise
- Objective: Enhance overall muscular strength
- Execution: Perform with controlled movements
- Focus: Engage all major muscle groups
- Benefits: Improves strength, endurance, and balance



**Sarvangapushthi**

(Ref: Day 04 of 30 Days of Yogic Journey — Guiding Principles for Yoga Practitioners and Yogic Sukshma Vyayama  
- Saatvik Life)

### Hrid Gati (Engine Daud)

- Hrid Gati: Cardio exercise mimicking running
- Objective: Improve cardiovascular health

- Execution: Perform in a rhythmic, steady pace
- Focus: Maintain consistent breathing and pace
- Benefits: Boosts heart health, endurance, and stamina



## Hirdgati

(Ref: Day 04 of 30 Days of Yogic Journey — Guiding Principles for Yoga Practitioners and Yogic Sukshma Vyayama  
- Saatvik Life)

### Comparison of Sukshma and Sthula Vyayama

- Sukshma Vyayama: Focus on joints and flexibility.
- Sthula Vyayama: Targets muscle strength and endurance.
- Sukshma: Gentle and subtle movements.
- Sthula: Dynamic and strength-based exercises.
- Both complement each other in a balanced Yoga practice.

## Yogic Surya Namaskara

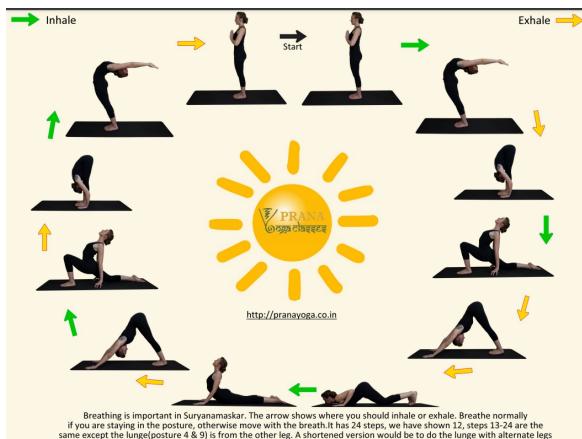
### Surya Namaskara: Concept

- Surya Namaskara: Sun Salutation.
- Integral part of Hatha Yoga.
- Consists of a sequence of 12 postures.
- Aims to energize and purify the body.
- Traditionally performed facing the sunrise.
- Benefits of Surya Namaskara
  - Improves flexibility and strength.
  - Enhances circulation and digestion.
  - Promotes mental calmness and focus.
  - Helps in weight management and detoxification.
  - Strengthens the immune system.
  - Precaution and Tips
    - \* Perform on an empty stomach.
    - \* Avoid if you have back pain or injuries.
    - \* Practice in a well-ventilated area.
    - \* Keep the breathing smooth and steady.
    - \* Focus on alignment and posture.

## Sequence of Surya Namaskara

- 1. Pranamasana (प्रणामासना): Prayer Pose.
- 2. Hasta Uttanasana (हस्त उत्तानासन): Raised Arms Pose.
- 3. Padahastasana (पदहस्तासन): Hand to Foot Pose.
- 4. Ashwa Sanchalanasana (अश्व संचारणासन): Equestrian Pose.
- 5. Dandasana (दंडासन): Plank Pose.
- 6. Ashtanga Namaskara (अष्टांग नमस्कार): Salute with Eight Points.
- 7. Bhujangasana (भुजंगासन): Cobra Pose.
- 8. Adho Mukha Svanasana (अधोमुख श्वानासन): Downward Facing Dog.
- 9. Ashwa Sanchalanasana (अश्व संचारणासन): Equestrian Pose (repeated).
- 10. Padahastasana (पदहस्तासन): Hand to Foot Pose (repeated).
- 11. Hasta Uttanasana (हस्त उत्तानासन): Raised Arms Pose (repeated).
- 12. Pranamasana (प्रणामासन): Prayer Pose (repeated).

## Sequence of Surya Namaskara



## Sequence of Surya Namaskara

प्रणामासन	ॐ शिखाय नमः।	उच्चास	ॐ हौ	
हस्तउत्तानासन	ॐ रक्षय नमः।	श्वास	ॐ हौ	
पादहस्तासन	ॐ शूर्पाय नमः।	उच्चास	ॐ हौ	
अश्वसंचालन	ॐ भावते नमः।	श्वास	ॐ हौ	
पर्वतासन	ॐ चक्राय नमः।	उच्चास	ॐ हौ	
अष्टांग नमस्कार	ॐ पूष्णे नमः।	रोक्षा	ॐ हौ	

## Sequence of Surya Namaskara

भूर्गमत्स्य	ॐ हिरण्यगारुदं नमः।	श्वास	ॐ हौ	
पर्वतासन	ॐ रक्षये नमः।	उच्चास		
अश्वसंचालन	ॐ अदित्याय नमः।	श्वास	ॐ हौ	
पादहस्तासन	ॐ चक्रीये नमः।	उच्चास	ॐ हौ	
हस्त उत्तानासन	ॐ अवृत्यि नमः।	श्वास	ॐ हौ	
प्रणामासन	ॐ भावते नमः।	उच्चास	ॐ हौ	

ॐ श्रीसवितृसूर्यनारायणाय नमः।

## Yogasana

### Tadasana

- Stand with feet together, arms by sides.
- Distribute weight evenly on both feet.
- Engage thighs and lift chest.
- Extend arms overhead, palms facing each other.
- Hold the pose and breathe deeply.
- Benefits: Improves posture, strengthens legs, and enhances concentration.
- Contraindications: Avoid if you have low blood pressure or are recovering from surgery.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

### Vrikshasana

- Stand in Tadasana position.
- Shift weight to one foot, bend the other knee.
- Place the sole of the bent foot on the inner thigh of the standing leg.

- Join hands in front of the chest or extend overhead.
- Hold the position, focus on balance.
- Benefits: Enhances balance, strengthens legs, and improves concentration.
- Contraindications: Avoid if you have knee or ankle injuries.



### Padahastasana

- Stand with feet together, arms by sides.
- Inhale and raise arms overhead.
- Exhale and bend forward, reaching for the feet.
- Keep knees slightly bent if needed.
- Hold the pose and breathe deeply.
- Benefits: Stretches hamstrings, improves flexibility, and calms the mind.
- Contraindications: Avoid if you have back or hamstring injuries.

(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

### Ardha Chakrasana or Hastottanasan

- Stand with feet shoulder-width apart.
- Place hands on lower back for support.
- Inhale and lift chest, pressing hips forward.
- Exhale and gently arch the back.
- Hold the pose, breathing deeply.
- Benefits: Stretches spine, improves posture, and relieves back pain.
- Contraindications: Avoid if you have back injuries or abdominal issues.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))



### Kati Chakrasana

- Stand with feet shoulder-width apart, arms outstretched.
- Twist torso to one side, bringing opposite hand to shoulder.
- Hold the twist, then return to center.
- Repeat on the other side.
- Breathe deeply during each twist.
- Benefits: Enhances spinal flexibility, massages abdominal organs, and improves digestion.
- Contraindications: Avoid if you have back or spinal issues.

(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))



Dandasana

- Sit with legs extended, feet flexed.
- Keep spine straight and shoulders relaxed.
- Place hands beside hips, fingers pointing forward.
- Engage thigh muscles and lift chest.
- Hold the pose, breathing steadily.
- Benefits: Strengthens back and legs, improves posture, and calms the mind.
- Contraindications: Avoid if you have lower back pain or hamstring injuries.



(Ref: Prana Yoga)

### Trikonasana

- Stand with feet wide apart, arms extended.
- Turn one foot out and the other foot slightly in.
- Reach towards the foot, placing hand on ankle or shin.
- Extend the other arm upwards, gaze up.
- Hold the position, then switch sides.
- Benefits: Stretches legs, improves balance, and strengthens core.
- Contraindications: Avoid if you have leg or back injuries.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

### Sukhasana

- Sit with legs crossed comfortably.
- Place hands on knees or in a mudra.
- Keep spine upright and shoulders relaxed.
- Close eyes and focus on breath.
- Hold the position, breathing deeply.
- Benefits: Promotes relaxation, improves flexibility, and calms the mind.
- Contraindications: Avoid if you have knee or hip injuries.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## Padmasana

- Sit with legs extended, then bend one knee.
- Place the foot on the opposite thigh.
- Repeat with the other leg, placing the foot on the opposite thigh.
- Keep spine straight and shoulders relaxed.
- Hold the position, focusing on breath.
- Benefits: Enhances meditation, stretches hips, and calms the mind.
- Contraindications: Avoid if you have knee or hip injuries.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## Vajrasana

- Kneel on the floor, sit back on heels.
- Keep thighs perpendicular to the floor.
- Place hands on knees, palms facing down.
- Keep spine straight and shoulders relaxed.
- Breathe deeply, holding the position.
- Benefits: Aids digestion, relieves lower back pain, and improves posture.
- Contraindications: Avoid if you have knee or ankle injuries.



(Ref: Patanjali Japan Foundation)

## Mandukasana

- Start in a kneeling position, sit on heels.
- Place palms together in front of the chest.

- Inhale and stretch arms forward, keeping palms together.
- Exhale and bring hands back to the chest.
- Repeat the sequence.
- Benefits: Improves flexibility of hips and thighs, enhances focus.
- Contraindications: Avoid if you have knee or back issues.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

### Uttana Mandukasana

- Start in Mandukasana position.
- Bend forward from hips, extending arms forward.
- Rest forehead on the floor, keep arms extended.
- Hold the position, breathing deeply.
- Benefits: Enhances spinal flexibility, stretches back and thighs.
- Contraindications: Avoid if you have knee or back injuries.



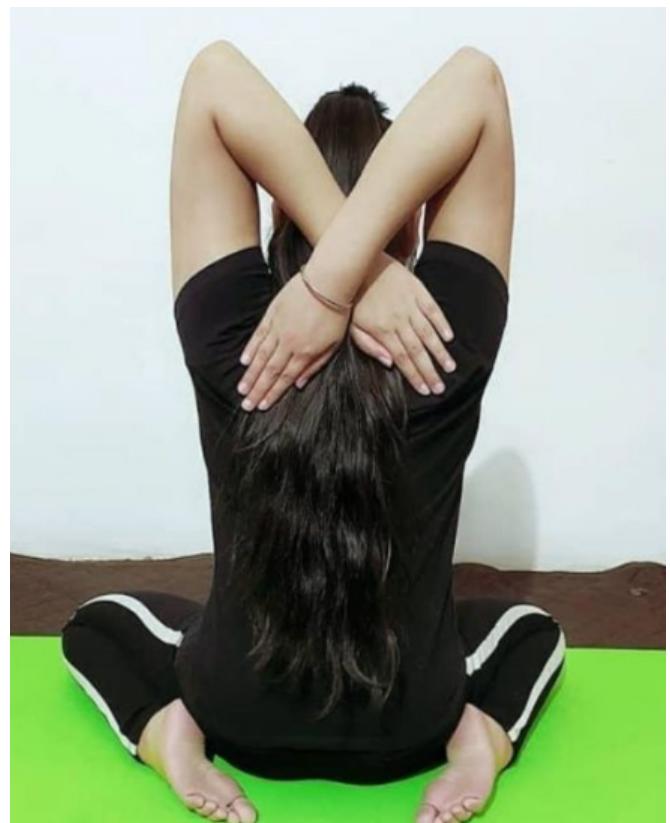
(Ref: Atma Bodh)

### Ushtrasana

- Kneel with knees hip-width apart.
- Place hands on lower back for support.
- Inhale and lift chest, arching back.
- Reach for heels with hands, if possible.
- Hold the position, breathing deeply.
- Benefits: Stretches the entire front body, opens chest, and improves posture.
- Contraindications: Avoid if you have back or neck issues.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

### Paschimottanasana

- Sit with legs extended, feet flexed.
- Inhale and lengthen spine.
- Exhale and bend forward, reaching for feet.
- Hold the pose and breathe deeply.
- Benefits: Stretches the spine and hamstrings, calms the mind.
- Contraindications: Avoid if you have back or hamstring injuries.

### Shashankasana

- Kneel and sit on heels.
- Extend arms forward on the floor.
- Rest forehead on the ground.
- Hold the position, breathing deeply.
- Benefits: Relieves stress, stretches back and thighs.
- Contraindications: Avoid if you have knee or back injuries.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## Purvottanasana

- Sit with legs extended and hands behind hips.
- Inhale and lift hips off the floor, pressing palms into the ground.
- Open chest and face upward.
- Hold the pose and breathe deeply.
- Benefits: Strengthens arms and shoulders, stretches chest and front body.
- Contraindications: Avoid if you have wrist or shoulder injuries.



(Ref: Ekhart Yoga)



(Ref: Himalayan Yoga Ashram)

## Bhujangasana

- Lie on your stomach, legs extended, and feet together.
- Place hands under shoulders, elbows close to the body.
- Inhale and lift chest, keeping the navel on the floor.
- Hold the pose and breathe deeply.
- Benefits: Strengthens back, stretches chest and shoulders.
- Contraindications: Avoid if you have back or wrist injuries.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## Vakrasana

- Sit with legs extended and back straight.
- Bend one knee and place the foot on the outside of the opposite thigh.
- Twist torso towards the bent knee, placing the opposite elbow on the knee.
- Hold the twist, then switch sides.
- Benefits: Enhances spinal flexibility, massages abdominal organs.
- Contraindications: Avoid if you have spinal or abdominal issues.



(Ref: CONDE NAST TRAVELLER)

## Gomukhasana

- Sit with legs crossed, one knee stacked on top of the other.
- Bring one arm behind the back, and the other arm over the shoulder.
- Join hands behind the back if possible.
- Hold the pose and breathe deeply.
- Benefits: Stretches shoulders, hips, and thighs.
- Contraindications: Avoid if you have shoulder or knee injuries.

## Shalabhasana

- Lie on your stomach, arms by sides.
- Inhale and lift legs and chest off the floor.
- Keep arms and feet active.
- Hold the position, breathing deeply.
- Benefits: Strengthens lower back, improves posture.
- Contraindications: Avoid if you have back or abdominal issues.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## Makarasana

- Lie on your stomach, arms extended to sides.
- Bend knees and place feet on the floor.
- Rest forehead on the hands or ground.
- Breathe deeply and relax.
- Benefits: Relieves back pain, relaxes spine.
- Contraindications: None.



(Ref: Vydy Health)

### Pavanamuktasana

- Lie on your back, knees bent, and feet on the floor.
- Hug knees to chest, interlace fingers around shins.
- Lift head and shoulders off the floor.
- Hold the position and breathe deeply.
- Benefits: Relieves gas, massages abdominal organs.
- Contraindications: Avoid if you have back issues or are pregnant.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

### Uttanapadasana / Ardha Halasana

- Lie on your back, legs extended, and arms by sides.
- Inhale and lift legs to a 45-degree angle.
- Keep back and shoulders on the floor.
- Hold the position and breathe deeply.
- Benefits: Strengthens abdominal muscles, tones legs.
- Contraindications: Avoid if you have back or leg issues.



(Ref: Bodhi School of Yoga)

### Setubandhasana

- Lie on your back, knees bent, feet on the floor.
- Lift hips towards the ceiling, pressing into feet.
- Interlace fingers under back for support.
- Hold the position and breathe deeply.
- Benefits: Strengthens back and legs, stretches chest.
- Contraindications: Avoid if you have neck or back injuries.



(Ref: Rishikesh Yogis Yogashala)

### Vipareetakarani

- Lie on your back, legs extended.
- Lift legs and hips towards the ceiling.
- Support lower back with hands if needed.
- Keep shoulders and neck relaxed on the floor.
- Hold the position and breathe deeply.
- Benefits: Improves circulation, reduces stress.
- Contraindications: Avoid if you have neck or back issues.



(Ref: Yoga4Lyf)

### Saral Matsyasana

- Lie on your back, legs extended.
- Place hands under hips for support.
- Lift chest and head, arching back.
- Keep elbows close to the floor, shoulders relaxed.
- Hold the position and breathe deeply.
- Benefits: Stretches chest and neck, improves posture.
- Contraindications: Avoid if you have neck or back injuries.



(Ref: Kerala Tourism)

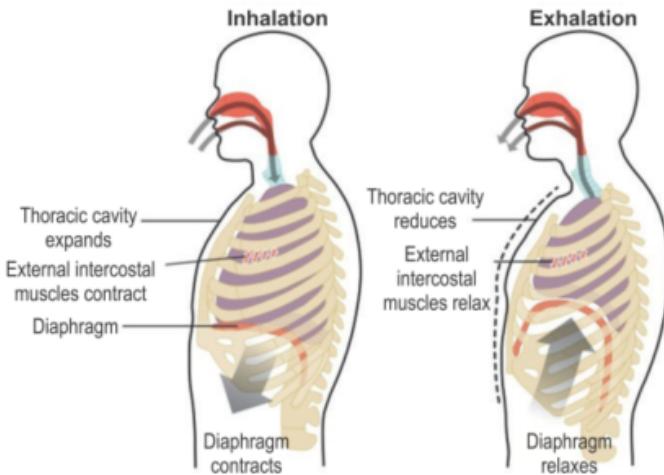
# Preparatory Breathing Practices

## Preparatory Breathing Practices : Overview

- Preparatory Breathing: Essential for effective practice.
- Prepares the body for deeper and advanced breathing techniques.
- Helps in calming the mind and focusing attention.
- Improves lung capacity and respiratory function.
- Integrates with asanas for enhanced practice.

## Abdominal Breathing (Diaphragmatic Breathing)

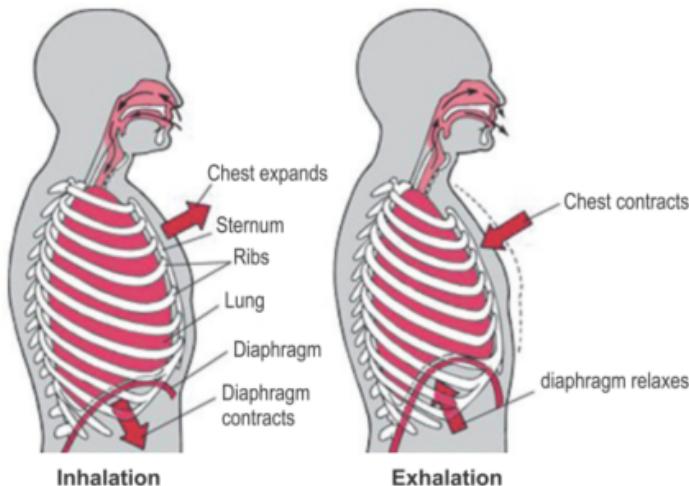
- Focuses on diaphragm movement.
- Inhale deeply through the nose, expanding the abdomen.
- Exhale slowly through the mouth, contracting the abdomen.
- Promotes relaxation and stress relief.
- Enhances oxygenation and lung efficiency.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## Chest Breathing

- Involves the chest and intercostal muscles.
- Inhale to expand the chest and rib cage.
- Exhale to contract the chest.
- Useful for increasing lung capacity.
- Often combined with abdominal breathing for balance.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## Clavicular Breathing

- Focuses on upper chest and collarbone.
- Inhale to lift the clavicles and expand the upper chest.
- Exhale to lower the clavicles.
- Helps in expanding lung capacity.
- Often used in conjunction with other breathing techniques.



(Ref: Sri Sri School of Yoga)

## Combination Breathing (Three-Part Breathing)

- Combines abdominal, chest, and clavicular breathing.
- Inhale first into the abdomen, then the chest, and finally the clavicles.
- Exhale in reverse order.
- Enhances complete lung expansion.
- Provides a holistic breathing experience.



(Ref: Beginner Yoga Flow)

## Pranayama

## Pranayama : Concept

- Pranayama: Control of breath.
- Derived from Sanskrit, meaning extension of life force.
- Essential for mental and physical health.
- Regulates energy flow and calms the mind.
- Integrates with asana for holistic practice.
- यम, नियम, आसन, प्राणायाम, प्रत्याहार, धारणा, ध्यान, तथा समाधि | प्राणायाम = प्राण + आयाम | इसका शाब्दिक अर्थ है - प्राण या श्वसन को लम्बा करना या फिर जीवनी शक्ति को लम्बा करना | प्राणायाम का अर्थ कुछ हद तक श्वास को नियंत्रित करना हो सकता है | परन्तु श्वास को कम करना नहीं होता है | प्राण या श्वास का आयाम या विस्तार ही प्राणायाम कहलाता है | यह प्राण-शक्ति का प्रवाह कर व्यक्ति को जीवन शक्ति प्रदान करता है।
- क्रिया: पूरक: श्वास धेणे , कुम्भक : रोखणे , रेचक : सोडणे

## Types of Pranayama

- Anulom Vilom: Alternate nostril breathing.
- Kapalabhati: Skull shining breath.
- Bhramari: Bee breath.
- Ujjayi: Victorious breath.
- Sitali: Cooling breath.
- धेरन्ड संहिता के अनुसार - सहितः सूर्यभेदश्च उज्जायी शीतली तथा | भस्त्रिका भरमारी मूर्च्छा केवली चाष्टकुम्भकाः ॥
- धेरन्ड संहिता के अनुसार प्राणायाम के आठ भेद बताए गए हैं -सहित, सूर्यभेदी, उज्जायी, शीतली, भस्त्रिका, भ्रामरी, मूर्च्छा और केवली ।
- हठप्रदीपिका के अनुसार -सूर्यभेदनमुज्जायी सीत्कारी शीतली तथा | भस्त्रिका भ्रामरी मूर्च्छा प्लाविनीत्यष्ट कुम्भकः ॥
- हठप्रदीपिका के अनुसार प्राणायाम के आठ भेद निम्न हैं - सूर्यभेदन, उज्जायी, सीत्कारी, शीतली, भस्त्रिका, भ्रामरी, मूर्च्छा और प्लाविनी ये आठ प्रकार के कुम्भक (प्राणायाम ) होते हैं ।



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## Kapalabhati (Skull Shining Breath)

- Forceful exhalation followed by passive inhalation.
- Energizes and cleanses the respiratory system.
- Increases lung capacity and mental alertness.
- Practice for 1-2 minutes daily.
- Avoid if you have high blood pressure or heart issues.



## Benefits of Pranayama

- Enhances lung capacity and respiratory function.
- Balances nervous system and reduces stress.
- Improves mental clarity and focus.
- Supports emotional stability.
- Aids in detoxification and energetic balance.

## Anulom Vilom (Alternate Nostril Breathing)

- Inhale through one nostril, exhale through the other.
- Balances energy and hemispheres of the brain.
- Enhances mental clarity and calmness.
- Improves respiratory function.
- Practice for 5-10 minutes daily.

## *Kapalbhati Kriya*

(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## Bhramari (Bee Breath)

- Inhale deeply and exhale with a humming sound.
- Calms the nervous system and reduces anxiety.
- Enhances concentration and mental clarity.
- Practice for 2-3 minutes daily.

- Effective in reducing stress and improving mood.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## Ujjayi (Victorious Breath)

- Inhale and exhale with a slight constriction of the throat.
- Produces a soothing and hissing sound.
- Enhances concentration and energy.
- Balances the nervous system.
- Practice during asanas for better focus.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## Sitali (Cooling Breath)

- Inhale through a rolled tongue or pursed lips.
- Exhale through the nose.
- Cools the body and mind.
- Helps in reducing stress and calming emotions.
- Practice in hot weather or when feeling overheated.

## Understanding of Mudra

### Understanding of Mudra : Overview

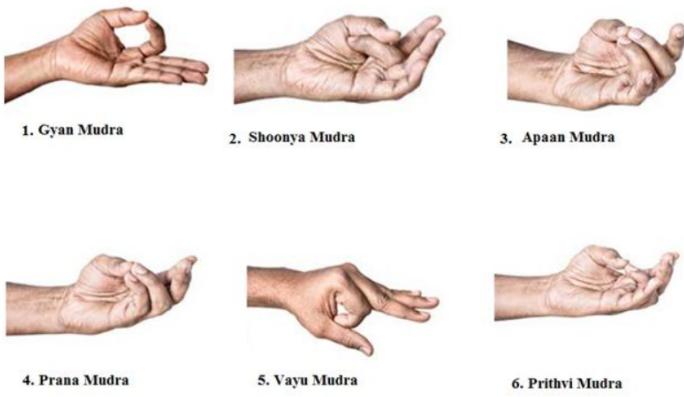
- Mudra: Sacred hand gestures or seals.
- Originates from Sanskrit, meaning seal or gesture.
- Used to channel and direct energy.
- Enhances meditation and spiritual practices.
- Integrates with asanas and pranayama.

### Types of Mudras

- Hasta Mudras (हस्त मुद्रा): Hand gestures.
- Kaya Mudras (काय मुद्रा): Body gestures.
- Mukh Mudras (मुख मुद्रा): Facial gestures.
- Bandhas (बंधन): Internal locks.
- Chakra Mudras (चक्र मुद्रा): Energy center gestures.

### Hasta Mudras (Hand Gestures)

- Gyan Mudra (ज्ञान मुद्रा): Knowledge gesture.
- Chin Mudra (चिन मुद्रा): Consciousness gesture.
- Anjali Mudra (अंजलि मुद्रा): Salutation gesture.
- Apan Mudra (अपान मुद्रा): Cleansing gesture.
- Shuni Mudra (शुणि मुद्रा): Patience gesture.



(Ref: Himalayan Yoga Academy)

## Kaya Mudras (Body Gestures)

- Mudras with Postures: Integration of body and gesture.
- Viparita Karani (विपरीत करणी): Legs up the wall pose.
- Sarvangasana (सर्वांगासन): Shoulder stand.
- Adho Mukha Svanasana (अधोमुख श्वानासन): Downward facing dog.
- Enhances energy flow and stability.

(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))



## Bandhas (Internal Locks)

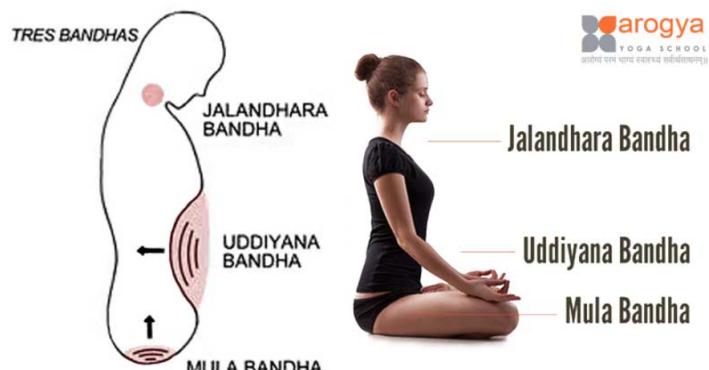
- Mula Bandha (मूल बन्ध): Root lock.
- Uddiyana Bandha (उड्डीयान बन्ध): Abdominal lock.
- Jalandhara Bandha (जालंधर बन्ध): Throat lock.
- Regulates energy and prana.
- Enhances stability and focus.



(Ref: Prana Sutra)

## Mukh Mudras (Facial Gestures)

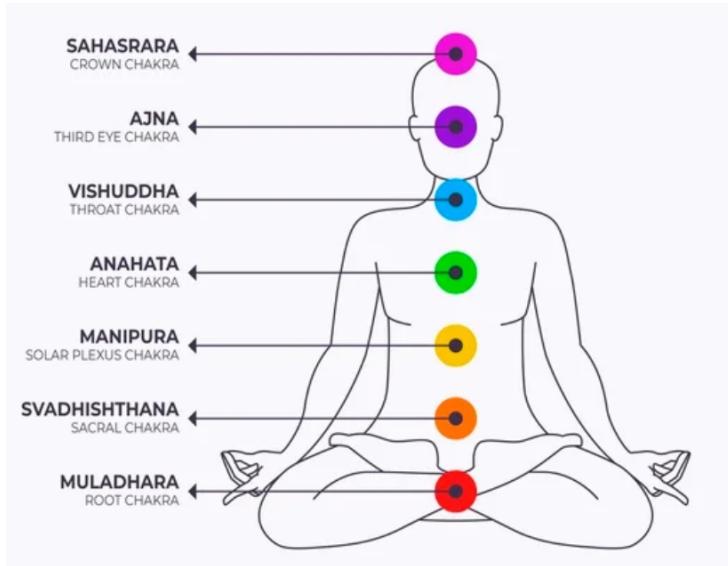
- Khechari Mudra (खेचरी मुद्रा): Tongue gesture.
- Bhrumadhy Mudra (भूमध्य मुद्रा): Eyebrow gesture.
- Shambhavi Mudra (शाम्भवी मुद्रा): Eyebrow center gaze.
- Enhances mental focus and inner vision.
- Integrates with meditation and pranayama.



(Ref: Arogya Yoga School)

## Chakra Mudras (Energy Center Gestures)

- Root Chakra Mudra (मूलाधार चक्र मुद्रा): Grounding gesture.
- Heart Chakra Mudra (अनाहत चक्र मुद्रा): Love gesture.
- Third Eye Chakra Mudra (आङ्ग्णा चक्र मुद्रा): Intuition gesture.
- Aligns energy centers and enhances meditation.
- Supports spiritual growth and balance.



(Ref: Raja Yoga Rishikesh)

## Practices leading to Meditation and Dhyana Sadhana

### Practices Leading to Meditation and Dhyana Sadhana

- Mindfulness: Develop awareness of thoughts and emotions.
- Breathing Techniques: Practice Pranayama to calm the mind.
- Asanas: Perform stabilizing poses to prepare for meditation.
- Concentration Exercises: Engage in focusing techniques to enhance mental clarity.
- Visualization: Use guided imagery to support meditative focus.

## Teaching Skills

### Syllabus

- Essentials of good lesson plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Pranayama & practices leading to Dhyana)
- Principles of teaching Yoga protocol to different groups (beginners, children, youth, women, Geriatric population, and special attention group).
- Preparation for a Yoga class (before and during the class)
- Factors influencing yoga teaching.
- Class management in Yoga: its meaning and needs.
- Conducting yoga practical lessons: Precautions & Contraindications of practices)
- Salient features of Ideal Yoga Instructor.
- Models of ideal Yoga lesson plans

## Introduction

### Benefits of Teaching Yoga

- Teaching yoga benefits both the teacher and the learners.
- Contributes to learners' good health and ultimate happiness.
- Yoga instructors can experience personal growth.
- Many opportunities exist for yoga professionals in various settings.

### Principles of Effective Yoga Teaching

- Activity and experience are crucial for learning.
- Correct practice is essential for skill-learning.
- Observing enhances attention, awareness, and skilful action.
- Visual demonstrations are effective for learning motor skills.
- Effective teaching depends on knowledge of various principles.

### Teaching Methods in Yoga

- The lecture method is beneficial when combined with other methods.
- Visual materials help students retain lecture content.
- Response-to-instruction method ensures uniform student responses.
- Project method enables practical application of learned skills.
- Group settings cater to varied and deeper yoga practice experiences.

### Modern Challenges and Expectations in Yoga Teaching

- Advances in science have altered communication systems.
- Technology reduces the need for manpower in teaching.
- Teachers should know more than students and be prepared to answer questions.
- If unsure, teachers should commit to finding answers and explaining later.

### Essentials of good lesson plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Pranayama & practices leading to Dhyana)

### Essentials of Good Lesson Plan

- Concepts: Clearly define objectives for Shatkriya, Asana, Pranayama, and Dhyana.
- Needs Assessment: Identify student needs and levels of experience.
- Structure: Organize class flow with warm-up, practice, and cool-down.
- Timing: Allocate appropriate time for each segment.
- Flexibility: Be adaptive to student feedback and progress.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

### Principles of teaching Yoga protocol to different groups (beginners, children, youth, women, Geriatric population, and special attention group)

## Principles of Teaching Yoga Protocol to Different Groups

- Beginners: Use simple instructions and basic poses.
- Children: Include fun and interactive elements.
- Youth: Emphasize strength and endurance.
- Women: Adapt for pregnancy and menstruation.
- Geriatric Population: Focus on gentle movements and balance.
- Special Attention Group: Customize for health conditions and physical limitations.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## Preparation for a Yoga class (before and during the class)

### Preparation for a Yoga Class (Before and During)

- Pre-Class Planning: Develop a lesson plan and set goals.
- Set Up Space: Arrange props and equipment for class.
- Check Equipment: Ensure all yoga mats and tools are clean and functional.
- Greet Students: Welcome students and address any individual needs.
- Monitor Flow: Adjust the class as needed based on student feedback and progress.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## Conducting yoga practical lessons : Precautions & Contraindications of practices

## Conducting Yoga Practical Lessons : Precautions & Contraindications

- Assess Individual Needs: Evaluate health conditions and physical limitations.
- Modify Poses: Adapt asanas to suit individual needs.
- Monitor Students: Watch for discomfort or strain.
- Avoid Overexertion: Prevent overexertion and injuries.
- Educate on Contraindications: Inform about contraindications for specific conditions.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## Salient features of Ideal Yoga Instructor

### Salient Features of an Ideal Yoga Instructor

- Knowledgeable: Deep understanding of yoga principles and practices.
- Communicative: Clear and effective communication skills.
- Empathetic: Ability to understand and address student needs.
- Professional: Maintains professionalism and ethics.
- Adaptable: Flexible in teaching methods and lesson plans.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## Models of ideal Yoga lesson plans

## Models of Ideal Yoga Lesson Plans

- Structured Flow: Follow a logical sequence of warm-up, practice, and cool-down.
- Objective Focused: Align objectives with student needs and goals.
- Time Management: Allocate time for each segment of the lesson.
- Variety: Incorporate a variety of asanas, pranayama, and meditation.
- Flexibility: Be flexible to adapt to student feedback.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## Yogalaya class

### Starting Instructions and Initial Prayers

- Start Prayer
- Sit in comfortable sitting position, look straight
- Hands in Chin mudra, back straight, get ready for prayer
- Om, Om, Om
- गजाननं भूत गणादिसेवितं,
- कपीथ जम्बू फलचारु भक्षणं,
- गजाननं भूत गणादिसेवितं,
- कपीथ जम्बू फलचारु भक्षणं,
- उमासुतं शोक विनाश कारतम्,
- नमामि विघ्नेशवर पादपंकजम्,
- षडाननं कुम्कुमरक्तवर्ण
- महामति दिव्यमयूरवाहनम्
- रुद्रस्यसूतुं सुररौन्यनाथ
- गुहं सदाहं शरणं प्रपद्ये

### Continued Prayers

- या कुन्दन्दुतुषारहारधवला या शुभ्रवस्त्रावृता
- या वीणावरदण्डमण्डितकरा या श्वेतपद्मासना
- या ब्रह्माच्युतशंकरप्रभृतिभिर्दैः सदा वन्दिता
- सा मां पातु सरस्वती भगवती निःशेषजाग्रापहा
- ॐ नमः शिवाय गुरवे
- सच्चिदानन्द मूर्तये ।
- निष्ठपञ्चाय शान्ताय
- (निरालम्बाय तेजसे ॥)
- श्री शिवनंदाय तेनमः
- श्री विष्णु देवानंदाय तेनामः
- सर्वमङ्गलमाङ्गल्ये शिवे सर्वार्थसाधिके ।
- शरण्ये त्र्यम्बके गौरि नारायणि नमोऽस्तु ते, नारायणि नमोऽस्तु ते
- ॐ सह नाववतु । सह नौ भुनक्तु । सह वीर्यं करवावहै ।
- तेजस्त्व नावधीतमस्तु मा विद्विषावहै ।
- ॐ शान्तिः शान्तिः शान्तिः ॥
- ॐ नमः शिवाय ॥

## Preparation for Pranayama

- Sit in comfortable sitting position, look straight
- Hands in Chin mudra, back straight, get ready for kapalbhati
- Inhale abdomen out, exhale in, inhale, exhale
- Now inhale deeply and begin

## Kapalbhati Practice

- Exhale (20 times)
- Exhale (36 times)
- Exhale (5 times), inhale, exhale
- Now inhale deeply, comfortable breath and hold (20? seconds)
- With control, exhale, inhale, exhale
- Another round?
- Breathe normally, stretch legs, shake your legs and sit back again

## Nadi Shodhana (Alternate Nostril Breathing)

- Left hand in chin mudra, right hand in vishnu mudra
- Inhale through both nostrils deeply
- Take your right thumb to right nostril, exhale through left nostril completely
- Inhale left 2-3-4 close, hold, close both nostrils, 8 sec?
- Exhale right 2-3-4-5-6-7-8, inhale right 2-3-4 close, hold
- Exhale left 2-3-4-5-6-7-8 Inhale left
- Repeat cycle

## Post-Pranayama Meditation

- Drop your hands down, both hands in chin mudra, back straight
- Breathing comfortable
- Eyeball steady on one point, meditate, breathing relaxed

## Shavasana and Concluding Stretch

- Release the mudra, stretch your legs and lie down in shavasana
- Feet apart, hands apart, palms facing upward
- Bring your feet together, inhale
- Bring your arms over and above your head, interlock fingers
- Turn your palms and stretch
- Exhale and release, bend your knees
- Turn to the right side, inhale and come up

## Sun Salutations - First Round

- Stand in front of the mat, t-shirts tucked in. Stand straight
- Both hands in Namaskar position, near your chest
- Raise your arms up, arch back
- Bend forward and down
- Take your right leg back, knee down, toe pointing back, look up
- Left leg back, body into straight line
- Knees, chest, forehead or chin down
- Slide forward arch back
- Tuck your toes in, inverted V
- Take your right leg forward
- Left leg forward
- Raise your arms arch back and release

## Sun Salutations - Second Round

- Feet together, palms together
- Raise your arms up, arch back
- Bend forward and down
- Take your left leg back, knee down, toe pointing back, look up
- Right leg back, body into straight line
- Knees, chest, forehead or chin down
- Slide forward arch back
- Tuck your toes in, inverted V
- Take your left leg forward
- Right leg forward
- Raise your arms up arch back and release
- Feet together, palms together

## Sun Salutations with Breath Coordination - Right Side

- Inhale - exhale and palms together
- Inhale - Raise your arms up, arch back
- Exhale - Bend forward and down
- Inhale - right leg back
- Retain - other leg back
- Exhale - Knees, chest, forehead or chin down
- Inhale - Slide forward arch back
- Exhale - inverted V
- Inhale - right leg forward
- Exhale - left leg forward
- Inhale - Raise your arms up arch back
- Exhale - release

## Sun Salutations with Breath Coordination - Left Side

- Inhale - exhale and palms together
- Inhale - Raise your arms up, arch back
- Exhale - Bend forward and down
- Inhale - left leg back
- Retain - other leg back
- Exhale - Knees, chest, forehead or chin down
- Inhale - Slide forward arch back
- Exhale - inverted V
- Inhale - left leg forward
- Exhale - right leg forward
- Inhale - Raise your arms up arch back
- Exhale - release

## Cooling Down and Relaxation

- Feet apart, hands apart, palms facing forward
- Eyes closed, breathe through your nose
- Observe your heartbeats
- Observe your breathing
- Now lie down on your back and relax in shavasana

## End Prayer

- Sit in comfortable sitting position, look straight
- Roll shoulders, hands in chin mudra
- Om, Om, Om
- ॐ पूर्णमदः पूर्णमिदं पूर्णात् , पूर्ण मुदच्यते,
- पूर्णस्य पूर्णमादाय, पूर्ण मेवा वशिष्यते।
- ॐ शांतिः शांतिः शांतिः
- सद्गुरु (?) शिवानन्द महाराज कि जय, स्वामी विष्णु देवानन्द महाराज कि जय
- धर्म रक्षति रक्षितः हरी ओम तत्सत
- Rub hands, put palms on eyes and Namaskar!!

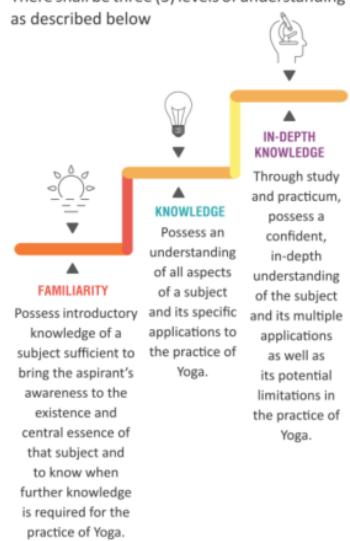
## Application of knowledge

### Application of Knowledge as Yoga Protocol Instructor

- Protocol Implementation: Apply standard yoga protocols in practice.
- Customized Instruction: Tailor instructions based on student needs.
- Assessment Techniques: Utilize assessment methods to gauge progress.
- Lesson Adaptation: Adjust lessons based on feedback and observation.
- Effective Communication: Use clear communication to convey instructions and guidance.

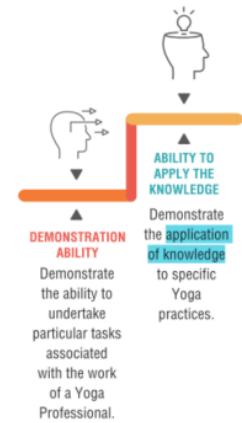
#### Knowledge:

There shall be three (3) levels of understanding as described below



#### Skills:

There shall be two (2) levels of understanding as described below



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## Field Experience

### Field Experience as Yoga Protocol Instructor

- Practical Application: Implement protocols in real-world settings.
- Class Management: Manage classes and handle student dynamics.
- Feedback Collection: Gather feedback from students and peers.
- Adaptation: Adapt techniques based on field experience.
- Professional Growth: Utilize experience for ongoing development.

## Towards End

## Examination

## Smayjak Yoga School

### Instructions

- Put mat horizontally to be visible for standing as well as horizontal asanas
- Keep enrollment number and Aadhar card ready
- Good internet connection and good voice quality
- Say "No" if you don't know. Don't answer anything extra
- Stay calm, without any stress

## Preparatory Steps

- 3 times Omkar (ॐकार), then 3 times ‘Shaanti’ (शान्ति). Sit in any sitting asana, say Sukhasana (सुखासन), eyes closed.
- Prarthana (प्रार्थना) : “गुरुब्रह्मा गुरुविष्णुः गुरुदेवो महेश्वरः”
- Sukshma Vyayam (सूक्ष्म व्यायाम): Greeva Shakti (ग्रीवा शक्ति) (any from I to IV), theory, like who started, his guru.
- Sthul Vyayam (स्थूल व्यायाम): (any Hrid (हृदय)/Sarvanga Pushti (सर्वांग पुष्टि))

## Asanas

- Asana (आसन): Standing (Trikonasana (त्रिकोणासन), hold for 10-20 seconds), do counter posture i.e., do it on the opposite side. Stand in Sama Stithi (सम स्थिति)
- Surya Namaskar (सूर्य नमस्कार), 1 time, meaning 2 times
- Shavasana (शवासन) and counterpose Viparita Karani (विपरीत करणी) (legs up, then chest up)
- Abdomen Asana: Bhujangasana (भुजंगासन), then rest in Makarasana (मकरासन)
- Sitting Asana: Vakrasana (वक्रासन) and counter pose on the opposite side
- Meditation Asana, then Pranayama (प्राणायाम), Anuloma Viloma (अनुलोम विलोम)
- Bandhas (बंध): Uddiyana Bandha (उड्डीयान बंध) (male), Jalandhara Bandha (जालंधर बंध) (female)
- Types of Meditations
  - Vipassana (विपस्सना) (by Buddha)
  - Preksha (प्रेक्षा) by Mahaveer (महावीर)
  - Body Awareness

## Viva

- Shatkarma (शङ्कर्म) (Gherand Samhita (घेरंड संहिता)) in sequence : Dhauti (धौती), Basti (बस्ति), Nauli (नौली), Neti (नेटी), Tratak (त्राटक), Kapalabhati (कपालभाति)
- Type of Kapalbhati (or any other Shatkarma): 3 types: Vatakrama (वातकर्मा) (wind cleansing, the usual), Vyutkrama (व्यूत्कर्मा) (sinus cleansing), and Sheetkrama (शीतकर्मा) (mucus cleansing)
- Details of Sutra Neti (सूत्र नेति), length of the thread (7-8 inches), precautions to be taken, Mudra (मुद्रा) to be done (Kagasan (कागासन)), breath length differs
- Asanas (आसन) for Diabetes Recommended (lower abdomen): Vakrasana (वक्रासन), Mandukasana (मङ्गुकासन)
- Give instructions for Paschimottanasana (पश्चिमोत्तानासन) in the class
- Tell benefits, contraindications, and counter posture

## Yog Aurora

## Question Topics and Expectations

- Prayer
  - Recite Yoga Prayers like Patanjali Prayer, Shanti Mantra.
  - Understanding of Prayer and some knowledge on background/history.
- Cleansing Techniques
  - Should know complete details on Dhauti (धौती) and Neti (नेटी) - Types, Process, Benefits, Contradictions.
  - Should be able to perform and show Kapalabhati (कपालभाति), and know the details as above.
- Sukshma Vyayama
  - Should know Sanskrit names of movements like Neck movement is called Griva Shakti Vikasaka (ग्रीवा शक्ति विकासक) and types of all as mentioned in syllabus.

– Should be able to perform all mentioned Sukshma Vyayama (सूक्ष्म व्यायाम).

– Should understand - Pros, Cons.

### Sthula Vyayama

- Should know Sanskrit names of movements.
- Should be able to perform all mentioned Sthula Vyayama (स्थूल व्यायाम).
- Should understand - Pros, Cons.

### Surya Namaskar

- Expected to know Asanas (आसना) names, sequence.
- Benefits - Physical and Psychological Level, Contradictions.
- Should be able to perform (in their own capacity).

## Question Topics and Expectations

### Asanas

- You should know about all Asanas (आसना) mentioned in syllabus - Technique, Benefits, and Contradictions.
- Perform 2 Asanas of Examiner's choice - Only Perform.
- 1 Asana of your own choice - Perform and Instruct as well.
- Sanskrit names of Asanas - Logic behind names.

### Breathing Practices

- You should know 3 types of sectional breathing - Technique, Benefits, Contradictions.
- Should be able to perform and instruct.
- Should know the pattern followed in Yogic Breathing, Advantages.

## Question Topics and Expectations

### Pranayama

- You should know the meaning of Puraka (पूरक), Rechaka (रेचक), and Kumbhaka (कुम्भक).
- Should know how to perform Anulom Vilom Pranayama (अनुलोम विलोम प्राणायाम) - Hand Mudra, Technique, Benefits, Contradictions.
- How many breaths for beginners: Puraka:Rechaka (Ratio).
- Nadi Shodhana (नाडी शोधन) - Puraka:Rechaka:Kumbhaka - Hand Mudra, Technique, Benefits, and Contradictions.
- Sheetali (शीतालि) - Perform without Kumbhaka. However, should know about Kumbhaka technique - Benefits and Contradictions.
- Bhramari (भ्रामरी) - Perform without Kumbhaka. However, should know about Kumbhaka technique - Benefits and Contradictions.
- From theory syllabus - How many types of Pranayama.
- Hatha Yoga, Gheranda Samhita (घेरंड संहिता) - Which Pranayama are mentioned.
- Pranayama for particular diseases/particular age-groups etc.

## Question Topics and Expectations

- Bandha
  - You should be able to perform all 3 Bandhas (बन्ध) - Should be able to Instruct.
  - Understand technique, benefits, and contradictions.
  - Theory - Hatha Yoga Pradipika (हठ योग प्रदीपिका) how many Bandhas are there.
  - Logic behind Sanskrit names of Bandhas.
  - On which Chakras (चक्र) these Bandhas are working.
- Mudras
  - What are Mudras (मुद्रा), How do they work ?
  - Should be able to show mentioned Mudras, know benefits of them.
  - Mudras during sectional breathing and their importance.
- Meditation
  - Application of knowledge-based questions - expected to know different techniques of meditations.
  - 8 limbs of Yoga - Dhyana (ध्यान), Dharana (धारणा), Samadhi (समाधि).
  - Pratyahara (प्रत्याहार).
  - You should know stages of Yoga Nidra (योग निद्रा). Sequence, benefits, contradictions (anxiety, High BP).

## Question Topics and Expectations

- YOGA SESSIONS
  - Expected to know how to teach/communicate effectively.
  - How to plan Yoga sessions for Disabled (विकलंग), Sick (बीमार)
    - Particular ailments such as Diabetes (मधुमेह), BP (रक्तचाप), Cholesterol (कोलेस्ट्रॉल), Back Pain (कमर दर्द).
  - Yoga session for Students (छात्र), Ladies (महिलाएँ), etc. (Different categories).

## • THEORY SYLLABUS

- Expected to know what all is covered in the theory syllabus.
- Recite Yoga Sutras (योग सूत्र) (1-12), Recite Bhagavad Gita (भगवद गीता) Shloka 70 and its meaning. What do you understand from this.
- Yoga Definitions - Yoga Vashishta (योग वाशिष्ठ), Patanjali (पतंजलि), Bhagavad Gita (भगवद गीता).
- What is Hatha Yoga Pradipika (हठ योग प्रदीपिका), how many chapters are there in HYP. What is Gheranda Samhita (घेरंड संहिता).
- Concept of Chakras (चक्र).
- Panchkosha (पञ्चकोश) ? Tridosha (त्रिदोष) ?

## References

### References for Level 1 Exam

- [YCB Level 1 - 200 Hrs Yoga TTC | Theory Lectures - Ayushman Yog](#)
- [YCB Level-1 \( Yoga Protocol Instructor \) - Practical and viva exam](#)
- [Training by Ayushman Yog](#)
- [Why YCB Exam is important ? | Full details of YCB Exam || हिंदी में](#)
- [How to CRACK YCB EXAM in FIRST attempt | पूरी जानकारी || हिंदी में](#)
- [Certification of Yoga Professionals Guidebook for level 1](#)
- [Yoga Practical Exam Preparation](#)
- [Yoga Certification - By YCB Yog Aurora](#)
- [YCB YOGA MINISTRY OF AYUSH CERTIFICATE PRACTICAL SYLLABUS Swami Vivekananda Yoga](#)
- [Yoga Teacher Training 200 Hours Yogapointindia](#)

Thank You !



Send comments/suggestions to [yogeshkulkarni@yahoo.com](mailto:yogeshkulkarni@yahoo.com)