

# Yoga Syllabus

There are two papers in the subject. Paper I (Theory) is of 2 hours duration carrying 100 marks. The paper is divided into four sections as follows:

1. Section I: 40 marks
2. Section II: 20 marks
3. Section III: 20 marks
4. Section IV: 20 marks

Section I will be compulsory. Candidates are required to attempt all the questions from this section. There is no choice of questions.

Sections II, III and IV have a choice of questions. Candidates are required to attempt two questions from each section.

## Section I

### 1. The Nervous System

- (i) The brain, the voluntary and involuntary nerves.
- (ii) The five Jnana Indriyas - eyes, ears, nose, tongue and the skin. - their role in sensory perception
- (iii) The five karma Indriyas - arms, legs, tongue and larynx, organs of excretion and organs of reproduction. - their role in performing actions
- (iv) Yoga and the health of the nervous system.

### 2. The Excretory System

- (i) The organs of excretion.
- (ii) The importance of the proper elimination of body wastes for maintaining health.

### 3. The Circulatory System

- (i) The heart and blood vessels, blood and its composition.
- (ii) The lymphatic system.
- (iii) How Yoga improves circulation.

### 4. The Important Endocrine Glands

- (i) The thyroid, pituitary, adrenal, pancreas and testes.
- (ii) Their importance in growth and human health.
- (iii) How Yoga helps to regulate functioning of endocrinal glands.

## Section II

Candidates are to write notes on the lives and teachings of the following: Vyasa, Yagnavalkya, Chaitanya, Narsi Mehta, Jnaneshwar and Purandardas.

## Section III

The Yoga Sutras of Patanjali.

### 1. The Four Padas

Samdhi pada, Sadhana pada, Vibhuti pada and Kaivalya pada.

### 2. The Five Vrittis

Pramana, Viparyaya, Vikalpa, Smriti and Nidra

### 3. The Five Kleshas

Avidya, Asmita, Raga, Dvesha and Abhinivesh.

### 4. The Obstacles

(i) Vyadhi, Styana, Samshana, Pramada, Alasya, Avirati, Bhranti, Darshana, Alabdahumikatva Anavasthi-tattva.

(ii) Dukha, Daurmansya, Angamejayatva and Shvasa Prashvasa.

### 5. The Virtues

Maitri, Karuna, Mudita and Upeksha

### 6. The Shudripus

Kama, Krodha, Lobha, Moha, Mada and Matsarya.

### 7. Abyasa and Vairagya

## Section IV

Important Schools of Indian Philosophy and some Slokas.

### 1. Orthodox Philosophies

Nyaya, Vaisheshika, Samkhya, Yoga, Mimamsa and Vedanta.

### 2. Hetrodox Philosophies

Charvaka, Buddhism and Jainism.

### 3. Five Important Slokas

Patanjali Yoga Sutra 1.2 1.33 1.14 2.28 2.3