

SYLLABUS FOR YOGA INSTRUCTOR (AIIMS21)

Duration of Computer Based Test: 150 Minutes (2½ Hours)

120 Question X 04 Marks per Question = Total 480 Marks

1 Question carries 04 Marks

Sl.	Suggestive Description of Contents of Test
PART-I (Compulsory): General Intelligence	
1	<p>1) English:</p> <p>Questions in this component will be designed to test the candidate's understanding and knowledge of English language and will be based on spot the error, fill in the blanks, synonyms, antonyms, spelling/detecting mis-spelt words, idioms & phrases, one word substitution, improvement of sentences, active/passive voice of verbs, conversion into direct/indirect narration, shuffling of sentence parts, shuffling of sentences in a passage, comprehension passage and any other English language questions at the level of Matriculation/Higher Secondary.</p>
	<p>2) Quantitative Ability :</p> <p>The questions will be designed to test the ability of appropriate use of numbers and number sense of the candidate. The scope of the test will be percentage, Ratio & Proportion, Square roots, Averages, Interest, Profit & Loss, Discount, Partnership Business, Mixture and Allegation, Time and distance, Time & work, Basic algebraic identities of School Algebra, Elementary surds, Graphs of Linear Equations, Triangle and its chords, tangents, angles subtended by chords of a circle, common tangents to two or more circles, Triangle, Quadrilaterals, Regular Polygons, Circle, Right Prism, Right Circular Cone, Right Circular Cylinder, Square, Hemispheres, Rectangular Parallelepiped, Regular Right Pyramid with triangular or square base, Trigonometric ratio, Degree and Radian Measures, Standard Identities, Complementary angles, Heights and Distances, Histogram, Frequency Polygon, Bar diagram, Pie chart and any other question of Matriculation level.</p>
	<p>3) General Studies / Current Affairs / G.K :</p> <p>Questions in this component will be aimed at testing the candidates' general awareness of the environment around him and its application to society. Questions will also be designed to test knowledge of current event and of such matters of every day observations and experience in their scientific aspect as may be expected of any educated person. The test will also include questions relating to India and its neighbouring Countries especially pertaining History, Culture, Geography, Economic Scene, General Policy, Indian Constitution & Scientific Research and Others.</p>
	<p>4) Logical / Verbal Reasoning / Qualitative Aptitude :</p> <p>It would include questions of both verbal and non-verbal type. This component may include questions on analogies, similarities and differences, space visualisation, spatial orientation, problem solving, analysis, judgement, decision making, visual memory, discrimination, observation, relationship concepts, arithmetical reasoning and figural classification, arithmetic number series, non-verbal series, coding and decoding, statement conclusion, syllogistic reasoning etc. The topics are Semantic Analogy, Symbolic/Number Analogy, Figural Analogy, Semantic Series, Number Series, Figural Series, Problem Solving, Word Building, Coding & de-coding, Numerical Operations, Symbolic Operations, Trends, Space Orientation, Space Visualisation, Venn Diagrams, Drawing inferences, Punched hole/pattern - folding & un-folding, Figural Pattern-folding and completion, Indexing, Address matching, Date & City matching, Classification of centre codes/roll numbers, Small & Capital letters/numbers coding, decoding and classification, Embedded Figures, Critical thinking, Emotional Intelligence, Social Intelligence & Other sub-topics, if any or any other questions as per the pattern of SSC/UPSC/SPSC, etc.</p>

(Contd....P/2)

Sl.	Suggestive Description of Contents of Test
	<p>5) Basic Computers</p> <ul style="list-style-type: none">a) General Computer Processing ability in MS-Office like Word Processing, Excel, Powerpoint, etc. & Operating Systems.b) Professional Software/Hardware System relevant to the Post.c) Any other Computer/IT related questions.
2	PART-II (Compulsory) : Post-Specific based on Domain Knowledge Area/Cadre
	<p>Objective type multiple choice questions to assess the domain knowledge of the candidate in the relevant area specific to the job at the level of Graduate with Diploma in Yoga/Graduate in Yoga Sciences academic syllabus along with Yoga practices. The suggestive syllabus is given at ANNEXURE-1.</p>

SUGGESTIVE SYLLABUS FOR YOGA INSTRUCTOR (AIIMS21)

1.1 Introduction to Yoga and Yogic practices

- Etymology of Yoga and definitions of Yoga in different Classical Yoga texts
- Brief introduction to origin, history and development of Yoga
- Aim, Objectives and Misconceptions about Yoga
- General Introduction to *Shad-darshanas* with special reference to *Sankhya* and Yoga
- General introduction to four paths of Yoga
- Principles of Yoga and Yogic practices
- Guidelines for Instructors

1.2 Introduction to Hatha Yoga

- Distinction between Yoga Asana and Non-Yogic physical practices
- Introduction to important Hatha Yoga Texts with special reference to Hatha Yoga Pradipika and Gheranda Samhita
- Concept of Yogic Diet
- Causes of Success (*Sadhaka Tattwa*) and Causes of Failure (*Badhaka Tattwa*) in Hatha Yoga *Sadhana*
- Concept of *Ghata* and *Ghata Shudhhi* in Hatha Yoga
- Purpose and utility of *Shat-kriya* Hatha Yoga
- Purpose and utility of Asana in Hatha Yoga
- Purpose and importance of *Pranayama* in Hatha Yoga

1.3 Introduction to Patanjali

- Definition, nature and aim of Yoga according to Patanjali
- Concept of *Chitta* and *Chitta Bhumis*
- *Chitta-vrittis* and *Chitta-vrittinirodhopaya* (*Abhyasa* and *Vairagya*)
- Concept of *Ishwara* and *Ishwara Pranidhana*
- *Chitta Vikshepas* (*Antarayas*) and their associates (*Sahabhava*)
- Concept of *Chitta Prasadana* and their relevance in mental well being
- *Kleshas* and their significance in Yoga
- Ashtanga Yoga of Patanjali : its purpose and effects, its significance

2.1 Introduction to human systems, yoga and health

- The nine systems of human body
- Functions of different systems of human body
- Introduction to Sensory Organs
- Neuromuscular co-ordination of Sensory Organs
- Basic understanding of Exercise Physiology
- Homeostasis
- The benefits of various *asana* on different parts of the human body
- The limitations and contra-indications of specific Yoga practices

2.2 Yoga for wellness- prevention and promotion of positive health

- Health, its meaning and definitions
- Yogic conceptions of health and diseases
- Concept of Pancha kosha
- Concept of Triguna
- Concept of Panchamahabhutas
- Yogic principles of Healthy-Living
- Introduction to yogic diet and nutrition

2.3 Yoga and stress management

- Human Psyche: Yogic and modern concepts, Behavior and Consciousness
- Frustration, Conflicts, and Psychosomatic disorders
- Relationship between Mind and Body
- Mental Hygiene and Roll of Yoga in Mental Hygiene
- Mental health: a Yogic perspective
- Prayer and meditation for mental health
- Psycho-social environment and its importance for mental health (yama, and niyama)
- Concept of stress according to modern science and Yoga
- Role of Yoga in Stress management
- Role of Yoga for Life management

3.1 The movement of key joints of the body and the **demonstrated ability** to perform the same – Neck, Shoulder, Trunk, Knee, Ankle 5

3.2 *Sukshma Vyayama and Shat Karma*

Neti, Dhauti, Kapalabhati, Agnisaar, Kriya, Trataka

Surya Namaskar and Asana :

4.1 *Suryanamaskar (Sun Salutation)*

a. **Knowledge and Demonstration ability** to perform *Suryanamaskar*

4.2 *Asana:*

a. **Knowledge** of upto basic postures as below and **demonstrated ability** to perform these postures.

- *Saravangasana* (shoulderstand)
- *Halasana* (plough)
- *Matsyasana* (fish)
- *Paschimottanasana* (sitting forward bend)
- *Bhujangasana* (cobra)
- *Salabhasana* (locust)
- *Dhanurasana* (bow)
- *Ardh matsyendrasana* (half spinal twist)
- *Kakasana* or *bakasana* (crow)
- *Padahasthasana* (standing forward bend)
- *Trikonasana* (triangle)

b. **Knowledge** of another five *asanas* chosen by the applicant and **demonstrated ability** to perform the same.

c. **Knowledge** of the Sanskrit names of the postures and breathing exercises, detailed benefits and caution.

d. **Knowledge** of the five spinal movements – inverted, forward, backward, lateral twist and lateral bend and neutral positions of the spine

e. **Knowledge** of 360 degree, all round, Yogic exercise through the practice of *asanas*, proper relaxation, proper breathing, contra-indications, cautions and medical considerations; obvious and subtle benefits; and modification in basic postures to accommodate limitations

Pranayama and Practices leading to Meditation

5.1 Pranayama

- a. **Familiarity with and Demonstrated ability** to perform abdominal (and diaphragmatic), thoracic, clavicular breathing and the full Yogic breath.
- b. **Familiarity with and Demonstrated ability** to perform *Anuloma Viloma, Bhastrika, Chandrabhedha, Suryabhedhana, Ujjayi, Bhramari, Sheetal, Sheetkari*, and the knowledge of its benefits, limitation and applications.

5.2 Practices leading to Meditation

- a. **Familiarity with and Demonstrated ability** to perform *Dharana* and *Dhyana* and to demonstrate allied practices like *Mudras, Mantra Japa*.
- b. **Familiarity with** the concept of environment for meditation and the benefits of meditation on health and well being and its practical application in modern life.

Teaching Practice

6.1 Knowledge of

- a. The scope of practice of Yoga and how to assess the need for referral to other professional services when needed
- b. Observed capacity for, well-developed communication skills: listening, presence, directive and non-directive dialogue.

6.2 Demonstrated ability

- a. To recognize, adjust, and adapt to specific aspirant needs in the progressive classes.
- b. To recognize and manage the subtle dynamics inherent in the teacher - aspirant relationship.

6.3 Principles and skills for educating aspirants

- a. Familiarity with and demonstrated ability to apply effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the aspirant's progress, and cope with difficulties.

6.4 Principles and skills for working with groups

- a. **Familiarity with and Demonstrated ability** to design and implement group programs.
- b. **Familiarity** of group dynamics and allied techniques of communication skills, time management, and the establishment of priorities and boundaries.
- c. **Familiarity** with techniques to address the specific needs of individual participants, to the degree possible in a group setting.