



All India Institute of Medical Sciences, Jodhpur

Indicative Syllabus for the Examination for the Post of Yoga Instructor

(Syllabus is only indicative. The questions can assess any aspect of knowledge, aptitude, attitude and practical skills, which is expected from a trained person to work efficiently at the advertised post. The number and sequence of questions examining any particular topic / subject may be variable.)

1. Foundations of Yoga :Orientation to Patanjala Yoga Sutra, Hatha Yoga Pradeepika , Gharanda Samhita, Shiva Yoga Deepika.
2. Basics relevant to Yoga Therapy: Basics of Sanskrit, Principles of Ayurveda, Principles of Naturopathy, Principal of Astrology.
3. Human Biology: Anatomy & Physiology, Yogic Diet, Nutrition & related Biochemistry, Yoga & Psychology, Research Methodology.
4. Basics of Integral Approach to Yoga Therapy: Sankhya and Yoga, Bhagvadgeeta, Upanishads, Link between man and the Master.
5. Yoga Therapy in Practice: A comprehensive study of the definition, pathophysiology, aetiology, clinical features, assessment and yoga, therapy for ailments of the followings systems :-
 - Nervous System.
 - Endocrine.
 - Respiratory.
 - Cardio-vascular.
 - Digestive.
 - Musculo Skeletal.
 - Reproductive Systems.
 - Neurosis.
 - Pregnancy.
 - Eye Problem.

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