



Foundation Course in Yoga

Syllabus Map for Foundation Course in Yoga (FCY)		
<p>Of the 33 Topics, Centres should cover at least 23 topics (The score should be greater than 23 for the Theory topics of FCY) This would mean up to 10 topics may be Centre-specific syllabus</p>		
	Syllabus Component	Marks
Section 1	Indian Philosophy & Culture	
	Vedas	
1	Meaning of 'Veda'	
2	Names of 4 Vedas	
3	Four Parts of each Veda	
4	Six Vedangas	
5	Four Upavedas	
	Darshanas	
6	Names of Darsanas (Aastika & Nastika) and their Originators	
	Upanishads	
7	Meaning of Upanishads	
8	Panchakosha Theory	
	Samkhya Darsana	
9	Names of Dukhatraya	
10	Purusa / Prakrti	
11	Bondage & Liberation	
12	Names & characteristics of 3 Gunas	
	PYS	
13	Names of 4 Chapters	
14	The Ashtangas	
15	Def of Yoga (PYS -Ch. I : S2)	
	Hatha Yoga	
16	Brief understanding of 'Hatha' Yoga	
17	Names of Chaturangas of Hatha Pradipika	
18	Names of Saptangas of Gheranda Samhita	
	Bhagavad Gita	
19	Brief background of context of BG	
20	Karma, Bhakti & Jnana Yogas	
	Two Definitions of yoga	
21	Samatvam Yoga Uchyate	

22	Yogaha Karmasu Kaushalam	
	Puranas	
23	Names of the 4 Purusharthas	
	Salient Features of Indian Culture	
24	Sanatana & Vaidic Dharma	
25	Anekantavada	
26	Chatur Ashramas	
27	Dharma	
28	Law of Karma (in brief)	
	Applications of Yoga	
29	Benefits / Pre-cautions / Contra-indications of Yoga Practices	
	Yogic Diet	
30	Mitahar	
31	Yogic Lifestyle	
32	Holistic Health	
33	Guidelines for Self-practice	
		Total

Of the 49 Practices, Centres should cover at least 39 Practices (The score should be greater than 34 for the Practice topics of FCY) This would mean upto 10 topics may be Centre-specific syllabus

Section 1	SukshmaVyayama / Preparatory Practices	
1	Centre-specific	
Section 2	Shuddhi Kriyas	
2	Vaman Dhauti	
3	Jala Neti	
4	Trataka	
5	Kapalbhati	
Section 3	Suryanamaskar	
6	Traditional Suryanamaskar with 12 poses	
Section 4	Asanas	
	Four Meditative Asanas	
7	Padmasana	
8	Svastikasana	
9	Vajrasana	
10	Veerasana	
	Five Standing Asanas	
11	Tadasana	
12	Ekpadasana	
13	Vrikshasana	
14	Utkatasana	
15	Trikonasana	
	Four Kneeling Asanas	
16	Ushtrasana	
17	Marjarasana	
18	Vyahgrasana	
19	Shashankhasana	
	Five Sitting Asanas	

20	Bhadrasana	
21	Simhasana	
22	Vakrasana	
23	Parvatasana	
24	Paschimottanasana	
	Four Prone Asanas	
25	Bhujangasana	
26	Shalabhasana	
27	Dhanurasana	
28	Naukasana	
	Five Supine Asanas	
29	Pavanmuktasana	
30	Setubandhasana	
31	Matsyasana	
32	Uthitapadahasthasana	
33	Shavasana	
	One Inverted Asanas	
34	Sarvangasana	
Section 4	Pranayama	
	Sectional Breathing	
35	Basic yogic Breathing	
36	Nadishodhana Kriya	
	Pranayama without Kumbhaka	
37	Suryabhedana	
38	Shitali	
39	Shitkari	
40	Brahmari	
Section 5	Mudras	
41	Chin / Jnana Mudra	
42	Agochari Mudra (Nasikagra Drishthi)	
43	Shambhavi Mudra (Bruhmadhya Drishthi)	
44	Ashvini Mudra	
45	Shanmukhi Mudra	
46	Yoga Mudra in Vajrasana & Padmasana	
Section 6	Mantra	
47	Pranav Japa	
	Shanti Mantra	
48	Centre-Specific	
Section 7	Meditation	
49	Centre-Specific	
		Total