



YOGA FEDERATION OF INDIA

(REGD. UNDER THE SOCIETIES REGISTRATION ACT XXI OF 1860, REGD. NUMBER 1195, DATED 14.02.90)

AFFILIATED TO ASIAN YOGA FEDERATION & INTERNATIONAL YOGA SPORTS FEDERATION

RECOGNITION OF : INDIAN OLYMPIC ASSOCIATION - OCTOBER, 1998 TO FEBRUARY, 2011

REGD. OFFICE : Flat No. 501, GHS-93, SECTOR-20, PANCHKULA -134 116 (HARYANA) - INDIA

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SYLLABUS FOR NATIONAL YOGA REFEREES' DIPLOMA EXAMINATION AND UPGRADATION EXAMINATION

A About Yoga

- i Meaning of yoga and its benefits.
- ii Types of yoga
- iii Hatha Pradipika, Patanjali Yog Sutra
- iv Surya Namaskar with its Mantras
- v Types of Asanas, Meaning of Asanas, Benefits of Asanas as per syllabus of Yoga Federation of India.
- vi Curative aspect of different asanas
- vii Cautions for Practice of Yoga.
- viii Meaning of Pranayama Types of Pranayama, Benefits of Pranayama
- ix Nadis and Chakras
- x Mudras and Bandhas

B About Yoga Federation of India

- i History and activities of Yoga Federation of India, available at the website of Yoga Federation of India i.e. www.yogafederationofindia.com
- ii Syllabus and events of National Yogasana Sports Championship - Yogasana Competition, Artistic Yogasana Competition, Artistic Pair Yogasana Competition, Rhythmic Yogasana Competition, Free Flow Yoga Sports and Professional Yogasana Competition.

C Judging Criteria

- i How to Judge Yogasana Competition, Artistic Yogasana Competition, Artistic Pair Yogasana Competition, Rhythmic Yogasana Competition and Free Flow Yoga Sports Competition as per norms of Yoga Federation of India. (Available at the website of Yoga Federation of India).
- ii Material to be used for conducting National Yogasana Sports Championship in the different events (Available at the website of Yoga Federation of India).
