



# YOGASANA BHARAT

(Earlier Known as National Yogasana Sports Federation)

Registration No. S/ND/1042/2020

Recognized by Ministry of Youth Affairs and Sports, Government of India

Affiliated to World Yogasana

Associate Member : Indian Olympic Association



Udit Sheth  
President

Dr. Jaideep Arya  
Secretary General

Rachit Kaushik  
Treasurer

Guinness World Record Holder Organization

File No. YB/97/2024-25

Date: 18.01.2025

Dr. Sanjay Malpani  
Vice President

Dr. Ananda Balayogi  
Bhawanani  
Vice President

Rakesh Kumar  
Vice President

Ved Prakash Sharma  
(Retd. IPS)  
Joint Secretary

Dr. Aarti Pal  
Joint Secretary

Dr. C V Jayanthi  
Joint Secretary

Nandanam Krupakar  
Joint Secretary

Rohit Kaushik  
Member

Bikas Goswami  
Member

Shyamal Ta  
Member

Pukhrambam  
Birpradash  
Member

To,  
The Senior Executive Director,  
Netaji Subhas National Institute of Sports,  
Patiala, Punjab.

**Subject: Curriculum of Diploma & Six Week Certificate Course of Yogasana.**

Respected sir,

In reference to your letter No: 35-001/SAI/NIS/Acad./62<sup>nd</sup> dip/51/2024-25 dated 16.12.2024. The meeting of experts for reviewing the Yogasana curriculum of Diploma & Certificate Course was done on 18<sup>th</sup> to 20<sup>th</sup> December 2024 at your esteemed campus of NS NIS Patiala. With detailed discussion and deliberation, the final copy of both curriculum is enclosed as under:

Sr. No.	Details	Annexure
1	Curriculum of Diploma (Yogasana)	Annexure A (Page 1 to 8)
2	Curriculum of Six Week Certificate Course (Yogasana)	Annexure B (Page 1 to 3)

Sincerely,

Dr. Jaideep Arya  
Secretary General



In campus of Guru Gorakhnath Mandir, Phase 1, Pocket 3, Sector 7, Dwarka, New Delhi-110075, India.

T: +91(11)42636206 | E: [secretariat@yogasanabharat.com](mailto:secretariat@yogasanabharat.com)

गुरु गोरखनाथ मंदिर परिसर, फेज 1, पॉकेट 3, सेक्टर 7, द्वारका, नई दिल्ली - 110075, भारत.

W: [www.yogasanasport.in](http://www.yogasanasport.in)

@yogasanaindia

@yogasanaindia

@yogasanaindia

Page 1 of 1

ANNEXURE -A

## Sports Authority of India

### Netaji Subhas National Institute of Sports, Patiala

Course Name: Diploma in Sports Coaching

Course Code:

**Level: Diploma**

Discipline: Yogasana

**Details of Credit Calculation**

Semester I	L	Assignment	P/FW	SW	IA	Total Credit
	86	04	234	46	30	12
Semester II	L	Assignment	P/FW	SW	IA	Total Credit
	86	04	208	68	34	12
<b>Total</b>						<b>24</b>

\*\* L= Lecture, P= Practical, SW= Self Work, IA= Internal Assessment, FW= Field Work.



### Course Objective

- To impart knowledge and develop the concept of coaching skills to the diploma students.
- To enrich the performance skills of demonstration and explanation of techniques to the students and bring these techniques into practice.
- To educate diploma students about the technical rules and regulations and its implication in Yogasana.
- To educate diploma students about the equipments required and its maintenance.
- To educate diploma students about the domestic and international competitions and to organize the events following the rules and regulations.
- To educate diploma students about the qualities required by a Yogasana athlete and how to identify talent in the respective sport.
- To enable the students to design a training program for their yogasana athlete as per the individual requirement and to achieve top form for participation in the competition.
- To teach students related to important performance factors of Yogasana athlete (male & female), motor qualities, techniques and tactics.
- To teach them about the monitoring and assessing the performance of the Yogasana athletes.

### Learning Outcomes

- It will enable the students to understand the basic concept of coaching and its philosophy to be a successful coach.
- It will enable the students to learn the proper basic and advance Yogasana techniques and mechanism behind each element and phase of technique
- It will enhance the students skills to design training program, develop moto qualities, techniques and tactics.
- Understand the methods of teaching the skills.
- Understanding the systematic preparation of athletes at various levels.
- Understand the technical and tactical knowledge of imparting coaching.
- Students will be able to illustrate the principles of officiating and enable the students to understand the role, duties and responsibilities.

### Skills developed

- Leadership skills
- Critical thinking
- Decision making
- Effective communication
- Problem solving
- Interpersonal relationship
- Team work
- Work ethics
- Management abilities.
- Creativity
- Designing of planning and periodization



# DETAILED SYLLABUS OF YOGASANA SPORTS

## Semester I

### Theory I

Unit No.	Description/ Topics covered	Teaching Method	No. of Hours (Period)	Online/ Class Room	Faculty
1.	<b>FOUNDATION OF YOGA</b>  i. Etymology, definition of Yoga ii. History and development of Yoga a. Development of Yoga from vedic era to modern era. b. Astanga yoga on the basis of Patanjali yoga sutras and concept of yogasana c. Basics of Hatha Yoga Text- Hathapradipika, Gheranda Samhita and concept of yogasana. d. Basic psychic physiology of Yoga- Chakras, Nadis, Panchkosha, Triguana, Panch mahabhutas, Pancha Prana, Sapt Dhatu. e. Importance of mental health in reference to Yogic text.		18 hours		
2.	<b>ORGANIZATIONAL SETUP</b> 1. History of Yogasana sport. Significant dates and events in the development of Yogasana sport and in various multi sporting events. 2. Structure and function of controlling/ regulatory bodies- Yogasana Bharat, Asian Yogasana, World Yogasana & other continental federations.		6 hours		
3.	<b>ORGANIZATION AND MANAGEMENT OF YOGASANA COMPETITIONS</b> 1. Federation Championships of various levels 2. Khelo India Games (Youth, University/ League) 3. National Games 4. SGFI & AIU National Championship 5. All India Police Games 6. All India Central Civil Services Games 7. Asian Championship 8. World Championship 9. Asian Games		6 hours		
4.	<b>CODE OF POINTS OF YOGASANA</b>		20 hours		





	1. Athletes age group, events, rounds and selection criteria. 2. Field of Play (FOP) 3. Traditional Yogasana Event <ul style="list-style-type: none"> <li>i. Understanding compulsory and optional asanas round wise.</li> <li>ii. Holding time of compulsory and optional asanas</li> <li>iii. Strategy of selecting optional asanas</li> <li>iv. Number of judges in the panel and their duties.</li> <li>v. Scoring format.</li> <li>vi. Tie Break norms</li> </ul> 4. Artistic Yogasana Single (Understanding concept, Artistry part of the performance, Choreography, costume and makeup, Strategy of selecting asanas, Time management of the performance, avoiding penalties, Judges in the panel and their duties, Scoring format, Tie break norms)				
5.	YOGASANA SCORING SOFTWARE SYSTEM <ul style="list-style-type: none"> <li>i. Meaning, concept &amp; need of scoring system</li> <li>ii. Athletes login credentials and understanding usage for filling asana codes/change of asana codes.</li> <li>iii. Role of coach in filling of asana codes.</li> <li>iv. Reflection of asanas codes in the Judge Panel – Chief Judge, D Judge, A Judge, T Judge, Evaluator, S/A</li> </ul>		10 hours		
	Internal Assessment -		3 hours		
	Total Hours - 60				



# DETAILED SYLLABUS OF YOGASANA SPORTS

## Practical I

(5 hours per day for 5 days in a week)

Unit No.	Description/ Topics covered	Teaching Method	No. of Hours (Period)	Online/ Class Room	Faculty
1.	WARMING UP & COOLING DOWN TECHNIQUES: 1. General- loosening exercise 2. Sports Specific		10 hours		
2.	GENERAL FITNESS TRAINING 1. Development of motor abilities. 2. Continuous method, Interval method, repetition method, general and specific circuit training 3. Making use of specific training equipments		10 hours		
3.	YOGIC PRACTICES: i. Shatkarma ii. Kirya & Pranayama iii. Asanas iv. Bandha & Mudras v. Meditation vi. Relaxation techniques Yogic practices for improving of endurance.		20 hours		
4.	BASIC SKILLS 1. Teaching 2. Training 3. Perfection for performance		10 hours		
5.	LESSON PLAN-MEANINIG AND NEED		10 hours		
6.	PREPARATION OF LESSON PLAN IN YOGIC PRACTICE. Time allotment in different lesson plan and its importance. Lesson presentation		10 hours		
7.	Officiating as coach for the athletes of District & State level Competition- Presenting detailed report of roles and responsibilities assigned, challenges occurred and its mitigation. Officiating as a Technical Official/Judge at District/State level Competition- Presenting detailed report of roles and responsibilities assigned, challenges occurred and its mitigation.		20 hours		
8.	PRACTICE OF EVENTS.				
	Internal Assessment – 24				
	Total Hours - 100				



# DETAILED SYLLABUS OF YOGASANA SPORTS

## Semester II

### Theory II

Unit No.	Description/ Topics covered	Teaching Method	No. of Hours (Period)	Online/ Class Room	Faculty
1.	1. INJURY, PREVENTION AND REHABILITATION <ol style="list-style-type: none"> <li>Common injuries</li> <li>Prevention from such injuries</li> <li>Rehab during injury and come back</li> </ol> 2. TRADITIONAL INDIAN SYSTEM OF HEALTH & WELLNESS: <ol style="list-style-type: none"> <li>Concept of prakriti, types of prakriti, analysis of prakriti of athlete and its role in sports.</li> <li>Role of Naturopathy in enhancement of performance</li> <li>Yoga therapy &amp; Ayurveda for injury management</li> <li>Panchakarma &amp; Shatkarma, its usage for enhancement of performance.</li> </ol>		10 hours		
2.	Yogic management of Psychosomatic disorders like Stress, Tension, Depression, anxiety, hypertension, fear, etc.		5 hours		
3.	CODE OF POINTS OF YOGASANA <ol style="list-style-type: none"> <li>Artistic Yogasana Pair Event</li> <li>Rhythmic Yogasana Pair Event</li> <li>Artistic Yogasana Group Event</li> </ol> (Understanding concept, Artistry part of the performance, Choreography, costume and makeup, Strategy of selecting asanas, Time management of the performance, formation of pyramid and its difficulty, understanding the concept of valid and invalid support in the pyramid formation, synchronization and avoiding penalties, Judges in the panel and their duties, Scoring format, Tie break norms)		15 hours		
4.	DIFFICULTY LEVEL CHART OF YOGASANA AND ITS KEY JUDGING POINTS: Understanding the final posture, way & means of attending the final posture and its improvement, exercise for strengthening these asanas, counter		15 hours		



	poses and its importance. YOGASANA SCORING SYSTEM WITH AI MODULE.				
5.	PEDAGOGIC PRACTICE AND PLANNING i. Lesson plan ii. Organization iii. Observation and correction iv. Planning v. Weekly plan vi. Daily plan vii. Individual training schedule viii. Periodization (Single, double & Multi)		5 hours		
6.	TEACHING AND COACHING i. Performance video analysis of different events of different levels of competition. ii. Biomechanical concept implications for performance enhancement iii. Performance enhancement using props such as blocks, ball, chair, pole, wheel, stallbar, back bending bench, belt, etc		10 hours		
	Internal Assessment- 8				
	Total Hours – 60				





# DETAILED SYLLABUS OF YOGASANA SPORTS

## Practical II

(5 hours per day for 5 days in a week)

Unit No.	Description/ Topics covered	Teaching Method	No. of Hours (Period)	Online/ Class Room	Faculty
1.	WARMING UP & COOLING DOWN TECHNIQUES: General- loosening exercise Sports Specific		10 hours		
2.	General and specific conditioning development of motor abilities		10 hours		
3.	Teaching and training basic and advance elements of asanas		10 hours		
4.	Pedagogic practice and officiating		10 hours		
5.	YOGIC PRACTICES: vii. Shatkarma viii. Asanas ix. Kriya & Pranayama x. Bandha & Mudras xi. Meditation xii. Relaxation techniques xiii. Yogic practices for improving of endurance.		10 hours		
6.	PEDAGOGIC PRACTICE 1. Teaching 2. Training 3. Coaching		10 hours		
7.	Officiating as coach for the athletes of National/ State level Competition- Presenting detailed report of roles and responsibilities assigned, challenges occurred and its mitigation. Officiating as a Technical Official/Judge at National/ State level Competition- Presenting detailed report of roles and responsibilities assigned, challenges occurred and its mitigation.		20 hours		
8.	Practice of Pair and Group event of all Categories		30 hours		
9.	Assignment/ Project				
	Internal Assessment- 26				
	Total Hours - 300				



ANNEXURE -B

**Sports Authority of India**  
**Netaji Subhas National Institute of Sports, Patiala**

Course Name: Six Week Certificate Course in Sports Coaching

Course Code:

Level: **Certificate Course**

Discipline: Yogasana

**Details of Credit Calculation**

Semester I	L	Assignment	P/FW	SW	IA	Total Credit
Semester II	L	Assignment	P/FW	SW	IA	Total Credit
<b>Total</b>						

\*\* L= Lecture, P= Practical, SW= Self Work, IA= Internal Assessment, FW= Field Work.



## DETAILED SYLLABUS OF YOGASANA SPORTS

Unit No.	Description/ Topics covered	Teaching Method	No. of Hours (Period)	Online/ Class Room	Faculty
1	i. Etymology & definition of Yoga; ii. History & development of Yoga; Ashtanga Yoga, Concept of Asana (Yogasana); Asanas in Hatha Yogic texts; iii. Development of Yogasana as a sport; iv. Introduction to the governing body of Yogasana sport & its functions; v. Talent identification & selection for yogasana sport; Genetic/talent profile, anthropometrical / bodily profile techno – tactical profile bio-motors / physiological / fitness profile.		10 hours		
2	i. Meaning & types of warm-ups; importance of warm – up, Structure, principles and mechanism of warm – up; ii. Session plan (As per duration): Micro/weekly, plan, Meso plan, Macro/yearly plan, Quadrennial plan; As per developmental/calendar age: Grass root, Beginners, Intermediate, Advance; iii. Practical approach to Yoga for adolescent in contemporary scenario; Advance posture study. iv. Pedagogic practice and planning		4 hours		
3	i. Motor-ability use in Yogasana sport ii. Yogasana injury prevention		2 hours		
4	Introduction to the events conducted in Yogasana Sport Code of Points: <ol style="list-style-type: none"> <li>1. Traditional Yogasana Event</li> <li>2. Artistic Yogasana Single Event</li> <li>3. Artistic Yogasana Pair Event</li> <li>4. Rhythmic Yogasana Pair Event</li> <li>5. Artistic Yogasana Group Event</li> </ol>		8 hours		



# DETAILED SYLLABUS OF YOGASANA SPORTS

## Practical

Unit No.	Description/ Topics covered	Teaching Method	No. of Hours (Period)	Online/ Class Room	Faculty
1	WARMING UP & COOLING DOWN IN YOGASANA 1. General 2. Specific		30 hours		
2	GENERAL FITNESS TRAINING 1. Development of motor abilities. 2. Continuous method		50 hours		
3	SPORTS SPECIFIC 1. Satkarma 2. Sukshma Vyayama & Sthul Vyayama 3. Surya Namaskar 4. Asanas 5. Pranayama 6. Mudra & Bandha		60 hours		
4	LESSON PLAN PRESENTATION TECHNIQUE		40 hours		
	Total Hours – 180				

