



Utsav Foundation

Yoga Curriculum (2025-2026)

Board: NIOS (OBE)

Level/Class: A (3rd Grade)
Subject: Yoga (Theory Only)
Subject Code: A 147
Total Marks: 60 (Theory)
Total Study Time: 120 Hours

Course Overview

This curriculum focuses on the theoretical foundations of yoga, emphasizing its philosophy, history, ethical principles, and practical applications in daily life. Students will explore breathing techniques, yogic exercises, classical texts, and the integration of yoga into holistic health and modern lifestyles.

Detailed Curriculum

Chapter 1: Breathing Practices (Pranayama)

Study Time: 10 Hours | Marks: 2

- **Key Content:**
 - Importance of breath awareness in yoga.
 - Types of breathing: diaphragmatic, abdominal, thoracic, clavicular.
 - Rhythmic breathing techniques (2:1 ratio).
 - Benefits and precautions of pranayama (Anulom-Vilom, Kapalbhati).
 - **Learning Outcomes:**
 - Understand the role of breath control in mental calmness and energy regulation.
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Chapter 2: Yogic Subtle Exercises (Sukshma Vyayama)

Study Time: 10 Hours | Marks: 10

- **Key Content:**
 - Definition and purpose of Sukshma Vyayama.
 - Exercises for joints (neck, shoulders, wrists, spine).

- Energy flow and nerve health through micro-movements.
 - Learning Outcomes:
 - Analyze how subtle exercises enhance flexibility and prevent injuries.
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Chapter 3: Gross Exercises (Sthula Vyayama)

Study Time: 10 Hours | Marks: 8

- Key Content:
 - Difference between Sukshma and Sthula Vyayama.
 - Dynamic warm-ups (joint rotations, jumping jacks).
 - Role of Sthula Vyayama in preparing for advanced yoga practices.
 - Learning Outcomes:
 - Explain the importance of dynamic exercises in physical readiness.
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Chapter 4: Surya Namaskar (Sun Salutation)

Study Time: 10 Hours | Marks: 8

- Key Content:
 - Spiritual and historical significance of Surya Namaskar.
 - Breakdown of 12 steps with mantras and breathing coordination.
 - Cardiovascular and mental benefits.
 - Learning Outcomes:
 - Connect Surya Namaskar to holistic health (body, mind, energy).
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Chapter 5: Asanas-I (Basic Postures)

Study Time: 10 Hours | Marks: 8

- Key Content:
 - Definition and classification of asanas (standing, sitting, inverted).
 - Alignment principles for Tadasana, Vrikshasana, Vajrasana.
 - Physiological benefits (strength, posture, digestion).
 - Learning Outcomes:
 - Relate asanas to physical and psychological well-being.
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Chapter 6: Asanas-II (Intermediate Postures)

Study Time: 10 Hours | Marks: 8

- **Key Content:**
 - Backward bends (Bhujangasana, Dhanurasana) and forward bends (Paschimottanasana).
 - Balancing postures (Garudasana, Natarajasana).
 - Contraindications for specific health conditions.
 - **Learning Outcomes:**
 - Evaluate the therapeutic applications of intermediate asanas.
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Chapter 7: Yoga for Eyesight Improvement

Study Time: 10 Hours | Marks: 8

- **Key Content:**
 - Role of Trataka (candle gazing) and palming.
 - Eye rotations and blinking techniques.
 - Reducing digital strain through yogic practices.
 - **Learning Outcomes:**
 - Design a daily eye-care routine using yoga.
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Chapter 8: Basic Kriyas & Advanced Pranayama

Study Time: 10 Hours | Marks: 10

- **Key Content:**
 - Shatkarma (cleansing techniques): Jal Neti, Kapalbhati.
 - Breath retention (Kumbhaka) and its effects on focus.
 - **Learning Outcomes:**
 - Compare the benefits of kriyas for detoxification.
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Chapter 9: Yoga for Voice Culture

Study Time: 10 Hours | Marks: 8

- **Key Content:**
 - Bhramari Pranayama and Omkar chanting.

- Throat chakra activation through Simhasana.
 - Learning Outcomes:
 - Explain how yoga enhances vocal clarity and confidence.
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Chapter 10: Patanjali Yoga Sutras

Study Time: 10 Hours | Marks: 10

- Key Content:
 - Overview of the Eightfold Path (Ashtanga Yoga).
 - Ethical foundations: Yama and Niyama.
 - Learning Outcomes:
 - Interpret the relevance of Patanjali's teachings in modern life.
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Chapter 11: Hatha Yoga Pradipika

Study Time: 10 Hours | Marks: 10

- Key Content:
 - Principles of Hatha Yoga (asanas, pranayama, mudras).
 - Comparison with Patanjali's philosophy.
 - Learning Outcomes:
 - Contrast Hatha Yoga's physical discipline with classical yoga.
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Chapter 12: Krida Yoga (Sports Yoga)

Study Time: 10 Hours | Marks: 10

- Key Content:
 - Yoga for athletes: balance, flexibility, injury prevention.
 - Traditional yogic games for teamwork and focus.
 - Learning Outcomes:
 - Propose strategies to integrate yoga into sports training.
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Assessment Criteria

- Written Exams (60 Marks):
 - Short answers on philosophy, ethics, and application (30 marks).

- Essays on classical texts and case studies (30 marks).
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Resources

1. Core Textbook: *Level A 147* by Utsav Foundation (OBE).
 2. Supplementary:
 - Illustrated guides for asanas and pranayama.
 - Audio clips for mantra chanting (Omkar, Bhramari).
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Note: This curriculum emphasizes theoretical knowledge, ensuring students grasp yoga's historical, ethical, and scientific dimensions while preparing them for practical application in daily life.

Lesson 1: Breathing Practices

1. Importance of Breath Awareness in Yoga
2. Introduction to Deep Breathing (Diaphragmatic Breathing)
3. Understanding Abdominal, Thoracic, and Clavicular Breathing
4. Rhythmic Breathing Techniques (2:1 ratio breathing)
5. Precautions and Benefits of Breathing Practices

Lesson 2: Introduction to Yogic Sukshma Vyayama

1. Meaning and Importance of Sukshma Vyayama (Subtle Exercises)
2. Sukshma Vyayama for Head, Neck, and Shoulders
3. Sukshma Vyayama for Hands, Wrists, and Fingers
4. Sukshma Vyayama for Spine and Lower Body
5. Precautions and Benefits of Sukshma Vyayama

Lesson 3: Sthula Vyayama

1. Difference Between Sukshma and Sthula Vyayama
2. Dynamic Movements for Joints and Muscles
3. Whole Body Warm-up Exercises
4. Role of Sthula Vyayama in Preparing for Asanas
5. Benefits of Sthula Vyayama in Daily Life

Lesson 4: Surya Namaskar

1. Introduction and Spiritual Significance of Surya Namaskar
2. Breakdown of 12 Steps of Surya Namaskar
3. Breathing Coordination in Each Step

4. Variations and Modifications for Beginners
5. Benefits for Body, Mind, and Energy System

Lesson 5: Asanas-I

1. Definition and Importance of Asanas in Yoga
2. Classification of Asanas (Standing, Sitting, Lying, and Inverted)
3. Introduction to Basic Asanas (Tadasana, Vrikshasana, Vajrasana)
4. Correct Posture and Alignment Techniques
5. Physiological and Psychological Benefits of Asanas

Lesson 6: Asanas-II

1. Intermediate-Level Asanas and Their Importance
2. Backward Bending Asanas (Bhujangasana, Dhanurasana, Ustrasana)
3. Forward Bending Asanas (Paschimottanasana, Janushirasana)
4. Balancing Asanas (Garudasana, Natarajasana)
5. Precautions and Contraindications for Each Asana

Lesson 7: Yoga for EyeSight Improvement

1. Importance of Eye Exercises in Yoga
2. Basic Eye Movements (Up-Down, Sideways, Rotation)
3. Trataka Kriya for Eye Strengthening
4. Blinking and Palming Techniques for Relaxation
5. Benefits and Precautions of Eye Yoga

Lesson 8: Basic Kriyas and Pranayama

1. Introduction to Kriyas (Shatkarma) and Their Role in Cleansing
2. Jal Neti and Kapalbhati – Techniques and Benefits
3. Introduction to Pranayama – Meaning and Importance
4. Basic Pranayama Techniques (Anulom Vilom, Bhastrika)
5. Breath Control and Mental Focus in Pranayama

Lesson 9: Yoga Practices for Voice Culture

1. Importance of Yoga for Vocal Health
2. Breathing Techniques for Better Voice Control
3. Chanting and Its Effect on Vocal Cords (Omkar Chanting, Bhramari)
4. Throat-Strengthening Asanas (Simhasana, Matsyasana)
5. Benefits of Yoga for Singers and Public Speakers

Lesson 10: Patanjali Yoga Sutra and Hathayoga Pradipika

1. Introduction to Patanjali's Yoga Sutras – Eightfold Path
2. Importance of Yama, Niyama, and Other Limbs of Yoga
3. Overview of Hatha Yoga and Its Importance in Modern Life
4. Key Teachings from Hatha Yoga Pradipika

5. Comparison Between Patanjali's Yoga and Hatha Yoga

Lesson 11: Yama and Niyama

- 1. Meaning and Importance of Yama (Ethical Restraints)**
- 2. Five Yamas (Ahimsa, Satya, Asteya, Brahmacharya, Aparigraha)**
- 3. Meaning and Importance of Niyama (Self-Discipline)**
- 4. Five Niyamas (Shaucha, Santosha, Tapas, Svadhyaya, Ishvarapranidhana)**
- 5. Practical Application of Yama and Niyama in Daily Life**

Lesson 12: Krida Yoga

- 1. Meaning and Importance of Krida Yoga (Yoga Through Games)**
- 2. Traditional Indian Yogic Games for Physical and Mental Development**
- 3. Interactive Yoga Activities for Kids and Adults**
- 4. Enhancing Focus and Teamwork Through Yogic Games**
- 5. Practical Implementation of Krida Yoga in Schools and Communities**