

RAJASTHAN PUBLIC SERVICE COMMISSION, AJMER

SYLLABUS FOR COMPETITIVE EXAMINATION FOR THE POST OF ASSISTANT PROFESSOR IN YOGA FOR SANSKRIT EDUCATION DEPARTMENT

PAPER - II - SCIENCE OF YOGA

Unit-1: Basics of Anatomy and Physiology -

Structure and function of a typical Cell, Classification of tissue, Anatomical and physiological aspects of Human Skeletal, Muscular, Digestive, Respiratory, Cardio-vascular, Endocrine, Excretory, Reproductive, Nervous, Immune systems and Sense organs.

Unit-2: Health and Disease -

Definition of Health according to WHO and Yoga, Concept of Health and disease according to Yoga, Causes, sign and symptoms of Skeletal, Digestive, Respiratory, Excretory, Cardio-vascular, Endocrine, Nervous Reproductive, Psychiatric disorders, and Immune related disorders.

Unit-3: Yoga therapy for Psychosomatic Diseases -

Principles and therapy based Yoga treatment for Skeletal, Digestive, Respiratory, Excretory, Cardio-vascular, Endocrine, Nervous, Reproductive, Psychiatric disorders, and Immune related disorders.

Unit-4 Stress and its management -

Introduction to Stress, General Adaptation Syndrome, Definition and types of Stress, Physiology of Stress, Stages, Sources and Causes of Stress, Impact of Stress in the Digestive, Respiratory, Cardio-vascular, Endocrine, Nervous, Psychiatric, Reproductive, Excretory and Immune disorders, Yogic ways of recognizing the Stress and the techniques to manage and getting rid of Stress, Difference between Psychosomatic and Somato-psychic diseases.

Unit-5 Subtle aspects of Yoga -

Type and classification of food according to Yoga, Panchakosa its physiological correlation and the tools for their operation, Panchaprana and Upa-prana, Nadis, Sat-chakra and their anatomical and physiological correlations, Granthis, Techniques to establish a harmonious flow of Prana, Techniques to manage the Mind, Techniques for notional correction. Techniques for Selfless action and Analysis of the Happiness, Personality as narrated in Yoga and Psychology and techniques administered in Yoga to manage the negative outcomes of the Personality

Note: - Pattern of Question Paper

- 1. Objective type paper**
- 2. Maximum Marks: 75**
- 3. Number of Questions: 150**
- 4. Duration of Paper: Three Hours**
- 5. All questions carry equal marks.**
- 6. There will be Negative Marking.**