

SCHEME AND SYLLABUS OF EXAMINATION FOR THE PURPOSE OF FILLING UP OF THE POST OF YOGA INSTRUCTOR UNDER SIKKIM STATE AYUSH SERVICE.

The subject wise allotment of maximum marks shall be as under:

Syllabus:-		
General English	PAPER I	30 marks
General Knowledge		30 marks
Main Paper (Main Syllabus)	PAPER II	120 marks
TOTAL		180 marks
Viva voce/ interview		20 marks
Grand Total		200 marks

Paper I & Paper II will be objective type MCQ/ OMR and conventional mode.

PAPER – I : GENERAL ENGLISH

The question will be designed to test the candidate's understanding and command of the English language.

English : Candidate will be required to answer questions designed to test their understanding of English. The pattern of questions would be broadly as follows:-

1. Comprehensive of given passage
2. Precise writing
3. Usages and vocabulary
4. Essay writing
5. Report writing

GENERAL KNOWLEDGE:

- i. Current events of local, national and international importance.
- ii. National level Scheme & projects undertaken by government of India or State Government.

VIVA-VOCE :

The test is intended to judge the mental caliber of candidate. In broad terms this is an assessment of not only his intellectual qualities but also social traits and an interest in current affairs, mental alertness and critical powers of assimilation, care and logical exposition, balance of judgment, variety and depth of interest.

Dr. Pempa Thering Bhutia
 M.S. (Ortho)
 Director General
 H.C., H.S. & F.W. Department
 Director General Health Services
 Department of Health Care, Human Services & Family Welfare

1.- YOG PARICHAYA

UNIT-I

- (i) Origin of Yoga & its brief development.
- ii) Meaning of Yoga & its importance
- iii) Yoga as a Science of Art (Yoga Philosophy).
- iv) Meaning of meditation and its types and principles.

UNIT- II

- i) Classification of Yoga/Types of Yoga
- ii) Hatha Yoga , Raja Yoga, Laya Yoga, Bhakti Yoga, Gyan Yoga, Karma Yoga.
- iii) Asthang Yoga.

UNIT -III

- i) Principles of Yogic Practices.
- ii) Meaning of Asana, its types and principles.
- iii) Meaning of Pranayama, its types and principles.
- iv) Meaning of Kriya its types and principles.

UNIT -IV

- i) Yogic therapies and modern concept of Yoga
- ii) Naturopathy, Hydrotherapy, Electrotherapy, Messotherapy, Acupressure, acupuncture.
- iii) Meaning and importance of prayer.
- iv) Psychology of mantras.
- v) Different mudras during prayers.

2.-ANATOMY PHYSIOLOGY FOR YOGIC PRACTICES

UNIT-I

- i) Introduction of human body and its systems.
- ii) Definition of Anatomy and Physiology and importance in Yogic Practices
- iii) Respiratory System
- iv) Digestive System
- v) Endocrine System

UNIT-II

- i) Classification of Asanas and its Mechanism.
- ii) Cultural Asana(standing, sitting, supinline, praline position & topsy-turvy)
- iii) Meditative Asana and Relaxative Asana
- vi) Nervous System
- vi) Circulatory System

UNIT-III

- i) Introduction of Kriya, Bandha and Mudra.
- ii) Importance of Kriya and its scientific approach.
- iii) Importance of BANDHA and its scientific approach.
- iii) Importance of MUDRA and its scientific approach.

UNIT-IV

- i) Effect of Asanas on various Systems
- ii) Difference between Asana and Exercise.
- iii) Difference between Pranayama and deep breathing.
- iv) Yogic Diet.

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3.-TEACHING METHODOLOGY OF YOGIC PRACTICE

UNIT -1

- i) Meaning and types of methods.
- ii) Factors affecting teaching.
- iii) Principles of teaching.
- iv) Need and importance of teaching practice.
- v) Maxims of teaching

UNIT-II

- i) Presentation technique
- ii) Technical preparation.
- iii) Personal preparation.
- iv) Modern concept and teaching Aids class management and its meaning and need
- v) Steps of class management

UNIT-III

- i) Meaning of tournaments and competition and its importance.
- ii) Eligibility rules of Inter -University of Yoga.
- iii) Organisation and administration of Yog competition.
- iv) Audio visual Aids.

UNIT-IV

- i) Meaning of lesson plan and its importance.
- ii) Principles of lesson plan
- iii) Demonstration in Yoga and its types
- iv) Importance of demonstration.

4.-TRADITIONAL YOGA

UNIT -1-Patanjali Yog Sutra

- i) Definition and meaning of yoga.
- ii) Types of vritties.
- iii) Different ways to achieve Raj Yog.
- iv) Disturbance inYogic Practices.

UNIT -II -Swatmaram Hatha Pradipika.

- i) Asanas.
- ii) Pranayama
- iii) Kriyas.
- iv) Nadanusandhan

UNIT -III -Great Philosophy of Indian Yoga Culture

- ii) Charwak.
- ii) Budha.
- iii) Mahavir.
- iv) Swami Vivekanand

UNIT -IV

- i) PanchikaranPrakriya.
- ii) PanchKosh Theory.
- iii) Nandha Bhakti
- iv) Kundalani.
- v) AsthaSidhi

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CONDITIONS OF ELIGIBILITY FOR APPEARING IN THE EXAMINATION:

In order to be eligible to appear in the Competitive Examination, a candidate must satisfy the following conditions, namely:-

01. Minimum qualifications:

Diploma in Yoga Science from a recognized University / Institute
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02. Age Limit:

The candidates should not be below the age of 18 years and over the age of 40 years as on 30. 04. 2019 vide Not. No. M (3)/ (55)/ GEN/ DOP/ Pt-III; Dated : 03. 07. 2017
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03. Required documents:

i)	Sikkim Subject Certificate/ Certificate of Identification
ii)	School Pass Certificate (Class X & XII)
iii)	School Pass Mark-sheet (Class X & XII)
iv)	Diploma / Degree in relevant course from a recognized Institute/ University
v)	Date of birth proof
vi)	Valid Employment Card
vii)	Community/ Category Certificate
viii)	BPL certificate issued by DESME for candidates applying under BPL category
ix)	Certificate for differently abled candidates issued from SJEWD, if applying under PWD category
x)	Valid Discharge Certificate if applying under Ex-serviceman (reserved category)
xi)	No Objection Certificate from the concerned HoD/ HoO for in-service candidate
xii)	SPAEC Category Certificate issued/ countersigned by the Sports & Youth Affairs Department, if applying under SPAEC category
xiii)	Certificate for participation in any cultural event issued/ countersigned by the Culture Department, if applying under SPAEC category

04. Other conditions for appointments:

i)	The candidates should be conversant in either one of the languages notified by the Government as State languages
ii)	Should have enough knowledge about the history and affairs of the State
iii)	The Selection shall be made through open competitive examinations from amongst the eligible candidates

05. The examinations shall consist of the following:

i)	Written Examination – 180 marks
ii)	Viva Voce – 20 marks

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