

Entrance Test Syllabus for M.A. in Yoga.

CET will be conducted for 100 Marks (Theory 50 Marks & Practical 50 Marks)

Theory

1. Basic Concept of Yoga, its Definitions, Need & importance.
2. Effect of Asanas & Pranayam health.
3. Knowledge of basic Asanas.
4. Basic knowledge of Ashtang Yoga & Yoga sutra.
5. Basic Information of Anatomy & Physiology of Human Body
6. Ancient and Modern Yogis.

Practical.

1. SuryaNamaskar,
2. Basic Asanas from different positions.
3. Breathing technique & Pranayama.