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UGC NET Paper 2

Yoga (100)

Complete revision notes — all 10 units

10 units | Tables & formulas | Key revision points

01 Foundations of Yoga
02 Yoga in Classical Texts
03 Patanjali Yoga Sutra
04 Hatha Yoga
05 Pranayama, Bandha and Mudra
06 Yogic Anatomy
07 Anatomy and Physiology for Yoga
08 Modern Yoga Masters
09 Yoga Therapy
10 Yoga Education and Research

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How to use these notes

- Read one unit at a time, then test yourself with its key revision points.
- Make your own short notes on topics you find difficult.
- Units follow the main areas of the official syllabus — the exact unit list can change between sessions.
- Always check the latest syllabus and notices on the official UGC NET portal: **ugcnet.nta.ac.in**.

UNIT 01

Foundations of Yoga

Meaning, definitions and history of yoga.

- Root *yuj* — to join.
- Definitions: Patanjali — *yogaś citta-vṛtti-nirodhaḥ*; Gita — *samatvaṃ yoga ucyate*, *yogaḥ karmasu kauśalam*.
- International Day of Yoga: 21 June (UN resolution 2014; first observed 2015).

★ Key revision points

- Root = yuj.
- Chitta-vritti-nirodha = Patanjali.
- Yoga Day: 21 June.
- Karmasu kaushalam = Gita.

UNIT 02

Yoga in Classical Texts

Vedas, Upanishads, Gita and darshanas.

- Upanishads: Katha (yoga as control of senses), Shvetashvatara; Yoga Upanishads.
- Bhagavad Gita: karma, jnana, bhakti, dhyana yoga — 18 chapters.
- Samkhya (Kapila) is the philosophical base of Patanjali's yoga.

★ Key revision points

- Gita has 18 chapters.
- Samkhya underlies yoga.
- Katha Upanishad defines yoga.
- Four paths: karma, jnana, bhakti, raja.

UNIT 03

Patanjali Yoga Sutra

Structure and ashtanga yoga.

Pada	Sutras
Samadhi	51
Sadhana	55
Vibhuti	55 (some editions 56)
Kaivalya	34

- Ashtanga: yama, niyama, asana, pranayama, pratyahara, dharana, dhyana, samadhi.
- Kleshas (5): avidya, asmita, raga, dvesha, abhinivesha.

★ Key revision points

- Four padas, about 195 sutras.
- Eight limbs of ashtanga.
- Five kleshas.
- Five yamas and five niyamas.

UNIT 04

Hatha Yoga

Hatha yoga texts and practices.

- *Hatha Yoga Pradipika* — Swatmarama (15 asanas, 8 kumbhakas).
- *Gheranda Samhita* — saptanga yoga (32 asanas); *Shiva Samhita*.
- Shatkarma: dhauti, basti, neti, trataka, nauli, kapalabhati.

★ Key revision points

- HYP = Swatmarama.
- Gheranda = saptanga, 32 asanas.
- Six shatkarmas.
- Ha = sun, tha = moon.

UNIT 05

Pranayama, Bandha and Mudra

Breath control and energy locks.

- Phases: puraka (inhale), kumbhaka (retention), rechaka (exhale).
- Bandhas: mula, uddiyana, jalandhara (together maha bandha).
- Five pranas: prana, apana, samana, udana, vyana.

★ Key revision points

- Kumbhaka = retention.
- Three main bandhas.
- Five pranas.
- Nadis: ida, pingala, sushumna.

UNIT 06

Yogic Anatomy

Koshas, chakras and nadis.

- Pancha kosha (Taittiriya Upanishad): annamaya, pranamaya, manomaya, vijnanamaya, anandamaya.
- Seven chakras: muladhara to sahasrara.
- 72,000 nadis (Hatha tradition).

★ Key revision points

- Pancha kosha = Taittiriya Upanishad.
- Seven chakras.
- Muladhara = root chakra.
- Sahasrara = crown chakra.

UNIT 07

Anatomy and Physiology for Yoga

Body systems and effects of yoga practice.

- Musculoskeletal, respiratory, cardiovascular, nervous and endocrine systems.
- Yoga raises parasympathetic activity; lowers heart rate and blood pressure.
- Respiratory measures: tidal volume, vital capacity.

★ Key revision points

- Yoga activates parasympathetic system.
- Vital capacity measures lung function.
- Adult has 206 bones.
- Relaxation lowers blood pressure.

UNIT 08

Modern Yoga Masters

Key figures of modern yoga.

- Swami Vivekananda — *Raja Yoga* (1896); Sri Aurobindo — Integral yoga.
- T. Krishnamacharya; B. K. S. Iyengar — *Light on Yoga* (1966); Pattabhi Jois — Ashtanga Vinyasa.
- Swami Kuvalayananda — Kaivalyadhama, Lonavla (1924), scientific research on yoga.

★ Key revision points

- *Light on Yoga* = Iyengar.
- Kaivalyadhama: 1924.
- Integral yoga = Aurobindo.
- *Raja Yoga* = Vivekananda.

UNIT 09

Yoga Therapy

Yoga for health and disease management.

- Lifestyle disorders: hypertension, diabetes, obesity, asthma, back pain, stress.
- Integrated approach (IAYT) — SVYASA, Bengaluru.
- Ayurveda link: tridosha (vata, pitta, kapha); Morarji Desai National Institute of Yoga (New Delhi).

★ Key revision points

- IAYT = integrated approach.
- Tridosha = vata, pitta, kapha.
- MDNIY = New Delhi.
- Yoga helps stress disorders.

UNIT 10

Yoga Education and Research

Teaching methods and research in yoga.

- Lesson planning; teaching methods; Common Yoga Protocol (Ministry of AYUSH).
- Research design; RCTs on yoga; statistics.
- Yoga recognised as UNESCO intangible heritage (2016).

★ Key revision points

- Common Yoga Protocol = AYUSH.
- UNESCO intangible heritage: 2016.
- RCTs test yoga effects.
- Ministry of AYUSH: 2014.

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