

**DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY,
CHHATRAPATI SAMBHAJINAGAR.**



Circular/SU/Interdisciplinary Studies/Curriculum-M.A.Yoga/NEP/55/2023.

It is hereby inform to all concerned that, on the recommendation of All Faculty meeting held on 24 November, 2023 and the Academic Council meeting held on 30 November, 2023 has accepted **minor changes in the Curriculum of M.A. Yoga Post Graduate Two Years Degree Courses as per the Norms of National Education Policy-2020 under the Faculty of Interdisciplinary Studies** for University Department. This is effective from the Academic Year 2023-2024 as appended herewith. Earlier Published Curriculum vide circular dt. 08.08.2023 is stand cancelled.

This revised Curriculum shall be applicable from the Academic year 2023-2024 and onwards in University Department.

This is also available on the University website www.bamu.ac.in

All concerned are requested to note the contents of this circular and bring the notice to the students, teachers and staff for their information and necessary action.

University Campus,
Chhatrapati Sambhajanagar-431 004.
REF.NO.SU/M.A.Yoga/Curr./AC.Pur.I.7/NEP/
2023-2024/19936-46

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**Deputy Registrar,
Academic Section**

Date:- 20-12-2023.

Copy forwarded with compliments to:-

- 1] The Head, all concerned Departments,
Dr. Babasaheb Ambedkar Marathwada University Aurangabad & Sub-Center,
Osmanabad.
- 2] The Principals, all affiliated Colleges, Dr. Babasaheb Ambedkar Marathwada University.
- 3] The Principal, Government College of Art & Design, Aurangabad.
- 4] The Director, University Network & Information Centre, UNIC, with a request to upload the Circular on University Website.

Copy to :-

- 1] Director, Board of Examinations & Evaluation, Dr. Babasaheb Ambedkar Marathwada University, Aurangabad.
- 2] The In-Charge, E-Suvidha Kendra, Rajarshi Shahu Maharaj Pariksha Bhavan, Dr. Babasaheb Ambedkar Marathwada University,
- 3] The Section Officer, [Professional Unit], Examinations,
- 4] The Programmer [Computer Unit-1] Examinations,
- 5] The Programmer [Computer Unit-2] Examinations,
- 6] The Public Relation Officer, Dr. Babasaheb Ambedkar Marathwada University, Aurangabad.
- 7] The Record Keeper, Dr. Babasaheb Ambedkar Marathwada University, Aurangabad.

**Dr. Babasaheb Ambedkar Marathwada
University, Aurangabad
MASTER OF ARTS IN YOGA
(New Syllabus According to NEP -2020)**

I. Title of the Programme

The program shall be called “Master of Arts in Yoga.”

II. Aim of the Programme


The aim of the program is to produce -

- Yoga scholar for research studies in the field of Yoga.
- Yoga therapist as a paramedical professional
- to enhance competitive competence in the students for various competitive exams at national and state level

III. Program Outcomes

1. The program aims to cultivate a deep understanding of the philosophical and therapeutic knowledge of yoga, enabling students to apply it in their personal and professional lives.
2. Students will learn various yogic techniques for the prevention and treatment of somatic, psychosomatic, and psychological illnesses, which will enable them to design and implement customized yoga programs for individuals with specific health conditions.
3. After the successful completion of the program the students will have knowledge and skills necessary to teach yoga to students in schools, colleges, and professionally to all age groups in various settings.

Additionally, it will enable students to undertake further studies in Yoga and related areas or in multidisciplinary areas that involve Yoga, providing them with career opportunities in this field.


Dr. Santosh C. B.



IV. Program Outcomes

After completing a M.A. in Yoga, the student should be able to exhibit skills such as:

1. **Yoga Research-** conduct research related to Yoga and its applications.
2. **Yoga Therapist-** they should be able to design and implement customized Yoga programs for individuals with specific health conditions.
3. **Yoga Psychotherapist-** they should apply their knowledge of Yoga in treating patients with mental health disorders.
4. **Yoga Instructor/Teacher:** can work as Yoga Instructors or Teachers, where they can teach Yoga to individuals or groups, in a studio or as a freelancer.
5. **Health and Wellness Consultant:** can work as consultants, advising individuals or organizations on Yoga, Health, and Wellness.

Duration

The minimum duration of the programme will be two years(4 semesters) and maximum duration will be four years Number of seats : As per university rules

I. Eligibility

A Bachelor degree in any discipline from a recognized Indian or foreign university (as per the AIU foreign equivalence list) having secured a minimum of 50% aggregate in case General, EWS and OBC categories and 45% in case of candidates belonging to SC/ST/PWD categories are eligible to apply.

Admission Prosses:

As per University rules.

II. Fees:

As fixed by the University from time to time

III. Reservation

As per rules of Govt. of India

V. Scheme of Teaching and Examination

S.N.	Course Code	Course Name	Periods per week			Evaluation Scheme				Course Total
						Sessional			SEE	
			L	T	P	Credit	CT	TA		
I Year										
Semester I										
1	YOG-M-101	Yoga Practical -I	--	--	12	4	--	40	60	100
2	YOG-M-102	Foundation of yoga	5	1	0	4	20	20	60	100
3	YOG-M-103	Anatomy and physiology	5	1	0	4	20	20	60	100
4	YOG-M-104	Activity-Patanjal Yogsutra-I	2	1	0	2	10	10	30	50
5	YOG-E-105-A or B or C	Yogic Diet & Nutrition or Samkhya Philosophy or Ancient Yoga	5	1	0	4	20	20	60	100
6	YOG-RM-106	Research Methodology	5	1	0	4	20	20	60	100
39 Hrs						22	Total		550	
Semester II										
1	YOG-M-201	Yoga Practical -II	--	--	12	4	--	40	60	100
2	YOG-M-202	Introduction to Hath Yogic Text	5	1	0	4	20	20	60	100
3	YOG-M-203	Yoga education	5	1	0	4	20	20	60	100
4	YOG-M-204	Activity-Patanjal YogSutra-II	2	1	0	2	10	10	30	50
5	YOG-E-205-A or B or C	Yoga Therapy or Yoga and Religions or Yoga & Ayurveda	5	1	0	4	20	20	60	100
6	YOG-RM-206	Research Project or Field Project	5	1	0	4	20	20	60	100
39 Hrs						22	Total		550	

Signature

Exit Option: PG Diploma (44 Credits) after Three Year UG Degree

II Year

Semester III

1	YOG-M-301	Yoga practical-III	--	--	12	4	--	40	60	100
2	YOG-M-302	Principal Upanishads	5	1	0	4	20	20	60	100
3	YOG-M-303	Indian Philosophy	5	1	0	4	20	20	60	100
4	YOG-M-304	Activity-Introduction to mediational technique	2	1	0	2	10	10	30	50
5	YOG-E-305-A or B or C	Yoga and Naturopathy or Yoga Shastras-I or Essence of Bhagavad Gita for holistic living	5	1	0	4	20	20	60	100
6	YOG-RM-306	Field Project	5	1	0	4	20	20	60	100
39Hrs						22	Total		550	

Semester IV

1	YOG-M-401	Yoga practical-IV	--	--	12	4	--	40	60	100
2	YOG-M-402	Yogic Upanishads	5	1	0	4	20	20	60	100
3	YOG-M-403	Yoga and Mental Health	5	1	0	4	20	20	60	100
4	YOG-E-405-A or B or C	Yoga and Alternative Therapy or Yoga Shastras-II or Applied Yoga	5	1	0	4	20	20	60	100
5	YOG-RM-406	Dissertation	-	-	-	6	50	100	150	

Signature

	39Hrs	22	Total	550
I, II, III & IV Semesters Total number of Credits		88	Total marks	2200

M-Mandatory, EL – Elective; RM- Research Methodology

PW-Project work, FW-Field Work

L - Lecture, T-Tutorial, P-Practical (practice/ field),

CT- Cumulative Tests, TA – Teachers Assessment,

SEE - Semester Examination, PR- Practical Record

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M.A. Yoga Ist Semester

Course	Course Code	Course Name	Credit	Lect. / Week	Marks
Major Mandatory	YOG-M-101	Yoga Practical -I	04	12	60+40
	YOG-M-102	Foundation of yoga	04	06	60+40
	YOG-M-103	Anatomy and physiology	04	06	60+40
	YOG-M-104	Activity Patanjali Yogsutra-I	02	03	30+20
Electives (Select Any One)	YOG-E-105-A	Yogic Diet & Nutrition	04	06	60+40
	YOG-E-105-B	Sankhya Philosophy	04	06	60+40
	YOG-E-105-C	Ancient Yoga	04	06	60+40
Research Methodology	YOG-RM-106	Research Methodology	04	06	60+40
			22	39	550

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YOG-M-101 Yoga Practical -I

Course Outcomes

- Understood the benefits, contraindications and procedure of described practices.
- Able to recite the Vedic hymns.
- Understood the concept and principles of Shatkarmas.
- Known and understood about breathing practices.

Total Number of Hours: 120	Theory	Tutorial	Practical
Credits	0	0	4
Hours/ week	0	0	12
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: NA	Practical: 100		
Final Exam (SEE)	Internal Assessment (CT+TA)		Internal Assessment (CT+TA/PR)
60			40

Unit 1 Prayer and Asana (30 hours)

Omkar Sadhana, Omkar Prayer, Guru Vandana, Patanjali Naman Prayer, Shanti Path

I Supine Positional Asanas: Uttan Padasana, Viparita Karani, sarvangasana naukasana, Pavanamuktasana, Shavasana.

II Prone lying position: Sarpasana, Bhujangasana, Ardha Shalabhasana, dhanurasan and makrasan

III Sitting position postures: Padmasana, vajrasana, Siddhasana, Vakrasana, Gomukhasana, Ustrasana, Paschimottanasana, aakarn Dhanurasana

IV. Standing positional asanas: Tadasana, Trikonasana, Virasana asana chakrasana Vrukshasana Natrajasana

Unit 2 Breathing Types & Pranayama in Gherand Samhita & Hathapradipika (30 hours)

2.1 Long breathing Abdomen, Thoracic & Clavicular Breathing, Yogic Breathing -Practice of Puraka, Rechaka & Kumbhaka (Antar & Bahya

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Kumbhaka)

2.2 Breath Awareness

2.3 Anulom Vilom Pranayama, Ujjayi Pranayama

2.4 Bhastrika Pranayama, Suryabhedan Pranayama, Bhramari Pranayama

Unit 3 Bandha and Mudra in Gherand Samhita & Hathapradipika (30 hours)

3.1 Jalandhar Bandha, Mulabandha

3.2 Uddiyana Bandha jivhabandh

3.3 sinhamudra

3.4 Yoga Mudra,

Unit 4 Shudhikriya in Gherand Samhita & Hathyogpradipika(30 hours)

4.1 Tratak.

4.2 Kapalbhathi

4.3 Jalneti, Sutraneti

4.4 Nouli

BOOKS FOR REFERENCES

- Yoga for Promotion of Positive Health, by Dr R Nagarathna, Dr H R Nagendra
Published by SVYP, 2002
- Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha, Bihar Yoga
Bharati, Munger, Bihar, India.
- B.K.S Iyenger: Light on Pranayama, Aquarian/Thorsons, 1992
- 1. Basavaraddi I. V. & Others : Teachers Manual for School Teachers, MDNIY,
New Delhi, 2010
- 2. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi.
- 3. Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2009
- 4. Iyengar, B.K.S.: Light on Pranayama, Harper Collins, Swami Vivekanand Yoga
Prakashan, 2012
- 5. Nagendra, H.R: The Art and Science of Pranayama, Swami Vivekanand Yoga
Prakashan, 2005, Bangaore.
- 6. Nagendra, H.R: Mind sound reasonance technique, Swami Vivekanand Yoga
Prakashan, 2002, Bangaore

K. Nagarathna

YOG-M-102
Foundation of yoga

Course Outcome

- **critical understanding of the Evolution of Yoga based on the classical text**
- **Developed understanding of the basic theories and practices of yoga vidya.**
- **Gained knowledge of the concepts of Jnana, Bhakti and karma Yoga.**
- **Gratitude towards yogis who served humanity.**

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	3	1	0
Hours/ week	6		0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 60	Practical: Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
60	40		

Unit 1 Origin and development of Yoga-Vidya

- 1.1 Meaning of yoga, various interpretations and forms of yoga Vidya
- 1.2 History of Yoga Vidya
- 1.3 Misconceptions about Yoga
- 1.4 Yoga practice for personality development and self-growth

Unit 2 Introduction to Yogic Texts (15 hours)

- 2.1 Patanjali Yoga darshan,
- 2.2 Hathapradipika,
- 2.3 Gheranda Samhita
- 2.4 Yogavashishtha

Unit 3 ancient and modern tradition of yoga (15 hours)

- 3.1 Raja Yoga, Hatha Yoga, Karma Yoga
- 3.2 Bhakti Yoga, Jnana Yoga,
- 3.3 Mantra Yoga
- 3.4 Kriya Yoga

Unit 4 Introduction to the life of ancient and modern yogis (15 hours)

4.1 Swami Vivekananda

4.2 Yogi Arvind

4.3 Maharishi Mahesh Yogi,

4.4 Swami Kuvalyananda, Swami Sivananda

BOOKS FOR REFERENCE

1. Swami Muktibodhananda Saraswati Sahay G.S.: Hatha Yoga Pradeepika, Bihar school of yoga publications, Munger, 2000
2. HathaYoga Pradeepika of Svatmarama, MDNIY Publication, 2013
3. Sharma BR: Jotsna (Comentory of HathaYoga Pradeepika) Kaivalyadhama, Lonavala, 2013
1. Gharote, M.M. & others: Therapeutic references in Traditional Yoga Texts, the Lonavla Institute, Lonavla, 2010.
2. Gharote ML: Hatharatnavali, The Lonavala Yoha Institute, Lonavala, Pune, IInd Edition, 2009
3. Briggs GW: Gorakhnatha and the Kanphata Yogis, 8th Edition, 2009
4. Swami Kuvalyananda & Shukla, S.A.: Gorakshasatkam, Kaivalyadhama, Lonavla, 2006
5. Gharote M.L. & Pai, G.K. (Edi): Siddhasidhantpaddhati, Kaivalyadhama, Lonavla, 2005.
6. Burley, Mikel: Hatha Yoga, Its Context Theory and Practice, M.L.B.D. Delhi, 2000.
7. Swami Digambarji & Gharote M.L.: Gheranda Samhita, Kaivalyadhama, Lonavla, 1978.
8. Swatmaramaji: Hathapradipika (Jyotsana- tika), Adyar Library, Madras.
9. Bharati, Swami Veda Reddy Venkata: Philosophy of Hatha Yoga (English), Himalayan, Pennsylvania, Hatha Ratnavali

YOG-M-103
Anatomy and physiology

Course Outcomes:

- known different levels of structural complexity.
- known the effect of yogic techniques on different systems in the humanbody.
- Students now know about the necessary functions of the body
- Are able to give brief idea about the diseases related to each system
- Student can experience the involvement of their body parts while practicing various postures of yoga

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	3	1	0
Hours/ week	6		0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 60	Practical: Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
60	40		

Unit 1 Cell, Tissue and Muscular – Skeletal system (15 hours)

Cell structure –Plasma membrane and protoplasm; Cell organelles –Mitochondria, Glogiboly, reticulum, Lysosome, Peroxisome, Centrosome, Nucleus-Nuclear membrane, chromosome, nucleolus; Homeostasis; Structure and function of epithelial -simple and compound; Connective -connective tissue proper, skeletal and vascular; Muscular - Skeletal, involuntary and cardiac; Nervous tissues- Myelinated neuron and Non myelinated neuron; Anatomy of the Skeleton: Classification of bones-Axial bones and appendicular bones; Types of joint – Synovial joints and Fibrous joint; Structure of synovial joints ; Types of synovial joints; Types of Muscle in the body (striated,Smooth muscle, Cardiac muscle); Mechanism of muscle contraction

Unit 2 Biomolecules, Digestive and Respiratory system Cardiovascular system (15 hours)

Digestive system: Digestive system of human-Mouth, buccal cavity,Pharynx, esophagus, stomach, large intestine, small intestine, anus, associated glands- Liver,Pancreas, salivary glands, physiology of digestion and absorption;

Respiratory system of human-Nose, nasal cavity, pharynx, Trachea, Larynx, bronchiole, lungs; Mechanism of breathing (Expiration and inspiration); Transport of respiratory gases (transport of oxygen and transport of carbon dioxide); Common respiratory disorder Composition and function of blood – Plasma, RBC, WBC and Platelet; Blood groups and their importance; Blood clotting; Structure and working mechanism of heart; Organization of systemic and pulmonary circulation; Cardiac output and cardiac cycle; Functional anatomy of blood; vessels; Blood pressure and regulation of blood pressure

Unit 3 Nervous system special senses and Endocrine system (15 hours)

Structure and function of human brain- Fore brain, mid brain, hind brain, Structure and function of spinal cord, Cranial nerve and spinal nerve, Autonomic nervous system Sympathetic and para sympathetic nervous system, Reflex action, Mechanism of nerve conduction, Synapse and synaptic transmission, Structure and function of eye, ear, nose, tongue and skin. Structure and function of important endocrine gland (Pituitary, Adrenal, Thyroid, Parathyroid, Pancreas, gonads), Function of GI tract hormones, Mechanism of hormone action

Unit 4 Reproductive & Excretory system Lymphatic system and immune system (15 hours)

Male reproductive system of human- Testis, penis, epididymis, prostate gland; Female reproductive system of human- ovary, uterus, vagina, cervix, fallopian tube; Menstrual cycle Gametogenesis- Spermatogenesis and oogenesis; Fertilization; Implantation and embryonic development; Pregnancy; Excretory system of human- Kidney, ureter, urinary bladder, urethra; Mechanism of urine formation- Ultrafiltration, selective reabsorption, tubular secretion; Role of kidney in osmoregulation Lymphoid organ- Bone marrow, Thymus, spleen, Lymph node, Composition and function of lymph, Immunity, Types of immunity- Innate immunity and acquired immunity, Antigen and antibody, Hypersensitivity, Autoimmunity

REFERENCE BOOKS:

1. Tortora and Bryan: Anatomy and Physiology
2. Khurana: Anatomy and Physiology
1. Gore M. M. (2003). Anatomy and Physiology of Yogic practices. KanchanPrakashan, Lonavla, India
2. LanPeate and Muralidharan Nayar – Fundamental of Anatomy and Physiology for students nurses
3. Evelyn, C. Pearce- Anatomy and Physiology for Nurses

BOOKS FOR REFERENCE

1. Gore M. M. : Anatomay & Physiology of Yogaic Practices, 5th Edition, 2018, Kaivalyadham Lonavala
2. Shirley Telles : A Glimpse of Human body , Pub.: V. K. Yogas, Banglore, 1995
3. Swami Kuvlyananda & Dr. Venekar S. L. : Yogic Therapy , Pub : Ministry Of Health, Govt. Of India, New Delhi, 1963
4. Swami Kuvlyananda : Asana, Pub. : Kaivlyadham, Lonavala.
5. Swami Kuvlyananda : Pranayama, Pub. : Kaivlyadham, Lonavala.
6. Karela Werner : Yoga & Indian Philosophy(Vol - I & II) (George Allen and Unwin, London, 1971)
7. Swami Harshananda : The Six System of Hindu Philosophy (Ramkridshna Matt, Banglore, 2000)
8. Tiwari O. P. : Asana why & how? Pub. : Kaivlyadham, Lonavala.
9. Swami Satyananda : Asana, Pranayama, Mudra, Bandha, (Pub.: Bihar School of Yoga Munger, 1989)
10. Ghorde M. L.: Guidelines for Yogic Practices, Medha Publication, Lonavala, 1982.
11. K. S. Joshi : Speaking of Yoga & Nature Cure therapy, Sterling Publishers Private Limited, 1991.
12. K. S. Joshi : Yoga for Health & Happiness, Indian Yoga Socity Sagar (M.P.) 1981.
13. Gore M. M. Yoga Therapy for Selected Diseases, 5th edition, 2019 New Age Books, New Delhi

Kaivalyadham

YOG-M-104
Activity
Patanjal Yogsutra-I

Course Outcomes:

Students will be able to,

- To know the relationship between Patanjala Yoga and Hatha Yoga texts
- Understand the fundamental knowledge of Yoga
- Develop the interest about cultural aspects
- Reach up to the roots of Yoga
- Develop the authoritativeness, accuracy and objectivity of Yogic wisdom

Total Number of Hrs: 30	Theory	Tutorial	Practical
Credits	2	0	0
Hrs/ week	3	0	0
SCHEME OF EXAMINATION			
Total Marks: 50			
Theory : 50	Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
	10+10	30	

Unit-I: Samadhi Pada

- Definition of Yoga, Concept of Chitta, Chittavrittis and Chittabhumis, Chittavritti Nirodha Upayas
- Concept Chitta Vikshepas, Chittaprasadana Upayas, Bhava Pratyaya and Upaya Pratyaya
- Types and nature of Samadhis, Difference between Samadhi and Samapatti
- Concept of Ishwara and Ishwara Pranidhana

Unit-II: Sadhan Pada

- Concept of Kriyayoga, five Kleshas and concept of Dukha
- Concept of Drashta and Drishya
- Karmashya and Karmavipaka
- Eight limbs of Yoga

REFERENCE BOOKS:

- Patanjala yoga darshan BKS Iyengar.
- Patanjala yoga darshan- Gitapress Gorakhpur.

YOG-E-105-A
Yogic Diet & Nutrition

Course Outcomes:

- Understood the concept of diet and the medical value of nutrition
- Advise appropriate diet to different age groups
- Understood benefits and calculate calorific value of various food groups
- Known the role of yogic diet for healthy living

Total Number of Hrs: 60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/ week	6		0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory-60	Practical: Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
60	40		

Unit – 1: Basic concepts and components of food and nutrition (15 hours)

Understanding Nutrition, Basic Terminology in Relation to Nutrition Requirement, Human Nutritional Requirements; Concept of food, Acceptance of Food, Functions of Food; Components of Food & their Classification; Macro Nutrients –Sources, Functions and Effects on the Body; Micro Nutrients - Sources, Functions and Effects on the Body; Fat Soluble Nutrients - Sources, Functions and Effects on the Body; Water soluble Nutrients - Sources, Functions and Effects on the Body

Unit –2: Yogic concept of diet & nutrition (15 hours)

General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification in Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta-Rajasic, Tamasic and Sattvic food; Pathya and Apathya in diet according to Yogic texts; Guna and Ahara ; Importance of Yogic Diet in Yog Sadhana; Yogic Diet and its role in healthy living; Diet according to the body constitution (Prakriti) – Vata, Pitta and Kapha

Unit-3: Food groups (15 hours)

Cereals & Millets –Selection, Preparation and Nutritive Value; Pulses, Nuts and Oil Seeds Selection, Preparation and Nutritive Value; Milk and Milk Products- Selection, Preparation and Nutritive Value; Vegetables and Fruits- Selection, Preparation and Nutritive Value, Fats, Oils and Sugar, Jaggery-Selection, Preparation and Nutritive Value

Unit-4: Food and metabolism (15 hours)

Energy- Basic Concepts, Definition and Components of Energy Requirement, Energy Imbalance Concept of Metabolism, Anabolism, Catabolism, Calorie Requirement-BMR, SDA, Physical Activity; Metabolism of Carbohydrates, Lipids and Protein; Factors Affecting Energy; Requirement and Expenditure, Factors affecting BMR, Factors affecting thermal effect of Food, Factors affecting energy expenditure in physical activity; Methods of Estimation of Energy Expenditure and Requirements; Direct Calorimetry, Indirect Calorimetry, Double Labelled Water Technique, Heart Rate Monitoring Method, Factorial Estimation of Total Energy Expenditure

BOOKS FOR REFERENCE

- Ramesh Bijlani : Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012
- Stanley Davidson & others: Human Nutrition & Dietetics, The English Language Book Society & Churchill Livings, Revised Edition
- Dennis Thompson : The Ayurvedic Diet, New age books, New Delhi, 2001
- Randolph Stone : A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition

YOG-E-105-B
Sankhya Philosophy

Course Outcomes:

- Developed Understanding of the basics of Sankhya Philosophy
- Understood the concept of Trayodashkaran
- Gained overview of Sarg, Shareer & Mukti

Total Number of Hrs: 60	Theory	Tutorial	Field Work
Credits	3	1	0
Hrs/ week	6		0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory :60	Practical: Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
60	40		

Unit: 1- Introduction to Sankhya Philosophy and Sankhya Karika (15 hours)

Meaning of *Sankhya*, Historical Background of *Sankhya*, Brief Introduction of *Sankhya Karika* & their Annotations (*Matarvritti*, *Jaymangala*, *Yuktidipika*, *Sankhyatattvakomodi*)

Unit: 2- Principles of Sankhya Karika (15 hours)

Types of *Dukha*, Ways to get rid of *Dukha*, Nature & Concept of Reality: *Vyakta*, *Avyakta* & *Jna*, Comparison between *Vyakta* and *Avyakta*, the 25 elements and their four variations, *Vastu anupalabhdhi ke karan* & *Satkaryavad*, *Pramana* and its types, Nature & types of *Purusha*, Relationship between *Prakriti* & *Purusha*, Nature of *Gunas*

Unit: 3- Introduction of Trayodashkaran (15 hours)

-Concept and names of *Trayodashkaran*: *Buddhi*, *Ahankar*, *Mana*, *Panch Jnanendriya*, *Panch Karmendriya*, Characteristics and fuctions of *Trayodashkaran*, Eight *Dharmas* of *Buddhi*

Unit: 4- Introduction to Sarg, Shareer & Mukti (15 hours)

Concept and types of *Sarga* : *Bhutsarga* & *Pratyayasarga*, Types of *Shareer* : *Linga*, *Sukshma* & *Sthula Shareer*, Concept of *Bandhan*, Concept of *Mukti*, Types

of *Mukti*

REFERENCE BOOKS

1. C.D. Sharma: Critical Survey of Indian Philosophy, Motilal Banarsidass Publications 2003
 2. N. V. Banerjee: The Spirit of Indian Philosophy, Arnold-Heinemann Publishers, 1974
- P.T. Raju : Structural Depths of Indian Thought, SUNY Press, 1985
 - S. N. Dasgupta: A History of Indian Philosophy Vol.1, Motilal Banarsidass Publications, 1992
 - J.N. Mohanty: Classical Indian Philosophy, Published by Rowman & Littlefield, 2000
 - T.M.P. Mahadevan: Invitation to Indian Philosophy, Arnold-Heinemann Publishers, 1974
 - V.V. Sovani: A critical study of the Sankhya System, Chukhambha Sanskrit Pratisthan, New Delhi, 2005

YOG-E-105-C
Ancient Yoga

Course Outcomes:

Following the completion of the course, students shall be able to:

- To give comprehensive knowledge about therapeutic basis of yoga as mentioned in ancient classical texts such as Bhagavadgitha and Yoga vasistha
- Developed comprehensive knowledge about basis of yoga as mentioned in ancient classical texts such as Bhagavadgitha and Yoga vasistha
- Understood concept of Satvaguna, Abhyas and Vairagya
- Gained clarity in concept action, inaction & ego-less action

Total Number of Hrs: 60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/ week	6		0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory :60	Practical-Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
60	40		

Unit – 1: Application of Bhagavadgita – 1 (15 hours)

a. Applications in stress management

Essence of Gita and its background; Three division of faiths, thoughts and deed and eating habits corresponding to three modes – Faith, thoughts and good deeds positively correlated with stress management; The Tamas and Rajas modes as the cause of stress; Adaptation of qualities of stitha prajna; Four rules of Karma Yoga- Regulated with sense of duty; Detached; Without love or hatred; unconcerned attached to the results of action; Work efficiency – Concept of Devotion – surrender to the supreme; Nature of Devotion and the Goal of Devotion; Concept of Shraddha (perseverance) and its relevance; Applications in Personality development Concept of Triguna in the context of Bhagavadgita; Satva, Rajas and Tamas; Give up demonic traits such as anger, greed, lust and craving for sense objects and selfish flavor of happiness; Psycho analysis model in verses 2.62 and 2.63; Cause of destruction as craving for sense objects; Raise above cognition and emotions; Mode of goodness – sense of happiness and knowledge; Theory of Samatvam in healthy living as described in Bhagavadgita; Nature of Dhyana, Preparation of Dhyana and Dhyana Yoga etc; Remedial Measures of Abhyasa and

Vairagya.

Unit – 2: Applications of Bhagavad Gita – 2 (15 hours)

c. Applications for Sports personnel Nature of action, inaction & ego-less action; Performance without attaching to the fruits of action; Maintaining the inner equipoise with knowledge and understanding with adapting qualities like humility, tolerance, non- violence, cleanliness, self control; absence of false and even mindedness; Four rules of Karma Yoga- Regulated with Duty sense; Detached; Without love or hatred; not attached to the fruits of action; Concept of Faith; Psycho analysis model described in Bhagavadgitha to keep under senses under control and to be in moderation; Moderation in sleep, entertainment and food being the key to be in equanimity; Dhyana Yoga together with devotion as described in Bhagavadgita and Nature of Dhyana in Bhagavadgita and its relevance.

Unit – 3: Application of Yoga Vasistha – 1 (15 hours)

a. Applications in stress Management: Concept of Mind: World is the projection of Mind; Man Ah Prashamana H upAya H Yoga H: Understanding of the Concept of Adhi and Vyadhi; Stress as the key for Psychosomatic disease; Life style prescription as suggested in Yoga vasistha – Restrain from Eating of unwholesome food; Living in unhealthy places; Doing things at unseasonable hours; Association with the wicked; Longing after improper things; Evil desires and bad thoughts; Control of breathing: the story of Kakabhushanda;

Unit – 4: Applications of Yoga Vasistha – 2 (15 hours)

b. Applications in Personality development: Good Association; Self Enquiry; Development of Satwaguna (Good virtues); Mind control through abhyasa (practice) and vairagya (dispassion). Self discipline and self control, by withdrawing our senses from the sense objects; overcoming desires through detachments from the sense objects, living in solitude, free from possessiveness and by fixing our minds constantly on the Self. Handling the mind and emotions- enhancing the power of discrimination.

REFERENCE BOOKS

1. Holy Geeta : Swami Chinmayananda, Central Chinmayananda Mission Trust, 1992, Mumbai.
2. Vaalmeeki : Essence of Yoga Vasishta, Lotus Press, 1998
1. Swami Ranganathananda: Message of Upanishads, Bharatiya Vidya Bhavan, Bombay, 1985
2. Swami Venkatesananda: Vasistha's Yoga, State University of New York Press, Albany, 1993

YOG-RM-106
Research Methodology

Course Outcomes:

- Students have developed basic theoretical concepts of conducting scientific research and motivated to pursue higher research.
- Acquired basic understanding of Research methodology and knowledge of various statistical procedures
- Have knowledge on tools employed to conduct research, ability to address the contemporary problems in scientific way.

Total Number of Hrs: 60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/ week	6		0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory -60	Practical -Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
60	40		

Unit-1: Introduction to research methodology [15Hrs]

Introduction to research methodology – definition of research, types of research, need for Yoga research; the research process; Literature review – Purpose, Process, digital source: Pub Med, etc., presentation of literature review; Ethics of research – Laboratory ethics, Publication ethics, Ethical bodies, IEC, IRB and guidelines for good clinical practice. Scales of measurement – nominal, ordinal, interval, ratio; Data collection methods: Observation, Interview, psychological tests, questionnaire, physiological tests, and archive

Unit-2: Research Methodology [15Hrs]

Sampling methods - Population and Sample; Simple Random Sampling; Systematic Sampling, Stratified Sampling, Cluster Sampling; ii. Methods of controlling biases – Randomization; Types of variables – Independent, dependent, confounding variable; Types of research design – Experimental designs, cross sectional design; Case study, Survey; Reliability: TestRetest Reliability, Internal Consistency, Inter rater Reliability; Validity: Construct Validity, Face Validity, Content Validity, Criterion; Validity, Convergent and Discriminant Validity;

Issues of bias and confounding; Selection bias, Recall bias, Observer or measurement bias, Publication bias; Randomization, Matching, Crossover design, Restriction (or blocking); Stratification

Unit-3: Statistical Concepts - I [15Hrs]

Descriptive statistics, Inferential statistics, Hypothesis, null hypothesis, Statistics and Parameters, Sample and Population, Generalization, One tailed, two tailed hypothesis, Types of Errors and its control, Central Limit Theorem

Unit-4: Statistical Concepts - II [15Hrs]

Point estimate and interval estimate, Power analysis: Effect size, sample size, p-value, Confidence interval; Statistical tests and design, Assumptions of tests, Statistical tests for various designs: Correlation, proportions, paired sample, and independent sample t-tests, Chi-Square tests, ANOVA, Repeated Measures ANOVA, parametric and non-parametric tests,

REFERENCE BOOKS

- R. L. Bijlani. (2008). Medical Research: All You Wanted to Know But Did Not Know Who to Ask. Jaypee Brothers Medical Publishers Pvt. Ltd. New Delhi
- C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New Delhi.
- Zar, J. H., & Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi

M.A. Yoga IInd Semester

Course	Course Code	Course Name	Credit	Lect. / Week	Marks
Major Mandatory	YOG-M-201	Yoga Practical -II	04	12	60+40
	YOG-M-202	Introduction to Hathyogic Text	04	06	60+40
	YOG-M-203	Yoga education	04	06	60+40
	YOG-M-204	Activity- Patanjal YogSutra-II	02	03	30+20
Electives (Select Any One)	YOG-E-205-A	Yoga Therapy	04	06	60+40
	YOG-E-205-B	Yoga and Religions	04	06	60+40
	YOG-E-205-C	Yoga & Ayurveda	04	06	60+40
Research Methodology	YOG-RM-206	Research Project or Field Project	04	06	60+40
			22	39	550

K-99199

YOG-M-201
Yoga Practical -II

Course Outcomes:

- Developed practical understanding of Asana with its benefits and contra-indications
- Students understood the concept of Pranayama and Know different techniques and principles of Pranayama.
- Understood the concept and practice of Shodhana Kriyas with specific principles.

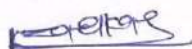
Total Number of Hours: 120	Theory	Tutorial	Practical
Credits			4
Hours/ week			12
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: NA	Practical: 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
		60	40

Unit 1 Prayer and Asana[30Hrs]

- i. Omkar Prayer, Guru Vandana, Patanjali Naman Prayer, Shanti Path, Mangal Bhavana Supine laying position Asanas Sarvagasana, Halasana, Matsyasana Pavanamuktasana, Hastapad Angusthasana, Shavasana
- 1.2 Prone laying Positional Asanas: Tiyanka Bhujangasana, Shalabhasana, Dhanurasana, Makarasana
- 1.3 Sitting Positional Asanas: Ardhamatsyendrasana, SetuAsana, Janushirasana, Nirālamba Paschimottanasana, Kurmasana
- 1.4 Standing Positional Asanas: Garudasana, Natarajasana, Bakasana, Vatanasana

Unit 2 Pranayama (with Tribandha and Kumbhaka), Bandhas [30Hrs]

- 2.1 Sheetalī Sitkari, Bhastrika, Bhramari ujjai
- 2.2 Nadi Shodhana Suryabhedan Pranayama
- 2.3 Long Breathing 1:2, 1:4



2.4 Jalandhar Bandh, Mulbandh, Uddian Bandh, Mahabandh

Unit 3 Shuddhikriya and Mudra [30Hrs]

3.1 Kapalbhati, Agnisar, Tratak

3.2 Jalneti, Sutraneti Vaman

3.3 Panchmahabhut mudra

3.4 Boudhik mudra

Unit 4 Relaxation and Intimacy Yoga Practice [30Hrs]

4.1 Yoga Nidra (1,2,3); Antarmauna.

4.2 Breathing meditation; Mind sound resonance technique (MSRT)

4.3 Omkar Sadhana Pranav and Soham

4.4 Dharna

BOOKS FOR REFERENCES

• Yoga for Promotion of Positive Health, by Dr R Nagarathna, Dr H R Nagendra
Published by SVYP, 2002

• Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha, Bihar Yoga
Bharati, Munger, Bihar, India.

• B.K.S Iyengar: Light on Pranayama, Aquarian/Thorsons, 1992

1. Basavaraddi I. V. & Others: Teachers Manual for School Teachers, MDNIY,
New Delhi, 2010

2. Joshi, K.S.: Yogic Pranayama, Oriental Paperback, New Delhi.

3. Swami Kuvalyananda: Pranayama, Kaivalyadhama, Lonavla, 2009

4. Iyengar, B.K.S.: Light on Pranayama, Harper Collins, Swami Vivekanand Yoga
Prakashan, 2012

5. Nagendra, H.R: The Art and Science of Pranayama, Swami Vivekanand Yoga
Prakashan,

K. K. K.

YOG-M-202
Introduction to Hathayogic Text

Course Objectives:

- Gained knowledge of various Traditional Hatha Yoga Texts.
- Conceptual and practical understanding of Pranayama with its benefits and contraindications.
- Conceptual and practical understanding of Mudra and Bandha.

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	3	1	0
Hours/ week	3	1	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory-60	Practical -Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
	40	60	

Unit 1 Introduction of Hathyoga [15Hrs]

- 1.1 Hatha yoga meaning, explanation
- 1.2 Chaturanga Yoga Introduction (Asana, Pranayama, Mudra and Bandha, Nadanusandhan)
- 1.3 Introduction to shadang Yoga (Asanas, Pranayama, Pratyahara, Dharana, Meditation, Samadhi)
- 1.4 Saptang Yog.

Unit 2 Salient Features of Hath yogic text [15Hrs]

Siddha sidhant Paddhati

Unit 3 Salient Features of Hath yogic text [15Hrs]

Hathtatvakaumudi

Unit 4 Salient Features of Hath yogic text [15Hrs]

Hathratnavali, Dattatraya yogshastra

BOOKS FOR REFERENCE

1. Swami Muktibodhananda Saraswati Sahay G.S.: Hatha Yoga Pradeepika, Bihar school of yoga publications, Munger, 2000
2. HathaYoga Pradeepika of Svatmarama, MDNIY Publication, 2013
3. Sharma BR: Jotsna (Comentory of HathaYoga Pradeepika) Kaivalyadhama, Lonavala, 2013
1. Gharote, M.M. & others: Therapeutic references in Traditional Yoga Texts, the Lonavla Institute, Lonavla, 2010.
2. Gharote ML: Hatharatnavali, The Lonavala Yoha Institute, Lonavala, Pune, IInd Edition, 2009
3. Briggs GW: Gorakhnatha and the Kanphata Yogis, 8th Edition, 2009
4. Swami Kuvalyananda & Shukla, S.A.: Gorakshasatkam, Kaivalyadhama, Lonavla, 2006
5. Gharote M.L. & Pai, G.K. (Edi): Siddhasidhantpaddhati, Kaivalyadhama, Lonavla, 2005.
6. Burley, Mikel: Hatha Yoga, Its Context Theory and Practice, M.L.B.D. Delhi, 2000.
7. Swami Digambarji & Gharote M.L.: Gheranda Samhita, Kaivalyadhama, Lonavla, 1978.
8. Swatmaramaji: Hathapradipika (Jyotsana- tika), Adyar Library, Madras.
9. Bharati, Swami Veda Reddy Venkata: Philosophy of Hatha Yoga (English), Himalayan, Pennsylvania, Hatha Ratnavali

YOG-M-203
Yoga education

Course Outcomes:

- Understood the applied value of yoga in different domains and yoga values
- Development of an idea about the role of yoga for school, sports, technostress and healthcare
- Learned teaching techniques, class management and lesson planning.
- Experienced the educational tools of yoga teaching.

Total Number of Hrs: 60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/ week	6		0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory:60	Practical		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
60	40		

Unit 1 [15Hrs]

- 1.1 Teaching: Meaning, Explanation and Nature
- 1.2 Yoga Teaching Meaning and Need
- 1.3 Objectives of Yoga Teaching: Institution, Teacher, Student
- 1.4 Basics of Yoga Teaching, Types of Yoga Teaching

Unit 2 [15Hrs]

- 2.1 Suitable environment for yoga practice & dress code
- 2.2 Qualities of an Ideal Yoga Teacher
- 2.3 Prayer and worship, need and importance of prayer in yoga class (Gayatri Mantra, Guru Vandana, Meri Bhavna, Mangal Bhavna)
- 2.4 Lesson Concept

Unit 3 [15Hrs]

- 3.1 Class Combinations: Teacher, Wake, Student, Yoga Class Date, Schedule
- 3.2 Class Management and Component Coordinator, Secretary, Medical Guide, Teacher and Co-Teacher
- 3.3 Community Yoga Teaching Method

3.4 educational literature

Unit 4 [15Hrs]

4.1 Elemental Exercise of Lesson Planning Practicum

4.2 Lesson Planning Diagram

4.3 Components within the microtext

4.4 Components within the text

BOOKS FOR REFERENCE

Teaching Yoga: Essential Techniques and Foundations by Mark Stephens

ACCESSIBLE YOGA: POSES AND PRACTICES FOR EVERY BODY BY

JIVANA HEYMAN

YOG-M-204

Activity

Patanjal Yogsutra-II

Course Outcomes: Students will be able to,

- To know the relationship between Patanjala Yoga and Hatha Yoga texts
- Understand the fundamental knowledge of Yoga
- Develop the interest about cultural aspects
- Reach up to the roots of Yoga
- Develop the authoritativeness, accuracy and objectivity of Yogic wisdom

Total Number of Hrs: 30	Theory	Tutorial	Practical
Credits	2	0	0
Hrs/ week	3	0	0
SCHEME OF EXAMINATION			
Total Marks: 50			
Theory : 50	Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
	10+10	30	

Unit-I: Vibhuti Pada

- Concept and nature of Sanyama
- Concept of three types of Parinamas (Parinamatrayas)
- Concept of Vibhuti and various Vibhutis
- Definition of Kaivalya

Unit-II: Kaivalya Pada

- Five ways to attain Siddhis
- Characteristics of Nirmana Chiita, Types of Karmas
- Concept of Vivekakhyati and Dharmamegha Samadhi
- Attainment of Kaivalya to the Purusha
- Pratiprasav

REFERENCE BOOKS:

- Patanjala yoga darshan BKS Iyengar.
- Patanjala yoga darshan- Gitapress Gorakhpur.

YOG-E-205-A
Yoga therapy

Course Outcomes:

- understood the concept of body and health from the perspective of yoga.
- Understood the Yogic concept of Disease and the remedial measures therein

Total Number of Hrs: 60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/ week	6		0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory:60	Practical		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
60	40		

Unit – 1 Introduction of yoga therapy [15Hrs]

- 1.1 Yoga therapy: meaning, purpose
- 1.2 Yoga treatment methods: a) Asana Pranayama b) Mudra, Bandha. Purification Omkar Sadhana, Yoga Nidra
- 1.3 Yog treatment scope, dignity and necessity
- 1.4 Panchkosha and various disease origin relations, disease concept (according to Yoga and Ayurveda)

Unit - 2 Yoga Concept for Disease Prevention [15Hrs]

- 2.1 Yoga Concept for Disease Prevention
- 2.2 Disease and numismatics
- 2.3 Disease and Mantra Sadhna (Bhaktambar Stotra, Mahamrityunjaya Mantra, Gayatri Mantra Namokar Mantra, Durga Saptashati)
- 2.4 Concept and Meditation for Freedom from Disorder (Vipassana, Bhavana Yoga, Preksha Dhyana)

Unit 3 Yoga Therapy for diseases [15Hrs]

- 3.1 Diseases, symptoms and yoga treatment related to respiratory system (Cold & Cough, Asthma, Bronchitis, Sinusitis)
- 3.2 Symptoms and Yoga treatment of disorders related to blood circulation system (high blood pressure, low blood pressure, heart disease, anemia)

3.3 Digestive system related diseases, symptoms and yoga treatment
(Indigestion, acidity, constipation, diabetes, colic)

3.4 Symptoms and yoga treatment of disorders related to bones and joints
(Arthritis, rheumatism, rheumatism, gout, room disorders, arthritis, gout)

Unit 4 Yoga Therapy for diseases [15Hrs]

4.1 Diseases related to reproductive system, causes, symptoms and yoga treatment
(prostate gland enlargement, PCOD, leucorrhoea, leucorrhoea)

4.2 Diseases, causes, symptoms and yoga treatment related to marrow organization
(tension, depression, insomnia, anxiety, failure, forgetfulness)

4.3 Endocrine gland related diseases, causes, symptoms and yoga treatment
(obesity, diabetes)

4.4 Urinary tract related diseases, causes, symptoms and yoga treatment (urinary
tract infection, UTI)

REFERENCE BOOKS

1. Preeti Goel & Rita Jain: Spectrum of Health (Sports Publications, New Delhi, 2003)
2. M. M. Gore: Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)

1. Dr. Vijay Kant : Therapeutic reference in Traditional Yoga texts
2. T.S. Rukmani : Patanjala Yoga Sutra, Munshiram Manoharlal, 2001
3. Nagendra, H. R.: Yoga for Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2000
4. Nagendra H. R: New Perspective in Stress Management, VK Yoga Publication, Bangalore

YOG-E-205-B
Yoga and Religions

Course Outcomes:

- Understood that the basic concepts and sadhana behind every religion is common for which Yoga provides a systematic elucidation.
- Students are aware that all the religions have common sadhanas of which Yoga is a grammar, and will lead towards harmony and peace.

Total Number of Hrs: 60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/ week	6		0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory 60	Practical		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
60	40		

Unit I: Religions and their essence [15Hrs]

Unit I: Religions and their essence

Meaning of Religion; Introduction to Jainism and Goal of human life in Jainism; Introduction of Buddhism and Goal of human life in Buddhism; Introduction to Islam and Goal of human life in Islam; Introduction to Christianity and Goal of human life in Christianity; Introduction and Essence of Sufism and Goal of human life in Sufism. Difference Between Dharm & Religions

Unit - 2: Yoga in Jainism and Buddhism [15Hrs]

Anekantavada (Syadvada), Concept of Tri-ratnas, Concept of Kayotsarga (Preksha- dhyana); Introduction to Buddhism, Skandha-vada, Concept of Aryasatya or Four Noble Truths, Arya-astangika-marga or Noble-eight-fold-path (Bouddha-Yoga); Tai Chi-based meditation, Zen meditation, Qi-gong meditation and G-Tum-O meditation.

Unit - 3: Yoga in Sufism and Islam [15Hrs]

Elements of Yoga in Sufism, Sufi Meditation Techniques. Sufi Meditation: Muraqaba; Islam: Salat positions along with their most similar yoga positions; Qiyam and Namaste; Ruk'u and Ardha Uttanasana; Julus and Vajrasana; Sujud and Blasana;

Unit - 4: Yoga in Christianity [15Hrs]

Contemplation, Meditation as practiced by Franciscan nuns, Rosary meditation,

Meditation as prescribed by the church, Meditation in Christian literature;
Hesychasm, Maranatha- a christian meditation mantra.

Reference Books

1. Bharatiya Darshano mein Chetana ka Swaroop- Dr. Krishna Saxena
2. Bharatiya Darshan- Acharya Baldev Upadhyaya
3. Upanishadic Adhyatma Vigyan - Dr. Ishwar Bharadwaj
4. Manav Chetana- Dr. Ishwar Bharadwaj
5. Manav Chetana ewam Yoga Vigyan- Dr. Kamakhya Kumar
6. A study in Consciousness Annie Besant
7. Ayurveda and Mind Dr. David Frawley
8. The Root of Consciousness Jeffery Mishlor
9. Mind and Super Mind N.C. Panda
10. Seven States of Consciousness Anthony Campbell
11. Human Consciousness & Yogic Science Dr. Kamakhya Kumar

YOG-E-205-C
Yoga and Ayurveda

Course Outcomes:

- Developed understanding of the Prakruti of human body
- Understood Tridoshas Understood Ayurveda and it's interdisciplinary applications in yoga therapy.

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	3	1	0
Hours/ week	6		0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory :60	Practical		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
60	40		

Unit-1: GENERAL INTRODUCTION TO AYURVEDA [15Hrs]

General introduction to Ayurveda; Definition, aim of Ayurveda, its origin, history and propagation; Basic introduction to main Ayurvedic texts like Charaka Samhita, Sushruta Samhita and Ashtanga Samghra; Ashtanga Ayurveda and its significance; Concept of Health according to Ayurveda and its utility in health promotion and prevention

Unit-2: SWASTHAVRITTA, DINACHARYA, RITUCHARYA, RATRICHARYA, SADVRITTA & [15Hrs]

Basic principles of Ayurveda – Tridosha, Saptadhatu, Trimala, Pancha Mahabhuta, Prakruti & Manas; Concept and importance of Swasthavrita, Dinacharya, Ritucharya; Concept of Sadvrita and Achara Rasayana; Concept of Agni, Srotas and Ama, Concept of Dharniya and Adharniya Vega in Ayurveda; Introduction to Dravya, Guna, Karma, Virya, Vipaka and Prabhava

Unit-3: UPASTHAMBAS WITH SPECIAL EMPHASIS ON AHARA [15Hrs]

Concept of Upasthambha; Concept of Ahara, Ahara pachana, Pathya & Apathya in Ayurveda; Concept of Oja in Ayurveda; Role of Ayurvedic diet in health

Unit 4 INTRODUCTION TO PANCHAKARM [15Hrs]

Introduction to Shariraposhana (nourishment); Role of Poorva and Paschat Karma in Panchakarma; Significance of Panchakarma in Ayurveda and Shatkarma in Yoga; Approach of Ayurveda and Yoga as whole in relation to total health

REFERENCE BOOKS

1. Dr. Priyavrata Sharma: Charak samhita, Chaukhambha Orientalia, Varanasi, Edition of 2008
2. Dr. Ravi dutta Tripathi Dr. Brahmanand Tripathi : Ashtanga Samgraha, Chaukhambha Sanskrit
3. Pratishthan, Delhi, Reprint edition of 2003
4. Dr. K. H. Krishnamurthy : The wealth of Susruta, International Institute of Ayurveda, Coimbatore, 1999
2. Dr. P. H. Kulkarni : Ayurvedic Philosophy, Academia Publishers, 2011
3. Dr. V. B. Athavale : Basic Principles of Ayurveda, Chaukhambha Sanskrit Prathisthan, Delhi, 2004
4. Dr. L. P. Gupta : Essentials of Ayurveda, Chaukhambha Sanskrit Prathisthan, Delhi, 2006
5. Dr. G. Srinivas Acharya : Panchakarma illustrated, Chaukhambha Sanskrit Prathisthan, Delhi, 2009

YOG-RM-206
Research Project

Course Outcomes:

- students get a teaching and research firsthand experience in yoga.
- The academic institution student is undergoing his/her training takes the responsibility of organizing the classes

Total Number of Hours:60	Theory	Tutorial	Practical
Credits	0		4
Hours/ week	0		6
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : NA	Practical : 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
		60	40

During this period students shall get an opportunity of teaching yoga to villagers, weekly four hours. The academic institution where the student is undergoing his/her training takes the responsibility of organizing the classes for

- Yoga for corporate sectors
- Yoga for industrial workers
- Yoga for sports persons
- Yoga for senior citizen
- Yoga for Women
- Yoga for children
- Yoga for rehabilitation of criminals
- Yoga for special needs Divyang

M.A. Yoga IIIrd Semester

Course	Course Code	Course Name	Credit	Lect. / Week	Marks
Major Mandatory	YOG-M-301	yoga practical-III	04	12	60+40
	YOG-M-302	Principal Upanishads	04	06	60+40
	YOG-M-303	Indian Philosophy	04	06	60+40
	YOG-M-304	Activity Introduction to mediational technique	02	03	40+10
Electives (Select Any One)	YOG-E-305-A	Yoga and Naturopathy	04	06	60+40
	YOG-E-305-B	Yoga Shastras-I	04	06	60+40
	YOG-E-305-C	Essence of Bhagavad Gita for holistic living	04	06	60+40
Research Methodology	YOG-RP-306	Field Project	04	06	100
			22	39	550

Kaetke

YOG-M-301
Yoga practical-III

Course Outcomes:

- Development of flexible and fit body by regular practice of yoga.
- Explain the procedure and subtle points involved during each yogic practice.
- Develop an idea about the scientific interpretation of Pranayama

Total Number of Hrs: 120	Theory	Tutorial	Practical
Credits	0	0	4
Hrs/ week	0	0	12
SCHEME OF EXAMINATION			
Total Marks:100			
Theory:	Practical :100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)

Unit- 1 Prayer and Asana [30Hrs]

Omkar prayer, Guruvandana, Patanjalinman, Shantipath.

1.1 Supine laying position

- 1) Kandharasana,2) Sarvangasana,3) Pawanmuktasana,4) Halasana,5) Matsyasana,6) Shavasana

1.2 Prone laying position-

- 1) Simple hand Bhujangasan,2) Tiryak Bhujangasan,3) Dhanurasana,4) Makarasana

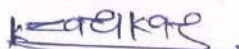
1.3 Sitting Position-

- 1) Ardhamatsyendrasana,2) Ugrasana,3) Suptavajrasana,4) Mandukasana,5) Shashankasana

1.4 Standing position -

- 1) Tiryaktadasana,2) Parivartakonasana ,3) Virasana,4) Sankatasan,5) Uttasana

Unit-2 Long duration posture [30Hrs]



- 2.1 Supain Laying position-1) Halasana 2) opposite 3) Pavanamuktasana
2.2 Prone Laying position-1) Simple Hand Bhujangasana 2) Tiryak Bhujangasana
2.3 seating position- Paschimottanasana, shashankasana, padmasana
yogmudraprakar, padmasana yogmudra prakar-2

Unit 3 Shuddhi kriya and Pranayama with Locks [30Hrs]

All Pranayama from Gherand Samhita & Hathyogpradipika
All Shuddhikriya From Gherand Samhita & Hathyogpradipika

Unit 4 Mudra Dharna And Dhyana [30Hrs]

All Mudra from Gherand Samhita & Hathyogpradipika
All dharana From Gherand Samhita
Pranav Sadhna, Yog nidra,
Mind Sound Resonance Technique (SVYASA)
Transcendental Meditation (Mahesh Yogi)
Raja Yoga Meditation (Brahmakumaris)
ZEN Buddhist Meditation

BOOKS FOR REFERENCES

- Yoga for Promotion of Positive Health, by Dr R Nagarathna, Dr H R Nagendra
Published by SVYP, 2002
- Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha, Bihar Yoga
Bharati, Munger, Bihar, India.
- B.K.S Iyengar: Light on Pranayama, Aquarian/Thorsons, 1992
- 1. Basavaraddi I. V. & Others: Teachers Manual for School Teachers, MDNIY,
New Delhi, 2010
- 2. Joshi, K.S.: Yogic Pranayama, Oriental Paperback, New Delhi.
- 3. Swami Kuvalyananda: Pranayama, Kaivalyadhama, Lonavla, 2009
- 4. Iyengar, B.K.S.: Light on Pranayama, Harper Collins, Swami Vivekanand Yoga
Prakashan, 2012
- 5. Nagendra, H.R: The Art and Science of Pranayama, Swami Vivekanand Yoga
Prakashan,

15/01/22

YOG-M-302
Principal Upanishads

Course Outcomes:

- Critical understanding of the Principal Upanishads.
- Develop understanding of the nature of Soul.
- ⁵ The basic concept of Brahmanvidya.

Total Number of Hrs: 60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/ week	6		0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 60	Practical		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
60	40		

Unit 1 Isha, ken,kath. [15Hrs]

Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava.

Kena Upanishad: Self and the Mind; Intuitive realization of the truth; Moral of Yaksha Upakhyaana.

Katha Upanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization.

Unit 2 Prashan Mundak manduka [15Hrs]

Prashna Upanishad: Concept of Prana and rayi (creation); Panchapranas; The six main questions;

Mundaka Upanishad: Two approaches to Brahma- Vidya- Para and Apra; The greatness of Brahmanvidya; Worthlessness of Selfish-karma; Tapas and Gurubhakti; The origin of creation, the ultimate aim of Meditation- Brahmanubhuti.

Mandukya Upanishad: Four States of Consciousness and their relation to syllables in Omkara.

Unit 3 Aitareya Taittiriya chandogya Brihadaranyaka [15Hrs]

Aitareya Upanishad: Concept of Atma, Universe and Brahman.

Taittiriya Upanishad: Concept of Pancha Kosha; Summary of Shiksha Valli,

AnandaValli, Bhriuvalli.

Chhandogya Upanishad: Om (udgitha) Meditation; Shandilyavidya.

Brihadaranyaka Upanishad: Concept of Atman and Jnana Yoga; Union of Atman and Paramatman

Uni 4 Bhagavad Gita [15Hrs]

General Introduction to Bhagavad Gita, Definitions of Yoga, their relevance & Scope; Essentials of Bhagavad Gita - meanings of the terms Atmaswarupa, Stithaprajna, Sankhya Yoga (Chpt.II), Karma Yoga (Chpt.III), Samnyasa Yoga and Karma Swarupa (Sakama and Nishkama) Samnyasa, Dhyana Yogas (Chpt. VI); Types of Bhakta(Chpt. VII) Nature of Bhakti (Chpt.XII), Means and End of Bhakti-Yoga; The Trigunas and nature of Prakriti; Three Kinds of Faith. Food for Yoga-Sadhaka, Classification of food (Chpt.XIV & XVII) Daivasura-Sampad-Vibhaga Yoga (Chpt.XVI); Moksa Samnyasa Yoga (Chpt. XVIII)

Reference Books:

1. Upanishad Sangraha- Jagdish Shashtri, Motilal Banarasidas, Varanasi, Delhi, Chennai.
2. Swami Sivananda - The Essence of Principal Upanishads, Divine Life Society, 1980
3. Swami Nikhilananda - The Principal Upanishads, Courier Corporation, 2003
4. 108 Upanishad-Sadhana Khand- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.
5. 108 Upanishad-Brahmavidya Khand-Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.
6. 108 Upanishad-Jnana Khand- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar

YOG-M-303
Indian Philosophy

Course Outcomes:

- Appreciate the insight in the six systems of Indian philosophy.
- Explain the understanding of Yoga as a philosophy and inculcate the essence.
- Describe the various schools of philosophy like Buddhism, Samkhya, Mimamsa etc. which are relevant to yoga practice.

Total Number of Hrs: 60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/ week	6		0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100	Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
60	40		

Unit-1: Nyaya and Vaisesika [15Hrs]

Nature of physical world, Individual soul, liberation and concept of supreme soul in Indian philosophy, Theory of body, mind and soul and philosophical background, The sixteen Padarthas according to Nyaya, Concept of Nyaya philosophy, means of salvation according to Nyaya and Vaisesika, Means and objects of knowledge according to Nyaya and Vaisesika Category of substance- Nava dravyas, Category of quality-24 gunas, Relation between Nyaya and Vaisesika philosophy

Unit-2: Samkhya and Yoga [15Hrs]

Theory of cause and effect; Prakriti and Purusha; Process of evolution of universe and concept of liberation; Concept of Atman, Brahma, Maya, Universe, God; the self and human life; Three fold afflictions and means to overcome afflictions; Twenty five entities according to Samkhya and means of knowledge; Saakarya Vada; Similarities and dissimilarities between Vyakta and Avyakta, Triguna; Existence of Purusa, plurality of Purusa, proximity of Purusa and Prakrti; Karana, Antah Karana and Bahya Karana according to Sankhya Karika; Liberation and means of attaining it; Organization of the Yoga sutras, stages of Chittas, forms of Chitta, modification of Chittas, Kind of Kleshas, the eight fold of Yoga and God &

liberation

Unit-3: Mimamasa (Purva and Uttara) [15Hrs]

Concept of Badarayana in Uttaramimamsa; Anumana, Sabda; Difference between vidya & avidya, subject & object, creation & causation, cause & effect; Pratyaksa, Anumana, Upamana, Arthapati, Anupalabdi and Sabda according to ttaramimamsa; Atheism, Dharma in the context of Purvamimasa, Summary of ten Upanisads, Atman, Brahma, Maya, Universe, God; The self and human life; Major teachings of Mimamsa system; Selfless action, nonattachment, self-control, self-discipline; Daily schedule for psychophysical wellbeing, social awareness, sense of equality, unity with diversity, selectiveness

Unit-4: Naastika philosophy [15Hrs]

Carvaka philosophy: Origin and history of Carvaka philosophy, Metaphysics and Epistemology, Buddhism: Four noble truths, Pramanas Jainism: Categories, Triratnas and Syadvada

REFERENCE BOOKS

1. C.D. Sharma: Critical Survey of Indian Philosophy, Motilal Banarsidass Publications 2003
2. N. V. Banerjee: The Spirit of Indian Philosophy, Arnold-Heinemann Publishers, 1974
- P.T. Raju: Structural Depths of Indian Thought, SUNY Press, 1985
- S. N. Dasgupta: A History of Indian Philosophy Vol.1, Motilal Banarsidass Publications, 1992
- J.N. Mohanty: Classical Indian Philosophy, Published by Rowman & Littlefield, 2000
- T.M.P. Mahadevan: Invitation to Indian Philosophy, Arnold-Heinemann Publishers, 1974

YOG-M-304

Activity

Introduction to meditational technique

Course Outcomes:

- Have an exposure to understand the principles, concept and the procedure of various Meditation techniques.
- Understand the commonalities across the various contemporary techniques.
- Explain and teach the techniques with confidence.

Total Number of Hrs: 30	Theory	Tutorial	Practical
Credits	1	0	1
Hrs/ week	2	0	1
SCHEME OF EXAMINATION			
Total Marks: 50			
Theory :	Practical :50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
	10	30	10

Unit-I Meditation in Ancient Hatha Yogic text

1. Meditation on Aadhar in siddha siddanta paddhati
2. Meditation as Lakshya
(Antar Lakshya, Madhya Lakshya, bahir Lakshya)
3. Meditation as Panch dharana

Unit-II Meditation Explained in other texts

1. Meditation in Patanjala Yogsutra
2. Buddhist meditation techniques such as Zen meditation and vipashyana meditation
3. Meditation in Jainism Preksha Dhyana
4. Mantra meditation

REFERENCE BOOKS:

Siddha Siddanta Paddhati
Patanjala Yogsutra
Gherand samihita

YOG-E-305-A
Yoga and Naturopathy

Course Outcomes:

- Understood the applied value of Naturopathy
- Understood the collaborative ideas of yoga therapy and Naturopathy
- Skill developed for The treatment therapies by 5 elements of nature

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	4	0	0
Hours/ week	6		0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100	Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
60	40		

Unit 1 Introduction and Development of Naturopathy [15Hrs]

- 1.1 Meaning and Definition of Naturopathy
- 1.2 History And origin of naturopathy
- 1.3 Development progress of Naturopathy in India.
- 1.4 Development Progress of Modern Naturopathy

Unit 2 10 Principals of Naturopathy [15Hrs]

Unit 3 Introduction of Panchmahabhut [15Hrs]

- 3.1 Pruthwi Earth
- 3.2 Jal Water
- 3.3 Agni Fire
- 3.4 Vayu air
- 3.5 Akash Sky-Space

Unit 4 Treatments in Naturopathy [15Hrs]

- 4.1 Different types of bandages Used in Jalopchar Hadrotheropy
- 4.2 Methods used in Different Diseases of Agnitatva Fire Elements
- 4.3 Principal of Fasting, importance, types of fasting and Precaution
- 4.4 Different types of bandages Used matrukopchar Earth Elements

BOOKS

1. S. D. Dwivedi : Naturopathy for perfect health, Kalpaz Publication Delhi, 2002
2. Pravesh Handa : Naturopathy and Yoga, Kalpaz Publication Delhi, 2006
3. S.J.Singh. : My Nature Cure or Practical Naturopathy
4. M.K.Gandhi : The story of my experiment with truth

REFERENCE BOOKS

1. R.K.Garde : Ayurvedic for Health and Long life Harry Benjamin. : Everybody's Guide to Nature Cure
2. M.K.Gandhi. : My Nature Cure

YOG-E-305-B
Yoga Shastras-I

Course Outcomes:

- Understood the overview of Bhrahmasutras
- Gained knowledge of Vivek Chudamani
- Developed concept of Brahm, Jeeva and Jagat

Total Number of Hrs: 60	Theory	Tutorial	Field Work
Credits	3	1	0
Hrs/ week	6		0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory :60	Practical Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
60	40		

Unit 1: Brahma Sutra [15Hrs]

Brief Introduction of Brahmasutra and its writer, Explanation of these sutras Athato Brahma Jijnasa; Janmadyasya Yatah; Shastrayonitvat; Tattusamanvayat

Unit 2: Vivek Chudamani-I [15Hrs]

Brief Introduction of Vivek Chudamani, Importance of Tattvajnana, Means of attaining Tattvajnana, Eligibility of Sadhaka, Sadhana Chatusthaya, Importance of Self Realization, Concept and need of Aparokshanubhuti, Three Shareer (Physical, Subtle & Causal), Dehasakti-Ninda, Indriya and Indriya-Vishaya Ninda, Antahkaran Chatusthaya.

Unit 3: Vivek Chudamani-II [15Hrs]

Atmanirupana, Anatmanirupana, Adhyas and Adhyas Niras, Awaranshakti and Vikshepashakti, Panch Prana, Panch Kosha, Ego and Criticism of Egoism, Negligence of Drishya

Unit 4: Vivek Chudamani-III [15Hrs]

Brahma Nirupana, Brahma Bhawana, Maha Vakya Vichara, Brahma Jagat Ekata, Concept of Samadhi, Concept of Vairagya, Outcomes of Self Realization, Symptoms of Jivanmukta

Reference Books:

1. Brahma Sutra- Shankar Bhasya, Gita Press Gorakhpur.
2. Vivek Chudamani- Arvindananda Yati, Choukhamba Vidyabhawan, Varanasi, UP.
3. Vivek Chudamani- Gita Press, Gorakhpur.

YOG-E-305-C

Essence of Bhagavad Gita for holistic living

Course Outcomes:

- Understood the significance of Bhagavad gita and its essence
- Understood the concept of Atman, Paramatman, Sthitaprajna
- Have a deep understanding between the qualities of a Karma and Bhakti yogi.
- Understood the concept of Ahara as per Geeta.

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	3	1	0
Hours/ week	6		0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 60	Practical: Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
60	40		

Unit – 1: Significance of Bhagavadgita as synthesis of yoga [15Hrs]

Introduction to Bhagavadgita; Bhagavadgita and traditional commentaries;

Bhagavadgita: a

synthesis of Yoga; Definitions of Yoga in Bhagavadgita and their relevance;

Bhagavadgita and their relevance in Yoga Sadhana

Unit-2: Concept of Atman, Parmatman and characteristic of Sthita prajna in Bhagavdgita [15Hrs]

Concept of Sthita Prajna, stages and characteristic of it; Concept of Maya, Prakriti

Concept of Paramatman (Parmeshwar or Purushottam) their characteristic in

Bhagavadgita; Concept of Jnana and Jnana Yoga, origin of the world as described in Bhagavadgita

Unit-3: Karma yoga and Bhakti yoga in Bhagavadgita [15Hrs]

Concept of Karma Yoga in Bhagavad Gita; Swadharm Concept of Awatar,

Concept of Bhakti, concept of Shraddha and its relevance as described in

Bhagavad Gita Ethics of Bhagwad Gita, Synthesis of Karmyoga, Bhakti Yoga and Gyan Yoga in Bhagwad Gita.

Unit – 4: Concept of ahara and role of Bhagavadgita in healthy living

Role of Bhagavadgita in day to day life; Concept and classification of Ahara as

described in Bhagavadgita; Ahara and its role in Adhyatma Sadhana; Concept of

Triguna in the context of Bhagavadgita; Theory of Adjustment in healthy living as

described in Bhagavadgita

BOOKS FOR REFERENCE

1. Swami Gambhiranand ; Bhagavadgita (with Gudharth Dipika) Sri Ramkrishna Matha Madras
2. Swami Gambhiranand ; Bhagvatgita with the commentary of Sankaracharya, Advaita Ashrama, Kolkata, 2003
3. Swami Ramsukhadas; Srimad Bhagavadgita (Sadhaka Sanjivani) Gita Press Gorakhpur
4. Swami Ranganathananda ; Bhagavadgita, Advaita Ashrama Sub- Dept-5 delhi
1. Swami Shrikantananda; Gita Darshana, Indian Institute of Human Excellence Hyderabad
2. Swami Tapasyananda ; Srimadbhagavadgita Sri Ramkrishna Matha Madras
3. Swami Abhidananda Bhagvatgita, the divine message, Ramakrishna Vedanta Matha, Kolkata, 1990
4. Swami Raghvenderananda; Universal message of the Bhagvatgita, Advaita Ashrama, Kolkata, 2000

YOG-RP-306
Field Project

Course Outcomes:

- Able to Gain more practical knowledge of different Yoga Texts.
- Developed ability to conduct Yoga sessions
- Developed comprehensive approach towards given health problems

Total Number of Hrs: 60	Theory	Tutorial	Field Work
Credits	4		
Hrs/ week	6		
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory	Practical		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
		60	40

Instructions:

During field training students are expected to carry out the following tasks.

4. Involve themselves during practical session.
5. Understand how to take teach
6. Gain the knowledge of teaching different Yoga Texts

Note:

Students need to spend 2 hours every day in the nearby Yoga Schools/ Recognized Yoga Universities

- Yoga for corporate sectors
- Yoga for industrial workers
- Yoga for sports persons
- Yoga for senior citizen
- Yoga for Women
- Yoga for children
- Yoga for rehabilitation of criminals
- Yoga for special needs Divyang

M.A. Yoga IVth Semester

Course	Course Code	Course Name	Credit	Lect. / Week	Marks
Major Mandatory	YOG-M-401	Yoga practical-IV	04	12	60+40
	YOG-M-402	Yogic Upanishads	04	06	60+40
	YOG-M-403	Yoga and Mental Health	04	06	60+40
Electives (Select Any One)	YOG-E-405-A	Yoga and Alternative Therapy	04	06	60+40
	YOG-E-405-B	Yoga Shastras-II	04	06	60+40
	YOG-E-405-C	Applied Yoga	04	06	60+40
Research Methodology	YOG-RP-406	Dissertation	06	06	150
			22	39	550

Revised

YOG-M-401
Yoga practical-IV

Course Outcomes:

- Develop perfection to practice different yogic techniques.
- Teach the yoga practices in a scientific interpretation.
- Help to build up a complete personality with physical health, mental well-being

Total Number of Hours: 120	Theory	Tutorial	Practical
Credits	0	0	4
Hours/ week	0	0	12
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: NA	Practical: 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
		60	40

Unit- 1 prayer & Asana-from Gherand Samhita & Hathyogpradipika [30Hrs]
Omkar prayer, Guruvandana, Patanjalinman, Shantipath.

- 1.1 Supine laying position
- 1.2 Prone laying position
- 1.3 Sitting Position
- 1.4 Standing position

Unit-2 Long duration posture [30Hrs]

- 2.1 Supain Laying position-1) Halasana2) Pavanamuktasana
- 2.2 Prone Laying position- 1) Bhujangasana, 2) Tiryak Bhujangasana
- 2.3 seating position- Paschimottanasan,shashankasan,padmasan
yogmudraprakaar,padmasan yogmudra prakaar-2

Unit 3 Shuddhi kriya and Pranayama [30Hrs]

- All Pranayama from Gherand Samhita & Hathyogpradipika
All Shudhikriya From Gherand Samhita & Hathyogpradipika

Unit 4 Mudra Dharna And Dhyan [30Hrs]

- All Mudra from Gherand Samhita & Hathyogpradipika
All dharana From Gherand Samhita
Nadanusandhan in Hathyogpradipika
Pranav Sadhna, Yog nidra,

BOOKS FOR REFERENCES

- Yoga for Promotion of Positive Health, by Dr R Nagarathna, Dr H R Nagendra Published by SVYP, 2002
- Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha, Bihar Yoga Bharati, Mungher, Bihar, India.
- B.K.S Iyenger: Light on Pranayama, Aquarian/Thorsons, 1992
- 1. Basavaraddi I. V. & Others: Teachers Manual for School Teachers, MDNIY, New Delhi, 2010
- 2. Joshi, K.S.: Yogic Pranayama, Oriental Paperback, New Delhi.
- 3. Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2009
- 4. Iyengar, B.K.S.: Light on Pranayama, Harper Collins, Swami Vivekanand Yoga Prakashan, 2012
- 5. Nagendra, H.R: The Art and Science of Pranayama, Swami Vivekanand Yoga Prakashan,

YOG-M-402
Yogic Upanishadas

Course Outcomes:

- Knowledge of Absolute Reality.
- Clarity about Union of Atma and Paramatma
- Overview of 4 Yog Upanishads

Total Number of Hrs: 60	Theory	Tutorial	Field Work
Credits	3	1	0
Hrs/ week	6		0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100	Practical:		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
60	40		

Unit 1: Shandilya Upanishad [15Hrs]

Brief Introduction of Shandilya Upanishad, Ashtanga Yoga: Types of Yama, Types of Niyama, Types of Asana, Concept and Types of Nadi & Prana, Stages of Pranayama, Concept & Types of Pratyahara, Concept & Types of Dharana, Concept & Types of Dhyana. Concept of Samadhi.

Unit 2: Jabaldarshanopanishad [15Hrs]

Brief Introduction to Jabaldarshanopanishad, Ashtanga Yoga: Yama (10 Types), Niyama (10 Types), Asana (9 Types), Types of Prana & Nadi, Types of Pranayama, Pratyahara, Dharana, Dhyana (Its Types) & Samadhi.

Unit 3: Trishikhibrahmanopanishad [15Hrs]

Brief Introduction to Trishikhibrahmanopanishad, Concept & Types of Yamas and Niyamas, Concept & Types of Asanas, Types of Nadi, Types of Prana & Pranayama, Concept of Pratyahara, Dharana, Dhyana, Samadhi.

Unit 4: Yogchudamanyupanishad [15Hrs]

Brief Introduction of Yogchudamanyupanishad, Shadanga Yoga- Asana & its types, Types of Chakra, Nadi, Prana, Pranayama: Its types & Benefits, Concept of Kundalini, Mitahara Mudra & Bandhas, Concept of Pratyayahara, Concept of Dharana, Concept of Dhyana, Concept of Samadhi

Reference Books:

1. Upanishad Sangraha- Jagdish Shashtri, Motilal Banarasidas, Varanasi, Delhi, Chennai.
2. Swami Sivananda - The Essence of Principal Upanishads, Divine Life Society, 1980
3. Swami Nikhilananda - The Principal Upanishads, Courier Corporation, 2003
4. 108 Upanishad-Sadhana Khand-Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.
5. 108 Upanishad-Brahmavidya Khand- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.
6. 108 Upanishad-Jnana Khand- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar

YOG-M-403
YOGA AND MENTAL HEALTH

Course Outcomes:

To apply the yogic knowledge for mental health

- To know the concept of mental health
- To know the importance of mental health in day to day life
- To know the role of yogic practices for mental stability

Total Number of Hrs: 60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/ week	6		0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100	Practical:		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
60	40		

UNIT I – Introduction to Modern Psychology

- Introduction and history of modern psychology, Needs and goals of psychology
- Developmental stages of psychology: from puberty
- Psychological basis of behavior, Types of behaviors, behavioral theory of psychology
- Cognitive functions of mind, Stages of sleep (modern and yoga)

Unit II – Introduction to Eastern Psychology

- Difference between eastern and western psychology
- Nature, meaning and scope of eastern psychology
- Personality traits – Allport and Maslow
- Maslow's hierarchy of needs

Unit III – Yogic Psychology

- Mind according to Patanjala Yogasutras and Vedanta tradition
- Yogic perspective of mental health; Five levels of Chitta; Concept of affliction according to Patanjali, chitta prasada, other practices to overcome the mental afflictions

- Concept of mental afflictions in Bhagavad Geeta, assessment of mental disorders, practices for maintaining mental health

- Various Yogic practices to promote good mental health

Unit IV – Preventive and Curative aspects of Yoga for Common Psychological Disorders

- Characteristics of common psychological disorders
- Yogic management of Frustration and Stress
- Yogic management of Anxiety, Depression and Aggression
- Yogic management of Insomnia and Eating Disorders



BOOKS FOR REFERENCE

1. Bhatia, Hans Raj: General Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd,
2. Ciccarelli, S. K., Meyer, G. E. & Misra, G.: Psychology: South Asian Edition. New Delhi: Pearson Education, 2010
3. Hilgard, Ernest R., Atkinson, Richard C. & Atkinson, R.L.: Introduction to Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.
4. Basavaraddi, I.V.: Yoga Teacher's Manual for School Teachers. New Delhi: Morarji Desai National Institute of Yoga, 2010
5. Morgan, C. T., King, R.A., Weisz J. R. & Schopler J.: Introduction to Psychology. New Delhi: Tata McGraw Hill Publishing Co. Ltd, 2006
6. Passer, M.W. & Smith, R.E.: Psychology: The Science of Mind and Behaviour. New Delhi: Tata McGraw-Hill, 2010
7. Singh, A. K.: Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007

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YOG-E-405-A
Yoga and Alternative Therapy

Course Outcomes:

- The relevance of Yama and Niyama to improve the quality of life.
- Develop the knowledge of purification practices.
- Learn the Yogic life style and manage common disorders in body and mind

Total Number of Hrs: 60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/ week	6		0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 60	Practical:		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
60	40		

Unit 1 Introduction of Alternative Therapy [15Hrs]

- 1.1 Concept of Alternative therapy
- 1.2 Comparative Study of Alternative Therapy and Modern Medicine
- 1.3 Types of Alternative Therapy
- 1.4 Benefits and Limitation of Alternative Therapy

Unit 2 Acupressure [15Hrs]

- 2.1 Meaning and History of Acupressure
- 2.2 Principles, Methods of Acupressure
- 2.3 Different instrument of Acupressure
- 2.4 Treatment of various diseases by Acupressure

Unit 3 Acupuncture [15Hrs]

- 3.1 Meaning and History of Acupuncture
- 3.2 Principles, Methods of Acupuncture
- 3.3 Different instrument of Acupuncture
- 3.4 Treatment of various diseases by Acupuncture

Unit 4 Magnet Therapy [15Hrs]

- 4.1 Meaning and History of Magnet Therapy
- 4.2 Principles of Magnet Therapy
- 4.3 Different instrument of Magnet Therapy
- 4.4 Treatment of various diseases by Magnet Therapy

REFERENCE BOOKS

- 1. S. D. Dwivedi : Naturopathy for perfect health, Kalpaz Publication Delhi, 2002
- 2. Pravesh Handa : Naturopathy and Yoga, Kalpaz Publication Delhi, 2006
- 3. S.J.Singh. : My Nature Cure or Practical Naturopathy
- 4. M.K.Gandhi : The story of my experiment with truth
- 1. R.K.Garde : Ayurvedic for Health and Long life Harry Benjamin. :
Everybody's Guide to
Nature Cure
- 2. M.K.Gandhi. : My Nature Cure

YOG-E-405-B
Yoga Shastras-II

Course Outcomes:

- Developed detailed concept of Yog Darshan
- Understood the significance of Ashtanga Yoga
- The concept of four Padas of Yog Sutras with their significance will be appreciated by students

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	3	1	0
Hours/ week	6		0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100	Practical: Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
60	40		

Unit - 1: Introduction to Yoga darshana of Patanjali and concept of Citta, citta bhoomis Cittavrittis and Citta vritti nirodhopaya [15Hrs]

Brief Introduction to Maharshi Patanjali and Patanjala Yoga Sutra (P.Y.S.), Brief Introduction to traditional commentators and commentaries of Patanjala Yoga Sutra (Vyasa Bhasya, Tatvavaisharadi, Bhoja Vritti and Yoga-vartika); Concept of Mana, Buddhi, Ahankar and Chitta Concept of Citta Bhoomis (Kshipta, Mood, Vikshipta, Ekagra, Nirudha); Concept of Citta-Vrittis and their classification, Citta-Vritti Nirodhopaya (Abhyasa and Vairagya); Concept of Ishwar and Ishwar Pranidhana, Qualities of Ishwar, Concept of Samprajnata; Citta-Vikshepas (Antarayas), Concept of Citta-prasadanam, Relevance of Citta-prasadanam in Yoga Sadhana.

Unit - 2: Samadhi pada [15Hrs]

Concept of Yoganushasanam, Yoga Lakshanam and its results; Types of Samadhi (Samprajnatah and Asamprajnatah Samadhi); Types of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmita); Concept of Samapatti and kinds of Samapatti (Savitraka and Nirvitraka, Savichara and Nirvichara); Types of Asamprajnatah Samadhi (Bhavapratyaya and Upayapratyaya).

Unit 3 Sadhan pada [15Hrs]

Introduction to Ashtanga Yoga; Concept of Asana and Pranayama and their Siddhis; Concept of Pratyahara and its Siddhis.

Unit - 4: Vibhuti and Kaivalya Pada [15 Hrs.]

Introduction of Dharana, Dhyana and Samadhi, Samyama and its Siddhis; Three types of Chitta Parinamah; Bhoota jaya, Indriya jaya and their Siddhis, Satvapurushanyatakyati and its Siddhis; VivekJnanaNirupanam, Kaivalya Nirvachana; Role of Dharana, Dhyana, Samadhi and its application; Five Types of Siddhis and Jatyantar Parinamh; Concept of Nirman Chitta and four types of Karmas; Concept of Vasana and concept of Bahya Pradartha (external element) and its abilities.

BOOKS FOR REFERENCE

1. Swami Digambara Ji and others: Glossary of the Samkhakarika, Kaivalyadhama, Lonavala, 2012
2. Swami Virupaksananda: Samkhyakarika of I svarakrisna (with tattva Kamudia of Vachapati Mishra), Sri Ram Krishana Matha Madras, 1995
3. James R. Ballantyne: The Sankhya Aphorisms of Kapila, Parimal Publications, New Delhi, 2004
1. V.V. Sovani: A critical study of the Sankhya System, Chukhambha Sanskrit Pratisthan, New Delhi, 2005
2. M.R. Yardi: The Yoga of Patanjali, Bhandarkar Oriental Research Institute, Poona, India, 1970
3. K.D. Prithvipaul: The Yogasurta of Patanjali M.L.B.D. New Delhi
4. Gaspar M. Koelmenn, S.J: Patanjali Yoga, Papal Athenaeum, Poona, 1970
5. Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa)

YOG-E-405-C Applied Yoga

Course Outcomes:

- Understood the applied value of yoga in different domain.
- Have an idea about the role of yoga for school, sports,
- Students are now capable to manage technostress and geriatric care.

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	3	1	0
Hours/ week	6	0	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100	Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
60	40		

Unit -1: Yogic Health for school [15Hrs]

General Introduction to School Health, components of school health; Parent-Teacher-Student relationship in a School Health; Role of social interaction in a School Health; Brief introduction to developmental process of children; Psycho-Physiological changes and development of cognitive functions in School going children; Role of Yoga in establishment of values in School going children; Personality Development: New Dimensions of Personality through Yoga

Unit -2: Yoga in Physical Education, Sports Sciences [15 Hrs.]

General introduction to Physical Education and Sports; Difference between Physical Education & Sports; Relevance of Integration of Yoga in Physical Education & Sports; Yoga for Physical, Mental Stamina and other faculties / skills in a sports Personnel; Nature of different sports injuries, its prevention and management through Yoga; Yoga modules for different sports – track events, field events, single participation, group participation; Application of Yogic lifestyle in improving efficacy in sports personnels; Relationship between Yoga and sports activities; Research reviews on Yoga and Sports

Unit -3: Yoga for technostress [15 Hrs.]

Introduction to Technostress, its cause, symptoms and complications; Health Hazards in computer professionals; Role of Yoga in the promotion of skills; Application of Yoga for management of Technostress; Research reviews on effect of Yoga on Technostress

Unit - 4: Vibhuti and Kaivalya Pada [15 Hrs.]

Introduction of Dharana, Dhyana and Samadhi, Samyama and its Siddhis; Three types of Chitta Parinamah; Bhoota jaya, Indriya jaya and their Siddhis, Satvapurushanyatakyati and its Siddhis; Vivek Jnana Nirupanam, Kaivalya Nirvachana; Role of Dharana, Dhyana, Samadhi and its application; Five Types of Siddhis and Jatyantar Parinamh; Concept of Nirman Chitta and four types of Karmas; Concept of Vasana and concept of Bahya Pradartha (external element) and its abilities.

BOOKS FOR REFERENCE

1. Swami Digambara Ji and others: Glossary of the Samkhakarika, Kaivalyadhama, Lonavala, 2012
2. Swami Virupaksananda: Samkhyakarika of I svarakrisna (with tattva Kamudia of Vachapati Mishra), Sri Ram Krishana Matha Madras, 1995
3. James R. Ballantyne: The Sankhya Aphorisms of Kapila, Parimal Publications, New Delhi, 2004
1. V.V. Sovani: A critical study of the Sankhya System, Chukhambha Sanskrit Pratisthan, New Delhi, 2005
2. M.R. Yardi: The Yoga of Patanjali, Bhandarkar Oriental Research Institute, Poona, India, 1970
3. K.D. Prithvipaul: The Yogasurta of Patanjali M.L.B.D. New Delhi
4. Gaspar M. Koelmenn, S.J: Patanjali Yoga, Papal Athenaeum, Poona, 1970
5. Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa)

Unit -4: Yoga for geriatric care [15 Hrs.]

General introduction to Geriatric Care; Ageing: Causes and features, Premature ageing; Common Geriatric problems; Application of Yoga in common Geriatric problems and their prevention & management; Research reviews on Yoga & Geriatric care

BOOKS FOR REFERENCE

1. Jayadev H J : Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004
2. Liz Lark : Yoga for Kids, Carlton Books Ltd., London, 2003
3. Swati & Rajiv Chanchani : Yoga for Children: A complete illustrated guide to Yoga, UBS Publishes Distributors Pvt. Ltd, 2008
4. Iyenger B K S : The Path to Holistic Health, A Dorling Kindersley Book, Great Britain, 2001
5. Dr. Goel Aruna : Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007
1. Basavaraddi I V : Yoga: Teachers manual for school children, MDNIY New Delhi , 2010
2. Basavaraddi I V : Yoga in School Health, MDNIY New Delhi, 2009 Iyenger B K S : Astadala Yogamala 1 to 7 volumes, Allied Publishers Pvt. Ltd, 2009
3. Basavaraddi I V : Yoga for Technostress, MDNIY, New Delhi, 2010
4. Dr. H Kumar Kaul : Yoga and Healthy Ageing, BR Publishing Corporation, Delhi, 2006
5. Basavaraddi I V : Yogic Management of Geriatric Disorders, MDNIY, New Delhi, 2009

YOG-RP-406
Dissertation

Course Outcomes:

- The students will have a scientific approach towards a problem
- The proposed hypothesis of their dissertation would bring competence to independent problem handling and solving
- Data generation, interpretation and presentation have developed deep understanding of Problem and students are even prepared to take PhD as their next level of research

BOOKS FOR REFERENCE

1. Bhatia, Hans Raj: General Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd,
2. Ciccarelli, S. K., Meyer, G. E. & Misra, G.: Psychology: South Asian Edition. New Delhi: Pearson Education, 2010
3. Hilgard, Ernest R., Atkinson, Richard C. & Atkinson, R.L.: Introduction to Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.
4. Basavaraddi, I.V.: Yoga Teacher's Manual for School Teachers. New Delhi: Morarji Desai National Institute of Yoga, 2010
5. Morgan, C. T., King, R.A., Weisz J. R. & Schopler J.: Introduction to Psychology. New Delhi: Tata McGraw Hill Publishing Co. Ltd, 2006
6. Passer, M.W. & Smith, R.E.: Psychology: The Science of Mind and Behaviour. New Delhi: Tata McGraw-Hill, 2010
7. Singh, A. K.: Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007

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