

Dr. Babasaheb Ambedkar Marathwada University, Aurangabad.

Department of Yoga

M.A. Yoga Syllabus

1. Program Educational Objectives:

- I. Master level of knowledge and competency in Yoga.
- II. Ability to work in private and public organization for education and training of Yoga.
- III. Ability to provide professional services to various organization/industries.
- IV. Provide value and ethical leadership for promotion of Yoga.
- V. Attitude for life-long learning and higher education and research.

2. Program Outcomes:

The program outcomes (PO) are the statement of competencies/ abilities. POs are the statement that describes the knowledge and the abilities the graduate/ post-graduate will have by the end of program studies.

- a. In-depth knowledge and ability to perform Yoga and Yogic practices.
- b. Knowledge of the Sanskrit names of the postures and breathing exercises, detailed benefits and caution.
- c. Possess an understanding of all aspects of a subject and its specific applications to the practice of Yoga.
- d. Practice, possess a confident, in-depth understanding of a subject and its multiple applications as well as its potential limitations in the various domains of life
- e. Demonstrate the ability to undertake particular tasks associated with the work of a Yoga Professional.
- f. In-depth knowledge of human systems, yoga and health, Yoga for wellness- prevention and promotion of positive health and Yoga and stress management
- g. Knowledge of 360 degrees, all round, Yogic exercise through the practice of *asanas*, proper relaxation, proper breathing, contra-indications, cautions and medical considerations; obvious and subtle benefits; and modification in basic postures to accommodate limitations
- h. Familiarity with and demonstrated ability to apply effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the aspirant's progress, and cope with difficulties

i. To recognize and manage the subtle dynamics inherent in the teacher – aspirant relationship.

j. Observed capacity for, well-developed communication skills: listening, presence, directive and non-directive dialogue.

k. Demonstrate value based and ethical leadership in the profession of yoga.

l. Ability for life-long learning, higher education and research.

MA Yoga Semester I

Sem	Course	Ref.No.	Subject Title	Cred it	No. of hours per sem./ Minimum assessment / tutorial	Exam Hours	Marks		Tota l
							Internal	Exam	
1	Foundatio n Course	Course -01	History of Yoga –I	04	60-02	03	20	80	100
		Course -02	Philosophy & Psychology - I	04	60-02	03	20	80	100
	Core Course	Course -03	Anatomy & Physiology - I	02+0 2=04	30+60=90	02+0 2=04	50	50	100
		Course -04	Basic Asanas& breathing Techniques	04	120	02+0 2=04	20	80	100
	Elective Course	Course – 05	Ancient Yoga / Modern Yoga	02+0 2=04	30+60=90	02+0 2=04	50	50	100
	Compulso ry Course	Course -06	Indian Constitution	02	30	02	20	30	50
		Course -07	Research Methodology	02	30	02	50	50	100
Total				24	480		230	420	650

Semester – I

History of Yoga I

Course Outcomes

- Describe the history and philosophy of yoga and the essence of the main types of traditional and modern yoga
- Describe yoga in different religions of eastern and western countries.

- Explain the role of yoga in different arts.
- Describe the prachar and prasara of Yoga.

Foundation Course – 01 (Theory): History of Yoga –I

(Internal 20+ External 80T) (4T Credits – 60T Hours)

UNIT	CONTENT	MARKS
I	Prevedic History of Yoga – Vedic period, Upnishadas, Epic Period (Bhagvad Gita), Buddha and Jain Period	20
II	Modern Era (Raj Yoga, Nada Yoga, Swar Yoga/ Mantra Yoga); Chaturanga Yoga; Saptang Yoga	20
III	Patanjali Yoga Sutra: First Pada (Prathama Pada)	20
IV	Ashtanga Yoga (Yama, Niyama, Asana, Pranayama, Pratyahar, Dharana, Dhyana, Samadhi)	20
	Internal	20
	References	
Hatha Yoga Pradipika	Kaivalyadhama, Lonavala	
Bhartiya Manasshastra	Dr. Kolhatkar, Prasad Prakashan, Pune	
Yog Shashtrache Shikshan	Dr. Nivedita Saraf, Chinmay Prakashan, Aurangabad	
PatanjalYogsutra	Chaukhamba Prakashan, Varanasi	
BhagwadGeeta	Geeta Press, Gorakhpur	
Upnishad	ChaukhambaPrakashan, Varanasi	

Philosophy and Psychology 1

Course Outcomes

- Describe the Yoga with reference to Nine Darshanas.
- Demonstrate the application of Yoga Darshan on Psychology
- Co-relate the applications of Philosophy into the Psychology of Yoga

Foundation Course – 02 (Theory): Philosophy & Psychology of Yoga- I

(Internal 20+ External 80T) (4T Credits – 60T Hours)

UNIT	CONTENT	MARKS
I	Introduction of Nine Darshana: Aastik 6 - Nyaya, Vaisheshik, Samkhy, Yoga, Purva Mimansa, Uttar Mimansa Nastik 3 - Charvasa, Buddha, Jain	20
II	Tradition of Yoga: Study of Indian text on Yoga The Concept of Jeev, Jagatt according to nine Darshana	20

III	Yoga and Traditional Psychology:	20
	The concept of Pramana according to Nine Darshana	
IV	Yoga and Modern Psychology: Definition of Indian & Western Psychology	20
	Internal	20
	References	
BhartiyaTatwdnyan	ShriniwasDikshit	
SharirVidnyan&Yogabhyas	Dr. M.M. Gore, KaivalyaDham	
DrushtharthSharirum	P.G. Athawale, Pune	
SharirKriya	P.G. Athawale, Pune	

Anatomy and Physiology I

Course Outcomes

- Describe the structures of various body systems in humans.
- Explain the functions of Human body in systemic way.
- Explain the interdependence of various systems in human body.
- Explain the role of anatomy & physiology in yoga science

Core Course – 03 (Theory & Practical):

UNIT	CONTENT		MARKS
	Theory (50 Marks)	Practical (50 Marks)	
I	Respiratory System	Respiratory System related Asana	12.5
II	Cardiovascular System	Cardiovascular System related Asana	12.5
III	Digestive System	Digestive System related Asana	12.5
IV	Skeletal System	Skeletal System related Asana	12.5
	External Theory Exam		50
	References		
	Any Book related to Anatomy and Physiology		
	Light on Yoga by B.K.S. Iyengar		

Basic asana and breathing techniques/ Advance asana and breathing techniques

·Course Outcomes

Describe the concept and principle of energy awareness

- Describe Visualization and affirmations
- Guide/ perform asana practice with min and understand the contraindications.

- Demonstrate the therapeutic application of Chakra work
- Apply General counseling skills

Core Course – 04 (Practical): Basic Yogasanas and Breathing Techniques

(Internal 20 Projects+ External 80P) (4P Credits – 120P Hours)

Sr.No.	Contents	Marks
1	Sukshma Vyayam	10
2	Suryanamaskara	10
3	Standing Aasanas: Vrukshasana, Tadasana, Trikonasana, Konasana, Veerbhadasana, Hastanpadasana	10
4	Sitting Aasana: Sukhasana, Swastikasana, Padmasana, Paschimotanasana, Gomukhasana, Vajrasana, Siddhasana	10
5	Supine Lying Position Aasanas: Ardhalasana, VipareetKarni, Sarvangasana, Halasana, Naukasana, Karnapadhasana, Matsyasana, Shavasana	10
6	Prone Lying Position: Shalabhasana, Bhujangasana Variations, Makarasana, Dhanurasana	10
7	Breathing Techniques: Types of Breathing (Clavicular, Chest, Abdominal, Yogic); DirghShwasana – Purak, Rechak, Hands in & out breathing, Shawanashwasan	10
8	Mudra: Chindmudra, Dnyamudra, Yonimudra, Bhairav Mudra, Hridaya Mudra	10
	Internal Project	20
	References: Aasana Pranayama Mudra Bandha – Swami SatyanandSaraswati, Yoga Publication Trust, Munger (Bihar) Prana, Pranayama, Pranavidya, Swami SatyanandSaraswati, Yoga Publication Trust, Munger (Bihar)	

Ancient Yoga/ Modern Yoga

Course Outcomes

- Describe to ancient sciences like Veda & Upanishad.
- Read the literature related to Yoga from Veda & Upanishad.
- Describe the basics of dharshan Shastra.

Elective Course – 05 (Theory & Practical): Ancient Yoga (or) Modern Yoga

(Internal 50P+ External 50T) (2T+2P=4 Credits – 30 T+60P=90 Hours)

Modern Thinkers on Yoga – 30 T Compulsory

UNIT	ANCIENT YOGA (A)	MARKS	MODERN YOGA (B)
I	Definitions of Yoga according to Bhagwat Geeta & Patanjali – Introduction of Patanjali Yog Sutra	12.5	History & Introduction of Power Yoga
II	Introduction of Hatha Pradipika	12.5	Structure – Nature & Scope of Power Yoga
III	Introduction of GherandaSamhita	12.5	History & Introduction of Aerobics
IV	Introduction of Yoga Upnishad	12.5	Nature & Scope of Aerobics
	5 Asana from Hatha Pradipika 2 Pranayam from Hatha Pradipika 5 Asana from GherandaSamhita 2 Pranayam from GherandaSamhita	50	Basic series of Asanas on Music
Practical	External Theory Exam	50	
	GherandaSamhita: Swami NiranjananandSawarwati YPT, Munger Bihar PatanjaliYog: P V Wartak, ShobhanaVartak, Pune Hatha Pradipika, Swami niranjanandSaraswati YPT Munger Bihar Any book related to Power Yoga and Aerobics		

Compulsory Course - 06 (Theory) : Indian Constitution

(Internal 20 T + External 30 T) (2T Credits – 30 Hours)

Existing Common Syllabus

INTRODUCTION TO THE INDIAN CONSTITUTIONS

(Subject Code: IC 001)

2 Credits

Unit I: History of making of the Indian Constitution 04 Hrs

1.1 History

1.2 Drafting Committee (Composition & Working)

Unit II: Philosophy of the Indian Constitutions 06 Hrs

2.1 Preamble

2.2 Salient Features

Unit III: Contours of Constitutional Rights & Duties 12Hrs

3.1 Fundamental Rights

- Right to Equality
- Right to Freedom
- Right against Exploitation
- Right to Freedom of Religion
- Cultural & Educational Rights
- Right to Constitutional Remedies

3.2 Directive principles of State Policy

3.3 Fundamental Duties

Unit IV: Organs of Governance

4.1 Parliament

- Composition
- Qualifications & Disqualifications
- Powers & Functions

4.2 Judiciary

- Appointment & Transfer of Judges
- Qualification
- Powers & Functions

References:

01. The Constitution of India, 1950 (Bare Act.) Government Publication
02. Dr. S.N. Busi, Dr. B.R. Ambedkar framing of Indian Constitution, 1st Edition 2015
03. M.P. Jain, Indian Constitution Law, 7thEdn., Lexis Nexis, 2014
04. D.D. Basu, Introduction to the Constitution of India, Lexis Nexis, 2015
05. M.P. Jain, Outlines of Indian Legal & Constitutional History, Lexis Nexis, 2014
06. ग्रन्व्हील ऑस्टिन भारतीय राज्यघटना राष्ट्राची कोनशीला डायमंड प्रकाशन पुणे २०१३
07. डॉ. भा. ल. भोळे, भारताचे शासन आणि राजकारण, विद्या प्रकाशन, नागपूर

Research Methodology/ Review writing & synopsis writing

Course Outcomes

- Describe the research methodology for scientific research.
- · Explain/practice research process & development of protocol.
- · Demonstrate the ethics in research.
- · Describe various statistical methods.
- · Demonstrate with example data collection, analysis & presentation

Compulsory Course - 07 (Theory): Research Methodology

Existing Common Syllabus: Objective of the Subject

To learn media research

Understand the techniques of qualitative and quantitative research

Contents

Research: Definitions, Methods, Selections & Formulation of Research Problems, Hypothesis, Sampling

Research Designs, Processing & Analysis of data, Statistical Analysis, Findings, Report Writing

Survey: Meaning, Concept, Utility, Planning, Organizing & Conducting survey, Public Opinion Survey, Readership Survey

Data: Meaning, Kinds – Demographic, Socio – Psychological data

Tools of Data Collection: Questionnaire, Schedule, Interview, Case Study, Observation, Content Analysis etc.

Media Research: Measuring Impact, Evaluation, Monitoring and Feedback

Market Research: Principles of Market Research, Theories of Segmentation & Positioning, Pre – Testing, Post – Testing

SUGGESTED READINGS:

1. Social Research S R Vajpayee
2. Doing Your Research Project Judith Bell
3. Research Methodology - Methods & C R Kothari Techniques
4. Research Methodology in Social Sandhu& Singh Sciences
5. Communication & Research V P Michael for Management
6. Research in Mass Media S R Sharma & Anil Chaturvedi
7. Research – How to Plan, Clifford Hawkings& Speak & Write about it Macro Sorgi

MA Yoga Semester II

Sem.	Course	Ref.No.	Subject Title	Credit	No. of hours per sem./ Minimum assessment / tutorial	Exam Hours	Marks		Total
							Internal	Exam	
1	Foundation Course	Course -08	History of Yoga –II	04	60-02	03	20	80	100
		Course -09	Philosophy & Psychology - II	04	60-02	03	20	80	100
	Core Course	Course -10	Anatomy & Physiology - II	02+02=04	30+60=90	02+02=04	50	50	100
		Course -11	Advance Yogasanas & Pranayama	04	120	02+02=04	20	80	100
	Elective Course	Course – 12	Yoga Therapy I/ Yoga Therapy II	02+02=04	30+60=90	02+02=04	50	50	100
	Compulsory Course	Course -13	Review Writing & Synopsis Writing	01	15	02	50	50	100
	Total			21			210	390	600

Semester – II

History of Yoga II

Course Outcomes

- Describe the history and philosophy of yoga and the essence of the main types of traditional and modern yoga
- Describe yoga in different religions of eastern and western countries.
- Explain the role of yoga in different arts.
- Describe the prachar and prasar of Yoga.

Foundation Course – 08 (Theory): History of Yoga –II

(Internal 20+ External 80T) (4T Credits – 60T Hours)

UNIT	CONTENT	MARKS
I	Yoga and Other Religions, Sikhism, Christianity, Parsi, Islam, Buddha, Jain	20
II	Yoga in Eastern and Western Countries –Adaptation & following of Indian Yoga by Western countries; by Eastern countries; Iyengar Yoga in Western Countries	20
III	Yoga & Allied Arts; Dance, Drama, Music, Sports, Visual Arts and Other performing Arts	20
IV	Yoga Prachar and Prasar (Publicity and Development) – Patanjali to 21 st Century Role of following Institute in Yoga 1) Bihar School of Yoga, Munger 2) Iyengar – institute 3) Kaivalyadham, Lonavala, Pune 4) Patanjali Yoga Peeth, Haridwar 5) Swami VivekanandYogAnusandhanSanstha, Bangaluru	20
	Internal	20
	References	

Philosophy and Psychology 11

Course Outcomes

- Describe the Yoga with reference to Nine Darshanas.
- Demonstrate the application of Yoga Darshan on Psychology
- Co-relate the applications of Philosophy into the Psychology of Yoga

Foundation Course – 09 (Theory): Philosophy & Psychology of Yoga- II

(Internal 20+ External 80T) (4T Credits – 60T Hours)

UNIT	CONTENT	MARKS
I	Principles of Nine Darshana	20
II	What is Mind? Mind Control through Pranayama	20
III	Importance of Congenial Atmosphere The Play of Gunas The Role of the Guru in Vital Education (System of Guru Parampara) The Psychology of Yoga Vis – A – Vis the Psychology of Vedanta	20
IV	According to Patanjalai Yogsutra	20

	1) Pramana – Proof of Valid Cognition 2) Viparyaya – illusion or invalid cognition 3) Vikapla – Objectless verbal cognition 4) Nidra – sleep or absence of all distinct cognitions and 5) Smriti – memory or recollection of past cognitions	
	Internal	20
	References	
YogYevamMansikSwasthya	RanjitsingBhogal, Kaivalyadham, Lonawala	
Guru Tatwa	Swami ShivanandaSaraswati, The Divine Life Society, Haridwar	
YogShastracheShikshan	Dr. NiveditaSaraf, ChinmayPrakashan, Aurangabad	

Anatomy and Physiology II

Course Outcomes

Describe the structures of various body systems in humans.

- Explain the functions of Human body in systemic way.
- Explain the interdependence of various systems in human body.
- Explain the role of anatomy & physiology in yoga science

Core Course – 10 (Theory & Practical): Anatomy & Physiology – II

(Internal 50P+ External 50T) (2T+2P=4 Credits – 30 T+60P=90 Hours)

UNIT	CONTENT		MARKS
	Theory (50 Marks)	Practical (50 Marks)	
I	Muscular System	Muscular System related Asana	12.5
II	Nervous System	Nervous System related Asana	12.5
III	Endocrine System	Endocrine System related Asana	12.5
IV	Reproductive System	Reproductive System related Asana	12.5
	External Theory Exam		50
		References	
Any Book related to Anatomy and Physiology			
Light on Yoga by B.K.S. Iyyengar			
Rog gaur Yog: Swami SatyanandSaraswati, YPT Munger, Bihar			

AdvanceYogasanas and Pranayama

COURSE OUTCOMES

Demonstrate and explain the effects of a range of appropriate positional, breathing, relaxation and meditation techniques drawn from diverse yoga practice.

- Describe how the underlying anatomical and physiological principles of alignment relate to safe yoga practice.
- Summarize the philosophical framework underpinning a range of styles of yoga and demonstrate awareness of the effects of yoga practice within the context of health.
- Through a process of reflection identify and assess the personal effects of yoga practice.

Core Course – 11 (Practical): AdvanceYogasanas and Pranayama

(Internal 20 Projects+ External 80P) (4P Credits – 120P Hours)

Sr.No.	Contents	Marks
1	Standing Asanas: Padahastansana, Natrajasana, Garudasana	05
2	Sitting Asanas: Parvatasana; Janushirasana; Ardhmatsyendrasana, SuptaVajrasana; Mandukasana; Ugrasana	10
3	Supine Lying Asanas: Pawan Muktasana (Ardha/ Purna), Setubandhasana, Matsyasana, Ardachankrasana	10
4	Prone Lying Asanas: Makarasana; Niralambasana; Shalabhasana, Naukasana, Advance Dhanurasana	10
5	Balancing Asanas: Kukutasana; Titibhasana, Garudasana, Ek Padasana	10
6	Pranayama: Nadishodhan Pranayama, Surayabhedana, Chandrabhedana, Shitali, Sitkari, Bhramari	10
7	ShuddhiKriyas: Kapalbhathi, Jalneti, Trataka, Vaman	10
8	Mudra: Unmani Mudra, Prana Mudra, VeepritKarni, Yoga Mudra, Kaki Mudra, Shambhavi Mudra	10
9	Meditation: (1) Shawasana Dhyana (2) Awayava Dhyana (3) Antar Mouna	05
	Internal Project	20
	References: Aasana Pranayama Mudra Bandha – Swami SatyanandSaraswati, Yoga Publication Trust, Munger (Bihar) Prana, Pranayama, Pranavidya, Swami SatyanandSaraswati, Yoga Publication Trust, Munger (Bihar)	

Yoga Therapy I & II

Course Outcomes

- How to interact with the client in a profession and Take a case history,
- Keep records of the session
- Assess the clients' needs and progress and Plan a programme of yoga for the individual

- Make a contract with the client, setting profession
- Understand the current laws involved in therapy work

Elective Course – 12 (Theory & Practical): Yoga Therapy - I (or) Yoga Therapy - II

(Internal 50P+ External 50T) (2T+2P=4 Credits – 30 T+60P=90 Hours)

Modern Thinkers on Yoga – 30 T Compulsory

UNIT	Yoga Therapy - I		MARKS	Yoga Therapy - II	
	Theory	Practical		Theory	Practical
I	Factors affecting digestion, concept of yogic diet and regular diet	Aasana related to constipation, acidity, indigestion, diabetes mellitus	12.5	Health as per WHO; Yoga and Ayurveda	Suryanamaskar
II	Ailments related to respiratory system with therapy	Aasana related to Asthama, Cold and cough	12.5	Yoga therapy for mental depression, mental stress, frustration, insomnia and various tensions and stress	Meditation, breathing techniques, yognidra
III	Problems related to circulatory system, blood vessels, factors affecting blood pressure and cardiac diseases with therapy, diseases related to joints, skeletal muscles	Aasanas related to hypertension and arthritis	12.5	Obesity Management through Pranayama and ShuddhiKriyas	Related Asanas for obesity and Vaman, Agnisar, Jalneti, BhastrikaPranayam, Suryabhedana
IV	Diseases related to urogenital and neuroendocrine system	Related asanas and Pranayama	12.5	Yoga for rehabilitation of Addicts	Asana, Pranayama, Meditation for Rehabilitation of addicts
	Internal Practical		50		
	External Theory Exam		50		
	References:				

	Samasya Pet ki Samadhan Yog ka : Swami Satyananda Saraswati, YPT Munger Bihar
	Rog Aur Yog: Swami Satyananda Saraswati, YPT Munger, Bihar

Research Methodology/ Review writing & synopsis writing

Course Outcomes

- Describe the research methodology for scientific research.
- · Explain/practice research process & development of protocol.
- · Demonstrate the ethics in research.
- · Describe various statistical methods.
- · Demonstrate with example data collection, analysis & presentation

Compulsory Course -13 (Theory); Review Writing and Dissertation Synopsis Writing

(Internal 50 Review Writing + External 50 Synopsis Writing) (01 T Credits – 15 T Hours)

As per University Rules

MA Yoga Semester III

Sem.	Course	Ref.No.	Subject Title	Credit	No. of hours sem./ Minimum assessment / tutorial	Exam Hours	Marks		Total
							Internal	Exam	
1	Foundation Course	Course -14	Diet and Nutrition	04	60	03	20	80	100
	Core Course	Course -15	Advance Asanas & Pranayama	06	150	03+03=06	40	160	200
	Compulsory Course	Course – 16	Meditation & Stress Management	03+03=06	60+90=150	03+03=06	100	100	200
	Elective Course	Course -17	Service Course	04	60	03	--	--	100
Total				20	420		160	340	600

Semester – III

COs

Diet and Nutrition

- Describe the basics of Ayurvedic diet.
- Explain the rules & regulations eating habits.
- Analyze and Describe the basics of modern diet.
- Describe the classification & importance of diet.
- Describe the role & functions of macronutrients & micronutrients

Foundation Course – 14 (Theory): Diet and Nutrition

(Internal 20+ External 80T) (4T Credits – 60T Hours)

UNIT	CONTENT	MARKS
I	Introduction to nutrition – food groups, foods and toxins, nutrition in health, nutrition deficiency diseases	20
II	Ideal diet according to Ayurveda	20
III	Yogic Diet according to Hatha Pradipika – Mitaaahar and nishiddhaaahar according to GherandSanhita	20
IV	Modern and yogic concept of diet according to RDA of age / profession / gender etc.	20
	Internal	20
	References	

Advance Yogasanas and Pranayama

Cos

Demonstrate and explain difficult yoga postures in the most advanced way.

- Describe how the underlying anatomical and physiological principles of alignment relate to safe yoga practice.
- Summarize the philosophical framework underpinning a range of styles of yoga and demonstrate awareness of the effects of yoga practice within the context of health.

Core Course – 15 (Practical: Advance Yogasanas and Pranayama

(Internal Projects 40 + External 160P) (6P Credits – 150 Hours)

Sr.No.	Contents	Marks
1	Asanas: Mayurasana, Shirshasana, Chakrasana, BaddhaPadmasana, Watayanasana, ArdhapadmaPaschimotanasana	30
2	Bandha: Jalandhar Bandha, UddiyanBandha, MoolBandha	30
3	Pranayam with Bandhas: Bhastrika, Kapalbhati, Ujjayi with all three Bandha	30
4	Shat Kriyas: Sutraneti, Vesanneti, VastraDhauti, Nauli (Madhya, Wama, Dakshina)	30
5	Meditation: Various types and techniques of Meditation	40
6	Internal Project	40
	References: Aasana Pranayama Mudra Bandha – Swami SatyanandSaraswati, Yoga Publication Trust, Munger (Bihar) Prana, Pranayama, Pranavidya, Swami SatyanandSaraswati, Yoga Publication Trust, Munger (Bihar)	

Meditation and Stress Management

- Achieve know-how of various aspects of Stress and its management.
- Demonstrate various meditation techniques to relieve stress
- Engage professionally with stress management programs in corporates and education sectors.

Compulsory Course – 16 (Theory & Practical): Meditation and Stress Management

(Internal 100P+ External 100T) (03T+03P=06 Credits – 45+90=135 Hours)

UNIT	Content		MARKS
	Theory (100 Marks)	Practical (100 Marks)	
I	Stress and types of stress	Practical : Relaxation Asanas: Shavasana; 10 minutes instructions on Yoga Nidra; breathing techniques	25
II	Stress Induced diseases		25
III	Concept of Patanjali Meditation		25
IV	Meditational Techniques according to Hatha Yoga		25
	External Theory Exam		100
Any Book related to Anatomy and Physiology			
Light on Yoga by B.K.S. Iyyengar			
Yoga Nidra : Swami Satyananda Saraswati, YPT Munger, Bihar			

MA Yoga Semester IV

Sem.	Course	Ref.No.	Subject Title	Credit	No. of hours per sem./ Minimum assessment / tutorial	Exam Hours	Marks		Total
							Internal	Exam	
IV	Foundation Course	Course -18	Classic text of Yoga	04	60	03	20	80	100
	Core Course	Course -19	Applied Yoga	06	150	03	40	160	200
		Course – 20	Yoga and Allied Sciences	03+06=06	60+90=150	03+03=06	100	100	200
	Compulsory Course	Course -21	Dissertation	08	60	01	--	--	100
			Viva - Voce						50
Total				20	420		160	340	650

Semester – IV

Classic Text of Yoga

Course outcomes

- Demonstrate the knowledge of Yoga Vashistha, Yoga upnishada,
- Explain the karma yoga as per Bhagwat Geeta
- Explain Dnyana yoga as per Dnyaneshwari

Foundation Course – 18 (Theory): Classic Text of Yoga

- (Internal 20+ External 80T) (4T Credits – 60T Hours)

UNIT	CONTENT	MARKS
I	Yoga Vashishtha Upshama Prakarana Chapter 78,90; NirwanaPrakarana Chapter 25	20
II	Yoga Upanishad: Amritnaad Upnishada, Yogatatwa Upnishada, Tejobindu Upnishad	20

III	BhagwatGeeta 3 rd Adhyaya – Karma Yoga	20
IV	Dnyaneshwari – 4 th Adhyaya Dnyana Yoga	20
	Internal	20
References	Yoga Vashishtha, Yoga Upanishad, BhagwatGeeta, Dnyaneshwari	

Applied Yoga

Course Outcomes

- Demonstrate the clinical examination skills.
- Explain and demonstrate the process of detail case taking.
- Conduct examination of various body systems.
- Apply yoga in different body conditions like pregnancy.
- Apply yoga in sports, children, physically handicap and senior citizens
- Apply of yoga in different disorders.

Core Course – 19 (Practical): Applied Yoga

- (Internal Projects 40 + External 160P) (6P Credits – 180 Hours)

Sr.No.	Contents	Marks
1	Yoga for Corporate Sectors; Yoga for industrial workers	40
2	Yoga for sports persons; yoga for senior citizen	40
3	Yoga for Women; Yoga for children	40
4	Yoga for rehabilitation of criminals; Yoga for special needs – Divyang	40
	Internal Project	40

Yoga and allied science

- Application of knowledge of anatomy, physiology, yoga and massage manipulation techniques.
- Describe massage therapy and naturopathy, acupressure and hypnotism in context to Yogashastra.
- Demonstrate the basics of naturopathy, acupressure and hypnotism in context to Yogashastra.

Core Course – 20 (Theory & Practical): Yoga and Allied Sciences

(Internal 100P+ External 100T) (03T+03P=06 Credits – 45+90=135 Hours)

UNIT	Content	MARKS
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I	Yoga and Massage Manipulation Techniques	Massage Techniques related to therapy	25
II	Yoga and Naturopathy	Mud bath, Steam bath, Sauna Bath, Shirodhara, Hydrotherapy, Magnet Therapy	25
III	Yoga and acupressure	Techniques of acupressure and acupuncture	25
IV	Yoga and Hypnotism	Tratak- Jyoti and Bindu	25
	Theory (100 Marks)	Practical (100 Marks)	100

Dissertation

Cos

- Apply the research methodology tools for data collection and analysis.
- Perform the related investigation with the help of available yogic methods and tools
- Interpret the research outcomes through various statistical tools and validate them.
- Deduce the relevant/ substantial technical content from the compiled data and compose research publications
- Communicate the research outcomes through an effective report.

(Internal- Dissertation Preparation 100 + External- Viva-Voce 50)

(08 Credits- 120 Hours)

As per rules of university Minimum 8000 words to Maximum 12000 Words