



# Department of Yoga Studies Himachal Pradesh University

Summer Hill, Shimla-5

## M.A. IN YOGA STUDIES

(w.e.f. Session 2022-2023)



## SYLLABUS (CBCS)



# SYLLABUS AND SCHEME OF EXAMINATION GENERAL RULES

(W.e.f. Session 2022-2024)

## 1. GENERAL RULES:

- A. There shall be M.A. course in Yoga Studies; the duration of the course shall be two academic Years comprising four Semesters.
- B. A candidate seeking admission in this course must have Graduation in any Academic discipline from any recognized University/ Institution approved by the U.G.C., Govt. of India.
- C. The admission to shall be M.A. course in Yoga Studies; on the basis of marks obtained in Entrance test and as per Himachal Pradesh University rules.
- D. No candidate shall be deemed to have satisfied the examination requirement for the award of the M.A. degree in this course unless he/she fulfills the criteria for passing examination in all the Semester and as per Himachal Pradesh University rules.
- E. A candidate should be medically fit. A medical fitness certificate in this regard issued from the Govt. Medical Officer should be submitted in the Department at the time of admission.

## 2. SEMESTER WISE PASSING CRITERIA

- A. Each candidate shall be required to secure at least 36% passing marks in each theory paper and Practical.
- B. The candidates shall be required to secure minimum 50% marks in aggregate. Once a candidate passes a course, he or she will not be allowed to register in that course.
- C. All the candidates taking re-examination shall have to abide by the rules of the University.

## 3. EXAMINATIONS

The pattern of the examinations will be as per Himachal Pradesh University rule.

***\*MYS-307 Internal Examination Will be conductud. This will be a non CGPA Course, its credit will not be added in the credits of the Degree.***

### A. Semester Examinations:

- |   |                                 |
|---|---------------------------------|
| Q. I. Multiple Choice/ Answer in one or two sentences.<br>(Questions from all the Units and all are compulsory) | (2 Mark Each)<br>8x2=16 Marks   |
| Q. II. Short Answers type questions<br>(One question from each unit with choice)                                | (6 Marks Each)<br>4x6 =24 Marks |



Q.III. Long Answer type questions

(10 Marks Each)

(One question from each unit with choice)

10x4=40Marks

**B. Scheme of Evaluation** –The evaluation will be of all the Theory/Practical subjects on the following scheme:

I. Internal assessment \* 20 Marks.

II. Finalexamination\*80 Marks.

\*Internal assessment will be based on attendance in theory/practical classes and Unit Tests/assignment in the form of synopsis/Worksheet/Report of field work/Personality changes of students as they go through the course as assessed and evaluated by different teachers.

#### 4. ATTENDANCE:

Students are required to have at least 75% attendance in each Theory/Practical paper and Dissertation etc. for being eligible for appearing in the examination in each semester. Any candidate who does not fulfill these criteria will not be permitted to appear in examination of that particular paper. However, in case of serious illness or any other unavoidable circumstances, the relaxation in the attendance may be granted as per Himachal Pradesh University rules.

#### FORMAT OF QUESTION PAPER

(For All Semester End Examinations)  
Theory Courses

Max. Marks: 80

Duration: 3 hours

COURSE- : M.A. IN YOGA STUDIES

Note: Answer all the Questions.

**Q.I Answer the following in a sentence or two / Objective Type**

Marks: 2 x 8 = 16

1. -----
2. -----
3. -----
4. -----
5. -----
6. -----
7. -----
8. -----

**Q. II. Write short notes on the following**

Marks: 4 X 6=24

1. -----/OR -----
2. -----/OR -----
3. -----/OR -----
4. -----/OR -----

**Q.III. Answer the following in detail**

Marks: 10 X4=40

1. -----/OR -----
2. -----/OR -----
3. -----/OR -----
4. -----/OR -----



**Programme Outcomes,  
Programme Specific Outcomes and  
Course Outcomes  
M.A. in Yoga Studies (w.e.f. Session 2022-2024)**

**Course Duration: Two Years (Four Semesters)**

**Programme Outcomes (POs)**

- PO1:** Apply the knowledge of Yoga, Fundamentals of yoga, Foundations of Hathayoga, Huma Anatomy and Physiology, Swasthavritta, Sankhya Darshan, Yoga therapy, Yogic Skills etc.
- PO2:** Identify, formulate review research literature and analyse complex Yogic problems reaching substantiated conclusions using fundamentals and principles of Yoga.
- PO3:** To develop the Yogic solutions of different ailments and design the Yogic skills that meet the specified need with appropriate considerations for the overall wellbeing on physical, mental, social, intellectual and spiritual level.
- PO4:** Create, select and apply appropriate techniques, resources and modern tools including prediction and modelling to complex yogic activities with an understanding of the limitations.
- PO5:** Apply Yogic knowledge to assess the health, safety, legal, cultural issues and consequent responsibilities relevant to the Yogic practices.
- PO6:** To understand the impact of the Yogic solutions in societal and environmental context and demonstrate knowledge of and need for sustainable development.
- PO7:** Apply ethical principles and commit to Yoga ethics and responsibilities and norms of the Yoga practice.
- PO8:** Function effectively as an individual and as a member or leader in diverse teams and multidisciplinary settings.
- PO9:** Learn appropriate skills (Yogic Practices) to communicate effectively on complex Yogic activities with the community and the society at large, such as being able to write and design documentation, make effective presentation and give and receive clear instructions.
- PO10:** Contrast and distinguish between yoga practices of different literature in different countries and learn from best practices across the globe.
- PO11:** Have hand-on experience of Yogic -practices through the visit of different Yoga institutions and Yogi-s.
- PO12:** Recognize the need for, and have the preparation and ability to engage independent and life-lone learning in the broadest context of health awareness change.



# Department of Yoga Studies Himachal Pradesh University

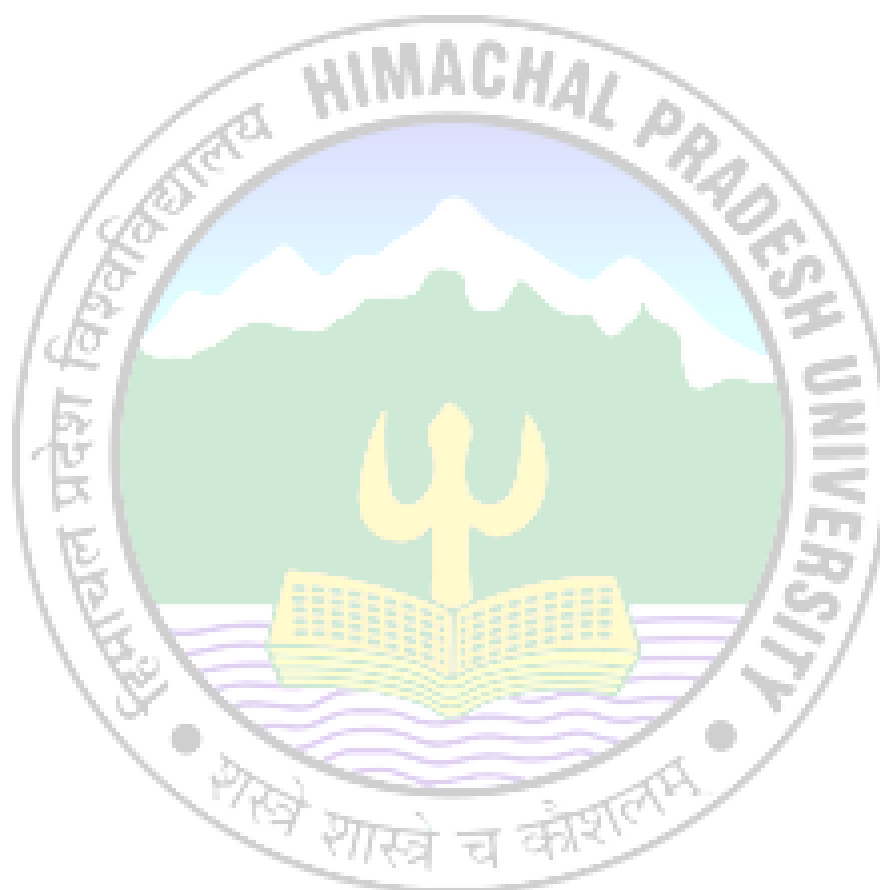
M.A. in Yoga Studies

SYLLABUS (w. e. f. Session 2022-24)

Course	Paper Code	Course offered	Credit	Periods per week			Evaluation Scheme		Subject Total 100
				L	T	P	Sessional 20	Theory/ Practical 80	
<b>Semester – I</b>									
<b>Core Courses</b>	MYS-101	Foundations of Yoga	6	4	2	0	20	80	100
	MYS-102	Foundations of Hathayoga	6	4	2	0	20	80	100
	MYS-103	Human Anatomy & Physiology	6	4	2	0	20	80	100
	MYS-104	Yogic Practices-I	6	0	4	8	20	80	100
<b>TOTAL CREDITS</b>			<b>24</b>	<b>TOTAL MARKS</b>				<b>400</b>	
<b>Semester – II</b>									
<b>Core Courses</b>	MYS-201	Indian Philosophy	6	4	2	0	20	80	100
	MYS-202	Methods of Statistics	6	4	2	0	20	80	100
	MYS-203	Alternative Therapy	6	4	2	0	20	80	100
	MYS-204	Yogic Practices-II	6	0	4	8	20	80	100
<b>GEC</b>	<b>Open Elective Course</b>		4	4	0	0	20	80	100
<b>TOTAL CREDITS</b>			<b>28</b>	<b>TOTAL MARKS</b>				<b>500</b>	
<b>Semester – III</b>									
<b>Core Courses</b>	MYS-301	Patanjalyoga Darshan	6	4	2	0	20	80	100
	MYS-302	Yoga Therapy	6	4	2	0	20	80	100
	MYS-303	Yogic Practices -III	6	0	4	8	20	80	100
<b>Elective Courses (Choose any Two)</b>	MYS-304	Yoga Education	4	3	1	0	20	80	100
	MYS-305	Teaching of Upanishad-s	4	3	1	0	20	80	100
	MYS-306	Teaching Methodology of Yoga	4	3	1	0	20	80	100
<b>AEC</b>	MYS-307	Yogic Practices for Healthy Living - I	4	0	1	3	-	-	-
<b>TOTAL CREDITS</b>			<b>26</b>	<b>TOTAL MARKS</b>				<b>500</b>	
<b>Semester – IV</b>									
<b>Core Courses</b>	MYS-401	Shrimadbhagavadgita	6	4	2	0	20	80	100
	MYS-402	Research Methodology	6	4	2	0	20	80	100
	MYS-403	Yogic Practices -IV	6	0	4	8	20	80	100
<b>Elective Courses (Choose any Two)</b>	MYS-404	Diet and Nutrition	4	3	1	0	20	80	100
	MYS-405	Ayurveda &Swasthavritta	4	3	1	0	20	80	100
	MYS-406	Yoga and Applied Psychology	4	3	1	0	20	80	100
	<b>Open Elective Course</b>		4	4	0	0	20	80	100
<b>TOTAL CREDITS</b>			<b>30</b>	<b>TOTAL MARKS</b>				<b>600</b>	



<b>GEC = Generic Elective Course</b>									
<b>GEC</b>	MYS- 205	Yoga & Human Values	4	3	1	0	20	80	100
<b>GEC</b>	MYS-408	Principles of Yoga & Yogic Practices	4	3	1	0	20	80	100
<b>TOTAL CREDITS = 108 TOTAL MARKS = 2000</b>									
• L = Lectures			• T = Tutorials				• P = Practicals		
• AEC = Ability Enhancement Course									
• GEC = Generic Elective Course									





M.A. in Yoga studies		Core Courses						SEMESTER-I
Paper Code MYS-101		Foundations of Yoga						CBCS
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Credits	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	4	2	0	6	20	80

**Course Outcomes:** On completion of this Course, Students will be able to

**CO1:** To develop the basic understanding the nature and history of Yoga.

**CO2:** To understand the knowledge about the terminology of Yoga philosophy and Tradition.

**CO3:** Have the Knowledge of the concepts of Upanishads, Agamas and Smritis.

**CO4:** Understanding the contribution of Classical and Modern Saints and Yogi-s.

#### UNIT – I: INTRODUCTION TO YOGA

- 1.1 Brief introduction to Origin of Yoga.
- 1.2 Concepts about Origin of Yoga in Hindu Mythological, Historical and Psychological perspective.
- 1.3 History and Development of Yoga.
- 1.4 Etymology and Definitions of Yoga, Aim and Objectives of Yoga.
- 1.5 Misconceptions about Yoga, True Nature of Yoga.

#### UNIT – II: BRIEF SURVEY OF YOGA TRADITIONS – I

- 2.1 Concept of Yoga in Vedic period - Yoga in Veda, Yoga in Ayurveda.
- 2.2 Concept of Yoga in Principle Upanishads.
- 2.3 General introduction to Prasthanatrayee and Purushartha Chatushtaya.
- 2.4 General introduction to Agamas and Tantras, Classification of Tantras, Concept of Yoga in Agamas and Tantras.
- 2.5 General introduction to Smritis and Yoga in Yajnavalkya Smritis.

#### UNIT – III: BRIEF SURVEY OF YOGA TRADITIONS – II

- 3.1. General introduction to Puranas, Nature of Yoga in Bhagavat Purana.
- 3.2. Introduction to Epics, Yoga in Valmiki Ramayana (Aranyakanda) Yoga in Mahabharata (Shantiparva).
- 3.3. Yoga in Yogavasishtha and Yoga in Narada Bhakti Sutra.
- 3.4. Brief Introduction and Contribution of Maharishi Patanjali and Guru Gorakshnath Tradition.
- 3.5. Yoga in Medieval Literature, Bhakti Yoga of Medieval Saints- Kabirdas, Tulsidas and Surdas.

#### UNIT-IV: BRIEF SURVEY OF YOGA TRADITIONS – III

- 4.1 Introduction to Sufism: Meaning and Characteristics of Sufism, Elements of Yoga in Sufism, Sufi Meditation Techniques.
- 4.2 Yoga in Modern Time: Yogic Traditions of Ramakrishna and Swami Vivekananda, Yoga of Maharishi Raman.
- 4.3 Yogic Traditions of Shri Aurobindo, Maharishi Dayanand Saraswati.
- 4.4 Yoga in Contemporary Times: Yoga of Sri Shyamacharan Lahidi, Sri T. Krishnamacharya, Swami Shivanada.



4.5 Contribution of Swami Yoganadaji, Swami Rama of Himalayas, Swami Kuvalyananda, Maharishi Mahesh Yogi in the tradition of Yoga.

**BOOKS FOR REFERENCE**

- Singh, S.P. : Volume XVI Part 2 History of Yoga, Distributed by: Munshiram Manoharlal Publishers Pvt. Ltd., 54, Rani Jhansi Road, new Delhi-110055
- Acharya, Shri Ram Sharma : 108 Upanishads in three Volumes (Hindi) Shanti Kunj, Haridwar, 1978
- Dasgupta, S.N. : Yoga Philosophy in Relation to other Systems of Indian thought. University of Calcutta, 1924
- Dasgupta, S.N. : Hindu Mysticism, Motilal Banarsidass, Delhi 1927
- Fenerstein, George : The Yoga Tradition: It's History, Literature, Philosophy practice, Bhavana Books and Prints, 2002
- Goyandaka, Jayadayal : Shrimad Bhagavadgita Tattvavivechani, Geeta Press, Gorakhpur, 1961
- Pandit, M. P. : Introduction to Upanishads : Theosophical Society of India, Adyar, Madras, 1976
- Radhakrishnan : The Principal Upanishads, George Allen and Unwin, London, 1953
- Sing, Lalan Prasad : Tantra, Its Mystic and Scientific Bases. Concept Publishing Company, Delhi, 1976
- Stephen Sturges : The Yoga Book. Motilal Banarsidass, Delhi, 2004
- Bhat, Krishna K. : The Power of Yoga: SuYoga Publications Mangalore, 2006
- Swami Adidevananda : Sri Ramanuja Gita Bhasya. Sri Ramakrishna Math, Madras, 1993
- Swami Atmananda : Four Yogas. Bharatiya Vidya Bhavana, Bombay, 1966
- Swami Jnanananda : Philosophy of Yoga. Sri Ramakrishna Ashrama, Mysore.
- Swami Prabhavananda : Spiritual Heritage of India (English). Sri Ramkrishna Math, Madras, 2004
- Pathak, S.P. : Concept of Yoga and its Traditional Aspects, ICDEOL, H.P.U. Shimla.





M.A. in Yoga studies		Core Courses						SEMESTER-I
Paper Code MYS-102		Foundations of Hathayoga						CBCS
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Credits	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	4	2	0	6	20	80

**Course Outcomes:** On completion of this Course, Students will be able to

**CO1:** To develop the basic understanding the nature and history of Hathayoga.

**CO2:** To understand the knowledge about the terminology of Hathayoga philosophy and Tradition.

**CO3:** Have the Knowledge of brief Introduction of different Hathayogic Texts.

**CO4:** Understanding the different concepts of Hathayoga practices.

### UNIT – I: GENERAL INTRODUCTION TO HATHAYOGA AND PRE-REQUISITES

- 1.1 Brief introduction to origin of Hathayoga, Meaning, Definition, Aim, Objectives and Misconceptions.
- 1.2 Hathayoga: Its Philosophy, History and development, Brief Introduction to eminent Hatha Yogis of Natha Cult and their contribution to Yoga.
- 1.3 General Introduction to Hathayogic texts-Siddhasiddhantapaddhati, Hathayogapradeepika, Gherandasamhita, Hatharathnavali, Shivasamhita, Goraksasatakam, Vasisthasamhita and Yogbeeja
- 1.4 Concept of Matha, Concept of Badhakatattva (obstacles) and Sadhakatattva (facilitator factors) in Hathayoga, Types of aspirants in HathayogaSadhana.
- 1.5 Concept of Ahara and Mitahara, Pathya (conductive) and Apathya (non-conductive) in HathayogaSadhana, Hatha Siddhi lakshanam.

### UNIT – II: CONCEPT OF GHATASHODANA, ASANAS IN HATHAYOGA:

- 2.1 Pre-requisites of Hathayoga (10 Yama-s and Niyama-s)
- 2.2 Introduction of Shodhanakriya-s in Hathayogapradeepika, Gherandasamhita and Hatharathnavali.
- 2.3 Importance of Shodhanakriya-s in health, disease and HathayogaSadhana.
- 2.4 Asana-s in Hathayogic texts- Definition, pre-requisites and special features of Asana-s in Hathayogapradeepika, Gherandasamhita, Shivasamhita, Vasisthasamhita and Hatharathnavali.
- 2.5 Asana- precautions and contraindications of Asana-s, Importance of Asana in health, disease and HathayogaSadhana.

### UNIT-III: HATHAYOGA PRACTICES: PRANAYAMA AND MUDRA

- 3.1 Introduction to Prana and Pranayama; Prerequisites and Phases of Pranayama, Nadishodhana Pranayama, Importance of Nadishuddi.
- 3.2 **Pranayama**-Precautions, and contraindications, Pranayama and Ashtakumbaka in Hathayogapradeepika, Gherandasamhita, Shivasamhita, Vasisthasamhita and Hatharathnavali.
- 3.3 Importance to Pranayama in health, disease and HathayogaSadhana.
- 3.4 Introduction of Mudra -precautions and contraindications of in Hathayogapradeepika, Gherandasamhita, Shivasamhita, Vasisthasamhita and Hatharathnavali.
- 3.5 Importance of Mudra in health, disease and HathayogaSadhana.



## UNIT-IV: HATHAYOGA PRACTICES: BANDHA, PRATYAHARA, DHARANA, DHYANA

- 4.1 Introduction to Bandha- precautions and contraindications of in Hathayogapradeepika, Gherandasamhita, Shivasamhita, Vasisthsamhita and Hatharathnavali.
- 4.2 Concept of Kand, Nadi, Swas-prashwas or Swara, and Granthi.
- 4.3 Concept of Shatchakra and Kundalini prabodhan, Concept of Shiva and Shakti.
- 4.4 Concept of Pratyahara, Dharana, Dhyana and Samadhi in Gherandasamhita.
- 4.5 Concept of Nada and Nadanusandhana in Hathayogaradeepika.

### BOOKS FOR REFERENCE

- Bharati, Veda: Philosophy of Hatha Yoga (English) Himalayan International Institute of Yoga Science and Philosophy, 1998, 2<sup>nd</sup> Rev. ed., Pennsylvania).
- Burnier, Radha: HathaYogaPradipika of Svatmarama, The Adyar Library publications, Chennai. 2000
- Gharotee, M.L. and others : Hatharatnavali of Srinivasayogi, The Lonavla Yoga Institute, Lonavla, 2002
- DvivediHajariprasad : NathSampradaya of Hatha Yoga, Dvivedi Publications, Hindustani Academy, Allahabad, Uttar Pradesh, 1950.
- Swami Digambaraji and Pt: Raghunatha : Hathapradeepika of Svatmarama, Kaivalyadhama, S.M.Y.M.Samiti, Lonavla, 1998
- Swami Digambaraji and Gharote M.L. : Gherandasamhita, Kaivalyadhama, S.M.Y. M. Samiti, Lonavla, 1978.
- SwamiMaheshanandaji and Others : Shivasamhita, Kaivalyadhama, S.M.Y.M. Samiti, Lonavla, 1999
- Woodroffe, Sir John : The Serpent power, Ganesh & Company, Madras, 2000
- Sharma, Surendra : HathaYogaEkaAitihāsikaParipreksyaevam..., Eastern Book Linkers, New Delhi.
- Gharote M.L. &Pai, G.K. (Edi) : Hathapradipika of Swatmaramaji, (Jyotsana- tika), Adyar Library, Madras.
- Swami Kuvalyananda : Siddhasidhantpaddhati, Lonavla, Yoga Institute Lonavala 2005.
- Shukla, S.A. : Gorakshasatkam, Kaivalyadhama, S.M.Y.M. Samiti, Lonavla.
- Saraswati, Swami Satyananda : Asana Pranayama & Mudra BandhaBihar School Of Yoga, Munger, 1969.
- Pathak, S.P.&others : HathayogakeAdharAvam Prayog, MDNIY, New delhi, 2018.
- Gharote, M.M. &others : Therapeutic references in Traditional Yoga Texts, the Lonavla Institute, Lonavla, 2010.
- Pathak, S.P.&others : Satkarma, A comprehensive description about the cleansing process, MDNIY, New delhi 2009.



M.A. in Yoga studies		Core Courses						SEMESTER-I
Paper Code-MYS-103		Human Anatomy & Physiology						CBCS
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Credits	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	4	2	0	6	20	80

**Course Outcomes:** On completion of this Course, Students will be able to

**CO1:** To develop the understanding of Human Body.

**CO2:** To develop the understanding of Physiology of different systems present inside the Human body.

**CO3:** Have knowledge of different diseases related to the particular system.

**CO4:** This paper will help the students to know the effect of Yogic practices on different systems.

### UNIT – 1 Cell, Tissue, Skeletal and Muscular System

- 1.1 General Introduction to Cell, Tissue.
- 1.2 Skeletal and Muscular System - its structure and physiology and effect of Yogic practices on them.
- 1.3 Composition of Blood – Red Blood Cells, White Blood Cells, Platelets and Plasma.
- 1.4 Hemoglobin and its importance.
- 1.5 Blood coagulation, Blood Groups and its importance.

### UNIT -2 Circulatory, Respiratory and Digestive System

- 1.1 Circulatory System-Structure and functions of Heart.
- 1.2 Physiology of Circulatory System and effect of Yogic practices on it.
- 1.3 Respiratory System- structure and functions.
- 1.4 Physiology of Respiratory System and effect of Yogic practices on it.
- 1.5 Digestive System- structure, physiology, functions and effect of Yogic practices on it.

### UNIT-3 Excretory System and Endocrine Glands

- 1.1 General Introduction to Excretory System.
- 1.2 Structure and functions of Excretory System.
- 1.3 Physiology of Excretory system and effect of Yogic practices on it.
- 1.4 General Introduction to Endocrine Glands.
- 1.5 Structure, physiology, functions of Endocrine Glands and effect of Yogic practices on it.

### UNIT - 4 Nervous Systems, Reproductive System and Sense Organs

- 1.1 General Introduction to Nervous System – structure and functions
- 1.2 Physiology of Nervous System and effect of Yogic practices on it.
- 1.3 General Introduction to Reproductive System – structure and functions
- 1.4 Physiology of Reproductive System and effect of Yogic practices on it.
- 1.5 General Introduction to Sense Organs. Sense Organs - structure, physiology, functions and effect of Yogic practices on them.



## **BOOKS FOR REFERENCE**

- |                                  |  |
|----------------------------------|--|
| Anne M.R. Agur & Arthur F Daltey | Gransts Atlas of Anatomy, Wolters Kluwer Pvt. Ltd, New Delhi, 13 <sup>th</sup> Edition, 2013             |
| SM Raju and others               | Anatomy of Physiology for General Nursing, Jaypee Brothers Medical Publication Pvt. Ltd, New Delhi, 2006 |
| Tandon B.K.                      | Human Anatomy Vol. I, II & III, Ahuja Publishers, Delhi, 2006  |
| Krishnamurthy A & others         | Dissection of the Human Body, Jaypee Brothers Medical Publication Pvt. Ltd, New Delhi, 2013              |
| Sembulingam K & others           | Human Anatomy, Jaypee Brothers Medical Publication Pvt. Ltd, New Delhi, 2013                             |
| Chaurasia B D                    | Text book of Anatomy Vol. I,II,III, CBS Publishers, New Delhi, 2004                                      |
| Susan Standring                  | Grey's Anatomy, Elsevier Churuchil livingstone, London, 2005   |
| Jonathan Miller & others         | The Human Body, Jonathan Cape Ltd, London, 1983  |
| A Halim                          | Surface and Radiological Anatomy, 1 <sup>st</sup> Edition, CBS Publishers, 1998                          |
| Gore M.M                         | Anatomy and physiology of yogic practices.   |
| Evelyn,C.Peare                   | Anatomy and physiology for nurses.   |
| Charu,Supriya                    | Sarirachna, evamkriyavigyan.   |
| Chatterjee, C.C.                 | Human physiology.  |
| B.D Chaurasia                    | Text book of Anatomy vol.1, 2, 3.  |
| InderBir Singh                   | Human Embryology.  |
| Chatterji                        | Histology.   |
| Datta                            | Human Anatomy.   |
| Gray                             | Text book of Anatomy.  |
| Hamilton                         | Text book of Anatomy.  |
| Jemmisons                        | Text book of Anatomy.  |
| Cunningham's                     | Practical Anatomy.   |



M.A. in Yoga studies		Core Courses						SEMESTER-I
Paper Code-MYS-104		Yogic Practices						CBCS
Total Practical	Maximum Marks (MM)	Time	L	T	P	Credits	Sessional	End Semester Exam (ESE)
60	100	12 Hrs.	0	4	8	6	20	80

**Course Outcomes:** On completion of this Course, Students will be able to

**CO1:** This paper will cover the different Yogic practices mentioned in different texts of Hatha Yoga.

**CO2:** This paper will help the students to enhance the practical skills.

**CO3:** This paper includes all the Yogic practices which will develop a sense to make a proper Programme for the patients suffering from different diseases.

**CO4:** This paper will help the students to enhance their physical components e.g. Flexibility, Muscular Endurance, Neuromuscular Coordination etc.

### 1. Shukshma and Sthula Vyayam and Suryanamaskar

15Marks

1. Uccharana- sthala-tatha-vishudha-chakra-shuddhi	17. Mani-bandha shakti-vikasaka	33. Udara shakti-vikasaka -10
2. Prarthana (Prayer)	18. Kara-prstha shakti-vikasaka	34. Kati shakti-vikasaka-1
3. Buddhi-tatha-dhriti shakti-vikasaka	19. Kara-tala shakti-vikasaka	35. Kati shakti-vikasaka-2
4. Smarana shakti-vikasaka	20. Anguli-mula-shakti-vikasaka-1	36. Kati shakti-vikasaka-3
5. Medha shakti-vikasaka	21. Anguli-shakti- shakti-vikasaka-2	37. Kati shakti-vikasaka-4
6. Netra shakti-vikasaka	22. Vaksha-sthala shakti vikasak-1	38. Kati shakti-vikasaka-5
7. Kapola shakti-varadhaka	23. Vaksha-sthala shakti vikasak-2	39. Muladhar chakra suddhi
8. Karna shakti-varadhaka	24. Udara shakti shakti-vikasaka -1	40. Upastha tatha swadhisthan-suddhi
9. Grivashakti-vikasaka-1	25. Udara shakti shakti-vikasaka -2	41. Kundalini shakti vikasak
10. Grivashakti- vikasaka-2	26. Udara shakti shakti-vikasaka -3	42. Jangha-shakti-vikasak-1
11. Griva shakti vikasaka-3	27. Udara shakti shakti-vikasaka -4	43. Jangha-shakti-vikasak-2
12. Skandha--tatha-bahu-mula shakti-vikasaka	28. Udara shakti shakti-vikasaka -5	44. Janu-shakti-vikasak
13. Bhuja-bandha shakti-vikasaka	29. Udara shakti shakti-vikasaka -6	45. Pindali-shakti-vikasaka
14. Kuhani shakti-vikasaka	30. Udara shakti shakti-vikasaka -7	46. Pad-mula-shakti vikasaka
15. Bhuja-valli shakti-vikasaka	31. Udara shakti shakti-vikasaka -8	47. Gulf-padprishtha- padtal-shakti-vikasak
16. Purn bhuja Shakti vikashaka	32. Udara shakti shakti-vikasaka -9	48. Padanguli-shakti-vikasak



<b>Sthula Vyayam</b>		
1. Rekhagati	2. Utkurdan	3. Sarvanga- pusti
4. Hridagati	5. Urdhvagati	6. Shirsasan

**2. Shatkarma-s: Technique and Benefits** **10 Marks**

- A. Gajkarani (Kunjal), Jalaneti, Sutraneti, Gritneti,  
B. Trataka, VatkarmKapalbhati, Agnisar & Nauli.

**3. Asana-s: Technique and Benefits** **10 Marks**

**A. In Standing Position:**

Tadasana, konasana, Ashwathasana, Kati-Chakarsn, Vrikshasan(Dhruvasan), Mahavreerasan, Tittibhasan, Padaangushthasan.

**B. In Sitting Position:**

Padmasan, Swastikasan, Vajrasana, Mandukasan, Kurmasan, Simhasan, Utkatasan, Janu-Sirsasan, Paschimottanasan, Vakrasan, Ardha-Matsyendrasan, Bhadrasan(Badh-Konasan), Gomukhasan, Ughrasan(Bhunamanasan).

**C. In lying on Back(Supine Position):**

Shavasana(Mritasan), Uttanpadasan, Pawanmuktasan, Ardh-Halasan, Setubandhasan, Sarvangasan, Matsyasan.

**D. In lying on abdomen(Prone Position):**

Makrasan, Sarpasan, Dhanurasan.

**4. Pranayama-s: Technique and Benefits** **10 Marks**

- A. Preparatory aspects of Pranayama: correct abdominal breathing in Shavasana and Meditative pose.  
B. Deep breathing- Abdominal & Diaphragmatic breathing  
C. Yogic breathing  
D. Nadishodhana, Aastasahita-kumbhaka in (Gherandsamhita and Hathayogapradipika).

**5. Mudra-s: Technique and Benefits** **10 Marks**

- A. Mahamudra, Mahavedmudra, Vipreetkarnimudra.  
B. Jalanderbandhmudra, Uddiyianbandhmudra & Moolbandhmudra  
C. Hastmudra – Gyanmudra, Pranamudra, Apanmudra, Lingmudra

**6. Dhyana(Meditation): Technique and Benefits** **10 Marks**

- A. Mantra-Uchharana (Recitation of Mantra-s),  
B. Pranavjapa (Omkar),  
C. Gayatri Mantra,  
D. Yoga –Vandana, Shantipath.

**7. Viva :** **15 Marks**





## **BOOKS FOR REFERENCE**

- Burnier, Radha: Hathayogapradipika of Svatomarama, The Adyar Library publications, Chennai. 2000
- Swami Digambaraji : Hathapradeepika of Svatomarama, Kaivalyadhama, and Pt: Raghunatha S.M.Y.M.Samiti, Lonavla, 1998
- Swami Digambarji and Gharote M.L. Gherandasamhita, Kaivalyadhama, S.M.Y. M. Samiti, Lonavla, 1978.
- Gharote M.L. &Pai, G.K. (Edi) Hathapradipika of Swatmaramaji, (Jyotsana- tika), Adyar Library, Madras.
- Saraswati, Swami Asana Pranayama & Mudra Bandha Bihar School Of Satyananda Yoga, Munger, 1969.
- Pathak, S.P.&others Hathayoga ke Adhar Avam Prayog, MDNIY, New delhi, 2018.
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- Pathak, S.P.&others Yogic SukshamVyayamEvemSthulaVyayam
- Swami Dhirendra Yogic SukshamVyayam, Hindi and English.
- Brahachari Yogic Pranayama, Oriental paper back, New Delhi,
- Joshi, K.S. Pranayama, Kaivalyadhama, Lonavla,
- Swami Kuvalyananda Science of Breath, The Himalayan International Institute, Pennselvenia,
- Swami Rama Prana, Pranayama & Pranvidya
- Swami Nirananand
- Saraswati

M.A. in Yoga studies		Core Courses						SEMESTER-II
Paper Code-MYS-201		Indian Philosophy						CBCS
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Credits	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	4	2	0	6	20	80

**Course Outcomes:** On completion of this Course, Students will be able to

**CO1:** To develop the basic understanding the nature of the Indian Philosophy.

**CO2:** To understand the knowledge about the terminology of Astika and Nastika Darshans.

**CO3:** Have the Knowledge of the Samkhya Darshan.

**CO4:** Understanding the contribution of other schools of Philosophy.

### UNIT – 1 INTRODUCTION TO PHILOSOPHY

- 1.1 Philosophy: Its Meaning, Definitions and scope. Philosophy in Veda-s and the Upaniṣad-s ( Ātman, Brahman, Māyā or Avidyā and Moksha)
- 1.2 Branches of Indian Philosophy (Astika and Nastika Darshanas).
- 1.3 General introduction to Shad Darshan.
- 1.4 Introduction to Jain , Buddha, Charvaka and other schools of Philosophy.
- 1.5 Philosophy its distinguish from Religion and Science.

### UNIT – 2 INTRODUCTION TO SAMKHYAYOGA DARSHANA

- 1.1 Introduction, History and development of Samkhyayoga Darshana (Philosophy).
- 1.2 Metaphysics of Samkhyayoga and its relationship with Yoga Darshana of Patanjali.
- 1.3 Threefold affliction (Tapatraya-s), Twenty five Tattva (Elements), Pramana and its types.
- 1.4 Concept of Satkaryavada, Triguna-s, Prakriti, Purusha, Prakriti and Purusha Samyoga.
- 1.5 Concept of Chitta (Anthkarana-s) and its Vritti-s, Sukshma Sharira ( Vahya Karana-s) and SthulaSharira, Ashtangayoga, Ishwara, Vivekakhyaati and Apavarga (Moksha) in Samkhyayoga.

### UNIT -3 INTRODUCTION TO VAISHISHKA, NYAYA AND MIMAMSA (PURVA AND UTTARA)

- 3.1 Introduction to Vaishesika and Nyaya Philosophy
- 3.2. Concept of Padartha: Dravya, Guna, Karma, Samanya, Vishesha, Samvaya and Abhāva. Concept of Ishvara, Bandhan and Moksha in Vaishesika Philosophy.
- 3.3. Concept of Pramana, Karanvada, Gyanmimasa, Concept of Ishwara in Nyaya Philosophy
- 3.4. Concept of Pramanayavada, Atma and Jnana, Concept of Khyativada, Dharma and Ishwar in Purva Mimasa Philosophy.
- 3.5. Concept of Maya, Avidya, Atma and Bharna, Ishwar, Jiva and Sakshi, Jivana Mukti and Moksha according to Advaita Vedanata Philosophy.

### UNIT – 4: INTRODUCTION TO OTHERSCHOOLS OF PHILOSOPHY

- 4.1. Introduction to Shaiva and Shakta Schools of Philosophy: Principle of Shaiva and Shakta, Concept of Pati, Pashu and Pasha in Shaivagma. Concept of Shakti (Chitta, Anand, Gyana, Iksha, Kriya), Jiva and Jagat, Maya and Moksha in Shakta Philosophy.
- 4.2. Introduction to Jain Philosophy: Concept of Anekantavada (Syadvada), Tattvamimmasa, Concept of Kayotsarga, Concept of Preksha Dhyana, Bandhan and Moksha.



- 4.3. Introduction to Buddha Philosophy: Concept of Skandhavada, Arya-satya or Four Noble Truths, Arya-Astangikamarga or Noble-eight-fold-path (Bouddha-Yoga). Concept of Vipasyana Dhyana.
- 4.4. Introduction to Charvak Philosophy: Concept of Charvak, Basic Principals of Charvak Philosophy, TattvaMimmasa, Conceptual understanding of Atma and Ishwar.
- 4.5 Theory of Karma and Rebirth (Reincarnation) in Indian Philosophy.

### **BOOKS FOR REFERENCES**

- |                     |   |  |
|---------------------|---|--|
| Upadhyaya, Baldev   | : | Bharitya Darshan ki Rula Rekha, Chaukhmba Oriental House, New Delhi.               |
| Misra, Jagdish      | : | Bharitya Darshan, Chaukhamba Publishion House, New Delhi .                         |
| Karel Werner        | : | Yoga and Indian Philosophy, Motilal Banarasidas, Delhi, 1979.                      |
| Radhakrishnan, S.   | : | Indian Philosophy (Vol. I & II). George Allen and Unwin, London, 1971              |
| Raja, Kunhan C.     | : | Some Fundamental Problems in Indian Philosophy. Motilal Banarasidas, Delhi, 1974   |
| Sharma, Chandradhar | : | A Critical Survey of Indian Philosophy (English). Motilal Banarasidas, Delhi, 2000 |
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| Stace, W.T.         | : | Mysticism and Philosophy. Macmillan and Co. London, 1961                           |
| Swami Anant Bharati | : | Yoga Darshan-Yoga Prabhakar (Hindi). Swami Keshwananda Yoga Sansthan, Delhi, 1982  |
| Swami Atmananda     | : | Four Yogas. Bharatiya Vidya Bhavana, Bombay, 1966                                  |
| Swami Jnanananda    | : | Philosophy of Yoga. Sri Ramakrishna Ashrama, Mysore.                               |
| Swami Prabhavananda | : | Spiritual Heritage of India (English). Sri Ramkrishna Math, Madras, 2004           |
| Swami Vivekananda   | : | Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000    |

M.A. in Yoga studies		Core Courses						SEMESTER-II
Paper Code MYS-202		Methods of Statistics						CBCS
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Credits	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	4	2	0	6	20	80

**Course Outcomes:** On completion of this Course, Students will be able to

**CO1:** To develop the basic understanding of fundamentals statistics.

**CO2:** To understand the knowledge about the terminology of measuring Central tendency.

**CO3:** Have the Knowledge of the Variables and Normal distribution.

**CO4:** Understanding the use of Correlation, Regression and Prediction.

### UNIT-I FUNDAMENTALS OF STATISTICS

- 1.1 Meaning, Definition and Nature of Statistic
- 1.2 Importance of Application of statistics
- 1.3 Nature and methods of Measurements
- 1.4 Representation of data – Frequency Distribution
- 1.5 Graphic Representation of data- Frequency Polygon & Histograms.

### UNIT-II: MEASURES OF CENTRAL TENDENCY

- 2.1 Evaluation of Grouped and Non-Grouped Data.
- 2.2 Meaning and calculation of Mean.
- 2.3 Meaning and calculation of Median
- 2.4 Meaning and calculation of Mode
- 2.5 Characteristics & Limitations of Central Tendency.

### UNIT-III: VARIABILITY & NORMAL DISTRIBUTION

- 3.1 Meaning, Type and Importance of Variability.
- 3.2 Meaning and Calculation of Range, Quartile and Standard Deviation.
- 3.3 Meaning, Characteristics & Application of Normal Probability Curve.
- 3.4 Meaning & Methods of Calculation of Correlation.
- 3.5 Rank Difference Method & Product Moment Method.

### UNIT-IV: REGRESSION & PREDICTION

- 5.1 Origin, Meaning & Nature of Regression.
- 5.2 Regression Equations & Prediction
- 5.3 The Significance of the Mean- Testing Significance of Difference between Means of Two Groups (Independent Group & Correlated Group)
- 5.4 t-test and Chi-square test.
- 5.5 Analysis of Variance (ANOVA): One Way Analysis of Variance.

## **BOOKS FOR REFERENCES**

Garret : Statistics in Psychology and Education

H.K. Kapil. : Research Methods in Behavioral Sciences.

Kerlinger : Foundation of Behavioral Sciences.

Raj Kumar : Fundamentals of Research Methodology, New Delhi

Dr. Keshab Chandra Dash : Elements of Research methodology in Sanskrit.

H.K. Kapil : Anusandhan Vidian-, HP Bhagav Book House, Court-ghat, Agra.



M.A. in Yoga studies		Core Courses						SEMESTER-II
Paper Code-MYS-203		ALTERNATIVE THERAPIES						CBCS
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Credits	Sessional	End Semester Exam (ESE)
64	100	3 Hrs.	4	2	0	6	20	80

**Course Outcomes:** On completion of this Course, Students will be able to

**CO1:** This paper will familiarize the students with the basic concepts of Alternative Therapies.

**CO2:** This paper will help the students to know the principles, areas, limitations, importance and benefits of different Alternative Therapies.

**CO3:** Have knowledge of latest researches in Alternative Therapies.

**CO4:** This paper will help the students to know the different therapies practically and theoretically.

### UNIT- 1 INTRODUCTION TO ALTERNATIVE THERAPY AND NATUROPATHY

- 1.1 Introduction to Alternative Therapy-Meaning, Concept, Areas, Importance. Relation between alternative therapy and Yoga.
- 1.2 General introduction to Naturopathy: Brief History of Naturopathy, Ten basic principles of Naturopathy, Concept of Vital Energy.
- 1.3 Concept of Water therapy- meaning, importance, qualities of water, and principles of water therapy. Methods of using water.
- 1.4 Concept of Bath-Natural bath, hip bath, Sitz bath, Spine bath, Steam-bath. Hot foot bath. Chest Bandage. Throat, hand, legs. Sponge and Enema.
- 1.5 Concept of Sun rays therapy-Importance of Sun rays. Effect of different colors on Diseases. Sun bath.

### UNIT-2 INTRODUCTION TO MUD, ETHER AND AIR THERAPY

- 2.1 Introduction to Mud Therapy-Importance of Mud.
- 2.2 Types and qualities of Mud, Mud bath its benefits and importance .
- 2.3 Concept of Fasting-meaning, Principles, Types of Fasting, its Benefits and Importance in various diseases.
- 2.4 Concept of Massage-Definition, History, Importance and methods of Massage.
- 2.5 Concept of Air therapy – Meaning, Importance and Benefits of Air bath.

### UNIT- 3 INTRODUCTIONS TO ACUPRESSURE AND PRANIC HEALING

- 1.1 Introduction to Acupressure-Meaning, History, Principles and Method.
- 1.2 Equipments of Acupressure, Benefits of Acupressure.
- 1.3 Introduction of Different Pressure Points, Pranic Healing-Meaning, History, Principles of Pranic Healing.
- 1.4 Introduction of Energy Centres, Different Methods Pranic Healing.
- 1.5 Effect of Pranic Healing in Different Diseases.

### UNIT -4 INTRODUCTIONS TO PANCHAKARMA

- 4.1 General Introduction to Panchakarma in Ayurveda.
- 4.2 Purva karma-Snehana, Swedan their methods ,benefits and limitations.
- 4.3 Panchama karma-Vaman, Virechan, Asthapan Vasti (Anuvasan Vasti), Sirovirechan and Nasya their Methods ,benefits and limitations.

- 4.4 Paschat karma-Rasayan and Vaajikaran their methods,benefits and limitations.  
 4.5 Effect of Panchkarma on Different Diseases.

### **BOOKS FOR REFERENCES**

- |                        |   |  |
|------------------------|---|--|
| Henry Lindlahr.        | : | Philosophy of Nature Cure                                      |
| Henry Lindlahr.        | : | Practice of Nature Cure  |
| Dr.K.Laxmanasarma      | : | Practical Nature Cure  |
| S.J.Singh.             | : | History and Philosophy of Nature Cure                          |
| S. D. Dwivedi          | : | Naturopathy for perfect health, Kalpaz Publication Delhi, 2002 |
| Pravesh Handa          | : | Naturopathy and Yoga, Kalpaz Publication Delhi, 2006           |
| S.J.Singh.             | : | My Nature Cure or Practical Naturopathy                        |
| Louis K uhne.          | : | The Science of Facial Expression                               |
| M.K.Gandhi             | : | The story of my experiment with truth                          |
| R.K.Garde              | : | Ayurvedic for Health and Long life                             |
| Harry Benjamin.        | : | Everybody's Guide to Nature Cure                               |
| Dr.E.D.Babbit.         | : | Human Culture and Cure   |
| M.K.Gandhi.            | : | My Nature Cure   |
| Belinda Gran.          | : | Natural health care – A to Z                                   |
| Dr. Lindlahar          | : | Philosophy of Nature Cure                                      |
| Dr. Kulranjan Mukerjee | : | Prakartik Chikitsa   |
| Father Nip             | : | My Water Therapy   |
| Jindal                 | : | Principles of Naturopathy                                      |
| M.K Gandhi             | : | My nature cure   |
| Dr.Attar singh         | : | Acupressure  |
| Master cho kuk sui     | : | Pranic Healing   |
| Acharya Balkrishan     | : | Secret of Ayurveda   |

M.A. in Yoga studies		Core Course						SEMESTER-II
Paper Code-MYS-204		Yogic Practices - I						CBCS
Total Practical	Maximum Marks (MM)	Time	L	T	P	Credits	Sessional	End Semester Exam (ESE)
60	100	12 Hrs.	0	4	8	6	20	80

**Course Outcomes:** On completion of this Course, Students will be able to

**CO1:** To develop the basic understanding of Practical Aspects of Yogic Practices.

**CO2:** To understand the knowledge and nature of practices about the Shatkarma and Pranyama.

**CO3:** This paper will help the students to develop the teaching skills (Lesson Plan).

**CO4:** This paper will help the students to enhance the mental powers, concentration, I.Q. level.

**1. Kriya-s:**

**10 Marks**

- A. Vyutkram Kapalbhati
- B. Sheetkram Kapalbhati
- C. Dugdha-Neti
- D. Baghi(Vaman)
- E. Danddhauti
- F. Naulikriya
- G. Kriya-s as described in 1<sup>st</sup> semester practical

**2. Asanas:-**

**20 Marks**

**A. In Standing Position:-**

Urdhva-Hastotanasan (Triyak-Tadasan), Trikonasan, Garudasan, Vatayanasan, Sirshasan, Hastha-Psdaangushtasan, Viagrasan,

**B. In Sitting Position:**

Sidhasan, Marjariasan, Shashankasan, Kaagasan, Uttan-Kurmasan, Gorakshasan, Ushtrasan, Supta-Vajrasana, Tolaangulasan, Padam-Mayurasan, Myurasan,

**C. In lying on Back(Supine position):**

Padam-Sarvangasan, Chakrasan,

**D. In lying on chest (Prone Position):**

Bhujangasan, Shalbasan,

**Asana-s as described in 1<sup>st</sup>, semester**

**3. Pranayama-S:**

**10Marks**

- A. Nadishodhanpranayam,
- B. Aastasahita- kumbhaka (Gherandsamhita and Hathayogapradipika).
- C. Bhujangikaran Kumbhaka (Hatharatnavali)
- D. Pranayama as described in 1<sup>st</sup> semester practical.

**4. Mudra-S:**

**10 Marks**

- A. Mahabandhmudra
- B. Kakimudra
- C. Shanmukhimudra,
- D. Hastmudra – Shankh, Hriday, Vayu, Varuni,
- E. Mudra-s as described in 1<sup>st</sup> semester practical

**5. Assignments &Teaching Practice:**

**10 Marks**

Student has to prepare and present 05 Lesson Plans  
(Two Asana-s, twoPranayama-s and One Shatkriya-s)

**6. Dhyana(Meditation):**

**05 Marks**

Dhyana with Mantra-Ucharanam (Recitation of Mantra-s)

**7. Viva :-**

**15Marks**

**BOOKS FOR REFERENCES**

- Burnier, Radha: Hathayogapradipika of Svatomarama, The Adyar Library publications, Chennai. 2000
- Swami Digambaraji : Hathapradeepika of Svatomarama, Kaivalyadhama, and Pt Raghunatha S.M.Y.M.Samiti, Lonavla, 1998
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- Saraswati, Swami Satyananda Asana Pranayama & Mudra Bandha Bihar School Of Yoga, Munger, 1969.
- Pathak, S.P.&others Hathayoga ke Adhar Avam Prayog, MDNIY, New delhi, 2018.
- Pathak, S.P.&others Satkarma, A comprehensive description about the cleansing process, MDNIY, New delhi 2009.
- BKS Iyengar Light on Yoga
- Pathak, S.P.&others Yogic SukshamVyayamEvemSthulaVyayam
- Joshi, K.S. Yogic Pranayama, Oriental paper back, New Delhi,
- Swami Kuvalyananda Pranayama, Kaivalyadhama, Lonavla,
- Swami Rama Science of Breath,The Himalayan International Institute, Pennselvenia,
- Swami Niranjananand Prana, Pranayama & Pranvidya
- Saraswati
- Swami Meditation& Its Practices, Advaita Ashrama, Delhi Entally
- Adiswarananda Road, Kolkata 700014



M.A. in Yoga studies		Core Courses						SEMESTER-III
Paper Code-MYS-301		Patanjalayoga Darshan						CBCS
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Credits	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	4	2	0	6	20	80

**Course Outcomes:** On completion of this Course, Students will be able to

**CO1:** To develop the basic understanding of Yoga Darshana.

**CO2:** To understand the knowledge about the Yoga terminology.

**CO3:** Have the Knowledge of different Padas and its Applications.

**CO4:** Understanding the use of Patanjalyoga practices.

### UNIT – I: INTRODUCTION TO YOGA DARSHANA

- 1.1 Introduction to Yoga Darshana and its author, History and development of Yoga Darshana.
- 1.2 Metaphysics of Yoga Darshana, Nature of Yoga according to Patanjali in light of Vyasabhasya, Tatvavasharadi and Yogavartika
- 1.3 Introduction to traditional commentary of Patanjalyogasutra (Vyasabhasya, Bhojavrtti, Tatvavasharadi and Yogavartika)
- 1.4 Introduction to commentators of Patanjalyogasutra ( Bhoja, Vachaspati Mishra, Vijana Bhikshu and Narayantirtha)
- 1.5 Concept of Yoganushasanam, Yoga Lakshanam.

### UNIT – II: SAMADHIPADA AND ITS APPLICATIONS

- 2.1 Concept of Citta (Mana, Bhudhi and Ahankar). Citta-Vrittis and its Classification.
- 2.2 Concept of CittaBhoomis (Kshipta, Mood, Vkshipta, Ekagrara, Nirudha).
- 2.3 Citta-Vikshepas (Antarayas), Concept of Citta-prasadanam, Relevance of Citta-prasadanam in Yoga Sadhana.
- 2.4 Concept of Samadhi and Types of Samadhi. Samprajnatah and Asamprajnatah Samadhi, Types of Samapatti.
- 2.5 Concept of Ishwar, Qualities of Ishwar, Ishwarapranidhana, and its relevance in Yogasadhana, Ritambhara-prajna and Adhyatma-prasadanam.

### UNIT – III: SADHANPADA AND ITS APPLICATIONS

- 3.1 Concept of kriyayoga of Patanjali, theory of klesha-s (Avidya, Ashmita, Raga, Dewesh, Abhinevesh)
- 3.2 Theory Karma, Concept of Dukhavada (Heya, Hetu, Drishta and Drisha-nirupanamHaana, Henopaya), Prakriti and PurushaSamyoga
- 3.3 Concept of Ashtangayoga (Yama and its Siddhis, Niyama and Its Siddhis, Asanas and its siddhis)
- 3.4 Concept of Pranayama and its siddhis (benefits)
- 3.5 Concept of pratyahara and its siddhis

### UNIT – IV: VIBHUTIPADA, KAIVALYAPADA AND ITS APPLICATION

- 4.1 Introduction of Dharana, Dhyana and Samadhi, Samyama and its siddhis, three types of cittaprinama.
- 4.2 Bhootjaya, Indriyajaya and their siddhis, SatvapurushanyataKhayati and its siddhis, Vivekjananirupanam, kaivalyaNirvachan.





- 4.3 Five Types of Siddhis and jayatyantarparinamh, Concept of Nirmancitta and four types of karmas.  
 4.4 Concept of Vasana and BahayaPradartha (external element) and its abilities.  
 4.5 Non self illumination of Buddhi and its function, Dharmamegha Samadhi and infinite knowledge, Mutation of Guna, Karma, Pratiprasavah and Kaivalya.

### **BOOKS FOR REFERENCE**

Swami Digambara Ji and others	Glossary of the Samkhakarika, Kaivalyadhama, Lonavala, 2012
Swami Virupaksananda	Samkhyakarika of I svarakrisna (with tattva Kamudia of Vachapati Mishra), Sri Ram Krishana Matha Madras, 1995
James R. Ballantyne	The Sankhya Aphorisms of Kapila, Parimal Publications, New Delhi, 2004
V.V. Sovani	A critical study of the Sankhya System, Chukhambha Sanskrit Pratisthan, New Delhi, 2005
M.R. Yardi	The Yoga of Patanjali, Bhandarkar Oriental Research Institute, Poona, India, 1970
K.D. Prithvipaul	The Yogasurta of Patanjali M.L.B.D. New Delhi
Gaspar M. Koelmenn, S.J	Patanjal Yoga, Papal Athenaeum, Poona, 1970
Swami Ved Bharti	Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II
T.S. Rukmani	Yogasutrabhasya-vivarana of sankar, Munshiram Manohar Lal New Delhi, 2001
J.R. Ballamtyne	Yogasutra of Patanjali (with Bhojavritti and Rajamartanda), Parimal Publication, New Delhi, 2007
Ram Prasada	The Patanjalis Yogasutras, Munshiram Manohar Lal New Delhi, India, 2005
Jayadeva Yogendra and Hansaji	The Yogasutras of Patanjali (stray thoughts of), The Yoga Institute Santa Kunj, Mumbai, 2011
B.K.S. Iyengar	Patanjal Yogasutras Parichya M.D.N.I.Y New Delhi, 2011
Swami Satyprakash Sarswati	Patanjal Raj Yoga, S. Chand & Co. (Pvt.) Ltd. Ram Nagar, New Delhi,
B.K.S. Iyengar	Core of the Yogasutras (The Definitive guide to the Philosophy of Yoga) ,Harper Collin Publisher, London, 2013
Shyam Ranganathan	Patanjalis Yogasutras, Penguin Books India Pvt. Ltd., New Delhi, 2008
T.S. Rukmani	Yogavartika of Vijnamabhiksu, Munshiram Manohar Lal Pvt. Ltd. New Delhi, 1998-1999
Karambelakar P. V.	Patanjala Yogasutra, Kaivalyadhama, Lonavala, 2005



M.A. in Yoga studies		Core Courses						SEMESTER-III
Paper Code-MYS-302		Yoga Therapy						CBCS
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Credits	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	4	2	0	6	20	80

**Course Outcomes:** On completion of this Course, Students will be able to

**CO1:** To develop the understanding of Yoga Therapy, its tool and benefits.

**CO2:** To develop the understanding of the different diseases and their management through Yogic practices.

**CO3:** Have knowledge of latest diseases with their causes, symptoms and Yogic management.

**CO4:** Students will be able to make the Yogic program of the patients suffering from different disorders.

### UNIT – 1 INTRODUCTION TO YOGA THERAPY

- 1.1 Yoga therapy-meaning and concept. Aim of Yoga Therapy.Principles of Yoga Therapy.
- 1.2 Tools for Yoga Therapy- Yama, Niyama,asana,pranayama,shatkarma,mudra-bandha,dhyana.Importance of Yoga Therapy In modern times.
- 1.3 Areas of Yoga Therapy,
- 1.4 Limitations and contraindications of Yoga therapy in different disorders.
- 1.5 Qualities of Yoga therapist, Importance of Yoga therapy in Ancient and Modern Times.

### UNIT-2 CONCEPT OF PRANA, SHATCHAKRA, PANCHAKOSHA AND GENERAL RULES FOR THERAPIST

- 1.1 Concept of PanchaPrana,Shatchakra,
- 1.2 Concept of Panchakosha.
- 1.3 Rules and limitations of Yoga Therapy in different diseases.
- 1.4 Classification of Yoga classes,important rules for Yoga Therapist,rules for Patient.
- 1.5 Relation between Therapists – Patient.

### UNIT-3 YOGIC MANAGEMENT OF COMMON DISORDERS-I

- 1.1 Causes,Symptoms and Yogic management for some common disorders  
Respiratory disorders-Asthma,Influenza, Sinusitis and Cold.
- 1.2 Digestive disorders-Constipation,Indigestion,Low digestivefire and Gas.
- 1.3 Circulatory disorders-High Blood Pressure,Low Blood Pressure,Coronary Heart disorders.
- 1.4 Skeletal system-Arthritis, Cervical spondylytis and Backache.
- 1.5 Nervous system-Anxiety,Stress, Insomnia and Depression

### UNIT-4 YOGIC MANAGEMENT OF SOME COMMON DISORDERS-II

- 1.1 Endocrine System- Diabetes,Thyroid and Obesity.
- 1.2 Reproductive system-Impotency and Sterility.
- 1.3 Sense organs – Weak eyes, Hearing problem and Psoriasis
- 1.4 Female Problems – Problems related to Menstruation, PCOD and Leucorrhoea.
- 1.5 Male problems – Hydrocele, Prolapse and Hernia.



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- Sandra Anderson and Rolf Sovik : Yoga: Mastering the basics, The Himalayan Institute Press, Honesdale, Pennsylvania, 2000
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- Dr. Yogendra Jayadeva : Yoga Therapy in Asthma, Diabetes and Heart Diseases, Principles, Practices and Scientific Research, The Yoga Institute, Santacruz, Mumbai, 2002



M.A. in Yoga studies		Core Courses						SEMESTER-III
Paper Code- MYS-303		Yogic Practices - III						CBCS
Total Practical	Maximum Marks (MM)	Time	L	T	P	Credits	Sessional	End Semester Exam (ESE)
60	100	12 Hrs.	0	4	8	6	20	80

**Course Outcomes:** On completion of this Course, Students will be able to

**CO1:** To develop the basic understanding of Practical Aspects of Yogic Practices.

**CO2:** To understand the knowledge and nature of practices about the Shatkarma and Pranyama.

**CO3:** Have the Knowledge of Mudra and Dhyana.

**CO4:** Understanding the effect of Yogic Practices.

1. **Shukshma and Sthula Vyayam and Suryanamaskar** **10 Marks**
2. **Asanas:-** **20 Marks**  
**In Standing Position:-**  
 Uttkatasan, Utthita-Padangusthasan, Sankatasan, Natrajasan, Padam-Sirshasan,  
**In Sitting Position:**  
 Bakasan, Uttitha-Padamsaan, Badha- Padamsaan, Garbhasan, Kukkutasan, Udrakrshasan,  
 Brahmcharyasan, Uttitha-Ekapada- Sirshasan, , Omkarasan(Pranavaasan).  
**In lying on Back (Supine Position):**  
 Naukasana, Suptakonasan,  
**In lying on chest (Prone Position):**  
 Balasana, Purna- Dhanurasana,  
 Asana as described in 1<sup>st</sup> & 2<sup>nd</sup> semester
3. **Pranayama:** **10 Marks**  
 Bahyavritti ( Rechaka), Abhyantarvriti ( Puraka), Ujjayikumbhak  
 Pranayama as described in 1<sup>st</sup>& 2<sup>nd</sup> semester practical
4. **Kriya-s:** **10 Marks**  
 Trataka, NauliSanchalana, Vastra dhouti, Shankhprakshalan, Mulshodan  
 Kriya-s as described in 1<sup>st</sup>& 2<sup>nd</sup> semester practical
5. **Mudra-s :** **10 Marks**  
 Tadagimudra, Shambhvimudra, Shaktichalanmudra.  
 Mudra-s as described in 1<sup>st</sup> & 2<sup>nd</sup> semester practical
6. **Viva :** **20 Marks**



## BOOKS FOR REFERENCE

- Burnier, Radha: Hathayogapradipika of Svatomarama, The Adyar Library publications, Chennai. 2000
- Swami Digambaraji : Hathapradeepika of Svatomarama, Kaivalyadhama, and Pt Raghunatha S.M.Y.M.Samiti, Lonavla, 1998
- Swami Digambarji and Gharote M.L. Gherandasamhita, Kaivalyadhama, S.M.Y. M. Samiti, Lonavla, 1978.
- Gharote M.L. &Pai, G.K. (Edi) Hathapradipika of Svatomaramaji, (Jyotsana- tika), Adyar Library, Madras.
- Saraswati, Swami Satyananda Asana Pranayama & Mudra Bandha Bihar School Of Yoga, Munger, 1969.
- Pathak, S.P.&others Hathayoga ke Adhar Avam Prayog, MDNIY, New delhi, 2018.
- Pathak, S.P.&others Satkarma, A comprehensive description about the cleansing process, MDNIY, New delhi 2009.
- BKS Iyengar Light on Yoga
- Pathak, S.P.&others Yogic Suksham Vyayam Evam Sthula Vyayam
- Joshi, K.S. Yogic Pranayama, Oriental paper back, New Delhi,
- Swami Kuvalyananda Pranayama, Kaivalyadhama, Lonavla,
- Swami Rama Science of Breath, The Himalayan International Institute, Pennselvenia,
- Swami Niranjananand Prana, Pranayama & Pranvidya
- Saraswati
- Swami Meditation & Its Practices, Advaita Ashrama, Delhi Entally
- Adiswarananda Road, Kolkata 700014



M.A. in Yoga studies		Elective Courses						SEMESTER-III
Paper Code-MYS-304		Yoga Education						CBCS
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Credits	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	3	1	0	4	20	80

**Course Outcomes:** On completion of this Course, Students will be able to

**CO1:** To develop the basic understanding of Yoga Education.

**CO2:** To understand the knowledge about the Evaluation system.

**CO3:** Have the Knowledge of value-based Education.

**CO4:** Understanding the use of value for universal Harmony.

### UNIT – I: FUNDAMENTALS OF YOGA EDUCATION

- 1.1 Introduction to Yoga Education: Meaning, Definition, Aim and its Importance, Components of Education: Teacher, Student and Curriculum; Forms of Yoga Education.
- 1.2 Yoga Education: Indian and Universal Perspective, Trends in Modern Education, Role of Yoga Education in New Education Policy (NAP)-2020.
- 1.3 Emphasis on Developing Holistic Personality; Philosophical, Psychological, Sociological and Scientific Approaches of Yoga Education.
- 1.4 Communication: Role of Language, Voice, Fluency, Clarity and Body Language in Teaching.
- 1.5 Teaching Aids: Demo and Audio-Visual Aids in Teaching.

### UNIT – II: -YOGA EDUCATION AND EVALUATION

- 2.1 Yoga Education: Salient Features, Role of a Yoga Teacher in Value oriented Education.
- 2.2 Guru-Shishya Parampara and its importance in Yoga Education.
- 2.3 Concepts of Para and Apra Vidya in Yoga Education.
- 2.4 Methods of Teaching Yoga: Lecture Method, Demonstration Method, Lecture cum Demonstration Method, Group- Discussion Method, Dramatization Method, Imitation Method, Project Method.
- 2.5 Evaluation: Meaning, Purpose and Importance of Evaluation; Evaluation Devices: Examination, Interview, Group Discussion, Questionnaire, Evaluation of Students, Evaluation of Teacher and Evaluation of Programme.

### UNIT – III: YOGA AND VALUE-BASED EDUCATION

- 3.1 Introduction to Values: Meaning and Definition; Types of Values; Significance of Values.
- 3.2 Value-based Yoga Education: Need and Aim of Value-based Yoga Education.
- 3.3 Human Excellence through Yoga and Value-based Education.
- 3.4 Process of Value Determination: Raths, Hermin & Simon Theory; Contribution of Yoga towards Development of Values.
- 3.5 Principles of Yoga-Teaching; Requirements of Teaching Yoga: Preparing Lesson Plan, Class Management, Conducting Practical Classes, Indicating Precaution and Contraindication of Yogic Practices.





## UNIT-IV: YOGA EDUCATION FOR UNIVERSAL HARMONY

- 4.1 Applied Aspects of Yoga Education.
- 4.2 Nature and Meaning of Society, Civic Sense, Contribution of Yoga Education towards Social Transformation.
- 4.3 Nature and Meaning of National Integration, Patriotic urge, Role of Yoga Education in National Integration.
- 4.4 Nature and Meaning of Spiritual Growth, Spiritual Urge, Role of Yoga Education in Spiritual Growth.
- 4.5 Human and Universal Perspectives of Yoga Education, Yoga Education for Universal Harmony.

### BOOKS FOR REFERENCE

- |  |  |
|--|--|
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| Ananta Kumar Giri                      | Research as Realization – Science, Spirituality and Harmony, Primus Books, Delhi   |
| Bharati Jagannathan                    | Approaching the Divine, Primus Books, Delhi.   |
| Basavaraddi, I.V.<br>(Managing Editor) | Yoga Teachers' Manual for School Teachers; Morarji Desai National Institute of Yoga, New Delhi, 2010   |
| Bhatia, Kamala & B. D.                 | The Principles and Methods of Teaching, Doaba House, Delhi, 2000.  |
| Duggal, Satyapal                       | Teaching Yoga<br>The Yoga Institute, Santacruz, Bombay, 1985.  |
| Gavande, E. N.                         | Value Oriented Education: Vision for Better Living Sarup & Sons, New Delhi. 2002.  |
| Gharote, M.L. & Ganguly, S. K.         | Teaching Methods for Yogic Practices<br>Kaivalyadhama, Lonavla, 2001   |
| Ganguly S.K.                           | Yoga Applied to Physical Education, Kaivalyadhama, Lonavla.  |
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| Nagendra, H. R. & Others<br>Srikrishna | Yoga in Education; V. K. Yogas, Bangalore, 1994<br>Notes on Basic Principles and Methods of Teaching As Applied to Yogic Practices and A Ready Reckoner of Yogic Practices, I.C.Y. Health Centre, Kaivalyadhama, 2009. |
| Ramkrishna Mission<br>Subrahmanyam, K. | Value Education, Ramakrishna Mission, New Delhi, 2002.<br>Education in Values, Vivekananda Kendra Prakashana Trust, Madras, 2003.  |
| Saxena, N.R. Swaroop                   | Philosophical and Sociological Foundation of Education, R. Lall Book Depot, Meerut, 2011.  |



M.A. in Yoga studies		Elective Courses						SEMESTER-IV
Paper Code – MYS-305		Teaching of Upanishad-s						CBCS
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Credits	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	3	1	0	4	20	80

**Course Outcomes:** On completion of this Course, Students will be able to

**CO1:** To develop the basic understanding the nature of Upanishad-s.

**CO2:** To understand the knowledge about Principle Upanishad-s and Yogopanisads.

**CO3:** Have the Knowledge of Yoga in different Upanishad-s.

**CO4:** Understanding the importance of Yogic practices in Human life.

### UNIT I: PRINCIPLE UPANISHAD-S – I

- 1.1 Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman and Atmabhava.
- 1.2 Kenopanishad: Self and the Mind; Intuitive realization of the truth; Moral of Yaksha Upakhyana.
- 1.3 Kathopanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization.
- 1.4 Prashnaopanishad: Concept of Prana and Rayi (creation); Panchaprana-s; the six main questions.
- 1.5 Mundakopanishad: Two approaches to Brahavidya- Para and Aparavidya; The greatness of Brahavidya; Worthlessness of Selfish-karma; Tapas and Gurubhakti; The origin of creation, the ultimate Aim of Meditation- Brahmanubhuti.

### UNIT II: PRINCIPLE UPANISHAD-S – II

- 2.1 Mandukyopanishad: Four States of Consciousness and their relation to syllables in Omkara.
- 2.2 Aitareyopanishad: Concept of Atma, Universe and Brahman.
- 2.3 Taittiriyanopanishad: Concept of Pancha Kosha; Summary of Shiksha Valli, AnandaValli, Bhriuvalli.
- 2.4 Chhandogyopanishad: Om (Udghita) Meditation, Shandilyavidya.
- 2.5 Brihadaranyakopanishad: Concept of Atman and Jnana Yoga; Union of Atman and Paramatman.

### UNIT III: YOGOPANISHAD-S – I

- 3.1 Swetaswataropanishad: (Chapter II) Techniques and Importance of Dhyanyoga, suitable place for Dhyana, sequence of pranayama & its importance, Prior symptoms of Yogasiddhis, Importance of Yogasiddhis, Tattvajna, (Chapter VI) Nature of God, techniques for Realization, Attainment of liberation.
- 3.2 Yogakundalupanishad: Methods of Pranayama and its Siddhi, Types of Pranayama, means of self-realization.
- 3.3 Yogachudamadupanishad: The description of the six limbs of Yoga, their results and sequence.
- 3.4 Trishikhibrahmanopanishad: Description of Ashtangayoga, Karmayoga and Jnanayoga.
- 3.5 Kshurikopanishad: Description of Yogadhikari, Asana, Pranayama, Pratayahara, Dharana, Dhyana and Samadhi.

### UNIT IV: YOGOPANISHAD-S – II

- 1.1. Yogatattvopnishad: Mantrayoga, Layayoga, Hathayoga, Rajayoga and their stages, Ahara and Dincharya, primary symptoms of Yoga siddhi-s and precautions.
- 1.2. Dhyandindupanishad: importance of Dhyanyoga, Nature of Pranav, Techniques of Pranav Meditation, Shadanyoga, Atmadarshan through Nandanusandhan.
- 1.3. Nadabindupanishad: Hansavidya : description of various limbs of Omkar, 12 matras of Omkar and its results of their application with Prana-s, Types of Nada-s, Nature of Nandanusandhan Sadhana, state of Manolaya.
- 1.4. Yogarajopnishad: Mantrayoga, Layayoga, Hathayoga, Rajayoga, Nava(nine) chakra-s, procedures of Dhyana and its results.
- 1.5. Darsanopanishad: Description of Ashtangyoga- Yama, Niyama, Asana, Nadi-Pranayama, Pratayahara, Dharana, Dhyana, Samdhi.





## BOOKS FOR REFERENCE

- Gita press : Ishavasyopanishad, Gita press, Gorakhpur, UP.  
 Gita press : Kenopanishad, Gita press, Gorakhpur, UP.  
 Gita press : Kathopanishad, Gita press, Gorakhpur, UP.  
 Gita press : Prashnaopanishad, Gita press, Gorakhpur, UP.  
 Gita press : Mundakopanishad, Gita press, Gorakhpur, UP.  
 Gita press : Mandukyopanishad, Gita press, Gorakhpur, UP.  
 Gita press : Aitareyopanishad, Gita press, Gorakhpur, UP.  
 Gita press : Taittiriyanopanishad, Gita press, Gorakhpur, UP.  
 Gita press : Chhandogyopanishad, Gita press, Gorakhpur, UP.  
 Gita press : Brihadaranyakopanishad, Gita press, Gorakhpur, UP.  
 Gita press : Swetaswataropanishad, Gita press, Gorakhpur, UP.  
 Yogakundalupanishad, Adyar Library and Research Centre, Adyar, Madras, India.  
 Yogachudamadupanishad, Adyar Library and Research Centre, Adyar, Madras, India.  
 Trishikhibrahmanopanishad, Adyar Library and Research Centre, Adyar, Madras, India.  
 Kshurikopanishad, Adyar Library and Research Centre, Adyar, Madras, India.  
 Yogatattvopnishad, Adyar Library and Research Centre, Adyar, Madras, India.  
 Dhyandindupanishad, Adyar Library and Research Centre, Adyar, Madras, India.  
 Nadabindupanishad, Adyar Library and Research Centre, Adyar, Madras, India.  
 Yogarajopnishad, Adyar Library and Research Centre, Adyar, Madras, India.  
 Darsanopanishad, Adyar Library and Research Centre, Adyar, Madras, India.





M.A. in Yoga studies		Elective Courses						SEMESTER-III
Paper Code- MYS-306		Teaching Methodology of Yoga						CBCS
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Credits	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	3	1	0	4	20	80

**Course Outcomes:** On completion of this Course, Students will be able to

**CO1:** To develop the basic understanding of teaching methodology in yoga.

**CO2:** To understand the knowledge about of different teaching methods.

**CO3:** Have the Knowledge of conducting yoga camp, seminar.

**CO4:** Understanding the planning and organization of yoga workshop and competition.

**UNIT-I: Fundamentals of Teaching Methodology**

- 1.1 Meaning, Definition & Objects of Yoga Teaching.
- 1.2 Importance of Yoga Teaching.
- 1.3 Different levels and Scope of Yoga Teachings.
- 1.4 Concept & Definition of Teaching Process.
- 1.5 Need & Importance of Teaching Process.

**UNIT-II:- Fundamentals of Teaching Practices**

- 2.1 Fundamental elements of Teaching.
- 2.2 Merits of good teaching Practices.
- 2.3 Demerits of bad teaching Practices.
- 2.4 Brief introduction to Teaching Methods.
- 2.5 Principles of Yoga Teaching Methods (Yama-Niyama)

**UNIT-III:- Different Teaching Methods of Yogic Practices.**

- 3.1 Principles and Teaching Methodology of Shatkarma-s
- 3.2 Principles and Teaching Methodology of Asana-s
- 3.3 Principles and Teaching Methodology of Pranayama-s
- 3.4 Principles and Teaching Methodology of Mudra-s
- 3.5 Principles and Teaching Methodology of Dhyana (Meditation)

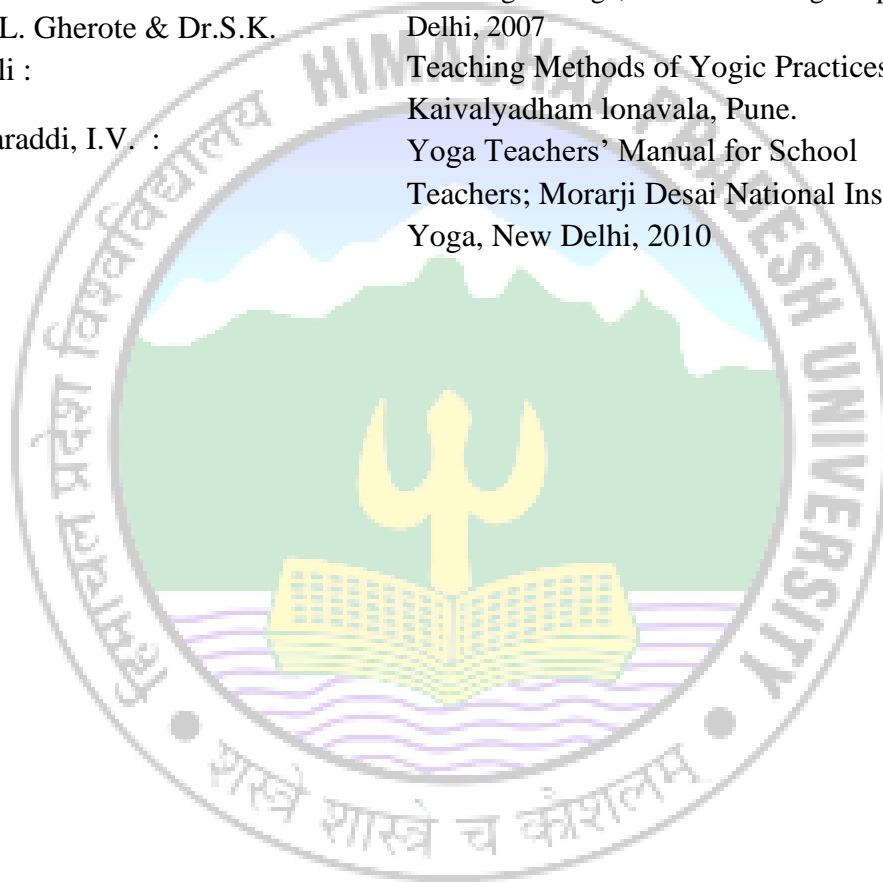
**UNIT-IV: Yoga Teaching Camp, Seminar-Workshop etc.**

- 4.1 Planning & organization of Yoga Camp.
- 4.2 Planning & organization of Yoga Therapy Camp.
- 4.3 Planning & organization of Yoga Seminar..
- 4.4 Planning & organization of Yoga Workshop.
- 4.5 Planning & organization of Yoga Competition



## BOOKS FOR REFERENCE

- Dr. Gharote M L : Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007
- Dr. Shri Krishna : Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009
- Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi,
- Saket Raman Tiwari & others : Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007
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- Basavaraddi, I.V. : Yoga Teachers' Manual for School Teachers; Morarji Desai National Institute of Yoga, New Delhi, 2010





M.A. in Yoga studies		<b>Ability Enhancement Course(AEC)</b>						SEMESTER-III
Paper Code-MYS-307		<b>Yogic Practices for Healthy Living-I</b>						CBCS
Total Practical	Maximum Marks (MM)	Time	L	T	P	Credits	Sessional	End Semester Exam (ESE)
60	100	8 Hrs.	0	1	3	4	20	80

**Course Outcomes:** On completion of this Course, Students will be able to

**CO1:** To develop the basic understanding of Practical Aspects of Yogic Practices.

**CO2:** To understand the knowledge and nature of practices about the Shatkarma and Pranyama.

**CO3:** Have the Knowledge of Mudra and Dhyana.

**CO4:** Understanding the effect of Yogic Practices.

**1. Kriya-s:**

**10 Marks**

- Trataka,
- Nauli Sanchalana,
- Vastra dhouti,
- Shankhprakashana,
- Mulshodan
- Kriya-s as described in 1<sup>st</sup> & 2<sup>nd</sup> semester practical

**2. Asanas:-**

**30 Marks**

**A. In Standing Position:-**

Utkatasana, Uttitha-Padangusthasana, Sankatasana, Natrajasana, Padam-Sirshasana,

**B. In Sitting Position:**

Bakasana, Uttitha-Padamsana, Badha- Padamsana, Garbhasana, Kukkutasana, Udrakrshasana, Brahmacharyasana, Uttitha-Ekapada- Sirshasana, , Omkarasana(Pranavasana).

**C. In lying on Back(Supine Position):**

Naukasana, Suptakonasana,

**D. In lying on chest(Prone Position):**

Balasana, Purna- Dhanurasana,  
Asana-s as described in 1<sup>st</sup>, & 2<sup>nd</sup> semester

**3. Pranayama-S:**

**10 Marks**

- Bahyavritti ( Rechaka)
- Abhyantarvritti ( Puraka)
- Ujjayikumbhak
- Pranayama as described in 1<sup>st</sup> & 2<sup>nd</sup> semester practical

**4. Mudra-s :**

**10 Marks**

- Tadagimudra,
- Shambhvimudra,
- Shektichalanmudra.
- Tadagimudra.
- Mudra-s as described in 1<sup>st</sup> & 2<sup>nd</sup> semester practical

**5. Dhyana(Meditation):**

**10 Marks**

- Dhyana with Mantra-Ucharanam (Recitation of Mantra-s).
- Vipasyana Dhyana and Preksha Dhyana.



## 6. Viva :

10 Marks

**BOOKS FOR REFERENCE**

- Burnier, Radha: Hathayogapradipika of Svatmarama, The Adyar Library publications, Chennai. 2000
- Swami Digambaraji : Hathapradeepika of Svatmarama, Kaivalyadhama, and Pt Raghunatha S.M.Y.M.Samiti, Lonavla, 1998
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- Pathak, S.P.&others Hathayoga ke Adhar Avam Prayog, MDNIY, New delhi, 2018.
- Pathak, S.P.&others Satkarma, A comprehensive description about the cleansing process, MDNIY, New delhi 2009.
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- Pathak, S.P.&others Yogic SukshamVyayamEvenSthulaVyayam
- Joshi, K.S. Yogic Pranayama, Oriental paper back, New Delhi,
- Swami Kuvalyananda Pranayama, Kaivalyadhama, Lonavla,
- Swami Rama Science of Breath, The Himalayan International Institute, Pennselvenia,
- Swami Niranjananand Prana, Pranayama & Pranvidya
- Saraswati
- Swami Meditation & Its Practices, Advaita Ashrama, Delhi Entally
- Adiswarananda Road, Kolkata 700014

M.A. in Yoga studies		<b>Core Course</b>						SEMESTER-IV
Paper Code- MYS-401		<b>Srimadbhagavadgita</b>						CBCS
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Credits	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	4	2	0	6	20	80

**Course Outcomes:** On completion of this Course, Students will be able to

**CO1:** To develop the basic understanding of Bhagavadgita.

**CO2:** To understand the knowledge about ataman, Parmatman and sithitaprajna.

**CO3:** Have the Knowledge of Karmayoga and bhaktiyoga.

**CO4:** Understanding the role of bhagavadgita in healthy living.

### **UNIT I- GENERAL INTRODUCTION TO BHAGAVADGITA**

- 1.1 Introduction to Srimadbhagavadgita and Prasthanatryee.
- 1.2 Srimadbhagavadgita and its different commentaries.
- 1.3 Significance of Srimadbhagavadgita as a synthesis of Yoga.
- 1.4 Different Definitions of Yoga in Srimadbhagavadgita.
- 1.5 Srimadbhagavadgita and their relevance in Yoga Sadhana.

### **UNIT II- CONCEPT OF ATAMAN, PARMATMAN AND SITHITA PRAJNA**

- 2.1 Concept of Samkhyayoga in Srimadbhagavadgita.
- 2.2 Concept of Sithitaprajna, stages and characteristic of Sithitaprajna.
- 2.3 Concept of Atman (Purusha), Jivatman or individual soul.
- 2.4 Concept of Paramatman (Parmeshwar or Purushotam) their characteristic in Srimadbhagavadgita
- 2.5 Concept of Jnana and Jnanayoga, Origin of the world as described in Srimadbhagavadgita.

### **UNIT III- KARMAYOGA AND BHAKTIYOGA IN BHAGAVADGITA**

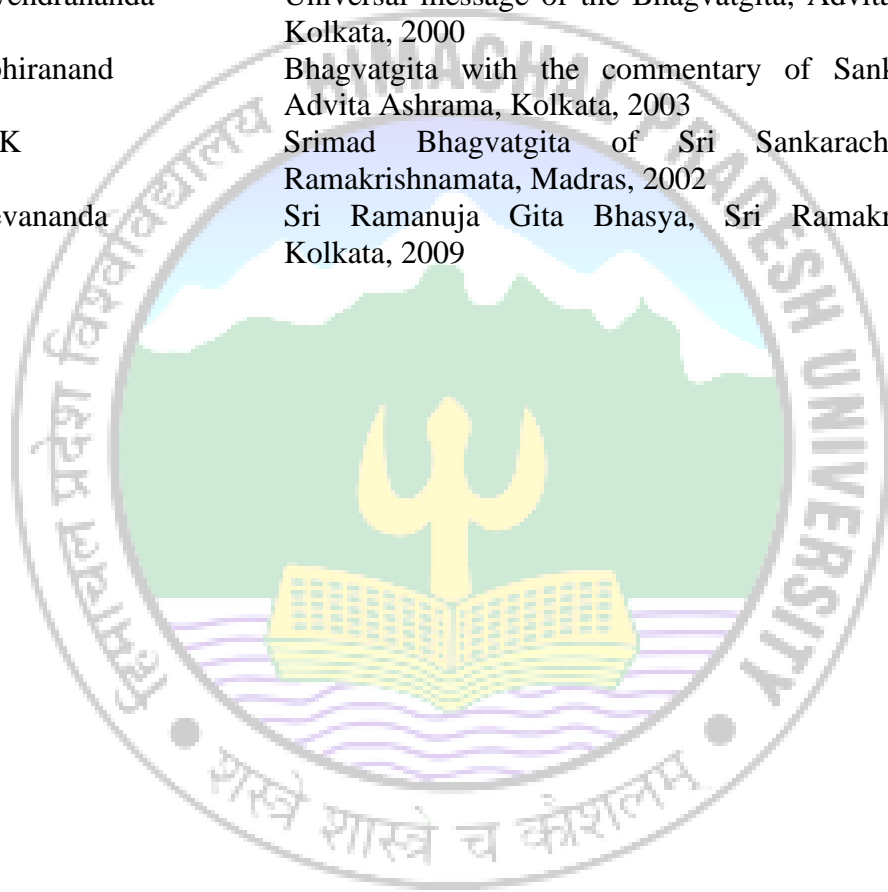
- 3.1 Concept of karma and Karmayoga in Bhagavadgita.
- 3.2 Concept of Bhakti and Bhaktiyoga, Shraddha and its relevance in Bhagavadgita.
- 3.3 Concept and Nature of Dhyana Yoga with devotion as described in Bhagavadgita.
- 3.4 Concept of Triguna and the qualities of Sattva,Rajas,and Tamas, in Bhagavadgita.
- 3.5 Concept and classification of Knowledge, Action, Doer, Reason, Firmness and Joy according to Triguna.

### **UNIT IV- ROLE OF BHAGAVADGITA IN HEALTHY LIVING**

- 4.1 Role of Bhagavadgita in Day to Day life.
- 4.2 Concept and classification of Ahara as described in Bhagavadgita.
- 4.3 Ahara and its Role in Yoga Sadhana described in Bhagavadgita.
- 4.4 Theory of Adjustment in Healthy living as described in Bhagavadgita.
- 4.5 Theory of wisdom with real knowledge of manifest Divinity in Bhagavadgita.

## **BOOKS FOR REFERENCE**

Swami Ramsukhadas	Srimad Bhagavadgita (Sadhaka Sanjivani) Gita Press Gorakhpur
Swami Ranganathananda	Bagavadgita Advaita Ashrama Sub- Dept-5 Deli Entally Road Kolkata
Swami Shrikantananda	Gita Darshana Indian Institute of Human Excellence Hyderabad
Swami Tapasyananda	Srimadbhgavadgita Sri Ramkrishna Matha Madras
Swami Gambhiranand	Bhagavadgita (with Gudharth Dipika) Sri Ramkrishna Matha Madras
Swami Abhidananda	Bhagvatgita, the divine message, Ramakrishna Vedanta Matha, Kolkata, 1990
Swami Raghvendrananda	Universal message of the Bhagvatgita, Advita Ashrama, Kolkata, 2000
Swami Gambhiranand	Bhagvatgita with the commentary of Sankaracharya, Advita Ashrama, Kolkata, 2003
Warrior A.G.K	Srimad Bhagvatgita of Sri Sankaracharya, Sri Ramakrishnamata, Madras, 2002
Swami Adidevananda	Sri Ramanuja Gita Bhasya, Sri Ramakrishnamata, Kolkata, 2009



M.A. in Yoga studies		<b>Core Courses</b>						SEMESTER-IV
Paper Code- MYS-402		<b>Research Methodology</b>						CBCS
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Credits	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	4	2	0	6	20	80

**Course Outcomes:** On completion of this Course, Students will be able to

**CO1:** To develop the basic understanding of Research Methodology.

**CO2:** To understand the knowledge about literature review, Hypothesis and sampling.

**CO3:** Have the Knowledge of variable, Experimental control and methods of Data control.

**CO4:** Understanding the concept of research design and research report.

**UNIT-I: NATURE, METHODS & PROBLEM OF RESEARCH**

- 1.1 Meaning & Definition, Nature and Ethics of Research.
- 1.2 Method of Research- Literature research, Correlation Research & Experimental Research in Yoga studies.
- 1.3 Need & Importance of research Design in Yoga Studies.
- 1.4 Problem- Meaning, Nature, Source of Problem.
- 1.5 Classification and Characteristics of a Scientific Problem.

**UNIT-II:- LITERATURE REVIEW, HYPOTHESIS & SAMPLING**

- 2.1 Nature and Importance of Literature Review in Research.
- 2.2 Nature and Classification of Hypothesis.
- 2.3 Meaning & Importance of Sampling.
- 2.4 Essentials of good Sampling.
- 2.5 Methods of Sampling.

**UNIT-III: VARIABLE, EXPERIMENTAL CONTROL & METHODS OF DATA CONTROL**

- 3.1 Meaning & Types of Variable.
- 3.2 Control of Variable.
- 3.3 Meaning & Nature of Experimental Control.
- 3.4 Methods of data Collection- Observation & Experimental Methods
- 3.5 Methods of data Collection- Questionnaire & Interview Methods

**UNIT-IV:-METHODS OF CONTROL, RESEARCH DESIGN & RESEARCH REPORT**

- 4.1 Methods of Research Control.
- 4.2 Meaning & Aims of Research Design
- 4.3 Randomized two group Research Design
- 4.4 Single Group Research Design
- 4.5 Research Report- Method and style of research report.

**BOOKS FOR REFERENCE**

H.K. Kapil. : Research Methods in Behavioral Sciences.

Kerlinger : Foundation of Behavioral Sciences.

Raj Kumar : Fundamentals of Research Methodology, New Delhi

Dr. Keshab Chandra Dash : Elements of Research methodology in Sanskrit.



M.A. in Yoga studies		Core Courses						SEMESTER-IV
Paper Code – MYS-403		Yogic Practices – IV						CBCS
Total Practical	Maximum Marks (MM)	Time	L	T	P	Credits	Sessional	End Semester Exam (ESE)
60	100	12 Hrs.	0	4	8	6	20	80

**Course Outcomes:** On completion of this Course, Students will be able to

**CO1:** To develop the basic understanding of Practical Aspects of Yogic Practices.

**CO2:** To understand the knowledge and nature of practices about the Shatkarma and Pranyama.

**CO3:** Have the Knowledge of Mudra and Dhyana.

**CO4:** Understanding the effect of Yogic Practices.

**1. SHATKARMA**

**Marks: 15**

- A. Dhauti
- B. Neti
- C. Nauli Madhyama, Vama, Dakshina and Nauli Chalana
- D. Trataka (Jatru and Jyoti)

**2. YOGASANA-S**

**Marks: 25**

- A. Siddhasana, Bhadrasana, Baddha Padmasana, Uttitha Padmasana,
- B. Bhunamanasana, Hanumanasana, Bakasana, Kukkutasana, Garbhasana
- C. Matsyendrasana, Marjariasana, Padangusthasana, Hastapadangusthasana
- D. Garudasana, Vatayanasana, Natarajasana, Mayurasana, Padma Mayurasana
- E. Sirshasana and its variations, Ekapada and Dwipada Kandarasana

**3. PRANAYAMA**

**Marks: 15**

- A. Nadi Shodhana (Technique 1: Same Nostril Breathing)
- B. Nadi Shodhana (Technique 2: Alternate Nostril Breathing)
- C. Nadi Shodhana (Technique 3: Alternate Nostril Breathing + Antar Kumbhak)
- D. Nadi Shodhana (Puraka + Antar Kumbhak + Rechaka + Bahya Kumbhak) (1:4:2:2)
- E. Bhramari Pranayama Surya-bhedi and Chandra-bhedi Pranayama
- F. Ujjayi Pranayama
- G. Sheetali Pranayama
- H. Shitkari Pranayama
- I. Bhastrika Pranayama

**2. BANDHA**

**Marks: 15**

- A. Jivha Bandha
- B. Jalandhara Bandha
- C. Uddiyana Bandha
- D. Mula Bandha
- E. Maha Bandha
- F. Tri Bandha

**3. PRACTICES LEADING TO MEDITATION**

**Marks: 10**

- A. Pranav and Soham Japa
- B. Antarmauna

- C. Ajapa Dharana
- D. Practices leading to Breath Meditation
- E. Practices leading to Om Meditation
- F. Practices leading to Vipassana Meditation
- G. Practices leading to Preksha Meditation

### **BOOKS FOR REFERENCES**

- |                               |   |  |
|-------------------------------|---|--|
| Saraswati, Swami              | : | Asana, Pranayama, Bandha, Mudra  |
| Satyanand                     | : | Bihar School of Yoga, Munger, 2009   |
| Joshi, K.S.                   | : | Yogic Pranayama, Oriental Paperback, New Delhi, 2009                               |
| Swami Kuvalyananda            | : | Pranayama, Kaivalyadhama, Lonavla, 2005  |
| Iyengar, B.K.S.               | : | Light on Pranayama, Harper Collins, London, 2012                                   |
| Nagendra, H.R                 | : | The art and Science of Pranayama, Swami Vivekananda Yoga Prakashan, 2005, Bangaore |
| Swami Rama                    | : | Science of Breath, The Himalayan International Institute, Pennselvenia, 1998       |
| Gharote, M.L.                 | : | Pranayama: The Science of Breath, The Lonavla Yoga Institute, Lonavla, 2003        |
| Lajpat, Dr. R.                | : | Discovering Human Potential Energy, Abhinav Rai Publication, Gurgaon, 1996         |
| Lajpat, Rai & others          | : | Meditation, Anbhava Rai Publications, Gurgaon                                      |
| Saraswati, Swami Satya Nand   | : | Meditation from Tantras, Yoga Publication Trust, Munger, 2004                      |
| Sarswati, Swami Niranjananand | : | Dharana Darshan, Yoga Publication Trust, Munger, 2003                              |
| Krishnamacharya, T.           | : | Dhyanamalika, KYM, Chennai, 2005   |
| Swami Satyananda              | : | Yoganidra, Yoga Publication Trust, Munger, 1998                                    |

M.A. in Yoga studies		Elective Course						SEMESTER-III
Paper Code- MYS-404		DIET AND NUTRITION						CBCS
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Credits	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	3	1	0	4	20	80

**Course Outcomes:** On completion of this Course, Students will be able to

**CO1:** This paper will familiarize the students with the basic concepts of Diet and Nutrition.

**CO2:** This paper will cover modern concepts of Diet, types of Diet, calories and Diet mentioned in different Yogic texts and Ayurveda.

**CO3:** This paper also explains the role of Diet in Yogasadhna.

**CO4:** To develop the understanding of role of Diet in different disorders

#### UNIT – 1 INTRODUCTION TO DIET

- 1.1 Introduction to Ahara (Diet) in Yoga -Meaning, Definition, Aim, Characteristics.
- 1.2 Ahara - Quantity, Quality and Time. Traditional food of India and its importance in regaining health. Importance of Diet in Ancient and Modern time.
- 1.3 Diet mentioned in different scriptures-Upanishad-s, Hathayogic Texts and Ayurveda.
- 1.4 Concept of Diet mentioned in different Hathayogic Texts.
- 1.5 Concept of Mitahara – Meaning, definition, Aim, characteristics and its Importance for Sadhaka

#### UNIT-2 INTRODUCTION TO YOGIC DIET AND MODERN DIET.

- 2.1 Pathya (conductive) and Apathya (non-conductive) Ahara in Hathayoga Sadhana.
- 2.2 Concept of Modern Diet.Paleo Diet,Vegan Diet,Mediterranean Diet,Low carb Diet,Raw food Diet.
- 2.3 Concept of Balanced Diet.Doogdahaar(milk diet),falahaar(fruit diet),Role of fasting in Diet.
- 2.4 Benefits of Vegetarian diet and disadvantages of Nonvegetarian diet.
- 2.5 Concept of Detox Diet and its importance in preventive and curative measures.Role of Diet inYogasadhana and Modern Time.

#### UNIT-3 DIET AND DISORDERS

- 3.1 Concept of Tridosha, Prakriti and Trayastambha (Three pillars) in Ayurveda
- 3.2 Concept of Diet according to Ritu maintaining a good health.
- 3.3 Diet according to Prakriti maintaining a good health.
- 3.4 Diet and Disorders- Role of diet in preventive and curative measures.
- 3.5 Basic principles in planning diet, Planning Diet for various disease conditions.

#### UNIT-4 INTRODUCTION TO FOOD ELEMENTS AND NUTRITION

- 4.1 Chemical Composition and functions of food elements in human body.
- 4.2 Protein,Carbohydrate,Fat,Vitamins,Mineral Salts,Water.
- 4.3 Concept of Nutrition.Nutrition-Meaning,definition.
- 4.4 Malnutrition-meaning, definition &effect on human body.
- 4.5 Nutritious diet - importance in Yogasadhana and Modern Time.

## **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
- Carroll A Lutz : Nutrition & Diet Therapy, Evidence Based Application, Japee Brother New Delhi, 2008
- Indrani T K : A Nursing manual of Nurtition & Therapist Diet by Jaypee Brothers, 2008
- Swami Digamber Ji & Others : Gheranda Samhita, Lonavala Institute, 1978
- Gharote M L & others : Hatha Pradipika, The Lonavala Yoga Institute, Lonavala, 2006
- Swami Mangalteertham : Synthetic approach to Diet & Nutrition, Deogarh Nutan Publication, Deogarh, 2005
- Swami Gambhirananda : Bhagvatgita, Shri Ramkrishna Math, Madras
- Swami Maheshananda & others. : Vasishta Samhita, Kaivalyadhama, Lonavla, 2005
- E.D Wilson : Principle of Nutrition.
- Dr. Ramharsha Singh : Swasthavrittavigyan.
- Acharya Balkrishna : Secret of Ayurveda
- J.P Shelli : AahaarevamPoshan
- Sri Lakshmi B : Dietics

M.A. in Yoga studies		Elective Courses						SEMESTER-IV
Paper Code-MYS-405		Ayurveda and Swasthavritta						CBCS
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Credits	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	3	1	0	4	20	80

**Course Outcomes:** On completion of this Course, Students will be able to

**CO1:** To develop the basic understanding of Ayurveda.

**CO2:** To understand the knowledge about Swasthavritta and Sadvritta.

**CO3:** Have the Knowledge of the concept of Upstambhas and Ahara.

**CO4:** Understanding the method and importance of Ayurvedic Treatment in healthy living.

### UNIT I: GENERAL INTRODUCTION TO AYURVEDA

- 1.1 General introduction to Ayurveda, Definition and Aim of Ayurveda
- 1.2 Ayurveda, its Origin, History and Development.
- 1.3 Basic introduction to main Ayurvedic texts (Charakasamhita, Sushrutasamhita and Ashtangasamghra).
- 1.4 Ashtanga and Shodasanga Ayurveda and its significance.
- 1.5 Concept of Health and Diseases according to Ayurveda and its utility in health promotion and disease management

### UNIT II: SWASTHAVRITTA AND SADVRITTA

- 2.1 Basic principles of Ayurveda – Tridosha, Saptadhatu, Trimala, Pancha Mahabhuta, Prakriti and Manas.
- 2.2 Concept and importance of Swasthavrita, Dincharya, Ritucharya Ratricharya.
- 2.3 Concept of Sadvritta and Achara Rasayana.
- 2.4 Concept of Agni, Srotas and Ama, Concept of Dharniya and Adharniya Vega in Ayurveda.
- 2.5 Introduction to Dravyaguna, Karma, Virya, Vipaka and Prabhava.

### UNIT III: UPASTHAMBAS AND AHARA

- 3.1 Concept of Stambha and Upasthambha.
- 3.2 Concept of Ahara, Ahara pachana, Pathya & Apathya in Ayurveda.
- 3.3 Introduction to Shariraposhana (nourishment).
- 3.4 Concept of Oja in Ayurveda.
- 3.5 Role of Ayurvedic Ahara in health and disease

### UNIT IV: METHODS OF AYURVEDIC TREATMENT

- 4.1 Introduction to Naisthiki Chikitsa (Treatment) in Ayurveda.
- 4.2 Concept of Jiva, Chaitanya and Rashi Purusha.
- 4.3 Significance of Dukha and Sukha Hetu-s in Ayurveda.
- 4.4 Approach of Ayurveda and Yoga as whole in relation to total health and well-being
- 4.5 Concept of Atyantika Dukhanivratih, Yoga and Moksha and their process in Ayurveda.

## **BOOKS FOR REFERENCE**

- Dr. Mangalagowri V.Rao : A textbook of Svasthavrtta, Chaukhambha Orientalia, Varanasi
- Dr. Krishnakant Pandey : Adharsh Svasthavrtta Vijanana, Chaukhambvha Orientalia, New Delhi.
- Prof. Ramharsh Singh : Svasthviritta Vigyana, Chaukhambha Sanskrit House, New Delhi
- Dr. Priyavrata Sharma : Charak samhita, Chaukhambha Orientalia, Varanasi, Edition of 2008
- Dr. Ravi dutta Tripathi : Ashtanga Samgraha, Chaukambha Sanskrit Prathishthan, Delhi, Reprint edition of 2003
- Dr. Brahmanand Tripathi : Prathishthan, Delhi, Reprint edition of 2003
- Dr. K. H. Krishnamurthy : The wealth of Susruta, International Institute of Ayurveda, Coimbatore, 1999
- Dr. P. H. Kulkarni : Ayurvedic Philosophy, Academa Publishers, 2011
- Dr. H. S. Palep : Scientific foundation of Ayurveda, Chaukambha Sanskrit Prathishthan, Delhi, 2004
- Dr. V. B. Athavale : Basic Principles of Ayurveda, Chaukambha Sanskrit Prathishthan, Delhi, 2004
- Dr. L. P. Gupta : Essentials of Ayurveda, Chaukambha Sanskrit Prathishthan, Delhi, 2006
- Prof. K. R. Srikantha : Docrine of Pathology in Ayurveda, Chaukambha Murthy Publication, Delhi, 2007
- C. Dwarkanath : Digestion & Metabolism in Ayurveda, Chaukambha Krishna Academy, Varanasi, 2010
- Dr. G. Srinivas Acharya : Panchakarma illustrated, Chaukambha Sanskrit Prathishthan, Delhi, 2009
- Prof. Dr. T.L. Devaraj : The Practical Panchakarma Therapy, Chaukambha Orientalia, Delhi, 2009
- Prof. Dr. T.L. Devaraj : The Panchakarma Treatment of Ayurveda, Chaukambha Orientalia, Delhi, 2006
- Susan Tinkle : The Ayurvedic Diet, New Age Books, 2011
- Sarvadeva Upadhyaya : Nadi Vijanana, Chaukambha Sanskrit Prathishthan, Delhi, 2009
- Dr. Subhash Ranade : Concept of Pathology in Ayurveda, Chaukambha Publications, 2007
- Prof. H. Subhash Ranade : Concepts of Prakriti & Lifestyle, Chaukambha Sanskrit Prathishthan, Delhi, 2004
- Prof Dr. Subhash Ranade : The textbooks of Swasthavritta, Chaukambha & Others Sanskrit Prathishthan, Delhi, 2005

M.A. in Yoga studies		Elective Courses						SEMESTER-IV	
Paper Code- MYS-406		Yoga and Applied Psychology						CBCS	
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Credits	Sessional	End Semester Exam (ESE)	
60	100	3 Hrs.	3	1	0	4	20	80	

**Course Outcomes:** On completion of this Course, Students will be able to

**CO1:** To develop the basic understanding of applied aspects of Psychology in Yoga.

**CO2:** To understand the knowledge about Mental Health in Yoga.

**CO3:** Have the Knowledge of Psychological Disorders and its Yogic way of Treatment.

**CO4:** Understanding the importance of Yoga in different approach of psychological treatment.

### **UNIT- I: INTRODUCTION TO APPLIED ASPECTS OF PSYCHOLOGY**

- 1.1 Understanding Human Nature
- 1.2 Individual differences in Human Functioning
- 1.3 A Framework for Viewing Human Functioning and Disorders
- 1.4 Application of psychology in Education, Industry, Medicine
- 1.5 Betterment of individual, Community and Nation

### **UNIT-II: MENTAL HEALTH**

- 2.1 Mental Health: Meaning and Importance; Yogic Perspective of Mental Health, Indicators of Mental Health
- 2.2 Stress: Meaning and Definition; Symptoms, Causes and Consequences of Stress;
- 2.3 Conflict, Frustration and Pressure
- 2.4 Adjustment: Definition and Nature; Adjustment and Mental Health
- 2.5 Ways of Adjustment: Direct Ways and Indirect Ways (Defense-mechanisms) of Adjustment, Meliorative and Prophylactic aspects of Mental Health.

### **UNIT- III: PSYCHOLOGICAL DISORDERS**

- 3.1 Concepts and Criteria of Normality, Abnormality and Psychological Disorders, Factors Underlying Abnormal behavior and Psychological Disorders
- 3.2 Major Psychological Disorders – I: Anxiety Disorders, Somatoform Disorders
- 3.3 Dissociative Disorders
- 3.4 Major Psychological Disorders – II: Mood Disorder: Depression and Bipolar Mood Disorder, Attention Deficit Hyperactivity Disorder (ADHD), Post Traumatic Stress Disorder (PTSD)
- 3.5 Major Psychological Disorders – III: Schizophrenic Disorder and Substance Use Disorders.

### **UNIT- IV: YOGA FOR MENTAL HEALTH**

- 4.1 Psychotherapy: Nature and Process of Psychotherapy, Ethics in Psychotherapy
- 2.1 Approaches to Psychotherapy -I: psychodynamic Therapy, Behaviour Therapy: Aversive Conditioning, Systematic Desensitization, Token Economy, Conditioned Reflex Therapy.
- 2.2 Approaches to Psychotherapy - II: Client-centred Therapy, Rational Emotive Behavioural Therapy (REBT) by Elbert Ellis, Gestalt Therapy
- 2.3 Yogic Concepts and Techniques in Patanjalyogasutram and Bhagwadgita for Promoting Mental Health; Need of Spiritual Growth for Mental Health



2.4 Specific Yogic Practices for Promotion of Mental Health: Breath Awareness, Shavasana, Yoganidra, Pranayama and Meditation; Yogic Life-style

**BOOKS FOR REFERENCE**

- Herrman, H., Saxena, S, & Moodie, R : Promoting Mental Health. Switzerland: WHO Press, World Health Organization, 2005
- Hilgard, Ernest R., Atkinson, Richard C. & Atkinson, R.L. : Introduction to Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.
- Hecker, J.E. & Thorpe, G.L. : Introduction to clinical psychology: Science, Practice & ethics. New Delhi: Pearson, 2010
- Korchin, Sheldon J. : Modern Clinical Psychology: Principles of Intervention in the Clinic and Community. New Delhi: CBS Publishers and Distributors, 2004
- Nagendra, H. R. : New Perspectives in Stress Management. Bangalore: Vivekanada Kendra.
- Singh, A. K. : Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007
- Taylor, S. E. : Health Psychology (6<sup>th</sup> ed.). New Delhi: Tata McGraw Hill, 2006
- Tilak, B. G. : Srimad Bhagwadgita Rahasya. Poona: Tilak Mandir.
- Udupa, K.N. : Stress and Its Management by Yoga. Delhi: Motilal Banarasidas, 2007
- Vivekananda, Swami : Raja Yoga. Nagpur: Ramakrishna Math.

M.A. in Yoga studies		<b>Generic Elective Course</b>						SEMESTER-II
Paper Code		<b>Yoga &amp; Human Values</b>						CBCS
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Credits	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	4	0	0	4	20	80

**Course Outcomes:** On completion of this Course, Students will be able to

**CO1:** To develop the basic understanding of Human Body as “I”.

**CO2:** To understand the knowledge about creating the harmony among family, society, Human and Human Relationship.

**CO3:** Have the Knowledge of Moral Values in Human Life.

**CO4:** Understanding the role of Yoga in society and social responsibility.

### **Unit I: Harmony in Human Being and in “I”**

- 1.1 Concept of Human Being as ‘I’ & Body
- 1.2 Characteristics & activities of ‘I’ & Harmony in ‘I’
- 1.3 Understanding the Harmony of ‘I’ with the Body: Sanyam and Swasthya, correct appraisal of body needs and meaning of prosperity in detail
- 1.4 Role of Yoga in developing Harmony within the self
- 1.5 Understanding the body as an instrument of ‘I’

### **Unit II: Harmony in Family and Society - Harmony in Human – Human relationship**

- 2.1 Values in Family, Harmony in family; the basic unit of human interaction
- 2.2 Values in Human; Human relationship, Yogic concept of Human relationship – Maitri, Karuna, Mudita and Upeksha
- 2.3 Harmony in the Society – Concept of Vasudeva Kutumbakam
- 2.4 Concept of Universal Harmonious order in society; undivided society (Akhand Samaj), Universal order (Sarvabhaum Vyawastha)
- 2.5 Concept of Samman (Respect), difference between respect and differentiation, the other silent values in relationships

### **Unit III: Concept of Human values: Moral Education**

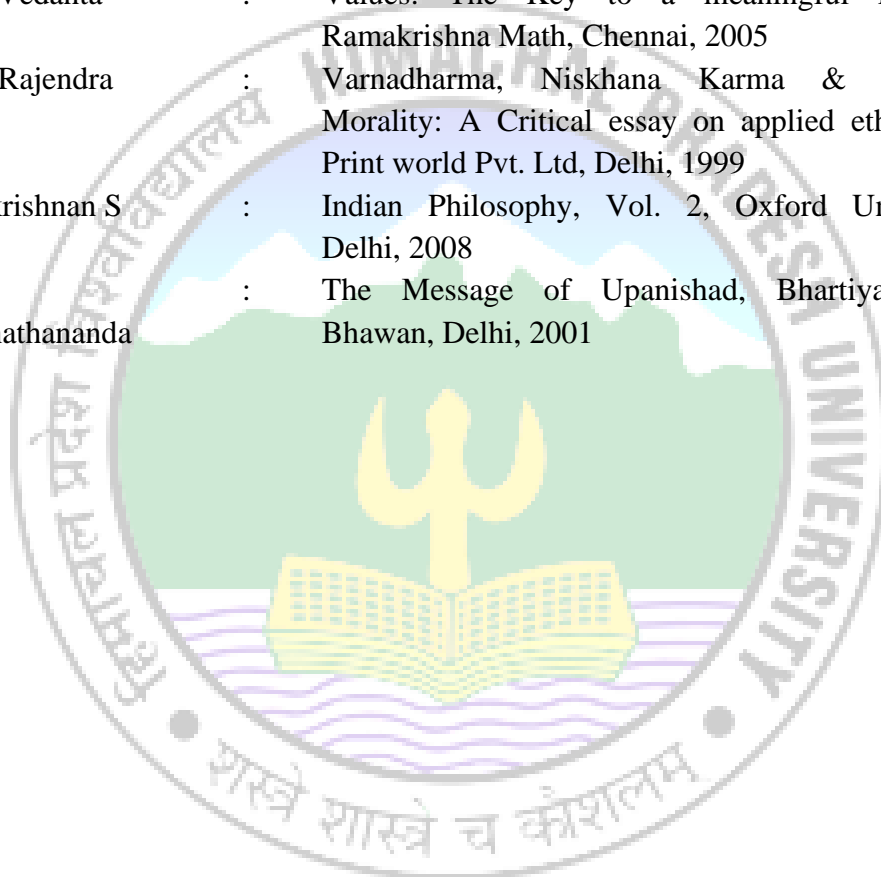
- 3.1 Definition and types of moral education, meaning and scope of morality
- 3.2 Role of Yoga in development of ethics and ethical decision making
- 3.3 Values, Yoga, Reality & their inter-relationship
- 3.4 Relevance of ethics and values in Yoga, Qualities of teacher and students
- 3.5 Ethics in Professional Practices, methods of teaching human values, Student – teacher relationship

### **Unit IV: Social Responsibility and Yoga**

- 4.1 Moral Principles of SR; overview of SR
- 4.2 SR & health maintenance of employees through Yoga
- 4.3 Challenges of Environment; Principles of Environmental Ethics
- 4.4 Concepts of Civil Society and its types
- 4.5 Relationship between Democracy, Civil Society and Social Capital; Efficient use of Yoga in them

## BOOKS FOR REFERENCE

- Singh M S : Value Education, Adhyayan Publishers & Distributors, New Delhi, 2007
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M.A. in Yoga studies		Generic Elective						SEMESTER-IV
Paper Code –MYS-408		Principles of Yoga & Yogic Practices						CBCS
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Credits	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	4	2	0	4	20	80

**Course Outcomes:** On completion of this Course, Students will be able to

**CO1:** To develop the basic understanding of Yogic Lifestyle.

**CO2:** To understand the knowledge about Yogic way of Healing.

**CO3:** Have the Knowledge of Yogic Principles and way of Healthy Living.

**CO4:** Understanding the role of Yoga in achieving health life.

### UNIT I: YOGIC CONCEPTS OF HEALTH AND DISEASE

- 1.1 Introduction, Meaning, Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual.
- 1.2 Concept of Health and Disease in according to Indian Systems of AYUSH i.e. Ayurveda and Naturopathy, Utility and Limitations of these systems in health and healing
- 1.3 Concept of Adhi and Vyadhi, Yogic concept of Health and Disease, role of Yoga in preventive Health care - Heyamdukhamanagatam
- 1.4 Potential causes of Vyadhi: Tapatraya-s and Klesha-s, Physical and Physiological manifestation of Disease: Yogantaraya-s and Sahabhuva-s.
- 1.5 Shuddhi Prakriyas in Yoga : Role of Shuddhi Prakriyas in preventive and curative Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

### UNIT II: YOGIC CONCEPTS FOR HEALTH AND HEALING

- 2.1 Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing
- 2.2 Cocept of Pancha-koshas & Shat-chakra and their role in Health and Healing
- 2.3 Concept of Abhyas and Vairagya, Chitta and Chitta Prasadana, Kriyayoga, Ashtangayoga of Patanjali for Health and Healing.
- 2.4 Concept of Cleansing (Shuddhi), its role and importance in Health and Healing
- 2.5 Concept of Swarayoga and its efficacy in Health and Healing

### UNIT-III: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING

- 3.1 Yogic Principles of Healthy Living: Aahara, Vihara, Aachara and Vichara
- 3.2 Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living, Concept of Bhavas and Bhavanas with its relevance in Health and well-being
- 3.3 Yogic principles of Lifestyle management and its role in prevention of disease and health promotion
- 3.4 Yogic Principles of Diet and its role in Healthy living.
- 3.5 Yogic Practices of Healthy living : i.e. Yama, Niyama, Shat-karma,Asana, Mudra & Bandha Pranayama, Pratyahara, Dharna and Dhyana, and their role in Healthy living.

## UNIT IV: HEALTH BENEFITS OF YOGIC PRACTICES

- 4.1 Psycho-physiological effects and Health benefits of Shatkarma.
- 4.2 Psycho-physiological effects and Health benefits of Yogasana.
- 4.3 Psycho-physiological effects and Health benefits of Pranayama.
- 4.4 Psycho-physiological effects and Health benefits of Bandha and Mudra.
- 4.5 Psycho-physiological effects and Health benefits of Meditation.

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