

**JIWAJI UNIVERSITY
GWALIOR (M.P.)**

SYLLABUS

FOR

Centre for Yogic Science

MA Yoga

CBCS

(Choice Based Credit System)

SESSION

2020 – 2022

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JIWAJI UNIVERSITY, GWALIOR

Centre for Yogic Science

The Centre for Yogic Science, Jiwaji University, Gwalior came into existence in 2001 under self-financing scheme (SFS) to start various courses on Yoga education. Since then the centre is running post graduate diploma in yoga therapy (PGDYT). From the current session 2017-18, the centre has started MA course in Yoga (two years/four semester) and post graduate diploma in yoga (one year/two semester) under CBCS system.

Yoga being a system to link the man with the master has been practiced in India from thousands of years to overcome physical, mental and emotional distress. Even then it has not been recognized as a regular system of education in the Universities/ Institutions.

In the changed scenario of the world in health management, and the new initiatives taken by Prime Minister, Govt. of India for declaring International Yoga Day on 21st June, yoga has been observed plying a vital role in physical health and stress management. Therefore, an innovative programme in this re-emerging area has been thought of for all the Universities/ Institutions and University Grant Commission in Master of Arts in Yoga to institutionalize and promote a proper healthy development of this ancient Indian wisdom as a tribute to our cultural heritage. This gives an opportunity to study the yogic activities in a scientific spirit.

Very recently, UGC in its notification dated 27th September 2016 has declared syllabus of Yoga as a new Subject for National Eligibility Test (NET). Hence, the MA course in Yoga will enable potential students to not only furtherance higher studies but also cater the need of the society in a better way.

M.A. Yoga
P.G. Diploma Yoga

Programme Outcomes (POs)

Yoga is a physical, mental, and spiritual practice or discipline which originated in ancient India and is followed in all over the world. Many studies have tried to determine the effectiveness of yoga as a complementary intervention for cancer, schizophrenia, asthma, and heart disease. The University has been celebrating International Yoga day every year on 21st June. The University has developed a Yoga Centre to provide physical, mental and spiritual practices to the employees, students of the university, students and teachers of the nearby schools. As per the approval of the Ministry of Human Resource and Development, the university is keen to start the following yoga courses. *Our distinguishing features are:*

- Awareness of Yoga on Physical, Mental, Social and Spiritual Level.



- Knowledge of relation between Yoga & Ayurveda.
- Knowledge of relation between Yoga & Naturopathy.
- Knowledge of Yogic Kriyas to improve health.
- General knowledge of Anatomy and Physiology.
- Knowledge of Yoga through Religion.
- Deep knowledge of Yoga Concept through Upanishads and Philosophy.
- Awareness of Practical Yoga on Mind & Body.
- Knowledge of Teaching Methodology of Yoga.
- Knowledge of Therapeutic Yoga.
- Project work on specific Yogic Kriya & Human Values.
- Knowledge of Spiritual and Theoretical Yoga to develop personality.
- Knowledge of research project in various field of Yoga.

Programme Specific Outcomes (PSOs)

Curriculum of Yoga is designed to prepare diploma and post graduates to attain the following program specific outcomes:

PSO1: Improving the health of mind and body, Basic knowledge of Yoga on Physical & Mental Level.

PSO2: Eligible to conduct yoga class on general level.

PSO3: Eligible for the post of Yoga teacher or yoga instructor.

PSO4: Spiritually becomes strong and solving problems of stress and strain leading to various diseases.

PSO5: Eligible to do Research on National & International Level.

PSO6: Eligible for NET/SET/Ph. D.

PSO7: Eligible for the post of Assistant Professor.

PSO8: Eligible as a Yoga Teacher in industries, health centres & various institutes.

PSO9: Eligible to do Practice as a Yoga Consultant.

PSO10: Complete knowledge of Yoga on physical, mental intellectual, emotional & Spiritual way.



MA Yoga, Choice Based Credit System-2020-22
Course Structure and Scheme of Examination

Semester	Course Code	Title of Paper(s)	Course Type	Credit					
				L	T	P	Total	Marks	
FIRST	YGA 101	Foundations of Yoga	Core	3	0	0	3	100	
	YGA 102	Basic Yoga Text	Core	3	0	0	3	100	
	YGA 103	Hatha Yoga	Core	3	0	0	3	100	
	YGA 104	Human Anatomy and Physiology	Core	3	0	0	3	100	
	YGA 105	Lab Course I	Core	0	0	3	3	100	
	YGA 106	Lab Course II	Core	0	0	3	3	100	
	YGA 107	Seminar	AE & SD	0	0	1	1	100	
	YGA 108	Assignment Physical Education/ Language/ Environment/ Social Work/Computer application	AE & SD	0	0	1	1	100	
		Total Valid Credits					20		
	YGA 109	Comprehensive Viva-voce	Virtual credit			4	100		
		Total Credits for First Semester (Valid Credits + Virtual Credits)					24		
SECOND	YGA 201	Patanjala Yoga Darshan	Core	3	0	0	3	100	
	YGA 202	Therapeutic Yoga-I	Core	3	0	0	3	100	
	YGA 203	Therapeutic Yoga-II	Core	3	0	0	3	100	
	YGA 204	Diet and Nutrition	Core	3	0	0	3	100	
	YGA 205	Lab Course I	Core	0	0	3	3	100	
	YGA 206	Lab Course II	Core	0	0	3	3	100	
	YGA 207	Seminar	AE & SD	0	0	1	1	100	
	YGA 208	Assignment Physical Education/ Language/ Environment/ Social Work/Computer application	AE & SD	0	0	1	1	100	
		Total Valid Credits					20		
	YGA 209	Comprehensive viva-voce	Virtual credit			4	100		
		Total Credits for Second Semester (Valid Credits + Virtual Credits)					24		
THIRD	YGA 301	Yoga and Health	Core	3	0	0	3	100	
	YGA 302	Research Methodology and Statistics	Core	3	0	0	3	100	
	YGA 303	General Psychology	Core	3	0	0	3	100	
	YGA 304	Major Elective	1. Indian Philosophy 2. Human Consciousness	Elective	3	0	0	3	100
	YGA 305	Lab Course I		Core	0	0	3	3	100
	YGA 306	Lab Course II		Core	0	0	3	3	100
	YGA 307	Seminar		AE & SD	0	0	1	1	100
	YGA 308	Assignment Physical Education/ Language/ Environment/ Social Work/Computer application		AE & SD	0	0	1	1	100
		Total Valid Credits					20		
	YGA 309	Comprehensive viva-voce	Virtual credit			4	100		
		Total Credits for Third Semester (Valid Credits + virtual Credits)					24		
FOURTH	YGA 401	Applications of Yoga	Core	3	0	0	3	100	
	YGA 402	Major Elective	1. Naturopathy and Ayurveda 2. Yoga Upanishads	Elective	3	0	0	3	100
	YGA 403	Lab Course I		Core	0	0	3	3	100
	YGA 404	Lab Course II		Core	0	0	3	3	100
	YGA 405	Dissertation		Core	0	0	8	8	100
			Total Valid Credits					20	
	YGA 406	Comprehensive viva-voce	Virtual credit			4	100		
		Total Credits for Fourth Semester (Valid Credits + virtual Credits)					24		
		Total Credits for the Course (20X4=80) + (4X4=16)					96		

Minimum Number of the Credits to be earned for the award of Degree=96

* Elective courses shall be conducted as per availability of permanent faculty

* AE & SD – Ability Enhancement and Skill development

JIWAJI UNIVERSITY, GWALIOR

CBCS Scheme of Examination

MA Yoga FIRST SEMISTER

Course Code	Course Name	Total marks	Credit C(i)	End Sem Exam marks		Sessional marks	
				MAX	MIN	MAX	MIN
MAYG 101	Foundations of Yoga	100	3	60	21	40	14
MAYG 102	Basic Yoga Texts	100	3	60	21	40	14
MAYG 103	Hatha Yoga	100	3	60	21	40	14
MAYG 104	Human Anatomy & Physiology	100	3	60	21	40	14
MAYG 105	PRACTICAL-I	100	3	60	21	40	14
MAYG 106	PRACTICAL-II	100	3	60	21	40	14
MAYG 107	SEMINAR	100	1	100	35	xx	xx
MAYG 108	ASSIGNMENT	100	1	100	35	xx	xx
	Sub Total		20				
MAYG 109	COMPREHENSIVE VIVA	100	4	100	35	xx	xx
	Grand Total		24				



SECOND SEMISTER

Course Code	Course Name	Total marks	Credit C(i)	End Sem Exam marks		Sessional marks	
				MAX	MIN	MAX	MIN
MAYG 201	Patanjala Yoga Darshan	100	3	60	21	40	14
MAYG 202	Therapeutic Yoga-I	100	3	60	21	40	14
MAYG 203	Therapeutic Yoga-II	100	3	60	21	40	14
MAYG 204	Diet and Nutrition	100	3	60	21	40	14
MAYG 205	PRACTICAL-I	100	3	60	21	40	14
MAYG 206	PRACTICAL-II	100	3	60	21	40	14
MAYG 207	SEMINAR	100	1	100	35	xx	xx
MAYG 208	ASSIGNMENT	100	1	100	35	xx	xx
	Sub Total		20				
MAYG 209	COMPREHENSIVE VIVA	100	4	100	35	xx	xx
	Grand Total		24				



THIRD SEMISTER

Course Code	Course Name	Total marks	Credit C(i)	End Sem Exam marks		Sessional marks	
				MAX	MIN	MAX	MIN
MAYG 301	Yoga and Health	100	3	60	21	40	14
MAYG 302	Research Methodology and Statistics	100	3	60	21	40	14
MAYG 303	General Psychology	100	3	60	21	40	14
MAYG 304	Major Elective	Indian Philosophy	3	60	21	40	14
		Human Consciousness					
MAYG 305	PRACTICAL-I	100	3	60	21	40	14
MAYG 306	PRACTICAL-II	100	3	60	21	40	14
MAYG 307	SEMINAR	100	1	100	35	xx	xx
MAYG 308	ASSIGNMENT	100	1	100	35	xx	xx
	Sub Total		20				
MAYG 309	COMPREHENSIVE VIVA	100	4	100	35	xx	xx
	Grand Total		24				



FOURTH SEMISTER

Course Code	Course Name		Total marks	Credit C(i)	End Sem Exam marks		Sessional marks	
					MAX	MIN	MAX	MIN
MAYG 401	Applications of Yoga		100	3	60	21	40	14
MAYG 402	Major Elective	Naturopathy & Ayurveda	100	3	60	21	40	14
		Yoga Upanishads						
MAYG 403	PRACTICAL-I		100	3	60	21	40	14
MAYG 404	PRACTICAL-II		100	3	60	21	40	14
MAYG 405	DISSERTATION		100	8	100	35	xx	xx
	Sub Total			20				
MAYG 406	COMPREHENSIVE VIVA		100	4	100	35	xx	xx
	Grand Total			24				



Course Outcomes (COs) For M.A. Yoga Programmes First Semester

Course Details

Course Title: FOUNDATIONS OF YOGA

Course Code: MAYG 101

Course Outcomes:

CO1: Students of the PG course will have an understanding about Origin, History, Development, Aim & Objective, Nature and Principles of Yoga along with Shad-darshanas.

CO2: They will have an idea about Evolution of Yoga such as Smritis, Tantra, Kundalini and Shatchakra Sadhana.

CO3: Yoga in Modern and Contemporary Times, Schools of Yoga

UNIT-I

Origin of Yoga, History and Development of Yoga; Etymology and Definitions, Misconceptions, Aim and Objectives of Yoga, True Nature and Principles of Yoga. General Introduction to Shad-darshanas with special emphasis on Samkhya and Yoga Darshana, Yoga in Vedanta.

UNIT-II

Introduction to Smritis and Yoga in Smritis; General introduction to Agamas and Tantra, Yoga in Tantra; Concepts of Nadi and Prana in Tantra, Kundalini, Effects of Kundalini Shakti and Shatchakra Sadhana.

UNIT-III

Yoga in Modern Times: Yogic Traditions of Ramakrishna and Swami Vivekananda, Shri Aurobindo; Yoga traditions of Maharshi Ramana and Swami Dayanand Saraswati.

UNIT-IV

Yoga in Contemporary Times: Brief Introduction to important Yoga Paramparas (lineages) Yoga Parampara of Sri T. Krishnamacharya, Yoga Parampara of Swami Shivanada Saraswati, Swami Rama of Himalayas, Maharshi Mahesh Yogi and their contributions for the development and promotion of Yoga.



UNIT-V

Introduction to Schools (Streams) of Yoga: Yoga Schools with Vedanta Tradition (Jnana, Bhakti, Karma and Dhyana), Yoga Schools with Samkhya-Yoga Tradition (Yoga of Patanjali) and Yoga Schools with Tantric Tradition (Hatha Yoga, Swara Yoga and Mantra Yoga). Elements of Yoga and Yogic practices in Jainism, Buddhism and Sufism.

Text Books:

1. History of Yoga by S. P. Singh, PHISC, Centre for Studies in Civilization 1st ed. 2010.
2. Foundation of Yoga by S. P. Singh & Mukesh Yogi, Standard Publication, New Delhi, 2010.
3. Yoga Mahavigyan (Hindi) by Kamakhya Kumar, Standard Publishers India, New Delhi; 2011.
4. Manav Chetana Evam Yoga Vigyan by Kamakhya Kumar, Droliya Pustak Bhandar, Haridwar, 1st Edition, 2010.
5. Science of Yoga (Yoga Vigyan) by Swami Vigyananda Saraswati, Yoga Niketan Trust, Rishikesh, 2007.
6. Yoga and Yogi by Anuja Rawat, Satyam Publishing House, New Delhi, 2017.
7. Bhartiya Darshan Ki Ruprekha by H. P. Sinha, MLBD, 2016
8. Yoga Darshan (Hindi) by Swami Niranjananad Saraswati, Yoga Publication Trust Munger, 2004.
9. Samkhya Darshan by Swami Satyananda Saraswati, Yoga Publication Trust, Munger.
10. A Systematic course in the Ancient Tantric Techniques of Yoga and Kriya (H) by Swami Satyananda Saraswati, Yoga Publication Trust, Munger.
11. Kundalini Tantra (English) by Swami Satyananda Saraswati, Yoga Publication Trust, Munger, 2009.
12. The Yoga Tradition-Its History, Literature, Philosophy and Practice by Georg Feuerstein, MLBD, Delhi, 2002.
13. Swara Yoga by Swami Muktibodhananda, Yoga Publication Trust, Munger.
14. Jnana Yoga by Swami Niranjananand Sarashwati, Yoga Publication Trust, Munger.
15. Karma and Karma Yoga (H) by Swami Niranjananand Saraswati, YPT, Munger.
16. Mantra and Yantra (E) by Swami Satyananda Saraswati, Yoga Publication Trust, Munger.



Course Title: Basic Yoga Texts

Course Code: MAYG 102

Course Outcomes:

CO1: Students of this course will have an understanding about Principal Upanishads.

CO2: They will have an idea about Bhagavad Gita.

CO3: Introduction about Yoga Vasishtha

Unit I

Brief Introduction of Ten principal Upanishads as the basis of Yogic content; Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava; Kena Upanishat: Indwelling Power; Indriya and Antahkarana; Self and the Mind; Intuitive realization of the truth; Truth transcendental; Moral of Yaksha Upakhyana.

Unit II

Katha Upanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization; Prashna Upanishad: Concept of Prana and rayi (creation); Pancha pranas; The five main questions; Mundaka Upanishad: Two approaches to Brahma Vidya-the Para and Apara; The greatness of Brahmavidya, The worthlessness of Selfish-karma; Tapas and Gurubhakti, The origin of creation, Brahman the target of Meditation. Mandukya: Four States of Consciousness and its relation to syllables in Omkara.

Unit III

Aitareya: Concept of Atma, Universe and Brahman; Taittiriya Upanishad: Concept of Pancha Kosha; Summary of Shiksha Valli; Ananda Valli; Bhruvuvalli. Chandogya Upanishad: Om (udgitha) Meditation; Sandilyavidya, Brihadaryanaka Upanishad: Concept of Atman and Jnana Yoga. Union of Atman and Paramatman.

Unit IV

General Introduction to Bhagavad Gita (B.G.). Definitions of Yoga in B.G. and their relevance & scope; Essentials of B.G.-the meanings of the terms Atmaswrupa, Stithaprajna, Sankhya yoga (Chpt.II), Karma Yoga (Chpt.III), Sanyasa Yoga and Karma Swarupa (Sakama and Nishkama) etc; Samnyasa, Dhyana Yogas (Chpt.VI); Nature of Bhakti (Chpt.XII), Means and Goal of Bhakti Yoga; The Trigunas and modes of Prakriti; Three kinds of faith. Food for Yoga Sadhaka, Classification of food (Chpt.XIV & XVII), Daivasura-Sampad-Vibhaga Yoga (Chpt.XVI); Moksa-Upadesa Yoga (Chpt.XVIII).

Unit V

Highlights of Yoga Vashishtha, Concept of Adhis and Vyadhis; Psychosomatic Ailments; The Four Gatekeepers (Pillars) to Freedom; How Sukha is attained the Highest State of Bliss;

Practices to overcome the impediments of Yoga; Development of Satvaguna; Eight limbs of Meditation; Jnana Saptabhumika.

Text Books:

1. Ishaadi Nau Upanishads, Gita Press, Gorakhpur, 2016
2. Brihadaranyak Upanishads, Gita Press Gorakhpur, 2015
3. Chhandogya Upanishads, Gita Press, Gorakhpur, 2016
4. Ten Principal Upanishads by Ram Krishna mission.
5. Shreemad Bhagvad Gita, Gita Press, Gorakhpur, 2016
6. Bhagvad Gita- Rahasya Ya Karma Yoga Shastra, B. G. Tilak, Tilak Mandir, Pune, 1982.
7. The Bhagvad-Gita, S. Radhakrishnan, George Allen & Unkin Ltd., 1971.
8. Yoga Vashishtha, Gita Press, Gorakhpur, 2017
9. Yoga Vashishtha by Badrinath Kapoor, Radha Krishan Prakashan, 2007.



Course Title: Hatha Yoga
Course Code: MAYG 103
Course Outcome:

CO1: Students of the PG course will have an understanding about Hatha Yoga and its texts.

CO2: Students shall have an idea about Asanas, Pranayama, Bandha, Mudra and other practices.

CO3: They will have an idea about Nada and Nadaanushandhana.

UNIT-I

Introduction to Hatha Yoga and Hatha Yoga Texts. Siddhasiddhanta Paddhati, Hatha Pradeepika, Gheranda Samhita, Hatha Ratnavali and Shiva Samhita. Aim & objectives, misconceptions about Hatha Yoga, prerequisites of Hatha Yoga, Sadhaka and Badhaka tattvas in Hatha Yoga; Concept of Ghata, Ghatashuddhi. Concept and importance of Shodhana kriyas in Hatha Yoga; Importance of Shodhana kriyas in health and disease; Concept of Mattha, Mitaahara, Rules & Regulations to be followed by Hatha Yoga Sadhakas.

UNIT-II

Asanas in Hatha Texts: Definition, pre requisites and special features of Yoga-asana; Asanas in Hatha Pradeepika, Hatha Ratnavali, Gheranda Samhita; Benefits, precautions, and contraindications of different Asanas.

UNIT-III

Pranayama in Hatha Texts: - Concept of Prana & Ayama, Pranyama; Pranayama its phases and stages; Prerequisites of Pranayama in Hatha Yoga Sadhana; Pranayama in Hatha Pradeepika, Hatha Ratnavali & Gheranda Samhita; Benefits, precautions and contraindications of Pranayama.

UNIT-IV

Bandha and Mudra: Concept, definition of Bandha and Mudras, in Hatha Pradeepika, Hatha Ratnavali and Gheranda Samhita; Benefits, precautions and contraindications. Concept, definition, benefits and Techniques of Pratyahara, Dharana and Dhyana in Gheranda Samhita.

UNIT-V

Concept and benefits of Nada and Nadanusandhana in Hatha Pradeepika, Four Avasthas (stages) of Nadanusandhana; Relationship between Hatha Yoga and Raja Yoga; Goal of Hatha Yoga. Relevance of Hatha Yoga in contemporary times.



Text Books:

1. Siddhasiddhanta Paddhati of Goraksanatha by M L Gharote & G K Pai, Lonavla Yoga Institute, 2003.
2. Hatha Ratnavali of Srinivasyogi by M L Gharote, P Devnath & V K Jha, Lonavla Yoga Institute, 2002.
3. Gherand Samhita (H) by Swami Niranjananad Saraswati, Yoga Publication Trust, Munger, 2011.
4. Gherand Samhita (English) by Swami Digambar Ji and M L Gharote, Kaivalyadham, Pune
5. Shiva Samhita (Hindi) by Swami Masheshananda, B R Sharma, G S Sahay & R K Bodhe, Kaivalyadham, Pune
6. Hatha Yoga Pradeepika by Swami Muktibodhananda Saraswati, Yoga Publication Trust, Munger, 2014.
7. Hatha Pradipika of Svatomarama by Swami Digambar Ji and R S Kokaje, Kaivalyadham, Pune
8. Hatha Pradeepika Jyotsana of Brahmananda (Hindi) by Swami Maheshananda, B. R. Sharma, G S Sahay & R K Bodhe, Kaivalyadhama, Lonavla, 2013.
9. Hatha Yoga Pradeepika of Svatomarama, MDNIY Publication, 2013
10. Vashistha Samhita, PLRD, Kaivalyadham Samiti, Lonavla, 2005.
11. Mudra Rahasya by Shri Rai Singh Chouhan, Bhartiya Yog Sansthan, New Delhi, 2014.
12. Vashishtha Samhita (Hindi) by Swami Maheshananda, B R Sharma, G S Sahay and R K Bodhe, Kaivalyadham, Pune.



Course Title: Human Anatomy and Physiology

Course Code: MAYG 104

Course Outcomes:

CO1: Students of the PG course will have an understanding about basic concepts of anatomy and physiology.

CO2: Students shall have an idea about respiratory, digestive and endocrine systems.

CO3: They will have an idea about special senses.

UNIT-I

Meaning of Anatomy and Physiology; Need and importance of knowledge of anatomy and physiology in Yoga; Structure and function of Cells, Structure and functions of different types of tissues. Musculo-skeletal System- Types of Muscles: Skeletal, Smooth and cardiac; Name and location of the bones in the body; Types of bones; Joints and types of joints.

UNIT-II

Respiratory System- Structure of respiratory tract: Nose, Pharynx, Larynx, Bronchi, Bronchioles, Alveoli- lungs; Mechanism of respiration, alveolar gas exchange; Respiratory volumes. Cardio-vascular System- structure and functions of heart; The heart as a pump; circulation, blood pressure; Blood vessels; Lymphatic system.

UNIT-III

Digestive System- Anatomy and Physiology of digestive system; Secretions of the gastrointestinal tract; Functions of Liver and Pancreas. Excretory system- structure and functions of kidney, ureters, bladder, urethra; physiology of nephron; composition of urine.

UNIT-IV

Endocrine System- Structure and Functions of pituitary, pineal, thyroid, para-thyroid, thymus, pancreas, adrenal and ovary, testes. Nervous System- Central Nervous System, Peripheral Nervous system and Autonomic Nervous System.

UNIT-V

The special senses: The eye, The ear, The taste, The nose and other sensations. Reproductive System- Male and Female Reproductive organs; Menstrual cycle; Method of conception; Physiology of pregnancy.



Text Books:

1. Sharir Rachana evam Kriya Vigyan by Kanti Pandey and Pramila Verma, Bihar Hindi Granth Academy.
2. Anatomy and Physiology for Nurses (Jaypee Brothers)
3. Textbook of Medical Physiology by Guyton & Hall, 2016.
4. Anatomy and Physiology in Health and Illness by Ross and Wilson, 2014.
5. Sharir Rachana evam Kriya Vigyan by Dr. A.P. Gupta, Sumit Prakashan, Agra, 2005.
6. Gray's Anatomy, 41st Ed. by Susan Standring, 2016.
7. Sharir Vigyan and Yogabhyas (Hindi) by M M Gore, Kaivalyadham, Pune.



Course Title: Practical-I
Course Code: MAYG 105
Course Outcomes:

CO1: Students should be able to demonstrate and explain the loosening practices and the breathing practices

CO2: Students should be able to demonstrate and explain Suryanamaskar

CO3: Students should be able to demonstrate and explain Yogasanas in different postures

1. Loosening practices: Finger, hand and leg movement; neck bending, shoulder's movement, trunk movement, knee movement
2. Breathing practices: Abdominal, Chest and Yogic breathing; Practice of Puraka, Rechaka and Kumbhaka (Antar and Bahya Kumbhaka).
3. Suryanamaskar: Suryanamaskar with maintenance of each posture and dynamic Suryanamaskar
4. Yogasana (Standing Postures and body alignment): Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana, Ardha Chakrasana, Pada Hastasana, Trikonasana, Parshva Konasana, Veerbhadrasana and its variations.
5. Yogasana (Sitting Postures): Dandasana, Swastikasana, Padmasana, Vajrasana, Supta Vajrasana, Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Janusirasana, Paschimottansana, Brahmacharyasana, Mandukasana, UtthanaMandukasana, Vakrasana, Ardhya MatsyendrasanaMarichayasana, Simhasana.
6. Yogasana (Supine Lying postures): Pavanamuktasana, Utthana-padasana, Ardha Halasana, Halasana, Setubandhasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana.
7. Yogasana (Proline lying Postures): Makrasana, Bhujangasana, Shalabhasana, Dhanurasana.

Record Book

Viva-voce

Text Books:

1. Yogic Sukshma Vyayama by Swami Dharendra Brahmachari, Dharendra Yoga Publication, New Delhi, 1980
2. Asana, Pranayama, Mudra, Bandha (H) by Swami Satyananda Saraswati, 4th Edition, Yoga Publication Trust, Munger, 2015.
3. Asana, Pranayama, Mudra, Bandha by H. R. Nagendra, Swami Vivekananda Yog Prakashan, Bangalore, 2002.
4. Asana and Yoga Vigyan by Shri Rishi Ram and Shri Krishan Kumar Suman, Bhartiya Yoga Sansthan, Delhi, 2015.
5. Asana by Swami Kuvalyananda, Kaivalyadhama, Lonavla, 1993.

Course Title: Practical-II
Course Code: MAYG 106
Course Outcomes:

CO1: Students should be able to demonstrate and explain each Pranayama technique

CO2: Understand and explain the practices of Kriyas

1. Pranayama: Breath awareness, sectional breathing, Nadi Shodhana (Technique 1: same nostril breathing). Nadi Shodhana (Technique 2): Alternate nostril breathing), Nadi Shodhana (Technique 3): Alternate Nostril Breathing + Antar Kumbhak), Nadi Shodhana (Puraka + Antar Kumbhak + Rechak + Bahya Kumbhak) (1:4:2:2); Bhramari Pranayama.
2. Bandha/Mudra: Moolbandha, Jalandhar Bandha, Uddiyan Bandha, Maha bandha, Hastmudra: Chin, Gyan, Hridaya, Ling, Panchtatva Mudra, Ashwini Mudra.
3. Practices leading to Meditation: Pranav and Soham Japa, Om Mantra, Gayatri Mantra.
4. Shatkarma: Dhauti (Kunjala), Neti (Jal Neti, Rubber Neti), Kapalbhata and its variants.

Record Book

Viva-Voce

Text Books:

1. Pranayama Vigyan by Shri Rishi Ram, Bhartiya Yog Sansthan, Delhi, 2000.
2. Pranayama by Swami Kuvalyananda, Kaivalyadhama, Lonavla, 2009.
3. Light on Pranayama by B. K. S. Iyengar, Harper Collins, Swami Vivekananda Yog Prakashan, 2012.
4. The Art and Science of Pranayama by H. R. Nagendra, Swami Vivekananda Yog Prakashan, Bangalore, 2005.
5. Shatkarma Vigyan by Shri Rai Singh Chouhan, Bhartiya Yog Sansthan, New Delhi, 2015.
6. Mudra Rahasya by Shri Rai Singh Chouhan, Bhartiya Yog Sansthan, New Delhi, 2014.



**MA Yoga
Semester-II**

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Course Details**Course Title:** PATANJAL YOGA DARSHAN**Course Code:** MAYG 201**Course Outcomes:**

CO1: Students of the PG course will have an understanding about Yog Darshan of Patanjali and concept of Chitta, Vritti and Chitta Vritti Nirodhaya.

CO2: Students shall have an idea about commonalities of the concept across the texts.

UNIT-I

Brief introduction to Maharshi Patanjali and Patanjali Yog Sutra (PYS), Concept of Chitta, Chitta Bhoomis, Chitta Vritti and their classification, Chitta Vritti Nirodhaya, Abhyasa and Vairagya as the tools, Chitta-Vikshepas (Antarayas), Chitta-Prasadanam.

UNIT-II

Samadhi Pada: Types and Nature of Samadhi, Ritambharaprajna and Adhyatmaprasada; Samprajnata, Asamprajnata, Sabeeja & Nirbeeja Samadhi, Difference between Samapattis and Samadhi; Concept of Ishvara and Ishvara-Pranidhana.

UNIT-III

Sadhana Pad: Concept of Kriya Yoga of Patanjali, Theory of Kleshes (Avidya, Ashmita, Raga, Dewesh, Abhinevesh), Concept of Dukhavada (Heya, Hetu, Hana, Hanopaya); Drishyanirupanam (Prakriti), Drasthanirupanama (Purusha), Prakriti Purush Samyoga; Brief introduction to Ashtanga Yoga; Concept of Yama, Niyama, Asana, Pranayama, Pratyahara and their usefulness.

UNIT-IV

Vibhuti Pada: Introduction of Dharana, Dhyana, and Samadhi, Samyama and Siddhis, Three types of Chitta Parinamaha, Bhoota Jaya, Indriya Jaya and their Siddhis, Satvapurusanyatakyati and its Siddhis.

UNIT-V

Kaivalya Pada: Sources of Siddhis, Four types of Karmas; Concept of Vasana; Theory of Perception; Dharmamegha Samadhi; Vivek Khyati Nirupanam, Kaivalya Nirvachana.



Text Books:

1. Swami Satyananda Saraswati: Four Chapters of Freedom, Yoga Publication Trust, Munger, 2013.
2. Swami Satyananda Saraswati: Mukti Ke Chaar Sopan, Yoga Publication Trust, Munger, 2013.
3. P. B. Karambelkar: Patanjali Yoga Sutra, Kaivalyadham, Pune, 3rd Edition, 2012.
4. B. K. S. Iyengar: Light on the Yoga Sutras of Patanjali, Element, 2005.
5. Sadhana Dauneria, Patanjali Yoga Sar, Madhulika Prakashan, Allahabad, 1st edition, 2017.
6. Sri Sri Ravi Shankar: Patanjali Yoga Sutra, Sri Sri Publication Trust, 2010.
7. Swami Vivekananda: Patanjali Yoga Sutras, Vijay Goel Publishers, 2012.
8. S. C. Srivastava: Patanjali Yoga Sutras with Vyasa Bhasya, Chaukhambha Surbharati Prakashan, 2012.
9. Swami Omananda Tirtha: Patanjali Yog Pradeep, Gita Press Gorakhpur, 2016.
10. Hari Krishan Das Goenka: Patanjali Yog Darshan, Gita Press Gorakhpur, 46th edition, 2017.



Course Title: Therapeutic Yoga – I

Course Code: MAYG 202

Course Outcomes:

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

CO1: Understand the principle of yoga therapy for each disease.

CO2: Write standard yoga therapy protocol for each disease.

CO3: Understand the cause of disease and the role of yoga for its healing.

UNIT-I

Yogic Practice: Management of the disease through suitable yogic practices-Yogic diet, Asana, Shatkarmas, Pranayama, Meditation, Notional Corrections through yogic scriptures and counselling, Yama and Niyama, Stress (emotions management), Life style prescriptions-Moderation in Ahara, Vihara, Achara and Vichara.

UNIT-II

Integrated approach of yoga therapy: Systematic anatomy, physiology of the related system, pathophysiology, Stress and disease, Medical Management, Mechanism of imbalances at psychological, pranic, physical, endocrinal, autonomic levels, psychoneuroimmunological aspect of the disease model, disease specific parameter.

UNIT-III

Respiratory Disorders: Introduction, classification; Bronchial Asthma: Definition, Classification, Clinical features, Medical and Yogic Management; Allergic Rhinitis & Sinusitis: Definition, classification, Clinical features, Medical and yogic management; COPD: Chronic Bronchitis, Definition, Classification, Clinical features, Medical and Yogic Management; Tuberculosis: Definition, Classification, Clinical Features, Medical and Yogic Management.

UNIT-IV

Cardiovascular disorders: Hypertension-Definition, Classification, Clinical Features, Medical and Yogic Management; Atherosclerosis/Coronary artery disease: Definition, Classification, Clinical Features, Medical and Yogic Management; Ischemic Heart disease-Angina pectoris/Myocardial infarction/Post CABG rehabilitation: Definition, Classification, Clinical



Features, Medical and Yogic Management; Congestive Cardiac failure: Definition, Classification, Clinical Features, Medical and Yogic Management; Cardiac asthma: Definition, Classification, Clinical Features, Medical and Yogic Management.

UNIT-V

Endocrinal and Metabolic Disorder: Diabetes Mellitus (I & II): Definition, Classification, Clinical Features, Medical and Yogic Management; Hypo and Hyper-Thyroidism: Definition, Classification, Clinical Features, Medical and Yogic Management; Obesity: Definition, Classification, Clinical Features, Medical and Yogic Management; Metabolic Syndrome: Definition, Classification, Clinical Features, Medical and Yogic Management.

Text Books:

1. Yoga for Common Ailments, R. Nagarathna and H. R. Nagendra, SVYP, Bangluru, 2nd Edition, 2003.
2. MDNIY publications: 10 Booklets, Yoga Therapy Series, MDNIY Publication, New Delhi, 2009.
3. Yoga Therapy (Swami Kuvalayananda & S. L. Vinekar), Central Health Education Bureau, 1963
4. Yogic Management of Common Disease, Swami Karmanand, Yog Publication Trust, 2001.
5. Rog aur Yog (Swami Karmanand Saraswati), Yog Publication Trust, Munger, 1st Edition, 2013.
6. Yogic Management of Asthama and Diabetics, Swami Shankardevananda, Yoga Publication Trust, Munger, 2nd edition, 2007.
7. The Effects of Yoga on Hypertension, Swami Shankardevananda, Yoga Publication Trust, Munger, 2nd edition, 2008.
8. Yogic Management of Life Style Disorder, Ishwar Bhardwaj, Satyam Publishers, Delhi, 1st edition, 2017.
9. Yoga Therapy,
10. Ramesh Bijlan: Back to Health Through Yoga, Rupa Publication India Pvt Ltd., 2011
11. Integrated Approach of Yoga Therapy (Nagrathna and Nagendra), SVYP, Bangaluru.



Course Title: Therapeutic Yoga – II

Course Code: MAYG 203

Course Outcomes:

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

CO1: Understand the principle of yoga therapy for each disease.

CO2: Write standard yoga therapy protocol for each disease.

CO3: Understand the cause of disease and the role of yoga for its healing.

UNIT-I

Obstetrics and Gynecological Disorders-Menstrual disorders: Dysmenorrhea, Oligomenorrhea Menorrhagia: Definition, Classification, Clinical Features, Medical and Yogic Management; Premenstrual Syndrome: Definition, Classification, Clinical Features, Medical and Yogic Management; Menopause and peri-menopausal syndrome: Definition, Classification, Clinical Features, Medical and Yogic Management. Yoga for Pregnancy and childbirth: Complicated pregnancies, PIH, Gestational DM, Ante-natal care, Post-natal care, PCOS: Definition, Classification, Clinical Features, Medical and Yogic Management.

UNIT-II

Cancer and gastrointestinal disorders-Cancer: causes, types, clinical features, side effects of chemotherapy, radiotherapy; Medical and Yogic Management; Gastrointestinal disorders: APD, Gastritis-Acute & Chronic, Dyspepsia, Peptic Ulcer, Clinical Features, Medical and Yogic Management; Constipation and Diarrhoea: Definition, Clinical Features, Medical and Yogic Management; Irritable Bowel Syndrome: Definition, Classification, Clinical Features, Medical and Yogic Management; Inflammatory Bowel Disease, Ulcerative colitis: Definition, Clinical Features, Medical and Yogic Management.

UNIT-III

Musculo-Skeletal disorders: Back pain, classification, Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic-Lumbago, Medical and Yogic Management; Neck pain: Classification, Cervical Spondylosis, Radiculopathy, Functional neck pain, Medical and Yogic Management; All forms of Arthritis: Rheumatoid Arthritis, Osteoarthritis, Medical and Yogic Management.



UNIT-IV

Neurological disorders: Headaches-Migraine, causes, classification, clinical features, medical and yogic management; Tension headache: causes and its symptoms, Medical and Yogic Management; Cerebro vascular accidents: causes, clinical features, medical and yogic management; Epilepsy, pain, autonomic dysfunctions: causes, clinical features, medical and yogic management; Parkinson's disease: causes, clinical features, medical and yogic management.

UNIT-V

Psychiatric disorders: Introduction, classification-Neurosis, Psychosis; Neurosis Anxiety disorder: Generalized anxiety disorder, Panic anxiety; Obsessive Compulsive disorder, Phobias: Medical and Yogic Management; Depression: Dysthymia, Major depression, Medical and Yogic Management; Psychosis: Schizophrenia, Bipolar affective disorder, Medical and Yogic Management.

Text Books:

1. Yoga for Common Ailments, Robin Monoro, Nagarathana R and H R Nagendra, Gula Publication, UK, 1990.
2. The Womens Book of Yoga and Health: A Life Long Guide to Wellness, L. Sparrowe , P. Walden and J H Lasater, 2002.
3. Yoga: A Complete Guide to the Medical Benefits of Yoga (Yoga for Health), N Heriza, D Ornish, C N B Merz, 2004.
4. Yoga for Arthritis, Back Pain, Diabetes, Pregnancy, Breathing Practices, R Nagarathana and H R Nagendra, Swami Vivekananda Prakashan, Bangalore, 2000.
5. The Womens Yoga Book: Asana and Pranayama for all phases of the Menstrual cycle, Menstrual disorder (The Experience of illness), B Clennel and G S Iyengar, 1992.



Course Title: Diet and Nutrition

Course Code: MAYG 204

Course Outcomes:

The theory course entitled 'Diet and Nutrition' has the following outcomes

CO1: Students of the PG course will have an understanding about yogic concept of food and nutrition.

CO2: Students shall have an idea of different food groups and nutritive value.

CO3: Students shall have an idea about food and metabolism.

UNIT-I

Basic concepts and components of food and nutrition. Understanding Nutrition, Basic Terminology in Relation to Nutrition Requirement, Human Nutritional Requirements; Concept of food, Acceptance of Food, Functions of Food; Components of Food & their Classification; Macro Nutrients –Sources, Functions and Effects on the Body; Micro Nutrients - Sources, Functions and Effects on the Body; Fat Soluble Nutrients - Sources, Functions and Effects on the Body; Water soluble Nutrients - Sources, Functions and Effects on the Body; Significance of Carbohydrate, Proteins, Lipids, Vitamins, Minerals and water in the body.

UNIT-II

Antioxidants and their Role. Yogic concept of diet and its relevance in the management of lifestyle. Nutrients, proximate principles of diet, balanced diet concept; Carbohydrates, proteins, fats – sources, nutritive values, importance; Minerals-calcium, iron, phosphorus etc. Vitamins – sources, roles, requirements.

UNIT-III

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

UNIT-IV

Food and metabolism. Energy- Basic Concepts, Definition and Components of Energy, Requirement, Energy Imbalance Concept of Metabolism, Anabolism, Catabolism.



UNIT-V

Calorie Requirement. BMR, SDA, Physical Activity; Metabolism of Carbohydrates, Lipids and Protein; Factors Affecting Energy; Requirement and Expenditure, Factors affecting BMR.

Text Books:

1. Ahar evam Poshan Vigyan (Food & Nutrition), Anita Singh, Star Publication, 2nd edition, 2015.
2. A Textbook of Foods, Nutrition & Dietetics by M. Raheena Begum, Sterling Publishers, 3rd Edition, 2009.
3. Diet Cure for Common Ailments by H. K. Bakhru, Jaico Publishing Ahmedabad, 2nd edition, 2015.
4. Foods that Heal by H K Bakhru, Orient paperback, Delhi, 1st edition, 2017.
5. Nutrition and Dietetics by Shubhangini A Joshi, McGraw Hill, 4th edition, 2017.
6. Textbook of Nutrition and Dietetics by Sharda Gupta, Santosh Jain Passi, Rama Seth, Ranjana Mahna and Seema Puri Kumud Khanna, 2014.
7. Handbook of nutrition and Dietetics by Dr. Jyoti Singh, 2008.
8. Fundamentals of Food, Nutrition and Diet Therapy: Mudambi S.R., Rajagopal M.V., 5th edition (2007), New Age International (P) Ltd., New Delhi



Course Title: Practical-I (Therapeutic Yoga)

Course Code: MAYG 205

Course Outcomes:

CO1: To be able to prescribe the integrated yoga module for the individual case after detailed documentation and report it to the referring consultant.

CO2: To assess the present status of the disease and follow up

CO3: To be able to monitor the medication and modify it suitably as the case progresses with yoga practices and report it to the referring consultant.

CO4: To be able to explain to the participant how yoga offers a holistic approach to remove the root cause of the disease.

CO5: To be able to prescribe suitable diet regime.

CO6: To understand the yoga therapy practices for specific diseases

1. Special techniques for respiratory disorders
2. Special techniques for cardiovascular disorders
3. Special techniques for Endocrinal and Metabolic disorder
4. Special techniques for Obstetrics and gynecological disorders
5. Special techniques for Cancer and Gastrointestinal disorders
6. Special techniques for Musculo-Skeletal disorders
7. Special techniques for Neurological disorders
8. Special techniques for Psychiatric disorders

Record Book

Viva-voce

Text Books:

1. Common Ailment Seies by Dr. R. Nagartha & Dr H. R. Nagendra: Swami Vivekananda Yoga Publications, Bengluru.
2. Yoga Therapy for Common Diseases by Swami Karmananda, Yoga Publication Trust, Munger, 1999.
3. Yoga Therapy by Swami Kuvalyananda & S. L. Vinekar, Central Health Education Bureau, 1963.

Course Title: Practical-II (Teaching Methods)



Course Code: MAYG 206

Course Outcomes:

CO1: To teach teaching techniques to the students

CO2: To teach class management and lesson planning

CO3: To introduce educational tools of yoga teaching

1. Teaching and Learning: Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Guru; Yogic levels of learning, Vidyarthi, Shishya, Mumukshu; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training. Techniques of Individualized; Teaching Techniques of group teaching; Techniques of mass instructions; Organization of teaching (Time Management, Discipline etc).
2. Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shodhanakriya, Asana, Mudra, Pranayama & Meditation);
3. Models of Lesson Plan; Illustration of the need for a lesson plan; Illustration of the need for a content plan; Eight Step method of Introduction as developed in Kaivalyadhama.
4. Evaluation methods of an ideal Yoga class; Methods of customizing Yoga class to meet individual needs. The student will have demonstrations and training in the above mentioned aspects of teaching methods.
5. Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class.
6. Student's Approach to the teacher: Pranipaata; Pariprashna; Seva; (BG 4.34).

Record Book / Lesson Plan

Viva-voce

Textbook:

1. Methods and Techniques of Teaching-S. K. Lochar, Sterling Publications Pvt. Ltd., New Delhi.
2. A Handbook of Education-A. G. Sundarams & R. N. Kaul, Kapoor Brothers, Jammu.



MA Yoga
Semester-III

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Course Title: Yoga and Health

Course Code: MAYG 301

Course Outcomes:

The theory course entitled 'Yoga and Health' has the following outcomes:

CO1: To introduce the essential elements of a yogic life style.

CO2: To introduce the concept of health and disease.

CO3: To give an understanding of the concept of ill health and their remedies through yoga

UNIT-I

Definition & Importance of Health according to WHO; Dimensions of Health; Physical, Mental, Social and Spiritual; Concept of health and Disease in Indian System of Medicine i.e. Ayurveda, Naturopathy. Yogic Concept of Health and Disease: Concept of Adhi and Vyadhi; Meaning and definitions, Concept of Trigunas, Panch Mahabhutas, Panch-prana and their role in Health and Healing; Concept of panch-kosha & Shat-chakra and their role in Health and Healing.

UNIT-II

Role of Yoga in preventing health care-Yoga as a way of life, Heyam dukham anagamam; Potential causes of ill health: Tapatrayas and Kleshas, Physical and Physiological manifestation of disease: Vyadhi, Alasya, Angamejayatva and Svasaprashvasa. Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Bhranti-darsana, Alabdha-bhumikatva, Anavasthitatva, Duhkha and Daurmanasya.

UNIT-III

Yogic Diet- General Introduction of Ahara; Concept of Mitahara; Classification in yogic diet according to traditional yoga texts; Diet according to the body constitution (Prakriti)-Vat, Pitta and Kapha as also Gunas.

UNIT-IV

Concept of Diet Pathya and Apathya according to Gherand Samhita, Hatha Pradeepika and Bhagavad Gita; Importance of Yogic Diet in Yog Sadhana and its role in healthy living; Shatkriyas and tatva shuddhi; Asana for mind, body and spirit; Practice for Pranayama kosha.



UNIT-V

Yogic Principles of Healthy Living: Ahara, Vihara, Achara and Vichara; 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.

Text Books:

1. Shyam Ghos: The Original Yoga Munshiram Manoharlal, New Delhi, 1989.
2. Jnananda Bharati: Essence of Yoga Vasistha Pub: Santa Books, Chennai.
3. Hatha Ratnavali: Tirumala Tirupathi Devasthanam, Andhra Pradesh.
4. Gherand Samhita: Shri Sadguru Publication, New Delhi.
5. Dr. R. Nagarathna and Dr H. R. Nagendra: Yoga and Health, Swami Vivekananda Yoga Prakashan, 2002.
6. Dr. R. Nagarathna and Dr H. R. Nagendra: Yoga for Promotion of Positive Health, SVYP, Bangalore.



Course Title: Research Methodology and Statistics

Course Code: MAYG 302

Course Outcomes:

The theory course entitled 'Research Methodology and Statistics' has the following Outcomes

CO1: Understand the basic theoretical concepts of conducting scientific research and motivate to pursue higher research.

CO2: Acquire basic understanding of Research Methodology and knowledge of various statistical procedures.

CO3: Have knowledge on tools employed to conduct research, ability to address the contemporary problems in scientific way.

Unit I

Introduction of Research and Problem Formation; Meaning and definition of research – Need, Nature, Scope of research in yoga, Location of research problem, criteria for selection of a research problem.

Unit II

Quantitative and Qualitative Research Approach, Basic Elements of Research, Review of Literature, secondary sources of information. Research Objectives, hypothesis, research questions.

Unit III

Data Collection; Methods of data collections – Interview, Questionnaire, interview guide, Focus Group. Analysis of Qualitative and Quantitative Data. Measurement of Central Tendency, Measurement of dispersion.

Unit IV

Data Analysis; Analysis of Qualitative and Quantitative Data. Statistical Analysis of data – Univariate Data Analysis -Summarization of data, Bivariate and Multivariate Analysis. Chi Square Test; Correlation & Regression, Use of Statistical Software in Analysing Quantitative data – SPSS and others.

Unit V



Preparation of Research Proposal, Report Writing and Publication process.

TEXT BOOKS:

1. H. K. Kapil, Research Methods (Hindi), H. P. Bhargava Book House, Agara, 15th Edition, 2012.
2. Mohd. Suleman and Dinesh Kumar, Research Methods in Psychology, Sociology and Education, General Book Agency, Patna, 6th edition, 2014.
3. Mohd. Suleman, Statistics in Psychology, Education and other Social Sciences, MLBD, New Delhi, 5th Edition, 2010.
4. C. R. Kothari and Gaurav Garg, Research Methodology: Methods and Techniques, New Age International Publishers, New Delhi, 4th Edition, 2019.
5. Ranjit Kumar, Research Methodology- A Step by Step Guide for Beginners, Sage Publications, New Delhi, 4th Edition, 2014.
6. Fred N. Kerlinger, Foundation of Behavioural Research, Surjeet Publication, 17th Edition, 2016.
- 7.
8. Donald H. McBurney and Theresa L. White, Research Methods, Wadsworth Publishing, U.S.A., 2011.



Course Title: General Psychology

Course Code: MAYG 303

Course Outcomes:

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

CO1: Understand nature and concept of modern psychology, psychology as a science of behaviour.

CO2: Have an idea about nature and types of personality.

CO3: Understand mental health and mental disorder.

Unit I

Introduction to Psychology; Brief History of Modern Psychology; Major Perspectives in Modern Psychology; Key data collection methods in Psychology. Altered States of Consciousness- Sleep: Stages of Sleep, Circadian Rhythm, Sleep Disorders; Dreams: The Content of Dreams; Hypnosis, Biofeedback.

Unit II

Behavioural Psychology: Psychology as a Science of Behavior; Definition of Behavior; Psychic forces and human behavior, Behavior and Consciousness, Psychological basis of behavior.

Unit III

Personality: Nature and Types of Personality; Determinants of Personality: Heredity and Environment; Facets and Stages of Personality Development; Personality Theories of Sigmund Freud, Alfred Adler and C.G. Jung, Carl Rogers; Assessment of Personality:

Unit IV

Cognitive Psychology: Sensation, Perception, Attention, Memory, Learning, Feeling etc.; their definitions and types, Intelligence and its' measurements; Emotional Intelligence and Social Intelligence.

Unit V

Mental Health: Means of mental health; Positive Mental Health; Causes and Consequences of Conflicts and Frustrations; Introduction to Common mental disorders; Depressive disorders;



Anxiety disorders; Serious mental disorders; Sleep disorders; Mental retardation; Alcohol and drug abuse; Suicide, attempted suicide and suicide prevention.

Text Book:

1. A. K. Singh (2017): Uchchar Samanya Manovigyan, Xth Edn., MLBD.
2. R. A. Baron & G. Misra (2017): Psychology, 3rd Edn., Pearson.
3. Bhogal R.S. (2010) Yoga and mental Health Lonavla ,Kaivlyadhama
4. Bhogal R.S.(2006) Yoga and modern psychology, Kaivalyadhama
5. Mathur, S.S.(1985) Samanya Manovijnaan (Hindi) Agra :VinodPustak Mandir
6. Morgan, C.T. & king R.A.(1978) Introduction to Psychology ,New Delhi Tata McGraw- hill Publishing company limited
7. Pandit , R.V.(1971) Samanya Manasa Shastra (Marathi). Nagpur : Payal Prakasan.
8. Sharma ,Ram Nath,(1960) Indian Psychology; Meerut: KedarNath Ram Nath.



Course Title: Indian Philosophy: Elective-I

Course Code: MAYG-ELT 304 A

Course Outcomes:

The theory course entitled 'Indian Philosophy' has the following outcomes

CO1: Understand basic concept of Indian Philosophy.

CO2: Understand Philosophy of Vedas, Buddhism and Jainism.

CO3: Have an idea about Samkhya Yoga.

Unit I

General Introduction to Indian Philosophy

Philosophy: meaning, definition and scope; Indian Philosophy, Salient features, Branches (Astika and Nastika Darshanas), Distinction from Religion and Science, Brief introduction to Prasthanatrayee and Purushartha Chatushtaya; Relationship between Yoga and Indian Philosophy.

Unit II

Philosophy of Vedas and Vedic Religion

Introduction to Veda, Vedic literature, Development of Vedic Religion, Concept of Rta. Upanishad: Meaning of the term Upanishad, Concept of Reality: Brahman, Atman and identity of Brahman and Atman, concept of world: cosmic concept of Atman, individual self (Jiva), Self-realization, communication of instruction about self: sravana, manana and nidhidhyasana.

Unit III

Non-Vedic Tradition

Charvaka Materialism: Concept of pratyaksha, refutation of inference and verbal testimony theory of matter, ethics of egoistic hedonism. Buddhism: Four noble truths, theory of momentariness, doctrine of non-self. Jainism: Concept of Reality, theory of multiple modality, Syadvada, Jiva and ajiva, Kevala Jnana.

Unit IV

Nyaya-Vaiseshika

Concept of Padartha, dravya, asatkaravada, theory of knowledge: pratyaksha, anumana, upamana, sabda, concept of error, theory of liberation : apavarga.



Unit V

Samkhya Yoga

Samkhya: Concept of Reality: purusha, prakriti, satkaryavada and evolution of prakriti, concept of personal identity, antakkarana vritti. Yoga: Eight limbs of Yoga, Concept of Samadhi.

TEXT BOOKS:

1. Hiriyanna M., Outlines of Indian Philosophy, Motilal Banarsidas, New Delhi, 1994.
2. Hiriyanna M., Essentials of Indian Philosophy, Motilal Banarsidas, New Delhi, 2000.
3. Datta D.M. and Chatterjee, An Introduction to Indian Philosophy, Rupa Publication, New Delhi, 2007.
4. Raju P.T., The Structural Depths of Indian Thought, State University of New York Press.
5. Dasgupta S., A History of Indian Philosophy (1972), Cambridge University Press, Cambridge
6. Radhakrishnan S. Indian Philosophy, Vol. 2, 2nd edition (2008), P. No. 309, Oxford University Press, New Delhi.
7. Sadhana Dauneria: Jain Darshan, Madhulika Publication, Allahabad, 2014.



Course Title: Human Consciousness: Elective-II

Course Code: MAYG-ELT 304 B

Course Outcomes:

CO1: To understand the concept of Human Consciousness in Indian Philosophy, Ayurveda and Tantra.

Unit-I: Introduction and concept of human Consciousness

Meaning, definition and scope of consciousness, nature of consciousness, need of study of human consciousness, present crisis on human consciousness and measures of their appropriate solutions.

Unit-II: Philosophy and Science of Human Consciousness

Human consciousness in Veda and Upanishad, human consciousness in Buddha and Jain philosophy, Human consciousness in Nyaya, Vaisheshik, Samkhya, Yoga, Mimansha and Vedanta.

Unit-III: Various streams of Ancient Indian & Modern Sciences

Human Consciousness in Tantra, Astrology and Ayurveda, Human Consciousness in Modern Science: Researches related to Human Consciousness in Human Anatomy, Physiology & Psychology.

Unit-IV: Different Mysteries

Birth and life, fate and efforts (Purushartha), Principles of Karma, Samskar and rebirth, Concept of Kundalini, Concept of chakra.

Unit-V: Development of Human Consciousness

Various Psychological methods for development of human consciousness, Methods for development of Human Consciousness in various religions-Islam, Christianity, Sikhism, Various Techniques for development of human consciousness by Indian Rishis.

Reference books:

1. Bharatiya Darshano mein Chetana ka Swaroop- Dr. Krishna Saxena
2. Bharatiya Darshan- Acharya Baldev Upadhyaya
3. Upanishadic Adhyatma Vigyan- Dr. Ishwar Bharadwaj
4. Manav Chetana- Dr. Ishwar Bharadwaj



5. Manav Chetana ewam yoga Vigyan- Dr. Kamakhya Kumar
6. A study in Consciousness Annie Besant
7. Ayurveda and Mind Dr. David Frawley
8. The Root of Consciousness Jeffery Mishlor
9. Mind and Super Mind N. C. Panda
10. Seven States of Consciousness Anthony Campbell
11. Human Consciousness & Yogic Science Dr. Kamakhya Kumar

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Course Title: Practical-I

Course Code: MAYG 305

Course outcomes:

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

CO1: Understand the benefits, contraindications and procedures of all practices

CO2: Demonstrate each practice with confidence and skill

CO3: Explain the procedure and subtle points involved.

CO4: Teach the yoga practices to any given group.

1. Shatkarmas: Vastra Dhauti, Sutra Neti, Kapalbhati,

Nauli Chalan, Jyoti Trataka, Agnisara

2. Yogasana-I:

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana, Ardha Chakrasana, Paad Hastasana, Trikonasana, Parshva Konasana, Veerabhadrasana, Bhunamanasana, Hanumanasana, Dandasana, Swastikasana, Sidhasana, Bhadrasana, Padmasana, Vajrasana, Kagasana, Utkatasana, Gomkhasana, Ushtrasana, Shashanskasana, Kurmasana, Navasana, Baddha Padmasana, Uttitha Padmasana, Janusirasana, Paschimottanasana, Supta Vajrasana, Mandukasana, Utthana Mandukasana.

3. Yogasana-II

Vakrasana, Ardha Matsyendrasana, Marichayasana, Simhasana, Pavanmuktasana, Utthana-padasana, Ardha Halasana, Setubandhasana, Halasana, Karna Peedasana, Sarvangasana, Matsyasana, Chakrasana.

4. Yogasana-III

Shavasana, Makrasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, Raja Kapotasana, Bakasana, Kukkutasana, Garbhasana, Matsyendrasana, Marjariasana, Padangusthasana, Hastapadngusthasana, Garudasana, Vatayanasana, Natarajasana, Mayurasana, Sirshasana, Ekpada and Dwipada Kandarasana.

Record Book; Viva-voce

Text Book:

1. Swami Dharendra Brahmehari: Yogasana Vijnana, Dharendra Yoga Publication, New Delhi, 1966.
2. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2005-06.
3. Basavaraddi, I. V. & Others: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
4. Tiwari, O. P., Asana Why and How? Kaivalyadham, Lonavala, Lonavla, 2011.

Course Title: Practical-II
Course Code: MAYG 306
Course Outcomes:

CO1: Students should be able to demonstrate and explain each Bandha, Mudra and Pranayama technique.

CO2: Understand and explain the practices of kriya.

CO3: Demonstrate practices leading to Meditation.

1. Bandha and Mudra:
Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Tri Bandha; Yog Mudra, Maha Mudra, Shanmukhi Mudra, Shambhavi Mudra, Kaki Mudra, Tadagi Mudra, Vipreet Karni Mudra, Simha Mudra.
2. Kriyas:
Cleansing of eyes (Chakshu dhouti), Danda dhouti, Vastra dhouti, Sankha Prakshalana.
3. Pranayama:
Bhastrika, Ujjayi, Suuryabhedi, Chandrabhedi, Nadi Shodhana with kumbhaka.
4. Practices leading to Meditation:
Pranava and Soham Japa, Antar mouna, Dharana, Practice of Dhyana, Breath Meditation, Om Meditation, Vipassana Meditation, Preksha Meditation.

Record Book

Viva voce

Text Book:

1. Shri Rishi Ram: Pranayama Vigyan, Bhartiya Yog Sansthan, New Delhi, 2000.
2. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2005-06.
3. Shri Deshraj: Dhyana Sadhana, Bhartiya Yoga Sansthan, New Delhi, 2015.
4. Dr. Vishwanath Prasad Sanha: Dhyana Yoga, Bhartiya Yog Sansthan, New Delhi, 1987.



MA Yoga
Semester-IV

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Course Code: Applications of Yoga

Course Code: MAYG 401

Course Outcomes:

The theory course entitled 'Application of Yoga' has the following outcomes

CO1: Understand the applied value of yoga in different domain.

CO2: Have an idea about the role of yoga for stress management.

CO3: Yoga for personality development.

UNIT I

Yoga in Education: Salient features of Yoga Education, Factors of Yoga Education; Teacher, Student and Teaching, Guru-shishya parampara and its importance in Yoga Education; Value Education, its meaning and definitions, types of values, value-oriented education and modes of living, role of value oriented education; contribution of Yoga towards development of values.

UNIT II

Salient features of ideal yoga teacher, role of yoga teacher in value-oriented education, role of yoga in development of human society; Yogic Concepts for the Development of Four Fold Consciousness - Civic Sense, Patriotic Urge, Service Zeal and Spiritual Growth.

UNIT III

Yoga for Stress Management: Introduction to Stress, Concept of Stress; Solutions through Mandukya karika - Relaxation and stimulation combined as the core for stress management; Practice of Stimulation and relaxation.

UNIT IV

Yoga and Stress Management; Concepts and Techniques of Stress Management in Ashtanga Yoga of Patanjali and Bhagavad Gita, specific practices for stress management, breath awareness, shavasana, Yoganidra, pranayama and meditation, impact of yogic lifestyle on stress management.

UNIT V

Yoga for Personality Development - Yogic attitudes for personality development, Ashtanga Yoga and personality development, personality development with special emphasis on Panchakosa. Memory and Concentration; Short-term, long-term memory, stages of memory foundation and maintenance; Yoga modules to improve memory; Barriers to concentration; creativity eastern concept, silence and creativity; yogic approach to creativity; yogic practices for creativity development. Yoga practices for IQ development; Practices for Anger Management.

Textbooks:

1. Dr. Goel Aruna: Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd. 2007.
2. I. V. Basavaraddi: Yoga: Teachers Manual for School Children, MDNIY, New Delhi, 2010.



Course Title: Naturopathy and Ayurveda: Elective-I

Course Code: MAYG-ELT 402 A

Course Outcomes:

The Theory course entitled 'Naturopathy and Ayurveda' has the following outcomes

CO1: Understand the basic concept of Naturopathy and Yoga.

CO2: Understand fundamentals of Ayurveda and Yoga.

CO3: Have an idea about Acupressure and Psychotherapy.

Unit-I

Philosophy of Naturopathy, History of Naturopathy, Relation between principles of Yoga & Naturopathy; Basic principles of Naturopathy, Various methods of treatment in Naturopathy: Fasting, Nutrition and Dietetics, Hydrotherapy, Mud therapy, Chromo therapy, Magneto therapy, and Massage therapy.

Unit-II

Yoga & Ayurveda - Fundamentals of Ayurveda: Brief history of Ayurveda, Concept of Sareera Kriya Vijnana and Rachana: Tridoshas Vijnana - Saptadhatus, Mala vijnana, Ojas, Different kinds of Agnis.

Unit-III

Swastha Vijnana: Dinacharya, Ritucharya, - Shodhana Karma: Pancha karma, Purva karma
Basic principles of Ayurvedic treatment, Knowledge of Nadi Vijnana, Ayurvedic home remedies.

Unit-IV

Basic knowledge of Acupressure and Reflexology - Theory of Acupressure - Identification of points of Acupressure - Therapeutic uses of Acupressure; Benefits of Acupressure; Acupressure treatment for common diseases.



Unit-V

Psychotherapy: Psychopathology and Mental health: Frustration, Conflict, Anxiety and Defence mechanism, Neuroses, psychosis, Personality disorders, Techniques of psychotherapy, and Evaluation in Psychotherapy, Yoga & Psychotherapy; Clinical application of Yoga in Psychotherapy.

Textbooks:

1. H. K. Bakhru, (2015): Diet Cure for Common Ailments, 2nd edn., Jaico Publishing House, Ahmedabad.
2. H. K. Bakhru (2017): Nature Cure, 5th Edn., Jaico Publishing House, Ahmedabad.
3. H. K. Bakhru (2017): Foods That Heal, 1st Edn., Orient Paperback, Delhi.
4. S.R. Jindal (1994): Nature Cure: A Way of Life, Institute of Naturopathy & Yogic Sciences, Bangalore.
5. D. R. Gala, Dhiren Gala, Sanjay Gala (1995): Be your own doctor with Acupressure, Navneet Publications, Bombay.
6. N.A. Murthy & D.P. Pandey, Ayurvedic Common Cures for Common Diseases, Orient Paperback Publishers, Delhi.
7. Lindlahr Henry (1986), Philosophy and Practice of Nature Cure, Sat Sahitya Sahayogi Sangh, 1st Edition, Gandhi Darshan Exhibition Ground, Hyderabad
8. S.R. Mudambi, M.V. Rajagopal (2007): Fundamentals of Food, Nutrition and Diet Therapy, 5th edition, New Age International (P) Ltd., New Delhi.
9. B.T. Chidanand Murthy (2006): Yoga & Naturopathy, 4th edition, CCRYN, New Delhi.
10. Rakesh Jindal (2007): Science of Natural Life, 3rd edition, Arogya Sewa Prakashan, Modinagar.
11. S.J. Singh (1980), History and Philosophy of Naturopathy, Nature Cure Council of Medical Research, Lucknow.
12. Ram Harsh Singh (2001), Swasthavritta Vigyaan, Chaukhamba Sanskrit Pratishtaan, Delhi.
13. O. P. Saxena (2014): Brihad Prakritik Chikitsa, , 2nd Edn., Hindi Sewa Sadan, Mathura.



Course Title: Yoga Upanishads: Elective-II

Course Code: MAYG-ELT 402 B

Course Outcomes:

To Study the basics and applied part of yoga in different Yoga Upanishads

Unit-1: Shandilya Upanishad

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

Unit-2: Jabaldarshanopanishad

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

Unit-3: Trishikhibrahmanopanishad

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

Unit-4: Yogchudamanyupanishad

Brief Introduction of Yogchudamanyupanishad, Shadanga Yoga- Asana & its types, Types of Chakra, Nadi, Prana, Pranayama: its types & Benefits, Concept of Dharana, Concept of Dhyana, Concept of Samadhi.

Reference Books:

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

Course Title: Practical-I
Course Code: MAYG 403
Course Outcomes:

CO1: To help establish a regular and rigorous practice (Sadhana) of yoga practices

Asanas:

(15 Marks)

1. Pawan Muktasana part-1,2,3
2. Tadasana, Tiryak tadasana, Katichakrasana
3. Surya Namaskar (A.P.M.B.)
4. Padmasana (H.P.)
5. Vajrasana
6. Marjariasana
7. Mandukasana
8. Ushtrasana
9. Utkatasana
10. Garudasana
11. Trikonasana
12. Janu Shirasana (A.P.M.B.)
13. Gomukhasana
14. Vakrasana
15. Noukasana
16. Halasana
17. Bhujangasana
18. Shavasana

Pranayama:

(10 Marks)

1. Breathing: Chest, Abdominal & Yogic (A.P.M.B.)
2. Anulome-Vilome
3. Nadishodhan pranayama
4. Ujjayi Pranayama

Bandh/Mudra:

(10 Marks)

1. Moolbandh
2. Jalandhar Bandh
3. Uddiyan Bandh
4. Ashwini Mudra
5. Hastmudra: Gyan, Ling, Panchtatva mudra

Shatkarma:

(10 Marks)

1. Jal-Neti
2. Rubber-Neti
3. Kapalbhathi-Vatkram(20-50 strokes)
4. Agnisar
5. Shankh Prakshalan

Mantra:

(05 Marks)

1. Om Mantra
2. Gayatri Mantra
3. Guru Mantra

Record Book

Viva-voce:

(10 Marks)



Course Title: Practical-II

Course Code: MAYG 404

Course Outcomes:

CO1: General practices of Naturopathy, Ayurveda, Acupressure and Psychotherapy

A. Naturopathy

1. Practice of making mud pack.
2. Teaching of giving hydrotherapy treatments like chest pack, abdominal pack, throat pack, Hot foot bath etc.
3. Basic massage training.
4. Practical training of giving Acupressure and Reflexology treatments.
5. Charging water and oil with colours and magnets.

B. Ayurveda

Experiments on Ayurvedic treatment of diseases.

C. Acupressure

Experiments on Acupressure

D. Psychotherapy

Experiments on Psychotherapy.

Record Book

Viva-voce

Textbooks:

1. Kellog J.H., Rational Hydrotherapy, 2nd edition (2005), National Institute of Naturopathy, Pune
2. Kellog J.H., The Art of Massage, Modern Medicine Publishing Company, Michigan.
3. Murthy Chidanand B.T., Yoga & Naturopathy, 4th edition (2006), CCRYN, New Delhi
4. Jindal Rakesh, Science of Natural Life, 3rd edition (2007), Arogya Sewa Prakashan, Modinagar
5. Singh S.J., History and Philosophy of Naturopathy (1980), Nature Cure Council of Medical Research, Lucknow
6. Singh Ram Harsh, Swasthavritta Vigyaan (2001), Chaukhamba Sanskrit Pratishthaan, Delhi.
7. Manohar Murli Ch. Dr., Ayurveda for All (2010), Pustak Mahal, New Delhi
8. Dr. N.A. Murthy & D.P. Pandey, Ayurvedic common Cures for Common Diseases, Orient Paperback publishers, Delhi Swami Rama, Rudolph Ballantive & Swami Ajay.

Course Title: Dissertation

Course Code: MAYG 405

Course Outcomes:

Following completion of the Project Work, students shall be able to:

CO1: Understand the patient's health problem and select suitable set of yoga practices.

CO2: Learn the clinical methods, case history writing, measurement of clinical symptoms

CO3: Statistical analysis of the initial and final data recorded

CO4: Analyze data and organize in tabular and graphical form

CO5: Interpret the data and draw the conclusion.

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