



# SYLLABUS AND SCHEME OF EXAMINATION

**M.A. IN YOGA STUDIES  
(w.e.f. 2016-2017)**



Department of Yoga Studies  
Faculty of Social science  
**Himachal Pradesh University**  
Summer Hill, Shimla-5

Department of Yoga Studies



## Himachal Pradesh University

M.A. in Yoga Studies  
SYLLABUS (w. e. f. 2016-17)

S.No	Subject Code	Subject Title	Periods per week			Evaluation Scheme		Subject Total
			L	T	P	Int.ass. 20	Theory 80	100
<b>Semester – I</b>								
1	MYS - 101	Foundamentals of Yoga	3	1	0	20	80	100
2	MYS - 102	Foundations of Hathayoga	3	1	0	20	80	100
3	MYS - 103	Human Anatomy & Physiology	3	1	0	20	80	100
4	MYS - 104	Swasthavritta, Diet And Nutrition	3	1	0	20	80	100
5	MYS -105	Practical-1	0	0	12	20	80	100
6	MYS – 106	Practical-2	0	0	4	20	80	100
							<b>TOTAL</b>	<b>600</b>
<b>Semester – II</b>								
1	MYS - 201	Samkhya Darshan	3	1	0	20	80	100
2	MYS -202	Methods of Statistics	3	1	0	20	80	100
3	MYS -203	Principles of Naturopathy	3	1	0	20	80	100
4	MYS -204	Teaching Methodology In Yoga	3	1	0	20	80	100
5	MYS -205	Practical-1	0	0	12	20	80	100
6	MYS -206	Practical-2	0	0	4	20	80	100
							<b>TOTAL</b>	<b>600</b>
<b>Semester – III</b>								
1	MYS -301	Patanjalyoga Darshan	3	1	0	20	80	100
2	MYS -302	Alternative Therapy	3	1	0	20	80	100
3	MYS -303	Research Methodology	3	1	0	20	80	100
4	MYS -304	Yoga Education	3	1	0	20	80	100
5	MYS -305	Practical-1	0	0	12	20	80	100
6	MYS -306	Practical-2	0	0	4	20	80	100
							<b>TOTAL</b>	<b>600</b>
<b>Semester – IV</b>								
1	MYS - 401	Bhagavadgita	3	1	0	20	80	100
2	MYS - 402	Yoga Therapy	3	1	0	20	80	100
3	MYS - 403	Yoga and Sports Training	3	1	0	20	80	100
4	MYS - 404	Essay or Dissertation	3	1	0	20	80	100
5	MYS - 405	Practical-1	0	0	12	20	80	100
6	MYS - 406	Practical-2	0	0	4	20	80	100
							<b>TOTAL</b>	<b>600</b>
							<b>GRAND TOTAL</b>	<b>2400</b>



• L = Lectures	• T = Tutorials	• P = Practicals
----------------	-----------------	------------------

**Department of Yoga Studies**  
**Faculty of Social science**  
**Himachal Pradesh University**  
**GENERAL RULES**  
**(w.e.f. 2016-2017)**

**1. GENERAL**

- 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 to this course must have Graduation in any Academic discipline from any recognized University/ Institution by the U.G.C.Govt. of India.
- C. The written entrance for admission shall be prepared on the basis of marks obtained in graduation & other weightages as mentioned in Admission prospectos of the University.
- 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 I<sup>st</sup>, II<sup>nd</sup>, III<sup>rd</sup> and IV<sup>th</sup> Semester as per rules of the University.
- 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. Candidate suffering from any chronic disease are advised not to seek admission to this course.

**2. SEMESTER WISE PASSING CRITERIA**

Each candidate shall be required to secure at least 36% eligible passing marks in each theory paper and Practical /Dissertation /Seminar.

The candidates shall be required to secure minimum 50% marks in aggregate. Once a candidate passes a course, he will not be allowed to reregister in that course.

Any candidate who once passes dissertation paper, shall not be allowed to undertake dissertation work again in any case and his dissertation marks will not be forward till he passes all the papers.

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 University rule.

**4. ESSAY OR DISSERTATION**

- **Essay:** There will be 4 units and the students will select one question out of two from each unit.Each question will carry 20 marks.
- The dissertation work shall commence from IV<sup>th</sup> semester and will have to be submitted at the end of the IV<sup>th</sup> Semester. The topic of the dissertation may be allotted in the beginning of IV<sup>th</sup> semester and the student will carry the work throughout IV<sup>th</sup> semester.



A Departmental committee will approve the subject/topic of dissertation. The topic of the dissertation shall be research oriented.

- The candidate will be required to maintain a diary showing the progress report of the dissertation, which will be submitted by Students for examination and evaluation. The diary should be countersigned periodically by the supervisor (s).
- The candidate shall be required to submit three copies of the report of the dissertation work with a certificate from the supervisor (s) that dissertation work is the authentic record of the work performed by students at the approved place duly countersigned by H.O.D.
- The report of the dissertation work shall be evaluated by the external examiner. The same external examiner shall hold the viva examination. In case the external examiner will not able to come, due to unavoidable circumstances then H.O.D. will authorized to take the decision.

## 5. ATTENDENCE

A. As per Himachal Pradesh University rules.



M.A. in Yoga studies		MYS -101					SEMESTER-I
		Fundamentals of Yoga					
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	3	1	0	20	80

#### UNIT – I: INTRODUCTION TO YOGA

- 1.1 Brief introduction to origin of Yoga, Psychological and Hindu Mythological concepts about origin of Yoga, History and Development of Yoga.
- 1.2 Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions about Yoga, True Nature of Yoga.
- 1.3 Yoga in Vedic period and Yoga in Veda, Yoga in Ayurveda, Yoga in Principle Upanishads, Yoga in Yogopanishads.
- 1.4 General introduction to Agamas and Tantras, classification of Tantras, Concept of Yoga of in Agamas and Tantras.
- 1.5 Introduction to Puranas, Nature of Yoga in Bhagavat Purana, Introduction to Smritis and Yoga in Smritis

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

- 2.1 Introduction to Epics, Yoga in Ramayana (The nature of Yoga in Adhyatma Ramayana) Yoga in Mahabharata.
- 2.2 Yoga in Yoga Vasishtha, Yoga in Medieval Literature, Bhakti Yoga of Medieval Saints, Yoga in Narada Bhakti Sutra.
- 2.3 Philosophy: Its meaning, definitions and scope, Branches of Indian Philosophy (Astika and Nastika Darshanas), Philosophy: Its distinction from Religion and Science.
- 2.4 General introduction to Shad-darshan, Yoga in Samkhya and Yoga, Yoga in Nyaya and Vaisheshika, Yoga in Vedanta with special reference to Shankara, Ramanuja, Madhva and Vallabha.
- 2.5 General introduction to Prasthanatrayee and Purushartha Chatushtaya.

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

- 3.1 General Introduction to Non Vedic Schools of Indian Philosophy: Jainism, Buddhism, Suffism, Sikhism and etc.
- 3.2 Introduction to Jainism, Anekantavada (Syadvada), Concept of Tri-ratnas, Concept of Kayotsarga (Preksha-dhyana).
- 3.3 Introduction to Buddhism: Introduction to Buddhism, Skandha-vada, Concept of Arya-satya or Four Noble Truths, Arya-astangika-marga or Noble-eight-fold-path (Bouddha-Yoga).
- 3.4 Introduction to Sufism: Meaning and Characteristic features of Sufism, Elements of Yoga in Sufism, Sufi Meditation Techniques.
- 3.5 Concepts and practices of Yoga in other religion.

#### UNIT-IV: BRIEF SURVEY SCHOOLS OF YOGA

- 4.1 Jnanayoga: Meaning of Jñāna and Jñānayoga, Sadhana-chatushtaya.
- 4.2 Bhaktiyoga: Meaning of Bhakti and Bhakti-yoga, Stages of Bhakti, Types of Bhakti.
- 4.3 Karmayoga: Meaning of Karma and Karmayoga, Concept of Nishkama Karma, Means of Karma Yoga, Theory of Karma and Rebirth (Reincarnation).
- 4.4 Yoga in Modern Times: Yogic Traditions of Ramakrishna and Swami Vivekananda, Yoga of Maharishi Raman, Integral Yoga of Shri Aurobindo.
- 4.5 Yoga in Contemporary Times: Yoga of Sri T. Krishnamacharya, Yoga of Swami Shivanada, Contribution of Swami Yoganadaji, Swami Kuvalyananda,

#### **BOOKS FOR REFERENCE**



- 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
- Karel Werner : Yoga and Indian Philosophy, Motilal Banarasidas, Delhi, 1979
- Pandit, M. P. : Introduction to Upanishads : Theosophical Society of India Adyar, Madras, 1976
- Radhakrishnan : The Principal Upanishads, George Allen and Unwin, London, 1953
- 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. Motilal Banarasidas, Delhi, 2000
- Sing, Lalan Prasad : Tantra, Its Mystic and Scientific Bases. Concept Publishing Company, Delhi, 1976
- Stace, W.T. : Mysticism and Philosophy. Macmillan and Co. London, 1961
- 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 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



		Foundations of Hathayoga						
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)	
60	100	3 Hrs.	3	1	0	20	80	

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

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

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

- 2.1 Introduction of Shodhanakriyas in Hathayogapradeepika, Gherandasamhita and Hatharathnavali.
- 2.2 **Shatkarma-** Techniques, Benefits, precautions, and contraindications (Dhauti, Basti, Neti, Nauli, Trataka and Kapalbhati )
- 2.3 Importance of Shodhanakriyas in health, disease and Hathayoga Sadhana.
- 2.4 **Asanas-** Definition, concept and special features of Asanas in Hathayogapradeepika, Gherandasamhita and Hatharathnavali.
- 2.5 **Asanas-** Techniques, Benefits, precautions, and contraindications of Asanas, Importance of Asana in health, disease and Hathayoga Sadhana.

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

- 3.1 Introduction of Prana and Pranayama; Pre-requisites of Pranayama, Nadishodhana Pranayama, Importance of Nadishuddhi.
- 3.2 **Pranayama-** Techniques, Benefits, precautions, and contraindications, Pranayama and Ashtakumbhaka in Hathayogapradeepika Gherandasamhita and Hatharathnavali.
- 3.3 Importance of Pranayama in health, disease and Hathayoga Sadhana.
- 3.4 Introduction of Mudra (Bandha) Techniques, Benefits, precautions, and contraindications of in Hathayogapradeepika Gherandasamhita and Hatharathnavali.
- 3.5 Importance of Mudra (Bandha) in health, disease and Hathayoga Sadhana.

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

- 4.1 Concept of Kand, Nadi, Swas-prashwas or Swara, and Granthi.
- 4.2 Concept of Shatchakra and Kundalini prabodhan, Concept of Shiva and Shakti.
- 4.3 Concept of Pratyahara, Dharana, Dhyana and Samdhi in Gherandasamhita.
- 4.4 Concept of Nada and Nadanusandhana in Hathayogapradeepika.
- 4.5 Techniques, Benefits, precautions, and contraindications of Nadanusandhana, four stages of Nadanusandhan.

### 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:	HathaYoga Pradipika of Svatmarama, The Adyar Library publications, Chennai. 2000
Gharotee, M.L.and others :	Hatharatnavali of Srinivasayogi, The Lonavla Yoga Institute, Lonavla, 2002
Dvivedi Hajariprasad :	Nath Sampradaya 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 Digambarji 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	HathaYoga Eka Aitihasya Paripreksya evam..., Eastern Book Linkers, New Delhi.
	Hathapradipika of Swatmaramaji, (Jyotsana- tika), Adyar Library, Madras.
Gharote M.L. & Pai, G.K. (Edi)	Siddhasidhantpaddhati, Lonavla, Yoga Institute Lonavla 2005.
Swami Kuvalyananda & Shukla, S.A.	Gorakshasatkam, Kaivalyadhama, S.M.Y.M. Samiti, Lonavla.
Saraswati, Swami Satyananda	Asana Pranayama & Mudra Bandha Bihar School Of Yoga, Munger, 1969.
Bassavaraddi, I.V. & Pathak, Satyaprakash	Hathayoga ke Adhar Avam Prayog, MDNIY, New delhi, 2011.
Gharote, M.M. & others	Therapeutic references in Traditional Yoga Texts, The Lonavla Institute, Lonavla, 2010.
Bassavaraddi, I.V. & Pathak, Satyaprakash	Satkarma, A comprehensive description about the cleansing process, MDNIY, New delhi 2009.

M.A. inYoga studies	MYS -103	SEMESTER-I
	<b>Human Anatomy &amp; Physiology</b>	





Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	3	1	0	20	80

### 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 Haemoglobin 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 System,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

1. Gore ,M.M – Anatomy and physiology of yogic practices
2. Evelyn,C.Peare – Anatomy and physiology for nurses.
3. Charu,Supriya – Sarir rachna,evam kriya vigyan.
4. Chatterjee,C.C – Human physiology.
5. Text book of Anatomy vol.1,11,111 – B.D Chaurasia
6. Human Embryology by Inder Bir Singh.
7. Histology by Chatterji
8. Human Anatomy by Datta.
9. Text book of Anatomy by Gray.
10. Text book of Anatomy by Hamilton.
11. Text book of Anatomy by Jemmisons.
12. Practical Anatomy by Cunningham's
- 13.

M.A. in Yoga studies	MYS -104	SEMESTER-I
	<b>Swasthavritta, Diet And Nutrition</b>	



Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	3	1	0	20	80

### UNIT-1 INTRODUCTION TO SWASTHAVRITTA

- 1.1 General Introduction of Swasthavritta.
- 1.2 Concept and Definition of Health, symptoms of Healthy man.
- 1.3 Swasthavritta, Aim of swasthavritta. Concept of Trayaupsthambh (three pillars).
- 1.4 Dincharya-mukhshodhan, vyayaam-definition, types and benefits.
- 1.5 Snan and its types, abhyang (massage)-its meaning, types and its importance.

### UNIT -2 CONCEPT OF RATRICHARYA, RITUCHARYA, SADVRITTA AND ACHAR - RASAYAN

- 1.1 Ratricharya-Nidra and Bhramacharya.
- 1.2 Ritucharya-Ritu vibhaajan,
- 1.3 Sanchaya, prakoop and prashaman of Doshas according to Ritu.
- 1.4 Sadvritta and Achar-Rasayan.
- 1.5 Dharniya and Adharniya Vega.

### UNIT-3 INTRODUCTION TO DIET

- 1.1 General Introduction and Definition of Diet, Characteristics of Diet.
- 1.2 Diet- quantity, time and concept of Balanced Diet.
- 1.3 Doogdahaar (milk diet), falahaar (fruit diet), mitahaar, fasting.
- 1.4 Benefits of Vegetarian diet and disadvantages of Nonvegetarian diet.
- 1.5 Role of Diet in Yogasadhana and Modern Time.

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

- 1.1 Chemical Composition and functions of food elements in human body.
- 1.2 Protein, Carbohydrate, Fat, Vitamins, Mineral Salts, Water.
- 1.3 Yogic diet, diet planning.
- 1.4 Nutrition-concept of nutrition, Malnutrition-meaning, effect on human body.
- 1.5 Nutritious diet - importance in Yogasadhana and Modern Time.

#### Reference Books:

1. Principle of Nutrition – E.D Wilson
2. Swasthavritta vigyan – Dr. Ramharsha Singh
3. Secret of Ayurveda – Acharya Balkrishna
4. Aahaar evam Poshan – J.P Shelli
5. Dietics – Sri Lakshmi B

M.A. in Yoga studies	MYS -105	SEMESTER-I
	<b>Practical -I Asana, Pranayama &amp; Viva</b>	



Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
50	100	12 Hrs.	0	0	6	20	80

**1. Shukshma and Sthula Vyayam.**

**2. Suryanamaskar**

**10 Marks**

**3. Asana-s**

**30 Marks**

**A. In Standing Position:-**

Tadasana, Kkonasana, 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 laying on Back(Supine Position):**

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

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

Makrasan, Sarpasan, Dhanurasan.

**4. Pranayama & Dhyan(Meditation)**

**20 Marks**

- Preparatory aspects of pranayama: correct abdominal breathing in sawasana and meditative pose with 1:1 & 1:2 ratio
- Deep breathing- Abdominal & Diaphragmatic breathing
- Yogic breathing
- Nadishodhan pranayam
- Surya Bhedan Kumbhak
- Sheetali Kumbhak
- Sheetkari Kumbha

**5. Viva :**

**20 Marks**

**Reference books**

- Hath Yoga Pradipika- Kaivlyadham Lonavla
- Gheranda Sanhita- Kaivlyadham Lonavla
- Saral Yogasana- Dr. Ishwar Bharadwaj
- Asana Pranayam Bandh Mudra- Swami Satyanand Saraswati
- Light on Yoga- BKS Iyengar
- Yogic Suksham Vyayam Evem Sthula Vyayam – I.V.Basvaraddi. & S.P.Pathak, MDNIY, New Delhi
- Shatkarma– I.V.Basvaraddi. & S.P.Pathak, MDNIY, New Delhi



M.A. in Yoga studies		MYS -106					SEMESTER-I
		<b>Practical -II Kriya-s, Mudra, Dhyana &amp; Viva</b>					
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
50	100	12 Hrs.	0	0	6	20	80

- 1. Kriyas:** **20 Marks**  
Gajkarani(Kunjali), Jal Neti, Sutra-Neti, Grit-Neti, Vatkarm Kapalbhati (20-50) Stroks & Agnisar.
- 2. Mudra:** **20 Marks**  
Maha Mudra, Mahaved Mudra, Moolbandh Mudra, Uddianbandh Mudra, Jalanderbandh Mudra & Vipreetkarni Mudra, Hast Mudra – Gyan, Prana, Apan, Ling Mudra
- 3. Dhyana(Meditation):** **10 Marks**  
Mantra-Uchharana (Recitation of Mantra-s)  
Pranav(Oumkar) Japa  
Gayatri Mantra  
Yoga -Vandhna  
Shanti Path
- 3. Monograph** **10Marks**
- 4. Viva :** **20 Marks**

#### BOOKS FOR REFERENCES

1. Hatha Yoga Pradipika- Kaivaluyadham Lonavala
2. Ghedranda Samhita- Kaivaluyadham Lonavala
3. Saral Yogasana-Dr. Ishwar Bharadwaj
4. SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi., Dr I.V Basavaraddi and Dr.Satyaprakash pathak
5. Yogic Pranayama, Oriental paper back, New Delhi, Joshi, K.S.
6. Pranayama, Kaivalyadhama, Lonavla, Swami Kuvalyananda
7. Science of Breath,The Himalayan International Institute, Pennselvenia, Swami
8. Rama.Prana, Pranayama & Pranvidya, Swami Niranjananand Saraswati

M.A. in Yoga studies	MYS -201	SEMESTER-II
----------------------	----------	-------------



		<b>Samkhya Darshan</b>						
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)	
60	100	3 Hrs.	3	1	0	20	80	

**UNIT – I: INTRODUCTION TO SAMKHYAYOGA DARSHANA**

- 1.1 Introduction to Samkhya Darshana(Philosophy).
- 1.2 History and development of Samkhya Darshana (Philosophy).
- 1.3 Introduction to Maharshi Kapila or Hiranyagarbha as Author Samkhyayoga).
- 1.4 Introduction to commentators of Samkhya ( Asuri, Panchashikha, Vindhyavasa and Devala)
- 1.5 Introduction of traditional commentary of Samkhyayoga (Matharvrtti, Gaudhapadbhasya, Tattvakaumudi, Uktidipika and Jayamangalatika)

**UNIT – II: METAPHYSICS OF SAMKHYA, PRAMANANIRUPANA**

- 2.1 Introduction to Samkhyakarika and its author.
- 2.2 Metaphysics of Samkhya and its relationship with Yoga Darshana of Patanjali
- 2.3 Threefold affliction (Tapatrayas) according to Samkhya Darshana (Philosophy).
- 2.4 Introduction of Twenty-five Tattva (elements) according to Samkhya Darshana (Philosophy).
- 2.5 Concept of Pramana and its types, Pratyaksha, Anumana, Sabda in Samkhya Darshana (Philosophy).

**UNIT – III: SATKARYAVADA, TRIGUNAS, PRAKRITI AND PURUSHA**

- 3.1 Concept of Satkaryavada /Karyakaranavada or Parinamavada in Samkhyayoga.
- 3.2 Concept of Trigunas (sattva, rajas, tamas)and its Classification in Samkhyayoga.
- 3.3 Concept of Prakriti (Vaykta and Avyakta) in Samkhyayoga.
- 3.4 Concept of Purusha (Atma) or Drashta and Purush Bahutvavada in Samkhyayoga.
- 3.5 Concept of Prakriti and Purusha Samyoga in Samkhyayoga.

**UNIT – IV: SARGA, SHARIRA, SIDDHI AND MOKSHA**

- 4.1 Concept of Sarga and Pratisarga in Samkhyayoga.
- 4.2 Concept of Sukshma and Sthula Sharira.
- 4.3 Concept of Karanas and Anthkaranas (Mana, Ahankara and Bhudhi) in Samkhyayoga.
- 4.4 Concept of Ashtasiddhi and Navadha Tushti in Samkhyayoga.
- 4.5 Concept of Vivekakhyati and Apavarga (Moksha).



		<b>Methods of Statistics</b>						
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)	
60	100	3 Hrs.	3	1	0	20	80	

### **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 Critical Ratio, t-test, Chi-square test.
- 5.5 Analysis of Variance(ANOVA):- One Way Analysis of Variance.

Reference of Books:

- 1 Foundation of Behavioural Sciences- Kerlinger
- 2 Statistics in Psychology and Education- Garret
- 3 Anusandhan Vidian- H.K. Kapil.

M.A. in Yoga studies	MYS -203	SEMESTER-II
	<b>Principles of Naturopathy</b>	



Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	3	1	0	20	80

### UNIT- 1 INTRODUCTION TO NATUROPATHY

- 1.1 General introduction of Naturopathy.
- 1.2 Brief History of Naturopathy.
- 1.3 Ten basic principles of Naturopathy.
- 1.4 Concept of Vital Energy.
- 1.5 Concept of Panchamahabhoot.

### UNIT-2 INTRODUCTION TO WATER THERAPY

- 1.1 Water therapy-meaning ,importance ,qualities of Water.
- 1.2 Effect of different temperatures on body.Principles of water therapy.Methods of using water.
- 1.3 Bath-Natural bath,hip bath,sitz bath,spine bath,steam bath.
- 1.4 Hot foot bath.Bandage-chest,throat,hands ,legs.
- 1.5 Sponge and Enema.

### UNIT- 3 INTRODUCTION TO SUN AND MUD THERAPY

- 1.1 Sun rays therapy-Introduction,importance of sun rays.
- 1.2 Effect of different colors on diseases.Sun Bath.
- 1.3 Mud Therapy-introduction,importance of mud.
- 1.4 Types and qualities of Mud.
- 1.5 Mud bath and its importance.

### UNIT-4 INTRODUCTION TO ETHER AND AIR THERAPY

- 1.1 Fasting-meaning,concept,principles
- 1.2 Importance of fasting in various diseases.
- 1.3 Rules and types of fast(13 types according to naturopathy).
- 1.4 Massage-definition,history,importance.methods of massage.
- 1.5 Air therapy – meaning,importance .air bath

### Reference Books:

1. Philosophy of Nature Cure – Dr. Lindlahar
2. Prakartik Chikitsa – Dr. Kulranjan Mukerjee
3. My Water Therapy – Father Nip
4. Principles of Naturopathy – Jindal
5. My nature cure – M.K Gandhi

M.A. inYoga studies	MYS -204	SEMESTER-II
	<b>Teaching Methodology In Yoga</b>	



Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	3	1	0	20	80

### **UNIT-I: Fundamentals of Yoga Education**

- 1.1 Meaning, Definition & Objects of Yoga Education.
- 1.2 Importance of Yoga Education.
- 1.3 Different levels and Scope of Yoga Education.
- 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 information of Teaching Methods
- 2.5 Principles of Teaching Methods- Yama-Niyama

### **UNIT-III:- Different Teaching Methods**

- 3.1 Principles of Shatkarmas
- 3.2 Principles of Asanas
- 3.3 Principles of Pranayamas
- 3.4 Principles of Mudra-Bandhas
- 3.5 Principles of Dhyan (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

### **Reference of Books:**

1. Teaching Methods of Yogic Practices- Dr. M.L. Gherote & Dr.S.K. Ganguli
2. Pranayama-Swami Kuvelyananda
3. Asanas-Swami Kuvelyananda
4. Asan, Pranayama, Bandh, Mudra- Swami Satyanand Saraswati.

M.A. in Yoga studies	MYS -205	SEMESTER-II
	<b>Practical -I Asana, Pranayama &amp; Viva</b>	





Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
50	100	12 Hrs.	0	0	6	20	80

**1. Asanas:-****40 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 laying on Back(Supine position):**

Padam-Sarvangasan, Chakrasan,

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

Bhujangasan, Shalbasan,

**2. Asana as described in 1<sup>st</sup>, semester****3. Pranayama & Dhyan(Meditation):****20Marks**

A. Bhastrika and Bhramari.

B. Pranayama as described in 1<sup>st</sup> semester practical.

**4. Viva :-****20 Marks****Reference book-**

1. Hath Yoga Pradipika- Kaivlyadham Lonavla
2. Gheranda Sanhita- Kaivlyadham Lonavla
3. Saral Yogasana- Dr. Ishwar Bharadwaj
4. Asana Prananyam Bandh Mudra- Swami Satyanand Saraswati
5. Light on Yoga- BKS Iyengar



M.A. in Yoga studies		MYS -206					SEMESTER-II
		<b>Practical -II Kriya-s, Mudra, Dhyana &amp; Viva</b>					
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
50	100	12 Hrs.	0	0	6	20	80

- 1. Kriya-s:** **20 Marks**
  - A. Vyutkram Kapalbhata
  - B. Sheetkram Kapalbhata
  - C. Dugdha-Neti
  - D. Baghi(Vamana)
  - E. Danddhauti
  - F. Naulikriya
  - G. Kriya-s as described in 1<sup>st</sup> semester practical
  
- 2. Mudra:** **20 Marks**
  - A. Mahabandhmudra
  - B. Kakimudra
  - C. Shanmukhimudra,
  - D. Hastmudra – Shankh, Hirday, Vayu, Varuni,
  - E. Mudra-s as described in 1<sup>st</sup> semester practical
  
- 3. Assignments & Teaching Practice:** **20 Marks**

Each student has to prepare and deliver 10 Lesson Plan  
Five Asanas+Three Pranayamas+Three Shatkriyas)
  
- 4. Dhyana(Meditation):** **10 Marks**

Mantrochharanam (Recitation of Mantra-s)
  
- 5. Viva:** **20 Marks**

#### **References Books:**

1. Hatha Yoga Pradipika- Kaivalyadham Lonavala
2. Ghedranda Samhita- Kaivalyadham Lonavala
3. Saral Yogasana-Dr. Ishwar Bharadwaj
4. Asan Pranayam Bandh Mudra- Swami Satyanand Sarasweati



M.A. in Yoga studies		MYS -301					SEMESTER-III
		<b>Patanjalyoga Darshan</b>					
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	3	1	0	20	80

#### 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 of 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 Citta Bhoomis (Kshipta, Mood, Vkshti, 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 Samadh. 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 kleshes (Avidya, Ashmita, Raga, Dewesh, Abhinevesh)
- 3.2 Theory Karma, Concept of Dukhavada (Heya, Hetu, Drishta and Drisha-nirupanam Haana, Henopaya), Prakriti and Purusha Samyoga
- 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, Satvapurushanyata Khayati and its siddhis, Vivek jnana nirupanam, kaivalya Nirvachan.
- 4.3 Five Types of Siddhis and jayatyantar parinamh, Concept of Nirman citta and four types of karmas.
- 4.4 Concept of Vasana and Bahaya Pradartha (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.

M.A. in Yoga studies	MYS -302	SEMESTER-III
----------------------	----------	--------------



		<b>Alternative Therapy</b>					
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	3	1	0	20	80

### **UNIT – 1 INTRODUCTION TO ALTERNATIVE THERAPY**

- 1.1 Alternative Therapy-meaning,concept,areas,importance.
- 1.2 Relation between alternative therapy and yoga.
- 1.3 Accupressure-meaning,history,principles and method.
- 1.4 Equipments of acupressure,benefits of Accupressure ,
- 1.5 Introduction of different pressure points.

### **UNIT – 2 INTRODUCTION TO PRANIC HEALING**

- 1.1 Pranic healing-meaning ,history
- 1.2 Principles of Pranic Healing.Meaning and concept of Prana
- 1.3 Introduction of energy centres.
- 1.4 Different methods pranic healing.
- 1.5 Effect of Pranic Healing in different diseases.

### **UNIT – 3 INTRODUCTION TO PANCHAKARMA**

- 1.1 General Introduction to Panchakarma.
- 1.2 Poorva karma-Snehan,swedan their methods ,benefits and limitations.
- 1.3 Mookhya karma-Vaman,virechan,asthapan vasti,anuvasan vasti,sirovirechan their methods ,benefits and limitations.
- 1.4 Paschat karma-Rasayan and vaajikaran their methods,benefits and limitations.
- 1.5 Effect of Panchakarma on different diseases.

### **UNIT – 4 INTRODUCTION TO MAGNETIC THERAPY**

- 1.1 General Introduction to Magnetic Therapy.
- 1.2 Magnetic Therapy – concept,limitations,principles.
- 1.3 Introduction to Magnets,Types of magnet.
- 1.4 Introduction to Magnetic Gadgets.
- 1.5 Effect of Magnet on different diseases.

### **Reference Books:**

1. Accupressure – Dr.Attar singh
2. Pranic Healing - Master cho kuk sui
3. Magnetic Therapy – Dr. Chaudhary and Singh
4. Secret of Ayurveda – Acharya Balkrishan

M.A. inYoga studies	<b>MYS- 303</b>	<b>SEMESTER-III</b>
	<b>Research Methodology</b>	



Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	3	1	0	20	80

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

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

#### UNIT-II:- HYPOTHESIS & SAMPLING

- 2.1 Nature and types of Hypothesis
- 2.2 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.

#### Reference of Books:

1. Research Methods in Behavioral Sciences – H.K. Kapil.
2. Foundation of Behavioral Sciences – Kerlinger

M.A. in Yoga studies	MYS- 304	SEMESTER-III
	Yoga Education	



Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	3	1	0	20	80

### UNIT – I: FUNDAMENTALS OF EDUCATION

- 1.1 Education: Meaning, Definition, Aim and Importance; Related Terms: Instruction, Teaching and Training. Components of Education: Teacher, Student and Curriculum; Forms of Education., Agencies of Education
- 1.2 Education in Indian and Western Perspective; Trends in Modern Education: Emphasis on Learning Outcomes, Emphasis on Activity, Recognizing the Student as an Individual, #
- 1.3 Emphasis on Developing Holistic Personality; Philosophical, Psychological, Sociological and Scientific Approaches of Education .
- 1.4 Communication: Role of Language, Voice, Fluency, Clarity and Body Language in Teaching; Audio-Visual Aids in Teaching.
- 1.5 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 – II: -BASED EDUCATION

- 2.1 Yoga Education: Salient Features; Factors of Yoga Education: Teacher, Student and Teaching, Role of a Yoga Teacher in Value oriented Education; Guru-Shishya Parampara and its importance in Yoga Education; Concepts of Para and Aparavidya
- 2.2 Value-based Education: Meaning and Definition; Need and Aim of Value-based Education; Human Excellence through Value-based Education
- 2.3 Values: Meaning and Definition; Types of Values; Significance of Values; Kohlberg's Moral Judgment Theory; Process of Value Determination: Raths, Hermin & Simon Theory; Contribution of Yoga towards Development of Values
- 2.4 Principles of Yoga-Teaching; Requirements of Teaching Yoga: Preparing Lesson Plan, Class Management, Conducting Practical Classes, Indicating Precaution and Contraindication of Practices
- 2.5 Methods of Teaching Yoga: Lecture Method, Demonstration Method, Lecture cum Demonstration Method, Group- Discussion Method, Dramatization Method, Imitation Method, Project Method

### UNIT – III: YOGA AND VALUE

- 3.1 Value-based Education: Meaning and Definition; Need and Aim of Value-based Education;
- 3.2 Human Excellence through Value-based Education
- 3.3 Values: Meaning and Definition; Types of Values; Significance of Values; Kohlberg's Moral Judgment Theory.
- 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 Practices

### UNIT-IV: YOGA FOR/AND SOCIAL & SPIRITUAL EDUCATION

- 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 Perspective of Yoga

### BOOKS FOR REFERENCE

Basavaraddi, I.V. (Managing Editor)	Yoga Teachers' Manual for School Teachers; Morarji Desai National Institute of Yoga, New
--	---



		Delhi, 2010
Bhatia, Kamala & Bhatia, B. D.		The Principles and Methods of Teaching, Doaba House, Delhi, 2000.
Duggal, Satyapal		Teaching Yoga 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 Kaivalyadhama, Lonavla, 2001
Ganguly S.K.		Yoga Applied to Physical Education Kaivalyadhama, Lonavla.
Iyengar, B.K.S. & Iyengar, S. Geeta		Basic Guidelines for Teachers of Yoga; Yog, Ramamani Iyengar Memorial Yoga Institute, Pune, 2003.
Nagendra, H. R. & Others		Yoga in Education; V. K. Yogas, Bangalore, 1994
Srikrishna		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		Value Education Ramakrishna Mission, New Delhi, 2002.
Subrahmanyam, K.		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		MYS -305					SEMESTER-III
		Practical -I Asana, Pranayama & Viva					
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)



50	100	12 Hrs.	0	0	6	20	80
----	-----	---------	---	---	---	----	----

**1. Asanas:- 40 Marks**

**A. In Standing Position:-**

Uttkatasan, Utthita-Padangusthasan, Sankatasan, Natrajasan, Padam-Sirshasan,

**B. In Sitting Position:**

Bakasan, Utthita-Padamsaan, Badha- Padamsaan, Garbhasan, Kukkutasan, Udrakrshasan, Brahamcharyasan, Utthita-Ekapada- Sirshasan, , Omkarasan(Pranavasan).

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

Naukasana, Suptakonasan,

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

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

**2. Pranayama: 20 Marks**

A. Bahyavritti ( Rechaka)

B. Abhyantarvriti ( Puraka)

C. Ujjayi kumbhak

D. Pranayama as described in 1<sup>st</sup> & 2<sup>nd</sup> semester practical

**3. Viva : 20 Marks**

**Reference book-**

1. Hath Yoga Pradipika- Kaivlyadham Lonavla
2. Gheranda Sanhita- Kaivlyadham Lonavla
3. Saral Yogasana- Dr. Ishwar Bharadwaj
4. Asana Prananyam Bandh Mudra- Swami Satyanand Saraswati
5. Light on Yoga- BKS Iyengar





M.A. in Yoga studies		MYS -306					SEMESTER-III
		Practical -II Kriya-s, Mudra, Dhyan & Viva					
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
50	100	12 Hrs.	0	0	6	20	80

**1. Kriya-s:****20 Marks**

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

**2. Mudra-s :****20 Marks**

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

**3. Assignments & Teaching Practice :****20 Marks**

- Each student has to prepare and deliver 10 Lesson Plan
- (Five Asanas+Three Pranayamas+Three Shatkriyas)

**4. Viva :****20 Marks****Reference book-**

- Hath Yoga Pradipika- Kaivlyadham Lonavla
- Gheranda Sanhita- Kaivlyadham Lonavla
- Saral Yogasana- Dr. Ishwar Bharadwaj
- Asana Prananyam Bandh Mudra- Swami Satyanand Saraswati
- Light on Yoga- BKS Iyengar



M.A. in Yoga studies		MYS- 401					SEMESTER-IV
		Srimadbhagavadgita					
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	3	1	0	20	80

### UNIT I- GENERAL INTRODUCTION TO BHAGAVADGITA

- 1.1 Introductio to Bhagavadgita and Prasthanatryee.
- 1.2 Bhagavadgita and its different commentaries, their commentators.
- 1.3 Significance of Bhagavadgita as a synthesis of Yoga.
- 1.4 Different types of definitions of Yoga in Bhagavadgita
- 1.5 Bhagavadgita and their relevance in Yoga Saddhana

### UNIT II- CONCEPT OF ATAMAN, PARAMATMAN AND CHARACTERISTIC OF SITHITA PRAJNA

- 2.1 Concept of Samkhyayoga in Bhagavadgita.
- 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 Bhagavadgita
- 2.5 Concept of Jnana and Jnanayoga in Bhagavadgita, origin of the world as described in Bhagavadgita.

### UNIT III- KARMAYOGA AND BHAKTIYOGA IN BHAGAVADGITA

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

M.A. in Yoga studies	MYS- 402	SEMESTER-IV
----------------------	----------	-------------



		Yoga Therapy					
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	3	1	0	20	80

### UNIT – 1 INTRODUCTION TO YOGA THERAPY

- 1.1 Yoga therapy-meaning,concept and areas.
- 1.2 Limitations,aim of Yoga Therapy.
- 1.3 Principles of Yoga Therapy.
- 1.4 Tools for Yoga Therapy- Yama,niyama,asana,pranayama,shatkarma,mudra-bandha,dhyana.
- 1.5 Importance of Yoga Therapy In modern times.

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

- 1.1 Concept of Pancha Prana,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 therapist – patient.

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

- 1.1 Causes,Symptoms and Yogic management for some common disorders  
Respiratory disorders-asthma,influenza,sinusitis,cold.
- 1.2 Digestive disorders-constipation,indigestion,low digestive fire,gas.
- 1.3 Circulatory disorders-high blood pressure,low blood pressure,coronary heart disorders.
- 1.4 Skeletal system-arthritis,cervical spondylitis,backache.
- 1.5 Female Problems – problems related to menstruation,leucohhera,lower back pain.

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

- 1.1 Endocrine System-Diabetese,thyroidism,obesity.
- 1.2 Reproductive system-impotency and sterility.
- 1.3 Nervous system-anxiety,stress,insominia.
- 1.4 Sense organs – weak eyes,hearing problem.
- 1.5 Male problems – Hydrocele,prolapse.

### Reference Books:

1. Yogic managements of common disorders – Swami karmananda
2. Yoga Therapy:kaivayaladhaam,lonavala – swami Kuvalayanand S.L Vanikar.
3. Yoga Therapy- Shivananda Saraswati
4. Yoga Therapy series books:swami Vivekananda Yoga Prakashan,Bangalore(2000) – Nagarathna r and Nagendra H R



		<b>Yoga and Sports Training</b>						
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)	
60	100	3 Hrs.	3	1	0	20	80	

### **UNIT – 1 INTRODUCTION OF PHYSICAL EDUCATION AND YOGA**

- 1.1 Meaning ,Definition,aim of Physical Education.
- 1.2 History of Physical Education.
- 1.3 Difference and similarities between Asana and Exercise .
- 1.4 Importance of Physical Education in Modern Times.
- 1.5 Importance of Physical Education in Yoga.

### **UNIT-2 INTRODUCTION TO TRAINING ,ADAPTATION AND OVERLOAD**

- 1.1 Training and Coaching- meaning,definition ,aim ,characterstics.
- 1.2 Principles of Sports Training and their importance in Yoga.
- 1.3 Philosophy of Training,qualities of coach ,abilities of coach.
- 1.4 Adaptation,Overload-meaning,definition,principles,causes,symptoms.
- 1.5 Method to overcome overload.Training load-meaning,definition,types and principles.

### **UNIT-3 INTRODUCTION TO PHYSICAL COMPONENTS**

- 1.1 Components of Physical Fitness.
- 1.2 **Strength** – definition,types,characterstics.
- 1.3 **Endurance** – definition,types,characterstics.
- 1.4 **Flexibility** – definition,types,characterstics ,methods to develop flexibility.
- 1.5 **Speed** – definition,types,characterstics. **Coordinative-ability** – definition,type,characterstics.

### **UNIT-4 INTRODUCTION TO PLANNING AND PERIODISATION**

- 1.1 Planning – meaning,principles,
- 1.2 Importance of planning.
- 1.3 Periodisation(preparation,competitive,rehabilitation)
- 1.4 Types of periodisation,
- 1.5 Warming up , cooling down.

#### **Reference Books:**

1. Methods and techniques of teaching – S.K Kochar
2. A hand book of education – A.G Sundarans
3. Principles of sports training – Dr.Hardayal Singh
4. Sports Training – A.K Uppal
5. Sports officiating and Coaching – Dr. Reddy
6. Principles of Physical Education and sports – Dr. K.S Amatre

M.A. inYoga studies	<b>MYS- 404</b>	SEMESTER-IV
	<b>Essay or Dissertation</b>	





50	100	12 Hrs.	0	0	6	20	80
----	-----	---------	---	---	---	----	----

**1. Asanas:-****40 Marks****A. In Standing Position:-**

**B.** Sirsha-Padangusthasan, Pakshiasan, Veerasan, Vipreet-Tittibhasan, Dimbhasan, Padam-Bakasan,

**C. In Sitting Position:**

**D.** Aakarna-Dhanurasan, Purvottanasan, Yogmudrasan, Eka-Pada- Rajakpotasan, Parvatasana, Kand-Pidasana, Vrishchikasan, Purna-Matsyendrasan, Padam-Bakasan, Uttitha-Dvipada- Sirshasan

**E. In laying on Back(Supine Position):**

Halasan, Karnpidasan,

**F. In laying on chest(Prone Position) :**

Poorna salabhasana, Poorna bhujangasana

2. Asana as described in 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> semester

**3. Pranayama & Dhyana(Meditation)****20 Marks**

4. pranayam as described in 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> semester pract

**5. Viva :****20 Marks****Reference book-**

1. Hath Yoga Pradipika- Kaivlyadham Lonavla
2. Gheranda Sanhita- Kaivlyadham Lonavla
3. Saral Yogasana- Dr. Ishwar Bharadwaj
4. Asana Prananyam Bandh Mudra- Swami Satyanand Saraswati
5. Light on Yoga- BKS Iyengar



M.A. in Yoga studies		MYS -406					SEMESTER-IV
		Practical -II Kriya-s, Mudra, Dhyan & Viva					
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
50	100	12 Hrs.	0	0	6	20	80

1. **Kriya:** **20 Marks**  
Kriya-s as described in 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> semester practical
2. **Mudra:** **20 Marks**  
Mudra-s as described in 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> semester practical
3. **Seminar, Workshop and Yoga Comps:** **10 Marks**
4. **Yoga Camp:** **10 Marks**
5. **Viva :** **20 Marks**

#### Reference book-

1. Hath Yoga Pradipika- Kaivlyadham Lonavla
2. Gheranda Sanhita- Kaivlyadham Lonavla
3. Saral Yogasana- Dr. Ishwar Bharadwaj
4. Asana Prananyam Bandh Mudra- Swami Satyanand Saraswati
5. Light on Yoga- BKS Iyengar

