



SYLLABUS

FOR

YOGA STUDIES IN B.A. AS AN ELECTIVE SUBJECT



FOR THE ACADEMIC SESSION 2020-2021

DEPARTMENT OF YOGA STUDIES
HIMACHAL PRADESH UNIVERSITY



GYANPATHA, SUMMERHILL
SHIMLA- 171005 - INDIA

INTRODUCTION

PREAMBLE

The tradition of Yoga has always been passed on individually from Guru to Shisya (teacher to student) through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which



focuses on establishing harmony between Body and Mind, thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word *Yoga* has been derived from Sanskrit grammar the verb root \sqrt{yuj} in a Sanskrit grammar In Sanskrit literature on *Yoga* seems to use the word in all the three senses. \sqrt{Yuj} *Samādhau* – Integration, \sqrt{Yuj} *Samyamane* – Control \sqrt{Yujir} *Yoge* – Joining So far, the first two meanings are concerned; all the literatures and schools of *Yogic Sādhnā-s* have unanimously accepted these meanings. *Patañjali*, the first systematize of the Yogic discipline – seem to accept the meaning of *Yoga* as integration–since the first commentator of *Pātañjalayogasūtram* on *Vyāsa* in his commentary writes: *Yogaḥ Samādhiḥ* i.e. *Yoga* is *Samādhi*. *Patañjali* does not subscribe to the other meaning of \sqrt{Yuj} i.e. *Yujir Yoge* ‘joining’. This is mainly because *Patañjali-s* philosophy is based on Sāṃkhyan metaphysics and Sāṃkhyan believes in separation of *Puruṣa* from that of *Prakṛti*. – With which *Puruṣa* has wrongly got itself identified. Similarly *Patañjali* considers *Draṣṭā* Seer Principle to be separated from *Dṛśya* (Seen Principle) with which it has got identified. Thus separation of these two principles is supposed to be *Yoga*. We also find meaning of *Yoga* as separation in *Śrīmadbhagavadgī*. *Yoga* helps in the co-ordination and control of the subtle forces within the Body. *Yoga* brings in perfection, peace and everlasting happiness; one can even have increased energy, vigor, vitality, longevity, resistance, calmness, and good sleep at times by the *Yogic Abhyāsa* (Practice). The *Yoga Abhyāsa* will help people to control the emotions and passions and resistance power increases and removes the disturbing elements from Mind. The aim of *Yogic Sādhanā-s* (Practices) is to overcome all kinds of sufferings that lead to a sense of freedom in every walk of life with holistic health, happiness and harmony.

Yogic Sādhanā-s is practiced with a therapeutic intention in the form of *Yogic Therapy*, it can help prevent and aid recovery from Physical and Mental ailments. The continuous practices of *Yoga Abhyāsa* (**practices**) have much effect on the Human Body and Mind such as: All round health fitness, Weight loss, Stress relief, Inner peace, improved immunity, living with greater awareness, Better relationships, increased energy, Better flexibility and posture, Better intuition etc. The benefits accrued by being a regular practitioner are numerous. Some very discernible ones are – improvement a health, Protection from strength, improvement or Physical strength, protection from injury and detoxify the Body. *Yogic Therapy* is gaining among mainstream medical practitioners. As more clinicians use these techniques either for themselves or for their patients and as more *Gurū-s* (Masters) designs more specific applications of *Yoga Sādhanā*, the spectrum of *Yogic Therapy* grows exponentially.



In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course the student is taught the concepts of Yoga for the treatment and prevention of various psychosomatic ailments. This course looks at training the enthusiasts to become Yoga therapist so that they could teach Yoga under the supervision of a doctor for health and healing.



SYLLABUS FOR YOGA STUDIES IN B.A. AS AN ELECTIVE SUBJECT

1. Title of the Course :

The Course shall be called as "Yoga Studies in B.A. as an elective subject".

2. Duration of the Course :

The minimum duration of the programme will be **three** years.

3. Aim of the Programme:

The aim of the programme is to produce "Yoga Sadhak and Academician in **Yoga** studies.

4. Objectives of the Course :

- The course will aim to impart the basic knowledge and training in Yoga Studies.
- Promoting Positive Health among Student through Yoga.
- Imparting skill in them to introduce Yoga for Health to general public and teach Yoga for Total personality development and spiritual evolution.
- Invoking and inculcating inquisitive, scientific temper in student regarding the Traditional Indian Sciences specially Yoga and Spirituality.
- To introduce Yoga, its principles and practices of Yoga to people with various lifestyle disorders.
- To bring peace and harmony in the society at large by introducing the Yogic way of life.
- To create therapists of high calibre to make the society free from stress and lifestyle related diseases.

5. Eligibility:

The candidate must score at least 50% marks in 12th Standard in any discipline from a recognized University or board.

Candidate must be medically fit.

6. Scheme of Evaluation :

The course is based on the Year scheme of modern education therefore it will follow.



Internal assessment & Year's examination

Internal assessment will be based on attendance in theory and practical classes, assignment in the form of synopsis / worksheet, report of team work, personality changes of students as they go through the courses as assessed and evaluated by different teachers.

7. Marks and Gradation: As per the University Rules.



Structure of Syllabus for Yoga Studies in B.A. as an elective subject

Ist Year

Course	Title of the Paper	L	T	P	C	Marks	Hours
YSC CC- 111	FOUNDATION OF YOGA AND HATHA YOGA	4	0	0	4	70+30=100	12 0
YSC CC- 112	YOGA PRACTICAL -I	0	0	2	2	70+30=100	12 0
Total					6	200	

IInd Year

Course	Title of the Paper	L	T	P	C	Marks	Hours
YSC CC- 211	INTRODUCTION TO HUMAN ANATOMY AND PHYSIOLOGY & DIET	4	0	0	4	70+30=100	12 0
YSC CC- 212	YOGA PRACTICAL –II	0	0	2	2	70+30=100	12 0
Total					6	200	

IIIrd Year

Course	Title of the Paper	L	T	P	C	Marks	Hours
YSC CC- 311	PATANJAL YOGA AND SAMKHYA DARSHAN	4	0	0	4	70+30=100	12 0
YSC CC- 312	YOGA PRACTICAL -III	0	0	2	2	70+30=100	12 0
Total					6	200	

Syllabus for Yoga Studies in B.A. as an elective subject Himachal Pradesh University,

Shimla -5



BYS -I YEAR

COURSE DETAIL



B.A First Year
Paper 1st
YSC CC- 111- Foundation of Yoga and Hatha Yoga

(4 Credits 120 Hours)

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits 4		4	2	0
Hours/ week		4	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : NA	
Final Exam (SEE)	Internal Assessment (CT+TA)		Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30		0	0
Unit-1	1. Yoga Meaning and Definition, Aims and Objectives of Yoga. 2. Historical Development of Yoga, Misconceptions about Yoga. 3. Essentials of Yoga practices –Prayer, Disciplines in Yogic Practices. 4. Place and Timing, Diet and Schedule for Yoga Practitioner according to Yogic texts.			30 Hours
Unit-2	1. Obstacles in the Path of Yoga Practice, Sequence for Yogic practices, Difference between Yogic and Non Yogic practices. 2. Relevance and scope of Yoga in modern age. 3. Concept of Yoga in different text -Ved, Upanishad, Bhagavadgeeta, Ayurveda, Patanjalyogasutra. 4. Brief Introduction of Rajayoga, Karmayoga, Gyanayoga, Bhaktiyoga, Hathayoga.			30 Hours
Unit-3	1. Hatha Yoga – Meaning and Definition, Aims and Objectives of HathaYoga. 2. Origin and traditions of Hatha Yoga. 3. Introduction to Yogic Texts Ghrandasamhita, HathyogaPradipika, Hatharatnavali, Shivsanhita. 4. Definition, meaning, objectives and classification of Shatkarma according to Hathayogapradipika and Ghrandasamhita.			30 Hours



Unit-4	<ol style="list-style-type: none"> 1. Definition, meaning, objective and classification of Asana according to Hathayogapradipika. 2. Definition, meaning, objective and classification of Asana according to Ghrandasamhita. 3. Definition, meaning, objective and classification of Pranayama according to Hathayogapradipika and Ghrandasamhita. 4. Concept of Prana,Nadi,Shatchakra and Panckosha. 	30 Hours
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REFERANCE TEXT BOOKS

1. Swami Vigyannanda Saraswati :Yog Vigyan
2. Singh S. P: History of Yoga, Voll. XVI Part 2, PHISP Ccentre for Studies in Civilizations, New Delhi 2010
3. Lal Basant Kumar : Contemporary Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd, Delhi, 2013
4. Dasgupta S. N: History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
5. Singh S. P : History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010
6. Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010
7. Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
8. Swami Bhuteshananda : Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
9. Hiriyanma M : Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
10. Hiriyanma M: Essentials of Indian Philosophy, Motilal Banarsidas, Delhi, 2008
11. Radhakrishnan S: Indian Philosophy, Oxford University, UK (Vol. I & II) II Edition, 2008
12. Max Muller K. M : The six system of Indian Philosophy, Chukhambha, Sanskrit series, Varanasi, 6th Edition, 2008.
13. Pathak SP & Basvaraddi I V, Hathayoga Ke Adhar Evm Prayoga, MDNIY, New Delhi Publication, 2011 and 2018



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



Paper 2nd
YSC CC- 112 - Yoga Practical - Ist

(2 Credits 120 Hours)

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : NA			Practical : 100	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
0	0	70	30	
Unit-1	RECITATION OF MANTRA AND HASTA MUDRA:- Recitation of Shanti Mantra-s; Recitation of Pranava Japa Hasta Mudra: Chin, Jnana, Hridaya, Prana			30 Hrs
Unit-2	SHATKARMA-S:- Kunjalkriya; Neti (Jalaneti); Vatkarma Kapalbhathi, Agnisara.			30 Hrs.
Unit-3	YOGIC SUKSMA AND STHULA VYAYAMA:-			30 Hrs.



	<p>(A) Uccharana-sthala tatha Vishudha-chakra-shuddh, Prarthana, Buddhi-tatha-dhriti shakti-vikasaka, Smarana shakti-vikasaka, Medha shakti-vikasaka, Netra shakti-vikasaka, Kapola shakti-varadhaka, Karna shakti-varadhaka, Griva shakti-vikasaka, (i), (ii) and (iii) Skandha-tatha-bahu-mula shakti-vikasaka, Bhuja-bandha shakti-vikasaka, Kohini shakti-vikasaka, Bhuja-valli shakti-vikasaka, Purna-bhuja shakti-vikasaka, Mani-bandha shakti-vikasaka, Kara-prstha shakti-vikasaka, Kara-tala shakti-vikasaka, Anguli-mula shakti-vikasaka, Anguli- shakti-vikasaka, Vaksa-sthala shakti-vikasaka (1), Vaksa-sthala shakti-vikasaka (2), Udara shakti-vikasaka (i) to (x); Kati shakti-vikasaka, (i) to (v), Muladhara-chakra-suddhi, Upastha tatha-svadhithana-chakra-suddhi, Kundalini shakti-vikasaka, Jangha shakti-vikasaka (i) & (ii), Jangha shakti-vikasaka (ii) , Janu shakti-vikasaka, Pindali shakti-vikasaka, Pada-mula shakti-vikasaka , Gulpha-pada-pristha-pada-tala-shakti-vikasaka, Padanguli shakti-vikasaka</p> <p>(B) Rekhagati, Hridgati (Injanadaur), Utkurdana, Urdhvagati and Sarvangapusti</p>	
<p>Unit-4</p>	<p>SURYA NAMASKARA AND BREATHING PRACTICES</p> <p>Surya Namaskara</p> <p>Yogic Breathing: Nadishodhan, Pause Breathing (Viloma Pranayama),</p> <p>Abdominal Breathing, Thoracic Breathing, Clavicular Breathing, Yogic Breathing</p> <p>Practice of Puraka, Rechaka & Kumbhaka (Antar & Bahya Kumbhaka)</p>	<p>30 Hrs</p>

TEXT BOOKS



1. Saraswati, Swami Satynanda : Asana Pranayama Mudra Bandha.
2. Iyenger B.K.S : Light on Yoga.
3. Iyenger B.K.S : Light on Pranayama.
4. Iyenger B.K.S : Iyenger Yoga for Beginners.
5. Pathak, SP & Basvaraddi, I.V., Hathayoga Ke Adhar Evm Prayoga, MDNIY, New Delhi Publication, 2011 and 2018
6. Sri Ananda : The Complete book of Yoga, Orient Course Backs, Delhi, 2003.
7. Basavaraddi, I.V. & Pathak, S.P. : SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
8. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009
9. Dr. Nagendra H R : Pranayama, The Art & Science, Swami Vivekananda Yoga Prakashan, Bangalore, 2005.
10. Basavaraddi, I.V. & others : SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
11. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009.
12. Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2010. Swami Rama: Science of Breath, A Practical Guide, The Himalayan International Institute, Pennsylvanica, 1998
13. Swami Niranjananand Saraswati: Prana, Pranayama & Pranvidya, Yoga Publications Trust, Munger, Bihar, 2005.



BYS -II YEAR

COURSE DETAIL



B.A Second Year
YSC CC-211- Introduction to Human Anatomy & Physiology & Diet
(4 Credits 120 Hours)

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits 4		4	2	0
Hours/ week		4	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : NA	
Final Exam (SEE)	Internal Assessment (CT+TA)		Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30			
Unit-1	1. Brief introduction of Human Body, Meaning and Definition. 2. Concept of Human Anatomy and Physiology. 3. Concept of Cell: Structure and Function. 4. Concept of Tissues and its Types.			30 Hours
Unit-2	1. General introduction,, Different parts, Structure, Function of Skeletal System. 2. General introduction, Different parts, Structure, Function of Muscular System. 3. General introduction, Different parts, Structure, Function of Digestive system. 4. General introduction, Different parts, Structure, Function of Respiratory System.			30 Hours
Unit-3	1. Meaning and definition of Diet, Ancient and Modern classification of Balance Diet & Yogic Diet. 2. Introduction to Dincharya, Ratricharya and Ritucharya.			30 Hours



	<p>3. Basic Concept of Trigunna.</p> <p>4. General Introduction to Nutrition and Malnutrition.</p>	
Unit-4	<p>1. Effect of Shuddhi Kriya practices on Human Body.</p> <p>2. Effect of Yogasana practices on Human Body .</p> <p>3. Effect of Pranayama practices on Human Body.</p> <p>4. Basic Concept of Yoga Therapy.</p>	30 Hours

REFERENCE TEXT BOOKS:

1. Gore M. M. (2003). Anatomy and Physiology of Yogic practices. Kanchan Prakashan, Lonavla, India
2. Lan Peate and Muralidharan Nayar - Fundamental of Anatomy and Physiology for students nurses
3. Evelyn, C. Pearce- Anatomy and Physiology for Nurses Preeti Goel and Rita Jain : Spectrum of Health (Sports Publications, New Delhi, 2003)
4. M. M. Gore : Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)
5. Dr. K. Krishna Bhat: The Power of Yoga
6. Dr. R. S. Bhogal : Yoga Psychology, Kaivalyadhama Publication
7. Dr. Manmath M Gharote, Dr. Vijay Kant : Therapeutic reference in Traditional Yoga texts
8. Ramesh Bijlan : Back to Health Through Yoga, Rupa Publications India Pvt. Ltd, 2011
9. MDNIY publications : 10 Booklets, Yoga Therapy Series, MDNIY Publications, New Delhi, 2009



10. Reddy M Venkata & others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P., 2005
11. Rai, Lajpat: Discovering Human Potential energy: A Physiological Approach to Yoga, Anubhava Rai Publications, 1998
12. Swami Satyananda Saraswati : Yoga and Cardio Vascular Management, Yoga Publication Trust, Munger, 2005
13. Clennell, B and Iyengar, G.S. : The Woman's Yoga Book: Asana and Pranayama for All Phases of the Menstrual Cycle, Menstrual Disorders (The Experience of Illness) (Paperback - Dec 3, 1992)
14. Nagarathna R and Nagendra H R: Yoga for Arthritis, Back pain, Diabetes, Pregnancy, Breathing Practices, Swami Vivekananda Yoga Prakasana, Bangalore, 2000
15. Robin Monoro, Nagarathna R and Nagendra, H.R.: Yoga for Common Ailments, Guia Publication, U.K., 1990
16. Bhatia, Hans Raj: General Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd, 2005
17. Ciccarelli, S. K., Meyer, G. E. & Misra, G.: Psychology: South Asian Edition. New Delhi: Pearson Education, 2010
18. Passer, M.W. & Smith, R.E.: Psychology: The Science of Mind and Behaviour. New Delhi: Tata McGraw-Hill, 2010
19. Tortora and Bryan: Anatomy and Physiology
20. Khurana: Anatomy and Physiology
21. Bijlani R. L.: Understanding of Human Physiology, Jaypee Brothers Medical Publishers Pvt. Ltd, New Delhi, 2011
22. Arthur C Gyton & Hall: Medical Physiology, Reed Elsevier India Pvt. Ltd, New Delhi, 2006
23. Chatterji C. C: Human Physiology Vol. I & II, Medical Allied Agency, Kolkata, 2004
24. Sharma J. P: A-Z Illustrated Encyclopaedia of Human Anatomy & Physiology, Khel Sahiyta Kendra, Delhi, 2005
25. Pal G. K & others: Textbook for practical Physiology, Orient Longman Pvt. Ltd, Hyderabad, 2007
26. Joshi, Subhangi : Nutrition And Dietetics.
27. Saraswati, Swami Satyananda : Roga aur Yoga

Paper 4th

YSC CC-212 - Yoga Practical – II

(2 Credits 120 Hours)



Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : NA			Practical : 100	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
00	00	70	30	
Unit-1	Shatkarma:- Neti (Rubber Neti), Trataka, Vaman Dhuti			30 Hrs
Unit-2	Yogasana (Standing Postures and body alignment):- Tadasana, Vrikshasana, Urdhva-Hastottanasana, Katichakrasana, Ardha Chakrasana, Paada Hastasana, Trikonasana, Veerabhadrasana and its variations.			30 Hrs.
Unit-3	Pranayama:- Nadishodhana Pranayama Ujjai Pranayama.			30 Hrs.



	Bhramari Pranayama.	
Unit-4	Practices leading to meditation:- Pranav and Soham Japa; Antarmauna; Ajapa Dharana (Stage 1)	30 Hrs

TEXT BOOKS

1. Saraswati, Swami Satynanda : Asana Pranayama Mudra Bandha.
2. Iyenger B.K.S : Light on Yoga.
3. Iyenger B.K.S : Light on Pranayama.
4. Iyenger B.K.S : Iyenger Yoga for Beginners.
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7. Basavaraddi, I.V. & Pathak, S.P. : SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
8. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009
9. Dr. Nagendra H R : Pranayama, The Art & Science, Swami Vivekananda Yoga Prakashan, Bangalore, 2005.
10. Basavaraddi, I.V. & Pathak, SP : SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2nd addition 2011 .
11. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009.
12. Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2010. Swami Rama: Science of Breath, A Practical Guide, The Himalayan International Institute, Pennselvenia, 1998
13. Swami Niranjananand Saraswati: Prana, Pranayama & Pranvidya, Yoga Publications Trust, Munger, Bihar, 2005.
14. Swami Dharendra Bhrahmachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi.
15. Swami Kuvalyananda : Asana Kaivalyadhama, Lonavla
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17. Basavaraddi, I.V. & Pathak, SP: Yogasana: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
18. Iyengar, B.K.S.: Light on Yoga, Harper Collins Publishers.
19. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla.



BYS -III YEAR

COURSE DETAIL



B.A Third Year
YSC CC-311 - Patanjalyoga and Samkhya Darshan

(4 Credits 120 Hours)

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits 4		4	2	0
Hours/ week		4	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : NA	
Final Exam (SEE)	Internal Assessment (CT+TA)		Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30		00	00
Unit-1	<ol style="list-style-type: none"> 1. Introduction of Mahrishi Patanjali and Patanjali Yogasutra. 2. Metaphysics of Samkhya and Patanjalyoga Darshan. 3. Concept of Chittabhumi, Chittavritti and its various states. 4. Concept of Panch kleshas, Chitta Vikshepa and Chitta Prasadana. 			30 Hours
Unit-2	<ol style="list-style-type: none"> 1. Concept of Ishwar, Ishwar Pranidhana and Kriyayoga. 2. Concept of Ashtangayoga. 3. Concept and types of Dhyana, Dharna and Samadhi. 4. Concept of Samadhi and its type according to Patanjali Yogasutra. 			30 Hours
Unit-3	<ol style="list-style-type: none"> 1. Introduction to Shad Darshan. 2. Introduction to Samkhyakarika 3. Concept of Prakriti and Purush. 4. Concept of 25 elements. 			30 Hours
Unit-4	<ol style="list-style-type: none"> 1. Approach of Holistic Health in Patanjalyoga Darshan. 			30 Hours



	<ol style="list-style-type: none">2. Yogic Psychology and Counseling in Patanjalyoga Darshan.3. Contribution of Ancient Yoga masters (Patanjali and Gorakshnath) in Yoga Sadhna.4. Contribution of Patanjalyoga and Samkhya Darshan in Modern Yoga.	
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REFERENCE TEXT BOOKS:

1. Saraswati, Swami Satyananda : Yoga Darshan, Yoga Publication trust, Munger,1994.
2. Swami Virupaksananda: Samkhyakarika of I svarakrisna (with tattva Kamudia of Vachapati Mishra), Sri Ram Krishana Matha Madras, 1995
3. V.V. Sovani: A critical study of the Sankhya System, Chukhambha Sanskrit Pratisthan, New Delhi, 2005
4. M.R. Yardi: The Yoga of Patanjali, Bhandarkar Oriental Research Institute, Poona, India, 1970
5. K.D. Prithvipaul: The Yogasurta of Patanjali M.L.B.D. New Delhi
6. Gaspar M. Koelmenn, S.J: Patanjali Yoga, Papal Athenaeum, Poona, 1970
7. Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II
8. Ghosh, Shyam : The Original Yoga Munshiram Manoharlal, New Delhi, 1999)
9. Jnanananda Bharati : Essence of Yoga Vasishta Pub: Sanata Books, Chennai
10. Dr R Nagarathna and Dr H R Nagendra: Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002
11. Dr R Nagarathna and Dr H R Nagendra: Yoga for Promotion of Positive Health Published by SVYP, Bangalore.
12. Dr Nagendra H R : The Secret of Action - Karma Yoga, Published by SVYP, Bangalore, 2003
13. Pankaja Naik: Bio-chemistry, Jaypee Brothers Medical Publishers Ltd, Delhi, 2010



14. Jacob Anthikad:Bio-chemistry for Nurses, Jaypee Brothers Medical Publishers Ltd, Delhi, 2008
15. K. Malhotra:Bio-chemistry for Students, Jaypee Brothers Medical Publishers Ltd, Delhi, 2012
16. N. Haridas:Bio-chemistry made easy:A Problem (Solving) based approach, Jaypee Brothers Medical Publishers Ltd, Delhi, 2012
17. Arvind S Yadav:Comprehensive practical and Viva in Bio-chemistry, Jaypee Brothers Medical Publishers Ltd, Delhi, 2004.
18. Robert K Murray & Others: Harper's Illustrated Bio-chemistry, 26th Edition, 2003, McGraw Hill, US Shankara, Shivaraja,
19. M. K. Ganesh :Laboratory Manual of Practical Biochemistry, Jaypee Brothers Medical Publishers Ltd, Delhi, 2008.
20. Acharya Shankar : Gita Bhashya Govindram Hasananda New Delhi.
21. Sri Krishna: Notes on structure & function of Human Body and effects of yogic practice on it, Lonavla.
22. Singh, A.K. : Saral Samanya Manovijnana MLBD, New Delhi,2007.
23. Bawra, Brahmishi Vishvatma : SamkhyaKarika



Paper 6th
YSC CC-312 - Yoga Practical

(2 Credits 120 Hours)

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : NA			Practical : 100	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
00	00	70	30	
Unit-1	SHATKARMA-S:- Vaman Dhauti; Neti (Sutraneti); Trataka all typs,Sheetkarma Kapalbhati.			30 Hrs
Unit-2	Yogasana:- (Sitting Postures)- Dandasana, Padmasana, Vajrasana, Supta Vajrasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Janusirasana, Paschimottanasana, Ardha Matsyendrasana, Simhasana. (Supine lying Postures)- Pawanamuktasana, Utthana- padasana, Ardha Halasana, Halasana, Setubandhasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana. (Prone line Postures)- Makarasana, Bhujangasana,			30 Hrs.



	Shalabhasana, Dhanurasana.	
Unit-3	Pranayama Nadishodhana pranayama, Bhramari Pranayama, Suryabhedana, Ujjayi Pranayama, Sheetal Pranayama, Sheetkari Pranayama.	30 Hrs.
Unit-4	Mudra and Practice leading to meditation:- (A) Prana Mudra, Gyana Mudra, Hirya Mudra, Apana Mudra, Vayu Mudra, Jal Mudra, Agni Mudra, Prithvi Mudra. (B) Practice leading to meditation Pranava and Soham Japa, Antar mouna, Dharana, Practice of Dhyana, Breath Meditation, Om Meditations.	30 Hrs

TEXT BOOKS

1. Saraswati, Swami Satynanda : Asana Pranayama Mudra Bandha.
2. Iyenger, B.K.S : Light on Yoga.
3. Iyenger, B.K.S : Light on Pranayama.
4. Iyenger, B.K.S : Iyenger Yoga for Beginners.
5. Pathak, SP & Basvaraddi, I.V., Hathayoga Ke Adhar Evm Prayoga, MDNIY, New Delhi Publication, 2011 and 2018
6. Sri Ananda : The Complete book of Yoga, Orient Course Backs, Delhi, 2003.
7. Basavaraddi, I.V. & Pathak, S.P. : SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
8. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009
9. Dr. Nagendra H R : Pranayama, The Art & Science, Swami Vivekananda Yoga Prakashan, Bangalore, 2005



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1. Basavaraddi, I.V. & others : SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
2. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009
3. Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2010
4. Swami Rama: Science of Breath, A Practical Guide, The Himalayan International Institute, Pennselvenia, 1998
5. Swami Niranjananand Saraswati: Prana, Pranayama & Pranvidya, Yoga Publications Trust, Munger, Bihar, 2005.