



**PANJAB UNIVERSITY, CHANDIGARH-160014 (INDIA)**

(Estd. under the Panjab University Act VII of 1947—enacted by the Govt. of India)

**FACULTY OF EDUCATION**

**SYLLABI  
FOR**

**MASTERS OF ARTS IN YOGA  
M.A. (YOGA)  
(SEMESTER SYSTEM)**

**(REGULAR COURSE)  
(SEMESTER I TO IV)**

**2024-2025 onwards**

## **OUTLINES OF TESTS, SYLLABI AND COURSES OF M.A. YOGA SEMESTER SYSTEM, TWO YEARS COURSE - 2024-25 onwards**

The M.A. Yoga programme is designed to provide in-depth knowledge to develop Yoga knowledge and skill.

### **GENERAL OBJECTIVES OF THE COURSE:**

The M.A. in Yoga course has been designed to achieve the following general objectives:

- 1) To prepare students for the discipline of "Yoga".
- 2) To develop the holistic approach towards the teaching and learning of "Yoga".
- 3) To give in-depth knowledge about the theoretical aspects of "Yoga".
- 4) To provide proficiency to the future Yoga experts in various practical aspects associated with Yoga and allied areas.
- 5) To encourage their innovative skills and develop Yogic attitude among learners.

### **1.1 DURATION OF COURSE:**

The Masters in Yoga (M.A. {Yoga}) Programme shall be of duration of two academic years (4 Semesters), which can be completed in maximum of three years from the date of admission to the programme. The intake numbers of seats are twenty (20) for the said course. There shall be at least two hundred working days each year exclusive of the period examination and admission.

The minimum attendance of student-teachers shall have to be 75% for all course work and 90% practicum.

### **1.2 EXAMINATION:**

The examination shall be held twice a year ordinarily in the months of May & December, on such dates as may be fixed by the Syndicate, Panjab University, Chandigarh.

- a. Re-appear examination shall be held along with the semester end exam.
- b. The last date for receipt of Examination admission form with and without late fee shall be as prescribed by the Syndicate, Panjab University, Chandigarh from time to time.
- c. The Schedule of dates fixed in accordance with Regulation 1.4 shall be notified by the Controller of Examinations to all the affiliated colleges.

### **2.1 ADMISSION:**

Admission to M.A. (Yoga) shall be made on merit on the basis of marks obtained in the qualifying examination or any other selection process as per policy of state Govt./U.T. administration and the Panjab University.

### **2.2 ELIGIBILITY:**

A person who possesses the following qualification shall be eligible to join the course:

- a. A Candidate with atleast 50% (Fifty Percent) marks in any Bachelor degree
- b. The reservation and relaxation for SC/ST/OBC and other categories shall be as per rules of the admission policy of State Govt./Chandigarh Union Territory Administration, as the case may be.

### **2.3 ADDITIONAL WEIGHTAGE**

**a. Academics**

Candidates will be given additional weightage of their academic achievements as per the table below:

Sr. No.	Name of the course	Duration	Additional weightage
1	Certificate course in Yoga	up to 6 months	1 mark
2	Certificate course in Yoga	6 months to 1 year	2 marks
3	Diploma course in Yoga	up to 1 year	3 marks
4	B.Ed. in Yoga/ PG Diploma in Yoga	Upto 2 Years	5 marks

**b. Achievement in Yoga Championship/Tournament**

Candidates having participated in Yoga championship/tournament will also be given additional weightage (Highest achievement) of as per the table below:

Sr. No.	Level of Participation	Additional weightage
1	1 <sup>st</sup> position in All India Inter-University/National Yoga championship/tournament organized by approved Federation/Association/AIU	10
	2 <sup>nd</sup> position in the above said Yoga championship/tournament	9
	3 <sup>rd</sup> position in the above said Yoga championship/tournament	8
	A person representing in the above said Yoga championship/tournament	7
2	1 <sup>st</sup> position in All India Inter Zonal Yoga Championship	7
	2 <sup>nd</sup> position in the above said competitions	6
	3 <sup>rd</sup> position in the above said competitions	5
	A person representing in the above said Yoga championship/tournament	4
3	1 <sup>st</sup> position in State/Inter college Yoga championship/tournament	4
	2 <sup>nd</sup> position in State/Inter college Yoga championship/tournament	3
	3 <sup>rd</sup> position in State/Inter college Yoga championship/tournament	2

**2.4.** No one who is in employment (Full time or honorary service) shall be allowed to join M.A. (Yoga) course without taking leave from his/her institution/office, etc. from the date of commencement of the academic session to the conclusion of her/his examination in student teaching.

**3.1.** A person who possesses the qualification laid down in Regulation 2.1, has been on the rolls of a college affiliated for the course for M.A. (Yoga) degree during the academic year preceding the examination, and produces the following certificates signed by the Principal of the college shall be eligible to appear in the examination:

**a.** of good character.

**b.** of having qualified the house examination with atleast 40% marks in each paper and aggregate 50%.

- c. of having attended not less than 75% of the lectures delivered in each course/subject & 90% practicum.
- 3.2.** A student who has completed the prescribed course, but does not appear in the examination, or having appeared in the examination, has failed, may be allowed to appear in the examination as a late college student within three years from the date of admission to the programme.
- 4.** The amount of examination fee to be paid by a candidate shall be as fixed by the Chandigarh Administration/ Syndicate, Panjab University, Chandigarh from time to time.
- 5.1.** The examination shall consist of two parts as under:  
 Part I : Theory Papers (as per details given in the Syllabus)  
 Part II : Practical Papers (as per details given in the Syllabus)
- 5.2.** The syllabus for each semester shall be as prescribed/ revised, if required by the concerned PG Board of Studies from time to time.
- 6.1** The College shall hold atleast one house test in theory papers in each semester. A candidate shall be required to obtain 40% marks in each subject in each house examination or 50% in aggregate to become eligible to appear in University examination. The College Principal shall intimate the University, the names of such student who do not meet this requirement at least 10 days prior to the commencement of University theory examination of M.A. (Yoga).
- In case of a failure to get qualifying marks (in house test in any papers or parts, the candidate can appear in the test in the concerned paper(s) or part(s) along with the regular students in the next academic session.
- 6.2.** The marks awarded to a candidate in the Internal Assessment shall be carried forward, when he is permitted under Regulation 9 to reappear in a part or parts at a subsequent examination. The marks obtained by a candidate in Internal Assessment shall remain valid, even if he remains absent in the external examination.
- 7. Medium of Examination:**
- a.** The question papers shall be set in Hindi, Punjabi and English except for Languages in which those shall be set in respective languages.
- b.** The candidates shall write their answers in Hindi/ Punjabi/ English except for Language papers in which they write their answers only in respective languages.
- 8.1.** The Minimum pass marks are 40% in each paper and each semester (Theory and Practical). Pass marks will be 40% in Aggregate. However, the promotion from semester I to II and from III to IV shall be as per Panjab University policy for semester courses.
- 8.2.** A Candidate who fails to clear at least 50% papers of 1<sup>st</sup> and 2<sup>nd</sup> semester is not allowed to appear in 3<sup>rd</sup> semester examination.
- 9** A candidate who fails may be permitted to take the examination in which the paper/s in which she/he fails. She/he shall pay admission fee as prescribed by the Syndicate from time to time on each occasion (Re-appear /Additional)
- 10.1.** The Controller of Examinations shall publish the result of the examination after the termination of the examination or as soon as possible.

**10.2.** Successful candidates shall be classified on the basis of the marks obtained in the course:

A	Those who obtain 60 per cent or more of the aggregate marks.	First Division
B	Those who obtain 50 per cent or more but below 60 per cent of the aggregate marks.	Second Division
C	Those who obtain less than 50 per cent of the aggregate marks.	Third Division

**10.3.** Each successful candidate shall be awarded a degree stating the division obtained in the course.

**11.** A person doing M.A. (Yoga) degree from the Panjab University may not be allowed to appear as a regular candidate from any other University/Institution simultaneously.

**12.** A person who has been qualified for the award of the M.A. (Yoga) degree from the Panjab University may be allowed to reappear as a private candidate in the subject(s) in which he appeared earlier in the M.A. (Yoga) examination with a view to improve his/her performance, provided the candidate has in the meanwhile, not passed any higher course in the said Faculty.

For this purpose, he/she would be allowed to appear only within two consecutive chances from the date of his/her passing the M.A. (Yoga) examination and that he/she will have to take the reappear examination with the latest syllabus only.

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**SCHEME OUTLINE OF M.A. (YOGA) IN SEMESTER I, II, III, IV**

**SEMESTER I**

SR. NO.	PAPER CODE	NAME OF THE PAPER	EVALUATION		
			EXTERNAL	INTERNAL	TOTAL MARKS
CORE COURSE					
1	MAY 101	Foundation of Yoga	80	20	100
2	MAY 102	Hatha Yoga Texts I	80	20	100
3	MAY 103	Human Anatomy and Physiology	80	20	100
4	MAY 104	Research Methodology & Statistics	80	20	100
PRACTICAL COURSE					
5	MAY 105	(LAB PRACTICAL) Biochemistry & Physiological Parameters	40	10	50
6	MAY 106	(YOGA PRACTICAL) Mantra Chanting, Shatkriyas, Sukshma Vyayama and Basic of Pranayama	40	10	50
TOTAL MARKS SEMESTER I			400	100	500

**SEMESTER II**

SR. NO.	PAPER CODE	NAME OF PAPER	EVALUATION		
			EXTERNAL	INTERNAL	TOTAL MARKS
CORE COURSE					
1	MAY 201	Indian Philosophy	80	20	100
2	MAY 202	Hatha Yoga Texts II	80	20	100
3	MAY 203	Patanjal Yog Sutras	80	20	100
ELECTIVE COURSE (CHOOSE ONE FROM THE FOLLOWING)*					
4	MAY 204 A	Fundamental Principles of Yoga Therapy	80	20	100
	MAY 204 B	Structural Kinesiology & Biomechanics			
PRACTICAL COURSE					
5	MAY 205	(LAB PRACTICAL) Physical Fitness Tests	40	10	50
6	MAY 206	(YOGA PRACTICAL) Shatkriyas, Asanas and Pranayama	40	10	50
TOTAL MARKS SEMESTER II			400	100	500

**SEMESTER III**

SR. NO.	PAPER CODE	NAME OF PAPER	EVALUATION		
			EXTERNAL	INTERNAL	TOTAL MARKS
CORE COURSE					
1	MAY 301	Major Upanishad and Bhagawad Geeta	80	20	100
2	MAY 302	Yoga Therapy Management	80	20	100
3	MAY 303	Principles of Naturopathy	80	20	100
ELECTIVE COURSE (CHOOSE ONE FROM THE FOLLOWING)*					
4	MAY 304 A	Yogic Psychology	80	20	100
	MAY 304 B	Diet and Nutrition			
PRACTICAL COURSE					
5	MAY 305	PART A (YOGA PRACTICAL) Shatkriyas & Asanas	80	20	100
		PART B (YOGA PRACTICAL) Pranayama, Mudras & Bandhas and Dhyana-I			
Dissertation					
6	MAY 306	Dissertation (Synopsis writing, Submission and Field Work)	--	--	---
TOTAL MARKS SEMESTER III			400	100	500

**SEMESTER IV**

SR. NO.	PAPER CODE	NAME OF PAPER	EVALUATION		
			EXTERNAL	INTERNAL	TOTAL MARKS
CORE COURSE					
1	MAY 401	Yoga Upanishad and Yoga Vasishtha	80	20	100
2	MAY 402	Complementary and Alternative Therapy	80	20	100
3	MAY 403	Dissertation Submission & Viva Voce	80	20	100
ELECTIVE COURSE (CHOOSE ONE FROM THE FOLLOWING)*					
4	MAY 404 A	Teaching Methodology in Yoga	80	20	100
	MAY 404 B	Yoga & Allied Sciences			
PRACTICAL COURSE					
5	MAY 405	Part – A (YOGA PRACTICAL) Shatkriyas & Advance Asanas	80	20	100
		Part- B (YOGA PRACTICAL) Mantra Chanting, Khumbhaka Abhyasa, Mudras & Dhyana – II			
TOTAL MARKS SEMESTER IV			400	100	500

\*If the resources available for the above said options then the HOD/Principal will allow the students to opt the said options.

**GRAND TOTAL OF MARKS**

SEMESTER	MARKS	SEMESTER	MARKS
I	500	III	500
II	500	IV	500
<b>Total SEM I &amp; II</b>	<b>1000</b>	<b>Total SEM III &amp; IV</b>	<b>1000</b>
<b>GRAND TOTAL</b>	<b>MARKS 2000 (1000+1000)</b>		

## **SEMESTER – I**

### **PAPER: MAY 101 FOUNDATION OF YOGA**

**TOTAL MARKS: 100**

**EXTERNAL: 80**

**INTERNAL: 20**

#### **COURSE OBJECTIVES**

The students will be able to

- Understand and explain the nature and functions of Yoga and its important streams.
- Comprehend the introduction of Indian Schools of Philosophy.
- Elaborate the history and development of Yoga.
- Understand and explain the different schools of Yoga.

#### **NOTE**

- Examiner will set total 09 questions in all, selecting two each from four units and one question (9<sup>th</sup> question) will spread over entire syllabus. The 9<sup>th</sup> question will be compulsory and will consist of four short answer type questions (4 Marks each).
- Student has to attempt five questions, selecting one from each unit. 9<sup>th</sup> question will be compulsory. All questions carry equal Marks (16Marks each).

#### **UNIT I**

- A. Yoga:** Meaning and Definition, History and Development of Yoga, Misconceptions, Aim and Objective of Yoga.
- B.** Introduction of Vedas, Upanishad and Prasathantrayee, Concept of Purushartha Chatushtaya, Sadhana Chatushtaya

#### **UNIT II (FONT USED – NIRMALA UI)**

- A. Basic concepts of Sad-Darshan:** Epistemology, Metaphysics, Ethics and Liberation with special emphasis to Sankhya, Yoga and Vedanta Darshana.
- B.** योग विद्या की सही समझ विकसित करने की दृष्टि से संस्कृत भाषा के अध्ययन का महत्व।
- C.** संस्कृत वर्णमाला की विशेषताएं, वैज्ञानिकता तथा संस्कृत वर्णों के उच्चारण स्थान।
- D.** गद्य, पद्य, सूत्र तथा कारिका - स्वरूप एवं सामान्य विशेषताएं। योग ग्रन्थों के विशेष सन्दर्भ में।

#### **UNIT III**

- A.** Introduction to Jnanayoga, Bhaktiyoga, Karmayoga, Rajayoga, Hathayoga and Mantrayoga, Elements of Yoga in Jainism and Buddhism
- B.** General Introduction of Swasthavritta. Concept and Definition of Health, symptoms of Healthy man.
- C.** Swasthavritta, Aim of swasthavritta. Concept of Trayaupstambh (three pillars).
- D.** Dincharya-mukhshodhan, vyayaam-definition, types and benefits. Snan(Bath) and its types, abhyang(massage)-its meaning, types and its importance.

#### **UNIT IV**

- A. Yoga in Contemporary Times:** Brief introduction of Swami Vivekananda, Shri Aurobindo, Maharshi Ramana, Sri T. Krishnamacharya, Swami Shivananda Saraswati, Swami Rama of Himalayas, Maharshi Mahesh Yogi, Pt. Sri Ram Sharma Acharya and their contribution for the development and promotion of Yoga.
- B.** Ratricharya-Nidra and Bhramacharya.



- C. Ritucharya-Ritu vibhaajan, Sanchaya, prakoop and prashaman of Doshas according to Ritu.
- D. Sadvritta and Achar-Rasayan. Dharniya and Adharniya Vega.

#### REFERENCES:

1. Lights on yoga by B. K. S. Iyengar, 2015, Harper Collin Publication
2. Mahabharata (English) Dreamland Publications Genre: Juvenile Nonfiction, 2004
3. Yoga Darshan, by Swami Nirajanananda Saraswati, Bihar School of Yoga Education, 2002
4. The Valmiki Ramayana (English, Hardcover, Dutt Romesh,Vijay Goel English-Hindi Publisher, 2006
5. A Critical Survey of Indian Philosophy by Chandradhar Sharma, Motilal Banarsidas, 2003
6. A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya by Swami Satyananda Saraswati, Yoga Publication Trust, 2004
7. Indian Philosophy by Das & Gupta, University Press Cambridge, 1922
8. Indian Philosophy by Hiriyana, Motilal Banarsidas, 2008 & Indian Philosophy by Dr. S Radhakrishnan, Oxford University Press, 2003

### PAPER: MAY 102 HATHA YOGA TEXTS I

**TOTAL MARKS: 100**

**EXTERNAL: 80**

**INTERNAL: 20**

#### COURSE OBJECTIVES

The students will be able to

- Give an introduction of Hatha yoga
- Give an understanding of the basic Hath yogic texts: Hatha Yoga Pradipika, Gheranda Samhita, and Hatharatnavali
- Introduce the prerequisites of Hatha Yoga
- Introduce essential Hatha Yoga text

#### NOTE

- Examiner will set total 09 questions in all, selecting two each from four units and one question (9<sup>th</sup> question) will spread over entire syllabus. The 9<sup>th</sup> question will be compulsory and will consist of four short answer type questions (4 Marks each).
- Student has to attempt five questions, selecting one from each unit. 9<sup>th</sup> question will be compulsory. All questions carry equal Marks (16Marks each).

#### UNIT I

- A. Introduction to Hatha Yoga Pradipika, Gheranda Samhita, and Hatharatnavali, Aim and Objective, misconceptions about Hatha Yoga, Pre-requisites of Hatha Yoga (dasa Yama and Dasa Niyama), Sadhaka and Badhaka Tattva in Hatha Yoga.
- B. Importance of Ghata, Ghatasuddhi, Concept and Importance of Shodhana Kriyas, Importance of Shodhana Kriyas in Health and Disease. Concept of Matha, Mitahara, Rules and Regulations to be followed by Hatha Yoga Sadhakas.

#### UNIT II

- A. **Asanas in Hatha Texts** (Hatha Yoga Pradipika, Gheranda Samhita, and Hatharatnavali,): Definition, pre-requisites and special features of Yoga-asanas.

- B.** Benefits, precautions and contra indications of different asanas described in Hatha Yoga Pradipika, Gheranda Samhita, and Hatharatnavali.

### **UNIT III**

- A. Pranayama in Hatha Yoga :** Concept of Prana and Pranayama; Pranayama – its phases and stages, Pre-requisites of pranayama in Hatha yoga sadhana;  
**B.** Pranayama in Hatha Yoga Pradipika, Hatharatnavali and Ghrenda Samhita- benefits, precautions and contra indications.

### **UNIT IV**

- A. Bandha, Mudra and other practices:** Concept and Definition of Mudra in Hatha Yoga Pradipika, Gheranda Samhita and Hatharatnavali, – benefits, precautions and contra indications. Concept, definition, benefits and Techniques of Pratayahara and Dhyana in Gheranda Samhita.  
**B.** Concepts and benefits of Nada and Nadanusandhana in Hatha Pradipika, Four avasthas (stages) of Nadanusandhana. Relationship of Hatha Yoga and Raja Yoga, Goal of Hatha Yoga, Relevance of Hatha Yoga in contemporary times

### **REFERENCES:**

1. Hatha Yoga Pradipika by Swami Muktibodhananda, Bihar School of Yoga Education, 2006
2. Light on Yoga Dipika by B K S Iyenger, Harper Collins, 1968
3. Hatha Yoga by Swami Sivananda, Bihar School of Yoga Education, 2009
4. Gherand Samhita by Swami Niranjanananda Saraswati, Bihar School of Yoga Education, 2012
5. Yoga and Kriya by Swami Satyananda Saraswati, 2004
6. Hatharatnavali Published by Kaivalyadhama Lonavala, 2003
7. Vasistha Samhita By Dr. Pitambar Jha Kaivalyadhama, 2005

### **PAPER: MAY 103**

### **HUMAN ANATOMY AND PHYSIOLOGY**

**TOTAL MARKS: 100**

**EXTERNAL: 80**

**INTERNAL: 20**

### **COURSE OBJECTIVES**

The students will be able to

- Discuss introduction to human body with concept of cells, tissues, skeletal system, muscular system, respiratory system, cardiovascular system with their gross anatomy and physiology.
- Discuss anatomical & physiological effects of selected Yoga practices on aforesaid contents of human body in evidence-based way.

### **NOTE**

- Examiner will set total 09 questions in all, selecting two each from four units and one question (9<sup>th</sup> question) will spread over entire syllabus. The 9<sup>th</sup> question will be compulsory and will consist of four short answer type questions (4 Marks each).
- Student has to attempt five questions, selecting one from each unit. 9<sup>th</sup> question will be compulsory. All questions carry equal Marks (16Marks each).

### **UNIT I**

- A. Introduction to cells, tissue and organ system:** cells introduction, types, structure and functions; Tissue, types, structure and functions (epithelial, connective, muscle, & nervous), Movement of substance and water through cell membrane, Meaning of anatomical terms (median plane, directional terms & regional terms).
- B. Musculo Skeletal System:** meaning, Types & Functions; Bone, joints, tendons and ligaments, cartilage its types and their functions, spine and its functions, Yogic effect on Bone/Skeletal System. Muscular System: meaning, types and functions, properties of muscles, muscular contraction and relaxation, neuromuscular junction, Yogic effect on Muscular System.

## UNIT II

- A. Respiratory System:** Concept, Types & Functions; Lungs and its Functions; Respiration: Concept, Types, Gross Anatomy & Physiology, Breathing Mechanics & Gaseous exchange; Respiratory Control Center; Yogic effect on Respiratory System.
- B. Cardiovascular System:** Meaning & its Functions; Heart: Gross Anatomy, Physiology, & Functions; Blood (RBC, WBC & Platelets): Concept, Composition & Functions; Blood Groups; Blood Vessels (Artery, Vein & Capillary): Gross Anatomy & Functions; Cardiac output, Blood Pressure, Circulation: Concept, Types & their mechanisms; Control of cardiac cycle & circulations; Effect of Yoga on Circulatory system.

## UNIT III

- A. Digestive System** Anatomy and Function of - Stomach, Liver, and pancreas; Mechanism of secretion of saliva, Gastric Juice, Pancreatic Juice, Bile, Intestinal secretion- Role of these secretions in digestion of food (Protein, Carbohydrate and Fat); Effect of Yoga on digestive system.
- B. Excretory System** Anatomy and function of excretory system; Kidney, Glomerulus, Nephron and Renal tubules; Composition and formation process of urine, Urination and its control; Effect of Yoga on urinary system.
- C. Reproductive System** Anatomy and functions of male and female system

## UNIT IV

- A. Nervous System;** Structure, types and properties of neurons and nerves; Action potential- generation, propagation and influencing factors; Types of NS (CNS and PNS); CNS- Brain (Cerebrum, Cerebellum and Spinal Cord) – Gross anatomy and functions; Functions and important connections of Pons, Medulla, Thalamus, and Hypothalamus; PNS (Cranial and Spinal Nerves)- Gross anatomy and Functions; Autonomic NS- Sympathetic and Parasympathetic (Anatomy and functions); Effect of Yogaa on NS
- B. Glandular System:** Endocrine and Exocrine Gland, Structure and Function of Pituitary Gland, Pineal Gland, Thyroid and Parathyroid Gland, Thymus Gland, Adrenal Gland, Ovary, and Testes; Yogic effect on Endocrine System.
- C. Special Senses:** Eyes Anatomy- Histology of retina; corneal function, Physiology of vision and accommodation; Nose- Gross anatomy and physiology of smell; and Ear- Gross anatomy and Physiology of hearing and balance.

## TEXT BOOK

Anatomy and Physiology of Yogic Practices - M. M. Gore, Kaivalyadham-Lonavala Maharashtra

## REFERENCES

1. Anatomy and Physiology for Nurses, 2000

2. Elvyn C. Pearce, 2003, Anatomy and Physiology and Nurses, Oxford University Press, Delhi.
3. V. Tararinov, Human anatomy and Physiology Trans. By David A. Myshna, MIR Publishers, Moscow. 1978
4. Medicine for Yoga Therapist - Padiki Nagaraj Rao, Jaypee Brother Medical Publication, 2011
5. Chaurasia, B.D. Handbook of General Anatomy CBS Publishers & Distributors, Delhi. 2020
6. Pearce, E.C., Feber and Feber; 15th Revised Edition (1st May 1973).
7. Promila Verma, 1974, Kanti Pandya, Shareer Kriya Vigyana, Bihar Hindi Granth Academy, 2006.
8. Verma, Mukund Swaroop et al. (1973). Food and Nutrition, Ram Narayan Lal Bansi Prasad, Allahabad.

### **PAPER: MAY 104**

### **RESEARCH METHODOLOGY AND STATISTICS**

**TOTAL MARKS: 100**

**EXTERNAL: 80**

**INTERNAL: 20**

#### **COURSE OBJECTIVES**

The students will be able to

- Understand the need of research in Yoga.
- To learn the steps of research in Yoga.
- To learn different types of research design relevant in Yoga therapy.
- Understand and enhance the skills to conduct research in Yoga therapy.

#### **NOTE**

- Examiner will set total 09 questions in all, selecting two each from four units and one question (9<sup>th</sup> question) will spread over entire syllabus. The 9<sup>th</sup> question will be compulsory and will consist of four short answer type questions (4 Marks each).
- Student has to attempt five questions, selecting one from each unit. 9<sup>th</sup> question will be compulsory. All questions carry equal Marks (16Marks each).

#### **UNIT I**

- A. Research:** Concept, Nature, Purpose and Need, Types – Basic, Applied and Action: Qualitative and Quantitative; Types of Yoga Research, Steps of Research.
- B. Identification of Problem:** Nature, Sources (Related Literature, theory, informal sources) and Types, Characteristics of a Scientific Problem; Title writing; Objective writing.
- C. Reviewing Literature:** Need & Importance, Scope, Primary and Secondary Sources, Format of Writing Review.

#### **UNIT II**

- A. Hypothesis:** Meaning & Nature, Bases, Types, Stating & Testing of Hypothesis.
- B. Variables:** Meaning and Types of variables (Independent, Dependent, Extraneous, Intervening and Moderating)
- C. Sampling** Concept, Types (Probability and Non-probability Samplings with their types), and Practice of using different sampling procedures for sample selection

#### **UNIT III**

- A. Statistics** Concept and Significance; Types of research data, Frequency distributions (Individual, Discrete and Continuous), Graphical Representation of the data (Histogram, pie chart and bar graph).

- B. Measures of Central Tendency** (Arithmetic Mean, Median and Mode): Concept and Computation in case of grouped and ungrouped data.
- C. Measure of Dispersion** Concept and computation of Range, Quartiles and Standard Deviation.

#### UNIT IV

- A. Normal Distribution** Concept, Proportions, and Applications of Normal Distribution
- B. Simple Correlation** Concept and computation of correlation coefficient by product moment method, coefficient of Determination.
- C. ANOVA (Analysis of Variance)** Concept and Computation of one way ANOVA in unrelated design and related designs & **Chi-Square Test**.

#### REFERENCES

- Kothari, C. R. (2011). *Research Methodology: Methods and Techniques (2nd ed.)*. New Delhi, India: New Age International Private Limited Publishers.
- Bryman, A. (2008). *Social Research Method (3rd ed.)*. Oxford: Oxford University Press.
- Singh, A. K. (1986). *Test, Measurement and Research Methods in Behavioural Sciences*. New Delhi, India: Mc Graw Hill.
- Singh, A. K. (2001). *Research Methods in Psychology, Sociology and Education (4th ed.)*. Delhi, India: Motilal Banarasidas.
- Maylor, H. & Blackmon, K. (2005). *Researching Business and Management*. New York, NY: Palgrave Macmillan.
- Garrett, H.E. (1988). *Statistics in Psychology and Education*. Bombay, India: Vikils, Feiffer & Semen's Ltd..
- Suleman, M. (2005). *Methods in Psychology, Sociology and Education (3rd ed.)*. Patna, India: General Book Agency.
- Ruxton, G. D. and Colegrave, N. (2003). *Experimental Design for Life Science*. Oxford: Oxford University Press.
- Kumar, R. (2011). *Research Methodology (2nd ed.)*. Noida, India: Dorling Kindersley Pvt. Ltd, licenses of Pearson Education in South Asia.
- Breakwell, G. M., Hammon, S., Fife-Shaw, C., & Smith, J. (2006). *Research methods in psychology (3rd ed.)*. London: Sage.
- Haslam, S. A., & McGarty, C. (2003). *Research methods and statistics in psychology*. London: Sage.
- Minium, E. W., King, B. M., & Bear, G. (1993). *Statistical reasoning in psychology and education (3rd ed.)*. New York: John Willey.
- Singh, A. K. (2006). *Tests, measurements and research methods in behavioural sciences*. Patna, India: Bharti Bhavan.
- Guilford, J. P., & Fruchter, B. (1973). *Fundamentals of statistics in psychology and education*. Tokyo, Japan: Kogakusha.
- Gupta, S. P. (2004). *Statistical Methods (33rd ed.)*. New Delhi, India: Sultan Chand & Sons.

#### LAB PRACTICAL PAPER – MAY 105 BIOCHEMISTRY & PHYSIOLOGICAL PARAMETERS

**TOTAL MARKS: 50**

**EXTERNAL: 40**

**INTERNAL: 10**

#### COURSE OBJECTIVES

The students will be able:

- To skillfully perform the physical examination in a clinical set up under the supervision of a doctor.
- Monitor the vital parameters such as BP, BR, and PEFr etc. in a clinical set up.
- Prepare the case history and understand the medical terminology much better.

#### **NOTE FOR THE EXTERNAL EXAMINERS:**

The External Examiner will evaluate student teachers for their practical knowledge of conducting a particular Practical/Experiment on others and not for their own performance in that particular parameter except for that in Physical Fitness.

<b><u>BIOCHEMISTRY TESTS</u></b>	
<b>BLOOD TEST</b> <ul style="list-style-type: none"> <li>• Hb, Glucose, LFT and RFT</li> </ul> <b>URINE TEST</b> <ul style="list-style-type: none"> <li>• Glucose, Creatinine and Ketone Bodies</li> </ul>	<b>EXTERNAL: 20</b> <b>INTERNAL: 05</b>
<b><u>PHYSIOLOGICAL TESTS</u></b> <ul style="list-style-type: none"> <li>• Pulse Rate, Temperature, Blood Pressure, Pulmonary Function, Respiratory Rate</li> <li>• Skin Fold Thickness (Biceps, Triceps)</li> <li>• MUAC (Mid Upper Circumference)</li> <li>• Height, Weight</li> <li>• BMI</li> <li>• EEG, EGG, Oximetry (SpO<sub>2</sub>)</li> <li>• PPG (Photoplethysmograph)</li> </ul>	<b>EXTERNAL: 20</b> <b>INTERNAL: 05</b>

#### **SESSIONAL WORK**

- ✓ Each candidate will prepare a two separate practical note book for Bio-chemistry Tests & Physiological Tests in which all Test-s performed and write in practical file along with photograph as per class teacher advice from the above said complete syllabus.

#### **REFERENCES:**

1. Sharma, R. D. (1979). Health and physical education, Gupta Prakashan. Singh, S. (1979).
2. Anatomy of physiology and health education. Ropar: Jeet Publications.
3. Christine, M. D., (1999). Physiology of sports and exercise. USA: Human Kinetics. Conley, M. (2000). Bioenergetics of exercise training. In T.R. Baechle, & R.W. Earle, (Eds.), Essentials of Strength Training and Conditioning (pp. 73-90). Champaign, IL: Human Kinetics.
4. Barron, H. M., & Mcchee, R. (1997). A practical approach to measurement in physical education. Philadelphia: Lea and Febiger.
5. Phillips, D. A., & Hornak, J. E. (1979). Measurement and evaluation in physical education. New York: John Wiley and Sons.

### **YOGA PRACTICAL PAPER - MAY 106: MANTRA CHANTING, SHATKRIYAS, SUKSHMA VYAYAMA AND BASIC OF PRANAYAMA**

**TOTAL MARKS: 50**

**EXTERNAL: 40**

**INTERNAL: 10**

#### **COURSE OBJECTIVES**

The students will be able to

- Understand and explain the nature and physiology of Yogic practices.

- To know techniques, health benefits, applications, precautions and contraindications of under mentioned Yogic practices
- To demonstrate and instruct under mentioned Yogic practices.

<b>PRAYERS:</b> <ul style="list-style-type: none"> <li>• <b>MANTRAS CHANTING –</b> <ol style="list-style-type: none"> <li>1. Gayatri Mantra,</li> <li>2. Rudra Gayatri Mantra</li> <li>3. Shanti Path Mantra               <ol style="list-style-type: none"> <li>I. ॐ असतो मा सद्गमय .....</li> <li>II. ॐ पूर्णमदः पूर्णमिदं .....</li> <li>III. ॐ सह नावतु.....</li> <li>IV. ॐ सर्वे भवन्तु सुखिनः.....</li> <li>V. ॐ द्यौः शान्तिरन्तरिक्षं .....</li> </ol> </li> </ol> </li> </ul>	<b>EXTERNAL: 05</b> <b>INTERNAL: 02</b>
<b>SHATKRIYAS</b> <ul style="list-style-type: none"> <li>• Jal-Neti</li> <li>• Rubber-Neti</li> <li>• Vaman Dhauti (Kunjal)</li> <li>• Vatkarma Kapalbhathi</li> </ul>	<b>EXTERNAL: 10</b> <b>INTERNAL: 02</b>
<b>SUKSHAM VYAMA (Yoga-Asanas)</b> <ul style="list-style-type: none"> <li>• 48 Yogic Sūkṣma Vyāyāma (Yogic Subtle exercise)by Dharendra Brahmachari</li> <li>1. Uccharana-sthala tatha Vishudha-chakra-Shuddhi (for throat &amp; Voice)</li> <li>2. Prarthana (Prayer)</li> <li>3. Buddhi-tatha-Dhriti shakti-vikasaka (for developing will power)</li> <li>4. Smarana shakti-vikasaka(for improving the memory)</li> <li>5. Medha shakti-vikasaka (for improving the intellect)</li> <li>6. Netra shakti-vikasaka (for the eyes)</li> <li>7. Kapola shakti -vardhaka(for the cheeks)</li> <li>8. Karna shakti-varhdhaka (for the ears)</li> <li>9. Griva shakti-vikasaka (for the Neck)-1- (A&amp;B)</li> <li>10.Griva shakti-vikasaka (for the Neck)-2- (A&amp;B)</li> <li>11.Griva shakti-vikasaka (for the Neck)-3</li> <li>12.Skandha-tatha-bahu-mula shakti-vikasaka (for the shoulders),</li> <li>13.Bhuja-bandha shakti-vikasaka           <ol style="list-style-type: none"> <li>a) Bhuja-bandha shakti-vikasaka (for the upper arms)-1</li> <li>b) Bhuja-bandha shakti-vikasaka (for the upper arms)-2</li> </ol> </li> <li>14.Kohani shakti-vikasaka           <ol style="list-style-type: none"> <li>a) Kohani shakti-vikasaka (for the elbows) – (A &amp; B)</li> <li>b) Kohani shakti-vikasaka (for the elbows) – (A &amp; B)</li> </ol> </li> <li>15.Bhuja-balli shakti-vikasaka           <ol style="list-style-type: none"> <li>a) Bhuja-balli shakti-vikasaka (for the fore-arms) – (A &amp; B)</li> <li>b) Bhuja-balli shakti-vikasaka (for the fore-arms)</li> </ol> </li> <li>16.Purna-bhuja shakti-vikasaka (for the whole arms)           <ol style="list-style-type: none"> <li>a) Purna-bhuja shakti-vikasaka (for the whole arm)-(first) (A to D)</li> <li>b) Purna-bhuja shakti-vikasaka (for the whole arm)-(second) (E &amp; F)</li> </ol> </li> <li>17.Mani-bandha shakti-vikasaka(for the wrists)           <ol style="list-style-type: none"> <li>a) Mani-bandha shakti-vikasaka (for the wrists)-(First) (A &amp; B)</li> <li>b) Mani-bandha shakti-vikasaka (for the wrists)-(Second) (A &amp; B)</li> </ol> </li> <li>18.Kara-prstha shakti-vikasaka (upper of the hand)           <ol style="list-style-type: none"> <li>a) Kara-prstha shakti-vikasaka (for the back of hands)- (first) (A &amp; B)</li> <li>b) Kara-prstha shakti-vikasaka (for the back of hands)- (Second) (A &amp; B)</li> </ol> </li> <li>19.Kara-tala shakti-vikasaka (palms)</li> </ul>	<b>EXTERNAL: 20</b> <b>INTERNAL: 04</b>

<p>a) Kara-tala shakti-vikasaka (for the palms)-(first) (A &amp; B)</p> <p>b) Kara-tala shakti-vikasaka (for the palms)-(second) (A &amp; B)</p> <p>20. Anguli-mula shakti-vikasaka (for the root of fingers) (A &amp; B)</p> <p>21. Anguli-shakti-vikasaka (for the fingers) (A &amp; B)</p> <p>22. Vaksha-sthala shakti-vikasaka (for the chest)(1)</p> <p>23. Vaksha-sthala shakti-vikasaka (for the chest)(2)</p> <p>24. Udara shakti-vikasaka ( for the abdomen)-(1)</p> <p>25. Udara shakti-vikasaka ( for the abdomen)-(2)</p> <p>26. Udara shakti-vikasaka ( for the abdomen)-(3)</p> <p>27. Udara shakti-vikasaka ( for the abdomen)-(4)</p> <p>28. Udara shakti-vikasaka ( for the abdomen)-(5)</p> <p>29. Udara shakti-vikasaka ( for the abdomen)-(6)</p> <p>30. Udara shakti-vikasaka ( for the abdomen)-(7)</p> <p>31. Udara shakti-vikasaka ( for the abdomen)-(8)</p> <p>32. Udara shakti-vikasaka ( for the abdomen)-(9)</p> <p>33. Udara shakti-vikasaka ( for the abdomen)-(10) (A,B &amp;C)</p> <p>34. I) Kati shakti-vikasaka (for the waist)-(1) II) Kati shakti-vikasaka (for the waist)</p> <p>35. I) Kati shakti-vikasaka (for the waist)-(2) II) Kati shakti-vikasaka (for the waist)</p> <p>36. I) Kati shakti-vikasaka (for the waist)-(3) II) Kati shakti-vikasaka (for the waist)</p> <p>37. I) Kati shakti-vikasaka (for the waist)-(4) II) Kati shakti-vikasaka (for the waist)</p> <p>38. Kati shakti-vikasaka (for the waist)-(5)</p> <p>39. Muladhara-chakra-suddhi (for the rectum)</p> <p>40. Upastha tatha-svadhithana-chakra-suddhi (for the genital organs)</p> <p>41. Kundalini shakti-vikasaka (for the kundalini)</p> <p>42. Jangha shakti vikasaka (for the thighs) (1) (A &amp; B)</p> <p>43. Jangha shakti-vikasaka (for the thighs) (2) (A &amp; B)</p> <p>44. Janu shakti-vikasaka (for the knees)</p> <p>45. Pindali shakti-vikasaka (for the calves)</p> <p>46. Pada-mula shakti-vikasaka (A &amp; B)</p> <p>47. Gulpha-pada-pristha-pada-tala-shakti-vikasaka (for the ankles &amp; Feet)</p> <p>48. Padanguli shakti-vikasaka (for the toes)</p> <p>• <b>SURYA NAMASKAR:</b> Physical Awareness with Mantras</p> <p>• <b>PAWANMUKTASANA SERIES PART 1-</b> Anti-Rheumatic Group.</p> <p>1. Prarambhik Sthiti (Base position)</p> <p>2. Padanguli Naman (Toe Bending)&amp; Goolf Naman (Ankle Bending)</p> <p>3. Goolf Chakra (Ankle Rotation)</p> <p>4. Goolf Ghoornan (Ankle crank)</p> <p>5. Janufalak Akarshan (Kneecap Contraction)</p> <p>6. Janu Naman (Knee Bending)</p> <p>7. Dwi Janu Naman (Double Knee Bending)</p> <p>8. Janu Chakra (Knee Crank)</p> <p>9. Ardha Titali Asana (Half Butterfly)</p> <p>10. Shroni Chakra (Hip Rotation)</p> <p>11. Poorna Titali Asana (Full Butterfly)</p> <p>12. Mushtika Bandhana (Hand Clenching)</p> <p>13. Manibandha Naman (Wrist Bending)</p> <p>14. Manibandha Cakra (Wrist joint Rotation)</p> <p>15. Kehuni Naman (Elbow Bending)</p> <p>16. Skandha Chakra (Shoulder Socket Rotation)</p> <p>17. Greeva Sanchalana (Neck Movements)</p> <p>• <b>PAWANMUKTASANA SERIES PART 2 –</b> Digestive/ Abdominal Group.</p>	
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<ol style="list-style-type: none"> <li>1. Utthanpadasana (Raised Legs Pose)</li> <li>2. Chakra Padasana (Leg Rotation)</li> <li>3. Pada Sanchalanasana (Cycling)</li> <li>4. Supta Pawanmuktasana (Leg lock Pose)</li> <li>5. Jhulana Lurhakanasana (Rocking &amp; Rolling)</li> <li>6. Supta Udarakarshanasana (Sleeping Abdominal Stretch Pose)</li> <li>7. Shava Udarakarshanasana (Universal Spinal Twist)</li> <li>8. Naukasana (Boat pose)</li> </ol>	
<p><b>Basic of Pranayamas</b></p> <ul style="list-style-type: none"> <li>• Correct abdominal breathing in shavasana and meditative pose with 1:1 &amp; 1: 2 ratio</li> <li>• Deep breathing</li> <li>• Abdominal breathing</li> <li>• Practice of Puraka, Rechaka and Kumbhaka (Antar and Bahya Kumbhaka)</li> <li>• Yogic Breathing,</li> <li>• Nadi Shodhana (preparatory practice)</li> </ul>	<p><b>EXTERNAL: 05</b> <b>INTERNAL: 02</b></p>

### **SESSIONAL WORK**

- ✓ Each candidate will prepare a three separate practical note book for Shatkriyas, Yogasanas and Pranayama in which Total, 4 mantra-s, 4 Shatkriya-s, 20 Sūkṣma Vyāyāma-s, Suryanamaskar, 5+5 Pawanmuktasanas series practices and 4 Breathing exercises practices along with photograph as per class teacher advice from the above said complete syllabus.

### **REFERENCES:**

1. Yogic Sukshma Vyayama by Swami Dhirendra Brahmachari, Dhirendra Yoga Publication, New Delhi, 1980
2. Asana, Pranayama, Mudra, Bandha (H) by Swami Satyananda Saraswati, 4th Edition, Yoga Publication Trust, Munger, 2015.
3. Light in pranayama by B K S Iyengar, Vellment Publication, 2005
4. Prana Pranayam by swami Nirajanananda Saraswati, Yoga Publication trust, 2009
5. Yoga Darshan by swami Nirajanananda Saraswati, Yoga Publication trust, 2002
6. Hatha Yoga pradiipika by Swami Muktibodhananda, Yoga Publication trust, 2006

## **SEMESTER – II**

### **PAPER: MAY 201 INDIAN PHILOSOPHY**

**TOTAL MARKS: 100**

**EXTERNAL: 80**

**INTERNAL: 20**

#### **COURSE OBJECTIVES**

The students will be able to

- Appreciate the insight in the six systems of Indian philosophy.
- Explain the understanding of Yoga as a philosophy and inculcate the essence.
- Describe the various schools of philosophy like Buddhism, Samkhya, Mimamsa etc. which are relevant to Yoga practice.
- Discuss concept, objectives, and applications of Indian Culture for living & learning.

#### **NOTE**

- Examiner will set total 09 questions in all, selecting two each from four units and one question (9<sup>th</sup> question) will spread over entire syllabus. The 9<sup>th</sup> question will be compulsory and will consist of four short answer type questions (4 Marks each).
- Student has to attempt five questions, selecting one from each unit. 9<sup>th</sup> question will be compulsory. All questions carry equal Marks (16Marks each).

#### **UNIT I**

- A.** Nyaya and Vaisesika Nature of physical world, Individual soul, liberation and concept of supreme soul in Indian philosophy, Theory of body, mind and soul and philosophical background, The sixteen Padarthas according to Nyaya, Concept of Nyaya philosophy, means of salvation according to Nyaya and Vaisesika,
- B.** Means and objects of knowledge according to Nyaya and Vaisesika Category of substance-Nava dravyas, Category of quality-24 gunas, Relation between Nyaya and Vaisesika philosophy.

#### **UNIT II**

- A.** Theory of cause and effect; Prakriti and Purusha; Process of evolution of universe and concept of liberation; Concept of Atman, Brahma, Maya, Universe, God; the self and human life; Three fold afflictions and means to overcome afflictions; Twenty five entities according to Samkhya and means of knowledge; Saakarya Vada; Similarities and dissimilarities between Vyakta and Avyakta, Triguna;
- B.** Existence of Purusa, plurality of Purusa, proximity of Purusa and Prakrti; Karana, Antah Karana and Bahya Karana according to Sankhya Karika; Liberation and means of attaining it; Organization of the Yoga sutras, stages of Chittas, forms of Chitta, modification of Chittas, Kind of Kleshas, the eight fold of Yoga and God & liberation.

#### **UNIT III**

- A.** Concept of Pramana in Uttaramimamsa; Anumana, Sabda; Difference between vidya & avidya, subject & object, creation & causation, cause & effect; Pratyaksa, Anumana, Upamana, Arthapati, Anupalabdi and Sabda according to Uttaramimamsa; Atheism, Dharma in the context of Purvamimasa,
- B.** Summary of ten Upanisads, Atman, Brahma, Maya, Universe, God; The self and human life; Major teachings of Mimamsa system; Selfless action, nonattachment, self-control, self-discipline; Daily schedule for psychophysical wellbeing, social awareness, sense of equality, unity with diversity, selectiveness

- C. Carvaka philosophy: Origin and history of Carvaka philosophy, Metaphysics and Epistemology

**UNIT IV (FONT USED – NIRMALA UI)**

- A. शब्द रूप (अकारान्त पुल्लिङ्ग) राम, बालक। (आकारान्त स्त्रीलिङ्ग) लता, बालिका आदि। (नपुंसक लिङ्ग) फलम्, पुष्पम् आदि। अस्मद्, युष्मद् (सर्वनाम)  
B. धातुरूप (केवल लट्, लृट् तथा लङ् लकारों में - खाद्, हस्, वद्, पत्, चल्।  
C. पाठ्यक्रम में प्रदत्त शब्द रूपों तथा धातु रूपों की सहायता से संस्कृत में सरलतम वाक्यों का निर्माण।

\*\*\*प्राैक्टिकल कार्य \*\*\*

मौखिक परीक्षा हेतु

क) संस्कृत में श्रुतलेख

ख) श्लोक तथा सूत्रों का स्मरण तथा वाचन।

**REFERENCES**

1. C.D. Sharma: Critical Survey of Indian Philosophy. Motilal Banarsidass Publications, 2003
2. N. V. Banerjee: The Spirit of Indian Philosophy, Arnold-Heinemann Publishers, 1974.
3. P.T. Raju Structural Depths of Indian Thought. SUNY Press, 1985
4. S. N. Dasgupta. A History of Indian Philosophy Vol. 1. Motilal Banarsidass Publications. 1992
5. JN. Mohanty: Classical Indian Philosophy. Published by Rowman & Littlefield, 2000

**PAPER: MAY 202  
HATHA YOGA TEXTS – II**

**TOTAL MARKS: 100**

**EXTERNAL: 80**

**INTERNAL: 20**

**COURSE OBJECTIVES**

The students will be able to

- Explore the brief about Hath yogic texts
- Learn the different techniques about the Asanas and Pranayama, Bandhas and Mudras

**NOTE**

- Examiner will set total 09 questions in all, selecting two each from four units and one question (9<sup>th</sup> question) will spread over entire syllabus. The 9<sup>th</sup> question will be compulsory and will consist of four short answer type questions (4 Marks each).
- Student has to attempt five questions, selecting one from each unit. 9<sup>th</sup> question will be compulsory. All questions carry equal Marks (16Marks each).

**UNIT I**

- A. **Introduction to Hatha Yoga and Hatha Yogic Texts:** Yoga Beeja, Goraksha Samhita, Vashishtha Samhita and Hatha-tattva Kaumudi.  
B. **Introduction to Hatha Yoga and Hath Yogic Texts:** Shiva Samhita, Siddhasiddhantapaddhati and kumbhaka Paddhati.

**UNIT II**

- A. Asanas in Hatha Texts:** Definition, pre requisites and special features of Yoga-asana; Asanas in Shiv Samhita, Vasishtha Samhita.
- B.** Benefits, precautions and contra indications of different asanas described in Shiv Samhita, Vasishtha Samhita.

### UNIT III

- A. Pranayama in Hatha Yoga:** Concept of Pranayama in Shiv Samhita, and Vasishtha Samhita and Kumbhaka Paddhati
- B.** Pranayama Benefits, precautions and contra indications of different Pranayama in Shiv Samhita, and Vasishtha Samhita and Kumbhaka Paddhati.

### UNIT IV

- A. Bandha, Mudra and other practices:** Concept and Definition of Bandha and Mudra in Shiv Samhita, and Vasishtha Samhita.
- B.** Relationship of Hatha Yoga and Raja Yoga, Goal of Hatha Yoga, Relevance of Hatha Yoga in contemporary times

### REFERENCES

1. Swami Digbherir ji, Swami, (1980) Hath Yoga Pradipika, Kavalyadham, Lonawala, Pune.
2. Vashishtha Samhita, PLRD, Kaivalyadham Samiti, Lonavla, 2005.
3. Mudra Rahasya by Shri Rai Singh Chouhan, Bhartiya Yog Sansthan, New Delhi, 2014.
4. Vashishtha Samhita (Hindi) by Swami Maheshananda, B R Sharma. G S Sahay and R K Bodhe, Kaivalyadham, Pune, 2005.
5. Shiva Samhita (Hindi) by Swami Masheshananda, B R Sharma, G S Sahay & R K Bodhe, Kaivalyadham, Pune, 2009.

### PAPER: MAY 203 PATANJAL YOG SUTRAS

**TOTAL MARKS: 100**

**EXTERNAL: 80**

**INTERNAL: 20**

### COURSE OBJECTIVES

The students will be able to

- Understand an overview of the Patanjali Yoga Sutras
- Know the essence of the Patanjali Yoga Sutras
- Discuss Patanjali Yoga Sutra in terms of Psychology

### NOTE

- Examiner will set total 09 questions in all, selecting two each from four units and one question (9<sup>th</sup> question) will spread over entire syllabus. The 9<sup>th</sup> question will be compulsory and will consist of four short answer type questions (4 Marks each).
- Student has to attempt five questions, selecting one from each unit. 9<sup>th</sup> question will be compulsory. All questions carry equal Marks (16Marks each).

### UNIT I

- A.** Introduction to Yoga Darshana and its author, History and development of Yoga Darshana. Metaphysics of Yoga Darshana, Nature of Yoga according to Patanjali in light of Vyasabhasya, Tatvavasharadi and Yogavartika.
- B.** Introduction of traditional commentary of Patanjalayogasutra (Vyasabhasya, Bhojavrtti, Tatvavasharadi and Yogavartika). Introduction to commentators of

Patanjalayogasutra (Bhoja, Vachaspati Mishra, Vijana Bhikshu and Narayantirtha). Concept of Yoganushasanam, Yoga Lakshanam.

## **UNIT II**

- A.** Samadhipada and its applications: Concept of Chitta (Mana, Bhudhi and Ahankar). Chitta-Vrittis and its Classification. Concept of Chitta Bhoomis (Kshipta, Mood, Vkshti, Ekagrara, Nirudha). Chitta-Vikshepas (Antarayas), Concept of Chitta-prasadanam, Relevance of Chittaprasadanam in Yoga Sadhana.
- B.** Concept of Samadhi and Types of Samadhi. Samprajnatah and Asamprajnatah Samadhi, Types of Samapatti. Concept of Ishwar, Qualities of Ishwar, Ishwarapranidhana, and its relevance in Yogasadhana, Ritambhara-prajna and Adhyatma-prasadanam.

## **UNIT III**

- A.** Sadhanapada and its applications: Concept of kriyayoga of Patanjali, theory of kleshes (Avidya, Ashmita, Raga, Dewesh, Abhinevesh). Theory Karma, Concept of Dukhavada (Heya, Hetu, Drishta and Drisha-nirupanam Haana, Henopaya), Prakriti and Purusha Samyoga.
- B.** Concept of Ashtangayoga (Yama and its Siddhis, Niyama and Its Siddhis, Asanas and its siddhis). Concept of Pranayama and its siddhis (benefits) Concept of pratyahara and its siddhis

## **UNIT IV**

- A.** Vibhutipada, Kaivalyapada and its Application: Introduction of Dharana, Dhyana and Samadhi, Samyama and its siddhis, three types of cittaprinama. Bhootjaya, Indriyajaya and their siddhis, Satvapurushanyata Khayati and its siddhis, Vivek jnana nirupanam, kaivalya Nirvachan.
- B.** Five Types of Siddhis and jayatyantar parinamh, Concept of Nirman citta and four types of karmas. Concept of Vasana and Bahaya Pradartha (external element) and its abilities. Non self-illumination of Buddhi and its function, Dharmaamegha Samadhi and infinite knowledge, Mutation of Guna, Karma, Pratiprasavah and Kaivalya.

## **REFERENCES**

1. Patanjali Yogasutras by Sri Sri Ravishankar, Sri Sri Publication Trust, 2022.
2. Core of the Yogasutras by B. K. S. Iyengar, Harper Thorsons, 2012.
3. Light on the Yoga sutra of Patanjali by BKS Iyenger, Rlement Publication, 2005.
4. The Yogasutra of Patanjali by Paramahansa Prajnanananda Saraswati, Motilal Banarsidas Publication, 2011.
5. Four chapters on Freedom by Paramhansa Swami Satyananda Saraswati, Yoga Publication Trust, 2006.
6. Patanjali Yogasutras by Swami Vivekananda, Figer Print Press, 2019.

## **ELECTIVE PAPER: MAY 204 A**

### **FUNDAMENTAL PRINCIPLES OF YOGA THERAPY**

**TOTAL MARKS: 100**

**EXTERNAL: 80**

**INTERNAL: 20**

## **COURSE OBJECTIVES**

The students will be able to

- To be able to prescribe the integrated Yoga module for the individual case after detailed documentation and report it to the referring consultant.
- To request for assessment measures if necessary a) to confirm the diagnosis, b) to assess the present status of the disease, and c) for follow up.

- 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.
- To prescribe and administer Yogic prescription for the specific disease.

#### **NOTE**

- Examiner will set total 09 questions in all, selecting two each from four units and one question (9<sup>th</sup> question) will spread over entire syllabus. The 9<sup>th</sup> question will be compulsory and will consist of four short answer type questions (4 Marks each).
- Student has to attempt five questions, selecting one from each unit. 9<sup>th</sup> question will be compulsory. All questions carry equal Marks (16Marks each).

#### **UNIT I**

- A. Yoga Etiology, Diagnosis and Therapy** - Yogic Anatomy and Physiology: Concept of Psychic Centers, Pancha Kosha and three planes of human being; and effects of their activation and impairment over somatic, psychic and psycho-somatic levels of human existence. Yogic diagnostic techniques: Connections of Swar Science,
- B. Prana and Breathing Patterns** over somatic, mental and psycho-somatic levels. Association of Psychic centers over nerve plexues and endocrine glands. Concept of health and wellness in terms of W.H.O, Ayurveda and Yoga. Concept of Yoga Therapy: Meaning, Definition, Aims, Principles, Factors Impacts and Limitations; Qualities of Yoga therapist.

#### **UNIT II**

- A. Musculo-Skeletal Disorders** - Back Pain; Classification of back pain: organic and functional: Lumbar Spondylosis, Inter-vertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago, Medical and Yogic management;
- B. 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 III**

- A. Gastro Intestinal and Excretory Disorders** - Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Acid peptic disease- Indigestion Hyperacidity, Ulcer, Flatulence, Gastritis,
- B. Bowel Problems** - Chronic Constipation and hemorrhoids, Irritable Bowel Syndrome, Ulcerate colitis or inflammatory bowel disease, Crohn's disease, gluten intolerance, food allergies ; Excretory System: irritable bladder syndrome, stress incontinence, Chronic renal failure, Renal hypertension, Renal stones.

#### **UNIT IV**

- A. Yogic Management of Cardio-Pulmonary Disorders** Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management Hypertension and Hypotension, Ischemic heart diseases, Varicose veins, Peripheral vascular disease, Autoimmune Arteritis. Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications),
- B. Yogic Management and its rational** for the disease specific Yoga protocol, scientific evidence if available, probable healing mechanisms, practices of choice and contra indications. Allergies, autoimmune respiratory conditions -Allergic Rhinitis & Sinusitis, Bronchial Asthma, COPD & Emphysema- Occupational pulmonary disease.

**TEXT BOOKS**

1. Nagarathna R and Nagendra HR, Yoga therapy for common ailments series, SVYP publications, 2010
2. Swami Karmananda, Yoga therapy for common diseases, Yoga publication trust, Munger, 2001
3. Dr Robin Monro, Dr R Nagarathna and Dr H R Nagendra, Yoga for common ailments, Gaia Publishers, 1991

**REFERENCES:**

1. Shivanand Saraswati: Yoga Therapy (Hindi & English), Divine Life Society, 2009.
2. Rai, Lajpat: Discovering Human Potential energy: A Physiological Approach to Yoga (Anubhava Rai Publications, 1998)
3. Nagarathna, R and Nagendra, H.R.: Promotion of Positive Health, Swami Vivekananda Yogaa Prakashana, Bangalore, 2002
4. Ramesh Bijlani: Back to Health through Yoga, Rupa Publications India Pvt. Ltd, 2011
5. MDNIY publications: 10 Booklets, Yoga Therapy Series, MDNIY Publications, New Delhi, 2009
6. Swami Satyananda Saraswati: Yoga and Cardio Vascular Management, YogaPublication Trust, Munger, 2005
7. Nagarathna R and Nagendra H R: Yoga for Arthritis, Back pain, Diabetes, Pregnancy Breathing Practices, Swami V4ekananda Yoga Prakasana, Bangalore, 2000

**ELECTIVE PAPER: MAY 204 B**  
**STRUCTURAL KINESIOLOGY & BIOMECHANICS**  
**TOTAL MARKS: 100                      EXTERNAL: 80                      INTERNAL: 20**

**COURSE OBJECTIVES**

The students will be able to

- To be able to prescribe the integrated Yoga module for the individual case after detailed documentation and report it to the referring consultant.
- To request for assessment measures if necessary a) to confirm the diagnosis, b) to assess the present status of the disease, and c) for follow up.
- 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.
- To prescribe and administer Yogic prescription for the specific disease.

**NOTE**

- Examiner will set total 09 questions in all, selecting two each from four units and one question (9<sup>th</sup> question) will spread over entire syllabus. The 9<sup>th</sup> question will be compulsory and will consist of four short answer type questions (4 Marks each).
- Student has to attempt five questions, selecting one from each unit. 9<sup>th</sup> question will be compulsory. All questions carry equal Marks (16Marks each).

**UNIT I**

- A. Kinesiology:** Meaning, scope, importance and brief history of Kinesiology.
- B.** Body planes, body axis. Terminology of various types of movements around joints.
- C.** Range of motion, factors affecting range of motion, methods of assessing a joint's range of motion: techniques of increasing range of motion.

**UNIT II**

- A.** Structural and Functional classification of muscles on the basis of fibers attachment.
- B.** Terminology of muscular attachment. Red and white muscles and their functions.
- C.** Tendon action of two joints muscles

**UNIT III**

- A.** Characteristics of various joints and their movements:
- (i) Upper Extremities:** Shoulder and elbow joints: Pectoralis major, pectoralis minor, deltoid, supraspinatus, levator scapulae, latissimus dorsi, trapezius, biceps brachii, brachialis, triceps brachii
- (ii) Lower Extremities:** Hip, knee and ankle joints; muscles and ligaments surrounding; gluteus maximus; gluteus medius; gluteus minimus, gastrocnemius, quadriceps femoris group; hamstring group, Sartorius
- B. Other muscles:** Sternocleidomastoid; Rectus abdominis

**UNIT IV**

- A.** Newton's laws of motion and their applications
- B.** Equilibrium and centre of gravity. Characteristics of skilful performance
- C.** Lever - Meaning, definition, types and its application to human body
- D.** Projectile – Factors influencing projectile trajectory

**REFERENCES:**



1. Deshpande S.H.(2002). Manav Kriya Vigyan – Kinesiology (Hindi Edition) Amravati: Hanuman Vyayam Prasarak Mandal.
2. Hoffman S.J. Introduction to Kinesiology (Human Kinesiology publication In.2005.
3. Steven Roy, & Richard Irvin. (1983). Sports Medicine. New Jersey: Prentice hall.
4. Thomas. (2001). manual of structural Kinesiology, New York: Me Graw Hill.
5. Uppal A.K. Lawrence Mamta MP Kinesiology (Friends Publication India 2004)
6. Uppal, A (2004), Kinesiology in Physical Education and Exercise Science, Delhi Friends publications.
7. Williams M (1982) Biomechanics of Human Motion, Philadelphia; Saunders Co.

### **LAB PRACTICAL PAPER – MAY 205: PHYSICAL FITNESS TESTS**

**TOTAL MARKS: 50**

**EXTERNAL: 40**

**INTERNAL: 10**

#### **COURSE OBJECTIVES**

The students will be able:

- To skillfully perform the physical examination in a clinical set up under the supervision of a doctor.
- Monitor the vital parameters such as BP, BR, and PEFr etc. in a clinical set up.
- Prepare the case history and understand the medical terminology much better.

#### **NOTE FOR THE EXTERNAL EXAMINERS:**

The External Examiner will evaluate student teachers for their practical knowledge of conducting a particular Practical/Experiment on others and not for their own performance in that particular parameter except for that in Physical Fitness.

<b><u>PHYSICAL FITNESS TEST (SKILLS &amp; PROWESS)</u></b> <ul style="list-style-type: none"> <li>• Strength – Asanas</li> <li>• Agility – Trataka</li> <li>• Endurance – Suryanamaskara</li> <li>• Flexibility – Back &amp; Forward Bending Asana</li> <li>• Speed – Suryanamaskara</li> </ul>	<b>EXTERNAL: 40 INTERNAL: 10</b>
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#### **SESSIONAL WORK**

- ✓ Each candidate will prepare a one separate practical note book for Physical Fitness Test in which all Test-s performed and write in practical file along with photograph as per class teacher advice from the above said complete syllabus.

#### **REFERENCES:**

1. Sharma, R. D. (1979). Health and physical education, Gupta Prakashan. Singh, S. (1979).
2. Anatomy of physiology and health education. Ropar: Jeet Publications.
3. Christine, M. D., (1999). Physiology of sports and exercise.USA: Human Kinetics.
- Conley, M. (2000). Bioenergetics of exercise training. In T.R. Baechle, & R.W. Earle, (Eds.), Essentials of Strength Training and Conditioning (pp. 73-90). Champaign, IL: Human Kinetics.
4. Barron, H. M., & Mcchee, R. (1997). A practical approach to measurement in physical education. Philadelphia: Lea and Febiger.
5. Phillips, D. A., & Hornak, J. E. (1979). Measurement and evaluation in physical education. New York: John Wiley and Sons.

**YOGA PRACTICAL PAPER – MAY 206**  
**SHATKRIYAS, ASANAS AND PRANAYAMA**

**TOTAL MARKS: 50**

**EXTERNAL: 40**

**INTERNAL: 10**

**COURSE OBJECTIVES**

The students will be able to:

- Understand and explain the nature and physiology of Yogic practices.
- To know techniques, health benefits, applications, precautions and contraindications of under mentioned Yogic practices
- To demonstrate and instruct under mentioned Yogic practices.

<b>PRAYERS</b> <ul style="list-style-type: none"> <li>• Mantras Chanting               <ol style="list-style-type: none"> <li>1. Sage Patanjali – योगेनचित्तस्यपदेन.....</li> <li>2. Opening Prayer Mantra –ॐ संगच्छध्वंसंवदध्वं .....</li> <li>3. Panchakshar Mantra</li> <li>4. Maha Mrityunjaya Mantra</li> </ol> </li> </ul>	<b>INTERNAL: 02</b>
<b>SHATKRIYAS</b> <ul style="list-style-type: none"> <li>• Sutra-Neti (One Nostril &amp; Both nostrils)</li> <li>• Vahnisara Dhauti (Agnisara)</li> <li>• Trataka</li> <li>• Vyutkarma Kapalbhathi</li> <li>• Sheetkarma Kapalbhathi</li> <li>• Kriyas as described in 1<sup>st</sup> Semester Yoga Practical</li> </ul>	<b>EXTERNAL: 10</b> <b>INTERNAL: 02</b>
<b>YOGA-ASANAS</b> <ul style="list-style-type: none"> <li>• <b>Yogic</b> Sthula Vyāyāma (Yogic gross exercise) by Dhirendra Brahmachari               <ol style="list-style-type: none"> <li>1. Rekha-Gati (Line Walking)</li> <li>2. Hrid-Gati (Yogic Jogging)</li> <li>3. Urt-kurdana (Yogic Jumping)</li> <li>4. Urdhva-Gati (Move-up)</li> <li>5. Sarvanda-Pusti (Whole body Movement)</li> </ol> </li> <li>• <b>Pawanmuktasana Series</b> Part 3 – Shakti Bandha Asanas (Energy Block )               <ol style="list-style-type: none"> <li>1. Rajju Karshanasana (Pulling the Rope)</li> <li>2. Gatyatmak Meru Vakrasana (Dynamic Spinal Twist)</li> <li>3. Chakki Chalanasana (Churning the Mill)</li> <li>4. Nauka Sanchalanasana (Rowing the boat)</li> <li>5. Kashitha Takshanasana (Chopping Wood)</li> <li>6. Namaskarasana (Salutation Pose)</li> <li>7. Vayu Nishkasana (Wind Releasing pose)</li> <li>8. Kawa Chalasana (Crow Walking)</li> <li>9. Udarakarshanasana (Abdominal stretch pose)</li> </ol> </li> <li>• <b>Standing - Asanas</b> <ol style="list-style-type: none"> <li>1. Tada-asana, Triyak Tadasana</li> <li>2. Padahast-asana</li> <li>3. Ardha Chakra-asana</li> <li>4. Trikon-asana(Variation 1,2,3,4)</li> <li>5. Virbhadr-a-asanas 1,2,3</li> </ol> </li> <li>• <b>Sitting – Asanas</b> <ol style="list-style-type: none"> <li>1. Padma-asana</li> <li>2. Siddha-asana</li> </ol> </li> </ul>	<b>EXTERNAL: 20</b> <b>INTERNAL: 04</b>

<ol style="list-style-type: none"> <li>3. Swastik-asana</li> <li>4. Ardha-Matsyendra-asana</li> <li>5. Paschimottana-asana</li> </ol> <ul style="list-style-type: none"> <li>• <b>Lying – Asanas (On Abdominal)</b> <ol style="list-style-type: none"> <li>1. Bhujanga-asana</li> <li>2. Ardha-Shalab-asanas</li> <li>3. Shalab-asana</li> <li>4. Nauka-asana</li> <li>5. Makar-asana</li> </ol> </li> <li>• <b>Lying- Asanas (On Spine)</b> <ol style="list-style-type: none"> <li>1. Uttan-pada-asana</li> <li>2. Setubandha-asana</li> <li>3. Ardha-halasana</li> <li>4. Pawanmukta-asana</li> <li>5. Shavasana</li> <li>6. Asana-S Practices as described In 1<sup>st</sup> Semester Yoga Practical</li> </ol> </li> </ul>	
<b>PRANAYAMA-S</b> <ul style="list-style-type: none"> <li>• Nadi Shodhana (1:4:2 ratio)</li> <li>• Surya Bhedana Kumbhaka Pranayama</li> <li>• Ujjayi Kumbhaka Pranayama</li> <li>• Sheetal Kumbhaka Pranayama</li> <li>• Shitkari Kumbhaka Pranayama</li> <li>• Pranayama practices as described in 1<sup>st</sup> Semester Yoga Practical.</li> </ul>	<b>EXTERNAL: 10</b> <b>INTERNAL: 02</b>

#### **SESSIONAL WORK**

- ✓ Each candidate will prepare a three separate practical note book for Shatkriyas, Yogaasanas and Pranayama in which Total, 4 mantra-s, 4 Shatkriya-s, 4 Sthula Vyayama, 5 Pawanmuktasana Series, 15 Yoga-asanas practices and 5 Kumbhaka Pranayama practices along with photograph as per class teacher advice from the above said complete syllabus.

#### **REFERENCES:**

1. Asana, Pranyama, Mudra and Bandha by Swami Satyananda Saraswati, Yoga Trust Publication, 2013.
2. Light in pranayama by B K S Iyengar, Rlemant Publication, 2005.
3. Prana Pranayam by Swami Nirajanananda Saraswati, Yoga Trust Publication, 2009.
4. Yoga Darshan by Swami Nirajanananda Saraswati, Yoga Trust Publication, 2002.
5. Hatha Yoga pradipika by Swami Muktibodhananda, Yoga Trust Publication, 2006.
6. A systematic course in the ancient tantric techniques of Yoga and kriya by Swami Styanaanda Saraswati, Yoga Trust Publication, 2004.

## **SEMESTER - III**

**PAPER – MAY 301**

**MAJOR UPANISHAD AND BHAGAWAD GEETA**

**TOTAL MARKS: 100**

**EXTERNAL: 80**

**INTERNAL: 20**

### **COURSE OBJECTIVES**

The students will be able to

- Understand and discuss Shrimadbhagvad Geeta & Samkhyakarika as basic philosophical and theoretical foundations of Yoga.
- Critical understanding of the Principal Upanishads.
- Develop understanding of the nature of Soul.
- The basic concept of Brahmanvidya.

### **NOTE**

- Examiner will set total 09 questions in all, selecting two each from four units and one question (9<sup>th</sup> question) will spread over entire syllabus. The 9<sup>th</sup> question will be compulsory and will consist of four short answer type questions (4 Marks each).
- Student has to attempt five questions, selecting one from each unit. 9<sup>th</sup> question will be compulsory. All questions carry equal Marks (16Marks each).

#### **UNIT I**

- A. General Introduction to Bhagavad Gita**, Definitions of Yoga, their relevance & Scope; Essentials of Bhagavad Gita - meanings of the terms Atmaswarupa, Stithaprajna, Sankhya Yoga (Chpt.II), Karma Yoga (Chpt.III),
- B. Samnyasa Yoga and Karma Swarupa** (Sakama and Nishkama) Samnyasa, Dhyana Yogas (Chpt. VI)Types of Bhakta (Chpt. VII) Nature of Bhakti (Chpt.XII), Means and End of Bhakti-Yoga;
- C. The Trigunas and nature of Prakriti**; Three Kinds of Faith. Food for Yoga-Sadhaka, Classification of food (Chpt.XIV & XVII) Daivasura-Sampad-Vibhaga Yoga (Chpt.XVI); Moksa-Samnyasa Yoga (Chpt. XVIII)

#### **UNIT II**

- A. Ishavasyopanishad**: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava.
- B. KenaUpanishad**: Self and the Mind; Intuitive realization of the truth; Moral of Yaksha Upakhyana.
- C. KathaUpanishad**: Definition of Yoga; Nature of Soul; Importance of Self Realization.

#### **UNIT III**

- A. Prashna Upanishad**: Concept of Prana and rayi (creation); Panchapranas; The six main questions;
- B. Mundaka Upanishad**: Two approaches to Brahma- Vidya- Para and Aparā; The greatness of Brahmanvidya; Worthlessness of Selfish-karma; Tapas and Gurubhakti; The origin of creation, the ultimate aim of Meditation-Brahmanubhuti.
- C. Mandukya Upanishad**: Four States of Consciousness and their relation to syllables in Omkara.

#### **UNIT IV**

- A. Aitareya Upanishad**: Concept of Atma, Universe and Brahman.
- B. Taittiriya Upanishad**: Concept of Pancha Kosha; Summary of Shiksha-Valli, Brahmananda-Valli, Bhrigu-Valli.
- C. Chhandogya Upanishad**: Om (udgitha) Meditation; Shandilyavidya.

**D. Brihadaranyaka Upanishad:** Concept of Atman and Jnana Yoga; Union of Atman and Paramatman

## REFERENCES

1. Bhagwad Gita by Sri Sri Ravi Shankar, Sri Sri Publication trust, 2018.
2. Srimad Bhagavadgita by Gita press, Gorakhpur, 2020.
3. Gita Rahasya by Sri Bal Gangadhara Tilak, Tilak Publication, 1926.
4. The Bhagwad Gita by Swami Sivananda, Divine Life Society, 2008.
5. Holy Geeta by Swami Chinmayananda, Central Chinmaya & Mission Trust, 2000.
6. Yoga Vashistha by Swami Venkatesananda, State University of New York Press, 2016
7. Isha Upanisad by Swami Lokeswarananda, Sri Aurobindo Ashram, 2021.
8. Kena Upanisad by Swami Lokeswarananda, Ramakrishan Mission, Golpark, 1992.
9. Katha Upanisad by Swami Lokeswarananda, Ramakrishan Mission, Golpark, 2010.
10. Prashna Upanishad by Swami Niranjanananda Saraswati, Gita Press, 1992.
11. Nine Principal Upanihadas by Swami Satyananda Saraswati, Divine Life Society, 2006.
12. The Principal Upanishads by Swami Sivananda, Divine Life Society, 2012.

## PAPER – MAY 302

### YOGA THERAPY MANAGEMENT

**TOTAL MARKS: 100**

**EXTERNAL: 80**

**INTERNAL: 20**

## COURSE OBJECTIVES

The students will be able to

- Understand the concept of disorders.
- Understand the nature and symptoms of following disorders.
- Elaborate the nature of yoga management for following disorders

## NOTE

- Examiner will set total 09 questions in all, selecting two each from four units and one question (9<sup>th</sup> question) will spread over entire syllabus. The 9<sup>th</sup> question will be compulsory and will consist of four short answer type questions (4 Marks each).
- Student has to attempt five questions, selecting one from each unit. 9<sup>th</sup> question will be compulsory. All questions carry equal Marks (16Marks each).

## UNIT I

- A. Respiratory Disorders:** Allergic Rhinitis & Sinusitis, Chronic Bronchitis, Bronchial, Asthma. (Meaning, general causes, symptoms, Yogic approach and suitable Yoga therapy for following disorders)
- B. Cardiovascular Disorders:** Hypertension, Angina Pectoris, Cardiac Asthma. (Meaning, general causes, symptoms, Yogic approach and suitable Yoga therapy for following disorders)

## UNIT II

- A. Endocrinal and Metabolic Disorders:** Diabetes Mellitus, Hypo and Hyper Thyroids, Obesity: Metabolic Syndrome. (Meaning, general causes, symptoms, Yogic approach and suitable Yoga therapy for following disorders)
- B. Obstetrics and Gynecological Disorders, Menstrual Disorders:** Dysmenorrhea. Menopause and per menopausal syndrome: Yoga for Pregnancy and Childbirth,

Ante-natal Care. Post-natal Cure.(Meaning, general causes, symptoms, yogic approach and suitable yoga therapy for following disorders)

### UNIT III

- A. Gastrointestinal Disorders:** Gastritis, Indigestion, Peptic Ulcers, Constipation, Diarrhea, Irritable Bowel Syndrome, Colitis, Piles (Meaning, general causes, symptoms, yogic approach and suitable yoga therapy for following disorders)
- B. Muscular-Skeletal Disorders:** Back Pain, Intervertebral Disc, Prolapse (IVDP) Lumber Spondylosis, Cervical Spondylosis, Arthritis(Meaning, general causes, symptoms, yogic approach and suitable yoga therapy for following disorders)

### UNIT IV

- A. Neurological Disorders:** Migraine, Tension-Headache. Epilepsy.(Meaning, general causes, symptoms, yogic approach and suitable yoga therapy for following disorders)
- B. Psychiatric Disorders:** Neurosis, Anxiety Disorders, Phobias, Depression.(Meaning, general causes, symptoms, yogic approach and suitable yoga therapy for following disorders)

### REFERENCES:

1. Yogic Management of Asthma and Diabetes by Dr. Swami Shankardevananda, Yoga Publication Trust, 2005.
2. Yoga for the Digestive System by Dr. Swami Shankurdevananda, Yoga Publication Trust, 2006.
3. Yoga for Cardiovascular System Management by Swami Saracuda Sort, Yoga Publication Trust, 2001.
4. Yogic Management of Common Disease by Dr. Swami Karmananda, Yoga Publication Trust, 2003.
5. Yoga on Hypertension by Dr. Swami Shankardevananda, Yoga Publication Trust, 2003.
6. Integrated Approach of Yoga Therapy for positive health by Dr. Mina and Dr. HR. Nagendra, Swami Vivekananda Prakashan, 2018.
7. Yoga for common ailments and TAYT for different disease by Dr R. Nagunithina end Dr. R. Nagendra Nawa Yogini Tantra Yoga for Women by Swami Muktananda, Touchstone Publication, 1991.

### PAPER – MAY 303

### PRINCIPLES OF NATUROPATHY

**TOTAL MARKS: 100**

**EXTERNAL: 80**

**INTERNAL: 20**

### COURSE OBJECTIVES

The students will be able to

- Understand and explain the nature and functions of Naturopathy.
- Elaborate the history and development of Naturopathy.
- Understand and explain the Nature Cure Treatments

### NOTE

- Examiner will set total 09 questions in all, selecting two each from four units and one question (9<sup>th</sup> question) will spread over entire syllabus. The 9<sup>th</sup> question will be compulsory and will consist of four short answer type questions (4 Marks each).
- Student has to attempt five questions, selecting one from each unit. 9<sup>th</sup> question will be compulsory. All questions carry equal Marks (16Marks each).

### UNIT I

- A. Naturopathy:** Meaning, Definitions & Fundamental principles of Naturopathy.
- B.** Objectives & Importance of Naturopathy.
- C.** Laws of Nature: Pancha Mahabhuta.

### UNIT II

- A. History of Naturopathy** in Ancient period.
- B.** Development of Modern Naturopathy
- C.** History of Nature Cure in India

### UNIT III

- A. Diagnostic Procedures in Naturopathy:** Spinal Analysis, Facial Diagnosis, Kanika Diagnosis, chromo diagnosis and its diagnostic values.
- B.** Importance of the physical and mental hygiene, Personal life and prevention of diseases
- C.** Techniques to acquire Natural immunity in diseases.

### UNIT IV

- A. Nature Cure Treatments:** Enema, Fasting, Natural Diet, sun bath, Hydrotherapy, Mud therapy, Massage therapy.
- B. Types of Bath:** Hip-bath, Spinal bath, Steam bath, Chest pack, Mud packs.
- C.** Chromo therapy – Color treatment, Heat, Light, Electricity, Ultraviolet and Infra-red rays.

### REFERENCES:

1. Henry Lindlahr. Philosophy of Nature Cure, Forgotten Books, 2018
2. S.J. Singh., History and Philosophy of Nature Cure, 1980.
3. M.K. Gandhi., My Nature Cure, Jitendra T Desai, 1954.
4. P.D. Mishra & Mishra V. Prakartik Chikitsya sidhant evam Vayavahar, Uttar Pradesh Hindi Sansthan, Lucknow, 2011.
5. Jindal R., Prakartik Ayurvijnana, Arogya Seva Sadan, Prakashan, Uttar Pradesh, 2019.

### ELECTIVE PAPER – MAY 304 A YOGIC PSYCHOLOGY

**TOTAL MARKS: 100**

**EXTERNAL: 80**

**INTERNAL: 20**

### COURSE OBJECTIVES

The students will be able to

- Understand the nature of Psychology in Yoga
- Comprehend the components of general psychology.
- Elaborate the nature of Yogic psychology.

### NOTE

- Examiner will set total 09 questions in all, selecting two each from four units and one question (9<sup>th</sup> question) will spread over entire syllabus. The 9<sup>th</sup> question will be compulsory and will consist of four short answer type questions (4 Marks each).
- Student has to attempt five questions, selecting one from each unit. 9<sup>th</sup> question will be compulsory. All questions carry equal Marks (16Marks each).

### UNIT I

- A. Human Psyche** - Concept of Psyche as per Samkhya, Vedanta and Tantra; The nature of Psychology and its definition, Scope and utility of Psychology. Psychology as a study of human behavior
- B. Counseling;** Personality development; Counseling; Methods of counseling; Skills of counseling; Issues and challenges; Life's skills for happy life; Code of ethics for lay counselors. Yogic etiology for somatic, mental, social and spiritual disharmony.
- C. Physiological and Psychological Stress;** Understanding stress in accordance with scriptures; Stress assessment tools and biomarkers of stress; Stress & disease.

## UNIT II

- A. Yogic Insights on Psychology** - States of consciousness according to Yogic scriptures (Jagrata, Svapna, Susupti and Turiyā) and their applicability.
- B. Learning and Remembering** in the context of Jnana Yoga (Shravana, Manana and Nididhyasana); Motivation
- C. Personality:** Types of Personality in the context of different Yogic scriptures (Mudha, Kshipta, Vikshipta, Chanchala etc.);
- D. Emotions;** Meaning, Cause of emotions in the mind according to Yoga Texts, Physiology of emotions; Mobilizing, transforming and channelizing the emotions.

## UNIT III

- A. Psychic Forces, Conflicts and Frustrations** - Psychic forces and human behavior, behavior and Consciousness, States of Consciousness, Psychological basis of behavior; Causes and Consequences of Conflicts and Frustrations;
- B. Common Mental Disorders;** Depressive disorders; Anxiety disorders; Serious mental disorders; Mental retardation;
- C.** Alcohol and drug abuse; Suicide, attempted suicide and suicide prevention.

## UNIT IV

- A. Mental Processes:-** Concept, Meaning, definition, types, and process of Sensation, Perception, Attention, Memory, Learning, Feeling etc. and their neurobiology and quantifications;
- B. Concept of Human Intelligences** – mental Intelligence, emotional intelligence, social intelligence and spiritual intelligence and their neurobiological connection and quantifications; Yogic practices for improving/enhancing the intelligences.

### TEXT BOOKS

- Abhedananda: The Yoga Psychology, Ramakrishna Vedanta Math, Calcutta, 1973.
- Sachdev, I.P. Yoga and Depth Psychology (Motilal Banarsidass, Delhi, 1978)

### REFERENCES:

1. Taimini, I.K: Glimpses into the Psychology of Yoga (Adyar: Theosophical Publishing House, 1973)
2. Hecker, J.E & Thorpe, G.L: Introduction to clinical psychology Science, Practice ethics. New Delhi Pearson, 2010
3. Aatreya, Shanti Parkash - Yoga Manovijnana (Indian Psychology) (International Standard Publication, Varanasi: 1965)
4. Hilgard, Ernest R.. Atkinson, Richard C & Atkinson, R.L Introduction to Psychology New Delhi Oxford and IBH Publishing Co. Pvt. Ltd.
5. Nagendra, H, R New Perspectives in Stress Management. Bangalore V4 Canada Kendra, 1986.



6. Herrman, H, Savena, S.& Moodie, R Promoting Mental Health, Switzerland: WHO Press, World Health Organization, 2005
7. Singh, Sara Samanya Manovijnana Delhili motilal Banarasidas Publication, 2007
8. Taylor, S.E Health Psychology 6th ed) New Delhi: Tata McGraw Hi, 2006
9. Tilak, BG Srimad Bhagwad Ita ahaya Poena: Tilak Mandir
10. Udapa, KN Stress And its Management by Yoga Detroit ratidar, 2007
11. Vivekananda. Sami Raja Yoga Nagpur Ramakrishna Math, 2012.
12. Daniel Goleman & coloring: Mind body medicine, Consumer Report Books, 1995.

## **ELECTIVE PAPER – MAY 304 B DIET AND NUTRITION**

**TOTAL MARKS: 100**

**EXTERNAL: 80**

**INTERNAL: 20**

### **COURSE OBJECTIVES**

The students will be able to

- Understand the concept of Diet and Nutritive Medical Value.
- Advise appropriate diet to different age groups.
- Benefits and caloric value of various food groups.
- Understand and practice daily regimen, night regimen and seasonal regimen for health promotion, disease prevention and age reversal.

### **NOTE**

- Examiner will set total 09 questions in all, selecting two each from four units and one question (9<sup>th</sup> question) will spread over entire syllabus. The 9<sup>th</sup> question will be compulsory and will consist of four short answer type questions (4 Marks each).
- Student has to attempt five questions, selecting one from each unit. 9<sup>th</sup> question will be compulsory. All questions carry equal Marks (16Marks each).

### **UNIT I**

- A. Basic Concepts-** Health, Nutrition, Relationship between health and nutrition, Balanced diet, Basic Terminology to Nutrition Requirement, Human Nutritional Requirements; food, Functions of Food, & Food Groups; Selection, Preparation and Nutritive Value.
- B. Nutrients and their classification-** Macro nutrients & micro nutrients- sources, functions and effects on the body; Fat soluble & Water soluble Vitamins-sources, functions and effects on the body

### **UNIT II**

- A. Energy-** Basic Concepts, Definition and Components of energy Requirement, Energy Imbalance, Concepts of metabolism, , calorie requirement- BMR, SDA, physical activity;
- B. Digestion, Absorption and Metabolism of Carbohydrates, Lipids and Protein.**

### **UNIT III**

- A. Nutrients Need during Normal Stages of Life-** infancy, childhood, adolescence, pregnancy, lactation and old age.
- B. Disease Management with Therapeutic Diet-** fever, obesity and underweight, diet in disease of the gastrointestinal tract, diet in disease of liver, diabetes mellitus, kidney disorder and diet in disease of the cardiovascular system.

### **UNIT IV**

- A. Introduction of Ahara (Diet),** Concept of Mitahara; Definition and classification in Yogic Diet according to traditional Yoga texts; concepts of diet according to gheranda samhita, Hatha pradeepika and Bhagavadgeeta- Rajasic, Tamasic, and Sattvic Food;
- B. Pathya and Apathya** in diet according to Yogic texts; Guna and Ahara; Importance of Yogic diet in Yoga Sadhana; Yogic diet and its role in healthy living; diet according to the body constitution (Prakriti) – Vatta, pitta and Kapha

#### TEXT BOOK

- Ramesh Bijlani: Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012

#### REFERENCES

- Stanley Davidson & others: Human Nutrition & Dietetics, The English Language Book Society & Churchill Livings, Revised Edition
- Dennis Thompson: The Ayurvedic Diet, New age books, New Delhi, 2001
- Randolph Stone: A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition
- Robinson: Basic nutrition and diet Therapy, Pearson Publication.
- B. Srilakshmi: Nutrition Science, New Age International Private Limited; Seventh edition (1 August 2021); NEW AGE International Pvt. Ltd

### PART A - YOGA PRACTICAL – PAPER – MAY 305 SHATKRIYAS & ASANAS

**TOTAL MARKS: 60**

**EXTERNAL: 50**

**INTERNAL: 10**

#### COURSE OBJECTIVES

The students will be able to:

- Understand and explain the nature and physiology of Yogic practices.
- To know techniques, health benefits, applications, precautions and contraindications of under mentioned Yogic practices
- To demonstrate and instruct under mentioned Yogic practices.

<b>SHATKRIYAS</b> <ul style="list-style-type: none"> <li>Sutra-Neti</li> <li>Danta Dhauti</li> <li>Nauli (In standing Position)</li> <li>Kriyas as described in 1<sup>st</sup>&amp; 2<sup>nd</sup>Semester Yoga Practical</li> </ul>	<b>EXTERNAL: 20</b> <b>INTERNAL: 04</b>
<b>YOGA-ASANAS</b> <ul style="list-style-type: none"> <li><b>STANDING ASANAS</b> 1 Kati-Chakra-asana, 2 Hastottana-asana, 3Utkatasan, 4 Garuda-asana, 5 Vtyana-asana and 6 Natraj-asana</li> <li><b>SITTING ASANAS</b> 1Vajrasana, 2 Simhasan, 3 Mandukasan , 4 Uttana-Madukasana, 5 Ushtre-asana, 6 Shanshank-asana and 7 Purana-Matsyendra-asana</li> <li><b>LYING ASANAS (ON ABDOMINAL)</b> 1 Danda-asana, 2 Sarpa-asana, 3 Purana-Bhunjangasana, 4 Purana- Shalabasana, 5 Dhanurasana and 6 Bala-asana</li> <li><b>LYING- ASANAS (ON SPINE)</b> 1 Matsya asana, 2 Chakra asana, 3 Sarvang asana, 4 Hala asana, 5Karampeeda asana and 6 Supta Tada asana</li> <li>Asana-s Practices as described in 2<sup>nd</sup> Semester Yoga Practical</li> </ul>	<b>EXTERNAL: 30</b> <b>INTERNAL: 06</b>

### SESSIONAL WORK

- ✓ Each candidate will prepare a **two** separate practical note book for Shatkriyas and Yogaasanas in which Total, 4 Shatkriya-s, and 20 Yoga-asanas practices along with photograph as per class teacher advice from the above said complete syllabus.

### REFERENCES:

1. Asana, Pranyama, Mudra and Bandha by Swami Satyananda Saraswati, Yoga Publication Trust, 2015.
2. Light in pranayama by B K S Iyengar, rlement publication, 2005.
3. Prana Pranayam by Swami Nirajanananda Saraswati, Yoga Publication Trust, 2009.
4. Yoga Darshan by Swami Nirajanananda Saraswati, Yoga Publication Trust, 2002.
5. Hatha Yoga pradipika by Swami Muktibodhananda, Yoga Publication Trust, 2006.
6. A systematic course in the ancient tantric techniques of Yoga and kriya by swami Styananda Saraswati, Yoga Publication Trust, 2004.

### **PART B – YOGA PRACTICAL PAPER: MAY 305: PRANAYAMA, MUDHRA, BANDHAS and DHYANA-I**

**TOTAL MARKS: 40**

**EXTERNAL: 30**

**INTERNAL: 10**

### COURSE OBJECTIVES

The students will be able to:

- Understand and explain the nature and physiology of Yogic practices.
- To know techniques, health benefits, applications, precautions and contraindications of under mentioned Yogic practices
- To demonstrate and instruct under mentioned Yogic practices.

<b>A-PRAYERS:</b> <ul style="list-style-type: none"><li>• Mantras Chanting (<b>Choose one</b>)<ol style="list-style-type: none"><li>1. Shadakshara Stotram</li><li>2. Shivashatakam Mantra</li><li>3. Nirvana Shatakam Mantra</li></ol></li></ul> <b>B-PRANAYAMA-S</b> <ul style="list-style-type: none"><li>• Bharamari Kumbhaka Pranayama, Bhastrika Kumbhaka Pranayama</li><li>• Bahyavritti Pranayama, Abhyantarvritti Pranayama</li><li>• Pranayama Practices as described in 1<sup>st</sup>&amp; 2<sup>nd</sup>Semester Yoga Practical</li></ul>	<b>External: 10</b> <b>Internal: 04</b>
<b>MUDRA-S &amp; BANDHA-S</b> <ul style="list-style-type: none"><li>• Moolbandha, Jalandharbandh and Uddiyan bandh</li><li>• Vipritkarani</li><li>• Hast Mudra – Gyan, Ling, Prana, Apan, Dhyan</li><li>• Kakimudra</li><li>• Tadagi</li><li>• Ashwani</li><li>• Shambhavi</li></ul>	<b>External: 10</b> <b>Internal: 04</b>
<b>DHYANA-S</b> <ul style="list-style-type: none"><li>• Pranav Dhyan</li><li>• Soham Japa</li><li>• Yoga Nidra</li></ul>	<b>External: 10</b> <b>Internal: 02</b>

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• Anatarmauna</li> <li>• Ajapa Japa</li> <li>• Breath Meditation</li> <li>• Om Meditation</li> </ul> |  |
|---|--|

### SESSIONAL WORK

- ✓ Each candidate will prepare a **three** separate practical note book for Mantra-Pranayama, Mudras & Bandhas and Dhyana in which Total, 3 mantra-s, 4 Kumbhaka Pranayama, 8 Mudras and Bandhas and 4 Dhyanas practices along with photograph as per class teacher advice from the above said complete syllabus.

### REFERENCES:

1. Asana, Pranyama, Mudra and Bandha by Swami Satyananda Saraswati, Yoga Publication Trust, 2015.
2. Light in pranayama by B K S Iyengar, rlement publication, 2005.
3. Prana Pranayam by Swami Nirajanananda Saraswati, Yoga Publication Trust, 2009.
4. Yoga Darshan by Swami Nirajanananda Saraswati, Yoga Publication Trust, 2002.
5. Hatha Yoga pradipika by Swami Muktibodhananda, Yoga Publication Trust, 2006.
6. A systematic course in the ancient tantric techniques of Yoga and kriya by swami Styanaanda Saraswati, Yoga Publication Trust, 2004.

### PAPER – MAY 306

#### DISSERTATION (SYNOPSIS WRITING, SUBMISSION & FIELD WORK)

Following the completion of this dissertation, students shall be able to:

- Carry out our Research Topic.
- Analyze the different literature to search for Research Topic.

**During the semester,** every student will choose his/her own research and carry out the research trial under the supervision of a Guide.

The Research Topic will be approval by the research committee. Then, Students will work on that research topic.

**Examination:** Students shall be examined based on the presentation of their synopsis.

### (FIELD WORK)

Following the completion of this dissertation, students shall be able to:

- Carry out the field work of research dissertation.
- Analyze his/her data and organize the data in tabular and graphical form.
- Interpret the data and draw the conclusion.

### NOTE

- **During the semester,** every student will be expected to carry out the following task their research field work or intervention under the supervision of a Guide.
- Meet the guide at least once a week to report their progress.
- Spend time every day for recording the data.

## **SEMESTER IV**

### **PAPER – MAY 401**

#### **YOGA UPANISHAD AND YOGA VASHISTHA**

**TOTAL MARKS: 100**

**EXTERNAL: 80**

**INTERNAL: 20**

#### **COURSE OBJECTIVES**

The students will be able to

- Critical understanding of the various Yoga Upanishads.
- Develop understanding of Yoga Upanishad into life
- To understand the basic concept of Yoga Vasistha

#### **NOTE**

- Examiner will set total 09 questions in all, selecting two each from four units and one question (9<sup>th</sup> question) will spread over entire syllabus. The 9<sup>th</sup> question will be compulsory and will consist of four short answer type questions (4 Marks each).
- Student has to attempt five questions, selecting one from each unit. 9<sup>th</sup> question will be compulsory. All questions carry equal Marks (16Marks each).

#### **UNIT I**

- A. Swetaswataropaniṣad:** (Chapter II) Techniques and Importance of Dhyanyoga, suitable place for Dhyana, sequence of pranayama & its importance, Prior symptoms of Yogasiddhis, Importance of Yogasiddhis, Tattvajna, (Chapter VI) Nature of God, techniques for Realization, Attainment of liberation.
- B. Yogakundalini Upanishad:** Methods of Pranayama Siddhi, Types of Pranayama, means of self-realization.

#### **UNIT II**

- A. Yogachudamadi Upanishad:** The description of the six limbs of yoga, their results and sequence.
- B. Trishikhibrahman Upanishad:** description of Ashtangayoga, Karmayoga and Jnanayoga.
- C. Yogatattva Upanishad:** Mantrayoga, Layayoga, Hathayoga, Rajayoga and their stages, diet and Dincharya, primary symptoms of yoga siddhis and precautions.

#### **UNIT III**

- A. Dhyānbindoopaniṣad:** importance of Dhyānayoga, Nature of Pranav, Techniques of Pranav meditation, Shadāngyoga, Atmadarshan through Nadanusandhan.
- B. Nadabindoopaniṣad:** Hansavidya: description of various limbs of Omkar, 12 matras of omkar and its results of their application with Pranas, Types of nadas, nature of nadanusandhan sadhana, state of Manolaya.
- C. Yogarajopaniṣad:** Mantrayoga, Layayoga, Hathayoga, Rajayoga, nine chakras, procedures of Dhyana and its results.

#### **UNIT IV**

- A. Salient features of Yoga Vashitha,** Concept of Adhis and Vyadhis; Psychosomatic Ailments; The four Dwarpaals to Freedom
- B. Sukha attainment in the Highest State of Bliss; Practices to overcome the Impediments of Yoga; Development of Satvaguna; Eight limbs of Meditation; Jnana Saptabhumika.**

#### **REFERENCES:**

1. The Yoga Upanisad's. T.R. Srinivasa Ayyangar and Madhusudhan Penna, New Bharatiya Books Publication, 2019.
2. Yoga Darshana Upanishad. Swami Satyadharma Saraswati, Reatespace Independent Publication, 2018.
3. Yoga Upanishad Sangrah. Paramhans Swami Anantbharti. Choukmbha orientalia, 2015.

**PAPER – MAY 402**  
**COMPLEMENTARY AND ALTERNATIVE THERAPY**  
**TOTAL MARKS: 100                      EXTERNAL: 80                      INTERNAL: 20**

**COURSE OBJECTIVES**

The students will be able to

- State concept, prevalence, objectives, types, applications and limitations of CAT.
- Have knowledge & skills of therapeutics related to acupressure, pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

**NOTE**

- Examiner will set total 09 questions in all, selecting two each from four units and one question (9<sup>th</sup> question) will spread over entire syllabus. The 9<sup>th</sup> question will be compulsory and will consist of four short answer type questions (4 Marks each).
- Student has to attempt five questions, selecting one from each unit. 9<sup>th</sup> question will be compulsory. All questions carry equal Marks (16Marks each).

**UNIT I**

- CAT:** History, Meaning, Definition, Objectives, Types, Prevalence, Contemporary Need, Applications and Limitations.
- Mind-Body Therapy:** Origin, Meaning, Definition, Aims, Principles, Factors, Impacts, Prevalence, Applications, and Limitations.
- Pioneers in MBM in modern era** – Norman cousins, Deepak Chopra, Herbert Benson, Dean Ornish, Bernie Siegal, Lorry Dossey; Need of mind body medicine; Mind body relationship and modern medicine: Epidemiological studies, clinical studies, & experimental studies; Placebo and Nocebo.

**UNIT II**

- Manipulative-Body Based Therapy (MBBT):** Meaning, Definition, Aims, Principles, Types, Impacts, Prevalence, Applications, and Limitations.
- Acupressure:** Origin, Meaning, Definition, Principles, Five Elements Theory, Chi Clock Cycle, Meridian Systems and Locating Acupoints on 12 Major Meridians and Reflexology.

**UNIT III**

- Energy Medicine:** History, Meaning, Definition, Types, Principles, Applications and Limitations.
- Pranic Healing:** Origin, History, Meaning and Sources of Prana; Principles, Law of Action, & Types (Basic, Advanced, and Psychotherapy);
- Bio-Plasmic Body/Aura:** structure, types and size;
- Energy Centers (EC):** Meaning, Types (Major, Minor and Mini), Sizes, Colors, Functions and Consequences of their Dysfunctions; Yoga& Twin Meditation, Scanning Auras or Chakras, Sweeping and Energizing Procedures.

**UNIT IV**

- A. Acupressure & Pranic Therapeutics:** Low Back Pain, Arthritis, Obesity, Diabetes, Hypertension/Hypotension, Hyper/Hypo Thyroidism, Liver Problem, Allergy, CAD, Anemia, Hyperacidity, Irritable Bowel Syndrome, Colitis, Piles, Migraine, Insomnia, Depression, Chronic Fatigue Syndrome, Epilepsy, Anxiety, Obsessive Compulsive Disorder, Leucorrhoea,
- B. Menstrual Disorders,** Impotency, Infertility, CSF, Asthma, Pneumonia, Renal Problem, Varicose Veins, Distress, and Myopias.

## REFERENCES

1. Acharya, B. (2004). Ausadh Darshan. Haridwar, India: Divya Prakashan.
2. Acharya, B. (2005). Ayurveda Jadi-buti Rahasya. Haridwar, India: Divya Prakashan.
3. Brahmabarchas. (2003). Nidan Chikitsa. Haridwar, India: Ved Mata Gayatri Trust.
4. Colledge, N. R., Walker, B. R. & Ralston, S. H. (2010). Davidson's Principles & Practice of Medicine (21st ed.). China: Churchill Livingstone, Elsevier.
5. Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: Divya Prakashan.
6. Peeters, J. (2008). Reflexology. Bath BAIHE, UK: Paragon.
7. Ramdev, S. (2006). Yoga Sadhana and Yoga Chikitsa Rahasya. Haridwar, India: Divya Prakashan.
8. Ramdev, S. (2009). Pranayam Rahasya. Haridwar, India: Divya Prakashan.
9. Sah, R. L., Joshi, B., & Joshi, G. (2002). Vedic health care system. New Delhi, India: New Age Books.
10. Sharma, S. (1998). Jivem Saradm Satam. Mathura, India: Akhand Jyoti Samsthan.
11. Sharma, S. (2010). Gayatri Mahavijyan (Combined and revised ed.). Mathura, India: Yug Nirman Yojana Bistar Trust.
12. Sui, M. C. K. (2002). Miracle through pranic healing (3rd Ed.). New Delhi, India: All India Pranic Healing Foundation.
13. Sui, M. C. K. (2005). Advanced pranic healing. Bangalore, India: World India Pranic Healing Foundation-India.
14. Sui, M. C. K. (2005). Pranic Psychotherapy (2nd Ed.). Bangalore, India: World India Pranic Healing Foundation-India.
15. Yogaananda, P. (2011). Journey to self-realization. Kolkata, India: Yogaoda Satsang Society of India.
16. Mohan, H. (2010). Textbook of pathology (6th Ed.). New Delhi, India: JAYPEE BROTHERS MEDICAL PUBLISHERS (P) LTD.
17. Sharma, S. (2013). Chikitsa Upchar Ke Vividh Ayam (2nd Ed.). Mathura, India: Akhand Jyoti Samsthan.
18. Sharma, S. (2013). Nirog Jeevan Ke Mahatopurna Sutra (2nd Ed.). Mathura, India: Akhand Jyoti Samsthan.
19. Sharma, S. (2013). Pran Chikitsa (2nd Ed.). Mathura, India: Akhand Jyoti Samsthan.
20. Sharma, S. (2006). Diagnose, cure and empower yourself by the currents of breath. Haridwar, India: Shri Vedmata Gayatri Trust.
21. Yuan, Chun-Su., & Bieber, E. J. (2003). Textbook of complementary and alternative medicine.

## PAPER – MAY 403

### DISSERTATION SUBMISSION & VIVA VOCE

**TOTAL MARKS: 100**

**EXTERNAL: 80**

**INTERNAL: 20**

## **COURSE OBJECTIVES**

The students will be able to

- To carry out his/her own data analysis in Research independently.
- To conceptualize and design a Research Report independently
- To prepare a manuscript independently and communicate to a Journal

During this period, The Guide will be the mentor starting from conceptualization until the final Research Report Presentation and communication to a journal.

Following the successful completion, a departmental viva will be organized for the candidate to present his/her work to the whole department.

Principal/Head of Departmental will plan and display internal and external evaluation structure to the students at the beginning of the semester.



**ELECTIVE PAPER – MAY 404 A**  
**TEACHING METHODOLOGY IN YOGA**  
**TOTAL MARKS: 100                      EXTERNAL: 80                      INTERNAL: 20**

**COURSE OBJECTIVES**

The students will be able to

- To understand the concept of Yoga teaching Practices
- To inculcate the new concept of Yoga techniques
- To understand the basic needs of organizing yoga camps

**NOTE**

- Examiner will set total 09 questions in all, selecting two each from four units and one question (9<sup>th</sup> question) will spread over entire syllabus. The 9<sup>th</sup> question will be compulsory and will consist of four short answer type questions (4 Marks each).
- Student has to attempt five questions, selecting one from each unit. 9<sup>th</sup> question will be compulsory. All questions carry equal Marks (16Marks each).

**UNIT I**

- A. 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;
- B.** Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training.
- C.** Techniques of Individual; Teaching Techniques of group teaching; Techniques of mass instructions; Organization of teaching (Time Management, Discipline etc.)

**UNIT II**

- A. Fundamentals of Teaching Practices:** Fundamental elements of Teaching. Merits &Demerits of teaching Practices.
- B. Essentials of Good Lesson Plan:** concepts, needs, planning of teaching Yoga (Shodhanakriya, Asana, Mudra, Pranayama & Meditation), Principles of Teaching Methods- Yama-Niyama
- C. 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.

**UNIT III**

- A. 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.
- B. Yoga classroom:** Essential features, Area, Sitting arrangement in Yoga class.
- C.** Student's Approach to the teacher: Pranipaata; Pariprashna; Seva; (BG 4.34).

**UNIT IV**

**Yoga Teaching Camp, Seminar-Workshop etc.**

- A.** Planning & organization of Yoga Camp & Yoga Therapy Camp.
- B.** Planning & organization of Yoga Seminar & Yoga Workshop.
- C.** Planning & organization of Yoga Competition & Championship.

**ASSIGNMENT: 15 MARKS**

(Teaching Practice Note Book) Each student has to prepare and deliver 10 Lesson plans (Five Asanas+Three Pranayams+Three Shatkriyas) during the session.

## REFERENCES

1. Basavaraddi, I.V. (Managing Editor) Yoga Teachers' Manual for School Teachers; Morarji Desai National Institute of Yoga, New Delhi, 2010
2. Bhatia, Kamala & Bhatia, B. D. The Principles and Methods of Teaching, Doaba House, Delhi, 2000.
3. Duggal, Satyapal Teaching Yoga the Yoga Institute, Santacruz, Bombay, 1985.
4. Gavande, E. N. Value Oriented Education: Vision for Better Living Sarup & Sons, New Delhi. 2002.
5. Gharote, M.L. & Ganguly, S. K. Teaching Methods for Yogic Practices Kaivalyadhama, Lonavla, 2001
6. Ganguly S.K. Yoga Applied to Physical Education Kaivalyadhama, Lonavla, 2017.
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8. Nagendra, H. R. & Others Yoga in Education; V. K. Yoga, Bangalore, 1994
9. 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, 2018.
10. Kaivalyadhama, 2009. Ramkrishna Mission Value Education Ramakrishna Mission, New Delhi, 2002.
11. Subrahmanyam, K. Education in Values Vivekananda Kendra Prakashana Trust, Madras, 2003.
12. Saxena, N.R. Swaroop Philosophical and Sociological Foundation of Education, R. Lall Book Depot, Meerut, 2011.
13. Mangal s.k.(2002) Fundamentals of Education Technology, Prakash Brothers, Ludhiana.
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15. Mehra, V.(2010). A text book of Educational Technology, New Delhi, Sanjay Prakashan.
16. S.K.Kochhar (1985): Methods and Techniques of Teaching, Sterling Pub. Pvt. Ltd., New Delhi.
17. Saxena, A. (2007). Modern Techniques of Counseling, New Delhi, Rajat Publications.
18. Siddiqui, M.H. & Khan, M.S. (2007). Models of Teaching: Theory and Research. New Delhi, A.P.H. Publishing Corporation.
19. Vaneja, M. & Rao, D.B. (1999). Enquiry Training Model. New Delhi, Discovery Publishing House, 2003.

## ELECTIVE PAPER – MAY 404 B

### YOGA & ALLIED SCIENCES

**TOTAL MARKS: 100**

**EXTERNAL: 80**

**INTERNAL: 20**

## COURSE OBJECTIVES

The students will be able to

- Understand the nature of Yoga and Allied Sciences.
- Comprehend the introduction of Health Education, Spiritual Health and Value Education.
- Elaborate the development of Yoga in Physical Education.
- Understand the nature of Yogasana and Exercises.

## NOTE

- Examiner will set total 09 questions in all, selecting two each from four units and one question (9<sup>th</sup> question) will spread over entire syllabus. The 9<sup>th</sup>

question will be compulsory and will consist of four short answer type questions (4 Marks each).

- Student has to attempt five questions, selecting one from each unit. 9<sup>th</sup> question will be compulsory. All questions carry equal Marks (16Marks each).

### UNIT I

- A. Yoga & Health Education** – Meaning and Definition of Health, Aim& Objectives of Health Education
- B.** Principles & Methods of Health Education
- C.** Role of Yoga in Health Education

### UNIT II

- A. Yoga & Spiritual Health:** Introduction, meaning, concepts, factors of spiritual health and development, Hazards in spiritual health.
- B.** Role of Yoga in attaining spiritual health and development, concept and state of self-realization.
- C.** Meaning, concept and true nature of Yoga education and a Yogi. Various misconceptions regarding the nature of Yoga and a Yogi.

### UNIT III

- A. Yoga & Value Education** – Meaning and Definition of Value, Aim & Objectives
- B.** Principles, Need & Effectiveness of value education
- C.** Role of Yoga in Value education

### UNIT IV

- A. Yoga and Physical Education:** Concept of Yoga and Physical Education
- B.** Exercise and its comparison with Yogic Practices
- C.** Application of Yoga in Physical Education, co-ordination of Yoga in Physical Education for maximum benefits.

### REFERENCES:

1. Kaushik, Mai Ram, Ayurveda Kya Hai, Bikaner: Anand Prakashan, 2003.
2. Dash, V.B., Ayurvedic Treatment for Common Diseases, Delhi Diary, 1974.
3. Laxmipati, K., Basic principles of Ayurveda.
4. Garde, R.K., Ayurvedic for health and Long life, D.B. Taraporevala Sons & Co. Private, 1974.

### Part A – YOGA PRACTICAL – PAPER – MAY 405

#### SHATKRIYAS & ADVANCE ASANAS

**TOTAL MARKS: 60**

**EXTERNAL: 50**

**INTERNAL: 10**

### COURSE OBJECTIVES

The students will be able to:

- Understand and explain the nature and physiology of Yogic practices.
- To know techniques, health benefits, applications, precautions and contraindications of under mentioned Yogic practices
- To demonstrate and instruct under mentioned Yogic practices.

<b>1. SHATKRIYAS</b> <ul style="list-style-type: none"> <li>• Shankhaprakshalan, Vastra Dhauti and Nauli ( Sitting Position)</li> <li>• Kriyas as described in 1<sup>st</sup>, 2<sup>nd</sup>&amp; 3<sup>rd</sup>Semester Yoga Practical</li> </ul>	<b>EXTERNAL: 20</b> <b>INTERNAL: 10</b>
<b>2. YOGA-ASANAS</b>	<b>EXTERNAL: 30</b>

<b>A. STANDING - ASANAS</b> 1. Parsva-kona-asana 2. Nirlamba Parsva-Konasana 3. Utthita Hasta Padangustasana 4. Urdhva Prasarita Eka Padasana	5. Eka Pada Hamsa Parsvottanasana 6. Marood-asanas 7. Urdhvamukha Tittibhasanas 8. Trivikrama-asanas	<b>INTERNAL: 10</b>
<b>B. SITTING – ASANAS</b> 1. Gomukhasana 2. Baddha-padma-asana 3. Rajkapot-asana 4. Supta-Vajrasana	5. Garabh-asana 6. Ek-pada-sikand-asana 7. Parivrutta-Paschimottanasana 8. Hanuma-asana 9. Bhunam-asana	
<b>C. LYING – ASANAS</b> (Abdominal& Spine) 1. Koorma-asana 2. Purana-Chakrasana 3. Padma-Matsyasana 4. Yoga-nidra asana	5. Setu-bandha-Sarvang-asana 6. Purana Dhanur-asana 7. Ekpada-Viprit-Salabhasana 8. Supta-Dimbasana	
<b>D. BALANCING ASANAS</b> 1. Baka-asana 2. Padma-Bakasana 3. Omkar-asana 4. Tittibha-asana 5. Mayurasana	6. Padma-Mayur-asana 7. Utthita Dwi-pada-shirshasana 8. Vrishchik-asana 9. Dimbh-asana 10. Shirsha-asana and its variations	
<b>ASANA-S PRACTICES AS DESCRIBED 1<sup>ST</sup>, 2<sup>ND</sup>&amp; 3<sup>RD</sup>SEMESTER YOGA PRACTICAL</b>		

#### **SESSIONAL WORK**

- ✓ Each candidate will prepare a **two** separate practical note book for Shatkriyas and Yogaasanas in which Total, 3 Shatkriya-s, and 20 Yoga-asanas practices along with photograph as per class teacher advice from the above said complete syllabus.

#### **REFERENCES:**

1. Asana, Pranyama, Mudra and Bandha by Swami Satyananda Saraswati, Yoga Publication Trust, 2015.
2. Light in pranayama by B K S Iyengar, rlement publication, 2005.
3. Prana Pranayam by Swami Nirajanananda Saraswati, Yoga Publication Trust, 2009.
4. Yoga Darshan by Swami Nirajanananda Saraswati, Yoga Publication Trust, 2002.
5. Hatha Yoga pradipika by Swami Muktibodhananda, Yoga Publication Trust, 2006.

#### **Part B – YOGA PRACTICAL – PAPER – MAY 405**

#### **MANTRA CHANTING, KHUMBHAKA ABHYASA, MUDRAS & DHAYANA- II**

**TOTAL MARKS: 40**

**EXTERNAL: 30**

**INTERNAL: 10**

#### **COURSE OBJECTIVES**

The students will be able to:

- Understand and explain the nature and physiology of Yogic practices.

- To know techniques, health benefits, applications, precautions and contraindications of under mentioned Yogic practices
- To demonstrate and instruct under mentioned Yogic practices.

<p><b>PRAYERS:</b></p> <ul style="list-style-type: none"> <li>• <b>MANTRAS CHANTING (CHOOSE ONE)</b> <ol style="list-style-type: none"> <li>1. Rudra-shtakam</li> <li>2. Lingashtakam</li> <li>3. Shiva Tandava Stotram</li> </ol> </li> </ul> <p><b>PRANAYAMA-S</b></p> <ul style="list-style-type: none"> <li>• Stambhavritti Pranayama</li> <li>• Mooracha Kumbhaka Pranayama</li> <li>• Palvini Kumbhaka Pranayama</li> <li>• Kevila Kumbhaka Pranayama</li> <li>• Pranayama practices as described in 1<sup>st</sup>, 2<sup>nd</sup>&amp; 3<sup>rd</sup> Semester Yoga Practical.</li> </ul>	<p><b>EXTERNAL: 20</b> <b>INTERNAL: 05</b></p>
<p><b>MUDRA-S &amp; BANDHA-S</b></p> <p><b>E.</b> Mahahmudra <b>F.</b> Mahabandh Mudra <b>G.</b> Mahabedh <b>H.</b> Khechari <b>I.</b> Hast Mudra – Shankh, Hriday <b>J.</b> Shaktichalini <b>K.</b> Mudra-S &amp; Bandha-S Practices as described in 1<sup>st</sup>, 2<sup>nd</sup>&amp; 3<sup>rd</sup> Semester Yoga Practical.</p> <p><b>DHYANA-S</b></p> <ul style="list-style-type: none"> <li>• Cyclic Meditation – IRT, QRT, DRT</li> <li>• Mind Sound Resonance meditation Technique</li> <li>• Transcendental Meditation</li> <li>• Savita ki Dhyana Dharana</li> <li>• Vipassana Meditation</li> <li>• Preksha Meditation</li> </ul>	<p><b>EXTERNAL: 10</b> <b>INTERNAL: 05</b></p>

#### **SESSIONAL WORK**

- ✓ Each candidate will prepare a **three** separate practical note book for Mantra-Pranayama, Mudras & Bandhas and Dhyana in which Total, 2 mantra-s, 4 Kumbhaka Pranayama, 4 Mudras and Bandhas and 4 Dhyanas practices along with photograph as per class teacher advice from the above said complete syllabus.

#### **REFERENCES:**

1. Asana, Pranyama, Mudra and Bandha by Swami Satyananda Saraswati, Yoga Publication Trust, 2015.
2. Light in pranayama by B K S Iyengar, rlement publication, 2005.
3. Prana Pranayam by Swami Nirajanananda Saraswati, Yoga Publication Trust, 2009.
4. Yoga Darshan by Swami Nirajanananda Saraswati, Yoga Publication Trust, 2002.
5. Hatha Yoga pradipika by Swami Muktibodhananda, Yoga Publication Trust, 2006.
6. A systematic course in the ancient tantric techniques of Yoga and kriya by swami Styanaanda Saraswati, Yoga Publication Trust, 2004.