

UNIVERSITY YOG CENTRE

MOHAN LAL SUKHADIA UNIVERSITY, UDAIPUR



योगश्चित्त वृत्तिनिरोधः

SYLLABUS OF M.A. & M.Sc. YOG

M.A./M.Sc. YOG SYLLABUS

1. Objectives of the Course

- The course will provide deeper insight into the curriculum of Yoga along with the therapeutic applications of Yoga and alternative therapies.
- At the Master level it is also intended that students should get familiar with the original texts of Yoga.
- A research attitude and orientation will also be inculcated into the student so that they further become able to undertake advance and theoretical and applied researches in the field of Yoga and Alternative Therapies.

To promote people for adopting yoga education in their life in order to live healthy & happy life.

2. Minimum eligibility for admission

- Graduate in any discipline with 48% marks from a recognized University shall be eligible on merit basis.

3. Course of study:

- The curriculum of M.A./MSc.Yog is a suitable mix of general education papers and skill development components
- The structure of the course of study is given in the following table 1

Table 1 : Course Contents

Semester-I

Paper Code	Nomenclature of course	Credits	Mode of Examination & Max. Marks
YOG/C101	Fundamentals of Yog	5	Internal : 20 External : 80
YOG/C102	Human Anatomy and Physiology-I	5	Internal : 20 External : 80
YOG/C103	Indian Philosophy	5	Internal : 20 External : 80
YOG/C104	HathYog Texts	5	Internal : 20 External : 80
YOG/C105	Practical	5	External : 100

Semester- II

Paper Code	Nomenclature of course	Credits	Mode of Examination & Max. Marks
YOG/C201	Patanjal Yog Sutra	5	Internal : 20 External : 80
YOG/C202	Human Anatomy and Physiology – II	5	Internal : 20 External : 80
YOG/C203	Ayurveda and Swastha Vritta	5	Internal : 20 External : 80
YOG/C204	Principles of Naturopathy	5	Internal : 20 External : 80
YOG/C205	Practical	5	External : 100

Semester-III

Paper Code	Nomenclature of course	Credits	Mode of Examination & Max. Marks
YOG/C301	Teaching Methodology of Yogic Practices	5	Internal : 20 External : 80
YOG/C302	Diet & Nutrition	5	Internal : 20 External : 80
YOG/C303	Bhagwad Geeta and Yog Vasishth	5	Internal : 20 External : 80
YOG/C304	Yogic Upanishads	5	Internal : 20 External : 80
YOG/C305	Practical	5	External : 100

Semester-IV

Paper Code	Nomenclature of course	Credits	Mode of Examination & Max. Marks
YOG/C401	Statistics & Research Methodology	5	Internal : 20 External : 80
YOG/C402	Yog Psychology	5	Internal : 20 External : 80
YOG/C403	Major Upanishads	5	Internal : 20

			External : 80
YOG/C404	Yog Therapy	5	Internal : 20 External : 80
YOG/C405	Practical	5	External : 100

4. Credit :

- One credit would mean equivalent to 15 periods of 60 minutes each for theory, tutorials & workshops.

5. Attendance:

- A candidate shall be required to attend min 75% of the classes held in each paper including tutorials & practices, if any. A candidate failing to satisfy this condition in one or more paper shall be detained from appearing at the main examination and internal examination.

6. Medium :

- Medium of instruction & examination shall be both Hindi & English.

7. Levels of Awards:

• **Exit Point :**

If a candidate quits the course after successful completion of one year, he or she shall be awarded as Post Graduate Diploma in Yoga. On successful completion of entire two years, he or she shall be awarded as Master of Arts/Science in Yoga.(table 2)

Table : 2

Successful Completion of	Exit points / Awards
One Year	PG Diploma in Yog
Two Years	MA / MSc Degree in Yog

• **Lateral entry:**

Candidates who have done one year Post Graduate Diploma in Yoga will be eligible for admission to 2nd year. However, students who don't have credit system in their diploma, a yog committee will decide the admission case.

8. SCHEME OF EXAMINATION & EVALUATION

- **General Education papers:**

Paper shall have maximum marks as 100, to be evaluated both internally and externally. Distribution of marks paper-wise shall be as follows:

External Examination Scheme: For external examination shall have three sections. For a question paper carrying maximum 80 marks the structure will be as follows:

The first section, SECTION-A, carrying maximum 20 marks will have 10 short answer type (not exceeding 50 words each) questions. Each question will carry 2 marks. The second section, SECTION-B, carrying maximum 40 mark will have 10 medium answer type questions (which requires answers not exceeding 250 words), two from each unit. Out of which one from each unit must be attempted. Each question will carry 8 marks. The third section, SECTION-C, carrying maximum 20 marks will have 5 questions (which requires answers not exceeding 300 words), one from each unit out of which 2 questions are to be attempted. Each question will carry 10 marks. The duration of main examination shall be three hours.

Internal Examination Scheme: 20 marks for each theory paper will be awarded on the basis of the performance in the descriptive type written examination of two hour duration conducted by the University Yog Centre. There shall be total 10 questions, two questions from each unit, out of which one question from each unit (each question carrying 4 marks) must be answered. If a candidate fails to appear in the written examination of the internal assessment due to valid reasons, department may conduct defaulters' examination after collecting fee of Rs. 500/.

- **Skill component paper (Practical)**

Each practical paper shall have max. Marks of 100 to be evaluated externally in yog lab The evaluation may include viva – voce & practical demonstration.

9. Minimum passing marks and criteria for promotion to next higher semester

1. The minimum marks for passing a semester shall be 36% in each paper.
2. A candidate would be promoted to the next semester if he/she has secured at least 36% marks in minimum four papers prescribed in one semester. Such candidate shall be required to appear in papers in which he/she secured less than 36% marks along with the next examination of the semester.
3. In case of result of a particular semester being not declared by the university, before the starting of the next higher semester, the students who have appeared in all the papers in the semester will be allowed to attend the classes of the next higher semester at their own risk. Candidates who are not later found eligible to be promoted to the next higher semester will have to leave that semester.

10. The entire program shall be governed by university rules.

COURSE DETAILS

SEMESTER I

CODE: YOG/C101

FUNDAMENTALS OF YOG

PAPER 1

UNIT-1

- ❖ Introduction to Yoga: meaning, definition, objectives, misconceptions
- ❖ Historic development of Yog
- ❖ Great Yogis& their contributions to Yoga

Unit-2

- ❖ Introduction to various streams of Yoga :Raj Yoga, Hath Yog
- ❖ Ashtanga Yoga,Mantra Yog
- ❖ Bhakti Yog,Gyan Yog,Tantra Yog

Unit 3

- ❖ General introduction to Indian religious scriptures – Vedas,Upvedas
- ❖ Upnishads, Puranas,Samhitas , Smriti, Darshan
- ❖ Bhagwad Geeta, BrahmSutras, Brahman, Aranyakas, Agamas

Unit 4

- ❖ Indian culture : meaning, evolution
- ❖ Salient feature of Indian culture,PurusharthaChatushtaya
- ❖ Ashram Vyastha ,Vrnavyastha
- ❖ Law of Action,Sixteen rituals,Panchamahayagya

Unit-5

- ❖ Introduction to Ayush, Various Yog related schemes
- ❖ InternationalYogday : concept, mission
- ❖ Yog industry,Yog Tourism

References:

- 1) A brief history of Yoga – Ramesh Bjonnes

2) Human Consciousness & Yogic science – KamakhyaKumar

3) YogParichaya : Pitamber Jha

४६ औपनिषदिकआध्यात्मिक—डॉ. ईश्वरभारद्वाज

Unit-1

- ❖ The cell & tissue of the human body
- ❖ Types, structure & functions of the cell
- ❖ Types, structure & function of tissue (epithelial, connective, muscle & nervous)

Unit-2

- ❖ Skeletal system: Concept, types & function
- ❖ Bone; Concept, types, Number, Gross anatomy & Physiology & function
- ❖ Types of Joints & their feature
- ❖ Vertebral Column: Gross anatomy & Physiology & function
- ❖ Yogic effect on skeletal system

Unit-3

- ❖ Muscular System: Concept, Gross Anatomy & Physiology, Types & function
- ❖ Muscles: Concept, Number, Types & Their Anatomy & Physiology and function
- ❖ Yogic effect on Muscular system

Unit-4

- ❖ Respiratory System: Nasal Cavity, Larynx, trachea, lungs
- ❖ Inhalation & exhalation. Gas exchange, Mechanics of respiration
- ❖ Effect of Yoga exercise on respiratory system

Unit-5

- ❖ Cardiovascular system: Concept, Gross Anatomy, Physiology & function
- ❖ Blood (RBC, WBC & Platelets): Concept, composition & Function: Blood group
- ❖ Heart: Gross Anatomy & Physiology. blood vessels (Artery, Vein & capillaries)
- ❖ Effect of Yoga Techniques on cardiovascular system.

Recommended Books:

1. Byas Deb Ghosh (2007): Human anatomy for Students, Jaypee Brothers, New Delhi.
2. Gore M.M. (2005): Anatomy and Physiology of Yogic Practices, Kaivalyadhama, Lonavla.
3. James Funderburk: Sciences Studies Yoga, Himalayan International Institute of Yoga, Science and Philosophy of USA-1977.
4. Swami Kavalayananda- Yoga Therapy

Unit-1: Nyaya and Vaisesika

- ❖ The sixteen Padarthas according to Nyaya
- ❖ Means of salvation according to Nyaya and Vaisesika
- ❖ Means and objects of knowledge according to Nyaya and Vaisesika
- ❖ These seven padarthas according to Vaisesika
- ❖ Relation between Nyaya and Vaisesika philosophy.

Unit-2: Samkhya Philosophy

- ❖ Threefold afflictions and means to overcome afflictions
- ❖ Twenty-five entities according to Samkhya and means of knowledge
- ❖ Satkaryavada; Similarities and dissimilarities between Vyakta and Avyakta, Triguna
- ❖ Existence of Purusa, plurality of Purusa, proximity of Purusa and Prakrti
- ❖ Karana: Antahkarana and Bahyakarana according to Sankhya Karika
- ❖ Liberation and means of attaining it.

Unit-3: Yoga Philosophy

- ❖ Organization of the Yogasutras
- ❖ Stages of Chitta, forms of Chitta, modification of Chitta
- ❖ Kind of Kleshas, the eightfold of Yoga and
- ❖ God & liberation.

Unit-4: Mimamsa (Purva and Uttara)

- ❖ Epistemology of Mimamsa and Vedanta; Six Pramanas
- ❖ Difference between vidya & avidya, subject & object, creation & causation, cause & effect
- ❖ Concept of Badarayana in Uttara Mimamsa; schools of Vedanta
- ❖ Atman, Brahma, Maya, Universe, God
- ❖ Major teachings of Mimamsa system; Selfless action, non-attachment, self-control.

Unit-5:Nastikaphilosophy

- ❖ Charvakaphilosophy:Origin & Concept
- ❖ Buddhism:Four noble truths,Nirvana
- ❖ Jainism:TriratnasandSyadvada

REFERENCEBOOKS

1. C.D.Sharma:CriticalSurveyofIndianPhilosophy,MotilalBanarsidassPublications2003.
2. N.V.Banergee:TheSpiritofIndianPhilosophy, Arnold-HeinemannPublishers,1974.
3. P.T.Raju:StructuralDepthsofIndian Thought,SUNY Press, 1985
4. BaldeoUpadhyay:IndianPhilosophy
5. Dr.HarendraPrasadSinha:BhartiyaDarshanKiRooprekha
6. S.Radhakrishnan:IndianPhilosophy.

Unit1: Introduction to Hatha Yoga:

- ❖ Hathyoga:itsmeaning,definition,aims&objectives
- ❖ HathaYogaTexts:HathaPradeepika,GherandaSamhita, Hath Ratnawali
- ❖ PrerequisitesofHathaYoga(dashayamaanddashaniyama)
- ❖ SadhakaandBadhakatattvas inHathaYoga
- ❖ Saptasadhan,ConceptofMattha,Mitaahara,PathyaandApathya
- ❖ Rules&RegulationstobefollowedbyHathaYogaSadhakas

Unit2:Shodhana-Kriyas and Asanas

- ❖ Shodhana-kriyas:techniques, benefitsand precautions
- ❖ RoleofShodhana-kriyas inYogaSadhanaandtheirimportanceinmodernlife'shealthanddisease.
- ❖ Yogasana:itsdefinition, SalientfeaturesandimportanceinHathaYogaSadhana

Unit3:Pranayama,Pratyahara,Dhyanand Samadhiin HathaTexts:

- ❖ ConceptofPrana&Ayama inPranyama
- ❖ Pranayamait'sphasesandstages
- ❖ PrerequisitesofPranayamain HathaYogaSadhana
- ❖ Pranayama :Benefits,precautionsandcontraindications
- ❖ Pratyahara,Dhyana,Dharna andSamadhi.

Unit4:Bandha,Mudra:

- ❖ Concept,definitionofBandhaandMudras: Benefits,precautionsand contraindications.
- ❖ Conceptofkundaliniandkundalinijagran,Shat-Chakras

Unit5: Otherpractices:

- ❖ ConceptandbenefitsofNadaandNadanusandhana,FourAvasthas(stages)of Nadanusandhana
- ❖ SignsofHath-Siddhi,YogicChikitsa
- ❖ RelationshipbetweenHathaYogaandRajaYoga,RelevanceofHathaYogaincontemporarytimes.

BOOKSFORREFERENCE:

1. Burley,Mikel:HathaYoga,Its'ContextTheoryandPractice(M.L.B.D.Delhi,2000)

2. HathPradipika:SwamiDigambar,KaivalyadhamLonawala
3. GherandSamhita:SwamiDigambarji,KaivalyadhamLonawal

1. **Prayer: GayatriMantrawithMeaning**
2. **Suryanamaskarawith Mantras**

<p>StandingAsana</p> <ol style="list-style-type: none"> 1. Tadasana 2. ArdhaKatichakrasana 3. Vrikshasana 4. Garudasana 5. Hastottanasana 6. PaadHastasana 7. Trikonasana 	<p>Sitting Asana</p> <ol style="list-style-type: none"> 1. Padmasana 2. Vajrasana 3. Janushirasana 4. Pashchimottansana 5. Shashankasana 6. Gomukhasana 7. Vakrasana 8. Mandukasana 9. UttanaMandukasana 10. Ushtrasana 11. Siddhasana 12. Bhadrasana 13. Simhasana 14. Kagasana 15. Udarakarshan
<p>SupineAsana</p> <ol style="list-style-type: none"> 1. UttanPadasana 2. Naukasana 3. PavanMuktasana 4. ArdhHalasana 5. Sarvangasana 6. Halasana 7. Setubandhasana 	<p>ProneAsanas</p> <ol style="list-style-type: none"> 1. Bhujangasana 2. Shalbhasana 3. Dhanurasana 4. Makrasana

3. **Asanas:**
Pranayam

Anuloma-VilomaPranayam

1. SuryabhediPrayanam
2. ChandrabhediPrayanam
3. UjjaiPranayama

ShudhiKriya-

1. Jalneti
2. RubberNeti
3. VamanDhouti(Kunjai)

Mudra &Bandh-

1. VipreetkarniMudra
2. MahaMudra&MahaBedha
3. Jalandherbandh
4. Uddayanbandh

Meditation-Om ChantingandYogNidra

SEMESTER2

YOG/C201

PATANJALİYOGASUTRA

PAPER-1

UNIT1:

- ❖ Yoga :itsmeaning,purpose&abriefintroductiontoPatanjal's YogaSutras
- ❖ ConceptofCitta,Citta-bhumis,Citta-vrittis,Citta-vrittinirodhopaya(AbhyasaandVairagya)
- ❖ Citta-Vikshepas(Antarayas),Citta-prasadanamandits'associates.

UNIT2:

- ❖ TypesandnatureofSamadhiinYogaSūtra
- ❖ RitambharapragyaandAdhyatmaprasada
- ❖ Samprajnata,Asamprajnata(Sabija&NirbijaSamadhi)
- ❖ ConceptofIshvaraandqualitiesofIshvara.

UNIT3:

- ❖ ConceptofKriyaYogaof Patanjali,theoryofKleshas
- ❖ ConceptofDukhavada(chaturvyuhvada);Drishyanirupanam,Drasthanirupanama
- ❖ PrakritiPurushaSanyoga
- ❖ MeansofeliminationofKleshas,Vivekakhyati

UNIT4:

- ❖ BriefIntroductiontoAshtangaYoga
- ❖ ConceptofYama,Niyama,Asana,Pranayama,Pratyaharaandtheirusefulness inChittavrittinirodhopaya
- ❖ IntroductionofDharana,DhyanaandSamadhi.

UNIT5:

- ❖ SanyamaandthreeParinamaofSamyama
- ❖ Siddhis,TheconceptanddescriptionofAshthaSiddhis andvibhūties
- ❖ Fourtypes ofKarmas
- ❖ VivekKhyatiNirupanam

❖ Kaivalya.-Nirvachana

:NatureofKaivalya,KaivalyainrelationtoTrigunaandDharmameghaSamadhi.

REFERENCEBOOKS:

1. Iyengar B.K.S.:Lighton PatanjaliYoga(New York,Schocken Books, 1994)
2. SwamiOmanandatirtha:PatanjalaYogaPradeepa,GeetaPress,Gorakhpur,1994
3. Swami Anant Bharati: Patanjali Yoga Shasta- a study (Hindi), Swami Keshwananda YogaSangthan, Delhi
4. PatanjaliYogDarshan(GitapressGorakhpur)

Unit-I

- ❖ Digestive System: Brief Anatomy and function of mouth, oesophagus, stomach, small intestine, large intestine, Liver and Pancreas
- ❖ Mechanism of Secretion of Saliva, Gastric Juice, Pancreatic Juice, Bile, Intestinal Secretion - Role of these secretion in digestion of food (Protein, Carbohydrate and Fat)
- ❖ Effects of yoga on digestive system.

Unit-II

- ❖ Excretory System Histology & Function of Kidney.
- ❖ Composition & Formation process of urine.
- ❖ Effect of yoga on excretory system.

Unit-III

- ❖ Nervous System: Gross Anatomy of Nervous system.
- ❖ Structure, types and properties of neurons.
- ❖ Types of Nervous system: CNS - Brain - Spinal Cord, PNS (cranial and spinal nerves); Autonomic Nervous system: sympathetic and parasympathetic nervous system
- ❖ Effect of Yoga on Nervous system.

Unit-IV

- ❖ Endocrine system: Endocrine and exocrine gland
- ❖ Structure and function of pituitary gland, Pineal gland, thyroid and parathyroid gland, thymus gland, Adrenal gland, ovary and testes
- ❖ Yoga effect on endocrine system.

Unit-V

- ❖ Reproductive System: Anatomy & Physiology of male & female reproductive system
- ❖ Effect of yoga on reproductive system

Recommended Books:

1. Byas Deb Ghosh (2007): *Human anatomy for Students*, Jaypee Brothers, New Delhi.
2. Gore, M.V. (2005): *Anatomy and Physiology of Yogic Practices*, Kaivalyadhama, Lonavla.
3. James Funderburk: *Science Studies Yoga*, Himalayan International Institute of Yoga, Sci

enceand Philosophy of USA– 1977.

UNIT1:

- ❖ GeneralintroductiontoAyurveda:Origin,meaning,definition,objective
- ❖ Definitionof health according toAyurveda.

UNIT2:

- ❖ Concept ofsharirkriyavijnananadrachana
- ❖ Tridoshas,sapta-Dhatus,updhatu,Mala-Vijnan.

UNIT3:

- ❖ Different kind of Agnis. Prakriti: dehaprakriti and manas prakriti, Shadras
- ❖ BasicPrinciplesofAyurvedic TreatmentKnowledge-AshtavidhiParikshan.

UNIT4:

- ❖ ConceptofShodhanKarma:PanchaKarma(poorvakarma,Pradhanakarma,Pashchat Karma)andtheirapplication.

UNIT5:

- ❖ SwasthvrittaVijnan:meaning,definition,aimsandaspects.ConceptofDincharya,Ratrich aryaandRitucharya.
- ❖ ConceptofSadvritta. ConceptofAhara,Vihara,Achara,Vichara.

REFERENCEBOOKS

1. SinghRamharsh,SwasthvrittaVijnana,ChoukhambhaSanskritPtatisthana,Delhi.
2. Kaushik,MaiRam, AyurvedaKyaHai?, Bikaner:AnandPrakashan,2003
3. Dash,V.B.,AyurvedicTreatmentForCommonDiseases,DelhiDiary,1974.
4. Internalyogapsychology -V.MadhupudhanReddy
5. MentalHygienethrough yoga-Dr.VinodP. Nautiyal
6. SwasthaVratt–NationalAyurvedInstitute.

Unit 1

- ❖ **Naturopathy:** meaning, definition, history & development, objectives and importance
- ❖ Fundamental principles of Naturopathy, Laws of Nature: panchamahabhutas.

Unit 2

- ❖ **Hydro Therapy:** history; various techniques of water therapy: Ushapan, Enema, Different types of Bath (Stem Bath, Foot Bath, Full Immersion Bath, Hip Bath, Sitz Bath, Spinal Bath, Sponge Bath); different Types of Wrappings (Full body, neck, back, chest, spinal, lower abdomen, leg, hand, etc.) method, benefits and precautions.
- ❖ **Vayu Chikitsa:** Exercise, Pranayama, morning walk etc.

Unit 3

- ❖ **Mud Therapy:** types & properties of Soil. Effects of mud therapy on body: (mud bath, various mud packs, etc) methods, benefits and precautions.
- ❖ **Sun Bath:** method, benefits of different colours on human body.

Unit 4

- ❖ **Fasting:** meaning, definitions, objectives and principles. Types of Fasting, method, benefits and precautions. Natural Diet, balanced diet and Nutrition.
- ❖ **Massage Therapy:** meaning, definition, principles of massage. Importance of massage therapy. Techniques of massage: methods, benefits and precautions.

Unit 5

- ❖ **Naturopathy treatment of various diseases:** lower back pain, insomnia, obesity, Epilepsy, blood pressure, thyroid, diabetes, depression, menstrual problems, migraine, cough and cold, fever, asthma, arthritis, ulcerative colitis, pneumonia etc.

REFERENCEBOOKS

1. HenryLindlahr:PhilosophyofNatureCure.
2. S.J.Singh:HistoryandPhilosophyofNature Cure.
3. M.K.Gandhi:My Nature Cure.
4. P.D.Mishra&MishraV.:PrakartikChikitsyaSidhantevamVayavahar,UttarPradesh,Hi
ndiSansthan,Lucknow.

1. Prayer: Shanti Mantra with meaning (Om Sahna Vavtu)
2. Yogic Sukshma Vyayam
3. Asanas:

<p>Standing Asanas</p> <ol style="list-style-type: none"> 1. Utkatasana 2. Parivritta Trikonasana 3. Natrajasana 4. Uthit Hast pad angushthasana 5. Parshwa Konasana 6. Paad Hastasana 	<p>Sitting Asanas</p> <ol style="list-style-type: none"> 1. Swastikasana 2. Sputa Vajrasana 3. Ardha Matsyendrasana 4. Kukkutasana 5. Kurmasana 6. Baddha Padmasana 7. Akarn Dhanurasana 8. Dhanurakarshana 9. Uthit padmasana 10. Kapotasana 11. Vakasana 12. Marjari Asana 13. Gupta Padmasana 14. Parvatasana 15. Ardh Baddh pad ma Paschimotta sana
<p>Supine Asanas</p> <ol style="list-style-type: none"> 1. Naukasana 2. Upvisht Konasana 3. Chakrasana 4. Padm Sarvangasana 5. Ek Pad angushtha Nasasparshasan a 6. markatasana 	<p>Prone Asanas</p> <ol style="list-style-type: none"> 1. Bhujangasana 2. Tiryak Bhujangasana 3. Vipreet Naukasana 4. Dhanurasana 5. Shalabhasana

Pranayam-

1. SheetalPranayam
2. SadantSheetkariPranayama
3. BhastrikaPranayama

Shatkarm-

1. AgnisarKriya
2. SheetkramKapalbhati
3. Sutraneti
4. DandaDhuti

Mudra& Bandh

1. ShambhaviMudra
2. TadagiMudra
3. ShanmukhiMudra
4. KakiMudra

Meditation-Preksha& Transcendental

Naturopathy Practical :

1. Steam bath
2. Mud Packs

SEMESTER 3

YOG/C301 TEACHING METHODOLOGY OF YOGIC PRACTICES

PAPER 1

Unit-1

- ❖ Teaching & learning : concept & relationship
- ❖ Teaching : principles, levels
- ❖ Yoga education : concept, importance of Guru-Shishya parampara
- ❖ Yogic levels of learning : Vidhyarthi, Shishya, Mumukshu
- ❖ Students approach to the teacher : Pranipaata, Pariprashna, Seva (BG, 4.34)
- ❖ Qualities of a good Yoga teacher, General instructions for Yoga teachers

Unit 2

- ❖ Teaching methods : concept, meaning
- ❖ Types : Teacher Centric V/s Student Centric, Offline v/s Online (ICT based teaching)
- ❖ Education technology in Yoga
- ❖ MOOCs (Massive Open Online Course)

Unit –3

- ❖ Lesson planning in Yoga : Need, steps
- ❖ Selection of Yoga practices & their sequencing for beginners, advanced learners, children, women, special attention groups
- ❖ Lesson Plans for Shatkriyas, Asanas, Pranayama, Meditation
- ❖ Evaluation methods of an ideal Yoga class
- ❖ Common Yoga Protocol

Unit 4

- ❖ Yoga classroom management : essential features, area
- ❖ Seating arrangement in Yoga class
- ❖ Class discipline (dealing with difficult students)

Unit 5

- ❖ Value Education : concept, types of values
- ❖ Contribution of Yoga towards development of values.

Reference

1. S.K. Kochar: Methods and techniques of teaching, Sterling publications Pvt. Ltd., New Delhi
2. Sharma M.K. Educational Technology and Management, H.P Bhargav Book House, Agra
3. Gharote M.L. and Ganguli S.K : Teaching Methods for Yogic Practices, Kaivalyadharm, Lonavala

Unit-1

- ❖ Basic concept & components of Diet & Nutrition.
- ❖ Components of food & their classification (Macro nutrient; sources, function & effect on body.
- ❖ Micro Nutrients; sources, function & effect on body, food groups

Unit-2

- ❖ Concept of Health, Definition & Importance of Health according to WHO; Dimensions of Health; Physical, Mental, Social and spiritual
- ❖ Yogic concept of Health & Disease: concept of Adhi and Vyadhi; Meaning and definition.

Unit-3 :

- ❖ Biologically based product (Dietary supplement & Herbal remedies)
- ❖ Probiotics & Prebiotics, Anti oxidants
- ❖ Prevention & Healing applications, Cow urine, Dung, Milk, Curd, Ghee and PanchgavyaGhrit, Superfood

Unit-4 :Herbal medicines & it uses

- | | | | |
|----------------|-----------|-----------|-----------|
| ❖ Ashwagandha, | Triphala, | Isabgol, | Aloevera, |
| ❖ Curcumin, | Turmeric, | Clove, | |
| Cardamon, | | | |
| ❖ Arjun Chal, | Brahmi, | Cinnemon, | Neem, |
| ❖ Amla, | Guduchi | | |

Unit-4 :Therapeutic Diet

- | | | | |
|-----------|----------------|--------------|--------------|
| ❖ Anemia | Hyper Uricemia | Hypertension | Diabetics |
| ❖ Obestiy | Arthrites | IBS | Constipation |

Reference

1. Aahara : Ancient secret of Diet inAyurveda&Yog by : Dr. Pradip Kumar R. Suryawanshi
2. Practices of Yoga for the Digestive system by : Swami Shankar Devananda

Unit-1 : YOGA IN BHAGAVADGEETA - 1

- ❖ Meaning and definition of Yoga
- ❖ Samkhya Yoga : Nature of Atman, Sthit Pragya

Unit-2 : KARMA YOG IN BHAGVADGEETA - 2

- ❖ Jnana – Karma Sanyas
- ❖ Atma – Sanyam Yoga
- ❖ Jnana – Vijnana Yoga

Unit-3 : YOGA IN BHAGAVADGEETA - 3

- ❖ Bhakti Yoga
- ❖ Kshetra – KshetrajnaVibhag.
- ❖ Guna – TrayaVibhag

Unit-4 : YOGA IN BHAGAVADGEETA - 4

- ❖ Guna- TrayaVibhag
- ❖ Trividh-Shraddha
- ❖ Moksha SanyasYog

Unit-5 : YOG VASHISHTHA

- ❖ Adhis – Vyadhis
- ❖ Psychosomatic Ailments : The four Dwarpaals to freedom
- ❖ Sukha attained in highest state of Bliss
- ❖ Development of satvaguna
- ❖ Eight limbs of meditation
- ❖ Gyan saptabhumika

Recommended Books:

1. SadhakSanjivaniCommentary of Bhagwad Gita by Swami Ramsukhdasji (Gita Press, Gorakhpur)
2. Radha Krishnan, Bhagwat Gita, Hind Pocket Books, Delhi, 2004.
3. Swami Adidevananda, Sri Ramanuja Gita Bhasya, Sri ramakrishna Math, Madras, 1993.
4. YogVashistha : Gita Press Gorakhpur

UNIT 1.

- ❖ **Swetaswataropnishad:**(ChapterII)TechniquesandImportanceofDhyanyoga,suitable place for Dhyana, sequence of pranayama & its importance, Prior symptoms ofYogasiddhis,ImportanceofYogasiddhis,Tattvajna,(ChapterVI)NatureofGod,techniquesforRealization, Attainment of liberation.

UNIT 2.

- ❖ **YogakundaliUpanishad:**MethodsofPranayamaSiddhi,TypesofPranayama,meansof Self -realization.
- ❖ **Yogachudamadi Upanishad:** The description of the six limbs of yoga, their results andsequence

UNIT 3.

- ❖ **Trishikhibrahmanopnishad:**descriptionofAshtangayoga,KarmayogaandJnanayoga.
- ❖ **YogatattvaUpnishad:** Mantrayoga, Layayoga, Hathayoga, Rajayoga and their stages,dietand Dincharya, primarysymptomsofyogasiddhis andprecautions.

UNIT 4.

- ❖ **Dhyانبindoopnishad:** importance of Dhyanyoga, Nature of Pranav, Techniques ofPranavmeditation,Shadanyoga,Atmadarshan throughNadanusandhan.
- ❖ **Nadabindoopnishad:**Hansavidya : description of various limbs of Omkar, 12 matrasof omkar and its results of their application with Pranas, Types of nadas, nature ofnadanusandhansadhana,stateof Manolaya.

UNIT 5.

- ❖ **Yogarajopnishad:**Mantrayoga,Layayoga,Hathayoga,Rajayoga,ninechakras,proceduresof Dhyanaand its results.

Ref.

1. Gita Press Gorakhpur :Upnishad
2. Pt. ShriRam Sharma Acharya 108 Upnishad - Gyan Khand
3. The Principal Upnishads : Swami Shiva Nand
4. The Philosophy of Upnishads : Paul Deysen

1. Prayer: Saman mantrawithmeaning(OmSangachhadhwam)

2. Asanas

<p>StandingAsanas</p> <ol style="list-style-type: none"> 1. Veerbhadrasanaand itsvariants 2. Shirshpadangushthasana 3. Vatayanasana 4. Sankatasana 5. PrasaritaPadottanasana 	<p>Sitting Asanas</p> <ol style="list-style-type: none"> 1. Guptasana 2. Garbhasana 3. Tittibhasana 4. Padma Vakasana 5. Tolangulasana 6. Ekpadskandhasana 7. Mayurasana 8. Veerasana 9. Tolasana/Lolasana 10. Yogmudra 11. Rajkapotasana 12. Shirshasana
<p>SupineAsanas</p> <ol style="list-style-type: none"> 1. padmaSarvangasana 2. Chakrasana 3. Karnapeedasana 4. DwipadangushthNasasparshasana 5. Matsyasana 	<p>ProneAsanas</p> <ol style="list-style-type: none"> 1. Bhujangasana 2. Poorna Bhujangasana 3. Shalabhasana 4. Dhanurasana 5. Poorna Dhanurasana

Pranayam-

1. Bhramaripranayam
2. AbhyantarPranayam

Satkarm-

1. Danddhauti
2. Vyutkramkapalbharti

Mudra& Bandh

1. Ashwani mudra, Mool bandh
2. MahaMudra
3. Mahabhandh
4. Shaktichalinimudra

Meditation-

1. PranavMeditation
2. Shavasana(Relaxation)

SEMESTER 4

YOG/C401

STATISTICS & RESEARCH METHODOLOGY PAPER - 1

UNIT 1. Probability

- ❖ Definition, counting techniques
- ❖ Addition, Multiplication Theorem, & Bayes theorem

UNIT 2. Probability

- ❖ Binomial
- ❖ Poisson
- ❖ Normal Distribution

UNIT 3. Research

- ❖ Research : Definition, meaning , Importance, Types, process
- ❖ Defining Problems
- ❖ Research Design
- ❖ Methods of data collection – primary & secondary data : questionnaires, Interviews, Observations
- ❖ Measurement in Research, Levels, Reliability & validity, Scaling

UNIT 4. Sampling theory

- ❖ Probability & non- Probability
- ❖ Census v/s Sample, Parameter & statistics
- ❖ Objectives of sampling, standard error
- ❖ Hypothesis testing, level of significance
- ❖ Critical value, P-value
- ❖ One & two tailed test

UNIT 5. Test of Significance

- ❖ Z- Test
- ❖ T- Test
- ❖ Chi- Square Test

Reference Books:

1. Kothari, C.R. Research Methodology, New Age International Publishers, New Delhi
2. Sachdeva, J.K. Business Research Methodology (Himalaya)
3. Sharma, K.R. Business Research Methods, National Publishing House, New Delhi
4. K.N. Nagar :lkjfh;dh ds ewyrRo
5. BhanawatShurveer S., Business statistics, RBD Jaipur
6. BhanawatShurveer S., PiparaDilip&Vardia Shilpa: Business Statistics (Hindi), R.B.D Publication, Jaipur.

Unit –I

- ❖ Introduction to General Psychology
- ❖ Personality : nature , Types
- ❖ Determinants of personality : Heredity & Environment
- ❖ Stages of Personality Development

Unit –II

- ❖ Cognitive Psychology : Sensation , Perception, Attention
- ❖ Memory, Learning, Feelings

Unit –III

- ❖ Pratyahara : Crux of Raj Yog sadhana
- ❖ Sleep: stages, disorders, Circadian Rhythm, Biofeedback

Unit –IV

- ❖ Stages of Mind
- ❖ Antahkaran, Chitta (Consciousness), Buddhi (Intellect), Ahamkara (Ego), Manas (Mind)
- ❖ Emotional health & Role of Yog

Unit –V

- ❖ Mental Health : causes & Consequences of Conflicts & Frustration
- ❖ Common Mental Disorders
- ❖ Alcohol & Drug abuse

Reference :

1. Dr. Rishi Vivekananda- Practical Yog Psychology
2. Dr. King- Psychology behind Yoga
3. Swami Rama –Yoga & Psychotherapy
4. Swami Ajaya – Yoga Psychology

UNIT 1

- ❖ **Ishavasyopanishad:** Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava.
- ❖ **Kena Upanishad:** Self and the Mind; Intuitive realization of the truth; Moral of Yaksha Upakh yana.

UNIT 2

- ❖ **Katha Upanishad:** Definition of Yoga; Nature of Soul; Importance of Self Realization.
- ❖ **Prashna Upanishad:** Concept of Prana and rayi (creation); Pancha pranas; The six main questions;

UNIT 3

- ❖ **Mundaka Upanishad:** Two approaches to Brahma- Vidya- Para and Apara; The greatness of Brahma vidya; Worthlessness of Selfish-karma; Tapas and Gurubhakti; The origin of creation, the ultimate aim of Meditation- Brahmanubhuti.
- ❖ **Mandukya Upanishad:** Four States of Consciousness and their relation to syllables in Omkara.

UNIT 4

- ❖ **Aitareya Upanishad:** Concept of Atma, Universe and Brahman.
- ❖ **Taittiriya Upanishad:** Concept of Pancha Kosha; Summary of Shiksha Valli, Ananda Valli, Bhrigu Valli.

UNIT 5

- ❖ **Chhandogya Upanishad:** Om (udgitha) Meditation; Shandilya vidya.
- ❖ **Brihadaranyaka Upanishad:** Concept of Atman and Jnana Yoga; Union of Atman and Paramatman

References :

1. The principal Upanishads : S. Radhakrishnan
2. Upanishads Sar Sangrah : Manoj Bishnoi
3. Introduction to Upanishad : Theosophical society of India

Unit1:YogaTherapy

- ❖ ConceptofYogaTherapy:Meaning,Aims,Principles,Limitations
- ❖ Qualitiesof yogatherapist
- ❖ YogicAnatomyandPhysiology:ConceptofPsychicCenters,PanchaKoshaandthreeplanes of human being;

Unit2:YogicManagementofFollowingDiseases1:

- ❖ BackPain:LumbarSpondylitis,Intervertebraldiscprolapse(IVDP),Spondylitis
- ❖ Neckpain, CervicalSpondylitis.
- ❖ AllformsofArthritis:RheumatoidArthritis,Osteoarthritis
- ❖ HypertensionandHypotension,heartdiseases,varicoseveins,CoronaryArteryDisease,CardiacFailure.

Unit3:YogicManagementofFollowingDiseases2:

- ❖ YogicManagementofAcidpepticdisease(APD)-IndigestionHyperacidity,Ulcer,Flatulence, Gastritis
- ❖ Bowel problems - chronic Constipation, Irritable Bowel Syndrome,Ulcerativecolitis
- ❖ ExcretorySystem:Renalstones.

Unit4:YogicManagementofFollowingDiseases4:

- ❖ Diabetes Mellitus (I&II); Hypo and Hyper- Thyroidism; Obesity: Metabolic Syndrome,Cancer.
- ❖ Menstrualdisorders:Dysmenorrhea,Oligomenorrhea,Menorrhagia
- ❖ PremenstrualSyndrome:Menopauseandperimenopausalsyndrome
- ❖ YogaforPregnancyand Childbirth
- ❖ PCOS.

Unit5:YogicManagementofFollowingDiseases5:

- ❖ Migraine,TensionHeadache,Epilepsy;pain;Parkinson'sdisease
- ❖ YogicManagementof Sinusitis,BronchialAsthma, Tuberculosis.
- ❖ Anxietydisorders:Generalizedanxietydisorder,Phobias,Depression:Dysthymia,Majordepression,Schizophrenia.

REFERENCEBOOKS

1. NagarathnaRandNagendraHR,Yogatherapyforcommonailmentsseries,S VYPpublications,2010
2. SwamiKarmananda,Yogatherapyforcommondiseases,Yogapublicationtrust,Munger,2001
3. DrRobinMonro,DrRNagarathnaandDrHRNagendra,Yogaforcommonailments,GaiaPublishers
4. ShivanandSaraswati:YogaTherapy(Hindi&English)
5. Rai,Lajpat:DiscoveringHumanPotentialenergy:APhysiologicalApproachtoYoga(AnubhavaRaiPublications, 1998)
6. Nagarathna,RandNagendra,H.R.:PromotionofPositiveHealth,SwamiVivekananda YogaPrakashana,Bangalore, 2002
7. RameshBijlani:BacktoHealththroughYoga,RupaPublicationsIndiaPvt.Ltd,2011
8. MDNIYpublications:10Booklets,YogaTherapySeries,MDNIYPublications,NewDelhi,2009
7. SwamiSatyanandaSaraswati:YogaandCardioVascularManagement,YogaPublicationTrust,Munger, 2005
8. NagarathnaRandNagendraHR:YogaforArthritis,Backpain,Diabetes,PregnancyBreathingPractices, SwamiVivekanandaYogaPrakasana, Bangalore,2000
9. Swamikuvalayananda andS.L.Vanikar:YogaTherapy:Ka4alyadhama,Lonavala,Revised
10. Dr. J. T Shah : Therapeutic Yoga

11. Dr. Rajendra Reddy : The Therapeutic applications of yog

1. Prayer: ShantiPathwithmeaning(Omdhyo Shanti)

2. Asanas

<p>StandingAsanas</p> <ol style="list-style-type: none"> 1. Tuladandasana 2. Parshwottanasan 3. ParivrittaParshwakonasana 4. PakshiAsana 	<p>Sitting Asana</p> <ol style="list-style-type: none"> 1. Dwipadskandhasana 2. PoornaMatsyendrasana 3. Gorakshasana 4. Bhunamanasana/ugrasana 5. Hanumanasana 6. PoornaUshtrasana 7. Vrischikasana 8. PadmaMayurasana 9. BaalGarbhasana 10. KandhaPeedasana 11. OmkarAsana 12. PadmaShirshasana 13. KaalbhairavAsana
<p>SupineAsanas</p> <ol style="list-style-type: none"> 1. Chakrasana 2. PoornaChakrasana 3. Karnapeedasana 4. SputaGarbhasana 5. Vipreetshirshdwihastbaddhasana 	<p>ProneAsana</p> <ol style="list-style-type: none"> 1. PoornaBhujangasana 2. PoornaDhanurasana 3. PoornaShalabhasana

3. Pranayam-

1. BahyaPranayam
2. UjjaiPranayam
3. Bhastrika
4. Bharmari

5. Shatkram-

1. Nauli
2. Vastradhauti
3. LaghuShankhPrakshalan

6.Mudra& Bandh-

Mahamudra

1. KhechariMudra
2. Mahabandh

7. Meditation

1. AntarMouna
2. PrekshaDhyan
3. Soham Japa& Breath meditation

BOOKS FOR REFERENCES

- Yogeshwar : Text Book of Yoga, Penguin Books, India, 2004.
- Sri Ananda : The Complete book of Yoga, Orient Course Books, Delhi, 2003.
- Basavaraddi, I.V. & others : SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
- Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009
- Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2010
- Swami Rama : Science of Breath, A Practical Guide, The Himalayan International Institute, Pennsylvania, 1998
- Swami Satyananda Saraswati Basavaraddi, I.V. & others : Asan pranayam mudrabandh
: Prana, Pranayama & Pranvidya, Yoga Publications Trust, Munger, Bihar, 2005
: Prathah Smarana; MDNIY publication, New Delhi, 2009
- Dr. Nagendra HR : Pranayama, The Art & Science, Swami Vivekananda Yoga Prakashan, Bangalore, 2005
- Lighton Yoga: BKS Ayanager