

# UNIVERSITY YOG CENTRE

MOHANLAL SUKHADIA UNIVERSITY



योगश्चित्त वृत्तिनिरोधः

**SYLLABUS OF MA YOGA**



## **Duration of the Course**

The Master of Arts (M.A.) in Yoga course will be of four semester duration spread in two years. Each semester will be of six months (minimum 90 working days in semester) duration.

## **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.
- Promoting Positive Health in the Student through Yoga and enabling and imparting skill in them to practice and apply Yoga practices for Health to general public and teach Yoga for Total personality development and spiritual evolution.
- Invoking and inculcating inquisitive, scientific temper in student regarding the Traditional Indian Sciences specially Yoga and Spirituality.
- 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.

## **Syllabus**

The syllabus is designed to fulfill aforesaid objectives as Core and Elective subjects (Theory and Practical). Semester wise detail scheme and name of the papers are given as ahead.

## **Scheme of Evaluation**

As this is a course with the objectives mentioned above the assessment will be based on attendance in theory and practical classes, assignments in the form of sessional works, personality changes of students as they go through the course as assessed and evaluated by teacher.

- The internal tests will carry 20% of total marks for the course. The marks of the internal test shall be taken into account for the computation of Grades.
- There external scheme shall be a written Semester Examination which shall be of 3 hours duration carrying 80% of total Marks assigned for the course, covering the entire syllabus prescribed for the course. The semester Examination shall be conducted by the University in consultation with the Chairman / Head concerned.
- The Semester practical examinations shall normally be held before the theory examination. The internal faculty shall associate themselves with the examination process.



## **ADMISSION THROUGH MERIT**

### **Minimum Eligibility**

- Graduate in any discipline with 48% marks from a recognized University.
- The extra weightage of 10% marks will be given to that applicant who is having one year regular diploma in Yoga Education / Yoga, from a recognized University or Institution, along with Graduation.
- The Applicant who is opted yoga as one of the optional subject at graduate level will also be given weightage of 10% marks, from recognized University or Institution.
- The extra weightage of 5% marks will be given to those applicants who is having regular certificate in Yog Education / Training / Yoga, along with Graduation from recognized University or Institution.

### **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.

### **Procedure of Admission**

In order to select the candidate from amongst the applications, the institution may either prepare a merit list giving suitable weight-age to marks obtained in previous qualifications and other factors or may conduct a written test/interview or may adopt both of these two methods giving suitable weight-age to them.

The person seeking admission to course will apply on the prescribed admission form of the University by the last announced for the purpose.

### **Reservation**

Candidates belonging to S.T./S.C. and OBC categories will get relaxations as per the general admission rules of the University.

### **Medical Fitness Certificate**

The selected candidates must submit a medical fitness certificate along with academic certificates/ testimonials and migration certificate also, if needed.



## Seats

There are only 40 seats for the Course. The Examination patterns of course will semester wise. The Fee structure for the programme will be decided by the University/Colleges concerned. The examination Fee will be charged as per the rules of the University.

## Attendance

Regular attendance of the student is an important factor in the semester system. No candidate can be allowed to appear in the Semester Examination as a regular student unless he/she has attended the course regularly as per University rules.

1. Minimum 75% attendance is compulsory for all students for every course for appearing in examination.
2. For students participating in Sports/Cultural event/NCC camps during a particular semester, the maximum number of days of absence shall not exceed 8 days. Any waiver in this context shall be on the recommendation of the concerned Head / Incharge and the student will be required to apply in advance for the leave to the Head / Course Director / Coordinator.

## SCHEME OF EXAMINATION

**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:** 50% of the total internal assessment marks (*i.e.* 10 out of 20 marks) for each theory paper will be awarded on the basis of the performance in the descriptive type written examination of one hour duration conducted by the University Yog Centre. There will be 3 questions each carrying 5 marks covering the entire syllabus out of which two questions 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/. 50% of the internal assessment (*i.e.* 10 out of 20) for each theory paper shall be awarded on the basis of the performance in the assignments / seminars / presentations / oral examination / group discussion etc.



# MA YOGA SYLLABUS

## SEMESTER-I

Sub Code	Title of the paper	Credit Maximum Marks				
	Semester-I	Total Marks	External Exam	Practical	Internal Exam	Credits
YOG/C101	Fundamentals of yoga	100	80	-	20	6
YOG/C102	Human Anatomy and Physiology-I	100	80	-	20	6
YOG/C103	Indian Philosophy and Culture	100	80	-	20	6
YOG/C104	Hath Yoga	100	80	-	20	6
YOG/C105	Practical	100		100		6

## SEMESTER-II

Sub Code	Title of the paper	Credit Maximum Marks				
	Semester-II	Total Marks	External Exam	Practical	Internal Exam	Credits
YOG/C201	Patanjali Yoga Sutra	100	80	-	20	6
YOG/C202	Human Anatomy and Physiology-II	100	80	-	20	6
YOG/C203	Applications of Yoga	100	80	-	20	6
YOG/C204	Principles of Naturopathy	100	80	-	20	6
YOG/C205	Practical	100		100		6



### SEMESTER-III

Sub Code	Title of the paper	Credit Maximum Marks				
	Semester-III	Total Marks	External Exam	Practical	Internal Exam	Credits
YOG/C301	Teaching Methodology of Yoga Practice	100	80	-	20	6
YOG/C302	Swastha Vratta	100	80	-	20	6
YOG/C303	Fundamental Texts of Yoga - I	100	80	-	20	6
YOG/C304	Complementary and Alternative Therapies	100	80	-	20	6
YOG/C305	Practical	100		100		6

### SEMESTER-IV

Sub Code	Title of the paper	Credit Maximum Marks				
	Semester-IV	Total Marks	External Exam	Practical	Internal Exam	Credits
YOG/C401	Research Methodology in Yogic Science	100	80	-	20	6
YOG/C402	Yoga and Allied Sciences	100	80	-	20	6
YOG/C403	Fundamental Texts of Yoga - II	100	80	-	20	6
YOG/C404	Yoga Therapy	100	80	-	20	6
YOG/C405	Practical	100		100		6

**Note:** 1. One credit would mean equivalent to 15 periods of 60 minutes each for theory.



## SEMESTER-I

YOG/C101	Fundamentals of yoga
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### PAPER-I

## FUNDAMENTALS OF YOGA

### UNIT-I: BASIC CONCEPTS OF YOGA

1. Meaning of Yoga & Various Definitions
2. Traditional & Historical Development of Yoga
3. Importance of Yoga in Modern Life

### UNIT-II: INTRODUCTION TO VARIOUS STREAMS OF YOGA:

1. Raj Yoga, Hath Yoga, Mantra Yog, Laya Yoga
2. Ashtanga Yoga

### UNIT-III: HISTORY AND DEVELOPMENT OF YOGA

1. Yoga in Vedas & Upanishads
2. Yoga in Gita
3. Yoga in Buddhism, Jainism and Indian Philosophy

### UNIT-IV: DISCIPLINE AND OBSTACLES IN YOGA SADHANA

1. Elements of Success and Failure in Yoga Sadhana according to Hathyoga
2. Success and Failure in Yoga Sadhana according to Yogasutra
3. Study of favourable conditions & Diet for the Practice of Yoga

### UNIT-V: HUMAN CONSCIOUSNESS

1. Meaning, Nature & Definitions of Consciousness
2. Need of the Study of Human Consciousness
3. Human Consciousness in Ved, Upnishad, and Shatdarshan

### REFERENCE BOOKS

1. Rajayoga: Swami Vivekanand, Ramakrishan Ashrama Publications.
2. Yoga Sutras of Patanjali: HariharanandaAranya, University of Calcutta Press, Calcutta.
3. Radhakrishnan, S.: Indian Philosophy (Vol. I & II) (George Allen and Unwin, London, 1971.
4. Dr. Ishwar Bhardwaj: Manav Chetna (Hindi), Satyam Publication, New Delhi, 2011.
5. Pitamber Jha: Yog Parichaya.
6. औपनिषदिक अध्यात्मविज्ञान : डॉ. ईश्वर भारद्वाज
7. पातंजल योगविमर्श : डॉ. विजयपाल शास्त्री



**Paper-II****HUMAN ANATOMY & PHYSIOLOGY-I****Unit-I**

The cell & tissue of the human body, types, structure & functions of the cell; types, structure & function of tissue (epithelial, connective, muscle & nervous),

**Unit-II**

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

**Unit-III**

Muscular System: Concept, Gross Anatomy & Physiology, Types & function; Muscles: Concept, Number, Types & Their Anatomy & Physiology and function, yogic effect on Muscular system.

**Unit-IV**

Respiratory System: Nasal Cavity, Larynx, trachea, lungs; inhalation & exhalation. Gas exchange, Mechanics of respiration: effect of Yoga exercise on excretory system.

**Unit-V**

Cardio Vascular system: Concept, Gross Anatomy, Physiology & function, Blood (RBC, WBC & Platelets): Concept, composition & Function: Heart: Gross Anatomy & Physiology. Blood group: 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.V. (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.





## Paper-III

**INDIAN PHILOSOPHY AND CULTURE****Unit-1: Nyaya and Vaisesika**

The sixteen Padarthas according to Nyaya, Concept of Nyaya philosophy, means of salvation according to Nyaya and Vaisesika, 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-2: Samkhya and Yoga**

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; Existence of Purusa, plurality of Purusa, proximity of Purusa and Prakrti; Karana, Antah Karana and Bahya Karana according to SankhyaKarika; 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-3: Mimamasa (Purva and Uttara)**

Concept of Badarayana in Uttaramimamsa; Anumana, Sabda; Difference between vidya & avidya, subject & object, creation & causation, cause & effect; Pratyaksa, Anumana, Upamana, Arthapati, Anupalabdi and Sabda according to Uttaramimamsa, schools of vedanta; Atheism, Dharma in the context of Purvamimamsa, 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

**Unit-4: Naastika philosophy**

Carvaka philosophy: Origin and history of Carvaka philosophy, Metaphysics and Epistemology, Buddhism: Four noble truths, Pramanas Jainism: Categories, Triratnas and Syadvada.

**Unit-5: Indian Culture**

Culture: Origin, Meaning, Definition and Types; General Introduction to Indian Religious Scriptures- Veda, Upanishad, Manu Smriti, Mahabharat, Ramayan, Bhagvat Gita; Salient Features of Indian Culture: Vedic Ashram Vyavastha, Varna Vyavastha, Law of action, Sixteen Rituals and PanchaMahayajna.



### **TEXT BOOKS**

1. C.D. Sharma: Critical Survey of Indian Philosophy, Motilal Banarsidass Publications 2003.
2. N. V. Banergee: The Spirit of Indian Philosophy, Arnold-Heinemann Publishers, 1974.

### **REFERENCE BOOKS**

- P.T. Raju : Structural Depths of Indian Thought, SUNY Press, 1985
- S. N. Dasgupta: A History of Indian Philosophy Vol.1, Motilal Banarsidass Publications, 1992
- J.N. Mohanty: Classical Indian Philosophy, Published by Rowman & Littlefield, 2000
- T.M.P. Mahadevan: Invitation to Indian Philosophy, Arnold-Heinemann Publishers, 1974



YOG/C104	Hath Yoga
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## Paper-IV

### HATHA YOGA

#### Unit 1: Introduction to Hatha Yoga:

Hath yoga: its meaning, definition, aims & objectives. Hatha Yoga Texts: Hatha Pradeepika, Gheranda Samhita, prerequisites of Hatha Yoga (dashayama and dasa niyama), Sadhaka and Badhaka tattvas in Hatha Yoga; Saptasadhan, Concept of Mattha, Mitaahara, Pathya and Apathya, Rules & Regulations to be followed by Hatha Yoga Sadhakas;

#### Unit 2: Shodhana-Kriyas and Asanas

Shodhana-kriyas, Shodhana-kriyas in Hatha Yoga Pradépika& in Gheranda Samhita and their techniques, benefits and precautions; Role of Shodhana-kriyas in Yoga Sadhana and their importance in modern life's health and disease.

Yogasana: its definition, Salient features and importance in Hatha Yoga Sadhana; Asanas in Hatha Yoga Pradépika and Gheranda Samhita: their techniques, benefits, precautions, contraindications and importance.

#### Unit 3: Pranayama, Pratyahara, Dharna and Dhyan in Hatha Texts:

Concept of Prana & Ayama, Pranyama; Pranayama its phases and stages; Prerequisites of Pranayama in Hatha Yoga Sadhana; Pranayama in Hatha Pradeepika & Gheranda Samhita; Benefits, precautions and contraindications of Pranayama. Concept, definition, benefits and Techniques of Pratyahara, Dharana and Dhyan in Gheranda Samhita

#### Unit 4: Bandha, Mudra:

Concept, definition of Bandha and Mudras, in Hatha Pradeepikaand Gheranda Samhita; Benefits, precautions and contraindications.

#### Unit 5: Other practices:

Concept of kundalini and kundalini jagran.

Concept and benefits of Nada and Nadanusandhana in Hatha Pradeepika, Four Avasthas (stages) of Nadanusandhana;

Relationship between Hatha Yoga and Raja Yoga; Goal of Hatha Yoga. Relevance of Hatha Yoga in contemporary times.



## **BOOKS FOR REFERENCE:**

1. Swami Vivekananda: Rajayoga, Advaita Ashram, Culcutta, 2000
2. Burley, Mikel: Hatha Yoga, Its' Context Theory and Practice (M.L.B.D. Delhi, 2000)
3. Burnier, Radha: HathayogaPradipika of Svatmarama, The Adyar Library publications, Chennai. 2000
4. Woodroffe, Sir John: The Serpent power (Ganesh & Company, Madras, 2000) 11. 12.



**PAPER-V  
PRACTICAL - I**

**ASANA & PRANAYAMA**

**1. Suryanamaskar with Mantras: 10 Marks**

**2. Asans 20 Marks**

- |                                 |                             |
|---------------------------------|-----------------------------|
| 1. Tadasan- Standing            | 15. Dhaanursan- Prone       |
| 2. Ardhakatichakrasan- Standing | 16. Shalabhasan- Prone      |
| 3. Garudasan- Standing          | 17. Bhujangasan- Prone      |
| 4. Vrikshasan- Standing         | 18. Vakrasan- Prone         |
| 5. Hasttotanasan- Standing      | 19. Uttanpadasan- Supine    |
| 6. Padhastasan- Standing        | 20. Halasan- Supine         |
| 7. Trikon Asan- Standing        | 21. Vipritkarniasan- Supine |
| 8. Padmasan- Sitting            | 22. Sarvangasan- Supine     |
| 9. Vajrasan- Sitting            | 23. Matsyasan- Supine       |
| 10. Swastikasan- Sitting        | 24. Suptavajrasasan- Supine |
| 11. Siddhasan- Sitting          | 25. Naukasan- Supine        |
| 12. Gomukhasan- Sitting         | 26. Shavasana- Supine       |
| 13. Bhadrasan- Sitting          |                             |
| 14. Ardh Matsyendrasan- Sitting |                             |

**3. Pranayam 10 Marks**

1. Anuloma-Viloma Pranayam
2. Suryabhedhi Prayanam
3. Chandrabhedhi Prayanam
4. Ujjai Pranayama

**\*\* 40 Marks for Demonstration and 20 Marks for Viva-Voce (Evaluated by External Examiner)**



**PRACTICAL - II**  
**MUNDRA BANCH, KRIYA, MEDITATION AND RELAXATION**

**Shudhi Kriya-**

**10 Marks**

1. Vatkarma Kapalbhanti
2. Jalneti
3. Rubber Neti
4. Vaman Dhouti (Kunjal)

**Mudra & Bandh-**

**20 Marks**

1. Gyanmudra
2. Chinmudra
3. Vipreetkarni Mudra
4. Maha Mudra & Maha Bedha
5. Jalandherbandh
6. Uddayanbandh
7. Moolbandh

**Meditation- Pranav Meditation**

**5 Marks**

**Relaxation-**

**5 Marks**

1. Yog Nidra

**\*\* 40 Marks for Demonstration and 20 Marks for Viva-Voce (Evaluated by External Examiner)**



## Semester II

YOG/C201

Patanjali Yoga Sutra

### PAPER-I

## PATANJAL YOGA SUTRA

### UNIT 1:

Yoga, its meaning & purpose & a brief introduction to Patanjali's Yoga Sutras;  
Concept of Citta, Citta-bhumis, Citta-vrittis, Citta-vrittinirodhopaya (Abhyasa and Vairagya)  
Citta-Vikshepas (Antarayas), Citta-prasadanam and its' associates.

### UNIT 2:

Types and nature of Samadhi in Yoga Sūtra, Ritambharaprajna and Adhyatmaprasada;  
Samprajnata, Asamprajnata, Sabija & Nirbija Samadhi, Difference between Samapattis and  
Samadhi; Concept of Ishvara and qualities of Ishvara.

### UNIT 3:

Concept of Kriya Yoga of Patanjali, theory of Kleshas; Concept of Dukhavada(chaturvyuhvada);  
Drishyanirupanam, Drasthanirupanama, Prakriti Purusha SamYoga, means of elimination of  
Kleshas- Vivekakhyati;

### UNIT 4:

Brief Introduction to Ashtanga Yoga; Concept of Yama, Niyama, Asana, Pranayama, Pratyahara  
and their usefulness in Chittavrittinirodhopaya.  
Introduction of Dharana, Dhyana and Samadhi.

### UNIT 5:

Samyamaand three Parinama of Samyama; Siddhis, The concept and description of Ashtha  
Siddhis and vibhuties.

Four types of Karmas; Concept of Vasana; Vivek Khyati Nirupanam, Kaivalya.- Nirvachana ;  
Nature of Kaivalya, Kaivalya in relation to Triguna and Dharmamegha Samadhi.



**REFERENCE BOOKS:**

1. Iyengar B.K.S.: Light on Patanjali Yoga (New York, Schocken Books, 1994)
2. Rukmini T.S.: Yoga Vartika of Vijnanbhikshu (Tr.) Vol I, II, III & IV, MunshiramManoharlal Pvt. Ltd. New Delhi
3. Swami Omanandatirtha: Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur, 1994
4. Swami Anant Bharati: Patanjali Yoga Shasta- a study (Hindi), Swami Keshwananda Yoga Sangthan, Delhi
5. K. Taimini : The Science of Yoga (The Theosophical Publishing House, Adyar Chennai 2005.





**Paper-II**  
**HUMAN ANATOMY & PHYSIOLOGY-II**

**Unit-I**

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

**Unit-II**

Excretory System Histology & Function of Kidney' Glomerules, Nephron & Renal Tubules; composition & formation process of urine, effect of yoga exercise 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 Card: 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: yogic effect on endocrine system.

**Unit-V**

Reproductive System: Anatomy & Physiology of male & female 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, Science and Philosophy of USA – 1977.



**Paper-III****APPLICATIONS OF YOGA****UNIT 1:**

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

**UNIT 2:**

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

**UNIT 3:**

Yoga for Personality Development - Yogic attitudes for personality development, Ashtanga Yoga and personality development.

**UNIT 4:**

Memory and Concentration; Short-term, long-term memory, stages of memory foundation and maintenance; Yoga modules to improve memory; Barriers to concentration; Yoga practices for IQ development; Practices for Anger Management.

**UNIT 5:** Concept of Yoga and Physical education. Application of Yoga in Physical Education.



## Paper-IV

**PRINCIPLES OF NATUROPATHY****Unit 1**

**Naturopathy:** meaning, definition, history & development, objectives and importance.

Fundamental principles of Naturopathy, Laws of Nature: panchmahabhutas.

**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 Wrapings (Full body, neck, back, chest, spinal, lower abdomen, leg, hand, etc.) method, benefits and precautions.

**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.

**Vayu Chikitsa :**Exercise, Pranayama, morning walk etc.

**Unit 4**

**Fasting:** meaning, definitions, objectives and principles. Types of Fasting, method, benefits and precautions. Natural Diet, balance diet and Nutritions.

**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, ulceritis, pneumonia etc.



## REFERENCE BOOKS

1. Henry Lindlahr: Philosophy of Nature Cure.
2. S.J. Singh: History and Philosophy of Nature Cure.
3. M.K. Gandhi: My Nature Cure.
4. P.D. Mishra & Mishra V.: PrakartikChikitsyaSidhantevamVayavahar, Uttar Pradesh, Hindi Sansthan, Lucknow.
5. Jindal R.: PrakartikAyurvijnana, Arogya Seva Sadan, Prakashan, Uttar Pradesh.



**PAPER-V****PRACTICAL - III****Asanas-****15 Marks**

- |                                  |                                |
|----------------------------------|--------------------------------|
| 1. Utkatasan- Standing           | 11. Vakasan- Sitting           |
| 2. Konasan- Standing             | 12. Akarndhanurasan- Sitting   |
| 3. Natrajasan- Standing          | 13. Baddh-Padmasan- Sitting    |
| 4. Konasan- Standing             | 14. Shashankasan- Sitting      |
| 5. Dolasana- Standing            | 15. Ushtrasan- Sitting         |
| 6. Hastpadangushthasan- Standing | 16. Padangushthasan- Sitting   |
| 7. Paschimottanasan- Sitting     | 17. Chakrasan- Supine          |
| 8. Vrishabhasan- Sitting         | 18. Padma Sarvangasana- Supine |
| 9. Kukkutasan- Sitting           | 19. Parvatasan- Prone          |
| 10. Koormasan- Sitting           | 20. Utthit- Padmasan- Prone    |

**Pranayam-****05 Marks**

1. Sheetali Pranayam
2. Sadant Sheetkari Pranayama
3. Bhastrika Pranayama

**Shatkarm-****10 Marks**

1. Agnisar Kriya
2. Sheetkram Kapalbhathi
3. Sutraneti
4. Danda Dhouti

**Mudra & Bandh****05 Marks**

1. Shambhavi Mudra
2. Tadagi Mudra
3. Shanmukhi Mudra
4. Kaki Mudra

**Meditation- Preksha or Transcendental****05 Marks**

**\*\* 40 Marks for Demonstration and 20 Marks for Viva-Voce (Evaluated by External Examiner)**



**PRACTICAL - IV**  
**NATUROPATHY AND ALTERNATIVE THERAPIES**

**Naturopathy Practical** **10 Marks**

Hip-bath, Spinal bath, Steam bath, Chest pack, Mud packs

**Alternative Therapies**

Pranic Healing: Raki 10 Marks

Acupressure: Detection of Accu points by Needle 10 Marks

Magnetic Therapy: Placements and use of Magnet 10 Marks

**\*\* 40 Marks for Demonstration and 20 Marks for Viva-Voce (Evaluated by External Examiner)**



## SEMESTER-III

YOG/C301	Teaching Methodology of Yoga Practice
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### PAPER-I

## TEACHING METHODOLOGY OF YOGA PRACTICE

### Unit-I : Teaching and Learning

Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Guru; Yogic levels of learning, Vidyarthi, Shishya, Mumukshu; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training Techniques of Individualized; Teaching Techniques of group teaching; Techniques of mass instructions; Organization of teaching (Time Management, Discipline etc)

### Unit-II : Essentials of Good Lesson Plan

Concepts, needs, planning of teaching Yoga (Shodhanakriya, Asana, Mudra, Pranayama & Meditation);

### Unit-III : 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-IV : 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.

### Unit-V :

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



## REFERENCE BOOKS

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 (2011).
3. Gharote M.L. and Ganguli S.K.: Teaching Methods for Yogic Practices, Kaivalyadhama, Lonavala (1988).
4. Swami Satyananda: Early Teaching of Bihar School of Yoga, Munger, Bihar.





**Paper-II****SWASTHA VRATTA****UNIT 1:**

General introduction to Ayurveda: Origin, meaning, definition, objective, brief history. Definition of health.

**UNIT 2:**

Concept of sharir kriya vijnananadrachana: Tridoshas, sapta-Dhatus, updhatu, Mala-Vijnan.

**UNIT 3:**

Different kind of Agnis. Prakriti: dehaprakriti and manas prakriti, sdrotas.

basic Principles of Ayurvedic Treatment Knowledge- ashtavidhParikshan.

**UNIT 4:**

Concept of Shodhan Karma: Pancha Karma (poorva karma, Pradhana karma, Pashchat Karma) and their application.

**UNIT 5:**

SwasthvirittaVijnan: meaning, definition, aims and aspects. Concept of Dincharya, Ratricharya and Ritucharya. Concept of Sadviritta.

Concept of Ahara, Vihara, Achara, Vichara.

**REFERENCE BOOKS**

- Singh Ramharsh, Swasthviritta Vijnana, Choukhambha Sanskrit Ptatisthana, Delhi.
- Kaushik, Mai Ram , Ayurveda Kya Hai?, Bikaner: Anand Prakashan,2003
- Dash , V.B., Ayurvedic Treatment For Common Diseases , Delhi Diary, 1974.
- Internal yoga psychology - V. Madhupudhan Reddy
- Mental Hygiene through yoga - Dr. Vinod P. Nautiyal
- Swastha Vratt – National Ayurved Institute.



## Paper-III

**FUNDAMENTAL TEXTS OF YOGA – I****UNIT - I: YOGA AND BHAGAVADGITA-I**

1. Meaning and definition of Yoga,
2. Samkhya Yoga: Nature of Atman, Sthit Pragyata,

**UNIT - II: YOGA AND BHAGAVADGITA-II**

1. Karma Yoga.
2. Jnana – Karma Samnyas and Karma – Samnyas Yoga,

**UNIT - III: YOGA AND BHAGAVADGITA-III**

1. Atma- Sanyam Yoga,
2. Jnana-Vijnana Yoga, Akshar Brahma Yoga.

**UNIT-IV: YOGA IN BHAGAVADGITA IV**

1. Rajvidya – Rajguhya Yoga,
2. Bhakti Yoga,
3. kshetra- Kshetrajna Vibhag.

**UNIT-V: YOGA IN BHAGAVADGITA-V**

1. Guna-Traya Vibhag, Purushottam Yoga,
2. Daivasura Sampad Vibhag,
3. Trividh-Shraddha.

**Recommended Books:**

1. Sadhak Sanjivani Commentary of Bhagwad Gita by Swami Ramsukhdasji (Gita Press, Gorakhpur)
2. Radha Krishnan, Bhagwai Gita, Hind Pocket Books, Delhi, 2004.  
Swami Adidevananda, Sri Ramanuja Gita Bhasya, Sri Ramakrishna Math, Madras, 1993.



**Paper-IV****COMPLIMENTARY AND ALTERNATIVE THERAPIES**

**UNIT 1** 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. Need of mind body medicine. Manipulative-Body Based Therapy (MBT): Meaning, Definition, Aims, Principles, Types, Impacts, Prevalence, Applications, and Limitations.

**UNIT 2** Acupressure: Origin, Meaning, Definition, Principles, Five Elements Theory, Chi Clock Cycle, Meridian Systems and Locating Acupoints on 12 Major Meridians and Reflexology.

**UNIT 3** Acupressur Therapeutics: Low Back Pain, Arthritis, Obesity, Diabetes, Hypertension/Hypotension, Hyper/Hypo Thyroidism, Liver Problem, Hyperacidity, Irritable Bowel Syndrome, Colitis, Piles, Migraine, Insomnia, Depression, Epilepsy, Anxiety, Leucorrhoea, Menstrual Disorders, Impotency, Infertility, CSF, Asthma, Pneumonia, Renal Problem, Varicose Veins, Distress, and Myopias.

**UNIT 4** Energy Medicine: History, Meaning, Definition, Types, Principles, Applications and Limitations. Pranic Healing: Origin, History, Meaning and Sources of Prana; Principles, Law of Action, 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; Ahartic Yoga & Twin Meditation,

**UNIT 5** Biologically Based Products (Dietary Supplements & Herbal Remedies) Probiotics and Prebiotics, Antioxidants Multi-vitamins and their Natural Sources, Omega-3 Fatty Acid; their Functions and natural Sources; De-stressing Herbs and their usages.

**REFERENCES :**

- Acharya, B. (2004). Ausadh Darshan. Haridwar, India: DivyaPrakashan.
- Acharya, B. (2005). Ayurveda Jadi-butiRahasya. Haridwar, India: DivyaPrakashan.
- Brahmabarchas. (2003). NidanChikitsa. Haridwar, India: Ved Mata Gayatri Trust.
- Colledge, N. R., Walker, B. R. & Ralston, S. H. (2010). Davidson's Principles & Practice of Medicine (21st ed.). China: CHURCHILL LIVINGSTONE, ELSEVIER.
- Holford, P. & Burne, J. (2007). Food is better medicine than drugs. Great Britain: Piatkus.
- Holford, P. (2014). Good Medicine. Great Britain: Piatkus.



- Joshi, S. A. (2011). Nutrition and dietetics with Indian case studies. New Delhi, India: Tata McGraw-Hill.
- Lian, Yu-Lin; Chen, Chun-Yan; Hammes, M. & Kolster, B. C. (2005). Pictorial atlas of acupuncture: An illustrated manual of acupuncture points. Solvenia: h. f. ullmann.
- Micozzi, M. S. (2015). Fundamentals of complementary and alternative medicine (5th ed.). China. ELSEVIER SAUNDERS.
- Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: DivyaPrakashan.
- Peeters, J. (2008). Reflexology. Bath BAIHE, UK: Paragon.
- Ramdev, S. (2006). Yoga Sadhana and Yoga ChikitsaRahasya. Haridwar, India: DivyaPrakashan.
- Ramdev, S. (2009). PranayamRahasya. Haridwar, India: DivyaPrakashan.
- Sah, R. L., Joshi, B., & Joshi, G. (2002). Vedic health care system. New Delhi, India: New Age Books.
- Sharma, S. (1998). JivemSaradmSatam. Mathura, India: Akhand Jyoti Samsthan.
- Sharma, S. (2010). Gayatri Mahavijyan (Combined and revised ed.). Mathura, India: YugNirman Yojana Bistar Trust.
- Sui, M. C. K. (2002). Miracle through pranic healing (3rd ed.). New Delhi, India: All India Pranic Healing Foundation.
- Sui, M. C. K. (2005). Advanced pranic healing. Banglore, India: World India Pranic Healing Foundation-India.
- Sui, M. C. K. (2005). Pranic Psychotherapy (2nd ed.). Banglore, India: World India Pranic Healing Foundation-India.
- Yogananda, P. (2011). Journey to self-realization. Kolkata, India: Yogoda Satsang Society of India.
- Mohan, H. (2010). Textbook of pathology (6th ed.). New Delhi, India: JAYPEE BROTHERS MEDICAL PUBLISHERS (P) LTD.
- Sharma, S. (2013). ChikitsaUpcharKeVividhAyam (2nd ed.). Mathura, India: Akhand Jyoti Samsthan.
- Sharma, S. (2013). Nirog Jeevan KeMahatopurna Sutra (2nd ed.). Mathura, India: Akhand Jyoti Samsthan.
- Sharma, S. (2013). PranChikitsa (2nd ed.). Mathura, India: Akhand Jyoti Samsthan.
- Sharma, S. (2006). Diagnose, cure and empower yourself by the currents of breath. Haridwar, India: Shri Vedmata Gayatri Trust.
- Yuan, Chun-Su., & Bieber, E. J. (2003). Textbook of complementary and alternative medicine. New York, NY: The Parthenon Publishing Group.



**PAPER-V****PRACTICAL AND TEACHING PRACTICE****Asanas-****15 Marks**

- |                               |                                   |
|-------------------------------|-----------------------------------|
| 1. Padmsarvangasan- Supine    | 8. Garbhasan- Supine              |
| 2. Mayurasana- Balancing      | 9. Shishpadanangusthasan- Sitting |
| 3. Shirshasan- Balancing      | 10. Sankatasan- Sitting           |
| 4. Tolangulasan- Balancing    | 11. Guptasan- Sitting             |
| 5. Ekpadskandhasan- Balancing | 12. Nadishodhanasan               |
| 6. Vatayanasan- Balancing     | 13. Padmvakasan- Balancing        |
| 7. Tittibhasan- Balancing     |                                   |

**Pranayam-****05 Marks**

1. Bhramari pranayam
2. Murcha pranayama

**Satkarm-****10 Marks**

1. Dand dhauti
2. Vyutkram kapalbharti
3. Tratak

**Mudra & Bandh****05 Marks**

1. Ashwani mudra
2. Mool bandh
3. Maha bhand
4. Shaktichalini mudra

**Meditation-****05 Marks**

1. Pranav Meditation and Shavasana (Relaxation)

**\*\* 40 Marks for Demonstration and 20 Marks for Viva-Voce (Evaluated by External Examiner)**



## Semester IV

YOG/C401

Research Methodology in Yogic Science

### Paper-I

## RESEARCH METHODOLOGY IN YOGIC SCIENCE

### UNIT-I: INTRODUCTION TO RESEARCH METHOD

1. Meaning and definitions of research
2. Methods of Research
3. Significance of Research in Yoga

### UNIT-II: RESEARCH PROBLEM AND HYPOTHESIS

1. Problem: Its Meaning and Nature
2. Statement of Hypothesis and Meaning

### UNIT-III:

1. Types of Research Design.
2. Sampling
3. Tools of data collection

### UNIT-IV: MEASURES OF VARIABILITY

1. Measurement of Central Tendencies: Mean Median, Mode
2. Standard Deviation
3. Correlation coefficient

### UNIT-V: PREPARATION OF RESEARCH SYNOPSIS AND REPORT

1. Steps of Scientific Research
2. Preparation of Synopsis
3. Presentation of Yogic Research Report

### REFERENCE BOOKS

1. Kerlinger: Foundation of Behaviour Research.
2. Festinger and Katz: Research Methods in Behaviour Sciences.
3. Garrat: Statistics in Psychology and Education.
4. कपिल, एच. के. : अनुसंधानविधियाँ
5. गैरेट : मनोविज्ञान एवं शिक्षा में सांख्यिकी



**Paper-II****YOGA & ALLIED SCIENCES****UNIT-I:**

1. Concept of Health. Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual
2. Yogic Concept of Health and Disease: Concept of Adhi and Vyadhi; Meaning and definition.

**UNIT-II: Diet & Nutrition:**

1. Balanced diet & Yogic diet

**UNIT-III**

1. Introduction to General Psychology.
2. Personality: Nature and Types of Personality; Determinants of Personality: Heredity and Environment; Facets and Stages of Personality Development; Personality Theories of Sigmund Freud, Alfred Adler and C.G. Jung; Assessment of Personality.

**UNIT-IV:**

1. Cognitive Psychology: Sensation, Perception, Attention, Memory, Learning, Feeling etc.; Their definitions and types.
2. Sleep: stages of sleep, circadian rhythm, sleep disorders, Hypnosis, Biofeedback.

**UNIT-V:**

Mental Health; Means of mental health; Causes and Consequences of Conflicts and Frustrations; Introduction to Common mental disorders; Depressive disorders; Anxiety disorders; Serious mental disorders; Sleep disorders; Mental retardation; Alcohol and drug abuse; Suicide, attempted suicide and suicide prevention.

**REFERENCE BOOKS**

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 Ayurved.
4. Garde, R.K.: Ayurvedic for health and long life.



**Paper-III****FUNDAMENTAL TEXTS OF YOGA- II****UNIT - I: YOGA IN UPANISHADS - I**

1. General introduction to Upanishads
2. Kathopanishads: Atma – Vivechan,
3. Prashna Upanishad: Pancha Pranas

**UNIT - II: YOGA IN UPANISHADS - II**

1. Mundaka Upanishad: Brahma-Vichar
2. Mandukya Upanishad: Four states of consciousness and its relation to syllables in Omkara

**UNIT - III: YOGA IN UPANISHADS - III**

1. Taittiriya Upanishad: Concept of Panchakoshas.
2. Shvetashwatar Upanishad: Yoga Sadhana, Dhyana and Pranayama (ch.2)

**UNIT - IV: YOGA IN UPANISHADS - IV**

1. Dhyandindu Upanishad: Om and AtmaVichar
2. Yogachudamani Upanishad: Pranayama Vivechan

**UNIT - V: YOGA IN TANTRA**

1. Principles of Shaivism
2. Shakt Tantra – 10 Mahavidyas
3. Vaishnav Tantra

**Recommended Books:**

1. Radhakrishnan, S., The Principal Upanishads, George Allen and Unwin, London, 1953.
2. Shri Ram Sharma Acharya, 108 Upanishads in three Volumes, Shanti Kunj, Haridwar, 1978.
3. Introduction to Upanishads, Theosophical Society of India, Adyar, Madras, 1976.
4. तंत्र दर्शन, परमहंसतिनरजनानन्द, श्रीपंचदशनाम, परमहंसअलखबाड़ा, देवघरए बिहार.





YOG/C404	Yoga Therapy
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**Paper-IV**

**YOGA THERAPY**

**Unit 1:Yoga Etiology, Diagnosis and Therapy**

Concept of Yoga Therapy: Meaning, Definition, Aims, Principles, Factors Impacts and Limitations; Qualities of yoga therapist.

Yogic Anatomy and Physiology: Concept of Psychic Centers, Pancha Kosha and three planes of human being;

**Unit 2:Yogic Management Of Following Diseases 1:**

Back Pain: Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylitis.

Neck pain: Cervical Spondylosis.

All forms of Arthritis: Rheumatoid Arthritis, Osteoarthritis.

Hypertension and Hypotension, heart diseases, Varicose veins, Coronary Artery Disease, Cardiac Failure.

**Unit 3:Yogic Management Of Following Diseases 2:**

Yogic Management of Acid peptic disease(APD)- Indigestion Hyperacidity, Ulcer, Flatulence, Gastritis, Bowel problems - chronic Constipation, Irritable Bowel Syndrome, Ulcerative colitis

Excretory System: Renal stones.

**Unit 4:Yogic Management Of Following Diseases 4:**

Diabetes Mellitus (I&II); Hypo and Hyper- Thyroidism; Obesity: Metabolic Syndrome, Cancer.

Menstrual disorders: Dysmenorrhea, Oligomenorrhea, Menorrhagia: Premenstrual Syndrome:

Menopause and perimenopausal syndrome: Yoga for Pregnancy and Childbirth, PCOS.

**Unit 5:Yogic Management Of Following Diseases 5:**

Migraine, Tension Headache, Epilepsy; pain; Parkinson's disease. Yogic Management of Sinusitis, Bronchial Asthma, Tuberculosis. Anxiety disorders: Generalised anxiety disorder, Phobias, Depression: Dysthymia, Major depression, Schizophrenia.



## REFERENCE 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
4. ShivanandSaraswati: Yoga Therapy (Hindi & English)
5. Rai, Lajpat: Discovering Human Potential energy: A Physiological Approach to Yoga (Anubhava Rai Publications, 1998)
6. Nagarathna, R and Nagendra, H.R.: Promotion of Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2002
7. Ramesh Bijlani: Back to Health through Yoga, Rupa Publications India Pvt. Ltd, 2011
8. MDNIY publications: 10 Booklets, Yoga Therapy Series, MDNIY Publications, New Delhi, 2009
7. Swami SatyanandaSaraswati: Yoga and Cardio Vascular Management, Yoga Publication Trust, Munger, 2005
8. Nagarathna R and Nagendra H R: Yoga for Arthritis, Back pain, Diabetes, Pregnancy Breathing Practices, Swami Vivekananda Yoga Prakashana, Bangalore, 2000
9. Swami kavalayananda and S.L. Vanikar: Yoga Therapy: Ka4alyadhama, Lonavala, Revised



**PRACTICAL - VI****PRACTICAL AND TEACHING PRACTICE****Asanas-****15 Marks**

- |                                   |                       |
|-----------------------------------|-----------------------|
| 1. Dwipadskandhasan               | 9. Poorna Chakrasan   |
| 2. Karnapeedasan                  | 10. Vrishchikasan     |
| 3. Poorna Bhujangasan             | 11. Padma Mayurasan   |
| 4. Poorna Matsyendrasan           | 12. Balgarbhasan      |
| 5. Vipreetshirshdwihastabaddhasan | 13. Kandpeedasan      |
| 6. Gorakshasan                    | 14. Poorna Dhanurasan |
| 7. Pakshiasan                     | 15. Pranavasan        |
| 8. Hanumanasan                    |                       |

**Pranayam-****05 Marks**

1. Plavini Pranayam
2. Ujjai Pranayam
3. Bhastrika
4. Bharmari

**Shatkram-****10 Marks**

1. Nauli
2. Vastradhauti
3. Loghooshankhprakshalan

**Mudra & Bandh-****05 Marks**

1. Mahamudra
2. Khechari Mudra

**Meditation-****05 Marks**

**\*\* 40 Marks for Demonstration and 20 Marks for Viva-Voce (Evaluated by External Examiner)**

