

School of Health Sciences
CSJM University, Kanpur

Ordinance & Syllabus
for

M.Sc. YOGA
Academic Programme

Syllabus according to
NEP-2020

Duration: 2 years (Four semesters)

Ramkishore

Veer

Manish Kumar

Digvijay

M.Sc. YOGA

ORDINANCE

Chapter

"A"

PREAMBLE:

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living. The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore, the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight. In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course the student is taught the concepts of Yoga for the treatment and prevention of various psychosomatic and life style related ailments. Those students who are not aware of concepts of Human Anatomy & Human Physiology will be provided with basic knowledge of the above to enhance their understanding about concept of Yoga. These subjects will be considered as internal subjects. This course has the vision of producing yoga professional so that they could teach yoga therapy in a paramedical department of a hospital with the ability to select specific safe practice modules for different diseases.

Title of the Programme: The programme shall be called "M.Sc. YOGA"

Objectives of the Programme:

1. Prevention: To introduce yoga therapy, its principles and practices of yoga for prevention of various lifestyles, non-communicable and psychosomatic disorders.
2. Promotion of positive health: To prepare them for giving talks and offer techniques to promote healthy yogic life style.
3. Treatment: To create professional therapists of high calibre who know the concepts, techniques and can handle lifestyle disease under the guidance of a super specialist doctor to select safe specific practices for different diseases.
4. To create yoga therapy experts with in-depth knowledge based on yogic texts. For example, to train them 'be and make' i. e., ensure they practice what they teach.
5. Social health: To establish holistic health, social harmony and world peace by training them to be great citizens who can offer yogic way of life as examples of right living.

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Course outcomes:

1. Creation of qualification professionals in the field of Yoga and allied sciences.
 2. Establishment of multidimensional approach having evidentiary value in the field of applied and field of Yoga. Developing tandem between the spiritual, philosophical and physiological facets of Yoga.
 1. Able to develop the commutative effects of theory and practice in the various fields of yoga profession.
 2. Exploration about Yogic intervention of Shatkarmas, Aasanas, Pranayamas, Mudras, Bandhas and Meditation on various physiological and psychological diseases.
 3. Able to develop and improve skills in interdisciplinary collaboration for better understanding of adjustment all issues, Health problems, issues of Moral development and needed services.
 4. Study the use of Pranayam in mental disorders and attaining mental health.
- Global level research opportunities to pursue Ph.D. programme targeted approach of - NET examination.

Ram Krishore

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Munshi Rakesh

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M.Sc. YOGA

1. "M.Sc. YOGA" degree will be under the faculty of Medicine of C.S.J.M. University, Kanpur.

2. **Duration of course:**

The total duration of the Course shall be of two years spread over in four semesters.

3. **Seats:**

30 (Thirty)

4. **Admission:**

Eligibility :

The candidate should have completed Graduation (any stream) from any UGC recognized university.

Mode of Admission:

As per the University Norms.

5. **Medium of instruction:**

Hindi/English shall be the medium of instruction for all the subjects of study and for examination of the course.

2. **Method of Teaching:**

The method of teaching adopted shall be a combination of lectures, demonstrations and practicals by the full time faculty, visiting or part time or guest faculty.

3. **Examination:**

As per the University norms.

Duration of examination:

As per the University norms.

4. **Attendance to appear in the end semester examination :**

The permission to appear in end semester examination shall be granted to such candidate only who have fulfill the condition of 75% attendance in each subject separately in theory and practical as per the university rule.

Regarding attendance requirements students will have to fulfill the condition of 75% attendance. 15% relaxation in attendance, in exceptional circumstances can be made by the Vice Chancellor on the recommendation of the Director/Coordinator/Head of the Institute/Department.

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CHHATRAPATI SHAHU JI MAHARAJ UNIVERSITY, KANPUR

STRUCTURE OF SYLLABUS FOR THE

PROGRAM: M.Sc., SUBJECT: YOGA

Syllabus Developed by

Name of BoS Convenors / BoS Members	Designation	Department	College/University
Prof. Sanjay Kala	Principal	Dean, Faculty of Medicine	GSVM. Medical College, Kanpur
Prof. Dolly Rastogi	Professor	Physiology	GSVM Medical College, Kanpur
Prof. Parvez Khan	Head	Ophthalmology	GSVM Medical College, Kanpur
Prof. Sanjay Kumar	Head	Orthopaedics	GSVM Medical College, Kanpur
Prof. MP Mishra	Ex. Director	JK Cancer Institute	GSVM Medical College, Kanpur
Dr. Chayanika Kala	Associate Professor	Pathology	GSVM Medical College, Kanpur
Dr. Ashok Verma	Head & Associate Professor	Radiology	GSVM Medical College, Kanpur
Dr. Digvijay Sharma	Director	School of Health Sciences	CSJM University, Kanpur
Dr. Munish Rastogi	Assistant Director	School of Health Sciences	CSJM University, Kanpur
Dr. Versha Prasad	Assistant Professor	School of Health Sciences	CSJM University, Kanpur
Dr. Ram Kishor	Assistant Professor	School of Health Sciences	CSJM University, Kanpur

	I ST YEAR / I ST SEM					
COURSE CODE	TYPE	COURSE TITLE	MIN CREDITS	CIA	ESE	MAX. MARKS
M030701T	CORE	Foundation of Yoga	4	25	75	100
M030702T	CORE	Yoga in Upnishads	4	25	75	100
M030703T	CORE	Research Methodology	4	25	75	100
M030704T	CORE	Biomechanics & Kinesiology	4	25	75	100
M030705P	PRACTICAL	Yoga Practical-I	4	25	75	100
	PROJECT	Dissertation/Project Work				-
	Internal Subject	Human Anatomy Physiology-I	2	-	-	-
	TOTAL		22			500
I ST YEAR / II ND SEM						
M030801T	CORE	Patanjala Yoga Darshan	4	25	75	100
M030802T	CORE	Hatha Yoga Texts	4	25	75	100
M030803T	CORE	Biostatistics	4	25	75	100
M030804P	PRACTICAL	Yoga Practical-II	4	25	75	100
M030805R	PROJECT	Dissertation/Project Work	8	25	75	100
B140804T	MINOR	Sensory Evaluation	4	25	75	100
B140805T	ELECTIVE	Quality Control Food Standards and Food Laws				
	Internal Subject	Human Anatomy Physiology-I	2	-	-	-
	TOTAL		30			600

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II ND YEAR / III RD SEM						
M030901T	CORE	Application of Hatha Yoga and Patanjala Yoga	4	25	75	100
M030902T	CORE	Therapeutic Yoga	4	25	75	100
M030903T	CORE	Teaching Methods of Yoga	4	25	75	100
M030904T	ELECTIVE	Management of Health and Diseases through Yoga	4	25	75	100
M030905T		Swami Vivekanand's Four Yoga Streams				
M030906P	PRACTICAL	Yoga Practical-III (Contemporary Yoga Techniques)	4	25	75	100
	PROJECT	Dissertation/Project Work	-	-	-	-
	TOTAL		20			500
II ND YEAR / IV TH SEM						
M031001T	ELECTIVES (ANY FOUR TO BE CHOSEN)	Application of Yoga Vashishtha and Bhagwadgeeta	4	25	75	100
M031002T		Yoga Shastra-I (Brahmasutra & Viveka Chudamani)				
M031003T		Yoga Shastra-II (Sankhya Karika)				
M031004T		Yoga and Health				
M031005T		Insight into Indian Philosophy				
M031006P	PRACTICAL	Yoga Practical-IV (Filed Work and Teaching Practice)	4	25	75	100
M031007R	PROJECT	Dissertation/Project Work	8	25	75	100
	TOTAL		28			600
GRAND TOTAL			100			2200

NOTE:

1. *A MINOR ELECTIVE FROM OTHER FACULTY SHALL BE CHOSEN IN 1ST YEAR (EITHER Ist / IInd SEMESTER) AS PER AVAILABILITY.
2. In both years of PG program, there will be a Research Project or equivalently a research-oriented Dissertation as per guidelines issued earlier and will be of 4 credit (4 hr/week), in each semester. The student shall submit a report/dissertation for evaluation at the end of the year, which will be therefore of 8 credits and 100 marks
3. Research project can be done in form of Internship/Survey/Field work/Research project/Industrial training, and a report/dissertation shall be submitted that shall be evaluated via seminar/presentation and viva voce.
4. The student straight away will be awarded 25 marks if he publishes a research paper on the topic of Research Project or Dissertation.
5. **Yoga Practical-I (M030705P)** is a Minor (interdisciplinary) open elective offered by School of Health sciences in 1st sem for students of other disciplines / faculty.

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INTERNAL ASSESSMENT

- It will be for theory and practical both.
- It will be done through the whole semester.
- The candidate must obtain at least 40% marks in theory and practical separately in internal assessment to be eligible for the semester University examination.
- Internal assessment (Theory) will be done as follows:

a)	Mid-sem./Class Test	= 10 marks
b)	Assignments/Projects/Clinical Presentations	= 10 marks
c)	Attendance	= 05 marks
Total		= 25 marks

Internal assessment (Practical) will be done as follows:

a)	Laboratory manual	= 10 marks
b)	Day to day performance	= 10 marks
c)	Attendance	= 05 marks
Total		= 25 marks

Criteria for Passing

- As per the University Norms.

Maximum Duration for Completion for Course

- A candidate shall complete the course within four years from date of admission failing which the candidate will be discharged.

Division:

- As per the University Norms.

Degree:

The degree of "M.Sc. YOGA" course of the University shall be conferred to the candidates who have pursued the prescribed course of study for not less than two academic years (Four Semesters) and have passed examinations as prescribed under the relevant scheme.

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Dissertation

Every candidate pursuing M.Sc. Yoga degree course is required to carry out research work on a selected research project under the guidance of a recognized postgraduate teacher. The results of such a work shall be submitted in the form of dissertation. Topic for dissertation shall be assigned by the guide.

If the subject of Thesis entails collaboration with other departments or specialties, the collaborative portion of the work will be supervised by Co-Guide, designated by the School of Health Sciences in consultation with the Guide. Where a Co-Guide is involved, the Thesis will be certified jointly by the Guide & Co-guide.

Every candidate shall submit synopsis to the University in the prescribed Performa containing particulars of proposed dissertation work, within 6 months from the date of commencement of the course on or before the dates notified by the university. The synopsis shall be sent through the proper channel. Such synopsis will be reviewed and the university will register the dissertation topic.

No change in the dissertation topic or guide shall be made without prior approval of the university. Guide will be only a facilitator, advisor of the concept and hold responsible in correctly directing the candidate in the methodology and not responsible for the outcome and results.

The dissertation should be written under the following headings.

1. Introduction
2. Aims or objectives of study
3. Review of literature
4. Material and methods
5. Results
6. Discussion
7. Conclusion
8. References
9. Master and Chart & Table (If Applicable)
10. Annexure (If Applicable)

The written text of dissertation/ research project shall not be less than 50 pages and shall not exceed 120 pages excluding references, tables, questionnaires and other annexure. It should be neatly typed in double line spacing on one side of bond paper (A4 size, 8.27" x 11.69") and bound properly. Spiral binding should be avoided. A declaration by the candidate for having done the work himself should also be included, and the guide, head of the department and Director/Coordinator of the institute shall certify the dissertation/ research project.

Every candidate is required to give power point presentation before final submission of dissertation. Four copies of Dissertation/research project shall be submitted to the university, through proper channel, along with a soft copy (CD), 2 months before the final examination. It shall be assessed by two examiners appointed by the university, one internal and one external. There will be a power point open presentation of the submitted dissertation as per the schedule given by the university. This presentation shall be jointly evaluated by external and internal examiner as per the criteria given below:

Objective(s) of the work done, Methodology adopted, Result and Discussion, Conclusion & outcome.

If the student failed to secure the minimum passing marks he will resubmit the dissertation 01 month before the supplementary exam.

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Guide

I. Eligibility to be a guide

- (a) Full time faculty involved in teaching in the same Department/Institute or in the affiliated colleges or institutions of University.
- (b) Academic qualification and teaching/professional experience:
 - M.Sc. in Yoga or M.A. in Yoga with at least 02 years of teaching/professional experience.
 - Or
 - Ph.D. in Yoga with at least 02 years of teaching/professional experience.
 - Or
 - Ph.D. in Allied Subject (Philosophy) with at least 02 years of teaching experience.

The Vice Chancellor of the University can appoint a person as a guide whom he/she considers suitable.

II. Age of Guide

The age of guide should not exceed 62 years or as per university norms.

III. Change of Guide

In the event of registered guide leaving the department/institute or in the event of death of guide, guide may be change with prior permission from the university.

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COURSE OF STUDY

M.Sc. First Semester (First Year)

S.N.	Subjects Code	Subjects	Teaching hours
1	M030701T	Foundation of Yoga	80
2	M030702T	Yoga in Upnishads	80
3	M030703T	Research methodology	80
4	M030704T	Biomechanics & Kinesiology	80
5	M030705P	Yoga Practical-I	80
6	-	Dissertation/Project Work	40
7.	-	Human Anatomy & Physiology-I	40

M.Sc. YOGA Second Semester (First Year)

S.N.	Subjects Code	Subjects	Teaching hours
1	M030801T	Patanjala Yoga Darshan	80
2	M030802T	Hatha Yoga Texts	80
3	M030803T	Biostatistics	80
4	M030804P	Yoga Practical-II	80
5	M030805R	Dissertation/ Project Work	120
6	B140804T	Sensory Evaluation	80
7.	B140805T	Quality Control Food Standards and Food Laws	80
8	-	Human Anatomy & Physiology-II	40

M.Sc. YOGA Third Semester (Second Year)

S.N.	Subjects Code	Subjects	Teaching hours
1	M030901T	Application of Hatha Yoga and Patanjala Yoga	80
2	M030902T	Therapeutic Yoga	80
3	M030903T	Teaching Methods of Yoga	80
4	M030904T	Management of Health and Diseases through Yoga	80
5	M030905T	Swami Vivekanand's Four Yoga Streams	80
6	M030906P	Yoga Practical-III (Contemporary Yoga Techniques)	80
7	-	Dissertation/ Project Work	40

M.Sc. YOGA Fourth Semester (Second Year)

S.N.	Subjects Code	Subjects	Minimum Teaching hours
1	M031001T	Application of Yoga Vashishtha and Bhagwadgita	80
2	M031002T	Yoga Shastra-I (Brahmasutra & Viveka Chudamani)	80
3	M031003T	Yoga Shastra-II (Sankhya Karika)	80
4	M031004T	Yoga and Health	80
5	M031005T	Insight into Indian Philosophy	80
6	M031006P	Yoga Practical-IV (Filed Work and Teaching Practice)	80
7	M031007R	Dissertation	120

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M.Sc. Yoga First Semester

Course code: M030701T

Foundation of Yoga

Min. Hrs – Theory: 80 Hrs.

Objectives:

The teaching-learning of this paper will enable learner to:

- Student will have an understanding about origin, history and development of Yoga.
- They will have an idea about Veda, Upnishada and Shad-Darshana.
- Introduction about Yoga according to various yogic texts.
- Introduction about Principal Upnishads.
- Introduction about various streams of Yoga.

Unit-I: Origin, history and various traditions of Yoga:

Origin, meaning & definitions of Yoga, Misconceptions, Aim and Objectives of Yoga. History and Development of Yoga: prior to the Vedic period, Medieval period, modern era, Introduction to Vedas, Upanishads and Prasthanatrayee; Concept of Purushartha Chatushtaya.

Basic concepts of Shad-darshanas- Epistemology, Metaphysics, Ethics and Liberation with special emphasis to Samkhya, Yoga and Vedanta Darshana. Introduction to Epics and Smriti- yoga in Ramayana (Aranyakand), Mahabharata (Shantiparva) and Yajnavalkya Smriti.

Unit-II: Brief introduction of Yogi:

Brief introduction and yogic contribution of Maharshi Patanjali and Guru Gorakshanath Traditions. Yoga in Narada Bhaktisutra and Yoga in the Literature of Saints- Kabirdas, Tulasidas and Surdas.

Yoga in Modern Times: Yogic Traditions of Swami Vivekananda, Shri Aurobindo; Maharshi Ramana and Maharshi Dayanand Saraswati. Yoga in Contemporary Times: Brief Introduction of Sri Shyamacharan Lahidi, Sri T. Krishnamacharya, Swami Shivanada Saraswati, Swami Rama of Himalayas, Maharshi. Mahesh Yogi, Pt. Sri Ram Sharma Acharya and their contribution for the development and promotion of Yoga.

Unit 1: Introduction to Upanishads

Meaning of Upanishad, Concept of Veda and Upanishad, Comparison between subject matters of Veda & Upanishads, Number of Upanishads & Brief Introduction of Principal Upanishads- Isha, Kena, Katha, Prashna, Mundaka, Mandukya, Aitreya, Taittiriya, Brihadaranyak & Chhandogya Upanishad .

Unit-IV: Various School of Yoga.

Introduction to Jnanayoga, Bhaktiyoga, Karmayoga, Dhyanyoga and Rajayoga, Hathayoga, Mantra Yoga, Layayoga. Elements of Yoga in Jainism and Buddhism.

TEXT BOOKS

1. Lal Basant Kumar : Contemporary Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd, Delhi, 2013.
2. Dasgupta S. N : History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012.
3. Singh S. P : History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010.
4. Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010.
5. D.P Singh, Dr. Amerjeet Yadav: Yoga Ka Darshanik Evm Vaidhaneek Sawarop, Nirmala Publication, Jaipur, Rajasthan, 2020.

BOOKS FOR REFERENCE

1. Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, Varanasi, 2010
2. Swami Bhuteshananda : Narad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
3. Hiriyanna M : Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
4. Hiriyanna M: Essentials of Indian Philosophy, Motilal Banarsidas, Delhi, 2008
5. Radhakrishnan S: Indian Philosophy, Oxford University, UK (Vol. I & II) II Edition, 2008
6. Max Muller K. M : The six system of Indian Philosophy, Chukhambha, Sanskrit series, Varanasi, 6th Edition, 2008

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Versh

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M.Sc. Yoga First Semester

Course code: M030702T

Yoga in Upnishads

Min. Hrs – Theory: 80 Hrs.

Objectives:

On the completion of this course, student will be able to

- Have an idea about the Yogopnishads.
- Understand the concept of Yoga in Upnishads.
- Understand concept of Upanishads and the role of it in our day-to-day life.
- Quote references of each practice as per traditional texts.

Unit-I: Swetaswataropnishad and Yogakundala Upanishad

Swetaswataropnishad: (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.

Yogakundali Upanishad: Methods of Pranayama Siddhi, Types of Pranayama, means of Self-realization.

Unit-II: Yogachudamadi Upanishad and Trishikhibrahmanopnishad

Yogachudamadi Upanishad: The description of the six limbs of yoga, their results and sequence.

Trishikhibrahmanopnishad: description of Ashtangayoga, Karmayoga and Jnanayoga.

Unit-III: Yogatattva Upnishad and Dhyandindooanishad

Yogatattva Upnishad: Mantrayoga, Layayoga, Hathayoga, Rajayoga and their stages, diet and Dincharya, primary symptoms of yoga siddhis and precautions.

Dhyandindooanishad: importance of Dhyanyoga, Nature of Pranav, Techniques of Pranav meditation, Shadangyoga, Atmadarshan through Nadanusandhan.

Unit-IV: Yoga in Nadabindooanishad and Yogarajopnishad

Nadabindooanishad: 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.

Yogarajopnishad: Mantrayoga, Layayoga, Hathayoga, Rajayoga, nine chakras, procedures of Dhyana and its results.

Text Books

1. 108 Upnishads, Part 1, 2 and 3, Pt. Shreeram Sharma Acharya, Yug Nieman Yujana Vistar Trust, Mathura, 2010.
2. Dr. Satyavrit Sidhantalankar: Ekadasho Upnishad

Reference Books

1. Ishadinopnishad: Geeta Press Gorakhpur.
2. Kalyan Upnishad Ank: Geeta Press Gorakhpur

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M.Sc. Yoga First Semester
Course Code: M030703T
Research Methodology
Min. Hrs. Theory: 80 Hrs.

Course Objective:

- a) To have a thorough understanding of presenting supporting evidences and how to conduct research.
- b) To have an understanding of model of research and biostatistics.
- c) To evaluate every procedure on the basis of evidences.
- d) To understand the data analysis procedure and their significance in research.

Course Outcomes:

- a) Students will be able to understand and apply concepts and terminology with in the area of Research.
- b) Students will be able to describe research design and application of different methods to analyze the data collected to conduct and complete the research.

RESEARCH METHODOLOGY

1. Research in physiotherapy

- Introduction
- Research for Physiotherapist: Why? How? And When?
- Research – Definition, concept, purpose, approaches
- Internet sites for Physiotherapist

2. Research Fundamentals

- Define measurement
- Measurement framework
- Scales of measurement
- Pilot Study
- Types of variables
- Reliability & Validity
- Drawing Tables, graphs, master chart etc

3. Writing a Research Proposal, Critiquing a research article

- Defining a problem
- Review of Literature
- Formulating a question, Operational Definition
- Inclusion & Exclusion criteria
- Forming groups
- Data collection & analysis
- Results, Interpretation, conclusion, discussion
- Informed Consent
- Limitations

4. Research Design

- Principle of Designing
- Design, instrumentation & analysis for qualitative research
- Design, instrumentation & analysis for quantitative research
- Design, instrumentation & analysis for quasi-experimental research
- Design models utilized in Physiotherapy

5. Research Ethics

- Importance of Ethics in Research
- Main ethical issues in human subjects' research
- Main ethical principles that govern research with human subjects
- Components of an ethically valid informed consent for research

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M.Sc. Yoga First Semester
Course code: M030704T
Biomechanics and Kinesiology
Min. Hrs – Theory: 80 Hrs.

Objectives

- Helping learners to realize biomechanics importance to yoga practice.
- To learn general biomechanics concepts and principles that influence human movement.
- Illustrate the use of these general biomechanical concepts in the professional skill for the diagnosis of the movement during yoga practices.

THEORY

Unit 1: Introduction to Kinesiology and the principles of Biomechanics in Yoga.

Meaning and Definition of Kinesiology ; Basic Biomechanical terms – velocity; acceleration; angular velocity; angular acceleration; Mass; Pressure; Gravity; Friction; work; Power; Energy; Torque; Bio mechanics: Description of movement of the human body; Kinematics, Kinetics; Kinetics – the forces producing motion e.g. muscles, gravity; Kinematics – the description of motion e.g. type, location, direction, planes of movement; Type of displacement (movement); Location in space; Direction of movement; Magnitude of movement; Rate of movement; Importance of Kinesiology and Biomechanics for Yoga

Unit 2: Fundamental Concept

Fundamental concepts of following terms – Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity; Fundamental movements at various joints; Fundamental concepts of the following terms – Angle of Pull, All or None Law, Reciprocal Innervations and inhibition; Stretch and postural reflex during the practice of Yoga postures; Force – Meaning, definition, types and its application to various Yoga postures; Lever – Meaning, definition, types and its application to human body; Newton's Laws of Motion – Meaning, definition and its application to Yoga activities.

Unit-3 : Biomechanics of Hip and spine

Biomechanics of Hip Structure & function of the bones & non contractile element of the Hip, mechanics & patho-mechanics of muscle activity at the hip & analysis of the forces on the Hip during various Yoga postures; Biomechanics of Spine: Structure & function of the bones & joints of the cervical spine, mechanics & patho-mechanics of the cervical musculature, analysis of the forces on the cervical spine during activity, structure & function of the bones & joints of the thoracic spine, mechanics of the thoracic musculature, analysis of the forces on the thoracic spine during Yoga Postures & structure & function of the bones & joints of the lumbar spine. c. Mechanics of the lumbar musculature, analysis of the forces on the lumbar spine during Yoga postures, structure & function of the bones & joints of the pelvis, mechanics of the muscle activity in the pelvis & analysis of the forces on the pelvis during activity.

Unit-4: Biomechanics of Shoulder, elbow and wrist

Biomechanics of Shoulder: Structure & function of the bones & joints of the Shoulder complex, mechanics & patho-mechanics of the muscle activity in the Shoulder complex & analysis of the forces on the Shoulder complex during Yoga postures; Biomechanics of Elbow: Structure & function of the bones & no contractile element of the elbow, mechanics of muscle activity at the elbow & analysis of the forces on the elbow during Yoga postures; Biomechanics of Wrist & Hand Structure & function of the bones & joints of the wrist & hand, mechanics of the muscle activity in the wrist & hand, analysis of the forces on the wrist during activity, mechanics of the Special connective tissue in the hand.

TEXT BOOKS

1. Hay, J.G. and Reid, J.G.: Anatomy, mechanics and human motion. Englewood Cliffs, N.J.: prentice Hall Inc. 1988.
2. Knudson, D.: Fundamentals of biomechanics. New York, NY: Springer, 2007

REFERENCE BOOKS

1. McGinnis, P.: Biomechanics of sport and exercise. Champaign, IL: Human Kinetics, 2013
2. Franc Bell: Principles of Mechanics and Biomechanics, Stanley Thornes Publications, 1998
3. Iwan W. Griffiths, Principles of Biomechanics & Motion Analysis, Published by Lippincott Williams & Wilkins, 2006.

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PRACTICAL

Course objectives:

Following the completion of the course, students shall be able to:

- Understand the principle of biomechanics and its importance during the practice of Yoga.
- Guide the practitioners based on the alignment principles.
- Demonstrate yogic practice having biomechanics principles in mind.

Unit-1:

Locating of muscles with the help of model/chart.

Unit-2:

Goniometry

Unit-3:

Demonstration of yogic practices under the supervision of the teaching faculty.

TEXT BOOK

Bruce Bowaditch: The Yoga Technique Guide - Principles of Alignment and Sequencing, Third Eye Press, 2015.

REFERENCE BOOKS

J E Herzenberg. Principles of deformity correction, Springer publication.

Ram Krishore

Vesht

Munish Kumar

Digvijay

M.Sc. Yoga First Semester
Subject Code: M030705P
Yoga Practical-I
Min. Hrs. - Practical: 80 Hrs.

Objectives:

On the completion of this course, students shall be able to

- Make the students recite the Vedic hymns skilfully.
- Understand the concept and principles of Shatkarmas.
- Know and understand about breathing practice.
- Understand the concept and principles of Shatkarmas & Sukshma-Sthula vyayama.
- Know and understand about Surya Namaskara with Mantra.
- Explain and demonstrate the above-mentioned practices skillfully.

Unit-I: Prarthana and Sthul Vyayama

Recitation of Pranava Japa and Soham Japa. Yogic sthula vyayama: Rekha-gati (Walking in a Straight line), Hrid-gati (Injanadaur – the Locomotive Exercise), Utkurdana (Jumping Exercise), Urdhva-gati (Upward Movement), Sarvanga-pusti (Developing the Entire body)

Unit-II: Yogic suksma vyayama

Uccharana-sthala tatha Vishudha-chakra-shuddhi (for throat and voice); Prarthana (Prayer) Buddhi-tatha-dhriti shakti-vikasaka (for developing will power); Smarana shaktivikasaka (for improving the memory); Medha shakti-vikasaka (for improving the intellect and memory); Netra shakti-vikasaka (for the eyes); Kapola shakti-varadhaka (for the cheeks); Karna shakti-varadhaka (for the ears); Griva shakti-vikasaka (for the Neck) (i), (ii) and (iii), Skandha-tatha-bahu-mula shakti-vikasaka (for the shoulders), Bhuja-bandha shakti-vikasaka, Kohini shakti-vikasaka, Bhuja-valli shakti-vikasaka, Purna-bhuja shaktivikasaka (for the arms), Mani-bandha shakti-vikasaka, Kara-prstha shakti-vikasaka, Karatala shakti-vikasaka, Anguli-mula shakti-vikasaka (for the fingers), Anguli- shakti-vikasaka (for the fingers), Vaksa-sthala shakti-vikasaka (for the chest) (1), Vaksa-sthala shaktivikasaka (for the chest) (2), Udara shakti-vikasaka (for the abdomen) (i) to (x); Kati shaktivikasaka (for the waist) (i) to (v), Muladhara-chakra-suddhi (for the rectum), Upastha tatha-svadhishthana-chakra-suddhi (for the genital organs), Kundalini shakti-vikasaka (for the kundalini), Jangha shakti-vikasaka (for the thighs) (i) & (ii), Jangha shakti-vikasaka (for the thighs) (ii) , Janu shakti-vikasaka (for the knees), Pindali shakti-vikasaka (for the calves), Pada-mula shakti-vikasaka, Gulpha-pada-pristha-pada-tala-shakti-vikasaka (for the ankles and the feet), Padanguli shakti-vikasaka (for the toes)

Unit-III: Shatkarma & Surya Namaskar

(A) Shatkarmas: Dhauti (Kunjal,Vamana Dhauti, Vastra Dhauti); Neti (Jalneti, Sutraneeti); Nauli: Vama, Dakshin, Madhya and Bhramar, Taraka, Kapalbhata and its variants; Agnisara
(B) Surya Namaskara with mantra

Unit-IV: Breathing practices

Breath Awareness: Shwas-prashwas samyama; Abdomen, 33 Thoracic & Clavicular Breathing, Abdomen+Thoracic Breathing, Abdomen + Thoracic + Clavicular Breathing; Yogic Breathing: Pause Breathing (Viloma Pranayama), Spinal Passage Breathing (Sushumna Breathing); Practice of Puraka, Rechaka & Kumbhaka (Antar & Bahya Kumbhaka)

BOOK REFERENCE

1. Swami Dharendra Bhramhachari :Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980Swami Dharendra Bhramhachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi.
2. Swami Kuvalyananda : Asana Kaivalyadhama, Lonavla 3. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra Bihar School of Yoga, Munger.
3. Basavaraddi, I.V. & others : Pranayama; MDNIY New Delhi, 2012.
4. Saraswati, Swami Satyanand: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2009.
5. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009

Ram Krishore

Versh

Munshi Rakesh

Digvijay

M.Sc. Yoga First Semester

DISSERTATION

Min. Hrs -: 40 Hrs.

- Every candidate pursuing M.Sc. Yoga degree course is required to carry out research work on a selected research project under the guidance of a recognized postgraduate teacher. The results of such a work shall be submitted in the form of dissertation. Topic for dissertation shall be assigned by the guide.
- If the subject of thesis requires collaboration with other departments or specialties, the collaborative portion of the work will be supervised by Co-Guide, designated by the School of Health Sciences in consultation with the Guide. Where a Co-Guide is involved, the thesis will be certified jointly by the Guide & Co-guide.
- The students will select various topics concerned with day to day recent trends in Yogic texts investigations & their various outcomes.
- Before selection of the topic the student must go through various Yogic texts, journals and study them elaborately to understand the recent trends and scientific research.
- A minimum of at least 5 topics must be scrolled by each student and out of this the most appropriate topic may be selected for his further synopsis preparation with the consent of guide.
- After selection of topic the student has to discuss the various aspects of the selected topic with his guide and strategically plan how he will proceed in his research work.

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Munshi Rakesh

Digvijay

M.Sc. Yoga First Semester
Human Anatomy and Physiology-I
Min. Hrs - Theory: 40 Hrs.

Objectives:

- Students will be able to learn the terminology of the subject.
- Provide basic knowledge of cells, tissues, blood and to understand anatomy and physiology of human body.
- This subject will develop an understanding of the structure and function of organs and organ systems in normal human body.

ANATOMY:

Unit-I

- a) Introduction to Human Anatomy, Bones of Upper limb, Bones of Lower Limb.
- b) Relevance of yogic practices with Human Anatomy.
- c) Bones: Types of Bones, classification & description of Various bones of the body, Vertebrae, skull, bones of thorax and pelvis etc.
- d) Introduction & Subdivisions of Anatomy.
- e) Anatomical Nomenclature-planes, Positions, Body Parts & Movements.
- f) Cell - structure & function

Unit-II

- a) Tissue - Epithelium, Connective, Sclerous, Muscular, Nervous, Lymphatic System
- b) Lymphatic system

PHYSIOLOGY

Unit-III

1. Blood

- a) Blood cells
- b) Haemoglobin
- c) Blood groups
- d) Coagulation Factors
- e) Anaemia & Immunoglobulins

2. Cardiovascular system

Heart rate, cardiac cycle, cardiac output, blood pressure, hypertension, radial pulse

Unit-IV

1. Respiratory System

- a) Ventilation
- b) Functions
- c) Lungs Volumes and capacities

2. Gastrointestinal System

Process of digestion in various parts

Books for Reference

1. Anatomy & Physiology- Ross and Wilson
2. Anatomy and Physiology: Understanding the Human Body by Clark
3. Anatomy and Physiology by N Murgesh Tortora and Bryan: Anatomy and Physiology

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Digvijay

M.Sc. Yoga Second Semester
Course code: M030801T
Patanjala Yoga Darshan
Min. Hrs – Theory: 80 Hrs.

Objectives:

On the completion of this course, students shall be able to

- Understand various modification of mind and the means of inhibiting them.
- Have an understanding about the essence of Samadhi and Sadhana Pada.
- Understand the essence of Vibhuti and Kaivalya pada.
- Quote references of each practice as per traditional texts.

Unit - 1: Introduction to Yoga darshana of Patanjali and concept of Citta, citta bhoomis Citta vrittis and Citta vritti nirodhopaya

Brief Introduction to Maharshi Patanjali and Patanjala Yoga Sutra (P.Y.S.), Brief Introduction to traditional commentators and commentaries of Patanjala Yoga Sutra (Vyasa Bhasya, Tatvavaisharadi, Bhoja Vritti and Yoga-vartika); Concept of Mana, Buddhi, Ahankar and Chitta; Concept of Citta Bhoomis (Kshipta, Mood, Vikshipta, Ekagra, Nirudha); Concept of Citta-Vrittis and their classification, Citta-Vritti Nirodhopaya (Abhyasa and Vairagya); Concept of Ishwar and Ishwar Pranidhana, Qualities of Ishwar, Concept of Samprajnata; Citta-Vikshepas (Antarayas), Concept of Citta-prasadanam, Relevance of Citta-prasadanam in Yoga Sadhana.

Unit - 2: Samadhi pada

Concept of Yoganushasanam, Yoga Lakshanam and its results; Types of Samadhi (Samprajnatah and Asamprajnatah Samadhi); Types of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmita); Concept of Samapatti and kinds of Samapatti (Savitraka and Nirvitarka, Savichara and Nirvichara); Types of Asamprajnatah Samadhi (Bhavapratyaya and Upayapratyaya).

Unit-3: Sadhana pada

Concept of Kriya Yoga of Patanjali, theory of Kleshes (Avidya, Ashmita, Raga, Dewesh, Abhinevesh); Concept of Dukhavada (Heya, Hetu, Hana, Hanopaya) Drishta and Drishanirupanam (Prakriti), Drastunirupanama (Purusha), PrakritiPurushaSamYoga; Brief Introduction to Ashtanga Yoga; Concept of Asana and Pranayama and their Siddhis; Concept of Pratyahara and its Siddhis.

Unit - 4: Vibhuti and Kaivalya Pada

Introduction of Dharana, Dhyana and Samadhi, Samyama and its Siddhis; Three types of Chitta Parinamah; Bhoota jaya, Indriya jaya and their Siddhis, Satvapurushanyatakhyati and its Siddhis; VivekJnanaNirupanam, Kaivalya Nirvachana; Role of Dharana, Dhyana, Samadhi and its application; Five Types of Siddhis and Jatyantar Parinamh; Concept of Nirman Chitta and four types of Karmas; Concept of Vasana and concept of Bahya Pradartha (external element) and its abilities

Text Books

1. Yogrishi Swami Ramdev Ji: Patanjala Yog Darshan, Divyayog Prakashan, Haridwar 2008.
2. Swami Digambara Ji and others: Glossary of the Samkhakarika, Kaivalyadhama, Lonavala, 2012.
3. BKS Iyengar: Introduction of Patanjali Yogasutra-s: MDNIY, New Delhi, 2011.

Books for Reference

1. Vyasbhasya
2. Bhojvritti
3. V.V. Sovani: A critical study of the Sankhya System, Chukhambha Sanskrit Pratisthan, New Delhi, 2005
4. Swami Virupaksananda: Samkhyakarika of Isvarakrisna (with tattva Kamudia of Vachapati Mishra), Sri Ram Krishana Matha Madras, 1995
5. Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II.

Ramkishore

Ved

Munshi Rakesh

Digvijay

M.Sc. Yoga Second Semester
Course code: MYOG- M030802T
Hatha Yoga Texts

Min. Hrs – Theory: 80 Hrs.

Objectives:

By introducing hatha Yoga & its texts, students shall be able to:

- Have an understanding about pre-requisites, principles about Hatha yoga.
- Have an understanding concept of Hatha Yoga in various Hatha Yogic texts.
- Have an understanding basic concept and differences among Hatha Yogic texts.

Unit - I: General introduction to Hatha yoga and Hatha Yogic Texts

Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions, Philosophy and Foundations; Hatha Yoga Parampara, Natha Cult Hatha Yogis and their contribution.

Hatha Yoga Texts: Yoga Beeja, Goraksha Samhita, Vashishtha Samhita, Shiva Samhita, Siddhasiddhantapaddhati, Hatha Pradeepika, Gheranda Samhita and Hatha Ratnavali.

Unit - II: Prerequisites of Hathayoga

Dasha yama and dasa niyama, Sadhaka and Badhaka tattvas in Hathayoga; Concept of Ghata, Ghatashuddhi, Concept and importance of Shodhana kriyas in Hathayoga; Importance of Shodhana kriyas in health and disease; Concept of Matha, Mitaahara, Rules & Regulations to be followed by Hatha Yoga Sadhakas;

Unit – III Asanas & Pranayama in Hatha Yoga Texts

Asana : Definition, pre requisites and special features of Yoga-asana; Asanas in Hatha Pradeepika, Hatha Ratnavali, Shiv Samhita, Vasishtha Samhita, Gheranda Samhita- benefits, precautions and contra indications of different Asanas.

Pranayama: Concept of Prana and Pranayama; Pranayama-its phases and stages; Prerequisites of Pranayama in Hathayoga Sadhana; Pranayama in Hatha Pradeepika, Gheranda Samhita; Shiv Samhita, Vashishtha Samhita- benefits, precautions and contra indications of different Pranayama.

Unit – IV Bandha, Mudra and other practices in Hatha Yoga Texts

Concept and definition of Bandha and Mudras in Hatha Pradeepika, Hatha Ratnavali and Gheranda Samhita; Shiv Samhita, Vashishtha Samhita- benefits, precautions and contra indications. Concept, definition, benefits and Techniques of Pratyahara, Dhyana in Gheranda Samhita; Concept and benefits of Nada and Nadanusandhana in Hatha Pradeepika, Four (stages) Avasthas of Nadanusandhana; Relationship between Hatha Yoga and Raja Yoga; Goal of Hatha Yoga. Relevance of Hatha Yoga in contemporary times.

Ram Krishore

Veer

Munish Kumar

Digvijay

M.Sc. Yoga Second Semester
Course Code: M030803T
Biostatistics
Min. Hrs.: 80 Hrs.

COURSE OBJECTIVE:

- a) To have a thorough understanding of presenting supporting evidences and how to conduct statistical analysis.
- b) To have an understanding of model of biostatistics.
- c) To evaluate every procedure on the basis of evidences.
- d) To understand the data analysis procedure and their significance in research.

COURSE OUTCOMES:

- a) Students will be able to understand and apply concepts and terminology with in the area of biostatistics.
- b) Students will be able to describe research design and application of different methods to analyze the data collected to conduct and complete the research. .
- c) Record, extract and analyze key information about human and object.

BIOSTATISTICS

1. Biostatistics

- Introduction
- Definition
- Types
- Application

2. Data

- Definition
- Types
- Presentation
- Collection methods

3. Measures of central value

- Arithmetic mean, median, mode.
Relationship between them
- Partitioned values- Quartiles, Deciles, Percentiles
- Graphical determination

4. Measures of Dispersion

- Range
- Mean Deviation
- Standard Deviation

5. Normal Distribution Curve

- Properties of normal distribution
- Standard normal distribution
- Transformation of normal random variables.
- Inverse transformation
- Normal approximation of Bioaxial distribution.

6. Correlation analysis

- Bivariate distribution:
- Scatter Diagram
- Coefficient of correlation
- Calculation & interpretation of correlational coefficient
- T-test, Z-test, P-value

7. Regression analysis

- Lines of regression
- Calculation of Regression coefficient
- Sampling distribution
- Standard error
- Types I & II error

9. Probability (in Brief)

10. Hypothesis Testing

- Null Hypothesis
- Alternative hypothesis
- Acceptance & rejection of null Hypothesis
- Level of significance

11. Parametric & non parametric tests

- Chi square test
- Mann-Whitney U test
- Wilcoxon Signed test
- Kruskal-Wallis test
- Friednam test
- T-test/student T test
- Analysis of variance

Ram Krishore

Vesha

Munish Kishore

Digvijay

M.Sc. Yoga Second Semester
Subject Code: M030804P
Yoga Practical-II

Min. Hrs. - Practical: 80 Hrs.

Objectives:

On the completion of the course, students shall be able to

- Explain and demonstrate the mentioned practices skilfully.
- Have an in-depth understanding about Standing Postures and body alignment Standing Postures and body alignment Yogasanas.
- Understand the principle and practice of different type of Yogasanas.
- Demonstrate each Asana and explain its procedure.
- Explain the benefits, limitation and subtle points of each practice.

Unit-I: Yogasana (Standing Postures and body alignment)

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana, Ardha Chakrasana, Paada Hastasana, Trikonasana, Parshva Konasana, Veerabhadrasana and its variations.

Unit-II: Yogasana (Sitting Postures)

Dandasana, Swastikasana, Padmasana, Vajrasana, Supta Vajrasana, Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Janusirasana, Paschimottanasana, Bhramacharyasana, Mandukasana, Utthana Mandukasana, Vakrasana, Ardha Matsyendrasana, Marichayasana, Simhasana, Bhunamanasana, Hanumanasana, Sidhasana, Bhadrasana, Utkatasana, Kurmasana, Baddha Padmasana, Uttitha Padmasana;

Unit-III Yogasana (Supine lying Postures)

Pavanamuktasana, Utthana-padasana, Ardha Halasana, Halasana, Setubandhasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana Pavanamuktasana, Utthana-padasana, Ardha Halasana, Setubandhasana, Halasana, Karna Peedasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana, Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, Raja Kapotasana, Bakasana, Kukkutasana, Garbhasana, Matsyendrasana, Marjariasana, Padangusthasana, Hastapadangusthasana, Garudasana, Vatayanasana, Natarajasana, Mayurasana, Sirshasana; Ekapada and Dwipada Kandasana.

Unit-IV Yogasana (Prone line Postures)

Makarasana, Bhujangasana, Triyak Bhujangasana, Shalabhasana, Dhanurasana, Balkridasana,

Unit-V: Pranayama & Bandha

Nadi Shodhana (Technique 1: Same Nostril Breathing), Nadi Shodhana (Technique 2: Alternate Nostril Breathing), Nadi Shodhana (Technique 3: Alternate Nostril Breathing + Antar kumbhak); Nadi Shodhana (Puraka + Antar Kumbhak + Rechaka + Bahya Kumbhak) (1:4:2:2); Bhramari Pranayama. Pranayama (with Antar & Bahya Kumbhaka) Surya-bheda and Chandra-bheda Pranayama, Ujjayi Pranayama, Sheetali Pranayama, Shitkari Pranayama, Bhastrika Pranayama Bandha : Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Tri Bandha

Books for References

1. Swami Dharendra Bhrahmachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi.
2. Swami Kuvalyananda : Asana Kaivalyadhama, Lonavla
3. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra Bihar School of Yoga, Munger.
4. Basavaraddi, I.V. & others : Pranayama; MDNIY New Delhi, 2012.
5. Saraswati, Swami Satyanand: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2009.
6. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009

Ram Krishore

Vishal

Munshi Rakesh

Digvijay

M.Sc. Yoga Second Semester
Subject Code: M030805R
Dissertation /Project Work

Min. Hrs. : 120 Hrs.

- Every candidate shall submit synopsis to the University in the prescribed Performa containing particulars of proposed dissertation work, within 6 months from the date of commencement of the course on or before the dates notified by the university.
- The synopsis shall be sent through the proper channel. Such synopsis will be reviewed and the university will register the dissertation topic.

Students will prepare their synopsis for dissertation in consultation with their guides.

Performa for synopsis:

1. Introduction
2. Aims and Objectives
3. Review of Literature
4. Methodology or Material and Methods
5. References

Note:

1. The copies of synopsis must be in bound properly.
2. The candidate have to submit 4 copies of synopsis.
3. Colour scheme for synopsis will be white.
4. Text writing
Paper to be used – A4 size (Bond Paper)
Printing – One side
Font - Title – 18 Pt. Bold
Heading – 16 Pt. Bold.
Sub Heading – 14 Pt. Bold
Running text (English) -12 Pt. – Times New Roman
Running Text (Hindi) 14 Pt. (CG12, Krutidev 10)
Spacing: Double
Margin: Left – 4 Cm, Top, Bottom, Right – 2.5 Cm.
Page Numbering– Properly numbered

5. Writing Reference

Should be numbered consecutively in the order in which they are first mentioned in the text (not in alphabetic order). Identify references in text, tables and legends by Arabic numerals in superscript. References cited only in tables or figure legends should be numbered in accordance with the sequence established by the first identification in the text of the particular table or figure.

Journal Articles

Shashi A, Jain SK and Pandey M: *In-vitro* evaluation of anti lthiatic activity of seeds of *Dolichos biflorus* and roots of *Asparagus racemosus* . International Journal of Plant Sciences 2008; 1:67-71.

A Book

Kalia AN: A Text Book of Industrial Pharmacognosy. CBS Publishers & Distributors, First Edition 2005.

A Chapter in a Book

Nadkarni KM: Indian Materia Medica. Popular Prakashan, Mumbai, Edition 3, Vol. I, 2000: 242-246.

Ramkishore

Versh

Munshi Rakesh

Digvijay

M.Sc. Yoga Second Semester
SENSORY EVALUATION (Minor elective)
PAPER CODE- B140804T
Min. Hrs. – Theory: 80 Hrs.

Course Objectives:

Sensory evaluation and by product utilization of food is an interdisciplinary research field that is rapidly developing and expanding. The objective of lectures in the first year of the master's degree program is to ensure that students acquire essential knowledge of Sensory evaluation and byproduct utilization of food in food industry, its acquaint with sensory quality parameters, and methods of sensory evaluation of foods.

Course Learning Outcomes: -

Upon successful completion of the course, the student will be able to:

- 1: To analyze the basic concepts of sensory evaluation and requirements of a sensory laboratory.
- 2: To illustrate criteria for selection of sensory panelists, sensory quality parameters and factors affecting sensory measurements.
- 3: To define different sensory tests like discrimination, descriptive, affective; flavor profile and tests; ranking tests, detection, threshold and dilution tests.
- 4: Summarizes by-product utilization of different fruits such as apple, grape, papaya, orange, citrus, mango.
- 5: The course will provide an understanding about nutritional quality of foods and its assessments like Digestibility, Biological value, NPU, PER, etc.

THEORY

Unit I

Introduction to sensory analysis, general testing conditions, Requirements of sensory laboratory; organizing sensory evaluation programmers.

Unit II

Selection of sensory panelists; Factors influencing sensory measurements; Sensory quality parameters -Size and shape, texture, aroma, taste, color and Gloss.

Unit III

Different tests for sensory evaluation– discrimination, descriptive, affective; Flavor profile and tests; Ranking tests, Detection, threshold, and dilution tests.

Unit IV

Texture analyzer, Colorimeter, Electric tongue, Electric nose, Quality control; storage stability testing;

Unit V

Nutritional Quality of foods and its assessments: Physicochemical and phytochemicals parameters of different foods, Food proteins (Digestibility, Biological value, NPU, PER),

References Book

1. Herbert Stone, Joel L. Sidel, (2012), "Sensory Evaluation Practices", Academic Press Publishers.
2. Maynard A. Amerine, Rose Marie Pangborn, Edward B. Roessler, (2013), "Principles of Sensory Evaluation of Food", Elsevier Publications.
3. Harry T. Lawless, Hildegarde Heymann, (2010), "Sensory Evaluation of Food: Principles and Practices", Springer Science & Business Media.

Ramkishore

Veer

Munish Kumar

Digvijay

M.Sc. Yoga Second Semester

Quality Control Food Standards and Food Laws (Minor Elective)

PAPER CODE- B140805T

Min. Hrs. – Theory: 80 Hrs.

Course Objective: -

Purpose of this course is to enable the student to understand the concept and methods of quality assurance raw material and finished product quality analysis sensory evaluation techniques and different food standards and laws of national and international.

Course Learning Outcomes: - Student will be able to

1. Have a clear understanding about the quality assurance food quality and food safety.
2. Have knowledge of various quality parameters of raw material and finished food and evaluation procedure and have clear understanding of sensory analysis of food.
3. Understand about various food standards and laws of national international level and also have knowledge of nutritional labeling.
4. Will be able to describe the procedure of quality certification and accreditation.
5. Will have gained insight on water quality and its analysis and waste treatment using various methods.

THEORY

UNIT I

Quality Assurance: Introduction, Importance and Difference. Food Quality and Food Safety: Scope and difference.

UNIT II

Raw materials: Quality parameters and evaluation procedures. Finished product quality: Appearance, colour, texture, viscosity, consistency, flavour.

Sensory evaluation: Selection of panel of judges, sensory characteristics of foods, types of tests.

UNIT III

Food standards and laws: International — Concept of Codex alimentarius. HACCP, GMP, GHP, USFDA, ISO 9000, ISO 22000, ISO 14000. National — Introduction of BIS/IS, Food safety and standards — 2006. Food Safety and standard regulation 2010, FPO, MPO, MMPO, Agmark.

Prevention of food adulteration Act: Food Adulteration: definition, common adulterants in different foods, contamination, methods of detection. Food additives and legislation; coloring matter, preservatives, poisonous metals, antioxidants and emulsifying and stabilizing agents, insecticides, and pesticides. PFA specification for food products. Nutritional labeling.

UNIT IV

Quality Certification & Accreditation: Introduction and procedure.

UNIT V

Water Quality: Water standards and Analysis physical, chemical and microbiological characteristics of water analysis. Waste treatment: Fundamentals of Physical, Biological & Chemical waste treatments

Reference Books

1. Early R. 1995 Guide to Quality Management Systems for Food Industries. Blackie Academic.
2. Krammer A & Twigg BA. 1973. Quality Control in Food Industry. Vol. I, II. AVI Publ

Ramkishore

Veer

Munish Kumar

Digvijay

M.Sc. Yoga Second Semester Human Anatomy & Physiology-II

Min. Hrs - Theory: 40 Hrs.

Objectives:

On the completion of the course, students shall be able:

- To know about the structure of the body.
- To know about the necessary functions of the body.
- To give brief idea about the diseases related to each system.
- To throw light on anatomy so that student can experience the involvement of their body parts while practicing various postures of yoga.

Anatomy

Unit-I Systemic

Basic Features of Cardiovascular system, Respiratory system, Digestive system, Excretory system, Genital (Male & Female) system, Nervous system

Physiology

Unit-II

1. Endocrinology

- a) List of Endocrine Glands
- b) Hormones: Their secretion and functions (in brief)

2. Excretion system

- a) Structure of nephron
 - b) Urine formation
3. **Skin** - Function & Structure

Unit-III

1. Central Nervous System

- a) Parts
- b) Sliding Filament Theory
- c) Neuro Muscular Junction
- d) Wallerian Degeneration
- e) Motor Nervous system - Upper motor neuron system, Lower motor neuron system
- f) Sensory nervous system
- g) Sympathetic Nervous system
- h) Parasympathetic nervous system

Unit-IV

1. Muscular System - Classification of muscles & their functions

2. Special Senses - Eye & ear (in brief)

3. Reproductive System- structure & function of male & female reproductive organs, menstruation, puberty, menopause, fertilization & development of fertilized ovum, placenta & its function.

Text Books

1. Tortora and Bryan: Anatomy and Physiology
2. Khurana: Anatomy and Physiology

Books for Reference

1. Bijlani R. L.: Understanding of Human Physiology, Jaypee Brothers Medical Publishers Pvt. Ltd, New Delhi, 2011
2. Arthur C Gyton & Hall: Medical Physiology, Reed Elsevier India Pvt. Ltd, New Delhi, 2006
3. Chatterji C. C: Human Physiology Vol. I & II, Medical Allied Agency, Kolkata, 2004
4. Sharma J. P: A-Z Illustrated Encyclopaedia of Human Anatomy & Physiology, KhelSahiya Kendra, Delhi, 2005
5. Pal G. K & others: Textbook for practical Physiology, Orient Longman Pvt. Ltd, Hyderabad, 2007.

Ramkishore

Veer

Munish Kumar

Digvijay

M.Sc. Yoga Third Semester
Course Code: M030901T
Applications of Hatha Yoga and Patanjala Yoga
Min. Hrs – Theory: 80 Hrs.

Objectives:

Following the completion of this course, students shall be able to

- Apply its value in education.
- Apply its value practically for the management of stress.
- Apply its practically for health promotion, prevention and management of diseases.
- Introduce its value and insights for persons with special need.

Unit- I: APPLICATIONS OF HATHA YOGA IN STRESS MANAGEMENT & PERSONALITY DEVELOPMENT

Stress reduction through mastery over the modifications of the mind using Combinations of Shat Kriyas (Detoxifying techniques), Asanas (Culturing the body), Mudras (for prāna perception and balance), Pranayama (for mastery over prana through slowing and balance), dharana, Dhyana (mastery over mind through concentration, focusing and defocusing techniques). Physical level: Slim body, beauty, glow on face, healthy digestive fire and Disease free state through, yogic diet , Shat Kriyas (purifications of internal organs/ detoxification), Asanas (for strength and stamina). Prana level : Purification of Nadis and mastery over prana through mudras, bandhas and Pranayama. Mental level: Personal and Social Discipline through Yamas(don'ts) and Niyama(do's), cultivation of four fold abilities (grasping , concentration, memory and intellectual capacity) through pratyahara, Dharana, Dhyana, and Samadhi); Emotion level: Mastery over emotions to prevent aggressive behavior, anger, fear, anxiety, and depression through Ishwara Pranidhana (Surrenderance to the supreme); Social and civic sense: preserve environment by understanding that 'I am a piece of the universe' through right knowledge of yjuyate anena it yogah (yoga is that which unites the individual consciousness with universal consciousness) Spiritual health: joy, bliss and equanimity under all circumstances through Practice of Higher states of Meditation (Super consciousness states).

Unit-II: Application of Patanjala yoga in Stress Management

Combinations of Shat Kriyas (Detoxifying), Asans (Strength), Mudras (steadiness), Pranayama (lightness), Dhyana (perception); Culturing the body through Asanas; Regulation the flow of prana through pranayama; Application in Stress management: Practices for Chitta Vritti Nirodha (Abhyasa and Vairagya), Cultivation of four fold attitude for Chitta prasadanam, Ashtanga Yoga: Sadhana Pada – Discipling the life through Yama and Niyama; Pratyahara practicing abstinence from sense cravings; Applications in personality development: Applications of Hatha Yoga in personality development for; Physical level: Slim body, beauty, glow on face, healthy digestive fire and Disease free state through, yogic diet , Shat Kriyas (purifications of internal organs/ detoxification), Asanas (for strength and stamina); Prana level : Purification of Nadis and mastery over prana through mudras, bandhas and Pranayama; Mental level: Personal and Social Discipline through five Yamas(don'ts) and five Niyama(do's), cultivation of four fold abilities (grasping , concentration, memory and intellectual capacity) through pratyahara, Dharana, Dhyana, and Samadhi); Emotion level: mastery over emotions to prevent aggressive behavior, anger, fear, anxiety, and depression through Ishwara Pranidhana (Surrenderance to the supreme); Social and civic sense: preserve environment by understanding that 'I am a piece of the universe' through right knowledge of yuyate anena it yogah (yoga is that which unites the individual consciousness with universal consciousness); Spiritual health: joy, bliss and equanimity under all circumstances through Practice of Higher states of Meditation (Super consciousness states).

Ram Krishore

Versh

Munshi Rakesh

Digvijay

Unit-III: Application of Hatha yoga and Patanjala yoga in sports

Physical Level: Physical Stamina; strength; Endurance; Muscle tone; flexibility through Asanas, diet and kriyas ; Kriyas (Cleansing of internal organs for clearing the tissue toxins before and after the intense training); Vital Level: Pranayama (for Lung capacity); Mental Level: Gain mastery over the Mind, concentration, focusing, Reduction of Ego; Development of positive and good qualities; Reduction of aggressive nature; through Meditation and Breathing Techniques; improved Cognitive abilities– Focus, creative skills and clear thinking; Willpower, Creativity; Spiritual Level: concept of using sports for spiritual growth through intensified awareness;

Unit-IV: Application of Hatha yoga and Patanjala yoga for rehabilitation of Children with Special needs

Assessment of cognitive, emotional, physical needs of normal and special children Specific modules of integrated yoga for children with : Down syndrome, cerebral palsy, autism spectrum disorders learning disabilities and physical disability Impaired vision, hearing, speech disorders, Emotional disorder of behavior Integrated yoga practices to increase cognitive and motor skills in normal children - Practices which help in strength, endurance, speed, agility, flexibility, and self- confidence;

TEXT BOOKS

1. Sahay G.S. : HathaYoga Pradeepika of Svratmarama, MDNIY Publication, 2013
2. Iyengar B.K.S. : Light on the Yoga Sutras of Patanjali, Published Thorsons, 2002

REFERENCE BOOKS:

1. Sharma BR : Jotsna (Comentory of HathaYoga Pradeepika) Kaivalyadhama, Lonavala, 2013
2. Gharote, M.M. : Therapeutic references in Traditional Yoga Texts, The Lonavla Institute, Lonavla, 2010.
3. Gharote ML : Hatharatnavali, The Lonavala Yoha Institute, Lonavala, Pune, IInd Edition, 2009
4. Woods, J.H.: The Yoga System of Patanjali, M.L.B.D., Delhi, 1988
5. Swami Vivekananda : Rajayoga, Advaita Ashram, Culcutta, 2000.
6. Rukmini T.S.: Yoga Vartika of Vijnanbhikshu (Tr.) Vol I, II, III & IV, Munshiram Manoharlal Pvt. Ltd. New Delhi.

Ram Krishore

Versh

Munshi Rakesh

Digvijay

M.Sc. Yoga Third Semester

Course code: M030902T

Therapeutic Yoga

Min. Hrs – Theory: 80 Hrs.

Course objectives:

Following the completion of this course, students shall be able:

- To understand the concept of body and health from the perspective of yoga.
- To have an understanding of the Yogic concept of Disease and the remedial measures therein.

Unit-1: Yogic concepts of health, stress and disease

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Health and Disease in modern and Indian Systems of Medicine i.e. Ayurveda, Naturopathy and Siddha Systems of Medicine, Utility and Limitations of these systems in health and healing; Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi; Concept of stress (Adhi) as cause for Vyadhi (yoga vasishta); Role of Yoga in preventive health care – Heyam dukham anagatam ; Potential causes of Ill-health: Tapatrayas and Kleshas, Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa. Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhṛantidarsana, Alabdha-bhumikatva and Anavasthitatva.

Unit - 2: Preventive healthcare according to yoga

Concepts of Trigunas, Pancha-mahabhutas, pancha koshas, Pancha-prana, nadis, chakras, and their role in Health and Healing. Shuddhi Prakriyas in Yoga : Role of Shuddhi Prakriyas in preventive and curative Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shatkarma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahankara and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

Unit – 3: Yoga for prevention of health

Dietary regulation according to Hatha yoga and Bhagavadgita; Shatkriyas and Tatva shuddhi; Asana for mind body and spirit; Pranayama; Definition of Mental Health & Mental Hygiene & Total Health ; Indian approach to personality and personality integration Psycho-Social 158 Implications of yoga; Adaptation and adjustment [Personal and interpersonal] through yogic rules and regulations Niyamas & Yamas

Unit - 4: Psycho physiological effects of yoga evidences through modern research

Literature on therapeutic benefits of yoga in health and diseases of cardiovascular, respiratory, neurological, psychiatric, endocrine, metabolic, renal, ENT, ophthalmology, reproductive system. Literature on psycho-physiological research in normal healthy volunteers; Literature on psycho-physiological research in promotion of positive health- on individual asanas, kriyas, mudras, bandhas, pranayamas, different meditation techniques.

TEXT BOOKS

1. Preeti Goel & Rita Jain : Spectrum of Health (Sports Publications, New Delhi, 2003).
2. M. M. Gore : Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008).

REFERENCE BOOKS

1. Dr. Vijay Kant : Therapeutic reference in Traditional Yoga texts.
2. T.S. Rukmani : Patanjala Yoga Sutra, Munshiram Manoharlal, 2001.
3. Nagendra, H. R.: Yoga for Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2000.
4. Nagendra H. R: New Perspective in Stress Management, VK Yoga Publication, Bangalore.

Ramkishore

Veer

Munshi Rakesh

Digvijay

M.Sc. Yoga Third Semester

Course code: M030903T

Teaching Methods of Yoga

Min. Hrs – Theory: 80 Hrs.

Objectives:

On the completion of this course, students shall be able to

- Understand the principles and practices of teaching methods of Yoga.
- Have an in-depth understanding about session and lesson planning and class room arrangements.
- Have an idea about the different tools used in Yoga teaching.

UNIT-1: PRINCIPLES AND METHODS OF TEACHING YOGA

Teaching and Learning: Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching Principles and types of learning, Qualities of a Yoga Teacher, Yogic levels of learning, Vidyarthi, Shishya, Mumukshu; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Importance of Teacher training.

UNIT-2: BASICS OF YOGA CLASS MANAGEMENT

Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group); Techniques of mass instructions; Techniques of individualised teaching; Techniques of group teaching; Organisation of teaching (Time Management, Discipline etc.).

UNIT-3: LESSON PLANNING IN YOGA

Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan; Action Research in Yoga: Meaning, Roles, Steps in Action Research in Yoga Teaching; Effective use of Library and other resources.

UNIT-4: EDUCATIONAL TOOLS OF YOGA TEACHING

Yoga classroom: Essential features, Area, sitting arrangement in Yoga class etc.; Class room problems: Types and Solutions, Characteristics and essentials of good Yoga teaching; Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teaching; Meaning, Importance and Types of Educational technology; Role of Educational Technology in Yoga.

Text Books

1. Yogrishi Swami Ramdev; Yoga Manual for parents and Yoga Teachers, Divya Prakashan, Haridwar, 2010
2. Dr. Gharote M L & Dr S K Ganguly: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007

Books for Reference

1. Dr. Shri Krishna : Notes on basic principles & methods of teaching as applied to Yogic practices and a ready reckoner of Yogic practices, Kaivalyadhama, Lonavala, 2009
2. Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi,
3. Saket Raman Tiwari & others : Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007

Ram Krishore

Versh

Munshi Rakesh

Digvijay

M.Sc. Yoga Third Semester
Course code: M030904T
Management of Health and Diseases through Yoga
Min. Hrs – Theory: 80 Hrs.

Objectives:

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

- Understand the various concept of health and disease.
- Understand to role of Yogic practice in promotion and prevention of health.
- Understand to management of various disease through Yogic practices.
- Understand Yoga module according to diseases.

Unit-I: Concept of Disease

Causes and types of Diseases, Life Style Diseases, Healthy Life Style, Prevention of Disease

Unit –II: Management of Diseases through Yoga

Diseases of Respiratory System: Asthama, Pneumonia, Cough and Cold, Bronchitis. Diseases of the Digestive System - Indigestion, Constipation, Diarrhea, Peptic Ulcer, Colitis Diseases of the Liver and Gall Bladder, Jaundice, Hepatitis, Cirrhosis of Liver etc.

Unit –III:

Diseases of Heart and Circulatory Disorders, Heart Pain, Angina Pain, High and Low Blood Pressure, Diseases of Urinary System- Enuresis, Nephritis Diseases of Connective Tissue, Joints and Bones Diseases of endocrine System- Diabetes, Diseases of Nervous System- Epilepsy, Paralysis, Migraine, Dementia.

Unit –IV: Yogic Concept of Diet

Classification of Diet: Sattvic, Rajasic & Tamasik. Theory of Balanced Diet. Diet and its Importance in Cure of Certain Disorders, Diet's relevance in management of lifestyle. Basic concepts, Components of food, Nutrition & Their Role, Cereals & Millets; Pulses, Nuts and Oil Seeds. Food and metabolism.

Unit –V: Management of Mental Disorders through Yoga

Psychoneurosis and its types, Management of Schizophrenia, Paranoia, Manic Depression and Melancholia Management of Anxiety, Hysteria, Obsessive Compulsive neurosis. Depression, Phobia, etc. Stress: Causes, Symptoms and Managements.

REFERENCE BOOKS:

1. Sharma, Suresh Chandra- Modern Diagnosis
2. Kublyanand- Yoga Chikitsa
3. Joshi, Kailash- Arogya Through Yoga
4. Singh, Surendra & P.D. Misra - Health ad Disease- Dynamics and Dimensions
5. Misra, P.D.- Yoga and Mental Health
6. Singh, R.H.-Yoga and Yogic Chikitsa
7. Sri Anand- The Complete Book of Yoga Harmony of Body &Mind
8. Chandrasekaran, K- Sound Health through Yoga

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Digvijay

M.Sc. Yoga- Third Semester
Course code: M030905T
Swami Vivekananda's Four Yoga Streams
Min. Hrs – Theory: 80 Hrs.

Course Objective:

To give the knowledge in practical way of the different streams of Yoga.

Unit 1: Raja Yoga

Introduction of Raja Yoga, The first steps, Prana, The Psychic Prana, The Control of Psychic Prana, Pratyahara and Dharana, Dhyana and Samadhi, Raja Yoga in brief, Concentration: its practices and spiritual uses.

Unit 2: Karma Yoga

Karma & its Effect on Character, Each is great in his own place, The Secret of Work, What is Duty?, We Help Ourselves, not the World, Non-Attachment is the Complete Self Abnegation, Freedom, The Ideal of Karma Yoga.

Unit 3: Jnana Yoga

The Necessity of Religion, The Real Nature of Man, Maya & Illusion, Maya and the Evolution of the Conception of God, Maya and Freedom, The Absolute and Manifestation, God in Everything, Realization, Unity in Diversity, The Freedom of the Soul, The Cosmos: The Macrocosm & The Microcosm, Immortality, The Atman: Its Bondage and Freedom, The Real and the Apparent Man.

Unit 4: Bhakti Yoga

Definition of Bhakti, The Philosophy of Ishwara, Spiritual Realization, The Aim of Bhakti Yoga, The Need of A Guru, Qualifications of the Aspirant and the Teacher, Incarnate Teachers and Incarnation, The Mantra: OM: Word and Wisdom, Worship of Substitutes and Images, The Chosen Ideal, The Method and the Means, Para Bhakti: The Preparatory Renunciation, The Bhakta's Renunciation results from Love, The Naturalness of Bhakti-Yoga and its Central Secret, The forms of Love Manifestations, Universal Love and How it Leads to Self-Surrender, The Higher Knowledge and the Higher, Love are one to the True Lover, The Triangle of Love, The God of Love is his Own Proof, Human Representations of the Divine Ideal of Love.

REFERENCE BOOKS

1. Raja Yoga – Swami Vivekananda.
2. Karma Yoga – Swami Vivekananda.
3. Jnana Yoga – Swami Vivekananda.
4. Bhakti Yoga – Swami Vivekananda

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M.Sc. Yoga Third Semester

Course code: M030906P

Yoga Practical-III (Contemporary Yoga Techniques)

Min. Hrs – Practical: 80 Hrs.

Objectives:

Following the completion of the course students will:

- Have an exposure to understand the principles, concept and the procedure of various contemporary techniques.
- Understand the commonalities across the various contemporary techniques.
- Explain and teach the techniques with confidence.

Unit-I: Healing at the Physical Level

- (i) Cyclic Meditation (S-VYASA)
- (ii) Mindfulness based Stress Reduction Technique (Kabatzin)

Unit-II: Healing at the Prana Level

- (i) Vipasana Meditation
- (ii) Preksha Meditation

Unit-III: Healing at the Mental level

- (i) Mind Sound Resonance Technique (S-VYASA)
- (ii) Raja Yoga Meditation (Brahmakumaris)
- (iii) Transcendental Meditation (Mahesh Yogi)
- (iv) ZEN Buddhist Meditation

Unit-IV: Healing at the Conscious level

- (i) Yoga Nidra (BSY)

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M.Sc. Yoga Third Semester

DISSERTATION

Min. Hrs -: 40 Hrs.

- Students will continue research work as per the synopsis.
- Data should be collected as per the ethical norms and the sample size.
- Day to day discussions and presentation of the collected data before the guide needs to be done periodically.
- After discussion the concerned changes may be made in the research work to improve its quality.
- Care should be taken to avoid plagiarism and the research work should be genuine.

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M.Sc. Yoga Fourth Semester
Course code: MYOG-M031001T
Application of Yoga Vashishtha and Bhagavadgeeta
Min. Hrs – Theory: 80 Hrs.

Objectives:

Following the completion of the course, students shall be able to:

- To give comprehensive knowledge about therapeutic basis of yoga as mentioned in ancient classical texts such as Bhagavadgitha and Yoga vasistha

Unit – 1: Application of Bhagavadgita-1

- a. Applications in stress management Essence of Gita and its background; Three division of faiths, thoughts and deed and eating habits corresponding to three modes – Faith, thoughts and good deeds positively correlated with stress management; The Tamas and Rajas modes as the cause of stress; Adaptation of qualities of stitha prajna; Four rules of Karma Yoga- Regulated with sense of duty; Detached; Without love or hatred; unconcerned attached to the results of action; Work efficiency – Concept of Devotion – surrender to the supreme; Nature of Devotion and the Goal of Devotion; Concept of Shraddha (perseverance) and its relevance;
- b. Applications in Personality development Concept of Triguna in the context of Bhagavadgita; Satva, Rajas and Tamas; Give up demonic traits such as anger, greed, lust and craving for sense objects and selfish flavor of happiness; Psycho analysis model in verses 2.62 and 2.63; Cause of destruction as craving for sense objects; Raise above cognition and emotions; Mode of goodness – sense of happiness and knowledge; Theory of Samatvam in healthy living as described in Bhagavadgita; Nature of Dhyana, Preparation of Dhyana and Dhyana Yoga etc; Remedial Measures of Abhyasa and Vairagya.

Unit – 2: Applications of Bhagavad Gita – 2

- a. Applications for Sports personnel Nature of action, inaction & ego-less action; Performance without attaching to the fruits of action; Maintaining the inner equipoise with knowledge and understanding with 165 adapting qualities like humility, tolerance, non-violence, cleanliness, self control; absence of false and even mindedness; Four rules of Karma Yoga- Regulated with Duty sense; Detached; Without love or hatred; not attached to the fruits of action; Concept of Faith; Psycho analysis model described in Bhagavadgitha to keep under senses under control and to be in moderation; Moderation in sleep, entertainment and food being the key to be in equanimity; Dhyana Yoga together with devotion as described in Bhagavadgita and Nature of Dhyana in Bhagavadgita and its relevance.

Unit – 3: Application of Yoga Vashishtha - 1

- a. Applications in stress Management: Concept of Mind: World is the projection of Mind; ManAh PrashamanaH upAyaH YogaH: Understanding of the Concept of Adhi and Vyadhi; Stress as the key for Psychosomatic disease; Life style prescription as suggested in Yoga vasistha – Restrain from Eating of unwholesome food; Living in unhealthy places; Doing things at unseasonable hours; Association with the wicked; Longing after improper things; Evil desires and bad thoughts; Control of breathing: the story of Kakabhushanda;

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Unit – 4: Applications of Yoga Vashishtha – 2

- a. Applications in Personality development: Good Association; Self Enquiry; Development of Satwaguna (Good virtues); Mind control through abhyasa (practice) and vairagya (dispassion). Self discipline and self control, by withdrawing our senses from the sense objects; overcoming desires through detachments from the sense objects, living in solitude, free from possessiveness and by fixing our minds constantly on the Self. Handling the mind and emotions-enhancing the power of discrimination.

TEXT BOOKS

1. Holy Geeta : Swami Chinmayananda, Central Chinmayananda Mission Trust, 1992, Mumbai.
2. Vaalmeeki : Essence of Yoga Vasishta, Lotus Press, 1998

REFERENCE BOOKS

1. Swami Ranganathananda: Message of Upanishads, Bharatiya Vidya Bhavan, Bombay, 1985
2. Swami Venkatesananda: Vasistha's Yoga, State University of New York Press, Albany, 1993

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Digvijay

M.Sc. Yoga Fourth Semester
Course code: M031002T
Yoga Shastra-I (Brahmasutra & Viveka Chudamani)
Min. Hrs –Theory: 80 Hrs.

Course Objective:

To understand the concept of four Brahma Vakyas and knowledge of Jnana Yoga and Vivekachoodamni.

Unit 1: Brahma Sutra

Brief Introduction of Brahmasutra and its writer, Explanation of these sutras Athato Brahma Jijnasa; Janmadyasya Yatah; Shastrayonitvat; Tattusamanvayat

Unit 2: Vivek Chudamani-I

Brief Introduction of Vivek Chudamani, Importance of Tattvajnana, Means of attaining Tattvajnana, Eligibility of Sadhaka, Sadhana Chatushthaya, Importance of Self Realization, Concept and need of Aparokshanubhuti, Three Shareer (Physical, Subtle & Causal), Dehasakti-Ninda, Indriya and Indriya-Vishaya Ninda, Antahkaran Chatusthaya.

Unit 3: Vivek Chudamani-II

Atmanirupana, Anatmanirupana, Adhyas and Adhyas Niras, Awaranshakti and Vikshepashakti, Panch Prana, Panch Kosha, Ego and Criticism of Egoism, Negligence of Drishya

Unit 4: Vivek Chudamani-III

Brahma Nirupana, Brahma Bhawana, Maha Vakya Vichara, Brahma Jagat Ekata, Concept of Samadhi, Concept of Vairagya, Outcomes of Self Realization, Symptoms of Jivanmukta.

REFERENCE BOOKS:

1. Brahma Sutra- Shankar Bhasya, Gita Press Gorakhpur.
2. Vivek Chudamani- Arvidananda Yati, Choukhamba Vidyabhawan, Varanasi, UP.
3. Vivek Chudamani- Gita Press, Gorakhpur.

Ramkishore

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Munshi Rakesh

Digvijay

M.Sc. Yoga Fourth Semester
Course code: M031003T
Yoga Shastra-II (Sankhya Karika)
Min. Hrs –Theory: 80 Hrs.

Course Objective:

- To understand the basics of Sankhya Philosophy.

Unit: 1- Introduction to Sankhya Philosophy and Sankhya Karika

Meaning of Sankhya, Historical Background of Sankhya, Brief Introduction of Sankhya Karika & their Annotations (Matarvritti, Jaymangala, Yuktidipika, Sankhyatattvakomodi)

Unit: 2- Principles of Sankhya Karika

Types of Dukha, Ways to get rid of Dukha, Nature & Concept of Reality: Vyakta, Avyakta & Jna, Comparison between Vyakta and Avyakta, the 25 elements and their four variations, Vastu anupalabhdhi ke karan & Satkaryavad, Pramana and its types, Nature & types of Purusha, Relationship between Prakriti & Purusha, Nature of Gunas

Unit: 3- Introduction of Trayodashkaran

Concept and names of Trayodashkaran: Buddhi, Ahankar, Mana, Panch Jnanendriya, Panch Karmendriya, Characteristics and fuctions of Trayodashkaran, Eight Dharmas of Buddhi.

Unit: 4- Introduction to Sarg, Shareer & Mukti

Concept and types of Sarga : Bhutsarga & Pratyayasarga, Types of Shareer : Linga, Sukshma & Sthula Shareer, Concept of Bandhan, Concept of Mukti, Types of Mukti.

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Munshi Rakesh

Digvijay

M.Sc. Yoga Fourth Semester

Course code: M031004T

Yoga and Health

Min. Hrs – Theory: 80 Hrs.

Objectives:

Following the completion of this course, students shall be able to

- Understand the concept of holistic health.
- Understand to ancient concept of diseases.
- Understand to role of Yoga in developing of holistic health.
- Understand to management of mental disorder through Yogic practices.

Unit-I: Health

Definition and Importance, Dimensions of Health Physical Health, Mental Health Social Health, Spiritual Health.

Unit-II: Ancient theory of Disease

Multifactorial theory, Supernatural theory, Germ theory, Yogic concept of disease.

Unit-III: Yoga and Mental Health

Definition of Mental Health Mental health in Yoga. Classification of Mental Disorder Characteristics of Mentally Healthy Person. Mental health in total health, Determinants of mental health, Obstructers of mental health, Promotion of mental health.

Unit-IV: Holistic Health and Yoga

Definition of Holistic Health, Concept of Holistic Health, Characteristics of Holistic Healthy Person. Role of Yoga in Development of Holistic Health Yam, Niyam, Asanas, Pranayam, Ptyharan, Dhrna, Dhyana, Samadhi.

BOOKS FOR REFERENCE:

1. Misra, P.D.- Yoga and mental Health
2. Singh, Surendra & P.D. Misra- Health and Disease- Dynamics &Dimension
3. Joshi, Kalidas- Arogya
4. Yadav, Amarjeet & S.Tater- Yoga and Samagra Swasthya
5. Yadav, Amarjeet & S.Tater- Yoga and Total Health
6. Rai D.N- Yoga Therapy: Body and Mind

Ramkishore

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Munish Kumar

Digvijay

M.Sc. Yoga Fourth Semester

Course code: M031005T

Insight into Indian Philosophy

Min. Hrs – Theory: 80 Hrs.

Objectives:

Following the completion of this course, students shall 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.

Unit-1: 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, 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 Prakriti; 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-3: Mimamsa (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; 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

TEXT BOOKS

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

REFERENCE BOOKS

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

Ram Krishore

Veer

Munish Kumar

Digvijay

M.Sc. Yoga Fourth Semester
Subject Code: M031006P
Yoga Practical-IV (Field Work and Teaching Practice)
Min. Hrs. - Practical: 80 Hrs.

Objectives:

On the completion of the course, students shall be able to

- Sketch lesson plan for Yoga teaching
- Systematic arrangement of Yoga teaching
- Teach Yoga in the given class.

Students will be required to prepare, present and submit at least 10 lesson plans on Yogic activities on prescribed format including 01 lesson plan on Mantra Chanting/Yajna.

Unit-1: PREPARATION OF 10 LESSON PLAN

Students have to prepare 10 lesson plans on prescribed format of various Yoga practices allotted by the course coordinator.

Unit-2: APPLICATION OF PREPARED LESSON PLAN

Students have to teach the prepared lesson plan in previous semester Yoga Practical classes under supervision of Yoga Teachers/Instructors.

Unit-3: PRESENTATION OF LESSON PLAN

Each student has to present lesson plans to be evaluated by Yoga Teachers/Instructors/ Assistant Professors.

UNIT -4: SWASTIVACHANA (1-15 VERSES)

Understanding, memorization and recitation of Mantras

UNIT-5: CONTINUOUS EVALUATION BY THE TEACHER

TEXT BOOKS

1. Yogrishi Swami Ramdev; Yoga Manual for parents and Yoga Teachers, Divya Prakashan, Haridwar, 2010
2. Dr. Gharote M L & Dr S K Ganguly: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007

Ramkishore

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Munish Kumar

Digvijay

M.Sc. Yoga Fourth Semester
Course code: M031007R
Dissertation/Project Work
Min. Hrs: 120 Hrs.

- No change in the dissertation topic or guide shall be made without prior approval of the institute.
- Guide will be only a facilitator, advisor of the concept and hold responsible in correctly directing the candidate in the methodology and not responsible for the outcome and results.
- The dissertation should be written under the following headings.
 1. Introduction
 2. Aims or objectives of study
 3. Review of literature
 4. Material and methods
 5. Results
 6. Discussion
 7. Conclusion
 8. References
 9. Master and Chart & Table (If Applicable)
 10. Annexure (If Applicable)

The written text of dissertation/ research project shall not be less than 50 pages and shall not exceed 120 pages excluding references, tables, questionnaires and other annexure. It should be neatly typed in double line spacing on one side of bond paper (A4 size, 8.27" x 11.69") and bound properly. Spiral binding should be avoided. A declaration by the candidate for having done the work himself should also be included, and the guide, head of the department and Director/Coordinator of the institute shall certify the dissertation/ research project.

Every candidate is required to give power point presentation before final submission of dissertation. Four copies of Dissertation/research project shall be submitted to the university, through proper channel, along with a soft copy (CD), 2 months before the final examination. It shall be assessed by two examiners appointed by the university, one internal and one external. There will be a power point open presentation of the submitted dissertation as per the schedule given by the university. This presentation shall be jointly evaluated by external and internal examiner as per the criteria given below:

Objective(s) of the work done, Methodology adopted, Result and Discussion, Conclusion & outcome. If the student failed to secure the minimum passing marks he will resubmit the dissertation 01 month before the supplementary exam.

Ramkishore

Veer

Munish Kumar

Digvijay