



**School of Teacher Education  
CSJM University, Kanpur**

**Ordinance & Syllabus  
for**

**M.A. YOGA  
Academic Programme**

**Syllabus according to  
NEP-2020**

**Duration: 2 years (Four semesters)**

V. Singh

Ram Kashyap

1

16.7.23

# MASTER OF ART (YOGA) – M.A. Yoga

## 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 fulfillment; 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. 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.

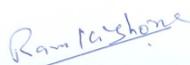
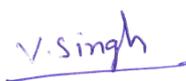
**I. Title of the Programme: The programme shall be called "M.A. YOGA"**

**II. Aim of the Programme:**

**The aim of the programme is to produce "Yoga therapists for a clinical set up"**

**II. Programme Objectives:**

1. Impart education and training in yoga profession in order to create qualified personnel and provide.
2. Equipped manpower in development and allied fields through culture-sensitive, eclectic and evidence- based practice at various levels.
3. To help students to develop knowledge, skills, attitudes and values appropriate to the practices of Yoga profession.
4. To stimulate and encourage integration of theory and practice in the fields of yoga profession.



2



5. To facilitate and provide interdisciplinary collaboration for better understanding of Health issues, Diseases and needed Services.

### III. Programme Outcomes:

1. Able to understand education and training in professional field of yoga in order to create qualified personnel and provide equipped manpower in development and allied fields.
2. Able to develop culture-sensitive, eclectic and evidence-based participatory practice at various levels in the field of yogic science.
3. Able to imbibe the basic knowledge, skills, attitudes, ethics and values appropriate to the practices of yoga profession.
4. Able to develop integration of theory and practice in the various fields of yoga profession.
5. 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.
6. Learn about the Medical potential of ASANAS PRANAYAM, SHATKARMA on various Human diseases.
7. Understand and apply the physiological effects of asanas and pranayam on human body.
8. Study the use of pranayam in mental disorders.
9. Learn the classical status of yoga practices.
10. Global level research opportunities to pursue Ph.D. programme targeted approach of - NET examination.

#### Program Specific Outcome:

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.

V. Singh

Ram Kashyap

3

16.7.23

## M.A. YOGA

"M.A. YOGA" degree will be under the faculty of Teacher Education of C.S.J.M. University, Kanpur.

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

**Seats:** 20 (Twenty)

**Admission:**

**Eligibility:**

- The candidate should have completed Graduation (any stream) from any UGC recognized university.
- Lateral Entry: One year P.G. diploma passed in Yoga after graduation. The admission will be given in 2nd Year of M.A. Yoga, depending on the availability of seats.
- Mode of Admission: As per the University Norms.
- Medium of instruction: Hindi/English shall be the medium of instruction for all the subjects of study and for examination of the course.
- 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.
- Examination: As per the University norms.
- Duration of examination: As per the University norms.
- 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.

V. Singh

Ram Kishore

4

16.7.23

## Scheme of Teaching and Examination

STRUCTURE OF SYLLABUS FOR THE

### PROGRAM: M.A. Yoga

S.N.	Name of BoS Members	Internal/External	Designation	Department	College/University
1	Pro. Ishwar Bhardwaj	External	Dean Academic	D.S.V.V	Dev Sanskriti Vishwa Vidyalaya, Haridwar
2	Dr. Kakamkhya Kumar	External	Associate Pro. & Head	Yogic Science	Uttarakhand Sanskriti, Vishwa Vidyalaya, Haridwar
3	Dr. Dhananjay Singh	External	Asst. Professor	Physical Education	R.B.S. College Agra
4	Dr. Sravan Kumar Yadav	Internal	Convenor & Head	Physical Education	CSJM University, Kanpur
5	Dr. Ashish Kumar Katiyar	Internal	Assistant Professor	Physical Education	C.S.J.M. University, Kanpur
6	Dr Ram Kishore	Internal	Assistant Professor	Physical Education	C.S.J.M. University, Kanpur
7	Dr Vipendra Singh Parmar	Internal	Head	Physical Education	VSSD College, Kanpur

#### Ist Year/Ist Semester

A Course Code	B Type	C Course Title	D Periods per week				E CIA	F ESE	G Max Marks
			L	T	P	Credit			
			MAYOG-101T	Core	Foundation of Yoga	3			
MAYOG-102T	Core	Hatha Yoga Texts	3	1	0	4	25	75	100
MAYOG-103T	Core	Yoga in Upnishads	3	1	0	4	25	75	100
MAYOG-104T	Core	Human Anatomy & Physiology	3	1	0	4	25	75	100
MAYOG-105P	Practical	Human Anatomy & Physiology	-	-	4	2	25	75	100
MAYOG-106P	Practical	Yoga Practicum-I	0	0	8	4	25	75	100
-	Project	Dissertation/Project Work	-	-	-	-	-	-	-
<b>28 Hrs.</b>						<b>22</b>	<b>TOTAL</b>		<b>600</b>

#### Ist Year/Ind Semester

A Course Code	B Type	C Course Title	D Periods per week				E CIA	F ESE	G Max Marks
			L	T	P	Credit			
			MAYOG-201T	Core	Patanjala Yoga Darshan	3			
MAYOG-202T	Core	Introduction Indian Philosophy and Yoga	3	1	0	4	25	75	100
M020801T	Minor Elective	Food Science	3	1	0	4	25	75	100
M020802T		Nutrition During Life Cycle							
MAYOG-205T	Core	Research Methodology	3	1	0	4	25	75	100
MAYOG-206P	Practical	Yoga Practicum-II	0	0	8	4	25	75	100
MAYOG-207R	Project	Dissertation/Project Work	-	-	-	8	25	75	100
<b>Total 32 Hrs.</b>						<b>28</b>	<b>TOTAL</b>		<b>600</b>

*S.P.T.*

*V. Singh*

*Ram Kishore*

5

*S.P.T.*

*16.7.23*

*Ishwar*

### IInd Year/IIIrd Semester

A Course Code	B Type	C Course Title	D Periods per week				E CIA	F ESE	G Max Marks
			L	T	P	Credit			
MAYOG-301T	Core	Application of Hatha Yoga and Patanjala Yoga	3	1	0	4	25	75	100
MAYOG-302T	Core	Management of Health through Yoga	3	1	0	4	25	75	100
MAYOG-303T	Core	Teaching Method of Yoga	3	1	0	4	25	75	100
MAYOG-304T	Elective	Therapeutic Yoga in Text Based	3	1	0	4	25	75	100
MAYOG-305T		Swami Vivekanand's Four Yoga Streams							
MAYOG-306P	Practical	Yoga Practicum-III	0	0	8	4	25	75	100
MAYOG-307P	Practical	Yoga Practicum-IV	-	-	6	3	25	75	100
-	Project	Dissertation/Project Work	-	-	-	-	-	-	-
<b>28 Hrs.</b>						<b>23</b>	<b>TOTAL</b>		<b>600</b>

### IInd Year/IVth Semester

A Course Code	B Type	C Course Title	D Periods per week				E CIA	F ESE	G Max Marks
			L	T	P	Credit			
MAYOG-401T	<b>Elective</b> (Any two to be chosen)	Yoga Shashtra-I (Brahmasutra & Vivek Chudamani)	3	1	-	4	25	75	100
MAYOG-402T		Yoga Shashtra-II (samkhya Karika)	3	1	-	4	25	75	100
MAYOG-403T		Yoga and Health							
MAYOG-404P	Practical	Yoga Practicum-V	-	-	8	4	25	75	100
MAYOG-405P	Practical	Yoga Practicum -VI	-	-	6	3	25	75	100
MAYOG-406R	Dissertation/Project Work		-	-	12	12	25	75	200
<b>TOTAL</b>			-	-	<b>28</b>	<b>27</b>	-		<b>600</b>
<b>Total number of Credit</b>						<b>100</b>	<b>Total Marks</b>		<b>2400</b>

**NOTE:**

- A MINOR ELECTIVE FROM OTHER FACULTY SHALL BE CHOSEN IN 1<sup>st</sup> Year (1<sup>st</sup>/2<sup>nd</sup> SEMESTER) AS PER AVAILABILITY
- 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

*S*

*V. Singh*

*Ram Chandra*

*Syau*

*16.7.23*

*Bhaskar*

year, which will be therefore of 8 credits and 100 marks.

- 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.
- The student straight away will be awarded 25 marks if he publishes a research paper on the topic of Research Project or Dissertation.
- Yoga Practical-I (E090706P) is a Minor (interdisciplinary) open elective offered by School of Teacher Education in 1st sem. for students of other disciplines / faculty.

#### **INTERNAL ASSESSMENT**

- It will be for theory and practical both.
- It will be done through the whole semester.
- Internal assessment (Theory) will be done as follows:

Mid-sem./Class Test	10 marks
Assignments/Projects/Presentations	10 marks
Attendance	05 marks
<b>Total</b>	<b>25 marks</b>

#### **Internal assessment (Practical) will be done as follows:**

Assignments/Projects/Presentations	10 marks
Day to day performance	10 marks
Attendance	05 marks
<b>Total</b>	<b>25 marks</b>

#### **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.A. 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.

V. Singh

Ram Kashyap

7

16.7.23

## Dissertation

Every candidate pursuing M.A. 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 Teacher Education 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.

## 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.A. 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.
  - Or
  - P.G. & Ph.D. in Physical Education with at least 02 years of teaching experience.

8

*The Head of the Department 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**

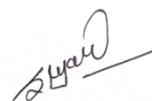
In the event of registered guide leaving the department/institute or in the event of death of guide, guide may be change with prior permission from the university.



V. Singh

Ram Kashyap

9



16.7.23



## COURSE OF STUDY

### M.A. Yoga First Semester (First Year)

S.N.	Subjects Code	Subjects	Teaching hours
1	MAYOG-101T	Foundation of Yoga	60
2	MAYOG-102T	Hatha Yoga Texts	60
3	MAYOG-103T	Yoga in Upnishads	60
4	MAYOG-104T	Human Anatomy & Physiology	60
5	MAYOG-105P	Human Anatomy & Physiology	60
6	MAYOG-106P	Yoga Practicum-I	120
.	-	Dissertation/Project Work	--

### M.A. YOGA Second Semester (First Year)

S.N.	Subjects Code	Subjects	Teaching hours
1	MAYOG-201T	Patanjala Yoga Darshan	60
2	MAYOG-202T	Introduction to Indian Philosophy and Yoga	60
3	MAYOG-203T	Research Methodology	60
4	M020801T	Food Science	60
	M020802T	Nutrition During Life Cycle	
5	MAYOG-204P	Yoga Practicum-II	120
6	MAYOG-205R	Dissertation/ Project Work	120

### M.A. YOGA Third Semester (Second Year)

	Subjects Code	Subjects	Teaching hours
1	MAYOG-301T	Application of Hatha Yoga and Patanjala Yoga	60
2	MAYOG-302T	Management of Health through Yoga	60
3	MAYOG-303T	Teaching Methods of Yoga	60
4	MAYOG-304T	Therapeutic Yoga in Text Based	60
	MAYOG-305T	Swami Vivekanand's Four Yoga Streams	
5	MAYOG-306P	Yoga Practicum-III	120
6	MAYOG-307P	Yoga Practicum-IV	90
7	-	Dissertation/ Project Work	-

### M.A. YOGA Fourth Semester (Second Year)

S.N.	Subjects Code	Subjects	Minimum Teaching hours
1	MAYOG-401T	Yoga Shashtra-I (Brahmasutra & Vivek Chudamani)	60
	MAYOG-402T	Yoga Shastra-II (Sankhya Karika)	
2	MAYOG-403T	Yoga and Health	60
4	MAYOG-404P	Yoga Practicum-V	120
5	MAYOG-405P	Yoga Practicum-VI	60
7	MAYOG-406R	Dissertation	120

*S.P.T.*

*V. Singh*

*Ram Kashyap*

*S.P.T.*

*16.7.23*

*Bhaskar*

## M.A. Yoga First Semester

Course code: MAYOG-101T

### Foundation of Yoga

Min. Hrs – Theory: 60 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, Upanishada and Shad-Darshana.
- Introduction about Yoga according to various yogic texts.
- Introduction about Principal Upanishads.
- Introduction about various streams of Yoga.

#### Course Outcome:

1. Students will gain newer insight regarding the introduction & importance of Yoga for day to day life.
2. This forms the basis of the development of concept of Indian Philosophy.
3. Also, the content dealing with the ancient Indian literature in yogic perspective
4. Students will attain knowledge of “fundamental of yoga” due to this they will understand any streams of yoga easily
5. Students will understand why yoga is different to other subjects and also known as “yoga science”

#### 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, Sri 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 Sawaroop, Nirmala Publication, Jaipur, Rajsthan, 2020.

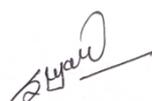
#### BOOKS FOR REFERENCE

1. Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
2. Swami Bhuteshananda : Nararad 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



V. Singh

Ramachandran







## M.A. Yoga Second Semester

Course code: MAYOG-102T

### Hatha Yoga Texts

Min. Hrs – Theory: 60 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. **Course**

#### **outcome:**

1. Students will understand the concept of Hatha Yoga and use it Yoga therapy.
2. Will adopt Badhak Tattva and Sadhka Tattva to move forward in Yoga Sadhna and practical life.
3. Will understand the Basic concept of Panch Prana and Panch Upprana and use it to live a healthy lifestyle.
4. Students will gain a deep insight and knowledge of all the main Hatha Yoga texts.
5. Students will gain to relation between Patanjalayogadarshan and Hatha Yogic texts
6. Students will understand the concept of chakras, nadis, kundalini etc. in better way which is root of any spiritual paths.

#### **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 dasha 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.

#### **Text Books**

1. Swami Swatmaram, *Hatha Pradeepika*, foreworded by B.K.S. Iyengar, commentary by Hans-Ulrich, Published by Aquariab Press, 1992.
2. *HathaYoga Pradeepika* of Svatmarama, MDNIY Publication, 2013.
3. Siddhasiddhantpaddhati, Gharote M.L. & Pai, G.K. (Edi):, Kaivalyadhama, Lonavla, 2005.

S  
T

V. Singh

Ram Narshone

Syan

16.7.23

Bhramji

4. Gherand kriti Gherand Samhita, Anuvadak Niranjananand Saraswati, Bihar Yoga bharti Munger, 1997.

**Books for Reference**

1. Gharote, M.M. & others: Therapeutic references in Traditional Yoga Texts, the Lonavla Institute, 2010.
2. Gharote ML: Hatharatnavali, The Lonavala Yoha Institute, Lonavala, Pune, IInd Edition, 2009
3. Briggs GW: Gorakhnatha and the Kanphata Yogis, 8th Edition, 2009
4. Swami Kuvalyananda & Shukla, S.A.: Gorakshasatkam, Kaivalyadhama, Lonavla, 2006
5. Gharote M.L. & Pai, G.K. (Edi): Siddhasidhantpaddhati, Kaivalyadhama, Lonavla, 2005.



V. Singh

Ram Kashyap

13

Syau

16.7.23

Bhatnagar

## M.A. Yoga First Semester

Course code: MAYOG-103T

### Yoga in Upanishads

Min. Hrs – Theory: 60 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 Upanishads.
- 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, (ChapterVI) 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 Upanishad and Dhyانبindoopnishad**

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

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

#### **Unit-IV: Yoga in Nadabindoopnishad and Yogarajopnishad**

Nadabindoopnishad: 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 Upanishads, Part 1, 2 and 3, Pt. Shreeram Sharma Acharya, Yug Nieman Yujana Vistar Trust, Mathura, 2010.
2. Dr. Satyavrit Sidhantalankar: Ekadasho Upanishad

#### **Reference Books**

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

## M.A. Yoga First Semester

Course code: MAYOG-104T

### Human Anatomy and Physiology (Theory)

Min. Hrs - Theory: 60 Hrs.

#### Objective: -

To provide students with the basic knowledge of anatomical structures & functions of human body.

#### Learning Outcome: -

Student will acquire the basic knowledge of the anatomy of the human body. They will develop understanding about the functions of each system of the body. Such core knowledge and skill will help to create a strong foundation to engage human subject of all ages, sex, ability.

#### Unit-I (10 lecture)

- Definition of Anatomy & Physiology, Cell-microscopic structure & functions of its organelle. Tissue-classification & functions.
- Organs, systems of the body, Bone- classification and structure, joints-classification, Structure of synovial joints. Movements at various joints.

#### Unit-II (15 lecture)

- Muscular System -Classification, Structure, functions & properties of Skeletal Muscle, Smooth Muscle & Cardiac Muscle. • Types of muscular contractions, Name of various muscles acting on various joints. • Cardio-vascular system Structure of heart, cardiac cycle, blood pressure, cardiac output, composition & function of blood, Athlete's heart.

#### Unit-III (15 lecture)

- Respiratory system-structure and function, second wind, oxygen debt. • Digestive system-structure & function, balanced diet, metabolism & maintenance of body temperature.

#### Unit-IV (20 lecture)

- Nervous system-structure of brain, spinal cord, Autonomic nervous system, reflex action. • Endocrine system- role of various endocrine glands, Structure & function of human eye & ear. • Excretory system-structure & function, including structure & function of skin. • Reproductive system-structure & function of male & female Reproductive system.

#### SUGGESTED READINGS:

1. Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi.
2. Moried EN (2007). Essential of Human Anatomy & Physiology. Ed. 8th Dorling Kindersley, India.
3. Prives M and Others (2004). Human Anatomy Vol.I & II Paragon, Delhi.
4. Seeley & Others (2008). Anatomy & Physiology. McGraw Hill, Boston.
5. Tortora (2003). Principles of Anatomy & Physiology, New York: John Willy & Sons,
6. William CS (2000). Essentials of Human Anatomy & Physiology, Benjamin
7. Wilson and Waugh (1996). Anatomy & Physiology in Health & Illness. Churchill Livingstone

V. Singh

Ram Narayan

16.7.23

**M.A. Yoga First Semester**  
**Course code: MAYOG-105P**  
**Human Anatomy and Physiology (Practical)**  
**Min. Hrs - Theory: 60 Hrs.**

**Objectives:**

The objectives behind teaching Anatomy and Physiology are to

- Make students familiar with the systems of the body.
- Give a hand on experience about the human body using models, charts and pictures.
- Make students understand the organization of the body with respect to structural components.

**Course Outcome:**

Page After the completion of the course the students will acquire knowledge of:

1. Structure & Function of Human Body, human cells and muscles.
2. Structure & function of digestive & respiratory system.
3. Composition & function of blood.
4. Components of life according to Ayurvedic anatomy.

- Counting of pulse rate
- Measurement of blood pressure
- Study of various bones of human body
- Study of different body system with the help of models
- Study of various movements of the joints.

**SUGGESTED READINGS:**

1. Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi.
2. Moried EN (2007). Essential of Human Anatomy & Physiology. Ed. 8th Dorling Kindersley, India.
3. Prives M and Others (2004). Human Anatomy Vol.I & II Paragon, Delhi.
4. Seeley & Others (2008). Anatomy & Physiology. McGraw Hill, Boston.
5. Tortora (2003). Principles of Anatomy & Physiology, New York: John Willy & Sons,
6. William CS (2000). Essentials of Human Anatomy & Physiology, Benjamin
7. Wilson and Waugh (1996). Anatomy & Physiology in Health & Illness. Churchill Livingston

V. Singh

Ram Kashyap

16

16.7.23

**M.A. Yoga First Semester**  
**Subject Code: MAYOG-106P**  
**Yoga Practicum-I**  
**Min. Hrs. - Practical: 120 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-svadhithana-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, Sutraneli); Nauli: Vama, Dakshin, Madhya and Bhramar, Taraka, Kapalbhati 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)

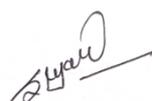
**BOOK REFERENCE**

1. Swami Dharendra Bhramhachari :Yogic Sukshma Vyayama, Dhirendra Yoga Publications, New Delhi, 1980Swami Dhirendra Bhrahmachari: Yogasana Vijnana, Dhirendra 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



V. Singh

Ram Narayana



  
16.7.23



## M.A. Yoga First Semester

### DISSERTATION

**Min. Hrs :- 40 Hrs.**

- Every candidate pursuing M.A. 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.

V. Singh

Ram Kashyap

18

16.7.23

## M.A. Yoga Second Semester

Course code: MAYOG-201T

Patanjala Yoga Darshan

Min. Hrs – Theory: 60 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.

### Course outcome:

Students will gain an understanding of:

1. Concept of Yoga
2. Knowledge of chitta vrittis and their classification.
3. Knowledge of Samadhis.
4. Knowledge of kleshes, prakriti and purush and siddhis.
5. Dhrarna, Dhyaan and Kaivalya.
6. Concept of Ashtang Yoga.
7. Concept of Yam-Niyama.
8. Concept of Abhyas and Vairagya.
9. Concept of yogasutra like a science formulas as a examples  $E=MC$  is applicable on whole earth as same yogasutra is applicable on whole humanity on the earth not limited to Indians.

### **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 Nirvitraka, 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, Dhyaana 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, Dhyaana, 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

S  
T

V. Singh

Ram Kashyap

Syau

16.7.23

Ishamji

**Text Books**

1. Patanjali kriti Patanjalayogadarshan, Vachaspatikriti-Tattvavaishardi, Vigyanbhikshukriti-Yogvartik, Anuvadak Vimala Karnatak, BHag 1-4, Kashi Hindu Vishwavidyalaya, evam Ratna Publication, Varanasi, 1992.

**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.
6. BKS Iyengar: Introduction of Patanjali Yogasutra-s: MDNIY, New Delhi, 2011.



V. Singh

Ramkrishna

20



16.7.23

Bhaskarji

**M.A. Yoga Second Semester**  
**Course code: MAYOG-202T**  
**Introduction to Indian Philosophy and Yoga**  
**Min. Hrs – Theory: 60 Hrs.**

**Unit-I:**

**Philosophy:** Meaning, Definition, Nature and Dimensions. Concept of Metaphysics, Epistemology and Ethics Characteristics and Classification of Indian Philosophy. General account of Categories in Nyaya-Vaisesika Philosophy, Dravya, Guna, Karma, Samanya, Visesa, Samvaya and Abhava Prama, Prameya and Pramana, Karya-Karana Sambandh

**Unit-II:**

Subject of Purva Mimamsa and Uttar Mimamsa. Types of Vedant Darshan: Advaita, Vishistadwait, Dwaita, Suddhadwaita and Dwaitadhwait, Metaphysical Background of Samkhya–Yoga Philosophy Description of Cittavriti, Cittabhumi and Path of Yoga.

**Unit-III:** Concept of Anekantvada, Syadavada and Saptbhanginaya. Ethical Discipline and means to Liberation in Jainism. Buddhist Philosophy and Concept of Four Noble Truths. Aim, Objective and Misconceptions of Yoga Conceptual analysis of Yoga and its Importance.

**Unit-IV:** Yoga Philosophy-general Introduction, Chitta, Chichh Bhumi & the eight fold path of yoga samadhi, vibhutiyan & Existence of god.

**Books Recommended**

1. Upadhyaya, Acharya Baldeo- Indian Philosophy
2. Sinha, J.N. – Indian Philosophy
3. Saxena, Sri Krishna- Nature of Consciousness in India
4. Saxena, Kanchan- Concept of Salvation in Hinduism and Christianity
5. fuxe “kksHkk& Hkkjrh;n”kZu
6. lgk;] f’koLo:lk& izkphu Hkkjrh; /keZ ,oa

V. Singh

Ram Kashyap

16.7.23

**M.A. Yoga Second Semester**  
**Course code: MAYOG-203T**  
**RESEARCH METHODOLOGY**  
**Min. Hrs - Theory: 60 Hrs.**

**Objectives:**

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

- Understand the concept of research and its methodology for carrying minor and major research.
- Feed and analyze the data.
- Organize the data and represent the data.

**Course Outcome:**

1. Research methodology provides a detailed plan that helps to keep students on track.
2. It helps students making the Research process smooth, effective and manageable.
3. The research methodology design process will help students to select the correct method for objective and outcome.
4. It will give students the tool for building knowledge and facilitating learning

**RESEARCH METHODOLOGY**

**Unit-1**

**1. Introduction to Research methodology:**

Meaning of research, objectives of research, Motivation in research, Types of research & research approaches, Research methods vs methodology, Criteria for good research.

**2. Research problem:**

Statement of research problem, Statement of purpose and objectives of research problem, Necessity of defining the problem

**Unit-2**

**Research design:**

Meaning of research design, Need for research design, Features for good design, Different research designs, Basic principles of research design.

**Computer technology:** Introduction to Computers, computer application in research computers & researcher.

**Unit-3**

**1. Measurement & scaling techniques: Measurement in research-**

Measurement scales, sources of error in measurement, Technique of developing measurement tools, Meaning of scaling, its classification, important scaling techniques.

**2. Methods of data collection:** collection of primary data, collection data through questionnaires & schedules, Difference between questionnaires & schedules.

**Unit-4**

**Sampling:** Definition, Types- simple, random, stratified, cluster and double sampling. Need for sampling - Criteria for good samples, Application of sampling in community, Procedures of sampling and sampling designs errors.

**TEXT BOOKS:**

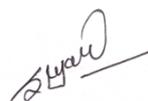
5. R. L. Bijlani. (2008). Medical Research: All You Wanted to Know But Did Not Know Who to Ask. Jaypee Brothers Medical Publishers Pvt. Ltd. New Delhi.

6. REFERENCE BOOKS: 1. C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New delhi. 2. Zar, J. H., & Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi



V. Singh

Ram Narshone



  
16.7.23



## M.A. Yoga Second Semester

### FOOD SCIENCE

(Elective)

COURSE CODE-M020801T

Min. Hrs. – Theory: 60 Hrs.

#### COURSE OBJECTIVE

- To make the student aware about common food processing techniques and understand the physio-chemical properties of food.

#### COURSE LEARNING OUTCOME

- After studying this paper, the student will be able to understand food processing techniques as well as the physical and chemical properties of various foods.

#### COURSE CONTENT

##### Unit 1

Colloidal chemistry as related to food, evaluation of food by subjective and objective method, carbohydrates in food sources and characteristics of sugar, starch, cellulose, pectin and gums characteristics in foods, effect of cooking and processing

##### Unit 2

Protein in food, plant and animal food chemical and physical properties related to food effect of cooking and processing technique, on fats, properties, uses, processing techniques, changes during heating and storage of fats and oils.

##### Unit 3

Classification, Importance, Composition function of fruits and vegetables and effect of cooking and processing on their nutritive value.

##### Unit 4

Classification and Importance of beverages, fruit pigments, browning reaction Definition, classification, uses and legal aspect of food additives classification, nature, and uses of leavening agents, flavours.

##### Unit 5

Definition, Importance of organic food and Nutraceuticals, Definition, type, different type of common adulterants law related to prevention of food adulteration

#### TEXT BOOKS

- Charley, H. Food Science (2nd edition), John Willey & Sons, New York.1982
- Potter, N. and Hotchkiss, J.H. Food Science, Fifth edition, CBS publishers and Distributors, New Delhi.1996
- Belitz, H.D. and Gropsch, W. Food Chemistry (2nd edition), Springer, New York.1999
- Pomeranz, Y. (Ed.) Functional Properties of Food Components, (2nd edition), Academic Press, New York.1991
- Duckworth, R.B. (Ed.) Water Relation to Foods, Academic Press, London.1978
- Parihar, P., Agarwal, R. Jain D.K. and Mandhyan, B.L. Status Report on Dehydration of Eggs. PHT / CAE / Publishers.1977

#### REFERENCE BOOKS

- Abers, R.J. (Ed.) Foam, Academic Press, New York.1976
- Cherry, J.P. (Ed.) Protein Functionality in Foods, American Chemical Society, Washington, D.C.1981
- Marshall, K.R. and Harper, W.J. Whey Protein Concentrates, IDF Bulletin No.233.1988
- Tindall, H.D. Vegetables in the Tropics, MacMillan, Press, London.1983
- Julians, B.O. (Ed.) Rice Chemistry and Technology, (2nd Edition), American Association of Cereal Chemistry, St. Paul Minnesota, USA.1985

V. Singh

Ram Narayana

16.7.23

## M.A. Yoga Second Semester

### NUTRITION DURING LIFE CYCLE (Elective)

COURSE CODE-M020802T

Min. Hrs. – Theory: 80 Hrs.

#### COURSE OBJECTIVE

- To enable the student to know physiological changes and nutritional requirements during various stages of life cycle and also to understand how Dietary Reference Intakes are derived for the population.

#### COURSE LEARNING OUTCOME

The student will be able to:

- Analyse and calculate the needs for specific macronutrients.
- Recognize important periods in growth and development, as well as the effects of malnutrition.
- Determine nutritional needs at various age groups.
- Recognize the consequences of bad and poor dietary and lifestyle choices.

#### COURSE CONTENT

##### Unit 1

RDA, Balanced diet, five food groups suggested by ICMR, Food Exchange List, Principles of Diet Planning

##### Unit 2

Nutritional requirements for infant, development during infancy low birth weight pre-term baby, weaning. Nutritional requirement for preschool children (1-6 year) Nutrition related problem for pre-schoolers PEM, vitamin A deficiency feeding programmes, ICDS.

##### Unit 3

Nutritional requirements for school children (6-12 years) feeding problems, packed lunches school lines programs

Nutritional requirements for adolescents, nutritional problems.

##### Unit 4

Nutritional requirements for adults, Nutritional requirement during old age, Process problem related to old age especially old women.

##### Unit 5

Nutritional requirements of expectant mother, psychological changes during pregnancy General dietary problems, complications. Nutritional requirements of lactating women.

#### TEXT BOOKS

1. Bamji, M.S., Krishnaswamy K. Brahmam G.N.V. (Eds). . Textbook of Human Nutrition. 4th Edition. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.,2017
2. C. Gopalan, G. RamaShastri B.V & Balasuvramnian, S.C. Nutritive Value of Indian,2000
3. Foods. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad 500-007, India.2000
4. Sri Lakshmi, B. Nutrition Science. New Age International (P) Ltd. Pub. New Delhi,2000
5. Swaminathan, M. . Textbook of Food and Nutrition. Bappco publishers,Bangalore.2009

#### REFERENCE BOOKS

- Cameron N. Human Growth and Development. USA: Academic Press, Elsevier Science.2002
- FAO/WHO/UNU ,Human Energy Requirements. Report of a Joint Expert Consultation. Rome.2004
- Gibson R S. Principles of Nutritional Assessment. 2nd ed. Oxford University Press.2005
- ICMR . Nutrient Requirements and SUGGESTED Dietary Allowances for Indians and its revised documents. New Delhi. ICMR.2020

V. Singh

Rama Shastri

16.7.23

**M.A. Yoga Second Semester**  
**Subject Code: MAYOG-204P**

**Yoga Practicum-II**

**Min. Hrs. - 120 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,

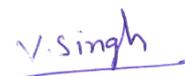
**Unit-V: Pranayama & Bandha**

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, Sheetal Pranayama, Shitkari Pranayama, Bhastrika Pranayama  
Bandha : Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Tri Bandha

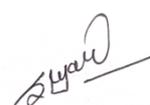
**Books for References**

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













## M.A. Yoga Second Semester

Subject Code: MAYOG-205R

### 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.

## M.A. Yoga Third Semester

Course Code: MAYOG-301T

### Applications of Hatha Yoga and Patanjala Yoga

Min. Hrs – Theory: 60 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.

#### Course outcome:

1. Students will understand the concept of Hatha Yoga and use it Yoga therapy.
2. Will adopt Badhak Tattva and Sadhka Tattva to move forward in Yoga Sadhna and practical life.
3. Will understand the Basic concept of Panch Prana and Panch Upprana and use it to live a healthy lifestyle.
4. Students will gain a deep insight and knowledge of all the main Hatha Yoga texts.
5. Students will gain to relation between Patanjalayogadarshan and Hatha Yogic texts
6. Students will understand the concept of nadis , chakras, and kundalini in better way which is root of any spritiual paths.
7. Students will understand asanas, pranayam ,mudras, shatkarma as a therapeutic tools in better way

#### 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), 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.

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;

#### Unit-II: Application of Patanjala yoga in Stress Management & Personality Development

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: 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).

### **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 Svatomarama, 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.

**M.A. Yoga Third Semester**  
**Course code: MAYOG-302T**  
**Management of Health through Yoga**  
**Min. Hrs – Theory: 60 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.

**Course outcomes :**

1. Students will understand the concept of holistic health.
2. Students will understand that yoga is not for only treatment of disease but promotion and prevention of health also.

**Unit-I: Concept of Health**

Concept of Health in Yoga, Concept of Health in Naturopathy, Concept of Health in Ayurveda, Concept of Health in Modern Science.

**Unit –II: Effect of Yoga on Human System**

Effect of Shatkarm on Different system, Effect of Yama-Niyama on Different system, Effect of Asan on Different system, Effect of Pranayama on Different system, Effect of Pratyahar on Different system, Effect of Dhyan on Different system

**Unit –III: Prevention and Promotion of Health**

Prevention and Promotion of Health through Shatkarm, Prevention and Promotion of Health through Yamniyam, Prevention and Promotion of Health through Asan, Prevention and Promotion of Health through Pranayama. Prevention and Promotion of Health through Pratyahar, Prevention and Promotion of Health through Dhyan.

**Unit –IV: Management of Health through 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.

**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

## M.A. Yoga Third Semester

Course code: MAYOG-303T

Teaching Methods of Yoga

Min. Hrs – Theory: 60 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.

### **Course outcomes:**

1. Students will attain expertise “which patient should do which yoga practices”
2. students will attain expertise to how an dwhen use asanas ,pranayama,shatkarmas as a treatment tools as need of patients.
3. students will attain good understanding about benefits and limitations of yogic treatment tools.

### **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

## M.A. Yoga Third Semester

Course code: MAYOG-304T

Therapeutic Yoga in Text Based

Min. Hrs – Theory: 60 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 understand the preventive healthcare according to yoga
- To have an understanding of the Yogic concept of Disease and the remedial measures therein.

### Course outcomes :

- Students will understand the concept of holistic health.
- Students will understand the relation of Aadhi & Vyadhi.
- Students will understand that yoga is not for only treatment of disease but promotion and presentation of health also.

### Unit-1: Benefit of Yoga Practices

[15 Hrs.]

Benefit of Shatkarm in Yogic Text, Benefit of Asan in Yogic Text, Benefit of Pranayam in Yogic Text, Benefit of Pratyahar in Yogic Text, Benefit of Dhyan in Yogic Text

### Unit - 2: Preventive healthcare according to yoga

[15 Hrs.]

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

[15 Hrs.]

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

[15 Hrs.]

Literature on therapeutic benefits of yoga in health and diseases of cardiovascular, respiratory, neurological, psychiatric, endocrine, metabolic, renal, ENT, ophthalmology, reproductive system.

### 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

V. Singh

Ram Narayana

16.7.23

## M.A. Yoga Third Semester

Course code: MAYOG-305T

Swami Vivekananda's Four Yoga Streams

Min. Hrs – Theory: 60 Hrs.

### Course Objective:

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

- To understand the concept of Raj Yoga.
- To understand the concept of Karma Yoga.
- To understand the concept of Jnana Yoga.
- To understand the concept of Bhakti Yoga.

### Course outcomes :

- Students will understand the concept of Raj Yoga.
- Students will understand the concept of Karma Yoga.
- Students will understand the concept of Jnana Yoga.
- Students will understand the concept of Bhakti 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

V. Singh

Ram Narayan

16.7.23

## M.A. Yoga Third Semester

Course code: MAYOG-306P

### Yoga Practical-III (Contemporary Yoga Techniques)

Min. Hrs – Practical: 120 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)

#### REFERENCE BOOKS

1. Dr. HR Nagendra, Pranayam Kala aur Vigyan, Swami Vivekanand Yoga Prakashan, Benlor, 2006.
2. Swami Niranjanand Saraswati, Pran Pranayam Pran Vidya, Yoga Publication Trust, Munger Bihar, 2001.
3. Swami Satyanand Saraswati, Yognidra, Yoga Publication Trust, Munger Bihar, 2005.
4. Swami Vivekanand, Dhyana Tatha Ishki Paddhatiyan, Ram Krishana Matha, Nagpur, 2004.

V. Singh

Ram Krishan

16.7.23

## M.A. Yoga Third Semester

Course code: MAYOG-307P

**Yoga Practical-IV (FIELD WORK-I)**

**Min. Hrs – Practical: 60 Hrs.**

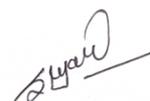
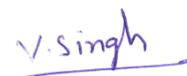
On the completion of the course, students shall be able to

- Yoga teaching.
- Take Yoga Class.
- Systematic arrangement of Yoga teaching
- Yoga Therapy.

### Course Outcome:

1. Students will learn to make the correct ways/processes of doing Asana and Pranayam.
2. Students will gain experience to conduct individual teaching as well as mass training.
3. Students will excel to make a Yoga Module for health prevention, promotion and Yoga therapy.
4. Students will gain confidence for class room teaching including arrangement, problems and their solutions.
5. Students will gain knowledge how to prepare lesson plan.

- The students will go to various places (schools/colleges/parks/villages and different societies etc.) to train the people for proper yoga practice.
- The students shall maintain logbook regarding it.
- At the end of the semester their logbooks will be evaluated by the faculty concerned.



## M.A. Yoga Third Semester

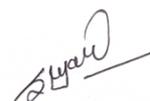
### DISSERTATION

- 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.



V. Singh

Ram Lakshone



16.7.23

Bhadraj

**M.A. Yoga Fourth Semester**  
**Course code: MAYOG-401T**  
**Yoga Shastra-I (Brahmasutra & Viveka Chudamani)**  
**Min. Hrs –Theory: 60 Hrs.**

**Course Objective:**

- To understand the concept of Brahmsutra.
- To understand the concept of four Brahma Vakyas.
- To understand the concept of Vivekachoodamni.

**Course outcomes:**

- Students will understand the fundamental concept of Brahmsutra.
- Students will understand the concept of four Brahm Vakya.
- Students will understand the concept of Vivekchoonamani.

**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 Chatushtaya, 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.

**M.A. Yoga Fourth Semester**  
**Course code: MAYOG-402T**  
**Yoga Shastra-II (Sankhya Karika)**  
**Min. Hrs –Theory: 60 Hrs.**

**Course Objective:**

- To understand the basics of Sankhya Philosophy.

**Course outcomes:**

1. Students will understand the fundamental of samkhya philosophy which is called sister of yoga philosophy
2. Students will better understand differences and similarities between samkhya philosophy and yoga 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 anupalabdhi 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 functions of Trayodashkaran, Eight Dharmas of Buddhi.

**Unit: 4- Introduction to Sarga, 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.

V. Singh

Ram Narayan

16.7.23

## M.A. Yoga Fourth Semester

Course code: MAYOG-403T

### Yoga and Health

Min. Hrs – Theory: 60 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.

#### Course outcomes :

- 1.Students will understand the concept of holistic health according to yoga
- 2.Students will understand yoga is an art of living which helps promotions and prevention of health.

#### 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

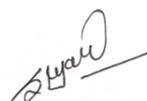
Definition of Mental Health Mental health in Yoga. Classification of Mental Disorder Characteristics of Mentally Healthy Person. Mental health in total health, Determinants of mental health, Obstructers of mental health, Promotion of mental health.

#### 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



**M.A. Yoga Fourth Semester**  
**Subject Code: Course code: MAYOG-404P**  
**Yoga Practicum-V**  
**Min. Hrs. - Practical: 120 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: PRESENTATION OF LESSON PLAN**

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

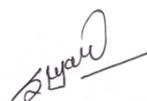
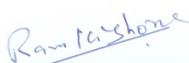
**UNIT -3: SWASTIVACHANA (1-15 VERSES)**

Understanding, memorization and recitation of Mantras

**UNIT-4: 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



## M.A. Yoga Fourth Semester

Course code: MAYOG-405P

**Yoga Practical-VI (FIELD WORK-II)**

**Min. Hrs – Practical: 60 Hrs.**

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

- Yoga teaching.
- Take Yoga Class.
- Systematic arrangement of Yoga teaching
- Yoga Therapy.

### Course Outcome:

1. Students will learn to make the correct ways/processes of doing Asana and Pranayam.
2. Students will gain experience to conduct individual teaching as well as mass training.
3. Students will excel to make a Yoga Module for health prevention, promotion and Yoga therapy.
4. Students will gain confidence for class room teaching including arrangement, problems and their solutions.
5. Students will gain knowledge how to prepare lesson plan.
  - The students will go to various places (schools/colleges/parks/villages and different societies etc.) to train the people for proper yoga practice.
  - The students shall maintain logbook regarding it.
  - At the end of the semester their logbooks will be evaluated by the faculty concerned.

V. Singh

Ramkishore

16.7.23

## M.A. Yoga Fourth Semester

Course code: MAYOG-406R

### 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.



V. Singh

Ram Kishore

Syau

M  
16.7.23

Bhadraj