

## बोर्ड आफ स्टडीज की बैठक

### बैठक का कार्यवृत्त

आज दिनांक- 18.05.2022 को विश्वविद्यालय की फैकल्टी आफ मेडिसिन के अन्तर्गत संचालित स्कूल आफ हेल्थ साइंसेस के विभिन्न पाठ्यक्रमों हेतु गठित बोर्ड आफ स्टडीज की बैठक स्कूल आफ हेल्थ साइंसेस के निदेशक कक्ष में सम्पन्न हुयी।

इस बैठक में निम्नलिखित सदस्य उपस्थित थे:-

1. प्रो० संजय काला, प्रधानाचार्य, जी०एस०वी०एम० मेडिकल कालेज, कानपुर एवं डीन फैकल्टी आफ मेडिसिन, सी.एस.जे.एम. विश्वविद्यालय, कानपुर।
2. प्रो० डॉली रस्तोगी, फिजियोलॉजी विभाग, जी०एस०वी०एम० मेडिकल कालेज, कानपुर।
3. प्रो० परवेज खान, विभागाध्यक्ष, नेत्र रोग विभाग, जी०एस०वी०एम० मेडिकल कालेज, कानपुर।
4. प्रो० संजय कुमार, विभागाध्यक्ष, अस्थि रोग विभाग, जी०एस०वी०एम० मेडिकल कालेज, कानपुर।
5. प्रो० एम०पी० मिश्रा, भूतपूर्व निदेशक, जे०के० कैंसर इंस्टीट्यूट, जी०एस०वी०एम० मेडिकल कालेज, कानपुर।
6. डा० चयनिका काला, एस० प्रोफेसर, पैथोलॉजी विभाग, जी०एस०वी०एम० मेडिकल कालेज, कानपुर।
7. डा० अशोक वर्मा, विभागाध्यक्ष एवं एस० प्रोफेसर, रेडियोलॉजी विभाग, जी०एस०वी०एम० मेडिकल कालेज, कानपुर।
8. डा० दिग्विजय शर्मा, निदेशक, स्कूल आफ हेल्थ साइंसेस, छत्रपति शाहू जी महाराज विश्वविद्यालय, कानपुर।
9. डा० मुनीश रस्तोगी, सहायक निदेशक, स्कूल आफ हेल्थ साइंसेस, छत्रपति शाहू जी महाराज विश्वविद्यालय, कानपुर।
10. डा० वर्षा प्रसाद, असि० प्रोफेसर, स्कूल आफ हेल्थ साइंसेस, छत्रपति शाहू जी महाराज विश्वविद्यालय, कानपुर।
11. डा० राम किशोर, असि० प्रोफेसर, स्कूल आफ हेल्थ साइंसेस, छत्रपति शाहू जी महाराज विश्वविद्यालय, कानपुर।

इस बैठक में निम्नलिखित निर्णय लिये गये -

1. बोर्ड आफ स्टडीज ने सर्वसम्मति से स्कूल आफ हेल्थ साइंसेस में प्रारम्भ करने हेतु निम्नलिखित पाठ्यक्रमों के NEP-2020 के अनुसार Semester wise Syllabus को अनुमोदित किया-

#### परास्नातक पाठ्यक्रम

क्र.स.	पाठ्यक्रम का नाम	अवधि
1.	M.Sc./M.A. Yoga	02 Years (04 Semesters)
2.	M.Sc. Human Nutrition	02 Years (04 Semesters)

#### सर्टिफिकेट पाठ्यक्रम

क्र.स.	पाठ्यक्रम का नाम	अवधि
1.	Certificate Course in Garbh Sanskar	06 Months

बोर्ड आफ स्टडीज ने उपरोक्त पाठ्यक्रमों के NEP-2020 के अनुसार Semester-wise Syllabus को विद्यापरिषद एवं कार्यपरिषद के अनुमोदन हेतु अपनी संस्तुति की।

(प्रो० संजय काला)

(प्रो० डॉली रस्तोगी)

(प्रो० परवेज खान)

(प्रो० संजय कुमार)

(प्रो० एम०पी० मिश्रा)

(डा० चयनिका काला)

(डा० अशोक वर्मा)

(डा० दिग्विजय शर्मा)





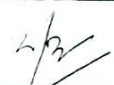

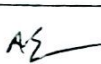
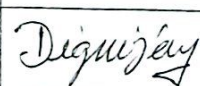
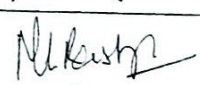

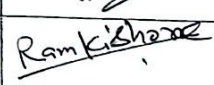
(डा० मुनीश रस्तोगी)

(डा० वर्षा प्रसाद)

(डा० राम किशोर)

**बोर्ड आफ स्टडीज की बैठक**  
**दिनांक 18.05.2022**

**उपस्थिति**

क्र.स.	सदस्य का नाम	हस्ताक्षर
1.	प्रो० संजय काला, प्रधानाचार्य, जी०एस०वी०एम० मेडिकल कालेज, कानपुर . एवं डीन फैकल्टी आफ मेडिसिन, सी.एस.जे.एम. विश्वविद्यालय, कानपुर।	
2.	प्रो० डॉली रस्तोगी, फिजियोलॉजी विभाग, जी०एस०वी०एम० मेडिकल कालेज, कानपुर।	
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5.	प्रो० एम०पी० मिश्रा, भूतपूर्व निदेशक, जे०के० कैंसर इंस्टीट्यूट, जी०एस०वी०एम० मेडिकल कालेज, कानपुर।	
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7.	डा० अशोक वर्मा, विभागाध्यक्ष एवं एसो० प्रोफेसर, रेडियोलॉजी विभाग, जी०एस०वी०एम० मेडिकल कालेज, कानपुर।	
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11.	डा० राम किशोर, असि० प्रोफेसर, स्कूल आफ हेल्थ साइंसेस, छत्रपति शाहू जी महाराज विश्वविद्यालय, कानपुर।	

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## Semester wise Syllabus

## M.Sc./M.A. YOGA

## Academic Programme

## Syllabus according to NEP-2020

**Duration: 2 years**

**(Four semesters)**

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## M.Sc./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. 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./M.A. 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.

### 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.

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Ram Kishore



3. Developing tandem between the spiritual, philosophical and physiological facets of Yoga.
  4. Able to develop the commutative effects of theory and practice in the various fields of yoga profession.
  5. Exploration about Yogic intervention of Shatkarmas, Aasanas, Pranayamas, Mudras, Bandhas and Meditation on various physiological and psychological diseases.
  6. 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.
  7. Study the use of Pranayam in mental disorders and attaining mental health.
  8. Global level research opportunities to pursue Ph.D. programme targeted approach of - NET examination.
1. "M.Sc./M.A. 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:**

30/60 (Thirty/Sixty)

**4. MEDIUM OF INSTRUCTION:**

Hindi and English

**5. EXAMINATION:**

As per the University norms.

**6. DURATION OF EXAMINATION:**

As per the University norms.

**7. ELIGIBILITY:**

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

**EXAMINATION:**

There shall be a Semester examination at the end of each semester in the form of theory papers examination and practical examinations. The candidate shall be required to appear in every subject as specified in the course structure for each Semester.

**Duration of Examination :**

As per the University norms.

**Examiners :**

As per the University norms.

**Evaluation :**

The answer books of the semester examination shall be evaluated as per the university rules.

*Devi Prasad*  
*Ram Kishore*

# SCHEME OF EXAMINATION

## M.Sc./M.A. YOGA

### First Semester University Examination

S. No	Subjects	Subject code	Type	Credit	THEORY MARKS			PRACTICAL MARKS			Total marks
					Theory Paper	Internal Assessment	Total	Practical	Internal Assessment	Total	
1	Foundation of Yoga	MYOG-101	Core	4	75	25	100	-	-	-	100
2	Yoga in Upnishads	MYOG-102	Core	4	75	25	100	-	-	-	100
3	Research methodology	MYOG-103	Core	4	75	25	100	-	-	-	100
4	Biomechanics & Kinesiology	MYOG-104	Core	8	75	25	100	75	25	100	200
5	Yoga Practical-I	MYOG-105	Core	4	-	-	-	75	25	100	100
6	Dissertation/Project Work	-	-	-	-	-	-	-	-	-	-
7.	Human Anatomy & Physiology-I	Internal Subject	-	-	-	-	-	-	-	-	-
		Total		24	-	-	-	-	-	-	600

## M.Sc./M.A. YOGA

### Second Semester University Examination

S. No.	Subjects	Subject code	Type	Credit	THEORY MARKS			PRACTICAL MARKS			Total marks
					Theory Paper	Internal Assessment	Total	Practical	Internal Assessment	Total	
1	Patanjala Yoga Darshan	MYOG-201	Core	4	75	25	100	-	-	-	100
2	Hatha Yoga Texts	MYOG-202	Core	4	75	25	100	-	-	-	100
3	Biostatistics	MYOG-203	Core	4	75	25	100	-	-	-	100
4.	Food Science	MYOG-204	Elective	4	75	25	100	-	-	-	100
5.	Nutrition During Life Cycle	MYOG-205	Elective	4	75	25	100	-	-	-	100
6	Yoga Practical-II	MYOG-206	Core	4	-	-	-	75	25	100	100
7.	Dissertation/ Project Work	MYOG-207	-	8	-	-	-	75	25	100	100
8.	Human Anatomy & Physiology-II	Internal Subject	-	-	-	-	-	-	-	-	-
	Grand Total			28							600

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**M.Sc./M.A. YOGA**  
**Third Semester University Examination**

S. No.	Subjects	Subject code	Type	Credit	THEORY MARKS			PRACTICAL MARKS			Total marks
					Theory Paper	Internal Assessment	Total	Practical	Internal Assessment	Total	
1	Application of Hatha Yoga and Patanjala Yoga	MYOG-301	Core	4	75	25	100	-	-	-	100
2	Therapeutic Yoga	MYOG-302	Core	4	75	25	100	-	-	-	100
3	Teaching Methods of Yoga	MYOG-303	Core	4	75	25	100	-	-	-	100
4	Management of Health and Diseases through Yoga	MYOG-304	Elective	4	75	25	100	-	-	-	100
5	Swami Vivekanand's Four Yoga Streams	MYOG-305	Elective	4	75	25	100	-	-	-	100
6	Yoga Practical-III (Contemporary Yoga Techniques)	MYOG-306	Core	4	-	-	-	75	25	100	100
7.	Dissertation/ Project Work	-	-	-	-	-	-	-	-	-	-
	Grand Total			20							500

**M.Sc./M.A.YOGA**  
**Fourth Semester University Examination**

S. No.	Subjects	Subject code	Type	Credit	THEORY MARKS			PRACTICAL MARKS			Total marks
					Theory Paper	Internal Assessment	Total	Practical	Internal Assessment	Total	
1	Application of Yoga Vashishtha and Bhagwadgeeta	MYOG-401	Elective	4	75	25	100	-	-	-	100
2	Yoga Shastra-I (Brahmasutra & Viveka Chudamani)	MYOG-402	Elective	4	75	25	100	-	-	-	100
3	Yoga Shastra-II (Sankhya Karika)	MYOG-403	Elective	4	75	25	100	-	-	-	100
4.	Yoga and Health	MYOG-404	Elective	4	75	25	100	-	-	-	100
5	Insight into Indian Philosophy	MYOG-405	Elective	4	75	25	100	-	-	-	
6	Yoga Practical-IV (Filed Work and Teaching Practice)	MYOG-406	Core	4	-	-	-	75	25	100	100
7	Dissertation	MYOG-407	-	8	-	-	-	75	25	100	100
	Grand Total			28							600

**Instructions for Paper Selection**

1. In 1<sup>st</sup> semester, all papers are compulsory (core).
2. In 2<sup>nd</sup> and 3<sup>rd</sup> semester, out of 02 elective papers 01 paper has to be selected.
3. In 4<sup>th</sup> semester, out of 05 elective papers 04 have to be selected.
4. In 1<sup>st</sup> year, a PG student will opt 1 minor elective paper from any other faculty of 4 or more credits.
5. Research project (interdisciplinary / multidisciplinary) will be done in both years of PG program and will be of 4 credit (4 hr/week), in each semester.
6. Research project can be in form of industrial training/internship/survey work etc.
7. Regarding research project, student shall submit report/dissertation for **evaluation at the end of the year**, which will be therefore of 8 credits and 100 marks.

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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
	<b>Total</b>	<b>= 25 marks</b>

Internal assessment (Practical) will be done as follows:

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

## CRITERIA FOR PASSING

- As per the University Norms.

## DIVISION:

- As per the University Norms.

## DEGREE:

The degree of "M.Sc./M.A. YOGA" course of the University shall be conferred to the candidates. Candidate with B.Sc./B.Sc. (YOGA) in graduation, will be awarded as "M.Sc. YOGA" degree and candidates with other streams of graduation will be awarded as "M.A. YOGA".

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## COURSE OF STUDY

### M.Sc./M.A. YOGA First Semester (First Year)

S.N.	Subjects Code	Subjects	Teaching hours
1	MYOG-101	Foundation of Yoga	60
2	MYOG-102	Yoga in Upanishads	60
3	MYOG-103	Research methodology	60
4	MYOG-104	Biomechanics & Kinesiology	100
5	MYOG-105	Yoga Practical-I	80
6	-	Dissertation/Project Work	60
7	-	Human Anatomy & Physiology-I	60

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

S.N.	Subjects Code	Subjects	Teaching hours
1	MYOG-201	Patanjala Yoga Darshan	60
2	MYOG-202	Hatha Yoga Texts	60
3	MYOG-203	Biostatistics	60
4	MYOG-204	Food Science	60
5	MYOG-205	Nutrition During Life Cycle	60
6	MYOG-206	Yoga Practical-II	80
7	MYOG-207	Dissertation/ Project Work	60
8	-	Human Anatomy & Physiology-II	60

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

S.N.	Subjects Code	Subjects	Teaching hours
1	MYOG-301	Application of Hatha Yoga and Patanjala Yoga	60
2	MYOG-302	Therapeutic Yoga	60
3	MYOG-303	Teaching Methods of Yoga	60
4	MYOG-304	Management of Health and Diseases through Yoga	60
5	MYOG-305	Swami Vivekanand's Four Yoga Streams	60
6	MYOG-306	Yoga Practical-III (Contemporary Yoga Techniques)	80
7	-	Dissertation/ Project Work	60

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

S.N.	Subjects Code	Subjects	Minimum Teaching hours
1	MYOG-401	Application of Yoga Vashishtha and Bhagwadgita	60
2	MYOG-402	Yoga Shastra-I (Brahmasutra & Viveka Chudamani)	60
3	MYOG-403	Yoga Shastra-II (Sankhya Karika)	60
4	MYOG-404	Yoga and Health	60
5	MYOG-405	Insight into Indian Philosophy	60
6	MYOG-406	Yoga Practical-IV (Filed Work and Teaching Practice)	80
	MYOG-407	Dissertation	60

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# M.Sc./ M.A. Yoga First Semester

Course code: MYOG-101

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, 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:

20 Hrs.

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:

20 Hrs.

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

15 Hrs.

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.

05 Hrs.

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, Nirmla Publication, Jaipur, Rajsthan, 2020.

## BOOKS FOR REFERENCE

1. Agarwal M M : Six systems of Indian Philosophy, ChowkhambhaVidya 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

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# M.Sc./ M.A. Yoga First Semester

Course code: MYOG-102

Yoga in Upnishads

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 Upnishads.
- Understand concept of Upnishads 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**

**15 Hrs.**

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**

**15 Hrs.**

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 Dhyandindooopnishad**

**15 Hrs.**

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

Dhyandindooopnishad: importance of Dhyanyoga, Nature of Pranav, Techniques of Pranav meditation, Shadanyoga, Atmadarshan through Nadanusandhan.

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

**15 Hrs.**

Nadabindooopnishad: 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./ M.A. Yoga Second Semester**

**Course Code: MYOG-103**

**Research Methodology**

**Min. Hrs. Theory: 60 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./ M.A. Yoga First Semester**

**Course code: MYOG-104**

### **Biomechanics and Kinesiology**

**Min. Hrs – Theory: 60 Hrs., Min. Hrs – Practical: 40 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 15 Hrs.**

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**

**15 Hrs.**

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**

**15 Hrs.**

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**

**15 Hrs.**

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.

*Digvijay Verma*  
*Ram Kishore*

## 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:

10 hours

Locating of muscles with the help of model/chart.

### Unit-2:

20 hours

Goniometry

### Unit-3:

10 hours

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.



# M.Sc./ M.A. Yoga First Semester

Subject Code: MYOG-105

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 skillfully.
- 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

10 Hrs.

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

30 Hrs.

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), Vaksha-sthala shakti-vikasaka (for the chest) (1), Vaksha-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

20 Hrs.

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

## Unit-IV: Breathing practices

20 Hrs.

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 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.
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

## **M.Sc./ M.A. Yoga First Semester**

### **Human Anatomy and Physiology-I**

**Min. Hrs - Theory: 60 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:**

**15 hours**

##### **Unit-I**

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

##### **Unit-II**

**15 hours**

- Tissue - Epithelium, Connective, Sclerous, Muscular, Nervous, Lymphatic System
- Lymphatic system

#### **PHYSIOLOGY**

##### **Unit-III**

**15hours**

##### **1. Blood**

- Blood cells
- Haemoglobin
- Blood groups
- Coagulation Factors
- Anaemia & Immunoglobulins

##### **2. Cardiovascular system**

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

##### **Unit-IV**

**15 hours**

##### **1. Respiratory System**

- Ventilation
- Functions
- 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



# M.Sc./ M.A. Yoga Second Semester

Course code: MYOG-201

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.

## Unit - 1: Introduction to Yoga darshana of Patanjali and concept of Citta, citta bhoomis Citta vrittis and Citta vritti nirodhopaya 15 Hrs.

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 15 Hrs.

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 (Savitarka and Nirvitarka, Savichara and Nirvichara); Types of Asamprajnatah Samadhi (Bhavapratyaya and Upayapratyaya).

## Unit-3: Sadhana pada 15 Hrs.

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 15 Hrs.

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.

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## **M.Sc./ M.A. Yoga Second Semester**

**Course code: MYOG-202**

**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.

### **Unit - I: General introduction to Hatha yoga and Hatha Yogic Texts 15 Hrs.**

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 15 Hrs**

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 15 Hrs**

**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 15 Hrs**

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.



# M.Sc./ M.A. Yoga Second Semester

Course Code: MYOG-203

Biostatistics

Min. Hrs.: 60 Hrs.

## COURSE OBJECTIVE:

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

## COURSE OUTCOMES:

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

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# **M.Sc./ M.A. Yoga Second Semester**

**Course Code: MYOG-204**

**Food Science**

**Min. Hrs.: 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

## **SUGGESTED READINGS**

1. Charley, H. (1982): Food Science (2nd edition), John Wiley & Sons, New York.
2. Potter, N. and Hotchkiss, J.H. (1996): Food Science, Fifth edition, CBS publishers and Distributors, New Delhi.
3. Belitz, H.D. and Gropsh, W. (1999): Food Chemistry (2nd edition), Springer, New York.
4. Abers, R.J. (Ed.) (1976): Foam, Academic Press, New York.
5. Cherry, J.P. (Ed.) (1981): Protein Functionality in Foods, American Chemical Society, Washington, D.C.
6. Pomeranz, Y. (Ed.) (1991): Functional Properties of Food Components, (2nd edition), Academic Press, New York.
7. Duckworth, R.B. (Ed.) (1978): Water Relation to Foods, Academic Press, London.
8. Parihar, P., Agarwal, R. Jain D.K. and Mandhyan, B.L. (1977): Status Report on Dehydration of Eggs. PHT / CAE / Publishers.
9. Marshall, K.R. and Harper, W.J. (1988): Whey Protein Concentrates, IDF Bulletin No.233.
10. Tindall, H.D. (1983): Vegetables in the Tropics, MacMillan, Press, London.
11. Julians, B.O. (Ed.) (1985): Rice Chemistry and Technology, (2nd Edition), American Association of Cereal Chemistry, St. Paul Minnesota, USA.

*Devi Singh*  
*Ram Kishore*



# M.Sc./ M.A. Yoga Second Semester

Course Code: MYOG-205

## NUTRITION DURING LIFE CYCLE

Min. Hrs.: 60 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:

1. Analyse and calculate the needs for specific macronutrients.
2. Recognize important periods in growth and development, as well as the effects of malnutrition.
3. Determine nutritional needs at various age groups.
4. 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.

### SUGGESTED READINGS

1. Bamji, M.S., Krishnaswamy K. Brahman G.N.V. (Eds). (2017). Textbook of Human Nutrition. 4th Edition. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.
2. Cameron N. (2002). Human Growth and Development. USA: Academic Press, Elsevier Science.
3. FAO/WHO/UNU (2004). Human Energy Requirements. Report of a Joint Expert Consultation. Rome.
4. Gibson R S. (2005). Principles of Nutritional Assessment. 2nd ed. Oxford University Press.
5. ICMR (2020). Nutrient Requirements and SUGGESTED Dietary Allowances for Indians and its revised documents. New Delhi. ICMR.
6. Proceedings of NFI-WHO (SEARO) Symposium. (2006). Nutrition in Developmental Transition. New Delhi: NFI.
7. Report of a WHO Expert Committee. (1995). Physical Status: The Use and Interpretation of Anthropometry. Tech Rep Series 854, Geneva: WHO.
8. WHO (2006). WHO Child Growth Standards. Geneva: WHO.
9. WHO (2006). WHO Child growth standards: Length/height for age, weight for age, weight for length, weight for height and body mass index. Available at [http:// www.who.int](http://www.who.int).
10. Report of a joint WHO/FAO/UNU expert consultation (2007). Protein and Amino acid Requirements in Human Nutrition. WHO Technical Report Series 935. Geneva: WHO.

*Dr. Rajesh Kumar*  
*Ram Lakshmi*

## M.Sc./ M.A. Yoga Second Semester

Subject Code: MYOG-206

### 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)

15 Hrs

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

#### Unit-II: Yogasana (Sitting Postures)

20 Hrs

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)

20 Hrs

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, Marjarasana, Padangusthasana, Hastapadangusthasana, Garudasana, Vatayanasana, Natarajasana, Mayurasana, Sirshasana; Ekapada and Dwipada Kandasana.

#### Unit-IV Yogasana (Prone line Postures)

10 Hrs

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

#### Unit-V: Pranayama & Bandha

15 Hrs

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



## M.Sc./ M.A. Yoga Second Semester

Subject Code: MYOG-207

Dissertation /Project Work

Min. Hrs. : 60 Hrs.

### Objectives:

Following the completion of synopsis the student will be able to:

- Carry out small scale research projects.
- Analyse his/her data and organize the data in tabular and graphical form.
- Interpret the data and draw the conclusion.

Every candidate pursuing M.Sc./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.

### GUIDE:

#### I. Eligibility for guide for each specialty

- (a) Full time faculty involved in teaching in the same department/institute.
- (b) Minimum PG in Yoga subject as a full time faculty.

#### II. Age of Guide

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

#### III. Guide student ratio

1: 5

A recognized guide shall supervise dissertation work of not more than 5 students per academic year. In special circumstances with permission a guide can supervise additional students.

#### IV. 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.

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 Institute in the prescribed Performa containing particulars of proposed synopsis work, within 04 months from the date of commencement of the semester. The synopsis work will be carried out by the candidate and time to time progress of the synopsis work will be evaluated by the guide of the candidate.

The synopsis should be written under the following headings.

1. Introduction
2. Aims or objectives of study
3. Review of literature
4. Material and methods
5. References

Every candidate is required to give Power Point Presentation before the final submission of synopsis during second semester. Four copies of synopsis shall be submitted to the institute through proper channel along with soft copy. It shall be assessed by Institutional Review Committee. This presentation shall be jointly evaluated by the committee as per the criteria given below :

Objective(s) of the work done	25 Marks
Methodology	25 Marks
PowerPoint presentation	25 Marks
Internal Marks	25 Marks
<b>Total</b>	<b>100 Marks</b>

### Note:

During this time, candidates are expected to carry out the following task.

Meet guide to report the progress.

Spend time every day for recording the data.

*Devi Singh*  
*Ram Lakshone*

# M.Sc./ M.A. Yoga Second Semester

## Human Anatomy & Physiology-II

Min. Hrs - Theory: 60 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

15 Hrs

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

### Physiology

#### Unit-II

15 Hrs

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

15 Hrs

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

15 Hrs

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.



**M.Sc./ M.A. Yoga Third Semester**  
**Course Code: MYOG-301**  
**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.

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

**15 Hrs**

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 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-II: Application of Patanjala yoga in Stress Management**

**15 Hrs**

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).



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

15 Hrs

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

15 Hrs

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 Svatmarama, 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.Sc./ M.A. Yoga Third Semester**

**Course code: MYOG-302**

**Therapeutic Yoga**

**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 have an understanding of the Yogic concept of Disease and the remedial measures therein.

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

**15 Hrs**

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 vasishtha); 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, Bhrantidarsana, Alabdha-bhumikatva and Anavasthitatva.

### **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 ajustment [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. Literature on psycho-physiological research in normal healthy volunteers; Literature on pysho-physioloigcal 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.

## **M.Sc./ M.A. Yoga Third Semester**

**Course code: MYOG-303**

**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.

### **UNIT-1: PRINCIPLES AND METHODS OF TEACHING YOGA**

**15 Hrs**

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**

**15 Hrs**

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**

**15 Hrs**

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**

**15 Hrs**

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

 *Dr. Gharote M L* *Dr. S K Ganguly* *Dr. Shri Krishna* *Dr. Raj Kumar* *Saket Raman Tiwari*



**M.Sc./ M.A. Yoga Third Semester**  
**Course code: MYOG-304**  
**Management of Health and Diseases 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.

**Unit-I: Concept of Disease**

**05 Hrs**

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

**Unit –II: Management of Diseases through Yoga**

**15 Hrs**

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:**

**15 Hrs**

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**

**12 Hrs**

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**

**13 Hrs**

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

**M.Sc./M.A. Yoga- Third Semester**  
**Course code: MYOG-305**  
**Swami Vivekananda's Four Yoga Streams**  
**Min. Hrs – Theory: 60 Hrs.**

**Course Objective:**

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

**Unit 1: Raja Yoga**

**10 Hrs**

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**

**10 Hrs**

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**

**15 Hrs**

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**

**25 Hrs**

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



 Ram Kishore



## M.Sc./M.A. Yoga Third Semester

Course code: MYOG-306

Yoga Practical-III (Contemporary Yoga Techniques)

Min. Hrs – Practical: 60 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

15 Hrs

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

### Unit-II: Healing at the Prana Level

15 Hrs

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

### Unit-III: Healing at the Mental level

20 Hrs

- (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

10 Hrs

- (i) Yoga Nidra (BSY)

**M.Sc./M.A. Yoga Fourth Semester**  
**Course code: MYOG-401**  
**Application of Yoga Vashishtha and Bhagavadgeeta**  
**Min. Hrs – Theory: 60 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 Bhagavadgita and Yoga vasistha

**Unit – 1: Application of Bhagavadgita-1**

**15 Hrs**

- 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**

**15 Hrs**

- 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 Bhagavadgita 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**

**15 Hrs**

- a. Applications in stress Management: Concept of Mind: World is the projection of Mind; ManAh PrashmanaH 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;

30

*Devaswamy Ram Lakshana*



#### Unit – 4: Applications of Yoga Vashishtha – 2

15 Hrs

- 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

**M.Sc./M.A. Yoga Fourth Semester**  
**Course code: MYOG-402**  
**Yoga Shastra-I (Brahmasutra & Viveka Chudamani)**  
**Min. Hrs –Theory: 60 Hrs.**

**Course Objective:**

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

**Unit 1: Brahma Sutra**

**15 Hrs**

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

**Unit 2: Vivek Chudamani-I**

**15 Hrs**

Brief Introduction of Vivek Chudamani, Importance of Tattvajnana, Means of attaining Tattvajnana, Eligibility of Sadhaka, Sadhana Chatusthaya, 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**

**15 Hrs**

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**

**15 Hrs**

Brahma Nirupana, Brahma Bhavana, 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- Arvindananda Yati, Choukhamba Vidyabhawan, Varanasi, UP.
3. Vivek Chudamani- Gita Press, Gorakhpur.

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Digvijay Ramkishore



**M.Sc./M.A. Yoga Fourth Semester**  
**Course code: MYOG-403**  
**Yoga Shastra-II (Sankhya Karika)**  
**Min. Hrs –Theory: 60 Hrs.**

**Course Objective:**

- To understand the basics of Sankhya Philosophy.

**Unit: 1- Introduction to Sankhya Philosophy and Sankhya Karika** **15 Hrs**

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

**Unit: 2- Principles of Sankhya Karika** **15 Hrs**

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 anupalabdhhi ke karan & Satkaryavad, Pramana and its types, Nature & types of Purusha, Relationship between Prakriti & Purusha, Nature of Gunas

**Unit: 3- Introduction of Trayodashkaran** **15 Hrs**

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 Sarga, Shareer & Mukti** **15 Hrs**

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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*Disvijay Ram Lakshona*

## **M.Sc./ M.A. Yoga Fourth Semester**

**Course code: MYOG-404**

**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.

### **Unit-I: Health**

Definition and Importance, Dimensions of Health Physical Health, Mental Health Social Health, Spiritual Health. **15 Hrs**

### **Unit-II: Ancient theory of Disease**

Multifactorial theory, Supernatural theory, Germ theory, Yogic concept of disease. **15 Hrs**

### **Unit-III: Yoga and Mental Health**

Definition of Mental Health Mental health in Yoga. Classification of Mental Disorder **15 Hrs**  
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, **15 Hrs**  
Ptyharan, Dhma, Dhyan, 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.Sc./ M.A. Yoga Fourth Semester

Course code: MYOG-405

Insight into Indian Philosophy

Min. Hrs – Theory: 60 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

15 Hrs.

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

15 Hrs.

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)

15 Hrs.

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

15 Hrs.

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.

**M.Sc./M.A. Yoga Fourth Semester**  
**Subject Code: MYOG-406**  
**Yoga Practical-IV (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**

**16 Hrs**

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**

**16 Hrs**

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**

**16 Hrs**

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

**UNIT -4: SWASTIVACHANA (1-15 VERSES)**

**16 Hrs**

Understanding, memorization and recitation of Mantras

**UNIT-5: CONTINUOUS EVALUATION BY THE TEACHER**

**16 Hrs**

**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.Sc./M.A. Yoga Fourth Semester**

**Course code: MYOG-407**

**Dissertation/Project Work**

**Min. Hrs: 80 Hrs.**

**Objectives:**

Following the completion of this dissertation/project work the student will be able to:

- Carry out small scale research projects.
- Analyse his/her data and organize the data in tabular and graphical form.
- Interpret the data and draw the conclusion.

Every candidate pursuing M.Sc./MA 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.

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 Institute shall certify the dissertation/ Project work.

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 institute, through proper channel, along with a soft copy, at least 02 months before the final examination. It shall be assessed by Institutional Review Committee.

There will be a power point open presentation of the submitted dissertation as per the schedule given by the institute. This presentation shall be evaluated by the committee as per the criteria given below:

Methodology adopted	25 Marks
Result and Discussion	25 Marks
Conclusion & outcome	25 Marks
Internal Marks	25 Marks
<b>Total</b>	<b>100 Marks</b>

**Note:**

During this time, candidates are expected to carry out the following task.

Meet guide to report the progress.

Spend time every day for recording the data.