



Syllabus of Masters of Art in Yoga Studies
(M.A. Yoga Studies)



Central University of Himachal Pradesh, Near HPCA Stadium,
Dharamshala, Distt Kangra, Himachal Pradesh - 176215

www.cuhimachal.ac.in

Master of Art in Yoga Studies (M.A.)

❖ Introduction:

Yog is an ancient Indian scientific system and is evolved by Vedic Rishis for holistic growth of body, mind, and spirit. It has potential for prevention of physiological and psychosomatic disorders and promotion of inclusive health. The eclectic approach of Yog brings harmony in the individual and social life. It brings suitable changes in the behavioural pattern and attitude thereby helps to improve the inter-personal relationship at home and also in the society. Therapeutic benefits of Yog have also been revealed by many scientific research carried out all over the world. Today, Yog has become very popular and has gained essential, indispensable, and even imperative space in the lives of individual dignitaries.

❖ Vision:

Our yoga department envisions a world where individuals of all ages and abilities have access to the transformative and healing practices of yoga. We strive to create a safe and inclusive space where students can develop their physical, mental, and spiritual well-being through the teachings of yoga.

Our mission is to inspire and empower our students to connect with their inner selves, cultivate self-awareness and self-love, and find a sense of balance, peace, and harmony in their lives. We are committed to providing high-quality yoga instruction that is both authentic and accessible to all.

Our yoga department values integrity, compassion, and respect for the diversity of our students and the world around us. We are dedicated to ongoing learning and growth, and we are committed to sharing our knowledge and experience with our students to help them achieve their goals and aspirations.

Through our yoga department, we aim to create a community of like-minded individuals who are passionate about the transformative power of yoga and who share a commitment to personal growth, social responsibility, and the greater good.

❖ Preamble:

The Yogic tradition has always been based on the transfer of knowledge from the teacher to the students through theoretical teaching and practical demonstration to develop a thorough understanding. The Present science of Yoga is collectively based on the theoretical principles and practical techniques which are developed by thousands of experts over many centuries.

The teaching and learning approach in the field of Yoga depends mainly on the interaction

between the individual learner and the line of teachers. Yoga in its core, is a scientific discipline with elements of spirituality which aims to establish harmony between Soul, Mind and Body. This subtle science is instrumental to establish balance between thoughts and actions physical restraints and mental strengthening with a

comprehensive approach to connect man with his surrounding nature in a sense of well-being.

The word 'Yoga' has emerged from the word 'yuj' which is a Sanskrit root with meaning "to join" or "to yoke". In Vedic reference, Yoga is regarded as the practice which unites the individual consciousness with the supreme consciousness. Yoga is a subtle scientific discipline which teaches us the skills for a successful living. It is a vast knowledge of theoretical principles and practical techniques which help the person to connect with their inner consciousness. It transcends the boundaries of all barriers and is useful for all kinds of persons irrespective of their cultures, creed and beliefs. Yoga emphasizes on the direct understanding of theoretical principles through practical learning e.g.- when we practice deep breathing, we can experience and understand its effects which are taught in theory.

❖ Title of the Programme:

The programme shall be called "Master of Art in Yoga Studies" (M.A.).

❖ Objectives of the programme:

- The aim of the programme is to produce "Yoga therapist as a paramedical Professional" who have an excellent expertise in application of Yogic knowledge in the medical and paramedical sectors.
- To equip students within depth skills and knowledge to create a practical and theoretical skill base that would enable them to take further studies in Yoga and related areas that are relevant to get excellent carrier opportunities.
- To establish the importance of Traditional Yogic Knowledge in modern world in context of present scenario.
- To create Yoga Therapy experts with in-depth skills and knowledge based on Yogic texts and practical approach to develop an evidence-based practice.
- Prevention of diseases: To introduce Yog as therapy, its principles, and practices of Yoga for prevention of various lifestyles, non-communicable and psychosomatic disorders.
- Promotion of positive health: To prepare them for giving talks and offer techniques to promote healthy Yogic lifestyle.
- 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.
- To enable students to work in multidisciplinary disciplines after getting expertise in Yoga to promote the opportunities of Jobs and self-employment.

- To promote future research work in the field of Yoga connecting the Yogic sciences with the modern medical sciences.

❖ Program outcomes:

- To develop and train students in a professional manner enabling them to work in medical and Health sectors.
- To promote overall comprehensive development of students who will serve the nation with their Traditional knowledge of Yoga.
- To establish evidence-based practice for future research work in Yoga.
- To connect the science of Yoga with modern medical sciences for the prevention and management of diseases.
- To promote a job oriented professional approach in students to make them successful in their career.

❖ Program Specific Outcomes

PSO-1: To enable students with the overall knowledge of Hath Yoga and Raj Yoga.

PSO-2: To develop a gross understanding of Yogic Philosophy and its applications.

PSO-3: They will be aware of the types of Yog in ancient Indian literature.

PSO-4: To Provide in depth knowledge of Hath-Yogic practices.

PSO-5: To enable them with the knowledge of management of various lifestyle diseases and Psycho-somatic ailments through Yoga.

PSO-6: Know about the anatomy and physiology of different parts of the body and explain the effects of Yog.

PSO-7: To strengthen students in the field of Yoga Therapy to avail the opportunities of jobs and self-employment.

Scheme of Examination

The breakup of marks shall be as under:

Component	2 Credits course	4 Credit course
Internal Assessment (20%)	20 Marks	40 Marks
Mid-Term Examination (20%)	20 Marks	40 Marks
End-Term Examination (60%)	60 Marks	120 Marks
Total	100 Marks	200 Marks

Semester	Major Course	Minor Course	Vocational / Skill	IDC	IKS	Project Work	Total	Exit
Ist	02	02	01	01	01	00	07	Post Graduate Diploma in Yoga Studies (One year)
IIst	03	00	01	01	01	00	06	
IIIst	03	02	01	00	00	00	06	Postgraduate in Yoga Studies (Two Year)
IVst	03	02	01	00	00	00	06	

M.A. IN YOGA Studies

1. Course Structure:

S.N.	Course Code	Course Title	Periods			Evaluation scheme				Total Marks
			L	T	P	Credit	CIA	MTE	ETE	
M.A. - I Year			Semester - I							
1	MYS - 401	Fundamentals of Yoga (Minor)	2	0	0	2	20	20	60	100
2	MYS - 402	Basic Text of Yoga (Major)	3	1	0	4	40	40	120	200
3	MYS - 403	Yoga Upanishads (Minor)	2	0	0	2	20	20	60	100
4	MYS - 404	Human Anatomy, Physiology & Yoga (Major)	3	1	0	4	40	40	120	200
5	MYS - 405	Practical (Skill)	0	1	3	4	00	00	200	200
6	MYS - 406	IDC (Patanjali Yog Sutra in Stress management and Personality Development)	2	0	0	2	20	20	60	100
7	MYS - 407	IKS	2	0	0	2	20	20	60	100
						20	Total			1000
			Semester - II							
1	MYS - 408	Hath Yoga (Major)	3	1	0	4	40	40	120	200
2	MYS - 409	Yoga Therapy (Major)	3	1	0	4	40	40	120	200
3	MYS - 410	Yoga & Health (Major)	3	1	0	4	40	40	120	200
4	MYS - 411	Practical (Skill)	0	1	3	4	00	00	200	200
5	MYS - 412	IDC (Health and wellness)	2	0	0	2	20	20	60	100
6	MYS - 413	IKS (Indian Philosophy & Culture)	2	0	0	2	20	20	60	100
						20	Total			1000

S.N.	Course Code	Course Title	Periods			Evaluation scheme				Total Marks
			L	T	P	Credit	CIA	MTE	ETE	
M.A. - II Year			Semester - III							
1	MYS - 501	Patanjali Yoga Sutra (Major)	3	1	0	4	40	40	120	200
2	MYS - 502	Naturopathy (Minor)	2	0	0	2	20	20	60	100
3	MYS - 503	Research Methodology & Statistics in Yoga (Major)	3	1	0	4	40	40	120	200
4	MYS - 504	Alternative Therapy (Major)	3	1	0	4	40	40	120	200
5	MYS - 505	Applied Yoga (Minor)	2	0	0	2	20	20	60	100
6	MYS - 506	Practical - I (skill/Vocational)	0	1	3	4	00	00	200	200
						20	Total			1000
			Semester - IV							
1	MYS - 509	Methods of Teaching Yoga (Minor)	2	0	0	2	20	20	60	100
2	MYS - 510	Yoga Psychology (Major)	3	1	0	4	40	40	120	200
3	MYS - 511	Diet & Nutrition (Major)	3	1	0	4	40	40	120	200
4	MYS - 512	Human System according to Yoga (Minor)	2	0	0	2	20	20	60	100
5	MYS - 513	Dissertation & Viva (Major)	0	0	0	4	00	00	200	200
6	MYS - 514	Practical -I (Yoga) (Skill)	0	1	3	4	00	00	200	200
						20	Total			1000

Semester - III										
1	MYS - 507	Physiological Psychology and effects of Yoga	2	0	0	2	20	20	60	100
2	MYS - 508	Yoga and Marma Therapy	3	1	0	4	40	40	120	200
Semester - IV										
1	MYS - 515	Essence of Bhagavad Gita for Personality Development	3	1	0	4	40	40	120	200
2	MYS - 516	Yoga & Self Management	2	0	0	2	20	20	60	100

2. Course Credit Structure: -

- a. Total Credits: 80
- b. Total Credits each Semester: 20
- c. Total Semester: 4

3. Eligibility: - A Bachelors/UG degree from a recognized University or an equivalent examination.

4. Medium of Instruction: Hindi & English.

5. Question papers shall be set in Hindi & English.

6. Duration: -

The minimum duration of the programme will be 2 years (4 semesters) and the maximum duration will be four years.



M.A. Yoga Studies			Course Code: MYS - 401			Semester - I		
Course Name: Fundamentals of Yoga								
Credit – 02						Maximus Marks (MM) - 100		
Evaluation scheme			Periods			Total Number of Periods -30 hrs.		
CIA	MTE	ETE	L	T	P	Type of Course: Minor		
20	20	60	2	0	0			
Objective: -								
<ul style="list-style-type: none"> ➤ To equip the student's basics of Yoga ➤ Students will familiarize themselves with Yogic terminology. 								
Course Outcome: -								
<ul style="list-style-type: none"> ➤ Understanding the meaning, definition, origin, history, and development of Yoga. ➤ Understanding the nature, aim, and objectives of Yoga and its relevance and scope in the modern age. ➤ Clearing misconceptions about Yoga and the differences between Yogic and non-yogic systems of exercises. ➤ Knowing the important Yogis and their practices in ancient, medieval, modern, and contemporary times. ➤ Upon successful completion of this course, students will be able to Know the difference between Hath Yoga and Raj Yoga. ➤ How many types of Yoga is there in our ancient literature? 								

Unit-1: General Introduction to Yoga:

Yoga it's meaning and Definition. Origin, history and development of Yoga. Nature of Yoga. Aim and Objectives of Yoga. Relevance and scope of Yoga in modern age. Difference between Yogasana and Physical exercise (non-Yogic system of exercises).

Unit-2: The Nature of Yoga in Different Scriptures:

Nature of Yoga in Vedas and Upanishads; Nature of Yoga in Nyaya, Vaisesika, Samkhya, Mimamsa, Vedanta, Buddhism and Jainism; Nature of Yoga in Ayurveda and Geeta.

Unit-3: Different Methods of Yoga:

Hatha Yoga, Raja Yoga, Mantra Yoga, Laya Yoga, Karma Yoga, Jnana Yoga, Bhakti Yoga, Buddhist and Jain Yoga Traditions.

Unit-4: Introduction to Yogis and their practices:

Maharshi Patanjali, Guru Gorakh-Naath, Swami Charandas, Swami Vivekanand, Shri Aurobindo, Maharshi Dayanand Sarswati, Swami Shraddha Nand, Swami Shivanand Sarswati, Swami Rama, Swami Satyanand, Swami Kuvalayananda, pt. Sri Ram Sharma Acharya.

Unit-5: Short Introduction of the Major Yoga Schools in India:

Kaivalyadhama, Lonavala; Bihar Yoga Bharati, Munger; Morarji Desai National Institute of Yoga, New Delhi; Swami Vivekananda Yoga Research Institute, Bengaluru; Patanjali Yogpeetha, Haridwar; Gurukul Kangri Vishwavidyalaya, Haridwar and Dev Sanskriti Vishwavidyalaya, Haridwar.

REFERENCE BOOKS:

स्वामी विज्ञानानंद सरस्वती, योग विज्ञान, योग निकेतन ट्रस्ट, ऋषिकेश

राजकुमारी पांडेय, भारतीय योग परंपरा के विविध आयाम, राधा प्रकाशन, नई दिल्ली

स्वामी विवेकानंद, ज्ञान-भक्ति-कर्म-योग और राजयोग, अद्वैत आश्रम, कलकत्ता

डॉ० कामाख्या कुमार, योग महाविज्ञान,

कल्याण (योगाङ्क), गीताप्रेस गोरखपुर

कल्याण (योग तत्वांक), गीताप्रेस गोरखपुर

डॉ० ईश्वर भारद्वाज, औपनिषदिक अध्यात्म विज्ञान, सत्यम पब्लिकेशन्स, उत्तम नगर नई दिल्ली

आचार्य बालकृष्ण, योग विज्ञानम्, पतंजलि योगपीठ हरिद्वार

स्वामी दिव्यानंद, वेदों में योग विद्या

आचार्य बलदेव उपाध्याय, भारतीय दर्शन

विश्वनाथ मुखर्जी, भारत के महान योगी

स्वामी शिवानंद, संत चरित

The Yoga tradition, Motilal Banarsidas

K.S. Joshi - Yoga in Daily Life, Orient Paper Back Publication, New Delhi S.P. Singh - History of Yoga - PHISPC, Centre for Studies of Civilization, Delhi S. P. Singh and Yogi Mukesh - Foundation of Yoga, Standard Publishers, New Delhi

M.A. Yoga Studies			Course Code: MYS - 402			Semester – I
Course Name: Basic texts of Yoga						
Credit – 04				Maximus Marks (MM) - 200		
Evaluation scheme			Periods			Total Number of Periods -60 hrs.
CIA	MTE	ETE	L	T	P	Type of Course: Major
40	40	120	3	1	0	
Objective: -						
<ul style="list-style-type: none"> ➤ It aims to provide a comprehensive understanding of the philosophical and spiritual concepts presented in these texts. Through the exploration of Upanishads, students will grasp the nature of yoga, self-realization, and the profound knowledge of Brahman. ➤ The study of the Bhagavad Gita will further deepen their understanding of different paths of yoga, the nature of devotion, and the goal of salvation. 						
Course Outcome: -						
<ul style="list-style-type: none"> ➤ Develop a comprehensive understanding of the principles and teachings of Upanishads and the Bhagavad Gita. ➤ Gain insights into the nature of yoga, self-realization, and spiritual concepts presented in these texts. ➤ Apply the knowledge acquired to enhance their philosophical and spiritual perspectives, fostering personal growth and a deeper appreciation of Indian literature and wisdom. 						

Unit - 1 Nature of Yoga in major Upanishads - 1 Meaning and definition of Upanishads, Place of Upanishads in Indian literature, Introduction to ten major Upanishads based on Yoga - Ishavasyo Upanishad, devotion to duty, Vidya and Avidya, form of Brahma, essence of entire Upanishad. Ken Upanishad Shakti, senses and conscience, self and mind, unspoken conceptualization of truth, transcendental truth, moral message of the anecdote of Yaksha. Chandogya Upanishad: Om (Udgeetha) Meditation, Shandilyavidya. Brihadaranyaka Upanishad: Yajnavalakya Maitreyi Dialogue.

Unit-2 Nature of Yoga in major Upanishads-II: Definition of Kathopanishad Yoga, discussion of Yama-Nachiketa narrative. Prashnopanishad: Prana and Rayi, Panch Prana. Mundaka Upanishad: Two methods for Brahavidya - Para Vidya and Apar Vidya, main specialties of Brahavidya, penance and devotion to Guru, center of origin of creation, object of meditation is Brahma. Mandukya Upanishad: Four states of consciousness and its relation with Aumkara. Aitareya Upanishad: Soul, Universe and Brahman. Taittiriya Upanishad: Brief description of Panchakosh, Acharyopadesh (Dikshant), Shiksha Balli, Anand Valli, Bhrigu Balli.

Unit-3 Introduction to Yogic texts – Hatha Pradipika, Gherand Samhita, Shiva Samhita, Hatha Ratnavali, Siddha Siddhanta Paddhati, Yogbija, Goraksha Samhita, Vashistha Samhita.,

Unit-4 Yoga Tatva in Srimad Bhagavad Gita-I: General Introduction to Srimad Bhagavad Gita, Definitions of Yoga in Srimad Bhagavad Gita, Utility and comprehensiveness of Yoga of Srimad Bhagavad Gita, Nature of soul according to Srimad Bhagavad Gita, Sthitaprajna, Sankhya Yoga (Chapter - 2) Karma Yoga, Yoga of the Yogi. Characteristics (Chapter-3) Nature of Yagya and its relation with Yoga (Chapter-4) Sanyasa Yoga and nature of karma (Saakam and Nishkaam, Chapter-5), Dhyana Yoga (Chapter-6)

Unit-5 Yoga Tattva-II in Srimad Bhagavad Gita: Nature of Bhakti (Chapter 12) Meaning and purpose of Bhakti Yoga, Triguna and nature of nature, Trividh Shraddha, Diet of Yoga practitioner, Classification of food (Chapter-14 and 17), Devasura Wealth (Chapter 16) Moksha Upadesh (Chapter 18)

REFERENCE BOOKS:

- 108 Upanishad by Pandit Shree Ram Sharma Acharya
- Shree Bhagwat Geeta by Geeta Press Gorakhpur
- Srimadbhagavadgita- Maharishi Vedvyas
- Srimad Bhagavad Gita- Acharya Shankar
- Srimad Bhagavad Gita- Lokmanya Tilak
- Srimadbhagavadgita- Satyavrata Siddhanalankar
- Kalyan Yogank--Geeta Press, Gorakhpur.
- Kalyan (Yoga Tatvank)- Geeta Press, Gorakhpur.
- Yoga Vidya in Vedas – Yogendra Purushartha.
- Yoga Psychology – Shanti Prakash Atreya.
- Sanyasa Yoga in Upanishads – Dr. Ishwar Bhardwaj

M.A. Yoga Studies		Course Code: MYS - 403		Semester - I	
Course Name: Yoga Upanishad					
Credit – 02			Maximus Marks (MM) - 100		
Evaluation scheme			Periods		Total Number of Periods -30 hrs.
CIA	MTE	ETE	L	T	P
20	20	60	2	0	0

Objective: -

- Understand the significance and introduction to Yoga Upanishad.
- Understand Mantra Yoga, Laya Yoga, Hatha Yoga, and Raj Yoga.
- Explore Hansa Vidya and its components.

Course Outcome: -

- Comprehensive understanding of the philosophical concepts presented in the Upanishads, including the Shvetashvatara Upanishad, Yoga Kundalini Upanishad, Dhyana Bindu Upanishad, Yogachudamani Upanishad, Trishikhibrahmanopanishad, Yoga Tattva Upanishad, and Yogarajopanishad.
- Knowledge of pranayama and its sequence, along with the ability to identify preliminary signs of success in yoga.
- Skill in practicing sound meditation (Nadanusandhana), understanding the significance of AUM, and exploring concepts like Hansa Vidya, nadis, chakras, and the manolaya state.

Unit 1: Introduction to Shwetashvara Upanishad, method and importance of meditation, suitable place for meditation, sequence and importance of Pranayama, initial signs of success in Yoga, importance of attainment of Yoga, Self-realization (Chapter 2). The nature and glory of God, means of attaining Ishavra, attaining liberation. (Chapter 6).

Unit 2 : Introduction to Yoga Kundalini Upanishad, means of success in Pranayama, types of Pranayama, Means of attaining Brahma. Introduction to Dhyana Bindu Upanishad, Importance of Dhyanyoga, Nature of Pranava, techniques of Pranava Dhyana. Six Limb of yoga (Sadhanyoga) ,Self-Realization through Practice of Sound (Nadanusandhana).

Unit 3: Introduction to Yoga Chudamani Upanishad, Description of the six limbs of Yoga and their respective benefits and sequence. Introduction to Trishikhibrah- manopanishad, Description of Ashtanga Yoga, Karma Yoga and Gyan Yoga.

Unit 4: Yoga Introduction of yogatvounishad, description of Mantra Yoga, Laya Yoga, Hatha Yoga and Raja Yoga, with their respective stages. Diet, Dincharya, preliminary signs for success in yoga and precautions. Introduction to Yogarajopanishad, description of nine chakras, meditation process and results of practice.

Unit 5: Introduction to Naadabindu Upanishad, Description of Hansa Vidya and its various components, Matras of Omkar and its results of their application with Pranas. types of Nadas and Nature of Nadanusandhana Sadhana, State of Manolaya.

REFERENCE BOOKS:

- 108 Upanishad by Pandit Shree Ram Sharma Acharya
- The Principal Upanishads" translated by Swami SivanandaThe Upanishads & quot;
- Translated by Eknath Easwaran
- Yoga Kundalini Upanishad" translated by Swami Muktibodhananda
- Dhyana Bindu Upanishad" translated by Swami Sarvananda
- The Yoga Upanishads" translated by Swami Sivananda
- The Upanishads" translated by Eknath Easwaran
- The Yoga Upanishads" translated by Swami Sivananda
- Hatha Yoga Pradipika" translated by Swami Muktibodhananda
- The Yoga Tradition: Its History, Literature, Philosophy, and Practice" by Georg
- Feuerstein
- Nada Bindu Upanishad" translated by Swami Sivananda
- The Yoga Upanishads" translated by Swami Sivananda

M.A. Yoga Studies			Course Code: MYS – 404			Semester - I
Course Name: Human Anatomy, Physiology & Yoga						
Credit – 04				Maximus Marks (MM) - 200		
Evaluation scheme			Periods			Total Number of Periods -60 hrs.
CIA	MTE	ETE	L	T	P	Type of Course: Major
40	40	120	3	1	0	
Objective: -						
<ul style="list-style-type: none"> ➤ To know about human body systems. ➤ How Yogic practices do impact our body systems? 						
Course Outcome: -						
<ul style="list-style-type: none"> ➤ Upon successful completion of this course, students will be able to: ➤ Anatomy and physiology of different parts of the body. ➤ Explain the impact of Yogic practices on body systems. 						

UNIT-1: Introduction to Cell, Tissue, and Body: Definition of Body; Parts of Human body;

Concept of Cell, Tissue and System with their Basic Introduction (Structure of Cell, Main Parts of Cell, Functions of Cell; Types of Tissue, Structure and Functions of Tissue; Main System of Body and their functions).

Digestive System – Definition of Digestive system, Structure and functions of Digestive System; Physiology of Digestion of Carbohydrates, Proteins and Fats; Structure and functions of Liver and Pancreas.

UNIT-2: Skeletal system:

Definition of Bone, classification of Bones, Number of Bones, structure and functions of Bones; Cartilage -Types, Place and functions; Joints- Definition and Types; Structure and functions of Knee joint and Vertebrae.

Muscular System– Introduction of Muscles, classifications, structures and numbers of Muscles; Compositions and functions of Skeletal muscles; Short Description of all major muscles of body including Head, Neck, Upper and Lower Extremities.

UNIT-3: Respiratory System: Definition, Structure and Functions of Respiratory system; Types of Respiration; Gaseous exchange in Lungs; Respiratory Rate and Different types of Respiratory volumes and capacity.

Blood Circulatory system – Definition of Blood, Composition of Blood, Functions of Blood, Difference between Artery and Vein; Structure and functions of Heart, Cardiac cycle, Concept and types of Blood Pressure; Heart rate, Pulse rate.

UNIT-4: Excretory system: Meaning of Excretion, Structure of Excretory system; Structure and function of Kidney, Structure of Nephron, Composition of Urine.

Endocrine system – Concept of Endocrine glands, Difference between Endocrine and Exocrine Glands; Definition of Hormone, Difference between Enzyme and Hormones, Functions of Hormones; Location of major glands, Hormones and their functions for the body (Pituitary gland, Pineal gland, Thyroid gland, Parathyroid gland, Adrenal glands, Testes and Ovaries).

UNIT-5: Nervous system: Division of Nervous system, Structure of Brain (External and Internal); Parts of Brain and their functions; Structure and functions of Spinal cord; Autonomic Nervous system; Peripheral nervous system and General concept of various types of Nerves.

Effect of Yogic Practices – Physiological effects of Yogic Practices on different systems of body (Yama-Niyama, Shatkarma, Asana, Pranayama, Mudra-Bandh and Dhyana).

REFERENCE BOOKS:

Chaurasia, B.D.: Human Anatomy vol. I, II, III, CBS Publishers New Delhi.

Byas Deb Ghosh : Human anatomy for students, Jaypee Brothers, New Delhi.

J. L. Smith, R. S. Winwood, W. G. Sears : Anatomy and Physiology for Nurses. Hodder Education.

Gore. M.M.: Anatomy and Physiology of Yogic Practices, New Age Books New Delhi.

Jain, A.K.: Basic Anatomy and Physiology, APC publications.

मानव शरीर रचना एवं क्रिया विज्ञान – प्रो.(डॉ.) अनन्त प्रकाश गुप्ता

सुश्रुत (शरीर स्थान)- डॉ. भास्कर गोविन्द घाणेकर

शरीर रचना विज्ञान - डॉ. मुकुंद स्वरूप शर्मा

शरीर क्रिया विज्ञान - डॉ. प्रियवृत्त शर्मा

शरीर रचना व क्रिया विज्ञान - डॉ. एस. आर. वर्मा

M.A. Yoga Studies			Course Code: MYS - 405			Semester - I
Course Name: Practical (Skill)						
Credit – 04				Maximus Marks (MM) - 200		
Evaluation scheme			Periods			Total Number of Periods - 105 hrs.
CIA	MTE	ETE	L	T	P	Type of Course: Skill
00	00	200	0	1	3	
Objective: - To learn how to practice different Yogic practices What are the different Yogic techniques and how to perform them?						
Course Outcome: - Upon successful completion of this course, students will be able to: Do Yogasana practices with effective manners. Do different Yogic Shatkarmas like Jal Neti, Rubber Neti etc. Development your Consciousness.						

Asana :- (50 Marks)

Pawan Muktasana part-, 2. 3. Marjariasan, Tadasana, TiriyakTadasana. Kati Chakrasana Surya Namaskara, Padmasana, Ushtrasana, Uttakatasana, Jannu Shirsana, Goumukhasana, Vakrsana, Noukasana, Pawan Muktasana, Mandukasana Shawasn

Pranayama Practice :- (20 Marks)

Breathing – (Chest, Abdominal & Yogic), Pranakarshana, AnulomeVilome, Nadishodhan

Meditations :- (10 Marks)

Soham Dhyana - (Dhayna & Dhyana), OmDhayana - (Dharana .Dhyana)

Mudras & Bandhas :- (10 Marks)

Moolbandha, Jalandhara Bandha, Kakimudra, Ashwinimudm, **Hastmudra-** (Gyan, Ling. Panchtatva Mudra)

Shatkartnas :- (20Marks)

Jala-Neti, Rubber-Neti, Kapalbhatti (Vatkram) (20-50siocks), Agnisar

Mantras :- (10 Marks)

Gayatri-mantra, Om Stavan

Viva-Voce :- (20 Marks) (Note: summit hard copy of practical file).

M.A. Yoga Studies			Course Code: MYS - 406			Semester - I
Course Name: IDC PATANJALI YOG SUTRA IN STRESS MANAGEMENT & PERSONALITY DEVELOPMENT						
Credit – 02				Maximus Marks (MM) - 100		
Evaluation scheme			Periods			Total Number of Periods -30 hrs.
CIA	MTE	ETE	L	T	P	Type of Course: IDC
20	20	60	2	0	0	
Objective: -						
➤ Understand the effective development of all dimensions of personality.						
Course Outcome: -						
➤ Apply its value in education.						
➤ Apply its value practically for the management of stress.						
➤ Introduce its value and insights for persons with special need.						

Unit-I: Introduction to Yoga Sutra:

Yoga Sutras: Introduction, definition and objectives of Yoga, importance of Yoga Sutras compared to other Yoga texts, concept of mind, mind of mind, states of mind and their types.

Unit-II: Application of Patanjala Yoga in Stress Management – I

Cultivating the body through asanas; Regulating the flow of prana through pranayama; Applications in stress management: Abhyas for Chittavritti Nirodh (Abhyasa and Vairagya), Antaraya and Vikshepa Sahabhava, Developing Fourfold Mindfulness for Chittaprasadanam

Unit-III: Application of Patanjala Yoga in Stress Management – II

Ashtanga Yoga: Disciplining life through Yama and Niyama; To practice stopping the cravings of the senses through Pratyahara.

Unit-IV: Applications in Personality Development – I

Mental level: Developing abilities (understanding, concentration, memory and intellectual capacity) through pratyahara, dharana, dhyana and samadhi.

Unit-V: Applications in Personality Development – II

Emotional level: Overcoming emotions to prevent aggressive behavior, anger, fear, anxiety and depression through Ishvarapranidhana (surrender to the Supreme); social and civic spirit: Personal and social discipline through five yamas (what not to do) and five niyamas (what not to do).

REFERENCE BOOKS:

- Woods, J.H.: The Yoga System of Patanjali, M.L.B.D., Delhi, 1988
- Swami Vivekananda: Rajayoga, Advaita Ashram, Calcutta, 2000.
- Rukmini T.S.: Yoga Vartika of Vijnanbhikshu (Tr.) Vol I, II, III & IV, Munshiram Manoharlal Pvt. Ltd. New Delhi
- Iyengar B.K.S.: Light on the Yoga Sutras of Patanjali, Published Thorsons, 2002
- "The Yoga Sutras of Patanjali" by Sri Swami Satchidananda
- "Light on the Yoga Sutras of Patanjali" by B.K.S. Iyengar
- "The Heart of Yoga: Developing a Personal Practice" by T.K.V. Desikachar
- "The Key Muscles of Yoga" by Ray Long
- "The Yoga Bible" by Christina Brown
- "The Yamas & Niyamas: Exploring Yoga's Ethical Practice" by Deborah Adele
- "The Art and Science of Raja Yoga" by Swami Kriyananda
- "Meditation and Its Practice" by Swami Rama
- "Light on Life" by B.K.S. Iyengar
- "The Living Gita: The Complete Bhagavad Gita - A Commentary for Modern Readers" by Swami Satchidananda

M.A. Yoga Studies			Course Code: MYS – 407			Semester - I		
Course Name: IKS								
Credit – 02					Maximus Marks (MM) – 100			
Evaluation scheme			Periods			Total Number of Periods -30 hrs.		
CIA	MTE	ETE	L	T	P	Type of Course: IKS		
20	20	60	2	0	0			
Objective: -								
<ul style="list-style-type: none"> ➤ Indian Knowledge System is very vast, and Centre for yoga studies was a centre of that. So as a M.A students of Centre for yoga studies we should know about this rich tradition of Indian Knowledge. 								
Course Outcome: -								
<ul style="list-style-type: none"> ➤ The course familiarizes the students with different Indian school of thoughts in different disciplines. This course will give emphasis on eminent Indian Scholars of different disciplines. 								

UNIT -I: Bharatiya Civilization and Development of Knowledge System

Antiquity of civilization, Discovery of the Saraswati River, the Saraswati-Sindhu Civilization, Traditional Knowledge System, The Vedas, School of Philosophy (6+3), Ancient Education System, the Taksasila University, the Nalanda University

UNIT-II: Arts, Literature, and Scholars in Ancient Bharat

Art, Music, and Dance, Nataraja- A Masterpiece of Bharatiya Art, Literature, Life and works of Agastya, Lopamudra, Ghosa, Valmiki, Patahjali, Vedavyasa, Yajhavalkya, Gargi, Caraka, Susruta, Kanada, Kautilya, Panini, Thiruvalluvar, Aryabhata, Bhaskaracarya, Madhavacarya.

UNIT-III: Ancient Bhartiya Contribution towards Science & Mathematics

Sage Agastya's Model of Battery, Vedic Cosmology and Modern Concepts, Concept of Zero and Pi, Number System, Pythagoras Theorem, and Vedic Mathematics, Kerala School for Mathematics and History of Culture of Astronomy, Astronomical, Calculation of day, year and Yuga.

UNIT-IV: Ancient Bhartiya Engineering, Technology & Architecture

Pre-Harappan and Sindhu Valley Civilization, Juices, Dyes, Paints and Cements, Glass and Pottery, Metallurgy, Iron Pillar of Delhi, Rakhigarhi, Mehrgarh, Sindhu Valley Civilization, Marine Technology, and Bet-Dwarka.

UNIT-V: Ancient Bhartiya Contribution in Environment & Health

Ethnic Studies, Life Science in Plants, Agriculture, Ecology and Environment, Ayurveda, Integrated Approach to Healthcare, Surgery, and Yoga, etc.

REFERENCE BOOKS:

- Introduction to **INDIAN KNOWLEDGE SYSTEM** Concepts and Application by B. Mahadevan, Publish by PHI Learning Private Limited, Delhi-110092-2022.
- India: A History" by John Keay
- The Wonder That Was India" by A.L. Basham
- Ancient Indian Education: Brahmanical and Buddhist" by Radhakumud Mookerji
- Nalanda: Situating the Great Monastery" by Frederick M. Asher
- Indian Art and Culture" by Nitin Singhanian
- Indian Literature: An Anthology" edited by Amiya Dev
- The Yoga Sutras of Patanjali" translated by Swami Satchidananda
- Ramayana" by Valmiki (translated by various authors)
- The Crest of the Peacock: Non-European Roots of Mathematics" by George Gheverghese Joseph
- Vedic Mathematics" by Jagadguru Swami Sri Bharati Krishna Tirthaji Maharaja
- Aryabhata: Life and Contributions" by K. S. Shukla
- The Story of Pi" by David Blatner
- The Lost River: On the Trail of the Sarasvati" by Michel Danino
- The Indus Civilization: A Contemporary Perspective" edited by Gregory L. Possehl
- The Indian Temple: Tracing the Evolution of Hindu Architecture" by Vinayak Bharne and Krupali Krusche
- Ayurveda: The Science of Self-Healing" by Dr. Vasant Lad
- Ecology and Equity: The Use and Abuse of Nature in Contemporary India" by Madhav Gadgil
- Sushruta Samhita" (ancient Ayurvedic text on surgery)
- Light on Yoga" by B.K.S. Iyenga





Semester - II

M.A. Yoga Studies			Course Code: MYS – 408			Semester - II
Course Name: Hath Yoga						
Credit – 04				Maximus Marks (MM) - 200		
Evaluation scheme			Periods			Total Number of Periods -60 hrs.
CIA	MTE	ETE	L	T	P	Type of Course: Major
40	40	120	3	1	0	
Objective: -						
<ul style="list-style-type: none"> ➤ The objectives of Hatha Yoga encompass achieving physical health, mental clarity, and spiritual growth through a combination of asanas, pranayama, shatkarma practices, and meditation techniques. Additionally, Hatha Yoga aims to harmonize the body and mind, paving the way for self-realization and inner peace 						
Course Outcome: -						
<ul style="list-style-type: none"> ➤ Enhanced Well-being: Practicing Hatha Yoga can lead to improved physical health, increased flexibility, reduced stress, and a calmer mind. ➤ Inner Transformation: Regular engagement with Hatha Yoga techniques can facilitate spiritual growth, self-awareness, and a deeper connection to one's inner self. 						

Hathpradipika

Unit-1: Nature of Hatha Yoga, Meaning, Definition, Aims and Objectives of Hatha Yoga; Proper place for practice, Season, Time, Pathyapatha instructions for practicing yoga, Mitahar; Seekers and obstacles in spiritual practice; Symptoms of Hathasiddhi ; Usefulness of Hatha Yoga.

Unit-2: Method and benefits of Asanas described in Hathpradipika. Definition, Types, Methods and Benefits of Pranayama and Usefulness of Pranayama. Shatkarma Description - Method and benefits of Dhauti, Basti, Neti, Nauli, Tratak and Kapalbhati. Bandha and Mudra – Definition, Types, Methods and Benefits. Nadanusandhan, Kundalini Nature and Ways of Awakening.

Gheranda Samhita

Unit-3: Concept of Ghat, Saptasadhana, The method and benefits of Shatkarma -Dhauti, Basti, Neti, Nauli, Tratak, Kapalbhati described in the Gheranda Samhita. Methods, benefits and precautions of Asanas mentioned in the Gheranda Samhita.

Unit-4: Methods, benefits and precautions of Pranayama mentioned in Gheranda Samhita. The concept, definition, types, method and benefits of Pratyahara, Perception and Meditation and Samadhi described in the Gheranda Samhita.

Unit-5: Introduction of hathvidya in Shiva Samhita, Vashishtha Samhita, Siddha Siddhanta Paddhati, Hatharatnavali and Goraksha Samhita.

REFERENCE BOOKS:

- हठयोगप्रदीपिका - कैवल्यधाम लोनावाला।
- घेरण्ड संहिता संहिता - कैवल्यधाम लोनावाला।
- योग साधना एवं योग चिकित्सा रहस्य- स्वामी रामदवेजी (दिव्य योग प्रकाशित, पतजलि योगपीठ)
- हठयोग प्रदीपिका- प्रकाशक कैवल्यधाम लोनावाला
- घेरण्ड संहिता- प्रकाशक कैवल्यधाम लोनावाला
- गोरक्ष संहिता- गोरक्षनाथ
- भक्तिसागर- स्वामी चरणदास
- बहिरंग योग- स्वामी योगेश्वरानंद
- योगासन विज्ञान- स्वामी धीरेन्द्र ब्रहाचारी

M.A. Yoga Studies			Course Code: MYS – 409			Semester - II
Course Name: Yoga Therapy						
Credit – 04				Maximus Marks (MM) - 200		
Evaluation scheme			Periods			Total Number of Periods -60 hrs.
CIA	MTE	ETE	L	T	P	Type of Course: Major
40	40	120	3	1	0	
Objective: -						
<ul style="list-style-type: none"> ➤ To know about Yoga Therapy. ➤ To eradicate the misunderstanding about Yoga Therapy. 						
Course Outcome: -						
<ul style="list-style-type: none"> ➤ Independently handle a patient and administer Yoga Therapy. ➤ To explain the relative contribution of Yoga Therapy modern medical sectors. ➤ To explain the sign, symptoms, prevalence and medical management and total rehabilitation with Integrated approach of Yoga Therapy. 						

Unit-1 Introduction of Yoga therapy: Meaning and Definition of Yoga Therapy; concept of Yoga Therapy; Need, importance and limitations of Yoga Therapy; Concept of Health and Disease; Principles of Yoga Therapy; Qualities of Yoga Therapists; Role of Yoga Therapist in General ailments and Emergency health needs.

Unit-2 Respiratory disorders and Yogic management: Introduction and Classification of Respiratory disorders; Cold-cough and Asthma- Definition, Causes, Symptoms and Yogic management; COPD - Causes, Symptoms and Yogic management.

Cardiovascular disorders and Yogic management: Definition, causes, symptoms and Yogic Management of High blood pressure and Low blood pressure; Coronary Heart disorder -Definition, Causes, Symptoms and Yogic management.

Unit-3 Spinal disorders and Yogic management: Introduction, Classification and Yogic management; Back Pain – Classification, Definition, Causes, Symptoms and Yogic management; Neck pain- Definition, Causes, Symptoms and Yogic management.

Skeletal disorders and Yogic management: Introduction, Classification, Yogic Management; Arthritis- Definition, Classification, Causes and Symptoms; Rheumatoid arthritis- Definition, Causes, Symptoms and Yogic management; Osteoarthritis– Definition, Causes, Symptoms and Yogic management; Gout- Definition, Causes, Symptoms and Yogic management.

Unit-4 Digestive system disorders and Yogic management: Introduction and Classification of disorders of the Digestive system; Gastritis– Causes, Symptoms and Yogic management; Constipation- Causes, Symptoms and Yogic Management; Acidity- Causes, Symptoms and Yogic Management; Colitis and Gastric/Peptic Ulcer- Causes, Symptoms and Yogic management.

Endocrine disorders and Yogic management: Diabetes type1 and type2- Definition, Causes, Symptoms and Yogic management; Hyper/ Hypothyroidism - Causes, Symptoms and Yogic management; Obesity- Causes, Symptoms and Yogic Management.

Unit-5 Nervous System Disorders and Yogic management: Introduction and Classification of Nervous System Disorders; Headache/Migraine- Definition, Causes, Symptoms and Yogic management; Epilepsy- Causes, Symptoms and Yogic management; Parkinson& its Definition, Causes, Symptoms and Yogic management.

Yogic management of Mental Disorders: Introduction and Classification; Anxiety Disorders- Causes, Symptoms and Yogic management; Stress- Definition, Causes, Symptoms and Yogic management; Depression - Definition, Causes, Symptoms and Yogic management.

REFERENCE BOOKS:

Yoga Management of Common Diseases – Dr Swami Karmananda Saraswati

Yoga for Hypertension and Heart Diseases – Dr H R Nagendra, R Nagaratna, SVYP

Yoga for Diabetes – Dr H R Nagendra, R Nagaratna, SVYP

Yoga for Obesity – Dr H R Nagendra, R Nagaratna, SVYP

Yoga for common disorders- Swami Koormananda Saraswati

Yoga for Bronchial Asthma – Dr H R Nagendra, R Nagaratna, SVYP

Yoga for Pregnancy – Dr H R Nagendra, R Nagaratna, Dr Shamanthakamani, SVYP

Yoga for Digestive Disorders – Dr H R Nagendra, R Nagaratna, SVYP

Yoga for Arthritis – Dr H R Nagendra, R Nagaratna, SVYP

Yoga for Back Pain – Dr H R Nagendra, R Nagaratna, SVYP

Yoga for Depression - Dr H R Nagendra, R Nagaratna, SVYP

Yoga practices for Anxiety and Depression – Dr H R Nagendra, R Nagaratna, SVYP

Yoga for Cancer – Dr H R Nagendra, R Nagaratna, SVYP

Integrated approach of yoga therapy for positive health-Dr. R Nagaratha, Dr. H R Nagendra – SVYP

Yoga Therapy- Swami Kuvalayanada

स्वस्थ्यवृत्त विज्ञान एवं यौगिक चिकित्सा – डॉ. राकेश गिरि

दमा, मधुमेह और योग – स्वामी सत्यानन्द सरस्वती

रोग और योग – डॉ. स्वामी कर्मानंद सरस्वती

योग और मानसिक स्वास्थ्य – सुरेश वर्णवाल

M.A. Yoga Studies			Course Code: MYS – 410			Semester - II
Course Name: Yoga & Health						
Credit – 04				Maximus Marks (MM) - 200		
Evaluation scheme			Periods			Total Number of Periods -60 hrs.
CIA	MTE	ETE	L	T	P	Type of Course: Major
40	40	120	3	1	0	
Objective: -						
<ul style="list-style-type: none"> ➤ Yoga and Health concepts, daily regimen, and the difference between Yoga and Exercise. ➤ Abhyanga, Snan, Nidra, and remedies for insomnia. ➤ Bramcharya and Ritucharya, including seasonal division, diet, and Yama-Drishta. ➤ Yogic Diet, including Mitahar, body composition, and the importance of food in Yoga practice. ➤ Yogic principles of a healthy lifestyle, including diet, ethics, positive attitude, and holistic health. 						
Course Outcome: -						
<ul style="list-style-type: none"> ➤ Develop a comprehensive understanding of Yoga and its impact on health. ➤ Acquire practical knowledge of daily regimens, diet, and lifestyle choices for holistic well-being. ➤ Apply the principles of Yoga to cultivate a healthy lifestyle and promote mental and physical harmony 						

Unit-1 - Concept of health and principles of healthy lifestyle – Concept and definition of health and disease (World Health Organization, Ayurveda, Yoga), dimensions of health, diet, behavior, conduct and thoughts, positive effects of yoga for healthy lifestyle. Role of attitude (friendship, compassion, kindness and indifference), concept of feelings and emotions and their relevance to health and well-being.

Unit-2 Daily routine and Rituals - Daily routine (morning awakening, drinking water, defecation, mouth-cleansing, tongue-waxing, eye-wash, teeth-washing and wearing toothpaste), Rituals, season division and its characteristics, diet as per season, season greenery, Relation of seasons and dietary juices, Relation of seasons and juice consumption.

Unit- 3 Yogic diet - General introduction to diet, concept of mitahar, classification of yogic diet according to traditional yoga texts, diet according to the nature of the body - according to Vata, Pitta, Kapha and gunas (Sativik, Rajasic and Tamasic).

Unit-4 Main means of health protection I – Concept, principle, purpose and importance of celibacy, idea of dietary apathy for celibacy, exercise – definition, types, eligible and ineligible, symptoms and benefits of proper exercise, general exercise and yoga in exercise.

Unit-5 Main means of health preservation II – Yoga Nidra – definition, types, purpose, causal principles and benefits, symptoms and remedies of insomnia.

Reference: -

- Diseases and Yoga, Dr. Swami Karmanand Saraswati, Yoga Publications Trust, Munger, Bihar, India
- Ayurveda principal mystery- Acharya Balkrishna
- The Complete Illustrated Book of Yoga" by Swami Vishnu-devananda
- Light on Yoga" by B.K.S. Iyengar
- The Heart of Yoga: Developing a Personal Practice" by T.K.V. Desikachar
- Yoga Anatomy" by Leslie Kaminoff and Amy Matthews

- The Yoga Bible" by Christina Brown
- Ayurveda: The Science of Self-Healing" by Dr. Vasant Lad
- The Ayurveda Bible: The Definitive Guide to Ayurvedic Healing" by Anne McIntyre
- The Yoga of Herbs: An Ayurvedic Guide to Herbal Medicine" by Dr. David Frawley and Dr. Vasant Lad



M.A. Yoga Studies			Course Code: MYS – 411			Semester - II		
Course Name: Practical								
Credit – 04					Maximus Marks (MM) - 200			
Evaluation scheme			Periods			Total Number of Periods - 105 hrs.		
CIA	MTE	ETE	L	T	P	Type of Course: Skill		
00	00	200	0	1	3			
Objective: -								
➤ Attain holistic well-being by cleansing the body, enhancing physical vitality, and achieving mental clarity through yoga practices encompassing asanas, pranayama, mudras, and meditation.								
Course Outcome: -								
➤ Enhanced physical and mental well-being through purification, flexibility, breath control, energy channeling, and spiritual connection.								

Asana :- (50 Marks)

Pragya Yoga, Vrikshashana, Padhastasana, Chakrasana, Shirshasana, Ardha Chandrasana, Pashchimottanasana, Vyaghrasana, ArdhaMatasyendrasana, SuptaVajrasana, AkarnaDhanurasan, Simhasana, Dhanurasana, Makarasana, Bhujangasana, Halasana, Vipreetkaraniyasana, Matasyasana, Kurmasana, Hasta Padangushtasana

Pranayama Practice :- (20 Marks)

Naddi-Shodhan, Ujjai, Bhramari, Surya Bhedan

Meditations :- (10 Marks)

SVita Dhyana, Gayatri Mantra Dhyana, Yoga Nidra (Yoga Nidra, Swami Styanand)

Mudra/Bandha :- (10 Marks)

Nabhomudra, Vipareetkarani, Shambhavimudra, JalandharaBandha, Uddiyana Bandha, **Hast Mudra** – (Panchtatva, Hridaya)

Shatkarma :- (20 Marks)

Sutra Neti, Vaman, Kapalbhathi Vatkram (50-100 stocks), LaghuShankhaPrakashalana, Centre Noulli

Mantra :- (10 Marks)

Saraswati Mantra, Swasti Mantra, Yoga Stuti

Viva-Voce :- (20 Marks) (Note: submit hard copy of practical file).

M.A. Yoga Studies			Course Code: MYS – 412			Semester - II
Course Name: IDC (Health & wellness)						
Credit – 02				Maximus Marks (MM) - 100		
Evaluation scheme			Periods			Total Number of Periods -30 hrs.
CIA	MTE	ETE	L	T	P	Type of Course: IDC
20	20	60	2	0	0	
Objective: -						
<ul style="list-style-type: none"> ➤ Explore and compare various traditional Indian medical practices. ➤ Examine historical development and key principles of āyurveda, siddha, and yoga. ➤ Understand disease classification and treatment approaches in these systems. ➤ Assess the modern significance and potential integration of traditional practices in healthcare. 						
Course Outcome: -						
<ul style="list-style-type: none"> ➤ Possess a holistic understanding of diverse Indian medical practices. ➤ Analyze core principles and historical evolution of āyurveda, siddha, and yoga. 						

Unit-1

- Definition of Health according to WHO and Ayurveda, General introduction to Yoga, its meaning and definition, Origin, history, and development of Yoga, Nature of Yoga, Goals and objectives of Yoga, Yoga therapy for health and wellness, General introduction to Ashtanga Yoga and Hatha Yoga.

Unit-2 Fundamental Concepts of Ayurveda, Concepts of Dosha-Dhatu-Mala, Definition of Health (Swasthviritta), Daily Routine (Dinacharya), Seasonal Routine (Ritucharya), Definition of Good Conduct (Sadviritta)

Unit-3 Definition and Classification of Disease, Types of diseases: Adhidaivik (divine), Adhyatmik (spiritual), Adhibhautic (physical), Treatment methods in Ayurveda, Eight branches of Ayurveda, Utility of Ayurveda in modern times.

Unit-4 Ayurveda, Yoga, Traditional Knowledge, and Folk and Tribal Medicine in India, Medicinal plants, home remedies, primary healthcare, Traditional bone setting, midwifery, poison treatment.

Unit-5 Health Benefits of Asanas, Pranayama, and Meditation, Health benefits of Asanas (Yoga postures), Health benefits of Pranayama (breathing exercises), Health benefits of Meditation, Body purification methods: Shatkarma and Panchakarma, Use of Yoga therapy in modern times.

Reference Books: -

"The Complete Book of Ayurvedic Home Remedies" by Vasant Lad

"Ayurveda: The Science of Self-Healing" by Dr. Vasant La

"Siddha Medicine" by V. Sankaranarayanan

"Siddha Medicine: A Handbook of Traditional Remedies" by S. Thamizh Venda

"The Heart of Yoga: Developing a Personal Practice" by T.K.V. Desikacha

"Light on Yoga" by B.K.S. Iyengar

"The Yoga Bible" by Christina Brown

"Ayurveda: The Divine Science of Life" by Todd Caldecott

"Textbook of Ayurveda: Fundamental Principles" by Vasant Lad and David Frawley

"Siddha Maruthuvam" by Dr. Thillai Vallal

M.A. Yoga Studies			Course Code: MYS – 413			Semester - II
Course Name: IKS (Indian Philosophy & Culture)						
Credit – 02				Maximus Marks (MM) - 100		
Evaluation scheme			Periods			Total Number of Periods -30
CIA	MTE	ETE	L	T	P	Type of Course: IKS
20	20	60	2	0	0	
Objective: -						
<ul style="list-style-type: none"> ➤ To provide knowledge about Theistic Philosophy and Anti- Theistic Philosophy ➤ To enhance the understanding about philosophical terminology. ➤ To provide knowledge about Indian culture and festivals 						
Course Outcome: -						
<ul style="list-style-type: none"> ➤ A comprehensive understanding of Indian Philosophy and culture. ➤ Student will be familiar about shad- Darshana-s. ➤ Students would be able to define Philosophy and understand its role in human life. ➤ Students would understand the salient features of Indian culture, such as the four goals of life, four stages of life. ➤ Overall, this syllabus would equip student with a deep understanding of Indian Philosophy and culture, helping them appreciate the rich intellectual and clitoral heritage of India. ➤ Students would understand about the Indian culture and festivals. 						

Unit -1 Philosophy

Meaning and Definition of Philosophy, Nature and Scope of Philosophy, Characteristics of Indian Philosophy, Branches of Philosophy.

Unit -2 Introduction of Indian Philosophy

General introduction and principles Nyaya Philosophy, Vaisheshika Philosophy, Sankhya Philosophy, Yoga Philosophy, Mimamsa Philosophy, Vedanta Philosophy. General introduction and principles Jain Philosophy, Buddhist Philosophy, Charvaka Philosophy.

Unit-3 Concept of Indian Culture

Introduction to culture: Meaning and definition of culture. Concept and importance of culture. The era of Indian culture.

Unit-4 Major features of Indian culture

General introduction to the scriptures. Importance of Upanishads, Manusamriti, Mahabharata, Ramayana, Geeta.

Unit-5 Indian Festivals

Festivals and celebrations of Indian culture, their personal, social & moral significance.

Importance of conduct in Indian culture.

Reference Books: -

- Various dimensions of Indian culture Dr. Arun Jaiswal Kalyan (Culture Issue) - Geeta Press Gorakhpur
- Indian Philosophy Dr. Shobha Nigam
- History of Indian Culture Dr. Satyaketu Vidyalankar
- Vedic literature and culture Kapil Dev Dwivedi
- Religion Philosophy Culture- Dr. Roop Kishore Shastri
- Harendra Prasad Sinha, Outline of Indian Philosophy, Motilal Banarasi Das, New Delhi 2006
- Acharya Baldev Upadhyay, Indian Philosophy, Chaukhamba Publishers, Varanasi 2000
- Swami Vivekananda, Vedanta, Ramakrishna Math Nagpur 2000
- Rahul Sankrityayan, Buddhist Philosophy, Kitab Mahal, New Delhi 2018
- Pandit Shriram Sharma Acharya Ji, Darshan, Yug Nirman Yojana, Mathura 2004
- Pandit Shriram Sharma Acharya Ji, Vaisheshika Darshan, Yug Nirman Yojana, Mathura 2004



Semester - III

M. A. Yoga Studies			Course Code: MYS - 501			Semester – III		
Course Name: Patanjali Yog Sutra								
Credit – 04					Maximus Marks (MM) - 200			
Evaluation scheme			Periods			Total Number of Periods -60 hrs.		
IAE	MTE	ETE	L	T	P	Type of Course: Major		
40	40	120	3	1	0			
Objective: - <ul style="list-style-type: none"> ➤ Students will gain knowledge about the definition and purpose of Yoga, the importance of Yogasutra, and the concepts of Chitta, Chittavrittis, and Chitta Vikshep. ➤ They will explore the metaphysics of Sankhyadarshana and its relation to Patanjali Yogadarshan. Furthermore, the syllabus aims to introduce the concepts of Ashtanga Yoga, Kriya Yoga, and Vibhuti Pada, enabling students to develop a deeper understanding of Dharna, Dhyana, and Samadhi. 								
Course Outcome: - <ul style="list-style-type: none"> ➤ Develop a comprehensive understanding of Yogasutra and Samadhi Pada, including the concepts of Chitta, Chittavrittis, and Chitta Vikshep. ➤ Acquire knowledge of Ashtanga Yoga and Kriya Yoga, and their practical application in daily life. ➤ Cultivate awareness of different types of samadhi and gain insights into the path to Kaivalya, leading to personal growth and spiritual development. 								

Unit 1:- Introduction to Yoga Sutras and Samadhi Pada - 1

Yoga Sutras: Introduction, Importance of Yoga Sutras in comparison to other Yoga texts. Meaning and nature of Yoga, concept of Chitta , Chittabhumi, Chitta vritti, ways of controlling the Chitta tendencies through the resources of abhyasa and vairagya, concept of Bhavapratyaya and Upayapratyaya, Sadhana Panchak, distraction of Chitta(Yoga Antaraya), ekatatv abhyasa, Chitta-prasana.

Unit 2: - Samadhi Pada

Types and nature of Samadhi, Adhyatmaprasada and Ritambhara Prajna, Samprajnata, Asamprajnata, Sabeej and nirbeej Samadhi, Difference between Samapatti and Samadhi, Concept of eeshvar and Attributes of eeshvar, Process of Ishvarapranidhan.

Unit 3: - Sadhana Pada

Concept of Patanjali's Kriyayoga, Theory of Klesha, Concept of Karma and Karmavipaka, Nature of dukh, Concept of Chaturvyuhavada, Drishya Nirupan, Drashta nirupan, Prakriti Purusha Samyog, Brief introduction to Ashtang Yoga, Yama-Niyama: Vitarka and The concept of Mahavrata, Asanas, Pranayama, Pratyahara and their accomplishments.

Unit 4:- Vibhuti-pada:-

Introduction to Dharana, Dhyana, Samadhi, Nature of Samyama, Concept of Chitta-Sanskar, Parinamantraya and Vibhutis.

Unit 5:- Kaivalya Pada:

Five resources of siddhi, concept of Nirman-Chitta, importance of siddhi generated by Samadhi, four types of karma, concept of desire, Dharmamegha Samadhi and its result, Vivekakhyati Nirupan, interpretation of Kaivalya.

REFERENCE BOOKS : -

- योग सूत्र (तत्ववैषारदी)- वाचस्पति मिश्र
- योग सूत्र (योग वार्तिक) - विज्ञान भिक्षु
- योग सूत्र (भास्वती टीका)- हरिहरानन्द अरण्य
- योग सूत्र (राजमार्तण्ड)-भोजराज
- पातंजल योग प्रदीप- ओमानन्द तीर्थ
- ध्यान योग प्रकाश- लक्ष्मणानन्द
- पातंजल योग एवं श्री अरविन्द योग का अध्ययन संबंधी अध्ययन - डा0 त्रिलोक चन्द्र
- योगदर्शनम- स्वामीरामदेव, दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार
- योग वशिष्ठ- गीताप्रेस गोरखपुर
- योग वशिष्ठ महारामायण- श्री कृष्णा पंत शास्त्री



M. A. Yoga Studies			Course Code: MYS - 502			Semester – III		
Course Name: Naturopathy								
Credit – 02					Maximus Marks (MM) - 100			
Evaluation scheme			Periods			Total Number of Periods -30 hrs.		
IAE	MTE	ETE	L	T	P	Type of Course: Minor		
20	20	60	2	0	0			
Objective: - <ul style="list-style-type: none"> ➤ To provide students with a comprehensive understanding of the principles and practices of naturopathy, emphasizing the importance of holistic health and natural healing methods. ➤ To educate students on the significance of preventive health measures and the role of naturopathy in maintaining overall wellness and preventing diseases. 								
Course Outcome: - <ul style="list-style-type: none"> ➤ Students will acquire skills in diagnosing health conditions using naturopathic techniques, including physical examinations, patient history analysis, and natural diagnostic tools. ➤ Students will be able to comprehend the principles of holistic health, focusing on the body's innate ability to heal itself through natural therapies. 								

Unit-I Introduction:

History of Naturopathy, Meaning, Definition & Principles of Naturopathy; Health, Root cause of Disease, Acute & Chronic disease, disease diagnosis according to Naturopathy.

Unit-2 Hydrotherapy

Hydrotherapy importance of water, Remedial properties of Water, Methods of Hydrotherapy, hip bath, steam bath, spine bath, foot & hand bath, full immersion bath; enema; All hydrotherapy effects and their research evidence.

Unit-3 Mud Therapy:

Mud therapy- properties of Mud, types & importance; Packs of Mud, Abdominal Chest Throat Eye Full Body Mud Pack; All Mud therapy effects and their research evidence.

Unit-4 Chromo Therapy:

Importance of chromo therapy, types of sun bath; Use of different Colors: Importance of air, air therapy; All chromo therapy effects and their research evidence.

Unit-5 Fasting & Massage Therapy:

Definitions of fasting, Types of Fasting (Complete Fast, Partial Fast, Water Fast, Juice Fast, Mono diet) and its effect on the Body, How to start fasting & break it, Definition of massage & importance. All Fasting and massage therapy effects and their research evidence.

REFERENCE BOOKS: -

- Singh, A. K.: Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007
- Tilak, B. G.: Srimad Bhagwadgita Rahasya. Poona: Tilak Mandir.
- Udupa, K.N.: Stress and Its Management by Yoga. Delhi: Motilal Banarasidas, 2007.
- Vivekananda, Swami: Raja Yoga. Nagpur: Ramakrishna Math.
- Muktibodhanand, Swami: Hatha Yoga Pradipika. Munger, Bihar.
- Singh, A. K.: Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007
- Tilak, B. G.: Srimad Bhagwadgita Rahasya. Poona: Tilak Mandir.
- Udupa, K.N.: Stress and Its Management by Yoga. Delhi: Motilal Banarasidas, 2007
- Vivekananda, Swami: Raja Yoga. Nagpur: Ramakrishna Math

M. A. Yoga Studies			Course Code: MYS - 503			Semester – III		
Course Name: Research Methodology & statistics in yoga								
Credit – 04					Maximus Marks (MM) - 200			
Evaluation scheme			Periods			Total Number of Periods -60 hrs.		
IAE	MTE	ETE	L	T	P	Type of Course: Major		
40	40	120	3	1	0			
Objective: - <ul style="list-style-type: none"> ➤ State concept and make statistical computations (measure of central tendency & dispersion, simple correlation & regression, NPC Applications, & Chi-square) regarding Research and Statistical Methods. ➤ Apply knowledge of Research & Statistical Methods to draft mini research synopsis & undertake the same in Master Program as Dissertation to create rigid base for advanced research career in future. 								
Course Outcome: - <ul style="list-style-type: none"> ➤ 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.. 								

Unit 1: Nature and Problem of Research-

Research: meaning and definition of research; areas and attributes of research; types of research; the need for and importance of research in yoga, Problem: meaning, definition, and nature; sources and types of problem selection; characteristics of scientific problem

Unit 2: Hypothesis, Methods of Sample Selection, and Data Collection-

Hypothesis: meaning, definition, types, and functions, Sample selection: meaning and definition of sample selection; methods of probability and non-probability sample selection, Data collection: observation method, experimental method, questionnaire, and interview

Unit 3: Variables, Experimental Control, and Research Report Writing-

Variables: meaning and types of variables; uses of variable; nature and problems of experimental control,

Techniques of experimental control: cancellation (elimination), conditions, stability, equilibrium, counterbalance, randomization, Research design: meaning and purpose; randomized group design and factorial design, Method of research report writing

Unit 4 Descriptive Statistics:-

Statistics: meaning, definition, scope, and importance, Nature of measurement and scales or levels of measurement, Drawing of data (graphically), Presentation: frequency, polygon, and histogram, Measures of central tendency: calculation of mean, median, and mode (given ungrouped and classified), Measures of variability: spread, quartile deviation, and standard deviation, Normal Probability Curve (NPC): meaning, characteristics, and applications, Correlation: meaning of correlation and its calculation.

Unit 5: Predictions and Research Reports-

Regression equations and prediction, parametric test and non-parametric test, Significance of the difference between the means of two groups: critical ratio test and t-test, chi-square test, Different steps of research report.

REFERENCE BOOKS:

- Research Methods H. K. Kapil
- Statistics in Psychology and Education – Garrett
- Bryman, A. (2008). Social Research Method (3rd ed.). Oxford: Oxford University Press.
- Singh, A. K. (1986). Test, Measurement and Research Methods in Behavioural Sciences. New Delhi, India: Mc Graw Hill.

- Kerlinger, F.N. (1978). Foundation of Behaviour Research. Delhi, India: Surjeet Publications.
- Singh, A. K. (2001). Research Methods in Psychology, Sociology and Education (4th ed.). Delhi, India: Motilal Banarasis.
- Maylor, H. & Blackmon, K. (2005). Researching Business and Management. New York, NY: Palgrave Macmillan.
- Garrett, H.E. (1988). Statistics in Psychology and Education. Bombay, India: Vikils, Feiffer & Semen's Ltd..
- Suleman, M. (2005). Methods in Psychology, Sociology and Education (3rd ed.). Patna, India: General Book Agency.
- Kothari, C. R. (2011), Research Methodology: Methods and Techniques (2nd ed.). New Delhi, India: New Age International Private Limited Publishers.
- Ruxton, G. D. and Colegrave, N. (2003). Experimental Design for Life Science. Oxford: Oxford University Press.
- Mohsin, S.M. (1981). Research Methods in Behavioral Sciences. Calcutta, India: Orient Longman.
- Kumar, R. (2011), Research Methodology (2nd ed.). Noida, India: Dorling Kindersley Pvt. Ltd, licencses of Pearson Education in South Asia.
- Breakwell, G. M., Hammon, S., Fife-Shaw, C., & Smith, J. (2006). Research methods in psychology (3rd ed.). London: Sage. Haslam, S. A., & McGarty, C. (2003). Research methods and statistics in psychology. London: Sage.
- Kapil, H. K. (1980). Sankhyaki ke mool tatwa. Agra, India: Vinod Pustak Mandir.
- Minium, E. W., King, B. M., & Bear, G. (1993). Statistical reasoning in psychology and education (3rd ed.). New York: John Willey
- Singh, A. K. (2006). Tests, measurements and research methods in behavioural sciences. Patna, India: Bharti Bhavan.
- Singh, A. K. (2004) Monovigyan, samajshastra tatha shiksha mein shodh vidhiyan. Varanasi, India: Motilal Banarasi Das.
- Suleman, M. (1997). Sankhyiki ke mool tatwa. Patna: Shukla Book Depot.
- Garrett, H.E. (1993). Shiksha evam manovigyan mein sankhyiki. New Delhi, India: Kalyani Publishers.
- Guilford, J. P., & Fruchter, B. (1973). Fundamentals of statistics in psychology and education. Tokyo, Japan: Kogakusha.
- Gupta, S. P. (2004). Statistical Methods (33rd ed.). New Delhi, India: Sultan Chand & Sons.
- Zar, Z. H. (2011). Biostatistical Analysis (4" ed.). Noida, India: Dorling Kindersley Pvt. Ltd, licencses of Pearson Education in South Asia.
- Wayne, W. D. (2006). Biostatistics: A Foundation for Analysis in the Health Sciences (7ed.). New York, NY: John Wiley & sons. Inc
- Lioyd, D. F. & Gerald, V. B. (1993): Biostatistics: A Methodology for the Health Science. John Wiley & sons. Inc.
- Guilford, J. P. & Fruchter, B. (1988). Fundamental Statistics in Psychology and Education. New Delhi, India: McGraw Hill. Unit-1

M.A. Yoga Studies			Course Code: MYS - 504			Semester – III		
Course Name: Alternative Therapy								
Credit – 04					Maximus Marks (MM) - 200			
Evaluation scheme			Periods			Total Number of Periods -60 hrs.		
IAE	MTE	ETE	L	T	P	Type of Course: Major		
40	40	120	3	1	0			
Objective: -								
<ul style="list-style-type: none"> ➤ Understand Yoga's Role in Various Institutions: Explore the application and impact of yoga in different institutional settings, including schools, workplaces, healthcare facilities, and rehabilitation centers. ➤ Promote Yoga in Sports: Educate on the role of yoga in sports, focusing on how it can enhance athletic performance, prevent injuries, and support recovery processes. 								
Course Outcome: -								
<ul style="list-style-type: none"> ➤ Students will appreciate yoga's holistic approach to health, integrating physical, mental, and spiritual aspects. They will be able to advocate for and implement yoga practices that promote a balanced lifestyle, contributing to overall wellness in their personal and professional lives. 								

Unit-1 Introduction to Alternative Therapy:

Brief history and origins of Alternative Therapy, Alternative Therapy Introduction, Meaning and Systems, Alternative - Fields of Therapy, Importance of Alternative Therapy, Principles of Alternative Therapy. Acupressure Therapy - Introduction, Meaning and Methods, Principles, Method of Pressure, Equipment and Precautions and effect of various diseases.

Unit-2 Pranic healing: Pranic therapy:

Meaning, definition and types of pranas. introduction of pranic healing, Introduction, history, and principles of pranic healing. Pranic energy centers, various methods of pranic healing, importance of colors and chakras in pranic healing, effect of pranic healing in various diseases.

Unit-3 Magnet therapy - meaning, definition, nature, scope, limitations, and principles of magnet therapy. Various types of magnets, methods of magnet therapy, effect of magnet therapy in various diseases.

Unit - 4 Yajna therapy

Meaning and definition of Yajna therapy. principles, scope, and limitations of Yajna therapy. Uses and preparation of havan samaagri according to diseases in yajna therapy. Scientific background of yajna therapy.

Unit-5 Swara therapy-

Concept and objectives of swara therapy. Meaning, nature, and types of swara. principles of swara therapy. general information of nadis. Swara therapy for indigestion, constipation, asthma, acidity, common cold, acidity, high and low blood pressure, obesity, insomnia.

REFERENCE BOOK

- Dr. Atar Singh: Accupressure-Prakritik Upachar, Acupressure Health Care Systems, 2019.
- Dr. Dhiren Gala: Be Your Own Doctor with Acupressure, Navneet Publications, 2000.
- Dr. Asha Maheshwari: Sujok Therapy, Acupressure Health Care Systems, 2015.
- Master Chao Kok Sui: Miracles through Pranic Healing, Institute for Inner Studies Publishing Foundation, 2012.
- Master Chao Kok Sui and Benny Gantioqui: Pranic Psychotherapy, Institute for Inner Studies Publisher, 2000.
- Dr R.S. Bansal and Dr H.L. Bansal: Magnetic Cure for Common Disease, Orient Paperbacks, 1990.
- Dr. Nanu Bhai Painter: The Textbook of Magnetotherapy,
- Prof. Ram Harsh Singh: Swasthyavritta Vigyan, Chaukhambha Publisher, Varanasi, 2017.
- Dr. Hiralal: Aahar Aur Swasthya, Awaran Shilpi Publisher, 1977.
- Dr. Pranav Pandya: Reviving the Vedic Culture of Yagya, Yug Nirman Yojana Vistar Trust, 2009.

- "आयुर्वेदिक घरेलु उपचार" by डॉ. राजेश डीआर
- "प्राण विज्ञान और चिकित्सा" by डॉ. बी.आर. चौधरी
- "योगदर्शन" by स्वामी सत्यानंद सरस्वती
- "जड़ी-बूटियों से चिकित्सा" by डॉ. विक्रम चौधरी
- "प्राकृतिक उपचार और योग" by रवि शंकर



M.A. Yoga Studies			Course Code: MYS - 505			Semester – III		
Course Name: Applied Yoga								
Credit – 02				Maximus Marks (MM) - 100				
Evaluation scheme			Periods			Total Number of Periods -30		
IAE	MTE	ETE	L	T	P	Type of Course: Minor		
20	20	60	2	0	0			
Objective: -								
<ul style="list-style-type: none"> ➤ This course aims to provide students with a foundational knowledge of diverse alternative therapies, their principles, methods, and effects on health. By the end of the course, students will be able to understand and appreciate the holistic approaches of these therapies and their potential contributions to overall well-being. 								
Course Outcome: -								
<ul style="list-style-type: none"> ➤ Upon completion of this course, students will be equipped with a comprehensive understanding of various alternative therapies, enabling them to critically evaluate and apply these approaches to enhance holistic health and wellness, while also fostering an appreciation for the integration of traditional and modern healing methods. 								

Unit 1: Nature of Applied Yoga-

Introduction, meaning, definition, and the need for studying Applied Yoga. The usefulness of Practical Yoga in various academic and non-academic fields.

Unit 2: Health and Practical Yoga-

The usefulness of Yoga in personal health, spiritual health, social health, community health, primary health centres, hospitals, health institutions, centres for the disabled, de-addiction centres, and child welfare centres. The usefulness of Yoga in Ayurveda, Allopathy, and Homeopathy.

Unit 3: Role of Yoga in Various Institutions-

The usefulness of Yoga for employees in industrial and commercial institutions, useful techniques for stress and time management for employees. Yoga for the health protection and stress and depression management of the military, paramilitary forces, police forces, etc.

Unit 4: Yoga in Sports-

The role of Yoga in sports and physical education. The relevance of Yoga in skill enhancement in various sports. Physical and mental disabilities and Yoga.

Unit 5: Yoga and Tourism-

The concept of Yoga tourism. The role of Yoga in the development of tourism, the possibility of developing Yoga centres in Himachal Pradesh tourism sites. Special Yoga programs for pilgrimage tourists in Himachal Pradesh.

REFERENCE BOOKS: -

- व्यवहारिक योग कालीदास जोशी .डॉ -(स्वास्थ्य रक्षा एवं रोग परिहार के लिए) -
- Yoga and Tourism: A Journey to Health and Happiness" by Ravi Dykulaa
- Yoga for Sports: A Journey Towards Health and Healing" by BKS Iyengar
- Applied Yoga" by Swami Sivananda
- Yoga as Therapy: A Practical Guide for Healing" by Doug Keller
- Yoga and Ayurveda: Self-Healing and Self-Realization" by David Frawley

M.A. Yoga Studies			Course Code: MYS - 506			Semester - III		
Course Name: Practical								
Credit – 04					Maximus Marks (MM) - 200			
Evaluation scheme			Periods			Total Number of Periods - 105 hrs.		
CIA	MTE	ETE	L	T	P	Type of Course: Skill		
00	00	200	0	1	3			
Objective: -								
➤ Attain holistic well-being by cleansing the body, enhancing physical vitality, and achieving mental clarity through yoga practices encompassing asanas, pranayama, mudras, and meditation.								
Course Outcome: -								
➤ Enhanced physical and mental well-being through purification, flexibility, breath control, energy channeling, and spiritual connection.								

Asana :- (50 Marks)

UrdhwaPadmasana, Hanumanasana, ShirshaAngushthYogasana, Murdhasana, Ardha Chandrasana, PadamaBakasana, Garudasana, Yogamudra, Ekpad Skandhasana, Raja Kapotasana, Kapotasana, Omkarasana, Prayankasana, Karanapidasana, Sarvangasana, PurnaMatsyasana, Ugarasana, Purna Dhanurasana, Purna Bhujangasana

Pranayama Practice :- (20 Marks)

Bhastrika, Bhramari, Sheetali, Sitkari

Meditations :- (10 Marks)

Jyoti Awataran Dhyana, Amrit Varshana Dhyana

Mudra/Bandha :- (10 Marks)

Tribandha, Nasikagra Mudra, Sanmukhi Mudra, Tadagi Mudra, **Hast Mudra-** (Kamjayi, Dhyana Mudra)

Shatkarma :- (20 Marks)

Dandha-Dhouti, Sheeticrama, Noulli

Mantra :- (10 Marks)

Shiva Panchakshari Mantra, OmStavana

Viva-Voce :- (20 Marks) (Note: submit hard copy of practical file).

M.A. Yoga Studies			Course Code: MYS - 507			Semester – III		
Course Name: Physiological Psychology and effects of Yoga								
Credit – 02					Maximus Marks (MM) - 100			
Evaluation scheme			Periods			Total Number of Periods -30		
IAE	MTE	ETE	L	T	P	Type of Course: Minor		
20	20	60	2	0	0			
Objective: -								
<ul style="list-style-type: none"> ➤ This course aims to provide students with a foundational knowledge of diverse alternative therapies, their principles, methods, and effects on health. By the end of the course, students will be able to understand and appreciate the holistic approaches of these therapies and their potential contributions to overall well-being. 								
Course Outcome: -								
<ul style="list-style-type: none"> ➤ Upon completion of this course, students will be equipped with a comprehensive understanding of various alternative therapies, enabling them to critically evaluate and apply these approaches to enhance holistic health and wellness, while also fostering an appreciation for the integration of traditional and modern healing methods. 								

Unit I

Introduction to physiological psychology - Neuron : a. Anatomy, b. Excitatory postsynaptic influences, c. Inhibitory post synaptic influences, d. Chemical basis – neurotransmitters, e. Presynaptic influences; Structure of Nervous system: Peripheral nervous system, spinal cord and brain, Cerebral Hemispheres.

Unit II

Hormones and Behavior - Major endocrine glands and their functions; Hormones of stress; Hormones of growth; Sexual behavior and reproduction.

Unit-III

The Mind-Body Relationship -The concept of Psychological Health in India, Scope of Health, Effects of Yoga on MindBody Relationship, **Stress–Stressors:** Environmental, Social and Psychological, stress and illness, control and stress.

Unit–IV

General Disorders and Immunity System Defective Disorders: Asthma, Headache, Insomnia, Hypertension, cancer and appetitive Behaviours: Obesity, Alcoholism –Smoking. Diabetes and Arthritis, Sexual Dysfunctions: Infertility

Unit–V

Pain and Pain Management Techniques- Physiology of Pain, Specific pain treatment Methods. Coping with chronic illness, Complementary Health Care Systems in India.

Recommended Books:

Shelley E. Taylor, (2009). *Health Psychology*. Tata Mc Graw-Hill, New Delhi.

Gatchel, R.J., Baun, A & Krantz, D.S. (1989). *An Introduction to Health Psychology*, Singapore; Mc Graw Hill.

Goleman, D & Gurin, J. (1993). *Mind – Body Medicine*, New York.

Dimatteo, M.R. & Martin, L.R. (2007). *Health Psychology*, New Delhi, Pearson Educaiton Inc.

Levinthal, C.F.(1996). *Introduction to Physiological Psychology*, 3rd edition, New Delhi, Prentice Hall.

Pinel, J.P.J. (2006). *Biopsychology*, 6th edition. New Delhi, Pearson Education.

Morgan, T.C and Stella, E . (1950). *Physiological Psychology*. New York: McGraw-Hill.

Schwartz, M. (1978). *Physiological Psychology*, New Jersey, Prentice Hall.

Bridgeman. (1998). *The Biology of the Behavior and mind*, New York, Wiley.

M.A. Yoga Studies			Course Code: MYS - 508			Semester – III		
Course Name: Yoga and Marma Therapy								
Credit – 04					Maximus Marks (MM) - 200			
Evaluation scheme			Periods			Total Number of Periods -60 hrs.		
IAE	MTE	ETE	L	T	P	Type of Course: Major		
40	40	120	3	1	0			
Objective: -								
<ul style="list-style-type: none"> ➤ Understand Yoga's Role in Various Institutions: Explore the application and impact of yoga in different institutional settings, including schools, workplaces, healthcare facilities, and rehabilitation centers. ➤ Promote Yoga in Sports: Educate on the role of yoga in sports, focusing on how it can enhance athletic performance, prevent injuries, and support recovery processes. 								
Course Outcome: -								
<ul style="list-style-type: none"> ➤ Students will appreciate yoga's holistic approach to health, integrating physical, mental, and spiritual aspects. They will be able to advocate for and implement yoga practices that promote a balanced lifestyle, contributing to overall wellness in their personal and professional lives. 								

Unit-1 Concept of Marma Therapy: general introduction of marma science, Marma science in Vedas, scientific background of Vedic therapy. Code of conducts related to Vedic therapy and Marma science.

Unit-2 Introduction of Marma- I: computation of marma, brief introduction of Marma, measurements of Marmas.

Unit-3 Introduction of Marma- II Urdhvajatrugat Marmas, Marmas of Urdhva and Adhashakha, Marmas of abdomen and back, separate description of Marmas.

Unit-4 Yoga and Marma: Yoga and Marma science. Relationship between asanas, pranayamas and marmas. Shatachakra and Marma.

Unit-5 Marma therapy: concept of self-Marma therapy, Methods of Marma therapt. Marmabhigata- Symptoms and Treatment, Precautions during Marma therapy. Marma therapy in lifestyle related health disorders. Marma therapy in geriatrics problem. Pregnancy and Marma therapy.

Reference book

- Bhaskar Govind Ghanekar: Sushruta Samhita (Vol. 3 Set; Sarirasthanam, Sutrasthanam, Nidanasthanm), Meha Publisher, 2019.
- KRSrikantha Murthy: Astanga Samgraha of Vagbhata (second edition), Chaukhambha Orientalia, 1999.
- KR. Krishna Mayer: Vagbhata's Astanga Hrdayam, Chowkhambha Krishnadas Academy, Varanasi, 2014.
- Dr. Sunil Kumar Joshi: Marma Chikitsa Vigyan, Vani Publications-Mrityunjay Mission (3rd edition), 2015.



Semester - IV

M.A. Yoga Studies			Course Code: MYS - 509			Semester – IV		
Course Name: Methods of Teaching Yoga								
Credit – 02					Maximus Marks (MM) - 100			
Evaluation scheme			Periods			Total Number of Periods -60 hrs.		
IAE	MTE	ETE	L	T	P	Type of Course: Minor		
20	20	60	2	0	0			
Objective: -								
<ul style="list-style-type: none"> ➤ Master the skills of planning and structuring yoga classes, including creating lesson plans, managing class dynamics, and adapting to the needs of different student groups. ➤ Learn and practice essential teaching techniques, including clear communication, demonstration, adjustment, and sequencing to lead yoga classes confidently and effectively. 								
Course Outcome: -								
<ul style="list-style-type: none"> ➤ Students will demonstrate the ability to design structured yoga classes, incorporating various yoga styles, sequences, and techniques tailored to different skill levels and objectives. ➤ Students will be proficient in assessing individual and group needs, ensuring safe practice environments, and modifying poses to prevent injury and accommodate physical limitations. 								

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, Quality of perfect Yoga Guru; Yogic levels of learning, Vidyarthi, Shishya, Mumuksha; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and 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 Individualized teaching; Techniques of group teaching; Organization 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 of Yoga: Meaning, Roles, Steps in action research in Yoga Teaching; Effective use of Library and other resources; Lesson Plan and its Practical applications

Unit-4: Educational tools of yoga teaching

Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc.;

Unit-5: Classroom problems

Classroom problems: Types and Solutions, Characteristics and essentials of good Yoga teaching; Timetable: Need, Types, Principles of Time table construction; Time Table for Yoga Faculty of Yoga & Health

REFERENCE BOOKS:

- Swami Dhircndra Bhrahmachari: Yogasana Vijnana, Dhirendra Yoga Publications, New Delhi.
- Swami Kuvalyananda: Asana Kaivalyadhama, Lonavla
- Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra Bihar School of Yoga, Mung
- Basavaraddi, I.V. & others: Yogasana: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
- Iyengar, B.K.S.: Light on Yoga, Harper Collins Publishers.
- Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavala. • Jayadev, Yogendra: Cyclopaedia Yoga (Vol. 1-IV), the Yoga Institute, Santa Cruz, Mumbai. • Saraswati, Swami Satyanand: Asana, Pranayama, Bandha, Mudra Bihar School of Yoga, Munge

M.A. Yoga Studies			Course Code: MYS - 510			Semester – IV		
Course Name: Yoga Psychology								
Credit – 04					Maximus Marks (MM) - 200			
Evaluation scheme			Periods			Total Number of Periods -60 hrs.		
IAE	MTE	ETE	L	T	P	Type of Course: Major		
40	40	120	3	1	0			
Objective: -								
<ul style="list-style-type: none"> ➤ Gain a comprehensive understanding of the philosophical foundations of yoga, including the concepts of the mind, consciousness, and the self as outlined in ancient yogic texts. ➤ Explore the psychological benefits of yoga practices, such as stress reduction, emotional regulation, and the enhancement of mental well-being. 								
Course Outcome: -								
<ul style="list-style-type: none"> ➤ Students will be able to apply various yoga techniques, such as meditation, pranayama (breathing exercises), and asanas (postures), to manage stress, enhance mental clarity, and improve overall psychological health. ➤ Students will develop the ability to critically analyze and integrate traditional psychological theories with yoga practices, understanding how these combined approaches can contribute to mental health and personal growth. 								

Unit-1 Introduction to Psychology:

Meaning and Definition of Psychology; Nature and Scope of Psychology; Methods of Psychology; Scientific Perspective of Modern Psychology; Interaction of Yoga and Psychology.

Unit-2 Sleep and Behaviour:

Introduction to Altered States of Consciousness; Definition of sleep; Stages of Sleep; Sleep disorders; Definition of Behaviour; Psychological basis of Behaviour.

Unit-3 Personality:

Definition and Types of Personality; Determinants of Personality- Genetic and Environmental, Social and Cultural; Personality theories of Sigmund Freud, AllPort, Carl Jung; Evaluation of Personality.

Unit-4 Cognitive Psychology:

Sensation, Perception, Attention, Memory, Learning, Definition and Types of Attitudes, Intelligence and Intelligence Quotient, Emotional Intelligence and Social Intelligence.

Unit-5 Mental Health:

Meaning of Mental Health, Positive Mental Health, Concept of Yoga and Mental Health; Causes and Consequences of Conflict and Frustration; Introduction to Common Mental Disorders - Depression, Stress, Anxiety, Insomnia, Severe Mental Disorders (Schizophrenia, Phobia, Obsessive compulsive disorder), Mental retardation, Alcohol and Drug abuse, Attempted Suicide and Suicide Prevention.

REFERENC EBOOKS:

- Hersen, M., Kazdin, A. E., & Bellack, A. S. (1991) The Clinical Psychology Handbook Pergamon. New York.
- Sweet, J. J., Rozensky, A. & Tovian, S. M. (1991) Handbook of Clinical Psychology in Clinical Practice. New York: Plenum.
- Walker, C. E. (2001) Handbook of Child Clinical Psychology. New York: John Wiley & Sons.
- आधुनिक सामान्य मनोविज्ञान, अरुण कुमार सिंह, मोतीलाल बनारसी दास पब्लिकेशन
- व्यक्तित्व मनोविज्ञान, अरुण कुमार सिंह, मोतीलाल बनारसी दास पब्लिकेशन
- मनोविज्ञान एवं समाजशास्त्र में शोध विधियाँ, अरुण कुमार सिंह, मोतीलाल बनारसी दास पब्लिकेशन

M.A. Yoga Studies			Course Code: MYS - 511			Semester – IV		
Course Name: Diet & Nutrition								
Credit – 04					Maximus Marks (MM) - 200			
Evaluation scheme			Periods			Total Number of Periods -60 hrs.		
IAE	MTE	ETE	L	T	P	Type of Course: Major		
40	40	120	3	1	0			
Objective: -								
<ul style="list-style-type: none"> ➤ To provide a comprehensive understanding of the fundamental principles of yogic diet and nutrition, including the philosophy behind food choices and their impact on physical, mental, and spiritual well-being. ➤ To explore the integration of modern nutritional science with traditional yogic dietary practices, highlighting how ancient wisdom aligns with contemporary health recommendations. 								
Course Outcome: -								
<ul style="list-style-type: none"> ➤ Students will be able to identify and explain the nutritional benefits of various yogic foods, herbs, and spices, and understand their role in enhancing immunity, digestion, and overall wellness. ➤ Students will gain comprehensive knowledge of the fundamental principles of a yogic diet, including the significance of sattvic, rajasic, and tamasic foods, and how these affect the mind, body, and spirit. 								

Unit-1 Concept and Purpose of Diet:

Concept, Definition and Purpose of Diet. Quantity and duration of food and method of consumption. Diet according to the Yogic Texts (Gherand Samhita, Hathapradipika, Bhagavad Gita). Importance of Yogic Diet in Yoga Sadhana. Diet according to the nature of the body (Vata, Pitta, Kapha). The role of Diet in lifestyle management.

Unit-2 Balanced Diet:

Concept and Definition of Balanced Diet, Characteristics of Balanced Diet, Factors affecting Balanced Diet, Concept of Mitahar, Components of Diet (Carbohydrate, Protein, Fat, Mineral salts, Vitamins, Water); Properties of Carbohydrates, Proteins and Fats, functions for the body, Dietary sources and related Deficiency diseases.

Unit-3 Vitamins, Mineral Salts:

Vitamins- Definition, Classification, Importance; Dietary Sources of Vitamins (A, B, C, D, E and K), Daily Needs, Body Functions and Deficiency Diseases; Mineral salts - Useful for the body, Dietary sources of various types of Mineral salts, Daily Needs and Functions; Deficiency diseases - Calcium, Iron, Iodine, Sulphur, Potassium. Importance of Water and function for the body.

Unit-4 Nutrition: Nutrition-

Concept, Definition, Types of Nutrition; Components of Nutrition - Proper Digestion and Absorption; The relationship between Food and Health. Daily Diet Table; Causes of Malnutrition Symptoms and Solutions; Nutrition in Childhood, Adolescence and Pregnancy.

Unit-5 Diet Therapy:

Meaning, Definition, Importance and Principles of Diet Therapy; The process of Dietary therapy; Dietary therapy of various diseases - High blood pressure, Diabetes, Asthma, Obesity, Kidney stones, Jaundice, Hyper acidity, Constipation, Anemia, Arthritis.

REFERENCE BOOKS:

- Ramesh Bijlani: Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012
- Dr. Rudolf: Diet and Nutrition, Himalayan Institute Press.
- सम्पूर्ण आहार एवं पोषण विज्ञान अनीता सिंह .डॉ –, स्टार पब्लिकेशन आगरा
- स्वस्थवृत्त विज्ञान रामहर्ष सिंह .प्रो –, चौखम्बा संस्कृत प्रतिष्ठान, दिल्ली
- प्राकृतिक स्वास्थ्य एवं योग त्रिजभूषण गोयल .डॉ –
- मेरा आहार मेरा स्वास्थ्य नागेन्द्र कुमार नीरज –, पोपुलर बुक डिपो, नई दिल्ली
- स्वस्थवृत्त विज्ञान एवं यौगिक चिकित्सा राकेश गिरि .डॉ –, शिक्षा भारती, उत्तराखण्ड

M.A. Yoga Studies			Course Code: MYS - 512			Semester – IV		
Course Name: Human System according to Yoga								
Credit – 02						Maximus Marks (MM) - 100		
Evaluation scheme			Periods			Total Number of Periods -30 hrs.		
IAE	MTE	ETE	L	T	P	Type of Course: Minor		
20	20	60	2	0	0			
Objective: -								
<ul style="list-style-type: none"> ➤ Analyze the contributions of modern and contemporary yogis in fostering global peace, social justice, and environmental sustainability. ➤ Explore case studies of yoga-inspired initiatives and movements that have aimed to resolve conflicts and promote harmony. 								
Course Outcome: -								
<ul style="list-style-type: none"> ➤ Students will create actionable plans to incorporate yoga into their personal lives and communities, aiming to contribute to a more peaceful and harmonious world, supported by evidence-based research and strategies discussed during the course. 								

Unit-1: Introduction of Human body System in text

Siddh Siddhant padtti, vashishth sanhita, Shiv sanhita, Hathratnawali Mahabharat, garbho upnishad, other upnishad and yogic text

Unit-2: Evolution of Body

Pancamahābhūtas: Pancatattvas and Pancatanmātrās, Evolution of human body in the context of Sankhya yoga, Evolution of Jnānendriyas, Karmendriyas, Mahat, manas, Buddhi, Citta and Ahankaar, Saptadhātus that make a human body.

Unit-3: Yogic Concept of Hunnan Body-1

Measurement of body, Existence of five kosha in the human body; Product of five kosha; Disturbance of each kosha. Concept of Vāyu, type, their names and function

Unit-4: Yogic Concept of Human Body-2

Introduction to Cakras; Description of Muladhara, Swadhidhithana, Manipura, Anahata, Vishuddhi, Bindubisarga and Sahasrāra Cakras: their contribution in Human Personality; Concept of Mandals, types and their work.

Unit-5: Yogic Concept of Human Body-3

Concept of Nadis, their characteristics and name of 10 major Nadis and their functions; Concept of Kundalini: Techniques of awakening kundalini; Svarayoga and its importance in health and disease.

RECOMMENDED BOOKS

1. Swami Harshananda: The Six Systems of Hindu Philosophy (Ramakrishna Matt, Bangalore, 2000)
2. Dr H R Nagendra & Dr R Nagarathna: Yoga Health (Swami Vivckananda Yoga Prakashana, 2000)
3. Swami Muktibodhananda: Hatha Yoga Pradeepika, Saraswati Yoga Publication Trust, Munger.

M.A. Yoga Studies			Course Code: MYS - 513			Semester – IV		
Course Name: Dissertation & Viva								
Credit – 04					Maximus Marks (MM) - 200			
Evaluation scheme			Periods			Total Number of Periods -60hrs.		
IAE	MTE	ETE	L	T	P	Type of Course: Major		
60	00	140	0	4	0			
Objective: -								
<ul style="list-style-type: none"> ➤ To develop students' abilities to critically analyze existing research, synthesize diverse perspectives, and contribute original insights to the field of yoga through their dissertation. ➤ To enhance students' academic writing and presentation skills, ensuring they can effectively communicate their research findings and contribute to scholarly discourse in the field of yoga studies. 								
Course Outcome: -								
<ul style="list-style-type: none"> ➤ Students will develop proficiency in conducting independent, original research in the field of yoga studies, employing appropriate methodologies, and analyzing findings critically ➤ Students will enhance their ability to communicate complex ideas effectively through written and oral presentations, producing a high-quality dissertation that contributes to the academic and practical understanding of yoga. 								

The dissertation is a Core Paper. Students will select the Research Topic themselves and prepare the research plan. In doing so the consent of the guide is necessary. After completing the Dissertation work, its two typed copies will be submitted to the Department fifteen days before the written examination. The evaluation of the Dissertation will be done by the External examiner in coordination with the Supervisor & the Department Head. The Viva-Voce exam will also be conducted under it.

The evaluation pattern is as below:

- | | |
|------------------------------|-----------|
| 1. Internal assessment | 60 Marks |
| 2. Dissertation Written work | 100 Marks |
| 3. Viva-Voce | 40 Marks |

M.A. Yoga Studies			Course Code: MYS - 514			Semester - IV		
Course Name: Practical								
Credit – 04					Maximus Marks (MM) - 200			
Evaluation scheme			Periods			Total Number of Periods - 105 hrs.		
CIA	MTE	ETE	L	T	P	Type of Course: Skill		
00	00	200	0	1	3			
Objective: -								
<ul style="list-style-type: none"> ➤ Attain holistic well-being by cleansing the body, enhancing physical vitality, and achieving mental clarity through yoga practices encompassing asanas, pranayama, mudras, and meditation. 								
Course Outcome: -								
<ul style="list-style-type: none"> ➤ Enhanced physical and mental well-being through purification, flexibility, breath control, energy channeling, and spiritual connection. 								

Asana :- (50 Marks)

Chakarasana, Ardha Badha Padhamotanasana, JannuShirshasana, Purna Matsyendrasana, Kukkutasana, Tittibhasana, Bala Garbhasana, Purna Ushtrasana, Virasana, Padma Mayurasana, Purna Shalabhasaba, Vrishchikasana, UtthitaDwipadSirasana, ViparitTittibhasana, Uttithita Paschimotanasana, Purna Halasana

Pranayama Practice :- (20 Marks)

Sheetkari, Stambhavriti, Chandrabhedhi,

Meditations :- (10 Marks)

DivyaAnudan Ki Dhyana Sadhana, Nada Yoga

Mudra/Bandha :- (10 Marks)

Mahavedha, Uddiyana Bandh, Mahabandha, **Hast Mudra** — (Shankh, Surbhi, Nirvan)

Shatkarma :- (20 Marks)

VyutkarmaKapalbhati, Agnisar, Noulli, Vastradhouti, ShankhaPrakshalana

Mantra :- (10 Marks)

Savitri Upasana, Devahana Mantra

Viva-Voce :- (20 Marks) (Note: submit hard copy of practical file).

M.A. Yoga Studies			Course Code: MYS - 515			Semester – IV		
Course Name: Essence of Bhagavad Gita for Personality Development								
Credit – 02						Maximus Marks (MM) - 100		
Evaluation scheme			Periods			Total Number of Periods -30		
IAE	MTE	ETE	L	T	P	Type of Course: Minor		
20	20	60	2	0	0			
Objective: - Following the completion of this course, students shall be able to:								
<ul style="list-style-type: none"> ➤ Understand the significance of Bhagavad gita and its essence. ➤ Understand the concept of Atman, Paramatman, Sthitaprajna. ➤ Have a deep understanding between the qualities of a Karma and Bhakti yogi. ➤ Understand the concept of Ahara its role in healthy living. 								
Course Outcome: -								
<ul style="list-style-type: none"> ➤ Upon completion of this course, students will be equipped with a comprehensive understanding of Bhagavad Gita, enabling them to critically evaluate and apply these approaches to enhance the knowledge while also fostering an appreciation for the integration of traditional values. 								

Unit – 1: Significance of Bhagavadgita as synthesis of yoga.

Introduction to Bhagavadgita; Bhagavadgita and traditional commentaries; Bhagavadgita: a synthesis of Yoga; Definitions of Yoga in Bhagavadgita and their relevance; Bhagavadgita and their relevance in Yoga Sadhana.

Unit–2: Concept of Atman, Parmatman and characteristic of Sthita prajna in Bhagavdgita.

Concept of Samkhya Yoga in Bhagavadgita; Concept of Sthita Prajna, stages and characteristic of it; Concept of Atman (Purusha), Jivatman; Concept of Paramatman (Parmeshwar or Purushottam) their characteristic in Bhagavadgita; Concept of Jnana and Jnana Yoga, origin of the world as described in Bhagavadgita

Unit-3: Karma yoga and Bhakti yoga in Bhagavadgita.

Concept of karma Yoga in Bhagavadgita; Concept of Bhakti, concept of Shraddha and its relevance as described in Bhagavad Gita Yoga of Bhakti and Bhakta as described in hagavadgita; Dhyana Yoga together with devotion as described in Bhagavadgita and Nature of Dhyana in Bhagavadgita.

Unit – 4: Concept of ahara and role of Bhagavadgita in healthy living.

Role of Bhagavadgita in day to day life; Concept and classification of Ahara as described in Bhagavadgita; Ahara and its role in Adhyatma Sadhana; Concept of Triguna in the context of Bhagavadgita; Theory of Adjustment in healthy living as described in Bhagavadgita.

TEXT BOOKS

1. Swami Gambhiranand ; Bhagavadgita (with Gudharth Dipika) Sri Ramkrishna Matha Madras
2. Swami Gambhiranand; Bhagvatgita with the commentary of Sankaracharya, Advita Ashrama, Kolkata, 2003
3. Swami Ramsukhadas; Srimad Bhagavadgita (Sadhaka Sanjivani) Gita PressGorakhpur
4. Swami Ranganathananda ; Bagavadgita, Advaita Ashrama Sub- Dept-5 Deli Entally Road Kolkata

BOOKS FOR REFERENCE

1. Swami Shrikantananda; Gita Darshana, Indian Institute of Human ExcellenceHyderabad
2. Swami Tapasyananda ; Srimadbhagavadgita Sri Ramkrishna Matha Madras
3. Swami Abhidananda Bhagvatgita, the divine message, Ramakrishna Vedanta Matha, Kolkata, 1990
4. Swami Raghvenderananda; Universal message of the Bhagvatgita, Advita Ashrama, Kolkata, 2000

M.A. Yoga Studies			Course Code: MYS - 416			Semester – IV		
Course Name: Yoga & Self Management								
Credit – 04						Maximus Marks (MM) - 200		
Evaluation scheme			Periods per week			Total Number of Hours -60		
CIA	MTE	ETE	L	T	P	Type of Course: Major		
40	40	120	2	3	0			
Objectives:- <ul style="list-style-type: none"> ➤ It is important to understand the importance of self-management, self-confidence. ➤ This program will help students to learn about the development of extrasensory perception and learning ability. ➤ Students will be able to recognize the types of yoga, their role in making human life useful. ➤ Students will be able to understand the principles of Brahmavidya and the features of Tattvadarshan. ➤ Students will learn about the upcoming possibilities in human life and the uniqueness present in the human body. 								
Course Outcome: - <ul style="list-style-type: none"> ➤ To develop a comprehensive understanding of self management, its importance in life, stress management, factors that help in the journey towards leadership qualities. ➤ Students will develop experiential knowledge of self-esteem and self-confidence, creative and logical thinking, emotional strength and development of leadership abilities. ➤ <input type="checkbox"/> It will help students to cope with social activities and adjustment in family environment.. 								

Yoga & Self Management

Unit-1 Nature of Self Management

1. Meaning of Self, Definition, Importance and Self Evaluation.
2. Self-esteem and self-confidence.
3. Concept and Need of Self Management.
4. Factors and measures hindering self-management.

Unit-2 Self Management Through Yoga Sadhana

5. Development of extrasensory ability and learning ability
6. Spiritual need in human life
7. Awakening of spiritual power
8. Principles of Spirituality & Self Management

Unit-3 Development of Self Capability

9. Imagination and will power
10. Creative and logical Thinking
11. Development of emotional strength
12. Development of Speech & Communication

Unit-4 Family and Social Management

13. Adjustments
14. Family and Social Adjustment
15. Balanced and attractive personality
16. Leadership Ability

Unit-5 Modern Life and Yogic Management

17. Importance of time in modern lifestyle and factors that wasting time
18. Yogic method of time management
19. Stress and the need for stress management in modern life
20. Yogic remedies for stress management

References

- The Complete Illustrated Book of Yoga" by Swami Vishnu-devananda
- Light on Yoga" by B.K.S. Iyengar
- The Heart of Yoga: Developing a Personal Practice" by T.K.V. Desikachar
- Yoga Anatomy" by Leslie Kaminoff and Amy Matthews
- The Yoga Bible" by Christina Brown
- Ayurveda: The Science of Self-Healing" by Dr. Vasant Lad
- The Ayurveda Bible: The Definitive Guide to Ayurvedic Healing" by Anne McIntyre
- The Yoga of Herbs: An Ayurvedic Guide to Herbal Medicine" by Dr. David Frawley and Dr. Vasant Lad "Self Management for Individual & Organizational Success"- Prof. Srikanta Patnaik.