Visva-Bharati

Department of Yogic Art & Science, Vinaya Bhavana

Syllabus for Bachelor of Science Yoga
[B.Sc. Yoga]

Preamble

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body, thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well- being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root '*yuj*' meaning "to join", "to yoke" or "to unite". Therefore the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course the student is taught the concepts of Yoga for the treatment and prevention of various psychosomatic ailments. This course looks at training the enthusiasts to become Yoga therapist so that they could teach yoga under the supervision of a doctor for health and healing.

I. Title of the Programme

The programme shall be called "**Bachelor of Science (Honours) in Yoga" [B.Sc. (Hons.) in Yoga]**

II. Aim of the Programme

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

III. Objectives of the programme

- To introduce Yoga therapy, its principles and practices of Yoga to people with various lifestyle disorders.
- To make the people aware of the therapeutic and preventive value of Yoga.
- To bring peace and harmony in the society at large by introducing the Yogic way of life.
- To create therapists of high caliber to make the society free from stress and lifestyle related diseases.

Duration: The duration of the programme will be four years (8 semesters).
Eligibility: The candidate should have completed 12^{th} standard in any discipline from a recognized board or equivalent.

Scheme of Teaching and Examination:

Semester-I			
Course Code	**Course**	**Type**	**Credit**
MJYOGA - 1	Foundation of Yoga	Major	4
MJYOGA - 2	Human Anatomy and Physiology-I	Major	4
MNYOGA - 1	Fundamentals of Yoga (T+P)	Minor	3+1=4
		Int/Mult	3
AECC - 1	English-1	AECC	2
SEC-1	Yoga Practicum-I	SEC	3

MULTI-1	Applications of Yoga	Multidisciplinary	3
	Tagore Studies	CVAC	3
		Total Credits	**23**
Semester-II			
Course Code	**Course**	**Type**	**Credit**
MJYOGA-3	Introduction to Hatha Yoga and it's texts	Major	4
MJYOGA-4	Human Anatomy and Physiology-II	Major	4
MNYOGA-1	Fundamentals of Yoga (T+P)	Minor	4
		Int/Mult	3
AECC-1	MIL-1	AECC	2
SEC-2	Yoga Practicum-II	SEC	3
	Environmental Studies	CVAC	3
		Total Credits	**23**
		Summer Internship	**46+4**

Semester-III			
Course Code	**Course**	**Type**	**Credit**
MJYOGA-5	Patanjali Yoga Darshana	Major	4
MJYOGA-6	Yoga Practicum-III	Major	4
MNYOGA-2	Introduction to Hatha Yoga and Patanjali Yoga Sutra (T+P)	Minor	3+1=4
		Int/Mult	3
AECC-3	English-2	AECC	2
SEC-3	Computer Application (Practicum)	SEC	3
		Total Credits	**20**
Semester-IV			
Course Code	**Course**	**Type**	**Credit**
MJYOGA-7	Essence of Bhagavad Gita and Principal Upanishads	Major	4
MJYOGA-8	Basis of Yoga Therapy	Major	4
MJYOGA-9	Yoga Psychology (T+P)	Major	3+1=4
MJYOGA-10	Yoga Practicum-IV	Major	4
MNYOGA-2	Introduction to Hatha Yoga and Patanjali Yoga Sutra (T+P)	Minor	4
AECC-4	MIL-2	AECC	2

		Total Credits	**22**
		Summer Internship	**88+4**
Semester-V			
Course Code	**Course**	**Type**	**Credit**
MJYOGA-11	Yogic Management of Lifestyle related disorders	Major	4
MJYOGA-12	Fundamentals of Ayurveda and Naturopathy (T+P)	Major	2+2=4
MJYOGA-13	Yoga Practicum-V	Major	4
MNYOGA-3	Therapeutic Yoga (T+P)	Minor	3+1=4
		Total Credits	**16**
Semester-VI			
Course Code	**Course**	**Type**	**Credit**
MJYOGA-14	Methods of Teaching Yoga	Major	4
MJYOGA-15	Diet and Nutrition	Major	4
MJYOGA-16	Teaching Practicum-VI	Major	4
MNYOGA - 3	Therapeutic Yoga (T+P)	Minor	4
		Total Credits	**16**
		Summer Internship	**120+4**
Semester-VII (with Research)			
Course Code	**Course**	**Type**	**Credit**

MJYOGA-17	Research Methodology and Statistics	Major	4
MJYOGA-18	Applied Yoga	Major	4
MJYOGA-19	Yoga Practicum-VII	Major	4
	Dissertation-1	Research	4
MNYOGA-4	Teaching methods of Yoga (T+P)	Minor	3+1=4
		Total Credits	**20**

Semester-VIII (with Research)

Course Code	**Course**	**Type**	**Credit**
MJYOGA-21	Introduction to Yoga Upanishads	Major	4
MJYOGA-22	Yoga Practicum-VIII	Major	4
	Dissertation-2	Research	8
MNYOGA-4	Teaching methods of Yoga (T+P)	Minor	4
		Total Credits	**20**
		Summer Internship	**160+4**

Syllabus of B.Sc. Yoga (Honors) without Research according to NEP 2020

Semester-VII			
Course Code	**Course**	**Type**	**Credit**
MJYOGA-17	Research Methodology and Statistics	Major	4
MJYOGA-18	Applied Yoga	Major	4
MJYOGA-19	Yoga Practicum-VII	Major	4
MJYOGA-20	Case Study and Counselling: Practicum (In lieu of Dissertation-I)	Major	4
MNYOGA-4	Teaching Methods of Yoga (T+P)	Minor	3+1=4
		Total Credits	**20**

Semester-VIII			
Course Code	**Course**	**Type**	**Credit**
MJYOGA-21	Introduction to Yoga Upanishads	Major	4
MJYOGA-22	Yoga Practicum-VIII	Major	4
MJYOGA-23	Alternative Therapies (In lieu of Dissertation-II)	Major	4
MJYOGA-24	Field Training (In lieu of Dissertation-II)	Major	4

MNYOGA-4	Teaching methods of Yoga (T+P)	Minor	4
		Total Credits	**20**
		Summer Internship	**160+4**

Detailed Syllabus

SEMESTER - I

MJYOGA-1: Foundation of Yoga

Course Objectives: The subject entitled 'Foundation of Yoga' has the following objectives:

- Students of the UG course will have an understanding about the origin, history and development of Yoga.
- They will have an idea about the insights of Indian philosophy and Astika & Nastika darshanas.
- Introduction about Yoga according to various yogic texts.

Total No. of Hours - 60	**Theory**	**Tutorial**	**Practical**
Credits	**4**	**0**	**0**
Hours per week	**4**	**0**	**0**
Scheme of examination			
Total marks: 100		**Duration of Examination: 3 hours**	
Theory		**Practical : Nil**	
Final Examination	**Internal Assessment**	**Final Examination**	**Internal Assessment**
80	**20**	**-**	**-**

Unit-1: General introduction to yoga **[15 hrs]**

Brief about origin of Yoga: History and Development of Yoga: prior to the Vedic period, Vedic period, Medieval period, modern era; Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions of Yoga; Brief about Streams of Yoga; Principles of Yoga, Importance of Yoga.

Unit - 2: General introduction to Indian philosophy **[15 hrs]**

Philosophy: meaning, definitions and scope; Indian Philosophy: Salient features, Branches (Astika and Nastika Darshanas), Distinction from Religion and Science, Brief introduction to Prasthanatrayee and Purushartha Chatushtaya; Relationship between Yoga and Indian Philosophy.

Unit - 3: Brief about Yoga in texts – I **[15 hrs]**

Brief to Upanishads and Yoga in Principal Upanishads, Yoga in Yogopanishad; Yogic perspective of Epics: Ramayana, Adhyatma Ramayana and Mahabharata; Yogic perspective: Bhagavad Gita, Yoga Vasishtha, Narada Bhakti Sutras.

Unit-4: Brief about Yoga in texts – II **[15 Hrs.]**

Yogic perspective: Smritis, Puranas with emphasis to Bhagavat Purana; Yogic perspective to Shad- darshanas; Emphasis to Vedantic approach of Shankara, Ramanuja, Madhva and Vallabha; Brief: Agamas, Tantras, Shaiva Siddhanta, Gorakshanath Tradition, Yoga traditions of Swami Vivekananda, Sri Aurobindo, Maharishi Ramana and Maharshi Dayanand Saraswati.

TEXT BOOKS

1. Lal Basant Kumar : Contemporary Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd, Delhi, 2013
2. Dasgupta S. N : History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
3. Singh S. P : History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010
4. Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010

BOOKS FOR REFERENCE

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

MJYOGA-2: Human Anatomy and Physiology - I

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

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

<table>
<tr><td>Total No. of Hours – 60</td><td>Theory</td><td>Tutorial</td><td>Practical</td></tr>
<tr><td>Credits</td><td>4</td><td>0</td><td>0</td></tr>
<tr><td>Hours per week</td><td>4</td><td>0</td><td>0</td></tr>
<tr><td colspan="4">Scheme of examination</td></tr>
<tr><td colspan="4">Total marks: 100 Duration of Examination: 3 hours</td></tr>
<tr><td colspan="2">Theory</td><td colspan="2">Practical : Nil</td></tr>
<tr><td>Final Examination</td><td>Internal Assessment</td><td>Final Examination</td><td>Internal Assessment</td></tr>
<tr><td>80</td><td>20</td><td>-</td><td>-</td></tr>
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Unit-1: Cell and Tissue [15Hrs]

Cell structure –Plasma membrane and protoplasm; Cell organelles –Mitochondria, Golgi Body,Endoplasmic reticulum, Lysosome, Peroxisome, Centrosome, Nucleus-Nuclear membrane,chromosome,nucleolus; Homeostasis; Structure and function of epithelial - simple and compound; Connective -connective tissue proper, skeletal and vascular;

Unit-2: Musculo-skeletal system [15Hrs]

Muscular - Skeletal, involuntary and cardiac; Nervous tissues-Myelinated neuron and Non myelinated neuron; Anatomy of the Skeleton: Classification of bones-Axial bones and appendicular bones; Types of joint –Synovial joints and Fibrous joint; Structure of synovial joints; Types of synovial joints; Types of Muscle in the body(striated ,Smooth muscle, Cardiac muscle); Mechanism of muscle contraction.

Unit-3: Biomolecules, Digestive and Respiratory System [15 Hrs]

Carbohydrates; Fats; Proteins; Minerals; Vitamins (fat soluble and water soluble); Dietary fibres Balanced diet; Digestive system: Anatomy of digestive system and associated organs, physiology of digestion and absorption; secretions in alimentary canal; Malnutrition and undernutrition; Respiratory system of human-Nose, nasal cavity, pharynx,Trachea,Larynx, bronchiole, lungs; Mechanism of breathing (Expiration and inspiration); Transport of respiratory gases (transport of oxygen and carbon dioxide), Lung volumes, Non-respiratory functions of lungs.

Unit-4: Cardiovascular System [15 Hrs]

Composition and function of blood –Plasma ,RBC,WBC and Platelet; Blood groups and their importance; Blood clotting; Anatomy and physiology of heart; Organisation of systemic and pulmonary circulation; Cardiac output and cardiac cycle; Functional anatomy of blood ; vessels; Blood pressure and regulation of blood pressure.

TEXT BOOKS

1. Tortora and Bryan: Anatomy and Physiology

2. Khurana: Anatomy and Physiology

3. Ross & Wilson Anatomy and Physiology in Health and Illness

BOOKS FOR REFERENCE

1. Bijlani R.L.: Understanding of Human Physiology, Jaypee Brothers Medical Publishers Pvt. Ltd, New Delhi, 2011

2. Arthur C Gyton & Hall: Medical Physiology, Reed Elsevier India Pvt. Ltd, New Delhi, 2006

3. Chatterji C. C: Human Physiology Vol. I & II, Medical Allied Agency, Kolkata, 2004

4. Sharma J. P: A-Z Illustrated Encyclopaedia of Human Anatomy & Physiology, Khel Sahiyta Kendra, Delhi, 2005

5. Pal G. K & others: Textbook for practical Physiology, Orient Longman Pvt. Ltd, Hyderabad,

SEC-1: Yoga Practicum - I

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

- Make the students recite the Vedic hymns skillfully
- Understand the concept and principles of Shatkarmas
- Know and understand about breathing practice and basic pranayama
- Understand and perform Basic Asanas

Total No. of Hours - 90	**Theory**	**Tutorial**	**Practical**
Credits	**0**	**0**	**3**
Hours per week	**0**	**0**	**6**
Scheme of examination			
Total marks: 75 **Duration of Examination: 2.5 hours**			
Theory		**Practical : Nil**	
Final Examination	**Internal Assessment**	**Final Examination**	**Internal Assessment**
-	**-**	**60**	**15**

Unit-I (Karma Yoga and Shatkarma) [10 hrs.]

- Selfless/Non-Ego centric activities under the guidance of the teacher
- Jala Neti, Sutra/Rubber Neti, Kapalbhati, Agnisara, Vamana (APMB)

Unit-II (Preliminary Practices and Asanas) [30 hrs.]

Preliminary Practices

- Pawanmuktasana Series-I (APMB)
- Surya Namaskara with Mantra (APMB)
- Chandra Namaskara with Mantra (APMB)

Asanas

- Tadasana, Tiryaka Tadasana, Kati Chakrasana, Vrikshasana, Padahastasana, Ardhchakrasana

- Vajrasana, Marjariasana and Vyaghrasana with Variations, Shashankasana, Janusirasana
- Shalbhasana, Bhujangasana, Dhanurasana, Tiryaka Bhujangasana, Makarasana, Ardha Halasana, Setubandhasana, Halasana, Shavasana

Unit-III (Preliminary Practice and Pranayama) [30 hrs.]

- Breath Awareness, Abdominal Breathing, Thoracic Breathing, Clavicular Breathing, Yogic Breathing, Rabbit Breathing, Dog Breathing, Tiger Breathing

Pranayama

- Nadishodhan (1:1), (1:2)
- Nadishodhana with Kumbhaka (1:1:1)
- Pranakarshan Pranayama

Unit-IV (Mudra, Bandha and Mantra) [20 hrs.]

Mudra: Jnana Mudra, Chin Mudra, Bhairava/Bhairavi Mudra, Shanmukhi Mudra

Bandha: Jalandhar Bandha, Uddiyana Bandha, Moola Bandha, Maha Bandha

Mantra: Gayatri Mantra, Shanti Mantra 1 (Sahana Vavatu), Gayatri Stavanam, Pranava Mantra, Sarve Bhavantu.

TEXT BOOK:

1. Swami Satyananda Saraswati : Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006
2. Dr. Nagendra H R : Pranayama, The Art & Science, Swami Vivekananda Yoga Prakashan, Bangalore, 2005

BOOKS FOR REFERENCES:

1. Swami Vivekananda : Karma Yoga, Advaita Ashrama, India, 2010
2. Basavaraddi, I.V. & others : SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
3. Swami Kuvalyananda : Asana, Kaivalyadhama, Lonavla, 1993
4. Mantra Pushpam, Ramakrishna Math, Khar, Mumbai
5. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009
6. Sri Ananda : The Complete book of Yoga, Orient Course Backs, Delhi, 2003.
7. Saraswati S N: Prana and Pranayama, Yoga Publication Trust, Munger, Bihar, India, 2009

MNYOGA-1: Fundamentals of Yoga

Course Objectives: The subject entitled 'Fundamentals of Yoga' has the following objectives:

- **The students will have an understanding about the origin, history and development of Yoga.**
- **Introduction about Yoga according to various yogic texts and Darshanas.**
- **Develop understanding of Breathing practices, Sukshma Vyayama and Shatkarmas.**

Total No. of Hours - 75	**Theory**	**Tutorial**	**Practical**
Credits	**3**	**0**	**1**
Hours per week	**3**	**0**	**2**
Scheme of examination			
Total marks: 100		**Duration of Examination: 3 hours**	
Theory: 75		**Practical : 25**	
Final Examination	**Internal Assessment**	**Final Examination**	**Internal Assessment**
60	**15**	**20**	**05**

Unit-1: General introduction to yoga [15 hrs]

Brief about origin of Yoga: History and Development of Yoga: prior to the Vedic period, Vedic period, Medieval period, modern era; Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions of Yoga; Brief about Streams of Yoga(Jnana, Bhakti, Karma and Raja yoga); Principles of Yoga, Importance of Yoga.

Unit - 2: General introduction to Indian philosophy [15 hrs]

Philosophy: meaning, definitions and scope; Indian Philosophy: Salient features, Branches (Astika and Nastika Darshanas), Distinction from Religion and Science, Brief introduction to Prasthanatrayee and Purushartha Chatushtaya; Relationship between Yoga and Indian Philosophy.

Unit - 3: Yoga in ancient texts and their contemporary models [15 hrs]

Brief to Upanishads and Yoga in Principal Upanishads, Yogic perspective: Bhagavad Gita, Yoga Vasishtha, Narada Bhakti Sutras, Yogic perspective: Smritis, Puranas with emphasis to Bhagavat Purana; Yogic perspective to Shad- darshanas; Emphasis to Vedantic approach of

Shankara, Ramanuja, Madhva and Vallabha, Yoga traditions of Swami Vivekananda, Sri Aurobindo, Maharishi Ramana and Maharshi Dayanand Saraswati.

Unit - 4: Practical [30 hrs]

Breathing Practices - Rabbit Breathing, Dog Breathing, Tiger Breathing, Hands in and out Breathing, Hand stretch breathing, Ankle stretch breathing, Yogic breathing; Pawanmuktasana series-I, Shatkarmas, Surya Namaskar.

TEXT BOOKS

1. Lal Basant Kumar : Contemporary Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd, Delhi, 2013
2. Dasgupta S. N : History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
3. Singh S. P : History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010
4. Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010
5. Asana Pranayama Mudra Bandha by Swami Satyananda Saraswati

BOOKS FOR REFERENCE

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

MULTI-1: Applications of Yoga

Course objectives: After the completion of this course, students shall be able to

- Integrate yoga techniques into daily life
- Learn yoga techniques for stress reduction
- Develop strategies for managing anger in real life situations
- Assess and implement the impact of Yoga on cognitive development

Total No. of Hours - 90	**Theory**	**Tutorial**	**Practical**
Credits	**0**	**0**	**3**
Hours per week	**0**	**0**	**6**
Scheme of examination			
Total marks: 75			**Duration of Examination: 2.5 hours**
Theory : Nil		**Practical**	
Final Examination	**Internal Assessment**	**Final Examination**	**Internal Assessment**
-	**-**	**60**	**15**

Unit - I: General Yoga practices **[30 hrs]**

Introduction to yogic practices. Basic asanas, pranayamas, mudras and bandhas.

Unit - II: Yoga for Stress management **[30 hrs]**

Understanding the concept and mechanism of stress. Ways to cope up with stress through various yogic practices. Yogic techniques of stimulation and relaxation.

Unit - III: Yoga for cognitive development for students **[30 hrs]**

Understanding of Cognition and its domains. Atmabodh and Tattva bodh sadhana. Trataka, pratyahara practices, Ajapa Japa, Antar Mouna.

TEXT BOOK:

1. Swami Satyananda Saraswati : Asana, Pranayama, Bandha, Mudra, Yoga publications trust, Munger, 2006

2. Dr. H.R. Nagendra : New perspectives in stress management, Swami Vivekananda Yoga Prakashana.
3. Swami Satyananda Saraswati : Meditation from the Tantras, Yoga publications trust, Munger.

BOOKS FOR REFERENCE:

1. B.K.S Iyengar : Light on Yoga, Thorsons publisher.
2. B.K.S Iyengar : Light on Pranayama, Element publisher.

SEMESTER - II

MJYOGA-3: Introduction to Hatha Yoga and it's texts

Course Objectives: By introducing hatha Yoga & its Texts, students shall be able to:

- Have an understanding about prerequisites, principles about Hatha Yoga.
- Understand the relationship between Patanjala and Rajayoga.
- Have an understanding about the concept of yoga in other yogic texts

Total No. of Hours - 60	**Theory**	**Tutorial**	**Practical**
Credits	**4**	**0**	**0**
Hours per week	**4**	**0**	**0**
Scheme of examination			
Total marks: 100		**Duration of Examination: 3 hours**	
Theory: 100		**Practical : Nil**	
Final Examination	**Internal Assessment**	**Final Examination**	**Internal Assessment**
80	**20**	**-**	**-**

Unit - I: General introduction to Hatha yoga and Pre-requisites [15 Hrs.]

- Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions, Natha Cult Hatha Yogis and their contribution
- Badhaka Tattva (Obstacles) and Sadhaka Tattva (Facilitatory factors) in Hatha Yoga; Concepts of Matha, Concept of Mitahara, Pathya (conducive) and Apathya (non-conducive), Dasha Yama and Niyama, Rules and regulations to be followed by Hatha Yogi

Unit - 2: Chief Hatha Yogic Concepts [10 Hrs.]

- Concept of Ghata, Ghatashudhi**,** Concept of Swas-prashwas, Vayu, Prana and Upaprana, Concept of Kand, Nadi, Swar, Chakra and Granthi; Kundalini prabodhan, Unmani avastha, Hatha Siddhi Lakshanam.

Unit - 3: Main Practices from Hatha Pradipika and Gherand Samhita [20 Hrs.]

- Shatkarma; Types and benefits
- Asanas; definition, prerequisites and their benefits
- Pranayama; Phases and stages, prerequisites and their benefits
- Introduction to Mudras and Bandhas with their benefits
- Introduction to Pratyahara, Dhyana and Samadhi
- Nadanusandhana and its stages

Unit-4: Relationship between Patanjala Yoga and Hatha Yoga [15Hrs.]

- Patanjala Yoga: Philosophical Foundations of Patanjala Yoga, Ashtanga Yoga of Patanjali, Relevance of Patanjala Yoga in day-to-day life;
- Hatha Yoga: Philosophical Foundations of Hatha Yoga, Hatha Yoga Sadhana, Chaturanga Yoga and Saptanga Yoga, Relevance of Hatha Yoga in day-to-day life; Inter Relationship between Patanjala Yoga and Hatha Yoga and their interdependence; Kundalini Yoga: Philosophical Foundations and Practices of Kundalini Yoga.

TEXT BOOKS:

1. Swami Muktibodhananda Saraswati Sahay G.S.: Hatha Yoga Pradipika, Bihar school of yoga publications, Munger, 2000

2. HathaYoga Pradipika of Svatmarama, MDNIY Publication, 2013

3. Sharma BR: Jotsna (Commentary of HathaYoga Pradipika) Kaivalyadhama, Lonavala, 2013

BOOKS FOR REFERENCE

1. Gharote, M.M. & others: Therapeutic references in Traditional Yoga Texts, the Lonavla Institute, Lonavla, 2010

2. Gharote ML: Hatharatnavali, The Lonavala Yoga Institute, Lonavala, Pune, IInd Edition, 2009

3. Briggs GW: Gorakshnatha and the Kanphata Yogis, 8th Edition, 2009

4. Swami Kuvalyananda & Shukla, S.A.: Gorakshasatkam, Kaivalyadhama, Lonavla, 2006

5. Gharote M.L. & Pai, G.K. (Edi): Siddhasidhantpaddhati, Kaivalyadhama, Lonavla,2005.

6. Burley, Mikel: Hatha Yoga, Its Context Theory and Practice, M.L.B.D. Delhi, 2000.

7. Swami Digambarji & Gharote M.L.: Gheranda Samhita, Kaivalyadhama, Lonavla, 1978.

8. Swatmaramaji : Hathapradipika (Jyotsana- tika), Adyar Library,Madras.

9. Bharati, Swami Veda Reddy Venkata:Philosophy of Hatha Yoga (English), Himalayan, Pennsylvania, Hatharatnavali

MJYOGA-4: Human Anatomy and Physiology - II

Course Objectives: Following the completion of the course, students shall be able:

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

Total No. of Hours - 60	**Theory**	**Tutorial**	**Practical**
Credits	**4**	**0**	**0**
Hours per week	**4**	**0**	**0**
Scheme of examination			
Total marks: 100		**Duration of Examination: 3 hours**	
Theory		**Practical : Nil**	
Final Examination	**Internal Assessment**	**Final Examination**	**Internal Assessment**
80	**20**	**-**	**-**

Unit-1:Nervous system and special senses **[15 hrs]**

Structure and function of neuron, subdivision of nervous system,Structure and function of human brain, Structure and function of spinal cord, Cerebrospinal fluid, Cranial nerve and spinal nerve, Reflex action, Mechanism of nerve conduction, Synapse and synaptic transmission, Structure and function of eye, ear, nose, tongue and skin.

Unit-2:Endocrine System **[15 hrs]**

Types of gland: Endocrine and exocrine, Structure and function of important endocrine glands (Pituitary, Adrenal, Thyroid, Parathyroid, Pancreas, gonads), Function of GI tract hormones, Mechanism of hormone action.

Unit -3: Reproductive and Excretory system **[15 hrs]**

Male reproductive system of human.-Testis, penis, epididymis, prostate gland; Female reproductive system of human-ovary, uterus, vagina, cervix, fallopian tube; Menstrual cycle; Gametogenesis- Spermatogenesis and oogenesis; Fertilization; Implantation and embryonic development; Pregnancy; Excretory system of human-Kidney, ureter, urinary bladder, urethra; Structure of Nephron and Kidney; Mechanism of urine formation-Ultrafiltration, selective reabsorption, tubular secretion; Role of kidney in osmoregulation.

Unit-4:Lymphatic system And Immune system [15 hrs]

Lymphoid organ-Bone marrow, Thymus, spleen ,Lymph node, Composition and function of lymph, Immunity, Types of immunity-Innate immunity and acquired immunity, Antigen and antibody, Hypersensitivity, Autoimmunity.

TEXT BOOKS

1. Tortora and Bryan: Anatomy and Physiology
2. Khurana: Anatomy and Physiology
3. Ross & Wilson Anatomy and Physiology in Health and Illness

BOOKS FOR REFERENCE

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

SEC-2: Yoga Practicum - II

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

- Understand the concept and principles of Sukshma and Sthula vyayama
- Perform Shatkarmas and asanas in addition to the previous semester's practices
- Recite the mantras and shall be accomplished in selfless actions
- Perform pranayama with Kumbhaka in addition to the previous semester's practices

Total No. of Hours - 90	**Theory**	**Tutorial**	**Practical**
Credits	**0**	**0**	**3**
Hours per week	**0**	**0**	**6**
Scheme of examination			
Total marks: 75		**Duration of Examination: 3 hours**	
Theory: Nil		**Practical : 75**	
Final Examination	**Internal Assessment**	**Final Examination**	**Internal Assessment**
-	**-**	**60**	**15**

Unit-I: Yogic sukshma and sthula vyayama-I [30 Hrs.]

Yogic suksma vyayama Uccharana-sthala tatha Vishudha-chakra-shuddhi (for throat and voice); Prarthana (Prayer) Buddhi-tathadhriti shakti-vikasaka (for developing will power); Smarana shakti- vikasaka (for improving the memory); Medha shakti-vikasaka (for improving the intellect and memory); Netra shakti-vikasaka (for the eyes); Kapola shakti-vardhaka (for the cheeks); Karna shakti-vardhaka (for the ears); Griva shakti-vikasaka (for the Neck) (i), (ii) and (iii), Skandha-tatha-bahu-mula shakti-vikasaka (for the shoulders), Bhuja-bandha shakti-vikasaka, Kohini shakti-vikasaka, Bhuja-valli shakti-vikasaka, Purna-bhuja shakti- vikasaka (for the arms), Mani-bandha shakti-vikasaka, Kara-prstha shakti-vikasaka, Kara- tala shakti-vikasaka, Anguli-mula shakti-vikasaka (for the fingers), Anguli- shakti-vikasaka (for the fingers), Vaksa-sthala shakti-vikasaka (for the chest) (1), Vaksa-sthala shakti- vikasaka (for the chest) (2), Udara shakti-vikasaka (for the abdomen) (i) to (x); Kati shakti- vikasaka (for the waist) (i) to (v), Muladhara-chakra-suddhi (for the rectum), Upastha tatha-svadhisthana-chakra-suddhi (for the genital organs), Kundalini shakti-

vikasaka (for the kundalini), Jangha shakti-vikasaka (for the thighs) (i) & (ii), Jangha shakti-vikasaka (for the thighs) (ii) , Janu shaktivikasaka (for the knees), Pindali shakti-vikasaka (for the calves), Pada-mula shakti-vikasaka, Gulpha-padapristha-pada-tala-shakti-vikasaka (for the ankles and the feet), Padanguli shakti-vikasaka (for the toes)

Unit-II: Yogic sthula vyayama [10 Hrs]

Rekha-gati (Walking in a Straight line), Hrid-gati (Injanadaur – the Locomotive Exercise), Utkurdana (Jumping Exercise), Urdhva-gati (Upward Movement), Sarvanga-pusti (Developing the Entire body)

Unit-III (Preliminary Practices and Asanas) [30 Hrs]

Preliminary Practices

- Pragya Yogasana Series

Asanas

- Trikonasana, Parivrittatrikonasana, Parshvakonsasana, Veerasana, Garudasana
- Suptavajrasana, Vakrasana, Ardhmatsyendrasana, Pashchimottanasana, Akarnadhanurasana, Gomukhasana
- Urdhvamukhoshvanasana, Purna Dhanurasana, Pawanmuktasana, Sarvangasana, Karnapeedasana.

Unit-IV (Pranayama and Mantra) [20 Hrs.]

Pranayama

- Nadishodhana with Kumbhaka upto (1:2:2)
- Suryabhedi Pranayama
- Bhramari Pranayama

Mantra

- Mahamrityunjay Mantra, Rudropasana Mantra, Shanti Mantra 2 (Shanno Mitro), Shanti mantra 3 (Purna madah)

TEXT BOOKS

1. Swami Dhirendra Bhramhachari: Yogic Sukshma Vyayama, Dhirendra Yoga Publications, New Delhi, 1980

2. Swami Satyananda Saraswati : Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006

3. Brahmavarchas: Pragya Yoga for Healthy & Happy Life, Shri Vedmata Gayatri Trust, Shantikunj, Haridwar, 2007

BOOKS FOR REFERENCES

1. Basavaraddi, I.V. & others: Yogic Sukshma Evam Sthula Vyayama, MDNIY, New Delhi, 2011.

2. Swami Kuvalyananda : Asana, Kaivalyadhama, Lonavla, 1993

3. Basavaraddi, I.V. & others: YOGASANA: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.

4. Swami Vivekananda : Karma Yoga, Advaita Ashrama, India, 2010

5. Basavaraddi, I.V. & others : SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009

6. Mantra Pushpam, Ramakrishna Math, Khar, Mumbai

7. Saraswati S N: Prana and Pranayama, Yoga Publication Trust, Munger, Bihar, India, 2009

MNYOGA-1: Fundamentals of Yoga

Course Objectives: The subject entitled 'Fundamentals of Yoga' has the following objectives:

- The students will have an understanding about the origin, history and development of Yoga.
- Introduction about Yoga according to various yogic texts and Darshanas.
- Develop understanding of Breathing practices, Sukshma Vyayama and Shatkarmas.

Total No. of Hours - 75	**Theory**	**Tutorial**	**Practical**
Credits	**3**	**0**	**1**
Hours per week	**3**	**0**	**2**
Scheme of examination			
Total marks: 100		**Duration of Examination: 3 hours**	
Theory		**Practical : Nil**	
Final Examination	**Internal Assessment**	**Final Examination**	**Internal Assessment**
60	**15**	**15**	**10**

Unit-1: General introduction to yoga [15 hrs]

Brief about origin of Yoga: History and Development of Yoga: prior to the Vedic period, Vedic period, Medival period, modern era; Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions of Yoga; Brief about Streams of Yoga; Principles of Yoga, Importance of Yoga.

Unit - 2: General introduction to Indian philosophy [15 hrs]

Philosophy: meaning, definitions and scope; Indian Philosophy: Salient features, Branches (Astika and Nastika Darshanas), Distinction from Religion and Science, Brief introduction to Prasthanatrayee and Purushartha Chatushtaya; Relationship between Yoga and Indian Philosophy.

Unit - 3: Brief about Yoga in texts [15 hrs]

Brief to Upanishads and Yoga in Principal Upanishads, Yogic perspective: Bhagavad Gita, Yoga Vasishtha, Narada Bhakti Sutras, Yogic perspective: Smritis, Puranas with emphasis to Bhagavat Purana; Yogic perspective to Shad- darshanas; Emphasis to Vedantic approach of Shankara, Ramanuja, Madhva and Vallabha.

Unit - 4: Practical **[15 hrs]**

Breathing Practices, Sukshma Vyayama, Shatkarmas, Basic Asanas and Pranayamas.

TEXT BOOKS

1. Lal Basant Kumar : Contemporary Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd, Delhi, 2013
2. Dasgupta S. N : History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
3. Singh S. P : History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010
4. Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010
5. Asana Pranayama Mudra Bandha by Swami Satyananda Saraswati.

BOOKS FOR REFERENCE

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

Semester-III

MJYOGA-5: Patanjali Yoga Darshana

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

- Understand the basic concepts of Yogasutra.
- Understand various modifications of mind and the means of inhibiting them.
- Have an understanding of the essence of Samadhi and Sadhana Pada.
- Understand the essence of Vibhuti and Kaivalya pada.

Total No. of Hours - 60	**Theory**	**Tutorial**	**Practical**
Credits	**4**	**0**	**0**
Hours per week	**4**	**0**	**0**
Scheme of examination			
Total marks: 100		**Duration of Examination: 3 hours**	
Theory		**Practical : Nil**	
Final Examination	**Internal Assessment**	**Final Examination**	**Internal Assessment**
80	**20**	**-**	**-**

Unit - 1: Introduction to Yoga darshana of Patanjali and its basic concepts [15 Hrs.]

Brief Introduction to Maharshi Patanjali and Patanjala Yoga Sutra (P.Y.S.), Brief Introduction to traditional commentators and commentaries of Patanjala Yoga Sutra (Vyasa Bhasya, Tatvavaisharadi, Bhoja Vritti and Yoga-vartika); Concept of Mana, Buddhi, Ahankar and Chitta; Concept of Citta Bhoomis; Concept of Klesha, Concept of Citta-Vrittis and their classifications; Concept of Karma and Sanskara

Unit - 2: Samadhi Pada [15 Hrs.]

Yoga, meaning & Nature of yoga; Chitta-Vrittinirodhopaya, Abhyasa and Vairagya as the tools, Concept of Bhavapratyaya & Upaypratayaya, Chitta-Vikshepas, Ektattva Abhyasa, Chitta-prasadanam. Samadhi and its types; Concept of Samapatti and kinds of Samapatti; Types of Asamprajnatah Samadhi. Difference between Samapattis and Samadhi; Concept of Ishwara and attributes of Ishwara, Process of Ishwarapranidhana.

Unit - 3 Sadhana Pada **[15 Hrs.]**

Kriya Yoga and its results; Concept of Karmashaya and Karmvipaka, Nature of dhukha, Concept of Chaturvyuhavada (Heya, Hetu, Hana, Hanopaya), Drishya-nirupanam, Drast-Nirupanam, Prakriti-Purusha Samyoga; Brief Introduction to Ashtanga Yoga; Yama Niyama; Concept of Vitarka & Mahavrata; Asana, Pranayama, Pratyahara and their siddhis.

Unit - 4 Vibhuti and Kaivalya Pada **[15 Hrs.]**

Role of Dharana, Dhyana, Samadhi and its application, Samyama and its Siddhis; Chitta Parinamah; Five means of Siddhis, concept of Nirman Chitta, Concept of Vasana; Dharma Megha Samadhi and its result, Viveka Khyati Nirupanam, Kaivalya Nirvachana.

TEXT BOOKS

1. Swami Digambara Ji and others: Glossary of the Samkhakarika, Kaivalyadhama, Lonavala, 2012

2. Swami Virupaksananda: Samkhyakarika of Isvara krsna (with tattva Kamudia of Vachapati Mishra), Sri Ram Krishana Matha Madras, 1995

3. Saraswati, S., & Saraswati, S. N. (2002): Four chapters on freedom: Commentary on the yoga sutras of Patanjali.

4. Vivekananda S: Raja-Yoga or Conquering the Internal Nature, Vedanta Publication, 1998

5. James R. Ballantyne: The Sankhya Aphorisms of Kapila, Parimal Publications, New Delhi, 2004

BOOKS FOR REFERENCE

1. V.V. Sovani: A critical study of the Sankhya System, Chukhambha Sanskrit Pratisthan, New Delhi, 2005

2. M.R. Yardi: The Yoga of Patanjali, Bhandarkar Oriental Research Institute, Poona, India, 1970

3. K.D. Prithvipaul: The Yogasurta of Patanjali M.L.B.D. New Delhi

4. Gaspar M. Koelmenn, S.J: Patanjal Yoga, Papal Athenaeum, Poona, 1970

5. Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II

MJYOGA-6: Yoga Practicum-III

Course Objectives:

- To practice Karma Yoga for mental purification and shuddhi kriya for body purification.
- To practice advanced Asana, Pranayama and mantra next to the previous syllabus.
- Have an understanding of the practices that help practitioners to lead to meditation.
- To organize the whole day's schedule and analyze it.

Total No. of Hours - 120	**Theory**	**Tutorial**	**Practical**
Credits	**0**	**0**	**4**
Hours per week	**0**	**0**	**8**
Scheme of examination			
Total marks: 100		**Duration of Examination: 3 hours**	
Theory : Nil		**Practical : 100**	
Final Examination	**Internal Assessment**	**Final Examination**	**Internal Assessment**
-	**-**	**80**	**20**

Unit-I: Karma Yoga and Shatkarma [30 Hours]

1. Selfless/Non-Ego centric activities under the guidance of the teacher (Mandir, Vriksharopan, Halakarshan, Vasant Utsav, Paush Mela etc.)
2. Jala Neti, Sutra/Rubber Neti, Vamana,Vastra Dhauti - (At least once a week)
3. Kapalbhati, Agnisara, Nauli Chalana, Nauli Chalana, Trataka (Jatru and Jyoti) - May be frequent

Unit-II: Preparatory Practices and Asana [30 Hours]

Preliminary Practices

1. Pawanmuktasana Series-II (APMB)
2. Surya Namaskara with Mantra (APMB)
3. Ashtanga Vinyasa: Surya Namaskara A and B

Asana

- **Standing:** Tadasana, Tiryaka Tadasana, Kati Chakrasana, Vrikshasana, Padahastasana, Ardhchakrasana, Trikonasana, Parivrittatrikonasana, Parshvakonsasana, Veerasana, Garudasana
- **Sitting:** Dandasana, Swastikasana, Padmasana,Vajrasana, Supta Vajrasana; Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana; Janusirasana, Paschimottanasana, Mandukasana, Utthana Mandukasana; Vakrasana, Ardha Matsyendrasana , Marichayasana, Simhasana, Kapotasana, Raja Kapotasana
- **Lying Down:** Pavanamuktasana; Utthana-padasana, Ardha Halasana, Halasana, Setubandhasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana, Makarasana, Bhujangasana, Shalabhasana, Dhanurasana.

Unit-III: Pranayama and Mantra **[30 Hours]**

Pranayama

1. Nadi Shodhan with Kumbhaka (upto 1:3:2)
2. Bhastrika Pranayama
3. Sheetali and Seetkari Pranayama

Mantra

1. Shanti mantra (bhadram karnebhi)
2. Shivpanchakashar Stotram
3. Shiv Sadakshar Stotram

Unit-IV (Preliminary Practices for Dhyana) **[30 Hours]**

1. Pranav and Soham Japa, Yoga Nidra, Antarmauna; Ajapa Dharana (Stage 1); Mind Sound Resonance Technique (MSRT)
2. Aatma bodha and Tatva Bodha

TEXT BOOKS:

1. Swami Niranjanananda Saraswati: Asana Pranayama Mudra Bandha; Bihar school of yoga publications; Munger, 2001

2. Swami Niranjanananda Saraswati: Dharana Darshan; ; Bihar school of yoga publications; Munger, 2001

3. Saraswati, S. S., & Hiti, J. K. (1984). *Yoga nidra*. Munger: Bihar School of Yoga.

4. Devarupananda S: Mantra Pushpam, Advaita Ashrama, 2013

5. Nagendra H R: Mind Sound resonance Technique: Swami Vivekananda Yoga Prakashana, 1997

REFERENCE BOOKS:

1. Basavaraddi I. V. & Others : Teachers Manual for School Teachers, MDNIY, New Delhi, 2010

2. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi.

3. Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2009

4. Iyengar, B.K.S.: Light on Pranayama, Harper Collins, Swami Vivekanand Yoga Prakashan, 2012

5. Acharya SS. Super science of Gayatri. All World Gayatri Pariwar. 2000.

SEC-3: Computer Application (Practicum)

Course Objectives:

- Understand the basic concepts about Computer hardware.
- To know the fundamentals of Computer Software.
- To identify different types of Computer based skills used in Yoga.

Total Number of Hours: 90	**Theory**	**Tutorial**	**Practical**
Credits	**0**	**0**	**3**
Hours/ week	**0**	**0**	**6**

SCHEME OF EXAMINATION			
Total Marks: 75			
Theory :		**Practical : 75**	
Final Exam (SEE)	**Internal Assessment (CT+TA)**	**Final Exam (SEE)**	**Internal Assessment (CT+TA/PR)**
-	**-**	**60**	**15**

Unit 1: (Computer Hardware) **[30 hrs]**

i) Definition of a Computer, Computer generations, Types of Computers
ii) Computer Hardware & Software, Types
iii) CPU and Motherboard
iv) Types of storages- Primary memory- RAM, ROM, PROM, EPROM & Secondary storages

Unit 2: (Computer software) **[30 hrs]**

i) Operating system & Function of Operating system
ii) Introduction to Windows
iii) Concept of Internet and its application
iv) Concept of file and folder

Unit 3: (Computer Application in Yoga) **[30 hrs]**

i. MS Office and its uses in Yoga

ii. Preparation of Resume, powerpoint presentation, posters, advertising templates, notice and writing emails

iii.Google docs, Google sheets, Google slides, google cloud facilities

Reference Books:

1. Andrew S Tanenbaum, David J Wetherall: Computer Networks, 5 th Edition, 2010
2. Ron Mansfield: Working in Microsoft Office, McGraw Hill,2008
3. Timothy N Trainor, Diane Krasnewich: Computer McGrawHill,2000

MNYOGA 2: Introduction to Hatha Yoga and Patanjali Yoga

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

- Have basic understanding of Patanjali Yoga Darshan.
- Have a basic understanding of Hatha Yoga.
- Understand the relationship between Hatha Yoga and Raja Yoga.
- Develop understanding the basic practical applications of hatha yogic techniques.

Total Number of Hours: 75	**Theory**	**Tutorial**	**Practical**
Credits	**3**	**0**	**1**
Hours/ week	**3**	**0**	**2**

SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 75		**Practical : 25**	
Final Exam (SEE)	**Internal Assessment (CT+TA)**	**Final Exam (SEE)**	**Internal Assessment (CT+TA/PR)**
60	**15**	**20**	**05**

Unit - 1: Introduction to Patanjali Yoga Darshana **[15 Hrs.]**

Brief Introduction to Maharshi Patanjali and Patanjali Yoga Sutra (P.Y.S.), Concept of Citta-Vrittis and their classification, Citta-Vritti Nirodhopaya (Abhyasa and Vairagya); Potential causes of mental and emotional ill health (theory of Kleshas); Concept of Dukhavada (Heya, Hetu, Hana, Hanopaya), Citta-Vikshepas (Antarayas); Concept of Ishwar and Kriya Yoga, Relevance of Citta-prasadanam in Yoga Sadhana; Ashtanga Yoga.

Unit - 2: General introduction to Hatha yoga **[15 Hrs.]**

Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions, Philosophy and Foundations; Hatha Yoga Parampara, Natha Cult Hatha Yogis and their contribution; Ghatashudhi: its importance and relevance in Hatha Yoga sadhana; Inter-relation of Hatha Yoga and Raja Yoga.

Unit - 3: Pre-requisites [15 Hrs.]

Badhaka Tattva (Obstacles) and Sadhaka Tattva (Facilitatory factors) in Hatha Yoga; Concepts of Matha, Concept of Mitahara, Pathya (conducive) and Apathya (non-conducive); Dasha Yama and Niyama and its relevance in Hatha Yoga Sadhana; Swara, Importance of Svarodaya-jnana in Hatha Yoga Sadhana; Hatha Siddhi Lakshanam.

Unit-4: Yoga Practical [30 Hrs.]

Pawanmuktasana Series, Sun Salutation, Tadasana, Vrikshasana, Garudasana, Padahastasana, Matsyendrasana, Gomukhasana, Paschimottanasana, Swastikasana, Siddhasana, Padmasana, Makarasana, Bhujangasna, Shalbhasana, Pawanmuktasana, Kapalbhati Kriya, Agnisara Kriya, Bhastrika Pranayama, Nadi-Shodhana Pranayama, Bhramari pranayama, OM chanting.

TEXT BOOKS

1. Swami Satyananda Saraswati: Four Chapters on Freedom: Commentary on the Yoga Sutras of Patanjali, Yoga Publication Trust, Munger, Bihar, India, 2008

2. Patanjali Yoga Sutras: Commentary by Swami Vivekananda

3. Swami Muktibodhananda Saraswati Sahay G.S.: Hatha Yoga Pradeepika, Bihar school of yoga publications, Munger, 2000.

4. Swami Niranjanananda Saraswati: Gheranda Samhita, Yoga Publication Trust, Munger, Bihar, India, 2006.

5. Swami Satyananda Saraswati. Asana, Pranayama, Mudra, Bandha. Yoga Publications Trust; 1973.

BOOKS FOR REFERENCE

1. Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II

2. Gharote, M.M. & others: Therapeutic references in Traditional Yoga Texts, the Lonavla Institute, Lonavla, 2010.M.R. Yardi: The Yoga of Patanjali, Bhandarkar Oriental Research Institute, Poona, India, 1970

3. Burley, Mikel: Hatha Yoga, Its Context Theory and Practice, M.L.B.D. Delhi, 2000.

4. Swami Digambarji & Gharote M.L.: Gheranda Samhita, Kaivalyadhama, Lonavla, 1978.

SEMESTER - IV

MJYOGA - 7: Essence of Bhagavad Gita and Principal Upanishads

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

- To comprehend the fundamental concepts Yoga and Vedanta as presented in Bhagavad Gita and Upanishads.
- To study the moral and ethical principles outlined in their scriptures and their relevance in daily life.
- To gain insights into selected shlokas and mantras to understand their deeper meanings and interpretations.
- To compare and contrast the teachings of various Upanishads with the Bhagavad Gita, identifying common themes and unique perspectives.

Total No. of Hours - 60	**Theory**	**Tutorial**	**Practical**
Credits	**4**	**0**	**0**
Hours per week	**4**	**0**	**0**
Scheme of examination			
Total marks: 100		**Duration of Examination: 3 hours**	
Theory		**Practical : Nil**	
Final Examination	**Internal Assessment**	**Final Examination**	**Internal Assessment**
80	**20**	**-**	**-**

Unit 1: Essence of Bhagavad Gita - I **[15 hrs]**

Introduction to Bhagvad Gita: History, tradition from Veda and Upanishad; Definitions of Yoga; Concept of Samkhya Yoga; Nature and Characteristics of Atma and Sthitapragya. Samkhya Yoga, Karma Yoga and Karma Sannyasa Yoga.

Unit 2: Essence of Bhagavad Gita - II **[15 hrs]**

Jnana Yoga; Dhyana Yoga (Nature and procedure of Dhyana); Bhakti Yoga (Nature, types and goal of Bhakti); Modes of Prakriti (Trigunas); Classification of food: Types of faith and Glory of Bhagvad Gita.

Unit 3: Essence of Principal Upanishads - I **[15 hrs]**

Introduction to Upanishads (Origin and historical context of the Upanishads, Relationship with the Vedas, Classification and significance of the Principal Upanishads); The concept of Brahman and Atman (The ultimate reality (Brahman) and the self (Atman) and key verses from various Upanishads); Key concepts of Isha, Kena, Katha, Prashna and Mundaka.

Unit 4: Essence of Principal Upanishads - II **[15 hrs]**

Key verses and concepts of the following Upanishads: Mandukya, Taittriya, Aitareya, Chandogya and Brihadaranyaka. Applications of Upanishads in daily life.

TEXT BOOKS

1. Srimad Bhagvad Gita, Gitapress, Gorakhpur
2. Nine Principal Upanishads, Yoga Publication Trust.
3. The Principal Upanishads, Swami Sivananda.

BOOKS FOR REFERENCE

1. Bhagvad Gita As it is, ISKCON.
2. Gita Madhurya, Gitapress, Gorakhpur.
3. The Bhagvad Gita, Prof. S. Radhakrishnan.
4. The Principal Upanishads, S. Radhakrishnan.

MJYOGA - 8: Basis of Yoga Therapy

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

- To understand the concept of health and disease.
- To understand the causes of ill health.
- To learn the yogic concept of health and healing.
- To learn about the psycho-physiological benefits of shuddhi kriyas, asanas, pranayamas, mudras, bandhas and meditation.

Total No. of Hours - 60	**Theory**	**Tutorial**	**Practical**
Credits	**4**	**0**	**0**
Hours per week	**4**	**0**	**0**
Scheme of examination			
Total marks: 100		**Duration of Examination: 3 hours**	
Theory		**Practical : Nil**	
Final Examination	**Internal Assessment**	**Final Examination**	**Internal Assessment**
80	**20**	**-**	**-**

Unit-1: Yogic concepts of health and disease [20 Hrs.]

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Health and Disease in Indian Systems of Medicine i.e. Ayurveda, Naturopathy and Siddha Systems of Medicine, Concept of Adhi and Vyadhi, Yogic concept of Health and Disease. Theory of Pancha Koshas. Role of Yoga in preventive health care; Potential causes of Ill-health: Anatarayas, Tapatrayas and Kleshas, Physical and its physiological manifestation as diseases. Shuddhi Prakriyas in Yoga: Role of Shuddhi Prakriyas in preventive and curative Health, Karma Shuddhi (Yama and Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama) and Indriya and Mano Shuddhi (Pratyahara, Dharana, Dhyana and Samadhi).

Unit-2: Yogic concepts for health and healing [10 Hrs.]

Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana & Shat-chakra and their role in Health and Healing; Concept of Abhyasa and Vairagya, Chitta and Chitta Prasadanam. Concept of Kriya-yoga and Ashtanga Yoga for Health and Healing; Concept of Swara Yoga and its efficacy in Health and Healing.

Unit-3: Yogic principles and practices of healthy living [15 Hrs.]

Yogic Principles of Healthy Living: Ahara, Vihara, Achara and Vichara; Role of Yogic Positive Attitudes (Pratipaksha bhavana and Chitta prasadanam) for Healthy Living, Yogic principles of Lifestyle

management and its role in prevention of disease and health promotion; Yogic Principles of Diet and its role in Healthy living; Yogic Practices of Healthy living : i.e. Ashtanga Yoga and their role in Healthy living.

Unit-4: Health benefits of yogic practices [15 Hrs.]

Psycho-physiological effects and health benefits of Yogasana , Pranayama, Shatkarma, Bandha and Mudra, and Meditation

TEXT BOOKS

1. Preeti Goel and Rita Jain : Spectrum of Health (Sports Publications, New Delhi, 2003)
2. M. M. Gore : Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)
3. Dr. K. Krishna Bhat: The power of Yoga

BOOKS FOR REFERENCE

1. Dr. R. S. Bhogal : Yoga Psychology, Kaivalyadhama Publication
2. Srimad Bhagvad Gita, Gita press, Gorakhpur
3. Dr. Manmath M Gharote, Dr. Vijay Kant : Therapeutic reference in Traditional Yoga texts
4. Swami Satyananda Saraswati: Four Chapters on Freedom (Commentary on Yoga Sutras of Patanjali)
5. Swami Muktibodhananda.: Hatha Yoga Pradipika, Yoga Publication Trust
6. Kdham: Gheranda Samhita, Kaivalyadhama, Lonavla

MJYOGA-9: Yoga Psychology (T+P)

Course Objectives:

- To develop the understanding of basics of Psychology and counseling
- To understand the behaviour and basic mental disorders
- To understand the basic mental processes
- To understand the basics of Indian Psychology in view of Consciousness
- To develop the skills to measure mental attributes

Total Number of Hours: 75	**Theory**	**Tutorial**	**Practical**
Credits	**3**	**0**	**1**
Hours/ week	**3**	**0**	**2**

SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 75		**Practical : 25**	
Final Exam (SEE)	**Internal Assessment (CT+TA)**	**Final Exam (SEE)**	**Internal Assessment (CT+TA/PR)**
60	**15**	**20**	**05**

Unit-1: HUMAN PSYCHE [15 Hrs.]

The nature of Psychology and its' definition, Scope and utility of Psychology. Psychology as a study of human behavior; Counseling; Personality development; Counseling; Methods of counseling; Skills of counseling; Issues and challenges; Life's skills for happy life; Code of ethics for lay counselors.

Unit-2 : PSYCHIC FORCES AND MENTAL PROCESSES [15 Hrs.]

Psychic forces and human behavior, behavior and Consciousness, States of Consciousness, Psychological basis of behavior; Causes and Consequences of Conflicts and Frustrations; Disorders; Common mental disorders; Depressive disorders; Anxiety disorders; Serious mental disorders; Mental retardation; Alcohol and drug abuse; Suicide, attempted suicide and suicide

prevention. Sensation, Perception, Attention, Memory, Learning, Feeling etc.; Their definitions and types, Intelligence and its' measurements; Emotional Intelligence and Social Intelligence.

Unit- 3: YOGA PSYCHOLOGY [15 Hrs.]

States of consciousness according to yogic scriptures (Jagrata, Svapna, Susupti and Turiyä) and their applicability; Learning and Remembering in the context of Jnana Yoga (Shravana, Manana and Nididhyasana); Types of personality in the context of different yogic scriptures (Mudha, Kshipta, Vikshipta, Chanchala etc.); Cause of emotions in the mind according to Yoga texts

Unit-4: PSYCHOLOGY PRACTICUM [15 Hrs.]

Division of Attention; Emotional Intelligence/Emotional Maturity; Spiritual Intelligence/Study of Values/Spiritual Belief. Self concept; Asakti/Anasakti Scale; Anxiety Scale; Aggression Scale Fear of Death. Depression; Frustration; Personality Inventory.Adjustment/Mental Health General Well-being; Case study

Note: In Psychology Practicum, each student will collect data of 10 respondents. Using any two of the tests mentioned above they have to give necessary statistical treatment and they should be presented at the time of Examination. Practical involves understanding of means of Central Tendency, involving means, median, mode & Standered Deviation.

TEXT BOOKS:

1. Abhedananda : The Yoga Psychology, Ramakrishna Vedanta Math, Calcutta, 1973.
2. Sachdev, I.P. : Yoga and Depth Psychology (Motilal Banarsidass, Delhi,1978)
3. Baron, R. A., & Misra, G. (2018). Psychology Indian Subcontinent Edition.

MJYOGA-10: Yoga Practicum-IV

Course Objectives:

- To practice Karma Yoga for dissolving Ego and shuddhi kriya for body purification.
- To practice Ashtanga Vinyasa Series-1 (Rog Chikitsa)
- To practice Pranayama and mantra next to the previous syllabus.
- Have an understanding of the practices that help practitioners to lead to meditation.

Total No. of Hours - 120	**Theory**	**Tutorial**	**Practical**
Credits	**0**	**0**	**4**
Hours per week	**0**	**0**	**8**
Scheme of examination			
Total marks: 100 **Duration of Examination: 3 hours**			
Theory : Nil		**Practical**	
Final Examination	**Internal Assessment**	**Final Examination**	**Internal Assessment**
-	**-**	**80**	**20**

Unit-I: Karma Yoga and Shatkarma [30 Hours]

1. Selfless/Non-Ego centric activities under the guidance of the teacher (Mandir, Vriksharopan, Halakarshan, Vasant Utsav, Paush Mela, Magh Mela, Environment cleaning etc.)
2. Neti, Vamana,Vastra Dhauti, Danda Dhauti, Sheetkarma- (At least once a week)
3. Vatsara, Agnisara, Nauli Chalana, Trataka (Jatru and Jyoti) - May be frequent

Unit-II: Preparatory Practices and Asana [50 Hours]

Preliminary Practices

1. Pawanmuktasana Series-3 (APMB)
2. Ashtanga Vinyasa: Surya Namaskara A and B

Asana (Ashtanga Vinyasa Series-1)

- **Standing:** Padangusthasana, Padahastasana, Utthita Trikonasana, Parivrtta Trikonasana, Utthita Parsvakonasana, Parivrtta Parsvakonasana, Prasarita Padottanasana A, B, C, D Parsvottanasana, Utthita Hasta Pasangusthasana, Ardha Baddha Padmottanasana, Utkatasana, Virabhadrasana A, B.
- **Sitting:** Dandasana, Passchimottanasana A, B, C, Purvottanasana, Ardha Baddha Padma Paschimottanasana, Tiryanmukha Eka Pada Paschimottanasana, Janu Sirsasana A, B, C, Marichyasana A, B, C, D, Navasana,
- **Intermediate Lifting & Jump-Back:** Bhujapidasana, Kurmasana, Supta Kurmasana, Garbha Pindasana, Kukkutasana, Baddha Konasana A, B, Upavistha Konasana A, B, Supta Konasana, Supta Padangusthasana A, B, Ubhaya Padangusthasana, Urdhva Mukha Paschimottanasana, Setu Bandhasana
- **Finishing Sequence:** Urdhva Dhanurasana, Salamba Sarvangasana, Halasana, Karnapidasana, Urdhva Padmasana, Pindasana, Matsyasana, Uttana Padasana, Sirsasana, Balasana, Baddha Padmasana, Yoga Mudra, Padmasana, Tolasana, Savasana

Unit-III: Pranayama and Mantra [20 Hours]

Pranayama

1. Nadi Shodhan with Kumbhaka (upto 1:4:2)
2. Bhastrika Pranayama
3. Ujjayi Pranayama

Mantra

1. Nirvana Shatkam
2. Rudra Ashtakam

Unit-IV (Preliminary Practices for Dhyana) [20 Hours]

Anapana (Vipassana), Cyclic Medittaion, Om Meditation

TEXT BOOKS:

1. Jois SK. Yoga Mala: The seminal treatise and guide from the living master of Ashtanga Yoga. North Point Press; 2010 Jul 6.
2. Saraswati, S. S., & Hiti, J. K. (1984). *Yoga nidra*. Munger: Bihar School of Yoga.
3. Saraswati, S. S., & Hiti, J. K. (1996). *Asana pranayama mudra bandha* (pp. 978-8186336144). Bihar, India: Yoga Publications Trust.
4. Mantra Pushpam, Ramakrishna Math, Khar, Mumbai
5. Swami Niranjanananda Saraswati: Dharana Darshan; ; Bihar school of yoga publications; Munger, 2001

REFERENCE BOOKS:

1. Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2009
2. Iyengar, B.K.S.: Light on Pranayama, Harper Collins, Swami Vivekanand Yoga Prakashan, 2012
3. Iyengar, B. K. S. (1965). Light on yoga.
4. Sayadaw, M., & Noe, M. T. (2002). *Fundamentals of Vipassana meditation*. Buddhadhamma Foundation.

MNYOGA 2: Introduction to Hatha Yoga and Patanjali Yoga Sutra

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

- Have basic understanding of Patanjali Yoga Darshan.
- Have a basic understanding of Hatha Yoga.
- Understand the relationship between Hatha Yoga and Raja Yoga.
- Develop understanding the basic practical applications of hatha yogic techniques.

<table>
<tr><td>Total Number of Hours: 75</td><td>Theory</td><td>Tutorial</td><td>Practical</td></tr>
<tr><td>Credits</td><td>3</td><td>0</td><td>1</td></tr>
<tr><td>Hours/ week</td><td>3</td><td>0</td><td>2</td></tr>
<tr><td colspan="4">SCHEME OF EXAMINATION</td></tr>
<tr><td colspan="4">Total Marks: 100</td></tr>
<tr><td colspan="2">Theory : 75</td><td colspan="2">Practical : 25</td></tr>
<tr><td>Final Exam (SEE)</td><td>Internal Assessment (CT+TA)</td><td>Final Exam (SEE)</td><td>Internal Assessment (CT+TA/PR)</td></tr>
<tr><td>60</td><td>15</td><td>20</td><td>05</td></tr>
</table>

Unit - 1: Introduction to Patanjali Yoga Darshana [15 Hrs.]

Brief Introduction to Maharshi Patanjali and Patanjali Yoga Sutra (P.Y.S.), Concept of Citta-Vrittis and their classification, Citta-Vritti Nirodhopaya (Abhyasa and Vairagya); Potential causes of mental and emotional ill health (theory of Kleshas); Concept of Dukhavada (Heya, Hetu, Hana, Hanopaya), Citta-Vikshepas (Antarayas); Concept of Ishwar and Kriya Yoga, Relevance of Citta-prasadanam in Yoga Sadhana; Ashtanga Yoga.

Unit - 2: General introduction to Hatha yoga [15 Hrs.]

Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions, Philosophy and Foundations; Hatha Yoga Parampara, Natha Cult Hatha Yogis and their contribution; Ghatashudhi: its importance and relevance in Hatha Yoga sadhana; Inter-relation of Hatha Yoga and Raja Yoga.

Unit - 3: Pre-requisites **[15 Hrs.]**

Badhaka Tattva (Obstacles) and Sadhaka Tattva (Facilitatory factors) in Hatha Yoga; Concepts of Matha, Concept of Mitahara, Pathya (conducive) and Apathya (non-conducive); Dasha Yama and Niyama and its relevance in Hatha Yoga Sadhana; Swara, Importance of Svarodaya-jnana in Hatha Yoga Sadhana; Hatha Siddhi Lakshanam.

Unit-4: Yoga Practical **[30 Hrs.]**

Pawanmuktasana Series, Sun Salutation, Tadasana, Vrikshasana, Garudasana, Padahastasana, Matsyendrasana, Gomukhasana, Paschimottanasana, Swastikasana, Siddhasana, Padmasana, Makarasana, Bhujangasna, Shalbhasana, Pawanmuktasana, Kapalbhati Kriya, Agnisara Kriya, Bhastrika Pranayama, Nadi-Shodhana Pranayama, Bhramari pranayama, OM chanting.

TEXT BOOKS

1. Swami Satyananda Saraswati: Four Chapters on Freedom: Commentary on the Yoga Sutras of Patanjali, Yoga Publication Trust, Munger, Bihar, India, 2008

2. Patanjali Yoga Sutras: Commentary by Swami Vivekananda

3. Swami Muktibodhananda Saraswati Sahay G.S.: Hatha Yoga Pradeepika, Bihar school of yoga publications, Munger, 2000.

4. Swami Niranjanananda Saraswati: Gheranda Samhita, Yoga Publication Trust, Munger, Bihar, India, 2006.

5. Swami Satyananda Saraswati. Asana, Pranayama, Mudra, Bandha. Yoga Publications Trust; 1973.

BOOKS FOR REFERENCE

1. Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II

2. Gharote, M.M. & others: Therapeutic references in Traditional Yoga Texts, the Lonavla Institute, Lonavla, 2010.M.R. Yardi: The Yoga of Patanjali, Bhandarkar Oriental Research Institute, Poona, India, 1970

3. Burley, Mikel: Hatha Yoga, Its Context Theory and Practice, M.L.B.D. Delhi, 2000.

4. Swami Digambarji & Gharote M.L.: Gheranda Samhita, Kaivalyadhama, Lonavla, 1978.

Semester - V

MJYOGA - 11: Yogic management of lifestyle related disorders

Course objectives:

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

- Understand the principle of yoga therapy for each disease.
- Write standard yoga therapy protocol for each disease.
- Understand the causes of disease and the role of yoga for its healing.

Total No. of Hours - 60	**Theory**	**Tutorial**	**Practical**
Credits	**4**	**0**	**0**
Hours per week	**4**	**0**	**0**
Scheme of examination			
Total marks: 100		**Duration of Examination: 3 hours**	
Theory		**Practical : Nil**	
Final Examination	**Internal Assessment**	**Final Examination**	**Internal Assessment**
80	**20**	**-**	**-**

Unit - 1: Respiratory and Cardiovascular disorders [15 hrs]

Definition, etiology, pathogenesis, clinical features and integrated approach of yoga therapy for the following diseases: Allergic Rhinitis, Sinusitis, Bronchial Asthma, COPD, Hypertension, Coronary Artery disease, Myocardial infarction, Cardiac failure and Cardiac Asthma.

Unit - 2: Metabolic and Gynaecological disorders [15 hrs]

Definition, etiology, pathogenesis, clinical features and integrated approach of yoga therapy for the following diseases: Obesity, Diabetes Mellitus, Hypothyroidism, Hyperthyroidism, Metabolic syndrome, PCOD, Dysmenorrhea, Oligomenorrhea and Menorrhagia.

Unit - 3: Neurological and Musculo-skeletal disorders [15 hrs]

Definition, etiology, pathogenesis, clinical features and integrated approach of yoga therapy for the following diseases: Epilepsy, Migraine, Parkinson’s disease, Stroke, Osteoarthritis,

Rheumatoid arthritis, Gout, Cervical spondylosis, Prolapsed intervertebral disc, Lumbar spondylosis and Sciatica.

Unit - 4: Cancer and Gastrointestinal disorders [15 hrs]

Definition, etiology, pathogenesis, clinical features and integrated approach of yoga therapy for the following diseases: Cancer, Acid Peptic Disease, Gastritis, Ulcers, Ulcerative Colitis, Irritable bowel syndrome and Constipation.

TEXT BOOKS

1. Yogic management of common diseases by Dr. Swami Karmananda, Yoga Publication Trust.
2. Yogic management of Asthma and Diabetes by Dr. Swami Shankardeva Saraswati, Yoga Publication Trust.
3. Yoga and Cardiovascular management by Swami Satyananda Saraswati, Yoga Publication Trust.
4. Exploring Yoga and Cancer by Dr. Swami Yogapratap, Yoga Publication Trust.

Reference books:

1. Yoga for Digestive disorders by Dr. H.R. Nagendra, Swami Vivekananda Yoga Prakashan.
2. Yoga for Diabetes by Dr. H.R. Nagendra, Swami Vivekananda Yoga Prakashan.
3. Yoga for Back pain by Dr. H.R. Nagendra, Swami Vivekananda Yoga Prakashan.
4. Yoga for Arthritis by Dr. H.R. Nagendra, Swami Vivekananda Yoga Prakashan.

MJYOGA - 12: Fundamentals of Ayurveda and Naturopathy

Course objectives:

Following are the objectives of the course:

- To introduce foundational principles of Ayurveda and Naturopathy
- To provide knowledge about the integration of Ayurveda and Naturopathy with modern health systems
- To promote awareness about the role of lifestyle and diet according to Ayurveda and Naturopathy

Total No. of Hours - 90	**Theory**	**Tutorial**	**Practical**
Credits	**2**	**0**	**2**
Hours per week	**2**	**0**	**4**
Scheme of examination			
Total marks: 100		**Duration of Examination: 2 hours**	
Theory : 50		**Practical : 50**	
Final Examination	**Internal Assessment**	**Final Examination**	**Internal Assessment**
40	**10**	**40**	**10**

Unit - 1: Fundamentals of Ayurveda **[15 hrs]**

Introduction to Ayurveda - history, definition, aim, limbs and upastambhas. Concept of Health and disease, Doshas, Malas, Dhatu and Agni. Understanding of Prakriti and Swasthavritta - Dinacharya, Ritucharya and Sadvritta. Role of Panchakarma (including Purva karma and paschat karma).

Unit - 2: Fundamentals of Naturopathy **[15 hrs]**

General introduction to Naturopathy - Definition, meaning, history and principles. Understanding the concepts of Hydrotherapy, Mud therapy, Massage therapy, Diet therapy and Fasting Therapy.

Unit - 3: Practical applications of Ayurveda **[30 hrs]**

Identification of Ayurvedic herbs, Dosha assessment through questionnaire, Pancha patra sekh, Snehana, Swedana, Shirodhara, Udvartana.

Unit - 4: Practical applications of Naturopathy **[30 hrs]**

Facial steam, Foot bath, Arm bath, Abdominal pack, Knee pack, Massage techniques, Mud packs.

TEXT BOOKS

1. Vagbhata's Ashtanga Hrudyam (3 Volumes) by Prof. K.R. Krishna Mayar.
2. The Complete Handbook of Nature Cure by Dr. H.K. Bhakru.

Reference books:

1. Caraka Samhita: Text With English Translation & Critical Exposition Based on Cakrapani Datta's Ayurveda Dipika (7 Volume Set) by Bhagwan Dash, R.K. Sharma and Vaidya Bhagwan Dash.
2. Nature Cure: Philosophy & Practice based on the Unity of Disease & Cure by Henry Lindlahr.

MJYOGA - 13: Yoga Practicum - V

Course objectives:

- To impart practical knowledge and skills for the management of common ailments.
- To familiarize students with the physiological and psychological impacts of yoga practices on various body systems.
- To train students in designing and conducting individualized yoga therapy sessions.

Total No. of Hours - 120	**Theory**	**Tutorial**	**Practical**
Credits	**0**	**0**	**4**
Hours per week	**0**	**0**	**8**
Scheme of examination			
Total marks: 100		**Duration of Examination: 3 hours**	
Theory : Nil		**Practical : 100**	
Final Examination	**Internal Assessment**	**Final Examination**	**Internal Assessment**
-	**-**	**80**	**20**

Unit - 1: Yogic management of respiratory disorders **[30 hrs]**

- Yogic practices for Allergic rhinitis and sinusitis
- Yogic practices for Bronchial Asthma
- Yogic practices for COPD

Unit - 2: Yogic management for cardiovascular disorders **[30 hrs]**

- Yogic practices for Hypertension
- Post CABG care through Yoga

Unit - 3: Yogic management for metabolic disorders **[30 hrs]**

- Yogic practices for Obesity and Diabetes Mellitus
- Yogic practices for PCOD
- Yogic practices for Hypothyroidism
- Yogic practices for Hyperthyroidism

Unit - 4: Yogic management for spinal disorders **[30 hrs]**

- Yogic practices for neck pain and cervical spondylosis
- Yogic practices for lumbar spondylosis
- Yogic practices for Prolapsed intervertebral disc and sciatica

TEXT BOOKS

1. Yoga for Bronchial Asthma by Dr. H.R. Nagendra
2. Yoga for Hypertension and heart diseases by Dr. H.R. Nagendra
3. Yoga for Obesity by Dr. H.R. Nagendra
4. Yoga for Back pain by Dr. H.R. Nagendra

Reference books:

1. Saraswati, Swami Satyanand: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2009 3. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009
2. Yogic management of common diseases by Dr. Swami Karmananda, Yoga Publication Trust.

MNYOGA - 3: Therapeutic Yoga

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

- Understand the concept of health and disease.
- Have understanding about yogic concepts of health and healing.
- Yogic principle and practices for healthy living.
- Understand the role of Practical Yogic Techniques in healthy living

Total Number of Hours: 75	**Theory**	**Tutorial**	**Practical**
Credits	**3**	**0**	**1**
Hours/ week	**3**	**0**	**2**
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 80		**Practical : 20**	
Final Exam (SEE)	**Internal Assessment (CT+TA)**	**Final Exam (SEE)**	**Internal Assessment (CT+TA/PR)**
60	**20**	**15**	**05**

Unit - 1: YOGIC CONCEPTS OF HEALTH AND DISEASE [15 Hrs.]

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Yogic Concept of Holistic Health and Disease: Meaning and definitions; Yoga in AYUSH; Concept of Adhi and Vyadhi according Yoga Vasistha and remedial measures; Concepts of Trigunas and their role in Health and Healing

Unit - 2: CAUSES OF ILL HEALTH AND REMEDIAL MEASURES ACCORDING TO PATANJALI [15 Hrs.]

Potential causes of Ill-health: Tapatrayas and Kleshas, Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa; Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva; Role of Yoga in preventive health care – Heyam dukham anagatam; Concept of Abhyas and Vairagya, Yogic Positive Attitudes (Chitta Prasadanam), Kriya-yoga, Ashtanga Yoga of Patanjali for Healthy Living and Healing

Unit - 3: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING [15 Hrs.]

Yogic Dietary regulation (Introduction of Ahara and Mitahara) - Hatha yoga and Bhagavada Gita; Personal Adjustments through Niyamas & Yamas; Asana for mind body and spirit; Pranayama and Meditation in relation to Mental Health; Cleansing applications of Shat-karma; Personality integration Psycho-Social Implications of yoga; Yogic method Tackling ill effects of conflict and Frustration; Psychological, philosophical and yogic counselling; Action in relaxation-the secret of Karma Yoga

Unit - 3: PRACTICAL [30 hrs]

1. Yoga for stress management
2. Yoga for Hypertension
3. Yoga for Obesity
4. Yoga for back pain

TEXT BOOKS

- Preeti Goel and Rita Jain : Spectrum of Health (Sports Publications, New Delhi, 2003)
- M. M. Gore : Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)
- Dr. K. Krishna Bhat: The power of Yoga
- Swami Niranjanananda Saraswati: Asana Pranayama Mudra Bandha; Bihar school of yoga publications; Munger, 2001
- Swami Kuvalyananda: Asana Kaivalyadhama, Lonavla

BOOKS FOR REFERENCES

- Dr. R. S. Bhogal : Yoga Psychology, Kaivalyadhama Publication
- Dr. Manmath M Gharote, Dr. Vijay Kant : Therapeutic reference in Traditional Yoga texts
- T.S. Rukmani: Patanajala Yoga Sutra
- Sahay, G. S.: Hatha Yoga Pradeepika, MDNIY Publication, 2013
- Kdham: Gheranda Samhita, Kaivalyadhama, LonavlaBasavaraddi, I.V. & others: YOGASANA: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
- Basavaraddi, I.V. & others: Yogic Sukshma Evam Sthula Vyayama, MDNIY, New Delhi, 2011.

Semester: VI

MJYOGA-14: Methods of Teaching Yoga

Course Objectives: Following the completion of the course, the student shall be able to:

- Understand the basic concepts of Teaching and Learning
- Understand teaching methods and learning platforms
- Plan their Theory and Practical Classes
- Enhance their skills in Practical Class teaching

Total No. of Hours - 60	**Theory**	**Tutorial**	**Practical**
Credits	**4**	**0**	**0**
Hours per week	**4**	**0**	**0**
Scheme of examination			
Total marks: 100		**Duration of Examination: 3 hours**	
Theory		**Practical : Nil**	
Final Examination	**Internal Assessment**	**Final Examination**	**Internal Assessment**
80	**20**	**-**	**-**

Unit: 1 Principles of Teaching and Learning [15 hours]

Teaching and Learning: Concept and Objectives and Principles, Levels and Phases of Teaching

Yogic levels of learning, Vidyarthi, Shishya, Mumuksha. Gurukula vs Modern Education Models: Comparative Analysis

Unit: 2 Teaching methods and influencing factors [10 hours]

Factors affecting teaching related to: Teacher, Learner, Support material, Instructional facilities, Learning environment and Institution, Teaching Methods and their types. Teacher centred vs. Learner centred methods; Off-line vs. On-line methods (Swayam, Swayamprabha, MOOCs etc.)

Unit: 3 Planning a Yoga Class [15 hours]

Lesson Plan and its role, Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group), Yoga class: Essential features, Area, Sitting arrangement, Time Management, Role of Artificial Intelligence in planning the classes

Unit: 4 Practical Yoga Classes Conduction [20 hours]

Buildng Rapport and understanding background, Demonstration techniques, Verbal cues and Voice Modulation, Techniques to control the class environment, Use of Props and helping instruments, The Art of observation and practice modification, Planning and Managing a Yoga Event

TEXT BOOKS:

1. Dr. Shri Krishna : Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009.

REFERENCE BOOKS:

1. Dr. Gharote M L : Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007
2. Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi.
3. Saket Raman Tiwari & others : Teaching of Yoga, DPH Publishing Corporation, Delhi, 2000

MJYOGA - 15: Diet and Nutrition

Objectives:

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

- Understand the concept of diet and the medical value of nutrition
- Advise appropriate diet to different age groups
- Benefits and caloric value of various food groups

Total Number of Hours: 60	**Theory**	**Tutorial**	**Practical**
Credits	**4**	**0**	**0**
Hours/ week	**4**	**0**	**0**
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		**Practical : Nil**	
Final Exam (SEE)	**Internal Assessment (CT+TA)**	**Final Exam (SEE)**	**Internal Assessment (CT+TA/PR)**
80	**20**	**-**	**-**

Unit – 1: Yogic concept of diet & nutrition [15 Hrs.]

General Introduction of Ahara (Diet) and balanced diet, Concept of Mitahara; Definition and Classification in Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradipika and Bhagavadgeeta - Rajasic, Tamasic and Sattvic food; Pathya and Apathya in diet according to Yogic texts; Guna and Ahara; Importance of Yogic Diet in Yog Sadhana; Yogic Diet and its role in healthy living; Diet according to the body constitution (Prakriti) – Vata, Pitta and Kapha

Unit – 2: Basic concepts and components of food and nutrition [15 Hrs.]

Understanding Nutrition, Basic Terminology in Relation to Nutrition Requirement, Human Nutritional Requirements (Excessive & deficiency diseases of nutrients); Concept of food,

Acceptance of Food, Functions of Food; Components of Food & their Classification; Macronutrients –Sources, Nutritive values, Functions and Effects on the Body; Micro Nutrients - Sources, Requirements, Functions and Effects on the Body; Fat Soluble Nutrients - Sources, Functions and Effects on the Body; Water soluble Nutrients - Sources, Functions and Effects on the Body

Unit-3: Food groups [15 Hrs.]

Cereals & Millets –Selection, Preparation and Nutritive Value; Pulses, Nuts and Oil Seeds Selection, Preparation and Nutritive Value; Milk and Milk Products- Selection, Preparation and Nutritive Value; Vegetables and Fruits- Selection, Preparation and Nutritive Value, Fats, Oils and Sugar, Jaggery- Selection, Preparation and Nutritive Value; Honey, sprouts- Selection, Preparation and Nutritive Value

Unit-4: Food and metabolism [15 Hrs.]

Energy- Basic Concepts, Definition and Components of Energy Requirement, Energy Imbalance, Concept of Metabolism, Anabolism, Catabolism, Calorie Requirement-BMR, SDA, Physical Activity; Metabolism of Carbohydrates, Lipids and Protein; Factors Affecting Energy; Requirement and Expenditure, Factors affecting BMR, Factors affecting thermal effect of Food, Factors affecting energy expenditure in physical activity; Methods of Estimation of Energy Expenditure and Requirements; Direct Calorimetry, Indirect Calorimetry, Double Labelled Water Technique, Heart Rate Monitoring Method, Factorial Estimation of Total Energy Expenditure

TEXT BOOKS

- Ramesh Bijlani : Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012

BOOKS FOR REFERENCE

- Stanley Davidson & others: Human Nutrition & Dietetics, The English Language Book
- Society & Churchill Livings, Revised Edition
- Dennis Thompson : The Ayurvedic Diet, New age books, New Delhi, 2001
- Randolph Stone : A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition

MJYOGA-16: Teaching Practicum-VI

Course Objectives:

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

- Take Theory Classes of Yoga
- Arrange and take Practical Classes of Yoga
- Create the flow of Yoga practices
- Generate E-content and take Mass Yoga Classes

Total No. of Hours - 120	**Theory**	**Tutorial**	**Practical**
Credits	**0**	**0**	**4**
Hours per week	**0**	**0**	**8**
Scheme of examination			
Total marks: 100		**Duration of Examination: 3 hours**	
Theory : Nil		**Practical**	
Final Examination	**Internal Assessment**	**Final Examination**	**Internal Assessment**
-	**-**	**80**	**20**

Unit:I Teaching practice in Theory Classes [30 Hours]

- Pre-Active Phase: Collecting and organizing the content, Preparation of lesson plan
- Interactive Phase: Delivery of Lesson on a yogic concept, use of ICT, models, examples and strories, communication and reward, linking with the previous knowledge
- Post Active Phase: Peer evaluation and feedbacks

Unit: 2 Teaching practice of General Yoga Classes [30 Hours]

- Teaching practice of a general yoga class with Lesson Plan
- Alignment, adjustments, questionning and correction (whatever applicable) in basic asanas, Pranayama and Meditation
- Use of Props and creating the exercises for improvement in asana
- Voice modulations, pace and choosing music for the practice

Unit: 3 Creating the flow of Yoga practice [30 Hours]

- Mindful Yoga flow
- Energetic Yoga Flow

- Deep streching Yoga Flow
- Breath Based Yoga Flow

Unit: 4 E-Content and Mass teaching methods [30 Hours]

- Writing Script of the content
- Recording: Correctly using Light, Camera, Angle, Background and Mic
- Uploading a good video on social media
- Things to consider taking live online classes

TEXT BOOK:

1. Basavaraddi, I.V. & others : Pranayama; MDNIY New Delhi, 2012

2. Saraswati, Swami Satyanand: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2009 3. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009

REFERENCE BOOK:

1. Swami Kuvalyananda: Pranayama, Kaivalyadhama, Lonavla, 2005

2. Nagendra, H.R : The art and Science of Pranayama, Swami Vivekananda Yoga Prakashan, 2005, Bangaore

3. Lajpat, Dr. R.: Discovering Human Potential Energy, Abhinav Rai Publication, Gurgaon, 1996

4. Lajpat, Rai & others: Meditation, Anbhava Rai Publications, Gurgaon

5. Saraswati, Swami Satya Nand: Meditation from Tantras,Yoga Publication Trust, Munger, 2004

6. Sarswati, Swami Niranjanananand: Dharana Darshan, Yoga Publication Trust, Munger, 2003

7. Krishnamacharya, T.: Dhyanamalika, KYM, Chennai, 2005 8. Swami Satyananda: Yoganidra, Yoga Publication Trust, Munger, 1998

MNYOGA - 3: Therapeutic Yoga

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

- Understand the concept of health and disease.
- Have understanding about yogic concepts of health and healing.
- Yogic principle and practices for healthy living.
- Understand the role of Practical Yogic Techniques in healthy living

Total Number of Hours: 75	**Theory**	**Tutorial**	**Practical**
Credits	**3**	**0**	**1**
Hours/ week	**3**	**0**	**2**
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 80		**Practical : 20**	
Final Exam (SEE)	**Internal Assessment (CT+TA)**	**Final Exam (SEE)**	**Internal Assessment (CT+TA/PR)**
60	**20**	**15**	**05**

Unit - 1: YOGIC CONCEPTS OF HEALTH AND DISEASE [15 Hrs.]

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Yogic Concept of Holistic Health and Disease: Meaning and definitions; Yoga in AYUSH; Concept of Adhi and Vyadhi according Yoga Vasistha and remedial measures; Concepts of Trigunas and their role in Health and Healing

Unit - 2: CAUSES OF ILL HEALTH AND REMEDIAL MEASURES ACCORDING TO PATANJALI [15 Hrs.]

Potential causes of Ill-health: Tapatrayas and Kleshas, Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa; Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva; Role of Yoga in preventive health care – Heyam dukham anagatam; Concept of Abhyas and Vairagya, Yogic Positive Attitudes (Chitta Prasadanam), Kriya-yoga, Ashtanga Yoga of Patanjali for Healthy Living and Healing

Unit - 3: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING [15 Hrs.]

Yogic Dietary regulation (Introduction of Ahara and Mitahara) - Hatha yoga and Bhagavada Gita; Personal Adjustments through Niyamas & Yamas; Asana for mind body and spirit; Pranayama and Meditation in relation to Mental Health; Cleansing applications of Shat-karma; Personality integration Psycho-Social Implications of yoga; Yogic method Tackling ill effects of conflict and Frustration; Psychological, philosophical and yogic counselling; Action in relaxation-the secret of Karma Yoga

Unit - 3: PRACTICAL [30 hrs]

5. Yoga for stress management
6. Yoga for Hypertension
7. Yoga for Obesity
8. Yoga for back pain

TEXT BOOKS

- Preeti Goel and Rita Jain : Spectrum of Health (Sports Publications, New Delhi, 2003)
- M. M. Gore : Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)
- Dr. K. Krishna Bhat: The power of Yoga
- Swami Niranjanananda Saraswati: Asana Pranayama Mudra Bandha; Bihar school of yoga publications; Munger, 2001
- Swami Kuvalyananda: Asana Kaivalyadhama, Lonavla

BOOKS FOR REFERENCES

- Dr. R. S. Bhogal : Yoga Psychology, Kaivalyadhama Publication
- Dr. Manmath M Gharote, Dr. Vijay Kant : Therapeutic reference in Traditional Yoga texts
- T.S. Rukmani: Patanajala Yoga Sutra
- Sahay, G. S.: Hatha Yoga Pradeepika, MDNIY Publication, 2013
- Kdham: Gheranda Samhita, Kaivalyadhama, LonavlaBasavaraddi, I.V. & others: YOGASANA: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
- Basavaraddi, I.V. & others: Yogic Sukshma Evam Sthula Vyayama, MDNIY, New Delhi, 2011.

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SEMESTER - VII (with Research)

MJYOGA:17 Research Methodology and Statistics

Course Objectives: Following the completion of the course, the student shall be able to:

- Understand the concept of research and its methodology
- Feed and analyze the data
- Organize the data and represent the data.

Total No. of Hours - 60	**Theory**	**Tutorial**	**Practical**
Credits	**4**	**0**	**0**
Hours per week	**4**	**0**	**0**
Scheme of examination			
Total marks: 100		**Duration of Examination: 3 hours**	
Theory		**Practical : Nil**	
Final Examination	**Internal Assessment**	**Final Examination**	**Internal Assessment**
80	**20**	**-**	**-**

Unit: 1 Introduction to Research Methodology [15 Hrs.]

Research: its definition and types, Goals of Research: description, explanation, prediction, and control of behavior; Ethics of research: Informed consent, Anonymity, Confidentiality, Plagiarism, Ethical clearance, Evaluating Research Reports

Unit: 2 Research Process and Designs [15 Hrs.]

Research questions; Literature review; Different Sources of Information: Primary, Secondary, Tertiary source; Electronic Databases: Google Scholar, Pubmed & PsycINFO; Hypothesis Operational definition; Sampling and Generalization - Population and Sample; Types of Biological data (Scales of measurement), Types of variables –; Reliability & Validity.

Unit: 3 Research Design and Guidelines [15 Hrs.]

Cross-sectional studies and its advantages and disadvantages; Cohort studies and its advantages and disadvantages; Randomized controlled trials and its advantages and disadvantages; Guidelines for Research Designs, Factors need to be considered when designing a study: Availability of data,

Sampling methods, Data collection, Cost of the design, time implications and loss to follow- up, Controls, Issues of bias and confounding.

Unit: 4 Statistics and Software use [15 Hrs.]

Normal distribution – Skewness and kurtosis; Frequency distribution; Measures of central tendency – mean, median, mode; Measures of dispersion – range, variance and standard deviation; Graphical presentation of data – Bar graphs, Pie chart, line diagram, scatter plot; Statistical tests for co-relation and comparison. Use of JAMOVI/JASP software for Statistical operations

Unit:5 Reporting Research [15 Hrs.]

Parts and Order of Dissertation, Title Page (PICOS), Abstract, Introduction, Method Section, Results Section, Discussion Section, Reference Section.

TEXT BOOKS:

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

REFERENCE BOOKS:

1. C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New delhi.

2. Zar, J. H., &Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi

MJYOGA - 18: Applied Yoga

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

- Understand the applied value of yoga in different domain.
- Have an idea about the role of yoga for school, Stress and related psychiatric disorders and Society care.

Total Number of Hours: 60	**Theory**	**Tutorial**	**Practical**
Credits	4	**0**	0
Hours/ week	4	**0**	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		**Practical : Nil**	
Final Exam (SEE)	**Internal Assessment (CT+TA)**	**Final Exam (SEE)**	**Internal Assessment (CT+TA/PR)**
80	**20**	-	-

Unit -1: Yogic Health for school [15 Hrs.]

General Introduction to School Health, components of school health; Parent-Teacher-Student relationship in a School Health; Role of social interaction in a School Health; Brief introduction to developmental process of children; Psycho-Physiological changes and development of cognitive functions in School going children; Role of Yoga in establishment of values in School going children; Personality Development: New Dimensions of Personality through Yoga

Unit -2: Yoga for Technostress [15 Hrs.]

Introduction to Technostress, its cause, symptoms and complications; Health Hazards in computer professionals; Role of Yoga in the promotion of skills; Application of Yoga for management of Technostress; Research reviews on effect of Yoga on Technostress

Unit -3: Yoga for Management of Stress and Psychiatric Disorders [15 Hrs.]

Introduction to Stress, its definition and types; Stress as Indicators of Mental Health and related psychiatric disorders; Physiology of stress; Stress Management through Patanjali Yoga and Bhagavad Gita; Role of Therapeutic Yoga for Stress Management; Yogic Counselling for stress management. Understanding the concept of Neurosis and Psychosis. Definition, etiology, pathogenesis, clinical features and yogic management of anxiety, depression, bipolar disorders, OCD and schizophrenia.

Unit -4: Yoga for Society [15 Hrs.]

Yoga for Holistic Health and well-being; Yoga in Indian Medicinal system; Yoga in Inclusive Education, Teacher, Student and Teaching, Salient features of Value based Yoga education; Yoga in Urban and Rural settings; Yoga for women, Antenatal and Postnatal Yoga; Office Yoga; Yoga for PwD (People with Disability), Application of Yoga for preventing and managing common Geriatric problems

TEXT BOOKS

1. Jayadev H J : Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004
2. Liz Lark : Yoga for Kids, Carlton Books Ltd., London, 2003
3. Swati & Rajiv Chanchani : Yoga for Children: A complete illustrated guide to Yoga, UBS Publishes Distributors Pvt. Ltd, 2008
4. Iyenger B K S : The Path to Holistic Health, A Dorling Kindersley Book, Great Britain, 2001
5. Dr. Goel Aruna : Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007

BOOKS FOR REFERENCE

1. Basavaraddi IV : Yoga: Teachers manual for school children, MDNIY New Delhi , 2010
2. Basavaraddi IV : Yoga in School Health, MDNIY New Delhi, 2009 Iyenger B K S : Astadala Yogamala 1 to 7 volumes, Allied Publishers Pvt. Ltd, 2009
3. Basavaraddi IV : Yoga for Technostress, MDNIY, New Delhi, 2010
4. Basavaraddi IV : Yogic Management of Geriatric Disorders, MDNIY, New Delhi, 2009
5. H R Nagendra and R Nagarathna. Yoga for Promotion of Positive Health. Swami Vivekananda Yoga Prakashana. 2011.
6. Contrada, R., & Baum, A. (Eds.). The handbook of stress science: Biology, psychology, and health. Springer Publishing Company. 2010
7. Al'Absi, M. (Ed.). Stress and addiction: Biological and psychological mechanisms. Elsevier. 2011

MJYOGA - 19: Yoga Practicum - VII

Course Objectives:

Following are the objectives of the course:

- To integrate preventive and holistic health concepts by integrating yogic lifestyles.
- To evaluate therapeutic and adaptive use of yoga.
- To promote yoga for stress management, school and women health

Total No. of Hours - 120	**Theory**	**Tutorial**	**Practical**
Credits	**0**	**0**	**4**
Hours per week	**0**	**0**	**8**
Scheme of examination			
Total marks: 100			**Duration of Examination: 3 hours**
Theory : Nil		**Practical : 100**	
Final Examination	**Internal Assessment**	**Final Examination**	**Internal Assessment**
-	**-**	**80**	**20**

Unit - 1: Yoga for society **[30 hrs]**

- Yogic practices for women health
- Yogic practices for children
- Yogic practices for stress and anger management

Unit - 2: Yoga for neurological disorders

- Yogic practices for migraine
- Stroke rehabilitation through Yoga
- Yogic practices for Parkinson's disease

Unit - 3: Chair Yoga

[30 hrs]

Yogic techniques to be performed sitting on a chair that involves Sukshma vyayama, Asanas, Chair Surya Namaskar and Pranayama.

Unit - 4: Yoga for psychiatric disorders **[30 hrs]**

- Yogic practices for anxiety
- Yogic practices for depression
- Yogic practices for bipolar disorders

TEXT BOOKS

1. Saraswati, Swami Satyanand: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2009 3. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009.
2. Yoga practices for Anxiety and Depression by Dr. H.R. Nagendra, Swami Vivekananda Yoga Prakashan.
3. New perspectives in Stress management by Dr. H.R. Nagendra, Swami Vivekananda Yoga Prakashan.

Reference books:

1. Mind sound resonance technique by Dr. H.R. Nagendra, Swami Vivekananda Yoga Prakashan.
2. Yoga Nidra by Swami Satyananda Saraswati, Yoga Publication Trust.
3. Prana and Pranayama by Swami Niranjananda Saras wati, Yoga Publication Trust.
4. Surya Namaskar by Swami Satyananda Saraswati, Yoga Publication Trust.

Dissertation - 1

Course objectives:

- Students must be able to conceptualize and design of his Research Problem in a Proper Way.
- Students must be able to use appropriate methodologies and Database findings critically for Find out Their Research Problems.
- Students will develop proficiency in conducting independent, original research in the field of yoga.
- To develop students' abilities to critically analyze existing research, synthesize diverse perspectives and contribute original insights to the field of yoga through their dissertation.

<table>
<tr><td>Total No. of Hours - 120</td><td>Theory</td><td colspan="2">Tutorial</td><td>Practical</td></tr>
<tr><td>Credits</td><td>-</td><td colspan="2">-</td><td>4</td></tr>
<tr><td>Hours Per Week</td><td>-</td><td colspan="2">-</td><td>8</td></tr>
<tr><td colspan="5">Scheme of Examination</td></tr>
<tr><td colspan="5">Total Marks : 100 Duration of Examination :</td></tr>
<tr><td colspan="2">Theory :</td><td colspan="3">Practical : 100</td></tr>
<tr><td>Final Examination</td><td>Internal Assessment</td><td>Final Examination</td><td colspan="2">Internal Assessment</td></tr>
<tr><td></td><td></td><td>80</td><td colspan="2">20</td></tr>
</table>

Note:

Applicable students may to opt for Dissertation as per NEP 2020 guidelines. Students will select the Research topic themselves and prepare the Research plan. In Doing the consent of the Guide is necessary. During this period, every student will choose his/her own research Area and carry out the synopsis framework under the supervision of the guide.

Arrangement of Synopsis:

Synopsis Material should be arranged as follows:

Cover Page & Title Page

Chapters- The Chapters may include

Chapter 1: Introduction (must include rationale and justification behind the study leading to need of the study)

Chapter 2: Review of Literature (must consist of extensive ancient and modern literature review along with research gap)

Chapter 3: Aims and Objectives: (must consists of aim, objectives, research question and hypotheses of the study)

Chapter 4: Methodology (Action plan of the Research)

References

During this period, every student will choose his research area under the supervision of assigned guide. Following the instruction, the candidate has to make an action plan (synopsis) for carrying out the dissertation work. Data acquisition will start during last semester. Students sall be examined based on the presentation through PPT of their synopsis during their internal and external examination. Along with that they have to submit the hard copy of the synopsis.

MNYOGA - 4: Teaching methods of Yoga

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

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

Total Number of Hours: 75	**Theory**	**Tutorial**	**Practical**
Credits	**3**	**0**	**1**
Hours/ week	**3**	**0**	**2**
SCHEME OF EXAMINATION			
Total Marks: 100		**Duration of examination: 3 hours**	
Theory : 75		**Practical : 25**	
Final Exam (SEE)	**Internal Assessment (CT+TA)**	**Final Exam (SEE)**	**Internal Assessment (CT+TA/PR)**
60	**15**	**20**	**05**

Unit-1: Principles and methods of teaching yoga [15 Hrs.]

Teaching and Learning: Concepts and Relationship between the two; Qualities of Yoga Teacher; Characteristics and essentials of good Yoga teaching; Meaning, Typings and Role of Educational Tools and Technology in Yoga teaching; Student's approach to the teacher: Pranipaata Pariprashna Seva (BG 4.34); Yogic levels of learning Vidyarthi, Shishya, Mumuksha; Principles of Teaching: Levels and Phases of Teaching Principles and types of learning, Meaning and scope of Teaching methods and factors influencing them; Importance of Teacher training; Sources of Teaching methods.

Unit-2: Basics of yoga class management [15 Hrs.]

Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc.; Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women, Geriatric and Special attention group); Teaching techniques- Individual, group and mass; Methods of customizing Yoga

class to meet individual needs; Organization of Yoga teaching (Need, Types, Principles of Time table, Time Management, Discipline etc.); Evaluation methods of an ideal Yoga class.

Unit-3: Lesson planning in yoga [15 hrs.]

Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan; Action Research 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: Practical

The practice teaching lessons and a Lecture cum Demonstration assignment on different topics of Yoga maintained in the 'Practical Record' format should be observed / examined by the Yoga Practical Teacher. These marks shall be considered as the Particle Class Tests (internal assessment) of this practical paper.

The student will have demonstrations and training in the above mentioned aspects of teaching methods.

TEXT BOOKS

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

BOOKS FOR REFERENCE

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

SEMESTER - VIII (with Research)

MJYOGA-21: Introduction to Yoga Upanishads

Course objectives:

1. To Study the Basics and Applied part of yoga in different yoga Upanishads.
2. To Holistic Development of the Individual (Physical, Mental, and Spiritual Growth).
3. To Integration of Ethical and Value-Based Education.
4. Preservation and Integration of Indian Knowledge Systems (IKS)

Total No. of Hours - 60	**Theory**	**Tutorial**	**Practical**
Credits	**4**	**0**	**0**
Hours Per Week	**4**	**0**	**0**
Scheme of Examination			
Total Marks : 100		**Duration of Examination : 3 Hours**	
Theory : 100		**Practical : Nil**	
Final Examination	**Internal Assessment**	**Final Examination**	**Internal Assessment**
80	**20**	**-**	**-**

Unit 1: Yogakundali Upanishad [15 hrs]

Brief Introduction of Yogakundali Upanishad, Concept of Yoga, Pranayama, Types of Pranayama, Methods of Pranayama Siddhi, Obstacles in Yoga, Kundalini Awakening, Regulation ofPrāṇa,Means of Self-realization,

Unit 2: Dhyanbindoopanishad [15 hrs]

Brief Introduction of Dhyanbindoopanishad, importance of Dhyanayoga, Nature of Pranav, Techniques of Pranav meditation, Shadangyoga, Atmadarshan through Nadanusandhan

Unit 3: Trishikhibrahmanopanishad [15 hrs]

Brief Introduction to Trishikhibrahmanopanishad, Concept & Types of Yamas and Niyamas,

Concept & Types of Asanas, Types of Nadi, Types of Prana & Pranayama, Concept of

Pratyahara, Dharana, Dhyana, Samadhi.

Unit 4: Yogarajopnishad [15 hrs]

Brief Introduction to Yogarajopnishad:Concept of Atman and Brahman, Mantra yoga, Layayoga, Hathayoga, Raja yoga, nine chakras, Procedures of Dhyana and its results.

TEXT BOOKS

Dr. Madhusudan Penna. (2019). The Yoga Upanishad's, New Bharatiya Book Corporation

Swami Anant Bharati. (2015). Yoga Upanishad Samgraha.Eastern Book Linkers.

Yoga Upanishad. Bihar Yoga of School.

BOOKS FOR REFERENCE

Upanishad Sangraha- Jagdish Shashtri, Motilal Banarasidas, Varanasi, Delhi, Chennai.

Swami Sivananda - The Essence of Principal Upanishads, Divine Life Society, 1980.

Swami Nikhilananda - The Principal Upanishads, Courier Corporation, 2003.

108 Upanishad-Brahmavidya Khand- Pt. Sriram Sharma Acharya, Shantikunj,

Haridwar.

108 Upanishad-Jnana Khand- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.

108 Upanishad-Sadhana Khand- Pt. Sriram Sharma Acharya, Shantikunj,

Haridwar.

MJYOGA-22: Yoga Practicum-VIII

Course Objectives: Following the completion of the course, the student shall be able to:

- Learn Yoga practices for pregnancy
- Learn Contemporary Yogasana flow according to the intensity
- Organize the yoga events

Total No. of Hours - 120	**Theory**	**Tutorial**	**Practical**
Credits	**0**	**0**	**4**
Hours per week	**0**	**0**	**8**
Scheme of examination			
Total marks: 100		**Duration of Examination: 3 hours**	
Theory : Nil		**Practical**	
Final Examination	**Internal Assessment**	**Final Examination**	**Internal Assessment**
-	**-**	**80**	**20**

Unit: 1 Yoga for Pregnancy **[20 Hours]**

- Pre Natal Yoga Flow for 1st Trimester
- Pre Natal Yoga Flow for 2nd Trimester
- Pre Natal Yoga Flow for 3rd Trimester

Unit: 2 High Intensity Yoga Flow **[40 Hours]**

- Power Yoga Flow
- Detox Yoga Flow
- Calory Crusher Yoga Flow
- Dumble Yoga Flow
- Ladder Yoga Flow
- Tibetan Rites Yoga Flow
- Balancing Yoga Flow
- Chair Yoga Flow

Unit:3 Yogic Event organization-I **[30 Hours]**

Plan and organize a mini yoga event considering the following steps:

- Purpose, target audience, goals and outcomes

- Budgeting, resource allocation, and sponsorship
- Venue selection and equipment checklist (mats, sound system, projector, etc.)
- Registration process and participant communication
- Safety, accessibility, and risk management
- Core team roles: Event coordinator, instructor, registration, hospitality, tech support
- Volunteer management
- Communication skills and group coordination

Unit: 4 Yogic Event organization-II **[30 Hours]**

Plan and organize a mini yoga event considering the following steps:

- Event flow: Opening ceremony, yoga session management, breaks, closing
- Time management and handling delays
- Dealing with unexpected issues professionally
- Collecting feedback from participants
- Report preparation and outcome analysis
- Certificates, media coverage, and documentation
- Reflection: What went well, what can be improved

TEXT BOOKS:

- Bowdin, G. A., Allen, J., Harris, R., Jago, L., O'toole, W., & McDonnell, I. (2023). *Events management*. Routledge.
- Jamieson, T. (2004). *Yoga for Pregnancy*. Penton Overseas, Inc.

REFERENCE BOOKS:

- Zen, M. (n.d.). *The book of Vinyasa flows*. Maria Zen Yoga Publishing.
- Stephens, M. (2012). *Yoga sequencing: Designing transformative yoga classes*. North Atlantic Books.

IMPORTANT LINKS FOR EVENTS:

- Circulars
- https://yoga.ayush.gov.in/yoga-calendar

Dissertation-2

Course objectives:

- Carry out small scale research projects.
- Organize and analyze the data in tabular and graphical form & interpret the data and draw the conclusion.
- To highlight the ancient wisdom of yoga through moderns' parameters.
- Have in-depth understanding about the Research tools and prepare a manuscript for Communication.
- Following the completion of the project students will be able to carry out their research work independently.
- 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.

<table>
<tr><td>Total No. of Hours - 240</td><td>Theory</td><td>Tutorial</td><td>Practical</td></tr>
<tr><td>Credits</td><td>-</td><td>-</td><td>8</td></tr>
<tr><td>Hours Per Week</td><td>-</td><td>-</td><td>16</td></tr>
<tr><td colspan="4">Scheme of Examination</td></tr>
<tr><td colspan="4">Total Marks : 100 Duration of Examination : 3 hours</td></tr>
<tr><td colspan="2">Theory : Nil</td><td colspan="2">Practical : 100</td></tr>
<tr><td>Final Examination</td><td>Internal Assessment</td><td>Final Examination</td><td>Internal Assessment</td></tr>
<tr><td>-</td><td>-</td><td>80</td><td>20</td></tr>
</table>

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

Meet with Your guide regularly for giving Update of your Research progress. Spend Quality time for Your Intervention.Dissertation is compulsory to all students. Students will select the Research topic by himself and prepare the Research Plan. In doing so, the consent of the Guide is necessary.

After completing the Dissertation work, its three typed copies will be submitted to the Department within given period of time.The evaluation of the Dissertation will be Examine by the External examiner in coordination with the Supervisor & Head of the Department.Students shall be examined based on the Presentation of the Progress of their Research Project Work. The Viva-Voce exam will also be conducted under it.

The manual is intended to Provide broad guidelines to the B.Sc. candidates in the Preparation of the dissertation. In general, the dissertation shall be an organized and scholarly account of original research work of the candidate leading to the discovery of new facts or techniques or correlation of Facts already known.

MNYOGA - 4: Teaching methods of Yoga

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

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

Total Number of Hours: 75	**Theory**	**Tutorial**	**Practical**
Credits	**3**	**0**	**1**
Hours/ week	**3**	**0**	**2**
SCHEME OF EXAMINATION			
Total Marks: 100		**Duration of examination: 3 hours**	
Theory : 75		**Practical : 25**	
Final Exam (SEE)	**Internal Assessment (CT+TA)**	**Final Exam (SEE)**	**Internal Assessment (CT+TA/PR)**
60	**15**	**20**	**05**

Unit-1: Principles and methods of teaching yoga [15 Hrs.]

Teaching and Learning: Concepts and Relationship between the two; Qualities of Yoga Teacher; Characteristics and essentials of good Yoga teaching; Meaning, Typings and Role of Educational Tools and Technology in Yoga teaching; Student's approach to the teacher: Pranipaata Pariprashna Seva (BG 4.34); Yogic levels of learning Vidyarthi, Shishya, Mumuksha; Principles of Teaching: Levels and Phases of Teaching Principles and types of learning, Meaning and scope of Teaching methods and factors influencing them; Importance of Teacher training; Sources of Teaching methods.

Unit-2: Basics of yoga class management [15 Hrs.]

Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc.; Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women, Geriatric and Special

attention group); Teaching techniques- Individual, group and mass; Methods of customizing Yoga class to meet individual needs; Organization of Yoga teaching (Need, Types, Principles of Time table, Time Management, Discipline etc.); Evaluation methods of an ideal Yoga class.

Unit-3: Lesson planning in yoga [15 hrs.]

Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan; Action Research 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: Practical

The practice teaching lessons and a Lecture cum Demonstration assignment on different topics of Yoga maintained in the 'Practical Record' format should be observed / examined by the Yoga Practical Teacher. These marks shall be considered as the Particle Class Tests (internal assessment) of this practical paper.

The student will have demonstrations and training in the above mentioned aspects of teaching methods.

TEXT BOOKS

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

BOOKS FOR REFERENCE

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

SEMESTER - VII (without Research)

MJYOGA:17 Research Methodology and Statistics

Course Objectives: Following the completion of the course, the student shall be able to:

- Understand the concept of research and its methodology
- Feed and analyze the data
- Organize the data and represent the data.

Total No. of Hours - 60	**Theory**	**Tutorial**	**Practical**
Credits	**4**	**0**	**0**
Hours per week	**4**	**0**	**0**
Scheme of examination			
Total marks: 100		**Duration of Examination: 3 hours**	
Theory		**Practical : Nil**	
Final Examination	**Internal Assessment**	**Final Examination**	**Internal Assessment**
80	**20**	**-**	**-**

Unit: 1 Introduction to Research Methodology [15 Hrs.]

Research: its definition and types, Goals of Research: description, explanation, prediction, and control of behavior; Ethics of research: Informed consent, Anonymity, Confidentiality, Plagiarism, Ethical clearance, Evaluating Research Reports

Unit: 2 Research Process and Designs [15 Hrs.]

Research questions; Literature review; Different Sources of Information: Primary, Secondary, Tertiary source; Electronic Databases: Google Scholar, Pubmed & PsycINFO; Hypothesis Operational definition; Sampling and Generalization - Population and Sample; Types of Biological data (Scales of measurement), Types of variables –; Reliability & Validity.

Unit: 3 Research Design and Guidelines [15 Hrs.]

Cross-sectional studies and its advantages and disadvantages; Cohort studies and its advantages and disadvantages; Randomized controlled trials and its advantages and disadvantages; Guidelines for Research Designs, Factors need to be considered when designing a study: Availability of data,

Sampling methods, Data collection, Cost of the design, time implications and loss to follow- up, Controls, Issues of bias and confounding.

Unit: 4 Statistics and Software use **[15 Hrs.]**

Normal distribution – Skewness and kurtosis; Frequency distribution; Measures of central tendency – mean, median, mode; Measures of dispersion – range, variance and standard deviation; Graphical presentation of data – Bar graphs, Pie chart, line diagram, scatter plot; Statistical tests for co-relation and comparison. Use of JAMOVI/JASP software for Statistical operations

Unit:5 Reporting Research **[15 Hrs.]**

Parts and Order of Dissertation, Title Page (PICOS), Abstract, Introduction, Method Section, Results Section, Discussion Section, Reference Section.

TEXT BOOKS:

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

REFERENCE BOOKS:

1. C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New delhi.

2. Zar, J. H., &Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi

MJYOGA - 18: Applied Yoga

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

- Understand the applied value of yoga in different domain.
- Have an idea about the role of yoga for school, Stress and related psychiatric disorders and Society care.

Total Number of Hours: 60	**Theory**	**Tutorial**	**Practical**
Credits	4	**0**	0
Hours/ week	4	**0**	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		**Practical : Nil**	
Final Exam (SEE)	**Internal Assessment (CT+TA)**	**Final Exam (SEE)**	**Internal Assessment (CT+TA/PR)**
80	**20**	**-**	**-**

Unit -1: Yogic Health for school [15 Hrs.]

General Introduction to School Health, components of school health; Parent-Teacher-Student relationship in a School Health; Role of social interaction in a School Health; Brief introduction to developmental process of children; Psycho-Physiological changes and development of cognitive functions in School going children; Role of Yoga in establishment of values in School going children; Personality Development: New Dimensions of Personality through Yoga

Unit -2: Yoga for Technostress [15 Hrs.]

Introduction to Technostress, its cause, symptoms and complications; Health Hazards in computer professionals; Role of Yoga in the promotion of skills; Application of Yoga for management of Technostress; Research reviews on effect of Yoga on Technostress

Unit -3: Yoga for Management of Stress and Psychiatric Disorders [15 Hrs.]

Introduction to Stress, its definition and types; Stress as Indicators of Mental Health and related psychiatric disorders; Physiology of stress; Yogic perspectives of Stress (Symptoms, Causes and Consequences); Stress Management through Patanjali Yoga and Bhagavad Gita; Spiritual model of stress management; Progress and tune with nature; Role of Therapeutic Yoga for Stress Management; Yogic Counselling for stress management

Unit -4: Yoga for Society [15 Hrs.]

Yoga for Holistic Health and well-being; Yoga in Indian Medicinal system; Yoga in Inclusive Education, Teacher, Student and Teaching, Salient features of Value based Yoga education; Yoga in Urban and Rural settings; Yoga for women, Antenatal and Postnatal Yoga; Office Yoga; Yoga for PwD (People with Disability), Application of Yoga for preventing and managing common Geriatric problems

TEXT BOOKS

1. Jayadev H J : Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004
2. Liz Lark : Yoga for Kids, Carlton Books Ltd., London, 2003
3. Swati & Rajiv Chanchani : Yoga for Children: A complete illustrated guide to Yoga, UBS Publishes Distributors Pvt. Ltd, 2008
4. Iyenger B K S : The Path to Holistic Health, A Dorling Kindersley Book, Great Britain, 2001
5. Dr. Goel Aruna : Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007

BOOKS FOR REFERENCE

1. Basavaraddi IV : Yoga: Teachers manual for school children, MDNIY New Delhi , 2010
2. Basavaraddi IV : Yoga in School Health, MDNIY New Delhi, 2009 Iyenger B K S : Astadala Yogamala 1 to 7 volumes, Allied Publishers Pvt. Ltd, 2009
3. Basavaraddi IV : Yoga for Technostress, MDNIY, New Delhi, 2010
4. Basavaraddi IV : Yogic Management of Geriatric Disorders, MDNIY, New Delhi, 2009
5. H R Nagendra and R Nagarathna. Yoga for Promotion of Positive Health. Swami Vivekananda Yoga Prakashana. 2011.
6. Contrada, R., & Baum, A. (Eds.). The handbook of stress science: Biology, psychology, and health. Springer Publishing Company. 2010
7. Al'Absi, M. (Ed.). Stress and addiction: Biological and psychological mechanisms. Elsevier. 2011

MJYOGA - 19: Yoga Practicum - VII

Course Objectives:

Following are the objectives of the course:

- To integrate preventive and holistic health concepts by integrating yogic lifestyles.
- To evaluate therapeutic and adaptive use of yoga.
- To promote yoga for stress management, school and women health

Total No. of Hours - 120	**Theory**	**Tutorial**	**Practical**
Credits	**0**	**0**	**4**
Hours per week	**0**	**0**	**8**
Scheme of examination			
Total marks: 100			**Duration of Examination: 3 hours**
Theory : Nil		**Practical : 100**	
Final Examination	**Internal Assessment**	**Final Examination**	**Internal Assessment**
-	**-**	**80**	**20**

Unit - 1: Yoga for society **[30 hrs]**

- Yogic practices for women health
- Yogic practices for children
- Yogic practices for stress and anger management

Unit - 2: Yoga for neurological disorders

- Yogic practices for migraine
- Stroke rehabilitation through Yoga
- Yogic practices for Parkinson's disease

Unit - 3: Chair Yoga

[30 hrs]

Yogic techniques to be performed sitting on a chair that involves Sukshma vyayama, Asanas, Chair Surya Namaskar and Pranayama.

Unit - 4: Yoga for psychiatric disorders **[30 hrs]**

- Yogic practices for anxiety
- Yogic practices for depression
- Yogic practices for bipolar disorders

TEXT BOOKS

4. Saraswati, Swami Satyanand: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2009 3. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009.
5. Yoga practices for Anxiety and Depression by Dr. H.R. Nagendra, Swami Vivekananda Yoga Prakashan.
6. New perspectives in Stress management by Dr. H.R. Nagendra, Swami Vivekananda Yoga Prakashan.

Reference books:

5. Mind sound resonance technique by Dr. H.R. Nagendra, Swami Vivekananda Yoga Prakashan.
6. Yoga Nidra by Swami Satyananda Saraswati, Yoga Publication Trust.
7. Prana and Pranayama by Swami Niranjananda Saras wati, Yoga Publication Trust.
8. Surya Namaskar by Swami Satyananda Saraswati, Yoga Publication Trust.

MJYOGA20: Case Study and Counselling: Practicum (In lieu of Dissertation-I)

Course Objectives: Following the completion of the course, the student shall be able to:

- Practice the conversations in counselling
- Incorporate yogic and contemporary principles in counselling
- Analyse the counslee and give yogic solutions
- Present the case study

Total No. of Hours -120	**Theory**	**Tutorial**	**Practical**
Credits	**0**	**0**	**4**
Hours per week	**0**	**0**	**8**
Scheme of examination			
Total marks: 100		**Duration of Examination: 3 hours**	
Theory : Nil		**Practical**	
Final Examination	**Internal Assessment**	**Final Examination**	**Internal Assessment**
-	**-**	**80**	**20**

Unit:1 Role Play: Practicing counseling conversations [30 Hours]

- Peer feedback sessions: Practicing empathy, active listening, paraphrasing; Choosing the type: directive, non-directive, eclectic; Building rapport and trust;
- Observation checklist for communication: Verbal Communicatoion, Non Verbal Communication, Listening Skills, Rapport, Ethics and Sensitivity, Yogic Presence

Unit: 2 Understanding with Yogic and contemporary Insights [30 Hours]

- View of Yogic principles Trigunas, Panchakosha, Kleshas, Samskaras and with Patanjali Yoga Sutras & Bhagavad Gita insights;
- Choosing Contemporary principles of Cognitive Behavioural Therapy, motivational interviewing basics Reflection writing: Self-inquiry based on Gunas.
- Exposure and Analyse in Group discussion

Unit: 3 Analysis and Yogic Solutions [30 Hours]

- Case history taking: format and technique; Interview skills and intake methods
- Use of Tools for Stress, depression, anxiety, quality of life, Dosha, Guna
- Designing yoga modules: Shatkarma, Asana, Pranayama, Relaxation, Meditation
- Simulated case presentations in groups

Unit-4 Presentation **[30 Hours]**

- Presentation of one complete case study; Peer reviewer’s feedback on counselling

TEXT BOOKS:

- Nelson-Jones, R. (2015). Basic counselling skills: A helper's manual.
- Mohan, A. G., & Mohan, I. (2004). Yoga therapy: a guide to the therapeutic use of yoga and ayurveda for health and fitness.

REFERENCE BOOKS:

- Sivananda, S. (1974). *Mind: Its mysteries and control*. Sivananda Nagar, India: Divine Life Society.
- Monro, R., Nagarathna, R., Nagendra, H. R., & Ford-Kohne, N. (1990). Yoga for common ailments.

MNYOGA - 4: Teaching methods of Yoga

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

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

Total Number of Hours: 75	**Theory**	**Tutorial**	**Practical**
Credits	**3**	**0**	**1**
Hours/ week	**3**	**0**	**2**
SCHEME OF EXAMINATION			
Total Marks: 100		**Duration of examination: 3 hours**	
Theory : 75		**Practical : 25**	
Final Exam (SEE)	**Internal Assessment (CT+TA)**	**Final Exam (SEE)**	**Internal Assessment (CT+TA/PR)**
60	**15**	**20**	**05**

Unit-1: Principles and methods of teaching yoga [15 Hrs.]

Teaching and Learning: Concepts and Relationship between the two; Qualities of Yoga Teacher; Characteristics and essentials of good Yoga teaching; Meaning, Typings and Role of Educational Tools and Technology in Yoga teaching; Student's approach to the teacher: Pranipaata Pariprashna Seva (BG 4.34); Yogic levels of learning Vidyarthi, Shishya, Mumuksha; Principles of Teaching: Levels and Phases of Teaching Principles and types of learning, Meaning and scope of Teaching methods and factors influencing them; Importance of Teacher training; Sources of Teaching methods.

Unit-2: Basics of yoga class management [15 Hrs.]

Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc.; Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women, Geriatric and Special

attention group); Teaching techniques- Individual, group and mass; Methods of customizing Yoga class to meet individual needs; Organization of Yoga teaching (Need, Types, Principles of Time table, Time Management, Discipline etc.); Evaluation methods of an ideal Yoga class.

Unit-3: Lesson planning in yoga [15 hrs.]

Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan; Action Research 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: Practical

The practice teaching lessons and a Lecture cum Demonstration assignment on different topics of Yoga maintained in the 'Practical Record' format should be observed / examined by the Yoga Practical Teacher. These marks shall be considered as the Particle Class Tests (internal assessment) of this practical paper.

The student will have demonstrations and training in the above mentioned aspects of teaching methods.

TEXT BOOKS

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

BOOKS FOR REFERENCE

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

SEMESTER - VIII (without Research)

MJYOGA - 21: Introduction to Yoga Upanishads

Course objectives:

1. To Study the Basics and Applied part of yoga in different yoga Upanishads.
2. To Holistic Development of the Individual (Physical, Mental, and Spiritual Growth).
3. To Integration of Ethical and Value-Based Education.
4. Preservation and Integration of Indian Knowledge Systems (IKS)

Total No. of Hours - 60	**Theory**	**Tutorial**	**Practical**
Credits	**4**	**0**	**0**
Hours Per Week	**4**	**0**	**0**
Scheme of Examination			
Total Marks : 100		**Duration of Examination : 3 Hours**	
Theory : 100		**Practical : Nil**	
Final Examination	**Internal Assessment**	**Final Examination**	**Internal Assessment**
80	**20**	**-**	**-**

Unit 1: Yogakundali Upanishad [15 hrs]

Brief Introduction of Yogakundali Upanishad, Concept of Yoga, Pranayama, Types of Pranayama, Methods of Pranayama Siddhi, Obstacles in Yoga, Kundalini Awakening, Regulation ofPrāṇa,Means of Self-realization,

Unit 2: Dhyanbindoopanishad [15 hrs]

Brief Introduction of Dhyanbindoopanishad, importance of Dhyanayoga, Nature of Pranav, Techniques of Pranav meditation, Shadangyoga, Atmadarshan through Nadanusandhan

Unit 3: Trishikhibrahmanopanishad [15 hrs]

Brief Introduction to Trishikhibrahmanopanishad, Concept & Types of Yamas and Niyamas,

Concept & Types of Asanas, Types of Nadi, Types of Prana & Pranayama, Concept of

Pratyahara, Dharana, Dhyana, Samadhi.

Unit 4: Yogarajopnishad [15 hrs]

Brief Introduction to Yogarajopnishad:Concept of Atman and Brahman, Mantra yoga, Layayoga, Hathayoga, Raja yoga, nine chakras, Procedures of Dhyana and its results.

TEXT BOOKS

1. Dr. Madhusudan Penna. (2019). The Yoga Upanishad's, New Bharatiya Book Corporation
2. Swami Anant Bharati. (2015). Yoga Upanishad Samgraha.Eastern Book Linkers.
3. Yoga Upanishad. Bihar Yoga of School.

BOOKS FOR REFERENCE

1. Upanishad Sangraha- Jagdish Shashtri, Motilal Banarasidas, Varanasi, Delhi, Chennai.
2. Swami Sivananda - The Essence of Principal Upanishads, Divine Life Society, 1980.
3. Swami Nikhilananda - The Principal Upanishads, Courier Corporation, 2003.
4. 108 Upanishad-Brahmavidya Khand- Pt. Sriram Sharma Acharya, Shantikunj,
5. Haridwar.
6. 108 Upanishad-Jnana Khand- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.
7. 108 Upanishad-Sadhana Khand- Pt. Sriram Sharma Acharya, Shantikunj,
8. Haridwar.

MJYOGA - 22: Yoga Practicum - VIII

Course Objectives: Following the completion of the course, the student shall be able to:

- Learn Yoga practices for pregnancy
- Learn Contemporary Yogasana flow according to the intensity
- Organize the yoga events

Total No. of Hours - 120	**Theory**	**Tutorial**	**Practical**
Credits	**0**	**0**	**4**
Hours per week	**0**	**0**	**8**
Scheme of examination			
Total marks: 100		**Duration of Examination: 3 hours**	
Theory : Nil		**Practical**	
Final Examination	**Internal Assessment**	**Final Examination**	**Internal Assessment**
-	**-**	**80**	**20**

Unit: 1 Yoga for Pregnancy **[20 Hours]**

- Pre Natal Yoga Flow for 1st Trimester
- Pre Natal Yoga Flow for 2nd Trimester
- Pre Natal Yoga Flow for 3rd Trimester

Unit: 2 High Intensity Yoga Flow **[40 Hours]**

- Power Yoga Flow
- Detox Yoga Flow
- Calory Crusher Yoga Flow
- Dumble Yoga Flow
- Ladder Yoga Flow
- Tibetan Rites Yoga Flow
- Balancing Yoga Flow
- Chair Yoga Flow

Unit:3 Yogic Event organization-I **[30 Hours]**

Plan and organize a mini yoga event considering the following steps:

- Purpose, target audience, goals and outcomes
- Budgeting, resource allocation, and sponsorship
- Venue selection and equipment checklist (mats, sound system, projector, etc.)
- Registration process and participant communication
- Safety, accessibility, and risk management
- Core team roles: Event coordinator, instructor, registration, hospitality, tech support
- Volunteer management
- Communication skills and group coordination

Unit: 4 Yogic Event organization-II **[30 Hours]**

Plan and organize a mini yoga event considering the following steps:

- Event flow: Opening ceremony, yoga session management, breaks, closing
- Time management and handling delays
- Dealing with unexpected issues professionally
- Collecting feedback from participants
- Report preparation and outcome analysis
- Certificates, media coverage, and documentation
- Reflection: What went well, what can be improved

TEXT BOOKS:

- Bowdin, G. A., Allen, J., Harris, R., Jago, L., O'toole, W., & McDonnell, I. (2023). *Events management*. Routledge.
- Jamieson, T. (2004). *Yoga for Pregnancy*. Penton Overseas, Inc.

REFERENCE BOOKS:

- Zen, M. (n.d.). *The book of Vinyasa flows*. Maria Zen Yoga Publishing.
- Stephens, M. (2012). *Yoga sequencing: Designing transformative yoga classes*. North Atlantic Books.

IMPORTANT LINKS FOR EVENTS:

- Circulars
- https://yoga.ayush.gov.in/yoga-calendar

MJYOGA - 23: Alternative Therapies (In lieu of Dissertation - II)

Course Objectives:

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

- Demonstrate knowledge & skills of therapeutics related to acupressure, pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.
- Prescribe pertinent pranic healing, acupressure for the prevention and mitigation of common ailments.

Total Number of Hours: 120	**Theory**	**Tutorial**	**Practical**
Credits	**0**	**0**	**4**
Hours/ week	**0**	**0**	**8**
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : Nil		**Practical : 100**	
Final Exam (SEE)	**Internal Assessment (CT+TA)**	**Final Exam (SEE)**	**Internal Assessment (CT+TA/PR)**
-	**-**	**80**	**20**

UNIT 1: Acupressure, Reflexology & Sujok Healing Technique [30 Hrs.]

Basics of Sujok Accupressure, Basics of Reflexology, Ayurvedic Accupressure, Navel Setting

Discussion, interpretation and should also be observed / examined by the Teacher

Unit-2: Pranic Healing [30 Hrs.]

Preliminary Practices for Pranic Healing, Basics of Pranic Healing

Discussion, interpretation and should be observed / examined by the Teacher

UNIT-3: Marma Therapy - 1 **[30 Hrs.]**

Important Mamsa Marma and Sira Marma

Discussion, interpretation and should be observed / examined by the Teacher

UNIT-4: Marma Therapy - 2 **[30 Hrs.]**

Important Snayu Marma, Asthi Marma and Sandhi Marma

Discussion, interpretation and should be observed / examined by the Teacher

TEXT BOOKS

- Accupressure: Dr. D.P. Bora
- Marma Chikitsa: Dr Sunil Joshi
- Sujok Chikitsa: Dr. Aasha Maheshwar
- Pranic Psychotherapy: Master Choakok Sui

Sushtrut Samhita

BOOKS OF REFERENCE

- Accupressure Siddhant evm Prayog: Dr. Amrit Lal Gurvedndra
- Miracles throughPranic Healing: Master Choakok Sui
- Advanced Pranic Healing: Master Choakok Sui
- Marma Science and Principles of Marma Therapy: Dr. Sunil Kumar Joshi

MJYOGA - 24: Field Training (In lieu of Dissertation - II)

Course objectives:

Following are the objectives of the course:

- To conduct and assist in yoga sessions for diverse populations.
- To evaluate the physical, mental, and emotional impacts of yoga practices.
- To promote health and well-being through yoga-based interventions in schools, community centers, or healthcare-related field settings.

Total No. of Hours - 120	**Theory**	**Tutorial**	**Practical**
Credits	**0**	**0**	**4**
Hours per week	**0**	**0**	**8**
Scheme of examination			
Total marks: 100			**Duration of Examination: 3 hours**
Theory : Nil		**Practical : 100**	
Final Examination	**Internal Assessment**	**Final Examination**	**Internal Assessment**
-	**-**	**80**	**20**

While carrying out the field training, students are expected:

- To identify the areas to conduct field training such as: schools, colleges, health centres, corporate sectors or community awareness.
- To conduct regular yoga sessions in the assigned centres.
- To prepare session plans and report.
- To collect participant feedback and analysis.
- To submit the field training port folio at the completion of the field work.

MNYOGA - 4: Teaching methods of Yoga

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

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

Total Number of Hours: 75	**Theory**	**Tutorial**	**Practical**
Credits	**3**	**0**	**1**
Hours/ week	**3**	**0**	**2**
SCHEME OF EXAMINATION			
Total Marks: 100		**Duration of examination: 3 hours**	
Theory : 75		**Practical : 25**	
Final Exam (SEE)	**Internal Assessment (CT+TA)**	**Final Exam (SEE)**	**Internal Assessment (CT+TA/PR)**
60	**15**	**20**	**05**

Unit-1: Principles and methods of teaching yoga [15 Hrs.]

Teaching and Learning: Concepts and Relationship between the two; Qualities of Yoga Teacher; Characteristics and essentials of good Yoga teaching; Meaning, Typings and Role of Educational Tools and Technology in Yoga teaching; Student's approach to the teacher: Pranipaata Pariprashna Seva (BG 4.34); Yogic levels of learning Vidyarthi, Shishya, Mumuksha; Principles of Teaching: Levels and Phases of Teaching Principles and types of learning, Meaning and scope of Teaching methods and factors influencing them; Importance of Teacher training; Sources of Teaching methods.

Unit-2: Basics of yoga class management [15 Hrs.]

Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc.; Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women, Geriatric and Special attention group); Teaching techniques- Individual, group and mass; Methods of customizing Yoga class to meet individual needs; Organization of Yoga teaching (Need, Types, Principles of Time table, Time Management, Discipline etc.); Evaluation methods of an ideal Yoga class.

Unit-3: Lesson planning in yoga [15 hrs.]

Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan; Action Research 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: Practical

The practice teaching lessons and a Lecture cum Demonstration assignment on different topics of Yoga maintained in the 'Practical Record' format should be observed / examined by the Yoga Practical Teacher. These marks shall be considered as the Particle Class Tests (internal assessment) of this practical paper.

The student will have demonstrations and training in the above mentioned aspects of teaching methods.

TEXT BOOKS

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

BOOKS FOR REFERENCE

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