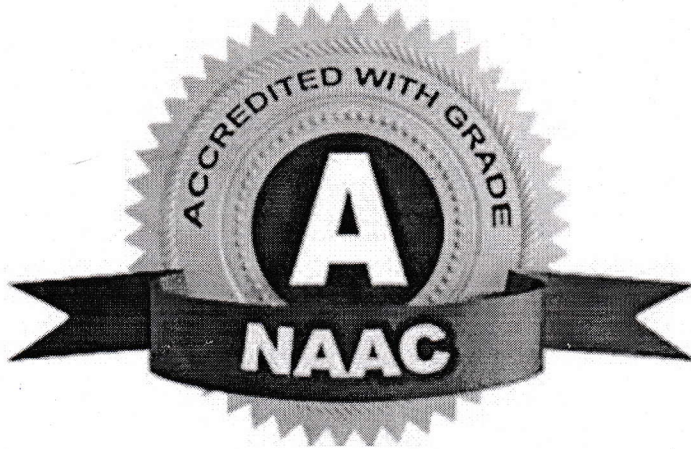


SWAMI VIVEKANAND SUBHARTI UNIVERSITY

(Established under U.P. Govt. Act no. 29 of 2008 and approved under section 2(f) of UGC Act 1956)



Master of Arts in Yoga Ordinance No.V-108(B)

Swami VivekanandSubharti University

(Established under U.P.Govt. Act no. 29 of 2008 and approved under section 2(f) of UGC Act 1956)

Ordinance Approved Academic Council Date 31July 2021

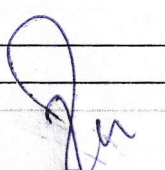


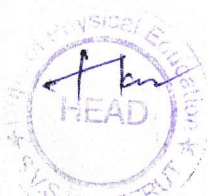
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SEMESTER-1st

SEMESTER –I, SYLLABUS FOR MASTER OF ARTS IN YOGA, PAPER:01

Program/ Class: M.A. YOGA		Year: -01	Semester: -1 st
SUBJECT:FUNDAMENTALS OF YOGA			
Course Code: MAY-101		COURSE TITLE: THEORY	
Course Outcomes: After Completing the course, the students will be able to General Introduction to Yoga. The concept, meaning and various definitions of Yoga;Etymology, History and the purpose of yoga,Nature of Yoga in various texts, the meaning and definition of consciousness, the need for the study of human consciousness etc.			
Credits:04		Max. Marks: 100	Min. Passing Marks: 40
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P:			
UNIT	TOPIC		NO. OF LECTURES
I	General Introduction to Yoga: - The concept, meaning and various definitions of Yoga; Etymology, Tradition and History of Yoga; The purpose of yoga, the utility / importance of yoga in modern life. Introduction to Prasthantrayi		10
II	Nature of Yoga in various texts: - Yoga in Vedas, Yoga in Upanishads, Yoga in Srimad Bhagavad-Gita, Yoga in Jain philosophy, Yoga in Buddhist philosophy, Yoga in Ayurveda.		10
III	Different Sadhana Paths of Yoga: - Raja Yoga, Hatha Yoga, Jnana Yoga, Bhakti Yoga, Karma Yoga, Mantra Yoga, Ashtang		10
IV	Great yogis of India: - Maharishi Patanjali, Maharishi Dayanand Saraswati, Swami Vivekananda Saraswati, Maharishi Raman, Swami Shivanand Saraswati, Swami Kuvalyanand, Shyamacharan Lahidi, Swami Ramakrishna Paramahansa.		10
V	Human consciousness: - The meaning and definition of consciousness, the need for the study of human consciousness; The nature of consciousness in the scriptures – Vedas, Upanishads, Buddhist philosophy, Jain philosophy, Sakhya philosophy and Vedanta.		10
VI	Miscellaneous mysteries of human consciousness: - Birth and life, Bhagya and purushartha Chatusthaya, karma siddhanta, rites and rebirth, Panchkosha. Development of human consciousness through yoga.		10
ReferenceBooks: -			
Yoga in Vedas - Swami Divyanand Yoga and Yogi - Dr. Anuja Rawat Yoga Maha Vigyan - Dr. Kamakhya Kumar Great Yogi of India - Vishwanath Mukherjee Kalyan Yogank - Geeta Press Gorakhpur Bhakti Sagar - by Swami Charandas.			
Suggestive digital platforms web			
https://www.parmarth.org			
https://www.en.wikipedia.org			
https:// www.yogpedia.com			
https://main.ayush.gov.in			
https://vikaspedia.in			
Further Suggestions:			


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SEMESTER –1st, SYLLABUS FOR MASTER OF ARTS IN YOGA, PAPER: 02

Program/ Class: M.A. YOGA		Year: -01	Semester: -I
SUBJECT: PRINCIPLES OF HATHA- YOGA			
Course Code: MAY-102		COURSE TITLE: THEORY	
Course Outcomes: Students at the completion of this course would understand nature of Hatha Yoga Birth, meaning and definition of Hatha Yoga. Dietary and dietary instructions for the seeker, dieting; Ghatastha Yoga Ghats Shuddhi, The method, benefits and precautions of hetkarma (purification activities). Definition and classification of asanas in Hatha yogic texts; The method and benefits, including the precautions of mudra-bandha. The form of perception, meditation and Samadhi described in the Hathapradipika and Gharend Samhita.			
Credits:04		Max. Marks:100	Min. Passing Marks: 40
Total no. of Lectures – Tutorials-Practical (in hours per week): L-T-P:			
UNIT	TOPIC		NO. OF LECTURES
I	Nature of Hatha Yoga - Birth, meaning and definition of Hatha Yoga; Relations between Hatha Yoga and Raja Yoga; Suitable locations, time and season for Hatha yoga practices; Seeker and obstructing elements in Hatha Yoga; Willpower of persistence and persistence of persistence. Essentials of Hatha Yoga.		10
II	Dietary and dietary instructions for the seeker, dieting; Ghatastha Yoga Ghata Shuddhi, Saptasadhanas Means; Prerequisites of Hatha Yoga (Yama and Niyama); Sadhak and badhak Tattva, misleading beliefs related to Hatha Yoga.		10
III	Shatkarma: Introduction to the method, benefits and precautions of shatkarma (purification-activities) described in Hatha Pradeepika and Gharend Sahita, importance of shatkarma in health and diseases.		10
IV	Definition and classification of asanas in Hatha yogic texts; Laws and benefits including the types of asanas and pranayamas mentioned in the Hatha Pradeepika and Gharend Samhita and their precautions; Usefulness of Asanas and Pranayams in modern life.		10
V	The method and benefits, including the precautions of mudra-bandha described in the Hathapradipika and Gharend Samhita; The concept of pratyahara and importance of pratyahara in life.		10
VI	The form of perception, meditation and Samadhi described in the Hathapradipika and Gharend Samhita; The nature of Nada and Nadasudhan described in Hathapradipika, the form and different names of Kundilini.		10
Reference Books:			
Hathapradipika - Kaivalyadham Lonavala, Pune			
Gharend Sahita - Yoga Publication Trust, Munger Bihar			
Asana Pranayams Mudra Bandha – Yoga Publication Trust, Munger Bihar			
Yoga Secrets - Dr. Kamakhya Kumar			
Saral Yogasana - Dr. Ishwar Bharadvaja			
Suggestive digital platforms web links:			
Further Suggestions:			

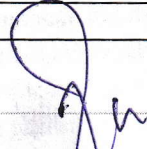


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SEMESTER – 1st, SYLLABUS FOR MASTER OF ARTS IN YOGA,PAPER: 03

Program/ Class: M.A. YOGA		Year: -01	Semester: -1 st
SUBJECT: ANATOMY-PHYSIOLOGY OF YOGIC PRACTICES – 1			
Course Code: MAY-103		COURSE TITLE:THEORY	
Course Outcomes:Students at the completion of this course would understand human cell the structure and function of the cell; Structureand function of bone system, structure and function of ointment. Brief introduction of major muscles – biceps, triceps, trapezius, latissimus dorsi, deltoid, rectus abdominis, femorelis, Sartorius, gluteus maximus, gastronomies. Composition and function of agnasya, effect of yoga on digestive system. The effect of yoga on the respiratory system. Abnormal substance excreted by urine. Effect of Yoga on the excretory system.			
Credits:04		Max. Marks:100	Min. Passing Marks: 40
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P:			
UNIT	TOPIC		NO. OF LECTURES
I	Human Cell-: The structure and function of the cell; Tissue -: Tissue definitions, structure, their types and function; Organ system-:Structure of organ system (heart, liver, kidney, pancreas etc).Effect of yoga on organ system.		10
II	Skeletal system -: Definition, Anatomy and functions, distinction of bone, number of bones, structureand function of bone system, structure and function of ointment. Joint - The effect of Yoga on the Joint and its type, the structure of the Joint, bone system.		10
III	Muscular system -. Introduction to muscle, definition and their function, number of muscles and their types, structure of muscles and their functions, effect of yoga on muscular system. Brief introduction of major muscles – biceps, triceps, trapezius, latissimus dorsi, deltoid, rectus abdominis, femorelis, Sartorius, gluteus maximus and gastronomies.		10
IV	Digestive system-:structure and function of digestive system, structure, different parts and process of digestive system. Composition and function of agnasya, effect of yoga on digestive system.		10
V	Respiratory System: - Definition and types of respiration, structure and function of respiratory system; Respiration - The transport of gases in action, the effect of yoga on the respiratory system.		10
VI	Excretory system: -Meaning of excretion, structure and working method of excretion, structure and function of kidney, structure and function of nephron, process of urine generation, amount of urine, urine organization, abnormal substance excreted by urine. Effect of Yoga on the excretory system.		10
Reference Books: Ayurvedic Physiology - Shiv Kumar Gaur Human Anatomy & Function - Dr. Anant Prakash Gupta Anatomy - Mukund Swarup Effect of anatomy and yoga practice - Dr. Malik Rajendra Prasad Human Anatomy and Physiology - Nidhi Tyagi Yoga Anatomy - Human Kinetics Publications <u>Suggestive digital platforms web links:</u> <u>Further Suggestions:</u>			




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SEMESTER-1st, SYLLABUS FOR MASTER OF ARTS IN YOGA, PAPER: 04

Program/ Class:M.A. YOGA		Year:01	Semester: -1 st
SUBJECT: FOOD, NUTRITION & DIET THERAPY			
Course Code: MAY-104		COURSE TITLE: ELECTIVE SUBJECT	
Course Outcomes: Students at the completion of this course would understand dietary sources and super consciousness and absence of diseases. The concept, meaning and definition of compound food or diet. Concept, Meaning and Definition of Nutrition - Nutritional requirement in human life, relationship in diet and nutrition method of application and nutritional capacity. Selection, use and nutrition of fruits and vegetables diet and metabolism retention and Meaning of Metabolism Diet Therapy Diet Concept of medicine, purpose, limitations of the field; Principles of dietary therapy.			
Credits: 04		Max. Marks: 100	Min. Passing Marks: 40
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P:			
UNIT	TOPIC		NO. OF LECTURES
I	Diet -The compound concept of diet.Meaning and definition of balanced diet; Objectives and principles of balanced diet, quantity and duration of food. Role of diet in life management, general and Ayurvedic and yogic concept of diet and rules related to diet. Yogic diet and its relevance in the management of lifestyle disorders.		10
II	Concept, Meaning and Definition of Nutrition - Nutritional requirement in human life, relationship in diet and nutrition, nutritional components and their effect on body - macronutrients, micronutrients, fat- and water-soluble nutrients, water and life Its utility in, causes and solutions of malnutrition.		10
III	Diet group - Selection of cereals, method of application and its nutritional capacity. Selection of pulses, seeds, pods and seeds, spices, oils etc., method of application and nutritional capacity. Selection, use and nutrition of fruits and vegetables, fats and oils and sugars etc. Milk and milk preparations -yogurt, buttermilk, ghee, etc. Use method and nutritional capacity.		10
IV	Diet and Metabolism - Retention and Meaning of Metabolism, Basic Concepts of Energy, Components of Energy, Factors Affecting Energy, Energy Balance, Energy Need and Utility. Calorie, requirement and utilization of calories, metabolism of carbohydrates, lipids and proteins. BMR		10
V	Nutritional and Eating disorder: - Modern concept of diet and their impact on health. Introduction to different kind of food disorders: Anorexia Nervosa, Bulimia Nervosa and binge eating disorder. Excessive and deficiency diseases of nutrition.		10
VI	Diet Therapy - Diet-Concept of medicine, purpose, limitations of the field; Principles of dietary therapy. Dietary treatment of obesity, diabetes, asthma, indigestion, acidity, constipation, arthritis, jaundice, mental stress, high blood pressure, vision defects and anaemia.		10

References Books: -

Healthy Science - Prof. Ramharsh Singh
 Natural Health and Yoga - Dr. Brij Bhushan Goyal
 Diet and Nutrition - Dr. Sri Nandan Bansal
 Yoga and diet - Dr. Ganesh Shankar and Babu Lal Dayma
 My diet, my health - Dr. Nagendra Kumar Neeraj
 Diet Therapy - Swami Akshay Atmanand
 Food and Nutrition - SBPD Publishing House

Suggestive digital platforms web links:

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SEMESTER- 1st, SYLLABUS FOR MASTER OF ARTS IN YOG, PAPER: 05

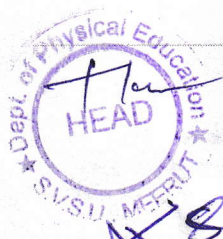
Program/ Class: M.A. YOGA		Year: -01	Semester: -1 st
SUBJECT:INDIAN PHILOSOPHY AND CULTURAL PRIDE			
Course Code: MAY- 105		COURSE TITLE: ELECTIVE SUBJECT	
Course Outcomes: Students at the completion of this course would understand Indian Philosophy Meaning and definitions of philosophy, introduction of Indian philosophy. Brief introduction and theory of Sankhya Darshan and Yoga Darshan. Brief introduction and theory of Jain Darshan and Buddhist Darshan Varna and Ashram system, Purushartha and Samskara Vedic civilization. Ujjain etc. Indian Mathematics (the biggest gift to the world), Indian Medical Sciences (Ayurveda and Yoga). Importance of Moha in Indian Culture, Karma Doctrine and Panch Mahayagya.			
Credits: 04		Max. Marks: 100	Min. Passing Marks: 40
Total no. of Lectures – Tutorials-Practical(in hours per week):			
UNIT	TOPIC	NO. OF LECTURES	
I	Indian Philosophy -Meaning and definitions of philosophy, introduction of Indian philosophy, utility of philosophy in modern life, introduction of Shad Darshan. Brief introduction and theory of Nyaya Darshan and Vaisheshik Darshan.	10	
II	Brief introduction and theory of Sankhya Darshan.: - Purusha and prakriti concept, element theory. Introduction to Yoga Darshan. Brief introduction and theory of Mimansa Darshan and Teachings of Vedanta Darshan.	10	
III	Brief introduction of Jain Darshan, Buddhist Darshan and their principles. Brief introduction of Charvak Darshan, Adwait Vaidanta Darshan and their main principles.	10	
IV	Indian culture -Meaning and definition of culture, major features and importance of Indian culture, difference in culture and civilization, propagation of Indian culture. Basic elements of civilization - Varna and Ashram system, Purushartha and Sanskar Vedic civilization.	10	
V	Ancient Indian teaching system -Gurukul and Math; Major centers and universities of ancient education - Kashi, Nalanda, Takshshila, Ujjain etc. Indian Mathematics (the biggest gift to the world), Indian Medical Sciences (Ayurveda and Yoga).	10	



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VI	Descriptions and festivals in Indian culture and their personal, social and moral importance; Importance of Yajnopaveet and Shodas Sanskar in Indian Culture; Importance of Moha in Indian Culture, Karma Doctrine and Panch Mahayagya.	10
Reference Books :- Indian Philosophy - Baldev Upadhyay Religion Philosophy Culture - Dr. Roop Kishore Shastri History of Indian Culture - Dr. Satyaketu Vidyalankar Profile of Indian Philosophy - H.P. Sinha Indian Philosophy - Dr. S. Radhakrishnan <u>Suggestive digital platforms web links:</u>		
<u>Further Suggestions:</u>		



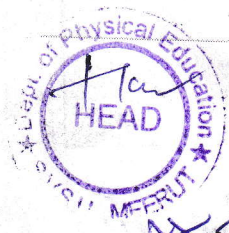

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SEMESTER- 1st, SYLLABUS FOR MASTER OF ARTS IN YOGA, PAPER: 06

Program/ Class: M.A. YOGA		Year: - 01	Semester: -1 st
SUBJECT: YOGA PRACTICAL			
Course Code: MAY- 106(P)		Course Title:PRACTICAL	
Course Outcomes: This course would help students to practice Yoga as way of life and understand it as our cultural heritage. After the completion of the course student would be fully acquainted with the layout for Yogic events. She would be able to demonstrate and develop the skills to teach rules, regulations, various asanas, pranayama techniques, general and specific training for competitive Yoga. This course has tremendous opportunities for vocational pursuits.			
Credits:08		Max. Marks:200	Min. Passing Marks: 80
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P:			
	TOPIC	NO. OF LECTURES	
	Compound jogging, micro exercises, Surya Namaskar 20 Marks 1. Compound Jogging 2. Micro Exercises 3. Pawan Muktasana series 4. Surya Namaskar Asanas - 30 Marks (First practice of half-position rugs) 1. Standing Postures- Tadasana, Tiryak Tadasana, Kati-Chakrasana, Hanumdasana, Parsvaanasana, Utkatasana, Ardha-Chandrasana, Ekapada-Pranamasana, Padahastasana, Hastottanasana, Dwikonasana, Trikonasana, Samakonasana. Balancing postures – Garudasana, Nataraj Asana. 2. Sitting postures – Padmasana, Siddhasana, Sukhasana, Bhadrasana, Titli Asana, Kagasana, Vajrasana, Mandukasana, Vakrasana, Ardha Matsyandrasana, Gomukhasana, Ashvasanchalana Asana, Shashank Asana, Marjari Asana, Udarakarshan Asana, Janu-Shirshasana, Paschimottanasana, Poorvottanasana, Vakasana. 3. Supine Postures – Uttanapadasana, Naukasana, Supta-Vajrasana, Ardha-Halasana, Ekapada Halasana, Halasana, Matsyasana, Markatasana, Pawanmuktasana, Kandharasana, Shavasana, Sarvangasana, Vipritkarni Asana. 4. Prone Postures Makarasana, Bhujangasana, Ardha Shalabhasana, Shalabhasana, Ardha Dhanurasana, Dhanurasana. Pranayamas - 30 Marks Yogic Breathing, Abdominal Breathing, Diaphragm Breathing. Pooraka, Rechaka and Kumbhaka. Kapalbhati, Bhastrika, Anulom-Vilom / Nadi Shodhana, Bhramari and Udgeetha (□ Chanting). Shatkarmas - 30 Marks Jalneti, Raberneti / Sutraneti, Kunjal Kriya / Vaman Dhauti. Prayers and Mantras - 30 Marks Gayatri Mantra, Mahamrityunjaya Mantra and Shanti Path. Monograph/ Practical File: - 20 Marks (Special essay on one of the selected topics given by the teacher). Viva Voce 40 Marks		

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SEMESTER- 2nd, SYLLABUS FOR MASTER OF ARTS IN YOGA, PAPER: 01

Program/ Class: M.A. YOGA		Year: -01	Semester: -2 nd
SUBJECT: YOGA SUTRA			
Course Code: MAY-201		COURSE TITLE: THEORY	
Course Outcomes: Students at the completion of this course would understand General Chitta Vikshepa or Yoga Antaraya, Remedies for offering Chitta introduction of the Yoga Sutra Define Ashtanga Yoga. BahirangaYoga and Antaranga Yoga Definition of pratyahar and its consequences Characteristics and characteristics of Viveka Gyana (wisdom knowledge); The nature of Nature and Man.			
Credits:04		Max. Marks: 100	Min. Passing Marks: 40
Total No. of Lectures – Tutorials-Practical (in hours per week): L-T-P:			
UNIT	TOPIC		NO. OF LECTURES
I	General introduction of the Yoga Sutra, definition of Yoga, the concept of the Chitta and, the Chitta-Vritties and their types, the remedy for the prevention of the Chitta-Vritties.		10
II	Chitta Vikshepa or Yoga Antaraya, Remedies for offering Chitta, Form of Kriya-Yoga, Avidya etc. Panchklesha and the remedy for their destruction, Karma-siddhanta proof and its differences.		10
III	Define Ashtanga Yoga. BahirangaYoga and Antaranga Yoga, Nature of Yama-Niyama and its results, Definition of Asana and results of Asana Siddhi, Importance in Yoga practices. Definition, type and utility of Pranayams.		10
IV	Definition of pratyahar and its consequences, pratyahar's importance in life. Definition of perception and meditation and their importance in yoga practice. The concept of Samadhi and its distinctions, Samprajyata Samadhi, Asamprajyata Samadhi, Sabeej and Nirbeej Samadhi. Concept of Sanyama, the result of Sanyama Siddhi, description of Sanyam-janya Siddhi and their results, Ashtha-Siddhi, Janmadi Panch Siddhi, results of Jatyantar.		10
V	Characteristics and characteristics of Viveka Gyana (wisdom knowledge); Vivek Khyati, Ritambhara Pragma, Dharmamegh Samadhi. The form of Kaivalya. The nature of God and the importance of God in yoga practice. The nature of Nature and Man.		10
VI	Characteristics and characteristics of Viveka Gyana (wisdom knowledge); Vivek Khyati, Ritambhara Pragma, Dharmamegh Samadhi. The form of Kaivalya. The nature of God and the importance of God in yoga practice. The nature of Nature and Man.		10
Reference Books: Yoga Darshan - Geeta Press, Gorakhpur Patanjal Yoga Discourse - Vijay Pal Shastri Comparative Study of Patanjali Yoga and Shri Aswind Yoga - Dr. Trilok Chand Yoga Darshan - Swami <u>Suggestive digital platforms web links:</u>			
<u>Further Suggestions:</u>			

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SEMESTER- 2nd, SYLLABUS FOR MASTER OF ARTS IN YOGA, PAPER: 02

Program/ Class: M.A. YOGA		Year: - 02	Semester: -2 nd
SUBJECT:BASIC TEXTS OF YOGA			
Course Code:MAY-202		COURSE TITLE: THEORY	
Course Outcomes: Students at the completion of this course would understand Srimad Bhagavad Gita General introduction, purpose and importance of Srimad Bhagavad Gita, Sannyasa Yoga in Srimad Bhagavad Gita, the form of Karma (Sakam and Nishkam) Yoga Vashistha General introduction of Yoga Vashistha, concept of Aadhi.Shiva Samhita General introduction of Shiva Samhita, Hatha Ratnavalia general introduction to Hatha RatnavaliBhakti Sagar Ashtanga Yoga introduction, Yama and Niyam.			
Credits:04		Max. Marks:100	Min. Passing Marks: 40
Total no. of Lectures – TUTORIALS-PRACTICAL (IN HOURS PER WEEK): L-T-P:			
UNIT	TOPIC		NO. OF LECTURES
I	Srimad Bhagavad Gita -General introduction, purpose and importance of Srimad Bhagavad Gita, definitions of Yoga in Srimad Bhagavad Gita, utility and comprehensiveness of Yoga. Nature of soul, Sthit Pragya - (Chapter - 2); Karma Yoga and its Principles, Yogi's Characteristics (Chapter - 3); The form of Yajna/Yagya and related to Yoga (Chapter - 4).		10
II	Sannyasa Yoga in Srimad Bhagavad Gita, the form of Karma (Sakam and Nishkam) - (Chapter - 5), Meaning and purpose of Bhakti Yoga, Abhyasa and Vairagya, Meditation, Triguna and Nature of nature, Trividh Shridha, Devasur Sampada, Yogi's diet and Classification of diet, (Chapters 14 to 17) The great form of God (Chapter-12), Kshetra and Kshetragya (Chapter-13), Preaching salvation (Moksha).		10
III	Yoga Vashistha -General introduction of Yoga Vashistha, concept of Aadhi-Vyadhi, Panchakosha relationship, 5 barriers of Yoga, 8 organs of meditation, Sapta Bhumi of (Gyana)knowledge, Sapta Bhumi of Yogabhyas. Development of Sattva Guna and 12 types of wisdom etc.		10
IV	Shiva Samhita -General introduction of Shiva Samhita, Yoga described in Shiva Samhita - Nature of the elements - Yogaabhyas case, Description of 4 major Asanas, Description of Mudras, Chaturvidh Yoga, Shatachakra description. Goraksha Samhita -General introduction of Goraksha Samhita, nature of Yoga elements in Goraksha Samhita – six limbs of yoga, description of Asanas, Shatachakra, Ten Nadi, Ten Vayu, Panch Mudra, Pranayama’s description, meditation description etc.		10
V	Hatha Ratnavali -A general introduction to Hatha Ratnavali, the nature of yoga elements described in Hatha Ratnavali.Asthakarma, Narration of Asana, Pranayama, Mudra and Shatkarma narrationaccording to the Hatharatnavali. Siddha Siddhanta Paddhati - A general introduction to the Siddha Siddhanta Paddhati., the nature of the Yoga elements described in the Siddha Siddhanta Paddhati.		10
VI	Bhakti Sagar -Ashtanga Yoga introduction, Yama and Niyam, Ashta Maithun, Asana introduction, Pranayama description, and their benefits, Pran, Nadi/Pulse description, Pratyahar description, Dharna, Meditation and Samadhi described in Bhakti Sagar by Swami Charandas; Shatkarma and others four deeds.		10




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References Books: -

Shrimad Bhagavad Gita - Shankar Bhashya
Yoga Science - Swami Vigyanananda Saraswati
Yoga Vashistha - Khem Raj Sri Krishnadas, Geeta Press, Gorakhpur
Shiv Samhita - Dr. Chaman Lal Gautam
Goraksha Samhita - Dr. Chaman Lal Gautam
Bhakti Sagar - Swami Charan Das
Ashtanga Yoga - Kaivalyadham Lonavala, Pune.

Suggestive digital platforms web links:

<http://wikipedia.com>

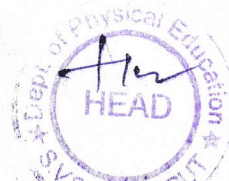
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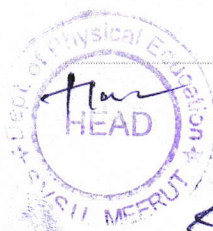
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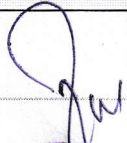
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SEMESTER-2nd, SYLLABUS FOR MASTER OF ARTS IN YOGA, PAPER: 03

Program/ Class: M.A. YOGA		Year: -01	Semester: -2 nd
SUBJECT: ANATOMY- PHYSIOLOGY & YOGIC PRACTICES – 2			
Course Code:MAY-203		COURSE TITLE: THEORY	
Course Outcomes: Students at the completion of this course would understand Physical actions definition of the body, conspiracy (Shandangayva) of the body. Blood Circulatory System composition and function of blood, red blood cells, white blood cells. Cardiovascular system heart structure and function, artery and vein structure and function. Nervous system General introduction of nervous system, structure and function of brain. Immune system/Disease resistant system Introduction to immune system; Lymph - spleen, thymus gland, tonsils. Immunity and the effect of yoga on it. Endocrine system Introduction of endocrine and extracellular glands, introduction and function of enzymes and hormones;			
Credits:04		Max. Marks:100	Min. Passing Marks: 40
Total no. of Lectures – Tutorials-Practical (in hours per week): L-T-P:			
UNIT	TOPIC	NO. OF LECTURES	
I	Human anatomy and Physiology: Meaning and definition of Human anatomy and physiology, Definition of the body, conspiracy (Shandangayva) of the body, four distinctions of a man according to Ayurveda, Introduction to Tridosha, Introduction to Sapta Dhatu, Sharistha Malas; Description of the location, properties and functions of Tridosha, Sapta dhatu and Malas.	10	
II	Blood Circulatory System: -: - Composition and function of blood, red blood cells, white blood cells, blood platelets, plasma, haemoglobin, blood clot, blood group and its utility.	10	
III	Cardiovascular System: - Heart structure and function, artery and vein structure and function, blood pressure. Effect of yoga on blood circulation system.	10	
IV	Nervous system: - General introduction of nervous system, structure and function of brain, functions of small brain and large brain, Nadi number, structure and function of Ida, Pingla and Sushumna Nadi. Effect of Yoga on Nervous system.	10	
V	Immune system/Disease resistant system: - Introduction to immune system; Lymph - spleen, thymus gland, tonsils. Immunity and the effect of yoga on it.	10	
VI	Endocrine system: - Introduction of endocrine and extracellular glands, introduction and function of enzymes and hormones; Description of Thyroid gland, Parathyroid gland, Penial gland, Piyush gland, Thymus gland, Adrenal gland, Pancreatic gland, Ovarian gland and Testicle gland. Effect of yoga on endocrine glands.	10	




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Reference Books: -

Ayurvedic Physiology - Shiv Kumar Gaur

Human Anatomy & Function - Dr. Anant Prakash Gupta

Anatomy - Mukund Swarup

Effect of anatomy and yoga practice - Dr. Malik Rajendra Prasad

Human Anatomy and Physiology - Nidhi Tyagi

Yoga Anatomy - Human Kinetics Publications

Suggestive digital platforms web links:

Further Suggestions:




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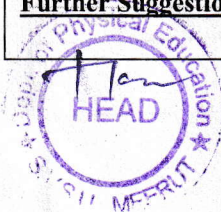
SEMESTER –2nd, SYLLABUS FORMASTER OF ARTS IN YOGA, PAPER 04

Program/ Class: M.A. YOGA		Year:01	Semester: 2 nd
SUBJECT:SWASTHVRITT VIGYAN			
Course Code:MAY-204		COURSE TITLE: ELECTIVE SUBJECT	
Course Outcomes: Students at the completion of this course would understand definition of Health (According to Yoga, Ayurveda and World Health Organization) Daily Routine/Dincharya Morning awakening, irritation/ushapan, excretion, achman, mouth ablution/mukh prakshalana, eye ablution/netra-prakshalana, jihava-nirlekhan. Exercises, types of exercises, benefits of proper exercise. Definition of Abhyanga and its purpose, types of abhyanga, benefits and contraindications, scientific basis of abhyanga. The concept of Ritucharya, the order of seasons (Uttarayana or Aadaan Kaal, Dakshinayana or Visarga Kaal). Relation in seasons and dietary juices			
Credits:04		Max. Marks:100	Min. Passing Marks: 40
Total no. of Lectures – Tutorials-Practical (in hours per week): L-T-P:			
UN IT	TOPIC		NO. OF LECTURS
I	Definition of Health (According to Yoga, Ayurveda and World Health Organization), Different dimensions of health, concept, purpose of healthy life; Yoga and wellness.		10
I I	Daily Routine/Dincharya -Morning awakening, irritation/ushapan, excretion, achman, mouth ablution/mukh prakshalana, eye ablution/netra-prakshalana, jihava-nirlekhan, dent-dhavan (datoun, manjan), goiter holding/gandush dharan, arthropathy/sandhopasna.		10
III	Exercises, types of exercises, benefits of proper exercise, difference between yoga asanas and exercises, symptoms of excessive exercise, symptoms of a mah who is incapable of exercise, Chankramran. The concept and definition of Brahmacharya and its benefits, the purpose of Brahmacharya, the abstinence of sexual intercourse/ashth-maithun.		10
IV	Definition of Abhyanga and its purpose, types of abhyanga, benefits and contraindications, scientific basis of abhyanga. Meaning and definition of bathing, types of bathing and proper timing, objective benefits of bathing, bathing - prohibition. Definition and purpose of sleep, reasons of sleep generation, types and benefits of sleep.		10
V	The concept of Ritucharya, the order of seasons (Uttarayana or Aadaan Kaal, Dakshinayana or Visarga Kaal); Season division; Characteristics of seasons, diet according to season - accumulation, accumulation of doshas, outbreaks and mitigation; Ritu Haritaki		10
VI	Relation in seasons and dietary juices (Shadrasa), seasonal rules, relationship of water consumption and ritus, Sadvritta and its types, Sustainable and unconstrained velocity, Healthy lifestyle and the role of the organs of yoga (Maitri, Karuna, Mudita etc.) for positive outlook.		10
Reference Books: - Health Sciences - Prof. Ramaharsa Diet and Health - Dr. Hiralal Natural Health and Yoga - Dr. Brij Bhushan Goyal Health Sciences and Yogic Medicine - Dr. Rakesh Giri Swasthvruttam - Shiv Kumar Gaur Yoga and diet - Dr. Ganesh Shankar and Babu Lal Dayma Ayurveda Aahar - Prof. R.H. KulKarni			
Suggestive digital platforms web links:			
Further Suggestions:			

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SEMESTER-2nd, SYLLABUS FOR MASTER OF ARTS IN YOGA, PAPER: 05

Program/ Class: M.A. Yoga		Year: -01	Semester: -2 nd
SUBJECT: APPLIED YOGA			
Course Code:MAY-205		Course Title:THEORY	
Course Outcomes: Students at the completion of this course would understand meaning, definition and need of study of Applied yoga. Yoga practice for women and girls, proper yoga practice in the phase of menstrual cycle. Useful yoga practice and its methodology for health protection and stress management of police, administration and soldiers. Sports role, need and importance of yoga in different types of sports. Use of yoga in primary health centres, hospitals. Yoga practice for depressing mind and stress relief			
Credits:04		Max. Marks:100	Min. Passing Marks: 40
Total no. of Lectures – Tutorials-Practical (in hours per week): L-T-P:			
UNIT	TOPIC		NO. OF LECTURES
I	Meaning, definition and need of study of Applied yoga. Nature and scope of Applied yoga and its purpose. Utility of Applied yoga. Useful yoga practice and its methodology for children and adolescents. Proper yoga practice and precautions for the elderly.		10
II	Yoga practice for women and girls, proper yoga practice in the phase of menstrual cycle. Useful yoga practice and its mechanism for hormonal imbalance, irregular menstrual cycle, yoga in pregnancy, postpartum yoga, menopause etc.		10
III	Useful yoga practice and its methodology for health protection and stress management of police, administration and soldiers. Corporate: - Useful yoga exercises for stress and time management of industrial and business sector employees; Useful yogic practices to be performed by a person at his work place.		10
IV	Sports: -Role, need and importance of yoga in different types of sports. Useful yoga exercises and their methodology for increasing their working capacity in the players, their sports skills development, sports performance and their physical and intellectual development.		10
V	Use of yoga in primary health centres, hospitals, health institutions, disabled centres, de-addiction centres, schools/schools and yoga centres. Special yoga practice sequence for tourists and pilgrims.		10
VI	Yoga practice for depressing mind and for stress relief; Yogic exercises for insomnia; Yogasana for personal conduct, social and community health; Role of Yoga in addiction diagnosis.		10
References Books: - Yoga Education for children - Bihar Yoga Publication Trust Nav Yogini Tandra (Hindi / English) - Bihar Yoga Publication Trust Effect of Yoga on Hypertension - Bihar Yoga Publication Trust Yoga Education - Dr Kamakhya Kumar Applied Yogic Science - Dr Kamakhya Kumar			
Suggestive digital platforms web links:			
Further Suggestions:			

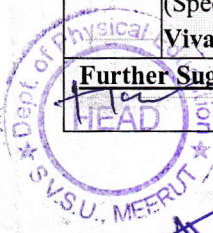


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SEMESTER- 2nd, SYLLABUS FOR MASTER OF ARTS IN YOGA, PRACTICAL, 06

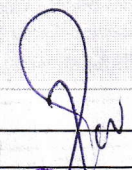
Program/ Class: M.A. YOGA		Year: - 01	Semester: -2 nd
SUBJECT: YOGA PRACTICAL			
Course Code:206-MAY(P)		COURSE TITLE: PRACTICAL	
Course Outcomes: This course would help students to practice Yoga as way of life and understand it as our cultural heritage. After the completion of the course student would be fully acquainted with the layout for Yogic events, She would be able to demonstrate and develop the skills to teach rules, regulations, various asanas, pranayama techniques, general and specific training for competitive Yoga. This course has tremendous opportunities for vocational pursuits.			
Credits:08		Max. Marks:200	Min. Passing Marks: 80
Total no. of Lectures – Tutorials-Practical (in hours per week): L-T-P:			
	TOPIC	NO. OF LECTURES	
	Compound jogging, micro exercises, Surya Namaskar 20 Marks 1. Compound Jogging 2. Subtle exercise (Chaka Chalana, Cycling etc.) 3. Surya Namaskar (With Mantras) Asanas - 30 Marks Asanas as described in 1st Semester Practical. 1. Standing Postures -- Vrikshasana, Samkonasana, Sankatasana, Nataraja Asana, Hastpad-Konasana / Pada-hastasana. 2. Sitting postures – Swastikasana, Muktasana, Baddha-Padmasana, Kukkutasana, Yogamudra-asana, Kurmasana, Dandasana, Akarna-Dhanurasana, Paschimottanasana, Singhasana, Supta-Vajrasana, Bhunaman-Asana, Ashtavakr-asana, Vyaghrasana, Ardha-Chakrasana, Ushtrasana, Parivrtta Janushirshasana, Kapotasana. Balancing postures -Shirshasana, Vatayanasana, Tulasana, Padangushtha-Asana. 3. Supine Postures – Setubandha Asana, Chakrasana, Garbhasana. 4. Prone Postures –Chaturanga-dandasana, Tiriyak-bhujangasana, Anantasana, Viprit-Naukaasana, Parvatasana, Balasana. Pranayamas - 30 Marks Pranayama as described in 1st Semester Practical. Suryabhedhi Pranayama, Bahya-Vritti, Abhyantar-Vritti, Ujjayi Pranayama. Shatkarmas - 30 Marks Jalneti, Raberneti / Sutrarneti, Kunjal Kriya / Vaman Dhauti, Gajakarni, Vatkarma-Kapalbhati, Agnisar. Mudra and Bandhas - 20 Marks Moolabandha, Uddiyana Bandh, Jalandhara Bandha, Viparitakarni Mudra, Ashwini Mudra. Hasta mudras - Gyan mudra, Dhyana mudra, Pranayama mudra. 10 Marks Prayer and Mantras - 10 Marks Gayatri Mantra, Swasti-mantra, Pranav Japa and Soham Japa. Monograph 20 Marks (Special essay on one of the selected topics given by the teacher). Viva Voce 30 Marks		
Further Suggestions:			



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SEMESTER- 3rd, SYLLABUS FOR MASTER OF ARTS IN YOGA, PAPER: 01

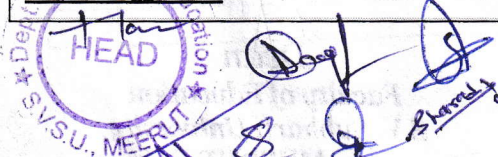
Program/ Class M.A. YOGA		Year: -02	Semester: -3 rd
SUBJECT:NATUROPATHY			
Course Code:MAY-301		COURSE TITLE: THEORY	
Course Outcomes: Students at the completion of this course would understandNaturopathyHistory of Naturopathy, Main principles Soil therapy Importance of soil, soil types and properties Water therapy Importance of water in human life, properties of water, effect of water of different temperature on body. Vayu therapy utility and importance of air in human life, air bath. Aakash Tattva therapy meaning of fasting, principles.Abhyanga or Massages meaning and Definition of Abhyanga.			
Credits:04		Max. Marks:100	Min. Passing Marks: 40
Total no. of Lectures – Tutorials-Practical (in hours per week): L-T-P:			
UNIT	TOPIC		NO. OF LECTURES
I	Naturopathy: -History of Naturopathy, Main principles, Root causes of diseases, Acute and chronic stages of disease, Theory of toxic matter/poison, Theory of emergence; Vitality and ways to increase it, shape diagnosis.		10
II	Soil therapy - Importance of soil, soil types and properties, effect of soil on body, clay bandages, methods of soil healing, mud bath. Soil therapy in various diseases.		10
III	Water therapy -- Importance of water in human life, properties of water, effect of water of different temperature on body, principles of water treatment; Method of water treatment- snacking, natural bathing, simple bathing, abrasive bathing, steam bathing, hot foot bathing, foot and arm bathing, spine bathing, Kati bathing, Meehan/hard bathing, water bandages, sponges, enema. Wet bandage wrap - full body wrap, chest, stomach, forehead, throat etc.		10
IV	Vayu therapy -utility and importance of air in human life, air bath, effect of Pranayams in air therapy, air therapy in various diseases. Sun therapy -Importance of sunlight, effect of sunlight on human body, sun bath, and treatment by coloured water made from sunlight, effect of sun therapy on various diseases.		10
V	Aakash Tattva therapy -Meaning of fasting, principles, benefits and precautions, rules of fasting, disease emergence and impulse, fasting therapy, types of fasting - pre-fasting, short fasting, long fasting, water fasting, Ardha fasting, fruit fasting, Milk fasting, ek-aaharopavas, rasopavas,		10
VI	Abhyanga or Massages -Meaning and Definition of Abhyanga, History and Importance of Abhyanga/Massages, Medical Uses of Massage and Effects on the Body, Methods of Massages - General, Friction, Vibration, Cramp, Melt, Spice, Dab, Taal, Punch, Pinch, Shake, Sahalana etc. Effect of massage on various diseases.		10
References Books: - Ayurveda Naturopathy - Rakesh Jindal Vrhid Prakartik Chikitsa - Dr. Om Prakash Saxena Swasthviritt Vigyan - Prof. Ram Harsh Singh The Practice of Nature Cure - Dr. Henry lindlhar History and Philosophy of Naturopathy - Dr. S.J Singh Suggestive digital platforms web links: Further Suggestions:			


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SEMESTER- 3rd, SYLLABUS FOR MASTER OF ARTS IN YOGA, PAPER-02

Program/ Class: M.A. YOGA		Year: -02	Semester: - 3 rd
SUBJECT:UPANISHADAS			
Course Code:MAY-302		COURSE TITLE: THEORY	
Course Outcomes:Students at the completion of this course would understand Meaning and definition of Upanishads, subject matter of Upanishads, creation period of Upanishads.Kathopanishad definition of yoga, Yama - Nachiketa dialogue, nature of soul.Mundakopanishad the four states of consciousness and their relation to Omkar, the pure nature of the soul.Brihadaaranyaka Upanishad Yoga of soul and knowledge, unity of soul and God.YogaKundalyopanishad Pranayama's distinction and measures of pranayamas Siddhi, Brahm - measures of attainment.Trishikhibrahmanopanishad description of Ashtanga Yoga, Karma yoga and Jnana Yoga.			
Credits:04		Max. Marks:100	Min. Passing Marks: 40
Total no. of lectures – tutorials- practical (in hours per week): L-T-P:-			
UNIT	TOPIC	NO. OF LECTURES	
I	Meaning and definition of Upanishads, subject matter of Upanishads, creation period of Upanishads, place of Upanishads in Indian literature, nature of Brahma in Upanishads. Ishavasyopanishad -: Piousness, ways to avoid rituals, knowledge and Avidya, nature of Brahman, self-realization. Kenopanishad :- Non-dual energy, senses and conscience, self and mind, realization of truth, moral message of Yaksha's teachings.	10	
II	Kathopanishad :- Definition of yoga, Yama - Nachiketa dialogue, nature of soul, nature and importance of true knowledge. Prashnopnishad -: The concept of Prana and Rai (creation), Panch-Prana, the main 6 question. Mundakopanishad -: Brahmanvidya - Para and Ayaparya, characteristics of Brahmanvidya, allegiance to Karmaphal, asceticism, meditation of Brahm.	10	
III	Mundakopanishad -: The four states of consciousness and their relation to Omkar, the pure nature of the soul. Aitareyopanishad -: soul, universe, Brahm. Taittiriopanishad -: Concept of Panchkosh, Shiksha Valli, Anand Valli and Bhrigu Valli. Chhandogyopanishad -: Omkar Dhyana, glory of Omkar, Shandilya Vidya.	10	
IV	Brihadaaranyaka Upanishad :- Yoga of soul and knowledge, unity of soul and God. Shvetashvataropanishad :- Second Chapter - Method and importance of Dhyana Yoga, order and characteristics of Pranayamas. Ashtodhyaya - The form of God and His glory, Measures of attaining Bhagavata, Salvation. Dhyana Bindu Upanishad -: Importance of Dhyana Yoga, the form of Pranava and Pranava meditation method, Self-Darshan by Nadanasudhan, Shadanga Yoga. Yoga Kundalyopanishad :- Pranayama's distinction and measures of pranayamas Siddhi, Brahm - measures of attainment. Yoga Chudamanyopanishad :- A description of 6 organs of yoga and its results. Yoga Taittiriopanishad :- Hatha Yoga and Raja Yoga, Mantra Yoga, Laya Yoga, Diet and Routine, Early Signs and Precautions of Yoga-siddhi.	10	
V	Yoga Kundalyopanishad :- Pranayama's distinction and measures of pranayamas Siddhi, Brahm - measures of attainment. Yoga Chudamanyopanishad :- A description of 6 organs of yoga and its results. Yoga Tattvopanishad :- Hatha Yoga and Raja Yoga, Mantra Yoga, Laya Yoga, Diet and Routine, Early Signs and Precautions of Yoga-siddhi.	10	
VI	Trishikhibrahmanopanishad -: Description of Ashtanga Yoga, Karma yoga and Jnana Yoga. Yograjopanishad -: Description of mantra Yoga, Laya yoga, joys and Raja Yoga; The nine chakras and the method of meditation in them and the results obtained. Nad Bindu Upanishad -: Hansa Vidya, 12 volumes of strength Omkar, results of the appropriation of souls, types of Nada and Nadanasundhan.	10	
Reference Books: - Ishadi Nine Upanishads - Geeta Press, Gorakhpur, U.P. 108 Upanishads (Three Sections) - Pt. Shri Ram Sharma Acharya Upanishads and Yoga Vashistha Abstract - Dr. Akshay Kumar Gaur Upanishad Sangrah - Motilal Banarsidar Publication Yoga Secrets - Dr. Kamakhya Kumar Kalyan Ank (Upanishad Issue) - Geeta Press, Gorakhpur, UP, Q. Nine Principles Upanishads - Bihar School of Yoga Mungher, Bihar			
Suggested Continuous Evaluation methods (CIE):			
Further Suggestions:			

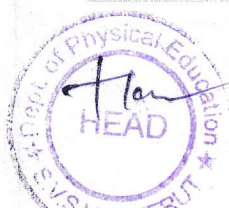
Further Suggestions:



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SEMESTER-3rd, SYLLABUS FOR MASTER OF ARTS IN YOG, PAPER – 03

Program/ Class: M.A. YOGA		Year: -02	Semester: - 3 rd
SUBJECT:YOGA THERAPY-1			
Course Code:MAY-303		COURSE TITLE: THEORY	
Course Outcomes: Students at the completion of this course would understand Concepts, Meaning and Definitions of Health. Concept, Meaning and Definition of Yoga Therapy, Areas and Limitations of Yoga Therapy. Basic elements of Yoga therapy (remedial elements) - Yama-Niyama and their doctrinal principles. Basic elements of Yoga therapy (remedial elements) - experimental principles of asanas. Basic elements of yoga therapy (remedial elements) - experimental principles of perception and meditation, dietary manual. Environment required for yoga therapy; General information about yogic instruments, Jal neti pot, Rubber and Sutra neti.			
Credits:04		Max. Marks:100	Min. Passing Marks: 40
Total no. of lectures – tutorials- practical (in hours per week): L-T-P-:			
UNIT	TOPIC		NO. OF LECTURES
I	Concepts, Meaning and Definitions of Health; The purpose of health, the symptoms of healthy men, the determinants of health; the concept, meaning and definition of disease.		10
II	Concept, Meaning and Definition of Yoga Therapy, Areas and Limitations of Yoga Therapy; Principles of Yoga Therapy; Uses and scope of Yoga Therapy in the Modern Age.		10
III	Basic elements of Yoga therapy (remedial elements) - Yama-Niyama and their doctrinal principles; Shatkarma and its principles; Use of subtle exercises in yoga therapy.		10
IV	Basic elements of Yoga therapy (remedial elements) - experimental principles of asanas, principles related to medical guidance of asanas; Medical and experimental principles of Pranayamas.		10
V	Basic elements of yoga therapy (remedial elements) - experimental principles of perception and meditation, dietary manual. Basic elements of yoga therapy (remedial elements) - experimental principles of Mudra-Bandha, Pratyahara, Dharana and Meditation; Compound dietary and experimental principles of diet, dietary manual/Aahar niyamali.		10
VI	Environment required for yoga therapy; General information about yogic instruments, Jal neti pot, Rubber and Sutra neti, Dand dhoti and Vastra dhoti and Yoga mats for yoga therapy, cleaning and the rules of their use.		10
Reference Books: -			
Yoga Therapy - Swami Kuvalyanand and Dr. S. Vinekar Swasthvirrit Vigyan evm Yogic Chikitsa - Dr. Rakesh Giri Kalogas Joshi - Arogya from Yoga Integrated Approach of Yoga Therapy for Positive Health - Nagarathna and Nagendra H.R.			
Suggestive digital platforms web links: https://vikaspedia.in/health			
Further Suggestions:			

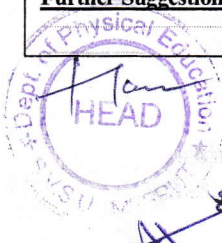


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SEMESTER- 3rd, SYLLABUS FOR MASTER OF ARTS IN YOGA, PAPER, 04

Program/ Class: M.A. Yoga		Year: -02	Semester: -3 rd
SUBJECT - TEACHING METHODOLOGY IN YOGA			
Course Code:MAY-304		COURSE TITLE: ELECTIVE SUBJECT	
Course Outcomes: Students at the completion of this course would understand Yoga in Education meaning and definition of Education. Meaning and definition of teaching, relationship between teaching and learning, principles and importance of teaching. Meaning, scope, need and importance of teaching method, source of teaching methods, role of yoga teacher. Yoga teaching / teaching methods: lecture method, demonstration method, lecture presentation method. Of Yoga Class Operations Essential Elements of Yoga Classes, Areas of this. Classroom management. Lesson plan objective, benefits and merits of lesson plan. Lesson plan for yoga class operation.			
Credits:04		Max. Marks:100	Min. Passing Marks: 40
Total no. of lectures – tutorials- practical(in hours per week): L-T-P-:			
UNIT	TOPIC	NO. OF LECTURES	
I	Yoga in Education: - Meaning and Definition of Education. Concept, Meaning, Definition and Format of Yoga Education. Purpose, Importance and Key Features of Yoga Education. Different Dimensions of Yoga Education; Guru-Shishya Tradition. Meaning and definitions of value education, types of values, value-based education and its importance, role of yoga for the development of values	10	
II	Meaning and definition of teaching, relationship between teaching and learning, principles and importance of teaching, levels and dimensions of teaching, components of teaching, tools used in teaching yoga, qualities of efficient teaching/teaching. Qualities of a Yoga teacher; Compound Levels of Learning - Students, Disciples and Mumukshu.	10	
III	Meaning, scope, need and importance of teaching method, source of teaching methods, role of yoga teacher. Techniques of teacher training at individual and group level, techniques of teaching small and large groups, teaching management (time management and discipline) etc.	10	
IV	Yoga teaching/teaching methods: lecture method, demonstration method, lecture presentation method, director-response method, personal guidance method, group discussion method, guided practice method, story method, audio-visual method, project method. Yama-Niyama, teaching principles of Shatkarma and Asanas and their possible methods. Principles of teaching of Pranayama, Mudra-Bandha and Meditation etc. and their various methods.	10	
V	Yoga Class Operations: - Essential Elements of Yoga Classes, Classroom management, seating arrangement, student's feelings towards the teacher. Basic elements of yoga teaching - preparation, adulation and service. Essential of online teaching method. Evaluation: Evaluation of Adarsh Yoga class, Adaptation method of Yoga class (for individual needs).	10	
VI	Lesson Plan: Objective, benefits and merits of lesson plan. Lesson plan for yoga class operation. Principles for planning and implementing yoga training camps, yoga therapy camps, yoga seminars, yoga workshops and yoga conferences etc.	10	
Reference Books: - 1. Teaching Methods of Yoga Practices - Kaivalya Dham Lona Wala, Pune 2. Methods of Teaching in Yoga - Nitindhomne 3. Yoga Education in Children - Swami Satyanand Saraswati 4. Yoga and Physical Education - Madhavanand 5. Teaching of Yoga - Dr. N. Baskaran 6. Yoga Education for Children - Swami Satyanand Saraswati 7. Yoga Education (A Text Book) - Dr. Kamakhya Kumar			
Suggestive digital platforms web links:			
Further Suggestions:			



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SEMESTER- 3rd, SYLLABUS FOR MASTER OF ARTS IN YOGA, PAPER 05

Program/ Class: M.A. Yoga		Year: - 02	Semester: -3 rd
SUBJECT:YOGA AND PHYSICAL EDUCATION			
Course Code:MAY-305		COURSE TITLE: ELECTIVE SUBJECT	
Course Outcomes:Students at the completion of this course would understand Concept, meaning and definition of physical education, history of physical education. Meaning, definition and purpose, functions and features of practice and training. Principles of sports training and their importance in yoga. Meaning and definitions of overload; Principles, causes and symptoms of overload. Definition and Characteristics of Tolerance, Types of Tolerance (1. According to Sports Activities. Definition and characteristics of gait, types of gaits (reaction ability, speed of movement. Types of periodicities (single duration carpeting, double period carpeting, triple duration carpeting), warming up (warming up), cooling down (relaxation).			
Credits:04		Max. Marks:100	Min. Passing Marks: 40
Total no. of Lectures – Tutorials-Practical (in hours per week):			
UNIT	TOPIC	NO. OF LECTURES	
I	Concept, meaning and definition of physical education, history of physical education, aims and objectives, scope, need and importance of physical education; Similarities and differences in Asanas and exercises, importance of yoga in physical education. Difference between yoga and physical education.	10	
II	Meaning, definition and purpose, functions and features of practice and training. Principles of sports training and their importance in yoga. Philosophy of training and qualities of a trainer, adapting the qualifications of a trainer Definition and characteristics of flexibility, types of flexibility (functional flexibility, inactive flexibility), compound methods for developing flexibility.	10	
III	Meaning and definitions of overload; Principles, causes and symptoms of overload; Means to cope with overload. Concept, meaning and definitions of training load, types and principles of training. Components of physical efficiency, definition and type of strength (maximum strength, explosive power, strength tolerance). Compound measures to increase physical efficiency.	10	
IV	Definition and Characteristics of Tolerance, Types of Tolerance (1. According to Sports Activities – (a) Basic Tolerance, (b) General Tolerance, (c) Specific Tolerance; 2. By Time Period – (a) Gait Tolerance, (b) Micro time Tolerance, (C) Medieval Tolerance). Meaning and definitions of sports psychology, factors affecting sports performance.	10	
V	Definition and characteristics of gait, types of gaits (reaction ability, speed of movement, acceleration ability, manoeuvrability, speed tolerance). Definition of coordination ability, its characteristics, types of coordination ability (determination ability, reaction ability, balance ability, adaptability, coupling ability, separation ability, and coordination ability).	10	
IV	Types of periodicities (single duration carpeting, double period carpeting, triple duration carpeting), warming up (warming up), cooling down (relaxation). Planning - The importance of planning, principles of planning, planning system and its importance in physical education and yoga. Periodicity (preparation period, competition period, transitional).	10	
Reference Books: - Scientific Principles of Sports Training – R.K. Sharma Methods and Techniques of teaching - S.K. Kochar A Hand Book of Education -A.G. Sundarans Suggestive digital platforms web links:			
Further Suggestions:			

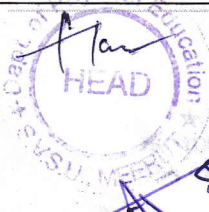


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SEMESTER 3rd, SYLLABUS FOR MASTER OF ARTS IN YOGA, PAPER 06

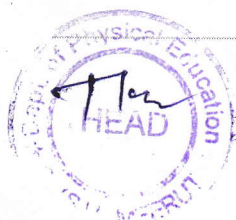
Program/ Class: M.A. YOGA		Year: 02	Semester:3 rd
SUBJECT: - YOGA PRACTICAL			
Course Code:MAY-306(P)		COURSE TITLE:PRACTICAL	
Course Outcomes: This course would help students to practice Yoga as way of life and understand it as our cultural heritage. After the completion of the course student would be fully acquainted with the layout for Yogic events. She would be able to demonstrate and develop the skills to teach rules, regulations, various asanas, pranayama techniques, general and specific training for competitive Yoga. This course has tremendous opportunities for vocational pursuits.			
Credits:08		Max. Marks: 200	Min. Passing Marks: 80
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P:			
UNIT	TOPIC		NO. OF LECTURES
	Asanas - 30 marks Asanas as described in1st/2nd semester Practical. 1. Standing Postures - Vyaghrasana, Mahavir Asana, Vrikshasana, Merupeshtasana, Padangushtha Asana, Parshv-konasana. 2. Sitting postures – Virasana, Parighasana, Rajkapotasana, Gorakshasana, Uttana-kurmasana, Uttana-Mandukasana, Ekapada-skandhasana, Ekapada-shirshasana, Poorna Ustrasana, Shirsha-Padangushthasana, Vibhakta-Paschimottanasana, Parivritta-Paschimottanasana, Titibhasana. 3. Supine Postures – Ekapada Chakrasana, Padma Sarvangasana, Garbhasana, Kandharasana. Balancing posture – Padma-vakasana, Mayurasana, Tolangul Asana. 4. Prone Postures - Adhomukh Shawanasana, Guptaasana, Gupt-padmasana, Utthan Prishthasana. Pranayamas - 30 marks Pranayama as described in1st/2nd semester Practical. Bhramari Pranayama, Stambha-vritti, Shitali Panayama, Sitkari Pranayama, Murchha Pranayama. Shatkarmas - 30 marks Shatkarma as described in1st/2nd semester Practical. Dand- Dhauti, Vastra-Dhoti, Vyutkaram - kapalbhati, Laghu Shankh Prakshalan, Trataka. Mudra and Bandhas - 30 marks Mudra and Bandha as described in1st/2nd semester Practical. Mahamudra, Mahabandha Mudra, Nasagra Drishti, Shambhavi Mudra/Bhru- Madhya Drishti, Aakashi Mudra, Tadagi Mudra. Hand Mudras-Vayu-mudra, Prana-mudra, Apana-mudra, Apana-vayu-mudra.20 Marks Prayer, Mantra and Meditation – 20 Marks Surya-Namaskar Prayer Mantra, God Praise Prayer Mantra, Yog-nidra, Active Meditation, Chidakara Dharna. Viva Voce 40 Marks		
Further Suggestions:			



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SEMESTER- 4th, SYLLABUS FOR MASTER OF ARTS IN YOGA, PAPER - 01

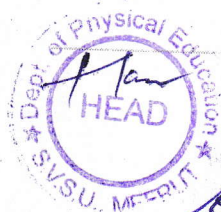
Program/ Class: M.A/YOGA		Year: - 02	Semester: -4 th
SUBJECT:ALTERNATIVE THERAPY			
Course Code: MAY-401		COURSE TITLE: THEORY	
Course Outcomes: Students at the completion of this course would understand Concept, Meaning and Definition of Alternative Therapy; Names of alternative therapies, limitations.Acupressuretherapy meaning of acupressure, history, principles and methodology of acupressure. Magnet therapy nature and principles of magnet therapy, types of magnets. PranicHealingtherapy meaning and nature of Prana.Marma therapy the concept of Vedic therapy, Introduction to Marma science, Marma science in the Vedas. Relationship between Yoga and Marma, relationship between Marma and Yogasanas and Pranayama's, Self-Marma therapy, symptoms and treatment of Marma-Abhighat, method and precautions of Marma therapy;			
Credits:04		Max. Marks:100	Min. Passing Marks: 40
Total no. of lectures – tutorials- practical (in hours per week): L-T-P-:			
UNIT	TOPIC	NO. OF LECTURES	
I	Concept, Meaning and Definition of Alternative Therapy; Different kind of alternative therapies, limitations and scope of alternative therapy, importance of alternative therapy, relationship between yoga and alternative therapy. Yagya therapy - Meaning and nature of Yagya, limitations and scope of Yagya therapy, principles of Yagya therapy, Yagya therapy for various diseases.	10	
II	Acupressure therapy - Meaning of acupressure, history, principles and methodology of acupressure, benefits of acupressure, equipment used in acupressure, different pressure points, differences and similarities in Acupressure and Sujok. Headache, neck pain, back pain, obesity, diabetes, asthma, constipation, acidity, acupressure treatment of high and low blood pressure.	10	
III	Magnet therapy - nature and principles of magnet therapy, types of magnets, effect of magnet on human body, limits and fields of magnet therapy, method of magnet therapy, method of making magnetic water. Magnetic treatment of digestive diseases, heart diseases, joint pain, back pain etc.	10	
IV	Pranic Healing therapy - Meaning and nature of Prana, differences of Prana, history of Pranic Healing therapy and its principles, life energy centre in the body. Method of Pranic Healing therapy, importance of veins/Nadi and chakras in Pranic Healing therapy. Prana Healing therapy of obesity, diabetes, constipation, back pain, neck pain, mental illness etc.	10	
V	Marma therapy - The concept of Vedic therapy, Introduction to Marma science, Marma science in the Vedas, Code of Ethics related to Marma Science, Marma numbers and their dimensions, Brief description of Marma (Marma of Adho Shakha {Marma of foot}, Marma of Urdhva Shakha {Marma of the hands}), Marma of the back, Marma of the abdomen (stomach and chest) and (Marma above the chest upward)	10	



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VI	Relationship between Yoga and Marma, relationship between Marma and Yogasanas and Pranayama's, Self-Marma therapy, symptoms and treatment of Marma-Abhighat, method and precautions of Marma therapy; Marma therapy of various diseases (obesity, diabetes, back pain, neck pain, high and low blood pressure etc.) Swara Yoga therapy - concept and purpose of Swara Yoga therapy, meaning, nature and types of Swara; Importance of Swara in daily life, Swara yoga therapy of various diseases.	10
References Books: -		
Prevention of Disease by Yoga and Alternative Medicine - Dr. Harinam Singh		
Alternative Medicine Practices - Dr. Rajkumar Pruthi		
Yagya Medicine - Dr. Pranav Pandaya		
Acupressure - Dr. Atar Singh		
Pran Therapy - Master Choa Coke Needle		
Sushruta Samhita - Psychology and Mental Medicine - Dr. Sunil Joshi		
Phonology - Swami Satyanand Saraswati		
Sujok Therapy – Dr. Asha Maheshwari		
<u>Suggestive digital platforms web links:</u>		
<u>Further Suggestions:</u>		

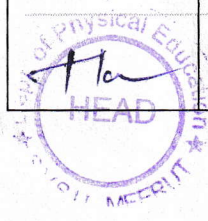


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SEMESTER -4th, SYLLABUS FOR MASTER OF ARTS IN YOGA, PAPER 02

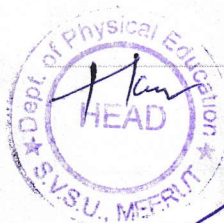
Program/ Class:M. A/M.Sc. Yoga		Year: 02	Semester:4 th
SUBJECT:YOGIC RESEARCH AND STATISTICS			
Course Code:MAY-402		COURSE TITLE:THEORY	
Course Outcomes: Students at the completion of this course would understand Nature of research meaning and definition of research, nature and types of research (literary research, psychological.Descriptive Methods of Research/Research Survey Study, Case Study, Historical Research.Experimental control - nature and problem of experimental control. Measures of CentralTendencyCalculation of mean, median and multiple scores (ungrouped and grouped data). Measuresof variability spread, quartile deviation and standard (normative) deviation.Predictions andPredictions. Regression equations and predictions. Meaning of the mean.			
Credits:04		Max. Marks:100	Min. Passing Marks: 40
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P:			
UNIT	TOPIC		NO. OF LECTURES
I	Nature of research: - Meaning and definition of research, nature and types of research (literary research, psychological research and experimental research). Need, nature and scope of research in Yoga. Qualities of a researcher. Research problem - Meaning and nature of problem, criteria and types of problem, characteristics of scientific problem, and precautions in selection of problem.		10
II	Descriptive Methods of Research/Research: Survey Study, Case Study, Historical Research, Process of Historical Research. Sources of historical research- primary data and secondary data. Hypothesis - Form and types of hypotheses. Population- meaning, definition and types. Sample selection- Meaning and importance of sample selection. Methods of sample selection. Methods of data collection- observation method, experimental method, questionnaire, interview. Variables - Meaning of variables and types of variables. Manipulation of independent and dependent variables.		10
III	Experimental control - nature and problem of experimental control. Techniques of control - cancellation, stability of conditions, balance, counterbalance, randomization. Research Design – Meaning and purpose of research design. Randomized group design and factor design. Research report writing - method and style of writing research report. Research Proposals and Reports: Methods of writing research proposal, chapterization of dissertation/thesis, main material, dissertation for publication in conferences or journals and method of writing full papers. Research Report Writing – Format of Research Report, Manual, Footnote and Bibliography, Body of Research Report, Bibliography and Appendix.		10

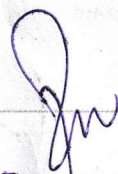


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IV	Descriptive Statistics - Meaning, Nature and Application of Statistics. Form of measurement and scales or levels of measurement. Graphical representation of data - frequency polygon and columnar. Measures of Central Tendency – Calculation of mean, median and multiple scores (ungrouped and grouped data).	10
V	Measures of variability - spread, quartile deviation and standard (normative) deviation. Normal Distribution – Meaning, Characteristics and Applications of Normal Probability Curve (NPC). Correlation – Meaning of correlation, Calculation of correlation coefficient – Product moment method (Product moment method) and Order-difference method (place-cum method).	10
VI	Predictions and Predictions: Regression – Regression equations and predictions. Meaning of the mean. Significance of difference of mean of two groups (independent group and correlated group). Critical ratio test and t-test. Chi-square test. Variance-analysis- One-way (one-way) variance-analysis.	10
Reference Book: - Research Methods - H. K. Kapi Statistics in Psychology and Education - Garrett Foundation of Behavioural Sciences – Kerlinger Statistics in Psychology and Education - Garret Research Methods in Behavioural Sciences - Festinger & Katz <u>Suggestive digital platforms web links:</u>		
<u>Further Suggestions:</u>		




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SEMESTER- 4th, SYLLABUS FOR MASTER OF ARTS IN YOGA PAPER 03

Program/ Class: M.A. YOGA		Year:02	Semester: 4 th
SUBJECT:Yoga Therapy -2			
Course Code:MAY-403		COURSE TITLE:THEORY	
Course Outcomes: Students at the completion of this course would understand Qualities and code of conduct of yoga practitioner. General information of medical tests / clinical data in the laboratory. General introduction, symptoms, causes and their theoretical yoga treatment of diseases 1. Obesity, 2. Diabetes, 3. Asthma, 4. Colds, 5. Thyroid. General introduction, symptoms, causes and their theoretical yoga treatment of diseases - 1. Constipation, 2. Acidity, 3. Arthritis, 4. Joint Pain, 5. Sciatica. General introduction of diseases, symptoms, causes and their theoretical yoga therapy-1. Mental stress, 2. Depression, 3. Insomnia, 4. Headache, 5. heart disease. General introduction, symptoms, causes and their theoretical yoga treatment of diseases - 1. High blood pressure, 2. Low blood pressure, 3. Back pain, 4. Neck pain (Cervical Spondylitis), 5. Vision diseases.			
Credits:04		Max. Marks:100	Min. Passing Marks: 40
Total no. of Lectures – Tutorials-Practical (in hours per week): L-T-P:			
UNIT	TOPIC	NO. OF LECTURES	
I	Qualities of yoga practitioner, relationship between yoga practitioner and patient. According to Yoga, the causes of diseases - deformed lifestyles, diet against - viharas, Panchkosh deformities, Panchklesha etc.; Rules governed by the patient - diet, behaviour, costumes, sleeping and awakening etc.	10	
II	General information of medical tests / clinical data in the laboratory - blood, blood pressure, blood sugar, haemoglobin, urea, creatinine, uric acid, cholesterol, HDL, total protein, albumin calcium, sodium, potassium, red blood cells, White Blood Granules, platelets, ESR, urine test report, MRI, X ray, CT scan etc Introduction to case history format.	10	
III	General introduction, symptoms, causes and their theoretical yoga treatment of diseases - 1. Obesity, 2. Diabetes, 3. Asthma, 4. Colds, 5. Thyroid	10	
IV	General introduction, symptoms, causes and their theoretical yoga treatment of diseases - 1. Constipation, 2. Acidity, 3. Arthritis, 4. Joint Pain, 5. Sciatica	10	
V	General introduction of diseases, symptoms, causes and their theoretical yoga therapy- 1. Mental stress, 2. Depression, 3. Insomnia, 4. Headache, 5. heart disease.	10	
VI	General introduction, symptoms, causes and their theoretical yoga treatment of diseases - 1. High blood pressure, 2. Low blood pressure, 3. Back pain, 4. Neck pain (Cervical Spondylitis), 5. Common Vision diseases.	10	
Reference Books: - Yoga Therapy - Swami Kuvalpananda and Dr. S. Vinekar Disease and Yoga - Dr. Swami Karmanand Saraswati Kalogas Joshi - Arogya from Yoga Swasthviritt Vigyan evm Yogic Chikitsa - Dr. Rakesh Giri Yoga for Asthma & Diabetes - Swami Satyananda Saraswati Yogic Management of Common Diseases – Swami Karmananda Saraswati			
<u>Suggestive digital platforms web links:</u>			
<u>Further Suggestions:</u>			

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SEMESTER- 4th, SYLLABUS FOR MASTER OF ARTS IN YOGA, PAPER: 04

Program/ Class: M.A. YOGA		Year: - 02	Semester: -4 th
SUBJECT:YOGA PSYCHOLOGY & AYURVEDA			
Course Code:MAY-404		COURSE TITLE: ELECTIVE SUBJECT	
Course Outcomes: Students at the completion of this course would understand Meaning and definition of yoga psychology, nature, purpose, its utility in modern life. Concepts, meanings and definitions of personality, nature and type of personality. Qualities of a Yogi, compound techniques of personality development. Meaning and definition of mental health, yoga and mental health. Ayurveda: meaning and definition of Ayurveda, relation and utility in Yoga and Ayurveda.			
Panchakarma meaning, Definition and Purpose of Panchakarma;			
Credits: 04		Max. Marks:100	Min. Passing Marks: 40
Total no. of Lectures – Tutorials-Practical (in hours per week): L-T-P:			
UNIT	TOPIC	NO. OF LECTURES	
I	Meaning and definition of yoga Psychology, nature, purpose, it's utility in modern life. Definition of mind (Yoga, Ayurveda and Psychology), origin and location of mind, work of mind, measures of Manonigraha.	10	
II	Concepts, meanings and definitions of personality, nature and type of personality, determinant elements of personality; Indian concept of personality - Srimad Bhagavad Gita, Upanishads, Vedas, Sankhya, Vedanta. Western concept of personality - Freud, Elder, Maslow, Yung, Murray's theory.	10	
III	Qualities of a Yogi, compound techniques of personality development. Thinking, memory, motivation, emotion, learning or learning, sensation, attitude and intelligence. Compound methods of personality development.	10	
IV	Meaning and definition of mental health, yoga and mental health. Various factors affecting human health, overall health. General introduction to mental diseases and their compound solutions: Mental Stress, Depression Anxiety, Neurasthenia, Psychoses, Neuroses.	10	
V	Ayurveda - Meaning and definition of Ayurveda, 8Branches of Ayurveda. Relation and utility in Yoga and Ayurveda. Principles of Ayurveda: Tridosha, Saptadhatu, Mal, Agni, Pancha Mahabhut and Tri-Up-Stambh theory. Medicinal introduction - Tulsi, Giloy, Ashwagandha, Apamarg, Mulathi, Trikota, Triphala, Ashoka, Shatavar, Turmeric, Brahmi, Arjun, Aloe Vera, Conch flower and alum.	10	
VI	Panchakarma - Meaning, Definition and Purpose of Panchakarma; Types of Panchakarma; Description of Poorva Karma, Pradhan Karma and Pashchat Karma; The method, benefits and precautions of lubrication. Method of Panchakarma – Method of Vaman, Virechan, Niruha Vasti, Aasthapan Vasti and Nasya Karma, benefits and precautions.	10	
References Books: - Yoga Psychology - Shanti Prakash Atreya Personality Psychology - Arun Kumar Singh Yoga and Psychology - Dr. Vinod Prasad Nautiyal Charak Samhita - Chaukhamba Publication, Varanasi General Psychology – Dr. Preeti Kumar Yoga Psychology - Kamakhya Kumar Ayurveda Siddhanta Mystery - Acharya Bal Krishna			
Suggestive digital platforms web links:			
Further Suggestions:			

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SEMESTER- 4th, SYLLABUS FOR MASTER OF ARTS IN YOGA, PAPER 05

Program/ Class: M.A. Yoga		Year: -02	Semester: -4 th
SUBJECT: DISSERTATION			
Course Code:MAY-405		COURSE TITLE: ELECTIVE SUBJECT	
Course Outcomes: This course would help students to practice Yoga as way of life and understand it as our cultural heritage. After the completion of the course student would be fully acquainted with the layout for Yogic events. She would be able to demonstrate and develop the skills to teach rules, regulations, various asanas, pranayama techniques, general and specific training for competitive Yoga. This course has tremendous opportunities for vocational pursuits.			
Credits: 04		Max. Marks:100	Min. Passing Marks: 40
Total no. of Lectures – Tutorials-Practical (in hours per week): L-T-P:			
	TOPIC		NO. OF LECTURES
	Dissertation - 70 Marks Only those students, who will get 60 percent marks of the first section (theoretical and practical), will get minor research arrangements. In the event of re-examination, minor research will not be provided. It will be mandatory to submit this minor amendment management to the department by 30 April. Note: - For minor research, students / students will have to allot their guide and title in advance from the Head of Department. Three copies of the minor research management will have to be submitted by 15 April. The outline of the minor research management will be as follows: Cover – Title Chapter One-Introduction, Objectives, Description of Variables (Detailed), Hypothesis. Chapter Two - Literary Survey. Chapter Three -Research Method (Description of Brief Variables, Selection of Samples, Statistical Method, Scale, Areas and Limitations). Chapter Four - Classification of Data, Results, Graph-Charts, Analysis. Chapter Five - Conclusions and Suggestions. Reference bibliography: Addendum - Tools / Scale, Chart / Diagram, Photo. Viva -Voce 30 Marks		
Further Suggestions:			

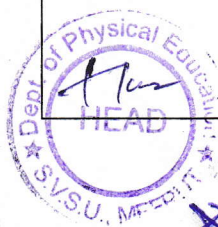


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Program/ Class: M.A. YOGA		Year: - 02	Semester: - IV
SUBJECT: YOGA PRACTICAL			
Course Code:MAY-406(P)		COURSE TITLE: PRACTICAL	
Course Outcomes: This course would help students to practice Yoga as way of life and understand it as our cultural heritage. After the completion of the course student would be fully acquainted with the layout for Yogic events. She would be able to demonstrate and develop the skills to teach rules, regulations, various asanas, pranayama techniques, general and specific training for competitive Yoga. This course has tremendous opportunities for vocational pursuits...			
Credits: 08		Max. Marks: 200	Min. Passing Marks: 80
Total no. of Lectures – Tutorials-Practical (in hours per week): L-T-P:			
	TOPIC	NO. OF LECTURES	
	Asanas - Asanas as described in 1st /2nd /3rd semester Practical. 1. Standing Postures – 10 Marks Purna Natarajasana, Vrikshasana, Merupeshtasana, Dimbasana, Tiryaka-katichakrasan 2. Sitting postures – 10 Marks Utthit Padmasana, Paryankasana, Dhruva Asana/Bhagiratha Asana, Pakshi-Asanas, Dwiast Bhujasana, Utthit Ekpada Skandhasana, Dwipada Skandhasana, Upavistha Asanas, Purna Matsyendrasana, Pranasana, Gorakshasana, Omkar Asana, Ekpada Vakasana, Marichyasana, Garuda Shirshasana. 3. Supine Postures –10 Marks Karnpidasana, Poorn Chakrasana. Balancing postures – Padma-Mayurasana, Padma Shirshasana, Vrishchikasana, and Purna Vrishchikasana. 4. Prone Postures – 10 Marks Purna Dhanurasana, Purna Bhujangasana, Purna Shalabhasana, Vyaghra Asana. Pranayamas - 20 marks Pranayama as described in 1st /2nd /3rd semester Practical. Bhramari Pranayama, Stambha-vritti, Suryabhedhi Pranayama, Murchha Pranayama. Shatkarmas - 20 marks Shatkarmas as described in 1st /2nd /3rd semester Practical. Vastra-Dhoti, Kapalarandhra, Karnarandhra, Vyutkarma and SheetKarma Kapalabhati, Nauli Kriya, Shankh Prakshalana. Mudra and Bandha - 20 Marks Mudra and Bandha as described in 1st /2nd /3rd semester Practical. Kaki Mudra, Mahavedha Mudra, Shanmukhi Mudra, Yoni Mudra, Shaktichalini Mudra, Khechari Mudra. 20 Marks		



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	Hasta Mudras – Surya Mudra, Varun Mudra, Shunya Mudra, Linga Mudra. 20 Marks Prayer, Mantras and Meditation - 20 marks Morning and evening mantra, Guru mantra, Havan mantra. Yoga-Nidra, Ajpajap and Vipassana Meditation. Lesson Plan 20 marks Ten lesson plans will have to be prepared and presented by the students. In which 03 Asanas, 03 Pranayama, 02 Shatkarma, 02 Mudra-bandha and meditation etc. will be included. Out of these 10 lesson plans, any 02-lesson plan will have to be displayed in a practical form in front of the examiner. Viva Voce 20 marks	
<u>Further Suggestions:</u>		



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