

INDIRA GANDHI UNIVERSITY, MEERPUR, REWARI

(A State University Established under Haryana Act No. 29 of 2013)

Recognized u/s 12 (b) & 2(f) of UGC Act, 1956



Curriculum and Syllabi of M.A. Yoga

As per NEP 2020

(w.e.f. 2024-25)

DEPARTMENT OF YOGA
FACULTY OF SPORTS SCIENCES

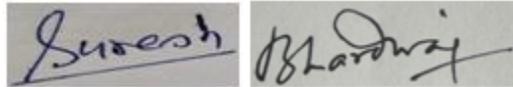


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VISION AND MISSION
VISION AND MISSION OF THE UNIVERSITY
VISION

To be a globally renowned university, recognized for excellence in teaching, innovative research, and welfare of the society, imbibing the spirit of “Vasudhaivkutumbkam”.

MISSION

1. To introduce and implement innovation in teaching and learning process matching up the global standards to strengthen academic delivery through curriculum design, teaching pedagogy and usage of ICT.
2. To develop a mechanism that attracts talented, qualified and experienced faculty from across the globe for pursuing their academic and research careers at the University.
3. To offer academic programs at UG, PG, doctoral, Post-Doctoral levels which are learner-centric, industry focused, and adhere to outcome based international models.
4. To create an ambiance that is conducive for undertaking sponsored research, innovation and consultancy services to a wide spectrum of societal and industrial requirements while encouraging interdisciplinary approach of learning, team work, and research.
5. To establish state of art centres of excellence in frontier areas of research and design innovation through industry collaboration to innovate and incubate the products and services.
6. To establish smart campus and promote e-governance activities in the university for the digitally empowered society and knowledge economy.
7. To provide a hygienic, modern, environment friendly and vivacious campus attuned to the urgent needs of Green Technology.
8. To consider and implement norms, metrics, standards, procedures and benchmarks for assessing and improving the quality in every aspect of University system and achieve quality certifications by National and International bodies.
9. To make society self-reliant by organizing various programmes including literacy, gender sensitization, health awareness, and dissemination of information about livelihood generation.

VISION AND MISSION OF THE DEPARTMENT

VISION

To train students to be highly effective instructors, researchers, and contributors to school, colleges, universities, institutions, industries and for human well being. Be regarded as a prestigious centre of scholarly achievement worldwide.

MISSION

1. To advance Yoga science research and education.
2. To create skilled employees for businesses and industries.
3. To offer learning environments that are centered on the needs of the students in order to help them develop as people as a whole.
4. To introduce summer training and research projects to strengthen academic delivery.
5. To establish smart classrooms and well equipped laboratory for assessing and improving the quality in every aspects of academic and research.
6. To make Students and Researchers self-reliant by organizing various programmes like Workshop, Seminars, National and International Conferences, Educational Tours and Yoga Institutions visit.

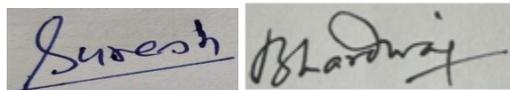


1. BACKGROUND

i) CBCS and LOCF an integrated Approach

Considering the curricular reforms as instrumental for desired learning outcomes, the academic departments of Indira Gandhi University Meerpur, Rewari, Haryana made a rigorous attempt to revise the curriculum of post-graduate programmes in alignment with UGC Quality Mandate for Higher Education Institutions-2021.

The revised curricula of various programmes could be devised with concerted efforts of the faculty and Heads of the Departments. The draft prepared by each department was discussed in series of discussion sessions conducted at Department, and the University level. The leadership of the University has been a driving force behind the entire exercise of developing the uniform template and structure for the revised curriculum. The Vice Chancellor of the University conducted series of meetings with Heads and Deans to deliberate upon the vital parameters of the revised curriculum to formulate a uniform template featuring Background, Programme Educational Objectives, Course Outcomes, Programme Specific Outcomes, Structure of Masters Course, Semester-wise Courses and Credit Distribution, Teaching-Learning Process, Assessment and Evaluation, Keywords, References and Appendices. The experts of various Boards of Studies contributed to a large extent in giving the final shape to the revised curriculum of each programme. To ensure the implementation of curricular reforms envisioned in CBCS-LOCF, the University has decided to implement various provisions in a phased manner.

The image shows two handwritten signatures in black ink on a light-colored background. The first signature on the left is 'Suresh' and the second signature on the right is 'Bhardwaj'. Both signatures are written in a cursive style.

i). About Yoga

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

ii). About the Programme (Nature, Extent and Aims)

Yoga is a physical, mental, and spiritual practice or discipline which originated in ancient India and is followed in all over the world. Many studies have tried to determine the effectiveness of yoga as a complementary intervention for cancer, schizophrenia, asthma, and heart diseases. The tradition of Yoga has always been passed on individually from Guru to Shishya through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living. The word "Yoga" is

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

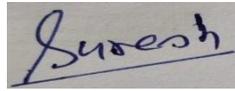
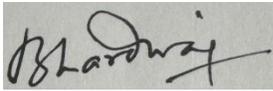
In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce Yoga as a science of Holistic living and not merely as Yoga postures. During the course the student is taught the concepts of Yoga for the treatment and prevention of various psychosomatic and life style related ailments. This course has the vision of producing Yoga professional so that they could teach Yoga therapy in a paramedical department of a hospital with the ability to select specific safe practice modules for different diseases and document their effectiveness for healing, health promotion, rejuvenation and age reversal through scientific researches.

iii). Possible Career prospects

On successful completion of the M.A. Yoga Programme, students of the department are expected to be ready to take up opportunities all around the world in areas that demand skills to produce "**Holistic Health, Inner Peace, Harmony, Stoic Yogic life and Yoga Professional**". As the Yoga industry is enormously vast and diverse, numerous opportunities and challenges await the post-graduates. The post-graduates are expected to satisfactorily address the professional expectations, maintain a work-life balance and lead productive and meaningful lives. Some of the possible career paths for

the post graduate students may be:

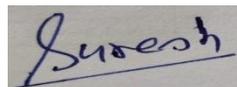
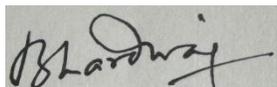
1. Yoga education helps in self-discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness.
2. To introduce Yoga therapy, its principles and practices of Yoga for prevention of various lifestyles, non-communicable and psychosomatic disorders.
3. Promotion of positive health: To prepare them for giving talks and offer techniques to promote healthy Yogic life style techniques and can handle lifestyle disease under the guidance of a super specialist doctor to select safe specific practices for different diseases.
4. To create Yoga therapy experts with in-depth knowledge based on Yogic texts. For example, to train them 'be and make' i.e., ensure they practice what they teach.
5. Social health: To establish holistic health, social harmony and world peace by training them to be great citizens who can offer Yogic way of life as examples of right living.



2. PROGRAMME OUTCOMES (POs)

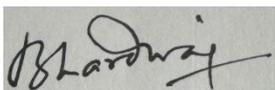
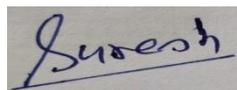
The overall aims of the programme may be achieved by addressing its various components that are incorporated into the curriculum as described below. Each of these components is designed to lead to specific outcomes that are desired after the successful completion of the programme.

PO1	Basic and applied knowledge	Interdisciplinary knowledge to find solution for the complex biological problems.
PO2	Problem analysis	Ability to analyse society related/ applied research problem, design and execute experiments to find relevant solutions.
PO3	Investigation of Problems	Ability of critical thinking, analytical reasoning and research based knowledge including design of experiments, analysis and interpretation of data to provide conclusions.
PO4	Advanced Usage of Technology	Apply advanced instrumentation tools, online resources with an understanding of the troubleshooting and limitations.
PO5	Science and Society	Ability to apply reasoning to assess the different issues related to society and the consequent responsibilities relevant to the professional scientific practices.
PO6	Life-Long Learning	Scientific skills for industrial applications and entrepreneurship.
PO7	Ethics	Commitment towards professional ethics and responsibilities as a social endeavour to bring harmony with nature.



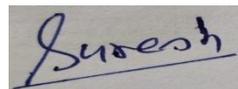
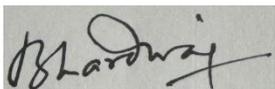
S. No.	Programme Educational Objectives	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
1	To have fundamental as well as advanced knowledge in the domain of Yoga.	√	√	√	√	√	√	√	√	√	√	√	√	√	√
2	To provide the professional services to Industries, Hospitals, Research organization, in the domain of super specialization.	√	√	√	√	√	√	√	√	√	√	√	√	√	√
3	To opt for higher education, disciplinary & multi-disciplinary research and to be a life-long learner.	√	√	√	√	√	√	√	√	√	√	√	√	√	√

Mapping of PEO's with PO's and PSO's

M. A. Yoga (Four Semesters) Programme
(AS PER NEP 2020)
(Effective from the Academic Session 2024-25)
Framework -2, Scheme-Q

Credits requirement for completion of the Programme	:	104
Credits Core Courses	:	56
Credits Discipline Elective Courses	:	24
Credits Open Elective Courses	:	02
Credits Employability and Entrepreneurship Skills Course	:	02
Credits Constitutional, Human and Moral Values, and IPR Course	:	02
Credits Practical	:	16
Credits Seminar	:	02
Credits Dissertation	:	12
Total Marks	:	2600
Semester-wise distribution of Credits -		
Semester I	:	26 (CC-20, PC-4, SEM-2)
Semester II	:	26 (CC-20, PC-4, CHM-2)
Semester III	:	26 (CC-08, DEC-12, PC-4, OEC-2)
Semester IV	:	26 (CC-08, DEC-12, PC-4, EEC-2)
Semester IV	:	26(CC-04, DEC-08, Dissertation-12, EEC-2)
CC	:	Core Course
DEC	:	Elective Course
OEC	:	Open Elective Course
EEC	:	Employability and Entrepreneurship Skills Course
CHM	:	Constitutional, Human and Moral Values, and IPR Course
PC	:	Practical
SEM	:	Seminar
SEC	:	Skill Enhancement Course



INDIRA GANDHI UNIVERSITY, MEERPUR, REWARI

Department of Yoga

Scheme of the Examination for M.A. Yoga

(As per NEP 2020)

Framework-2, Scheme-Q

w.e.f. 2024-25

Semester-1st

Total Marks=650

Type of Course	Course Code	Nomenclature of the Course	Theory(Th)/ Practical(P)/ Seminar (S)	Contact Hours Per Week			Credits		Examination Scheme		Total	Examination Hours
				Theory	Practical	Total	Course	Sem. Total	Internal Assessment Marks	End Term Examination Marks		
CC-1	24L6.0-YOG-101	Foundation of Yoga	Th	4	-	4	4	26	30	70	100	3
CC-2	24L6.0-YOG-102	Hatha Yoga	Th	4	-	4	4		30	70	100	3
CC-3	24L6.0-YOG-103	Yogic Anatomy & Physiology-I	Th	4	-	4	4		30	70	100	3
CC-4	24L6.0-YOG-104	Bhagavad Gita	Th	4	-	4	4		30	70	100	3
CC-5	24L6.0-YOG-105	Yoga and Holistic Health	Th	4	-	4	4		30	70	100	3
PC-1/ SEC	24L6.0-YOG-106	Practical-1	P	-	8	8	4		30	70	100	4
SEM	24L6.0-YOG-107	Seminar	S	-	-	2	2		-	50	50	1

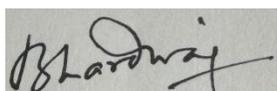
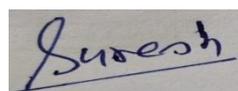
Scheme of the Examination for M.A. Yoga

Framework-2, Scheme-Q

Semester-2nd

Total Marks=650

Type of Course	Course Code	Nomenclature of the Course	Theory(Th)/ Practical(P)	Contact Hours Per Week			Credits		Examination Scheme		Total	Examination Hours
				Theory	Practical	Total	Course	Sem. Total	Internal Assessment Marks	End Term Examination Marks		
CC-6	24L6.0-YOG-201	Patanjal Yoga Sutra	Th	4	-	4	4	26	30	70	100	3
CC-7	24L6.0-YOG-202	Yogic Anatomy & Physiology-II	Th	4	-	4	4		30	70	100	3
CC-8	24L6.0-YOG-203	Yogic Diet and Nutrition	Th	4	-	4	4		30	70	100	3
CC-9	24L6.0-YOG-204	Principal Upanishads	Th	4	-	4	4		30	70	100	3
CC-10	24L6.0-YOG-205	Indian Philosophy	Th	4	-	4	4		30	70	100	3
PC-2/ SEC	24L6.0-YOG-206	Practical-2	P	-	8	8	4		30	70	100	4
VAC	24L6.0-CHM-201	Constitutional, Human and Moral Values, and IPR	Th	2	-	2	2		15	35	50	3
Internship	24L6.0-YOG-207	An internship course of 04 Credits of 06 weeks duration during summer vacation after 2nd semester is to be completed by every student. Internship can be either for enhancing the employability or for developing the research aptitude.							50	50	100	-

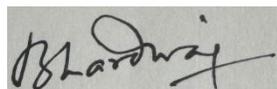
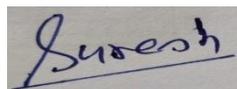



Framework-2, Scheme-Q

Semester-3rd

Total Marks=650

Type of Course	Course Code	Nomenclature of the Course	Theory (Th)/ Practical (P)	Contact Hours Per Week			Credits		Examination Scheme		Total	Examination Hours
				Theory	Practical	Total	Course	Sem. Total	Internal Assessment Marks	End Term Examination Marks		
CC-11	24L6.5-YOG-301	Yoga Upanishads	Th	4	-	4	4	26	30	70	100	3
CC-12	24L6.5-YOG-302	Methods of Teaching Yoga	Th	4	-	4	4		30	70	100	3
DEC-1 (One Course is to be opted out of 24L6.5-YOG-303 to 24L6.5-YOG-305)	24L6.5-YOG-303	Introduction to Naturopathy	Th	4	-	4	4		30	70	100	3
	24L6.5-YOG-304	General Psychology	Th	4	-	4	4		30	70	100	3
	24L6.5-YOG-305	Indian Ethos in Education	Th	4	-	4	4		30	70	100	3
DEC-2 (One Course is to be opted out of 24L6.5-YOG-306 to 24L6.5-YOG-308)	24L6.5-YOG-306	Alternative Therapies	Th	4	-	4	4		30	70	100	3
	24L6.5-YOG-307	Yoga Biomechanics & Kinesiology	Th	4	-	4	4		30	70	100	3
	24L6.5-YOG-308	Applications of Yoga	Th	4	-	4	4		30	70	100	3
DEC-3 (One Course is to be opted out of 24L6.5-YOG-309 to 24L6.5-YOG-311)	24L6.5-YOG-309	Introduction to Ayurveda	Th	4	-	4	4		30	70	100	3
	24L6.5-YOG-310	Samkhya Karika	Th	4	-	4	4		30	70	100	3
	24L6.5-YOG-311	Indian Knowledge System	Th	4	-	4	4		30	70	100	3
PC-3/ SEC	24L6.5-YOG-312	Practical-3	P	-	8	8	4		30	70	100	4
OEC	24L6.5- OEC- YOG -301	Yoga and Life Management (*For students of department other than the department of Yoga)	Th	2	-	2	2		15	35	50	3
OEC	To be chosen from the pool of Open Elective Courses offered by the University											

**Scheme of the Examination for M.A. Yoga
Framework-2, Scheme-Q**

Semester-4th

Total Marks=650

Type of Course	Course Code	Nomenclature of the Course	Theory(Th/ Practical(P)	Contact Hours Per Week			Credits		Examination Scheme		Total	Examination Hours
				Theory	Practical	Total	Course	Sem. Total	Internal Assessment Marks	End Term Examination Marks		
CC-13	24L6.5-YOG-401	Indian Yogis and their Teachings	Th	4	-	4	4	26	30	70	100	3
CC-14	24L6.5-YOG-402	Yoga Therapy	Th	4	-	4	4		30	70	100	3
DEC-4 (One Course is to be opted out of 24L6.5-YOG-403 to 24L6.5-YOG-405)	24L6.5-YOG-403	Buddha and his Dhamma	Th	4	-	4	4		30	70	100	3
	24L6.5-YOG-404	Yoga for Skill Development	Th	4	-	4	4		30	70	100	3
	24L6.5-YOG-405	Yoga Vasishtha	Th	4	-	4	4		30	70	100	3
DEC-5 (One Course is to be opted out of 24L6.5-YOG-406 to 24L6.5-YOG-408)	24L6.5-YOG-406	Hatharatnavali	Th	4	-	4	4		30	70	100	3
	24L6.5-YOG-407	Shiv Samhita	Th	4	-	4	4		30	70	100	3
	24L6.5-YOG-408	Shodash Sanskar	Th	4	-	4	4		30	70	100	3
DEC-6 (One Course is to be opted out of 24L6.5-YOG-409 to 24L6.5-YOG-411)	24L6.5-YOG-409	Meditative Techniques	Th	4	-	4	4		30	70	100	3
	24L6.5-YOG-410	Research Methodology and Statistics in Yoga	Th	4	-	4	4		30	70	100	3
	24L6.5-YOG-411	Introduction to Yogasana Sports	Th	4	-	4	4		30	70	100	3
PC-4	24L6.5-YOG-412	Practical-4	P	-	8	8	4		30	70	100	4
EEC/ SEC	24L6.5-YOG-413	Employability Skills in Yoga	Th	2	-	2	2		15	35	50	3

Bhardwaj

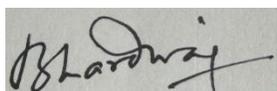
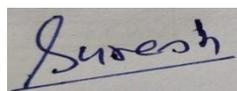
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OR
Scheme of the Examination for M.A. Yoga
Framework-2, Scheme-Q
Scheme of Semester IV when a student opts for Dissertation Work

Semester-4th

Total Marks=650

Type of Course	Course Code	Nomenclature of the Course	Theory(Th)/ Dissertation(D)	Contact Hours Per Week			Credits		Examination Scheme		Total	Examination Hours
				Theory	Practical	Total	Course	Sem. Total	Internal Assessment Marks	End Term Examination Marks		
CC-13	24L6.5-YOG-401	Indian Yogis and their Teachings	Th	4	-	4	4	26	30	70	100	3
DEC-4 (One Course is to be opted out of 24L6.5-YOG-403 to 24L6.5-YOG-405)	24L6.5-YOG-403	Buddha and his Dhamma	Th	4	-	4	4		30	70	100	3
	24L6.5-YOG-404	Yoga for Skill Development	Th	4	-	4	4		30	70	100	3
	24L6.5-YOG-405	Yoga Vasishtha	Th	4	-	4	4		30	70	100	3
DEC-5 (One Course is to be opted out of 24L6.5-YOG-406 to 24L6.5-YOG-408)	24L6.5-YOG-406	Hatharatnavali	Th	4	-	4	4		30	70	100	3
	24L6.5-YOG-407	Shiv Samhita	Th	4	-	4	4		30	70	100	3
	24L6.5-YOG-408	Shodash Sanskar	Th	4	-	4	4		30	70	100	3
EEC/ SEC	24L6.5-YOG-413	Employability Skills in Yoga	Th	2	-	2	2		15	35	50	3
Dissertation	24L6.5-YOG-414	Dissertation	D	-	-	12	12		-	300	300	-

M.A. Yoga
Semester-1st

24L6.0-YOG-101 CC
Foundation of Yoga

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max. Time: 3 hrs.

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Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course Objective:

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

- Give an introduction of Yoga and its important streams.
- Give a brief history and the basis different Yoga.

Unit-1: General Introduction to Yoga

- Brief introduction to origin of Yoga,
- History and Development of Yoga,
- Etymology and Definitions of Yoga,
- Aim and Objectives of Yoga,
- Importance of Yoga,
- Misconceptions about Yoga,
- Need of Yoga for society and World peace.

Unit-2: Foundations of Yoga and Yoga Traditions

- General introduction to Vedas and Upanishads,
- Concept of Yoga in Ayurveda,
- General introduction to Shad- Darshana,
- Concept of Yoga in Bhagvad Gita,
- Concept of Yoga in Narada Bhakti Sutra,

- Concept of Yoga in Sufism.

Unit-3: Non-Vedic Schools of Indian Philosophy

➤ Jainism:

- Introduction to Jainism,
- Anekantavada (Syadvada),
- Concept of Tri-Ratnas,
- Concept of Kayotsarga (Preksha- Dhyana).
- Concept of Yoga in Jaina Darshana.

➤ Buddhism:

- Introduction to Buddhism,
- Concept of Arya-Satya or Four Noble Truths,
- Arya-Ashtangik Marga or Noble-eight-fold-path (Baudha-Yoga).

➤ Charvak :

- Origin and history.

Unit-4: Yogic Streams

- Concept of Jnana Yoga,
- Concept of Bhakti Yoga,
- Concept of Karma Yoga;
- Concept of Hatha Yoga;
- Concept of Ashtanga Yoga;
- Concept of Naad Yoga.

Course Outcomes:

CO1• Students would be able to understand the need of Yoga for society and World peace.

CO2• Students get the knowledge of Non-Vedic Schools of Indian Philosophy.

CO3• Students gets the knowledge of various streams of Yoga.

Mapping of Paper No. 24L6.0-YOG-101 CC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	S	S	S	S	S	S	S	S	S	S	S	S
CO2	S	S	S	S	S	M	S	S	S	S	S	S	S	S
CO3	S	S	S	S	S	S	S	M	S	S	S	S	S	M

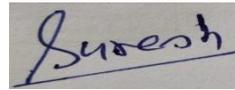
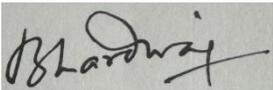
S = Strong,

M = Medium,

W = Weak

Suggested Readings:

- Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, Varanasi, 2010.
- Arya Somveer : Yogasaar. Kitab Mahal Publisher Delhi, 2022.
- Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009.
- Swami Vivekananda: Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta.
- Pandit, M. P.: Introduction to Upanishads: Theosophical Society of India, Adyar, Madras, 1976.



M.A. Yoga
Semester-1st

24L6.0-YOG-102 CC
Hatha Yoga

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max. Time: 3 hrs.

Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course Objective: The teaching-learning of this paper will enable learner to-

- To give an introduction of Hatha Yoga.
- To introduce the principles of Hatha Yoga.

Unit-1: Orientation of Hatha Pradipika- I

- Introduction of Hatha Yoga;
- HathaYoga parampara,
- Place of Hatha Yoga Practice;
- Success and failure elements of Hatha Yoga;
- Asanas,
- Mitahara, Pathya and Apathya.

Unit-2: Orientation of Hatha Pradipika- II

- Shatkriya- Dhauti, Basti, Neti, Nauli, Trataka, Kapalbhathi;
- Types, methods and benefits of Kumbhaka (Pranayama);
- Mudras & Bandhas;
- Nadanusandhana.

Unit-3: Orientation to Gheranda Samhita- I

- Introduction to Gheranda Samhita;
- Concept of Ghata & Ghatasth Yoga;
- Shatkarmas and their classification;
- Asanas (32 asanas).

Unit-4: Orientation to Gheranda Samhita- II

- Concept of Mudra and Bandha;
- Concept of Pranayama & its prerequisites;
- Concept of Dhyana;
- Concept of Samadhi.

Reference Books:

- K.Taimini: The Science of Yoga, (The Theosophical, Publishing House, Adyar Chennai)
- Swami Satyananda Saraswati : Hatha Yoga, Pub: BSY Munger
- Swami Vivekananda: Rajayoga, Advaita Ashram, Culcutta, 2000
- Iyengar B.K.S. : Light on Patanjali Yoga (New York, Schocken Books, 1994)

Course Outcomes:

- **CO1:** Students would have an understanding of fundamental and historical knowledge of Hatha Yoga along with its methods.
- **CO2:** Students would demonstrate knowledge of conceptual and applied aspects of Hatha Yoga.

Mapping of Paper No. 24L6.0-YOG-102 CC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	S	S	S	S	S	S	S	S	S	S	S	S
CO2	S	S	S	S	S	M	S	S	S	S	S	S	S	S

S = Strong,

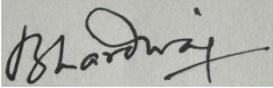
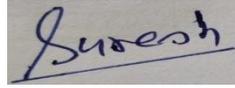
M = Medium,

W = Weak

Suggested Readings:

- K.Taimini: The Science of Yoga, (The Theosophical, Publishing House, Adyar Chennai).
- Swami Satyananda Saraswati : Hatha Yoga, Pub: BSY Munger.

- Swami Vivekananda: Rajayoga, Advaita Ashram, Culcutta, 2000
- Iyengar B.K.S. : Light on Patanjali Yoga (New York, Schocken Books, 1994) .

M.A. Yoga
Semester-1st

24L6.0-YOG-103 CC
Yogic Anatomy and Physiology -I

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max.Time:3hrs.

Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course Objective:

- The main aim of the paper is to apprise students about the basic concepts of cell structure.
- The introduction of Muscular system, Digestive system, Skeleton system, Circulatory system.

Unit-1:

- Anatomy & Physiology: Introduction, Need and Importance in the field of Yoga.
- General introduction of human body.
- **Cell:** Introduction of Cell, Tissue, Organ and System, Microscopic Structure and Functions of Cell.
- **Tissue:** Introduction, Classification, Structure, Functions and Types.

Unit-2:

- **Skeletal System:** Introduction of Skeletal system, Classification of Bones and effect of Yogic Practices on it.
- **Joints** and its Classification, effect of Yogic Practices on it.

Unit-3:

- **Muscular System:** Introduction, Classification, Functions of muscles and effect of Yogic Practices on it.
- **Blood:** Composition, Function, Coagulation and Blood Group.

Unit-4:

- **Digestive System:** Introduction, Structure and Functions, digestion of food(Absorption and Assimilation of food) effect of Yogic Practices on it.
- **Circulatory System:** Introduction, Structure and Function of heart, Types ofCirculation and effect of Yogic Practices on it.
- **Blood Pressure,** Technique of measurement and effect of Yogic Practices on it.

Course Outcomes:

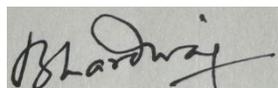
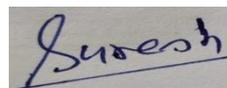
- **CO1:** Students would gain knowledge about the Yogic Anatomy and Physiology of human body.
- **CO2:** It enables the students to understand the relationship between Yoga and human biology.

Mapping of Paper 24L6.0-YOG-103 CC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	S	S	S	S	S	S	S	S	S	S	S	S
CO2	S	S	S	S	S	M	S	S	S	S	S	S	S	S

S = Strong,**M = Medium,****W = Weak****Suggested Readings:**

- Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: Divya Prakashan
- Coulter, H. D. (2006). Anatomy of Hatha Yoga. Delhi, India: Motilal Banarasidas.
- Gore, M.M. (2004). Anatomy and Physiology of Yogic Practices. Lonavala, India: Kanchan Prakashan.
- Gupta, A.P. (2011). Human Anatomy and Physiology. Agra, India: Sumit Prakashan.
- Guyton, A.C. & Hall, J.E. (2006). Text book of medical physiology (11th ed.). Pennsylvania: Elseveir.

M.A. Yoga
Semester-1st

24L6.0-YOG-104 CC
Bhagavad Gita

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max. Time: 3 hrs.

Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course Objective:

- The teaching-learning of this paper will enable learner to Understand and discuss Bhagavad Gita as basic philosophical and theoretical foundations of Yoga.

Unit-1: Significance of Bhagavad Gita as Synthesis of Yoga

- Introduction of Bhagavad Gita (B.G.);
- Bhagavad Gita and traditional commentaries;
- Introduction of Yoga and their relevance in Yoga Sadhana;
- Role of B.G.in spiritual and social life;
- Importance of teachings of B.G. in present scenario;
- Relevance of B.G. Sadhanas in Psychiatry.

Unit-2: Concept of Atman, Paramatma & characteristics of Sthitprajna

- Concept of Samkhya Yoga (Chapter -2);
- Concept of Sthitprajna, stages and characteristics of it (Chapter -2, shalok 54 to 72);
- Concept of Atman (Purusha), Jivatman, Paramatma (Parameshwar or Purushottam) and their characteristics;
- Concept of Jnana Yoga.

Unit-3: Ashtanga Yoga, Karma Yoga, Bhakti Yoga and Dhyana Yoga

- Concept of Ashtanga Yoga;
- Concept of Karma Yoga- Karma Swarupa (Sakaama and Nishkaama);
- Concept of Bhakti Yoga;
- Dhyana Yoga together with devotion;
- Nature of Dhyana.

Unit-4: Concept of Ahara and role of Bhagavad Gita & Moksha

- Role of Bhagavad Gita in day to day life;
- Concept and classification of Ahara and its role in Adhyatma Sadhana;
- Concept of Trigunas in context of B. G.;
- Theory of adjustment in healthy living;
- Concept of Moksa-Sannyas Yoga;
- Concept of Raja Yoga.

Course Outcomes:

- **CO1:** Students gets the realistic knowledge about the Bhagavad Gita.
- **CO2:** Students would gain knowledge about the various types of Yoga.
- **CO3:** Students would be able to understand the role of B.G. in day to day life.
- **CO4:** Students would be able to understand the role of B.G. in spiritual and social life.

Mapping of Paper No. 24L6.0-YOG-104 CC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	S	S	M	S	S	S	M	M	S	S	S	S
CO2	S	S	S	S	S	S	S	S	M	M	S	S	S	S
CO3	S	S	S	S	S	S	S	S	S	S	S	S	S	S
CO4	S	S	S	S	S	S	S	S	S	S	M	S	S	S

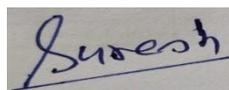
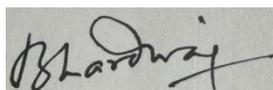
S = Strong,

M = Medium,

W = Weak

Suggested Readings:

- Maharishi Vedvyasa : Shri MadbhagavadGita
- Yadav Dr. Dharambir : Geeta Yogamrit
- Swami Ramdev : Shri MadbhagavadGita
- Gita Press Gorakhpur : Shri Madbhagavad Gita



M.A. Yoga
Semester-1st

24L6.0-YOG-105 CC
Yoga and Holistic Health

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max. Time: 3 hrs

Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course Objective:

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

- Understand the concept of Holistic health and diseases;
- Have understanding about Yogic concepts of Holistic health and healing;
- Yogic principle and practices for healthy living; and
- Understand the concept of Ahara its role in healthy living.

Unit-1: Concept of Body, Holistic Health and Diseases

- Meaning and Definition of Holistic Health;
- Yogic concept of Body from Taittiriya Upanishad;
- Concept of Adhi and Vyadhi;
- Concepts of Trigunas,
- Pancha-Mahabhutas,
- Pancha Prana and their role in Health and Healing;
- Chakra and their role in Health and Healing.

Unit - 2: Causes of Ill Health and Remedial Measures

- Potential causes of ill-health: Styana, Samshaya, Pramada, Alasya, Avirati, Duhkha, Daurmanasya, Bhranti-darshana, Alabdha-bhumikatva and Anavasthitatva;
- Role of Shuddhi Prakriyas in preventive and curative Health,
- Karma Shuddhi (Yama, Niyama),
- Ghata Shuddhi (Shat-karma),
- Snayu Shuddhi (Asana),

- Prana Shuddhi (Pranayama),
- Indriya and Mano Shuddhi (Pratyahara),
- Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi).

Unit - 3: Yogic Principles and Practices of Healthy Living – I

- Dietary regulation according to Hatha yoga and Bhagavad Gita;
- Shatkriyas and tatva shuddhi;
- Asana for mind, body and spirit;
- Practice for Pranmaya kosha – Pranayama;
- Definition of Mental Health & Mental Hygiene.

Unit-4: Yogic Principles and Practices of Healthy Living - II

- Attitude change towards yoga through individualized counseling;
- Yogic method tackling ill effects of Conflict and Frustration;
- Yogic counseling;
- The secret of Karma Yoga;
- Unattached action,
- Equanimity in success and failure.

Course Outcomes:

- **CO1:** Students would gain knowledge about the holistic health.
- **CO2:** Students would be able to understand the concept of body, health and various diseases.

Mapping of Paper No. 24L6.0-YOG-105 CC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	S	S	M	S	S	S	M	M	S	S	S	S
CO2	S	S	S	S	S	S	S	S	M	M	S	S	S	S

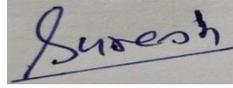
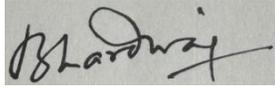
S = Strong,

M = Medium,

W = Weak

Suggested Readings:

- Gheranda Samhita: Shri Sadguru Publication, New Delhi.
- Arya Dr Somveer : Gheranda Samhita, New Delhi.
- Dr R Nagarathna and Dr H R Nagendra: Yoga and Health.
- Swami Vivekananda Yoga Prakashana, 2002.
- Dr R Nagarathna and Dr H R Nagendra: Yoga for Promotion of Positive Health Published by SVYP, Bangalore.



M.A. Yoga
Semester-1st

24L6.0-YOG-106
Practical-1

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max. Time: 3 hrs

Course Objective:

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

- Understand the benefits, contraindications and procedure of all yogic practices;
- Demonstrate each yogic practice with confidence and skill;
- Explain the procedure and subtle points involved; and
- Teach the yogic practices to any given group.

- | | |
|---|------------------------|
| <p>➤ Prayers and Mantra</p> | <p>05 Marks</p> |
| <p>➤ Shuksham Vyayama and Sthula Vyayama</p> | <p>10 Marks</p> |
| <p>➤ Shatkarmas</p> <ul style="list-style-type: none">• Dhauti (Kunjali);• Neti (Sutra & Jala);• Kapalbhathi (Vaatkram) | <p>10 Marks</p> |
| <p>➤ Asana (Yogic Postures)</p> <ul style="list-style-type: none">• Standing Postures: Tadasana, Triyak-Tadasana, Padahastanasana, Ardha Chakrasana, Trikonasana, Parivritta Trikonasana, Parshvakonasana,• Sitting Postures: Paschimottanasana, Vajrasana, Ardhamatasyendrasana, Vakrasana, Akarndhanurasana, Gaumukhasana, Ushtrasana, Janu Sirasana.• Prone Postures: Bhujangasana, Shalabhasana, Dhanurasana, Makarasana.• Supine Postures: Halasana, Chakrasana, Sarvangasana, Matsyasana, Shavasana, Setubandhasana.• Balancing Postures: Vrikshasana, Garudasana, Natrajasana. | <p>10 Marks</p> |

➤ **Pranayama**

- Breathing- Chest & Abdomen
- Naadishuddhi
- Bhastrika

10 Marks

➤ **Dhyana (Meditation)**

- Om Meditation

05 Marks

➤ **Viva-Voce**

20 Marks

Course Outcomes:

- **CO1:** Students will improve strength, balance and flexibility.
- **CO2:** It enables Holistic Health.
- **CO3:** Attainment of Peace, Harmony and Concentration.

Mapping of Paper No. 24L6.0-YOG-106

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO 1	S	S	S	S	S	S	S	S	S	S	S	S	S	S
CO 2	S	S	S	S	S	S	M	S	S	S	S	S	S	S
CO 3	S	S	S	S	S	S	S	S	S	S	S	S	S	S

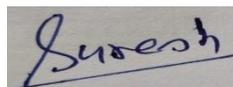
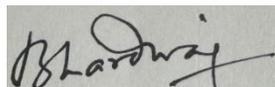
S = Strong,

M = Medium,

W = Weak

Suggested Readings:

- Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha, Bihar Yoga Bharati, Munger, Bihar, India.
- Yada Dr. Dharambir : Yoga Away of life, Ronak publication delhi, 2023
- B.K.S. Iyenger: light on Pranayama, Aquarian/ Thorsons, 1992.



M.A. Yoga
Semester-2nd

24L6.0-YOG-201 CC
Patanjal Yoga Sutra

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max.Time: 3hrs.

Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course Objective:

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

- To teach an overview of the Patanjali Yoga Sutras;
- To teach the essence of the Patanjali Yoga Sutras; and
- To discuss Patanjali Yoga Sutra in terms of Psychology.

Unit-1: Samadhi Pada

- Meaning, definition and purpose of Yoga;
- Meaning of Chitta and its various stages(Chitta-Bhumis);
- Concepts of vrittis;
- Chitta- Prasadana;
- Concept of Samadhi: Samprajnata and Asamprajnata;
- Concept of Ishwar and its qualities;
- Obstacles and its removal.

Unit-2: Sadhana Pada

- Concept of Kriya Yoga ;
- Panch Kleshas;
- Concept of Dukhavada : heya, hetu, hana & hanopaya;
- Ashtanga Yoga : Yama, Niyama, Asana, Pranayama & Pratyahara.

Unit-3: Vibhooti Pada

- Concept of Sanyama;

- Concept of Dharna;
- Concept of Dhyana;
- Concept of Samadhi;
- Concept of Parinama;
- Concept and kind of Vibhooties/Siddhis.

Unit-4: Kaivalya Pada

- Four type of Karmas;
- Concept of Vasana;
- Vivek Khyati Nirupanam;
- Concept of Kaivalya.

Course Outcomes:

- **CO1:** Students would get the information about the Yoga Philosophy.
- **CO2:** They would be able to understand the relation of Yoga Darshana in present scenario to overcome on obstacles.
- **CO3:** Students will understand how they want to live in a civilized society.

Mapping of Paper No. 24L6.0-YOG-201 CC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO 1	S	S	S	S	S	S	S	S	S	S	S	S	M	S
CO 2	S	S	S	S	S	S	M	S	S	S	S	S	S	S
CO 3	S	S	S	S	S	S	S	S	S	S	S	S	S	S

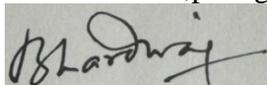
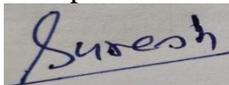
S = Strong,

M = Medium,

W = Weak

Suggested Readings:

- Iyengar B.K.S.: Light on Patanjali Yoga (New York, Schocken Books, 1994).
- Rukmini T.S.: Yoga Vartika of Vijnanbhikshu (Tr.) Vol I, II, III & IV, Munshiram Manoharlal Pvt. Ltd. New Delhi.
- Swami Omanandatirtha: Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur, 1994.
- Arya Dr Somveer ;p Yogadarshan, Chaukhambha publication Delhi, 2021.

M.A. Yoga
Semester-2nd

24L6.0-YOG-202 CC

Yogic Anatomy & Physiology -II

Maximum Marks: 100

End Term Examination Marks: 70

Internal Assessment Marks: 30

Max. Time: 3 hrs.

Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course Objective:

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

- The introduction of Excretory system, Nervous system, Circulatory system, Respiratory system and Endocrine system and Reproductive system.

Unit-1:

- **Respiratory System:** Introduction, Structure and Function of Respiratory Organs, Mechanism and effect of Yogic Practices on it.
- **Special Senses:** Eye and Ear.

Unit-2:

- **Excretory System:** Introduction, Structure and Functions of the Kidney and Skin.
- Composition of Urine and
- Effects of Yogic Practices on it.

Unit-3:

- **Nervous System:** Introduction, Central Nervous System, Autonomous Nervous System.
- Parts of the Brain (Name and Position only),
- Structure of the Spinal Cord.
- Effects of Yogic Practices on it.

Unit-4:

➤ Endocrine System:

- Introduction, Location and Structure of different Glands and effects of Yogic Practices on it.

➤ Reproductive System:

- Female Reproductive System: Introduction, structure, reproductive cycle, mammary glands and effects of Yogic practices.
- Male Reproductive System: Introduction, structure, prostate gland and effects of Yogic practices

Course Outcomes:

- **CO1:** Students would gain knowledge about the Yogic Anatomy and Physiology of human body.
- **CO2:** It enables the students to understand the relationship between Yoga and human biology.

Mapping of Paper No. 24L6.0-YOG-202 CC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	S	S	S	S	S	S	S	S	S	S	M	S
CO2	S	S	S	S	S	S	M	S	S	S	S	S	S	M

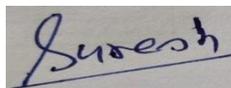
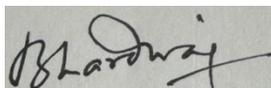
S = Strong,

M = Medium,

W = Weak

Suggested Readings:

- Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: Divya Prakashan.
- Coulter, H. D. (2006). Anatomy of Hatha Yoga. Delhi, India: Motilal Banarasidas.
- Gore, M.M. (2004). Anatomy and Physiology of Yogic Practices. Lonavala, India: Kanchan Prakashan.
- Gupta, A.P. (2011). Human Anatomy and Physiology. Agra, India: Sumit Prakashan.
- Guyton, A.C. & Hall, J.E. (2006). Text book of medical physiology (11th ed.). Pennsylvania: Elsevier.



M.A. Yoga
Semester-2nd

24L6.0-YOG-203 CC
Yogic Diet and Nutrition

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max. Time: 3 hrs

Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course Objective:

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

- To know about the Yogic Diet, Ayurvedic diet, components of food and nutrition.
- To provide the knowledge of various types of food.

Unit-1: Yogic Concept of Diet and Nutrition

- General introduction of Ahara (Diet),
- Concept of Mitahara, ,
- Concepts of Diet according to Gherand Samhita & Hath Pradipika
- Concepts of Diet according to Bhagvad Gita- Rajasika, Tamasika & Satavik food,

Unit-2: Basic Concepts and Component of Food and Nutrition

- Concept and functions of food and their classification;
- Concept of nutrition,
- Macro nutrients, Micro nutrients
- Fats soluble nutrients, Water soluble nutrients;
- Significance of carbohydrate, proteins, fats, vitamins, minerals and water in the body.

Unit-3: Ayurvedic Diet

- Concept of Diet in Ayurveda
- Diet according to the body constituents (Prakriti)- Vata, Pitta & Kapha;

- Antioxidants and their role
- Concept of Bhavas and Bhavanas with its relevance in Health and well-being.

Unit-4: The Raw Vegan Diet

- An Introduction, source of the raw vegan diet, their health benefits and importance,
- Age-wise diet plan
- Diet for sports person

Course Outcomes:

- **CO1:** Students will come to know that what kind of diet they should take in daily life.
- **CO2:** They will come to know about the basic concepts and component of Food and Nutrition.
- **CO3:** Students will come to know about the nature of Diet in different texts.

Mapping of Paper No. 24L6.0-YOG-203 CC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	S	S	M	S	S	S	M	M	S	S	S	S
CO2	S	S	S	S	S	S	S	S	M	M	S	S	S	S
CO3	S	S	S	S	S	S	S	S	M	M	S	S	S	S

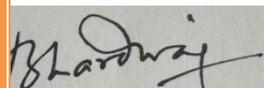
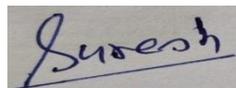
S = Strong,

M = Medium,

W = Weak

Suggested Readings:

- Eating Wisely and Well ___ Ramesh Bijlani, Rupa publication India Pvt. Ltd, 2012.
- Human Nutrition and Dietics ___ Stanley Davidson & others, The English language Book Society & Churchill Livingstone, Revised Edition.
- Arya Dr Somveer : Hathapradipika, Raghav publication New Delhi 2022
- The Ayurvedic Diet ___ Dennis Thompson, New age books, New Delhi 2001.

M.A. Yoga
Semester-2nd

24L6.0-YOG -204 CC
Principal Upanishads

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max. Time: 3 hrs

Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course Objective:

- To understand that the basic concepts and Sadhana behind every religion is common for which Yoga provides a systematic elucidation.

Unit-1: Introduction to Upanishads: Isha & Kena

➤ **Ishavasyopanishad:**

- Concepts of Karmnishtha;
- Vidya & Avidya;
- Knowledge of Brahma;

➤ **Kenopanishad:**

- Indriya and Antahkarna;
- Self and the mind;
- Glory of Brahma;
- Moral of Yaksha Upakhyana.

Unit-2: Katha, Prashna and Mundaka Upanishads

➤ **Kathopanishad:**

- Definition of Yoga;
- Nature of Soul;
- Importance of Self Realization;

➤ **Prashnopanishad:**

- Concept of Prana and Rayi(creation);
- Panch pranas;
- The five main questions.

➤ **Mundakopanishad:**

- Two approaches to Brahmvīdyā named as the Para and Aparā;
- The greatness of Brahmvīdyā,
- Tapas and Guru bhakti;
- The origin of creation.

Unit-3: Mandukya, Aitareya and Taittiriya Upanishads

➤ **Mandukyopanishad:**

- Four states of consciousness and its relation to syllables in Omkara;

➤ **Aitareyopanishad:**

- Concept of Atma; universe and Brahmn;

➤ **Taittiriyopnishad:**

- Concept of Panchkosha;
- Summary of Shiksha valli;
- Anand valli and
- Bhrigu valli.

Unit-4: Chhandogya and Brihadaranyak Upanishads

➤ **Chhandogyopanishad:**

- Om (Udgith) Meditation;
- Shandilya vidya;

➤ **Brihadaranyakopanishad:**

- Concept of Atma and Jnana Yoga;
- Union of Atma and Paramatma.

Course Outcomes:

- **CO1:** Students will get to know about the origin and teachings of the Upanishads.
- **CO2:** Students will get to understand the Nature of Yoga in Upanishads.

Mapping of Paper No. 24L6.0-YOG -204 CC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	S	S	S	S	S	S	S	S	S	S	S	S
CO2	S	S	S	S	S	S	M	S	S	M	S	S	S	S

S = Strong,

M = Medium,

W = Weak

Suggested Readings:

- The Essence of Principal Upanishads, Divine Life Society, 1980_____Swami Sivananda.
- Upanishad Saar Sangraha_____Manoj Vishnoi.
- The Principal Upanishads, Courier Corporation, 2003_____Swami Nikhilananda.

Bhardwaj

Suresh

M.A. Yoga
Semester-2nd

24L6.0-YOG-205 CC
Indian Philosophy

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max. Time: 3 hrs.

Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course Objective:

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

- Appreciate the insight in the Aastika (6) and Naastika (3) systems of Indian Philosophy.
- To describe the various Schools of Philosophy like Buddhism, Samkhya, Mimansa etc. which are relevant to Yoga practices in present scenario.

Unit-1: Nyaya and Vaisesika

- Nature of physical world, individual soul, liberation and concept of supreme soul in Indian Philosophy;
- The sixteen Padharthas according to Nyaya;
- Category of substance- Nava Dravyas,
- Category of quality- 24 gunas ;
- Relation between Nyaya and Vaisesika Philosophy.

Unit-2: Samkhya and Yoga

- Prakriti and Purusha;
- 25 entities according to Samkhya and means of knowledge,
- Satkaryavada;
- Stages of Chitta,
- Kind of Kleshas,
- The eight fold of Yoga and
- God & liberation.

Unit-3: Mimansa (Purva and Uttar)

- Concept of Badarayana in Uttar Mimansa;

- Anumana; shabda;
- Vidya and Avidya;
- Creation and Causation;
- Cause and effect;
- Pratyaksha, anumana, upamana, arthapatti, and anuplabdhi;
- Major teachings of Mimansa system- selfless action, non-attachment, self-discipline.

Unit-4: Nastika Philosophy

- **Carvaka Philosophy:** Origin and history of Carvaka Philosophy; metaphysics and epistemology;
- **Buddhism:** Four Noble Truths; Pramanas ;
- **Jainism:** Categories, Triratnas and Syadvada.

Course Outcomes:

- **CO1:** To familiarize the students with conceptual and theoretical perspectives of Indian Philosophy.
- **CO2:** Students would gain the basic knowledge about Orthodox and Heterodox Philosophy.

Mapping of Paper No. 24L6.0-YOG-205 CC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	S	S	S	S	S	S	S	S	S	S	M	S
CO2	S	S	S	S	S	S	M	M	S	S	S	S	M	S

S = Strong,

M = Medium,

W = Weak

Suggested Readings:

- History of Indian Philosophy vol. 1, Motilal Banarsidas Publication, 1992___ S. N. Dasgupta.
- Critical Survey of Indian Philosophy, Motilal Banarsidas Publications, 2003___C. D. Sharma.
- An Introduction to Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd__Satischandra Chaterjee Dhirendramohan Datta.
- Bhartiya Darshan ki Rooprekha, Motilal Banarsidas Publication___Prof. Harendra Prasad Sinha.

Bhardwaj

Suresh

M.A. Yoga
Semester-2nd

24L6.0-YOG-206

Practical -2

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max. Time: 3 hrs

Course Objective:

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

- Understand the benefits, contraindications and procedure of all Yogic practices;
- Demonstrate each Yogic practice with confidence and skill;
- Explain the procedure and subtle points involved; and
- Teach the Yogic practices to any given group.

➤ **Prayers and Mantra**

10 Marks

➤ **Asanas (Including 1st semester)**

10 Marks

- **Standing Postures:** Garudasana, Dandayman, Janushirsasana, Natarajasana, Ardhbaddhapadhasana, Katichakarasana, Hastauttanasana, Parsvartrikonasana.
- **Sitting Postures:** Siddhasana, Simhasana, Suptavajrasana, Kapotasana, Rajkapotasana, Suptavajrasana, Kukutasana, Mandukasana, Swastikasana, Marjariasana, Baddhapadmasana, Akarandhanurasana.
- **Prone Postures:** Bhujangasana, Vipreetnaukasana, Poorna Dhanurasana.
- **Supine Postures:** Karnapeedasana, Chakrasana, Markatasana.
- **Balancing Postures:** Bakasana, Mayurasana, Utthitpadmasana, Vatayasana.
- **Inverted Posture :** Vipareetakarini, Sarvangasana, Shirshasana, Halasana.

➤ **Pranayama (Including 1st Semester)**

10 Marks

- Sheetal, Sheetkari, Chandrabhedhi, Abhyantarvritti, Stambhvritti.

➤ **Mudra & Bandha :-**

10 Marks

- **Mudra:** Vipreetkarni, Yogmudra, Mahamudra, Mahaved, Ashwini, Khechari.
- **Bandha:** Jalandhar Bandha, Uddiyana Bandha.

➤ **Dhyana: (Including 1st Semester)**

10 Marks

- Preksha Meditation
- Yoga Nidra

➤ **Viva-Voce**

20 Marks

Course Outcomes:

- **CO1:** Students will improve strength, balance and flexibility.
- **CO2:** It enables Holistic Health.
- **CO3:** Attainment of Peace, Harmony and Concentration.
- **CO4:** Be more skillful in communications and relationships.

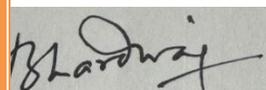
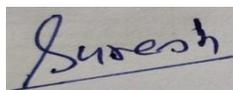
Mapping of Paper No. 24L6.0-YOG-206

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	S	S	S	S	S	S	S	M	S	S	S	S
CO2	S	S	S	S	S	S	M	S	S	M	S	S	S	M
CO3	S	S	S	S	M	M	S	M	S	S	S	M	S	M
CO4	S	M	S	M	S	M	S	S	M	S	M	S	M	S

S = Strong,

M = Medium,

W = Weak

M.A. Yoga
Semester-3rd

24L6.5-YOG-301 CC
Yoga Upanishads

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max. Time: 3 hrs

Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course Objective:

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

- To understand that the basic concepts and Sadhana behind every religion is common for which Yoga provides a systematic elucidation.

Unit-1: Swetashvatar Upanishad and Yogkundalini Upanishad

➤ **Swetashvataropnishad:**

- Techniques and importance of Dhyanyoga,
- Suitable place for Dhyanyoga,
- Prior symptoms of Yogsiddhi,
- Techniques of Realization (Karmayoga, Upasanayoga, Jnanayoga);

➤ **Yogkundalini Upanishad:**

- Methods to overcome on prana,
- Concept of Saraswati chalana,
- Kumbhaka,

Unit-2: Yogchudamani Upanishad & Trishikhbhramana Upanishad

➤ **Yogchudamani Upanishad:**

- Description of Six limbs of Yoga, their results and sequence;

➤ **Trishikhbhramanopnishad:**

- Description of Ashtanga Yoga,
- Concept of Jnanayoga and Karmayoga,
- Technique of Pranayama.

Unit-3: Yogtattva Upanishad & Dhyana Bindu Upanishad

➤ **Yogtattvopnishad:**

- Concepts of Mantrayoga; Layayoga; Hathayoga (Ashtanga Yoga) and Rajyoga,
- Primary symptoms of Yogsiddhis and precautions,

➤ **Dhyana Bindu Upanishad:**

- Importance of Dhyana yoga,
- Nature of Pranav,
- Shadanyoga,
- Nadanusandhana.

Unit-4: Nand Bindu Upanishad and Yograja Upanishad

➤ **Nand Bindu Upanishad:**

- Concept of Hansvidya,
- Description of various limbs of Omkara,
- Types of Nada,
- Nature of Nadanusandhana sadhana,

➤ **Yograja Upanishad:**

- Mantrayoga; Layayoga, Hathayoga & Rajayoga,
- Nine chakra Dhyana procedure.

Course Outcomes:

- **CO1:** Students will get to know about the origin and teachings of the Upanishads.
- **CO2:** To understand the Nature of Yoga in Upanishads.

Mapping of Paper No. 24L6.5-YOG-301 CC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	S	S	M	S	S	S	M	M	S	S	S	S
CO2	S	S	S	S	S	S	S	S	M	M	S	S	S	S

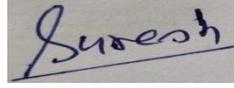
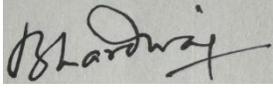
S = Strong,

M = Medium,

W = Weak

Suggested Readings:

- Upanishad Saar Sangraha _ Manoj Vishnoi, Kitab Mahal Publishers, New Delhi.
- The Yoga Upanishads_ G. Srinivasa Murthi, The Adyar Library and Research Centre.
- Yoga Upanishad Sangraha_ Paramhans swami Anant Bharti, Chaukhamba Orientalia, Delhi.
- Yoga Upanishadah_ Subhash Vidyalalankaar, Pratibha Prakashan



M.A. Yoga
Semester-3rd

24L6.5-YOG -302 CC
Methods of Teaching Yoga

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max. Time: 3 hrs

Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course Objective:

- To teach teaching techniques to the students.
- To teach class management and lesson planning.
- To introduce educational tools of Yoga teaching.
- To teach the concept of Yoga education and values.

Unit 1: Principles and Methods of Teaching Yoga

- Salient features of Yoga Education;
- Factors of Yoga education;
- Teaching and Learning;
- Vidyarthi, Shishya & Mumukshu;
- Meaning and scope of Teaching methods;
- Role of Yoga Teachers;
- Guru-Shishya Prampra: Student Approach to the teacher (Bhagvad Gita 4.34).

Unit 2: Basics of Yoga Class Management

- Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group);
- Techniques of Individualized;
- Teaching Techniques of group teaching;
- Techniques of mass instructions;
- Organization of Yoga teaching (Time Management, Discipline etc.).

Unit 3: Lesson Planning In Yoga

- Essentials of Good Lesson Plan;

- Concepts, needs, planning of teaching Yoga (Shatkriya, Asana- Pranayama, Mudra- Bandha, & Meditation);
- Models of Lesson Plan;
- Action Research of Yoga: Meaning, Roles, Steps in action research in Yoga Teaching.

Unit 4: Educational Tools of Yoga Teaching

- Evaluation methods of an ideal Yoga class;
- Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc.;
- Class room problems: Types and Solutions;
- Characteristics and essentials of good Yoga teaching;
- Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teaching;
- Role of Educational Technology in Yoga.

Course Outcomes:

- **CO1:** Students will get to know the methods of teaching Yoga.
- **CO2:** Students will get to know about the classroom management and understanding of lesson plan.

Mapping of Paper No. 24L6.5-YOG -302 CC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	S	S	S	S	S	S	S	S	S	S	S	S
CO2	S	S	S	S	S	S	M	S	S	M	S	S	S	S

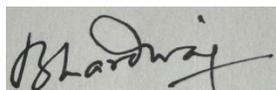
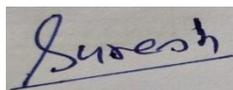
S = Strong,

M = Medium,

W = Weak

Suggested Readings:

- Swami Satyananda Saraswati: Yoga Education for Children, Bihar Schools of Yoga, Munger, 1990.
- Dr. Gharote M L: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007
- Duggal, Satyapad : Teaching Yoga, The Yoga Institute, Santacruz, Bombay, 1985
- Nagendra, H.R. and Nagaratna R : New Perspectives in Stress Management, V.K.Yogas, 1988.

M.A. Yoga
Semester-3rd

24L6.5-YOG -303 DEC
Introduction to Naturopathy

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max. Time: 3 hrs

Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course Objective:
After completing this course, the learner will be able to:

- Describe the principles of Naturopathy.
- Illustrate the knowledge of basic elements (Panch Mahabhuta).
- Explain the basic knowledge of various types of Elements Therapy.

UNIT-1:

Introduction of Naturopathy

- Meaning and Definitions of Naturopathy.
- The Origin History and Development of Naturopathy
- Philosophy of Naturopathy.
- Principles of Naturopathy.
- Relationship of Naturopathy with Yoga.
- Basic Elements of Naturopathy

UNIT-2:

Mud-Therapy

- Meaning and Definition of Prithvi-Tatva.
- Principles of Mud-therapy.
- Importance of Prithvi-Tatva.
- Different techniques of Mud-therapy and their Benefits.
- Uses of Mud-therapy in different illness.

UNIT-3:

Hydro-therapy

- Meaning and Definition of Jal-Tatva.
- General Principles of Hydro-therapy.
- Importance of Jal-Tatva.
- Different techniques of Hydro-therapy and their benefits.
- Uses of Hydro-therapy in different illness.

UNIT-4:

Sun-Therapy , Vayu Tattav & Fasting

- Meaning and Definition of Agni-Tatva and Vayu-Tatva.
- Importance of Agni-Tatva and Vayu-Tatva.
- Different techniques of Agni-Tatva and Vayu-Tatva and their benefits.
- Uses of Helio-therapy and Fasting-therapy in different illness.

Course Outcomes:

- **CO1:** Students would gain knowledge about the Benefits of naturopathy on health.
- **CO2:** Students would gain knowledge about Naturopathic treatments.

Mapping of Paper No. 24L6.5-YOG -303 DEC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	M	S	S	S	M	S	S	S	S	S	S	S
CO2	S	S	S	S	S	S	S	S	S	S	S	S	S	S

S = Strong,

M = Medium,

W = Weak

Suggested Readings:

- Science of Natural Life- Dr. Rakesh Jindal.
- History & Philosophy of Naturopathy – Dr. S. J. Singh.
- Philosophy of Nature Cure–Dr. Henri Lindlhai.
- Rational Hydrotherapy: A Manual of the Physiological and Therapeutic Effects of Hydriatic.
- Mud Therapy: Healing Through One of the Five Elements.
- Naturopathy: A Way of Life: Dr. Dharambir Yadav.

M.A. Yoga
Semester-3rd

24L6.5-YOG -304 DEC
General Psychology

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max. Time: 3 hrs

Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course Objective:

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

- To create a strong orientation or theoretical foundation in Psychology.
- To provide an opportunity to explore knowledge of human behavior.
- Students should be able to understand personality, motivation, memory, learning, sensation and perception in Indian perspective.

UNIT-I: Introduction

- Definition of Psychology,
- Historical perspective of Psychology;
- Goals of psychology;
- Methods of Psychology.

UNIT-II: Sensation and Perception

- General properties of senses,
- Sensory and perceptual processes;
- Perception of objects,
- States of consciousness.

UNIT-III: Memory and Learning

- Meaning and Nature of Memory;
- Theories of memory;
- Definition of learning,
- Theories of learning.

M.A. Yoga
Semester-3rd

24L6.5-YOG -305 DEC
Indian Ethos in Education

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max. Time: 3 hrs

Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course Objective:

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

- To develop human values among students.
- To connect with Indian traditions.
- To connect to the origin.

Unit-1: Brahmical Education

- Education in the Vedas;
- later Vedic Education;
- Education in Sutra Literature;
- Education in the time of Panini;
- Education in Kautilya's Arthashastra;
- Education in the Epics.

Unit-2: Buddhist Education

- Introduction of Buddha education; Discipline, Residence;
- Monastic Institutions i.e. Monasteries;
- Different Buddhist traditions and culture;
- Industrial Education;
- Meditation;
- Study of scriptures;
- Ethical guidance;
- Personal and spiritual growth;
- Education as given in Jatakas.

Unit-3: Jainism Education

- Introduction of Jaina education; Discipline; Residence; Spirituality; Importance and characteristics of the Jaina system of education;
- Aim of education according to Jainism;
- Five main teachings of Jainism;
- Industrial Education.

Unit-4: Ancient Indian Universities

Nalanda; Takshashila; Valabhi; Vikramashila; Jagaddala Mahavihara; Odantapuri and Mithila.

Course Outcomes:

- **CO1:** Students will be able to know their traditions.
- **CO2:** This knowledge will be stored for future.
- **CO3:** Personality development.
- **CO4:** A path towards enlightenment.

Mapping of Paper No. 24L6.5-YOG -305 DEC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	S	S	M	S	S	S	M	M	S	S	S	S
CO2	S	S	S	S	S	S	S	S	M	M	S	S	S	S
CO3	S	S	S	S	M	S	S	S	M	M	S	S	S	S
CO4	S	S	S	S	S	S	S	S	M	M	S	S	S	S

S = Strong,

M = Medium,

W = Weak

Suggested Readings:

- Radha Kumud Mookerji: Ancient Indian Education; Motilal Banarsidas Publishers, Delhi.
- Dharampal: The Beautiful Tree; Rashtrottana Sahitya Centre for Policy Studies.

M.A. Yoga
Semester-3rd

24L6.5-YOG -306 DEC
Alternative Therapies

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max. Time: 3 hrs.

Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course Objective:

- Students shall be able to know the general concept of our traditional alternative therapies such as Acupressure, Marma, Reiki, Pranic Healing and Naturopathy.

UNIT- I: An Introduction

- Meaning, Definitions and concept of Alternative Therapy.
- Origin, history and development of Alternative Therapy.
- Importance and need of Alternative Therapy.
- General introduction of different kind of traditional alternative therapies.

UNIT- II: Acupressure and Marma Therapy

➤ **Acupressure:**

- Meaning, Definitions and history of Acupressure.
- Principles of Acupressure.
- Introduction of various Acupressure points in Human body.
- Precautions, Rules and limitations.

➤ **Marma Therapy:**

- Meaning, Definitions and history of Marma.
- Principles of Marma.
- General introduction of Marma points in Human body.
- Technique and Rules.
- Precautions and limitations.

UNIT- III: Reiki and Pranic Healing

➤ Reiki Healing:

- An Introduction, history and concept of Reiki Chikitsa.
- Different aids (Sadhana) in Reiki Healing.

➤ Pranic Healing:

- Meaning and Principle of Pranic Healing.
- Nature and source of Pranic Healing.
- Energy Centers (Chakras).

UNIT- IV: Naturopathy

- History and development of Naturopathy.
- Ten Principles of Naturopathy.
- General introduction of five elements of nature.
- Hydro Therapy, Mud Therapy, Fasting Therapy and Air Therapy.

Course Outcomes:

- **CO1:** To do therapies from Yoga and alternative methods.
- **CO2:** To provide Acupressure, Marma, Reiki, Pranic Healing and Naturopathy.

Mapping of Paper No. 24L6.5-YOG -306 DEC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	S	S	M	S	S	S	M	M	S	S	S	S
CO2	S	S	S	S	S	S	S	S	M	M	S	S	S	S

S = Strong,

M = Medium,

W = Weak

Suggested Readings:

- Alternative Therapies; mark Evans; Anness Publishing.
- Science of Natural Life; Dr. Rakesh Jindal, Arogya Seva Prakashan.
- Yadav Dr Dharambir : Naturopathy, Raghav Publication ,Delhi 2023
- Marma Science and Therapy; Dr. Sunil Joshi; Bhartiya Vidya Bhawan, New delhi.
- Purak chikitsa Paddhatiyan; Uttarakhand Open University.

M.A. Yoga
Semester-3rd

24L6.5-YOG -307 DEC
Yoga Biomechanics & Kinesiology

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max. Time: 3 hrs

Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course objectives:

The biomechanics course objectives are:

- Helping learners to realize biomechanics importance to Yoga practice;
- To learn general biomechanics concepts and principles that influence human movement;
- Illustrate the use of these general biomechanical concepts in the professional skill for the diagnosis of the movement during Yoga practices.

Unit-1: Introduction & Principles of Biomechanics and Kinesiology in Yoga

- Meaning, Concept and Importance of Biomechanics in Yoga;
- Basic Biomechanical Concepts;
- Concept of motion & it's types;
- Kinematics- Distance & Displacement , Speed, Velocity and Acceleration; Kinetics- Force, Momentum, Pressure, Mass & Weight, Work, Power, Energy;
- Concept, Scope and Role of Kinesiology in Yoga;
- Various types of Movements.

Unit-2: Fundamental Concept

- Fundamental concepts of following terms – Axes & Planes and their types,
- Centre of Gravity, Balance, Equilibrium and Stability, Reciprocal Innervations and inhibition;
- Force – Meaning, definition, types and its application to various Yoga postures.
- Lever – Meaning, definition, types and its application to human body;
- Newton's Laws of Motion and its application to Yoga activities;
- Characteristics of various Joints and their movements.

Unit-3: Biomechanics of Shoulder, Elbow and Wrist

- Structural and functional classification of skeleton muscles.
- Muscles Fibre- Slow & Fast twitch fibre;
- Muscular contraction; Biomechanics of Shoulder, Elbow and Wrist;
- Structure & function of the bones & joints of the Shoulder, Elbow and wrist;
- The attachment and action of the muscles of following joints: Shoulder Joints- Deltoid, Trapezius, Pectoralis major and minor, Rhomboid;
- Elbow Joints: Biceps Brachii, Triceps Brachii, Supinator, Pronator teres.

Unit-4: Biomechanics of Hip, Knee and Spinal Column

- Biomechanics of Hip, Knee and Spine: Structure & function of the bones and Joints of the hip, knee and spine;
- The attachment and action of the muscles of following joints-Hip joints: rectus- femoris, sartorius, gluteus maximus, minimous and medius, adductor magnus, longus and brevis;
- Knee joints: Quadriceps- rectus femoris, vastus, hamstring group, sartorius, gastrocnemius;
- Spinal Column: Levator scapula, Rectus abdominis, Sternocleidomastoid.

Course Outcomes:

- **CO1:** Develop an understanding of the fundamental connection between structure and basic functions for muscles and joint.
- **CO2:** analyse yogasana movements and design movement-oriented exercise prescriptions.

Mapping of Paper No. 24L6.5-YOG -307 DEC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	S	S	M	S	S	S	M	M	S	S	S	S
CO2	S	S	S	S	S	S	S	S	M	M	S	S	S	S

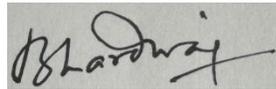
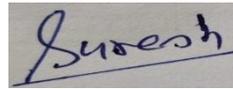
S = Strong,

M = Medium,

W = Weak

Suggested Readings:

- Hay, J.G. and Reid, J.G.: Anatomy, mechanics and human motion. Englewood Cliffs, N.J.: prentice Hall Inc. 1988
- Knudson, D.: Fundamentals of biomechanics. New York, NY: Springer, 2007
- McGinnis, P.: Biomechanics of sport and exercise. Champaign, IL: Human Kinetics, 2013.
- Franc Bell: Principles of Mechanics and Biomechanics, Stanley Thornes Publications, 1998.
- Iwan W. Griffiths, Principles of Biomechanics & Motion Analysis, Published by Lippincott Williams Wilkins, 2006.

A handwritten signature in black ink on a light grey background, appearing to read "Bhargav".A handwritten signature in black ink on a light grey background, appearing to read "Suresh".

M.A. Yoga
Semester-3rd

24L6.5-YOG -308 DEC
Applications of Yoga

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max. Time: 3 hrs

Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course Objective:

- Students will get to know about the applications of Yoga.
- To know which Yogic practices should be done for beginners, youth, divyang, women, children etc.

Unit: 1

- **Yoga for Beginners:** Beginner, Precautions and Instructions before Yoga, Techniques of Warm up Exercise, Asana, Pranayama, Mudra Bandh, Meditation, Flexibility and Stretching.
- **Yoga for Youth:** Define Youth, Precautions and Instructions before Yoga, Techniques of Warm up Exercise, Asana, Pranayama, Mudra Bandh, Meditation.

Unit: 2

- **Yoga for Divyang:** Define Divyang; Categorization of Divyang, Precautions and Instructions before Yoga, Techniques of Warm up Exercise, Chair Yoga, Asana, Pranayama, Mudra Bandh, Meditation.
- **Yoga for Women:** Common Yoga Protocol for women, Prenatal and Postnatal Yoga, Yoga during Menstrual Period.

Unit: 3

- **Yoga Competition:** Introduction, Management; Rule and Regulations; Different age categories, school, college and university Level Yoga competitions.
- **Yoga Shivar:** General Introduction; Management, Yoga shivar for women; youth and children and according to Diseases.

Unit: 4

- **Yoga for Children:** Define children, Precautions and Instructions before Yoga, Techniques of Warm up Exercise, Asana, Pranayama, Mudra, Bandh, Meditation.
- **Yoga for life Management:** Science of living, Purushartha Chatushtaya; The Four Ashrams.

Course Outcomes:

- **CO1:** Students will be able to know how to put Yoga into practice.
- **CO2:** Students will be able to know which Yogic practices should be done for beginners, youth, divyang, women, children etc.

Mapping of Paper No. 24L6.5-YOG -308 DEC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	S	S	S	S	S	S	S	S	S	S	S	S
CO2	S	S	S	S	S	S	M	S	S	S	S	S	S	S

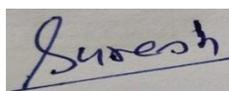
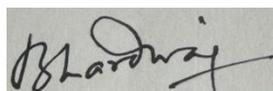
S = Strong,

M = Medium,

W = Weak

Suggested Readings:

- Application of Yoga; Dr. Sandeep Jagtap; Sankalp Publication.
- The Therapeutic Applications of Yoga; Dr. Rajendra Reddy;ML.



M.A. Yoga
Semester-3rd

24L6.5-YOG -309 DEC
Introduction to Ayurveda

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max. Time: 3 hrs

Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course Objective:

Following completion of this course, students shall be able:

- To understand the role of Ayurveda in this modern era.
- To know the history, major herbs and general introduction of Ayurveda.

UNIT-I: History of Ayurveda

- Origin, Definition, history and Objectives of Ayurveda,
- Institutes of Ayurveda in India;
- Eight branches/divisions of Ayurveda;
- The six seasons
- Sadvritta, Ritucharya, Dincharya, Ratricharya.

UNIT-II: Pillars and Sub-Pillars of Ayurveda

- Tridoshas- Vata, Pitta and Kapha; & Their Basic Qualities;
- The Sapta Dhatu;
- the six tastes And their role in body;
- Concept of Diet in Ayurveda;
- Function of Diet (food);
- Important Rules And Regulations Related to Diet in Ayurveda;
- Balance Diet, Pathya, Apathya;

UNIT-III: Introduction of Major Herbs

- General introduction to major herbs and their properties
- Health, promotion and Medicinal uses of the following-

- Ajwain, Anwala, Apamarga, Ashwagandha, Tulsi, Giloy, Brahmi, Neem, Tulsi, Turmeric, Aloe vera, Ginger.

UNIT-IV: Introduction to Panchkarma:

- Meaning, Definition, Types and Objectives of Panchkarma;
- Precautions and Importance in present Scenario;
- Poorvakarma (pre-purification procedures);
- Pradhana Karma and
- Pashchaat Karma,

Course Outcomes:

- **CO1:** Students get the knowledge about the major herbs.
- **CO2:** Students would gain knowledge about the Pillars and Sub-Pillars of Ayurveda

Mapping of Paper No. 24L6.5-YOG -309 DEC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	M	S	M	S	M	S	S	S	M	S	S	M
CO2	S	M	S	M	S	S	M	M	S	S	M	S	M	S

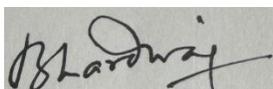
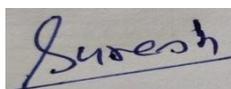
S = Strong,

M = Medium,

W = Weak

Suggested Readings:

- Prof. K.R Murthy: Astanga Hardayam, Chowkhambha Academy Varansi.
- Dr. Shaashirekha H.K : Text book of Swasthavritta, Delhi Publication, Delhi.
- Murli Manohar: Ayurveda for All, V S Publishers Mumbai.

M.A. Yoga
Semester-3rd

24L6.5-YOG -310 DEC
Samkhya Karika

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max. Time: 3 hrs

Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course Objective:

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

- To understand the history of Sankhya Philosophy.
- To know about the relationship between Prakriti and Purusha.

Unit-1: Introduction to Sankhya Philosophy and Sankhya Karika

- Meaning of Sankhya & historical background of Sankhya,
- Brief introduction of Sankhya Karika and their annotations (Matavritti, Jaymangala, Yuktidipika, Sankhyatattvakomodi),
- Types of Dukha, way to get rid of Dukha.

Unit-2: Principles of Sankhya Karika

- Nature and concept of Reality: Vyakta, Avyakta and Jna,
- Comparison between Vyakta and Avyakta,
- The 25 elements and their four variations,
- Causes of Vastu Anupalabhdhi and Satkaryavada,
- Pramana and its types,
- Nature and types of Purusha, relationship between Prakriti and Purusha &
- Nature of Gunas.

Unit-3: Introduction of Trayodashkaran

- Concept and names of Trayodashkaran: Buddhi, Ahankara, Mana, Panch Jnanendriyan, Panch Karmendriyan,
- Characteristics and functions of Trayodashkaran,
- Eight dharmas of Buddhi.

Unit-4: Introduction to Sarga, Shareer and Mukti

- Concept and types of Sarga: Bhutsarga and Pratyayasarga,
- Types of Shareer: Linga, Shukhshma & Sthula shareer,
- Concept of Bandhana,
- Concept and types of Mukti.

Course Outcomes:

- **CO1:** Students will get to know about the background of Sankhya Karika.
- **CO2:** Students will find out how they can free from sufferings.

Mapping of Paper No. 24L6.5-YOG -310 DEC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	S	S	M	S	S	S	M	M	S	S	S	S
CO2	S	S	S	S	S	S	S	S	M	M	S	S	S	S

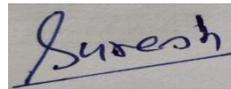
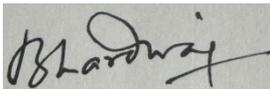
S = Strong,

M = Medium,

W = Weak

Suggested Readings:

- Samkhya Karika: Ishwar Krishna
- Samkhya Karika: Dr. Sudhanshu Kumar
- Samkhya Karika: Udaiveer Shashtri



M.A. Yoga
Semester-3rd

24L6.5-YOG -311 DEC
Indian Knowledge System

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max. Time: 3 hrs.

Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course Objective:

- Students will get to know about the applications of Yoga.
- To know which Yogic practices should be done for beginners, youth, divyang, women, children etc.

Unit: 1 Introduction to Indian Knowledge System

- Definition, Concept and scope of IKS;
- IKS Based approaches on knowledge Paradigms;
- IKS In Ancient India and in Modern India.

Unit: 2 Introduction to Indian Literature

- Vedas, Upvedas;
- Puran and Upanishad;
- Shad Darshan and Geeta;
- Ramayana and Mahabhartta;
- Smritis.

Unit: 3 Health and Well- being

- Rituals and Spirituals;
- Ayurveda- Lifestyle, Diet and Medicine, Dosha Dhatu;
- Definition of health, Daily Routine, Seasonal routine;
- Definition of Yoga;
- Yoga as Therapy for health and wellness;
- Ashtanga Yoga;
- Shatkarma.

Unit: 4 Ancient India and World

- The Impact of Yoga on the world: Philosophers who left an impact on the west;
- Swami Vivekananda, Paramahans Yogananda, Sri Aurobindo;
- Maharishi Mahesh Yogi, Acharya Rajneesh, , J. Krishnamurti;
- Swami Shivananda, BKS Iyengar, Sri T. Krishnamachari.

Course Outcomes:

- **CO1:** Students will be able to know how to put Yoga into practice.
- **CO2:** Students will be able to know which Yogic practices should be done for beginners, youth, divyang, women, children etc.

Mapping of Paper No. 24L6.5-YOG -311 DEC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	S	S	S	S	S	S	S	S	S	S	S	S
CO2	S	S	S	S	S	S	M	S	S	S	S	S	S	S

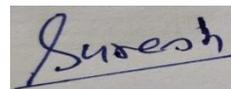
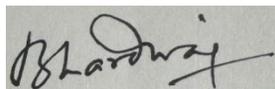
S = Strong,

M = Medium,

W = Weak

Suggested Readings:

- Application of Yoga; Dr. Sandeep Jagtap; Sankalp Publication.
- The Therapeutic Applications of Yoga; Dr. Rajendra Reddy;ML.
- Introduction to IKS : Mahadevan, Vinayaka and Nagendra.
- Yoga Saar : Dr Somveer Arya, Kitab Mahal Delhi.
- Bhartiya Knowledge System:Mukul Chandra Bora.



M.A. Yoga
Semester-3rd

24L6.5-YOG-312 PC

Practical -3

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max. Time: 3 hrs

Course Objective:

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

- Understand the benefits, contraindications and procedure of all Yogic practices;
- Demonstrate each Yogic practice with confidence and skill;
- Explain the procedure and subtle points involved; and
- Teach the Yogic practices to any given group.

➤ **Prayers and Mantra** **05 Marks**

➤ **Vinyasa Yoga** **10 Marks**

➤ **Shatkarma** **10 Marks**

- Trataka
- Shankh Prakshalan

➤ **Asanas** **15 Marks**

- **Standing Postures:** Tandavasana, Parsvarittitrikonasana, Ek padjanushirsasana,,Triyaktadasana,
- **Sitting Postures:** Anjaniasana, Bhunamanasana, Hanumanasana, Poorna Suptavajrasana, Ekpada Skandhasana, Utthit Dwipadasana, Utthit Dandasana, Omkarasana, Poorna Suptavajarasana
- **Prone Postures:** Poorna Bhujangasana, Poornashalabhasana
- **Supine Postures:** , Setubandhsarvangasana, Sarvangasana,
- **Balancing Postures:** Padam Mayurasana, Padam Bakasana, Uttithpadhasthasana, Padangusthasana

➤ **Pranayama** **10 Mark**

- Ujjayi
- Suryabhedhi
- Bhramari.

➤ **Alternative Therapy Workshop/ Training**

10 Marks

➤ **Viva-Voce**

10 Marks

Course Outcomes:

- **CO1:** Students will improve strength, balance and flexibility.
- **CO2:** Attainment of Peace, Harmony and Concentration.
- **CO3:** Be more skillful in communications and relationships.
- **CO4:** Be more able to observe their thoughts, emotions and physical sensations.
- **CO5:** To attain higher level of consciousness.

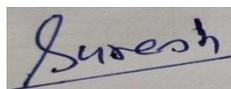
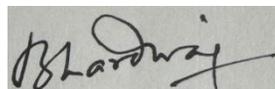
Mapping of Paper No. 24L6.5-YOG-312 PC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	M	S	M	S	S	S	S	S	M	S	S	S
CO2	S	S	M	S	M	S	S	S	S	S	M	S	S	S
CO3	S	S	S	M	S	S	S	S	S	S	S	S	S	S
CO4	S	S	M	M	M	S	S	S	S	S	M	S	S	S
CO5	S	S	S	S	S	S	S	S	S	S	S	S	S	S

S = Strong,

M = Medium,

W = Weak



Indira Gandhi University Meerpur, Rewari

Department of Yoga

Semester-3rd

24L6.5- OEC-YOG -301
Yoga and Life Management

Maximum Marks: 100
End Term Examination Marks: 35
Internal Assessment Marks: 15
Max. Time: 3 hrs.

Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course Objective:

- Students will get to know about the Applied of Yoga.
- To know How Manage of Life through Yoga
- **Unit: 1 Introduction to Yoga**
- Yoga: Etymology, Definitions(Patanjali Yoga Sutra & Bhagawad Gita);
- History and Development of Yoga;
- Aims and Objectives of Yoga;
- Misconceptions of Yoga;
- Success and Failure Elements of Yoga.

Unit: 2 Yoga Traditions and Life Management

- Ashtanga Yoga and Life Management;
- Hatha Yoga and Life Management;
- Jnana Yoga and Life Management;
- Bhakti Yoga and Life Management;
- Karma Yoga and Life Management.

Unit: 3 Life Management and Yogic Practices-I

- Purushartha Chatushtaya and Goal of human life;
- Concept of Life Management in Bhagavad Gita and Patanjali Yoga Sutra;
- Yogic Concept of Health and Wellness
- Ahara, Nidra and Brahmacharya for Life Management

Unit: 4 Life Management and Yogic Practices-II

- Yogasana and Suryanamaskar for Life Management;
- Pranayama and Life Management;
- Mudra –Bandha and Life Management;
- Meditation and Life Management.

Course Outcomes:

- **CO1:** Students will be able to know how to practice Yoga for Life Management.
- **CO2:** Students will be able to know which Yogic practices should be done for Life Management.

Mapping of Paper No. 24L6.5- OEC-YOG -301

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	S	S	S	S	S	S	S	S	S	S	S	S
CO2	S	S	S	S	S	S	M	S	S	S	S	S	S	S

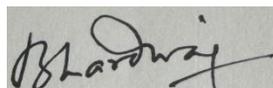
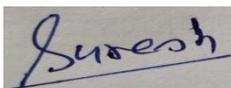
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M = Medium,

W = Weak

Suggested Readings:

- BKS Iyengar: Yoga.
- BKS Iyengar: Light on Yoga.
- Dr. H. V. Sardesai and Mrs. Amruta Bendre _Lifestyle : A Book on Art of Living and Healthy Lifestyle.
- Bihar School of Yoga _Asana Pranayama Mudra Bandha.



M.A. Yoga
Semester-4th

24L6.5-YOG -401 CC
Indian Yogis and Their Teachings

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max. Time: 3 hrs.

Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course Objective:

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

- Students should be understand the famous Indian Yogis.
- Students should be understand the relation between various types of Yoga.

UNIT-1:

- **Maharishi Patanjali:** life sketch and their contribution to Yoga;
- **Guru Gorakshanatha:** life sketch and their contribution to Yoga;
- **Adi Shankracharya:** Life sketch and their contribution to Yoga;
- **Swami Shivananda Saraswati:** Life sketch and their contribution to yoga.
- **Mahatma Buddha:** Life sketch and his teachings.

UNIT-2:

- **Maharishi Mahesh Yogi:** Eminent Yoga Institutions in India and their contribution in development of Yoga;
- **Swami T. Krishnamacharya:** Eminent Yoga Institutions in India and their contribution in development of Yoga;
- **B.K.S. Iyengar:** Eminent Yoga Institutions in India and their contribution in development of Yoga;
- **Swami Yogananda:** Life sketch and their contribution to Yoga;
- **Saint Kabir Das:** Life sketch and his teachings.

UNIT-3:

- **Ramakrishna Paramhansa:** Life sketch and their contribution to Yoga;
- **Pt. Shri Ram Sharma :** Eminent Yoga Institutions in India and their contribution in development of Yoga;
- **Swami Vivekananda:** Eminent Yoga Institutions in India and their contribution in development of Yoga;

- **Maharishi Raman:** Life sketch and their contribution to Yoga;
- **Lahiri Mahasaya:** Life sketch and their contribution to Yoga

UNIT-4:

- **Sri Aurobindo:** Eminent Yoga Institutions in India and their contribution in development of Yoga;
- **Swami Kuvalyananda:** Eminent Yoga Institutions in India and their contribution in development of Yoga;
- **Swami Dayananda Saraswati:** Life sketch and their contribution in development of Yoga.
- **Swami Rama:** Eminent Yoga Institutions in India and their contribution in development of Yoga;

Course Outcomes:

- **CO1:** Students would gain knowledge about the famous Indian Yogis.
- **CO2:** Students would gain knowledge about eminent Yoga Institutions in India and their contribution in development of Yoga.

Mapping of Paper No. 24L6.5-YOG -401 CC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	M	S	S	S	M	S	S	S	S	S	S	S
CO2	S	S	S	S	S	S	S	S	S	S	S	S	S	S

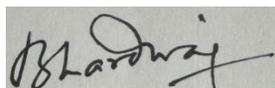
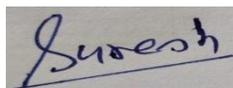
S = Strong,

M = Medium,

W = Weak

Suggested readings:-

- Vishwanath Mukharjee- Bharat Ke Mahan Yogi, Vishwavidyalaya Prakashan, New Delhi, 2005
- Vishwanath Mukharjee - Bharat ki mahaan Saadhikayen, Vishwavidyalaya Prakashan, New Delhi, 2005.
- Arya Dr.Somveer and Dr. Dharamveer Yadav : Yogiyon ka jivan parichay; Raghav Publication, New Delhi,2021
- Kalyan(Bhakt Ank) - Gita Press Gorakhpur, 2010
- Kalyan(Sant Ank)- Gita Press Gorakhpur, 2016

M.A. Yoga
Semester-4th

24L6.5-YOG -402 CC
Yoga Therapy

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max. Time: 3 hrs.

Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course Objective:

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

- To understand the Therapeutical Properties of Yoga.

UNIT-I:

Basis of Yoga Therapy

- Yoga therapy: Its meaning & definition
- Study of concepts and background of health and diseases;
- Principles of yoga therapy,
- Panchkosha theory- A Holistic approach;
- Concept of food- According to Bhagwadgeeta; Mitahara,
- Pathya and Apathya- According to Hatha pradipika and Gheranda Samhita;
- Modern concept – Balanced diet.
- Concept of Tridosha, Shadrasa, Dinacharya and Ritucharya.

UNIT-II:

Principles of Dravya Guna

- Therapeutically properties of toya varga- Introduction, Gangajala, Samudrambu, Dushtajala, Nadi jala and its contraindications.
- Bhojane ambu pana prakarah- hot and cold water, tender coconut
- milk and types of milk- Goksheera, Mahisha Ksheera, Aja Ksheera, Ushtra Ksheera, Manusha Ksheera
- curd- butter-ghee
- Cane juice- Jaggary- sugar
- Honey and oil

UNIT-III

Effect of Yogic practices on body systems-I

Study of- definition, classification, etiology, signs & symptoms and Yogic management of the following diseases-

- **Skeleto-muscular system-**back ache, arthritis and spondylitis;
- **Digestive system-** constipation, gastritis and peptic ulcer;
- **Respiratory system-** bronchiole asthma and sinusitis;
- **Excretory system-** Uraemia.

UNIT-IV Effect of Yogic practices on body systems-II

Study of- definition, classification, etiology, signs & symptoms and Yogic management of the following diseases-

- **Circulatory system-** Essential hypertension
- **Endocrine system-** Diabetes mellitus, thyroid disorders, menstrual disorders, perimenopause and obesity;
- **Nervous system-** anxiety, depression, insomnia and migraine;
- **Reproductive system-** sexual disorders.

Course Outcomes:

- **CO1:** Students will come to know about the Therapeutical Properties of Yoga.
- **CO2:** Students would be able to understand the Diseases in human beings.

Mapping of Paper No. 24L6.5-YOG -402 CC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	S	S	M	S	S	S	M	M	S	S	S	S
CO2	S	S	S	S	S	S	S	S	M	M	S	S	S	S

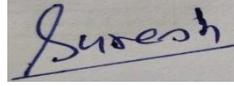
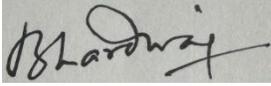
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Suggested Readings:

- Dr. R. S. Bhogal : Yoga Psychology, Kaivalyadhama Publication.
- Dr. Manmath M. Gharote, Dr. Vijay Kant : Therapeutic reference in Traditional Yoga texts.
- T.S. Rukmani: Patanjala Yoga Sutra.
- Sahay, G. S.: Hatha Yoga Pradeepika, MDNIY Publication, 2013.
- Kdham : Gheranda Samhita, Kaivalyadhama, Lonavla.



M.A. Yoga
Semester-4th

24L6.5-YOG -403 DEC
The Buddha and His Dhamma

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max. Time: 3 hrs.

Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course Objective:

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

- To know about the Buddha's teachings.
- To know about the Individual and social dimensions of Buddhism.

Unit 1:

- The purpose of writing the book;
- Important questions before of Ambedkar;
- Outline and sources of the Buddha and His Dhamma;
- Unique presentation of the Buddha's biography;
- Relation of Buddha with his predecessors and contemporaries;
- Comparison and contrast;
- Establishing uniqueness and freshness of Buddha's teachings.

Unit 2:

- Ambedkar's unique way of presenting the Buddha's teachings;
- First sermon: Purity, righteousness, and virtues;
- Social inclusiveness reflected in Buddha's campaign of conversion,
- Buddha's inclusive approach;
- Notions of Adhamma, Dhamma, and Saddhamma – Individual and social dimensions of Buddhism.

Unit 3:

- Unravelling fundamental conceptual differences concealed by common terminology: Distinction between religion and Dhamma;
- Discussion of some key concepts - Rebirth, karma, ahimsā, and transmigration;
- Sermons on socio-political questions;
- Buddha's conception of Saṅgha;
- The duties of Monastics and laity;
- The notion of Ideal Bhikkhu.

Unit 4:

- Buddha's relation with his contemporaries;
- Reception of Buddha's teachings in his contemporary society;
- Further explanation and justification of Buddhist doctrine;
- Buddha's relationship to his near and dear ones;
- Refusal to appoint a successor;
- Buddha's human personality;
- Ambedkar's vision of Buddhism.

Course Outcomes:

- **CO1:** Students will come to know about the Buddha's teachings.
- **CO2:** Students will come to know about the Individual and social dimensions of Buddhism.

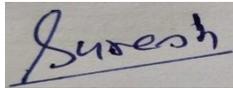
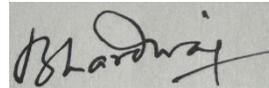
Mapping of Paper No. 24L6.5-YOG -403 DEC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	S	S	M	S	S	S	M	M	S	S	S	S
CO2	S	S	S	S	S	S	S	S	M	M	S	S	S	S

S = Strong,**M = Medium,****W = Weak**

Suggested Readings:

- Ambedkar, B. R. 2014 (1957). “Supplement to The Buddha and His Dhamma Vol.11.” Edited by Vasant Moon.
- Dr. Babasaheb Ambedkar: Writings and Speeches, Vol.11. New Delhi: Dr. Ambedkar Foundation.
- Ambedkar, B. R. 2014 (2003). “A letter to Jawaharlal Nehru regarding the Book The Buddha and His Dhamma.”
- Dr. Babasaheb Ambedkar: Writings and Speeches. Vol.17 (1). Edited by Hari Narake. New Delhi: Dr. Ambedkar Foundation.
- Ghodeswar, Devidas, trans. 1994. The Buddha and His Dhamma. Nagpur: Samata Prakashan.
- Kausalyayan, Bhadanta Ananda, trans. 1997 (1961). Bhagavān Buddha aura Unakā Dhamma. Nagpur: Buddha Bhumi Prakashan.
- Rathod, Akash Singh, and Ajay Verma, ed. 2011. The Buddha and His Dhamma, A Critical Edition. New Delhi: Oxford University Press.
- Sangharakshita. 1986. Ambedkar And Buddhism. Glasgow: Windhorse Publications.

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M.A. Yoga
Semester-4th

24L6.5-YOG -404 DEC
Yoga for Skill Development

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max. Time: 3 hrs

Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course Objective:

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

- Students should understand the Yoga Teaching Skills.
- Students should understand the relation between Yoga and Life Skills.

UNIT-I: Introduction of Yoga Skills

- Define Yoga
- Define Skill
- Skill in Bhagwad Geeta
- Skill in Yoga Darshana

UNIT-II: Development of Life Skills Through Yoga

- Yama and Niyama
- Asana and Pranayama
- Mudra and Bandha
- Meditation

UNIT-III : Yoga Practices for Enhancing of Skills

- Physiological Skills
- Social Skills
- Psychological Skills
- Cognitive Skills

UNIT-IV: Yoga Teaching Skills

- Communication skills
- Skill for Yoga Teacher
- Skill for Yoga Therapist
- Skill for Yoga Coach
- Skill for Yoga Professionals

Course Outcomes:

CO1: Yoga encourages a calm and clear mind of students which is essential for effective problem-solving.

CO2: Yoga builds mental and physical resilience of students.

Mapping of Paper No. 24L6.5-YOG -404 DEC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	M	S	S	S	M	S	S	S	S	S	S	S
CO2	S	S	S	S	S	S	S	S	S	S	S	S	S	S

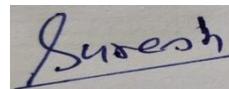
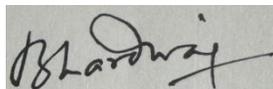
S = Strong,

M = Medium,

W = Weak

Suggested Readings :

- Dr. Rahul Kumar : Yoga Skill Education
- BKS Iyengar : YOGA The path to Holistic
- Dr Ravikant Rao : Life Skills Educations



M.A. Yoga
Semester-4th

24L6.5-YOG -405 DEC
Yoga Vasishtha

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max. Time: 3 hrs.

Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course Objective:

- Should be able to demonstrate knowledge of conflict & Aggression and their management.
- Students would gain the knowledge to apply the practical and conceptual perspectives in ever day life.
- To understand the spirituality.
- To understand the various type of Yoga.

Unit-1: An Introduction of Yoga Vasishtha

- Historical background of Yoga Vasishtha;
- Story about Yoga Vasishtha;
- Detachment of Shree Ram in Vairagya Prakaran;
- Concept of Yoga in Yoga Vasishtha;
- Relevance of Yoga Vasishtha in personal and social life.

Unit-2: Yoga Vasishtha –I

- Nature of mind (manas);
- Remedies of Manonigraha;
- Remedies of regeneration to Vasana;
- Conversation between Chudala and King Shikhidhwaja;
- Concept of Meditation; ;
- Karma Yoga;
- Ashtanga Yoga.

Unit-3: Yoga Vasishtha –II

- Salient features of Yoga Vasishtha;

- Concept of Adhi and Vyadhi- Psychosomatic Ailments;
- The four Gatekeepers (Pillars) to Freedom;
- The Story of Shukdev ;
- Gyan Yoga.

Unit-4: Yoga Vasishtha –III

- Practices to Overcome the Impediments of Yoga;
- Development of Satvaguna;
- Eight Limbs of Meditation; Jnana Sapta-Bhumika;
- Yoga Vasishtha and Spirituality;
- The Story of Kakhushundi.

Course Outcomes:

- **CO1:** Students would be able to understand the realistic knowledge of Yoga.
- **CO2:** Students would gain knowledge about Relevance of Yoga Vasishtha in personal and social life.
- **CO3:** Students would be able to understand the personality of Rama.
- **CO4:** Students would have an understanding of fundamental and historical knowledge of Yoga Vasishtha.

Mapping of Paper No. 24L6.5-YOG -405 DEC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	S	S	M	S	M	S	S	S	S	S	S	S
CO2	S	S	S	S	S	S	S	S	S	S	S	S	S	S
CO3	S	S	S	S	S	S	M	S	S	S	M	S	S	S
CO4	S	S	S	S	M	S	M	S	S	S	S	S	S	S

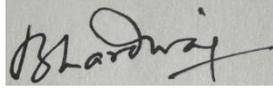
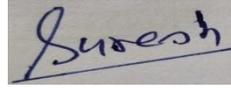
S = Strong,

M = Medium,

W = Weak

Suggested Readings:

- K.N. Subramanian: The Yoga Vasishtha.
- Arya Ravi Prakash: Yoga Vasishtha of Valmiki.
- Dr. Somveer Arya: Yogavasishtha Saar.
- Saraswati Maharishi Niranjanananda: The Yoga of Sage Vasishtha.

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M.A. Yoga
Semester-4th

24L6.5-YOG -406 DEC
Hatharatnavali

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max. Time: 3 hrs

Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course Objective:

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

- Students should be understand the Hatha Yoga.
- Students should be understand the relation between various types of Yoga Practices.

UNIT-1: Introduction to Hatharatnavali

- Definition of Yoga
- Types of Yoga
- Ashtkarma
- Shatchakra
- Constructive (Sadhaka Tattava)

UNIT-II: Pranayama & Mudra

- Nine Kumbhaka Technique and Benefits
- Ten Mudra Technique and Benefits

UNIT-III: Ashtanga Yoga

- Mansa Niyama
- Kayika Niyama
- Asana techniques and Benefits

UNIT-IV: Samadhi And Naad

- Nadanusandhana
- Stages of Naad

- Nadis
- Panchikaranam/ Pindakarma

Course Outcomes:

- **CO1:** Students would gain knowledge about the Techniques in the Hatharatnavali
- **CO2:** Students would gain knowledge about Hathayoga relation to the body.

Mapping of Paper No. 24L6.5-YOG -406 DEC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	M	S	S	S	M	S	S	S	S	S	S	S
CO2	S	S	S	S	S	S	S	S	S	S	S	S	S	S

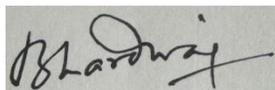
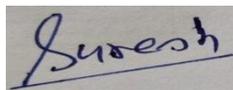
S = Strong,

M = Medium,

W = Weak

Suggested Readings:

- Dr. M. L Gharote : Hatharatnavali
- Satpal Khichar : Hathratnavali
- Dr. Somveer & D. Dharambir Yadav: Yogsaar
- Prof. Venkata Reddy : Hatharatnavali

M.A. Yoga
Semester-4th

24L6.5-YOG -407 DEC
Shiv Samhita

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max. Time: 3 hrs.

Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course Objective:

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

- Students should be understand the Lord Shiva and Parvati samvaad.
- Students should be understand the relation between various types of Hatha Yoga Practices.

UNIT-I: Introduction to Shiv Samhita

- History of Shiv Samhita
- Lord Shiva And Parvati samvaad
- Types of Karma
- Panchmahabhoot and Human Body

UNIT-II: Introduction to Yogic Body and Asanas

- Seven Chakara
- Fifteen Nadis
- Prana and Upprana
- Asanas

UNIT-III: Introduction to Mudra and Bandha

- Kundalini
- Mudra
- Moolabandha
- Uddiyanbandha
- Jalandharbandha

UNIT-IV: Introduction to Samadhi

- Types of Yoga
- Obstacles
- Types of Sadhakas
- Samadhi

Course Outcomes:

- **CO1:** Students would gain knowledge about the Techniques in the Shiv Samhita
- **CO2:** Students would gain knowledge about Hath yoga relation to the body.

Mapping of Paper No. 24L6.5-YOG -407 DEC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	M	S	S	S	M	S	S	S	S	S	S	S
CO2	S	S	S	S	S	S	S	S	S	S	S	S	S	S

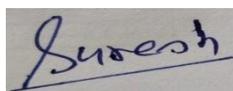
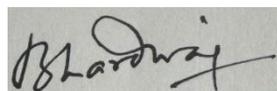
S = Strong,

M = Medium,

W = Weak

Suggested Readings:

- Raghvender Sharma Raghav : Shiv Samhita
- Swami Maheshnanda : Shiv Samhita
- Anant Bharti : Shiv Samhita Yogashashtra
- The Siva Samhita



M.A. Yoga
Semester-4th

24L6.5-YOG -408 DEC
Shodash Sanskar

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max. Time: 3 hrs.

Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course Objective:

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

- To be helping for achieving spirituals nourishment, peace of mind and ultimately Moksha.
- To build a better future for the children.
- To create divine life.

Unit: 1

- Garbhadhaan Sanskar
- Punsavan Sanskar
- Simantonayan Sanskar
- Jatkarma Sanskar

Unit: 2

- Naamkaran Sanskar
- Nishkramana Sanskar
- Annaprashan Sanskar
- Mundan/ Chudakaran Sanskar

Unit: 3

- Karnavedh Sanskar
- Upanayan/ Yagyopaveet Sanskar
- Vedarambh Sanskar
- Samavartan Sanskar

Unit: 4

- Vivah Sanskar
- Vanprastha Sanskar
- Sannyas Sanskar
- Antyeshti Sanskar

Course Outcomes:

- **CO1:** Parents will get civilized children.
- **CO2:** Evil will be eradicated from the society.
- **CO3:** It will develop harmony and peace in the society.

Mapping of Paper No. 24L6.5-YOG -408 DEC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO 1	S	S	S	S	S	S	S	S	S	S	S	S	S	S
CO 2	S	S	S	S	S	S	M	S	S	S	S	S	S	S
CO 3	S	S	S	S	S	S	S	S	S	S	S	S	S	S

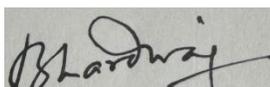
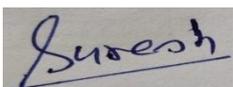
S = Strong,

M = Medium,

W = Weak

Suggested Readings:

- Satyarth Prakash: Maharishi Dayananda Saraswati.
- Arya Dr Somveer : Yogsar
- Sanskar Vidhi: Maharishi Dayananda Saraswati.
- Shodash Sanskar Vidhi: Pt. Shashi Mohan Bahal.
- Saral Shodash Sanskar Paddhatti: Sh. Mordhwaj Sharma.
- Sixteen Sanskars: Sh. Jayant Balaji Athavale.



M.A. Yoga
Semester-4th

24L6.5-YOG -409 DEC
Meditative Techniques

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max. Time: 3 hrs.

Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course Objective:

After completing this course, the learner will be able to:

1. Describe the principles of Meditation.
2. Illustrate the knowledge of Preksha Meditation and Vipasana Meditation.
3. Explain the basic knowledge of various types of Meditation.

UNIT-I: Introduction to Yoga and Meditation

- Historical backround of Yoga
- Meaning Definitions of Meditation
- Asanas for Meditation
- Pranayama and Meditation
- Mudra and Medidation
- Prayer for Meditation
- Dharana Dhyan and Samadhi

UNIT-II: Meditation in Hinduism

- Om Meditation
- Soham Meditation
- Meditation in Bhagwad Geeta
- Meditation In Gherand Samhita
- Cyclic Meditation

UNIT-III: Meditation in Buddhism and Jainism

- Meditation in Buddhism
- Meditation in Buddhism and Jainism
- Preksha Meditation
- Vipasana Meditation

UNIT-IV: Benefits of Meditation

- Spiritual Benefits of Meditation
- Scientific Benefits of Meditation
- Concentration and Meditation
- Meditation for Self and Society
- Meditation for World Peace

Course Outcomes:

- **CO1:** Building skills to manage students stress.
- **CO2:** Making students more self-aware.

Mapping of Paper No. 24L6.5-YOG -409 DEC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	M	S	S	S	M	S	S	S	S	S	S	S
CO2	S	S	S	S	S	S	S	S	S	S	S	S	S	S

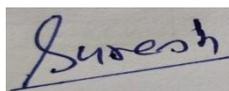
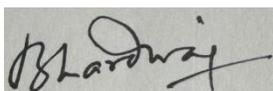
S = Strong,

M = Medium,

W = Weak

Suggested Readings:

- Swami Niranjanan and Saraswati :Prana and Pranayama.
- Swami Vivekananda : Meditation and Its Methods.
- Deepak Chopra : Total Meditation.
- William Hart : The Art of Living Vipasana Meditation.



M.A. Yoga
Semester-4th

24L6.5-YOG -410 DEC
Research Methodology and Statistics in Yoga

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max. Time: 3 hrs

Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course Objective:

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

- State concept and make statistical computations regarding Research and Statistical Methods.
- Apply knowledge of Research & Statistical Methods to draft mini research synopsis & undertake the same in Master Program as Dissertation to create rigid base for advanced research career in future.

UNIT-I: Introduction of Research

- Meaning, definition, nature and types of Research.
- Scope and importance of Research in Yoga.
- Research problems- its meaning and characteristics.
- Hypothesis- meaning, nature and types.

UNIT-II: Research Variables, Sample and Sampling

- Meaning and nature of Variable.
- Types of Variables and factors affecting the Variables.
- Sample, Sample Size and its calculation.
- Need of Sample size, calculation and factors affecting sample size.
- Meaning, nature, and types of Sampling.

UNIT-III: Research Design and Methods

- Characteristics of Research.
- Research methods and their types.

- Characteristics of Research Design.
- Types of Research Design.

UNIT-IV: Statistics and its Applications

- Concept and Significance of statistics;
- Types of research data,
- Measures of Central Tendency (Arithmetic Mean, Median and Mode).

Course Outcomes:

- **CO1:** Students will come to know about the Scientific Research method and design.
- **CO2:** Students would be able to understand the quantitative techniques.

Mapping of Paper No. 24L6.5-YOG -410 DEC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	S	S	M	S	S	S	M	M	S	S	S	S
CO2	S	S	S	S	S	S	S	S	M	M	S	S	S	S

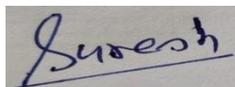
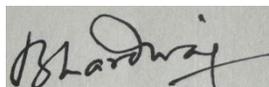
S = Strong,

M = Medium,

W = Weak

Suggested Readings:

- Kerlinger, F.N. (1978). Foundation of Behaviour Research. Delhi, India: Surjeet Publications.
- C R Kothari; Research Methodology Methods and Techniques; New Age International Publishers.
- Yogesh Kumar Singh; Fundamental of Research Methodology and Statistics; New Age International Publishers.

M.A. Yoga
Semester-4th

24L6.5-YOG -411 DEC
Introduction to Yogasana Sports

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max. Time: 3 hrs

Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course Objective:

After completing this course, the learner will be able to:

1. Describe the principles of Yogasana Sports.
2. Illustrate the knowledge of basic Yogasana.
3. Explain the basic knowledge of various Yogasana Championships.

UNIT-I: Yoga and Sports

- Introduction to Yogasana
- History of Yogasana Sports
- Career and Scope
- Qualities of Yoga coach/ Teacher
- Discipline and Body Structure

UNIT-II: Rule and Regulation

- Yogasana Age Groups
- Warm up and Cooling Down
- Diet and Dress
- Flexibility and Streching
- Introduction to Basics Asanas and Benefits

UNIT-III: Marking System for Yogasana Championship

- Design performa for marking
- Micro marking system

- Judges and Refrees
- Scorer and Timekeeper

UNIT-IV: Various Yogasana Championships

- School Yogasana Championship
- College Yogasana Championship
- Inter university Yogasana Championship
- Federation yogasana Championship
- Para Yogasana Championship

Course Outcomes:

- **CO1:** Identify any concerns or questions students may have about incorporating yoga into their training routine.
- **CO2:** Instruct students to arrive at the yoga session well-hydrated and properly fueled, considering their nutritional needs and timing.

Mapping of Paper No. 24L6.5-YOG -411 DEC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	M	S	S	S	M	S	S	S	S	S	S	S
CO2	S	S	S	S	S	S	S	S	S	S	S	S	S	S

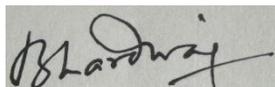
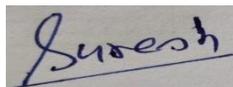
S = Strong,

M = Medium,

W = Weak

Suggested Readings:

- Bks iyengar : Light on Yoga
- Yogrishi Vishvketu : Yogasana the encyclopedia of yoga
- Swami Satyananda Saraswati : Asana Pranayama Mudra Bandha
- BKS Iyengar : Yoga for Sports

M.A. Yoga
Semester-4th

24L6.5-YOG-412 PC
Practical -4

Maximum Marks: 100
End Term Examination Marks: 70
Internal Assessment Marks: 30
Max. Time: 3 hrs

Course Objective:

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

- To bring certain amount of self discipline in the operations of the Yoga institutions.
- To provide a platform for getting success in the field of Yoga.
- To develop an understanding of Yogic practices and apply this understanding accordingly in one's life and living.

➤ All Yogic Practices of the first three Semester	10 Marks
➤ 5 Days Yoga Camp Report	20 Marks
➤ 15 Days Yoga Internship in reputed Yoga & Naturopathy Institute	20 Marks
➤ Yoga Competition Report	10 Marks
➤ VIVA-VOCE	10 Marks

Course Outcomes:

- **CO1:** Students will improve strength, balance and flexibility.
- **CO2:** Attainment of Peace, Harmony and Concentration.
- **CO3:** Be more skillful in communications and relationships.
- **CO4:** Be more able to observe their thoughts, emotions and physical sensations.
- **CO5:** To attain higher level of consciousness.

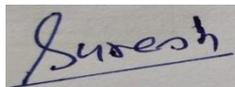
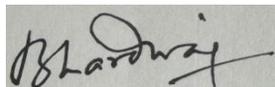
Mapping of Paper No. 24L6.5-YOG-412 PC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	M	S	M	S	S	S	S	S	M	S	S	S
CO2	S	S	M	S	M	S	S	S	S	S	M	S	S	S
CO3	S	S	S	M	S	S	S	S	S	S	S	S	S	S
CO4	S	S	M	M	M	S	S	S	S	S	M	S	S	S
CO5	S	S	S	S	S	S	S	S	S	S	S	S	S	S

S = Strong,

M = Medium,

W = Weak

M.A. Yoga
Semester-4th

24L6.5-YOG-413 EEC
Employability Skills in Yoga

Maximum Marks: 100
End Term Examination Marks: 35
Internal Assessment Marks: 15
Max. Time: 3 hrs.

Note: There shall be nine questions in all. Question no. 1 shall be compulsory, consisting of seven short answer type questions covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Course Objective:

- Students will get to know about the career aspects of Yoga.
- To know about life skills and self management.

Unit: 1 Introduction to Employability in the Field of Yoga

- Employability and scope of Yoga;
- Teaching of Yoga in Schools, Colleges, Universities and other Institutions;
- Personal and Group classes for Corporate Sector;
- Clinical and Therapeutical Yoga for the management of Various diseases/disorders;
- Yoga Consultant and Yoga Professionals;
- Yoga Entrepreneur.

Unit: 2 Life Skills and Self Management

- The Ashram and Purushartha Chatusthaya;
- Bhavana Chatushtaya;
- Personality Development and Yoga;
- Development of Consciousness/self awareness;
- Self Management and Yogic Practices- Asana, Pranayama, Mudra, Bandha, Shatkarma, Meditation etc.

Unit: 3 Teaching and ICT Skills

- Communication Skills;
- Various Yogic Teaching Techniques- Demonstration method, lecture, projector, lesson plan etc.;
- Technical Aspects of Yoga;
- Adjustment and Harmony;

Unit: 4 Employability Skills of Yoga

- Specialization in the various fields of Yoga;
- Field Experience of Yoga;
- Yogic Life Style and Creativity;
- Ethics and Legal Responsibility;
- Social Responsibility and World Peace.

Course Outcomes:

- **CO1:** Students will be able to know about the teaching and ICT skills of Yoga.
- **CO2:** Students will be able to know about employability skills of Yoga.

Mapping of Paper No. 24L6.5-YOG -413 EEC

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	S	S	S	S	S	S	S	S	S	S	S	S	S	S
CO2	S	S	S	S	S	S	M	S	S	S	S	S	S	S

S = Strong,

M = Medium,

W = Weak

Suggested Readings:

- Dr. Dharambir Yadav_ Yoga: A Way of life, Ronak Publishers.
- NCERT Class 12: Employability Skills.
- Ministry of AYUSH: Certification of Yoga Professionals Guidebook.
- Ministry of AYUSH: Common Yoga Protocol.
- Lucas Rockwood_ Yoga Business Mastery.
- Marion Bevington_ The Benefits of Corporate Yoga.

