



अटल बिहारी वाजपेयी विश्वविद्यालय, बिलासपुर (छ.ग.)  
ATAL BIHARI VAJPAYEE VISHWAVIDYALAYA, BILASPUR (CHHATTISGARH)  
(Established by Chhattisgarh Legislative Assembly Act No. 07 of 2012)

पुराना हाईकोर्ट भवन, गांधीचौक के पास, बिलासपुर (छ.ग.) 495001

फोन : 07752-220031, 220032, 220033 फैक्स 07752-260294

वेबसाईट : [www.bilaspuruniversity.ac.in](http://www.bilaspuruniversity.ac.in) ई-मेल : [registrar@bilaspuruniversity.ac.in](mailto:registrar@bilaspuruniversity.ac.in)

M.A. Yoga

Course Curriculum (Syllabus)

(2020-21 onwards)

Preamble

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; 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.

Objectives of the programme

- Prevention: To introduce yoga therapy, its principles and practices of yoga for prevention of various lifestyles, non-communicable and psychosomatic disorders.
- Promotion of positive health: To prepare them for giving talks and offer techniques to promote healthy yogic life style.
- Treatment: To create professional therapists of high calibre who know the concepts, techniques and can handle lifestyle disease under the guidance of a super specialist doctor to select safe specific practices for different diseases.
- 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.
- 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.

Name of the Course	M.A. Yoga
Name of the Faculty	Physical Education
Name Of the Department	Department of Yoga Science
Examination Type	Semester
Course Duration	02 years (04 Semesters)
Total Credits	100
Eligibility	Any Graduate
Fee Structure	Rs. 8000 per sem
Reservation	As per Chhattishgarh Government

Department of Yoga Science

Year	Internal		Theory		Other		Total		Credits	Remarks
	Max	Passing	Max	Passing	Max	Passing	Max	Passing		
First Year (Sem I & II)	400	160	480	192	120	48	1000	400	50	--
Second Year (Sem III & IV)	400	160	480	192	120	48	1000	400	50	-
Final Total	800	320	960	384	240	96	2000	800	100	--

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Year	Internal		Theory		Other		Total		Credits	Remarks
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First Year (Sem I & II)	400	160	480	192	120	48	1000	400	50	--
Second Year (Sem III & IV)	400	160	480	192	120	48	1000	400	50	-
Final Total	800	320	960	384	240	96	2000	800	100	--

Name of the Course	M.A. Yoga
Name of the Faculty	Department of Yoga Science
Examination Type	Semester
Course Duration	04 Semesters
Total Credits	100
Eligibility	Any Graduates

Paper Code	Paper Title	Internal (Pr/Desr /Viva/Oral/ Test/Sessional etc.)		Theory B		Other C		Subject Total (in case of joint passing) A+B+C		No. Credits (if Credit System is applicable)
		Max	Passing	Max	Passing	Max	Passing	Max	Passing	

First Year - Semester I

MAY1-I-01	Anatomy and Physiology	40	16	60	24			100	40	5
MAY1-I-02	FUNDAMENTALS OF INDIAN PHILOSOPHY - 1	40	16	60	24			100	40	5
MAY1-I-03	STRESS MANAGEMENT BY YOGA	40	16	60	24			100	40	5
MAY1-I-04	YOGA TRADITION	40	16	60	24			100	40	5
MAY1-I-05	PRACTICAL	40	16			60	24	100	40	5

Second Year - Semester II

MAY1-II-01	FUNDAMENTALS OF INDIAN PHILOSOPHY - 2	40	16	60	24			100	40	5
MAY1-II-02	YOGASUTRA	40	16	60	24			100	40	5
MAY1-II-03	YOGA UPANISHAD AND MODERN YOGA	40	16	60	24			100	40	5
MAY1-II-04	APPLIED YOGA	40	16	60	24			100	40	5
MAY1-II-05	PRACTICAL	40	16	60	24	60	24	100	40	5
First Year Total		400	160	480	192	120	48	1000	400	50

Third Year - Semester III

MAY1-III-01	CLASSICAL YOGA TEXTS	40	16	60	24			100	40	5
MAY1-III-02	YOGA AND ALLIED SCIENCES	40	16	60	24			100	40	5
MAY1-III-03	RESEARCH METHODOLOGY	40	16	60	24			100	40	5
MAY1-III-04	YOGA APPLICATION	40	16	60	24			100	40	5

MAY2-III-05	PRACTICAL	40	16			60	24	100	40	5
<b>Second Year - Semester IV</b>										
MAY2-IV-01	TRADITIONAL YOGA TEXTS	40	16	60	24			100	40	5
MAY2-IV-02	WESTERN PSYCHOLOGY	40	16	60	24			100	40	5
MAY2-IV-03	YOGA RESEARCH & THESIS FORMAT	40	16	60	24			100	40	5
MAY2-IV-04	YOGA THERAPY AND OTHER THERAPIS	40	16	60	24			100	40	5
MAY2-IV-05	PRACTICAL, DISSERTATION AND VIVA-VOCE	40	16	-	-	60	24	100	40	5
<b>Second Year Total</b>		<b>400</b>	<b>160</b>	<b>480</b>	<b>192</b>	<b>120</b>	<b>48</b>	<b>1000</b>	<b>400</b>	<b>50</b>
<b>Final Total</b>		<b>800</b>	<b>320</b>	<b>960</b>	<b>384</b>	<b>240</b>	<b>96</b>	<b>2000</b>	<b>800</b>	<b>100</b>

Year	Internal		Theory		Other		Total		Credits	Remarks
	Max	Passing	Max	Passing	Max	Passing	Max	Passing		
First Year (Sem I & II)	400	140	480	168	120	42	1000	350	50	--
Second Year (Sem III & IV)	400	140	480	168	120	42	1000	350	50	--
<b>Final Total</b>	<b>800</b>	<b>280</b>	<b>960</b>	<b>336</b>	<b>240</b>	<b>84</b>	<b>2000</b>	<b>700</b>	<b>100</b>	<b>--</b>

**Program - M.A. YOGA**

- Eligibility** : Any graduate from any recognized university / Institute. & physically fit to do asana etc.
- Medium** : Hindi/English
- Age** : 21-60 yrs
- Admission** : The students should produce Medical Fitness Certificate at the time of admission.
- Duration** : Two Academic years (Four Semesters)
- Medium** : Hindi/English
- Total Marks** : 2000 (First Year - Semester I =500 & Semester II =500, Second Year - Semester III =500 & Semester IV =500)

**Credit Points** - Total 100 credits for M.A. Programme. 5 Credits per course.  
 Credit is construed as corresponding to approximately 30 to 40 learning hours.

The performance of the learners shall be evaluated into two components. The learner's performance shall be assessed by Internal Assessment with 40% marks in the first component by conducting the Semester End Examinations with 60% marks in the second component. The allocation of marks for the Internal Assessment and Semester End Examinations are as shown below:-

**Internal Assessment - 40% for each course. 40 Marks**

Particulars	Marks
One periodical class test held in the given semester/Library work	10 Marks
Subject specific Term Work/Module / Assessment modes - at least two - as decided by the department in the beginning of the Semester like Extension / field / Experimental work, Short Quiz; Objective test, lab practical; open book test etc. and written assignments, Case study, Projects, Posters and exhibits etc. for which the assessment	20 Marks

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is to be based on class presentations wherever applicable) to be selflessly assessed by the teacher/s concerned.

Active participation in routine instructional deliveries (and in practical work, tutorial, field work etc. as the case may be)

05 marks

Overall conduct as a responsible learner; mannerism and articulation and exhibit of leadership qualities in organizing related academic activities.

05 marks

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is to be based on class presentations wherever applicable) to be selflessly assessed by the teacher/s concerned.  
Active participation in routine instructional deliveries (and in practical work, tutorial, field work etc. as the case may be)  
Overall conduct as a responsible learner; mannerism and articulation and exhibit of leadership qualities in organizing related academic activities.

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**M.A. Yoga**  
**Marks & Credits Distribution**

<b>SEMESTER I</b>			
1	<b>Anatomy and physiology</b>	<b>100 Marks</b>	<b>5 Credits</b>
	Theory	60 Marks	3 Credits
	Practical	40 Marks	2 Credits
2	<b>Fundamentals of Indian Philosophy I</b>	<b>100 Marks</b>	<b>5 Credits</b>
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
3	<b>Stress Management by Yoga</b>	<b>100 Marks</b>	<b>5 Credits</b>
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
4	<b>Yoga Tradition</b>	<b>100 Marks</b>	<b>5 Credits</b>
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
5	<b>Practical</b>	<b>100 Marks</b>	<b>5 Credits</b>
	Demonstration + Viva	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
<b>SEMESTER II</b>			
1	<b>Fundamentals of Indian Philosophy II</b>	<b>100 Marks</b>	<b>5 Credits</b>
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
2	<b>YOGASUTRA</b>	<b>100 Marks</b>	<b>5 Credits</b>
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
3	<b>Yoga Upanishad And Modern Yoga</b>	<b>100 Marks</b>	<b>5 Credits</b>
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
4	<b>Applied Yoga I</b>	<b>100 Marks</b>	<b>5 Credits</b>
	Theory	60 Marks	3 Credits
	Demonstration + Viva	40 Marks	2 Credits
5	<b>Practical</b>	<b>100 Marks</b>	<b>5 Credits</b>
	Demonstration + Viva	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
<b>SEMESTER III</b>			
1	<b>Classical Yoga Text</b>	<b>100 Marks</b>	<b>5 Credits</b>
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
2	<b>Yoga And Allied Sciences</b>	<b>100 Marks</b>	<b>5 Credits</b>
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
3	<b>Research Methodology</b>	<b>100 Marks</b>	<b>5 Credits</b>
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
4	<b>Yoga Application</b>	<b>100 Marks</b>	<b>5 Credits</b>
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
5	<b>Practical</b>	<b>100 Marks</b>	<b>5 Credits</b>
	Demonstration + Viva	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits

**SEMESTER IV**

<b>Paper I</b>	<b>Classical Yoga Text</b>	<b>100 Marks</b>	<b>5 Credits</b>
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
<b>Paper II</b>	<b>Western Psychology</b>	<b>100 Marks</b>	<b>5 Credits</b>
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
<b>Paper III</b>	<b>Yoga Research And Thesis Format</b>	<b>100 Marks</b>	<b>5 Credits</b>
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
<b>Paper IV</b>	<b>Yoga Therapy And Other Therapies</b>	<b>100 Marks</b>	<b>5 Credits</b>
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
<b>Paper V</b>	<b>Practical ,Dissertation And Viva-Voce</b>	<b>100 Marks</b>	<b>5 Credits</b>
	Practical & Viva-Voce	60 Marks	3 Credits
	Dissertation	40 Marks	2 Credits

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Internal Assessment  
 Western Psychology  
 Theory  
 Internal Assessment  
 Yoga Research And Thesis Format  
 Theory  
 Internal Assessment  
 Yoga Therapy And Other Therapies  
 Theory  
 Internal Assessment  
 Practical, Dissertation And Viva-Voce  
 Practical & Viva-Voce  
 Dissertation

M.A. YOGA  
Syllabus Details

SEMESTER I

Paper 1 Anatomy and Physiology

[Maks 60]

Unit-1: Cell, Tissue and Muscular – Skeletal system,

Cell structure –Plasma membrane and protoplasm; Cell organelles – Mitochondria, Golgiboly,Endoplasmic reticulum, Lysosome, Peroxisome, Centrosome, Nucleus-Nuclear membrane,chromosome,nucleolus; Homeostasis; Structure and function of epithelial -simple and compound; Connective -connective tissue proper, skeletal and vascular; Muscular - Skeletal ,involuntary and cardiac; Nervous tissues-Myelinated neuron and Non myelinated neuron; Anatomy of the Skeleton: Classification of bones-Axial bones and appendicular bones; Types of joint –Synovial joints and Fibrous joint; Structure of synovial joints ; Types of synovial joints; Types of Muscle in the body(striated ,Smooth muscle, Cardiac muscle); Mechanism of muscle contraction.

Unit-2 : Biomolecules, Digestive and Respiratory system

Carbohydrates; Fats; Proteins; Minerals; Vitamins (fat soluble and water soluble); Dietary fibres Balanced diet; Digestive system: Digestive system of human-Mouth, buccal cavity, Pharynx, oesophagus, stomach, large intestine, small intestine, anus; associated glands:Liver,Pancreas, salivary glands, physiology of digestion and absorption; Malnutrition and under nutrition; Respiratory system of humans:Nose, nasal cavity,pharynx,Trachea,Larynx, bronchiole, lungs; Mechanism of breathing (Expiration and inspiration); Transport of respiratory gases (transport of oxygen and transport of carbon dioxide); Common respiratory disorder.

Unit-3: Cardiovascular system, Nervous system and special senses

Composition and function of blood - Plasma ,RBC,WBC and Platelet; Blood groups and their importance; Blood clotting; Structure and working mechanism of heart; Organisation of systemic and pulmonary circulation; Cardiac output and cardiac cycle; Functional anatomy of blood ; vessels; Blood pressure and regulation of blood pressure; Structure and function of human brain.-Fore brain, mid brain, hind brain, Structure and function of spinal cord; Cranial nerve and spinal nerve, Autonomic nervous system, Sympathetic and para sympathetic nervous system, Reflex action, Mechanism of nerve conduction, Synapse and synaptic transmission, Structure and function of endocrine glands-Liver, Pancreas, eye, ear, nose, tongue and skin; Malnutrition and under nutrition.

Unit-4:Endocrine system, Lymphatic system and immune system

Structure and function of important of endocrine gland (Pituitary, Adrenal, Thyroid, Parathyroid, Pancreas, gonads); Function of GI tract hormones, Mechanism of hormone action; Lymphoid organ-Bone marrow, Thymus, spleen ,Lymph node, Composition and function of lymph; Immunity, Types of immunity-Innate immunity and acquired immunity; Antigen and antibody, Hypersensitivity, Autoimmunity.

Unit-5: Reproductive and Excretory system system

Male reproductive system of human.-Testis, penis, epididymis, prostate gland; Female reproductive system of human-ovary, uterus, vagina, cervix, fallopian tube; Menstrual cycle Gametogenesis-Spermatogenesis and oogenesis; Reflex action, Mechanism of nerve conduction, Synapse and synaptic transmission, Structure and function of endocrine glands-Liver, Pancreas, eye, ear, nose, tongue and skin.

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Fertilization; Implantation and embryonic development; Pregnancy; Excretory system of human-Kidney, ureter, urinary bladder, urethra; Mechanism of urine formation-Ultrafiltration, selective reabsorption, tubular secretion; Role of kidney in osmoregulation.

### TEXT BOOKS

1. Tortora and Bryan: Anatomy and Physiology
2. Khurana: Anatomy and Physiology

### REFERENCE BOOKS:

1. Gore M. M. (2003). Anatomy and Physiology of Yogic practices. KanchanPrakashan, Lonavla, India
2. LanPeate and MuralidharanNayar – Fundamental of Anatomy and Physiology for students nurses
3. Evelyn, C. Pearce- Anatomy and Physiology for Nurses

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3. Evelyn, C. Pearce- Anatomy and Physiology for Nurses

Practical -40 marks

Paper II

FUNDAMENTALS OF INDIAN PHILOSOPHY

100 Marks

(Nine Systems of Philosophy)

Part I -	Jeev, Jagat, Ishwar, Avidya (each separate topic)	30 Marks
Part II -	Pramana Definition of Prama and Pramana, Number and nature of Pramana, Types of Pramana	30 Marks

Internal Assessment		40 marks
Assignment -	20 Marks,	Library Work - 10 Marks
Attendance -	05 Marks,	Class Interaction - 05 Marks

Bharatiyatattwajnan - Shri.Srinivasa Dikshit, Any Popular Book Stall .  
 Encyclopaedia of Indian Philosophy - Motilalbanarasidas, New Delhi  
 SarvadarshanSamgraha - Chowkhamba Sanskrit Sansthan  
 P.O.No: 1008, Varanasi

Paper - III **STRESS MANAGEMENT BY YOGA** 100 Marks

Part I -	Stress and its management by Yoga Stress, Types of stress, Yoga method of managing stress	20 marks
Part II -	Meditation, Traditions of Meditation PatanjalaDhyan Zen meditation Vipassana PrekshaDhya Cyclic-Meditation Nadanusandhan	20 Marks
Part III -	Types and importance of Prayer in world religions (both Individual and Group) Hindu, Bauddha, Jain, Christian, Sikh, Muslim	20 Marks

Internal Assessment		40 marks
Assignment -	20 Marks,	Library Work - 10 Marks
Attendance -	05 Marks,	Class Interaction - 05 Marks

Paper - IV **YOGA TRADITION** 100 Marks

Part I -	Yoga in Bhagvad Gita - Ch. 6 & 16	30 Marks
Part II -	Yoga-Upanishad 1. Amritanada-Upanishad 2. Tejobindu Upanishad	30 Marks

3. Yogatattva Upanishad.

Internal Assessment

Assignment - 20 Marks,  
Attendance - 05 Marks,

Library Work - 10 Marks  
Class Interaction - 05 Marks

40 marks

Reference Books

Bhagavadgita

Gitapress, Any Popular Book Stall

YogaUpanishad

Chowkhamba Sanskrit Sansthan  
P.O.No: 1008, Varanasi

Paper - V

PRACTICAL

100 Marks

A) Practical (Demonstration - 40 and Viva-Voce - 20)

60 Marks

Demonstration (4 practices - each 10 marks) + Viva/Oral (20)

Internal Assessment

Assignment - 20 Marks,  
Attendance - 05 Marks,

Library Work - 10 Marks  
Class Interaction - 05 Marks

40 marks

Gitapress

Practical (Demonstration - 40 and Viva-Voce - 20)  
Demonstration (4 practices - each 10 marks) + V

Assignment - 20 Marks,

Attendance - 05 Marks,

Library Work -  
Class Interaction -

SEMESTER-II

Paper - I

PRINCIPLES OF INDIAN PHILOSOPHY

100 Marks

(Nine Systems of Philosophy)

Part - I	Moksha	15 Marks
Part - II	Realised Soul (Jeevanmukta) Yogin, Sthitaprajna, Arhat, Bodhisattwa	15 Marks
Part - III	Introduction to Sankhya Philosophy Prakriti, Purusha, Gunaconcept, Creation, Satkaryavada, Kaivalya	15 Marks
Part - IV	Salient features of Yoga Philosophy (Patanjali) Definition of Yoga, Yoga samkhya relation Chittavritti, Klesha, Chittaprasadanaupaya	15 Marks

Internal Assessment

40 marks

Assignment -	20 Marks,	Library Work -	10 Marks
Attendance -	05 Marks,	Class Interaction -	05 Marks

Reference Books :

1. Bharatiya Tatwadnyan - Dr. Shrinivas Dixit, Central Book Depot, Nagpur.
2. Bhartiya Darshan - Shri. Baldev Upadhyay, Chaukhamba, Banaras.

Paper - II

YOGA

100 Marks

Part II - Patanjala Yoga sutra (first two padas) (I padabhashya and II pada only sutra)	60 Marks
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Internal Assessment

40 marks

Assignment -	20 Marks,	Library Work -	10 Marks
Attendance -	05 Marks,	Class Interaction -	05 Marks

Reference Books :

1. Yoga Sutra with Bhashya (Marathi) - Shri. R. Prasad Prakashan, Pune.
2. Yoga Sutra with Bhashya (Hindi) - Darshan Mahavidyalaya, Parsodi, Gujarat.
3. Yogasutra (Marathi) - Shri. Kolhatkar, Prasad Prakashan, Pune.
4. Yoga Darshan - Shri. Baldev Upadhyay

Paper - III

YOGA-UPANISHAD AND MODERN YOGA

100 Marks

Part I - Yoga-Upanishad	30 Marks
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Part II - Modern thinkers on Yoga	30 Marks
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1. Shandilya Upanishad
2. Dhyana Bindu
3. J. Krishnamurti
4. Swami Vivekanand
5. Swami Kavalavananda
6. Satyananda Saraswati
7. Mahesh Yogi
8. Swami Shivananda
9. B.K.S. Ayyangar
10. Acharya Rajnish
10. Ramkrishna Paramhans

Internal Assessment

40 marks

Assignment -	20 Marks,	Library Work -	10 Marks
Attendance -	05 Marks,	Class Interaction -	05 Marks

Reference books:

- Yoga Upanishad - Chowkhamba Sanskrit Sansthan, P.O.No: 1008, Varanasi

Reference Books:

- Applied Yoga - Dr. M.L. Gharote, Kaivalyadham, Lonavala.
- Perspective in Yoga - A.K. Sinha, Bharat Manisha, Varanasi.
- Yoga Dipika - B.K.S. Ayyangar, Orient Lormen Pvt.Ltd., New Delhi
- Yoga Therapy - Shri. Gharote, Kaivalya Dham, Lonavala

Paper - V **PRACTICAL** 100Marks

**DEMONSTRATION (4Practices- each 10 marks) + Viva (20)** 60 Marks

**Practical- 40Marks**

- A. **Asanas**
  - I. Standing Asanas
    - 1. Parivarta Trikonasana 2. Vrikshasana 3. Kativakrasana (Twisting Pose)
  - II. Sitting Asanas
    - 1. Marjarasana 2. Ushtrasana 3. Paschimottanasana 4. Supta-Vajrasana III.
  - III. Supine Asanas
    - 1. Sarvangasana 2. Halasana 3. Matsyasana
  - IV. Prone on Asanas
    - 1. Dandasana 2. Dhanurasana
- B. **Pranayamas**
- C. **Kriyas**
  - 1. Jal-neti 3. Vaman-dhauti 4. Trataka
- D. **Mudras / Bandhas**
  - 1. Yoga Mudra 2. Mula-bandha 3. Jalandhara-bandha
  - 4. Uddiyana-bandha
- E. **Surya Namaskar**
  - I. Parivarta Trikonasana 2. Vrikshasana
  - III. Sitting Asanas
    - 1. Marjarasana 2. Ushtrasana 3. Paschimottanasana
  - IV. Prone on Asanas
    - 1. Dandasana 2. Dhanurasana

Internal Assessment 40 marks

Internship - Students should conduct compulsory 15 days yoga camp individually at any recognized institution. A detailed report should be submitted.

**SEMESTER III**

Paper - I **CLASSICAL YOGA TEXTS** 100Marks

- I - Yoga Vasishtha Purvartha Upshumprakarn Ch.79,90, Nirwanprakaran Ch.25) 20 Marks
- II - Patanjala Yoga sutra - III pada (only sutra part) 20 Marks
- III - Hathapradipika I & II Chapters 20 Marks

Internal Assessment 40 marks  
 Assignment - 20 Marks Library Work - 10 Marks

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Attendance - 05 Marks

Class Interaction - 05 Marks

12 (16)

Reference Books:

Yoga Sutra with Bhashya (Hindi & Sanskrit) Darshan Mahavidyalaya, Parsodi, Gujarat  
 Yogavashishtha (Hindi & Sanskrit) Chowkhamba Sanskrit Sansthan, Varanasi  
 Hathapradipika (Hindi & Sanskrit) Chowkhamba Sanskrit Sansthan, Varanasi

per- II

YOGA AND ALLIED SCIENCES

100Marks

Part I - Study of allied systems

60 Marks

1. Introduction of AYUSH and Sowa-Rigpa Ayurveda 15 Marks  
History of Ayurveda, Principles, Methods & Benefits
2. Naturopathy 15 Marks  
History, Principles, Methods and Benefits
3. Reiki & Pranik healing 15 Marks  
History, Method, Benefits
4. Physiological effects of Yogic Practices 15 Marks  
Effect of Yoga Asana, Pranayama, Kriya Bandha on human body & Physiological function

Internal Assessment

40 marks

Assignment - 20 Marks, Library Work - 10 Marks  
 Attendance - 05 Marks, Class Interaction - 05 Marks

Reference Books:

Introduction of AYUSH and Sowa-Rigpa Ayurveda  
 Yoga and allied sciences of Ayurveda Kaivalyadham, Lonavala  
 Yoga and Ayurveda Naturopathy Morarji Deshai Yoga Institute, New Delhi  
 Naturopathy: History, Principles, Methods and Benefits Morarji Deshai Yoga Institute, New Delhi  
 Reiki Reiki & Pranik 2-Floor Devid Dare Dadasaheb Reke Road, Dada, West, Mumbai-400028, Maharashtra  
 Pranik Healing Physiological Effects of Yoga Shop No. 56, Tardoo A/C Market, Tardoo, Mumbai, Maharashtra-400034  
 Physiological effects of Yogic Practices Dr. Gore, Kaivalyadham, Lonavala

per- III

RESEARCH METHODOLOGY

100Marks

- Part I - Research Definition and types 30 Marks  
Classification of research (Fundamental, Action, Applied)
- Part II - Characteristics of good researcher & research work 30 Marks  
Selection of Problem, Review of Literature  
Data collection, Data analysis, Research out line

Reference Books

- 1. Applied Yoga - Dr. M.L. Gharote, Kaivalyadham, Lonavala.
- 2. Teaching Methods in Yoga - Dr. Gharote, Kaivalyadham, Lonavala.
- 3. Yoga practice - Janardanswami Yogabhyasmandal, Ramnagar, nagpur

Paper - V

PRACTICAL

100 Marks

DEMONSTRATION (4 Practices each 10 marks) + Viva (20)

60 Marks

Practical - 60 Marks

- A. Asanas
  - 1. Ardha Matsyendrasana 2. Vrikshasana 3. Bhadrasana 4. Swastikasana
- B. Mudras
  - 1. Vajrasansana Yogamudra 2. Sinhamudra 3. Mahamudra
- C. Kriyas
  - 1. Danda Dhauti 2. Uddiyana Agnisara 3. Netra Shuddhi
- D. Pranayamas
  - 1. Bhastrika 2. Ujjayi 3. Nadishodhana - Tribandhayukta
- E. Yoganidra - Pranav-Sadhana, Japa Meditation

Internal Assessment

Internship - Students should conduct compulsory 15 days yoga camp individually at any recognized institution. A detailed report should be submitted. 40 marks

SEMESTER IV

Paper - I

- A. Asanas
  - 1. Ardha Matsyendrasana 2. Vrikshasana 3. Bhadrasana 4. Swastikasana
- B. Mudras
  - 1. Vajrasansana Yogamudra 2. Sinhamudra 3. Mahamudra
- C. Kriyas
  - 1. Danda Dhauti 2. Uddiyana Agnisara 3. Netra Shuddhi
- D. Pranayamas
  - 1. Bhastrika 2. Ujjayi 3. Nadishodhana - Tribandhayukta
- E. Yoganidra - Pranav-Sadhana, Japa Meditation

TRADITIONAL YOGA TEXTS

100 Marks

- Unit I - Yoga Vasishthi Upshumprakar (Chs 91, 92, 93; Nirwanprakaran Ch.126) 20 Marks
- Unit II - Patanjala Yoga sutra - IV pada (only sutra part) 20 Marks
- Unit III - Hathapradipika II & IV Chapters 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240, 241, 242, 243, 244, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 270, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350, 351, 352, 353, 354, 355, 356, 357, 358, 359, 360, 361, 362, 363, 364, 365, 366, 367, 368, 369, 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393, 394, 395, 396, 397, 398, 399, 400, 401, 402, 403, 404, 405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 417, 418, 419, 420, 421, 422, 423, 424, 425, 426, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 720, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 767, 768, 769, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 820, 821, 822, 823, 824, 825, 826, 827, 828, 829, 830, 831, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 850, 851, 852, 853, 854, 855, 856, 857, 858, 859, 860, 861, 862, 863, 864, 865, 866, 867, 868, 869, 870, 871, 872, 873, 874, 875, 876, 877, 878, 879, 880, 881, 882, 883, 884, 885, 886, 887, 888, 889, 890, 891, 892, 893, 894, 895, 896, 897, 898, 899, 900, 901, 902, 903, 904, 905, 906, 907, 908, 909, 910, 911, 912, 913, 914, 915, 916, 917, 918, 919, 920, 921, 922, 923, 924, 925, 926, 927, 928, 929, 930, 931, 932, 933, 934, 935, 936, 937, 938, 939, 940, 941, 942, 943, 944, 945, 946, 947, 948, 949, 950, 951, 952, 953, 954, 955, 956, 957, 958, 959, 960, 961, 962, 963, 964, 965, 966, 967, 968, 969, 970, 971, 972, 973, 974, 975, 976, 977, 978, 979, 980, 981, 982, 983, 984, 985, 986, 987, 988, 989, 990, 991, 992, 993, 994, 995, 996, 997, 998, 999, 1000

Internal Assessment

Assignment - 20 Marks, Library Work - 10 Marks, Attendance - 05 Marks, Detailed report - 05 Marks, Class Interaction - 05 Marks. 40 marks

Reference Books :

SEMESTER IV

- Yoga Sutra with Bhashya (Hindi & Sanskrit) - Darshan Mahavidyalaya, Parsodi, Gujarat
- Yogavashishtha (Hindi & Sanskrit) - Chowkhamba Sanskrit Sansthan, Varanasi
- Hathapradipika (Hindi & Sanskrit) - Chowkhamba Sanskrit Sansthan, Varanasi

Handwritten signatures

Unit III - Magneto Therapy 10 Marks

- a] Introduction and history of magnets
- b] Use of magnets by Naturopathy
- c] Effects of Magnetism on living organism
- d] Types of magnets.

Unit IV - Chromo-Therapy 10 Marks

- a] History
- b] Harmonic Laws of the universe
- c] Solar family
- d] Chromo chemistry

Unit V - Fasting Therapy 10 Marks

- a] Theory of Fasting in animals
- b] History of Fasting
- c] philosophy of Fasting
- d] Physiological effects of Fasting
- e] Pros and cons of fasting.

Unit VI - Hydro Therapy 10 Marks

Internal Assessment 40 marks

Assignment - 20 Marks, Library Work - 10 Marks  
 Attendance - 05 Marks, Class Interaction - 05 Marks

Reference Books:-

Philosophy of Nature Cure - Henry Lindloh  
 Human Care and Nature of magnets - Dr. E.O. Babit  
 History and Philosophy of Nature Cure - S.O. Singh  
 My Nature Cure - M.K. Gandhi  
 Practical Nature Cure - Dr. K. Laxman Sharma  
 New Science of Healing - Louis Khune  
 Naturopathy - V.M. Kulkarni

Paper - V

PRACTICAL, DISSERTATION AND VIVA-VOCE

100Marks

DEMONSTRATION (4 Practices + viva)

40 Marks

Practical - 40Marks

- A. Asanas - 1. Vrischikasana 2. Mayurasana 3. Garudasana 4. Bakasana 5. Shirshasana  
 B. Pranayamas - 1. Bhastrika 2. Sitali 3. Sitkari 4. Bhramari  
 C. Kriyas - 1. Natri 2. Sutraneti 3. Rubber Neti 4. Vastradhauti  
 D. Bandhaa/Mudras - 1. Jivhabandha 2. Mahabandha 3. Khechari Mudra  
 Relaxation/Meditation: IRT, QRT, DRT, Cyclic Meditation, Nadanusandhana

DISSERTATION AND VIVA-VOCE

60 marks

The student is expected to submit a dissertation on any topic of the previous courses.

Dissertation = 40 Marks, Viva-Voce = 20 Marks

Note: Each assignment should be on the topics related to the subject of courses.