



DEPARTMENT OF PHYSICAL EDUCATION
(Dr. Bhimrao Ambedkar University, Agra (Formerly- Agra University, Agra))

MA – YOGA

1.1.1 Curriculam developed and implemented have relevance to the local, national, regional, and global developmental needs which are reflected in Programme Outcomes (POs), Programme Specific Outcomes (PSOs), and Course Outcomes of the programs offered by the University.

Programme Outcomes (POs)	
PO1	Develop skills and competencies for conducting rigorous, theoretically correct and practically relevant research in the field of Yogic Sciences.
PO2	Understand the basic concept and components of food nutrition. It aims to develop understanding about the objective of yogic nutrition Food groups and food metabolism.
PO3	Develop the concept of scientific research in Yoga. It aims to develop understanding about the need and importance of research in Yoga, research problem, Hypothesis, Variables, research design and sampling techniques.
PO4	Students will attain mastery over the knowledge base of Yoga and consciousness across their theoretical and experimental aspects
PO5	Students will attain physical and mental fitness, strength, flexibility
PO6	Students will exhibit all round personality development.
PO7	Students will be aware and updated with the research advances and developments in the field of Yoga
PO8	At the Master level it is also intended that students should get familiar with the original texts of Yoga

Program Specific Outcomes(PSOs)

- PSO1:** Students is able to learn the basic principles and applications of yoga.
- PSO2:** students understand the importance of yoga and relevance in the society.
- PSO3:** To realize the effect of advance yoga techniques and their use in the treatment of many highly complicated non- communicable disease.
- PSO4:** To realize the miracles of Yoga therapy techniques is getting rid of disease.



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SEMESTER-I

PART-A (THEORY)										
Paper No.	Paper Code	Name of Subjects	Max Marks		Min. Pass Marks		Sessional Marks	Aggregate Pass Marks	Total Marks	Credit
			Theory	Practical	Theory/Practical	Sessional				
I	M.A (Yoga) CC- 10	Foundation of Yoga- 1	75-	-	30	1°	25 ***	40,	100	5
II	M.A(Yoga)C C-102	Applied Statistics	75		30	10	25	40	100	5
III	M.A(Yoga)C C-103	Basics of Research Methodology in Yoga	75	-	30	10	25	40	100	5
IV	M.A(Yoga)C C-104	Human Anatomy and Physiology-I	75	-	30	10	25	40	100	5
Total								-	400	20
PART-B (PRACTICAL)										
I	M.A (Yoga) PC- 101	Yoga Practical-I	-	75	30	10	25	40	100	2
II	M.A (Yoga) PC- 102	Yoga Practical-II	-	75	30	10	25	40	100	2
Total								-	200	4
GRAND TOTAL									600	24

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PAPER-I

FOUNDATION OF YOGA-I

Subject Code: M.A (Yoga) CC-101

Objectives of the course:

1. It concepts is understanding the fundamental principles and philosophies of yoga.
2. It understanding how to learning the yogic lifestyle.
3. It helping in integrating yoga in daily life.
4. Developing the awareness of mind-body connection

Syllabus of the course:

UNIT- I

1. INTRODUCTION AND EVOLUTION OF YOGA

- 1.1 Meaning, Definition and importance of Yoga according to various schools of thoughts
- 1.2 Aims, Objectives and Importance of Yoga in Life
- 1.3 Application and Misconceptions about Yoga in Modern Society
- 1.4 Historical, Psychological, Mythological development and evolution of Yoga.

UNIT-II

2. YOGA IN VARIOUS PHILOSOPHIES AND TEXTS

- 2.1 Classification of Indian Philosophy and their basis of Division
- 2.2 25 elements of Sankhya Darshana, Purusha, Prakriti and their Relationship, Yoga Darshana. .
- 2.3 Yoga in Nyaya Darshana, Vaisheshika Darshana, Mimansha Darshana, and Vedanta Darshana
- 2.4 Yoga in Baudha Darshana, Jain Darshana and Sufi Darshana.

UNIT-III

3. SCHOOLS OF YOGA

- 3.1 Introduction of Hatha Yoga , Mantra Yoga , Laya Yoga, Raja Yoga
- 3.2 Karma Yoga, Bhakti Yoga, Gyan Yoga
- 3.3 Shiv Yoga Sadhana, Swar Yoga
- 3.4 Tantra Yoga (Shaiva, Shaktta, Vaishnave)

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UNIT -IV

4. BIOGRAPHIES OF FAMOUS YOGIS AND THEIR CONTRIBUTION IN YOGA

- 4.1 Maharishi Patanjali
- 4.2 Matsyendra Nath, HathaYogi Gorakshanath
- 4.3 Ramkrishna Paramhansa, Swami Vivekananda
- 4.4 Raman Maharishi, Maharishi Aurobindo, Paramhansa

After completion of the unit students will be able to learn about:-

Course Outcomes:

- CO1. Impacting various aspects of an individual life.
- CO2. Improved physical health and flexibility through the regular practice of yoga postures.
- CO3. To gain enhanced mental focus, concentration and emotional stability through meditation.
- CO4. To study about the self-awareness and introspection to a deeper understanding personal growth.

REFERENCE:

1. Gupta, S.N Das, (1963), "Indian Philosophy", Shri Jainendra Press, New Delhi, ISBN-81-208-0412-0.
2. Anatharaman, T.N., (1996), "Ancient Yoga and Modern Science", Project of History of Indian Sciences Philosophy & Culture,-ISBN 8121507529
3. Sturgess, Stephen, (1996), "The Yoga Book", Watkins Publications, London, University of Michigan
4. Kumar, Dr. Kamakhya, (2008), "Super Science of Yoga", Standard Publications, New Delhi ISBN-8187471409
5. Dasgupta, S.N., (1924), "Yoga Philosophy", The May Flower Press, UK.
6. Jha, Gangadhar, (1894), "Yoga Sara Samgraha" -Bombay Theosophical Fund, Tatva Vivechaka Press, Bombay.

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PAPER-II
APPLIED STATISTICS

Subject Code M.A (Yoga) CC-102

Objectives of the course:

1. It concept to gather, analyze, interpret, and present data to gain insights.
2. It is helping to analyze various types of data.
3. It helping to collecting data through various methods.
4. Its methods to monitor and maintain quality in manufacturing.
5. Its developing to understanding the manner using chart.

Syllabus of the course:

UNIT-I

- 1.1 Meaning and definition of Statistics.
 - 1.2 Nature of Data:- Four Levels of Data - Nominal, Ordinal Interval & Ratio; Graphical representation of Data: Line Diagram, Pie Diagram, and Bar Diagram Frequency Distribution: Frequency Polygon, Frequency Curve, Histogram, Ogives.
 - 1.3 Application of Measures of Central tendency & variability and their characteristics. Relative and absolute variability, Coefficient of variation.
- 1 A Need of Statistics in Yogic sciences.

UNIT-II

- 2.1 Two approach to Probability: Classical & Axiomatic; Addition Theorem & Multiplication Theorem, Calculation of Probabilities.
- 2.2 Normal Distribution: Properties of Normal Curve, Skewness & Kurtosis, Problems based on Normal Distribution.
- 2.3 Developing norms in the form of grading, Percentile Scale, T- Scale, Scales based on difficulty ratings.
- 2.4 Sampling Distribution of Means, Standard Error of Mean, Interval estimates and Point estimates; Coefficients interval for mean.

UNIT-III

- 3.1 Concept of correlation & regression: Scatter diagram, linear correlation, rank correlation.

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- 3.2 Liner regression equation with two variables.
- 3.3 Partial correlation coefficients of first and second order.
- 3.4 Multiple correlation coefficients involving three variables.

UNIT-IV

- 4.1 Testing of Hypothesis : Region 'of Acceptance & Region of Rejection null & alternative Hypotheses: Level of Significance, type I & Type II errors, one tailed & two tailed Tests, degrees of freedom, procedure in testing of hypothesis.
- 4.2 Large Sample test (z-test) for means forgone sample and two samples; Small sample test (t-test) for means for one sample and two samples - dependent and independent samples, F-test
- 4.3 Chi- Square Test for goodness of fit and testing independence of attributes.
- 4.4 One way Analysis of Variance, Post- hoc Tests - LSD\A Schgffe.

After completion of the unit students will be able to learn about:-

Course Outcomes:

- CO1. Student should gain using tools to analyze data effectively.
- CO2.To gain able to identify different types of data.
- CO3.To study interpret regression analysis to model relationship between variables.
- CO4.To gaining knowledge to sampling techniques and their applications in data collection.
- CO5.To study develop critical thinking skills to evaluate statistical claims.

REFERENCES:

- * Verma, J.P. and Ghufra, M. (2012). Statistics for Psychology: A Comprehensive Text. Tata McGraw Hill Education, New Delhi.
- * Verma, J.P. (2011). Statistical Methods for Sports and Physical Education. Tata McGraw Hill Education, New Delhi.
- * Verma. J.P. (2013). Data Analysis in Management with SPSS Software Springer.
- * A run Arthur & Arwn N. Elaine, "Statistics for Psychology", Prentice Hall, Upper Saddle river INC, 1999.
- * Write E. Susan, "Social Science Statistics", Allyn and Bacon INC.



PAPER-III

BASICS OF RESEARCH METHODOLOGY IN YOGA

Subject Code M.A (Yoga) CC-103

Objectives of the course:

1. It developing the systematic approach used to teach.
2. It concept to providing clear instructions and practicing yoga postures.
3. Developing the various breathing techniques.
4. In methodology ensures that students gain a solid foundation.
5. It awareness to promote personal growth and self-discovery.

Syllabus of the course:

UNIT-I

- 1.1 Meaning and Definition of Research-Need Nature and Scope of Research in Yoga
- 1.2 Classification of Research : Basis, Applied and Action Research
- 1.3 Scientific Vs Unscientific methods of Problem Solving.
- 1.4 Identification of Research questions and Research objectives
- 1.5 Ethics and, Qualities of good researcher.

UNIT-II

- 2 Methods of Research
- 2.1 Analytical Method of Research:
 - 2.2.1 Historical Research Purpose, Steps, Advantages, Disadvantages, Sources- Primary and Secondary data, Pitfalls, Internal and External Criticism
 - 2.1.2 Philosophical Research: Purpose, Methods, Inductive and Deductive, Reasoning
- 2.2 Descriptive Method of Research:
 - 2.2.1 Survey Research: Method, Process of implementing survey research methods, Questionnaire, Interview, Longitudinal and Cross-Sectional Survey Research.
 - 2.2.2 Case Study: Approaches, Types of case studies
- 2.3 Developmental Research.

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UNIT-III

3. Experimental Research and Design
 - 3.1 Experimental Research: Meaning, Nature, Importance and Advantages
 - 3.2 Data and its types: Metric & Non-Metric Data, Interval Data, Ratio Data, Nominal Data and Ordinal Data
 - 3.3 Variables "Meaning, Importance, Types- Categorical variables, Continuous Variables" and Random Variables
 - 3.4 Internal and External Validity: Meaning, Concepts, Importance, Threats to Internal & External Validity, Factors to improve internal & External Validity
 - 3.5 Experimental Design: Pre-Experimental, True Experimental and Quasi Experimental Research Design, Internal and External Validity, Advantages of Experimental Research Design

UNIT-IV

4. Research Proposal and Report, Publication and Plagiarism
 - 4.1 Development of Research Problem: Location of Research Problem and Criteria in selecting the research problem, Survey of Related Literature and Referencing
 - 4.2 Research Proposal: Formatting of research proposal, Basic guidelines of writing research proposal.
 - 4.3 Research Report: Formatting of research reports, Basis"%guidelines of writing research report and Abstract.
 - 4.4 Introduction to Research Publication & Peer Review Culture
 - 4.5 Introduction to Plagiarism, Plagiarism Detection Software (PDS) and Shodhganga

After completion of the unit students will be able to learn about:-

Course Outcomes:

- CO1. To gaining the knowledge to conduct rigorous and systematic research in the field of yoga.
- CO2. To gain a comprehensive understanding of the fundamental principles of research.
- CO3. To study analyze yoga research data using appropriate statistical on the research design.
- CO4. To study enhancing the understanding of yoga's benefits, application, and potential for
- CO5. personal well-being.



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REFERENCES:

- Bose N.M., Research Methodology (Sher Niwas Publication, Jaipur (India), 2005).
- Fern F. Adward, Advanced focus group research,(Saye Publication, New Delhi, 2001).
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- Malesh L.M., Methodology of Research in Physical Education & Sports, (Metropolitan, New Delhi, 1994).
- Best W. John, Research in Education (Prentice Hall of India private Limited New jDelhi, 1981).
- Clark H. David, Clarke Harrison H, Research Processes is Physical Education Recreation and Health (Prentice Hall Inc. Englewood Cliffs, New Jersey, 1970).







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PAPER- IV

HUMAN ANATOMY AND PHYSIOLOGY-I

Subject Code M.A (Yoga) CC-104

Objectives of the course:

1. It concept to understand the various types of body functional.
2. Developing the true posture by doing yoga for lifestyle.
3. Understanding the concept of mechanism of muscle contraction.
4. Understanding the structure and functions of muscular, skeleton, cardio-vascular, and respiratory system.
5. We studied that how to maintain physical and anatomical functioning.

Syllabus of the course:

UNIT- I

1. GENERAL HUMAN ANATOMY AND PHYSIOLOGY
 - 1.1 Introduction of Anatomy and Physiology, Anatomical Terminology and Positions.
 - 1.2 Structure and Function of Cell, Types of Tissues, their Structure and Functions.
 - 1.3 Brief introduction of Different Organs and Systems of Human Body.
 - 1.4 Need and Importance of Anatomy & Physiology in the field of Yoga.

UNIT- II

2. MUSCULO- SKELETAL SYSTEM
 - 2.1 Skeletal System - Composition of Bone, Joints, Ligaments, Tendon.
 - 2.2 Gross and Microscopic Structure and Function of Bone and Skeletal Muscle.
 - 2.3 Neuromuscular Junction, Mechanism of Muscle Contraction.
 - 2.4 Effect of Yogic Practices (Asana, Pranayama, Mudra, Bandha, Kriya and Meditation) on Muscular and Skeletal System

UNIT-III

3. CARDIO-VASCULAR SYSTEM
 - 3.1 Structure and Functions of Heart, Cardiovascular Parameters.
 - 3.2 Factors affecting Cardiovascular Parameters.



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- 3.3 Effect of Yogic Practices (Asana, Pranayama, Mudra, Bandha, Kriya and Meditation) on Cardio Vascular System
- 3.4 Cardiovascular Diseases and their Yogic Management.

UNIT-IV

4. RESPIRATORY SYSTEM

- 4.1 Structure and Functions of Lungs and Respiratory Organly
- 4.2 Muscles and Mechanism of Respiration, Second Wind, Oxygen Debt.
- 4.3 Internal and External Respiration, Respiratory Volumes and Capacities.
- 4.4 Effect of Yogic Practices (Asana, Pranayama, Mudra, Bandha, Kriya and Meditation) on Respiratory System and Respiratory Diseases

After completion of the unit students will be able to learn about:-

Course Outcomes:

- CO1. To study understanding of the human body's structure and function.
- CO2. To gain knowledge of the major systems and structure of the human body.
- CO3. Student should learn about the physiological effect of pranayama.
- CO4. To study the ability to listen to the body's signals during yoga practice.

REFERENCES:

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2. Saraswati, S. (2009), "Yoga Nidra" Published by Yoga Publication Trust, Bihar, India (Reprint) ISBN-978-81-83787-12-1.
3. Muktibodhananda, (2012), "Hath Yoga Pradipika" Fourth Edition. Published by Yoga Publication Trust, Bihar, India (Reprinted) ISBN-978-81-85787-38-1.
4. Maehle, G. (2008), "Ashtanga Yoga Practice & Philosophy" First Indian Edition Published by, New Age Books, New Delhi (Reprint), ISBN-978-81-78-22-329-2.
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10. Moore, K.L. & Agur, A.M.R. (2002), "Essential Clinical Anatomy" Second Edition by Lippincott Williams & Wilkins, Philadelphia.
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14. Tortora, G.J. and Tallitsch, R.B. (2000), "Laboratory Exercises in Anatomy and Physiology with Cat Dissection" Sixth Edition, by Biological Services Textbooks, Inc, U.S.A. ISBN-0-13-920323-0.

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PRACTICAL SYLLABUS

Subject Code M.A (Yoga) PC-101

1. **SURYA NAMASKARA**
2. **PAWANMUKTASANA VARIATIONS**
3. **MEDITATIVE ASANAS:**
Padmasana, Siddhasana, Swastikasana, Bhadrasana, Vajrasana.
4. **RELAXATION ASANAS:**
Shavasana, Makarasana, Shithila Dandasana, Shithila Tadasana, Balasana, Adhvasana, Shashankasana.
5. **SUPINE ASANAS:**
Naukasana, Kandharasana, Pavanmuktasana, Vipareetkaraniyasana, Matsyasana, Ardha Halasana, IJttanasana, Setubandhasana, Salamba Setubandhasana, Tolangulasana, Sarvangasana.
6. **PRONE LYING ASANAS:**
Sarpasana, Bhujangasana, Shalabhasana, Dhanurasana, Viparita Naukasana, Santulanasana (with variations).
7. **SITTING AS ANAS:**
Paschimottanasana, Ardha Matsyendrasana, Ardha Chandrasana, Ushtrasana, Parighasana, Sirnhasana, Akarna Dhanurasana, Supta Vajrasana, Ekapada Shirasasana.
8. **STANDING ASANAS:**
Tadasana, Natarajasana, Garudasana, Utkatasana, Parivritta Utkatasana, Ekapadasana.
9. **STRETCHING PRACTICES**

After completion of the unit students will be able to learn about:-

Course Outcomes:

CO1. To study physical vitality, increasing flexibility and mobility, elevating heart rate and improving blood circulation.

CO2. To study understanding mind-body connection, calming the mind and reducing stress, stimulating abdominal organs.

CO3. To gaining developing muscles strength, increasing flexibility balance and coordination, improve posture.

CO4. To study how maintaining the healthy joint and enhancing respiratory function through mindful breathing during posture.

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Subject Code M.A (Yoga) PC-102

1. **SHATKARM:**
 - a. **NETI** : Two types (Jal Neti and Sutra Neti)
 - b. **DHAUTI**: Two types (Kunjali Kriya and Agnisar Kriya)
2. **ADVANCED GROUP OF ASANAS:**
Karnapedasana, Padmasarvangasana, Dwihasta Bhujasana, Niralamba
Paschimottanasana, Vatayasana
3. **PRANAYAMA:** 'v
Nadishodhana, Suryabhedhi, Chandrabhedhi, Ujjayi, Sheetali, Seetkari, Bhastrika,
Brahmari.
4. **BANDHAS & MUDRAS:**
Maha Mudra, Maha Bheda Mudra, Vipareetakarni Mudra, Shanmukhi Mudra, Manduki
Mudra, Ashwini Mudra, Kaki Mudra\Bhujangini Mudra, Jalandhara Bandha, Uddiyana
Bandha.
5. **MEDITATION**- Soham MeWAtationjOM Meditation, Nadanusandhana Meditation
6. **RELAXATION TECHNIQUES** of yoga Nidra - LAI, III.

After completion of the unit students will be able to learn about:-

Course Outcomes:

- CO1. To study physical vitality, increasing flexibility and mobility, elevating heart rate and improving blood circulation.
- CO2. To study understanding mind-body connection, calming the mind and reducing stress, stimulating abdominal organs.
- CO3. To gaining developing muscles strength, increasing flexibility balance and coordination, improve posture.
- CO4. To study how maintaining the healthy joint and enhancing respiratory function through mindful breathing during posture.

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SEMESTER - II

PART-A (THEORY)										
Paper No.	Paper Code	Name of Subjects	Max Marks		Min. Pass Marks		Sessional Marks	Aggregate Pass Marks	Total Marks	Credit
			Theory	Practical	Theory	Sessional				
I	M.A(Yoga) CC-201	Foundation of Yoga-II	75	-	30	10	25	40	100	5
II	M.A (Yoga) CC-202	Patanjali Yoga Sutra	75	-	30	10	25	40	100	5
III	M.A (Yoga) CC-203	Principles & Practices of Hatha Yoga	75	-	30	10	25	40	100	5
IV	M.A (Yoga) CC-204	Human Anatomy and Physiology-II	75		30	10	25	40	100	5
Total								-	400	20
PART-B (PRACTICAL AND LESSON PLAN)										
I	M.A (Yoga) PC-201	Yoga Practical-III	-	75	30	10	25	40	100	2
II	M.A (Yoga) PC-202	Teaching Ability (Lesson Plan-I) Minimum 5	-	75	30	10	25	40	100	2
Total								-	200	4
GRAND TOTAL									600	24

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PAPER- 1
FOUNDATION OF YOGA-II

Subject Code: M.A (Yoga) CC-201

Objectives of the course:

1. Its concepts is to explore profound philosophical and metaphysical.
2. To understanding the inner self.
3. Development of the philosophical foundation of yoga.
4. Developing the teaching unity of the individual self.
5. Main things is to purify the mind and attain spiritual growth.

Syllabus of the course:

UNIT-I

- 1 INTRODUCTION OF VEDAS
 - 1.1 Introduction of Vedas and Vedangas
 - 1.2 Trayaprasthana; Purushartha Chatushtaya
 - 1.3 Introduction to Vedamahavakyas and their Significance - Core of Vedic Knowledge
 - 1.4 Importance of Vedic Knowledge in Modern Era

UNIT-II

2. INTRODUCTION OF UPANISHADS
 - 2.1 Katha Upanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization
 - 2.2 Prashna Upanishad: Concept of Prana and rayi (creation); Panchapranas; The five main questions
 - 2.3 Mundaka Upanishad: Two approaches to Brahma Vidya-the Para and Apara; The greatness of Brahma vidya, The worthlessness of Selfish-karma; Tapas and Gurubhakti
 - 2.4 The origin of creation, Brahman the target of Meditation

UNIT-III

MESSAGES OF UPANISHADS

Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Alma Bhava

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Kena Upanishad: Indwelling Power; Indriya and Antahkarana; Self and the Mind
Katha Upanishad: Intuitive realization of the truth; Truth transcendental; Moral of Yaksha Upakhyana.
3.4 Mandukya: Four States of Consciousness and its relation to syllables in Omkara: Yogic Concepts in Upanishads. 3.4. 1 Aitareya: Concept of Atma, Universe and Brahman.
3.4..2 Taittiriya Upanishad Concept of Pancha Kosha; Summary of ShikshaValli; Ananda Valli Bhruguvalli.
3.4.3 Chandogya Upanishad: Om (udgitha) Meditation; Sandilyavidya,
3.4.4 Brihadaryanaka Upanishad : Concept of Atman and Jnana Yoga. Union of Atman and Paramatman

UNIT-IV

4. YOGA VASISHTHA

4. 1 Highlights of Yoga Vashitha, and Concept of Adhis and Vyadhis; Psychosomatic Ailments and their genesis

4.2 The four Gatekeepers (Pillars) to Freedom, Sukhaprapti - the Highest State of Bliss; and Practices to overcome the Impediments of Yoga

4.3 Development of Satvaguna; Characteristics of a Sadhaka
Eight limbs of Meditation; Janana Saptabhumika and Concept of Samsara and Liberation in Yoga Vasishtha.

After completion of the unit students will be able to learn about:-

Course Outcomes:

CO1.To study profound understanding of the philosophical and spiritual foundation of yoga.

CO2. To learning about the paths to self-realization(moksha).

CO3.To gain the path of devotion.

CO4.To study how to interpret the teachings of the Upanishads.

CO5.The study of these ancient scripture can lead to personal spiritual growth.

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PAPER -II

PATANJALI YOGA SUTRA

Subject Code: M.A (Yoga) CC-202

Objectives of the course:

1. Its guiding practitioners on the path towards spiritual realization.
2. To understanding the nature of the mind.
3. Developing focused concentration to still the mind.
4. Exploring the concept of the self(Purusha) and material world(prakriti).
5. To understanding of themselves and the path to liberation.

Syllabus of the course:

UNIT -1

1. INTRODUCTION OF PATANJALI YOGA SUTRA

- 1.1 Introduction of Pantanjali Yoga Sutras.
- 1.2 Historical background of Pantanjali Yoga Sutras.
- 1.3 Importance of Patanjali Yoga Sutras in Modern Age.
- 1.4 Physical (kayasampat) Mental and Social Excellence in Yoga Sutra.

UNIT - II

2. SAMADHI PADA

- 2.1 Definition of Yoga, Concept of Chitta, Chitta Vritti, Chitt Bhumi.
- 2.2 Yogantaraya, Abhyasa-Vairagya, Iswar and Iswar Pranidhan, Vivekkhyati.
- 2.3 Chitta Vikshep and Chitt Prasadhan.
- 2.4 Samadhi-Sampragyaat Samadhi, Ritambhara Pragma, concept of Sabeej and Nirbeej samadhi.

UNIT - III SADIHAN AND VIBHUTI PADA

Pancha Klesha, Kriya Yoga:- Avidhya, Asmita, Raag, Devasha, Abhinivesha. Ashtang Yoga (Bahirang Sadhana)- Yama, Niyam, Asana, Pranayam, Pratyahar. Ashtang Yoga (Anrang Sadhana)- Dharana, Dhyana, Samadhi. Concept of Samyama and Ashtsiddhis and its Vibhuties.

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UNIT – IV

4. KAIVALVA PADA

- 4.1 Ranch Siddhis.
- 4.2 Brief introduction of Karma, Types of Karma, Karmaphal Siddhanta
- 4.3 Nature of Dharma amjNDharmamegh Samadhi
- 4.4 Concept of Kaivalya.U.

After completion of the unit students will be able to learn about:-

Course Outcomes:

- CO1. To gaining of the philosophy of yoga as expounded by sage patanjali.
- CO2.To study of the yoga practice and daily life, fostering moral integrity and compassion.
- CO3.To gaining how to work with them to achieve mental balance.
- CO4.To study the role in reducing suffering and achieving inner peace.
- CO5.To study developing mindfulness and self-awareness.

REFERENCE:

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4. Taimini, Science of Yoga, ISBN 13-9788170592112.
5. Swami.Vivekananda, "Raja Yoga", ISBN 13-978100746940.
6. Mishra, Vachaspati, "Yoga Sutra (Tatva Vaishardi)", ISBN 13-9780404578046.
7. Shastri, Vijaypal, "Yoga Surta Vimarsh", ISBN 13-9780865477360.
8. Lakshmananand, "Yoga Prakash", ISBN 13-9788175971240.
9. Suresh Chandra Shrivastava, Patanjali Yoga Darshan
10. Ram Prasad, Patanjali Yoga Sutra.
11. T.S. Rukmani, Vol.I-IV, Patanjali Yoga Sutras.



PAPER-III

PRINCIPLES & PRACTICES OF HATHA YOGA

Subject Code: M.A (Yoga) CC-203

Objectives of the course:

1. It is developing the physical fitness, mental well-being and overall health.
2. It is helping to developing a better body alignment and posture.
3. To developing the mental focus through the meditative aspects of Hatha yoga.
4. To understanding how physical postures can influence mental and emotional states.

Syllabus of the course:

UNIT -1 GENERAL INTRODUCTION TO HATHA YOGA AND PRE-REQUISITES

Hathayoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions.

Hathyoga: It's Philosophy, History and development, Brief Introduction to eminent Hatha Yogis of Natha Cult and their contribution to Yoga.

1.3 General Introduction of Hathayogic texts, Siddhasiddhantapaddhati, Hathayogapradeepika, Gherandasamhita, Hatharathnavali, Shivasamhita, Goraksasatakam.,4 Concept of Matha, Concept of Badhakatattva (obstacles) and Sadhakatattva (facilitator factors) in Halhayoga, Types of aspirants in Hathayoga Sadhana. Concept of Ahara and Mitahara, Pathya (conductive) and Apathya (non-conductive) in Hathayoga Sadhana, Hatha Siddhi lakshanam.

UNIT – II 2. CONCEPT OF GHATASHODANA ,ASANAS IN HATHAYOGA

2.1 Introduction of Shodhanakriyas in Hathayogaradeepika, Gherandasamhita and Hatharathnavali.

2.2 Shatkarma- Techniques, Benefits, precautions, and contraindications (Dhauti, Basti, Neti, Nauli, Tralaka and Kapalbhati)

2.3 Importance of Shodhanakriyas in health, disease and Hathayoga Sadhana.

2.4 Asanas- Definition, concept and Techniques, Benefits, precautions, and contraindications of Asanas in Hathayogaradeepika, Gherandasamhita and Hatharathnavali

UNIT-III

3. HATHAYOGA PRACTICES: PRANAYAMA, BANDHA AND MUDRA

3.1 Introduction of Prana and Pranayama; Pre-requisites of Pranayama, Nadishodhana Pranayama, importance of Nadishuddi.

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3.2 Pranayama- Techniques, Benefits, precautions, and contraindications, Pranayama and Ashtakumbhaka in Hathayogapradeepika Gherandasamhita and Hatharathnavali.

3.3 Importance of Pranayama in health, disease and Hathayoga Sadhana.

3.4 Introduction of Mudra (Bandha) Techniques, Benefits, precautions, and contraindications of in Hathayogapradeepika Gherandasamhita and Hatharathnavali.

UNIT-IV

4. HATHAYOGA PRACTICES: PRATYAHARA, DHARANA, DHAYANA

4.1 Concept of Kand, Nadi, Swas-prashwas or Swara, and Granthi.

4.2 Concept of Shatchakra and Kundalini prabodhan, Concept of Shiva and fwiakti.

4.3 Concept of Pratyahara, Dharana, Dhyana and Samdhi in Gherandasamhita.

4.4 Concept of Nada and Nadanusandhana in Hathayogaradeepika, Techniques, Benefits, precautions, and contraindications of Nadanusandhana, four stages of Nadanusandhan.

After completion of the unit students will be able to learn about:-

Course Outcomes:

CO1. To study developing physical, mental, and spiritual well-being through the systematic practice of hatha yoga techniques.

CO2.To study techniques to balance and regulate the breathing.

CO3. To gaining of restorative practices to release tension and promote deep relaxation.

CO4. To study understanding and experiencing the flow of energy during hatha yoga practice.

REFERENCE:

1. Bharati, Veda, Philosophy of Hatha Yoga (English) Himalayan International Institute of Yoga Science and Philosophy, 1998, 2nd Rev. ed., Pennsylvania).
2. Burnier, Radha, HathaYoga Pradipika of Svatmarama, The Adyar Library publications, Chennai. 2000
3. Gharotee, M.L.and others, Hatharatnavali of Srinivasayogi, The Lonavla Yoga Institute, Lonavla, 2002
4. Dvivedi Hajariprasad, Nath Sampradaya of Hatha Yoga, Dvivedi Publications, Hindustani Academy, Allahabad, Uttar Pradesh, 1950.
5. Swami Digarnbaraji and Pt: Raghunatha, Hathapradeepika of Svatmarama, Kaivalyadhama, S.M.Y.M.Samiti, Lonavla, 1998.

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15. Bassavaraddi, I.V. & Pathak, Satyaprakash, Therapeutic references in traditional Yoga Texts, The Lonavla Institute, Lonavla, 2010.

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PAPER- IV

HUMAN ANATOMY AND PHYSIOLOGY-II

Subject Code: M.A (Yoga) CC-204

Objectives of the course:

1. To understanding the concept of body organs.
2. To understanding the structure, function of the organs and body parts.
3. Developing the concept of nervous system.
4. Understanding the concept of the physiology of metabolism.

Syllabus of the course:

UNIT- I

1. DIGESTIVE AND EXCRETORY SYSTEM

- 1.1 Organs, Glands and steps of Digestion (Structure and Functions in brief).
- 1.2 Excretory System.
- 1.3 Organs of Urinary System and their functions.
- 1.4 Effect of yogic practices on digestive and excretory system (asana, pranayama, mudra, bandha, kriyas and meditation).

UNIT- II

2. HORMONAL AND REPRODUCTIVE SYSTEM

- 2.1 Structure and Functions of Endocrine and Exocrine Glands (Adrenal, Pituitary, Pancreas and Thyroid Glands, Gonads).
- 2.2 Homeostasis.
- 2.3 Reproductive System.
- 2.4 Effect of yogic practices on endocrine and reproductive system (asana, pranayama, mudra, bandha, kriyas and meditation).

UNIT -III

3. NERVOUS SYSTEM

- 3.1 Nervous System: Structural and Functional Divisions of Nervous System— PNS, ANS, CSF.
- 3.2 Structure and Functions of Brain, Spinal Cord, Synaptic Nobe, Acetylocholine.
- 3.3 Effect of yogic practices on nervous system (asana, pranayama, mudra, bandha, kriyas and meditation).

Answer



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3.4 Concept of Brain Wave, Pattern of Brain Wave during Pranayama and Meditation & their benefits in Human Psycho-Physiological Functioning.

UNIT -IV

4.PHYSIOLOGY OF METABOLISM

- 4.1 Metabolism of Carbohydrates,
- 4.2 Fat, Protein. Aerobic and Anaerobic activities (metabolism).
- 4.3 Calorimetry: energy requirement and its calculation
- 4.4 Energy aspects of diet and their distribution.

After completion of the unit students will be able to learn about:-

Course Outcomes:

- CO1.To study deeper understanding and appreciation of the human body's functioning in the context of yoga.
- CO2.To gaining how to reducing the risk of injuries and promoting the safe practice.
- CO3.To gaining knowledge of respiratory anatomy support a deeper understanding of pranayama techniques.
- CO4.To study and learning about the physiological response to relaxation techniques.
- CO5.To study knowledge of impactful teaching environment.

REFERENCES:

1. Coulter, H. (2001), "Anatomy of Hath Yoga" Published by Himalayan Institute India, Jhansi, Allahabad, ISBN-978-0-9797006-1-2.
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4. Maehle, G. (2008), "Ashtanga Yoga Practice & Philosophy" First Indian Edition Published by, New Age Books, New Delhi (Reprint), ISBN-978-81-78-22-329-2.
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Practical Syllabus

Subject Code: M.A (Yoga) PC-201

1. SHATKARM:

- 1.1 Kapalbhati Three Types (Vyutkarma, Sheetkarma and Vaatkarma) ,
- 1.2 Tratak Three Types (Antah Bahir Adho)
- 1.3 Danda Dhauti, Vastra Dhauti
- 1.4 Nauli (Madhyama ,Vama, Dakshina)
- 1.5 Lagooshankha Prakshalana

2. INTERMEDIATE PRACTICES

3. VNYASA SURYA NAMASKARA

4. SUKSHAMA AND STHUL VYAYAMA

5. MEDITATIVE ASANAS (according to Gherand Samhita):

Guptasana, Virasana, Sankatasana

6. RELAXATION ASANAS:

Matsya Kridasana, Yoga Mudrasana, Markatasana,

7. SUPINE LYING ASANAS:

Halasana, Chakrasana, Salambasetubandha Sarvangasana, Utthita Supta
Padangushthasana, Supta Kapotasana

8. PRONE LYING ASANAS:

Bhckasana, Puma Dhanurasana, Purna Bhujangasana, Chaturanga Dandasana, Ekapada
Adhomukha Shvnanasana

9. SITTING ASANAS:

Vyaghrasana, Mandukasana, Bakasana, Gomukhasana, Garbhasana, Rajkapotasana,
Marichyasana

10. STANDING ASANAS:

Tadasana, Tiryaka Tadasana, Katichakrasana, Vrikshasana, -Trikonasana, Ardha Kati
Chakrasana, Virbhadrasana- I, II, III.

11. ADVANCE GROUP OF ASANAS:

Kurmasana, Uttana Kurmasana, Hanumanasana, Ashta Vakrasana, Vishwamitrasat

12. PRANAYAMA:

Ashta Kumbhaka according to Hatha Yoga Pr^dipika

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13. BANDHAS AND MUDRAS:

Mool Bandha, Maha Bandha, Khechari Mudra, Shakti Chalini Mudra, Tadagi Mudra,
Pashihee Mudra, Matangini Mudra

14. MEDITATION TECHNIQUES:

Amritvarsha Dhyan. Divya Anudaan Dhyan

15. RELAXATION TECHNIQUES:

DRT (Deep Relaxation Technique)

After completion of the unit students will be able to learn about:-

Course Outcomes:

CO1.To study enhancing overall physical fitness improving muscle tone and range of motion in muscles.

CO2.To study how to reducing strain on muscles and supporting optimal skeletal positioning.

CO3.To gaining reducing stress through dynamic movement and increased heart rate.

CO4.To study understanding enhancing mental focus and balancing emotion and promoting emotional well-being.

CO5.To study about the regular practice enhances physical vitality, mental clarity, emotional balance, and spiritual growth.

REFERENCES:

1. Dhirendra Brahmachari, "Yogic Sukshma Vyayama.

2. Dr. S.P. Pathank, "Yogic Sukshma Vyayam evam Sthul Vyayam, MDNIY.

Subject Code: M.A (Yoga) PC-202 TEACHING ABILITY (LESSON PLAN-I) MINIMUM 5

Teaching Ability Lesson Plans shall be practical based.

There will be minimum four and maximum five Internal Lessons.

All Lesson will be maintained in a single practical file along with the final lesson.

Internal Lessons shall be assessed out of 25 and final lesson shall be of 75 marks.

Internal Lessons should be taken based on the practical syllabus of Yoga.

Final Lesson should be tak :nvon any topic of their choice out of practical syllabus of Yoga.



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SEMESTER-III

PART-A (THEORY)										
Paper No.	Paper Code	Name of Subjects V	Max Marks		Min. Pass Marks		Sessional Marks	Aggregate Pass Marks	Total Marks	Credit
			Theory	Practical	Theory/Practical	Sessional				
I	M.A(Yoga)C C-301	Principles of Psychology and Counseling in Yoga	75	-	30	10	25	40	100	5
II	M.A (Yoga) CC-302	Yoga Therapy and Diagnostic Tools	75		30	10	25	40	100	5
III	M.A (Yoga) CC-303	Swasthvritta, Diet and Nutrition	75	-	30	10	25	40	100	5
IV	M.A (Yoga) CC-304	Shrimad Bhagwad Gita	75	-	30	10	25	40	100	5
Total									400	20
PART-B (PRACTICAL AND LESSON PLAN)										
I	M.A (Yoga) PC-301	Yoga Practical - IV	-	75	30	10	25	40	100	2
II	M.A (Yog) PC-302	Teaching Ability (Lesson Plan-II) Minimum 5		75	30	10	25	40	100	2
Total									200	4
GRAND TOTAL									600	24

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PAPER-I:

PRINCIPLES OF PSYCHOLOGY AND COUNSELING IN YOGA

Subject Code: M.A (Yoga) CC-301

Objectives of the course:

1. Developing therapeutic techniques to enhance the overall well-being.
2. Throw counseling to individual who may be dealing with stress.
3. To developing self-exploring and self-awareness.
4. Supporting individual in their journey of personal growth.
5. Is the helpful in the practice of psychology and counseling within the context of yoga.

Syllabus of the course:

UNIT-I

1. INTRODUCTION TO PSYCHOLOGY

- 1.1 Meaning, Definition and Scope of Psychology
- 1.2 Branches of Psychology, relation between Yoga & Psychology
- 1.3 Relevance and Contribution of Psychology in Teaching and Learning Process of Yoga
- 1.4 Different Methods of Psychology (Introspection, Observation, Experimental, Survey, Clinical)

UNIT-II

2. PSYCHOLOGY AND YOGA

- 2.1 Introduction to Psychological and Transcendental perspective of Yoga.
- 2.2 Meaning and Characteristics of Mental Health.
- 2.3 Mental Relaxation through Chanting of Prayers.
- 2.4 Yogic Life Style for Stress, Anxiety and Depression, Three concept of Consciousness

UNIT-III

3. CONCEPT OF PERSONALITY

- 3.1 Indian and Western approach to personality.
- 3.2 Theories of personalities.
- 3.3 Attitude change though Yoga & Developing Yogic Personality.
- 3.4 Personality Test (Big Five).

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UNIT-IV

4. INTRODUCTION TO GUIDANCE AND COUNSELING

- 4.1 Need, Meaning and Importance of Guidance and Counseling in Yoga Education
- 4.2 Different Types of Counseling: Individual, Group & Spiritual Counseling.
- 4.3 Approaches of Counseling: Directive, Non directive, Techniques in Counseling: (Testing and Non Testing Techniques)
- 4.4 Meditation: Metaphysical and Therapeutic Perspective, Perils of untrained Mediators

After completion of the unit students will be able to learn about:-

Course Outcomes:

- CO1.To gain understanding of the psychological and counseling aspects of yoga practices.
- CO2.To gain familiarity with the physiological benefit of yoga.
- CO3.To study learning how yoga can therapy as a complementary approach to mental health treatment.
- CO4.To study underpinning of yoga to creat a holistic approach to well-being.
- CO5.To gain knowledge and skills gained in psychology and counseling in yoga.

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1. Baron, R.A. (2007). Psychology (Fifth edition) New Delhi: Pearson Prentice-Hall of India.
2. Baron, A. Robert, (2002) "Psychology", Pearson Education Vth Ed.
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PAPER II

YOGA THERAPY AND DIAGNOSTIC TOOLS

Subject Code: M.A (Yoga) CC-302

Objectives of the course:

1. we understanding how yoga practice to promote holistic healing.
2. Developing mindfulness practice to reduce stress.
3. Yoga therapy is supporting to rehabilitation after injuries.
4. To understand the individual health history, lifestyle, and concern.
5. Diagnostic tools in yoga therapy focus on understanding the whole person.

Syllabus of the course:

UNIT-I

1. INTRODUCTION TO YOGA THERAPY

- 1.1 Meaning, Definition and basis of Yoga therapy.
- 1.2 Principles of Yoga Therapy.
- 1.3 Cause and types of diseases according to Yoga Sadhana.
- 1.4 Importance of Yoga Therapy in Modern Age.

UNIT-II

2. PHYSIOLOGICAL EFFECT AND POSTURAL CORRECTION

- 2.1 Physiological Effects of Shat Kriyas & Mudras
- 2.2 Physiological effect of Asanas.
- 2.3 Physiological Effect of Pranayama and Meditation
- 2.4 Yogic Management of Common Postural Deformity (Kyphosis, Lordosis, Scoliosis, Bow Leg, Flat Foot).

UNIT-III

3. YOGA THERAPY FOR LIFESTYLE DISORDERS

- 3.1 Bronchial Asthma, Gastro Intestinal Disorder, Migraine, Backache, Neckache, Kneepain.
- 3.2 Hypertension, Diabetes Mellitus, Obesity.

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- 3.3 Hypothyroidism, Female Disorders, Arthritis, Muscular Dystrophy.
3.4 Cancer, Anxiety and Depressive Neurosis.

UNIT-IV

4. ASSESSMENT & THERAPUTIC APPLICATIONS OF YOGA

- 4.1 Assessment of Physiological Parameters - Systolic Pressure, Diastolic Pressure, Resting Respiratory rate, Resting pulse rate, Breath Holding Capacity, Vital capacity.
4.2 Understanding the Assessment of Psychological Parameters - Anxiety, Stress, Wellbeing & Attention.
4.3 Understanding Lipid Profile, Thyroid Profile, Parameters of Kidney, Liver Functioning.
4.4 Assessment of Pain Analogue Scale in case of Backache, Knee ache, Headache and Neck ache Patients.

After completion of the unit students will be able to learn about:-

Course Outcomes:

- CO1. To study developing the knowledge, skills, and tools necessary to apply yoga practices.
CO2. To gain understanding of the principles and techniques of yoga therapy.
CO3. To study utilizing yoga practices to support physical health.
CO4. To gain the integration of diagnostic tools.

REFERENCES:

1. Moorthy, A. M., (2005), "Yoga Therapy", Teacher Publishing House, Coimbatore ISBN-9788180160240
2. Raman Krishna, (1998), "A Matter of Health (Integration of Yoga and Western Medicine for Prevention and Cure)", Chennai East West Books, Madras Pvt. Ltd. ISBN-9789382540021
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8. Sharma Vishwamitra Aacharya, "Sachitra Yogasan Aur Swasthya", Manoj Prakashan, Delhi.
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PAPER- III

SWASTHVIRITTA, DIET AND NUTRITION

Subject Code: M.A (Yoga) CC-303

Objectives of the course:

1. Developing the physical health, promote mental clarity.
2. To understanding what we eat or we cannot eat.
3. Vital foods to enhance the flow of life force energy.
4. To understanding how food choices can influence emotions.

Syllabus of the course:

UNIT-I

1. INTRODUCTION TO HEALTHY LIVING

- 1.1 Meaning, Definition and Concept of Swasthvritta .
- 1.2 Characteristics of a Healthy Person, importance of Good Health.
- 1.3 Dincharya (Daily Routine): Prataha Jagaran, Mukhshodhan, Yogyayog, Bathing, Advantages of Bathing, Bathing According to Seasons and Problems, Evening Prayer, Yoga Exercise, Night Activities^ Nidra and Bhramcharya.
- 1.4 Yoga & healthy Living

UNIT-II

2. CONCEPT OF FOOD AND YOGIC DIET

- 2.1. Food-Definition, Qualities and Functions of Food.
- 2.2 Food-Intake, Time, Dugdahar, Falahar, Apakvahar, Mitahar.
- 2.3 Definition of Diet, Concept of Yogic Diet, Balanced Diet.
- 2.4 Fasting-Concept and types of Fasting, Advantage of Vegetarian Food, Disadvantages of Non-Vegetarian and Junk Food.

UNIT-III

3. DIET THERAPY

- 3.1 Classification of food, Protein, Carbohydrates, Fats, Minerals, Salts, Vitamins, Water.
- 3.2 Meaning, Definition and Principles of Diet Therapy.
- 3.3 Procedure of Diet Therapy.
- 3.4 Preparation of Diet Chart for (Diabetics, Asthma, Flipertention, Arthritis, Constipation).

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UNIT-IV

4. CONCEPT OF NUTRITION

- 4.1. Nutrition-Malnutrition.
- 4.2. Diseases due to Malnutrition.
- 4.3. Nutritional Values of Vegetables, Milk and Fruits.
- 4.4. How to Overcome Malnutrition, Nutritive Food and its Utility.

After completion of the unit students will be able to learn about:-

Course Outcomes:

- CO1.To gaining a comprehensive understanding of ayurveda principles.
- CO2.To study how to tailor lifestyle practices.
- CO3.To study understanding the principles of ayurvedic nutrition.
- CO4.To learning how to improve and maintain optimal digestive health.
- CO5.To learning about sustainable and eco-friendly dietary choices in alignment with yogic principle.

REFERENCES:

1. Rao, V. Manglagowri (2007), "The Text Book of Swasthavritta", Chaukhambha Orientalia, Varanasi, 97881-7637-034-9.
2. Charak Samhita (1st part), Choukhambha Sanskrit Sansthan, Varanasi, ISBN 81-7080-014-5, 1994.
3. Sushrut Samhita (Sutra sthan and Sharir sthan), Choukhambha Orientila, ISBN 978-0199360079.
4. Ashtanga Sangrah (Sutra sthan), Choukhambha Sanskrit Sansthan, Varanasi, ISBN 0-14-44824-1,2014.
5. Ashtanga Hridayam (Sutra sthan), Choukhambha Sanskrit Sansthan, Varanasi, ISBN 10:8121800226.
6. Singh, Ram Marsha, Swasthavritta Vigyanam, ISBN 8290611103.
7. Joshi, Sunil Kumar Marma Chikitsa, ISBN 81-89221-64-7.

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PAPER-IV

SHRIMAD BHAGWAD GITA

Subject Code: M.A (Yoga) CC-304

Objectives of the course:

1. Understanding of life's purpose.
2. Clarifying the concept of righteous duty.
3. Its introducing the main path of yoga.
4. Developing the disciplined in individual.
5. It helping to understand the spiritual journey to this day of a person.

Syllabus of the course:

UNIT -1 SIGNIFICANCE OF BHAGAVADGITA AS SYNTHESIS OF YOGA

- 1.1 Introduction to Bhagavad-Gita
- 1.2 Bhagavad-Gita and its traditional commentaries, their commentators
- 1.3 Significance of Bhagavad-Gita as a synthesis of Yoga
- 1.4 Bhagavad-Gita and their relevance in Yoga Saddhana

UNIT-II

2. CONCEPT OF ATMAN, PARAMATMAN AND CHARACTERISTIC OF STHITAPRAJNA IN BHAGAVDGITA

- 2.1 Concept of Samkhya Yoga in Bhagavadgita
- 2.2 Concept of Sthita Prajna, stages and its characteristic
- 2.3 Concept of Atman (Pumsha), Jivatman, Paramatman (Parmeshwar or Purushottam) their characteristic in Bhagavadgita
- 2.4 Concept of Jnana and Jnana Yoga, origin of the world as described in Bhagavadgita

UNIT - III

3. KARMA YOGA AND BHAKTI YOGA IN BHAGAVADGITA

- 3.1 Concept of karma Yoga in Bhagavadgita
- 3.2 Concept of Bhakti. concept of Shradha and its relevance as described in Bhagavad Gita
- 3.3 Yoga of Bhakti and Bhakta as described in Bhagavadgita

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3.4 Dhyana Yoga together with devotion as described in Bhagavadgita and Nature of Dhyana in Bhagavadgita

UNIT - IV

4. CONCEPT OF AHARA AND ROLE OF BHAGAVADGITA IN HEALTHY LIVING

- 4.1 Role of Bhagvad gita in day to day life
4.2 Concept and classification of Ahara as described in Bhagavadgita
4.3 Ahara and its role in Adhyatma Sadhana, Concept of Triguna in the context of Bhagavad-Gita
4.4 Theory of Adjustment in healthy living as described in Bhagavadgita

After completion of the unit students will be able to learn about:-

Course Outcomes:

- CO1. To study influencing various aspects of an individual spiritual and philosophical journey.
CO2. To gaining of understanding the concept of dharma.
CO3. To gaining the power of surrender and devotion in one's spiritual journey.
CO4. To study of the bhagwad gita's timeless wisdom.
CO5. It gaining the valuable guidance on navigating life's challenges.

BOOKS FOR REFERENCE:

- » Swami Ramsukhadas, Srimad Bhagavadgita (Sadhaka Sanjivani), Gita Press Gorakhpur
» Swami Ranganaihananda, Bagavadgita, Advaita Ashrama Sub- Dept-5 Deli Entally Road Kolkata
- Swami Shrikantananda, Gita Darshana, Indian Institute of Human Excellence Hyderabad
 - Swami Tapasyananda, Srimadbhagavadgita, Sri Ramkrishna Matha Madras
- « Swami Gambhiranand, Bhagavadgita (with Gudharth Dipika), Sri Ramkrishna Matha Madras
« Swami Abhidananda, Bhagvatgita, the divine message, Ramakrishna Vedanta Matha, Kolkata, 1990
- Swami Raghvendrananda, Universal message of the Bhagvatgita, Advita Ashrama, Kolkata, 2000
 - Swami Gambhiranand, Bhagvatgita with the commentary of Sankaracharya, Advita Ashrama, Kolkata, 2003

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Practical Syllabus
YOGA PRACTICALS -IV

Subject Code: M.A (Yoga) PC-301

1. SHATKARM:

Vastra Dhauti, Danda Dhauti, Nauli (Nauli Sanchalana)

2. SURYA NAMASKARA AND RECENT TRENDS & YOGIC PRACTICES:

3. ADVANCED ASANAS USING DIFFERENT PROPS

Like Blocks, Bolster, Strap, Blanket, Arm-Chair, Cork Yoga Wheel.

Vatayanasana, Pada Angusthasana, Garbhasana, Baddhpadmasana, Shirsasana,

Kukkutasana, Hanumanasana, Kurmasana, Poorna Matsyasana, Padmasarvangasana,

Karnpeedasana Suptvajrasana, Poorna Shalabhasana, Vrischikasana, Poorna

Bhujangasana, Dwihasta Bhujasana, Niralamba Paschimottanasana, Ashta Vakrasana,

Vishwamitrasana

4. PRANAYAM:

Pranayama according to Gheranda Samhita

5. BANDHAS AND MUDRAS:

Tribandha, Hasta Mudra, Bhuchari Mudra, Akasi Mudra, Unmani Mudra, Prana Mudra

6. TECHNIQUES OF MEDITATION: Preksha Dhyana. Vipassana, Savita Dhyana

7. RELAXATION TECHNIQUE:

IRT (Instant Relaxation Technique), QRT (Quick Relaxation Technique)

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Subject Code: M.A (Yoga) PC-302

TEACHING ABILITY (LESSON PLAN-II) MINIMUM 5

- (i). There will be minimum four Internal Lessons and One Final Lesson
- (ii). Internal Lessons shall be assessed out of 25 and final lesson shall be of 50 marks,
- (iii). Internal Lessons should be taken on Asana, Pranayama & Relaxation Techniques.
- (iv). Final Lesson should be taken on any topic of their choice out of the above (Asana, Pranayama and Relaxation Techniques).

C- INTERNSHIP

Internship should be taken up by the students themselves, at the end of II semester (minimum 30 days) in any School-'Organization/Centers in or outside Gwalior. However, the No Objection Certificate will be taken by letter submitted from the Department.

2. Internship will be graded by the competent authority of the concerned organization on a prescribed form provided 'by the department. The intern has to appear for VIVA (20 Marks) in front of department and submit a report (30 Marks). The combined marks obtained will be inverted as mentioned below:

Departmental Committee and submit mentioned in Grades which shall be GRADING PARAMETERS;

After completion of the unit students will be able to learn about:-

Course Outcomes:

CO1.To study cultivating mental clarity, focus, and mindfulness through the meditative aspects of yogic practice.

CO2.To study fostering self-awareness and self-acceptance by cultivating a deeper connection between the mind, body, and spirit.

CO3.To study developing clear and concise communication skills to convey yogic principles, techniques and benefits to student.

CO4.To gain incorporating ethical consideration and respecting the cultural context of yoga practices. To gain of integrating yogic principles into teaching approach enhances both the physical and mental aspects of physical education

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SEMESTER- IV

Paper No.	Paper Code	Name of Subjects	Max Marks		Min. Pass Marks			Aggregate Pass Marks	Total Credit Marks	
			Theory	Practical	Theory	Practical	Sessional		i	i
I	M.A(Yoga)CC-401	Human Consciousness in Indian Philosophy	75	-	30	10	25	40	10	5
II	M.A (Yoga) CC-402	Fundamentals of Naturopathy	75	-	30	10	25	40	100	5
III	M.A (Yoga) CC-403	Arham Yoga	75	.	30	10	25	40	100	5
IV	M.A (Yoga) EC-401	Dissertation (Elective)	75		30	10	25	40	100	5
	M.A (Yoga) EC-402	Fitness and Wellness(Eiective)	75	-	30	10	25	40	100	5
	M.A (Yoga) EC-403	Essential of Education and Technology(Eiective)	75	-	30	10	25	40	100	5
	M.A (Yoga) EC-404	Correctives and Rehabilitation (Elective)	75		30	10	25	40	100.	5
Total								-	400	20
PART-B (PRACTICAL)										
I	M.A (Yoga) PC-401	Yoga Practical (Therapeutic Prescription)		75	30	10	25	40	100	2
II	M.A (Yoga) PC-402	Naturopathy Practica	-	75	30	10	25	40	100	2
Total								-	200	4
GRAND TOTAL									600	24

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PAPER-I

HUMAN CONSCIOUSNESS IN INDIAN PHILOSOPHY

Subject Code: M.A (Yoga) CC-401

Objectives of the course:

1. To understanding interconnected with the universal consciousness.
2. To understanding the concept of teaching yoga.
3. To understanding the perception and reality.
4. Developing self-awareness and thoughts.

Syllabus of the course:

UNIT I

INTRODUCTION OF INDIAN PHILOSOPHY AND CONCEPT OF SAMKHYA

- 1.1 Nature, Characteristics and Development of Indian Philosophy.
- 1.2 Concept of Jeeva, Atman, Brahman according to Upanishads
- 1.3 Concept of Jagat, Jeeva & Brahman according to Bhagavat Gita
- 2.4 The Samkhya Darshana: Theory of Causation and Satkaryavada, Proofs for the existence of Prakruti and Purusha; Concept of Bandhan & Moksha.

UNIT II

TEACHINGS OF YOGA, NYAYA AND VASHESHIKA DARSHANA

- 2.1 Concept of Chittavritti Nirodhaha in Yoga Darshana.
- 2.2 Nyaya Darshana: Sixteen Logical Categories of Nyaya, Epistemology of Nyaya Darshana
- 2.3 Perception and Inference, Nyaya theory of soul and its Destiny.
- 2.4 The Vasheshika Darsana: The Seven Categories of Padartha; The Atomic Theory.

UNIT III

PRINCIPLES OF MIMAMSA, VEDANTA DARSHANA AND TEACHINGS OF NASTIKA DARSHANA

The Mimamsa: Kumarilla and Prabhakara on Soul, Karma, Dharma.

Sankara Vedanta: Brahman as Saguna and Nirguna, The Doctrine of Maya, Vedanta of Ramanuja: Reality as qualified and non-qualified.

Jainism: (i) Syadvada, (ii) Anekantavada, Soul theory and liberation.

3.3.1 Buddha Darshana: (i) Four Noble Truths, (ii) Pratitya Samutpadavada.

Theory and teachings of Charvaak Darshana.

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UNIT IV

INTRODUCTION OF HUMAN CONSCIOUSNESS

Concept of Human Consciousness, its Meaning and Definitions.

Human Consciousness in various Indian philosophies (Samkhya, Yoga, Nyaya, Vaisheshik, Mimamsa and Vedanta system.

Human Consciousness in Veda, Upanishad, Buddha Philosophy Jain Philosophy.

4.4 Concept and Development of Human Consciousness in accordance with Western philosophy.

After completion of the unit students will be able to learn about:-

Course Outcomes:

CO1. To gain of ego (Ahamkara) and its role in creating a sense of individuality and separation from the higher self.

CO2.To study the understanding the concept of law of cause and effect.

CO3.The study of Indian philosophy within the context of yoga fosters self-awareness, personal growth.

CO4.To gain the pursuit of self-realization.

REFERENCES:

1. Radhakarishnan, S., "Indian Philosophy", Vols. I and II- Publisher: Allen & Unwin, London.

2. Puligandla, R. (1997), "Fundamentals of Indian Philosophy"- ISBN- 8124600872, Publisher: D.K. Print World Ltd; New Edition.

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3. Sharma, CD., (2016), "A Critical Survey of Indian Philosophy",- ISBN -812080365, Publisher: Motilal Banarsidass; 14th Editions.

4. G.J., Larson, and Others (2011), "Encyclopedia of Indian Philosophies", - ISBN - 812083349X, Vol-XII (Introduction), Publisher: Motilal Banarsidass; First Edition.

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PAPER-II

FUNDAMENTALS OF NATUROPATHY

Subject Code: M.A (Yoga) CC-402

Objectives of the course:

1. To understanding natural healing.
2. To developing self-empowerment.
3. To developing promoting body-mind awareness.
4. To provide individual with a holistic understanding of offering practical tools.
5. Developing individual to lead healthier and more fulfilling lives.

Syllabus of the course:

UNIT-I

1. INTRODUCTION TO NATURE CURE

- 1.1 Meaning and Definition, Fundamental Principles of Naturopathy
- 1.2 Historical development of Naturopathy (Indian & Western)
- 1.3 Law of Nature/ Philosophy of Nature Cure- Panchamahabhuta Theory
- 1.4 Foreign Matter Theory/ Toxemia

UNIT-II

2. FASTING AND DIETETICS

- 2.1 Definition, Introduction and Classification of Fasting
- 2.2 Difference between Fasting and Starvation, Hunger and Appetite
- 2.3 Hygienic auxiliaries during Fasting, Physiological effect of Fasting, Methods of Breaking the fast.
- 2.4 Diet according to Naturopathy and its Types.

UNIT-III

3. HYDROTHERAPY AND MUD THERAPY

- 3.1 Introduction, Definition and Brief History, General Principles of Hydrotherapy
- 3.2 Physical Properties of Water and Classification of Temperature
- 3.3 Different Hydriatic Measures, Therapeutic Effect of Hydriatic Application
- 3.4 Introduction to Mud Therapy, Classification of Mud for Therapeutic use, Method of Treatment of Mud, Therapeutic Effect of Mud Therapy.

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UNIT-IV

4. MANAGEMENT OF VARIOUS DISEASES WITH NATUROPATHY

- 4.1 Management of Obesity and Diabetes
- 4.2 Management of Blood Pressure
- 4.3 Management of Asthma
- 4.4 Management of Arthritis and Back Pain

After completion of the unit students will be able to learn about:-

Course Outcomes:

CO1. To gain of naturopathy is a system of alternative medicine that emphasizes the body's inherent healing.

CO2. To study the practices of naturopathy, focusing on treating the whole person-body, mind, and spirit.

CO3. To study understanding the connection between the mind and body in promoting health.

CO4. To gain how to improve our healing process and enhance overall health.

REFERENCES:

1. The Complete Handbook Of Nature Cure, Author: Bakhru H K, Publisher: Jaico Publishing House - Mumbai, ISBN13: 9788172242299
2. PanchaMahabhutatatwa and sharira Author: Prof. ShrikantPrasoon, Publisher: HINDOLOGY BOOKS, ISBN: 9788122310115
3. Handbook of Hydrotherapy Spiral-bound - Import, Jan 1989 by Joel Shew (Author),
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Publisher: Society of Metaphysicians Ltd; New ed of 1844 ed edition (1 January 1989), ISBN-13:978-1852288785
4. Rational Hydrotherapy: A Manual of the Physiological and Therapeutic Effects of Hydratic Procedures, and the Technique of their Application in the Treatment of Disease Hardcover- 9 Sep 2004 by John Harvey Kellogg (Author), Publisher: TEACH Services, Inc. (9 September 2004), . ISBN-13: 978-1572582095
5. Mud Therapy: Healing Through One of the Five Elements Paperback - 13 Sep 2013 by Ashish Indani (Author), Publisher: B Jain Publishers Pvt Ltd (13 September 2013), ISBN-13: 978-8131908457



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6. Rational Fasting (Ehret's Health Literature) Mass Market Paperback- Import, Jun 1971 by Arnold Ehret (Author), Publisher: Benedict Lust Publications (1 June 1971), ISBN-13: 978-0879040055
7. Fasting for Renewal of Life Paperback - Import, Apr 1974 by Herbert M. Shelton (Author), Publisher: Natl Health Assoc (1 April 1974), ISBN-13: 978-0914532385
8. The Science and Fine Art of Fasting Paperback - Import, 17 Jul 2013 by Herbert M Shelton (Author), Publisher: Martino Fine Books (17 July 2013), ISBN-13: 978-1614274483.



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7. Fasting for Renewal of Life Paperback - Import, Apr 1974 by Herbert M. Shelton (Author), Publisher: Natl Health Assoc (1 April 1974), ISBN-13: 978-0914532385
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PAPER-III

VALUE EDUCATION IN YOGA

Subject Code: M.A (Yoga) CC-403

Objectives of the course:

1. Developing comprehensive knowledge, practical skills and philosophy of yoga.
2. To introducing student to the foundational principles.
3. Developing pranayama and breathing control.
4. Understanding of yoga multidimensional nature.

Syllabus of the course:

UNIT- 1. INTRODUCTION OF VALUE EDUCATION

- 1.1 Value Education- its Purpose and Significance in the Present World.
- 1.2 The Role of Culture and Civilization-Holistic Living.
- 1.3 Balancing the Outer and Inner Self.
- 1.4 F3ody, Mind and Intellectual Level- Duties and Responsibilities.

UNIT-II

2. VALUE EDUCATION AND SOCIAL SKILLS

- 2.1 Salient Values of Life - Truth, Commitment, Honesty and Integrity, Forgiveness and Love, Empathy and Ability to Sacrifice, Care, Unity, and Inclusiveness.
- 2.2 Self Esteem and Self Confidence, Punctuality, Time, Task and Resource Management.
- 2.3 Social Evils- Dowry, Untouched Ability, Female Infanticide, Atrocities against Women and Means to Tackle Them.
- 2.4 Corruption, Cyber crime, Terrorism, Alcoholism, Drug Addiction.

UNIT-III

3. HUMAN RIGHTS

- 3.1 Universal Declaration of Human Rights, Human Rights Violations.
- 3.2 National Integration, Peace and Non-violence.
- 3.3 Dr. A.P.J. Kalam's Ten Points for Enlightened Citizenship.
- 3.4 Social Values and Welfare of the Citizen and Role of Media in Value Building.

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UNIT-IV

4. VALUE ENHANCEMENT BY YOGA EDUCATION

- 4.1 Yogic Concepts for the Development of Four Fold Consciousness - Civic Sense, Patriotic Urge, Service Zeal and Spiritual Growth.
- 4.2 Value crisis and Removal of Destructive mentality by yoga
- 4.3 Salient Features and Role of Ideal Yoga Teacher in Value-oriented Education.
- 4.4 Guru-Shishya Parampara and its Importance in Yoga.

After completion of the unit students will be able to learn about:-

Course Outcomes:

CO1.To study ethical development, personal growth, and the cultivation of positive values and virtues.

CO2.To gain the enhancing emotional intelligence through yoga practices, leading to better understanding and regulation of emotions.

CO3.To learning non- violent communication and conflict resolution skill to promote harmonious relationship.

CO4.To gain a citizen, promoting active engagement in social and environmental causes.

REFERENCES:

1. S. B. Kakkar Current issues of Education and Psychology, Bhargav Publication 2003.
2. Dr. N. Vankataish Value Education, APH Publishing 1998.
3. Dr H R Nagendra and T Mohan, Yoga in Education, Vol I, Swami Vivekananda Yoga Prakashana, Bangalore, 2001.
4. Dr Jayadeva Yogendra, Cyclopaedia Yoga, Vol. I, The Yoga Institute, Santacruz'East, Mumbai, 2006.
5. Dr Jayadeva Yogendra, Cyclopaedia Yoga, Vol. II, The Yoga Institute, Santacruz East, Mumbai, 1989.
6. Duggal, Satyapad : Teaching Yoga (The Yoga Institute, Santacruz, Bombay, 1985.
7. Swami Satyananda :Yoga Education For Children Sarasvati (Bihar Schools of Yoga, Munger, 1990).

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PAPER-IV

DISSERTATION (ELECTIVE)

Subject Code: M.A (Yoga) EC-401

Objectives of the course:

1. To undertaking original research to explore a specific topic.
2. In this we study about the depth of research and knowledge base.
3. Understanding the platform to contribute to the wider scholarly community.
4. It serves as a valuable academic contribution.

Syllabus of the course:

(1) Dissertation is optional for the students.

In case any students opts for dissertation he/she should followed the undermentioned guidelines:

- (a) A student can prepare dissertation on any topic of his choice based on the subjects he/she has studied during the course.
 - (b) The topic selected shall be stream lined by the Research Committee of the Department and the Committee shall also allot a guide after taking due consent from the person concerned.
 - (c) APA format shall be applicable for preparation of dissertation with 20% relaxation.
 - (d) The dissertation is expected to be original work with a dilution of 20%. The authenticity of such works shall be checked by Plagiarism software.
 - (e) The work shall be assessed for 75 marks by an External Examiner appointed by the Institute.
 - (f) The assessment shall be done on the basis of dissertation prepared and Viva-Voce taken.
 - (g) There will be internal assessment also by the teacher concerned allotted by the Department.
 - (h) Internal assessment shall carry 25 marks which will be given by the concerned teacher based on their performance which includes sincerity, regularity & quality in the work being done.
- (2) Elective Paper:** The papers mentioned under elective subjects in scheme of examination will be offered to the students as per administrative feasibility.

Signature



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After completion of the unit students will be able to learn about:-

Course Outcomes:

CO1.To study becoming an expert in a particular area of yoga, a philosophical concept, or a therapeutic application.

CO2.To Study collecting and analyzing data using appropriate research method to support research finding.

CO3.To Study understanding and adhering to ethical guidelines in research.

CO4.To Gain presenting the dissertation findings and defending the research in front of an academic committee.







FITNESS AND WELLNESS (ELECTIVE)

Subject Code: M.A (Yoga) EC-402

Objectives of the course:

1. To developing the concept of physical fitness.
2. Its concept application of fitness and wellness.
3. Developing a concept of measuring height, weight and BMI.
4. Concept of principal of starting a fitness center-environment.
5. Developing the qualities in fitness trainer.

Syllabus of the course:

UNIT-I

1.INTRODUCTION TO FITNESS AND WELLNESS:

- 1.1 Meaning and Definition of fitness, Wellness & Nutrition.
- 1.2 Physical Fitness Concepts, Components, Techniques and Principles of Physical fitness.
- 1.3 Leisure time physical activity, Opportunities in the community to participate leisure activities.
- 1.4 Current trends in fitness and conditioning, Components of total health fitness and relationship between physical activity and lifelong wellness.

UNIT-II

2.APPLICATION OF FITNESS AND WELLNESS:

- 2.1 Nutrition & Wellness.
- 2.2 Body Composition & Weight Management.
- 2.3 Endurance: Cardio respiratory & Muscular; Principles of resistance training.
- 2.4 Flexibility, Fitness & Wellness relationship.

UNIT-III

FITNESS AND WELLNESS ASSESSMENT:

- 3.1 Measurement of Height, Weight & Body Composition; Assessment of cardio respiratory fitness. Health Related Fitness.
- 3.2 Preparation & implementation of Group Exercise Plans, Personal Training Plans.
- 3.3 Safety techniques (spotting, proper body alignment, lifting techniques, spatial, awareness and proper breathing technique) Weight training principles and concepts; basic resistance

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exercise (including free hand exercise, free weight exercise, weight machines, exercises bands and tubing medicine balls, fit balls).

3.4 Group Exercises Plan, Personal Training, and Fitness & Wellness Activities for various ages & population.

UNIT-IV

4. ESTABLISHMENT AND MANAGEMENT OF FITNESS CENTRE:

4.1 Principal of starting a fitness center-environment, location, policy, offers of programmers, record keeping, public relation

4.2 Fitness center membership and

4.3 Safety aspects in a fitness centre

4.4 Qualification and qualities for Fitness trainer

After completion of the unit students will be able to learn about:-

Course Outcomes

CO1.To know an introduction of Physical fitness.

CO2.To know nutrition for fitness.

CO3.To understand about Aerobic exercise.

CO4.To understand about Anaerobic exercise.

CO5. To understand about fitness and wellness

REFERENCES:

Divid K. Miller & T. Eart Allen fitness, A life time commitment, Surjeet Publication Delhi 1989

Dificore Judy, the complete guide to the postnatal fitness, A & C Balack Publishers Ltd. 35

Bedford row, London 1998

Dr. A.K. Uppal, Physical Fitness, Friends Publications (India) ,1992. Warner W.K. oeger

Sharon A. Hoeger, fitness and wellness, Morton Publishing company,1990.

Emily R. Foster, Krynhariger & Katherine A. & Smith, Fitness Fun, Human Kinetics, Publishers 2002.

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ESSENTIAL OF EDUCATION AND TECHNOLOGY
(ELECTIVE)

Subject Code: M.A (Yoga) EC-403

Objectives of the course:

1. To provide education in the use of Information and Communication Technology
2. To determine the practical use of technology integration.
3. To encourage higher-level thinking and creativity
4. To promote computer-based educational resources

Syllabus of the course:

UNIT-I

1. BASIC OF EDUCATION TECHNOLOGY:

- 1.1 Concept of Education Technology
- 1.2 Role of Educational Practices
- 1.3 Hardware Technologies
- 1.4 Hardware Instructional Aids
 - 1.3.1 Overhead Projector
 - 1.3.2 Still and Movie Projector
 - 1.3.3 Slide Cum Film Strips Projector
 - 1.3.4 Audio Visual Recording Instruments
 - 1.3.5 Radio, Television and Computers

UNIT-II

2. COMMUNICATION PROCESS AND TEACHING:

- 2.1 Communication
 - 2.1.1 Concept and Process of Communication
 - 2.1.2 Principles of Communication
 - 2.1.3 Barriers of Communication
 - 2.1.4 Class room Communication (Verbal and Non- Verbal)
 - 2.1.5 Achieving Effectiveness in Class Room Communication
 - 2.1.6 Different Media of Communication
- 2.2 Team Teaching: Meaning, Objective, Types, Principles, Procedure, Advantages and Disadvantages

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- 2.3 Modification of Teacher Behavior.
- 2.4 Flanders's interaction analysis, concept, procedure, advantages and limitations.

UNIT-III

3. RESEARCH PROCESS TEACHER EDUCATION:

- 3.1 Action Research
 - 3.1.1 Concept of Action Research
 - 3.1.2 Procedure and significance in Teacher Education
- 3.2 Evaluating Institutional Performance: Concept, Method Uses, Pupil and Teacher
- 3.3 Evaluation and Institutional Performance Evaluation.
- 3.4 Method of Teacher Evaluation
 - 3.3.1 Use of Pupil Rating
 - 3.3.2 Peer Rating
 - 3.3.3 Supervisor Rating
 - 3.3.4 Community Rating

UNIT-IV

4. I.C. I. AND E-LEARNING:

- 4.1 Meaning, Nature and significance of information and communication technology in teaching learning process.
- 4.2 Multimedia Approach to Education: Role of Video conferencing, radio conferencing, television, Internet in teaching learning process, their advantage and limitation.
- 4.3 Role and Composition of Central institute of Education and Technology, National Open School, State Educational Technology Cells, Distance Educational Institutions and their role for the improvement of teaching learning.
- 4.4 E-Learning- Definition, Advantage and Characteristics; Role of E-Learning, Components of E-Learning: CBT, WBT and Virtual Classroom, E-Learning Tools; Learning Management Systems: Definition, Components- LMS vs LCMS

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After completion of the unit students will be able to learn about:-

Course Outcomes:

CO1. Understanding the fact that education become interesting with the help of technology.

CO2. Learning various type of approach to deal with the difficulty level of education..

CO3. Learning the principle and concepts of communication for doing better in the field of physical education.

CO4. Understanding Different and smart approach for the improvement of physical education department..

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CORRECTIVES AND REHABILITATION
(ELECTIVE)

Subject Code: M.A (Yoga) EC-404

Objectives of the course:

1. To provide the knowledge of corrective physical education.
2. Getting knowledge about the posture and their type like good posture and bad posture.
3. Students learn about the various type of postural deformities : spinal deformities, flat foot,

Syllabus of the course:

UNIT-I

1. INTRODUCTION TO CORRECTIVE PHYSICAL EDUCATION AND POSTURE:

- 1.1 Corrective Physical Education:
 - 1.1.1 Definition, Objectives and Scope
- 1.2 Corrective Physical Education Class (Group Therapy) :
 - 1.2.1 Organization, Advantages and Disadvantages
- 1.3 Posture:
 - 1.3.1 Definition
 - 1.3.2 Types of Posture (Static, Dynamic)
 - 1.3.3 Individual Variations in Postures
 - 1.3.4 Curves in a Normal Spine
- 1.4 Good and Bad Posture:
 - 1.4.1 Meaning of Good and Bad Posture
 - 1.4.2 Values of Good Posture
 - 1.4.3 Causes of Bad Posture
 - 1.4.4 Drawbacks of Bad Posture

UNIT-II

2. POSTURAL DEFECTS-I:

- 2.1 Postural Defects:
 - 2.1.1 Postural Defects in different planes / directions (Antero-Posterior, Lateral)
 - 2.1.2 Types of Postural Defects; Functional, Structural
 - 2.1.3 General Corrective Measures of Postural Defects

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- 2.2 Common Postural Defects of Antero-Posterior Plane of Spine; their causes and corrective exercises:
 - 2.2.1 Kyphosis
 - 2.2.2 Lordosis
 - 2.2.3 Kypho-Lordosis
 - 2.2.4 Flat Back

UNIT-III POSTURAL DEFECTS-II:

Common Postural Defect of Lateral Plane of Spine (Scoliosis)

- 3.1.1 Definition of Scoliosis
- 3.1.2 Types of Scoliosis (C & S Curves)
- 3.1.3 Causes of Scoliosis
- 3.1.4 Corrective Exercise
- 3.2 Common Postural Defects of Lower Extremities, their causes and corrective exercises:
 - 3.2.1 Knock-knee

After completion of the unit students will be able to learn about:-

Course Outcomes:

- CO1. Learning about how to fight with these types of postural deformities which affect our body.
- CO2. Students learn how to recognize these deformities like spine, flat foot, knock knees and other.
- CO3. Students learn the benefit of yoga to make our self fit from these deformities.
- CO4. Getting knowledge of various yoga asana for healthy and diseases free life which lead to various deformities.

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