

**I SEMESTER
PAPER-I: FOUNDATION OF YOGA-I
Subject Code:M.A (Yoga) CC-101**

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, Mimamsa Darshana, and VedantaDarshana
- 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, Shakta, Vaishnave)

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 Yogananda.

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I SEMESTER
PAPER-II: APPLIED STATISTICS
Subject Code M.A (Yoga) CC-102

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.
- 1.4 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.
- 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 for one 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 & Scheffe.

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I SEMESTER

PAPER–III: BASICS OF RESEARCH METHODOLOGY IN YOGA

Subject Code M.A (Yoga) CC-103

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.

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

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I SEMESTER

PAPER- IV: HUMAN ANATOMY AND PHYSIOLOGY-I

Subject Code M.A (Yoga) CC-104

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.
- 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 Organs.
- 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

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SEMESTER-I 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, Uttanasana, Setubandhasana, Salamba Setubandhasana, Tolangulasana, Sarvangasana.
 6. **PRONE LYING ASANAS:**
Sarpasana, Bhujangasana, Shalabhasana, Dhanurasana, Viparita Naukasana, Santulanasana (with variations).
 7. **SITTING ASANAS:**
Paschimottanasana, Ardha Matsyendrasana, Ardha Chandrasana, Ushtrasana, Parighasana, Simhasana, Akarna Dhanurasana, Supta Vajrasana, Ekapada Shirasasana.
 8. **STANDING ASANAS:**
Tadasana, Natarajasana, Garudasana, Utkatasana, Parivritta Utkatasana, Ekapadasana.
 9. **STRETCHING PRACTICES**
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SEMESTER-I
Subject Code M.A (Yoga) PC-102

- 1. SHATKARM:**
 - a. NETI : Two types (Jal Neti and Sutra Neti)
 - b. DHAUTI: Two types (Kunjla Kriya and Agnisar Kriya)
- 2. ADVANCED GROUP OF ASANAS:**
Karnapeedasana, Padmasarvangasana, Dwihasta Bhujasana, Niralamba Paschimottanasana, Vatayasana
- 3. PRANAYAMA:**
Nadishodhana, Suryabhedhi, Chandrabhedhi, Ujjayi, Sheetalii, 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 Meditation, OM Meditation, Nadanusandhana Meditation
- 6. RELAXATION TECHNIQUES-** Yoga Nidra – I, II, III.

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II SEMSTER
PAPER- I: FOUNDATION OF YOGA-II
Subject Code: M.A (Yoga) CC-201

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 Aparā; The greatness of Brahmadevidya, The worthlessness of Selfish-karma; Tapas and Gurubhakti
- 2.4 The origin of creation, Brahman the target of Meditation

UNIT-III

- 3. MESSAGES OF UPANISHADS**
- 3.1 Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava
- 3.2 Kena Upanishad: Indwelling Power; Indriya and Antahkarana; Self and the Mind
- 3.3 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
- 4.4 Eight limbs of Meditation; Janana Saptabhumika and Concept of Samsara and Liberation in Yoga Vasishtha.

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II SEMESTER

PAPER –II- PATANJALI YOGA SUTRA

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

UNIT – I

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 Pragya, concept of Sabeej and Nirbeej samadhi.

UNIT – III

3. SADHAN AND VIBHUTI PADA

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

UNIT – IV

4. KAIVALYA PADA

- 4.1 Panch Siddhis.
- 4.2 Brief introduction of Karma, Types of Karma, Karmaphal Siddhanta.
- 4.3 Nature of Dharma and Dharmamegh Samadhi
- 4.4 Concept of Kaivalya.

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II SEMESTER

PAPER-III: PRINCIPLES & PRACTICES OF HATHA YOGA

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

UNIT – I

1. GENERAL INTRODUCTION TO HATHAYOGA AND PRE-REQUISITES

- 1.1 Hathayoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions.
- 1.2 Hathayoga: 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.
- 1.4 Concept of Matha, Concept of Badhakatattva (obstacles) and Sadhakatattva (facilitator factors) in Hathayoga, Types of aspirants in Hathayoga Sadhana. Concept of Ahara and Mitahara, Pathya (conducive) and Apathya (non-conducive) in Hathayoga Sadhana, Hatha Siddhi lakshanam.

UNIT – II

2. CONCEPT OF GHATASHODANA , ASANAS INHATHAYOGA

- 2.1 Introduction of Shodhanakriyas in Hathayogapradeepika, Gherandasamhita and Hatharathnavali.
- 2.2 **Shatkarma-** Techniques, Benefits, precautions, and contraindications (Dhauti, Basti, Neti. Nauli, Trataka 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 Hathayogapradeepika, 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.
- 3.2 **Pranayama-** Techniques, Benefits, precautions, and contraindications, Pranayama and Ashtakumbaka 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, DHYANA

- 4.1 Concept of Kand, Nadi, Swas-prashwas or Swara, and Granthi.
- 4.2 Concept of Shatchakra and Kundalini prabodhan, Concept of Shiva and Shakti.
- 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.

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II SEMSTER

PAPER- IV: HUMAN ANATOMY AND PHYSIOLOGY-II

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

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

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SEMESTER-II

Practical Syllabus

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

1. SHATKARM:

1. Kapalbhatai Three Types (Vyutkarma, Sheetkarma and Vaatkarma)
2. Tratak Three Types (Antah Bahir Adho)
3. Danda Dhauti, Vastra Dhauti
4. Nauli (Madhyama ,Vama, Dakshina)
5. Lagooshankha Prakshalana

2. **INTERMEDIATE PRACTICES**
3. **VINYASA 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:**
Bhekasana, Purna Dhanurasana, Purna Bhujangasana, Chaturanga Dandasana, Ekapada
Adhomukha Shvanasana
9. **SITTING ASANAS:**
Vyaghrasana, Mandukasana, Bakasana, Gomukhasana, Garbhasana, Rajkapotasana,
Marichyasana I.
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, Vishwamitrasana
12. **PRANAYAMA:**
Ashta Kumbhaka according to Hatha Yoga Pradipika
13. **BANDHAS AND MUDRAS:**
Mool Bandha, Maha Bandha, Khechari Mudra, Shakti Chalini Mudra, Tadagi Mudra,
Pashinee Mudra, Matangini Mudra

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14. **MEDITATION TECHNIQUES:**
Amritvarsha Dhyana, Divya Anudaan Dhyana

15. **RELAXATION TECHNIQUES:**
DRT (Deep Relaxation Technique)

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

TEACHING ABILITY (LESSON PLAN-I) MINIMUM 5

- (i) Teaching Ability Lesson Plans shall be practical based.
- (ii) There will be minimum four and maximum five Internal Lessons.
- (iii) All Lesson will be maintained in a single practical file along with the final lesson.
- (iv) Internal Lessons shall be assessed out of 25 and final lesson shall be of 75 marks.
- (v) Internal Lessons should be taken based on the practical syllabus of Yoga.
- (vi) Final Lesson should be taken on any topic of their choice out of practical syllabus of Yoga.
