

Dr. B. R. Ambedkar University, Agra
(Formerly: Agra University, AGRA)

Date: 17-09-2022

Meeting of the Board of Studies/ Academic Committee for P.G. Diploma in Yoga Education (PGDYE-One Year Course: Two Semester), Master in Physical Education & Sports Sciences (MPES-Two Year: Four Semesters) and B.A. in Yoga (BAY-Three Years: Six Semesters) and M.A. in Yoga (MAY- Two Years: Four Semesters) held on 17-09-2022 at 11.00am in the Department of Library & Information Science, Paliwal Park, Dr. B.R.A. University, Agra.

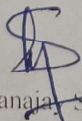
The Following members were present in the meeting –


1. Prof. U.C. Sharma (Dean Arts)
2. Dr. Akhilesh Chand Saxena (Convenor)
3. Dr. Dhanajay Singh, Assistant Professor, R.B. S. College, Agra (Subject Expert)
4. Dr. Sheeldhar Dubey, Associate Professor, PDDU College, Lucknow (Subject Expert)
5. Dr. S. N. Singh, Professor, S.D. PG College, Muzaffarnagar (Subject Expert)
6. Dr. Ram Ji Mishra, Assistant Professor, Patanjali University (Subject Expert)

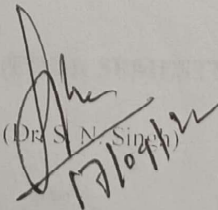
MINUTES

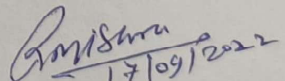
1. The Committee confirms the minutes of previous meeting with appreciation.
2. The syllabus as per CBCS of P.G. Diploma in Yoga Education (PGDYE) thoroughly studied by the committee and passed with warm appreciation. The theory subjects and practical of this course are given in the Enclosure-1.
3. The syllabus as per Two Year Course having four semester on the basis of CBCS for Master in Physical Education & Sports Sciences (MPES) thoroughly studied by the committee and passed with positive appreciation. The details of theory subjects and practical of this course are given in the Encloser – 2.
4. The syllabus as per three Year Course having six semester on the basis of CBCS for B A in Yoga (BAY) thoroughly studied by the committee and passed with appreciation. The details of theory subjects and practical of this course are given in Encloser-3.
5. The syllabus as per two Year Course having four semester on the basis of CBCS for M.A. in Yoga (MAY) thoroughly studied by the committee and passed with appreciation. The details of theory subjects and practical of this course are given in Encloser-4.
6. The committee also submitted the list of examiners for the M.A. in Yoga (MAY) course and for other above three courses lists were already submitted in the previous meeting held on 29/04/2022.
7. The committee has discussed and decided that the list of examiners will be approved in the further meeting
8. The meeting ends with the vote of thanks.

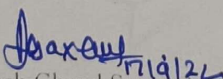
Note : Committee has decided to amend the above courses as per National Education Policy (NEP), if it required.

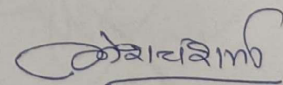

(Dr. Dhanajay Singh)


(Dr. Sheeldhar Dubey)


(Dr. S. N. Singh)


(Dr. Ramji Mishra)


(Dr. Akhilesh Chand Saxena)


(Prof. U.C. Sharma)

Received
for me
23/9/22

प्रो. उमेश चन्द शर्मा
डीन- कला संकाय
डॉ. भीमराव आंबेडकर विश्वविद्यालय
आगरा

Dr. B. R. Ambedkar University, Agra (Formerly: Agra University, AGRA)

Date: 29-04-2022

Meeting of the Board of Studies/ Academic Committee for P.G. Diploma in Yoga Education (PGDYE), Master in Physical Education & Sports Sciences (MPES) and B A in Yoga (BAY) held on 29-04-2022 at 11.00am in the Department of Library & Information Science, Paliwal Park, Dr. B.R.A. University, Agra.

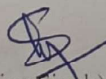
The Following members were present in meeting –


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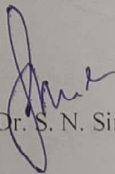
MINUTES

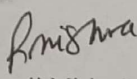
1. The Committee confirms the minutes of previous meeting.
2. The syllabus as per CBCS of P.G. Diploma in Yoga Education (PGDYE) thoroughly studied by the committee and passed by some little changes (Enclosure -1). The theory subjects and practical of this course are given below-
 - a. Theory - Introduction of Yoga
 - b. Theory - Patanjali Yogsutra
 - c. Theory - Mental Health
 - d. Theory - Anatomy & Physiology
 - e. Practical – Yogic Practices
3. The syllabus as per Two Year Course having four semester on the basis of CBCS for Master in Physical Education & Sports Sciences (MPES) thoroughly studied by the committee and passed by some little changes (Enclosure - 2). The details of theory subjects and practical of this course are given in encloser.
4. The syllabus as per Three Year Course having six semester on the basis of CBCS for B A in Yoga, ~~BA in Yoga~~ (MAY) (BAY) thoroughly studied by the committee and passed with appreciation (Enclosure - 3). The details of theory subjects and practical of this course are given in encloser.
5. The committee also submitted the list of examiners for the above three courses.
6. The meeting ends with the vote of thanks.

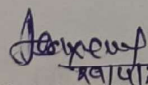
Note : Committee has decided to amend in if further there will change in the above courses as per National Education Policy (NEP)

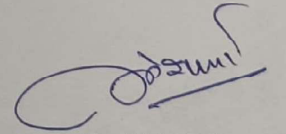

(Dr. Dhanajay Singh)

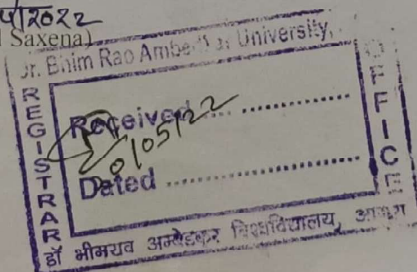

(Dr. Sheeldhar Dubey)


(Dr. S. N. Singh)


(Dr. Ramji Mishra)


(Dr. Akhilesh Chand Saxena)


(Prof. U.C. Sharma)



etc

Dr. B. R. Ambedkar University, Agra

(Formerly: Agra University, AGRA)

Date: 29-04-2022

Meeting of the Board of Studies/ Academic Committee for P.G. Diploma in Yoga Education (PGDYE), Master in Physical Education & Sports Sciences (MPES) and B A in Yoga (BAY) held on 29-04-2022 at 11.00am in the Department of Library & Information Science, Paliwal Park, Dr. B.R.A. University, Agra.

The Following members were present in meeting –

1. Prof. U.C. Sharma (Dean Arts)
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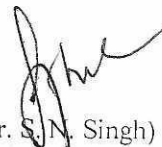
MINUTES

1. The Committee confirms the minutes of previous meeting.
2. The syllabus as per CBCS of P.G. Diploma in Yoga Education (PGDYE) thoroughly studied by the committee and passed by some little changes (Enclosure -1). The theory subjects and practical of this course are given below-
 - a. Theory - Introduction of Yoga
 - b. Theory - Patanjali Yogsutra
 - c. Theory - Mental Health
 - d. Theory - Anatomy & Physiology
 - e. Practical – Yogic Practices
3. The syllabus as per Two Year Course having four semester on the basis of CBCS for Master in Physical Education & Sports Sciences (MPES) thoroughly studied by the committee and passed by some little changes (Enclosure - 2). The details of theory subjects and practical of this course are given in encloser.
4. The syllabus as per Three Year Course having six semester on the basis of CBCS for B A in Yoga, M.A. in Yoga (BAY) thoroughly studied by the committee and passed with appreciation (Enclosure - 3). The details of theory subjects and practical of this course are given in encloser.
5. The committee also submitted the list of examiners for the above three courses.
6. The meeting ends with the vote of thanks.

Note : Committee has decided to amend in if further there will change in the above courses as per National Education Policy (NEP)



(Dr. Dhanajay Singh)

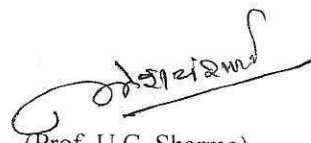

(Dr. Sheeldhar Dubey)


(Dr. S. N. Singh)


(Dr. Ramji Mishra)


(Dr. Akhilesh Chand Saxena)


02/08


(Prof. U.C. Sharma)

OSC Aced
through
Registrar
M. Singh
03-06-22 (MAY)

M.A. in Yoga Science

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 wellbeing. 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 fundamental & advanced concepts of Yoga as well as the techniques for the treatment and prevention of various psychosomatic and life style related ailments.

I. Title of the Programme The programme shall be called "M. A. in Yoga Science"

II. Aim of the Programme The aim of the programme is to produce "Yoga professionals for academic & therapeutic fields"

III. Objectives of the programme



Deeper Understanding of Yoga: To make students understand the classical nature of Yoga & giving them the in-depth knowledge of its various components.

Prevention: To introduce yoga as 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.

Scheme of Teaching & Examination

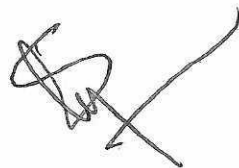
S.N.	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
						Seasonal			SEE	
			L	T	P	Credit	CT	TA		
I Year										
Semester I										
1	MA 101	Fundamentals of Yoga	3	1	0	4	20	10	70	100
2	MA 102	Principles of Hath Yoga	3	1	0	4	20	10	70	100
3	MA 103	Introduction To Shrimad BhagavadGeeta and Samkhya karika	3	1	0	4	20	10	70	100
4	MA 104	Human Biology I	3	1	0	4	20	10	70	100
5	MA 105	Yoga Practicum	0	0	8	4	20	10	70	100
6	MA 106	Human Biology Practicum	0	0	8	4	20	10	70	100
7	MA CE 01	Communicative English(Non Credit)	3	1	0	0	20	10	70	100
36 Hrs						24	Total			600
Semester II										

1	MA 201	Patanjal Yoga Darshan	3	1	0	4	20	10	70	100
2	MA 202	Indian Philosophy & Culture	3	1	0	4	20	10	70	100
3	MA 203	Yoga Psychology	3	1	0	4	20	10	70	100
4	MA 204	Human Biology-II	3	1	0	4	20	10	70	100
5	MA 205	Yoga Practicum	0	0	8	4	20	10	70	100
6	MA 206	Human Biology Practicum-II	0	0	8	4	20	10	70	100
7	MA CE 02	Communicative English (Non Credit)	3	1	0	0	20	10	70	100
						36 Hrs	24	Total		600
II Year										
Semester – III										
1	MA 301	Methods of Teaching Yoga and Value Education	3	1	0	4	20	10	70	100
2	MA 302	Introduction to Ayurveda	3	1	0	4	20	10	70	100
3	MA 303	Research & Statistical Methods	3	1	0	4	20	10	70	100
4	MA 304	Naturopathy	3	1	0	4	20	10	70	100
5	MA 305	Yoga Practicum	0	0	8	4	20	10	70	100
6	MA 306	Naturopathy Practicum	0	0	8	4	20	10	70	100
7	MA CE 03	Communicative English(Non Credit)	3	1	0	0	20	10	70	100
						36 Hrs	24	Total		600




Semester- IV										
1	MA 401	Hygiene, Diet & Nutrition	3	1	0	4	20	10	70	100
2	MA 402	Yoga Therapy	3	1	0	4	20	10	70	100
3	MA 403	Complementary & Alternative Therapy (CAT)	3	1	0	4	20	10	70	100
4	MA 404	Dissertation/Field Training	3	1	0	4	20	10	70	100
5	MA 405	Yoga Practicum	0	0	8	4	20	10	70	100
6	MA 406	Complementary & Alternative Therapy Practicum	0	0	8	4	20	10	70	100
7	MA CE 04	Communicative English(Non Credit)	3	1	0	0	20	10	70	100
						36 Hrs	24	Total		600
Total number of Credits							96	Total Marks		2400

L - Lecture, T-Tutorial, P-Practical (practice/ field), CT- Cumulative Tests,
 TA - Teachers Assessment, SEE - Semester Examination




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

Contd.....4

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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 Shirasana.
 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 Brahavidya, 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.

Contd.....8

// 8 //

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.

Contd.....9

// 9 //

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.

Contd.....10

// 10 //

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.

Contd.....11

// 11//

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

Contd.....12

// 12 //

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.
