**NATIONAL EDUCATION POLICY 2020**

Common Minimum Syllabus for University Campus and all Affiliated Colleges of Sri Dev Suman Uttarakhand University



**STRUCTURE OF MA YOGA AND ALTERNATIVE THERAPIES**

**TWO YEARS SYLLABUS**

**2023-2024**

**Curriculum Design Committee, Uttarakhand**

|  |  |  |
| --- | --- | --- |
| **Sr.No.** | **Name & Designation** | |
| **1.** | **Prof. N.K. Joshi**  Vice-Chancellor ,Sridev suman Uttarakhand University, Tehri | Chairman |
| **2.** | **Vice-Chancellor , Kumaun University, Nainital** | Member |
| **3.** | **Prof. Jagat Singh Bisht**  Vice-Chancellor , Soban Singh jeena University, Almora | Member |
| **4.** | **Prof. Surekha Dangwal**  Vice-Chancellor, Doon University, Dehradun | Member |
| **5.** | **Prof. O.P.S. Negi**  Vice-Chancellor , Uttarakhand Open University, Haldwani | Member |
| **6.** | **Prof. M.S.M. Rawat**  Advisor, RashtriyaUchchatar Shiksha Abhiyan, Uttarakhand | Member |
| **7.** | **Prof. K. D. Purohit**  Advisor, RashtriyaUchchatar Shiksha Abhiyan, Uttarakhand | Member |

**SRI DEV SUMAN UTTARAKHAND UNIVERSITY**

**Badshahithaul, Tehri Garhwal (Uttarakhand)**

**Member of Board of Studies yoga**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **S.No** | **Name of the members** | **Designation** | **Nominated as** | **Signature** |
|  | Dr. D.C. Goswami | Professor,Head&Dean of Arts | Chairman |  |
|  | Prof. Ishwar Bhardwaj | Professor,Head&Dean  Gurukul Kangari Unniversity | Member |  |
|  | Prof. V.K Gupta | Professor | Coordinator, Yogic Science |  |
|  | Dr. J.P Kanswal | Lecturer | Member |  |
|  | Chandreshwari Negi | Lecturer | Member |  |
|  | Vina Rayal | Lecturer | Member |  |
|  | Himani Nautiyal | Lecturer | Member |  |

**Dr. Hemant Bisht**

**Coordinator professional course**

**BOS**

**Pt. L.M.S. CAMPUS RISHIKESH**

**(SRIDEV SUMAN UTTARAKHAND UNIVERSITY)**

**Badshahithaul, Tehri Garhwal (Uttarakhand)**

**DEPARTMENT OF YOGIC SCIENCE**

**SYLLABUS FOR-- M.A. IN YOGA & ALTERNATIVE THERAPIES**

**Title of the Course – Master of Arts M.A. in Yoga & Alternative Therapies**

**Duration of the Course –**

The course will be of two years duration, which will be divided into Five semesters as two semesters in each academic year.

**Objectives of the Course –**

* The course will provide deeper insight into the curriculum of Yogic Sciences along with the therapeutic applications of Yoga and alternative therapies
* At the Master level it is also intended that students should get familiar with the original texts of Yoga.
* Promoting Positive Health in the Student through Yoga and enabling and imparting skill in them to practice and apply Yogic practices for Health to general public and teach Yoga for Total personality development and spiritual evolution.
* Invoking and inculcating inquisitive, scientific temper in student regarding the **Traditional Indian Sciences specially Yoga and Spirituality.**
* A research attitude and orientation will also be inculcated into the student so that they further become able to undertake advance and theoretical and applied researches in the field of **Yoga and Alternative Therapies**.

**Syllabus –**

The syllabus is designed to fulfill aforesaid objectives as Core and Elective subjects (Theory and Practical). Semester wise detail scheme and name of the papers are given as ahead.

**Scheme of Evaluation :-**

As this is a course with the objectives mentioned above the assessment will be based on attendance in theory and practical classes, assignments in the form of Sessional works, personality changes of students as they go through the course as assessed and evaluated by teacher.

* The Sessional tests will carry 40% of total marks for the course. The marks of the Sessional Test shall be taken into account for the computation of Grades.
* There shall be a written End Semester Examination which shall be of university norms carrying 60% of total Marks assigned for the course, covering the entire syllabus prescribed for the course. The End semester Examination shall be conducted by the University in consultation with the Dean concerned.
* The End Semester practical examinations shall normally be held before the theory examination. The internal faculty shall associate themselves with the examination process.
* Evaluation of Project Report / Dissertation and Viva-Voce.

The distribution of marks for the dissertation will be as below:

Presentation (Internal Examiner) - 40 Marks

Dissertation (Evaluation & Viva-Voce) - 60 Marks

**TOTAL - 100 Marks**

Dissertation / project report shall be valued jointly by external and one external examiner.

**Eligibility:-**

No student shall be eligible for admission to a Master's degree programme in Yoga unless he/she has successfully completed a three year undergraduate degree or earned prescribed number of credits for an undergraduate degree through the examinations conducted by a University /autonomous institution or possesses such qualifications recognized by the sridev suman University as equivalent to an undergraduate degree.

**Age Limitation :-**

There is no age limit.

**Structure of Yoga Master Programme:**

1. Master's Programme in Yoga shall consist of:
2. Core courses shall be mandatory for all students registered for Master's programme in Yoga. A Core course may carry 04 credits. .
3. An Elective courses also shall carry not more than 4 credits
4. A Self-Study Course shall carry not more than 2 credits
5. Course (Core/Elective/Self-study) may also take the form of a Dissertation/Project work/Practical training/seminar, etc. However, a dissertation / project work may carry up to 6 credits.
6. Two -Year Masters programme in Yoga will 100 credits in all have the following components, viz.
7. Core Courses
8. Electives
9. Self-study courses (Shall not be counted in CGPA)

The credits in the Post Graduate programme of two years in Yoga shall be distributed in the following manner:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Courses With Credits** | Semester I | Semester II | Semester III | Semester IV |
| **Core** | 25 | 25 | 13 | 13 |
| **Elective/Optional** | NIL | NIL | 11 | 13 |
| **Self Study Courses** | NIL | NIL | NIL | 02 |
| **Total Credits** | 25 | 25 | 24 | 26 |

1. In order to qualify for a two-year master's degree a student must acquire a minimum of 100 credits including a minimum of 20 credits in electives choosing at least two electives and one qualifying self study course of minimum 02 credits, total credits being 102.

**Procedure of Admission:-**

In order to select the candidate from amongst the applicants, the institution may either prepare a merit list giving suitable percentage to marks obtained in previous qualifications and other factors or may conduct a written test/interview or may adopt both of these two methods giving suitable percentage to them.

The person seeking admission to course will apply on the prescribed admission form of the University by the last announced for the purpose.

**Reservation:-**

Candidates belonging to S.T/S.C and OBC categories will get relaxations as per the general admission rules of the University.

**Seats :-**

There are only 60 seats for the Course. The Examination patterns of course will semester wise. The Fee structure for the programme will be decided by the University/Colleges concerned. The examination Fee will be charged as per the rules of the University.

**Attendance:-**

Seventy five percent attendances in theory and practical classes respectively will be necessary for a candidate to appear in the final examination.

Points, if any, not covered by the provisions of this ordinance will be subject to the existing rules and regulations of the University and the Act, the statutes and the Ordinances, of the university, as applicable from time to time.

**Scheme of Examination:**

**SEMESTER –I**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Sub Code** | **Title of the Paper** | **Maximum-Marks** | | **Instruction Hrs/Week** | | | **Credits** |
| **Semester-I** | **Total** | **Theory + CCE** | **Lecture** | **Tutorial** | **Practical** |
| **YO-211** | Fundamentals of Yoga | 100 | (60+40) | **4** | **1** | - | **5** |
| **YO-212** | Yogic Texts-I (Principal Upanishads, Bhagavad Gita) | 100 | (60+40) | **3** | **1** | - | **4** |
| **YO-213** | Human Conciousness and Yoga | 100 | (60+40) | **3** | **1** | - | **4** |
| **YO-214** | Human Anatomy, Physiology and Yoga-1 | 100 | (60+40) | **3** | **1** | - | **4** |
| **YO-LAB-1** | Practical – I (Yoga) | 100 | (60+40) | **-** | - | 8 | **4** |
| **YO-LAB-2** | Practical – II (Bio & Computer Science.) | 100 | (60+40) | **-** | - | 8 | **4** |
|  | | **600** |  |  |  |  | **25** |

**SEMESTER –II**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Sub Code** | **Title of the Paper** | **Maximum-Marks** | | **Instruction Hrs/Week** | | | **Credits** |
| **Semester-I** | **Total** | **Theory + CCE** | **Lecture** | **Tutorial** | **Practical** |
| **YO-221** | Patanjal Yoga Sutra | 100 | (60+40) | **3** | **1** | - | **4** |
| **YO-222** | Principles of Hathyoga | 100 | (60+40) | **3** | **1** | - | **4** |
| **YO-223** | Teaching Methodology in Yoga | 100 | (60+40) | **3** | **1** | - | **4** |
| **YO-224** | Human Anatomy, Physiology and Yoga-2 | 100 | (60+40) | **4** | **1** | - | **5** |
| **YO-LAB-1** | Practical – I (Yoga) | 100 | (60+40) | **-** | - | 8 | **4** |
| **YO-LAB-2** | Practical – II (Bio & Computer Science.) | 100 | (60+40) | **-** | - | 8 | **4** |
|  | | **600** |  |  |  |  | **25** |

**SEMESTER: III**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Sub Code** | **Title of the Paper** | **Maximum-Marks** | | **Instruction Hrs/Week** | | | |  | |
| **Semester-I** | **Total** | **Theory + CCE** | | **Lecture** | **Tutorial** | **Practical** | | **Credits** |
| **YO-231** | Yoga Therapy | 100 | (60+40) | | **3** | **1** | - | | **4** |
| **YO-232** | Statistics & Research Methodology for Yogic Science | 100 | (60+40) | | **4** | **1** | - | | **5** |
| **YO-233 (EL)** | Principles of Naturopathy  OR  Yoga & Drug De-Addiction | 100 | (60+40) | | **3** | **1** | - | | **4** |
| **YO-234 (EL)** | Yoga and Self Management  OR  Indian Philosophy and Culture | 100 | (60+40) | | **3** | 1 | - | | **4** |
| **YO-LAB-1** | Practical – I (Yoga) | 100 | (60+40) | | **-** | **-** | **8** | | **4** |
| **YO-LAB-2** | Practical – II (Naturopathy Practical and Project) | 100 | (60+40) | | **-** | **1** | **4** | | **3** |
|  | | **600** |  | |  |  |  | | **24** |

**SEMESTER: IV**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Sub Code** | **Title of the Paper** | **Maximum-Marks** | | **Instruction Hrs/Week** | | | **Credits** |
| **Semester-I** | **Total** | **Theory + CCE** | **Lecture** | **Tutorial** | **Practical** |
| **YO-241** | Yoga & Allied Science(General Introduction of Ayurved & Panchkarama) | 100 | (60+40) | **4** | **1** | - | **5** |
| **YO-242** | Yogic Texts-II (Yoga Upanishads) | 100 | (60+40) | **3** | **1** | - | **4** |
| **YO-243 (EL)** | Yoga and Alternative Therapy  OR  Yoga & Social Transformation | 100 | (60+40) | **3** | **1** | - | **4** |
| **YO-244 (EL)** | Essay  OR  Dissertation\*\* | 100 | (60+40) | **-** | **6** | - | **6** |
| **YO-LAB-1** | Practical – I (Yoga) | 100 | (60+40) | **-** | **-** | 8 | **4** |
| **YO-LAB-2** | Practical – II (Research Paper  Seminar / Workshop  and Yoga Camp) | 100 | (60+40) | **-** | **1** | 4 | **3** |
| **YO-245** | **Self Study:**  Health & Society | 50 | (60+40) | **-** | - | - | **2** |
|  | | **650** |  |  |  |  | **26+2** |

**\*\* The Distribution of marks for Dissertation & Viva-voce will be as below**

Presentation (Internal Examiner) - 40 Marks

Dissertation (Evaluation & Viva-Voce) - 60 Marks

**TOTAL** - **100 Marks**

**SEMESTER-I**

**PAPER-I (YO-211)**

**FUNDAMENTALS OF YOGA**

**MARKS: 100 DURATION OF EXAM. : 2.5 HRS.**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Note: There Will be Ten Questions in All, Two From Each Unit. The Candidate Should be Attempted Only Five Questions Selecting One Question From Each Unit.**

**UNIT-I: INTRODUCTION OF YOGA**

1. Meaning, Origin &Various Definition of Yoga.
2. History of Yoga, Traditional & Historical Development of Yoga.
3. Concept & Aim/objective of Yoga.
4. Concept /Perception of Nadi & Prana, Introduction of Kundlini Shakti & Shatchakra

**UNIT-II: CONCEPT OF YOGA IN VARIOUS TEXT**

1. History and Development of yoga in Vedas & Upnishads
2. History and Development of Yoga in Geeta, Nyay, Vaisheshik, Sankhya, Mimaansa and Vedant, Concept of Yoga in Tantra.
3. History and Development in Jainism and Buddhism.

**UNIT-III: VARIOUS SYSTEMS OF YOGA**

1. Gyanyoga,Bhaktiyoga,Kramayoga & Rajyoga.
2. Hathyoga,Mantrayoga,Jain &Bouddh Yoga.

**UNIT-IV: INTRODUCTION OF YOGIS AND THEIR SADHNA /ACCUSTOM SYSTEM**

1. Ancient – Mahrishi Patanjali, Adi Shankracharya,gorakshanath.
2. Middle/Medieval - Kabeerdas, Soordas, Swami Charandas.
3. Mordan - Swami Vivekanand, shri Aravind, Mahrishi Raman,Swami Dayanand Saraswati.
4. Contemporary – Swami Shivananda, Swami Kuvalyanand, Mahrishi Mahesh Yogi.

**UNIT-V: GENERAL INTRODUCTION AND THEME/CONTENTS OF YOGIC TEXT.**

1. Patanjali Yoga Sutra, Vashisht Samhita,Shiv Samhita and Siddhsiddhant Paddhati.
2. Hathpradipeeka, Ghrand Sanhita, Hath Ratnawali, Yoga Vashisht.

**REFERENCE BOOKS**

1. Rajayoga- Swami Vivekanand, Ramakrishan Ashrama Publications.
2. Yoga Sutras of Patanjali- Hariharananda Aranya, University of Calcutta Press, Calcutta.
3. Radhakrishnan, S. :Indian Philosophy (Vol. I & II) (George Allen and Unwin, London, 1971
4. Dr. Ishwar Bhardwaj: Manav Chetna (Hindi), Satyam Publication, NewDelhi, 2011
5. Pitamber Jha: Yog Parichaya
6. vkSifu’kfnd v/;kRe foKku& MkW0 bZ”oj Hkkj}ktA
7. ikraty ;ksx foe’kZ&MkW- fot;iky “kkL=hA
8. ;ksx egkfoKku& MkW0 dke[;k dqekjA

**SEMESTER-I**

**PAPER – II (YO-212)**

**YOGIC TEXTS – I**

**(PRINCIPAL UPANISHADS, BHAGAVADGITA)**

**MARKS: 100 DURATION OF EXAM. : 2.5 HRS.**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Note: There Will be Ten Questions in All, Two From Each Unit. The Candidate Should be Attempted Only Five Questions Selecting One Question From Each Unit.**

**UNIT-I: NATURE OF YOGA IN FUNDAMENTAL UPNISHAD-I**

1. Meaning & Defination of Upnishad, Place\Position of Upnishad in Indian Literature.
2. Introduction of Ten Fundamental Upnishad Based on Yoga.
3. Ishavasyopnishad - Karmnishtha,Vidhya & Avidhya, Brahm Swaroop, Conclusion of Complete Upnishad.
4. Ken Upnishad – Shakti, Indriya & Anthkaran, Swa and Man, Perfaction of Truth.

Transcendental Truth, Moral Massage of Yaksha’s Lecture.

**UNIT-II: NATURE OF YOGA IN FUNDAMENTAL UPNISHAD-II**

1. Kathopnishad – The Story of Yam & Nachiketa.
2. Prashopnishad – Prana & Rayi, Panch Prana.
3. Mundak Upnishad – Two Types of Brahmvidhya-Para Vidhya Apara Vidhya, Characteristic of Popular Brahmvidhya Tap & Gurubhakti, Center of Origin of Universe, Aim of Brahm Meditation.

**UNIT-III: NATURE OF YOGA IN FUNDAMENTAL UPNISHAD-III**

1. Mandukya Upnishad – Four Stages of Conciousness & Relation with Omkar.
2. Etreya Upnishad – Soul, Universe & Brahm.
3. Taitreeya Upnishad – Panchkosh, Acharyopdesh **(Dikshant**)
4. Short Statement of Summary and Bhrigu Valli / Overview of Siksha Valli ,
5. Chandogyaupnishad – Om (Udgeeth) Meditation , Shandilyavidhya.
6. Vridarnyakupnishad - Discourse of Yogvlakya - Maitreyi

**UNIT-IV: ELEMENTS SHRIMADBHAGWADGEETA - I**

1. General Introduction & Definition of Shrimadbhagwadgeeta, Utility and Prevalence of Yoga of Shrimadbhagwadgeeta, Nature of Soule according Shrimadbhagwadgeeta.
2. Sthitpraygyta , Samkhya Yoga **(Chapter-2)**, Karm Yoga , Symptom/Character of Yogi **(Chapter-3)**, Nature of Yagya and Their Relation With Yoga **(Chapter-4)**.
3. Nature of Sanyasyoga and Karma (Sakam and nishkam , **(Chapter-5)**, Dhyan Yoga/**Yoga Meditation** **(Chapter -6)**

**UNIT-V: SHRIMADBHAGWADGEETA - II**

1. Nature of Bhakti (Chapter - 12) , Meaning and Aim of Bhakti yoga.
2. Nature of Triguna and Prakriti , Trividh Shradha , Yogic Diet / Diet of yogi, Classification of Diet (Chapter – 14 & 17)
3. Devasur Sampada (Chapter 16), Moksha Updesh (Chapter - 18)

**REFERENCES BOOKS**

1. JhenHkxon~xhrk] ”kadj Hkk’; & xhrkizsl xksj[kiqjA
2. Xkhrk jgL; & cky xaxk/kj frydA
3. JhenHkxon~xhrk & lR;ozr fl)kUrkyadkjA
4. Lkk/kd lathouh & Lokeh izselq[k nkl th egkjkt] xhrkizsl xksj[kiqjA
5. mifu’kn vad] dY;k.k & xhrkizsl xksj[kiqjA
6. ,dkn”k mifu’kn & lR;ozr fl)kUrkyadkjA
7. mifu’kn nhfidk & MkW0 jkeukFk osnkyadkjA

**SEMESTER-I**

**PAPER – III (YO-213)**

**HUMAN CONSCIOUSNESS AND YOGA**

**MARKS: 100 DURATION OF EXAM. : 2.5 HRS.**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Note: There Will be Ten Questions in All, Two From Each Unit. The Candidate Should be Attempted Only Five Questions Selecting One Question From Each Unit.**

**UNIT – I GENERAL INTRODUCTION OF HUMAN CONSCIOUSNESS**

1. Meaning of Consciousness, Definition And Area.
2. Nature of Human Consciousness, Need of Study of Human Consciousness.
3. Present Problems of Human Consciousness & Capable Solution.

**UNIT-II: NATURE OF HUMAN CONSCIOUSNESS IN VEDAS, UPNISHAD AND SHADDARSHAN**

1. Human Consciousness in Ved, Upanishad, Buddhism, Jainism.
2. Human Consciousness in Shaddarshan.

**UNIT-III: HUMAN CONSCIOUSNESS IN DIVERSE STREAM OF ANCIENT INDIAN AND WESTERN SCIENCE**

1. Human Consciousness in Tantra, Jyotish & Ayurveda.
2. Quantum Theory of Human Consciousness According To Western Science.
3. Research of Human Anatomy & Physiology in Reference to Human Consciousness.
4. Various Mysteries & Facts of Human Consciousness – Birth and Life, Bhagya and Purusharth, Theory of Karma, Sanskar and Rebirth.

**UNIT-IV: DEVELOPMENT & NECESSITY OF HUMAN CONSCIOUSNESS**

1. Necessity Of Development Of Human Consciousness, Various Psychological Methods Of Development Of Human Consciousness
2. Various Methods For Development Of Human Consciousness In Religion – Islam & Christianity.
3. Methods Of Development Of Human Consciousness Developed By Indian Hermit.

**UNIT-V: SYSTEM OF DEVELOPMENT OF HUMAN CONSCIOUNESS**

1. Essential of Development of Human Conscious, Various Psychological Methods of Human Concioiusness.
2. System of Development of Human Consciousness in Diverse Religions – Jain, Baudh, Islam, Christian. Methods of Development of Human Consciousness in Hinduism.

**REFERENCES**

1. Hkkjrh; n'kZu esa psruk dk Lo:i & Mk0 Jhd`".k lDlsukA
2. Hkkjrh; n'kZu & vkpk;Z cynso mik/;k;A
3. izKkiq:"k dk lexz n'kZu & Mk0 eankfduh JhekyhA
4. vkSifu"kfnd v/;kRe foKku & Mk0 bZ'oj Hkkj}kt
5. ekuo psruk & Mk0 bZ'oj Hkkj}kt
6. Principal & History of Physical Education - M.L. Amlesh & M.S. Sangal
7. Prakritik Ayurvigyan - Dr. Rakesh Jindal
8. Bhartiya Darshan - Acharya Baldev Upadhyaya
9. Philosophy of Hathyog - Swami Ved Bharti
10. Practical lesson on Yoga (The Royal Path) - Swami Rama
11. Sharirik Shiksha Evam Olympic.

**SEMESTER -I**

**PAPER – IV** **(YO-214)**

**HUMAN ANATOMY, PHYSIOLOGY AND YOGA-1**

**MARKS: 100 DURATION OF EXAM. : 2.5 HRS.**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Note: There Will be Ten Questions in All, Two From Each Unit. The Candidate Should be Attempted Only Five Questions Selecting One Question From Each Unit.**

**UNIT-I: INTRODUCTION OF HUMAN CELL, TISSUE AND BODY.**

1. Structure of Human Cell, Its Different Complement and Work and Type, Definition of Body, Sixteen Elements of Body.
2. Four Type of Purush According to Ayureveda, Consciousness Dhatu Purush, 25 Purush, 6 Dhatu Purush.
3. Definition of Man (Mind), Origin of Man (Mind), Place of Mind, Repression of Mind, Reference of Work of Mind in Coordination of Meditation.

**UNIT-II: SKELTAL SYSTEM AND YOG.**

1. Definition Types, Number, Structure and Work of Bone.
2. Place of Cartilage, Type and Work of Cartilage.
3. Type and of Joint, Structure of Knee and Spinal Joint.
4. Yogic Effect of Skeletal System.

**Unit-III: MASCULAR SYSTEM & YOG.**

1. Definition of Mass Dhatu,Origin and Introduction of Muscle, Introduction, Origin and Number of Muscles and Short Introduction of Major Muscles, i.e.- Frontals, Occipitals, Temporal, Strurnoclidomestoid, Latismus, Dorsie, Tripizius, Rectus, Obdominies, Diaphram, Deltoid, Biceps, Triceps, Glutius Maximus, Phemoralies, Sartorius, Gastrocnimius.
2. Type of Muscles, Structure of Muscles, Work of Muscle, Yogic Effect On Muscular System.

**UNIT-IV: RESPIRATORY SYSTEM AND YOG.**

1. Definition of Breathing, Type of Breathing, Structure of Respiratory System.
2. Action of Breathing- External And Internal, Transport of Gasses, Control Process of Breathing Action.
3. Short Knowledge of Capacity And Volume In Breathing.
4. Yogic Effect of Respiratory System, Definition And Type of Prana, Importance of Pranayam.

**UNIT 5 :- ENDOCRINE SYSTEM AND YOG**

1. Endocrine And Exocrine Gland, Difference Between Enzymes and Hormones.
2. Position of Pituitary Gland, Pineal Gland, Thyroid Gland, Para Thyroid Gland, Thymus Gland, Pancreas Gland, Adrenal, Ovum And Testicles And Works.
3. Yogic Effect On Endocrine System.

**REFERENCES BOOKS**

1. Gore, M.M., Anatomy and Physiology of Yogic practices, Kanchan Prakshan, Lonavala, 2003.
2. Shirley Telles, A Glimpse of the Human body. V K YOGAS, Bangalore, 1995
3. Sri Krishna, Notes on Structure and Functions of Human Body and Effects of Yogic practices on it Kaivalydhama S.M.Y.M Samiti, Lonavala, 1988.
4. Chatterjee, C.C., Human Physiology (Vol. I & II), Medical Allied Agency, Culcutta, 1992
5. Guyton,Textbook of Medical physiology, 9th edition.
6. “kjhj jpuk foKku & MkW0 eqdqUn Lo:Ik oekZ
7. “kjhj fdz;k foKku & MkW0 fiz;ozr ‘kekZ
8. “kjhj jpuk o fdz;k foKku & MkW0 ,l0 vkj0 oekZ

**SEMESTER-I**

**PAPER – V (YO-LAB-1)**

**PRACTICAL – I**

**MARKS: 100 EXT: - 60 INT: - 40**

**Surya Namskar 05 Marks**

**Pawanmuktasan Series- 1, 2 & 3.**

**Suksham Vyayam**

1. Uccharana- sthala-tatha- vishudha-chakra-shuddhi
2. Prarthana (Prayer)
3. Buddhi-tatha-dhriti shakti- vikasaka
4. Smarana shakti-vikasaka
5. Medha shakti-vikasaka
6. Netra shakti-vikasaka
7. Kapola shakti-vardhaka
8. Karna shakti-vardhaka
9. Griva shakti-vikasaka-1
10. Griva shakti-vikasaka-2
11. Griva shakti-vikasaka-3
12. Skandha-tatha-bahu-mula shakti-vikasaka
13. Bhuja-bandha shakti-vikasaka
14. Kohini shakti-vikasaka
15. Bhuja-valli shakti-vikasaka
16. Purn Bhuja Shakti Vikashaka
17. Mani-bandha shakti-vikasaka
18. Kara-prstha shakti-vikasaka
19. Kara-tala shakti-vikasaka
20. Anguli-mula shakti-vikasaka
21. Anguli shakti-vikasaka
22. Vaksha-sthala shakti vikasak-1
23. Vaksha-sthala shakti vikasak-2
24. Udara shakti-vikasaka -1
25. Udara shakti-vikasaka -2
26. Udara shakti-vikasaka -3
27. Udara shakti-vikasaka -4
28. Udara shakti-vikasaka -5
29. Udara shakti-vikasaka -6
30. Udara shakti-vikasaka -7
31. Udara shakti-vikasaka -8
32. Udara shakti-vikasaka -9
33. Udara shakti-vikasaka -10
34. Kati shakti-vikasaka-1
35. Kati shakti-vikasaka-2
36. Kati shakti-vikasaka-3
37. Kati shakti-vikasaka-4
38. Kati shakti-vikasaka-5
39. Muladhar chakra suddhi
40. Upastha tatha swadhisthan suddhi
41. Kundalini shakti vikasak
42. Jangha-shakti-vikasak-1
43. Jangha-shakti-vikasak-2
44. Janu-shakti-vikasak
45. Pindali-shakti-vikasaka
46. Pad-mula-shakti vikasaka
47. Gulf-padprishtha- padtal- shakti-vikasak
48. Padanguli-shakti-vikasak

**Asana**

* 1. Tadasan
  2. Triyaktadasan
  3. Katichakrasan
  4. Trikonasan
  5. Ardhachakrasana
  6. Padhastasan
  7. Kagasan
  8. Swastikasan
  9. Padmasan
  10. Siddhasan
  11. Vajrasana
  12. Ushtrasan
  13. Shashankasana
  14. Janu Shirasan
  15. Paschimottonasan
  16. Poorvottanasana
  17. Ardhamatsyendrasana
  18. Uttanpadasan
  19. Ardh Halasan
  20. Pawanmuktasana
  21. savasana

**Pranayama**

Preparatory Aspects Of Prananyama: Correct Abdominal Breathing In Sawasana And Meditative Pose With 1:1 & 1:2 Ratio.

1. Abdominal Breathing, Chest Breathing.
2. Clavicular Breathing- Yogic Breathing.
3. Nadishodhan Pranayama.
4. Surya Bhedan Pranayama.
5. Ujjayee Pranayama.

**Mudra / Bandh**

1. Moolbandh.
2. Jalandharbandh.
3. Hast Mudra – Gyan,

Prana, Apan, Ling Mudra.

1. Ashwini Mudra.
2. Shambhavi Mudra.
3. Kaki Mudra.

**Kriya**

1. Gajkarani / Kunjal.
2. Jalaneti.
3. Rabar Neti.

**VIVA VOCE**

1. Kapalbhati –Vatkram 20-50 Strokes.
2. Agnisar.

**SEMESTER-I**

**PAPER – VI (YO-LAB-2)**

**PRACTICAL – II**

**MARKS: 100 DURATION OF EXAM. : 2.5 HRS.**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**HUMAN PERFORMANCE LAB**

1. Measurement Of Human Body Temperatures (Oral & Skin)
2. Measurement Of Blood Pressure
3. Body Temprature & Pranayamic Effects
4. Blood Pressure & Pranayamic Effects

**COMPUTER LAB**

1. Basic Knowledge Of Computer
2. Typing Skills
3. MS Office
4. MS Word
5. Practical Note Book

**MONOGRAPH**

**VIVA VOCE**

**SEMESTER II**

**PAPER – I (YO-221)**

**PATANJALA YOGA SUTRA**

**MARKS: 100 DURATION OF EXAM. : 2.5 HRS.**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Note: There Will Be Ten Questions In All, Two From Each Unit. The Candidate Will Be Required To Attempt Five Questions Selecting One Question From Each Unit.**

**UNIT-I:INTRODUCTION OF YOGA SUTRA, CHITTA BHUMIES AND VRITIES**

1. Introduction of Yoga Sutra, Defination of Yoga.
2. Concept of Chitta, Modification of Chitta, Chittabhumies.
3. Methods of Control Chittavritis.

**UNIT-II: ANTARAYA, KRIYAYOGA AND KLESH.**

1. Yogantaraya and their Associates & Chaturvyuhvad.
2. Method of Chitta Prasadhan and Krama Siddhant.
3. Kriyayoga and Its type, Panchklesh.

**UNIT–III:LIMBS OF ASHTANGA YOGA - I**

1. Eight Limbs of Yoga.
2. Nature and Importance of Yama and Its Types.
3. Nature and Importance of Niyama and Its Types.
4. Defination and Importance of Asana.
5. Defination and Importance of Pranayama and Its Types

**UNIT–IV:LIMBS OF ASHTANGA - II**

1. Concept and Importance of Pratyahar.
2. Concept and Importance of Dharna.
3. Concept and Importance of Dhyan.
4. Concept of Samadhi. Types of Samadhi – Samprgyat, Asamprgyat, Ritumbhra Prgya, Vivek Khyati and Dharammegh Samadhi.

**UNIT–V:SIDDHIES AND ELEMENTS OF YOGA SUTRA**

1. Samyamjanya Siddhies, Janmaadi Panch Siddhi, Animaadi Asht Siddhi.
2. Concept and Nature of Purush, Concept and Nature of Purush.
3. Concept and Nature of Ishwar, Importance of Ishwar in Yoga Sadhna.
4. Kaivalya.

**REFERENCE BOOKS**

1. ikraty ;ksx lw= & xhrk izsl] xksj[kiqj
2. ikraty ;ksx n”kZu & jktchj “kkL=h
3. ikraty ;ksx foe”kZ &MkW- fot;iky “kkL=h
4. ikraty ;ksx iznhi & Lokeh vksekuUn rhFkZ
5. v’Vkax ;ksx & Lokeh pj.knkl
6. esjh olh;r vkSj fojklr & Jhjke “kekZ vkpk;Z
7. Essays on yoga- Swami Shivananda
8. Bases of yoga- Shri Aurabindo

**SEMESTER-II**

**PAPER – II (YO-222)**

**PRINCIPLES OF HATH YOGA**

**MARKS: 100 DURATION OF EXAM. : 2.5 HRS.**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Note: There will be Ten questions in all, two from each unit. The candidate should be attempted only Five questions selecting one question from each unit.**

**UNIT-I: INTRODUCTION**

1. Meaning , Definition , Aims & Objectives of Hath Yoga,

2. Sign & Symptoms of Success in Hathyoga.

4. Kundalini Jagaran & Nadanusandhan.

**UNIT-II: SHATKARMAS**

1. Shatkarmas - Its Meaning, Definition & Objectives,
2. Classification of Shatkarmas According to Hath Pradeepika & Gherand Samhita
3. Types of Nadis, Meaning, Definition,

**UNIT-III: ASANA**

1. Meaning, Definitions & Objectives of Asana.
2. Aims & Objectives, Status in various texts
3. Classification of Asanas with reference to Aims & OBjectives
4. Principles of Practicing Asanas.
5. Techniques and Benefits of Asanas described in Practical

**UNIT-IV: PRANAYAMA**

1. Concept of Prana, Types of Prana (10 Types)
2. Meaning, Definition and types of Nadis.
3. Aims & Objectives of Pranayama
4. Classification of Pranayama with Reference to Patanjal Yoga Sutra, Hath Pradipika & Gherand Samhita.
5. Preparatory Steps and Precautions for Practice of Pranayama.
6. Meaning, Technique & Benefits of the various Pranayamas, according to Hath Pradeepika & Gherand Samhita.

**UNIT-V: MUDRA, BANDH AND MEDITATION**

1. Concept, Meaning & Definition of Mudra & Bandhas.
2. Meditation-Meaning & Concept, Various Techniques (OM, Transcendental, Vipasana & Preksha).
3. Detailed Technique of Yoga Nidra.

**REFERENCE BOOKS**

1. Swami Muktibodhananda, Hatha Yoga Pradeepika, The light on Hathayoga, Bihar School of Yoga, Munger, 1985.
2. Ghatore, M.L. Hatharatnavali of Srinivasayogi, The Lonavala Yoga Institute, Lonavala, 2002.
3. Swami Digambarji, Gheranda Samhita, The Lonavala Yoga Institute, Lonavala,
4. gB;ksx iznhfidk& LokRekjke ;ksxh
5. ?ksj.M lafgrk& ?ksj.M \_f’k
6. ;ksx ifjp;& ihrkEcj >k
7. vklu izk.kk;ke foKku& nsoozr vkpk;Z
8. vklu] izk.kk;ke] eqnzk cU/k& Lokeh lR;kuUn
9. cfgjax ;ksx & Lokeh ;ksxs”ojkuUn

**SEMESTER II**

**PAPER – III (YO-223)**

**TEACHING METHODOLOGY IN YOG**

**MARKS: 100 DURATION OF EXAM. : 2.5 HRS.**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Note: There Will Be Ten Questions In All, Two From Each Unit. The Candidate Will Be Required To Attempt Five Questions Selecting One Question From Each Unit.**

**UNIT-I: CONCEPT OF YOGA TEACHING**

1. Meaning Definition of Education, Nature of Yoga Education.
2. Conceptof Teaching & Learning, Relation Between Teaching & Learning.
3. Principle of Teacing, Quality of Teacher, Yoga Education for Student- Disciple/Pupil, Yoga Education for Mumukshu.

**UNIT-II: TEACHING PROCESS AND TEACHING METHODS.**

1. Concept, Definition, Importance and Need of Teaching Process.
2. Short Information of Teaching Methods, Individualistic Teaching Methods.
3. Group Teacing Method, Methods of Group Instruction, Organizing Phase of Teaching (Time Management, Discipline).

**UNIT-III: TEACHING PRINCIPLE OF YOGIC TECHNIQUES.**

1. Methods and Teaching Principle of Shatkaram, Asana, Pranayama.
2. Methods and Teaching Principle of Mudra-Bandh, Dharna and Dhyan.

**UNIT-IV: LESSON PLAN AND ROLE OF TEACHER & STUDENT.**

1. Role of Yoga Teacher, View / Aspect of Students for Teacher – Pranipaat, Parprashn, Service (Seva).
2. Required Elements of Fine Lesson Plan – Concept and Necessities.
3. Planning of Yoga Teaching for Shatakarm, Asana, Mudra, Pranayama and Dhyan.

**UNIT-V: MANAGEMENT OF YOGA YOGA CLASS.**

1. Evaluation Methods of Ideal / perfect / Classic Yoga Class, Required / Necessary Elements of Class Management.
2. Abatment of Yoga Class, According to Personal Requirement.
3. Important Phase & Field of Yoga Class, Sitting Management in Yoga Class.

**REFERENCE BOOKS**

1. vklu] izk.kk;ke] eqnzk] cU/k & Lokeh lR;kuUn ljLorhA
2. fo|kfFkZ;ksa ds fy, ;ksx & Lokeh lR;kuUn ljLorhA
3. “kjhj foKku vkSj ;ksxkH;kl & MkW0 ,e0 ,e0 xksjsA
4. vklu & Lokeh dqoy;kuUnA
5. izk.kk;ke & Lokeh dqoy;kuUnA

**SEMESTER II**

**PAPER – IV (YO-224)**

**HUMAN ANATOMY, PHYSIOLOGY AND YOGA-2**

**MARKS: 100 DURATION OF EXAM. : 2.5 HRS.**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Note: There Will be Ten Questions in All, Two From Each Unit. The Candidate Will be Required to Attempt Five Questions Selecting One Question From Each Unit.**

**UNIT-I: BLOOD CIRCULATORY SYSTEM.**

1. Concept of Blood and Structure of Blood, White Blood Cell (WBC), Red Blood Cell (RBC) and Structure wnd Work of Cyclof Blood Work of Blood, Structure Of Artery Venus And Difference.
2. **Heart Chakra,** High Blood Pressure, Components of Blood, Yogic Effect of Blood Circulatory.
3. Process of Control In Heartbeat And High Blood Pressure.

**UNIT-II: DIGESTIVE SYSTEM**

1. Definition of Digestive System, Action And Structure In Digestive System.
2. Protein, Fat and Digestive of Carbohydrate
3. Structure and Work of Pancreas, Yogic Effect of Digestive System.

**UNIT-III: EXCRETORY SYSTEM AND YOGA.**

1. Meaning of Excretory, Structure Of Excretory.
2. Structure of Kidney, Work of Kidney, Structure of **Nephron**, Process of Origin of Urine, Quantity of Urine, Component, Excretion of Abnormal Matter From Urine, Yogic Effect of Excretory System.

**UNIT-IV: NERVOUS SYSTEM AND YOGA.**

1. **Units / Part** and Types of Nervous System, Structures of Nerves.
2. Part of Brain and Work of Cerebellum, Distinction of Nerves, Cranial Nerves and Olfactory Nerves, Structure and Work of Olfactory Nerves.
3. Autonomous Nervous System, Yogic Effect of Nervous System, Structure And Work of Senses, Yogic Effect of Senses.

**UNIT-V: TRIDOSH, DHATU AND SHATCHAKRA.**

1. Introduction of Tridosha, Sapta Dhatu and Place of Mala, Description of Guna, Karma
2. Position Of Shatchakra in Human Body, Action And Five Elements.

**REFERENCES BOOKS**

1. Gore, M.M., Anatomy and Physiology of Yogic practices, Kanchan Prakshan, Lonavala, 2003.
2. Shirley Telles, A Glimpse of the Human body. V K YOGAS, Bangalore, 1995
3. Sri Krishna, Notes on Structure and Functions of Human Body and Effects of Yogic practices on it Kaivalydhama S.M.Y.M Samiti, Lonavala, 1988.
4. Chatterjee, C.C., Human Physiology (Vol. I & II), Medical Allied Agency, Culcutta, 1992..
5. Guyton,Textbook of Medical physiology, 9th edition.
6. “kjhj jpuk foKku & MkW0 eqdqUn Lo:Ik oekZ
7. “kjhj fdz;k foKku & MkW0 fiz;ozr “kekZ
8. “kjhj jpuk o fdz;k foKku & MkW0 ,l0 vkj0 oekZ

**SEMESTER- II**

**PAPER – V (YO-LAB-1)**

**PRACTICAL-I**

**MARKS: 100**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Surya Namskar With Manrtra**

**Pawanmuktasan Series- 1, 2 & 3.**

**Suksham Vyayam –** as Described in 1st Semester Practical.

**Asana**

**1.** Vrikshasana

1. Garudasana
2. Utkatasana
3. Hastottanasna
4. Bakasana
5. Yogamudrasana
6. Suptvajrasana
7. Baddhapadmasana
8. Veerasana
9. Tolangulasana
10. Marichyasana
11. Vakrasana
12. Marjariasana
13. Simhasana
14. Mandukasana
15. Uttanmandukasana
16. Garbhasana
17. Sirshasana
18. Naukasana
19. Shalbhasana
20. Bhujangasana
21. Dhanurasana
22. Balasana
23. Makrasana
24. Savasan

* Suksham Vyayam and Asana as described in 1st semester practical

**Pranayama**

* 1. Bhastrika
  2. Bhramari
  3. Sheetali
  4. Sheetkari
* Pranayama As Described In 1st Semester Practical

**Bandh / Mudra**

* + 1. Mahahmudra
    2. Mahabandh Mudra
    3. Hast Mudra – Shankh, Hirday, Vayu, Varuni.
    4. Mahavedh mudra
    5. Khechri mudra
* Mudras & Bandhas As Described In 1st Semester Practical.

**Kriya**

* 1. Kapalbhati- Vyutkram kapalbhati
  2. Sutra neti
  3. Dand-dhauti
  4. Nauli
* Kriya as described in 1st semester practical

**Viva Voce**

**SEMESTER-II**

**PAPER – VI (YO-LAB-2)**

**PRACTICAL-II**

**MARKS: 100**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**HUMAN PERFORMANCE LAB.**

1. Measurement Of Pulse, Respiratory Rates and Reaction Time.
2. Yoga Nidra And Puls, Respiratory & Reaction Time
3. Estimation of Glucose and Protien in Urine.
4. Estimation of Glucose in Blood.

**COMPUTER LAB**

1. Power Point Presentation.
2. Seminar - PPT.
3. Internet - Email.

**MONOGRAPH**

**ASSIGNMENT**

(Teaching Practice Note Book) Each Student Has To Prepare And Deliver 10 Lesson Plans

(Five Asanas + Three Pranayams + Two Shatkriyas) During The Session.

**TEACHING SKILL EXAMINATION**

**VIVA VOCE**

**SEMESTER-III**

**PAPER – I (YO-231)**

**YOGA THERAPY**

**MARKS: 100 DURATION OF EXAM. : 2.5 HRS.**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Note: There Will Be Ten Questions In All, Two From Each Unit. The Candidate Should Be Attempted Only Five Questions Selecting One Question From Each Unit.**

**UNIT-I: CONCEPT OF YOGA THERAPY, HEALTH AND DISEASES**

1. Concept and Definition Of Health and Disease.
2. Yoga Therapy- Concept, Definition, Scope and Limitation, Principal of Yoga Therapy.
3. General Knowledge Of Clinical Tests In Laboratory.

**UNIT-II: BASIC ELEMENT OF YOGA THERAPY**

1. Yam, Niyam, Asan, Pranayam, Mudra and Bandh, Dhyan and Shaktkarma, Therepitical Principal Of Basic Elements.
2. Rules Of Therapy In Acharan And Ahar. Application Of Sukshm Vyayayam In Yogic Therapy.

**UNIT-III: SYMPTOM, CAUSES AND PRINCIPLES OF YOGIC THERAPY WITH ACCORDING TO RESEARCH - 1**

1. Hyperacidity, Sironal Soath (Sinus Inflamation).
2. Bronchial Asthma, Bronchitis.
3. Common Knowledge Of Tuberculosis (T B).

**UNIT 4:-** **SYMPTOM, CAUSES AND PRINCIPLES OF YOGIC THERAPY WITH ACCORDING TO RESEARCH - 2.**

1. High Blood Pressure, Low Blood Pressure.
2. Neck Pain (Cervical Pain), Back Pain (Lumber Pain).
3. Headache, Joint Pain, Arthritis.

**UNIT 5 :- SYMPTOM, CAUSES AND PRINCIPLES OF YOGIC THERAPY WITH ACCORDING TO RESEARCH - 3**

1. Related To Thyroid Disease - Hypo and Hyperthyroidism.
2. Mental Stress, Depression, Schizophrenia.

**REFERENCES BOOKS**

1. ;ksx fpfdRlk & Lokeh dqoy;kuUn=A
2. ;ksx ls vkjksX; & dkfynkl tks”khA
3. ;ksx euksfoKku & MkW0 “kkUrhizdk”k vk=s;A
4. LoLFko`Ùk foKku ,oa ;ksSfxd fpfdRlk & MkW0 jkds”k fxjhA
5. Yoga Therapy – Swami Kuvalayananda.
6. The Yoga Psychology – Abhedananda, Ramakrishna Vedanta Math, Cacutta.
7. Integrated Approach of Yoga Therapy for Positive Health – Nagarathna and Nagendra H.R.

**SEMESTER-III**

**PAPER – II (YO-232)**

**STATISTICS & RESEARCH METHODOLOGY IN YOGIC SCIENCE**

**MARKS: 100 DURATION OF EXAM. : 2.5 HRS.**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Note: There will be Ten questions in all, two from each unit. The candidate will be required to attempt Five questions selecting one question from each unit.**

**UNIT-I : INTRODUCTION TO STATISTICS**

1. General Introduction to Statistics, Its Meaning and Use.
2. Presentation of Research Data-Frequency and Graphical Representation
3. Measurement of central tendency- Mean, Median, Mode
4. Measures of variability- Range, Quartile and Standard Deviation

**UNIT-II:CORRELATION-REGRESSION AND MEANSIGNIFICANCE**

1. Meaning, types and uses of Correlation.
2. Correlation by Rank Difference, Correlation by Product Momentum Method.
3. Regression & Regression Equations.
4. Significance of Mean, Significance of Difference between Mean.

**UNIT-III : TESTS AND ANALYSIS**

1. Chi Square Test
2. Median Test
3. Critical Ratio Test
4. T-Test, ANOVA (Analysis of Variance) one way

**UNIT-IV : RESEARCH METHODOLOGY**

1. Meaning of Research, Scientific knowledge, Scientific Method and its Characteristics.
2. Significance of Research in Yoga.
3. Meaning & Importance of Problems, Statement of Hypothesis and Meaning.
4. Meaning : Sample &Sampling, and Types of Sampling
5. Dependent and Independent Variables

**UNIT-V : RESEARCH METHODS AND RESEARCH REPORT**

1. Research Methods : Observational, Co-relational, Experimental, Non Experimental.
2. Research Design : Meaning purpose and types , Experimental Research Design , Randomized Design and Factorial Research Design
3. Research Mechanism : One tell & Two tell Test, Type One & Type Two Error , Null Hypothesis.
4. Resarch report writing, Preparation of Synopsis, Presentation of Yogic Research Report

**REFERENCE BOOKS**

1. Foundation of Behaviour Research - Kerlinger
2. Research Methods in Behaviour Sciences - Festinger and Katz
3. Statistics in Psychology and Education - Garrat
4. vuqla/kku fof/k;k¡ & ,p0ds0 dfiy
5. euksfoKku ,oa f'k{kk esa lkaf[;dh & xSjsV
6. eukafoKku] lekt'kkL= rFkk f“k{kk esa “kks/k fof/k;k¡ & MkW0 eqgEen lqyseku
7. euksfoKku f'k{kk ,oa vU; lkekftd foKkuksa esa lkaf[;dh & MkW0 e¨gEen lqyseku

**SEMESTER III**

**PAPER – III** **(YO-233) EL**

**PRINCIPLES OF NATUROPATHY**

**MARKS: 100 DURATION OF EXAM. : 2.5 HRS.**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Note: There will be Ten questions in all, two from each unit. The candidate will be required to attempt Five questions selecting one question from each unit.**

**UNIT-I : GENERAL INTRODUCTION**

1. A Short History of Nature Cure, Its Fundamental Principles.
2. Disease – Its Root Cause, Intensity And Its Chronic Stages.
3. Principles of Alien Toxins, Principle of Aggravation.

**UNIT-II : WATER THERAPY**

1. Hydrotherapy, Significance of Water, Properties of Water.
2. Effect of Water on Human Body In Various Temperatures.
3. Principles of Hydrotherapy,
4. Methods of Uses of Water, Natural Bath, Ordinary Sponge Bath, Hip Bath, Steam Bath, Spinal Bath.
5. Hot Foot Bath, Chest Pack, Abdominal Pack, Neck Pack And Leg Pack, Sponge, Enema.

**UNIT-III: MUD & SUN THERAPY**

1. Significance of Clay, Kinds And Properties of Clay, Its Effect on Body.
2. Cloth Pack of Clay, Mud Bath.
3. Significance of Sun Light, Its Effect, Actions and Reactions on Human Body and Techniques of Sun Bath, Air Bath.

**UNIT-IV: FASTING**

1. Theory and Physical Activity and Action and Reactions.
2. Fasting For Health, Disease- Its Emergence and Fasting, Rules Of Fasting.
3. Kinds of Fasting- Long and Short Fast, Complete Fasting, Half Fasting, Water Fasting, Juice Fasting, Fruit Fasting, One Meal Fasting.
4. Difference Between Ideal Diet and Natural Diet, Food For Prevention of Disease.

**UNIT-V: MASSAGE**

1. Definition Of Massage, History and Its Effect on Various Parts of Body.
2. Short Description of Various Massages
3. Methods – Rubbing, Beating, Hacking, Rolling, Shaking, Vibrating, Running, Pounding, Pinching.
4. Precaution of Massage, Disease and Massage.

**REFERENCE BOOKS**

1. Henry Lindlahr. Philosophy of Nature Cure
2. S.J.Singh., History and Philosophy of Nature Cure
3. M.K.Gandhi., My Nature Cure
4. P.D.Mishra & Mishra V. Prakartik Chikitsya sidhant evam Vayavahar, Uttar Pradesh Hindi Sansthan, Lacknow.
5. Jindal R. Prakartik Ayurvijnana, Arogya Seva Sadan, Prakashan, Uttar Pradesh.

**SEMESTER -III**

**PAPER –III (YO-233) EL**

**YOGA & DRUG DE-ADDICTION**

**MARKS: 100 DURATION OF EXAM. : 2.5 HRS.**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Note: There Will be Ten Questions In All, Two From Each Unit. The Candidate Will be Required To Attempt Five Questions Selecting One Question From Each Unit.**

**UNIT-I: HISTORICAL PERSPECTIVES OF DRUG ABUSE**

1. Meaning and Definitions of Drug Abuse.
2. Historical Background of Drug Abuse.
3. Drug Abuse of Indian Culture & Western Culture.

**UNIT-II: TYPES OF DRUGS**

1. Depression Drugs.
2. Stimulant Drugs.
3. Narcotics Drugs & Hallucinogen Drugs.

**UNIT-III: CAUSES OF DRUG ABUSE**

1. Biological cause.
2. Psychological Cause.
3. Personal Cause & Socio-cultural Cause.

**UNIT-IV: EFFECT OF DRUG ABUSE**

1. Effect of Drug Abuse : Effect on Health.
2. Personality & Society.
3. Symptoms of Drug Addiction.

**UNIT-V: CONVENTIONAL TREATMENT AND YOGIC TREATMENT**

1. Psychotherapy,Counseling,Punishment & Pharmaceutical Treatment.
2. Psycho Ethical Process (Yama & Niyam) & Psycho Physical Process (Asanas, Pranayama, Bandh & Mudra).
3. Mediational Techniques & Cleaning Process.

**REFERENCES BOOKS**

1. Rashmi Agarwal. Drug Abuse. Shipra Publication.Delhi
2. Prashant S. Drug Abuse & Society. Ashish Publising House. New Delhi
3. Tribhuvan Kapoor. Drug Epidemic in Indian Youth. Mittal Publication. Delhi
4. Betal C. Preksha Meditation & Drug Abusers Personality. Shree Publications. New Delhi
5. Ram Harsh Singh. Yoga & Yogic Therapy. Choukhambha Prathisthan. Varanasi**.**

**SEMESTER- III**

**PAPER – IV (YO-234) EL**

**YOGA AND SELF MANAGEMENT**

**MARKS: 100 DURATION OF EXAM. : 2.5 HRS.**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Note: There Will be Ten Questions In All, Two From Each Unit. The Candidate Will be Required to Attempt Five Questions Selecting One Question From Each Unit.**

**UNIT – I : INTRODUCTION OF SELF-MANAGEMENT AND CAREER DEVELOPMENT**

1. Self management- concept, basis, meaning, nature and need
2. Study of different dimensions related with self-management
3. Self-confidence – meaning and its improvement
4. Mapping and knowing your life- components of life journey.
5. Mapping and knowing your life – components of life journey. Career development – goal-setting and its achievement-basis, process and planning.

**UNIT-II : DEVELOPMENT OF CAPABILITIES**

1. Development of will, imagination and Yogic Life
2. Development of thinking, emotion control and Yogic Life.
3. Meditation in development of intuition and power of senses.
4. Improvement of memory and meditation.

**UNIT-III : SELF MANAGEMENT AND STRESS-MANAGEMENT**

1. Management of needs and internal community, maintenance of health and vitality.
2. Management; time Management, Management of different stages of life; Problems, decisions and plans
3. Stress – Nature, causes and effects
4. Stress – Yogic management.

**UNIT-IV : COMMUNICATION AND YOGIC LIFE**

1. The importance of communication, determinants
2. Skill and blocks to communication, effective listening, body language, effective reading and speaking in public.ss
3. Ideas to action, direction setting.
4. Mobilising people and work achievement.

**UNIT-V : PERSONALITY DEVELOPMENT**

1. Body Language, Eye Contact.
2. Movement, Language and skill.
3. Group Discussion.
4. Situation control and Adaptation.

**REFERENCE BOOKS**

1. L.Chaito : Relaxation & Meditation Techniques,1983
2. Michael Aegyle : Bodily Communication, Methuen,1975
3. Mulligan J : The personal Management (handbook)
4. Postonjee D.M.: Stress and Coping,The Indian Experience,sage Publication,New Delhi.
5. vkpk;Z egkizK & ”kfDr dh lk/kukA
6. vkpk;Z egkizK & u;k ekuo u;k fo”o] vkn”kZ lkfgR; la?k] pw:A
7. f”ko[ksMk & thr vkidhA

**SEMESTER- III**

**PAPER – IV** (**YO-234) EL**

**INDIAN PHILOSOPHY AND CULTURE**

**MARKS: 100 DURATION OF EXAM. : 2.5 HRS.**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Note: There Will be Ten Questions In All, Two From Each Unit. The Candidate Will be Required To Attempt Five Questions Selecting One Question From Each Unit.**

**UNIT- I: CONCEPT OF INDIAN PHILOSOPHY AND CULTURE –**

1. Meaning & Definition of Philosophy word, Utility of Philosophy.
2. Meaning & Definition of Culture word, Utility of Indian Culture.

**UNIT-II: INDIAN ORTHODOX PHILOSOPHY**

1. Practice Based Tatv Mimansa and Achara Mimansa of Nyas andVaisheshik.
2. Practice Based Tatv Mimansa and Achara Mimansa of Samkhya and Yoga.
3. Practice Based Tatv Mimansa and Achara Mimansa of Mimansa and Vedanta.

**UNIT-III: INDIAN HETERODOX PHILOSOPHY**

1. Practice Based Tatv Mimansa and Achara Mimansa of Charvak.
2. Practice Based Tatv Mimansa and Achara Mimansa of Jain.
3. Practice Based Tatv Mimansa and Achara Mimansa of Bauddha.

**UNIT-IV: ELEMENTS OF INDIAN CULTURE – 1**

1. Hermitage Arrangement, worn Arrangement, Karm Siddhant, Shodhash Sanskar, Panch Mahayagya.

**UNIT-V: ELEMENTS OF INDIA CULTURE - 2**

1. Festival & Celebration of Indian Culture and Their Personal, Social and Ethical Importance.

**REFERENCE BOOKS**

1. Hkkjrh; n”Zu & vkpk;Z cynso mik/;k;A
2. Hkjrh; laLd`fr ds fofo/k vk;ke & MkW0 v:.k t;lokyA
3. dY;k.k ¼laLd`fr vad½ & xhrkizsl xksj[kiqjA

**SEMESTER-III**

**PAPER – V (YO-LAB-1)**

**PRACTICAL-I**

**MARKS: 100**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Asana:**

1. Purnachakrasana
2. Kalyanasana
3. Titibhasana
4. Bakasana
5. Ekpadbakasana
6. Ashtavakrasana
7. Akarana Dhanurasana
8. Mayurasana
9. Gomukhasana
10. Yogasana
11. Gorakshasana
12. Uttithpadmasana
13. Kukkutasana
14. Kurmasana
15. Bhunamanasana
16. Hanumanasana
17. Raj Kapotasana
18. Vyaghrasana
19. Sarvangasana
20. Padma sarvangasana
21. Purnahalasana
22. Karanpidasana
23. Purna matsyasana
24. Markatasan

* Asana as described in 1st & 2nd semester practical

**Pranayama:**

1. Bahyavritti Pranayama
2. Abhyantarvriti Pranayama
3. Stambhvriti Pranayama
4. Bahyabhyantavishyakschepi Pranayama

* Pranayama as described in 1st & 2nd semester practical

**Kriya**

1. Kapalbhati- Shitkram
2. Nauli Sanchalan
3. Vastra dhauti
4. Laghu Shankhprakshalan

* Kriya As Described In 1st & 2nd Semester Practical.

**Bandh/Mudra**

* 1. Yoni mudra
  2. Shaktichalini
* Mudras & Bandhas As Described In 1st &, 2nd Semester Practical

**VIVA VOCE**

**SEMESTER-III**

**PAPER – V (YO-LAB-2)**

**MARKS: 100**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**NATUROPATHY PRACTICAL**

**WATER THERAPY**

Hip-Bath, Spinal Bath, Steam Bath, Full Emersion Bath,

Foot Bath, Arm Bath and Wet Pack.

**MUD THERAPY**

Chest Pack, Mud Packs, Abdominal Pack, Eyes Pack,

Face Pack, Sand Bath and Punk Bath.

**SUN THERAPY**

Chromo Therapy – Red, Yellow, Blue, Green.

**FASTING**

Weekly Fasting, Milk Fasting, Juice Fasting and Enema

**MASSAGE**

Back, Chest and Foot Massage

**RESEARCH PROJECT WORK**

**SEMESTER IV**

**PAPER – I** (**YO-241)**

**YOGA & ALLIED SCIENCES**

**(GENERAL INTRODUCTION OF AYURVED & PANCHKARAMA)**

**MARKS: 100 DURATION OF EXAM. : 2.5 HRS.**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Note: There will be Ten questions in all, two from each unit. The candidate will be required to attempt Five questions selecting one question from each unit.**

**UNIT – I : FUNDAMENTALS OF AYURVEDA – I**

1. General introduction, definition, history and principles of Ayurveda.
2. Concept, role and importance of – Dosha, Dhatu, Mala, Indriya, Agni, Prana, Prakriti-Deha Prakriti, Manas Prakriti.

**UNIT-II : FUNDAMENTALS OF AYURVEDA-II**

1. Concept of Swasthya (healthy condition) and Atur (diseased condition) according to Ayurveda.
2. Prakriti Parikshan – determining one's personality constitution, Important Yoga practices according to Prakriti (Personality Constitution).

**UNIT-III : FUNDAMENTALS OF AYURVEDA – III**

1. Concept, role and importance of – Swasthavritta, Ritucharya, Sadvritta.
2. Concept of diet in Ayurveda.

**UNIT-IV : PANCHKARMA THERAPY– I**

1. Concept of Trividha Karma : Poorva Karma, Pradhana Karma and Pashchat Karma.
2. Poorva Karma : Snehan, Swedana and their types.

**UNIT-V : PANCHKARMA THERAPY – II**

1. Pradhana Karma : Five types of treatments – Vamana, Virechana, Anuvasan Basti, Asthapanbasti, Nasyakarma, types and methods of Rakta Mokshan (Blood letting), Dhumapan vidhi.
2. Pashchatkarma : Pathyam, Sansarjankarma, Vajikaran.

**REFERENCE BOOKS**

1. Ayurveda Kya Hai? - Kaushik, Mai Ram
2. Anand Prakashan, 2003 - Bikaner
3. Ayurvedic Treatment for Common Diseases. - Dash, V.B.
4. Basic Principles of Ayurveda - Laxmipati, K.
5. Ayurved for health and Long Life - Garde, R.K.
6. Swasthvritta Vijnana, Choukhambha Sanskrit Ptatisthana, Delhi. - Singh Ramharsh.
7. Ayurveda Kya Hai?, Bikaner : Anand Prakashan, 2003 - Kaushik, Mai Ram.
8. Ayurvedic Treatment For Common Diseases, Delhi Diary 1974 - Dash , V.B.
9. vk;qosZn 'kjhj fØ;k foKku & f'ko dqekj xkSM+
10. vk;qosZn fpfdRlk & Hkxoku nkl
11. vk;qosZn dk bfrgkl ,oa ifjp; & Mk0 fo|k/kj 'kqDy
12. iapdeZ fpfdRlk ¼izFke ,oa f}rh; Hkkx½ & Mk0 Vh0,y0 nsojkt
13. vk;qosZnh; iapdeZ foKku & Jh/kj dLrwjh

**SEMESTER -IV**

**PAPER – II** (**YO-242)**

**YOGIC TEXTS – II**

**(YOGA UPANISHADS)**

**MARKS: 100 DURATION OF EXAM. : 2.5 HRS.**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Note: There Will be Ten Questions In All, Two From Each Unit. The Candidate Will be Required to Attempt Five Questions Selecting One Question From Each Unit.**

**UNIT-I: SWETASWATAROPANISHAD**

1. (Chapter II) Techniques and Importance of Dhyanyoga, Suitable Place for Dhyana.
2. Sequence of Pranayama & Its Importance, Prior Symptoms of Yogasiddhis.
3. Importance of Yogasiddhis, Tattvajna, (ChapterVI) Nature of God, Techniques for Realization, Attainment of Liberation.

**UNIT-II: YOGAKUNDALI UPANISHAD & YOGACHUDAMADI UPANISHAD**

1. Yogakundali Upanishad **-** Methods of Pranayama Siddhi, Types of Pranayama, Means of Self-Realization.
2. Yogachudamadi Upanishad - The Description of the Six Limbs of Yoga, Their Results and Sequence.

**UNIT -III: YOGATATTVA UPNISHAD & DHYANBINDOOPANISHAD**

1. Yogatattva Upnishad - Mantrayoga, Layayoga, Hathyoga, Rajayoga and their stages, diet and Dincharya, primary symptoms of yoga siddhis and precautions.
2. Dhyanbindoopanishad : Importance of Dhyanayoga, Nature of Pranav, Techniques of Pranav meditation, Shadangyoga, Atmadarshan through Nadanusandhan.

**UNIT-IV: TRISHIKHIBRAHMANOPANISHAD & YOGARAJOPNISHAD**

1. Trishikhibrahmanopanishad - Description of Ashtangayoga, Karmayoga and Jnanayoga.
2. Yogarajopnishad : Mantrayoga, Layayoga, Hathayoga, Rajayoga, Nine Chakras, Procedures of Dhyana and Its Results.

**UNIT-V: NADABINDOOPANISHAD**

1. Hansavidya : Description of Various Limbs of Omkar.
2. 12 Matras of Omkar and Its Results of Their Application With Pranas.
3. Types of Nadas, Nature of Nadanusandhan Sadhana, State of Manolaya.

**REFERENCE BOOKS**

1. 108 mifu’kn~ ¼Kku[k.M½ & ia0 Jhjke “kekZ vkpk;Z & Hkxorh nsoh “kekZA
2. ;ksx mifu’kn~ laxzg & ijegal Lokeh vuUr HkkjrhA
3. ;ksx mifu’kn% & lqHkk’k fo|kyadkjA
4. Yoga Chudamani Upnishad & Swami Satyadharma.
5. Yoga Dharshan & Swami Niranjanananda Sarswati.

**SEMESTER -IV**

**PAPER – III** (**YO-243) EL**

**ALTERNATIVE THERAPIES**

**MARKS: 100 DURATION OF EXAM. : 2.5 HRS.**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Note: There will be Ten questions in all, two from each unit. The candidate will be required to attempt Five questions selecting one question from each unit.**

**UNIT-I: INTRODUCTION TO ALTERNATIVE THERAPY**

1. Concept of Alternative Therapy & Importance of Alternative Therapy.
2. Scope and Limitation of Alternative Therapy.

3. Relation Between Yoga Therapy and Alternative Therapy

**UNIT-II: DIET & NUTRITION THERAPY**

1. Meaning & Definition of Diet,Type of Diet (Yogic & Balancce Diet)
2. Concept & Definition of Nutrition, Components of Nutrition
3. Diet in Various Disease : Blood Pressure, Obesity, Diabetes, Constipation, Hyperacidity

**UNIT-II: ACUPRESSURE THERAPY**

1. Meaning of Acupressure, Benefits of Acupressure.
2. Principles and Techniques of Acupressure.
3. Instruments of Acupressure. Introduction of Different Pressure Points.

**UNIT-IV: PRANIC HEALING**

1. Meaning & Nature of Prana,
2. Introduction & Principles of Pranic Healing,
3. Various Techniques of Pranic Healing.

**UNIT-V: MARMA THERAPY**

1. Meaning & Definintion of Marma.
2. Historical Backgrond of Marma Therapy
3. General Introduction of Marma Points.

**REFERENCE BOOKS:-**

1. Acupressure – Dr. Attar Singh
2. Acupressure – Dr. L. N. Kothari
3. Miracles through Pranic healing :- Master Choa Kok Sui
4. Advanced Pranic healing :- Master Choa Kok Sui
5. Yog Evam Vaikalpik Chikitsya: Dr. V.Nautiyal
6. eeZ foKku ,oa eeZ fpfdRlk & MkW0 lquhy tks”khA

**SEMESTER -IV**

**PAPER – IV** (**YO-244) EL**

**ESSAY**

**MARKS: 100 DURATION OF EXAM. : 2.5 HRS.**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Note: There Will be Ten Questions in All, Two From Each Unit. The Candidate Will be Required to Attempt Five Questions Selecting One Question From Each Unit.**

**UNIT-I**

1. Nature of Yoga in Indian Literature.
2. Concept of Ishwar in Indian Philosophy.
3. Metaphysics of Yoga Philosophy.
4. Liberation (Moksha) in Indian Literature.

**UNIT-II**

1. Satkaryavada.
2. Praman Mimansa.
3. Srishti Prakriya of Sankhya.
4. Samadhi.

**UNIT-III**

1. Rajyoga.
2. Gyanyoga.
3. Bhaktiyoga.
4. Karmayoga.

**UNIT-IV**

1. Mahrishi Dayananda and His Yog Sadhana.
2. Life Sketch of Sri Aurobindo and His Yog Sadhana.
3. Contribution of Swami Vivekananda in the Field of Yoga.
4. Contribution of Swami Kuvalayananda in the Field of Yoga.

**UNIT-V**

1. Indian Yoga Traditions in Modern Scenario.
2. Role of Yoga in Terrorism.
3. Role of Yoga in Education.

**SEMESTER -IV**

**PAPER – IV** (**YO-244) EL**

**DISSERTATION**

**MARKS: 100**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

The dissertation shall be supervised by the permanent faculty of the department. The Dissertation shall be examined by the board of examiners consisting of Head of department / Supervisor and External Examiner (to be appointed by University). Marks will be given by the both the examiners i.e., Internal and External Examiners.

The distribution of marks for the dissertation will be as below:

Presentation (Internal Examiner) - 25 Marks

Dissertation (Evaluation & Viva-Voce) -75 Marks

**TOTAL** - **100 Marks**

Dissertation / Project Report Shall Be Valued Jointly By External And One External Examiner.

**SEMESTER IV**

**PAPER – V** (**YO-245) SS**

**SELF STUDY - HEALTH AND SOCIETY**

**MARKS: 100 DURATION OF EXAM. : 2.5 HRS.**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Note: There will be Ten questions in all, two from each unit. The candidate will be required to attempt Five questions selecting one question from each unit.**

**UNIT –I : CONCEPT OF HEALTH**

1. Meaning of Health.
2. Definitions of Health.
3. Meaning & causes of Illness.

**UNIT –II : CONCEPT OF SOCIETY**

1. Meaning of Society.
2. Role of Society.
3. The Emerging relationship between Medicine and Sociology.

**UNIT –III : PROMOTION OF HEALTH**

1. Factors of health promotion
2. Obstacles of Health promotion
3. Promotion of Health by Nutrition & Environment

**UNIT –IV : HEALTH SERVICE**

1. Health Service in India
2. Health delivery system in India: Primary health centres & Sub-centres,
3. Private Hospitals & Corporate Hospitals

**UNIT –V : YOGA AND HEALTH**

1. Role of Yoga in health development
2. Role of Yoga in social development
3. Application of Yoga ethics in health service development

**REFERENCES**

1. Bloom, Samuel W. (1963),The Dector and His Patient, Free Press, New York,
2. Dingwali, R. (1976), Aspects of Illness Martin Robertson, London
3. Dutt, P.R. (1965), Rural Health Services, DGHS, New Delhi
4. Madan, T.N. (1980), Doctore and Society, New Delhi, Vikash Publicing House
5. Nagla, Madhu (1988), Medical Sociology, Jaipur: Printwell Publishers.
6. Oomen, T.K. (1978), Doctors and Nurses: A Study in Occupational Role Structure, Delhi:

**SEMESTER-IV**

**PAPER – VI** (**YO-LAB-1)**

**PRACTICAL-I**

**MARKS: 100**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Asana**

1. Hasta Padangushtasana
2. Parivrittaparshwakonasana
3. Natrajasana
4. Pakshiasana
5. Vatayanasana
6. Dimbhasana
7. Ekpad skandhasana
8. Utthitekpad skandhasana
9. Utthita Dwipad Sirasana
10. Uttithita Paschimotanasana
11. Padmabkasana
12. Padmamayurasana
13. Padmasirshasana
14. Omkarasana
15. Shankhyasana
16. Bala Garbhasana
17. Purnamatsyendrasana
18. Mayurasana
19. Sankatasana
20. Vrishchikasana
21. purnabhujangasana
22. purnadhanurasana
23. Makarasana
24. Savasana

* Asana as Described In 1st, 2nd, & 3rd Semester Practical

**Pranayama**

* + Pranayam As Described In 1st, 2nd, & 3rd Semester Practical

**Kriya**

* + Kriya As Described In 1st, 2nd, & 3rd Semester Practical

**Bandh/Mudra**

* + Mudras & Bandhas As Described In 1st, 2nd, & 3rd Semester Practical

**Viva-Voce**

**SEMESTER-IV**

**PAPER – VII** (**YO-LAB-2)**

**PRACTICAL-2**

**MARKS: 100**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**RESEARCH PAPER**

**SEMINAR & WORKSHOP**

**YOGA CAMP**

**VIVA-VOCE**