



Punyashlok Ahilyadevi Holkar Solapur University, Solapur
Faculty of Interdisciplinary Studies
M.A. Yoga Part-II w.e.f. June 2022-23

MA Yoga Part 2 (Semester III) CBCS w. e. f 2022-23								
SEM-III	Paper Code	Paper Title	Semester Exam			Lecture	Practical	Credits
			Theory	Internal Assessment	Total			
MA		Hard Core						
	HCTY 1	Hath Yoga	80	20	100	4		4
	HCTY 2	Four Streams of Yoga	80	20	100	4		4
	HCTY 3	Teaching Methodology for Yoga	80	20	100	4		4
		Soft Core (Any one)						
	SCTY 1	Health & Nutrition	80	20	100	4		4
	SCTY 2	Yoga for Child Health						
	HCPY3	Practical-III- Asana, Pranayama, Shuddhikriya	80	20	100		4	4
		400	100	500	16	4	20	

MA Yoga Part 2 (Semester IV) CBCS w. e. f 2022-23

SEM-IV	Paper Code	Paper Title	Semester Exam			Lecture	Practical	Credit
			Theory	Internal Assessment	Total			
MA		Hard Core						
	HCTY 4	Integrated Approach of Yoga	80	20	100	4		4
	HCTY 5	Different Types of Meditation	80	20	100	4		4
	HCTY 6	Yoga Therapy & Other Therapies	80	20	100	4		4
		Soft Core (Any one)						
	SCTY 3	Yoga for Mental Health	80	20	100	4		4
	SCTY 4	Yoga for Stress Management						
		Practical-IV						
	HCPY4	Dissertation	80	20	100		4	4
				500	16	4	20	
Grand Total				2000			80	

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Hard Core	SEM-II	HCTY 2.1	Hath Yoga	No of Credits : 04
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Unit 1 Pratham Upadesha

- Ideal place for Hathyog Study, Obstacles to Yoga
- Yoga auxiliary principles, The root causes of success of yoga, Asana(15L)

Unit 2 Dwitiya Upadesha

- Vayu, Nadishuddhi, Pranayam, Kriya.
- Types of Kumbhaka, Bandhas, Hathyog and Rajyog(15L)

Unit 3 Truitya Upadesha

- Mudra, Sushumna Nadi
- Granthitraya (15L)

Unit 4 Chaturtha and Pancham Upadesha

- Samadhi
- Nadanusandhan
- Yoga Therapy(15L)

Reference Books:

1. Devkule, V. G. (1990). *HathyogPradipika*. Pune: Adarsh Vidyarthi Prakashan.
2. Devkule, V. G. (1990). *Gherandsanhita*. Pune: Adarsh Vidyarthi Prakashan.
Swami, Digambarji. (1990).
3. *HathyogPradipika*. Lonavala: Kaivlyadham.
4. Sant Shaikh Mohammad Maharaj. (2015) *Yogsangram*. Ahmednagar: Anil Sahastrabudhe.
5. Swami, Anand Rushi. (2006). *Patanjal Yogdarshan Ek Abhyas*. Pune: Rajhans Prakashan.
6. Tiwari, O. P. (2010). *Ashtangyog*
7. *Sant Charandaskrut*. Lonavala: Kaivlyadhama.
8. Zha, Pitamaber. (1989). *Yog Parichay*. New Delhi: Gupta Prakashan.

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Hard Core	SEM-II	HCTY 2.2	Four Streams of Yoga	No of Credits : 04
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Unit 1 Karma Yoga- Path of Action (15L)

- Categorization of Karma- Tamasik, Rajasik, Satvik
- Understanding Karmayoga
- Essence of Karmayoga

Unit 2 Bhakti Yoga- Path of Worship (15L)

- Aims of Bhakti yoga
- Methods and Techniques of Bhaktiyoga
- Nine Forms of Bhakti- Sravana, Kirtana, Smarana, Pada-sevana, Arcana, Vandana, Dasya, Sakhya, Atmanivedana

Unit 3 Rajyoga-Path of Will Power (15L)

- Meaning of Rajyoga
- Disciplinary Techniques in Rajyoga
- Practices under Rajyoga- Bahiranga Yoga & Antaranga Yoga

Unit 4 Jnana Yoga- Path of Knowledge (15L)

- Meaning of Knowledge
- Aims of Jnana Yoga
- Three phases in Jnana Yoga- Sravana, Manana, Nididhyasana

Reference Books:

1. Patanjali Yoga Sutra – Maharshi Patanjali, Karambelkar
2. Yogadeepika - Shri. B.K.S. Iyengar
3. Yogasidhantaevum Sadhna - H.S.Datar
4. Light on Patanjala yogasutra - Shri. B.K.S. Iyengar
5. The Yoga of the Bhagavad Gita ,An Introduction to India's Universal Science of God-Realization by Paramahansa Yogananda
6. The Complete Book of Yoga : Karma Yoga, Bhakti Yoga, Raja Yoga, Jnana Yoga by Swami Vivekananda

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Hard Core	SEM-II	HCTY 2.3	Teaching Methodology for Yoga	No of Credits : 04
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Unit 1 Meaning & Scope of Teaching Methods (15L)

Unit 2 Sources of Teaching Methods (15L)

Unit 3 Class Management (15L)

- Teaching Aids in Yoga
- Use of ICT Tools

Unit 4 Art & Science of Teaching Yoga (15L)

- Arts & Science of Questioning in Yoga
- Teaching Lesson Planning
- Model Lesson Plan: Notes & Observations of Yogic Practices
- Teaching Lesson

Reference Books:

1. Gharote, M. L. & Ganguli, S. K. (2017). *Teaching Methods for Yogic Practices*. Lonavala: Kaivalyadhama.

MA Yoga Part II Choice Based Credit System (CBCS) Syllabus w. e. f. 2022-23

Soft Core	SEM-II	SCTY 2.1	Health & Nutrition	No of Credits : 04
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Unit 1 Basics of Diet & Nutrition (15L)

- Aahar-Classification & Importance according to modern science & ayurveda
- Aahar- Vidhi visheshayatan, Vidhi Vidhan
- Concepts of Food, Functions of Food, Components of Food, Definition of Nutrition

Unit 2 Classification of Nutrients (15L)

- Proteins- Sources, Functions & Importance
- Carbohydrates-Sources, Functions & Importance
- Fats-Sources, Functions & Importance
- Vitamins & Minerals-Sources, Functions & Importance

Unit 3 Balanced Diet (15L)

- Energy- basic concepts, Definition & components of energy requirements
- Concept of Metabolism, Anabolism, Catabolism, Calorie requirement
- Physical Activity & Factors affecting energy requirements
- BMR and Factors affecting BMR

Unit 4 Concept of Mitahara (15L)

- Definition & Classification in Yogic Diet according to traditional Yoga Texts
- Concept of diet according to Gheranda Sanhita, Hath Pradipika & Bhagwadgita
- Rajasik, Tamasik & Satvik food guna and Aahara
- Importance of Yogic diet in Yoga Sadhana, Role in healthy living.

Reference Books:

- i. Ramesh Bijlani : Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012
- ii. Prof. Ramharsh Singh - Swasthavritta Vigyan, Chaukhambha Sanskrit Prakashan, Varanasi, 1998.
- iii. Sriram Sharma Acharya- Jivem Sharadah Shatam, Akhand Jyoti Mathura 1998.
- iv. Charak samhita
- v. Ashtang Sangraha
- vi. Gheranda Samhita
- vii. Hatha Yog Pradeepika
- viii. Patanjali Yogsutras
- ix. Dr. Rudolf - Diet and Nutrition, Himalayan Institute Press.
- x. Nutrient Requirements for Indians RDA 2020- National Institute of Nutrition, Hyderabad India
- xi. Nutritive Value of Indian Foods (NVIF) - National Institute of Nutrition, Hyderabad India
- xii. Indian Food Composition Tables (Hard bound) -National Institute of Nutrition, Hyderabad India

MA Yoga Part II Choice Based Credit System (CBCS) Syllabus w. e. f. 2022-23

Soft Core	SEM-II	SCTY 2.2	Yoga for Child Health	No of Credits : 04
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UNIT 1 – Basic concept related to child health. (15L)

Meaning and importance of health, importance of food, shelter and sleep, healthy living environment, parenting styles such as quality time, security, affection, emotional support etc., income group of parents, different diseases in children, nature v nurture.

UNIT 2 – Stages of child development. (15L)

Freud, Erikson, Kohlberg theory, stages of development new born, infant, toddler, pre - school age, school age, childhood, adolescence, development of bones, muscles; body movements and controls, speech and language development.

UNIT 3 – Musculoskeletal system and kinesiology of children. (15L)

Skeletal muscles and their functional classification, different types of joints, movements of joints, importance and use of muscles and joints in different asanas, three sciences of kinesiology- mechanics, anatomy and physiology (biomechanics, musculoskeletal anatomy, neuromuscular physiology)

UNIT 4 – Role of yoga in fitness and immunity of children. (15L)

Improves – physical and mental health, memory, self-esteem, academic performance, classroom behavior, stamina, flexibility, agility, acceptability

Reduce – chance of injury, depression, anxiety, stress, impulsivity

Builds – confidence, strength, body-mind connection, ensures optimal functioning of all organs, strengthen respiratory health

Personality development at physical, mental, intellectual and emotional level.

Ref. books:

1. Yoga in education by Dr. H. R. Nagendra, Swami Vivekanand Yoga Prakashana.
2. Normality and pathology in childhood- assessment of development by Anna Freud, Routledge publication.
3. Vidyarthyanच्या sarvangin vikasachi sadhana by Shri Vishvas Mandlik , yog chaitanya prakashan (Marathi)

MA Yoga Part II Choice Based Credit System (CBCS) Syllabus w. e. f. 2022-23

Hard Core	SEM-II	HCPY 3	Practical III	No of Credits : 04
Particular	Yog Prakriya			Teaching Methodology
Prayer Suryanamskar				Demonstration
Asanas				Whole Part, Whole Method, Individualized Instructional Method, Direct Practice Method
Meditative Asana	Padamasana, Vajrasana, Baddha Padamasana, Siddhasana			Imitation Method
Cultural Asana	<p>Supine Posture -Pavan Muktasana, Ardh Halasana, Viprit Karni, Sarvangasana, Setu Bandhasana, Matsyasana, Halasana, Naukasana</p> <p>Prone Postures- Ardh Shalabhasana, Shalabhasana, Bhujnagasana, Sarpasana, Dhanurasana</p> <p>Sitting Posture- Vakrasana, Gomukhasana, Akarn Dhanurasana, Parvtasana, Sinhasana, Mandukasana, Paschimottanasana, Ushtrasana, Janushirasana, Kukkutasana, Lolasana, Padngushthasana, kandpidasana, Ardh Matsyendrasana</p> <p>Standing Posture- Tadasana, Garudasana, Trikonasana, Vrukshasana, Natrajasana, Utkatasana, Pad Hastasana, Chakrasana, Vatyanasana</p> <p>Balancing Posture- Shirshasana, Mayurasana, Bakasana, Tittibhasana</p>			Individual Practice Method Group Practice Method Specific Skill Method Lecture Method, Individualized Instructional Method, Direct Practice Method and PPT, Chart Etc.
Relaxative Postures	Shavasana, Makarasana, Yognidra			
Kriya	Kapalbhati, Jalneti, Suttraneti, Vaman, Dand, Vastradhauti			
Bandhas	Jalandhar, Uddiyan, Mul			
Pranayam	Nadishodhan, Suryabhedan, Ujjayi, Bhastrika, Bhramari, Shitali, Shitkari			
Mudra	Sinha			
Omkar Chanting	11 Time			
Meditation	30 Minutes			

References

1. Bhartiya, Yoga (2000). *Pranayamvidnyan*. New Delhi: Yogasanstha.
2. Iyyangar, B. K. S. (1995). *Pranayamdipika*. Mumbai: Oriental Publication.
3. Kuvalyananda, Swami. (1992). *Yogasana*. Lonavla: Kaivalyadham
4. Kuvalyananda, Swami. (1994). *Pranayama*. Lonavla: Kaivalyadham
5. Mandlik, Vishwas. (1999). *Shuddhikriya*. Nashik: Yogchaitanya Prakashan
6. Nagendra, H. R. (1998). *Pranayam Kala Vidnyan*. Benglor: Swami Vivekanand Prakashan.
7. Pant, Pratinidhi (1991) *Suryanamskar*. Pune: Devkule.
8. Sharma, P. D. (1998). *Yogasana*. Mumbai: Gala. Navneet Publication
Tiwari, O. P. (2002). *Asana Why and How*. Lonavla: Kaivalyadham.

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Hard Core	SEM-II	HCTY 2.4	Integrated Approach of Yoga	No of Credits : 04
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Unit 1: Principles of Ayurveda in Yoga (15L)

Tridosha, Dhtu, Mala, Sadasa, concept of health according to Ayurveda, dinacharya, sadvrta, rutucharya, elements of snehana, svedana, vamanavirechana, bastikriya in panchakarma, Medicinal introduction - Tulsi, Giloy, Ashwagandha, Apamarg, Mulathi, Trikuta, Triphala, Ashoka, Shatavar, Turmeric, Brahmi, Arjun, Aloe Vera, Conch flower and alum.

2. Principles of Naturopathy in Yoga (15L)

The evolution of the human body, philosophy of the body; mind, soul, life, spirit and spiritual body, history and fundamental principles of Naturopathy, Mahatma Gandhi Laws of Nature, Foreign matter and toxins, accumulation in the body and its importance in elimination through different ways or channels. **Fasting**-Fasting Therapy, Type of Fasting, Importance of Fasting, Precaution to be taken, Indications, Contraindications **Mud Therapy**- Definition Mud Therapy, Types of Mud, Preparation and Method of Application, Benefits, Indication and Contraindication, **Introduction to Hydrotherapy**- Physiological and Therapeutic Properties, Hydrotherapy Interventions: Hip Bath, Steam Bath, Enema, Packs, Compress, Fomentation. **Sun Therapy** • Definition • Benefits • Indication and Contraindication

3. Principles of modern science in Yoga (15L)

Systemic anatomy, physiology of the related System; Pathophysiology, Stress and disease; Medical Management; Mechanism of imbalances at psychological, pranic, physical, endocrinal, autonomic levels; psychoneuro-immunological aspect of the disease model; Disease specific parameter; what, why and how of each Yogic practice; Prevention. Evidence research done on the particular disease. **Chromo and Magneto Therapy** 1. Introduction to Chromo therapy 2. Physiological and Psychological Effect of Color 3. Introduction to magneto therapy 4. Physiological and Psychological Effect of magnet. **Aroma Therapy and Acupressure**: 1. Introduction to Aromatherapy 2. Modes of Application 3. Indication and Contraindication 4. Basis of acupressure and reflexology

4. Integrated Approach of Yoga therapy for some common ailments (15L)

- Respiratory disorders - Allergic Rhinitis & Sinusitis: COPD: Chronic Bronchitis, Tuberculosis: Evidence research done on the particular disease
- Cardiovascular disorders: Hypertension, Atherosclerosis / Coronary artery disease: Ischemic Heart disease – Angina pectoris, Cardiac asthma:
- Endocrinal and Metabolic Disorder - Diabetes Mellitus (I&II); Hypo and Hyperthyroidism; Obesity: Metabolic Syndrome
- Obstetrics and Gynecological Disorders, Menstrual disorders: Dysmenorrhea, Oligomenorrhea, Menorrhagia: Premenstrual Syndrome: Menopause and perimenopausal syndrome: Yoga for Pregnancy and Childbirth: Complicated pregnancies: PIH, Gestational DM, Ante-natal care, Post-natal care

- Gastrointestinal disorders APD: Gastritis – Acute & Chronic, Dyspepsia, Peptic Ulcers, Constipation, Diarrhea, Irritable Bowel Syndrome:
- Musculo-Skeletal Disorders: Back Pain: Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago, Neck pain: Cervical Spondylosis, radiculopathy, Functional neck pain, All forms of Arthritis: Rheumatoid Arthritis, Osteoarthritis
- Neurological Disorders: Headaches: Migraine, Tension headache; Parkinson's disease
- Psychiatric disorders: Psychiatric disorders: Neurosis, Psychosis: Neurosis: Anxiety disorders: Generalized anxiety disorder, Panic Anxiety,

REFERENCE BOOKS

1. The Principles and Practice of medicine Davidson
2. Apley's system of Orthopaedics
3. Anatomy and Physiology of Yogic Practices - M.M Ghore, Kaivalyadhama, Lonavala, Pune.
4. A Systematic course in the ancient tantric techniques of yoga and kriya - Bihar School of Yoga, Munger.
5. Yoga for different ailments - series published by SVYASA, Bangalore and Bihar Yoga Bharati.
6. Yoga for common ailments: Robin Monro, Nagarathna & Nagendra - Guia Publication, U.K.
7. Yoga therapy: by Swami Kvalayanand, Kaivalaya dhama, Lonavala. 8. Yogic therapy : Swami Shivananda, Umachal Yoga Ashram, Kamakhya, Assam.
8. Light on Pranayama - B.K.S. Iyengar
9. Asana, Pranayama, Mudra, Bandha - Swami Satyananda Saraswati, Bihar School of Yoga, Munger.
10. Promotion of positive Health - published by SVYASA, Bangalore
11. Pranayama - published by SVYASA, Bangalore
12. Bandhas & Mudras - by Swami Geetananda, Anandashrama, Pondicherry
13. Yoga Psychology - Shanti Prakash Atreya
14. Personality Psychology - Arun Kumar Singh Yoga and Psychology - Dr. Vinod Prasad Nautiyal

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Soft Core	SEM-II	HCTY 2.5	Different Types of Meditation	No of Credits : 04
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UNIT 1 – Patanjali Meditation (15L)

- 1.1 Introduction to Patanjali Meditation
- 1.2 Basic principles of Patanjali Meditation
- 1.3 Patanjali Meditation- Practice
- 1.4 Benefits of Patanjali Meditation

UNIT 2 – Cyclic Meditation(15L)

- 2.1 Introduction to Cyclic Meditation
- 2.2 Basic principles of Cyclic Meditation
- 2.3 Happiness & Cyclic Meditation
- 2.4 Benefits of Cyclic Meditation

UNIT 3 – Vipassana (15L)

- 3.1 Introduction to Vipassana
- 3.2 Basic principles of Vipassana
- 3.3 Vipassana - Process
- 3.4 Benefits of Vipassana

UNIT 4 – Preksha Meditation(15L)

- 4.1 Introduction to Preksha Meditation
- 4.2 Basic principles of Preksha Meditation
- 4.3 Preksha Meditation - Process
- 4.4 Benefits of Preksha Meditation

Reference Books:

1. Swami Satyananda saraswati & Swami Muktibodhananda Saraswati, (1993). *Hathayoga Pradeepika* Bihar School of Yoga, Munger.
2. B.K.S. Iyengar - *Light on Pranayama*, (2012). Harper collins publisher, New Delhi.
3. Swami Kuvlayanand (2009). *Pranayama*, Kaivalyadham SMYM samiti, Lonavala.
4. Swami Anand Rushi. (2006). *Patanjal Yogdarshan Ek Abhyas*. Pune: Rajhans Prakshan.
5. Tiwari, O. P. (2010). *Ashtangyog Sant Charandaskrut*. Lonavala: Kaivlyadhama.
6. Zha, Pitamaber. (1989). *Yog Parichay*. New Delhi: Gupta Prakashan.
7. Iyyengar, B. K. S. (1995). *Pranayamdipika*. Mumbai: Oriental Publication.
8. Gharote, M. L. & Ganguli, S. K. (2017). *Teaching Methods for Yogic Practices*. Lonavala: Kaivalyadhama.
9. Mandlik. Vishwas. (2013). *Yogopchar*. Nashik: Yogchaitnya Prakashan
10. Swami, Kuvlyananda and Vinekar, S. L. (2017). *Yogic Therapy, Basic Principles and Methods*. Lonavala: Kaivlyadham.

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Soft Core	SEM-II	HCTY 2.6	Yoga Therapy & Other Therapies	No of Credits : 04
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Unit 1: Yoga Therapy (15L)

- Yoga therapy-introduction & types

Unit 2: Naturopathy (15L)

- Mati upchar, Steam Bath, Spinal Bath, Arm Bath,
- Massaj, Vyayam Upchar
- Fasting, Rasahar, Shakahar

Unit 3: Acupressure (15L)

- Acupressure, Vaccumepressure,
- Reiki
- Hypnotherapy, Magnet Therapy

Unit 4: Different Medical Pathies in India (15L)

- Ayurveda
- Homeopathy
- Unani & Siddha
- Allopathy
- Limitations of each pathy.

References:

1. Jindal, Rakesh. (2000). Prakrutik Vidnyan. Modinagar: Arogya Seva Prakashan
2. Kuvlyananda, Swami. (1971). Yogic Chikitsa. New Delhi: Central Health and Education Beaurou.
3. Mandlik. Vishwas. (2013). Yogopchar. Nashik: Yogchaitnya Prakashan
4. Swami, Kuvlyananda and Vinekar, S. L. (2017). Yogic Therapy, Basic Principles and Methods. Kaiwalyadham

MA Yoga Part II Choice Based Credit System (CBCS) Syllabus w. e. f. 2022-23

Soft Core	SEM-II	SCTY 2.3	Yoga for Mental Health	No of Credits : 04
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Unit 1: Mental Health (15L)

- Definition and Nature of Mental Health
- Dimensions of Mental Health
- Mental Health conditions in India
- Conflict: The Yogic Approach

Unit 2: Yoga and Mental Health (15L)

- Introduction to Common mental disorders; Depression and Anxiety
- Yoga for Depression
- Yoga for Anxiety
- Yoga for Mental Health: Opportunities and Challenges.

Unit 3: Meditation for Mental Health (15L)

- Preparation for Meditation
- Patanjali Meditation
- Cyclic Meditation
- Vipassana

Unit 4: Improving Mental Health (15L)

- Meditative Asanas
- Cultural Asana-Sitting Postures, Supine Postures, Prone Posture, Standing Postures
- Relaxation Postures- Shavasan, Makarasan
- Pranayam: Anulom-Viloma, Bhastrika, Bhramari, Sheetalii..

References:

1. Ciccarelli, S. K., White, J. N., & Mishra, G. (2018). *Psychology.5th Edition*; Indian Adaptation. Pearson India Education Services Pvt. Ltd.
2. Swami Anand Rushi. (2006). *Patanjal Yogdarshan Ek Abhyas*. Pune: Rajhans Prakshan.
3. Taylor, S. (2006). *Health Psychology (6th ed)*. New Delhi: Tata McGraw Hill
4. Tiwari, O. P. (2010). *Ashtangyog Sant Charandaskrut*. Lonavala: Kaivlyadhama.
5. Zha, Pitamaber. (1989). *Yog Parichay*. New Delhi: Gupta Prakashan.
6. Iyengar, B. K. S. (1995). *Pranayamdipika*. Mumbai: Oriental Publication.
7. Tiwari, O. P. (2002). *Asana Why and How*. Lonavala: Kaivalyadham.
8. Gharote, M. L. & Ganguli, S. K. (2017). *Teaching Methods for Yogic Practices*. Lonavala: Kaivalyadhama.
9. Deshmukh, N., Nikam, R., Darekar, D. (2020). *Aarogya Manasshastra*. Prashant Publication.
10. Mandlik. Vishwas. (2013). *Yogopchar*. Nashik: Yogchaitnya Prakashan
11. Swami, Kuvlyananda and Vinekar, S. L. (2017). *Yogic Therapy, Basic Principles and Methods*. Lonavala: Kaivlyadham.
12. Bhogal, R. S., (2010). *Yoga & Mental Health & Beyond*.Lonavala: Kaivalyadham.

MA Yoga Part II Choice Based Credit System (CBCS) Syllabus w. e. f. 2022-23

Soft Core	SEM-II	SCTY 2.4	Yoga for Stress Management	No of Credits : 04
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Unit 1: Stress: Concept and Nature (15L)

- Stress: Definitions and types
- Stress: Causes and Effect
- Sources of Stress
- Stress and Disease

Unit 2: Factors in Stress (15L)

- Physiology of Stress
- Cognitive factors in stress
- Factors in the Stress Reaction
- The Social Factors in Stress

Unit 3: Asanas for Stress Management (15L)

- Hastottanasana, Padahastanasana
- Trikonasana, Shashankasana
- Ushtrasana, Ardhamatsyendrasana, Sarvangasana
- Bhujangasana, Makarasana, Shavasana

Unit 4: Yogic Practice for Stress Management (15L)

- Kriyas: Kapalbhata
- Pranayam: Anulom-Viloma, Bhastrika, Bhramari, Sheetal.
- Meditation, Yognidra
- Impact of yogic lifestyle on stress management.

References:

1. Bhogal, R. S., (2010). *Yoga & Mental Health & Beyond*. Lonavala: Kaivalyadham.
2. Ciccarelli, S. K., White, J. N., & Mishra, G. (2018). *Psychology. 5th Edition*; Indian Adaptation. Pearson India Education Services Pvt. Ltd.
3. Swami Anand Rushi. (2006). *Patanjal Yogdarshan Ek Abhyas*. Pune: Rajhans Prakshan.
4. Taylor, S. (2006). *Health Psychology (6th ed)*. New Delhi: Tata McGraw Hill
5. Tiwari, O. P. (2010). *Ashtangyog Sant Charandaskrut*. Lonavala: Kaivlyadhama.
6. Zha, Pitamaber. (1989). *Yog Parichay*. New Delhi: Gupta Prakashan.
7. Iyyangar, B. K. S. (1995). *Pranayamdipika*. Mumbai: Oriental Publication.
8. Tiwari, O. P. (2002). *Asana Why and How*. Lonavala: Kaivalyadham.
9. Gharote, M. L. & Ganguli, S. K. (2017). *Teaching Methods for Yogic Practices*. Lonavala: Kaivalyadhama.
10. Deshmukh, N., Nikam, R., Darekar, D. (2020). *Aarogya Manasshastra*. Prashant Publication.

MA Yoga Part II Choice Based Credit System (CBCS) Syllabus w. e. f. 2022-23

Hard Core	SEM-II	HCPY 3	Dissertation	No of Credits : 04
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Student has to chose any topic related to field of yoga and its application for research project at the start of third semester in consultation with faculty. He/she has to finalize the topic and submit a synopsis of proposed research to the department in third semester. Student is supposed to carry out research after approval of topic and submit the dissertation at the end of last semester as per the standard format of dissertation as given by department.

Dissertation marking will be as follows.

Submission of Dissertation	20 Marks
Internal Evaluation (To be done by Project Supervisor)	20 Marks
Viva on Dissertation (To be done by external examiner)	60 Marks

Dissertation has to eb submitted before the final exam. Without submission of dissertation, students shall not be allowed to appear for final exam.