



PUNYASHLOK AHILYADEVI HOLKAR SOLAPUR UNIVERSITY, SOLAPUR

School of Allied Health Sciences

M.A.Yoga Part- I (As Per NEP 2020 Structure)

w.e.f. June 2023-24

| Year | Level | Sem. | Major | | RM | OJT/FP | RP | Com. Cr. | Degree |
|------------------------------------|------------|----------------|--|--|---|--|----|-----------|---|
| | | | Mandatory | Elective | | | | | |
| I | 6.0 | Sem. I | DSE- I (4) Foundation of Yoga | DSE- (4) Applied Yoga OR Gherand Samhita | R.M. (4) Research Methodology | - | - | 22 | PG Diploma (After 3 Yrs. Degree) |
| | | | DSE- II (4) Anatomy and Physiology of Yogic Practices | | | | | | |
| | | | DSE- III (4) Introduction to Indian Philosophy | | | | | | |
| | | | DSE- IV (2) Yoga Practical- I | | | | | | |
| | | Sem. II | DSE- V (4) Hatha Yogic Text-I | DSE- (4) Yoga for Health Promotion OR Applied Psychology | - | OJT/FP (4) Yoga and Holistic Health | - | 22 | |
| | | | DSE- VI (4) Patanjal Yoga Sutras | | | | | | |
| | | | DSE- VII (4) Yoga and Mental Health | | | | | | |
| | | | DSE- VIII (2) Yoga Practical- II | | | | | | |
| Cum. Cr. For PG Diploma | - | - | 28 | 08 | 04 | 04 | - | 44 | |

**PUNYSHLOK AHILYADEVJI HOLKAR SOLAPUR UNIVERSITY
SOLAPUR**

**M.A. Yoga Syllabus-2023
SEMISTER- I**

YG 101 – Foundation of Yoga

Course Objectives:

- To understand the foundation of Yoga
- To know the history of Yoga
- To understand the aims and objectives of Yoga
- To provide a comparative understanding of Yogic practices as described in different texts

Course Outcomes:

- To understand the fundamental knowledge of Yoga
- To develop the interest about cultural aspects
- To reach up to the roots of Yoga
- To develop the authoritativeness, accuracy and objectivity of Yogic wisdom

Credit 1 – History of Yoga

- Meaning and definitions of 'Yoga'
- Aim and objectives
- Historical periods of Yoga development
- Common misconceptions about Yoga

Credit 2 – Four Streams of Yoga (Based on fundamental principles)

- Jnana Yoga (Vedanta Tradition)
- Bhakti Yoga (Bhagvadgeeta and Narada Bhaktisutra)
- Karma Yoga (Bhagvadgeeta)
- Raja Yoga (Patanjala Yogasutra)

Credit 3 – Contribution of Modern Yoga Thinkers

- Contribution of following yoga thinkers in the field of Yoga
- Swami Vivekananda, Maharshi Aravindo
- Maharshi Mahesh Yogi, Paramahansa Yogananda
- T. Krishnamacharya, B.K.S. Iyengar
- Swami Shivananda, Swami Satyananda Saraswati
- Contribution of Swami Kuvalayananda in the field of Yoga education

Credit 4 – Introduction to Yogic Terminologies

- Concept of Panchakosha (with special reference to Taittiriya Upanishad)
- Concept of Pancha Prana and Upapranas
- Concept of Nadi
- Concept of Kundalini and Chakra

Reference Books:

1. Singh S. P., History of Yoga, PHISPC, Centre for Studies in Civilization
2. Singh S. P & Yogi Mukesh: Foundation of Yoga, Standard Publication, New Delhi
3. Kumar K., Yoga Mahavigyana, Standard Publishers, New Delhi.
4. Swami Vivekananda, Raja Yoga, Ramakrishna Math.
5. C. (2014). Taittiriya Upanishad. India: Central Chinmaya Mission Trust.

YG 102– Anatomy and Physiology of Yogic Practices

Course Objectives:

- To understand the fundamental principles of anatomy and physiology
- To understand the role and importance of anatomy and physiology
- To know the utility of Yoga in modern science
- To apply yogic practices for masses
- To develop the sound understanding about Yoga in modern era

Course Outcomes:

- To understand ancient yogic concepts based on modern understanding
- To understand the effects of Yogic practices on different systems
- To understand the integrated effect on different systems together
- To highlight the ancient wisdom of Yoga through modern parameters

Credit 1 – Effects of Yogic Practices on Musculoskeletal System

- Cell Physiology
- Anatomy and Physiology of Muscular System
- Anatomy and Physiology of Skeletal System
- Effects of Asana, Pranayama, Mudra, Bandha, Kriya and Meditation on Musculoskeletal system

Credit 2 – Effects of Yogic Practices on Digestive and Excretory System

- Anatomy and Physiology of Digestive system
- Anatomy and Physiology of Excretory System
- Anatomy and Physiology of Urinary System
- Effects of Asana, Pranayama, Mudra, Bandha, Kriya and Meditation on above systems

Credit 3 – Effects of Yogic Practices on Nervous system and Glands

- Anatomy and Physiology of Nervous System
- Anatomy and Physiology of Endocrines Glands
- Anatomy and Physiology of Exocrine Glands
- Effects of Asana, Pranayama, Mudra, Bandha, Kriya and Meditation on above systems

Credit 4 – Effects of Yogic Practices on Reproductive, Respiratory and Circulatory System

- Anatomy and Physiology of Reproductive System
- Anatomy and Physiology of Respiratory System
- Anatomy and Physiology of Circulatory System
- Effects of Asana, Pranayama, Mudra, Bandha, Kriya and Meditation on above systems

Reference Books:

1. Waugh A., Grant A., Ross and Wilson Anatomy and Physiology, Elsevier Hs, 2018.
2. Gore M.M., Anatomy and Physiology of Yogic practices, Kanchan Prakshan, Lonavala, 2003.

3. Mandlik V. Yoga Parichaya: Sharira Shastra, Yogachaitanya Prakashana, Nashik.
4. Shirley Telles, Nagendra H.R., A Glimpse into the human body, Swami Vivekananda Yoga Prakashana, Bangalore, 2002.
5. 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
6. Charu, Supriya, Sarir Rachanaevam Kriya Vigyan
7. Mandlik V., Yoga Parichaya, Yogachaitanya Prakashana, Nashik.
8. Evelyn, C. Pearce, Anatomy and Physiology for Nurses (Faber and Faber Ltd. London, 1968)
9. Chatterjee, C.C., Human Physiology (Vol. I & II) (Medical Allied Agency, Calcutta, 1992)
10. John N.A., Human physiology, CBS Publishers and Distributors.
11. Venkatesh D. Sudhakara H., Basics of Medical Physiology, Wolters Kluwer India.
Gharote M.M., Therapeutic Reference in Traditional Yoga Texts, The Lonavala Yoga Institute.

YG 103 – Introduction to Indian Philosophy

Course Objectives:

- To understand the philosophical aspects of Yoga
- To know the history of Yoga
- To understand the aims and objectives of Yoga
- To provide a comparative understanding of different philosophies

Course Outcomes:

- To understand the fundamental knowledge of Indian philosophy
- To understand the different concepts of philosophical speculations
- To understand the interrelation between different philosophies
- To develop the authoritativeness, accuracy and objectivity of Yogic wisdom

Credit 1 – Samkhya and Yoga Darshan

- Meaning and definition of 'Darshan', aims and objectives of Darshan, classification of Darshanas;
- Samkhya Darshan: Meaning of the term 'Samkhya', scholars and literature of Samkhya philosophy, principles of Samkhya Philosophy, discussion of Pramanas; Relation of Samkhya Philosophy with Yoga Philosophy.
- Yoga Darshan: Organization of Yogasutras, Yoga Psychology, Stages of Chitta, Forms of Chitta, Modification of Chitta, kinds of Kleshas, Eight limbs of Yoga, Concept of Ishwara and Kaivalya;

Credit 2 – Nyaya and Vaisheshika Darshan

- Nyaya Darshan: Introduction to Nyaya system, scholars and literature of Nyaya Philosophy, theories and principles of logic, school of Navya-Nyaya, discussion on Pramanas, discussion on God; Relation of Nyaya Philosophy with Yoga Philosophy.
- Vaisheshika Darshan: Meaning of the term 'Vaisheshika', scholars and literature of Vaisheshika philosophy, discussion on Padarthas, concept of atom, Induction and destruction of the universe; Relation of Vaisheshika Philosophy with Yoga Philosophy.

Credit 3 – Purva Mimamsa and Vedanta Darshan

- Mimamsa Darshan: Meaning and nature of the Mimamsa system, scholars and literature of Mimamsa philosophy, principal theories, discussion on Pramanas. Relation of Purva Mimamsa Philosophy with Yoga Philosophy.
- Vedanta Darshan: Meaning of the term 'Vedanta', prominent schools of Vedanta Philosophy, their scholars and literature, principal theories of Vedanta schools, discussion on Pramanas; Relation of Vedanta Philosophy with Yoga Philosophy.

Credit 4 – Buddha, Jain and Charvaka Darshan

- Buddha Darshan: History of Buddhist philosophy, scholars and literature of Buddhist philosophy, schools of Buddhism, principal theories of Buddhist schools, discussion on

Pramanas, comparative analysis of Bauddha Darshan with orthodox (Astika) philosophies;

- Jain Darshan: History of Jain Philosophy, scholars and literature of Jain philosophy, main schools of Jainism, principal theories of Jain Darshan, discussion on Pramanas;
- Charvaka Darshan: History of Charvaka philosophy, scholars and literature of Charvaka philosophy, discussion on elements, concept of Atma according to Charvaka system, creation and development of the universe, discussion on Pramanas.

Reference Books:

1. Radhakrishnan S., Indian Philosophy, Volume I & II, Oxford.
2. Upadhyaya B., Bharatiya Darshan ki Rooparekha, Chaukhamba Orientalia, Varanasi.
3. Chatterjee S., An Introduction to Indian Philosophy, Rupa & co.
4. Dixit S., Bharatiya Tattvajnana, Phadake Prakashan, Kolhapur
5. Puligandala R., Fundamentals of Indian Philosophy, D.K. Print World Ltd.
6. Radhakrishnan S., Bharatiya Dharshan (Hindi), Rajpal & Sons.

YG 104 – Yoga Practical – I

Course Objectives:

- To apply the textual understanding of yogic practices
- To know the techniques and importance of Asanas
- To know the techniques and importance of Pranayama
- To know the techniques and importance of Bandha and Mudras
- To know the techniques and importance of Kriyas
- To know the techniques and importance of Dharana

Course Outcomes:

- To know the difference between yogic exercises and other exercises
- To understand the higher principles of Yoga through practice
- To know the effects of Yogic practices on different systems
- To understand the fundamental teaching principle of simple to complex

Credit 1 – Practice of Asanas

- Asanas in Standing Position: Tadasana, Vrikshasana, Padahasthasana, Katichakrasana, Trikonasana, Parshvakonasana, Utkatasana, Sankatasana
- Asanas in Sitting Position: Sukhasana, Swastikasana, Padmasana, Vajrasana, Siddhasana, Muktasana, Veerasana, Guptasana, Gorakshasana, Garudasana, Vrushasana, Ushtrasana, Yogasana Janushirasana, Paschimottanasana, Bhadrasana, Mandukasana, Uttana Mandukasana, Shashankasana, Vakrasana, Ushtrasana, Naukasana, Merudandasana
- Asanas in Supine Position: Uttanapadasana, Ardhalasana, Viparita karani, Sarvangasana, Pavanamuktasana, Setubandhasana, Shavasana
- Asanas in Prone Position: Shalabhasana, Bhujangasana, Dhanurasana, Makarasana

Credit 2 – Practice of Cleansing Techniques

- Kapalabhati
- Agnisaradhauti
- Jalaneti
- Sutraneti
- Nauli

Credit 3 – Practice of Pranayama and Bandhas

- Anuloma-viloma, Suryabhedana, Ujjayi
- Practice of Jalandhara, Moola and Uddiyana Bandhas separately

Credit 4 – Practice of Meditation

- Breath Meditation
- Omkara Chanting with 2:3:5 Ratio

References:

- 1) Asana Pranayama Mudra Bandha - Swami Satyananda Saraswati
- 2) Gheranda Samhita - Srisa Chandra Vasu Sat Guru Publications 2005
- 3) Hatha Yoga Pradipika - Translated by Pancham Sinh
- 4) Ashtanga Yoga Darshan – Yogacharya Vishwas Mandalik (Marathi)
- 5) Asana Why & How - Shri O P Tiwari, Kaivalyadhama
- 6) Asana by Swami Kuvalayananda – Dr. M.L. Gharote
- 7) Pranayama by Swami Kuvalayananda – Dr. M.L. Gharote
Guidelines for Yogic Practices - Dr. M.L Gharote

YG 105 – Applied Yoga

Course Objectives:

- To apply the practical understanding of yogic texts
- To know the effects of different yoga practices
- To know the application of Yoga for women and senior citizens
- To apply yogic practices for sports persons
- To apply yogic practices for masses

Course Outcomes:

- To know the application of Yoga for different age groups
- To know the need and importance of applied yoga
- To know the yogic practices for prevention, promotion and cure

Credit 1 – Yoga in Education

- Fundamentals principles of applied Yoga in ancient texts
- Need, Importance and features of Yoga for school students
- Need, Importance and features of Yoga college going students
- Need, Importance and features of Yoga for students in higher education

Credit 2 – Yoga for Women and Senior Citizen

- Need, importance and features of Yoga for adolescent and teenage girls
- Need, Importance and features of Yoga for middle age women and for women in menopause;
- Ageing, common Geriatric problems
- Application of Yoga in common Geriatric problems and their prevention

Credit 3 – Yoga for Sports Persons

- Role of yoga in sports
- Yoga for physical performance improvement of a sport person
- Yoga for mental performance improvement of a sport person
- Yoga for sport person in off season
- Yogic practices for injury prevention

Credit 4 – Yoga for Common People

- Workplace stress, its causes, symptoms and complications
- Yogic management of health hazards in computer professionals
- Yogic management of health hazards in chemical, mechanical and mining industries
- Yogic management of health hazards in service industry

References:

1. Dhonde V., Sulabh Prasuti Ani Yoga, Yogachaitanya Prakashan, Nashik
2. Mandlik V., Jyeshthankarita Yogasadhana, Yogachaitanya Prakashan, Nashik.
3. Iyengar B.K.S., Yoga for Sports: A Journey Towards Health and Healing, Westland, 2015.
4. Iyengar G. S., Yoga: A Gem for Women, Allied Publishers.
5. Goel A., Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007.

YG 106 – Gherand Samhita

Course Objectives:

- To understand the foundation of Yoga
- To know the fundamental principles of Hatha Yoga
- To understand the aims and objectives of Hatha Yoga
- To know the traditional practices for purification of body to the highest states of samadhi and knowledge of the soul.

Course Outcomes:

- To understand the fundamental knowledge of Yoga
- To develop the interest about cultural aspects
- To reach up to the roots of Yoga
- To develop the authoritativeness, accuracy and objectivity of Yogic wisdom

Credit 1 – Vishaypravesh- Pratham and Dwitiy Upadesh

- Introduction to Shatkarma, Dhauti, Basti, Neti, Lauliki (Nauli), Trataka, Kapalbhathi (Balbhathi)
- Introduction to Asana, Preparation, Asana technique, Duration, Breathing awareness, Benefits, Contraindication of Asana.

Credit 2 – Trutiya and Chaturth Upadesh

- Introduction to Mudra and Bandha, Bandha (four locks)- Moola Bandha, Jalandhara Bandha, Uddiyana Bandha and Mahabandha
- Pancha Dharana
- Mudra
- Pratyahara

Credit 3 – Panchama and Shashta Upadesh

- Introduction to Pranayama- Ashtakumbhaka, Process, Technique, Benefits, Contraindication, Duration and Breathing awareness
- Introduction to Dhyana- Sthoola dhyana, Jyoti dhyana, Sukshma dhyana

Credit 4 – Sapt upadesh

- Introduction to Samadhi: Highest state of Consciousness

References:

1. Pitambar Jha Yog Parichay-Gupta Prakashan, New Delhi.
2. Kaivalyadham Gherand Samhita
3. V.G.Devkule – Gherand Samhita

YG 107 – Research Methodology – I

Course Objectives:

- To understand the fundamental principles of research
- To understand the role and importance of research
- To conduct various types of researches
- To provide the basic understanding of research
- To develop the sound understanding about the subject

Course Outcomes:

- To develop the interest for research methodology
- To be able to conduct the research
- To understand the correlation between different types of researches
- To highlight the ancient wisdom of Yoga through modern parameters

Credit 1 – Basics of Research

- Meaning and Definition of Research
- Nature and Characteristics of Research
- Need and Importance of Research in Yoga
- Types and Methods of Research
- Designs of the study
- Variables: Independent, Dependent, Confounding, and Control
- Formulating Method of Study: Describing Method, Participants, Variables, Instruments, Design, Procedure, and Analysis
- Ethical Issues in Research - Scientific Dishonesty, Issues of Copyright
- Researchers Responsibility

Credit 2 – Research Problem and Related Literature

- Sources and Steps in Locating Research Problem
- Characteristics/Criteria of Selecting Research Problem
- Review of Related Literature – Need and Importance, Sources, Steps in Literature Search, and Evaluating Literature Sources
- Analyzing, Organizing, and Reporting the Literature
- Presenting the Research Problem – Title, Introduction, Statement of Problem, Significance, Objectives, Operational Definitions, Assumptions, Delimitation, and Limitation
- Hypothesis: Meaning & Definition, Types, and Formulation
- Meaning of Sampling, Population and Sample
- Sampling Techniques
- Tools of Data Collection: Questionnaire, Opinionnaire, Interview, Observation, Rating Scale

Credit 3 – Basics of Statistics, Descriptive Statistical Measures and its Interpretation

- Meaning and Definition of Statistics

- Need and Importance of Statistics in Yoga
- Types of Statistics, Types of Data/Scale
- Normal Probability Curve – Characteristics, Skewness, Kurtosis
- Graphical Representation of Data - Line, Pie & Bar Diagram, Histogram, Frequency polygon & Curve
- Measures of central tendency and its Interpretation – Mean, Median, Mode
- Measures of Dispersion and its Interpretation – Range, Mean Deviation, Variance, and Standard Deviation
- Calculation and Interpretation of Standard Scores (T score, Z score), Percentiles, Deciles, & Quartiles

Credit 4 – Inferential Statistics and Statistical Software

- Concepts Underlying Inferential Statistics – Standard Error, Hypothesis Testing, Testing of Significance, Two-tailed & One-tailed, Type I & II Errors, Degrees of Freedom
- Normality testing
- Measures of Relationship and its interpretation – Scattergram, Spearman and Pearson correlation coefficient
- Introduction to Statistical Software – Excel and SPSS
- Interpretation of Parametric Tools – One Sample, Paired, & Independent Sample ‘t’ Test, One way & N way ANOVA, and Post-hoc Test
- Interpretation of Non-Parametric Tools – Chi-square, Mann - Whitney, and Kruskal – Wallis

References:

1. Best, J. W., Kahn, J. V. (2011) Research in Education,10th edn New Delhi: Prentice Hall of India (P) Ltd.
2. Thomas, J. R., Nelson, J. K., & Silverman, S. J. (2005) Research Methods in Physical Activity,5th edn Human Kinetics, United States of America
3. Clarke, D. H. & Clarke, H. H. (1984) Research Processes in Physical Education,2nd edn United States of America: Prentice-Hall, Inc., New Jersey
4. Johnson, B. & Christensen, L. (2008) Educational Research,3rd edn United States of America, Sage Publications, Inc., California
5. Gay, & Airasian., (1976) Educational Research: competencies for Analysis and Applications, Pearson Education, Inc., Upper Saddle River, New Jersey

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**M.A. Yoga Syllabus-2023
SEMISTER- II**

YG 201 – Hatha Yogic Texts – I

Course Objectives:

- To understand the foundation of Yoga
- To know the fundamental principles of Hatha Yoga
- To understand the aims and objectives of Hatha Yoga
- To know the relationship between Patanjala Yoga and Hatha Yoga texts
- To know the history of Natha tradition

Course Outcomes:

- To understand the fundamental knowledge of Yoga
- To develop the interest about cultural aspects
- To reach up to the roots of Yoga
- To develop the authoritativeness, accuracy and objectivity of Yogic wisdom

Credit 1 – Hathapradipika

- Introduction and salient features of HP, Concept of Hathayoga
- Concept Matha, Mitahara, Pathya and Apathya
- Concept of Sadhaka and Badhaka Tattvas
- Concept of Chaturanga Yoga

Credit 2 – Gheranda Samhita

- Introduction and salient features of GhS
- Concept of Ghata and Ghatashuddhi
- Concept of Saptanga Yoga
- Summary of Gherand Samhita

Credit 3 – Siddhasiddhanta Paddhati

- Salient features of SSP
- Origin of Embryo and it's development
- Concept of 16 Adharas and 9 Chakras
- Summary of six chapters of SSP

Credit 4 – Hatharatnavali

- Salient features of HR
- Concept of Eight Chakras and their purification
- Concept of Mahayoga
- Summary of all the chapters of HR

Reference books:

1. Swami, D., Jha, P. (1998) Swatmarama, S. (2022). Hathapradipika of Svatmarama, 1st edn Kaivalyadham

Yoga Institute: Lonavala, Pune, India.

2. Dr. Gharote, M.L., Dr. Parimal, D. (2022) Hatha Pradipika of Svatmarama (With Yogaprakasika Commentary by Balakrsna): The Lonavala Yoga Institute, India.
3. Swami, M. (1999) Hatha Yoga Pradipika, Reprint edn Bihar School of Yoga: Yoga Publication Trust, Munger, Bihar, India.
4. Swami, D., Dr. Gharote, M.L. (1997) Gheranda Samhita, Kaivalyadham Yoga Institute: Pune
5. Swami, N. S. (2012) Gheranda Samhita (Commentary on The Yoga Teachings of Maharshi Gheranda) Bihar School of Yoga: Yoga Publication Trust, Munger, Bihar, India.
6. Dr. Gharote, M.L., Dr. Pai, G.K. (2019) Siddhasiddhantpaddhantih (A treatise on natha philosophy by Gorakshnatha) The Lonavala Yoga Institute, India.
7. Dr. Gharote, M.L., Hatharatnavali (A Treatise on Hathayoga of Srinivasayogi) Motilal Banarsidass

YG 202 – Patanjala Yoga Sutras

Course Objectives:

- To understand the foundation of Yoga
- To know the fundamental principles of Yoga
- To understand the aims and objectives of Yoga
- To know the relationship between Patanjala Yoga and Hatha Yoga texts

Course Outcomes:

- To understand the fundamental knowledge of Yoga
- To develop the interest about cultural aspects
- To reach up to the roots of Yoga
- To develop the authoritativeness, accuracy and objectivity of Yogic wisdom

Credit 1 – Samadhi Pada

- Definition of Yoga, Concept of Chitta, Chittavrittis and Chittabhūmis, Chittavritti Nirodha Upayas
- Concept Chitta Vikshepas, Chittaprasadana Upayas, Bhava Pratyaya and Upaya Pratyaya
- Types and nature of Samadhis, Difference between Samadhi and Samapatti
- Concept of Ishwara and Ishwara Pranidhana

Credit 2 – Sadhana Pada

- Concept of Kriyayoga, five Kleshas and concept of Dukha
- Concept of Drashta and Drishya
- Karmashya and Karmavipaka
- Eight limbs of Yoga

Credit 3 – Vibhuti Pada

- Concept and nature of Sanyama
- Concept of three types of Parinamas (Parinamatrayas)
- Concept of Vibhuti and various Vibhūtis
- Definition of Kaivaya

Credit 4 – Kaivalya Pada

- Five ways to attain Siddhis
- Characteristics of Nirmana Chiita, Types of Karmas
- Concept of Vivekakhyati and Dharmamegha Samadhi
- Attainment of Kaivalya to the Purusha

Reference Books

1. Patanjali. (1975). The Yoga sutras of Patanjali: the book of the spiritual man: an interpretation. London, Watkins
2. Patanjali., Sastri, G. D., & Ballantyne, J. R. (1971). Yoga-sutra of Patanjali, [2d ed.] Delhi, Indological Book House.

3. Patanjali & Miller, B. S. (1996). Yoga: Discipline of freedom: the Yoga Sutra attributed to Patanjali; a translation of the text, with commentary, introduction, and glossary of keywords. University of California Press.
4. Swami Anand Rishi, Patanjali Yoga Darshan - Ek Abhyas: A Commentary and Comparative Study of Maharshi Patanjali's Patanjali Yoga Sutras, Createspace Independent Pub
5. P., Karambelkar, P. V. (1986). Patanjala Yoga Sutras: Sanskrit Sutra with Transliteration, Transtation [sic], & Commentary. India: Kaivalyadhama.
6. पांतजलयोगप्रदीप (संस्कृत एवम् हिन्दी अनुवाद सहित) - A Most Comprehensive Explanation on the Yoga Sutras, Geeta Press

Krishnaji Kolhatakar, Patanjali Yogdarshan, Aditya Pratishthan

YG 203 – Yoga and Mental Health

Course Objectives:

- To apply the yogic knowledge for mental health
- To know the concept of mental health
- To know the importance of mental health in day-to-day life
- To know the role of yogic practices for mental stability

Course Outcomes:

- To know the application of Yoga practices for mind
- To know the detailed understanding about mental health
- To know the yogic practices for prevention, promotion and cure related to mental disorders

Credit 1 – Introduction to Modern Psychology

- Introduction and history of modern psychology, Needs and goals of psychology
- Developmental stages of psychology: from puberty
- Psychological basis of behavior, Types of behaviors, behavioral theory of psychology
- Cognitive functions of mind, Stages of sleep (modern and yoga)

Credit 2 – Introduction to Eastern Psychology

- Difference between eastern and western psychology
- Nature, meaning and scope of eastern psychology
- Personality traits – Allport and Maslow
- Maslow's hierarchy of needs

Credit 3 – Yogic Psychology

- Mind according to Patanjala Yogasutras and Vedanta tradition
- Yogic perspective of mental health; Five levels of Chitta; Concept of affliction according to Patanjali, chitta prasadana, other practices to overcome the mental afflictions
- Concept of mental afflictions in Bhagavad Geeta, assessment of mental disorders, practices for maintaining mental health
- Various Yogic practices to promote good mental health

Credit 4 – Preventive and Curative aspects of Yoga for Common Psychological Disorders

- Characteristics of common psychological disorders
- Yogic management of Frustration and Stress
- Yogic management of Anxiety, Depression and Aggression
- Yogic management of Insomnia and Eating Disorders

Reference Books

1. Baron, R.A., Branscombe, N.R. & Byrne, D. (2009). Social psychology. (12th ed.). Boston: Pearson.
 2. The Social Psychology of Aggression: 2nd Edition (Social Psychology: A Modular Course) by Barbara Krahej.
 3. Principles of Behavior Modification, Author: Bandura, Albert Publisher: Holt, Rinehart and Winston
 4. Shanti Prakash Attari, Yoga Psychology
- Abraham H. Maslow, towards a Psychology of being.

YG 204 – Yoga Practical – II

Course Objectives:

- To apply the textual understanding of yogic practices
- To know the techniques and importance of Asanas
- To know the techniques and importance of Pranayama
- To know the techniques and importance of Bandha and Mudras
- To know the techniques and importance of Kriyas
- To know the techniques and importance of Dharana

Course Outcomes:

- To know the difference between yogic exercises and other exercises
- To understand the higher principles of Yoga through practice
- To know the effects of Yogic practices on different systems
- To understand the fundamental teaching principle of simple to complex

Credit 1 – Practice of Advance Asanas

- Asanas in Standing Position: Garudasana, Natarajasana, Vatayanasana, Parivaritta Trikonasana, Parshvakonasana, Veerasana, Shirshasana, Chakrasana
- Asanas in Sitting Position: Gomukhasana, Matsyasana, Mayurasana, Kukkutasana, Kurmasana, Uttana Kurmasana, Hanumanasana, Ugrasana, Rajkapotasana, Parivritta Paschimottanasana, Tolasana, Simhasana, Ardha Matsyendrasana, Matsyendrasana,
- Asanas in Supine Position: Halasana, Karnapidanasana, Chakrasana, Vistrutapada Halasana
- Asanas in Prone Position: Purna Dhanurasana, Niralamba Shalabhasana, Niralamba Bhujangasana, Tiryaka Bhujangasana.

Credit 2 – Practice of Cleansing Techniques

- Sutraneti, Vamanadhauti, Dandadhauti, Vastradhauti, Trataka

Credit 3 – Practice of Pranayamas

- Shitali, Sitkari, Bhramari, Bhastrika
- Practice of Pranayama with 1:4:2 Ratio with Thribandha

Credit 4 – Practice of Meditation

- Dharana-Dhyana Abhyasa
- Omkara Meditation

Reference Books:

1. Asana Pranayama Mudra Bandha - Swami Satyananda Saraswati
2. Gheranda Samhita - Srisa Chandra Vasu Sat Guru Publications 2005
3. Hatha Yoga Pradipika - Translated by Pancham Sinh
4. Ashtanga Yoga Darshan – Yogacharya Vishwas Mandalik (Marathi)

YG 205 – Applied Psychology

Course Objectives:

- To apply the yogic knowledge for psychology
- To know the concept of psychology
- To know the importance of training at psychological level in day-to-day life
- To know the role of yogic practices for psychological upliftment

Course Outcomes:

- To know the application of Yoga practices for mind
- To know the detailed understanding about mental health
- To know the yogic practices for prevention, promotion and cure related to mental disorders

Credit 1 - Educational Psychology

- Nature, meaning, scope and functions of educational psychology
- Learning – concept, characteristics, learning process, learning curve
- Factors affecting learning: Attention, Perception, Motivation

Credit 2 – Health Psychology and Yoga

- Definition, nature and aims of Health Psychology
- Cognitive behavioral approaches to health behavior change
- Health Promoting Behaviors – Diet, Exercise, Sleep, Rest, Accident prevention

Credit 3 – Stress and Coping through Yoga

- Definitions, Nature & Types of Stress
- Sources of Stress, Responding to Stress (Physiological, Emotional & Behavioral Response)
- Coping Behavior – Problem Focused coping & Emotion Focused Coping

Credit 4 – Yoga Counselling

- Definition, Concept, Scope and types of Counseling
- Counselor, Ethics in Counseling
- Application of Counseling: Family set up; Educational set up; Organizational set up;

Reference Books:

1. Woodwork, Contemporary school of psychology
2. N.C.Pande, Mind and Supermind
3. Shanti Prakash Attari, Yoga Psychology
4. Yoga Education for children - Bihar Yoga Publication Trust
5. Nav Yogini Tnadra (Hindi / English) - Bihar Yoga Publication Trust
6. Effect of Yoga on Hypertension - Bihar Yoga Publication Trust
7. Yoga Education - Dr Kamakhya Kumar
8. Applied Yogic Science - Dr Kamakhya Kumar

YG 206- Yoga for Health Promotion

Course Objectives:

- To understand the concept of Yoga for health
- To know the difference between Holistic health and Wholistic health
- To know the application of Yogic practices for achieving health
- To know yogic practices for removal of diseases
- To apply yogic practices for masses related to health

Course Outcomes:

- To know the application of Yoga for different age groups to develop health
- To know the need and importance of yogic practices to achieve healthy lifestyle
- To know the yogic practices for prevention, promotion and cure

Credit I - Concept of Health

Definition and Changing Concepts of Health, Dimensions of Health, Concept of Well Being and Positive Health, Determinants of Health, Ecology of Health, Right to Health, Responsibility for Health at different Levels-Individual, Community, State & International Level

Credit 2: Concept of Disease

Definition of Disease & Illness, Different theories of disease causation, Epidemiological Triad, Concept of Disease Prevention and Control, Types of Diseases Communicable and Non-Communicable Disease, Concept of Endemic Epidemic & Pandemic, Importance of Non-Communicable Disease and their prevention.

Credit 3: Concept of Health Promotion

Definition of Health Promotion, importance of Health Promotion Different Theories of Health Promotion-Behavioral Theories, Ecological Theories, Communication Theories, Approaches for Health Promotion- At Individual Level and at Community Level

Credit 4: Yoga for Health Promotion

Concept of Yoga, Ashtang Yoga. Panchkosh Theory, Yogic Diet. Kriya Yoga and application of these concepts in health promotion. Yoga for lifestyle related diseases-CVDs, Diabetes Cancer etc., Yoga for Behavioral & Mental Diseases- Depression, Anxiety, Insomnia, Eating disorders, Child Behavioral Problems etc.

Reference Books:

1. Textbook of Preventive & Social Medicine by K Park, Bhanot Publications
2. Preventive & Social Medicine by YashPal Bedi
3. Health Promotion Glossary- WHO/HPR/HEP/981
4. Health Promotion: From Concepts to Strategies Healthcare Management, Vol. 1, Issue 3, Autumn 1988, Pg. 24-30

YG 207- Yoga and Holistic Health

Course Objectives:

- To understand the concept of Yoga for health
- To know the difference between Holistic health and Wholistic health
- To know the application of Yogic practices for achieving health
- To know yogic practices for removal of diseases
- To apply yogic practices for masses related to health

Course Outcomes:

- To know the application of Yoga for different age groups to develop health
- To know the need and importance of yogic practices to achieve healthy lifestyle
- To know the yogic practices for prevention, promotion and cure

Credit I -

- Meaning and Definition of Health
- Concept of Health and Disease
- Factors affecting health
- Yogic approach to health.

Credit II -

- Concept of Holistic Health
- Physical, Mental and Spiritual Health
- Importance of Health in Human Life

Credit III -

- Meaning Definition and Objectives of Yoga
- Need and significance of Yoga
- Role of Yoga in Healthy Living

Credit IV -

- Concept of Health from ancient yogic texts
- Difference between the modern and ancient concept of health

References:

1. Swami Vivekananda - Dnyan Yoga, Bhakti yoga, Karm Yoga, Rajyog, Adwait Ashram-Culcutta-2000
2. R.S.Bhagal-Mental Health, Kaiviyadham