

# **Punyashlok Ahilyadevi Holkar Solapur University**



**Name of the Faculty: Science & Technology**

**Choice Based Credit System (CBCS)**

**Syllabus: YOGA**

**Name of the Course: MA (YOGA) Part I (Semester 1 & 2)**

**(Syllabus to be implemented from June 2021)**

# MA Yoga

- **Preamble**

Yoga, derived from the Sanskrit word “Yuj” in its literal meaning is “Union”, the union of Body, Mind and Spirit and ultimately the union of the individual consciousness with the universal consciousness. The union of the seen with the unseen and the union of the finite with the infinite is Yoga. Yoga is found to be a part of the oldest book of human history, The Rigveda which is about 8-10 thousand years old. Yoga is a philosophy for achieving purest form of self-awareness, devoid of all thoughts and sensations. Our ancient Yoga masters taught us the art of living, a life for blissful experiences of even flow of happiness by removal of miseries of our life. Yoga is essentially spiritual way of life, its efficacy in the management and prevention of diseases and the promotional aspects have been very well established since time immemorial. We are aware that most of the diseases are psychosomatic in origin. Recent researches have shown effectiveness of Yoga in the management of many psychosomatic disorders which have increased during the past few decades. Thus, Yoga is emerging as one of the cost effective and economic health care option for our nation and the world at large. While entire world is currently witnessing the COVID 19 pandemic, Yoga has emerged as a most effective way of building the immunity, thus helping not only in the prevention, treatment and rehabilitation of COVID 19 but also in other health problems especially the lifestyle diseases.

Yoga has great relevance in present education system. The modern education system emphasizes on science and technology in which the material progress is being achieved, but the inculcation of ethical, moral and spiritual values and promotion of healthy life-style appear to have been neglected. In this context, it is an urgent need to integrate Yoga in modern education system in order to make all-round development relating to body, mind and spirit symphonically and thereby prevent the erosion of human values. The integration of Yoga education in the present system of education can endorse human values to reform attitude and behavior, relieve the stress and strain, build healthy life-style, shape up higher

moral character and develop refined personality of the student so as to make a complete well-being. Hence, we have to understand the importance of Yoga in education and introduce it as a discipline and thereby focus on the process of integration in the curriculum. However, Yoga practices can lead students to the attainment of self- realization. The world has recognized the importance of Yoga and even celebrates “International Yoga Day” on 21<sup>st</sup> June every year. So it is the need of the hour to build a skilled manpower to deliver the knowledge of Yoga in a systematic way.

Presently the PAH Solapur University is running a one year skill based training program in Yoga which is getting good response not only from local community but also from neighboring districts of Solapur. Responding to this huge national and global requirement of more extensive and advanced training in field of Yoga, our university has rightly accepted to start a postgraduate course in Yoga i.e. MA (Yoga).

- **Introduction**

MA Yoga program offered by Punyashlok Ahilyadevi Holkar Solapur University, is a two years' course divided into four semesters. Each semester consists of three hard core theory courses, two soft core open elective courses and one practical.

Hard core theory courses are compulsory in nature and these courses are designed to impart basic knowledge about ancient tradition of Yoga and its fundamental concepts.

Soft core open elective theory courses are elective in nature and the student has to choose any one of soft core theory course in each semester. Soft core theory courses are basically designed to give knowledge of application of Yoga and Yogic practices in different fields such as Health & Nutrition, Sports & Fitness, Mental Health, Stress Management, etc. Hard core courses also include courses in Research Methodology to cater to the present day need of research in the field of Yoga. Hard core course in Teaching Methodology for Yoga is designed in such a way that students gain hands on training to become eligible faculty in the discipline of Yoga. Through dedicated practical courses in each semesters, the student gains a thorough training in various core components of Yoga, such as Asanas, Bandhas, Mudras, and various techniques of Pranayama, etc. Understanding the need of research in the field of yoga, in addition to hard core course in research methodology, student has to undertake a research project in third semester and subsequently submit the dissertation at the end of fourth semester. Students will be allocated research project in group or in isolation and they have to complete the project under the guidance of a research supervisor. This enables the students not only to understand the research methodology but will encourage them to undertake research in the field of yoga in future.

- **Details of MA Yoga Program-**

## **1. Program Objectives (PO)**

The course aims at

- i) Imparting a thorough and scientific knowledge about ancient tradition of Yoga & its amalgamation with modern science.
- ii) Creating a pool of Yoga Experts to cater to the need of the society for Yoga trainers.
- iii) Imparting skills in them to introduce Yoga for health to general public and Yoga for total personality development of general population.
- iv) Invoking scientific attitude and developing a research aptitude in the minds of students in order to promote scientific research in the field of Yoga.
- v) Enabling students to establish Yoga Training Centers or Yoga Therapy Centers with special focus on prevention & control of common lifestyle diseases and or mental health problems and rehabilitation.

## **2. Program Specific Outcomes (PSO)**

- 1) To create curiosity among students to accept and implement yoga in their life for achieving health & developing a strong will to learn yoga teachings as per the ancient yoga scriptures.
- 2) To impart the knowledge of Yoga and its applications to the society to improve physical, mental, social and spiritual health.
- 3) To facilitate the students with proper techniques of different yoga practices to avoid false methodology of doing yoga.
- 4) To familiarize the students with deep concept of yoga through physiology, psychology and philosophy by which different aspects of yoga could be acknowledged.
- 5) To make aware the students about research methodology in the field of yoga science & make students eligible and capable to do Research on National & International Level.
- 6) To Make students eligible for appearing to NET/SET and pursuing Ph. D. in the discipline of Yoga & make them eligible for the post of Assistant Professor.
- 7) To make students eligible as a Yoga Teacher/Instructor/Trainer in academic institutions, industries, health centers.

- **Program Eligibility**

Graduate of any stream from UGC recognized university

- **Admission Criteria**

a) Graduation Merit

Or

b) Graduation Merit and CET marks combined together if the number of applications exceeds the intake capacity. CET shall be of 50 Marks and all questions will be of MCQ in nature.

- **Intake Capacity**

30 students per batch

- **Medium of Teaching & Exam**- Marathi & English

- Overall Structure

<b>MA Yoga Part 1 (Semester I &amp; II) CBCS w. e. f 2021-22</b>								
<b>SEM-I</b>	<b>Paper Code</b>	<b>Paper Title</b>	<b>Semester Exam</b>			<b>Lecture</b>	<b>Practical</b>	<b>Credits</b>
<b>MA</b>		Hard Core	Theory	Internal Assessment	Total			
	HCTY 1	Fundamentals of Yoga	80	20	100	4		4
	HCTY 2	Darshan Shastra	80	20	100	4		4
	HCTY 3	Human Anatomy & Physiology	80	20	100	4		4
		Soft Core (Any one)						
	SCTY 1	Yoga for Sports	80	20	100	4		4
	SCTY 2	Yoga for Fitness						
	HCPY1	Practical-I- Asana, Pranayama, Shuddhikriya	80	20	100		4	4
				<b>500</b>	<b>16</b>	<b>4</b>	<b>20</b>	

<b>SEM-II</b>	<b>Paper Code</b>	<b>Paper Title</b>	<b>Semester Exam</b>			<b>Lecture</b>	<b>Practical</b>	<b>Credits</b>
<b>MA</b>		Hard Core	Theory	Internal Assessment	Total			
	HCTY 4	Vedas & Upanishads	80	20	100	4		4
	HCTY 5	Patanjal Yogasutras	80	20	100	4		4
	HCTY 6	Research Methodology	80	20	100	4		4
		Soft Core (Any one)						
	SCTY 3	Yoga for Health Promotion	80	20	100	4		4
	SCTY 4	Yoga for Immunity						
	HCPY2	Practical-II- Asana, Pranayama, Shuddhikriya	80	20	100		4	4
				<b>500</b>	<b>16</b>	<b>4</b>	<b>20</b>	

## MA Yoga Part 2 (Semester III & IV) CBCS w. e. f 2021-22

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

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	



## MA Yoga Part I Choice Based Credit System (CBCS) Syllabus w. e. f. 2021-22

Hard Core	SEM-I	HCTY 1.1	Fundamentals of Yoga	No of Credits : 04
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### Unit 1 Meaning of Yoga

- Definitions of Yoga, Etymology of Yoga in different classical yoga texts, Yoga Shabda Utpatti, Nirukti of Yoga
- Concept of Sthula, Sukshma and Karana Shariras (15L)

### Unit 2 Yoga: Its Origin, History and Development

- Historical Periods of Indian History, History and evolution of Yoga, Familiarity with fundamental principles of Panchkosha Viveka, three Gunas, Sapta Chakras, Panch Mahabhutas, Panchprana (15L)

### Unit 3 Traditional-Modern Yoga

- Streams of Yoga- Dnyan Yoga, Raja Yoga, Bhakti Yoga, Karma Yoga, all aims at Moksha, Unity in Diversity-Dharma, Artha, Kama, Moksha Concept in India, Consciousness-in Indian &western perspective, Yoga and scientific spirituality (15L)

### Unit 4 Yoga-Health Science

- Spectrum of Health and dimensions of health as per World Health Organization.
- Concept of health according to Yoga, Parameters of health as per Yogic Science.
- Myths of Yoga, Contemporary views on Yoga- Gurus and Masters- Adishankaracharya, Aurobindo, Swami Vivekananda, Ramana Maharashi (15L)

### Reference Books:

1. Patanjali Yoga Sutra – Karambalekar
2. Hatha Pradipika – Swatmaram Yogendra
3. Gheranda Samhita- Gherand Muni Kaivalyadhama
4. Shiva Samhita – Kaivalyadhama
5. Yoga Vashishta – Kaivalyadhama
6. Yogic Yoga Padhati - BharatiyaprakrutikChikitsaPadhat
7. Yogic Chikitsa – Shri Kedarnath Gupta
8. Sachitra Yogasan Darshika - Dr. Indramohan Jha
9. Yoga and Yogic Chikitsa - Ramharsha Singh
10. The Foundation of Contemporary Yoga - R.H.Singh
11. Yogadeepika - Shri. B.K.S. Iyengar
12. YogasidhantaevumSadhna - H.S.Datar
13. Light on Yoga, Light on Pranayama- Shri. B.K.S. Iyengar
14. Light on Patanjali yoga sutra - Shri. B.K.S. Iyengar
15. Positive Health - Dr.L.P.Gupta
16. Food and nutrition – Swaminathan
17. Essence of Yoga - Dr.Mangalagauri

18. Yogasudha – Dr. Kashinath

19. Asana, Pranayama, Bandha, Mudra, Panchkosh, Dhyana by Brahma Varchas Gayatri  
Parivar.

20. Teaching methods for Yogic practices by Kaivalyadhama.

21. Pranayama by Dr. Sarvesh Kumar Agarawal by choukhamba

## MA Yoga Part I Choice Based Credit System (CBCS) Syllabus w. e. f. 2021-22

Hard Core	SEM-I	HCTY 1.2	Darshanshastra	No of Credits : 04
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### Unit 1 Astik Darshan –I

Sankhya Darshan , Nayay Darshan, Vaiseshik Darshan Sankhyayoga : Introduction, 3 fold afflictions, means to overcome afflictions, 25 entities according to Sankhya, means of knowledge, satkarya vada, similarities and dissimilarities of vyakta and avyakta, triguna, existence of purusha, plurality of purusha, proximity of purusha and prakrti, samyoga, sarga, pratisarga, karan (antahkarana and bahyakarana) avishesha and visesha, sharira, nyaya school's epistemology four pramanas, sixteen padārthas or entities, the nyaya theory of causation, anyathakhyativada of nyaya, six padartha of vaiseshik, the atomic theory of vaiseshik darshan (15L)

### Unit 2 Astik Darshan –II

Purvamimansha, Uttarmimansa, Yoga Darshan Philosophical justifications for the observance of vedic rituals to attain moksha by purva mimamsa sutras, philosophy of uttarmimansa, yoga sūtra of patañjali, eight limb yoga" (aṣṭanga yoga),four pad (chapter ) of yog darshan (15L)

### Unit 3 Nastik Darshan

Charvak Darshan, Jain Darshan, Buddha Darshan philosophy of Charvak, external and internal perception of Charvak, proper source of knowledge, six eternal substances by jain philosophy, three reliable means of knowledge, path of four jewels , five ethical duties of jain darshan, the middle way, four noble truths, path, the four dhyānas (meditations),the existence, five, dependent, karma and rebirth, nirvana in buddha darshan (15L)

### Unit 4 Bhagwad Gita

Immortality of atma, nature of death, feeling related to body, real and unreal, atma is real, characteristics of atma, view of materialistic life, swerve not from duty, karma and karmayoga, way of wordly life, triguna, samatvayoga, qualities of restrained mind, characteristic of enlightened man, nature of uncontrolled senses, muni, samyami, brahmajnani. a critical study of dhyana yoga : introduction, karmayoga and karmasanyasa, yogi and sanyasi, self is ultimate for an individual, qualities of a man whose senses are controlled, environment for meditation, place, seat, posture, condition of mind. method of meditation, result of meditation, criterion for progress in meditation, conductives for yoga, one pointedness of mind, bliss in yoga, other traits of yoga, nature of mind, control of mind, perfection in yoga, merit of enlightened yogi, culturing of mind, fate of imperfect yogi, yoga is unparalleled. bhakti-yoga-character-types of bhakta, methods (15L)

### Reference books

1. Sankhyakarika : Ishwarakrishna
2. Shrimad Bhagavadgita - Dr. S. Radhakrishna
3. Basis and applications of Yoga: Published by SVYASA, Bangalore. 105
4. Dashopanishat A Critical survey of Indian Philosophy - Chandradhara Sharma
5. Philosophy of Yoga : Swami Jnanananda, Sri Ramakrishnashrama Publications.
6. Yoga as a Philosophy and Religion - S. N. Dasgupta, Calcutta.
7. Gita for Modern man : Krishna Chaitanya (1986), New Delhi, Clarion Books.

## MA Yoga Part I Choice Based Credit System (CBCS) Syllabus w. e. f. 2021-22

<b>Hard Core</b>	<b>SEM-I</b>	<b>HCTY 1.3</b>	<b>Human Anatomy &amp; Physiology</b>	<b>No. of Credits: 04</b>
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### **Unit 1: Introduction to Anatomy & Physiology**

Introduction to Basic Terminology, Cell, Types of Cells, Tissues & Membranes, Different Body Fluids- Blood, Urine, Cerebrospinal Fluid etc, Homeostasis, Immunity (15L)

### **Unit 2: Systems of Human Body - I**

Musculoskeletal System- Types of Muscles, Types of Bones, Types of Joint  
 Cardiovascular System- Heart and Blood Vessels & Circulation  
 Respiratory System- Lungs and Airways (15L)

### **Unit 3- Systems of Human Body - II**

Digestive System- Parts of Alimentary tract, Digestive Juices  
 Excretory System- Kidney and Male Female Excretory Organs  
 Reproductive System- Male & Female Reproductive Systems (15L)

### **Unit 4- Systems of Human Body- III**

Central Nervous System- Brain, Cranial Nerves, Spinal Nerves, ANS & PNS  
 Sense Organs- Eyes, Ears, Tongue, Nose, Skin, Neuromuscular coordination  
 Endocrine System (15L)

### **Reference Books:**

1. CC Chaterji – Human Physiology
2. Gore MM-Anatomy and Physiology of Yogic Practices, Kanchana Prakashana, Lonavala
3. Anatomy of Hath Yoga - Coutter, H. D.
4. Human Anatomy” Vol.-1, Fourth Edition – Chaurasia, B. D.
5. Essential Encyclopedia of Human Anatomy and Physiology – Sharma J. P.

## MA Yoga Part I Choice Based Credit System (CBCS) Syllabus w. e. f. 2021-22

Soft Core	SEM -I	SCTY 1.1	Yoga and Sports	No. of Credits: 04
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### Unit 1: Basic Concept related to Sports

Meaning & Importance of Sports, Different types of Sports, Important qualities for a sportsman- Speed, Agility, Accuracy, Stamina, Endurance etc. Basic body parameters and their importance – Pulse Rate, Blood Pressure, Weight, Height, Body Mass Index, Vital Capacity of Lungs, Cardiac Output and Reserve etc. (15L)

### Unit 2: Introduction to Kinesiology and Body Movements

Kinesiology: Meaning, significance and scope in Yoga, Medical Terminology of Body Position, Axis and planes: meaning and Types, Terminologies of different Body movements. (15L)

### Unit 3: Introduction to Musculoskeletal System

Skeletal Muscle: Gross Structure, meaning of muscle origin and Insertion, Functional classification Skeletal Muscles- Muscles of Upper Limb, Lower Limb, Lower and Upper Back Origin, Insertion and Actions of Muscles in different Asana, Different types of Joints in body, Movements of Joints and its importance in Asana (15L)

### Unit 4: Yoga in Sports

Components of Yoga- Asanas, Pranayama, Bandha & Mudras  
Use of Asanas in Sports, Use of Bandhas & Mudras in Sports, Use of Pranayama in Sports (15L)

### Reference Books:

1. Anatomy of Hath Yoga - Cutter, H. D.
2. Human Anatomy" Vol.-1, Fourth Edition – Chaurasia, B. D.
3. Essential Encyclopedia of Human Anatomy and Physiology – Sharma J. P.
4. Anatomy and Exercise Physiology" – Kumar R.
5. Gowitzke, B.A and Milner, M (1988). Scientific Basis of Human Movement (3rd. ed.) Baltimore: Williams and Wilkins.
6. Groves, R and Camaine, D. (1983). Concepts in Kinesiology. (2nd.ed) Philadelphia Saunders College Publishing. Hay, J. & Reid, J (1982). The Anatomical and Mechanical Basis of Human Motion. Englewood Cliffs: Prentice – Hall
7. Luttegens, Kathryn, Deutsch, Helga, Hamilton, Nancy. Kinesiology- Scientific Basis of Human Motion. 8th. Ed., Brown & Bench mark.
8. Rasch, P. (1989) Kinesiology and Applied Anatomy. Philadelphia: Lea & Febiger.
9. Thompson, C. (1985). Manual of Structural Kinesiology. (10th. ed.) St. Louis: Times Mirror/ Mosby College Publishing.

## MA Yoga Part I Choice Based Credit System (CBCS) Syllabus w. e. f. 2021-22

Soft Core	SCTY 1.2	SEM-I	Yoga for Fitness	No. of Credits: 04
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### Unit 1: Concept of Health & Fitness

Meaning & Definition of Health & Fitness, Meaning of Wellness, WHO definition of Health, Determinants & Dimensions of Health, Physical Fitness-Need & Importance, Mental Fitness-Need & Importance, Common Physical & Mental Health Problems in Current Scenario, Meaning & Public Health Importance of Communicable & Non Communicable Diseases (15L)

### Unit 2: Physical Fitness and Role of Yoga

Definition of Physical Fitness, Concept & Types of Physical Fitness, Assessment of Physical Fitness, Components of Physical Fitness- Cardiorespiratory Endurance, Muscular Strength & Endurance, Flexibility, Body Composition, Skill Related Components- Speed, Agility, Coordination, Balance, Power & Reaction Time, Basic Normal Parameters of Physical Fitness- Pulse Rate, Blood Pressure, Respiratory Rate, Body Mass Index, Body Type Composition according different Prakritis. Assessment of Physical Fitness, Role of Yoga in Maintaining Physical Fitness (15L)

### Unit 3: Mental Fitness and Role of Yoga

Definition of Mental Fitness, Concept of Mental Fitness and its Components, Importance of Mental Fitness, Common Mental Health Problems in Modern Times- Depression, Anxiety, Insomnia and Role of Yoga in Maintaining Mental Fitness-Yoga Nidra (15L)

### Unit 4: Specific Yoga for Fitness according to Different Age Groups

Yoga for Children and Adolescents, Yoga for Females, Yoga for Pregnant Women and Mothers, Garbhaskandha, Yoga for Lifestyle Diseases-Heart Problems, Diabetes, Obesity etc, Yoga for Students, Yoga for Geriatric People (15L)

### Reference Books:

1. Authors Guide (2013) ACSM's Health Related Physical Fitness Assessment Manual, USA: ACSM Publications.
2. Collins, R.D., & Hodges P.B. (2001) A Comprehensive Guide to Sports Skills Tests and Measurement (2nd edition) Lanham: Scarecrow Press.
3. Inc Jenson, Clayne R and Cynt ha, C. Hirst (1980) Measurement in Physical Education and Athletics, New York, Macmillan Publishing Co. Inc.
4. Kansal D.K. (1996), "Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications.
5. Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication.
6. 10. Yobu, A (2010), Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publications
7. QCI Level I, II, III Guidebooks

## MA Yoga Part I Choice Based Credit System (CBCS) Syllabus w. e. f. 2021-22

Hard Core	HCPY 1.1	SEM-I	Practical I	No. of Credits: 04
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- **Loosening Exercises-**
  - **Standing-** Neck, Shoulders, Arms, Wrists, Fists, Palms, Elbows, Side Bending, Twisting, Forward-Backward, Hip Rotations, Knees, Ankles, Stretch, Squats, Various types of Jogging
  - **Sitting-** Toes point & flex, Twisting, Knee Stretch to Chest, Butterfly, Side Bending with Legs Open, Alternate arm stretch Forward with feet together
  - **Supine-** Sit ups with both legs and single leg folding, Halasan-Paschimottanasana Swing, Single leg Jathara parivartanasana, folded knee twist, rock & roll
  - **Prone-** Boat shape swing, Dhanurasana swing, dips, tiger position leg lift and rotation, Bhujangasana-Parvatasana swing
- **Suryanamaskara**  
10 counts suryanamaskara with prayers (opening & closing) and mantras
- **Asanas-**
  - **Standing-** Ardha chakrasana, Vrikshasana, Padahasthasana, Ardha katichakrasana, Trikonasana, Parivritta trikonasana
  - **Sitting-** Paschimottasana, Purvottasanasana, Marichyasana, Janushirshasana, Aakarnadhanurasana, Parvatasana
  - **Supine-** Ardhanavasana, Purna navasana, Ekapada pavanmuktasana, Pavanmuktasana, Halasana, Kandhrasana
  - **Prone-** Bhujangasana, Dhanurasana, Ekpadshalabhasana, Adhomukhashwanasana, Urdhwamukhashwanasana, Ardha bhujangasana
- **Pranayama-** Normal, Deep & Fast Breathing, Sectional Breathing-Abdominal, Thoracic & Clavicular, Surya anulom vilom, Chandra anulom vilom, Surya bhedan, Chandra bhedan, Nadishuddhi
- **Kriya-** Kapalabhati, Jalaneti, Sutraneti, Vaman dhauti
- **Mudra-** Chin mudra, Chinmay Mudra, Aadi Mudra, Nasika Mudra, Bhairava Mudra, Bhairavi Mudra, Shankha Mudra, Sahajshankh Mudra
- **Chanting-** Pratah Smaran Stotra, Suryanamskar Mantra, Yogasana Mantra, Pranayama Mantra, Mrtyunjay Mantra, Gayatri Mantra

## MA Yoga Part I Choice Based Credit System (CBCS) Syllabus w. e. f. 2021-22

Hard Core	SEM-II	HCTY 1.4	VEDAS & UPANISHADS	No. of Credits: 04
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### HCTY 1.4

#### UNIT 1

- Introduction of Vedas, Foundation of Indian Culture, Four Vedas- Rig veda – the veda of praise, Yajurveda- the Veda of rituals, Samaveda- the Veda of Melodies, Atharvaveda – the Veda of chants, Essence of the Vedas and Upanishads, Brahmanas and Aranyakas  
**(15L)**

#### UNIT 2

- Upa-Vedas and Vedangas- Arth Veda, Dhanurveda, Gandharv Veda, Ayurveda, Shiksha, Kalpa, Vyakran, Nirukt, Chhandas and Jyotish
- Prasthanatraya, Shruti-Upanishada, Smriti-Vedangas, Mahabharat, Bhagwadgeeta, Manusmriti, Nyay-Vedant Sutra
- Style of Upanishads- Teacher Student Interaction **(15L)**

#### UNIT 3

- The Two Main Quests in Prasthanatraya
  - Search for reality
  - Quest for Happiness
- Mahavakyas in Upanishads- Pragyanambrahma, Tattwamasi, ayam atma brahma, aham brahmasmi **(15L)**

#### UNIT 4

- Principal Upanishads- Isha, Ken, Kath, Prashna, Munduk, Mandukya, Taittiriya, Aitareya, Chhandogya, Bruhadarnyaka
- Other Upanishads- Amritbindu, Amritnaad, Tejobindu, Dhyanbindu, Shandilya, Shwetashvatar **(15L)**

### Ref. Books

Published by Gita Press Gorakhpur



## MA Yoga Part I Choice Based Credit System (CBCS) Syllabus w. e. f. 2021-22

Hard Core	HCTY 1.5	SEM-II	PATANJALI YOGASUTRAS	No. of Credits: 04
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### UNIT 1

- Brief introduction to Patanjali Yoga Sutras- Sankhya & Yog Darshan, Similarities & Differences, Important Concept in Relation to Chitta, Concept of Mind-Eastern & Western Perspective
- Samadhi Pada – Portion of Contemplation, Brief Note on Samadhi & Concept of Ishwar, Three kinds of Transformations involved in Samadhi (15L)

### UNIT 2

- Sadhana Pada- Portion of Practice
- Kriya Yoga and Theory of Kleshas( first 16 sutras)
- Nature of Drashta and Drishya and Means of Elimination of Kleshas
- Ashtanga Yoga
- Relationship between Kriya Yoga and Ashtanga Yoga (15L)

### UNIT 3

- Vibhuti Pada- Portion of Accomplishments
- The Concept of Samyama- Three Parinama of Samyama
- Ashtasiddhis- Concept & Description of Supernatural Powers
- Final three limbs of Rajyoga- Dharana, Dhyan & Samadhi (15L)

### UNIT 4

- Kaivalya Pada- Portion of Absoluteness, Cessation of Afflictions & Karmas
- Drashta, Chitta, Klesha and Final Aim of Sadhana
- The Sutras to Kaivalya (15L)

### Ref Books

1. Patanjala Yoga Sutrani by Swami Vivekanand
2. Yoga Darshan by Krishnaji Keshav Kolhatkar
3. Patanjali Yogadarshan by Dr. Shriram Aagashe, Vivekanand Kendra Prakashan
4. Patanjali Yogasutres by B.K.S. Ayyangar, Publisher Morarjee Desai National Institute of India

## MA Yoga Part I Choice Based Credit System (CBCS) Syllabus w. e. f. 2021-22

Hard Core	SEM-II	HCTY 1.6	RESEARCH METHODOLOGY	No. of Credits: 04
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### Unit 1: Introduction to Research Methodology

Definition of Research, Need of Research in Yoga, Types of Research-Basic & Action Research, Research Process, Research Problem, Literature Review, Search Engines like Pub-Med, Google Scholar etc., Ethics in Research, Construction of Research Proposal, Scientific Writing & Publication of Research. (15L)

### Unit 2: Research Designs

Meaning of Research Designs, Different Types of Research Designs, Observation Study- Case Study, Case Series, Cross Sectional Study Designs, Analytical Study Designs- Case Control & Cohort Study, Experimental Study Designs- Randomized Controlled Trial, Quasi experimental Study Designs, Validity & Reliability of Research Designs, Biases in Study Designs (15L)

### Unit 3: Data & Data Collection Methods

Meaning & Types of Data, Variables Meaning & Types, Scales of Measurement, Data Collection Methods, Classification & Presentation of Data, Data Interpretation & Analysis, Meaning of Population, Sample, Sampling Methods, Sample Size Calculation (15L)

### Unit 4: Introduction to Biostatistics & Its Application

Meaning of Biostatistics & its Uses, Descriptive Statistics- Measures of Central Tendency & Measures of Dispersion, Standard Deviation, Inferential Statistics- Hypothesis testing, Concept of 'p' Value, Parametric & Non Parametric Tests, Correlation & Regression Analysis, Use of Statistical Software. (15L)

### Reference Books:

1. Research Methodology, Methods & Techniques by CR Kothari, New Age Publication
2. Methods in Biostatistics: For Medical Students by BK Mahajan, Jaypee Publishers
3. Introduction to Research Methodology & Biostatistics by Jagannath Dixit
4. Research Methodology Ranjit Kumar, Pearson Education India, New Delhi

## MA Yoga Part I Choice Based Credit System (CBCS) Syllabus w. e. f. 2021-22

Soft Core	SEM-II	SCTY 1.3	YOGA FOR HEALTH PROMOTION	No. of Credits: 04
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### Unit 1: 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 (15L)

### Unit 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. (15L)

### Unit 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 (15L)

### Unit 4: Yoga for Health Promotion

Concept of Yoga, Ashtang Yoga, Panchkosh Theory, Yogic Diet, Kriya Yoga and application of these concept 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. (15L)

### 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/98.1
4. Health Promotion: From Concepts to Strategies- Healthcare Management, Vol. 1, Issue 3, Autumn 1988, Pg. 24-30

## MA Yoga Part I Choice Based Credit System (CBCS) Syllabus w. e. f. 2021-22

Soft Core	SEM-II	SCTY 1.4	YOGA FOR IMMUNITY	No. of Credits: 04
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### Unit 1: Basics of Immunity

Definition of Immunity, Types of Immunity-Innate & Acquired Immunity, Mechanism of Immunity and Immune Response, Antigen & Antibody, Immunoglobulin, Immune Deficiency Meaning, Immunization Concept (15L)

### Unit 2: Composition of Immune System

Immune System Introduction, Cells of Immune System, Cell Death, Necrosis and Programmed Cell Death, Classification of Cell Markers based on the Structure, Primary Lymphoid Organs & Tissues, T Cells- Positive & Negative Selection of T cells, Secondary Lymphoid Organs, Networking of Immune System (15L)

### Unit 3: Disease Related to Immunity

Immune Deficiency Disorders- Meaning & Types- Congenital & Acquired Immune Deficiency Disorders and Diseases, Auto-immune Diseases and Types of Auto-immune Diseases- Organ Specific and Multisystem Specific, Common Auto-immune Diseases- Insulin Dependent Diabetes Mellitus, Myasthenia Gravis, Hashimoto Disease, Grave's Disease, Rheumatoid Arthritis, Allergy & Hypersensitivity Reactions, Cytokines and Classification of Cytokines- Interleukins, Interferon, Colony Stimulating Factor, Tumor Necrosis Factor, Chemokine (15L)

### Unit 4: Role of Yoga in Immunity

Effects of Yoga on Nervous System, Effects of Yoga on Endocrine System, Psycho-immunology & Stress and Effect of Yoga on Stress, Role of Yoga in Autoimmune Diseases & Disorders, Role of Yoga in Allergy & Hypersensitivity Reactions, Effect of Yoga on Cytokines, Importance of Yogic Diet for Developing Immunity (15L)

### Reference Books:

1. Textbook of Immunology- Arvind Kaur- Banaras Hindu University
2. Essentials of Medical Physiology- K Sembulingam
3. Textbook of Preventive & Social Medicine- K Park
4. Textbook of Pathology- Harshmohan

## MA Yoga Part I Choice Based Credit System (CBCS) Syllabus w. e. f. 2021-22

Hard Core	SEM-II	HCPY 1.2	Practical 2	No. of Credits: 04
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- **Breathing Exercises-**
  - Standing- Hand stretch breathing, ankle stretch breathing, hands in and out breathing, straight leg raising, side leg raising
  - Sitting- Tiger breathing, dog breathing, rabbit breathing, Shashankasana breathing
- **Suryanamaskara**  
Pralambit Suryanamaskara- Holding with breathing
- **Asanas**
  - **Meditative-** Padmasana, Ardhapadmasana, Vajrasana, Siddhasana, Swastikaana
  - **Standing-** Utakatasana, Garudasana, Tadasana, Veerbhadrasana 1& 2, Prasarita Padottanasana
  - **Sitting-** Vakrasana, Gomukhasana, Ushtrasana, Shashakasana, Matsyasana, Baddhakonasana
  - **Supine-** Uttanpadasana, Jathara Parivartasana, Ekapadasarvangasana, Sarvangasana, Suptkonasana, Karnapeedasana
  - **Prone-** Tiryanka bhujangasana, Nirlamba bhujangasana, Ardha Shalabhasana, Naukasana, Dwipada Shalbhasana, Parshwa Dhanurasana
- **Relaxation Technique**  
Instant Relaxation Technique, Quick Relaxation Technique, Deep Relaxation Technique
- **Pranayama**  
Ujjayi, Bhasrika, Bhramari, Sheetali, Sitkari, Sadanta
- **Kriya**  
Danda dhauti, Vastra dhauti (Observation), Trataka, Agnisara
- **Mudra**  
Brahma mudra, Pruthvi mudra, Varuna Mudra, Aakash mudra, Shanmukhi mudra, Vayu mudra, Shoonya mudra, Surya mudra, Jalodara nashaka mudra
- **Chanting**
  - Peace Chanting-
  - Nirvana Shatak
  - Dhyan Shloka

- **Examination Pattern**

- **Theory Exam**

Each theory paper will be of 80 marks. Distribution of marks will be as follows.

Question	Type	Description	Marks
1	Multiple Choice Question- 20 MCQs	Total 20 MCQs with each question carrying 1 mark	20 Marks
2	Write Short Notes on Any 4 out of 5.	Each short note carries 5 marks	20 Marks
3	Long Answer Question- Write any 2 out of 3	Each question carries 10 marks	20 Marks
4	Essay Type Full Question - Write any one out of two	Question carries 20 Marks	20 Marks
			<b>80 Marks</b>

Passing marks as per prevalent rules of University

- **Practical Exam - Semester 1, 2 and 3**

Student will be asked to perform following things and marks are assigned as per following distribution

Description	Marks
Asana	15 Marks
Pranayama	10 Marks
Bandha & Mudras	10 Marks
Shatakarma/Shuddhikriya	10 Marks
Mantra Chanting	05 Marks
Practical Record Book	10 Marks
Viva	20 Marks
	<b>80 Marks</b>

**Final Semester Practical Exam will be based upon the research project undertaken by the student**

Description	Marks
Dissertation	40 Marks
Viva	40 Marks
	<b>80 Marks</b>