

RADHA GOVIND UNIVERSITY
RAMGARH, JHARKHAND



REGULATIONS AND COURSES OF STUDY FOR MASTER OF ARTS (YOGA)
UNDER CHOICE BASED CREDIT SYSTEM (CBCS)

FACULTY OF PHYSICAL EDUCATION
RADHA GOVIND UNIVERSITY
RAMGARH, JHARKHAND

(Four Semester)**M.A. Yoga****Syllabus**

Semester-I

PAPER - I: FUNDAMENTALS OF YOGA

Total Marks: 100

Theory Marks: 70

Sessional Marks: 30

Course outcome: Students will be able to understand and utilize knowledge of Philosophy of Yoga and Samkhya for better yogic practices.

Unit-I 1. Yoga –Meaning, Concept, Definitions, aims and objectives of Yoga. 2. Historical Background of Yoga 3. Introduction of Hatha Yogic text and their practices with reference to Hathapradipika&GherandSamhita.

Unit-II 1. Introduction to Patanjali Yoga Sutra, Four Padas-Samadhi, Sadhana, Vibhutiand Kaivalya. 2. Concept of Chitta- Vritti, Chitta -Vikshepa 3. Concept of Chitta-Prasadana, Kriya yoga and Ishwara.

Unit-III 1. Concepts of Ashtang Yoga, according to Patanjali. 2. Concept of Bandha-Mudra and Kundalini. 3. Concept of Shatkarma, according to Hathapradipika

Unit-IV 1.Sankhya Philosophy, Twenty-five entities according to Sankhya, Means of Knowledge, Satkaryavada 2. Relation of Yoga with Sankhya:, Similarities and Dissimilarities 3. Relation of Yoga with VyaktaAndAvyakta, Triguna.

Distribution of Marks for External Examination Total -70 Marks The examinees have to attempt 5 (Five) questions out of which first question is of ten marks and remaining four questions based on Four units with internal choice will have Fifteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units.

Sessional Work 30 Marks 1) Discipline 05 2) Unit test 10 3) Assignments 10

4) Attendance 05

Reference Books: - 1. Patanjali Yoga Sutra - Dr. P. V. KarambelkarKaivalyadhama ,Lonavala , 2. Yoga Darshan - Dr. S. V. KarandikarSubhar Pal 3. Yoga Dipika - B. K. S. Ayangar Orient Langman, N. D. 4. Hathapradipika - Dr. M. L. Gharote, Yoga Institute, Lonavala . 5. GherandSamhita - Swami Digambarji& Dr. M.L.GharoteLonavala. 6. Asana - Swami KuvalayanandKaivalyadhama ,Lonavala . 7. Pranayama - Swami Kuvalayanand - Kaivalyadhama, Lonavala . 8. Shiva Sutra - Jayadeosingh ,MotilalBanarasidas , Delhi 9. VyayamVidhyana -DhirendraBrahmachariVishvayatan , Delhi . 10. Physical Education in ancient India - Dr. S. H. Deshpande. 11. Prachin Bharat Main SharirikshikshanDarshan. - Dr. R. H. Tiwari. 12. KalyanYogank , - GeetaPress,Gorakhpur. 13. Essays on yoga - Swami Shivananda 14. Bases of Yoga - Arbindo. 15. Patanjali Yoga Sutra - Dr. N. V. Karbelkar., H.V.P.M. Amravati. (Marathi Edn.) 16. ShikshaManovidyan - P.D. Pathak 17. SharirikShiksha Me ManodarshniktathaJaivayantrikPahalu - Dr. R.C.Kapil

PAPER – II: RECENT TRENDS IN YOGA

Total Marks: 100 Theory Marks: 70 Sessional Marks: 30

Course outcome: Students will be able to know the advanced knowledge and current trends in the field of Yoga which can be utilized to propagate scientific aspects of Yoga.

Unit-I Information of the following Yoga Institutions/ University with their contributions in the Field of Yoga propagation and development.

1. Kaivalyadhama, Lonavala, Pune.
2. Moraraji Desai National Yoga Institute, New Delhi.
3. Central Council for Research in Yoga and Naturopathy, New Delhi.
4. Shree Hanuman VyayamPrasarakMandal, Amravati.
5. Dev SanskrutiVishwa-vidyalayaHaridwar,
6. GurukulKangariVishwavidyalayaHaridwar,
7. HarisingGourVishwavidyalayaSagar, (M.P.),
8. Swami Vivekananda Yoga AnusandhanSamsthan, Bangalore.
9. PatanjaliVidyapith, Haridwar.

Unit- II Communication Skilled Teaching Practice 1. Knowledge and demonstration ability 2.To prepare the course schedule giving due weight age to various aspects of the practice of Yoga 3.to teach to a pre-defined script through a standard teaching process. 4. Describing the practice (name, meaning, justification, category, type, counts, complementary postures) 5. Demonstration (Silent demo, demo with counts, demo with counts breathing and explanation) 6.Benefits and limitation 7.Single group practice 8. Practice in pairs 9. Explanation of Subtle points 10. Question answers 11.To teach as per the daily and the course schedule 12.To keep records of aspirants enrolled, their attendance and their progress report during the programme13.To obtain feedback from the aspirants and make course correction as appropriate.

Unit-III 1. Conferences, Seminars, Symposia and workshops: 2. Importance, nature and organizational set up of Conference, Seminar, Symposium, Workshop. 3. Review and general outlook of Yoga text books, journals, periodicals, reference books and Bibliographical approach.

Unit-IV 1. Tools of propagation and advertisement techniques: 2. Yoga camps, demonstration, exhibition, propagation tour, Yoga lecture Series 3.News writing, Radio, Television, Internet, technique of propagation and its

Distribution of Marks for External Examination Total -70 Marks The examinees have to attempt 5 (Five) questions out of which first question is of ten marks and remaining four questions based on Four units with internal choice will have Fifteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units.

Sessional Work 30 Marks 1) Discipline 05 2) Unit test 10 3) Assignments 10

4) Attendance 05

Reference Books: 1. Teaching methods for Yogic practices: – M. L. Gharote, S. K. Ganguli. 2. Principles of Education: – Dr. R. S. Pandey. 3. Principles of Methods of Teaching: – Bhatia. 4. Introduction to Teaching: – Bernard H. C.

PAPER - III: ANATOMY AND PHYSIOLOGY

Total Marks:100

Theory Marks: 70

Sessional Marks: 30

Course outcome: The knowledge of this course enable the students about pros and cons of yogic practices to avoid the ill effect of wrong practices.

Unit-I 1. Detail Structure and Functions of Cell Contain. 2. Types of tissue and functions. Classification of bones and functions. 3. Muscular System: Type of muscle, their structure and functions, Neuro musculartrans mission of impulse, muscle tone, stretch reflex. 4. Isometric and isotonic muscles, fatigue, Oxygen debt.

Unit-II 1. Respiratory system: Mechanism of Respiration. 2. Transport of Oxygen and Carbon dioxide. Factors affecting it. 3. Respiratory volumes: Tidal Volume, Vital Capacity, Minute Volume, respiratory reserve, dead air. 4. Circulatory system; structure and function of heart, cardiac cycle, Heart sound.

Unit-III 1. Blood Composition, Plasma proteins and their function. Blood cell and their structure and function. 2. Mechanism of Blood coagulation. Blending time, coagulation.3. Digestive system: function of organs, salivary glands and functions Peristaltic movement, Defecation. 4. Uro-genital system organs and their functions.

Unit-IV 1. Various endocrinal glands and their functions. 2. Special senses: Structure and functions of eye, errors of refraction, Ear, Tongue, Nose, Speech (Vocal cord) 3. Central nervous system Parts and their functions, Autonomic nervous system. 4. Spinal cord structure and function, cranial nerves, Reflex action.

Distribution of Marks for External Examination

Total -70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of ten marks and remaining four questions based on Four units with internal choice will have Fifteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units.

Sessional Work 30 Marks 1) Discipline 05 2) Unit test 10 3) Assignments 10 4) Attendance 05

Reference Books: 1. Yogic Therapy-Its Basic Principles & Methods" Central - Kuvalayananda Swami & S.L.Health Education & Bureau, Govt.Of Vinekar India, New Delhi 1963.

2. "Asanas" - KuvalayanandaSwami Kaivalyadhama, Lonavala.

3. "Pranayama"- Kuvalayananda Swami KaivalyadhamaLonavala 4. "Yoga & Your Heart" - K.K.Datey, M.L. Gharote, MeghaPrakashan, Lonavala 5. "Anatomy & Physiology For Nurses Including Notes On Their Clinical - Evely Pearce, Oxford University Application" (1974 Ed) Press, Kolkata 6. Physiology of Yoga - Dr. P. N. Ronghe7."Yogamimansa Journals"- Kaivalyadhama, Lonavala 8.Swadhay and Yoga Therapy - Dr. Waze, Pune 9. Anatomy & Physiology Of Yogic Practices - M.M.Gore "KanchanPrakashanLonavala, 1990".

PAPER - IV: RESEARCH METHODOLOGY

Total Marks:100Theory

Marks: 70

Sessional Marks: 30

Course outcome: The knowledge of this course will provide latest trends in research in the field of Yoga and can be able to do research.

Unit-I Introduction 1. Meaning, concept and Definition of Research

2. Need, Importance and Characteristics of Research in Yoga
3. Type of Research – Analytical, Descriptive, Experimental and Evaluative.
4. Qualities of a Good Researcher.

Unit-II Developing the Research Problem

1. Definition and Meaning of Research Problem. 2. Location of Research Problem. 3. Criteria for Selecting a Research problem. 4. Meaning, Definition and types of Research Hypothesis Formulation of Research hypothesis.

Unit-III Survey of Related Literature 1. Need and Purpose for Surveying Related Literature

2. Kinds of Related Literature
3. Sources of Literature
4. Steps in Literature Search.
5. Use of Library Sources.

Unit-IV Methods of Research 1. Need and Importance of Formulating Method

2. Sampling and population – meaning, importance.
3. Types of sampling – Probability and Non-Probability Methods
4. Design and analysis of Study, Meaning, Definition and types

Distribution of Marks for External Examination Total -70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of ten marks and remaining four questions based on Four units with internal choice will have Fifteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units.

Sessional Work 30 Marks 1) Discipline 05 2) Unit test 10 3) Assignments 10 4) Attendance 05

- 1.. Statistics for Psychology – J. P. Varma Tata McGraw Hill Education Private Limited New Delhi 2. Research Methods applied - Scott, G.M. (Ed): Health, Physical Education and Recreation 2nd, Washington, D.C., AAHPERD, 1959 3. Manual for Writing of -Turabian, Kate. L.A. Research papers, thesis Chicago University of Chicago and Dissertation Press, 1967 4. Research in Education - Best, John, W. Cliffs. N. J., Prentice Hall Inc. 1964. 4. Methods of Research: - Good Cater, V. & Douglas, E.S. Carts Educational Psychological New York, Appleton Cent, Crofts, 1954 and Sociological 5. Introduction to Research -Hilway, Tyrus Boston, Houghton Mifflin Co. 1956

6. Education Research: - Smith, H.L. Bloomington Principles and practices Indian Educational Pub;
 7. The Elements of Research -Whitney, F.L.: New York Prentice Hall Inc. 1961.
 8. Research in Physical Education - Clarke. H. :

PRACTICAL SYLLABUS – First Year (Semester-I)

Yoga Practicals

Total Marks: 100 Practical Marks: 70 Sessional Marks: 30

i Asana. 20 marks ii Shatkarma. 20 marks iii Pranayama and Bandha-Mudra. 10 marks iv Yogic Sukshma Vyayam Sthula Vyayam and Suryanamaskar. 20 marks

i Asana Standing Asanas : Tadasana, Garudasana, Ardhakatichakrasana.

Sitting Asanas : Padmasana, Siddhasana, Vajrasana, Yogmudra, Pachimotanasana, Gomukhasana, Janushirasana.

Prone Position : Ardha Shalabhasana (Akapad), Makarasana, Bhujangasana.

Supine Position : Shavasana, Ardhalasana, Pawanmuktasana, Setubandhasana.

Balancing Asanas: Parvatasana, Bakasana, Vrikshasana.

System of Examination: 1) Two asanas as told by examiners 6 marks each. 12 marks 2) Two asanas of candidate's choice 4 marks each. 8 marks

ii Shatkarma 1. Neti : Jala and Sutra.

2. Dhauti : Danta, Jivhashodhan, Karnarandhra, and Kapalrandhra.

3. Agnisara : Standing and Sitting System of examination: Shatkarmas divided in two groups (1) Without Instrument 1. One Kriya as told by examiner. 4 marks

2. One Kriya of candidate's choice 4 marks (2) With Instrument 1. One Instrumental Kriya as told by examiner. 6 marks 2. One Instrumental Kriya of candidate's choice 6 marks

iii Pranayam and Bandha – Mudra : Pranayama (without Kumbhak): Nadishodhan, Suryabhedhan, Ujjai, Shitali. Bandha: Jalandhar, Jivha. Mudra: Nabhomudra, Vipritkarni, Tadagi.

System of examination: 1. Any One Pranayama as told by the examiner. 3 marks

2. Any one Pranayama of candidate's choice. 3 marks

3. Any one Mudra as told by the examiner 2 marks

4. Any one Bandha of candidate's choice. 2 marks

Note: - Where practical demonstration is not possible during examination verbal explanation of the technique is expected

iv .Yogic SukshmaVyayama, Yogic SthulaVyayama and Suryanamaskar Yogic SukshmaVyayam 1) Vishudh Chakra OR Uccharan-sthalaShudhi 2) Prarthana 3) BuddhitathaDhritiShakti – Vikasaka 4) SmaranShaktiVikasaka 5) MedhaShakti – Vikasaka 6) Kapal – ShaktiVikasaka 7) NetraShaktiVikasaka 8) KarnaShaktiVikasaka 9) GrivaShaktiVikasaka (1) 10) GrivaShaktiVikasaka (2) 11) GrivaShaktiVikasaka (3) 12) Skandh&BahumulaShaktiVikasaka 13) BhujabandhaShaktiVikasaka 14) KohniShaktiVikasaka 15) Bhuja-valliShaktiVikasaka 16) PurnabhujashaktiVikasaka 17) ManibandhShaktiVikasaka 18)KarapruthaShaktiVikasaka 19) Kara-talaShaktiVikasaka 20) AnguliShaktiVikasaka (1) 21) AnsuliShaktiVikasaka (2) 22) VakshaShaktiVikasaka(1) 23) VakshasthalaShaktiVikasaka (2) 24) UdaraShaktiVikasaka(1)

Yogic SthulaVyayama 1)Rekha-gati 2) Hrid-gati 3) Utkurdana

Suryanamaskar (Twelve Count) 20 marks 1) Twelve Mantras 2) Ten counts, Twelve counts and Sixteen counts System of examination: 10 marks

1. Any One Yogic SukshmaVyayama as told by the examiner. 3 marks.
2. Any one Yogic SukshmaVyayama of candidate's choice.3 marks.
3. Any one Yogic SthulaVyayama as told by the examiner 2 marks.
4. Any one Yogic SthulaVyayama of candidate's choice. 2 marks.

Sessional Work: 30 marks 1.One Test 15 marks

2. Assignments Practicals10 marks

3. Attendance 5 marks

Note: - Where practical demonstration is not possible during examination verbal explanation of the technique is expected.

Practice Teaching

Total Marks: 100 Practical Marks: 70 Sessional Marks: 30

The candidate will be required to take three supervised lessons in Yoga practices. 100 marks Sessional work (Internal Assessment] 30 marks.

One lesson to be taken at the Final Examination from Yog asana group.70 marks.

System of Examination: -

One lesson to be taken at the final practice teaching examination from Yog asana Group for seventy marks.70 Marks The following factors will be observed while assessing practice teaching lesson:

1. Preparation of the teacher and his position.

1. Plan of the lesson. 10 Marks

2. Formation of the class. 5 Marks

3. Teacher's Practical Demonstration. 5 Marks

4. Report. [Approaches & Relationship] 5 Marks

2. Teaching ability. 1. Self – confidence 10Marks 2. Self - Development.5 Marks 3.Control of the class.10 Marks 4.Sequence of teaching 5 Marks 3.Maintenance of interest and total impression.Impact and effect on the lesson. 1. Activity Enthusiasm. 10 Marks 2. Knowledge about the subject taught & maturity. 5 Marks

Sessional work: Sessional work [Internal Assessment] the candidate will be required to take three supervised lessons in yoga practices for ten marks each. 30 Marks

Semester-II Paper – I: Health Management

Total Marks: 100 Theory Marks: 70 Sessional Marks: 30

Course outcome: Concept and dimensions of different aspects of Healthy lifestyle will enhance yogic practices in day to day life and utilize their experiences to unfold different dimensions of health of people and students for betterment of society.

Unit - I 1.Meaning and concept of health, various dimensions of health. 2. Characteristics of healthy individual, factors influencing health. Role of Yoga in preservation of good health.

Unit - II 1. First Aid – Wounds, fractures, Bandages, Blood flow. 2. Accidents, drowning, poison, Snake bite, electrical shocks, unconsciousness.

Unit - III 1. Stress, Meaning and definition of stress, Types of Stress, Yoga method of managing stress 2. Meaning and concept, Psychic forces i.e., id, ego and superego. 3. Role of Yoga in Solving personal and social Psychic problems.

Unit – IV 1. Various Health problems :- health in educational Intuitional environment, malnutrition, fast food, habits and addiction, professional Hazard. 2. Role of Shatkarma, Asana, Pranayama, Mudra, Yogic SukshmaVyayam, SthulaVyayam, Suryanamaskar and Dhyana in solving health problems.

Distribution of Marks for External Examination Total -70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of ten marks and remaining four questions based on Four units with internal choice will have Fifteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units with internal choice.

Sessional Work 30 Marks 1) Discipline 05 2) Unit test 10 3) Assignments 10 4)Attendance 05

Reference Books: 1. Yoga Therapy in management of Stress - Dr. S.V. Karandikar 2. Mental Tension its Cure - Dr. O.P.Jaggi 3.A Life Saver - Dr. S.V. Karandikar 4. Psychology of Personality Development - A.A. Raback 5. Nutrition & Health - K.R. Raghunath 6. Diet Cure for Common Diseases - Bakhru H. K. 7.Yoga for Stress Relief - Thakur, Bharat 8.Managing Stress - Shrivastava H.S. 9.Food for Health - Mool Raj 10. Commonsense Restoration of Health - Felix-o-Striet 11. Key to Health - M.K. Gandhi 12.Secretes for Health & Longevity - Dr. OmkarNath 13.Food for Health - A.P. Dewan 14.AaharVidnyan - Satyapal 15. Yogasana - Dr. P. D. Sharma

Paper – II: Yoga Methodology

Total Marks: 100 Theory Marks: 70 Sessional Marks: 30

Course outcome: This Course will boost students confidence for teaching Yoga in scientific way.

Unit-I 1. Lesson Planning ; meaning definitions and Importance. 2. Factors affecting the teaching and planning 3. Different formats of lesson plans Planning and observation and field activity lesson and classroom teaching lesson

Unit- II 1.Methods of Yoga teaching 2.Tradition and Modern methods 3.Lecture, demonstration, orientation, home work, assignment, project, supervised study.

Unit-III 1. Teaching aids; Meaning need definition and classification of teaching aid necessary precaution for the use of teaching aids. 2. Evaluation procedure old concept, new approach, tools of evaluation. 3. Team teaching, micro teaching 4. Yoga and sports.

Unit-IV Types of lessons 1. Knowledge lessons 2. Skill lesson 3. Appreciation lesson, planning and observation of different yogic lesson 4.Asanas, shatkarma, pranayama, Bandas, Mundra lesson ect.

Distribution of Marks for External Examination Total -70 Marks The examinees have to attempt 5 (Five) questions out of which first question is of ten marks and remaining four questions based on Four units with internal choice will have Fifteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units with internal choice.

Sessional Work 30 Marks 1) Discipline 05 2) Unit test 10 3) Assignments 10 4)Attendance 05

Reference Books: 1. Teaching methods for Yogic practices: – M. L. Gharote, S. K. Ganguli. 2. Principles of Education: – Dr. R. S. Pandey. 3. Principles of Methods of Teaching: – Bhatia. 4. Introduction to Teaching: – Bernard H. C.

PAPER - III: PHYSIOLOGY OF YOGIC PRACTICES

Total Marks: 100

Theory Marks: 70 Sessional Marks: 30

Course outcome: This course will give modern aspects of psycho-physiology of Yogic practice which can be used by students and masses.

Unit-I 1. Psycho-Physiological importance of Yoga. 2. Yogic management of stress and behavior. 3. Mental health and Yam-Niyama. 4. Postural therapy. Benefits of different postures in Balancing, Standing, Sitting inverted and corrective asanas.

Unit-II 1. Neural mechanism for the regulation of respiration (Pran energy) during Yogic Pranayam practice. 2. Physiological difference in normal exercise breathing and Pranayama. 3. Therapeutic importance of Hatha yogic Pranayam. 4. Scientific importance of Mudras.

Unit-III 1. Physiological effects of Asana 2. Effect of Shudhikriya (cleaning techniques) 3. Importance of Pratyahar and Dharna. 4. Nadanusandhan and Pranavajapa and effects on Autonomous Nervous system.

Unit-IV 1. Biochemical, Physiological and EEG changes in Dhyan (meditation) 2. Scientific study of modern relaxation techniques, Progressive relaxation. 3. Comparison between sleep and Yoga Nidra 4. Kundalini Yoga chakaras and centers of energy distribution (Shakti Kendra)

Distribution of Marks for External Examination Total -70 Marks The examinees have to attempt 5 (Five) questions out of which first question is of ten marks and remaining four questions based on Four units with internal choice will have Fifteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units.

Sessional Work 30 Marks 1) Discipline 05 2) Unit test 10 3) Assignments 10 4) Attendance 05

Reference Books: 1. "Yogic Therapy-Its Basic Principles & Methods" Central - Kuvalayananda Swami & S.L. Vinekar Health Education & Bureau, Govt. of India, New Delhi 1963.

2. "Asanas"- Kuvalayananda Swami Kaivalyadhama, Lonavala.

3. "Pranayama" - Kuvalayananda Swami Kaivalyadhama Lonavala 4. "Yoga & Your Heart" - K.K.Datey, M.L. Gharote, MeghaPrakashan, Lonavala 5. "Anatomy & Physiology For Nurses Including Notes On Their Clinical Application" (1974 Ed) Evely Pearce, Oxford University Press, Kolkata 6. Physiology of Yoga - Dr. P. N. Ronghe

7. "Yogamimansa Journals" - Kaivalyadhama, Lonavala

8. Swadhay and Yoga Therapy - Dr. Waze, Pune

9. ANATOMY & PHYSIOLOGY Of YOGIC PRACTICES - M.M.Gore "KanchanPrakashanLonavala, 1990".

Paper-IV RESEARCH PROCESS IN YOGA

Total Marks: 100

Theory Marks:70 Sessional Marks: 30

Course outcome: The course will guide them to undertake research work in the field of yogic sciences.

UNIT–I Experimental Research 1. Meaning Experimental Research 2.Sources of validity in experimental research. 3. Threats in Thesis / Dissertation/Research reports Validity 4. Controlling threats to internal and External Validity 5.Type of experimental design.

UNIT–II Organisation of thesis/Dissertation/Research reports 1. Research proposal- Meaning, Need and Preparation of research proposals. 2. Research Repots – Purpose, Characteristics of good report, Parts of Research Report and Procedure of Preparation of Reports. 3. Abstracts- Thesis or Dissertation abstracts, Abstracits for published papers, conference abstracts. 4. Writing a Scientific paper 5. Poster presentation 6.Mechanics of typing and printing research reports. 7. Use of figures and IIIustrations. 8. Reference materials – Bibliography and Foot note forms. 9. Ethics and Research 10.Unethical ways of reporting research

UNIT–III An Introduction of Statistics 1.Statistics – Meaning, Definition, Nature and Importance.2. Data- Meaning and Types 3. Class Interval – Raw Score, continuous and Discrete series, construction of Frequency table. 4. Graphical representation of data Measures of central Tendencies- 1. Mean – Definition, importance, Advantages and Disadvantages calculation from Groups and Ungrouped data. 2. Median- Definition, importance, Advantages and Disadvantages. 3. Mode – Definition, Importance, Advantages and Disadvantages, Calculation from Grouped and Ungrouped data.

UNIT–IV Measures of Variability 1.Range – Meaning, Importance and Calculation. 2. Mean Deviation- Meaning Importance and Calculation from Grouped and ungrouped data. 3. Standard Deviation- Meaning Importance and Calculation from Groups and Ungrouped data.

4. Quartile Deviation – Meaning Importance and Calculation from Groups and Ungrouped data. 5. percentiles _ Meaning, importance and Calculation 6. Mean Difference method- Independent and Dependent 7. Correlation – Meaning and calculation person and spearman methods

Distribution of Marks for External Examination Total -70 Marks The examinees have to attempt 5 (Five) questions out of which first question is of ten marks and remaining four questions based on Four units with internal choice will have Fifteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units with internal choice.

Sessional Work 30 Marks 1) Discipline 05 2) Unit test 10 3) Assignments 10 4)Attendance 05
1. Research Methods applied - Scott, G.M. (Ed): Health, Physical Education and Recreation 2nd, Washington, D.C., AAHPERD, 1959

2. Manual for Writing of -Turabian, Kate. L.A. Research papers, thesis Chicago University of Chicago and Dissertation Press, 1967 3. Research in Education - Best, John, W. Cliffs. N. J., Prentice Hall Inc. 1964. 4. Methods of Research: - Good Cater, V. & Douglas, E.S. Carts Educational Psychological New York, Appleton Cent, Crofts, 1954 and Sociological 5. Introduction to Research -Hilway, Tyrus Boston, Houghton Mifflin Co. 1956 6. Education Research: - Smith, H.L.Bloomington Principles and practices Indian Educational Pub; 7. The Elements of Research - Whitney, F.L.: New York Prentice Hall Inc. 1961. 8. Research in Physical Education- Clarke. H. :

PRACTICAL SYLLABUS (Semester-II)

Yoga Practical

Total Marks: 100 Practical Marks: 70 Sessional Marks: 30

i - Asana. 20 marks.ii - Shatkarma. 20 marks.iii - Pranayama and Bandha-Mudra. 10 marks.iv - Yogic SukshmaVyayam, SthulaVyayam and Suryanamaskar. 20 marks.

i Asana Standing Asanas: Trikonasana, Utkatasana , Sankatasana.

Sitting Asanas: Bhadrasana, Badnapadmasana, ArdhaMatsyendrasana, Guptasana.

Prone Position: Dhanurasana, Naukasana.

Supine Position: Uttanpadasana, Viparitkarni, Setubandhasana, Sarvangasana. Balancing Asanas: Vatayanasana, Shirsasana.

System of Examination: 1) Two asanas as told by examiner 6 marks each. 12 marks. 2) Two asanas of candidate's choice 4 marks each. 8 marks.

ii Shatkarma 1. Dhauti : DandDhauti, VastraDhauti 2. Trataka :Samip and Sudur

System of examination: Shatkarmas divided in two groups (1) Without Instrument 1. One Kriya as told by examiner.4 marks. 2. One Kriya of candidate's choice.4 marks.

(2) With Instrument 1. One Instrumental Kriya as told by examiner.6 marks. 2. One Instrumental Kriya of candidate's choice 6 marks.

iiiPranayam and Bandha – Mudra : Pranayama (without Kumbhak):Sitkari, Bhastrika, and Bhramari. Bandha: Uddiyan, MulUddiyanbandha. Mudra: Shambhavi, Kaki, Bhujangi and Mahamudra.

System of examination: 1. Any One Pranayama as told by the examiner. 3 marks. 2. Any one Pranayama of candidate's choice. 3 marks. 3. Any one Mudra as told by the examiner 2marks. 4. Any one Bandha of candidate's choice.2 marks.

iv .Yogic SukshmaVyayama, SthulaVyayama and Suryanamaskar Yogic SukshmaVyayam 1) UdaraShaktiVikasaka (2) 2) UdaraShaktiVikasaka (3) 3) UdaraShaktiVikasaka (4) 4) UdaraShaktiVikasaka (5) 5) UdaraShaktiVikasaka (6) 6) UdaraShaktiVikasaka (7) 7) UdaraShaktiVikasaka (8) 8) UdaraShaktiVikasaka (9) 9) UdaraShaktiVikasaka (Nauli) (10) 10) Kati ShaktiVikasaka (1) 11) Kati ShaktiVikasaka (2) 12) Kati ShaktiVikasaka (3) 13) Kati ShaktiVikasaka (4) 14) Kati ShaktiVikasaka (5) 15) Muladhara Chakra Shudhi.16) UpasthathathaswadhasthanChakarashuddhi 17) KundaliniShaktiVikasaka 18) JanghaShaktiVikasaka (1) 21) JanghaShaktiVikasaka (2) 22) JanuShaktiVikasaka 23) PindaiShaktiVikasaka 24) Pada-mulaShaktiVikasaka 25) Padanguli – ShaktiVikasaka 26) Pada-Prushtha-PadaTalaGulpha- shakti-vikasaka Yogic SthulaVyayama 1) Urdva-gati 2) Sarvanga-pustiSuryanamaskar10 marks

System of examination: 10 marks 1. Any One Yogic SukshmaVyayama as told by the examiner. 3 marks 2. Any one Yogic SukshmaVyayama of candidate's choice. 3 marks 3. Any one Yogic SthulaVyayama as told by the examiner 2 marks 4. Any one Yogic SthulaVyayama of candidate's choice.2 marks

Sessional Work:30 marks 1. One Test 15 marks 2. Assignments Practicals 10 marks 3. Attendance 5 marks

Practice Teaching

Total Marks: 100 Practical Marks: 70 Sessional Marks: 30

The candidate will be required to take three supervised lessons in Yoga practices. 100 marks Sessional work (Internal Assessment] 30 marks.

One lesson to be taken at the Final Examination from Yogasana group.70 marks.

System of Examination: -

One lesson to be taken at the final practice teaching examination from Yogasana Group for seventy marks.70 Marks The following factors will be observed while assessing practice teaching lesson:

1. Preparation of the teacher and his position.

1. Plan of the lesson. 10 Marks

2. Formation of the class. 5 Marks

3. Teacher's Practical Demonstration. 5 Marks

4. Report. [Approaches & Relationship] 5 Marks

2. Teaching ability. 1. Self – confidence 10Marks 2. Self - Development.5 Marks 3.Control of the class.10 Marks 4.Sequence of teaching 5 Marks 3.Maintenance of interest and total impression.Impact and effect on the lesson. 1. Activity Enthusiasm. 10 Marks 2. Knowledge about the subject taught & maturity. 5 Marks

Sessional work: Sessional work [Internal Assessment] the candidate will be required to take three supervised lessons in yoga practices for ten marks each. 30 Marks

SYLLABUS

Semester-III

PAPER-I: APPLIED YOGA

Total Marks: 100 Theory Marks: 70 Sessional Marks: 30

Course outcome: This course will enable students to use yoga in different sections of society to overcome psycho-somatic disorders.

Unit–I INTRODUCTION 1.Yoga and its application, scope and limitations of the applied aspect of Yoga.Aims and objectives of such application. 2. International movement of Yoga consciousness: Spiritual consciousness, psychosocial consciousness. 3. Introduction of Yoga Therapy.

Unit–II YOGA AND HEALTH 1. Yoga and Physical Health: Concept of Physical health, Factors of physical Health. Relation of health with fitness. Area of Health and fitness dealt with yoga. 2. Yoga and Mental Health: Meaning and definition of Mental Health, importance of mental health for an individual and society. 3. Relation of Mental Health with Physical Health.

Unit–III YOGA AND SPORTS 1.Yoga and Sports - Sports as an instinctive need. Special recognition for sports, varieties of sports and capacities Effect on basic skills of sports. 2. Role of yogic practices to enrich the qualities required for different sports.

Unit–IV YOGA AND EXECUTIVE JOBS 1. Yoga and executive Jobs - problems of executives. Conflicts resulting in fatigue. 2. Use of artificial stimulants & their untoward effects, Contribution of yoga to solve the problems of the executives.

Distribution of Marks for External Examination Total -70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of ten marks and remaining four questions based on Four units with internal choice will have Fifteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units.

Sessional Works 30 Marks 1) Discipline 05 2) Unit test 10 3) Assignments 10 4) Attendance 05

Reference Books:

1. Yogic Therapy New-Delhi, Central Bureau of Health services. - Kuvalayananda & Vinekar, 2 Day by Day Yoga, London : Hamlyn. - Kent H 3 Proceedings of the seminar on yoga, science - Sinha A.K. and Man. Delhi central Council for research in Indian Medical Homeopathy. 4. Hathayoga - Bharat Manilal Goswami S. S. 5. Yoga essay - Yogendra (Ed) 7. Applied Yoga - Gharote M.L. Geeta Press, Gorakhpur. 8. Essays on Yoga - Swami Shivananda.

PAPER – II: PHILOSOPHY OF YOGA

Total Marks: 100

Theory Marks: 70

Sessional Marks: 30

Course outcome: This course will introduce different philosophers concepts in the field related to Yoga and various traditions in Indian culture.

Unit-I 1. Origin of Yoga, History and Development of Yoga. 2. Etymology and Definitions, Misconceptions, Aim and Objectives of Yoga, 3. Introduction to Indian philosophy: Meaning and characteristics. 4. Introduction to Epics- (Ramayana and Mahabharata) Yoga in Ramayana, Yoga in Mahabharata

Unit-II 1. Introduction to Schools (Streams) of Yoga: 2. Yoga Schools with Vedanta Tradition (Jnana, Bhakti, Karma and Dhyana), 3. Yoga Schools with Samkhya-Yoga Tradition (Yoga of Patanjali) 4. Yoga Schools with Tantric Tradition (Hatha Yoga, Swara Yoga and Mantra Yoga)

Unit-III Hatha Yoga 1. Introduction to Hatha Yoga and Hatha Yoga Texts. Hatha Pradeepika, Gheranda Samhita, and Shiva Samhita. 2. Aim & objectives, misconceptions about Hatha Yoga. 3. Prerequisites of Hatha Yoga (dashayama and dashaniyama), Sadhaka and Badhakatattvas in Hatha Yoga. Concept of Mattha, Mitaahara, Rules & Regulations to be followed by Hatha Yoga Sadhakas; 4. Concept of Ghata, Ghatashuddhi, Concept and importance of Shodhanakriyas in Hatha Yoga; 5. Importance of Shodhanakriyas in health and disease;

Unit-IV 1. Concept of Prana & Ayama, Pranyama; Pranayama its phases and stages; Prerequisites of Pranayama in Hatha Yoga Sadhana; Pranayama in Hatha Pradeepika, & Gheranda Samhita; Benefits, precautions and contraindications of Pranayama. 2. Concept, definition of Bandha and Mudras, in Hatha Pradeepika and Gheranda Samhita; Benefits, precautions and contraindications. 3. Concept, definition, benefits and Techniques of Pratyahara, Dharana and Dhyana in Gheranda Samhita; 4. Concept and benefits of Nada and Nadanusandhana in Hatha Pradeepika, Four Avasthas (stages) of Nadanusandhana; Relationship between Hatha Yoga and Raja Yoga.

Distribution of Marks for External Examination Total -70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of ten marks and remaining four questions based on Four units with internal choice will have Fifteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units.

Sessional Works 30 Marks 1) Discipline 05 2) Unit test 10 3) Assignments 10 4) Attendance 05

Reference Books: 1. Ancient Indian culture ed. - By Mogen Chand Dept. of Sanskrit, Delhi. 2 Mokasa : The ultimate goal of Indian philosophy - Dr.Pramod Kumar,. 3 Introduction to Indian philosophy - Chatterjee&Dutta 4 Relevance of Indian philosophy to modern - Dr.TanajiAcharya 5 The philosophy of the Bhagavad-Gita - Swami Krishnanda

6 Man and movement principle of physical education - Harold M. Barrow Janie P.Brown

7 Vishwakemahanshikshashastri (Hindi) - Dr.Baidyanath,Prasad. Verma

8 Bharatiyadarshan ka ruprekha - Prof. Harendra Prasad 9 Prachinbharat main sharirikshikshandarshan, - Dr. R. H.Tiwari.

Paper III: ALTERNATIVE THERAPIES

Total Marks: 100

Theory Marks: 70 Sessional Marks: 30

Course outcome: This course will enable them to know about various drugless therapies such as Naturopathy which can be used with the Yoga therapy for betterment of health of ill person.

Unit-I 1. Meanings, Definition, importance and principles of Naturopathy, Science of Facial Expression 2. Hydrotherapy and their application.Hipbath, Foot bath, Fool wet pack, Local Wet Pack, Stem Bath Local Stem bath, Enema, Arm Bath, Full Emersion bath, Sitz bath, Spinal bath and Spinal Spray.

Unit-II 1. Traditional yogic methods (Shatkarmas) and natural way of living 2. Concept of Diet in yoga (Satvik, Rajsik,Tamsik) Eliminative soothing and curative diet and balance diet, Mithar. Concepts of Diet Pathya and Apathya according to GherandaSamhita 3. Yogic concept of diet and its relevance in the management of lifestyle 4.Panchkarma and Tridosh of Ayurveda.

Unit-III 1. Mud therapy a) Sources of mud b) Preparation of mud c) Therapeutic effects of mud d) Physiological effect of mud aplication 2. Chromo Therapy a) History of Chromo Therapy b) Harmonic law of universe c) Solar family d) Chromo chemistry

Unit-IV Massage Therapy 1. Introduction and brief History of Massage, definition of massage 2. Basic needs of Massage, characteristics of a masseur, Therapeutic use of different types of oils, Preparation of oils. 3. Effects of massage on heart and circulatory system, Muscular system, Lymphatic system, Digestive system, Respiratory system, Kidney, skin and skeletal system. 4. Laws of Massage & techniques in different diseases (Insomnia Neurasthenia, madness, High blood pressure, polio, obesity, underweight, beautification of female, skin disease, Fracture, sprain 5. Massage techniques (Effleurage, Stroking, Petrissage, kneading, friction wringing,

Twisting, Rolling, Shaking) Massage techniques (Tapotement: Hacking, Tapping, Clapping, Breathing, Pounding Joint movement, Vibration.) Massage techniques for different parts of the body (Foot, leg, arm, abdomen, chest, throat, back, head and Neck)

Distribution of Marks for External Examination Total -70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of ten marks and remaining four questions based on Four units with internal choice will have Fifteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units.

Sessional Works 30 Marks 1) Discipline 05 2) Unit test 10 3) Assignments 10 4) Attendance 05

Reference Book: 1. Yoga-Therapy And its basic Method. - Swami Kuvalayananda, Dr. Vinekar.KaivalyadhamLonavala. 2. Philosophy and Practice Of Nature Cure - HenryLindlhar.satsahityaPrakashan, Hyderabad. 3. My Nature Cure - M. K Gandhi. 4. Text Book of Human Methods of Nutrition - Bambji, Vinodini Reddy. Oxford and B.H.Publishing Co. Pvt.Ltd. New Delhi -1995.

Paper IV: YOGA THERAPY

Total Marks:100

Theory Marks:70 Sessional Marks: 30

Course outcome: The students will get direct knowledge of therapeutic concept of Yoga which can be utilized by them while treating patients.

Unit-I 1. Meaning, Definition importance of Yoga therapy 2.Principles of Yoga therapy. 3. Preventive and Curative, aspects of Yoga Therapy 4. Merits and demerits of Yoga therapy

Unit-II 1. Methods of Yoga therapy. 2. Traditional methods of Yoga therapy. 3. Yogic methods and natural way of living 4. Integrated approach to Yoga therapy 5. Techniques of Yoga therapy

Unit-III 1. Yogic Treatment of disorders of Metabolic & Hormonal nature, e.g. Diabetes obesity 2.Yogic Treatment of disorders of Uterus, menstrual disorder. 3. Yogic Treatment of constipation, Dyspepsia, Hyper acidity.

Unit-IV 1. Yogic Treatment of Psychological disorders, eg. Anxiety Neurosis. 2. Yogic Treatment of Psychological disorders, eg. Phobia, Insomnia. 3. Yogic Treatment Stress related disorders such as Hypertension, dysfunction of Thyroid.

Distribution of Marks for External Examination Total -70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of ten marks and remaining four questions based on Four units with internal choice will have Fifteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units.

Sessional Works 30 Marks 1) Discipline 05 2) Unit test 10 3) Assignments 10 4) Attendance 05

Reference Book 1. Anatomy & Physiology - Anne Waugh & Alison Churchill Living Stoned 2. Human Anatomy- - Chourasia B. D. C. B. S. Publication, Delhi. 3. Ekkuoh "kjhjjpuk&MkW- eqdaqn 4. Psychology of Personality Development - A. A. RabackLakshya Publication Delhi. 5. Nutrition & Health (The Vegetarian Way - K. R. Raghunath Sterling Publication, New Delhi. 6. Research Process in Physical Education - Clarke& Clarke -Prentice Hall, New Jersey. Recreation & Health 7. Yogic Therapy SwamiKuvalyayanda& Dr. Vinekar, Lonavala. 8. New Perspective in stresses Management - Dr. Nagendra, Dr. Nagarathna – Bangaluru.

PRACTICAL SYLLABUS (Semester-III)

Yoga Practical

Total Marks : 100 Practical Marks: 70 Sessional Marks: 30

i. Asanas (Mechanical aids) 20 marks ii. Shatkarmas 10 marks iii. Pranayamas 20 marks iv. Dhyana 20 marks

i. Asana: Standing Asanas: Trikonasana, Virasana, Sankatasana, ParavruttriKonasana.

Sitting Asanas: Gorakshasana, Mandukasana, Rajkaputasana, Swastikasana.

Prone Position: PurnaShalabhasana, Manjarasana, TiryakBhujangasana,

Supine Position: Matsyasana, Naukasana, SetubandhSarvangasana, Balancing Asanas: Mayurasana (boys), Tolangulasana,

System of Examination: 1) Two asanas as told by examiners 6 marks each. 12 Marks 2) Two asanas of candidate's choice 4 marks each. 8 Marks
ii Shatkarma 1. Dhauti : Vamana Dhauti. Kunjal Kriya 2. Basti : Jala and Shuska Basti. System of examination: Shatkarmas divided in two groups (1) Without Instrument 4 Marks 1. One Kriya as told by examiner .2 Marks 2. One Kriya of candidate's choice. 2 Marks

(2) With Instrument 6 Marks 1. One Instrumental Kriya as told by examiner. 3 Marks 2. One Instrumental Kriya of candidate's choice 3 Marks

iii Pranayama: Pranayama: Suryabhedhan, Ujjai, Shitali,

System of examination: 1. Any One Pranayama as told by the examiner. 10 Marks 2. Any one Pranayama of candidate's choice. 10 Marks
iv Dhyana: Pranava, Soham, Other Technique (Gheranda Samhita) 20 Marks

Sessional Works: 30 marks 1. One Test 15 marks 2. Assignments/ Practicals 10 marks 3. Attendance 05 marks

Practice Teaching

Total Marks: 100 Practical Marks: 70 Sessional Marks: 30

The candidate will be required to take three supervised lessons in Yoga practices. 100 marks
Sessional work (Internal Assessment) 30 marks.

One lesson to be taken at the Final Examination from Yogasana group. 70 marks.

System of Examination: -

One lesson to be taken at the final practice teaching examination from Yogasana Group for seventy marks. 70 Marks The following factors will be observed while assessing practice teaching lesson:

1. Preparation of the teacher and his position.

1. Plan of the lesson. 10 Marks

2. Formation of the class. 5 Marks

3. Teacher's Practical Demonstration. 5 Marks

4. Report. [Approaches & Relationship] 5 Marks

2. Teaching ability. 1. Self – confidence 10 Marks 2. Self - Development. 5 Marks 3. Control of the class. 10 Marks 4. Sequence of teaching 5 Marks 3. Maintenance of interest and total impression. Impact and effect on the lesson. 1. Activity Enthusiasm. 10 Marks 2. Knowledge about the subject taught & maturity. 5 Marks

Sessional work: Sessional work [Internal Assessment] the candidate will be required to take three supervised lessons in yoga practices for ten marks each. 30 Marks

SYLLABUS

Semester-IV

PAPER-I: STRESS MANAGEMENT BY YOGA

Total Marks: 100

Theory Marks: 70

Sessional Marks: 30

Course outcome: The Knowledge of ill effect of modern lifestyle which leads to psychological problems and their Yogic solutions make them able to handle patients in a better manner.

UNIT-I 1. Brief History of modern Psychology 2. Major Perspectives in Modern Psychology
3. Key data collection methods in Psychology 4. Introduction to Altered States of Consciousness Sleep:
Stages of Sleep, Circadian Rhythm, Sleep Disorders; Dreams: The Content of Dreams;
Hypnosis, Biofeedback Behavioral Psychology: Psychology as a Science of Behavior; Definition of
Behavior; 5. Psychic forces and human behavior, behavior and Consciousness, Psychological basis of
behavior;

UNIT-II 1. Psycho-Social Implication of Yoga 2. Tackling ill effects of conflict and frustration
through yogic methods. 3. Yoga psychology, for adjustment psychological philosophical and yogic
counseling. UNIT-III 1. Introduction to Stress, Concept of Stress; Solutions through Mandukyakarika
- Relaxation and stimulation combined as the core for stress management; Practice of Stimulation and
relaxation; 2. Yoga and Stress Management; Concepts and Techniques of Stress Management in
Ashtanga Yoga of Patanjali and Bhagavad Gita, 3. specific practices for stress management, breath
awareness, shavasana, Yoganidra, pranayama and meditation, 4. Impact of yogic lifestyle on
stress management.

UNIT-IV 1. Mental Health: Means of mental health; Positive Mental Health; Causes and 2. Consequences
of Conflicts and Frustrations; Introduction to Common mental disorders; Depressive disorders; Anxiety
disorders; Serious mental disorders; Sleep disorders; Mental retardation; Alcohol and drug abuse; Suicide,
attempted suicide and suicide prevention. Meditation, Tradition of meditation. 3. Neurological Disorders:
Headaches: Migraine, Tension headache; Cerebro vascular accidents: Epilepsy; pain; Autonomic
dysfunctions; Parkinson's disease 4. Psychiatric disorders: Psychiatric disorders: Neurosis, Psychosis:
Neurosis: Anxiety disorders: Generalized anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder,
Phobias: Depression: Dysthymia, Major depression, Psychosis: Schizophrenia, Bipolar affective disorder.

Distribution of Marks for External Examination Total -70 Mark

The examinees have to attempt 5 (Five) questions out of which first question is of ten marks and remaining four questions based on Four units with internal choice will have Fifteen marks each..First question will consist of five Multiple Choice Questions of two marks each, based on four units.

Sessional Works 30 Marks 1) Discipline 05 2) Unit test 10 3) Assignment 10 4) Attendance 05

Reference Books : 1. Yogic Therapy New-Delhi,Central Bureau of Health services. - Kuvalayananda&Vinekar, 2 Day by Day Yoga',London : Hamlyn. - Kent H 3 Proceedings of the seminar on yoga, science - Sinha A.K. and Man. Delhi central Council for research in Indian Medical Hoemeopathy. 4. Hathayoga - Bharat ManilalGoswami S. S. 5. Yoga essay -Yogendra (Ed) 6. Applied Yoga - Gharote M.L. Geeta Press, Gorakhpur. 7. Essays on Yoga - Swami Shivananda. 8. Bases of Yoga –Arbindo.

PAPER-II: PRINCIPLES OF INDIAN PHILOSOPHY

Total Marks:100

Theory Marks:70

Sessional Marks: 30

Course outcome: The knowledge of inward journey of self important aspects of Yoga and this course will provide guideline for self realization.

UNIT–I Patanjala Yoga Sutra 1. Introduction: Yoga, it's meaning & purpose & Nature of Yoga; Concept of Chitta, Chitta-Bhumis, Chitta-Vrittis, Chitta-VrittinirodhopayaAbhyasa and Vairagya as the tools Chitta-Vikshepas (Antarayas), Chitta-prasadanam, Prakriti and its evolutes. 2. SAMADHI PADA: Types and nature of Samadhi: Ritambharaprajna and Adhyatmaprasada; Samprajnata, Asamprajnata, Sabeeja&Nirbeeja Samadhi, Difference between Samapattis and Samadhi; Concept of Ishvara and qualities of Ishvara.

UNIT–II 1. SADHANA PADA: Concept of Kriya Yoga of Patanjali, theory of Kleshes; Concept of Dukhavada; Drishyanirupanam, Drasthanirupanama, PrakritiPurusha Sam Yoga; Brief Introduction to Ashtanga Yoga; Concept of Yama, Niyama, Asana, Pranayama, Pratyahara and their usefulness in Chittavrittinirodhopayah. 2. VIBHUTI & KAIVALYA PADA: Introduction of Dharana, Dhyana and Samadhi, Samyama and Siddhis; Four types of Karmas; Concept of Vasana; VivekKhyatiNirupanam, Kaivalya.- Nirvachana.

UNIT–III Basic Yoga Texts: 1. Principal Upanishads BhagavadGita, Yoga Vasishtha Principal Upanishads Brief Introduction of Ten principal Upanishadsasthebasis of Yogic context; 2. Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; AtmaBhava; 3. KenaUpanishat: Indwelling Power; Indriya and Antahkarana; Self and the Mind; Intutive realization of the truth; Truth transcendental; Moral of YakshaUpakhyana; 4. Katha Upanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization; 5. Prashna Upanishad: Concept of Prana and rayi (creation); Panchapranas; The five main questions; 6. Mundaka Upanishad: Two approaches to Brahma Vidya-the Para and Aparā; Thegreatness of Brahavidya, The worthlessness of Selfish-karma; Tapas and Gurubhakti, Theorigin of creation, Brahman the target of Meditation

UNIT–IV 1.Mandukya: Four States of Consciousness and its relation to syllables in Omkara. 2. Aitareya: Concept of Atma, Universe and Brahman. 3. Taittiriya Upanishad Concept of PanchaKosha; Summary of ShikshaValli; AnandaValli; Bhruguvalli. 4. Chandogya Upanishad: Sandilyavidya, 5. Brihadaryanaka Upanishad : Concept of Atman and Jnana Yoga. Union of Atman and Paramatman

Distribution of Marks for External Examination Total -70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of ten marks and remaining four questions based on Four units with internal choice will have Fifteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units.

Sessional Works 30 Marks 1) Discipline 05 2) Unit test 10 3) Assignment 10 4) Attendance 05

Reference Books : 1. Ancient Indian culture education - By Mogen Chand Dept. of Sanskrit, Delhi. 2. Mokasa : The ultimate goal of Indian philosophy - Dr. Pramod Kumar, Ndia's contribution to world thought and culture ed. 3. Introduction to Indian philosophy - Chatterjee&Dutta 4. Relevance of Indian philosophy to modern - Dr.TanajiAcharya 5. The philosophy of the Bhagavad-Gita, - Swami Krishnanada 6. Man and movement principle of physical education - Harold M.BarrowJanie P.Brown 7.Vishwa kemahanshikshashastri (Hindi) - Dr.Baidyanath,Prasad. Verma 8.Bharatiyadarshan ka ruprekha - Prof. Harendra Prasad 9.Prachinbharat main sharirikshikshandarshan, - Dr. R. H. Tiwari.

Paper III: APPLIED ALTERNATIVE THERAPIES

Total Marks:100

Theory Marks: 70 Sessional Marks: 30

Course outcome: The principles of fasting, Acupressure, diet and physiotherapy will be helpful in treating patients through this course.

Unit-I Fasting 1. Definition, Difference between fasting and starvation, 2. Types of fast, short fast, intermittent fast, long fast, Treatment during fast, How to start fast, how to continue and how to breakfast, Crisis during the fast and its treatment, 3. Methods of fasting-Complete fast, Partial Fast, Water Fast, Juice Fast, Saline Fast, Fruit Fast, Mono-Diet Fast.

Unit-II:Acupressure 1. What is acupressure? Concept of yin and yang, 2. Concept of physical and metaphysical, Points of Acu-Pressure and their manipulation methods, uses and limitations.Organ clock. 3. Concept and definition of meridian, Fourteen Chinese meridians (Lung, Large Intestine, Kidney, Urinary bladder, Liver, Gallbladder, Heart Small Intestine, Pericardium, Triple warmer, Spleen & Stomach) 4. Some important points–distal points, organ source point, xi-cleft points, etc. Some important points– Alarm points, emergency points, etc, Some important diseases and their treatment:– i) Single point treatment, ii) Multiple point treatment,

Unit-III: Ayurveda and Diet 1. Introduction of Ayurveda, Introduction of Panchakarma in Ayurveda and its uses, indication and contraindications. 2. Diet: Naturopathic and Yogic concept of diet, preparation & prescription of diet. Sign & symptoms of Deficiency of vitamins and minerals such as Vit. A, Vit.B6, B12, Vit. C, D, E, Calcium, Potassium, Zinc, Magnesium, Phosphorus, etc

Unit-IV Physiotherapy: 1. Basic knowledge of Physiotherapy instruments such as traction (manual & electronic) short wave diathermy, ultrasound, wax bath, infrared, cycle ergo meter, shoulder wheel & exercises.

Distribution of Marks for External Examination Total -70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of ten marks and remaining four questions based on Four units with internal choice will have Fifteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units.

Sessional Works 30 Marks 1) Discipline 05 2) Unit test 10 3) Assignment 10 4) Attendance 05

Reference Book: 1. Yoga-Therapy And its basic Method. Swami Kuvalayananda, Dr. Vinekar. Kaivalyadham Lonavala. 2. Philosophy and Practice Of Nature Cure Henry Lindlhar.satsahityaPrakashan, Hyderabad. 3. My Nature Cure M. K. Gandhi. 4. Text Book of Human Methods of Nutrition Bambji, Vinodini Reddy. Oxford and B.H.PublishingCo.Pvt.Ltd. New Delhi -1995.

Semester IV Theory Courses

DISSERTATION

1. A candidate shall have dissertation for M.A.(Yoga) – IV Semester and must submit his/her Synopsis and get it approved by the Head of Department on the recommendation of D.R.C. (Departmental Research Committee).

1. A candidate must submit his/her dissertation the beginning of the IVth Semester Examination.

2. The candidate has to face the Viva-Voce conducted by DRC.

Yoga Practical

Total Marks: 100

Practical Marks: 70

Sessional Marks: 30

i. Asanas (Mechanical aids) 20 marks ii. Shatkarmas 10 marks iii. Pranayamas 20 marks iv. Dhyana 20 marks
i. Asana: Standing Asanas: Padhastasana, Parshvkonasana, Natrajasana.

Sitting Asanas: Ushtasana, Purnamatsyasana, Akarnadhanurasana, Ugrasana.

Prone Position: PurnaDhanurasana, Vrishchikasana, PurnaBhujangasana, .

Supine Position: Halasana, Shavasana, Karnapidasana.

Balancing Asanas: Kukutasana, Padmbakasana, Omkarasana.

System of Examination: 1) Two asanas as told by examiners 6 marks each 12 Marks 2) Two asanas of candidate's choice 4 marks each. 8

ii Shatkarma 1. Nauli :Dakshin, Vam, Madhya and Naulichalana 2. Kapalbhathi :Vatkarm, Sitkarm and Vyutkarm. 3. Shankhpakshalan: Laghushakhpakshalan

System of examination: Shatkarmas divided in two groups (1) Without Instrument 4 Marks .

1. One Kriya as told by examiner .2 Marks 2. One Kriya of candidate's choice. 2 Marks

(2) With Instrument 6Marks 1. One Instrumental Kriya as told by examiner. 3 Marks

2. One Instrumental Kriya of candidate's choice 3Marks iii Pranayam: Pranayama: Sitkari, Bhastrika, and Bhramari. System of examination: 1. Any One Pranayama as told by the examiner. 10 Marks 2. Any one Pranayama of candidate's choice.10 Marks iv Dhyana: Pranava, Soham, Other Technique (GherandaSamhita) 20 Marks

Sessional Works: 30 marks 1. One Test 15 marks 2. Assignments/ Practicals10 marks 3. Attendance 05 marks

Project Works

Total Marks: 100

Project Marks: 70

Sessional Marks: 30

Project works Examination 100 Marks

Project work 70 marks In section – I Project record / report on any one of the following i) Organization of Yoga treatment camps for two weeks ii) Educational Tour iii) Participation / Organization of Seminar or Conference or Workshop. iv) Research paper / Poster presentation at State / National level seminar or conference or workshop. . Viva – voce 50 marks Report of the above 20 marks.

Sessional Marks 30 marks Assessment during training period by guide / advisor /teacher in charge. 30 marks.

SCHEME OF EXAMINATION**M.A. Yoga****Semester - I**

Theoretical Course							
Title of the Papers and its abbreviation	Weekly Hours	Credit	Exam Duration (Hrs.)	Internal Marks	External Marks	Full Marks	
Core Course							
Fundamentals of Yoga (FY)	5	4	3	30	70	100	
Recent Trends in Yoga(RTY)	5	4	3	30	70	100	
Anatomy and Physiology (AP)	5	4	3	30	70	100	
Research Methodology (RM)	5	4	3	30	70	100	
Practicum							
Yoga Practical (YP)	6	4	1	30	70	100	
Practice teaching (PT)	6	4	1	30	70	100	
Total	32	24		180	420	600	

M. A. Yoga
Semester – II

Theoretical Course							
Title of the Papers and its abbreviation	Weekly Hours	Credit	Exam Duration (Hrs.)	Internal Marks	External Marks	Full Marks	
Core Course							
Health Management (HM)	5	4	3	30	70	100	
Yoga Methodology (YM)	5	4	3	30	70	100	
Physiology of Yogic Practices (PYP)	5	4	3	30	70	100	
Research Process in Yoga (RPY)	5	4	3	30	70	100	
Practicum							
Yoga Practical (YP)	6	4	1	30	70	100	
Practice Teaching (PT)	6	4	1	30	70	100	
Total	32	24		180	420	600	

M. A. Yoga
Semester – III

Theoretical Course							
	Title of the Papers and its abbreviation	Weekly Hours	Credit	Exam Duration (Hrs.)	Internal Marks	External Marks	Full Marks
Core Course							
	Applied Yoga (AY)	5	4	3	30	70	100
	Philosophy of Yoga (PY)	5	4	3	30	70	100
	Alternative Therapies (AT)	5	4	3	30	70	100
	Yoga Therapy (YT)	5	4	3	30	70	100
Practicum							
	Yoga Practical (YP)	6	4	1	30	70	100
	Practice teaching (PT)	6	4	1	30	70	100
Total		32	24		180	420	600

M. A. Yoga
Semester – IV

Theoretical Course							
	Title of the Papers and its abbreviation	Weekly Hours	Credit	Exam Duration (Hrs.)	Internal Marks	External Marks	Full Marks
Core Course							
	Stress Management by Yoga (SMY)	5	4	3	30	70	100
	Principles of Indian Philosophy (PIP)	5	4	3	30	70	100
	Applied Alternative Therapies (AAT)	5	4	3	30	70	100
	Applied Yoga Therapy (AYT) OR Dissertation (DISS)	5	4	3	30	70	100
Practicum							
	Yoga Practical (YP)	6	4	1	30	70	100
	Project Work (PW)	6	4	1	30	70	100
Total		32	24		180	420	600