

## 1<sup>st</sup> semester

No.	Name of the Paper	Credit	Marks			
			Midsem	Sessional	Endsem	Total
Paper :1	Yoga Fundamentals & Yoga Sutra	5	20	-	80	100
Paper :2	Elementary Sanskrit- <del>1</del>	5	20	-	80	100
Paper :3	Sankhya & Advaita Vedanta	5	20	-	80	100
Paper :4	Practical-I	5	-	30	70	100
Paper :5	Practical-II	5	-	30	70	100
Grand Total		25				500

## 2<sup>nd</sup> semester

No.	Name of the Paper	Credit	Marks			
			Midsem	Sessional	Endsem	Total
Paper :1	Human Anatomy and Physiology	5	20	-	80	100
Paper :2	<del>Yoga Therapy</del> Yogic Management of Diseases	5	20	-	80	100
Paper :3	Practical-III	5	-	30	70	100
Paper :4	Practical-IV	5	-	30	70	100
Paper :5	Hatha Yoga Pradipika/ Gheranda Samhita	5	20	-	80	100
Grand Total		25				500

## 3<sup>rd</sup> semester

No.	Name of the Paper	Credit	Marks			
			Midsem	Sessional	Endsem	Total
Paper :1	Great Yogis of India/DhyanaBindu Upanisada	5	20	-	80	100
Paper :2	Naturopathy	5	20	-	80	100
Paper :3	Ayurveda & Panchakarma	5	20	-	80	100
Paper :4	Computer Applications/ <del>Elementary Sanskrit-II</del> Communicative English	5	20	-	80	100
Paper :5	Practical- V	5	-	30	70	100
Paper :6	Seminar	0				
Grand Total		25				500

## 4<sup>th</sup> semester

No.	Name of the Paper	Credit	Marks			
			Midsem	Sessional	Endsem	Total
Paper :1	Srimad Bhagavat Gita & Upanisad	5	20	-	80	100
Paper :2	Various Methods of Yoga Sadhana	5	20	-	80	100
Paper :3	(Basic Physiotherapy) <del>Practical-VI</del>	5	20	-	80	100
Paper :4	Research Methodology & Dissertation	5				100
Paper :5	Practical-VI	5	-	30	70	100
Grand Total		25				500

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9.9.2016

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9.9.2016

*Sn. Yogeshwar*  
9.9.2016

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9-9-16

## PAPER-1: YOGA FUNDAMENTALS & YOGA SUTRA

Unit-1: YOGA FUNDAMENTALS 20 Marks

Meaning, Definition and Subject matter of yoga.  
History of Yoga, Relevance of yoga in modern Age.

Unit-2: YOGA SUTRA (Samadhi Pada) 20 Marks

Definition of Yoga, Chitta Vrittis, Abhyas and Vairagya, Iswara, Obstacles on the path of Yoga, Removal of obstacles or Chittaparikarma, Types of Samadhi, Samapattis

Unit-3: YOGA SUTRA (Sadhana Pada) 20 Marks

Kriya Yoga, Klesha, Chaturvyuhavada (Heya, Heyahetu, Hana, Hanopaya), Bahiranga Sadhanas of Astanga Yoga (Yama, Niyama, Asana, Pranayama, Pratyahara)

Unit-4: YOGA SUTRA (Vibhutipada) 20 Marks

Antaranga Sadhanas of Astanga Yoga or Samyama (Dharana, Dhyana, Samadhi)  
Application of Samyama and various Yoga Siddhis.

Unit-5: YOGA SUTRA (Kaivalya Pada) 20 Marks

The five Siddhis, Various chittas, Karmas (Sukla, Krisna, Sukla-Krisna, Asuklakrisna), transmigration theory according to Yoga, Chitta and Vastu, Process of Kaivalya

### Recommended Books:

- Swami Satyananda, "Four Chapters on Freedom" (Commentary on the Yoga Sutras of Patanjali), Bihar School of Yoga, Munger.
- Swami Vivekananda, "Raja Yoga", Advaita Ashram publication.
- Swami Niranjanananda, "Yoga Darshan", Sri Panchdashnam Alakh Bara Deoghar.

1st Sem.  
2016-17

**Courses of Studies for M.A. in Yoga**

**PAPER-1: YOGA FUNDAMENTALS & YOGA SUTRA**

Unit-1: YOGA FUNDAMENTALS 16 Marks

Meaning, Definition and Subject matter of yoga.  
History of Yoga, Relevance of yoga in modern Age.

Unit-2: YOGA SUTRA (Samadhi Pada) 16 Marks

Definition of Yoga, Chitta Vrittis, Abhyas and Vairagya, Iswara, Obstacles on the path of Yoga, Removal of obstacles or Chittaparikarma, Types of Samadhi, Samapattis

Unit-3: YOGA SUTRA (Sadhana Pada) 16 Marks

Kriya Yoga, Klesha, Chaturvyuhavada (Heya, Heyahetu, Hana, Hanopaya), Bahiranga Sadhanas of Astanga Yoga (Yama, Niyama, Asana, Pranayama, Pratyahara)

Unit-4: YOGA SUTRA (Vibhutipada) 16 Marks

Antaranga Sadhanas of Astanga Yoga or Samyama (Dharana, Dhyana, Samadhi)  
Application of Samyama and various Yoga Siddhis.

Unit-5: YOGA SUTRA (Kaivalya Pada) 16 Marks

The five Siddhis, Various chittas, Karmas (Sukla, Krisna, Sukla-Krisna, Asuklakrisna), transmigration theory according to Yoga, Chitta and Vastu, Process of Kaivalya

Mid semester exam: 20 marks

**Recommended Books:**

- Swami Satyananda, "Four Chapters on Freedom" (Commentary on the Yoga Sutras of Patanjali), Bihar School of Yoga, Munger.
- Swami Vivekananda, "Raja Yoga", Advaita Ashram publication.
- Swami Niranjanananda, "Yoga Darshan", Sri Panchdashnam Alakh Bara Deoghar.

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**Paper – II (100 Marks)**

**Elementary Sanskrit**

**Unit -1 Sanskrit alphabets, their divisions and places of utterance -**

**(8 Marks)**

(Division of Varnas: Swara Varna, Vyanjana Varna, Vargya Varna, Antahstha Varna, Usma Varna, Ayogavaha Varna. Letters according to places of utterance: Kanthya, Talavya, Osthya, Dantya, Murdhanya, Dantyausthya, Anunasika)

**Unit -2 Sabda Rupa and Dhatu Rupa (8+8 = 16)**

- a) Sabda Rupa – (नर, मुनि, साधु, राजन्, गुणिन, नदी, मति, मातृ, फल, वारि, धनुष्, तत्, अस्मद्, युष्मद्) – 8 marks
- b) Dhaturupa - (पठ्, भू, अस्, कृ, लभ्, चुर, – लट् लकार, विधिलिङ्, लोट् लकार, लङ् लकार, लृट् लकार,)- 8 marks

**Unit -3 Sandhi (8 + 8 = 16 marks)**

- a) Swara Sandhi, Vyanjana Sandhi – 8 marks
- b) Visarga Sandhi – 8 marks,

**Unit -4 Karaka and Vibhakti -20 Marks**

**Unit -5 Avyayas, Upasargas, Stripratyayas (4+6 + 6= 16 marks)**

- a) Avyayas (frequently used Avyayas) – 4 marks
- b) Upasargas– 6 marks
- c) Stripratyayas (Main Stripratyayas) – 6 marks

**Unit -6 Diacritical Marks -4 Marks**

(Questions should be asked from all parts of all units.)

**Mid semester exam: 20 marks**

Book Recommended:

1. Vyakarana Mayukha (Published by Govt. of Odisha)
2. Manika (Published by CBSE)

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**Paper-3 Sankhya and Advaita Vedanta**

**(100 Marks)**

**Sankhya**

Unit-1 (20 Marks)

- a) Concept of Purusa
- b) Concept of Prakriti

Unit-2 (20 Marks)

- a) Three Gunas
- b) Theory of Creation

**Advaita Vedanta**

Unit- 3 (20 Marks)

- a) Concept of Brahman
- b) Concept of Maya

Unit -4 (20 Marks)

- a) Concept of Jiva
- b) Concept of Liberation

Mid semester exam: 20 Marks

Recommended Books:

1. A Critical Survey of Indian Philosophy: By C D Sarma
2. An Introduction to Indian Philosophy: By Datta and Chatterji

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PAPER – IV 100 Marks

PRACTICAL

Performance 80 + Internal Assessment 20

(ASANA and PRANAYAMA)

(With details of benefits and contraindications)

**Asana:**

**Pawanamuktasana 1:** Padanguli-namana, Goolfa Namana, Goolfa Chakra, Goolfa Ghoornan, Janu Namana, Ardha Titali, Poorna Titali, Shroni Chakra, Mustika Bandhana, Manibandha Namana, Manibandha Chakra, Kehuni Naman, Skandha Chakra, Griva Sanchalana.

**Pawanamuktasana 2:** Utthanapadasana, Chakrapadasana, Padasanchalana, Supta Pawanamuktasana, Jhulana Lurhakasana, Supta Udarakarsanasana, Shava Udarakarsanasana, Naukasana.

**Breathing exercises and Pranayamas:** Abdominal Breathing, Thoracic Breathing, Clavicular Breathing, Yogic Breathing

**Prescribed Book:**

1. Asana Pranayama Mudra Bandha by Swami Satyananda Saraswati, Bihar Yoga Bharati, Munger, Bihar, India

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PAPER – V 100 Marks  
PRACTICAL ~~Performance 80 + Internal Assessment 20~~ *Sessional Assessment - 30*  
(ASANA and PRANAYAMA)  
(With details of benefits and contraindications)

**Pawanamuktasana 3:** Rajjukarsanasana, Gatyatmak Meru Vakrasana, Chakki Chalana, Naukasanchalana, Kasta Taksanasana, Namaskarasana, Vayu Niskasanasana, Kawa Chalanasana, Udarakarsanasana.

**Relaxation:** Shavasana, Adhvasana, Makarasana, Jyestikasana, Matsyakridasana.

**Breathing exercises and Pranayamas:** Nadishodhan Stage:-1,2, 3, 4

**Prescribed Book:**

2. Asana, Pranayama, Mudra Bandha by Swami Satyananda Saraswati, Bihar Yoga Bharati, Munger, Bihar, India

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