

UTKAL UNIVERSITY OF CULTURE

Bhubaneswar, Odisha



(2021-2023)

SYLLABUS

and

Scheme of Examination

Postgraduate Programme in Yoga

Prof. Dr. P. K. Mishra

Dr. P. K. Mishra

Dr. P. K. Mishra

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Learning Outcomes based Curriculum Framework

(LOCF)

For

Postgraduate Programme

M.A. in Yoga

2021-2023



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Preamble

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practised today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and nature. It is an art and science for healthy living.

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course the student is taught the concepts of Yoga for the treatment and prevention of various psychosomatic and lifestyle related ailments. This course has the vision of producing yoga professionals so that they could teach yoga therapy in a paramedical department of a hospital with the ability to select specific safe practice modules for different diseases.

I. Title of the Programme:

The programme shall be called "**Master of Arts in Yoga.**"

II. Aim of the Programme:

The aim of the programme is to produce "**Yoga Teachers & Yoga Researchers**"

III. Objectives of the Programme:

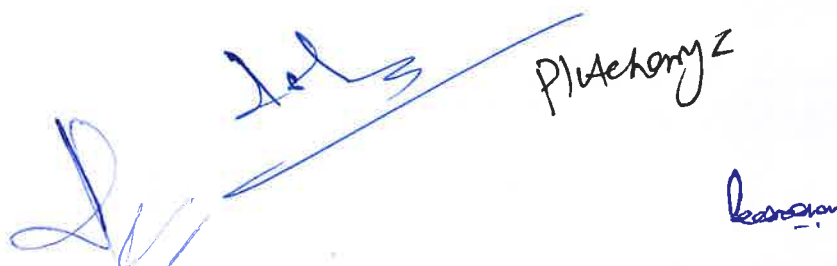
- The course will provide deeper insight into classical yoga education, its principles and practices.
- To orient the students to promote positive awareness for healthy life and living
- It is intended to produce yoga experts having in-depth knowledge of classical yogic texts.
- Invoking and inculcating inquisitive, scientific temper in students regarding the Traditional Indian Sciences especially in Yoga and Spirituality.
- A research attitude and orientation will also be inculcated into the student so that they further become able to undertake advanced and theoretical and applied research in Yoga and allied subjects.
- To establish holistic health, social harmony and world peace by training them to be great citizens who can offer yogic ways of life as examples of right living.
- Instilling and inculcating the general interest and inquisitive knowledge about Yoga for Health, personality development and spiritual evolution.

Duration:

The minimum duration of the programme will be 2 years (4 semesters) and the maximum duration will be four years.

- Eligibility: For M.A.(Yoga)

B.A.(Yoga) or any Graduate preferably with Diploma/Certificate/YCB Certificate

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Course Structure

MA (Yoga)


2021-2023

SEMESTER – I

Sub Code	Title of the paper	L	T	P	MTE	TA	ESE	Total Marks	Total Credits
MIY-CT101	Patanjali Yoga Sutra	3	1	0	20	10	70	100	4
MIY-CT102	Elementary Sanskrit	3	1	0	20	10	70	100	4
MIY-CT103	Foundation of Yoga	3	1	0	20	10	70	100	4
MIY-CT104	Diet and Nutrition	3	1	0	20	10	70	100	4
MIY-CP105	Yoga Practical –I	0	0	8	20	10	70	100	4
MIY-CP106	Yoga Practical-II	0	0	8	20	10	70	100	4
Total		12	4	16	120	60	420	600	24

SEMESTER – II

Sub Code	Title of the paper	L	T	P	MTE	TA	ESE	Total Marks	Total Credits
MIY-CT201	Human Anatomy and Physiology	3	1	0	20	10	70	100	4
MIY-CT202	Yogic Management of Common Diseases	3	1	0	20	10	70	100	4
MIY-CT203	Sankhya and Advaita Vedanta	3	1	0	20	10	70	100	4
MIY-CT204	Hatha Yoga Texts	3	1	0	20	10	70	100	4
MIY-CP205	Contemporary Yoga Techniques for self-management- Practical-III	0	0	8	20	10	70	100	4
MIY-CP206	Yoga Practical –IV	0	0	8	20	10	70	100	4
Total		12	4	16	120	60	420	600	24



 Prakash Chandra

 Professor

SEMESTER – III

Sub Code	Title of the paper	L	T	P	MTE	TA	ESE	Total Marks	Total Credits
MIY-EL301 Or MIY-EL302	Yoga Upanishads Or Great Yogis of India	3	1	0	20	10	70	100	4
MIY-CT303	Fundamentals of Naturopathy	3	1	0	20	10	70	100	4
MIY-CT304	Ayurveda & Panchakama	3	1	0	20	10	70	100	4
MIY-CT305	Research Methodology	3	1	0	20	10	70	100	4
MIY-EL306 Or MIY-EL307	Physiotherapy Practical or Summer Internship Program	0	0	8	20	10	70	100	4
MIY-CP308	Yoga Practical –V	0	0	8	20	10	70	100	4
Total		12	4	16	120	60	420	600	24

SEMESTER – IV

Sub Code	Title of the paper	L	T	P	MTE	TA	ESE	Total Marks	Total Credits
MIY-CT401	Principal Upanishads	3	1	0	20	10	70	100	4
MIY-CT402	Bhagavad Gita	3	1	0	20	10	70	100	4
MIY-CPW403	Dissertation	3	1	0	20	10	70	100	4
MIY-CT404	Applied psychology and Yogic Counseling	3	1	0	20	10	70	100	4
MIY-EL405 OR MIY-EL406	Yoga Vashishta OR Teaching Methodology in Yoga & Value Education	3	1	0	20	10	70	100	4
MIY-CP407	Yoga Practical –VI	0	0	8	20	10	70	100	4
Total		15	5	8	120	60	420	600	24

MIY= Master in Yoga, CT= Compulsory Theory, EL= Elective, CP-Compulsory Practical

L= Lecture Class, T= Tutorial, P= Practical Class, T.A-Teacher Assessment

MTE= Mid Term Examination,

ESE= End Semester Examination

CPW-Compulsory Project Work

In 2nd Semester four optional papers MIY-EL301/MIY-EL302/MIY-EL306/MIY-EL307

In 4th Semester two optional papers – MIY-EL405/MIY-EL406

One Theory Paper (4 Credits) = 60 Hours

One Practical Paper(8 Credits) = 120 Hours

Each Semester - 24 credits of Total Credits – 96 Credits

Each Semester – 600 Marks of Total Marks – 2400 Marks

1st, 2nd & 3rd Each Semester- 480 Hours, 4th Semester-420 Hours of Total Hours – 1860 Hours

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SEMESTER – I**1. Course Name: Patanjali Yoga Sutra****Course Code: MIY-CT101****Course Objectives:**

- Develop critical understanding of Yoga Sutra.
- Have an understanding about the essence of Samadhi and Sadhana Pada.
- Understand the essence of Vibhuti and Kaivalya Pada.
- Know the concept of Astanga Yoga and Kriya Yoga.
- General concept and consequences of Kaivalya.

M.A. in YOGA		MIY-CT101						SEMESTER- I	
		Patanjala Yoga Sutra					TA		
Total Lectures	Maximum Marks	Time	L	T	P	Mid Term Exam (MTE)		End Semester Exam (ESE)	Total Credits
60	100	60 Hrs.	03	01	00	20 Marks	10	70 Marks	04

Learning outcomes:

On completion of this course, the students will be able to:

- Understand various modification of mind with specific principles.
- Become aware of different obstacles in Sadhana and ways to eradicate those.
- Recognize Sanyama, Parinamas and different Vibhutis.
- Know the concept of Kleshas and the influence of Karma.
- Can know the different procedures to attain Kaivalya.


Key Words: Chitta, Vritti, Samprajnata, Asamprajnata, Klesha, Karmavipaka, Sanyama, Parinama, Vibhuti, Vasana, Dharmamegha & Kaivalya.

Unit-1**15 Lectures**

Samadhi paada: Yoga, meaning & Nature of yoga; Concept of Chitta, Chitta-Bhumis, Chitta-Vrittis, Chitta-Vrittinirodhopaya, Abhyasa and Vairagya as the tools, Concept of Bhavapratyaya & Upayapratayaya, Sadhan Panchak, Chitta-Vikshepas (Antaraya), Ektattva Abhyasa, Chitta-prasadanam. Types and nature of Samadhi: Adhyatmaprasada and Ritambharaprajna; Samprajnata, Asamprajnata, Sabeeja & Nirbeeja Samadhi, Difference between Samapattis and Samadhi; Concept of Ishwara and attributes of Ishwara, Process of Ishwarapranidhana.

Unit-2**15 Lectures**

Sadhana paada: Concept of Kriya Yoga, theory of Kleshas; Concept of Karmashaya and Karmvipaka, Nature of dukha, Concept of Chaturvyuhavada, Drishyanirupanam, Drasthanirupanam, Prakriti-Purusha Samyoga; Brief Introduction to Ashtanga Yoga; Yama-Niyama; Concept of Vitarka & Mahavrata; Asana, Pranayama, Pratyahara and their siddhis.



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Unit-3

15 Lectures

Vibhuti paada: Introduction of Dharana, Dhyana and Samadhi, Nature of Sanyama; Concept of Chitta Samskara, Parinamatraya and Vibhutis.

Unit-4

15 Lectures

Kaivalya paada: Five means of Siddhis, concept of Nirman Chitta, Importance of siddhis achieved through Samadhi, Four types of Karmas; Concept of Vasana; Dharmamegha Samadhi and its result, Viveka Khyati Nirupanam, Kaivalya Nirvachana.

Reference Books:

- Patanjali Yogasutras by Sri Sri Ravishankar
- Core of the Yogasutras by B. K. S. Iyengar
- Light on the Yoga sutra of Patanjali by B K S Iyenger
- The Yogasutra of Patanjali by Paramahansa Prajnanananda Saraswati
- Four chapters on Freedom by Paramhansa Swami Satyananda Saraswati
- Patanjali Yogasutras by Swami Vivekananda
- Raja Yoga-by Swami Sivananda Saraswati Divine Life Society Publication.


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2. **Course Name: Elementary Sanskrit**

Course Code: MIY-CT102

Course Objectives:

- Read and understand the colloquial words of Sanskrit.
- Communicate and comprehend Sanskrit to the best of their ability.
- Write in Sanskrit with diacritical marks.
- Have some idea about Sanskrit Grammar.
- Can be able to read Yogic Texts.

M.A. in YOGA		MIY-CT102						SEMESTER- I	
		Elementary Sanskrit							
Total Lectures	Maximum Marks	Time	L	T	P	Mid Term Exam (MTE)	TA	End Semester Exam (ESE)	Total Credits
60	100	60 Hrs.	03	01	00	20 Marks	10	70 Marks	04

Learning outcomes

On completion of this course, the students will be able to:

- Develop basic knowledge of Sanskrit.
- Know the Roman Script with critical marks.
- Learn the sentence formation.
- Can do the verse analysis.

Key Words: Varnamala, Pada, Prakriti, Pratyaya, Shabdarupa, Dhaturupa, Karaka, Vibhakti, Anvaya, Sandhi & Samasa.

Unit-1:

15 Lectures

Sanskrit alphabets, their divisions and places of utterance, Roman script with diacritical 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:

15 Lectures

Sentence Formation: Shabdarupa, Dhaturupa, Karaka, Vibhakti
Sabda Rupa and Dhatu Rupa

a) Sabda Rupa- (नर, मुनि, साधु, राजन्, गुणिन, नदी, मति, मातृ, फल, वारि, धनुष्, तत्, अस्मद्, युष्मद्)

b) Dhatu Rupa- (पठ्, भू, अस्, कृ, लभ्, चुर, -लट्लकार, बिधिलिङ्, लोट्लकार, लङ्लकार, लृट्लकार) -)

Unit-3:

15 Lectures

Pada – Introduction, Avyayas, Upasargas, Prakriti, Pratyaya

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Unit-4:

15 Lectures

Verse Analysis: Anvaya, Pada Identification, Sandhi, Samasa, Adjectives forms, Meanings

Reference books:

- M.R. Kale, Sanskrit Grammar
- Sarala Sanskrit Shikshana – Sankshepa Ramayana
- Ashtadhyayi Sahajbodh – Dr.Pushpa Dikshit, Pratibha Prakashan, New Delhi
- Paniniya Shiksha
- Vyakarana Mayukha(Published by Govt. of Odisha)
- Manika(Published by CBSE)

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3. Course Name: Foundation of Yoga

Course Code: MIY-CT103

Course Objectives:

- Explain the origin, history and development of yoga.
- Have the insight in the six systems of Indian philosophy.
- Provide an idea about the insights of Indian philosophy and Astika & Nastika darshanas.
- Introduce yoga according to various yogic texts.

M.A. in YOGA		MIY-CT103						SEMESTER- I	
		Foundation of yoga							
Total Lectures	Maximum Marks	Time	L	T	P	Mid Term Exam (MTE)	TA	End Semester Exam (ESE)	Total Credits
60	100	60 Hrs.	03	01	00	20 Marks	10	70 Marks	04

Learning outcomes

On completion of this course, the students will be able to:

- Develop critical understanding of the Evolution of yoga.
- Understand the basic concept of Shad-Darshanas.
- Know the concept of Yoga in the bhakti movement.
- Awareness of different Branches of Yoga.

Key Words: Prasthanatrayee, Purushartha, Shad-darshanas & Samkhya.

Unit: 1

15 lectures

History and Development of Yoga; Meaning & Definitions, Misconceptions, Aim and Objectives of Yoga. Introduction to Vedas, Upanishads and Prasthanatrayee; Concept of Purushartha Chatushtaya

Unit: 2

15 lectures

Basic concepts of Shad-darshanas- Epistemology, Metaphysics, Ethics and Liberation. Introduction to Epics and Smriti- Yoga in Ramayana (Aranyakand), Mahabharata (Shantiparva) and Yajnavalkya Smriti

Unit: 3

15 lectures

Yoga in Narada Bhakti sutra and Yoga in the Literature of Saints- Kabirdas, Tulasidas and Surdas. Elements of Yoga in Jainism and Buddhism.

Unit: 4

15 lectures

Introduction to Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga, Hatha Yoga and Mantra Yoga.

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Reference Books:

- Lights on Asthanga Yoga by B. K. S. Iyengar
- Mahabharata (English) Dreamland Publications Genre: Juvenile Nonfiction
- Yoga Darshana by Swami Niranjanananda Saraswati
- The Valmiki Ramayana by Dutt Romesh.
- A Critical Survey of Indian Philosophy by Chandradhar Sharma
- A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya by Swami Satyananda Saraswati
- Indian Philosophy by Das & Gupta
- Indian Philosophy by Hiriyana Indian Philosophy by Dr. S Radhakrishnan
- Rama Charitamanas,
- Kabirvani Amrit Sandesh (in Hindi) By Lalchand Dushan, Manoj Publication, Delhi (200/-)
- Essence of Ramayana by Swami Sivananda Saraswati, International Divine Life Society Publication, Rishikesh, Uttarakhand.
- Tantra Yoga, Nada Yoga & Kriya Yoga by Swami Sivananda Saraswati.
- Practice of Bhakti Yoga-by Swami Sivananda Saraswati.
- The Spiritual import of the Mahabharat & The Bhagabat Gita- by Swami Krishnananda Saraswati. A Divine Life Society Publication-Rishikesh, Uttarakhand.

  
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4. Course Name: Diet and Nutrition

Course Code: MIY-CT104

Course Objectives:

- Understand the concept of diet and the medicinal value of nutrition.
- Prescribe appropriate diet to different age groups
- Learn the causes and symptoms of Nutrition-related disorders.
- Know the management of Common Diseases with specific Diet.

M.A. in YOGA		MIY-CT104						SEMESTER- I	
		Diet and Nutrition							
Total Lectures	Maximum Marks	Time	L	T	P	Mid Term Exam (MTE)	TA	End Semester Exam (ESE)	Total Credits
60	100	60Hrs.	03	01	00	20 Marks	10	70 Marks	04

Learning Outcome:

On completion of this course, the students will be able to:

- Develop critical understanding of diet.
- Know the nutritional value of different Food.
- Have the basic concept of energy requirements.
- Know the need of nutrition during the normal stages of life.
- Manage different common diseases through proper diet.

Key Words: Nutrition, Carbohydrates, Lipids, Proteins, Obesity, Gastrointestinal, Diabetes&Cardiovascular.

Unit-1

15 Lectures

Basic concepts - Health, Nutrition, Nutrients, Nutrition Requirement, Balanced diet, Relationship between health & Nutrition, **Nutrients & their Classification-** Macro Nutrients – Sources, Functions and Effects on the Body; Micro Nutrients - Sources, Functions and Effects on the Body;

Unit-2

15 Lectures

Fat Soluble Nutrients - Sources, Functions and Effects on the Body; Water Soluble Nutrients - Sources, Functions and Effects on the Body; Digestion, Absorption of Carbohydrates, Lipids, Proteins and Energy.

Unit-3

15 Lectures

Nutritional need during normal stages of life- Infancy, Childhood, Adolescence, Pregnancy, Lactation and Old age. **Disease Management with diet:** - Fever, Obesity and Underweight.

Unit-4

15 Lectures

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Diet in Diseases of the Gastrointestinal Tract, Diet in Diseases of Liver, Diabetes Mellitus, Kidney Disorders and Diet in Diseases of the Cardiovascular System.

Reference Books:

- Davidson and Pass more Human Nutrition and dietetics - Pass more, Eastwood
- Clinical dietetics and nutrition - F.P. Antia
- Normal and therapeutic nutrition - Corinne. H. Robinson, Marilyn. R, Lawler
- Essentials of food and nutrition – Swaminathan
- Foundation of normal and therapeutic nutrition - Randall.T
- Nutrition and dietetics - Subhangini Joshi
- Nutritive value of Indian foods - NIN B.S. Narsinga Rao
- Dietetics –B. Srilaxmi
- Heath & Diet- by Swami Sivananda,A Divine Life Society Publication,Rishikesh,Uttarakhand.
- Heath & Happiness- by Swami Sivananda,A Divine Life Society Publication,Rishikesh,Uttarakhand.

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Course Name: Yoga Practical- I**Course Code: MIY-CT105****Course Objectives:**

- Understand the benefits, contraindications and procedure of all practices.
- Develop perfection to practice different yogic techniques.
- Demonstrate each practice with confidence and skill.
- Explain the procedure and subtle points involved.
- Teach the yoga practices in a scientific interpretation.
- Help to build up a complete personality with physical health, mental well-being.

M.A. in YOGA		MIY-CT105						SEMESTER- I	
		Yoga Practical- I							
Total Lectures	Maximum Marks	Time	L	T	P	Mid Term Exam (MTE)	TA	End Semester Exam (ESE)	Total Credits
120	100	120 Hrs.	00	00	08	20 Marks	10	70 Marks	04

Learning outcomes

On completion of this course, the students will be able to:

- Develop critical understanding of different yogic techniques.
- Attain perfection to perform different yogic practices.
- Increase the practical interpretation of Shatkarma.
- Can develop the caliber to conduct practical sessions.

Key Words: Asana, Pranayama, Mudra, Shatkarma, Pratyahara & Dharana.

Unit-1**30 Lectures**

Prayers: Mantras & Prayer; **Pawanmuktasana Series:** Anti – Rheumatic Group of Asanas; The digestive/abdominal group of Asanas: Padottanasana, Padachakrasana, Pada Sanchalanasana & Supta Pawanmuktasana; **Shakti Bandha group of Asanas:** Gatyatmak Meru Vakrasana & Chakki Chalanasana; **Vajrasana Group of Asanas:** Vajrasana, Simhasana, Marjari Asana, Sashankasana & Ardha Ustrasana; **Relaxation Group of Asanas:** Savasana, Advasana & Makarasana.

Unit-2**30 Lectures**

Meditation Group of Asanas: Sukhasana, Ardha Padmasana & Padmasana; **Standing Group of Asanas:** Tadasana, Tiryak Tadasana, Kati Chakrasana, Bandha Hasta Uthanasana & Trikonasana (variation – 1, 2, 3, 4); **Surya Namaskara:** Physical Awareness with Mantras; **Backward bending Group of Asanas:** Ardha Salabhasana, Bhujangasana & Sarpasana; **Forward Bending Group of Asanas:** Saithalyasana & Janu Shirshasana; **Spinal Twisting Group of Asanas:** Meru Wakrasana & Bhu Namanasana; **Balancing Group of Asanas:** Eka Pada Pranamasana.

Unit-3**30 Lectures**

Pranayama: Yogic Breathing, Nadi Shodhana (Preparatory Practice), Bhramari Pranayama; **Mudra:** Chin Mudra, Jnana Mudra, Bhairava Mudra, Bhairavi Mudra & Nasikagra Dristhi.

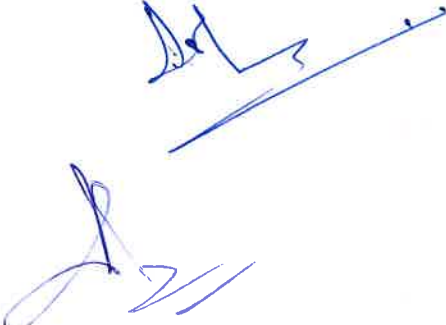
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Unit-4

Satkarma: Jala Neti & Kapalabhati; Pratyahara & Dharana: Antar Mouna, Yoga Nidra & Kaya Sthairyam.

Reference Books:

- Asana, Pranayama, Mudra and Bandha by Swami Satyananda Saraswati
- Lights on Yoga by B K S Iyengar
- Light on Pranayama by B K S Iyengar
- Prana Pranayama by Swami Niranjanananda Saraswati
- Yoga Darshan by Swami Niranjanananda Saraswati
- Hatha Yoga Pradipika by Swami Muktibodhananda
- A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya by Swami Satyananda Saraswati
- Practical Lessons in Yoga-Swami Sivananda Saraswati-International Divine Life Society Publication, Rishikesh, Uttarakhand.


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Course Name: Yoga Practical- II

Course Code: MIY-CP106

Course Objectives:

- Understand the benefits, contraindications and procedure of all practices.
- Develop perfection to practice different yogic techniques.
- Demonstrate each practice with confidence and skill.
- Explain the procedure and subtle points involved.
- Teach the yoga practices in a scientific interpretation.
- Help to build up a complete personality with physical health, mental well-being.

M.A. in YOGA		MIY-CP106						SEMESTER- I	
		Yoga Practical- II							
Total Lectures	Maximum Marks	Time	L	T	P	Mid Term Exam (MTE)	TA	End Semester Exam (ESE)	Total Credits
120	100	120 Hrs.	00	00	08	20 Marks	10	70 Marks	04

Learning outcomes

On completion of this course, the students will be able to:

- Develop critical understanding of different yogic techniques.
- Attain perfection to perform different yogic practices.
- Increase the practical interpretation of Shatkarma.
- Can develop the caliber to conduct practical sessions.

Key Words: Asana, Pranayama, Mudra, Shatkarma, Pratyahara & Dharana.

Unit-1

30 Lectures

Ashtanga Yoga (Sw Satchidananda):

Urdhva Kukkutasana, Padma Mayurasana, Vrischikasan, Uthhita Ekapada Sirsan, Dimbasana

Unit-2

30 Lectures

Vinyasa Yoga (Krishnamacharya):

Adhomukhi Svanasana, Chaturanga, Bhujangasana, Balasana, Setuasan

Unit-3

30 Lectures

Iyengar Yoga:

Parsvakonasana, Vrikshasana, Badhhakonassana, Gomukhasana, Paschimottanasana

Unit-4

30 Lectures

Shukshma Vyayama (Dhirendra Brahmachari):

Dhriti Shakti Vikasaka, Smarana Shakti Vikasaka, Medha Shakti Vikasaka, Netra Shakti Vikasaka, Karma Shakti Vardhaka

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Reference Books:

- The Yoga Way by Step Swami Sachidananda
- Golden Present - Daily Inspirational Readings by Sri Swami Satchidananda
- The Complete book on Yoga by Srivastva Ramaswami
- Light on Yoga by B.K.S. Iyengar
- Yogic Shukhsma Vyayama by Dharendra Brahmachari

  
P/Attachments 2

SEMESTER – II**1. Course Name: Human Anatomy and Physiology****Course Code: MIY-CT201****Course Objectives:**

- To understand the concept of human body from the perspective of yoga.
- To know about the necessary functions of the body.
- To give brief idea about the diseases related to each system.
- To throw light on anatomy so that student can experience the involvement of their body parts while practicing various postures of yoga.

M.A. in YOGA		MIY-CT201					SEMESTER- II			
		Human Anatomy and Physiology								
Total Lectures	Maximum Marks	Time	L	T	P	Mid Term Exam (MTE)	TA	End Semester Exam (ESE)	Total Credits	
60	100	60 Hrs.	03	01	00	20 Marks	10	70 Marks	04	

Learning outcomes

On completion of this course, the students will be able to:

- Develop critical understanding of Human Anatomy and Physiology.
- Know different levels of structural complexity.
- Know the effect of yogic techniques on different systems in the human body.
- Develop the understanding of hormones.

Key Words: Musculoskeletal, Neuromuscular, Gastrointestinal & Endocrinology.

Unit 1:**15 Lectures**

Introduction to cell, tissue, organs and systems; Basic cell Physiology-Cell- Introduction, Cell Organelles, Cell membrane, Movement of the substances and water through the cell membrane, Bioelectric potentials. **Musculoskeletal systems:** Skeleton - names of all bones, joints and muscles, cartilage, tendon and ligaments, types of bone, joints and their functions; spine, muscles and their functions; Skeletal muscles - Properties of skeletal muscles, Muscular contraction and relaxation, Neuromuscular junction. Yogic effect on Bone, Joints and Muscular System.

Unit 2:**15 Lectures**

Digestive and excretory system: Anatomy of digestive system, excretory system (component organs) and their functions; Gastro intestinal system- General structure of alimentary canal, Gastric secretion, Pancreatic secretion, Gastric motility-digestive peristalsis Gastrointestinal hormones.

Renal physiology: Structure of kidney, Nephrons, Juxtra glomerular filtrate, Reabsorption, mechanism of secretion, Concentrating and diluting mechanism of urine, Dialysis and Yogic effect on Digestive and excretory system.

Unit 3:**15 Lectures**

Nervous system and glands: Structure and properties of neurons, subdivisions of nervous system and their functions, types of glands (endocrine and exocrine glands), important endocrine

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and exocrine glands and types of hormones their functions. Sensory nervous system, Motor nervous system, Higher functions of the nervous system, Synapse, Reflexes Cerebrospinal fluid, Blood brain and blood CSF barrier. Yogic effect on Nervous system and glands.

Unit 4:

15 Lectures

Cardiovascular system: Components of cardiovascular and respiratory system; functions of cardiovascular and respiratory system; Circulatory system- Functional anatomy of the heart. Properties of cardiac muscles, Conducting system of the heart, Pressure changes during cardiac cycles, Capillary circulation, Arterial and venous blood pressure. Yogic effect on Cardiovascular system.

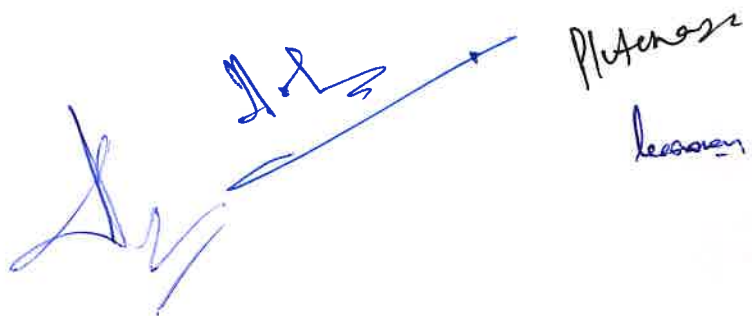
Respiratory System - Mechanism of breathing, Ventilation, Regulation of respiration, Transport of gases, Hypoxia, Artificial ventilation, Non respiratory functions of the lungs. Immune system: Component organs of immune system, Functions of immune system; Endocrinology-Endocrine glands, hormones, their functions. Yogic effect on Respiratory System.

Text Book:

- Anatomy and Physiology of Yogic Practices – M. M. Gore

Reference Books:

- Medicine for Yoga Therapist – Padiki Nagaraj Rao
- Asana, Pranayama, Mudra and Bandha by Swami Satyananda Saraswati



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2. Course Name: Yogic Management of Common Disease

Course Code: MIY-CT202

Course Objectives:

- Understanding the importance of regular yogic practices in life.
- Know the role of yogic diet for healthy living.
- The relevance of Yama and Niyama to improve the quality of life.
- Develop the knowledge of purification practices.
- Learn the Yogic life style and manage common disorders in body and mind.

M.A. in YOGA		MIY-CT202						SEMESTER- II	
		Yogic Management of Common Diseases							
Total Lectures	Maximum Marks	Time	L	T	P	Mid Term Exam (MTE)	TA	End Semester Exam (ESE)	Total Credits
60	100	60 Hrs.	03	01	00	20 Marks	10	70 Marks	04

Learning outcomes:

On completion of this course, the students will be able to:

- Develop critical understanding of different physical disorders.
- Understand specific yogic principles.
- Become aware of benefits and contra-indications of different practices.
- Recognize the importance of Asana, Pranayama and Meditation.
- Learn Yoga Nidra to relax at the physio-psychological level.
- Know the importance of Yogic Diet for healthy life.

Key Words: Rhinitis, Sinusitis, Bronchitis, Angina, Dysmenorrhea & Neurosis.

Unit-1

15 Lectures

Respiratory Disorders: Allergic Rhinitis & Sinusitis, Chronic Bronchitis, Bronchial, Asthma.

Cardiovascular Disorders: Hypertension, Angina Pectoris, Cardiac Asthma.

Unit-2

15 Lectures

Endocrinal and Metabolic Disorders: Diabetes Mellitus, Hypo and Hyper Thyroids, Obesity; Metabolic Syndrome.

Obstetrics and Gynecological Disorders, Menstrual Disorders: Dysmenorrhea, Menopause and pre-menopausal syndrome: Yoga for Pregnancy and Childbirth, Ante-natal Care, Post-natal Care.

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 Lecturer

Unit-3

15 Lectures

Gastrointestinal Disorders: Gastritis, Indigestion, Peptic Ulcers, Constipation, Diarrhea, Irritable Bowel Syndrome, Colitis, Piles.

Muscular-Skeletal Disorders: Back Pain, Intervertebral Disc, Prolapse (IVDP) Lumbar Spondylosis, Cervical Spondylosis, Arthritis.

Unit-4

15 Lectures

Neurological Disorders: Migraine, Tension-Headache, Epilepsy.

Psychiatric Disorders: Neurosis, Anxiety Disorders, Phobias, Depression.

Reference Books:

- Yogic Management of Asthma and Diabetes by Dr Swami Shankardevananda
- Yoga for the Digestive System by Dr Swami Shankardevananda
- Yoga for Cardiovascular System Management by Swami Satyananda Saraswati
- Yogic Management of Common Disease by Dr Swami Karmananda
- Yoga on Hypertension by Dr Swami Shankardevananda
- Integrated Approach of Yoga Therapy for positive health by Dr R. Nagarathna and Dr H. R. Nagendra
- Yoga for common ailments and IAYT for different disease by Dr R. Nagarathna and Dr H. R. Nagendra
- Nava Yogini Tantra - Yoga for Women by Swami Muktananda
- Health & Happiness – Swami Sivananda Saraswati, A Divine Life Society Publication, Rishikesh, Uttarakhand.
- Blood Pressure, Its Cause & Cure- Swami Sivananda Saraswati, A Divine Life Society Publication, Rishikesh, Uttarakhand.

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3. Course Name: Sankhya and Advaita Vedanta

Course Code: MIY-CT203

Course Objectives:

- Have the insight in the six systems of Indian philosophy.
- Understand the concept of Astika & Nastika darshanas.
- Know the philosophy of Samkhya Darshan.
- Know the philosophy of Vedanta Darshan.

M.A. in YOGA		MIY-CT203						SEMESTER- II	
		Sankhya and Advaita Vedanta							
Total Lectures	Maximum Marks	Time	L	T	P	Mid Term Exam (MTE)	TA	End Semester Exam (ESE)	Total Credits
60	100	60 Hrs.	03	01	00	20 Marks	10	70 Marks	04

Learning outcomes:

Following the completion of this course, students shall be able to

- Understand the significance of Shad Darshans.
- Know the concept of ultimate realities as per Samkhya and Vedanta.
- Have a deep understanding of the aim of human life.
- General concept of the theory of evolution.
- Understand the concept of bondage and liberation.

Key Words: Darshan, Purusha, Prakruti, Gunas, Jnanendriya, Karmendriya, Tanmatra, Mahabhutas, Prasthanatrayi,

Unit-1

15 Lectures

Introduction to Samkhya Darshan: Meaning, Origin & History, Epistemology, Metaphysics. Theory of Causation, Concept of Prakruti: three gunas of sattva, rajas and tamas, proves for the existence of Prakruti, Concept of Purusha: Proves for the existence of Purusha, plurality of Purusha.

Unit-2

15 Lectures

The process of Evolution, pancha-jnanendriyas, pancha-karmendriyas, pancha-tanmatras, pancha-mahabhutas, Evolution is Teleological, Bondage and Liberation, Absolute Emancipation.

Unit-3

15 Lectures

Introduction to Vedanta Darshan: Meaning, Origin & History, Epistemology, Metaphysics. Concept of Prasthanatrayi, Concept of supreme Reality, Brahman and Atman, Theory of cause and effect, Theory of Consciousness.

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Unit-4

15 Lectures

Different schools of Vedanta Darshan: Advaita Vedānta Śāṅkara, Viśiṣṭādvaita Ramanuja, Dvaita of Madhava, Dvaitadvaita Nimbarka & Suddhadvaita Vallabha. Bondage and Liberation: Ethics, Jivanamukta & Videhamukta.

Reference Books:

- A History of Indian Philosophy by Surendranath Dasgupta
- Indian Philosophy by Sarvapalli Radhakrishnan
- Indian Philosophy: A Critical Survey by Chanradadhar Sharma
- The Six Systems of Indian Philosophy by Max Muller
- An Introduction to Indian Philosophy by Dutta & Chatarjee
- Samkhya Karika of Isvara Krsna with the Tattva Kaumudi of Sri Vacaspati Misra
- Essence of Vedanta- Swami Sivananda, A Divine Life Society Publication, Rishikesh.
- An Introduction to Advaita Vedanta Philosophy –By Swami Tejomayananda Saraswati, A Divine Life Society Publication, Rishikesh, Utrakhand.



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4. Course Name: Hatha Yoga Texts

Course Code: MIY-CT204

Course Objectives:

- Have an understanding about pre-requisites, principles about Hatha yoga.
- Explain the relationship between Hatha Yoga and Raja yoga.
- Describe the concept of yoga in other hatha yogic texts.
- Recognise the consequences of different yogic techniques.

M.A. in YOGA		MIY-CT204						SEMESTER- II	
		Hatha Yoga Texts							
Total Lectures	Maximum Marks	Time	L	T	P	Mid Term Exam (MTE)	TA	End Semester Exam (ESE)	Total Credits
60	100	60Hrs.	03	01	00	20 Marks	10	70 Marks	04

Learning outcomes:

On completion of this course, the students will be able to:

- Develop critical understanding of different Hatha Yoga Texts.
- Understand the concept of Shodhana Kriyas with specific principles.
- Know the concept of Asana with benefits and contra-indications.
- Know the concept of Pranayama with benefits and contra-indications.
- Know the concept of Mudra and Bandha.
- Critical understanding of Pratyahara, Dharana and Dhyana.

Key Words: Ghatashuddhi, Mitaahara, Shodhana kriyas & Nadanusandhana.

Unit: 1

15 Lectures

Introduction to Hatha Yoga and Hatha Yoga Texts.

Hatha Pradeepika, Gheranda Samhita and Aim & objectives, misconceptions about Hathayoga, prerequisites of Hathayoga (dasha yama and dasa niyama),Sadhaka and Badhaka tattvas in Hathayoga; Concept of Ghata, Ghatashuddhi, Concept and importance of Shodhana kriyas in Hathayoga; Importance of Shodhana kriyas in health and disease; Concept of Matha, Mitaahara, Rules & Regulations to be followed by Hatha Yoga Sadhakas.

Unit: 2

15 Lectures

Asanas in Hatha Texts: Definition, pre requisites and special features of Yoga-asana; Asanas in Hatha Pradeepika, Gheranda Samhita- benefits, precautions and contra indications of different Asanas;

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Unit: 3

Pranayama in Hatha Texts: - Concept of Prana and Pranayama; Pranayama-its phases and stages; Prerequisites of Pranayama in Hathayoga Sadhana; Pranayama in Hatha Pradeepika, Gheranda Samhita; benefits, precautions and contra indications of different Pranayama practices.

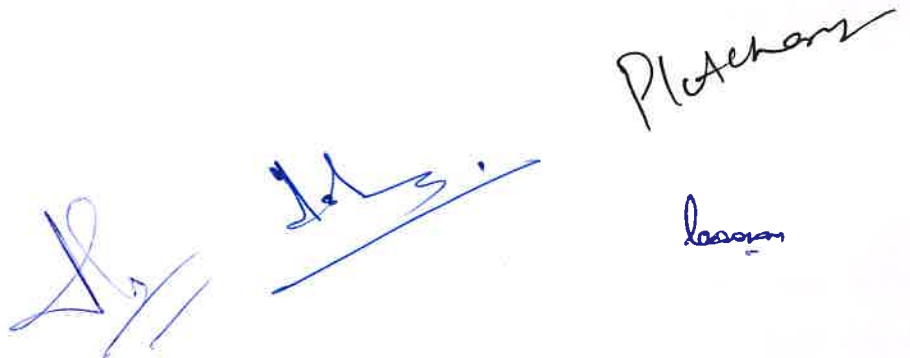
Unit: 4

15 Lectures

Bandha, Mudra and other practices: Concept and definition of Bandha and Mudras in Hatha Pradeepika, and Gheranda Samhita; - benefits, precautions and contra indications. Concept, definition, benefits and Techniques of Pratyahara, Dhyana in Gheranda Samhita; Concept and benefits of Nada and Nadanusandhana in Hatha Pradeepika, Four (stages) Avasthas of Nadanusandhana; Relationship between Hatha Yoga and Raja Yoga; Goal of Hatha Yoga. Relevance of Hatha Yoga in contemporary times.

Reference Books:

- Hatha Yoga Pradipika by Swami Muktibodhananda
- Light on Yoga Dipika by B K S Iyenger
- Hatha Yoga by Swami Sivananda
- Gherand Samhita by Swami Niranjanananda Saraswati
- Yoga and Kriya by Swami Satyananda Saraswati
- Hatharatnavali Published by Kaivalyadhama Lonavala
- Vasistha Samhita by Dr. Pitambar Jha Kaivalyadhama

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5. Name of the Course: Contemporary Yoga Techniques for self-management- Practical-III

Course Code: MIY-CP205

Course Objectives:

- The course aims to develop the understanding of the principles, concept, commonalities and the procedure of various contemporary techniques.

M.A. in YOGA		MIY-CP205						SEMESTER- II	
		Contemporary Yoga Techniques for Self Management-Practical-III							
Total Lectures	Maximum Marks	Time	L	T	P	Mid Term Exam (MTE)	TA	End Semester Exam (ESE)	Total Credits
60	100	60Hrs.	00	00	08	20 Marks	10	70 Marks	04

Learning outcomes:

On completion of this course, the students will be able to:

- Identify the relevance of yogic techniques in healing at the physical level.
- Experience the healing at the prana level.
- Observe healing at the mental level.
- Acquire the healing effect at the conscious level.

Key Words: Meditation, Vipasana, Preksha, Transcendental Meditation, Yoga Nidra.

Unit: 1

15 Lectures

Healing at the Physical Level

Cyclic Meditation (S-VYASA)

Mindfulness based Stress Reduction Technique (Kabatzin)

Unit: 2

15 Lectures

Healing at the Prana Level

Vipasana Meditation

Preksha Meditation

Unit: 3

20 Lectures

Healing at the Mental level

Mind Sound Resonance Technique (S-VYASA)

Raja Yoga Meditation (Brahmakumaris)

Transcendental Meditation (Mahesh Yogi)

ZEN Buddhist Meditation

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Unit: 4

10 Lectures

Healing at the Conscious level

Yoga Nidra (BSY)

TEXT BOOKS

- H R Nagendra: New perspective of stress management; Swami Vivekananda Yoga Prakashan, Bangalore, 1999

REFERENCE BOOKS:

- Niranjanananda Saraswati: Yoga Nidra; Bihar school of yoga publication, Munger, 2000
- H R Nagendra: Mind sound relaxation resonance technique; Swami Vivekananda Yoga Prakashan, Bangalore, 1999

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6. **Course Name: Yoga Practical-IV**

Course Code: MIY-CP206

Course Objectives:

- Understand the benefits, contraindications and procedure of all practices.
- Develop perfection to practice different yogic techniques.
- Demonstrate each practice with confidence and skill.
- Explain the procedure and subtle points involved.
- Teach the yoga practices in a scientific interpretation.
- Help to build up a complete personality with physical health, mental well-being.

M.A. in YOGA		MIY-CP206						SEMESTER- II	
		Yoga Practical- IV							
Total Lectures	Maximum Marks	Time	L	T	P	Mid Term Exam (MTE)	TA	End Semester Exam (ESE)	Total Credits
120	100	120 Hrs.	00	00	08	20 Marks	10	70 Marks	04

Learning outcomes

On completion of this course, the students will be able to:

- Develop critical understanding of different yogic techniques.
- Attain perfection to perform different yogic practices.
- Learn the practical interpretation of Shatkarma.
- Can develop the caliber to conduct practical sessions.

Key Words: Asana, Pranayama, Mudra, Shatkarma, Pratyahara & Dharana.

Unit-1

Prayers: Mantras & Prayer; **Pawanmuktasana Series:** Anti – Rheumatic Group of Asanas: Titali Asana, Skandha Chakra, Greeva Sanchalana; The Digestive/Abdominal Group of Asanas: Jhulana Lurhakanasana, Supta Udarakarshanasana, Naukasana; Shakti Bandha group of Asanas: Nauka Sanchalanasana & Vayu Nishkasana; **Vajrasana Group of Asanas:** Padadhirasana, Shashanka Bhujangasana, Vyaghrasana & Ustrasana; **Meditation Group of Asanas:** Dhyana Veerasana, Padmasana, Yoga Mudrasana, Badha, Padmasana & Lolasana; **Standing Group of Asanas:** Tiryak Kati Chakrasana, Merupristhasana, Samakonasana and Dwikonasana.

30 Lectures

Unit-2

Surya Namaskara: Breath Awareness; **Backward bending Group of Asanas:** Tiryak Bhujangasana, Shalabhasana, Dhanurasana & Ardha Chandrasana; **Forward Bending Group of Asanas:** Paschimottanasana, Padahastana, Uttita Janu Sirshasana and Sirsha Angustha Yogasana; **Spinal Twisting Group of Asanas:** Ardha Matsyendrasana; **Balancing Group of Asanas:** Saral Natarajasana, Eka Padasana, Bakasana, Santolanasana and Merudandasana; **Inverted Group of Asanas:** Poorwa Halasana, Vipareeta Karani Asana & Halasana.

30 Lectures

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Unit-3

30 Lectures

Pranayama:Nadi Shodhana Pranayama (Alternate Nostril Breathing), Sheetal Pranayama, Sheetkari Pranayama and Ujjayi Pranayama; **Mudra:** Yoni Mudra, Hridaya Mudra, Shambhavi Mudra & Kaki Mudra.

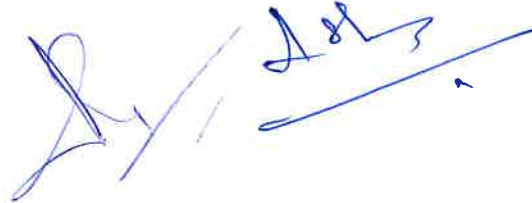
Unit-4

30 Lectures

Shatkarma: Kunjal & Laghu Shankhpraksalana; **Pratyahara and Dharana:** Yoga Nidra, Ajapajapa (Frontal Passage Awareness) and Ajapajapa (Spinal Passage Awareness).

Reference Books:

- Asana, Pranayama, Mudra and Bandha by Swami Satyananda Saraswati
- Lights on Yoga by B K S Iyenger
- Hatha Yoga Pradipika by Swami Muktibodhananda
- A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya by Swami Satyananda Saraswati
- Yoga Nidra by Dr. N.C. Panda
- Yoga Nidra by Swami Satyananda Saraswati
- Yoga Darshan by Swami Niranjanananda Saraswati
- Gheranda Sanhita by Swami Niranjanananda Saraswati



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SEMESTER – III**1. Course Name: Yoga Upanishads****Course Code: MIY-EL301****Course Objectives:**

- Critical understanding of different Yoga Upanishads.
- Develop understanding of Dhyana and the ways to attain perfection in Sadhana.
- The basic concept of Pranayama Siddhi.
- Knowledge of different limbs of Yoga.
- Learning of different branches of Yoga.

M.A. in YOGA		MIY-EL301						SEMESTER- III	
		Yoga Upanishads							
Total Lectures	Maximum Marks	Time	L	T	P	Mid Term Exam (MTE)	TA	End Semester Exam (ESE)	Total Credits
60	100	60 Hrs.	03	01	00	20 Marks	10	70 Marks	04

Learning outcomes:

Following the completion of this course, students shall be able to

- Understand the different techniques of Dhyana practice.
- Know the meaning and methods of Pranayama practice.
- Understand different limbs of Yoga.
- Define various branches of Yoga.
- Learn the yogic management of life style to attain perfection in life.

Key Words: Yogasiddhi, Tattvajna, Dinacharya, Astangayoga, Shadangayoga, Atmadarshana, Nadanusandhana and Manolaya.

Unit-1

Swetaswataropanihad: (Chapter II) Techniques and Importance of Dhyana Yoga, suitable place for Dhyana, sequence of pranayama & its importance, Prior symptoms of Yogasiddhis, Importance of Yogasiddhis, Tattvajna, (Chapter VI) Nature of God, techniques for Realization, Attainment of liberation. **Yogakundali Upanishad:** Methods of Pranayama Siddhi, Types of Pranayama, means of Self -realization.

Unit-2

Yogachudamadi Upanishad: The description of the six limbs of yoga, their results and sequence. **Yogatattva Upanishad:** Mantrayoga, Layayoga, Hathyoga, Rajayoga and their stages, diet and Dincharya, primary symptoms of yoga siddhis and precautions.

15 Lectures
15 Lectures
Plancharya
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Unit-3

15 Lectures

Trishikhibrahmanopanishad: description of Ashtangayoga, Karmayoga and Jnanayoga.

Dhyانبindoopanishad: importance of Dhyanyoga, Nature of Pranav, Techniques of Pranav meditation, Shadanyoga, Atmadarshan through Nadanusandhan.

Unit-4

15 Lectures

Nadabindoopanishad: Hansavidya: description of various limbs of Omkar, 12 matras of omkar and its results of their application with Pranas, Types of nadas, nature of nadanusandhan sadhana, state of Manolaya. **Yogarajopnishad:** Mantrayoga, Layayoga, Hathayoga, Rajayoga, nine chakras, procedures of Dhyana and its results.

Reference Books:

- Yoga Upanishad Sangraha by Paramahansa Swami Ananta Bharati
- Yoga Chudamani Upanishada by Swami Muktananda
- Principal Upanishads by Swami Sivananda
- Deussen, Paul (1997). Sixty Upanishads of the Veda, Motilal Banarsidass.
- Ayyengar, T. R. Shrinivasa (1938). "The Yoga Upanisads", The Adyar Library. Retrieved 3 August 2016.
- Sen, S.C. (1937). The Mystical Philosophy of the Upanishads, Cosmo Publications.
- Dhyana Yoga-by Swami Sivananda,A Divine Life Society,Rishikesh,Uttarakhand.
- Sanadhi Yoga-by Swami Sivananda,A Divine Life Society,Rishikesh,Uttarakhand.

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OR**Course Name: Great Yogis of India.****Course Code: MIY-EL302****Course Objectives:**

- Understanding of a brief introduction of the Eminent Yogis.
- Know the contribution of yogis to the field of Yoga.
- Yoga in contemporary and modern times.
- Develop knowledge about different yogic traditions.

M.A. in YOGA		MIY-EL302						SEMESTER- III	
		Contribution of Great Yogis to the field of Yoga							
Total Lectures	Maximum Marks	Time	L	T	P	Mid Term Exam (MTE)	TA	End Semester Exam (ESE)	Total Credits
60	100	60 Hrs.	03	01	00	20 Marks	10	70 Marks	04

Learning Outcomes:

Following the completion of this course, students shall be able to

- Understand the basic concept of Yoga.
- Know the different procedures as prescribed by different yogis.
- Learn the importance of yogic way of life style.
- Learning of the basic concept of specific guidelines of realized master.
- Knowledge of the development and promotion of Yoga.

Key Words: Contemporary, Modern, Procedure, Contribution & tradition.

Unit-1**15 Lectures**

Acharya Shankar, Ramakrishna Paramhansa, Ramana Maharshi, life history, philosophy and ideology, specific contribution in the field of yoga, main disciplines and institutions established.

Unit-2**15 Lectures**

Sri Aurovinda, Swami Vivekananda, Maharshi Dayanand Saraswati, life history, philosophy and ideology, specific contribution in the field of yoga, main disciplines and institutions established.

Unit-3**15 Lectures**

Sri Shyamacharan Lahidi, Paramahansa Yogananda, Swami Shivanada Saraswati, Swami Satyananda: life history, philosophy and ideology, specific contribution in the field of yoga, main disciplines and institutions established.

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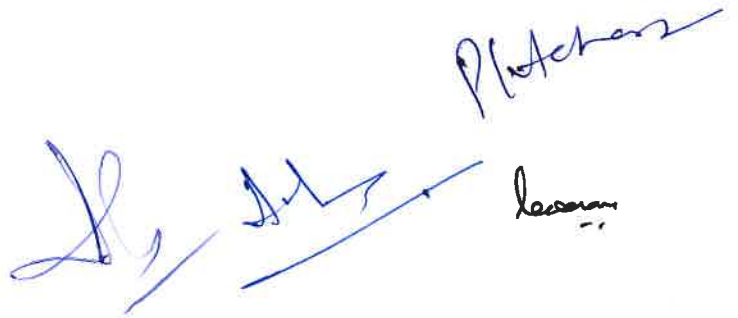
Unit-4

15 Lectures

Swami Nigamananda, Maharshi Mahesh Yogi, Ananda Mayee Maa, Pt. Sri Ram Sharma Acharya :life history, philosophy and ideology, specific contribution in the field of yoga, main disciplines and institutions established.

Reference Books:

- Stumbling into Infinities by Michael Fischman
- The Synthesis of Yoga by Sri Aurobindo
- Complete work of Swami Vivekananda
- Swami Sivananda-Saint, Saga and Godman- by Swami Chidananda Saraswati. Divine Life Society Publication, Rishikesh.
- Autobiography of Yogi- by Paramahansa Yogananda.
- Teaching of Swami Tejomayananda Saraswati-BSY Mungar.
- Teaching of Ramakrishna, Advaita Ashrama, Kolkata.
- Lives of Saints, Swami Sivananda Saraswati, The Divine Life Society, Shiva Nagar, Rishkesh, Uttarakhand.

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2. **Course Name: Fundamentals of Naturopathy**

Course Code: MIY-CT303

Course Objectives:

- Understanding of a brief introduction to Naturopathy.
- Know the general principles of Naturopathy.
- Develop understanding of the health and disease.
- Learn the application of nature therapy for total health.

M.A. in YOGA		MIY-CT303						SEMESTER- III	
		Fundamentals of Naturopathy							
Total Lectures	Maximum Marks	Time	L	T	P	Mid Term Exam (MTE)	TA	End Semester Exam (ESE)	Total Credits
60	100	60Hrs.	03	01	00	20 Marks	10	70 Marks	04

Learning Outcome:

On completion of this course, the students will be able to:

Understand the basic concept of Naturopathy.

- Know the different procedures nature cure.
- Learn the principles of hydrotherapy and enema.
- Learn the procedure of mud therapy and.
- Have knowledge of the fasting, diet and juice therapy.
- Know the sun-ray and massage therapy.

Key Words: Naturopathy, Principles, Elements, Potentials, Healing and Therapy.

Unit-1

15 Lectures

General introduction to Naturopathy; Naturopathy – its definition, meaning, scope and limitations; History of Naturopathy – Indian and Western; Comparative study of the Naturopathy with other systems of Medicine; Catechism of Nature cure.

Unit-2

15 Lectures

Composition of the human body according to Naturopathy, Laws of Nature: Pancha-Mahabhootas, Fundamental principles of Naturopathy; Natural rejuvenation and vitality, how to acquire natural immunity; importance of Physical & Mental Hygiene and prevention of diseases.

Unit-3

15 Lectures

Hydrotherapy: Introduction, definition, history, principles; role of hydrotherapy in prevention of diseases; Upavasa (Fasting): Introduction, definition, scope, history, principles and types; its role in disease prevention, health promotion; concept of de-toxification;

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Unit-4

15 Lectures

Diet: Introduction, definition, scope, types and its principles; role of Naturopathy diet in disease prevention and health promotion; Massage: Introduction, definition, scope, history, its principles and manipulative techniques; Different types of Massages and their role in disease prevention, and health promotion.

Reference Books:

- S. D. Dwivedi: Naturopathy for perfect health, Kalpaz Publication Delhi, 2002.
- Pravesh Handa: Naturopathy and Yoga, Kalpaz Publication Delhi, 2006.
- S.J.Singh: My Nature Cure or Practical Naturopathy.
- R.K.Garde: Ayurvedic for Health and Long life Harry Benjamin. : Everybody's Guide to Nature Cure.
- M.K.Gandhi.: My Nature Cure
- Practice of Nature Cure-Swami Sivananda Saraswati,A Divine Life Society Publication,Rishikesh,Uttarakhand.
- Home Remedies- Swami Sivananda Saraswati,A Divine Life Society Publication,Rishikesh,Uttarakhand.
- Health & Hygiene- Swami Sivananda Saraswati,A Divine Life Society Publication,Rishikesh,Uttarakhand.

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3. Course Name: Ayurveda & Panchakama

Course Code: MIY-CT304

Course Objectives:

- Understanding of a brief introduction of Ayurveda.
- Know the general principles of Ayurveda.
- Develop understanding of the health and disease.
- Learn the way of right living for optimum health.

M.A. in YOGA		MIY-CT304						SEMESTER- III	
		Ayurveda & Panchakama							
Total Lectures	Maximum Marks	Time	L	T	P	Mid Term Exam (MTE)	TA	End Semester Exam (ESE)	Total Credits
60	100	60 Hrs.	03	01	00	20 Marks	10	70 Marks	04

Learning outcomes:

Following the completion of this course, students shall be able to

- Understand the basic concept of Ayurveda.
- Know the concept of health in Ayurveda.
- Learn the principles of Ayurveda.
- Understand different procedures to live a healthy life.

Key Words: Ayurveda, Principles, Tri-dosha, Dhaatu, Tri-malas, Swasthavritta, Trimala, Pancha Mahabhuta, Prakruti, Swasthavrita, Dincharya, Ritucharya.

Unit-1

General introductions to Ayurveda: Definition, Aim of Ayurveda, History and Principles of Ayurveda; Basic introduction to main Ayurvedic texts like Charaka Samhita, Sushruta Samhita and Ashtanga Samghra; Ashtanga Ayurveda and its significance;

15 Lectures

Unit-2

Concept of Health according to Ayurveda, Concept of Tridosha, Saptadhatu, Trimala, Pancha Mahabhuta, Prakruti & Manas; Concept and importance of Swasthavrita, Dincharya, Ritucharya.

15 Lectures

Unit-3

Concept of Upastambha; Concept of Ahara, Ahara pachana, Pathya & Apathya in Ayurveda; Concept of Oja in Ayurveda; Role of Ayurvedic diet in health and prevention.

15 lectures

Unit-4

Role of Poorva and Paschat Karma in Panchakarma; Significance of Panchakarma in Ayurveda and Shatkarma in Yoga; Approach of Ayurveda and Yoga as whole in relation to total health.

15 lectures

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Reference Books:

- Dr. Priyavrata Sharma: Charak samhita, Chaukhambha Orientalal, Varanasi, Edition of 2008
- Dr. Ravi dutta Tripathi Dr. Brahmanand Tripathi: Ashtanga Samgraha, Chaukambha Sanskrit Pratishtan, Delhi, Reprint edition of 2003.
- Dr. K. H. Krishnamurthy: The wealth of Susruta, International Institute of Ayurveda, Coimbatore, 1999
- Dr. V. B. Athavale: Basic Principles of Ayurveda, Chaukambha Sanskrit Prathisthan, Delhi, 2004
- Dr. L. P. Gupta: Essentials of Ayurveda, Chaukambha Sanskrit Prathisthan, Delhi, 2006
- Dr. G. Srinivas Acharya: Panchakarma illustrated, Chaukambha Sanskrit Prathisthan, Delhi, 2009
- Practice of Ayurveda-by Swami Sivananda Saraswati- A Divine Life Society, Rishikesh, Uttrakhand.

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4. Course Name: Research Methodology

Course Code: MIY-CT305

Course Objectives:

- Understand the concept of research and its methodology for carrying minor and major research.
- Understand the tricks of analyzing the data efficiently.
- Have an idea about various statistical tests and their application.

M.A. in YOGA		MIY-CT305						SEMESTER- III	
		Research Methodology							
Total Lectures	Maximum Marks	Time	L	T	P	Mid Term Exam (MTE)	TA	End Semester Exam (ESE)	Total Credits
60	100	60 Hrs.	03	01	00	20 Marks	10	70 Marks	04

Learning outcomes:

Following the completion of this course, students shall be able to

- Understand the meaning and definition of Research.
- Know the nature and different types of Hypothesis.
- Understand the scientific methods of Observations and Experiments.
- Define nature of Variable and Sampling.
- Learn the Graphical representation of Research data.
- Become aware of measures of Central Tendency and Variability.

Key Words: Research, Hypothesis, Variable, Sampling, Co-relation & Deviation.

Unit-1

15 Lectures

Introduction of Research, Problem & Hypothesis: Meaning, Definition, Nature & Types of Research. Need & Importance of Research in Yoga. Research Problem- its meaning and Characteristics. Meaning, Nature & Types of Hypothesis.

Unit-2

15 Lectures

Introduction of Variable and Sampling: Meaning & Nature of Variable, Types of Variable
Meaning, Nature and Types of Sampling.

Unit-3

15 Lectures

Scientific methods: Observational, Experimental, Co-relational.

Research Design: Meaning and Characteristics of a Research Design. Types of Research Design. Research Report Writing.

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Unit-4

15 Lectures

Introduction of Statistics & its Application: Introduction of Statistics & its Application. Graphical representation of Research data. Measures of Central Tendency: Mean, Median & Mode. Measures of Variability – Quartile deviation (QD) and Standard deviation (SD).

Reference Books:

- Dr. Arun Kumar Singh- Manovigyan, samajshastra avm shiksha me shodh vidhiya Motilal Banarasidas, Delhi
- Mohmad Suleman- Shodh Pranali, Motilal banarasidas, Delhi, 2005
- C R Kothari- Research Methodology: Methods and Techniques, New Age International Publication, 2014.
- Fred. N. Kerlinger- Foundation of Behavioral Research, Cengage Learning; 4 Edition, 1999.
- S. M. Mohsin- Research Method in Behavioural Research, Orient blackswan, 1986
- Henry E. Garatte - Statistics in Psychology & Education, Paragon International Publishers, 2005.



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5. Course Name: Yoga & Physiotherapy

Course Code: MIY-EL306

Course Objectives:

- Have the general concept of Physiotherapy.
- Understand the practical aspect of physiotherapy.
- Learn the structure and function of the body.
- Demonstrate each practice with confidence and skill.
- Explain the procedure and subtle points involved.

M.A. in YOGA		MIY-EL306						SEMESTER- III	
		Yoga & Physiotherapy							
Total Lectures	Maximum Marks	Time	L	T	P	Mid Term Exam (MTE)	TA	End Semester Exam (ESE)	Total Credits
60	100	120 Hrs.	00	00	08	20 Marks	10	70 Marks	04

Learning Outcomes:

On completion of this course, the students will be able to:

- Develop critical understanding of teaching different yogic practices.
- Learn and gain perfection to teach yogic techniques.
- Know the practical application of specific techniques while dealing with other people.
- Can develop the caliber and enhance the ability to conduct yoga sessions.

Key Words: Physiotherapy, Yoga, Active Movement, Passive Movement, Joint, Muscle, Massage, Research.

Unit-1

30 Lectures

An introduction to Physiotherapy: meaning, definition and principles of physiotherapy. Movement: active movement and passive movement. Starting position, derived positions, assisted exercise, resisted exercise.

Unit-2

30 Lectures

Structure and Function of the Joint, causes and symptom of joint-problems, General effects of joint problem, Role of physiotherapy for the management of joint problems. Relationship between Yoga and Physiotherapy.

Unit-3

30 Lectures

Structure and Function of the Muscles, General effect of immobility, General injury, Effect of Aging on Muscles. Manual Muscle Testing (MMT), Progressive Resisted Exercises.

Unit-4

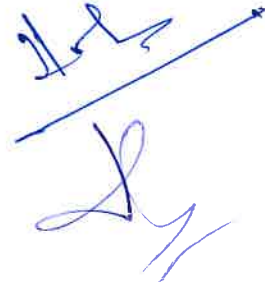
30 Lectures

Massage: classification, techniques, general balancing exercises; Research Reviews on Yoga and Physiotherapy.

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Reference Books:

- The principles of Exercise Therapy by M. Dena Gardiner, 4th Edition.
- Fundamentals of Physiotherapy by prveen Kumar, Parvati Raju, Venkata Prasad, 2005.
- Principles of exercises in Physiotherapy by C Sivaram, 2009.
- Principles and Practices of Therapeutic Massage by Akhoury Gourang Sinha, 2010.
- Asana, Pranayama, Mudra and Bandha by Swami Satyananda Saraswati
- Lights on Yoga by B K S Iyenger
- Dharana Darshan by Swami Niranjanananda Saraswati
- Yoga Nidra by N. C. Panda
- Yoga Nidra by Swami Satyananda Saraswati



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Course Name: Summer Internship Program
Course Code: MIY-EL307

Course Objectives:

- Understand and teach yogic way of life in different sectors of society.
- Gain the experience outside of the classroom teaching.
- Demonstrate each practice with confidence and skill.
- Explain the procedure and subtle points involved.
- Teach the yoga practices in a scientific interpretation.
- Help to build up a complete personality with physical health, mental well-being.

M.A. in YOGA		MIY-EL307						SEMESTER- III	
		Summer Internship Program							
Total Lectures	Maximum Marks	Time	L	T	P	Mid Term Exam (MTE)	TA	End Semester Exam (ESE)	Total Credits
60	100	120 Hours	00	00	08	20 Marks	10	70 Marks	04

Learning Outcomes:

On completion of this course, the students will be able to:

- Develop critical understanding of teaching different yogic practices.
- Learn and gain perfection to teach yogic techniques.
- Know the practical application of specific techniques while dealing with other people.
- Can develop the caliber and enhance the ability to conduct yoga sessions.

Key Words: Internship, Project, Certificate, Title, Content, Bibliography, Presentation and Viva.

Unit-1

30 Lectures

Concept of Summer Internship, Meaning, Importance, Objectives, Methodology, Guidelines: Instruction, Key-Points, Daily Record, Short Meditation with Shantipatha at the beginning and end of the Session, Duration: One month.

Unit-2

30 Lectures

Summer Internship Project, Certificate, Total Pages: 100, Front Page, Font Size: 12, Theme Font: Times New Roman, Content Page, Page Number, Bibliography: Name of the Author, Year of Publication, Name of the Book, Name & Place of the publication.

Unit-3

30 Lectures

Presentation: Synopsis presentation, Power-Point Presentation, Preparation of slides, Detail Description

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Unit-4

Viva-voice: Concept, Demonstration

Reference Books:

- Asana, Pranayama, Mudra and Bandha by Swami Satyananda Saraswati
- Lights on Yoga by B K S Iyenger
- Dharana Darshan by Swami Niranjananda Saraswati
- Yoga Nidra by N. C. Panda
- Yoga Nidra by Swami Satyananda Saraswati
- Hatha Yoga Texts
- Bhagavad Geeta
- Upanishadas

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6. Course Name: Yoga Practical-V

Course Code: MIY-CP308

Course Objectives:

- Understand the benefits, contraindications and procedure of all practices.
- Develop perfection to practice different yogic techniques.
- Demonstrate each practice with confidence and skill.
- Explain the procedure and subtle points involved.
- Teach the yoga practices in a scientific interpretation.
- Help to build up a complete personality with physical health, mental well-being.

M.A. in YOGA		MIY-CP308						SEMESTER- III	
		Yoga Practical- V							
Total Lectures	Maximum Marks	Time	L	T	P	Mid Term Exam (MTE)	TA	End Semester Exam (ESE)	Total Credits
120	100	120 Hrs.	00	00	08	20 Marks	10	70 Marks	04

Learning outcomes

On completion of this course, the students will be able to:

- Develop critical understanding of different yogic techniques.
- Attain perfection to perform different yogic practices.
- Learn the practical interpretation of Shatkarma.
- Can develop the caliber to conduct practical sessions.
- Know the techniques of Pratyahara, Dharana and Dhyana.

Key Words: Asana, Pranayama, Mudra, Shatkarma, Pratyahara & Dharana.

Unit-1

30 Lectures

Shantipatha; Pawanmuktasana Series: The Digestive / Abdominal group of Asanas: Shava

Udarakarshanasana; Shakti Bandha group of Asanas: Kashtha Takshanasana, Namaskarasana, Kauva Chalanasana & Udarakarsanasana; Vajrasana Group of Asanas: Bhadradasana, Simhagarjanasana, Veerasana, Naman Pranamasana, Ashwa Sanchalanasana & Supta Vajrasana; Meditation Group of Asanas: Swastikasana, Siddhasana & Siddha Yoni Asana; Padmasana Group of Asanas: Matsyasana, Gupta Padmasana, Kukutasana & Garbhasana.

Unit-2

30 Lectures

Surya Namaskara: Mantra Awareness; Relaxation Group of Asanas: Matsya Kridasana & Jyestikasana; Standing Group of Asanas: Utthita Lolasana, Dolasana, Utthanasana & Druta Utkatasana; Backward bending Group of Asanas: Utthan Pristhasana, Kandharasana, Setu Asana, Gomukhasana; Forward Bending Group of Asanas: Gatyatmak Paschimottanasana, Hasta Pada Angusthasana; Meru Akarsanasana, Eka Padottanasana; Spinal Twisting Group of Asanas: Parivritti Janu Sirshasana; Balancing Group of Asanas: Natarajasana, Utthita Hasta

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Padangusthasana, NirlambaPaschimottanasana, Baka Dhyanasana, Hamsasana; Inverted Group of Asanas: Bhumi Pada Mastakasana, Moordhasana, Sarvangasana, PadmaSarvangasana, Druta Halasana; Advanced Group of Asanas: Poorna Bhujangasana, Chakrasana, Grivasana, Eka Pada Shirasana, Dwi Pada Shirasana, Dwi Pada Kandharasana, Padma Parvatasana.

Unit-3

30 Lectures

Pranayama: Nadi Shodhana Pranayama (Antar Kumbhak), Bhastrika Pranayama & Kapalbhati Pranayama; Mudra and Bandha: Prana Mudra, Shanmukhi Mudra, Yoga Mudra, Vipareeta Karani Mudra, Khechari Mudra, Ashwini Mudra, Vajroli Mudra, Jalandhara Bandha, Moola Bandha, Uddiyana Bandha.

Unit-4

30 Lectures

Satkarma: Shankhpraksalana and Agnisara Kriya; Pratyahara, Dharana and Dhyana: Yoga Nidra, Chidakasha Dharana, Hridayakasha Dharana; Bahyakasha Dharana, Antarakasha Dharana, Jyoti Dhyana.

Reference Books:

- Asana, Pranayama, Mudra and Bandha by Swami Satyananda Saraswati
- Lights on Yoga by B K S Iyenger
- Dharana Darshan by Swami Niranjanananda Saraswati
- Yoga Nidra by N. C. Panda
- Yoga Nidra by Swami Satyananda Saraswati

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Utkal University of Culture, Odisha, Bhubaneswar
SEMESTER – IV

1. Course Name: Principal Upanishads

Course Code: MIY-CT401

Course Objectives:

- Critical understanding of the Principal Upanishads.
- Develop understanding of the nature of Soul.
- The basic concept of Brahmavidya.
- Knowledge of Absolute Reality.
- Union of Atma and Paramatma.

M.A. in YOGA		MIY-CT401						SEMESTER- IV	
		Principal Upanishads							
Total Lectures	Maximum Marks	Time	L	T	P	Mid Term Exam (MTE)	TA	End Semester Exam (ESE)	Total Credits
60	100	60 Hrs.	03	01	00	20 Marks	10	70 Marks	04

Learning Outcomes:

On completion of this course, the students will be able to:

- Develop critical understanding of Principal Upanishads.
- Have the brief knowledge of Vidya and Avidya.
- Become aware of the importance of Self-Realization and the greatness of Brahmavidya.
- Know the concept of Prana and Rayi.
- Understand the different states of Consciousness.
- Become aware of the concept of Pancha-Kosha.

Key Words: Karmanishta, Yaksha, Prana, Rayi, Brahmavidya, Brahmanubhti, Valli & Udgitha.

Unit-1

15 Lectures

Principal Upanishads: Brief Introduction of Ten Principal Upanishads.

Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava.

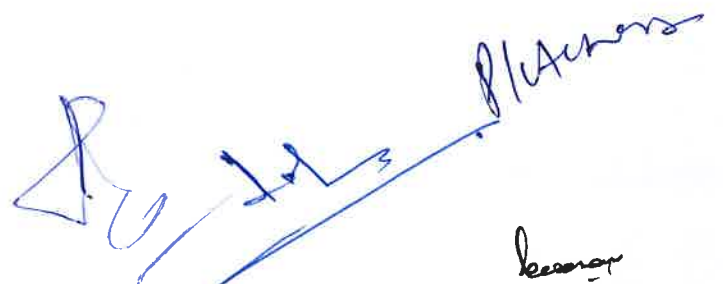
Kena Upanishad: Self and the Mind; Intuitive realization of the truth; Moral of Yaksha Upakhyana.

Unit-2

15 Lectures

Katha Upanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization.

Prashna Upanishad: Concept of Prana and Rayi (creation); Panchapranas; The six main questions.


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Unit-3

15 Lectures

Mundaka Upanishad: Two approaches to Brahma- Vidya- Para and Aparā; The greatness of Brahmavidya; Worthlessness of Selfish-karma; Tapas and Gurubhakti; The origin of creation, the ultimate aim of Meditation- Brahmanubhuti.

Mandukya Upanishad: Four States of Consciousness and their relation to syllables in Omkara.

Aitareya Upanishad: Concept of Atma, Universe and Brahman.

Unit-4

15 Lectures

Taittiriya Upanishad: Concept of Pancha Kosha; Summary of Shiksha Valli, Ananda Valli, Bhriguvalli.

Chhandogya Upanishad: Om (udgitha) Meditation; Shandilyavidya.

Brihadaranyaka Upanishad: Concept of Atman and Jnana Yoga; Union of Atman and Paramatman

Reference Books:

- Isha Upanisad by Swami Lokeswarananda
- Kena Upanisad by Swami Lokeswarananda
- Katha Upanisad by Swami Lokeswarananda
- Prashna Upanishad by Swami Niranjanananda Saraswati
- Nine Principal Upanihadas by Swami Satyananda Saraswati
- The Principal Upanishads by Swami Sivananda
- Chhandogya Upanishad-by Swami Krishnanda Saraswati, A Divine Life Society Publication, Rishikesh, Uttarakhand.
- Brihadaranyaka Upanishad-by Swami Sivananda Saraswati, A Divine Life Society Publication, Rishikesh, Uttarakhand.

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2. Course Name: Bhagavad Gita

Course Code: MIY-CT402

Course Objectives:

- Critical understanding of Bhagavad Gita.
- Understand the Relevance and Scope of Bhagavad Gita.
- Know the nature of Atmaswarupa and Sthitaprajna.
- Develop the basic concept of Karma Yoga, Jnana Yoga and Bhakti Yoga.

M.A. in YOGA		MIY-CT402						SEMESTER- IV	
		Bhagavad Gita							
Total Lectures	Maximum Marks	Time	L	T	P	Mid Term Exam (MTE)	TA	End Semester Exam (ESE)	Total Credits
60	100	60 Hrs.	03	01	00	20 Marks	10	70 Marks	04

Learning Outcomes:

Following the completion of this course, students shall be able to

- Understand the significance of Bhagavad Gita and its essence.
- Know the concept of Atman, Paramatman, Sthitaprajna.
- Have a deep understanding of Nishkama Karma and Bhakti in day to day life.
- General concept of Dyana and Trigunas.
- Cultivate the Daivic and Asuric nature.
- Have the basic concept of Ahara and its relevance in Sadhana.
- Understand the yoga of Liberation by Renunciation.

Key Words: Atmaswarupa, Sthitaprajna, Sankhya, Sanyasa, Dhyana, Triguna, Prakruti, Daivasurampad, Shraddha, Ahara and Moksa-Sanyasa.

Unit-1

15 Lectures

General Introduction to Bhagavad Gita, Definitions of Yoga, their Relevance & Scope; Essentials of Bhagavad Gita - meanings of the terms Atmaswarupa, Sthitaprajna, Sankhya Yoga (Chpt. II).

Unit-2

15 Lectures

Karma Yoga (Chpt. III), Sanyasa Yoga and Karma Swarupa (Sakama and Nishkama) Sanyasa, Dhyana Yogas (Chpt. VI),

Unit-3

15 Lectures

Types of Bhakta (Chpt. VII) Nature of Bhakti (Chpt. XII), Means and End of Bhakti-Yoga. The Trigunas and nature of Prakruti; Three Kinds of Faith.

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Unit-4

15 Lectures

Daivasura-Sampad-Vibhaga Yoga (Chpt. XVI), Food for Yoga-Sadhaka, Classification of food (Chpt. XIV & XVII), Moksa-Sanyasa Yoga (Chpt. XVIII).

Reference Books:

- Srimad Bhagavadgita by Gita press, Gorakhpur
- Gita Rahasya by Sri Bal Gangadhara Tilak
- THE BHAGAVAD GITA by Swami Sivananda
- Holy Geeta by Swami Chinmayananda

Dr. P. Acharya
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3. Course Name: Dissertation

Course Code: MIY-CT403

Course Objectives:

- A pilot research shall be carried out by each student under the supervision of Assistant Professor.
- Students will record the effect of any intervention of his/her choice for a common variable in a particular group of sample.

M.A. in YOGA		MIY-CT403						SEMESTER- IV	
		Dissertation							
Total Lectures	Maximum Marks	Time	L	T	P	Mid Term Exam (MTE)	TA	End Semester Exam (ESE)	Total Credits
60	100	60Hrs.	03	01	00	20 Marks	10	70 Marks	04

Learning Outcomes:

Following the completion of this course, students shall be able to

- Develop critical understanding of teaching different yogic practices.
- Learn and gain perfection to teach yogic techniques.
- Know the practical application of specific techniques while dealing with other people.
- Can develop the caliber and enhance the ability to conduct yoga sessions.

Key Words: Dissertation, Certificate, Title, Content, Bibliography, Presentation and Viva.

Unit-1

15 Lectures

Basic Concept of Dissertation, Meaning, Importance, Objectives, Methodology, Guidelines: Instruction, Key-Points, Preparation of the Project.

Unit-2

15 Lectures

Project, Certificate, Total Pages: 100, Front Page, Font Size: 12, Theme Font: Times New Roman, Content Page, Page Number, Bibliography: Name of the Author, Year of Publication, Name of the Book, Name & Place of the publication.

Unit-3

15 Lectures

Presentation: Synopsis presentation, Power-Point Presentation, Preparation of slides, Detail Description

Unit-4

15 Lectures

Viva-voice: Concept, Demonstration

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Reference Books:

- Asana, Pranayama, Mudra and Bandha by Swami Satyananda Saraswati
- Lights on Yoga by B K S Iyenger
- Dharana Darshan by Swami Niranjanananda Saraswati
- Yoga Nidra by N. C. Panda
- Yoga Nidra by Swami Satyananda Saraswati
- Hatha Yoga Texts
- Bhagavad Geeta
- Upanishadas

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4. Name of the Course: Applied Psychology and Yogic Counseling

Course Code: MIY-CT404

Course Objectives:

- The course aims- to general understanding towards abnormal behavior and disease process through various models of health psychology and understand causes of pathological behavior and psych-diagnostic assessment.

M.A. in YOGA		MIY-CT404						SEMESTER- IV	
		Applied Psychology and Yogic Counseling							
Total Lectures	Maximum Marks	Time	L	T	P	Mid Term Exam (MTE)	TA	End Semester Exam (ESE)	Total Credits
60	100	60 Hrs.	03	01	00	20 Marks	10	70 Marks	04

Learning outcomes:

On completion of this course, the students will be able to:

- Ability to identify mental and Psychosomatic Disorders.
- Skill to diagnosis and classification of mental disorders.
- Able to classify of mental and behavioral disorders
- Demonstrate yogic management practices of mental disorders in children.

Key Words: Psychology, Psychopathology, Sociobiology, Psychosomatic, Hyperactivity, Counseling.

Unit-1

15 Lectures

Introduction to models of Psychopathology

Psychoanalytic, behavioral, cognitive and biological models; Sociobiology of health and disease; Diagnostic classification of mental and behavioral disorders

Unit-2

15 Lectures

Case history taking and mental status examination

Disorders of attention, perception, thought movement, Psycho-diagnosis of major Mental Disorders of the Adults and their treatment: Stress and Anxiety Disorders, Schizo- phrenia, Affective Disorders, Psychosomatic Disorders, Personality Disorders and Substance abuse.

Unit-3

15 Lectures

Mental Disorders of Children and their treatment

Mental Retardation, Learning Disability, Attention Deficit Disorders and Hyperactivity, Autism, Fears and Phobias, Conduct disorders

Dr. P. K. Mishra
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Unit-4

15 Lectures

Yogic Counseling

Introduction to counseling, nature approaches and challenges; Approach to counseling- Attitude change towards yoga through individualized counseling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counseling; the remedial measures; Action in relaxation- the secret of Karma Yoga; Psycho-physiological effects and health benefits of Pranayama, Shatkarma; Bandha and Mudra ; Psycho-physiological effects and health benefits of Meditation

TEXT BOOKS

- Hersen, M., Kazdin, A. E., & Bellack, A. S. (1991) The Clinical Psychology Handbook Pergamon. New York

REFERENC EBOOKS:

- Sweet, J. J. , Rozensky, A. & Tovian, S. M. (1991) Handbook of Clinical Psychology in Clinical Practice. New York: Plenum.
- Walker, C. E. (2001) Handbook of Child Clinical Psychology. New York: John Wiley & Sons.

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5. Course Name: Yoga Vashishta

Course Code: MIY-EL405

Course Objectives:

- Understanding of a brief introduction of Naturopathy.
- Recognize the ways to attain Mokshya.
- Know the Moral values and Ethics in Yoga Vashista.

M.A. in YOGA		MIY-EL405						SEMESTER- IV	
		Yoga Vashishta							
Total Lectures	Maximum Marks	Time	L	T	P	Mid Term Exam (MTE)	TA	End Semester Exam (ESE)	Total Credits
60	100	60 Hrs.	03	01	00	20 Marks	10	70 Marks	04

Learning Outcomes:

Following the completion of this course, students shall be able to

- Have the basic concept of Adhis and Vyadhis.
- Learn the basic principles healthy living for perfection as per Yoga Vashista.
- Know the four gate keepers to the Moksha.
- Gain the knowledge of Satvaguna and attain the Highest State of Bliss.

Key Words: Adhis, Vyadhis, Satvaguna, Saptabhumika, Śubhecchā, Vicāraṇā, Tanumānasi, Satvāpatti, Asamśakti, Padārthābhavanī, Turīya.

Unit-1

15 Lectures

Salient features of Yoga Vashitha, Concept of Adhis and Vyadhis; Psychosomatic Ailments; The four Dwarpaals to Freedom; How Sukha is attained in the Highest State of Bliss.

Unit-2

15 Lectures

Practices to overcome the Impediments of Yoga; Development of Satvaguna; Eight limbs of Meditation; Jnana Saptabhumika. Knowledge of Bondage and Liberation.

Unit-3

15 Lectures

Seven States of Wisdom: Śubhecchā or a noble wish, Vicāraṇā or direct and steady observation of the mind, Tanumānasi or the thinned and weakened mind, Satvāpatti or natural turning away from sense pleasure and dwelling in truth.

Unit-4

15 Lectures

Asamśakti or natural and total non-attachment or freedom, Padārthābhavanī or natural cessation of objectivity and Turīya or liberated while living.

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Reference Books:

- Venkatesananda, S (Translator) (1984). The Concise Yoga Vāsiṣṭha. Albany: State University of New York Press.
- KN Aiyer (1975), Laghu Yoga Vasishtha, Theosophical Publishing House, Original Author: Abhinanda
- Vihari Lal Mitra (1993 Reprint), Yoga-vāsishtha-mahārámáyana of Válmiki at Google Books, Vol. 1, Boonerjee & Co
- Chapple, Christopher (1984). "Introduction". The Concise Yoga Vāsiṣṭha Translated by Venkatesananda, Swami, Albany: State University of New York Press.
- Yoga Vasistha sare Sangraha- By Tejomayananda Saraswati- Published By Central Chinraya Mission Trust, Mumbai

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OR

Course Name: Teaching Methodology in Yoga & Value Education

Course Code: MIY-CP406

Course Objectives:

- Understanding of the principles and practices of teaching methods of Yoga.
- Learning about session and lesson planning and class room arrangements.
- Have knowledge about the different tools used in Yoga teaching.

M.A. in YOGA		MIY-CP406						SEMESTER- IV	
		Teaching Methodology in Yoga & Value Education							
Total Lectures	Maximum Marks	Time	L	T	P	Mid Term Exam (MTE)	TA	End Semester Exam (ESE)	Total Credits
100	50	60Hrs.	03	01	00	20 Marks	10	70 Marks	04

Learning outcomes:

Following the completion of this course, students shall be able to

- Learn the principles phases of teaching and about Yoga Guru.
- Understand about teaching methods and Role of Yoga Teachers and Teacher training.
- Comprehend the practice of Yoga at different levels and time management in teaching yoga.
- This course will prepare the students to make Good Lesson Plan for teaching Yoga and develop knowledge in Action Research of Yoga.
- This course will make the students to understand how to bring yogic atmosphere and will learn Role of Educational Technology in Yoga.

Key Words: Methodology, Scope, Customize, Demonstration & Techniques.

Unit-1

15 Lectures

Yoga in Education: Salient features of Yoga Education, Factors of Yoga Education; Teacher, Student and Teaching, Value based education- Meaning and definition, types of values.

Unit-2

15 Lectures

Teaching Methodology in Yoga: Teaching and Learning: Concepts and Relationship between the two; Principles of Teaching: Meaning and scope of Teaching methods and factors influencing them; Teaching techniques- Individual, group and mass.

Unit-3

15 Lectures

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Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shodhanakriya, Asana, Mudra, Pranayama & Meditation).

Unit-4

15 Lectures

Evaluation methods of an ideal Yoga class; Methods of customizing Yoga class to meet individual needs. The student will have demonstrations and training in the above mentioned aspects of teaching methods. Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class.

Reference Books:

- Yoga Teaching Methodology by Dr M. L. Gharote and Dr S. K. Ganguly, Kaivalyadham, Lonawala.
- Asana, Pranayama, Mudra and Bandha by Swami Satyananda Saraswati
- Lights on Yoga by BKS Iyenger
- Hatha Yoga Pradipika by Muktibodhananda
- Dharana Darshan by Swami Niranjanananda Saraswati
- Yoga Nidra by Swami Satyananda Saraswati
- Yoga Nidra by Dr. N. C. Panda
- The Bhagavad Gita by Swami Sivananda
- Sure ways for success in life- Swami Sivananda Saraswati- A Divine Life Society Publication, Rishikesh, Uttarakhand.
- Essentials of Higher Values of Life –Swami Chidananda Saraswati- A Divine Life Society Publication, Rishikesh, Uttarakhand.
- Practical Guide of Yoga- Swami Chidananda Saraswati- A Divine Life Society, Rishikesh, Uttarakhand.



Lesson
P. A. Chandra

6. **Course Name: Yoga Practical-VI**

Course Code: MIY-CP407

Course Objectives:

- Understand the benefits, contraindications and procedure of all practices.
- Develop perfection to practice different yogic techniques.
- Demonstrate each practice with confidence and skill.
- Explain the procedure and subtle points involved.
- Teach the yoga practices in a scientific interpretation.
- Help to build up a complete personality with physical health, mental well-being.

M.A. in YOGA		MIY-CP407						SEMESTER- IV	
		Yoga Practical- VI							
Total Lectures	Maximum Marks	Time	L	T	P	Mid Term Exam (MTE)	TA	End Semester Exam (ESE)	Total Credits
120	100	120 Hrs.	00	00	08	20 Marks	10	70 Marks	04

Learning outcomes

On completion of this course, the students will be able to:

- Develop critical understanding of different yogic techniques.
- Attain perfection to perform different yogic practices.
- Learn the practical interpretation of Shatkarma.
- Can develop the caliber to conduct practical sessions.
- Know the techniques of Pratyahara, Dharana and Dhyana.

Key Words: Asana, Pranayama, Mudra, Bandha, Shatkarma, Pratyahara, Dharana and Dhyana.

Unit-1

30 Lectures

Shantipatha; Surya Namaskara: Chakra Awareness; **Forward Bending Group of Asanas:** Pada Prasar Paschimottanasana, Ardha Padma Paschimottanasana; **Balancing Asanas:** Ardha Padma Padottanasana, Ardha Baddha Padmottanasana, Vatayanasana, Vashishthasana; **Inverted Asanas:** Sirshasana, Oordhwa Padmasana.

Unit-2

30 Lectures

Advanced Group of Asanas: Koormasana, Dhanurakarshanasana, Mayurasana, Padma Mayurasana, Poorna Shalabhasana, Utthan Eka Pada Sirasana, Hanumanasana, Brahmacharyasana, Poorna Matsyendrasana, Moolabandhasana, Gorakshasana, Astavakrasana, Vrishchikasana, Kashyapasana & Vishwamitrasana.

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Unit-3

30 Lectures

Pranayama: Surya Bheda Pranayama, Moorchha Pranayama, Plavini Pranayama, Nadi Shodhana Pranayama (Antar & Bahir Kumbhaka), Bhastrika Pranayama (Alternate Nostril Breathing) & Kapalbhata Pranayama (Alternate Nostril Breathing); **Mudra & Bandha:** Maha Mudra, Maha Bheda Mudra, Maha Vedha Mudra, Unmani Mudra & Maha Bandha.

Unit-4

30 Lectures

Satkarma: Nauli & Trataka; **Pratyahara, Dharana and Dhyana:** Yoga Nidra, Chakra Shuddhi, Panchakosha Dharana, Pancha Prana Dharana, Nadanusandhana Dharana.

Reference Books:

- Asana, Pranayama, Mudra and Bandha by Swami Satyananda Saraswati
- Lights on Yoga by B K S Iyenger
- Dharana Darshan by Swami Niranjanananda Saraswati
- Yoga Nidra by N. C. Panda
- Yoga Nidra by Swami Satyananda Saraswati
- Japa Yoga by Dr. N. C. Panda
- A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya by Swami Satyananda Saraswati

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Scheme of Evaluation

MA in Yoga

(2021-2023)

Evaluation: This course is of learning outcomes based curriculum framework with the objectives. The assessment will be based on attendance in theory and practical classes, assignments, personality changes of students as they go through the course being assessed and evaluated by the teacher.

- The Mid Term Examination will carry 20% (Theory Paper) and 10% Teacher's Assessment of total marks for the course. The marks of the Mid Term Test shall be taken into account for the computation of Grades. The assessment will be based on attendance of their & practical classes, assessments in the forms of sessional works, personality changes of students as they go through the course as assessed and evolved by teacher.
- The End Semester Examination which shall be of 3 hours' duration carrying 70% both (Theory Paper) and (Practical Paper) of total Marks assigned for the course, covering the entire syllabus prescribed for the course.
- The End semester will have 5 questions of which 4 long type questions (15x4 Marks) & two short questions (2x5 marks)
- The End Semester practical examinations shall normally be held before the theory examination. The internal faculty shall associate themselves with the examination process.

Evaluation of Project Report / Dissertation:

The distribution of marks for the dissertation will be as below:

Total: 100 Marks

- Mid Term Examination (Synopsis Presentation)- 20 Marks
- Teachers Assessment-10 Marks
- End Semester Examination- 70 Marks
- Dissertation(Thesis)- 40 Marks
- Power-point Presentation- 10 Marks
- Viva - 20 Marks

Dissertation / project report shall be valued jointly by external and one internal examiner.

Pass Percentage: 40%

Attendance:

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Seventy-five percent (75%) attendances in theory and practical classes will be necessary for a candidate to appear the End Semester Examination.




Practical Paper Evaluation:

Mid Term Examination Marks Distribution:

- Total: 20 Marks +10 Marks(T.A)=30 Marks
- Performance (technique & instruction):10 Marks
- Viva: 10 Marks
- Practical Record: /Teacher's Assent-10 Marks

End Semester Examination Marks Distribution:

- Total: 70 Marks
- Performance (technique & instruction):40 Marks
- Viva: 20 Marks
- Practical Record:10 Marks

  
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