

CENTRE FOR YOGA
AND
CONSCIOUSNESS

A.P.S. UNIVERSITY, REWA (M.P.)



SYLLABUS

FOR

M.A. IN YOGA

(CHOICE BASED CREDIT SYSTEM)

I & II SEMESTER 2020-2021

III & IV SEMESTER 2021-2022

VISION OF UNIVERSITY:

To be the premier institution that offers teaching and learning programmes of the best quality, graduate students who excel and become leaders in the chosen profession contributing to the community, the nation and the world and prepare individuals of the highest moral fibre.

The vision of university to create an ideal society and an intellectual environment that initiates ,nourishes and perpetuates values of coexistence and to fulfill and achieve excellence.

The university under the dynamic leadership of our honourable Vice chancellor is working on quite a few ambitious plans. The idea is to develop the university as a knowledge-city.

FACULTY OF CENTRE FOR YOGA AND CONSCIOUSNESS:

1.	PROF. SHREEKANT MISHRA	PROFESSOR IN CHARGE
2.	DR. ALPI SINGH	GUEST FACULTY
3.	RAJESH KUMAR SINGH	GUEST FACULTY

AIMS :

1. Developing yoga skills among the students.
2. Preparing students for yoga therapist and yoga teachers.
3. Students prepare for soft spoken spiritual skill and develop holistic health

PROGRAMME:

M.A. YOGA

DURATION:

4 SEMESYTER (TWO YEAR)

NUMBER OF SEATS :

60

ELIGIBILITY:

GRATUATION

AGE LIMIT:

NO AGE LIMIT

OBJECTIVE

- ❖ Creating curiosity among students to accept and implementation of yoga in their life for achieving health.
- ❖ Developing a strong will to learn yoga teaching as told in ancient yoga texts.
- ❖ Facilities the students with proper techniques of different yoga practices to avoid false methodology of doing yoga.
- ❖ To aware the students about research methodology in the field of yoga.
- ❖ To create awareness for affirmative health and personality development through yoga.
- ❖ To bring peace and harmony in the society at large by introducing the yogic way of life.
- ❖ To create yoga expert of high caliber to make the society free from stress and lifestyle disorders.
- ❖ To encourage the pupil to be a global citizen, serving the human being at large through the profession of Yoga.

Programme outcome

PO	Programme outcome
PO1	The students would be able to demonstrate yoga in scientific way to improve positive health.
PO2	After completing the program the students would be able to specialized in Yoga Health.
PO3	After finishing the program the students would be able to get employment opportunity.
PO4	After successful completion of the program students would able to establish Yoga and Health center in the service of common man.
PO5	The students would preserve and propagate ancient Indian concept of health.
PO6	Ethics: Recognize different value systems including your own, understand the moral dimensions of your decisions, and accept responsibility for them.
PO7	Self- directed and Life-long learning: Acquire the ability to engage in independent and life-long learning in the broadcast context of socioecological changes.

Programme Specific outcome

Program Specific Name	PSO	Programme Specific outcome
M.A. in Yoga	PSO1	After Finishing the Program the students would be able to have an integrated knowledge of the various disciplines in multidisplinary field of Yogic science.
	PSO2	At the end of the course the students will be able to understand traditional Indian yoga system the philosophy of the yoga systems and the new thought in yoga movment in the country.
	PSO3	Holistic development according to the percepts of Upanishads and Gita.
	PSO4	Understand and apply the physical and psychological benefits of Yoga.
	PSO5	Recognize, understand and develop the therapeutic skill of yoga in handling various health issues.
	PSO6	Evaluate and incorporate the traditional and modern approaches in their yogic interventions.
	PSO7	Students are able to socially responsible as they are dealing with the modern and psychosomatic diseases through their yogic therapy.

**M.A. IN YOGA
EXAMINATION SCHEME (CBCS)**

Semester	Paper No	Nomenclature	Type of Course	Theory/External assessment		Internal assessment		Total Marks	Credit Point
				Max.	Min.	Max.	Min.		
I	1.	Fundamentals of Yoga	C.C.	60	24	40	14	100	04
	2.	Patanjal yoga sutra	C.C.	60	24	40	14	100	04
	3.	Nutrition and health	C.C.	60	24	40	14	100	04
	4.	Yogic concepts in Principal Upanishad and Yogopanishads*	G.E.	60	24	40	14	100	04
	5.	Practical-1	C.C.	Minimum Passing marks-35				100	02
	6.	Practical-2	C.C.	Minimum Passing marks-35				100	02
	7.	Comprehensive Viva-Voce	C.C.	Minimum Passing marks-35				100	04
II	Semester-2								
	1.	Human consciousness	C.C.	60	24	40	14	100	04
	2.	Text of Hathyoga	C.C.	60	24	40	14	100	04
	3.	Human anatomy and physiology	C.C.	60	24	40	14	100	04
	4.	Yoga Ethics *	G.E.	60	24	40	14	100	04
	5.	Practical-1	C.C.	Minimum Passing marks-35				100	02
	6.	Practical-2	C.C.	Minimum Passing marks-35				100	02
7.	Comprehensive Viva-Voce	C.C.	Minimum Passing marks-35				100	04	
III	Semester-3								
	1.	Yoga and Health	C.C.	60	21	40	14	100	04
	2.	Research Methodology	C.C.	60	21	40	14	100	04
	3.	(A) Yoga Vasistha ** Or (B) Fundamentals of Yogic psychotherapy **	D.C.E.	60	21	40	14	100	04
	4.	Yoga and physical balance*	G.E.	60	24	40	14	100	04
	5.	Practical-1	C.C.	Minimum Passing marks-35				100	02
	6.	Practical-2	C.C.	Minimum Passing marks-35				100	02
7.	Comprehensive Viva-Voce	C.C.	Minimum Passing marks-35				100	04	
IV	Semester-4								
	1.	Naturopathy and Ayurveda	C.C.	60	21	40	14	100	04
	2.	Shivsanhita	C.C.	60	21	40	14	100	04
	3.	(A)Dissertation** Or (B) Essay**	D.C.E.	100	50	-	-	100	04
	4.	Value education and spirituality	G.E.	60	21	40	14	100	04
	5.	Practical-1	C.C.	Minimum Passing marks-35				100	02
	6.	Practical-1	C.C.	Minimum Passing marks-35				100	02
7.	Comprehensive Viva-Voce	C.C.	Minimum Passing marks-35				100	04	
Total								2800	96

CC-CORE COURSE, GE- GENETIC ELECTIVE, DCE-DISCIPLINE CENTRIC ELECTIVE.

* Students may choose this course as a generic elective or may choose a course offered in other UTDs or choose a course offered by MOOCs through swayam. This course can be chosen by the students of other UTDs also.

** Students may choose any one course as discipline centric electives from the two-choice based specialization offered(A) or (B).

M.A. IN YOGA एम.ए. योग
SEMESTER-1 सेमेस्टर-1

COURSE	-	FUNDAMENTALS OF YOGA (योग के मौलिक आधार)
TYPE OF COURSE	-	CORE COURSE (C.C.)
PAPER	-	1
MARKS	-	60 (THEORY) + 40 (INTERNAL ASSESSMENT) =100

Objective -

1. The students will get to know the exact face of Yoga.
2. Students would be able to understand the ancient concept of the yoga in his/her own life and through this they would improve their quality of life.
3. Students would be able to know the journey of yoga and how it varied with time by gaining the knowledge about lineages of yoga.

UNIT -1

योग – परिभाषा, महत्त्व एवं क्षेत्र, इतिहास, परंपराएँ (Yoga - Definition, Importance and Scope, History, Traditions)

UNIT -2

दार्शनिक परंपरा में योग – वेद और उपनिषद्, भगवद्गीता, बौद्ध धर्म, जैन धर्म (Yoga in philosophical Tradition - Vedas and Upanishads, Bhagvadgeeta, Buddhism, Jainism)

UNIT -3

योग के शास्त्रीय संप्रदाय – भक्तियोग, ज्ञानयोग, कर्मयोग, राजयोग, मंत्रयोग, (Classical School of Yoga, Bhakti Yoga, Jnana Yoga, Karma Yoga, Raj Yoga, Mantra Yoga)

UNIT -4

समकालीन योगियों के यौगिक आदर्श – स्वामी विवेकानन्द, श्रीअरविन्द, स्वामी शिवानन्द, स्वामी कुवलयाणन्द, स्वामी दयानन्द सरस्वती (Swami Vivekanand, Shri Aurobindo and Swami Shivananda, Swami Kuvalyananda, Swami Dayananda Saraswati)

UNIT -5

योग की शैक्षणिक पद्धति – शिक्षण के सिद्धांत, शिक्षण एवं सीखने की अवधारणा एवं दोनों के बीच सम्बंध, विभिन्न आयुवर्ग के लिए योग अभ्यास, योग शिक्षक की भूमिका एवं कुशल योग शिक्षक/योग गुरु के गुण, (Teaching methodology of Yoga - Principle of teaching, Teaching and Learning concept and their relationship, Practice of Yoga at different age group, Role of Yoga teacher and quality of perfect yoga teacher or Yoga Guru)

अनुशंसित पुस्तकें –

1. योग विज्ञान – स्वामी विज्ञानानन्द सरस्वती, योग निकेतन ट्रस्ट, मुंबई की रेती, ऋषिकेश, 2017 ।
2. वेदों में योग विद्या – योगेन्द्र पुरुषार्थी, यौगिक शोध संस्थान, ज्वालापुर, 1983 ।
3. भगवद्गीता – गीता प्रेस गोरखपुर, 2018 ।
4. कल्याण (योगांक) – गीता प्रेस गोरखपुर, 1992 ।
5. भारतीय दर्शन की रूप-रेखा – डॉ. हरेन्द्र प्रसाद सिन्हा, मोतीलाल बनारसीदास, 2018 ।
6. The Fundamentals of contemporary yoga and yoga therapy - Prof. R.H. Singh, Chaukhambha prakashan, 2018.
7. Teaching method for yogic practices - Dr. M.L. Gharote , Kaivlyadham samiti, Loanavala, 2001.

COURSE OUTCOMES-

1. Students of the PG course will have an understanding about origin, history and development of yoga and Introduction about yoga according to various yogic texts.
2. Students would be able to know the journey of yoga
3. How it varied with time by gaining the knowledge about lineages of yoga.
4. Learn quality of perfect teacher.
5. Learn about different type of Yoga school.

M.A. IN YOGA एम.ए. योग
SEMESTER-1 सेमेस्टर-1

COURSE	-	PATANJAL YOGA SUTRA
TYPE OF COURSE	-	CORE COURSE(C.C.)
PAPER	-	2
MARKS	-	60 (THEORY) + 40 (INTERNAL ASSESSMENT) =100

OBJECTIVE

1. Student would be able to know the introduction of Patanjali yoga sutra.
2. Student would be able to know Vritti of mind and calm
3. The mind by eliminating the different Vritti, Yoga antrays, Astanga Yoga.
4. Student would be able to understand human's psychology as Patanjali had explained.

UNIT -1

महर्षि पतंजलि का व्यक्तित्व एवं कृतित्व, पातंजल योगसूत्र का स्वरूप – समाधि पाद, साधनपाद, विभूतिपाद, कैवल्यपाद, पातंजल योग दर्शन का महत्व योग की परिभाषा, चित्त का स्वरूप, चित्तभूमियाँ, चित्तवृत्तियाँ : प्रकार एवं वृत्ति निरोध के उपाय, चित्त प्रसाधन के उपाय – मैत्री, करुणा, मुदिता, उपेक्षा ((Personality and Artistry of Rishi Patanjali, Nature of Patanjali Yoga sutra-Samadhipada, Sadhanapada, Vibhutipada, Kaivlyapada, Importance of Patanjali Yoga Philosophy) Definition of Yoga, Nature of Chitta, Chittabhumiya, Chittavritties : Types and Techniques of Vrittinirodh, Measures of Chitta Prasadhana - Maitri, Karuna, Mudita, Upeksha)

UNIT -2

अभ्यास-वैराग्य, क्रियायोग, क्लेश – स्वरूप, अविद्या, अस्मिता, राग, द्वेष एवं अभिनिवेश (Abhyasa-Vairagya, Kriyayoga, Klesha - Nature, Avidya, Asmita, Raga, Dvesha and Abhinivesha)
अष्टांग योग : यम – लक्षण, प्रकार एवं सिद्धि, नियम – लक्षण, प्रकार एवं सिद्धि, आसन – लक्षण एवं सिद्धि, प्राणायाम – लक्षण, प्रकार एवं सिद्धि (Ashtanga Yoga : Yama - Characteristics, Types and Result, Niyam - Characteristics, Types and Result, Posture - Characteristic and result, Pranayama : Characteristic, Types and Result)

UNIT -3

प्रत्याहार – लक्षण एवं सिद्धि, धारणा – लक्षण एवं सिद्धि, ध्यान – लक्षण एवं सिद्धि, समाधि – लक्षण, प्रकार एवं सिद्धि, बहिरंग साधन एवं अन्तरंग साधन (Pratyahara - Characteristics and Result, Dharna - Characteristics and Result, Dhyana - Characteristics and Result, Samadhi - Characteristics, Types and Result, Bahiranga Sahana and Antaranga Sadhana)

UNIT -4

संयम : स्वरूप, फल, योग की विभूतियाँ, योग अन्तराय, चतुर्व्युहवाद, कैवल्य – स्वरूप, जीवनमुक्ति एवं विदेहमुक्ति, कर्म – स्वरूप, भेद, कर्माशय ((Samyama - Nature, Result, Vibhutiya of Yoga, Yoga Antaraya, Chaturvyuhavada, Kaivalya - Nature, Jivanmukti and Videhamukti, Karma - Nature, Types, Karmashaya)

UNIT -5

समाधि – सबीज, निर्बीज, धर्ममेघ समाधि, ईश्वरप्रणिधान, प्रतिप्रसव, ऋतम्भरा प्रज्ञा, विवेकज्ञान, संस्कार, समग्र स्वास्थ्य की अवधारणा, पातंजल योगसूत्र एवं स्वास्थ्य – शारीरिक, मानसिक, सामाजिक एवं आध्यात्मिक (Samadhi - Sabija, Nirbija, Dharmamegha Samadhi, Ishwar Pranidhan, Pratiprasava, Ritambhara Prajnan, Vivek Jnana, Samskar, Concept of Holistic Health, Patanjali Yoga Sutra and Health - Physical, Mental, Social and Spiritual)

अनुशंसित पुस्तकें –

1. योगदर्शन – हरिकृष्णदास गोयनका, गीताप्रेस गोरखपुर, 2018।
2. पातंजल योग प्रदीप – स्वामी ओमानन्द तीर्थ, गीताप्रेस गोरखपुर, सं० 2062।
3. श्रीमद्भगवद्गीता – गीता प्रेस गोरखपुर, 2018।
4. राजयोग – स्वामी विवेकानन्द, श्रीरामकृष्ण आश्रम, नागपुर, 2004।
5. योग दर्शन – आचार्य श्रीराम शर्मा, वेदमाता गायत्री ट्रस्ट, शान्तिकुंज, 2000।

Course Outcomes-

1. After completion of course students will be able to understand various modification of mind and the means of inhibiting them. Students will have an understand about the essence of SAMADHI, SADHANA, VIBHUTI and KAIVALYA pada.
2. Student would be able to know the introduction of Patanjali yoga sutra.
3. Control on Indriya .
4. Knowledge of samadhi.
5. Holistic health through Patanjali yoga sutra.

M.A. IN YOGA एम.ए. योग
SEMESTER-1 सेमेस्टर-1

COURSE	- Nutrition and Health (पोषण और स्वास्थ्य)
TYPE OF COURSE	- Core Course (C.C.)
PAPER	- 3
MARKS	- 60 (THEORY) + 40 (INTERNAL ASSESSMENT) =100

OBJECTIVE-

1. Student will learn to apply good habits in his daily routine, which in result improve the health status.
2. Student would be able to understand the reason behind arising the disease and to cure them by Yogic diet and Yogic dincharya.
3. Student would be able to design a healthy diet plan which helps in getting all the necessary nutrients for the body.

Unit-1

आहार के नियम— आहार का महत्व, आहार की परिभाषा, संतुलित आहार, योगिक आहार की संकल्पना, पथ्य व अपथ्य आहार (घेरण्ड संहिता, हठ प्रदीपिका और भगवद्गीता के अनुसार), शरीर प्रकृति के अनुसार आहार— वात, पित्त और कफ (Principles of diet-Their importance, Definition of Diet, Balance Diet, Concept of Yogic Diet, Pathya and Apathya ahar(According to Gheranda Samhita, Hath Pradipika and Bhagavad Geeta), Diet according to body Prakriti-Vata, Pitta and Kapha).

Unit -2

आहार के घटक: कार्बोहाइड्रेट— वर्गीकरण, कार्य, स्रोत, प्रोटीन – वर्गीकरण, कार्य, स्रोत, वसा— वर्गीकरण, कार्य, स्रोत, पोषण तत्वों की आवश्यकता (कार्बोहाइड्रेट, प्रोटीन और वसा), विटामिन और खनिज तत्व— प्रकार, स्रोत, कार्य, आवश्यकता और कमी, अम्ल—क्षार संतुलन, जल और विद्युत अपघट्य संतुलन(Components of diet: Carbohydrates- Classification, functions, source. Proteins- Classification, functions, source. Fat- Classification, functions, source. Nutritional requirement (Carbohydrates, Proteins and Fat), Vitamins and Minerals -Types, source, function, requirement and deficiency, Acid base balance, Water and Electrolyte balance).

Unit-3

पोषण की अवधारणा, व परिभाषा, कुपोषण का प्रभाव व निवारण, शारीरिक संरचना मापन की तकनीक, शारीरिक स्वस्थता, कार्य अनुसार पोषण की माँग एवं कार्य क्षमता पर विशिष्ट पोषक तत्वों का प्रभाव, (Concept and definition of Nutrition, Effect and prevention of Malnutrition Technique of measuring body composition, Physical fitness, Nutritional demands during work and effect of specific nutrients on work performance).

Unit-4

स्वास्थ्य और तन्दुरुस्ती के प्रबंधन के लिए समग्र दृष्टिकोण, सहनशक्ति और शक्तिपूर्ण गतिविधि के लिए विभिन्न ऊर्जा प्रणाली की समीक्षा, चिकित्सकीय पोषण— मोटापा, उच्च रक्तचाप, मधुमेह, कैंसर, कब्ज और वजन नियंत्रण (Holistic approach to the management of health and fitness, Review of different energy systems for endurance and power activity, Therapeutic nutrition- Obesity, High B.P., Diabetes, Cancer, Constipation and Weight control).

Unit-5

योग चिकित्सा में पथ्य के नियम, आहार व स्वास्थ्य का संबंध, जीवन के विभिन्न स्तर में पोषण – बचपन, युवावस्था, वयस्क और वृद्ध, गर्भावस्था में पोषण, शाकाहारी पोषण के लाभ (Dietetics in yoga therapy, Food and health relationship, Nutrition during different stages of life- Childhood, Adolscence, Middle age and aged, Nutrition during pregnancy, Benefit of vegetarian nutrition).

अनुशंसित पुस्तकें

1. Textbook of Nutrition and Dietetics- Kumud Khanna, Elite publishing house Pvt.Ltd., 2016.
2. A textbook of Foods, Nutrition and dietetics- Raheena Begum, Sterling publishers private limited, 2019.
3. Handbook of Food and Nutrition- Dr. M. Swaminathan, Bappco publication, 2010.
4. आहार विज्ञान और पोषण—डा० वृन्दा सिंह, पंचशील प्रकाशन, 2019.

Course Outcomes-

1. This course will make the students to understanding of Ahara and Mitahara.
2. Concept of diet and yogic diet
3. Pathya and apathya in traditional Yogic texts.
4. Knowledge of Tridosha .
5. Student would be able to design a healthy diet plan which helps in getting all the necessary nutrients for the body.

M.A. IN YOGA एम.ए. योग
SEMESTER-1 सेमेस्टर-1

COURSE	- Yogic concepts in Principal Upanishad and Yogopanishads (मौलिक उपनिषद् और योगोपनिषद् में योग अवधारणा)
TYPE OF COURSE	- Generic Elective (G.E.)
PAPER	- 4
MARKS	- 60 (THEORY) + 40(INTERNAL ASSESSMENT) =100

OBJECTIVE

1. Student would understand the Upanishadic philosophy.
2. Student would be able to describe the Yogic concept in Principal Upanishad and Yogaupanishads.
3. Student would be able to know to Atanga yoga, Om, Atma, Panchakosha on Upanishad.

Unit-1

उपनिषद् का परिचय, औपनिषदकीय दर्शन का परिचय, उपनिषदों की प्राचीनता, प्रस्थानत्रयी
(Introduction to Upanishads, An introduction to Upanishadic philosophy, Antiquity of Upanishads, Prasthantrayi).

Unit-2

उपनिषदों का सार भाग-1 : ऐतरेय उपनिषद्, ईश उपनिषद्, माण्डूक्य उपनिषद्, मण्डूक उपनिषद्, तैत्तिरीय उपनिषद् (Essence of Upanishads-1 :-Aitreya Upanishad, Isha Upanishad, Mandukya Upanishad, Manduka Upanishad, Taitreya Upanishad)

Unit-3

उपनिषदों का सार भाग-2 : कठ उपनिषद्, केन उपनिषद्, बृहदारण्यक उपनिषद्, छान्दोग्य उपनिषद्, प्रश्न उपनिषद्, श्वेताश्वेतर उपनिषद् (Essence of Upanishad-2:-Katha Upanishad, Kena Upanishad, Brahadarankya Upanishad, Chandogya Upanishad, Prashna Upanishad, Swetaswetara Upanishad).

Unit-4

योगोपनिषदों में योग तत्व भाग-1, योग की परिभाषा, योगोपनिषदों में अष्टांग योग- यम, नियम, आसन, प्राणायाम (Yogatattva in Yogaupanishads-1, Definition of Yoga, Ashtanga yoga in Yogaupanishads-Yama, Niyama, Asana, Pranayama).

Unit-5

योगोपनिषदों में योग तत्व भाग-2, प्रत्याहार, धारणा, ध्यान और समाधि (Yogatattva in Yogaupanishad-2, Ashtanga Yoga in Yogaupanishads-Pratyahara, Dharana, Dhyana and Samadhi)

अनुशंसित पुस्तकें

1. The Message of Upanishads- Swami Rangnathananda, Published by Bhartiya Vidya Bhavan, Bombay, 2016.
- 2 उपनिषद् अंक – कल्याण, गीता प्रेस, गोरखपुर, 2017।
3. ईशादिनोपनिषद्– गीता प्रेस, गोरखपुर, 2013।

OUTCOMES-

1. Students will be able to Understand each Upanishad and the role of it in our day to day life.
2. Introduction essence of major Principal Upanishad.
3. Student would be able to describe the Yogic concept in Principal Upanishad and Yogaupanishads.
4. Astanga yoga on yoga Upanishad.
5. Prasthantrayi.

M.A. IN YOGA एम.ए. योग
SEMESTER-1 सेमेस्टर-1

COURSE	- PRACTICAL -1 (प्रायोगिक-1)
Type of Course	- Core COURSE(C.C.)
PAPER	- 5
MARKS	- 100((Minimum passing marks=35)

OBJECTIVE

1. Students would be familiar with the procedure of yoga abhyasa.
2. Students would be familiar with benefits of the Suryanamaskara.
3. Students would be acknowledged about the variety of basic asanas- pranayama-Mudra-Bandha-Meditation and about their effect on body.

प्रायोगिक अभ्यास

1. सूक्ष्म व्यायाम
2. सूर्य नमस्कार
3. आसन –

i. शीर्षासन	ii. विपरीतकरणी	iii. मत्स्यासन	iv. धनुरासन
v. नाभ्यासन	vi. क्रासन	vii. अर्धमत्स्येन्द्रासन	viii. गोरक्षासन
ix. जानुशीर्षासन	x. उष्ट्रासन	xi. आकर्ण धनुरासन	xii. पादांगुष्ठासन
xiii. बकासन	xiv. एकपाद स्कंधासन	xv. चक्रासन	xvi. ताडासन
xvii. वातायनासन	xviii. उत्कटासन	xix. गरुडासन	xx. पद्म-बकासन

4. प्राणायाम – सहित प्राणायाम, अनुलोम-विलोम, उज्जायी
5. मुद्रा – ब्रह्ममुद्रा, योगमुद्रा
6. क्रिया – कपालभाति, जलनेति, रबरनेति, नौलि, वस्त्रधौति, दण्डधौति
7. बंध – उड्डियान, जालधर, मूलबंध
8. ध्यान – 30 मिनट (सविता की ध्यान धारणा)
9. ध्यानात्मक आसन – सिद्धासन, स्वस्तिकासन, पद्मासन

PRACTICAL EXERCISES

- 1 JOINT LOOSING EXERCISE 2 SURYA NAMSKAR 3 ASANAS** i. Shirsasana ii. Viparitkarni iii. Matsyasana iv. Dhanurasana v. Nabhyasana vi. Vakrasana vii. Ardhamatsyendra asana viii. Gorakshasana ix. Janushirsasana x. Ustrasana xi. Akarnadhanurasana xii. Padangusthasana xiii. Bakasana xiv. Ekapadaskandasana xv. Cakrasana xvi. Tadasana xvii. Vatayanasana xviii. Utakatasana xix. Garunasana xx. Padmabakasa
4. Pranayama - Sahita Pranayama, Anuloma Viloma , Ujjayi
 5. Mudra – Brahma mudra, Yogamudra
 6. kriya -Kapalbhati,Jananeti,Rabarneti,Nauli, Vastradhauti,Dandadhauti
 7. Bandha - Uddiyan,Jaladhara,Moolbandha
 8. Dhyana - 30min (Savita ki Dhyana Dharana)
 9. Meditative asana - Sidhasana, Swastikasana, Padmasana

COURSE OUTCOMES-

1. Students will have understanding of the concept and principle of asana, breathing practice and shatkarma.
2. Learner would be able to attain Physical , Mental and emotional wellbeing.
3. Students would be familiar with the procedure of yoga abhyasa.
4. technique of dhyana..
5. Purification through shatkarma.

M.A. IN YOGA एम.ए. योग
SEMESTER-1 सेमेस्टर-1

COURSE	-	PRACTICAL -2 TEACHING PRACTICE (प्रायोगिक-2 शिक्षण अभ्यास)
TYPE OF COURSE	-	Core COURSE(C.C.)
PAPER	-	6
MARKS	-	100(Minimum passing marks=35)

Objective

1. Students would be able to learn different soft skills and Yoga skills through yoga class.
2. Students would able to conduct or organize the yoga class.
3. Students would know the factors, definition and types of physical parameters as described in the Classical Yoga Texts.

अध्यापन अभ्यास –

कक्षाओं का प्रबंध, अध्यापन विधियाँ एवं पाठ योजना प्रबंधन पर व्याख्यान, कक्षा में अभ्यास पाठों का आयोजन, योग ग्रंथों के संदर्भ में विविध योग प्रक्रियाओं की विशेषताओं पर व्याख्यान, विभागाध्यक्ष/शिक्षकों के निर्देशानुसार विद्यार्थी को आवंटित योग विषयों पर निर्धारित दिनांक को पाठ योजनाएँ प्रस्तुत करनी होगी, मूल्यांकन आंतरिक होगा।

Teaching Practice

Class Management, teaching Methods, Conducting Lecture on Lesson Plan Management, Conducting the practice lesson plan in the class, Lecture on Various yoga techniques according to various text, Presentation of Lesson Plan on the Yoga Subject for allocating students instructed by HoD and teachers, Internal Evaluation.

Outcomes –

1. After completion of course students will be able to understand the Principles and practice of teaching methods of Yoga.
2. Students would able to conduct or organize the yoga class.
3. Students would know the factors, described in the Classical Yoga Texts.
4. Presentation skill.
5. Learning Lesson plan .

M.A. IN YOGA एम.ए. योग
SEMESTER-1 सेमेस्टर-1

COURSE	-	COMPREHENSIVE VIVA-VOCE
TYPE OF COURSE	-	CORE COURSE(C.C.)
PAPER	-	7
MARKS	-	100(Minimum passing marks=35)

Objective

Students will be able to learn communication skills through viva-voce.

Comprehensive viva-voce will be based on entire course of M.A. yoga (1st semester)
विशद मौखिक परीक्षा एम. ए. प्रथम सेमेस्टर योग के सम्पूर्ण पाठ्यक्रमों पर आधारित होगी ।

Outcomes –

1. Students will find themselves prepare for interview.
2. Student learn communication skills through viva-voce.

M.A. IN YOGA एम.ए. योग
SEMESTER-2 सेमेस्टर-2

COURSE	- HUMAN CONSCIOUSNESS (मानवीय चेतना)
TYPE OF COURSE	- Core Course(C.C.)
PAPER	- 1
MARKS	- 60 (THEORY) + 40 (INTERNAL ASSESSMENT) =100
OBJECTIVE	

1. Student would know the meaning, definition and concept of Human consciousness as per Indian philosophy.
2. Student would be able to understand the need of study of Human consciousness and different mysteries of Human consciousness.
3. Student would familiarize with the concept of Human consciousness according to modern science.

UNIT -1

चेतना : अवधारणा, परिभाषा एवं विकास, परम चेतना, व्यक्तित्व चेतना, उनके आंतरिक संबंध, चेतना तथा जागरूकता में अंतर (Consciousness: Concept, Definition and Development, Absolute consciousness, Individual consciousness, their inter-relationship, Difference between awareness and consciousness)

UNIT -2

उपनिषदों में चेतना, योग एवं सांख्य में चेतना (द्रष्टा या पुरुष) का स्वरूप, पुरुष बहुलवाद, योग दर्शन में ईश्वर का स्वरूप। (Consciousness in Upanishadas, Nature of Consciousness (Drashta or Purusha) in Yoga and Samkhya, Plurality of Purusha, Nature of God in Yoga Philosophy)

UNIT -3

जैनदर्शन : चेतना (जीव) एवं अजीव की अवधारणा, जैन दर्शन में ध्यान की विधि, बौद्ध दर्शन में चेतना, क्षणिकवाद, अनात्मवाद, बौद्ध दर्शन में ध्यान की विधि (Jainism : Concept of Consciousness (Jiva) and Ajiva, Method of Meditation in Jainism, Consciousness in Buddhism, Kshanikavada, Anatmavada, Method of Buddhist Meditation)

UNIT -4

न्याय-वैशेषिक दर्शन : चेतना का स्वरूप, मीमांसा दर्शन : चेतना का स्वरूप, अद्वैत वेदान्त : चेतना का स्वरूप, साक्षी का स्वरूप, ब्रह्म का स्वरूप (Nyaya-Vaisheshika Philosophy : Nature of Consciousness, Mimamsa Philosophy : Nature of Consciousness, Advaita Vedanta : Nature of Consciousness, Nature of Sakshi, Nature of Brahman)

UNIT -5

सांख्य-योग दर्शन – प्रकृति का स्वरूप, सिद्धि, गुण-सिद्धान्त, प्रकृति – पुरुष संयोग, सर्ग (विकासवाद) (Samkhya-Yoga Philosophy - Nature of Prakriti, Siddhi, Guna Siddhanta, Purush-Prakriti Samyoga, Sarga (Vikasvada).

अनुशंसित पुस्तकें –

1. भारतीय दर्शन – आचार्य बलदेव उपाध्याय, चौखम्बा ओरियन्टलिया, वाराणसी 2004।
2. योग दर्शन योग औपनिषदीय दृष्टिकोण – स्वामी निरंजनानंद सरस्वती, योग पब्लिकेशन ट्रस्ट, मुंगेर, 2002।
3. विवेकानंद साहित्य सम्पूर्ण भाग – स्वामी विवेकानन्द, अद्वैत आश्रम, 2010।
4. विवेकचूड़ामणि – शंकराचार्य, गीता प्रेस गोरखपुर।
5. Indian Philosophy - Dr. Radhakrishnan, Oxford, 2008.
6. Yoga Mind and Body - Swami Shivananda, DK publisher, 2010.
- 7- Teach your self-Philosophy -Bharti Bhavan publication, 2014.

Course Outcomes-

1. After completion of the course students will be able to understand the necessity and significance of Human consciousness.
2. Students will be able to understand human behavior with regard to Yoga therapy. Buddh
3. knowledge about consciousness .
4. knowledge about Shakshi bhav.
5. knowledge about Ishwer.

COURSE	-	TEXTS OF HATHA YOGA (हठ योग – ग्रन्थ)
Type of Course	-	CORE COURSE (C.C.)
PAPER	-	2
MARKS	-	60 (THEORY) + 40 (INTERNAL ASSESSMENT) =100

OBJECTIVE

1. The goal of teaching texts of Hathyoga is to provide them with knowledge of the yogic practices quoted in yoga texts and their values and benefits.
2. Student shall be able to learn the misconceptions about Yoga practices and familiar with Nath sects and their contribution.
3. Students would know the importance of Hathyoga for better health and success of life.

UNIT -1

गोरक्ष संहिता – स्वरूप, ऋषि परम्परा, गोरक्ष संहिता में वर्णित हठयोग का स्वरूप (Nature, Tradition of Rishis, Nature of Hatha Yoga According to Goraksha Samhita).

UNIT -2

घेरण्ड संहिता – स्वरूप, षट्कर्म – धौति, बस्ति, नेति, त्राटक, नैलि, कपालभाति एवं आसन (Gheranda Samhita - Nature of Gheranda Samhita and Contribution in yoga, Shatkarma in G.S.-Dhauti, Basti, Neti, Trataka, Nauli, Kapalbhati and Asana)^प

UNIT -3

घेरण्ड संहिता – मुद्रा एवं बन्ध, प्रत्याहार : भेद एवं फल, प्राणायाम : भेद एवं फल, ध्यान : भेद एवं फल, समाधि : भेद एवं फल (Gheranda Samhita - Mudra and Bandha, Pratyahara : Types and Benefits Pranayama : Types and Benefits, Meditation : Types and Benefits, Samadhi : Types and Benefits)

UNIT -4

स्वामी स्वात्मारामकृत हठप्रदीपिका का स्वरूप, हठयोग : परिभाषा एवं स्वरूप, साधक व बाधक तत्त्व, हठयोग सिद्धि का लक्षण, हठप्रदीपिका के अनुसार योगांगों का वर्णन – आसन, प्राणायाम, मुद्रा, नादानुसंधान (Nature of Hatha Pradipika by Swami Swatmarama, Hathayoga :- Definition and Nature, Sadhaka and Badhaka Tattva, Characteristics of Hathayoga Siddhi, Discription of yogang according to Hathapradipika - Asana, Pranayam, Mudra, Nadanusandhan)

UNIT -5

हठप्रदीपिका – यौगिक षट्कर्म : अर्थ एवं महत्व, शुद्धिक्रियाओं की विधि – सावधानियाँ व लाभ, धौति, बस्ति, नेति, त्राटक, नौलि एवं कपालभाति, बंध व मुद्राएं (Hatha Pradipika - Yogic Shatkarma:- Meaning and Importance, Methods of Shuddhikriyas - Precaution and Benefits, Dhauti, Basti, Neti Trataka, Nauli and Kapalbhati, Bandha and Mudra)

अनुशंसित पुस्तकें –

1. गोरक्ष शतकम – कैवल्यधाम श्रीमन्माधव योगमन्दिर समिति, लोनावला, 2018।
2. घेरण्ड संहिता – कैवल्यधाम श्रीमन्माधव योगमन्दिर समिति, लोनावला, 2010।
3. घेरण्ड संहिता – स्वामी निरंजनानंद सरस्वती, योग निकेतन ट्रस्ट, मुंगेर, 2017।
4. हठप्रदीपिका – कैवल्यधाम, कैवल्यधाम श्रीमन्माधव योगमन्दिर समिति, लोनावला, 2012।
5. आसन प्राणायाम मुद्रा बंध – स्वामी सत्यानन्द सरस्वती, योग निकेतन ट्रस्ट, मुंगेर, 2017।
6. योगासन – स्वामी कुवलानन्द, कैवल्यधाम श्रीमन्माधव योगमन्दिर समिति, लोनावला, 2012।
7. प्राणायाम – स्वामी कुवलानन्द, कैवल्यधाम श्रीमन्माधव योगमन्दिर समिति, लोनावला, 2012।

COURSE OUTCOMES-

1. Students will have an understanding about pre-requisites, principle about hatha yoga .
2. Student shall be able to learn the misconceptions about Yoga practices and familiar with Nath sects and their contribution.
3. knowledge about chakra.
4. knowledge about Basic nadis.
5. knowledge about Nada.

M.A. IN YOGA एम.ए. योग
SEMESTER-2 सेमेस्टर-2

COURSE	- HUMAN ANATOMY AND PHYSIOLOGY (मानव शरीर रचना एवं क्रिया विज्ञान)
Type of Course	- CORE COURSE(C.C)
PAPER	- 3
MARKS	- 60 (THEORY) + 40 (INTERNAL ASSESSMENT) =100

OBJECTIVE

1. Students would be able to understand structure and functions of human body.
2. Students would be able to explained the physiological aspects of normal growth and development.
3. Students will familiarize with yogic concept of human anatomy and physiology on the basis they would apply ancient techniques of yoga therapy.

UNIT -1

मानव शरीर – कोशिका, ऊतक, पेशी, अंतःस्त्रावी ग्रंथियाँ – प्रकार एवं संरचना, पीयूष ग्रन्थि, अग्नाशय, एड्रिनल ग्रन्थि, जनन ग्रन्थि, थायरॉइड ग्रन्थि, अंतःस्त्रावी ग्रंथियों के स्राव पर यौगिक अभ्यास का प्रभाव (Human body - Cells, Tissues, Muscles, Endocrine glands - Types and Structure, Pituitary Gland, Pancreas, Adrenal, Reproductive glands, Thyroid, Effect of Yogic Practices on endocrine gland secretion)

UNIT -2

तंत्रिका तंत्र – मुख्य अवयव एवं कार्य, तंत्रिका तंत्र एवं प्राणायाम, मेरुरज्जु – संरचना एवं मस्तिष्क से समन्वय, परिवहन तंत्र – संरचना एवं कार्य (Nervous system - Main Components and function, Nervous system and prarayama, Spinal Cord - Structure and Coordination with brain. Circulatory system - Structure and function)

UNIT -3

पाचन तंत्र – अवयव एवं कार्यकी, उत्सर्जन तंत्र – अवयव एवं कार्यकी, श्वसन तंत्र – अवयव एवं कार्यकी, प्रजनन तंत्र – अवयव एवं कार्यकी (Digestive System - Components and Physiology, Excretory System - Components and Physiology, Respiratory System - Components and Physiology, Reproductive System- Components and Physiology)

UNIT -4

योग में मानवीय शरीर की संकल्पना – कारण शरीर, सूक्ष्म शरीर, स्थूल शरीर, पंचकोश, प्राण, मर्म स्थान एवं योग के संदर्भ में इनका अनुप्रयोग (Concept of the Human body in yoga, Causal body, Subtle body, Physical body, Panchakosha, Prana, Secret location and their application in Yoga,

UNIT -5

चक्र – अवधारणा, स्थान, ग्रन्थियाँ – ब्रम्हा, विष्णु एवं रुद्र, नाडी, कन्द, मानवीय शरीर में तत्व संकल्पना – स्थान तथा यौगिक अभ्यासों में उनका अनुप्रयोग (Chakras - Concept, location, Glands - Bramha, Vishnu and Rudra, Nadi, Kanda, Concept of Tattva in Human body - Location and application in yogic practices)

अनुशंसित पुस्तकें –

1. गायत्री महाविज्ञान – श्रीराम शर्मा आचार्य, युग निर्माण योजना,मथुरा,2018।
2. पातंजल योग प्रदीप – स्वामी ओमानंदतीर्थ, गीताप्रेस गोरखपुर, सं0-2061।
3. वशिष्ठ संहिता – कैवल्यधाम श्रीमन्माधव योगमन्दिर समिति, लोनावला,2009।
4. प्राणायाम – स्वामी कुवलयानन्द कैवल्यधाम श्रीमन्माधव योगमन्दिर समिति, लोनावला,2012।
5. शरीर विज्ञान एवं योग अभ्यास– डॉ. एम.एम. गोरे , झोलिया पुस्तक भण्डार, हरिद्वार।
6. सम्पूर्ण योग विद्या – राजीव जैन त्रिलोक, मन्जूल पब्लिशिंग हाउस प्रा0 लि0, 2013।
7. Anatomy of Hathayoga – David Coulter,Body and Breath, 2010.
8. Anatomy & Physiology of Yogic Practices - Dr. M.M. Gore, New Age books, 2017.
9. Kundlini Yoga - Swami Shivananda, The Divine life society, Rishikesh, 1999.
10. Light on Yoga – B.K.S. Iyengar, Schoken Books, 1995.

Outcomes-

1. Students will have understanding of anatomy – physiology and will be able to experience the involvement of their body parts while practicing various postures of yoga.
2. Students will familiarize with yogic concept of human anatomy and physiology on the basis they would apply ancient techniques of yoga therapy.
3. knowledge about yogic anatomy and physiology.
4. knowledge about Kanda.
5. Technuqe of Yoga therapy.

M.A. IN YOGA एम.ए. योग

SEMESTER-2 सेमेस्टर-2

COURSE	-	Yoga Ethics (योग एवं नीतिशास्त्र)
Type of Course	-	Generic Elective (G.E.)
PAPER	-	4
MARKS	-	60 (THEORY) + 40 (INTERNAL ASSESSMENT) =100

OBJECTIVE

1. Student would understand concept of Ethics and moral value.
2. Student would know the different basic elements to develop the Yoga Ethics.
3. Student would be able to learn the basic principle of ethics on Yoga Texts.

Unit-1

नैतिकता और नैतिक मूल्य की अवधारणा, नीति शास्त्र का इतिहास , नीति शास्त्र का अर्थ व स्वरूप ,समाज में नैतिक मूल्य और नैतिकता की आवश्यकता (Concept of Ethics and Moral Values, History of ethics, Meaning and Nature of Ethics, Need of ethical values and Morality in society).

Unit-2

समाज में नैतिक पतन का कारण- जैविक कारण, मनोवैज्ञानिक कारण, शैक्षणिक कारण (Causes of Moral Degradation in society,-Biological Causes, Psychological causes, Educational causes).

Unit-3

विभिन्न योग ग्रन्थ में नैतिक मूल्य का स्वरूप- योग सूत्र में नैतिक मूल्य, योग वशिष्ठ में नैतिक मूल्य, भगवद्गीता में नैतिक मूल्य (Nature of Ethical values in various Yoga Texts- Ethical value in Yoga Sutra, Ethical value in Yoga Vasistha, Ethical value in Bhagavadgeeta).

Unit-4

योग नैतिकता के अनुप्रयोग- व्यवहार परिवर्तन एवं व्यवहार संशोधन में योग नैतिकता के अनुप्रयोग (Application of Yoga Ethics- Application of Yoga Ethics in attitudinal change and Behavioral modifications).

Unit-5

हिंसा से बचने के लिए योग नैतिकता के अनुप्रयोग, सामाजिक शांति स्थापित करने में योग नैतिकता का अनुप्रयोग (Application of Yoga Ethics in to avoid violence, Application of Yoga ethics to Establish social peace).

अनुशंसित पुस्तकें

1. The science of Yoga- I.K. Taimini, Quest books ,1961.
2. Moral Principles in Education- Dewey John, Book jungle, 2008.
3. पातंजल योग प्रदीप- स्वामी ओमानन्दजी, गीताप्रेस, गोरखपुर, सं० - 2061।
4. भगवद्गीता- गीताप्रेस गोरखपुर, 2018।
5. योग वशिष्ठ - गीताप्रेस गोरखपुर, 2018।

Course Outcomes-

1. After completion of this course students will have deeper understanding of human health and yoga ethics.
2. Student would be able to learn the basic principle of ethics on Yoga Texts.
3. Students will have deeper understanding of Yoga ethics to Establish social peace.
4. students will have deeper understanding of Value in Yoga Vashistha.
5. students will have deeper understanding of BhagavadGeeta.

M.A. IN YOGA एम.ए. योग
SEMESTER-2 सेमेस्टर-2

COURSE	- PRACTICAL-I (प्रायोगिक-1)
Type of Course	- CORE COURSE(C.C.)
PAPER	- 5
MARKS	- 60 (THEORY) + 40 (INTERNAL ASSESSMENT) =100

OBJECTIVE

1. Students would be familiar with the procedure of yoga abhyasa.
2. Students would be familiar with the benefits to mind-body of the asanas and Pranayama.
3. Students would be acknowledged about the variety of basic asanas- Pranayama-Mudra-Bandha-Meditation and about their effect on body.

प्रायोगिक अभ्यास

- 1 प्रार्थना एवं प्रथम सेमेस्टर के सभी अभ्यास
- 2 गोरक्ष संहिता, घेरण्ड संहिता, हठ प्रदीपिका के अनुसार यौगिक अभ्यास – आसन, प्राणायाम, बन्ध, मुद्रा इत्यादि
- 3 प्रेक्षा ध्यान एवं सोहम् जप

Practical Exercises

1. Prayer and all Exercises of 1st Semester
2. Yogic exercise according to Goraksha Samhita, Gheranda Samhita and Hatha Pradipika - Asana, Pranayama, Bandha, Mudra etc.
3. Preksha Meditation and Soham Japa

Outcomes –

1. After completion of course students will be able to demonstrate each practice skillfully and able to explain the procedure, precaution, benefits and limitation of each practice.
2. Students would be acknowledged about the variety of basic asanas- Pranayama-Mudra-Bandha-Meditation and about their effect on body.

M.A. IN YOGA एम.ए. योग
SEMESTER-2 सेमेस्टर-2

COURSE	-	PRACTICAL-II Teaching Skills (प्रायोगिक-2 शिक्षण कौशल)
TYPE OF COURSE	-	CORE COURSE(C.C.)
PAPER	-	6
MARKS	-	100 (Minimum passing marks=35)

OBJECTIVE

1. Students would learn and enhance their language skill, specially writing skill through preparing the notebook of Yoga Asanas and Pranayama.
2. Student would be able to demonstrate yoga practical with the help of chart or oral presentation.
3. Student would learn difference between general and therapeutic classes.

पाठ योजना एवं उसका महत्व, सामान्य एवं चिकित्सात्मक कक्षाओं में अंतर, विभागाध्यक्ष/शिक्षकों के निर्देशानुसार विद्यार्थी को चिकित्सा से संबंधित रोगी के जीवन इतिहास पर योजना बनाकर अध्ययन कर उसका विप्लेशन प्रस्तुत करना होगा। इसका मूल्यांकन आंतरिक होगा।

Lesson Plan and its Importance, Difference between general and therapeutic Classes, Submit the case study of a patient related with yoga therapy instructed by HoD /teachers. Internal evaluation.

Outcomes-

1. After completion of the course students will be able to record the data every day in a clinical setup and analyze the same for the presentation of the case.
2. Student would learn difference between general and therapeutic classes.

M.A. IN YOGA एम.ए. योग
SEMESTER-2 सेमेस्टर-2

COURSE	-	COMPRAHENSIVE VIVA-VOCE
TYPE OF COURSE	-	CORE COURSE(C.C.)
PAPER	-	7
MARKS	-	100(Minimum passing marks=35)

Objective

Students will be able to learn communication skills through viva-voce.

Comprehensive viva-voce will be based on entire course of M.A. yoga (2nd semester)
विशद मौखिक परीक्षा एम. ए. द्वितीय सेमेस्टर योग के सम्पूर्ण पाठ्यक्रमों पर आधारित होगी ।

Outcomes –

1. Students will find themselves prepare for interview.
2. learn communication skills through viva-voce.

M.A. IN YOGA एम.ए. योग
SEMESTER-3 सेमेस्टर-3

COURSE	-	YOGA AND HEALTH (योग एवं स्वास्थ्य)
Type of Course	-	Core Course (C.C.)
PAPER	-	1
MARKS	-	60 (THEORY) + 40 (INTERNAL ASSESSMENT) =100

OBJECTIVE

1. Students would be able to define, differentiate between different factors and to know about the goal of health.
2. Students will understand the concept of swasthavritta and exercise and use these concepts in enhance life span.
3. Student would be able to apply and heal the common disease through yoga therapy.

UNIT -1

स्वास्थ्य – परिभाषा एवं घटक तत्व, स्वास्थ्य शिक्षा, पर्यावरण और स्वास्थ्य, स्वास्थ्य के निर्धारक तत्व (Health - Definition and Component, Health Education, Environment and Health, Determinants of Health)

UNIT -2

योग एवं ध्यान के चिकित्सात्मक आधार, यौगिक जीवन शैली तथा स्वास्थ्य (आहार–विहार, निद्रा, ब्रह्मचर्य, पंचकोश), मनोशरीर क्रिया विज्ञान – प्रकृति एवं कार्य (Therapeutic basis of yoga and meditation, Yogic life style and health (Ahar-Vihar, Sleep, Celibacy, Pancha Kosha), Psycho Physiological science - Nature and Function)

UNIT -3

आहार एवं पोषण, पथ्य एवं अपथ्य आहार, संतुलित भोजन, दिनचर्या एवं ऋतुचर्या (Diet and Nutrition, Pathya and Apathya Diet, Balanced diet, Dincharya and Ritucharya)

UNIT -4

योग के अनुसार व्याधि, यौगिक अभ्यास एवं रोग प्रबंधन, महिलाओं के लिए योग, सामान्य बीमारियों के लिए योगाभ्यास (Vyadhi according to Yoga, Yogic Practices and Disease Management, Yoga for woman, Yogic Practices for Common Diseases)

UNIT -5

शरीर के विभिन्न अंग तंत्रों के ऊपर योग का चिकित्सात्मक प्रभाव, योग का मानसिक स्वास्थ्य पर प्रभाव (Therapeutic effect of yoga in various systems of Body, Effect of Yoga on mental health)

अनुशंसित पुस्तकें –

1. योग एवं योग चिकित्सा – प्रो. रामहर्ष सिंह, चौखम्बा पब्लिकेशन, 2014।
2. स्वस्थवृत्त विज्ञान – प्रो. रामहर्ष सिंह, चौखम्बा संस्कृत प्रतिष्ठान, 2013।
3. आसन प्राणायाम मुद्रा बंध – स्वामी सत्यानंद सरस्वती, योग पब्लिकेशन ट्रस्ट, मुंगेर, 2006।
4. Principles of Yoga Therapy - Swami Kuvalyananda, Kaivlyadham Yogamandir samiti, Lonavala, 2008.
5. A Text book of Human Physiology - A.K. Jain, Avichal publishing compopany, 2017.
- 6- Human consciousness and Yogic science- Kamkhya kumar, D.k. printworld, 2015.
- 7- Yogic management of common diseases, Yoga publication trust, Munger, 2001

Course Outcomes-

1. After completion of course students will be able to understand about yogic concept of health and healing.
2. Students will understand the concept of swasthavritta and exercise and use these concepts in enhance life span.
3. Students will have deeper understanding of balance diet and diet chart.
4. Students will have deeper understanding of Adhi vyadhi on Yogic text.
5. Students will have deeper understanding of therapeutic effect of Yoga.

M.A. IN YOGA एम.ए. योग
SEMESTER-3 सेमेस्टर-3

COURSE	-	RESEARCH METHODOLOGY (शोध प्रविधि)
TYPE OF COURSE	-	CORE COURSE(C.C.)
PAPER	-	2
MARKS	-	60 (THEORY) + 40 (INTERNAL ASSESSMENT) =100

OBJECTIVE

1. Student will learn the nature, scientific method and importance of research in the field of yoga and came to know scientifically that how yoga affects human body.
2. Student would be able to design a research study scientifically.
3. Student will understand the role of statistical data for a research study especially in the field of yoga.

UNIT -1

शोध प्रविधि – परिचय, शोध का अर्थ, उद्देश्य, योग दर्शन में अनुसंधान का महत्व, शोध की समस्या (Research Methodology – Introduction, Meaning and Objectives, Significance of Research in the areas in Yoga Philosophy, Research Problems)

UNIT -2

अनुसंधान विधियां – निरीक्षण विधि, सह सम्बन्धात्मक विधि, प्रयोगात्मक विधि, क्षेत्र विधि, विवरणात्मक विधि, परिकल्पना, प्रतिदर्श (Methods of Research – Observation Method, Correlation Method, Experimental Method, Field Method, Descriptive Method, Hypothesis, Sample)

UNIT -3

सांख्यिकी – परिभाषा एवं महत्व, आंकड़ों का संग्रह, आवृत्ति वितरण, केन्द्रीय प्रवृत्ति, मध्यमान, मध्यिका, बहुलक, विचलन (Statistics – Definition and Importance, Data Collection, Frequency Distribution, Central Tendency, Median, Mean, Mode, Deviation)

UNIT -4

सह संबंध विश्लेषण – प्रकार, कार्ल पियर्सन विधि, अनुक्रम अंतर विधि, सहसंबंध गुणांक, अनुमान की प्रामाणिक त्रुटि, प्रतीपगमन विश्लेषण, प्रतीपगमन गुणांक (Correlation Analysis - Types, Karl Pearson Method, Rank Difference Method, Correlation Coefficient, Probable error, Regression Analysis, Regression Coefficient.

UNIT -5

काई स्ववेयर परीक्षण, टी. परिमाण, शोध लेखन – प्रारूप, प्रकार एवं महत्व, निष्कर्ष की विधियाँ (Chi Square test, T Test Interpretation, Report writing – Format, Meaning and Significance, Methods of Conclusion)

अनुशंसित पुस्तकें –

1. अनुसंधान विधियाँ – एच.के. कपिल,भार्गव बुक हाउस,2015।
2. मनोविज्ञान समाजशास्त्र तथा शिक्षण में शोध विधियां – अरुण कुमार सिंह,मोतीलाल बनारसीदास,2017।
3. मनोविज्ञान शिक्षा एवं सामाजिक विज्ञानों में सांख्यिकी – मोहम्मद सुलेमान,मोतीलाल बनारसीदास, 2006।
4. Foundation of Behavioral Research – Kerlinger, S.Chand(G/L)& Company,1999.
5. Statistics in psychology and education – Garratt, Paragon international publishers,2005.
- 6- Research Methodology Method and Technique – C.R. Kothari,New age publication,2014.

Course Outcomes-

- 1.After completion of course students will be able to understand the concept of research and its methodology for carrying minor and major research.
2. Students will be able to feed, analyze, organize and represent the data.
3. Students will have deeper understanding of statistics.
4. Students will have deeper understanding of Research report writing.
5. Students will have deeper understanding of methods of research.

M.A. IN YOGA एम.ए. योग
SEMESTER-3 सेमेस्टर-3

COURSE	-	Yoga Vasistha (योग वशिष्ठ)
Type of Course	-	DISCIPLINE CENTRIC ELECTIVE (D.C.E.)
PAPER	-	3 (OPTIONAL 'A')
MARKS	-	60 (THEORY) + 40 (INTERNAL ASSESSMENT) =100

OBJECTIVE

1. Student would know the importance of Yoga Vasistha for better holistic health and success in life.
2. Students would be able to understand the yogic concept of Yoga Vasistha and he would become able to compare it with modern time yoga.
3. Student would be able to know samadhi on Yoga vasistha.

Unit-1

योग की अवधारणा – योग वशिष्ठ का परिचय और मुख्य बिन्दु, योग की परिभाषा और योग वशिष्ठ में योग की प्रासंगिकता (Concept of Yoga- Introduction and Highlights of Yoga vashistha, Definition of Yoga in and their relevance in Yogavasistha).

Unit-2

मन की अवधारणा, विश्व-मन की संकल्पना, मन प्रसमन के उपाय, अभ्यास और वैराग्य द्वारा मन पर नियंत्रण (Concept of Mind- World is the Project of Mind, Manh Prashamanah upayah, Mind control through abhyasa and Vairagya).

Unit-3

ज्ञान की अवधारणा, ज्ञान सप्तभूमि, ज्ञान का महत्व, ज्ञान के प्रकार, मन और भावनाओं का संचालन, निर्णय (विवेक) लेने की क्षमता को बढ़ाना (Concept of Jnana- Jnana Sapatabhumi, Importance of knowledge, Types of knowledge, Handling the mind and emotions, Enhancing the power of discrimination (Viveka).

Unit-4

प्राण और प्राणायाम, श्वसनिक नियंत्रण, काकभूषंडी का वर्णन (कहानी), आधि और व्याधि की अवधारणा (Prana and Pranayama, Breath control, the story of kakabhusundi, concept of Adhi and Vyadhi).

Unit-5

समाधि और मोक्ष की अवधारणा, अच्छी संगति, स्व-अनुसंधान (समीक्षा), सत्वगुण (सदाचार) का विकास, ध्यान के आठ अंग (Concept of Samadhi and Moksha, Good association, self-enquiry, Development of Satvvaguna (virtues), Eight Limbs of Meditation).

अनुशंसित पुस्तकें

1. योग वशिष्ठ – गीताप्रेस गोरखपुर, 2018।
2. पातंजल योग प्रदीप– स्वामी ओमानन्दजी, गीताप्रेस, गोरखपुर, सं० – 2061।
3. भगवद्गीता– गीताप्रेस गोरखपुर, 2018।

Outcomes-

1. After completion of course students will be able to understand the concept of Yoga Vashistha and the role of Yoga vashistha for healing.
2. Students would be able to understand the yogic concept of Yoga Vasistha and he would become able to compare it with modern time yoga.
3. Student would be able to know samadhi on Yoga vasistha.
4. Students will have deeper understanding of satvvaguna.
5. After completion of the course students will develop broad knowledge of eight limbs of dhayan.

M.A. IN YOGA एम.ए. योग
SEMESTER-3 सेमेस्टर-3

COURSE	-	FUNDAMENTAL OF YOGIC PSYCHOTHERAPY (योगिक मनोचिकित्सा के आधार)
Type of Course	-	Discipline Centric Elective (D.C.E.)
PAPER	-	3 (OPTIONAL 'B')
MARKS	-	60 (THEORY) + 40 (INTERNAL ASSESSMENT) =100

OBJECTIVE

1. Student will familiarize with yogic concept of human psychology on their basis they would apply ancient techniques of yoga psychotherapy.
2. Student would be able to understand the concept of mental health and understand the different psychological theories.
3. Student would be able to characterize the different stages of mind.

UNIT -1

मनोविज्ञान – परिभाषा, प्रकृति, क्षेत्र, मनोविज्ञान की पद्धतियाँ, मनोवैज्ञानिक मापदण्ड की विशेषताएँ (Psychology - Definition, Nature, Scope, Methods of Psychology, Characteristics of psychological criteria)

UNIT -2

व्यक्तित्व – अर्थ एवं परिभाषा, व्यक्तित्व मापन, व्यक्तित्व के घटक, व्यक्तित्व सम्बंधी सिद्धांत – फ्रायड, युंग, आलपोर्ट (Personality :- Meaning and Definition, Personality measurements, component of personality, personality theories - Freud, Jung, Allport)

UNIT -3

संवेगात्मक एवं अभिप्रेरणात्मक व्यवहार की दैहिकी, स्मृति, बुद्धि, चिन्तन, संवेग – प्रकृति एवं प्रकार (Physiology of Emotional and Motivational Behaviour, Nature and types of Memory, Intelligence, Thinking, Emotion)

UNIT -4

योग मनोविज्ञान, व्यक्तित्व की यौगिक संकल्पना, योग के द्वारा व्यक्तित्व विकास, स्वयं की यात्रा (Yoga psychology, yogic concept of personality, Personality development through yoga ,Journey of Self .

UNIT -5

योगिक मनोचिकित्सा के आधार, परामर्श चिकित्सा, तनाव-द्वन्द्व-दुश्चिन्ता-अवसाद-कुण्ठा का प्रबंधन (Fundamentals of Yogic Psychotherapy, Counseling Therapy, Management of Tension-Conflict-Anxiety-Depression-Frustration)

अनुशंसित पुस्तकें –

- 1.
2. व्यक्तित्व – आराधना शुक्ला, राधा पब्लिकेशन,2007 ।
3. उच्चतर सामान्य मनोविज्ञान – अरुण कुमार सिंह,मोतीलाल बनारसीदास पब्लिशर्स,2015 ।
4. योग एवं मानसिक स्वास्थ्य – रणजीत सिंह भोगाल,कैवल्यधाम योगसमिति, लोनावाला,2012 ।
5. व्यक्तित्व का मनोविज्ञान – अरुण कुमार सिंह, मोतीलाल बनारसीदास पब्लिशर्स,2010 ।
6. Indian Psychology - Raghunath Sajaya,Munshiram Manoharlal publishers, 2009.
7. Yoga and Psychotherapy- Swami Rama,Rudolph Ballentine,Swami Ajaya ,Himalyan institute press,2013.
8. Yoga Psychology- Swami Abhedananda, Ramakrishna Vedanta Math, 1999.

Outcomes-

1. After completion of course students will have knowledge of various physiological tools like Personality, Behavior, Intelligence, Memory and Context of Yoga Psychotherapy.
2. Student would be able to characterize the different stages of mind.
3. Student would be able to understand the concept of mental health and understand the different psychological theories.
4. Students will have deeper understanding of Yogic personality.
5. Students will have deeper understanding of Emotional control.

M.A. IN YOGA एम.ए. योग
SEMESTER-3 सेमेस्टर-3

COURSE	-	Yoga and Physical balance (योग और शारिरिक संतुलन)
Type of Course	-	GENERIC ELECTIVE(G.E.)
PAPER	-	4
MARKS	-	60(THEORY)+40(INTERNAL ASSESSMENT) =100

OBJECTIVE

1. Students would be able to describe the concept of Malkhambh, Mallavidya, Gymnastic and archery and effect of yoga on them.
2. Student would be able to know physical education and its classification.
3. Student would be able to characterize the different techniques of Meditation.

UNIT-1

मलखम्भ- अर्थ एवं परिभाषा, इतिहास, महत्व एवं क्षेत्र, प्रकार, मलखम्भ में योग की भूमिका (Malkhambh – Meaning and Definition, History, Imporetnance and Scope, Types, Role of Yoga in Malkhambh).

UNIT-2

मल्लविद्या- अर्थ एवं परिभाषा, इतिहास, प्राचीन एवं वर्तमान अवधारणा, मल्ल विद्या में योग की भूमिका (Mallavidya- Meaning and Definition, History and scope, Ancient and Modern Concept, Role of Yoga in Mallavidya).

UNIT-3

जिम्नास्टिक – अर्थ, इतिहास एवं क्षेत्र, आधारभूत ज्ञान, सावधानी, जिम्नास्टिक में योग की भूमिका (Gymnastic- Meaning, History and Scope, Basic knowledge, Precaution, Role of Yoga in Gymnastic).

UNIT-4

तीरन्दाजी- इतिहास, सिद्धान्त और संसाधन, प्राचीन एवं वर्तमान अवधारणा, तीरन्दाजी में योग की भूमिका, लक्ष्य भेदन एवं योग (स्वामी विवेकानन्द के अनुसार) (Archery- History, Basic Principle and equipment, Ancient and Modern concept, Role of Yoga in Archery, Lakshya bhedhan and Yoga (Acc. To Swami Vivekananda).

UNIT-5

ध्यान- ध्यान की परम्पराएँ, प्रकृति, ध्यान की तकनीक (भारतीय एवं पाश्चात) ।

शारिरिक शिक्षा के विकास में योग का महत्व (Meditation- Traditions of Meditation, Nature, Meditation techniques (Indian and Modern).Importance of Yoga in development of Physical Education).

अनुशंसित पुस्तकें

1. Bhgavad Purana-Geeta press, Gorakhpur,2016.
2. Bhagvad Geeta- Geeta press, Gorakhpur,2015.
3. Ramayan – Amish Tripathi, Penguin classics,2017.
4. शारिरिक शिक्षा : एक समग्र अध्ययन – डॉ० श्याम नारायण सिंह ,जेनेरिक पब्लिकेशन,2019 ।

Course Outcomes-

1. After completion of course students will have the knowledge of concept of Malkhambh, Mallavidya, Archery, Gymnastic and role of yoga.
- 2^o Student would be able to know physical education and its classification.
- 3^o Students will have deeper understanding of types of meditation.
- 4^o Students will have deeper understanding of Archey and yoga.
- 5^o Students will have deeper understanding of yoga on sports activity.

M.A. IN YOGA एम.ए. योग
SEMESTER-3 सेमेस्टर-3

COURSE	-	PRACTICAL – I (प्रायोगिक –1)
TYPE OF COURSE	-	CORE COURSE (C.C.)
PAPER	-	5
MARKS	-	100 (MINIMUM PASSING MARKS = 35)

OBJECTIVE

1. Students would be familiar with the procedure of Nadayoga.
2. Students would be familiar with the benefits to mind-body of Yoganidra.
3. Students would be acknowledged about the variety of advanced asanas- Pranayama-Mudra-Bandha-Meditation and about their effect on body.

प्रायोगिक अभ्यास

- 1 प्रथम एवं द्वितीय सेमेस्टर के योगाभ्यास
- 2 अन्य प्रायोगिक अभ्यास – आसन– शीर्षासन में पद्मासन, हलासन, अर्धचक्रासन, कपोतासन, उग्रासन, पादाङ्गुष्ठासन, कूर्मासन, त्रिकोणासन, शिरःपादाङ्गुष्ठासन, पद्मयूरासन,

प्राणायाम – शीतली, भ्रामरी , मुद्रा– विपरीतकरणी, सिंहमुद्रा

- क्रिया – शंखप्रक्षालन
- योगनिद्रा (बिहार स्कूल ऑफ योग)
- नाद योग

Practical Exercises

1. Yogic Practices of First and Second Semester

2. Other Yogic Practices -

- Padmasana in Shirshasana, Halasana, Ardhacakrasana, Kapotasana, Ugrasana, Padanguathasana, Kurmasana, Trikonasana, Sirpadangusthasana, Padmamyurasana
- Pranayama- Sitali, Bhramari
- Mudra- Viparitkarni, Sihmamudra
- Kriya- Sankhprashalan
- Yoganidra (Bihar School of Yoga)
- Nadayoga

Outcomes-

1. After completion of this course students will be able to importance of shatkarma, asana and pranayama. Students will have knowledge of Nadayoga and Yoganidra.
2. Students would be acknowledged about the variety of advanced asanas- Pranayama-Mudra-Bandha-Meditation and about their effect on body.

M.A. IN YOGA एम.ए. योग
SEMESTER-3 सेमेस्टर-3

COURSE	-	PRACTICAL – 2 TEACHING SKILL (प्रायोगिक –2 शिक्षण कौशल)
TYPE OF COURSE	-	CORE COURSE(C.E.)
PAPER	-	6
MARKS	-	100 (MINIMUM PASSING MARKS =35)

OBJECTIVE

1. Student would learn yogic class management.
2. Student would be familiar with lesson plan management.
3. The different soft skills and hard skills would be improved through the Educational tour .

कक्षाओं का प्रबंध, अध्यापन विधियां एवं पाठयोजना प्रबंधन पर व्याख्यान, योग ग्रंथों के संबंध में विविध योग प्रक्रियाओं की प्रमुख विशेषताएँ, विभागाध्यक्ष/शिक्षकों के निर्देशानुसार विद्यार्थी द्वारा विभाग एवं बाह्य स्थान पर योग प्रशिक्षण हेतु बीस कक्षाओं का आयोजन किया जाएगा, **शैक्षणिक भ्रमण :-** शैक्षणिक सत्र के दौरान विद्यार्थियों को शैक्षणिक भ्रमण की पात्रता होगी। जिसे सुविधानुसार पूर्ण शैक्षणिक सत्र सेमेस्टर के दौरान कराया जा सकेगा। इसका मूल्यांकन आंतरिक होगा।

Class Management, conducting lecture on teaching method and lesson plan management, Characteristics of Various Yoga Technique reference with necessary yoga texts, Activity of minimum 20 Lesson plan in department and outer place Guided by HoD/ Teachers, Students during the session shall be entitled to educational tours which will be made during the convenience academic session. Educational tour is included compulsory. Internal Assessment.

Outcomes –

1. After completion of the course students will got exposer to various activity conducted by reputed Yoga Institutes/University/College.
2. The different soft skills and hard skills would be improved through the Educational tour.

M.A. IN YOGA एम.ए. योग
SEMESTER-3 सेमेस्टर-3

COURSE	-	COMPREHENSIVE VIVA-VOCE
TYPE OF COURSE	-	CORE COURSE(C.C.)
PAPER	-	7
MARKS	-	100 (Minimum passing marks = 35)

Objective

Students will be able to learn communication skills through viva-voce.

Comprehensive viva-voce will be based on entire course of M.A. yoga (3rd semester)
विशद मौखिक परीक्षा एम. ए. तृतीय सेमेस्टर योग के सम्पूर्ण पाठ्यक्रमों पर आधारित होगी ।

Outcomes –

1. Students will find themselves prepare for interview.
2. Students learns communication skills through viva-voce.

M.A. IN YOGA एम.ए. योग
SEMESTER-4 सेमेस्टर-4

COURSE	-	NATUROPATHY AND AYURVEDA (प्राकृतिक चिकित्सा तथा आयुर्वेद)
TYPE OF COURSE	-	CORE COURSE (C.C.)
PAPER	-	1
MARKS	-	60 (THEORY) + 40 (INTERNAL ASSESSMENT) =100

OBJECTIVE

1. Student would be able to understand the root reason on which naturopathy work to heat the human body.
2. Student would be able to describe the concept of ayurveda.
3. Student would be able to know the phenomenon of doing panchkarma and the concept of their application on body.

UNIT -1

प्राकृतिक चिकित्सा – अवधारणा, इतिहास, मूल सिद्धांत, आकृति निदान, (Naturopathy - Concept, History, Main Principles, Shape Diagnosis)

UNIT -2

जल चिकित्सा – सावधानियाँ व लाभ, सूर्यचिकित्सा – सावधानियाँ व लाभ, रंग चिकित्सा – सावधानियाँ व लाभ, वायु चिकित्सा – सावधानियाँ व लाभ, मिट्टी चिकित्सा – सावधानियाँ व लाभ (Water Therapy - Precaution and Benefit, Sun Therapy - Precaution and Benefit, Air Therapy - Precaution and Benefit, Mud therapy - Precaution and Benefit)

UNIT -3

आयुर्वेद के मूल सिद्धान्त – स्वस्थवृत्त, स्वास्थ्य के लक्षण, त्रिदोष, सप्तधातु, मल, ऋतु-चर्या, दिन-चर्या (Main Principles of Ayurveda - Swasthavritta, Health Symptoms, Tridosha, Saptadhatu, Mala, Ritu charya, Dincharya)

UNIT -4

पंचकर्म चिकित्सा – प्रकृति, पंचकर्म के प्रकार – स्नेहन, स्वेदन, वमन कर्म, विरेचन कर्म, वस्ति कर्म, नस्य कर्म, रक्तमोक्षण कर्म (Panchakarma therapy - Nature, Types of Panchakarma - Snehan (Lubrication), Swedana (Sudation), Vamana Karma (Vomiting), virechan karma, Basti karma, Nasya Karma, Raktamokshan Karma).

UNIT -5

आहार चिकित्सा – प्राचीन एवं आधुनिक अवधारणा, आहार के घटक द्रव्य, प्राकृतिक आहार – दुग्धाहार, फलाहार, अपक्वाहार, उपवास चिकित्सा – स्वरूप, प्रकार, एवं सावधानियाँ (Diet Therapy - Ancient and Modern Concept, Components of Diet, Natural Diet - Dugdharahara, Fruit Diet, Apkavahar (Sprouts), Upavas (Fasting) Therapy - Nature, Types and Precaution)

अनुशासित पुस्तकें –

1. वृहद प्राकृतिक चिकित्सा – डॉ. ओ.पी. सक्सेना, हिन्दी सेवा सदन, मथुरा,
2. स्वस्थवृत्त विज्ञान – प्रो. राम हर्ष सिंह, चौखम्बा संस्कृत प्रतिष्ठान, 2013।
3. चरक संहिता – डॉ. प्रियव्रत शर्मा, चौखम्बा ओरियन्टायला, 2000।
4. प्राकृतिक आयुर्विज्ञान – डॉ. राकेश जिन्दल, आरोग्य सेवा प्रकाशन, 2010।
5. योगिक चिकित्सा – स्वामी कुवल्यानंद, कैवल्यधाम योगसमिति, लोनावाला, 2012।
6. जीवनशैली –विकारों का योगिक प्रबन्धन – डॉ. ईश्वर भारतद्वारा, सत्यम पब्लिशिंग हाउस, 2017।
7. Concept of Prakriti & Life style - Prof. H. Shubhas Ranade, Choukhambha vidyabhavan, 2004.
- 8- Body, Mind, Spirit, Integrative Medicine in Ayurveda Yoga and Nature Cure - Prof. R.H. Singh, Choukhambha surbharti prakashan, 2009.

Outcomes-

1. After completion of course students will have the knowledge of concept of health according to Ayurveda and naturopathy and its utility in health promotion and prevention.
2. Student would be able to understand the root reason on which naturopathy work to heat the human body.
3. Student would be able to know the phenomenon of doing panchkarma and the concept of their application on body.
4. Students will have deeper understanding of milk therapy, fruit therapy.
5. Students will have deeper understanding of Ritucharya.

M.A. IN YOGA एम.ए. योग
SEMESTER-4 सेमेस्टर-4

COURSE	-	SHIVASAMHITA (शिवसंहिता)
TYPE OF COURSE	-	Core Course (C.C.)
PAPER	-	2
MARKS	-	60(THEORY) + 40 (INTERNAL ASSESSMENT) =100

OBJECTIVE

1. The students shall be appreciating the real values of yogic practices as mentioned in Shivasamhita.
2. Understand the classical yogasana and their components mentioned in Shivasamhita.
3. Students would be able to understand the major concepts described in Shivsamhita.

UNIT -1

शिवसंहिता का स्वरूप, कर्मकाण्ड एवं ज्ञानकाण्ड, चैतन्य का स्वरूप, चैतन्य एवं संसार, मोक्ष (Nature of Shivasamhita, Karmakandada and Jnanakanda, Nature of Chaitanya, Chaitanya and Universe, Moksha)

UNIT -2

मेरुदण्ड एवं नाडियाँ, जीव एवं ब्रह्म, गुरु महिमा, योग सिद्धि के आवश्यक तत्व (Spinal cord and Nadis, Jiva and Brahman, Guru Mahima, Important Elements of Yoga Siddhi)

UNIT -3

आसन, नाडी शुद्धि, प्राणायाम, सिद्धि की चार अवस्थाएं – आरंभ, घट ,परिचय, निष्पत्ति, रोग निवारण में वायु साधना का महत्व (Asanas, Nadi shuddhi, Pranayama, Four Stages of Siddhi - Arambha, Ghata, Parichaya, Nispatti, Pathological significance of air (Vayu) practice)

UNIT -4

योनिमुद्रा का महत्व, कुण्डलिनी जागरण हेतु दस मुद्राएँ, त्रिबंध (Importance of Yoni Mudra, Ten Mudras for Kundalini Jagrana, Tribandha)

UNIT -5

चक्र –रूप, स्थान तथा ध्यान का प्रभाव, मंत्र साधना, मुक्ति के पथ में बाधक तत्व, साधक के प्रकार (Chakra - Nature, Place and Effect of Meditation, Mantra Sadhana, Disruptive Elements in the Path of Mukti, Types of Sadhaka)

अनुशंसित पुस्तकें –

1. शिव संहिता – कैवल्यधाम योगसमिति लोनावला,2009।
2. शिव संहिता – राघवेन्द्र शर्मा, चौखम्बा प्रकाशन,2017।
3. योग सिद्धांत एवं साधना – डॉ. हरिकृष्ण शास्त्री, चौखम्बा विद्या भवनए 1998।
4. षट्चक्रनिरूपणम् – श्री भारत भूषण, चौखम्बा संस्कृत प्रकाशन ,2013।
5. The Shiv Samhita - Rai Bahadur, Indian Mind,2012.

OUTCOMES-

1. Students will be able to understand the essence of Shivsamhita and how to put them into practice.
2. Students would be able to understand the major concepts described in Shivsamhita.
3. Students will have deeper understanding of Bdhak and sadhak tatvva in shiv Samhita.
4. Students will have deeper understanding of Chakra on shivsamhita.
5. Students will have deeper understanding of Kundalini jagarn.

M.A. IN YOGA एम.ए. योग
SEMESTER-4 सेमेस्टर-4

COURSE	-	DISSERTATION (लघु शोध प्रबंध)
TYPE OF COURSE	-	Discipline Centric Elective (D.C.E.)
PAPER	-	3 (OPTIONAL 'A')
MARKS	-	60 (THEORY) + 40(INTERNAL ASSESSMENT) =100

OBJECTIVE

1. The students will get to know about the style of dissertation writing.
2. The students will be able to interpret the data and draw a conclusion from it.
3. Understand various scientific experiments design, sampling, techniques and disseminate research findings.

लघुशोध प्रबंध के लिए विषय विभागाध्यक्ष/शिक्षकों द्वारा आवंटित किये जायेंगे तथा लघुशोध प्रबंध का विकल्प केवल उन्ही विद्यार्थियों के लिए होगा जो पूर्व सत्रों में 60 प्रतिशत अंक प्राप्त करेंगे।

Topic for the Dissertation will be allotted by HoD/Teachers of the Department and the option for dissertation will be given to only those students who have secure 60% marks in previous decisions.

Outcomes-

1. After completion of the course students will develop an understanding of how to do effective research (Pilot study).
2. The students will get to know about the style of dissertation writing.
3. The students will be able to interpret the data and draw a conclusion from it.

M.A. IN YOGA एम.ए. योग
SEMESTER-4 सेमेस्टर-4

COURSE	-	ESSAY WRITING (निबंध लेखन)
TYPE OF COURSE	-	Discipline Centric Elective (D.C.E.)
PAPER	-	3 (OPTIONAL 'B')
MARKS	-	60 (THEORY) + 40 (INTERNAL ASSESSMENT) =100

OBJECTIVE

1. The skills of expressing thoughts through writing would be developed among the students.
2. The student would know the different important concept of yoga.
3. The students would be able to know about different yogic and their role in the field of yoga and they may accept them as their role model.

निम्नलिखित विषयों में से निबंध हेतु पाँच प्रश्न दिए जाएँगे जिनमें से एक विषय पर विस्तार से निबंध लिखना होगा।

- 1 पातंजलयोग
- 2 सांख्ययोग
- 3 श्रीमद्भगवद्गीता
- 4 भारतीय दर्शन
- 5 हठयोग परंपरा

For Essay Writing five questions will be given in following topics. One question will be attempt in details.

- 1 . Patanjali Yoga
2. Samkhya - Yoga
3. Shrimad Bhagwadgeeta
4. Indian Philosophy
5. Tradition of Hatha yoga

Outcomes-

1. After completion of course students will be able to understand the path of yoga with in-depth understanding. Students will be able to understand the Principle and conceptualize each stream.
2. The students would be able to know about different yogic and their role in the field of yoga and they may accept them as their role model.
3. The students will get to know about different Yoga school and parmpara.
4. The students will get to know about Indian philosophy.
5. The students will get to know about hatha yoga.

M.A. IN YOGA एम.ए. योग
SEMESTER-4 सेमेस्टर-4

COURSE	- VALUE EDUCATION AND SPIRITUALITY (मुल्य शिक्षा और आध्यात्मिकता)
TYPE OF COURSE	- GENERIC ELECTIVE (G.E.)
PAPER	- 4
MARKS	- 60 (THEORY) + 40 (INTERNAL ASSESSMENT) =100

Objective

1. Student would be able to describe the meaning, definition and need of value education to improve social health.
2. Student would understand the value education and counselling for enhancing the skills in yoga.
3. Student would be able to learn the basic principles of teaching yoga and spirituality.

Unit-1

मुल्य शिक्षा और मुल्य शिक्षा का परिचय, मुल्य शिक्षा का क्षेत्र और आवश्यकता, मुल्य शिक्षा का महत्व (Introduction to value education and spirituality, Need and scope of value education, Importance of value education)

Unit-2

मुल्य की अवधारणा ,परिभाषा और वर्गीकरण,सात आध्यात्मिक नियम,मानव अधिकार,योग के माध्यम से महिलाओं को सशक्त बनाना (Concept, Definition, and classification of values, seven spiritual laws, Human rights, Empowering women through yoga).

Unit-3

दस आधार मुल्य, सहयोग, स्वतंत्रता, प्रसन्नता, मानवता, प्रेम-शांति, उत्तरदायित्व, सहिष्णुता और एकता (Ten core values, cooperation, Freedom, Happiness, Humanity, Love-peace, Responsibility, Tolerance and unity).

Unit-4

मुल्यपरक जीवनशैली, व्यक्तित्व विकास, स्व-विश्लेषण, आत्म-सम्मान, आत्म-अवधारणा (संकल्पना) (Value based life skills, Personality development, self-analysis, self Esteem, Self-concept).

Unit-5

योग और आध्यात्मिकता की भुमिका,योग द्वारा आध्यात्मिक विकास,योग के प्रकार और महत्व,एस.डब्ल्यू.ओ.टी. विश्लेषण(बल,दुर्बलता,अवसर और खतरा) (Role of yoga and spirituality, spiritual development through yoga, Type of Yoga and its Importance, SWOT Analysis (Strength, Weakness, Opportunity and Threat)

अनुशंसित पुस्तकें

1. Value education- Brahmakumaries- education wing, Mount abu.
2. Light on life: The yoga journey to wholeness, inner peace and ultimate freedom- B.K.S.Iyenger, Yellow kite,2019
3. Swami Vivekananda & human excellence -Swami Ranganathananada, The Ramkrishna mission institute of culture, Advaita Ashram,1994.
4. Value education- Jagdish chand, Shipra publications,2007, New Delhi

OUTCOMES-

1. Students will understand spirituality and its impact on value education.
2. Students will have an understating about our social responsibility.
3. The students will get to know about Ten core values.
4. The students will get to know about value based life skills.
5. The students will get to know about SWOT analysis.

M.A. IN YOGA एम.ए. योग
SEMESTER-4 सेमेस्टर-4

COURSE	-	PRACTICAL-I(प्रायोगिक -1)
TYPE OF COURSE	-	Core Course (C.C.)
PAPER	-	5
MARKS	-	100 (MINIMUM PASSING MARKS=35)

OBJECTIVE

1. Students would be familiar about Yoga Competitions.
2. Students would know about the equipment needed for organizing yoga competition camp.
3. student would be able to prepare themselves for the yoga camp on external location.

परियोजना कार्य

योग ग्रंथों के संबंध में विविध योग प्रक्रियाओं की प्रमुख विशेषताएँ, अभ्यास पाठों का आलोचनात्मक निरीक्षण, अभ्यास पाठों के आयोजन के अन्तर्गत विभागाध्यक्ष/शिक्षकों के निर्देशानुसार प्राणायाम, षट्कर्म एवं ध्यान पर विद्यार्थी द्वारा बाह्य स्थानों पर तीस कक्षाओं का आयोजन किया जाएगा। इसका मूल्यांकन आंतरिक रहेगा।

PROJECT WORK

Chief specialty of multiple yoga process regarding yoga text, Critical inspection of Practical Lessons, as per the directive issued by HOD/Teachers regarding conduction of Practice lesson, thirty (30) Classes will be organized by students on external location on Pranayama, Shatkarma and Dhyana, it will be internally evaluated.

Course Outcomes-

1. After completion of the course students will develop broad knowledge of yoga in various fields.
2. After completion of the course students will develop broad knowledge of conduct yoga camp.

M.A. IN YOGA एम.ए. योग
SEMESTER-4 सेमेस्टर-4

COURSE	-	PRACTICAL-I(प्रायोगिक -2)
TYPE OF COURSE	-	Core Course (C.C.)
PAPER	-	6
MARKS	-	100 (MINIMUM PASSING MARKS = 35)

OBJECTIVE

1. Student would be familiarizing with the techniques of Yoga teaching.
2. Students would be able to take practical yoga class.
3. Student would improve their presentation skill and different exercise of yoga.

प्रायोगिक अभ्यास

- प्रथम द्वितीय एवं तृतीय सेमेस्ट्रों के योगाभ्यास एवं अन्य यौगिक अभ्यास
- आसन – मयूरासन, कुक्कुटासन, कूर्मासन, उत्तानकूर्मासन, बद्ध कोणासन, बद्धपदमासन, गर्भासन,
- प्राणायाम– शीतकारी, भस्त्रिका
- मुद्रा– हठप्रदीपिका एवं घेरण्ड संहिता अनुसार
- बंध – त्रिबंध
- ध्यान– भवातीत ध्यान, श्रीअरविंद के अनुसार ध्यान

Practical Exercises

- Yogic Practices of First, Second and Third semester and Others Yogic Practices
- Asana - Mayurasana, Kukkutasana, Uttankurmasana, Bandhakonasana, Garbhasana
- Pranayama-Sitakari, Bhastrika
- Mudra- According to Hathapradipika and Gheranda Samhita
- Bandha - Tribandha
- Dhyana - Bhavateet Dhyana according to Shri Aurobindo

Outcomes-

1. After completion of the course students will develop skill in yogic management of various disorders.
2. After completion of the course students will develop broad knowledge of Bhavateet dhyana.

M.A. IN YOGA एम.ए. योग
SEMESTER-4 सेमेस्टर-4

COURSE	-	COMPREHENSIVE VIVA-VOCE
TYPE OF COURSE	-	CORE COURSE (C.C.)
PAPER	-	7
MARKS	-	100 (Minimum passing marks = 35)

Objective

Students will be able to learn communication skills through viva-voce.

Comprehensive viva-voce will be based on entire course of M.A. yoga (4th semester)
विशद मौखिक परीक्षा एम. ए. चतुर्थ सेमेस्टर योग के सम्पूर्ण पाठ्यक्रमों पर आधारित होगी ।

Outcomes –

1. Students will find themselves prepare for interview.
2. After completion of the course students will develop broad knowledge of Yoga and yoga therapy.