



**Scheme of Examination and Syllabus for  
Under Graduate Programme**

**Integrated B.Sc. (Hons./Hons. With Research) –M.Sc. in  
Yoga Science and Therapy (5 years, Semester System)**

1<sup>st</sup> Year (semester-I and II) as per NEP, 2020

(Multiple Entry-Exit, Internship and Choice Based Credit System)

Under scheme 'C' for UTD

To be implemented w.e.f. Academic Session 2024-25

**Subject: Yoga Science and Therapy**



**Department of Physiotherapy**

**Guru Jambheshwar University of Science & Technology Hisar-125001,  
Haryana (A+ NAAC Accredited State Govt. University)**

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Guru Jambheshwar University of Science and Technology  
Hisar-125001, Haryana  
(‘A+’ NAAC Accredited State Govt. University)



Scheme of Examination & Syllabus  
According to National Education Policy-2020  
Under scheme ‘C’ for UTD

Subject: Yoga Science and Therapy

Semester-I									
Type of Course	Course Code	Nomenclature	Theory/ Practical	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (hours)
DSC	24YOG0101T	Basics of Yoga	T	3	3	20	50	70	2.5
	24YOG0101P	Basics of Yoga (Lab)	P	1	2	10	20	30	3
DSC	24YOG0102T	Fundamentals of Hatha Yogic texts	T	2	2	15	35	50	2
	24YOG0102P	Fundamentals of Hatha Yogic texts (Lab)	P	2	4	15	35	50	3
MIN	To be opted from the pool of MIN (4+0)		T	4	4	30	70	100	4
MDC	To be opted from the pool of MDC (3+0)		T	3	3	25	50	75	2.5
SEC	To be opted from the pool of SEC (3+0)		T	3	3	25	50	75	2.5
AEC	To be opted from the pool of AEC (2+0)		T	2	2	15	35	50	2
VAC	To be opted from the pool of VAC (2+0)		T	2	2	15	35	50	2
				22		170	380	550	

Semester-II									
Type of Course	Course Code	Nomenclature	Theory/ Practical	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (hours)
DSC	24YOG0201T	Patanjala Yoga Sutra	T	3	3	20	50	70	2.5
	24YOG0201P	Patanjala Yoga Sutra (Lab)	P	1	2	10	20	30	3
DSC	24YOG0202T	Human System according to Yoga	T	3	3	20	50	70	2.5
	24YOG0202P	Human System according to Yoga (Lab)	P	1	2	10	20	30	3
MIN	To be opted from the pool of MIN (4+0)		T	4	4	30	70	100	4
MDC	To be opted from the pool of MDC (3+0)		T	3	3	25	50	75	2.5
SEC	To be opted from the pool of SEC (3+0)		T	3	3	25	50	75	2.5
AEC	To be opted from the pool of AEC(2+0)		T	2	2	15	35	50	2
VAC	To be opted from the pool of VAC (2+0)		T	2	2	15	35	50	2
				22		170	380	550	


**Department of Yoga Science**  
**Courses offers for the Pools (MDC,MIN,MDC,SEC,VAC)**

**SEMESTER – I**

Type of Course	Course Code	Nomenclature	Theory/ Practical	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (hours)
MIC	24MIC0111T	Foundation of Yoga	T	2	2	15	35	50	2
MIN	24MIN0111T	Foundation of Yoga	T	4	4	30	70	100	2.5
MDC	24MDC0123T	Fundamentals of Yoga-I	T	3	3	25	50	75	2.5
SEC	24SEC0123T	Basics of Yoga	T	3	3	25	50	75	2.5
VAC	24VAC0115T	Yoga and Human Values	T	2	2	15	35	50	2

**SEMESTER – II**

Type of Course	Course Code	Nomenclature	Theory/ Practical	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (hours)
MIC	24MIC0211T	Yoga Philosophy	T	2	2	15	35	50	2
MIN	24MIN0211T	Yoga Philosophy	T	4	4	30	70	100	4
MDC	24MDC0223T	Fundamentals of Yoga-II	T	3	3	25	50	75	2.5
SEC	24SEC0223P	Yoga Skill & Prowess	P	3	6	25	50	75	3
VAC	24VAC0215T	Yoga and Meditation	T	2	2	15	35	50	2



**Semester-I**  
**Yoga Science and Therapy**  
**Discipline Specific Course (DSC)**  
**Basics of Yoga**

Paper Code: 24YOG0101T  
45 Hrs (3 Hrs /Week)  
Credits: 3  
Exam. Time: 2.5 Hrs

External Marks: 50  
Internal Marks: 20  
Total Marks: 70

**Note:** The examiner is required to set seven questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 2.5 marks each. In addition to that six more questions will be set, two questions front each unit. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No 1. All questions shall carry equal marks. **Question paper will be in both English and Hindi languages.**

**Objective:** This course aims to impart the basic knowledge of Yoga, its origin, history, applications and significance.

**Course Contents: पाठ्यक्रम अन्तर्वस्तु**

**Unit-I: Introduction: परिचय:**

**15 Hrs**

- Yoga it's Meaning and Definition.
- Aim and Objectives of Yoga.
- Origin, history and development of Yoga.
- Relevance and scope of Yoga in modern age.
- Misconceptions about Yoga and their solutions.
- योग का अर्थ और परिभाषा।
- योग का लक्ष्य एवं उद्देश्य।
- योग की उत्पत्ति, इतिहास और विकास।
- आधुनिक युग में योग की प्रासंगिकता एवं क्षेत्र।
- योग के बारे में भ्रांतियाँ और उनका समाधान।

**Unit-II: Essentials of Yoga Practices: योगाभ्यास की अनिवार्यताएँ:**

**15 Hrs**

- Disciplines and failures in Yogic Practices.
- Place Timing & Diet of Yogic practices.
- Diet for Yoga Practitioner.
- Difference between Yogic and non-Yogic system of exercises.
- योगाभ्यास में साधकतत्व और बाधकतत्व।
- योगाभ्यास का स्थान, समय और आहार।
- योगाभ्यासी के लिए आहार।
- व्यायाम की यौगिक और अयौगिक प्रणाली के मध्य अंतर।

**Unit-III: Life sketch, contribution of eminent Yogis & Eminent Institutes of Yoga:**

**15 Hrs**

प्रसिद्ध योगियों का जीवन चरित्र, योगदान और योग के प्रसिद्ध संस्थान:

- Maharshi Dayanand.
- Swami Vivekananda.
- Swami Kuvlyananda.
- Bihar School of Yoga, Munger, Bihar (BSY).
- Morarji Desai National Institute of Yoga, Delhi (MDNIY).
- Swami Vivekananda Yoga Anumandhan Samsthan, Bangalore (SVYASA).
- महर्षि दयानंद।
- स्वामी विवेकानंद।
- स्वामी कुवल्यानंद।
- बिहार स्कूल ऑफ योग, मुंगेर, बिहार (BSY)।
- मोरारजी देसाई राष्ट्रीय योग संस्थान, दिल्ली (MDNIY)।
- स्वामी विवेकानन्द योग अनुसंधान संस्थान, बेंगलुरु (SVYASA)।



## Basics of Yoga Lab

Paper Code: 24YOG0101P  
30 Hrs (2 Hrs /Week)  
Credits: 1  
Time: 2 Hrs

External Marks : 20  
Internal Marks : 10  
Total Marks: 30

*Objective: This course aims to promote the awareness for positive health and personality development in the student through Yoga practices.*

**Note: Practical record and Viva-Voce:** A practical file of all the practices to be prepared by the student during the semester.

पैक्टिकल रिकॉर्ड और मौखिक परीक्षा: उपर्युक्त सभी अभ्यासों की एक पुस्तिका छात्र द्वारा अर्धवार्षिक सत्र के दौरान तैयार की जाएगी

### Course Contents: पाठ्यक्रम अन्तर्वस्तु

#### 1. Yogic Prayer & Hasta Mudra: यौगिक प्रार्थना और हस्त मुद्रा

##### > Yogic Prayer

- Gayatri Mantra
- Mrityunjaya Mantra
- Savitri mantra
- Kalyana Mantra

##### > Hasta Mudra

- Chin Mudra
- Jnana Mudra

##### > यौगिक प्रार्थना

- गायत्री मंत्र
- मृत्युंजय मंत्र
- सावित्री मंत्र
- कल्याण मंत्र

##### > हस्त मुद्रा

- चिन् मुद्रा
- ज्ञान मुद्रा

#### 2. Yogic Sukshma Vyayam: Sequence of Pawanmuktasana Series 1 - यौगिक सूक्ष्म व्यायाम: पवनमुक्तासन

श्रृंखला 1 का क्रम :

- Toe Bending (Padanguli Namana)
- Ankle Bending (Goolf Namana)
- Ankle Rotation (Goolf Chakra)
- Ankle Crank (Goolf Ghoornana)
- Kneecap Contraction (Janufalak Akarshana)
- Knee Bending (Janu Namana)
- Knee Crank (Janu Chakra)
- Hip Rotation (Shroni Chakra)
- Half Butterfly Pose (Ardha Titali Asana)
- Full Butterfly Pose (Poorna Titali Asana)
- Hand Clenching (Mushtika Bandhana)
- Wrist Bending (Manibandha Namana)
- Wrist Joint Rotation (Manibandha Chakra)
- Elbow Bending (Kehuni Namana)
- Elbow Rotation (Kehuni Chakra)
- Shoulder Socket Rotation (Skandha Chakra)
- Neck Movement (Greeva Sanchalana)
- पादांगुली नमन
- गुल्फ नमन
- गुल्फ चक्र
- गुल्फ घूर्णन
- जानुफलक आकर्षण
- जानू नमन
- जानू चक्र
- श्रोणि चक्र

- अर्ध तितली आसन
- पूर्ण तितली आसन
- मुष्टिका बंधन
- मणिबंध नमन
- मणिबंध चक्र
- कोहनी नमन
- कोहनी चक्र
- स्कंध चक्र
- ग्रीवा संचालन

### 3. Suryanamaskara (Traditional) सूर्यनमस्कार (पारंपरिक)

### 4. Breathing Practices- श्वसन अभ्यास

- Breath Awareness: Shwas-prashwas samyama
- Sectional Breathing (Abdominal, thoracic and clavicular)
- Yogic Deep Breathing
- श्वसन जागरूकता: श्वास-प्रश्वास संयम
- अनुभागीय श्वसन (पेट, वक्ष और हंसली)
- योगिक दीर्घ श्वसन

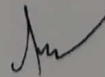
### Reference Books: सहायक ग्रंथ:

- Vijnananand Saraswati - YogVijyan, Yoga niketan trust, Rishikesh, 1998.
- Swami Divyanand- Vedon me Yoga vidya
- Vishvanatha Mukharji- Bharat kemahanyogi,
- Rajkumari Pandey-Bhartiya Yoga Parampara ke vividh Ayam, Radha publication, ND, 2008
- Swami Vivekanand - Jnan, Bhakti, Karma Yoga & Raja Yoga, Advait Ashram, Culcutta 2000.
- Kamakhya Kumar -Yoga Mahavigyan, Standard publisher, NewDelhi.
- Kalyan (Yogank)- Gita press Gorakhpur, 2002.
- Kalyan (Yoga Tatwank)-Gita press Gorakhpur, 1991.
- Asana, Pranayama, Mudra and Bandha- Swami Satyanada Saraswati, BSY, Munger
- Light on Yoga, BKS Iyenger
- Hatha Yoga Pradipika, Swami SatyanadaSaraswati, BSY, Munger
- आसन, प्राणायाम, मुद्रा और बंध- स्वामी सत्यानंद सरस्वती, बीएसवाई, मुंगेर
- विज्ञानानंद सरस्वती - योगविज्ञान, योग निकेतन ट्रस्ट, ऋषिकेश, 1998।
- स्वामी दिव्यानंद- वेदों में योग विद्या।
- विश्वनाथ मुखर्जी- भारत के महान योगी।
- राजकुमारी पांडे-भारतीय योग परंपरा के विविध आयाम, राधा प्रकाशन, एनडी, 2008
- स्वामी विवेकानन्द - ज्ञान, भक्ति, कर्म योग और राज योग, अद्वैत आश्रम, कलकत्ता 2000।
- कामाख्या कुमार-योग महाविज्ञान, स्टैंडर्ड प्रकाशक, नई दिल्ली।
- कल्याण (योगांक)-गीता प्रेस गोरखपुर, 2002।
- कल्याण (योग तत्वांक)-गीता प्रेस गोरखपुर, 1991।
- आसन, प्राणायाम, मुद्रा और बंध- स्वामी सत्यानंद सरस्वती, बीएसवाई, मुंगेर
- लाइट ऑन योग, बीकेएस अयंगर।
- हठ योग प्रदीपिका, स्वामी सत्यानंदसरस्वती, बीएसवाई, मुंगेर

### **Course outcomes:**

*At the end of the course, the students would be able to:*

1. To understand the basics of Yoga science
2. To impart the knowledge about Yoga, its foundations, origin, history and development
3. Students will learn the disciplines and failures, diet, place for Yoga sadhana in Indian philosophy.
4. To make students learn about life sketches and contributions of eminent Yogis and institutes in the field of Yoga
5. To develop basic understanding of physical Yog practices.



Paper Code: 24YOG0102T

30 Hrs (2 Hrs /Week)

Credits: 2

Exam. Time: 2 Hrs

of Hatha Yogic texts

External Marks: 35

Internal Marks: 15

Total Marks: 50

Note: The examiner is required to set five questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to that four more questions will be set, two questions from each unit. The students shall be required to attempt three questions in all selecting one question from each unit consisting of 10 marks each in addition to compulsory Question No. 1. Question paper will be in both English and Hindi languages.

Objective: To inculcate the knowledge of the Hatha Yoga texts and their values and benefits for human being.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-I: Hatha Yoga and its Essentials: हठ योग: एवं इसकी की अनिवार्यताएँ:

15 Hrs

- Hatha Yoga: meaning and definition.
- Aim and objectives.
- Origin and tradition of Hatha Yoga.
- Utility of Hatha Yoga.
- Shatkarma, Asana, Mudra, Pratyahara, Pranayama, Dhyana, Samadhi.
- हठ योग: अर्थ एवं परिभाषा।
- लक्ष्य और उद्देश्य।
- हठ योग की उत्पत्ति और परंपरा।
- हठ योग की उपयोगिता।
- षट्कर्म, आसन, मुद्रा, प्रत्याहार, प्राणायाम, ध्यान, समाधि

Unit-II: Brief introduction to Hatha Yogic texts: हठ योग ग्रंथों का संक्षिप्त परिचय:

15 Hrs

- Hatha Pradeepika
- Gheranda Samhita
- Gorksha Shatkam
- Hatha Ratnavali
- हठ प्रदीपिका
- घेरण्ड संहिता
- गोरक्ष शतकम्
- हठ रत्नावली

Fundamentals of Hatha Yogic texts Lab

Paper Code: 24YOG0102P

60 Hrs (4 Hrs /Week)

Credits: 2

Time: 3 Hrs

External Marks : 35

Internal Marks : 15

Total Marks: 50

Objective: This course aims to promote the awareness for positive health and personality development in the student through Hatha Yoga abhaya.

Note: Practical record and Viva-Voce: A practical file of all the practices to be prepared by the student during the semester.

प्रेक्टिकल रिकॉर्ड और मौखिक परीक्षा: उपर्युक्त सभी अभ्यासों की एक पुस्तिका छात्र द्वारा अर्धवार्षिक सत्र के दौरान तैयार की जाएगी

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-I: Shatkarma and Yogic Sukshma Vyayam

30 Hrs

1. Shatkarma

Semester-I  
Yoga Science and Therapy  
Discipline Specific Course (DSC)  
Fundamentals of Hatha Yogic texts

Paper Code: 24YOG0102T  
30 Hrs (2 Hrs /Week)  
Credits: 2  
Exam. Time: 2 Hrs

External Marks: 35  
Internal Marks: 15  
Total Marks: 50

Note: The examiner is required to set five questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to that four more questions will be set, two questions from each unit. The students shall be required to attempt three questions in all selecting one question from each unit consisting of 10 marks each in addition to compulsory Question No. 1. Question paper will be in both English and Hindi languages.

*Objective: To inculcate the knowledge of the Hatha Yoga texts and their values and benefits for human being.*

**Course Contents: पाठ्यक्रम अन्तर्वस्तु**

**Unit-I: Hatha Yoga and its Essentials: हठ योग: एवं इसकी की अनिवार्यताएँ: 15 Hrs**

- Hatha Yoga: meaning and definition.
- Aim and objectives.
- Origin and tradition of Hatha Yoga.
- Utility of Hatha Yoga.
- Shatkarma, Asana, Mudra, Pratyahara, Pranayama, Dhyana, Samadhi.
- हठ योग: अर्थ एवं परिभाषा।
- लक्ष्य और उद्देश्य।
- हठ योग की उत्पत्ति और परंपरा।
- हठ योग की उपयोगिता।
- षट्कर्म, आसन, मुद्रा, प्रत्याहार, प्राणायाम, ध्यान, समाधि

**Unit-II: Brief introduction to Hatha Yogic texts: हठ योग ग्रंथों का संक्षिप्त परिचय: 15 Hrs**

- Hatha Pradeepika
- Gheranda Samhita
- Gorksha Shatkam
- Hatha Ratnavali
- हठ प्रदीपिका
- घेरण्ड संहिता
- गोरक्ष शतकम्
- हठ रत्नावली

**Fundamentals of Hatha Yogic texts Lab**

Paper Code: 24YOG0102P  
60 Hrs (4 Hrs /Week)  
Credits: 2  
Time: 3 Hrs

External Marks : 35  
Internal Marks : 15  
Total Marks: 50

*Objective: This course aims to promote the awareness for positive health and personality development in the student through Hatha Yoga abhayasa.*

**Note: Practical record and Viva-Voce:** A practical file of all the practices to be prepared by the student during the semester.

प्रेक्टिकल रिकॉर्ड और मौखिक परीक्षा: उपर्युक्त सभी अभ्यासों की एक पुस्तिका छात्र द्वारा अर्धवार्षिक सत्र के दौरान तैयार की जाएगी

**Course Contents: पाठ्यक्रम अन्तर्वस्तु**

**Unit-I: Shatkarma and Yogic Sukshma Vyayam 30 Hrs**  
1. Shatkarma



- Jala Neti
- Vatakrama Kapalbhathi
- Sthul Trataka
- जल नेति
- वात्क्रम कपालभाति
- स्थूल त्राटक

2. **Yogic Sukshma Vyayam:** - यौगिक सूक्ष्म व्यायाम:

➤ Sequence of Pawanmuktasana Series-2

- Raised Legs Pose (Padotthanasana)
- Leg rotation (Padchakrasana)
- Cycling in yoga (Pada Sanchalanasana)
- Leg lock pose (Supta pawanmuktasana)
- Rocking and rolling in yoga (Jhulana Lurhakanasana)
- Sleeping abdominal stretch pose (Supta Udarakarshanasana)
- Universal spinal twist (Shava Udarakarshanasana)
- Boat pose (Naukasana)

➤ Sequence of Pawanmuktasana Series-3

- Pulling the rope pose (Rajju Karshanasana)
- Dynamic spinal twist (Gatyatmak Meru Vakrasana)
- Churning the mill (Chakki Chalanasana)
- Rowing the boat (Nauka Sanchalanasana)
- Chopping wood (Kashtha Takshanasana)
- Salutation pose (Namaskarasana)
- Wind releasing pose (Vayu Nishkasana)
- Crow Walking (Kauva Chalanasana)
- Abdominal stretch pose (Udarakarshanasana)

➤ पवनमुक्तासन शृंखला-2 का क्रम:

- उत्तानपादासन
- पादचक्रासन
- पाद संचलानासन
- सुप्त पवनमुक्तासन
- झूलना लुढ़कनासन
- सुप्त उदाराकर्षणासन
- शव उदाराकर्षणासन
- नौकासन

➤ पवनमुक्तासन शृंखला-3 का क्रम:

- रज्जु कर्षणासन
- गत्यात्मक मेरु वक्रासन
- चक्की चालनासन
- नौका संचालनासन
- काष्ठ तक्षणासन
- नमस्कारासन
- वायु निष्कासनासन
- कौवा चालासन
- उदराकर्षणासन

Unit-II: Yogasana and Pranayama-

30 Hrs

1. **Yogasana** - योगासन

➤ Standing Asanas

- Tadasana
- Tiriyakatadasana

- Kati Chakrasana
- Vrikshasana
- Sitting Asanas
  - Dandasana
  - Muktasana
  - Janushirsasana
  - Svastikasana
  - Simhasana
  - Bhadrasana
  - Gomukhasana
  - Pashchimottanasana
- Prone Asanas
  - Saral Bhujangasana
  - Saral dhanurasana
  - Vipareetnaukasana
  - Makarasana
- Supine Asanas
  - EkpadaUttanpadasana
  - Ardhalasana
  - Naukasana
  - Shavasana
- खड़े होकर किये जाने वाले आसन
  - ताड़ासन
  - तिर्यक्ताड़ासन
  - कटि चक्रासन
  - वृक्षासन
- बैठकर किये जाने वाले आसन
  - दंडासन
  - मुक्तासन
  - जानुशीर्षासन
  - स्वस्तिकासन
  - सिंहासन
  - भद्रासन
  - गोमुखासन
  - पश्चिमोत्तानासन
- पेट के बल किये जाने वाले आसन
  - सरल भुजंगासन
  - सरल धनुरासन
  - विपरीतनौकासन
  - मकरासन
- पीठ के बल किये जाने वाले आसन
  - एकपाद उत्तानपादासन
  - अर्धहलासन
  - नौकासन
  - शवासन

## 2. Pranayama- प्राणायाम

- Anulomviloma Pranayama
- Chandrabhedana Pranayama
- Suryabhedana Pranayama
- Udgeetha Pranayama
- अनुलोमविलोम प्राणायाम
- चन्द्रभेदन प्राणायाम
- सूर्यभेदन प्राणायाम
- उदगीथ प्राणायाम

### Reference Books: सहायक ग्रंथ:

- Swami Satyananda Saraswati, Hatha Yoga Pradipika, Bihar school of Yoga, Munger

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- Swami Kuvalyanand, Hatha Pradipika, Kaivalyadham, Lonavala
- Swami Satyananda Saraswati, Gherand Samhita, Bihar school of Yoga, Munger
- Swami Digambaranand, Gherand Samhita, Kaivalyadham, Lonavala
- Sahay G.S.: Hatha Yoga Pradeepika by Svatomarama, MDNIY Publication, 2013
- Swami Kuvalyananda & Shukla, S. A.: Gorakshasatkam, Kaivalyadhama, Lonavla, 2006
- Gharote ML: Hatharatnavali, The Lonavala Yoha Institute, Lonavala, Pune, IInd Edition, 2009
- Swatmaramaji: Hathapradipika (Jyotsana- tika), Adyar Library, Madras
- Bharati, Swami Veda Reddy Venkata: Philosophy of Hatha Yoga (English) Himalayan, Pennsylvania.
- स्वामी सत्यानंद सरस्वती, हठ योग प्रदीपिका, बिहार योग विद्यालय, मुंगेर
- स्वामी कुवल्यानंद, हठ प्रदीपिका, कैवल्यधाम, लोनावला।
- स्वामी सत्यानंद सरस्वती, घेरंड संहिता, बिहार योग विद्यालय, मुंगेर
- स्वामी दिगंबरानंद, घेरंड संहिता, कैवल्यधाम, लोनावला।
- सहाय जी.एस.: स्वात्मारामकृत हठ योग प्रदीपिका, एमडीएनआईवाई प्रकाशन, 2013
- स्वामी कुवल्यानंद एवं शुक्ल, एस. ए.: गोरक्षशतकम्, कैवल्यधाम, लोनावला, 2006
- घरोटे एमएल: हठरत्नावली, द लोनावला योग इंस्टीट्यूट, लोनावला, पुणे, द्वितीय संस्करण, 2009
- स्वात्मारामजी: हठप्रदीपिका (ज्योत्सना-टीका), अडयार लाइब्रेरी, मद्रास।
- भारती, स्वामी वेद रेड्डी वेंकट: हठ योग का दर्शन (अंग्रेजी) हिमालयन, पेंसिल्वेनिया।

**Course outcomes:**

*At the end of the course, the students would be able to:*

1. To understand the concept and utility of Hatha Yoga
2. To understand the knowledge of the Yogic practices quoted in Hatha Yoga texts and their values and benefits for human being
3. To have an understanding about the concept of various Hatha Yoga in various Hatha Yogic texts.
4. To impart the knowledge about Hatha Yoga, its foundations and applications
5. To promote the awareness for positive health and personality development in the students through Hatha Yoga.



Semester-II  
Yoga Science and Therapy  
Discipline Specific Course (DSC)  
Patanjala Yoga Sutra

Paper Code: 24YOG0201T  
45 Hrs (3 Hrs /Week)  
Credits: 3  
Exam. Time: 2.5 Hrs

External Marks: 50  
Internal Marks: 20  
Total Marks: 70

**Note:** The examiner is required to set seven questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 2.5 marks each. In addition to that six more questions will be set, two questions from each unit. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No 1. All questions shall carry equal marks. **Question paper will be in both English and Hindi languages.**

**Objective:** The aim of the course is for students to learn and understand the concept of Yoga sutras as described by Maharshi Patanjali.

**Course Contents:** पाठ्यक्रम अन्तर्वस्तु

**Unit-I: Samadhi Pada:** समाधि पादः

15Hrs

- Yoga; Meaning, Definition (sutra: 1- 2)
- Vritti's and their classifications (sutra: 5-11)
- Necessity of Abhyasa and Vairāgya (sutra: 12-16)
- Definition and Types of Samprjnata and Asamprajnata Samadhi (sutra: 17-20, 39- 51)
- Pranava and Sadhana for Ishwara (sutra: 23-29)
- Obstacles in the path of Yoga (sutra: 30-31)
- Discipline in the path of Yoga (sutra: 32- 39)
- योग; अर्थ, परिभाषा (सूत्र: 1-2)
- वृत्ति और उनका वर्गीकरण (सूत्र: 5-11)
- अभ्यास और वैराग्य की आवश्यकता (सूत्र: 12-16)
- संप्रज्ञात और असंप्रज्ञात समाधि की परिभाषा और प्रकार (सूत्र: 17-20, 39-51)
- ईश्वर के लिए प्रणव और साधना (सूत्र: 23-29)
- योग के मार्ग में बाधक तत्व (सूत्र: 30-31)
- योग के मार्ग में साधक तत्व (सूत्र: 32- 39)

**Unit-II: Sadhana Pada:** साधन पादः

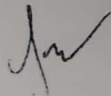
15Hrs

- Kriya Yoga (sutra: 1-2)
- Concept and types of Klesha (3-11)
- Karmashaya and its fruits (sutra: 12-14)
- Purusha and Prakriti (sutra: 18-24)
- Chaturvyuhavada (16, 17, 25, 26)
- Bahiranga Yoga (sutra: 29-55)
- क्रियायोग (सूत्र: 1-2)
- क्लेश की अवधारणा और प्रकार (सूत्र: 3-11)
- कर्माशय और उसका फल (सूत्र: 12-14)
- पुरुष और प्रकृति (सूत्र: 18-24)
- चतुर्व्यूहवाद (सूत्र: 16, 17, 25, 26)
- बहिरंग योग (सूत्र: 29-55)

**Unit- III: Vibhuti Pada and Kaivalya Pada:** विभूति पाद एवं कैवल्य पादः

15Hrs

- Antaranga Yoga (sutra: 1-3)
- Sanyama and its results, applications (sutra: 4- 6)
- Siddhis (sutra: 16-49)
- Concept of Nirman Chitta (sutra: 4-6)





- Types of Karma (sutra: 7)
- Manifestation, Source and disappearance of Vasanas (sutra: 8-11)
- Heading to Kaivalya (sutra: 27-34)
- अंतरंग योग (सूत्र: 1-3)
- संयम और उसके परिणाम, अनुप्रयोग (सूत्र:4-6)
- सिद्धियों (सूत्र: 16-49)
- निर्माण चित्त की अवधारणा (सूत्र:4-6)
- कर्म के प्रकार (सूत्र: 7)
- वासनाओं की अभिव्यक्ति, स्रोत और लुप्त होना (सूत्र: 8-11)
- कैवल्य की ओर प्रस्थान (सूत्र: 27-34)

### Patanjala Yoga Sutra Lab

Paper Code: 24YOG0201P

30 Hrs (2 Hrs /Week)

Credits: 1

Time: 2 Hrs

External Marks : 20

Internal Marks : 10

Total Marks: 30

*Objective: To promote the awareness for positive health and personality development in the student through Yoga practices.*

**Practical record and Viva-Voce:** A practical file of all the practices to be prepared by the student during the semester.

प्राैक्टिकल रिकॉर्ड और मौखिक परीक्षा: उपर्युक्त सभी अभ्यासों की एक पुस्तिका छात्र द्वारा अर्धवार्षिक सत्र के दौरान तैयार की जाएगी

### Course Contents: पाठ्यक्रम अन्तर्वस्तु

#### 1. Shatkarma:- षट्कर्म

Rabar Neti

- Vaman Dhauti
- Vyutkrama Kapalbhathi
- रबर नेति
- वमन धौति
- व्युत्क्रम कपालभाति

Yogasana: योगासन

#### > Standing Asanas

- Trikonasana
- Ardha Chakrasana
- Hastottanasana
- Padahastāsana

#### > Sitting Asanas

- Padamasana
- Vakrasana
- Virasana
- Marjari asana

#### > Prone Asanas

- Dhanurasa
- Ardha Shalabhasana
- Bhujanhasana
- Makarasana

#### > Supine Asanas

- Pawanmuktasana
- Halasana

- Ekpada Uttanpadasana
- Shavasana
- खड़े होकर किये जाने वाले आसन
  - त्रिकोणासन
  - अर्ध चक्रासन
  - हस्तोत्तानासन
  - पादहस्तासन
- बैठ कर किये जाने वाले आसन
  - पद्मासन
  - चक्रासन
  - वीरासन
  - मार्जरी आसन
- पेट के बल किये जाने वाले आसन
  - धनुरासन
  - अर्ध शलमासन
  - भुजंगासन
  - मकरासन
- पीठ के बल किये जाने वाले आसन
  - पवनमुक्तासन
  - हलासन
  - एकपाद उत्तानपादासन
  - शवासन

## 2. Pranayama: प्राणायाम

- Nadishodhana Pranayama
- Chandrabhedana Pranayama
- नाडीशोधन प्राणायाम
- चन्द्रभेदन प्राणायाम

## 3. Suryanamaskara (Traditional) सूर्यनमस्कार (पारंपरिक)

### Reference Books: सहायक ग्रंथ:

- Patanjala Yoga Sutra- Geeta Press Gorakhpur
- Patanjala Yoga Sutra- Nandalal Dashora
- Mukti ke Char Sopan, Swami Satyanada Saraswati, BYS, Munger
- Asana, Pranayama, Mudra and Bandha- Swami Satyananda Saraswati, BSY, Munger
- Light on Yoga, BKS Iyenger
- Hatha Yoga Pradipika, Swami Satyanada Saraswati, BSY, Munger
- पातंजल योग सूत्र- गीता प्रेस गोरखपुर
- पातंजल योग सूत्र- नंदलाल दशोरा
- मुक्ति के चार सोपान, स्वामी सत्यानंद सरस्वती, बीवाईएस, मुंगेर
- आसन, प्राणायाम, मुद्रा और बंध- स्वामी सत्यानंद सरस्वती, बीएसवाई, मुंगेर।
- लाइट ऑन योग, बीकेएस अयंगर।
- हठ प्रदीपिका, स्वामी सत्यानंद सरस्वती, बीएसवाई, मुंगेर।

### Course Outcomes

After the completion of the course, students will be able to:

1. Understand the Maharishi Patanjala's contribution to the field of Yoga.
2. Get well versed with the Yogic principles and its meaning, obstacles and disciplines as mentioned in Patanjala Yoga Sutra.
3. Understand the various modification of mind and the means of inhibiting them.
4. Inculcate the concept of Klesha, Karma, Chaturvyuhavada, Yama and Niyama in developing their personality.
5. To understand the essence of samadhi and sadhana and the path leading to various Vibhuti and kaivalya.

Semester-II  
Yoga Science and Therapy  
Discipline Specific Course (DSC)  
Human System according to Yoga

Paper Code: 24YOG0202T  
45 Hrs (3 Hrs /Week)  
Credits: 3  
Exam. Time: 2.5 Hrs

External Marks: 50  
Internal Marks: 20  
Total Marks: 70

**Note:** The examiner is required to set seven questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 2.5 marks each. In addition to that six more questions will be set, two questions front each unit. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No 1. All questions shall carry equal marks. **Question paper will be in both English and Hindi languages.**

**Objective:** *The primary objective of the subject is to make students understand the concept of evolution of body and to understand the yogic concepts of human body*

**Course Contents: पाठ्यक्रम अन्तर्वस्तु**

**Unit-I: Evolution of Body: शारीरिक विकास:** 15 Hrs

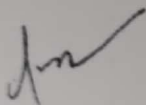
- Pancha mahabhutas and Pancha tanmatras.
- Evolution of human body in the context of Samkhya yoga.
- Evolution of Jnanendriyas, Karmendriyas, Mahat, Manas, Buddhi, Chitta and Ahankara.
- The existence of five koshas in the human body: Disturbances and corrections of each kosha.
- पंच महाभूत और पंच तन्मात्राएँ।
- सांख्य योग के संदर्भ में मानव शरीर का विकास।
- ज्ञानेन्द्रियों, कर्मेन्द्रियों, महत्, मनस्, बुद्धि, चित्त और अहंकार का विकास।
- मानव शरीर में पाँच कोशों का अस्तित्व: प्रत्येक कोश में विकृति और संशोधन।

**Unit-II: Chakras, Prana and Nadis: चक्र, प्राण और नाडियों:** 15 Hrs

- Chakras: Introduction, meaning, types and utility
- Pranas: Introduction, meaning, types and utility
- Nadies: Introduction, meaning, types and utility
- चक्र: परिचय, अर्थ, प्रकार एवं उपयोगिता
- प्राण: परिचय, अर्थ, प्रकार एवं उपयोगिता
- नाडी: परिचय, अर्थ, प्रकार और उपयोगिता

**Unit-III: Dhatu, Guna and Doshas: धातु, गुण और दोष:** 15 Hrs

- Saptadhatus
- Trigunas
- Tridosha
- Agnis
- Malas
- सप्तधातु
- त्रिगुण
- त्रिदोष
- अग्नि
- मल



Paper Code: 24YOG0202P

30 Hrs (2 Hrs /Week)

Credits: 1

Time: 2 Hrs

External Marks : 20

Internal Marks : 10

Total Marks: 30

*Objective: To promote the awareness for positive health and personality development in the student through Yoga practices.*

**Practical record and Viva-Voce:** A practical file of all the practices to be prepared by the student during the semester.

प्रेक्टिकल रिकॉर्ड और मौखिक परीक्षा: उपर्युक्त सभी अभ्यासों की एक पुस्तिका छात्र द्वारा अर्धवार्षिक सत्र के दौरान तैयार की जाएगी

**Course Contents: पाठ्यक्रम अन्तर्वस्तु**

**I. Yogasana: योगासन**

➤ **Standing Asana**

- Dhruvasana
- Asandikasana
- Virabhadrasana- 2
- Virabhadrasana- 3

➤ **Sitting Asanas**

- ArdhaMatshyendrasana
- Gomukhasana
- Mandukasana-1
- Shashankasana

➤ **Prone Asanas**

- Shalabhasana
- Dhanurasa
- Sarpasana
- Makarasana

➤ **Supine Asanas**

- Saral Matsyasana
- Karnapidasana
- Sarvangasana
- Shavasana

➤ **खड़े होकर किये जाने वाले आसन**

- ध्रुवासन
- आसदिकासन
- वीरभद्रासन- 2
- वीरभद्रासन- 3

➤ **बैठ कर किये जाने वाले आसन**

- अर्धमत्स्येन्द्रासन
- गोमुखासन
- मंडूकासन-1
- शशांकासन

➤ **पेट के बल किये जाने वाले आसन**

- शलभासन
- धनुरासन
- सर्पासन
- मकरासन

➤ **पीठ के बल किये जाने वाल आसन**

- सरल मत्स्यासन
- कर्णपीडासन
- सर्वांगासन
- शवासन



## 2. Pranayama: प्राणायाम

- Nadishodhana Pranayama
- Ujjayi Pranayama
- नाडीशोधन प्राणायाम
- उज्जयी प्राणायाम

## 3. Shatkarma: षट्कर्म

- Rabar Neti
- Vaman Dhauti
- Vyutkrama Kapalbhathi
- Trataka
- रबर नेति
- वमन धौति
- व्युत्क्रम कपालभाति
- त्राटक

## 4. Suryanamaskara (Traditional) : सूर्यनमस्कार (पारंपरिक)

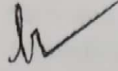
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- Prof. Ramharsh Singh – Swasthavritta Vigyan, Chaukhambha Sanskrit Prakashan, Varanasi, 1998.
- Acharya Balkrishana - Ayurveda Siddhanta Rahasya, Divya Prakashan, Haridwar
- Swami Harshananda: The Six Systems of Hindu Philosophy (Ramakrishna Matt, Bangalore, 2000)
- Dr H R Nagendra & Dr R Nagarathna : Yoga Health (Swami Vivekananda Yoga Prakashana, 2000)
- Swami Muktibodhananda: Hatha Yoga Pradeepika, Saraswati Yoga Publication Trust, Munger.
- Karel Werner: Yoga and Indian Philosophy (Motilal Banarsidass, Delhi, 1979)
- Radhakrishnan, S.: Indian Philosophy (Vol. I & II) (George Allen and Unwin, London, 1971)
- Sharma, Chandradhar : A Critical Survey of Indian Philosophy (Motilal Banarsidass, Delhi, 2000)
- Nagendra HR.: Integrated Approach of Yoga Therapy for positive health, Swami Vivekananda Yoga Prakashana, Bangalore.
- Swami Niranjanananda: Prana, Pranayama & Pranavidya, Saraswati Yoga Publication Trust, Munger
- Asana, Pranayama, Mudra and Bandha- Swami Satyananda Saraswati, BSY, Munger
- Light on Yoga, BKS Iyenger
- Hatha Yoga Pradipika, Swami Satyanada Saraswati, BSY, Munger
- प्रो. रामहर्ष सिंह – स्वस्थवृत्त विज्ञान, चौखम्बा संस्कृत प्रकाशन, वाराणसी, 1998।
- आचार्य बालकृष्ण – आयुर्वेद सिद्धांत रहस्य, दिव्य प्रकाशन, हरिद्वार।
- स्वामी हर्षानंद: द सिक्स सिस्टम्स ऑफ हिंदू फिलॉसॉफी, रामकृष्ण मठ, बैंगलोर, 2000।
- डॉ एच आर नागेंद्र और डॉ आर नागरत्ना: योग हैल्थ, स्वामी विवेकानन्द योग प्रकाशन, 2000।
- स्वामी मुक्तिबोधानंद: हठ योग प्रदीपिका, सरस्वती योग प्रकाशन ट्रस्ट, मुंगेर।
- कारेल वर्नर: योग एंड इंडियन फिलॉसॉफी, मोतीलाल बनारसीदास, दिल्ली, 1979।
- राधाकृष्णन, एस.: भारतीय दर्शन (खंड I और II) जॉर्ज एलन और अनविन, लंदन, 1971
- शर्मा, चंद्रधर: ए क्रिटिकल सर्वे ऑफ इंडियन फिलॉसॉफी मोतीलाल बनारसीदास, दिल्ली, 2000।
- नागेंद्र एचआर: इंटिग्रेटेड अप्रोच ऑफ योग थैरेपी फॉर पोजेटिव हैल्थ, स्वामी विवेकानंद योग प्रकाशन, बैंगलोर।
- स्वामी निरंजनानंद: प्राण, प्राणायाम और प्राणविद्या, सरस्वती योग प्रकाशन ट्रस्ट, मुंगेर।
- आसन, प्राणायाम, मुद्रा और बंध- स्वामी सत्यानंद सरस्वती, बीएसवाई, मुंगेर
- लाइट ऑन योग, बीकेएस अयंगर
- हठ योग प्रदीपिका, स्वामी सत्यानंद सरस्वती, बीएसवाई, मुंगेर

### Course Outcomes

*After the completion of the course, students will be able to:*

1. To understand and describe the evolution of human body in Yoga philosophy.
2. To describe the concept of Pancha kosha and its importance.
3. To describe Yogic principle and practices of chakras, Nadi and prana for healthy living
4. To understand the concept of body and health from the perspective of Guna, dhatu and dosha.
5. Acquaint with the subtle structure of Human Body as per Indian philosophy.



Semester-I  
Yoga Science and Therapy  
Minor Course (MIC)  
Foundation of Yoga

Paper Code: 24MIC0111T  
30 Hrs (2 Hrs /Week)  
Credits: 2  
Exam. Time: 2 Hrs

External Marks: 35  
Internal Marks: 15  
Total Marks: 50

**Note:** The examiner is required to set five questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to this, four more questions will be set consisting of two questions from each unit. The student/candidate is required to attempt three questions in all selecting one from each unit in consisting of 10 marks in addition to the compulsory Question No.1. **Question paper will be in both English and Hindi languages.**

**Objective:** This course aims to impart the basic knowledge of Yoga, its origin, history, applications and significance.

**Course Contents: पाठ्यक्रम अन्तर्वस्तु**

**Unit-I: Introduction: परिचय:**

15Hrs

- Yoga it's Meaning and Definition.
- Aim and Objectives of Yoga.
- Origin, history and development of Yoga.
- Relevance and scope of Yoga in modern age.
- Misconceptions about Yoga and their solutions.
- योग का अर्थ और परिभाषा।
- योग का लक्ष्य एवं उद्देश्य।
- योग की उत्पत्ति, इतिहास और विकास।
- आधुनिक युग में योग की प्रासंगिकता एवं क्षेत्र।
- योग के बारे में भ्रातियों और उनका समाधान।

**Unit-II: Essentials of Yoga Practices: योगाभ्यास की अनिवार्यताएँ:**

15Hrs

- Disciplines and failures in Yogic Practices.
- Place Timing & Diet of Yogic practices.
- Diet for Yoga Practitioner.
- Difference between Yogic and non-Yogic system of exercises.
- योगाभ्यास में साधकतत्व और बाधकतत्व।
- योगाभ्यास का स्थान, समय और आहार।
- योगाभ्यासी के लिए आहार।
- व्यायाम की यौगिक और अयौगिक प्रणाली के मध्य अंतर।

**Reference Books: सहायक ग्रंथ:**

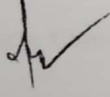
- Vijnananand Saraswati - YogVijyan, Yoga niketan trust, Rishikesh, 1998.
- Swami Divyanand- Vedon me Yoga vidya
- Vishvanatha Mukharji- Bharat kemahanyogi,
- Rajkumari Pandey-Bhartiya Yoga Parampara ke vividh Ayam, Radha publication, ND, 2008
- Swami Vivekanand - Jnan, Bhakti, Karma Yoga & Raja Yoga, Advait Ashram, Culcutta 2000.
- Kamakhya Kumar -Yoga Mahavigyan, Standard publisher, NewDelhi.
- Kalyan (Yogank)- Gita press Gorakhpur, 2002.
- Kalyan (Yoga Tatwank)-Gita press Gorakhpur, 1991.
- विज्ञानानंद सरस्वती - योगविज्ञान, योग निकेतन ट्रस्ट, ऋषिकेश, 1998।
- स्वामी दिव्यानंद- वेदों में योग विद्या।

- विश्वनाथ मुखर्जी- भारत के महान योगी।
- राजकुमारी पांडे-भारतीय योग परंपरा के विविध आयाम, राधा प्रकाशन, एनडी, 2008
- स्वामी विवेकानन्द - ज्ञान, भक्ति, कर्म योग और राज योग, अद्वैत आश्रम, कलकत्ता 2000।
- कामाख्या कुमार-योग महाविज्ञान, स्टैंडर्ड प्रकाशक, नई दिल्ली।
- कल्याण (योगांक)-गीता प्रेस गोरखपुर, 2002।
- कल्याण (योग तत्वांक)-गीता प्रेस गोरखपुर, 1991।

**Course outcomes:**

*At the end of the course, the students would be able to:*

1. To make students understand the basics of Yoga science
2. To impart the knowledge about Yoga, its foundations, origin, history and development
3. To promote the awareness for positive health and personality development in the students through Yoga.
4. To appreciate the Yogic way of living, which they can inculcate in their life style and will be prepared to teach others the benefits of the same.
5. To learn the pre-requisites in Yoga sadhana.





Semester-I  
Yoga Science and Therapy  
Minor Course (MIN)  
Foundation of Yoga

Paper Code: 24MIN0111T  
60 Hrs (4 Hrs /Week)  
Credits: 4  
Exam. Time: 3 Hrs

External Marks: 70  
Internal Marks: 30  
Total Marks: 100

Note: The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to this, eight more questions will be set consisting of two questions from each unit. The student/candidate is required to attempt five questions in all selecting one from each unit in addition to the compulsory Question No.1. All questions shall carry equal marks. **Question paper will be in both English and Hindi languages.**

*Objective: This course aims to impart the basic knowledge of Yoga, its origin, history, applications and significance.*

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-I: Introduction: परिचय:

15Hrs

- Yoga it's Meaning and Definition.
- Aim and Objectives of Yoga.
- Origin, history and development of Yoga.
- Relevance and scope of Yoga in modern age.
- Misconceptions about Yoga and their solutions.
- योग का अर्थ और परिभाषा।
- योग का लक्ष्य एवं उद्देश्य।
- योग की उत्पत्ति, इतिहास और विकास।
- आधुनिक युग में योग की प्रासंगिकता एवं क्षेत्र।
- योग के बारे में भ्रांतियाँ और उनका समाधान।

Unit-II: Essentials of Yoga Practices: योगाभ्यास की अनिवार्यताएँ:

15Hrs

- Disciplines and failures in Yogic Practices.
- Place Timing & Diet of Yogic practices.
- Diet for Yoga Practitioner.
- Difference between Yogic and non-Yogic system of exercises.
- योगाभ्यास में साधकतत्व और बाधकतत्व।
- योगाभ्यास का स्थान, समय और आहार।
- योगाभ्यासी के लिए आहार।
- व्यायाम की यौगिक और अयौगिक प्रणाली के मध्य अंतर।

Unit-III: Streams of Yoga योग की धाराएँ

15Hrs

- Hatha yoga
- Karma yoga
- Gyana yoga
- Bhakti yoga
- हठयोग
- कर्मयोग
- ज्ञानयोग
- भक्तियोग

Unit-IV: Life sketch, contribution of eminent Yogis & Eminent Institutes of Yoga:  
प्रसिद्ध योगियों का जीवन चरित्र, योगदान और योग के प्रसिद्ध संस्थान:

15Hrs

- Maharshi Dayanand.
- Swami Vivekananda.
- Swami Kuvalyananda.

- Bihar School of Yoga, Munger, Bihar (BSY).
- Morarji Desai National Institute of Yoga, Delhi (MDNIY).
- Swami Vivekananda Yoga Anumandhan Samsthan, Banglore (SVYASA).
- महर्षि दयानंद ।
- स्वामी विवेकानंद ।
- स्वामी कुवल्यानंद ।
- बिहार स्कूल ऑफ योग, मुंगेर, बिहार (BSY) ।
- मोरारजी देसाई राष्ट्रीय योग संस्थान, दिल्ली (MDNIY) ।
- स्वामी विवेकानन्द योग अनुसंधान संस्थान, बेंगलुरु (SVYASA) ।

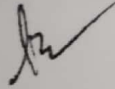
**Reference Books: सहायक ग्रंथ:**

- Vijnananand Saraswati - YogVijyan, Yoga nketan trust, Rishikesh, 1998.
- Swami Divyanand- Vedon me Yoga vidya
- Vishvanatha Mukharji- Bharat kemahanyogi,
- Rajkumari Pandey-Bhartiya Yoga Parampara ke vividh Ayam, Radha publication, ND, 2008
- Swami Vivekanand - Jnan, Bhakti, Karma Yoga & Raja Yoga, Advait Ashram, Culcutta 2000.
- Kamakhya Kumar -Yoga Mahavigyan, Standard publisher, NewDelhi.
- Kalyan (Yogank)- Gita press Gorakhpur, 2002.
- Kalyan (Yoga Tatwank)-Gita press Gorakhpur, 1991.
- विज्ञानानंद सरस्वती – योगविज्ञान, योग निकेतन ट्रस्ट, ऋषिकेश, 1998 ।
- स्वामी दिव्यानंद– वेदों में योग विद्या ।
- विश्वनाथ मुखर्जी– भारत के महान योगी ।
- राजकुमारी पांडे–भारतीय योग परंपरा के विविध आयाम, राधा प्रकाशन, एनडी, 2008
- स्वामी विवेकानन्द – ज्ञान, भक्ति, कर्म योग और राज योग, अद्वैत आश्रम, कलकत्ता 2000 ।
- कामारख्या कुमार–योग महाविज्ञान, स्टैंडर्ड प्रकाशक, नई दिल्ली ।
- कल्याण (योगांक)–गीता प्रेस गोरखपुर, 2002 ।
- कल्याण (योग तत्वांक)–गीता प्रेस गोरखपुर, 1991 ।

**Course outcomes:**

*At the end of the course, the students would be able to:*

1. Understand the basic concepts of Yoga science.
2. Learn about Yoga, its foundations, origin, history and development ..
3. Understand the various streams of Yoga leading to same destination.
4. Acquaint Yogic way of living, which they can inculcate in their life style and will be prepared to teach others the benefits of the
5. To make students learn about life sketches and contributions of eminent Yogis and institutes in the field of Yoga



Semester-I  
Yoga Science and Therapy  
Multidisciplinary Course (MDC)  
Fundamentals of Yoga-I

Paper Code: 24MDC0123T  
45 Hrs (3 Hrs /Week)  
Credits: 3  
Exam. Time: 2.5 Hrs

External Marks: 50  
Internal Marks: 20  
Total Marks: 70

**Note:** The examiner is required to set seven questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 2.5 marks each. In addition to that six more questions will be set, two questions front each unit. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No 1. All questions shall carry equal marks. **Question paper will be in both English and Hindi languages.**

**Objective:** This course aims to impart the basic knowledge of Yoga, its origin, history, applications and significance of Swasthavritta

**Course Contents:** पाठ्यक्रम अन्तर्वस्तु

**Unit-I: Introduction:** परिचय:

15Hrs

- Yoga it's Meaning and Definition.
- Aim and Objectives of Yoga.
- Origin, history and development of Yoga.
- Relevance and scope of Yoga in modern age.
- Misconceptions about Yoga and their solutions.
- योग का अर्थ और परिभाषा।
- योग का लक्ष्य एवं उद्देश्य।
- योग की उत्पत्ति, इतिहास और विकास।
- आधुनिक युग में योग की प्रासंगिकता एवं क्षेत्र।
- योग के बारे में भ्रातियों और उनका समाधान।

**Unit-II: Essentials of Yoga Practices:** योगाभ्यास की अनिवार्यताएँ:

15Hrs

- Disciplines and failures in Yogic Practices.
- Place Timing & Diet of Yogic practices.
- Diet for Yoga Practitioner.
- Difference between Yogic and non-Yogic system of exercises.
- योगाभ्यास में साधकतत्व और बाधकतत्व।
- योगाभ्यास का स्थान, समय और आहार।
- योगाभ्यासी के लिए आहार।
- व्यायाम की यौगिक और अयौगिक प्रणाली के मध्य अंतर।

**Unit-III: Swasthavritta:** स्वस्थवृत्त:

15Hrs

- Swasthavritta: Meaning, Definition, Aims and Aspects.
- Importance and Relevance of Swasthavritta in modern era.
- Dincharya (Daily regimen): Meaning, definition and sequential elements.
- Ratricharya (Night Regimen): Meaning, definition and sequential elements.
- स्वस्थवृत्त: अर्थ, परिभाषा, उद्देश्य और पहलू।
- आधुनिक युग में स्वस्थवृत्त का महत्व एवं प्रासंगिकता।
- दिनचर्या: अर्थ, परिभाषा और अनुक्रमिक तत्व।
- रात्रिचर्या: अर्थ, परिभाषा और अनुक्रमिक तत्व।

**Reference Books:** सहायक ग्रंथ:

- Vijnananand Saraswati - YogVijyan, Yoga niketan trust, Rishikesh, 1998.
- Swami Divyanand- Vedon me Yoga vidya



Paper Code: 24SEC0123T

45 Hrs (3 Hrs /Week)

Credits: 3

Exam. Time: 2.5 Hrs

External Marks: 50

Internal Marks: 20

Total Marks: 70

**Note:** The examiner is required to set seven questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 2.5 marks each. In addition to that six more questions will be set, two questions from each unit. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No 1. All questions shall carry equal marks. **Question paper will be in both English and Hindi languages.**

**Objective:** This course aims to impart the basic knowledge of Yoga, its origin, history, applications and essentials of Yoga practice.

**Course Contents:** पाठ्यक्रम अन्तर्वस्तु

**Unit-I: Introduction:** परिचय:

15Hrs

- Yoga it's Meaning and Definition.
- Aim and Objectives of Yoga.
- Origin, history and development of Yoga.
- Relevance and scope of Yoga in modern age.
- Misconceptions about Yoga and their solutions.
- योग का अर्थ और परिभाषा।
- योग का लक्ष्य एवं उद्देश्य।
- योग की उत्पत्ति, इतिहास और विकास।
- आधुनिक युग में योग की प्रासंगिकता एवं क्षेत्र।
- योग के बारे में भ्रातियाँ और उनका समाधान।

**Unit-II: Essentials of Yoga Practices:** योगाभ्यास की अनिवार्यताएँ:

15Hrs

- Disciplines and failures in Yogic Practices.
- Place Timing & Diet of Yogic practices.
- Diet for Yoga Practitioner.
- Difference between Yogic and non-Yogic system of exercises.
- योगाभ्यास में साधकतत्व और बाधकतत्व।
- योगाभ्यास का स्थान, समय और आहार।
- योगाभ्यासी के लिए आहार।
- व्यायाम की यौगिक और अयौगिक प्रणाली के मध्य अंतर।

**Unit-III: Ashtanga Yoga** अष्टांग योग:

15Hrs

- Yama (Social ethics)
- Niyama (Personal ethics)
- Asana (Physical postures)
- Pranayama (Breath control)
- Pratyahara (Withdrawal of senses)
- Dharana (Concentration) and Dhyana (Meditation)
- Samadhi (Self-realization).
- यम (सामाजिक नैतिकता),
- नियम (व्यक्तिगत नैतिकता),
- आसन (शारीरिक मुद्राएँ),
- प्राणायाम (श्वसन पर नियंत्रण)
- प्रत्याहार (इंद्रियों पर नियंत्रण),



- धारणा (एकाग्रता).
- ध्यान (एकाग्रता में निरंतरता)
- समाधि (आत्म-साक्षात्कार).

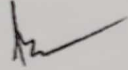
**Reference Books: सहायक ग्रंथ:**

- Rajkumari Pandey-Bhartiya Yoga Parampara ke vividh Ayam, Radha publication, ND, 2008
- Kamakhya Kumar -Yoga Mahavigyan, Standard publisher, NewDelhi.
- Kalyan (Yogank)- Gita press Gorakhpur, 2002.
- Kalyan (Yoga Tatwank)-Gita press Gorakhpur, 1991.
- Patanjala Yoga Sutra- Geeta Press Gorakhpur
- Mukti ke Char Sopan, Swami Satyanada Saraswati, BYS, Munger
- राजकुमारी पांडे-भारतीय योग परंपरा के विविध आयाम, राधा प्रकाशन, एनडी, 2008
- कामाख्या कुमार-योग महाविज्ञान, स्टैंडर्ड प्रकाशक, नई दिल्ली।
- कल्याण (योगांक)-गीता प्रेस गोरखपुर, 2002।
- कल्याण (योग तत्वांक)-गीता प्रेस गोरखपुर, 1991।
- पातंजल योग सूत्र- गीता प्रेस गोरखपुर
- मुक्ति के चार सोपान, स्वामी सत्यानंद सरस्वती, बीवाईएस, मुंगेर

**Course outcomes:**

*At the end of the course, the students would be able to:*

1. Promote the awareness for positive health and personality development in the students through Yoga.
2. Understand the concept of ashtanga Yoga.
3. To understand the basics of Yoga science
4. Students will learn the disciplines and failures, diet, place for Yoga sadhana in Indian philosophy.
5. To skillfully learn the concepts of Yoga.



- पांडा संजय कुमार - भारत में कॉर्पोरेट सामाजिक उत्तरदायित्व: अतीत, वर्तमान और भविष्य, आईसीएफएआई यूनिवर्सिटी प्रेस, हैदराबाद, 2008।
- सिंह एम. एस. वैल्यू एजुकेशन, अध्ययन पब्लिशर्स एंड डिस्ट्रीब्यूटर्स, नई दिल्ली, 2007।
- डॉ. ई.एन. गवांडे, मूल्य उन्मुख शिक्षा (बेहतर जीवन के लिए दृष्टिकोण), सरूप एंड संस, नई दिल्ली, 2002।

### Course Outcomes

After the completion of the course, students will be able to:

1. To make students understand the fundamentals of Yoga, aims and objectives.
2. To make students importance of Yoga in modern era.
3. To make students understand the concept of Chitta Prashadanam and ashtanga Yoga as described in Yoga philosophy.
4. Understand the concept of harmony in human being, family and society.
5. Understand the concept of human values and its role in Indian society.



Semester-I  
Yoga Science and Therapy  
Value Added Course (VAC)  
Yoga and Human Values

Paper Code: 24VAC0115T  
30 Hrs (2 Hrs /Week)  
Credits: 2  
Exam. Time: 2 Hrs

External Marks: 35  
Internal Marks: 15  
Total Marks: 50

**Note:** The examiner is required to set five questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to this, four more questions will be set consisting of two questions from each unit. The student/candidate is required to attempt three questions in all selecting one from each unit in consisting of 10 marks in addition to the compulsory Question No.1. **Question paper will be in both English and Hindi languages.**

**Objective:** The primary objective of the course is to inculcate the basic concepts of Yoga and importance of values in human life.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

**Unit-I: Yoga and Asthanga Yoga: योग एवं अष्टांग योग:**

15Hrs.

- Yoga it's Meaning and Definition
- Aim and Objectives of Yoga
- Importance of Yoga in Modern era
- Chitta Pradhana; Maitri, Krupa, Mudita and Upeksha
- Ashtanga Yoga; Meaning, Limbs
- योग: इसका अर्थ और परिभाषा
- योग का लक्ष्य एवं उद्देश्य
- आधुनिक युग में योग का महत्त्व
- चित्त प्रसाधन; मैत्री, करुणा, मुदिता और उपेक्षा
- अष्टांग योग; अर्थ, अंग

**Unit-II: Yoga and Value Education: योग और मूल्य शिक्षा:**

15Hrs

- Value: Meaning, Definition and Types.
- Value Oriented Education.
- Value oriented personality.
- Role and function of values in Society.
- Yoga as global value.
- Contribution of Yoga towards the development of values.
- मूल्य: अर्थ, परिभाषा एवं प्रकार।
- मूल्योन्मुखी शिक्षा।
- मूल्योन्मुख व्यक्तित्व।
- समाज में मूल्यों की भूमिका और कार्य।
- योग वैश्विक मूल्य के रूप में।
- मूल्यों के विकास में योग का योगदान।

**Reference Books:**

- Vijnananand Saraswati - Yog Vijyan, Yoga niketan trust, Rishikesh, 1998.
- Swami Divyanand- Vedon me Yoga vidya.
- Panda Sanjay Kumar - Corporate Social Responsibility in India: Past, Present & Future, The ICFAI University press, Hyderabad, 2008.
- Singh M. S. Value Education, Adhyayan Publishers & Distributors, New Delhi, 2007.
- Dr. E.N. Gawande, Value Oriented education(vision for better living), Sarup & sons, New Delhi, 2002.
- विज्ञानानंद सरस्वती – योगविज्ञान, योग निकेतन ट्रस्ट, ऋषिकेश, 1998।
- स्वामी दिव्यानंद– वेदों में योग विद्या।

Semester-II  
Yoga Science and Therapy  
Minor Course (MIC)  
Yoga Philosophy

Paper Code: 24MIC0111T  
30 Hrs (2 Hrs /Week)  
Credits: 2  
Exam. Time: 2 Hrs

External Marks: 35  
Internal Marks: 15  
Total Marks: 50

**Note:** The examiner is required to set five questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to this, four more questions (each question may be of 2-3 parts) will be set consisting of two questions from each unit. The student/candidate is required to attempt three questions in all selecting one from each unit in consisting of 10 marks in addition to the compulsory Question No.1. Question paper will be in both English and Hindi languages.

**Objective:** This course deals with the knowledge of Indian Philosophy with special reference to Yoga Darshan.

**Course Contents:** पाठ्यक्रम अन्तर्वस्तु

**Unit-I: Yoga Philosophy in Darshnas: दर्शनों में योग दर्शन :**

15 Hrs

- General Introduction
- Astik and Nastik Darshan
- Yoga and Samkhya Darshan
- Nyaya and Vasheshik Darshan
- Mimamsa and Vedant darshan
- सामान्य परिचय
- आस्तिक एवं नास्तिक दर्शन
- योग एवं सांख्य दर्शन
- न्याय एवं वैशेषिक दर्शन
- मीमांसा एवं वेदान्त दर्शन

**Unit-II: Introduction to Yoga Darshan: योग दर्शन का परिचय:**

15 Hrs

- General introduction and structure of Yoga Darshan
- Life sketch of Maharishi Patanjali
- Yoga; Meaning, Definition
- Vritti's and their classifications
- Necessity of Abhyasa and Vairagya
- Asthanga Yoga
- योग दर्शन का सामान्य परिचय एवं संरचना
- महर्षि पतंजलि का जीवन रेखाचित्र
- योग: अर्थ एवं परिभाषा
- वृत्ति और उनका वर्गीकरण
- अभ्यास और वैराग्य की आवश्यकता
- अष्टांग योग

**Reference Books: सहायक ग्रंथ:**

- Patanjala Yoga Sutra- Geeta Press Gorakhpur
- Patanjala Yoga Sutra- Nandalal Dashora
- Mukti ke Char Sopan, Swami Satyanada Saraswati, BYS, Munger
- पातंजल योग सूत्र- गीता प्रेस गोरखपुर
- पातंजल योग सूत्र- नंदलाल दशोरा

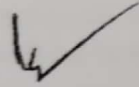


- मुक्ति के चार सोपान, स्वामी सत्यानंद सरस्वती, बीवाईएस, मुंगेर

### Course Outcomes

*After the completion of the course, students will be able to:*

1. Understand the basics of shadarshan.
2. Understand the role and importance of Yoga darshan.
3. Understand the role and contribution of Mahrishi Patanjala in the development of Yoga.
4. Get well versed with the Yogic principles and its meaning in Yoga Darshan.
5. Understand the various modification of mind and the means of inhibiting them along with the concept of ashtanga Yoga as described in Yoga Darshan.



**Semester-II**  
**Yoga Science and Therapy**  
**Minor Course (MIN)**  
**Yoga Philosophy**

Paper Code: 24MIN0211T  
60 Hrs (4 Hrs /Week)  
Credits: 4  
Exam. Time: 3 Hrs

External Marks: 70  
Internal Marks: 30  
Total Marks: 100

**Note:** The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to this, eight more questions will be set consisting of two questions from each unit. The student/candidate is required to attempt five questions in all selecting one from each unit in addition to the compulsory Question No.1. All questions shall carry equal marks. **Question paper will be in both English and Hindi languages.**

**Objective:** This course deals with the knowledge of Indian Philosophy with special reference to Yoga Darshan.

**Course Contents: पाठ्यक्रम अन्तर्वस्तु**

**Unit-I: Yoga Philosophy in Darshnas: दर्शनों में योग दर्शन :**

15 Hrs

- General Introduction
- Astik and Nastik Darshan
- Yoga and Samkhya Darshan
- Nayaya and Vasheshik Darshan
- Memansa and Vedant darshan
- सामान्य परिचय
- आस्तिक और नास्तिक दर्शन
- योग एवं सांख्य दर्शन
- न्याय और वैशेषिक दर्शन
- मीमांसा एवं वेदान्त दर्शन

**Unit-II: Introduction to Yoga Darshnas: योग दर्शन का परिचय:**

15 Hrs

- General introduction and structure of Yoga Darshan
- Yoga; Meaning, Definition
- Chitta Bhoomi, Vritti's and their classifications and Necessity of Abhyasa and Vairāgya
- Obstacles in the path of Yoga and remedies
- योग दर्शन का सामान्य परिचय एवं संरचना
- योग: अर्थ, परिभाषा
- चित्त भूमि, वृत्ति और उनका वर्गीकरण (अभ्यास और वैराग्य की आवश्यकता)
- योग के मार्ग में बाधाएँ एवं निरोध उपाय

**Unit-III: Concepts in Yoga Darshan: योग दर्शन में अवधारणाएँ:**

15 Hrs

- Kriya Yoga
- Pancha klesha
- Karma and Karmashya
- Samyama
- Vibhuti
- क्रिया योग
- पंच क्लेश
- कर्म और कर्मशय
- संयम
- विभूति

**Unit-IV: Heading to Kaivalya कैवल्य की ओर प्रस्थान :**

15 Hrs

- Five Yama and five Niyama
- Asana and pranayama
- Pratyahara and Dharna
- Dhyana and Samadhi
- Kaivalya
- पांच यम और पांच नियम
- आसन और प्राणायाम
- प्रत्याहार और धारणा
- ध्यान और समाधि
- कैवल्य

**Reference Books: सहायक ग्रंथ:**

- Shatdarshana – Sw Sukhabodhananda – RK mat publications
- Patanjala Yoga Sutra- Geeta Press Gorakhpur
- Patanjala Yoga Sutra- Nandalal Dashora
- Mukti ke Char Sopan, Swami Satyanada Saraswati, BYS, Munger
- षट्दर्शन – स्व सुखबोधानंद – आरके मैट प्रकाशन
- पातंजल योग सूत्र- गीता प्रेस गोरखपुर
- पातंजल योग सूत्र- नंदलाल दशोरा
- मुक्ति के चार सोपान, स्वामी सत्यानंद सरस्वती, बीवाईएस, मुंगेर

**Course Outcomes**

*After the completion of the course, students will be able to:*

1. Understand the basics of shadarshan.
2. Understand the role and importance of Yoga darshan.
3. Understand the various modification of mind and the means of inhibiting them.
4. Understand the role and contribution of Mahrishi Patanjala in the development of Yoga.
5. Get well versed with the principles of Klesha, Karmashya, Samyama, Vibhuti and Kevlya and its meaning in Yoga Darshan.



Semester-II  
Yoga Science and Therapy  
Multidisciplinary Course (MDC)  
Fundamentals of Yoga-II

Paper Code: 24MDC0223T  
45 Hrs (3 Hrs /Week)  
Credits: 3  
Exam. Time: 2.5 Hrs

External Marks: 50  
Internal Marks: 20  
Total Marks: 70

**Note:** The examiner is required to set seven questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 2.5 marks each. In addition to that six more questions will be set, two questions front each unit. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No 1. All questions shall carry equal marks. **Question paper will be in both English and Hindi languages.**

**Objective:** This course aims to impart the basic knowledge of Hatha Yoga, its origin, history, applications and significance of Swasthavritta.

- Course Contents:** पाठ्यक्रम अन्तर्वस्तु
- Unit-I: Hatha Yoga and its Essentials:** हठ योग एवं इसकी अनिवार्यताएँ: 15 Hrs
- Hatha Yoga: meaning and definition.
  - Aim and objectives.
  - Origin and tradition of Hatha Yoga.
  - Utility of Hatha Yoga.
  - हठ योग: अर्थ एवं परिभाषा।
  - लक्ष्य और उद्देश्य।
  - हठ योग की उत्पत्ति और परंपरा।
  - हठ योग की उपयोगिता।

- Unit-II: Brief introduction to Hatha Pradeepika:** हठ प्रदीपिका का संक्षिप्त परिचय: 15 Hrs
- Technique, Benefits and Limitations: तकनीक, लाभ और सीमाएँ
- Shatkarma,
  - Asana
  - Mudra- Bandha
  - Pranayama
  - षट्कर्म
  - आसन,
  - मुद्रा-बंध
  - प्राणायाम

- Unit-III: Ritucharya ऋतुचर्या:** 15 Hrs
- Ritucharya (Seasonal Regimen): Meaning, Definition, Types with their salient features.
  - Season wise Accumulation, Aggravation and Pacification of three Humors (vata, pitta, kapha).
  - Season wise Does and Don'ts.
  - ऋतुचर्या: अर्थ, परिभाषा, प्रकार और उनकी मुख्य विशेषताएँ।
  - मौसम के अनुसार तीन विकारों (वात, पित्त, कफ) का संघय, वृद्धि और शांति।
  - मौसम के अनुसार क्या करें और क्या न करें।

**Reference Books:** सहायक ग्रंथ:

- Swami Satyananda Saraswati, Hatha Yoga Pradipika, Bihar school of Yoga, Munger
- Swami Kuvalyanand, Hatha Pradipika, Kaivalyadham, Lonavala
- Swatmaramaji: Hathapradipika (Jyotsana- tika), Adyar Library, Madras

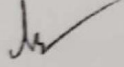


- Prof. Ramharsh Singh - SwasthavrittaVigyan, Chaukhambha Sanskrit Prakashan, Varanasi, 1998.
- Swasthavritta Vigyan ewam Yogic Chikitsa- Dr. Rakesh Giri, Shiksha Bharti, Uttrakhand
- Acharya Balkrishana - Ayurveda Siddhanta Rahasya, Divya Prakashan, Haridwar
- स्वामी सत्यानंद सरस्वती, हठ योग प्रदीपिका, बिहार योग विद्यालय, मुंगेर
- स्वामी कुवल्यानंद, हठ प्रदीपिका, कैवल्यधाम, लोनावला।
- स्वात्मारामजी: हठप्रदीपिका (ज्योत्सना-टीका), अडयार लाइब्रेरी, मद्रास।
- प्रो. रामहर्ष सिंह - स्वस्थवृत्तविज्ञान, चौखम्मा संस्कृत प्रकाशन, वाराणसी, 1998।
- स्वस्थवृत्त विज्ञान एवं यौगिक चिकित्सा- डॉ. राकेश गिरी, शिक्षा भारती, उत्तराखंड
- आचार्य बालकृष्ण - आयुर्वेद सिद्धांत रहस्य, दिव्य प्रकाशन, हरिद्वार

#### Course Outcomes

*After the completion of the course, students will be able to:*

1. Understand the utility, origin and tradition of Hatha Yoga.
2. Understand the various techniques of shatkarma, asana, mudra-bandha and pranayama.
3. Understand the role of ritucharya.
4. Apply the knowledge of Accumulation, Aggravation and Pacification of three Humors.
5. understand the concepts of healthy living.



Paper Code: 24SEC0223P  
90 Hrs (6 Hrs /Week)  
Credits: 3  
Exam. Time: 3 Hrs

External Marks: 50  
Internal Marks: 20  
Total Marks: 70

*Objective: To promote the awareness for positive health and personality development in the student through Yoga practices.*

**Practical record and Viva-Voce:** A practical file of all the practices to be prepared by the student during the semester.

प्रेक्टिकल रिकॉर्ड और मौखिक परीक्षा: उपर्युक्त सभी अभ्यासों की एक पुस्तिका छात्र द्वारा अर्धवार्षिक सत्र के दौरान तैयार की जाएगी

**Course Contents:** पाठ्यक्रम अन्तर्वस्तु

**Unit-I Yogic Prayer & Hasta Mudra:** यौगिक प्रार्थना और हस्त मुद्रा

30 Hrs

- Yogic Prayer (Gayatri Mantra, Mrityunjaya Mantra, Sangathan Mantra)
- Hasta Mudra (Chin Mudra and Jnana Mudra)
- यौगिक प्रार्थना (गायत्री मंत्र, मृत्युंजय मंत्र संगठन मंत्र)
- हस्त मुद्रा (चिन् मुद्रा, ज्ञान मुद्रा)
- **Yogic Sukshma Vyayam: Sequence of Pawanmuktasana Series 1 - यौगिक सूक्ष्म व्यायाम:**  
पवनमुक्तासन श्रृंखला 1 का क्रम :

- Toe Bending (Padanguli Namana)
- Ankle Bending (Goolf Namana)
- Ankle Rotation (Goolf Chakra)
- Kneecap Contraction (Janufalak Akarshana)
- Knee Bending (Janu Namana)
- Full Butterfly Pose (Poorna Titali Asana)
- Hand Clenching (Mushtika Bandhana)
- Wrist Bending (Manibandha Namana)
- Wrist Joint Rotation (Manibandha Chakra)
- Elbow Bending (Kehuni Namana)
- Shoulder Socket Rotation (Skandha Chakra)
- Neck Movement (Greeva Sanchalana)
- पादांगुली नमन
- गुल्फ नमन
- गुल्फ चक्र
- जानुफलक आकर्षण
- जानू नमन
- पूर्ण तितली आसन
- मुष्टिका बंधन
- मणिबंध नमन
- मणिबंध चक्र
- कोहनी नमन
- स्कंध चक्र
- ग्रीवा संचालन

## Unit-II: Suryanamaskara (Traditional) and Asana: ) सूर्यनमस्कार (पारंपरिक) एवं आसन

### 1. Yogasana: योगासन

- **Standing Asanas**
  - Tadasana
  - Trikonasana
  - Vrikshasana
  - Padahastāsana
- **Sitting Asanas**
  - Padamasana
  - Vakrasana
  - Gomukhasana
  - Pashchimottanasana
- **Prone Asanas**
  - Dhanurasana
  - Ardha Shalabhasana
  - Bhujanhasana
  - Makarasana
- **Supine Asanas**
  - Pawanmuktasana
  - Naukasana
  - Ardhalasana
  - Shavasana
- **खड़े होकर किये जाने वाले आसन**
  - ताड़ासन
  - त्रिकोणासन
  - वृक्षासन
  - पादहस्तासन
- **बैठ कर किये जाने वाले आसन**
  - पद्मासन
  - वक्रासन
  - गोमुखासन
  - पश्चिमोत्तानासन
- **पेट के बल किये जाने वाले आसन**
  - धनुरासन
  - अर्ध शलभासन
  - भुजंगासन
  - मकरासन
- **पीठ के बल किये जाने वाले आसन**
  - पवनमुक्तासन
  - नौकासन
  - अर्धहलासन
  - शवासन

## Unit-III: Pranayama, Cleansing Practices (Shatkarma) : प्राणायाम, शुद्धि किया (षट्कर्म):

### 1. Pranayama: प्राणायाम

- Bhastrika
- Nadishodhana
- Ujjayi
- Sheetkaari
- Bharamari
- भस्त्रिका प्राणायाम
- नाडीशोधन प्राणायाम
- उज्जायी प्राणायाम
- सीत्कारी प्राणायाम

- भस्त्रिका प्राणायाम
2. **Cleansing Practices (Shatkarma): शुद्धि क्रिया (षट्कर्म):**
- Jala Neti
  - Vatkram Kapalbhata
  - जल नेति
  - वात्कर्म कपालभाति

**Reference Books: सहायक ग्रंथ:**

- Asana, Pranayama, Mudra and Bandha- Swami Satyananda Saraswati, BSY, Munger
- Light on Yoga, BKS Iyenger
- Hatha Yoga Pradipika, Swami Satyanada Saraswati, BSY, Munger
- आसन, प्राणायाम, मुद्रा और बंध- स्वामी सत्यानंद सरस्वती, बीएसवाई, मुंगेर
- लाइट ऑन योग, बीकेएस अयंगर
- हठ योग प्रदीपिका, स्वामी सत्यानंद सरस्वती, बीएसवाई, मुंगेर

**Course Outcomes**

*After the completion of the course, students will be able to:*

1. Understand the benefits, contraindications and procedure of all practices.
2. Demonstrate each practice with confidence and skill.
3. Understand the procedure and subtle points involved
4. Teach the yoga practices to any given group.
5. Apply this learned knowledge in different aspects of life.





Semester-II  
Yoga Science and Therapy  
Value Added Course (VAC)  
Yoga and Meditation

Paper Code: 24VAC0215T  
30 Hrs (2 Hrs /Week)  
Credits: 2  
Exam. Time: 2 Hrs

External Marks: 35  
Internal Marks: 15  
Total Marks: 50

**Note:** The examiner is required to set five questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to this, four more questions (each question may be of 2-3 parts) will be set consisting of two questions from each unit. The student/candidate is required to attempt three questions in all selecting one from each unit in consisting of 10 marks in addition to the compulsory Question No.1. Question paper will be in both English and Hindi languages.

**Objective:** This course deals with the importance of Yoga and meditation in maintaining positive physical and mental health leading to spirituality.

Course Content पाठ्यक्रम अन्तर्वस्तु

**Unit-I: Fundamentals of Yoga योग के मूल सिद्धांत** 15 Hrs

- Yoga: Meaning, Definition, Aim, Objectives & Misconceptions.
- Importance of Yoga in modern era.
- Disciplines and failures in Yoga sadhana.
- Swasthavritta Vijyana (Science of healthy lifestyle).
- योग: अर्थ, परिभाषा, लक्ष्य, उद्देश्य और भ्रांतियों।
- आधुनिक युग में योग का महत्व।
- योग साधना में साधक तत्व और बाधक तत्व।
- स्वस्थयुक्त विज्ञान (स्वस्थ जीवन शैली का विज्ञान)।

**Unit-II: Ashtanga Yoga & Meditation अष्टांग योग एवं ध्यान** 15 Hrs

- Ashtanga Yoga: Yama (Social ethics), Niyama (Personal ethics), Asana (Physical postures), Pranayama (Breath control) and Pratyahara (Withdrawal of senses), Dharana (Concentration) Dhyana (Meditation) and Samadhi (Self-realization).
- Meditation: Importance for Holistic Health (physical, mental and spiritual).
- अष्टांग योग: यम (सामाजिक नैतिकता), नियम (व्यक्तिगत नैतिकता), आसन (शारीरिक मुद्राएं), प्राणायाम (श्वसन पर नियंत्रण) और प्रत्याहार (इंद्रियों पर नियंत्रण), धारणा (एकाग्रता), ध्यान (एकाग्रता में निरंतरता) और समाधि (आत्म-साक्षात्कार)।
- समग्र स्वास्थ्य (शारीरिक, मानसिक और आध्यात्मिक) के लिए ध्यान का महत्व।

**Reference books:**

- Foundation of Yoga, S.P. Singh and Yogi Mukesh, Standard Publication, New Delhi.
- Yoga Sutras of Patanjali by Swami Satyananda Saraswati, Yoga Publication Trust, Munger, Bihar.
- VijnananandSaraswati—YogVijyan, Yoga Niketan Trust, Rishikesh.
- Asana, Pranayama, Mudra, Banda, by Swami Satyananda Saraswati. Yoga Publication Trust, Munger, Bihar.
- Meditation and Its Methods, Swami Vivekananda, Sanage Publishing House,
- Concentration and Meditation by Swami Shivananda Saraswati, Yoga Publication Trust, Munger, Bihar.
- Hatha Yoga Pradipika-Swami Satyananda Saraswati, Yoga Publication Trust, Munger, Bihar.
- Hatha Pradipika- Swami Kuvalyanand, Kaivalyadham, Lonavala.
- GherandSamhita- Swami Niranjanaanda Saraswati, Yoga Publication Trust, Munger, Bihar.
- GherandSamhita- Swami Digambaranand, Kaivalyadham, Lonavala.
- फाउंडेशन ऑफ योगा, एस.पी. सिंह और योगी मुकेश, स्टैंडर्ड पब्लिकेशन, नई दिल्ली।

 37

- पतंजलि के योग सूत्र, स्वामी सत्यानंद सरस्वती, योग प्रकाशन ट्रस्ट, मुंगेर, बिहार द्वारा।
- योगविज्ञान, विज्ञानानंदसरस्वती, योग निकेतन ट्रस्ट, ऋषिकेश।
- आसन, प्राणायाम, मुद्रा, बंदा, स्वामी सत्यानंद सरस्वती, योग प्रकाशन ट्रस्ट, मुंगेर, बिहार।
- ध्यान और इसकी विधियाँ, स्वामी विवेकानन्द, सैनेज पब्लिशिंग हाउस।
- एकाग्रता और ध्यान, स्वामी शिवानंद सरस्वती, योग प्रकाशन ट्रस्ट, मुंगेर, बिहार।
- हठ योग प्रदीपिका-स्वामी सत्यानंद सरस्वती, योग प्रकाशन ट्रस्ट, मुंगेर, बिहार।
- हठ प्रदीपिका- स्वामी कुवल्यानंद, कैवल्यधाम, लोनावला।
- घेरण्डसंहिता- स्वामी निरंजनानंद सरस्वती, योग प्रकाशन ट्रस्ट, मुंगेर, बिहार।
- घेरण्डसंहिता- स्वामी दिगंबरानंद, कैवल्यधाम, लोनावला।

### Course Outcomes

*After the completion of the course, students will be able to:*

1. Explain Yoga and its importance in Indian Philosophy.
2. Understand the brief origin and history of Yoga and essentials of Yoga.
3. Appreciate the Yogic way of living, which can be inculcated in the life style.
4. Instill the effects of Yoga and Meditation as a part of lifestyle for wellbeing and positivity.
5. Learn the art of living at higher state of consciousness.

